

interatletika™

PRODUCTION AND SALE OF SPORTS GOODS

Customer support:

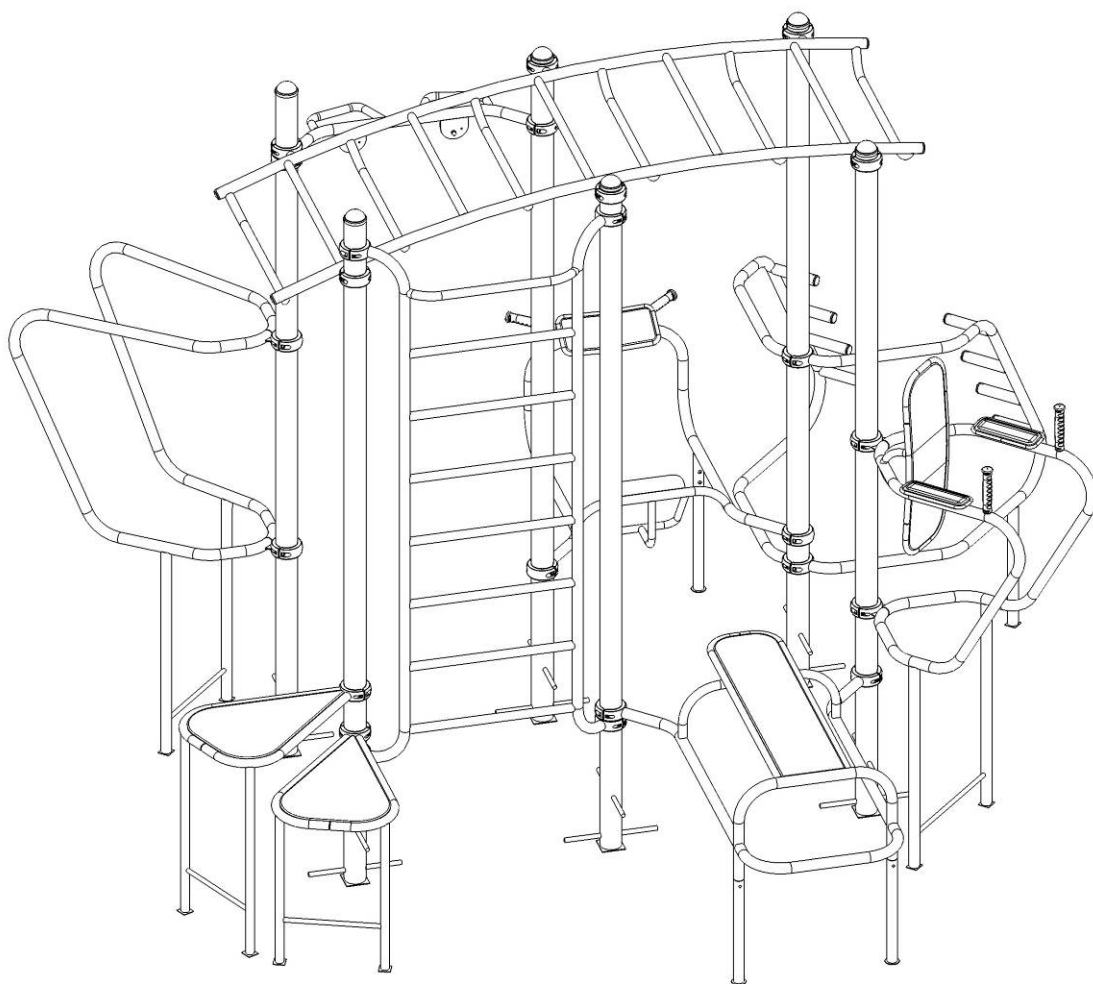
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DATA SHEET

«Multifitness Gym» Station MF

The product meets the requirements of EN16630:2015



1. GENERAL INFORMATION

Manufacturer: Sporttehnika Company LLC, Ukraine, Chernihiv, 24 Ushinsky St.

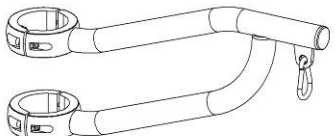
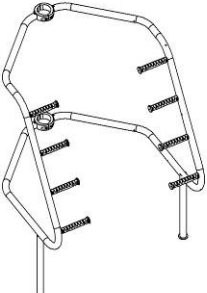
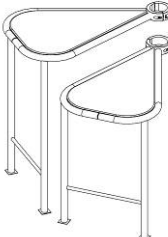
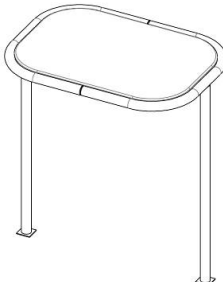
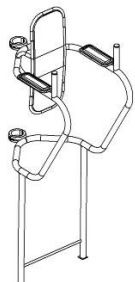
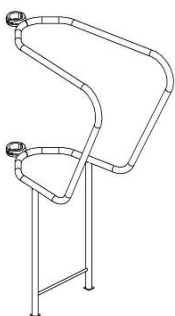
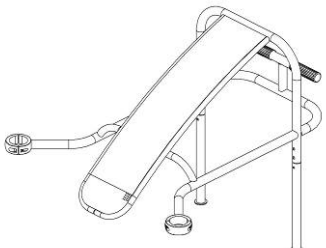
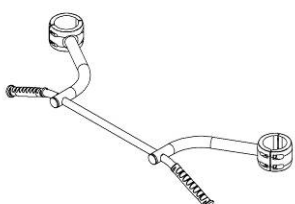
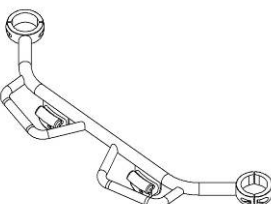
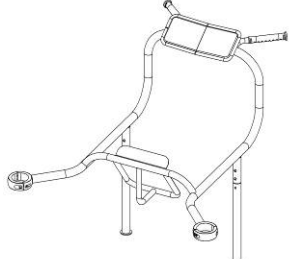
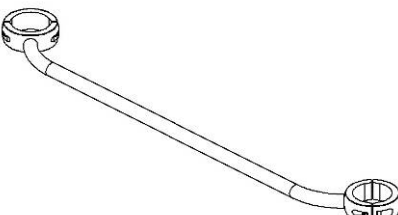
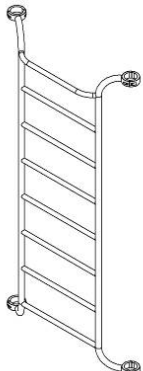
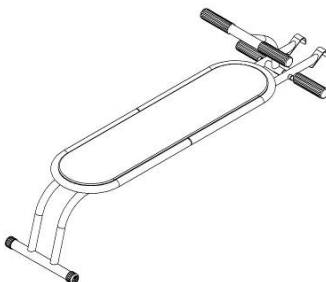
Purpose and content of this document. This document contains a general description of the equipment, information on installation, intended use, maintenance, current repair and manufacturer's warranty.

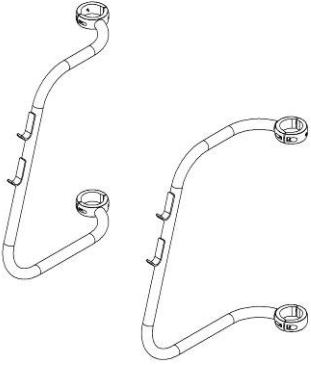
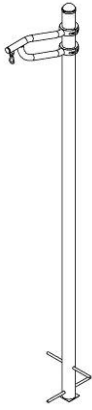
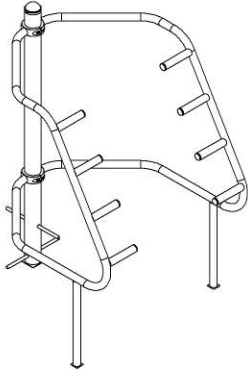
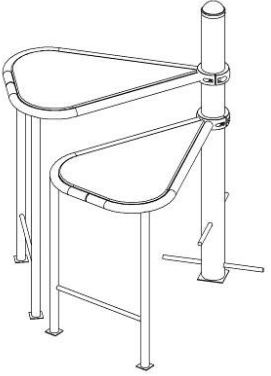
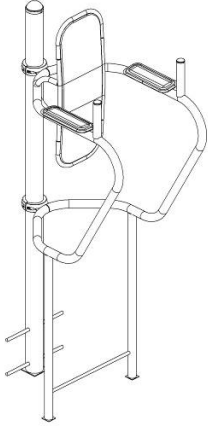
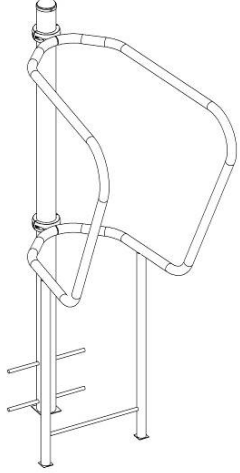
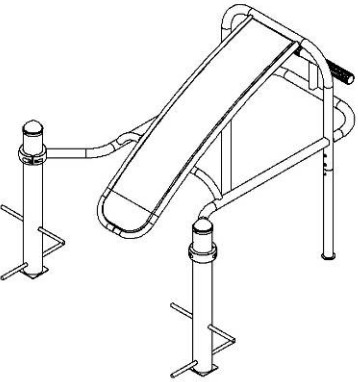
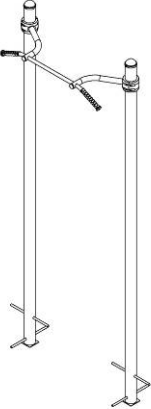
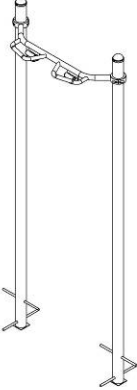
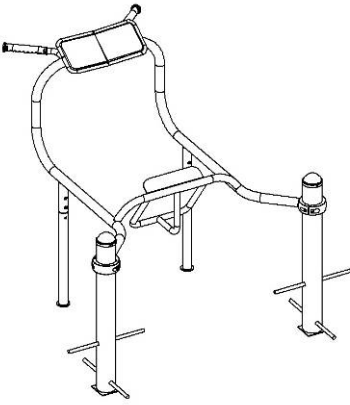
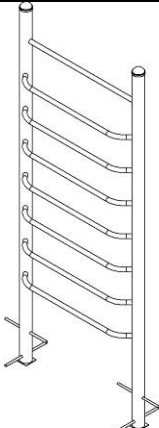
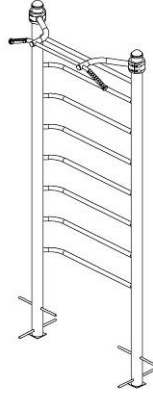
Distribution of this document for product modifications. The manufacturer can make changes to the design of the product, aimed at improving its characteristics, changing the design, etc. This document may not contain a description of such changes, but applies to such modified products.

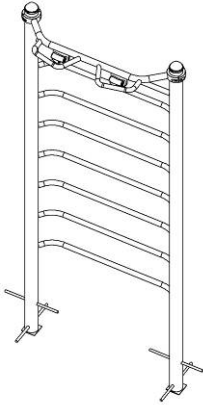
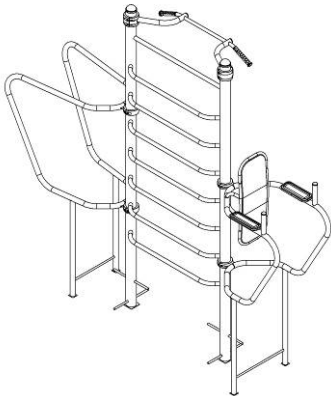
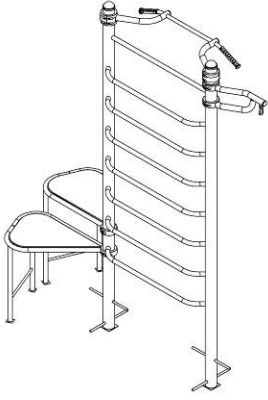
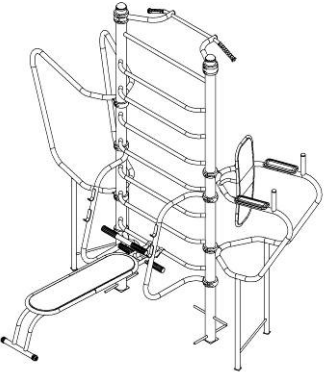
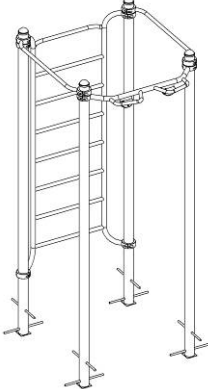
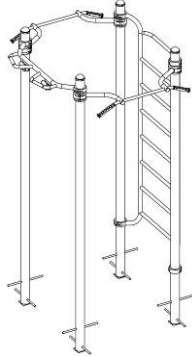
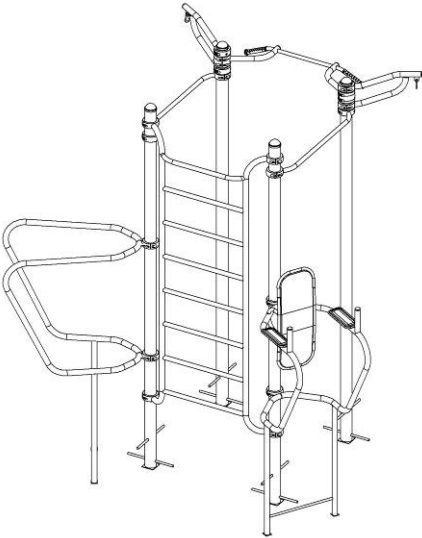
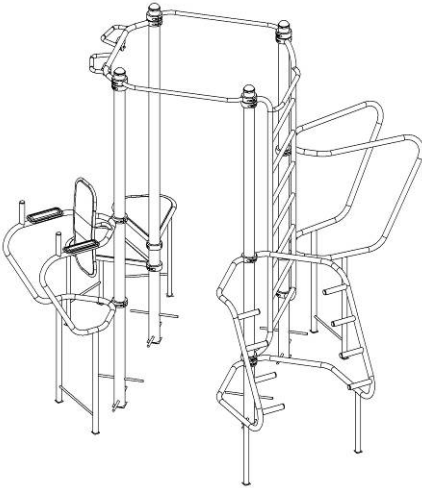
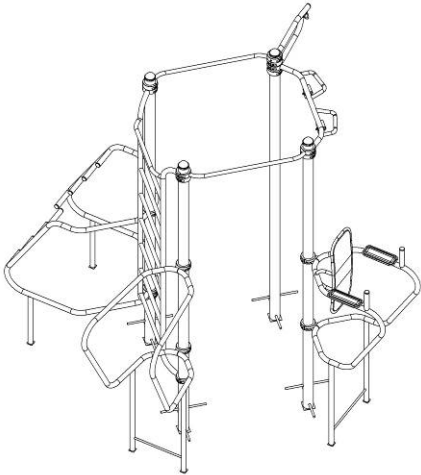
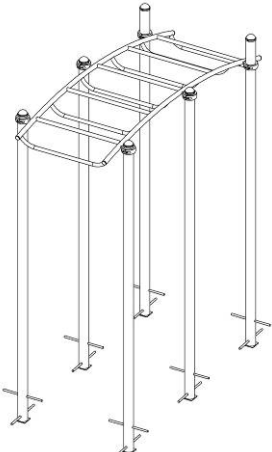
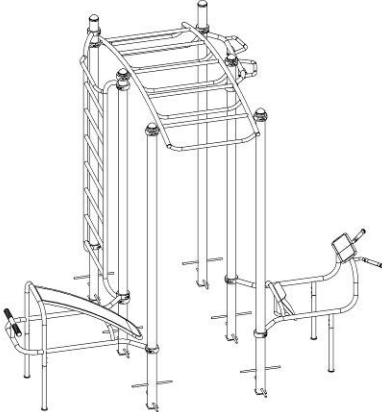
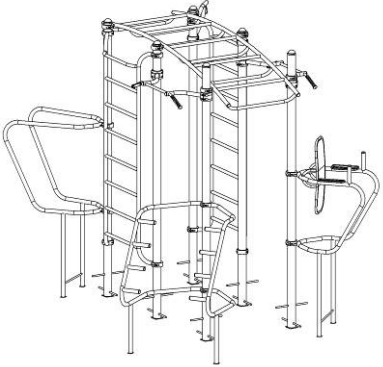
2. MAIN TECHNICAL DATA AND CHARACTERISTICS

