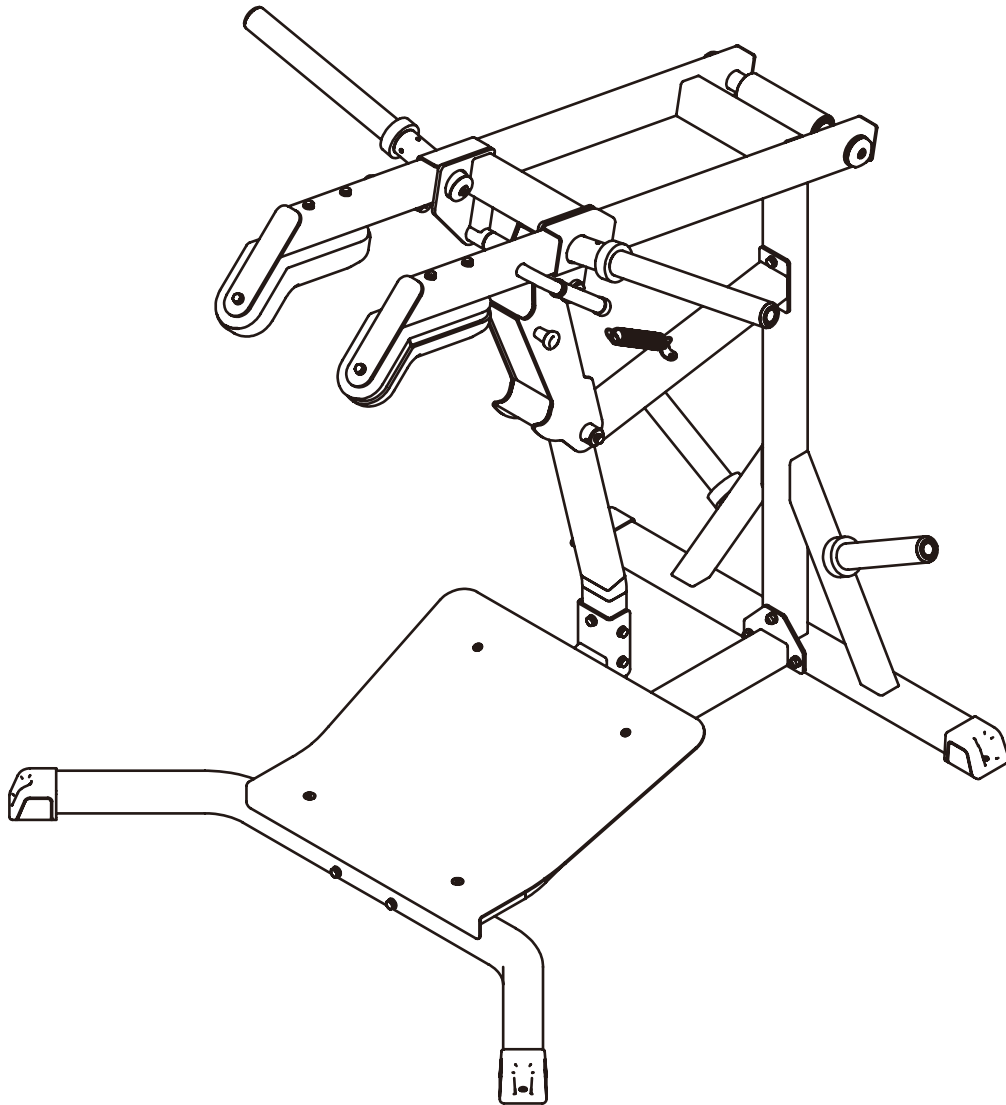


Инструкция

Гак-присед / Икроножные стоя Impulse IFP1707

Полезные ссылки:

[Гак-присед / Икроножные стоя Impulse IFP1707 - смотреть на сайте](#)



IFP1707

Leverage Squat / Calf

OWNER'S MANUAL

22D

CAUTION! Read all precautions and instructions in this manual before using this equipment.

Table Of Contents

CAUTION!

Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.6 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

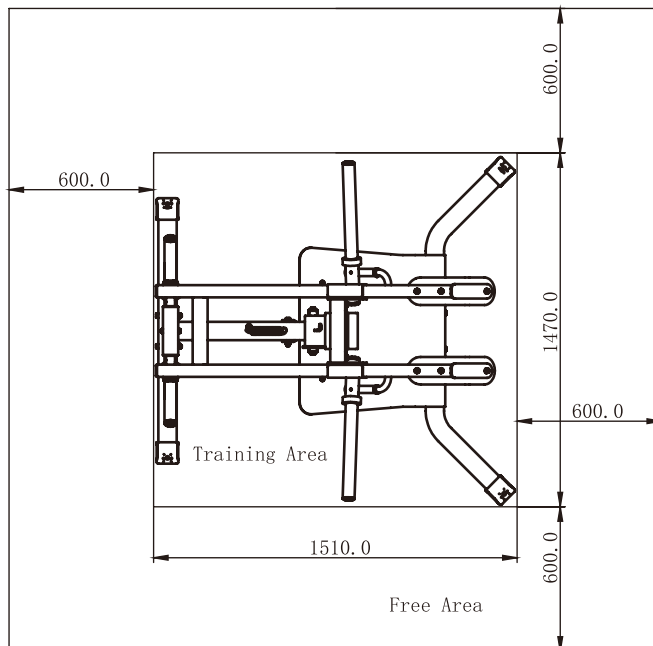
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 2*175kg/ 386lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1489*1446*1550mm

