

Инструкция

Тренажер для мышц ног Total Gym Elevate Jump

Полезные ссылки:

[Тренажер для мышц ног Total Gym Elevate Jump - смотреть на сайте](#)



CONGRATULATIONS

Thank you for choosing Total Gym® products and services.

As with all of our products, we trust that your ELEVATE Jump™ will provide you with unsurpassed service and versatility year after year.

Your Total Gym product arrives with assembly required. Simply follow the directions for assembly and set-up your ELEVATE Jump to be operational.

In this Owner's Guide, you will find information about your ELEVATE Jump and its component parts, operation, maintenance and care. Additionally, you will find usage and safety tips, as well as safety precautions and warranty information. Please save this guide and refer to it in the future.

We value you as a customer and your feedback is important to us. If you have any questions or need further information about your ELEVATE Jump, please contact our customer experience department at (858) 586-6080 or email support@totalgym.com.

Yours in health,



Jesse Campanaro
CEO

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SAFETY PRECAUTIONS

Before starting this or any exercise program, consult your physician, who can assist in planning a program that is age and ability specific. Certain exercise programs or types of equipment may not be appropriate for all people. Ensure that your clients are able to participate in an exercise program on this equipment.

- Do not overexert, or allow your clients to overexert using this equipment or performing any exercise program on this equipment. If any pain or tightness in the chest occurs, an irregular heartbeat, shortness of breath, faintness, nausea or dizziness is experienced by you or your client stop the exercise session immediately and ensure that a physician is consulted before resuming any exercise program.
- This product is designed and intended for commercial use. Trainers should inform clients of and monitor their adherence to all safety precautions. Use only as directed.
- Do not permit anyone to stand on the ELEVATE Jump glideboard or use it as furniture. Children should only use the ELEVATE Jump when closely attended and supervised by an adult. Do not leave children or clinical patients unattended on Total Gym equipment.
- Parents and others in charge of children should responsibly monitor children whose natural play instinct and fondness of experimenting can lead to situations and behavior for which the training equipment is not intended.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Keep fingers, loose clothing and hair away from moving parts. Wear appropriate exercise attire and tie long hair back.
- Inspect your ELEVATE Jump before each use to ensure proper operation. Check all parts for wear before each use. Do not use your ELEVATE Jump if it is not completely assembled or if it has been damaged in any manner. Contact Total Gym Customer Experience Department at (858) 586-6080 for replacement parts or repairs.
- Follow instructions in this Owner's Guide for using the unit. Improper use could result in severe or fatal injury. Your ELEVATE Jump must be bolted to the floor on a flat, solid surface with nonskid material underneath. Keep the area around it free from obstructions. The ELEVATE Jump is rated at a maximum user weight capacity of 400 lbs. [180 kg.].

⚠ WARNING

READ ALL INSTRUCTIONS BEFORE USING TOTAL GYM ELEVATE JUMP.

1. Inspect your ELEVATE Jump unit before each use to ensure proper operation. Do not use this equipment unless all moving parts are working properly. Follow all maintenance and care instructions found in this Owner's Guide and on the equipment labels.
2. Close supervision is necessary when the ELEVATE Jump is used by or near children, disabled or injured persons.
3. Care should be taken at all times when getting on and off your ELEVATE Jump or any exercise equipment. Falling on or off the product could result in injury, or possibly death. Follow the "Getting Started" instructions for using the unit found in this Owner's Guide.
4. Use your ELEVATE Jump only for its intended purpose.
5. Use correct biomechanical positioning during exercise and hold handles whenever possible.
6. Keep fingers, loose clothing and hair away from all moving parts.
7. Parts of the ELEVATE Jump are made with natural latex that has been known to cause allergies in certain people.
8. Usage Class: Class S per ISO 20957
Compliant to the General Product Safety
Directive 2001/95/EC.

