

Инструкция

Тренажер для мышц пресса Total Gym Elevate Core ADJ

Полезные ссылки:

[Тренажер для мышц пресса Total Gym Elevate Core ADJ - смотреть на сайте](#)



CONGRATULATIONS

Thank you for choosing Total Gym® products and services.

As with all of our products, we trust that your ELEVATE Core ADJ™ will provide you with unsurpassed service and versatility year after year in the clinical and/or commercial setting.

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

In this Owner's Guide, you will find information about your ELEVATE Core ADJ 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. You can also download a copy from our website for your convenience at totalgym.com/presstrainer.

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 Core ADJ, 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 without injury.

- 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. (Clinicians and trainers should follow these recommendations if these symptoms are observed in clients.)
- This product is designed and intended for commercial use. Clinicians and trainers should inform clients of and monitor their adherence to all safety precautions. Use only as instructed.
- Children should only use the ELEVATE Core ADJ 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 Total Gym ELEVATE Core ADJ before each use to ensure proper operation. Check all parts for wear before each use. Do not use your Total Gym ELEVATE Core ADJ if it is not completely assembled or if it has been damaged in any manner. Contact Total Gym Customer Service for replacement parts or repairs.

- Before transporting, raise rails to top level. Always lift from the rear base when moving the unit.
- Follow instructions in this Owner's Guide for using the unit. Improper use could result in severe or fatal injury. Your Total Gym ELEVATE Core ADJ must be bolted to the floor on a flat, solid surface with nonskid material underneath. Keep the area around it free from obstructions. The Total Gym ELEVATE Core ADJ is rated at a maximum user weight capacity of 400 lbs [181 kg].

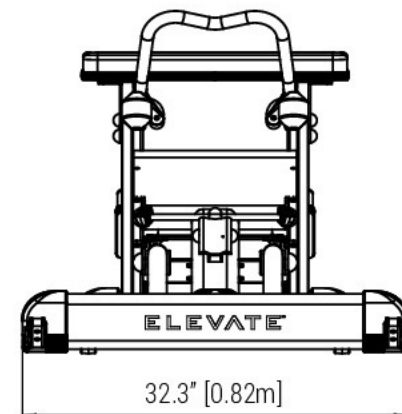
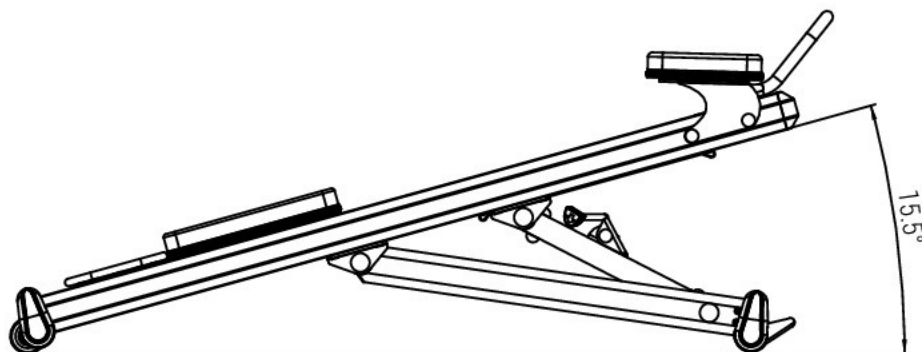
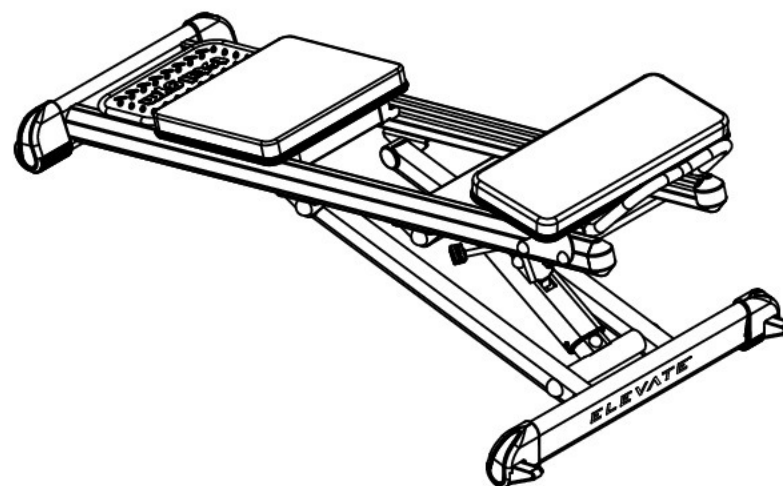
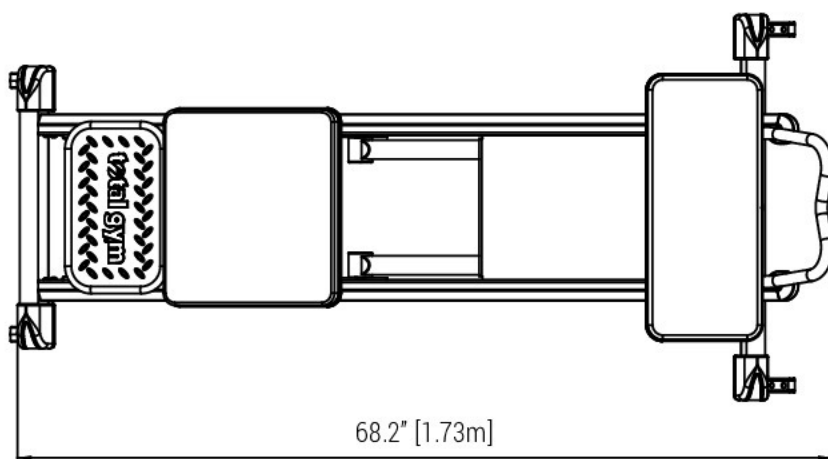
⚠ WARNING

