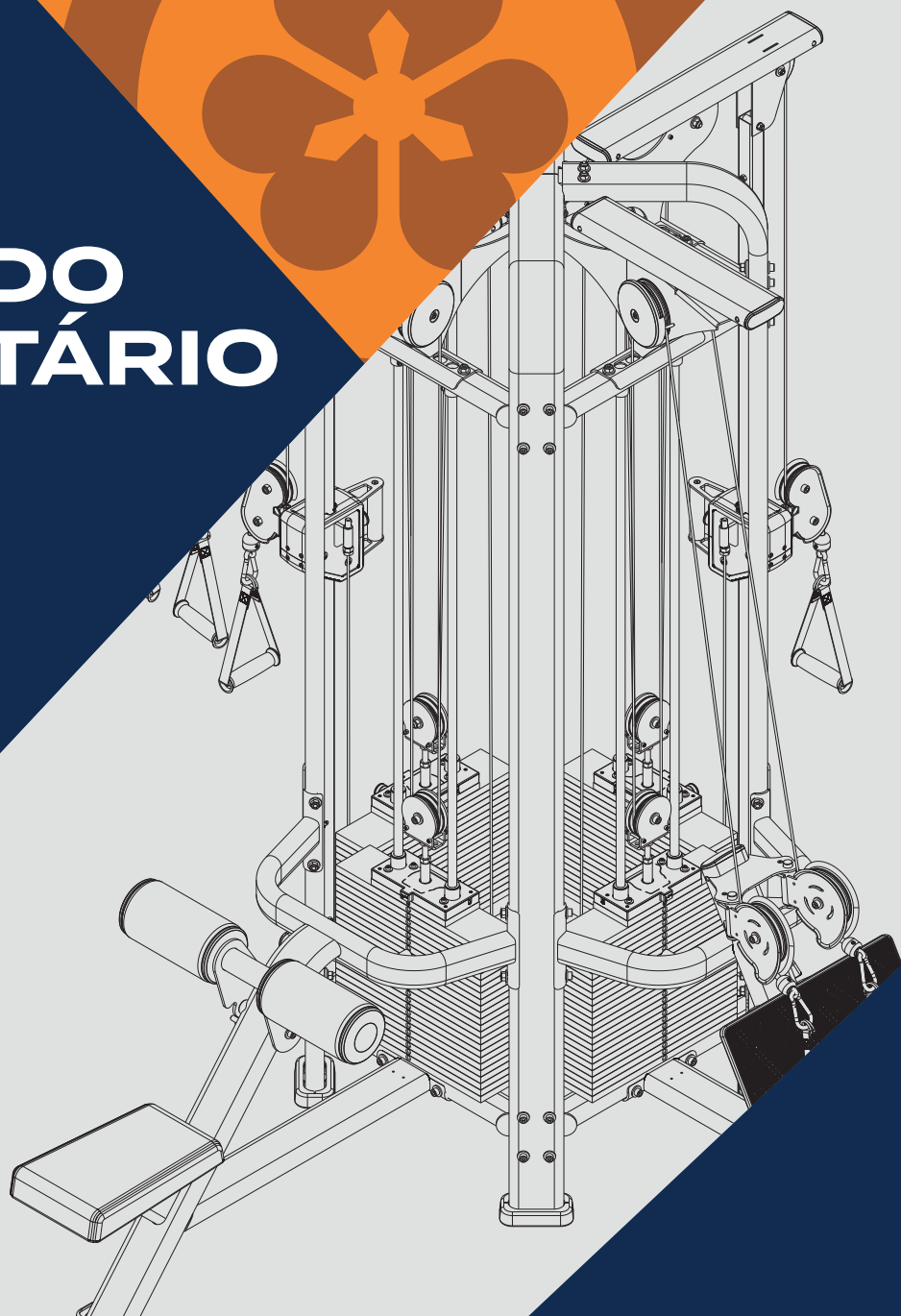


# MANUAL DO PROPRIETÁRIO



## MULTIESTAÇÃO GYM

LEIA ATENTAMENTE ESTE MANUAL ANTES DE UTILIZAR O EQUIPAMENTO.  
GUARDE-O PARA CONSULTA E REFERÊNCIA FUTURA.

NEXT

NEXT

NEXT

NEX !

! NEX !

! NEX !



# INTRODUÇÃO

SEJA BEM VINDO À MOVEMENT!

Parabéns, agora você faz parte do universo MOVEMENT!

Com o objetivo de oferecer produtos, serviços e soluções inovadoras que atendam à necessidade de lazer, bem-estar e conforto, despertando as pessoas para uma vida mais prazerosa e saudável, a Brudden Equipamentos Ltda. criou a marca MOVEMENT.

Fundada para desenvolver e produzir equipamentos de ginástica, a Movement logo se destacou no mercado brasileiro pela tradição em praticidade e durabilidade, que faz da Brudden ícone em qualidade nos mercados em que atua.

Com alto investimento em pesquisa e desenvolvimento junto à instituições de renome, a Movement promove a melhoria da qualidade de vida aos mais diferentes perfis e hábitos, com a presença marcante em Residências, Condomínios, Academias, Clubes, Hotéis, Clínicas, Empresas e Organizações.

A qualidade em equipamentos se estende aos serviços prestados por sua ampla rede de atendimento e Pontos Autorizados, espalhados por todo território nacional.

Trazendo a Movement sempre próxima a você e sua família em prol de uma vida mais saudável, rentável aos investidores e prazerosa e saudável a quem treina em um dos nossos equipamentos.

Para confirmar a Garantia MOVEMENT, registre seu equipamento no APP CONNECT.

O cadastro é gratuito, prático e rápido!

O Connect é o aplicativo Movement pensado exclusivamente para facilitar o seu dia a dia na gestão dos equipamentos e atendimentos em garantia, integrando ao ecossistema digital da Movement.

Com ele você tem qualquer equipamento Movement na palma da mão, solicitando a sua manutenção com apenas um clique, sem demora e com acompanhamento em tempo real.

Saiba mais no CAMPO INSTRUÇÃO OPERACIONAL/ CONNECT

## EVITE DORES DE CABEÇA!

Cadastre seu equipamento e confirme a sua garantia e faça a extensão na proteção do seu equipamento.

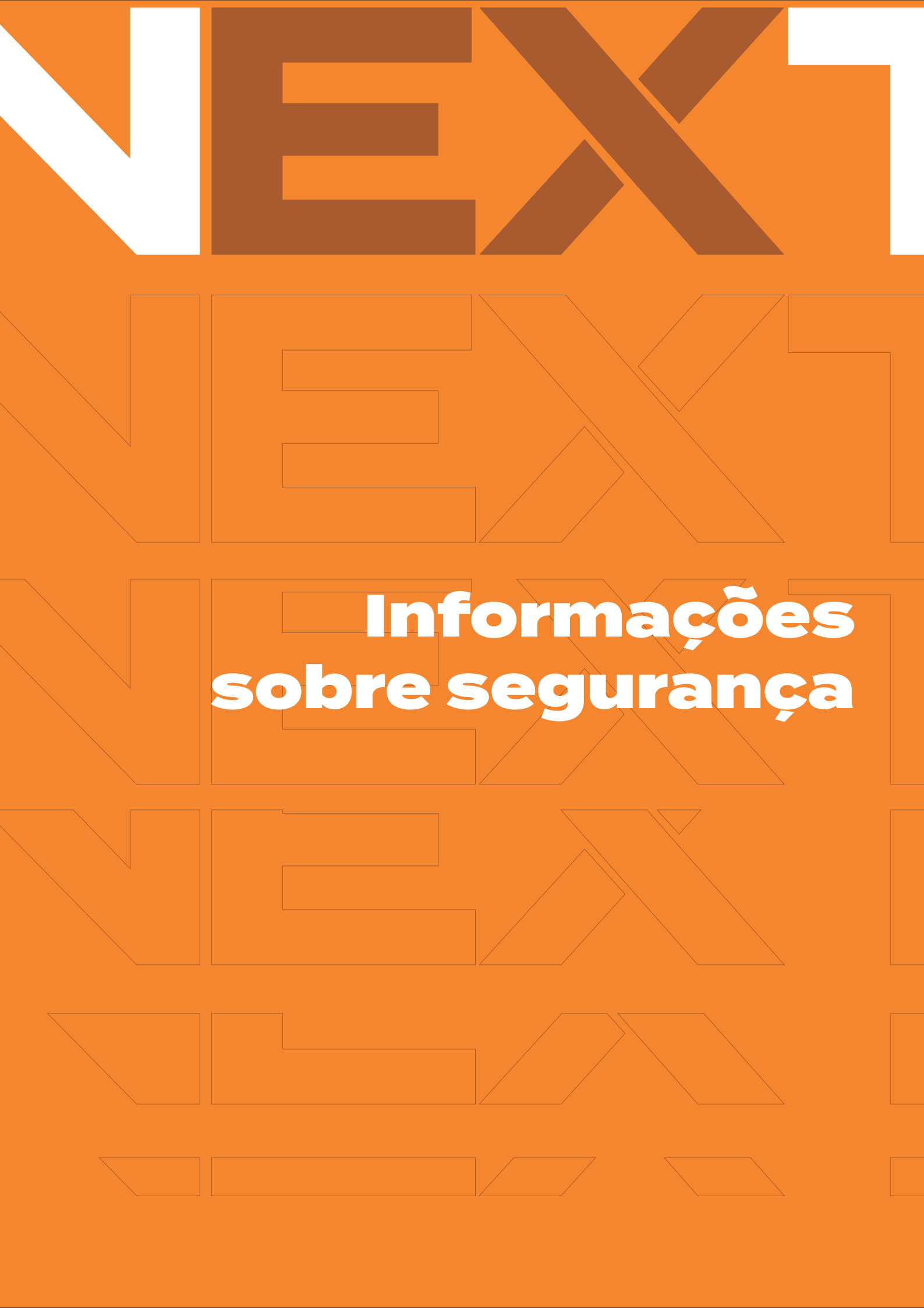
Para mais informações, consulte o tópico de GARANTIA deste manual.

Acesse nosso site e saiba mais sobre o que nossa empresa oferece para melhorar a qualidade da sua vida.

# MOVEMENT

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# **Informações sobre segurança**

# INFORMAÇÕES SOBRE SEGURANÇA

## EXPLICAÇÃO DOS SÍMBOLOS



### PERIGO!

Uma declaração precedida de "PERIGO" contém informações que devem ser postas em prática para evitar lesões físicas graves ou morte.



### ATENÇÃO!

Uma declaração precedida de "ATENÇÃO" contém informações que devem ser postas em prática para evitar algum dano físico ao usuário.



### CUIDADO!

Uma indicação precedida pela palavra "CUIDADO" contém informações que devem ser postas em prática para evitar danos ao produto.



Guarde este Manual para consultá-lo futuramente. Leia e compreenda este manual.

## SEGURANÇA



### PERIGO!

- O mau uso do equipamento pode transformá-lo em um instrumento perigoso, podendo causar ferimentos graves ou até mesmo a morte do usuário, sendo de extrema importância a leitura e compreensão deste Manual.
- Antes de utilizar o equipamento, leia atentamente este Manual, certificando-se quanto à correta montagem e utilização, sob pena de graves ferimentos e morte do usuário.
- É de inteira RESPONSABILIDADE do comprador dos produtos MOVEMENT ler o manual de instruções e os adesivos de advertência do equipamento. É também de inteira responsabilidade do comprador instruir os usuários finais sobre o uso correto do equipamento.
- Os usuários devem ser supervisionados por profissional habilitado, cabendo ao comprador instruí-los corretamente. O uso do equipamento de forma contrária ao previsto neste Manual pode causar acidentes aos usuários.
- Este equipamento não é destinado a pessoas com capacidade física, sensoriais ou mentais reduzidas, ou por pessoas com falta de experiência e conhecimento, a menos que tenha recebido instruções referentes à utilização do equipamento e estejam sob supervisão de instrutor.
- Este equipamento é destinado ao uso profissional em Academias, Clubes, Estúdios, Hotéis e Condomínios, sempre com a supervisão de instrutor habilitado. Não é destinado ao uso doméstico. Em caso de dúvida, entre em contato com a MOVEMENT.
- É recomendado que o equipamento esteja em uma área de acesso controlado. O controle de acesso ao equipamento é de inteira responsabilidade do instrutor, assim como a supervisão do usuário quando estiver utilizando o equipamento.
- NUNCA permita que duas ou mais pessoas utilizem o equipamento ao mesmo tempo.
- Não permita que terceiros fiquem próximo ao equipamento, podendo causar acidentes.
- Não permita que crianças, idosos e animais fiquem próximos ao equipamento, risco de acidente grave ou fatal.
- Não utilize o equipamento descalço, com calçado de salto ou sola gasta. Certifique-se que não há pedras presas ao calçado.
- Não utilize roupas folgadas, evite usar jóias, correntes, cabelos soltos e demais objetos. Use sempre roupa destinada à prática do exercício físico.
- Não utilize o equipamento caso esteja doente ou sobre o efeito de drogas, álcool ou qualquer substância que afete sua capacidade psicomotora.
- Ao regular qualquer assento, apoio do joelho, bateria de pesos, encosto, assento ou qualquer outro tipo de regulagem, certifique-se de que o pino de regulagem ou alavanca esteja totalmente encaixado no furo da regulagem para evitar lesões.
- Exercícios incorretos ou excessivos podem causar graves lesões. Caso sinta qualquer tipo de dor, tonturas, sensação de desmaio ou falta de ar, pare imediatamente o exercício e consulte um médico especializado.

# INFORMAÇÕES SOBRE SEGURANÇA



## PERIGO!

- Mantenha o piso no entorno do equipamento sempre seco, evitando escorregões e quedas.
- Certifique-se que o equipamento está devidamente nivelado ao solo e sobre uma superfície plana, longe de paredes a fim de manter o equilíbrio do equipamento e evitar acidentes e danos ao usuário.
- NÃO coloque o equipamento sobre piso polido (liso), pois pode causar a instabilidade do equipamento.
- Nunca faça modificações no equipamento sem autorização do fabricante. Modificações ou acessórios não autorizados podem resultar na perda da garantia, além de provocar ferimentos graves ou fatais ao usuário.
- NÃO use ou permita o uso de qualquer equipamento que esteja danificado e / ou tenha peças gastas ou quebradas.
- Substitua imediatamente qualquer tipo de cabo de aço que esteja danificado ou desgastado, risco de acidente grave ou fatal ao usuário. É de inteira responsabilidade do instrutor verificar o estado do cabo de aço.
- Use apenas peças de reposição fabricadas e fornecidas pela MOVEMENT.
- Não permita que qualquer pessoa faça manutenção no equipamento. A MOVEMENT possui pontos autorizados em todo o território nacional. Para localizar o mais próximo, consulte o site [www.movement.com.br](http://www.movement.com.br) ou entre em contato pelo telefone 0800 772 40 80.
- A manutenção preventiva é a chave para manter uma longa vida do equipamento e assim evitar acidentes graves ao usuário. Qualquer dúvida sobre manutenção veja o capítulo de manutenção neste manual.
- O equipamento vem equipado com uma bateria de pesos, não use qualquer outro tipo de peso para aumentar a carga máxima do equipamento, risco de acidente grave ou fatal ao usuário.
- Não utilize nenhum outro tipo de pino seletor que não seja o que acompanha o equipamento para travar a bateria de pesos.
- Não permita que o usuário solte a bateria de peso em queda livre, risco de dano a estrutura do equipamento.
- Não exceda a capacidade máxima do equipamento.
- Insira completamente o pino seletor nos pesos. A inserção parcial pode fazer com que os pesos caiam, causando danos ao equipamento e acidentes graves ou fatais ao usuário.
- Nunca remova o pino seletor quando estiver com a bateria de peso em posição elevada.
- Nunca tente liberar peças ou pesos que estejam presos.
- ENTENDER cada adesivo de advertência é importante. Em caso de dúvida, contate nossa central de atendimento pelo telefone 0800 772 40 80.
- Caso os adesivos de alerta estejam danificados, entre em contato com a MOVEMENT imediatamente para solicitar a substituição. Os adesivos de alerta estão afixados no equipamento e devem ser fiscalizados antes da utilização do produto.
- Evite que o usuário tenha acesso a bateria de peso. O equipamento sem carenagem traseira deve ser montado de forma que fique de costas para as paredes ou anteparo, evitando que o usuário acesse a bateria de peso, caso o usuário acesse essa parte pode haver risco de acidentes grave ou fatal.
- Os adesivos em formato de triângulo representam risco ao usuário.



**PERIGO!**  
NÃO COLOCAR AS MÃOS  
ENTRE OS PESOS.  
RISCO DE ESMAGAMENTO



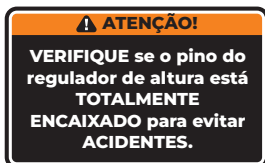
**PERIGO!**  
NÃO COLOCAR AS MÃOS  
ENTRE AS ROLDANAS.  
RISCO DE ESMAGAMENTO



**PERIGO!**  
NÃO COLOCAR AS  
MÃOS ENTRE NAS  
PARTES MÓVEIS.  
RISCO DE ESMAGAMENTO



**PERIGO!**  
EQUIPAMENTO NÃO  
DESENVOLVIDO PARA  
CRIANÇAS. MANTENHA  
CRIANÇAS LONGE  
DO EQUIPAMENTO.  
RISCO DE ACIDENTES

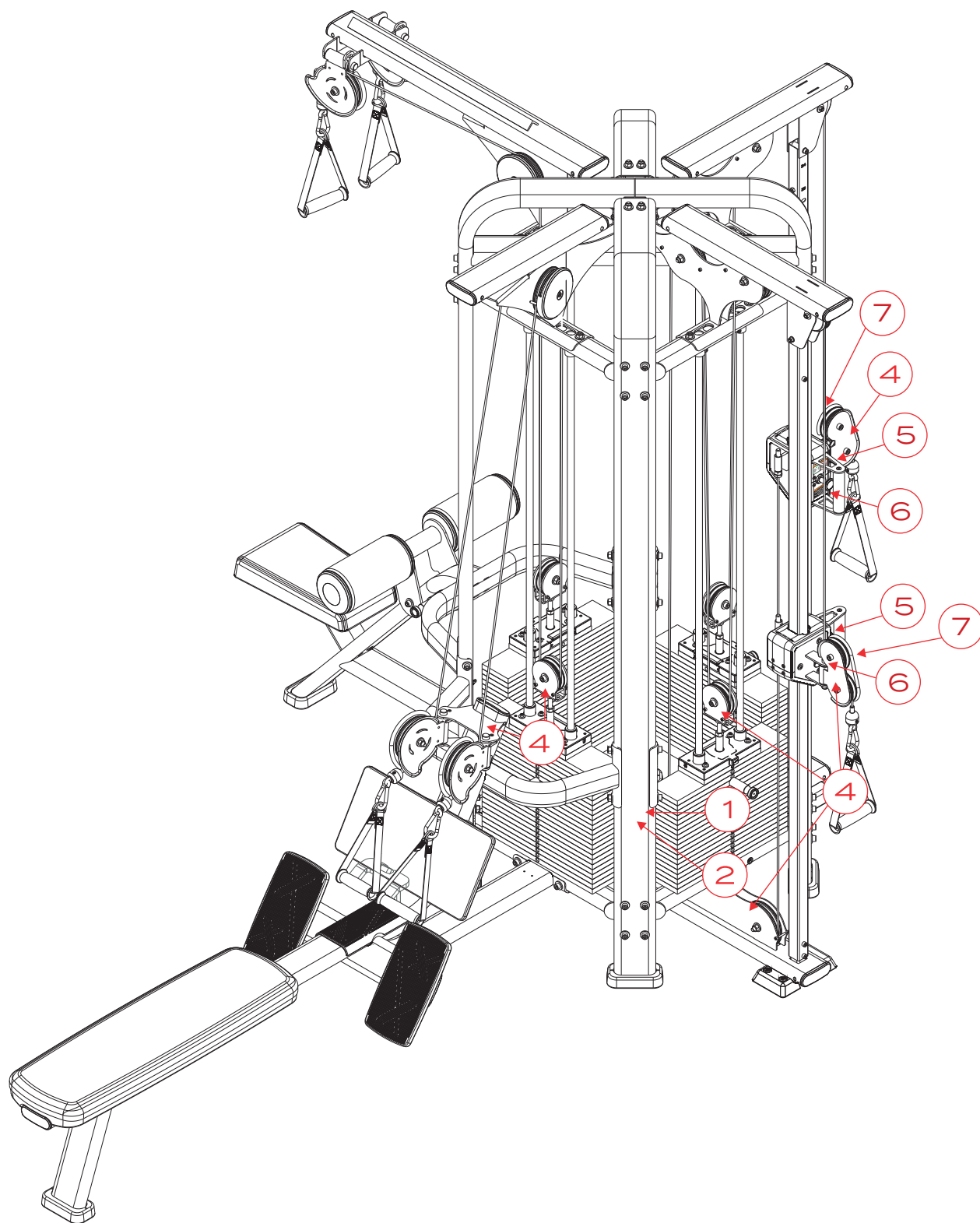


**ATENÇÃO!**  
ENCAIXAR O PINO  
SELETOR DE  
ALTURA  
COMPLETAMENTE



**ATENÇÃO!**  
MANTER  
DISTÂNCIA  
MÍNIMA DE 38CM  
DURANTE A  
EXECUÇÃO DO  
EXERCÍCIO.

# INFORMAÇÕES SOBRE SEGURANÇA



1



2



3



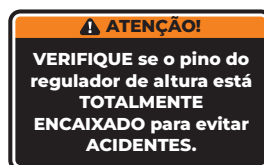
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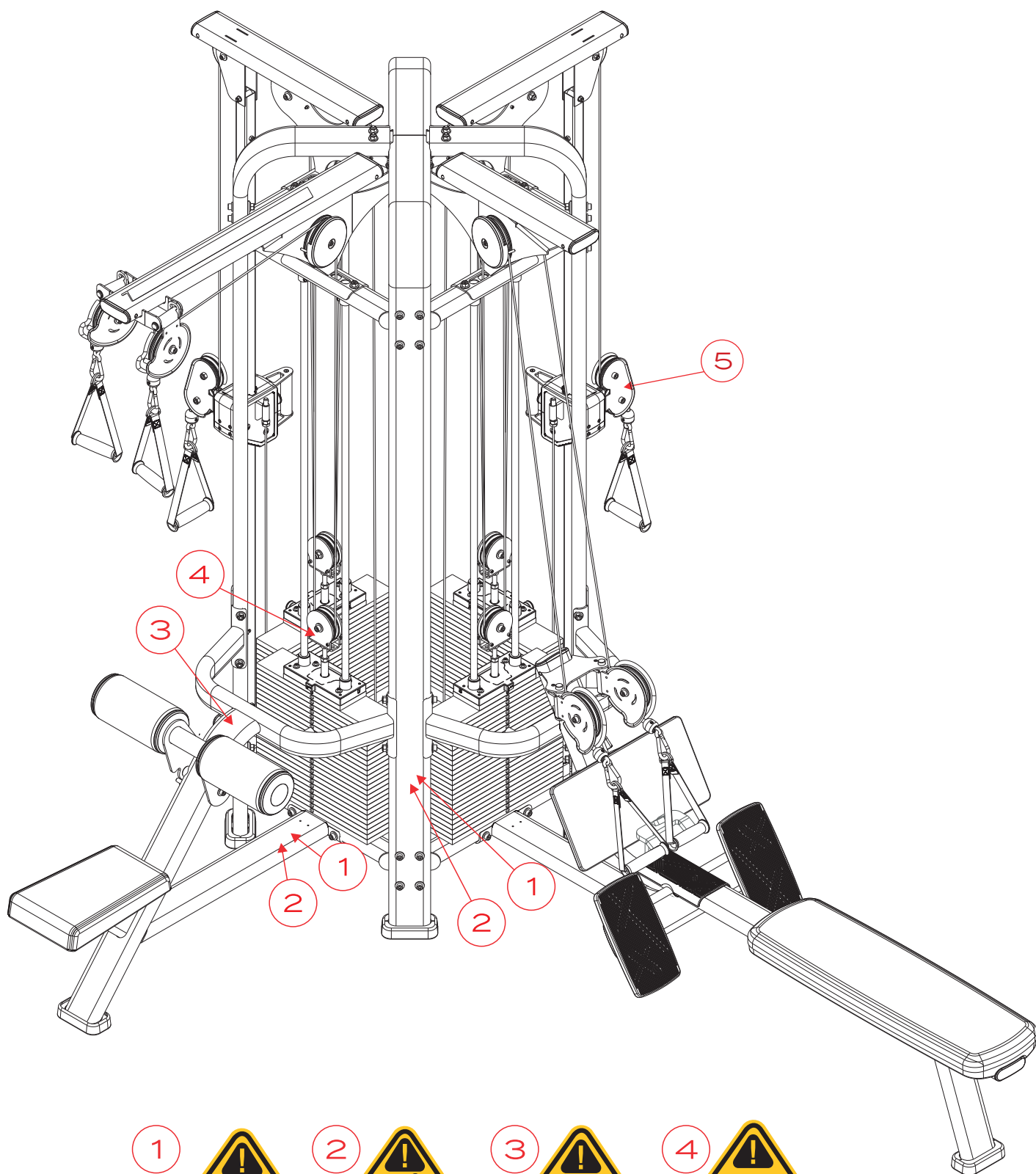
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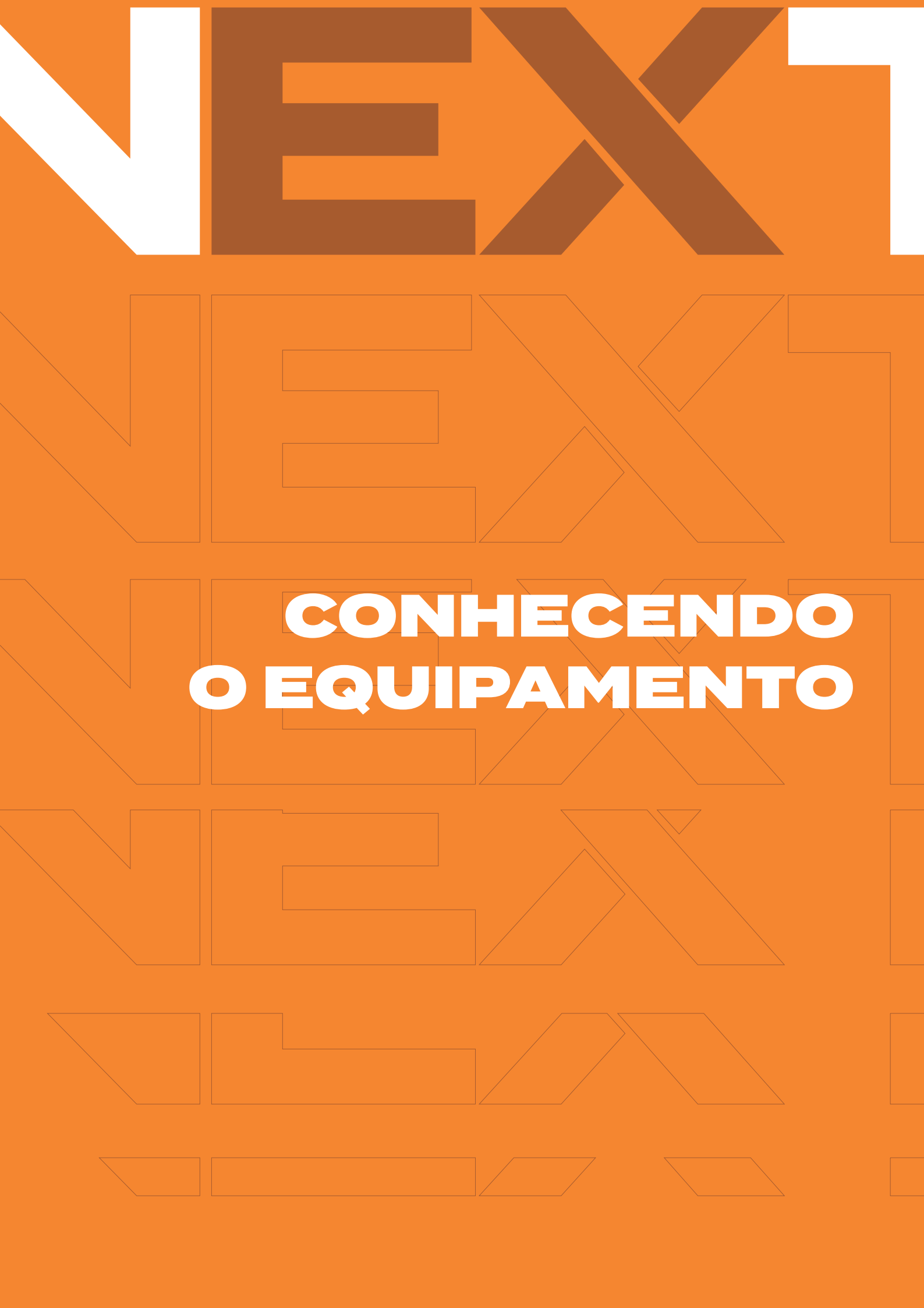
NOTA: Algumas partes do equipamento foram removidas para facilitar a visualização.



# INFORMAÇÕES SOBRE SEGURANÇA



NOTA: Algumas partes do equipamento foram removidas para facilitar a visualização.



# **CONHECENDO O EQUIPAMENTO**



# CONHECENDO O EQUIPAMENTO

## OBJETIVO - MULTIESTAÇÃO

Permite o usuário trabalhar grupos musculares através da puxada alta, puxada baixa e cross.

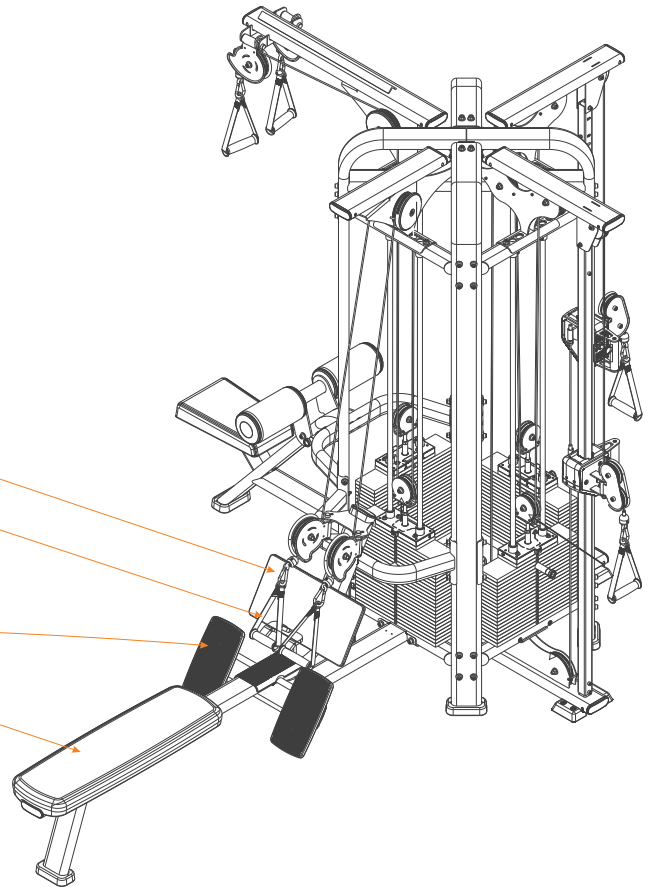
Este equipamento é composto pelos seguintes componentes principais:

Apoio dos puxadores

Puxadores

Apoio para os pés

Assento



Puxadores

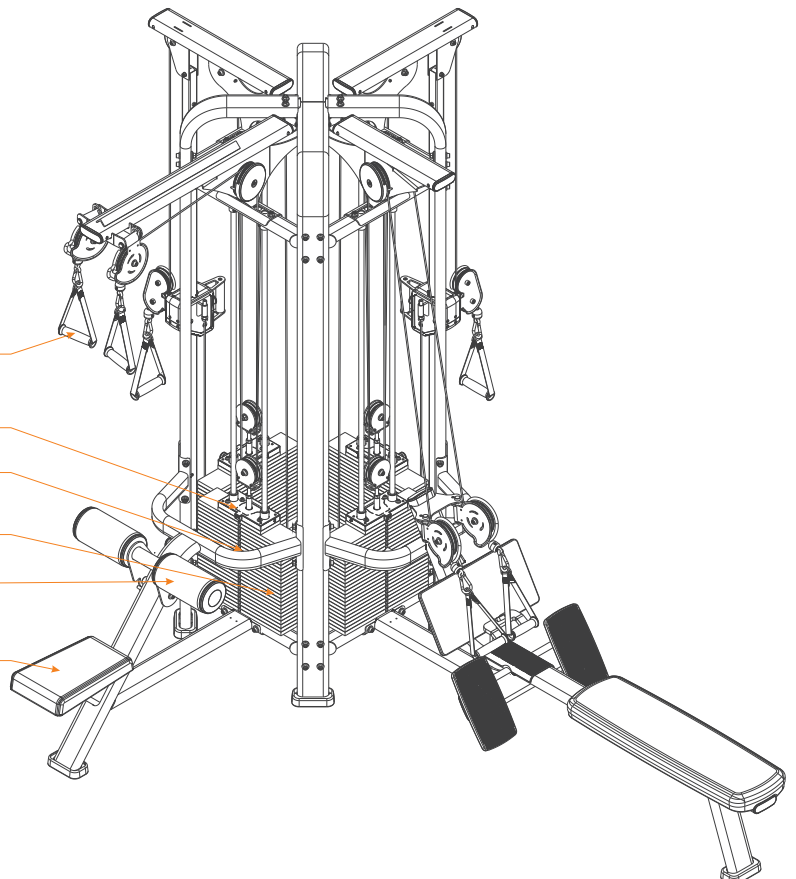
Top plate

Pino seletor

Bateria de pesos

Apoio da perna

Assento



# CONHECENDO O EQUIPAMENTO

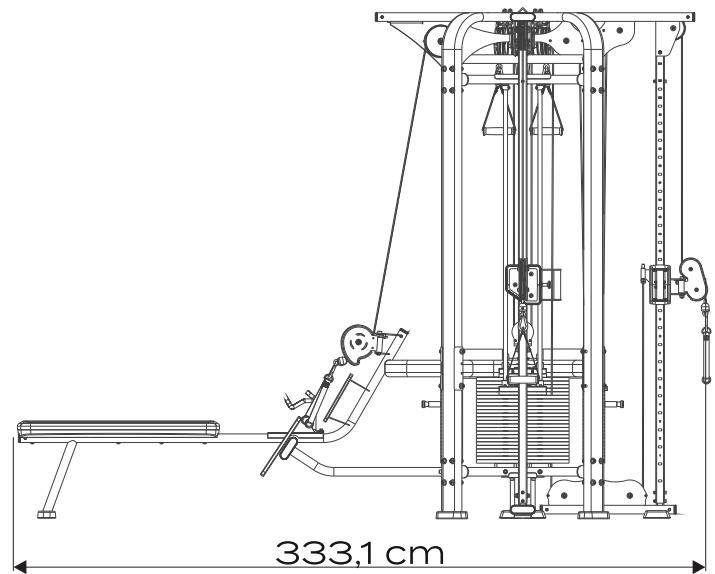
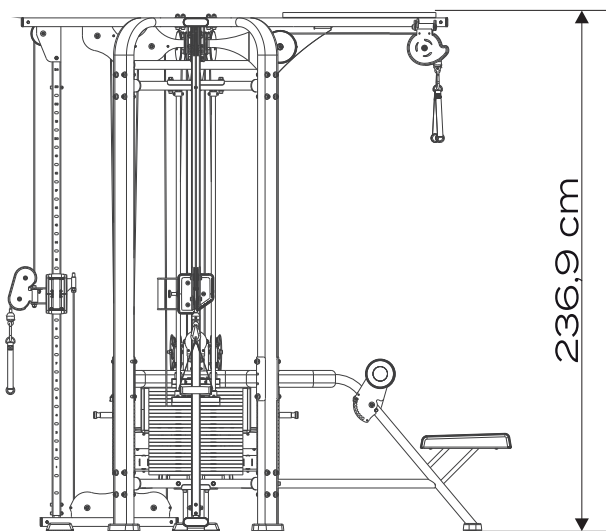
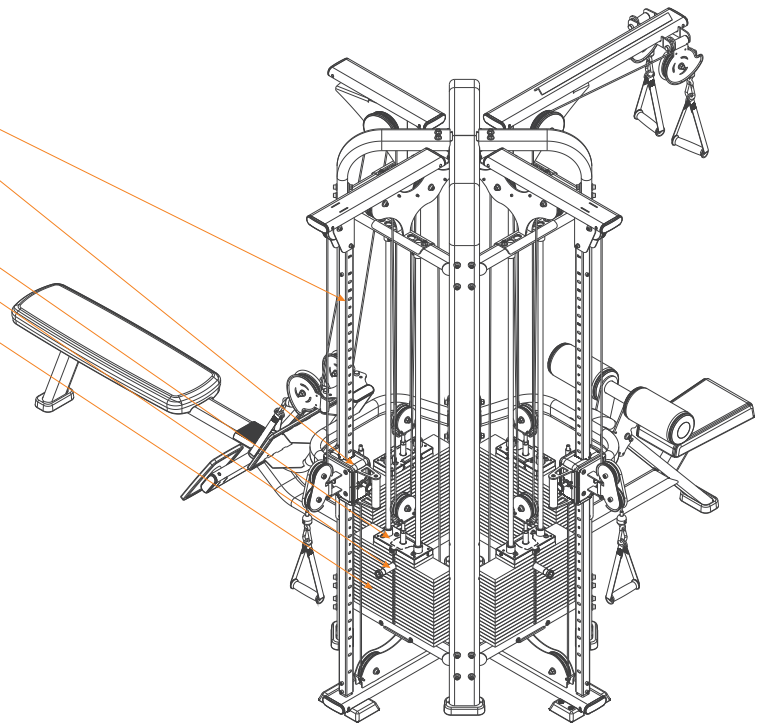
Régua de reulagem

Regulador de altura

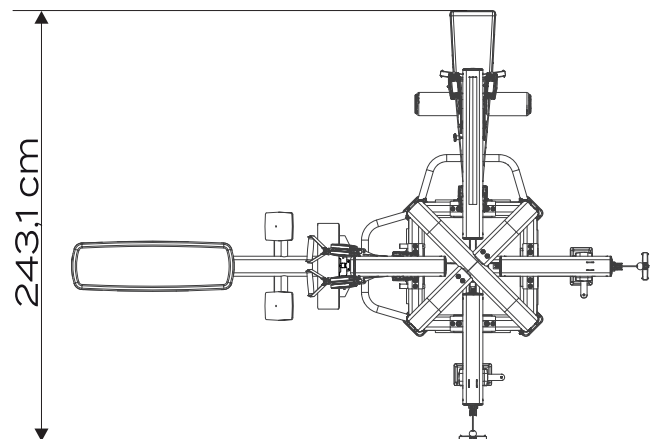
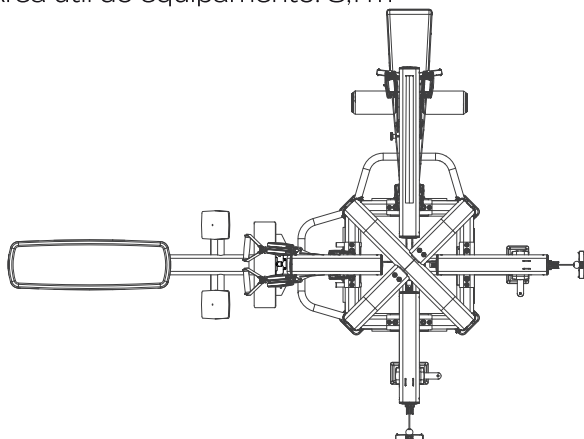
Top plate

Pino seletor

Bateria de peso



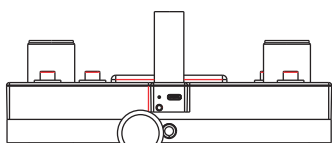
Área útil do equipamento: 8,1 m<sup>2</sup>



# CONHECENDO O EQUIPAMENTO

## BATERIA DE PESOS

Cada equipamento da linha NEXT possui uma configuração de pilha de peso. Abaixo estão as configurações de cada equipamento.

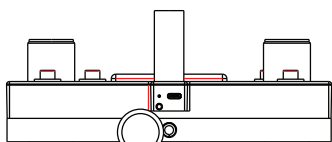


|     |        |
|-----|--------|
| 12  | 5 kg   |
| 22  | 10 kg  |
| 33  | 15 kg  |
| 44  | 20 kg  |
| 55  | 25 kg  |
| 66  | 30 kg  |
| 77  | 35 kg  |
| 88  | 40 kg  |
| 99  | 45 kg  |
| 110 | 50 kg  |
| 121 | 55 kg  |
| 123 | 60 kg  |
| 143 | 65 kg  |
| 154 | 70 kg  |
| 165 | 75 kg  |
| 176 | 80 kg  |
| 187 | 85 kg  |
| 198 | 90 kg  |
| 209 | 95 kg  |
| 221 | 100 kg |
| 221 | 105 kg |
| 221 | 110 kg |
| 221 | 115 kg |
| 221 | 120 kg |

**Carga da bateria de peso**  
**Puxada alta**  
**Puxada baixa**

24 pesos de 5 kg

Carga total:  
 120 kg sem peso extra



|     |         |
|-----|---------|
| 5   | 2,5 kg  |
| 11  | 5 kg    |
| 17  | 7,5 kg  |
| 22  | 10 kg   |
| 28  | 12,5 kg |
| 33  | 15 kg   |
| 39  | 17,5 kg |
| 44  | 20 kg   |
| 50  | 22,5 kg |
| 55  | 25 kg   |
| 61  | 27,5 kg |
| 66  | 30 kg   |
| 72  | 32,5 kg |
| 77  | 35 kg   |
| 83  | 37,5 kg |
| 88  | 40 kg   |
| 94  | 42,5 kg |
| 99  | 45 kg   |
| 105 | 47,5 kg |

**Carga da bateria de peso - Pulley**

Carga da pilha de peso  
 19 pesos de 5 kg  
 Carga efetiva da torre  
 19 pesos de 2,5 kg

Carga total:  
 47,5 kg sem peso extra

Nota: A bateria de peso tem seus valores arredondados para mais ou para menos.

# CONHECENDO O EQUIPAMENTO

## Especificações do equipamento - Multiestação

|                                             |                                                         |
|---------------------------------------------|---------------------------------------------------------|
| Linha                                       | Next                                                    |
| Comprimento (cm)                            | 333,1                                                   |
| Largura (cm)                                | 243,1                                                   |
| Altura (cm)                                 | 236,9                                                   |
| Área ocupada (m <sup>2</sup> )              | 8,1                                                     |
| Peso do equipamento (kg)                    | 728                                                     |
| Carga máxima Puxada Alta / Baixa (kg)       | 120                                                     |
| Carga máxima Pulley (kg)                    | 48                                                      |
| Peso máximo do usuário (kg)                 | 140                                                     |
| Dimensional embalado - caixa 1 - CxLxA (cm) | 206,4 x 95,9 x 72,5                                     |
| Dimensional embalado - caixa 2 - CxLxA (cm) | 159, x 51,3 x 47,5                                      |
| Dimensional embalado - caixa 3 - CxLxA (cm) | 245,3 x 111,3 x 52,5                                    |
| Estrutura                                   | Aço                                                     |
| Espessura estrutura (mm)                    | 3 ~ 4,75                                                |
| Pintura                                     | Eletrostática                                           |
| Solda                                       | MIG                                                     |
| Material do estofado                        | Espuma injetada de poliuretano com densidade controlada |
| Revestimento do estofado                    | Courvim e costura reforçada                             |
| Manoplas                                    | Nylon com sobre injeção de TPU                          |
| Apoio para os pés                           | Borracha anti-derrapante                                |
| Placard                                     | Não                                                     |
| Ajustes                                     | Ajuste de altura com 24 níveis                          |
| Garantia                                    | Até 3 anos, ver capítulo sobre garantia                 |



# **MONTAGEM DO EQUIPAMENTO**

# MONTAGEM DO EQUIPAMENTO



## CUIDADO!

Antes de iniciar a montagem do seu equipamento é necessário se atentar para os seguintes cuidados:

- Certifique que a embalagem não está danificada e que as partes e componentes do equipamento não estão avariadas.
- Recomenda-se que o equipamento seja desembalado no local em que será montado.
- O local de montagem deve estar limpo.
- O piso deve ser plano, nivelado e rígido para evitar instabilidade do equipamento.
- Recomenda-se que o equipamento seja montado longe da umidade e ao abrigo da luz solar.

## ÍCONES

Os ícones tem como função instruir boas práticas que devem ser seguidas no decorrer da montagem.



Para esta montagem recomenda-se que seja feita em duas pessoas



Não dar o aperto final nos parafusos



Dar o aperto final nos parafusos

## FERRAMENTAS

Use as seguintes ferramentas para fazer a montagem do equipamento. A tabela de torque tem como função guiar quanto de aperto determinado parafuso pode sofrer. A tabela deve ser seguida rigorosamente.

TABELA DE ESPECIFICAÇÃO DE TORQUE DE APERTO DOS PARAFUSOS

| Diâmetro [mm] | Torque [N.m] |
|---------------|--------------|
| M6            | 9-12         |
| M8            | 22-29        |
| M10           | 45-58        |



Chave fixa



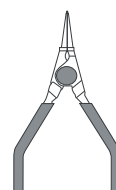
Allen



Trava rosca torque médio



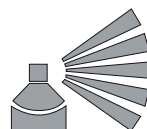
Chave Philips



Alicate para anéis elástico



Chave de boca



Graxa em spray



Torquimetro

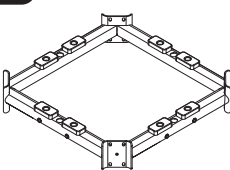
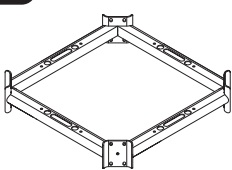
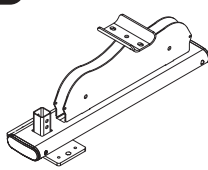
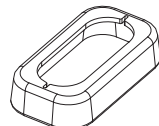
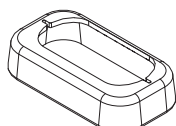
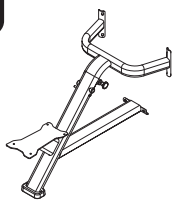
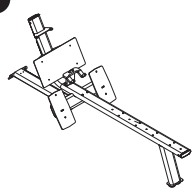
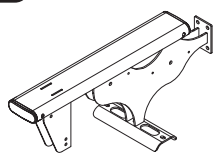
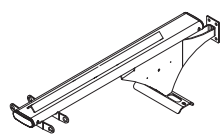
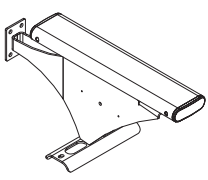
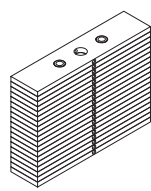
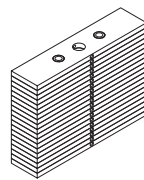
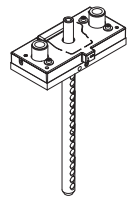
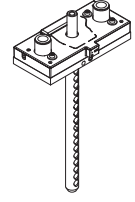
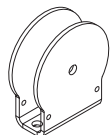
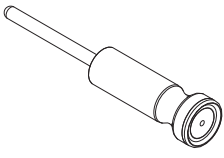
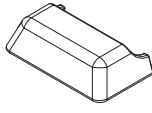
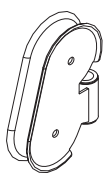
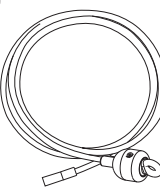
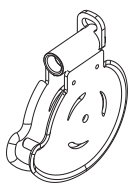
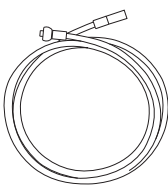
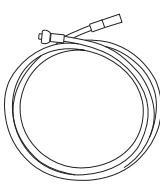
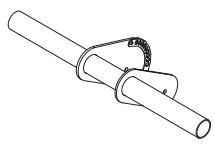
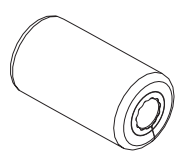
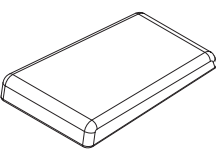
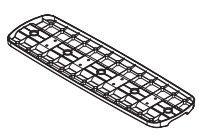
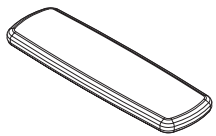
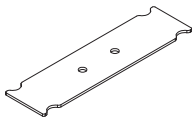
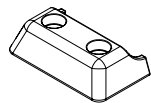


## ATENÇÃO!

A montagem da torre é a mesma para os dois lados do equipamento. Para montar o outro lado basta seguir novamente os mesmos passos descritos no manual.

# MONTAGEM DO EQUIPAMENTO

## LISTA DE COMPONENTES

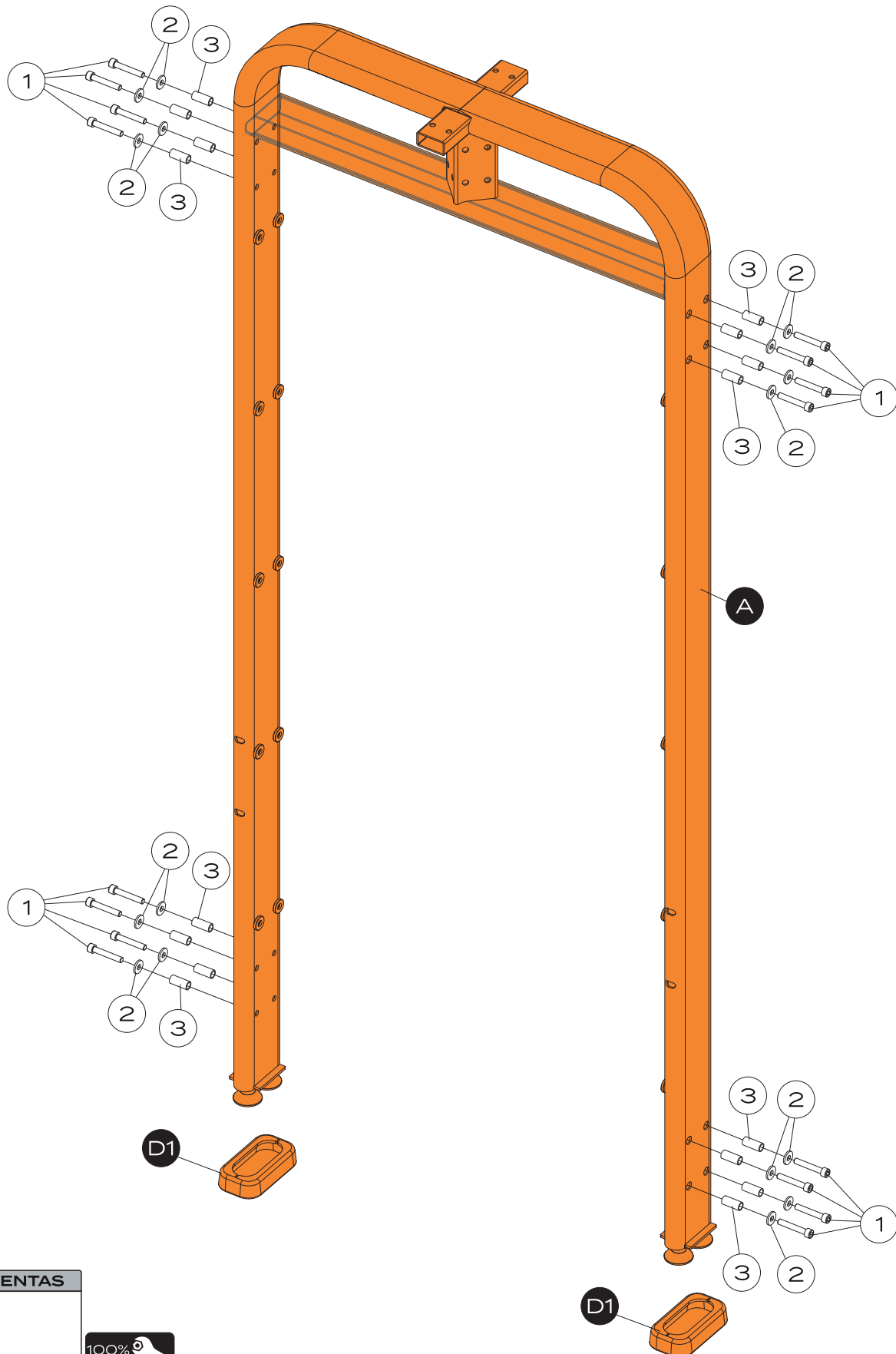
|                                                                                                                         |                                                                                                                             |                                                                                                                             |                                                                                                                                           |                                                                                                                                            |                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>A</b><br><br>Suporte                | <b>B1</b><br><br>Barra de ligação inferior | <b>B2</b><br><br>Barra de ligação superior | <b>C</b><br><br>Suporte inferior                        | <b>D1</b><br><br>Capa do pé                             | <b>D2</b><br><br>Capa do pé          |
| <b>E</b><br><br>Coluna                 | <b>F</b><br><br>Chassi Puxada Alta         | <b>G</b><br><br>Chassi Puxada Baixa        | <b>H</b><br><br>Chapa de apoio                           | <b>I</b><br><br>Suporte                                 | <b>J</b><br><br>Suporte puxada Alta  |
| <b>K</b><br><br>Suporte Puxada Baixa   | <b>L1</b><br><br>Bateria de 19 pesos      | <b>L2</b><br><br>Bateria de 24 pesos      | <b>M1</b><br><br>Top plate de 19 furos                  | <b>M2</b><br><br>Top plate de 24 furos                 | <b>N</b><br><br>Suporte da roldana   |
| <b>O</b><br><br>Pino Seletor          | <b>P</b><br><br>Hastes dos pesos         | <b>Q</b><br><br>Capa do pé               | <b>R1</b><br><br>Régua do regulador de altura esquerda | <b>R2</b><br><br>Régua do regulador de altura direita | <b>S</b><br><br>Suporte da roldana |
| <b>T</b><br><br>Cabo de aço do pulley | <b>U</b><br><br>Suporte da roldana       | <b>V</b><br><br>Cabo de aço Puxada Alta  | <b>W</b><br><br>Cabo de aço Puxada Baixa              | <b>X</b><br><br>Suporte do apoio da perna             | <b>Y</b><br><br>Estofado da perna  |
| <b>Z</b><br><br>Estofado do assento   | <b>AA</b><br><br>Suporte da roldana      | <b>AB</b><br><br>Estofado do assento     | <b>AC</b><br><br>Chapa de fixação                     | <b>AD</b><br><br>Capa do pé                           |                                                                                                                         |



# MONTAGEM DO EQUIPAMENTO

## PASSO 1

|          |                                                                                  |                                                   |            |           |                                                                                   |                          |            |          |                                                                                     |                   |            |
|----------|----------------------------------------------------------------------------------|---------------------------------------------------|------------|-----------|-----------------------------------------------------------------------------------|--------------------------|------------|----------|-------------------------------------------------------------------------------------|-------------------|------------|
| <b>1</b> |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X60 | Qtd<br>16x | <b>2</b>  |  | NOME<br>Arruela lisa Ø10 | Qtd<br>16x | <b>3</b> |  | NOME<br>Espaçador | Qtd<br>16x |
| <b>A</b> |  | NOME<br>Suporte                                   |            | <b>D1</b> |  | NOME<br>Capa do pé       |            |          |                                                                                     |                   |            |



### FERRAMENTAS



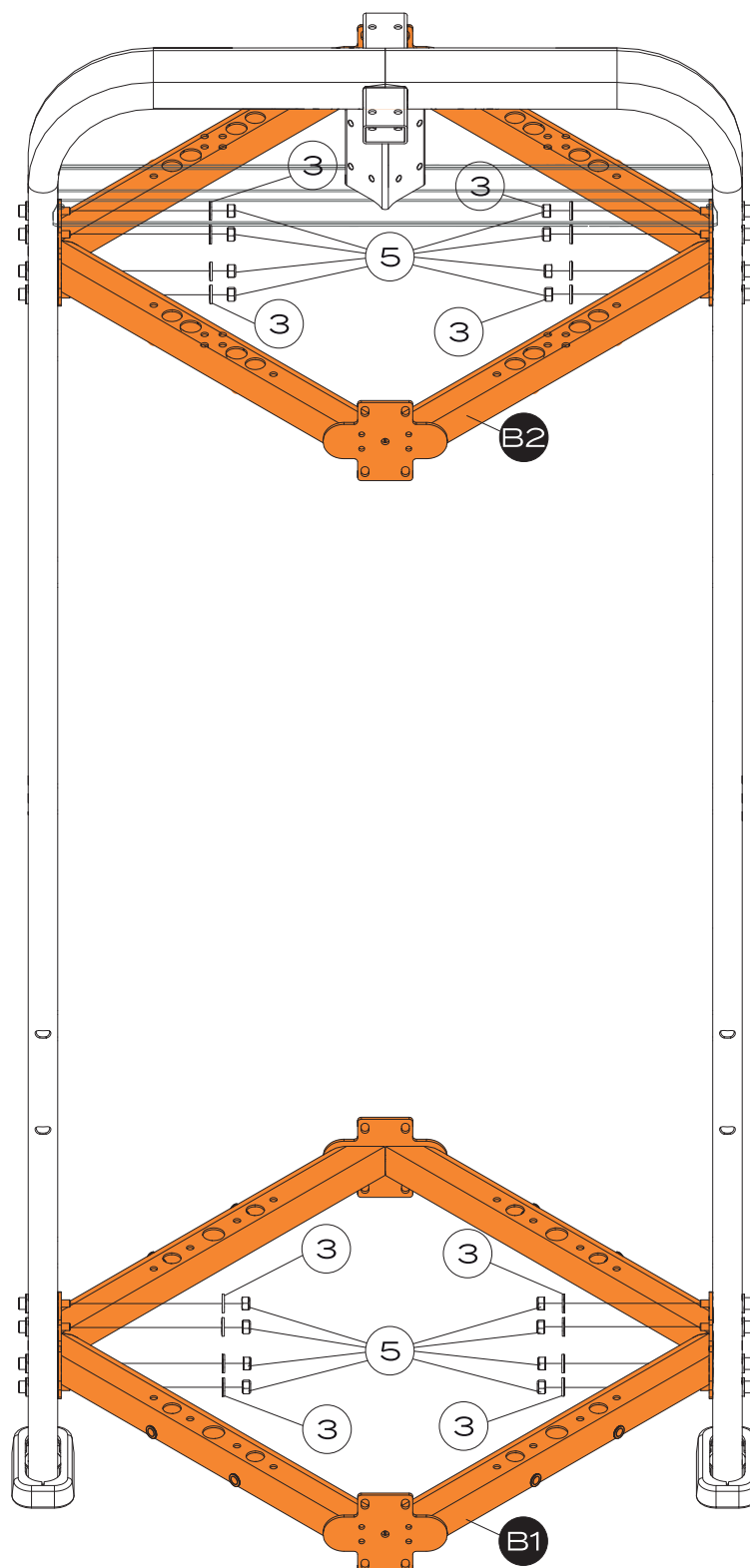
Allen nº 8



# MONTAGEM DO EQUIPAMENTO

## PASSO 2

|                                                                                  |                           |      |                                                                                   |                                 |      |                                                                                     |                           |
|----------------------------------------------------------------------------------|---------------------------|------|-----------------------------------------------------------------------------------|---------------------------------|------|-------------------------------------------------------------------------------------|---------------------------|
| <b>3</b>                                                                         | NOME                      | Qtde | <b>5</b>                                                                          | NOME                            | Qtde | <b>B1</b>                                                                           | NOME                      |
|  | Arruela lisa Ø10          | 16x  |  | Porca Sext. Inserto Nylon - M10 | 16x  |  | Barra de ligação inferior |
| <b>B2</b>                                                                        | NOME                      |      |                                                                                   |                                 |      |                                                                                     |                           |
|  | Barra de ligação superior |      |                                                                                   |                                 |      |                                                                                     |                           |



### FERRAMENTAS



Chave fixa 17

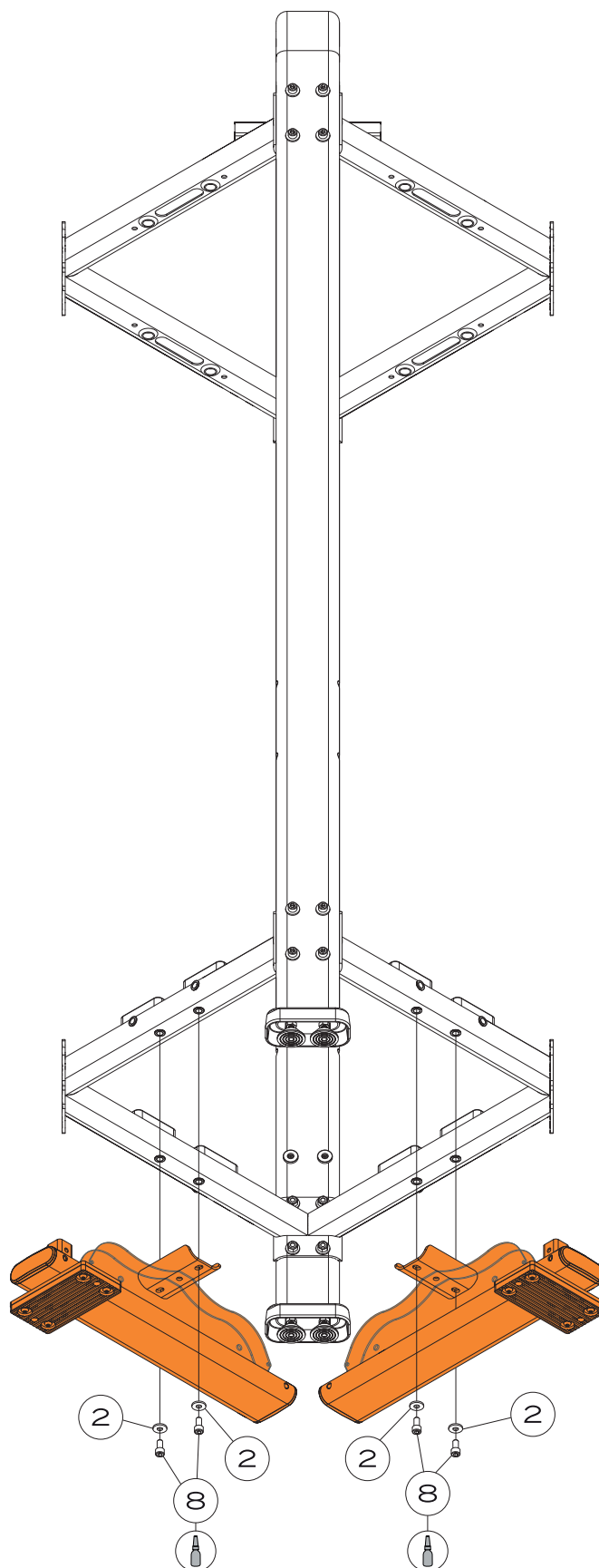


Nota: Algumas partes do equipamento foram ocultas para facilitar a visualização.

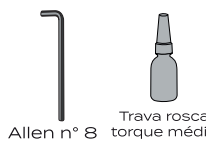
# MONTAGEM DO EQUIPAMENTO

## PASSO 3

|          |                                 |                  |          |                                                          |                  |          |                                 |
|----------|---------------------------------|------------------|----------|----------------------------------------------------------|------------------|----------|---------------------------------|
| <b>2</b> | <b>NOME</b><br>Arruela lisa Ø10 | <b>Qtd</b><br>4x | <b>8</b> | <b>NOME</b><br>Parafuso Cab. Cil.<br>Sext. Int. - M10X25 | <b>Qtd</b><br>4x | <b>C</b> | <b>NOME</b><br>Suporte inferior |
|----------|---------------------------------|------------------|----------|----------------------------------------------------------|------------------|----------|---------------------------------|



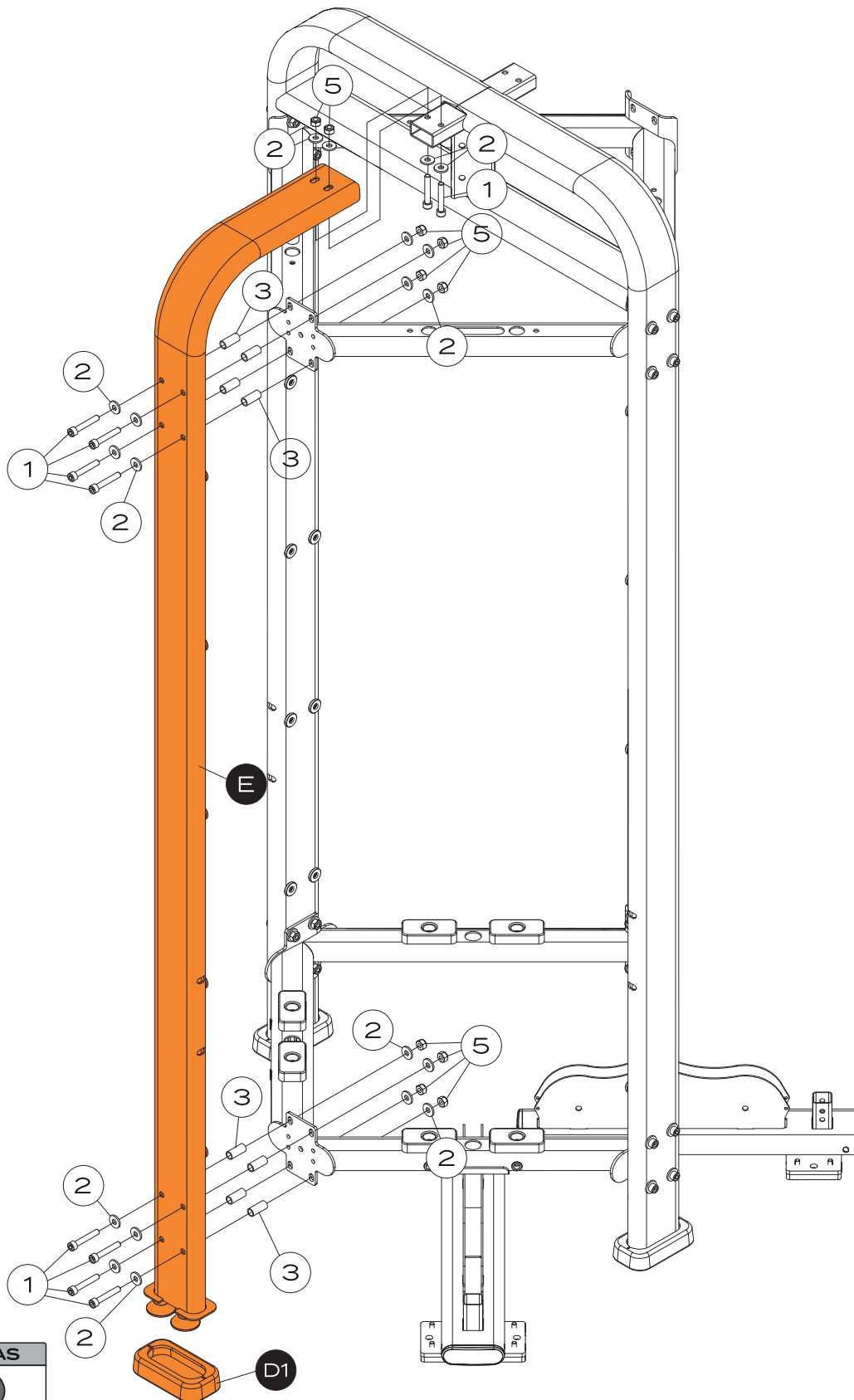
### FERRAMENTAS



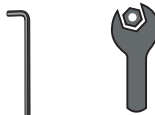
# MONTAGEM DO EQUIPAMENTO

## PASSO 4

|          |                                                                                  |                                                   |            |          |                                                                                   |                          |            |           |                                                                                     |                    |           |
|----------|----------------------------------------------------------------------------------|---------------------------------------------------|------------|----------|-----------------------------------------------------------------------------------|--------------------------|------------|-----------|-------------------------------------------------------------------------------------|--------------------|-----------|
| <b>1</b> |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X60 | Qtd<br>10x | <b>2</b> |  | NOME<br>Arruela lisa Ø10 | Qtd<br>10x | <b>3</b>  |  | NOME<br>Espaçador  | Qtd<br>8x |
| <b>5</b> |  | NOME<br>Porca Sext. Inserto<br>Nylon - M10        | Qtd<br>10x | <b>E</b> |  | NOME<br>Coluna           |            | <b>AD</b> |  | NOME<br>Capa do pé |           |



### FERRAMENTAS



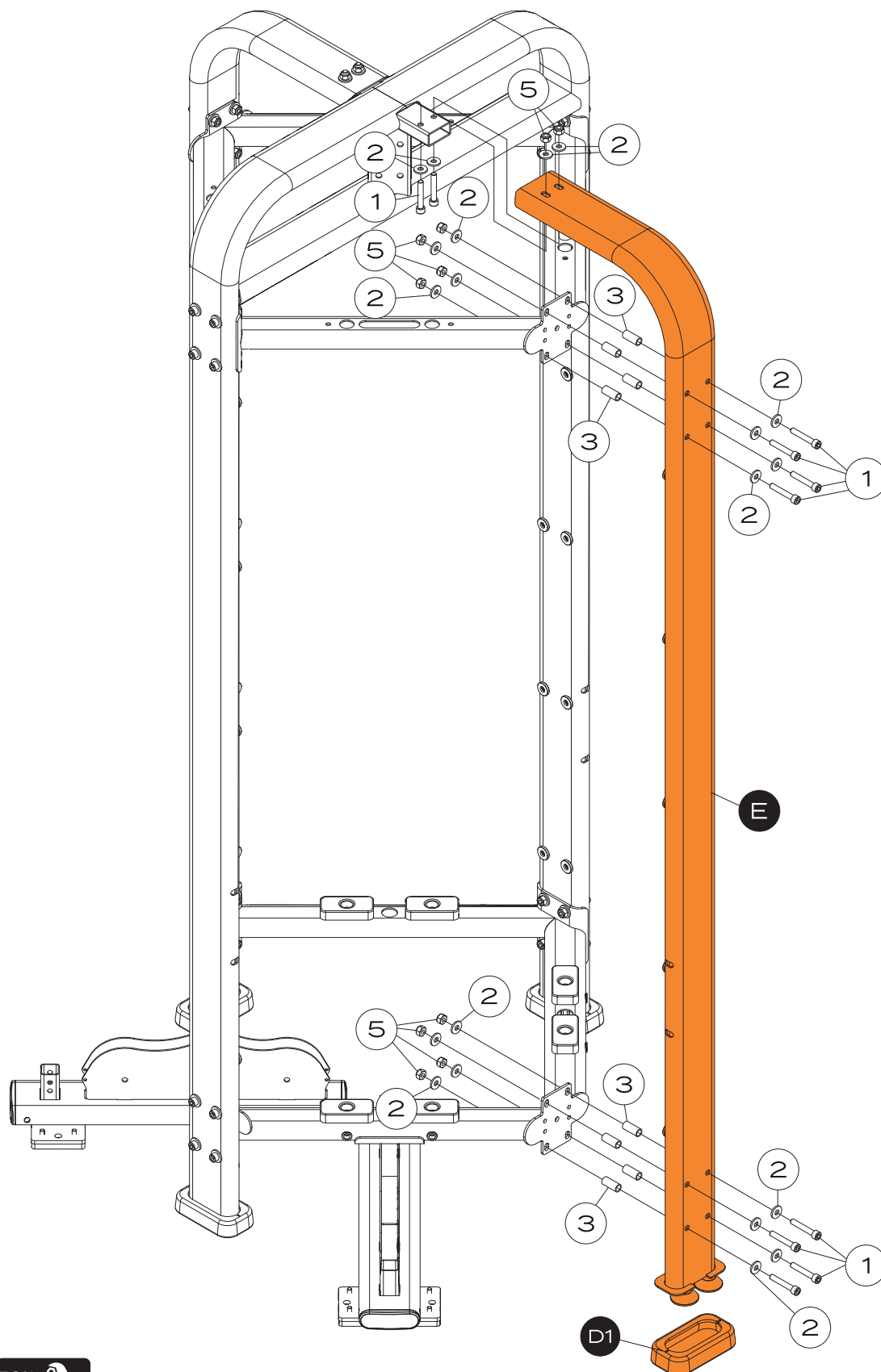
Allen n° 8 Chave fixa 17



# MONTAGEM DO EQUIPAMENTO

## PASSO 5

|          |                                                                                  |                                                   |            |          |                                                                                   |                          |            |          |                                                                                     |                   |           |
|----------|----------------------------------------------------------------------------------|---------------------------------------------------|------------|----------|-----------------------------------------------------------------------------------|--------------------------|------------|----------|-------------------------------------------------------------------------------------|-------------------|-----------|
| <b>1</b> |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X60 | Qtd<br>10x | <b>2</b> |  | NOME<br>Arruela lisa Ø10 | Qtd<br>10x | <b>3</b> |  | NOME<br>Espaçador | Qtd<br>8x |
| <b>5</b> |  | NOME<br>Porca Sext. Inserto<br>Nylon - M10        | Qtd<br>10x | <b>E</b> |  | NOME<br>Coluna           |            |          |                                                                                     |                   |           |



### FERRAMENTAS



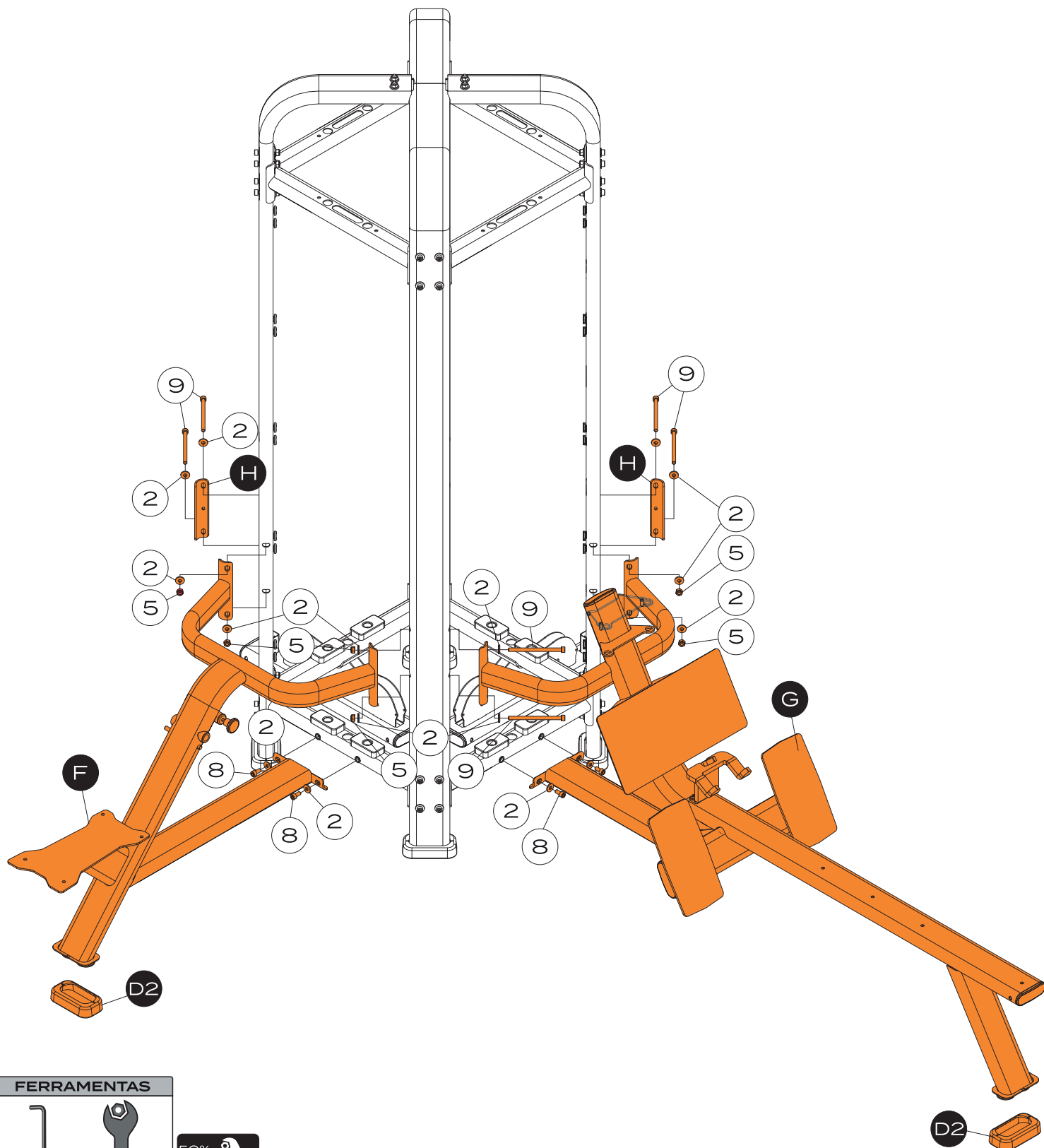
Allen n° 8 Chave fixa 17



# MONTAGEM DO EQUIPAMENTO

## PASSO 6

|          |                                                   |            |           |                                            |            |          |                                                  |           |
|----------|---------------------------------------------------|------------|-----------|--------------------------------------------|------------|----------|--------------------------------------------------|-----------|
| <b>2</b> | NOME<br>Arruela lisa Ø10                          | Qtd<br>10x | <b>5</b>  | NOME<br>Porca Sext. Inserto<br>Nylon - M10 | Qtd<br>10x | <b>8</b> | NOME<br>Parafuso Cab. Aba<br>Sext. Int. - M10X25 | Qtd<br>4x |
| <b>9</b> | NOME<br>Parafuso Cab. Aba<br>Sext. Int. - M10X140 | Qtd<br>6x  | <b>F</b>  | NOME<br>Chassi puxada alta                 |            | <b>G</b> | NOME<br>Chassi puxada baixa                      |           |
| <b>H</b> | NOME<br>Chapa de apoio                            |            | <b>D2</b> | NOME<br>Capa do pé                         |            |          |                                                  |           |



### FERRAMENTAS



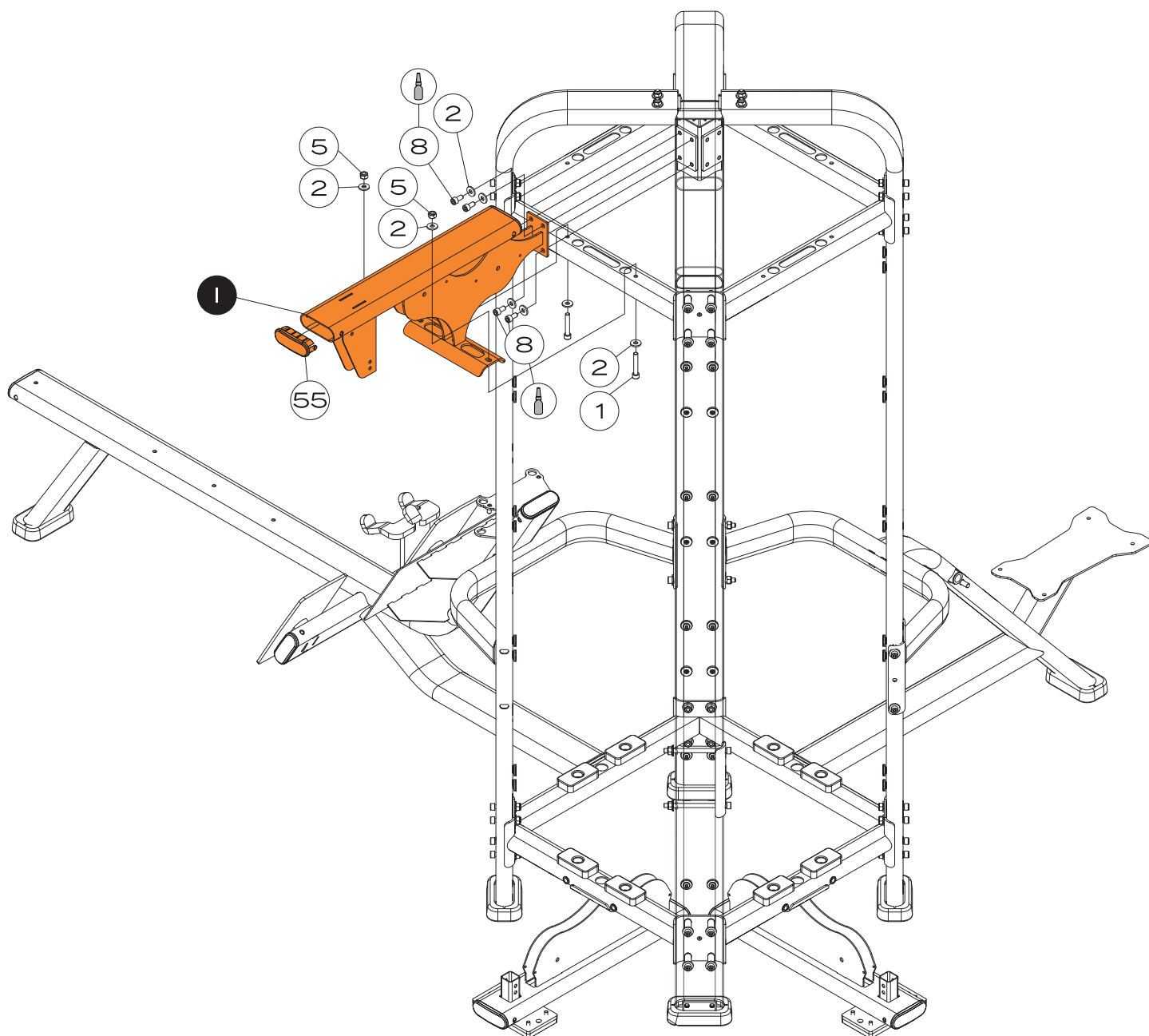
Allen nº 8 Chave fixa 17



# MONTAGEM DO EQUIPAMENTO

## PASSO 7

|   |                                                                                  |                                                   |           |    |                                                                                   |                          |           |   |                                                                                     |                                            |           |
|---|----------------------------------------------------------------------------------|---------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|--------------------------|-----------|---|-------------------------------------------------------------------------------------|--------------------------------------------|-----------|
| 1 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X60 | Qtd<br>2x | 2  |  | NOME<br>Arruela lisa Ø10 | Qtd<br>8x | 5 |  | NOME<br>Porca Sext. Inserto<br>Nylon - M10 | Qtd<br>2x |
| 8 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X25 | Qtd<br>4x | 55 |  | NOME<br>Tampão           | Qtd<br>1x | 1 |  | NOME<br>Suporte                            |           |



### FERRAMENTAS

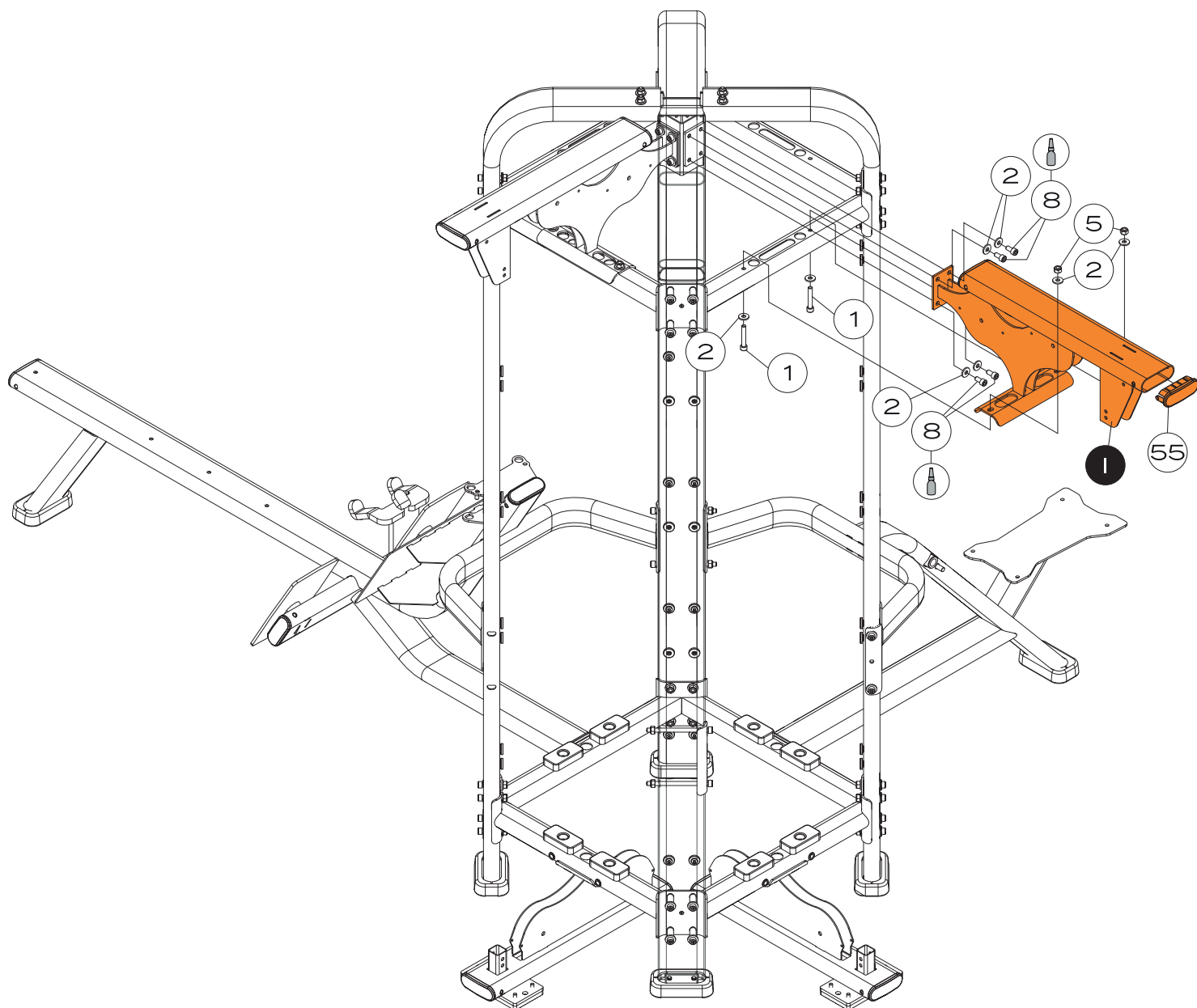




# MONTAGEM DO EQUIPAMENTO

## PASSO 8

|   |                                                                                  |                                                   |           |    |                                                                                   |                          |           |   |                                                                                     |                                            |           |
|---|----------------------------------------------------------------------------------|---------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|--------------------------|-----------|---|-------------------------------------------------------------------------------------|--------------------------------------------|-----------|
| 1 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X60 | Qtd<br>2x | 2  |  | NOME<br>Arruela lisa Ø10 | Qtd<br>8x | 5 |  | NOME<br>Porca Sext. Inserto<br>Nylon - M10 | Qtd<br>2x |
| 8 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X25 | Qtd<br>4x | 55 |  | NOME<br>Tampão           | Qtd<br>1x | 1 |  | NOME<br>Suporte                            |           |



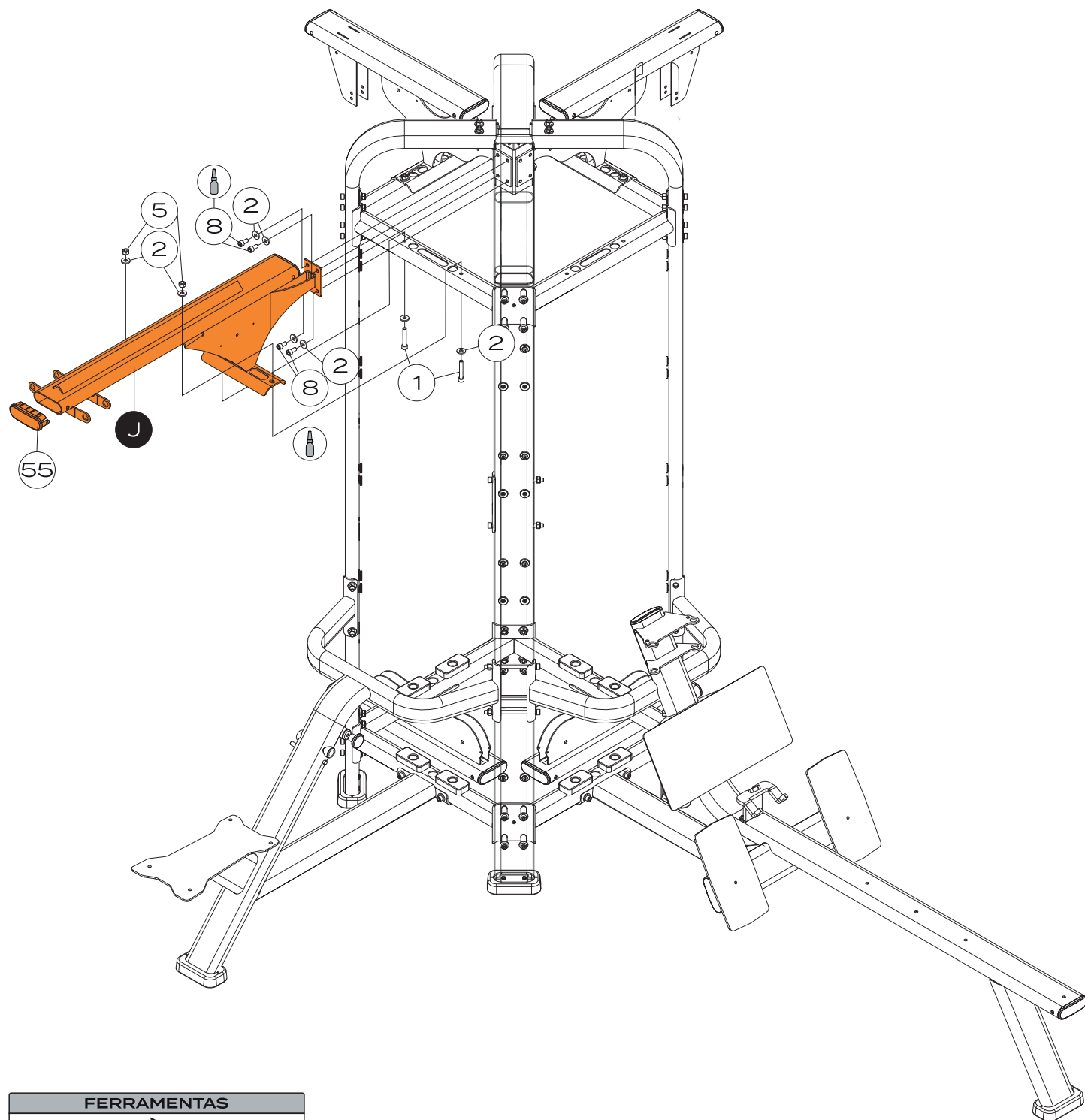
### FERRAMENTAS



# MONTAGEM DO EQUIPAMENTO

## PASSO 9

|   |                                                                                  |                                                   |           |    |                                                                                   |                          |           |   |                                                                                     |                                            |           |
|---|----------------------------------------------------------------------------------|---------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|--------------------------|-----------|---|-------------------------------------------------------------------------------------|--------------------------------------------|-----------|
| 1 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X60 | Qtd<br>2x | 2  |  | NOME<br>Arruela lisa Ø10 | Qtd<br>8x | 5 |  | NOME<br>Porca Sext. Inserto<br>Nylon - M10 | Qtd<br>2x |
| 8 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X25 | Qtd<br>4x | 55 |  | NOME<br>Tampão           | Qtd<br>1x | J |  | NOME<br>Suporte puxada alta                |           |



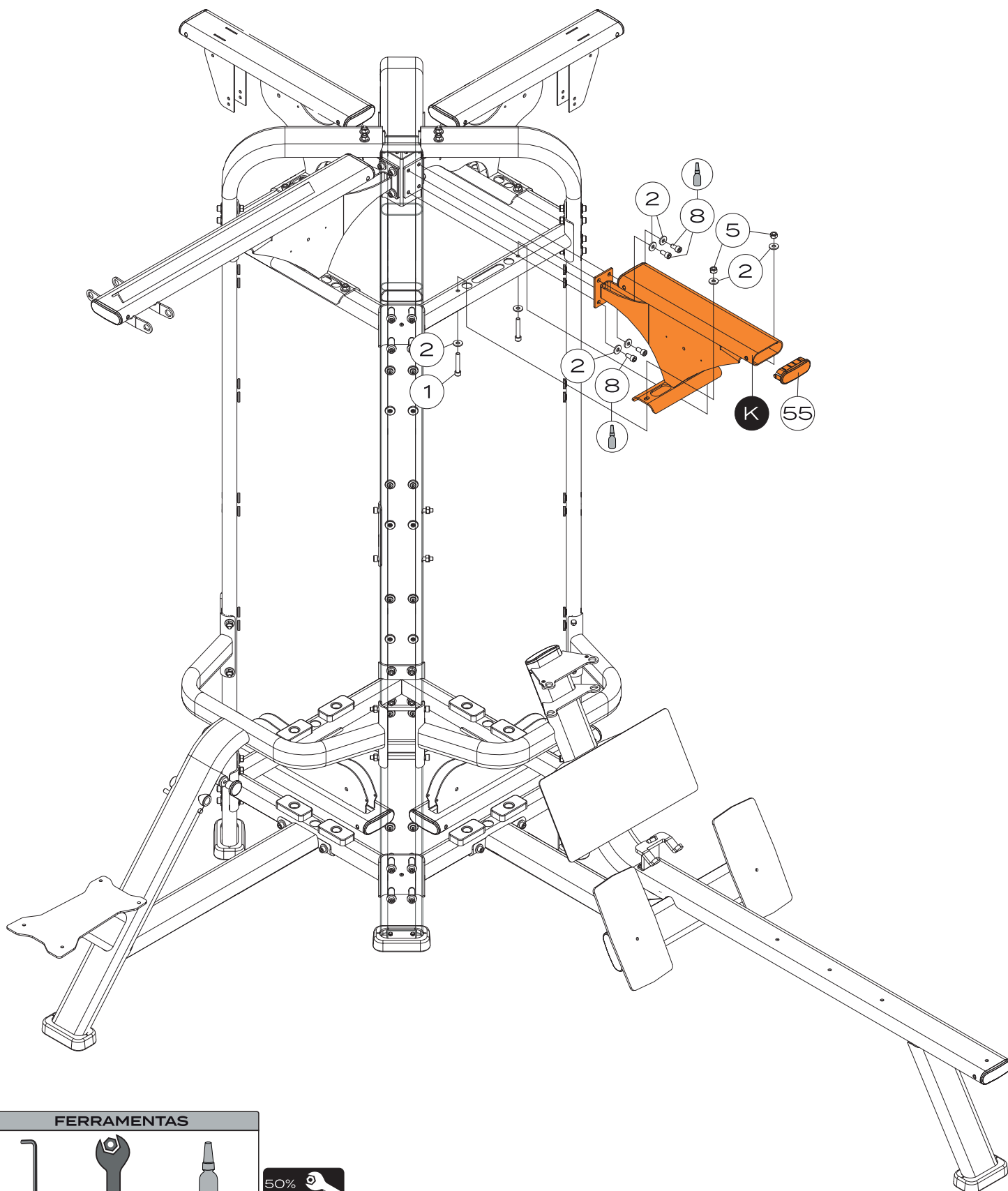
### FERRAMENTAS



# MONTAGEM DO EQUIPAMENTO

## PASSO 10

|   |                                                                                  |                                                   |           |    |                                                                                   |                          |           |   |                                                                                     |                                           |           |
|---|----------------------------------------------------------------------------------|---------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|--------------------------|-----------|---|-------------------------------------------------------------------------------------|-------------------------------------------|-----------|
| 1 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X60 | Qtd<br>2x | 2  |  | NOME<br>Arruela lisa Ø10 | Qtd<br>8x | 5 |  | NOME<br>Porca Sext. Inseto<br>Nylon - M10 | Qtd<br>2x |
| 8 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X25 | Qtd<br>4x | 55 |  | NOME<br>Tampão           | Qtd<br>1x | K |  | NOME<br>Suporte puxada baixa              |           |



### FERRAMENTAS



Allen nº 8 Chave fixa 17 Trava rosca torque médio



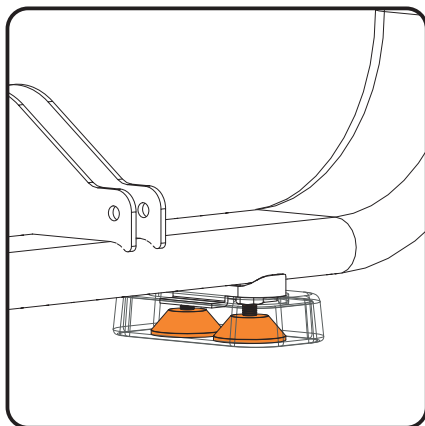
# MONTAGEM DO EQUIPAMENTO

## PASSO 11 - NIVELAMENTO DO EQUIPAMENTO

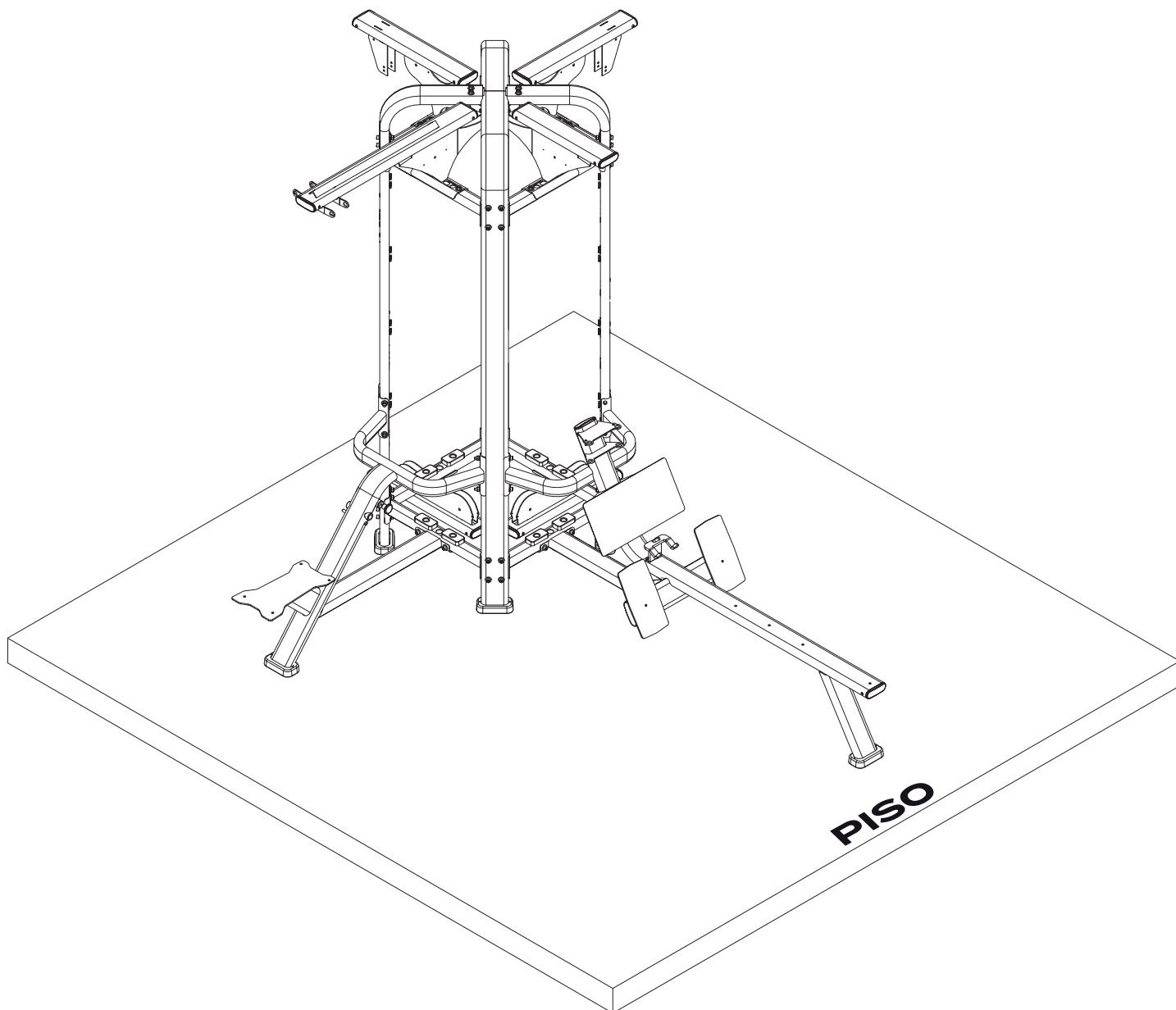


ATENÇÃO

ANTES DE CONTINUAR A MONTAGEM ALINHE TODO O EQUIPAMENTO AO SOLO PARA EVITAR QUALQUER TIPO DE BALANÇO. COM O EQUIPAMENTO DEVIDAMENTE ALINHADO, DE O APERTO FINAL NOS PARAFUSOS.

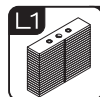


Utilize os pés niveladores para ajustar o alinhamento do equipamento.

