



TIPS:

Your suggestions and comments for COSTWAY are really important to us!
We sincerely solicit you to go back to our shop and leave a good rating in just a simple click. It would be quite encouraging if you could kindly do so like below:

★★★★★ Great products so far

February 24, 2018

Great products so far. Fast delivery, easy setup, and working without any issues.

With your inspiring rating, COSTWAY will be more consistent to offer you EASY SHOPPING EXPERIENCE, GOOD PRODUCTS and EFFICIENT SERVICE!

Ihre Vorschläge und Kommentare für COSTWAY sind wirklich wichtig für uns!
Wir bitten Sie aufrichtig, in unseren Shop zurückzukehren und durch nur einen Klick eine gute Bewertung zu hinterlassen. Es wäre sehr ermutigend, wenn Sie das so tun könnten:

★★★★★ Tolle Produkte bis jetzt

24. Februar 2018

Gute Produkte. Schnelle Lieferung, einfaches Aufbauen, funktionieren ohne Problem.

Mit Ihrer inspirierenden Bewertung wird COSTWAY konsistenter sein, um Ihnen EIN SCHÖNES EINKAUFSERLEBNIS, GUTE PRODUKTE und EFFIZIENTEN SERVICE zu bieten!

Vos suggestions et vos commentaires pour COSTWAY sont vraiment importants pour nous !
Nous vous invitons sincèrement à revenir à notre boutique pour laisser une bonne évaluation seulement en un clic. Ce serait très encourageant si vous pouviez le faire comme ci-dessous:

★★★★★ Bons produits jusqu'à présent

24 février 2018

Excellents produits jusqu'à présent. Livraison rapide et installation facile. Il fonctionne sans problème.

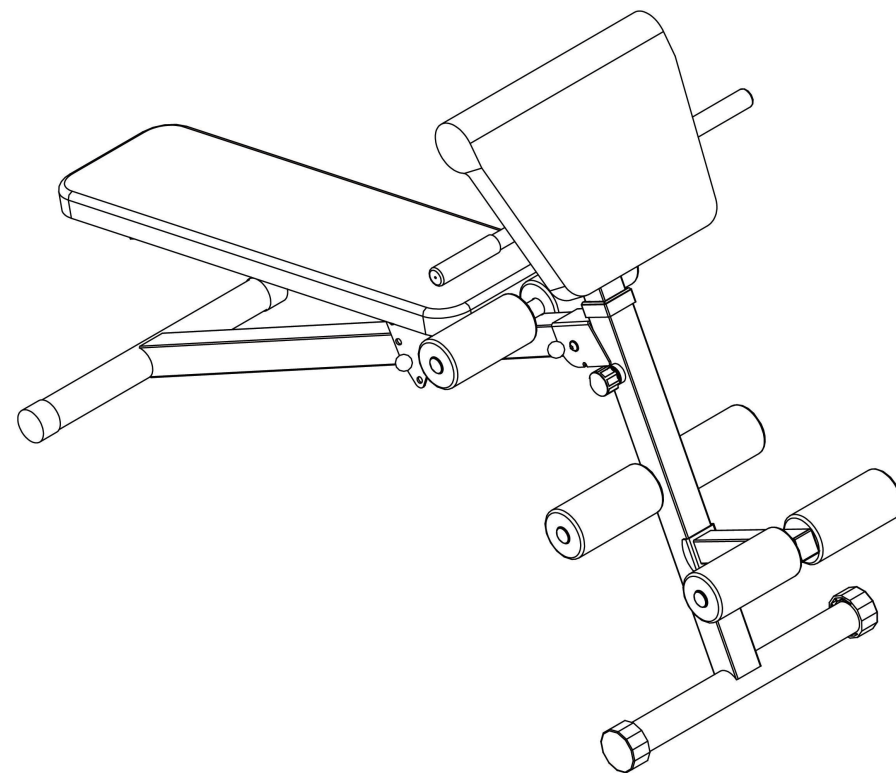
Avec votre évaluation inspirante, COSTWAY sera plus professionnel dans le but de vous offrir une BONNE EXPERIENCE D'ACHATS, de BONS PRODUITS et un SERVICE EFFICACE!

US office:Fontana

UK office:Ipswich

DE office:FDS GmbH,Neuer Höltingbaum 36,22143 Hamburg,Deutschland

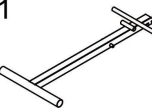
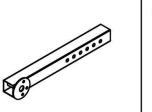
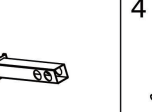
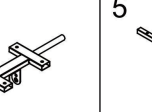
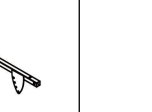
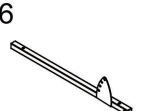
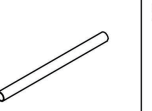
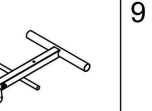
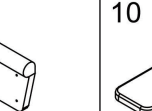
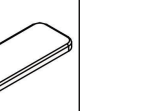
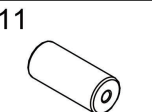
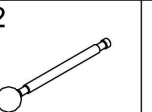
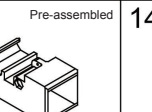
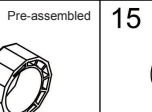
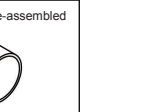
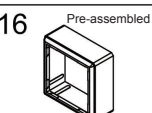
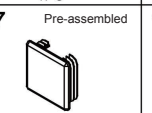
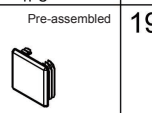
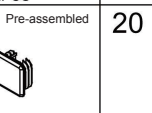
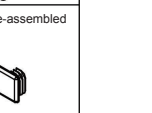
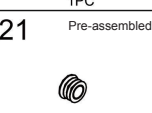
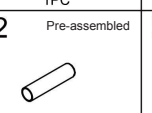
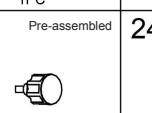
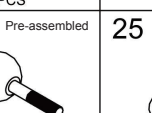
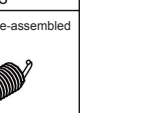
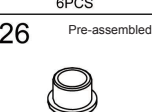
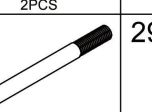
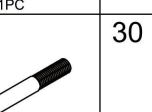
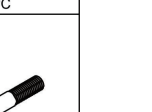
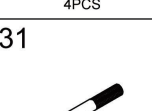
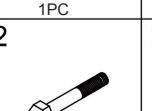
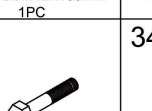
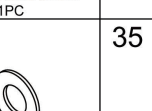
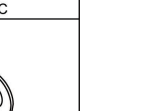
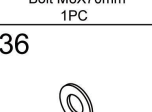
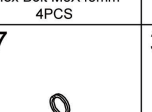
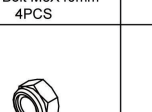
FR office : 26 RUE DU VERTUQUET, 59960 NEUVILLE EN FERRAIN, FRANCE



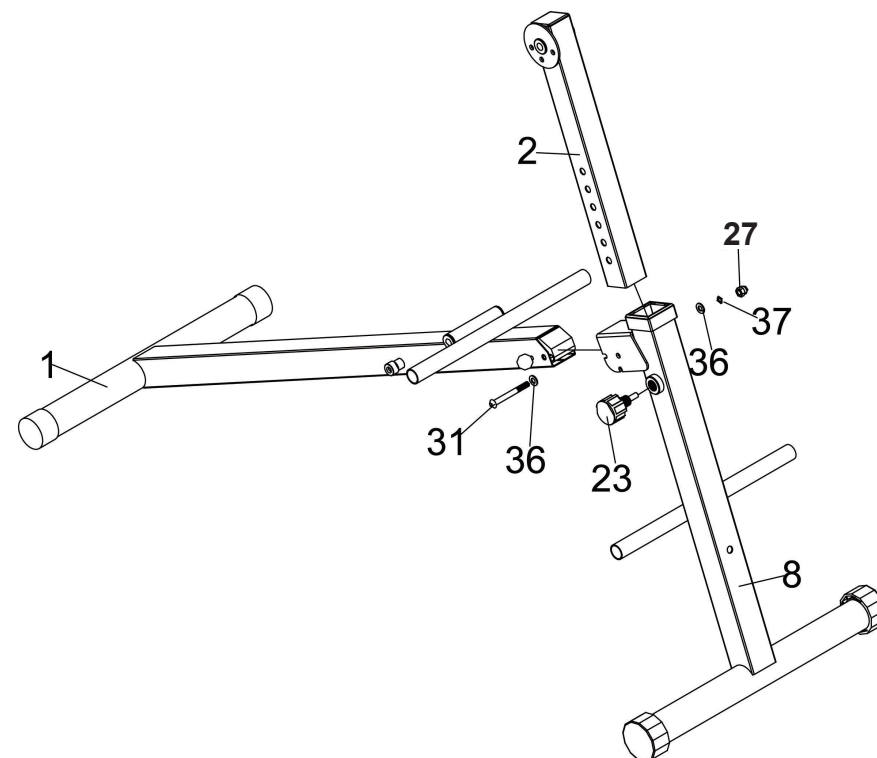
USER'S MANUAL/HANDBUCH/MANUEL DE L'UTILISATEUR /MANUAL DEL USUARIO/MANUALE UTENTE/INSTRUKCJA OBSŁUGI

**Multi-functional Training Bench /
Multifunktionale Trainingsbank / Banc de Musculation /
Banco de Pesas / Panca da Allenamento /
Ławka treningowa
SP36918**

PARTS LIST DRAWINGS

1  Main Frame 1PC	2  Adjustable Tube 1PC	3  Foam Fixed Tube 1PC	4  Abdominal Cushion Frame 1PC	5  Backrest Support Frame (left) 1PC
6  Backrest Support Frame (right) 1PC	7  Foam Tube 1PC	8  Front Inclined Tube 1PC	9  Abdominal Cushion 1PC	10  Back Cushion 1PC
11  Foam Roller 6PCS	12  Pin 1PC	13 Pre-assembled  Adjustment 1PC	14 Pre-assembled  Bias Circle End Cap 2PCS	15 Pre-assembled  Circle End Cap 2PCS
16 Pre-assembled  Mid-empty Plug 1PC	17 Pre-assembled  45mm Square Plug 1PC	18 Pre-assembled  38mm Square Plug 1PC	19 Pre-assembled  30mm Square Plug 4PCS	20 Pre-assembled  25*50mm Square Plug 4PCS
21 Pre-assembled  25mm Round Plug 6PCS	22 Pre-assembled  Hand Grip 2PCS	23 Pre-assembled  Quick Knob 2PCS	24 Pre-assembled  Knob 1PC	25 Pre-assembled  Spring 1PC
26 Pre-assembled  Oil Bushing 4PCS	27  M8 Nut 1PC	28  Hex Bolt M12X185mm 1PC	29  Hex Bolt M12X85mm 1PC	30  Hex Bolt M10X65mm 1PC
31  Bolt M8X70mm 1PC	32  Hex Bolt M8X45mm 4PCS	33  Hex Bolt M8X40mm 4PCS	34  M12 Washer 4PCS	35  M10 Washer 1PC
36  M8 Washer 10PCS	37  M8 Spring Washer 1PC	38  M12 Nylon Nut 2PCS		

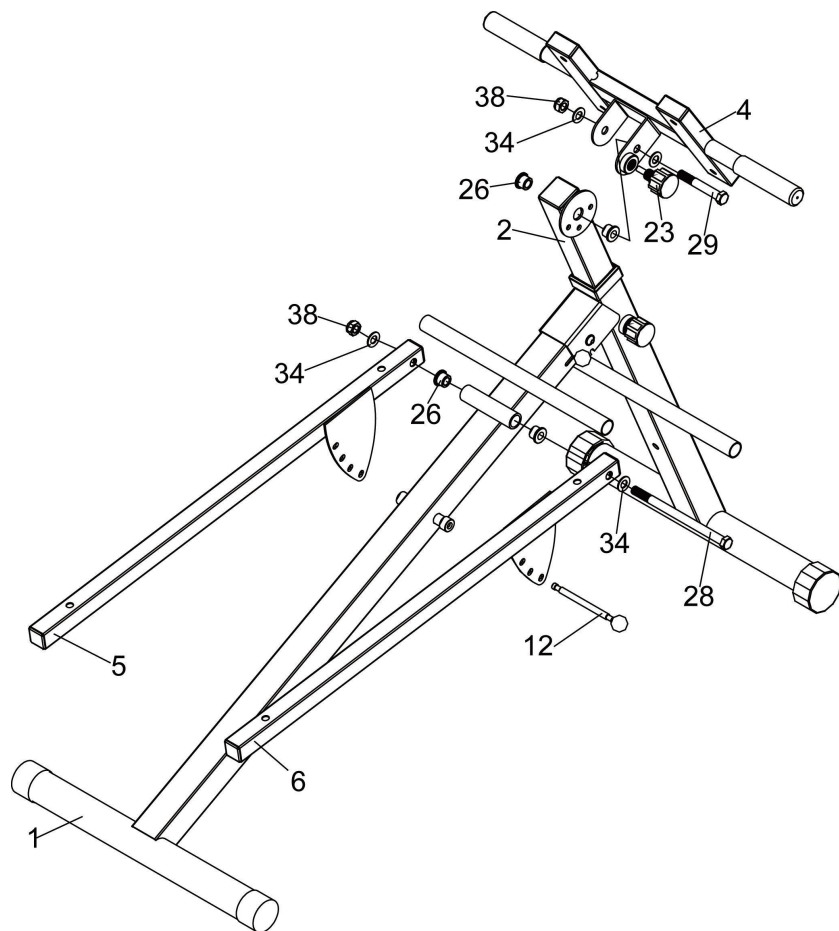
ASSEMBLY INSTRUCTIONS



STEP 1:

1. Attach Main Frame (1) to Front Inclined Tube (8), using one M8X70mm Bolt (31), two M8 Washers (36), one M8 Spring Washer (37) and one M8 Nylon Nut (27).
2. Insert Adjustable Tube (2) into Front Inclined Tube (8) using Quick Knob (23).

