

Инструкция

Тренажер 4-х сторонний силовой комплекс Impulse IF8127-200

Полезные ссылки:

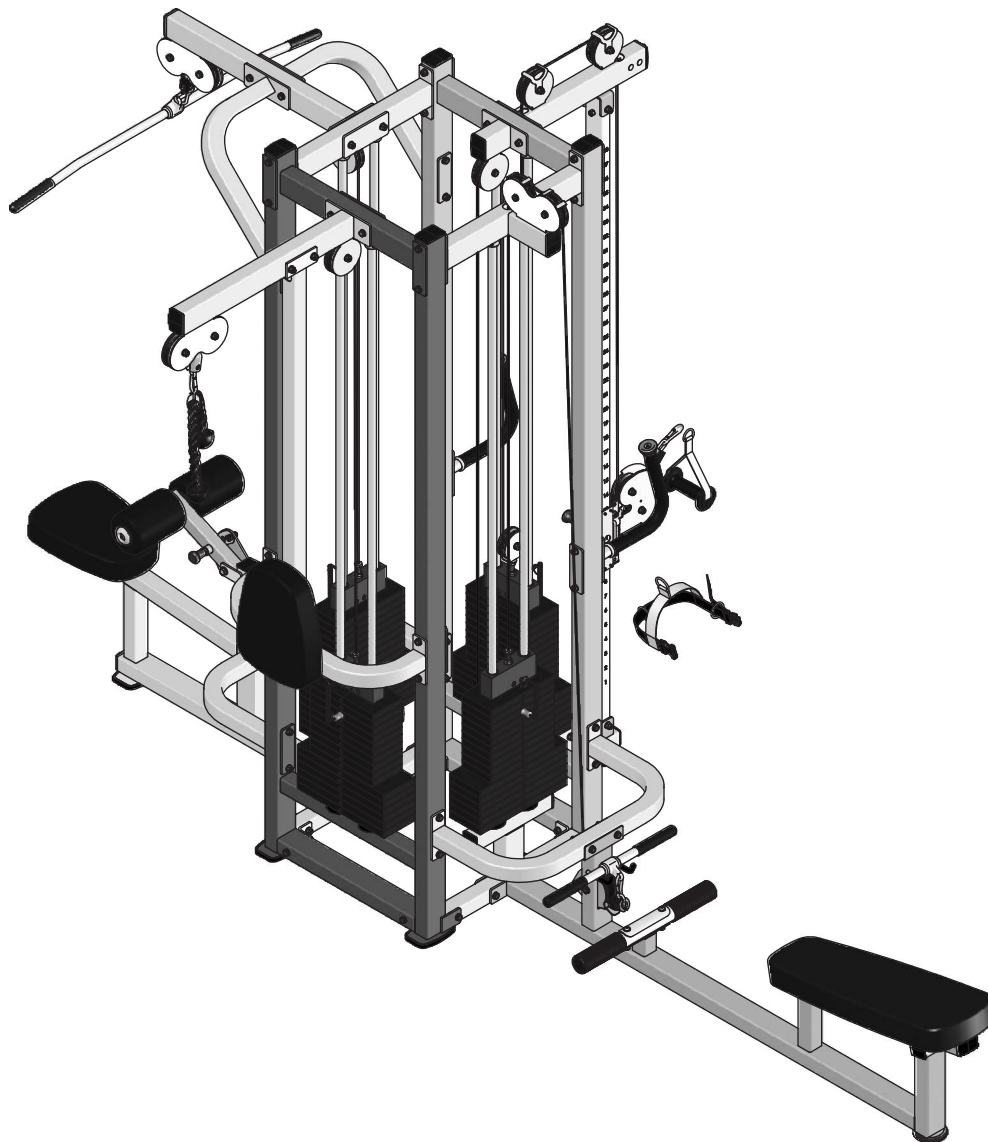
[Тренажер 4-х сторонний силовой комплекс Impulse IF8127-200 - смотреть на сайте](#)

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IF8127

4 Stack Multi-Station

OWNER'S MANUAL



! 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:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * 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.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * 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.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

Personal Safety During Assembly

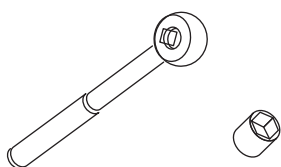
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the 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.

Instructions

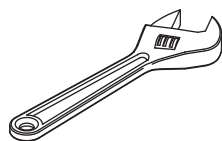
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

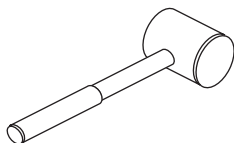
Tools Required



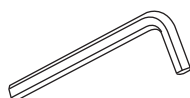
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

