

# **Инструкция**

## **Разгибание спины Bronze Gym MT-009**

Полезные ссылки:

[Разгибание спины Bronze Gym MT-009 - смотреть на сайте](#)

[Разгибание спины Bronze Gym MT-009 - читать отзывы](#)

# LOWER BACK MACHINE

MT-009



## USER MANUAL

## CONTENTS

1. INTRODUCTION.....	1
2. FEATURE.....	1
3. WARNING.....	1, 2
4. USAGE GUIDANCE.....	2, 3
5. NOTICE.....	3
6. MAINTENANCE.....	3
7. ASSEMBLY INSTRUCTION.....	4
8. CABLE.....	5
9. EXPLODED VIEW.....	6
10. ASSEMBLY TOOLS .....	7
11. ASSEMBLY STEPS .....	8, 9, 10

## **1. INTRODUCTION**

Thank you for purchasing this unit.

For your health and safety, please make a reasonable training program with suitable load and correct postures under the coach's guidance before starting the workout as well as reading this manual.

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

## **2. FEATURE**

2.1 The product is well designed with scientific structure and elegant and simplified appearance and made of quality flat oval pipes which bring better durability and safety.

2.2 High quality steel cables are well distributed and make the movement trajectory more ergonomic bringing more comfort degree and safety.

2.3 The shroud protects the user from weight stacks and enhances the safety.

2.4 High quality bearings are applied in jointings which make the movement smoother.

2.5 Reasonably-designed handles are more comfortable to grip and bring smoother exercise.

## **3. WARNING**

3.1 This training equipment is only intended for use in training areas of organizations such as sport associations, educational establishments, hotels, clubs and studios, where access and control are specifically regulated by professionals.

3.2 The unit can only be used by qualified members which are accepted strictly according to certain rules on items such as ages, occupations, health condition, etc.. Operations against the regulation are prohibited!

3.3 T The unit must be used under the supervisions of a coach in case of any accident.

3.4 Children must be kept away from the unit in case of any severe injury which may cause permanent disability.

3.5 Injury to health may result from incorrect or excessive trainings, please consult the coach to select proper exercise method and suitable load.

3.6 Please adjust load and position (e.g. seat adjustment) before exercise.

3.7 Please check if the clamping screws and handrails are fastened; if not, it's prohibited to use the machine in case of any accident.

3.8 For any fault with weight stacks, guiding rod or any other mechanical part, please contact the professional to fix it immediately in case of accident when the weight stacks fall off.

3.9 Adjust the steel cables to proper length for smooth connection without any twist. Regular inspection must be completed to avoid any error. For any problem, it must be solved by professionals instantly.

- 3.10 Do not return to the starting position too quickly in case of any damage to the weight stacks, instead, you must slow down when getting near.
- 3.11 No touching the steel cables or moving parts in use in case of jamming the hands!
- 3.12 Cardiac patients and children below 12 must not use the unit.
- 3.13 This equipment is in compliance with EN 957-2 class S (S=studio).
- 3.14 The max training weight is 150kg (330pound) while the max user weight is 150kg (330pound).
- 3.15 The machine should be located stably with a space of 2000mm×2000mm kept around.
- 3.16 The unit is firstly used in trainings for professionals and secondarily for fitness in residential communities and companies.
- 3.17 Please stop immediately and go to the doctor if you have any discomfort such as dizziness, nausea, etc..
- 3.18 The unit must be assembled and fixed stably on flat ground to avoid any movement of the machine in use.
- 3.19 The machine shall only be used indoor and kept away from moisture.
- 3.20 Please wear suitable dresses and shoes in exercise.
- 3.21 A warm exercise of 5~10min must be had before using the unit.
- 3.22 Improper movements are not allowed to have on the unit.
- 3.23 Please exercise under instruction of professional coach.
- 3.24 Please check if the unit is well fastened before starting your workout.
- 3.25 Any adjustment to the unit which may interfere with the users' exercise is not allowed.

#### **4. USAGE GUIDANCE**



MT-009 Lower Back Machine

Targeted muscle: back muscles

Dimension: 1275mm×1180mm×1680 mm

N.W.: 220kg

Usage guidance:

- (1) Read all warnings and instructions before using the unit.

- (2) Adjust roller.
- (3) Selected desired load by inserting weight stack pin at corresponding level.
- (4) Grip swing arm handles and bend forward with back firmly pasted to the foam.
- (5) Stretch back slowly till it gets pasted to back pad.
- (6) Keep the posture for a moment and return to starting position slowly; repeat the movements.

## 5. NOTICE

### 5.1 Warm-up exercise

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

### 5.2 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.

### 5.3 Breath

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

### 5.4 Frequency

Enough rest is essential for exercise. The next stimulation on same muscle must be taken in 48hours.

### 5.5 Load

The exercise load should be selected 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

6.1 For safety use of machines, regular maintenance must be implemented, especially for parts such as cable, pulley block and connecting parts.