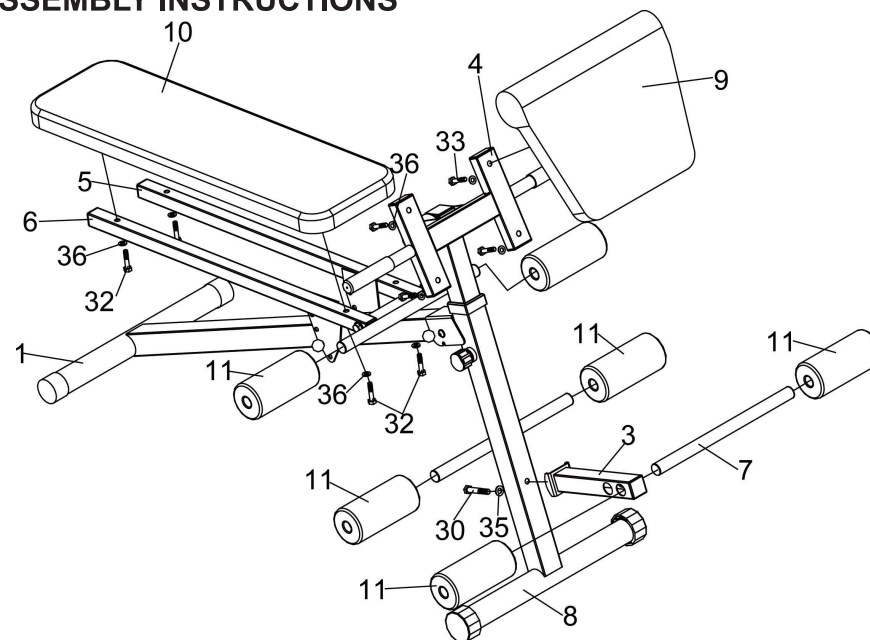
ASSEMBLY INSTRUCTIONS



STEP 2:

1. Attach Backrest Support Frame (left) (5) and Backrest Support Frame (Right) (6) to Main Frame (1), using two Oil Bushings (26), one M12X185mm Hex Bolt (28), two M12 Washers (34) and one M12 Nylon Nut (38).
2. Attach Abdominal Cushion Frame (4) to Adjustable Tube (2), using two Oil Bushings (26), one M12X85mm Hex Bolt (29), two M12 Washer (34), one M12 Nylon Nut (38) and one Quick Knob (23). Then insert Quick Knob (23) through the single hole on the U-type Plate to any one of the holes on the Round Plate.

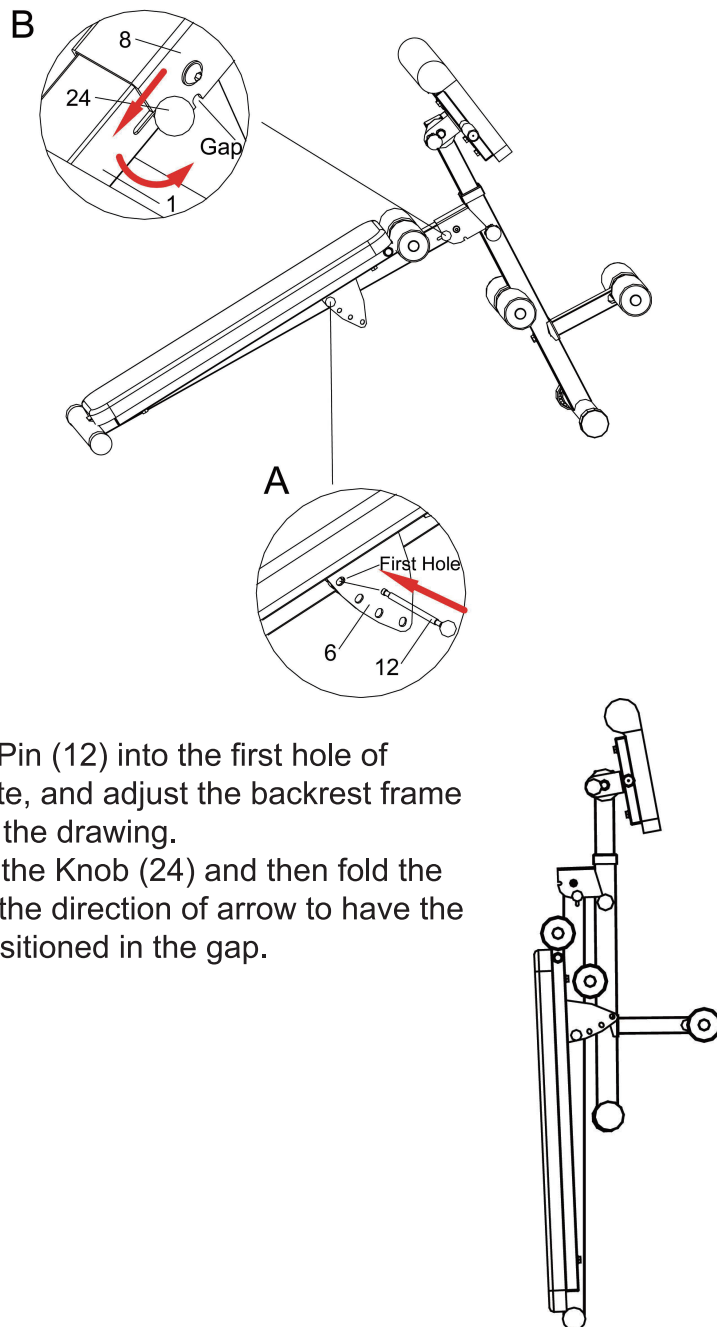
ASSEMBLY INSTRUCTIONS



STEP 3:

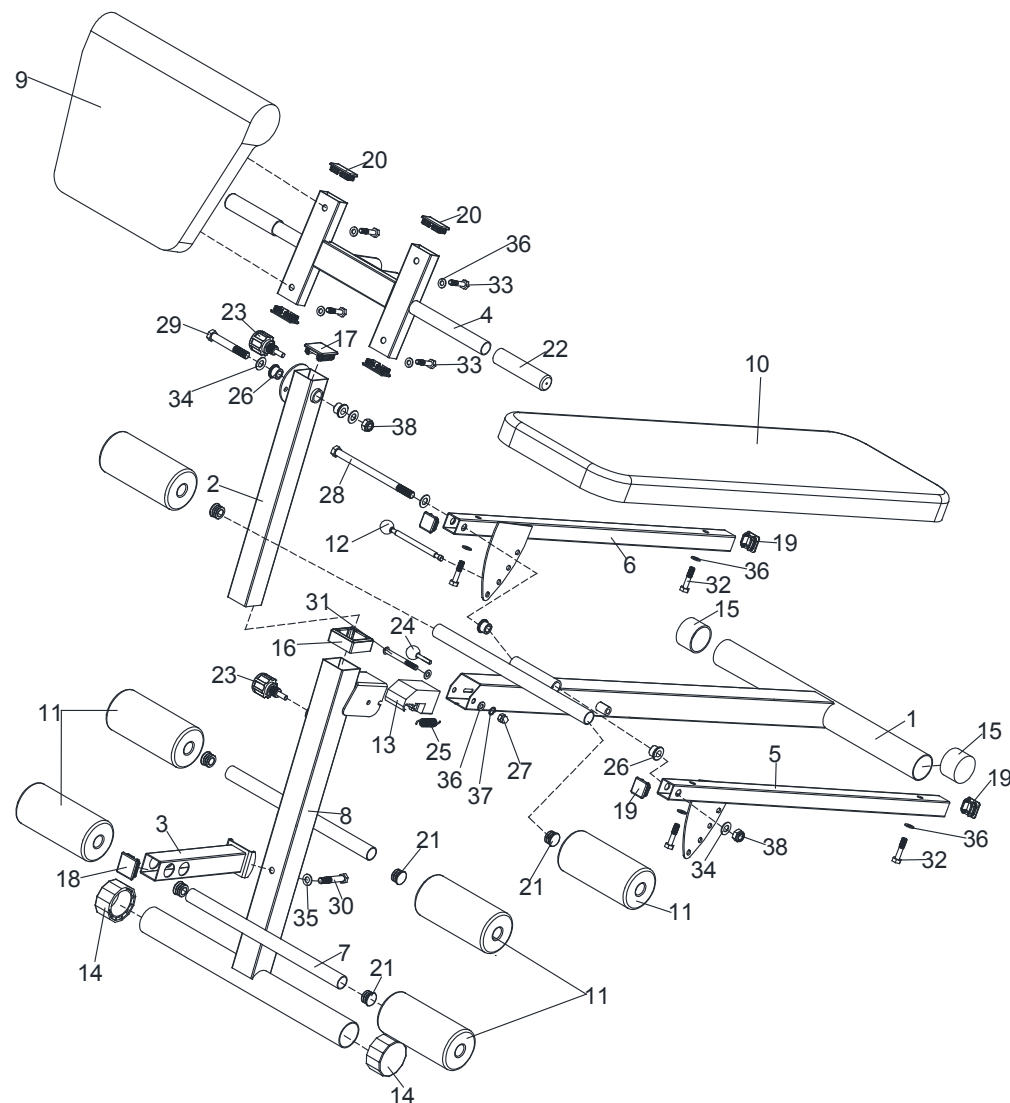
1. Attach Back Cushion (10) to Backrest Support Frame (left) (5) and Backrest Support Frame (Right) (6), using four M8X45mm Hex Bolts (32) and four M8 Washers (36).
2. Attach Abdominal Cushion (9) to Abdominal Cushion Frame (4), using four M8X40mm Hex Bolts (33) and four M8 Washers (36).
3. Attach Foam Fixed Tube (3) to Front Inclined Tube (8), using one M10X65mm Hex Bolt (30) and one M10 Washer (35).
4. Insert Foam Tube (7) into Foam Fixed Tube (3), then slide six Foam Rollers (11) onto Foam Tube (7), Front Inclined Tube (8) and Main Frame (1).

FOLDING INSTRUCTIONS

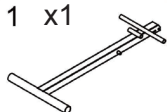
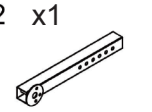
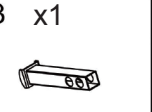
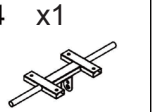
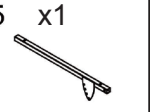
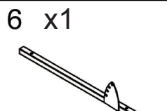
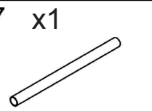
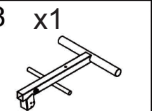
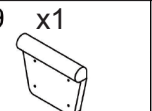
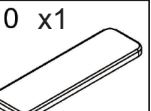
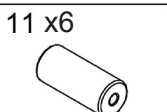
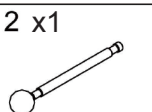
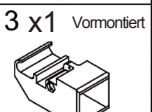
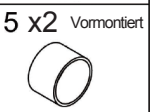
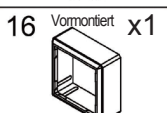
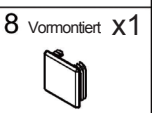
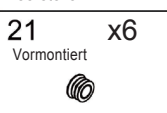
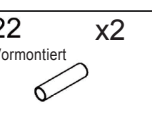
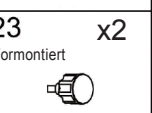
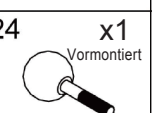
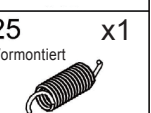
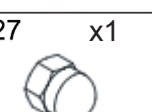
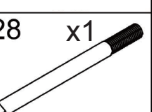
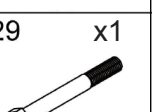
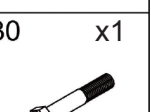
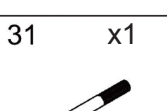
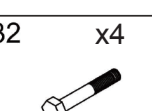
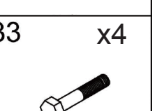
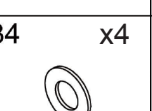
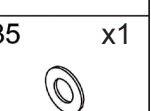


A. Insert the Pin (12) into the first hole of Fan-type Plate, and adjust the backrest frame as shown on the drawing.
B. Pull down the Knob (24) and then fold the bench along the direction of arrow to have the Knob (24) positioned in the gap.

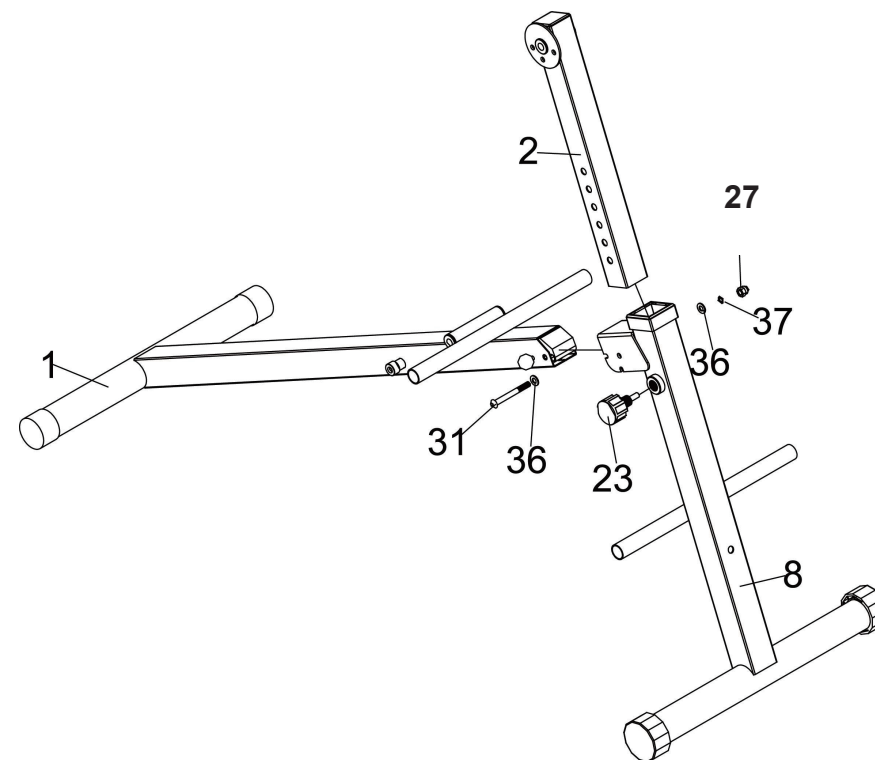
EXPLODED DRAWING



TEILELISTE ZEICHNUNGEN

1 x1  Hauptrahmen	2 x1  Einstellbarer Schlauch	3 x1  Schaumstoffröhrchen	4 x1  Bauchkissenrahmen	5 x1  Stützrahmen für die Rückenlehne (links)
6 x1  Stützrahmen für die Rückenlehne (rechts)	7 x1  Schaumrohr	8 x1  Vorderes geneigtes Rohr	9 x1  Bauchkissen	10 x1  Rückenkissen
11 x6  Schaumstoffrolle	12 x1  Stift	13 x1 Vormontiert  Einstellung	14 x2 Vormontiert  Vorspannungskreis-Endkappe	15 x2 Vormontiert  Kreisendkappe
16 Vormontiert x1  Stecker mit mittlerer Leerstelle	17 Vormontiert x1  45mm Vierkantstecker	18 Vormontiert x1  38mm Vierkantstecker	19 Vormontiert x4  30mm Vierkantstecker	20 Vormontiert x4  25 * 50mm Vierkantstecker
21 x6 Vormontiert  25mm runder Stecker	22 x2 Vormontiert  Handgriff	23 x2 Vormontiert  Schnellknopf	24 x1 Vormontiert  Knopf	25 x1 Vormontiert  Frühling
26 x4 Vormontiert  Ölbuchse	27 x1  M8 Mutter	28 x1  Sechskantschraube	29 x1  Sechskantschraube	30 x1  Sechskantschraube
31 x1  Bolzen	32 x4  Sechskantschraube	33 x4  Sechskantschraube	34 x4  M12 Dichtung	35 x1  M10 Dichtung
36 x10  M8 Dichtung	37 x1  M8 Federscheibe	38 x2  M12 Nylonmutter		

