

Инструкция

Тренажер Мультижим Impulse IF8121-170

Полезные ссылки:

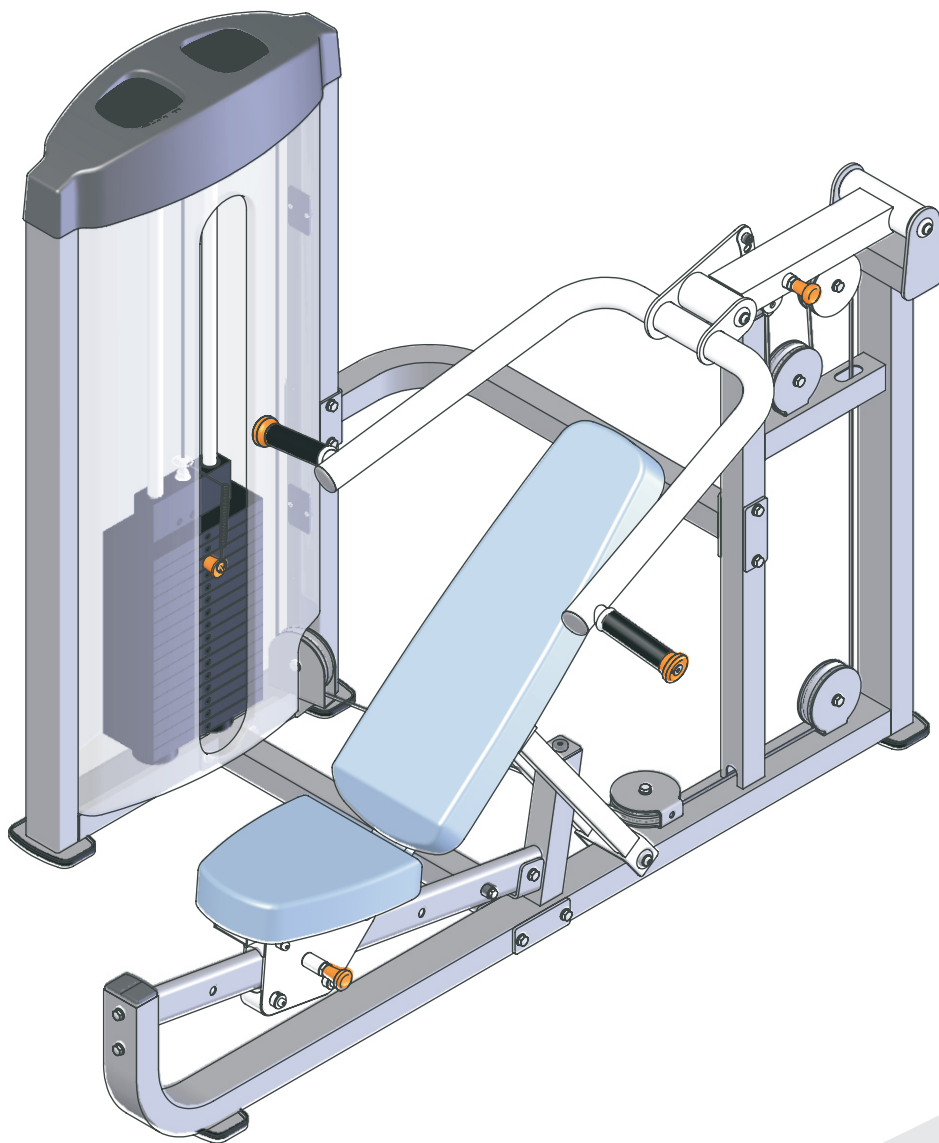
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IF8121

MULTI PRESS

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

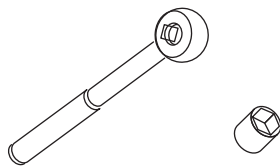
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the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

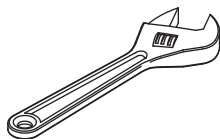
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

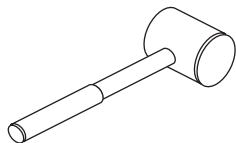
Tools Required



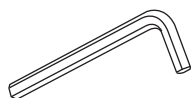
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item NO.	Part NO.	Description	QTY
1	IF81210100	Weight Stack Frame	1
2	IF81210200	Main Frame	1
3	IF81210300	Leverage Arm Support	1
4	IF81210400	Leverage Arm	1
5	IF81210500	Guide Frame	1
6	IF81210600	Seat Pad Frame	1
7	IF81210700	Back Pad Frame	1
8	IF81210800	Back Pad Support	1
9	IF81210900	Lower Crossbeam	1
10	IF81211000	Upper Crossbeam	1
11	IF81211100	Seat Pad	1
12	IF81211200	Back Pad	1
13	IF81222700	Pop Pin I	1
14	IF81211400	Pop Pin II	1
15	IF81211500	Front Shroud	1
16	IF81211600	Rear Shroud	1
17	IF81162200	Top Shroud	1
18	IF81211700	Shaft	3
19	IF81211800	Cable	1
20	IF81211900	Shaft I	1
21	SG500110400	4.5" Pulley	7
22	IF81161400	Guide Rod $\phi 25 \times 2.5 \times 1229$	2
23	IF81223900	Mount Sleeve $\phi 40 \times 25$	2
24	PTSHILO12800	Weight Rubber Bumper $\phi 76.2 \times \phi 26.9 \times 38.1$	2
25	IF81162000	Foot Cover	4
26	B5010300	Adjustable Screw	1
27	FS543400	wheel	4
28	IF81212000	End Cap	8
29	IF81212100	Adjustable Plate	1
30	IT90313400	Grip $\phi 36 \times \phi 28 \times 150$	2
31	M01402000	Bushing $\phi 25 \times \phi 12.2 \times 13$	2
32	M02502000	Bushing $\phi 38 \times \phi 25.4 \times 18$	6
33	GB2766005-2Z	Bearing 6005-2Z	2
34	IN-S10111200	Spacer $\phi 17 \times 10.5$	2
35	IF81212500	Bolt $\phi 9.4 \times 86$	4
36	IF81212600	Adjustable Spacer 1	4
37	FS547700	Adjustable Spacer 2	4
38	IF81212700	Nut	2
39	FS544600	Plastic Spacer	2
40	KFFID2800	Plug $\square 50.8 \times 76.2$	1

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item NO.	Part NO.	Description	QTY
41	KFCR1800	Plug □25.4*76.2	2
42	BNH0004	Plug φ50.8	2
43	ROC-IT1012400	Cushion	1
44	IF81162100	Shroud Clip	4
45	IF81212300	Plastic Knob - Cap	2
46	IF81212400	Plastic Knob - Base	2
47	IF81162700	Plastic Plate	2
48	IF81163500	Selector Pin W/Coil	1
49	PL90165400	Top Plate	1
50	H2-A070	Spacer φ10*φ14*20	1
51	CNLM10*30*30DS2NL	Flat Head Cap Screw M10*30	2
52	GB5780M10*50DS20	Hex Head Bolts M10*50	8
53	GB5780M10*105DS20	Hex Head Bolts M10*105	6
54	GB5780M10*80DS20	Hex Head Bolts M10*80	2
55	GB5780M10*75DS20	Hex Head Bolts M10*75	1
56	GB5780M10*65DS20NL	Hex Head Bolts M10*65	2
57	GB5780M10*60DS20	Hex Head Bolts M10*60	1
58	GB5780M10*45DS20	Hex Head Bolts M10*45	1
59	GB5780M10*30DS20	Hex Head Bolts M10*30	6
60	GB5780M12*125DS20	Hex Head Bolts M10*125	1
61	PNLM6*15DS2	Button Head Cap Screw M6*15	2
62	GB819M5*15DS2	Flat Philips Screw M5*15	8
63	GB70M8*20DS2	Socket Head Cap Screw M8*20	2
64	GB77M8*8DS18	Socket Set Screw M8*8	4
65	GB77M6*6DS18NL	Socket Set Screw M6*6	4
66	DQ10DS2A	Flat Washer φ11*φ23*2	43
67	GB958DS2	Flat Washer φ9*φ16*1.6	2
69	GB9512DS2	Flat Washer φ13*φ24*2.5	2
70	DQ6DS2A	Flat Washer φ6.6*φ15*6	2
71	NM10DS2	Nylon lock Nut M10	18
72	NM8DS2	Nylon lock Nut M8	6
73	NM12DS2	Nylon lock Nut M12	1
74	NBS6DHS	Hex Key s=6	1
75	NBS5DHS	Hex Key s=5	1
76	NBS4DHS	Hex Key s=4	1
77	NBS3DHS	Hex Key s=3	1
78	LW200BS	Wrench	1
79	YHY	Lube	1
83	CNLM10*25*25DS2NL	Flat Head Cap Screw M10*25	8
84	GB41M10DS2	Hex Nut M10	1