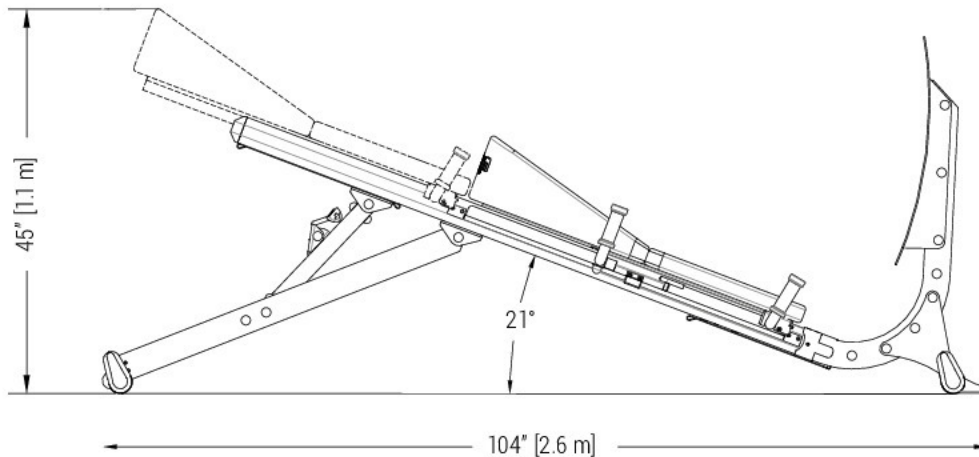
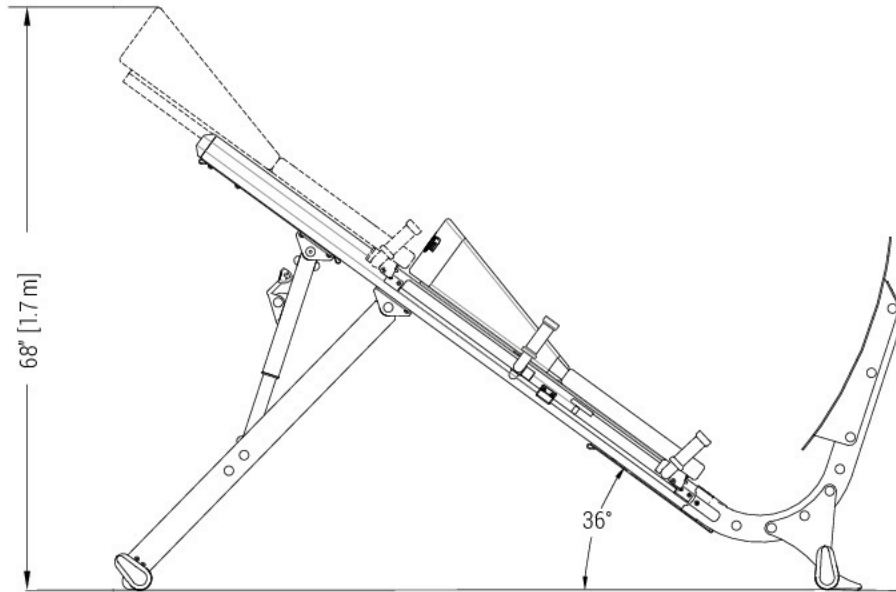
The ELEVATE Jump has been tested to comply with CE and other safety standards.



PARTS IDENTIFIER



SPECIFICATIONS & LIMITATIONS



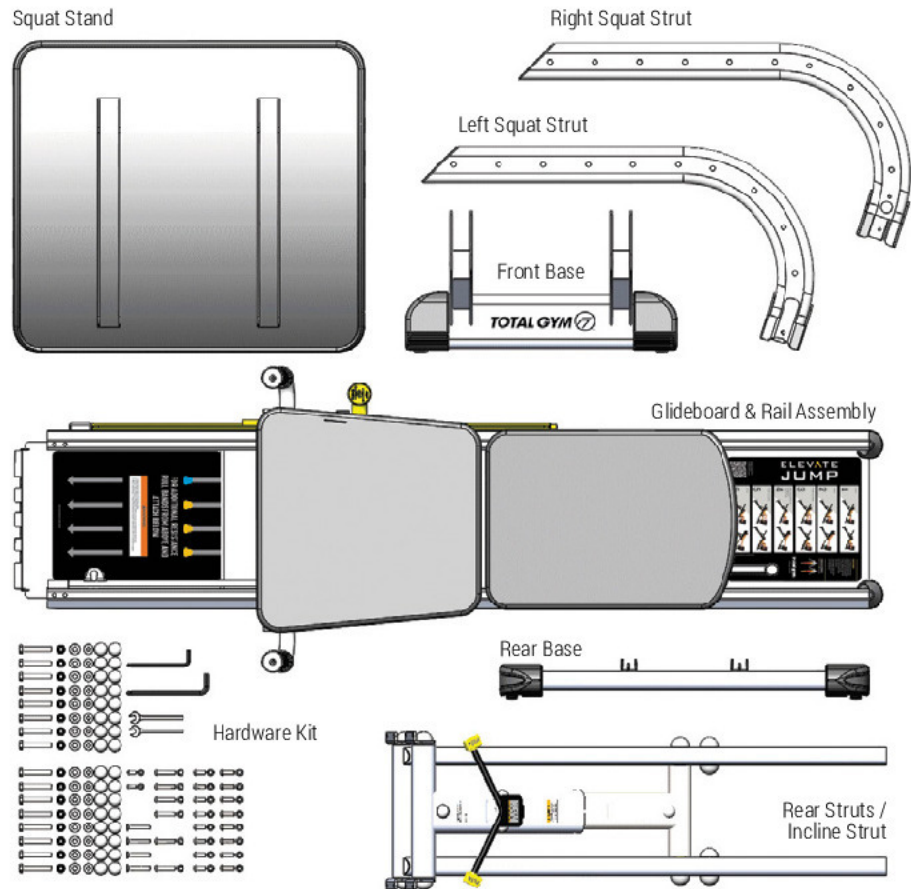
- ELEVATE Jump has been preset to the fitness setting by the manufacturer.
- **MUST BE BOLTED TO THE FLOOR**
- Glideboard Range of Motion: 38 inches [97 cm]
- Weight Capacity: Maximum user weight capacity of 400 lbs [180 kg]
- In Use: 104" x 33" x 68" (L/W/H) [249 x 84 x 107 cm]
- Unit Weight: 230 lbs [105 kg]
- Bodyweight Resistance: 50% - 80% BWR
- Bands: Additional 10 – 70 lbs VBR
- Freight Weight: 325 lbs [152 kg]
- Freight Dimensions (with pallet): 78" x 29" x 22" (L/W/H) [199 x 74 x 56 cm]
- Floor Space Required: 24 square feet [2.2 square meters]
- Clearance: Keep side areas clear 1.96' [0.6 m] or more
- Construction: Steel with steel reinforced extruded aluminum rails