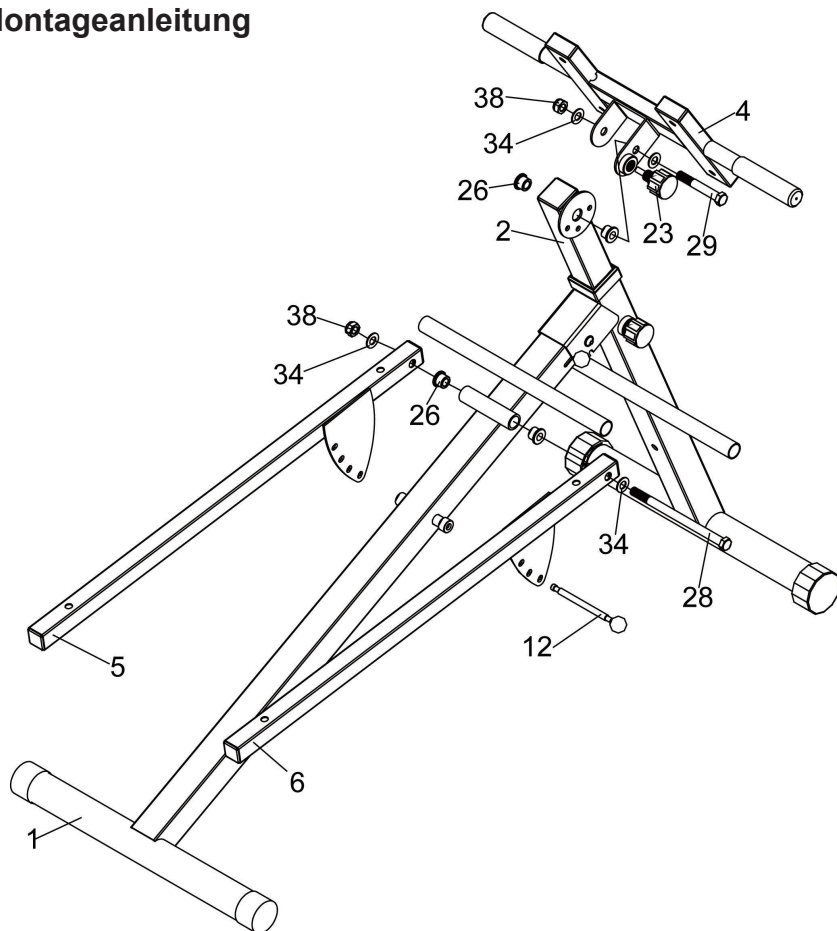
Montageanleitung



SCHRITT 1:

1. Befestigen Sie den Hauptrahmen (1) mit einer M8X70mm-Schraube (31), zwei M8-Unterlegscheiben (36), einer M8-Federscheibe (37) und einer M8-Nylonmutter (27) am vorderen geneigten Rohr (8).
2. Das einstellbare Rohr (2) mit dem Schnellknopf (23) in das vordere geneigte Rohr (8) einführen.

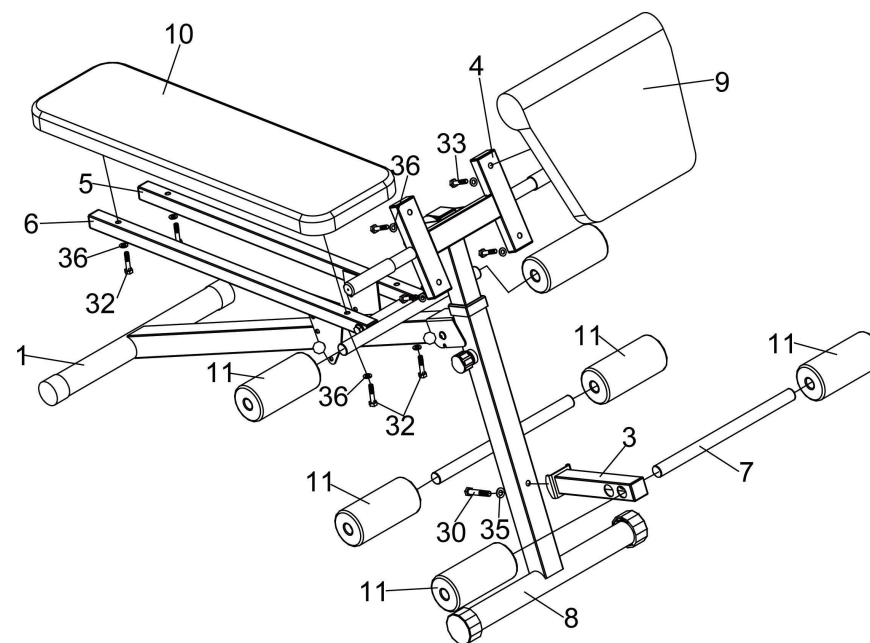
Montageanleitung



SCHRITT 2:

1. Befestigen Sie den Rückenlehnenstützrahmen (links) (5) und den Rückenlehnenstützrahmen (rechts) (6) mit zwei Ölbuchsen (26), einer Sechskantschraube M12X185mm (28) und zwei Unterlegscheiben M12 (34) am Hauptrahmen (1)) und eine M12-Nylonmutter (38).
2. Befestigen Sie den Bauchkissenrahmen (4) mit zwei Ölbuchsen (26), einer M12 x 85 mm Sechskantschraube (29), zwei M12 Unterlegscheiben (34), einer M12 Nylonmutter (38) und einer Quick am verstellbaren Schlauch (2) Knopf (23). Führen Sie dann den Schnellknopf (23) durch das einzelne Loch in der U-Platte in eines der Löcher in der runden Platte ein.

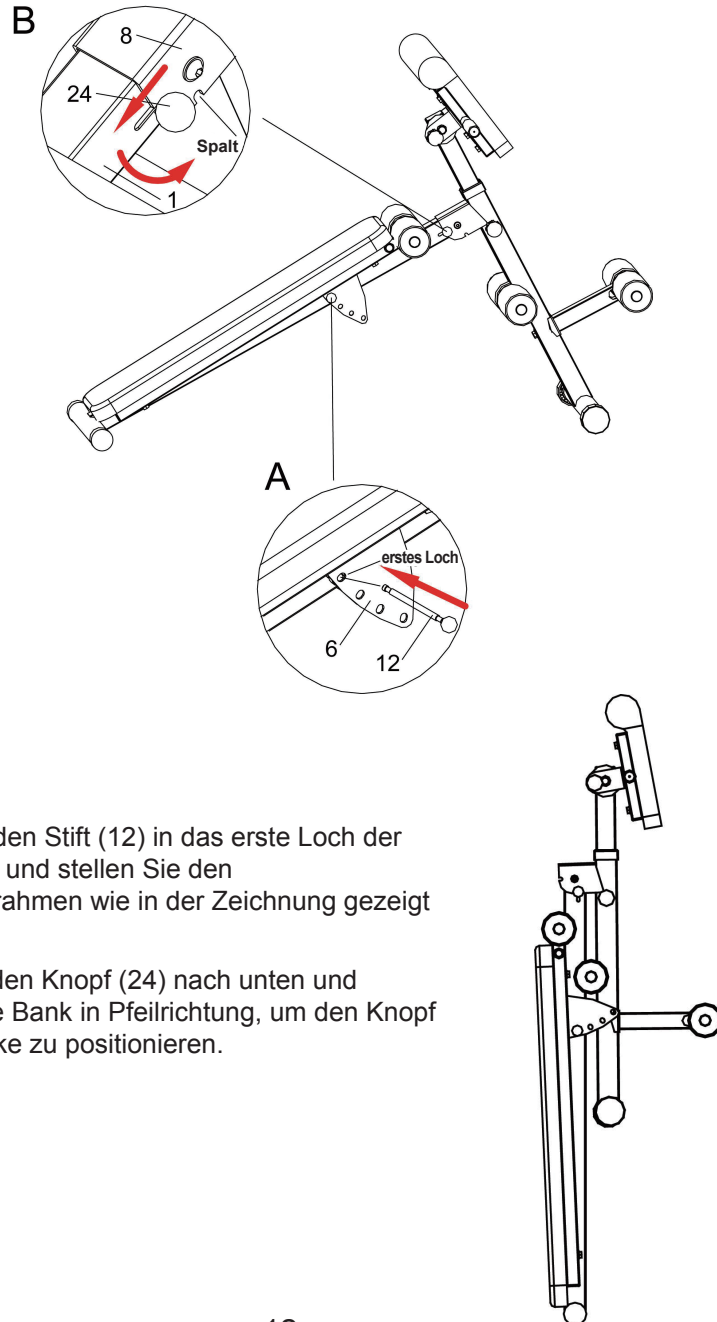
Montageanleitung



SCHRITT 3:

1. Befestigen Sie das Rückenkissen (10) mit vier M8X45mm Sechskantschrauben (32) und vier M8 Unterlegscheiben (36) am Rückenlehnenstützrahmen (links) (5) und am Rückenlehnenstützrahmen (rechts) (6).
2. Befestigen Sie das Bauchkissen (9) mit vier Sechskantschrauben M8X40mm (33) und vier Unterlegscheiben M8 (36) am Bauchkissenrahmen (4).
3. Befestigen Sie das Schaumstoffröhrchen (3) mit einer Sechskantschraube M10X65mm (30) und einer Unterlegscheibe M10 (35) am vorderen Schrägrohr (8).
4. Schaumrohr (7) in festes Schaumrohr (3) einführen, dann sechs Schaumstoffrollen (11) auf Schaumrohr (7), vorderes geneigtes Rohr (8) und Hauptrahmen (1) schieben.