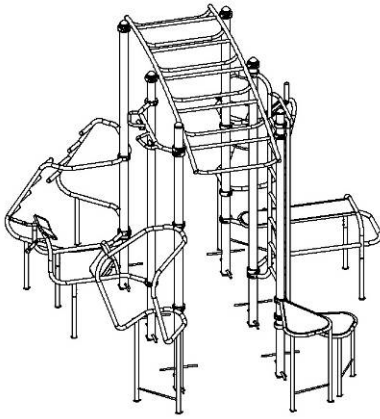
№	Name	Dimensions			Weight, kg	Fall height, mm
		Length, mm	Width, mm	Height ¹ , mm		
Component parts						
1	MF1.1 – Bracket for punching bag	648	130	307	7,0	-
2	MF1.2 – Handle for push-ups	1190	1110	1590	29,13	-
3	MF1.3 – Step platform	859	859	934	36,9	-
4	MF1.3-300-UA - Step Platform 0.3m	734	518	300	19,2	-
5	MF1.3-450-UA - Step Platform 0.45m	734	518	450	19,8	-
6	MF1.3-600-UA - Step Platform 0.6m	734	518	600	20,4	-
7	MF1.4 – Support for abdominals	714	995	2214	37,78	-
8	MF1.5 – Parallel bars for push-ups	714	1199	2000	28,18	-
9	MF1.6 – Bench for abdominals	1230	1356	1139	36,11	-
10	MF1.7 – Horizontal bar console 1,1m	1230	425	161	12,13	-
11	MF1.8 – Horizontal bar with handles 1,1m	1230	417	144	17,52	-
12	MF1.9 – Hyperextension	1230	1364	1225	29,46	-
13	MF1.10 – Horizontal bar 1,1m	1230	173	45	6,93	-
14	MF1.11 – Horizontal ladder	1230	283	2466	34,36	-
15	MF1.12 – Bench for abdominals adjustable	530	1720	615	28,7	-
16	MF1.13 – Bracket for barbell	1230	718	945	19,5	-
Equipment						
17	MF2.1 – Punching bag bracket	648	130	2659	35,2	-
18	MF2.2 – Handle for push-ups	1060	1190	1227	44,9	1092
19	MF2.3 – Step platform	859	859	727	78,4	428
20	MF2.4 – Support for abdominals	714	995	1712	57,2	1320
21	MF2.5 – Parallel bars for push-ups	714	1199	1657	47,6	1500
22	MF2.6 – Bench for abdominals	1230	1356	639	52,6	639
23	MF2.7 – Horizontal bar console	1230	425	2705	68,5	2500
24	MF2.8 – Horizontal bar with handles	1230	416,5	2705	74,2	2500
25	MF2.9 – Hyperextension	1230	1367	725	45,9	725
26	MF3.1 – Ladder	1200	189	2526	71,89	2240
Stations						
27	MF3.2 – MF station	1230	499	2526	84,0	2410
28	MF3.3 – MF station	1230	490	2450	89,4	2450
29	MF3.4 – MF station	3164	714	2526	150,0	2418
30	MF3.5 – MF station	2477	1025	2440	127,9	2410
31	MF3.6 – MF station	3259	2549	2526	198,2	2383
32	MF4.1 – Multifitness gym station	1316	1670	2705	178,4	2610
33	MF4.2 – Multifitness gym station	1820	1100	2705	188,8	2485
34	MF4.3 – Multifitness gym station	3211	2328	2705	253,0	2440
35	MF4.4 – Multifitness gym station	3153	3321	2705	310,4	2610
36	MF4.5 – Multifitness gym station	3321	3153	2761	280,5	2605
37	MF5.1 – Multifitness gym station	2811	1100	2705	218,0	2500
38	MF5.2 – Multifitness gym station	3694	2712	2705	335,5	2500
39	MF5.3 – Multifitness gym station	4414	3204	2705	413,1	2500
40	MF5.4 – Multifitness gym station	4421	3890	2705	467,4	2500
Age restrictions, years				from 12		
Weight limits, kg				Up to 100		
1. Height from ground (coverage) for shells and stations.						
2. This equipment can be used as rehabilitation equipment after consultation with a doctor. An individual complex of physical therapy prepared by a rehabilitation therapist helps to improve the general condition of the body, blood circulation and metabolism. Correctly selected						

exercises have a high therapeutic effectiveness, contribute to the speedy restoration of lost functions, reduce pain and discomfort. (Example of the designation in the plate - 1)

MF1.1 – Bracket for punching bag	MF1.2 – Handle for push-ups	MF1.3 – Step platform
		
MF1.3 –(300,450,600)-UA – Step platform		
		
MF1.4 – Support for abdominals	MF1.5 – Parallel bars for push-ups	MF1.6 – Bench for abdominals
		
MF1.7 – Horizontal bar console 1,1m	MF1.8 – Horizontal bar with handles 1,1m	MF1.9 – Hyperextension
		
MF1.10 – Horizontal bar 1,1m	MF1.11 – Horizontal ladder	MF1.12 – Bench for abdominals adjustable
		

<p>MF1.13 – Bracket for barbell</p> 	<p>MF2.1 – Punching bag bracket</p> 	<p>MF2.2 – Handle for push-ups</p> 
<p>MF2.3 – Step platform</p> 	<p>MF2.4 – Support for abdominals</p> 	<p>MF2.5 – Parallel bars for push-ups</p> 
<p>MF2.6 – Bench for abdominals</p> 	<p>MF2.7 – Horizontal bar console</p> 	<p>MF2.8 – Horizontal bar with handles</p> 
<p>MF2.9 – Hyperextension</p> 	<p>MF3.1 – Ladder</p> 	<p>MF3.2 – MF station</p> 

<p>MF3.3 – MF station</p> 	<p>MF3.4 – MF station</p> 	<p>MF3.5 – MF station</p> 
<p>MF3.6 – MF station</p> 	<p>MF4.1 – Multifitness gym station</p> 	<p>MF4.2 – Multifitness gym station</p> 
<p>MF4.3 – Multifitness gym station</p> 	<p>MF4.4 – Multifitness gym station</p> 	<p>MF4.5 – Multifitness gym station</p> 
<p>MF5.1 – Multifitness gym station</p> 	<p>MF5.2 – Multifitness gym station</p> 	<p>MF5.3 – Multifitness gym station</p> 

MF5.4 – Multifitness gym station**3. COMPLETENESS AND CHARACTERISTICS OF THE MAIN PARTS OF THE PRODUCT**

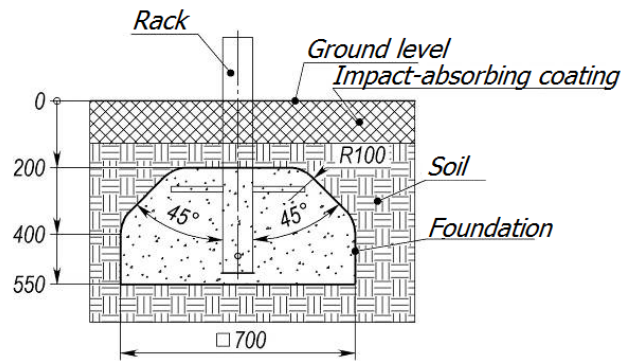
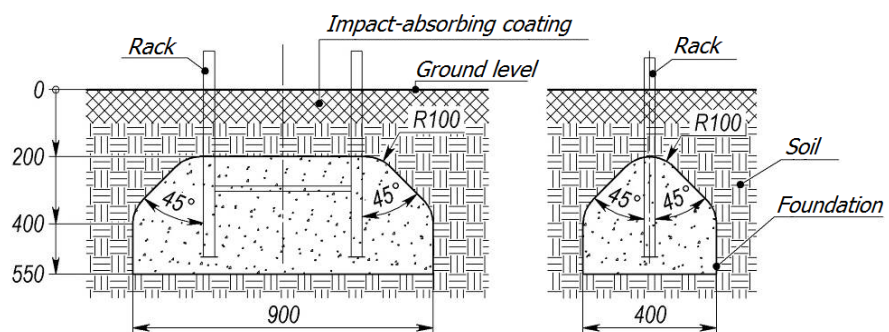
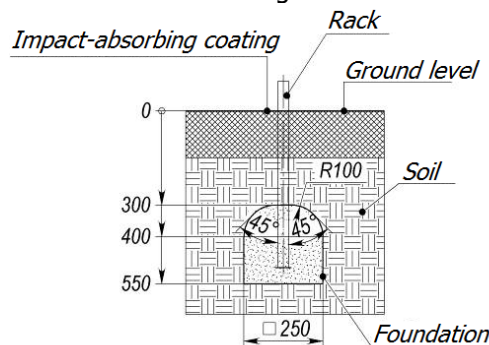
See the Appendix for the complete set and characteristics of the product components.

4. PROCEDURE FOR ASSEMBLING AND INSTALLING THE PRODUCT

Tools and accessories. The product does not include the tools required for installation.

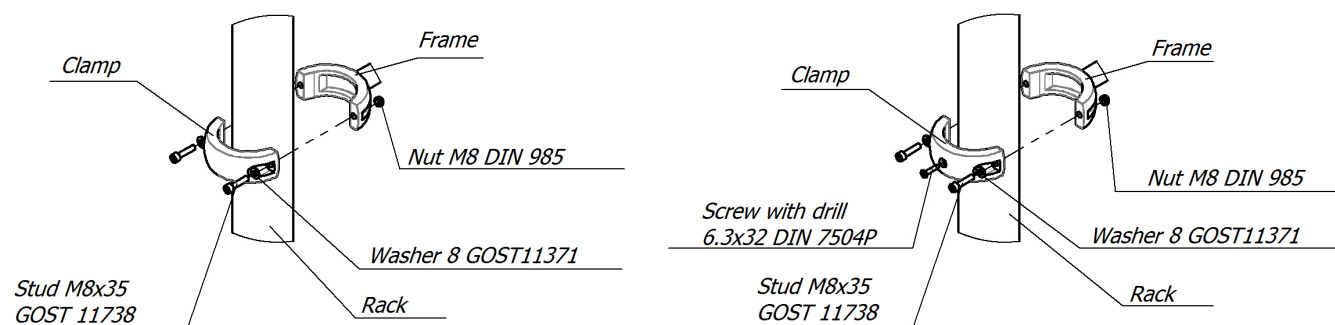
The procedure for assembling and installing the product.

- 1) Mark out the area for the foundations according to the dimensions indicated in the appendix.
- 2) Dig holes for concreting in accordance with the appendix, picture 1.

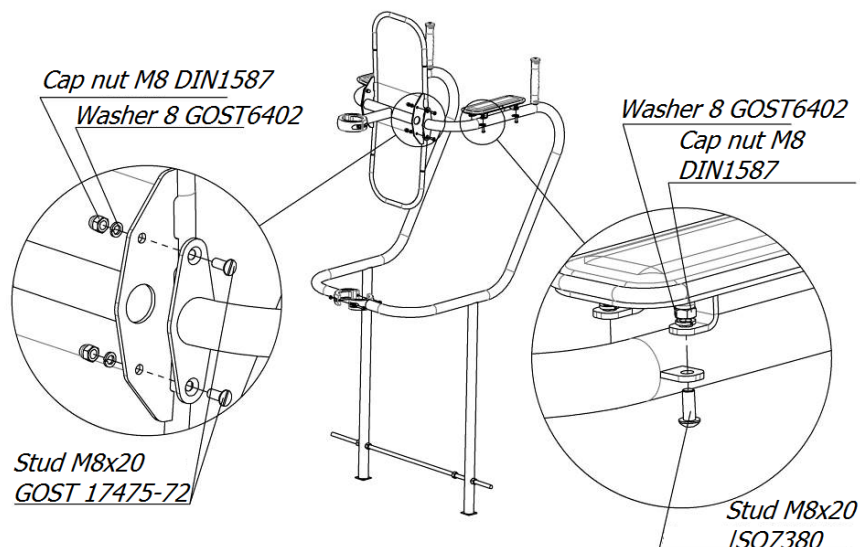
For the main rack**For racks of components****Double rack****Single rack**

Picture 1 - Concreting scheme

3) Install the main racks, 3205 mm long, connect them with hinged elements, see appendix, picture 2, depending on the type of clamp.