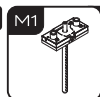


# MONTAGEM DO EQUIPAMENTO

## PASSO 12



NOME  
Bateria de 19 pesos

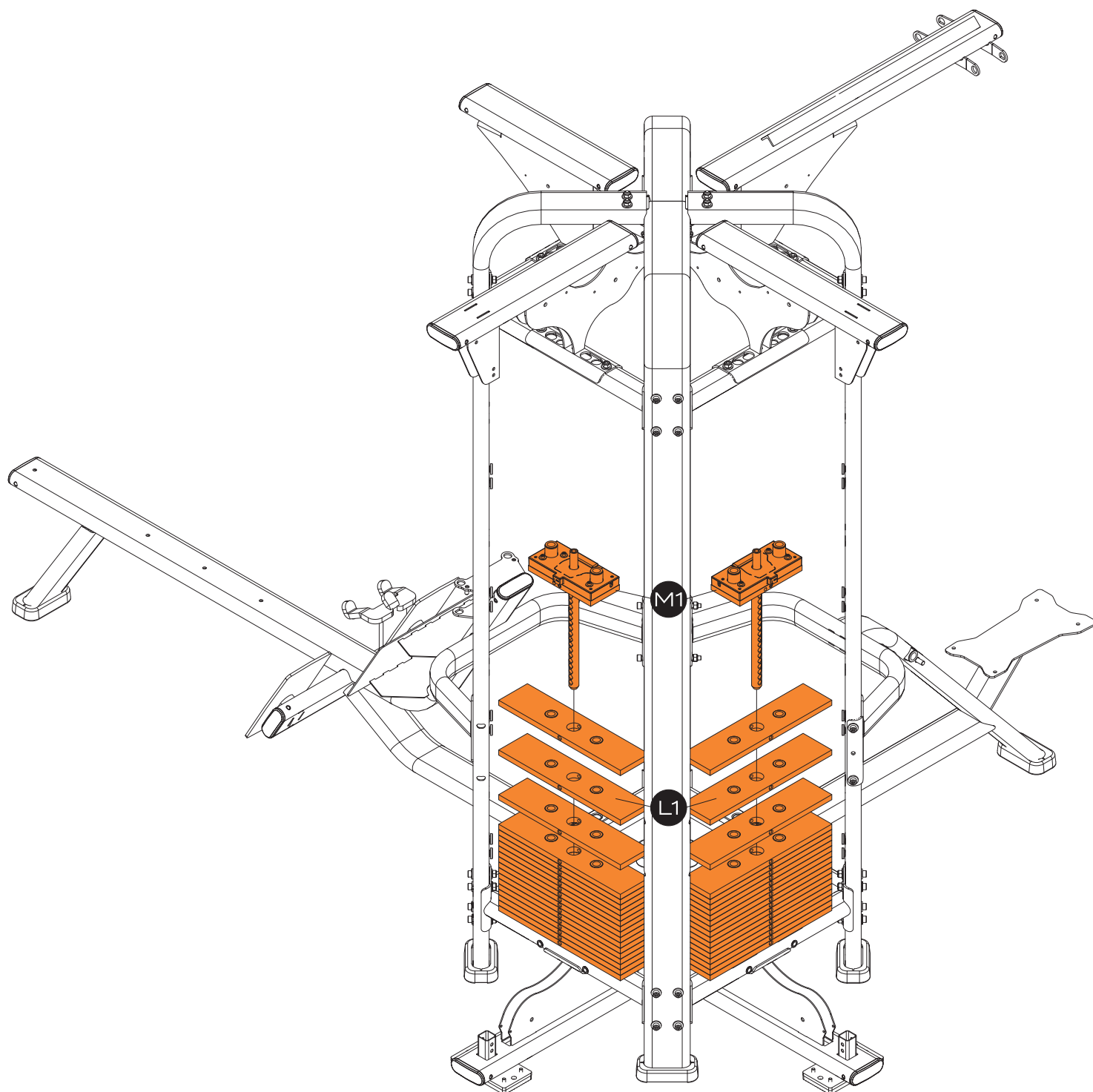


NOME  
Top plate de 19 furos



ATENÇÃO

O TOP PLATE COM 19 FUROS DEVE SER MONTADA  
VOLTADA PARA OS PULLEYS

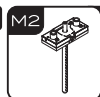


# MONTAGEM DO EQUIPAMENTO

## PASSO 13



NOME  
Bateria de 24 pesos

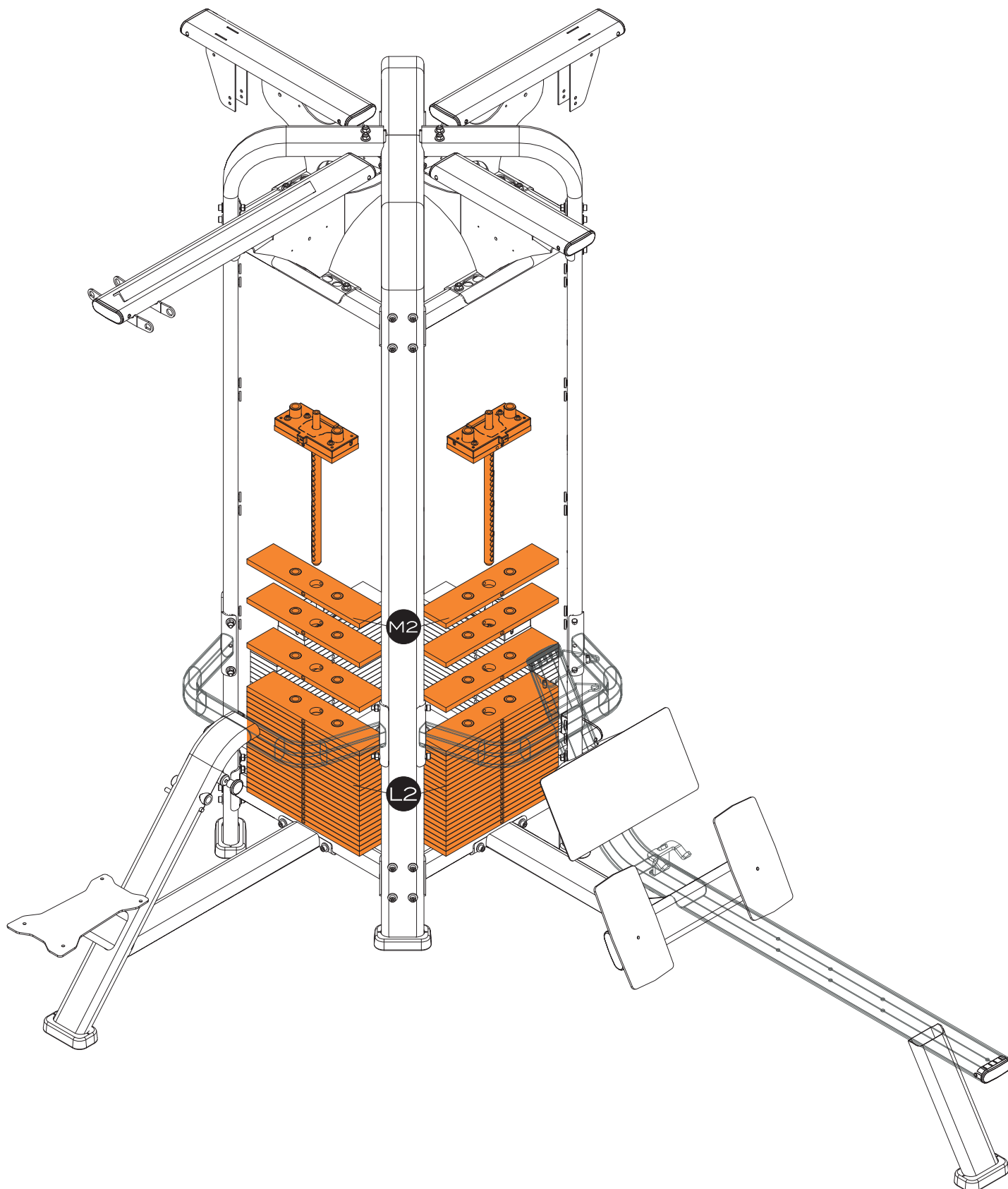


NOME  
Top plate de 24 furos



**ATENÇÃO**

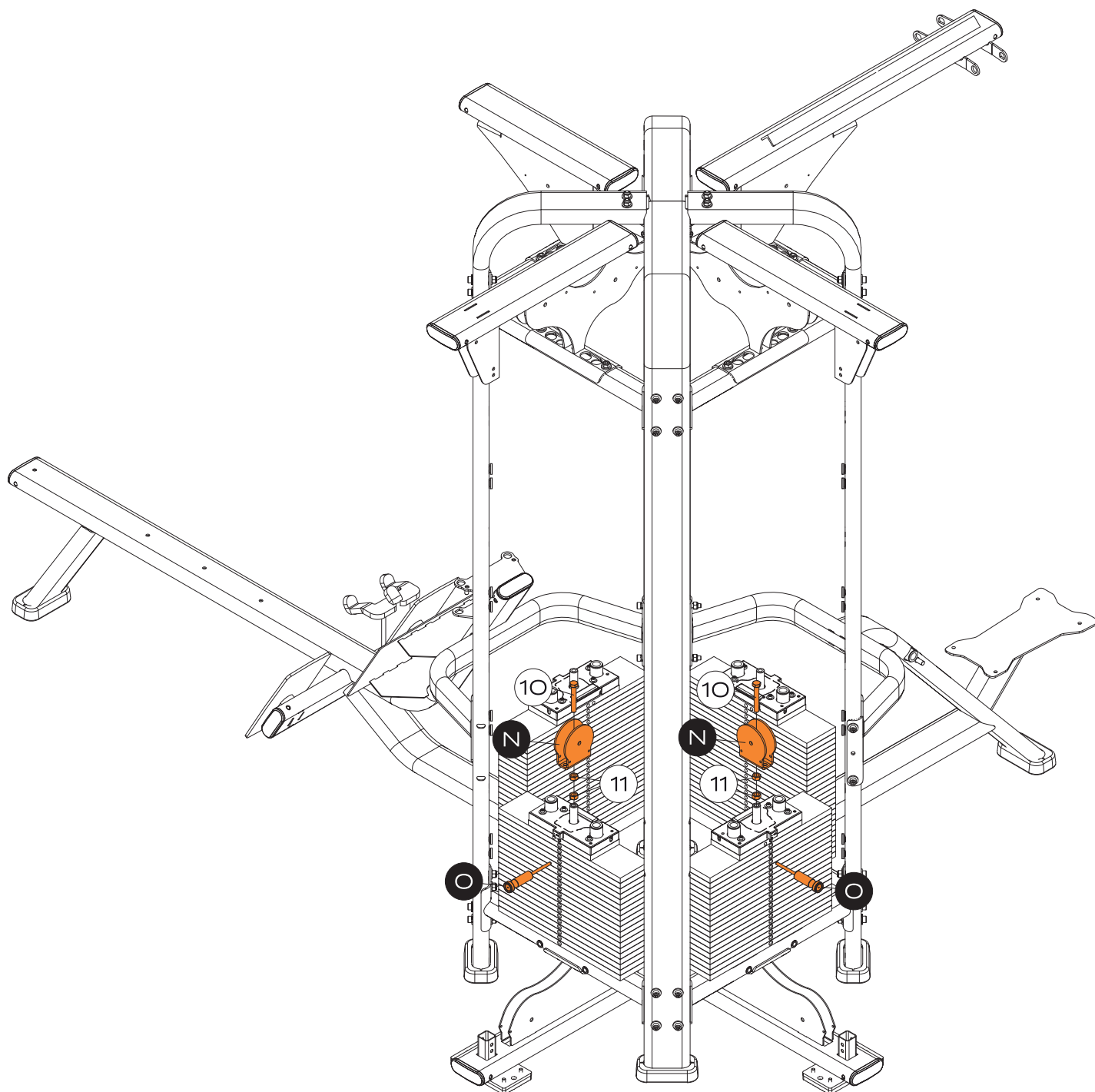
**O TOP LATE COM 24 FUROS DEVE SER MONTADA VOLTADA PARA A PUXADA ALTA E BAIXA**



# MONTAGEM DO EQUIPAMENTO

## PASSO 14

|                                                                                  |                                              |                  |                                                                                   |                                    |                  |                                                                                     |                                   |
|----------------------------------------------------------------------------------|----------------------------------------------|------------------|-----------------------------------------------------------------------------------|------------------------------------|------------------|-------------------------------------------------------------------------------------|-----------------------------------|
|  | <b>NOME</b><br>Parafuso Cab. Sext.<br>M12X80 | <b>Qtd</b><br>2x |  | <b>NOME</b><br>Porca sextavada Ø12 | <b>Qtd</b><br>4x |  | <b>NOME</b><br>Suporte de roldana |
|  | <b>NOME</b><br>Pino seletor                  |                  |                                                                                   |                                    |                  |                                                                                     |                                   |



### FERRAMENTAS



Chave fixa 17

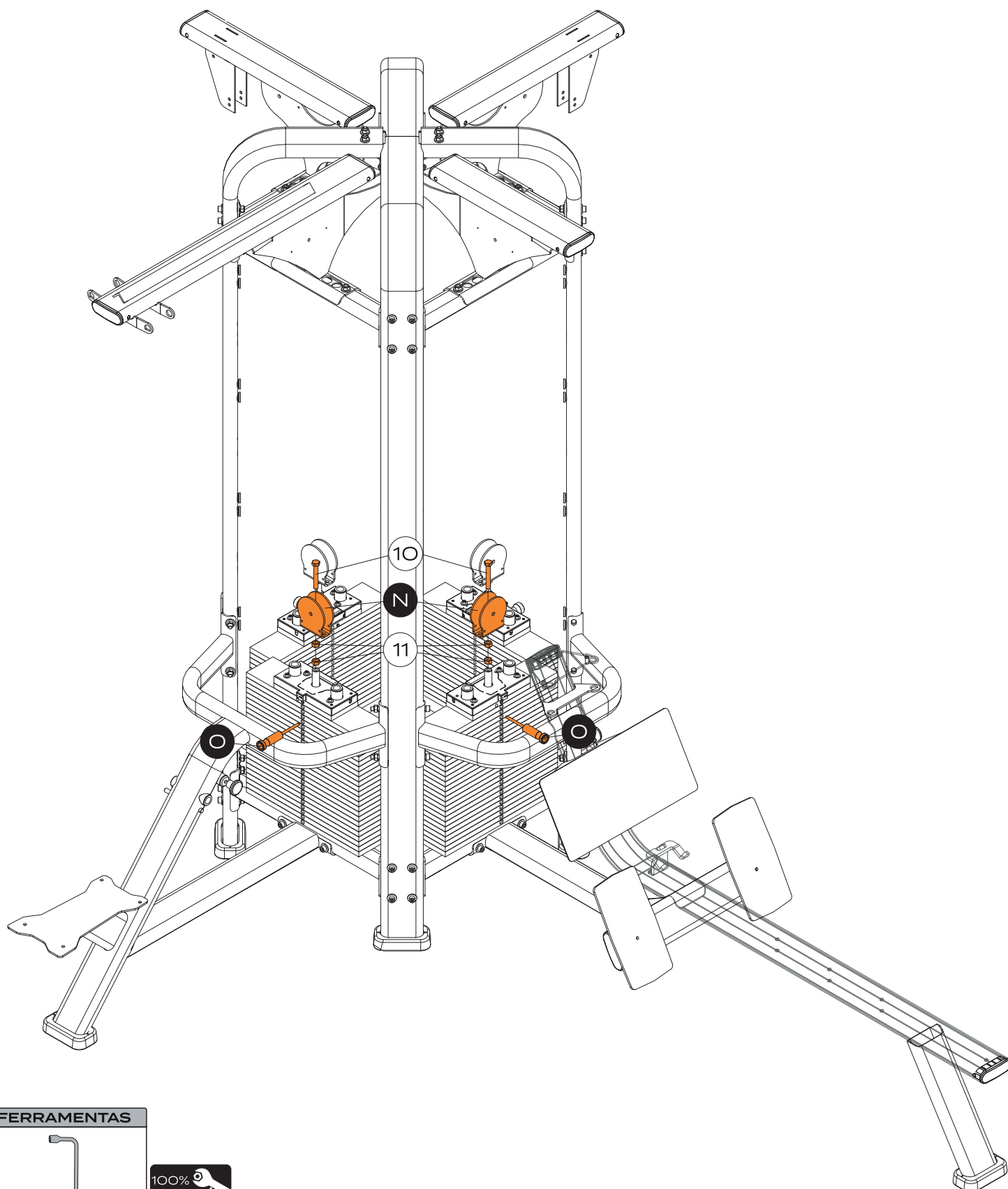




# MONTAGEM DO EQUIPAMENTO

## PASSO 15

|                                                                                  |                                              |                  |                                                                                   |                                    |                  |                                                                                     |                                   |
|----------------------------------------------------------------------------------|----------------------------------------------|------------------|-----------------------------------------------------------------------------------|------------------------------------|------------------|-------------------------------------------------------------------------------------|-----------------------------------|
|  | <b>NOME</b><br>Parafuso Cab. Sext.<br>M12X80 | <b>Qtd</b><br>2x |  | <b>NOME</b><br>Porca sextavada Ø12 | <b>Qtd</b><br>4x |  | <b>NOME</b><br>Suporte de roldana |
|  | <b>NOME</b><br>Pino seletor                  |                  |                                                                                   |                                    |                  |                                                                                     |                                   |



### FERRAMENTAS



Chave de boca 17

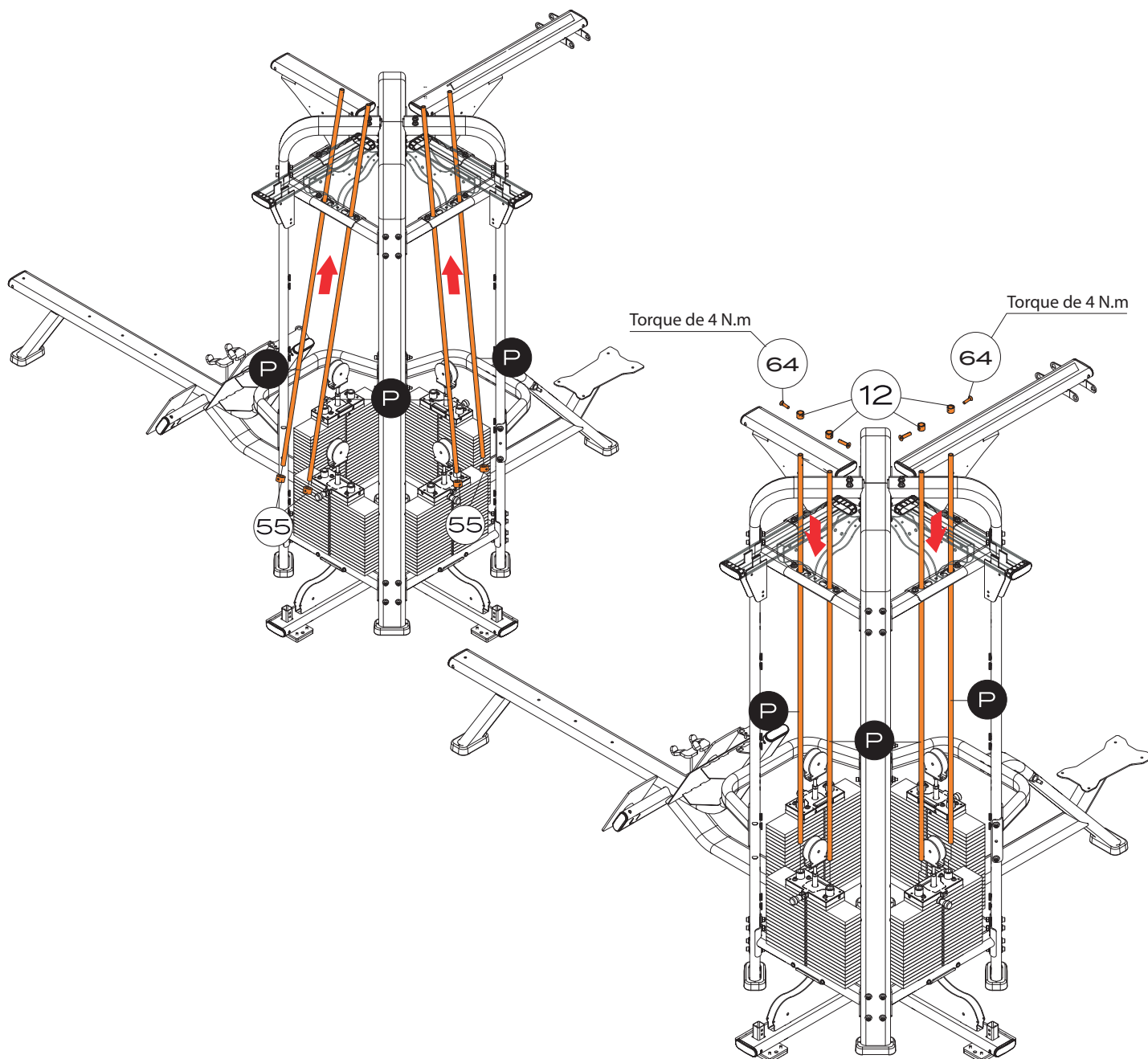




# MONTAGEM DO EQUIPAMENTO

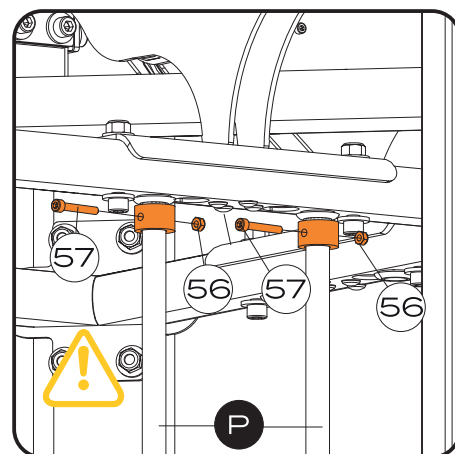
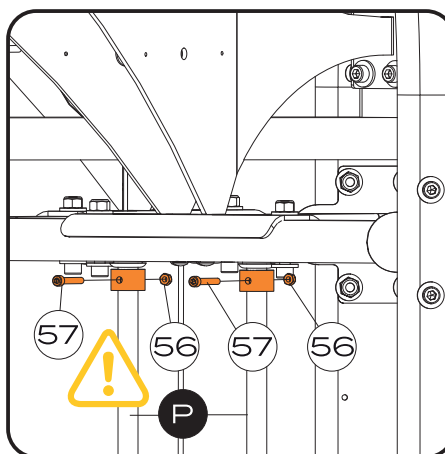
## PASSO 16

|                                                                                  |                                       |     |                                                                                   |                 |     |                                                                                     |                                     |     |
|----------------------------------------------------------------------------------|---------------------------------------|-----|-----------------------------------------------------------------------------------|-----------------|-----|-------------------------------------------------------------------------------------|-------------------------------------|-----|
| 12                                                                               | NOME                                  | Qtd | 55                                                                                | NOME            | Qtd | 56                                                                                  | NOME                                | Qtd |
|  | Trava da haste                        | 8x  |  | Trava da haste  | 4x  |  | Porca Sext. Inserto Nylon - M6      | 4x  |
| 57                                                                               | NOME                                  | Qtd | P                                                                                 | NOME            |     | 64                                                                                  | NOME                                | Qtd |
|  | Parafuso Cab. Cil. Sext. Int. - M6X40 | 4x  |  | Haste dos pesos |     |  | Parafuso cab. ch. sext. int - M6x25 | 4x  |



**ATENÇÃO**  
 APERTE O PARAFUSO ATÉ  
 ELIMINAR A FOLGA DA TRAVA  
 DA HASTE

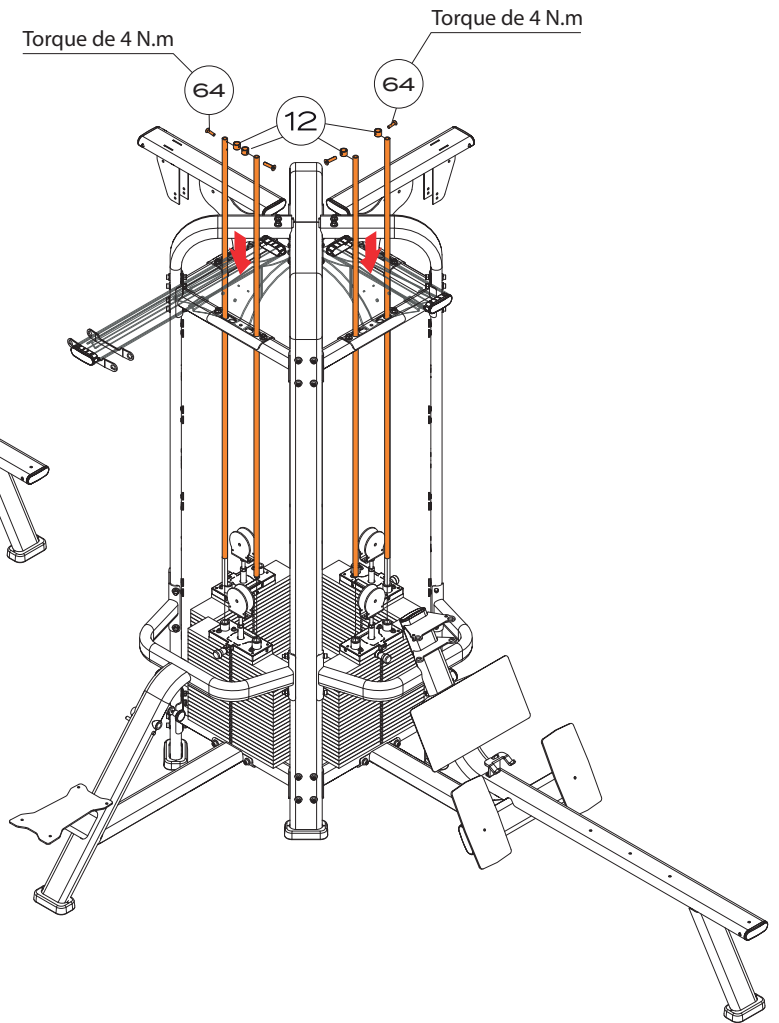
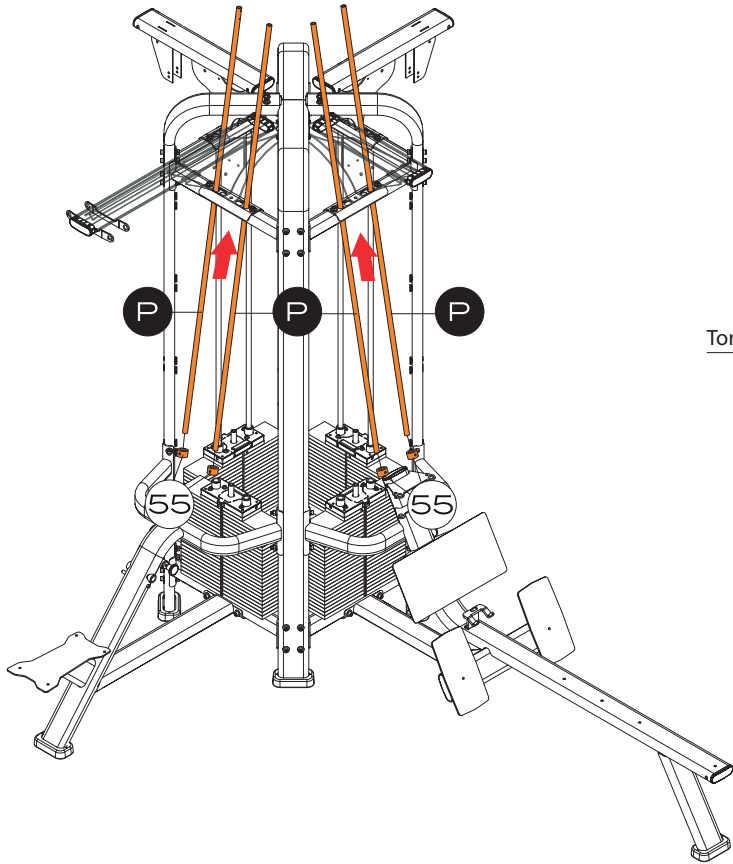
**ATENÇÃO**  
 AS HASTES DEVEM SER  
 MONTADAS DE BAIXO PARA  
 CIMA



# MONTAGEM DO EQUIPAMENTO

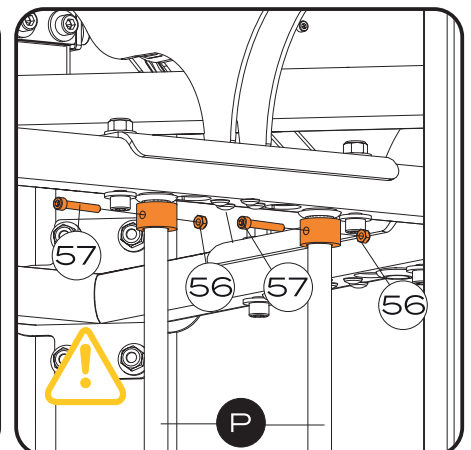
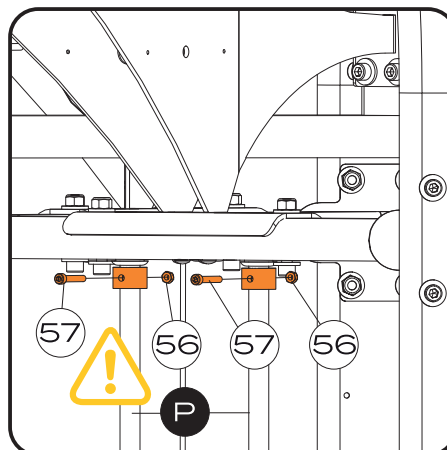
## PASSO 17

|                                                                                  |                                       |     |                                                                                   |                 |     |                                                                                     |                                     |     |
|----------------------------------------------------------------------------------|---------------------------------------|-----|-----------------------------------------------------------------------------------|-----------------|-----|-------------------------------------------------------------------------------------|-------------------------------------|-----|
| 12                                                                               | NOME                                  | Qtd | 55                                                                                | NOME            | Qtd | 56                                                                                  | NOME                                | Qtd |
|  | Trava da haste                        | 8x  |  | Trava da haste  | 4x  |  | Porca Sext. Inserto Nylon - M6      | 4x  |
| 57                                                                               | NOME                                  | Qtd | P                                                                                 | NOME            |     | 64                                                                                  | NOME                                |     |
|  | Parafuso Cab. Cil. Sext. Int. - M6X40 | 4x  |  | Haste dos pesos |     |  | Parafuso cab. ch. sext. int - M6x25 |     |



**⚠ ATENÇÃO**  
 APERTE O PARAFUSO ATÉ  
 ELIMINAR A FOLGA DA TRAVA  
 DA HASTE

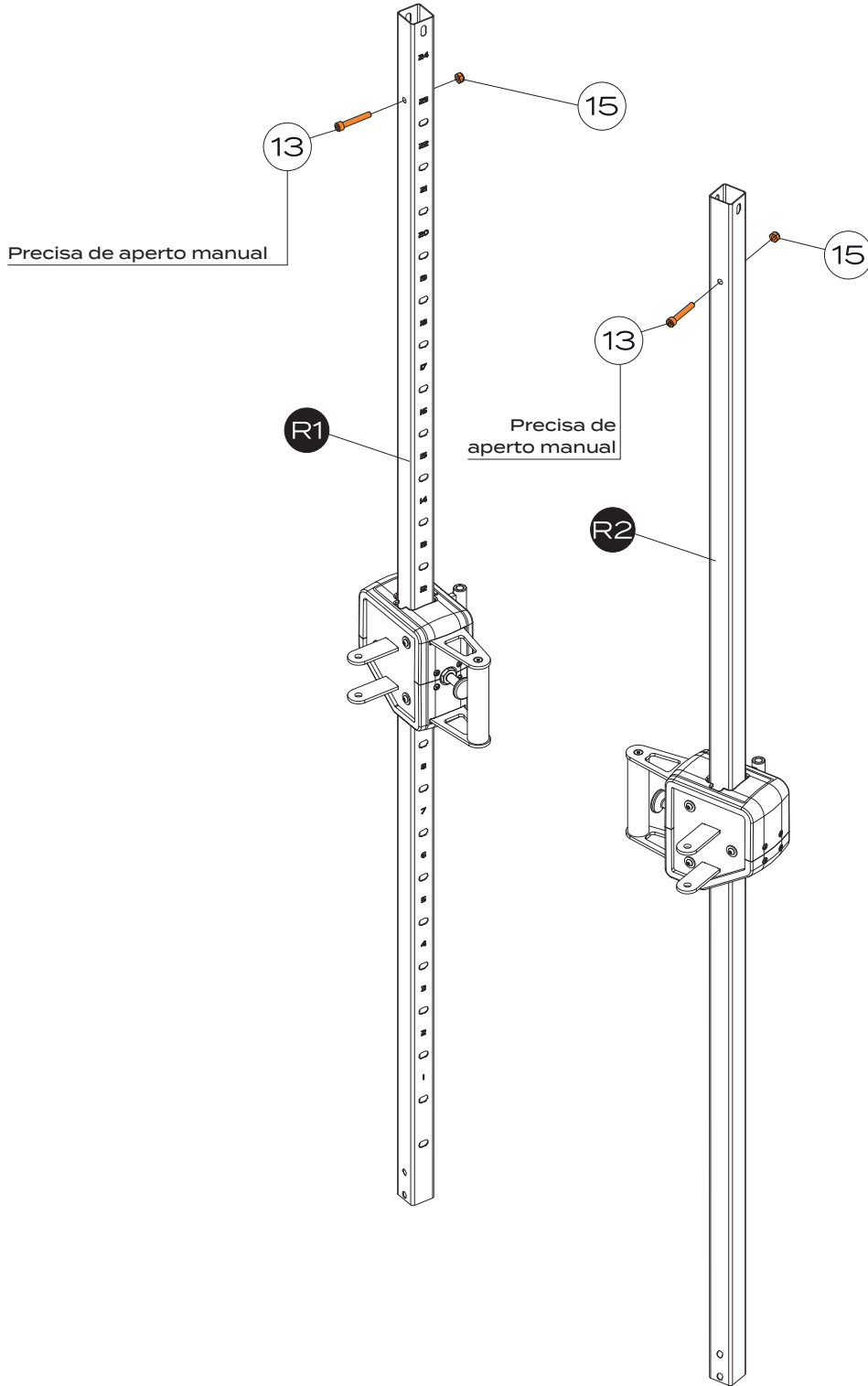
**⚠ ATENÇÃO**  
 AS HASTES DEVEM SER  
 MONTADAS DE BAIXO PARA  
 CIMA



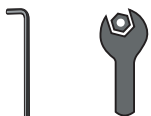
## MONTAGEM DO EQUIPAMENTO

## PASSO 18 - MONTAGEM DOS PULLEY

|    |                                                                                  |                                          |     |    |                                                                                   |                                   |     |    |                                                                                     |                                          |
|----|----------------------------------------------------------------------------------|------------------------------------------|-----|----|-----------------------------------------------------------------------------------|-----------------------------------|-----|----|-------------------------------------------------------------------------------------|------------------------------------------|
| 13 |  | NOME                                     | Qtd | 15 |  | NOME                              | Qtd | R1 |  | NOME                                     |
|    |                                                                                  | Parafuso Cab. Cil.<br>Sext. Int. - M8X50 | 2x  |    |                                                                                   | Porca Sext. Inserto<br>Nylon - M8 | 2x  |    |                                                                                     | Régua do regulador de altura<br>esquerda |
| R2 |  | NOME                                     |     |    |                                                                                   |                                   |     |    |                                                                                     |                                          |
|    |                                                                                  | Régua do regulador de altura<br>direito  |     |    |                                                                                   |                                   |     |    |                                                                                     |                                          |



## FERRAMENTAS



Allen n° 6 Chave fixa 13



100%



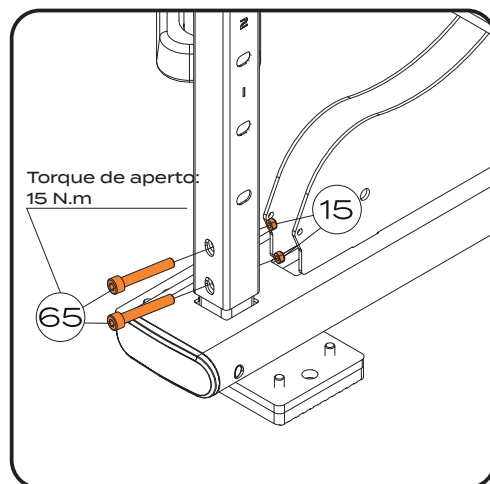
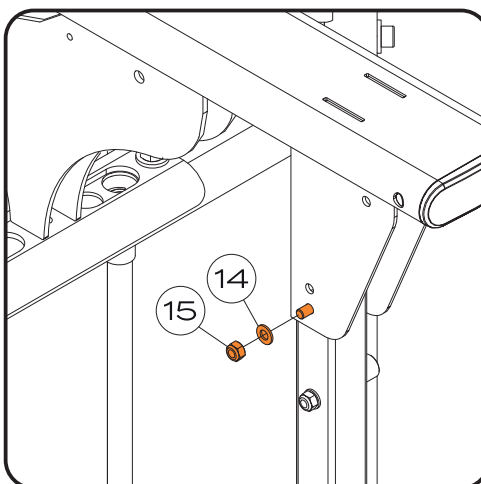
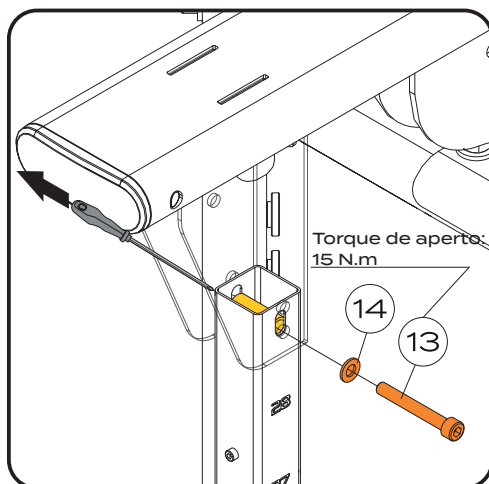
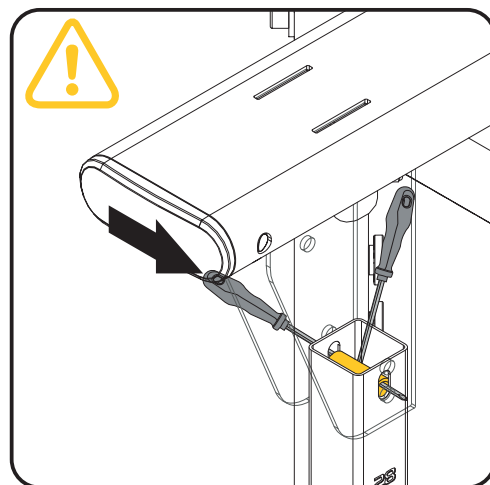
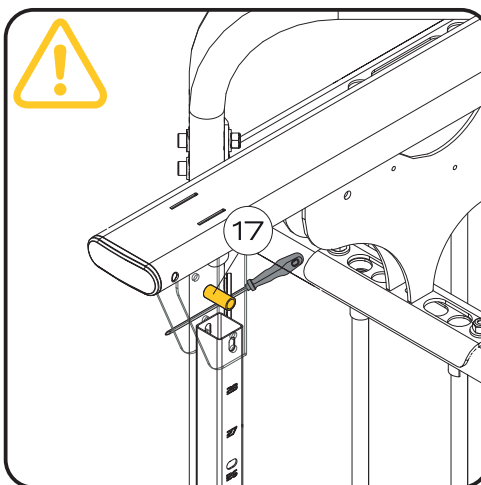
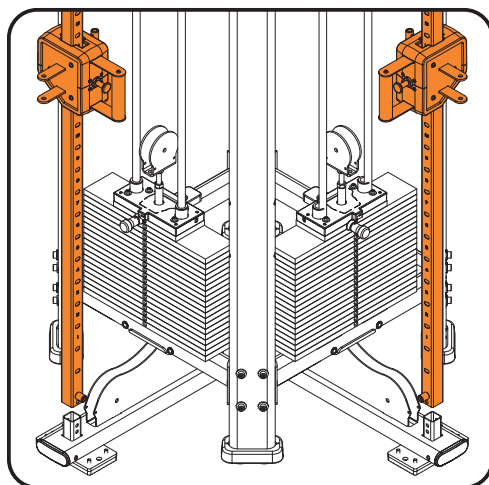
**⚠️ ATENÇÃO**

**MANTENHA O PINO SELETOR  
PUXADO ATÉ QUE SEJA ENCAIXADO  
NA RÉGUA DO REGULADOR DE  
ALTURA.**

# MONTAGEM DO EQUIPAMENTO

## PASSO 19 - MONTAGEM DOS PULLEY

|    |                                                                                     |                                                  |           |
|----|-------------------------------------------------------------------------------------|--------------------------------------------------|-----------|
| 13 |     | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M8X60 | Qtd<br>2x |
| 14 |    | NOME<br>Arruela lisa Ø8                          | Qtd<br>4x |
| 15 |  | NOME<br>Porca Sext. Inserto<br>Nylon - M8        | Qtd<br>6x |
| 17 |     | NOME<br>Espaçador                                | Qtd<br>1x |
| 65 |    | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M8X50 | Qtd<br>4x |

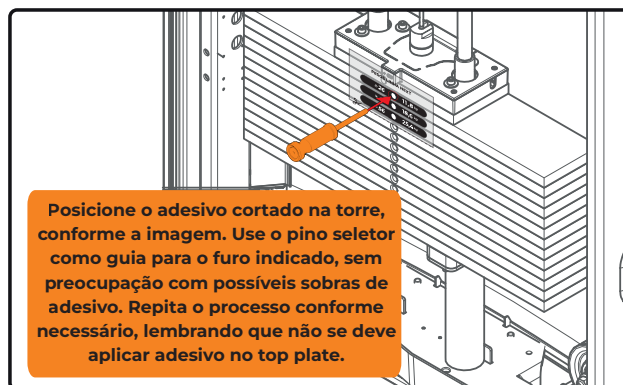
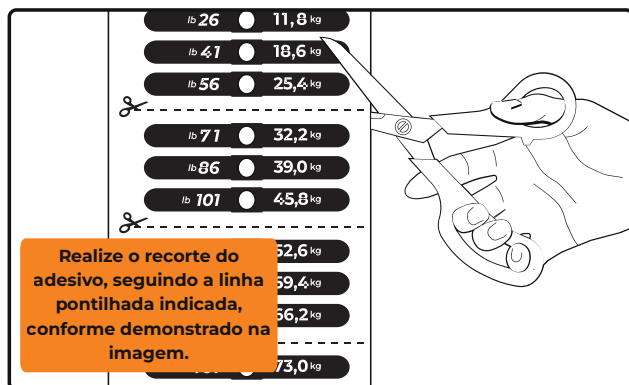


### ATENÇÃO

COM O AUXÍLIO DE UMA CHAVE DE FENDA FINA, APOIE PARA MONTAR O ESPAÇADOR NA RÉGUA DO REGULADOR DE ALTURA.

**Nota:** A montagem da régua é a mesma para os pulleys.

**Nota:** Algumas partes do equipamento foram ocultas para facilitar a visualização.



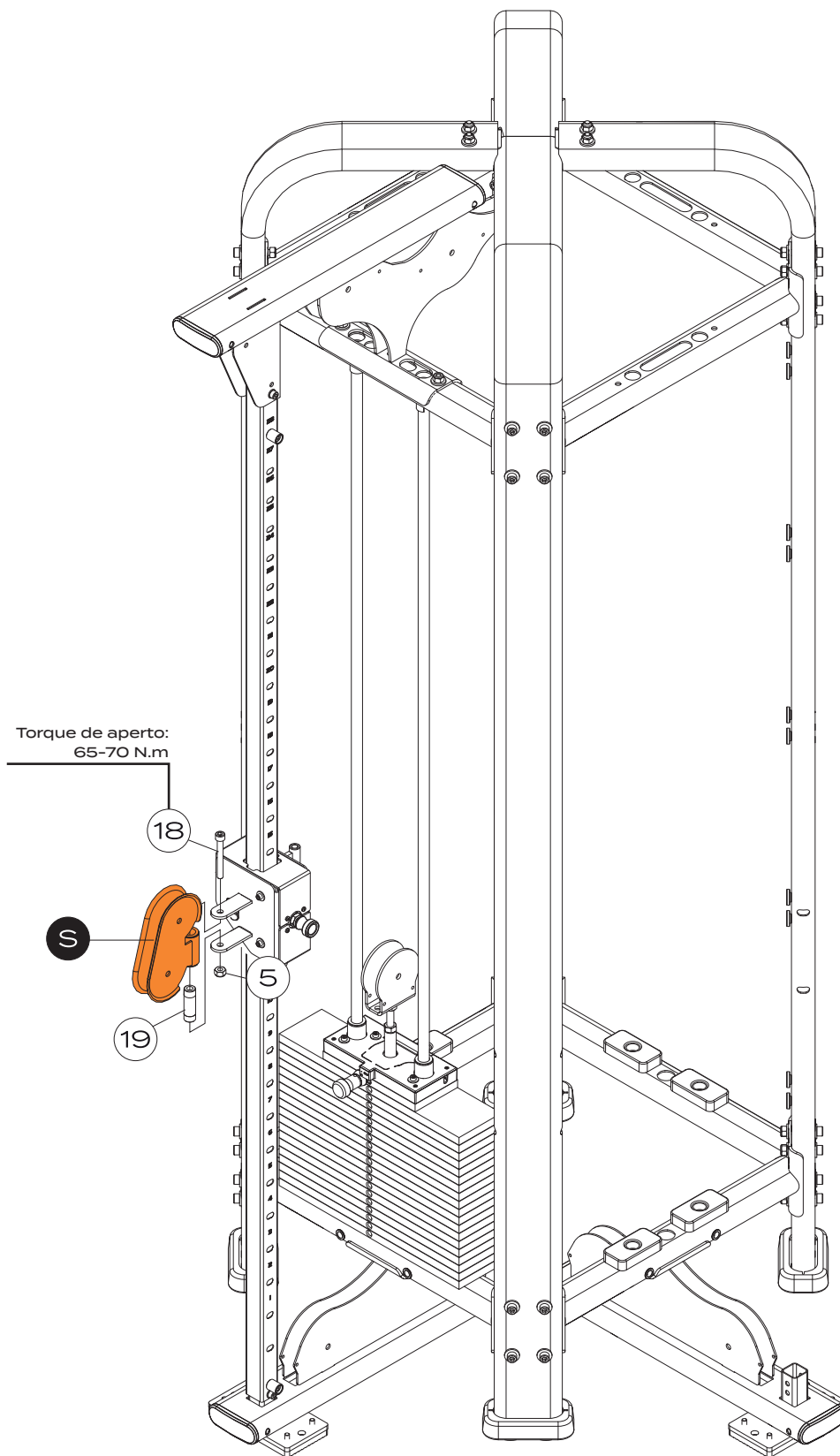
### FERRAMENTAS



# MONTAGEM DO EQUIPAMENTO

## PASSO 20 - MONTAGEM DOS PULLEY

|          |                                                   |                  |           |                                                          |                  |           |                     |                  |
|----------|---------------------------------------------------|------------------|-----------|----------------------------------------------------------|------------------|-----------|---------------------|------------------|
| <b>5</b> | <b>NOME</b><br>Porca Sext. Inserto<br>Nylon - M10 | <b>Qtd</b><br>1x | <b>18</b> | <b>NOME</b><br>Parafuso Cab. Cil.<br>Sext. Int. - M10X80 | <b>Qtd</b><br>1x | <b>19</b> | <b>NOME</b><br>Eixo | <b>Qtd</b><br>1x |
| <b>S</b> | <b>NOME</b><br>Suporte das roldanas               |                  |           |                                                          |                  |           |                     |                  |



### FERRAMENTAS



Allen nº 8 Chave fixa 17

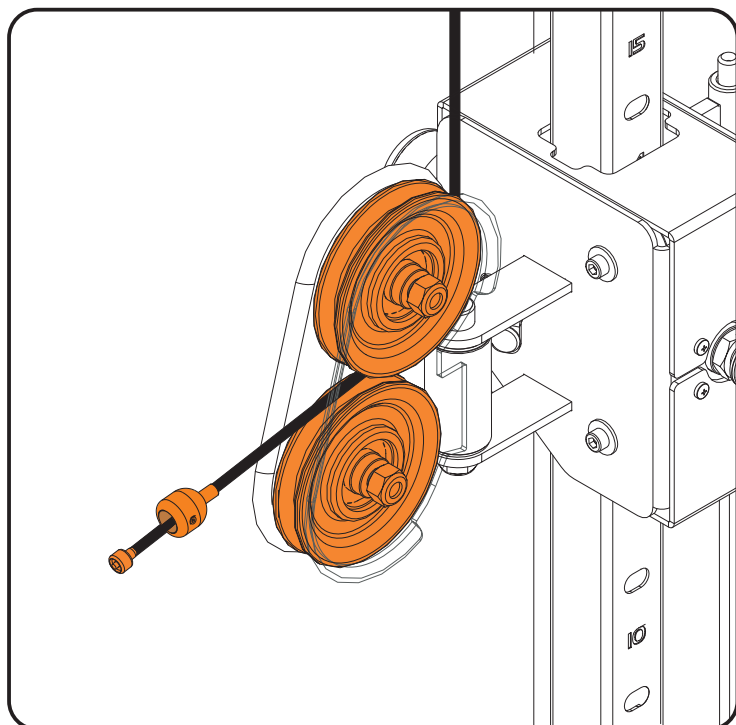
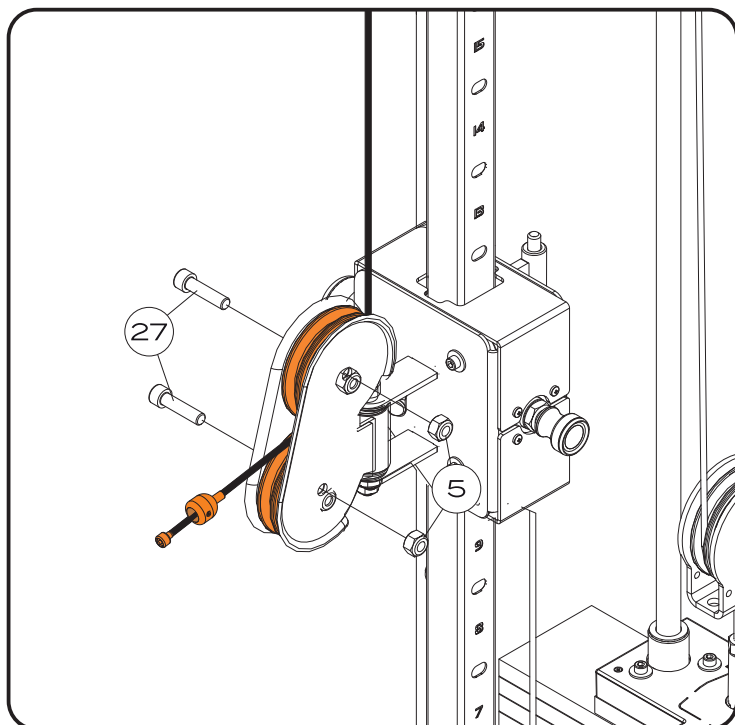
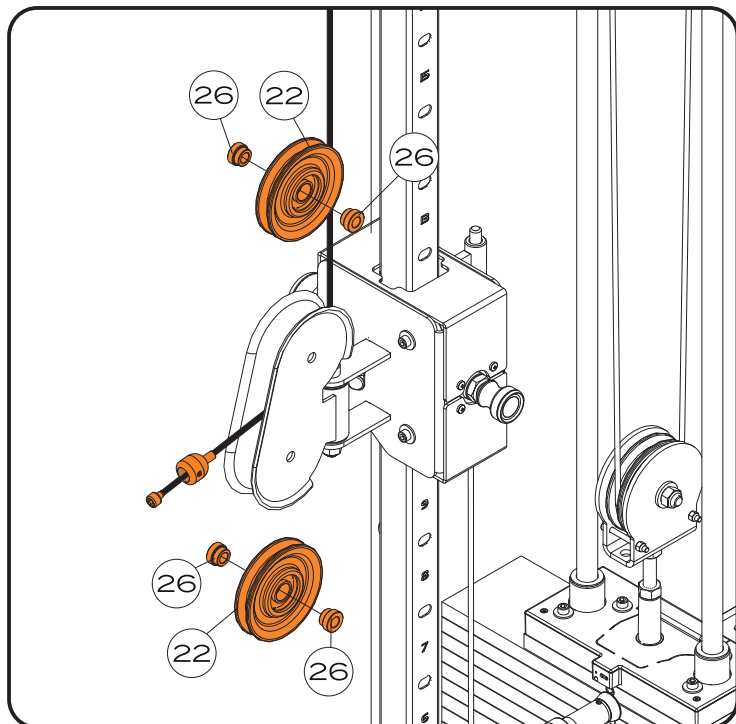
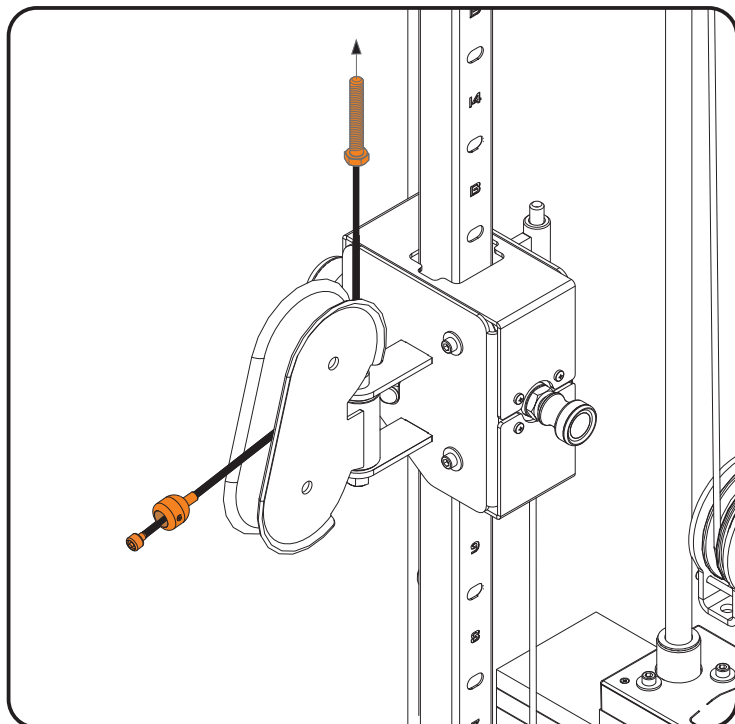


**Nota:** Algumas partes do equipamento foram ocultas para facilitar a visualização.

# MONTAGEM DO EQUIPAMENTO

## PASSO 21 - MONTAGEM DOS PULLEY

|    |                                                      |           |    |                               |           |    |                |           |
|----|------------------------------------------------------|-----------|----|-------------------------------|-----------|----|----------------|-----------|
| 5  | NOME<br>Porca Sext. Inserto<br>Nylon - M10           | Qtd<br>2x | 22 | NOME<br>Roldana               | Qtd<br>2x | 26 | NOME<br>Buchas | Qtd<br>4x |
| 27 | NOME<br>Parafuso Cab. Cil. Sext.<br>Interno - M10X40 | Qtd<br>2x | 22 | NOME<br>Cabo de aço do Pulley | Qtd<br>1x |    |                |           |



### FERRAMENTAS

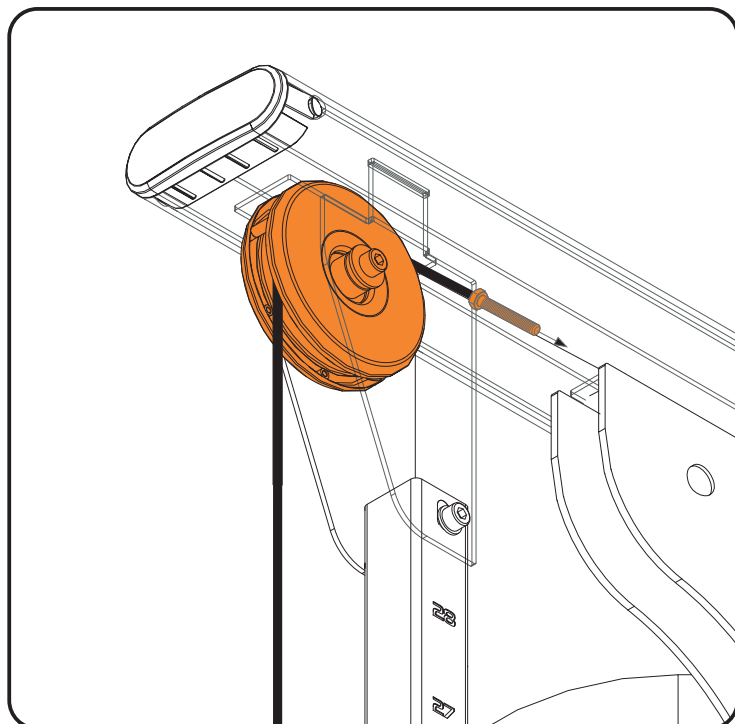
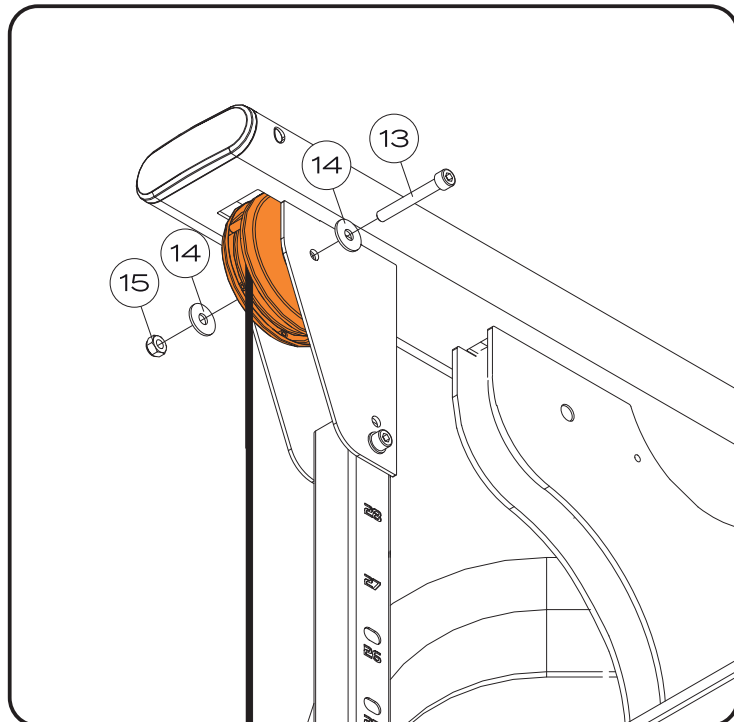
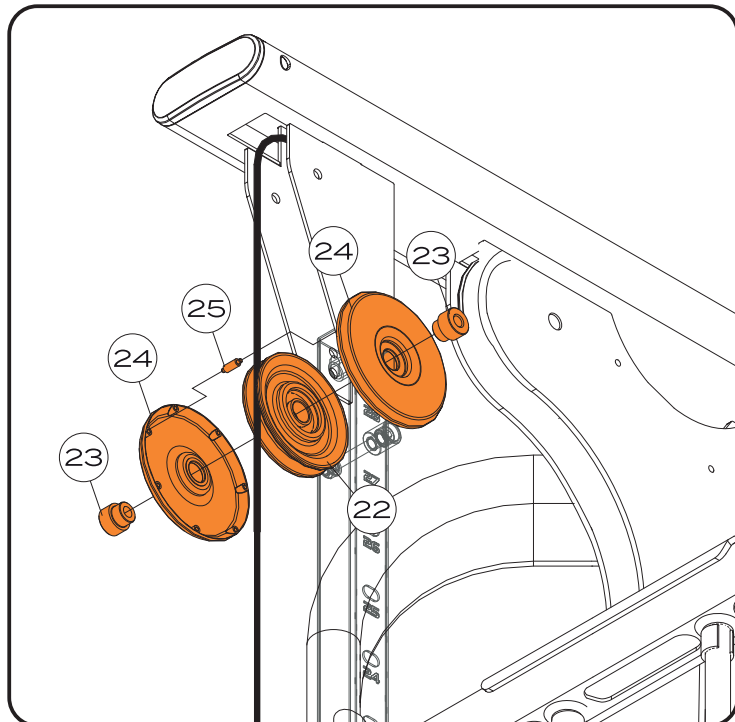




# MONTAGEM DO EQUIPAMENTO

## PASSO 22 - MONTAGEM DOS PULLEY

|    |                                                                                  |                                                  |           |    |                                                                                   |                         |           |    |                                                                                     |                                           |           |
|----|----------------------------------------------------------------------------------|--------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|-------------------------|-----------|----|-------------------------------------------------------------------------------------|-------------------------------------------|-----------|
| 13 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M8X60 | Qtd<br>1x | 14 |  | NOME<br>Arruela lisa Ø8 | Qtd<br>2x | 15 |  | NOME<br>Porca Sext. Inserto<br>Nylon - M8 | Qtd<br>1x |
| 22 |  | NOME<br>Roldana                                  | Qtd<br>1x | 23 |  | NOME<br>Buchas          | Qtd<br>2x | 24 |  | NOME<br>Capa da roldana                   | Qtd<br>2x |
| 25 |  | NOME<br>Pino trava do cabo de aço                | Qtd<br>1x |    |                                                                                   |                         |           |    |                                                                                     |                                           |           |



### FERRAMENTAS



Allen nº6 Chave fixa 13

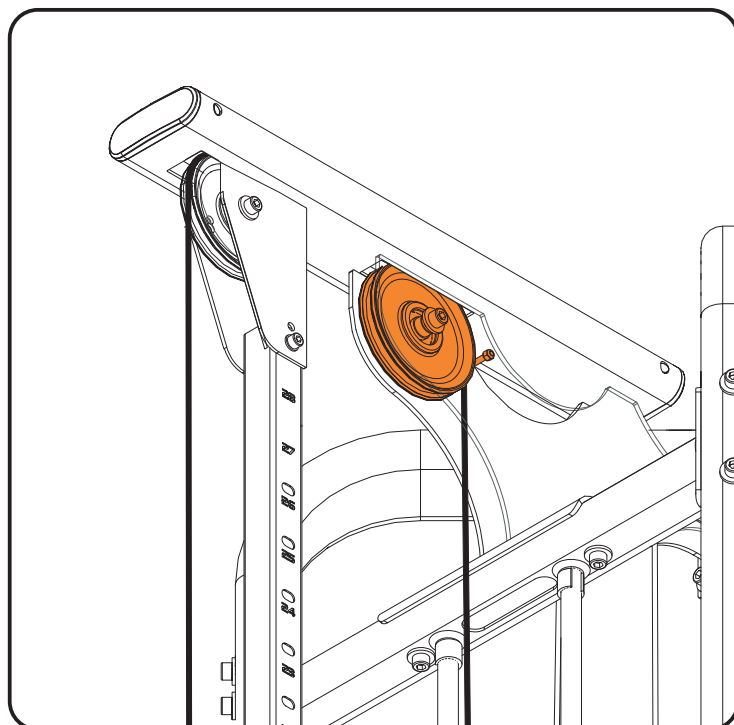
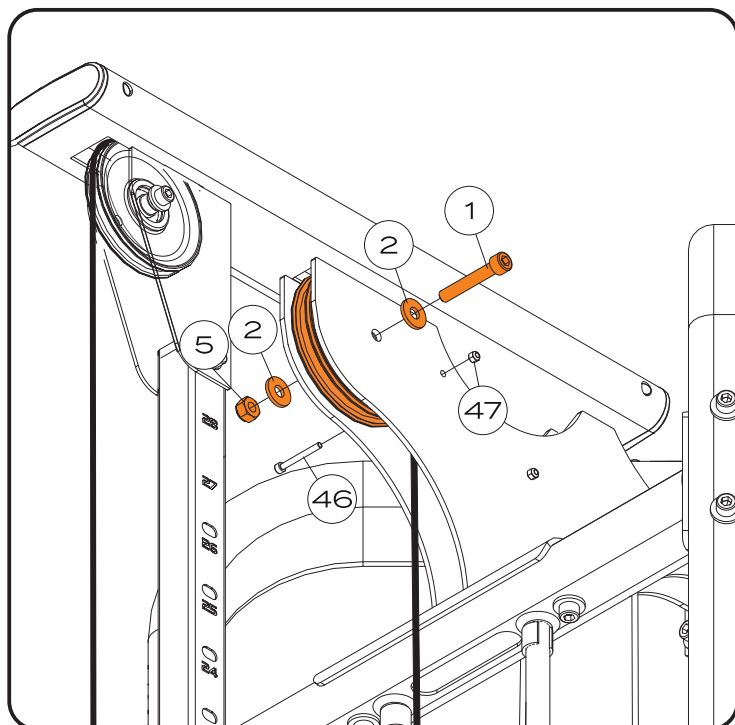
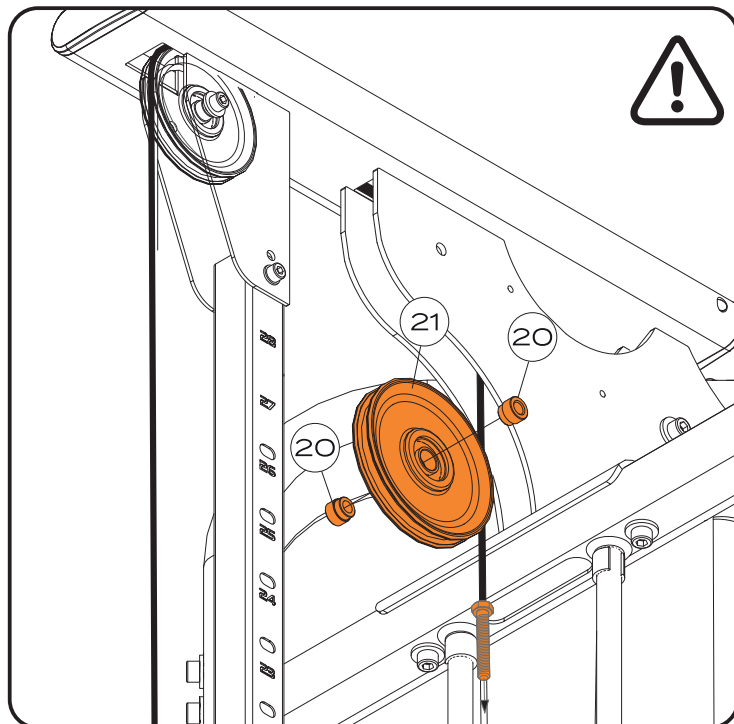
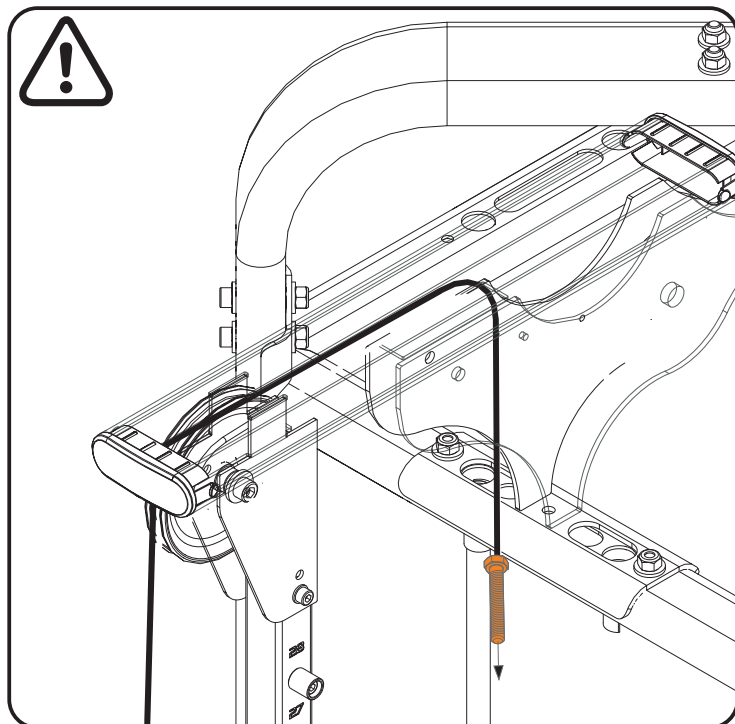




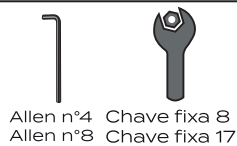
# MONTAGEM DO EQUIPAMENTO

## PASSO 23 - MONTAGEM DOS PULLEY

|    |                                                                                  |                                                   |           |    |                                                                                   |                          |           |    |                                                                                     |                                                  |           |
|----|----------------------------------------------------------------------------------|---------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|--------------------------|-----------|----|-------------------------------------------------------------------------------------|--------------------------------------------------|-----------|
| 1  |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X60 | Qtd<br>1x | 2  |  | NOME<br>Arruela lisa Ø10 | Qtd<br>2x | 5  |  | NOME<br>Porca Sext. Inserto<br>Nylon - M10       | Qtd<br>1x |
| 20 |  | NOME<br>Bucha                                     | Qtd<br>2x | 21 |  | NOME<br>Roldana          | Qtd<br>1x | 46 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M5X50 | Qtd<br>1x |
| 47 |  | NOME<br>Porca Sext. Inserto<br>Nylon - M5         | Qtd<br>1x |    |                                                                                   |                          |           |    |                                                                                     |                                                  |           |



### FERRAMENTAS



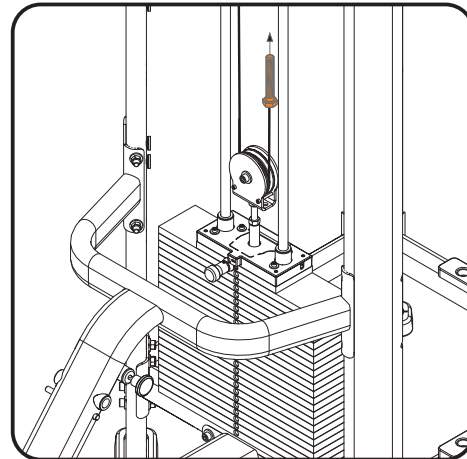
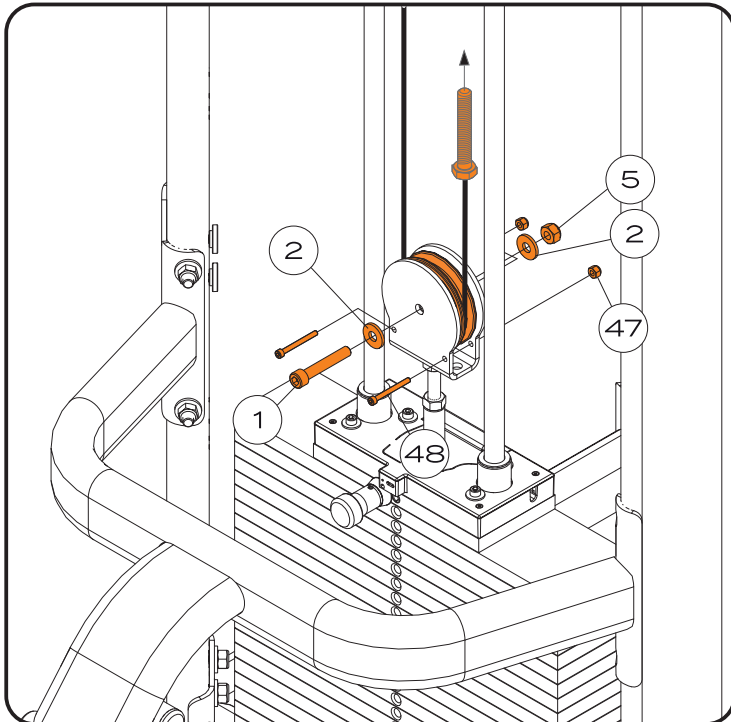
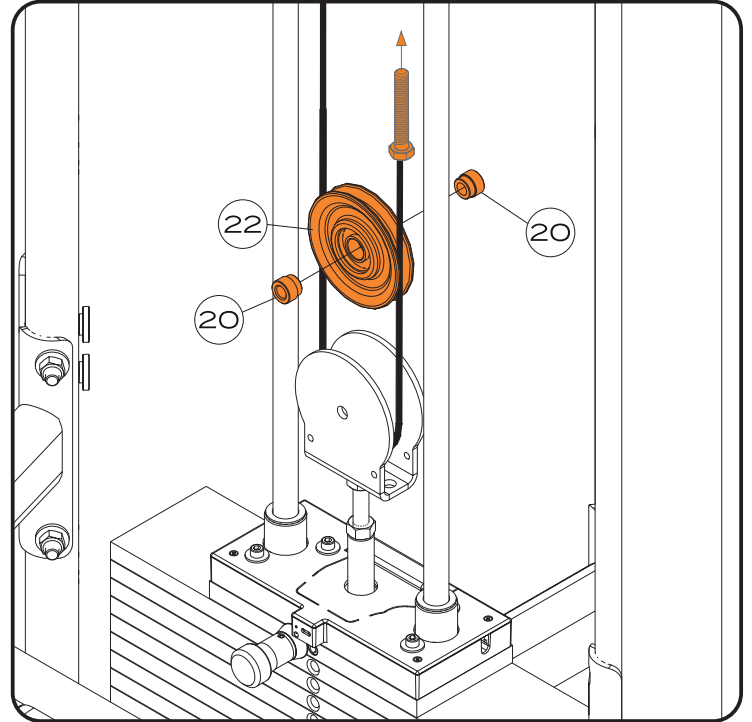
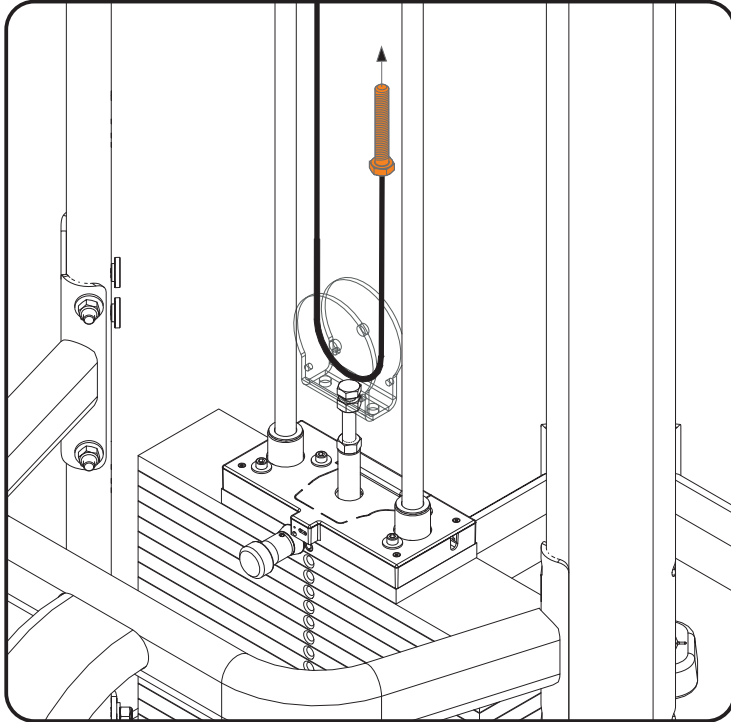
### ATENÇÃO

O CABO DEVE SER PASSADO  
INTERNAMENTE PELO  
TUBO SUPERIOR.

# MONTAGEM DO EQUIPAMENTO

## PASSO 24 - MONTAGEM DOS PULLEY

|    |                                                                                  |                                                   |           |    |                                                                                   |                          |           |    |                                                                                     |                                            |           |
|----|----------------------------------------------------------------------------------|---------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|--------------------------|-----------|----|-------------------------------------------------------------------------------------|--------------------------------------------|-----------|
| 1  |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X60 | Qtd<br>1x | 2  |  | NOME<br>Arruela lisa Ø10 | Qtd<br>2x | 5  |  | NOME<br>Porca Sext. Inserto<br>Nylon - M10 | Qtd<br>1x |
| 20 |  | NOME<br>Buchas                                    | Qtd<br>2x | 22 |  | NOME<br>Roldana          | Qtd<br>1x | 47 |  | NOME<br>Porca Sext. Inserto<br>Nylon - M5  | Qtd<br>2x |
| 48 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M5X50  | Qtd<br>2x |    |                                                                                   |                          |           |    |                                                                                     |                                            |           |



### ATENÇÃO

Ajuste entre as porcas, de no máximo 40mm de afastamento.

(MÁXIMO) 40 mm

### FERRAMENTAS



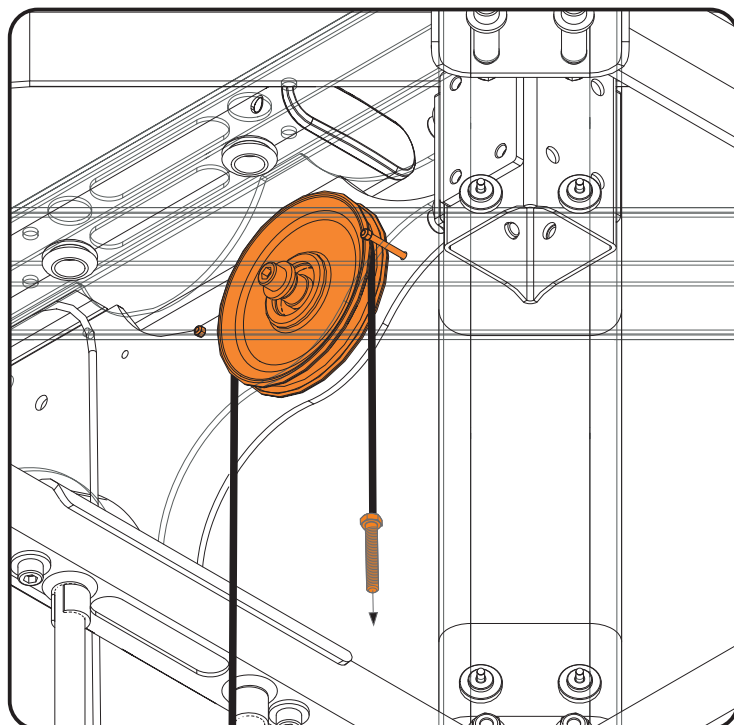
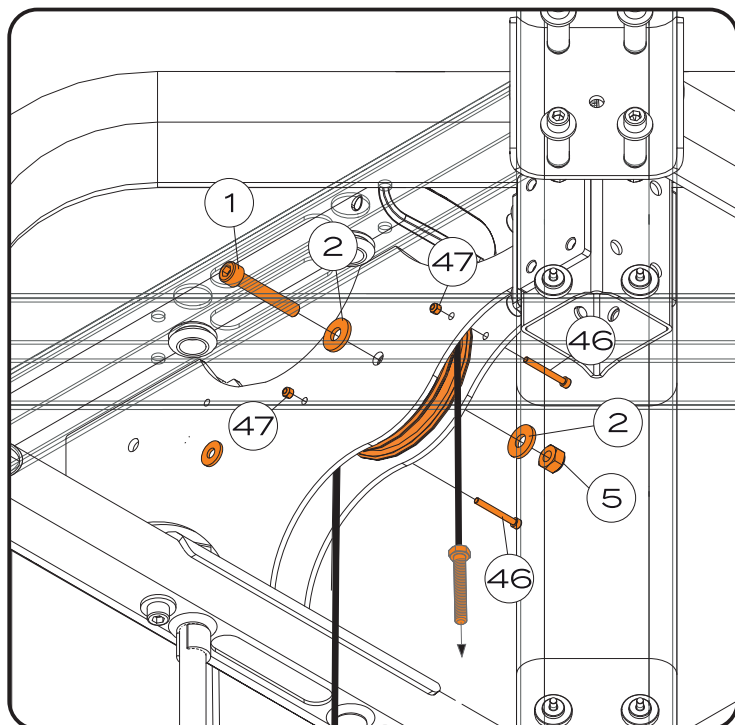
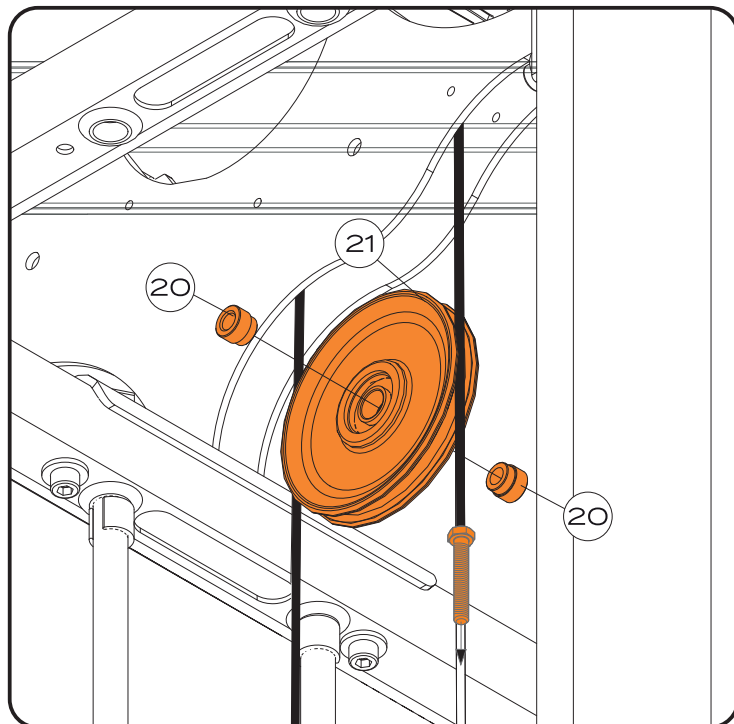
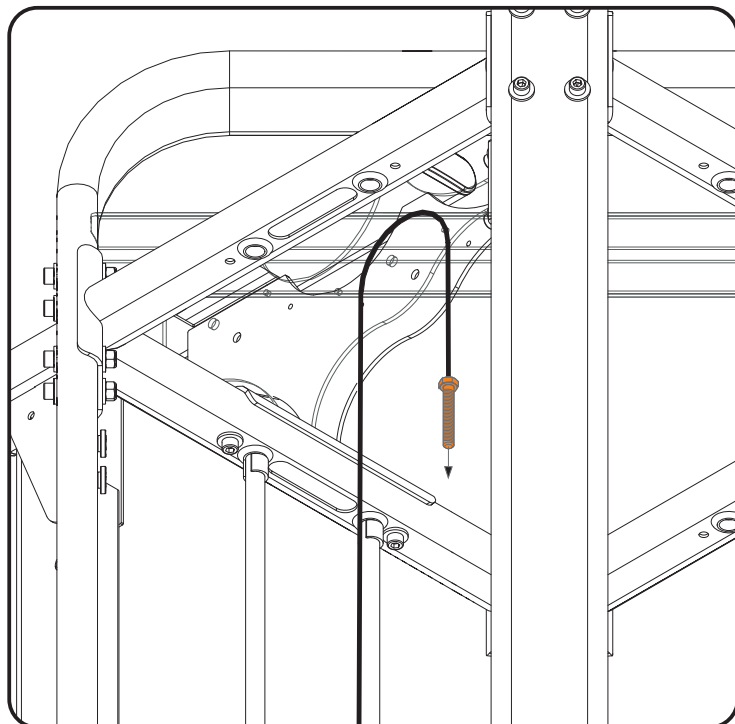
Allen n°4 Chave fixa 8  
Allen n°8 Chave fixa 17



# MONTAGEM DO EQUIPAMENTO

## PASSO 25 - MONTAGEM DOS PULLEY

|    |                                                                                  |                                                   |           |    |                                                                                   |                          |           |    |                                                                                     |                                                  |           |
|----|----------------------------------------------------------------------------------|---------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|--------------------------|-----------|----|-------------------------------------------------------------------------------------|--------------------------------------------------|-----------|
| 1  |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X60 | Qtd<br>1x | 2  |  | NOME<br>Arruela lisa Ø10 | Qtd<br>2x | 5  |  | NOME<br>Porca Sext. Inserto<br>Nylon - M10       | Qtd<br>1x |
| 20 |   | NOME<br>Bucha                                     | Qtd<br>2x | 21 |  | NOME<br>Roldana          | Qtd<br>1x | 46 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M5X50 | Qtd<br>2x |
| 47 |   | NOME<br>Porca Sext. Inserto<br>Nylon - M5         | Qtd<br>2x |    |                                                                                   |                          |           |    |                                                                                     |                                                  |           |



**Nota:** Algumas partes do equipamento foram ocultas para facilitar a visualização.

### FERRAMENTAS

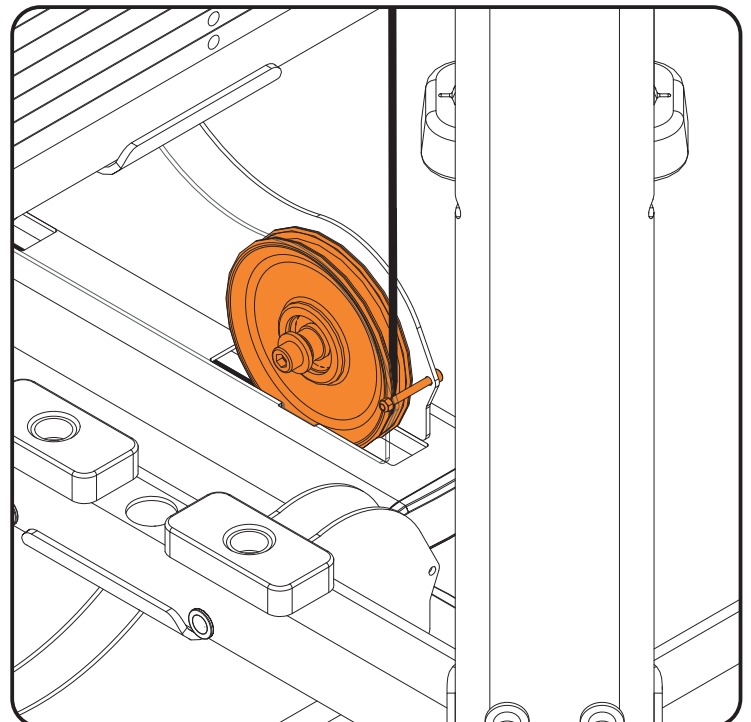
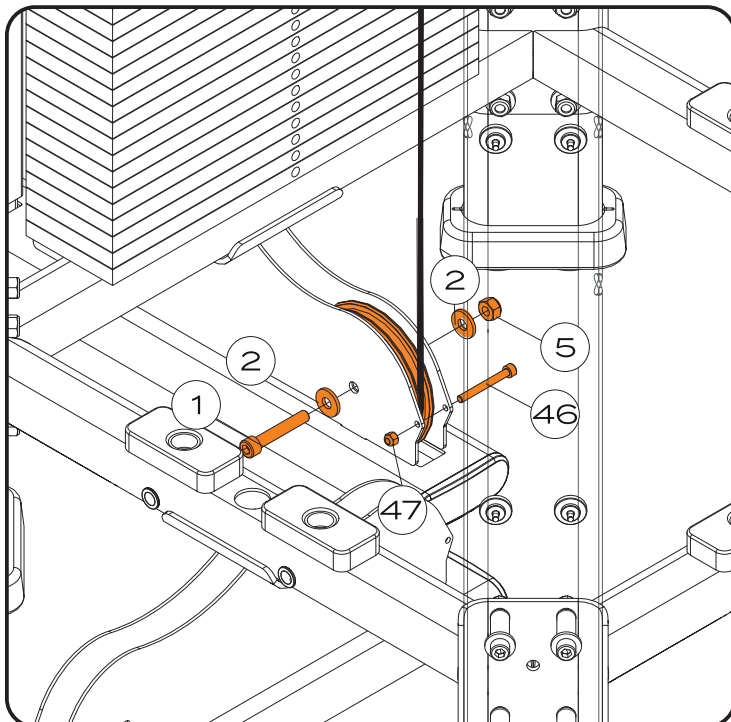
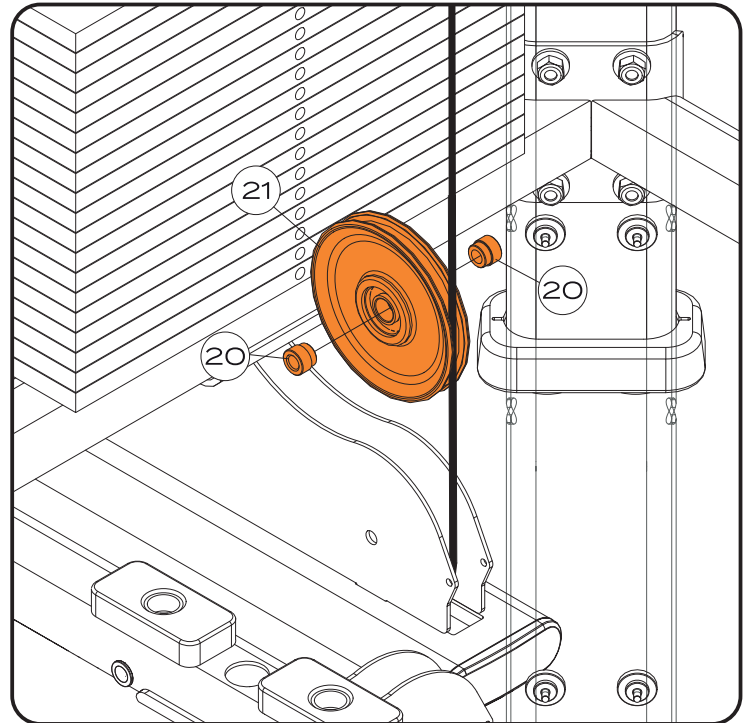
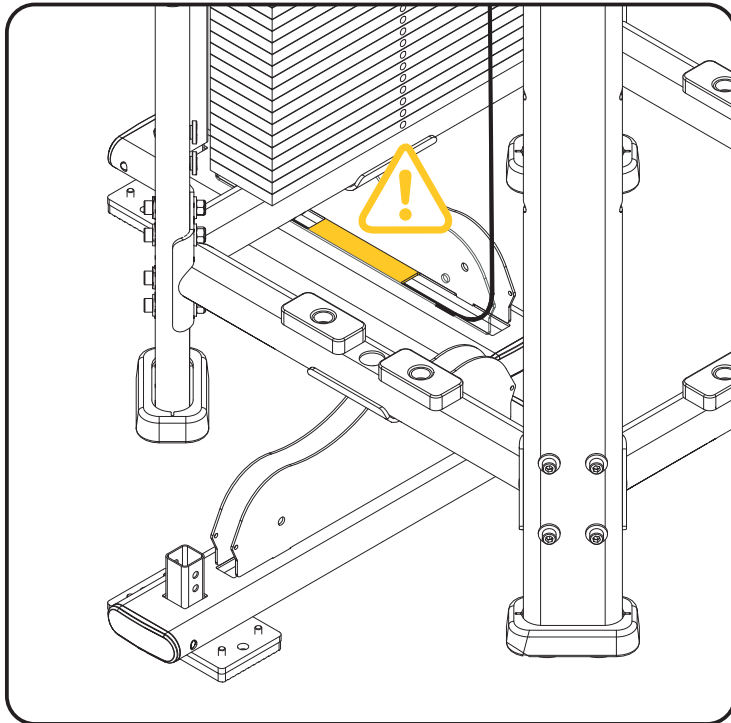
 Allen nº4  
 Chave fixa 8  
Allen nº8 Chave fixa 17



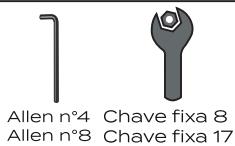
# MONTAGEM DO EQUIPAMENTO

## PASSO 26 - MONTAGEM DOS PULLEY

|    |                                                                                  |                                                   |           |    |                                                                                   |                          |           |    |                                                                                     |                                                  |           |
|----|----------------------------------------------------------------------------------|---------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|--------------------------|-----------|----|-------------------------------------------------------------------------------------|--------------------------------------------------|-----------|
| 1  |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X60 | Qtd<br>1x | 2  |  | NOME<br>Arruela lisa Ø10 | Qtd<br>2x | 5  |  | NOME<br>Porca Sext. Inserto<br>Nylon - M10       | Qtd<br>1x |
| 20 |  | NOME<br>Buchas                                    | Qtd<br>2x | 21 |  | NOME<br>Roldana          | Qtd<br>1x | 46 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M5X50 | Qtd<br>1x |
| 47 |  | NOME<br>Porca Sext. Inserto<br>Nylon - M5         | Qtd<br>1x |    |                                                                                   |                          |           |    |                                                                                     |                                                  |           |



### FERRAMENTAS



### ATENÇÃO

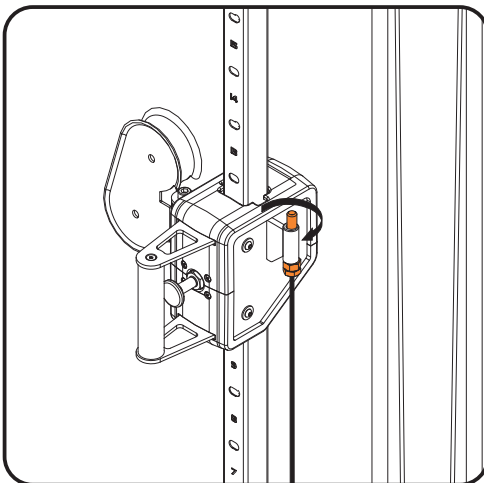
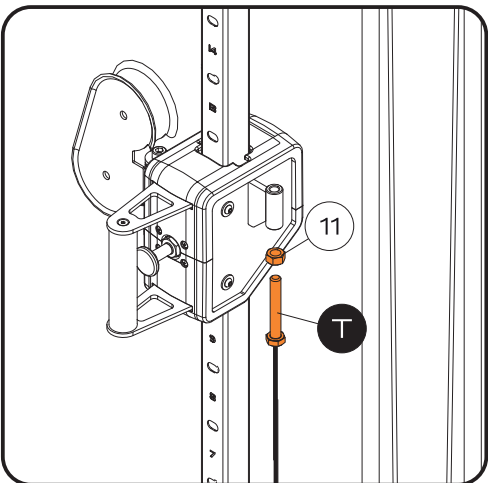
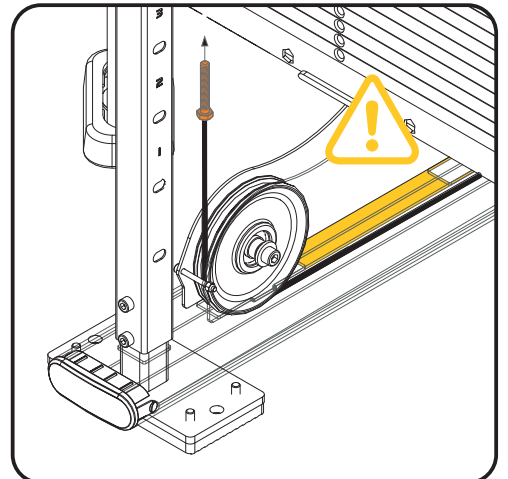
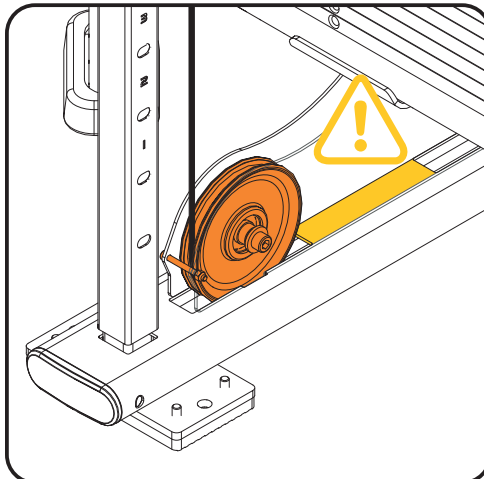
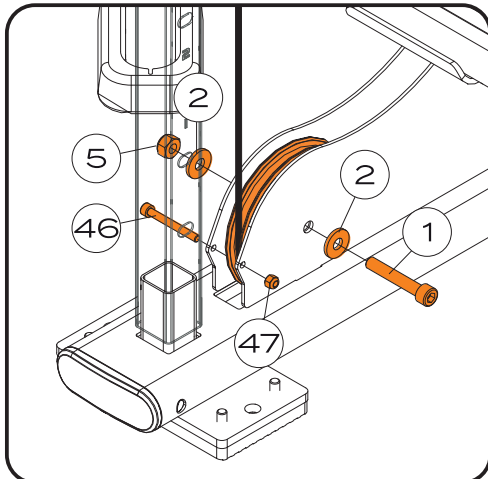
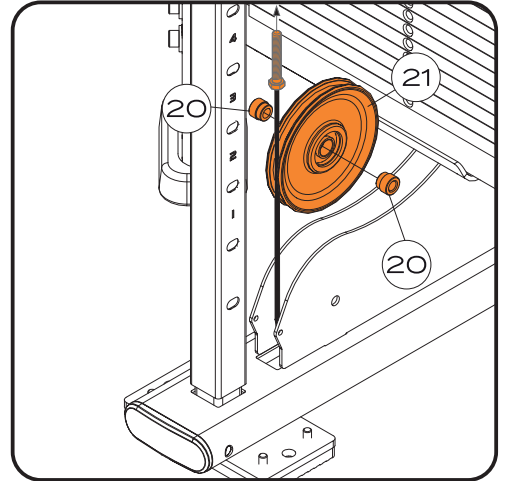
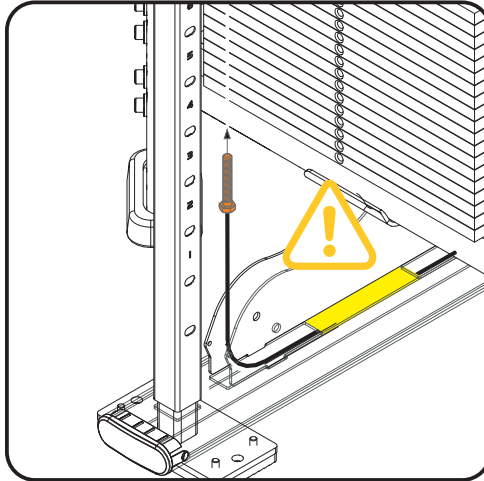
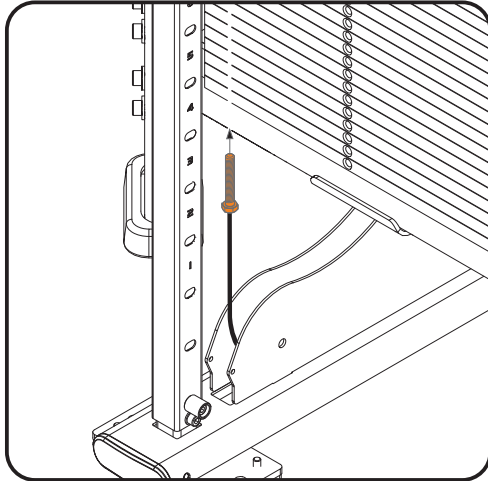
O CABO DE AÇO DEVE PASSAR  
POR DEBAIXO DA CHAPA DO  
APOIO DO PÉ.



# MONTAGEM DO EQUIPAMENTO

## PASSO 27- MONTAGEM DOS PULLEY

|    |  |                                        |     |    |  |                                |     |    |  |                                 |     |
|----|--|----------------------------------------|-----|----|--|--------------------------------|-----|----|--|---------------------------------|-----|
| 1  |  | NOME                                   | Qtd | 2  |  | NOME                           | Qtd | 5  |  | NOME                            | Qtd |
|    |  | Parafuso Cab. Cil. Sext. Int. - M10X60 | 1x  |    |  | Arruela lisa Ø10               | 2x  |    |  | Porca Sext. Inserto Nylon - M10 | 1x  |
| 11 |  | NOME                                   | Qtd | 20 |  | NOME                           | Qtd | 21 |  | NOME                            | Qtd |
|    |  | Porca sextavada M12                    | 1x  |    |  | Buchas                         | 2x  |    |  | Roldana                         | 1x  |
| 46 |  | NOME                                   | Qtd | 47 |  | NOME                           | Qtd |    |  |                                 |     |
|    |  | Parafuso Cab. Cil. Sext. Int. - M5X50  | 1x  |    |  | Porca Sext. Inserto Nylon - M5 | 1x  |    |  |                                 |     |



### FERRAMENTAS

Chave fixa 8  
Allen n°4 Chave fixa 17  
Allen n°8 Chave fixa 19



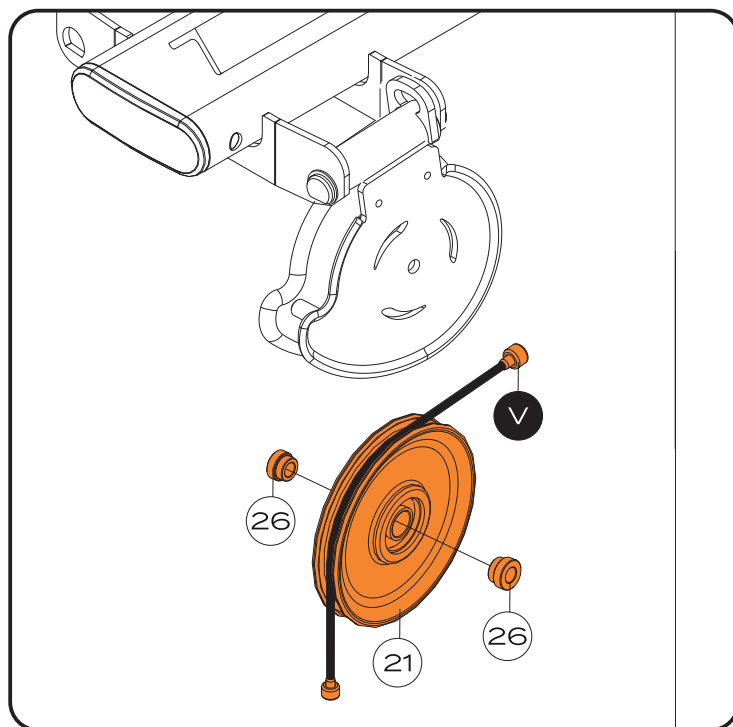
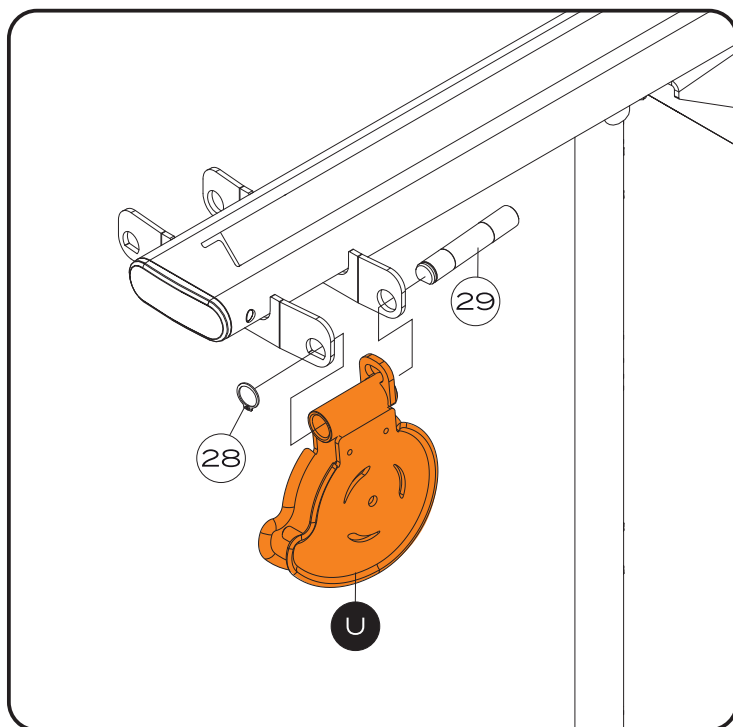
### ATENÇÃO

O CABO DE AÇO DEVE PASSAR POR DEBAIXO DA CHAPA DO APOIO DO PÉ.

# MONTAGEM DO EQUIPAMENTO

## PASSO 28 - MONTAGEM PUXADA ALTA

|    |                                                                                  |                                                   |           |    |                                                                                   |                                 |           |    |                                                                                     |                                            |           |
|----|----------------------------------------------------------------------------------|---------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|---------------------------------|-----------|----|-------------------------------------------------------------------------------------|--------------------------------------------|-----------|
| 1  |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X60 | Qtd<br>1x | 2  |  | NOME<br>Arruela lisa Ø10        | Qtd<br>2x | 5  |  | NOME<br>Porca Sext. Inserto<br>Nylon - M10 | Qtd<br>1x |
| 21 |  | NOME<br>Roldana                                   | Qtd<br>1x | 26 |  | NOME<br>Buchas                  | Qtd<br>2x | 28 |  | NOME<br>Anel elástico                      | Qtd<br>1x |
| 29 |  | NOME<br>Eixo                                      | Qtd<br>1x | V  |  | NOME<br>Cabo de aço puxada alta |           | U  |  | NOME<br>Suporte da roldana                 |           |



### FERRAMENTAS



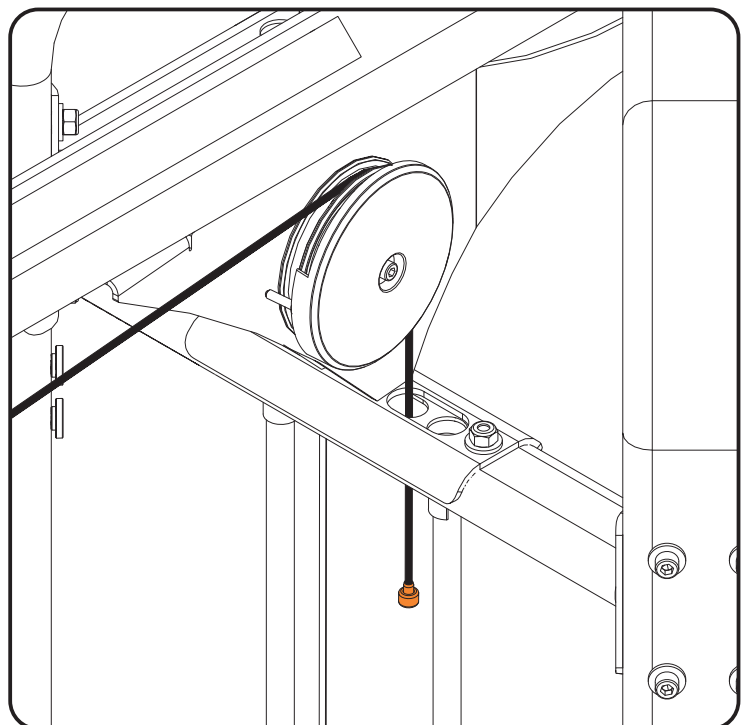
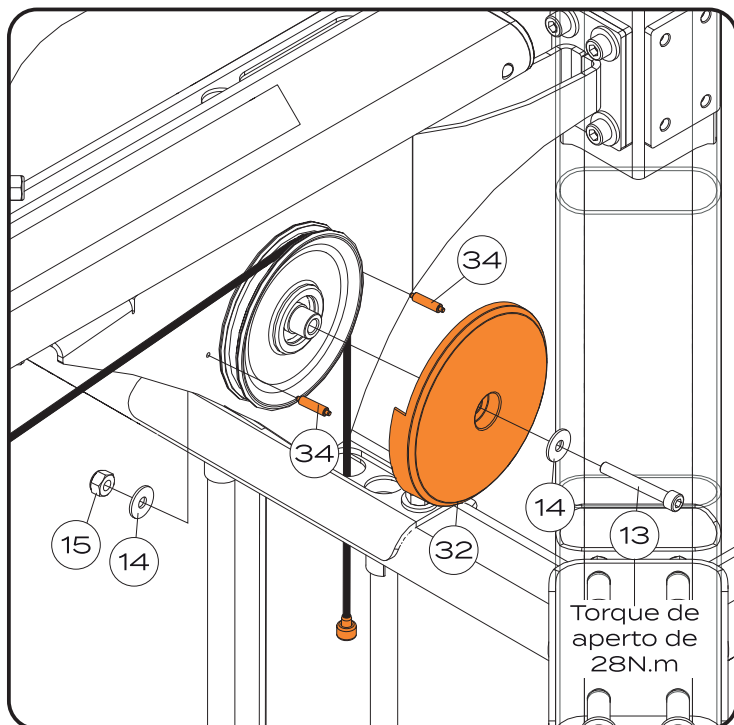
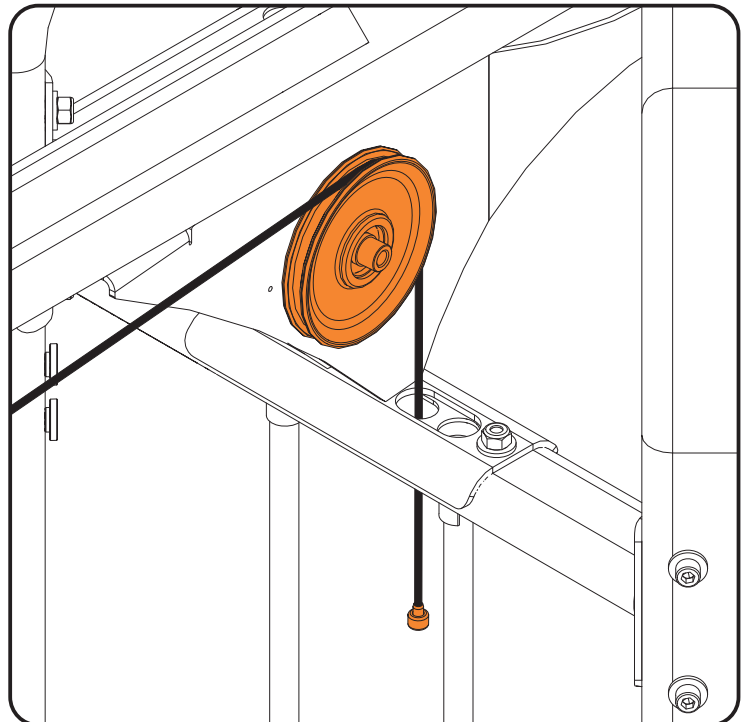
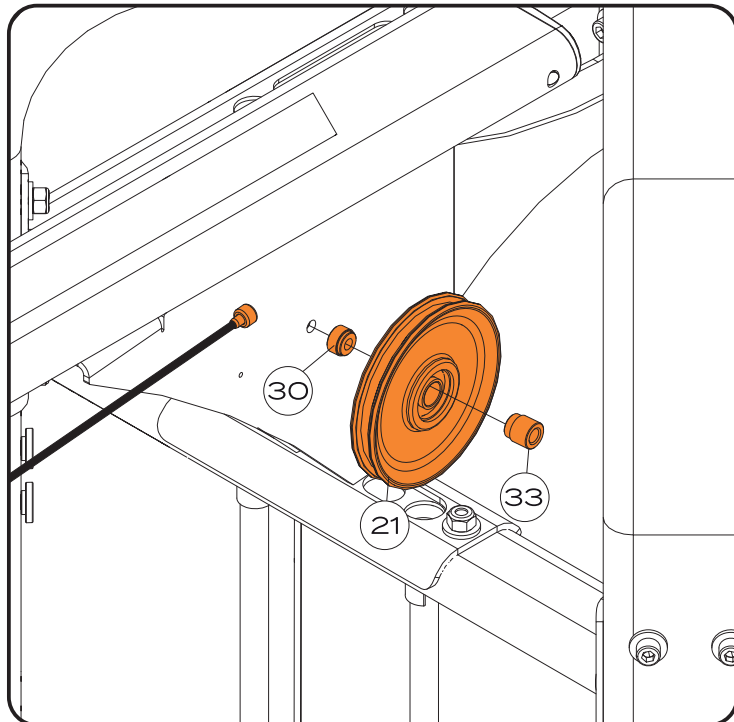
### ATENÇÃO

Para o posicionamento correto da capa da roldana deve-se encostar a parede do recorte na face do suporte de roldana.

# MONTAGEM DO EQUIPAMENTO

## PASSO 29 - MONTAGEM PUXADA ALTA

|    |                                                                                  |                                                  |           |    |                                                                                   |                         |           |    |                                                                                     |                                           |           |
|----|----------------------------------------------------------------------------------|--------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|-------------------------|-----------|----|-------------------------------------------------------------------------------------|-------------------------------------------|-----------|
| 13 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M8X60 | Qtd<br>1x | 14 |  | NOME<br>Arruela lisa Ø8 | Qtd<br>2x | 15 |  | NOME<br>Porca Sext. Inserto<br>Nylon - M8 | Qtd<br>1x |
| 21 |  | NOME<br>Roldana                                  | Qtd<br>1x | 30 |  | NOME<br>Buchas          | Qtd<br>1x | 32 |  | NOME<br>Capa da roldana                   | Qtd<br>1x |
| 33 |  | NOME<br>Buchas                                   | Qtd<br>1x | 34 |  | NOME<br>Trava do cabo   | Qtd<br>2x |    |                                                                                     |                                           |           |



### FERRAMENTAS

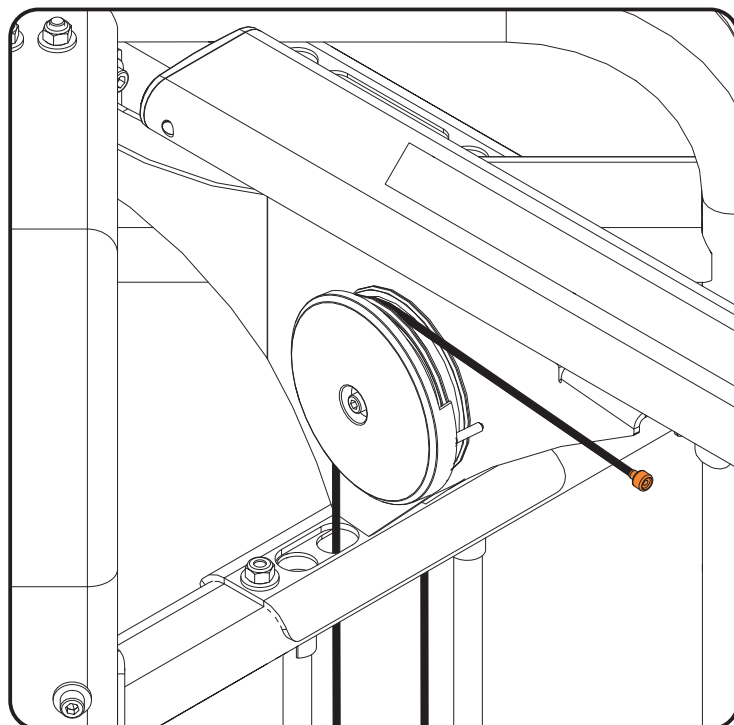
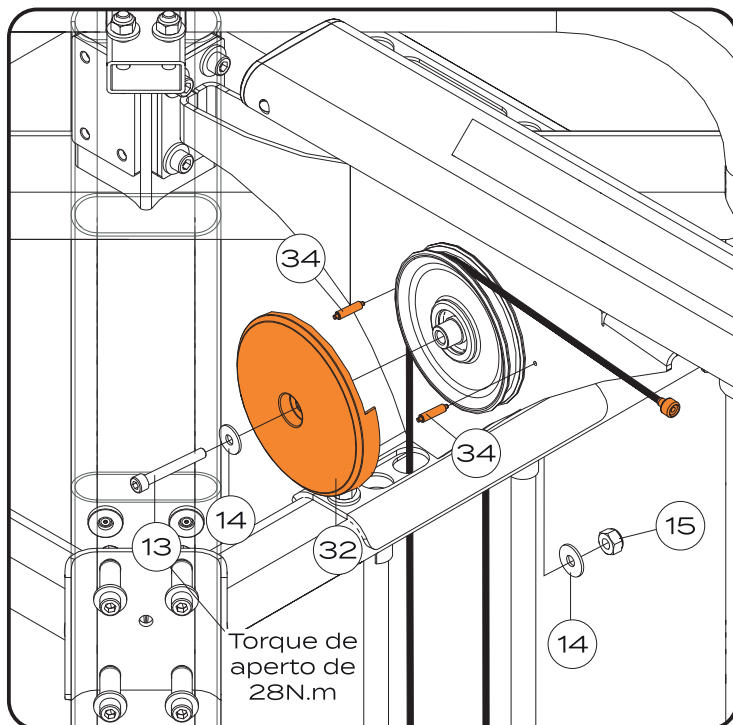
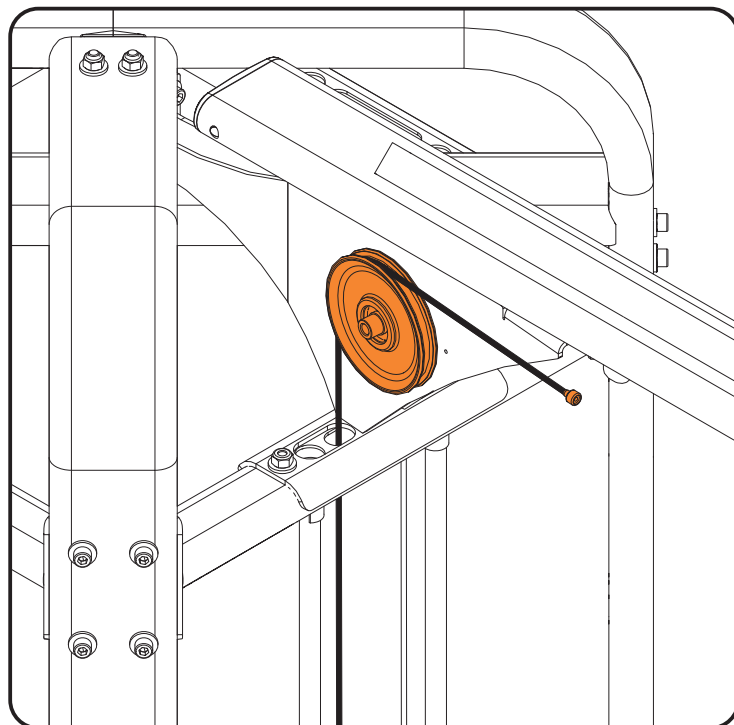
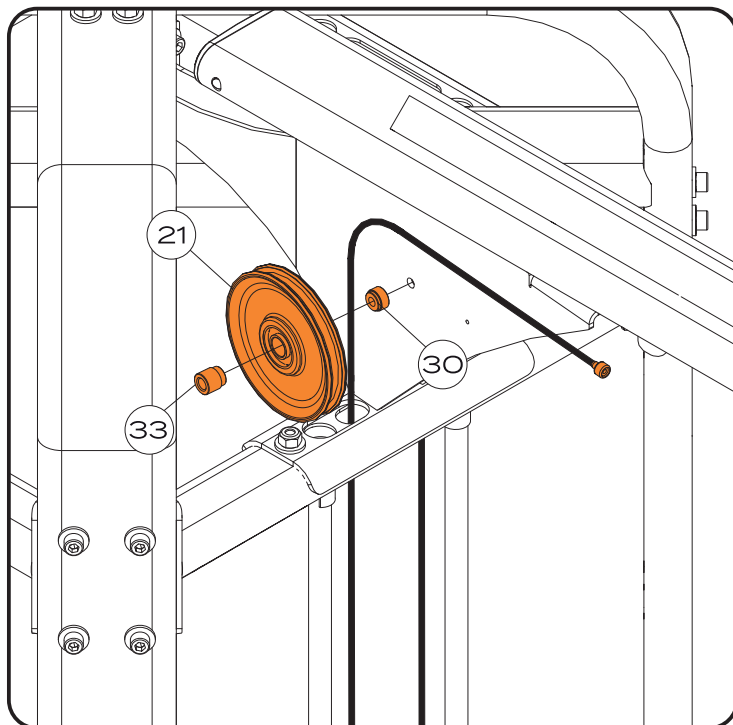




# MONTAGEM DO EQUIPAMENTO

## PASSO 30- MONTAGEM PUXADA ALTA

|    |                                                                                  |                                                  |           |    |                                                                                   |                         |           |    |                                                                                     |                                           |           |
|----|----------------------------------------------------------------------------------|--------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|-------------------------|-----------|----|-------------------------------------------------------------------------------------|-------------------------------------------|-----------|
| 13 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M8X60 | Qtd<br>1x | 14 |  | NOME<br>Arruela lisa Ø8 | Qtd<br>2x | 15 |  | NOME<br>Porca Sext. Inserto<br>Nylon - M8 | Qtd<br>1x |
| 21 |  | NOME<br>Roldana                                  | Qtd<br>1x | 30 |  | NOME<br>Buchas          | Qtd<br>1x | 32 |  | NOME<br>Capa da roldana                   | Qtd<br>1x |
| 33 |  | NOME<br>Buchas                                   | Qtd<br>1x | 34 |  | NOME<br>Trava do cabo   | Qtd<br>2x |    |                                                                                     |                                           |           |



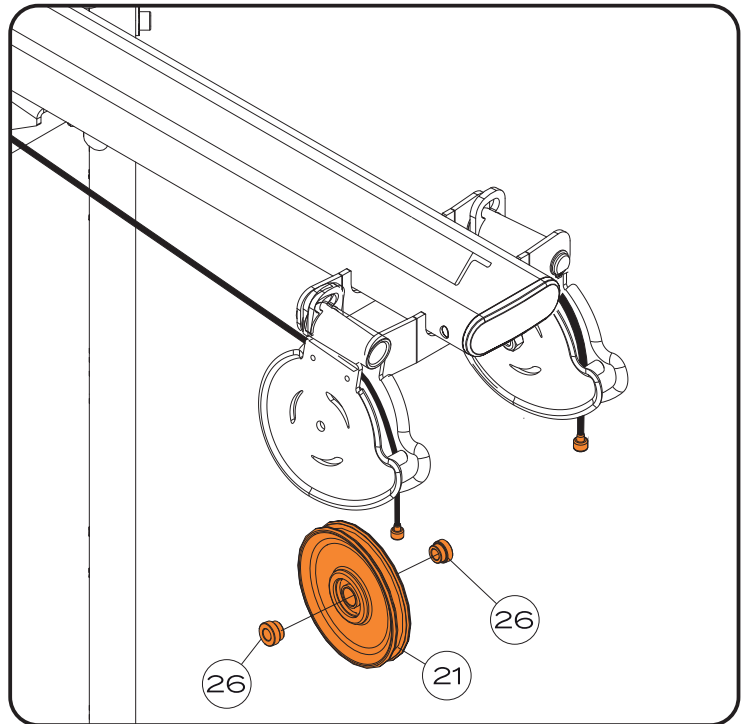
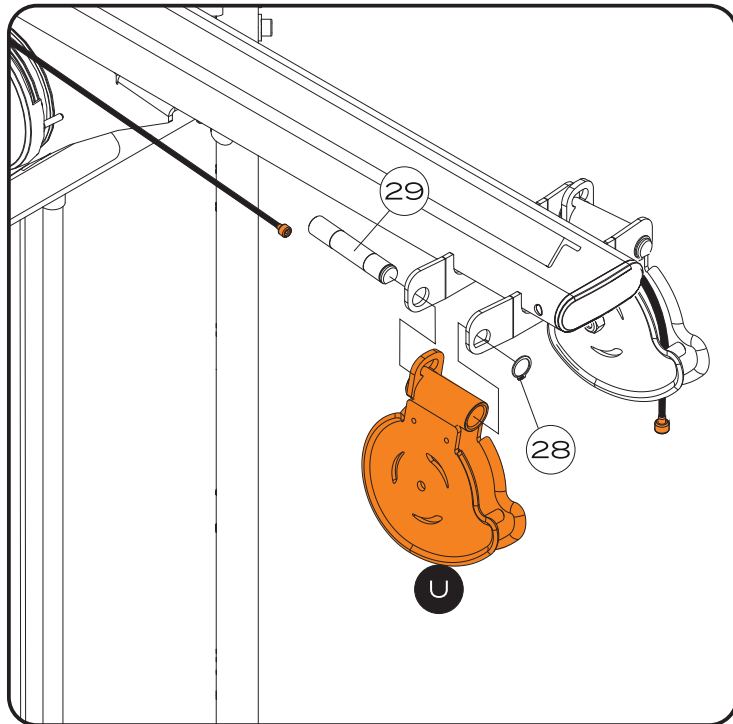
### FERRAMENTAS



# MONTAGEM DO EQUIPAMENTO

## PASSO 31 - MONTAGEM PUXADA ALTA

|           |                                                                                  |                                                   |           |           |                                                                                   |                                 |           |           |                                                                                     |                                            |           |
|-----------|----------------------------------------------------------------------------------|---------------------------------------------------|-----------|-----------|-----------------------------------------------------------------------------------|---------------------------------|-----------|-----------|-------------------------------------------------------------------------------------|--------------------------------------------|-----------|
| <b>1</b>  |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X60 | Qtd<br>1x | <b>2</b>  |  | NOME<br>Arruela lisa Ø10        | Qtd<br>2x | <b>5</b>  |  | NOME<br>Porca Sext. Inserto<br>Nylon - M10 | Qtd<br>1x |
| <b>21</b> |  | NOME<br>Roldana                                   | Qtd<br>1x | <b>26</b> |  | NOME<br>Buchas                  | Qtd<br>2x | <b>28</b> |  | NOME<br>Anel elástico                      | Qtd<br>1x |
| <b>29</b> |  | NOME<br>Eixo                                      | Qtd<br>1x | <b>V</b>  |  | NOME<br>Cabo de aço puxada alta |           | <b>U</b>  |  | NOME<br>Suporte da roldana                 |           |



### FERRAMENTAS



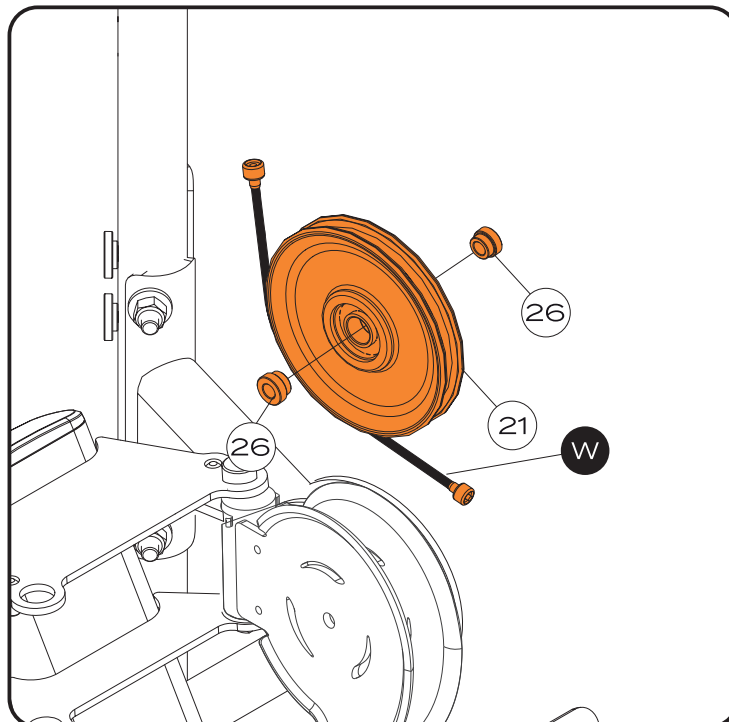
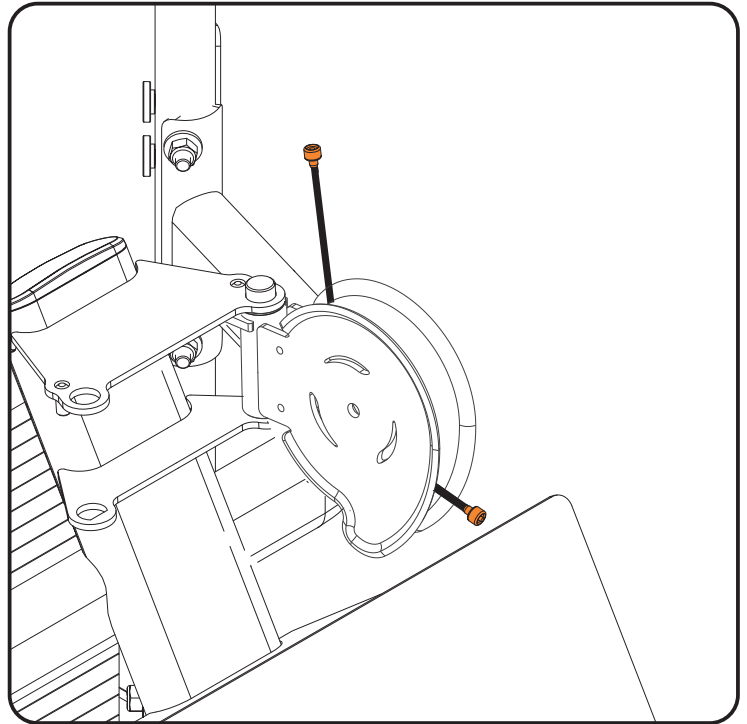
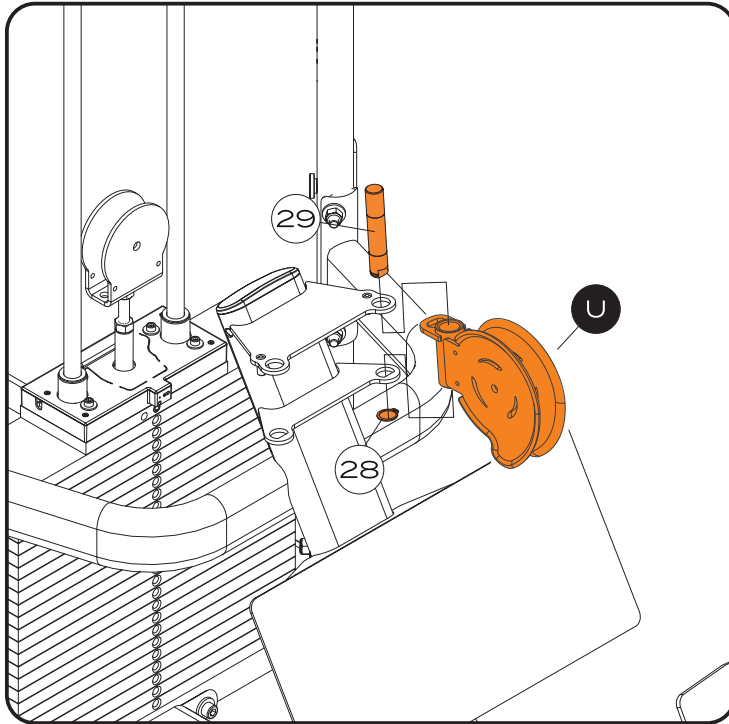
Allen nº8 Chave fixa 17



# MONTAGEM DO EQUIPAMENTO

## PASSO 32 - MONTAGEM PUXADA BAIXA

|    |                                                                                  |                                                   |           |    |                                                                                   |                                  |           |    |                                                                                     |                                            |           |
|----|----------------------------------------------------------------------------------|---------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|----------------------------------|-----------|----|-------------------------------------------------------------------------------------|--------------------------------------------|-----------|
| 1  |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X60 | Qtd<br>1x | 2  |  | NOME<br>Arruela lisa Ø10         | Qtd<br>2x | 5  |  | NOME<br>Porca Sext. Inserto<br>Nylon - M10 | Qtd<br>1x |
| 21 |  | NOME<br>Roldana                                   | Qtd<br>1x | 26 |  | NOME<br>Buchas                   | Qtd<br>2x | 28 |  | NOME<br>Anel elástico                      | Qtd<br>1x |
| 29 |  | NOME<br>Eixo                                      | Qtd<br>1x | W  |  | NOME<br>Cabo de aço puxada baixa |           | U  |  | NOME<br>Suporte da roldana                 |           |



