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Einige Word-Funktionen kennen in Google Docs nicht angezeigt werden und werden bei entferntDetails anzeigenLetzte Anderungen anzeigen SelectTech ©5.1 Owner's Bench / Build GuideP/N: 000-6189 Rev B (10/03/2006)Next 1 2 3 ... Page 2 Important Safety Instructions - Before using this equipment, observe the following warnings: This icon means a potentially dangerous situation that, if not avoided, can result in death or serious injury. Read and understand all the Warnings on this equipment. Children should not be allowed on or near this equipment. Moving parts and other equipment functions can be dangerous for children. Not intended to be used by anyone under the age of 14. Not intended for use by individuals with medical conditions where these conditions can affect the safety of equipment or create a risk of injury to the user. Talk to your doctor before starting your exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel weak. See your doctor before using the equipment again. - Keep your body weight centered on the bench during exercise. Setting up and operating the bench only on a solid, level surface. Do not wear loose clothing while you are near the bench. Do not exceed the maximum total weight of 600 pounds (272.2 kg). - Keep at least 50 (1.3m) clear on each side of the bench. This is the recommended safe distance to access and pass around the bench. This bench is only for home use. Before training, make sure that the supports on the back and seat are securely fastened, and the bench is firmly in place. Examine this bench for loose parts or signs of wear. Tighten or replace any worn or loose components before use. Carefully examine all the attachments. Contact customer service for information about the repairs. Never lift more weight than you can safely and conveniently handle. Never try to exercise with more resistance than you are physically able to handle. For safety reasons, it is recommended to play sports with a training partner or spotter. Do not use a bench if any component is found worn or damaged. This product, its packaging and components contain chemicals known to the state of California that cause cancer, birth defects or reproductive harm. This Notice is granted under California Proposition 65. If you would like more information, please contact our website www.nautilus.com/prop65. Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, www.NautilusInc.com, 18225 NE Riversideway, Portland, OR 97230, United States - Customers: North America (800) 605-3369, csnlis@nautilus.com outside the U.S. www.nautilusinternational.com Printed in China ©, 2017, Nautilus, Inc. ® points to trademarks registered in the United States. These signs may be registered in other countries or otherwise protected protected Law. Bowflex and Logo B are trademarks owned or licensed by Nautilus, Inc. ORIGINAL DOCUMENT - ENGLISH VERSION ONLY Bench Weight: about 60 pounds / 27 kg WARNING! Read and understand the full user manual. Keep a guide for future links. Read and understand all the warnings about this de-vice. If warning stickers become free, unreadable, or dislodged at any time, contact Nautilus Customer Service to replace the stickers. Children should not be allowed on this device or near it. Set up and operate this device on a solid, level, horizontal surface. Make sure you give users enough space around the device to work safely. (See product specifications for free space dimen-sions). Injury or death is possible if caution is not used during the operation of this equipment. The maximum combined weight limit, 600lbs (272kg) Service safety and performance of this product can only be maintained if it is regularly reviewed for damage and wear. Examine the bench before each use for damage and wear. Replace the broken components immediately or put the bench out of use before repairing. Daily/before each use: Inspection of the bench. Make sure it looks in good condition and runs smoothly. If you find damage, NOT ALWAYS. Contact service for service. Daily/after each use: After each use, wipe the bench without sweat with a clean dry cloth. The padding can be cleaned with a mild detergent or spray cleaner. Weekly: When used frequently, your bench should be thoroughly cleaned with clean cloth and ammonia-based detergent. Wipe the bench completely and be sure to touch any scratches with touch paint to prevent rust. Monthly: Check the bench frame for any signs of cracking or constant bending. If you find this situation, don't use the bench and contact customer service immediately. If you have any questions about the proper use or maintenance of this bench, contact Customer Service at 1-800-NAUTILUS (628-8458). Only trained Nautilus or authorized Nautilus personnel must make extensions, adjustments, changes or repairs. Bowflex 5.1S Stowable Bench © Product Label Specification Label 49.5 (125.8 cm) 61.3 (155.6 cm) 161.3 (410 cm) Serial Label Number User Guide 8016432.110117.A ATTENTION! Keep your hands away from this area. 28.1 128.1 (71.3 cm) (325.4 cm) Stout Dimensions: 23.9 x 52.3 x 28.1 (60.1 6 cm x 132.9 cm x 71.3 cm) Customer 1 Table 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 16 16

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