Picture 2 - Installation scheme of components



Picture 3 - Installation scheme for the support for abdominals

- 4) Check the level for correct vertical and horizontal installation.
- 5) Concrete the product in accordance with picture 1. During installation of the product on sandy soil, the overall dimensions of the foundation should be increased by 15-20%.

Do not operate the product until the concrete has completely hardened. The curing time is at least two weeks!

Example of impact-absorbing coating

Nº	Material - coating ¹	Description	Minimum layer thickness ¹ , mm	Max. fall height, mm
1	Concrete/stone	—	—	≤1 000
2	Surface bonded with bitumen	—	—	≤1 000
3	Natural soil	—	—	≤1 200
4	Lawn	—	—	≤1 500
5	Wooden mulch	Shredded coniferous bark, particle size from 20 to 80 mm	200	≤2 000
			300	≤3 000
6	Sawdust	Mechanically shredded wood (not wood-based materials), without bark and leaves, with a particle size of 5 to 30	200	≤2 000

		mm		
			300	≤3 000
7	Sand ^{2, 3,}	Particle size from 0.2 to 2 mm	200	≤2 000

1 Add 100 mm to the minimum layer thickness to cushion loose material.

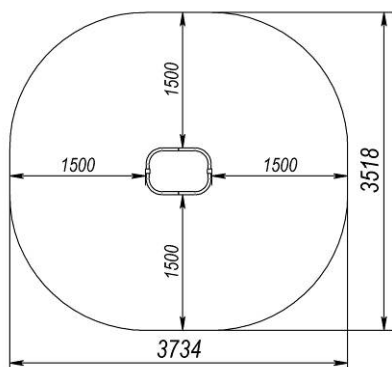
2 There should not be any silt or clay fractions; the particle size can be determined by sieve analysis according to EN 933-1.

3 Not suitable for machines that require firm, stable user position.

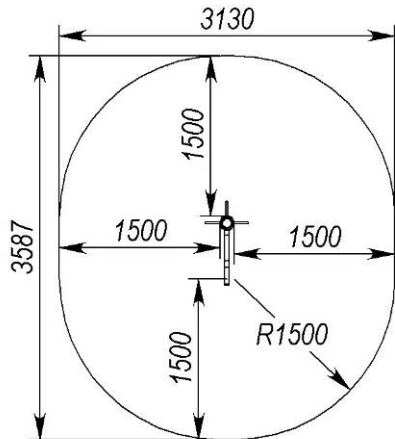
5. PRODUCT INSTALLATION SCHEME

Safe area of the installed product

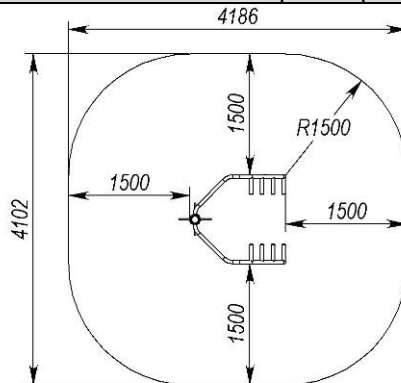
MF1.3 –(300,450,600)-UA –
Step platform



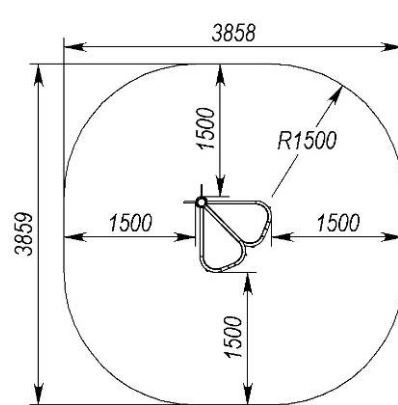
MF2.1 – Punching bag bracket



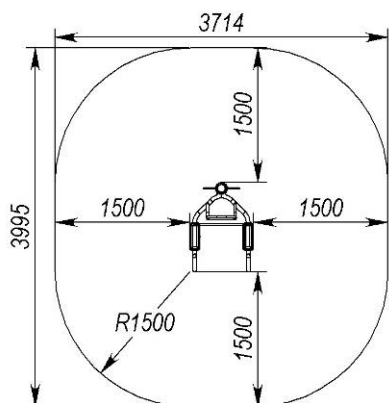
MF2.2 – Handle for push-ups



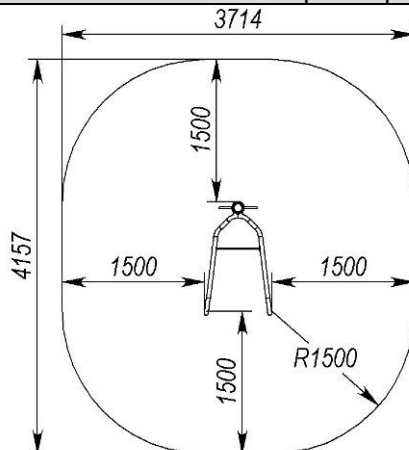
MF2.3 – Step platform



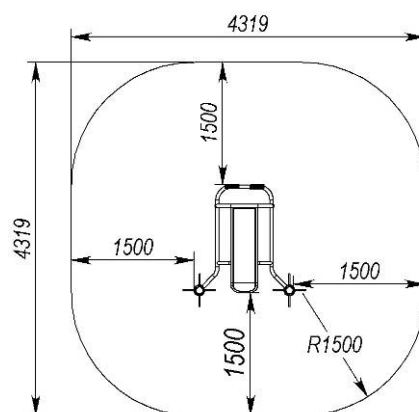
MF2.4 – Support for abdominals



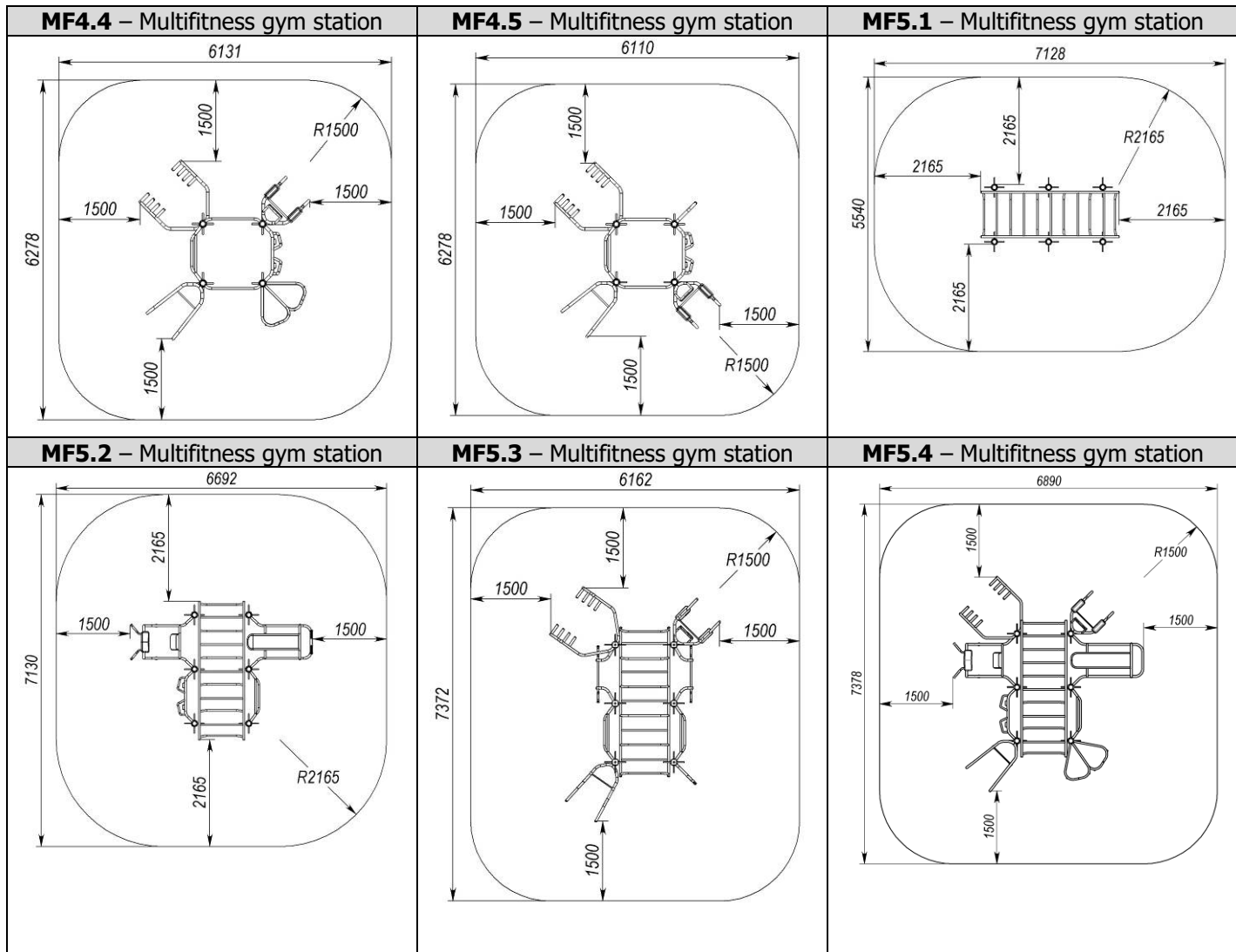
MF2.5 – Parallel bars for push-ups



MF2.6 – Bench for abdominals



MF2.7 – Horizontal bar console	MF2.8 – Horizontal bar with handles	MF2.9 – Hyperextension
MF3.1 – MF station	MF3.2 – MF station	MF3.3 – MF station
MF3.4 – MF station	MF3.5 – MF station	MF3.6 – MF station
MF4.1 – Multifitness gym station	MF4.2 – Multifitness gym station	MF4.3 – Multifitness gym station



6. INFORMATION ON STORAGE, TRANSPORTATION AND DISPOSAL

The product is transported in the manufacturer's packaging by any means of transport that ensures its safety and protection from external factors (rain, snow, sunlight, water, high humidity, etc.).

Information about transportation

Date		Brand, state number of the ca/trailer	Position, full name	Signature
Departure	Arrival			

Before installation, store the product in the original packaging in dry, closed rooms with natural air ventilation.

If it is necessary to transport the product to another location after use, it is recommended to use the manufacturer's packaging.

If long-term storage of the product is required, the following storage rules must be observed (the list of conditions is not complete):

- place the product in a closed dry room with natural ventilation;
- protect the product from external factors (dust, water drops, etc.) with a large plastic bag, leaving space for free air circulation;

- take other measures to preserve the appearance and characteristics of the product during storage.

When removing the product from storage and preparing for installation, follow the next recommendations:

- remove the product from the packaging material (polyethylene, cardboard, other packaging materials);
- remove dust and other contaminants from the surface of the product;
- check completeness and absence of parts damage.

Storage information

Date		Product storage conditions	Full name	Signature
Putting into storage	Removal from storage			

After the end of the equipment's service life, the buyer independently determines the procedure for its use. If you decide to recycle, contact the seller or specialized organizations.

The equipment does not contain harmful impurities and materials that can harm your health and is not subject to special recycling.

Disposal of the product (melting, burial, resale) in accordance with the procedure established by the Laws of Ukraine of 1992 No. 50, Art. 678, (as amended by N 2556-III (2556-14) of 21.06.2001, N 48, Art. 252 'On Protection of Atmospheric Air' (as amended on 14.07.2016)); of 1998 No. 36-37, Art. 242 'On Waste' (as amended on 09.04.2015); No. 41 of 1991, Article 546 "On Environmental Protection" (as amended on 04.10.2016), as well as other norms, acts, rules, regulations, etc.

7. PRODUCT USE

Do not use the product until it has been fully and completely installed.

The product must not be used by users of a different age category.

The product must not be used by users of a different weight category.

Before using the product, clear the safety area of any unnecessary objects that may cause damage to the user (debris, tools left over from assembly and installation, etc.).

Do not use the product in adverse weather conditions (ice, snow, rain, hail, strong winds, etc.), which may cause injury to the user.

8. PRODUCT MAINTENANCE

You have purchased high-quality and reliable equipment. In the process of its production, the requirements of regulatory and technical documents of Ukraine, the CIS countries and the European Union regulating the production of children's gaming equipment were taken into account. However, it should not be forgotten that when operating any technical product, certain rules and requirements must be followed. Despite the fact that our product is of high quality and reliability, this rule applies to it in full. You should be aware that the implementation of the following rules and recommendations for product maintenance is aimed at ensuring that your child, the child of your friends or acquaintances is safe and no unforeseen factors threaten his health, life.

Remember that the operation of the product is accompanied by the influence of various negative factors on it, a complete list of which cannot be predicted. Among them, an important place is occupied by natural factors and factors caused by human influence on equipment. As a rule, their action initially leads to disruptions in the appearance of the product. Thus, under the influence of factors caused by the exploitation of a person, there may be damage to the integrity of the paint coating of parts made of wood, in the form of scuffs, chips, incisions, and when exposed to parts made of metal, damage to the paint coating in the form of nicks, chips, abrasion, etc. This leads to the emergence and development of defects that can be the cause of the destruction of the product. The product is particularly dangerous if it is used for other than its intended purpose, if the permissible loads are exceeded, or if vandalism occurs, as these factors can cause irreversible changes in the structure of the material from which the product is made, leading to destruction.

The maintenance of the product implies, first of all, the responsibility of the user to comply with all recommendations provided in this document, starting with a daily inspection of the external condition of the product before operation.

