

# **Инструкция**

## **Жим от плеч Bronze Gym MT-003**

Полезные ссылки:

[Жим от плеч Bronze Gym MT-003 - смотреть на сайте](#)

[Жим от плеч Bronze Gym MT-003 - читать отзывы](#)

# Shoulder Press

MT-003



**USER MANUAL**

# CONTENTS

1.INTRODUCTION.....	1
2. FEATURE.....	1
3. WARNING.....	1, 2
4. GUIDANCE.....	2, 3
5. NOTICE.....	3
6. MAINTENANCE.....	3
7 . ASSEMBLY.....	4
8. CABLE.....	5
9. EXPLODED VIEW.....	6
10. TOOLS FOR ASSEMBLY.....	7
11. STEPS OF ASSEMBLY.....	7,8,9,10

## **1. INTRODUCTION**

Thank you for purchasing this unit.

For your health and safety, please make a reasonable training program with suitable weight stack and correct postures under the coach's guidance before starting the workout. Kindly please read this manual carefully before using the unit.

Please fill out the maintenance form carefully and keep it with receipt for after-sale service.

## **2. FEATURE**

- a. Reasonable structure, simplified design. High-quality square steel tube applied for the main parts, safe and durable.
- b. Ergonomic design, well-distributed quality steel cables, comfortable and safe.
- c. Special cover to protect the user from the weight stack.
- d. Fine bearing at jointings for smooth movements
- e. Proper handles design, comfortable and easy use.

## **3. WARNING**

1. This training equipment is only intended for use in training areas of organizations such as sport associations, educational establishment, hotels, clubs and studios, where access and control is specifically regulated by the owner (person who has the legal responsibility).
2. The training equipment shall only be used in areas where access control is specifically regulated by the owner; the extent of control depends on the users. e.g. degree of reliability, age, experience, etc.
3. The training equipment shall only be used in supervised areas.
4. Always keep unsupervised children and disabled away from the equipment.
5. Injury to health may result from incorrect or excessive training, please consult the coach to choose correct exercise method and proper burden.
6. Please adjust load and equipment further (e.g. seat adjustment) before using.
7. Please check if the bolt and handrail are out of work before starting to use it.
8. When weight stacks, booms and other parts of this equipment are blocked, must handle with other people's assistance, in case that the weight stacks may suddenly drop and cause accident.
9. Adjust the length of the steel cable properly and never make the steel wire rope twist. After using the machine for a period, the owner shall check the steel cable to make sure no unusual phenomena in connecting. When meet any problems, please consult the professional maintenance personal at once.
10. Do not suddenly drop the weight stack. In order to avoid destroying other weight stacks, please raise it when the weight stacks nearly collide.
11. While using, forbid hands stretching into the weight stacks or the relative

motion parts, so as not to injure the finger.

12. Never allow person with heart disease and children under 12 to use machine

13. The training equipment is in compliance with EN 957-2 class S(S=studio);

14. The max training weight is 150kgs (330pound). The max user's body weight is 150kg (330pound).

15. The machine should be located stably. A space of 2000mm\*2000mm should be around the machine.

16.The scope of products: Primary use in professional fitness club.The second is the residence community, gym of some company

17. If you feel swirl, surfeit and other discomfort sense, Please stop exercising and go for doctor.

18. The equipment should be installed on stable even surface.

19. The machine shall only be used indoor and be avoid of moisture.

20. Wear right shoes and coat

21. Warm up before exercising

22. Don't use the equipment to do the impossible function

23. Please exercise under instruction by professional coach.

24. Inspect if the equipment is fastness before using

25. Any of the adjustment devices that could interfere with the user movement should not be left projecting

#### **4. GUIDANCE**



MT-003 Shoulder Press

Exercise part: Levator Scapular, Trapezius Muscle

Size: 1670mm(L)\*1135mm(W)\*1680 mm(H)

N.W. : 230.5kg

Usage Guidance:

1 Read all caution Warning Labels before using this equipment.

- 2 Adjust the seat then put your back firmly against back pad.
- 3 Insert pin into weight stack at desired resistance level.
- 4 Arm natural contraction, both hands holding the whip handle.
- 5 Arm extension forward, slowly forward push movable arm. Until completely stretched arm.
- 6 Keep the status for a moment, then slowly return to the start position and repeat the movement.