Product Total Surface: 1510*1470mm

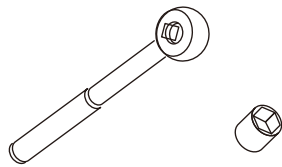
Product Total Mass:

Instructions

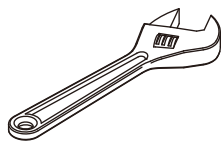
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

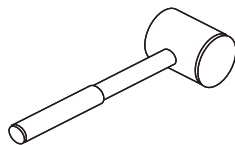
Tools Required



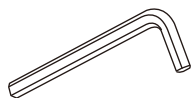
Ratchet Wrench and Socket



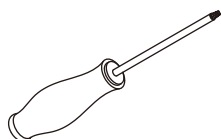
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

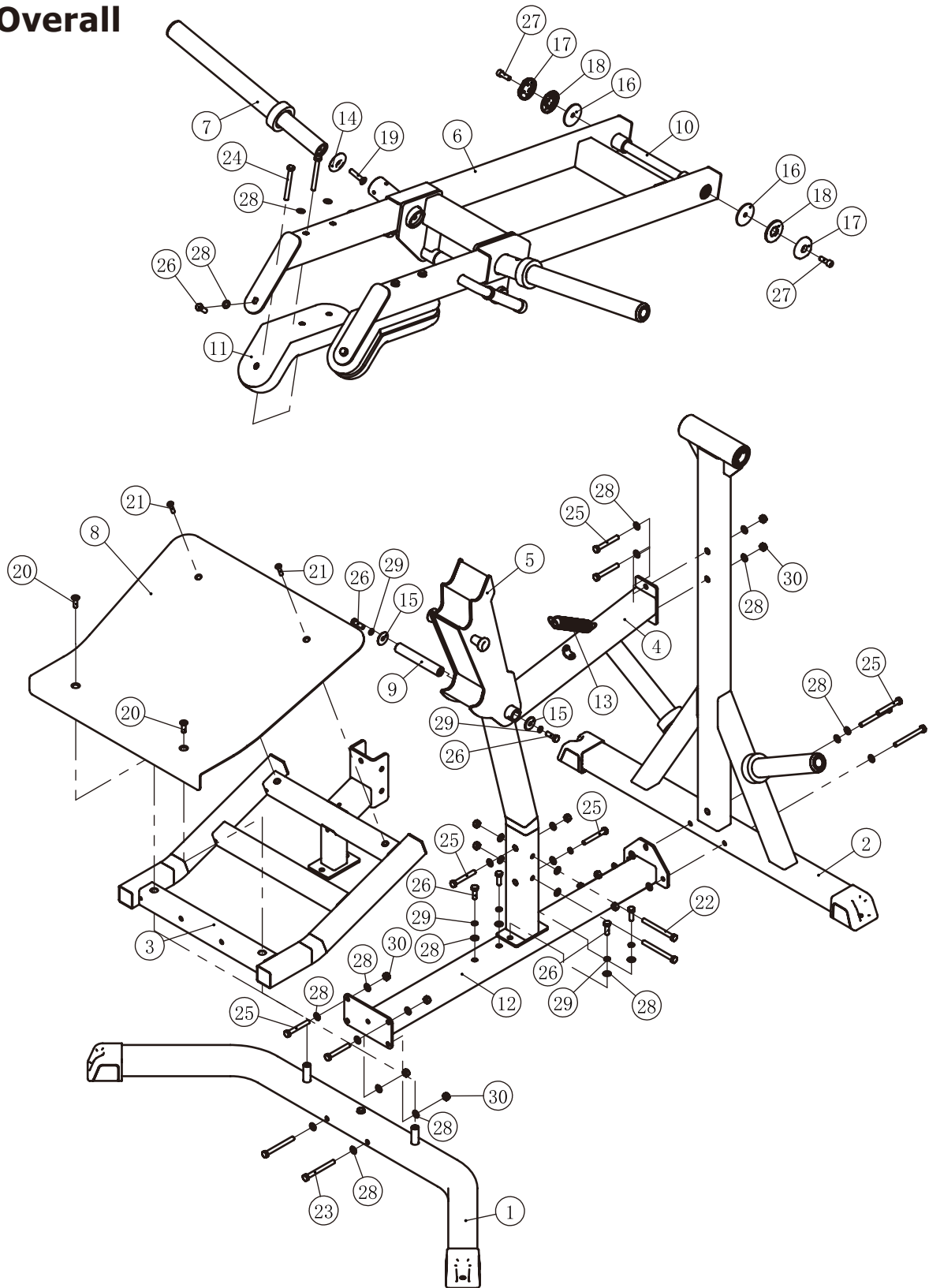
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IFP170701ASSY	Rear Bottom Frame ASSY	1
2	IFP170702ASSY	Front Frame ASSY	1
3	IFP170703ASSY	Foot Frame ASSY	1
4	IFP170704ASSY	Support Frame ASSY	1
5	IFP170705ASSY	Adjustable Frame ASSY	1
6	IFP170706ASSY	Shoulder Pad Frame ASSY	1
7	IFP170707ASSY	Long Barbell Bar ASSY	2
8	IFP17071000	Foot Plate	1
9	IFP17071100	Shaft $\Phi 25 \times 169 \times M10$	1
10	IFP17071200	Shaft $\Phi 25 \times 379 \times M10$	1
11	IFP17071300	Shoulder Pad	2
12	IFP17071500	Connecting Frame	1
13	SL70012200	Spring $\Phi 31.5 \times \Phi 2.5 \times 165$	1
14	SL70011700	Aluminium End Cap $\Phi 54$	2
15	AC31001301V2	Space $\Phi 36 \times \Phi 11 \times 3$	2
16	IF93062200	Space $\Phi 62 \times \Phi 10.5 \times 3$	2
17	FE97211900	Cap $\Phi 60$	2
18	FE97212000	Circle Ring $\Phi 62.5 \times 5$	2
19	CNLM10*40*40DS20NL	Flat Head Cap Screw M10*40	2
20	CNLM10*30DHS18NL	Flat Head Cap Screw M10*30	2
21	CNLM8*20DHS20NL	Flat Head Cap Screw M8*20	2
22	GB5780M10*110DHS20	Hex Head Bolt M10*110	2
23	GB5780M10*100DHS20	Hex Head Bolt M10*100	4
24	GB5780M10*90DHS20	Hex Head Bolt M10*90	4
25	GB5780M10*75DHS20	Hex Head Bolt M10*75	7
26	GB5781M10*30DHS20	Hex Head Bolt M10*30	8
27	GB70M10*30DHS20	Socket Head Cap Screw M10*30	2
28	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	35
29	GB9310DHS12	Spring Washer $\Phi 10$	7
30	NM10DHS2	Nylon Lock Nut M10	12

