Инструкция

Силовая станция с приставкой Impulse HG5+FI5

Полезные ссылки:

Силовая станция с приставкой Impulse HG5+FI5 - смотреть на сайте

Силовая станция с приставкой Impulse HG5+FI5 - читать отзывы

HG5

Cable Motion Gym

OWNER'S MANUAL

! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

10Y

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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

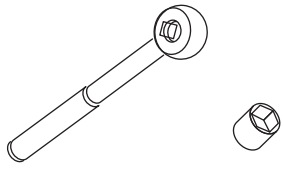
* Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
* Assemble and operate the equipment on a solid, level surface. Locate the unit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

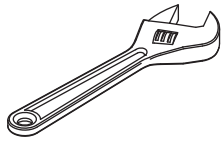
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

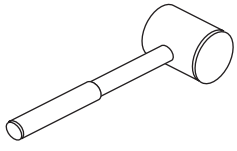
Tools Required



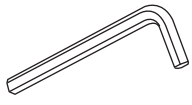
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Part Number	Description	Qty
1	HG50100	Weight Stack Frame	1
2	HG50200	Left Base	1
3	HG50300	Right Base	1
4	HG50400	Left Frame	1
5	HG50500	Right Frame	1
6	HG50600	Top Cross Frame	1
7	HG50700	Footboard	1
8	HG50800	Front support	1
9	HG50900	Front Cross support	1
10	HG51000	Middle Pulley Frame	1
11	HG51100	Top Pulley Frame	2
12	HG51200	Double Pulley Bracket	2
13	HG51300	Lower Pulley Frame	2
14	HG51400	Pulley Bracket	1
15	HG51500	Guide Rod	2
16	HG51600	Top Plate	1
17	HG51700	Front Shroud	1
18	HG51800	Rear Shroud	1
19	HG51900	Top Right Shroud	1
20	HG52000	Top Left Shroud	1
21	HG52100	Top Front Shroud	1
22	HG52200	Top Shroud	1
23	HG52300	Cable 1	1
24	HG52400	Cable 2	2
25	HG50602	Small Plate	2
26	M01005900	Plate for Pulley	4

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

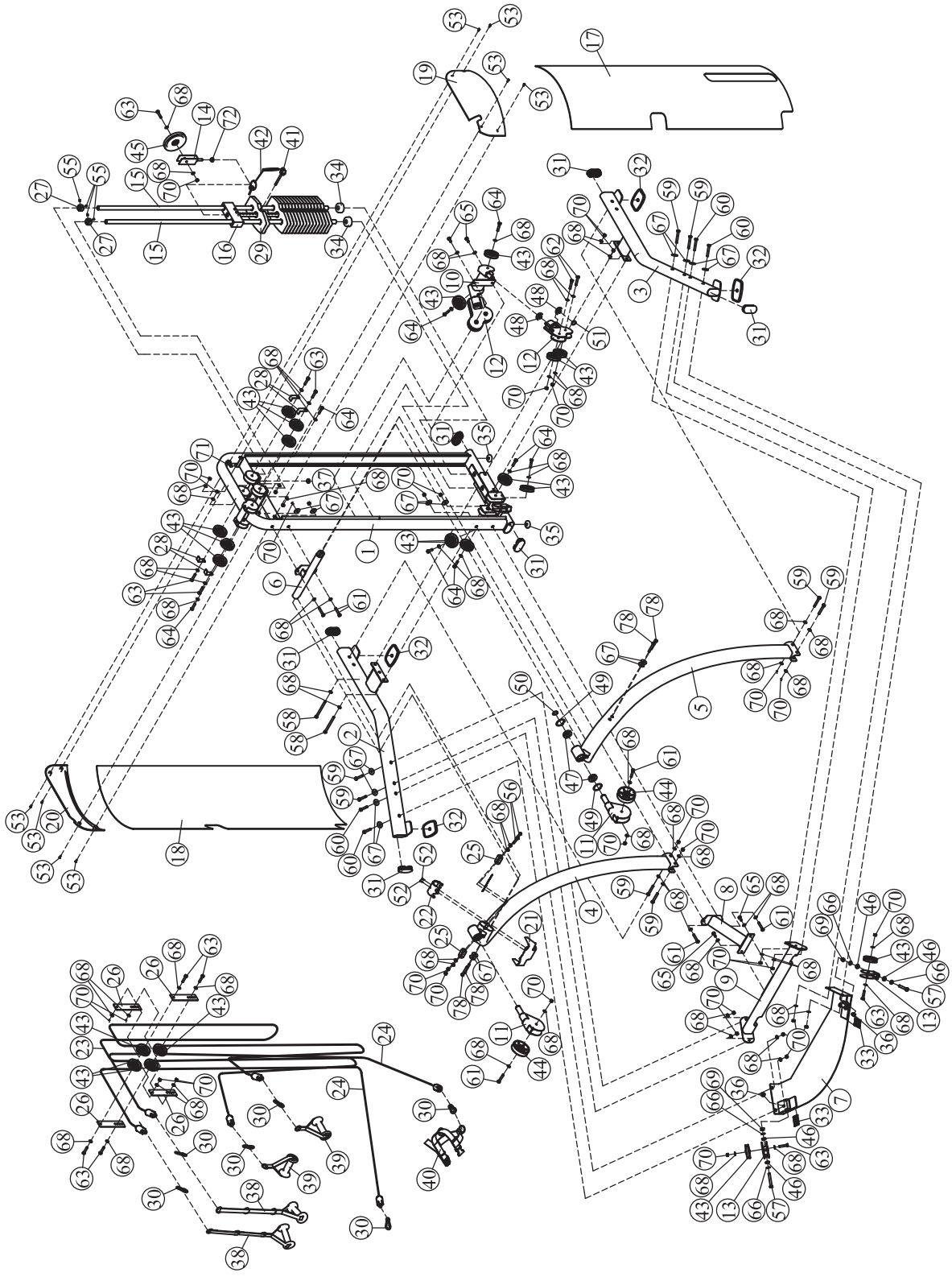
Item No.	Part Number	Description	Qty
27	IF81223900	Mount Sleeve	2
28	TPF-533300	Cable Retainer Bracket	4
29	SG50019600	Weight Plate 10LBS	15
30	HLG8DS2	Gear Hook	6
31	IT90013800	Plug RT50*100	6
32	IF81162000	Foot Cover	4
33	TOB3111600	Bumper	2
34	PBG10003	Weight Rubber Bumper	2
35	TLP-2002100	Plug BumperΦ45*16.5	2
36	ROC-IT1012400	Plug BumperΦ25*15.2	2
37	TAB-3363600	Plug BumperΦ25*8	1
38	HV61000	Three Class Strap Handle	2
39	CWRVL0021600	Strap Handle	2
40	KFFT2000	Leg Extension/Curl Strap	1
41	SG8012C2000Y	Selector Pin W/Coil	1
42	SG8018C5600	Selector Pin W/Coil Leash	1
43	M01004800	3.5" Pulley	22
44	PL90101200	V-type Pulley	2
45	SG8004M5300	6" Pulley	1
46	PBE10001	Iron Bushing	4
47	GB2766006-2Z	Bearing 6006-2Z	4
48	GB2766005-2Z	Bearing 6005-2Z	4
49	GB893.155FH12	Hole Clip Φ55	4
50	GB894.130FH12	Retainning Snap Ring Φ30	2
51	GB894.125FH12	Retainning Snap Ring Φ25	2
52	GB846ST4.2*16DS2	Self-Tapping Screw ST4.2*16	2

