

Инструкция

Машина Смита Bronze Gym K-020

Полезные ссылки:

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[Машина Смита Bronze Gym K-020 - читать отзывы](#)

SMITH MACHINE

MGT-020

<http://bronze-gym.ru/bronze-gym-mgt-020-mashina-smita>



USER MANUAL

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1. INTRODUCTION

Thank you for purchasing this unit.

For your health and safety, please make a reasonable training program with suitable weight stack and correct postures under the coach's guidance before starting the workout. Kindly please read this manual carefully before using the unit.

Please fill out the maintenance form carefully and keep it with receipt for after-sale service.

2. FEATURE

- A .The main frame adopts the high-quality steel tube of for use, durable and safe.
- B .Adopt high strength steel cable as transmitting wire and you will feel safe and durable.
- C .The weight stack adopts casting iron and has protective cover.
- D .Rotating part adopts the high-quality bearing, durable in use and there is no noise while using.
- E .The high quality leader makes it smoother while using.

3.WARNING

1. This training equipment is only intended for use in training areas of organizations such as sport associations, educational establishment, hotels, clubs and studios, where access and control is specifically regulated by the owner (person who has the legal responsibility).
2. The training equipment shall only be used in areas where access control is specifically regulated by the owner; the extent of control depends on the users, e.g. degree of reliability, age, experience, etc.
3. The training equipment shall only be used in supervised areas.
4. Always keep unsupervised children and disabled away from the equipment.
5. Injury to health may result from incorrect or excessive training, please consult the couch to choice correct exercise method and proper burden.
6. Please adjust the load and equipment further (e.g. seat adjustment) before using.
7. Please check if the bolt and handrail are out of work before you start to use it.
8. When weight stacks, booms and other parts of this equipment are blocked, must handle with other people's assistance, in case that the weight stacks may suddenly drop and cause accident.
- 9 .Adjust the length of the steel cable properly and never make the steel wire rope twist. After using the machine for a period, the owner shall check the steel cable to make sure no unusual phenomena in connecting. When meet any problems, please consult the professional maintenance personal at once.
10. Do not suddenly drop the weight stack. In order to avoid destroying other weight stacks, please raise it when the weight stacks nearly collide.
11. While using, forbid hands stretching into the weight stacks or the relative motion parts, so as not to injure the finger.

12. Never allow person with heart disease and children under 12 to use this equipment.
13. The training equipment is in compliance with EN 957-2 class S(S=studio);
14. The max training weight is 150kgs (330pound). The max user's body weight is 150kg (330pound).
15. The machine should be located stably. A space of 2000mm*2000mm should be around the machine.
16. The scope of products: Primary use in professional fitness club. The second is the residence community, gym of some company
17. If you feel swirl, surfeit and other discomfort sense, Please stop exercising and go for doctor.
18. The equipment should be installed on stable even surface.
19. The machine shall only be used indoor and be avoid of moisture.
20. Wear right shoes and coat
21. Warm up before exercising
22. Don't use the equipment to do the impossible function
23. Please exercise under instruction by professional coach.
24. Inspect if the equipment is fastness before using
25. Any of the adjustment devices that could interfere with the user movement should not be left projecting.

4. GUIDANCE



MGT-020 SMITH MACHINE

Exercise position: Pectorals, Shoulder Muscles, Triceps muscle group

Dimension: 2500mm (L)*1730mm (W)*2390 mm (H)

Weight: 235kg

Usage Guidance:

- 1 Read all caution Warning Labels before using this equipment.
- 2 Adjust the seat then put your back firmly against back pad.

- 3 Insert pin into weight stack at desired resistance level.
- 4 Arm natural contraction, both hands holding the whip handle.
- 5 Arm extension forward, slowly forward push movable arm. Until completely stretched arm.
- 6 Keep the status for a moment, then slowly return to the start position and repeat the movement.

5. NOTICE

(1) Warm exercise

Please have a warm exercise for 5~10 min. Mark the time when having free movements which help to activate the joint muscles and avoid injury in exercise.

(2) Diet

Please take food which contains much protein, such as vegetables and fruits. Start the workout 40min after the meal. The next meal should be had 30min after stopping the workout while a small amount of water can be taken in exercise.

(3) Breath

Breathe in when move with strength; exhale when relax. Adjust the breath according to the movements.

(4) Frequency

A rest must be taken in 48hours after exercise for one muscle before having another one for the same muscle.