Daily inspection of the product is a very important procedure. With its help, you can timely detect any changes in the appearance of the product (deformation of individual parts, deformation of the structure as a whole or part of it, damage to parts, cracks of welds, as well as the absence of fastening of parts of the product, etc.).

Before using the product, check its operability, absence of damage, dirt on the product, sharp edges, reliability of fixing the structure, absence of unnecessary objects on the surface of the site. If the product is damaged, fully or partially inoperable, or has any other defects, do not use it.

During operation it is also necessary to inspect the condition of the product periodically - the current inspection. It includes an external inspection of the product, checking its operability (in the presence of moving elements - the smoothness of the movement of mechanisms, compliance with operating modes, etc.). Current inspection allows you to detect malfunctions caused by the operation of equipment, climatic conditions, acts of vandalism and other factors, until they reach a critical level and the destruction of the product. The current inspection is carried out in order to detect foreign objects that may threaten the user and lead to violations of the functioning of the product. The frequency of the current inspection is set by the owner taking into account the operating conditions. If you do not have sufficient technical knowledge and skills to conduct such inspections, we recommend you to contact the authorized specialists of the manufacturer in order to obtain advice.

Every three months, a scheduled inspection should be carried out, which primarily concerns the foundation part, load-bearing elements and connection nodes of elements (their integrity and degree of deterioration).

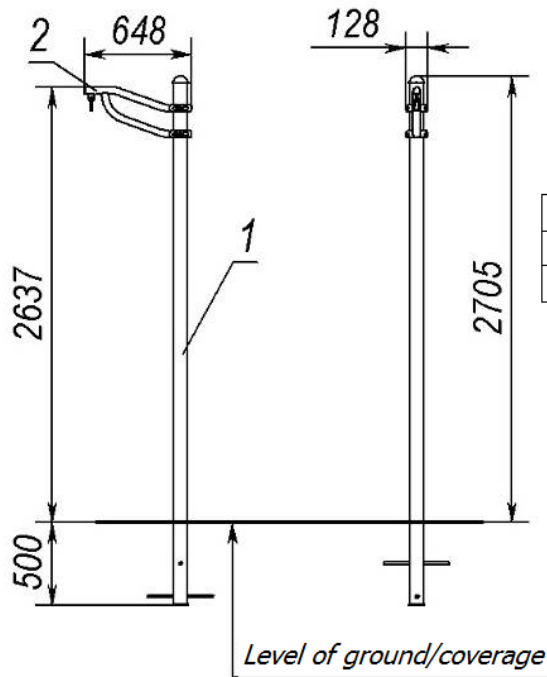
The main annual inspection must be carried out annually by authorised specialists of the manufacturer. During

the inspection, the technical condition of the equipment shall be assessed for compliance with safety requirements. The degree of deterioration and damage to wooden elements and their ability to withstand the applied loads, damage, corrosion of metal elements and the impact of these factors on the safety of the product are determined. The inspection also helps to identify the impact of repairs, if any, on the safety of the equipment.

Based on the results of the inspection, a maintenance procedure is carried out to eliminate the identified discrepancies in the product's operation. This procedure includes assessing the condition of parts and assemblies, replacing worn parts, and restoring the integrity of protective coatings. The results of the inspections, as well as the procedures carried out as a result of the inspection and maintenance of the product must be properly documented in the Registration Journal, which is an integral part of this passport. The owner of the product must keep the acts of maintenance of the product, acts of repair work.

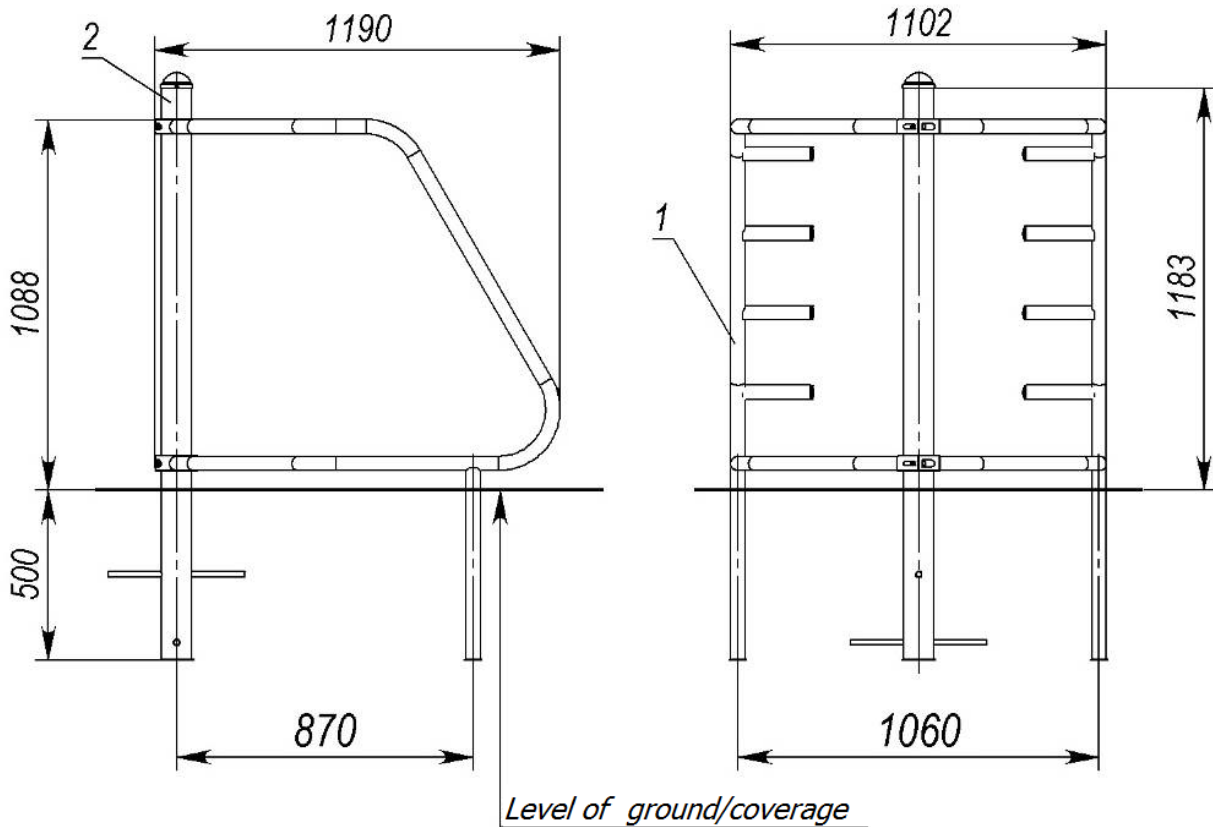
Appendix

MF2.1 – Punching bag bracket



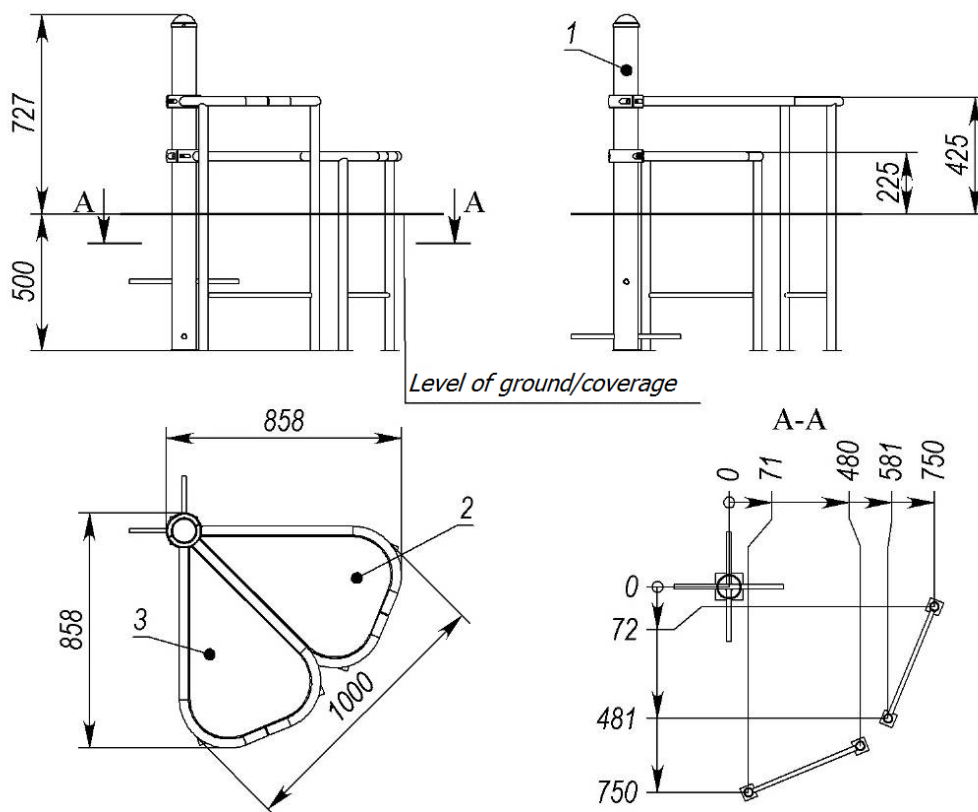
Pos.	Name	Weight, kg	Q-ty
1	Rack 3205 mm assembly	28	1
2	Punching bag bracket	7	1

MF2.2 – Handle for push-ups



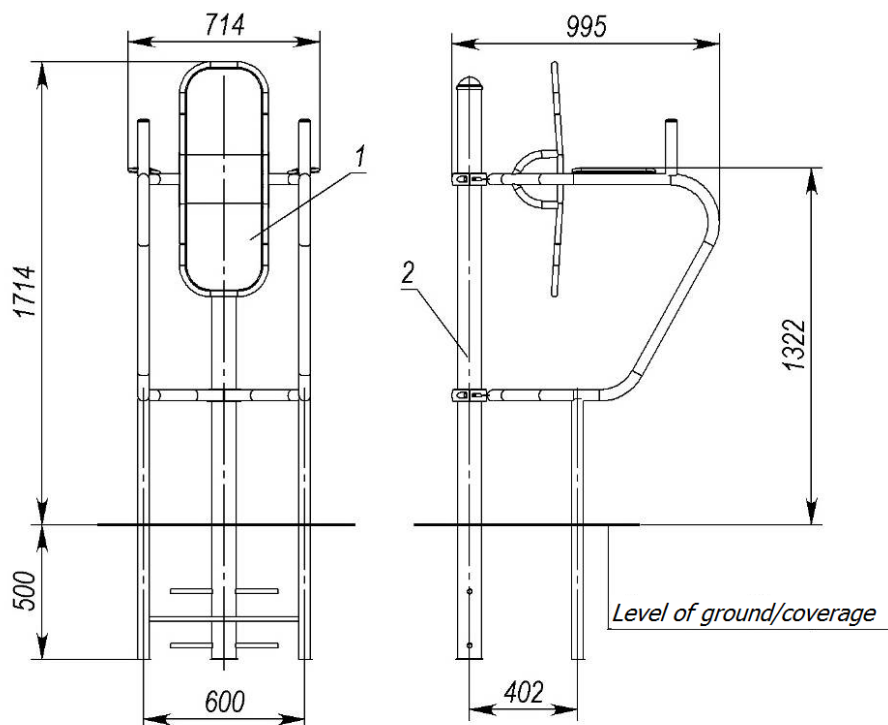
Pos.	Name	Weight, kg	Q-ty
1	Handrail assembly	29	1
2	Rack 1.7 m assembly	16	1

MF2.3 – Step platform



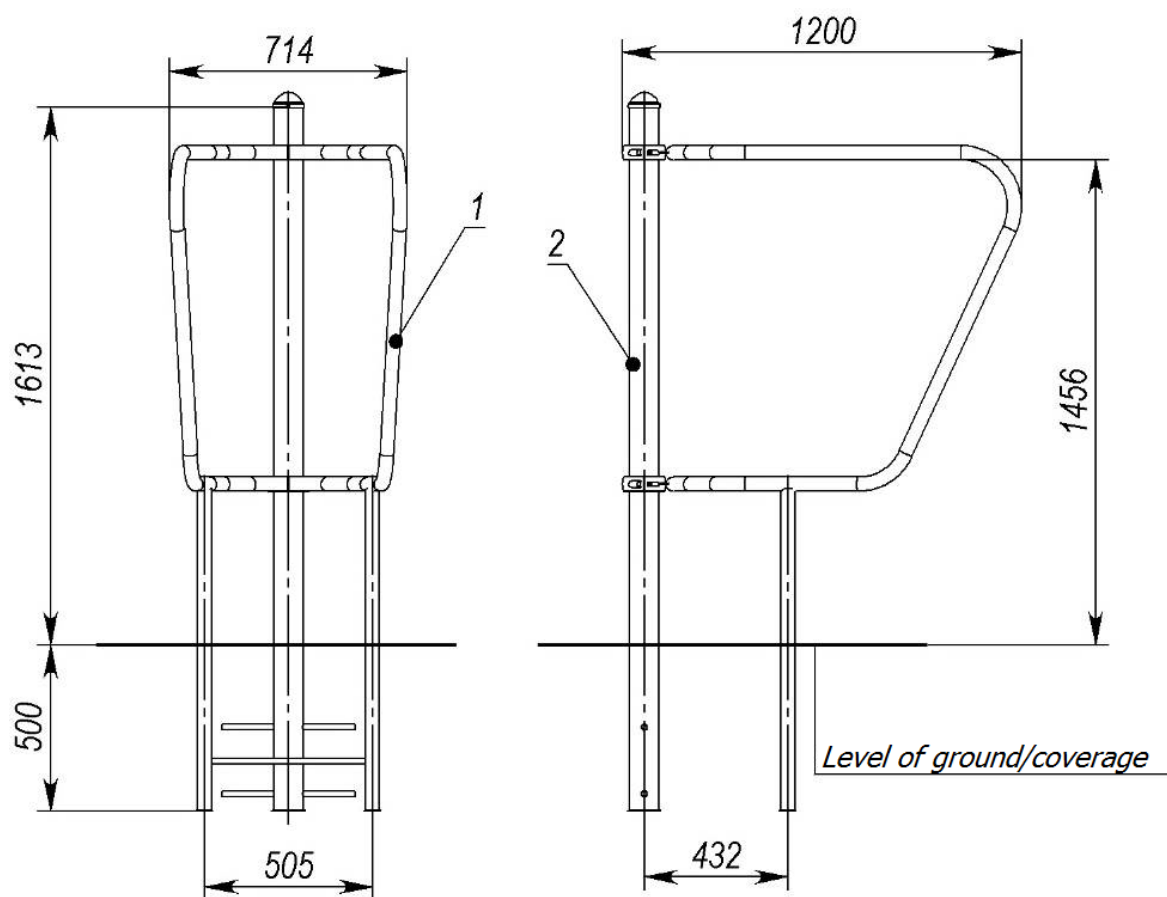
Pos.	Name	Weight, kg	Q-ty
1	Rack 1.2 m	12	1
2	Low footrest assembly	18	1
3	High footrest assembly	19	1