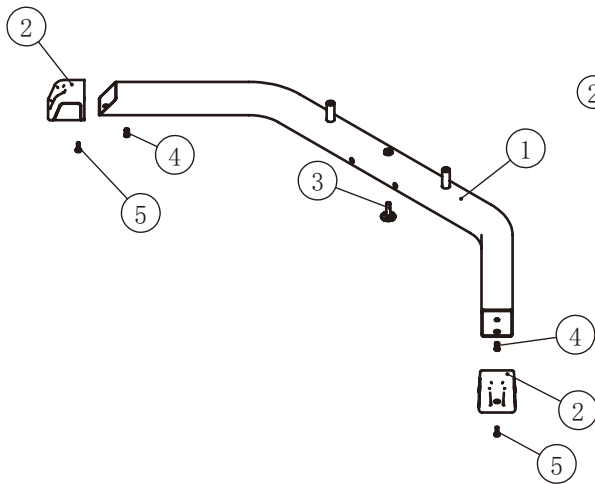
Exploded View and Parts List

Overall

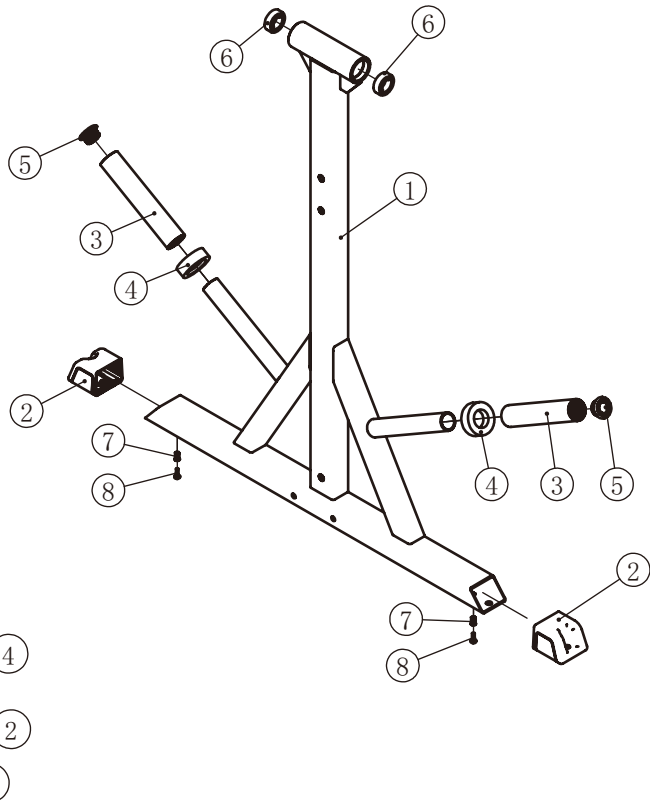


Exploded View and Parts List

Rear Bottom Frame ASSY



Front Frame ASSY

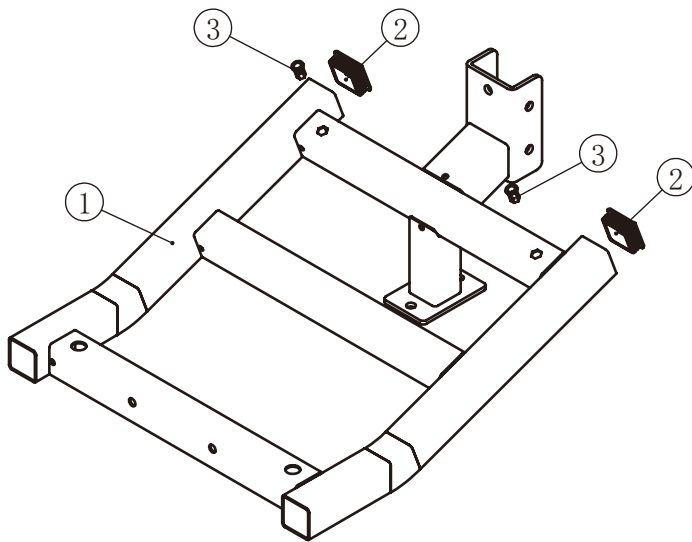


Grade No.	Part No.	Description	QTY
1.1	IFP17070100	Rear Bottom Frame	1
1.2	IFP12013300	Ground Plug	2
1.3	DC135K34000	Adjustable Height Rubber	1
1.4	GB17880.5M6*16.5DS17	Rivet Nut M6	2
1.5	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