### FERRAMENTAS



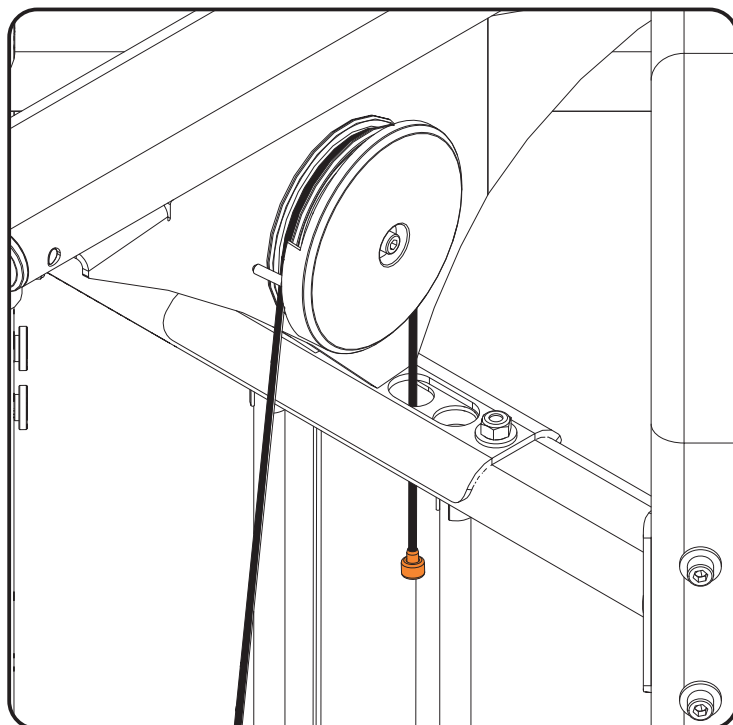
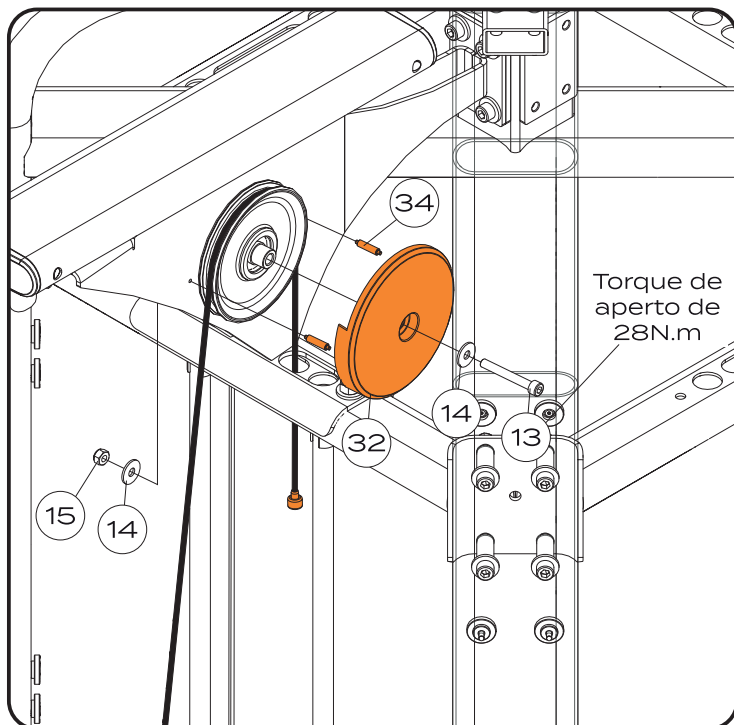
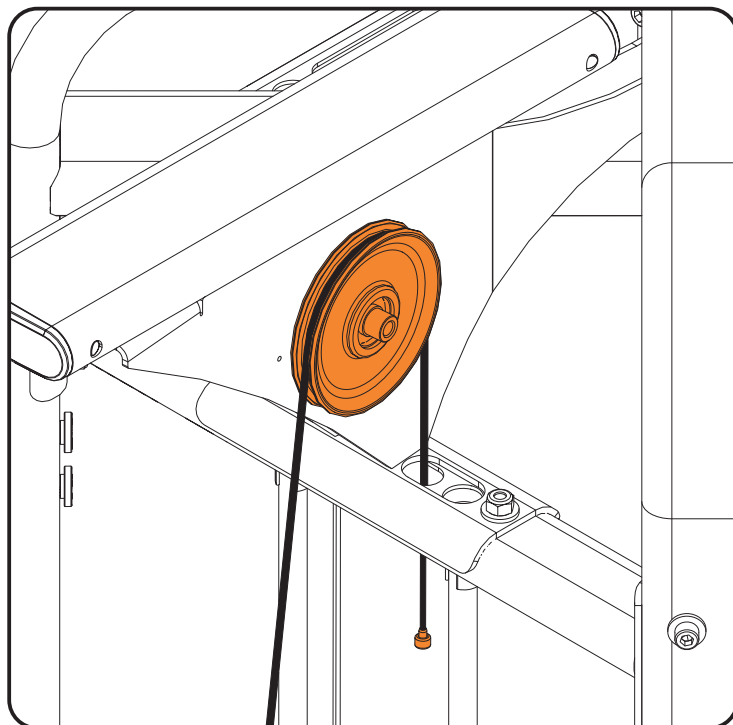
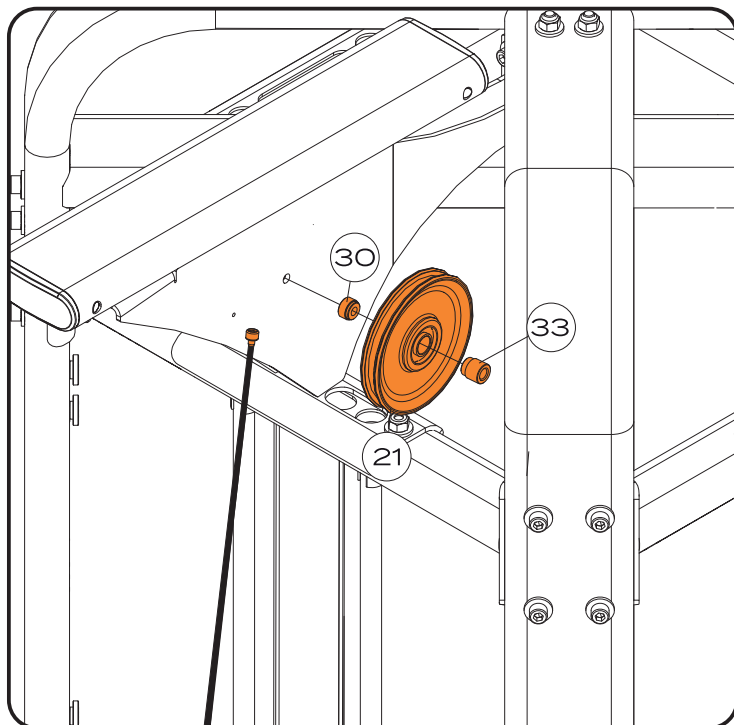
Allen nº8 Chave fixa 17



# MONTAGEM DO EQUIPAMENTO

## PASSO 33 - MONTAGEM PUXADA BAIXA

|    |                                                                                  |                                                  |           |    |                                                                                   |                         |           |    |                                                                                     |                                           |           |
|----|----------------------------------------------------------------------------------|--------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|-------------------------|-----------|----|-------------------------------------------------------------------------------------|-------------------------------------------|-----------|
| 13 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M8X60 | Qtd<br>1x | 14 |  | NOME<br>Arruela lisa Ø8 | Qtd<br>2x | 15 |  | NOME<br>Porca Sext. Inserto<br>Nylon - M8 | Qtd<br>1x |
| 21 |  | NOME<br>Roldana                                  | Qtd<br>1x | 30 |  | NOME<br>Bucha           | Qtd<br>1x | 32 |  | NOME<br>Capa da roldana                   | Qtd<br>1x |
| 33 |  | NOME<br>Bucha                                    | Qtd<br>1x | 34 |  | NOME<br>Trava do cabo   | Qtd<br>2x |    |                                                                                     |                                           |           |



### FERRAMENTAS



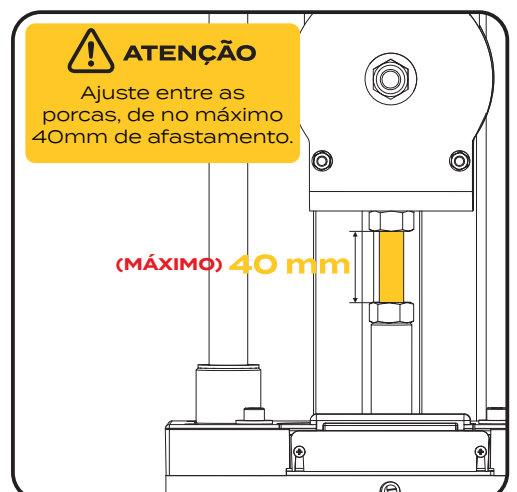
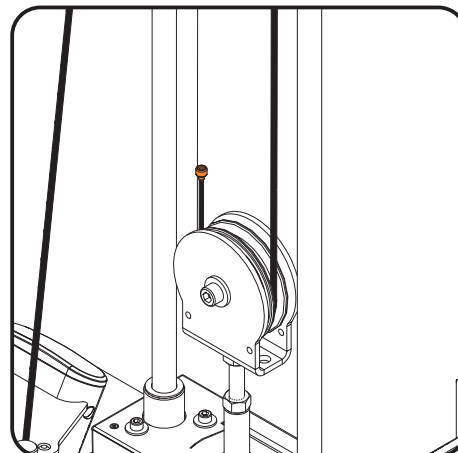
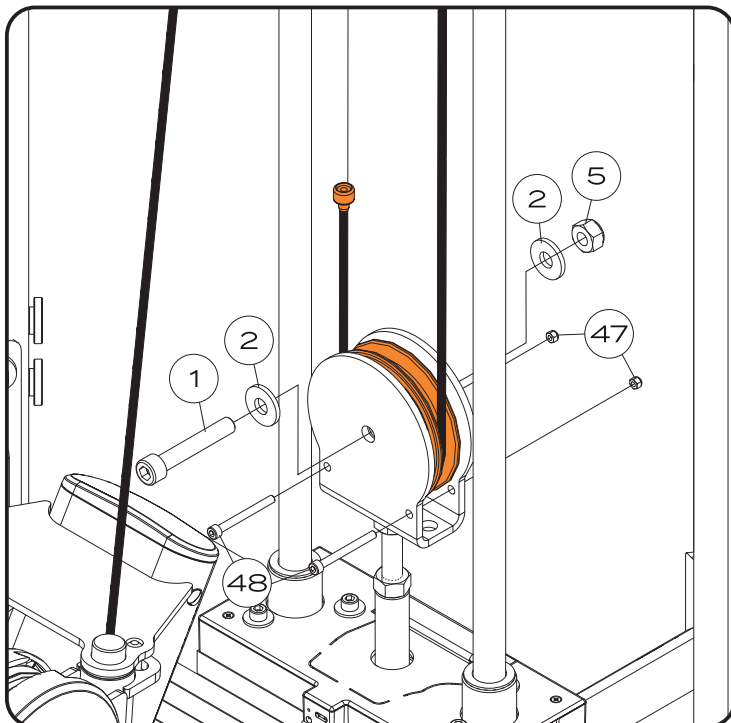
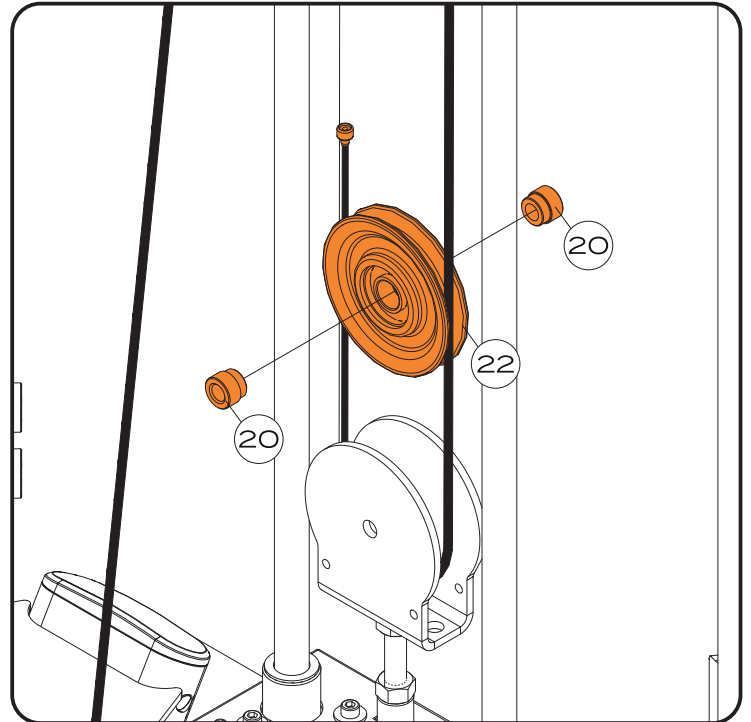
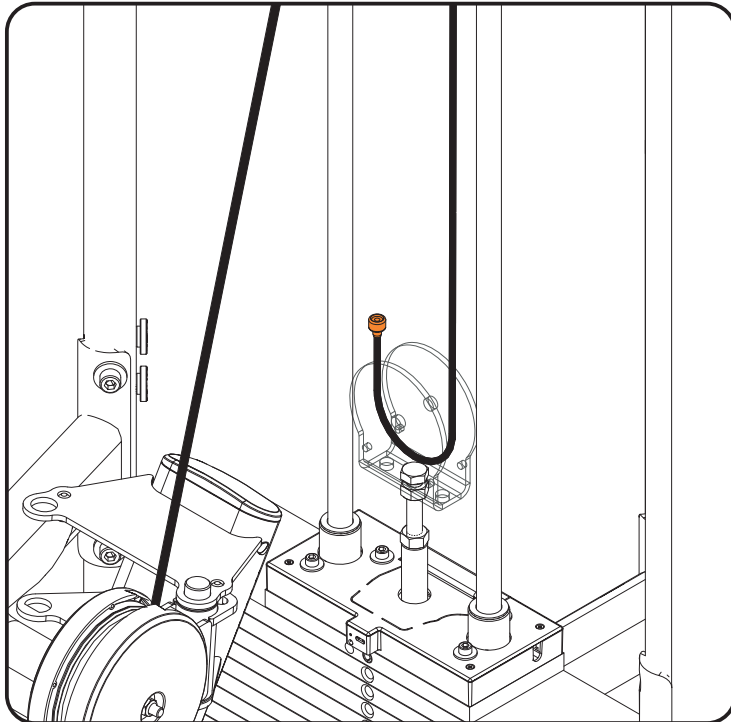
Allen nº6 Chave fixa 13



# MONTAGEM DO EQUIPAMENTO

## PASSO 34 - MONTAGEM PUXADA BAIXA

|    |                                                                                  |                                                   |           |    |                                                                                   |                          |           |    |                                                                                     |                                            |           |
|----|----------------------------------------------------------------------------------|---------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|--------------------------|-----------|----|-------------------------------------------------------------------------------------|--------------------------------------------|-----------|
| 1  |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X60 | Qtd<br>1x | 2  |  | NOME<br>Arruela lisa Ø10 | Qtd<br>2x | 5  |  | NOME<br>Porca Sext. Inserto<br>Nylon - M10 | Qtd<br>1x |
| 20 |  | NOME<br>Bucha                                     | Qtd<br>2x | 22 |  | NOME<br>Roldana          | Qtd<br>1x | 47 |  | NOME<br>Porca Sext. Inserto<br>Nylon - M5  | Qtd<br>2x |
| 48 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M5X50  | Qtd<br>2x |    |                                                                                   |                          |           |    |                                                                                     |                                            |           |



### FERRAMENTAS



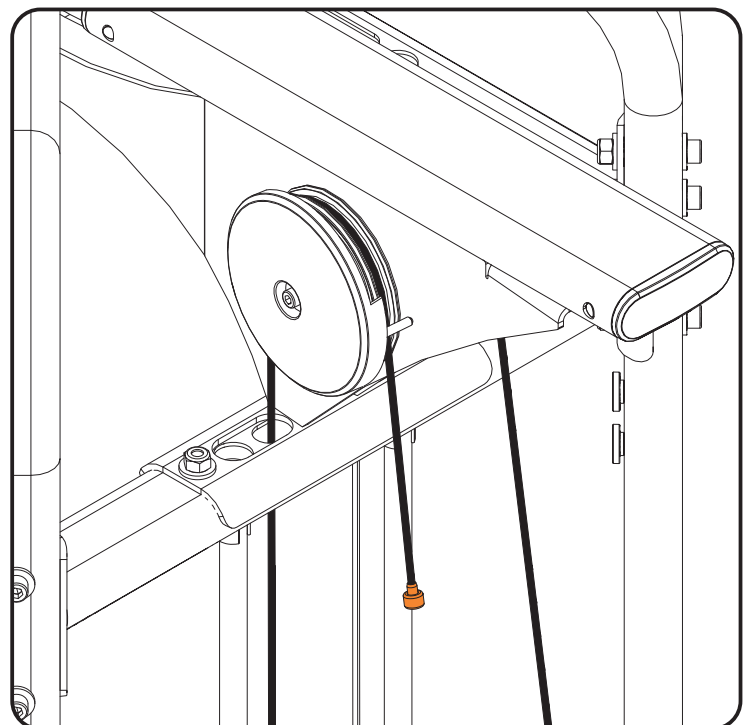
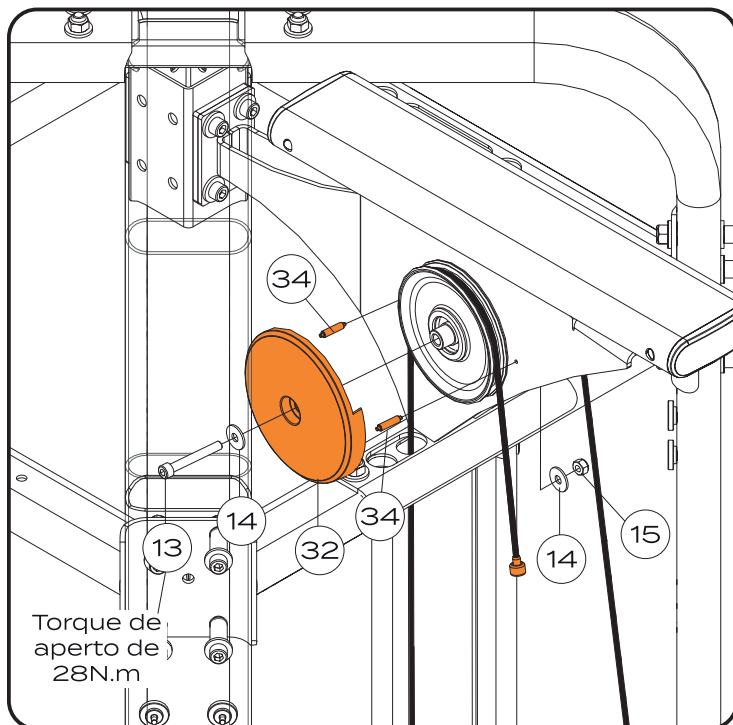
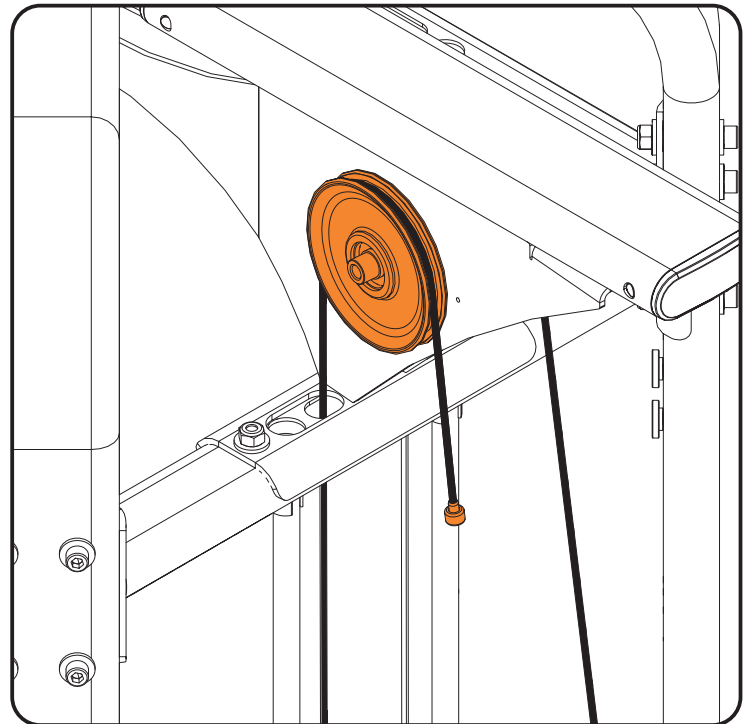
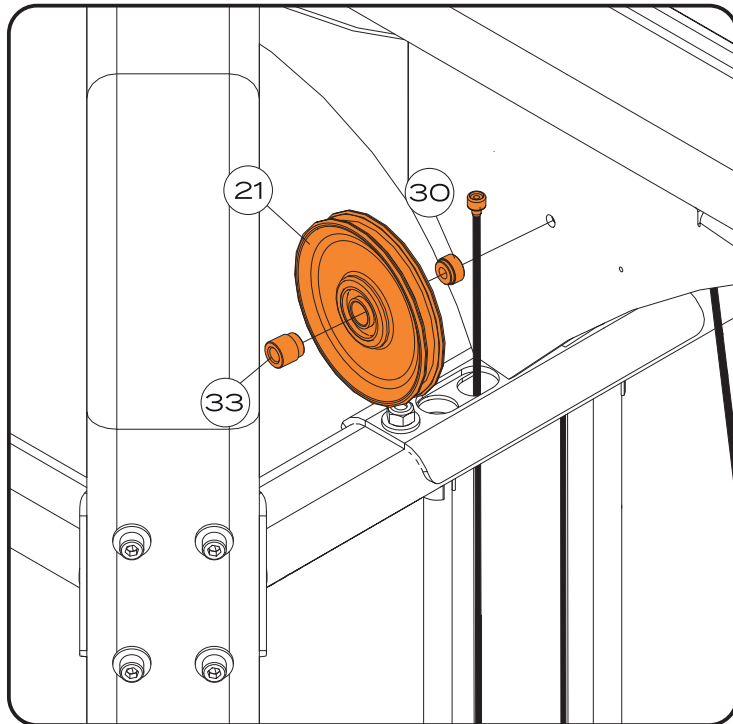
Allen n°4 Chave fixa 8  
Allen n°8 Chave fixa 17



# MONTAGEM DO EQUIPAMENTO

## PASSO 35 - MONTAGEM PUXADA BAIXA

|    |                                                                                  |                                                  |           |    |                                                                                   |                         |           |    |                                                                                     |                                           |           |
|----|----------------------------------------------------------------------------------|--------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|-------------------------|-----------|----|-------------------------------------------------------------------------------------|-------------------------------------------|-----------|
| 13 |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M8X60 | Qtd<br>1x | 14 |  | NOME<br>Arruela lisa Ø8 | Qtd<br>2x | 15 |  | NOME<br>Porca Sext. Inserto<br>Nylon - M8 | Qtd<br>1x |
| 21 |  | NOME<br>Roldana                                  | Qtd<br>1x | 30 |  | NOME<br>Buchas          | Qtd<br>1x | 32 |  | NOME<br>Capa da roldana                   | Qtd<br>1x |
| 33 |  | NOME<br>Buchas                                   | Qtd<br>1x | 34 |  | NOME<br>Trava do cabo   | Qtd<br>2x |    |                                                                                     |                                           |           |



### FERRAMENTAS



Allen n°6 Chave fixa 13

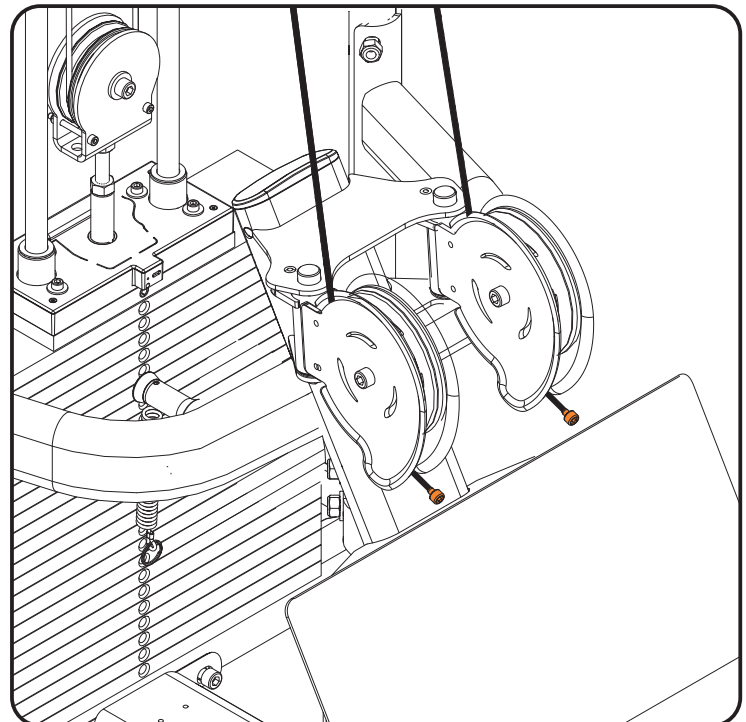
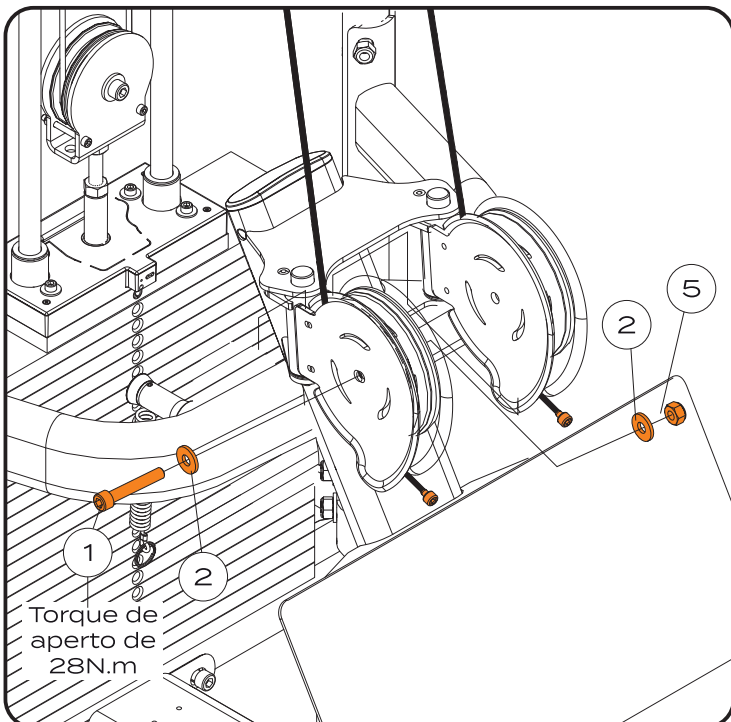
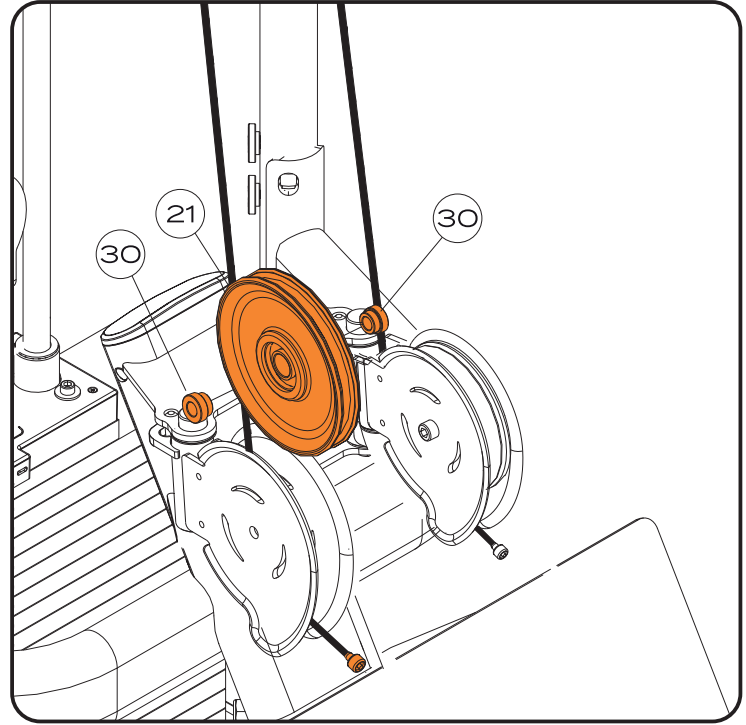
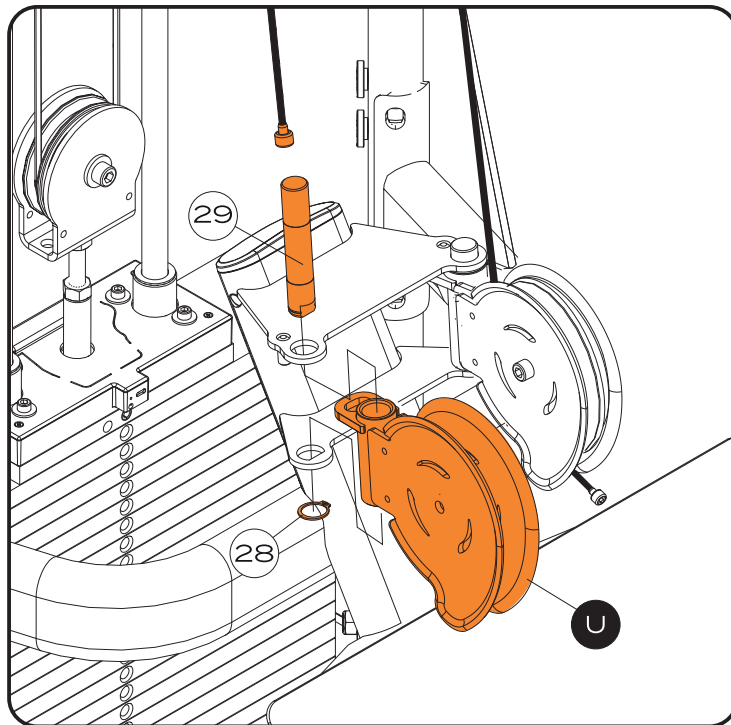




# MONTAGEM DO EQUIPAMENTO

## PASSO 36 - MONTAGEM PUXADA BAIXA

|    |                                                                                  |                                                   |           |    |                                                                                   |                            |           |    |                                                                                     |                                            |           |
|----|----------------------------------------------------------------------------------|---------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|----------------------------|-----------|----|-------------------------------------------------------------------------------------|--------------------------------------------|-----------|
| 1  |  | NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X60 | Qtd<br>1x | 2  |  | NOME<br>Arruela lisa Ø10   | Qtd<br>2x | 5  |  | NOME<br>Porca Sext. Inserto<br>Nylon - M10 | Qtd<br>1x |
| 21 |  | NOME<br>Roldana                                   | Qtd<br>1x | 26 |  | NOME<br>Buchsa             | Qtd<br>2x | 28 |  | NOME<br>Anel elástico                      | Qtd<br>1x |
| 29 |  | NOME<br>Eixo                                      | Qtd<br>1x | U  |  | NOME<br>Suporte da roldana |           |    |                                                                                     |                                            |           |



### FERRAMENTAS



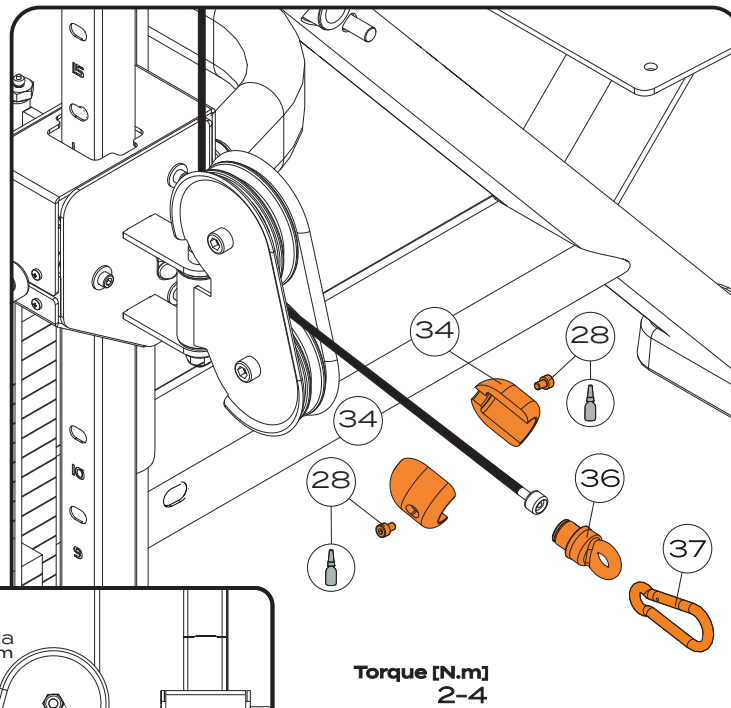
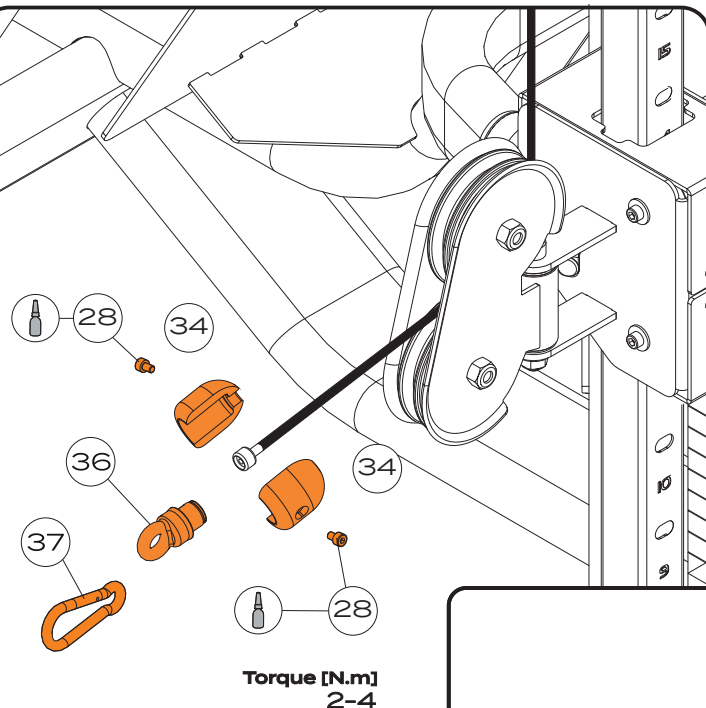
# MONTAGEM DO EQUIPAMENTO

## PASSO 37 - MONTAGEM PUXADA BAIXA

|                                                                                  |                 |     |                                                                                   |                                |     |                                                                                     |                  |     |
|----------------------------------------------------------------------------------|-----------------|-----|-----------------------------------------------------------------------------------|--------------------------------|-----|-------------------------------------------------------------------------------------|------------------|-----|
| 28                                                                               | NOME            | Qtd | 34                                                                                | NOME                           | Qtd | 36                                                                                  | NOME             | Qtd |
|  | Parafuso M4 x 6 | 4x  |  | Ponteira de borracha bipartida | 12x |  | Ponta do puxador | 6x  |
| 37                                                                               | NOME            | Qtd |                                                                                   |                                |     |                                                                                     |                  |     |
|  | Mosquetão       | 6x  |                                                                                   |                                |     |                                                                                     |                  |     |

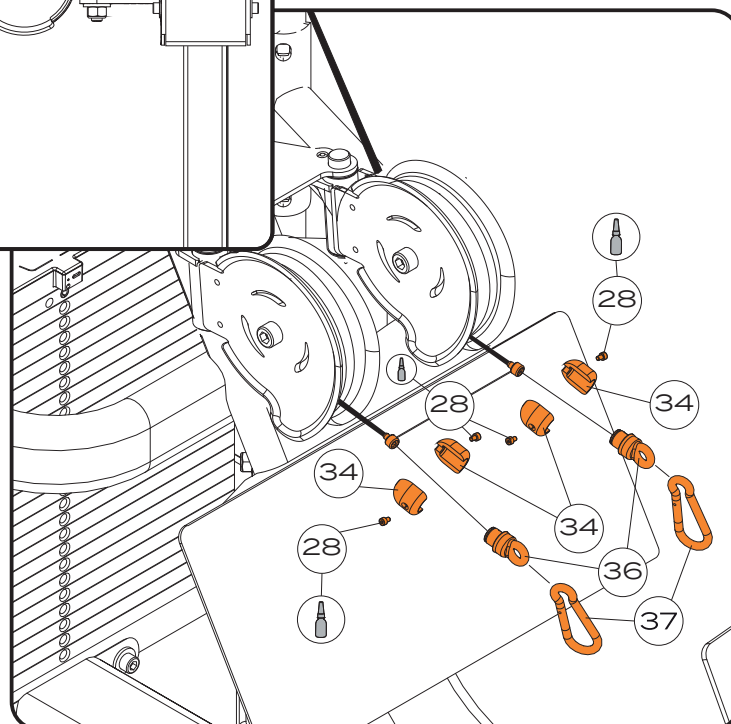
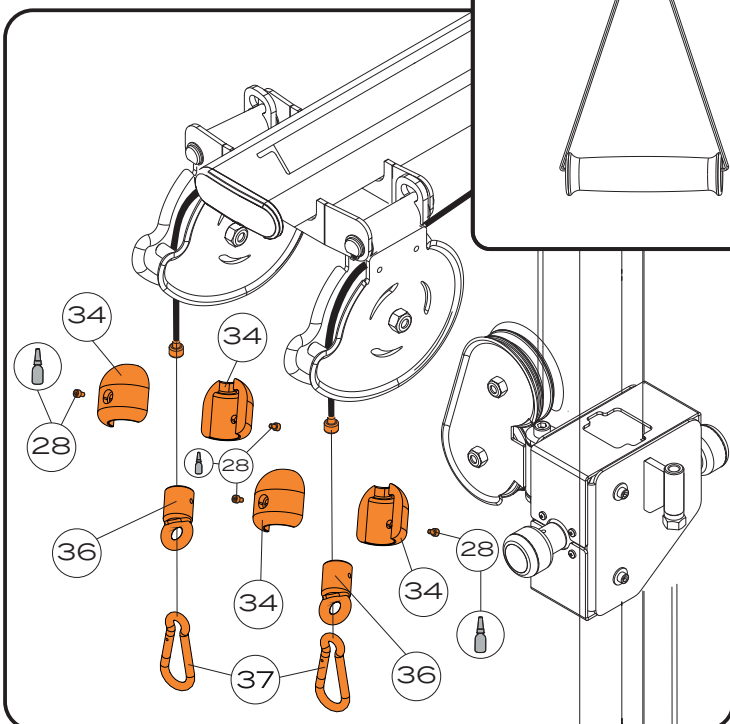
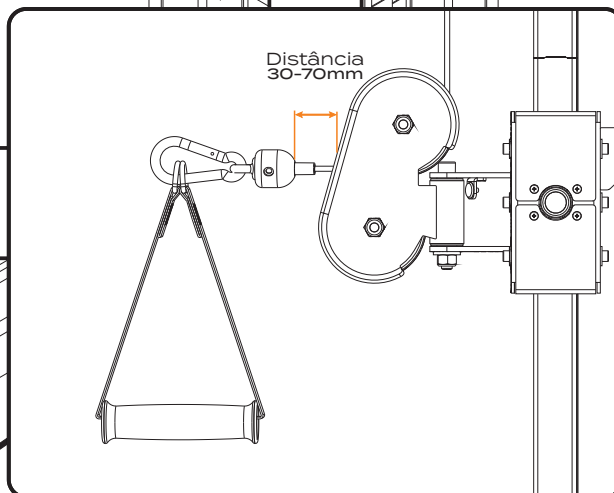
Pulley 1

Pulley 2

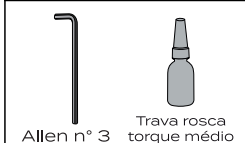


Puxada alta

Puxada baixa



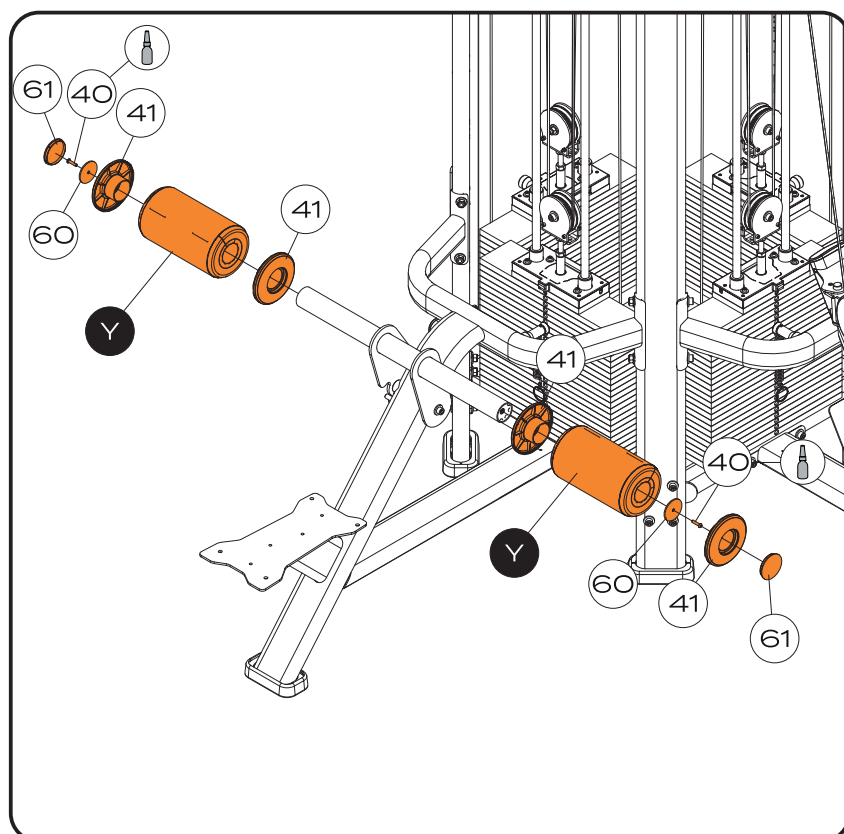
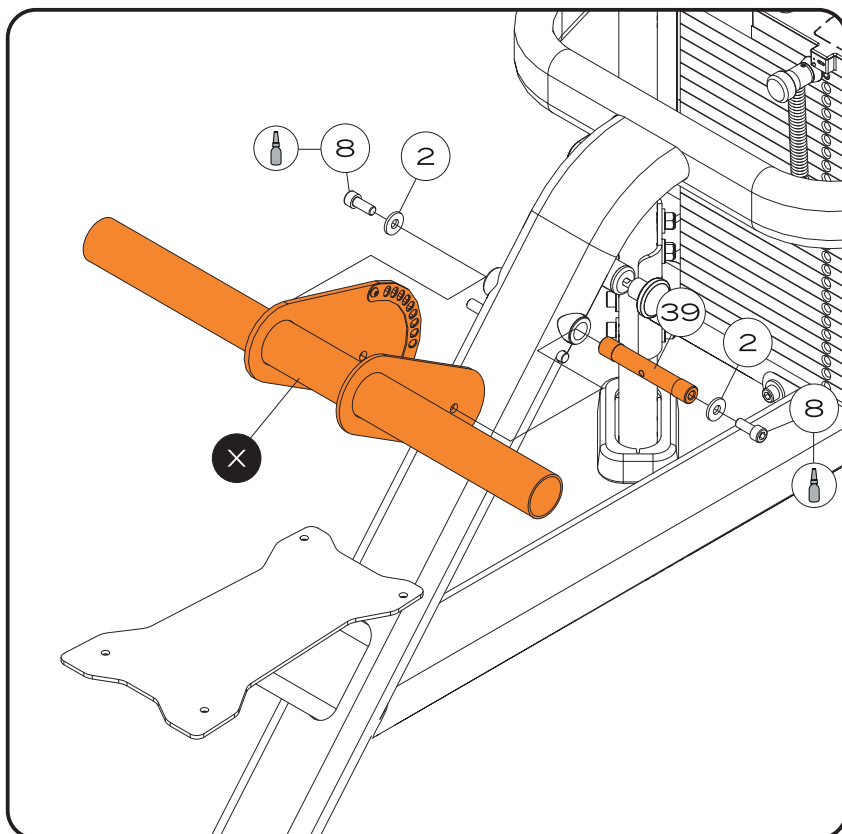
### FERRAMENTAS



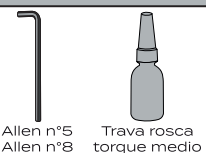
# MONTAGEM DO EQUIPAMENTO

## PASSO 38

|                                                                                  |                                                           |           |                                                                                   |                                                            |           |                                                                                     |                                    |           |
|----------------------------------------------------------------------------------|-----------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|------------------------------------|-----------|
|  | <b>2</b> NOME<br>Arruela lisa Ø10                         | Qtd<br>2x |  | <b>8</b> NOME<br>Parafuso Cab. Cil.<br>Sext. Int. - M10X25 | Qtd<br>2x |  | <b>39</b> NOME<br>Eixo             | Qtd<br>1x |
|  | <b>40</b> NOME<br>Parafuso Cab. Aba<br>Sext. Int. - M6X25 | Qtd<br>2x |  | <b>41</b> NOME<br>Protetor do rolo                         | Qtd<br>2x |  | <b>60</b> NOME<br>Arruela do rolo  | Qtd<br>2x |
|  | <b>61</b> NOME<br>Tampão do rolo                          | Qtd<br>2x |  | <b>X</b> NOME<br>Suporte do apoio da perna                 |           |  | <b>Y</b> NOME<br>Estofado da perna |           |



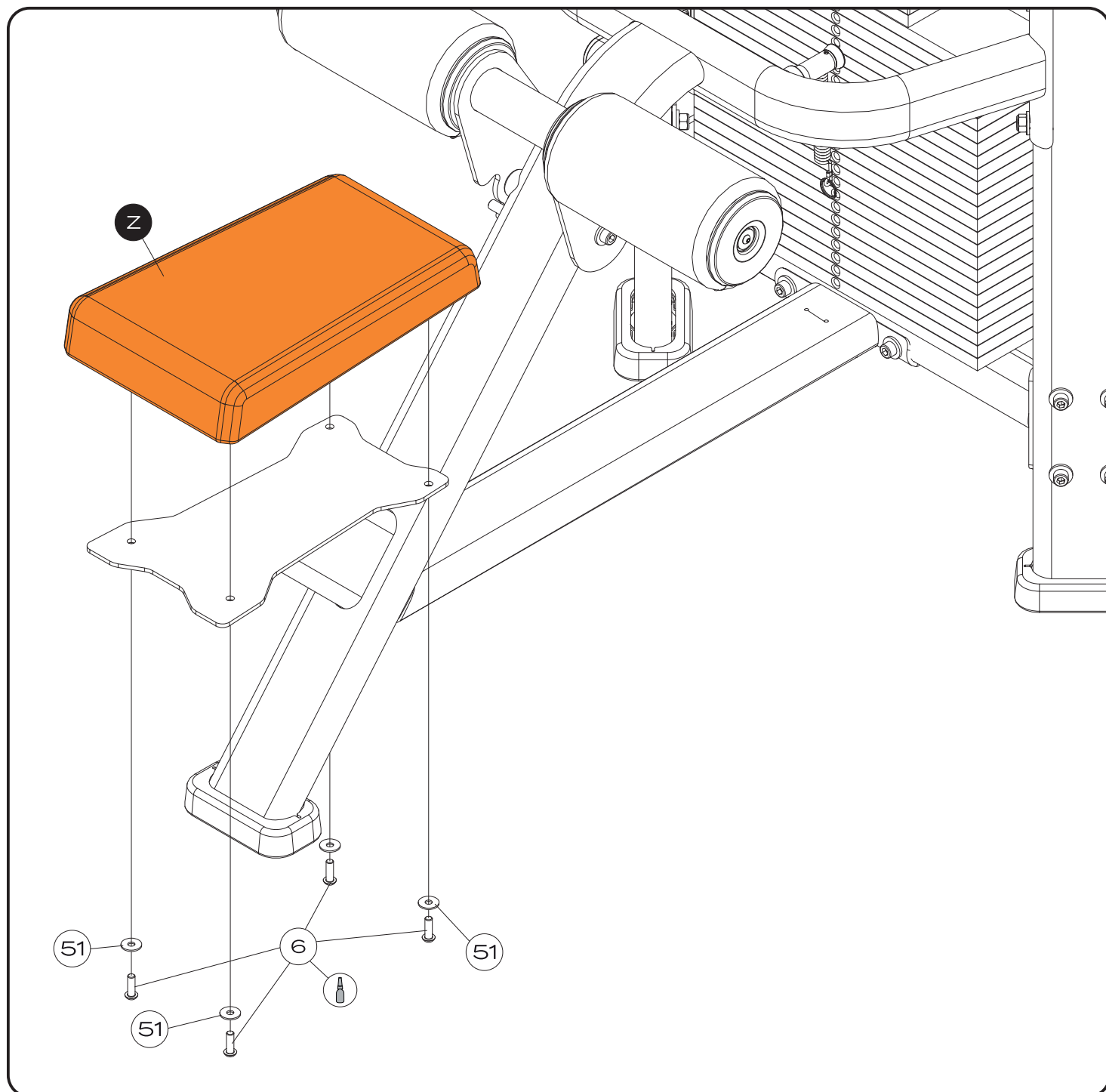
### FERRAMENTAS



# MONTAGEM DO EQUIPAMENTO

## PASSO 39

|   |                                                                                  |                                                 |           |    |                                                                                   |                         |           |   |                                                                                     |                             |
|---|----------------------------------------------------------------------------------|-------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|-------------------------|-----------|---|-------------------------------------------------------------------------------------|-----------------------------|
| 6 |  | NOME<br>Parafuso Cab. Aba<br>Sext. Int. - M8X25 | Qtd<br>4x | 51 |  | NOME<br>Arruela lisa Ø8 | Qtd<br>1x | Z |  | NOME<br>Estofado do assento |
|---|----------------------------------------------------------------------------------|-------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|-------------------------|-----------|---|-------------------------------------------------------------------------------------|-----------------------------|



### FERRAMENTAS



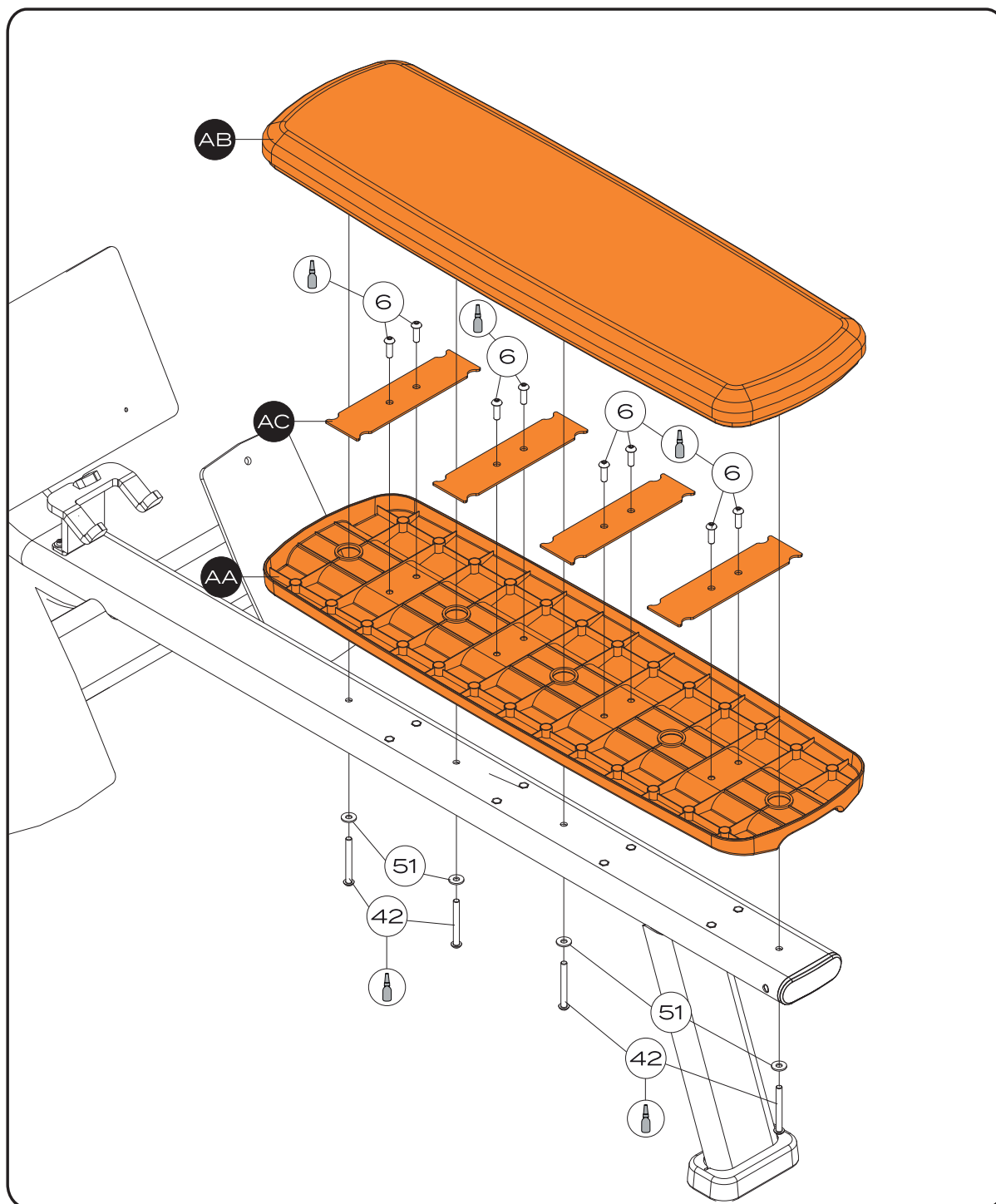
Allen n°6



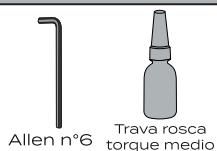
# MONTAGEM DO EQUIPAMENTO

## PASSO 40

|    |                                                 |           |    |                                                 |           |    |                          |           |
|----|-------------------------------------------------|-----------|----|-------------------------------------------------|-----------|----|--------------------------|-----------|
| 6  | NOME<br>Parafuso Cab. Aba<br>Sext. Int. - M8X25 | Qtd<br>8x | 42 | NOME<br>Parafuso Cab. Aba<br>Sext. Int. - M8X70 | Qtd<br>4x | 51 | NOME<br>Arruela lisa Ø8  | Qtd<br>4x |
| AA | NOME<br>Capa do estofado                        |           | AB | NOME<br>Estofado do assento                     |           | AC | NOME<br>Chapa de fixação |           |



### FERRAMENTAS

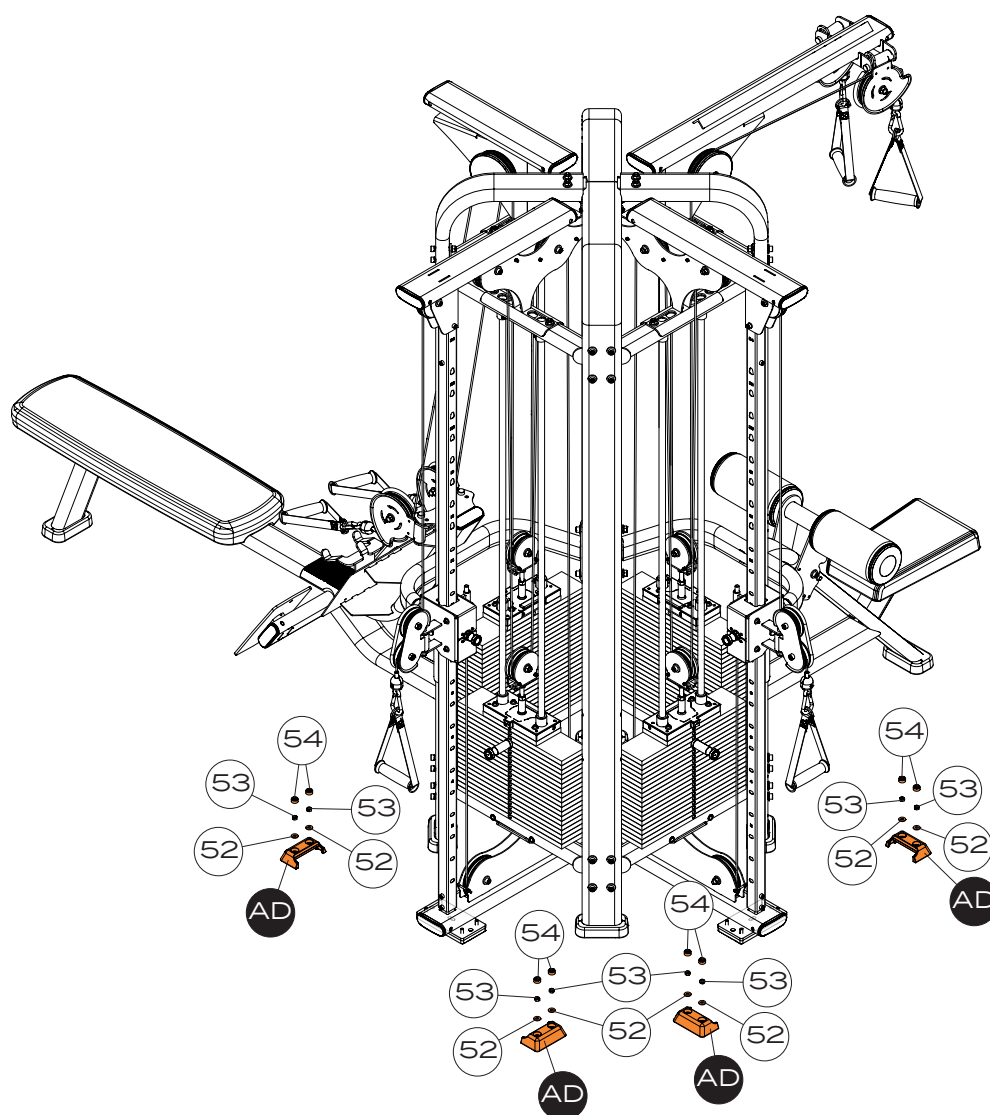




# MONTAGEM DO EQUIPAMENTO

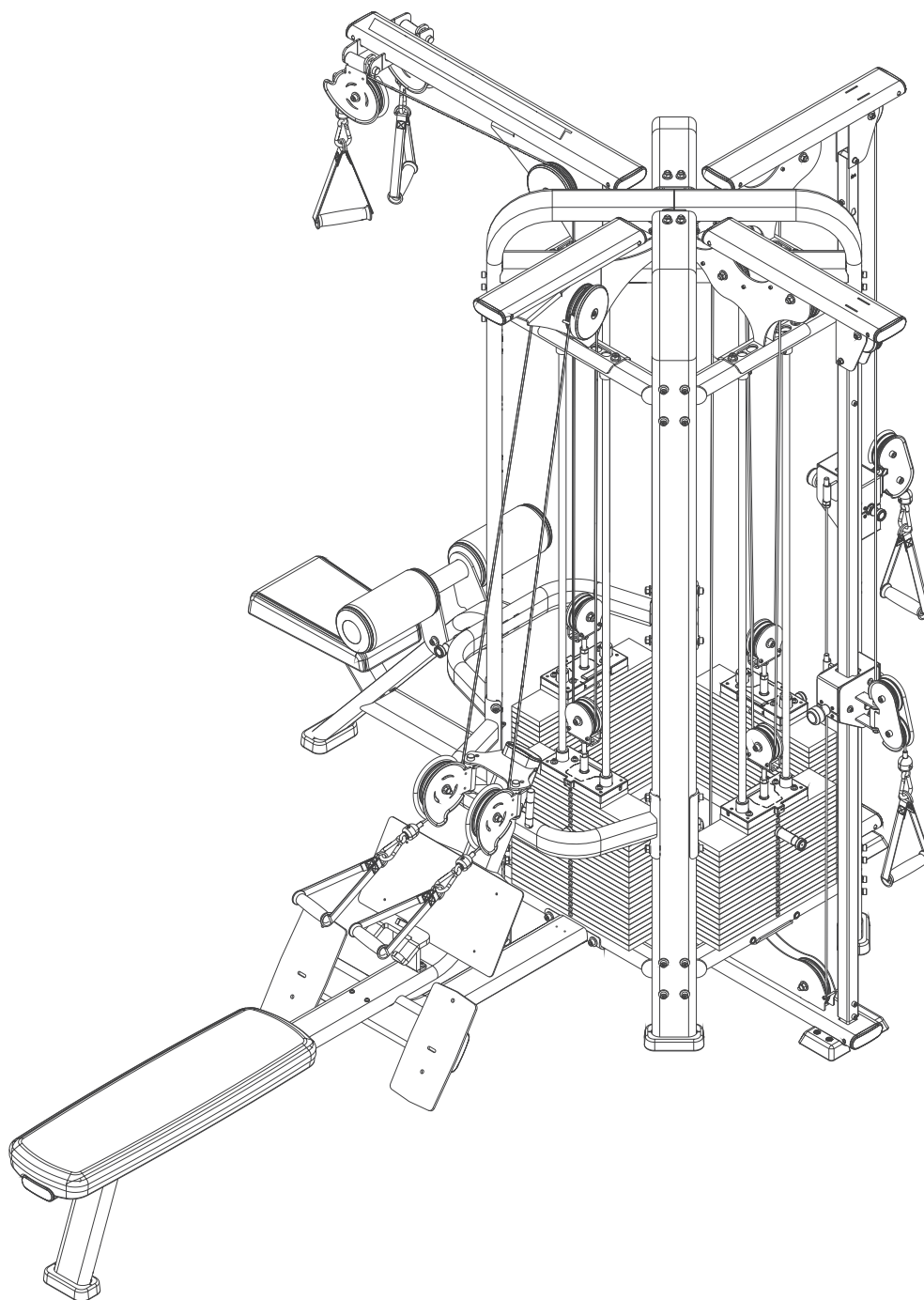
## PASSO 41

| AD                                                                               | NOME                            | 52                                                                                | NOME                          | Qtd. | 53                                                                                  | NOME                  | Qtd. |
|----------------------------------------------------------------------------------|---------------------------------|-----------------------------------------------------------------------------------|-------------------------------|------|-------------------------------------------------------------------------------------|-----------------------|------|
|  | Capa do pé                      |  | Arruela lisa -<br>Ø 8,40X20X2 | 8x   |  | Porca sextavada<br>M8 | 8x   |
|  | Plug protetor p/<br>parafuso M8 | Qtd.                                                                              |                               | 8x   |                                                                                     |                       |      |





# MONTAGEM DO EQUIPAMENTO



## **PARABÉNS! A MONTAGEM DO EQUIPAMENTO FOI CONCLUÍDA.**

Antes de iniciar o seu treino, NIVELAR o equipamento ao solo e verifique o aperto em todos os parafusos. Consulte o capítulo sobre instrução operacional antes de utilizar o equipamento.



# **INSTRUÇÃO OPERACIONAL**

# INSTRUÇÃO OPERACIONAL

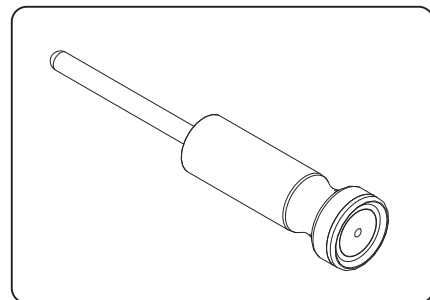
## PINO SELETOR

O pino seletor permite com que os pesos sejam travados para serem usados ao executar o exercício.



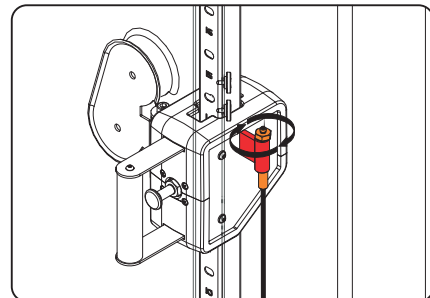
**PERIGO!**

Verifique se o pino seletor esta bem encaixado na pilha de peso. Risco de acidente grave ou fatal ao usuário



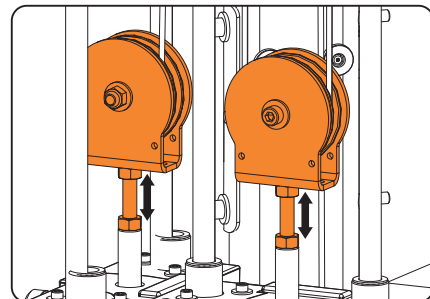
## TENSIONANDO O CABO DE AÇO

Para tensionar o cabo de aço basta rosquear o parafuso que fica na ponta do cabo no regulador de altura, para soltar, desrosqueie o parafuso.



## SUPORTE DA ROLDANA DO TOP PLATE

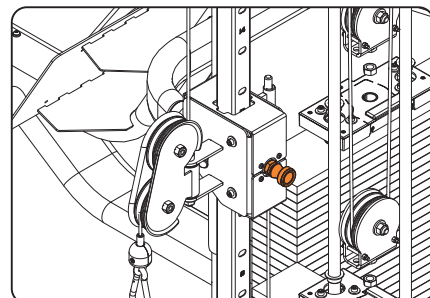
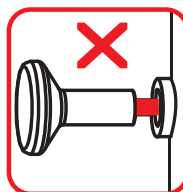
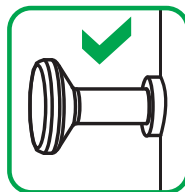
Para regular a roldana do top plate use as porcas para tensionar o cabo de aço, apertando ou afrouxando a contra porca. Quando o cabo estiver tensionado reaperte a contra porca.



## TRAVA DO SUPORTE DO PEGA

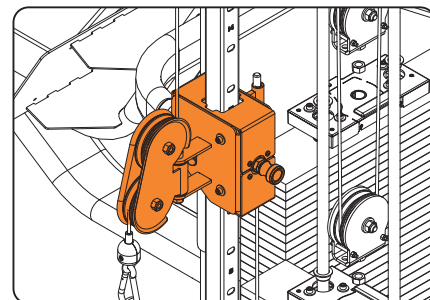
Permite que a altura do suporte do pega seja selecionado no trilho do equipamento.

**ATENÇÃO:** VERIFIQUE se o pino do regulador de altura está TOTALMENTE ENCAIXADO para evitar ACIDENTES.



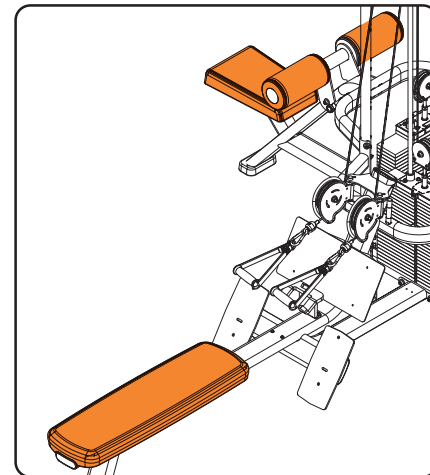
## REGULADOR DO PEGA

Permite ajustar o equipamento de acordo com a altura desejada.



## ESTOFADOS

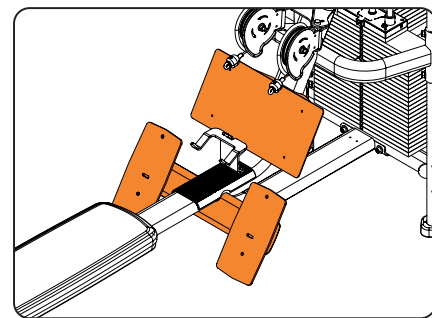
Permite que o usuário sente, apoie o joelho e encoste no equipamento para fazer o exercício.



# INSTRUÇÃO OPERACIONAL

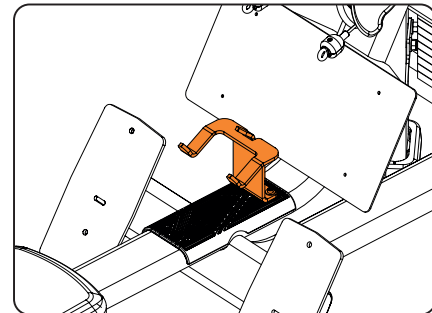
## APOIO PARA OS PÉS

Permite que o usuário apoie os pés para executar o exercício de puxada baixa.



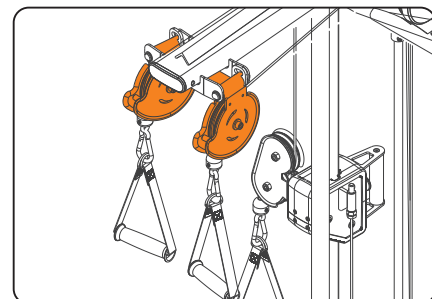
## APOIO PARA OS ACESSÓRIOS

Permite apoiar os acessórios ao termino do exercício.



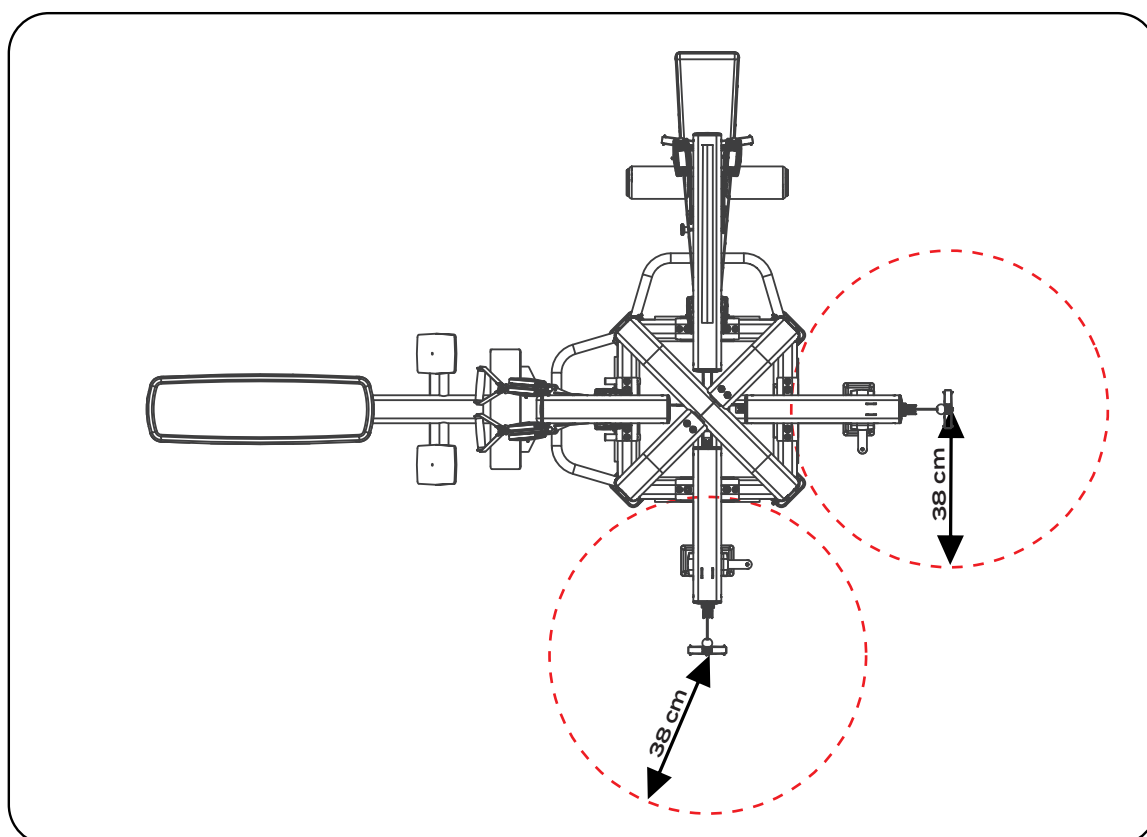
## ROLDANAS MÓVEIS

As roldanas se movimentam de modo que se adaptem para melhor exercício do usuário.



## DISTÂNCIA

**ATENÇÃO:** Por questões de segurança, assegure-se de manter uma distância mínima de 38 cm da polia durante o uso. Isso é essencial para garantir sua segurança durante a prática do exercício.





# MANUTENÇÃO

## RECOMENDAÇÕES

Para uma maior durabilidade do equipamento é importante seguir uma série de precauções para evitar qualquer problema no equipamento, nos usuários e/ou terceiros. Em caso de quebra de qualquer parte do equipamento, coloque - o fora de uso até que a parte que foi comprometida seja devidamente consertada.

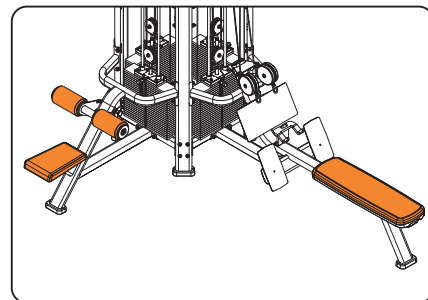
## LIMPEZA

Semanalmente, limpe o equipamento utilizando uma escova de nylon macia. Passe aspirador de pó embaixo do equipamento para evitar o acúmulo de sujeira e pó, que podem afetar o funcionamento do equipamento.

Use sempre água, sabão neutro e um pano macio para a limpeza do estofado do equipamento antes e após o treino. Espere o equipamento secar por completo para assim iniciar um novo treino. Nunca utilize produtos de limpeza ácidos. Jamais despeje água no equipamento ou aplique líquidos em spray.

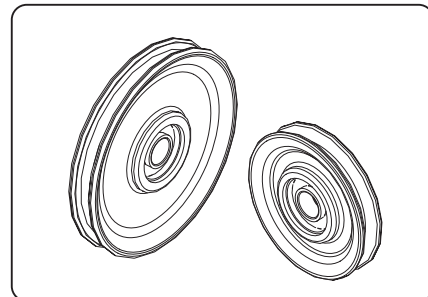
## ESTOFADO

Qualquer tipo de rasgo, furos ou demais danos faça a substituição imediata. Para uma maior durabilidade do estofado faça a limpeza conforme descrito nesse manual.



## ROLDANAS

A roldana é o que permite que o cabo de aço faça o caminho necessário para a prática do exercício, por isso é de extrema importância manter as roldanas bem cuidadas. Havendo qualquer sinal de desgaste ou dano nas roldanas entre em contato com uma assistência técnica.



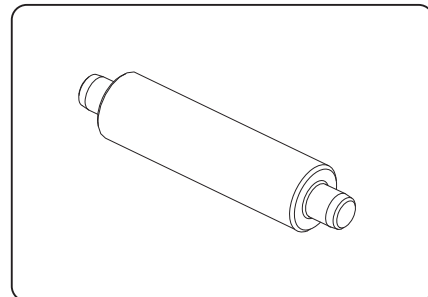
## PINO TRAVA DO CABO DE AÇO

O pino trava do cabo de aço tem como função não deixar com que o cabo de aço saia da roldana.

Caso algum dos pinos estejam danificados ou soltos, o cabo de aço pode não ficar preso adequadamente na roldana.

Ao menor sinal de avaria, entre em contato com a Assistência Técnica.

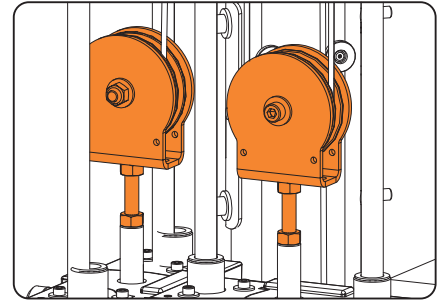
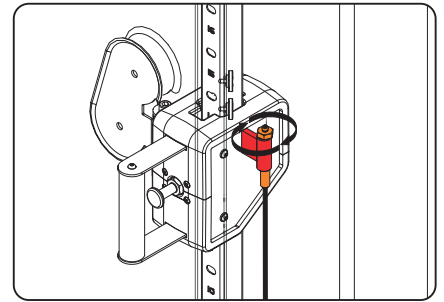
Risco de acidentes graves ou fatais.





## TENSIONADOR DO CABO DE AÇO

Sempre verificar se não está danificado ou fora da sua forma padrão. Caso encontre algum problema com o tensionador entre em contato com uma Assistência Técnica



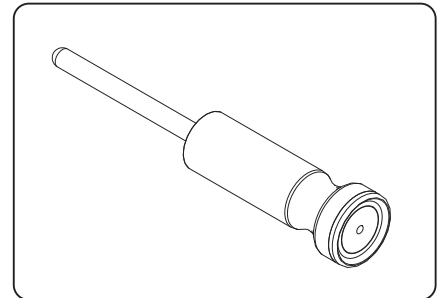
## PINO SELETOR

Sempre verificar se o pino seletor não está danificado ou fora de sua forma original, podendo assim não pinar o peso de forma correta. Caso o pino esteja danificado entre em contato com uma Assistência Técnica.



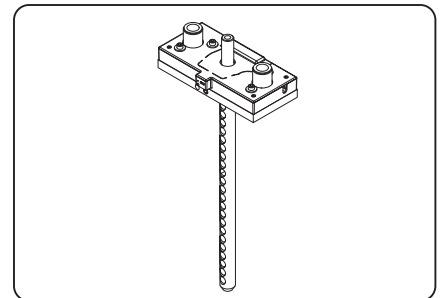
**PERIGO!**

**CASO O PINO SELETOR ESTIVER DANIFICADO E FOR UTILIZADO ELE PODE NÃO SEGURAR OS PESOS DE FORMA CORRETA, CAUSANDO ACIDENTE GRAVE OU FATAL AO USUÁRIO E PODENDO DANIFICAR O EQUIPAMENTO**



## TOPPLATE

Permite com que os pesos sejam selecionados. Ao menor dano ou desgaste a peça não tente selecionar o peso. Entre em contato com uma Assistência Técnica para fazer a troca.



## MOSQUETÃO

Alguns modelos utilizam mosquetão, portanto é de extrema importância verificar o estado do mosquetão. Ao menor sinal de desgaste, deformações, dificuldade para fechar e tudo que possa ser prejudicial à sua resistência substitua imediatamente o mosquetão.

## SUBSTITUIÇÃO DO MOSQUETÃO

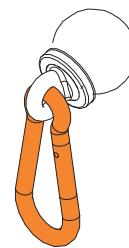
Para a substituição, utilizar sempre um mosquetão fornecido diretamente pela MOVEMENT. Caso não seja possível obter um mosquetão fornecido pela MOVEMENT, utilizar um mosquetão que cumpra rigorosamente os seguintes requisitos.

- Material de composição: Inox AISI 316;
- Capacidade máxima fechado: 1600 kg;
- Capacidade máxima aberto: 350kg.



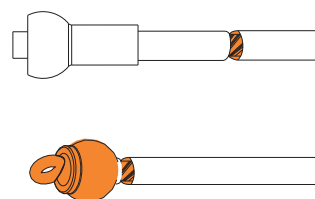
ATENÇÃO!

- MENSALMENTE, VERIFICAR COM ATENÇÃO AS CONDIÇÕES DO MOSQUETÃO;
- NÃO MODIFICAR DE MODO ALGUM OS MOSQUETÕES;
- A ABERTURA DO MOSQUETÃO DEVE SER FEITA VOLTADA PARA A COLUNA DE PESOS.



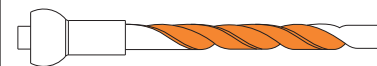
## CABO DE AÇO

Durante o uso do equipamento o cabo de aço pode se danificar por mau uso ou por falta de manutenção. As vezes o cabo de aço pode se danificar mesmo que não fique exposto esse dano. Fique atento e sempre observe qualquer tipo de problema com o cabo. Não utilize e não permita que o equipamento seja utilizado caso o cabo de aço esteja danificado. Abaixo estão alguns exemplos de cabo de aço danificado.



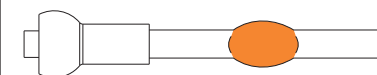
## CABO DE AÇO TORCIDO

Cheque sempre o cabo de aço caso encontre torções faça a substituição do cabo imediatamente.



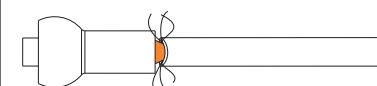
## PROTUBERANCIA NO CABO DE AÇO

Caso o cabo se rompa internamente uma protuberância pode vir a surgir na parte externa do cabo, fazer a substituição do cabo imediatamente.



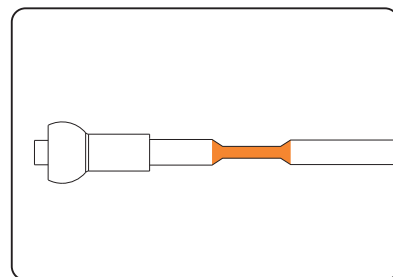
## FIOS SOLTOS

Substituir qualquer cabo de aço exposto nas extremidades



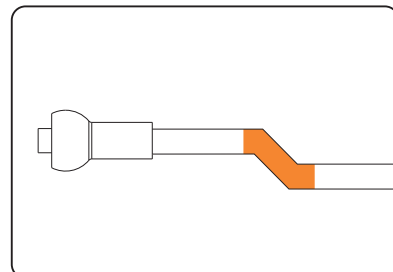
## **CABO DE AÇO AMASSADO**

Cabo de aço amassado ou fora da sua forma original pode causar rompimento ou danos a outras partes do equipamento.



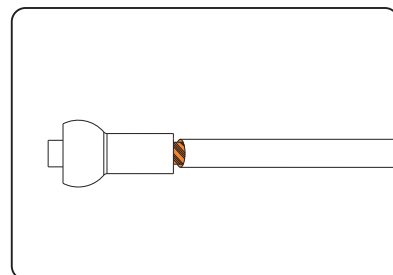
## **CABO DE AÇO TORCIDO**

Cabo de aço torcido ou fora de sua forma original pode causar rompimento ou danos a outras partes do equipamento.



## **EXPOSIÇÃO**

Exposição da ponta do cabo de aço.



## TABELA DE MANUTENÇÃO DO EQUIPAMENTO

Utilize a tabela a seguir para saber a periodicidade das manutenções.

| VERIFICAR             | DIÁRIA                                                                                                          | SEMANAL                                                                                             | MENSAL                                                                                                                                  | QUANDO PRECISO                                                                                             |
|-----------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| LIMPEZA               | Sempre fazer a limpeza do equipamento antes e depois de cada treino.                                            |                                                                                                     |                                                                                                                                         |                                                                                                            |
| PARAFUSO              |                                                                                                                 | Reapertar os parafusos caso as peças estejam soltas.                                                |                                                                                                                                         |                                                                                                            |
| ROLDANAS              |                                                                                                                 | Verifique se as roldanas não estão danificadas ou desgastadas. Caso estejam, fazer a troca da peça. |                                                                                                                                         |                                                                                                            |
| PINO TRAVA            |                                                                                                                 | Verifique se os pinos não estão danificadas ou desgastadas. Caso sim, fazer a troca imediata.       |                                                                                                                                         |                                                                                                            |
| TENSIONADOR           |                                                                                                                 |                                                                                                     | Verificar se os cabos de aço estão devidamente tensionados de acordo com o descrito no manual. Caso não, fazer o tensionamento correto. |                                                                                                            |
| CABO DE AÇO           | Verificar todos os cabos de aço para ver se não estão danificados ou quebrados. Se sim, fazer a troca imediata. |                                                                                                     |                                                                                                                                         |                                                                                                            |
| PINO SELETOR          | Verificar se o pino seletor está quebrado ou danificado. Se sim, fazer a troca imediata.                        |                                                                                                     |                                                                                                                                         |                                                                                                            |
| ESTOFADOS             |                                                                                                                 |                                                                                                     |                                                                                                                                         | Verificar se há rasgos ou furos nos estofados. Se sim, fazer a troca imediata da peça.                     |
| MANUTENÇÃO PREVENTIVA |                                                                                                                 |                                                                                                     |                                                                                                                                         | A cada 2 meses entre em contato com um Ponto Autorizado para fazer a manutenção preventiva do equipamento. |

Qualquer dúvida pode ser sanada através da nossa central de atendimento ao consumidor, pelo telefone 0800-7724080. Para encontrar um Ponto Autorizado acesse o site <http://movement.com.br/assistencia-tecnica> e permita que o navegador acesse sua localização e facilite a busca por uma Autorizada mais próxima.



**GARANTIA**

# GARANTIA

## GARANTIA LIMITADA - LINHA MUSCULAÇÃO

Leia cuidadosamente os termos e condições de garantia antes de utilizar o equipamento.

Ao utilizar o equipamento, você concorda em seguir os seguintes termos e condições de garantia.

A Brudden Equipamentos Ltda., fabricante dos produtos Movement, garante os equipamentos novos livres de defeitos em materiais e fabricação nos períodos estabelecidos abaixo.

Os períodos de garantia iniciam-se na data de emissão da nota fiscal de compra emitida pela Fábrica ou revendedor credenciado.

Essa garantia se aplicará somente a defeitos identificados durante os prazos abaixo e apenas ao comprador original do produto. Para exercer a garantia o comprador deverá entrar em contato com a Assistência Técnica autorizada mais próxima (lista disponível no site [www.movement.com.br/assistencia-tecnica](http://www.movement.com.br/assistencia-tecnica)) em menos de 30 dias da descoberta da não conformidade e disponibilizar o equipamento para inspeção.

## ATENÇÃO! GANHE ATÉ 3 ANOS DE GARANTIA CADASTRANDO SEU EQUIPAMENTO NO CONNECT!

**IMPORTANTE:** para ser coberto totalmente pelo prazo descrito na tabela abaixo, **É NECESSÁRIO REGISTRAR SEU PRODUTO NO CONNECT.** Caso o cadastro NÃO SEJA EFETUADO, SOMENTE a garantia legal do Código de Defesa do Consumidor (art. 26, II) de 90 (noventa) dias será válida.

Acesse o CONNECT na Play Store e Apple Store (Movement Connect) ou pelo site:

(<https://lp.movement.com.br/app-movement-connect>)

|         |                                                                                                                                                                                                                                                                                                                                    |
|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 90 dias | <b>Garantia legal do Código de Defesa do Consumidor (art. 26, II)</b><br>Mão de obra.                                                                                                                                                                                                                                              |
| 6 meses | <b>Já incluída a garantia legal do Código de Defesa do Consumidor (art. 26, II) de 90 (noventa) dias.</b><br>Cabo de aço / Adesivos / Reguladores e puxadores / Manoplas / Acabamentos termoplásticos / Acabamento de elastômeros / Carenagem e estofados em geral.                                                                |
| 1 ano   | <b>Já incluída a garantia legal do Código de Defesa do Consumidor (art. 26, II) de 90 (noventa) dias.</b><br>Partes e peças mecânicas / Polias / Mosquetões / Rolamentos / Molas / Componentes de fixação / Pintura em geral, incluindo os itens cromados e zincados / Componentes eletrônicos (exceto baterias) quando aplicável. |
| 3 anos  | <b>Já incluída a garantia legal do Código de Defesa do Consumidor (art. 26, II) de 90 (noventa) dias.</b><br>Chassi (exceto pintura) e estruturas metálicas                                                                                                                                                                        |

## CONDIÇÕES E RESTRIÇÕES

### 1. A garantia aplica-se aos produtos Movement somente quando:

1-1. O produto estiver com o comprador original e com a prova de compra original (nota fiscal de compra);

1-2. Não tiver sido objeto de: acidentes, uso inadequado ou negligência, operação indevida, abuso, transporte e armazenamento inadequado, manutenção em desacordo com as especificações contidas no manual de instruções, serviço impróprio, ou modificação não realizada pela Movement;

1-3. As peças de reposição utilizadas forem fornecidas pela Movement;

1-4. Reclamações feitas dentro do prazo de garantia.

2. Esta garantia não cobre danos ou falhas em equipamentos causados por falha na manutenção básica e necessária como descrita no manual.

### A GARANTIA NÃO SE APLICA:

- Produtos reparados ou modificados por terceiros, sem prévia autorização por escrito da Movement;
- Chamada de serviços para instalação do produto ou instruções aos proprietários sobre como utilizar o produto;
- Consertos efetuados em produtos Movement sem o número de série ou com a identificação alterada ou danificada;
- À retirada e/ou entrega do equipamento na residência do consumidor para realização de reparos.
- Nenhuma despesa de serviços ocorrida após o período de garantia de serviços.

## CONDIÇÕES GERAIS DA GARANTIA

O serviço de Garantia Movement pode ser solicitado diretamente à fábrica ou a um Assistência Técnica Autorizada. Vide lista no site [www.movement.com.br/assistencia-tecnica](http://www.movement.com.br/assistencia-tecnica).

As despesas decorrentes de eventuais transportes do produto até uma assistência técnica ou o deslocamento (visita técnica) realizado por assistente autorizado, serão custeados pelo comprador, estando ou não o produto coberto por esta garantia.

A responsabilidade da presente garantia se limita exclusivamente ao reparo, modificação ou substituição do produto fornecido.

A Movement não se responsabiliza por danos a pessoas, a terceiros, a outros equipamentos e instalações, lucro cessante ou quaisquer danos emergentes.

A Movement reserva-se no direito de paralisar a fabricação do equipamento, a qualquer tempo e sem prévio aviso, modificar suas especificações e introduzir melhorias, sem incorrer na obrigação de efetuar tais aperfeiçoamentos em produtos anteriormente fabricados.



A Movement reserva-se no direito de paralisar a fabricação do equipamento, a qualquer tempo e sem prévio aviso, modificar suas especificações e introduzir melhorias, sem incorrer na obrigação de efetuar tais aperfeiçoamentos em produtos anteriormente fabricados.

ATENDIMENTO AO CONSUMIDOR

Cx. Postal 11 - CEP 17586-202 - Pompeia - SP - Tel. 0800-7724080  
falecom@movement.com.br

Fabricado por:  
BRUDDEN EQUIPAMENTOS LTDA.  
Av. Industrial, 700 Distrito Industrial.  
CEP: 17586-202 POMPEIA-SP - BRASIL  
CNPJ: 43.061.654/0001-38  
www.movement.com.br  
falecom@movement.com.br

**MOVEMENT** 

# OWNER'S MANUAL



## MULTI STATION GYM

READ THIS MANUAL CAREFULLY BEFORE USING THE EQUIPMENT.  
KEEP IT FOR FUTURE REFERENCE.

moveMent 

NEXT

NEXT

NEXT

NEXT

NEX

! NEX !

! NEX !

# INTRODUCTION

## WELCOME TO MOVEMENT!

Congratulations, you are now part of the MOVEMENT universe!

Aiming to offer products, services, and innovative solutions that meet the need for leisure, well-being, and comfort, awakening people to a more pleasant and healthier life, Brudden Equipamentos Ltda. has created the MOVEMENT brand.

Founded to develop and produce fitness equipment, Movement immediately stood out in the Brazilian marketplace for its tradition in convenience and durability, which makes Brudden an icon in terms of quality in the markets it operates.

With high investment in research and development together with renowned institutions, Movement promotes an improved quality of life to the most diverse profiles and habits, with a strong presence in Residences, Condominiums, Gyms, Clubs, Hotels, Clinics, Companies and Organizations.

The quality in equipment extends to the services provided by its wide network of customer service and Authorized Dealers, spread throughout Brazil.

Always bringing Movement close to you and your family for a healthier lifestyle, profitable for investors, and pleasurable and healthy for those who train using our equipment.

To confirm the MOVEMENT Warranty, register your equipment in APP CONNECT.

Registration is free, convenient and fast!

Connect is Movement's app designed exclusively to facilitate your day-to-day management of the equipment and warranty services, integrating it to Movement's digital ecosystem.

With it, you can have any Movement equipment at the tip of your fingers, requesting its maintenance with a single click, without delays, and with real-time follow-up.

Learn more in the OPERATIONAL INSTRUCTION/ CONNECT FIELD

## AVOID HEADACHES!

Register your equipment and confirm your warranty E and extend your equipment's protection.

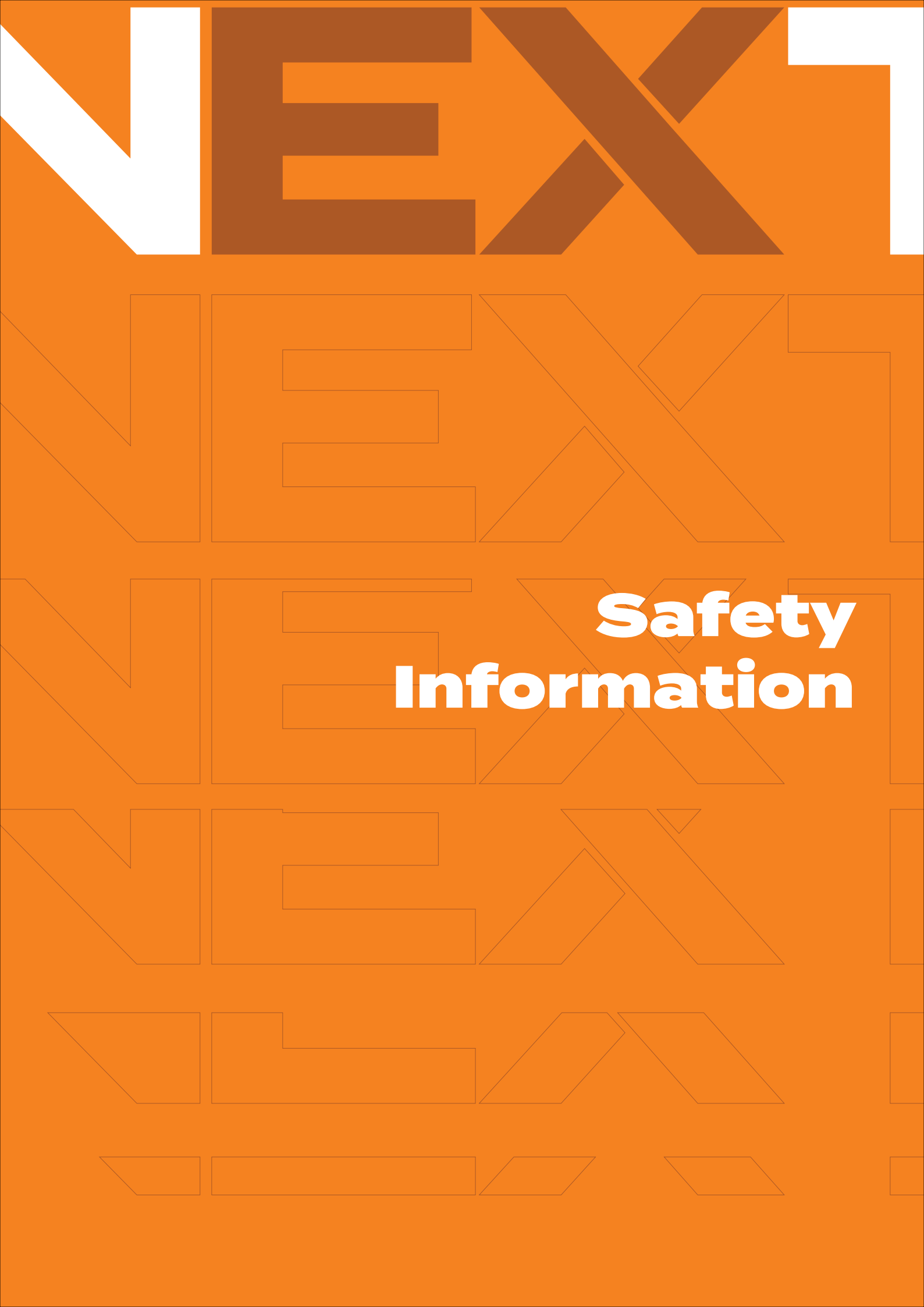
For further information, please go to the WARRANTY topic in this manual.

Visit our website and learn more about what our company offers to improve your quality of life.

# MOVEMENT

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# **Safety Information**

# SAFETY INFORMATION

## MEANING OF THE SYMBOLS



### **DANGER!**

A statement preceded by "DANGER" contains information that must be put into practice to avoid serious physical injury or death.



### **WARNING!**

A statement preceded by "WARNING" contains information that must be put into practice in order to prevent some physical harm to the user.



### **CAUTION!**

An indication preceded by the word "CAUTION" contains information that must be put into practice to avoid damage to the product.



Keep this manual for future reference. Read and understand this manual.

## **SAFETY**



### **DANGER!**

- The misuse of the equipment can turn it into a dangerous instrument, which can cause serious injury or even death to the user, so it is extremely important that you read and understand this manual.
- Before using the equipment, read this Manual carefully, making sure that it is correctly assembled and used, under penalty of serious injury and death to the user.
- It is the entire RESPONSIBILITY of the purchaser of MOVEMENT products to read the owner's manual and the warning stickers on the equipment. It is also the responsibility of the purchaser to instruct end users in the proper use of the equipment.
- Users must be supervised by a qualified professional, and the buyer is responsible for instructing them correctly. The use of the equipment in a manner contrary to the provisions of this Manual may cause accidents to users.
- This equipment is not intended to be used by persons with reduced physical, sensory, or mental capabilities, or by persons lacking experience and knowledge, unless they have been instructed in the use of the equipment and are under the supervision of an instructor.
- This equipment is intended for professional use in Gyms, Clubs, Studios, Hotels, and Condominiums, always under the supervision of a qualified instructor. It is not intended for home use. In case of doubt, contact MOVEMENT.
- It is recommended that the equipment be in an access-controlled area. Access control to the equipment is the instructor's responsibility, as is the supervision of the user when using the equipment.
- NEVER allow two or more people to use the equipment at the same time.
- Do not allow third parties to be near the equipment, which may cause accidents.
- Do not allow children, the elderly, and animals to be near the equipment, risk of serious or fatal accident.
- Do not use the equipment while barefoot, shoes with heels, or with worn soles. Make sure there are no pebbles stuck in your shoes.
- Do not wear loose clothing, avoid wearing jewelry, chains, loose hair, and other objects. Always wear clothing designed for the practice of physical exercises.
- Do not use the equipment if you are ill or under the influence of drugs, alcohol, or any substance that affects your psychomotor capacity.
- When adjusting any seat, knee support, weight stack, backrest, seat, or any other type of adjustment, make sure that the adjustment pin or lever is fully engaged in the adjustment hole to avoid injuries.
- Incorrect or excessive exercise can cause serious injury. If you feel any kind of pain, dizziness, faintness or shortness of breath, stop exercising immediately and consult a specialized physician.



# SAFETY INFORMATION



## DANGER!

- Keep the floor around the equipment always dry, to avoid slips and falls.
- Make sure that the equipment is properly leveled on the ground and on a flat surface away from walls in order to keep the equipment balanced and avoid accidents and injuries to the user.
- DO NOT place the equipment on a polished (smooth) floor, as this may cause the equipment to become unstable.
- Never make modifications to the equipment without authorization from the manufacturer. Unauthorized modifications or attachments could cause the warranty to be void and cause serious or fatal injury to the user.
- DO NOT use or allow the use of any equipment that is damaged and/or has worn or broken parts.
- Immediately replace any type of steel cable that is damaged or worn out, to prevent serious or fatal accident to the user. It is the instructor's sole responsibility to check the condition of the cable.
- Use only spare parts manufactured and supplied by MOVEMENT.
- Do not allow anyone to service the equipment. MOVEMENT has authorized dealers throughout the national territory. To locate the nearest one, check the website at [www.movement.com.br](http://www.movement.com.br) or contact us by phone 0800 772 40 80.
- Preventive maintenance is the key to a long life for the equipment and thus, avoiding serious accidents to the user. Any questions about maintenance see the maintenance chapter in this manual.
- The equipment is equipped with a stack of weights, do not use any other type of weight to increase the maximum load of the equipment. Risk of serious or fatal accident to the user.
- Do not use any type of selector pin other than the one included with the equipment to lock the weight stack.
- Do not allow the user to drop the weight stack in free fall. Risk of damage to the structure of the equipment.
- Do not exceed the maximum capacity of the equipment.
- Insert the selector pin completely into the weights. Partial insertion may cause the weights to fall, causing damage to the equipment and serious or fatal accidents to the user.
- Never remove the selector pin when the weight stack is in the raised position.
- Never try to free parts or weights that are stuck.
- UNDERSTANDING each warning sticker is important. If in doubt, contact our call center at 0800 772 40 80.
- If the warning stickers are damaged, contact MOVEMENT immediately to request their replacement. Warning stickers are affixed to the equipment and must be inspected before using the product.
- Prevent the user from having access to a weight stack. Equipment without rear fairing must be mounted so that it faces the walls or bulkhead, preventing the user from accessing the weight battery, if the user accesses this part there may be a risk of serious or fatal accidents.
- Triangle-shaped stickers represent a risk to the user.



**DANGER!**  
DO NOT PUT YOUR  
HANDS BETWEEN  
THE WEIGHTS.  
RISK OF CRUSHING



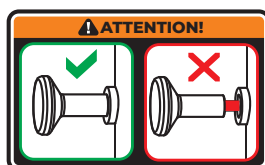
**DANGER!**  
DO NOT PUT YOUR  
HANDS BETWEEN  
THE PULLEYS.  
RISK OF CRUSHING



**DANGER!**  
DO NOT PUT YOUR  
HANDS BETWEEN  
THE MOVING PARTS.  
RISK OF CRUSHING



**DANGER!**  
EQUIPMENT NOT  
DESIGNED FOR  
CHILDREN. KEEP  
CHILDREN AWAY FROM  
THE EQUIPMENT.  
RISK OF ACCIDENTS



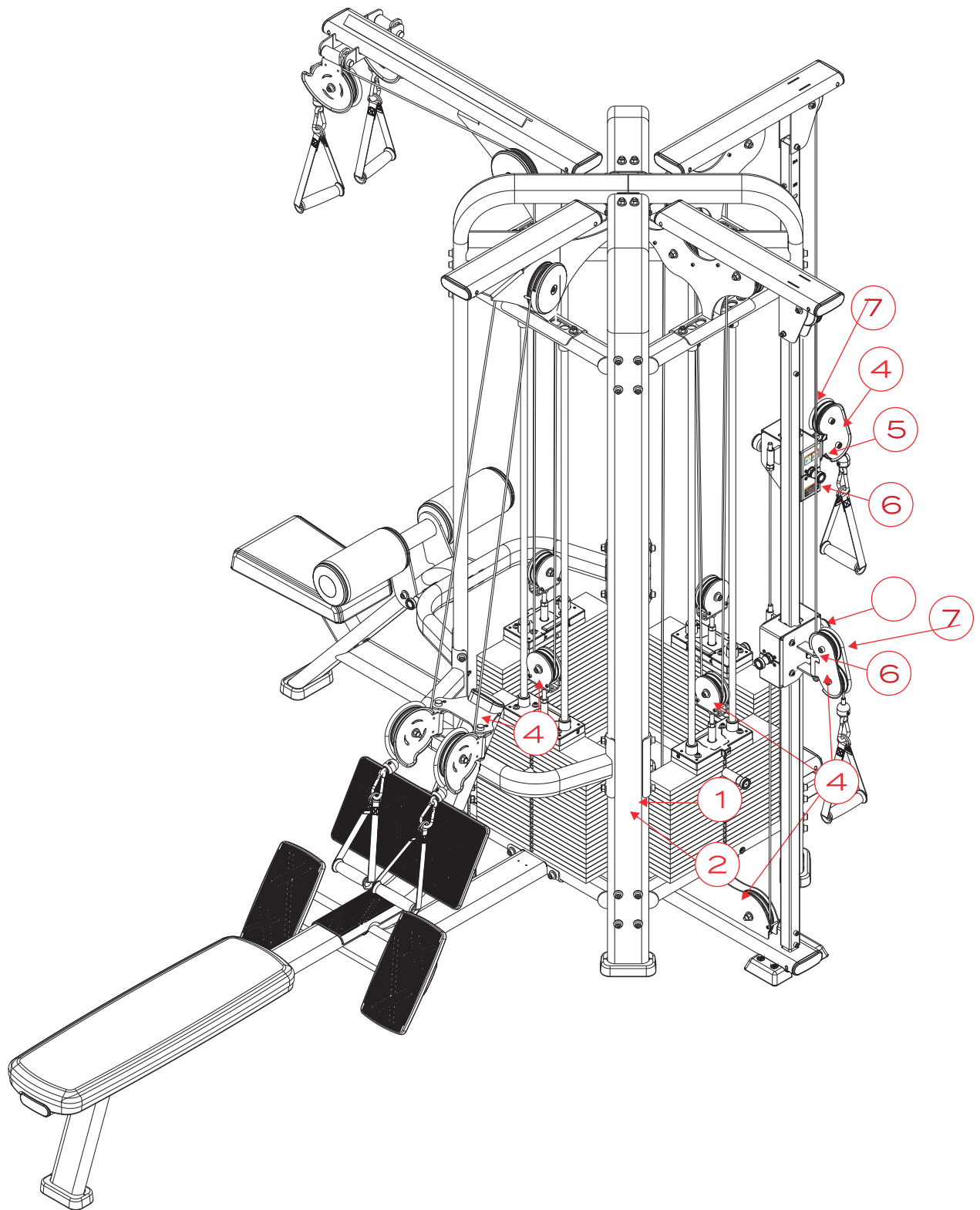
**ATTENTION!**  
MAKE SURE that the  
height adjuster pin is  
FULLY FITTED to avoid  
ACCIDENTS.

**ATTENTION!**  
FIT THE HEIGHT  
SELECTOR PIN  
COMPLETELY



**ATTENTION!**  
MAINTAIN A  
MINIMUM  
DISTANCE OF  
38CM WHILE  
PERFORMING  
THE EXERCISE.

# SAFETY INFORMATION



1



2



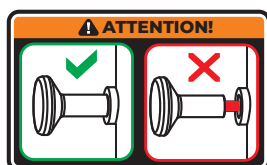
3



4



5



6

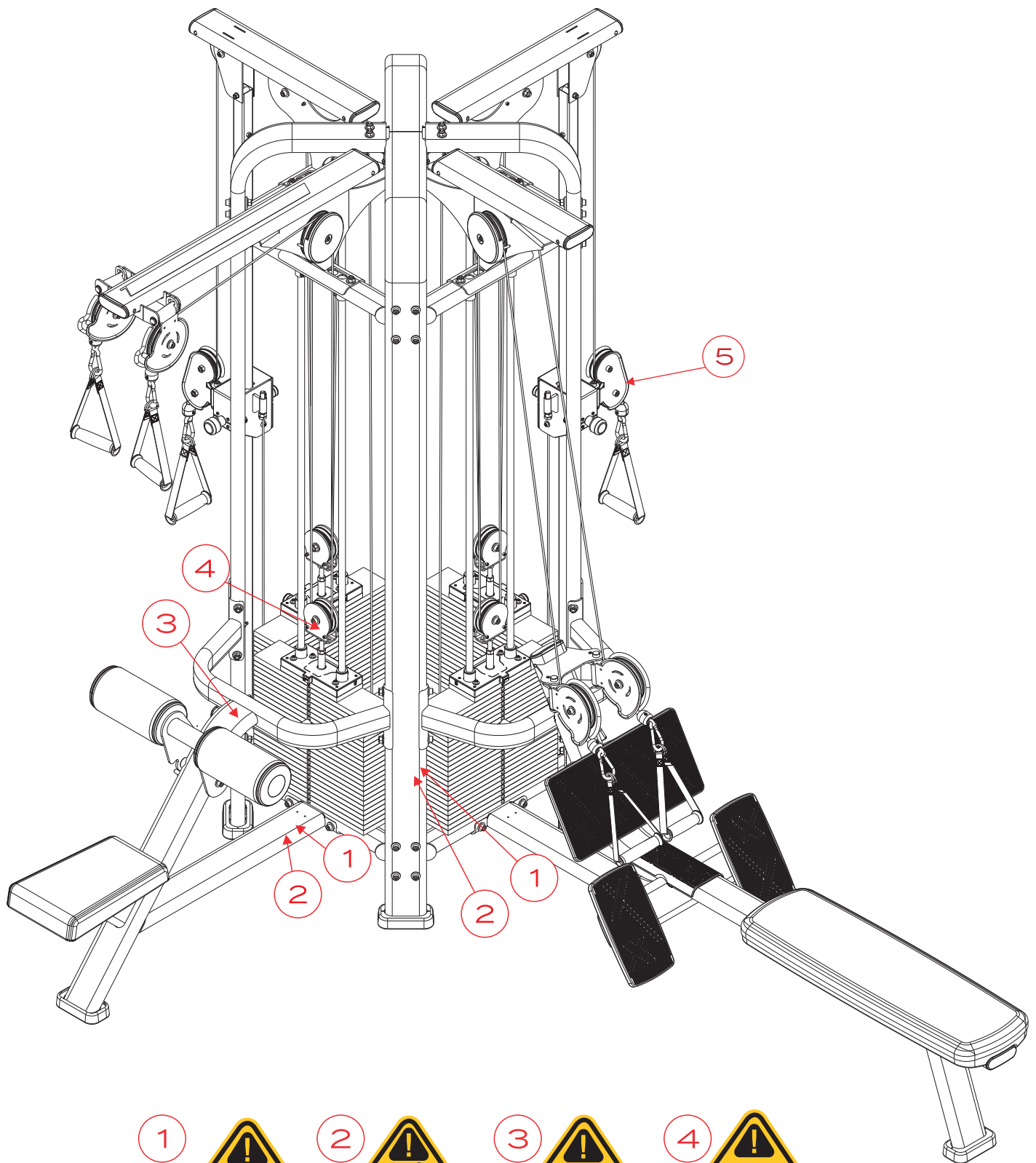


9



NOTE: Certain parts of the equipment have been removed for easier viewing.

# SAFETY INFORMATION



NOTE: Certain parts of the equipment have been removed for easier viewing.



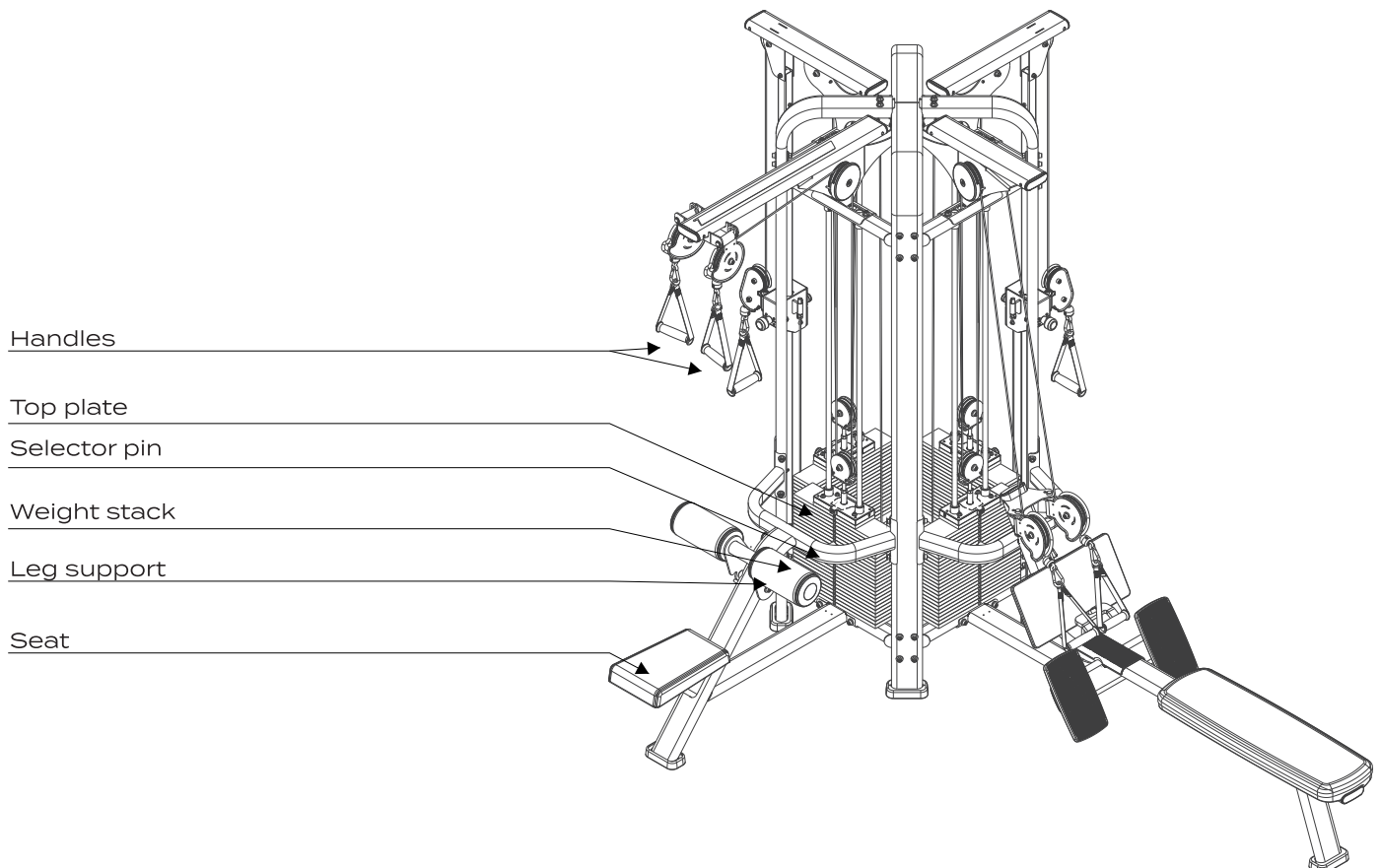
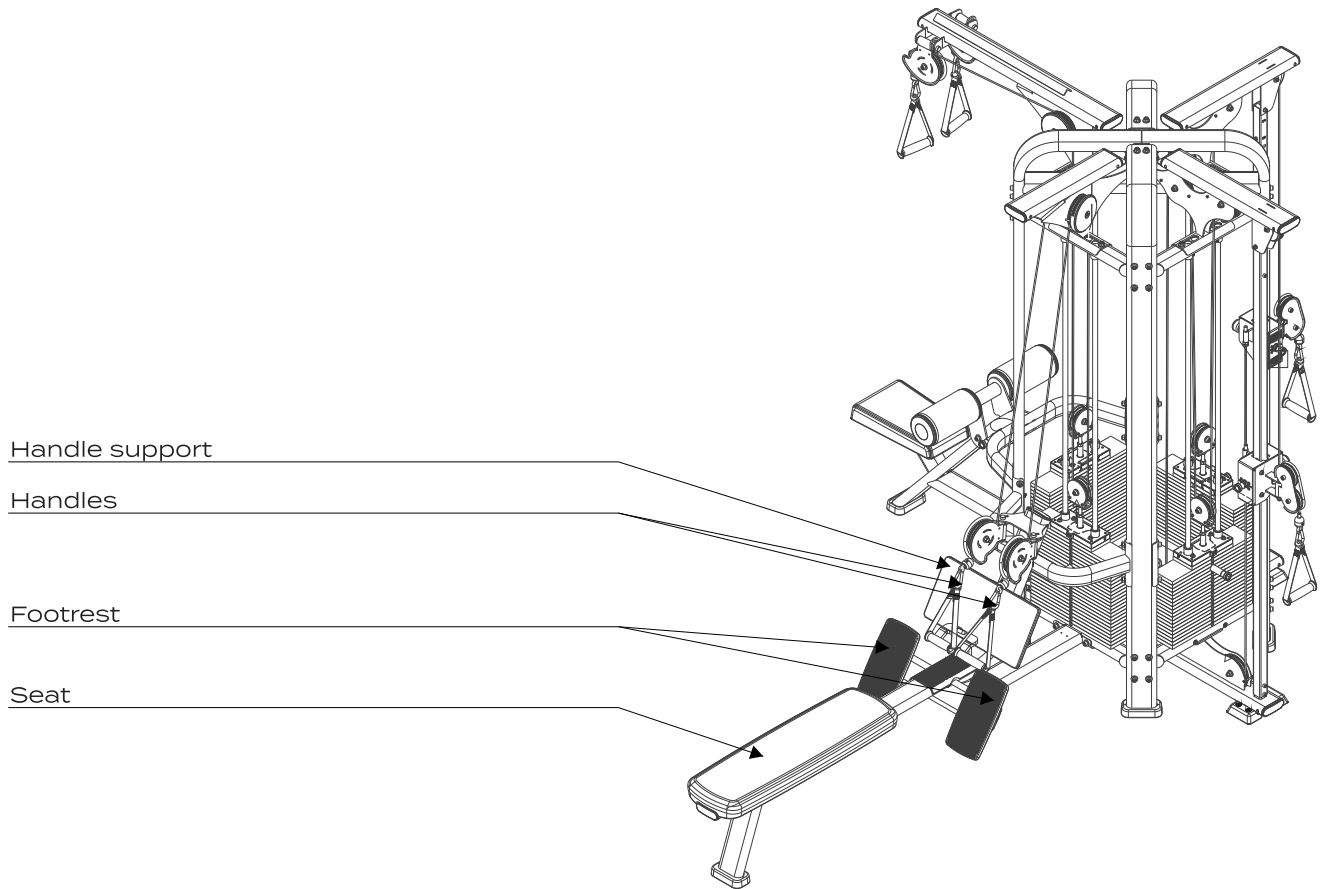
# **GETTING KNOW THE EQUIPMENT**

# GETTING KNOW THE EQUIPMENT

## GOAL - MULTI STATION

Allows the user to work muscle groups through the high pull, low pull, and cross.