Parts List-Weight Plates

! There are three configuration of weights: 170LBS/200LBS/250LBS, please see following form for details.

Weight Plate 170LBS

Item No.	Part No.	Description	Qty
80	PLWS1000	Weight Plate 10LBS	16

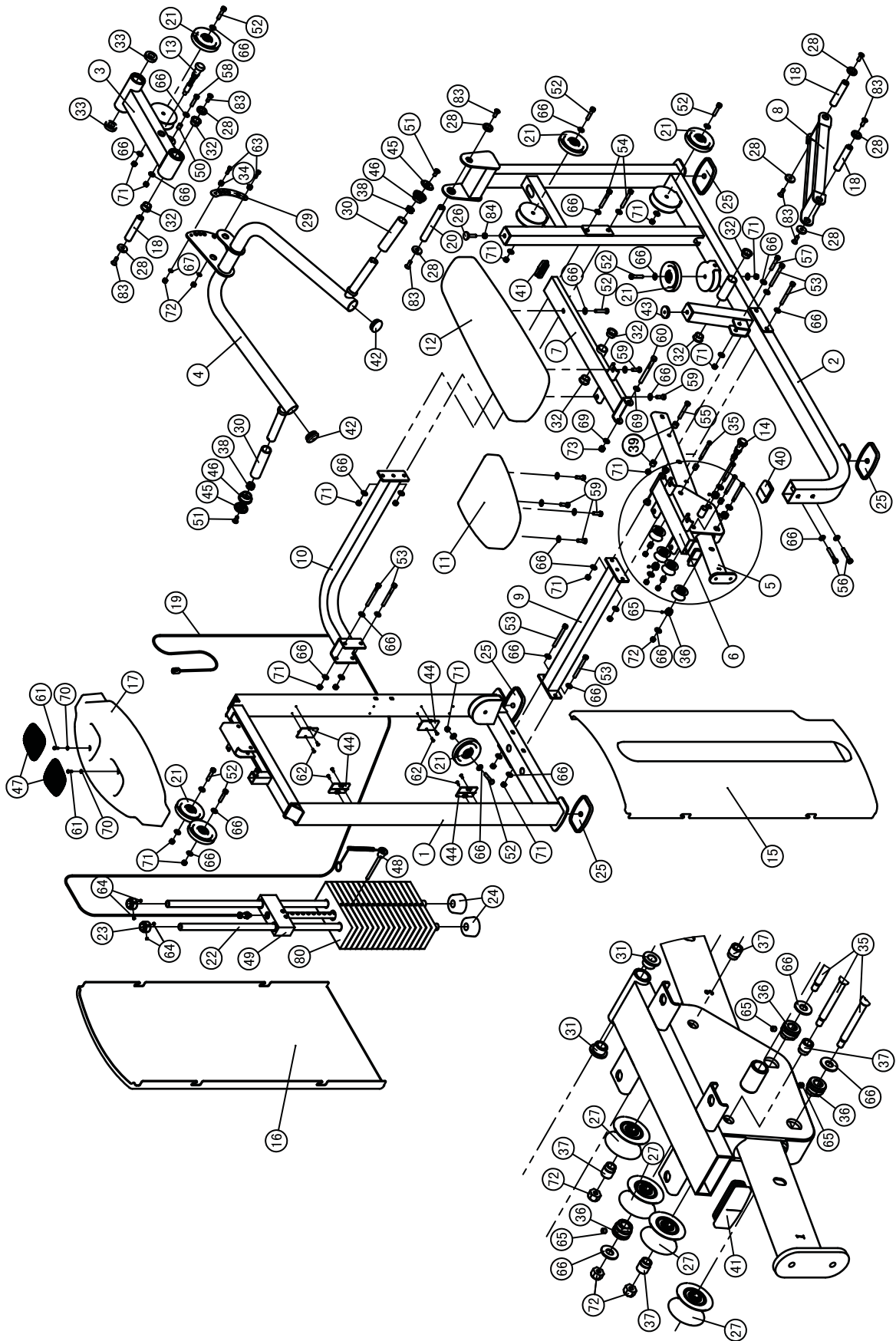
Weight Plate 200LBS

Item No.	Part No.	Description	Qty
80	PLWS1000	Weight Plate 10LBS	10
85	IF8WS1500	Weight Plate 15LBS	6

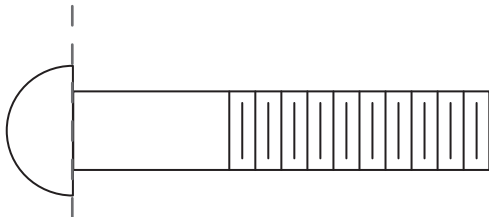
Weight Plate 250LBS

Item No.	Part No.	Description	Qty
85	IF8WS1500	Weight Plate 15LBS	16

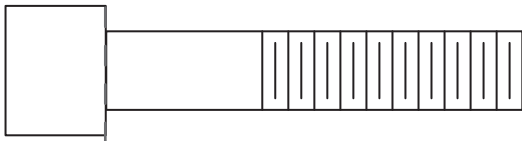
Exploded View



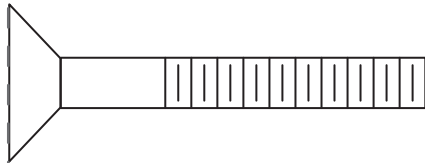
Measurement Guide



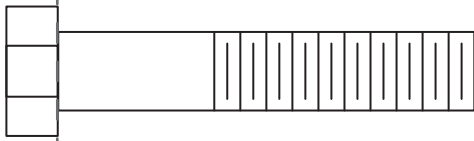
BHCS = Button Head Cap Screw



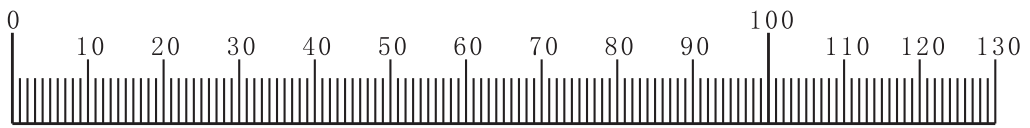
SHCS = Socket Head Cap Screw



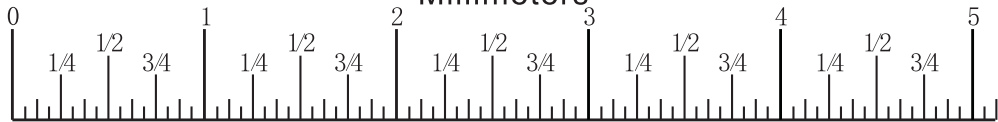
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