## 5. NOTICE

### 1. Warm-up.

It needs warm-up for 5-10 minutes before starting exercise, for instance mark time, free-standing exercises etc., in order to move each joint muscle, so as not to injure the joint muscle while exercising.

### 2. Diet

Eat some more protein, vegetables, and fruit. Begin to do exercises until 40 minutes after a meal. Taking food until half an hour after doing exercises and drinks little water while doing exercise.

### 3. Breath

Breathe in while exerting oneself, exhale while relaxing. To coordinate breathe with movement.

### 4. Frequency

It needs to take a rest over 48 hours before exercising the same muscle.

### 5. Burden

Exerciser should choose suitable weight according to one's own actual conditions, make sure not to be overweight, so as not to cause the muscle to draw wounded. Exercises should according to the progressive principle; it is normal to feel ache while exercise for the first time.

## 6. MAINTENANCE

1. For safety use of machines, regularly maintenance must be implemented. Especially for the attrition parts, such as cable, pulley block and connection parts.
2. Special attention should be paid to easy worn parts.
3. Replace the damaged components immediately and stop using the machine until it is fixed.
4. Maintenance should be made as following instruction.

Maintenance	Daily	Weekly	3 Month
Check the connection parts, pulley and balance weight	√		
Clean cushion and shield	√		
Lubricating needed parts			√
Check the whether the screws are loosen or not		√	
Lubrication: bearing			√

## 7. ASSEMBLY

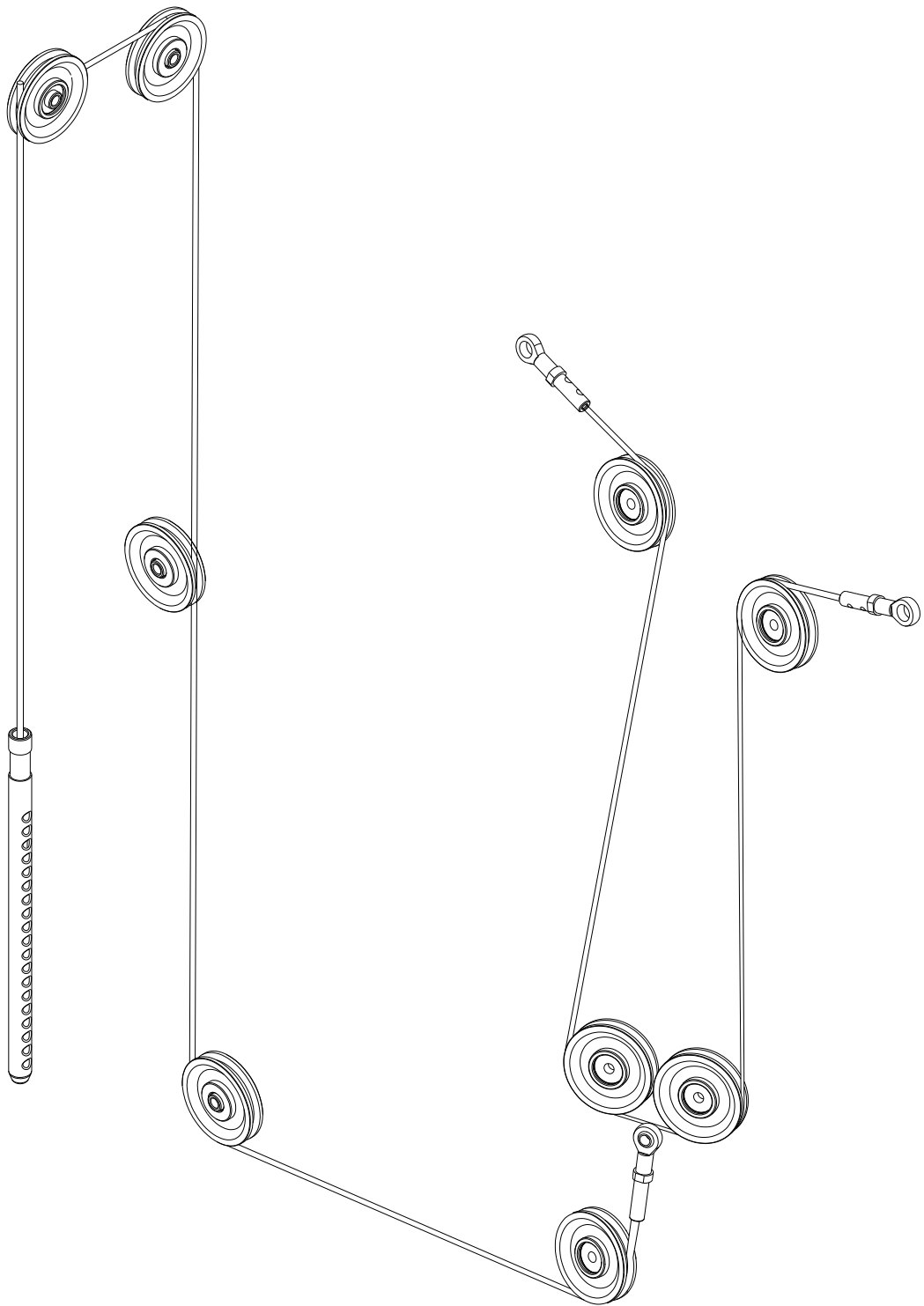
All the content of user's manual is to assure the strength training machine can be