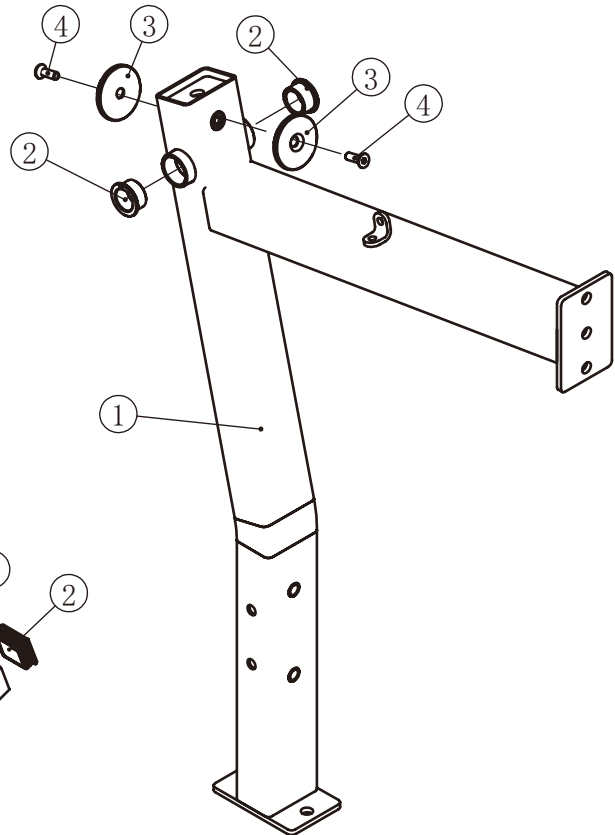
Grade No.	Part No.	Description	QTY
2.1	IFP17070200	Front Frame	1
2.2	IFP12013300	Ground Plug	2
2.3	IFP12013400	Barbell Casing	2
2.4	HF985A1500	Rubber Buffer	2
2.5	IFP12013500	Plug $\Phi 49$	2
2.6	GB2766205-2ZC3	Deep Groove Ball Bearing $\Phi 25*\Phi 52*15$	2
2.7	GB17880.5M6*16.5DS17	Rivet Nut M6	2
2.8	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

Exploded View and Parts List

Foot Frame ASSY



Support Frame ASSY



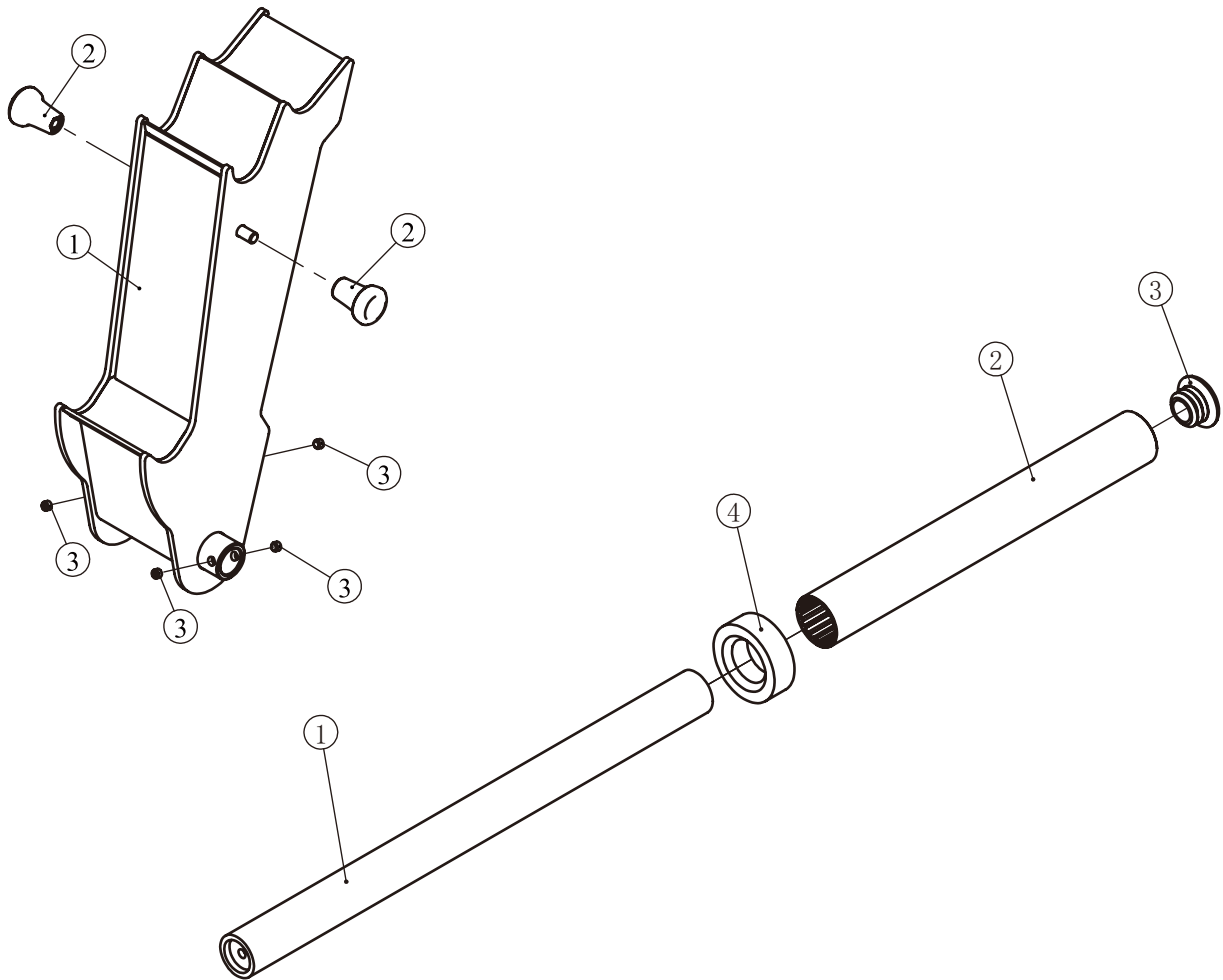
Grade No.	Part No.	Description	QTY
3.1	IFP17070300	Foot Frame	1
3.2	KPSFID3000	Plug	2
3.3	GB17880.5M8*19.5DS2	Rivet Nut M8	2