Inches

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 the Lower Crossbeam (#9) and the Upper Crossbeam(#10),the Main Frame (#2)to the Weight Stack Frame (#1) using :

six M10*105 HHB (#53)

two M10*80 HHB (#54)

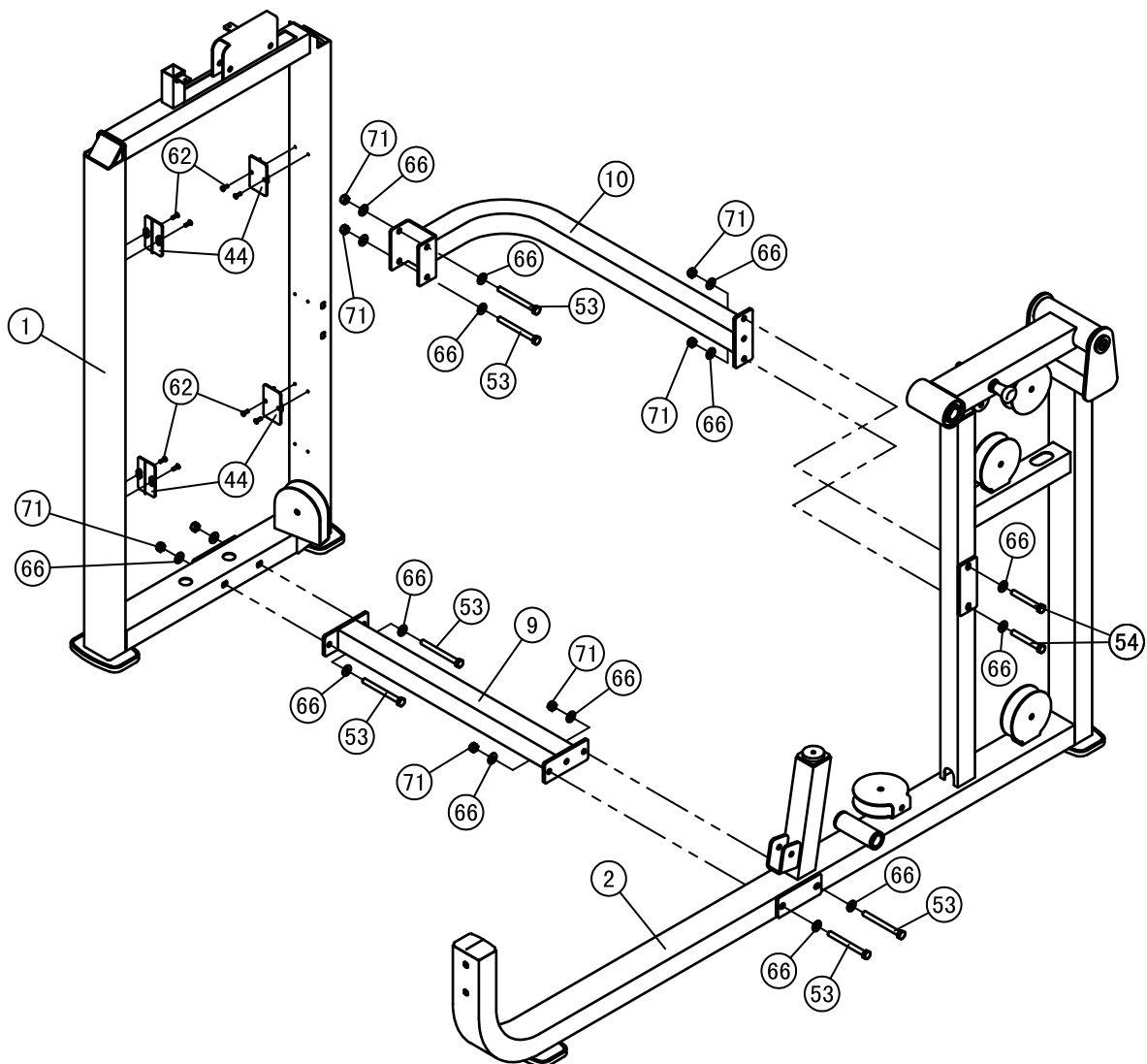
sixteen $\Phi 11*\Phi 23*2$ Flat Washers (#66)

eight M10 Nylon Lock Nut (#71)

2. Attach four Shroud Clips (#44) to the Weight Stack Frame (#1) using :

eight M5*15 Flat Philips Screws (#62)

Note:Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly

Step 2

Attach the Guide Frame (#5) and the Seat Pad Frame (#6) to the Main Frame (#2) using :

two M10*65 HHB (#56)

one M10*75 HHB (#55)

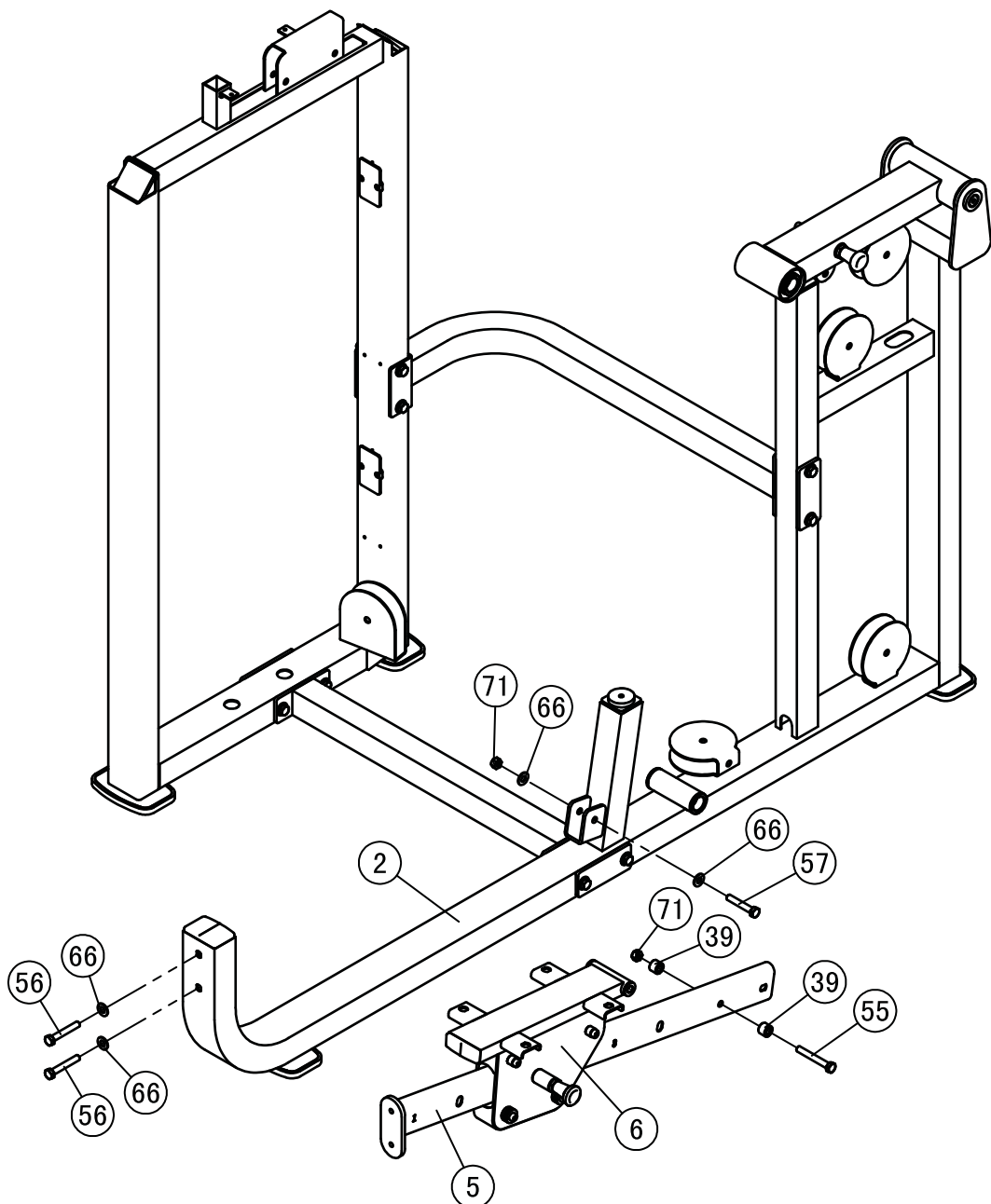
two $\Phi 20 \times \Phi 16$ Plastic Spacer (#39)

one M10*60 HHB (#57)

four $\Phi 11 \times \Phi 23 \times 2$ Flat Washers (#66)

two M10 Nylon Lock Nut (#71)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly

Step 3

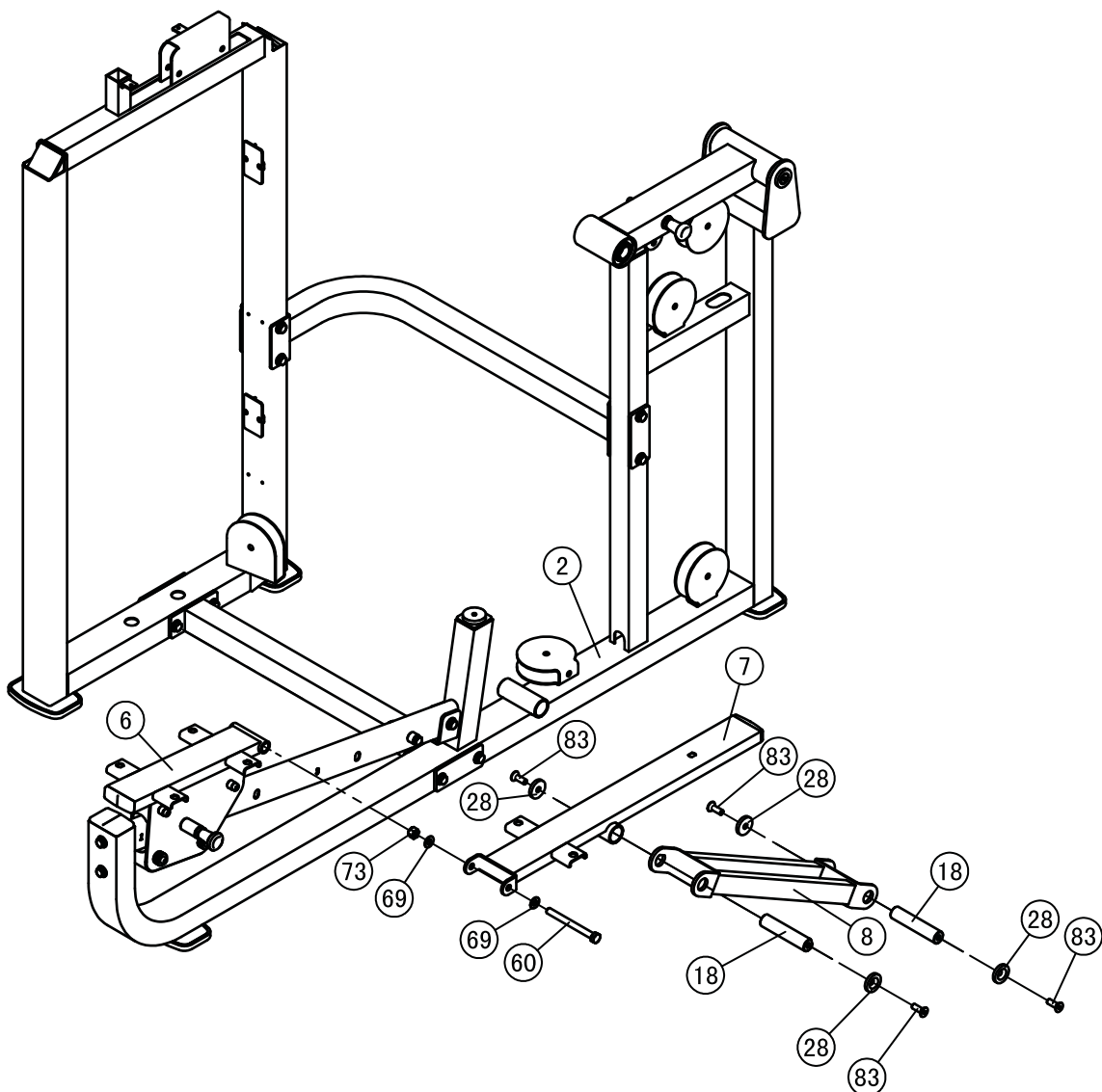
1. Attach the Seat Pad Support (#8) to the Main Frame (#2) using:

two M10*25 Flat Head Cap Screws (#83) two $\Phi 38*6$ End Caps (#28)
one $\Phi 25.4*120$ Shaft (#18)

2. Attach the Back Pad Frame (#7) to the Seat Pad Frame (#6) and the Seat Pad Support(#8) using :

two M10*25 Flat Head Cap Screws (#83) two $\Phi 38*6$ End Caps (#28)
one $\Phi 25.4*120$ Shaft (#18) one M12*125 HHB (#60)
two $\Phi 13*\Phi 24*2.5$ Flat Washers (#69) one M12 Nylon lock Nut (#73)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly

Step 4

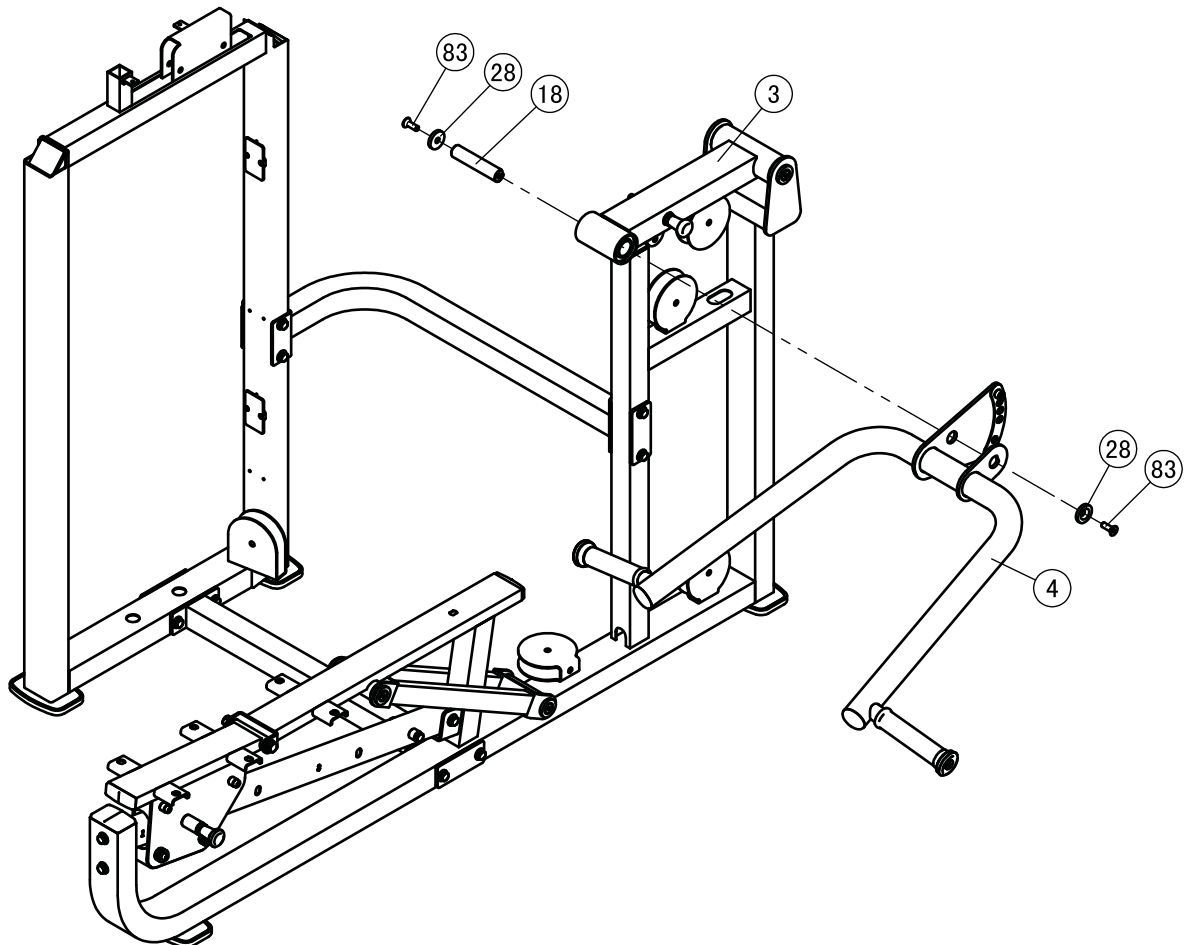
Attach the Leverage Arm (#4) to the Leverage Arm Support (#3) using :