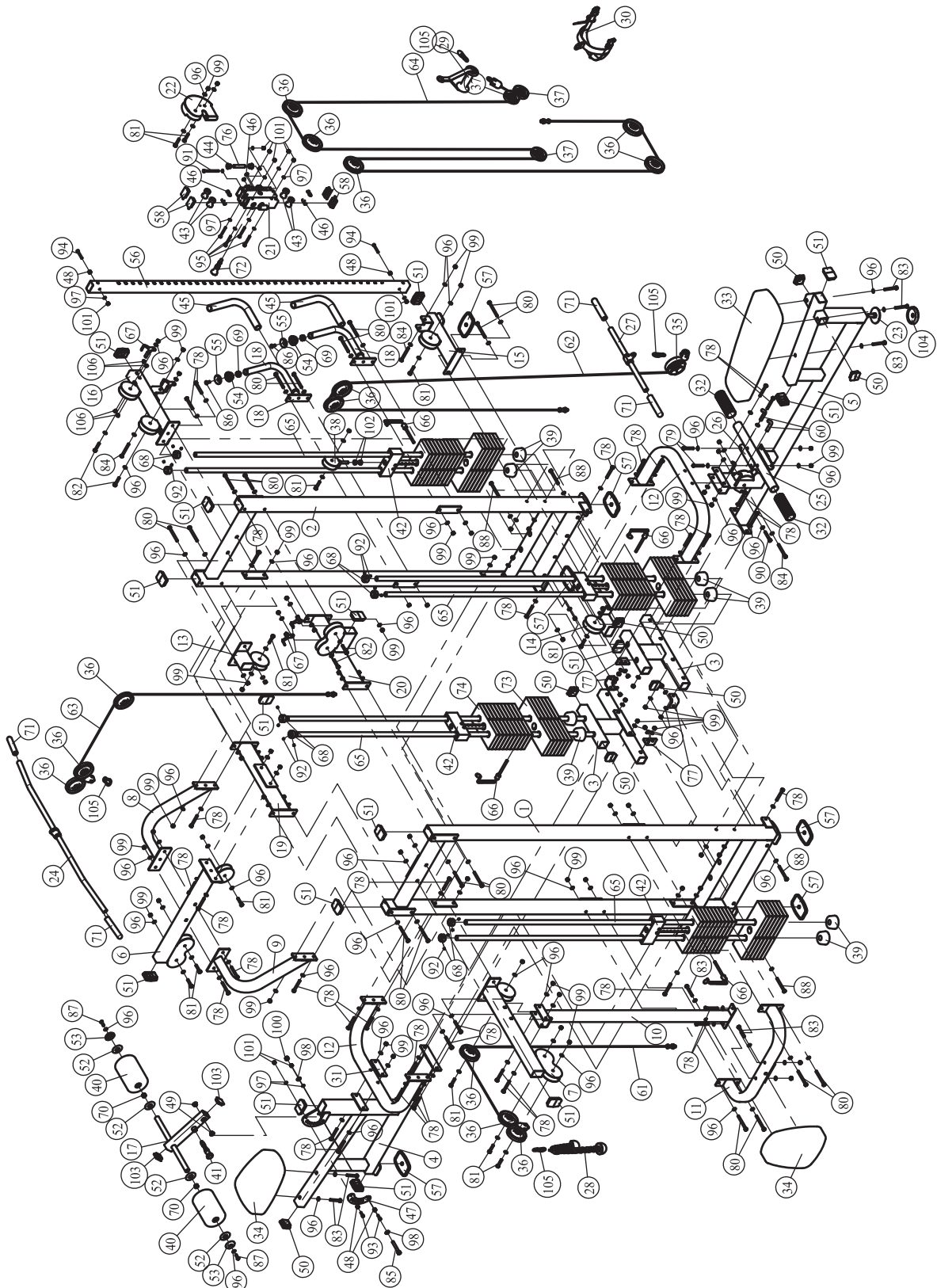
Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame 1	1	28	Tricep Rope	1
2	Weight Stack Frame 2	1	29	Strap Handle	1
3	Cross Frame	2	30	Leg Extension/Curl Strap	1
4	Seat Support 1	1	31	Fixed Plate	1
5	Seat Support 2	1	32	Foot Sleeve	2
6	Support Frame 1	1	33	Back Pad	1
7	Support Frame 2	1	34	Seat Pad	2
8	Support Frame 3	1	35	V-Type Pulley	1
9	Support Frame 4	1	36	4.5" Pulley	13
10	Support Frame 5	1	37	3.5" Pulley	3
11	Back Pad Support Frame	1	38	Pulley Bracket	1
12	Support Frame 6	2	39	Weight Rubber Bumper	8
13	Top Frame	1	40	Foam	2
14	Below Frame	1	41	Pop Pin	1
15	Bottom Cross Brace	1	42	Top Plate	4
16	Top Cross Brace	1	43	Roller Wheel	4
17	Thigh Frame	1	44	Bushing $\Phi 28 \times \Phi 22 \times \Phi 16 \times 18$	2
18	Handle	2	45	Rod ST $\Phi 36 \times \Phi 28 \times 450$	2
19	Top Cross Frame 1	1	46	Bumper $\Phi 18 \times \Phi 4.6 \times 11$	10
20	Top Cross Frame 2	1	47	Adjustable Plate	1
21	Slip Frame	1	48	Spacer $\Phi 17 \times 10.5$	4
22	Double Pulley Bracket	1	49	Bushing $\Phi 25 \times \Phi 12.2 \times 13$	2
23	Adjustable Foot Plate	1	50	Plug $\square 50.8$	7
24	Long Lat Bar	1	51	Plug $\square 50.8 \times 76.2$	15
25	Foot Tube $\Phi 48 \times 2.5 \times 520$	1	52	Plastic Washer $\Phi 60 \times \Phi 25.7 \times 3$	4
26	Cover Plate	1	53	End Cap $\Phi 56 \times \Phi 25.8 \times 10.8$	2
27	Short Bar	1	54	Plastic Knob-Base	2