Grade No.	Part No.	Description	QTY
4.1	IFP17070400	Support Frame	1
4.2	IFP17071400	Limit Place Buffer	2
4.3	SL70441200	Bushing $\Phi 38^* \Phi 25^* 18$	2
4.4	CNLM8*25*25DHS20	Flat Head Cap Screw M8*25	2

Exploded View and Parts List

Adjustable Frame ASSY

Long Barbell Bar ASSY

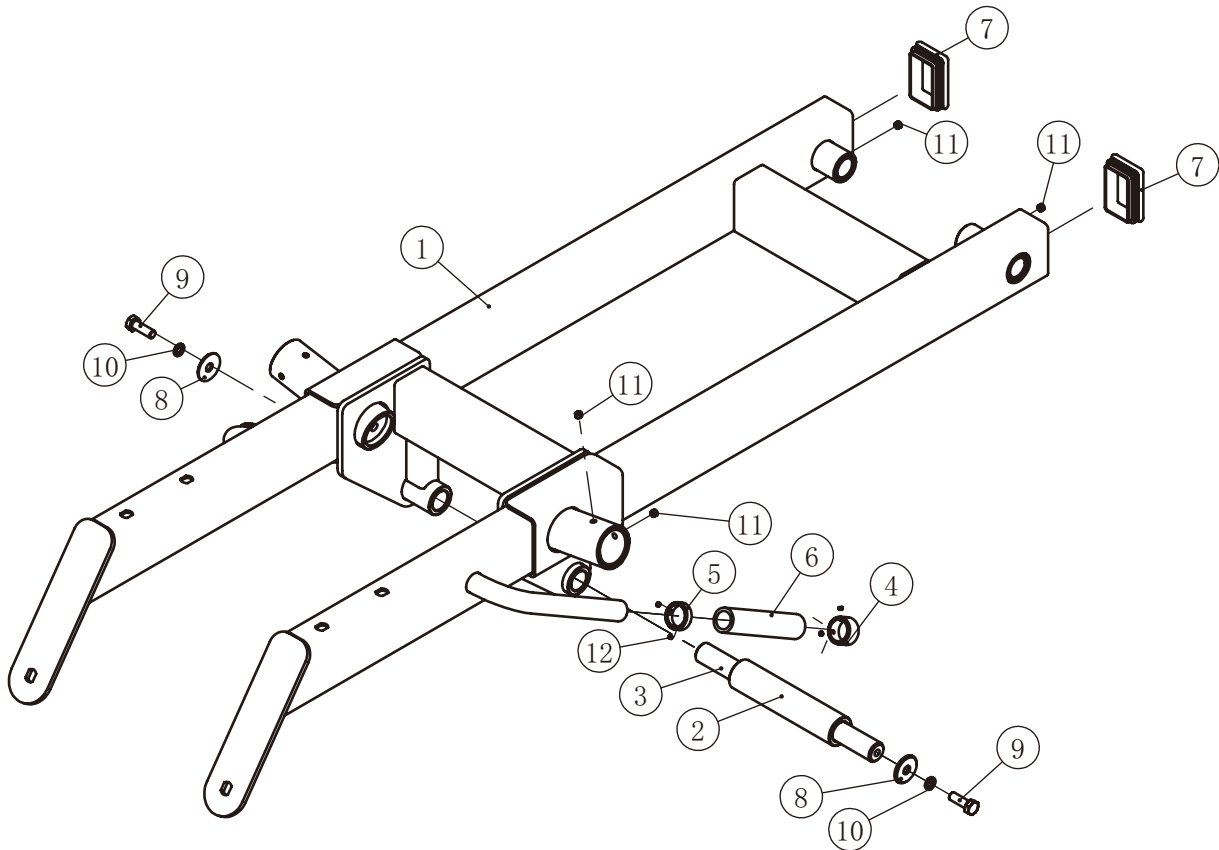


Grade No.	Part No.	Description	QTY
5.1	IFP17070500	Adjustable Frame	1
5.2	CWRVL0052100P116C	Adjustable Handle	2
5.3	GB77M8*6DHS2	Socket Set Screw M8*6	4

Grade No.	Part No.	Description	QTY
7.1	IFP17070700	Long Barbell Bar	1
7.2	IFP17113400	Weight Horn Sleeve	1
7.3	IFP16053100	Plug $\Phi 49$	1
7.4	HF985A1500	Rubber Buffer	1