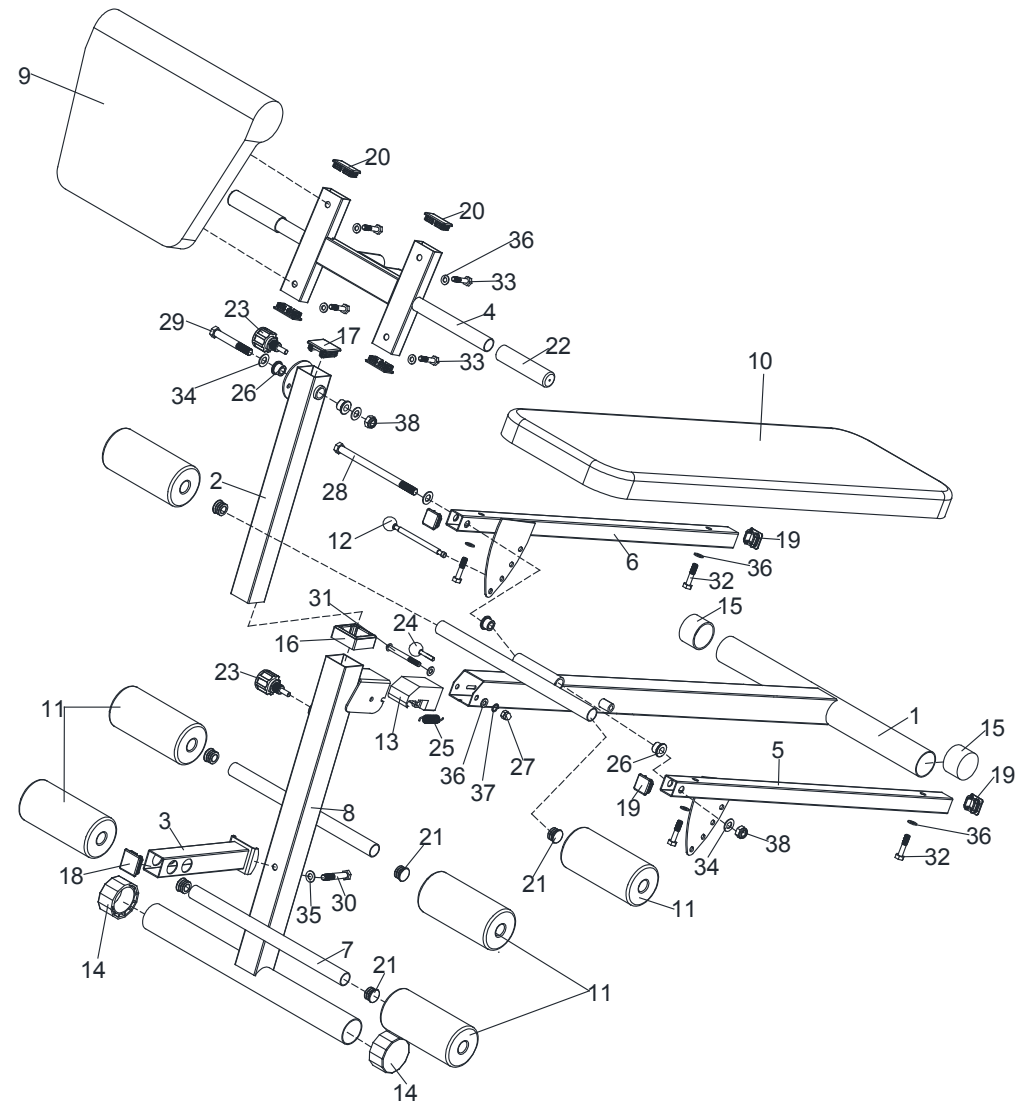
FALTANLEITUNG



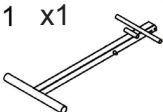
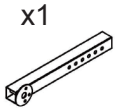
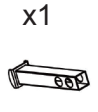
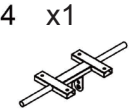
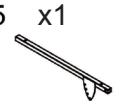
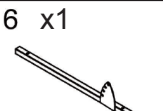
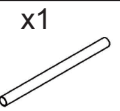
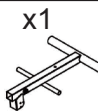
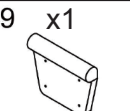
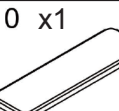
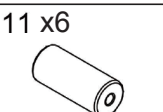
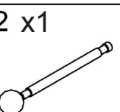
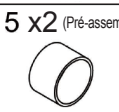
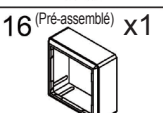
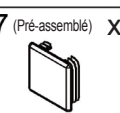
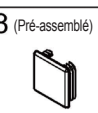
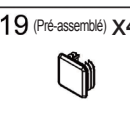
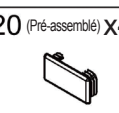
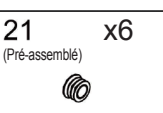
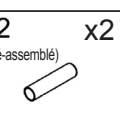
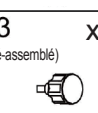
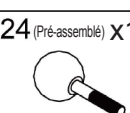
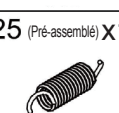
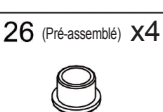
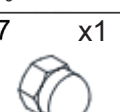
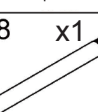
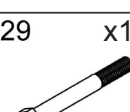
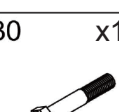
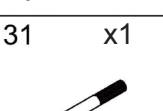
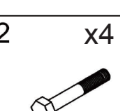
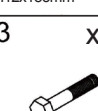
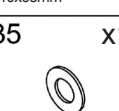
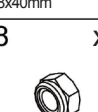
A. Führen Sie den Stift (12) in das erste Loch der Lüfterplatte ein und stellen Sie den Rückenlehnenrahmen wie in der Zeichnung gezeigt ein.

B. Ziehen Sie den Knopf (24) nach unten und klappen Sie die Bank in Pfeilrichtung, um den Knopf (24) in der Lücke zu positionieren.

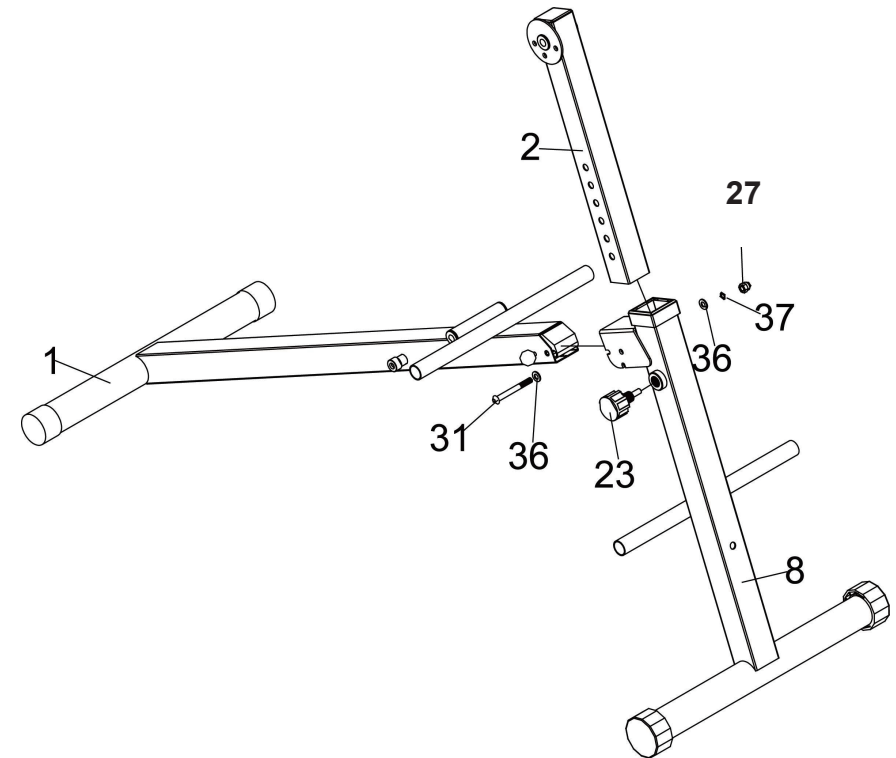
EXPLODIERTE ZEICHNUNG



LISTE DES PIÈCES

1 x1  Cadre principal	2 x1  Tube réglable	3 x1  Tube fixe en mousse	4 x1  Cadre de coussin abdominal	5 x1  Cadre de support du dossier (gauche)
6 x1  Cadre de support du dossier (droit)	7 x1  Tube en mousse	8 x1  Tube avant incliné	9 x1  Coussin abdominal	10 x1  Coussin arrière
11 x6  Rouleau en mousse	12 x1  Goupille	13 x1 (Pré-assemblé)  Régleur	14 x2 (Pré-assemblé)  Embout de cercle de biais	15 x2 (Pré-assemblé)  Embout de cercle
16 (Pré-assemblé) x1  Couvercle à vide	17 (Pré-assemblé) x1  Couvercle carré 45 mm	18 (Pré-assemblé) x1  Couvercle carré 38 mm	19 (Pré-assemblé) x4  Couvercle carré 30 mm	20 (Pré-assemblé) x4  Couvercle carré 25x50 mm
21 (Pré-assemblé) x6  Couvercle rond 25 mm	22 x2 (Pré-assemblé)  Poignée	23 x2 (Pré-assemblé)  Bouton rapide	24 (Pré-assemblé) x1  Bouton	25 (Pré-assemblé) x1  Ressort
26 (Pré-assemblé) x4  Bague d'huile	27 x1  M8 Écrou	28 x1  Boulon hexagonal M12x185mm	29 x1  Boulon hexagonal M12x85mm	30 x1  Boulon hexagonal M10x65mm
31 x1  Boulon M8x70mm	32 x4  Boulon hexagonal M8x45mm	33 x4  Boulon hexagonal M8x40mm	34 x4  M12 Rondelle	35 x1  M10 Rondelle
36 x10  M8 Rondelle	37 x1  M8 Rondelle élastique	38 x2  M12 Écrou en nylon		

INSTRUCTIONS D'ASSEMBLAGE

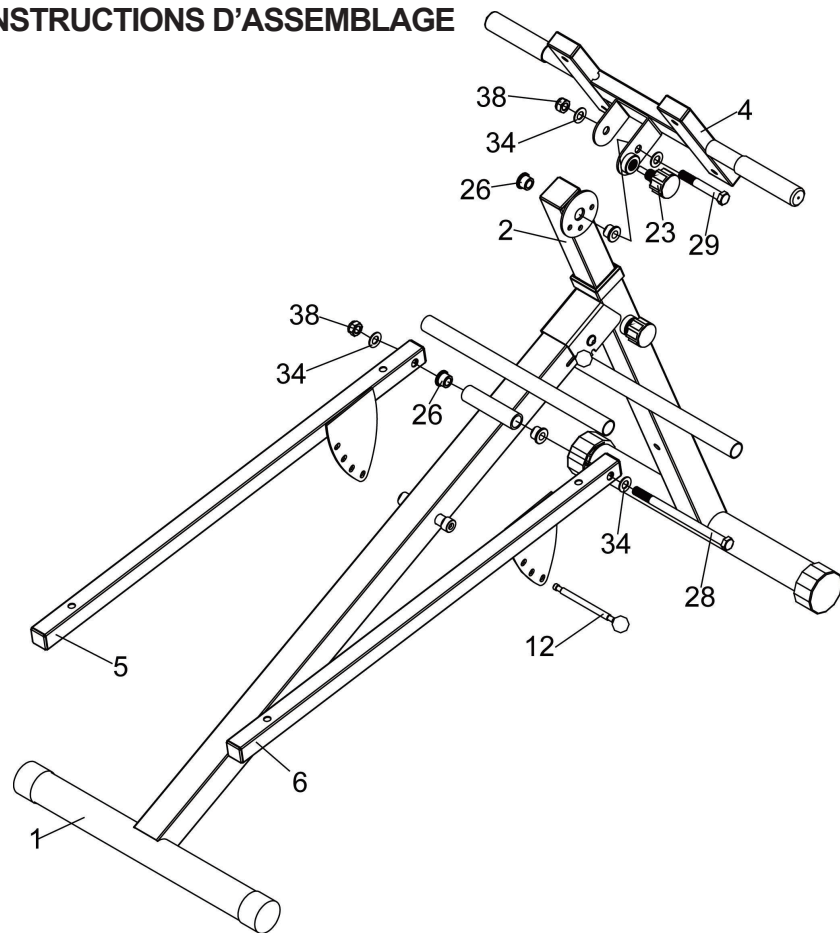


ÉTAPE 1 :

1. Fixez le cadre principal (1) au tube incliné avant (8), à l'aide d'un boulon M8x70mm (31), des deux rondelles M8 (36), d'une rondelle élastique M8 (37) et d'un écrou M8 (27).

2. Insérez le tube ajustable (2) dans le tube incliné avant (8) à l'aide de bouton rapide (23).

INSTRUCTIONS D'ASSEMBLAGE

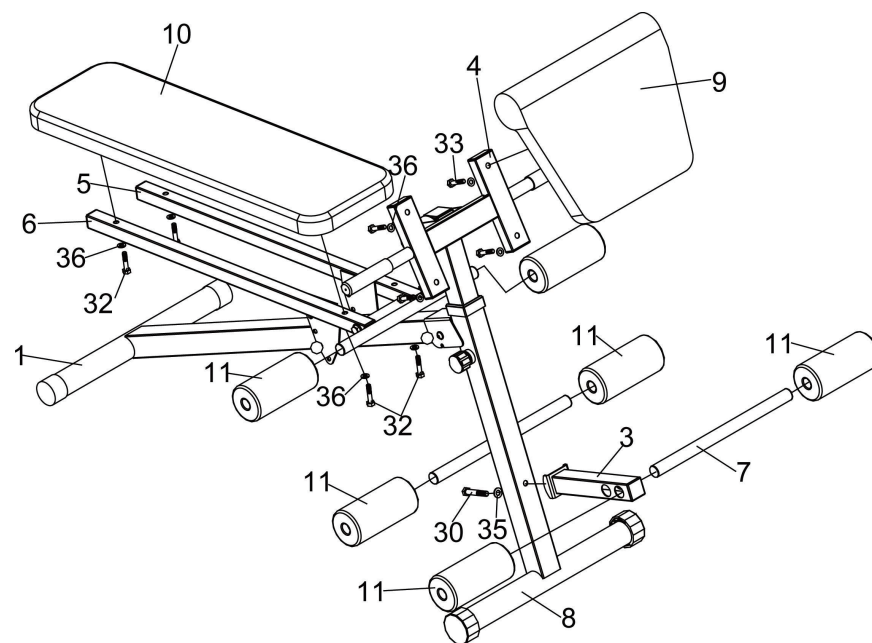


ÉTAPE 2 :

1. Fixez le cadre de support du dossier (gauche) (5) et le cadre de support du dossier (droit) (6) au cadre principal (1), à l'aide des deux bagues à huile (26), d'un boulon hexagonal M12x185mm (28), des deux rondelles M12 (34) et d'un écrou en nylon M12 (38).

2. Fixez le cadre du coussin abdominal (4) au tube réglable (2), à l'aide des deux bagues à huile (26), d'un boulon hexagonal M12x85mm (29), des deux rondelles M12 (34), d'un écrou en nylon M12 (38) et d'un bouton rapide (23). Insérez ensuite le bouton rapide (23) dans le trou unique de la plaque en U jusqu'à l'un des trous de la plaque ronde.