Parts List

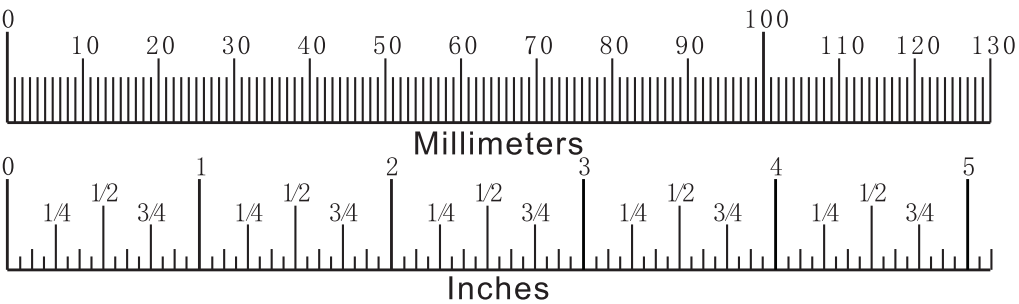
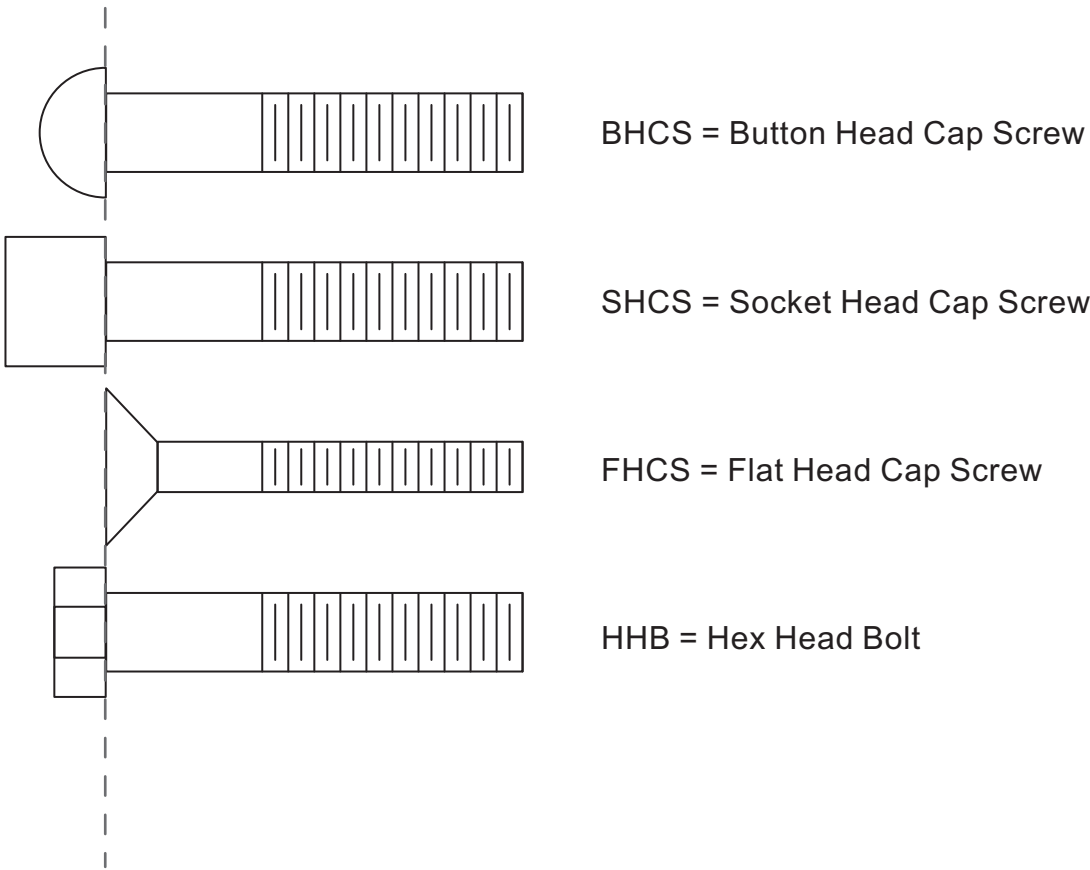
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Description	Qty	Item No.	Description	Qty
55	Plastic Knob-Cap	2	84	Hex Head Bolt M10*95	3
56	Sliding Tube	1	85	Hex Head Bolt M12*80	1
57	Foot Cover	6	86	Flat Head Cap Screw M10*30	2
58	Plug 70*58*20	4	87	Button Head Cap Screw M10*30	2
60	Hand Grip	2	88	Hex Head Bolt M10*100	4
61	Cable 1	1	90	Hex Head Bolt M10*65	1
62	Cable 2	1	91	Hex Head Bolt M8*100	1
63	Cable 3	1	92	Socket Set Screw M8*8	16
64	Cable	1	93	Socket Head Cap Screw M8*25	2
65	Guide Rod	8	94	Socket Head Cap Screw M8*55	2
66	Selector Pin S/Coil	4	95	Hex Head Bolt M8*70	4
67	Y Bracket	4	96	Flat Washer $\Phi 11 \times \Phi 23 \times 2$	169
68	Mount Sleeve $\Phi 40 \times \Phi 25.3 \times 25 \times M8$	8	97	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	14
69	Nut 32*2.5*29	2	98	Flat Washer $\Phi 13 \times \Phi 24 \times 1.5$	2
70	Nut 25*2.5*21.6	2	99	Nylon Lock Nut M10	80
71	Grip Dt $\Phi 32 \times \Phi 24 \times 154$	4	100	Nylon Lock Nut Mm12	1
72	Pot Pin	1	101	Nylon Lock Nut M8	9
73	Weight Plage 15lbs	6	102	Hex Flanged Nut 1/2"-13	2
74	Weight Plage 10lbs	10	103	Plug \square 38*50	2
76	Shaft For Pulley Bracket	1	104	Foot Cover $\Phi 96 \times 12$	1
77	L Plate	4	105	Gear Hook	4
78	Hex Head Bolt M10*80	36	106	Plug $\Phi 20 \times 11$	4
79	Button Head Cap Screw M10*70	2	107	Hex Key S=4	1
80	Hex Head Bolt M10*105	18	108	Hex Key S=6	1
81	Hex Head Bolt M10*50	12	109	Wrench	1
82	Hex Head Bolt M10*55	4	110	Lube	1
83	Hex Head Bolt M10*75	7			