installed more easily

Reading the details and instructions before installing:

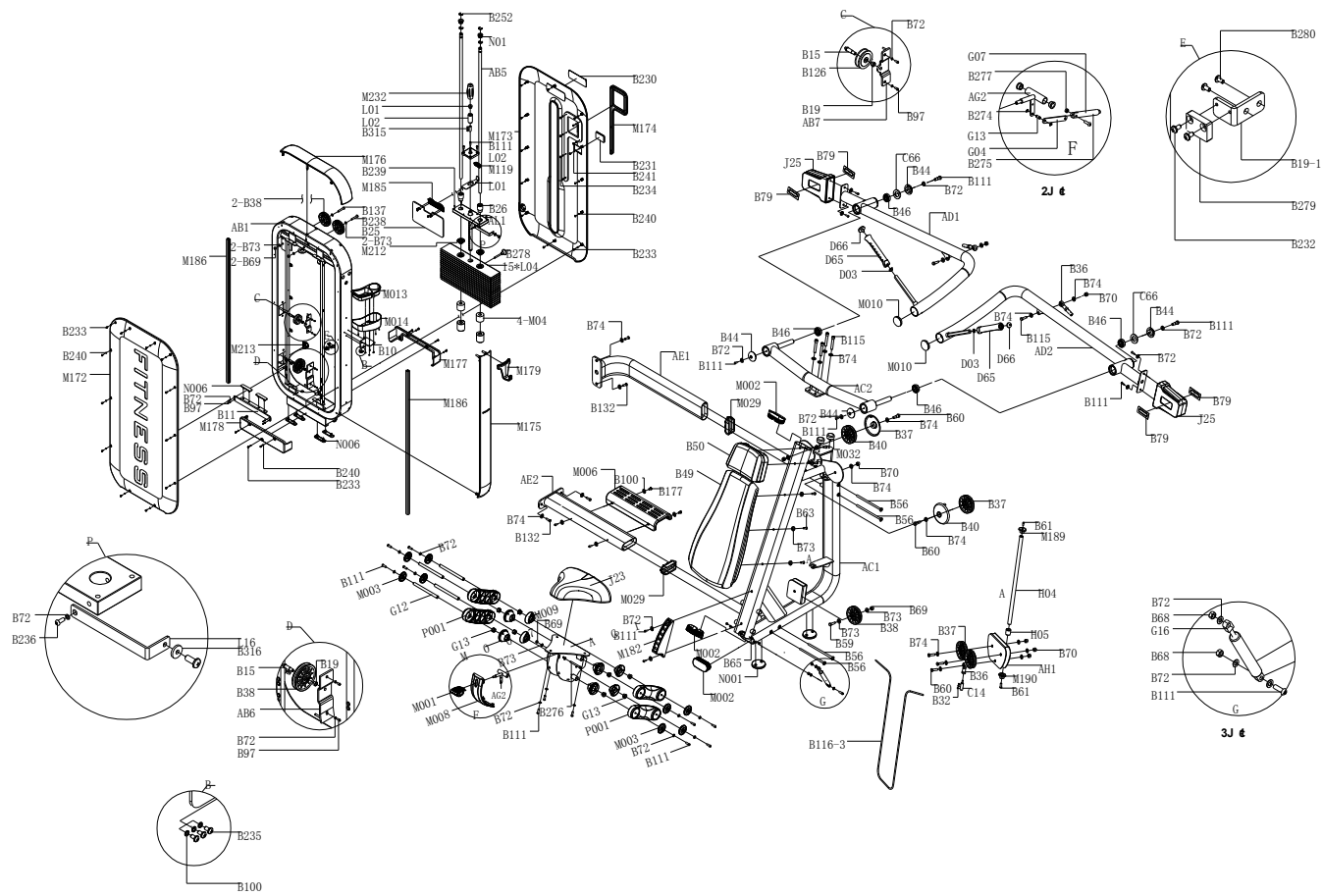
1. Because the size and weight of equipment is so large, Please choose the installed place near the desired station and assured there is enough space to exercise
2. All parts can be put on the clear area, then backout the wrapper. And the wrapper can't be through away before installation finished.
3. Screw the bolt tightly except the additional instruction
4. All parts must be installed according the illustration indication.
5. Installation work can be finished by two men
6. Identify all parts by part identify chart
7. If there are difficulty in inserting the weight stack plug while assembling, please adjust the four adjusting top jackscrew on the first weight stack.

## **8. CABLE**



**9. EXPLODED VIEW**





**10. TOOLS FOR ASSEMBLY**

1. M4 Inner Hex Wrench (1 piece)
2. M6 Inner Hex Wrench (1 piece)
3. Cross Screwdriver (1 piece)
4. 17-19 Wrench (1 piece)

