



hattrick-pro

CTS-05



5 Station Multi Gym

User Manual

English

IMPORTANT DECLARATION:

First we are highly appreciated that you buy.

For your health and safe, before you exercise please consult from your doctor and define a appreciated exercise burden for yourself. Before using this equipment read carefully all related instructions and notice. In this way you gain more happiness during exercise. When you begin to use, our company think you have read use manual already.

After you buy this equipment, please fill carefully 'post-sale service warranty card' and keep it, meanwhile, post return receipt (stub) back to our company so that we provide better service for you.

This manual is the first edition 2011 of series products. The content of manual will change along with promotion of products, and we will not inform you.

All notice and instruction are in order to keep yoafe and use this equipment correctly. If not obeying the suggestion, take the consequence yourself.

After reading, the user must keep this manual in the place you can see it at anytime.

WARNING

1. This training equipment is only intended for use in training areas of organizations such as sport associations, educational establishments, 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 the load and equipment further (e.g. seat adjustment) before using.
7. Please check if the bolt and handrail are out of work before you start 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 personnel 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 this equipment.
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.

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 DietEat 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 drink 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.

REGULAR MAINTENANCE

1. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points;
2. Pay special attention to components most susceptible to wear.
3. Replace defective components immediately and /or keep t he equipment out of use until repair;
4. This equipment should carry on regular maintenance according to the following chart:

MAINTENANCE	EVERYDAY	EVERY WEEK	THREE MONTHS
Check: connecting, bolt, Weight stack bolt	√		
Clearance: cushion and cover	√		
Lubrication: place of sliding			√
Check: bolt if tighten		√	
Lubrication: Bracket of bearing			√