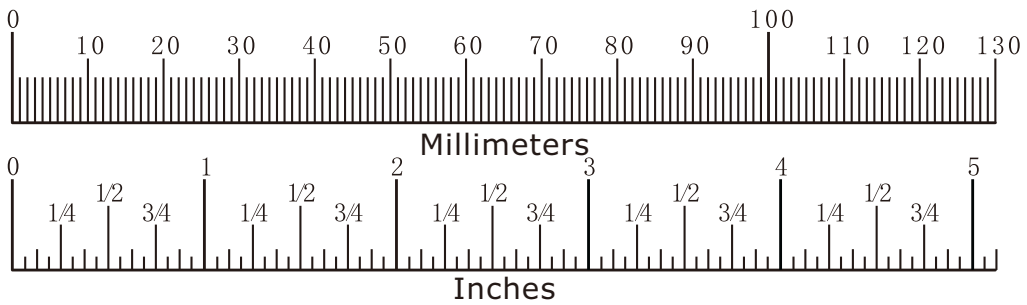
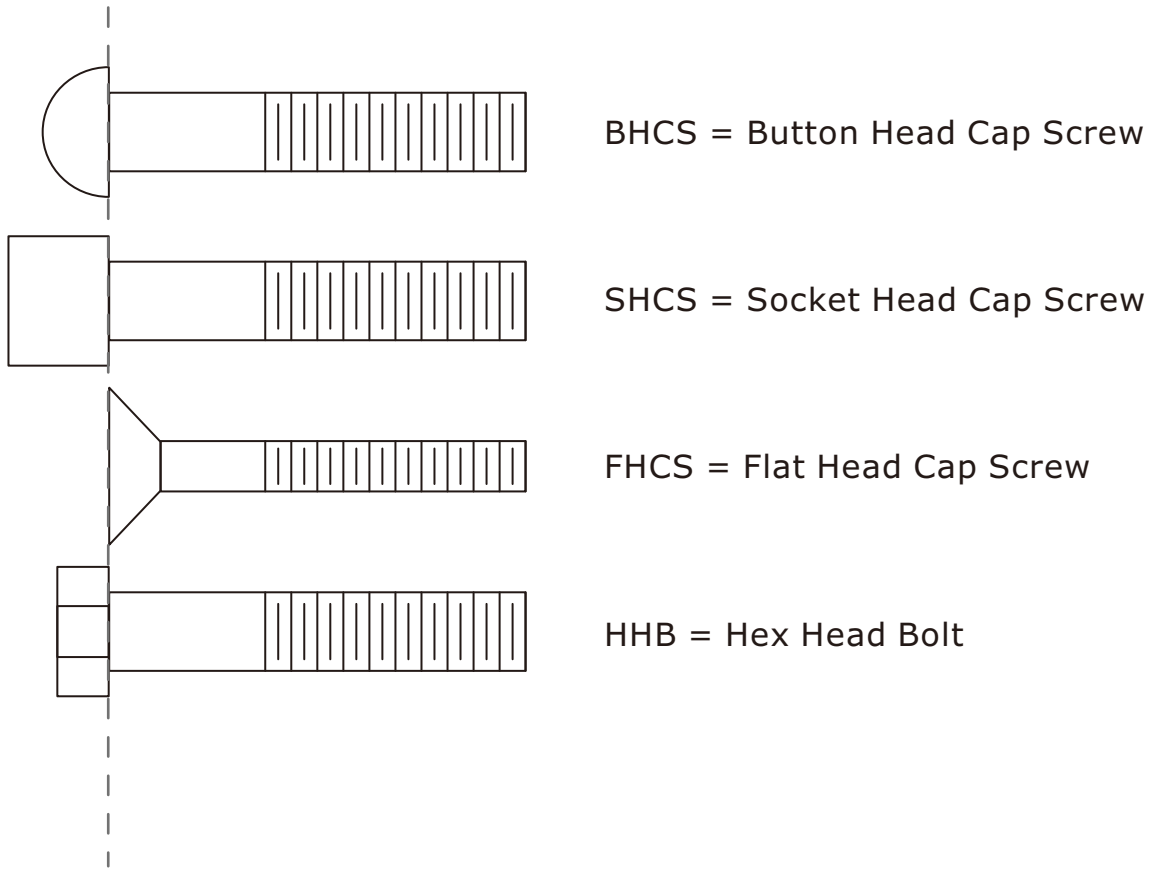
Exploded View and Parts List

Shoulder Pad Frame ASSY



Grade No.	Part No.	Description	QTY
6.1	IFP17070600	Shoulder Pad Frame	1
6.2	IFP17070800	Stop Collar	1
6.3	IFP17070900	Shaft of limit $\Phi 25*296*M10$	1
6.4	V39600	Aluminum Grip Cap $\Phi 25.4$	2
6.5	V39500	Aluminum Grip Ring $\Phi 25.4$	2
6.6	FE97031800	Grip ST $\Phi 31*\Phi 24*140$	2
6.7	KPSFID2800	Plug $\square 50.8*76.2$	2
6.8	AC31001301V2	Space $\Phi 36*\Phi 11*3$	2
6.9	GB5781M10*30DHS20	Hex Head Bolt M10*30	2
6.10	GB9310DHS12	Spring Washer $\Phi 10$	2
6.11	GB77M8*6DHS2	Socket Set Screw M8*6	6
6.12	YZGB7710-32*3.2N19	Socket Set Screw 10-32*3.2	8

Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach the Rear Bottom Frame ASSY (#1), the Front Frame ASSY (#2) to the Connecting Frame (#12) using:

three M10*100 HHB (#23)	two M10*75 HHB (#25)
ten $\Phi 11*\Phi 20*2$ Flat Washer (#28)	five M10 Nylon Lock Nut (#30)