This equipment is composed of the following main components:



# GETTING KNOW THE EQUIPMENT

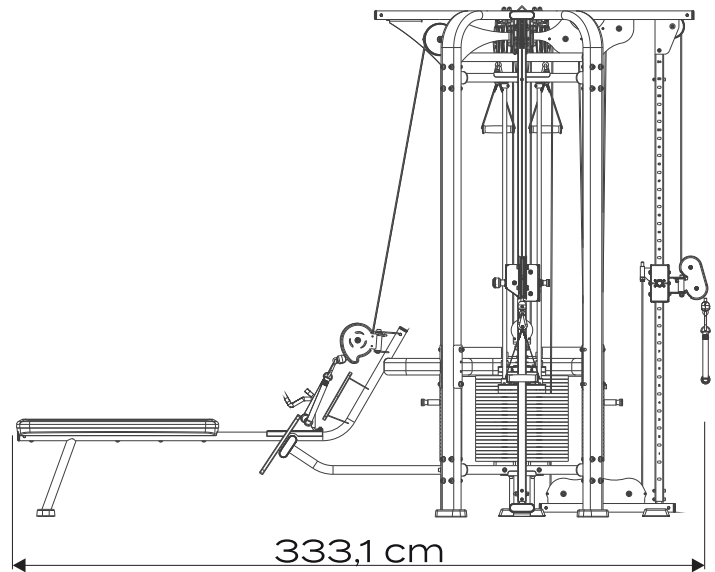
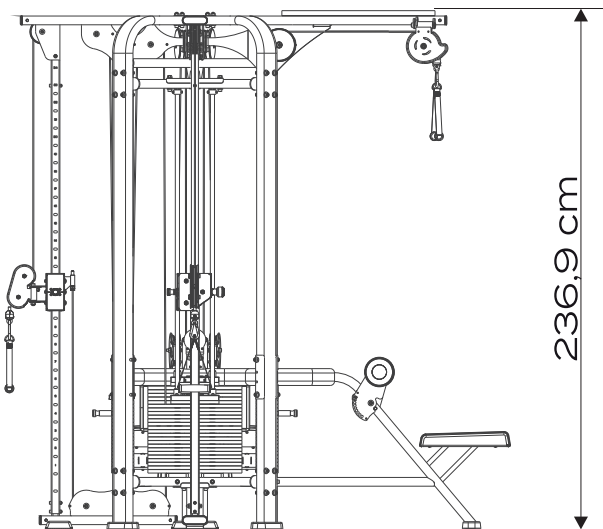
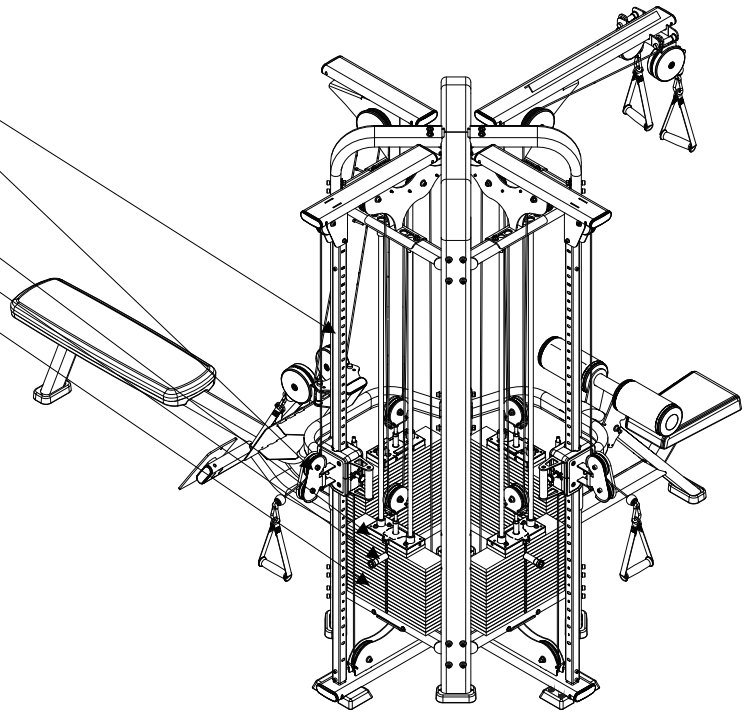
Adjustment ruler

Height adjuster

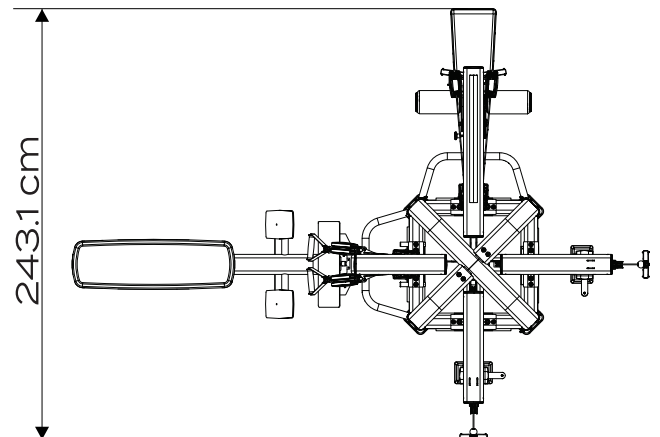
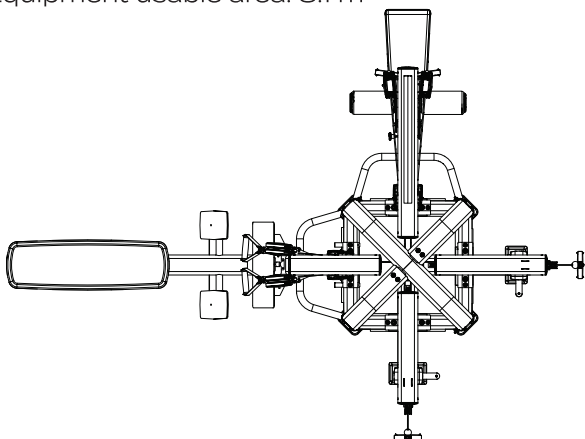
Top plate

Selector pin

Weight stack



Equipment usable area: 8.1 m<sup>2</sup>

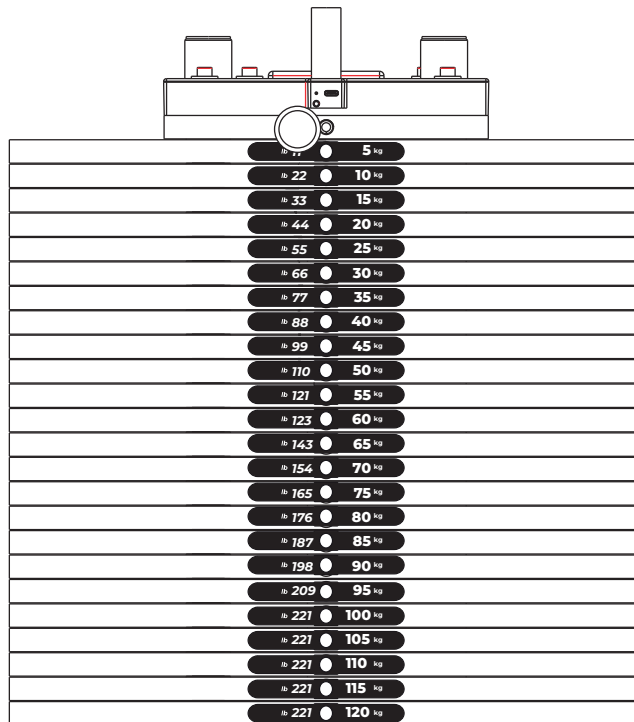




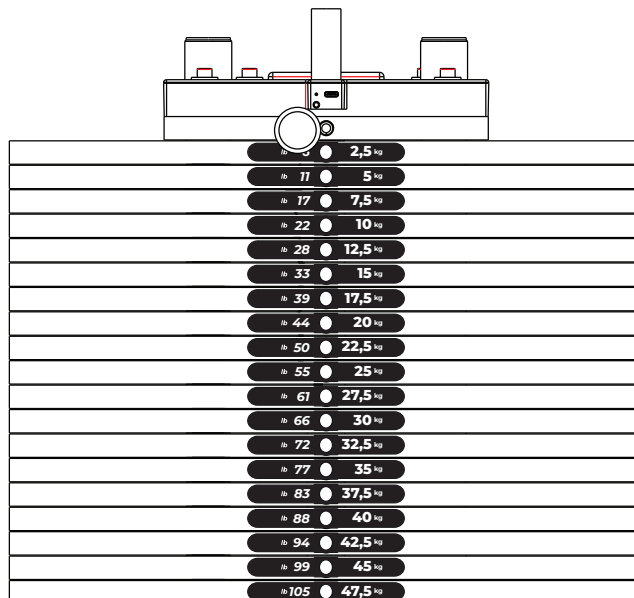
# GETTING KNOW THE EQUIPMENT

## WEIGHT STACK

Each piece of equipment in the NEXT line has a weight stack configuration. Below are the settings for each device.



| Weight stack load<br>High pull<br>Low pull |
|--------------------------------------------|
| 24 2.5-kg weights                          |
| Total load:<br>120 kg without extra weight |



| Weight stack load - Pulley                                                        |
|-----------------------------------------------------------------------------------|
| Weight stack load<br>19 5-kg weights<br>Effective tower load<br>19 2.5-kg weights |
| Total load:<br>47,5 kg without extra weight                                       |

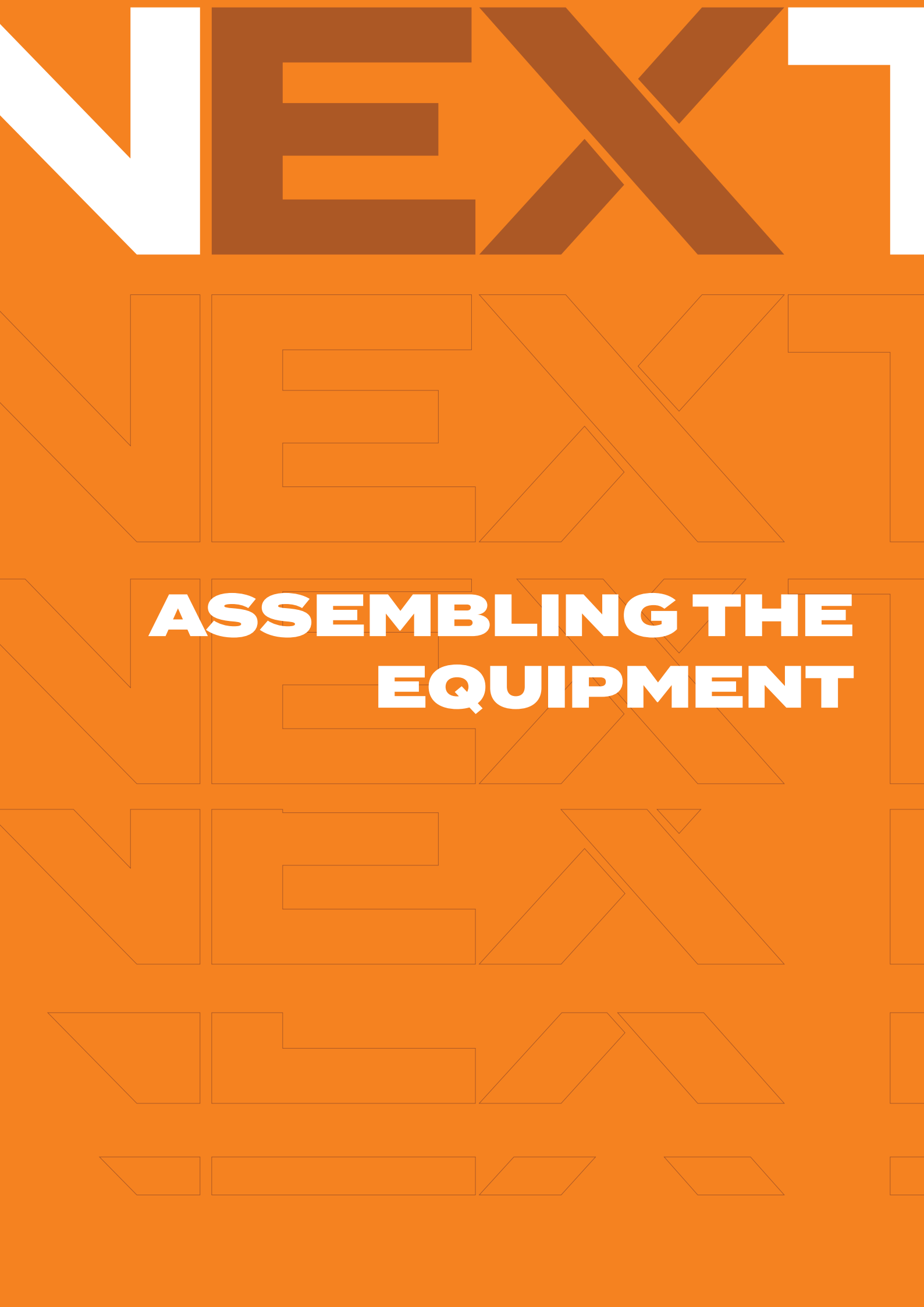
Note: The weight stack has its values rounded up or down.



# GETTING KNOW THE EQUIPMENT

## Equipment specifications - Multi Station

| Line                                       | Next                                               |
|--------------------------------------------|----------------------------------------------------|
| Length (cm)                                | 333.1                                              |
| Width (cm)                                 | 243.1                                              |
| Height (cm)                                | 236.9                                              |
| Occupied area (m <sup>2</sup> )            | 8.1                                                |
| Equipment weight (kg)                      | 728                                                |
| Maximum High / Low Pull load (kg)          | 120                                                |
| Maximum Pulley load (kg)                   | 48                                                 |
| Maximum user weight                        | 140                                                |
| Dimensions in package - box 1 - LxWxH (cm) | 206.4 x 95.9 x 72.5                                |
| Dimensions in package - box 2 - LxWxH (cm) | 159 x 51.3 x 47.5                                  |
| Dimensions in package - box 3 - LxWxH (cm) | 245.3 x 111.3 x 52.5                               |
| Structure                                  | Steel                                              |
| Structure thickness (mm)                   | 3 ~ 4.75                                           |
| Paint                                      | Electrostatic                                      |
| Weld                                       | MIG                                                |
| Padding material                           | Injected polyurethane foam with controlled density |
| Padding cover                              | Leatherette and reinforced stitching               |
| Handles                                    | Nylon with TPU injection                           |
| Footrest                                   | Anti-slip rubber                                   |
| Placard                                    | No                                                 |
| Adjustments                                | 24-level height adjustment                         |
| Warranty                                   | Up to 3 years, see Warranty Chapter                |

The background is a solid orange color. It features a large, stylized 'VEX' logo at the top, where the 'V' is white and the 'EX' is dark brown. Below this, the word 'VEX' is repeated in a lighter orange, outlined font, creating a pattern that covers the entire page. In the center, the text 'ASSEMBLING THE EQUIPMENT' is written in a bold, white, sans-serif font, arranged in two lines.

# **ASSEMBLING THE EQUIPMENT**

# ASSEMBLING THE EQUIPMENT



## CAUTION!

Before starting to assemble your equipment, it is necessary to pay attention to the following precautions:

- Make sure that the packaging is not damaged and that the parts and components of the equipment are not damaged.
- It is recommended that the equipment be unpacked at the place where it will be assembled.
- The assembly location must be clean.
- The floor must be flat, level, and rigid to avoid equipment instability.
- It is recommended that the equipment be assembled away from humidity and out of sunlight.

## ICONS

The icons are meant to instruct good practices that should be followed during assembly.



For this assembly it is recommended that it be done by two people



Do not tighten the bolts all the way



Final tightening of the bolt

## TOOLS

Use the following tools to assemble the equipment. The function of the torque table is to guide how much tightening a particular bolt can undergo. The table must be followed strictly.

TABLE FOR THE SPECIFICATION OF THE TIGHTENING TORQUE OF BOLTS

| Diameter [mm] | Torque [N.m] |
|---------------|--------------|
| M6            | 9-12         |
| M8            | 22-29        |
| M10           | 45-58        |



Fixed wrench



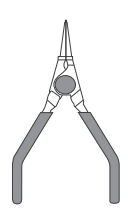
Allen



Threadlocker  
Medium  
Torque



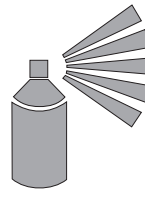
Philips  
screwdriver



Elastic  
ring pliers



Wrench



Grease  
spray



Torque meter

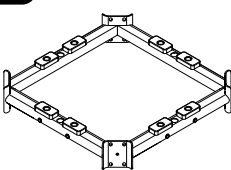
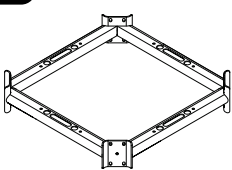
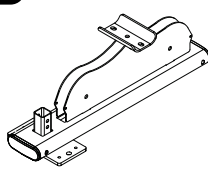
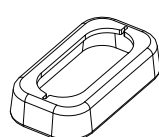
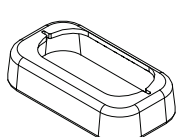
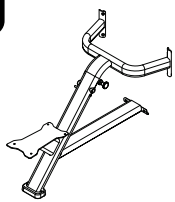
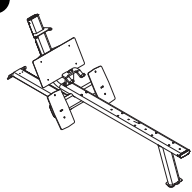
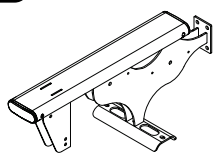
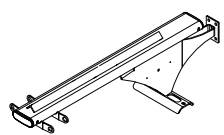
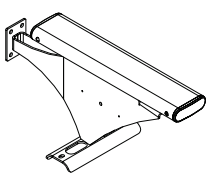
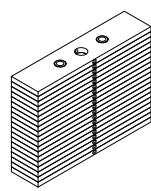
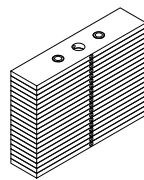
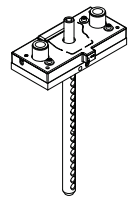
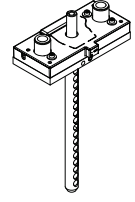
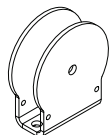
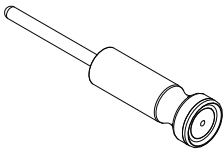
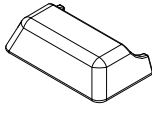
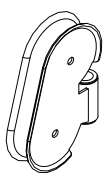
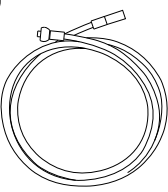
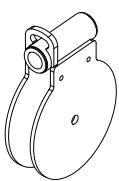
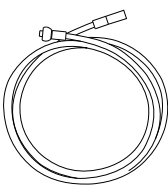
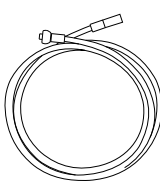
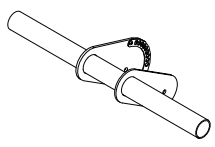
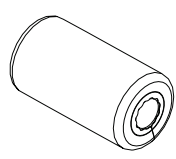
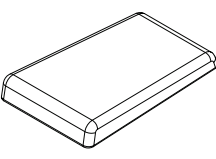
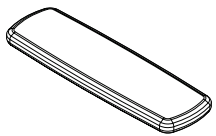
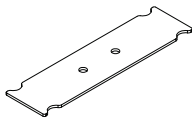
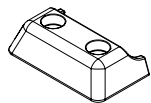


## WARNING!

The assembly of the tower is the same for both sides of the equipment. To assemble the other side just follow the same steps described in the manual.

# ASSEMBLING THE EQUIPMENT

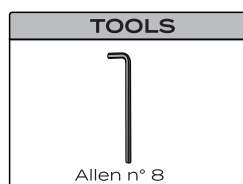
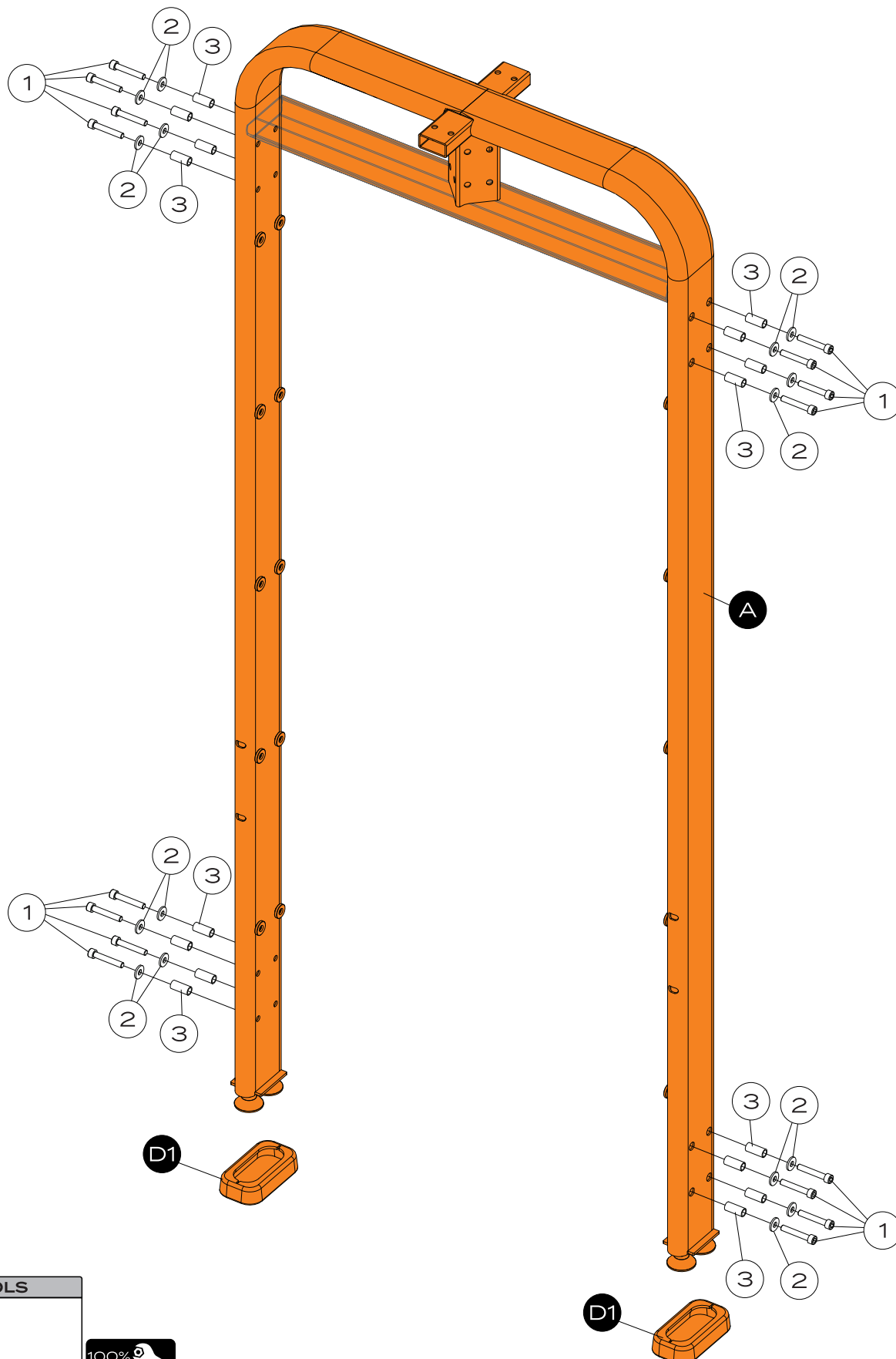
## LIST OF COMPONENTS

|                                                                                                                      |                                                                                                                          |                                                                                                                          |                                                                                                                                |                                                                                                                                   |                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| <b>A</b><br><br>Support             | <b>B1</b><br><br>Lower connection bar   | <b>B2</b><br><br>Top connection bar     | <b>C</b><br><br>Lower support                | <b>D1</b><br><br>Cover base                    | <b>D2</b><br><br>Cover base       |
| <b>E</b><br><br>Column              | <b>F</b><br><br>High Pull Frame         | <b>G</b><br><br>Low Pull Frame          | <b>H</b><br><br>Support plate                 | <b>I</b><br><br>Support                        | <b>J</b><br><br>High Pull Support |
| <b>K</b><br><br>Low Pull Support    | <b>L1</b><br><br>Stack with 19 weights | <b>L2</b><br><br>Stack with 24 weights | <b>M1</b><br><br>Top plate with 19 holes     | <b>M2</b><br><br>Top plate with 24 holes      | <b>N</b><br><br>Pulley support    |
| <b>O</b><br><br>Selector pin       | <b>P</b><br><br>Weight rods           | <b>Q</b><br><br>Cover base            | <b>R1</b><br><br>Left height adjuster ruler | <b>R2</b><br><br>Right height adjuster ruler | <b>S</b><br><br>Pulley support  |
| <b>T</b><br><br>Pulley steel cable | <b>U</b><br><br>Pulley support        | <b>V</b><br><br>High pull steel cable | <b>W</b><br><br>Low pull steel cable       | <b>X</b><br><br>Leg rest support             | <b>Y</b><br><br>Leg padding     |
| <b>Z</b><br><br>Seat padding       | <b>AA</b><br><br>Pulley support       | <b>AB</b><br><br>Seat padding         | <b>AC</b><br><br>Mounting Plate            | <b>AD</b><br><br>Foot cover                  |                                                                                                                      |

# ASSEMBLING THE EQUIPMENT

## STEP 1

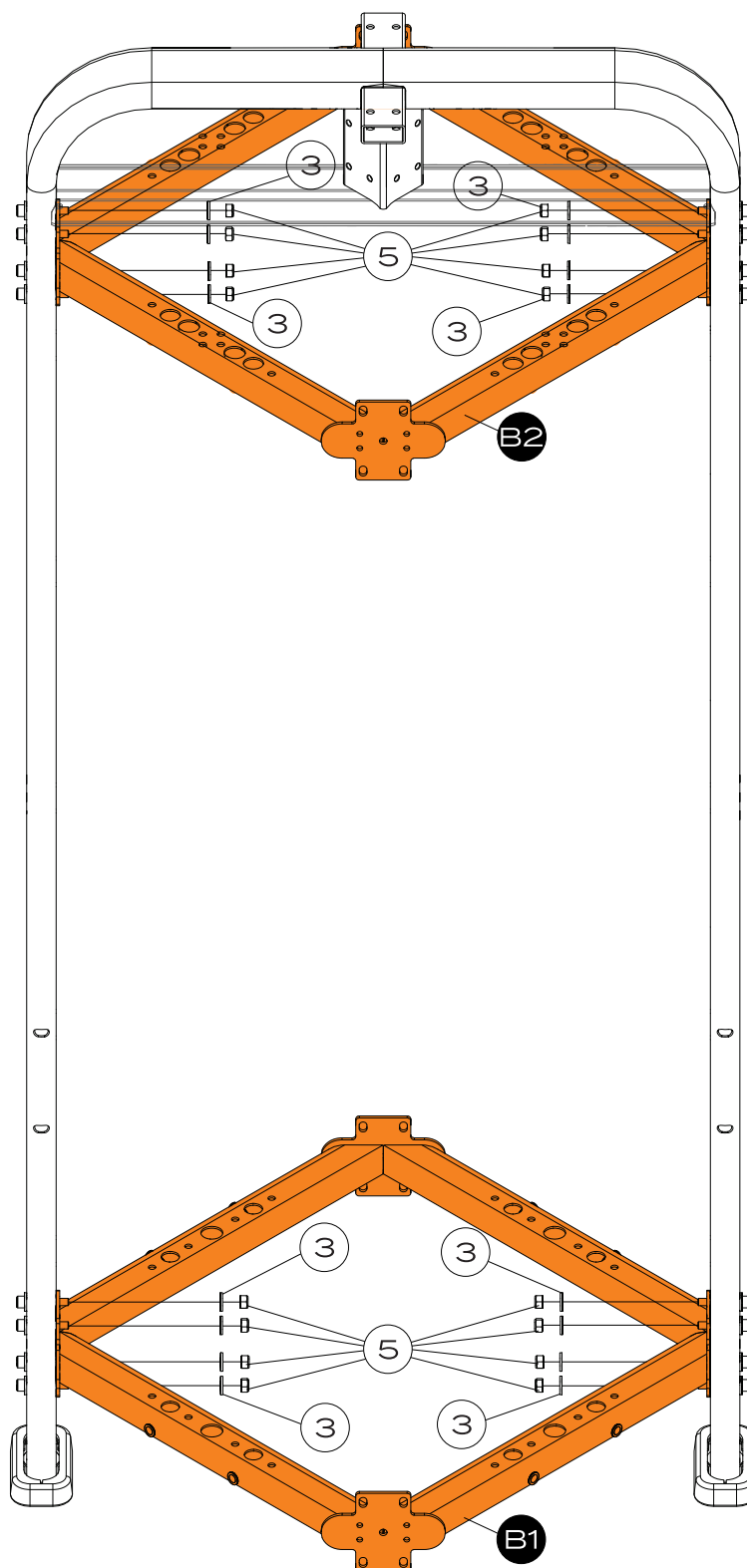
|          |                                                                                  |                                                    |                   |           |                                                                                   |                                |                   |          |                                                                                     |                       |                   |
|----------|----------------------------------------------------------------------------------|----------------------------------------------------|-------------------|-----------|-----------------------------------------------------------------------------------|--------------------------------|-------------------|----------|-------------------------------------------------------------------------------------|-----------------------|-------------------|
| <b>1</b> |  | <b>NAME</b><br>Cyl Head Bolt<br>Hex. Int. - M10X60 | <b>Qty</b><br>16x | <b>2</b>  |  | <b>NAME</b><br>Flat washer Ø10 | <b>Qty</b><br>16x | <b>3</b> |  | <b>NAME</b><br>Spacer | <b>Qty</b><br>16x |
| <b>A</b> |  | <b>NAME</b><br>Support                             |                   | <b>D1</b> |  | <b>NAME</b><br>Cover base      |                   |          |                                                                                     |                       |                   |



# ASSEMBLING THE EQUIPMENT

## STEP 2

|    |                                       |   |                                                            |    |                              |
|----|---------------------------------------|---|------------------------------------------------------------|----|------------------------------|
| 3  | NAME<br>Flat washer Ø10<br>Qty<br>16x | 5 | NAME<br>Hex Insert Nut Insert<br>Nylon - M10<br>Qty<br>16x | B1 | NAME<br>Lower connection bar |
| B2 | NAME<br>Top connection bar            |   |                                                            |    |                              |



**TOOLS**



Fixed wrench 17

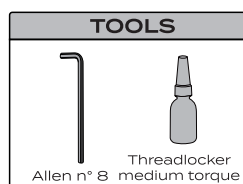
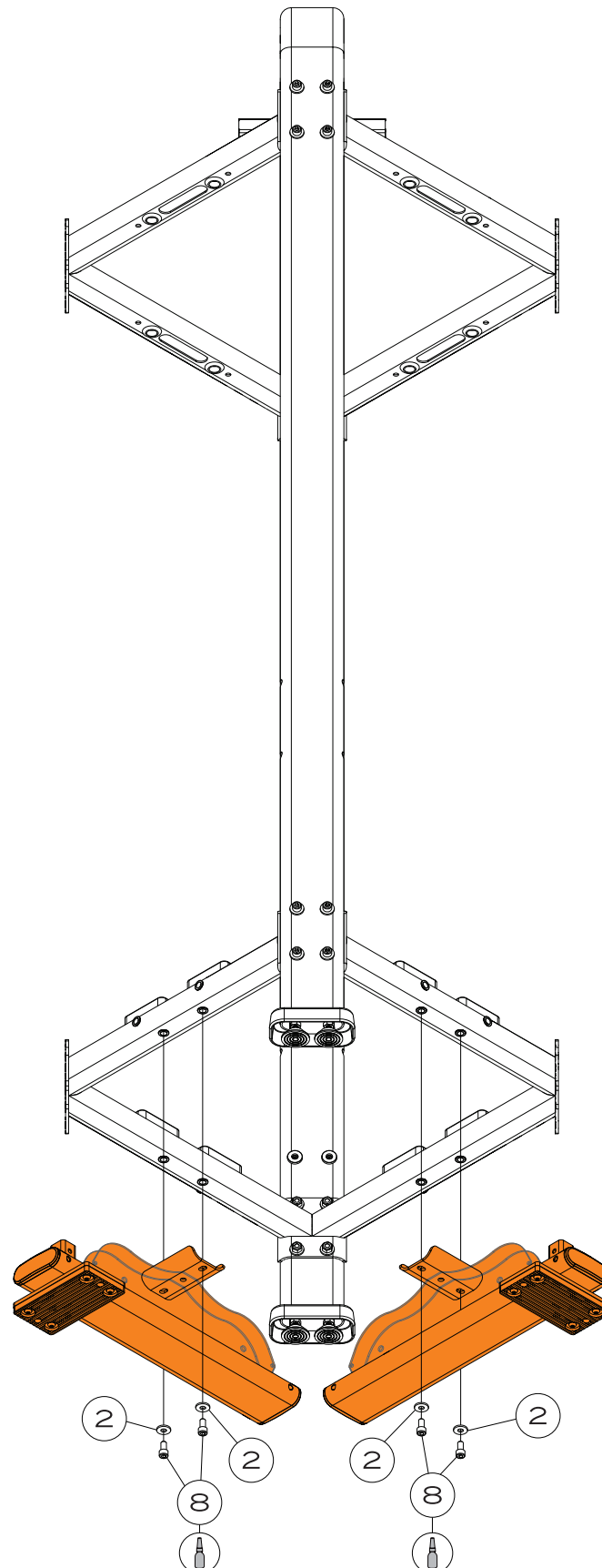


Note: Certain parts of the equipment have been hidden for easier viewing.

# ASSEMBLING THE EQUIPMENT

## STEP 3

|          |                                |                  |          |                                                    |                  |          |                              |
|----------|--------------------------------|------------------|----------|----------------------------------------------------|------------------|----------|------------------------------|
| <b>2</b> | <b>NAME</b><br>Flat washer Ø10 | <b>Qty</b><br>4x | <b>8</b> | <b>NAME</b><br>Cyl Head Bolt<br>Hex. Int. - M10X25 | <b>Qty</b><br>4x | <b>C</b> | <b>NAME</b><br>Lower support |
|----------|--------------------------------|------------------|----------|----------------------------------------------------|------------------|----------|------------------------------|

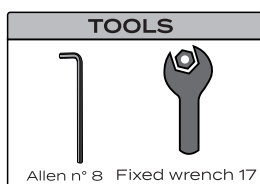
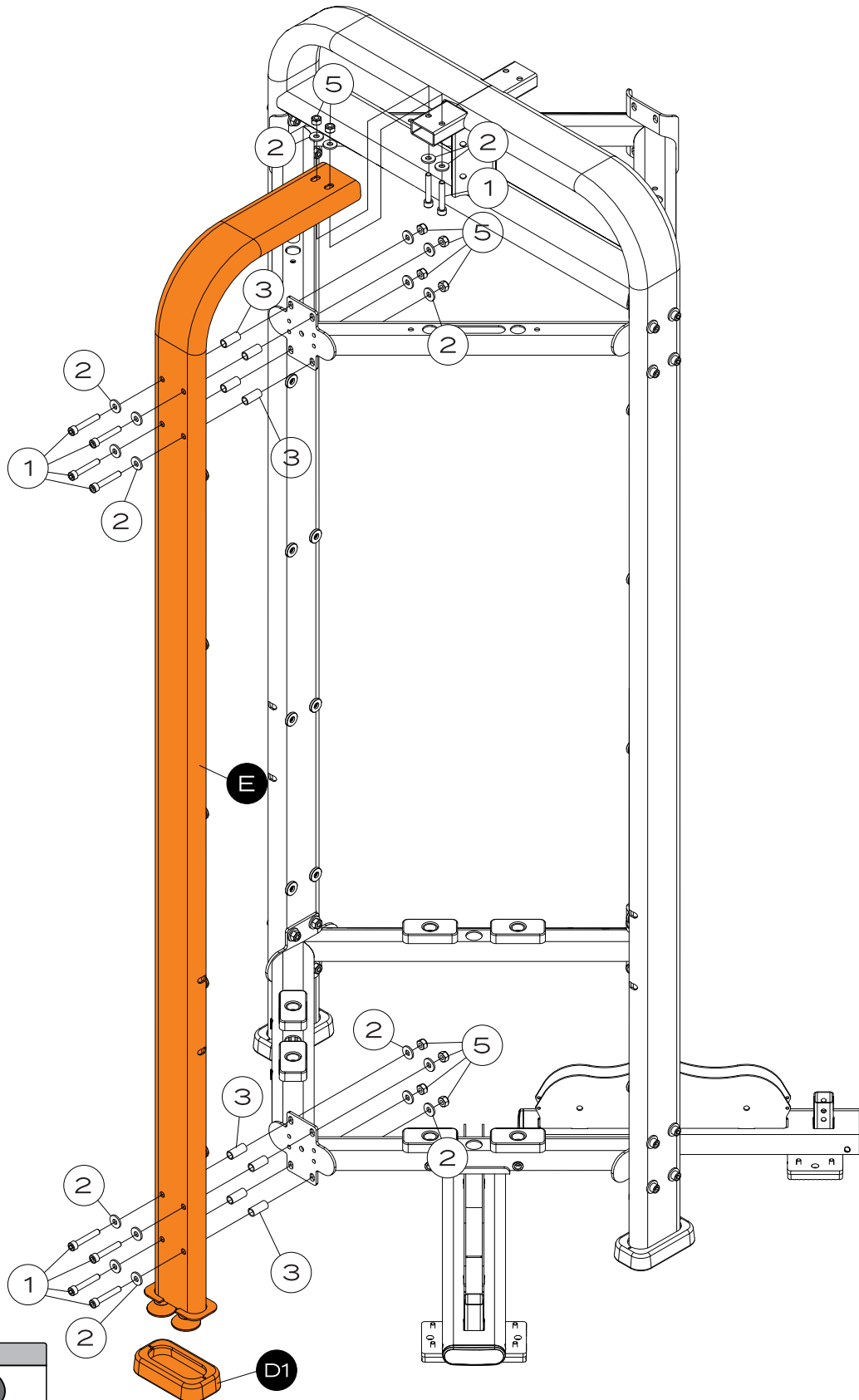




# ASSEMBLING THE EQUIPMENT

## STEP 4

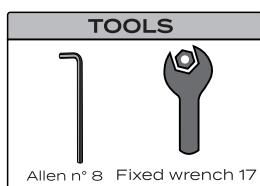
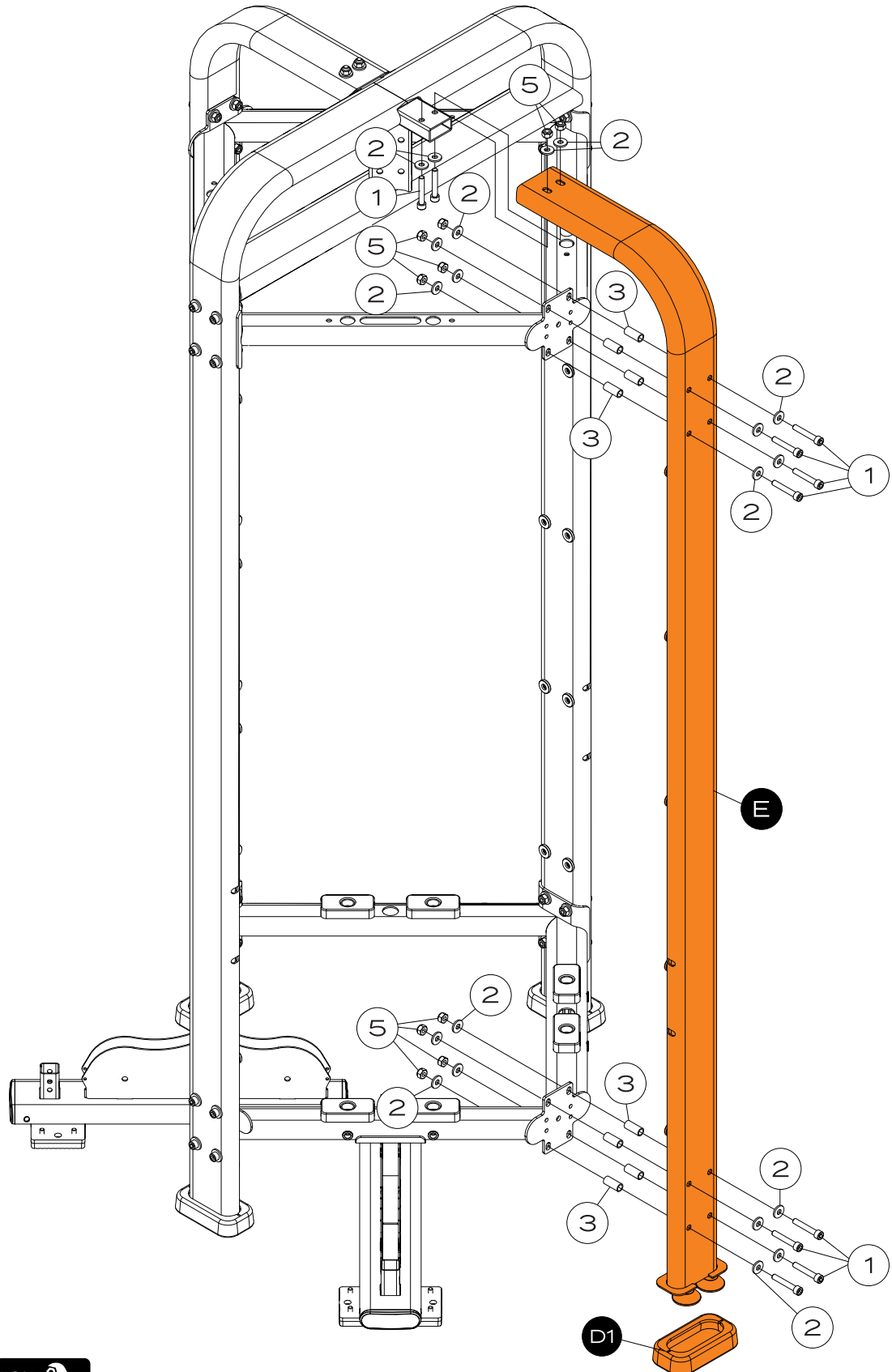
|          |                                                                                  |                                                     |                   |          |                                                                                   |                                |                   |           |                                                                                     |                           |                  |
|----------|----------------------------------------------------------------------------------|-----------------------------------------------------|-------------------|----------|-----------------------------------------------------------------------------------|--------------------------------|-------------------|-----------|-------------------------------------------------------------------------------------|---------------------------|------------------|
| <b>1</b> |  | <b>NAME</b><br>Cyl Head Bolt<br>Hex. Int. - M10X60  | <b>Qty</b><br>10x | <b>2</b> |  | <b>NAME</b><br>Flat washer Ø10 | <b>Qty</b><br>10x | <b>3</b>  |  | <b>NAME</b><br>Spacer     | <b>Qty</b><br>8x |
| <b>5</b> |  | <b>NAME</b><br>Hex Insert Nut Insert<br>Nylon - M10 | <b>Qty</b><br>10x | <b>E</b> |  | <b>NAME</b><br>Column          |                   | <b>AD</b> |  | <b>NAME</b><br>Cover base |                  |



# ASSEMBLING THE EQUIPMENT

## STEP 5

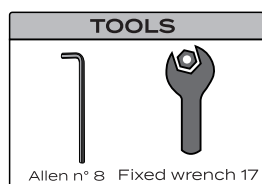
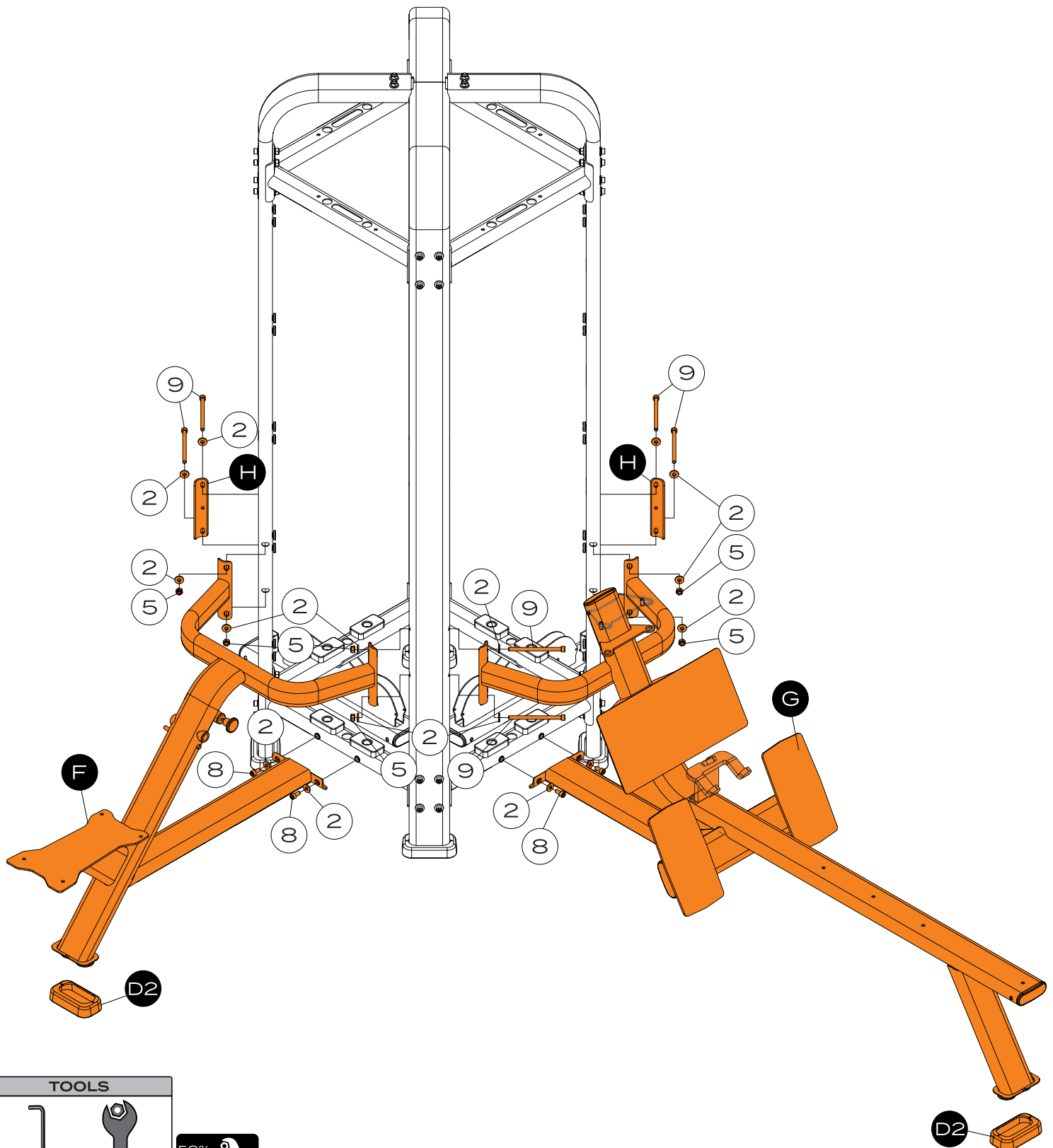
|          |                                                                                  |                                                     |                   |          |                                                                                   |                                |                   |          |                                                                                     |                       |                  |
|----------|----------------------------------------------------------------------------------|-----------------------------------------------------|-------------------|----------|-----------------------------------------------------------------------------------|--------------------------------|-------------------|----------|-------------------------------------------------------------------------------------|-----------------------|------------------|
| <b>1</b> |  | <b>NAME</b><br>Cyl Head Bolt<br>Hex. Int. - M10X60  | <b>Qty</b><br>10x | <b>2</b> |  | <b>NAME</b><br>Flat washer Ø10 | <b>Qty</b><br>10x | <b>3</b> |  | <b>NAME</b><br>Spacer | <b>Qty</b><br>8x |
| <b>5</b> |  | <b>NAME</b><br>Hex Insert Nut Insert<br>Nylon - M10 | <b>Qty</b><br>10x | <b>E</b> |  | <b>NAME</b><br>Column          |                   |          |                                                                                     |                       |                  |



# ASSEMBLING THE EQUIPMENT

## STEP 6

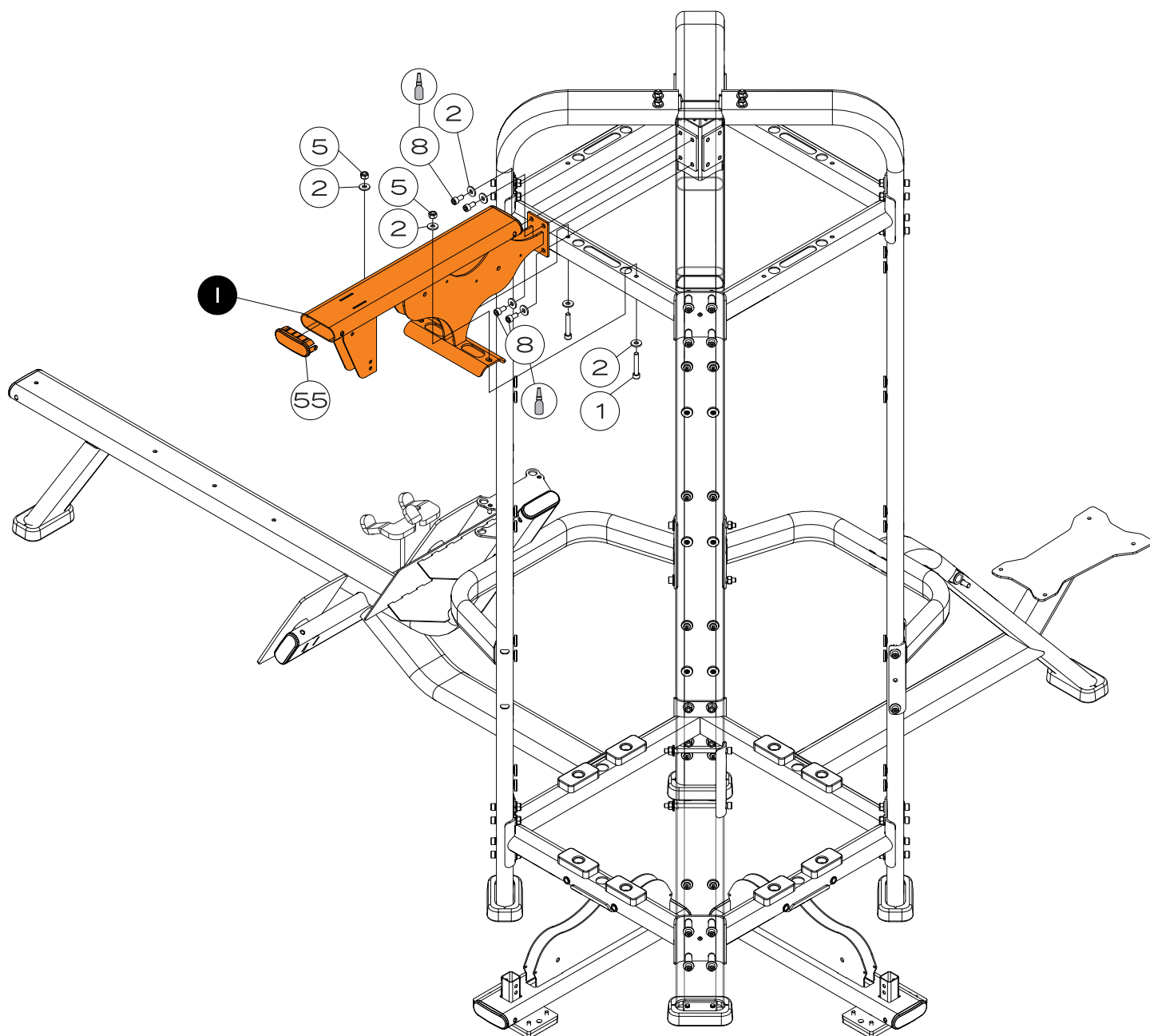
|          |                                                      |                   |           |                                                     |                   |          |                                                     |                  |
|----------|------------------------------------------------------|-------------------|-----------|-----------------------------------------------------|-------------------|----------|-----------------------------------------------------|------------------|
| <b>2</b> | <b>NAME</b><br>Flat washer Ø10                       | <b>Qty</b><br>10x | <b>5</b>  | <b>NAME</b><br>Hex Insert Nut Insert<br>Nylon - M10 | <b>Qty</b><br>10x | <b>8</b> | <b>NAME</b><br>Hex Dome Head<br>Screw Int. - M10X25 | <b>Qty</b><br>4x |
| <b>9</b> | <b>NAME</b><br>Hex Dome Head<br>Screw Int. - M10X140 | <b>Qty</b><br>6x  | <b>F</b>  | <b>NAME</b><br>High Pull Frame                      |                   | <b>G</b> | <b>NAME</b><br>Low Pull Frame                       |                  |
| <b>H</b> | <b>NAME</b><br>Support plate                         |                   | <b>D2</b> | <b>NAME</b><br>Cover base                           |                   |          |                                                     |                  |



# ASSEMBLING THE EQUIPMENT

## STEP 7

|          |                                                                                  |                                                     |                  |           |                                                                                   |                                |                  |          |                                                                                     |                                                     |                  |
|----------|----------------------------------------------------------------------------------|-----------------------------------------------------|------------------|-----------|-----------------------------------------------------------------------------------|--------------------------------|------------------|----------|-------------------------------------------------------------------------------------|-----------------------------------------------------|------------------|
| <b>1</b> |  | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M10X60 | <b>Qty</b><br>2x | <b>2</b>  |  | <b>NAME</b><br>Flat washer Ø10 | <b>Qty</b><br>8x | <b>5</b> |  | <b>NAME</b><br>Hex Insert Nut Insert<br>Nylon - M10 | <b>Qty</b><br>2x |
| <b>8</b> |  | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M10X25 | <b>Qty</b><br>4x | <b>55</b> |  | <b>NAME</b><br>Plug            | <b>Qty</b><br>1x | <b>I</b> |  | <b>NAME</b><br>Support                              |                  |



### TOOLS



Allen n° 8



Fixed wrench 17



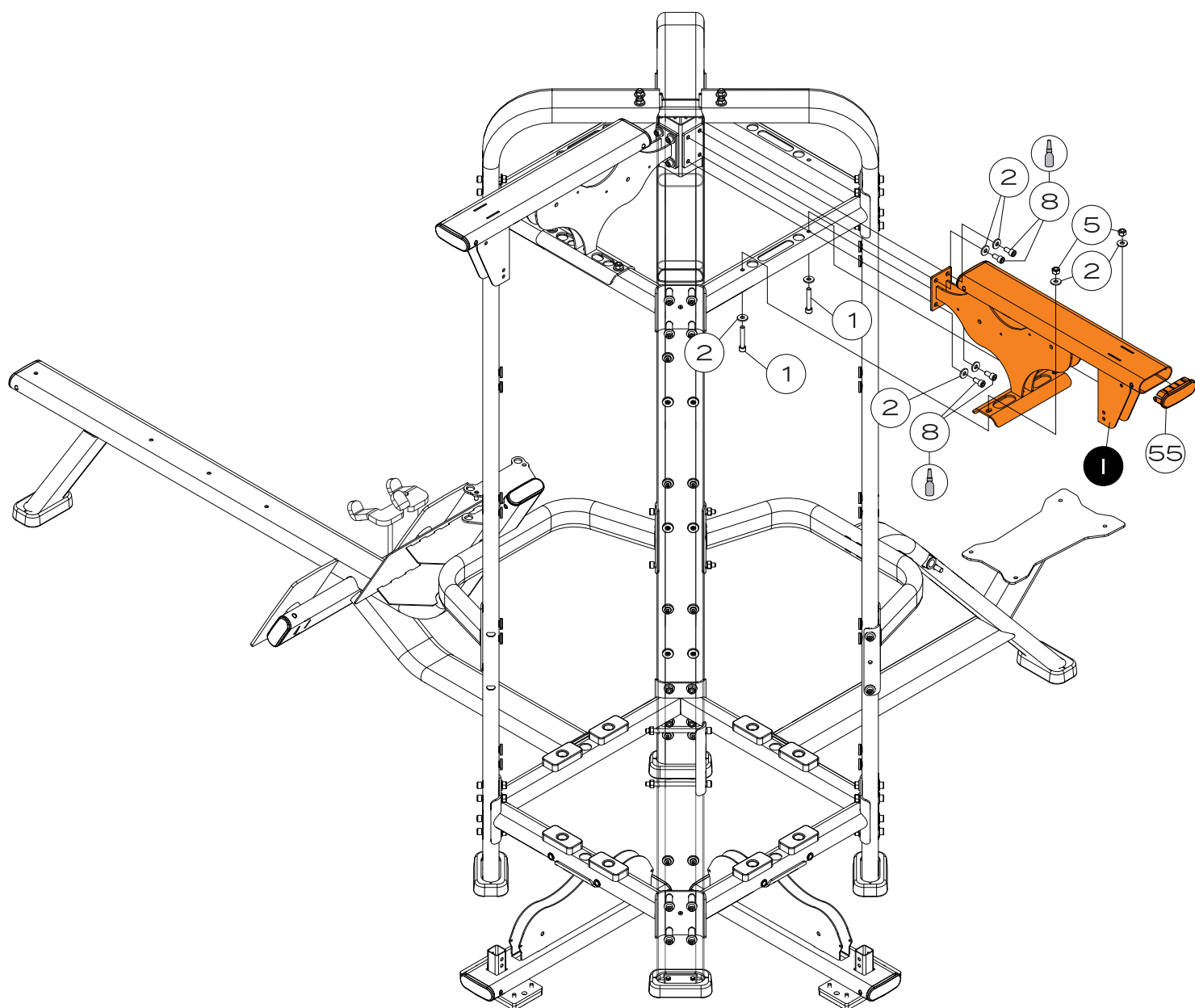
Threadlocker  
medium torque



# ASSEMBLING THE EQUIPMENT

## STEP 8

|          |                                                                                  |                                                     |                  |           |                                                                                   |                                |                  |          |                                                                                     |                                                     |                  |
|----------|----------------------------------------------------------------------------------|-----------------------------------------------------|------------------|-----------|-----------------------------------------------------------------------------------|--------------------------------|------------------|----------|-------------------------------------------------------------------------------------|-----------------------------------------------------|------------------|
| <b>1</b> |  | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M10X60 | <b>Qty</b><br>2x | <b>2</b>  |  | <b>NAME</b><br>Flat washer Ø10 | <b>Qty</b><br>8x | <b>5</b> |  | <b>NAME</b><br>Hex Insert Nut Insert<br>Nylon - M10 | <b>Qty</b><br>2x |
| <b>8</b> |  | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M10X25 | <b>Qty</b><br>4x | <b>55</b> |  | <b>NAME</b><br>Plug            | <b>Qty</b><br>1x | <b>1</b> |  | <b>NAME</b><br>Support                              |                  |



### TOOLS



Allen n° 8



Fixed wrench 17



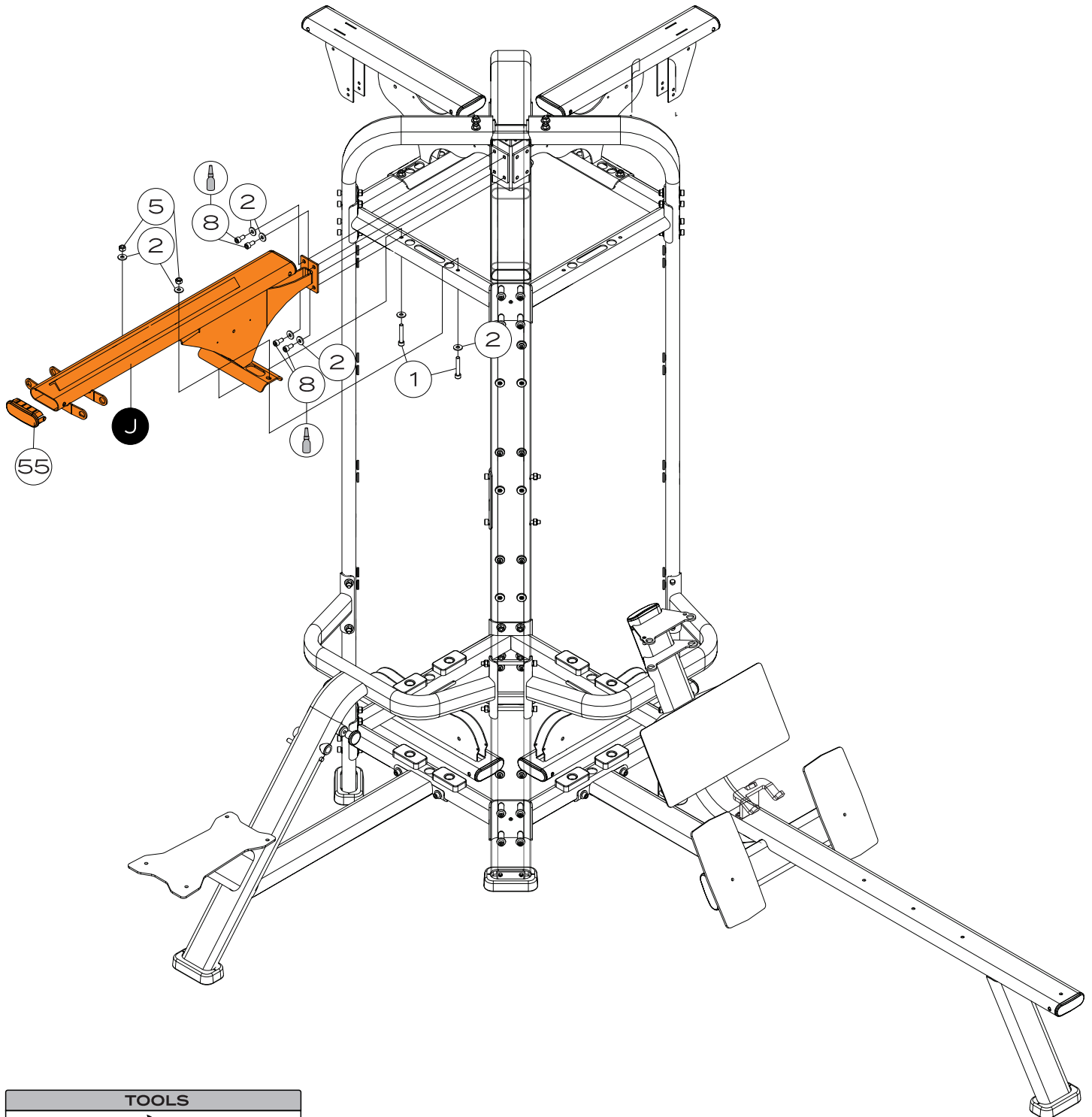
Threadlocker  
medium torque



# ASSEMBLING THE EQUIPMENT

## STEP 9

|          |                                                                                  |                                                     |                  |           |                                                                                   |                                |                  |          |                                                                                     |                                                     |                  |
|----------|----------------------------------------------------------------------------------|-----------------------------------------------------|------------------|-----------|-----------------------------------------------------------------------------------|--------------------------------|------------------|----------|-------------------------------------------------------------------------------------|-----------------------------------------------------|------------------|
| <b>1</b> |  | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M10X60 | <b>Qty</b><br>2x | <b>2</b>  |  | <b>NAME</b><br>Flat washer Ø10 | <b>Qty</b><br>8x | <b>5</b> |  | <b>NAME</b><br>Hex Insert Nut Insert<br>Nylon - M10 | <b>Qty</b><br>2x |
| <b>8</b> |  | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M10X25 | <b>Qty</b><br>4x | <b>55</b> |  | <b>NAME</b><br>Plug            | <b>Qty</b><br>1x | <b>J</b> |  | <b>NAME</b><br>High Pull Support                    |                  |



**TOOLS**





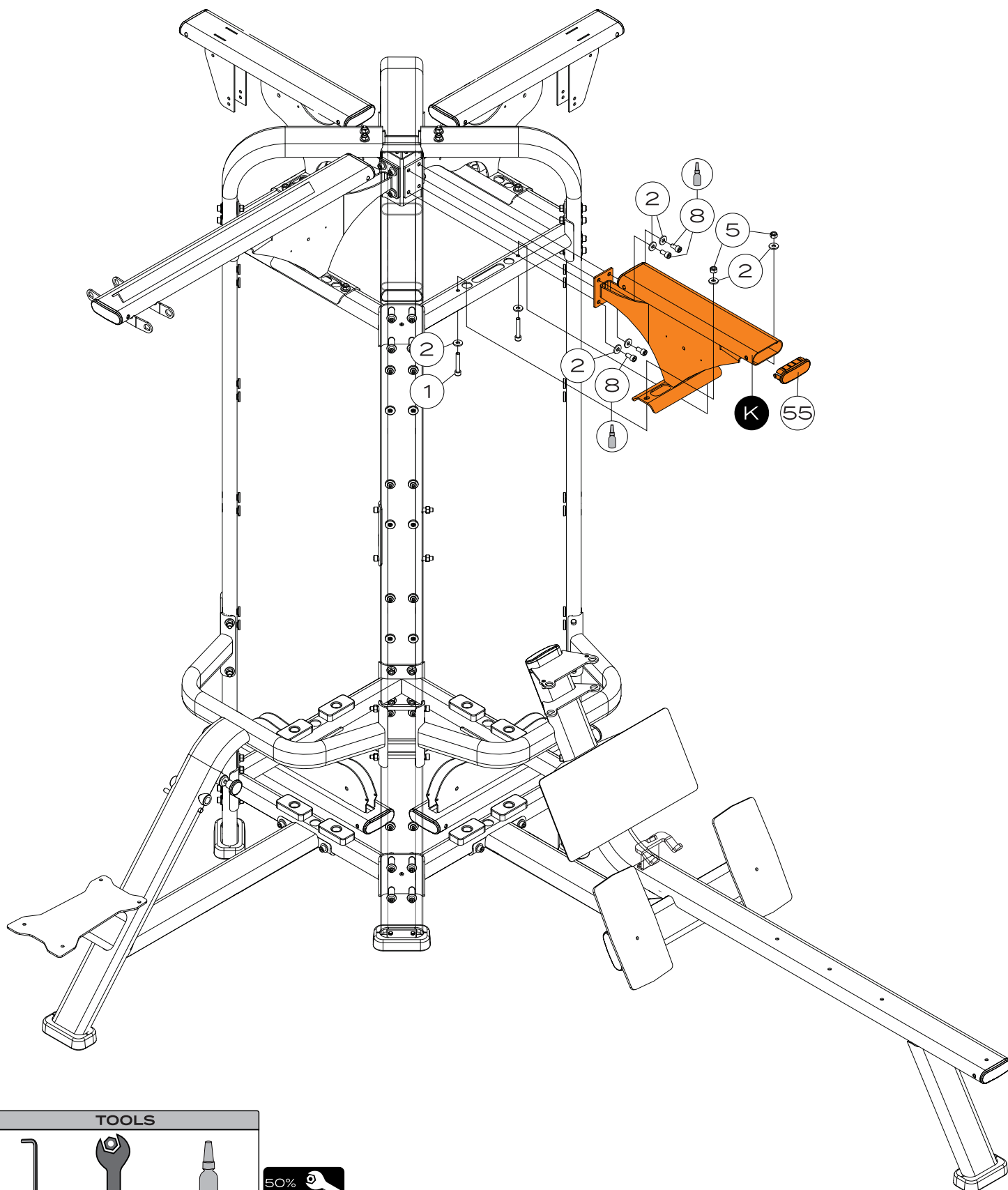
Allen n° 8   Fixed wrench 17   Threadlocker medium torque



# ASSEMBLING THE EQUIPMENT

## STEP 10

|          |                                                                                  |                                                     |                  |           |                                                                                   |                                |                  |          |                                                                                     |                                                     |                  |
|----------|----------------------------------------------------------------------------------|-----------------------------------------------------|------------------|-----------|-----------------------------------------------------------------------------------|--------------------------------|------------------|----------|-------------------------------------------------------------------------------------|-----------------------------------------------------|------------------|
| <b>1</b> |  | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M10X60 | <b>Qty</b><br>2x | <b>2</b>  |  | <b>NAME</b><br>Flat washer Ø10 | <b>Qty</b><br>8x | <b>5</b> |  | <b>NAME</b><br>Hex Insert Nut Insert<br>Nylon - M10 | <b>Qty</b><br>2x |
| <b>8</b> |  | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M10X25 | <b>Qty</b><br>4x | <b>55</b> |  | <b>NAME</b><br>Plug            | <b>Qty</b><br>1x | <b>K</b> |  | <b>NAME</b><br>Low Pull Support                     |                  |



### TOOLS



Allen n° 8 Fixed wrench 17 Threadlocker medium torque





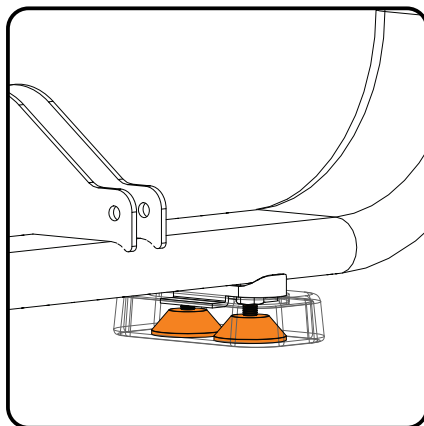
# ASSEMBLING THE EQUIPMENT

## STEP 11 - EQUIPMENT LEVELING

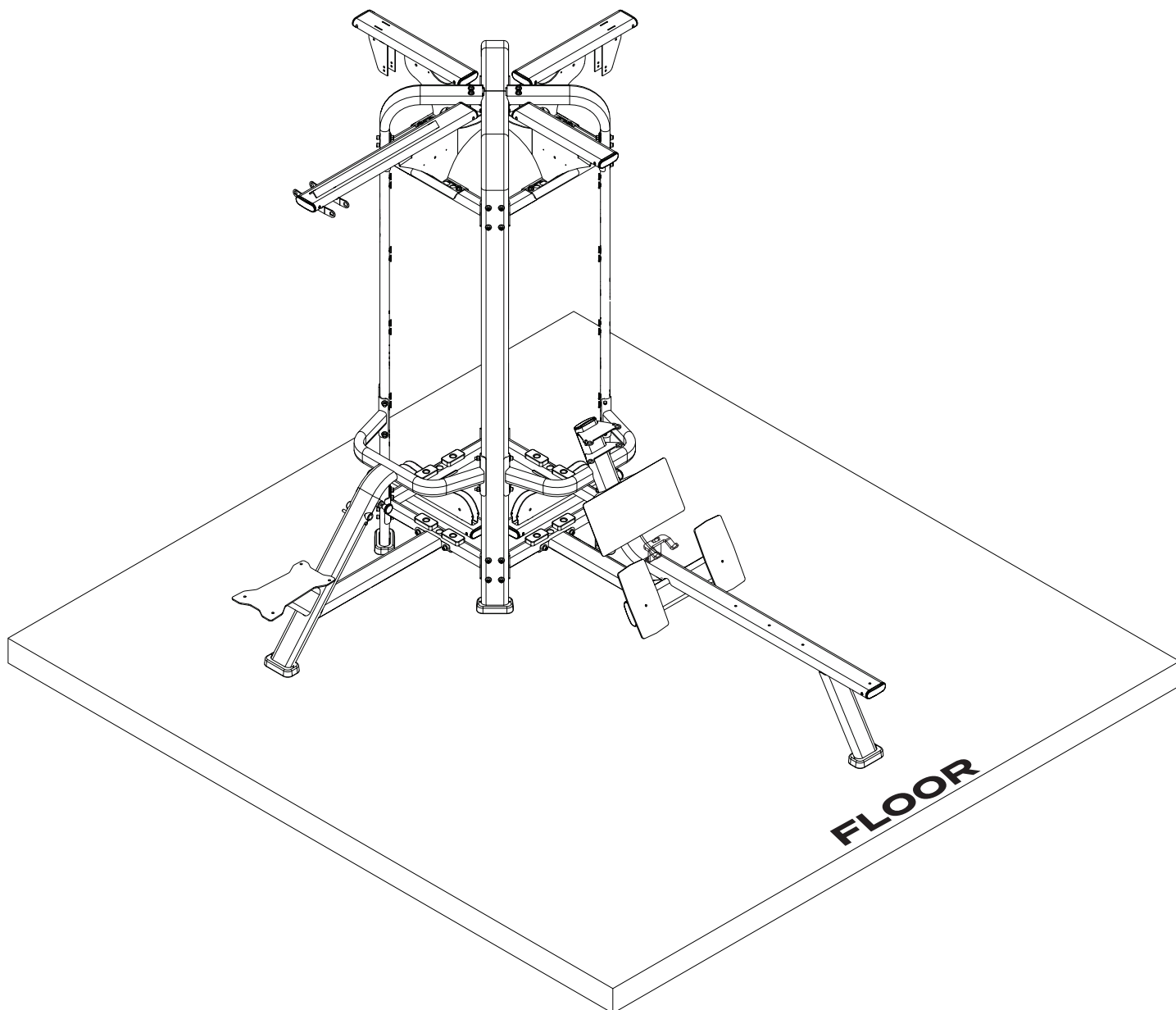


**WARNING!**

**BEFORE PROCEEDING WITH THE ASSEMBLY, ALIGN THE EQUIPMENT TO THE GROUND TO AVOID ANY KIND OF SWAYING. WITH THE EQUIPMENT PROPERLY ALIGNED, COMPLETELY TIGHTEN THE BOLTS.**



Use the leveling feet to adjust the alignment of the equipment.



# ASSEMBLING THE EQUIPMENT

## STEP 12



NAME  
Stack with 19 weights

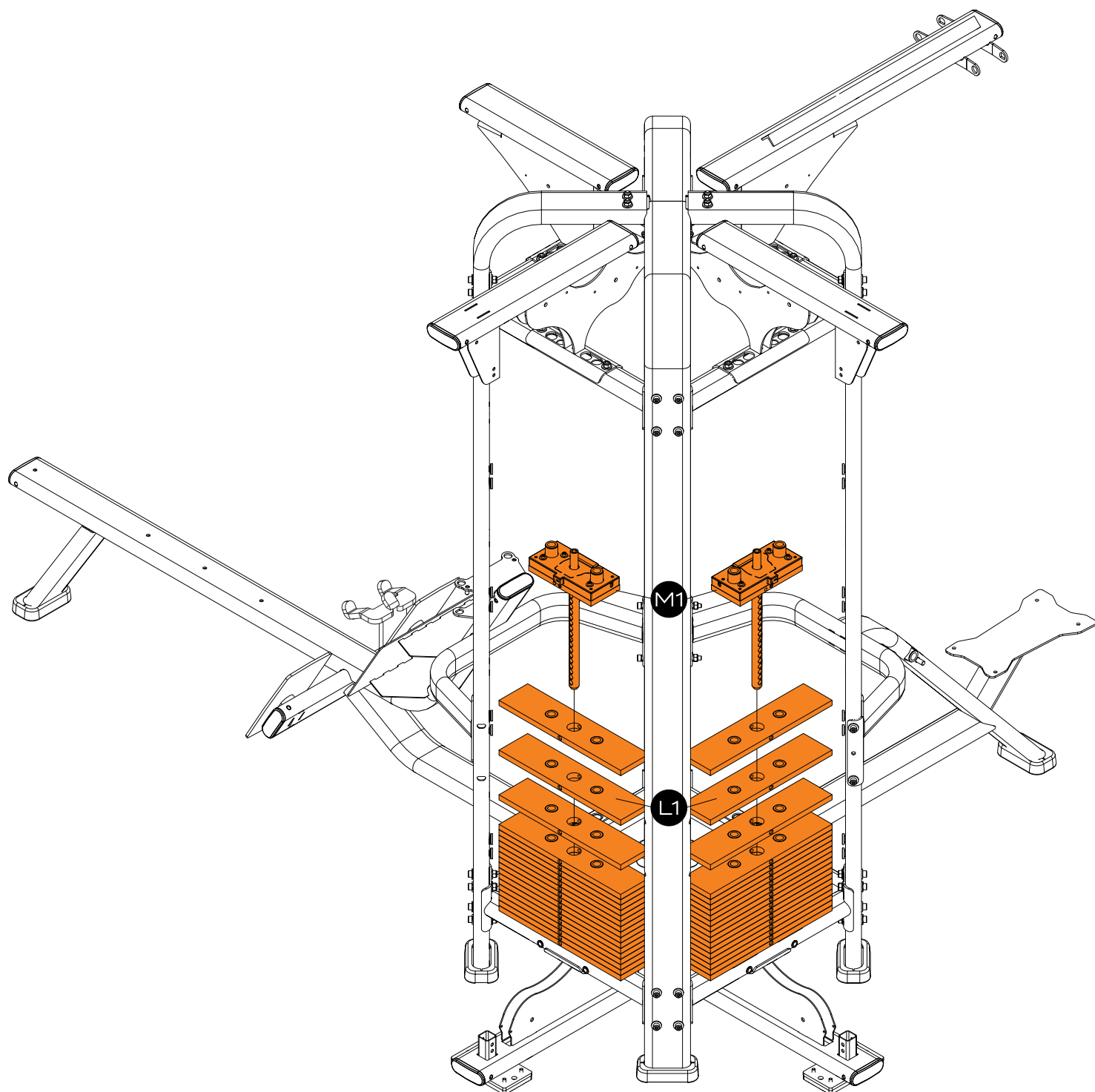


NAME  
Top plate with 19 holes



**WARNING!**

**THE TOP PLATE WITH 19 HOLES MUST BE  
ASSEMBLED FACING THE PULLEYS**



# ASSEMBLING THE EQUIPMENT

## STEP 13



NAME  
Stack with 24 weights

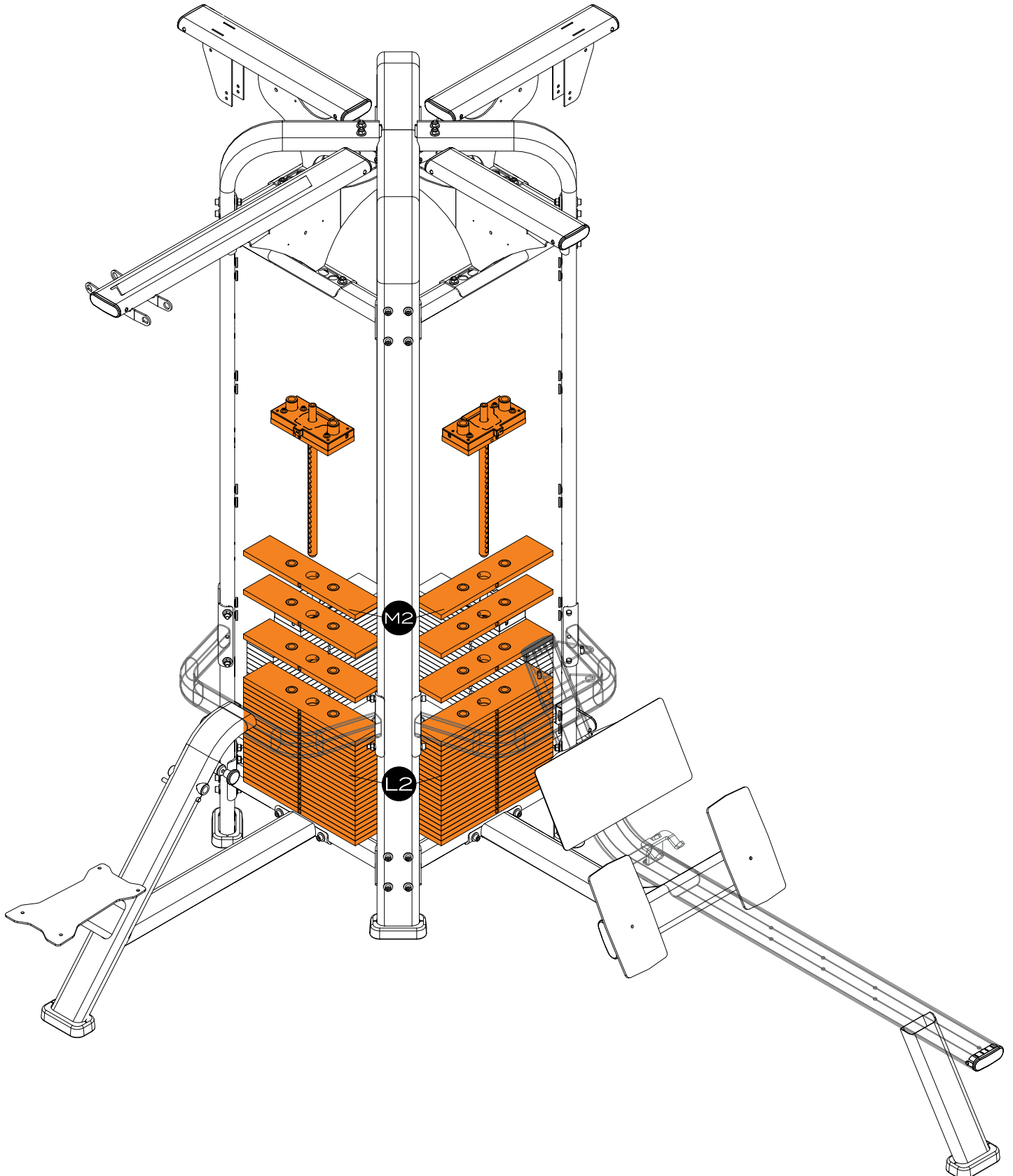


NAME  
Top plate with 24 holes



**WARNING!**

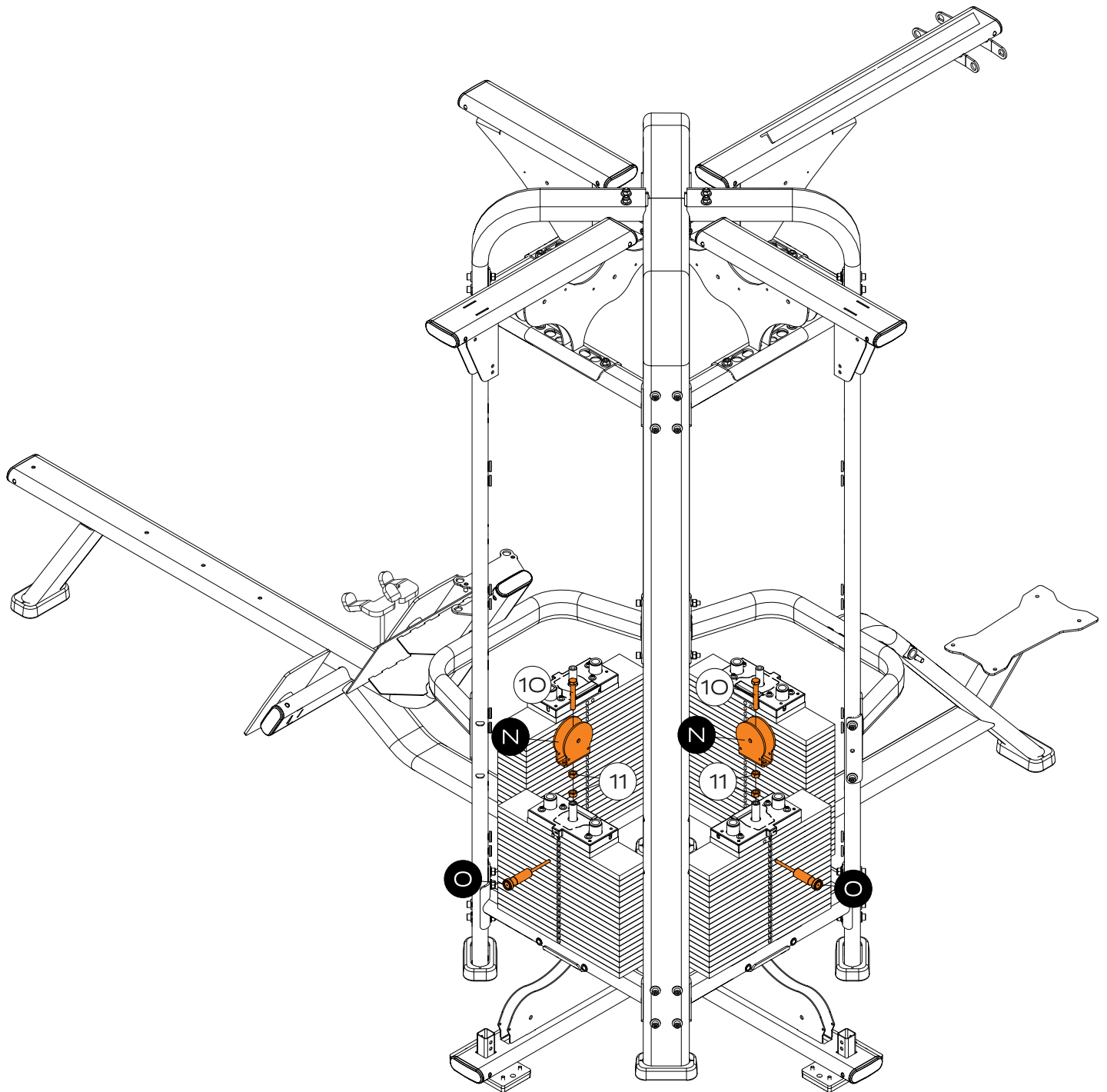
**THE TOP PLATE WITH 24 HOLES MUST BE ASSEMBLED FACING THE HIGH AND LOW PULL**



# ASSEMBLING THE EQUIPMENT

## STEP 14

|                                                                                  |                                  |           |                                                                                   |                            |           |                                                                                     |                        |
|----------------------------------------------------------------------------------|----------------------------------|-----------|-----------------------------------------------------------------------------------|----------------------------|-----------|-------------------------------------------------------------------------------------|------------------------|
|  | NAME<br>Cyl. Head Hex.<br>M12X80 | Qty<br>2x |  | NAME<br>Hex Insert Nut Ø12 | Qty<br>4x |  | NAME<br>Pulley support |
|  | NAME<br>Selector pin             |           |                                                                                   |                            |           |                                                                                     |                        |



### TOOLS



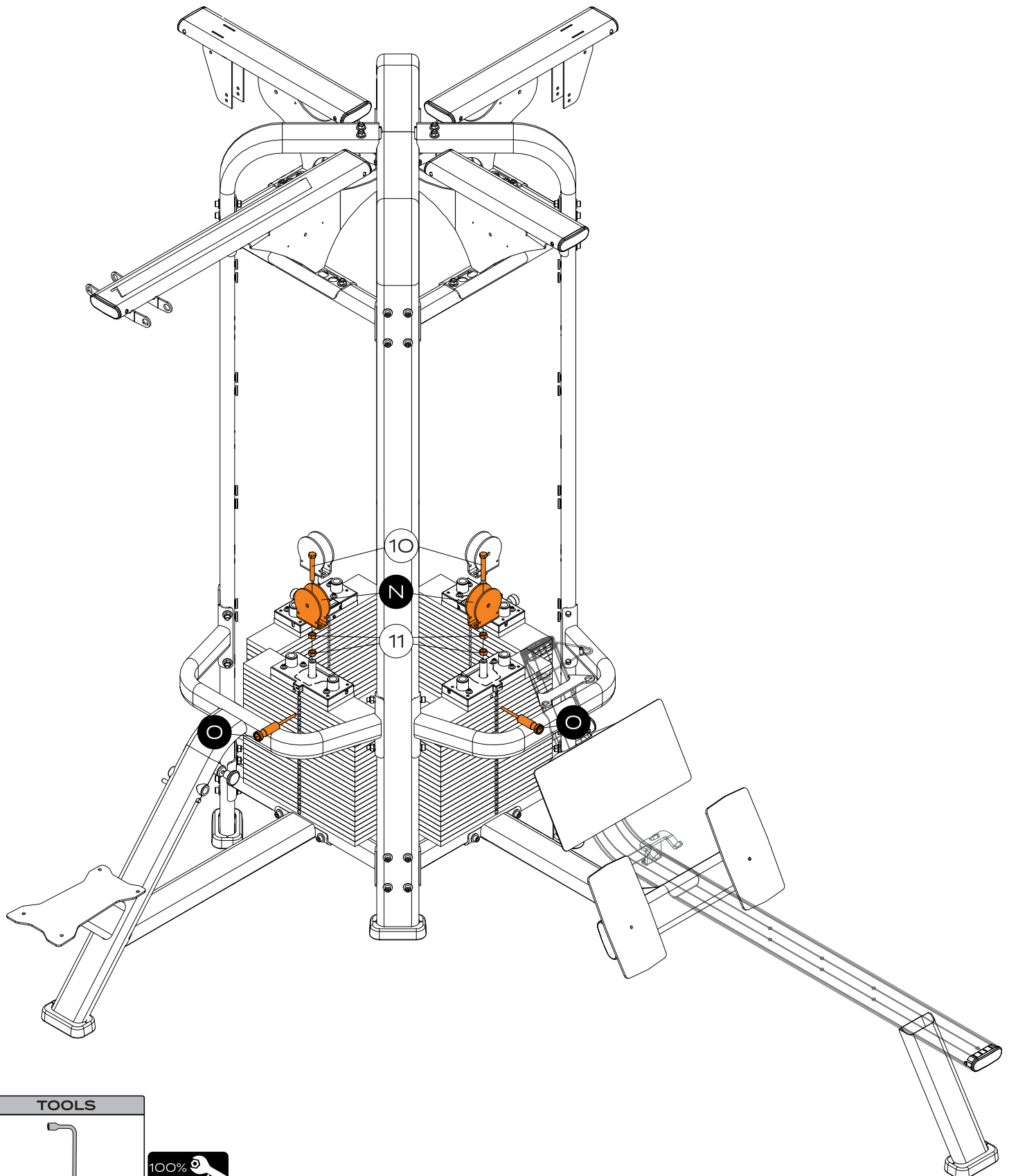
Fixed wrench 17



# ASSEMBLING THE EQUIPMENT

## STEP 15

|                                                                                  |                                  |           |                                                                                   |                            |           |                                                                                     |                        |
|----------------------------------------------------------------------------------|----------------------------------|-----------|-----------------------------------------------------------------------------------|----------------------------|-----------|-------------------------------------------------------------------------------------|------------------------|
|  | NAME<br>Cyl. Head Hex.<br>M12X80 | Qty<br>2x |  | NAME<br>Hex Insert Nut Ø12 | Qty<br>4x |  | NAME<br>Pulley support |
|  | NAME<br>Selector pin             |           |                                                                                   |                            |           |                                                                                     |                        |



### TOOLS



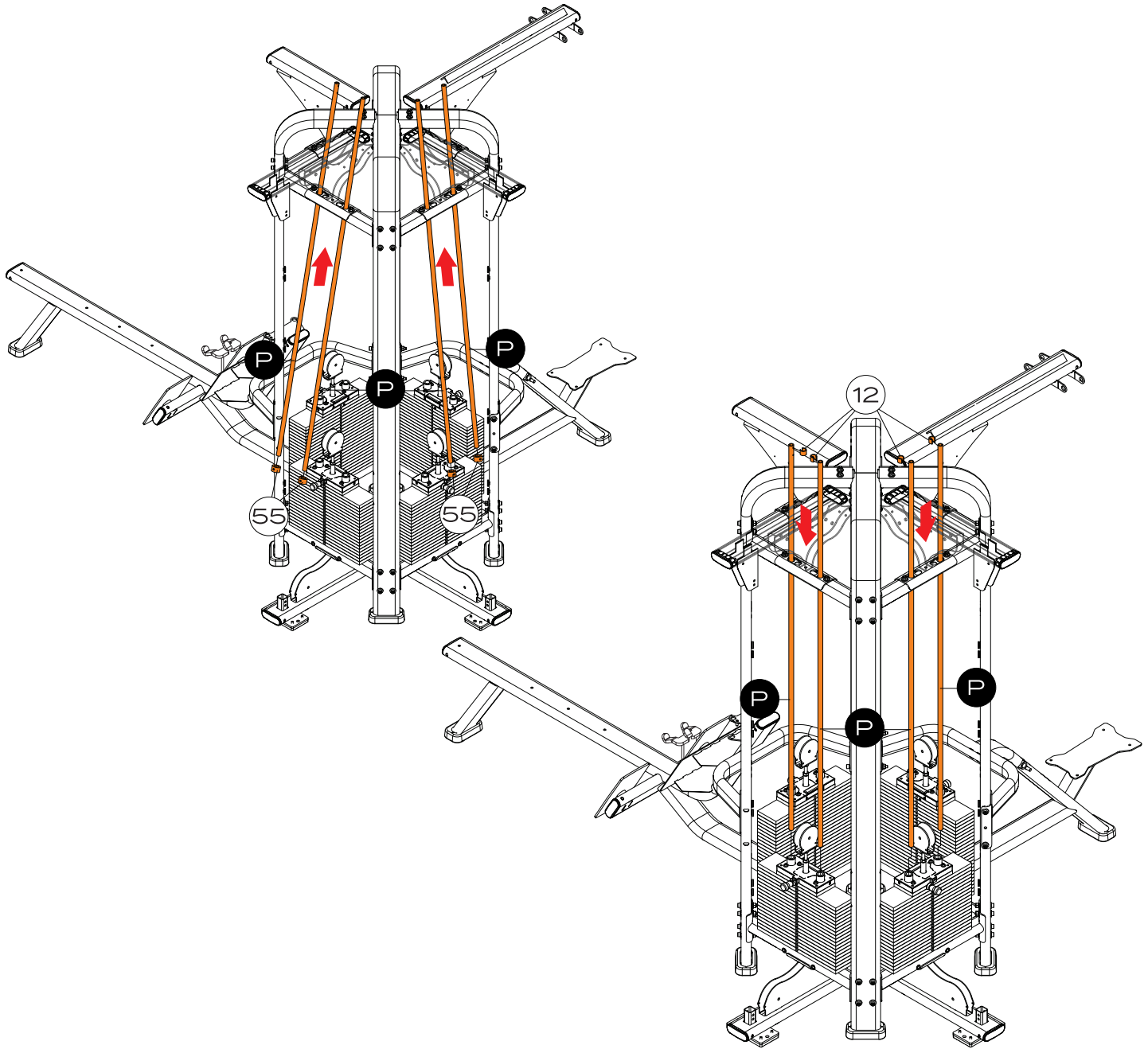
Fixed wrench 17



# ASSEMBLING THE EQUIPMENT

## STEP 16

|    |                                                                                  |                                             |           |    |                                                                                   |                    |           |    |                                                                                     |                                             |           |
|----|----------------------------------------------------------------------------------|---------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|--------------------|-----------|----|-------------------------------------------------------------------------------------|---------------------------------------------|-----------|
| 12 |  | NAME<br>Rod lock                            | Qty<br>8x | 55 |  | NAME<br>Rod lock   | Qty<br>4x | 56 |  | NAME<br>Hex Insert Nut Insert<br>Nylon - M6 | Qty<br>4x |
| 57 |  | NAME<br>Cyl. Head Bolt<br>Hex. Int. - M6X40 | Qty<br>4x | P  |  | NAME<br>Weight rod |           |    |                                                                                     |                                             |           |



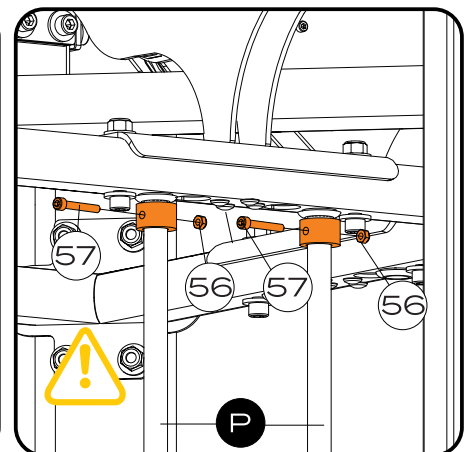
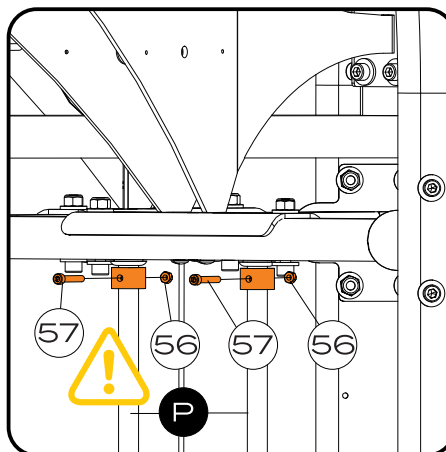
**WARNING!**

TIGHTEN THE SCREW  
UNTIL THE ROD LOCK  
GAP IS ELIMINATED



**WARNING!**

THE RODS MUST  
BE MOUNTED FROM  
BOTTOM TO TOP

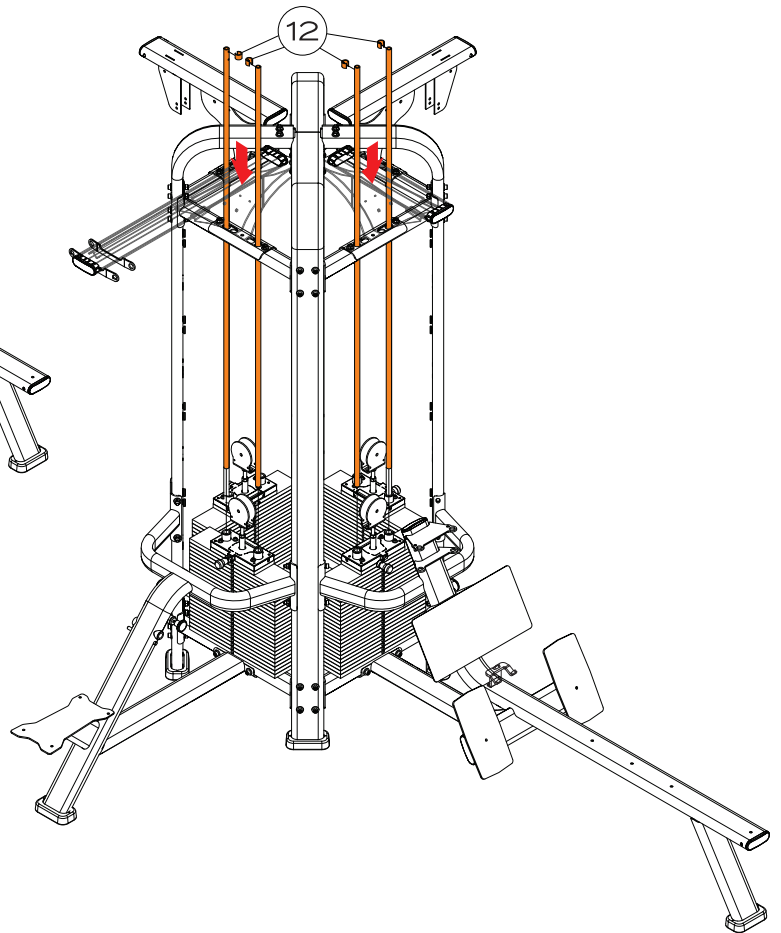
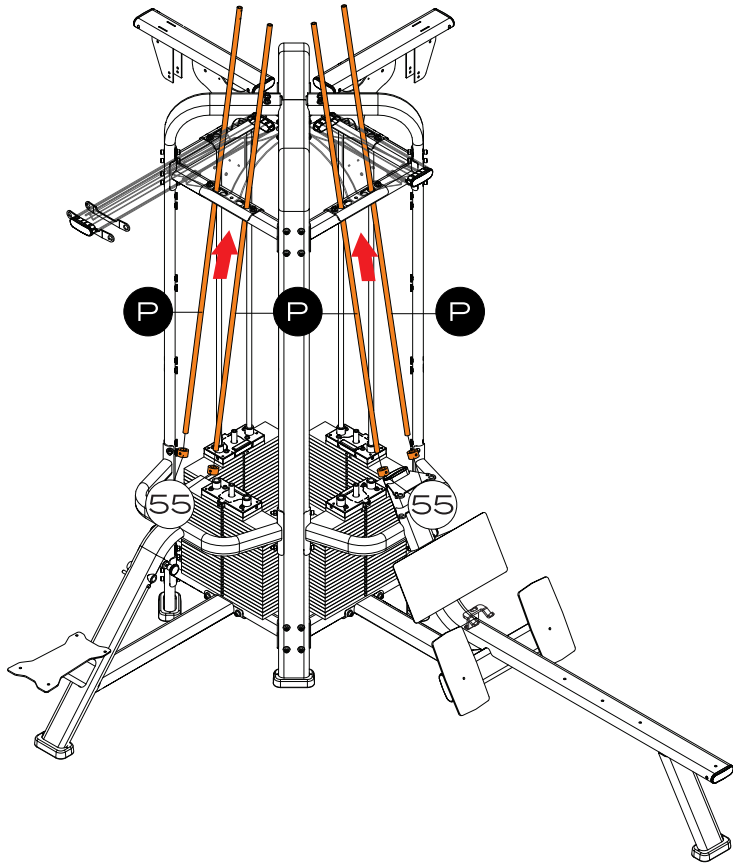




# ASSEMBLING THE EQUIPMENT

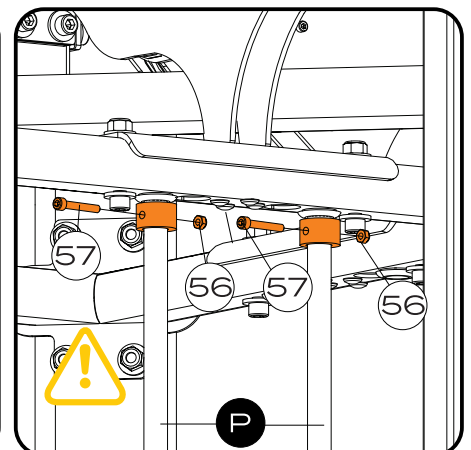
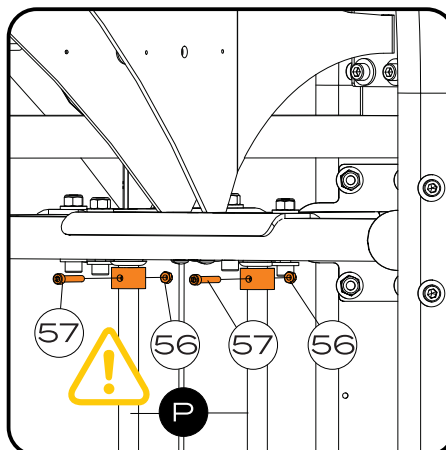
## STEP 17

|    |                                             |           |    |                    |                                            |
|----|---------------------------------------------|-----------|----|--------------------|--------------------------------------------|
| 12 | NAME<br>Rod lock                            | Qty<br>8x | 55 | NAME<br>Rod lock   | Qty<br>4x                                  |
| 57 | NAME<br>Cyl. Head Bolt<br>Hex. Int. - M6X40 | Qty<br>4x | P  | NAME<br>Weight rod | 56                                         |
|    |                                             |           |    |                    | NAME<br>Hex Insert Nut Insert<br>Nylon- M6 |



**WARNING!**  
TIGHTEN THE BOLT UNTIL  
THE SHAFT LOCK GAP  
IS ELIMINATED.

**WARNING!**  
THE RODS MUST BE  
MOUNTED FROM  
BOTTOM TO TOP

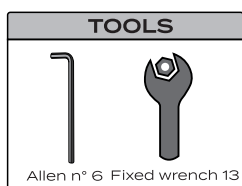
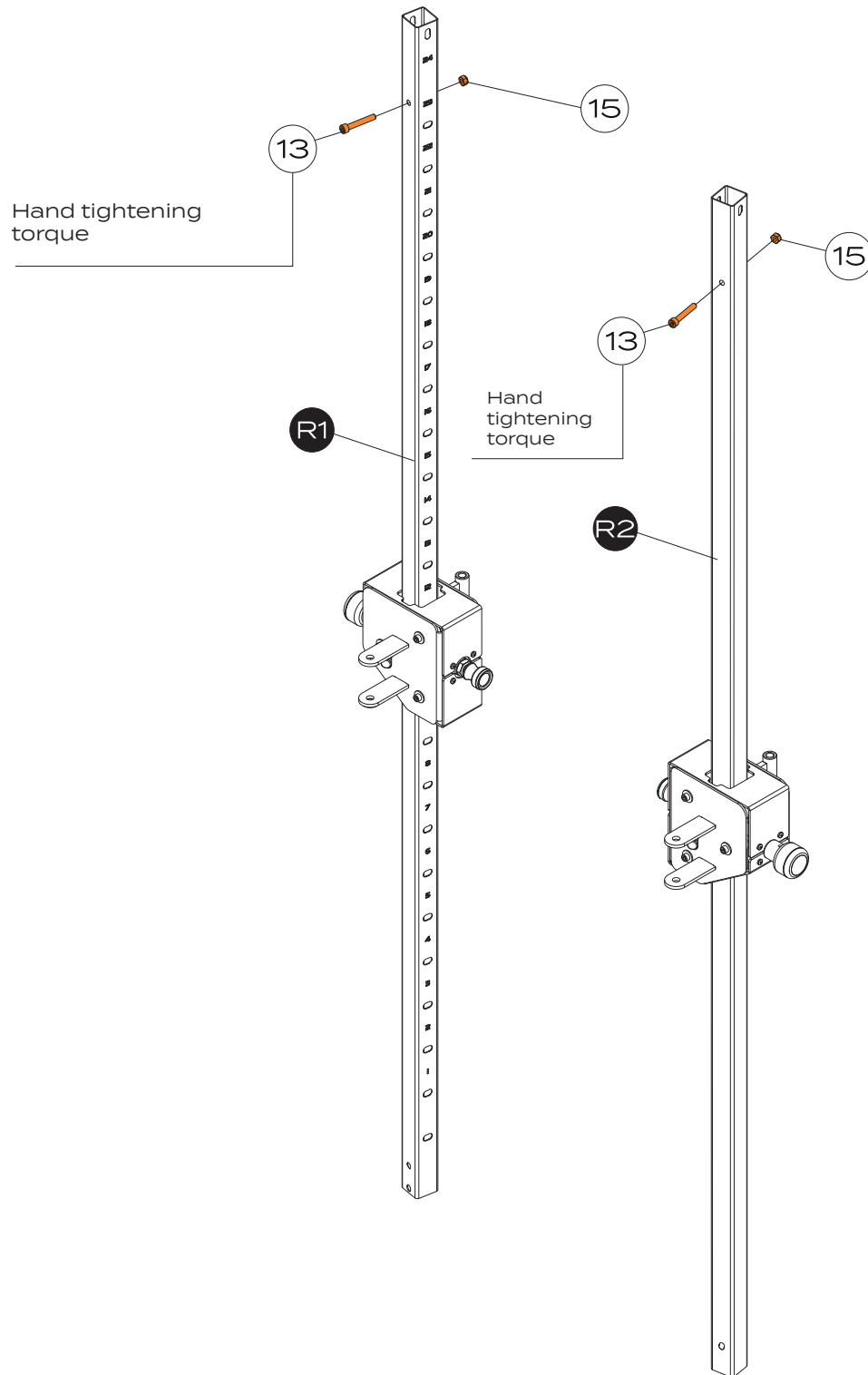




# ASSEMBLING THE EQUIPMENT

## STEP 18 - PULLEY ASSEMBLY

|    |                                                    |                  |    |                                                    |                  |    |                                           |
|----|----------------------------------------------------|------------------|----|----------------------------------------------------|------------------|----|-------------------------------------------|
| 13 | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M8X50 | <b>Qty</b><br>2x | 15 | <b>NAME</b><br>Hex Insert Nut Insert<br>Nylon - M8 | <b>Qty</b><br>2x | R1 | <b>NAME</b><br>Left height adjuster ruler |
| R2 | <b>NAME</b><br>Right adjuster ruler                |                  |    |                                                    |                  |    |                                           |

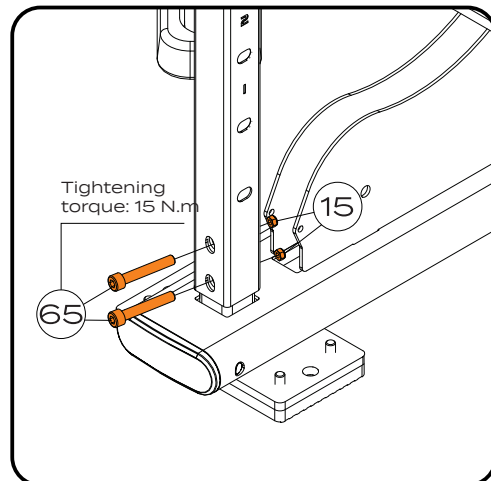
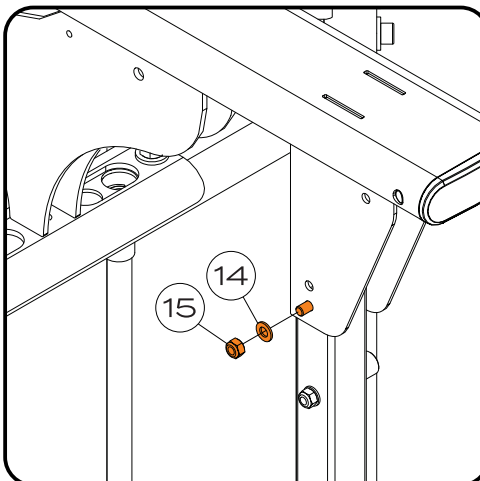
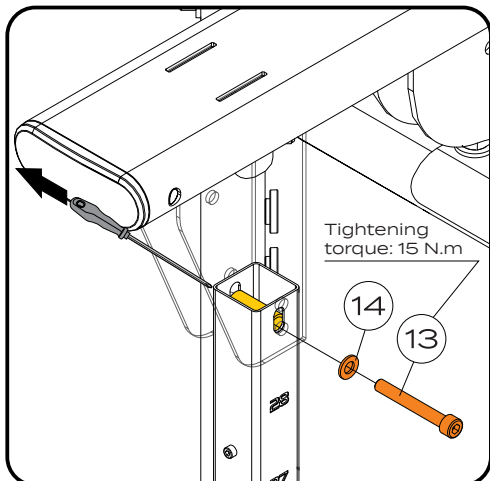
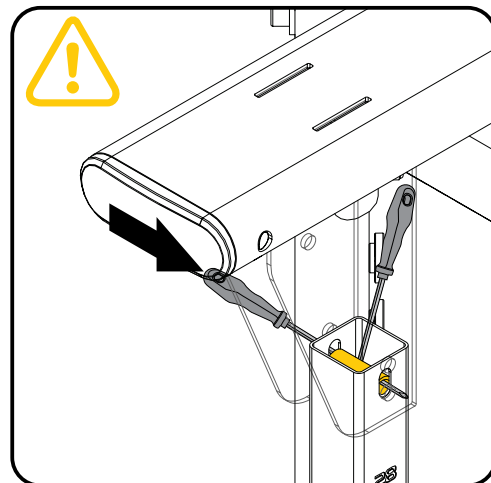
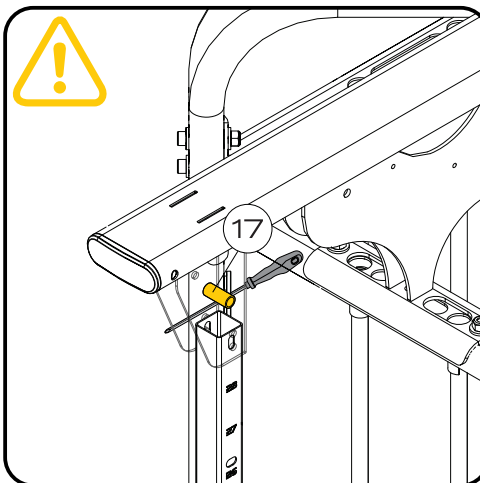
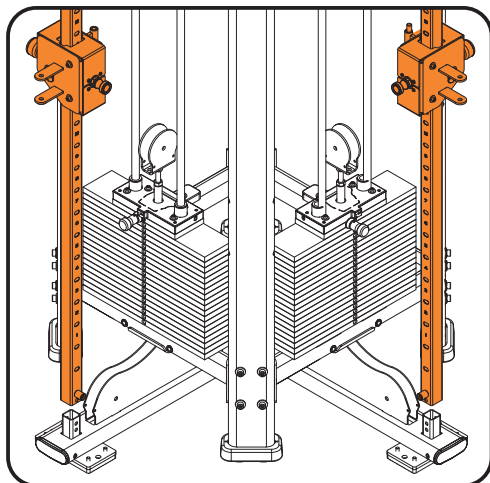


**WARNING!**  
KEEP THE SELECTOR PIN  
PULLED UNTIL IT SNAPS INTO  
THE HEIGHT ADJUSTER RULER.

# ASSEMBLING THE EQUIPMENT

## STEP 19 - PULLEY ASSEMBLY

|    |                                                    |                  |                                                    |                  |                                                    |                  |
|----|----------------------------------------------------|------------------|----------------------------------------------------|------------------|----------------------------------------------------|------------------|
| 13 | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M8X60 | <b>Qty</b><br>2x | <b>NAME</b><br>Flat washer Ø8                      | <b>Qty</b><br>4x | <b>NAME</b><br>Hex Insert Nut Insert<br>Nylon - M8 | <b>Qty</b><br>6x |
| 17 | <b>NAME</b><br>Spacer                              | <b>Qty</b><br>1x | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M8X50 | <b>Qty</b><br>4x |                                                    |                  |

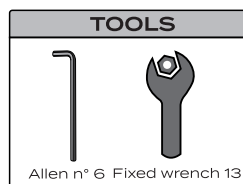
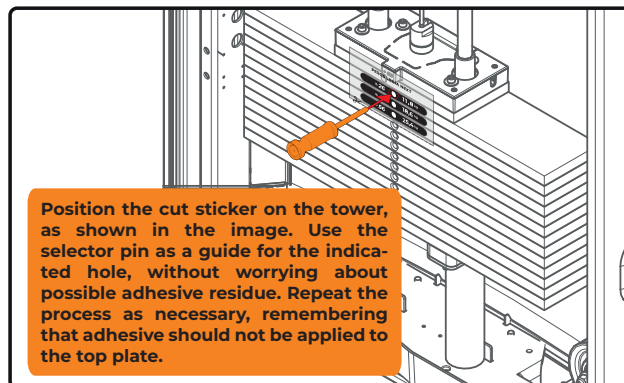
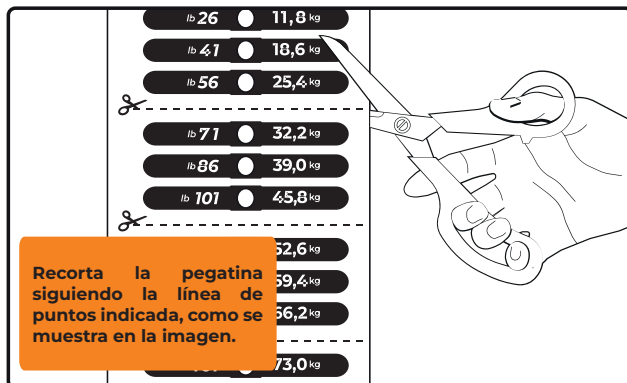


### WARNING!

USE A THIN SCREWDRIVER FOR SUPPORT WHEN MOUNTING THE SPACER ON THE HEIGHT ADJUSTER RULER.

**Note:** The assembly of the ruler is the same for the pulleys.

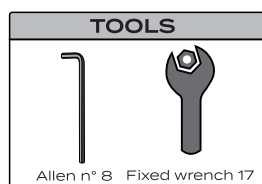
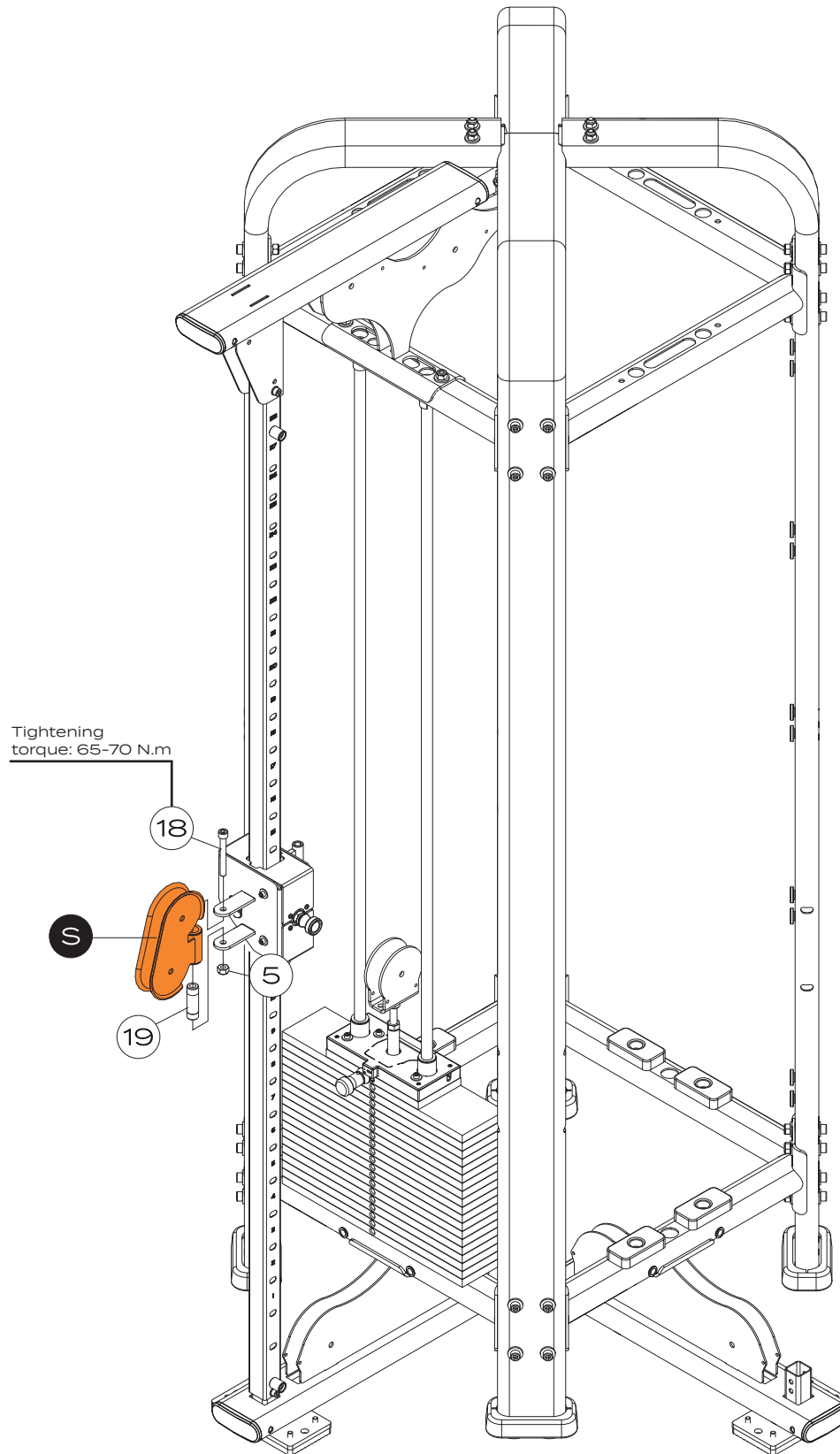
**Note:** Certain parts of the equipment have been hidden for easier viewing.