Parts List

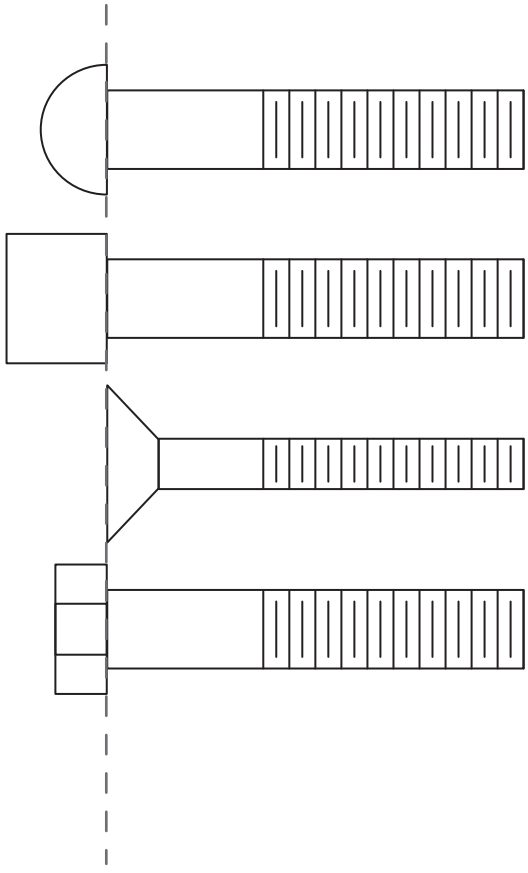
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Part Number	Description	Qty
53	GB818M5*15DS2	Pan Head Phillips Screw M5*15	8
55	GB77M8*8DS18	Socket Set Screw M8*8	4
56	PNLM10*70DS2	Button Head Cap Screw M10*70	2
57	GB5780M12*85DS20	Hex Head Bolt M12*85	2
58	GB5780M10*135DS20	Hex Head Bolt M10*135	2
59	GB5780M10*75DS20	Hex Head Bolt M10*75	8
60	GB5780M10*70DS20	Hex Head Bolt M10*70	4
61	GB5780M10*60DS20	Hex Head Bolt M10*60	6
62	GB5780M10*55DS20	Hex Head Bolt M10*55	4
63	GB5780M10*50DS20	Hex Head Bolt M10*50	11
64	GB5780M10*45DS20NL	Hex Head Bolt M10*45	8
65	GB5780M10*25DS20NL	Hex Head Bolt M10*25	4
66	DQ12DS2A	Flat Washer Φ13*Φ24*1.5	4
67	DQ10DS2D	Flat Washer Φ11*Φ38*2	16
68	GB9510DS2	Flat Washer Φ11*Φ20*2	74
69	NM12DS2	Nylon lock Nut M12	2
70	NM10DS2	Nylon lock Nut M10	37
71	STDP5500	U-style Tapped Hole Nut M5	8
72	HF900-03A1002	Hex Flanged Nut 1/2"-13	1
73	LW200BS	Wrench	1
74	NBS4DHS	Hex Key S=4	1
75	NBS6DHS	Hex Key S=6	1
76	BNH0371	Hex Key S=3/16"	1
77	YHY	Lube	1
78	GB5781M10*72DS2NL	Hex Head Bolt M10*72	4

Exploded View



Measurement Guide

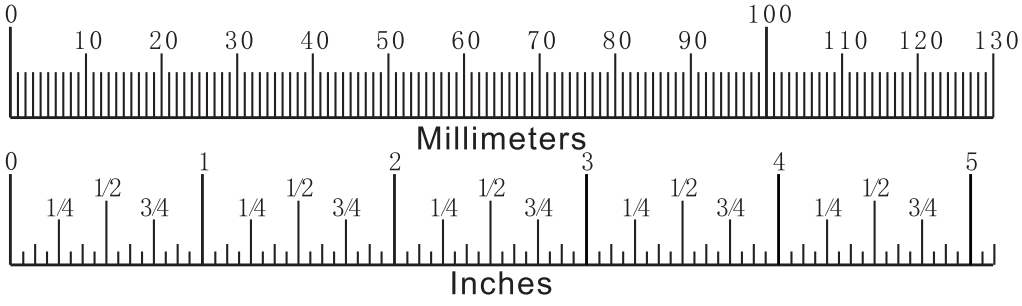


BHCS = Button Head Cap Screw

SHCS = Socket Head Cap Screw

FHCS = Flat Head Cap Screw

HHB = Hex Head Bolt



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 Left Base (#2), Right Base (#3) to the Weight Stack Frame (#1) using:

   two M10*135 HHB (#58) four Φ11*Φ20*2 Flat Washers (#68)