two M10*25 Flat Head Cap Screws (#83)

two $\Phi 38*6$ End Caps (#28)

one $\Phi 25.4*120$ Shaft (#18)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

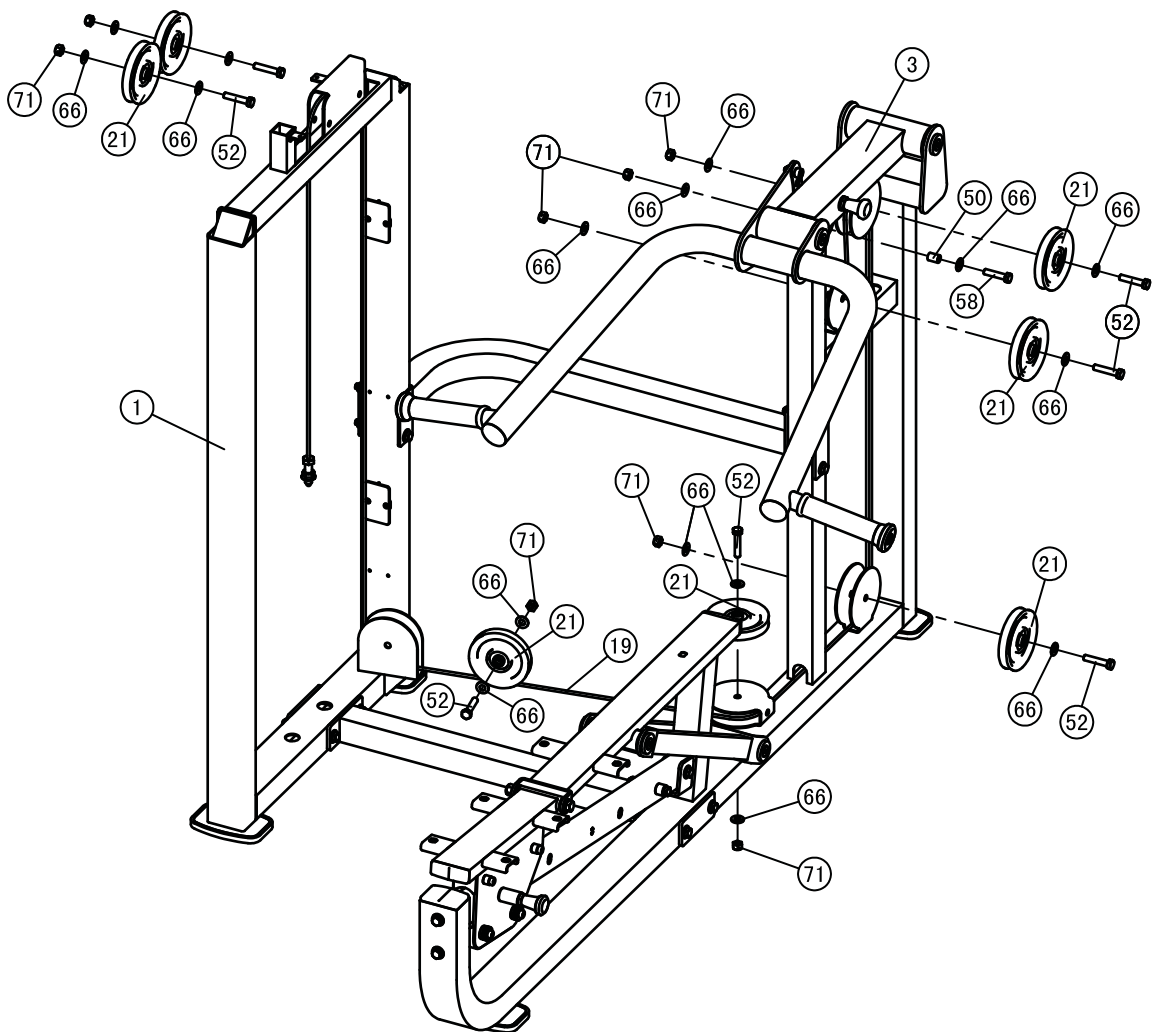


Assembly

Step 5

1. Attach three 4.5" Pulley (#21) to the Weight Stack Frame (#1) using:
three M10*50 HHB (#52) six $\Phi 11*\Phi 23*2$ Flat Washers (#66)
three M10 Nylon Lock Nut (#71)
2. Attach three 4.5" Pulley (#21) to the Main Frame (#2) using:
three M10*50 HHB (#52) six $\Phi 11*\Phi 23*2$ Flat Washers (#66)
three M10 Nylon Lock Nut (#71)
3. Attach one 4.5" Pulley (#21) to the Leverage Arm Support (#3) using:
one M10*50 HHB (#52) two $\Phi 11*\Phi 23*2$ Flat Washers (#66)
one M10 Nylon Lock Nut (#71)
4. Attach the Cable (#19) to the Leverage Arm Support (#3) using:
one M10*45 HHB (#58) two $\Phi 11*\Phi 23*2$ Flat Washers (#66)
one M10 Nylon Lock Nut (#71) one Spacer $\Phi 10*\Phi 14*20$ (#50)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly-170LBS

Step 6

1. Attach:

two $\Phi 25 \times 2.5 \times 1229$ Guide Rod (#22)

sixteen 10LBS Weight Plate (#80)

two $\Phi 76.2 \times \Phi 26.9 \times 38.1$ Weight Rubber Bumper (#24)

one Top Plate (#49)

to the Weight Stack Frame (#1) using :

two $\Phi 40 \times 25$ Mount Sleeve (#23)