READ ALL INSTRUCTIONS BEFORE USING TOTAL GYM ELEVATE CORE ADJ.

1. Inspect your Total Gym ELEVATE Core ADJ 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 Total Gym ELEVATE Core ADJ is used by or near children, disabled or injured persons.
3. Care should be taken at all times when getting on and off your Total Gym ELEVATE Core ADJ 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 Total Gym ELEVATE Core ADJ only for its intended use.
5. Keep fingers, loose clothing and hair away from all moving parts.

SPECIFICATIONS & LIMITATIONS

- Glideboard Range of Motion: 31 inches [787 mm]
- Weight Capacity: Maximum user weight capacity of 400 lbs [181 kg]
- In Use: 72" x 33" x 51" (L/W/H) [1.8 m x .83 m x 1.29 m]
- Unit Weight: 88 lbs [40 kg]
- Freight Weight: 150 lbs [68 kg]
- Freight Dimensions: 71" x 26" x 13" (L/W/H) [181 x 66 x 33 cm]
- Floor Space Required: 12 square feet [1.1 square meters]
- Construction: Steel with steel reinforced extruded aluminum rails
- Keep side areas clear 1.96' [0.6 m] or more.



PARTS IDENTIFIER



ASSEMBLY & INSTALLATION

TWO-PERSON ASSEMBLY REQUIRED

STEP 1. Carefully unpack all the parts and the Information & Hardware box at the installation site if possible.



A Rear Struts & Incline Strut



B Rear Base



C Rail Assembly



SCRUNCH Pad

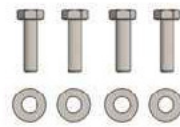
STEP 2. Open the Information & Hardware box. Inside there will be:



5 mm
Hex Wrench



13 mm
Open End Wrench



M8 Hex Head Screws
& Washers (4)



Black Screw Caps (4)



Short M8 Button Head Screws & Washers (8)

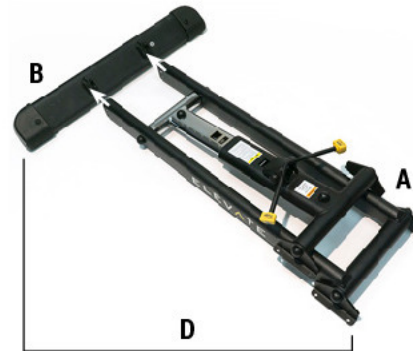


Long M8 Button Head Screws & Washers (8)



SCRUNCH Brackets (Left and Right)

STEP 3. Attach **B** to **A** as shown. Using the 5 mm Hex Wrench install all eight Short M8 screws with washers. Do not tighten completely until all eight screws have been installed.



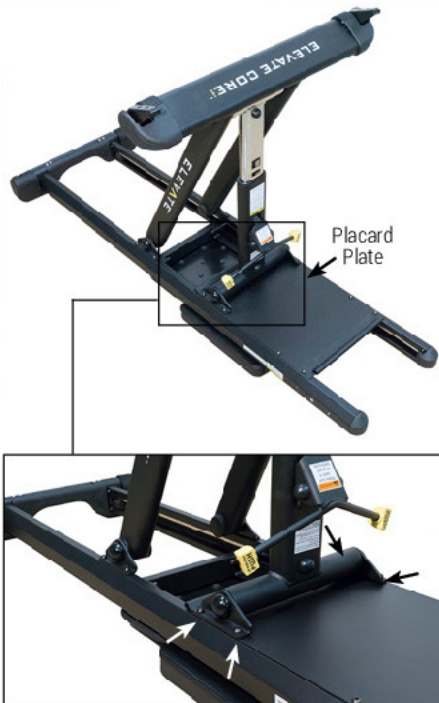
A + B creates **D**

STEP 4. Now that you have assembled **A** and **B** to create **D** as shown in **STEP 3**, you will need to take **D** and lay it over the top of **C**. Be sure to place a cloth or packing material between the surfaces.