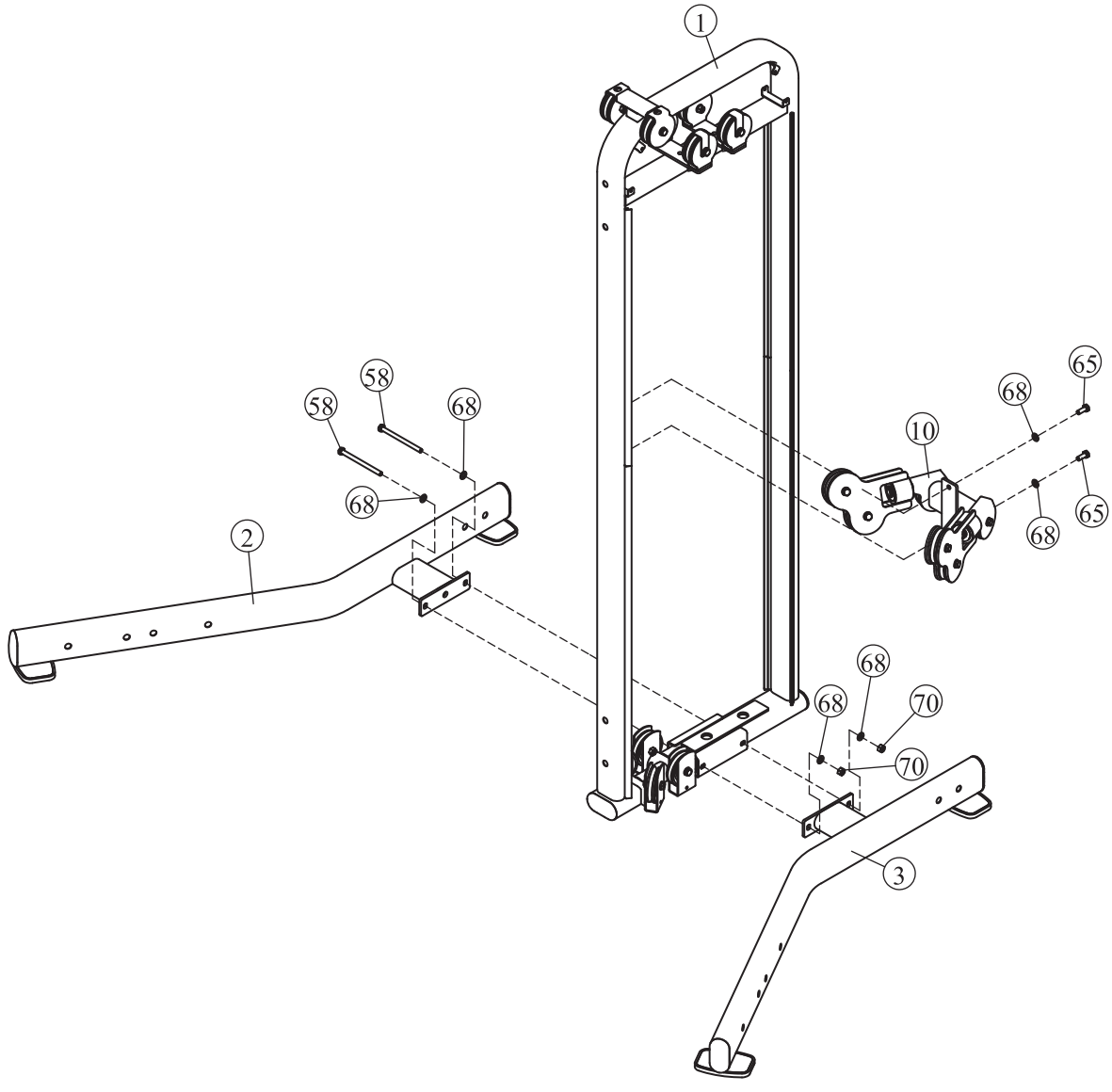
   two M10 Nylon Lock Nuts (#70)

2. Attach the Middle Pulley Frame (#10) to the Weight Stack Frame (#1) using:

   two M10*25 HHB (#65) two Φ11*Φ20*2 Flat Washers (#68)

Note: Two People Will Be Needed To Safely Complete This Step.

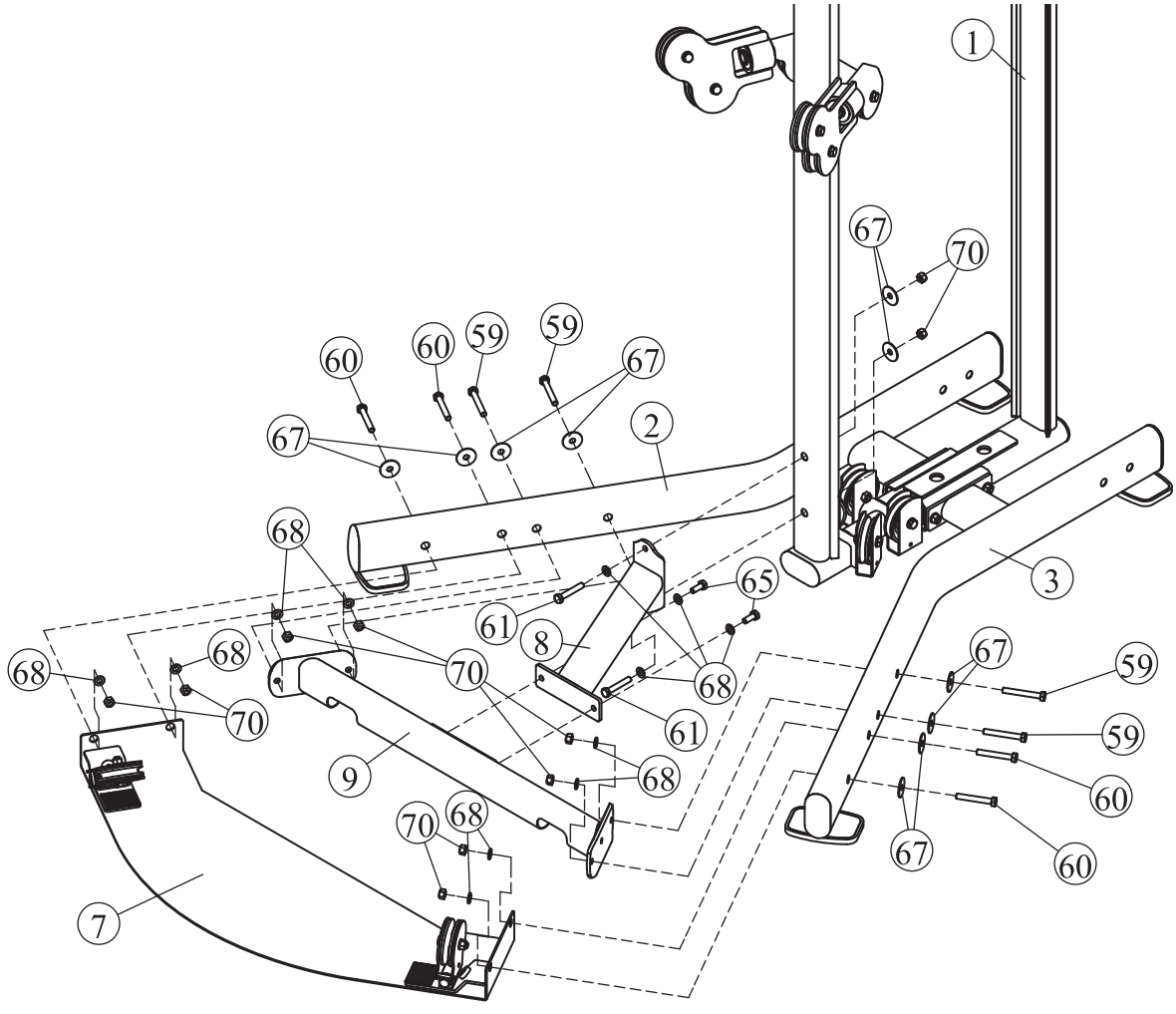
Stable assembly and Wrench Tighten bolts and Nylon Lock nuts.



