

# **Инструкция**

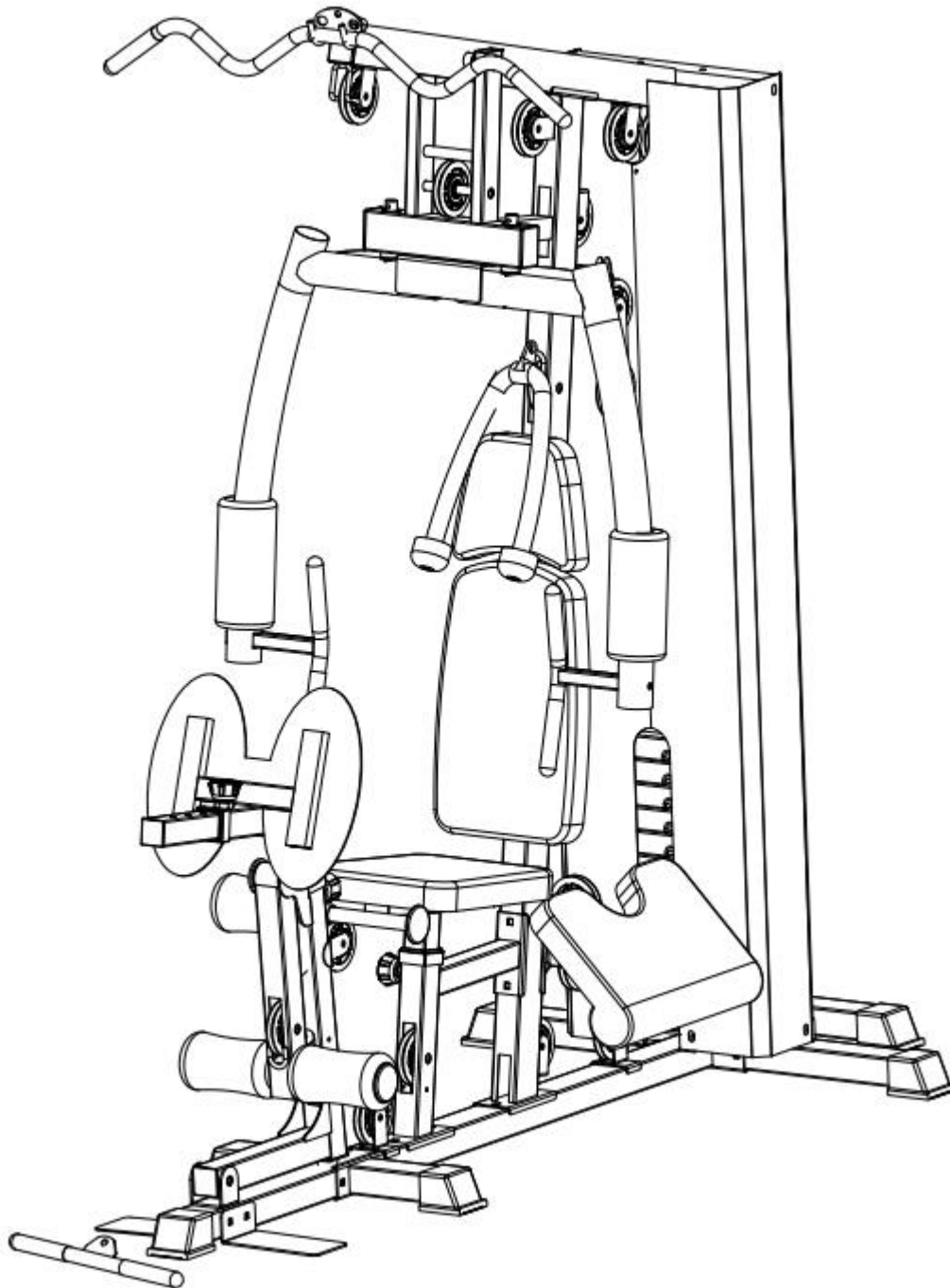
## **Мультистанция Apex Intense Z19**

Полезные ссылки:

[Мультистанция Apex Intense Z19 - смотреть на сайте](#)

[Мультистанция Apex Intense Z19 - читать отзывы](#)

# Apex Intense Z19



**IMPORTANT:** Please read the Important Safety Notice and Assembly Information in the Owner's manual before assembling this product.

**Assembly Manual**

20200815

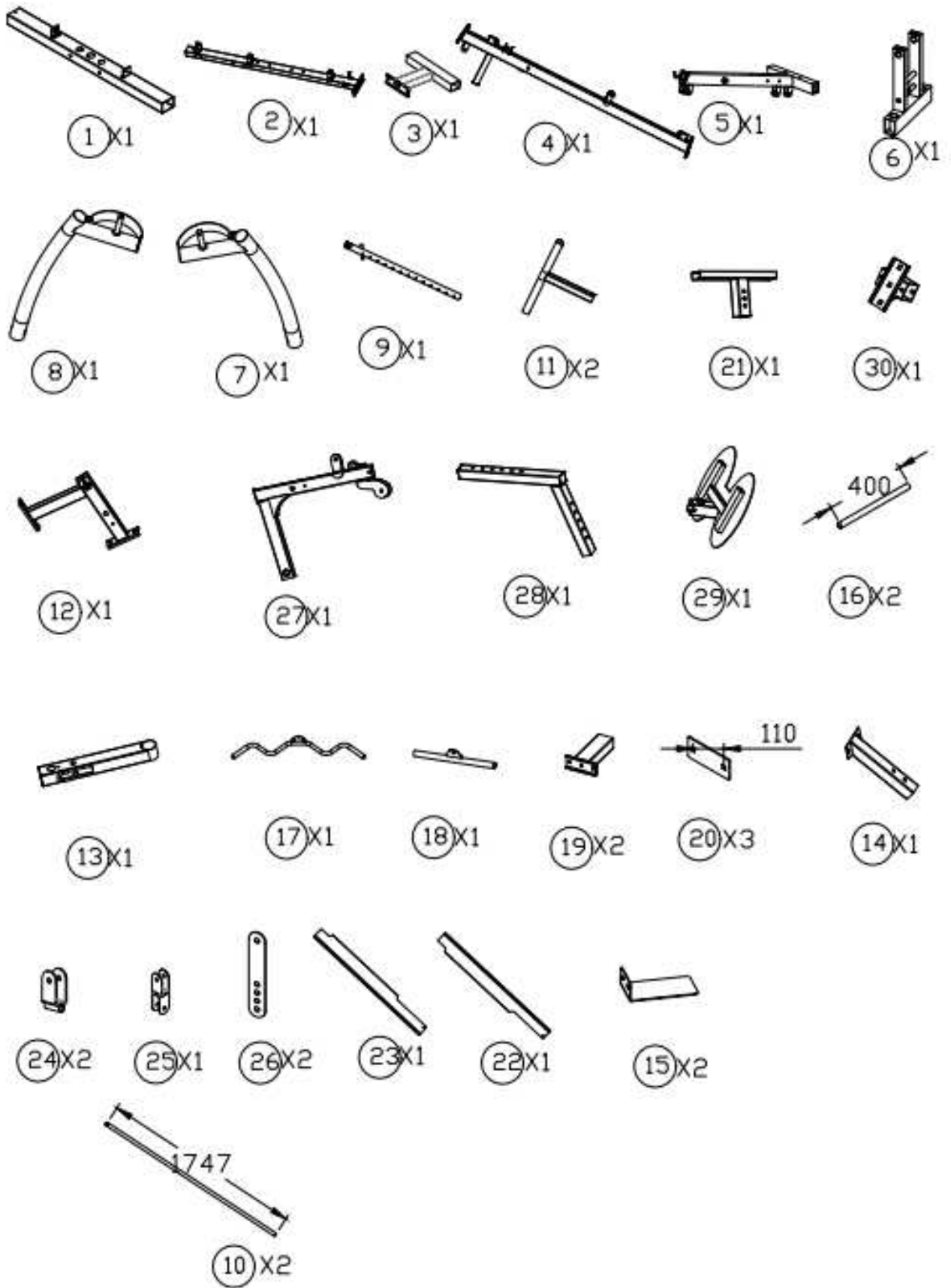
# **IMPORTANT SAFETY NOTICE**

## **PRECAUTIONS**

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.





