

ata Seated Chest Press



8013 ata Seated Chest Press

Monteringsanvisning

CONTENTS

01/IMPORTANT NOTICE

02/ ASSEMBLY PROCEDURE AND BILL OF MATERIALS

03/PRODUCT DESCRIPTION

04/PRODUCT PARAMETER

05/MAINTENANCE GUIDELINE

06/TROUBLESHOOTING

07/WARRANTY INSTRUCTION

01/IMPORTANT NOTICE

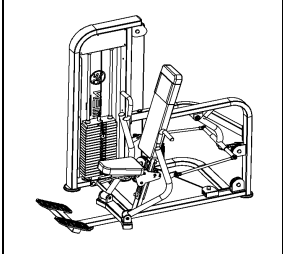
Thank you for choosing our machine, proper use of the machine is important to keep you convenient and away from danger. Please read the instruction before operating the machine:

1. Please read all user manuals before operating the machine and operate the machine according to the instructions. Please keep the user manual until the machine is scrapped.
2. Keep users read and understand all cautions
3. Keep air fresh, flowing and enough motion space for users when operating the machine.
4. Keep the machine in good condition. Ensure all fixed parts are tightened without extra parts. Inspect the parts easy to wear out regularly.
5. Please contact the dealer or after-sales department to change wear-out or defective parts. DO NOT operate the machine when it out of use.
6. Please wear proper sports dress and gym shoes before operating it, DO NOT wear skirt, jewelry and tie up the hair to avoid any possible dangers.
7. Do warm-up exercises before operating the machine.
8. Stop workout and ask your doctor when any abnormal symptoms occur such as headache, pain or emesis, etc.
9. Children must exercise under the supervision of adults.
10. WARNING: Keep hands and feet away from moving parts.
11. WARNING: DO NOT beyond adjustable setting range.
12. WARNING: Keep children or pets away from the machine when operating it.
13. WARNING: Keep all control apparatus in proper position.
14. WARNING: Please operate the machine in proper way, improper operating may not achieve workout effect of the machine, and lead to damage to your health.
15. Operating the machine in controlled area is recommended.