Step 2

1. Attach the Front support (#8) to the Weight Stack Frame (#1) using:
   two M10*60 HHB (#61)
   two Φ11*Φ20*2 Flat Washers (#68)
   two Φ11*Φ38*2 Flat Washers (#67)
   two M10 Nylon Lock Nuts (#70)
2. Attach the Front Cross support (#9) to the Left Base (#2) &Right Base (#3) & Front support (#8) using:
   four M10*75 HHB (#59)
   four Φ11*Φ38*2 Flat Washers (#67)
   six Φ11*Φ20*2 Flat Washers (#68)
   four M10 Nylon Lock Nuts (#70)
   two M10*25 HHB (#65)
3. Attach the Footboard (#7) to the Left Base (#2) & Right Base (#3) using:
   four M10*70 HHB (#60)
   four Φ11*Φ38*2 Flat Washers (#67)
   four Φ11*Φ20*2 Flat Washers (#68)
   four M10 Nylon Lock Nuts (#70)

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

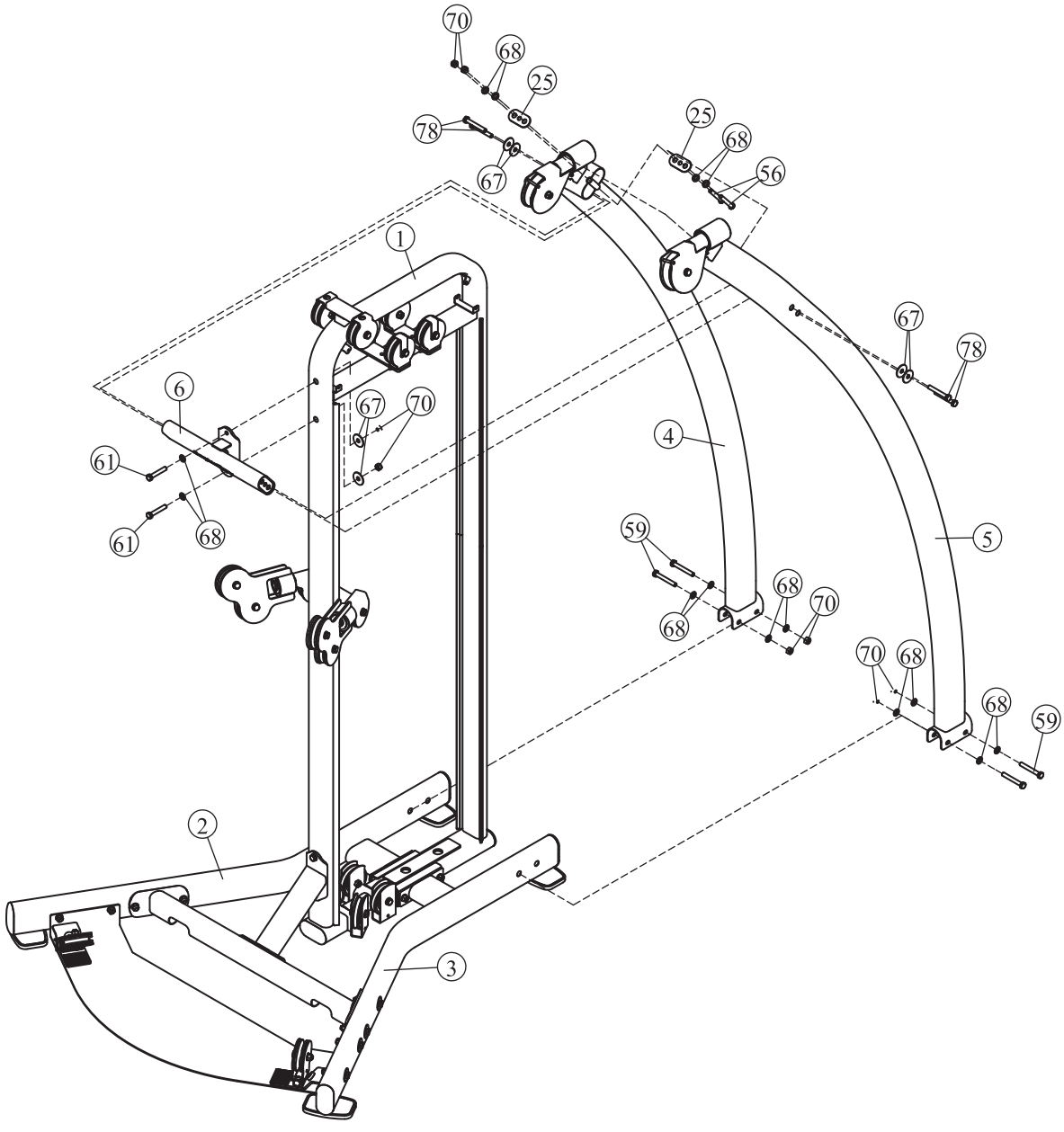


Step 3

1. Attach the Top Cross Frame (#6) to the Weight Stack Frame (#1) using:
   two M10*60 HHB (#61)
   two Φ11*Φ20*2 Flat Washers (#68)
   two Φ11*Φ38*2 Flat Washers (#67)
   two M10 Nylon Lock Nuts (#70)
2. Attach the Left Frame (#4) to the Left Base (#2) using:
   two M10*75 HHB (#59)
   four Φ11*Φ20*2 Flat Washers (#68)
   two M10 Nylon Lock Nuts (#70)
3. Attach the Right Frame (#5) to the Right Base (#3) using:
   two M10*75 HHB (#59)
   four Φ11*Φ20*2 Flat Washers (#68)
   two M10 Nylon Lock Nuts (#70)
4. Attach the Left Frame (#4) to the Right Frame (#5) using:
   two M10*70 BHCS (#56)
   four Φ11*Φ20*2 Flat Washers (#68)
   two M10 Nylon Lock Nuts (#70)
   two 75*35*3 Small Plate (#25)
5. Attach the Left Frame (#4), the Right Frame (#5) to the Top Cross Frame (#6) using:
   four M10*72 HHB (#78)
   four Φ11*Φ38*2 Flat Washers (#67)

Note: Two People Will Be Needed To Safely Complete This Step. Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 3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Step 4

1. Attach:

   two Guide Rods (#15)

   two Φ62*Φ58*Φ5.2*25 Weight Rubber Bumper (#34)

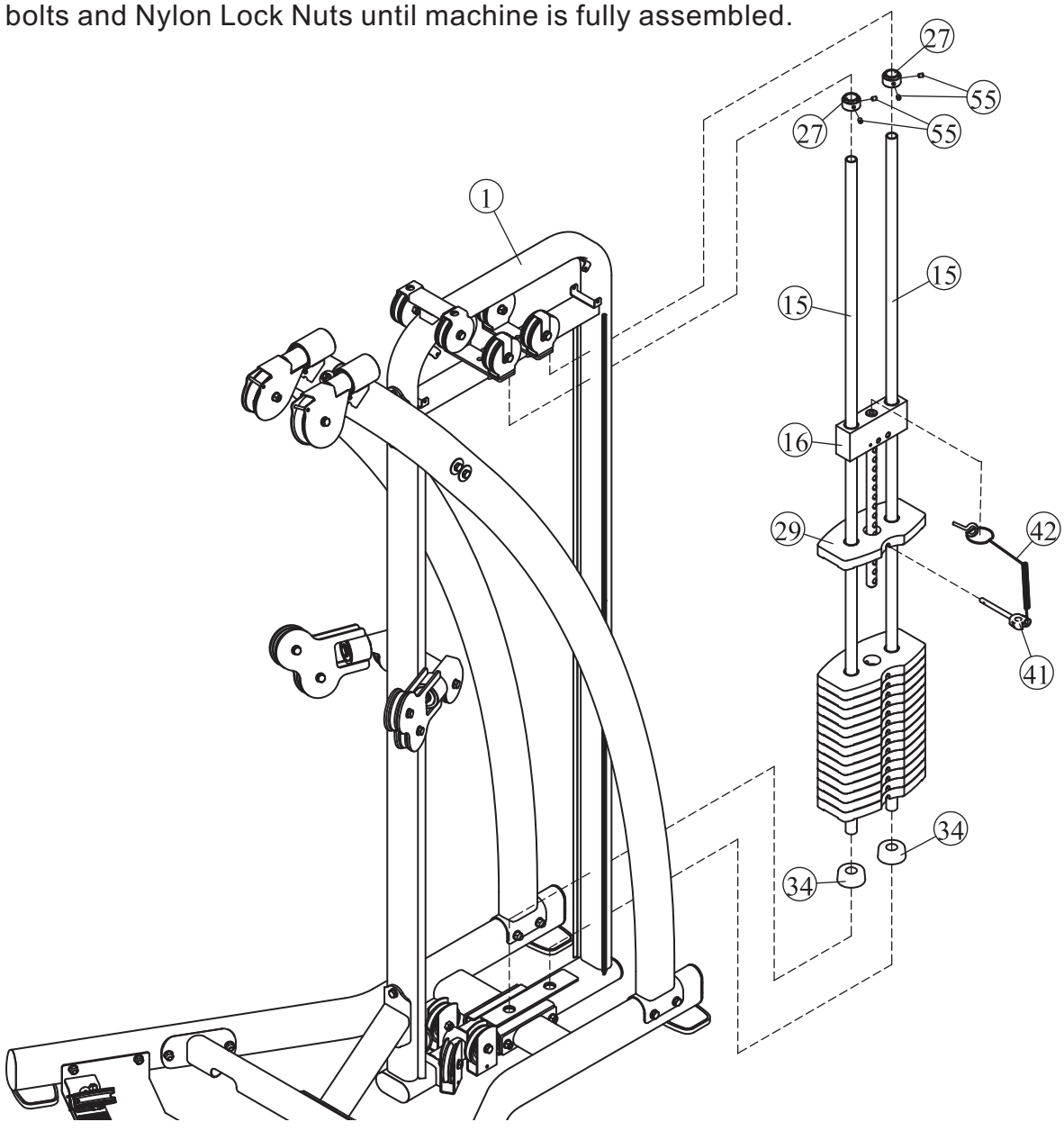
   fifteen Weight Plate 10 LBS (#29) one Top Plate (#16)

   to the Weight Stack Frame (#1) using:

   two Mount Sleeve (#27) four M8*8 Socket Set Screw (#55)