MF2.4 – Support for abdominals



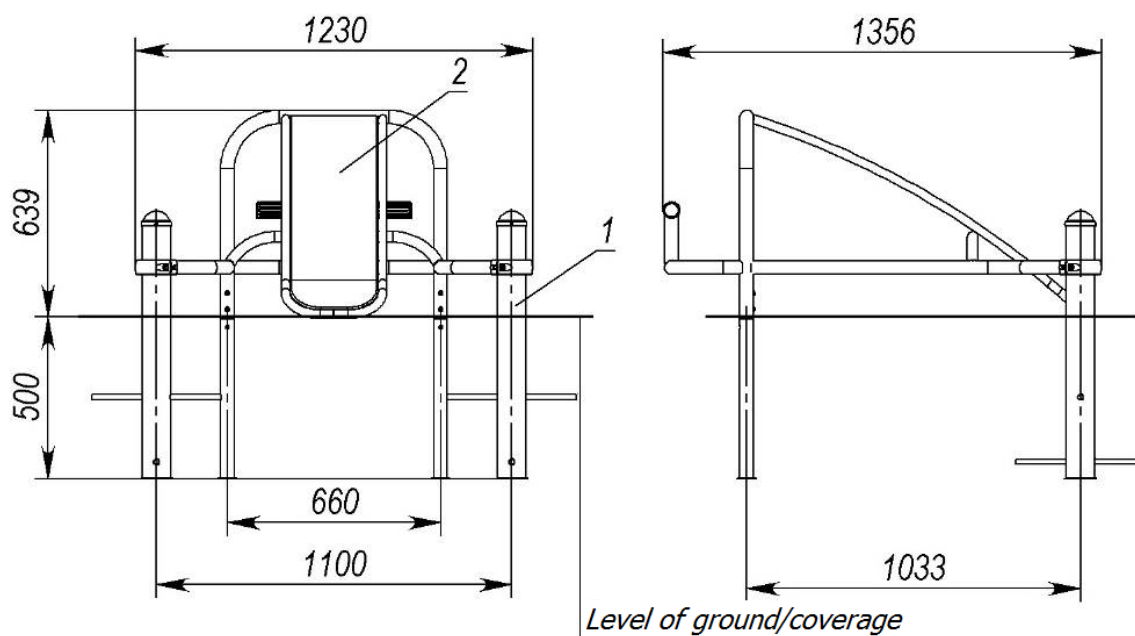
Pos.	Name	Weight, kg	Q-ty
1	Support for abdominals	38	1
2	Rack 2.1 m	19	1

MF2.5 – Parallel bars for push-ups



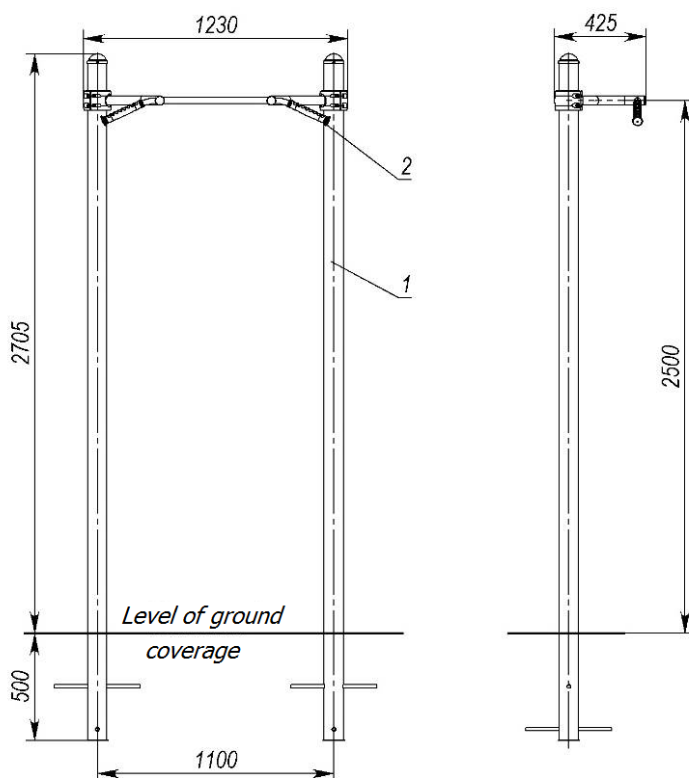
Pos.	Name	Weight, kg	Q-ty
1	Parallel bars for push-ups	28	1
2	Rack 2.1 m	19	1

MF2.6 – Bench for abdominals



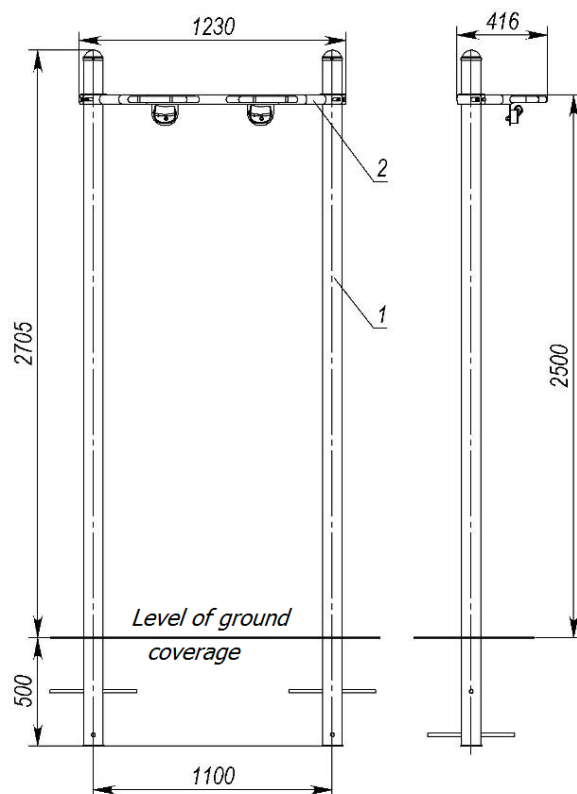
Pos.	Name	Weight, kg	Q-ty
1	Rack 0.8 m	8	2
2	Bench for abdominals	36	1

MF2.7 – Horizontal bar console



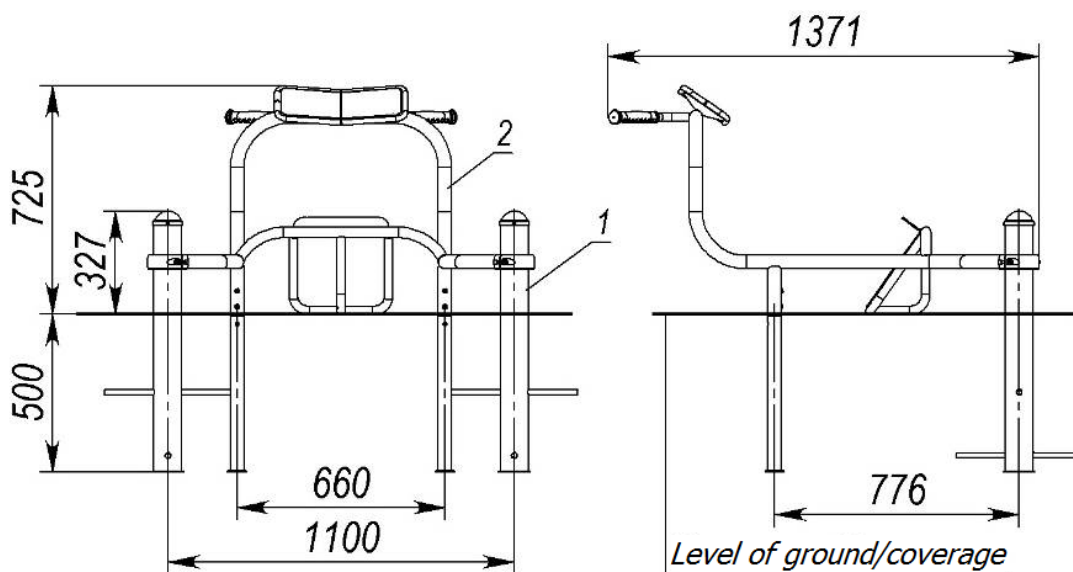
Pos.	Name	Weight, kg	Q-ty
1	Rack 3205 mm	28	2
2	Horizontal bar console 1.1m	12	1

MF2.8 – Horizontal bar with handles



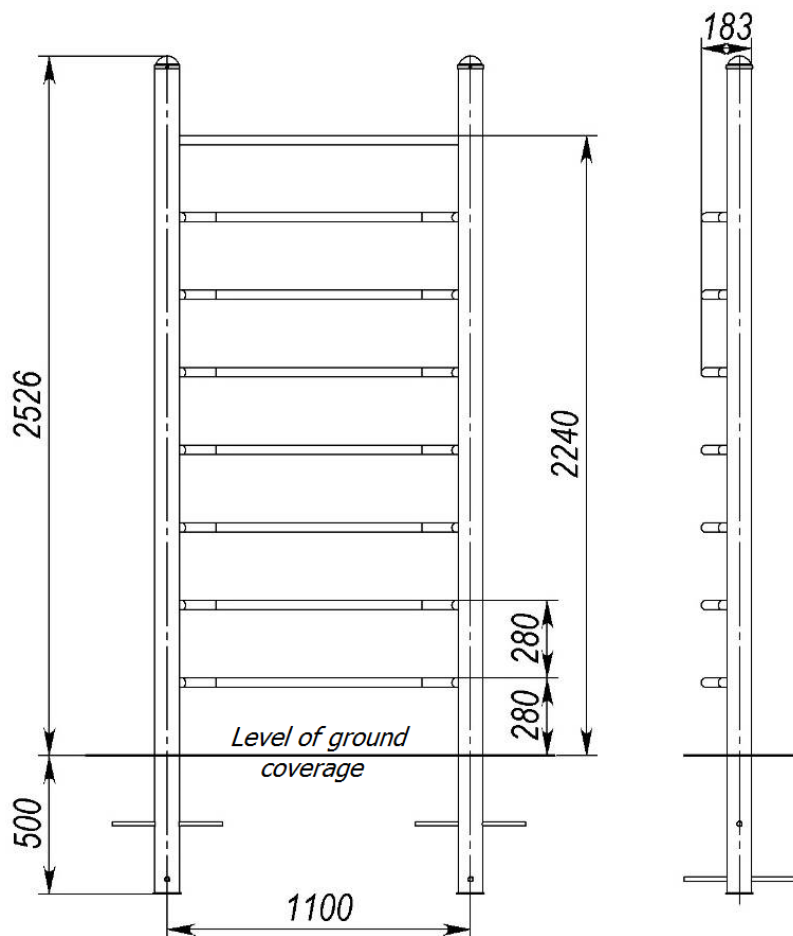
Pos.	Name	Weight, kg	Q-ty
1	Rack 3205 mm assembly	28	2
2	Horizontal bar with handles	18	1