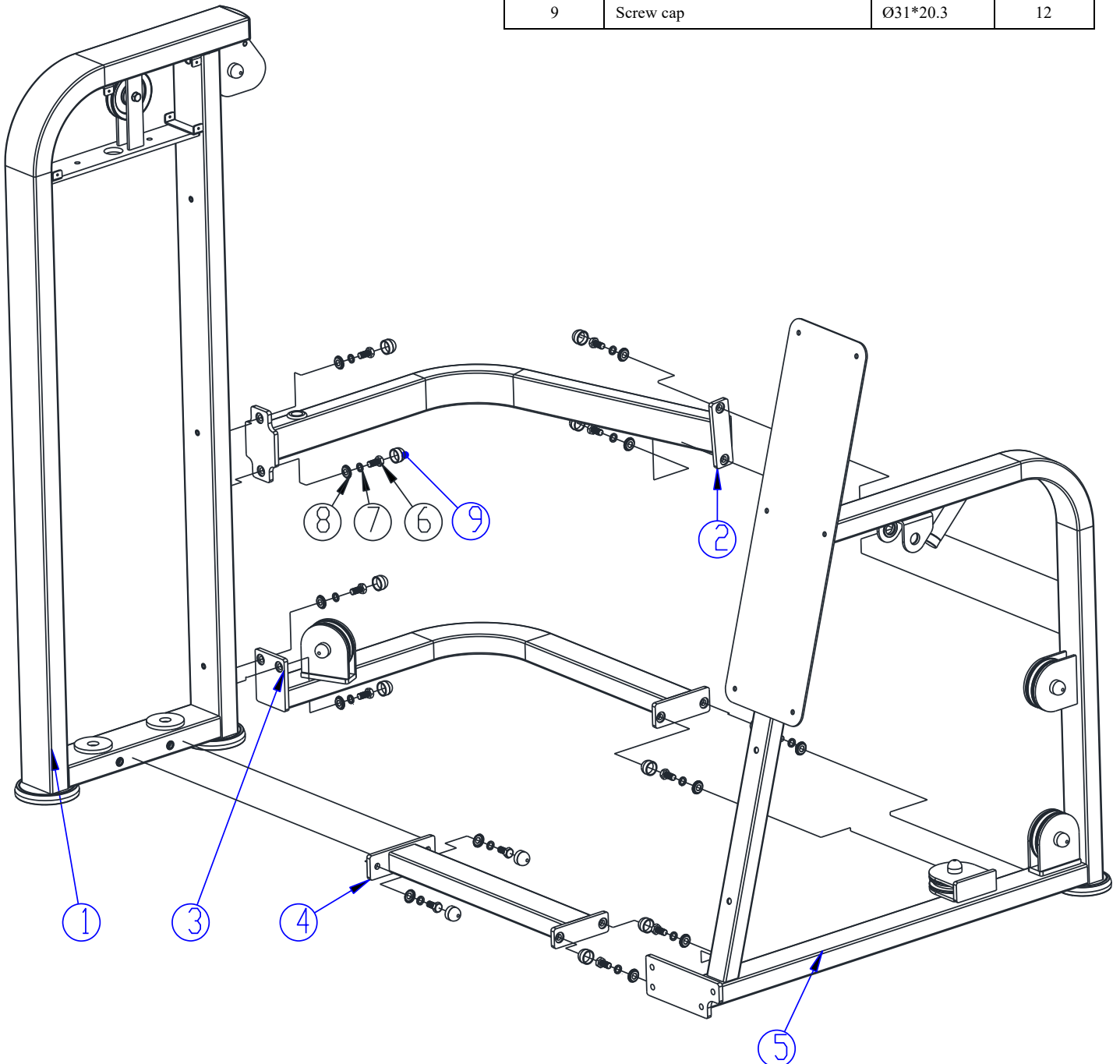
02/ASSEMBLY PROCEDURE

1) Step 1

Finished diagram

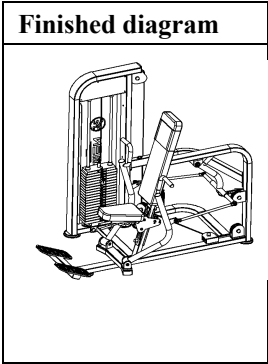


Bill of materials			
No.	Name	Specification	Qty
1	Gantry		1
2	Connection support 3		1
3	Connection support 2		1
4	Connection support 1		1
5	Frame		1
6	Outer hexagonal bolt	M12X25	12
7	Split washer	Ø12	12
8	Drum washer	Ø12.5	12
9	Screw cap	Ø31*20.3	12