ASSEMBLY & INSTALLATION

TWO PERSON ASSEMBLY REQUIRED.

PLEASE BE SURE TO ASSEMBLE YOUR ELEVATE JUMP PER YOUR NEEDS IN ACCORDANCE WITH THESE DIRECTIONS.

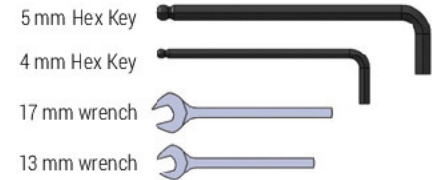
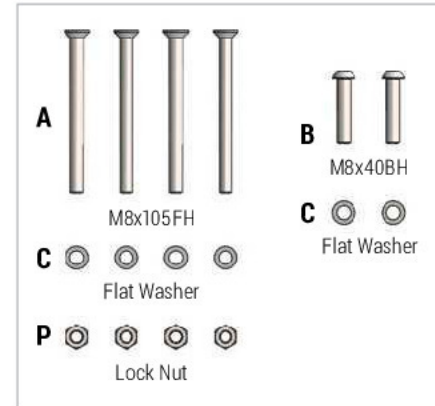
STEP 1. Carefully unpack all the parts and the hardware kit for your ELEVATE Jump and inspect to see if anything is missing or damaged. Contact Total Gym Customer Experience Department immediately if you do not find all items shown below:



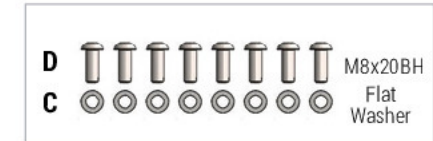
HARDWARE KIT included comes pre-grouped by assembly steps.

NOTE: Letters designate each type of hardware to be used throughout these instructions. Consult this page for reference.