6.2 Special attention should be paid to easy-worn parts.

6.3 Replace the damaged components immediately and stop using the machine.

6.4 Maintenance should be made according to following form:

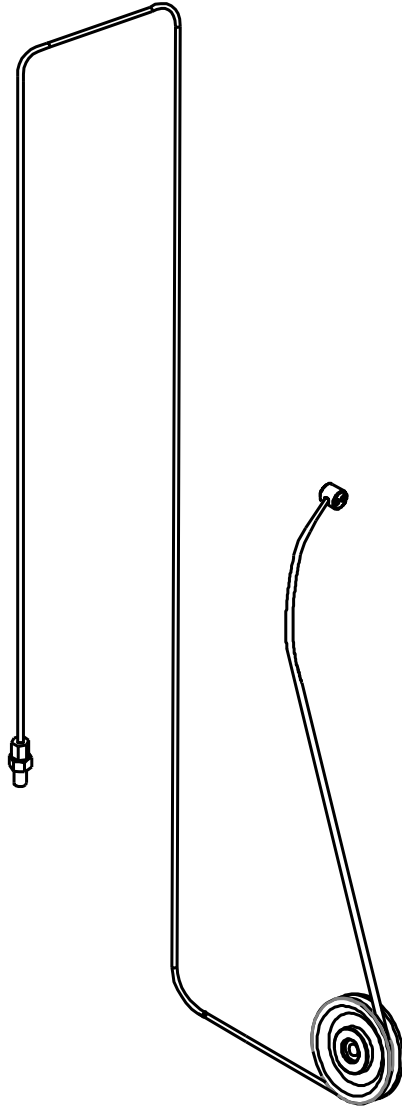
ITEM	DAILY	WEEKL	QUATERLY
Inspect: connecting parts, pulleys, weight stacks	√		
Clean: cushion, shroud	√		
Lubricate: necessary parts			√
Check: whether screws are loose		√	
Lubricate: bearings			√

## 7. ASSEMBLY INSTRUCTION

Following instructions aim to make the assembly easier, please read them carefully:

- 7.1 Due to the big size of the unit, please find enough space before assembly.
- 7.2 Remove all the packing materials and put all the parts on the floor tidily.
- 7.3 Tighten the screws to avoid slack except for special requirement.
- 7.4 Assure that the unit gets assembled with all the parts according to the assembly steps.
- 7.5 It must be done by at least 2 persons.
- 7.6 Check whether all the parts referred in the packing list are there.
- 7.7 Please adjust the four fastening screws on the first weight stack if the weight stack pin cannot be easily plugged.