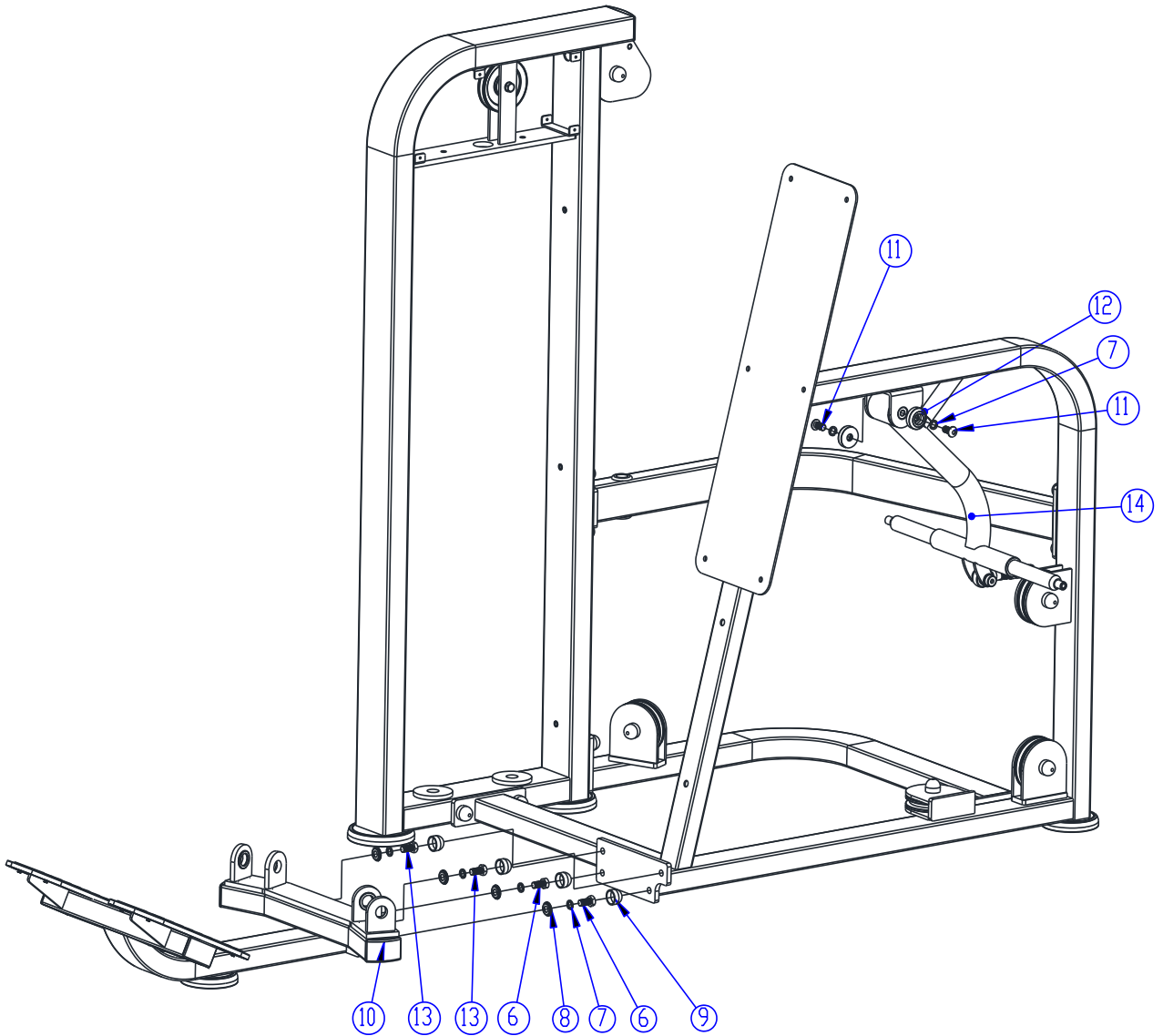


2) Step 2

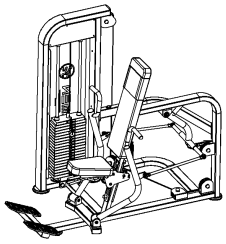
Finished diagram



Bill of materials			
No.	Name	Specification	Qty
6	Outer hexagonal bolt	M12X25	2
7	Split washer	Ø12	6
8	Drum washer	Ø12.5	4
9	Screw cap	Ø31*20.3	4
10	Pedal assembly		1
11	Hexagon pan head bolt	M12X25	2
12	Axle end washer	Φ43.5*14.5	2
13	Outer hexagonal bolt	M12X20	2
14	Drive frame		1



