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| CAUTION Read all precautions and instructions in this guide before this equipment. Save the eteanual for future reference. Write a serial number in the space above for future links. РУКОВОДСТВО WEIGHT SYSTEM EXERCISERUser, Roebuck and Co., Hoffman Estates, IL 60179Serial Number Decal (под сиденьем)Страница                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                        |
| 2IMPORTANT PRECAUTIONS .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 3 BEFORE you start... 4PART IDENTIFICATION CHART ..... |
| ASSEMBLIES.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                        |
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| ..... 20th .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                        |
| ..... He said that I was the one who was the one who was the one who was the one who was not 31Sy DIAGRAM .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                        |
| ..... 32 Myintenans .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                        |
| ..... 34EXERCISE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                        |
| GUIDELINES .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                        |
| ..... 35PART LIST .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                        |
| ..... 39- DRAWING .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                        |
| ..... 41 Replaceing parts .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                        |
| ..... He said .....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                        |
| ..... The back cover of the 90th day is a full guarantee..... Back CoverTABLE OF CONTENTS2 Full Customer Service contact information including steps to reach representatives, opening hours, customer support links and more from ContactHelp.com. This section explains how to adjust your weight system. to accompanying exercise guide to see the shape of the cor-rect for each exercise. Make sure all parts are properly tightened every time the weight is weighted Used. Replace any worn-out part in the middle. The weight system can be cleaned with a damp cloth and a soft, non-abrasive detergent. Do not imitate solvents. Page 2 USING THE CURL PAD For the use of Curl Pad (33), remove the specified 50mm round inner cover (39) and insert CurlPost (11) into the front leg (10). Tighten CurlAdjustment Knob (58) in the front leg. Makesure Curl Adjustment Knob passes through a hole in Curl Post.Page 3 30 LOCKING THE LEG LEVER To block or unlock the leg lever (12), remove the lid of the lock plate (95) with lock Plate (14). The Movethe Lock Plate is either the position shown on the Front Leg (10), or the specified hole in the Lever.Insert Lock Pin leg back through Lock Plate.Page 4 31 WEIGHT RESISTANCE CHART Chart below shows approximate weight resistance at each exercise station. Weight resistance is shown for the butterfly arm station for each arm. Note: Actual resistance at each station can vary due to differences in weight plates, as well as friction between cables, pulleys, and weight guidance. The maximum number of plates when performing exercises with butterfly weapons (25, 26) is 10. Note: 1 pound is .454 kg. WEIGHT 1 2 3 4 5 6 7 8 9 10 11 12 HIGH PULLEYS (POUNDS) 45 64 76 95 103 117 136 1 50 173 190 210 222 OIL- FLY ARM (lb.) 19 22 28 36 42 51 57 6 4 70 75 80 89 PRESS RUKA (pound) 49 61 76 90 106 123 144 157 176 190 190 212 227 LEG LEG (pounds) 34 47 62 74 88 98 112 127 143 151 164 183 LOW PULLEY (pounds) 29 41 54 67 80 97 110 124 137 155 169 188 MILITARY PRESS (pounds) 40 47 57 66 81 94 107 113 125 133 149 165 LEG PRESS (pounds) 69 93 115 140 160 185 210 224 256 288 315 338 Page 5 32 CABLE DIAGRAM Cable chart shows correct cable routing (49, 50, 133, 51). Use a diagram to make sure the cable and cable traps have been assembled correctly. If the cable was not properly routed, the weight system would not function properly and damage may occur. The figures show the right route for thecable. Page 6 1 Table Contents 2 3 4 5 6 7 8 9 10 12 13 14 15 16 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 Discover the value of the card member. Find out more |                                                        |

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