2. Attach the Selector Pin W/Coil & Selector Pin W/Coil Leash (#41, #42) to the Top Plate (#16).

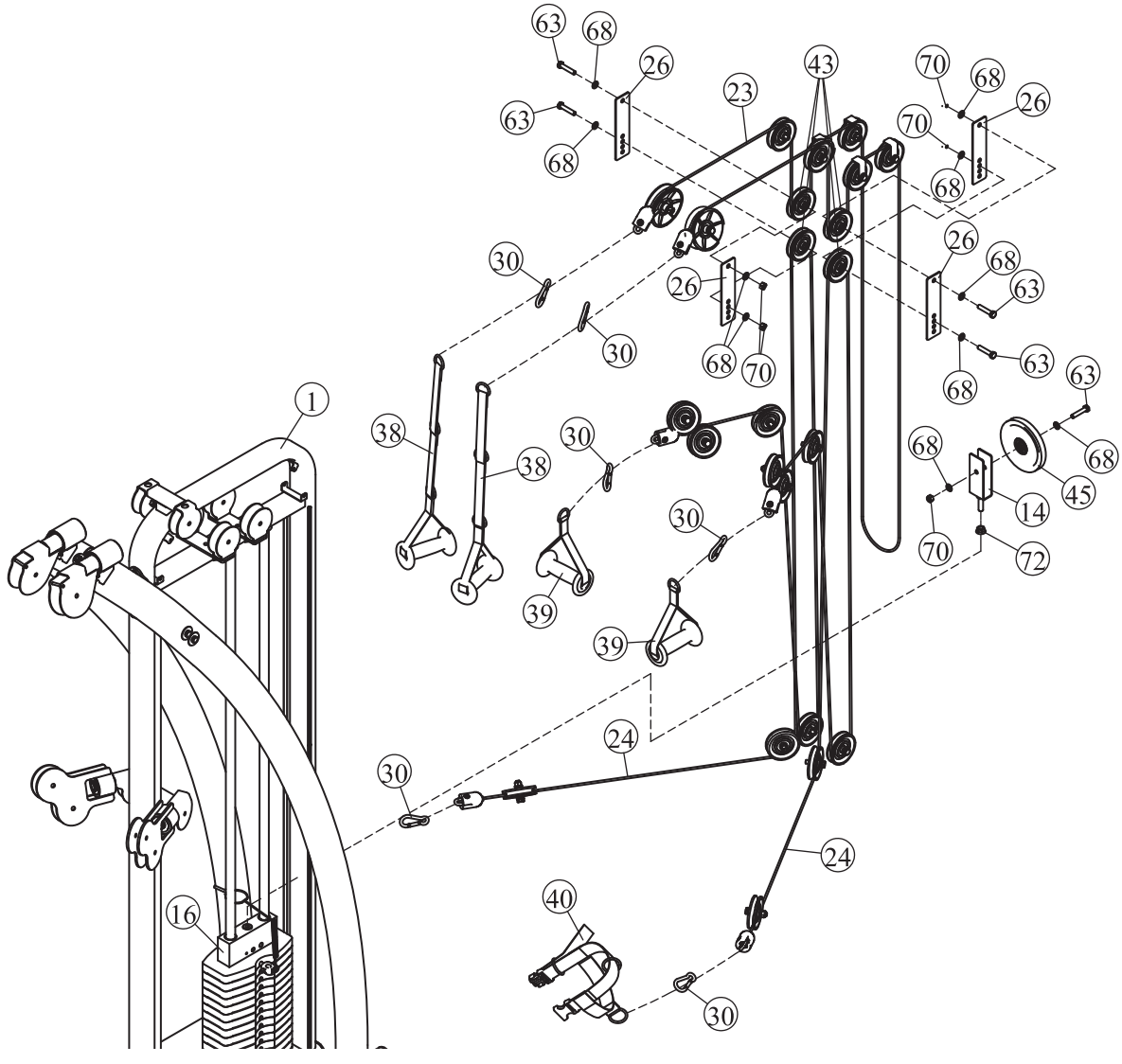
Note: Two People Will Be Needed To Safely Complete This Step. Hand tighten bolts and Nylon Lock Nuts until machine is fully assembled.



Step 5

1. Attach the Cable 1 (#23) in position, using:
   one Pulley Bracket (#14)
   one 6" Pulley (#45)
   two Φ11*Φ20*2 Flat Washers (#68)
   one 1/2"-13 Hex Flanged Nut (#72)
   one M10*50 HHB (#63)
   one M10 Nylon Lock Nuts (#70)
2. Attach the Pulley Bracket (#14) to the Top Plate (#16), Attach the Plate for Pulley (#26) to the Cable 1 (#23) using:
   four M10*50 HHB (#63)
   four M10 Nylon Lock Nuts (#70)
   eight Φ11*Φ20*2 Flat Washers (#68)
   four 3.5" Pulley (#43)
3. Attach two Cable 2 (#24) in position.
4. Attach two Strap Handle (#39), two Three Class Strap Handle (#38) to Cable 1 (#23) & Cable 2 (#24) using:
   four Gear Hook (#30)
   Attach one Leg Extension/Curl Strap (#40) to Cable 2 (#24) using:
   two Gear Hook (#30)