STEPS 2 & 3



STEP 8



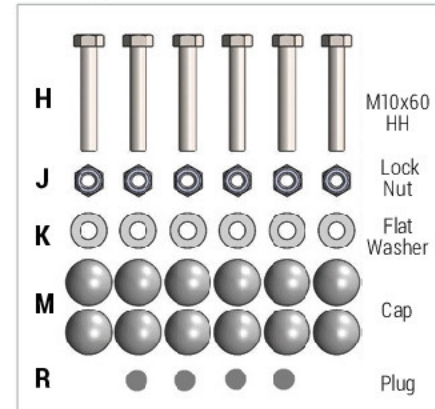
STEP 4



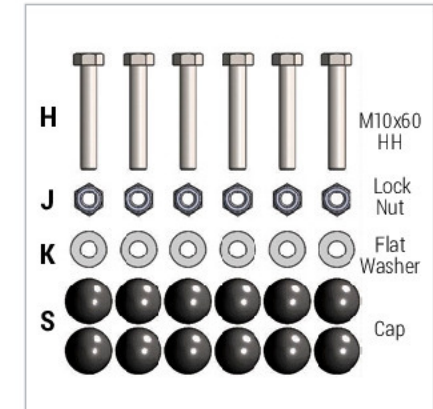
STEP 9



STEP 5, 6 & 7

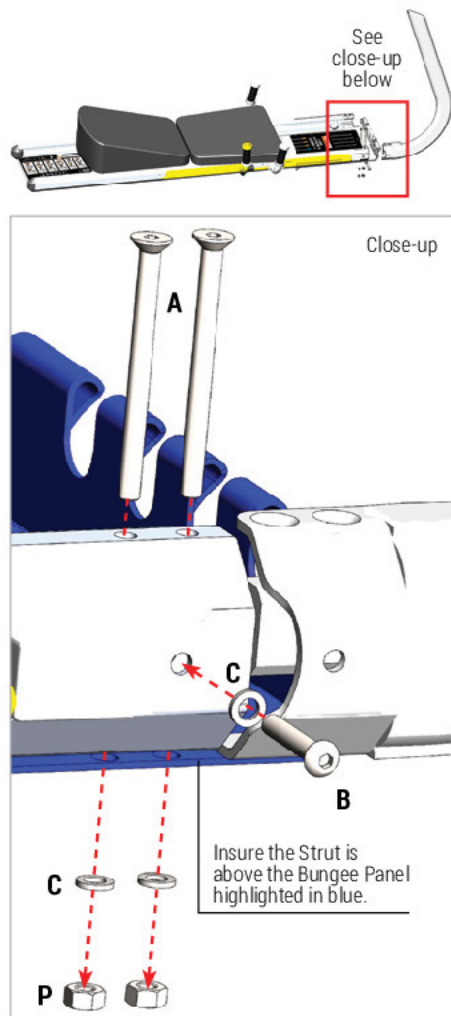


STEP 10

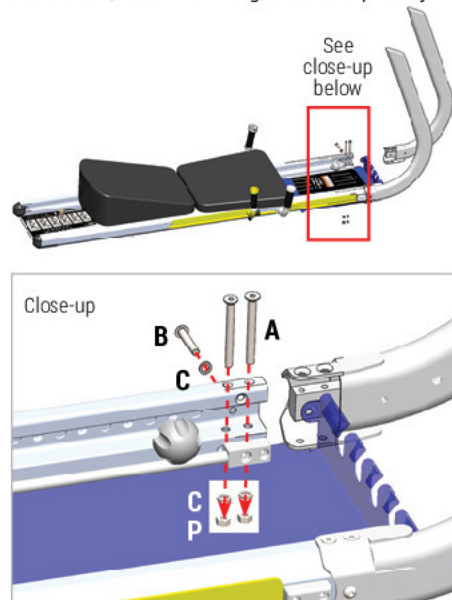


ELEVATE® JUMP™ OWNER'S GUIDE

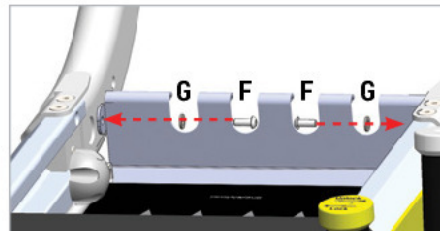
STEP 2. Insert the Left Squat Strut on to the Left Rail by positioning the bottom of the Left Squat Strut in-between the Left Rail and Bungee Panel (as shown in close-up below). Gently wiggle the Strut all the way on to the Rail until the holes are aligned. Install the hardware (A, B, C, P) as shown. Do not tighten completely.



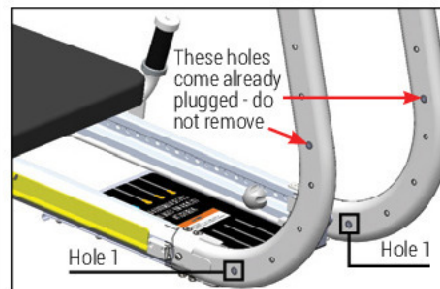
STEP 3. Repeat STEP 2 on other side, attaching the Right Squat Strut to the Right Rail using the hardware (A, B, C, P) as shown, but do not tighten completely.



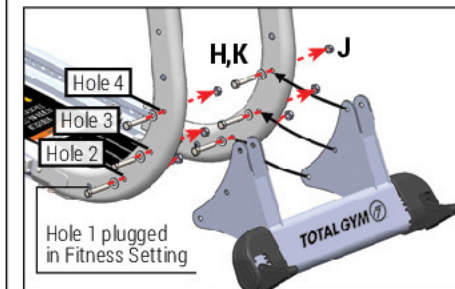
STEP 4. Install the hardware (G, F) on both rails as shown below.



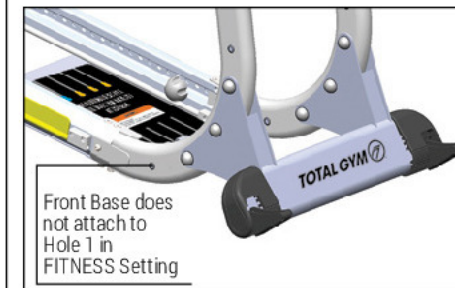
STEP 5. Using hardware (R), as indicated, first insert plastic plugs into hole 1 on the inside and outside of each Strut (as shown below).



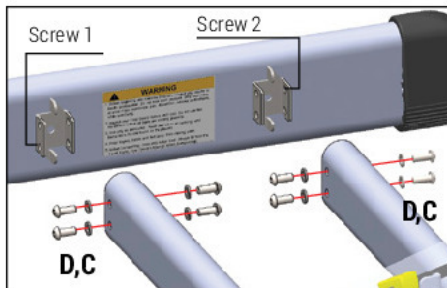
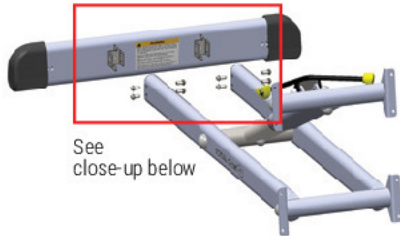
Next, attach Front Base to holes 2, 3 and 4 as shown below using hardware (H,K,J) as indicated. Make sure to install the washer (K) on the bolt first (H). After all the bolts and nuts are installed, tighten them completely. Then cover each with a plastic cap (M).