# ASSEMBLING THE EQUIPMENT

## STEP 20 - PULLEY ASSEMBLY

|   |                                                           |    |                                                           |    |                           |
|---|-----------------------------------------------------------|----|-----------------------------------------------------------|----|---------------------------|
| 5 | NAME<br>Hex Insert Nut Insert<br>Nylon - M10<br>Qty<br>1x | 18 | NAME<br>Cyl. Head Bolt<br>Hex. Int. - M10X80<br>Qty<br>1x | 19 | NAME<br>Axis<br>Qty<br>1x |
| S | NAME<br>Pulley support                                    |    |                                                           |    |                           |

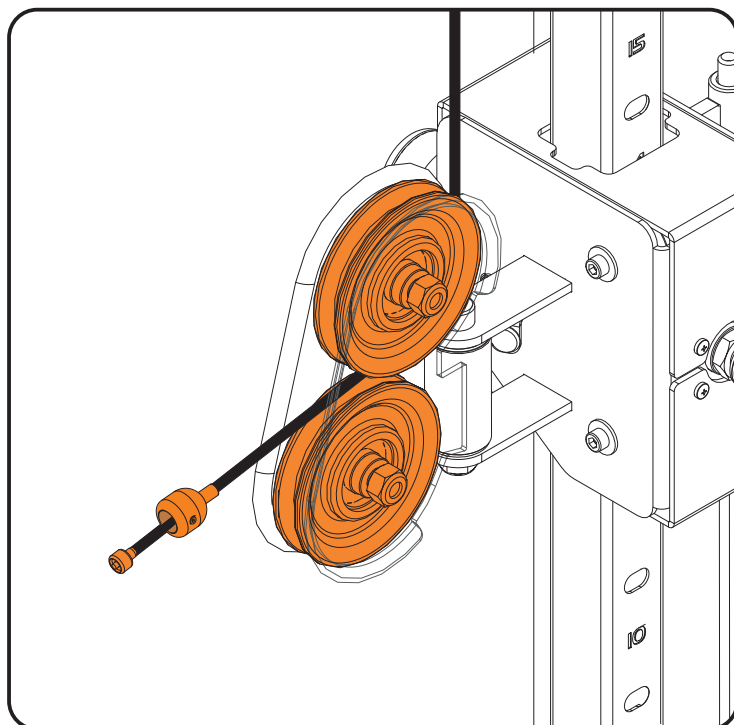
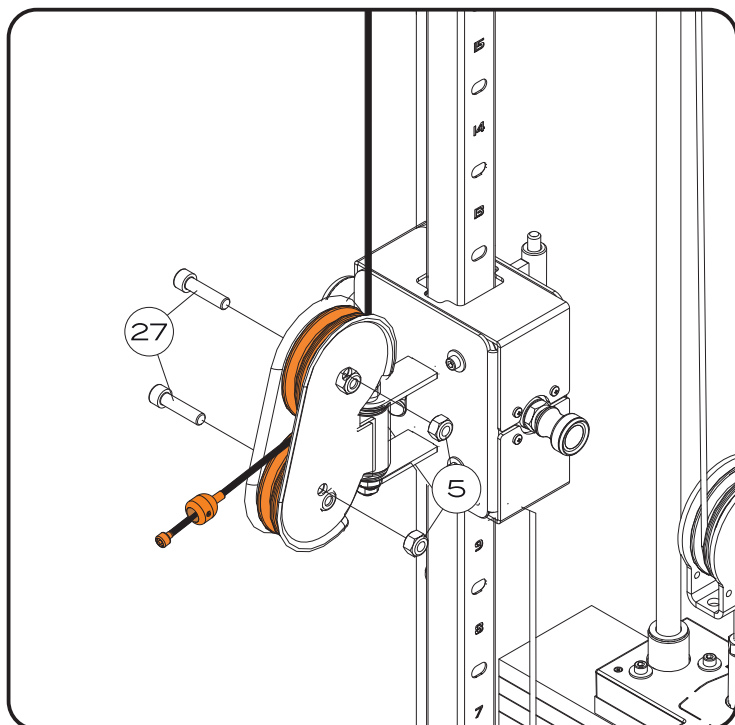
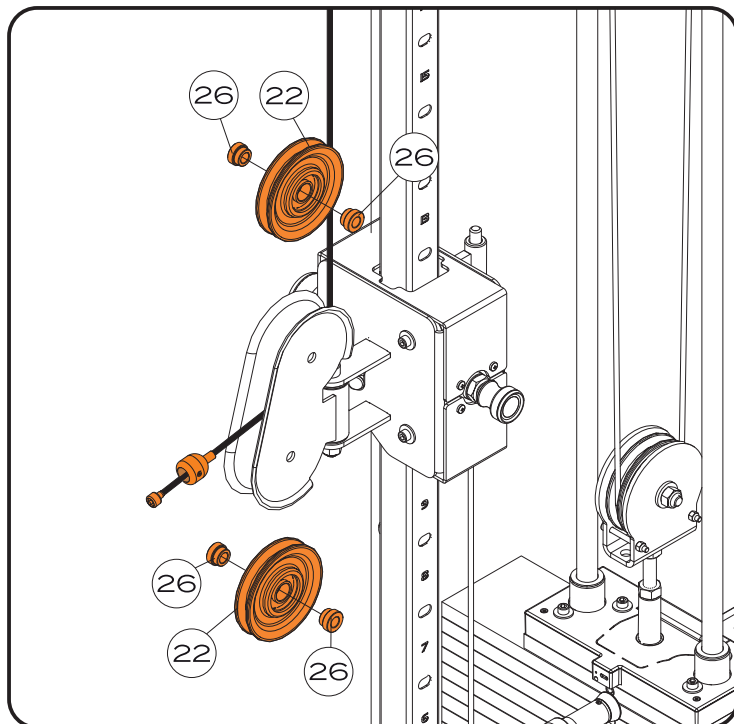
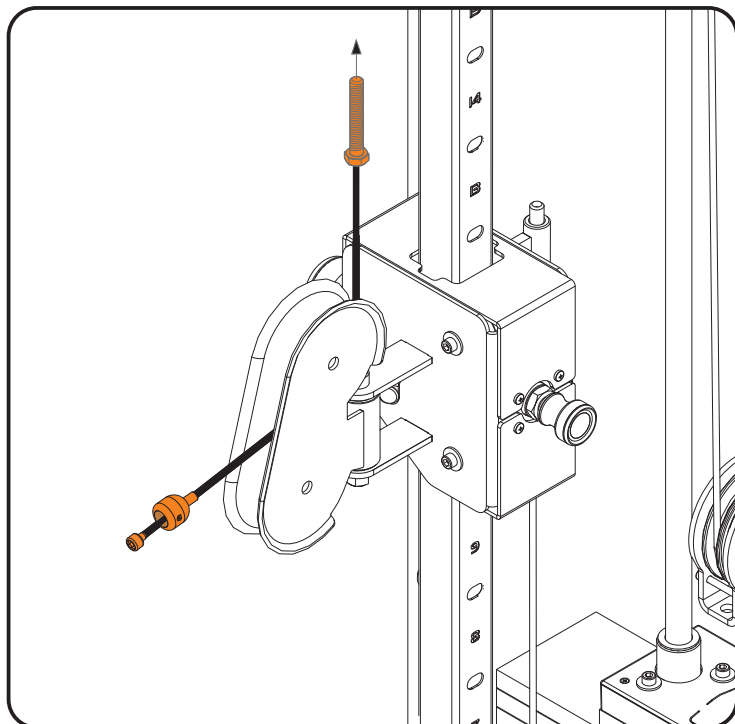


Note: Certain parts of the equipment have been hidden for easier viewing.

# ASSEMBLING THE EQUIPMENT

## STEP 21 - PULLEY ASSEMBLY

|    |                                                                |    |                                  |    |                         |
|----|----------------------------------------------------------------|----|----------------------------------|----|-------------------------|
| 5  | NOME<br>Porca Sext. Inserto<br>Nylon - M10 Qtd<br>2x           | 22 | NOME<br>Roldana Qtd<br>2x        | 26 | NOME<br>Bucha Qtd<br>4x |
| 27 | NOME<br>Parafuso Cab. Cil. Sext.<br>Interno - M10X40 Qtd<br>2x | 22 | NOME<br>Cabo de aço do Pulley 1x |    |                         |



| TOOLS     |                 |
|-----------|-----------------|
| Allen n°4 | Fixed wrench 8  |
| Allen n°8 | Fixed wrench 17 |
|           | Fixed wrench 19 |

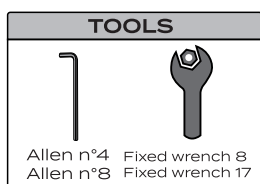
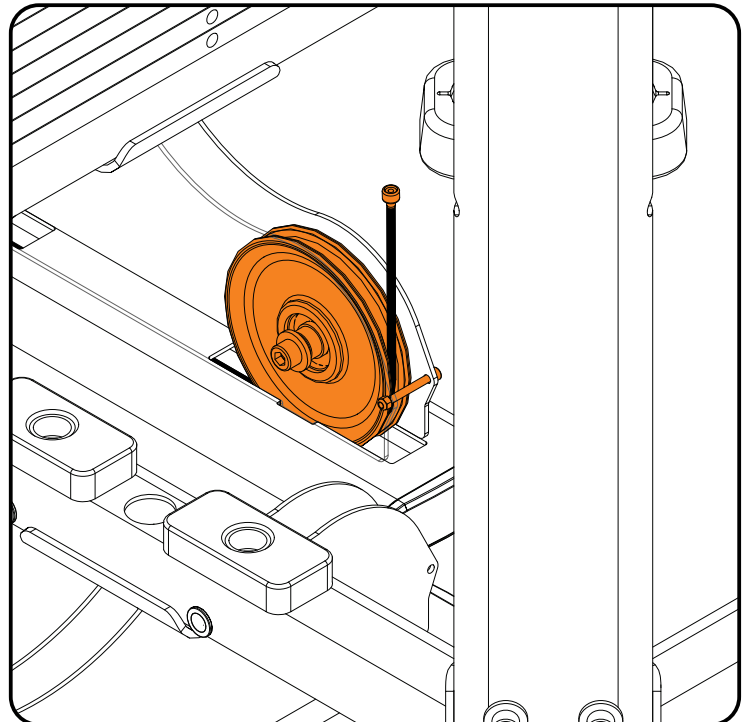
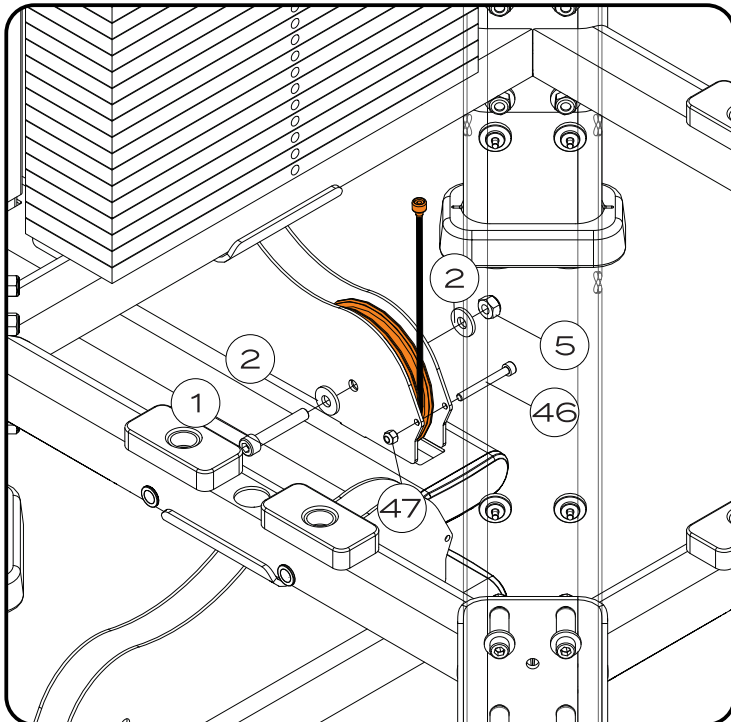
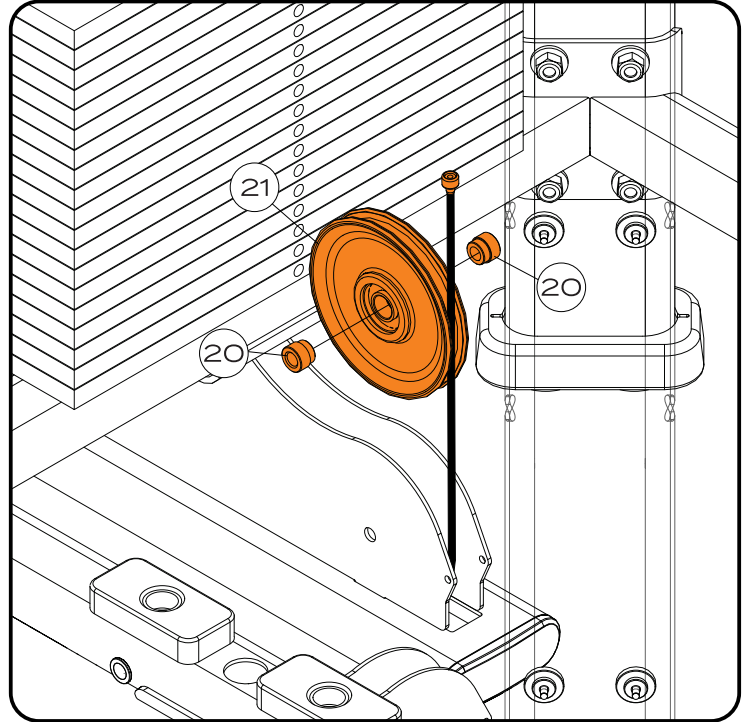
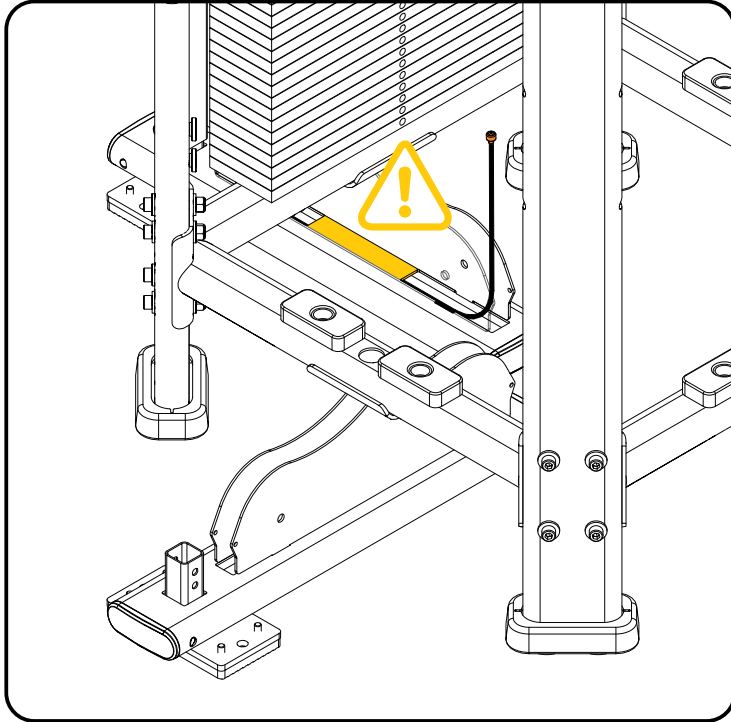


**WARNING!**  
THE STEEL CABLE MUST PASS UNDER THE UNDER THE FOOTREST PLATE. FOOTREST PLATE.

# ASSEMBLING THE EQUIPMENT

## STEP 22 - PULLEY ASSEMBLY

|    |                                                                                  |                                              |           |    |                                                                                   |                         |           |    |                                                                                     |                                              |           |
|----|----------------------------------------------------------------------------------|----------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|-------------------------|-----------|----|-------------------------------------------------------------------------------------|----------------------------------------------|-----------|
| 1  |  | NAME<br>Cyl. Head Bolt<br>Hex. Int. - M10X60 | Qty<br>1x | 2  |  | NAME<br>Flat washer Ø10 | Qty<br>2x | 5  |  | NAME<br>Hex Insert Nut Insert<br>Nylon - M10 | Qty<br>1x |
| 20 |   | NAME<br>Bushing                              | Qty<br>2x | 21 |  | NAME<br>Pulley          | Qty<br>2x | 46 |  | NAME<br>Cyl. Head Bolt<br>Hex. Int. - M5X50  | Qty<br>1x |
| 47 |   | NAME<br>Hex Insert Nut Insert<br>Nylon - M5  | Qty<br>1x |    |                                                                                   |                         |           |    |                                                                                     |                                              |           |

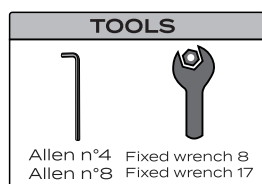
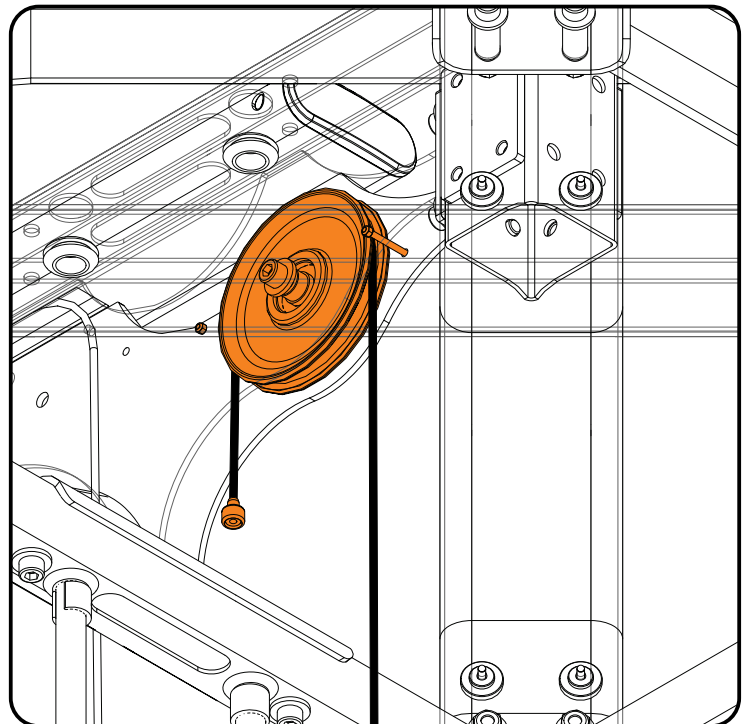
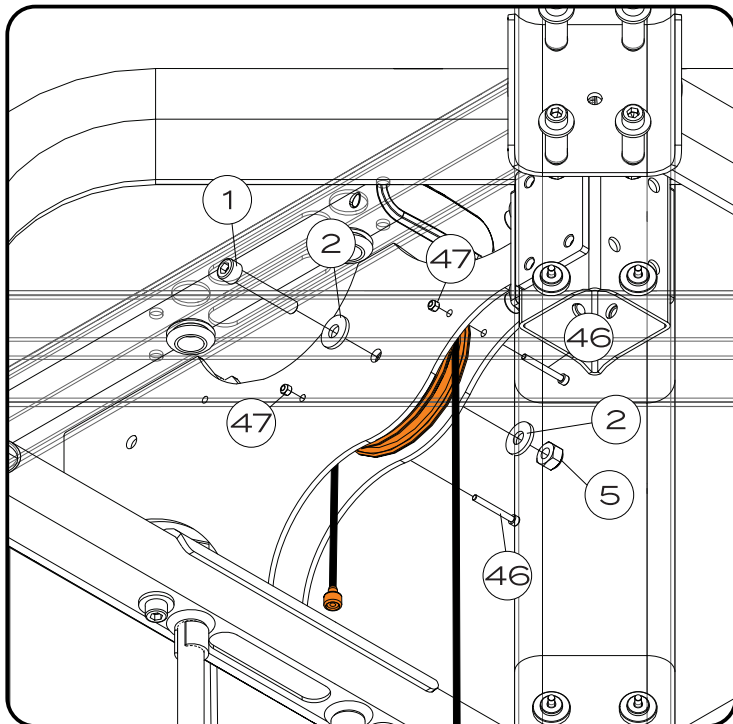
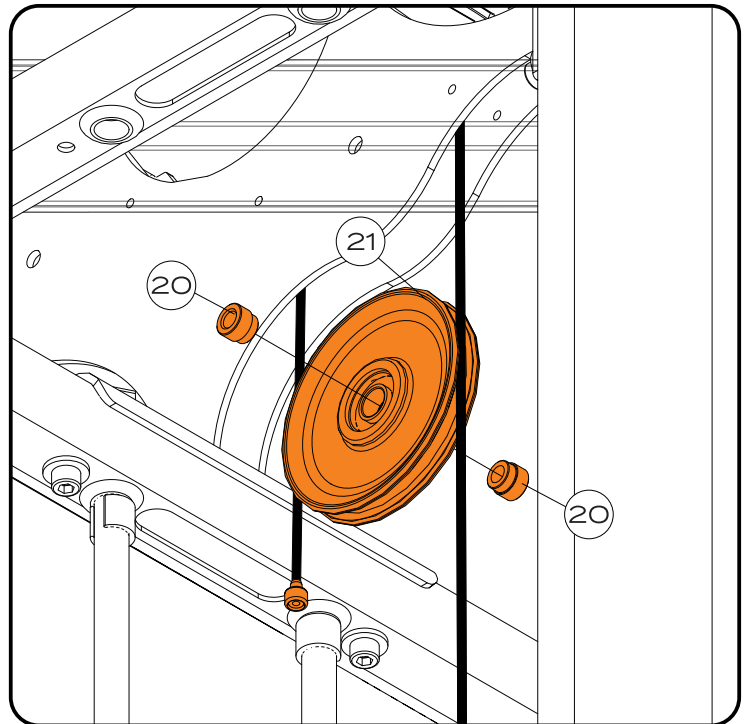
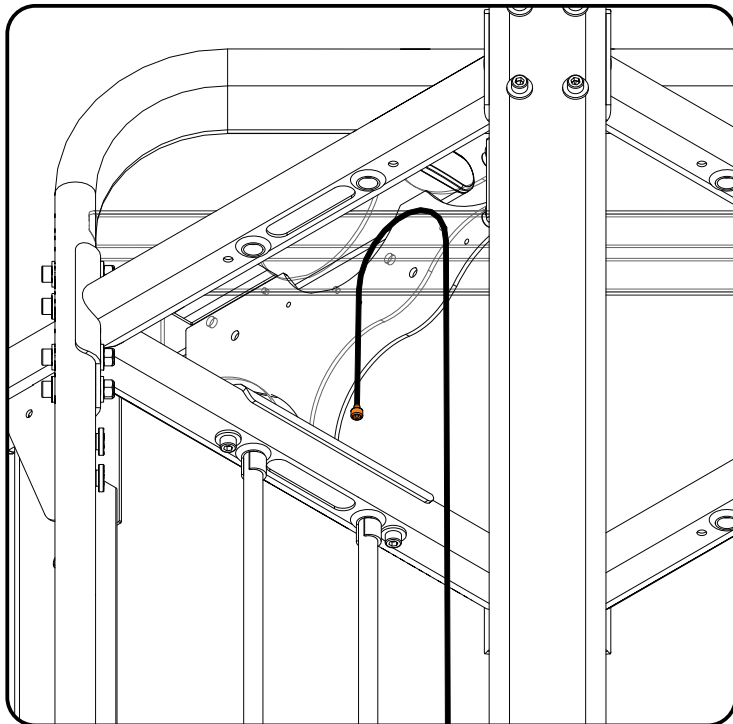




# ASSEMBLING THE EQUIPMENT

## STEP 23 - PULLEY ASSEMBLY

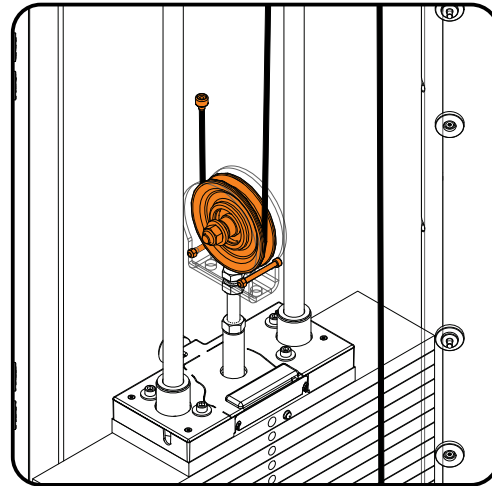
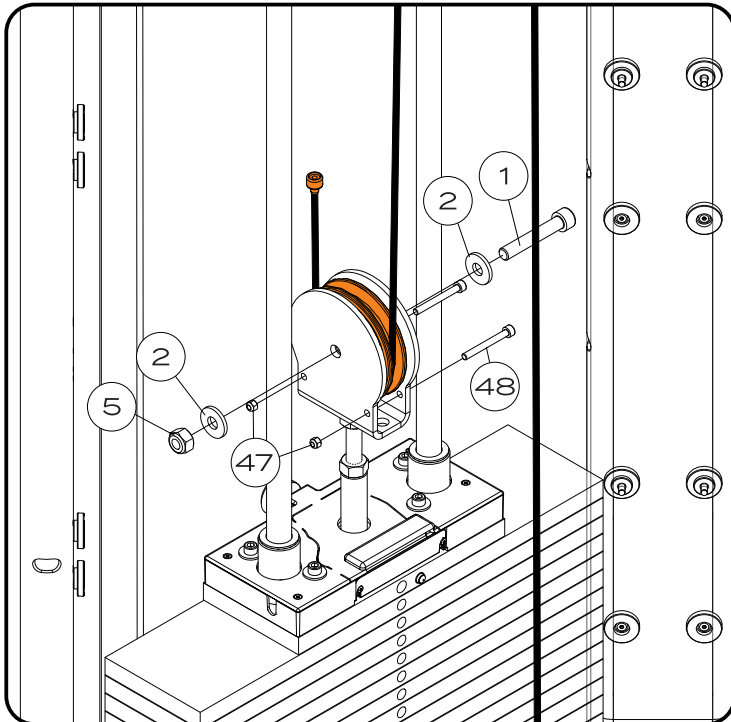
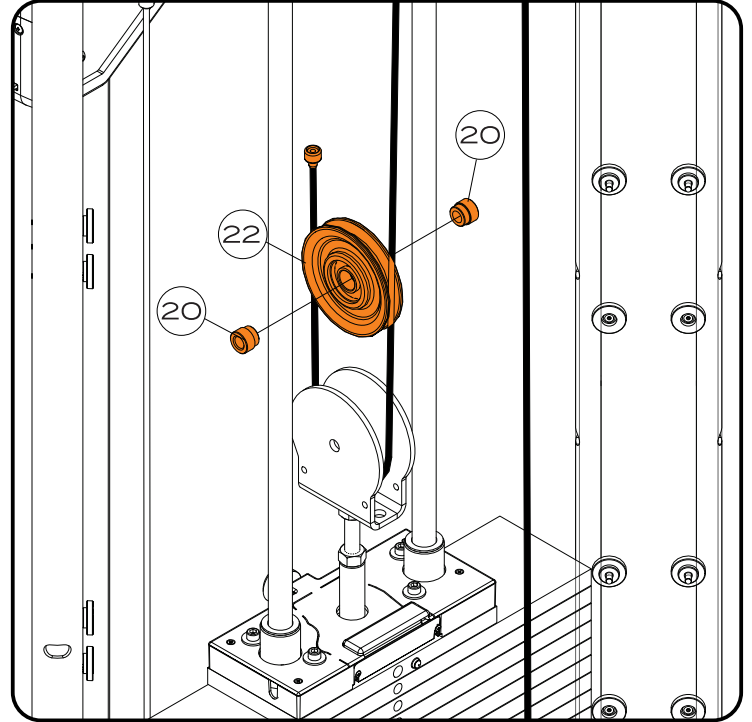
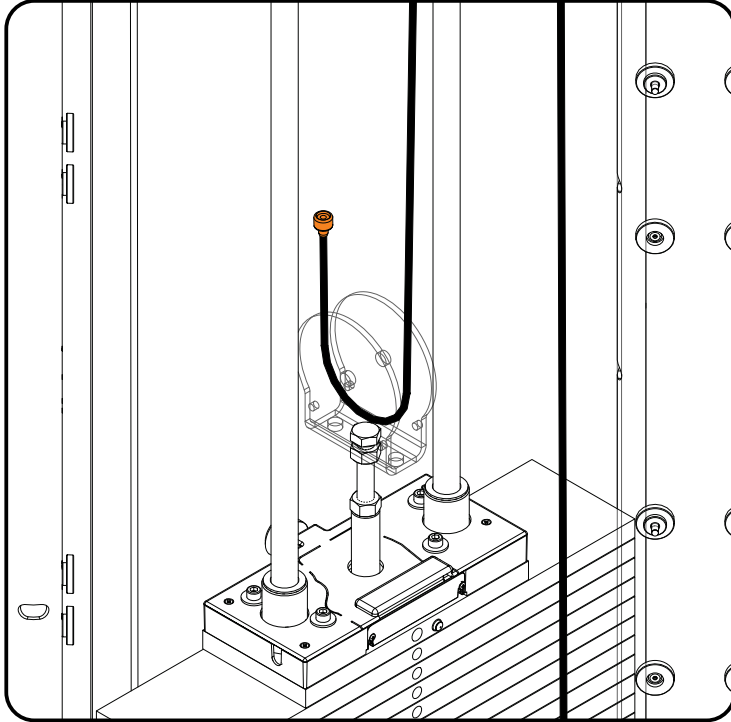
|    |                                                     |           |    |                                |           |    |                                                     |           |
|----|-----------------------------------------------------|-----------|----|--------------------------------|-----------|----|-----------------------------------------------------|-----------|
| 1  | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M10X60 | Qty<br>1x | 2  | <b>NAME</b><br>Flat washer Ø10 | Qty<br>2x | 5  | <b>NAME</b><br>Hex Insert Nut Insert<br>Nylon - M10 | Qty<br>1x |
| 20 | <b>NAME</b><br>Bushing                              | Qty<br>2x | 21 | <b>NAME</b><br>Pulley          | Qty<br>1x | 46 | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M5X50  | Qty<br>2x |
| 47 | <b>NAME</b><br>Hex Insert Nut Insert<br>Nylon - M5  | Qty<br>2x |    |                                |           |    |                                                     |           |



# ASSEMBLING THE EQUIPMENT

## STEP 24 - PULLEY ASSEMBLY

|    |                                              |           |    |                         |           |    |                                              |           |
|----|----------------------------------------------|-----------|----|-------------------------|-----------|----|----------------------------------------------|-----------|
| 1  | NAME<br>Cyl. Head Bolt<br>Hex. Int. - M10X60 | Qty<br>1x | 2  | NAME<br>Flat washer Ø10 | Qty<br>2x | 5  | NAME<br>Hex Insert Nut Insert<br>Nylon - M10 | Qty<br>1x |
| 20 | NAME<br>Bushing                              | Qty<br>2x | 22 | NAME<br>Pulley          | Qty<br>1x | 47 | NAME<br>Hex Insert Nut Insert<br>Nylon- M5   | Qty<br>2x |
| 48 | NAME<br>Cyl. Head Bolt<br>Hex. Int. - M5X50  | Qty<br>2x |    |                         |           |    |                                              |           |



**WARNING!**  
Adjustment  
between the nuts,  
40 mm apart.

40 mm

### TOOLS

Allen n°4 Fixed wrench 8  
Allen n°8 Fixed wrench 17

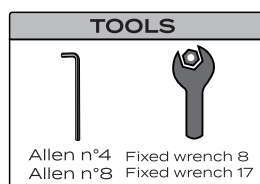
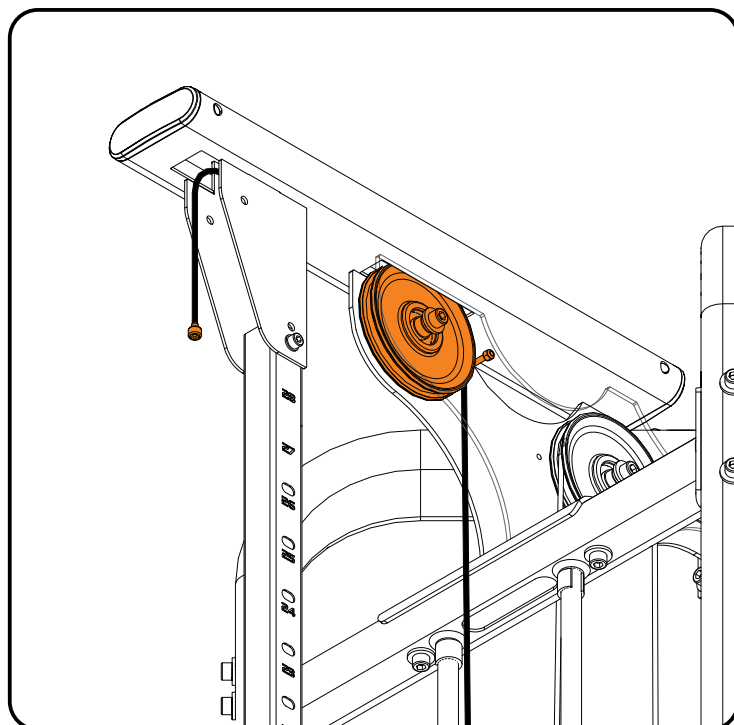
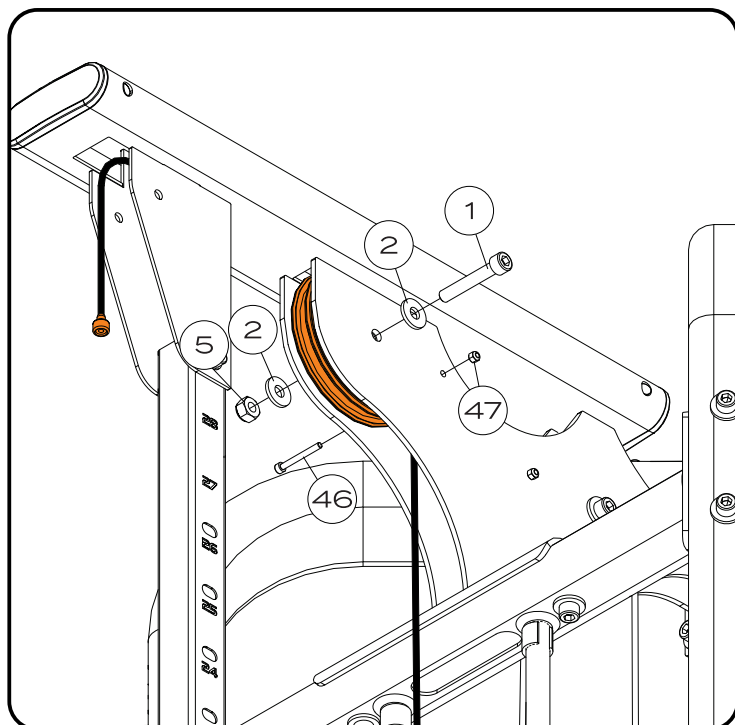
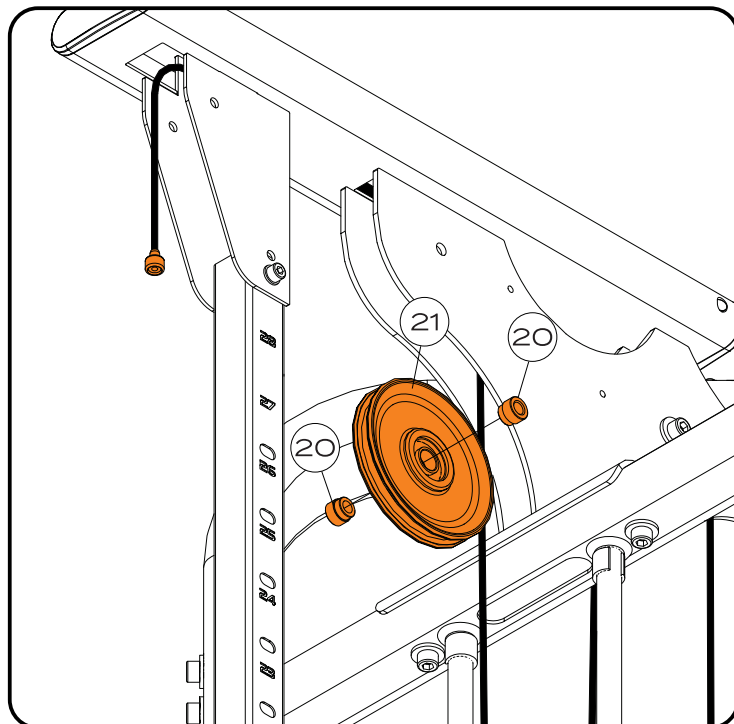
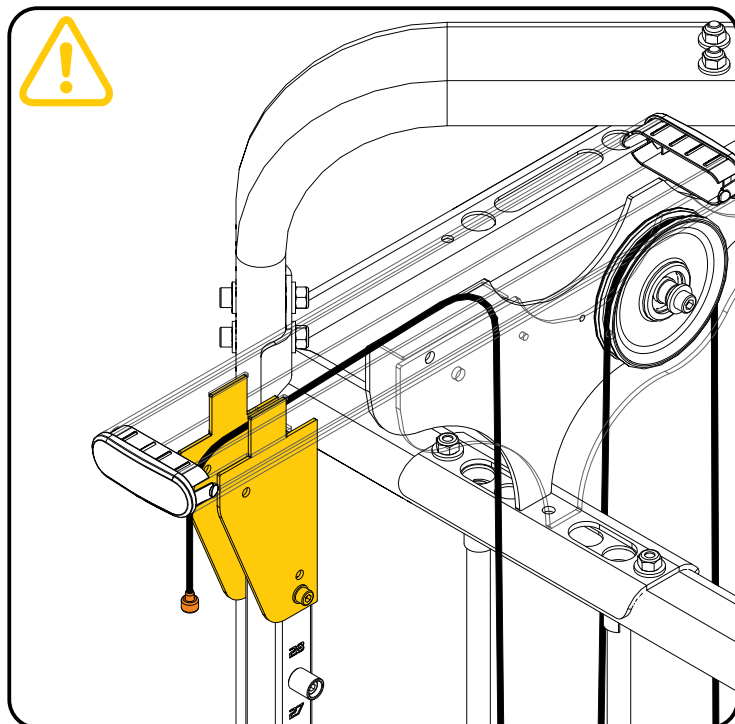




# ASSEMBLING THE EQUIPMENT

## STEP 25 - PULLEY ASSEMBLY

|    |                                                                                  |                                              |           |    |                                                                                   |                         |           |    |                                                                                     |                                              |           |
|----|----------------------------------------------------------------------------------|----------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|-------------------------|-----------|----|-------------------------------------------------------------------------------------|----------------------------------------------|-----------|
| 1  |  | NAME<br>Cyl. Head Bolt<br>Hex. Int. - M10X60 | Qty<br>1x | 2  |  | NAME<br>Flat washer Ø10 | Qty<br>2x | 5  |  | NAME<br>Hex Insert Nut Insert<br>Nylon - M10 | Qty<br>1x |
| 20 |  | NAME<br>Bushing                              | Qty<br>2x | 21 |  | NAME<br>Pulley          | Qty<br>1x | 46 |  | NAME<br>Cyl. Head Bolt<br>Hex. Int. - M5X50  | Qty<br>1x |
| 47 |  | NAME<br>Hex Insert Nut Insert<br>Nylon - M5  | Qty<br>1x |    |                                                                                   |                         |           |    |                                                                                     |                                              |           |



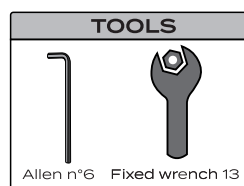
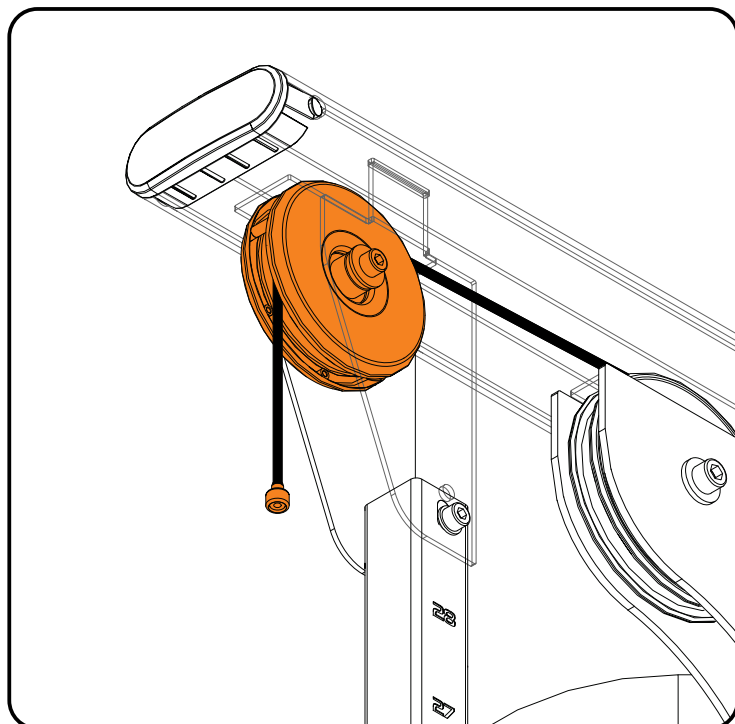
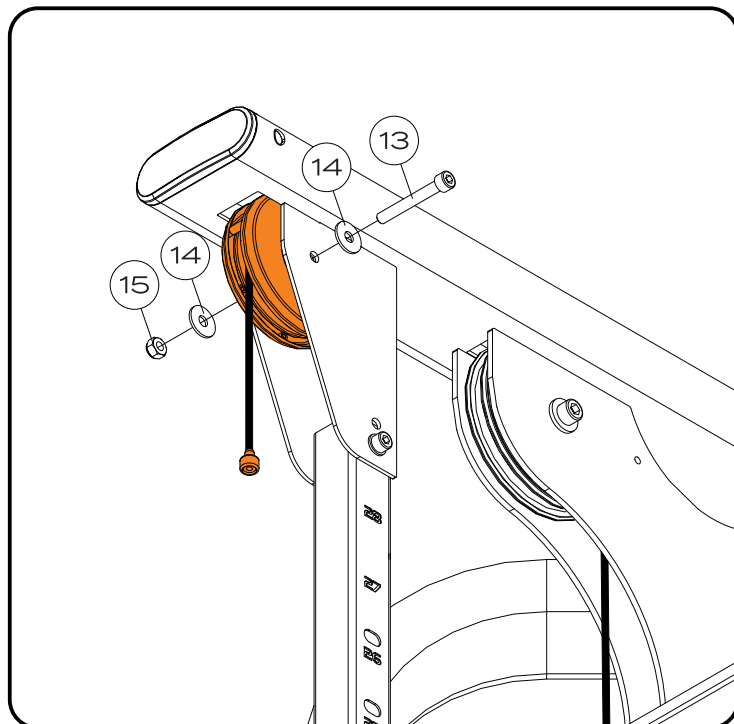
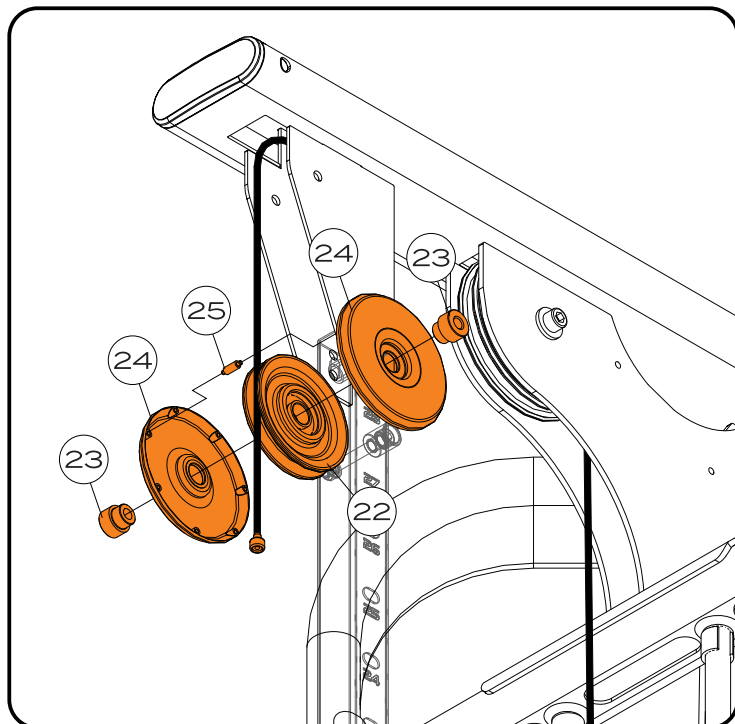
**WARNING!**

THE CABLE MUST BE PASSED BELOW THE SCREW, SO THAT THERE'S NO CONTACT BETWEEN THEM.

# ASSEMBLING THE EQUIPMENT

## STEP 26 - PULLEY ASSEMBLY

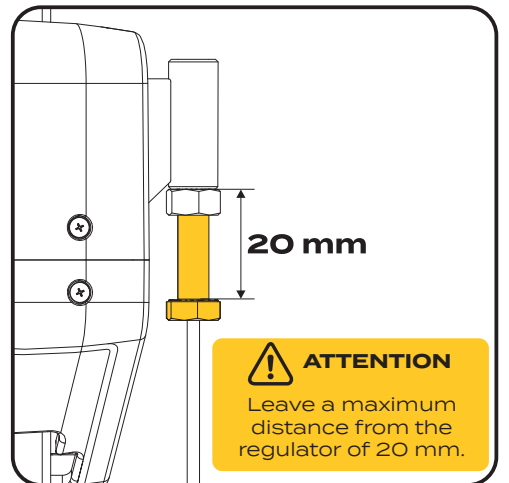
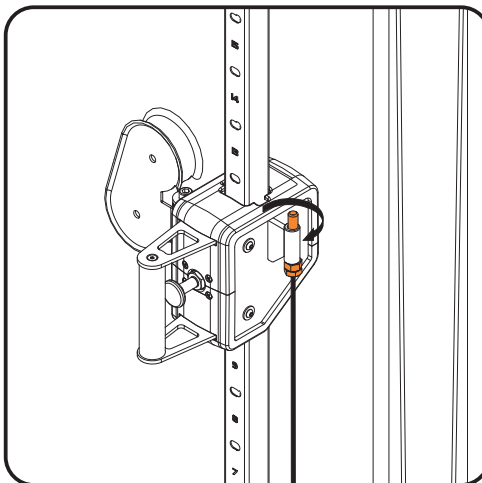
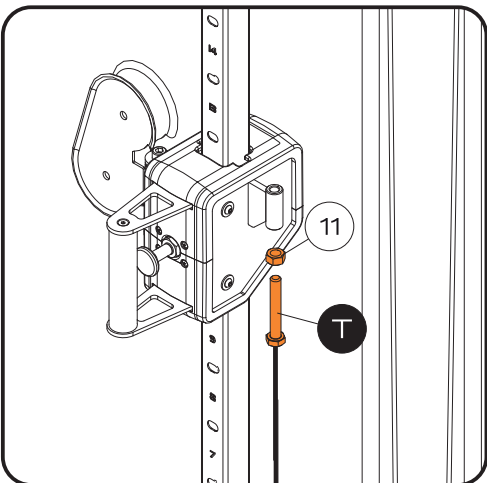
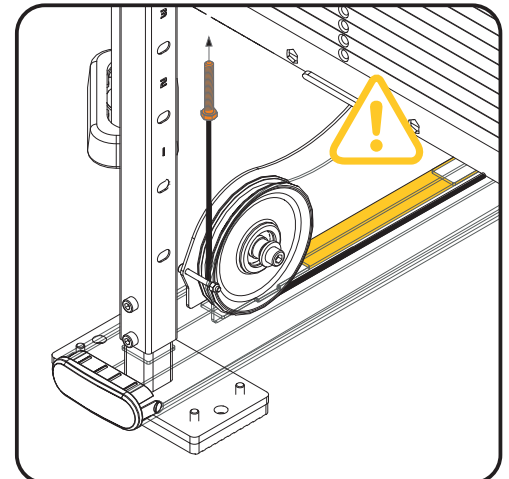
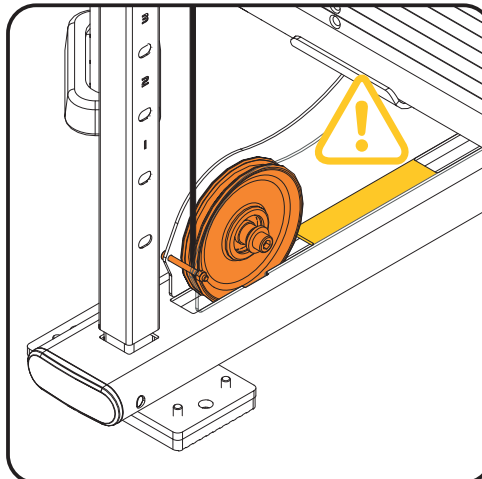
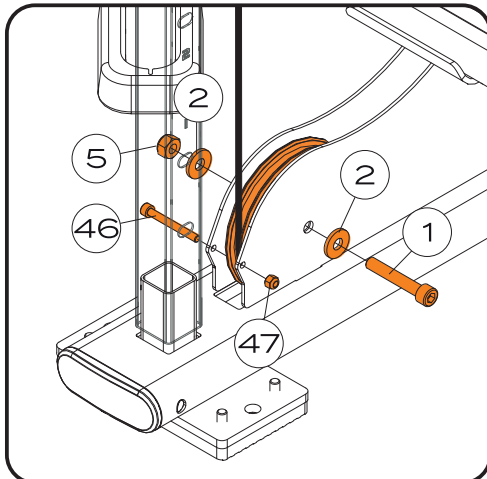
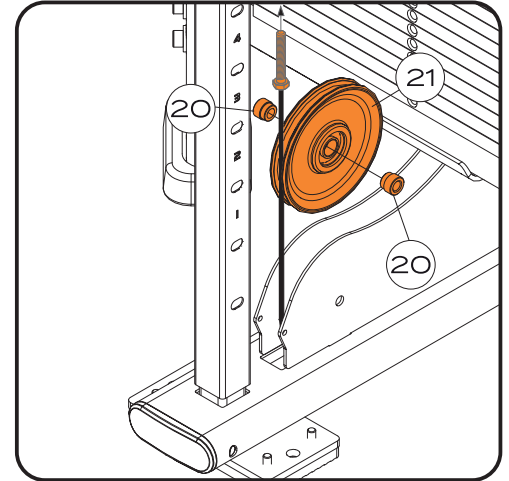
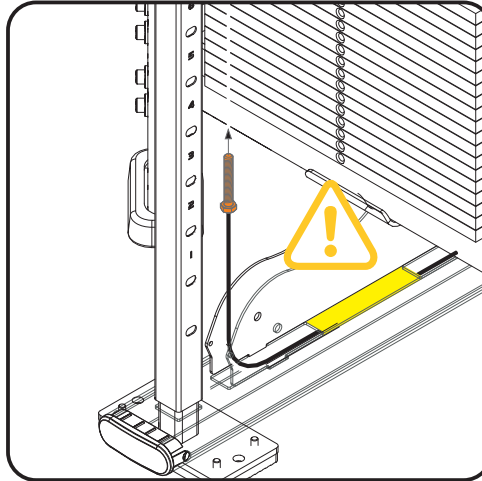
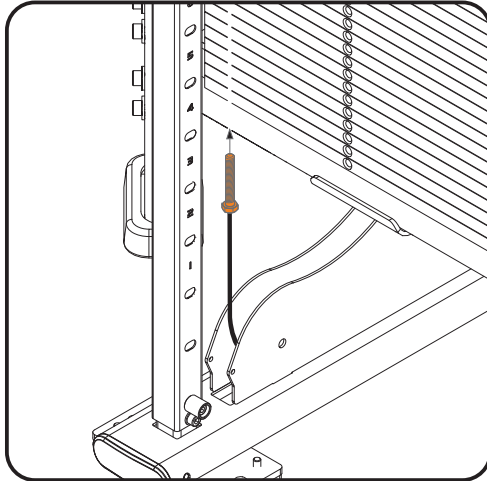
|    |                                                                                  |                                             |           |    |                                                                                   |                        |           |    |                                                                                     |                                             |           |
|----|----------------------------------------------------------------------------------|---------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|------------------------|-----------|----|-------------------------------------------------------------------------------------|---------------------------------------------|-----------|
| 13 |  | NAME<br>Cyl. Head Bolt<br>Hex. Int. - M8X60 | Qty<br>1x | 14 |  | NAME<br>Flat washer Ø8 | Qty<br>2x | 15 |  | NAME<br>Hex Insert Nut Insert<br>Nylon - M8 | Qty<br>1x |
| 22 |  | NAME<br>Pulley                              | Qty<br>1x | 23 |  | NAME<br>Bushing        | Qty<br>2x | 24 |  | NAME<br>Pulley cover                        | Qty<br>2x |
| 25 |  | NAME<br>Steel cable locking pin             | Qty<br>1x |    |                                                                                   |                        |           |    |                                                                                     |                                             |           |



# ASSEMBLING THE EQUIPMENT

## PASSO 27- MONTAGEM DOS PULLEY

|    |                                                                                  |                                               |           |    |                                                                                   |                                             |           |    |                                                                                     |                                       |           |
|----|----------------------------------------------------------------------------------|-----------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|---------------------------------------------|-----------|----|-------------------------------------------------------------------------------------|---------------------------------------|-----------|
| 1  |  | NOME<br>Cyl. Head Bolt<br>Sext. Int. - M10X60 | Qtd<br>1x | 2  |  | NOME<br>Flat washer Ø10                     | Qtd<br>2x | 5  |  | NOME<br>Hex Insert Nut<br>Nylon - M10 | Qtd<br>1x |
| 11 |  | NOME<br>Hex Insert Nut M12                    | Qtd<br>1x | 20 |  | NOME<br>Bushing                             | Qtd<br>2x | 21 |  | NOME<br>Pulley                        | Qtd<br>1x |
| 46 |  | NOME<br>Cyl. Head Bolt<br>Sext. Int. - M5X50  | Qtd<br>1x | 47 |  | NOME<br>Hex Insert Nut Insert<br>Nylon - M5 | Qtd<br>1x |    |                                                                                     |                                       |           |



| FERRAMENTAS                                                                         |                           |
|-------------------------------------------------------------------------------------|---------------------------|
|   | Fixed wrench 8            |
|  | Allen n°4 Fixed wrench 17 |
|  | Allen n°8 Fixed wrench 19 |



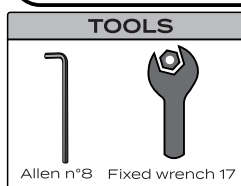
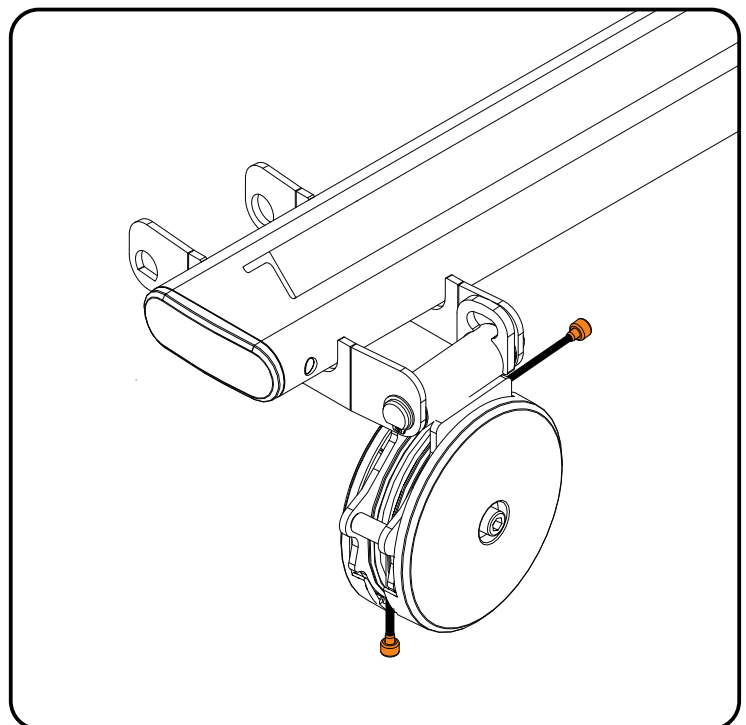
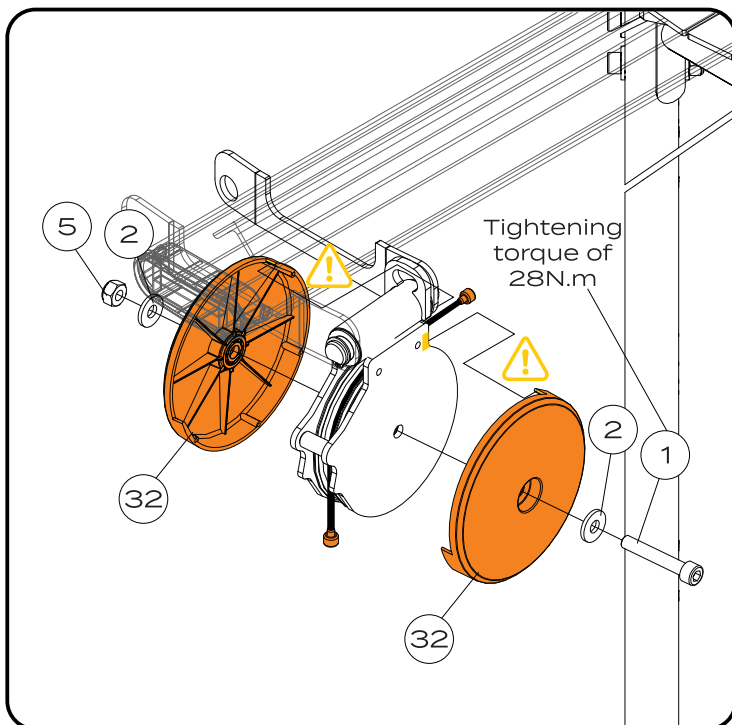
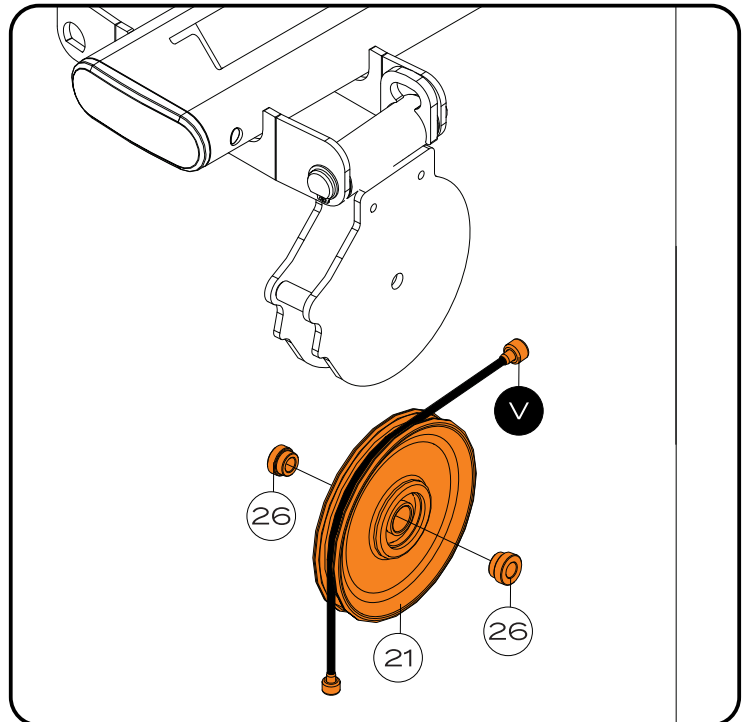
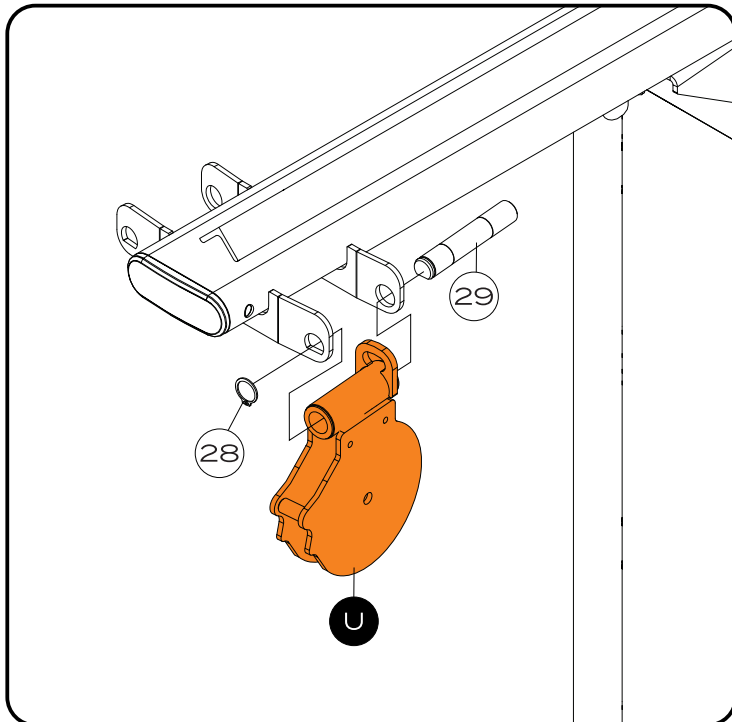
**ATTENTION**

**THE STEEL CABLE MUST PASS UNDER THE FOOT SUPPORT PLATE.**

# ASSEMBLING THE EQUIPMENT

## STEP 28 - HIGH PULL ASSEMBLY

|           |                                                                                     |                                                     |                  |
|-----------|-------------------------------------------------------------------------------------|-----------------------------------------------------|------------------|
| <b>1</b>  |     | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M10X60 | <b>Qty</b><br>1x |
| <b>2</b>  |    | <b>NAME</b><br>Flat washer Ø10                      | <b>Qty</b><br>2x |
| <b>5</b>  |  | <b>NAME</b><br>Hex Insert Nut Insert<br>Nylon - M10 | <b>Qty</b><br>1x |
| <b>21</b> |     | <b>NAME</b><br>Pulley                               | <b>Qty</b><br>1x |
| <b>26</b> |    | <b>NAME</b><br>Bushing                              | <b>Qty</b><br>2x |
| <b>28</b> |  | <b>NAME</b><br>Elastic band                         | <b>Qty</b><br>1x |
| <b>29</b> |     | <b>NAME</b><br>Axis                                 | <b>Qty</b><br>1x |
| <b>32</b> |    | <b>NAME</b><br>Pulley cover                         | <b>Qty</b><br>2x |
| <b>U</b>  |  | <b>NAME</b><br>Pulley support                       |                  |
| <b>V</b>  |     | <b>NAME</b><br>High pull steel cable                |                  |



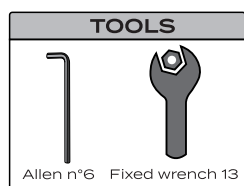
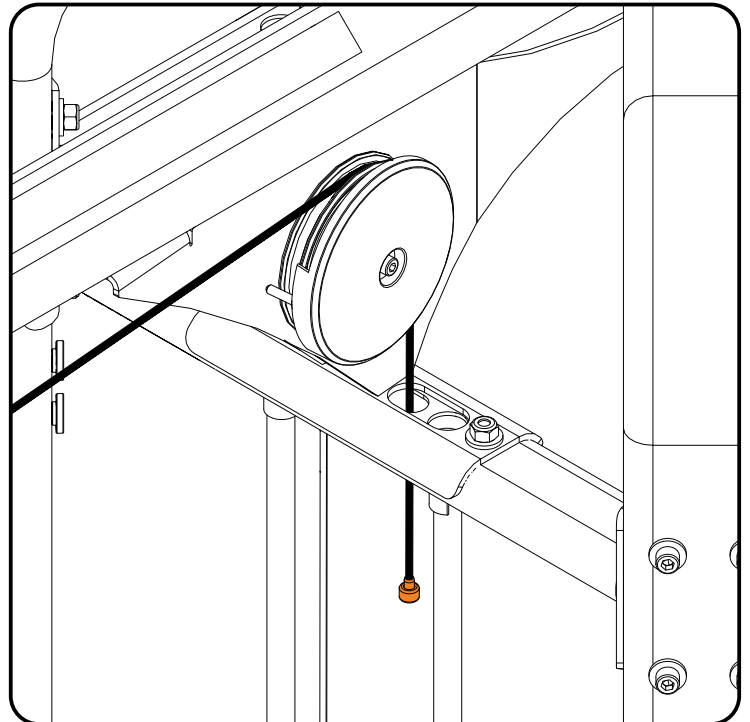
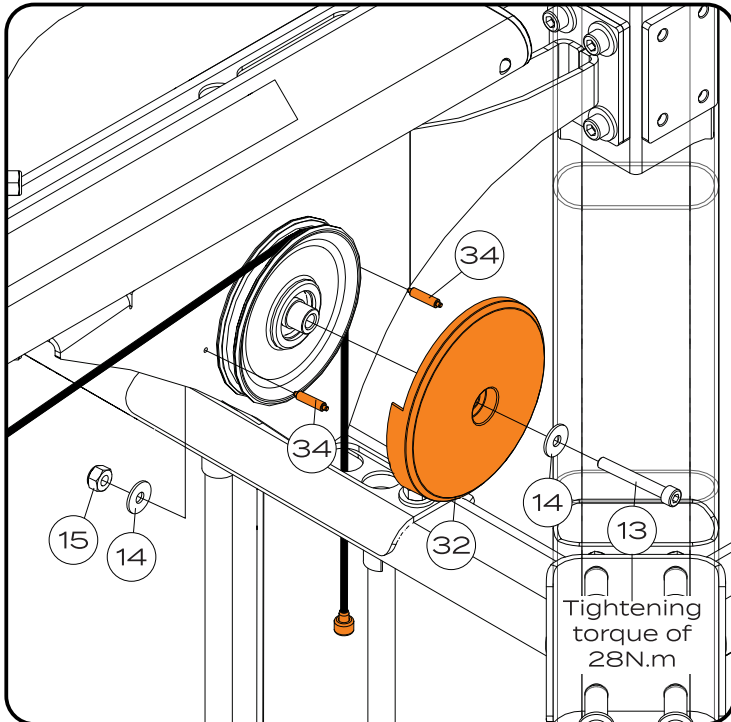
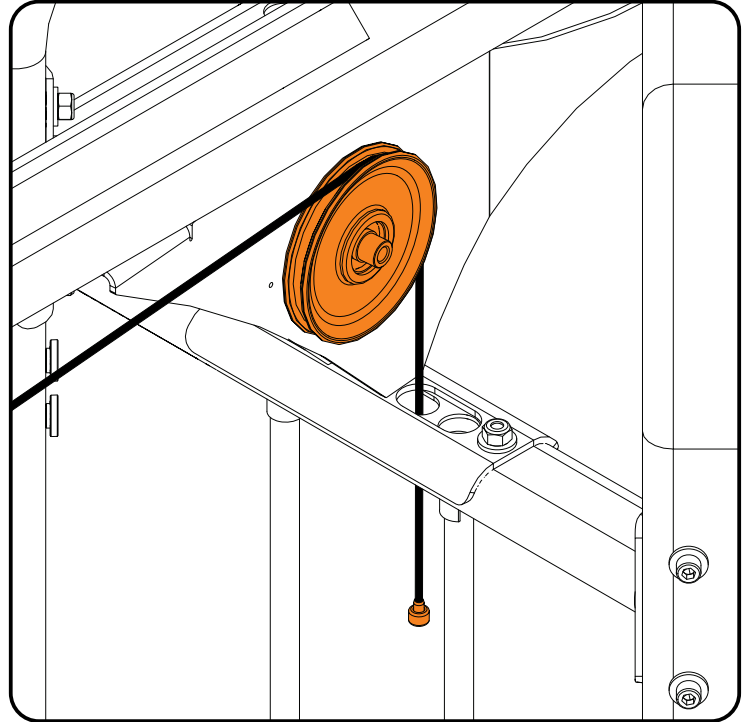
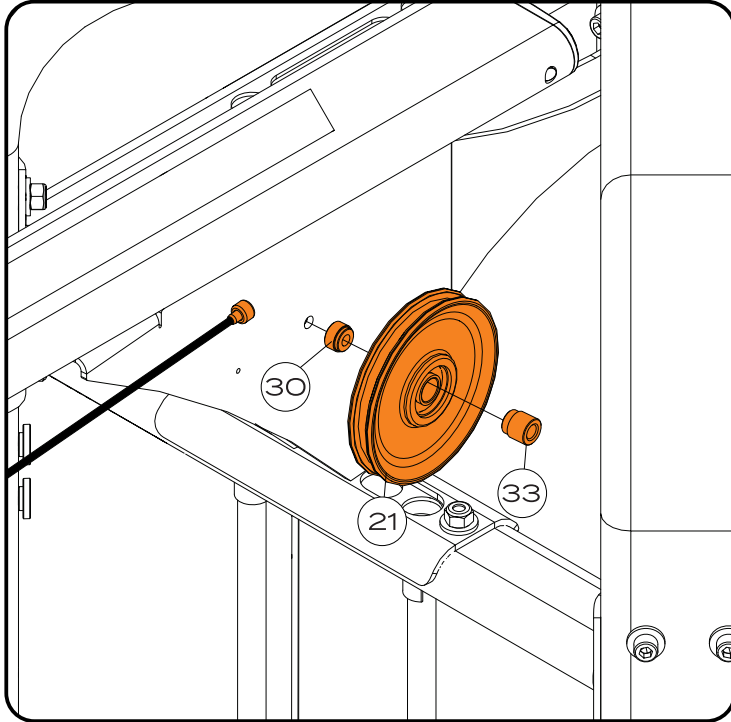
### WARNING!

For the correct positioning of the pulley cover, the wall of the cutout should rest against the side of the pulley support.

# ASSEMBLING THE EQUIPMENT

## STEP 29 - HIGH PULL ASSEMBLY

|    |                                                                                  |                                             |           |    |                                                                                   |                        |           |    |                                                                                     |                                             |           |
|----|----------------------------------------------------------------------------------|---------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|------------------------|-----------|----|-------------------------------------------------------------------------------------|---------------------------------------------|-----------|
| 13 |  | NAME<br>Cyl. Head Bolt<br>Hex. Int. - M8X60 | Qty<br>1x | 14 |  | NAME<br>Flat washer Ø8 | Qty<br>2x | 15 |  | NAME<br>Hex Insert Nut Insert<br>Nylon - M8 | Qty<br>1x |
| 21 |  | NAME<br>Pulley                              | Qty<br>1x | 30 |  | NAME<br>Bushing        | Qty<br>1x | 32 |  | NAME<br>Pulley cover                        | Qty<br>1x |
| 33 |  | NAME<br>Bushing                             | Qty<br>1x | 34 |  | NAME<br>Cable lock     | Qty<br>2x |    |                                                                                     |                                             |           |

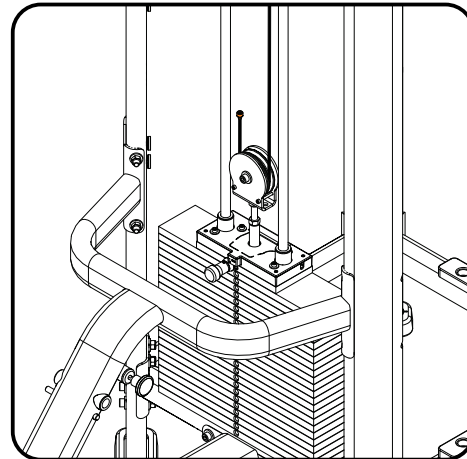
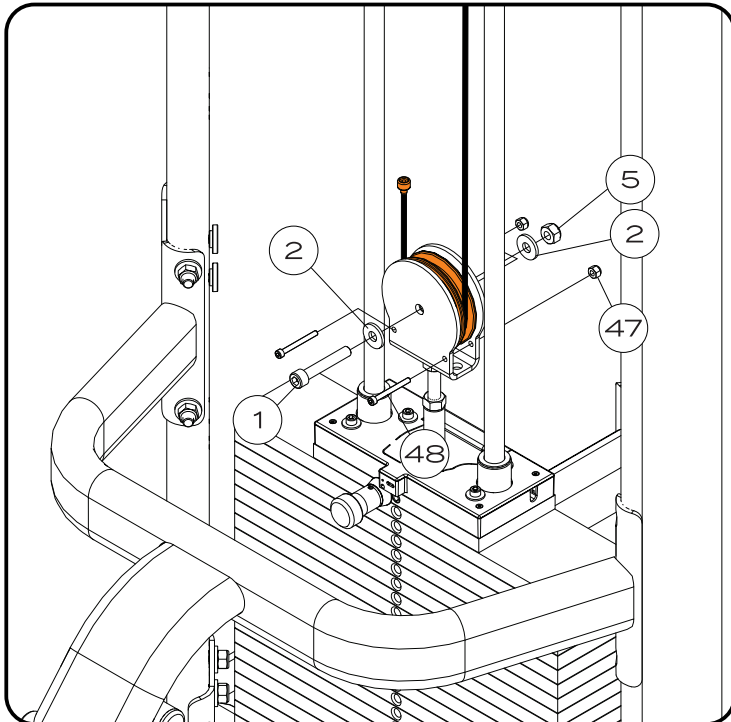
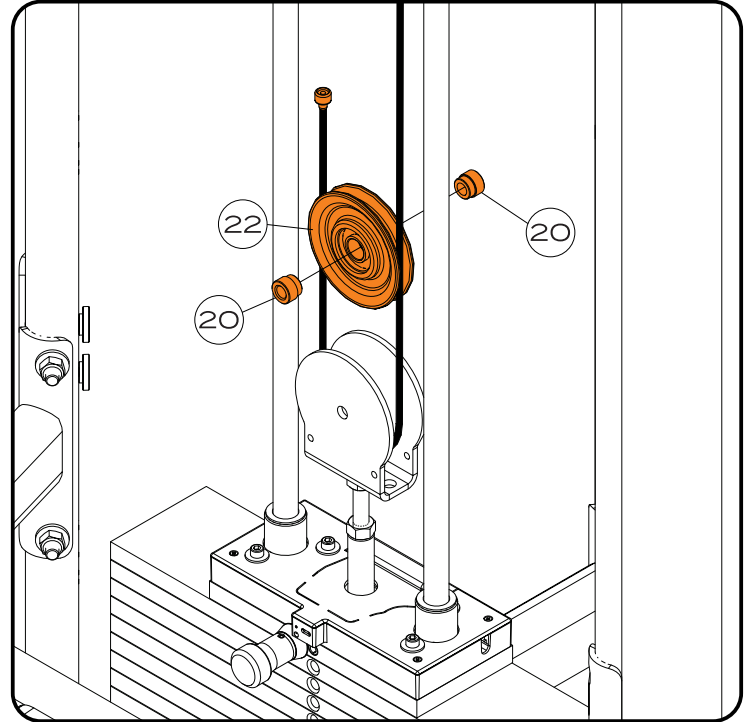
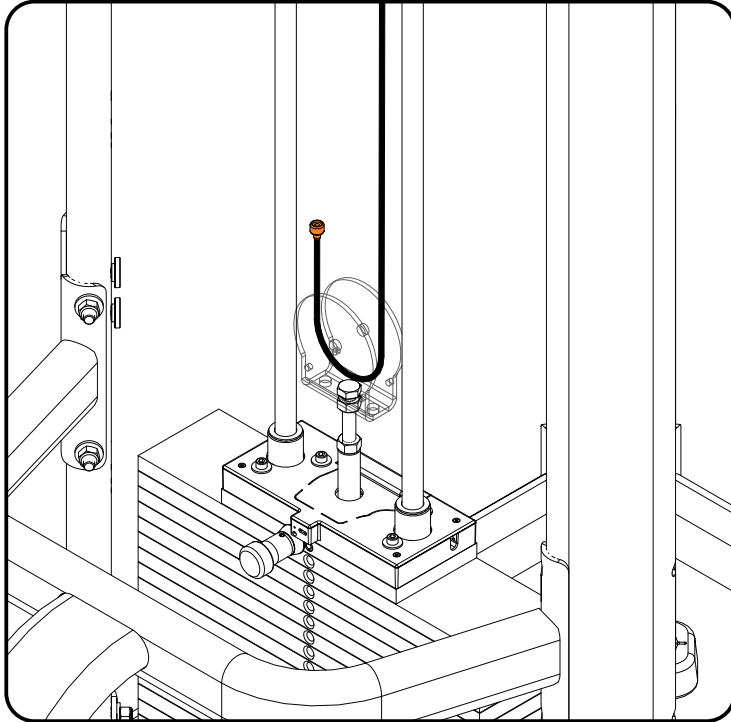




# ASSEMBLING THE EQUIPMENT

## STEP 30 - HIGH PULL ASSEMBLY

|    |                                                                                  |                                              |           |    |                                                                                   |                         |           |    |                                                                                     |                                              |           |
|----|----------------------------------------------------------------------------------|----------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|-------------------------|-----------|----|-------------------------------------------------------------------------------------|----------------------------------------------|-----------|
| 1  |  | NAME<br>Cyl. Head Bolt<br>Hex. Int. - M10X60 | Qty<br>1x | 2  |  | NAME<br>Flat washer Ø10 | Qty<br>2x | 5  |  | NAME<br>Hex Insert Nut Insert<br>Nylon - M10 | Qty<br>1x |
| 20 |   | NAME<br>Bushing                              | Qty<br>2x | 22 |  | NAME<br>Pulley          | Qty<br>1x | 47 |  | NAME<br>Hex Insert Nut Insert<br>Nylon - M5  | Qty<br>2x |
| 48 |  | NAME<br>Cyl. Head Bolt<br>Hex. Int. - M5X50  | Qty<br>2x |    |                                                                                   |                         |           |    |                                                                                     |                                              |           |



### WARNING!

Adjustment  
between the nuts,  
40 mm apart.

40 mm

### TOOLS



Allen n°4  
Allen n°8

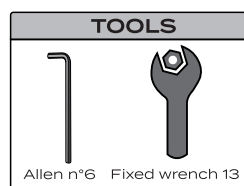
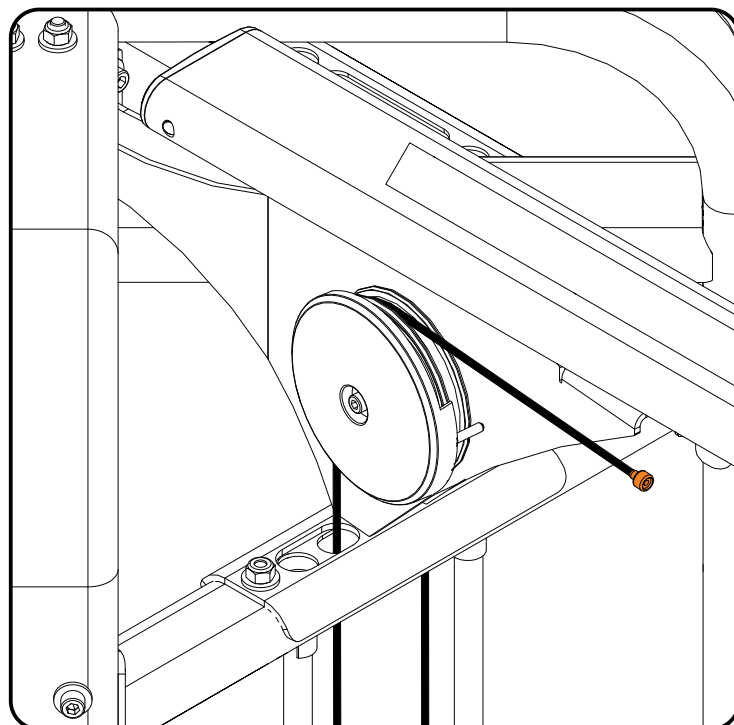
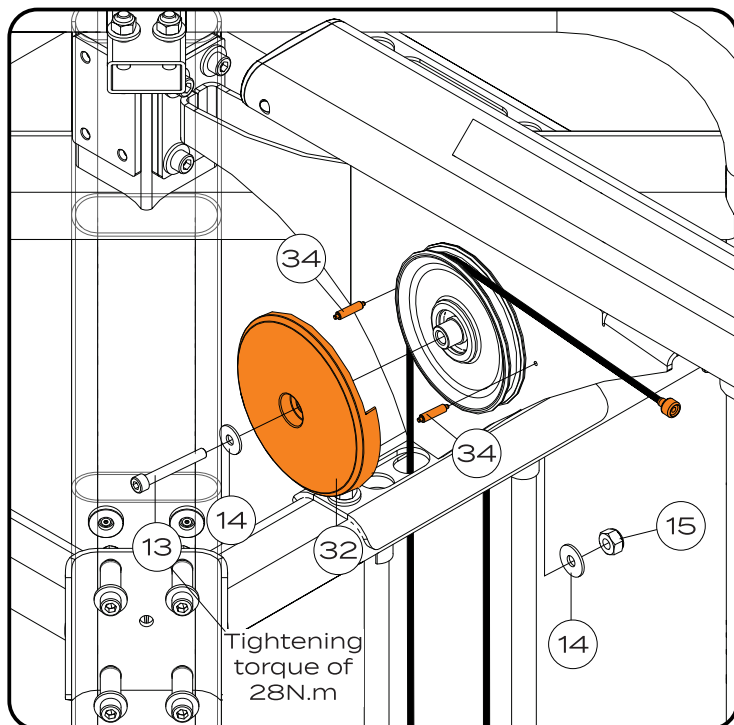
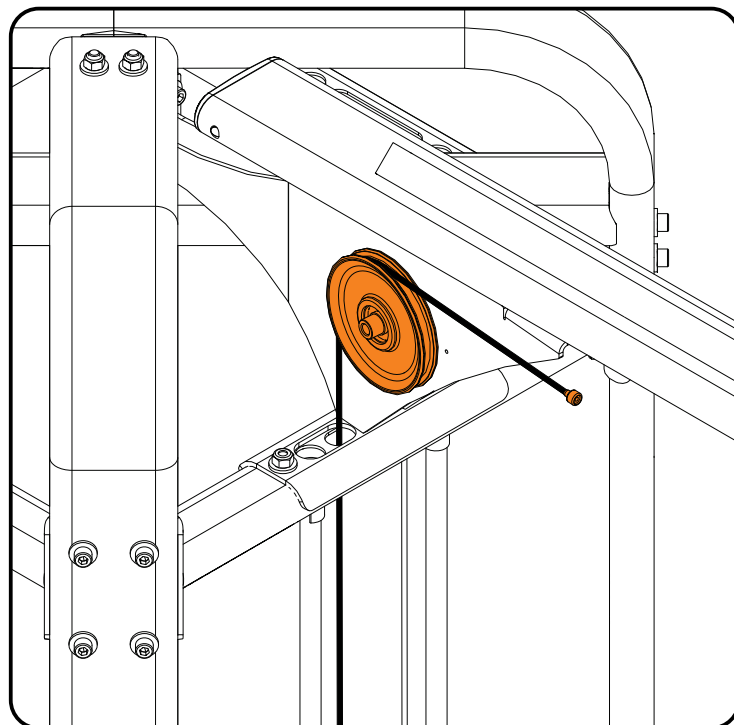
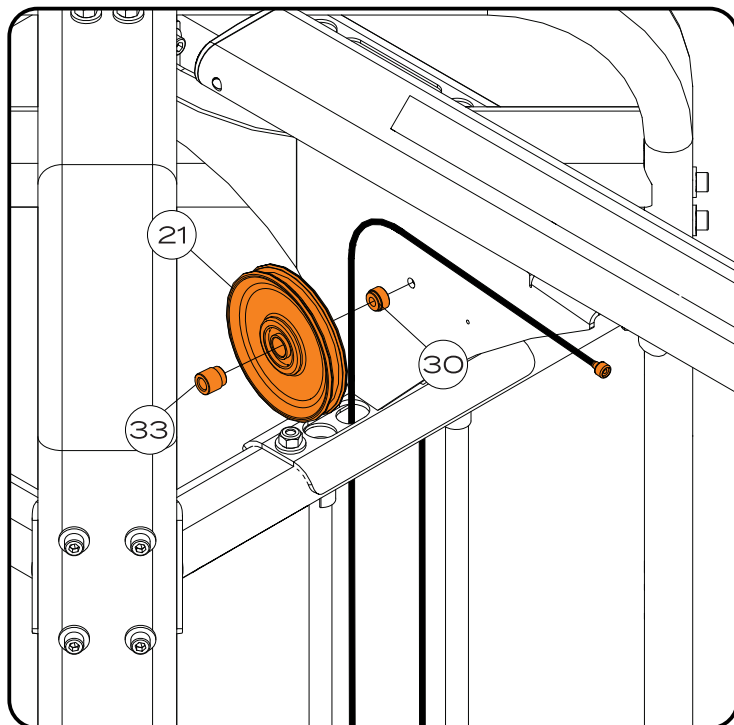
Fixed wrench 8  
Fixed wrench 17



# ASSEMBLING THE EQUIPMENT

## STEP 31 - HIGH PULL ASSEMBLY

|    |                                                                                  |                                             |           |    |                                                                                   |                        |           |    |                                                                                     |                                             |           |
|----|----------------------------------------------------------------------------------|---------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|------------------------|-----------|----|-------------------------------------------------------------------------------------|---------------------------------------------|-----------|
| 13 |  | NAME<br>Cyl. Head Bolt<br>Hex. Int. - M8X60 | Qty<br>1x | 14 |  | NAME<br>Flat washer Ø8 | Qty<br>2x | 15 |  | NAME<br>Hex Insert Nut Insert<br>Nylon - M8 | Qty<br>1x |
| 21 |  | NAME<br>Pulley                              | Qty<br>1x | 30 |  | NAME<br>Bushing        | Qty<br>1x | 32 |  | NAME<br>Pulley cover                        | Qty<br>1x |
| 33 |  | NAME<br>Bushing                             | Qty<br>1x | 34 |  | NAME<br>Cable lock     | Qty<br>2x |    |                                                                                     |                                             |           |

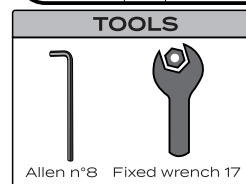
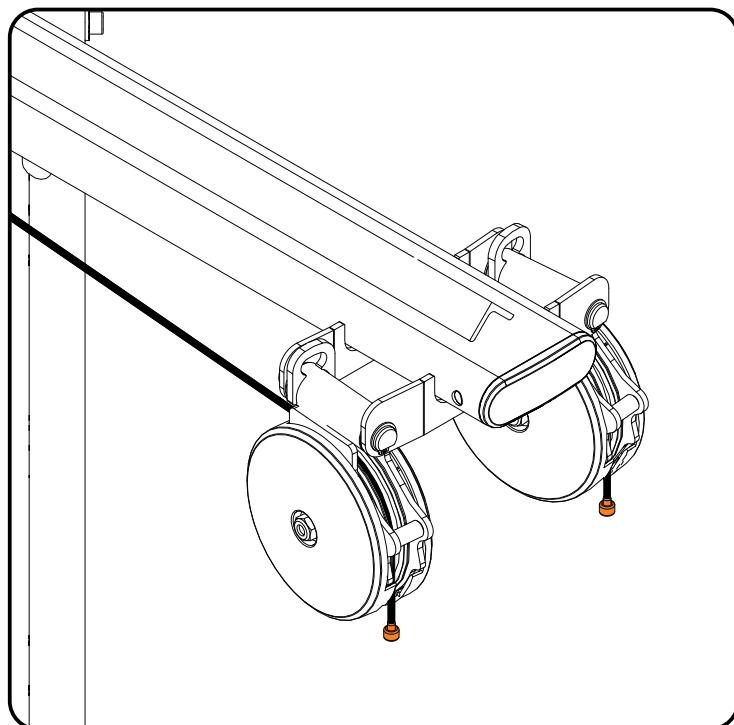
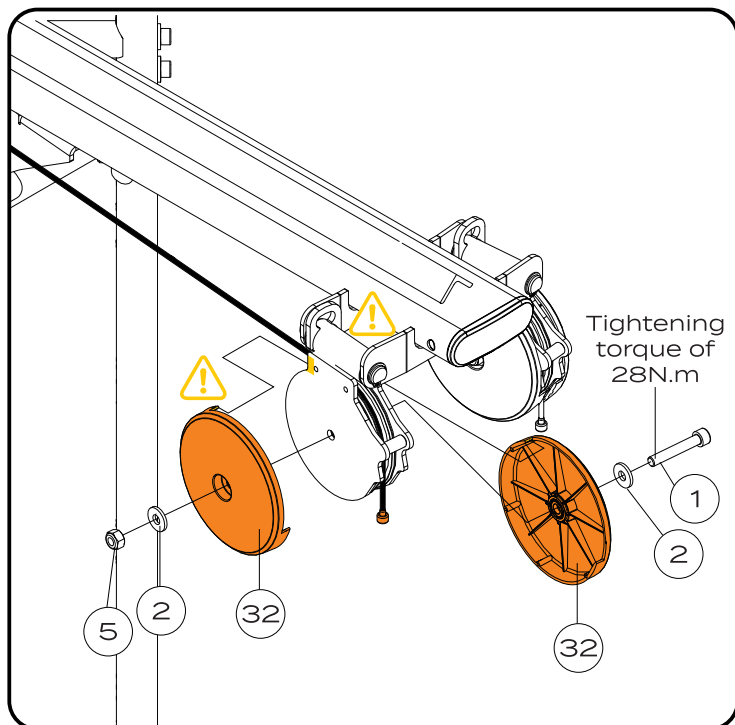
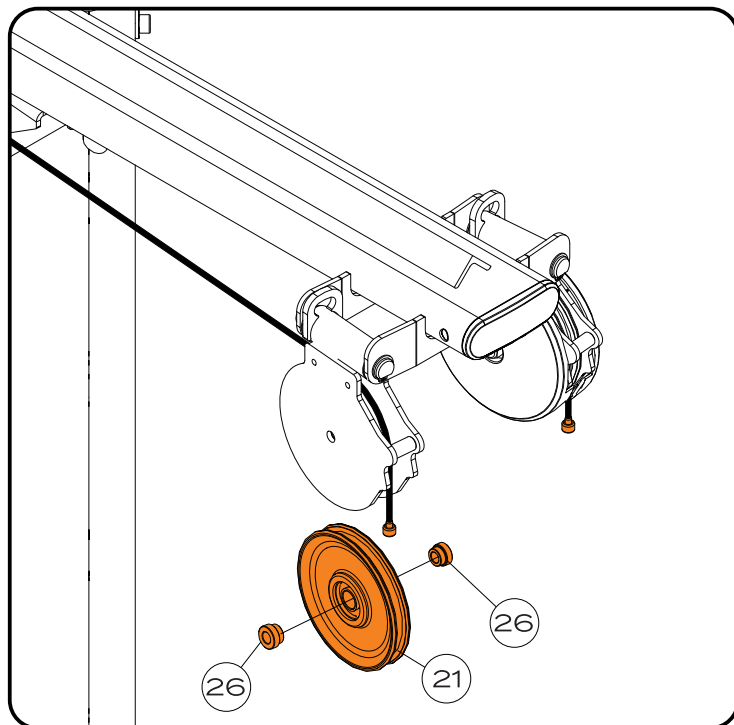
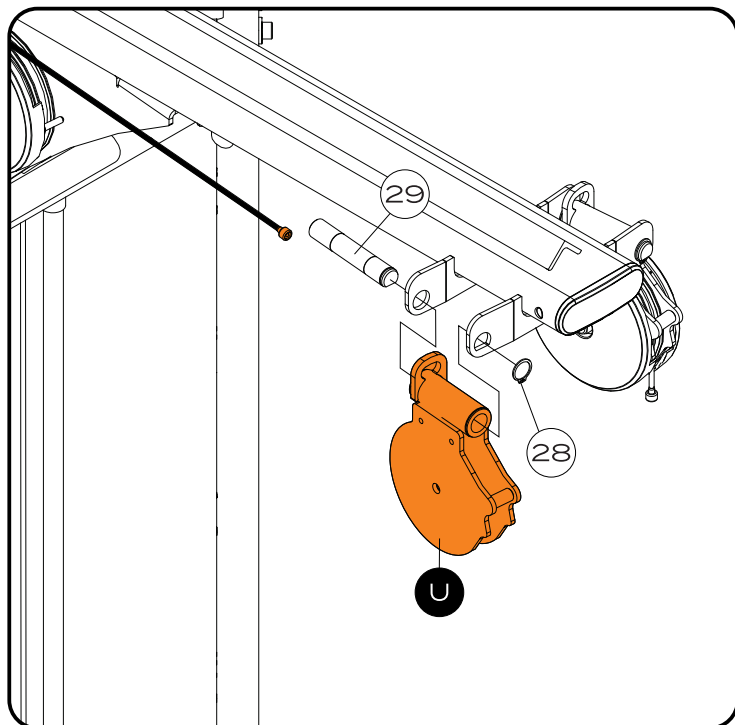




# ASSEMBLING THE EQUIPMENT

## STEP 32 - HIGH PULL ASSEMBLY

|           |                                                                                     |                                                     |                  |
|-----------|-------------------------------------------------------------------------------------|-----------------------------------------------------|------------------|
| <b>1</b>  |     | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M10X60 | <b>Qty</b><br>1x |
| <b>2</b>  |    | <b>NAME</b><br>Flat washer Ø10                      | <b>Qty</b><br>2x |
| <b>5</b>  |  | <b>NAME</b><br>Hex Insert Nut Insert<br>Nylon - M10 | <b>Qty</b><br>1x |
| <b>21</b> |     | <b>NAME</b><br>Pulley                               | <b>Qty</b><br>1x |
| <b>26</b> |    | <b>NAME</b><br>Bushing                              | <b>Qty</b><br>2x |
| <b>28</b> |  | <b>NAME</b><br>Elastic band                         | <b>Qty</b><br>1x |
| <b>29</b> |     | <b>NAME</b><br>Axis                                 | <b>Qty</b><br>1x |
| <b>32</b> |    | <b>NAME</b><br>Pulley cover                         | <b>Qty</b><br>2x |
| <b>U</b>  |  | <b>NAME</b><br>Pulley support                       |                  |
| <b>V</b>  |     | <b>NAME</b><br>High pull steel cable                |                  |



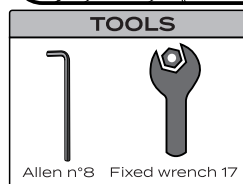
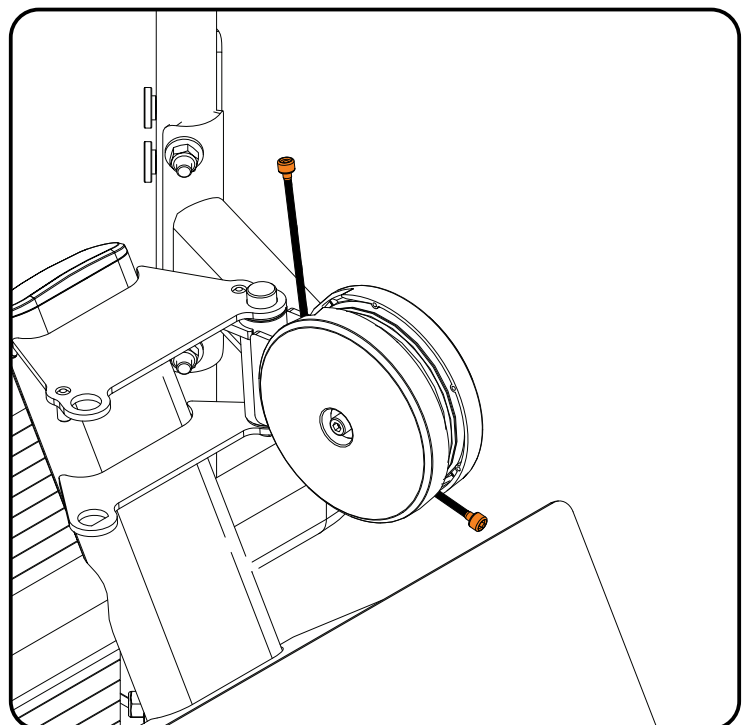
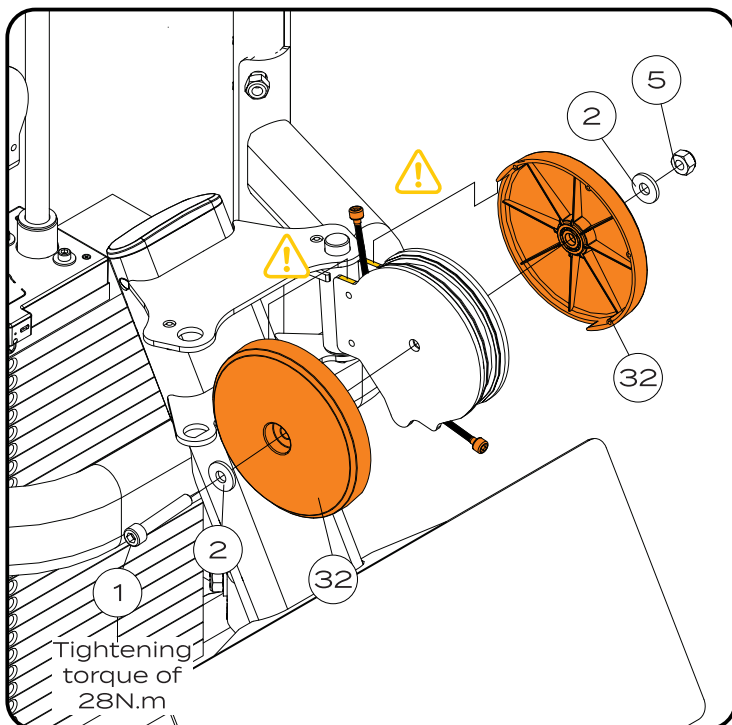
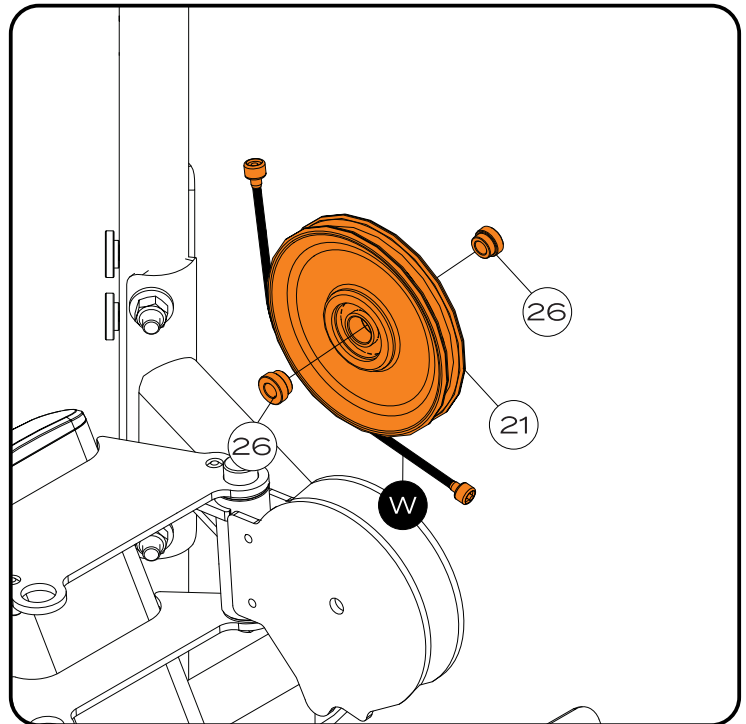
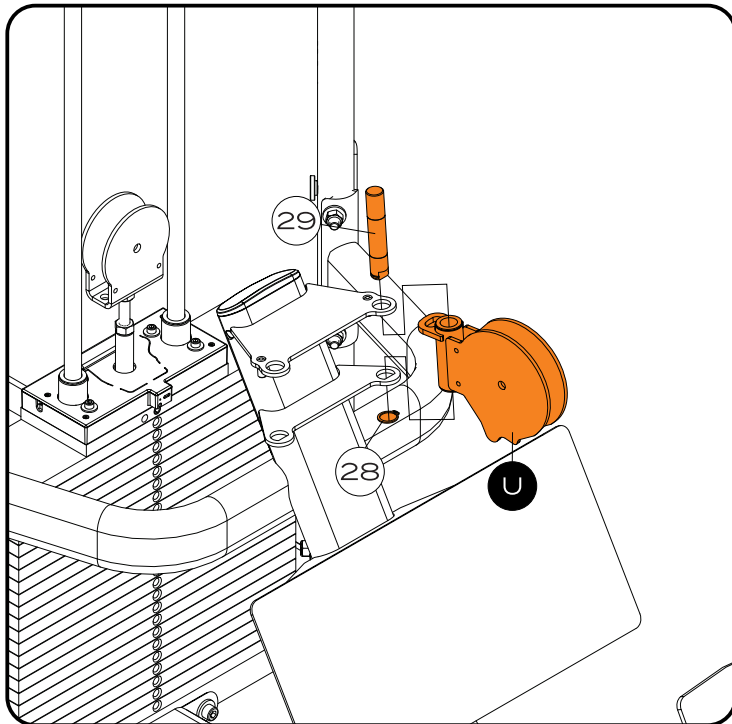
**WARNING!**

For the correct positioning of the pulley cover, the wall of the cutout must be flush against the side of the pulley support.

# ASSEMBLING THE EQUIPMENT

## STEP 33 - HIGH PULL ASSEMBLY

|           |                                                                                  |                                    |           |           |                                                                                   |                         |           |           |                                                                                     |                                              |           |
|-----------|----------------------------------------------------------------------------------|------------------------------------|-----------|-----------|-----------------------------------------------------------------------------------|-------------------------|-----------|-----------|-------------------------------------------------------------------------------------|----------------------------------------------|-----------|
| <b>1</b>  |  | NAME<br>Cyl.<br>Hex. Int. - M10X60 | Qty<br>1x | <b>2</b>  |  | NAME<br>Flat washer Ø10 | Qty<br>2x | <b>5</b>  |  | NAME<br>Hex Insert Nut Insert<br>Nylon - M10 | Qty<br>1x |
| <b>21</b> |  | NAME<br>Pulley                     | Qty<br>1x | <b>26</b> |  | NAME<br>Bushing         | Qty<br>2x | <b>28</b> |  | NAME<br>Elastic band                         | Qty<br>1x |
| <b>29</b> |  | NAME<br>Axis                       | Qty<br>1x | <b>32</b> |  | NAME<br>Pulley cover    | Qty<br>2x | <b>U</b>  |  | NAME<br>Pulley support                       |           |
| <b>W</b>  |  | NAME<br>Low pull steel cable       |           |           |                                                                                   |                         |           |           |                                                                                     |                                              |           |



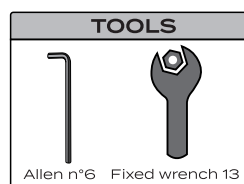
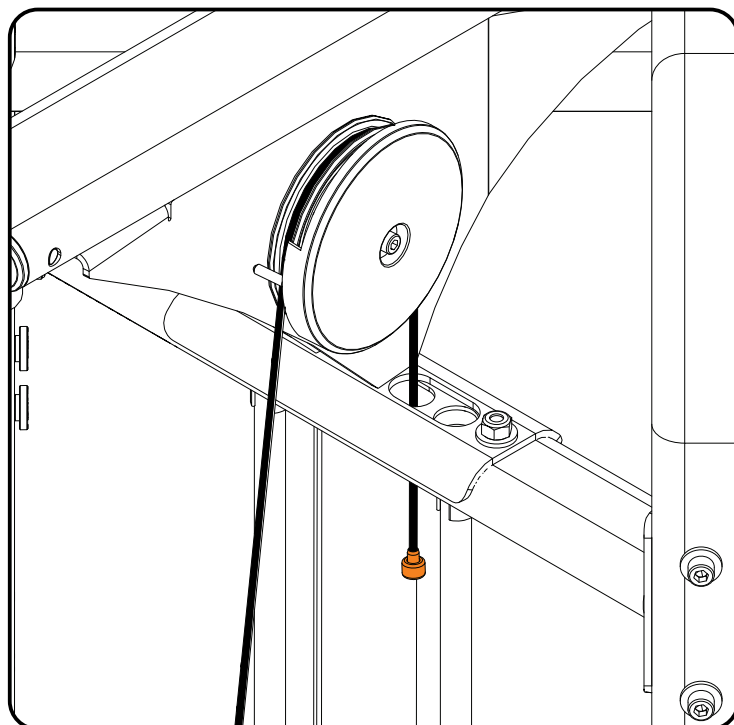
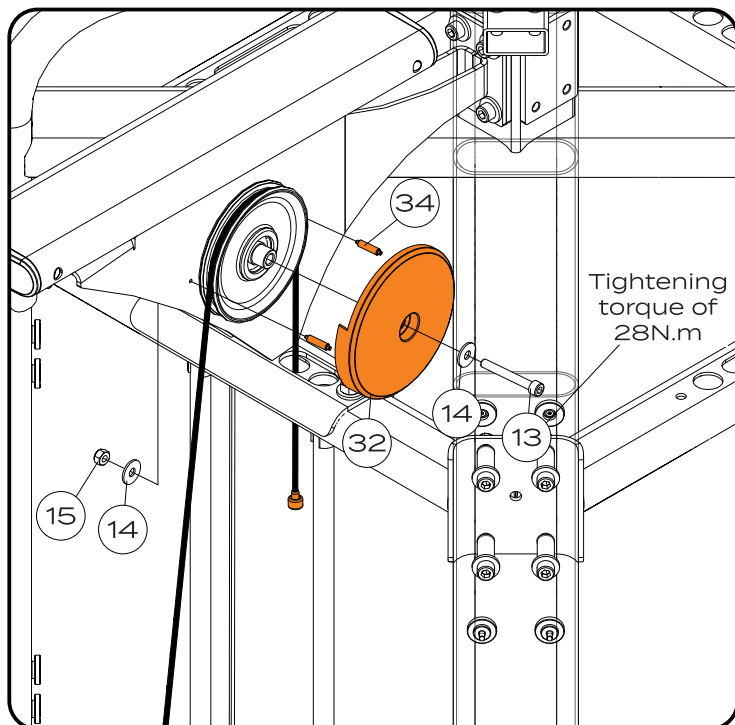
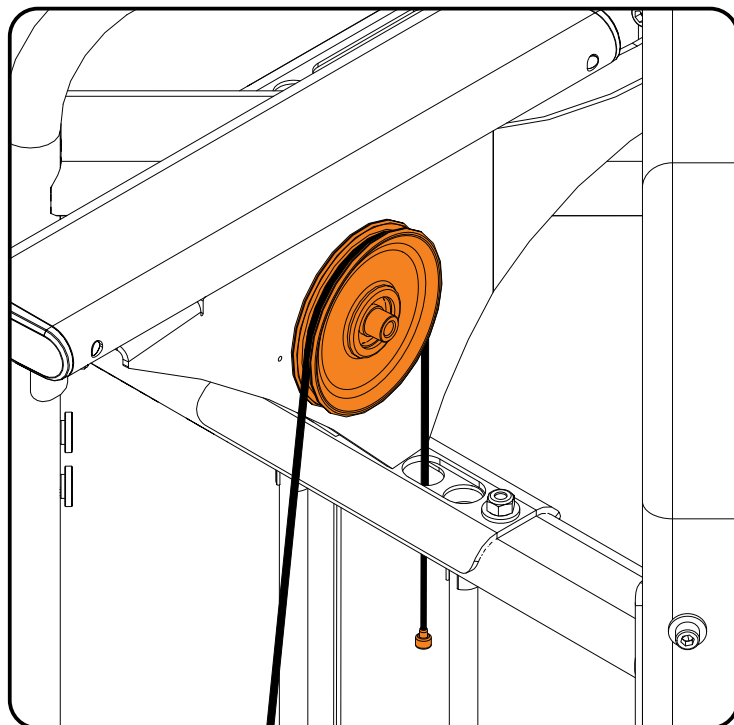
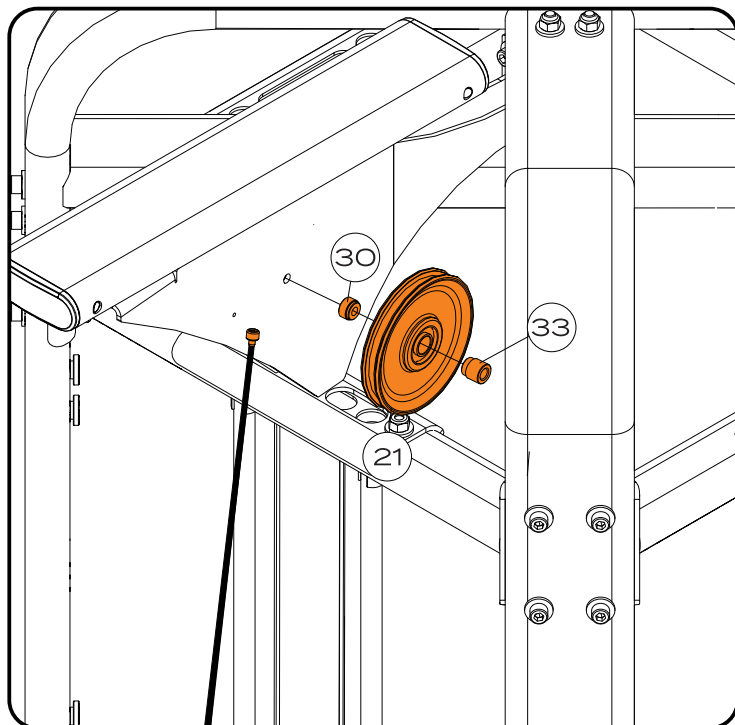
### WARNING!

For the correct positioning of the pulley cover, the wall of the cutout must be flush against the side of the pulley support.