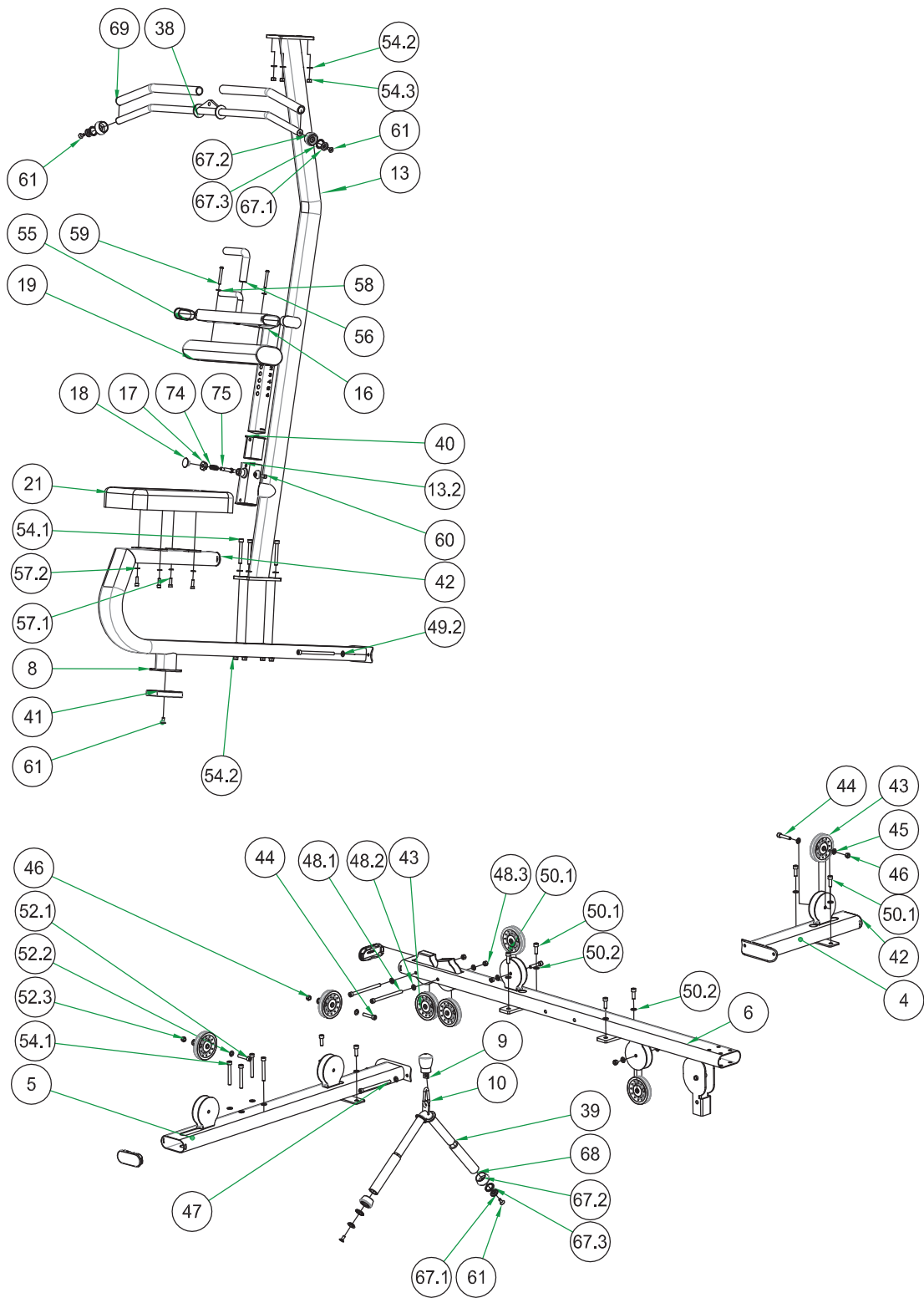
INSTALL SKETCH MAP

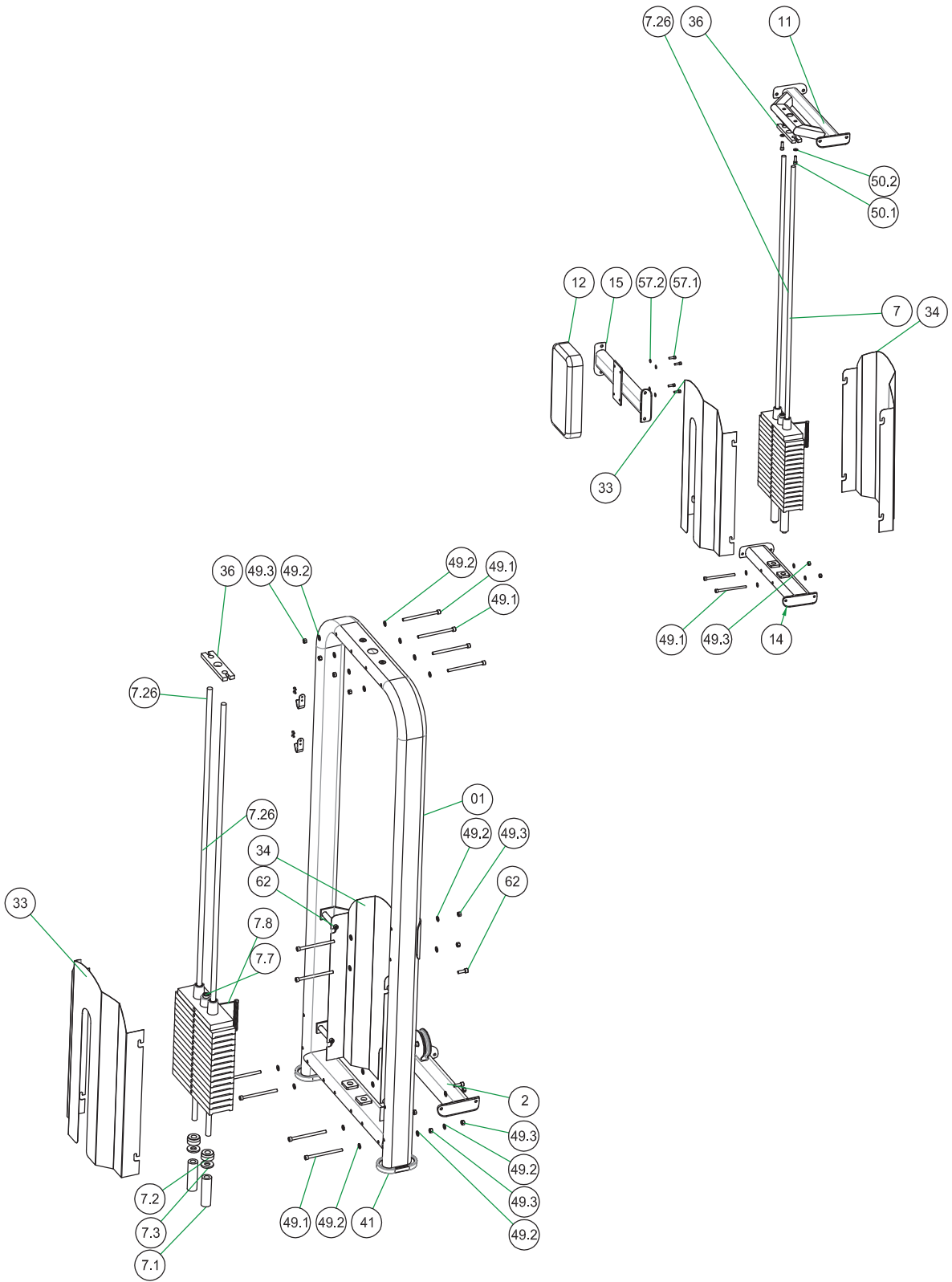