The image below is how the Front Base attached to the Struts should look for the FITNESS Setting.

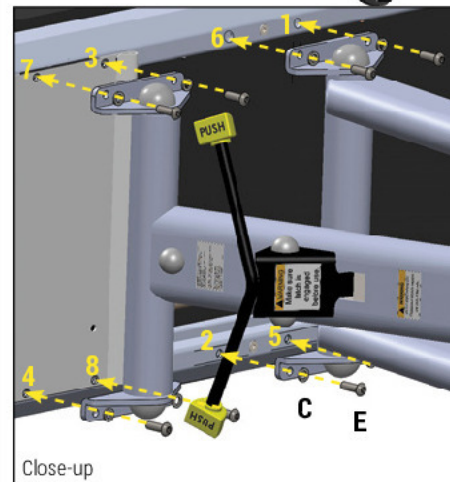
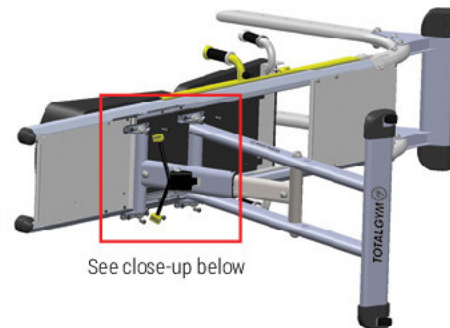


STEP 6. Using the hardware (D, C) as indicated; attach the Rear Base to the Rear Struts as shown below. Ensure both the logo and the warning stickers are right side up. Install screws 1 and 2 first, then proceed to install the rest; tighten completely.

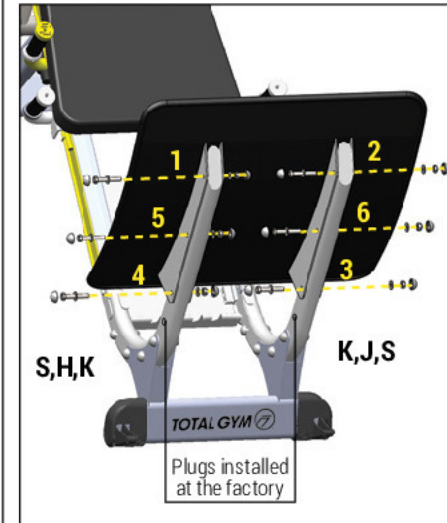


STEP 7. Lay the ELEVATE Jump on its side. Using the hardware (C, E) as indicated; attach the Rear Struts / Incline Strut as shown. Tighten completely.

NOTE: Installing the screws in the order shown may be easiest.



STEP 8. Turn the ELEVATE Jump upright and, using the hardware (H, J, K, S) as indicated; attach the Squat Stand to the Struts. Tighten completely. Installing the screws in the order shown may be easiest. Once screws are fully tightened, push on all 12 caps (S).



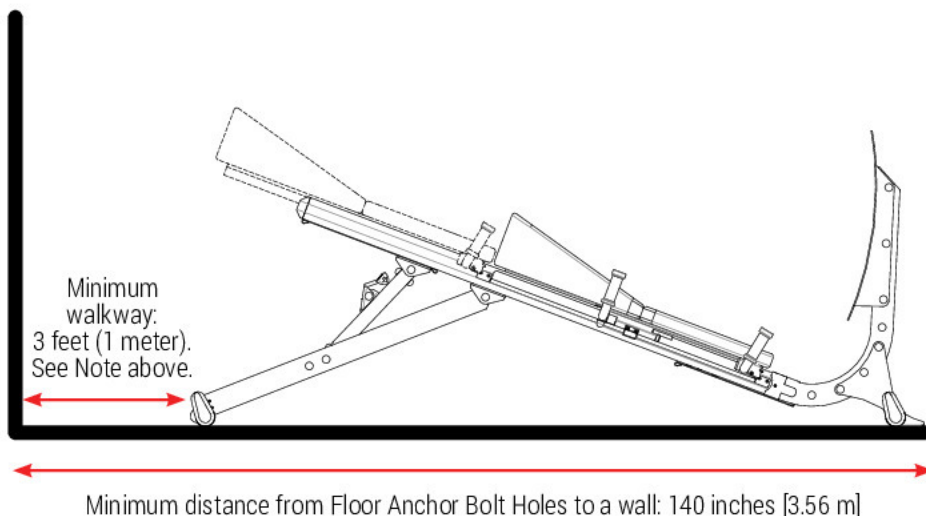
STEP 9. IMPORTANT: RETURN TO STEPS 2-4 AND TIGHTEN ALL SCREWS COMPLETELY.