# ASSEMBLING THE EQUIPMENT

## STEP 34 - HIGH PULL ASSEMBLY

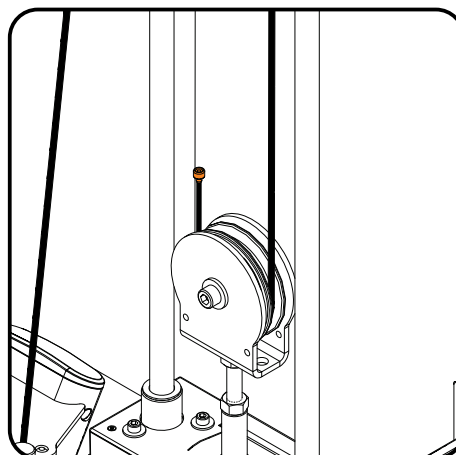
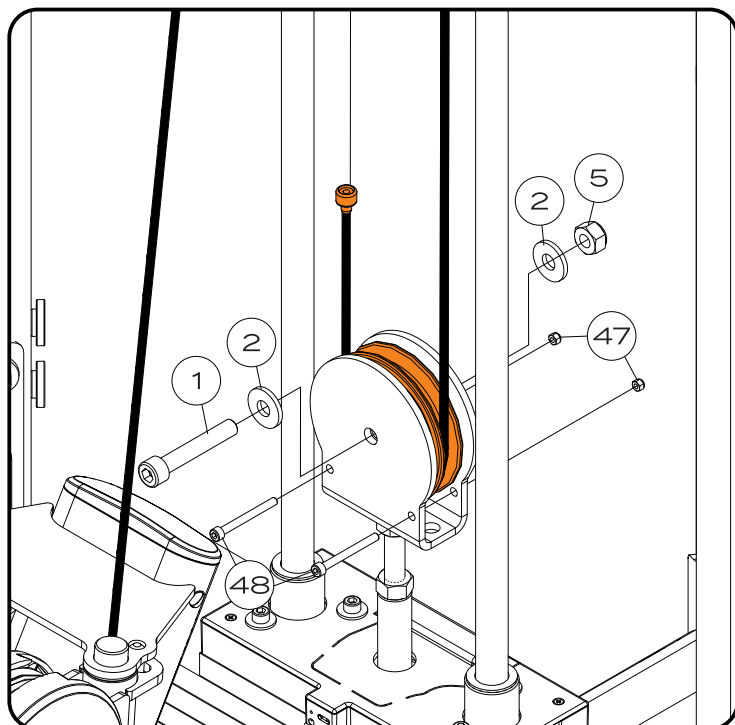
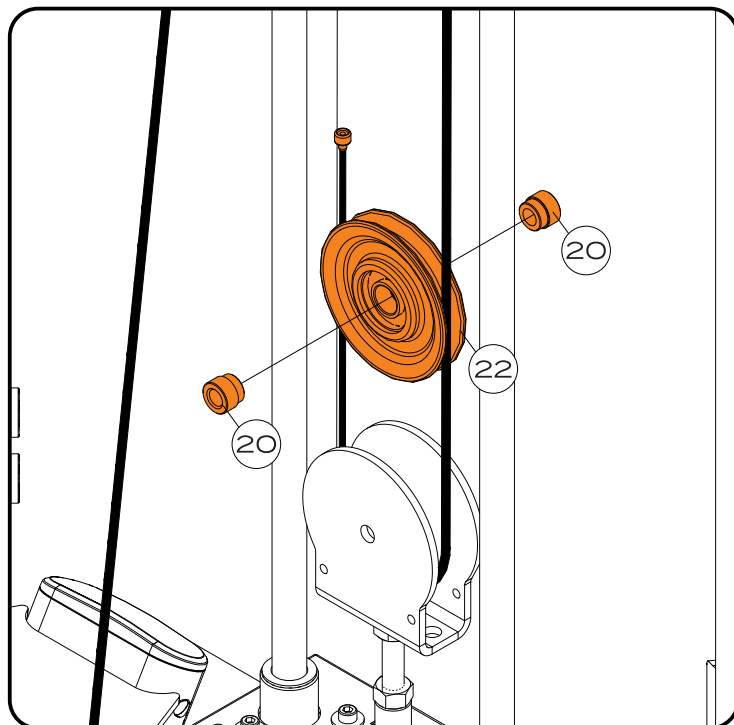
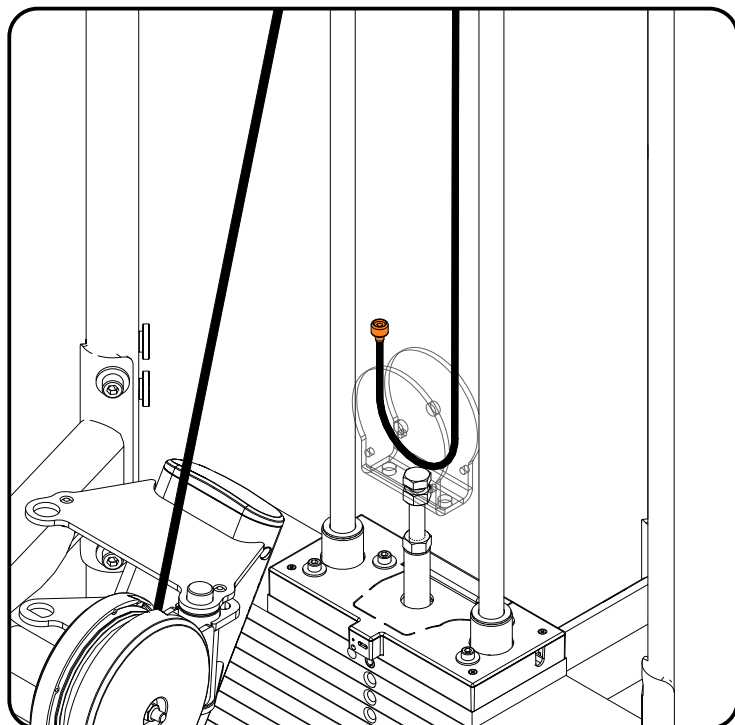
|    |                                                                                  |                                             |           |    |                                                                                   |                        |           |    |                                                                                     |                                             |           |
|----|----------------------------------------------------------------------------------|---------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|------------------------|-----------|----|-------------------------------------------------------------------------------------|---------------------------------------------|-----------|
| 13 |  | NAME<br>Cyl. Head Bolt<br>Hex. Int. - M8X60 | Qty<br>1x | 14 |  | NAME<br>Flat washer Ø8 | Qty<br>2x | 15 |  | NAME<br>Hex Insert Nut Insert<br>Nylon - M8 | Qty<br>1x |
| 21 |  | NAME<br>Pulley                              | Qty<br>1x | 30 |  | NAME<br>Bushing        | Qty<br>1x | 32 |  | NAME<br>Pulley cover                        | Qty<br>1x |
| 33 |  | NAME<br>Bushing                             | Qty<br>1x | 34 |  | NAME<br>Cable lock     | Qty<br>2x |    |                                                                                     |                                             |           |



# ASSEMBLING THE EQUIPMENT

## STEP 35 - HIGH PULL ASSEMBLY

|    |                                                     |           |                                                                                                                              |           |                                                                                                                                                     |           |
|----|-----------------------------------------------------|-----------|------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| 1  | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M10X60 | Qty<br>1x | <b>2</b><br> <b>NAME</b><br>Flat washer Ø10 | Qty<br>2x | <b>5</b><br> <b>NAME</b><br>Hex Insert Nut Insert<br>Nylon - M10 | Qty<br>1x |
| 20 | <b>NAME</b><br>Bushing                              | Qty<br>2x | <b>22</b><br> <b>NAME</b><br>Pulley         | Qty<br>1x | <b>47</b><br> <b>NAME</b><br>Hex Insert Nut Insert<br>Nylon - M5 | Qty<br>2x |
| 48 | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M5X50  | Qty<br>2x |                                                                                                                              |           |                                                                                                                                                     |           |



**WARNING!**  
Adjustment  
between the nuts,  
40 mm apart.

40 mm

### TOOLS



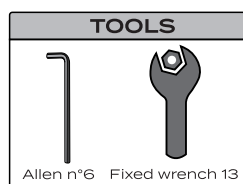
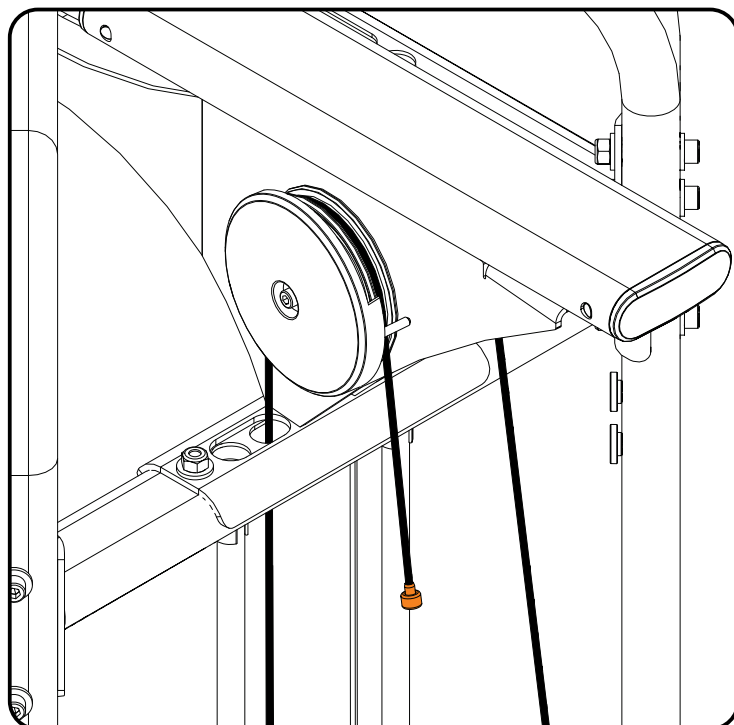
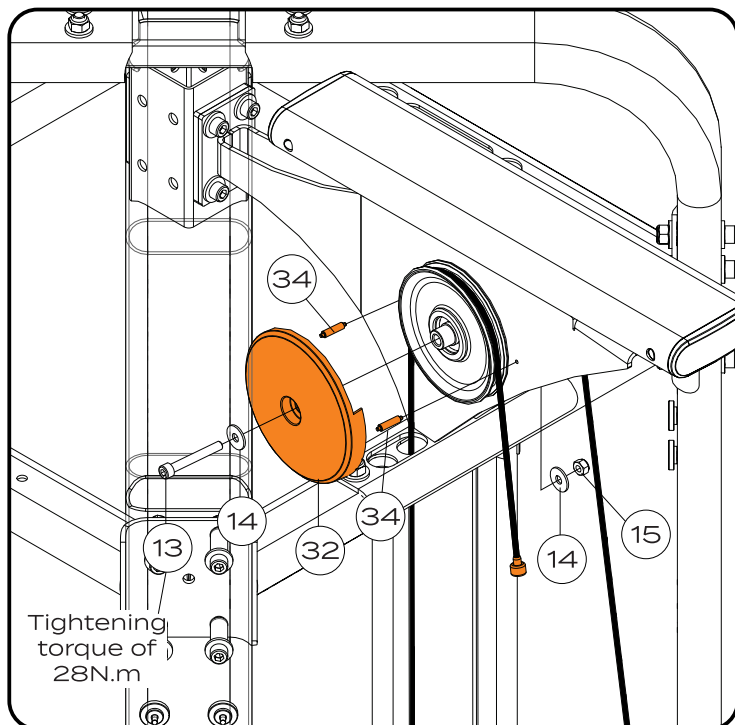
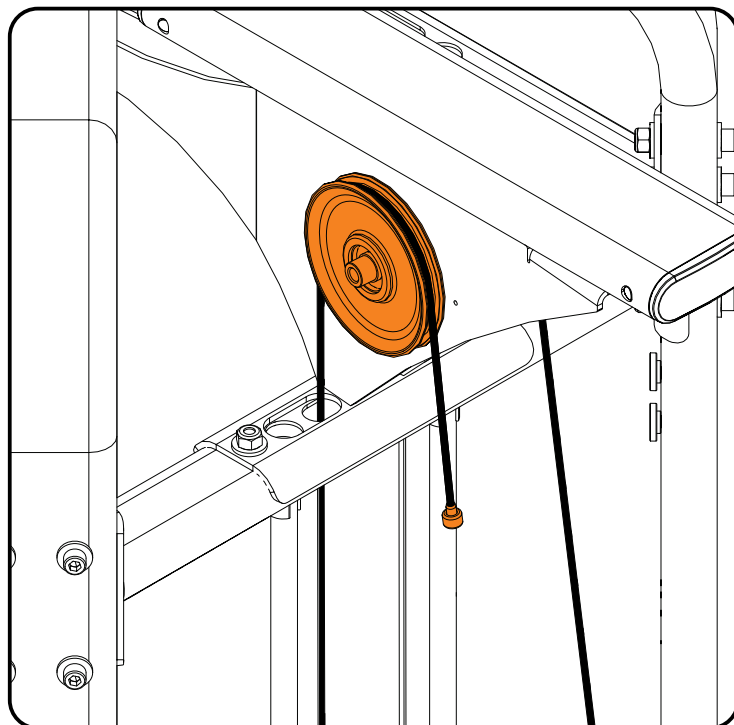
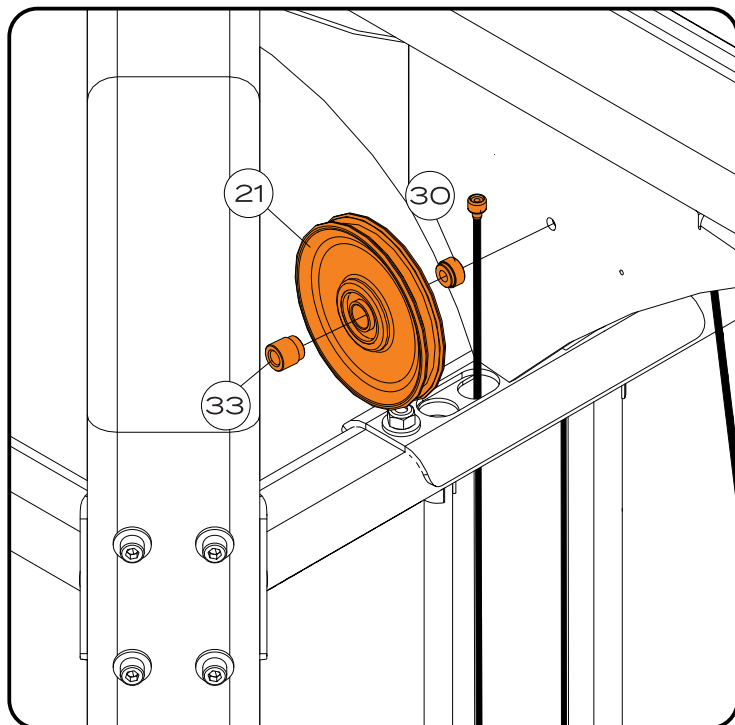
Allen n°4 Fixed wrench 8  
Allen n°8 Fixed wrench 17



# ASSEMBLING THE EQUIPMENT

## STEP 36 - HIGH PULL ASSEMBLY

|    |                                                                                  |                                             |           |    |                                                                                   |                        |           |    |                                                                                     |                                             |           |
|----|----------------------------------------------------------------------------------|---------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|------------------------|-----------|----|-------------------------------------------------------------------------------------|---------------------------------------------|-----------|
| 13 |  | NAME<br>Cyl. Head Bolt<br>Hex. Int. - M8X60 | Qty<br>1x | 14 |  | NAME<br>Flat washer Ø8 | Qty<br>2x | 15 |  | NAME<br>Hex Insert Nut Insert<br>Nylon - M8 | Qty<br>1x |
| 21 |  | NAME<br>Pulley                              | Qty<br>1x | 30 |  | NAME<br>Bushing        | Qty<br>1x | 32 |  | NAME<br>Pulley cover                        | Qty<br>1x |
| 33 |  | NAME<br>Bushing                             | Qty<br>1x | 34 |  | NAME<br>Cable lock     | Qty<br>2x |    |                                                                                     |                                             |           |

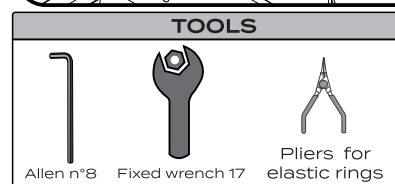
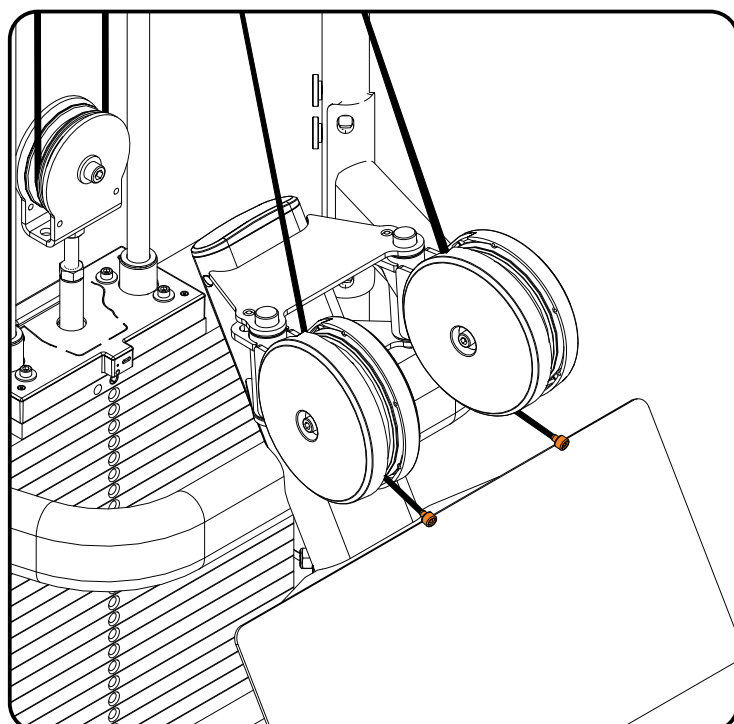
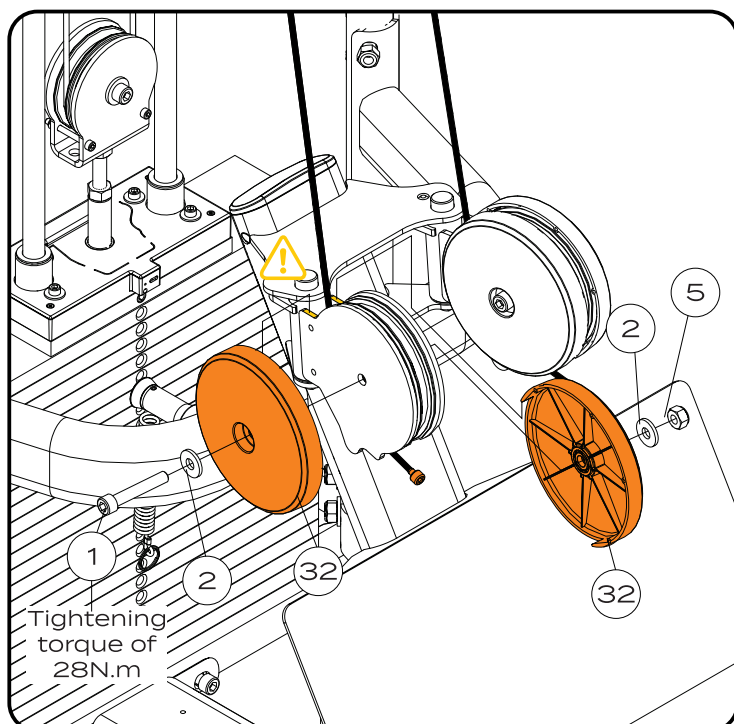
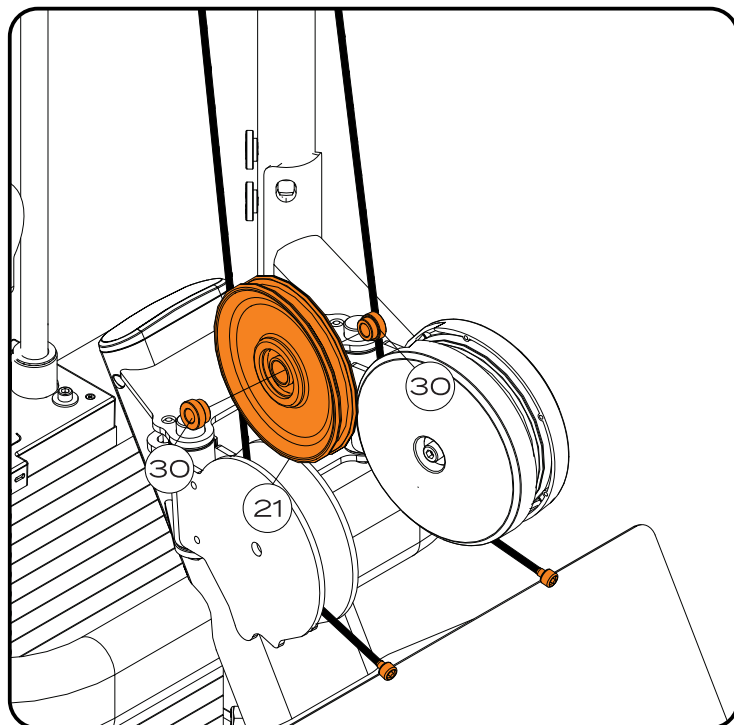
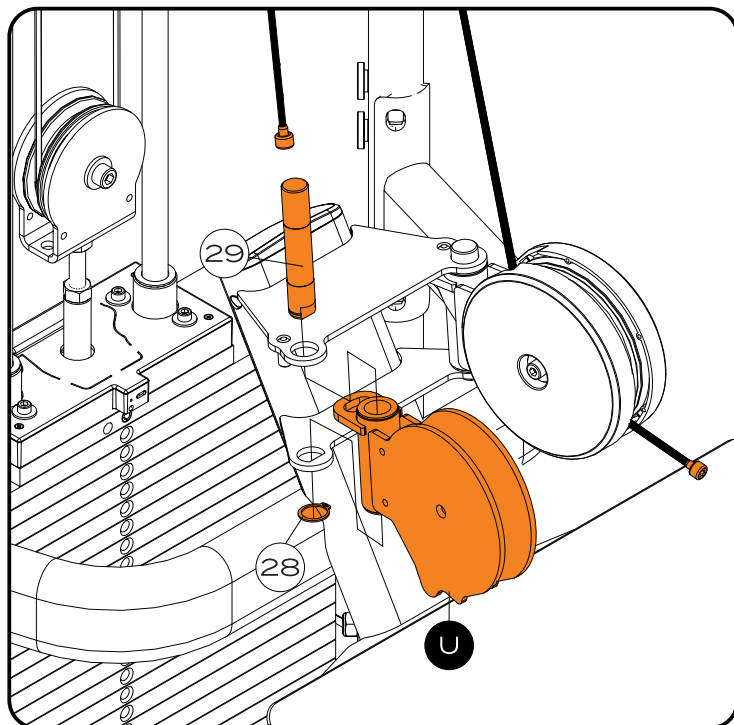




# ASSEMBLING THE EQUIPMENT

## STEP 37 - HIGH PULL ASSEMBLY

|           |                                                                                  |                                                     |                  |           |                                                                                   |                                |                  |           |                                                                                     |                                                     |                  |
|-----------|----------------------------------------------------------------------------------|-----------------------------------------------------|------------------|-----------|-----------------------------------------------------------------------------------|--------------------------------|------------------|-----------|-------------------------------------------------------------------------------------|-----------------------------------------------------|------------------|
| <b>1</b>  |  | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M10X60 | <b>Qty</b><br>1x | <b>2</b>  |  | <b>NAME</b><br>Flat washer Ø10 | <b>Qty</b><br>2x | <b>5</b>  |  | <b>NAME</b><br>Hex Insert Nut Insert<br>Nylon - M10 | <b>Qty</b><br>1x |
| <b>21</b> |  | <b>NAME</b><br>Pulley                               | <b>Qty</b><br>1x | <b>26</b> |  | <b>NAME</b><br>Bushing         | <b>Qty</b><br>2x | <b>28</b> |  | <b>NAME</b><br>Elastic band                         | <b>Qty</b><br>1x |
| <b>29</b> |  | <b>NAME</b><br>Axis                                 | <b>Qty</b><br>1x | <b>32</b> |  | <b>NAME</b><br>Pulley cover    | <b>Qty</b><br>2x | <b>U</b>  |  | <b>NAME</b><br>Pulley support                       |                  |



### WARNING!

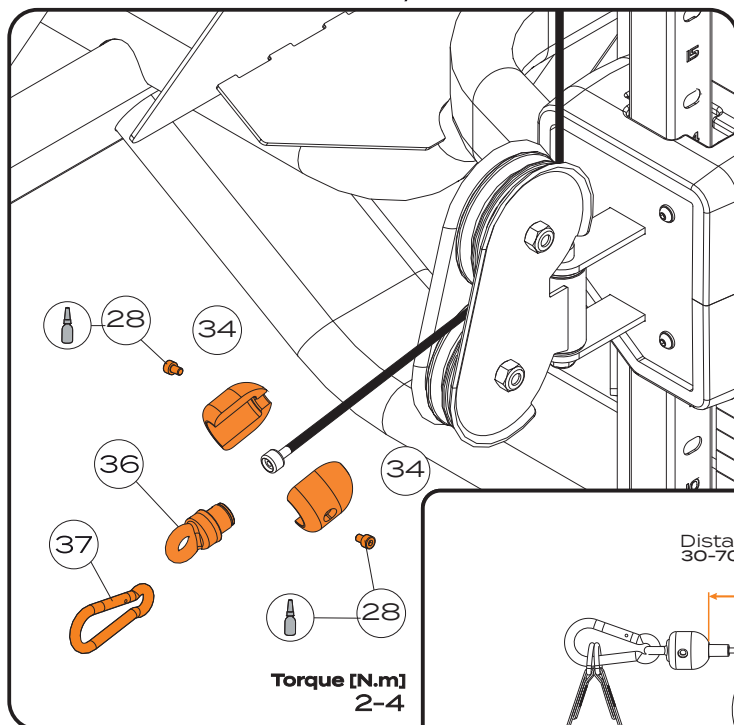
For the correct positioning of the pulley cover, the wall of the cutout must be flush against the side of the pulley support.

# ASSEMBLING THE EQUIPMENT

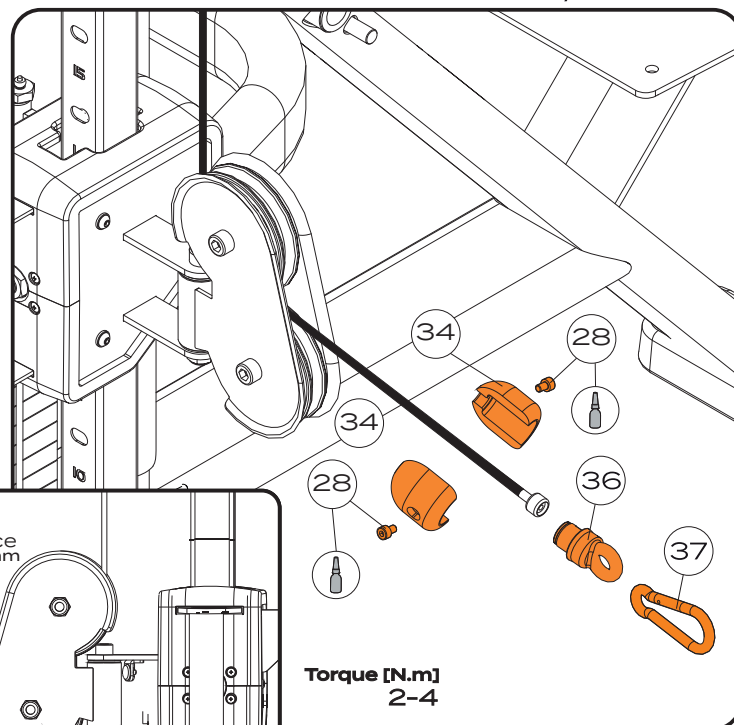
## STEP 38

|    |                          |           |    |                              |            |    |                    |           |
|----|--------------------------|-----------|----|------------------------------|------------|----|--------------------|-----------|
| 28 | NOME<br>Head Bolt M4 x 6 | Qtd<br>4x | 34 | NOME<br>Rubber tip bipartite | Qtd<br>12x | 36 | NOME<br>Handle tip | Qtd<br>6x |
| 37 | NOME<br>Carabiner        | Qtd<br>6x |    |                              |            |    |                    |           |

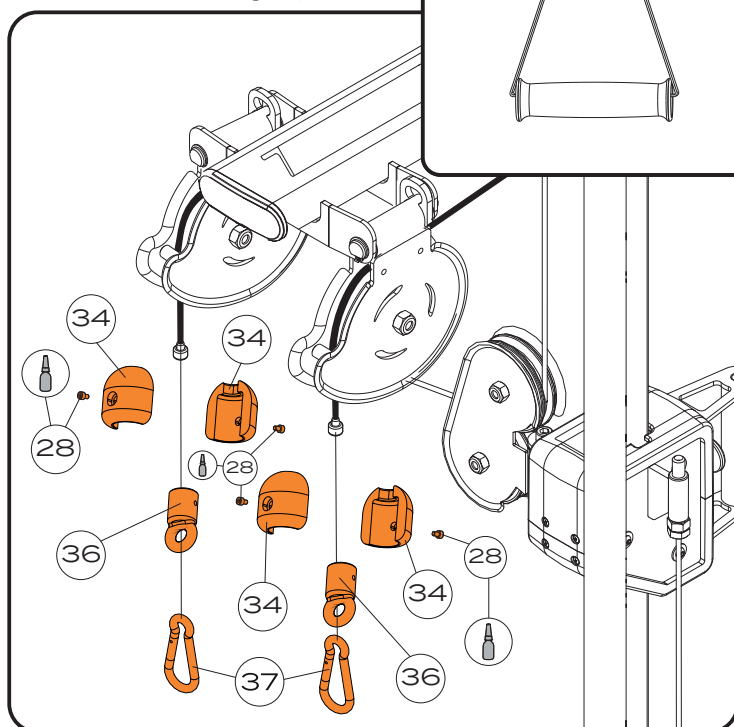
Pulley 1



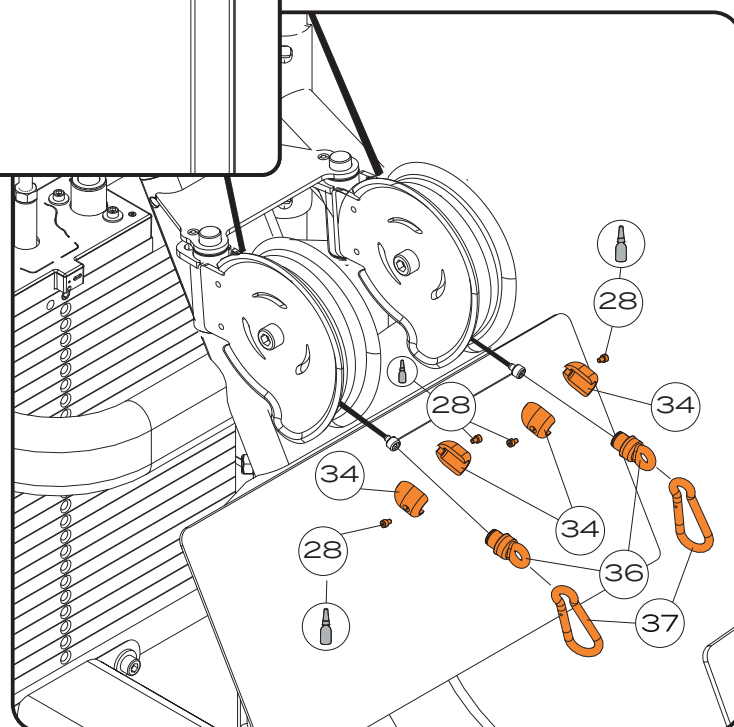
Pulley 2



High pull

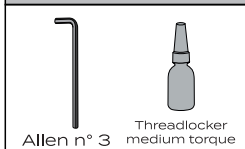


Low pull



Distance  
30-70mm

### FERRAMENTAS

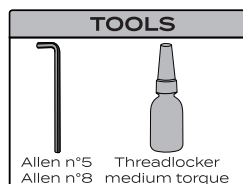
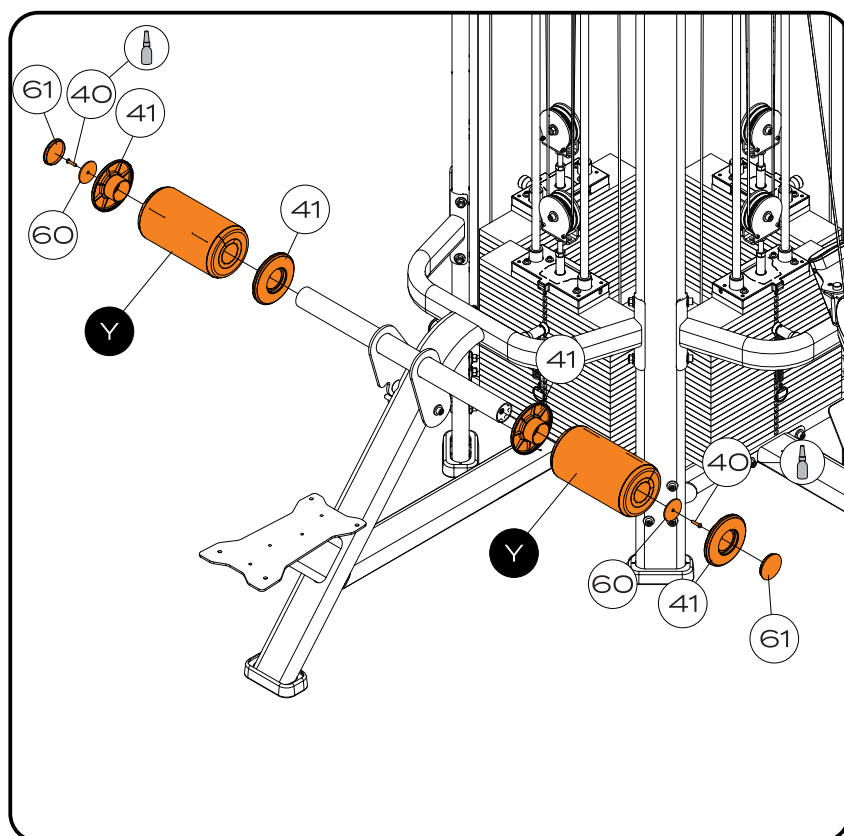
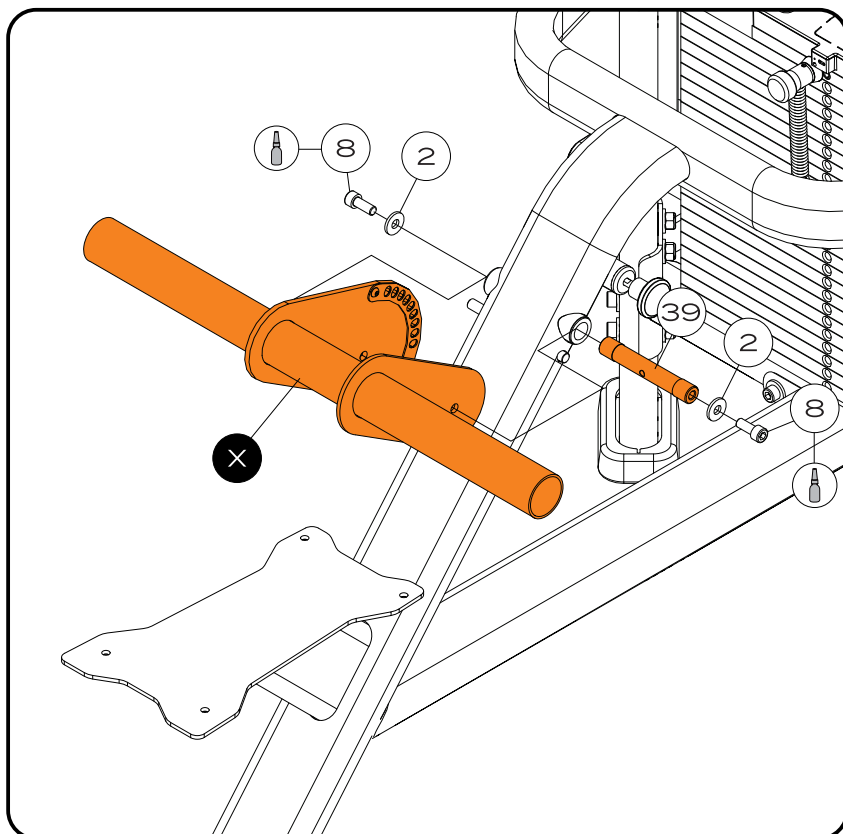




# ASSEMBLING THE EQUIPMENT

## STEP 39

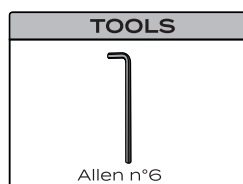
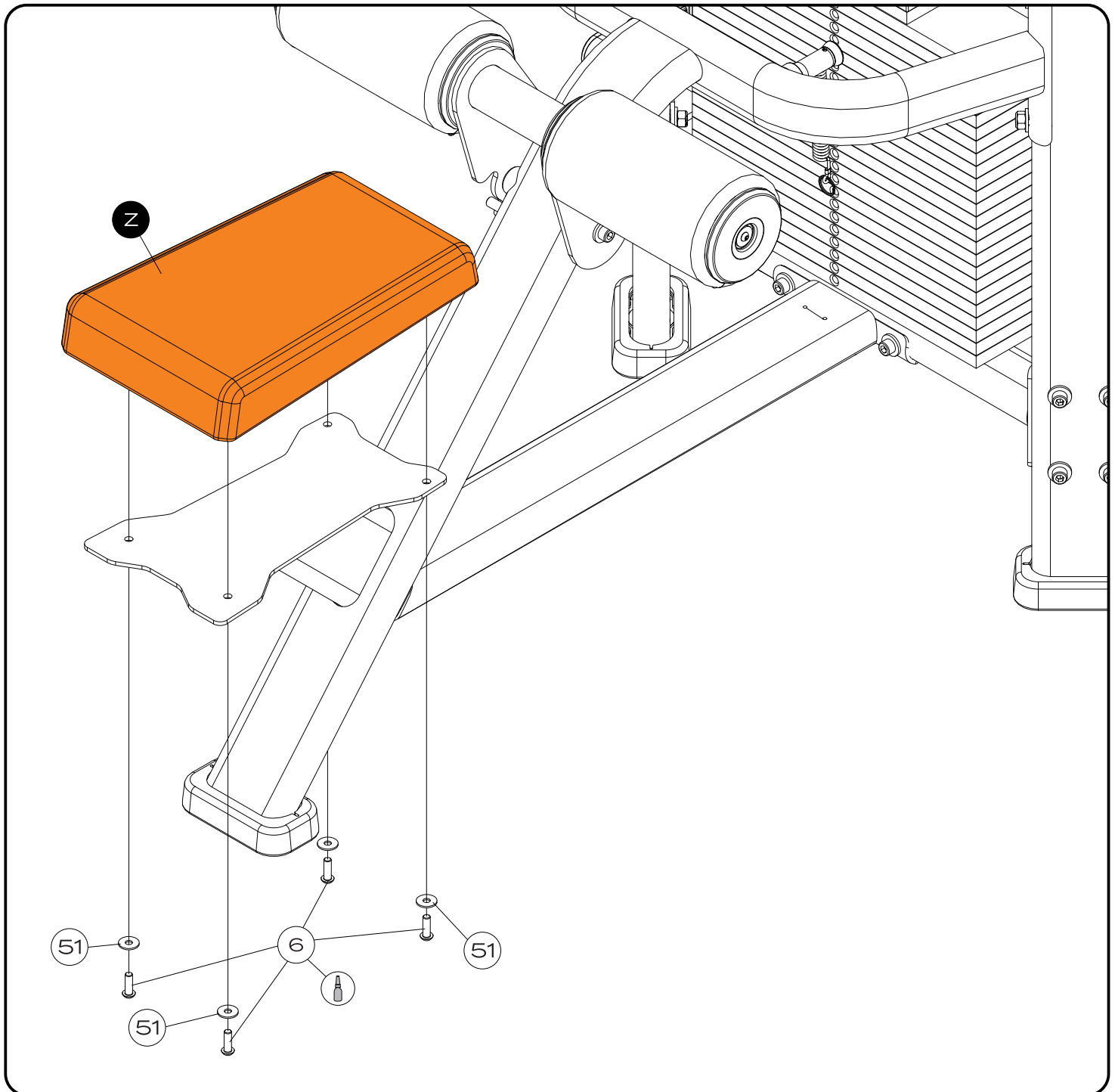
|           |                                                |                  |           |                                                     |                  |           |                              |                  |
|-----------|------------------------------------------------|------------------|-----------|-----------------------------------------------------|------------------|-----------|------------------------------|------------------|
| <b>2</b>  | <b>NAME</b><br>Flat washer Ø10                 | <b>Qty</b><br>2x | <b>8</b>  | <b>NAME</b><br>Cyl. Head Bolt<br>Hex. Int. - M10X25 | <b>Qty</b><br>2x | <b>39</b> | <b>NAME</b><br>Axis          | <b>Qty</b><br>1x |
| <b>40</b> | <b>NAME</b><br>Cyl. Head<br>Screw Int. - M6X25 | <b>Qty</b><br>2x | <b>41</b> | <b>NAME</b><br>Roller Guard                         | <b>Qty</b><br>2x | <b>60</b> | <b>NAME</b><br>Roller washer | <b>Qty</b><br>2x |
| <b>61</b> | <b>NAME</b><br>Roller cover                    | <b>Qty</b><br>2x | <b>X</b>  | <b>NAME</b><br>Leg rest support                     |                  | <b>Y</b>  | <b>NAME</b><br>Leg padding   |                  |



# ASSEMBLING THE EQUIPMENT

## STEP 40

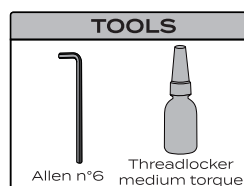
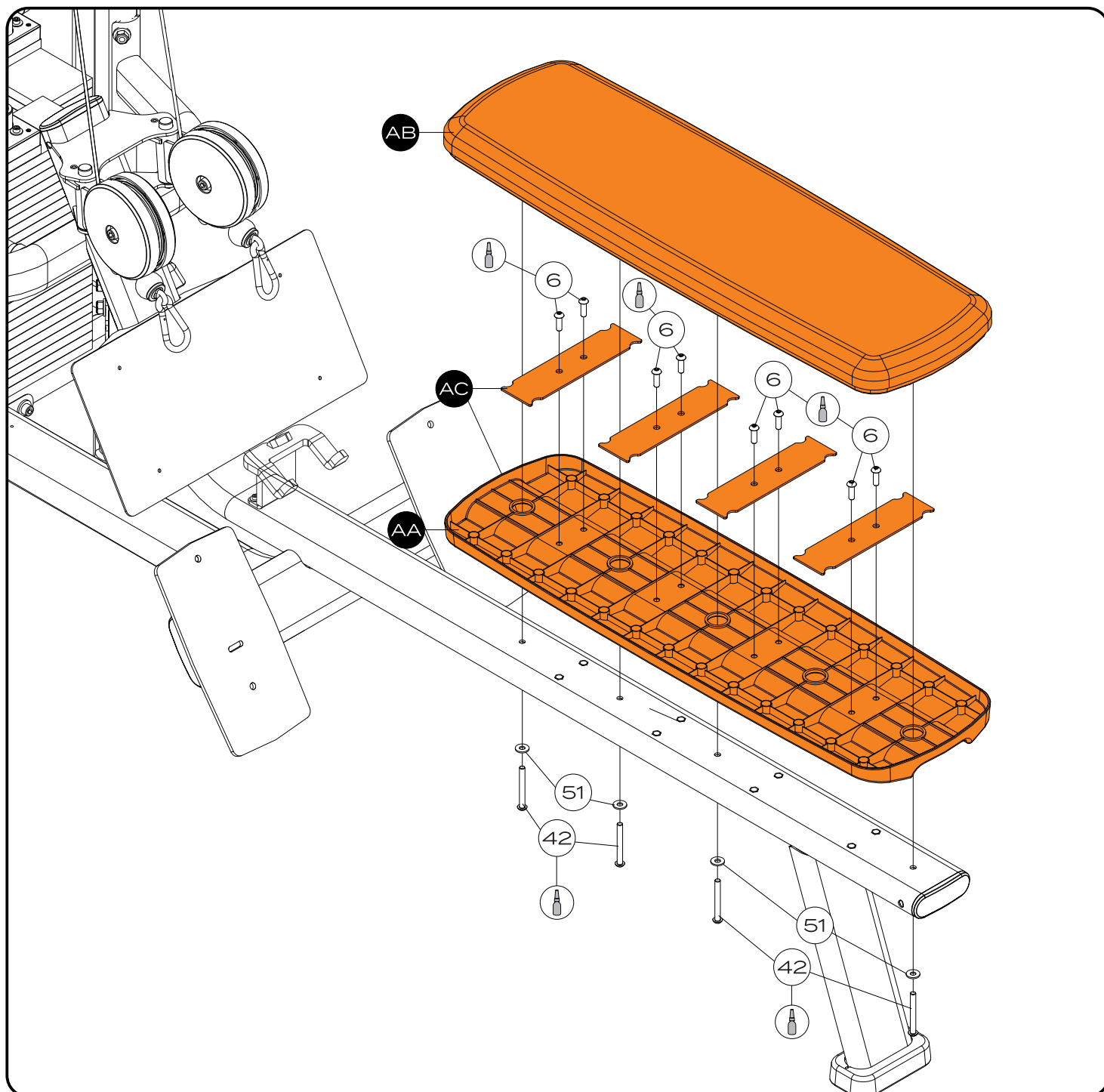
|          |                                                                                  |                                                |                  |           |                                                                                   |                               |                  |          |                                                                                     |                             |
|----------|----------------------------------------------------------------------------------|------------------------------------------------|------------------|-----------|-----------------------------------------------------------------------------------|-------------------------------|------------------|----------|-------------------------------------------------------------------------------------|-----------------------------|
| <b>6</b> |  | <b>NAME</b><br>Cyl. Head<br>Screw Int. - M8X25 | <b>Qty</b><br>4x | <b>51</b> |  | <b>NAME</b><br>Flat washer Ø8 | <b>Qty</b><br>1x | <b>Z</b> |  | <b>NAME</b><br>Seat padding |
|----------|----------------------------------------------------------------------------------|------------------------------------------------|------------------|-----------|-----------------------------------------------------------------------------------|-------------------------------|------------------|----------|-------------------------------------------------------------------------------------|-----------------------------|



# ASSEMBLING THE EQUIPMENT

## STEP 41

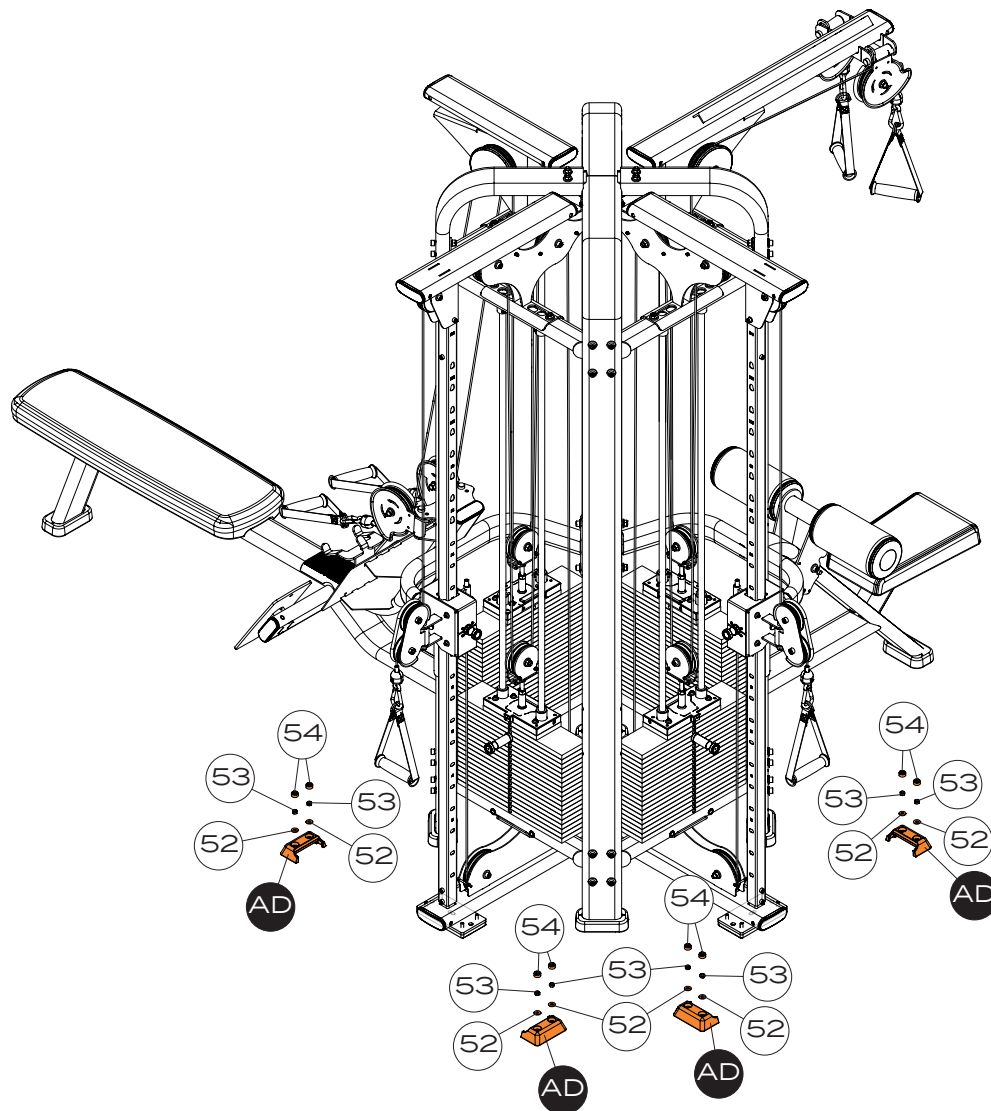
|           |                                                                                     |                                                |                  |
|-----------|-------------------------------------------------------------------------------------|------------------------------------------------|------------------|
| <b>6</b>  |     | <b>NAME</b><br>Cyl. Head<br>Screw Int. - M8X25 | <b>Qty</b><br>8x |
| <b>42</b> |    | <b>NAME</b><br>Cyl. Head<br>Screw Int. - M8X70 | <b>Qty</b><br>4x |
| <b>51</b> |  | <b>NAME</b><br>Flat washer Ø8                  | <b>Qty</b><br>4x |
| <b>AA</b> |     | <b>NAME</b><br>Padding cover                   |                  |
| <b>AB</b> |    | <b>NAME</b><br>Seat padding                    |                  |
| <b>AC</b> |  | <b>NAME</b><br>Mounting plate                  |                  |



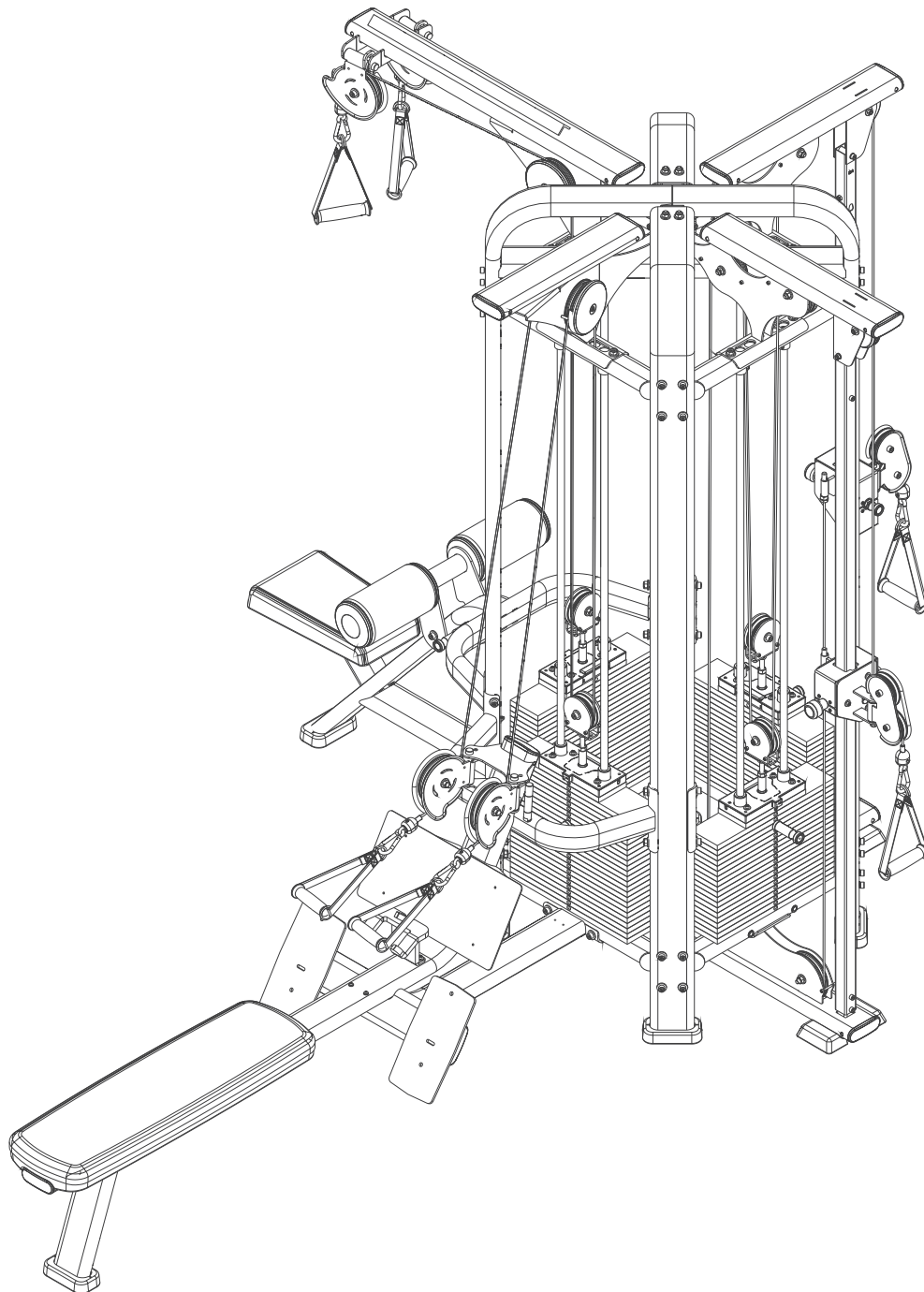
# ASSEMBLING THE EQUIPMENT

## STEP 42

| AD                                                                               | NAME                            | 52                                                                                | NOME                         | Qty. | 53                                                                                  | NOME          | Qty. |
|----------------------------------------------------------------------------------|---------------------------------|-----------------------------------------------------------------------------------|------------------------------|------|-------------------------------------------------------------------------------------|---------------|------|
|  | Cover base                      |  | Flat washer -<br>Ø 8,40X20X2 | 8x   |  | Hex nut<br>M8 | 8x   |
|  | Protective plug for<br>M8 screw | Qty.                                                                              |                              | 8x   |                                                                                     |               |      |

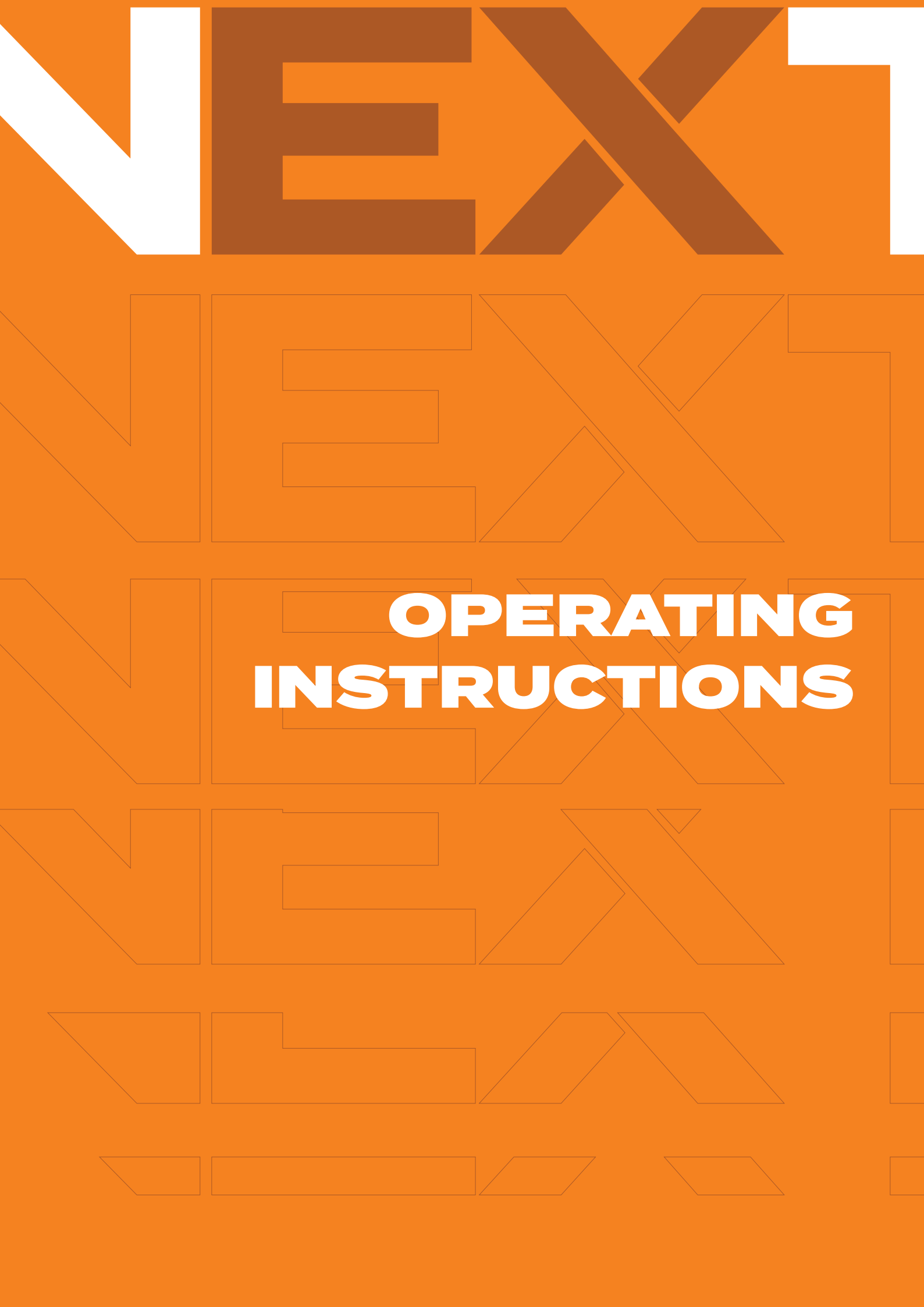


# ASSEMBLING THE EQUIPMENT



**CONGRATULATIONS! YOU HAVE FINISHED ASSEMBLING THE EQUIPMENT.**

Before you start your workout, LEVEL the equipment with the floor and check if all bolts have been tightened. See the chapter on operating instructions before using the equipment.



# **OPERATING INSTRUCTIONS**

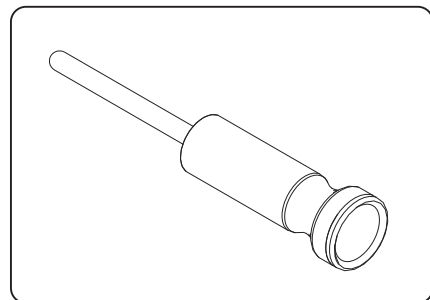
# OPERATING INSTRUCTIONS

## SELECTOR PIN

The selector pin allows the weights to be locked into place for use when performing the exercise.

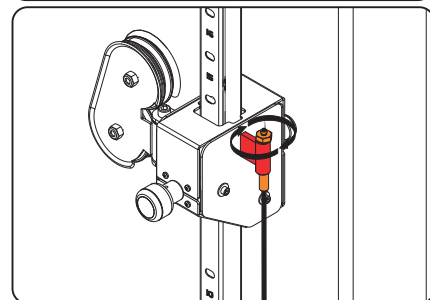


**Check that the selector pin is fitted into the weight stack risk of accidents serious or fatal accident to the user.**



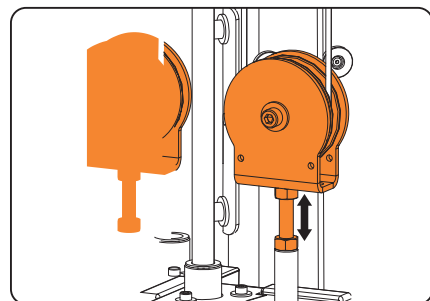
## TENSIONING THE STEEL CABLE

To tension the steel cable, simply tighten the screw at the end of the cable on the height adjuster. To loosen it, untighten the screw.



## TOP PLATE PULLEY SUPPORT

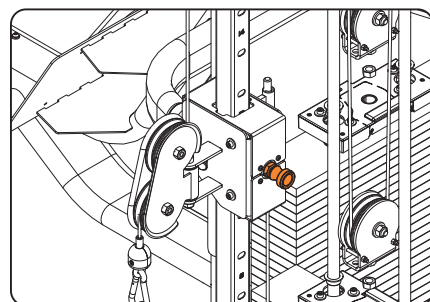
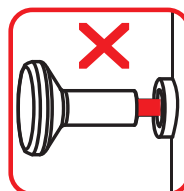
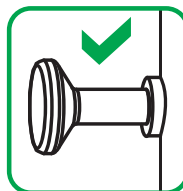
To adjust the top plate pulley, use the nuts to tension the steel cable by tightening or loosening the locknut. When the steel cable is tensioned, retighten the locknut.



## HANDLE SUPPORT LOCK

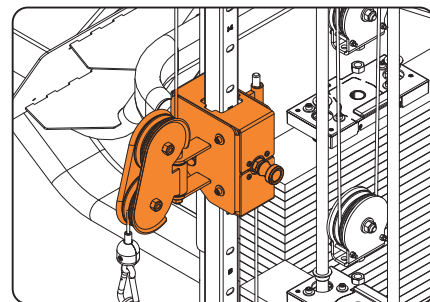
Allows the height of the handle support to be selected on the equipment rail.

**ATTENTION: VERIFY that the height regulator pin is COMPLETELY ENCLOSED to avoid ACCIDENTS.**



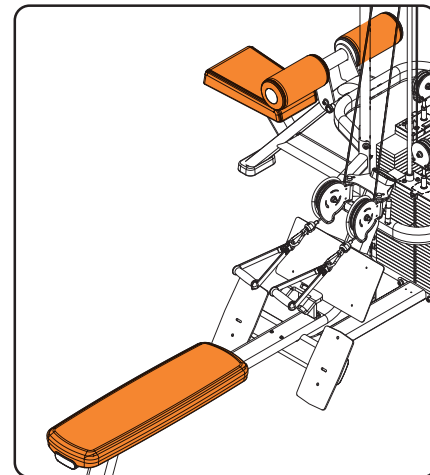
## HANDLE ADJUSTMENT

Allows the equipment to be adjusted according to the desired height.



## PADDING

Allows the user to sit, support the knees and backrest on the equipment to perform the exercise.

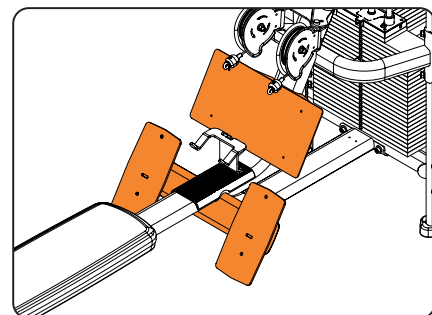




# OPERATING INSTRUCTIONS

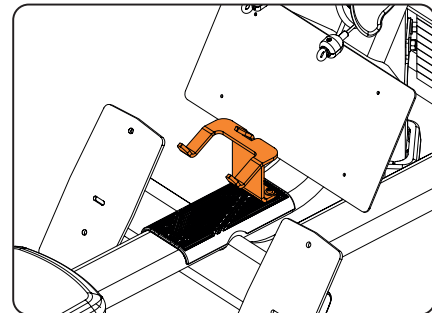
## FOOTREST

Allows the user to lean the feet to perform the Low pull exercise.



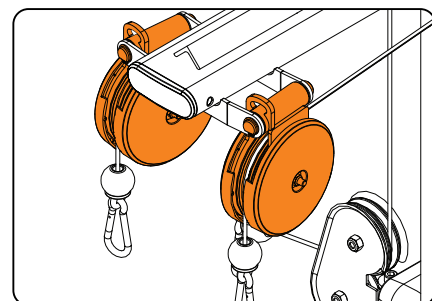
## ACCESSORY HOLDER

Allows you to support the accessories at the end of the exercise.



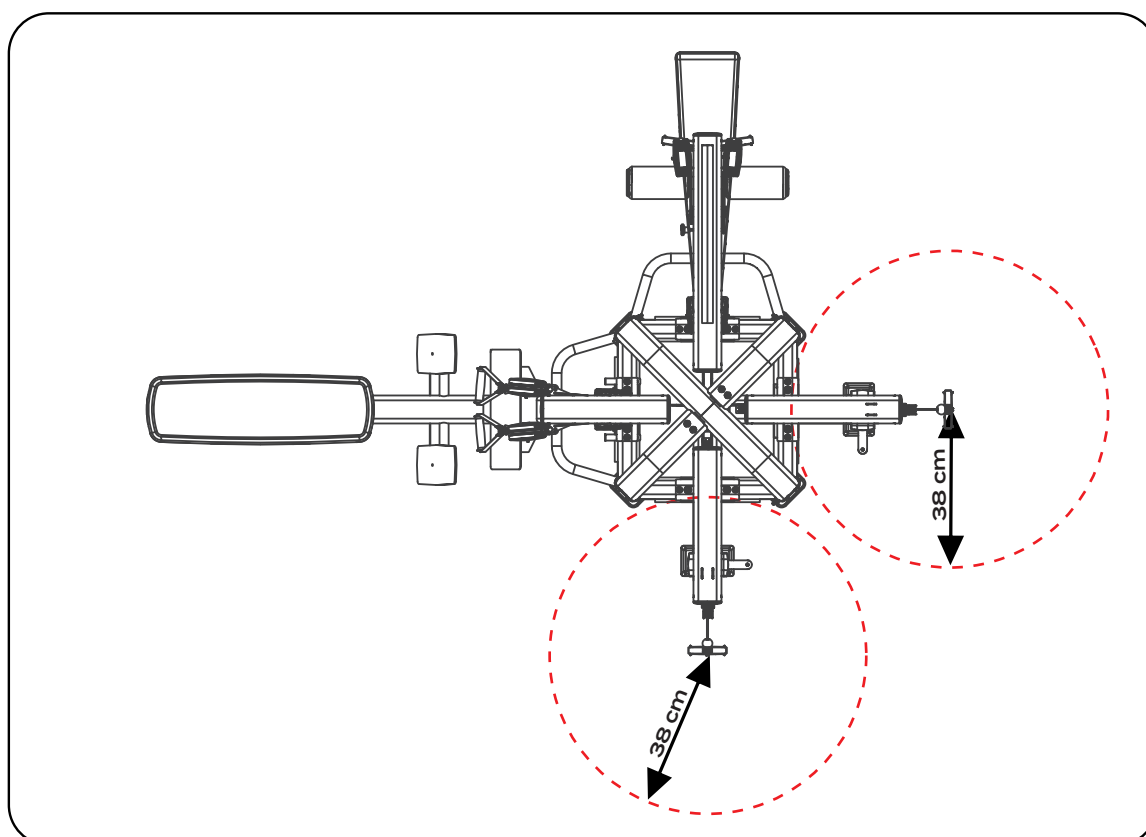
## MOBILE PULLEYS

The pulleys move in a way that they adapt to the user's best exercise.



## DISTANCE

**ATTENTION:** For safety reasons, make sure to maintain a minimum distance of 38 cm from the handlebars during use. This is essential to ensure your safety during exercise.





# **MAINTENANCE**

# MAINTENANCE

## RECOMMENDATIONS

For greater durability of the equipment, it is important to follow a series of precautions to avoid any problems with the equipment, users and/or third parties. In case any part of the equipment breaks, put it out of commission until the part that has been compromised is properly repaired.

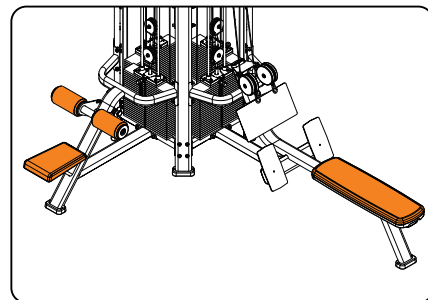
## CLEANING

Every week, clean the equipment using a soft nylon brush. Vacuum under the equipment to avoid the buildup of dirt and dust, which can affect the operation of the equipment.

Always use water, mild soap, and a soft cloth to clean the padding of the equipment before and after training. Allow the equipment to dry completely before starting a new workout. Never use acid cleansers. Never pour water on the equipment or apply liquid spray.

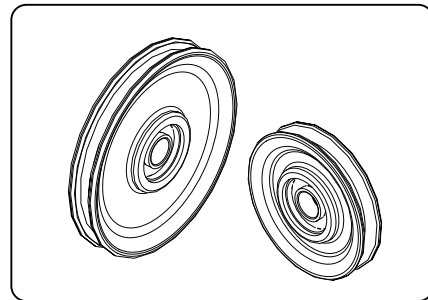
## PADDING

If there's any type of tear, puncture, or other damage, replaced it immediately. For a longer durability of the upholstery, clean it as described in this manual.



## PULLEYS

The pulleys allow the steel cable to make the necessary path for the exercise, so it is extremely important to take good care of the pulleys. If there is any sign of wear or damage to the pulleys, contact the technical support center.



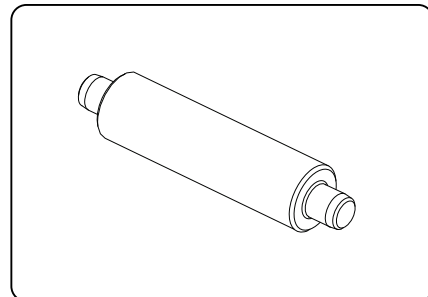
## STEEL CABLE LOCKING PIN

The steel cable's locking pin has the purpose of preventing the steel cable from slipping out of the pulley.

If any of the pins are damaged or loose, the steel cable may not be properly fastened to the pulley.

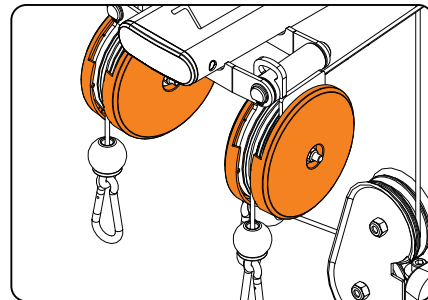
At the slightest sign of damage, contact the Technical Assistance.

Risk of serious or fatal accidents.



## PULLEY COVER

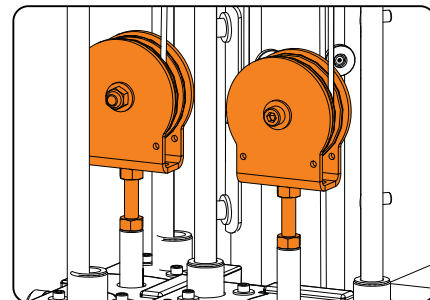
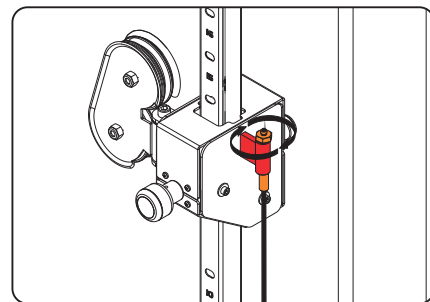
The pulley covers have the purpose of not allowing the pulley cable to come loose, besides protecting it. If the cover is damaged or no longer in its original shape, contact an authorized dealer and have the part replaced immediately.



# MAINTENANCE

## STEEL CABLE TENSIONER

Always check that it is not damaged or no longer in its original shape. In case you find any problem with the tensioner, contact Technical Assistance.



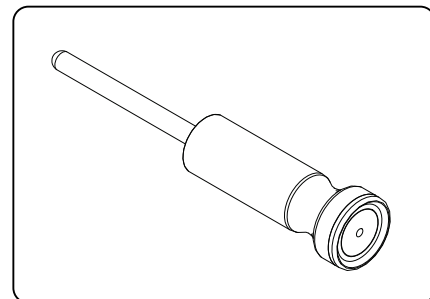
## SELECTOR PIN

Always check that the selector pin isn't damaged or no longer in its original shape, which may prevent the weight from being pinned correctly. If the pin is damaged, contact the Technical Service Center.



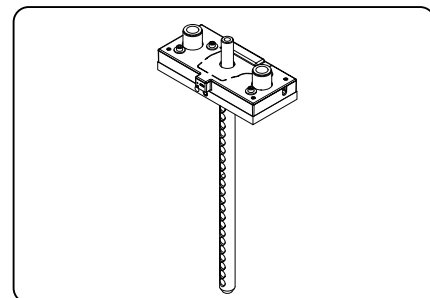
**DANGER!**

**IF THE SELECTOR PIN IS DAMAGED AND REUSED, IT MAY NOT HOLD THE WEIGHTS OR ACCESSORIES CORRECTLY, CAUSING SERIOUS OR FATAL ACCIDENT TO THE USER AND MAY DAMAGE EQUIPMENT**



## TOPPLATE

Allows the weights to be selected. At the slightest damage or wear to the part, do not attempt to select the weight. Contact the Technical Service Center for replacement.



# MAINTENANCE

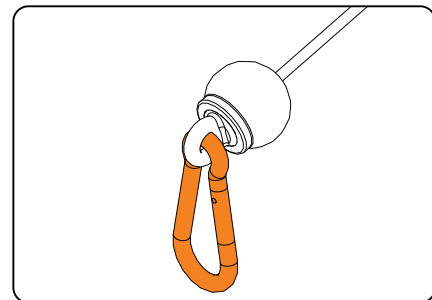
## CARABINER

Certain models use a carabiner, so it's extremely important to check the condition of the carabiner. At the slightest sign of wear, deformation, difficulty in closing, and anything that could be detrimental to its resistance, replace the carabiner immediately.

## REPLACING THE CARABINER

When replacing a carabiner, always use a carabiner supplied directly by MOVEMENT. If it isn't possible to obtain a carabiner supplied by MOVEMENT, use one that strictly complies with the following requirements.

- Composition material: Stainless steel AISI 316;
- Maximum capacity closed: 1600 kg;
- Maximum capacity open: 350kg.

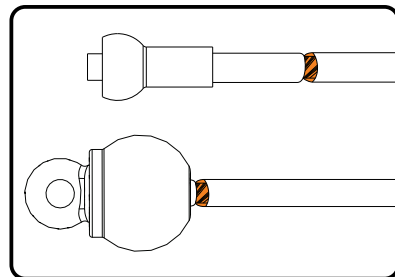


**WARNING!**

- MONTHLY, CAREFULLY CHECK THE CONDITION OF THE CARABINER;
- DO NOT MODIFY THE CARABINERS IN ANY WAY;
- THE OPENING OF THE SNAP LINK MUST BE TURNED TO THE WEIGHTS COLUMN.

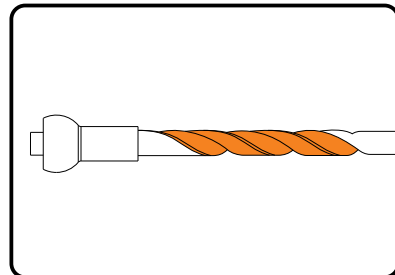
## STEEL CABLE

During the equipment's use, the steel cable can be damaged by misuse or lack of maintenance. Sometimes the steel cable can be damaged even if this damage isn't exposed. Stay alert and always observe any kind of problem with the cable. Do not use or allow the equipment to be used if the steel cable is damaged. Below are a few examples of damaged steel cables.



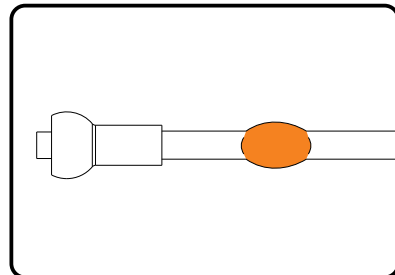
## TWISTED STEEL CABLE

Always check the steel cable, and if you find any twists, replace the cable immediately.



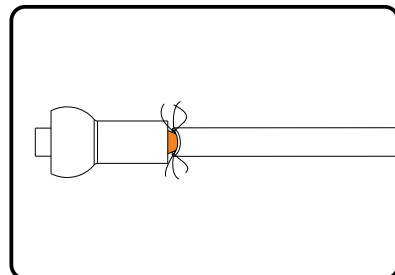
## STEEL CABLE PROTUBERANCE

If the steel cable breaks internally, a protuberance may appear on the outside of the cable, replace the it immediately.



## LOOSE WIRES

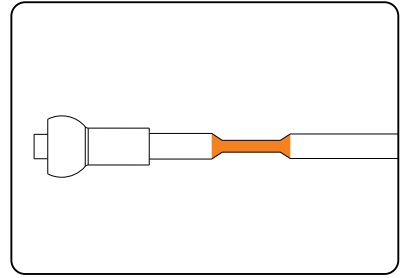
Replace any steel cable exposed at the ends.



# MAINTENANCE

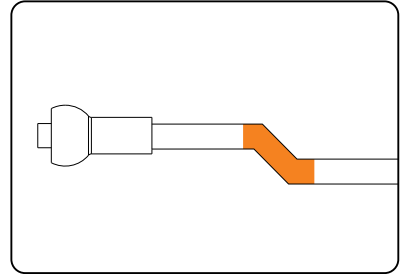
## CRUSHED STEEL CABLE

Crushed steel cable or no longer in its original shape, may cause breakage or damage to other parts of the equipment.



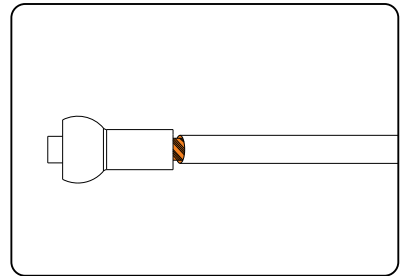
## TWISTED STEEL CABLE

Twisted steel cable or no longer in its original shape, may cause breakage or damage to other parts of the equipment.



## EXPOSURE

Exposure of the steel cable tip.



# MAINTENANCE

## EQUIPMENT MAINTENANCE TABLE

Use the following table to find out the maintenance periodicity.

| CHECK                         | DAILY                                                                                            | WEEKLY                                                                                                             | MONTHLY                                                                                                   | WHENEVER NEEDED                                                                          |
|-------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| <b>CLEANING</b>               | Always clean the equipment before and after each workout.                                        |                                                                                                                    |                                                                                                           |                                                                                          |
| <b>BOLT</b>                   |                                                                                                  | Retighten the screws in case parts are loose.                                                                      |                                                                                                           |                                                                                          |
| <b>PULLEYS</b>                |                                                                                                  | Check that the pulleys are not damaged or worn out. If they are, replace the part.                                 |                                                                                                           |                                                                                          |
| <b>LOCKING PIN</b>            |                                                                                                  | Check that the pins are not damaged or worn out. If so, replace them immediately. If so, replace them immediately. |                                                                                                           |                                                                                          |
| <b>TENSIONER</b>              |                                                                                                  |                                                                                                                    | Check if the steel cables are properly tensioned as described in the manual. If not, tension it correctly |                                                                                          |
| <b>STEEL CABLE</b>            | Check all steel cables to see if they aren't damaged or broken. If so, replace them immediately. |                                                                                                                    |                                                                                                           |                                                                                          |
| <b>SELECTOR PIN</b>           | Check if the selector pin is broken or damaged. If so, replace them immediately.                 |                                                                                                                    |                                                                                                           |                                                                                          |
| <b>PADDING</b>                |                                                                                                  |                                                                                                                    |                                                                                                           | Check the padding for tears or holes. If so, replace the part immediately.               |
| <b>PREVENTIVE MAINTENANCE</b> |                                                                                                  |                                                                                                                    |                                                                                                           | Every 2 months, contact an Authorized Dealer for the equipment's preventive maintenance. |

Any questions can be answered through our customer service center, at phone 0800-7724080. To find an Authorized Dealer go to the website at <http://movement.com.br/assistencia-tecnica> and authorize the browser to access your location to facilitate the search for the nearest Authorized Dealer.





# **WARRANTY**

# WARRANTY

## LIMITED WARRANTY - BODYBUILDING LINE

Please read the warranty terms and conditions carefully before using the equipment.

By using the equipment, you agree to abide by the following warranty terms and conditions.

Brudden Equipamentos Ltda., manufacturer of Movement products, guarantees new equipment free of defects in terms of materials and workmanship, for the periods set forth below.

The warranty periods begin on the date of the purchase invoice issued by the factory or an authorized dealer.

This warranty will apply only to defects identified during the periods below and only to the original purchaser of the product. To exercise the warranty, the purchaser must contact the nearest authorized Technical Service (list available at [www.movement.com.br/assistencia-tecnica](http://www.movement.com.br/assistencia-tecnica)) within 30 days of discovery of the nonconformity and make the equipment available for inspection.

## WARNING! RECEIVE UP TO 3 YEARS OF WARRANTY BY REGISTERING YOUR EQUIPMENT ON THE CONNECT APP!

**IMPORTANT:** In order to be fully covered for the period described in the table below, you **MUST REGISTER YOUR PRODUCT IN THE CONNECT APP**. If you DO REGISTER, ONLY the legal warranty of the Consumer Protection Code (article 26, II) of 90 (ninety) days, will be valid.

Access CONNECT at the Play Store or Apple Store (Movement Connect) or from the website at (<https://lp.movement.com.br/app-movement-connect>)

|          |                                                                                                                                                                                                                                                                                                |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 90 days  | <b>Legal warranty provided for in the Consumer Protection Code (article 26, II)</b><br>Workmanship.                                                                                                                                                                                            |
| 6 Months | <b>Already included is the legal warranty of the Consumer Protection Code (art. 26, II) of 90 (ninety) days.</b><br>Stickers / Adjustments and handles / Handles / Thermoplastic finishes / Elastomer finishes / fairings and padding in general (except for Flat bench and Adjustable bench). |
| 1 year   | <b>Already included is the legal warranty of the Consumer Protection Code (art. 26, II) of 90 (ninety) days.</b><br>Parts and mechanical parts / Pulleys / Carabiners / Bearings / Springs / Fastening components / Painting in general, including chrome and zinc-plated items.               |
| 3 years  | <b>Already included is the legal warranty of the Consumer Protection Code (art. 26, II) of 90 (ninety) days.</b><br>Frame (except for paint) and metallic structures                                                                                                                           |

## CONDITIONS AND RESTRICTIONS

### 1. The warranty applies to Movement products only when:

1-1. The product is with the original purchaser and with the original proof of purchase (purchase invoice).

1-2. Has not been subject to: accidents, misuse or neglect, improper operation, abuse, improper transportation and storage, maintenance not conforming with the specifications contained in the owner's manual, improper service, or modifications not performed by Movement.

1-3. The spare parts used are supplied by Movement.

1-4. Claims made within the warranty period.

2. This warranty does not cover damages or failure of the equipment caused by failure to perform basic and necessary maintenance as described in the manual.

### THE WARRANTY DOES NOT APPLY TO:

- Products repaired or modified by third parties without prior written authorization from Movement.
- Service call for the installation of the product or instructions to owners on how to use the product.
- Repairs made to Movement products without serial numbers or with altered or damaged identification.
- The removal and/or delivery of the equipment to the consumer's residence for repairs.
- No service charges incurred after the service warranty period.

## GENERAL WARRANTY CONDITIONS

The Movement Warranty service can be requested directly from the factory or from an Authorized Technical Assistance service. See the list at [www.movement.com.br/assistencia-tecnica](http://www.movement.com.br/assistencia-tecnica).

The expenses resulting from the eventual transportation of the product to a technical assistance service or out-of-town assistance (technical visit) carried out by an authorized assistant, will be borne by the purchaser, whether or not the product is covered by this warranty.

The liability for this warranty is limited solely for the repair, modification or replacement of the product supplied.

Movement shall not be liable for damages to persons, third parties, other equipment and facilities, loss of profit or any consequential damages.

Movement reserves the right to stop the manufacturing of the equipment, at any time and without prior notice, to modify its specifications and to introduce improvements, without incurring the obligation to make such improvements on previously manufactured products.

Movement reserves the right to interrupt the manufacturing of the equipment, at any time and without prior notice, to modify specifications and introduce improvements, without incurring the obligation to make such improvements on products previously manufactured.

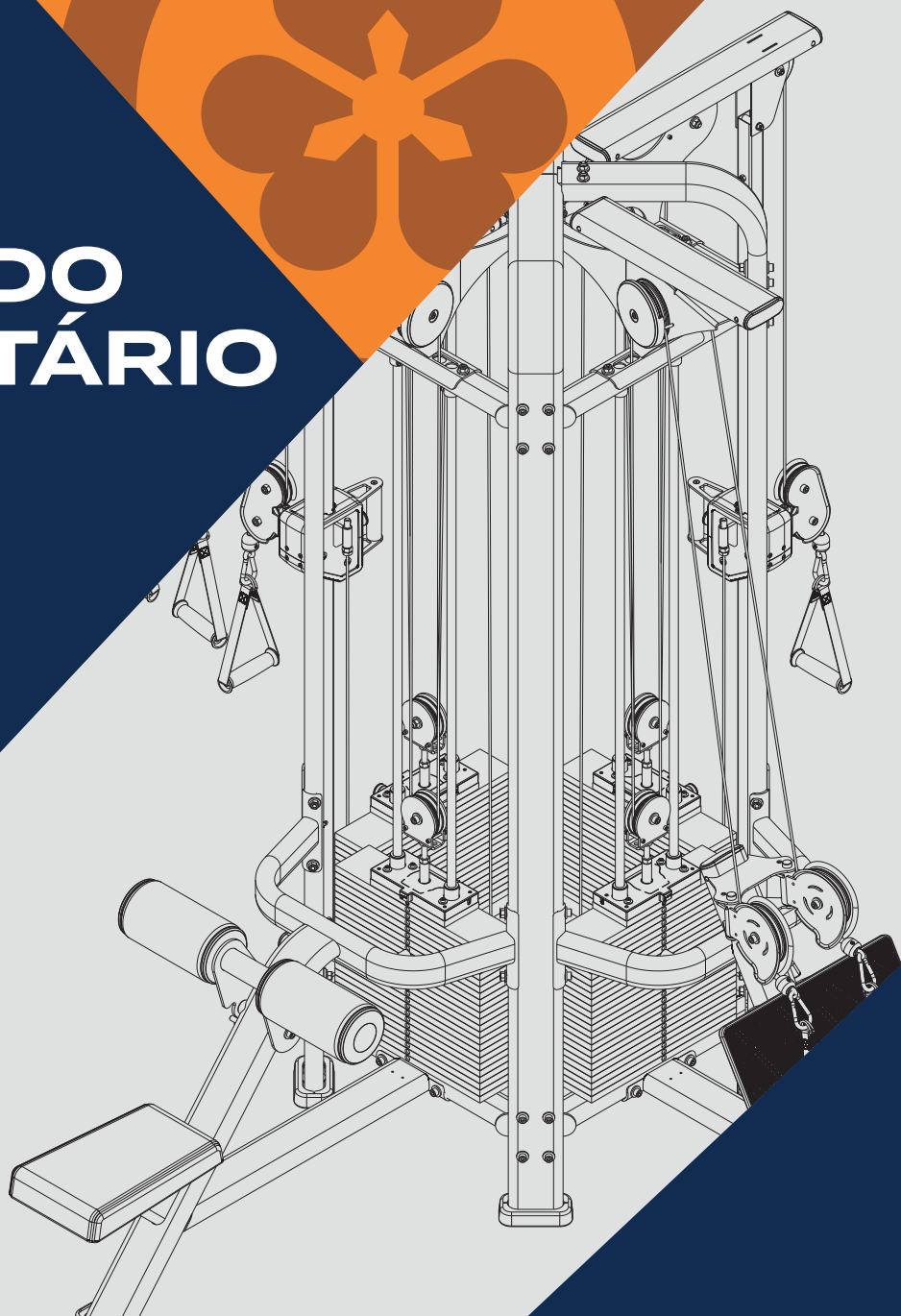
CUSTOMER SERVICE

Cx. Postal 11 - CEP 17586-202 - Pompeia - SP - Tel. 0800-7724080  
falecom@movement.com.br

Manufactured by:  
BRUDDEN EQUIPAMENTOS LTDA.  
Av. Industrial, 700 Distrito Industrial.  
CEP: 17586-202 POMPEIA-SP - BRASIL  
CNPJ: 43.061.654/0001-38  
[www.movement.com.br](http://www.movement.com.br)  
[falecom@movement.com.br](mailto:falecom@movement.com.br)

**MOVEMENT** 

# MANUAL DO PROPRIETÁRIO



## MULTIESTAÇÃO GYM

LEIA ATENTAMENTE ESTE MANUAL ANTES DE UTILIZAR O EQUIPAMENTO.  
GUARDE-O PARA CONSULTA E REFERÊNCIA FUTURA.

moveMent 

NEXT

NEXT

NEXT

NEXT

NEX

! NEX !

! NEX !

# INTRODUCCIÓN

¡BIENVENIDO A MOVEMENT!

¡Enhorabuena, ahora forma parte del universo MOVEMENT!

Con el objetivo de ofrecer productos, servicios y soluciones innovadoras que respondan a las necesidades de placer, bienestar y confort, dando a las personas una vida más agradable y sana, Brudden Equipamentos Ltda. creó la marca MOVEMENT.

Fundada para desarrollar y producir equipos de gimnasia, Movement se destacó rápidamente en el mercado brasileño por la tradición en practicidad y durabilidad, que hacen de Brudden un icono en calidad en los mercados en los que actúa.

Con una alta inversión en investigación y desarrollo junto a instituciones reconocidas, como la Escuela de Educación Física y Deportes de la Universidad de São Paulo - EEFÉ/USP, Movement promueve la mejora de la calidad de vida de los más diferentes perfiles y hábitos, con una fuerte presencia en Residencias, Urbanizaciones, Gimnasios, Clubes, Hoteles, Clínicas, Empresas y Organizaciones.

La calidad en equipos se extiende a los servicios prestados por su amplia red de atención y Puntos Autorizados, repartidos por todo el territorio nacional.

Con Movement siempre cerca de usted y su familia a favor de una vida más saludable y agradable para quien entrena con nuestros equipos y rentable para los inversionistas.

Para confirmar la Garantía MOVEMENT, registre su equipo en la página web APP. ¡El registro es gratuito, práctico y rápido!

Connect es la app de Movement diseñada exclusivamente para facilitar la gestión diaria de sus equipos y el servicio de garantía, integrando el ecosistema digital de Movement.

Con ella tendrá cualquier equipo de Movimiento en la palma de su mano, solicitando su mantenimiento con un solo clic, sin demoras y con seguimiento en tiempo real.

Más información en INSTRUCCIONES DE USO/ CONNECT

¡EVITE DOLORES DE CABEZA!

Registre su equipo y confirme su garantía y amplíe la protección de su equipo.

Para obtener más información, consulte la página de GARANTÍA de este manual.

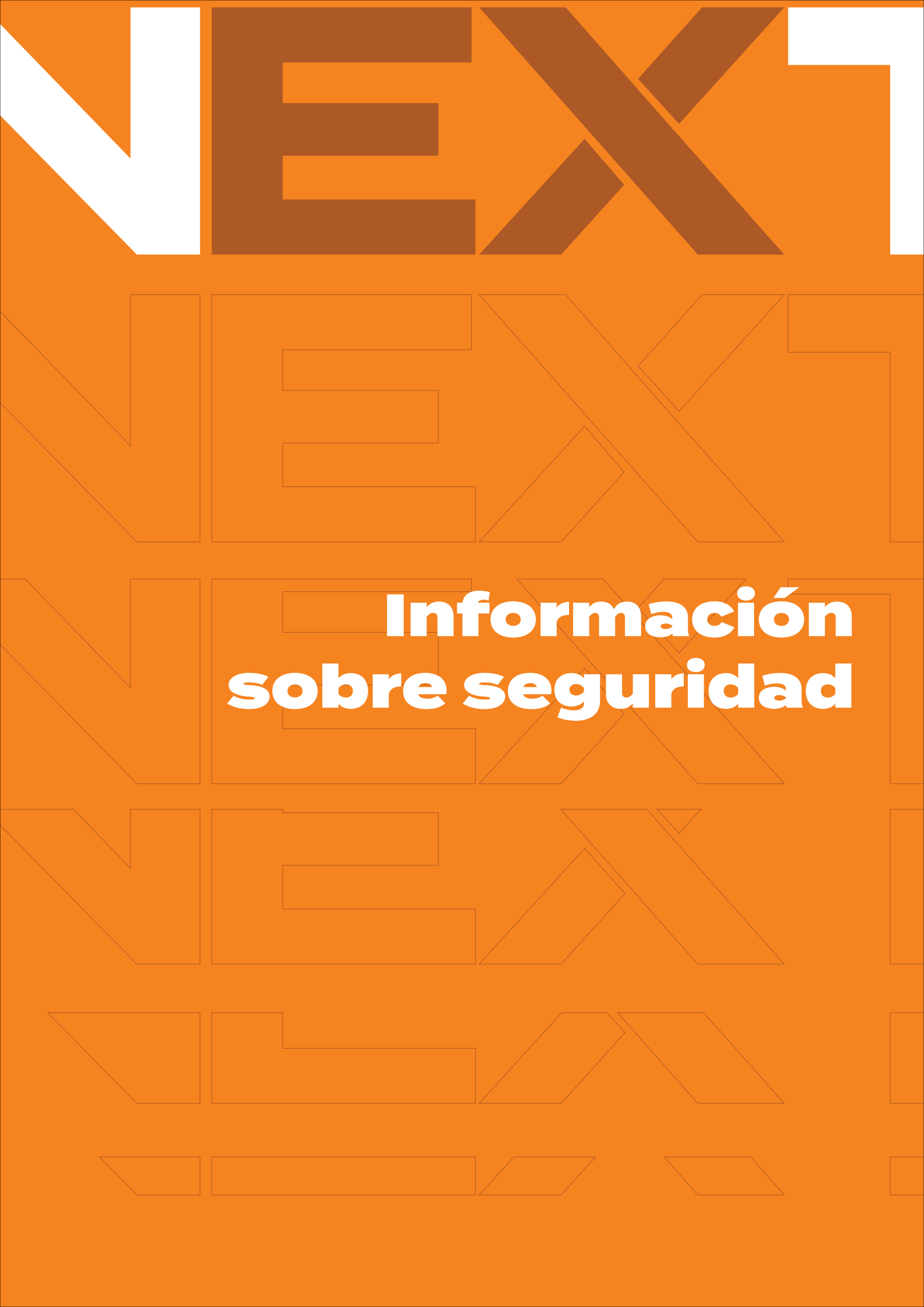
Acceda a nuestra página web y sepa más sobre lo que nuestra empresa ofrece para mejorar su calidad de vida.

# MOVEMENT

# ÍNDICE

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# **Información sobre seguridad**

# INFORMACIÓN SOBRE SEGURIDAD

## EXPLICACIÓN DE LOS SÍMBOLOS



### ¡PELIGRO!

Una declaración precedida de "PELIGRO" contiene información que debe ser puesta en práctica para evitar lesiones físicas graves e incluso la muerte.



### ¡ATENCIÓN!

Una declaración precedida de "ATENCIÓN" contiene información que debe ser puesta en práctica para evitar algún daño físico al usuario.



### ¡CUIDADO!

Una indicación precedida de la palabra "CUIDADO" contiene información que debe ser puesta en práctica para evitar daños al producto.



Guarde este manual para consultas a futuro. Lea y comprenda este manual.

## INFORMACIÓN SOBRE SEGURIDAD



### ¡PELIGRO!

• El mal uso del equipo puede transformarlo en un instrumento peligroso, pudiendo causar lesiones graves o hasta incluso la muerte del usuario, siendo de extrema importancia la lectura y comprensión de este manual.

• Antes de utilizar el equipo, lea atentamente este Manual, asegurándose del correcto montaje y utilización, bajo pena de lesiones graves y muerte para el usuario.

• Es de entera RESPONSABILIDAD del comprador de los productos MOVEMENT leer el manual de instrucciones y los adhesivos de advertencia del equipo. Es también de entera responsabilidad de comprador instruir los usuarios finales sobre el correcto uso del equipo.

• Los usuarios deben ser supervisados por un profesional habilitado, cabiendo al comprador instruirlos correctamente. El uso de este equipo de forma contraria a lo previsto en este Manual puede resultar en graves lesiones a los usuarios.

• Este equipo no está destinado a personas con capacidad física, sensoriales o mentales reducidas, o por personas con falta de experiencia y conocimiento, a menos que haya recibido instrucciones referentes a la utilización del equipo y estén bajo supervisión de un instructor.

• Este equipo está diseñado para uso profesional en gimnasios, clubes, estudios, hoteles y condominios, siempre bajo la supervisión de un instructor cualificado. No es para uso doméstico. En caso de duda, póngase en contacto con MOVEMENT.

• Se recomienda que el equipo esté en una zona de acceso controlado. El control de acceso al equipo es responsabilidad del instructor, así como la supervisión del usuario cuando utiliza el equipo.

• NUNCA permita que dos personas o más utilicen el equipo al mismo tiempo.

• No permita que terceros estén próximos al equipo, pudiendo causar accidentes.

• No permita que niños, ancianos o animales estén próximos al equipo, riesgo de accidente grave o fatal.

• No utilice el equipo descalzo, con calzados con tacos o suelas gastadas. Asegúrese que no tenga piedras atascadas en el calzado.

• No utilice ropa holgadas, evite usar joyas, cadenas, cabello suelto y otros accesorios. Use siempre ropa destinada para el ejercicio físico.

• No utilice el equipo en el caso que esté enfermo o bajo el efecto de las drogas, alcohol o cualquier cosa que afecte su capacidad psicomotora.

• Al ajustar cualquier asiento, soporte de rodilla, pila de pesas, soporte, asiento o cualquier otro tipo de ajuste, asegúrese de que el pasador o la palanca de ajuste estén completamente encajados en el orificio de ajuste para evitar lesiones.

• Ejercicios incorrectos o excesivos pueden causar lesiones graves. En el caso que sienta cualquier tipo de dolor, mareos, sensación de desmayo o falta de aire, pare inmediatamente el ejercicio y consulte a un médico especializado.

# INFORMACIÓN SOBRE SEGURIDAD



## ¡PELIGRO!

- Mantenga seco el suelo alrededor del equipo en todo momento para evitar resbalones y caídas.
- Asegúrese de que el equipo está correctamente nivelado en el suelo y sobre una superficie plana, alejado de las paredes para mantener el equilibrio del equipo y evitar accidentes y daños al usuario.
- No es recomendado mantener el equipo sobre piso pulido (liso), ya que puede causar la locomoción del equipo.
- Nunca haga modificaciones en el equipo sin autorización del fabricante. Modificaciones o accesorios no autorizados pueden resultar en la pérdida de la garantía, además de provocar lesiones graves o fatales al usuario.
- NO utilice ni permita que se utilice ningún equipo que esté dañado y/o tenga piezas desgastadas o rotas.
- Sustituya inmediatamente cualquier tipo de cable de acero que esté dañado o desgastado, riesgo de accidente grave o mortal para el usuario. Es responsabilidad exclusiva del instructor comprobar el estado del cable metálico.
- Utilice únicamente piezas de repuesto fabricadas y suministradas por MOVEMENT.
- No permita que nadie le dé servicio al equipo. MOVEMENT cuenta con puntos autorizados en todo el país. Para localizar el más cercano, consulte el sitio web [www.movement.com.br](http://www.movement.com.br) o póngase en contacto con nosotros por teléfono 0800 772 40 80.
- El mantenimiento preventivo es la clave para mantener una larga vida útil de los equipos y evitar así accidentes graves al usuario. Si tiene alguna duda sobre el mantenimiento, consulte el capítulo de mantenimiento de este manual.
- El equipo viene equipado con una pila de pesos, no utilice ningún otro tipo de peso para aumentar la carga máxima del equipo, riesgo de accidente grave o fatal para el usuario.
- No utilice ningún tipo de pasador selector que no sea el suministrado con el equipo para bloquear la pila de pesas.
- No permita que el usuario deje caer la pila de pesas en caída libre, riesgo de dañar la estructura del equipo.
- No exceda la capacidad máxima del equipo.
- Inserte completamente el pasador selector en los contrapesos. Una inserción parcial puede provocar la caída de las pesas, causando daños al equipo y accidentes graves o mortales al usuario.
- No retire nunca el pasador selector cuando la pila de pesas esté en posición elevada.
- Nunca intente liberar piezas o pesos que estén atascados.
- ENTENDER cada una de las pegatinas de advertencia es importante. En caso de duda, póngase en contacto con nuestro centro de llamadas en 0800 772 40 80.
- En los casos que los adhesivos de alerta estén faltando o dañados, entre en contacto con MOVEMENT inmediatamente para solicitar los adhesivos de alerta. Los adhesivos de alerta están colocados en el equipo y deben ser fiscalizados antes de la utilización del producto.
- Impedir que el usuario acceda a la pila de pesas. El equipo sin carenado trasero debe montarse de forma que quede de espaldas a las paredes o mamparo, evitando que el usuario acceda a la pila de pesas, si el usuario accede a esta parte puede haber riesgo de accidente grave o mortal.
- Los adhesivos en forma de triángulo suponen un riesgo para el usuario.



**¡PELIGRO!**  
NO PONGA LAS MANOS  
ENTRE LOS PESOS.  
RIESGO DE  
APLASTAMIENTO



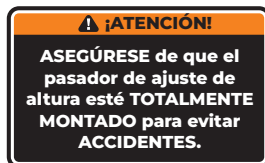
**¡PELIGRO!**  
NO PONGA LAS MANOS  
ENTRE LAS POLEAS.  
RIESGO DE  
APLASTAMIENTO



**¡PELIGRO!**  
NO PONGA LAS MANOS  
ENTRE LAS PIEZAS  
EN MOVIMIENTO.  
RIESGO DE  
APLASTAMIENTO



**¡PELIGRO!**  
EQUIPOS NO DISEÑADOS  
PARA NIÑOS. MANTENGA  
A LOS NIÑOS ALEJADOS  
DEL EQUIPO. RIESGO  
DE ACCIDENTES

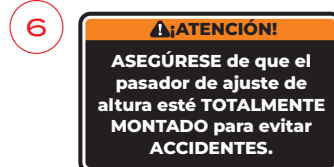
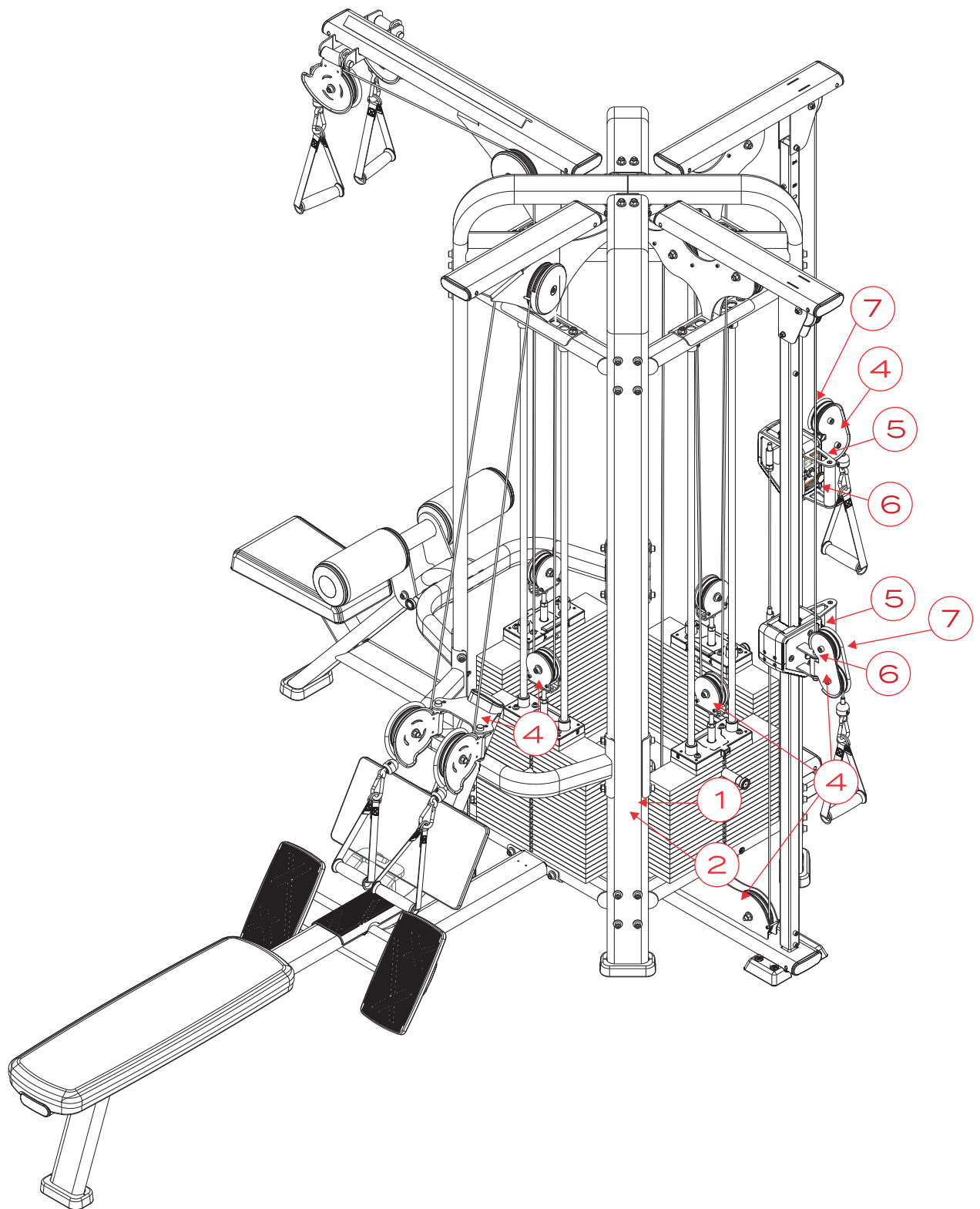


**¡ATENCIÓN!**  
MONTAR  
COMPLETAMENTE  
EL PIN SELECTOR  
DE ALTURA



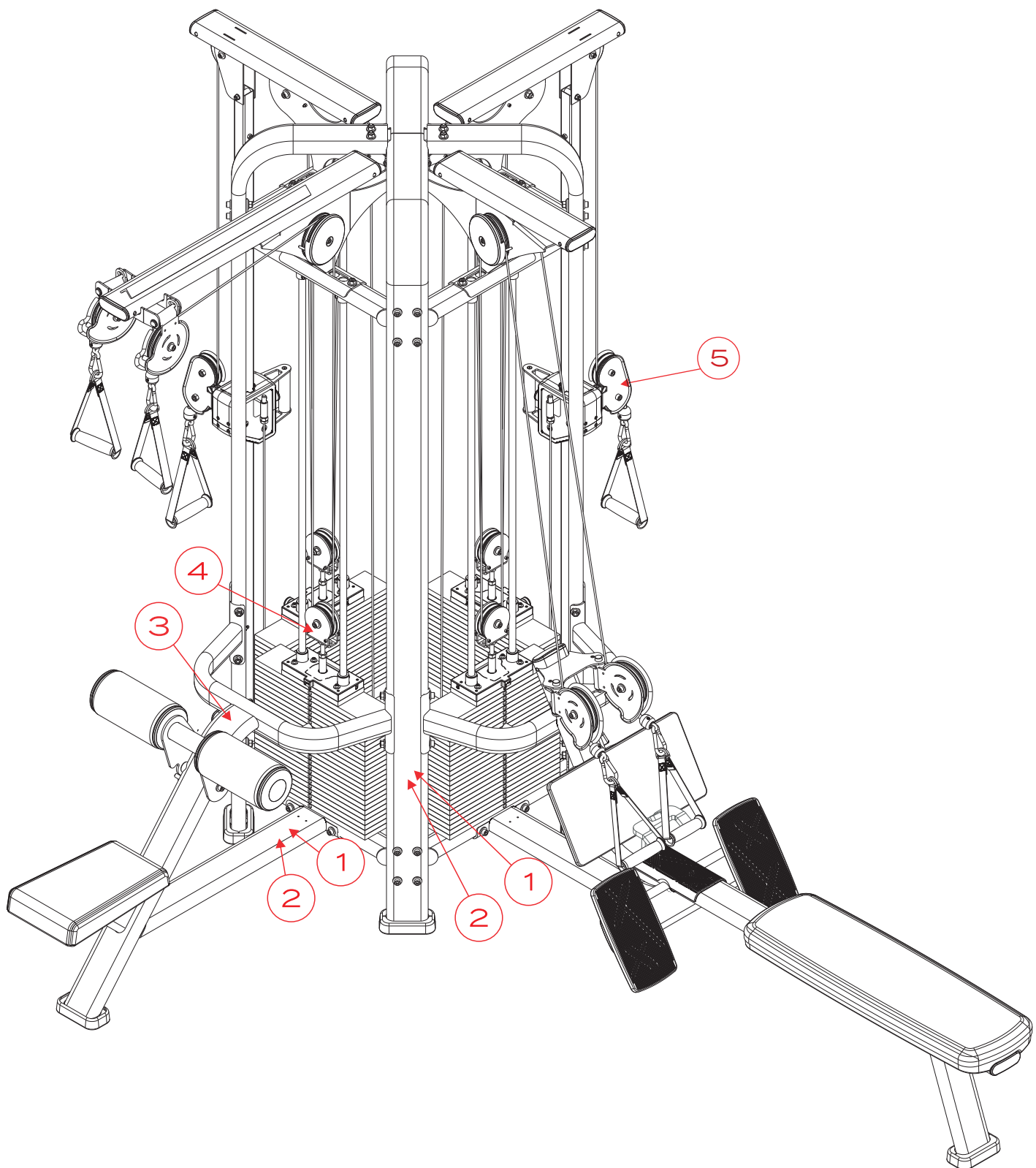
**¡ATENCIÓN!**  
MANTENGA UNA  
DISTANCIA  
MÍNIMA DE 38 CM  
MIENTRAS  
REALIZA EL  
EJERCICIO.

# INFORMACIÓN SOBRE SEGURIDAD



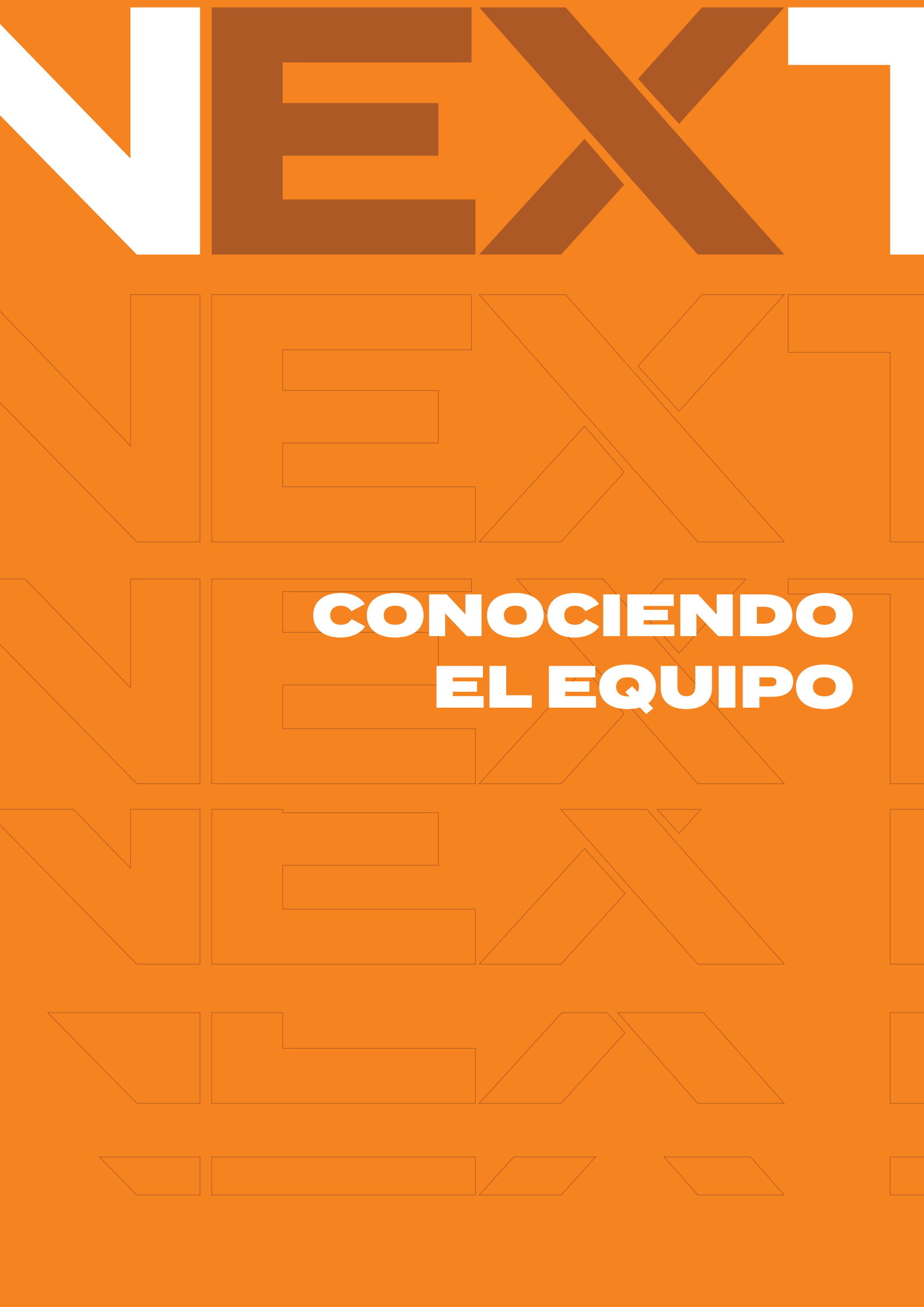
NOTA: Se han retirado algunas partes del equipo para facilitar su visualización.

# INFORMACIÓN SOBRE SEGURIDAD



NOTA: Se han retirado algunas partes del equipo para facilitar su visualización.





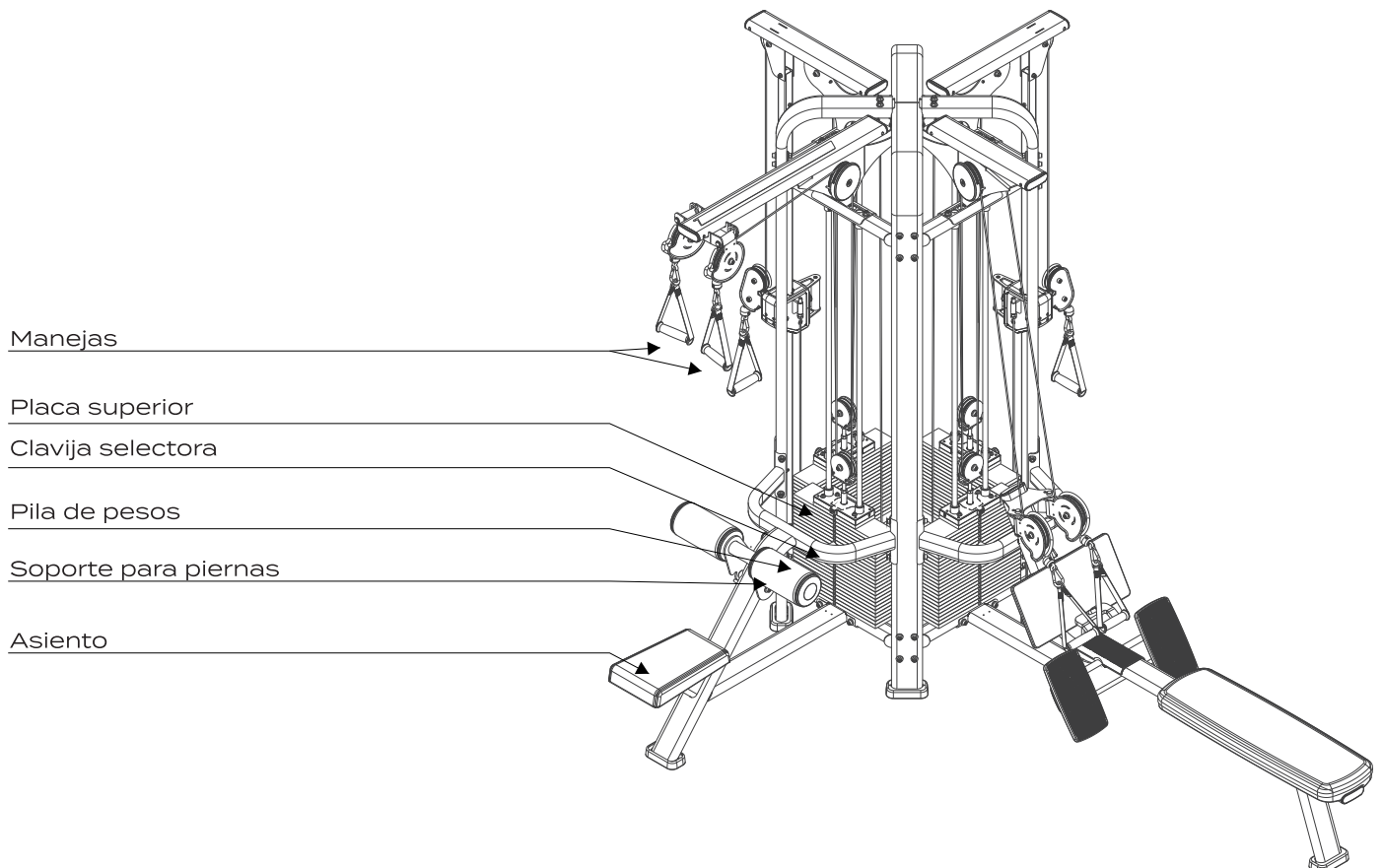
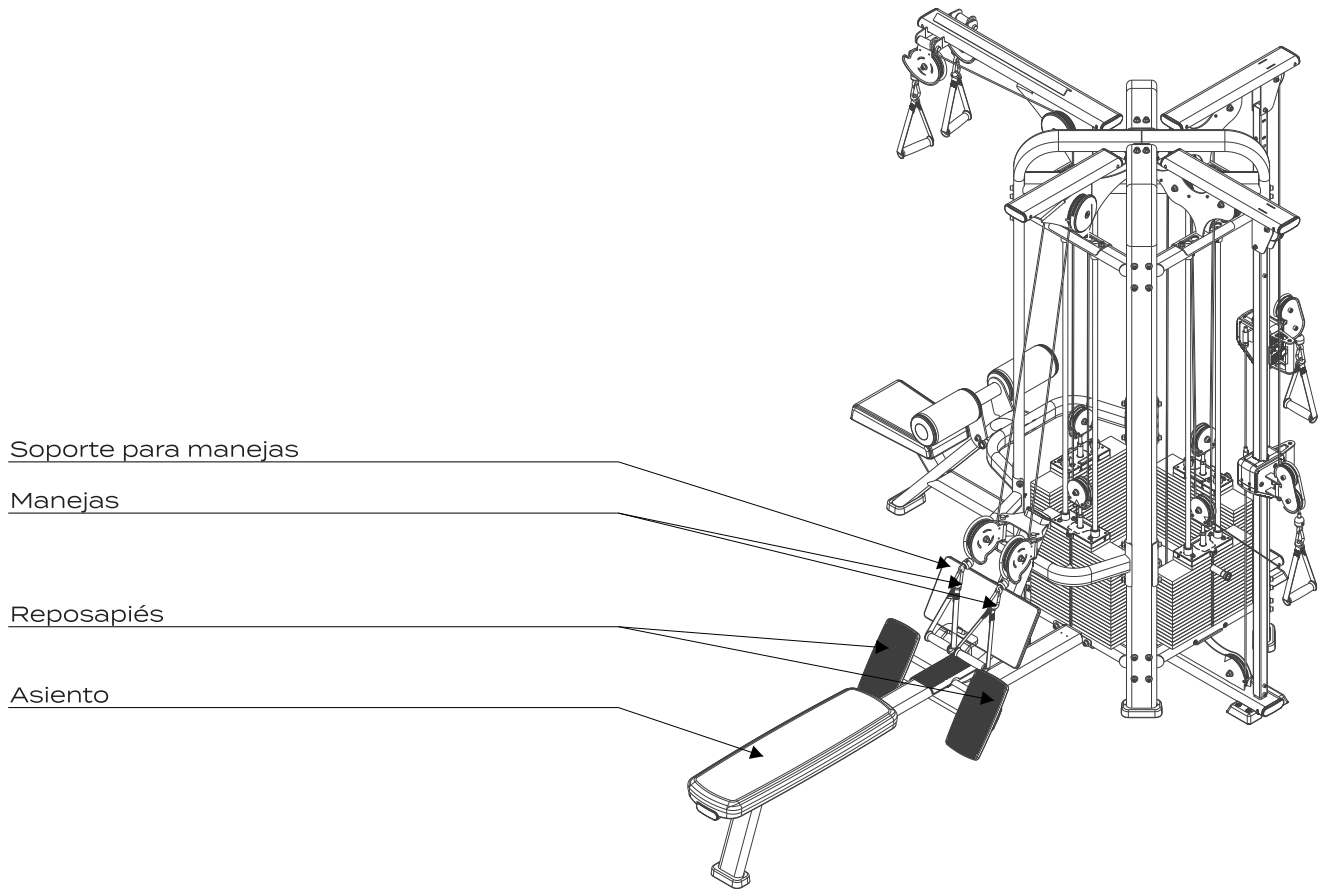
# **CONOCIENDO EL EQUIPO**

# CONOCIENDO EL EQUIPO

## OBJETIVO - MULTIESTACIÓN

Permite al usuario trabajar grupos musculares mediante tirones altos, bajos y cruzados.

Este equipo está formado por los siguientes componentes principales:





# CONOCIENDO EL EQUIPO

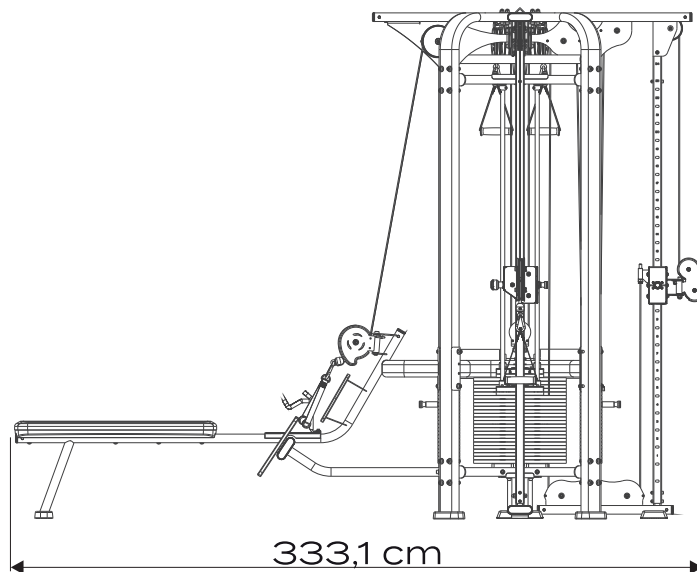
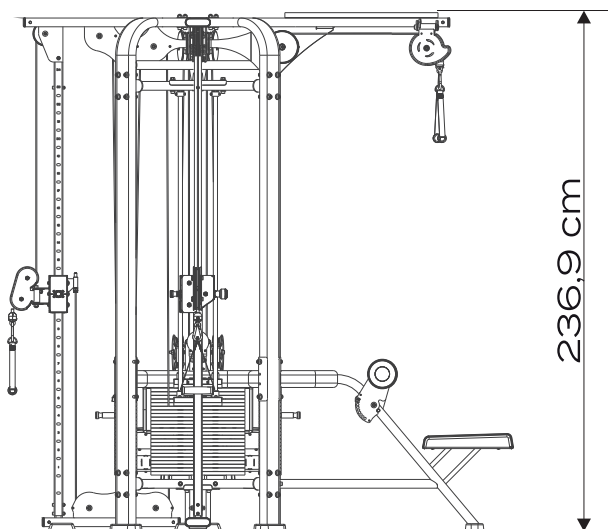
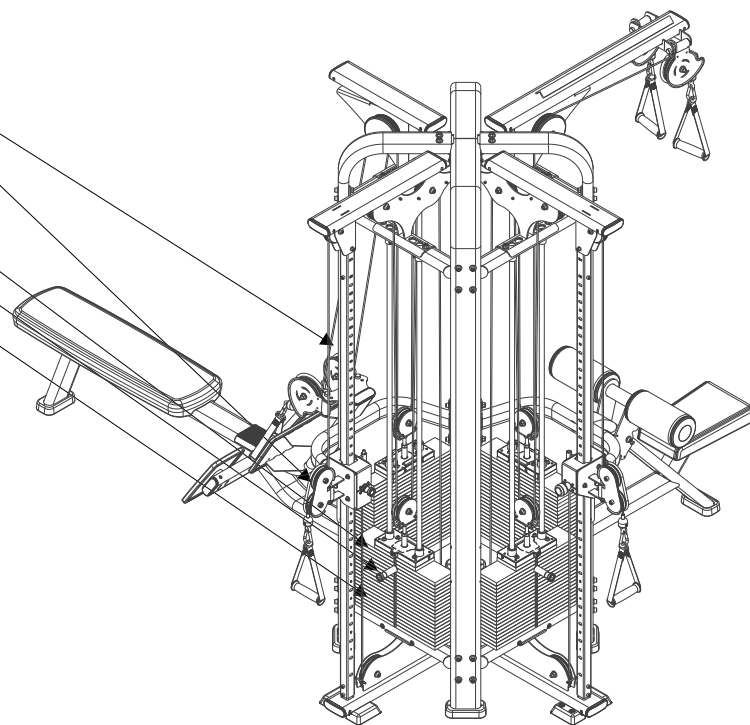
Regla reguladora

Ajustador de altura

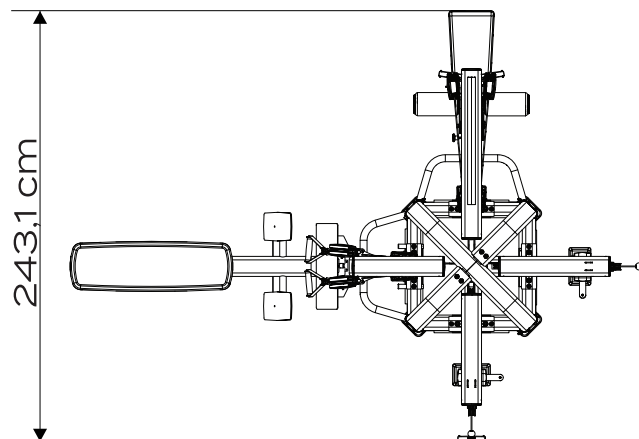
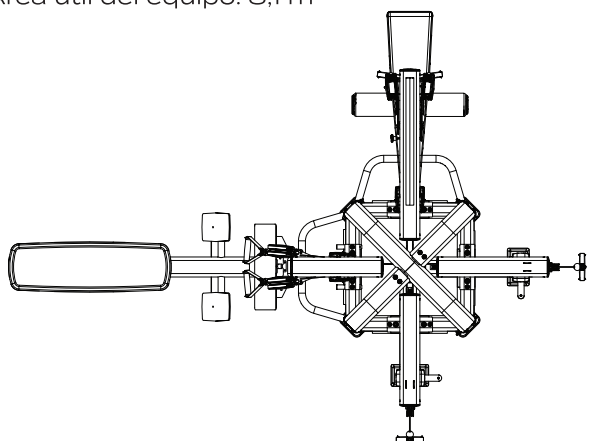
Placa superior

Clavija selectora

Pila de pesos



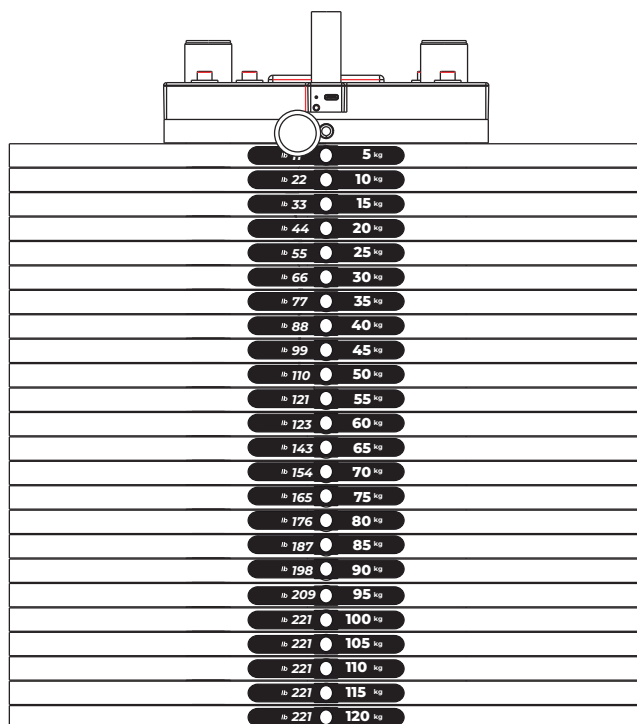
Área útil del equipo: 8,1 m<sup>2</sup>



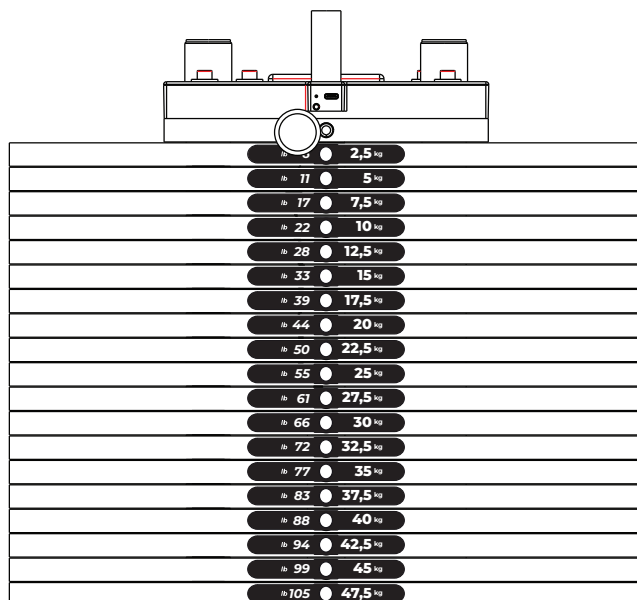
# CONOCIENDO EL EQUIPO

## PILA DE PESOS

Cada equipo de la línea NEXT tiene una configuración de pila de pesas. A continuación, se indican los ajustes para cada dispositivo.



| Carga de la pila de pesos<br>Tirón alto<br>Tirón bajo |
|-------------------------------------------------------|
| 24 pesas de 5 kg                                      |
| Carga total:<br>120 kg sin peso adicional             |



| Carga de la pila de pesos - Polea                                                             |
|-----------------------------------------------------------------------------------------------|
| Carga de pila de peso<br>19 pesas de 5 kg<br>Carga efectiva de la torre<br>19 pesas de 2,5 kg |
| Carga total:<br>47,5 kg sin peso adicional                                                    |

Nota: Los valores de la pila de peso se redondean hacia arriba o hacia abajo.