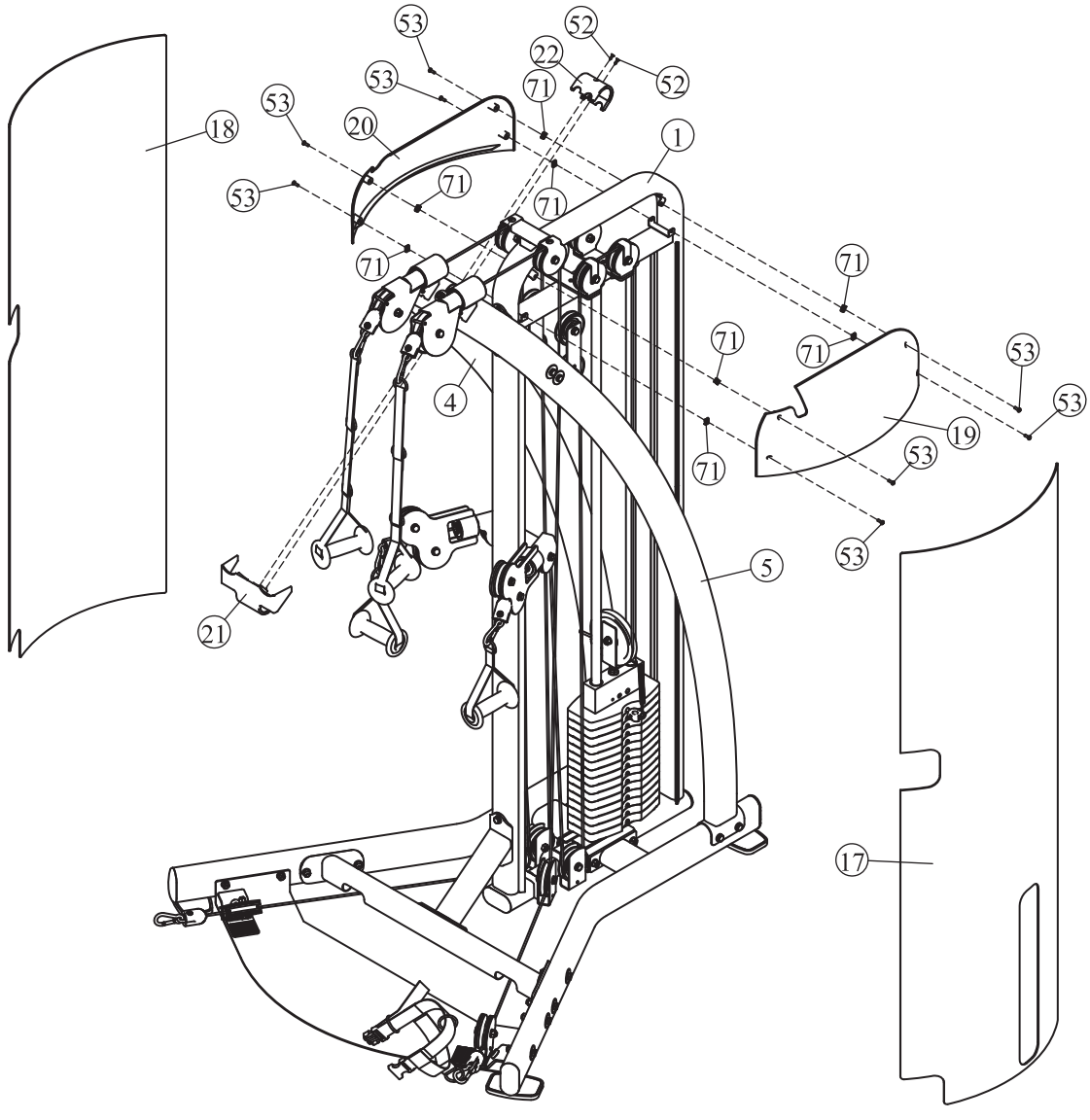
Note: Wrench Tighten bolts and Nylon Lock nuts.



Step 6

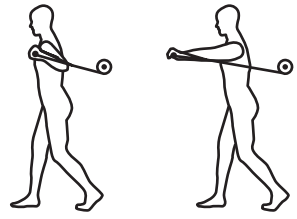
1. Attach the Front Shroud (#17), the Rear Shroud (#18) to the Weight Stack Frame (#1).
2. Attach the Top Right Shroud (#19), Top Left Shroud (#20) to the Weight Stack Frame (#1) using:
   eight M5*15 Pan Head Phillips Screw (#53) eight M5 U-style Tapped Hole Nut (#71)
3. Attach the Top Front Shroud (#21), Top Shroud (#22) to the Left Frame (#4) & Right Frame (#5) using:
   two ST4.2*16 Self-Tapping Screw (#52)

Note: The Flat Plate of the U-style Tapped Hole must be towards outside of the Weight Stack Frame (#1). Two People Will Be Needed To Safely Complete This Step. Wrench Tighten bolts and Nylon Lock nuts.