STEP 10. The screws A in step 2 and 3 may become loose after use in one day due to stretching and seating of other parts. Retighten those screws and nuts P if they become loose. One retightening is usually enough.

ELEVATE® JUMP™ OWNER'S GUIDE

STEP 11. Move the ELEVATE Jump to the permanent location and position it properly for full function.

To ensure you have positioned the ELEVATE Jump with enough clearance before bolting to the floor, first lower the Incline Strut to the lowest level. From the Floor Anchor Bolt Holes measure at least 104 inches [3.56 m] from the Bolt Holes behind the machine to any walkway, or at least 140 inches [3.56 m] away from any wall or obstruction.

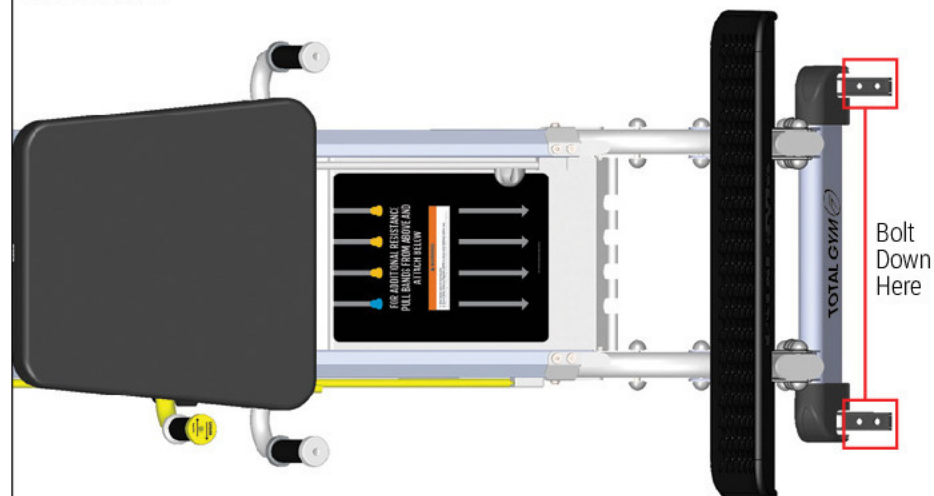


Bolt down machine at Front Base through the Bolt Holes provided on the Anchor Feet. **NOTE: INSTALLATION MUST BE CARRIED OUT BY A PROFESSIONAL INSTALLER.**

This will warrant enough room for full range of motion of the Glideboard at the rear of the unit.

NOTE: THERE SHOULD ALSO BE AT LEAST 3 FEET (1 METER) DISTANCE BETWEEN THE REAR BASE AND A WALL OR WALKWAY. CONSULT YOUR LOCAL GOVERNMENT GUIDELINES.

STEP 13. Anchor the Front Base to the floor using appropriate bolts for your floor as shown below.



⚠ WARNING

- 1. MACHINE WILL MOVE IN-USE IF NOT BOLTED TO THE FLOOR.**
- 2. Bolt unit 104 inches [2.64 m] from the Bolt Holes to any walkway behind the machine or at least 140 inches [3.56 m] from any wall or obstruction.**

GETTING STARTED

As a facility offering the use of the ELEVATE Jump to customers, or as a personal user of the product, you – the owner of the product – assumes the responsibility to become familiar with the guidelines relative to safe use of the product and to convey these guidelines to all users. Read all safety, warnings and usage instructions before using the ELEVATE Jump. Care and maintenance for this product are included to promote safe, enjoyable use of this equipment.

When using your ELEVATE Jump, wear athletic shoes and comfortable lightweight clothing. Before you begin, check to ensure that all parts are in place and working properly. Check that the Safety Lock is engaged and that the ELEVATE Jump is set to the appropriate incline level and/or variable band resistance for your or your client's ability. Begin your exercise program with the basic moves provided. As your proficiency increases, adjust the resistance, incline or movements to increase the intensity. Remember to control the glideboard at all times, particularly when getting on or off your ELEVATE Jump. Always engage the Safety Lock before exiting.

⚠ WARNING

Always control the glideboard while mounting, dismounting or lifting your ELEVATE Jump. ELEVATE Jump is rated at a maximum user weight capacity of 400 lbs [180 kg]. Stay clear of back of unit as glideboard extends beyond rails.

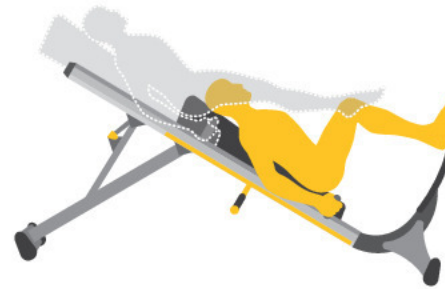
EXERCISE INSTRUCTIONS

Follow the instructions on the placard as illustrated below by doing the desired number of sets and repetitions appropriate for the skill and level of difficulty.