Using the 5 mm Hex Wrench, attach the hinges on to **C** with four Long M8 screws and washers. Do not tighten any completely until all four screws are installed.

STEP 5. While one person holds the Incline Strut up as shown, the other person aligns the hinges on it to the set of holes in the rails near the Placard Plate. Using the 5 mm Hex Wrench attach the hinges on to the **C** with four Long M8 Button Head Screws and Washers. Do not tighten any completely until all four screws are installed.



Carefully turn the ELEVATE Core ADJ unit over.

STEP 6. Locate the SCRUNCH Pad and lay it upside down. **NOTE:** It is best to place the SCRUNCH Pad on a soft surface (i.e., carpet) to avoid scratching the SCRUNCH Pad bar.

Inside your Hardware and Information Box, locate the two SCRUNCH Pad brackets marked R (right) and L (left). Install the right bracket on the SCRUNCH Pad with 2 M6 Screws and Washers; repeat the process for the left bracket.



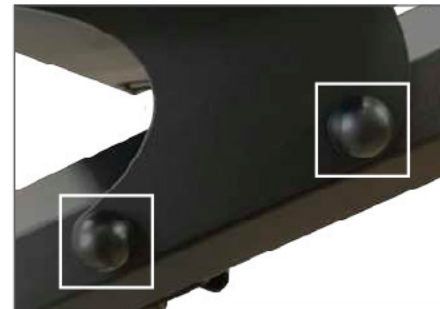
NOTE: the L and R will seem reversed as the SCRUNCH pad is upside down for bracket installation.



STEP 8. Attach the SCRUNCH Pad to the left and right rails using the 4 M8 Hex Screws. Do not tighten the Hex Screws until all Hex Screws are installed.



After tightening Hex Screws, install the 4 Black Screw Caps

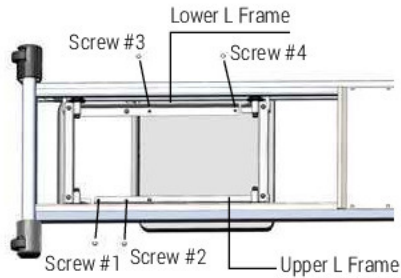


STEP 10. Position your ELEVATE Core ADJ in a permanent location then bolt to floor through the Anchor Feet. **Bolts not included.**



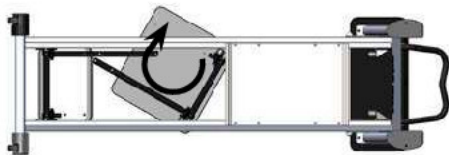
SEAT OR FOOT PLATFORM: ROLLER REMOVAL & ASSEMBLY

STEP 1. Lie on your back and slide under the rails to disconnect the Upper L-Frame and glideboard from the Lower L-Frame and rubber foot plate. You will need a 10 mm open end wrench to unscrew the four screws from the Upper L-frame and Lower L-frame.

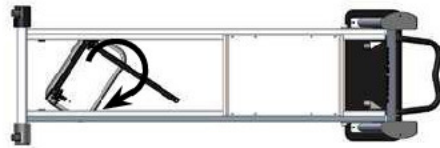


Roll the glideboard up, then lower the glideboard and unscrew Screws #3 and #4 from the glideboard.

STEP 2. Rotate the glideboard and Upper L-frame until a roller comes out of the rail; then tilt and lift it out of the rail assembly.



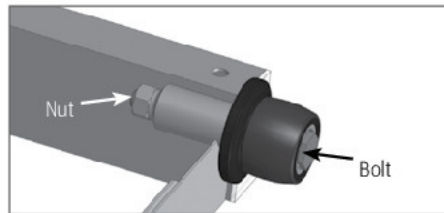
STEP 3. Rotate the rubber foot plate and Lower L-frame until a roller comes out of the rail; then tilt it and lift it off of the rail assembly.



STEP 4. To remove the wheels: 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 and rubber foot plate, first slightly angle the rubber footplate and lower until it is sitting on the rails. Rotate the rubber foot plate until the rollers slide into rail grooves. Repeat this process with the glideboard.