Let assembly become easier

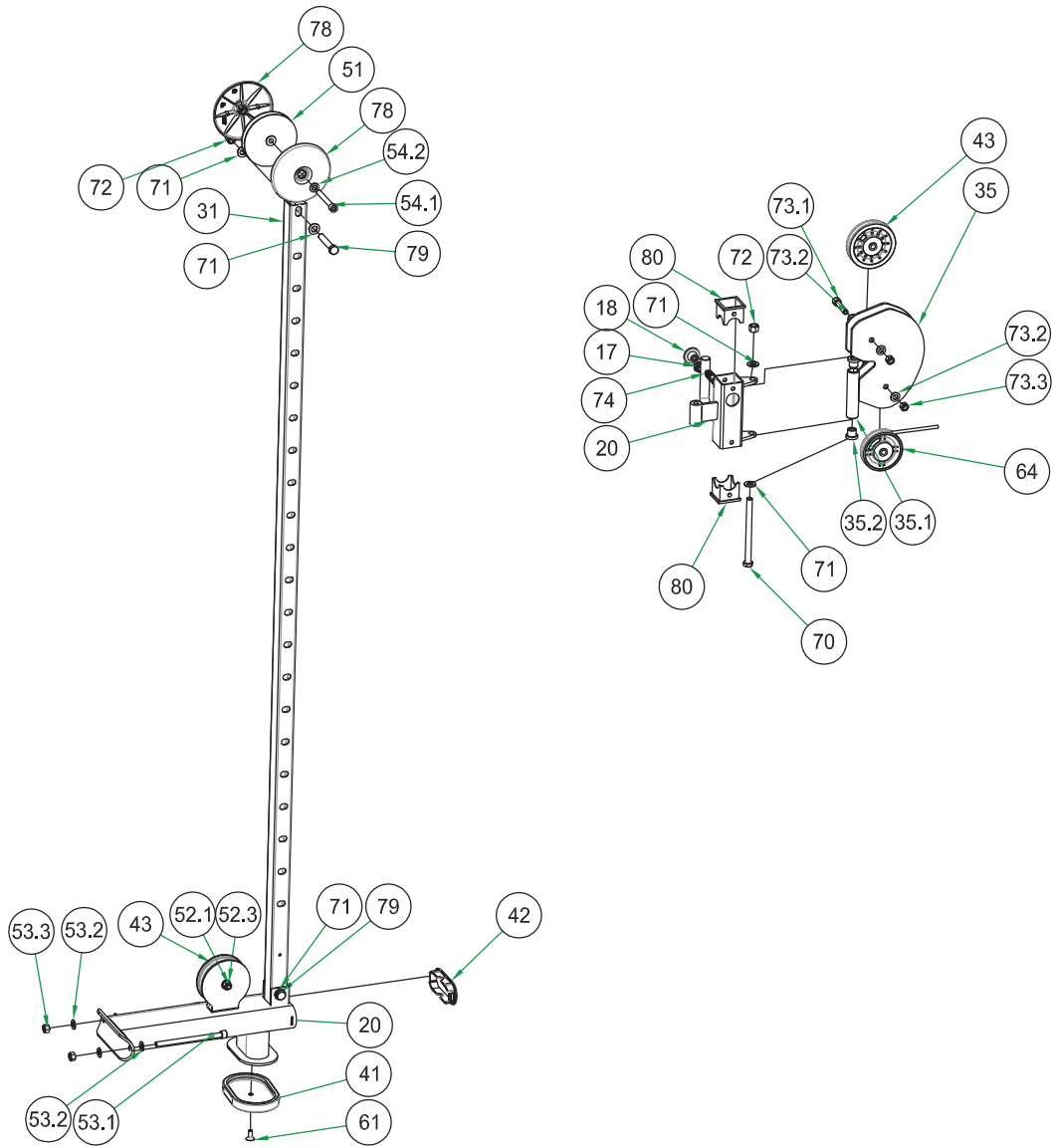
All the content of user's manual is to assured the strength training machine can be installed more easily