Before entering unit, inspect glideboard to ensure safety lock is engaged.

SQUAT JUMP

1. Lay back on glideboard with feet on platform
2. Disengage safety lock
3. Grasp handles
4. Bend knees
5. Jump

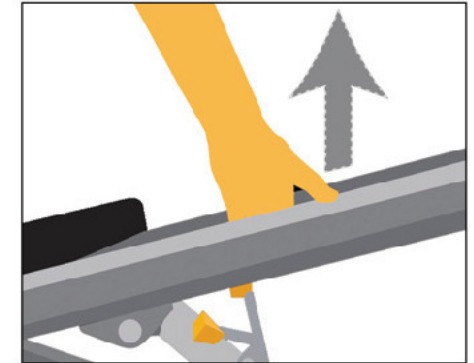


Scan for more exercises or visit www.totalgym.com/jumtrainerexercises

Select appropriate resistance level.

INCREASE RESISTANCE

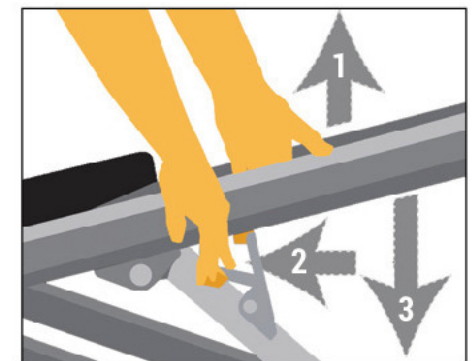
To increase resistance, raise rails to desired level.



DECREASE RESISTANCE

To decrease resistance, lower rails to desired level.

1. Lift rails slightly
2. Push lever down
3. Lower to desired level



SLIDE DISTANCE REGULATOR (SDR) INSTRUCTIONS

The function of the Slide Distance Regulator (SDR) is to reduce the motion of the glideboard in the downward direction to prevent excessive knee flexion in rehabilitation exercises. To set the SDR to a desired position, disengage safety lock and move the glideboard up about one inch above the lowest position you want the glideboard to go. Hold that position while you unscrew the SDR knob and pull it out. While holding the knob out, slide it toward the glideboard as close as it can go. Release the knob and slide it down the Right Rail until it is engaged in one of 12 positions. Then tighten the SDR knob and begin exercising.

VARIABLE RESISTANCE BAND INSTRUCTIONS

For additional resistance you can add variable band resistance using the four bands located beneath the bottom of the glideboard. To attach bands, pull the knobs down and hook them to the rack. Do not do this while on the machine. Detach bands after each use to preserve life.

For replacement bands call 858-586-6080.

RESISTANCE CHART

Nominal % of Bodyweight	Level	Squat Resistance % of Your Body Weight (lbs/kgs)						
		100/45	130/59	150/68	180/82	200/91	300/136	400/181
80	7	87	81	78	75	73	69	66
75	6	82	76	73	70	69	64	62
70	5	76	71	68	65	64	60	58
65	4	71	65	63	60	59	55	53
60	3	65	60	58	55	54	51	49
55	2	59	54	52	50	49	46	44
50	1	52	48	47	45	44	41	40

Bungees add resistance in 10 lb increments from 10 to 70 lbs

MAINTENANCE AND CARE

Your ELEVATE Jump unit will offer you or your facility and your clientele years of easy operation if you follow these simple tips for maintenance and care. With periodic cleaning, moving parts and rolling surfaces will maintain their smooth function. The ELEVATE Jump is not safe to use if it is not maintained regularly as follows. Clean rail surfaces on a regular basis with a noncorrosive cleaner like soap and water or waterless cleaner or just wipe clean with a dry towel. Some black powder residue is normal on the inside of the rails. All other parts can be cleaned the same way or antibacterial wipes may be used. If your ELEVATE Jump is damaged, please discontinue use until defective components are repaired. Please pay special attention to the following wear items: rollers, bungees, brake strut and handle grips.

CAUTION! DO NOT USE ANY LUBRICANTS OR SILICONE-BASED PRODUCTS on the rails or wheels. This will cause the wheels to slide rather than roll and will damage the wheels. You can clean the glideboard material with a non oil-based window cleaner. DO NOT USE ARMOR ALL® OR LIKE SUBSTANCES. These will make the glideboard slippery. Wipe down your ELEVATE Jump with a clean cloth.

MAINTENANCE SCHEDULE

DAILY

1. Wipe down all padded surfaces with antibacterial cleanser after each use.
2. Move the glideboard up and down rails to ensure smooth rolling. If glideboard does not roll smoothly, clean rails and wheels thoroughly.