Exploded View



Measurement Guide



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

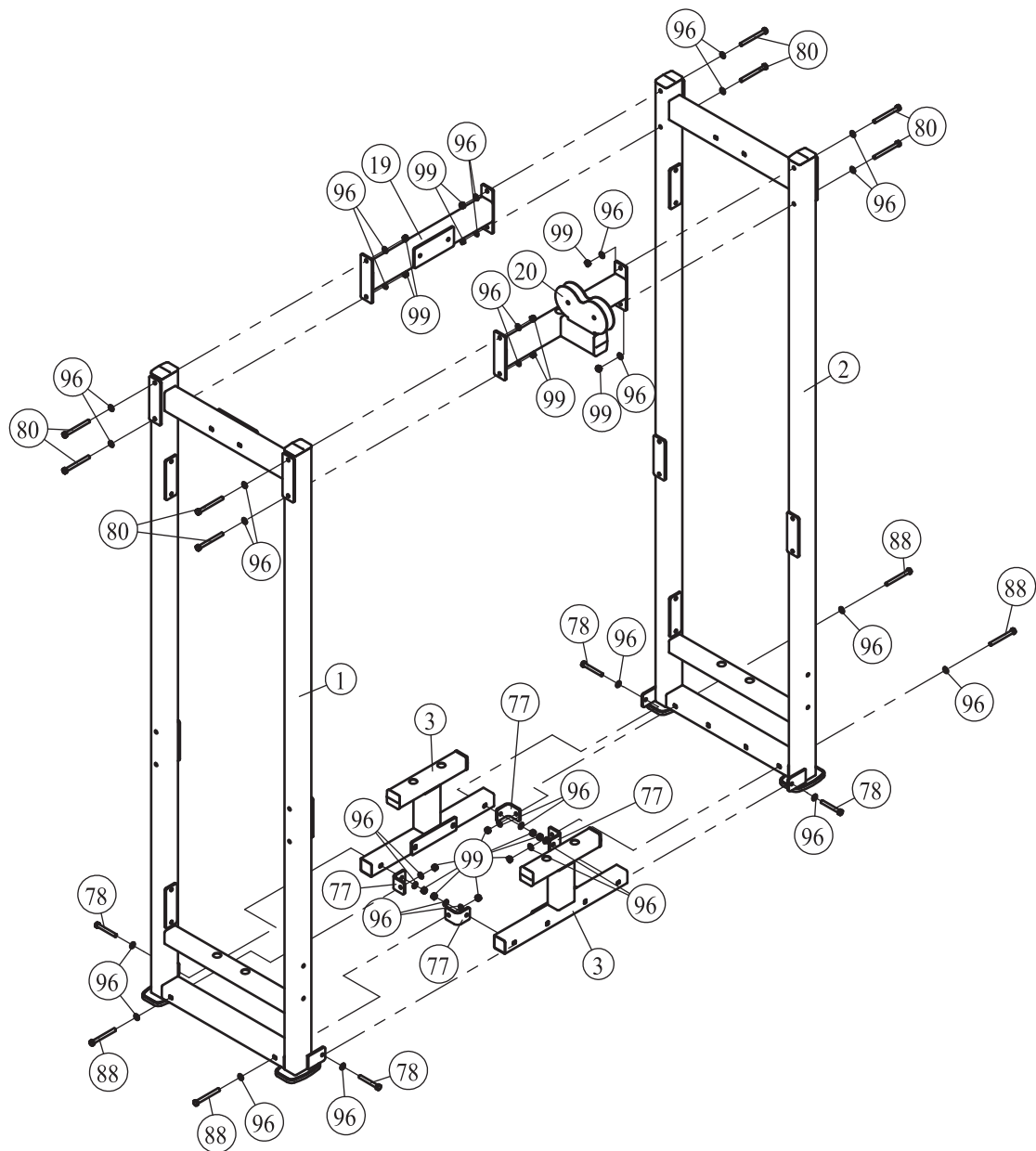
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

Step 1

1. Attach four Adjustable L Plate (#77), two Cross Frame (#3) to the Weight Stack Frame 1 (#1) and Weight Stack Frame 2 (#2), using:
four M10*80 HHB (#78)
four M10*100 HHB (#88)
sixteen Φ11*Φ23*2 Flat Washer (#96)
eight M10 Nylon Lock Nut (#99)
2. Attach one Top Cross Frame 1 (#19), one Top Cross Frame 2 (#20) to the Weight Stack Frame 1(#1) and Weight Stack Frame 2 (#2), using:
eight M10*105 HHB (#80)
eight M10 Nylon Lock Nut (#99)
sixteen Φ11*Φ23*2 Flat Washer (#96)

Note: Wrench Tighten bolts and Nylon Lock nuts.