# CONOCIENDO EL EQUIPO

## Especificaciones del equipo - Multiestación

|                                                  |                                                        |
|--------------------------------------------------|--------------------------------------------------------|
| Línea                                            | Next                                                   |
| Longitud (cm)                                    | 333,1                                                  |
| Ancho (cm)                                       | 243,1                                                  |
| Altura (cm)                                      | 236,9                                                  |
| Zona ocupada (m <sup>2</sup> )                   | 8,1                                                    |
| Peso del equipo (kg)                             | 728                                                    |
| Carga máxima Tirón alto / bajo (kg)              | 120                                                    |
| Carga máxima Polea (kg)                          | 48                                                     |
| Peso máximo del usuario (kg)                     | 140                                                    |
| Dimensiones del embalaje - Caja 1 - LxAnxAl (cm) | 206,4 x 95,9 x 72,5                                    |
| Dimensiones del embalaje - Caja 2 - LxAnxAl (cm) | 159, x 51,3 x 47,5                                     |
| Dimensiones del embalaje - Caja 3 - LxAnxAl (cm) | 245,3 x 111,3 x 52,5                                   |
| Estructura                                       | Aço                                                    |
| Espesor de la estructura (mm)                    | 3 ~ 4,75                                               |
| Pintura                                          | Electrostática                                         |
| Soldadura                                        | MIG                                                    |
| Material de tapicería                            | Espuma de poliuretano inyectada de densidad controlada |
| Funda de tapicería                               | Polipiel y costuras reforzadas                         |
| Asas                                             | Nylon con TPU sobreinyectado                           |
| Reposapiés                                       | Goma antideslizante                                    |
| Placard                                          | No                                                     |
| Ajustes                                          | Ajuste de altura con 24 niveles                        |
| Garantía                                         | Hasta 3 años, véase el capítulo sobre garantía         |



# **MONTAJE DEL EQUIPO**

# MONTAJE DEL EQUIPO



## ¡CUIDADO!

- Antes de iniciar el montaje de su equipo es necesario poner atención a los siguientes cuidados:
- Certifique que el embalaje no esté dañado y que las partes y componentes del equipo no están averiados.
  - Se recomienda que la caminadora sea desembalada en el local en que será montada.
  - El local de montaje debe estar limpio.
  - El piso debe ser plano y nivelado para evitar inestabilidad del equipo.
  - Se recomienda montar el equipo alejado de la humedad y de la luz solar.

## ICONOS

Los iconos tienen la función de instruir sobre las buenas prácticas que deben seguirse en el transcurso de la asamblea.



Para este montaje, sugerimos que se haga entre dos personas



No realice el ajuste final de los tornillos.



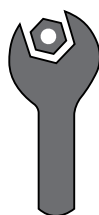
Realice el ajuste final de los tornillos.

## HERRAMIENTAS

Utilice las siguientes herramientas para montar el equipo. La tabla de pares de apriete tiene por objeto orientar sobre el apriete al que puede someterse un tornillo determinado. La tabla debe seguirse estrictamente.

TABLA DE ESPECIFICACIÓN DE TORQUE DE APRIETE DE LOS TORNILLOS

| Diámetro [mm] | Torque [N.m] |
|---------------|--------------|
| M6            | 9-12         |
| M8            | 22-29        |
| M10           | 45-58        |



Llave fija



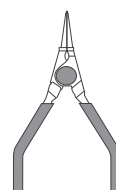
Allen



Fijador de rosca torque medio



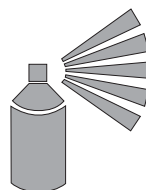
Llave Philips



Tenazas para anillas elásticas



Llave de boca



Grasa en aerosol



Torquímetro

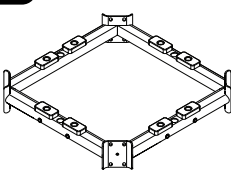
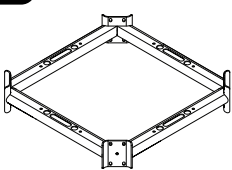
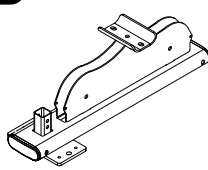
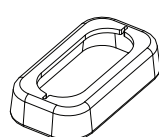
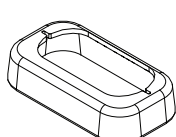
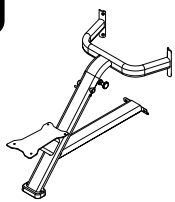
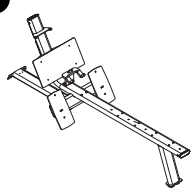
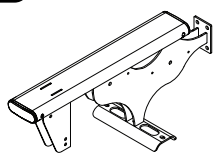
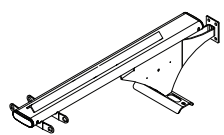
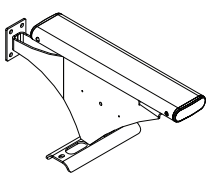
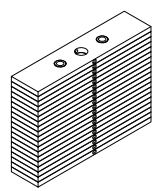
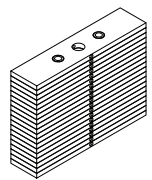
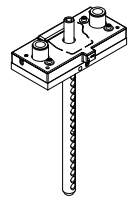
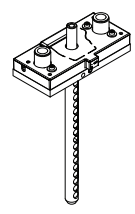
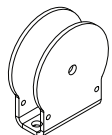
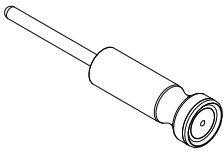
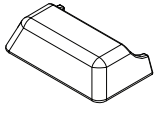
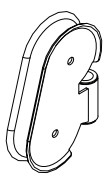
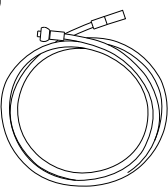
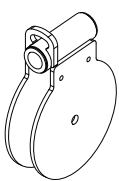
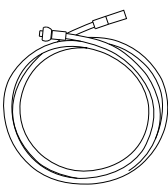
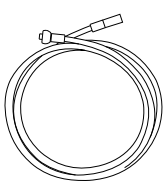
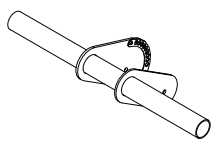
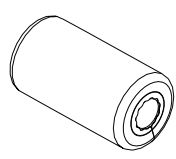
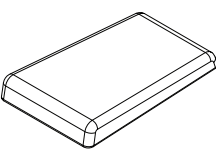
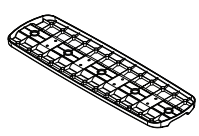
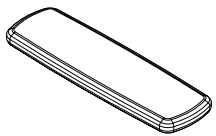
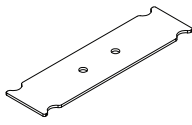


## ¡ATENCIÓN!

El montaje de la torre es el mismo para ambos lados del equipo. Para montar el otro lado basta con seguir de nuevo los mismos pasos descritos en el manual.

# MONTAJE DEL EQUIPO

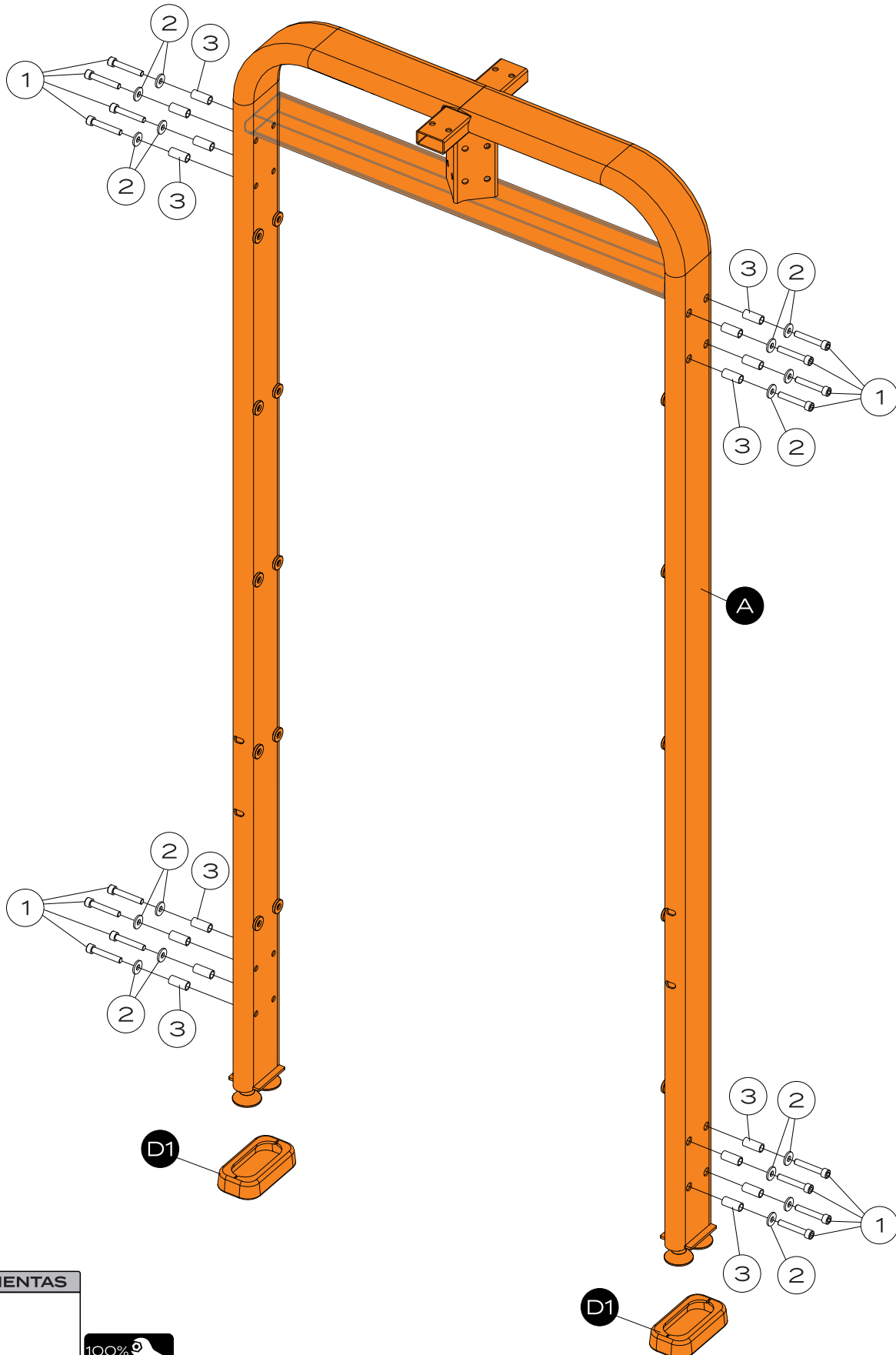
## LISTA DE PIEZAS

|                                                                                                                              |                                                                                                                              |                                                                                                                              |                                                                                                                                         |                                                                                                                                         |                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| <b>A</b><br><br>Soporte                     | <b>B1</b><br><br>Barra de conexión inferior | <b>B2</b><br><br>Barra de conexión superior | <b>C</b><br><br>Soporte inferior                      | <b>D1</b><br><br>Cubierta de pie                     | <b>D2</b><br><br>Cubierta de pie       |
| <b>E</b><br><br>Columna                     | <b>F</b><br><br>Chasis Tirón alto           | <b>G</b><br><br>Chasis Tirón bajo           | <b>H</b><br><br>Placa de soporte                       | <b>I</b><br><br>Soporte                              | <b>J</b><br><br>Soporte Tirón alto     |
| <b>K</b><br><br>Soporte Tirón bajo          | <b>L1</b><br><br>Pila de 19 pesos          | <b>L2</b><br><br>Pila de 24 pesos          | <b>M1</b><br><br>Placa superior de 19 agujeros        | <b>M2</b><br><br>Placa superior de 24 agujeros      | <b>N</b><br><br>Soporte de la polea    |
| <b>O</b><br><br>Clavija selectora          | <b>P</b><br><br>Varillas de las pesas     | <b>Q</b><br><br>Cubierta de pie           | <b>R1</b><br><br>Regla de ajuste de altura izquierda | <b>R2</b><br><br>Regla de ajuste de altura derecha | <b>S</b><br><br>Soporte de la polea  |
| <b>T</b><br><br>Cable de acero de la polea | <b>U</b><br><br>Soporte de la polea       | <b>V</b><br><br>Cable de acero Tirón alto | <b>W</b><br><br>Cable de acero Tirón bajo           | <b>X</b><br><br>Soporte para piernas               | <b>Y</b><br><br>Tapicería de piernas |
| <b>Z</b><br><br>Tapicería del asiento      | <b>AA</b><br><br>Soporte de la polea      | <b>AB</b><br><br>Tapicería del asiento    | <b>AC</b><br><br>Placa de fijación                  |                                                                                                                                         |                                                                                                                           |

# MONTAJE DEL EQUIPO

## PASO 1

|           |                                                                                     |                                                              |                   |
|-----------|-------------------------------------------------------------------------------------|--------------------------------------------------------------|-------------------|
| <b>1</b>  |     | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M10X60 | <b>Ctd</b><br>16x |
| <b>2</b>  |    | <b>NOMBRE</b><br>Arandela plana Ø10                          | <b>Ctd</b><br>16x |
| <b>3</b>  |  | <b>NOMBRE</b><br>Separador                                   | <b>Ctd</b><br>16x |
| <b>A</b>  |     | <b>NOMBRE</b><br>Soporte                                     |                   |
| <b>D1</b> |    | <b>NOMBRE</b><br>Cubierta de pie                             |                   |



### HERRAMIENTAS



Allen n° 8





# MONTAJE DEL EQUIPO

## PASO 2



**NOMBRE**  
Arandela plana Ø10

**Ctd**  
16x

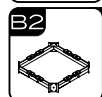


**NOMBRE**  
Tuerca Hex. Inserto  
de Nylon - M10

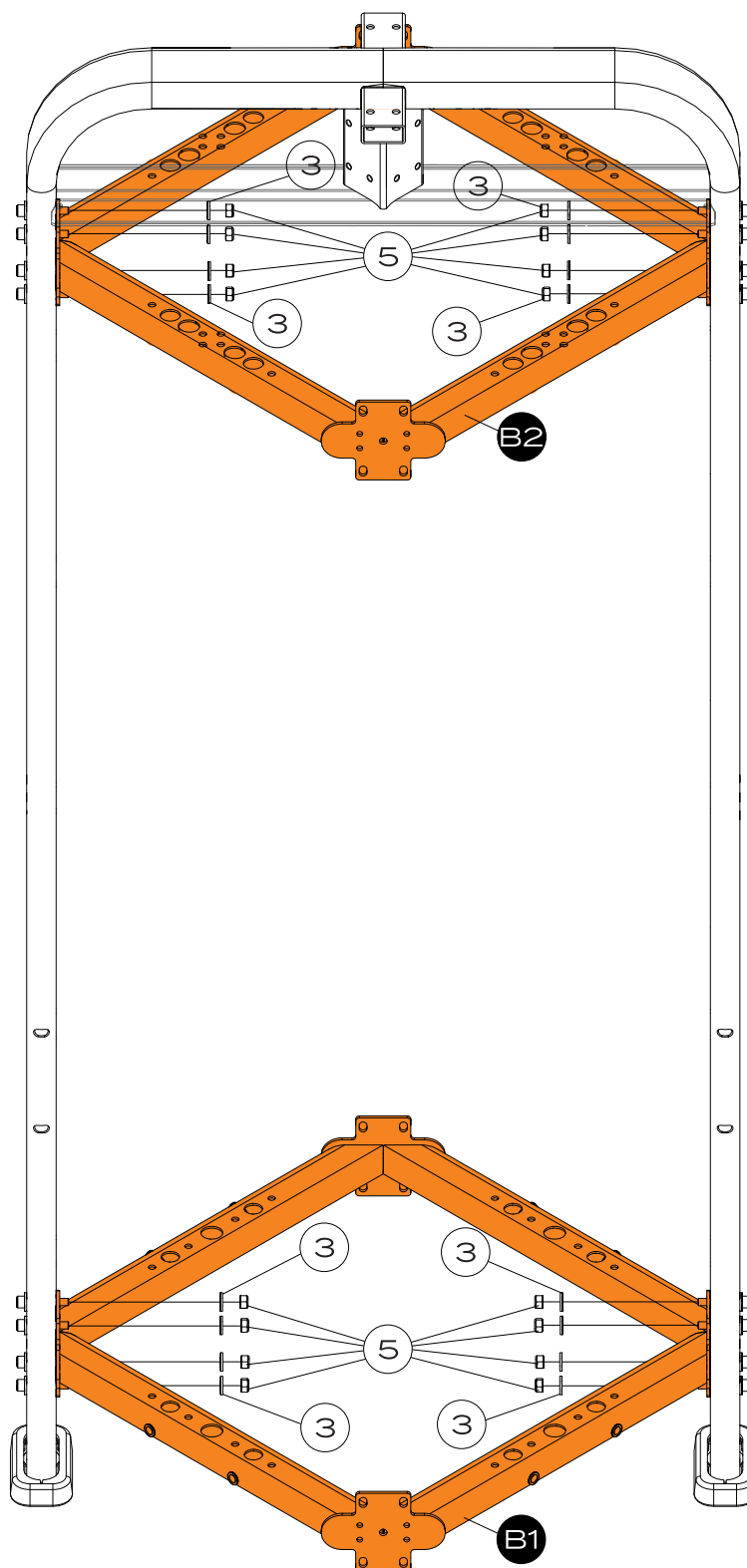
**Ctd**  
16x



**NOMBRE**  
Barra de conexión inferior



**NOMBRE**  
Barra de conexión superior



### HERRAMIENTAS



Llave fija 17



Nota: Se han ocultado algunas partes del equipo para facilitar su visualización.

# MONTAJE DEL EQUIPO

## PASO 3

2

NOMBRE  
Arandela plana Ø10

Ctd  
4x

8

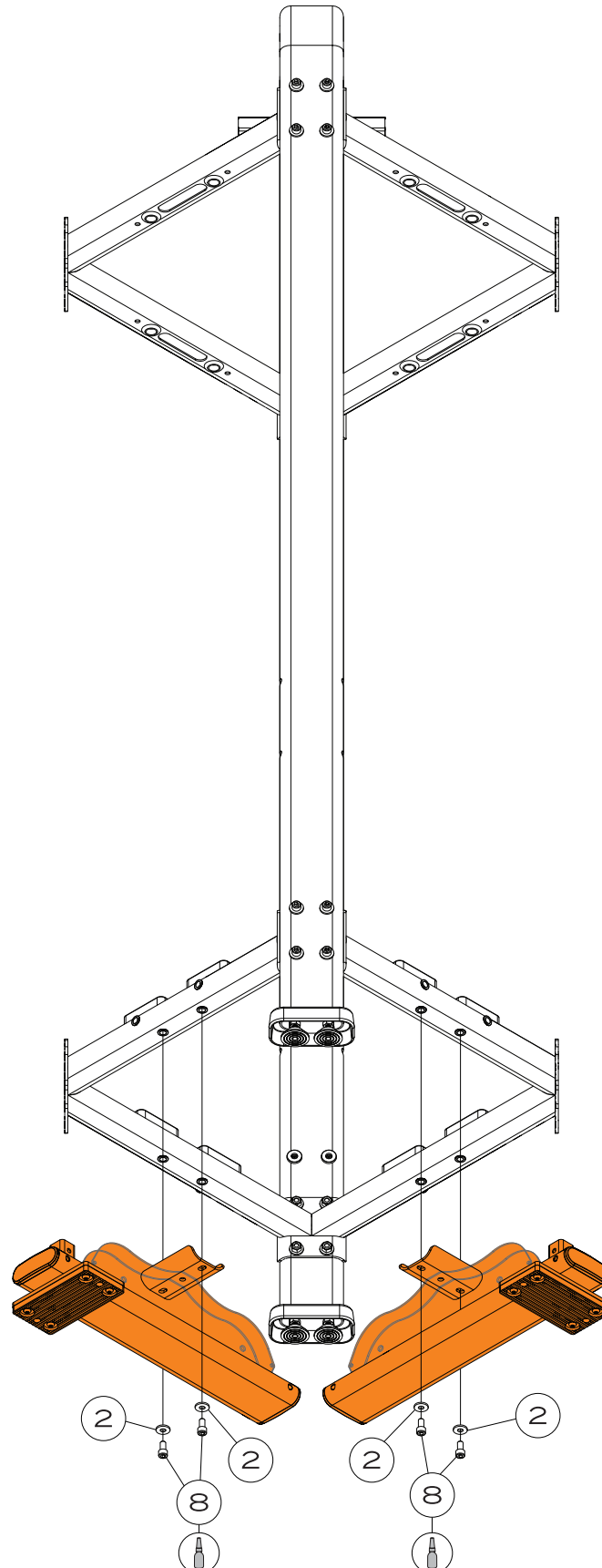


NOMBRE  
Tornillo Cab. Cil. Hex.  
Interno - M10X25

Ctd  
4x



NOMBRE  
Soporte inferior



### HERRAMIENTAS



Allen n° 8



Fijador de rosca  
torque medio

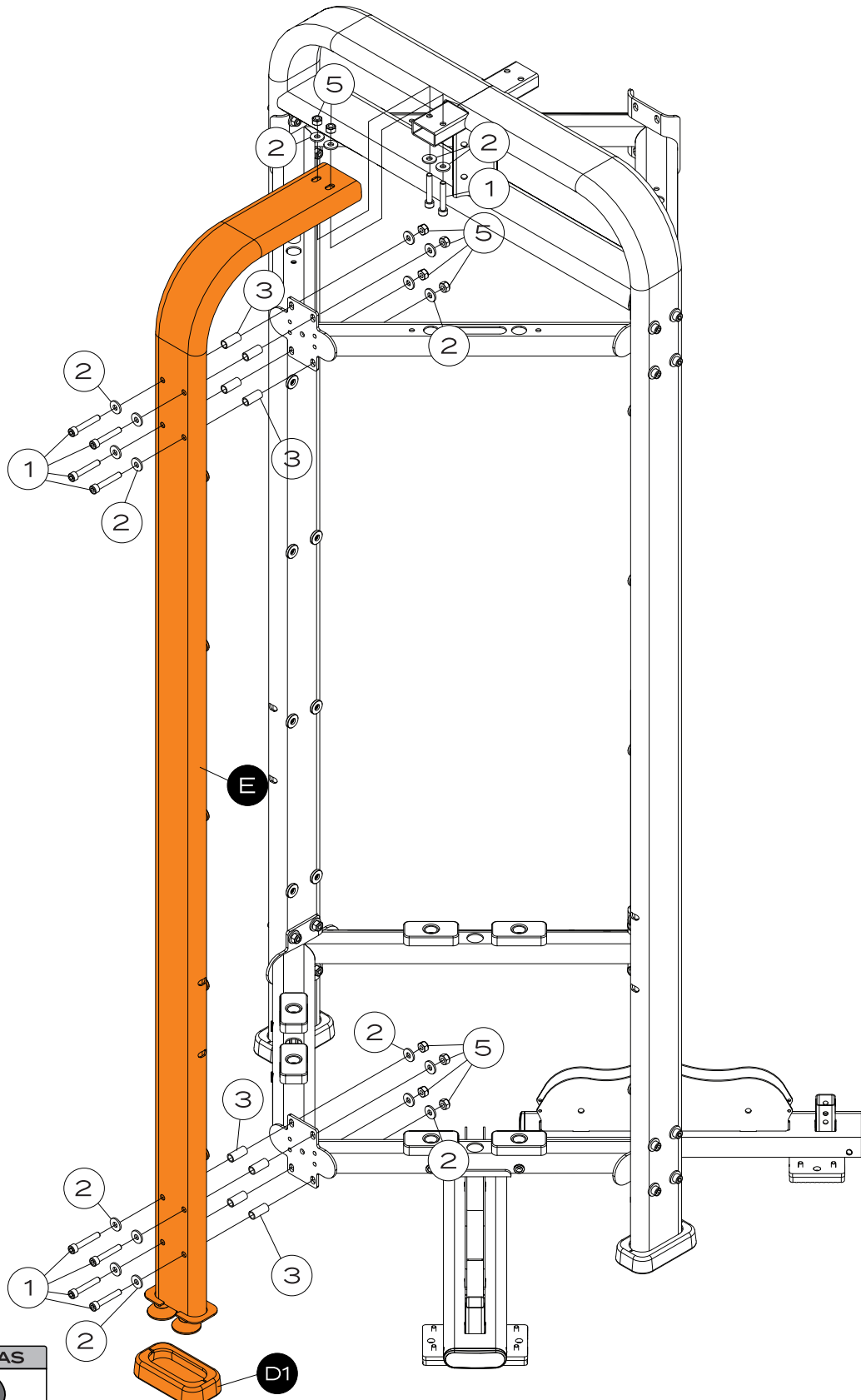
50%



# MONTAJE DEL EQUIPO

## PASO 4

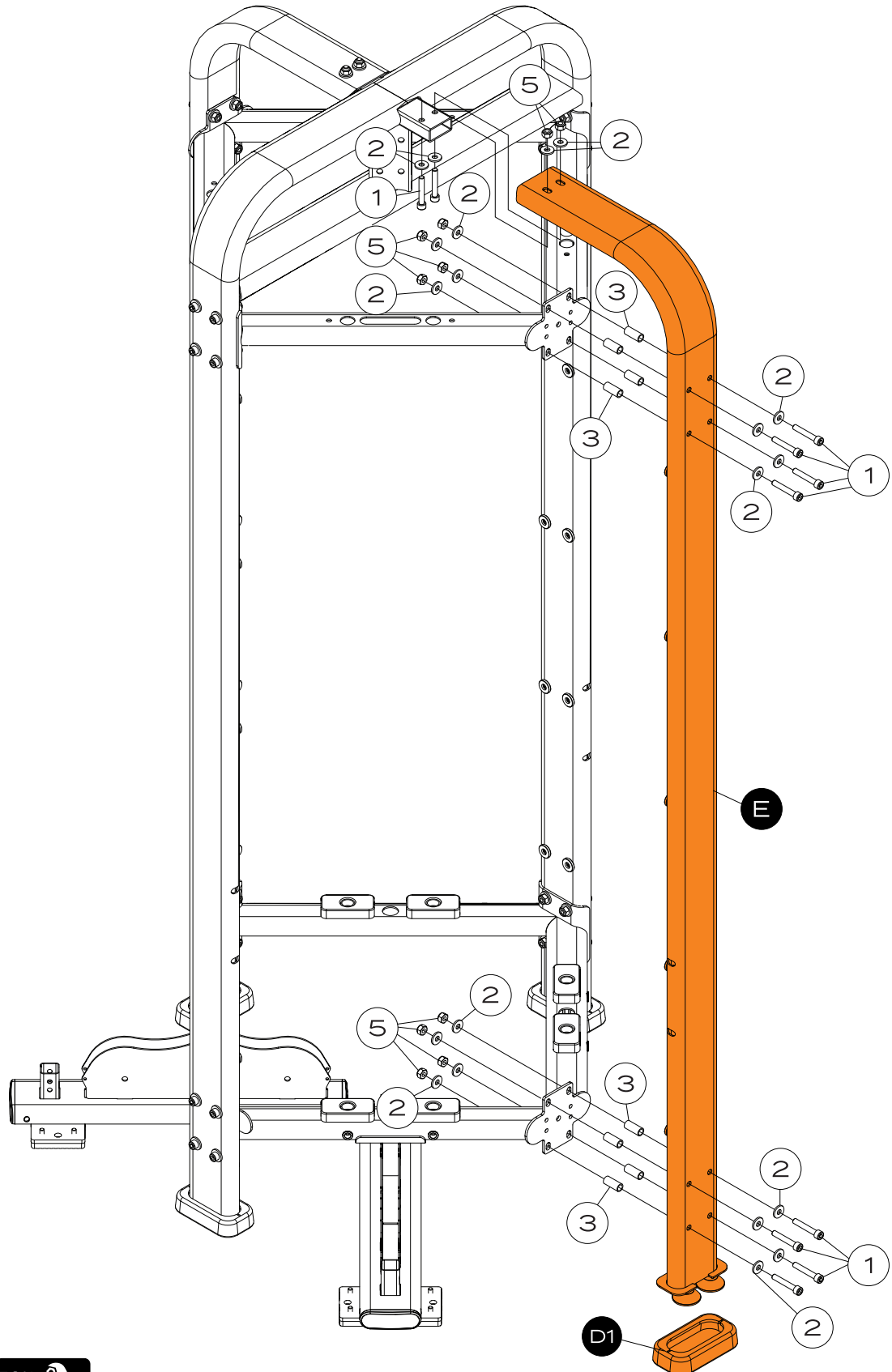
|           |                                                                                     |                                                              |                   |
|-----------|-------------------------------------------------------------------------------------|--------------------------------------------------------------|-------------------|
| <b>1</b>  |     | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M10X60 | <b>Ctd</b><br>10x |
| <b>2</b>  |    | <b>NOMBRE</b><br>Arandela plana Ø10                          | <b>Ctd</b><br>10x |
| <b>3</b>  |  | <b>NOMBRE</b><br>Separador                                   | <b>Ctd</b><br>8x  |
| <b>5</b>  |     | <b>NOMBRE</b><br>Tuerca Hex. Inserto<br>de Nylon - M10       | <b>Ctd</b><br>10x |
| <b>E</b>  |    | <b>NOMBRE</b><br>Columna                                     |                   |
| <b>AD</b> |  | <b>NOMBRE</b><br>Cubierta de pie                             |                   |



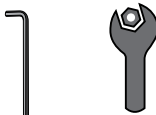
# MONTAJE DEL EQUIPO

## PASO 5

|          |                                                                                     |                                                              |                   |
|----------|-------------------------------------------------------------------------------------|--------------------------------------------------------------|-------------------|
| <b>1</b> |     | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M10X60 | <b>Ctd</b><br>10x |
| <b>2</b> |    | <b>NOMBRE</b><br>Arandela plana Ø10                          | <b>Ctd</b><br>10x |
| <b>3</b> |  | <b>NOMBRE</b><br>Separador                                   | <b>Ctd</b><br>8x  |
| <b>5</b> |     | <b>NOMBRE</b><br>Tuerca Hex. Inserto de<br>Nylon - M10       | <b>Ctd</b><br>10x |
| <b>E</b> |    | <b>NOMBRE</b><br>Columna                                     |                   |



### HERRAMIENTAS



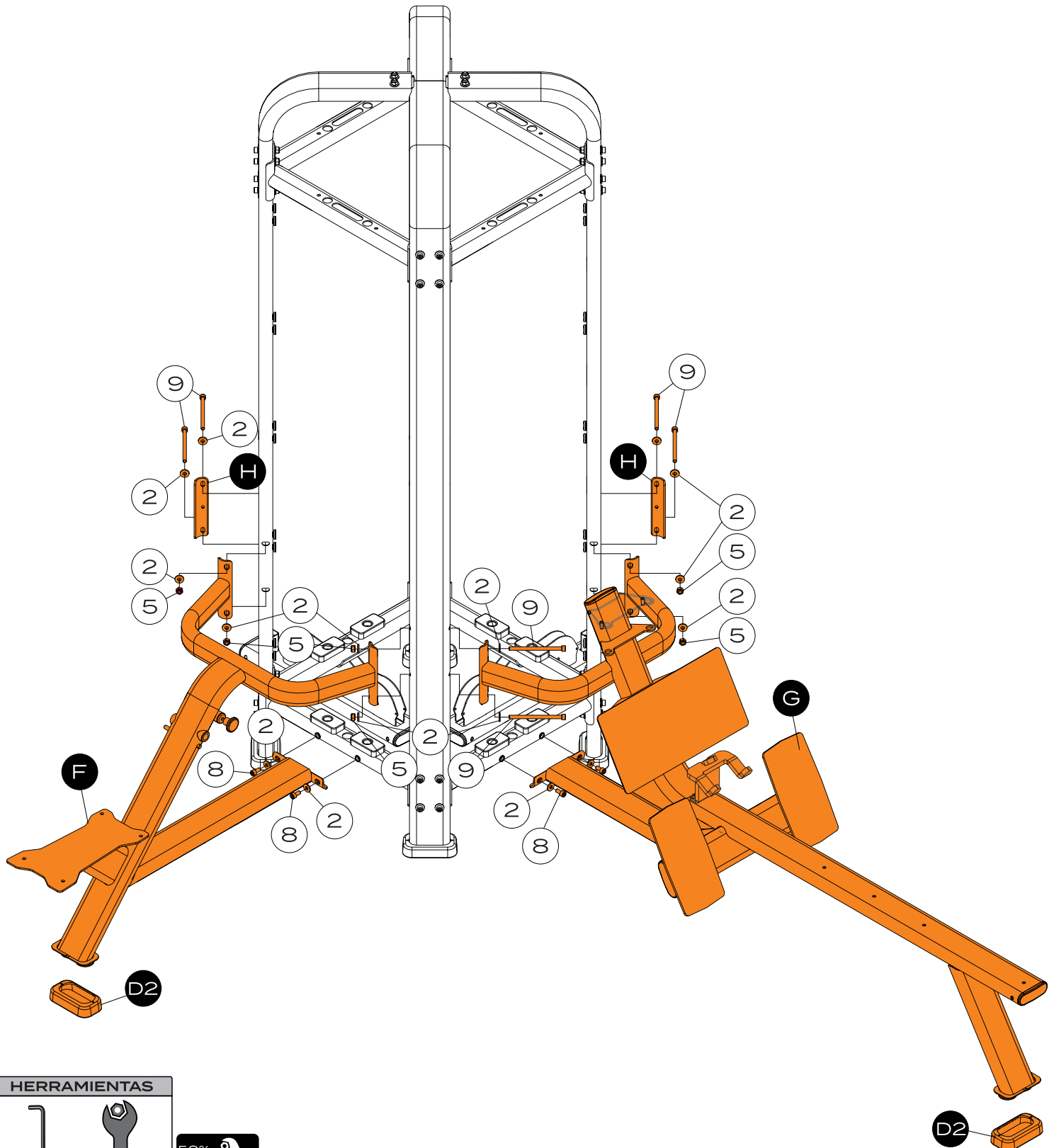
Allen n° 8 Llave fija 17



# MONTAJE DEL EQUIPO

## PASO 6

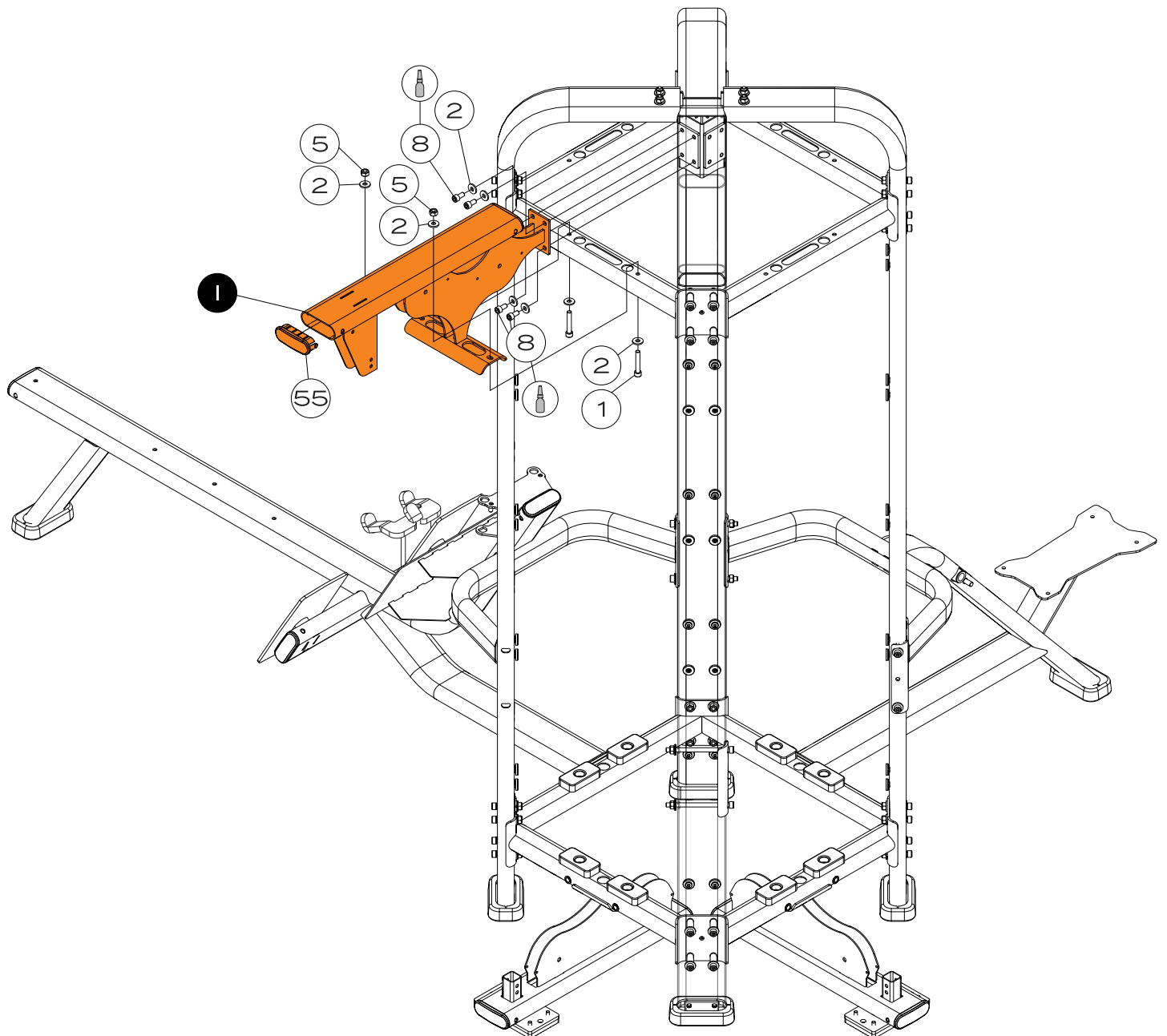
|          |                                                           |                   |           |                                                     |                   |          |                                                          |                  |
|----------|-----------------------------------------------------------|-------------------|-----------|-----------------------------------------------------|-------------------|----------|----------------------------------------------------------|------------------|
| <b>2</b> | <b>NOMBRE</b><br>Arandela plana Ø10                       | <b>Ctd</b><br>10x | <b>5</b>  | <b>NOMBRE</b><br>Tuerca Hex. Inserto de Nylon - M10 | <b>Ctd</b><br>10x | <b>8</b> | <b>NOMBRE</b><br>Tornillo Cab. Aba Hex. Interno - M10X25 | <b>Ctd</b><br>4x |
| <b>9</b> | <b>NOMBRE</b><br>Tornillo Cab. Aba Hex. Interno - M10X140 | <b>Ctd</b><br>6x  | <b>F</b>  | <b>NOMBRE</b><br>Chasis Tirón alto                  |                   | <b>G</b> | <b>NOMBRE</b><br>Chasis Tirón bajo                       |                  |
| <b>H</b> | <b>NOMBRE</b><br>Placa de soporte                         |                   | <b>D2</b> | <b>NOMBRE</b><br>Cubierta de pie                    |                   |          |                                                          |                  |



# MONTAJE DEL EQUIPO

## PASO 7

|           |                                                                                     |                                                              |                  |
|-----------|-------------------------------------------------------------------------------------|--------------------------------------------------------------|------------------|
| <b>1</b>  |     | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M10X60 | <b>Ctd</b><br>2x |
| <b>2</b>  |    | <b>NOMBRE</b><br>Arandela plana Ø10                          | <b>Ctd</b><br>8x |
| <b>5</b>  |  | <b>NOMBRE</b><br>Tuerca Hex. Inserto<br>de Nylon - M10       | <b>Ctd</b><br>2x |
| <b>8</b>  |     | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M10X25 | <b>Ctd</b><br>4x |
| <b>55</b> |    | <b>NOMBRE</b><br>Tapón                                       | <b>Ctd</b><br>1x |
| <b>I</b>  |  | <b>NOMBRE</b><br>Soporte                                     |                  |



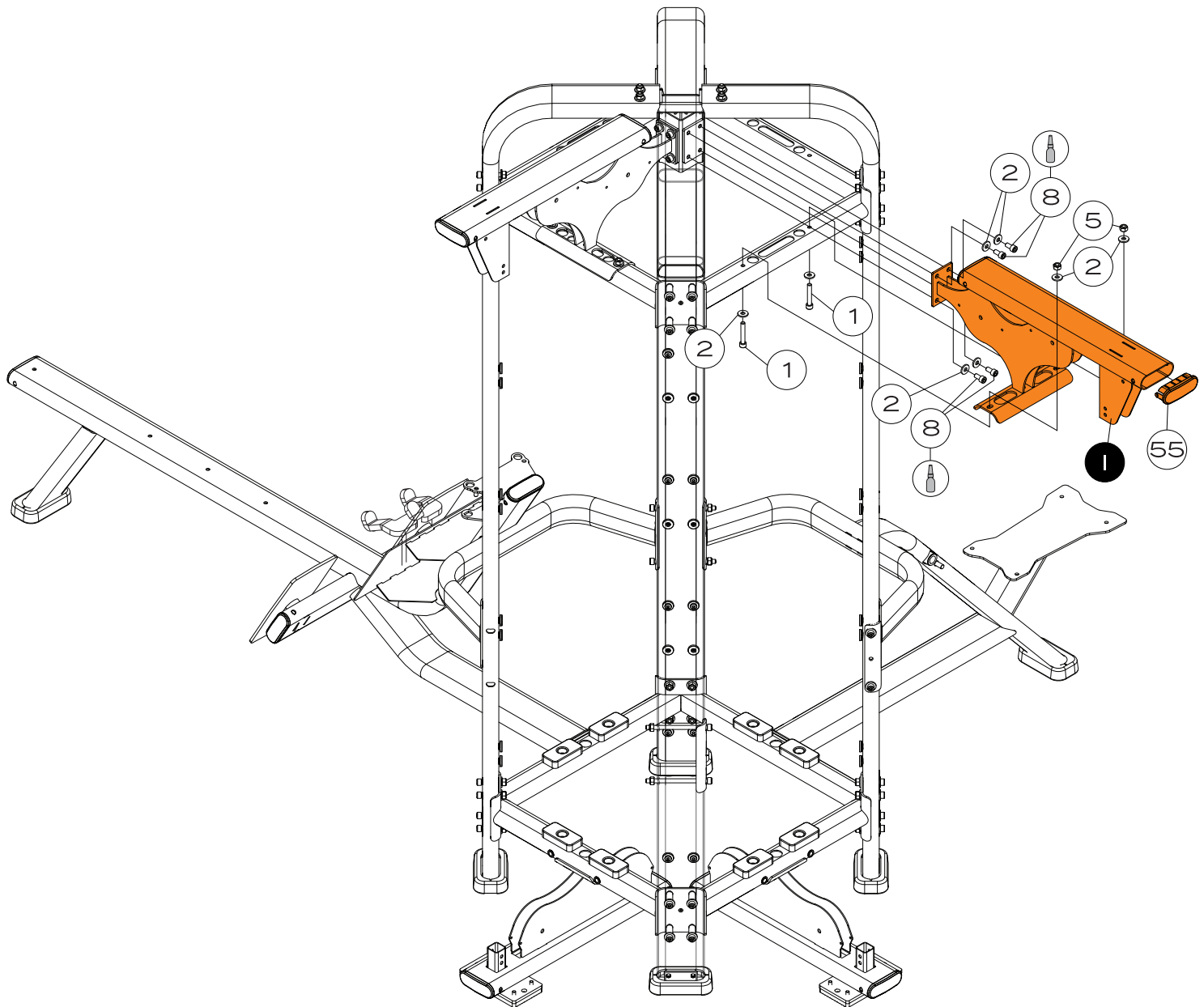
### HERRAMIENTAS



# MONTAJE DEL EQUIPO

## PASO 8

|           |                                                                                     |                                                              |                  |
|-----------|-------------------------------------------------------------------------------------|--------------------------------------------------------------|------------------|
| <b>1</b>  |     | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M10X60 | <b>Ctd</b><br>2x |
| <b>2</b>  |    | <b>NOMBRE</b><br>Arandela plana Ø10                          | <b>Ctd</b><br>8x |
| <b>5</b>  |  | <b>NOMBRE</b><br>Tuerca Hex. Inserto de<br>Nylon - M10       | <b>Ctd</b><br>2x |
| <b>8</b>  |     | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M10X25 | <b>Ctd</b><br>4x |
| <b>55</b> |    | <b>NOMBRE</b><br>Tapón                                       | <b>Ctd</b><br>1x |
| <b>I</b>  |  | <b>NOMBRE</b><br>Soporte                                     |                  |



### HERRAMIENTAS



Allen n° 8



Llave fija 17



Fijador de rosca  
torque medio

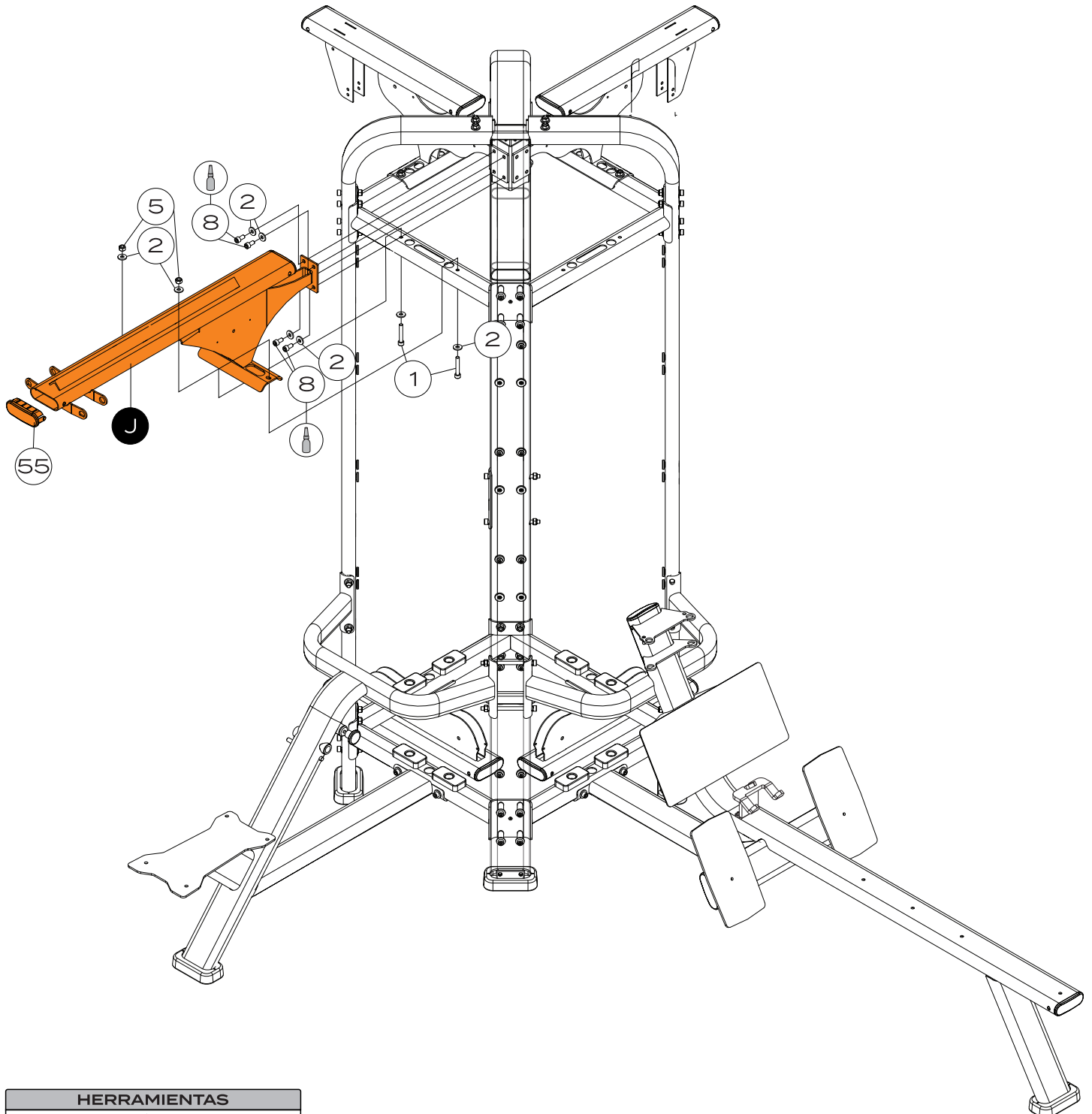




# MONTAJE DEL EQUIPO

## PASO 9

|           |                                                                                     |                                                              |                  |
|-----------|-------------------------------------------------------------------------------------|--------------------------------------------------------------|------------------|
| <b>1</b>  |     | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M10X60 | <b>Ctd</b><br>2x |
| <b>2</b>  |    | <b>NOMBRE</b><br>Arandela plana Ø10                          | <b>Ctd</b><br>8x |
| <b>5</b>  |  | <b>NOMBRE</b><br>Tuerca Hex. Inserto<br>de Nylon - M10       | <b>Ctd</b><br>2x |
| <b>8</b>  |     | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M10X25 | <b>Ctd</b><br>4x |
| <b>55</b> |    | <b>NOMBRE</b><br>Tapón                                       | <b>Ctd</b><br>1x |
| <b>J</b>  |  | <b>NOMBRE</b><br>Soporte Tirón alto                          |                  |



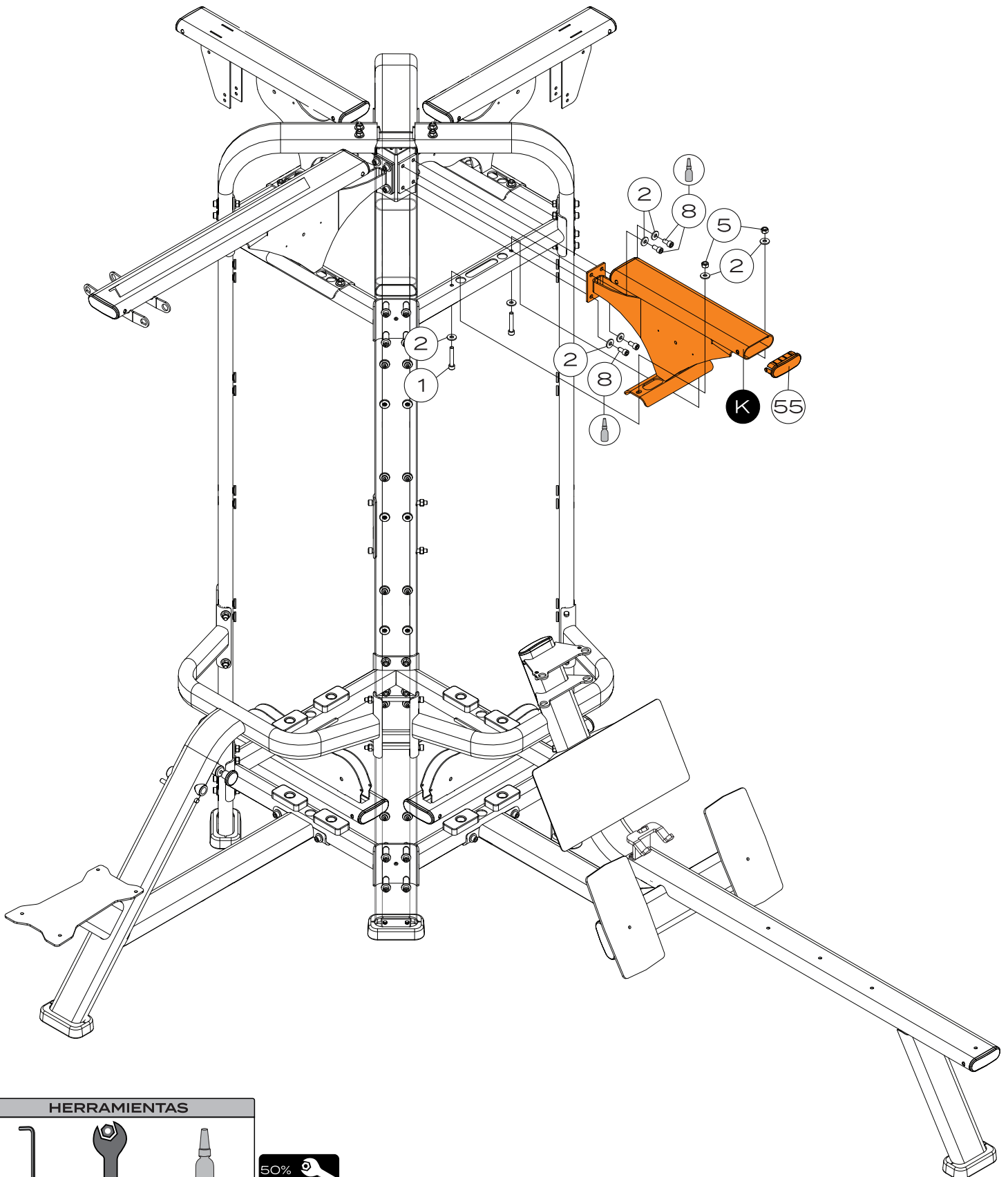
### HERRAMIENTAS



# MONTAJE DEL EQUIPO

## PASO 10

|           |                                                                                     |                                                              |                  |
|-----------|-------------------------------------------------------------------------------------|--------------------------------------------------------------|------------------|
| <b>1</b>  |     | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M10X60 | <b>Ctd</b><br>2x |
| <b>2</b>  |    | <b>NOMBRE</b><br>Arandela plana Ø10                          | <b>Ctd</b><br>8x |
| <b>5</b>  |  | <b>NOMBRE</b><br>Tuerca Hex. Inserto<br>de Nylon - M10       | <b>Ctd</b><br>2x |
| <b>8</b>  |     | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M10X25 | <b>Ctd</b><br>4x |
| <b>55</b> |    | <b>NOMBRE</b><br>Tapón                                       | <b>Ctd</b><br>1x |
| <b>K</b>  |  | <b>NOMBRE</b><br>Soporte Tirón bajo                          |                  |



### HERRAMIENTAS



Allen n° 8



Llave fija 17



Fijador de rosca  
torque medio



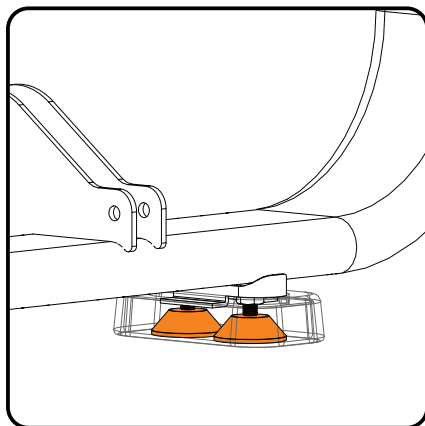
# MONTAJE DEL EQUIPO

## PASO 11 - NIVELACIÓN DEL EQUIPO

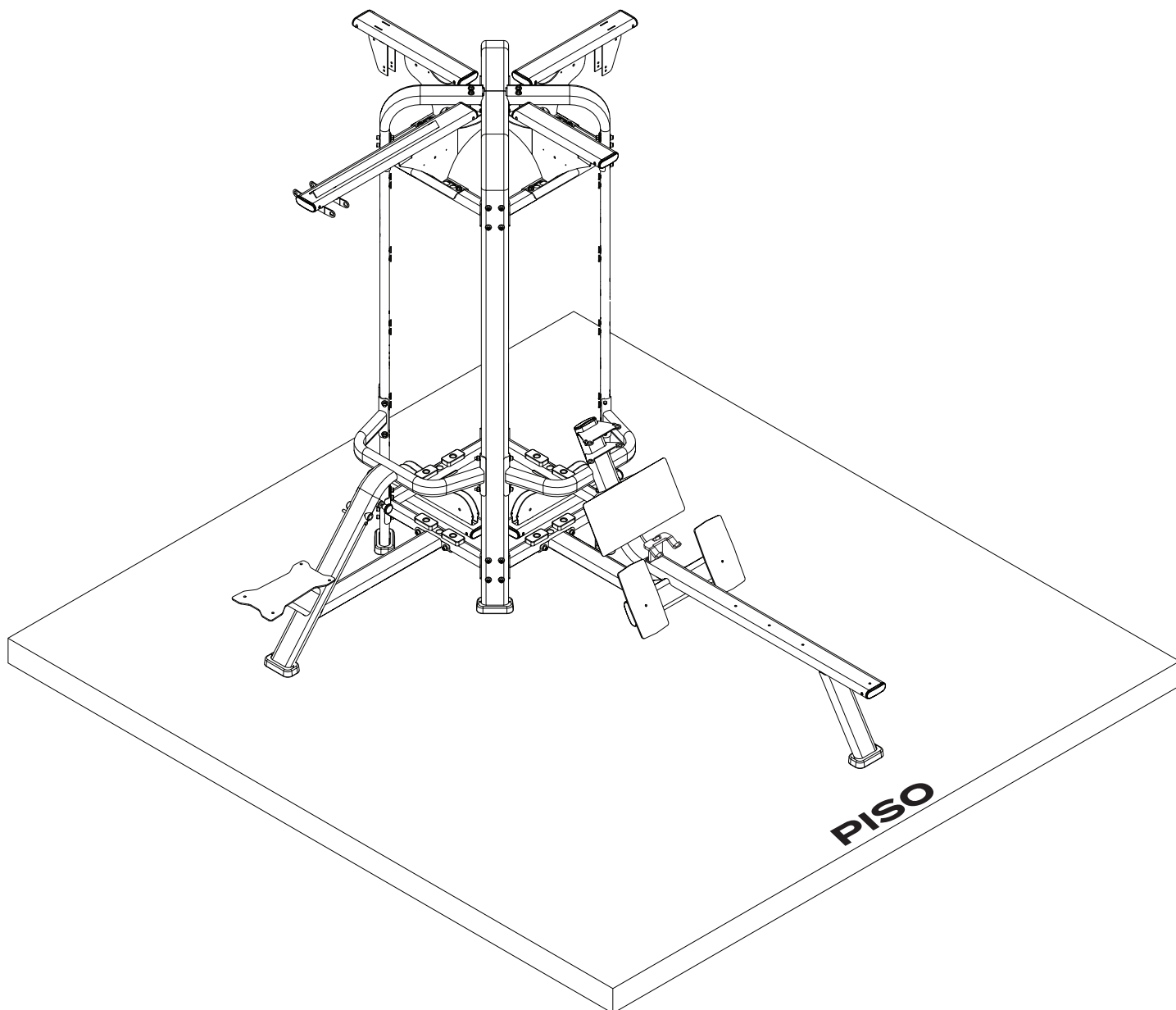


¡ATENCIÓN!

ANTES DE CONTINUAR CON EL MONTAJE ALINEE TODO EL EQUIPO AL SUELO PARA EVITAR CUALQUIER TIPO DE BALANCEO. CON EL EQUIPO CORRECTAMENTE ALINEADO, APRIETE LOS TORNILLOS.



Utilice las patas niveladoras para ajustar la alineación del equipo.



# MONTAJE DEL EQUIPO

## PASO 12



NOMBRE  
Pila de 19 pesos

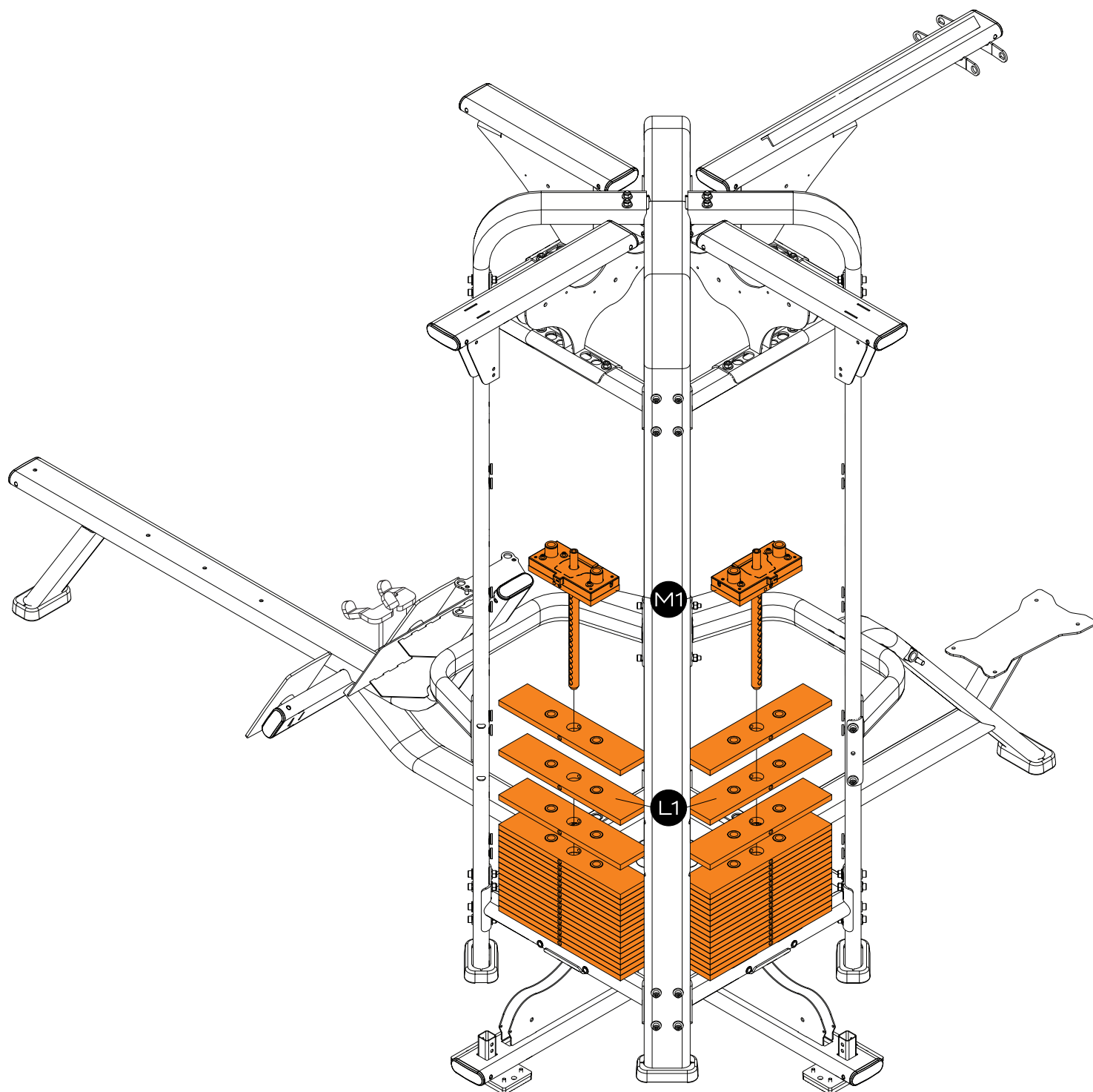


NOMBRE  
Placa superior de 19 agujeros



¡ATENCIÓN!

LA PLACA SUPERIOR DE 19 AGUJEROS  
DEBE MONTARSE DE CARA A LAS POLEAS



# MONTAJE DEL EQUIPO

## PASO 13



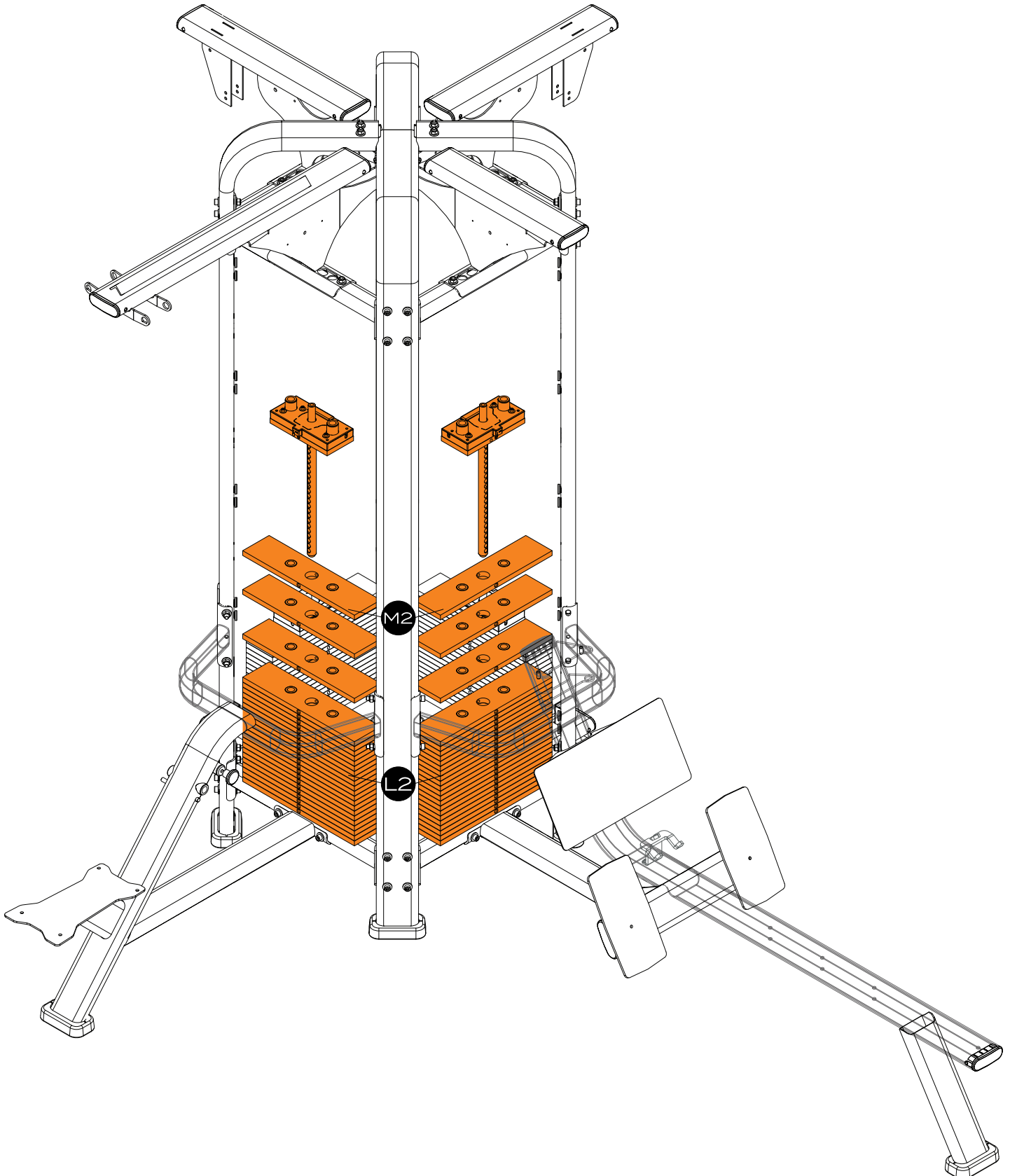
NOMBRE  
Pila de 24 pesos



NOMBRE  
Placa superior de 24 agujeros

¡ATENCIÓN!

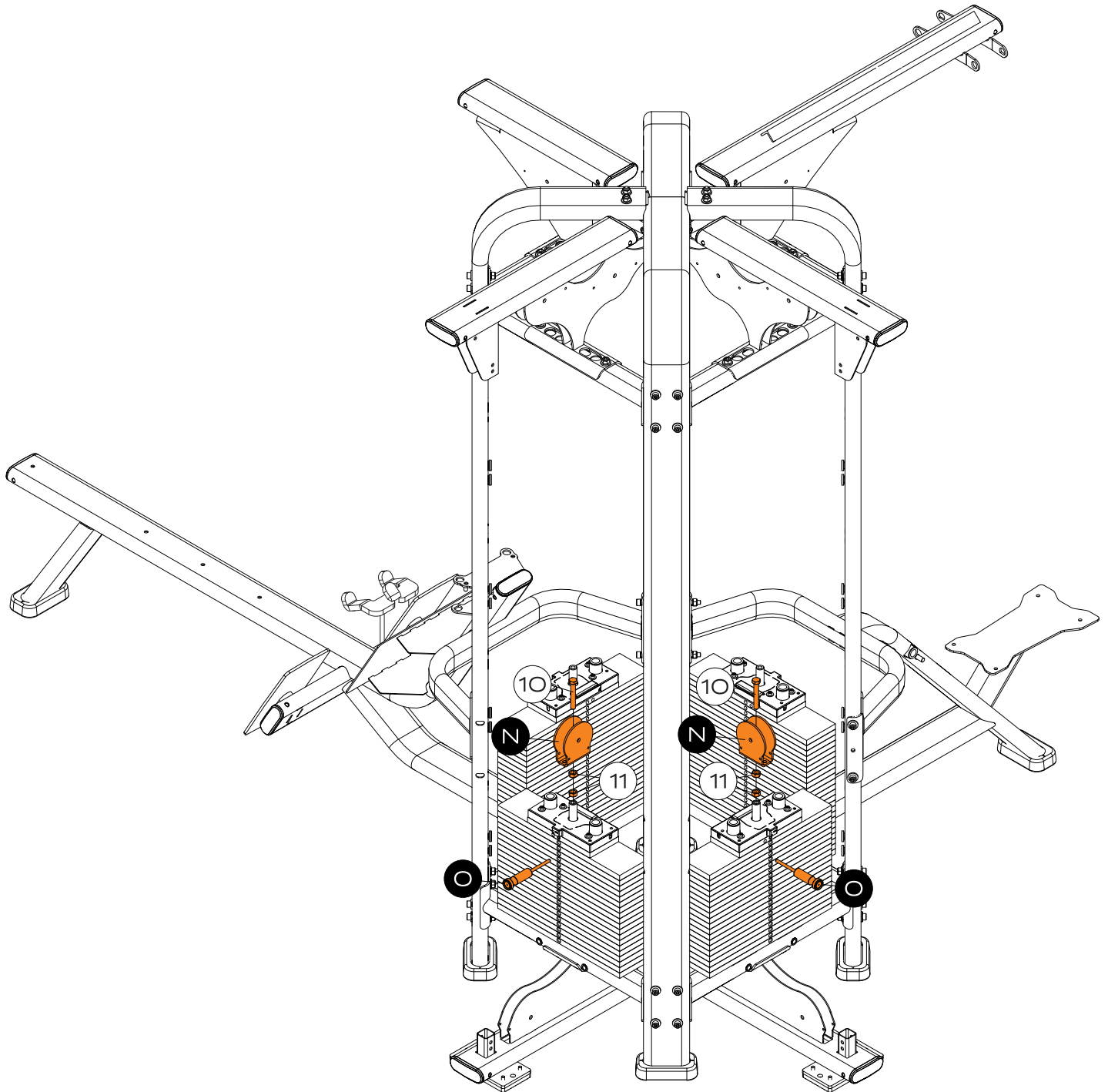
LA TAPA TARDÍA CON 24 AGUJEROS DEBE  
MONTARSE DE CARA AL TIRÓN ALTO Y BAJO



# MONTAJE DEL EQUIPO

## PASO 14

|                                                                                  |                                               |                  |                                                                                   |                                       |                  |                                                                                     |                                      |
|----------------------------------------------------------------------------------|-----------------------------------------------|------------------|-----------------------------------------------------------------------------------|---------------------------------------|------------------|-------------------------------------------------------------------------------------|--------------------------------------|
|  | <b>NOMBRE</b><br>Tornillo Cab. Hex.<br>M12X80 | <b>Ctd</b><br>2x |  | <b>NOMBRE</b><br>Tuerca hexagonal Ø12 | <b>Ctd</b><br>4x |  | <b>NOMBRE</b><br>Soporte de la polea |
|  | <b>NOMBRE</b><br>Clavija selectora            |                  |                                                                                   |                                       |                  |                                                                                     |                                      |



### HERRAMIENTAS



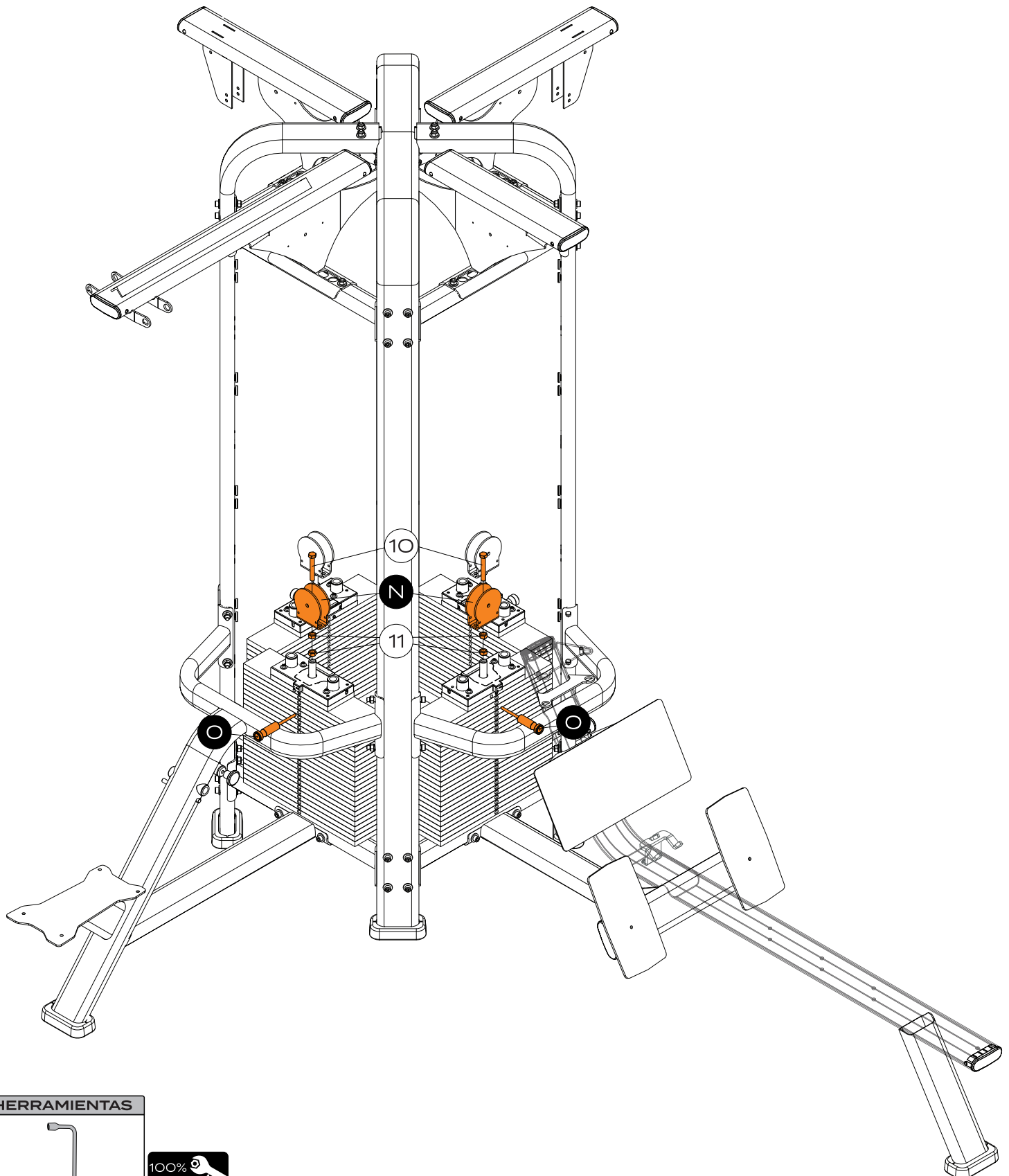
Llave fija 17



# MONTAJE DEL EQUIPO

## PASO 15

|                                                                                  |                                               |                  |                                                                                   |                                       |                  |                                                                                     |                                      |
|----------------------------------------------------------------------------------|-----------------------------------------------|------------------|-----------------------------------------------------------------------------------|---------------------------------------|------------------|-------------------------------------------------------------------------------------|--------------------------------------|
|  | <b>NOMBRE</b><br>Tornillo Cab. Hex.<br>M12X80 | <b>Ctd</b><br>2x |  | <b>NOMBRE</b><br>Tuerca hexagonal Ø12 | <b>Ctd</b><br>4x |  | <b>NOMBRE</b><br>Soporte de la polea |
|  | <b>NOMBRE</b><br>Clavija selectora            |                  |                                                                                   |                                       |                  |                                                                                     |                                      |



### HERRAMIENTAS



Llave fija 17

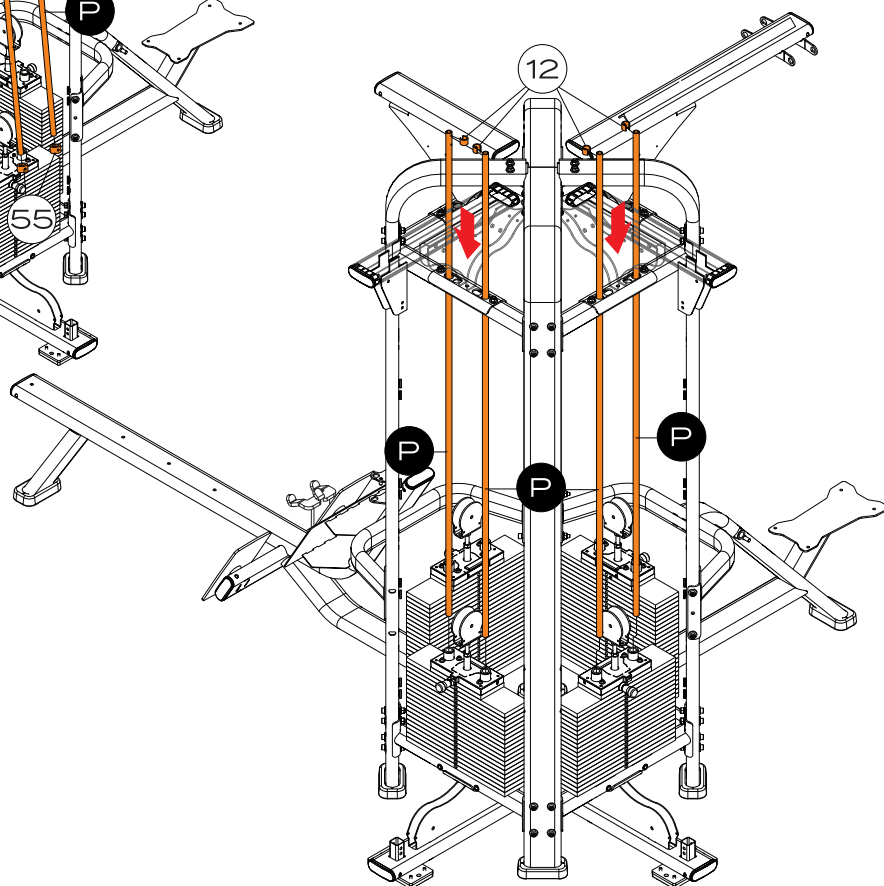
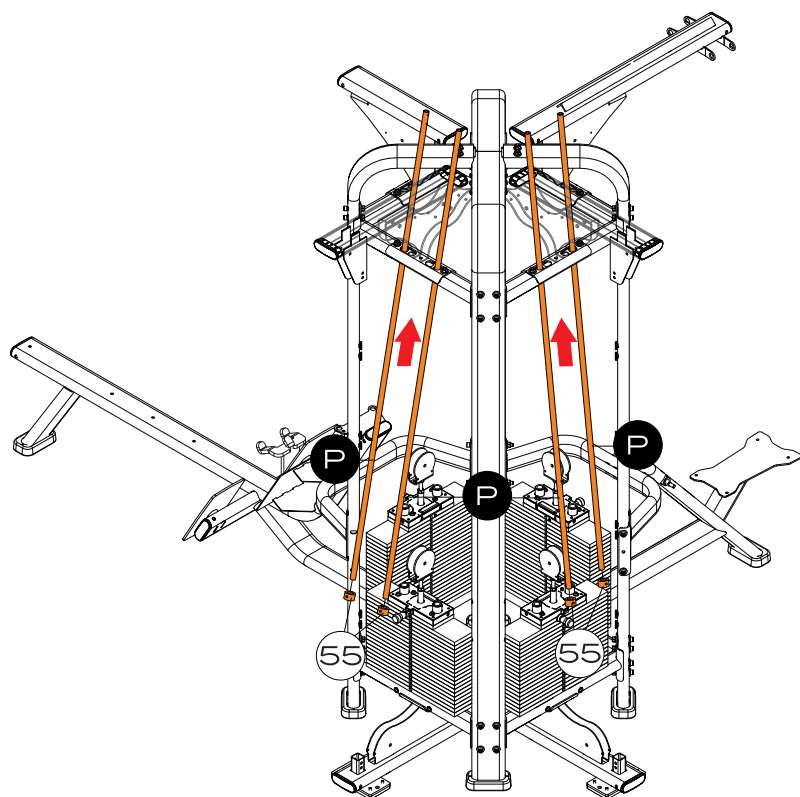




# MONTAJE DEL EQUIPO

## PASO 16

|    |                                                                                  |                                                   |           |    |                                                                                   |                              |           |    |                                                                                     |                                                 |           |
|----|----------------------------------------------------------------------------------|---------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|------------------------------|-----------|----|-------------------------------------------------------------------------------------|-------------------------------------------------|-----------|
| 12 |  | NOMBRE<br>Bloqueo de varilla                      | Ctd<br>8x | 55 |  | NOMBRE<br>Bloqueo de varilla | Ctd<br>4x | 56 |  | NOMBRE<br>Tuerca Hex. Inserto de Nylon - M6     | Ctd<br>4x |
| 57 |  | NOMBRE<br>Tornillo Cab. Cil. Hex. Interno - M6X40 | Ctd<br>4x | P  |  | NOMBRE<br>Vara de las pesas  |           | 64 |  | NOME<br>Tornillo Cab. Cil. Hex. interno - M6x25 | Qtd<br>4x |

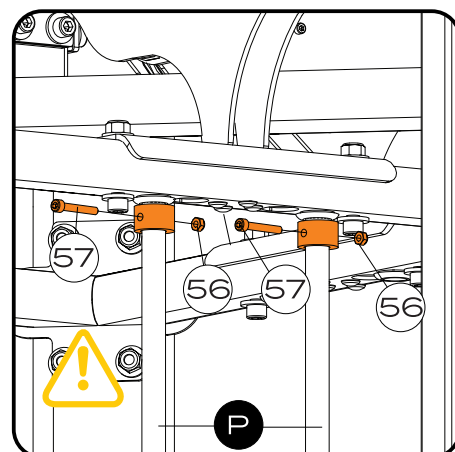
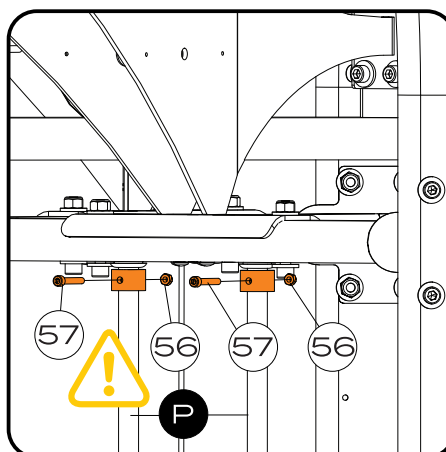


**¡ATENCIÓN!**

APRIETE EL TORNILLO HASTA ELIMINAR LA HOLGURA DEL BLOQUEO DE LA VARILLA

**¡ATENCIÓN!**

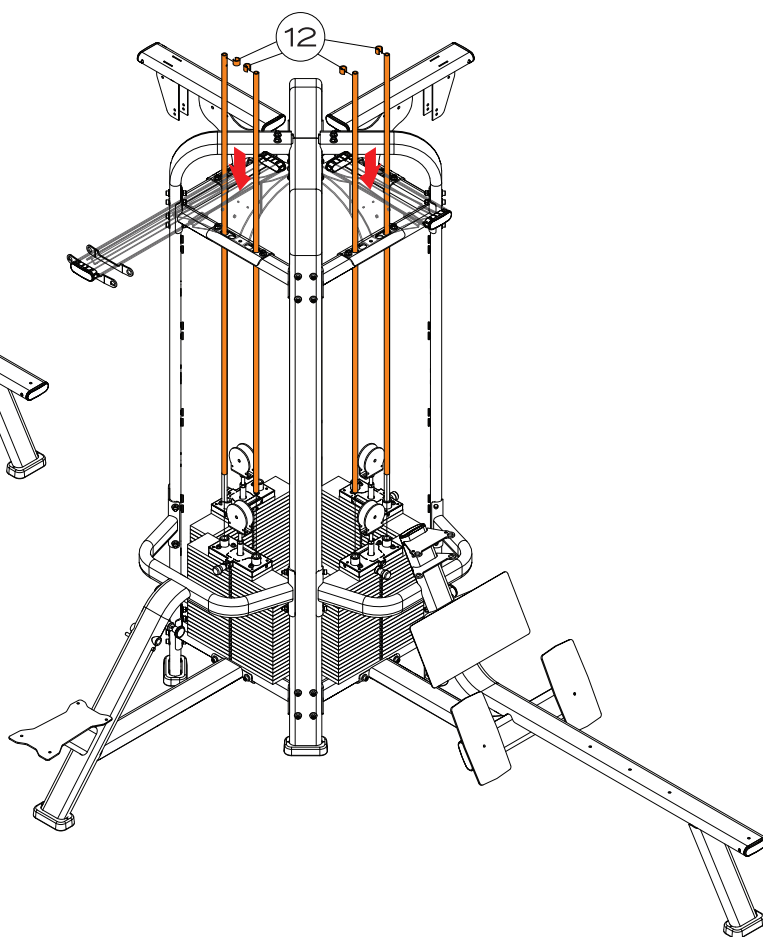
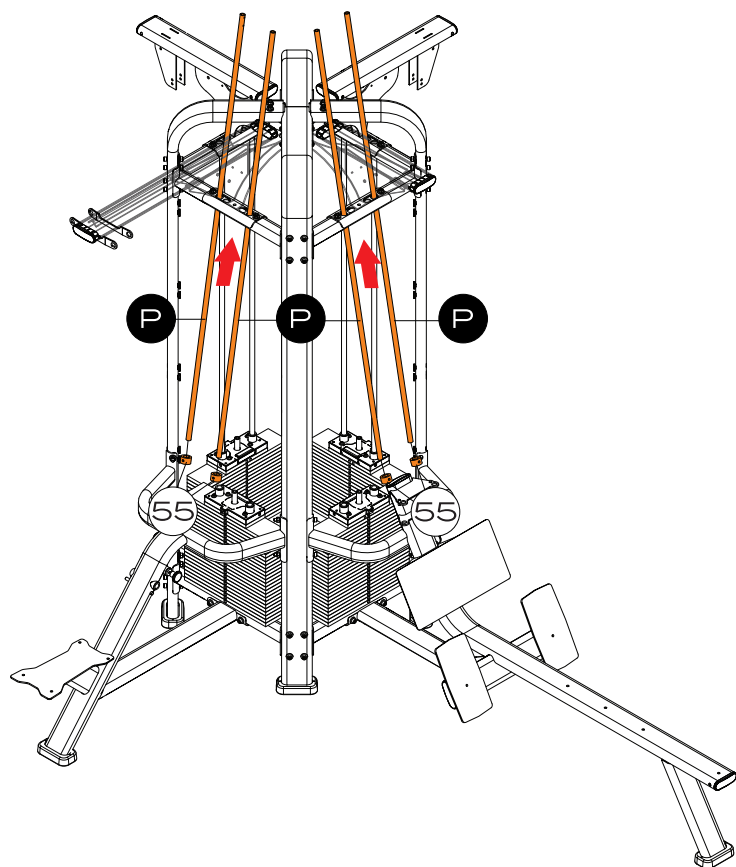
LAS VARILLAS DEBEN SER MONTADAS DE ABAJO HACIA ARRIBA



# MONTAJE DEL EQUIPO

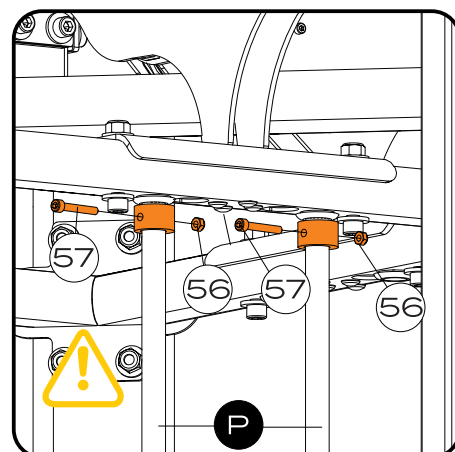
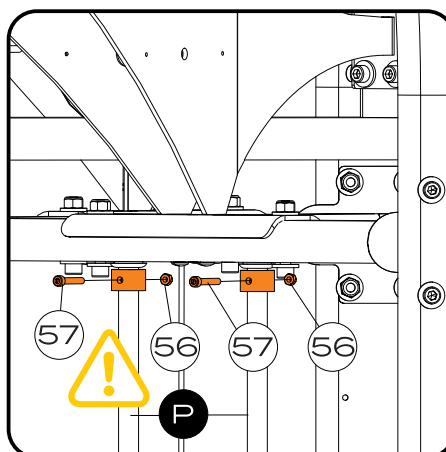
## PASO 17

|    |                                                                                  |                                                   |           |    |                                                                                   |                              |           |    |                                                                                     |                                                 |           |
|----|----------------------------------------------------------------------------------|---------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|------------------------------|-----------|----|-------------------------------------------------------------------------------------|-------------------------------------------------|-----------|
| 12 |  | NOMBRE<br>Bloqueo de varilla                      | Ctd<br>8x | 55 |  | NOMBRE<br>Bloqueo de varilla | Ctd<br>4x | 56 |  | NOMBRE<br>Tuerca Hex. Inserto de Nylon - M6     | Ctd<br>4x |
| 57 |  | NOMBRE<br>Tornillo Cab. Cil. Hex. Interno - M6X40 | Ctd<br>4x | P  |  | NOMBRE<br>Vara de las pesas  |           | 64 |  | NOME<br>Tornillo Cab. Cil. Hex. interno - M6x25 | Qtd<br>4x |



**¡ATENCIÓN!**  
APRIETE EL TORNILLO HASTA ELIMINAR EL JUEGO DEL BLOQUEO DE LA VARILLA

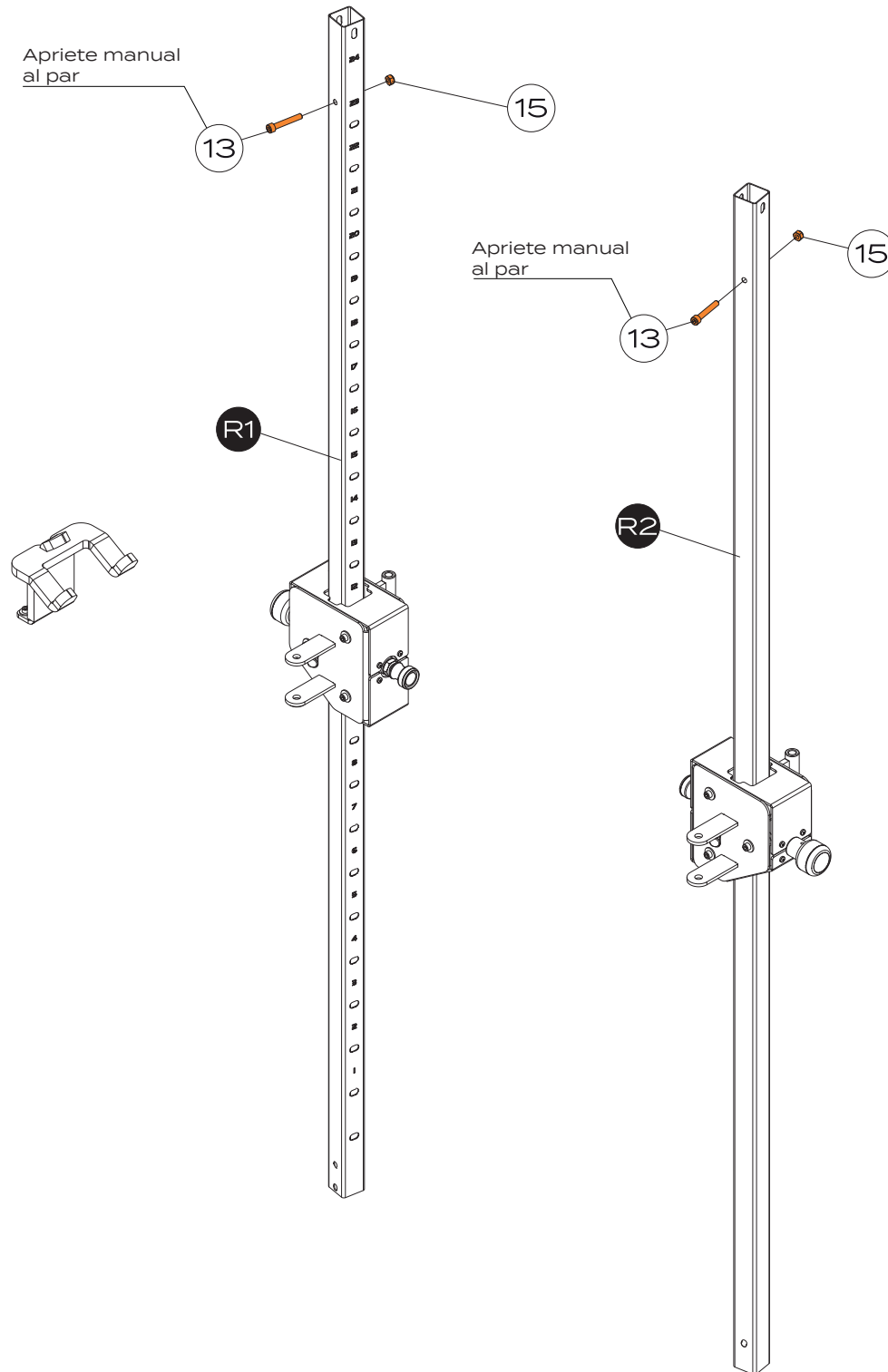
**¡ATENCIÓN!**  
LAS VARILLAS DEBEN SER MONTADAS DE ABAJO HACIA ARRIBA



# MONTAJE DEL EQUIPO

## PASO 18 - MONTAJE DE POLEA

|           |                                                             |                  |           |                                                       |                  |           |                                                         |
|-----------|-------------------------------------------------------------|------------------|-----------|-------------------------------------------------------|------------------|-----------|---------------------------------------------------------|
| <b>13</b> | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M8X50 | <b>Ctd</b><br>2x | <b>15</b> | <b>NOMBRE</b><br>Tuerca Hex. Inserto<br>de Nylon - M8 | <b>Ctd</b><br>2x | <b>R1</b> | <b>NOMBRE</b><br>Regla de ajuste de altura<br>izquierda |
| <b>R2</b> | <b>NOMBRE</b><br>Regla de ajuste de altura<br>derecha       |                  |           |                                                       |                  |           |                                                         |



**HERRAMIENTAS**

Allen n° 6 Llave fija 13

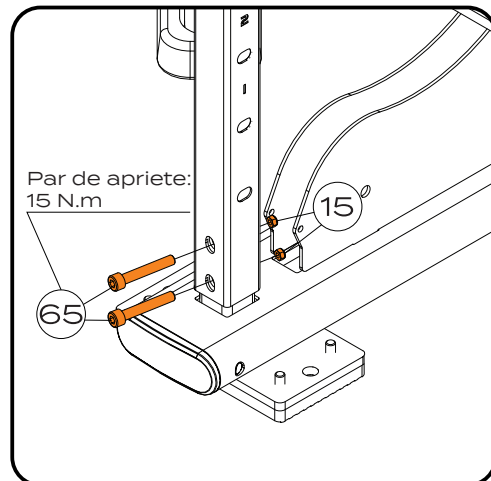
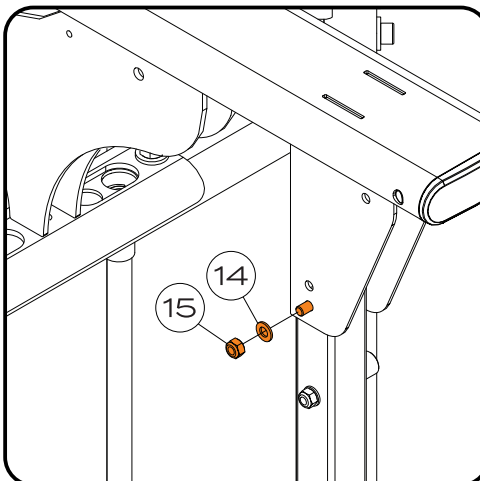
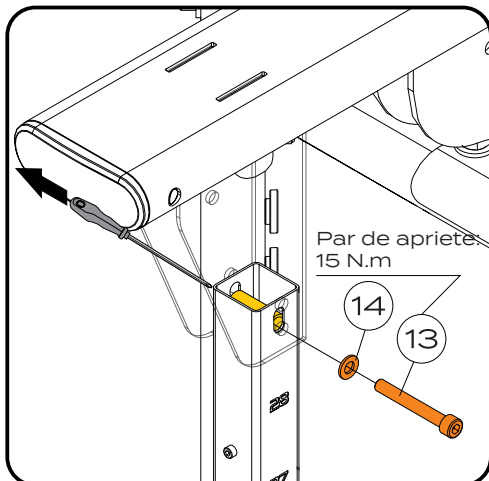
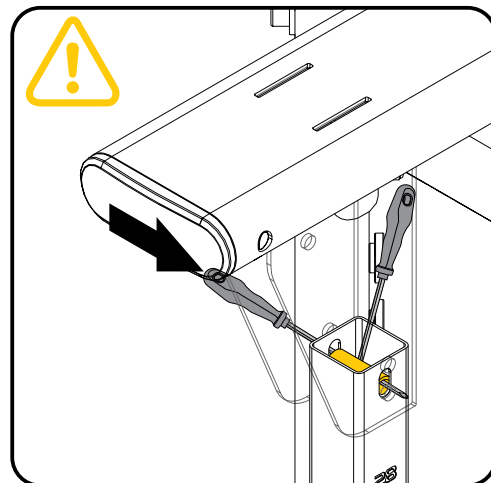
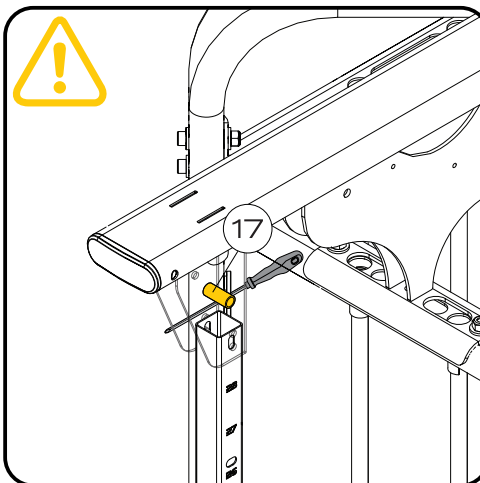
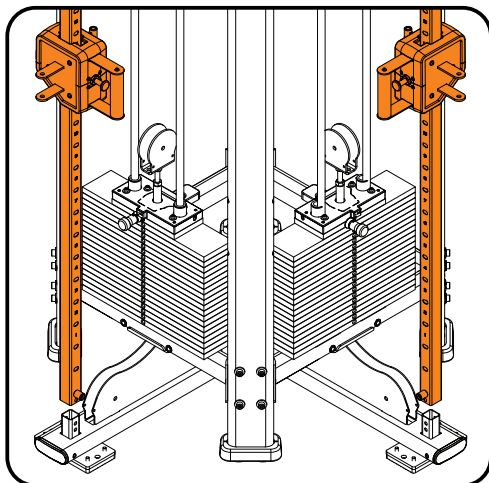


**¡ATENCIÓN!**  
MANTENGA LA CLAVIJA  
SELECTORA TIRADA HASTA  
QUE ENCAJE EN LA TIRA  
DE AJUSTE DE ALTURA.

# MONTAJE DEL EQUIPO

## PASO 19 - MONTAJE DE POLEA

|    |                                                                                     |                                                      |           |
|----|-------------------------------------------------------------------------------------|------------------------------------------------------|-----------|
| 13 |     | NOMBRE<br>Tornillo Cab. Cil.<br>Hex. Interno - M8X60 | Ctd<br>2x |
| 14 |    | NOMBRE<br>Arandela plana Ø8                          | Ctd<br>4x |
| 15 |  | NOMBRE<br>Tuerca Hex. Inserto<br>Nylon - M8          | Ctd<br>6x |
| 17 |     | NOMBRE<br>Separador                                  | Ctd<br>1x |
| 65 |    | NOMBRE<br>Tornillo Cab. Cil. Hex.<br>Interno - M8X50 | Ctd<br>4x |

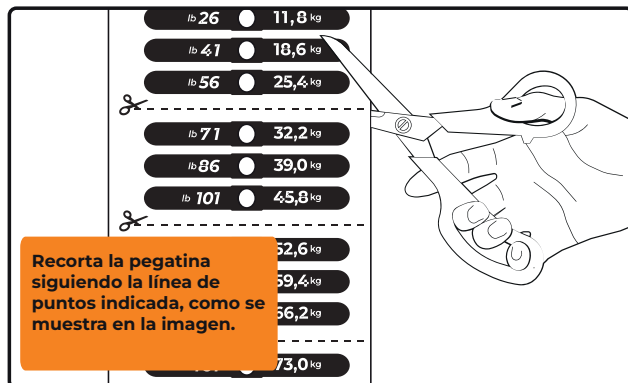


**¡ATENCIÓN!**

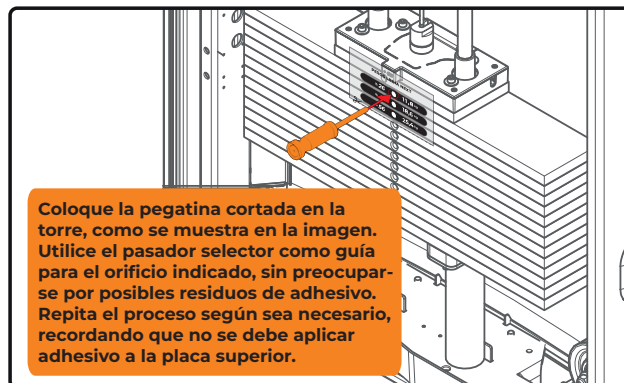
CON LA AYUDA DE UN  
DESTORNILLADOR FINO, SOPORTE  
PARA MONTAR EL SEPARADOR EN LA  
REGLA DE REGULACIÓN DE ALTURA.

**Nota:** El montaje de la regla es el mismo que el de las poleas.

**Nota:** Se han ocultado algunas partes del equipo para facilitar su visualización.



Recorta la pegatina  
siguiendo la línea de  
puntos indicada, como se  
muestra en la imagen.



Coloque la pegatina cortada en la  
torre, como se muestra en la imagen.  
Utilice el pasador selector como guía  
para el orificio indicado, sin preocupar-  
se por posibles residuos de adhesivo.  
Repita el proceso según sea necesario,  
recordando que no se debe aplicar  
adhesivo a la placa superior.

### HERRAMIENTAS



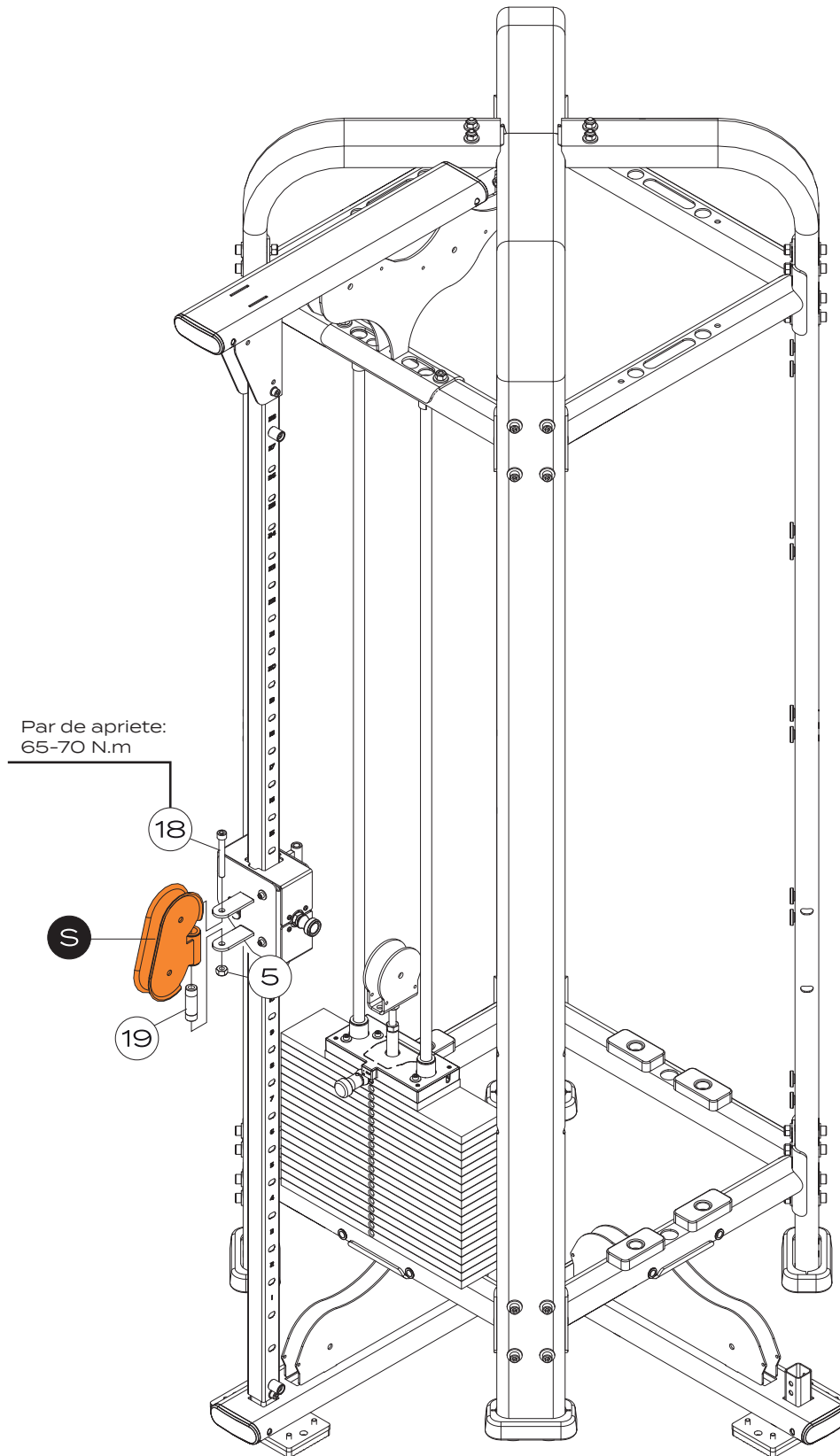
Allen n° 6 Llave fija 13



# MONTAJE DEL EQUIPO

## PASO 20 - MONTAJE DE POLEA

|   |                                                     |                  |    |                                                              |                  |    |                      |                  |
|---|-----------------------------------------------------|------------------|----|--------------------------------------------------------------|------------------|----|----------------------|------------------|
| 5 | <b>NOMBRE</b><br>Tuerca Hex. Inserto<br>Nylon - M10 | <b>Ctd</b><br>1x | 18 | <b>NOMBRE</b><br>Tornillo Cab. Cil.<br>Hex. Interno - M10X80 | <b>Ctd</b><br>1x | 19 | <b>NOMBRE</b><br>Eje | <b>Ctd</b><br>1x |
| S | <b>NOMBRE</b><br>Soporte de las poleas              |                  |    |                                                              |                  |    |                      |                  |



| HERRAMIENTAS   |                   |
|----------------|-------------------|
| <br>Allen n° 8 | <br>Llave fija 17 |

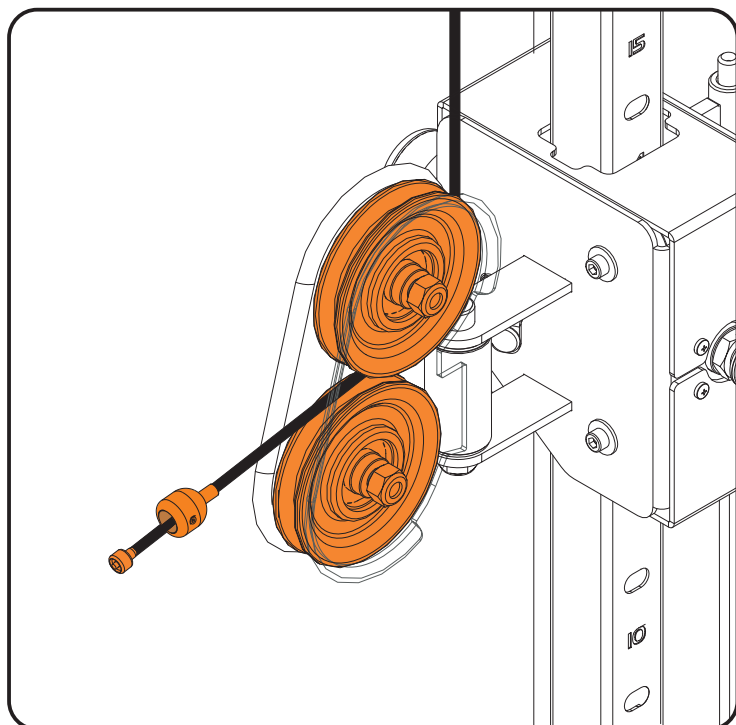
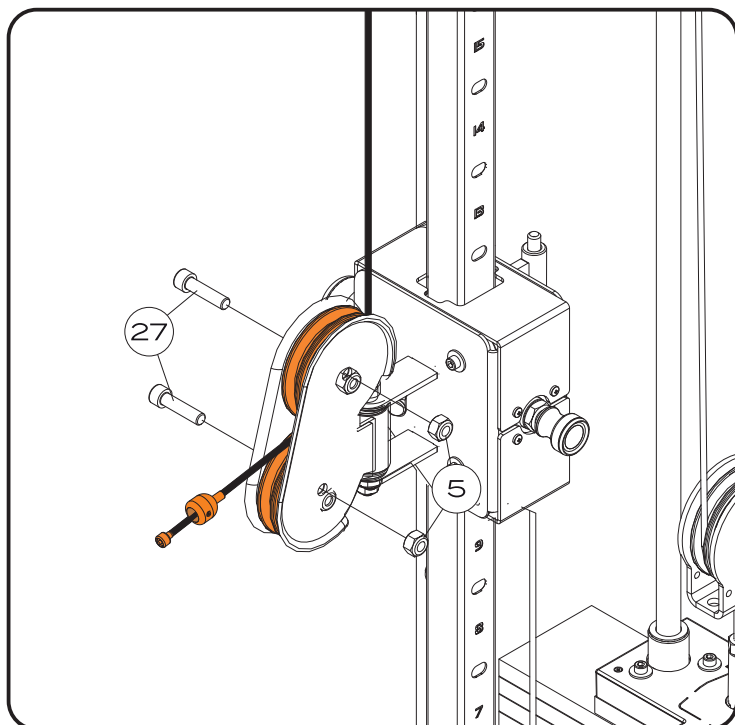
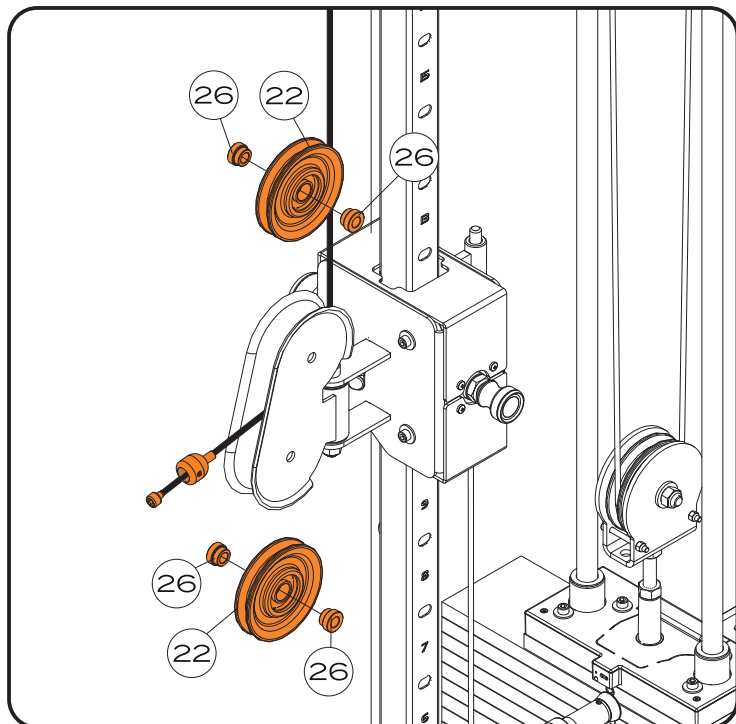
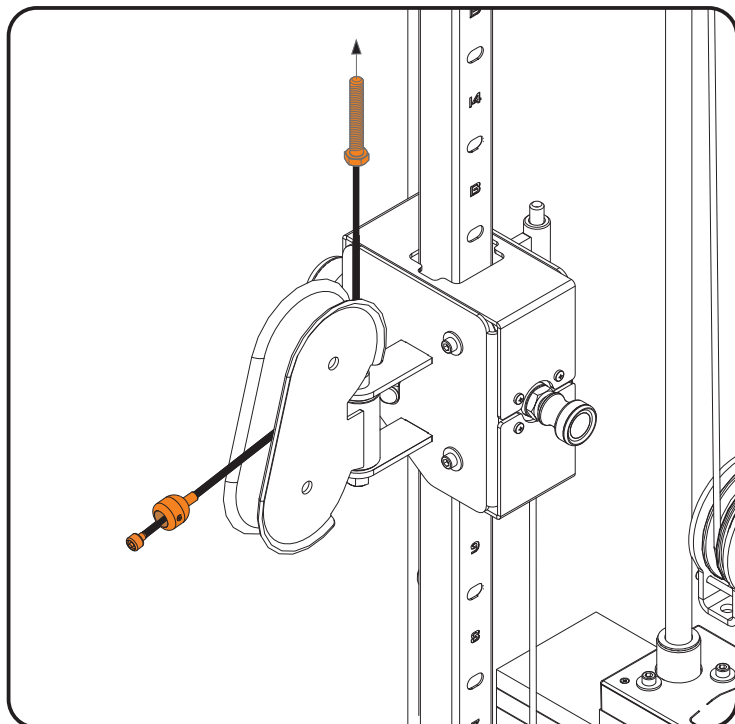


**Nota:** Se han ocultado algunas partes del equipo para facilitar su visualización.

# MONTAJE DEL EQUIPO

## PASO 21 - MONTAJE DE POLEA

|    |                                                                 |    |                              |    |                                  |
|----|-----------------------------------------------------------------|----|------------------------------|----|----------------------------------|
| 5  | NOMBRE<br>Tuerca Hex. Inserto de Nylon - M10<br>Ctd<br>2x       | 22 | NOMBRE<br>Polea<br>Ctd<br>2x | 26 | NOMBRE<br>Casquillo<br>Ctd<br>4x |
| 27 | NOMBRE<br>Tornillo Cab. Cil. Hex. Interno - M10X40<br>Ctd<br>2x |    |                              |    |                                  |



### HERRAMIENTAS



¡ATENCIÓN!