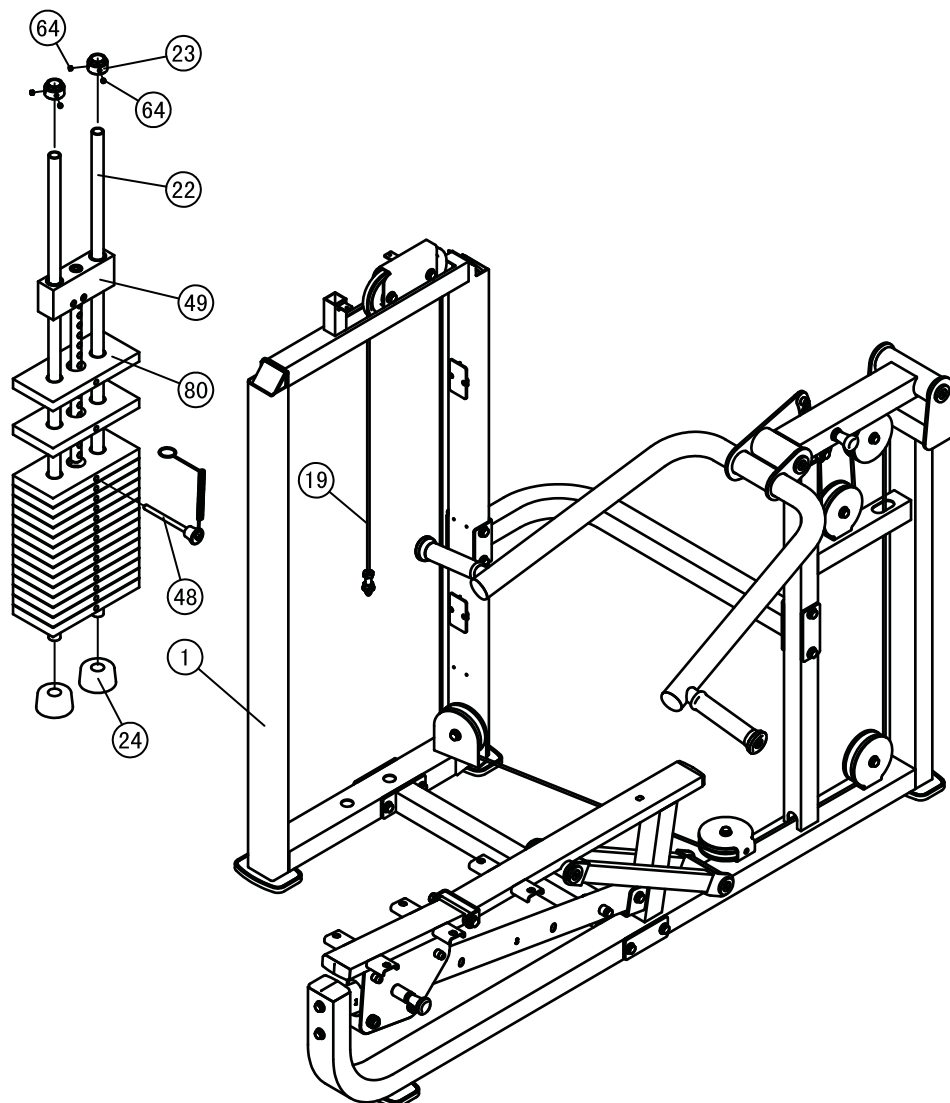
four M8*8 Socket Set Screws(#64)

2. Attach the Selector Pin W/Coil (#48) to the Top Plate (#49);

3. Attach the Cable(#19)to the Top Plate (#49).

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

*Here is the assembly instruction for 170LBS weights.
Please assemble according to the actual weights you buy.*



Assembly-200LBS

Step 6

1. Attach :

two $\Phi 25 \times 2.5 \times 1229$ Guide Rod (#22)

two $\Phi 76.2 \times \Phi 26.9 \times 38.1$ Weight Rubber Bumper (#24)

ten 10LBS Weight Plate (#80)

six 15LBS Weight Plate (#85)

one Top Plate (#49)

to the Weight Stack Frame (#1) using :

two $\Phi 40 \times 25$ Mount Sleeve (#23)

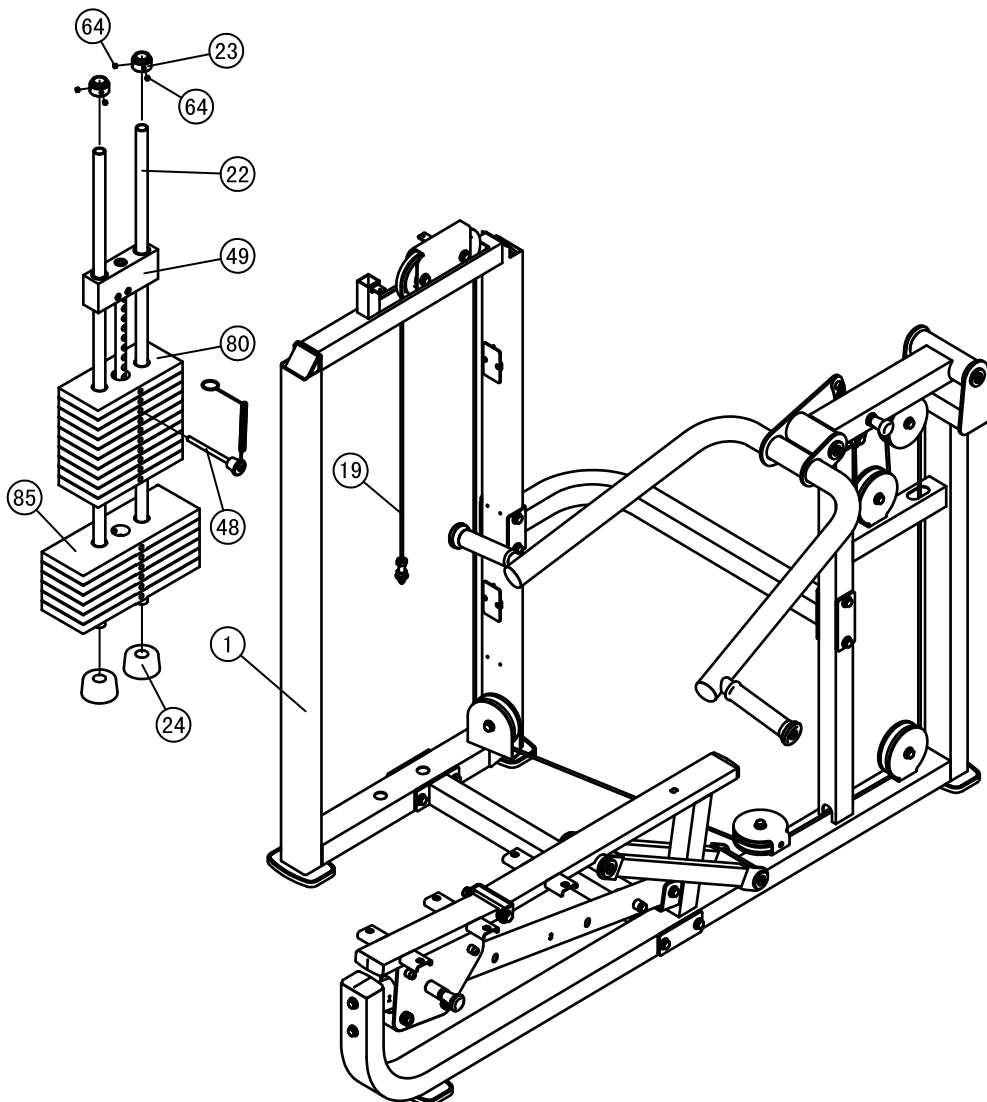
four M8*8 Socket Set Screws(#64)

2. Attach the Selector Pin W/Coil (#48) to the Top Plate (#49);

3. Attach the Cable(#19)to the Top Plate (#49).

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

*Here is the assembly instruction for 200LBS weights.
Please assemble according to the actual weights you buy.*