Assembly

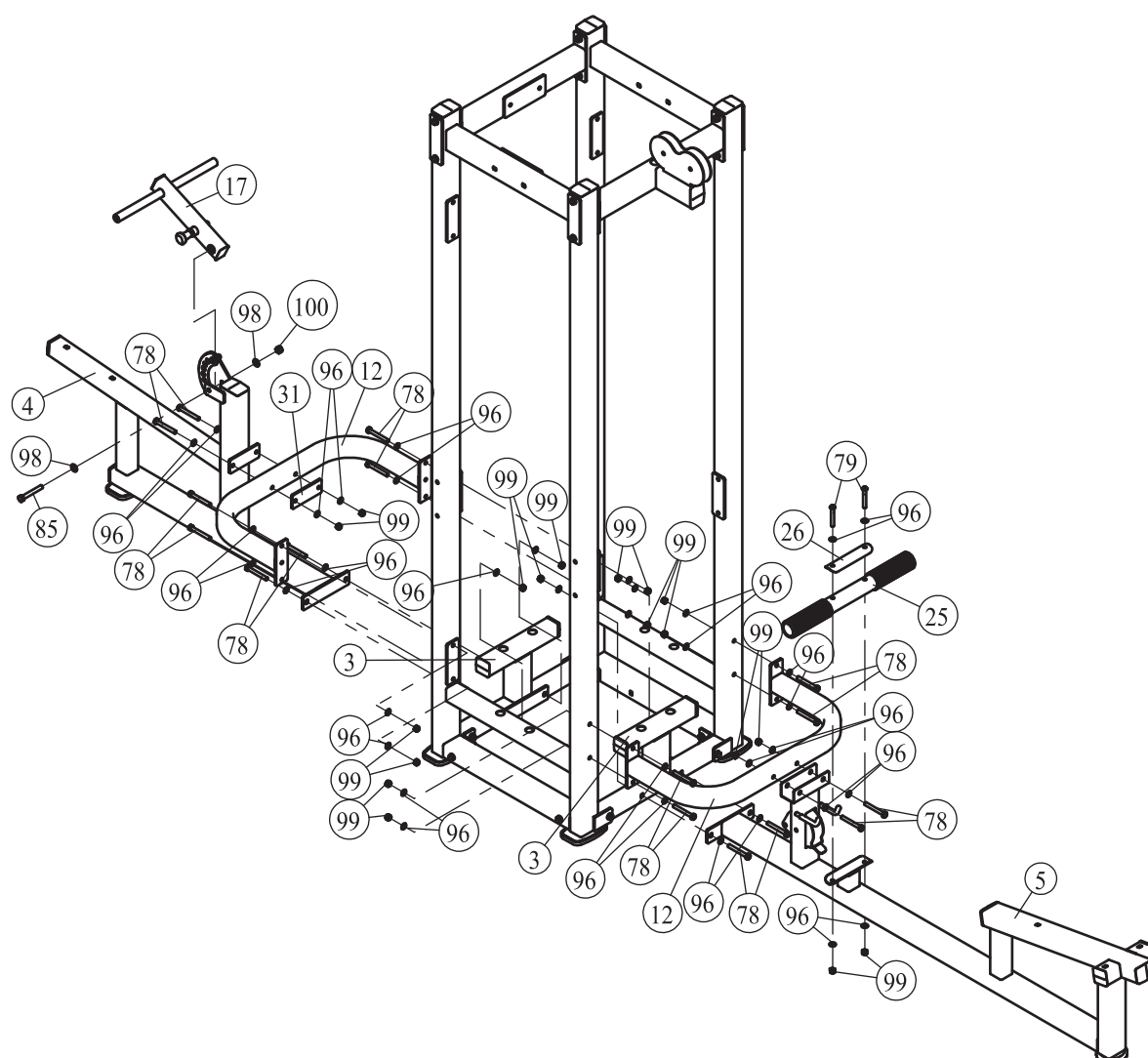
Step 2

1. Attach one Seat Support 1 (#4) to one Cross Frame (#3) using:
two M10*80 HHB (#78) four $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
two M10 Nylon Lock Nut (#99)
2. Attach one Support Frame 6 (#12) to Weight Stack Frame 1 (#1) and Weight Stack Frame 2 (#1) using:
four M10*80 HHB (#78) eight $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
four M10 Nylon Lock Nut (#99)
3. Attach one Fixed Plate (#31) to one Support Frame 6 (#12) and Seat Support 1 (#4) using:
two M10*80 HHB (#78) four $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
two M10 Nylon Lock Nut (#99)
4. Attach one Thigh Frame (#17) to the Seat Support 1 (#4) using:
one M12*80 HHB (#85) two $13 \times \Phi 24 \times 1.5$ Flat Washer (#98)
one M12 Nylon Lock Nut (#100)
5. Attach one Seat Support 2 (#5) to the Cross Frame (#3) using:
two M10*80 HHB (#78) four $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
two M10 Nylon Lock Nut (#99)
6. Attach one Support Frame 6 (#12) to the Weight Stack Frame 1 (#1) and Weight Stack Frame 2 (#2) using:
four M10*80 HHB (#78) eight $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
four M10 Nylon Lock Nut (#99)
7. Attach one Support Frame 6 (#12) to the Seat Support 2 (#5) using:
two M10*80 HHB (#78) four $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
two M10 Nylon Lock Nut (#99)
8. Attach one Foot Tube (#25) and the Cover Plate (#26) to the Seat Support 2 (#5) using:
two M10*70 Button Head Cap Screw (#79) four $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
two M10 Nylon Lock Nut (#99)

Note: Wrench Tighten bolts and Nylon Lock nuts.