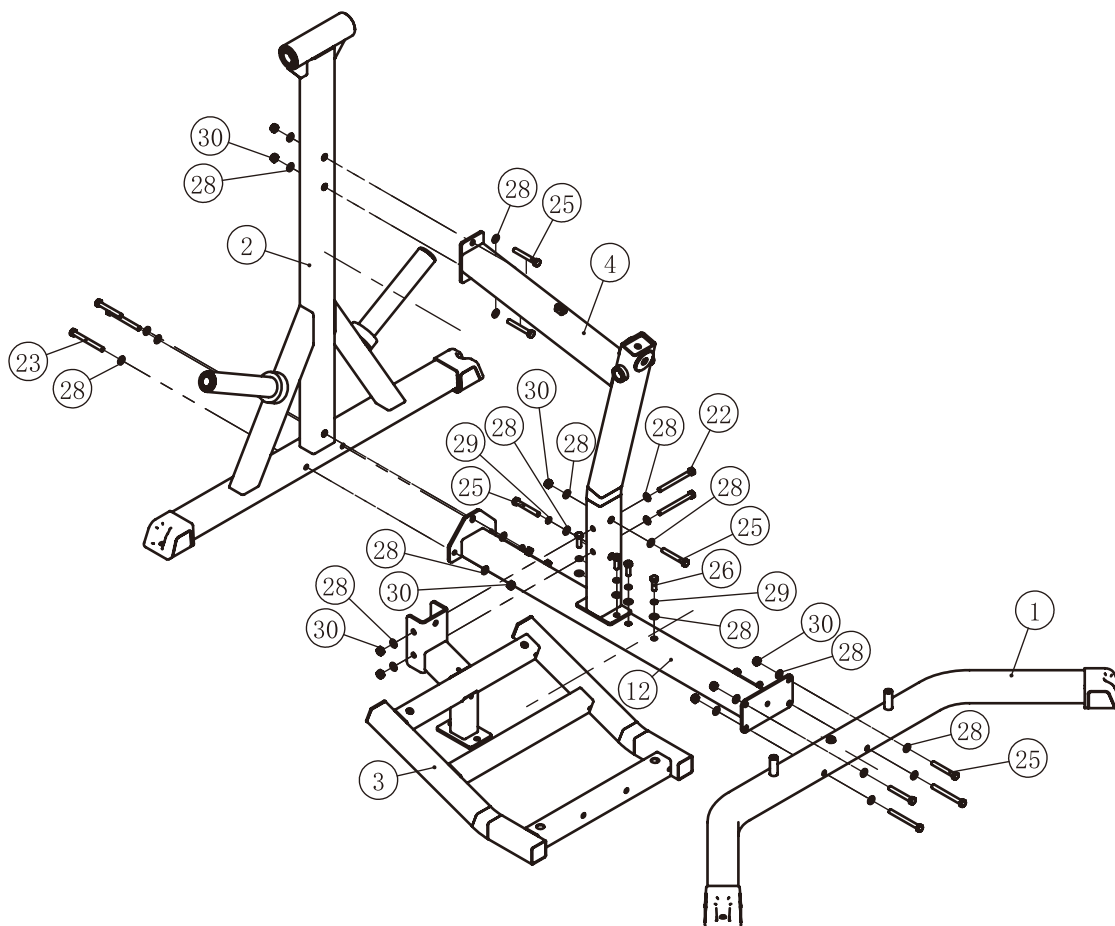
2. Attach the Support Frame ASSY (#4) to the Front Frame ASSY (#2) and the Connecting Frame (#12) using:

two M10*75 HHB (#25)	two M10*30 HHB (#26)
six $\Phi 11*\Phi 20*2$ Flat Washer (#28)	two M10 Nylon Lock Nut (#30)
two $\Phi 10$ Spring Washer (#29)	

3. Attach the Foot Frame ASSY (#3) to the Rear Bottom Frame ASSY (#1), the Support Frame ASSY (#4) and the Connecting Frame (#12) using:

two M10*110 HHB (#22)	four M10*75 HHB (#25)
two M10*30 HHB (#26)	thirteen $\Phi 11*\Phi 20*2$ Flat Washer (#28)
five M10 Nylon Lock Nut (#30)	three $\Phi 10$ Spring Washer (#29)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