69



M10X25mm

2

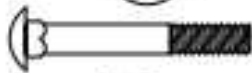
81



Φ10

4

68



M10X70mm

2

79

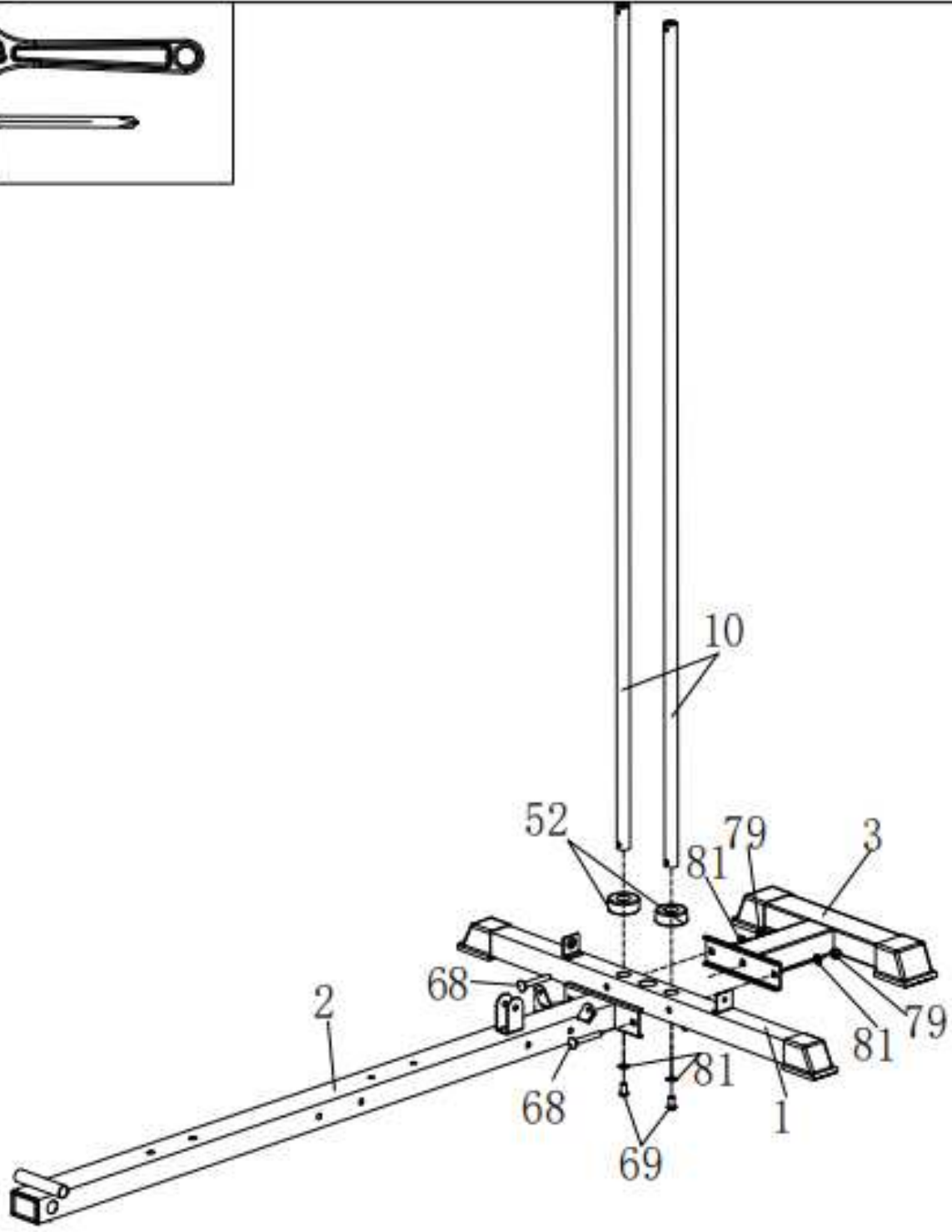


M10

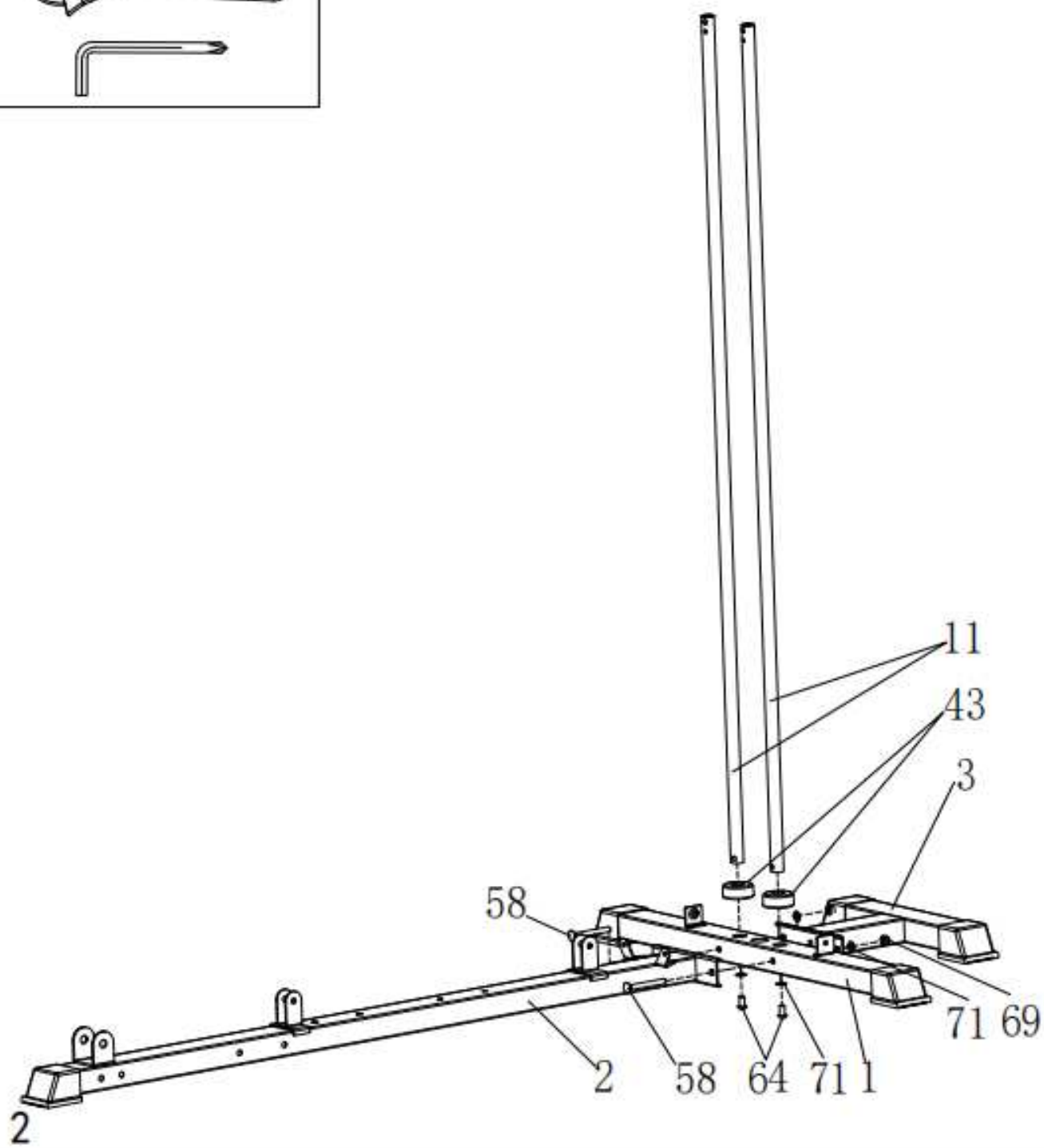
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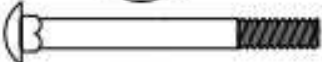