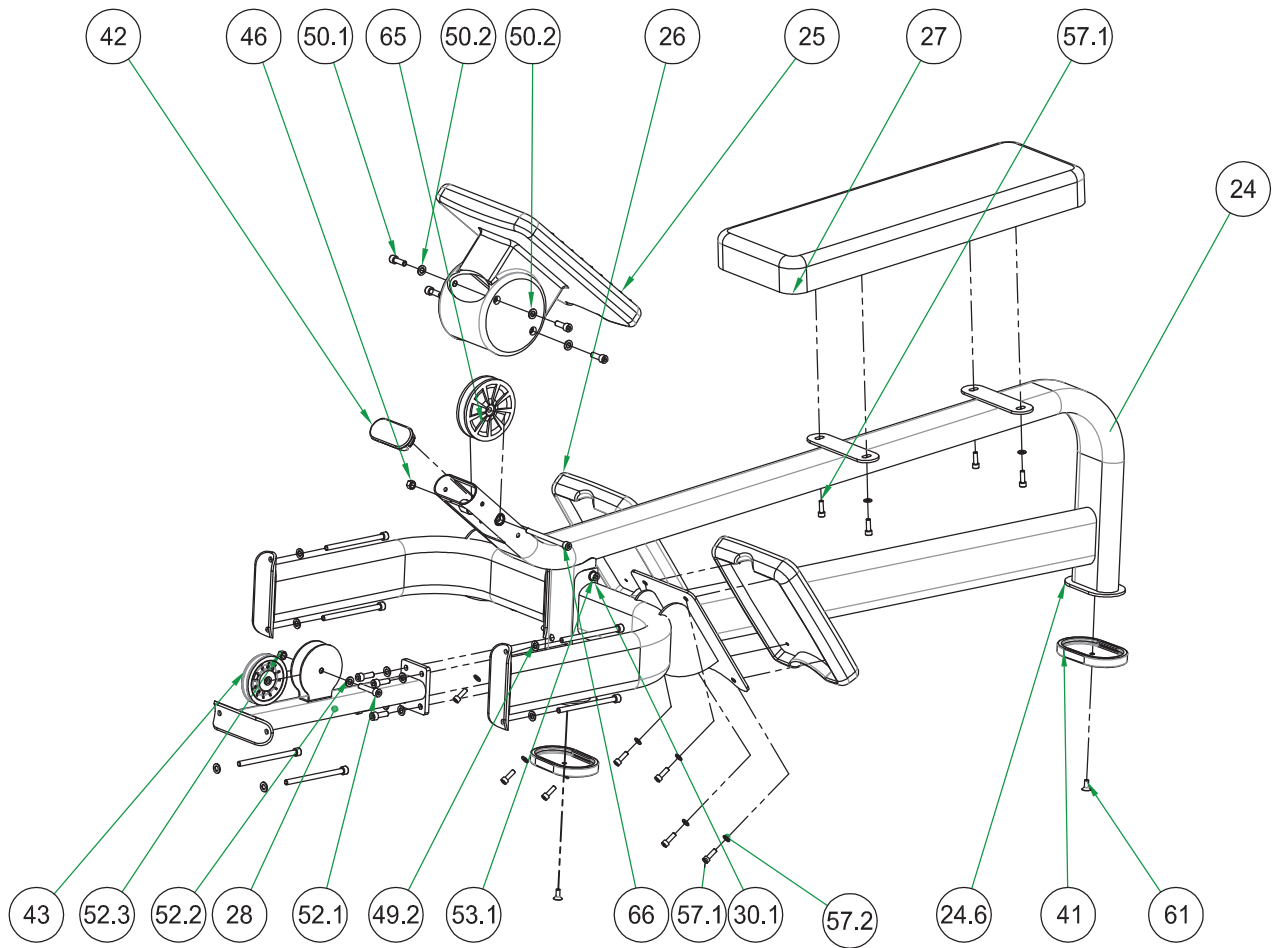
Reading the details and instructions before installing:

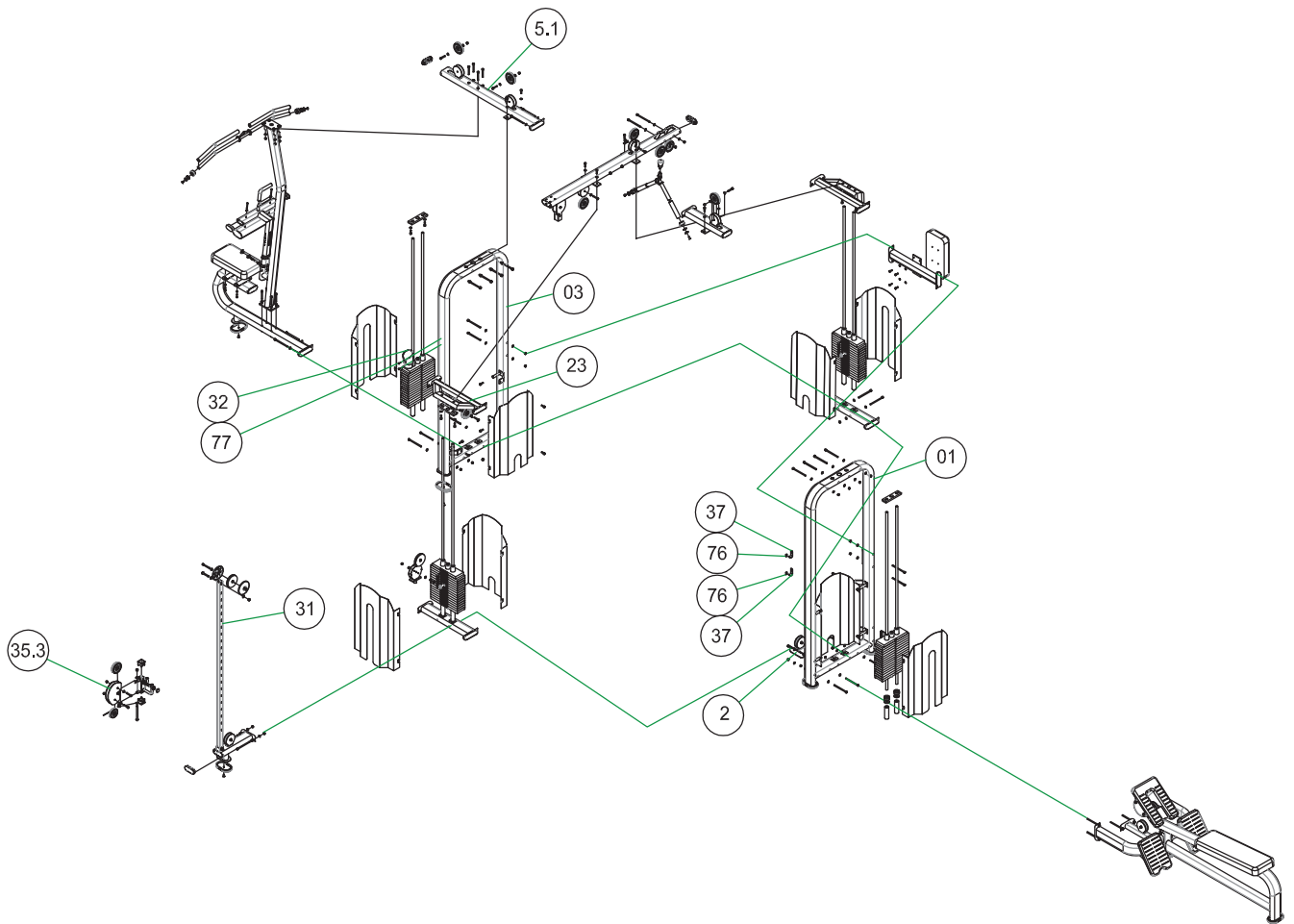
1. Because the size and weight of equipment is so large, Please choose the installed place near the desired station and assured there is enough space to exercise
2. All parts can be put on the clear area, then backout the wrapper. And the wrapper can't be through away before installation finished.
3. 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 tow men
6. Identify all parts by part identify chart