INSTRUCTIONS D'ASSEMBLAGE



ÉTAPE 3 :

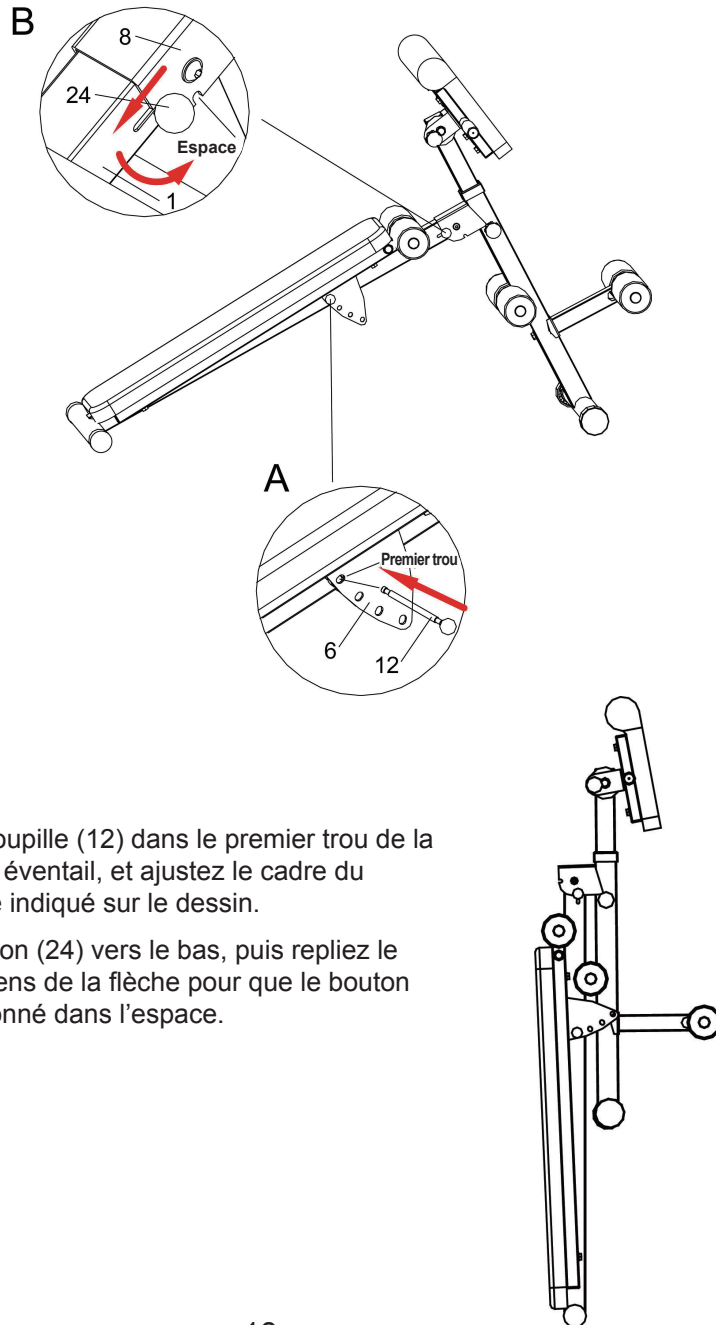
1. Fixez le coussin dorsal (10) au cadre de support du dossier (gauche) (5) et au cadre de support du dossier (droit) (6), à l'aide des quatre boulons hexagonaux M8X45mm (32) et des quatre rondelles M8 (36).

2. Fixez le coussin abdominal (9) au cadre du coussin abdominal (4), à l'aide des quatre boulons hexagonaux M8X40mm (33) et des quatre rondelles M8 (36).

3. Fixez le tube fixe en mousse (3) au tube incliné avant (8), à l'aide d'un boulon hexagonal M10X65mm (30) et d'une rondelle M10 (35).

4. Insérez le tube en mousse (7) dans le tube fixe en mousse (3), puis faites glisser six rouleaux de mousse (11) sur le tube en mousse (7), le tube incliné avant (8) et le cadre principal (1).

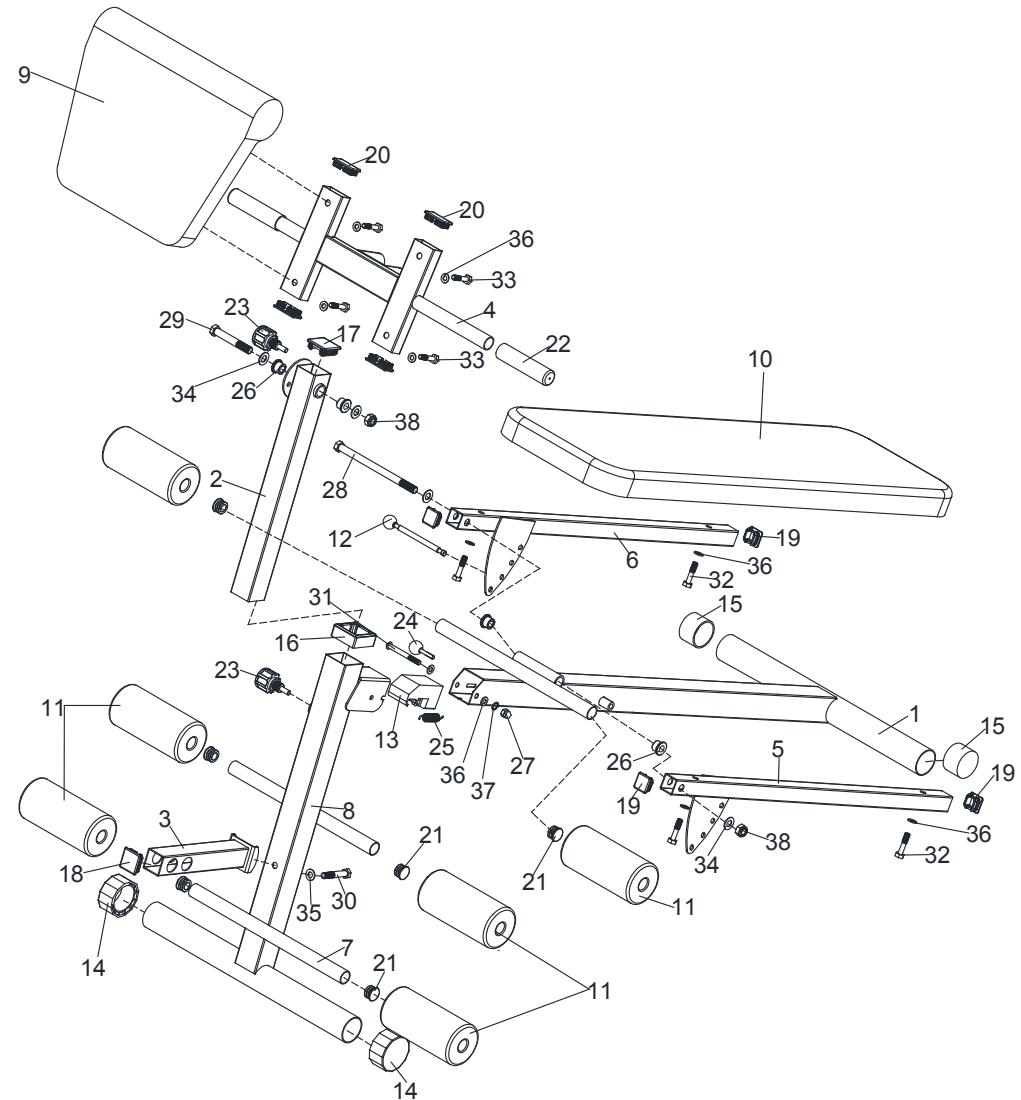
INSTRUCTIONS DE PLIAGE



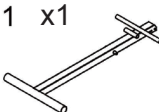
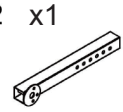
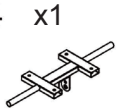
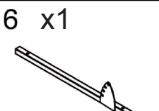
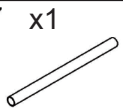
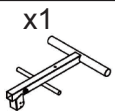
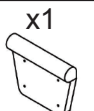
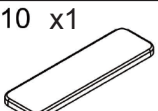
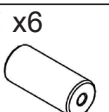
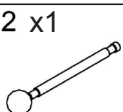
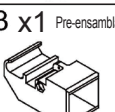
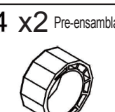
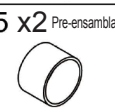
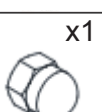
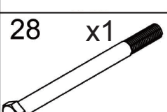
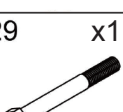
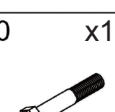
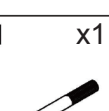
A. Insérez la goupille (12) dans le premier trou de la plaque de type éventail, et ajustez le cadre du dossier comme indiqué sur le dessin.

B. Tirez le bouton (24) vers le bas, puis repliez le banc dans le sens de la flèche pour que le bouton (24) soit positionné dans l'espace.

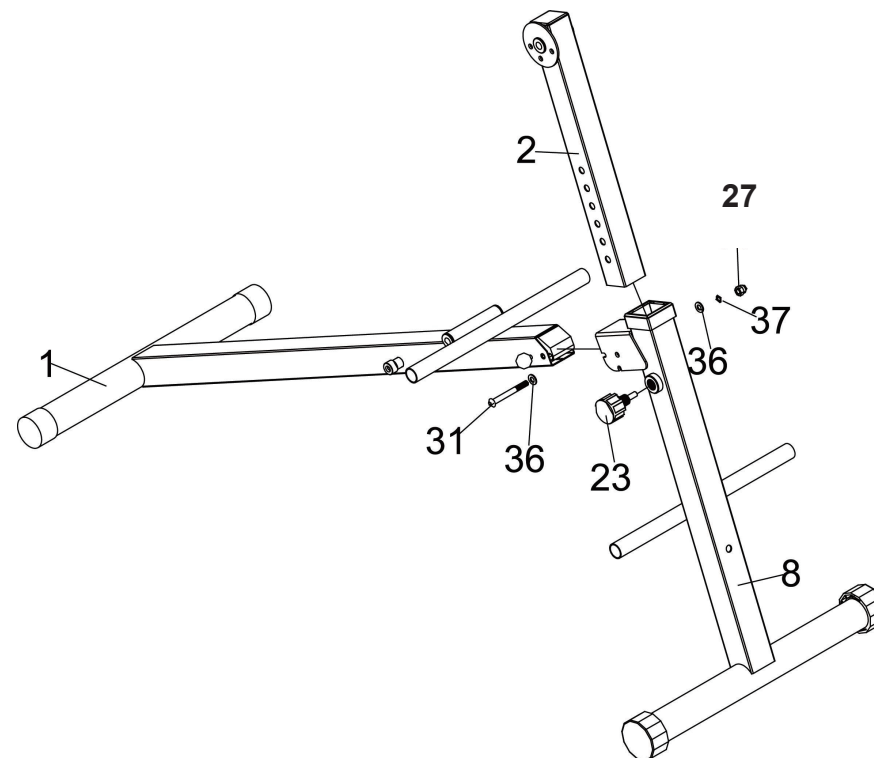
DESSIN ÉCLATÉ



LISTA DE PIEZAS DIBUJO

1 x1  Marco principal	2 x1  Tubo ajustable	3 x1  Tubo Fijo de Espuma	4 x1  Marco de Cojin Abdominal	5 x1  Marco de Soporte del Respaldo (izquierda)
6 x1  Marco de Soporte del Respaldo (derecha)	7 x1  Tubo de Espuma	8 x1  Tubo Inclinado Delantero	9 x1  Cojin Abdominal	10 x1  Cojin de Respaldo
11 x6  Rodillo de Espuma	12 x1  Alfiler	13 x1 Pre-ensamblados  Ajustamiento	14 x2 Pre-ensamblados  Tapa de Extremo de Circulo de Sesgo	15 x2 Pre-ensamblados  Tapa de Circulo
16 Pre-ensamblados x1  Tapón Medio Vacío	17 Pre-ensamblados x1  Tapón Cuadrado de 45 mm	18 Pre-ensamblados x1  Tapón Cuadrado de 38 mm	19 Pre-ensamblados x4  Tapón Cuadrado de 30 mm	20 Pre-ensamblados x4  Tapón Cuadrado de 25*50 mm
21 x6 Pre-ensamblados  Tapón Redondo de 25 mm	22 x2 Pre-ensamblados  Empuñadura	23 x2 Pre-ensamblados  Perilla Rápida	24 Pre-ensamblados x1  Perilla	25 Pre-ensamblados x1  Resorte
26 Pre-ensamblados x4  Casquillo De Aceite	27 x1  Tuerca M8	28 x1  Tornillo de Cabeza Hexagonal M12X185mm	29 x1  Tornillo de Cabeza Hexagonal M12X85mm	30 x1  Tornillo de Cabeza Hexagonal M10X65mm
31 x1  Tornillo M8X70mm	32 x4  Tornillo de Cabeza Hexagonal M8X45mm	33 x4  Tornillo de Cabeza Hexagonal M8X40mm	34 x4  Arandela M12	35 x1  Arandela M10
36 x10  Arandela M8	37 x1  M8 Arandela de Resorte	38 x2  Tuerca de Nylon		

INSTRUCCIONES DE MONTAJE

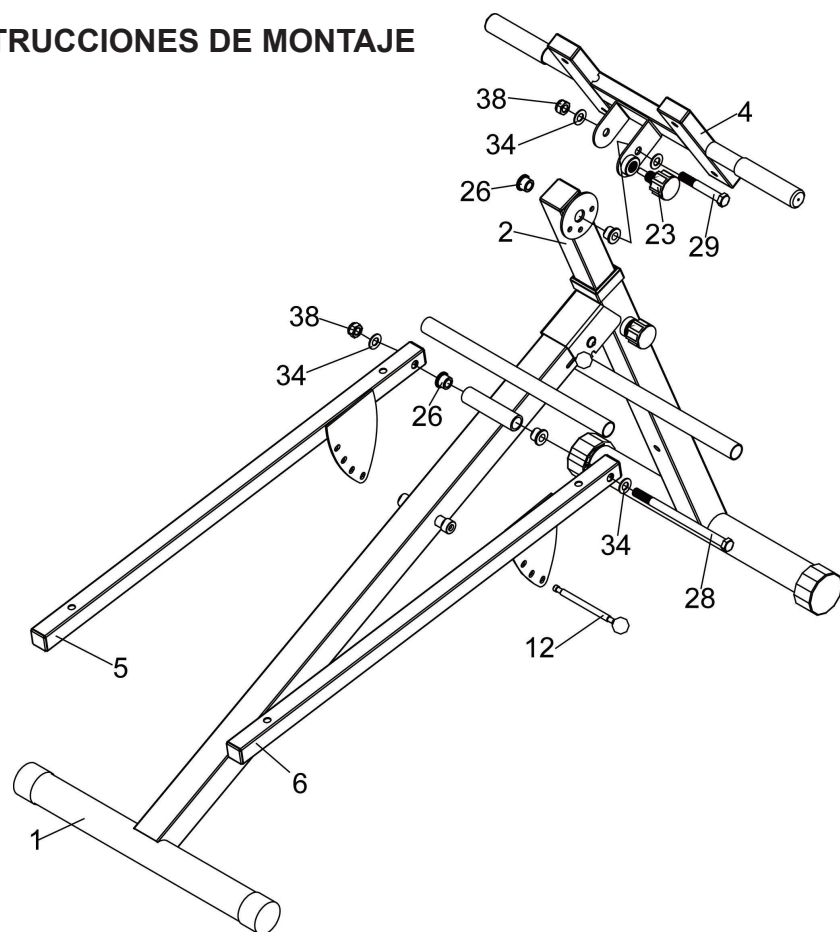


PASO 1:

1. Conecte el Marco Principal (1) al Tubo Inclinado Frontal (8), usando un Perno M8X70mm (31), dos Arandelas M8 (36), una Arandela de Resorte M8 (37) y una Tuerca de Nylon M8 (27).