WEEKLY

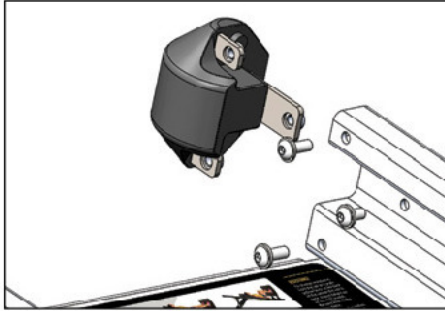
1. Wipe down rails with a non-corrosive, no alkaline, no alcohol cleanser.
2. Clean all surface areas for aesthetics.
3. Check all screws, fastener to ensure they are installed correctly and tightened.
4. Check all pads, fabric or foam for punctures or wear and replace as needed.

MONTHLY

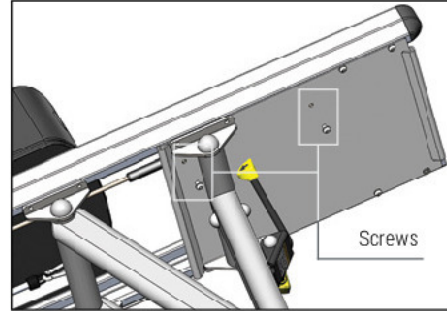
1. Visually inspect the rollers. Clean any debris accumulated on the roller.
2. Inspect rubber stoppers.
3. Inspect resistance bands for deterioration or tears.
4. Replace all parts that show signs of wear. Contact Customer Service in USA at 858-586-6080 or email support@totalgym.com. For international customers, contact the approved distributor in your country.

GLIDEBOARD: ROLLER REMOVAL AND ASSEMBLY

STEP 1. Remove the six M6 screws from both the Rail End Caps on the top end of the rails with a 4 mm Hex Wrench (not included) and remove the end caps.

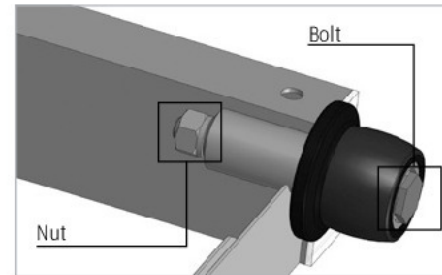


STEP 2. Remove the gas strut brake by unscrewing two screws below the top placard panel with a 5mm Hex wrench (Not included).



STEP 3. Roll the glideboard up and out the top of the rails and set it upside down on a clean smooth surface.

STEP 4. To remove the rollers use a 13 mm socket wrench and a 13 mm open-end wrench. Insert socket wrench over the bolt on the outside of the roller as you engage the open-end wrench on the nut on the inside of the frame; turn to unscrew.



NOTE: Socket wrench and open-end wrench not included.

STEP 5. Replace the rollers as needed and reinstall the bolt and nut. Tighten just enough so that the wheel can roll but does not slide lengthwise on the axle. **DO NOT OVER TIGHTEN.**

STEP 6. To reinstall the glideboard by carefully & slowly rolling it into the rails.

STEP 7. Replace the gas strut brake and insure both screws are tight.

STEP 8. Replace the rail end caps on the rails and insure all 6 screws are tight.

WARRANTY INFORMATION

US WARRANTY

Warranties outside the US may vary. Contact your local authorized distributor for details.

Commercial Warranty:

- Frame – 5 years
- Parts & Upholstery – 1 year
- Foam, Rubber & Bands – 90 days

LIMITED WARRANTY

IMPROPER USE OF ELEVATE JUMP: Defects or damage that result from improper use are excluded from coverage.

WARRANTY CLAIMS

Total Gym® treats warranty claims as a priority. To process these quickly, a Return Merchandise Authorization (RMA) number is required to properly link your merchandise with your claim. Total Gym does not accept returned merchandise without an accompanying RMA number. Contact Total Gym Customer Experience Department at 1-858-586-6080 if you are making a warranty claim. A representative will issue you an RMA number and instructions for proper packaging of the equipment for shipping.

IMPORTANT: Save your invoice. Please retain packaging instructions. US Customer Service Center: 858-586-6080. Shipping Damage: FOB origin, unless otherwise specified.

Total Gym accepts no responsibility for damage in shipping. Total Gym does, however, make every effort to facilitate the satisfactory resolution of claims made against delivery agents for damage during shipping. If the package appears to have sustained damage in shipping, or if your ELEVATE Jump appears to have shifted in delivery but no damage is evident, retain the shipping boxes until the Total Gym has been fully assembled to ensure there is no functional damage that is not initially visible. In the event of damage during shipping, retaining the shipping boxes helps to facilitate your claim against the shipper. Take photographs of damaged boxes or contents before opening.

PURCHASE RECORD Retain this copy for your records.

Date Purchased _____

Purchased From _____

Model Name: ELEVATE Jump, Part # 5900-B1

Serial Number _____

TotalGym.com

Customer Service:

858.586.6080

5225 Avenida Encinas Suite C

Carlsbad CA 92008

TotalGym.com

Customer Service: (858) 586-6080

5225 Avenida Encinas Suite C, Carlsbad CA 92008