(5) Burden

Select suitable weight according to personal condition. Excessive weight must not be taken in case of injury to the muscles. The training must be proceeded in an orderly way and step by step. It is normal to feel slight pain in the muscles in the first workout.

6. MAINTENANCE

- (1).For safety use of machines, regularly maintenance must be implemented.

Especially for the attrition parts, such as cable, pulley block and connection parts.

(2)Special attention should be paid to easy worn parts.

(3) Replace the damaged components immediately and stop using the machine until it is fixed.

(4)Maintenance should be made as following instruction.

MAINTENANCE	DAILY	WEEKLY	QUATERLY
Check: connecting, bolt, Weight stack bolt	√		
Clearance: cushion and cover	√		
Lubrication: place of sliding			√
Check: bolt if tighten		√	
Lubrication: Bracket of bearing			√

7. ASSEMBLY INSTRUCTION

All the content of user's manual is to assure the strength training machine can be installed more easily

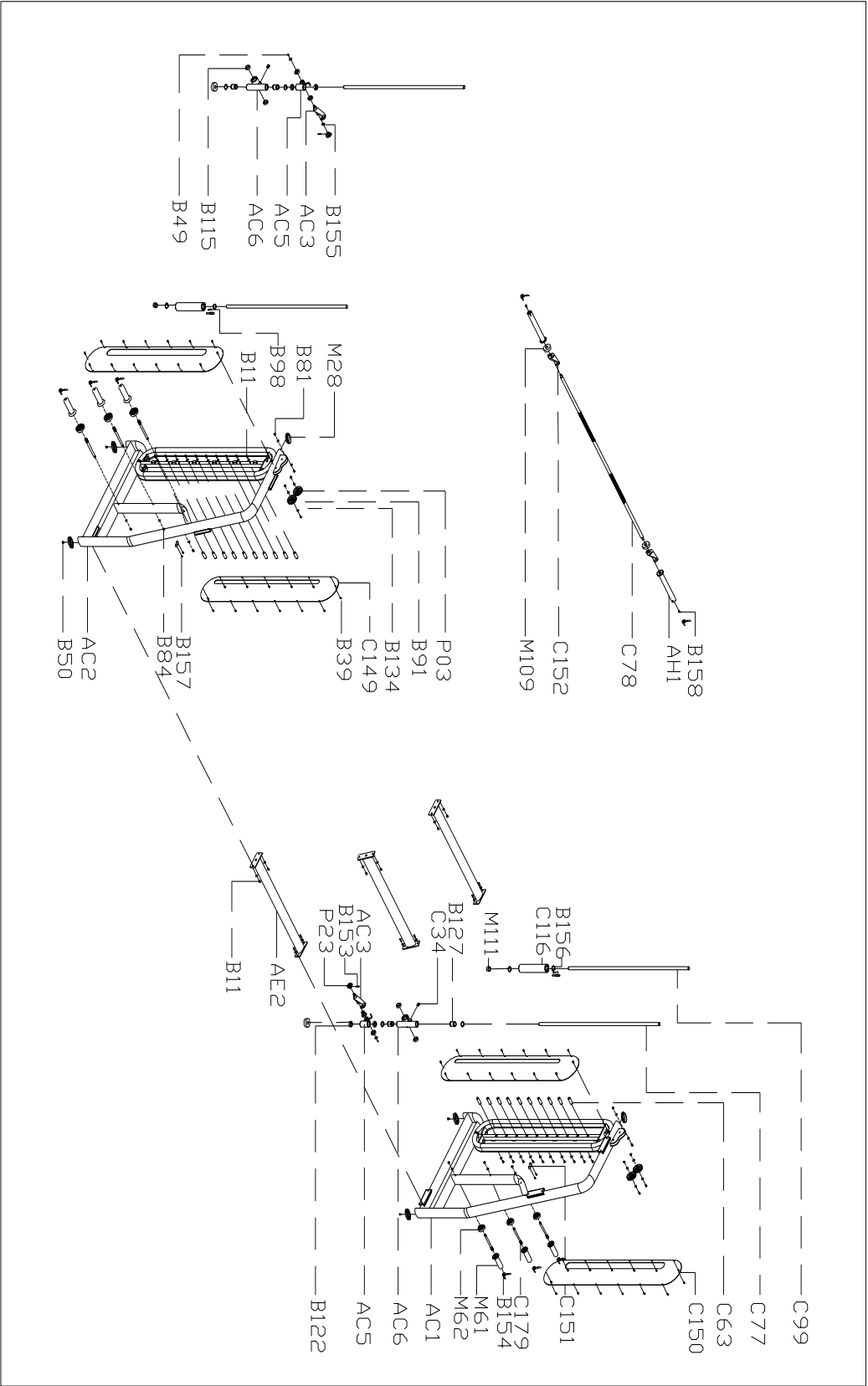
Reading the details and instructions before installing:

1. Because the size and weight of equipment is so large, Please choose the installed place near the desired station and assured there is enough space to exercise
2. All parts can be put on the clear area, then backout the wrapper. And the wrapper can't be through away before installation finished.
3. Screw the bolt tightly except the additional instruction
4. All parts must be installed according the illustration indication.
5. Installation work can be finished by two men
6. Identify all parts by part identify chart

8. ASSEMBLY TOOLS

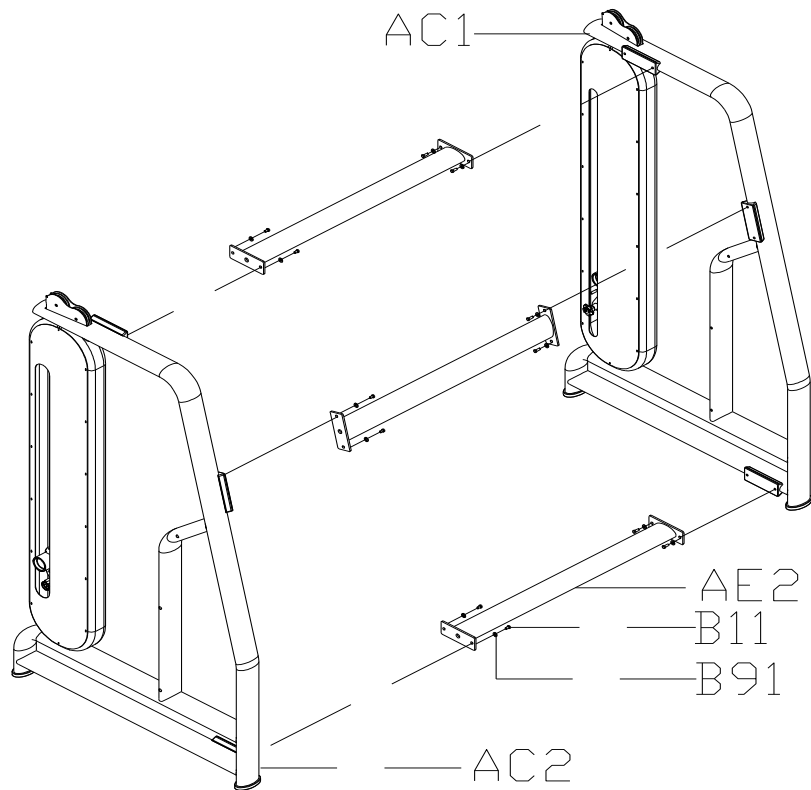
1. M6 Hex spanner
2. M10 Hex spanner
3. Two 13-16 spanner
4. Two 17-19 spanner