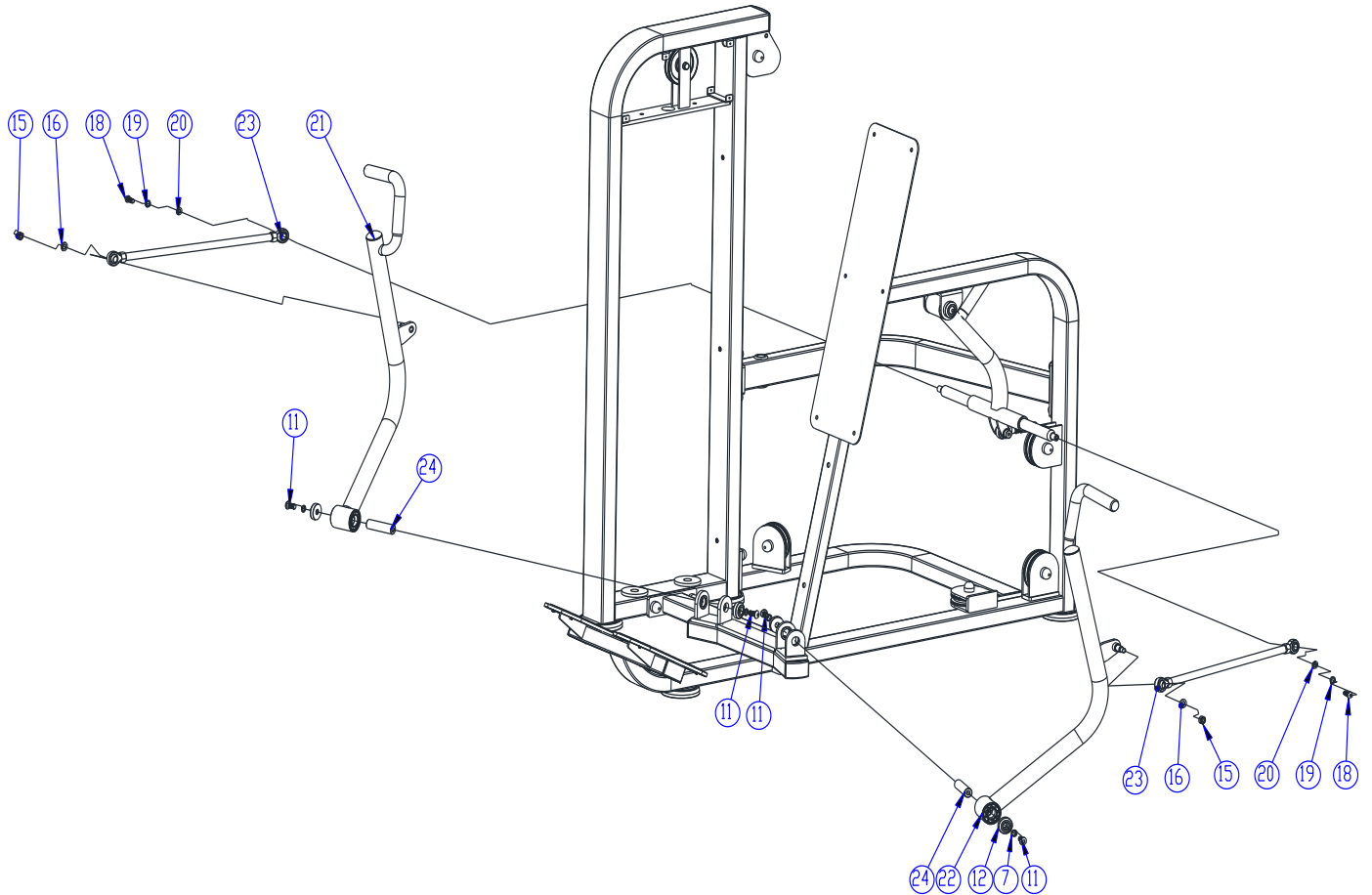
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3) Step 3

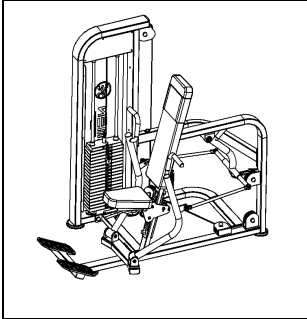
Bill of materials

No.	Name	Specification	Qty
7	Split washer	Ø12	4
11	Hexagon pan head bolt	M12X25	4
12	End cap	Φ43.5*14.5	4
15	M hexagon locknut	M12	2
16	Flat washer	Ø12	2
18	Hexagon pan head bolt	M10X25	2
19	Split washer	Ø10	2
20	Flat washer	Ø10	2
21	Right movable arm		1
22	Left movable arm		1
23	Left stem end bearing SA16, assemble with clockwise tooth hexagon nut		2
24	Seat rotary shaft	Φ25*93	2