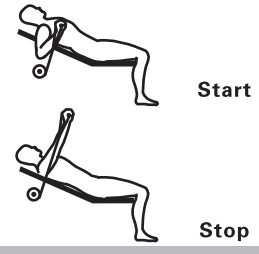


Exercise Instructions

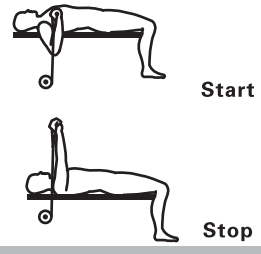
Chest Press



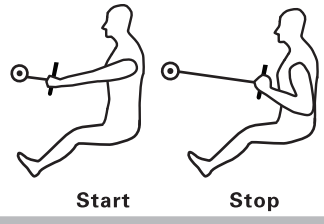
Incline Press



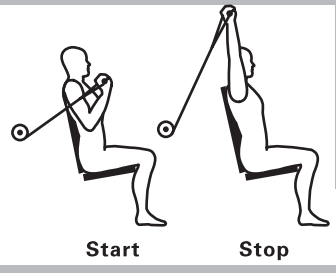
Chest Press



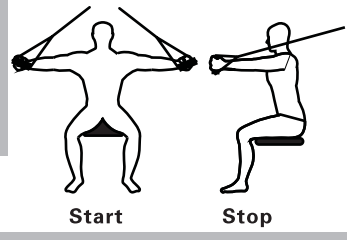
Vertical Row



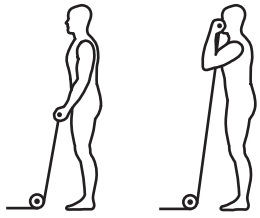
Seated Shoulder Press



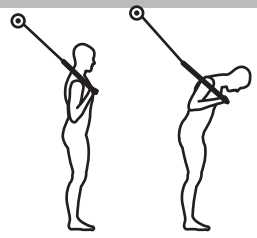
Butterfly



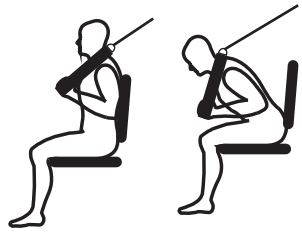
Bicep Curl



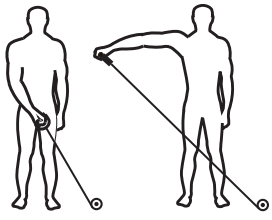
Abdominal



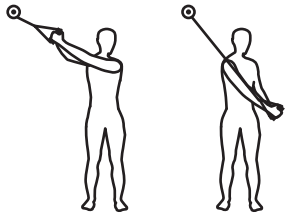
Seated Abdominal



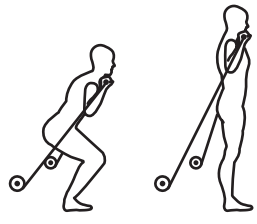
Deltoid Raise



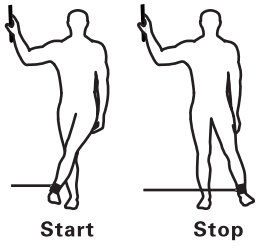
Core Rotation Decline



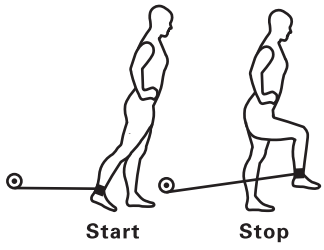
Squat



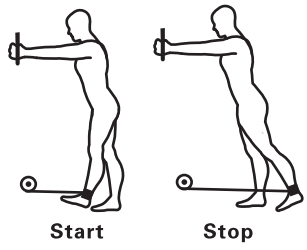
Hip Abduction



Hip Flexion

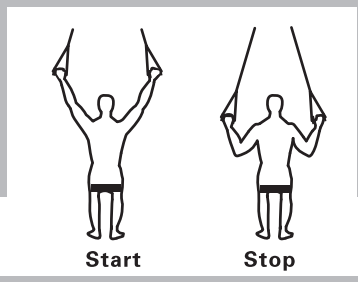


Hip Extension

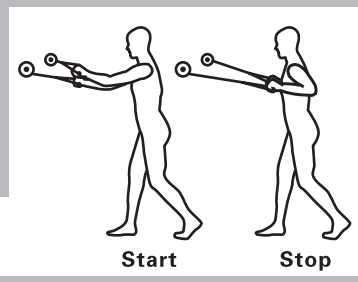


Exercise Instructions

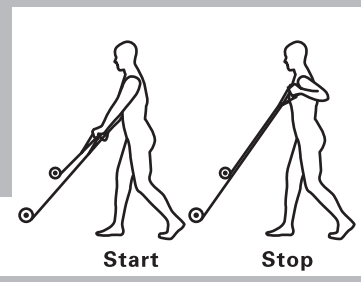
Lat Pulldown



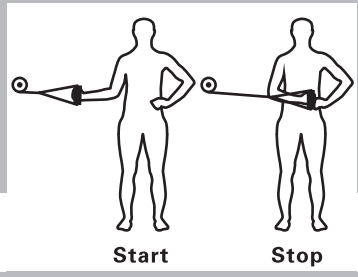
Mid Row



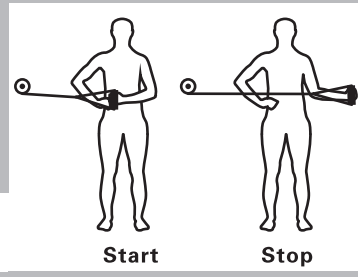
Low Row



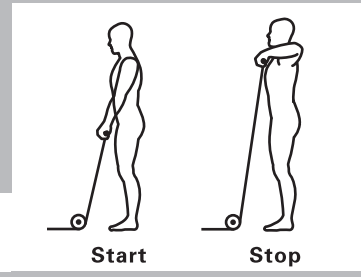
Internal Rotation



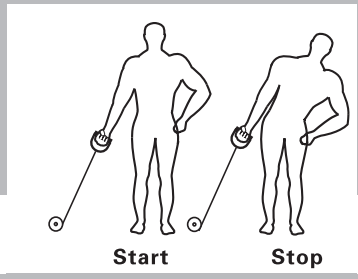
External Rotation



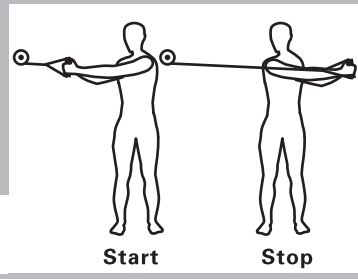
Upright Row



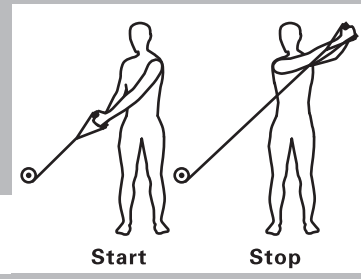
Side Bend



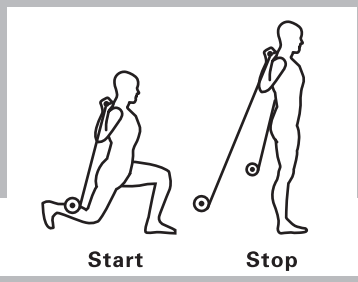
Core Rotation



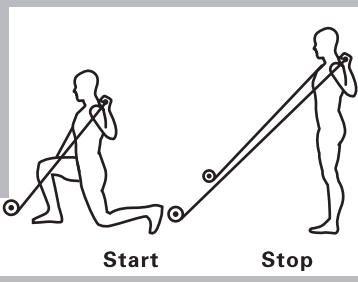
Core Rotation Incline



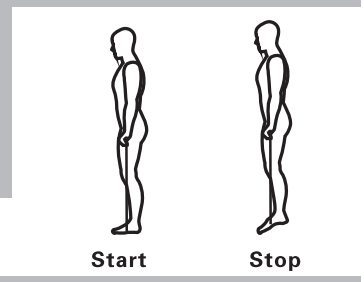
Lunge



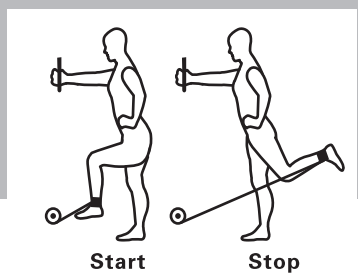
Lunge-Decelerating



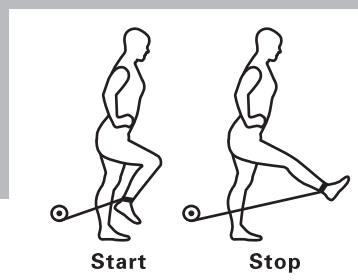
Standing Calf Raise



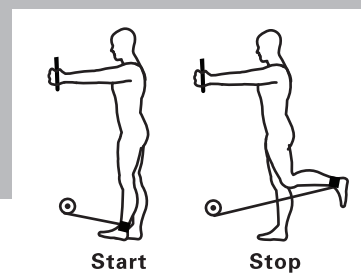
Kick Back



Leg Extension



Leg Curl



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 warn 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 uses 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 bolts 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: H
Maximum Wt. Capacity: 73Kg/ 160lbs.
Maximum Load of Trainer: 150Kg/ 330lbs.

SYSTEM CERTIFICATION ISO 9001:2000 SGS

SYSTEM CERTIFICATION ISO 14001:2004 SGS

SYSTEM CERTIFICATION OHSAS 18001 SGS

SYSTEM CERTIFICATION ISO 10015 SGS