Assembly

Step 2



Assembly

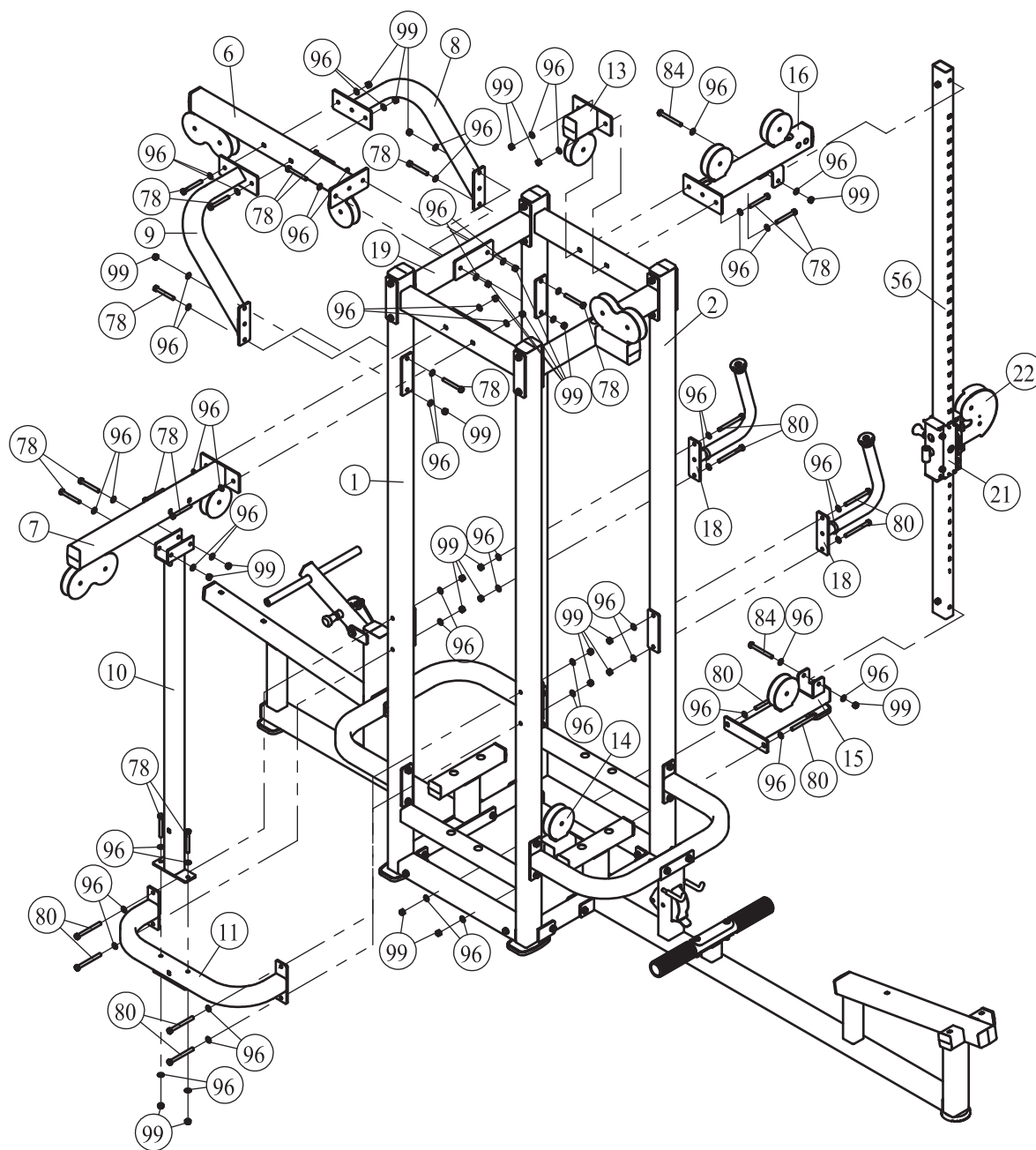
Step 3

1. Attach one Support Frame 1 (#6) to the Top Cross Frame 1 (#19) using:
two M10*80 HHB (#78) four $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
two M10 Nylon Lock Nut (#99)
2. Attach one Support Frame 3 (#8) and the one Support Frame 4 (#9) to the Weight Stack Frame 1 (#1) and Weight Stack Frame 2 (#2) and Support Frame 1 (#6) using:
six M10*80 HHB (#78) twelve $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
six M10 Nylon Lock Nut (#99)
3. Attach one Support Frame 2 (#7) to the Weight Stack Frame 1 (#1) using:
two M10*80 HHB (#78) four $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
two M10 Nylon Lock Nut (#99)
4. Attach one Back Pad Support Frame (#11) to the Weight Stack Frame 1 (#1) using:
four M10*105 HHB (#80) eight $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
four M10 Nylon Lock Nut (#99)
5. Attach one Support Frame 5 (#10) to the Support Frame 2 (#7) and the Back Pad Support Frame (#11) using:
four M10*80 HHB (#78) eight $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
four M10 Nylon Lock Nut (#99)
6. Attach one Below Frame (#14) and the Bottom Cross Brace (#15) to the Weight Stack Frame 2 (#11) using:
two M10*105 HHB (#80) four $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
two M10 Nylon Lock Nut (#99)
7. Attach one Top Frame (#13) and the Top Cross Brace (#16) to the Weight Stack Frame 2 (#2) using:
two M10*80 HHB (#78) four $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
two M10 Nylon Lock Nut (#99)
8. Attach one Sliding Tube (#56) and the Slip Frame (#21) and one Double Pulley Bracket (#22) to the Top Cross Brace (#16) and Bottom Cross Brace (#15) using:
two M10*95 HHB (#84) four $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
two M10 Nylon Lock Nut (#99)
9. Attach two Handle (#18) to the Weight Stack Frame 2 (#2) using:
four M10*105 HHB (#80) eight $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
four M10 Nylon Lock Nut (#99)

Note: Wrench Tighten bolts and Nylon Lock nuts.

Assembly

Step 3



Assembly

Step 4

1. Attach:

eight Guide Rod (#65)

twenty-four Weight Plate 15LBS (#73)

four Top Plate (#42)

eight $\Phi 63.5 \times \Phi 19 \times 25.4$ Weight Rubber Bumper (#39)

forty Weight Plate 10LBS (#74)

to the Weight Stack Frame 1 (#1) & Weight Stack Frame 2 (#2) Cross Frame (#3) and Top Cross Frame 1 (#19) & Top Cross Frame 2 (#20) using:

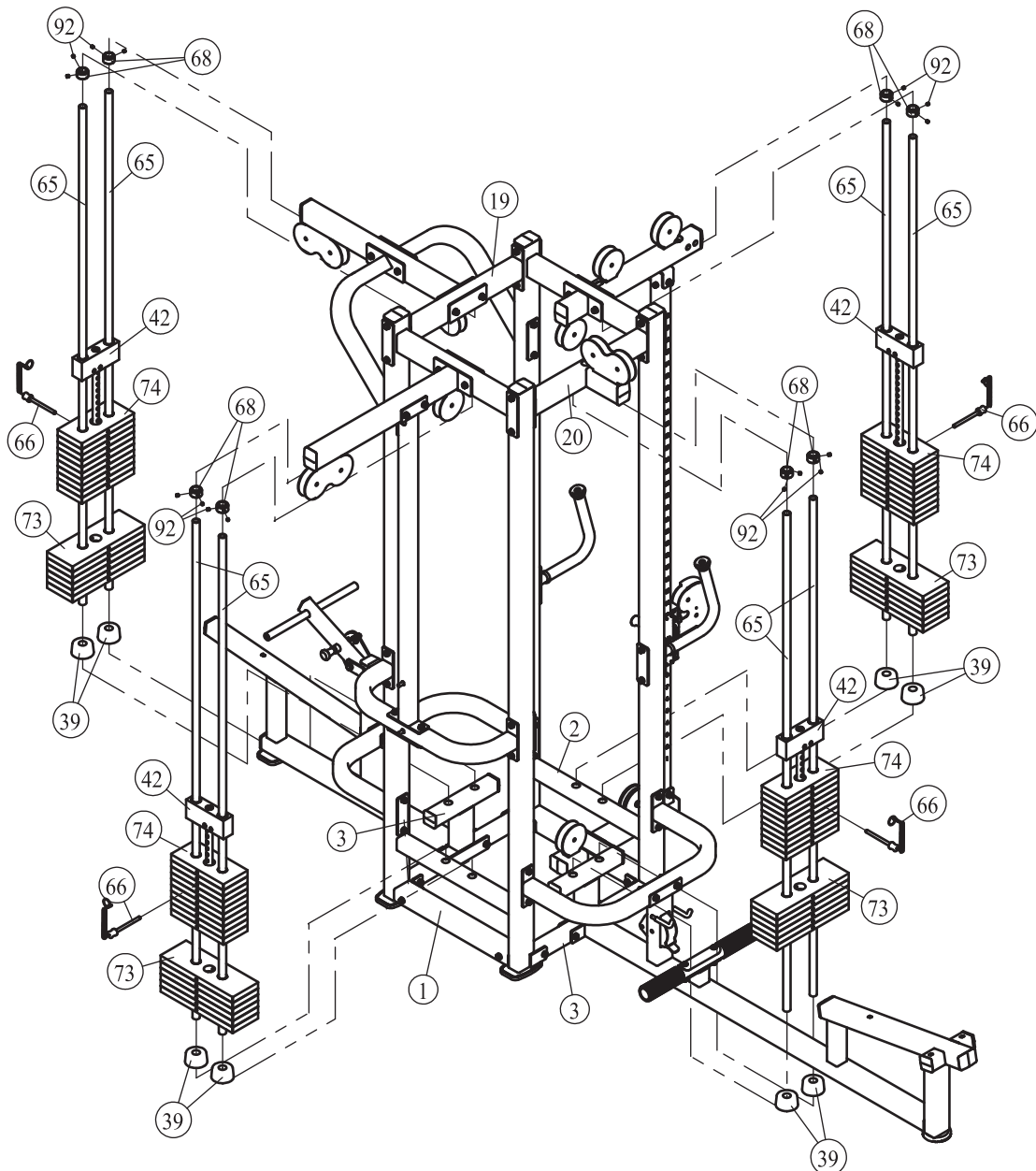
eight Mount Sleeve (#68)