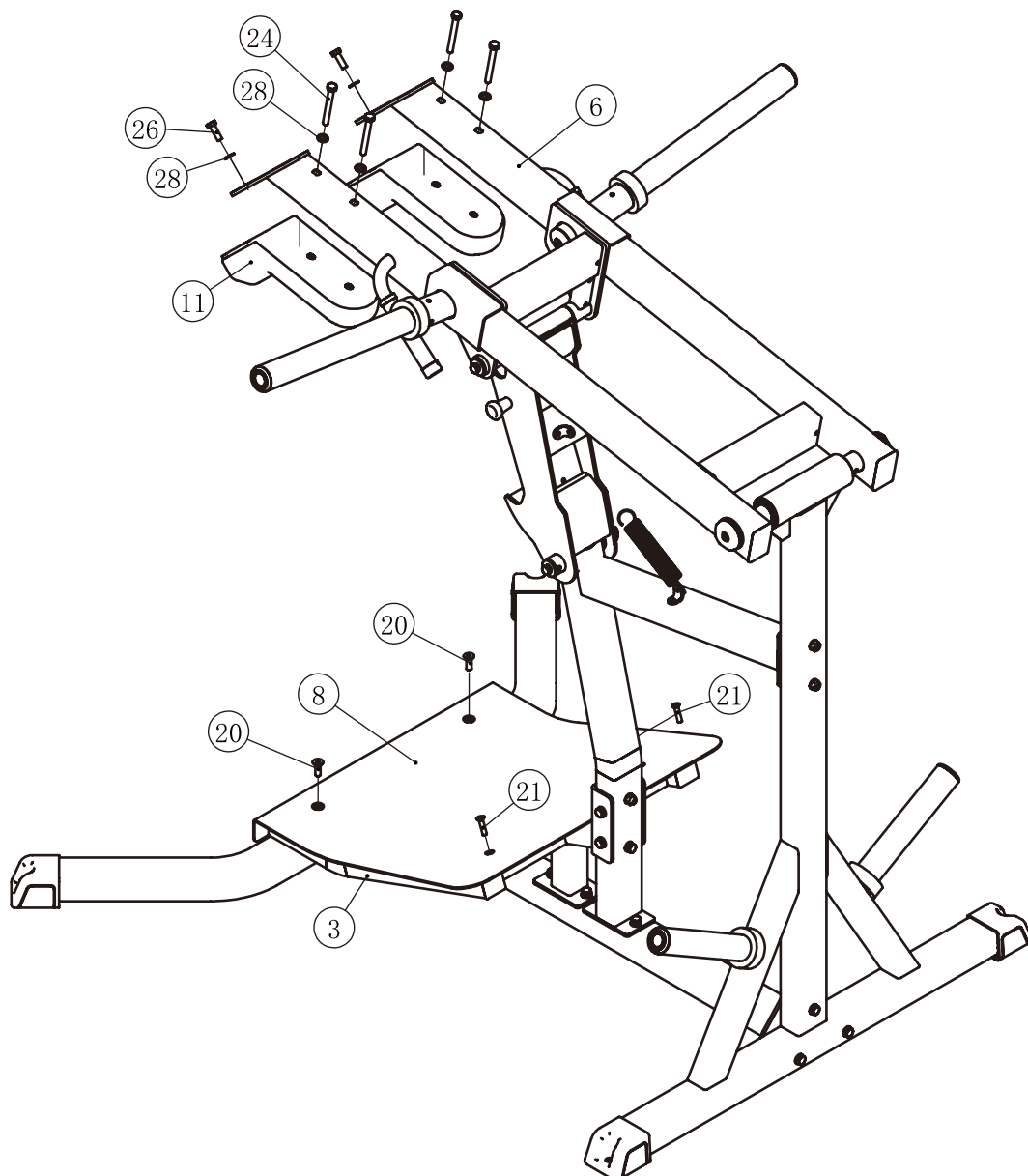


Assembly

STEP 3

1. Attach the Foot Plate (#8) to the Foot Frame ASSY (#3) using:
two M10*30 FHCS (#20)
two M8*20 FHCS (#21)
2. Attach two Shoulder Pad (#11) to the Shoulder Pad Frame ASSY (#6) using:
two M10*30 HHB (#26)
four M10*90 HHB (#24)
six $\Phi 11*\Phi 20*2$ Flat Washer (#28)

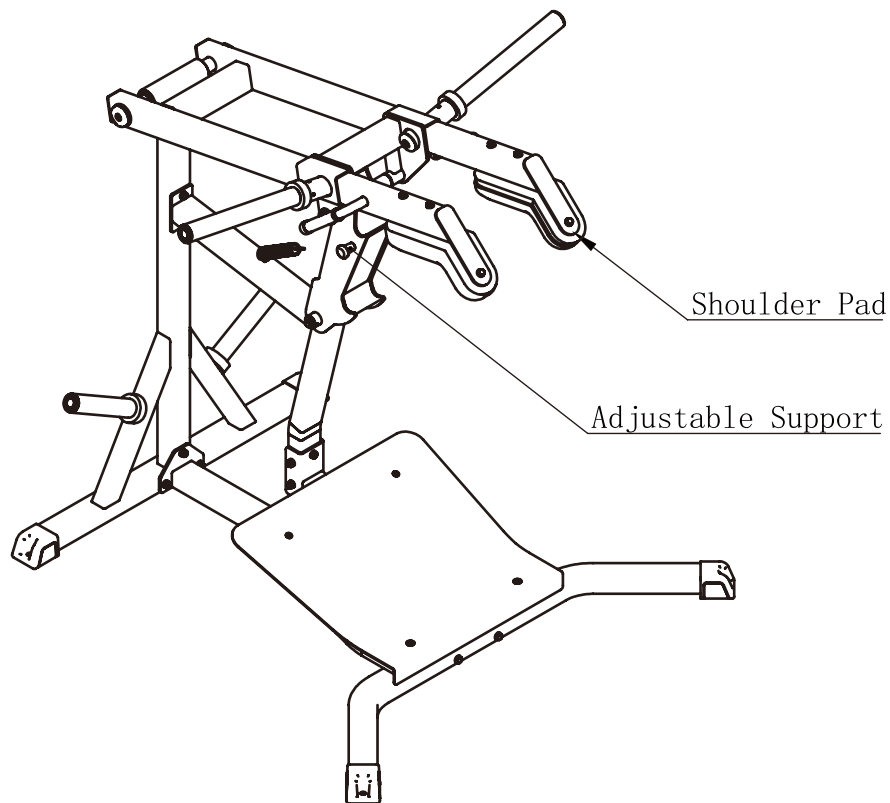
Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Adjust and Exercise Instruction

The Shoulder Pad adjustment

1. Pull the Adjustable support and adjust the Shoulder Pad to the desired position.
2. Make sure the limit shaft is in the right place completely.



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