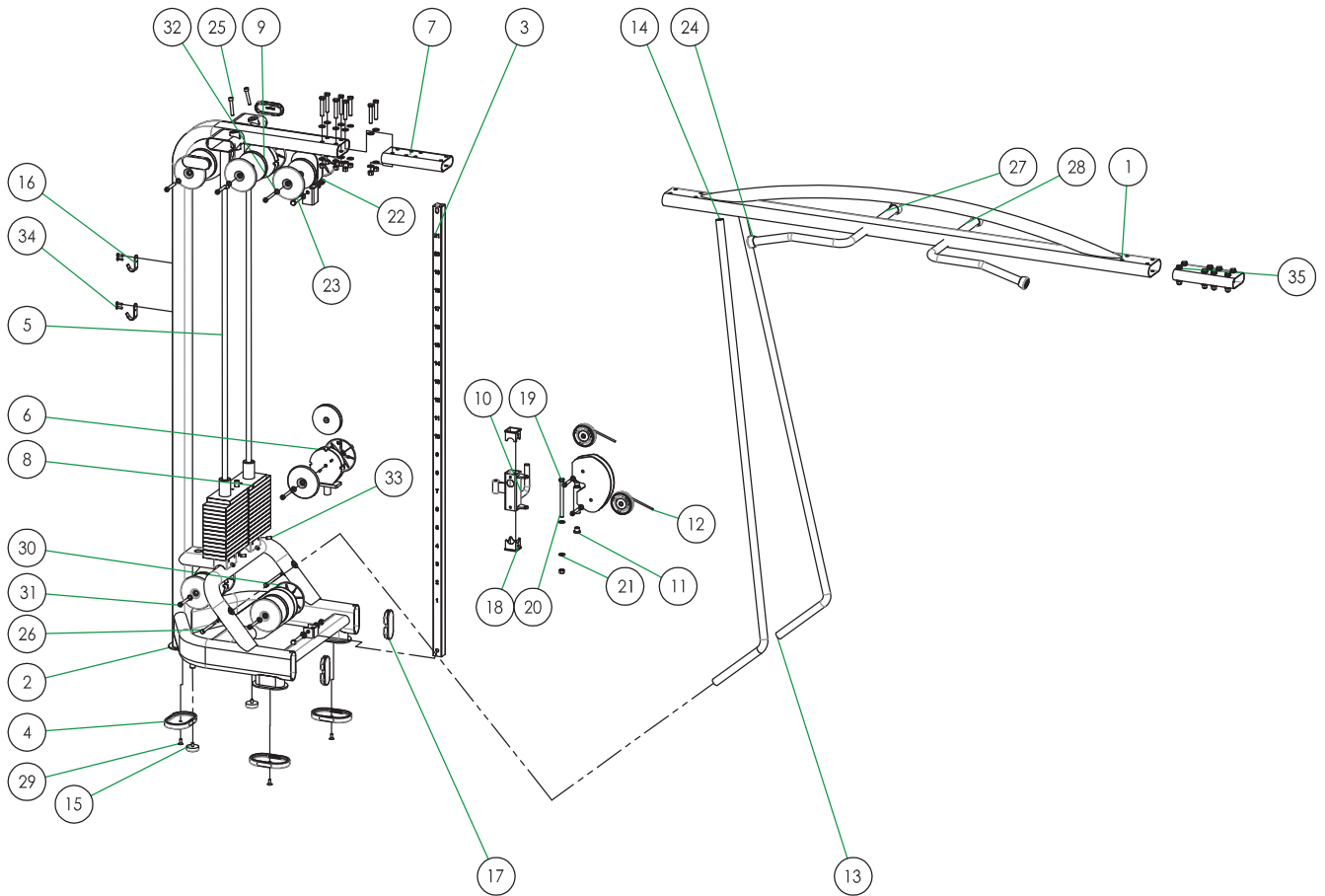








Cable crossover



NO.	N A M E	QUANTITY
1	beam transom	1
2	Main frame	1
3	adjutage	1
4	tail margin	3
5	optic axis	1
6	Movable pulley wheel casing	1
7	insert-pipe	3
8	Balance weight	1
9	∅120Pulley	6
10	Slide	1
11	nylon plastic	1
12	∅90Pulley	2
13	handrail	1
14	handrail group	1
15	cushion blocking	2
16	link up with	2
17	pipe close	4

NO.	N A M E	QUANTITY
18	reducer union	2
19	Hexagon socket cap screwsM10x50	2
20	outer hexgon boltM12x150	1
21	Flat gasket12x2.5	6
22	Hex nutM12	3
23	hexagonM12x70	2
24	group of handles	4
25	Cylindrical head screwM10x60	2
26	Cylindrical head screwM10x80	2
27	drivepipe	1
28	drivepipe2	1
29	socket cap screwM8x20	7
30	The pulley boxes	12
31	Cylindrical head screwM10x70	5
32	Cylindrical head screwM10x80	1
33	Hexagon socket set screw with flat point M10x20	4
34	cross recess pan head screwM6x20	4
35	outer hexgon boltM12x70	16