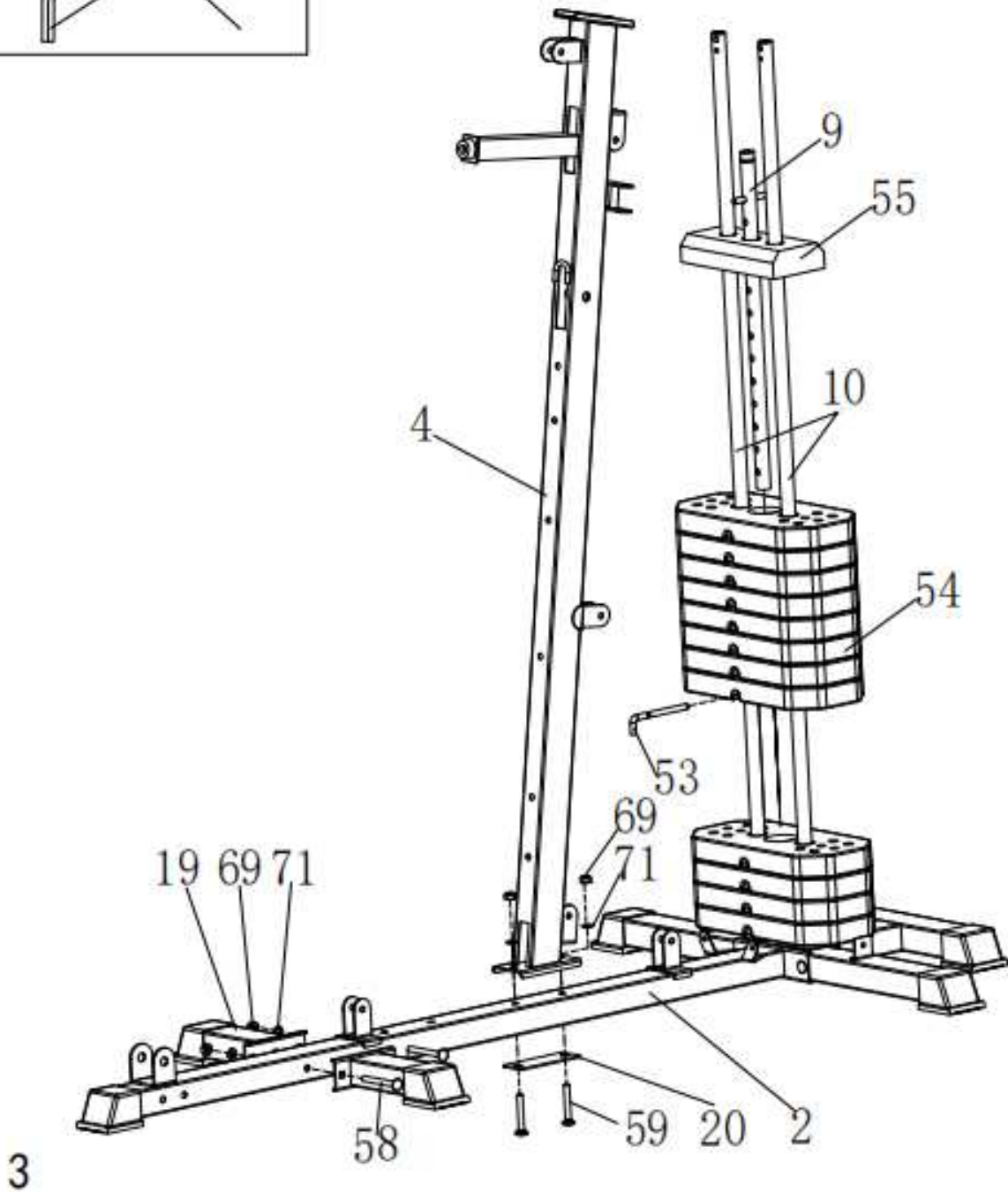
1



64		M10X15mm	2
71		Φ10	4
58		M10X90mm	2
69		M10	2



59		M10X70mm	2
71		Φ10	4
58		M10X90mm	2
69		M10	4





64



M10X15mm

2

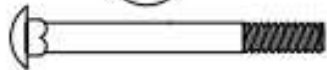
71



Φ10

6

58



M10X90mm

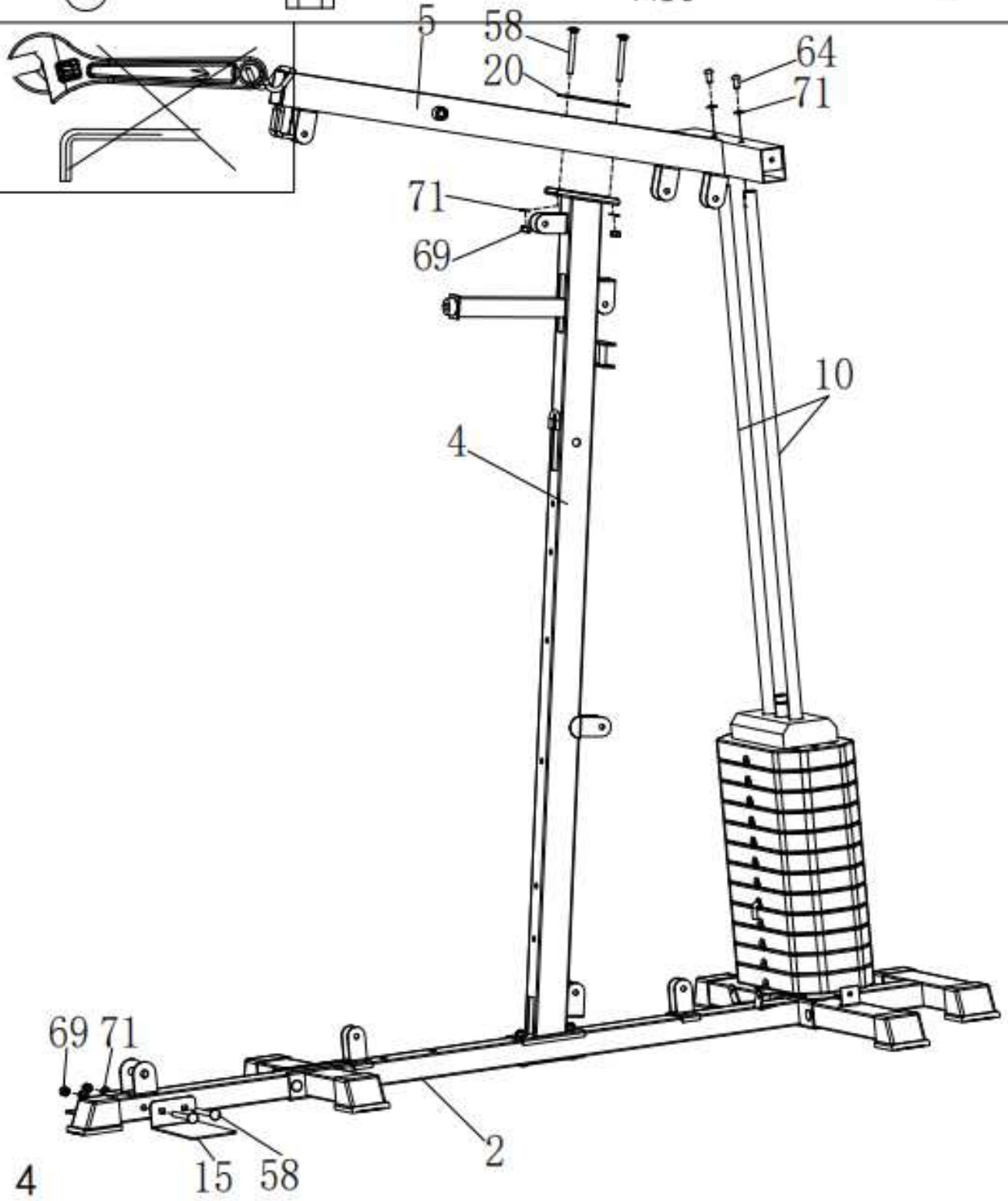
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69