Assembly-250LBS

Step 5

1. Attach :

two $\Phi 25 \times 2.5 \times 1229$ Guide Rod (#22)

two $\Phi 76.2 \times \Phi 26.9 \times 38.1$ Weight Rubber Bumper (#24)

sixteen 15LBS Weight Plate (#85)

one Top Plate (#49)

to the Weight Stack Frame (#1) using :

two $\Phi 40 \times 25$ Mount Sleeve (#23)

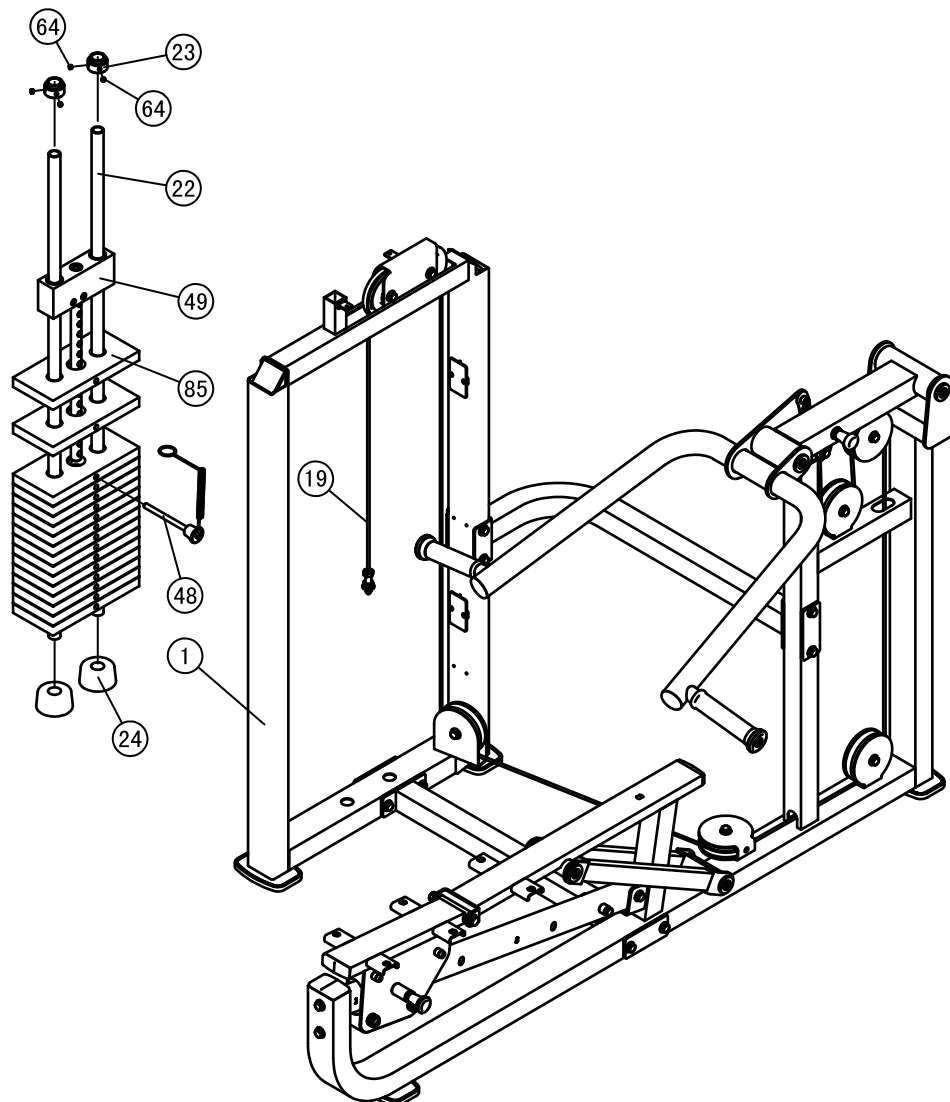
four M8*8 Socket Set Screws(#64)

2. Attach the Selector Pin W/Coil (#48) to the Top Plate (#49);

3. Attach the Cable(#19)to the Top Plate (#49).

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

*Here is the assembly instruction for 250LBS weights.
Please assemble according to the actual weights you buy.*



Assembly

Step 7

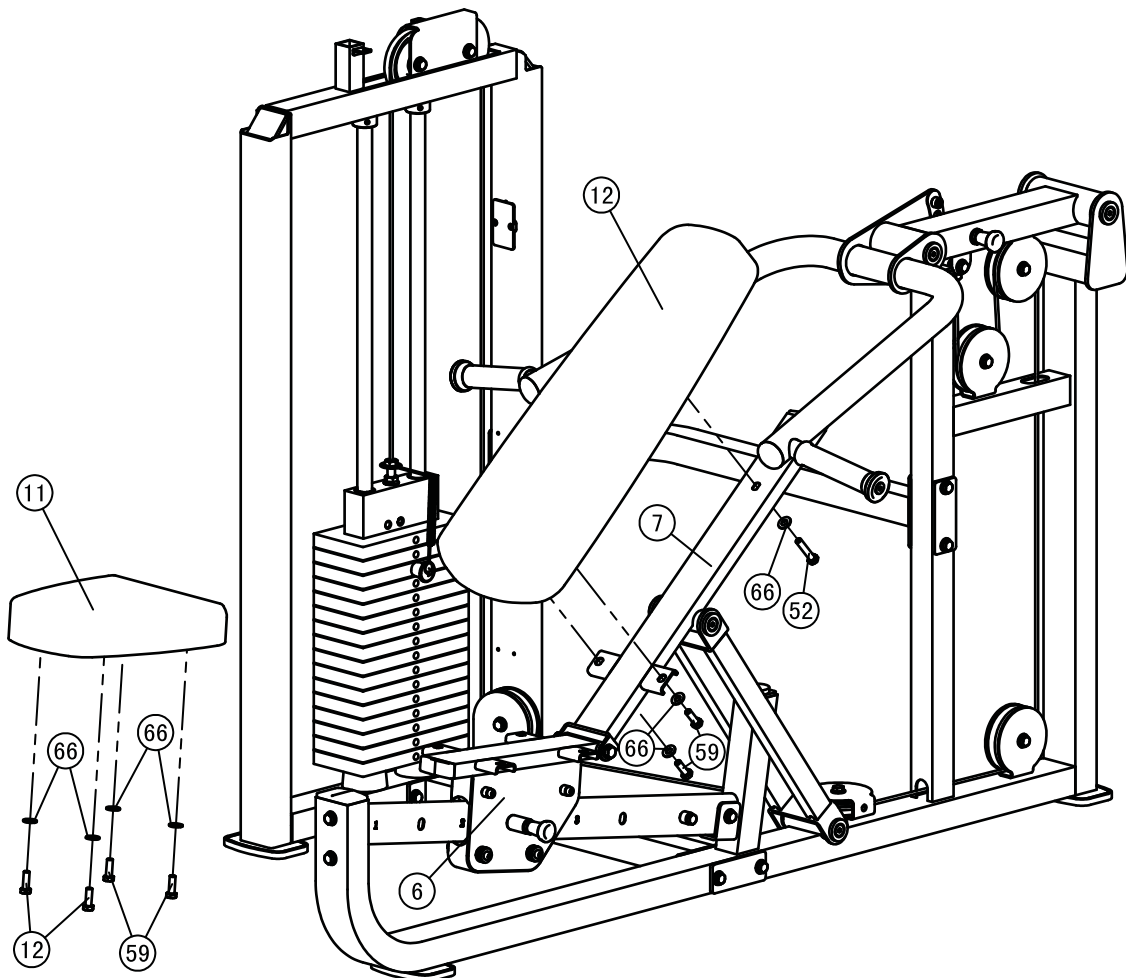
Attach the Seat Pad (#11) and the Back Pad (#12) to the Seat Pad Frame (#6) and the Back Pad Frame (#7) using :

six M10*30 HHB (#59)

one M10*50 HHB (#52)

seven $\Phi 11*\Phi 23*2$ Flat Washers (#66)

Note: Hand tighten bolts and nylon lock nuts.