MF2.9 – Hyperextension

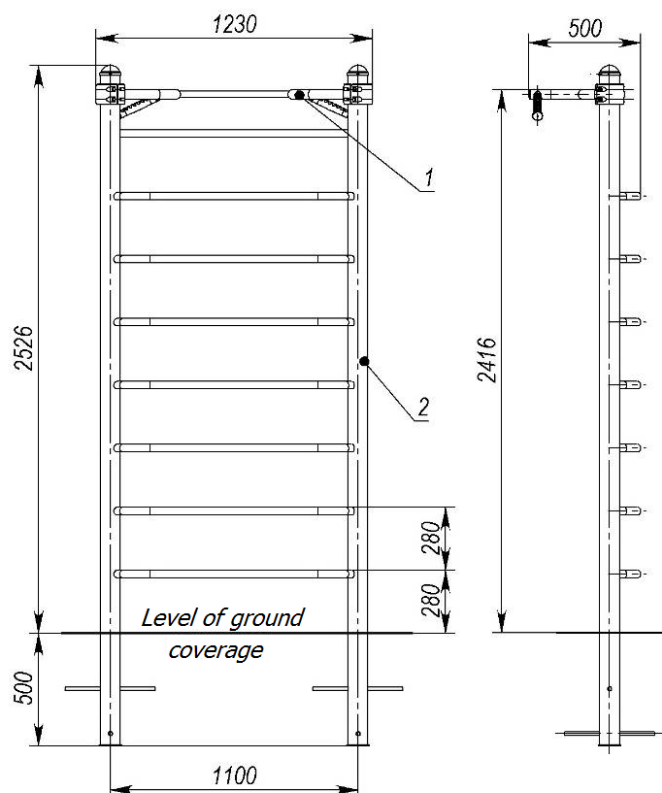


Pos.	Name	Weight, kg	Q-ty
1	Rack 0.8 m	8	2
2	Hyperextension assembly	29	1

MF3.1 – Ladder

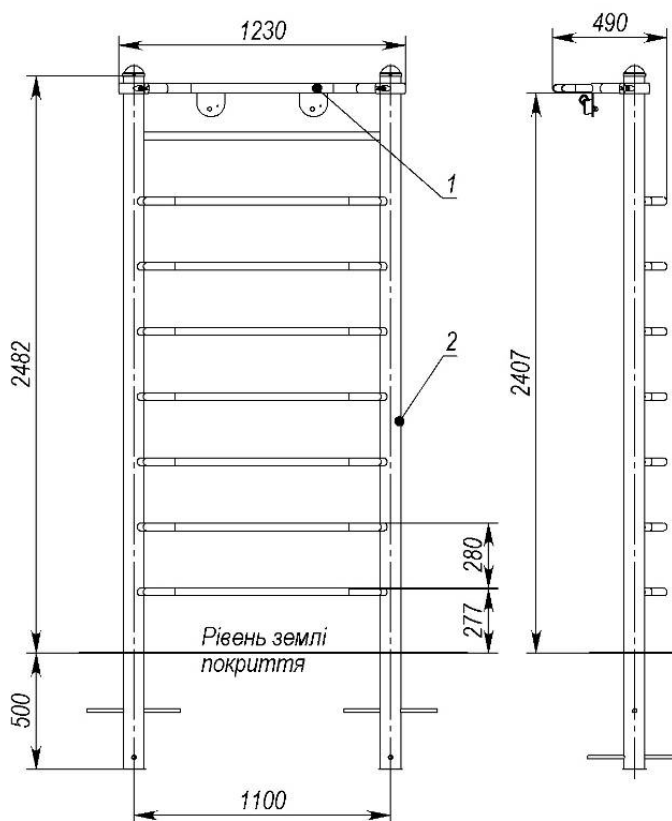


MF3.2 – MF station



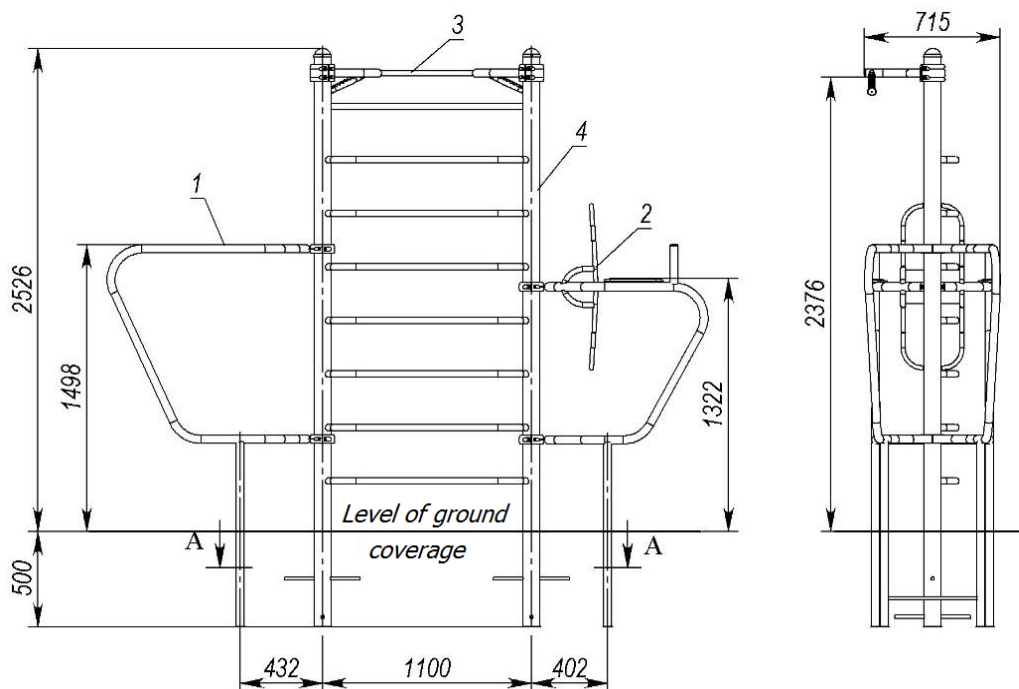
Pos.	Name	Weight, kg	Q-ty
1	Horizontal bar console 1.1m	12	1
2	Ladder	72	1

MF3.3 – MF station

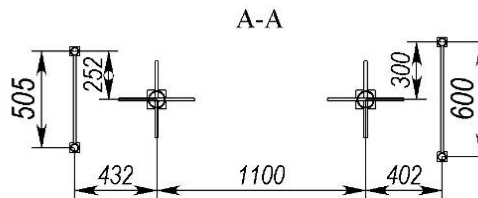


Pos.	Name	Weight, kg	Q-ty
1	Horizontal bar with handles 1.1m	18	1
2	Ladder	72	1

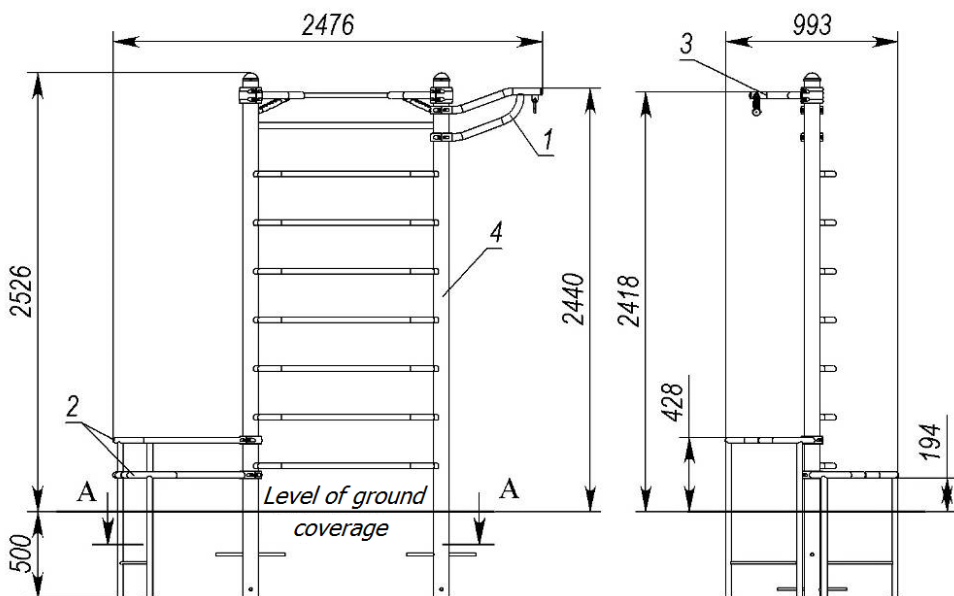
MF3.4 – MF station



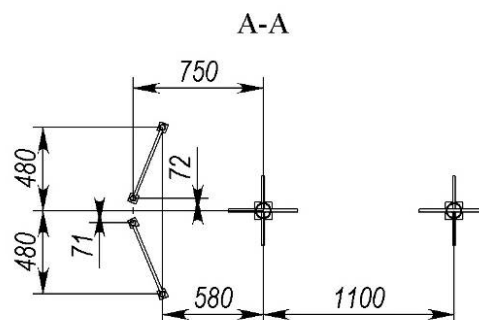
Pos.	Name	Weight, kg	Q-ty
1	Parallel bars for push-ups	28	1
2	Support for abdominals assembly	38	1
3	Horizontal bar console 1.1m	12	1
4	Ladder	72	1



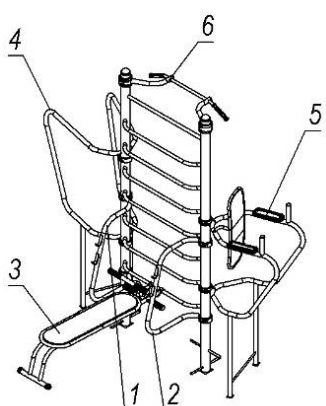
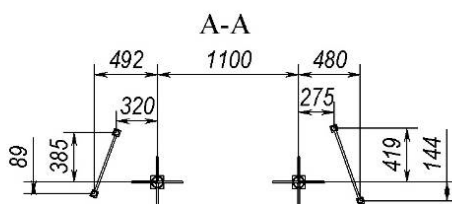
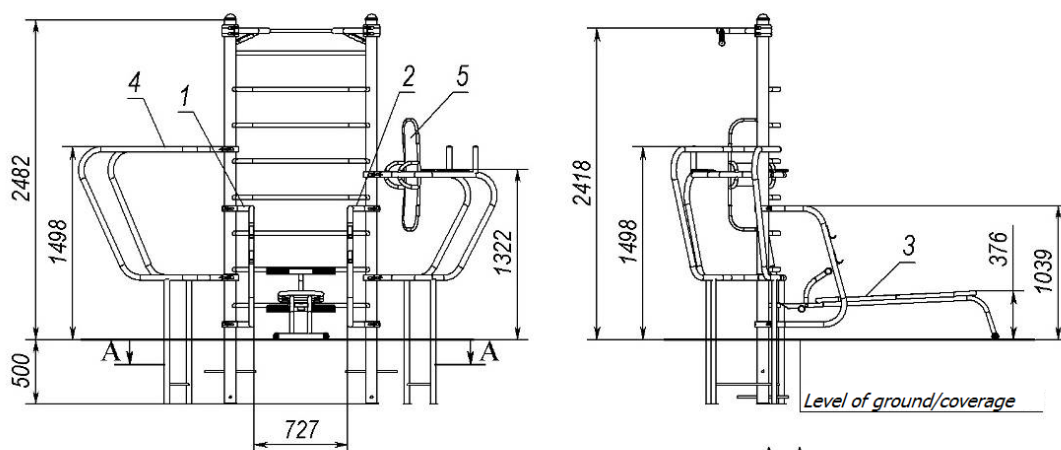
MF3.5 – MF station



Pos.	Name	Weight, kg	Q-ty
1	Punching bag bracket	7	1
2	Step platform	37	1
3	Horizontal bar console 1.1m	12	1
4	Ladder	72	1

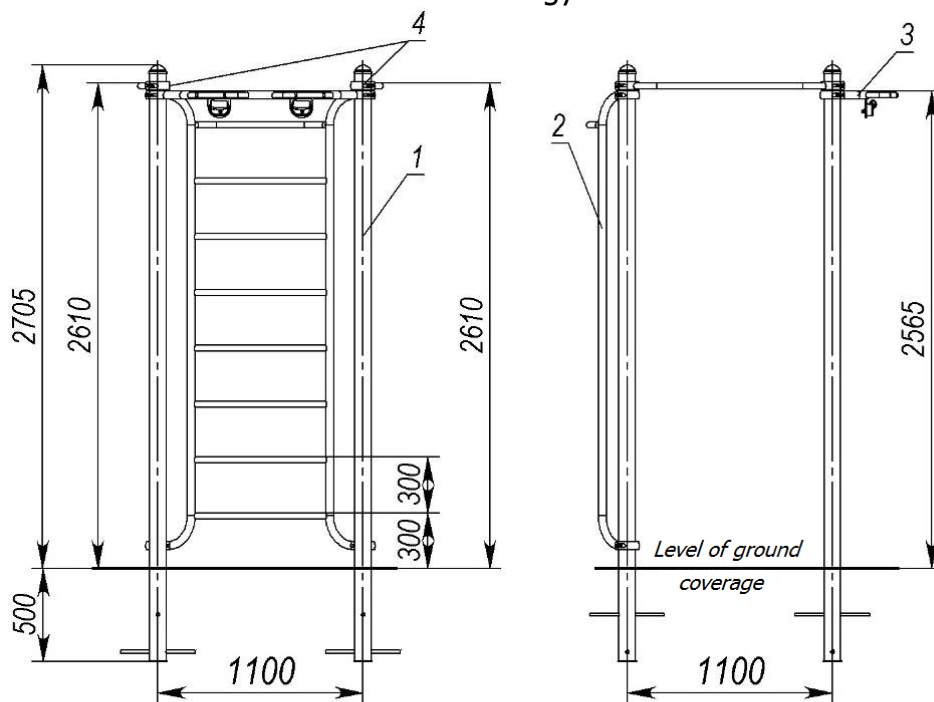


MF3.6 – MF station



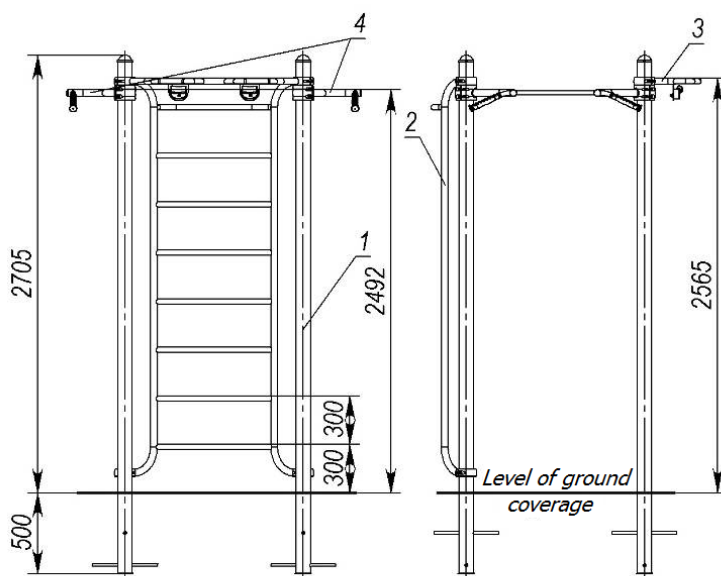
Pos.	Name	Weight, kg	Q-ty
1	Left bracket for barbell	10	1
2	Right bracket for barbell	10	1
3	Bench assembly	29	1
4	Parallel bars for push-ups	26	1
5	Support for abdominals assembly	38	1
6	Horizontal bar console 1.1m	12	1
7	Horizontal ladder	72	1