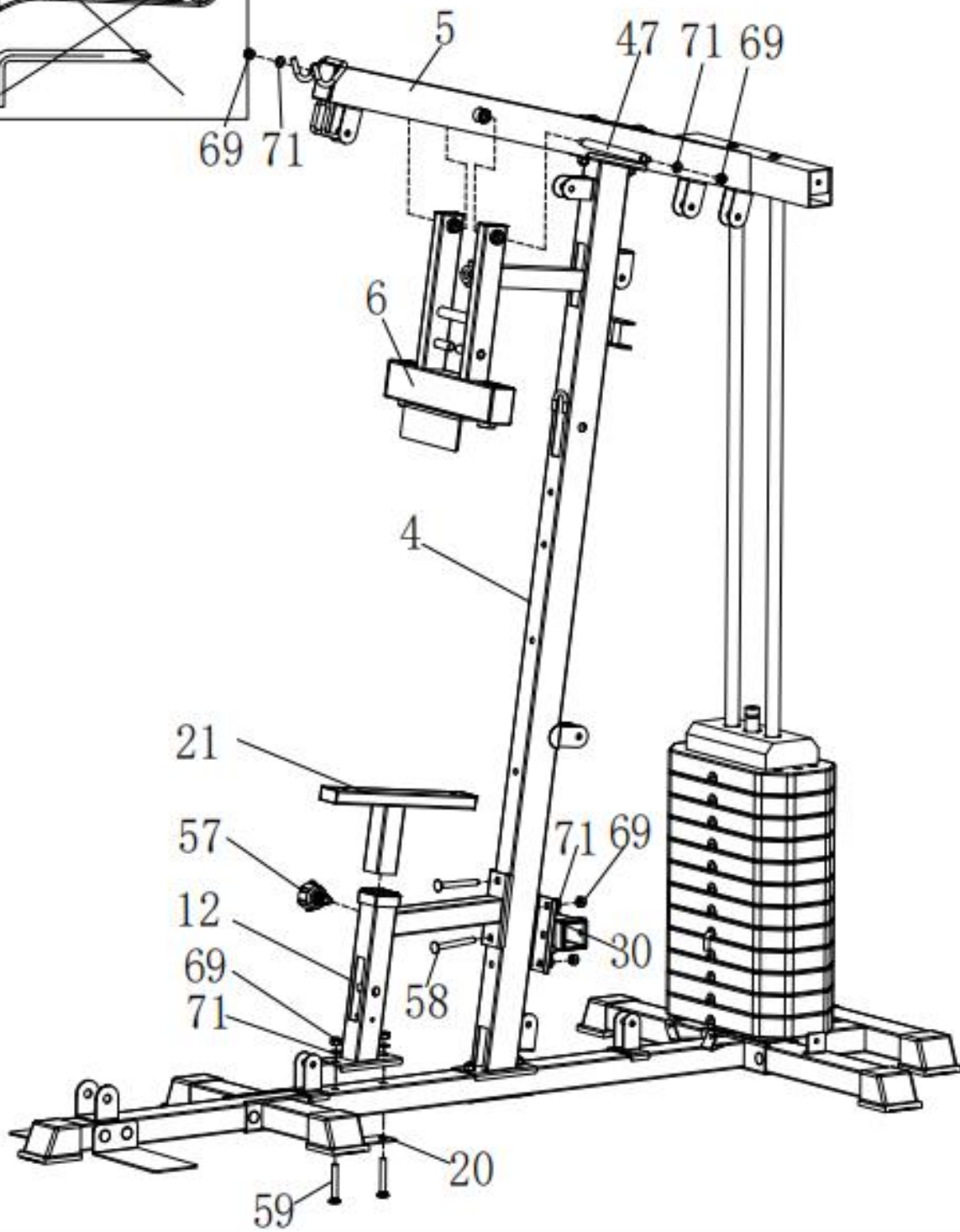



M10

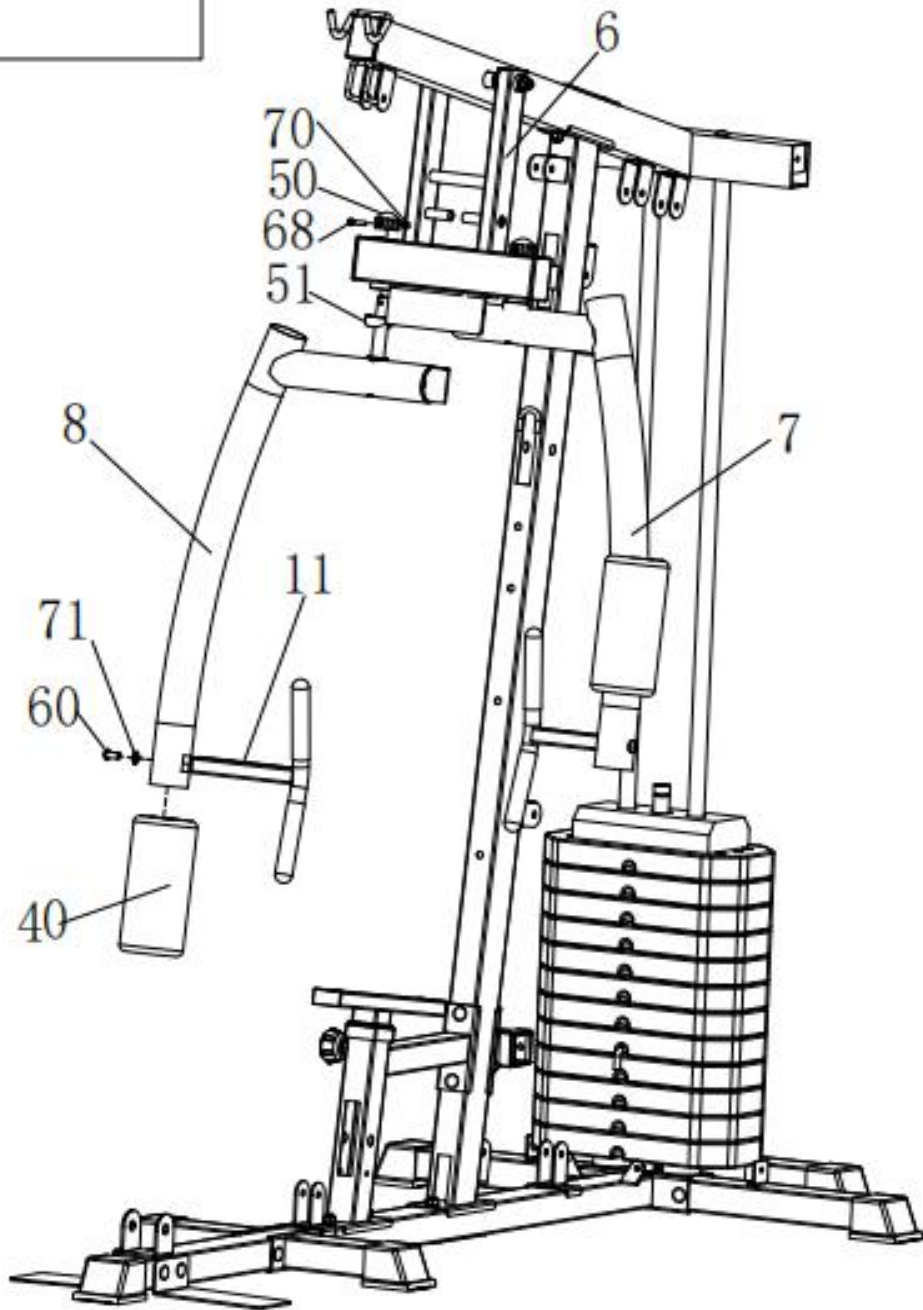
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59		M10X70mm	2
71		Φ10	6
58		M10X90mm	2
69		M10	6