## **8. CABLE**



**9. EXPLODED VIEW**

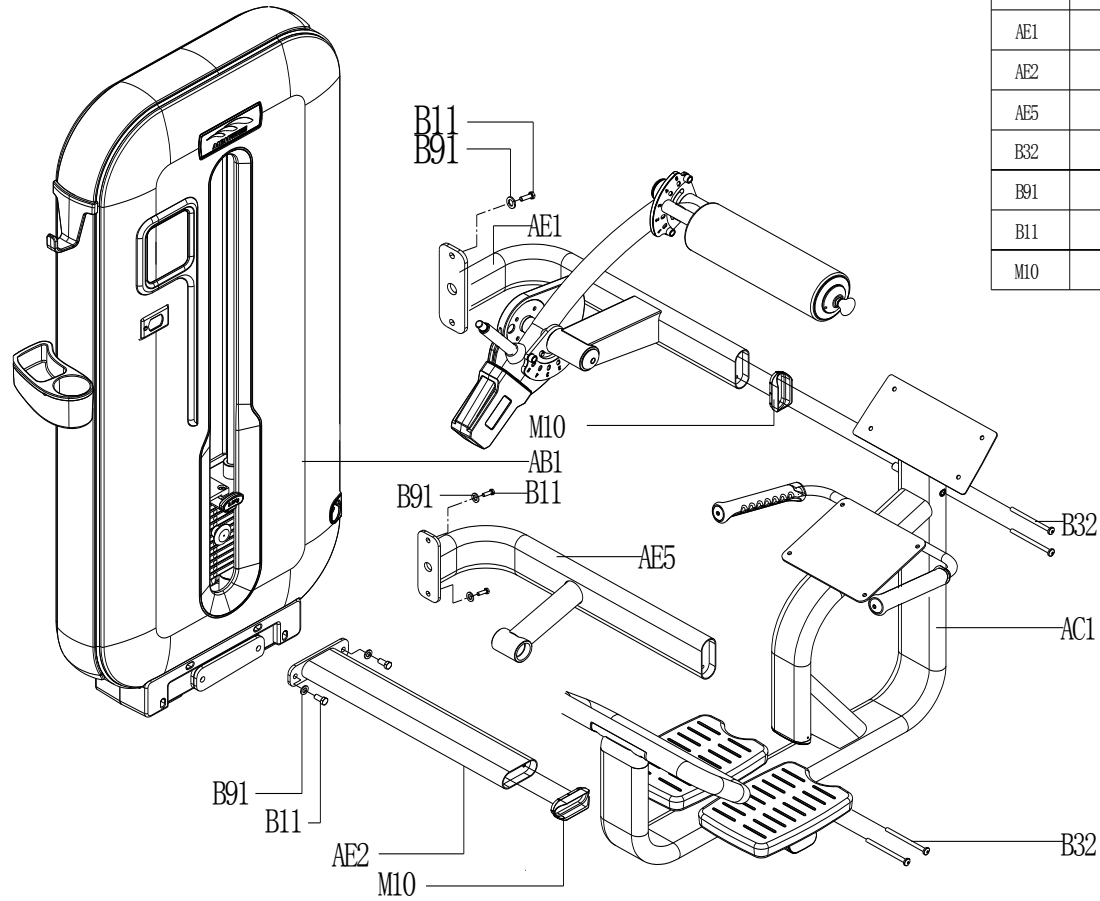




- (1) M6 Allen wrench, 1 piece
- (2) M8 Allen wrench, 1 piece
- (3) Cross screwdriver, 1 piece
- (4) 17-19 wrench, 1 piece

## **11. ASSEMBLY STEPS**

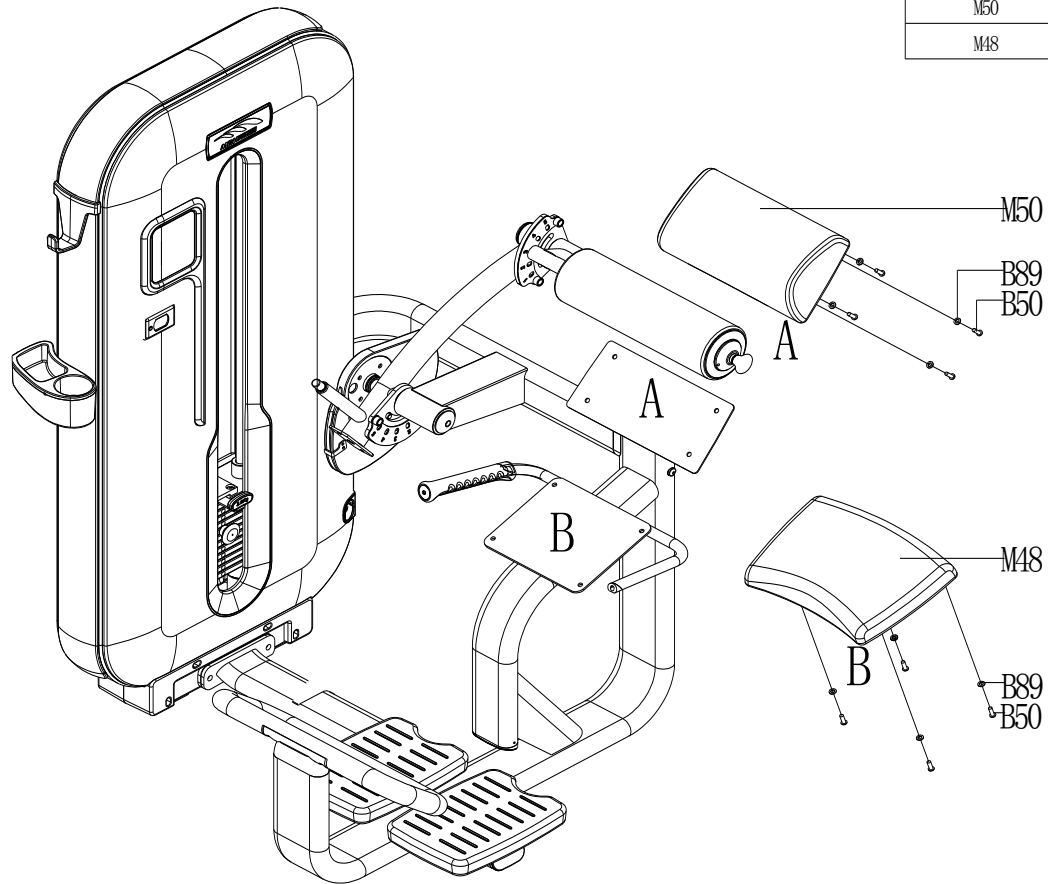
# Step 1



No.	Description	Spec.	Qty.
AB1	小门组合		1
AC1	主架焊接组		1
AE1	上连接撑		1
AE2	下连接撑		1
AE5	下连接撑		1
B32	圆柱头内六角螺丝	M10*170	6
B91	垫片	M12	6
B11	外六角螺丝	M12*25L	6
M10	塑料接头	120L*33.4W*5.5t	3

# Step 2

No.	Description	Spec.	Qty.
B89	垫片	M8	8
B50	半圆头内六角螺栓	M8*25	8
M50	靠垫	95*225*413	1
M48	坐垫	63*310*425	1



# Step 3

No.	Description	Spec.	Qty.
B98	平头顶丝	M8*8L	1
C59	绳扣	Φ25*25	1