2. Inserte el Tubo Ajustable (2) en el Tubo Inclinado Frontal (8) usando la Perilla Rápida (23).

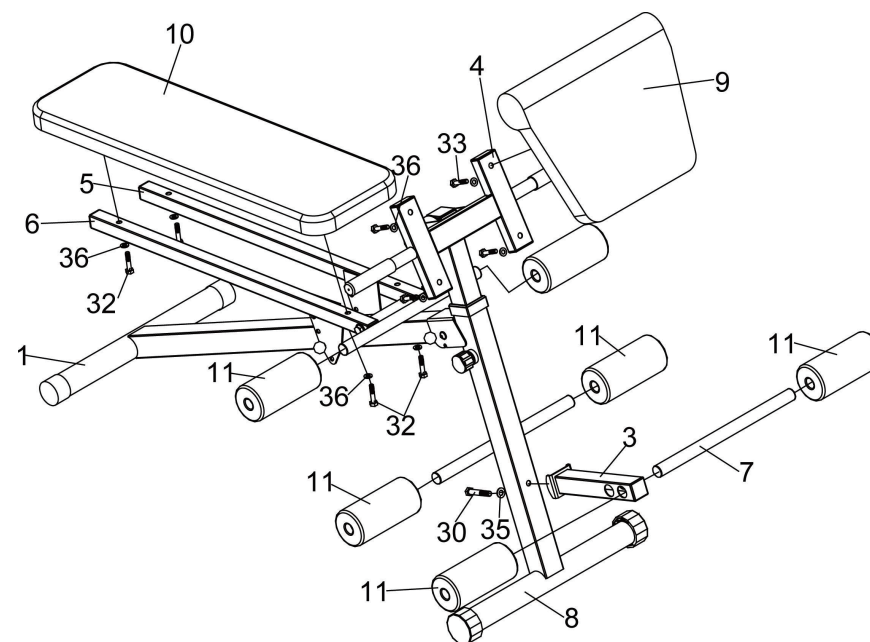
INSTRUCCIONES DE MONTAJE



PASO 2:

1. Conecte el marco de soporte del respaldo (izquierda) (5) y el marco de soporte del respaldo (derecha) (6) al marco principal (1), usando dos bujes de aceite (26), un perno hexagonal M12X185mm (28), dos arandelas M12 (34) y una tuerca de nylon M12 (38).
2. Conecte el marco del cojín abdominal (4) al tubo ajustable (2), usando dos bujes de aceite (26), un perno hexagonal M12X85mm (29), dos arandelas M12 (34), una tuerca de nylon M12 (38) y una perilla rápida (23). Luego inserte la Perilla Rápida (23) a través del orificio único en la Placa tipo U en cualquiera de los orificios en la Placa Redonda.

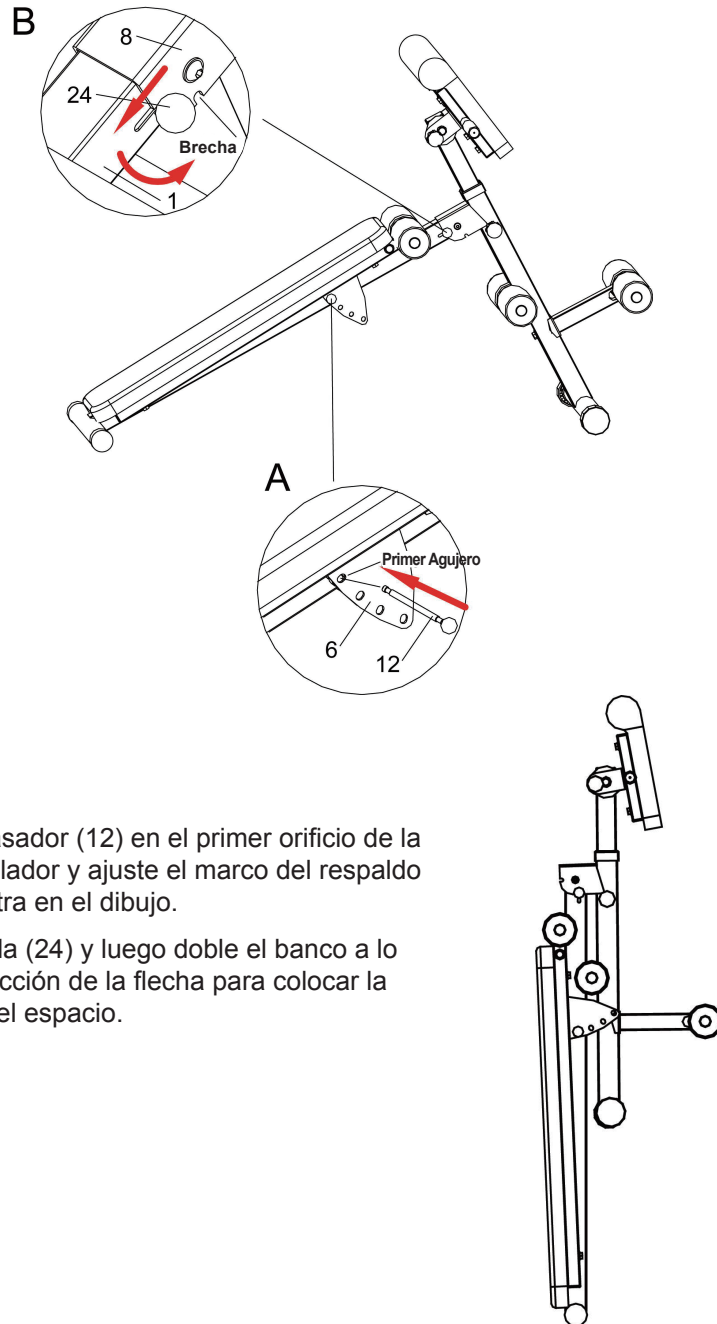
INSTRUCCIONES DE MONTAJE



PASO 3:

1. Conecte el cojín del respaldo (10) al marco de soporte del respaldo (izquierda) (5) y el marco de soporte del respaldo (derecha) (6), utilizando cuatro pernos hexagonales M8X45mm (32) y cuatro arandelas M8 (36).
2. Conecte el cojín abdominal (9) al marco del cojín abdominal (4), utilizando cuatro pernos hexagonales M8X40mm (33) y cuatro arandelas M8 (36).
3. Conecte el tubo fijo de espuma (3) al tubo inclinado delantero (8), usando un perno hexagonal M10X65mm (30) y una arandela M10 (35).
4. Inserte el tubo de espuma (7) en el tubo fijo de espuma (3), luego deslice seis rodillos de espuma (11) en el tubo de espuma (7), el tubo inclinado delantero (8) y el marco principal (1).

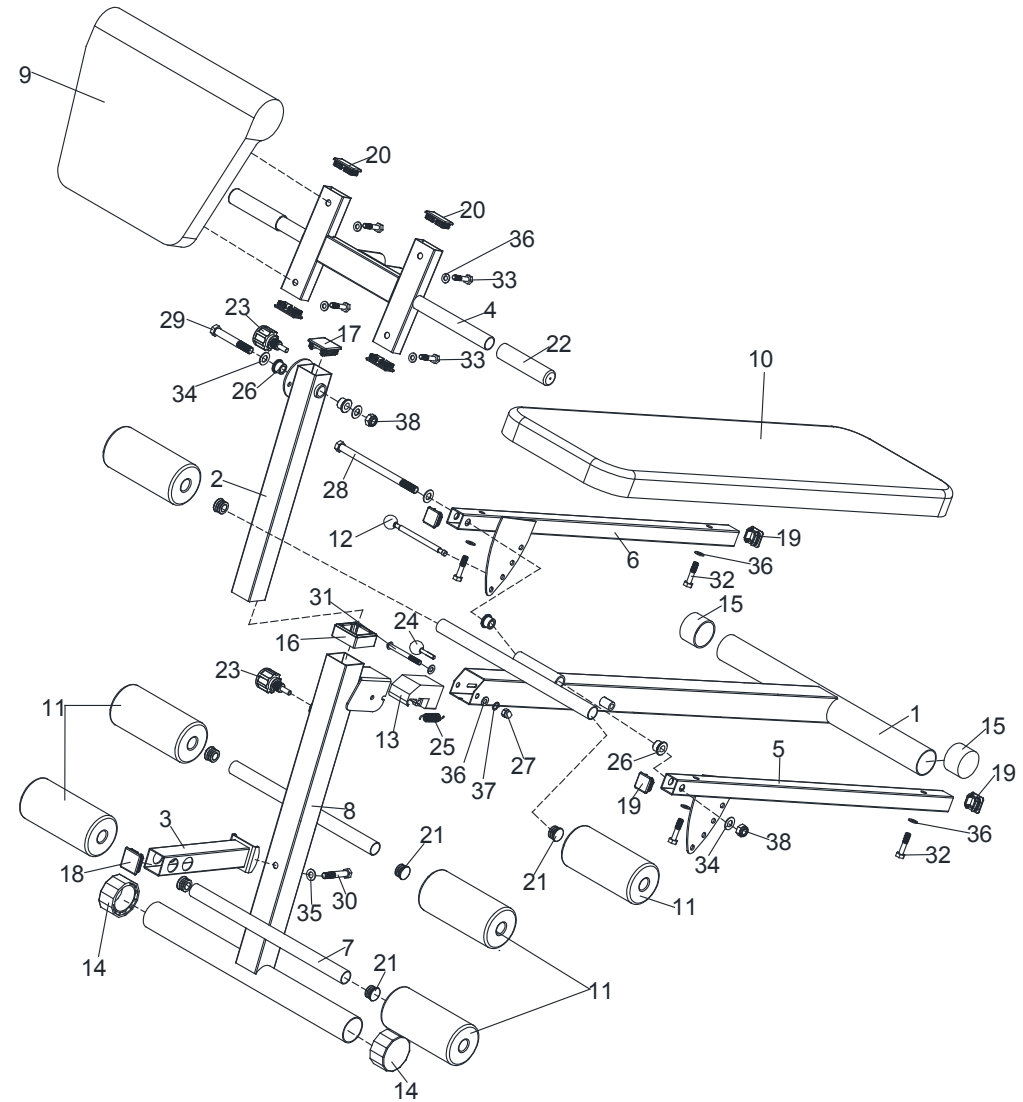
INSTRUCCIONES DE PLEGADO



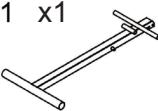
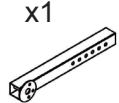
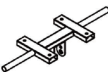
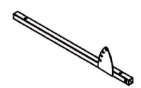
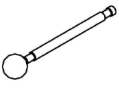
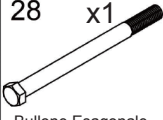
A. Inserte el pasador (12) en el primer orificio de la placa tipo ventilador y ajuste el marco del respaldo como se muestra en el dibujo.

B. Baje la Perilla (24) y luego doble el banco a lo largo de la dirección de la flecha para colocar la Perilla (24) en el espacio.

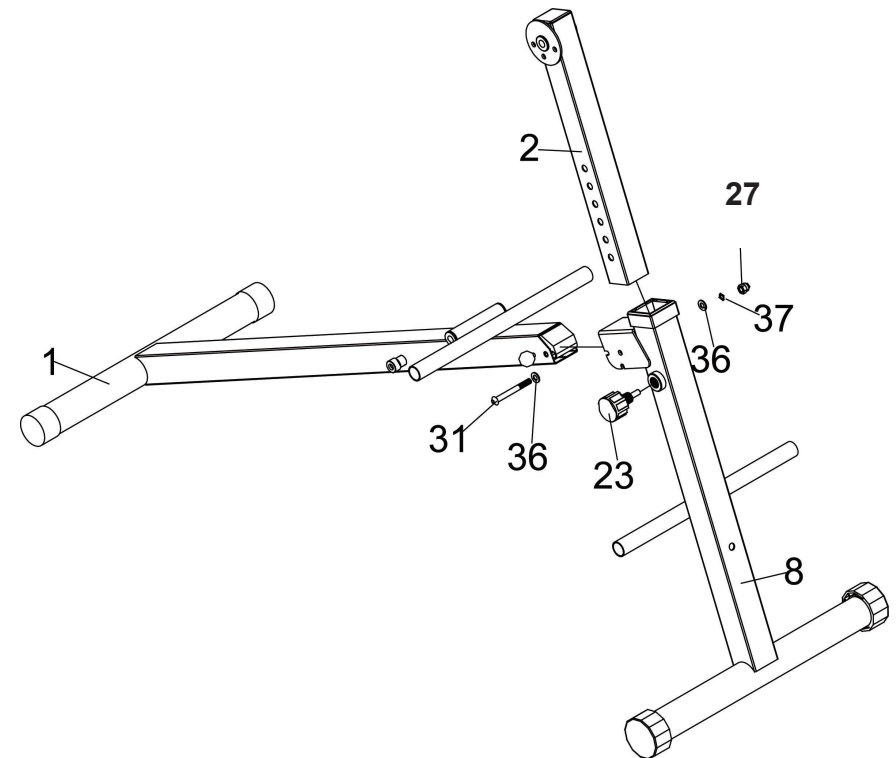
DIBUJO EXPLOTADO



ELENCO DELLE PARTI

1 x1  Telaio Principale	2 x1  Tubo Regolabile	3 x1  Tubo Fisso in Schiuma	4 x1  Struttura del Cuscino Addominale	5 x1  Telaio di Supporto dello Schienale (sinistra)
6 x1  Telaio di Supporto dello Schienale (destra)	7 x1  Tubo di Schiuma	8 x1  Tubo Inclinato Anteriore	9 x1  Cuscino Addominale	10 x1  Cuscino dello Schienale
11 x6  Rullo di Schiuma	12 x1  Perno	13 x1 Preassemblato  Registrazione	14 x2 Preassemblato  Tappo Terminale Diagonale	15 x2 Preassemblato  Tappo Terminale
16 Preassemblato x1  Spina Centrale Vuota	17 Preassemblato x1  45mm Spina Quadrata	18 Preassemblato x1  38mm Spina Quadrata	19 Preassemblato x4  30mm Spina Quadrata	20 Preassemblato x4  25*50mm Spina Quadrata
21 Preassemblato x6  25mm Spina Rotonda	22 Preassemblato x2  Impugnatura	23 Preassemblato x2  Manopola Rapida	24 Preassemblato x1  Manopola	25 Preassemblato x1  Molla
26 Preassemblato x4  Boccola per Olio	27 x1  M8 Dado	28 x1  Bullone Esagonale M12X185mm	29 x1  Bullone Esagonale M12X85mm	30 x1  Bullone Esagonale M10X65mm
31 x1  Bullone M8X70mm	32 x4  Bullone Esagonale M8X45mm	33 x4  Bullone Esagonale M8X40mm	34 x4  M12 Rondella	35 x1  M10 Rondella
36 x10  M8 Rondella	37 x1  M8 Rondella Elastica	38 x2  M12 Dado in nylon		