60		M10X25mm	2
71		Φ10	2
68		M6X33mm	2
70		M6	2



6

64



M10X15mm

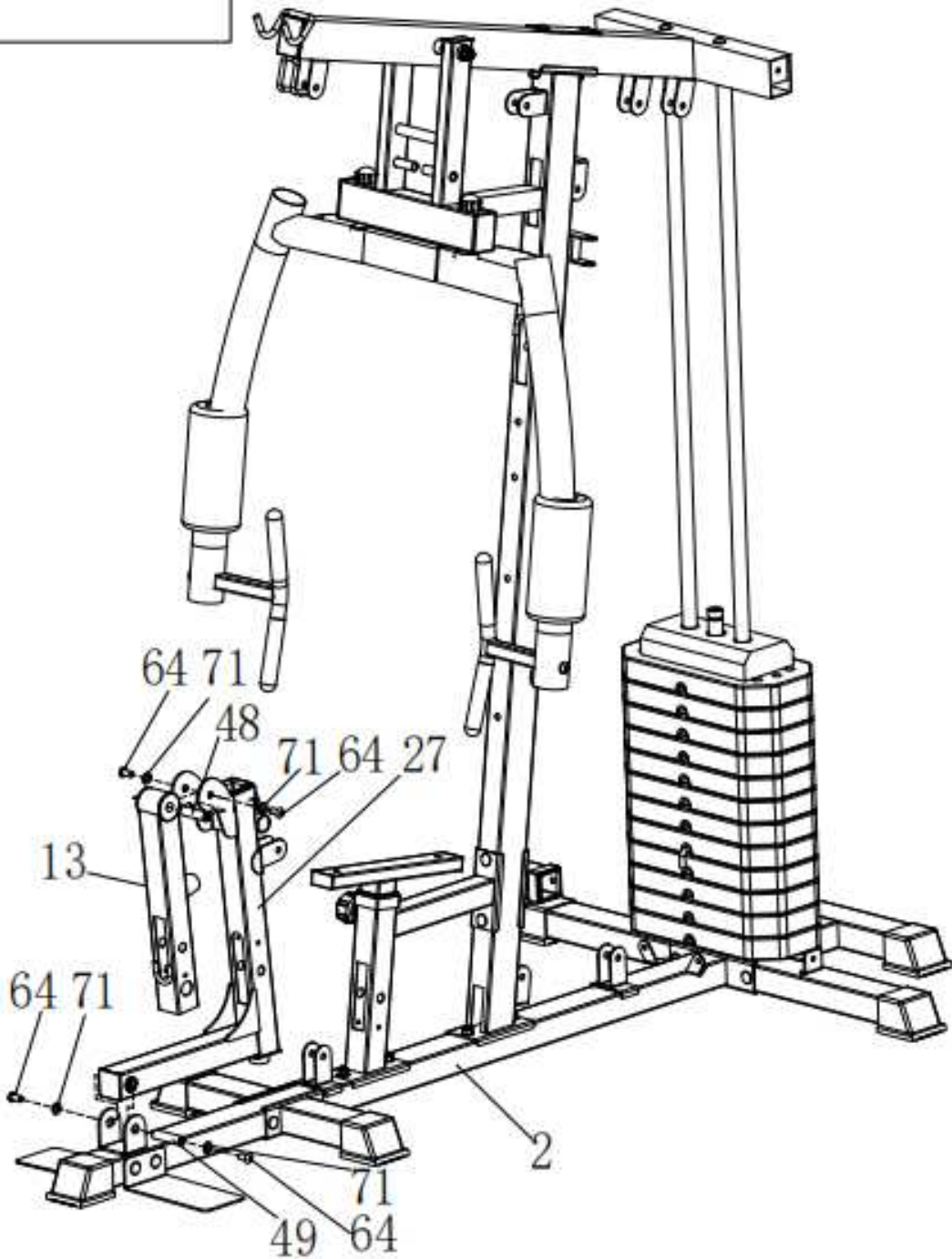
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71



Φ10

4



7

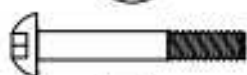
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Φ10

4

61



M10X65mm

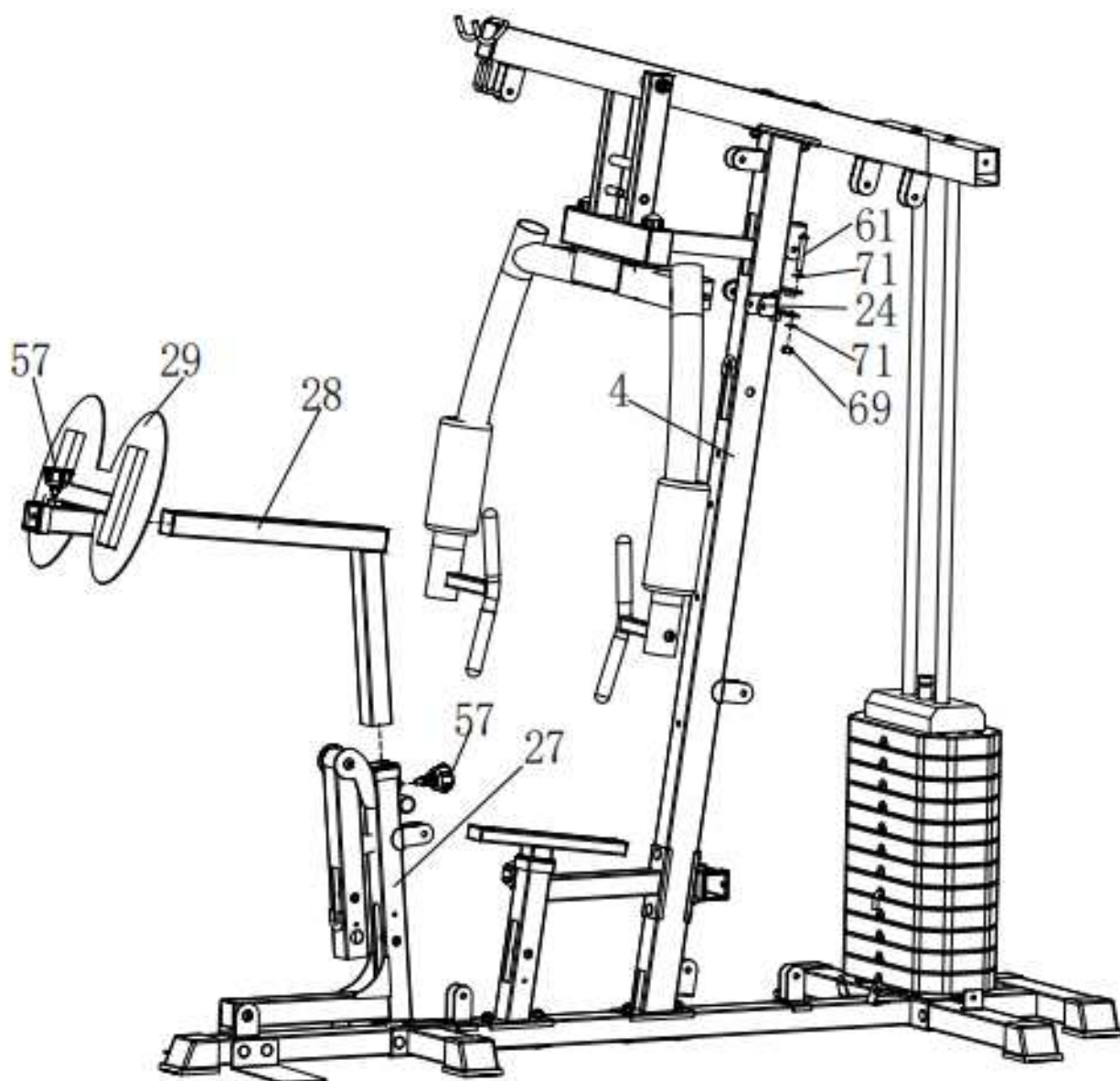
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69