sixteen M8*8 Socket Set Screw (#92)

2. Attach four Selector Pin W/Coil (#66) to four Top Plate (#42).

3. Attach one Pulley Bracket (#38) and two 1/2"-13 Hex Flanged Nut (#102) to the Top Plate (#42).

Note: Wrench Tighten bolts and Nylon Lock nuts.



Assembly

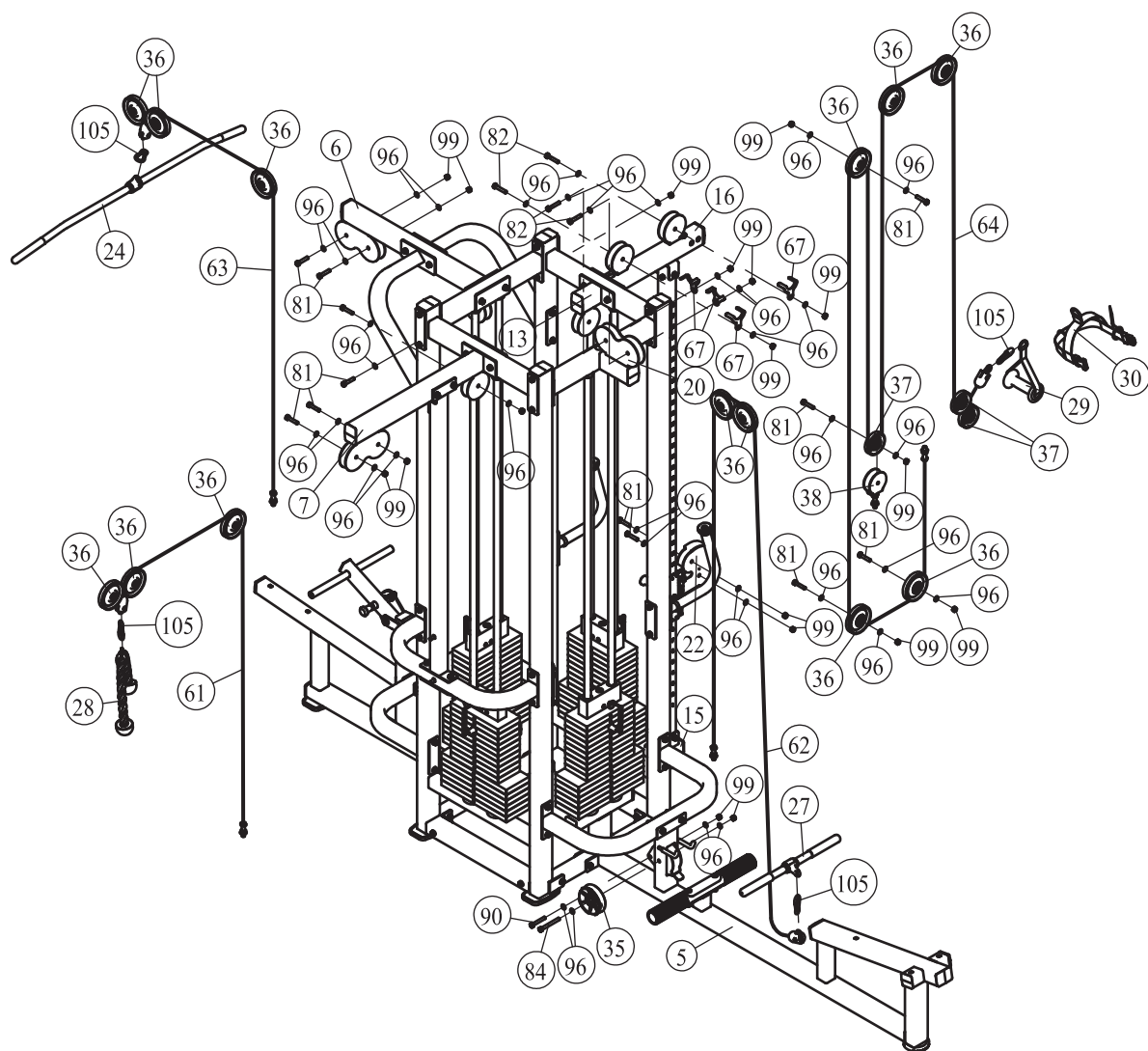
Step 5

1. Attach three 4.5" Pulley (#36) to the Support Frame 2 (#7) using:
three M10*50 HHB (#81) six $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
three M10 Nylon Lock Nut (#99)
2. Attach two 4.5" Pulley (#36) and two Y Bracket (#67) to the Top Cross Frame 2 (#20), Attach one V-type Pulley (#35) to the Seat Support 2 (#5) using:
two M10*55 HHB (#82) one M10*95 HHB (#84)
one M10* 65 HHB (#90) eight $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
four M10 Nylon Lock Nut (#99)
3. Attach three 4.5" Pulley (#36) to the Support Frame 1 (#6) using:
three M10*50 HHB (#81) six $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
three M10 Nylon Lock Nut (#99)
4. Attach two 4.5" Pulley (#36) and two Y Bracket (#67) to the Top Cross Frame 2 (#16), Attach three 4.5" Pulley (#36) to the Top Frame (#13) and Below Frame (#14) and Bottom Cross Brace (#15), using:
two M10*55 HHB (#82) two M10*50 HHB (#81)
ten $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96) five M10 Nylon Lock Nut (#99)
5. Attach three 3.5" Pulley (#37) to Pulley Bracket (#38) and Double Pulley Bracket (#22) using:
three M10*50 HHB (#81) six $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#96)
three M10 Nylon Lock Nut (#99)
6. Attach Tricep Rope (#28) and Gear Hook (#105) to the Cable 1 (#61).
Attach Short Bar (#27) and Gear Hook (#105) to the Cable 2 (#62).
Attach Long Lat Bar (#24) and Gear Hook (#105) to the Cable 3 (#63).
Attach Strap Handle (#29) or Leg Extension/Curl Strap and Gear Hook (#105) (#30) to the Cable (#64).

Note: Wrench Tighten bolts and Nylon Lock Nuts.

Assembly

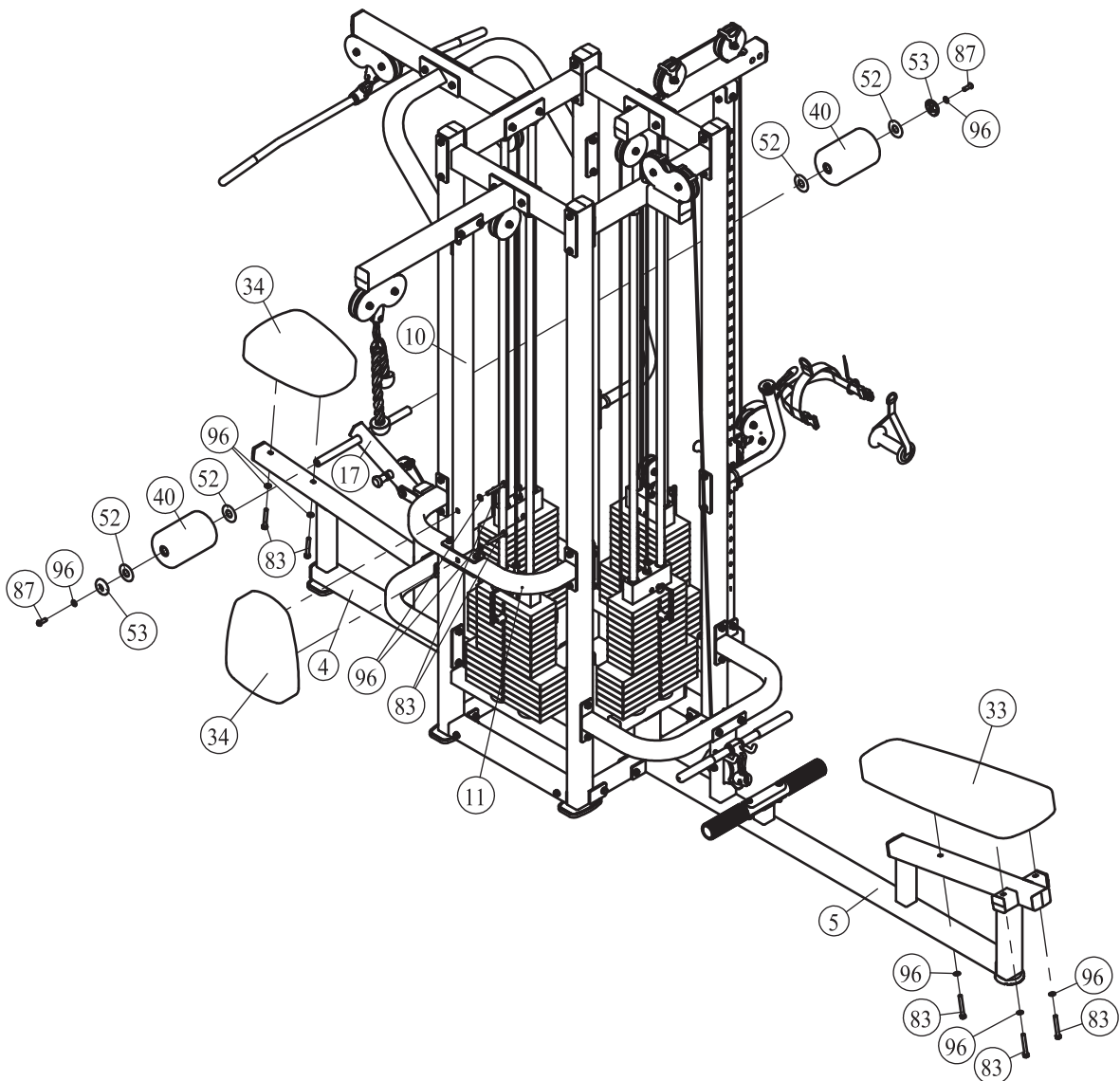
Step 5



Assembly

Step 6

1. Attach one Seat Pad (#34) to the Seat Support 1 (#4) using:
two M10*75 HHB (#83) two $\Phi 11*\Phi 23*2$ Flat Washer (#96)
2. Attach two Foam (#40) to the Thigh Frame (#17) using:
four $\Phi 60*\Phi 25.7*3$ Plastic Washer (#52) two $\Phi 56*\Phi 25.8*10.8$ End Cap (#53)
two $\Phi 11*\Phi 23*2$ Flat Washer (#96) two M10*30 Button Head Cap Screw (#87)
3. Attach one Seat Pad (#34) to the Support Frame 5 (#10) and Back Pad Support Frame (#11) using:
two M10*75 HHB (#83) two $\Phi 11*\Phi 23*2$ Flat Washer (#96)
4. Attach the Back Pad (#33) to the Seat Support 2 (#5) using:
three M10*75 HHB (#83) three $\Phi 11*\Phi 23*2$ Flat Washer (#96)



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 bolt 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.

Specifications

Class: S

Maximum Wt. Capacity: 4*91Kg/ 200lbs.

Maximum Load of Trainer: 150Kg/ 330lbs.