STEP 7. Using a 10 mm open end wrench, lie on your back and slide under the rails to re-install all four screws.

PAD REPLACEMENT

The pad on the glideboard and the SCRUNCH® assembly can be replaced by the method below.

TO CHANGE THE GLIDEBOARD PAD:

STEP 1: First, follow the procedure to remove the glideboard.

STEP 2: Unscrew and remove the (second) lower L-frame from the glideboard pad.

STEP 3: Replace the old pad with the new pad.

STEP 6: Screw on the lower L-frame and follow instructions to reinstall the glideboard.

TO CHANGE THE SCRUNCH PAD:

STEP 1: Using the 10 mm open-end wrench, remove the four bolts that hold the SCRUNCH Pad to the strut frame.

STEP 2: Remove the four bolts (using 10 mm open-end wrench) that hold the handle bar to the SCRUNCH Pad.

STEP 3: Replace the old pad with the new pad.

STEP 4: Re-attach the handle bar to the SCRUNCH Pad with the same four bolts.

STEP 5: Follow instructions for attaching SCRUNCH assembly to the strut frame.

GETTING STARTED

As a facility offering the use of a ELEVATE Core ADJ 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 Core ADJ. Care and maintenance for this product are included to promote safe, enjoyable and prolonged use of this equipment.

When using your ELEVATE Core ADJ, wear athletic shoes and comfortable lightweight clothing. Before you begin, check to ensure that all parts are in place and working properly. Remember to control the glideboard at all times, particularly when getting on or off your ELEVATE Core ADJ.

⚠ WARNING

Always control the glideboard while using your Total Gym ELEVATE Core ADJ. ELEVATE Core ADJ is rated at a maximum user weight capacity of 400 lbs [181 kg].

MAINTENANCE & CARE

Your Total Gym ELEVATE Core ADJ 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 Core ADJ 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 Core ADJ is damaged, please discontinue use until defective components are repaired. Please pay special attention to the following wear items: rollers, cables 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 Core ADJ 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 and fasteners to ensure they are installed correctly and tightened.
4. Check all pads, fabric or foam for punctures or wear and replace as needed.

MONTHLY

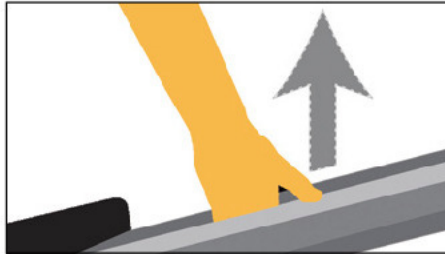
1. Visually inspect the rollers. Clean any debris accumulated on the roller.
2. Inspect rubber stoppers, bungee and computer.

EXERCISES

Follow the instructions on the placard as illustrated by doing the desired number of sets and repetitions appropriate for the skill and level of difficulty. Additional exercises are provided on TotalGym.com/coretrainerexercises.

INCREASE RESISTANCE

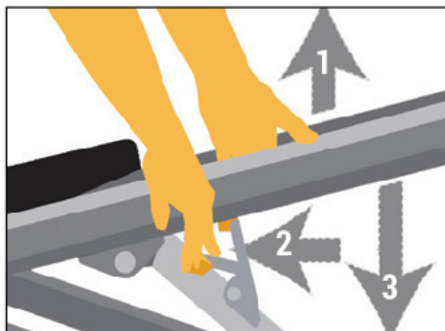
To increase resistance, raise rails to desired level.



DECREASE RESISTANCE

To decrease resistance, lower rails to desired level.

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



BASIC SCRUNCH



DYNAMIC PLANK

Option: Elbows on Board



OBLIQUE SCRUNCH WITH KNEES

Right Side



OBLIQUE SCRUNCH WITH KNEES

Left Side



INTERMEDIATE PLANK



INTERMEDIATE SCRUNCH



WARRANTY INFORMATION

US WARRANTY

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

Commercial Warranty:

- Frame – 5 years
- Parts – 1 year
- Rubber – 1 year

LIMITED WARRANTY

IMPROPER USE OF ELEVATE CORE ADJ: Defects or damages that result from improper use are excluded from coverage.

UNAUTHORIZED SERVICE OR MODIFICATION: Defects or damages that result from service, maintenance, repairs, adjustment, installation or alteration conducted by anyone other than Total Gym or its authorized representatives 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 Service Department at 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 the ELEVATE Core ADJ appears to have shifted in delivery but no damage is evident, retain the shipping boxes until the ELEVATE Core ADJ 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 Core ADJ, Part # 6000-B1

Serial Number _____

TotalGym.com

Customer Service:
858.586.6080
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