M10

2



8

65



M8X85mm

4

66



M8X40mm

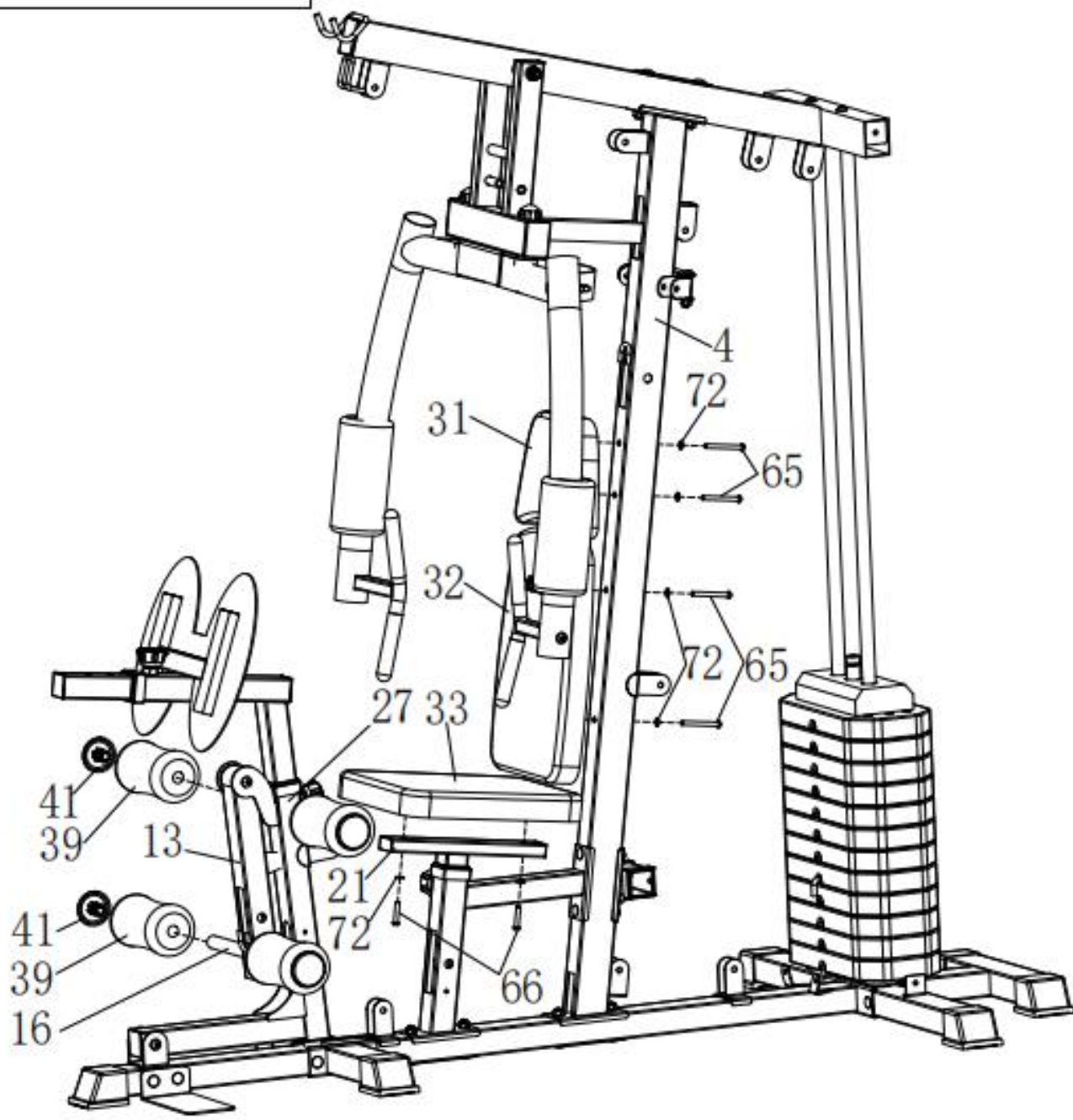
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72