ISTRUZIONI DI ASSEMBLAGGIO

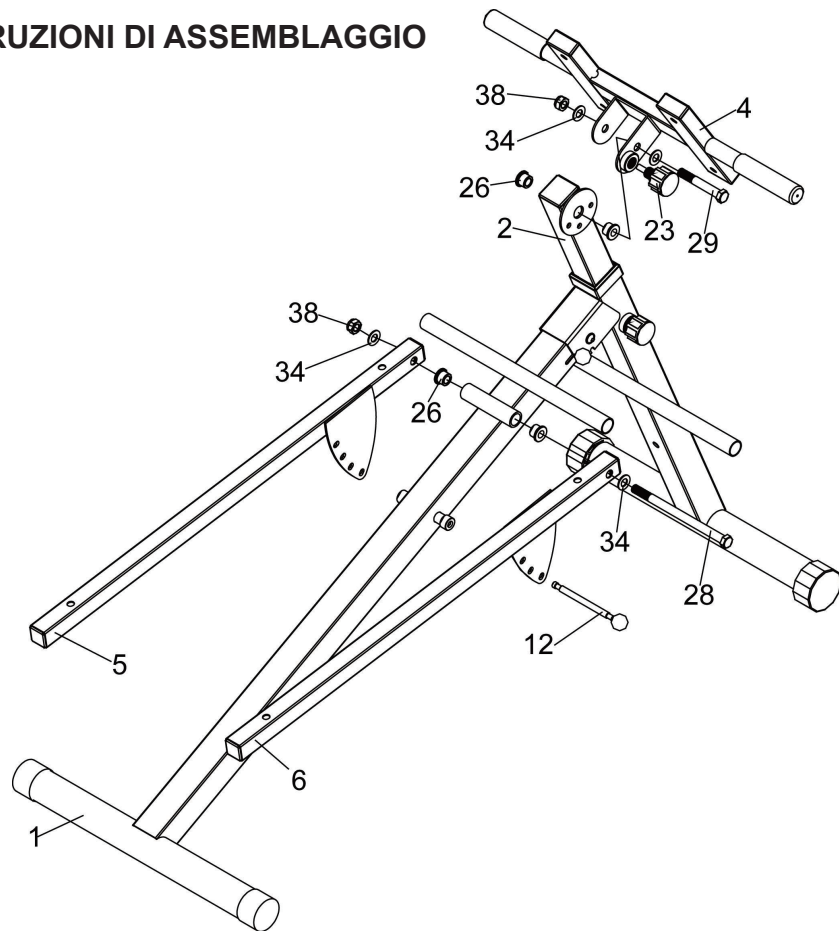


PASSO 1:

1. Collegare il telaio principale (1) al tubo inclinato anteriore (8), usando un bullone M8X70mm (31), due rondelle M8 (36), una rondella elastica M8 (37) e un dado in nylon M8 (27).

2. Inserire il tubo regolabile (2) nel tubo inclinato anteriore (8) usando la manopola rapida (23).

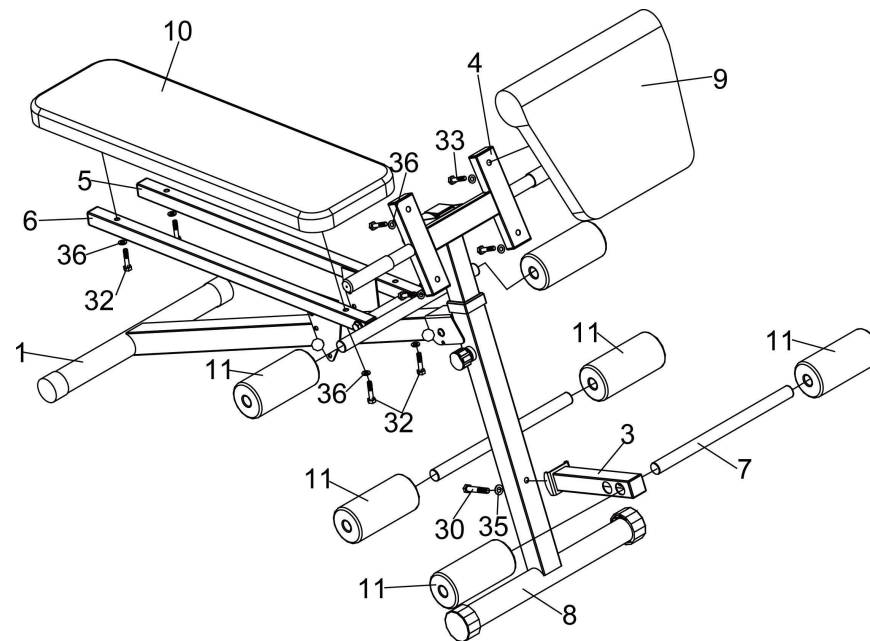
ISTRUZIONI DI ASSEMBLAGGIO



PASSO 2:

1. Fissare il telaio di supporto dello schienale (a sinistra) (5) e il telaio di supporto dello schienale (a destra) (6) al telaio principale (1), utilizzando due boccole per olio (26), un bullone esagonale M12X185mm (28), due rondelle M12 (34) e un dado in nylon M12 (38).
2. Collegare il telaio del cuscino addominale (4) al tubo regolabile (2), utilizzando due boccole per olio (26), un bullone esagonale M12X85mm (29), due rondelle M12 (34), un dado in nylon M12 (38) e una manopola rapida (23). Quindi inserire la manopola rapida (23) attraverso il singolo foro sulla piastra a U in uno dei fori sulla piastra rotonda.

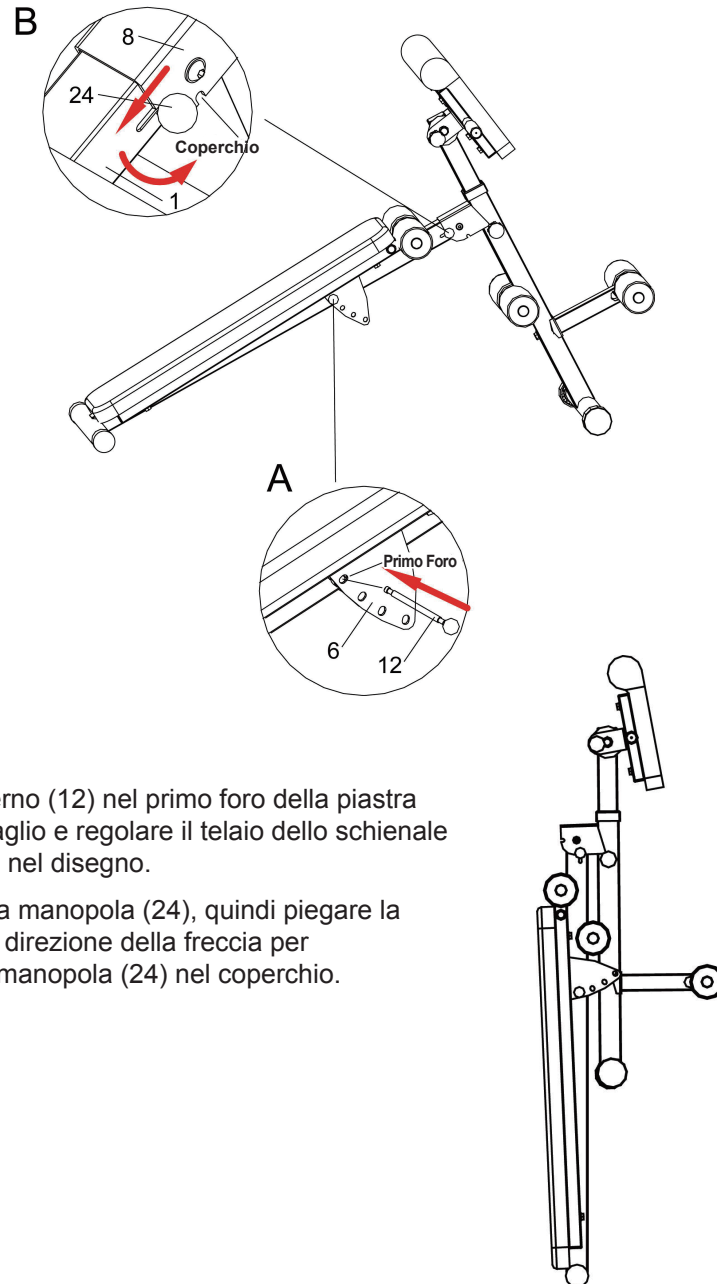
ISTRUZIONI DI ASSEMBLAGGIO



PASSO 3:

1. Fissare il cuscino posteriore (10) al telaio di supporto dello schienale (a sinistra) (5) e al telaio di supporto dello schienale (a destra) (6), usando quattro bulloni esagonali M8X45mm (32) e quattro rondelle M8 (36).
2. Attaccare il cuscino addominale (9) al telaio del cuscino addominale (4), usando quattro bulloni esagonali M8X40mm (33) e quattro rondelle M8 (36).
3. Collegare il tubo fisso in schiuma (3) al tubo inclinato anteriore (8), usando un bullone esagonale M10X65mm (30) e una rondella M10 (35).
4. Inserire il tubo di schiuma (7) nel tubo fisso di schiuma (3), quindi far scorrere sei rulli di schiuma (11) sul tubo di schiuma (7), sul tubo inclinato anteriore (8) e sul telaio principale (1).

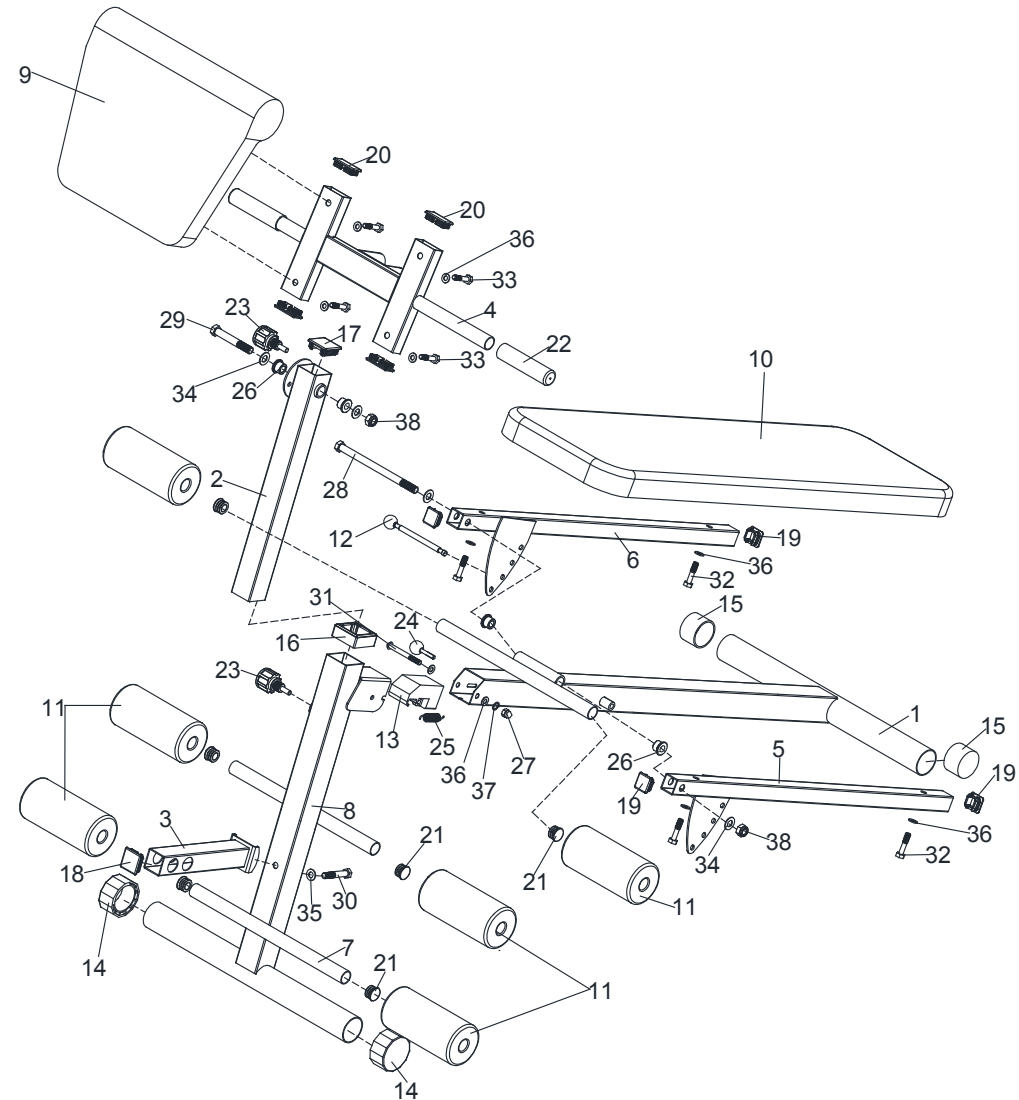
ISTRUZIONI PIEGHEVOLI



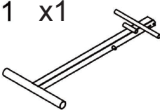
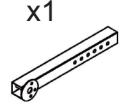
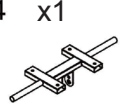
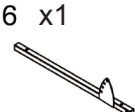
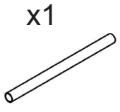
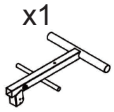
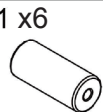
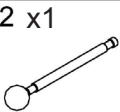
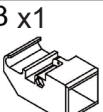
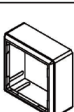
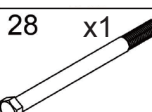
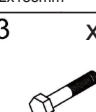
A. Inserire il perno (12) nel primo foro della piastra del tipo a ventaglio e regolare il telaio dello schienale come mostrato nel disegno.