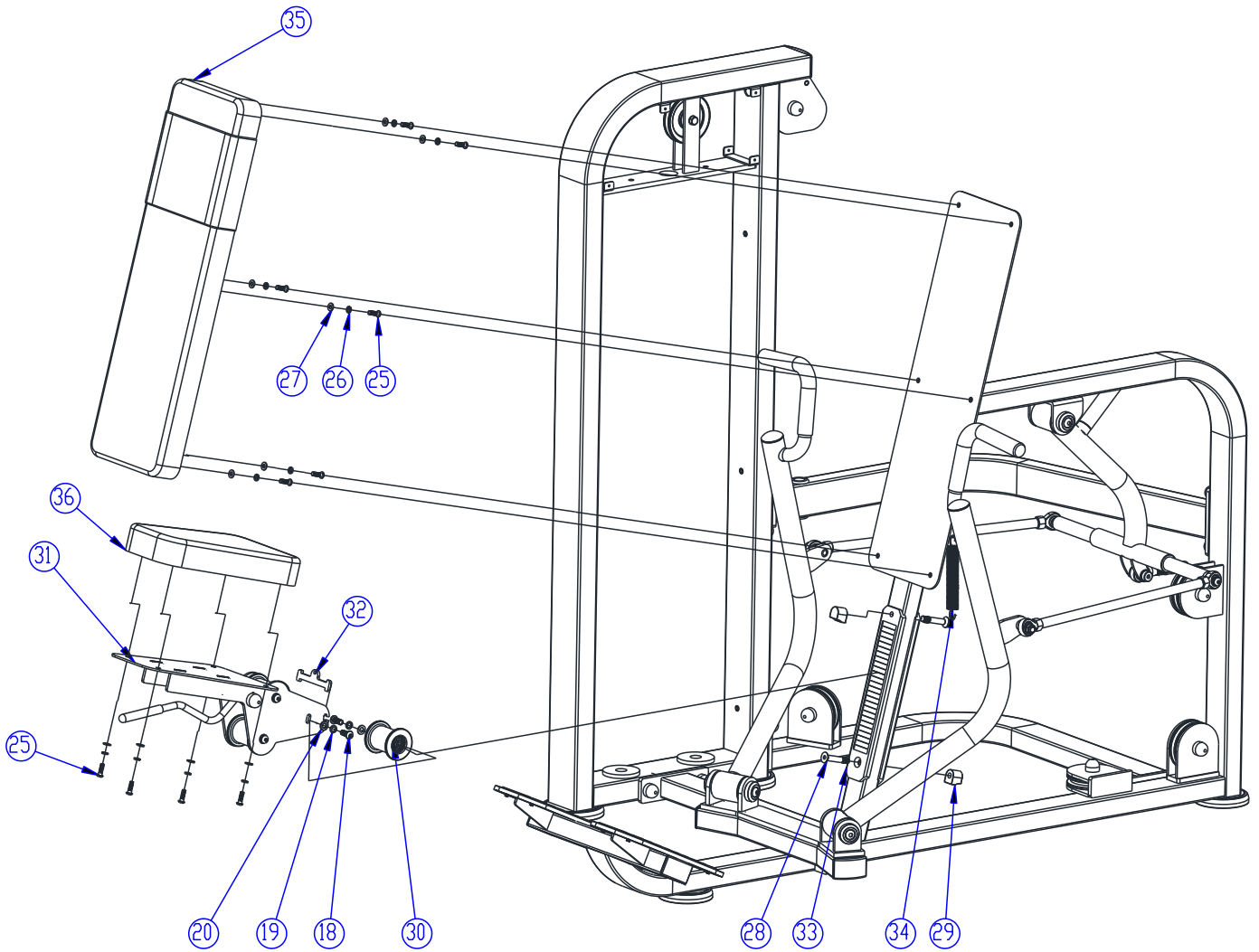


4) Step 4

Finished diagram

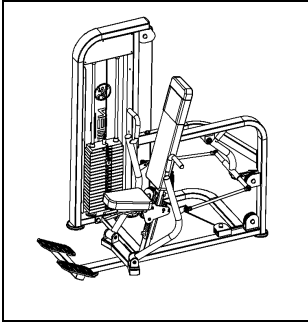


Bill of materials			
No.	Name	Specification	Quantity
18	Hexagon pan head bolt	M10X25	2
19	Split washer	Ø10	2
20	Flat washer	Ø10	2
25	Hexagon pan head bolt	M8X25	10
26	Split washer	Ø8	10
27	Flat washer	Ø8	10
28	Hexagon countersunk bolt	M10X65	2
29	Stop block	26*39*25.5	2
30	Idler wheel		1
31	Seat assembly		1
32	Tension spring	113*36*T6	1
33	Adjusting plate	70*382*13	2
34	Tension spring	Φ25*183*Φ2.2	1
35	Cushion	838*250*60	1
36	Seat	348*248*60	1