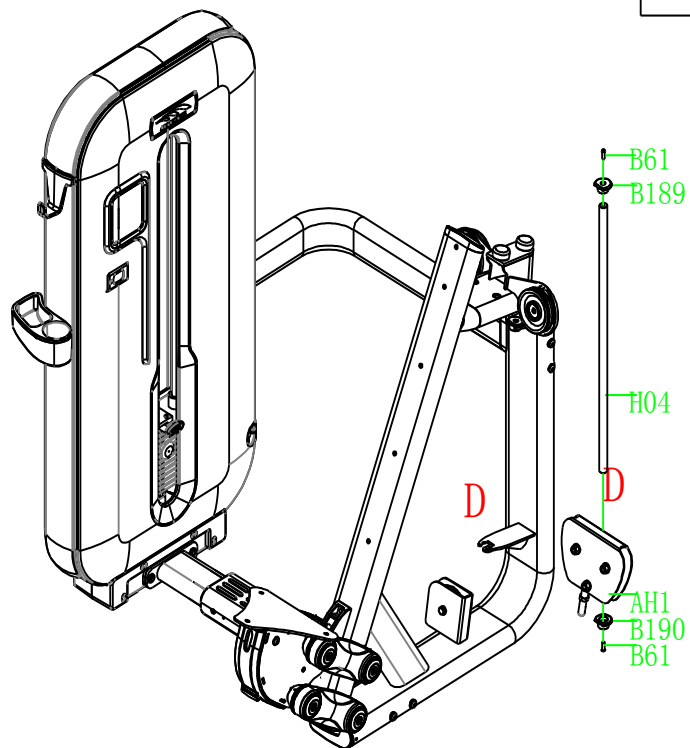
## 11. STEPS OF ASSEMBLY

### Step 1

插件号	名称	规格	数量
ABI	小门组件		1
AC1	主架组件		1
AF1	上连接支撑接组		1
AF2	下连接支撑接组		1
B56	圆柱头内六角螺栓	M10*170	4
B74	垫片	M12	4
B132	外六角螺丝	M12*25L	4
M029	塑料连接头	50.4*122.4*33.4	2

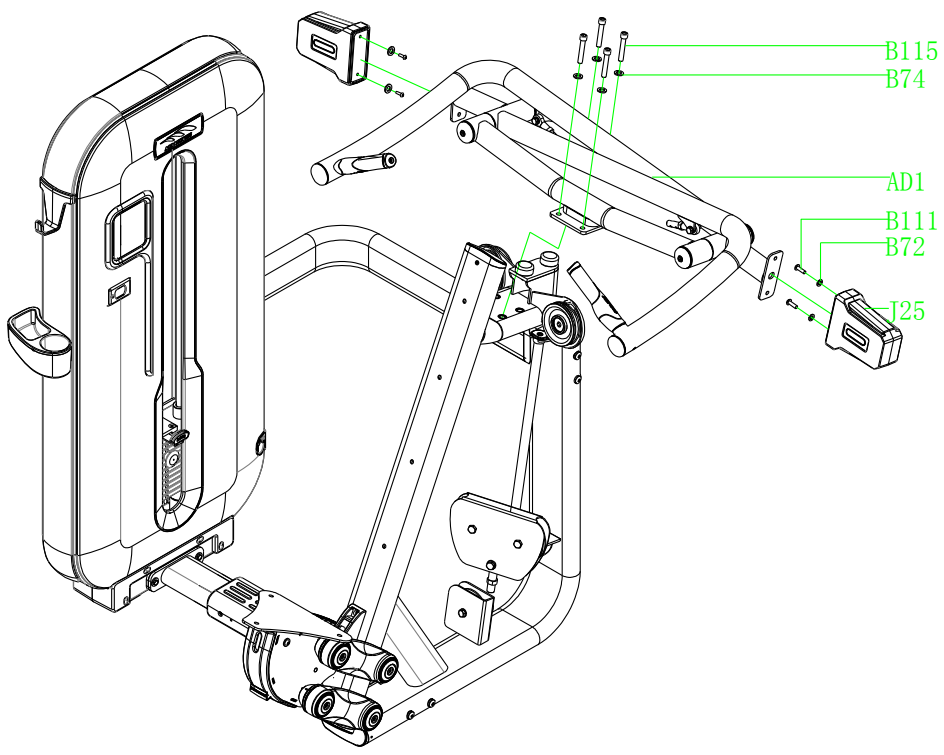
## Step 2

插件号	名称	规格	数量
AH1	动滑轮组件		1
B61	半圆头内六角螺栓	M6*20	2
B189	导杆上端盖	Φ43.3*20.5	1
B190	导杆下端盖	Φ43.3*20.6	1
H04	导杆	Φ20*580	1



# Step 3

插件号	名称	规格	数量
AD1	动臂组件		1
B72	垫片	M8	4
B74	垫片	M12	4
B111	半圆头内六角螺丝	M8*25L	4
J25	配重块	70*160*200 (8.5KG)	2
B115	内六角圆柱头螺栓	M12*35	4



# Step 4

插件号	名称	规格	数量
B49	大靠背	60*370*676	1
B50	小靠背	45*258*172	1
B63	半圆头内六角螺丝	M8*80	5
B72	垫片	M8	3
B73	垫片	M10	5
B111	半圆头内六角螺丝	M8*25L	3
J23	坐垫	85*317*389	1