9. EXPLODED VIEW



10. ASSEMBLY STEPS

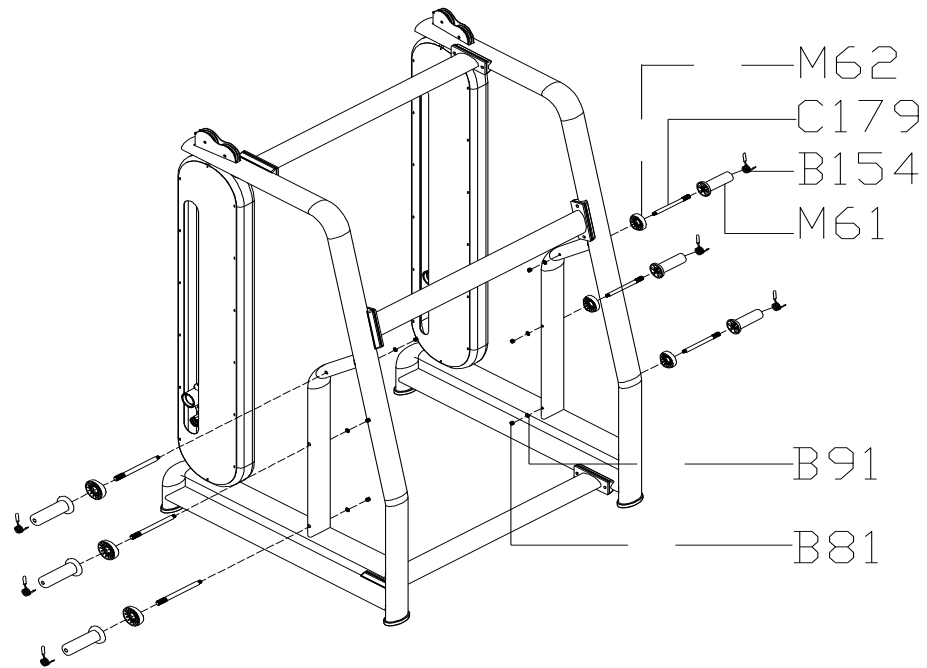
step 1



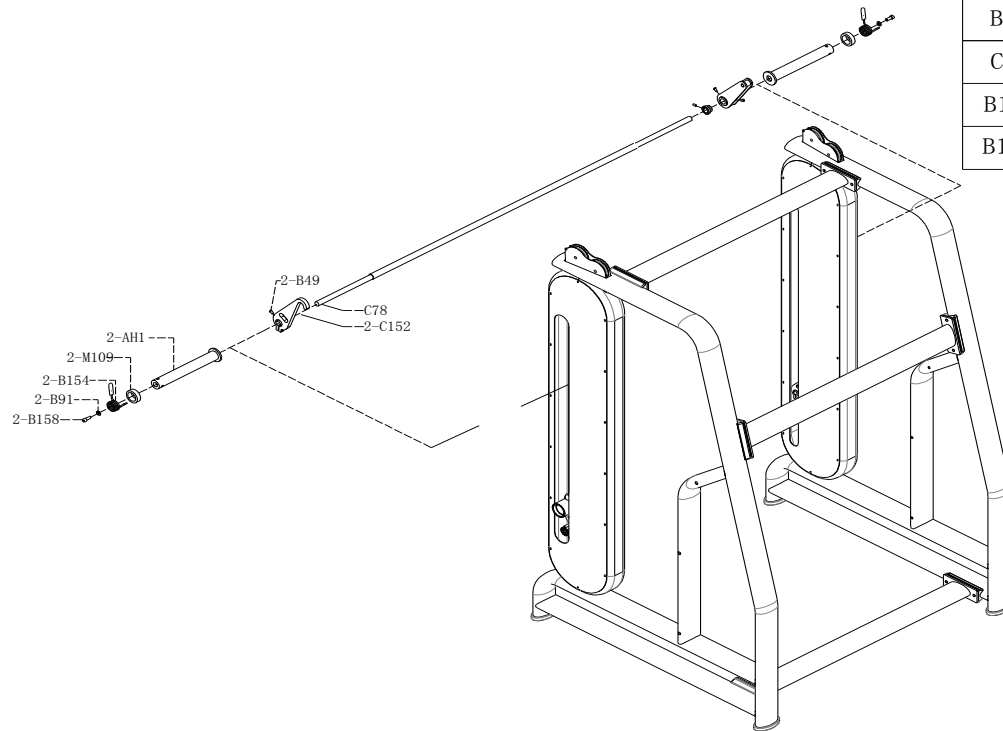
N0.	Description	SPEC.	QTY.
AC1	Main frame welding group of Smith Machine		1
AE2	Connect support welding group		3
B91	Flat gasket	φ 13. 5* φ 24*2. 5t	12
B11	Outer hexagon bolt	M12*1. 75P-25L	12
AC2	Main frame welding group of Smith Machine		1


step 2

N0.	Description	SPEC.	QTY.
C179	Barrel	φ 16*215L	6
B91	Flat gasket	φ 11* φ 20*2t	6
B81	Locknut	M10*1. 5P	6
M62	A9-40		6
M61	Foam barrel	A9-006	6



step 3



N0.	Description	SPEC.	QTY.
C152	Hook rack welding group		2
AH1	Hook rack welding group		2
B91	Flat gasket	φ 13.5* φ 24*2.5t	2
B49	Inner hexagon fillisterhead screw	M8*1.25P-15L	6
C78	Embossing Bearing	φ 30*2420L	1
B158	Inner hexagon fillisterhead screw	M12*1.75P-30L	2
B154	Bearing end cover	i 	2