MF4.1 – Multifitness gym station



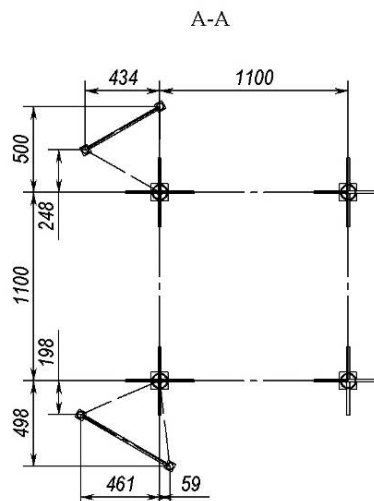
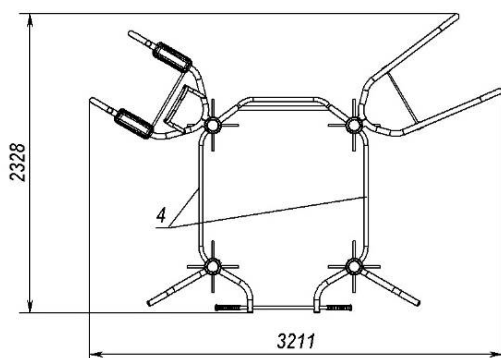
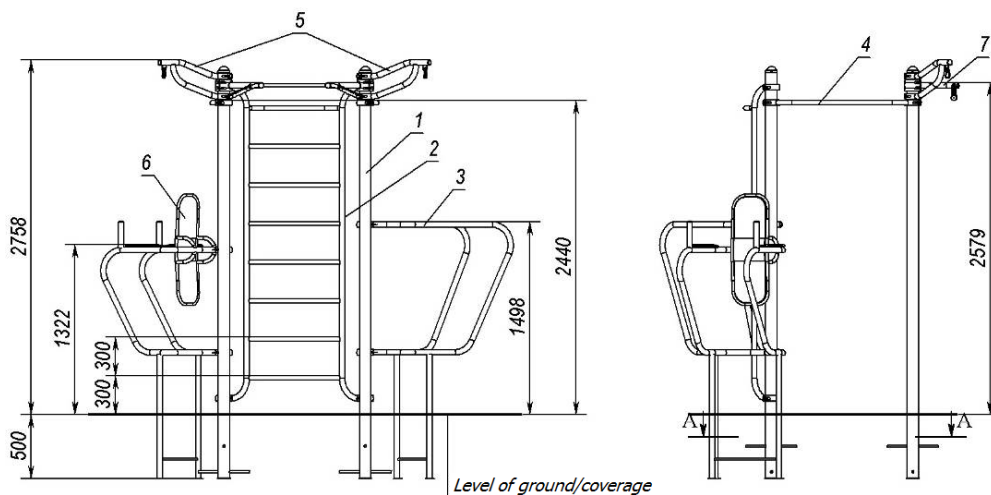
Pos.	Name	Weight, kg	Q-ty
1	Rack 3205 mm assembly	28	4
2	Ladder assembly	34	1
3	Horizontal bar with handles 1.1m	18	1
4	Horizontal bar F32-1.1 m	7	2

MF4.2 – Multifitness gym station



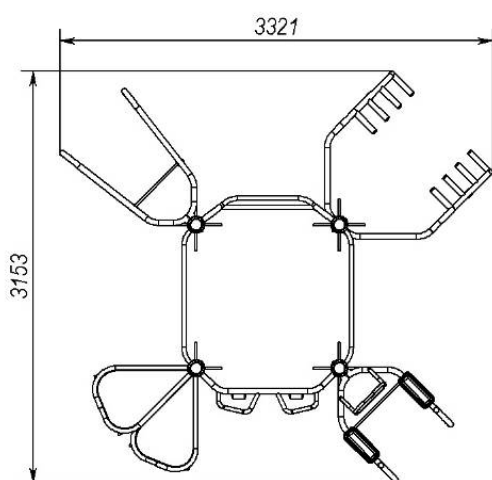
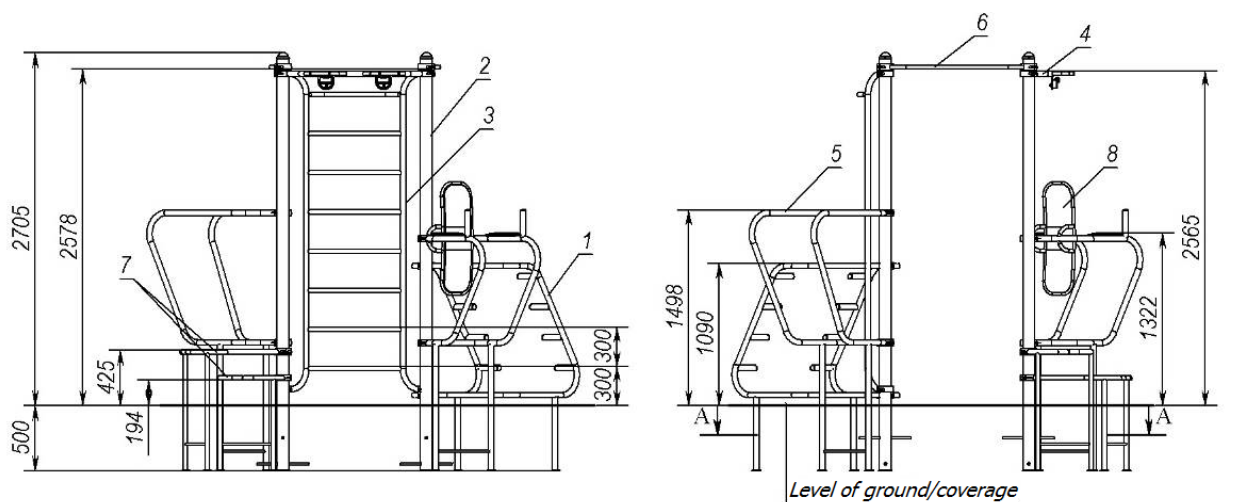
Pos.	Name	Weight, kg	Q-ty
1	Rack 3205 mm assembly	28	4
2	Ladder assembly	34	1
3	Horizontal bar with handles 1.1m	18	1
4	Horizontal bar console 1.1 m	12	2

MF4.3 – Multifitness gym station

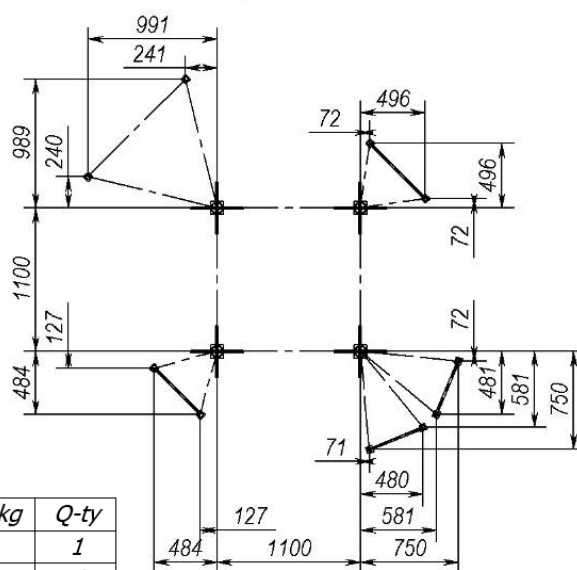


Pos.	Name	Weight, kg	Q-ty
1	Rack 3205 mm assembly	28	4
2	Ladder assembly	34	1
3	Parallel bars for push-ups	26	1
4	Horizontal bar F32-1.1 m	7	2
5	Punching bag bracket	7	2
6	Support for abdominals assembly	38	1
7	Horizontal bar console 1.1m	12	1

MF4.4 – Multifitness gym station

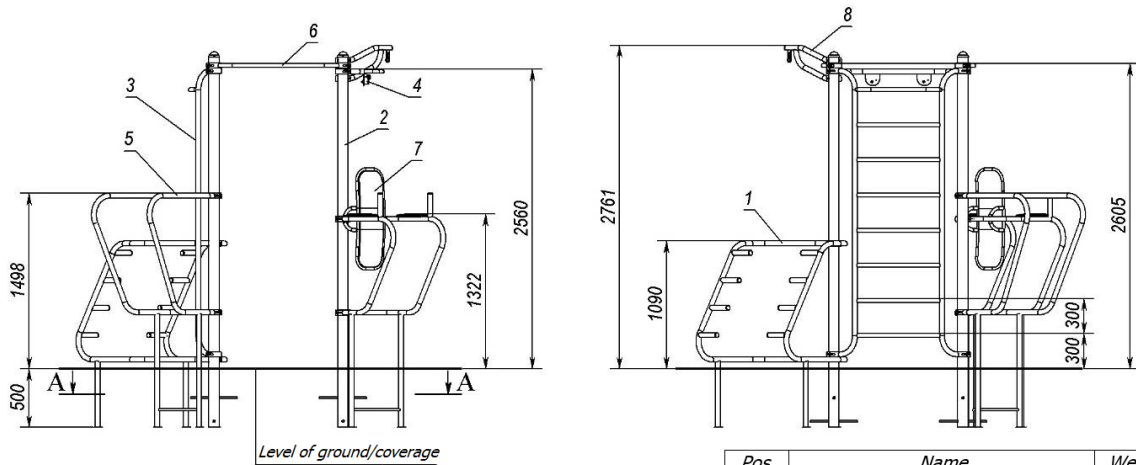


A-A



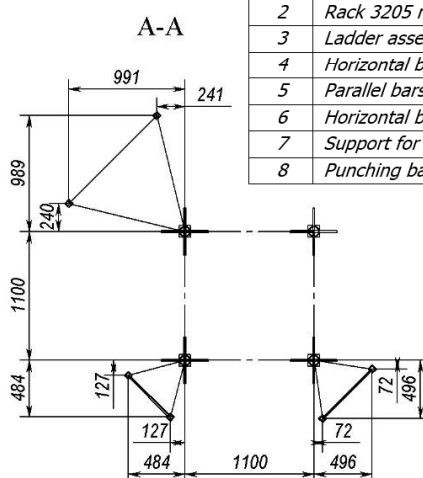
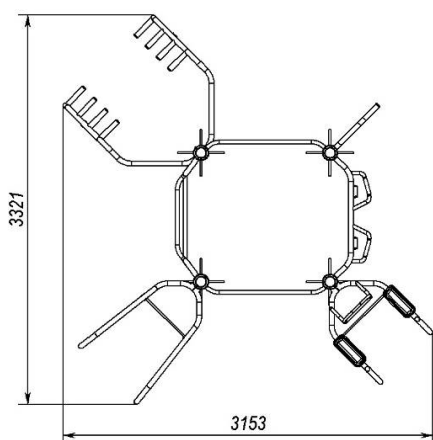
Pos.	Name	Weight, kg	Q-ty
1	Handrail assembly	29	1
2	Rack 3205 mm assembly	28	4
3	Ladder assembly	34	1
4	Horizontal bar with handles 1.1m	18	1
5	Parallel bars for push-ups	26	1
6	Horizontal bar F32-1.1 m	7	2
7	Step platform	37	1
8	Support for abdominals assembly	38	1

MF3.5 – MF station

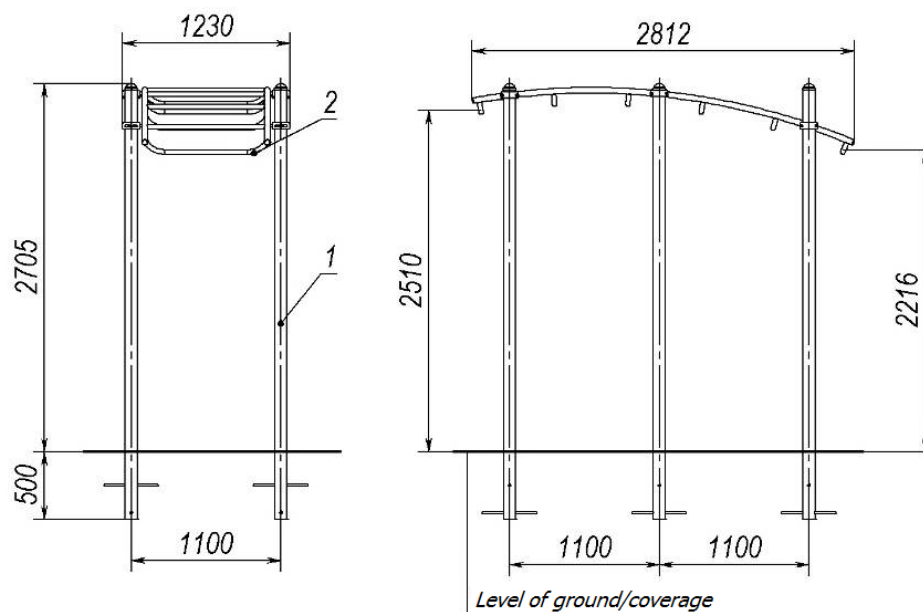


Level of ground/coverage

Pos.	Name	Weight, kg	Q-ty
1	Handrail assembly	29	1
2	Rack 3205 mm assembly	28	4
3	Ladder assembly	34	1
4	Horizontal bar with handles 1.1m	18	1
5	Parallel bars for push-ups	26	1
6	Horizontal bar F32-1.1 m	7	2
7	Support for abdominals assembly	38	1
8	Punching bag bracket	7	1