Assembly

Step 8

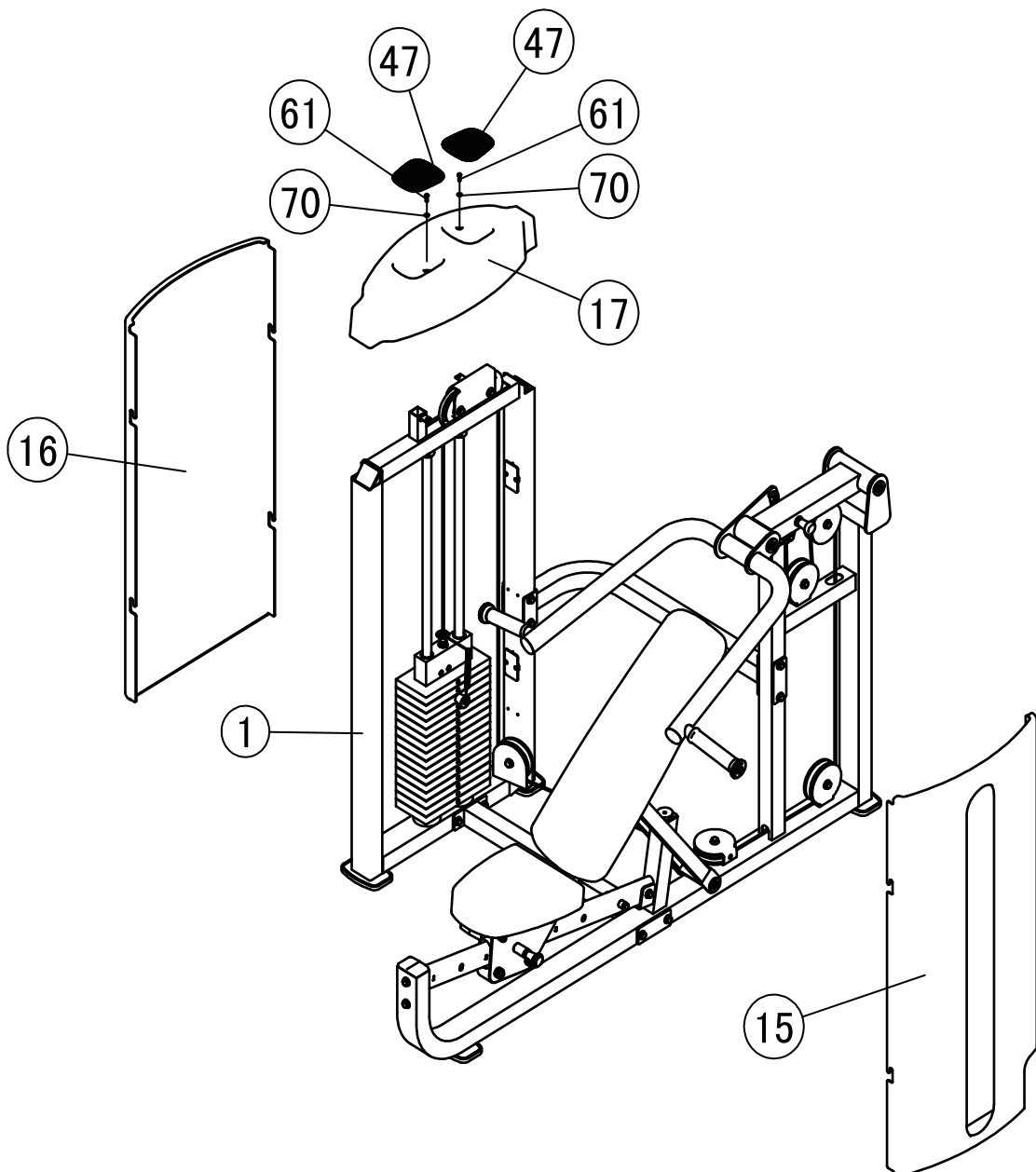
1. Attach the Front Shroud (#15) and the Rear Shroud (#16) to the Weight Stack Frame (#1).

2. Attach the Top Shroud (#17) to the Weight Stack Frame (#1) using :

two M6*15 BHCS (#61)

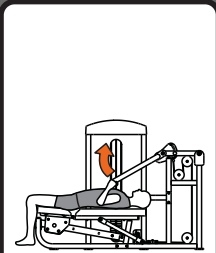
two $\Phi 6.6 \times \Phi 15 \times 2$ Flat Washers (#70)

Note: Wrench Tighten bolts and Nylon Lock nuts.

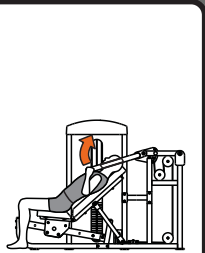


Exercise Instructions

MULTI PRESS



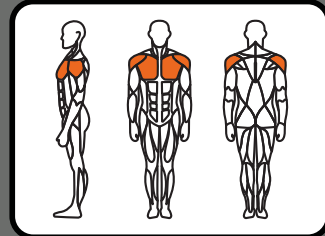
Chest Press



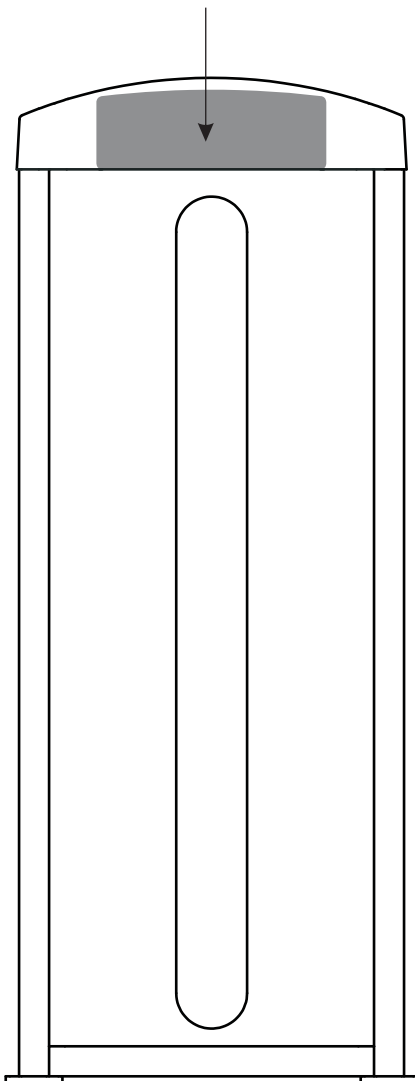
Incline Press



Shoulder Press



1. Select an appropriate weight.
2. Chest Press: Adjust back pad to flat position, and hold handle and lift with a control motion.
3. Incline Press: Adjust back pad to incline position, and hold handle and lift with a control motion.
4. Shoulder press: Adjust back pad to upright position, and hold handle and lift with a control motion.
5. Slowly return to the starting position.



Exercise Instructions

1. Select an appropriate weight.
2. **Chest Press:** Adjust back pad to flat position, and hold handle and lift with a control motion.
3. **Incline Press:** Adjust back pad to incline position, and hold handle and lift with a control motion.
4. **Shoulder press:** Adjust back pad to upright position, and hold handle and lift with a control motion.
5. Slowly return to the starting position.

(Adjust weight according to the select pin)

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.

This unit is for gyms, Please consult with a training instructor before using.

Specifications

1. Class: S
2. Maximum Wt. Capacity: 113Kg/ 250lbs.
3. Maximum Load of Trainer: 150Kg/ 330lbs.