NO.	N A M E	QUANTITY
1	836-0100 Doorframe	1
2	836-1700 link group	1
3	836-0200 Doorframe	1
4	836-0500 Upper link group	1
5	836-0400 Upper link group	1
6	836-0300 Upper link group	1
7	Balance weight	4
7.1		2
7.2	cushion blocking	2
7.3		2
7.4		1
7.5	Balance weight	15
7.6		2
7.7		1
7.8	latch	1
7.9		30
7.26	836-2100 Optical axis	2
8	Main frame	1
9	Lock the thread	1
10	The insurance hook	1
11	836-0600 Upper link group	1
12	back cushion	1
13	836-1600 Group of Upright	1
14	836-0800 link group	2
15	836-1800	1
16	836-1500 Group of adjustment	1
17	Pull Pin Head	2
18	Pull Pin Head	2
19	Cushion for knees	1
20	836-1000 Group of support	1
21	cushion	1
22	823-0900 Group of adjustment	1
23	836-0700 Upper link group	1
24	Main frame	1
25	Pedal group	1
26	Pedal group	2
27	cushion	1
28	link group	1
30	836-1300 Pedal group	1
31	823-0500 adjutage	1
32	water bottle cage	1
33	836-1900 Former guard	4

NO.	N A M E	QUANTITY
34	836-2000 back shrouds	4
35	823-1000 Movable pulley wheel casing	1
35.2	plastic jacket	2
36	fixed plate	4
37	Link up with	2
38	group of handles	1
39	V group of handles	1
40	reducer union	2
41	tail margin	8
42	pipe close	6
43	Pulley ϕ 105	12
44	Cylindrical head screw M10 \times 50	5
45	Flat gasket 10 \times 2	14
46	Hex nut M10	8
47	Cylindrical head screw M10 \times 150	2
48.1	Cylindrical head screw M10 \times 150	1
48.2	Flat gasket 10 \times 2	2
48.3	Hex nut M10	1
49.1	Cylindrical head screw M10 \times 150	1
49.2	Flat gasket 10 \times 2	2
49.3	Hex nut M10	1
50.1	Cylindrical head screw M10 \times 30	1
50.2	Flat gasket 10 \times 2	1
51	ϕ 120 Pulley	2
52.1	Cylindrical head screw M10 \times 50	1
52.2	Flat gasket 10 \times 2	2
52.3	Hex nut M10	1
53.1	Cylindrical head screw M10 \times 50	1
53.2	Flat gasket 10 \times 2	2
53.3	Hex nut M10	1
54.1	Cylindrical head screw M10 \times 50	1
54.2	Flat gasket 10 \times 2	2
54.3	Hex nut M10	1
55	pipe close	3
56	Blindgut	1
57.1	Cylindrical head screw M8 \times 25	1
57.2	Flat gasket 8 \times 1.6	1
58	Flat gasket 8 \times 1.6	2
59	Hexagon socket button head screws M8 \times 60	2
60	Cylindrical head screw M8 \times 25	1
61	socket cap screw M8 \times 20	12

NO.	N A M E	QUANTITY
62	Cylindrical head screw M10×30	16
63	823-0700Movable pulley wheel casing	1
64	Pulley φ90	1
65	Pulley φ130	1
66	Cylindrical head screw M10×120	1
67	group of handles	4
67.1	group of handles	1
67.2	group of handles	1
67.3	group of handles	1
68	drivepipe	2
69	drivepipe	2
70	outer hexgon boltM12×150	1
71	Flat gasket 12×2. 5	6
72	Hex nutM12	3
73.1	Cylindrical head screw M10×50	1
73.2	Flat gasket 10×2	2
73.3	Hex nutM10	1
74	spring	2
75	BOLT	2
76	Cross recess pan head screwM5×10	4
77	Cross recess pan head screwM6×20	2
78	The pulley boxes	2
79	outer hexgon boltM12×70	2
80	reducer union	2



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CTS-05 5 STATION MULTI GYM

**THANK YOU FOR PREFERRING OUR PRODUCT.
WE HOPE YOU ENJOY IT**

This product you have already purchased in under the guarantee of the SPOR DÜNYASI. In case you have any problems with regard to installation or service, please do not hesitate to contact our technical service department by calling 0850 495 52 12.

Please e-mail us at info@spordunyasi.com.tr / teknikservis@spordunyasi.com.tr for all opinions, suggestions and complaints because your opinions are valuable for Spor Dünyası family.

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