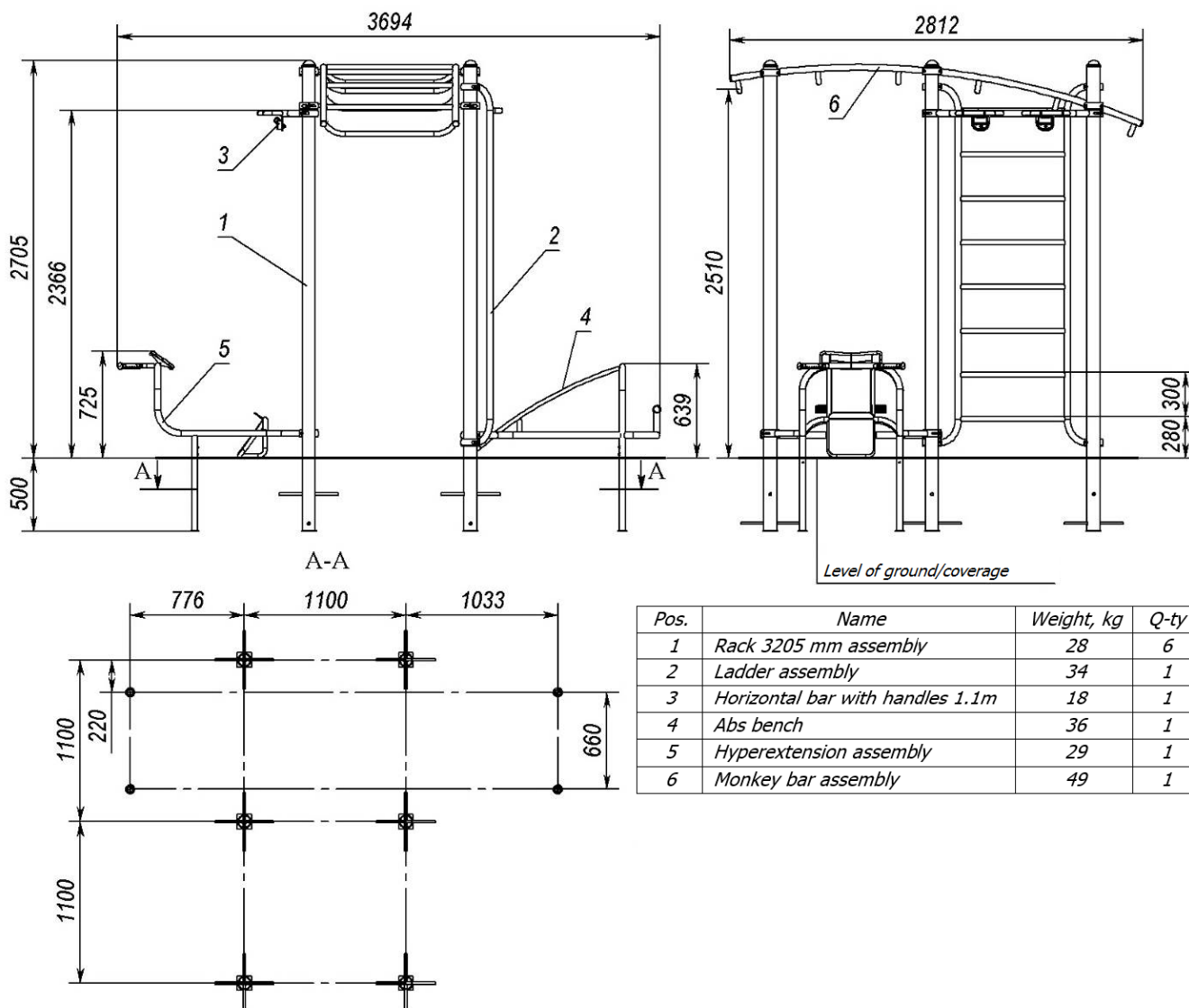


MF5.1 – Multifitness gym station



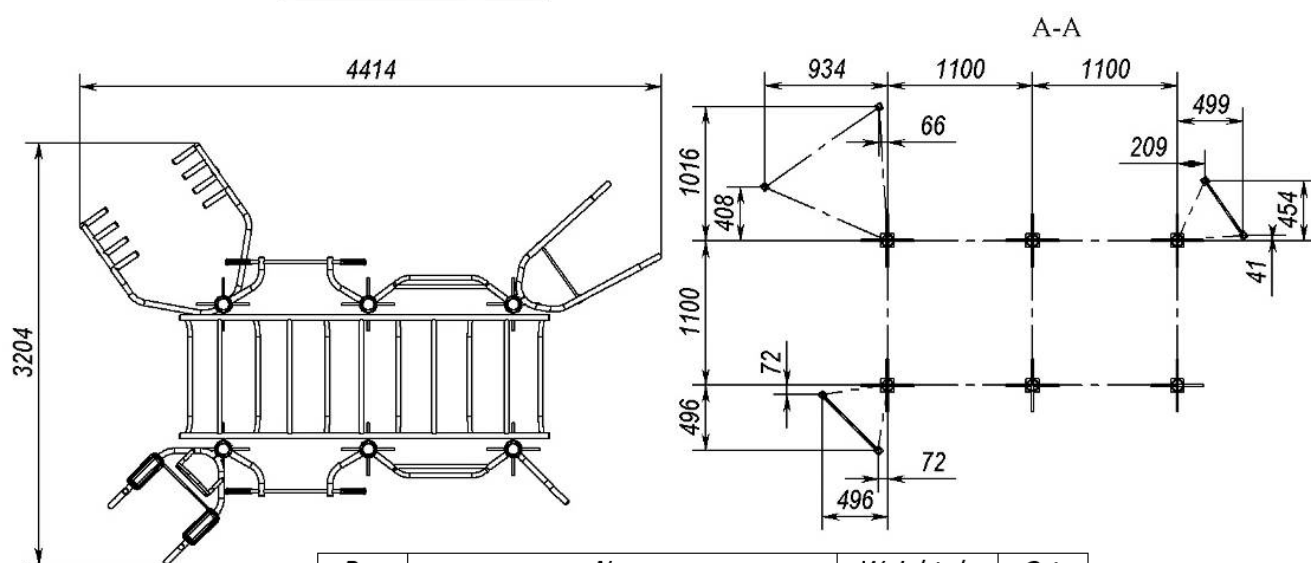
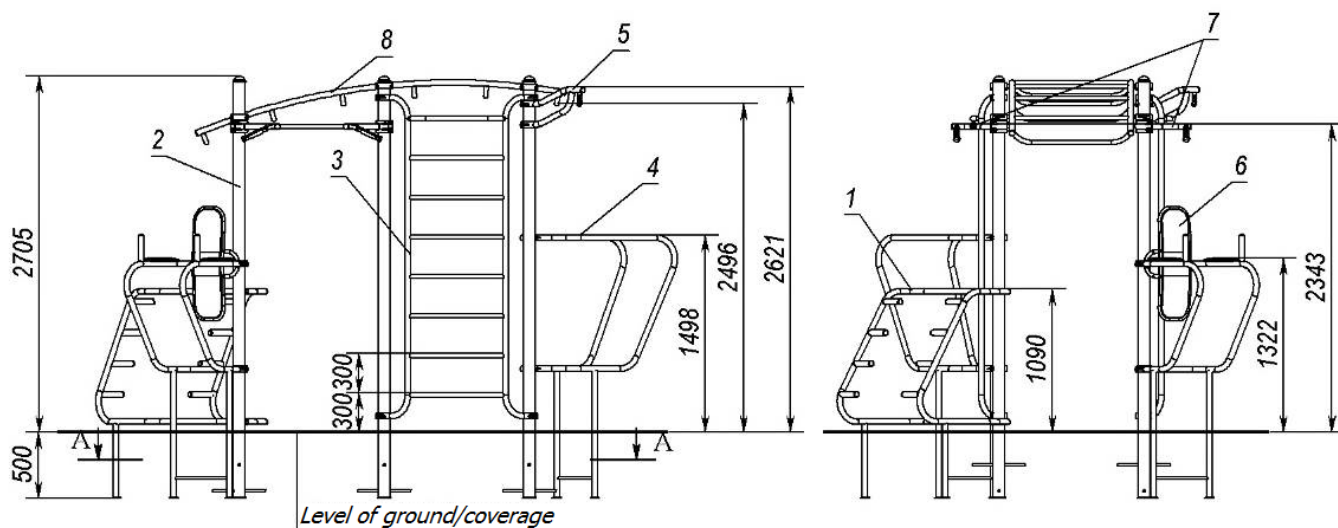
Pos.	Name	Weight, kg	Q-ty
1	Rack 3205 mm assembly	28	6
2	Monkey bar assembly	49	1

MF5.2 – Multifitness gym station



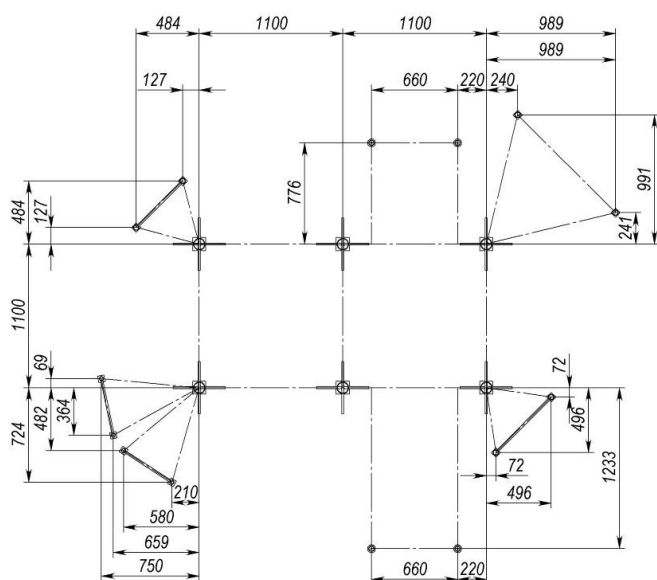
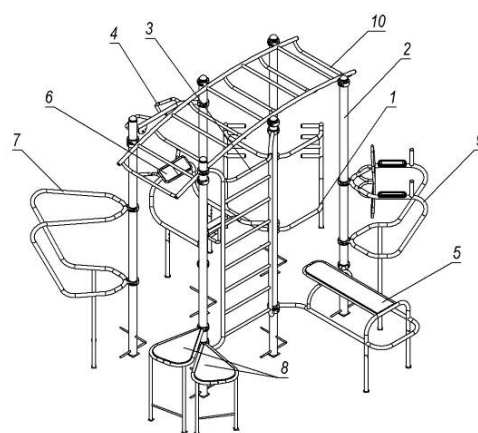
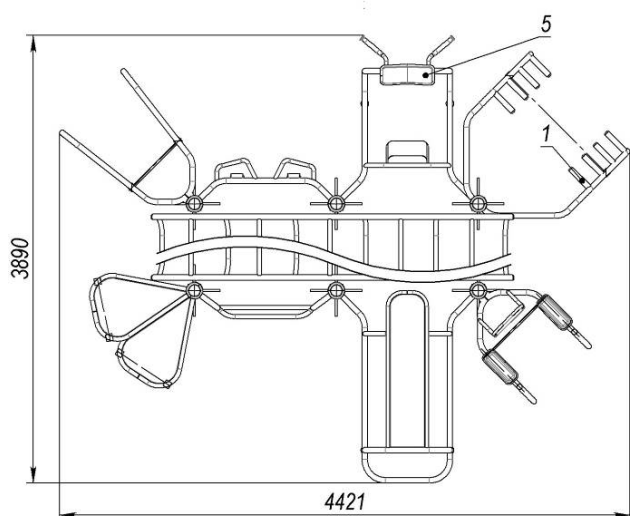
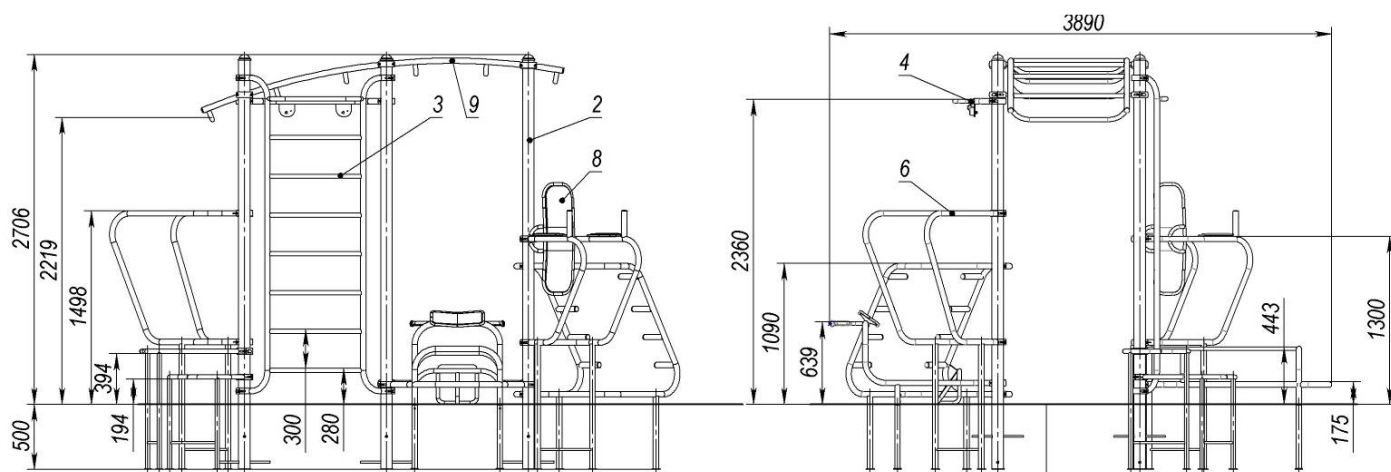
Pos.	Name	Weight, kg	Q-ty
1	Rack 3205 mm assembly	28	6
2	Ladder assembly	34	1
3	Horizontal bar with handles 1.1m	18	1
4	Abs bench	36	1
5	Hyperextension assembly	29	1
6	Monkey bar assembly	49	1

MF5.3 – Multifitness gym station



Pos.	Name	Weight, kg	Q-ty
1	Handrail assembly	29	1
2	Rack 3205 mm assembly	28	6
3	Ladder assembly	34	2
4	Parallel bars for push-ups	26	1
5	Punching bag bracket	7	1
6	Support for abdominals assembly	38	1
7	Horizontal bar console 1.1m	12	2
8	Monkey bar assembly	49	1

MF5.4 – Multifitness gym station



Pos.	Name	Weight, kg	Q-ty
1	Handrail assembly	29	1
2	Rack 3205 mm assembly	28	6
3	Ladder assembly	34	1
4	Horizontal bar with handles 1.1m	18	1
5	Abs bench	35	1
6	Hyperextension assembly	29	1
7	Parallel bars for push-ups	26	1
8	Step platform	37	1
9	Support for abdominals assembly	38	1
10	Monkey bar assembly	49	1