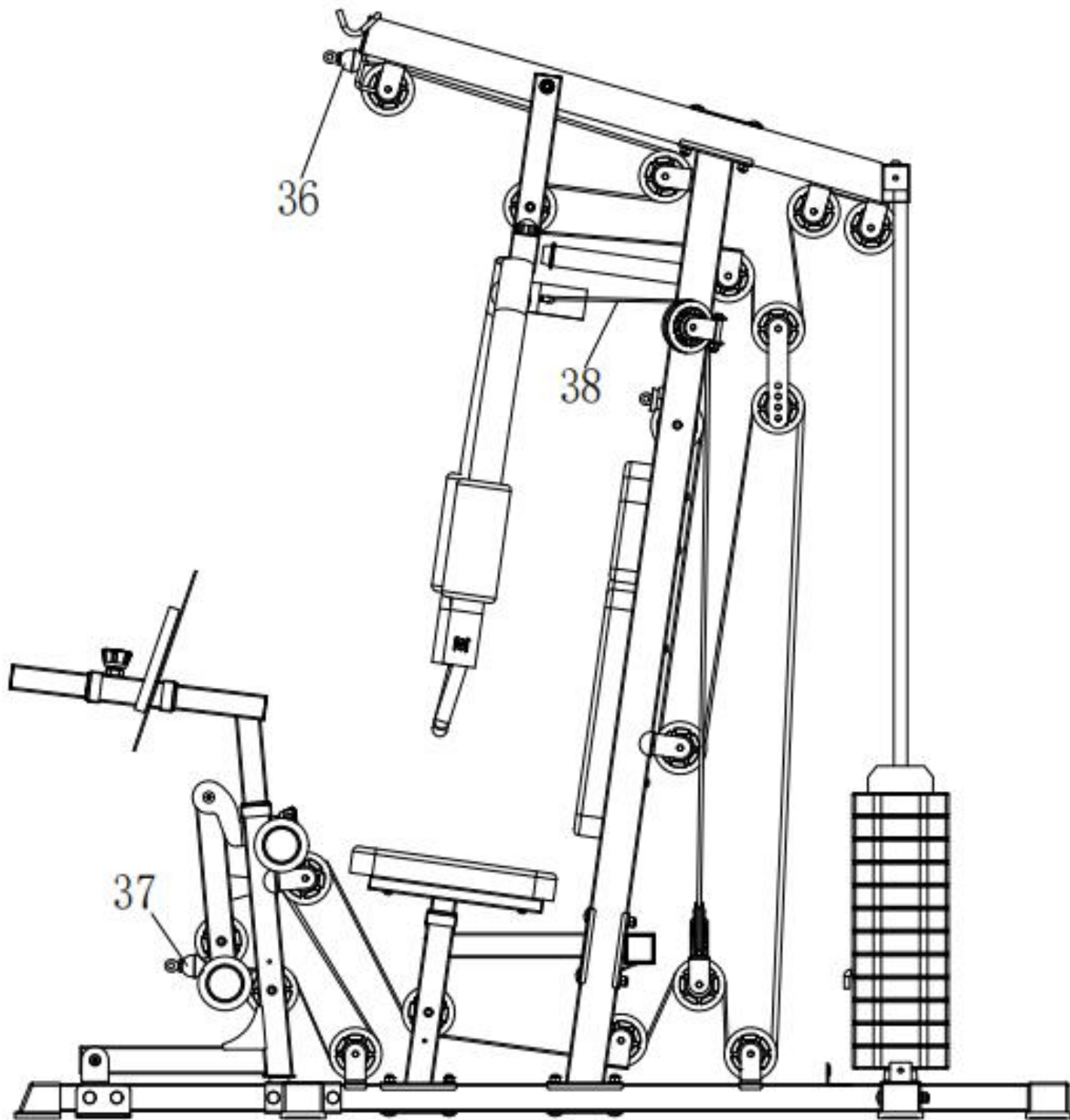
Φ8

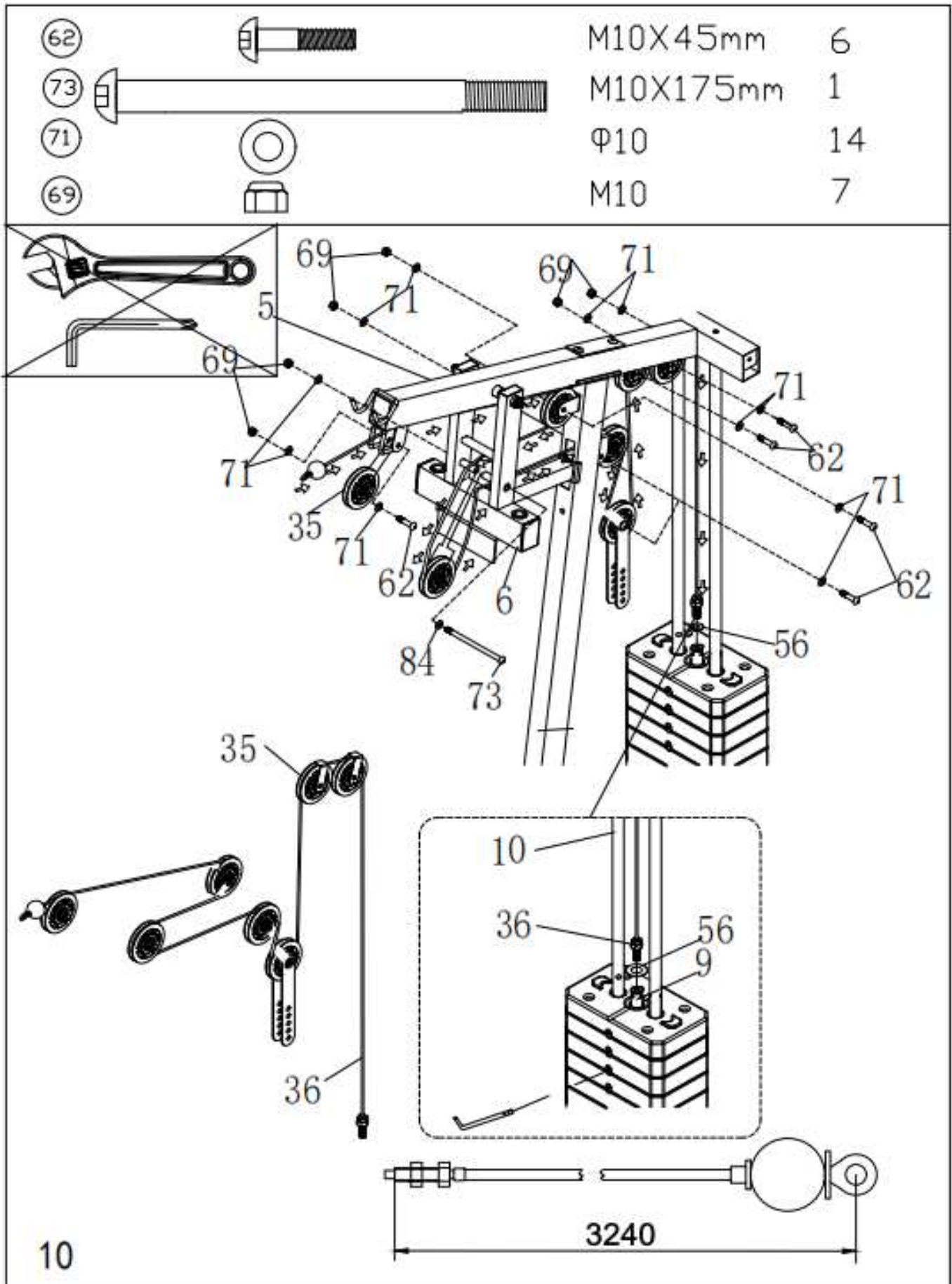
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9

# CABLE LOOP DIAGRAM







62



M10X45mm

3

71



Φ10

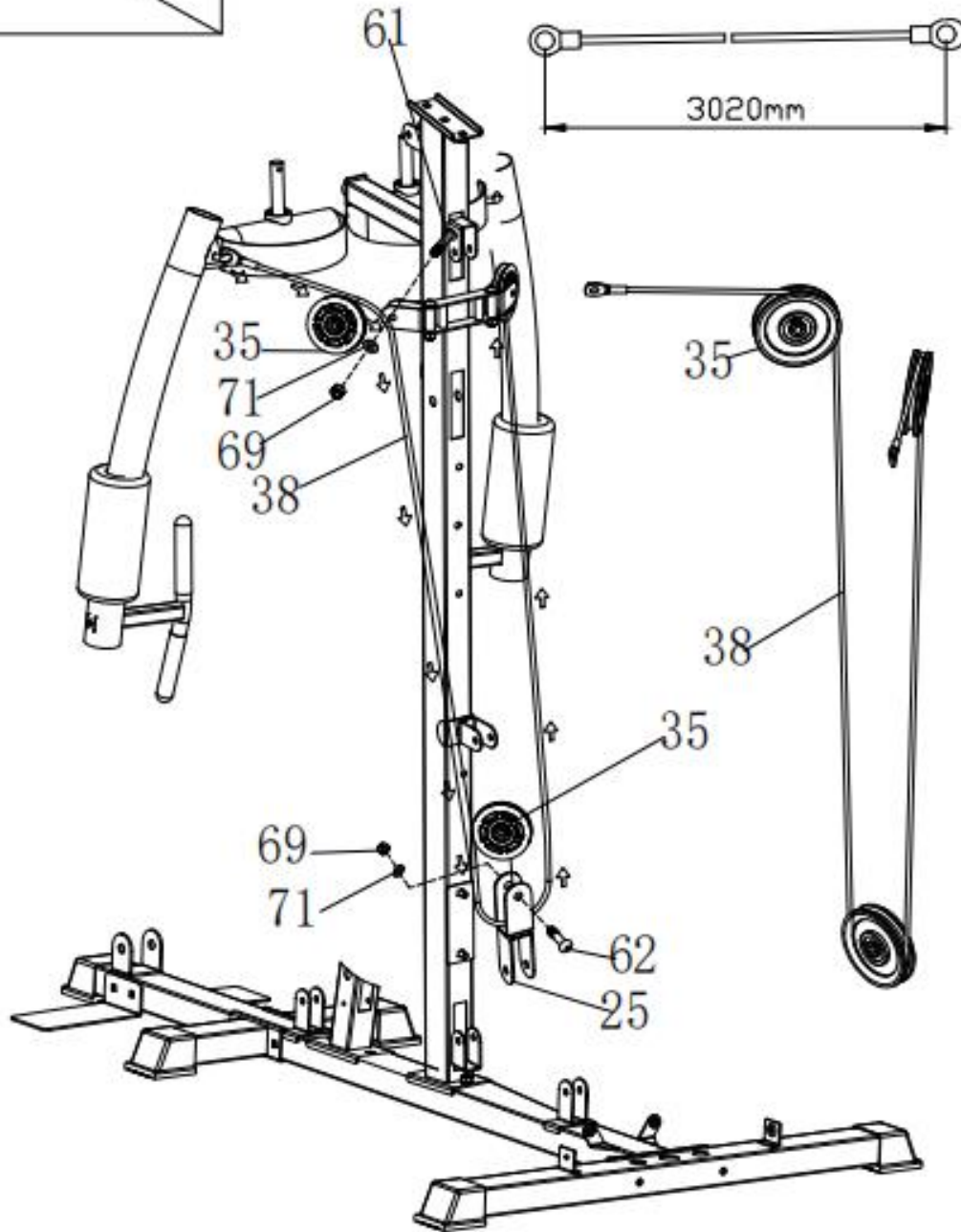
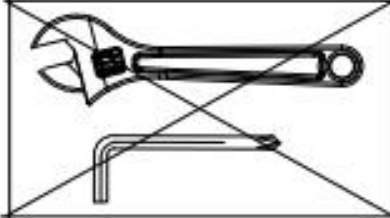
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69