B. Abbassare la manopola (24), quindi piegare la panca lungo la direzione della freccia per posizionare la manopola (24) nel coperchio.

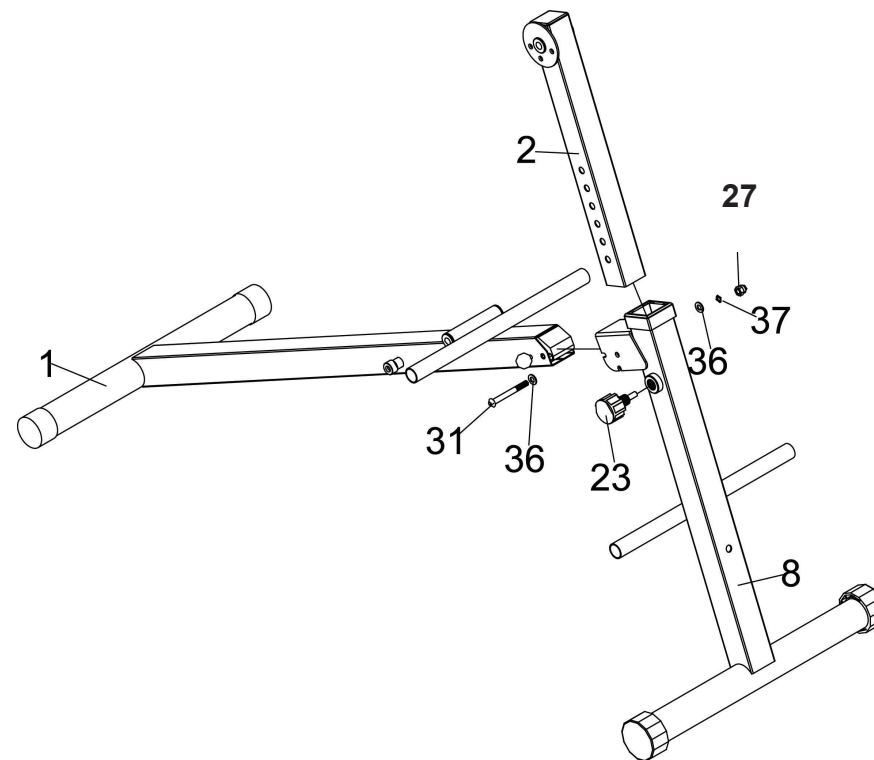
DISEGNO ESPLOSO



LISTA CZĘŚCI

1 x1  Rama główna	2 x1  Regulowana rurk	3 x1  Stała rura piankowa	4 x1  Rama poduszki brzusznej	5 x1  Tylna rama nośna (po lewej)
6 x1  Tylna rama nośna (prawa)	7 x1  Rurka piankowa	8 x1  Pochylona rura przednia	9 x1  Poduszka brzuszna	10 x1  Poduszka tylna
11 x6  Walec piankowy	12 x1  Pin	13 x1  Regulator	14 x2  Zaślepka koła odchylenia	15 x2  Okrągła zaślepka
16 x1  Pokrywa próżniowa	17 x1  Kwadratowa osłona 45 mm	18 x1  Kwadratowa pokrywa 38 mm	19 x4  Kwadratowa osłona 30 mm	20 x4  Kwadratowa pokrywa 25x50 mm
21 x6  Okrągła pokrywa 25 mm	22 x2  Uchwyt	23 x2  Przycisk szybkiego dostępu	24 x1  Przycisk	25 x1  Sprężyna
26 x4  Pierścień olejowy	27 x1  Nakrętka M8	28 x1  Śruba z łbem sześciokątnym M12x185mm	29 x1  Sześciokątna śruba M12x85mm	30 x1  Śruba sześciokątna M10x65mm
31 x1  Śruba M8x70mm	32 x4  Śruba sześciokątna M8x45 mm	33 x4  Śruba z łbem sześciokątnym M8x40mm	34 x4  Podkładka M12	35 x1  Podkładka M10
36 x10  Podkładka M8	37 x1  M8 Podkładka sprężysta	38 x2  M12 Nakrętka nylonowa		

INSTRUKCJA MONTAŻU

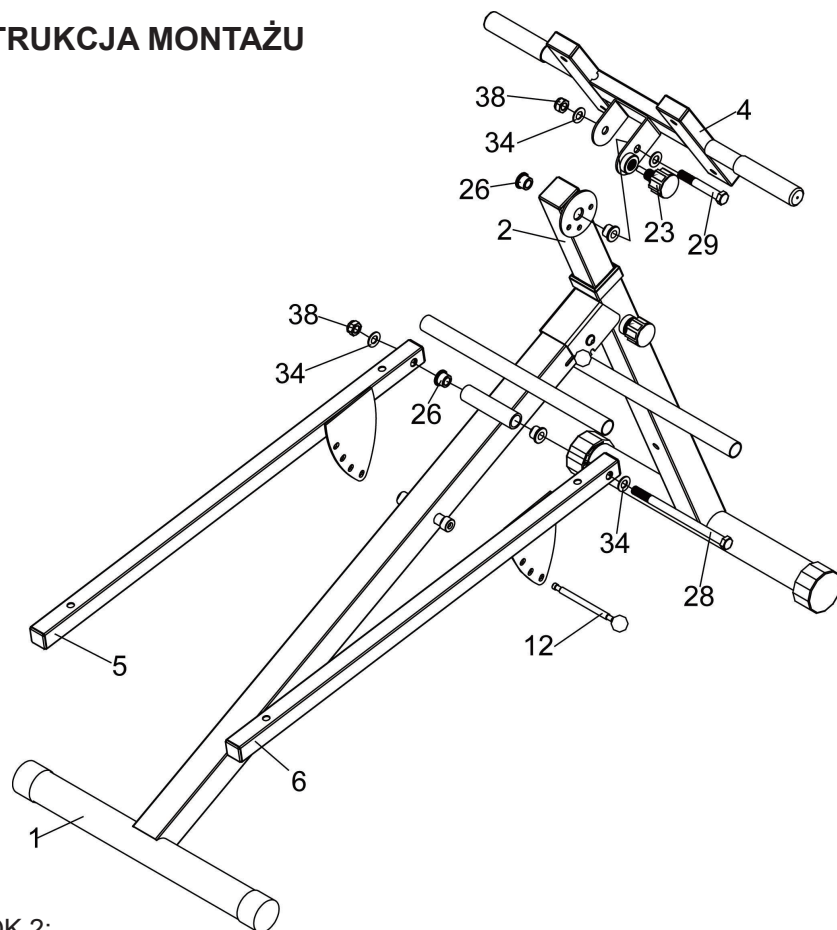


KROK 1 :

1. Przymocuj ramę główną (1) do pochylonej z przodu rury (8) za pomocą śruby M8x70mm (31), dwóch podkładek M8 (36), jednej podkładki sprężystej M8 (37) i jednej nakrętki M8 (27).

2. Za pomocą przycisku szybkiego zwalniania (23) wsuń regulowaną rurkę (2) w przednią nachyloną rurkę (8).

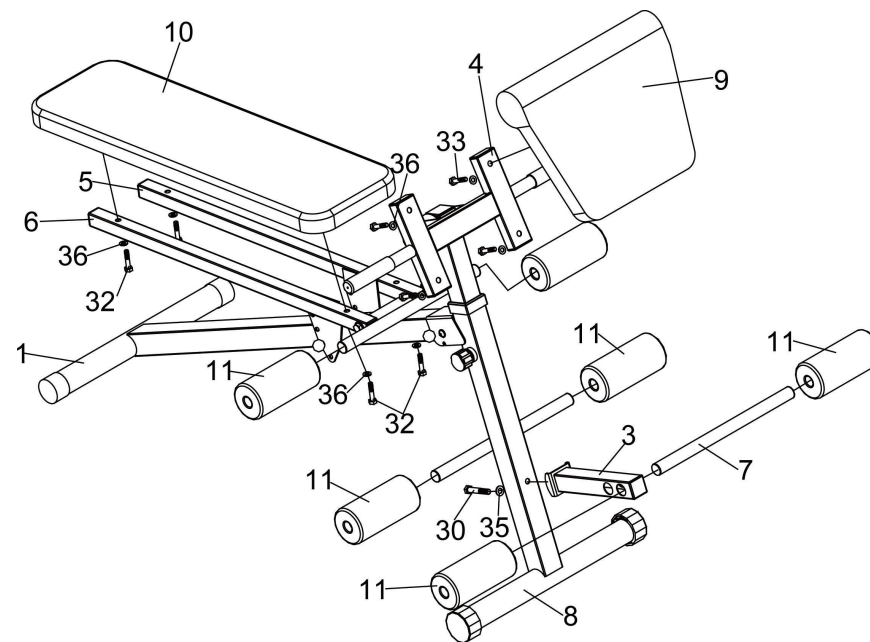
INSTRUKCJA MONTAŻU



KROK 2:

1. Przymocuj ramę nośną oparcia (po lewej) (5) i ramę nośną oparcia (po prawej) (6) do ramy głównej (1), używając dwóch pierścieni olejowych (26), jednej śruby M12x185mm sześciokątnej (28), dwóch podkładek M12 (34) i jednej nakrętki nylonowej M12 (38).
2. Przymocuj ramę poduszki brzusznej (4) do rurki regulacyjnej (2), używając dwóch pierścieni olejowych (26), jednej śruby sześciokątnej M12x85mm (29), dwóch podkładek M12 (34), jednej nakrętki nylonowej M12 (38) i przycisku szybkiego zwalniania (23). Następnie należy włożyć przycisk szybkiego dostępu (23) przez pojedynczy otwór w płycie U do jednego z otworów w płycie okrągłej.

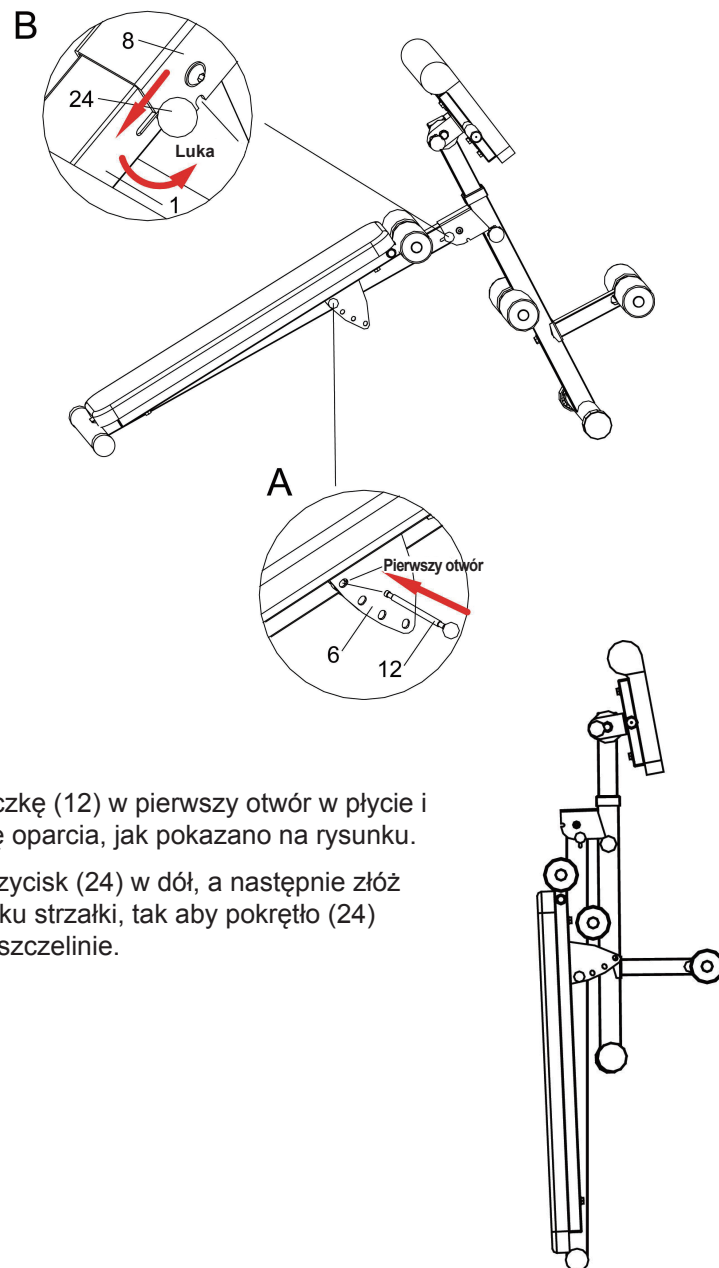
INSTRUKCJA MONTAŻU



KROK 3 :

1. Przymocuj panel tylny (10) do tylnej ramy nośnej (lewej) (5) i tylnej ramy nośnej (prawej) (6) za pomocą czterech śrub sześciokątnych M8X45mm (32) i czterech podkładek M8 (36).
2. Przymocuj poduszkę brzuszną (9) do ramy poduszki brzusznej (4) za pomocą czterech sześciokątnych śrub M8X40mm (33) i czterech podkładek M8 (36).
3. Przymocuj stałą rurkę piankową (3) do przedniej rurki nachylonej (8), używając jednej śruby sześciokątnej M10X65mm (30) i jednej podkładki M10 (35).
4. Wsuń rurę piankową (7) do stałej rury piankowej (3), a następnie wsuń sześć rolek piankowych (11) na rurę piankową (7), pochyłoną do przodu rurę (8) i ramę główną (1).

INSTRUKCJE SKŁADANIA



A. Włóż zawleczkę (12) w pierwszy otwór w płycie i wyreguluj ramę oparcia, jak pokazano na rysunku.

B. Pociągnij przycisk (24) w dół, a następnie złóż ławkę w kierunku strzałki, tak aby pokrętko (24) znalazło się w szczelinie.

RYСУNEK ПОГЛЯДОВЫ