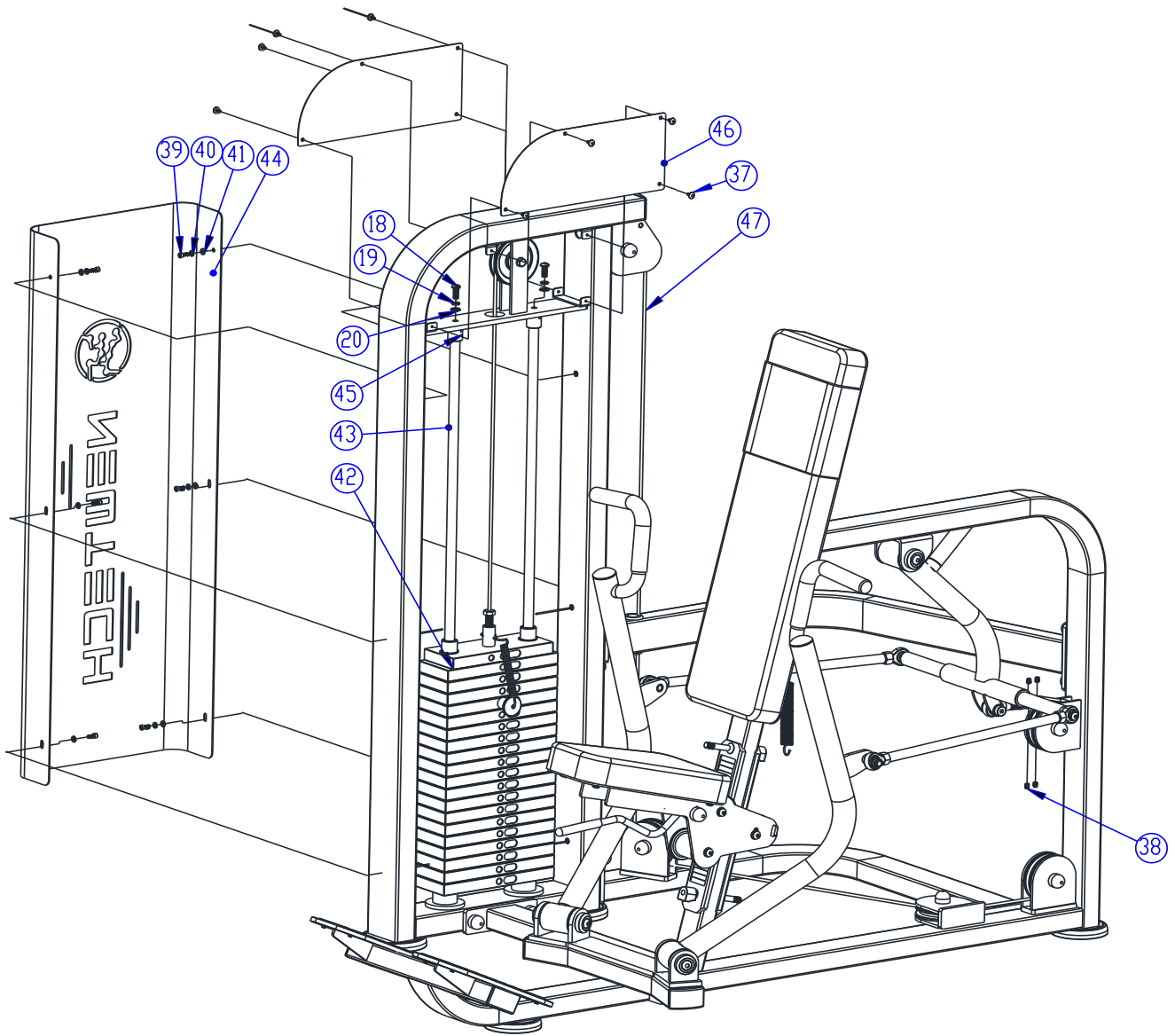


5) Step 5

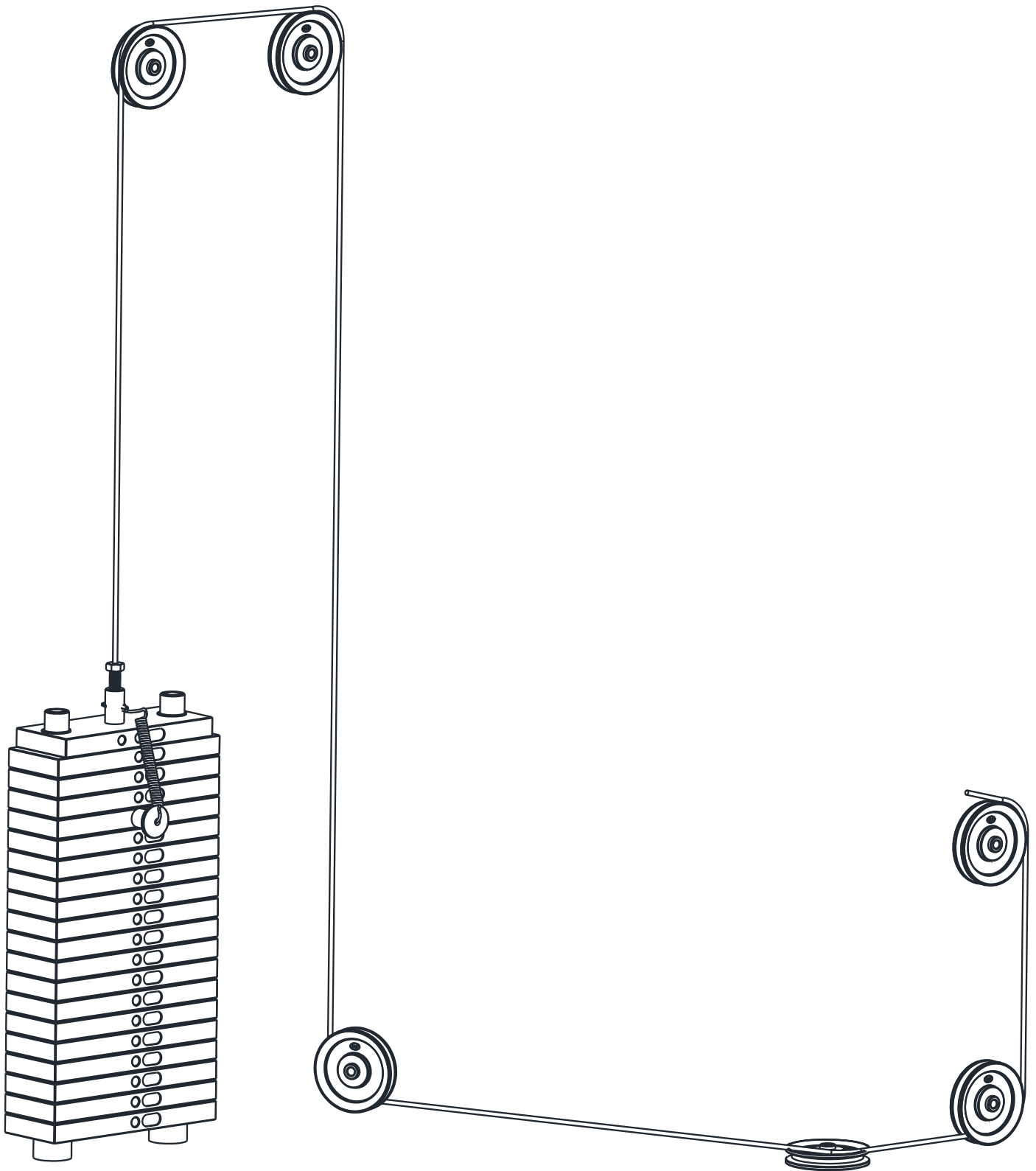
Finished diagram



Bill of materials			
No.	Name	Specification	Qty
18	Hexagon pan head bolt	M10X25	2
19	Split washer	Ø10	2
20	Flat washer	Ø10	2
37	Hexagon pan head bolt	M5X12	8
38	Hexagon flat locknut	M8X10	4
39	Hexagon cylinder head bolt	M6X15	6
40	Split washer	Ø6	6
41	Flat washer	Ø6	6
42	Weight stack	100KG	1
43	Guide rod	∅ 20*1344	2
44	Safety board	1240*621.4*T2	1
45	Guide rod fixing sleeve	Φ30*33	2
46	Training flitch plate	415*174*T2	2
47	Steel cable	∅ 6*4300	1



6) **Step 6**
Pulley installation instruction:



03/ PRODUCT DESCRIPTION

The machine is indoor fitness equipment, is suitable for aerobic exercise, mainly used to strength

cardio-pulmonary function, and train the muscles supplemented. By workout with the machine pectorals and other muscles can be built up, achieve the purpose of bodybuilding and fitness.