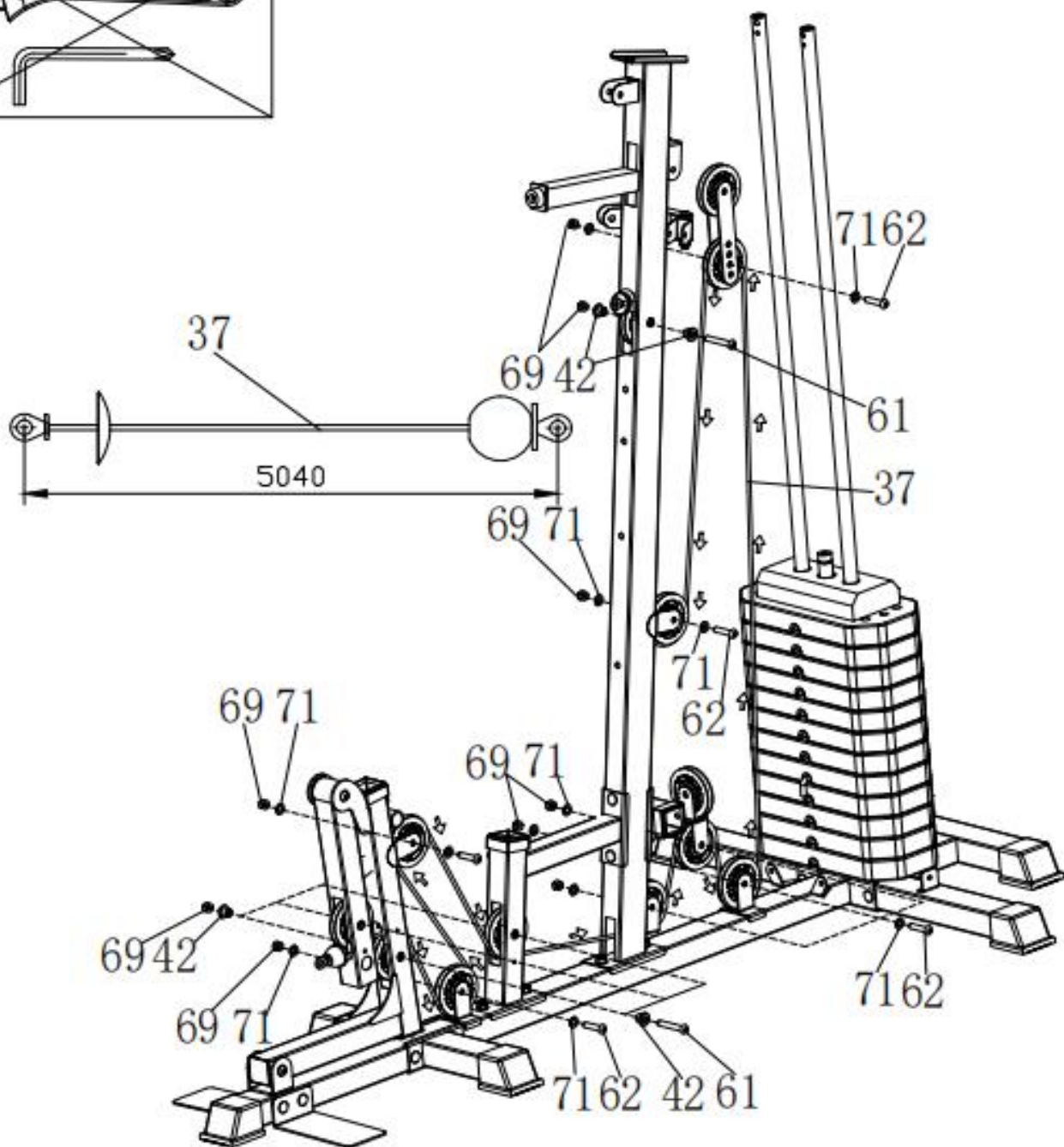
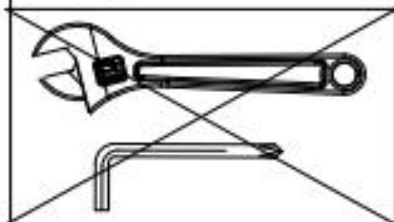
M10

3



11

62		M10X45mm	7
61		M10X65mm	4
71		Φ10	14
69		M10	11



12

64



M10X15mm

6

71



Φ10

6

70



M6X10mm

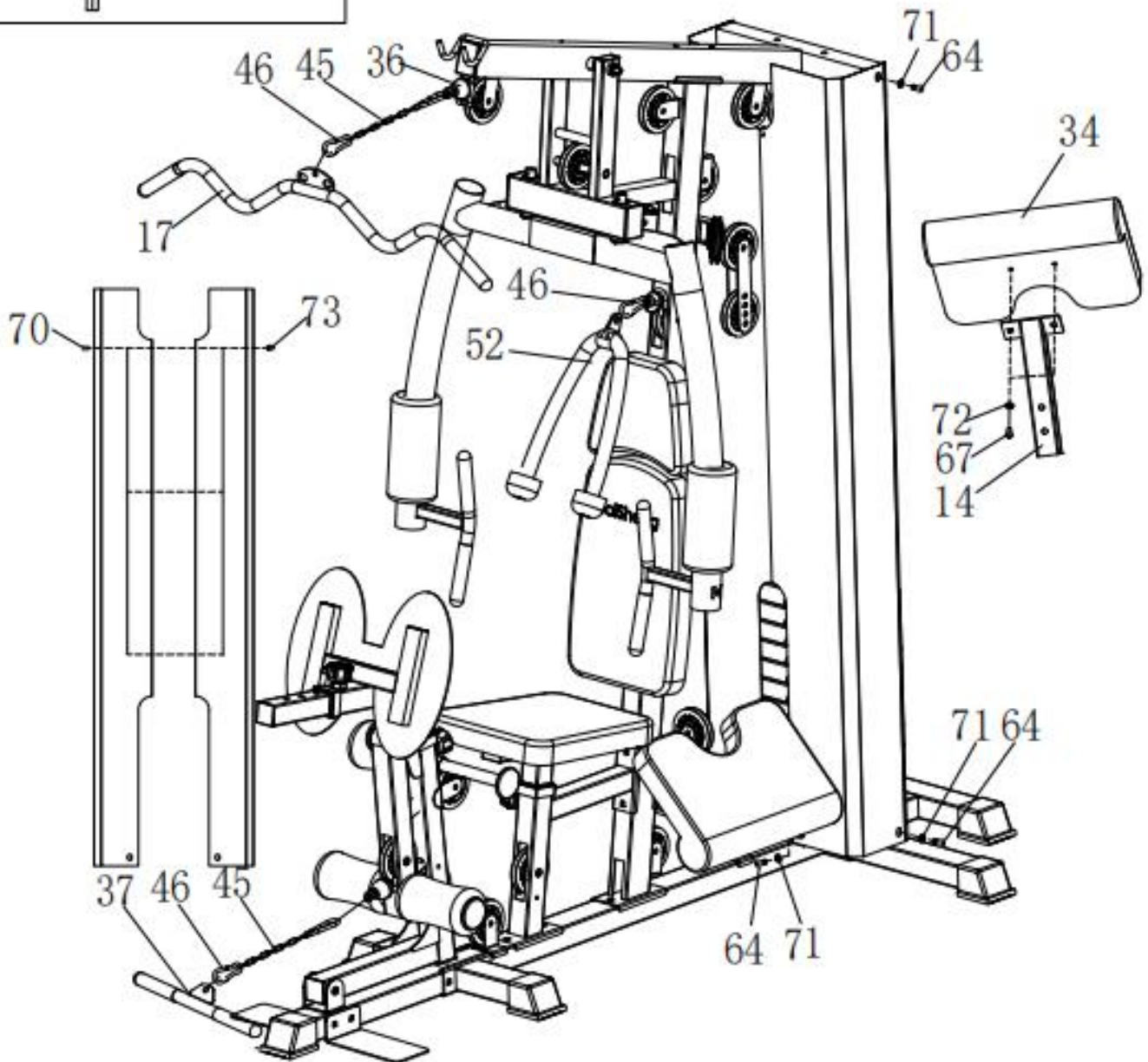
3

73



M6

3



13

**Apex Intense Z19**