The machine explains how to operate it properly and build up muscles by functional diagram, easy to learn.

User can adjust the resistance by weight stack easily.

The design and manufacture of the machine meets the human motion curve, the safety and durability are guaranteed.

The design and manufacture of the machine meets the human motion curve and meets the standard of GB17498.1-2008 and GB17498.2-2008, the safety and durability are guaranteed.

·Large size steel tube and electrostatic spraying guarantee the safety and durability.

04/ PRODUCT PARAMETER

Name	ata Seated Chest Press	Model	8013
Floor space	1430*1450*1620	Weight stack	100kg
Net Weight	284Kg	Category	Commercial

05/ MAINTENANCE GUIDELINE

1. All the bolts and screws should be inspected regularly and keep tightened; rotating parts should be flexible without abnormal sound.
2. The machine should be kept clean. Please DO NOT clean the machine with strong cleaning solvent.
3. Any worn or damaged stress parts should be repaired or changed immediately.

06/ TROUBLESHOOTING

Please contact support at 66101400 or info@atatreningststyr.no

07/ WARRANTY INSTRUCTION

1. Warranty scope

The machine is damaged by any non-impersonal factors under proper maintenance. The warranty card is valid only when the user is original buyer.

2. The warranty period is one year since buying the machine.
3. The below-listed damages are out of warranty:
 - 1). the damages caused by abuse, carelessness, accident or unauthorized modify.
 - 2). the damages caused by improper adjusting weight stack pin.
 - 3). the damages caused by improper maintenance.
 - 4). the damages caused by other violation operating.