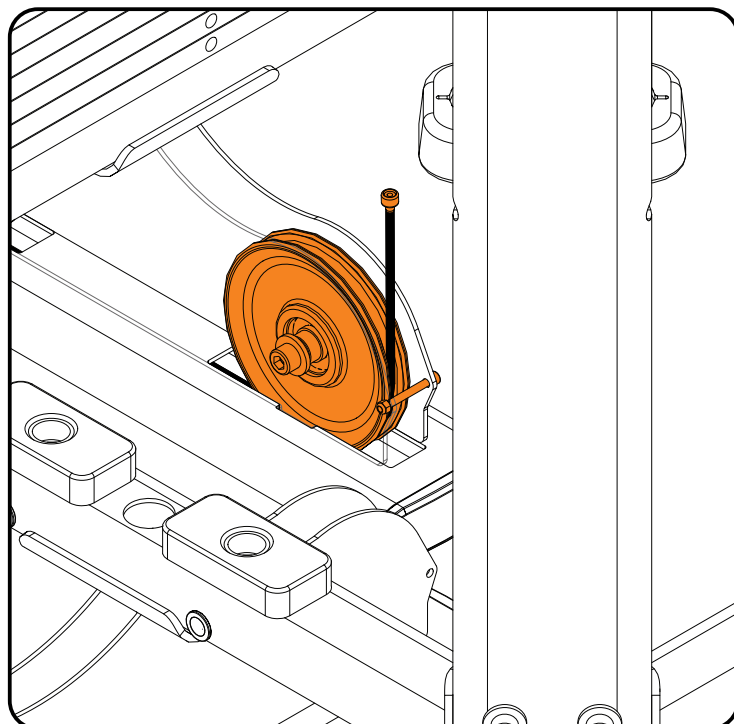
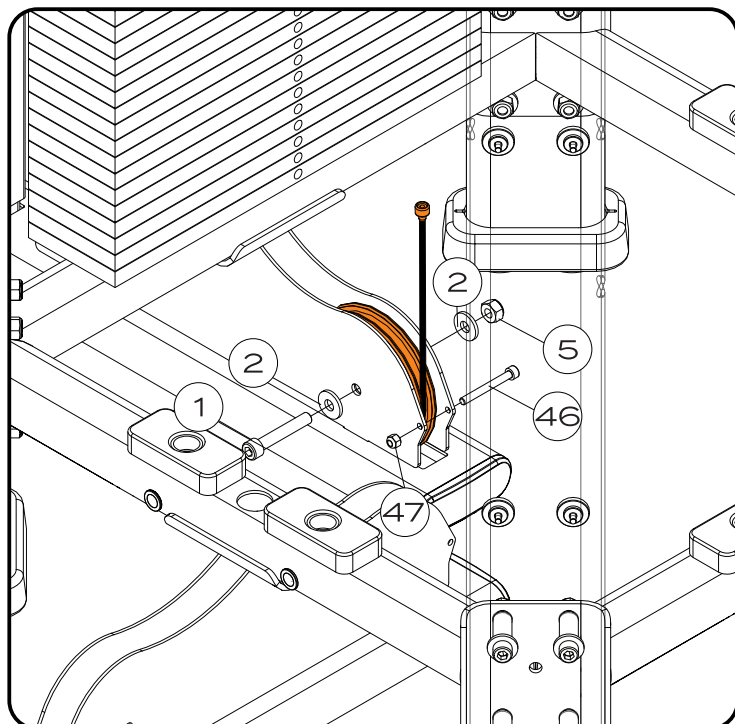
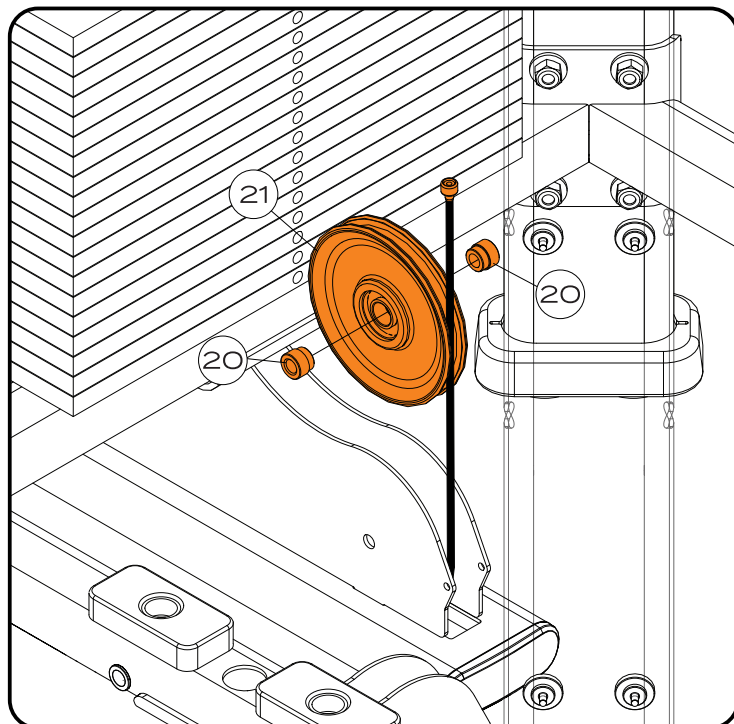
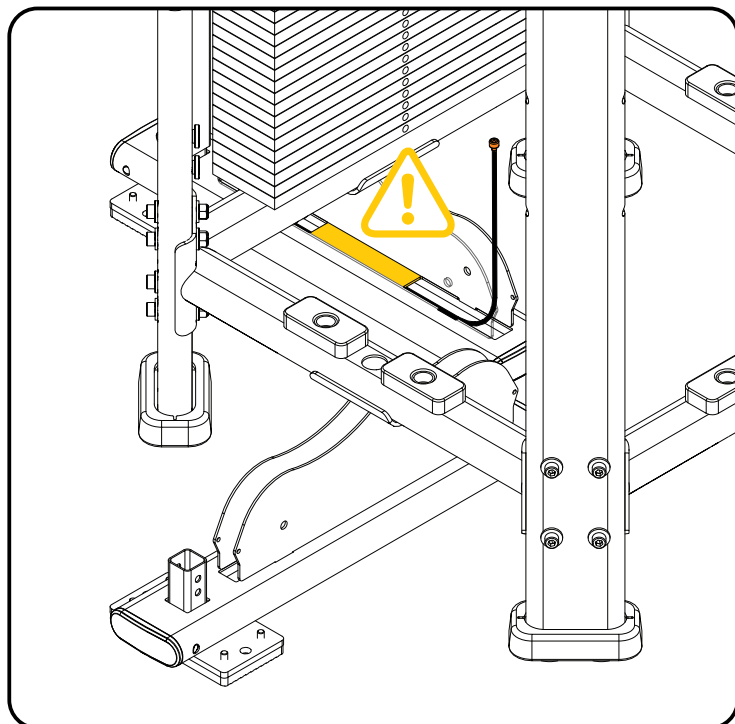
EL CABLE DE ACERO DEBE PASAR BAJO LA PLACA DE REPOSAPIÉS.



# MONTAJE DEL EQUIPO

## PASO 22 - MONTAJE DE POLEA

|    |                                                                                     |                                                       |           |
|----|-------------------------------------------------------------------------------------|-------------------------------------------------------|-----------|
| 1  |     | NOMBRE<br>Tornillo Cab. Cil. Hex.<br>Interno - M10X60 | Ctd<br>1x |
| 2  |    | NOMBRE<br>Arandela plana Ø10                          | Ctd<br>2x |
| 5  |  | NOMBRE<br>Tuerca Hex. Inserto<br>de Nylon - M10       | Ctd<br>1x |
| 20 |     | NOMBRE<br>Casquillo                                   | Ctd<br>2x |
| 21 |    | NOMBRE<br>Polea                                       | Ctd<br>2x |
| 46 |  | NOMBRE<br>Tornillo Cab. Cil. Hex.<br>Interno - M5X50  | Ctd<br>1x |
| 47 |     | NOMBRE<br>Tuerca Hex. Inserto de<br>Nylon - M5        | Ctd<br>1x |



| HERRAMIENTAS                                                                       |                                                                                     |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |
| Allen n°4                                                                          | Llave fija 8                                                                        |
| Allen n°8                                                                          | Llave fija 17                                                                       |



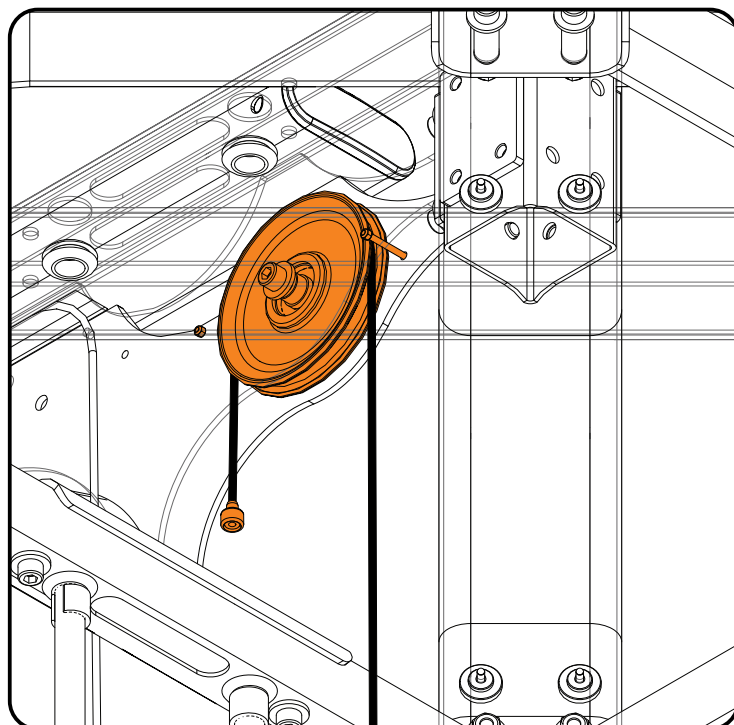
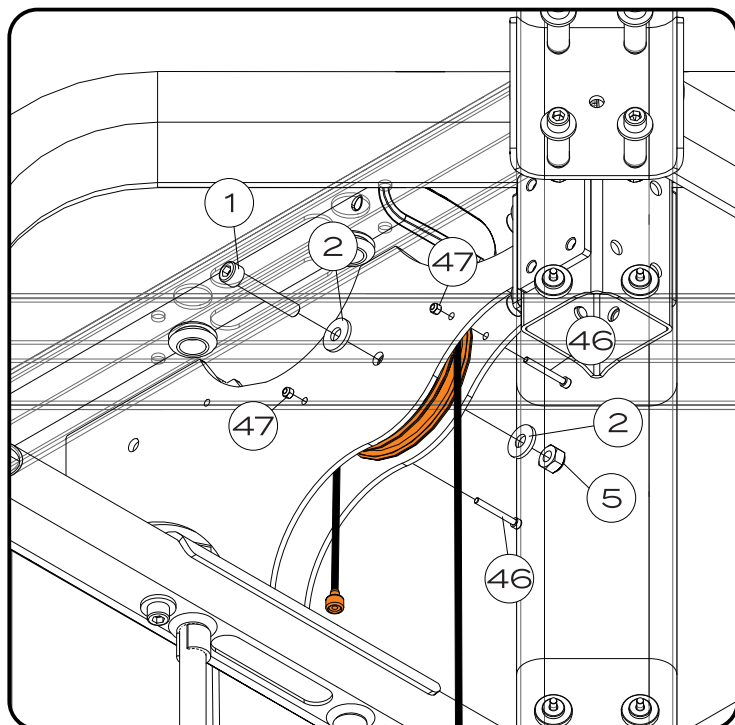
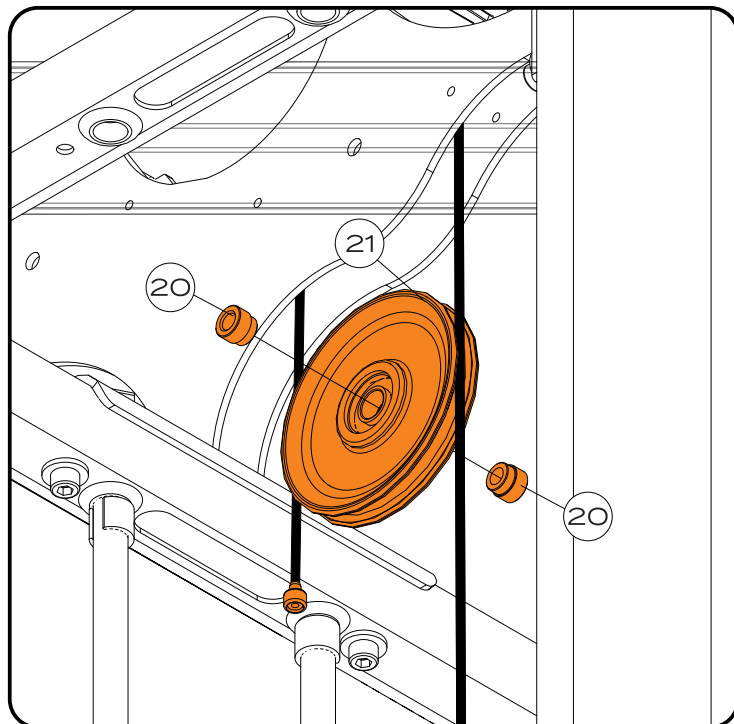
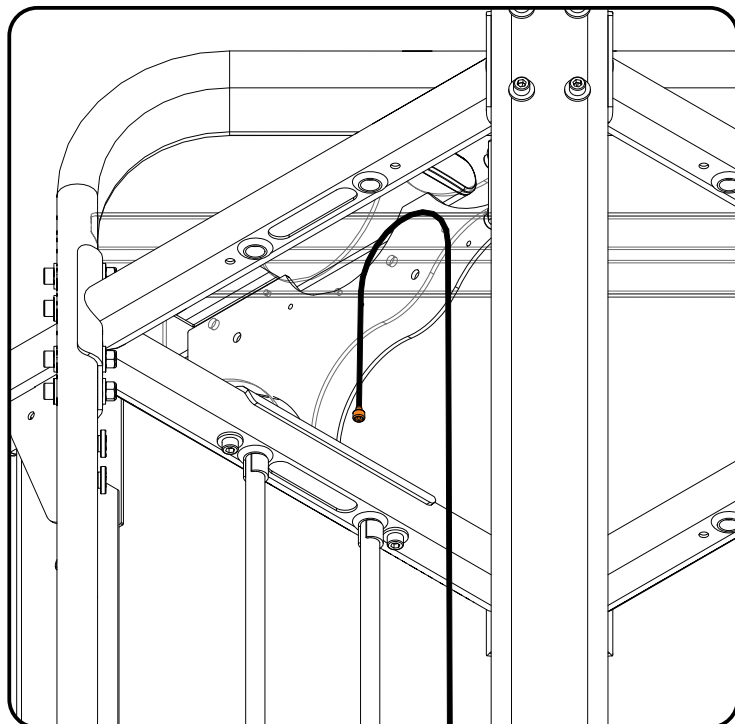
**¡ATENCIÓN!**  
EL CABLE DE ACERO DEBE  
PASAR BAJO LA PLACA  
DE REPOSAPIÉS.



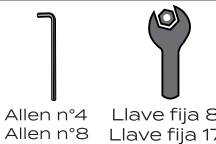
# MONTAJE DEL EQUIPO

## PASO 23 - MONTAJE DE POLEA

|           |                                                                                     |                                                              |                  |
|-----------|-------------------------------------------------------------------------------------|--------------------------------------------------------------|------------------|
| <b>1</b>  |     | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M10X60 | <b>Ctd</b><br>1x |
| <b>2</b>  |    | <b>NOMBRE</b><br>Arandela plana Ø10                          | <b>Ctd</b><br>2x |
| <b>5</b>  |  | <b>NOMBRE</b><br>Tuerca Hex. Inserto<br>de Nylon - M10       | <b>Ctd</b><br>1x |
| <b>20</b> |      | <b>NOMBRE</b><br>Casquillo                                   | <b>Ctd</b><br>2x |
| <b>21</b> |    | <b>NOMBRE</b><br>Polea                                       | <b>Ctd</b><br>1x |
| <b>46</b> |  | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M5X50  | <b>Ctd</b><br>2x |
| <b>47</b> |      | <b>NOMBRE</b><br>Tuerca Hex. Inserto<br>de Nylon - M5        | <b>Ctd</b><br>2x |



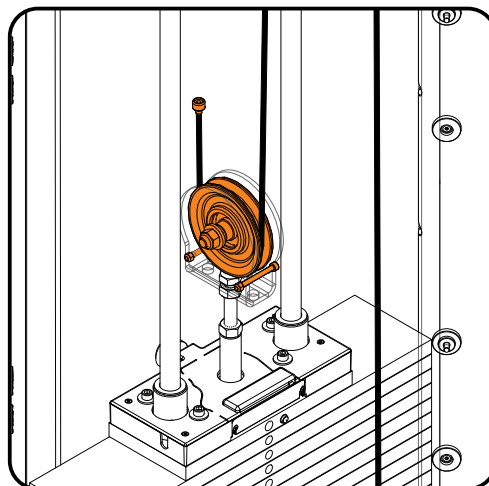
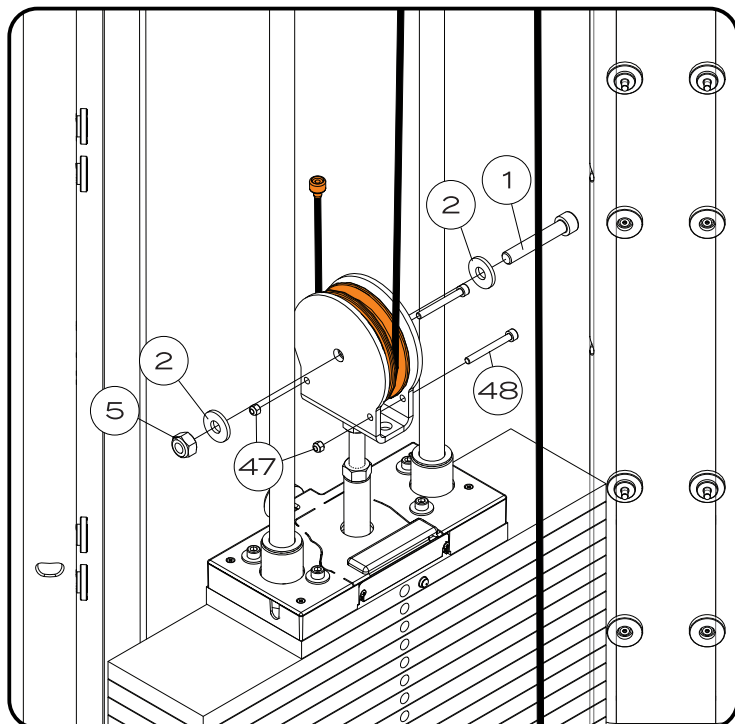
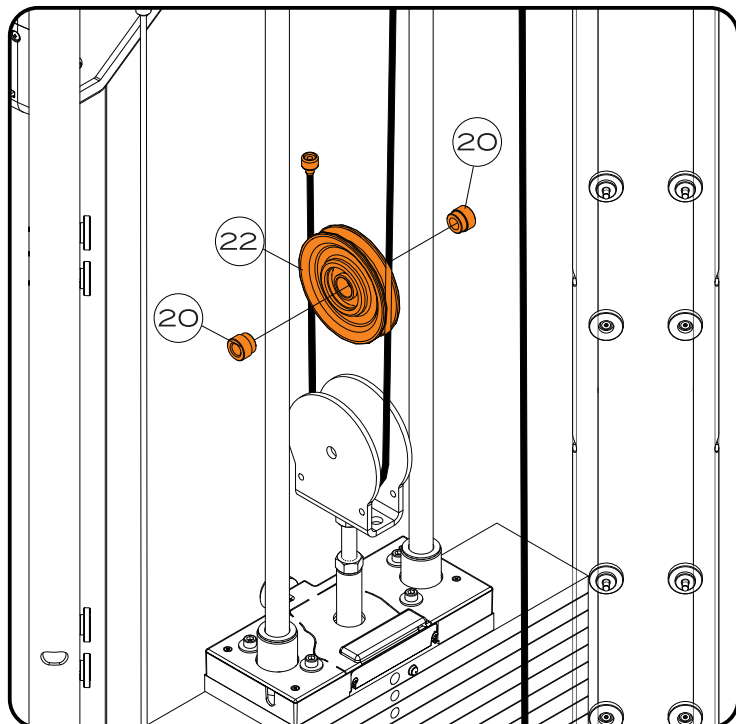
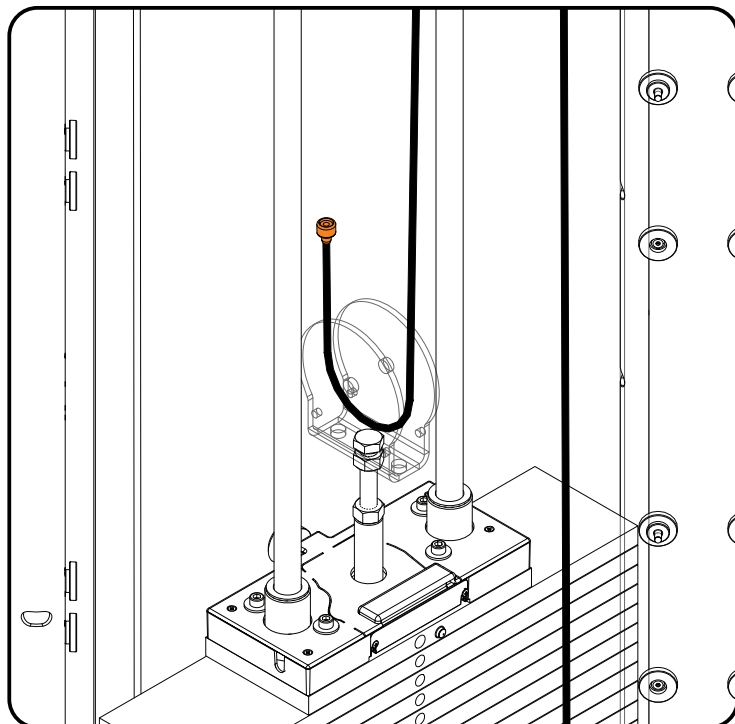
### HERRAMIENTAS



# MONTAJE DEL EQUIPO

## PASO 24 - MONTAJE DE POLEA

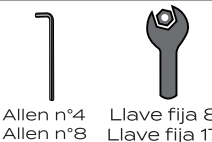
|    |                                                                                     |                                                       |           |
|----|-------------------------------------------------------------------------------------|-------------------------------------------------------|-----------|
| 1  |     | NOMBRE<br>Tornillo Cab. Cil. Hex.<br>Interno - M10X60 | Ctd<br>1x |
| 2  |    | NOMBRE<br>Arandela plana Ø10                          | Ctd<br>2x |
| 5  |  | NOMBRE<br>Tuerca Hex. Inserto<br>de Nylon - M10       | Ctd<br>1x |
| 20 |      | NOMBRE<br>Casquillo                                   | Ctd<br>2x |
| 22 |    | NOMBRE<br>Polea                                       | Ctd<br>1x |
| 47 |  | NOMBRE<br>Tuerca Hex. Inserto de<br>Nylon - M5        | Ctd<br>2x |
| 48 |     | NOMBRE<br>Tornillo Cab. Cil. Hex.<br>Interno - M5X50  | Ctd<br>2x |



**¡ATENCIÓN!**  
Ajuste entre  
tuercas,  
separadas 40 mm.

40 mm

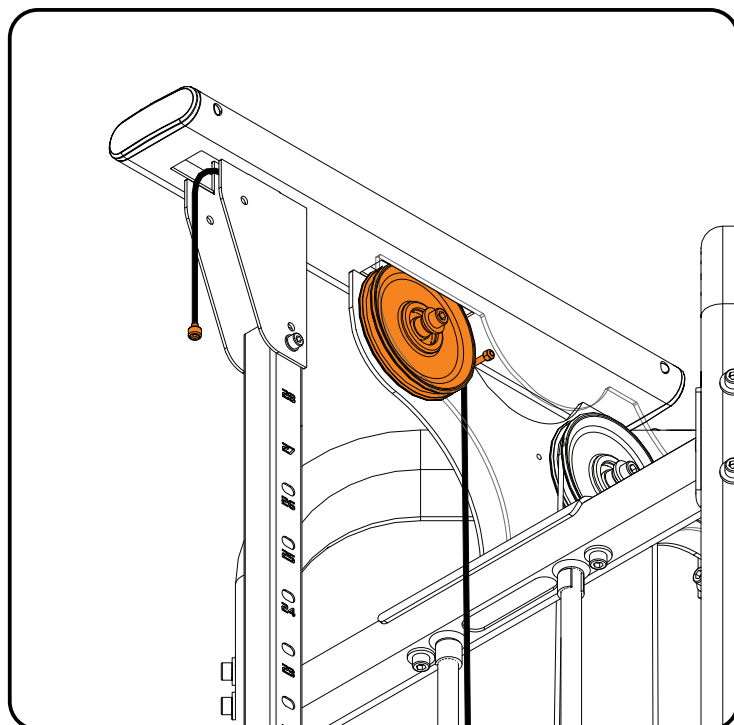
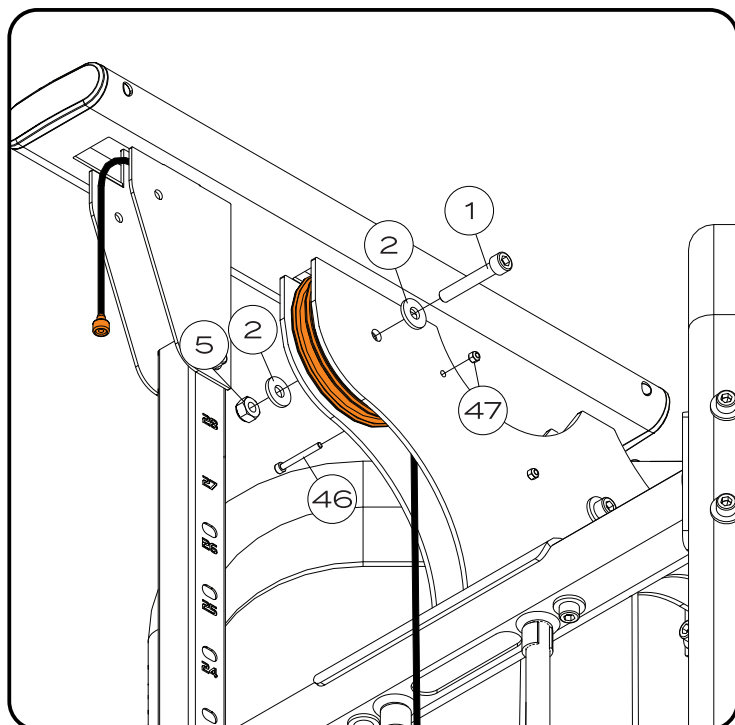
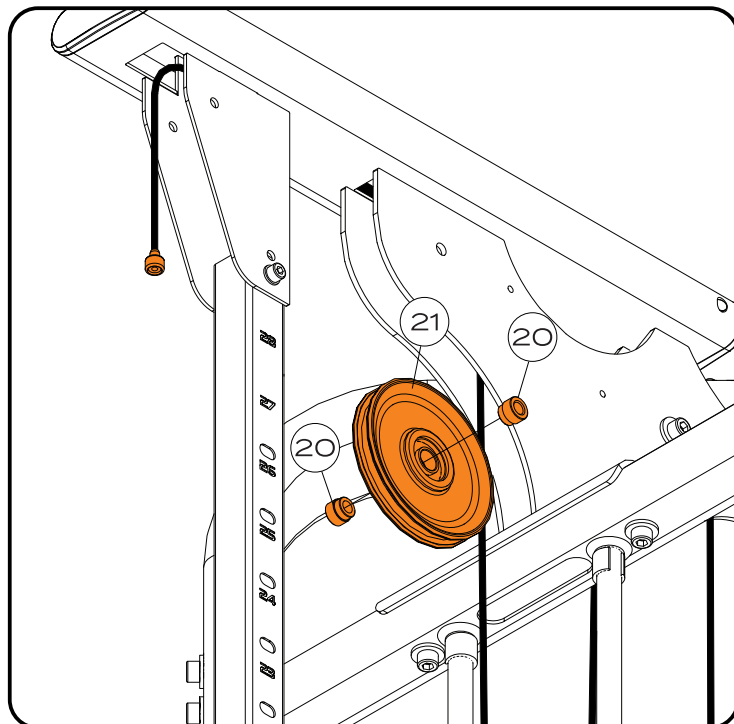
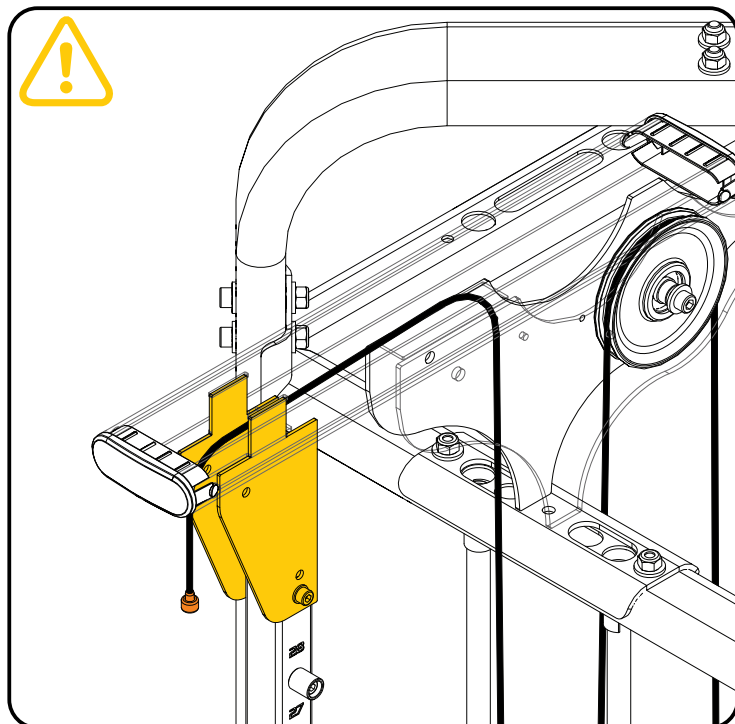
### HERRAMIENTAS



# MONTAJE DEL EQUIPO

## PASO 25 - MONTAJE DE POLEA

|    |  |                                                    |           |
|----|--|----------------------------------------------------|-----------|
| 1  |  | NOMBRE<br>Tornillo Cab. Cil. Hex. Interno - M10X60 | Ctd<br>1x |
| 2  |  | NOMBRE<br>Arandela plana Ø10                       | Ctd<br>2x |
| 5  |  | NOMBRE<br>Tuerca Hex. Inserto de Nylon - M10       | Ctd<br>1x |
| 20 |  | NOMBRE<br>Casquillo                                | Ctd<br>2x |
| 21 |  | NOMBRE<br>Polea                                    | Ctd<br>1x |
| 46 |  | NOMBRE<br>Tornillo Cab. Cil. Hex. Interno - M5X50  | Ctd<br>1x |
| 47 |  | NOMBRE<br>Tuerca Hex. Inserto de Nylon - M5        | Ctd<br>1x |



| HERRAMIENTAS |               |
|--------------|---------------|
|              |               |
| Allen n°4    | Llave fija 8  |
| Allen n°8    | Llave fija 17 |



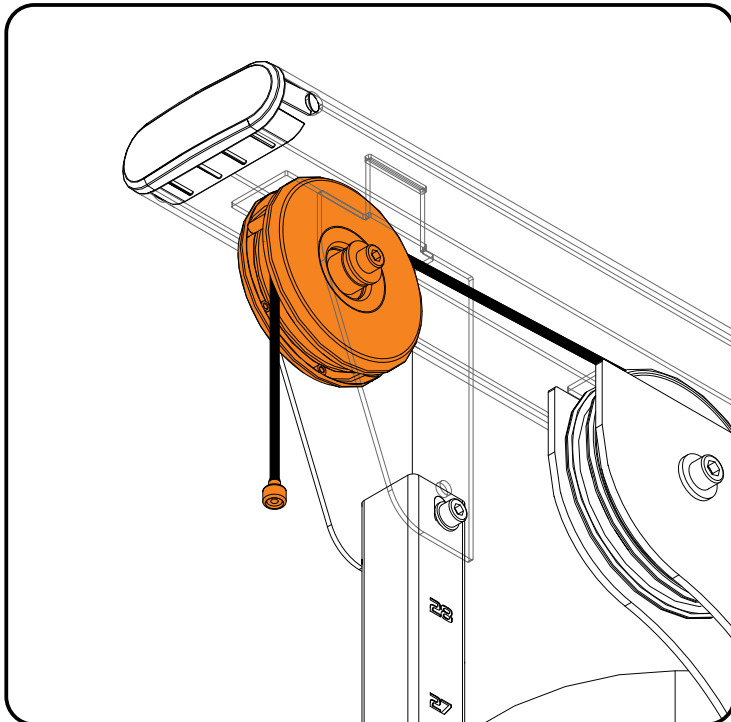
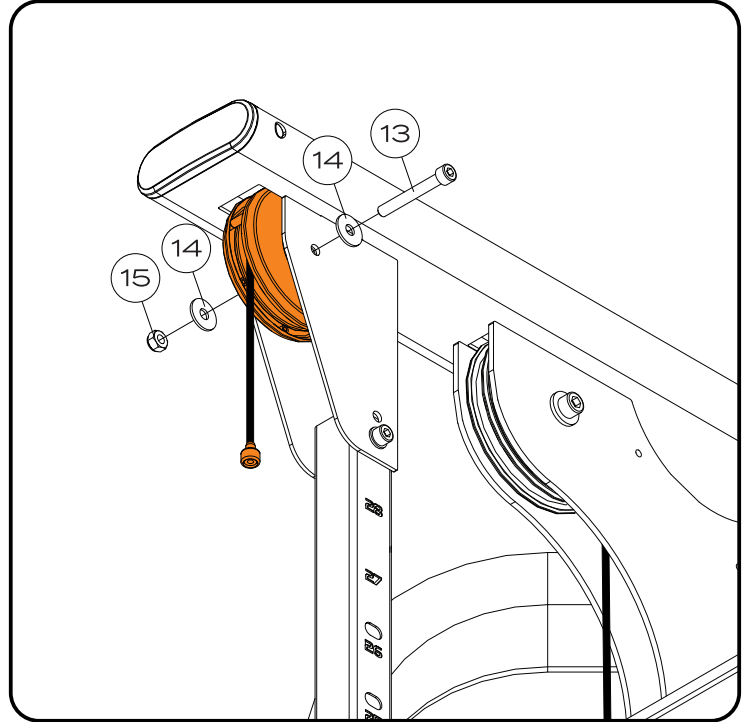
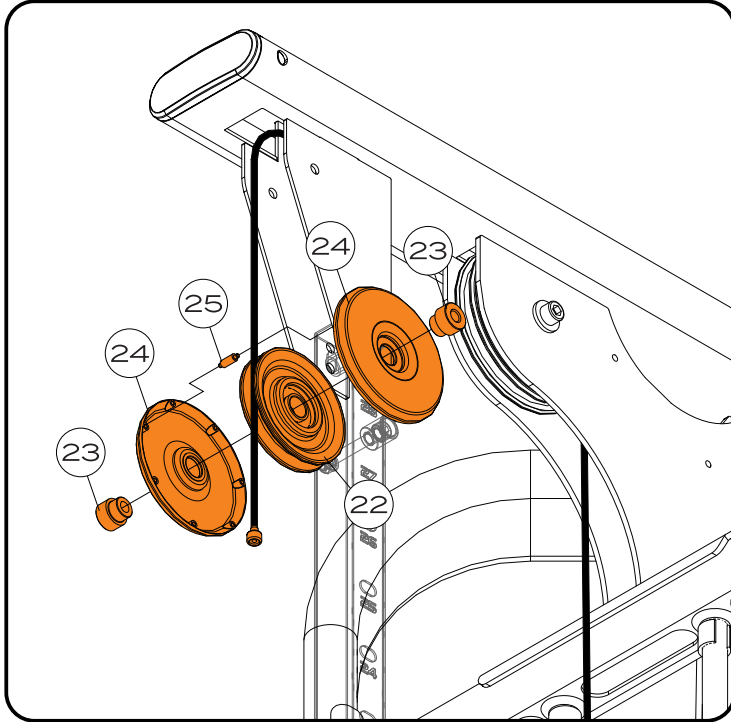
**¡ATENCIÓN!**

EL CABLE DEBE PASAR POR DEBAJO DEL PERNO, DE MODO QUE NO HAYA CONTACTO ENTRE ELLOS.

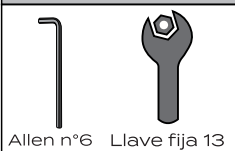
# MONTAJE DEL EQUIPO

## PASO 26 - MONTAJE DE POLEA

|    |                                                                                  |                                                      |           |    |                                                                                   |                             |           |    |                                                                                     |                                             |           |
|----|----------------------------------------------------------------------------------|------------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|-----------------------------|-----------|----|-------------------------------------------------------------------------------------|---------------------------------------------|-----------|
| 13 |  | NOMBRE<br>Tornillo Cab. Cil.<br>Hex. Interno - M8X60 | Ctd<br>1x | 14 |  | NOMBRE<br>Arandela plana Ø8 | Ctd<br>2x | 15 |  | NOMBRE<br>Tuerca Hex. Inserto<br>Nylon - M8 | Ctd<br>1x |
| 22 |  | NOMBRE<br>Polea                                      | Ctd<br>1x | 23 |  | NOMBRE<br>Casquillo         | Ctd<br>2x | 24 |  | NOMBRE<br>Cubierta de polea                 | Ctd<br>2x |
| 25 |  | NOMBRE<br>Pasador de bloqueo de<br>cable de acero    | Ctd<br>1x |    |                                                                                   |                             |           |    |                                                                                     |                                             |           |



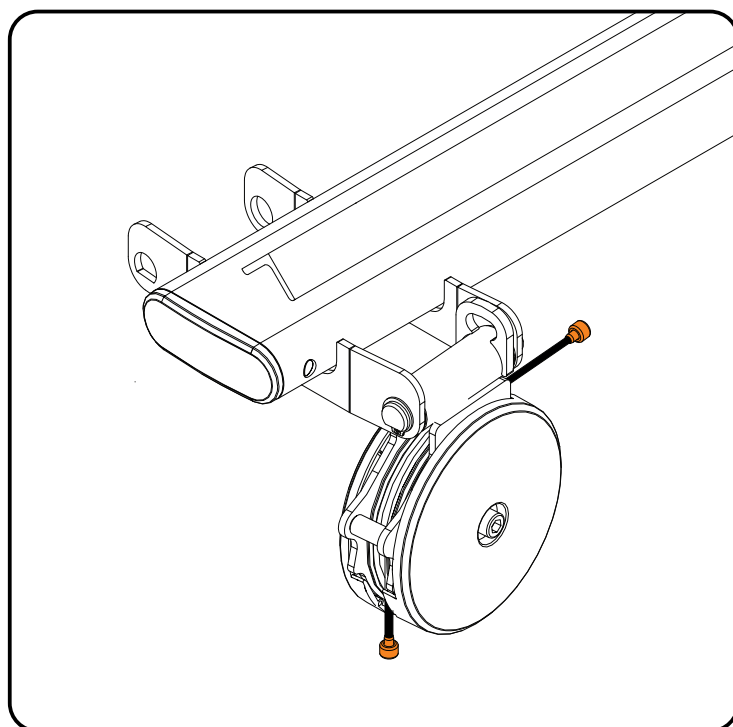
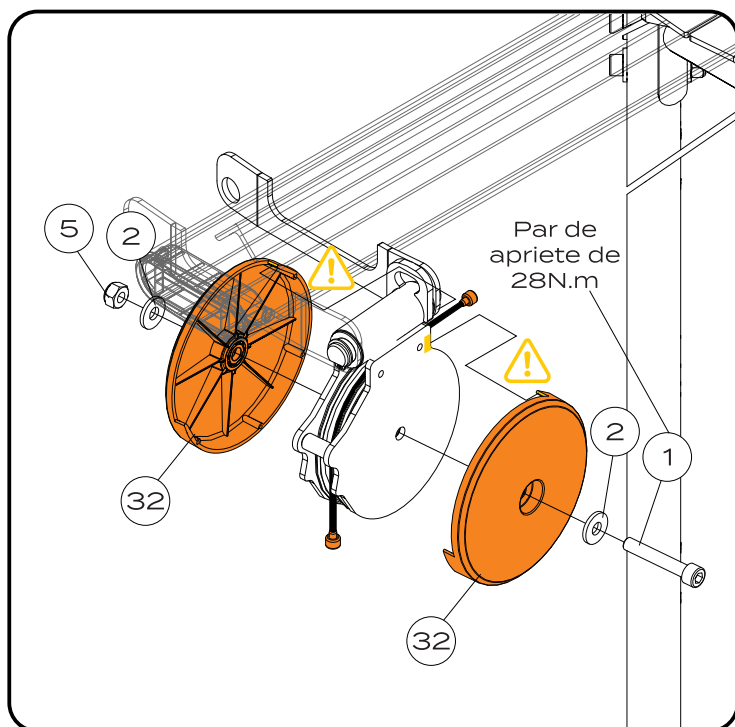
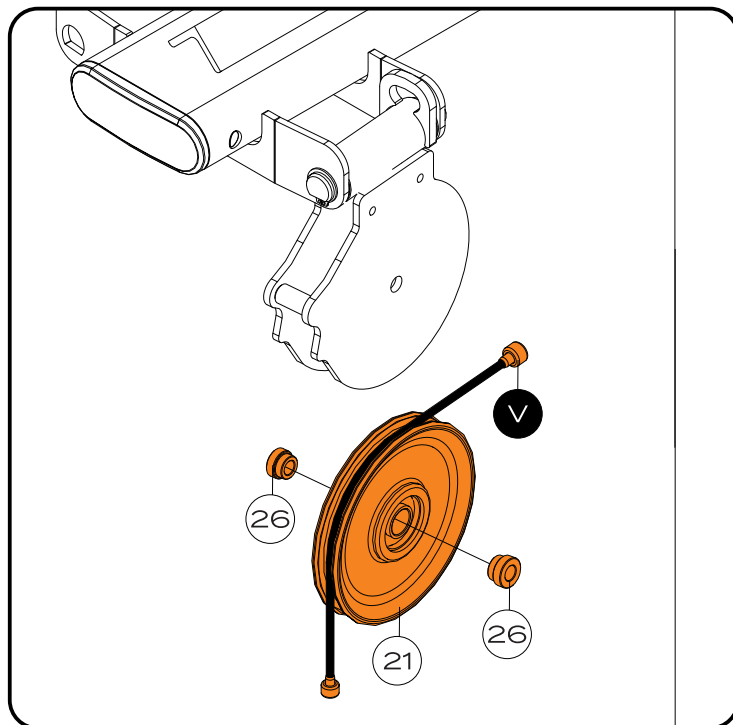
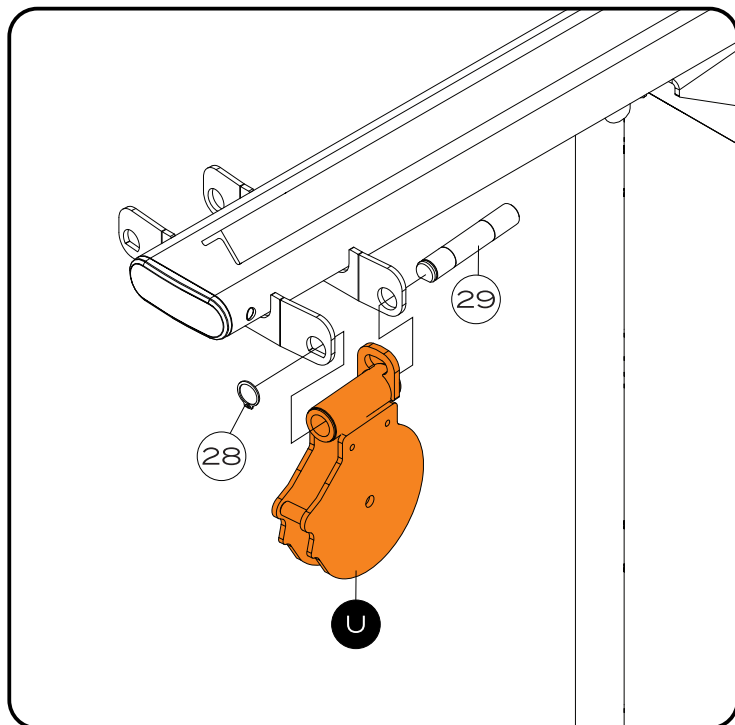
### HERRAMIENTAS



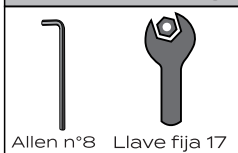
# MONTAJE DEL EQUIPO

## PASO 28 - MONTAJE DE POLEA

|           |                                                                                     |                                                              |                  |
|-----------|-------------------------------------------------------------------------------------|--------------------------------------------------------------|------------------|
| <b>1</b>  |     | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M10X60 | <b>Ctd</b><br>1x |
| <b>2</b>  |    | <b>NOMBRE</b><br>Arandela plana Ø10                          | <b>Ctd</b><br>2x |
| <b>5</b>  |  | <b>NOMBRE</b><br>Tuerca Hex. Inserto<br>de Nylon - M10       | <b>Ctd</b><br>1x |
| <b>21</b> |     | <b>NOMBRE</b><br>Polea                                       | <b>Ctd</b><br>1x |
| <b>26</b> |    | <b>NOMBRE</b><br>Casquillo                                   | <b>Ctd</b><br>2x |
| <b>28</b> |  | <b>NOMBRE</b><br>Anillo elástico                             | <b>Ctd</b><br>1x |
| <b>29</b> |     | <b>NOMBRE</b><br>Eje                                         | <b>Ctd</b><br>1x |
| <b>32</b> |    | <b>NOMBRE</b><br>Cubierta de polea                           | <b>Ctd</b><br>2x |
| <b>U</b>  |  | <b>NOMBRE</b><br>Soporte de la polea                         |                  |
| <b>V</b>  |     | <b>NOMBRE</b><br>Cable de acero Tirón alto                   |                  |



### HERRAMIENTAS



### ¡ATENCIÓN!

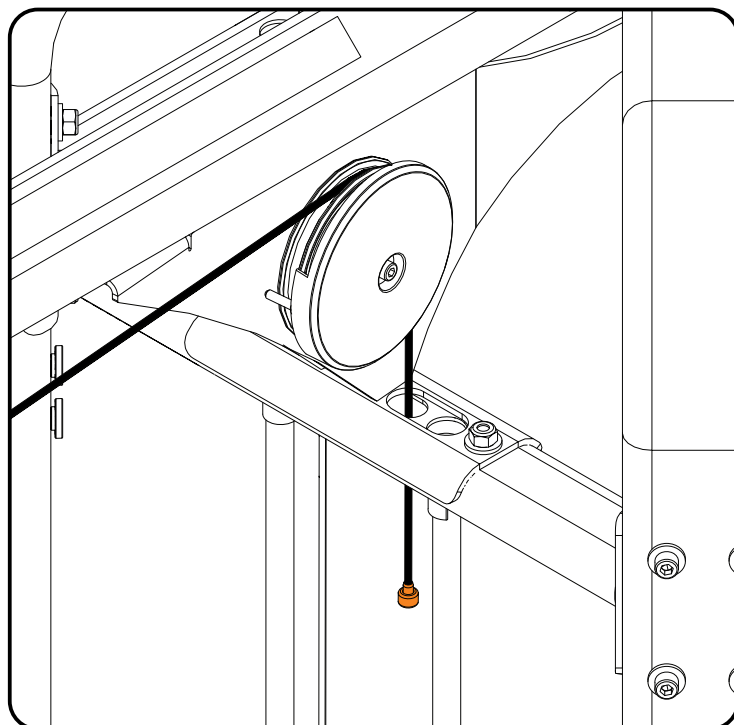
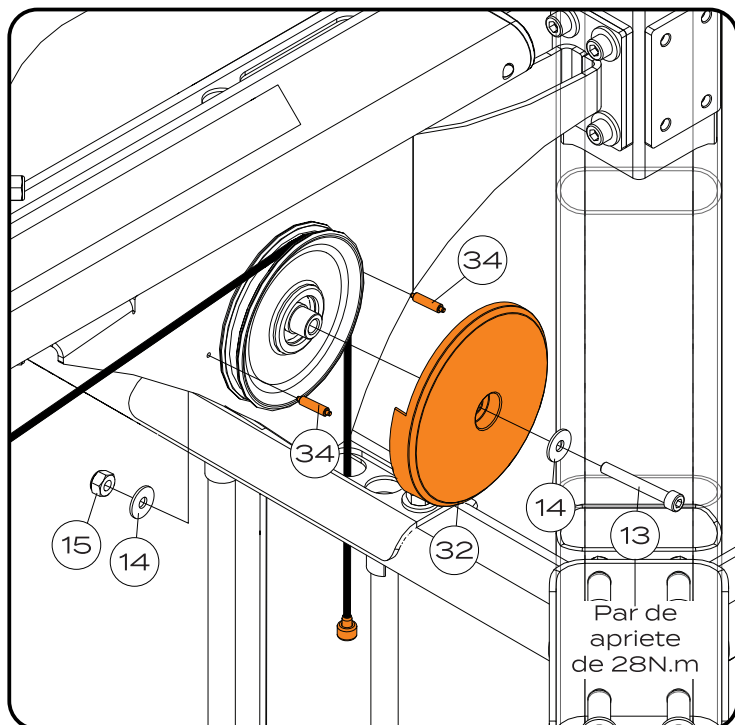
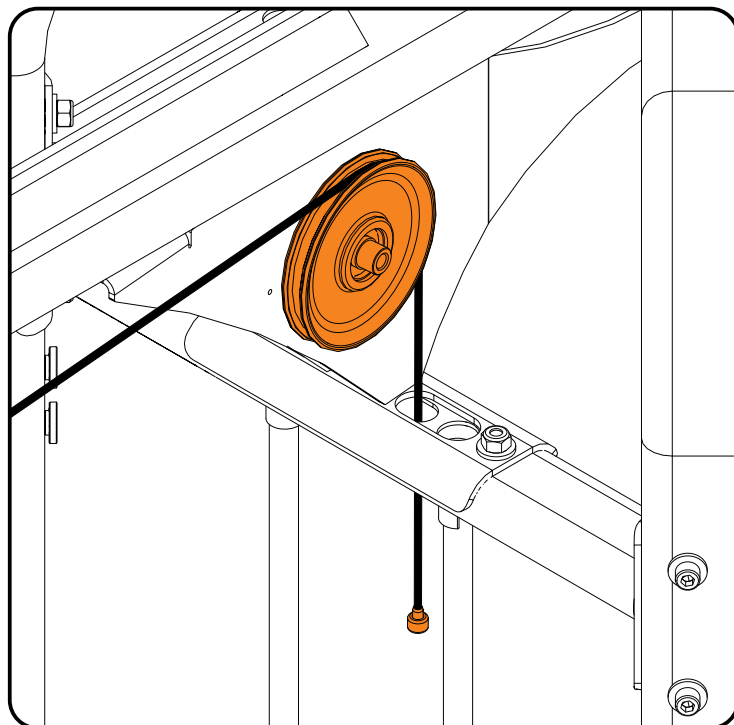
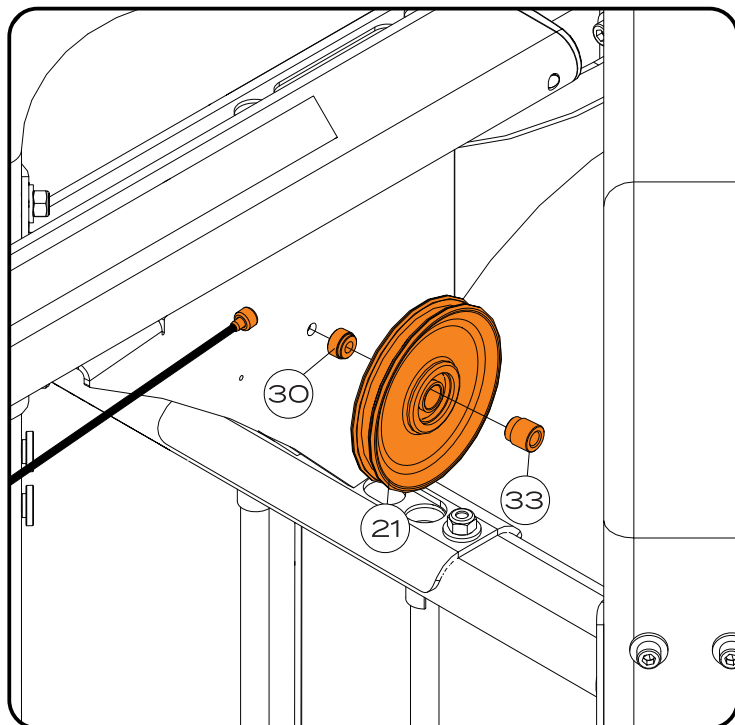
Para el correcto posicionamiento de la cubierta de la polea, la pared del recorte debe estar apoyada contra la cara del Soporte de la polea



# MONTAJE DEL EQUIPO

## PASO 29 - MONTAJE TIRÓN ALTO

|    |                                                                                  |                                                      |           |    |                                                                                   |                             |           |    |                                                                                     |                                             |           |
|----|----------------------------------------------------------------------------------|------------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|-----------------------------|-----------|----|-------------------------------------------------------------------------------------|---------------------------------------------|-----------|
| 13 |  | NOMBRE<br>Tornillo Cab. Cil.<br>Hex. Interno - M8X60 | Ctd<br>1x | 14 |  | NOMBRE<br>Arandela plana Ø8 | Ctd<br>2x | 15 |  | NOMBRE<br>Tuerca Hex. Inserto<br>Nylon - M8 | Ctd<br>1x |
| 21 |  | NOMBRE<br>Polea                                      | Ctd<br>1x | 30 |  | NOMBRE<br>Casquillo         | Ctd<br>1x | 32 |  | NOMBRE<br>Cubierta de polea                 | Ctd<br>1x |
| 33 |  | NOMBRE<br>Casquillo                                  | Ctd<br>1x | 34 |  | NOMBRE<br>Bloqueo de cable  | Ctd<br>2x |    |                                                                                     |                                             |           |



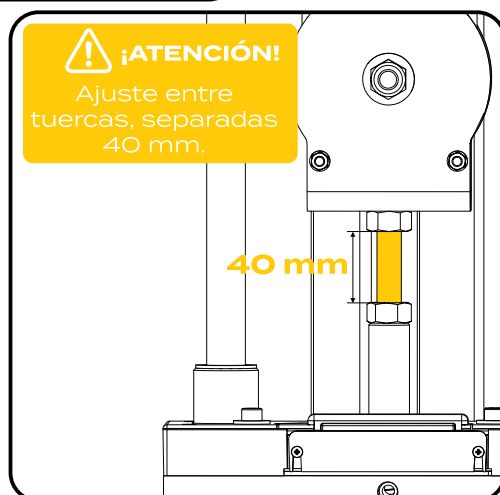
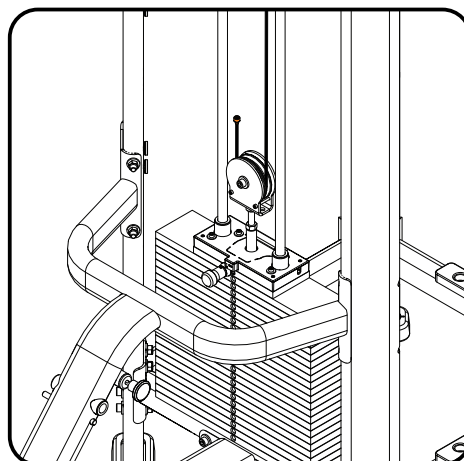
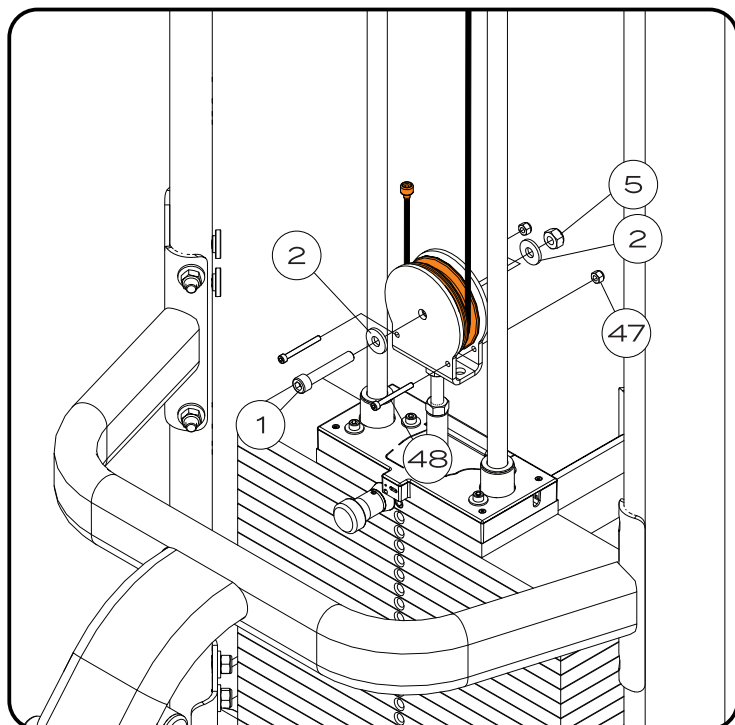
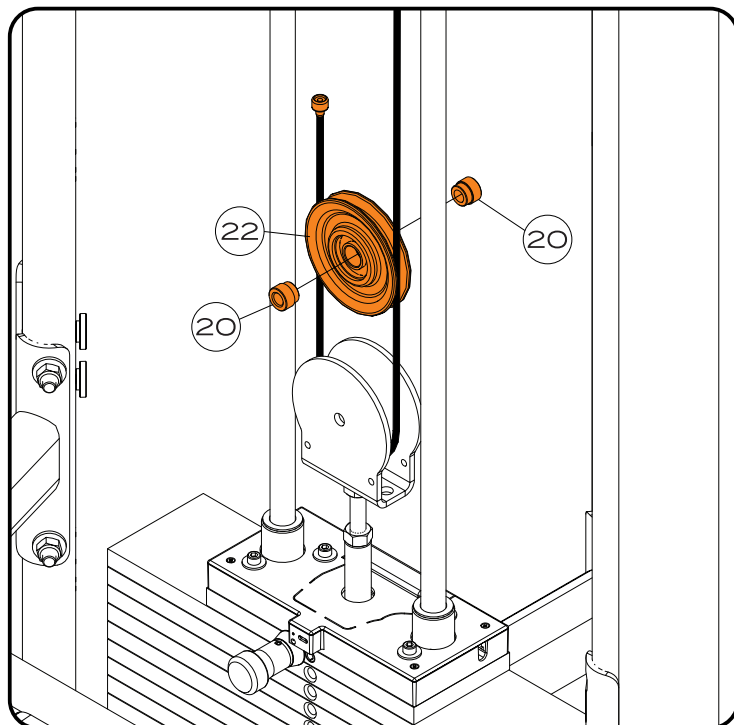
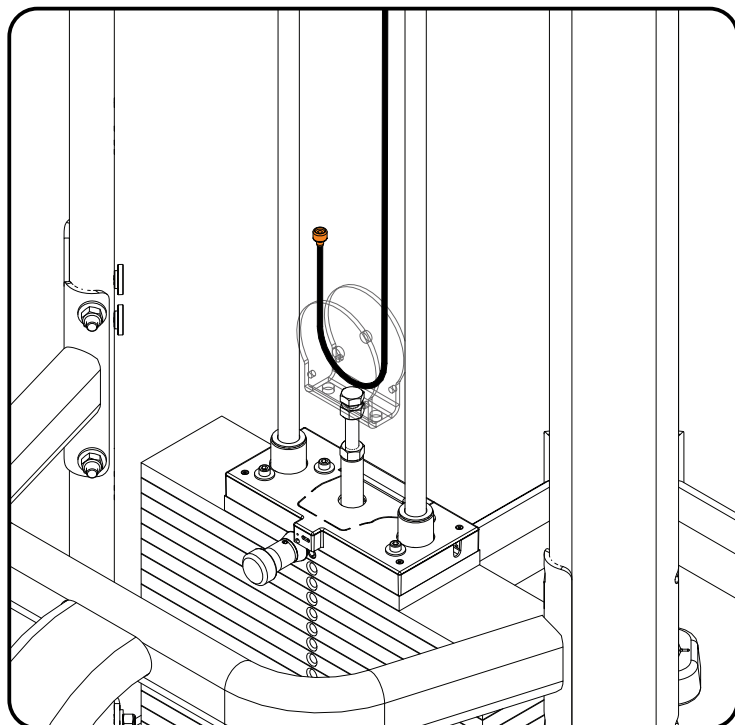
### HERRAMIENTAS



# MONTAJE DEL EQUIPO

## PASO 30 - MONTAJE DE TIRÓN ALTO

|    |                                                                                  |                                                       |           |    |                                                                                   |                              |           |    |                                                                                     |                                                 |           |
|----|----------------------------------------------------------------------------------|-------------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|------------------------------|-----------|----|-------------------------------------------------------------------------------------|-------------------------------------------------|-----------|
| 1  |  | NOMBRE<br>Tornillo Cab. Cil. Hex.<br>Interno - M10X60 | Ctd<br>1x | 2  |  | NOMBRE<br>Arandela plana Ø10 | Ctd<br>2x | 5  |  | NOMBRE<br>Tuerca Hex. Inserto<br>de Nylon - M10 | Ctd<br>1x |
| 20 |   | NOMBRE<br>Casquillo                                   | Ctd<br>2x | 22 |  | NOMBRE<br>Polea              | Ctd<br>1x | 47 |  | NOMBRE<br>Tuerca Hex. Inserto<br>de Nylon - M5  | Ctd<br>2x |
| 48 |  | NOMBRE<br>Tornillo Cab. Cil. Hex.<br>Interno - M5X50  | Ctd<br>2x |    |                                                                                   |                              |           |    |                                                                                     |                                                 |           |



| HERRAMIENTAS                                                                       |                                                                                     |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |
| Allen n°4                                                                          | Llave fija 8                                                                        |
| Allen n°8                                                                          | Llave fija 17                                                                       |



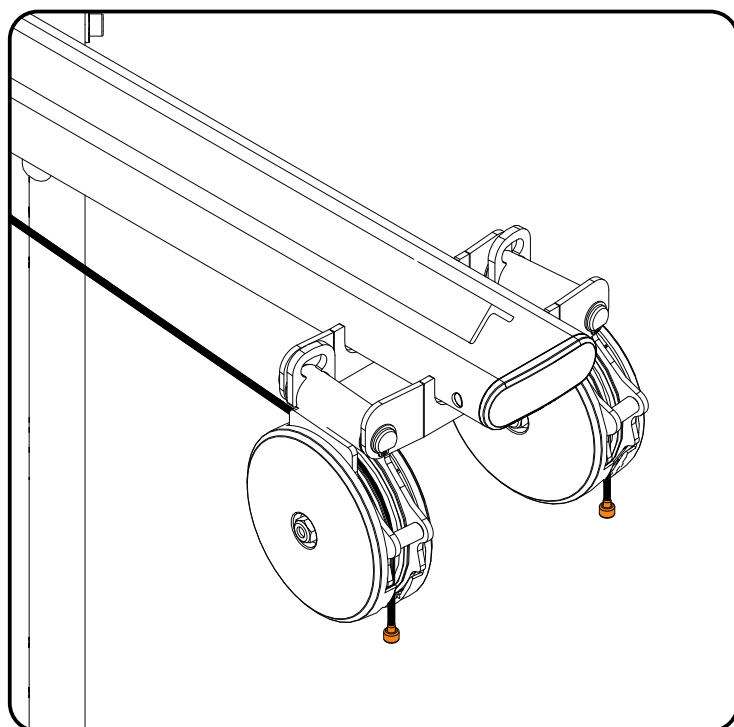
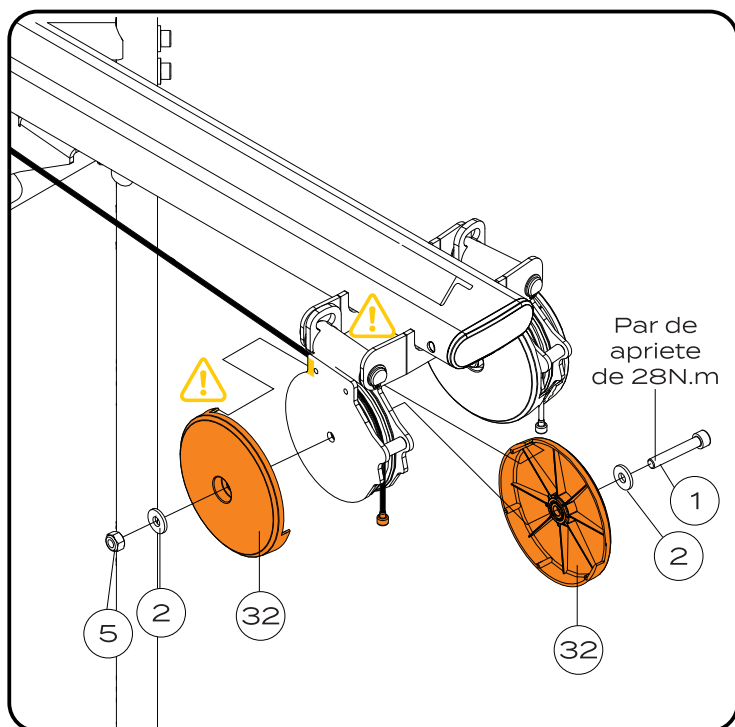
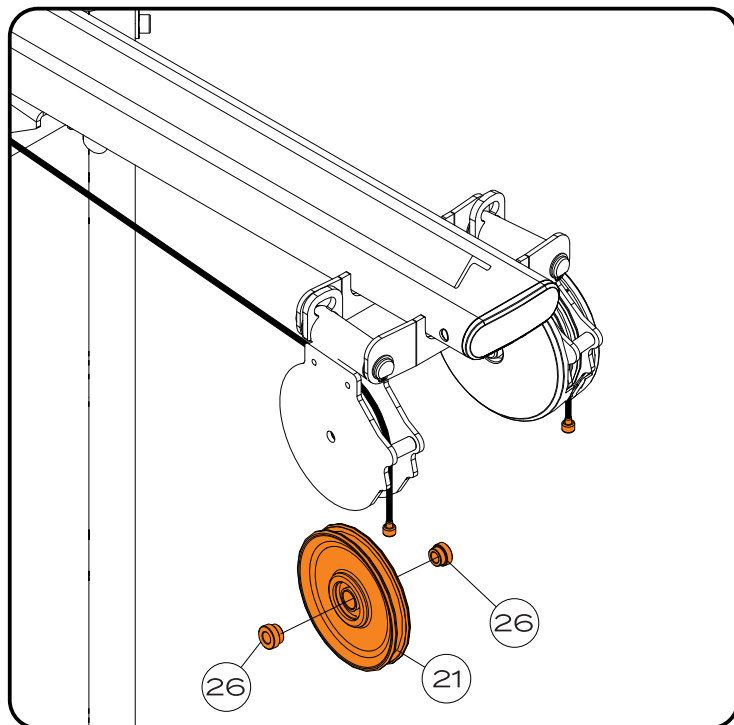
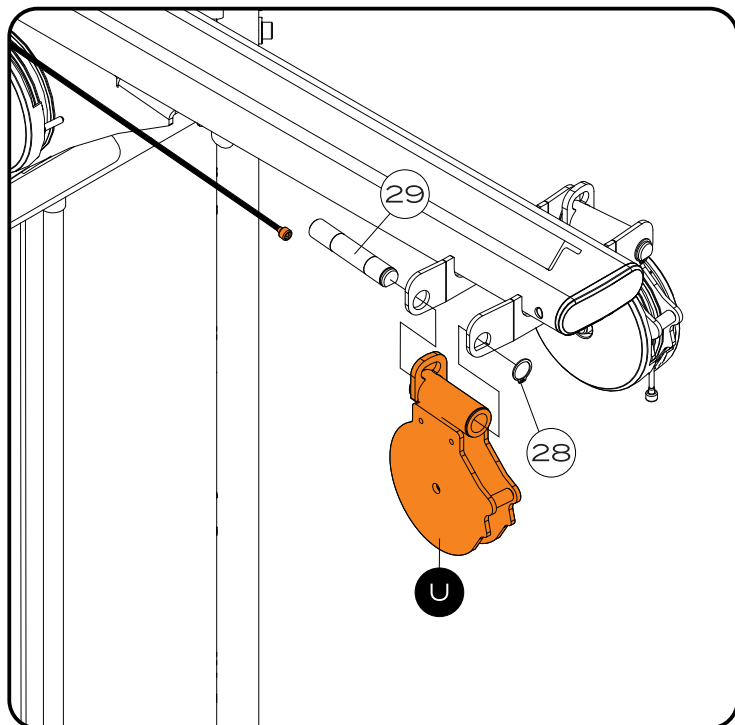




# MONTAJE DEL EQUIPO

## PASO 32 - MONTAJE DE TIRÓN ALTO

|           |                                                                                     |                                                              |                  |
|-----------|-------------------------------------------------------------------------------------|--------------------------------------------------------------|------------------|
| <b>1</b>  |     | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M10X60 | <b>Ctd</b><br>1x |
| <b>2</b>  |    | <b>NOMBRE</b><br>Arandela plana Ø10                          | <b>Ctd</b><br>2x |
| <b>5</b>  |  | <b>NOMBRE</b><br>Tuerca Hex. Inserto<br>de Nylon - M10       | <b>Ctd</b><br>1x |
| <b>21</b> |     | <b>NOMBRE</b><br>Polea                                       | <b>Ctd</b><br>1x |
| <b>26</b> |    | <b>NOMBRE</b><br>Casquillo                                   | <b>Ctd</b><br>2x |
| <b>28</b> |  | <b>NOMBRE</b><br>Anillo elástico                             | <b>Ctd</b><br>1x |
| <b>29</b> |     | <b>NOMBRE</b><br>Eje                                         | <b>Ctd</b><br>1x |
| <b>32</b> |    | <b>NOMBRE</b><br>Cubierta de polea                           | <b>Ctd</b><br>2x |
| <b>U</b>  |  | <b>NOMBRE</b><br>Soporte de la polea                         |                  |
| <b>V</b>  |     | <b>NOMBRE</b><br>Cable de acero Tirón alto                   |                  |



### HERRAMIENTAS



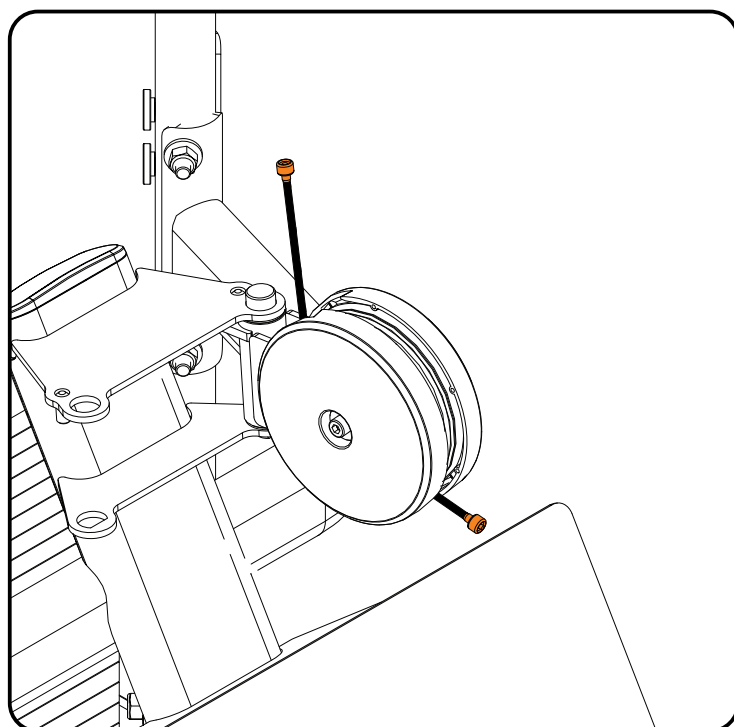
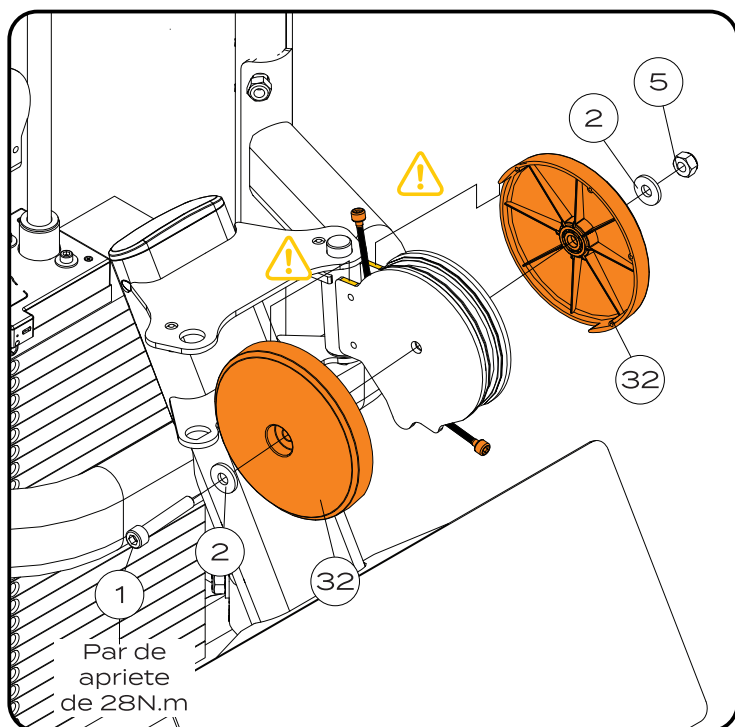
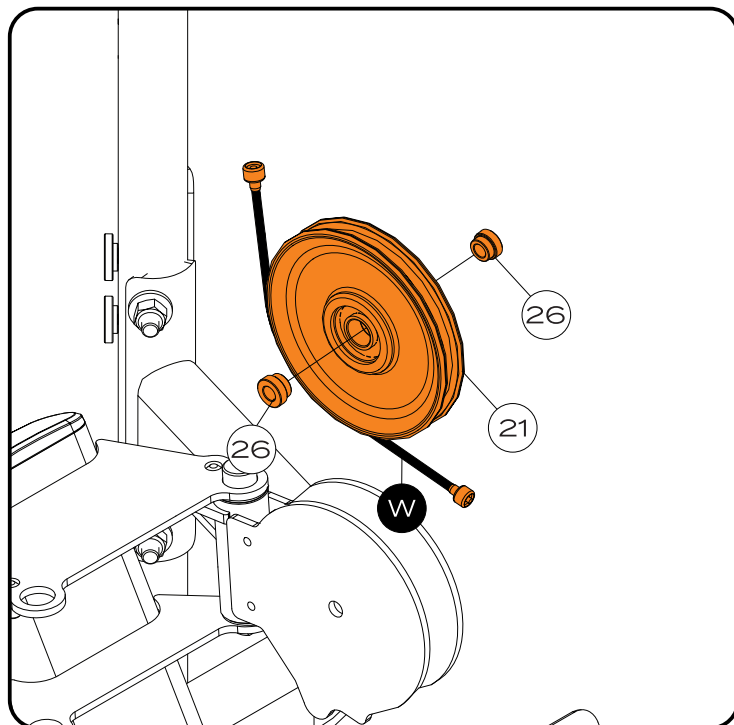
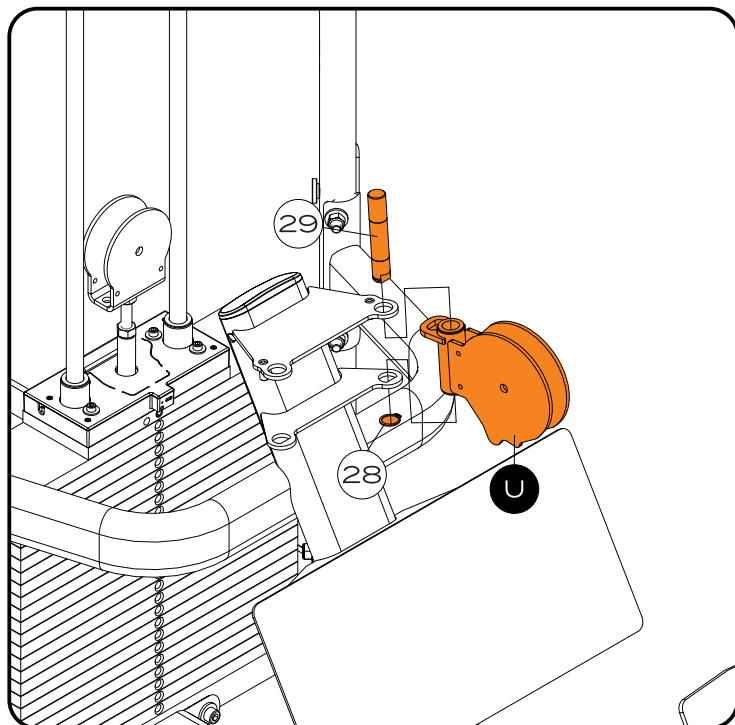
### ¡ATENCIÓN!

Para el correcto posicionamiento de la cubierta de la polea, la pared del recorte debe estar apoyada contra la cara del soporte de la polea.

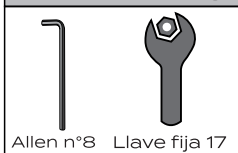
# MONTAJE DEL EQUIPO

## PASO 33 - MONTAJE DE TIRÓN BAJO

|           |                                                                                     |                                                              |                  |
|-----------|-------------------------------------------------------------------------------------|--------------------------------------------------------------|------------------|
| <b>1</b>  |     | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M10X60 | <b>Ctd</b><br>1x |
| <b>2</b>  |    | <b>NOMBRE</b><br>Arandela plana Ø10                          | <b>Ctd</b><br>2x |
| <b>5</b>  |  | <b>NOMBRE</b><br>Tuerca Hex. Inserto<br>de Nylon - M10       | <b>Ctd</b><br>1x |
| <b>21</b> |     | <b>NOMBRE</b><br>Polea                                       | <b>Ctd</b><br>1x |
| <b>26</b> |    | <b>NOMBRE</b><br>Casquillo                                   | <b>Ctd</b><br>2x |
| <b>28</b> |  | <b>NOMBRE</b><br>Anillo elástico                             | <b>Ctd</b><br>1x |
| <b>29</b> |     | <b>NOMBRE</b><br>Eje                                         | <b>Ctd</b><br>1x |
| <b>32</b> |    | <b>NOMBRE</b><br>Cubierta de polea                           | <b>Ctd</b><br>2x |
| <b>U</b>  |  | <b>NOMBRE</b><br>Soporte de la polea                         |                  |
| <b>W</b>  |     | <b>NOMBRE</b><br>Cable de acero Tirón bajo                   |                  |



### HERRAMIENTAS



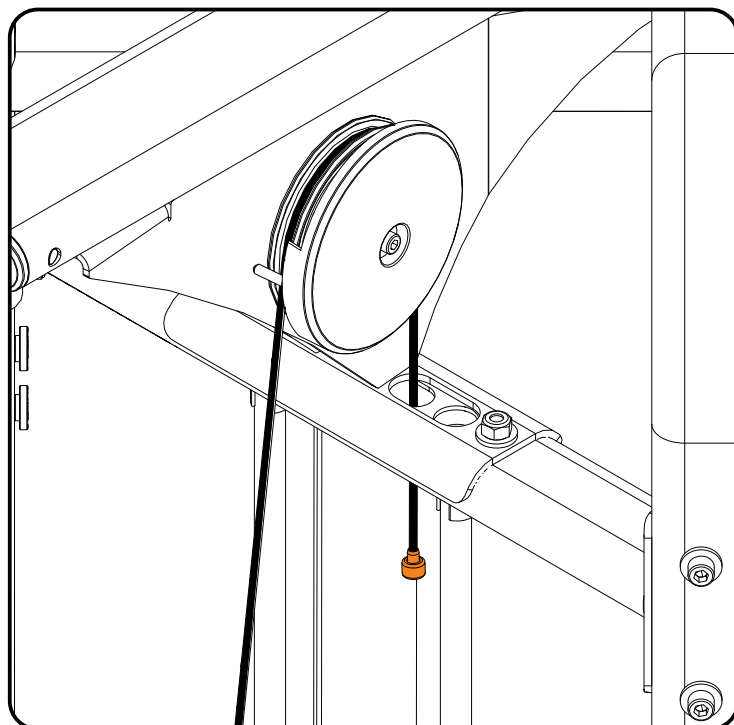
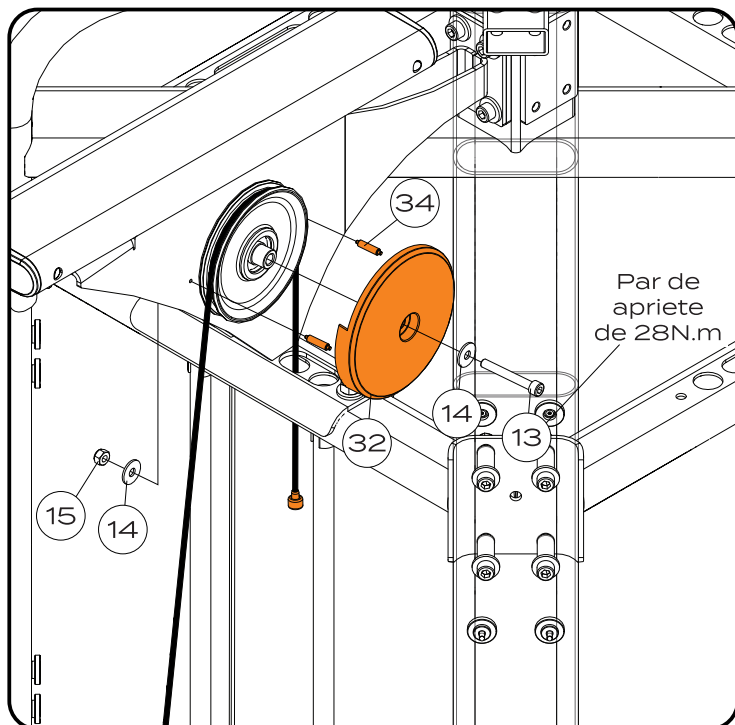
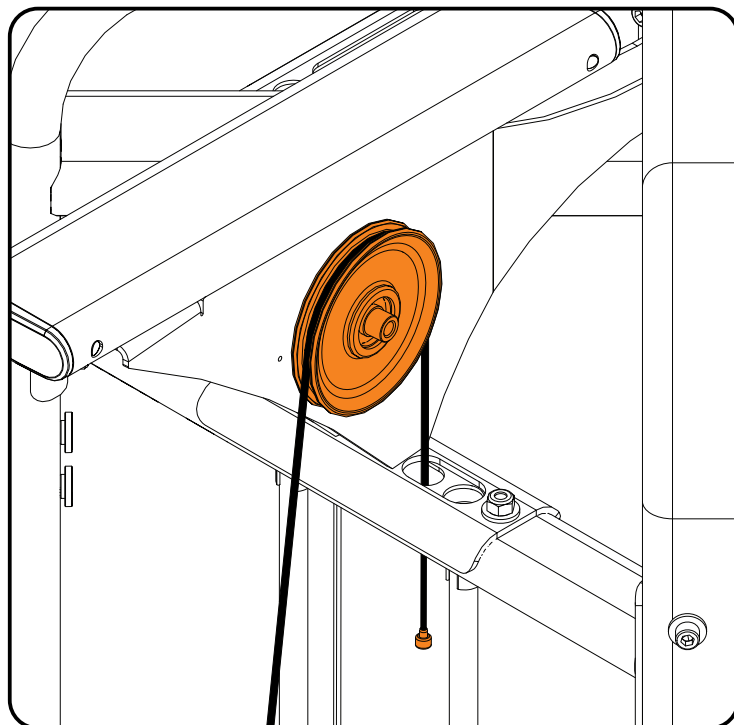
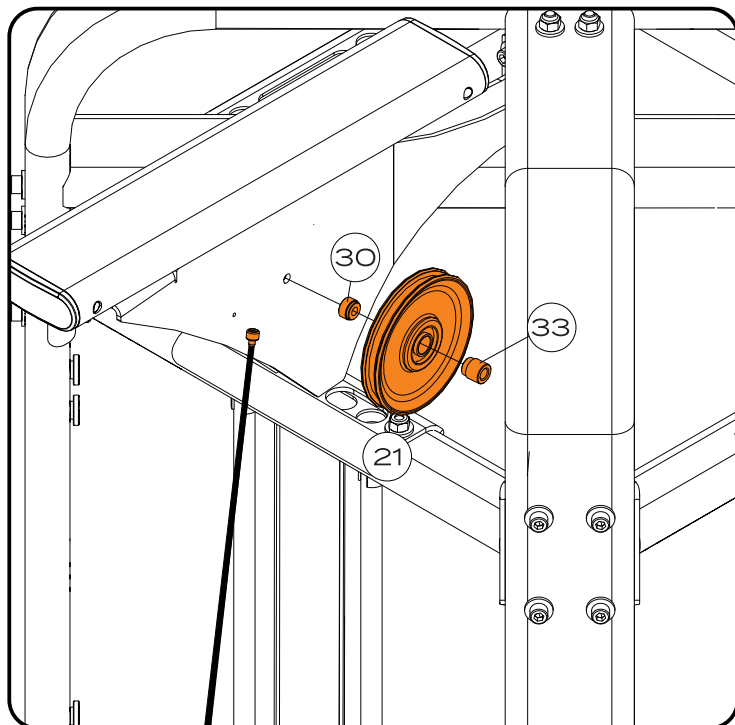
### ¡ATENCIÓN!

Para el correcto posicionamiento de la cubierta de la polea, la pared del recorte debe estar apoyada contra la cara del soporte de la polea.

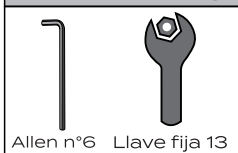
# MONTAJE DEL EQUIPO

## PASO 34 - MONTAJE DE TIRÓN ALTO

|    |                                                                                  |                                                      |           |    |                                                                                   |                             |           |    |                                                                                     |                                             |           |
|----|----------------------------------------------------------------------------------|------------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|-----------------------------|-----------|----|-------------------------------------------------------------------------------------|---------------------------------------------|-----------|
| 13 |  | NOMBRE<br>Tornillo Cab. Cil.<br>Hex. Interno - M8X60 | Ctd<br>1x | 14 |  | NOMBRE<br>Arandela plana Ø8 | Ctd<br>2x | 15 |  | NOMBRE<br>Tuerca Hex. Inserto<br>Nylon - M8 | Ctd<br>1x |
| 21 |  | NOMBRE<br>Polea                                      | Ctd<br>1x | 30 |  | NOMBRE<br>Casquillo         | Ctd<br>1x | 32 |  | NOMBRE<br>Cubierta de polea                 | Ctd<br>1x |
| 33 |  | NOMBRE<br>Casquillo                                  | Ctd<br>1x | 34 |  | NOMBRE<br>Bloqueo de cable  | Ctd<br>2x |    |                                                                                     |                                             |           |



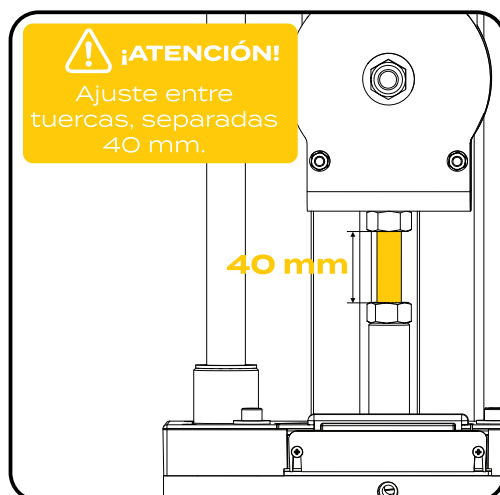
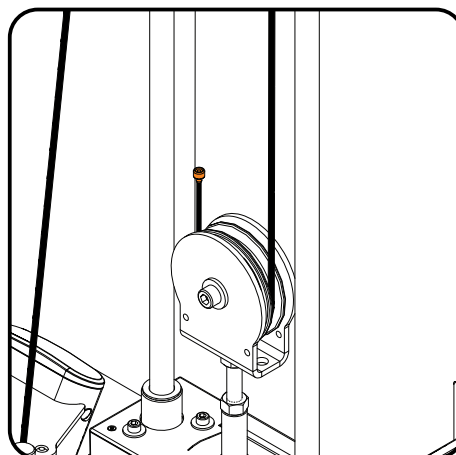
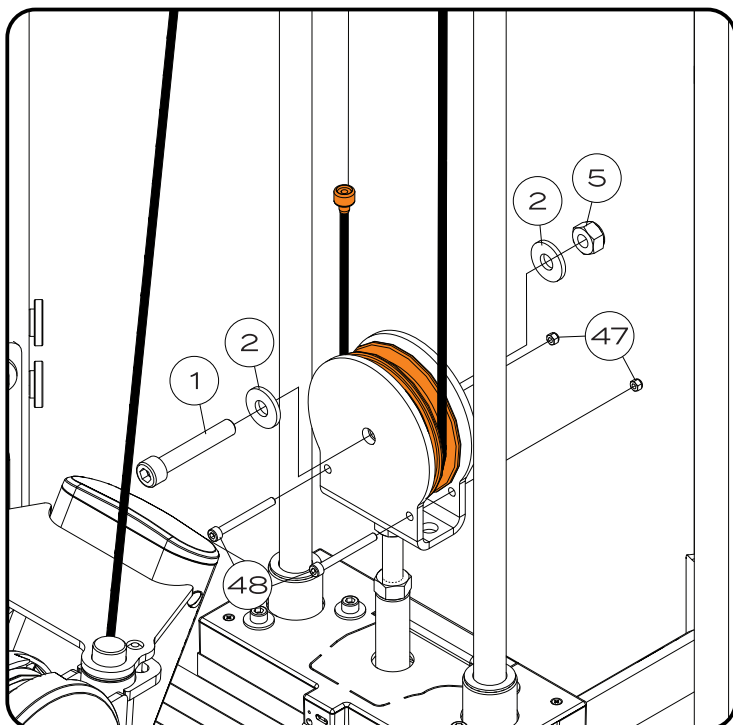
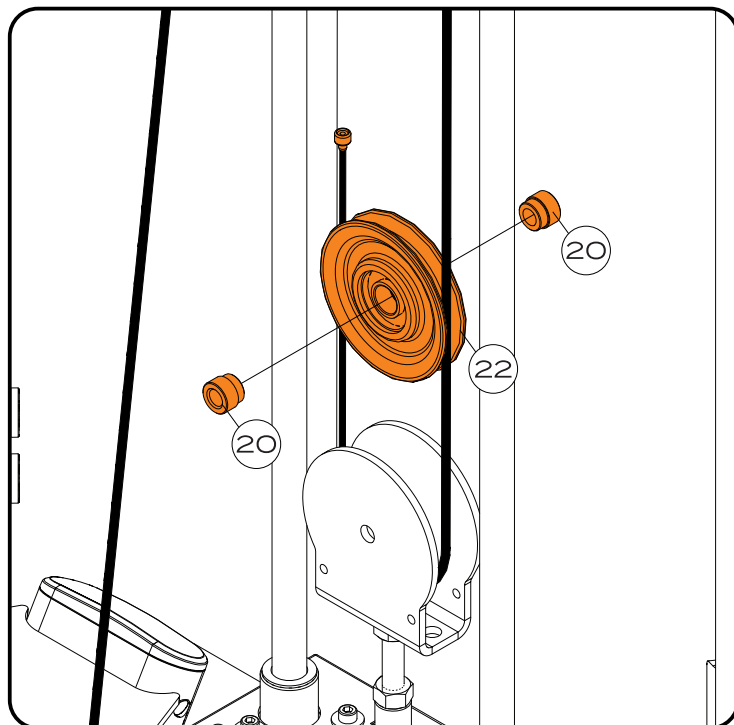
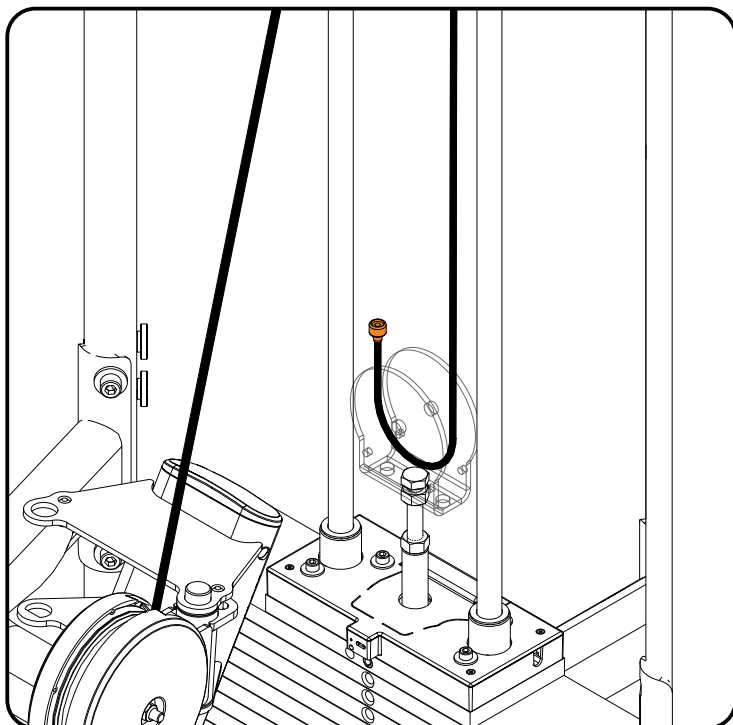
### HERRAMIENTAS



# MONTAJE DEL EQUIPO

## PASO 35 - MONTAJE DE TIRÓN ALTO

|    |                                                                                     |                                                       |           |
|----|-------------------------------------------------------------------------------------|-------------------------------------------------------|-----------|
| 1  |     | NOMBRE<br>Tornillo Cab. Cil. Hex.<br>Interno - M10X60 | Ctd<br>1x |
| 2  |    | NOMBRE<br>Arandela plana Ø10                          | Ctd<br>2x |
| 5  |  | NOMBRE<br>Tuerca Hex. Inserto<br>de Nylon - M10       | Ctd<br>1x |
| 20 |      | NOMBRE<br>Casquillo                                   | Ctd<br>2x |
| 22 |    | NOMBRE<br>Polea                                       | Ctd<br>1x |
| 47 |  | NOMBRE<br>Tuerca Hex. Inserto<br>de Nylon - M5        | Ctd<br>2x |
| 48 |     | NOMBRE<br>Tornillo Cab. Cil. Hex.<br>Interno - M5X50  | Ctd<br>2x |



| HERRAMIENTAS                                                                       |                                                                                     |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |
| Allen n°4                                                                          | Llave fija 8                                                                        |
| Allen n°8                                                                          | Llave fija 17                                                                       |

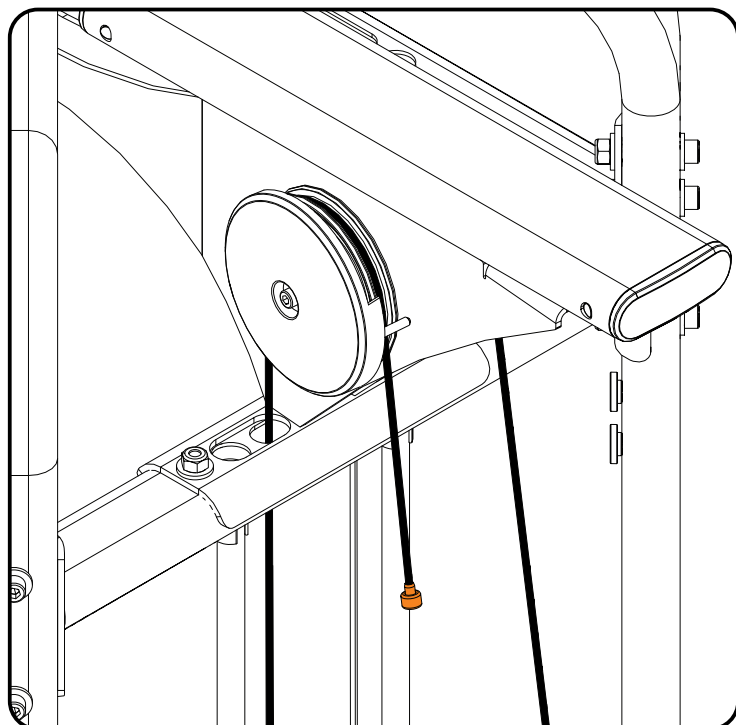
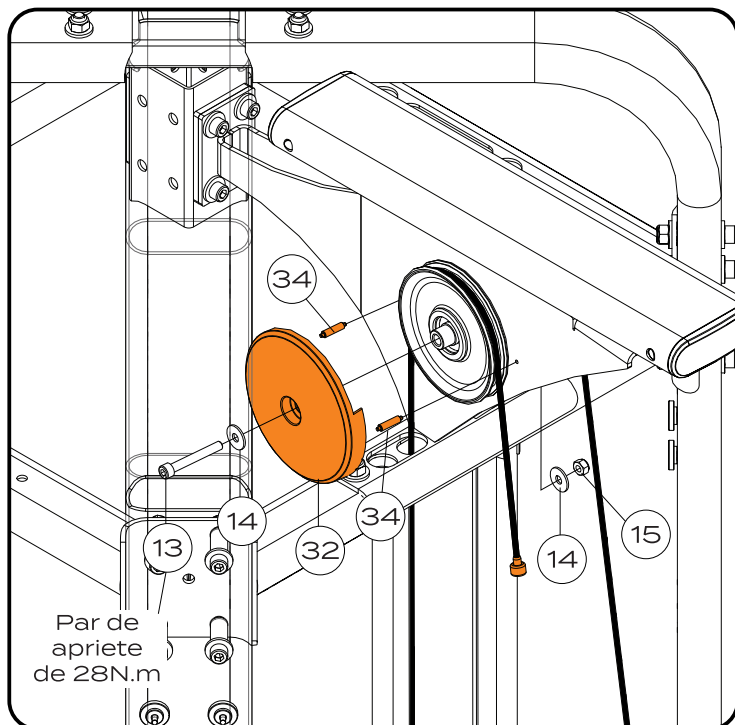
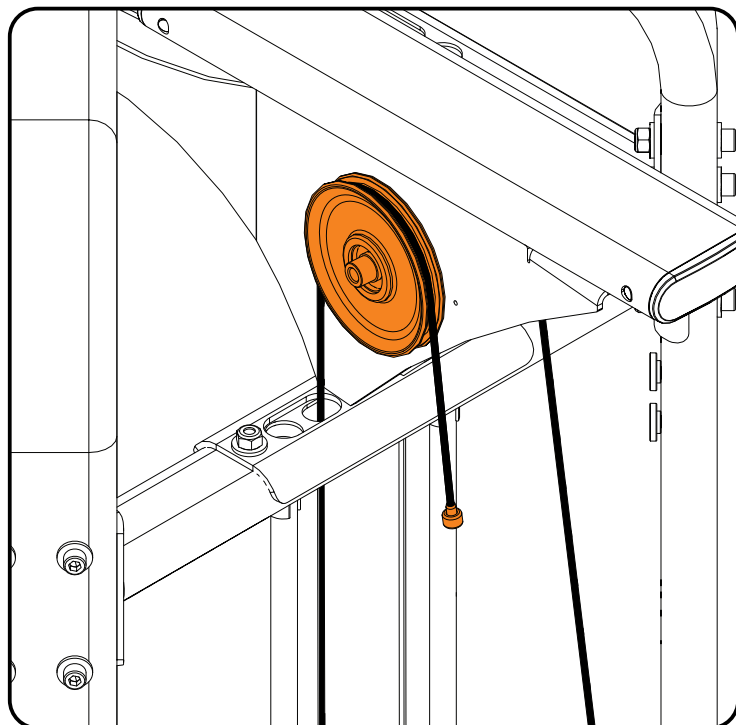
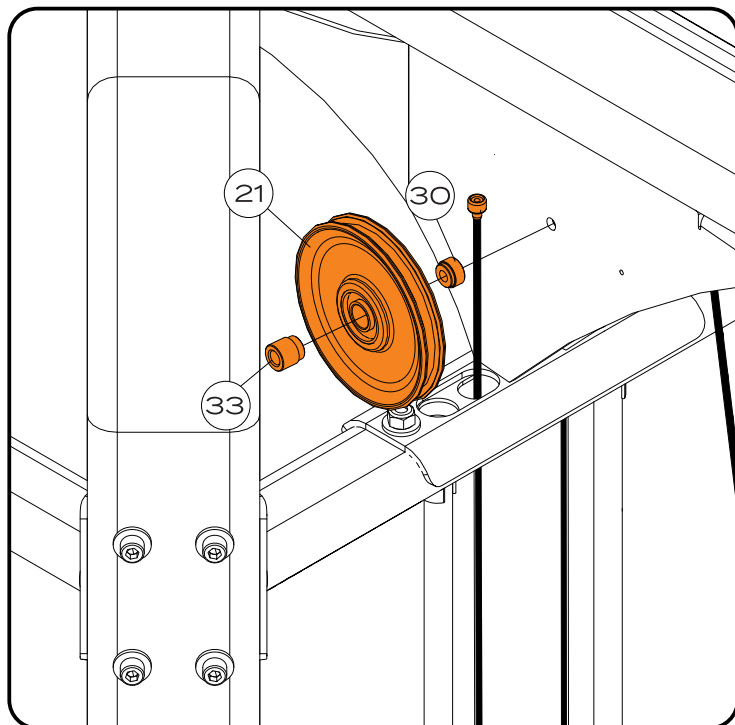




# MONTAJE DEL EQUIPO

## PASO 36 - MONTAJE DE POLEA

|    |                                                                                  |                                                      |           |    |                                                                                   |                             |           |    |                                                                                     |                                             |           |
|----|----------------------------------------------------------------------------------|------------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|-----------------------------|-----------|----|-------------------------------------------------------------------------------------|---------------------------------------------|-----------|
| 13 |  | NOMBRE<br>Tornillo Cab. Cil.<br>Hex. Interno - M8X60 | Ctd<br>1x | 14 |  | NOMBRE<br>Arandela plana Ø8 | Ctd<br>2x | 15 |  | NOMBRE<br>Tuerca Hex. Inserto<br>Nylon - M8 | Ctd<br>1x |
| 21 |  | NOMBRE<br>Polea                                      | Ctd<br>1x | 30 |  | NOMBRE<br>Casquillo         | Ctd<br>1x | 32 |  | NOMBRE<br>Cubierta de polea                 | Ctd<br>1x |
| 33 |  | NOMBRE<br>Casquillo                                  | Ctd<br>1x | 34 |  | NOMBRE<br>Bloqueo de cable  | Ctd<br>2x |    |                                                                                     |                                             |           |



### HERRAMIENTAS



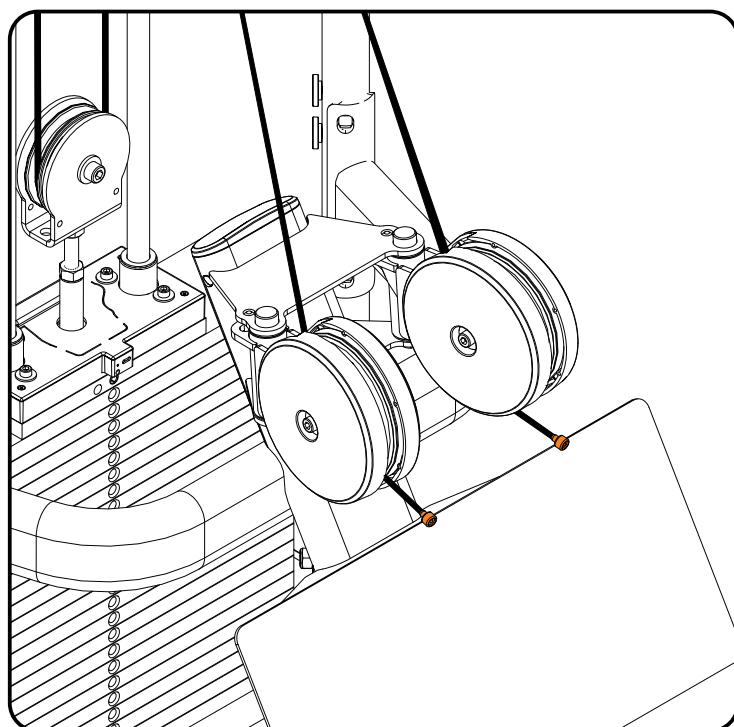
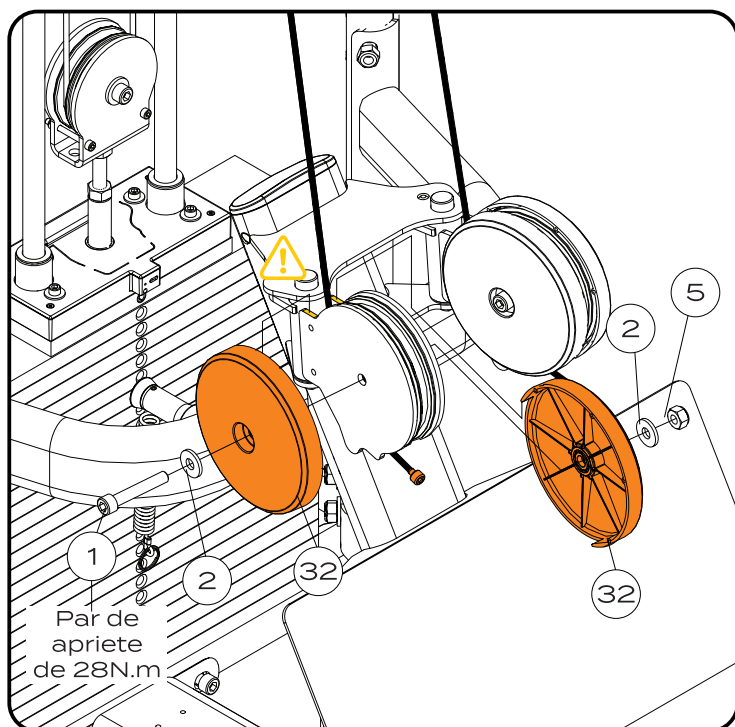
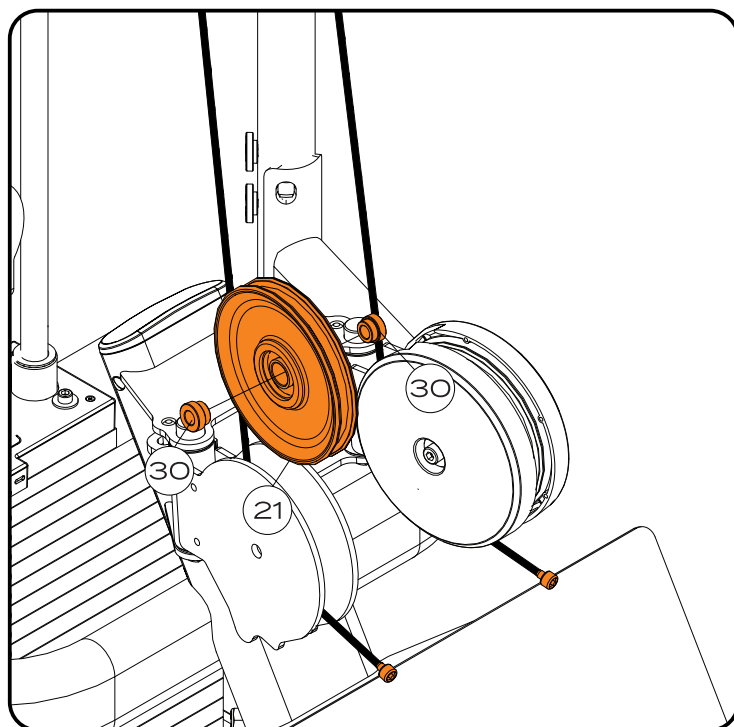
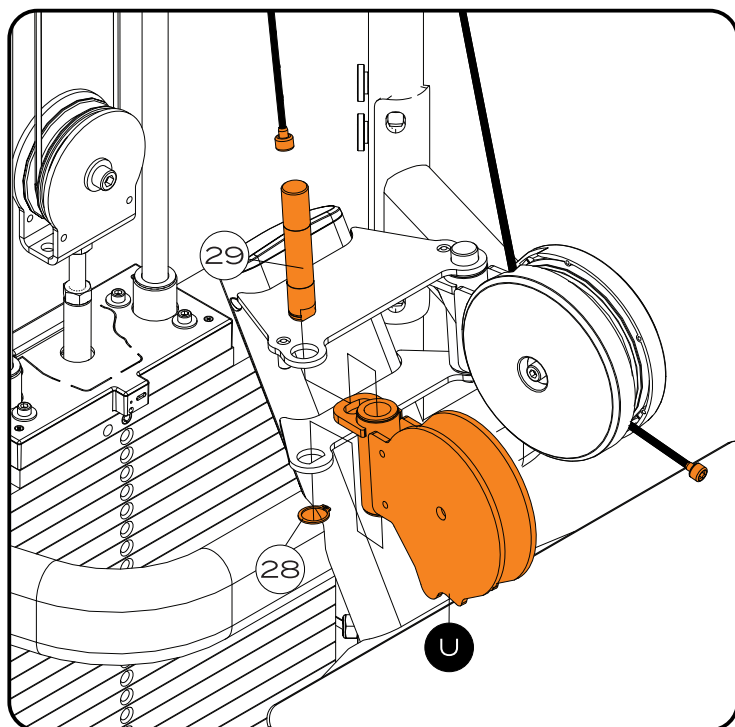
Allen n°6 Llave fija 13



# MONTAJE DEL EQUIPO

## PASO 37 - MONTAJE DE TIRÓN BAJO

|           |                                                              |                  |           |                                     |                  |           |                                                        |                  |
|-----------|--------------------------------------------------------------|------------------|-----------|-------------------------------------|------------------|-----------|--------------------------------------------------------|------------------|
| <b>1</b>  | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex.<br>Interno - M10X60 | <b>Ctd</b><br>1x | <b>2</b>  | <b>NOMBRE</b><br>Arandela plana Ø10 | <b>Ctd</b><br>2x | <b>5</b>  | <b>NOMBRE</b><br>Tuerca Hex. Inserto<br>de Nylon - M10 | <b>Ctd</b><br>1x |
| <b>21</b> | <b>NOMBRE</b><br>Polea                                       | <b>Ctd</b><br>1x | <b>26</b> | <b>NOMBRE</b><br>Casquillo          | <b>Ctd</b><br>2x | <b>28</b> | <b>NOMBRE</b><br>Anillo elástico                       | <b>Ctd</b><br>1x |
| <b>29</b> | <b>NOMBRE</b><br>Eje                                         | <b>Ctd</b><br>1x | <b>32</b> | <b>NOMBRE</b><br>Cubierta de polea  | <b>Ctd</b><br>2x | <b>U</b>  | <b>NOMBRE</b><br>Soporte de la polea                   |                  |



**¡ATENCIÓN!**  
Para el correcto posicionamiento de la cubierta de la polea, la pared del recorte debe estar apoyada contra la cara del soporte de la polea.



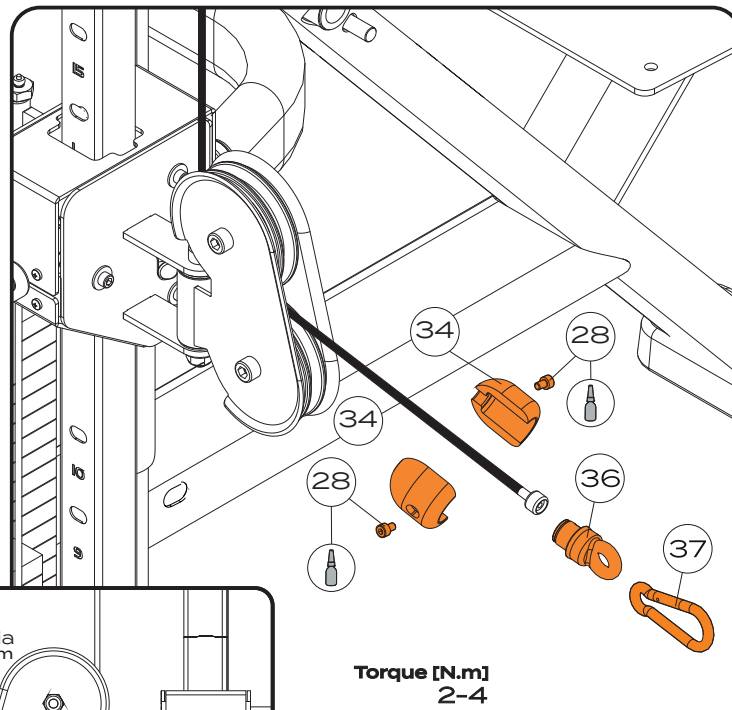
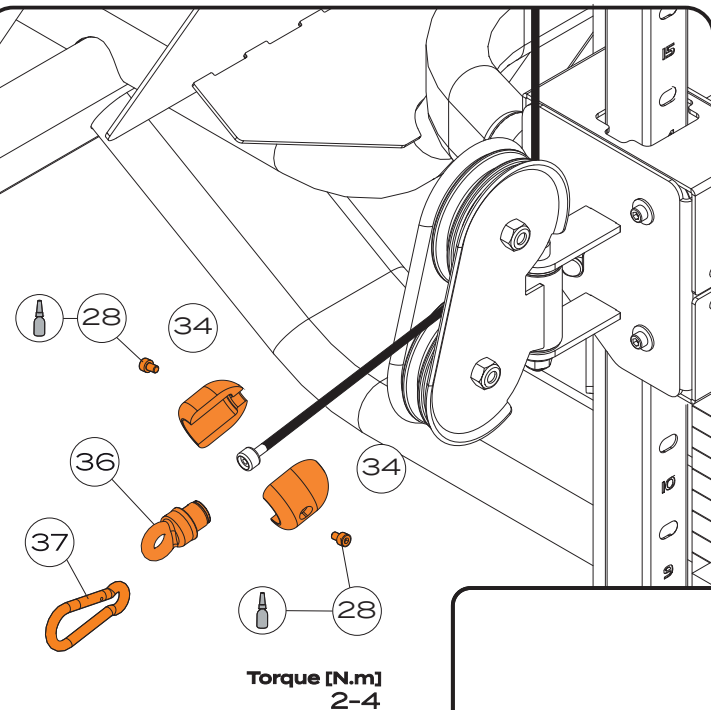
# MONTAJE DEL EQUIPO

## STEP 38

|    |                 |     |    |                         |     |    |               |     |
|----|-----------------|-----|----|-------------------------|-----|----|---------------|-----|
| 28 | NOME            | Qtd | 34 | NOME                    | Qtd | 36 | NOME          | Qtd |
|    | Tornillo M4 x 6 | 4x  |    | Punta de goma bipartita | 12x |    | Punta del asa | 6x  |
| 37 | NOME            | Qtd |    |                         |     |    |               |     |
|    | Mosquetón       | 6x  |    |                         |     |    |               |     |

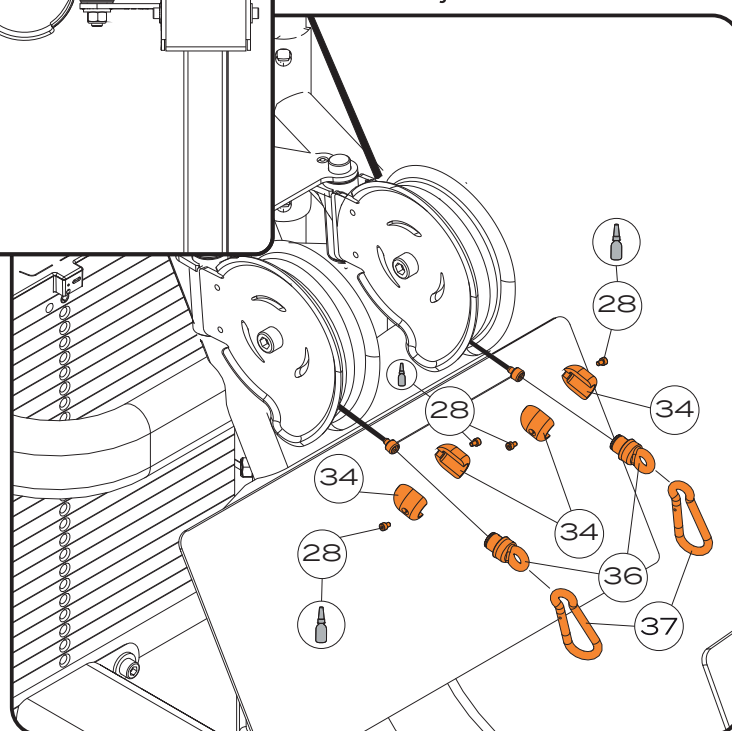
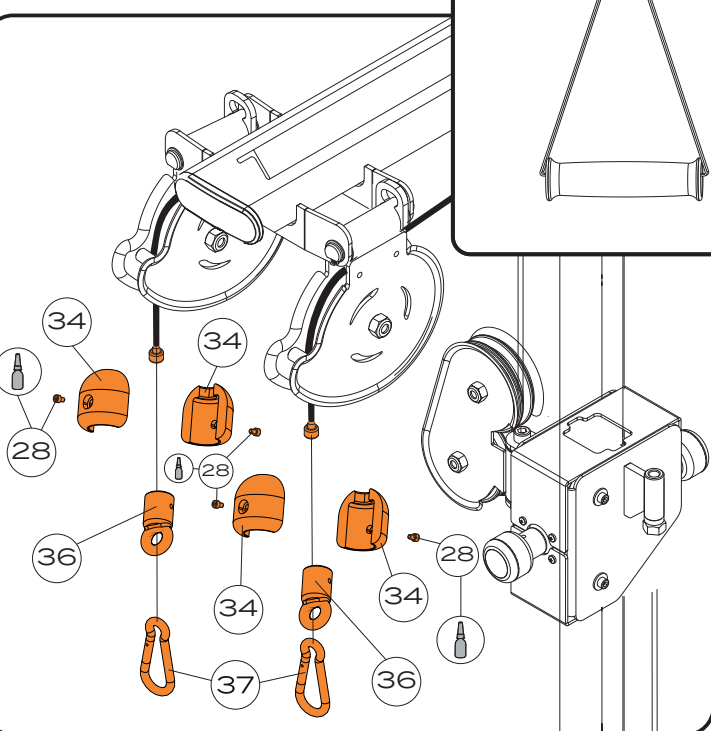
Pulley 1

Pulley 2



Tirón alto

Tirón bajo



Distância  
30-70mm

### FERRAMENTAS



Allen nº 3



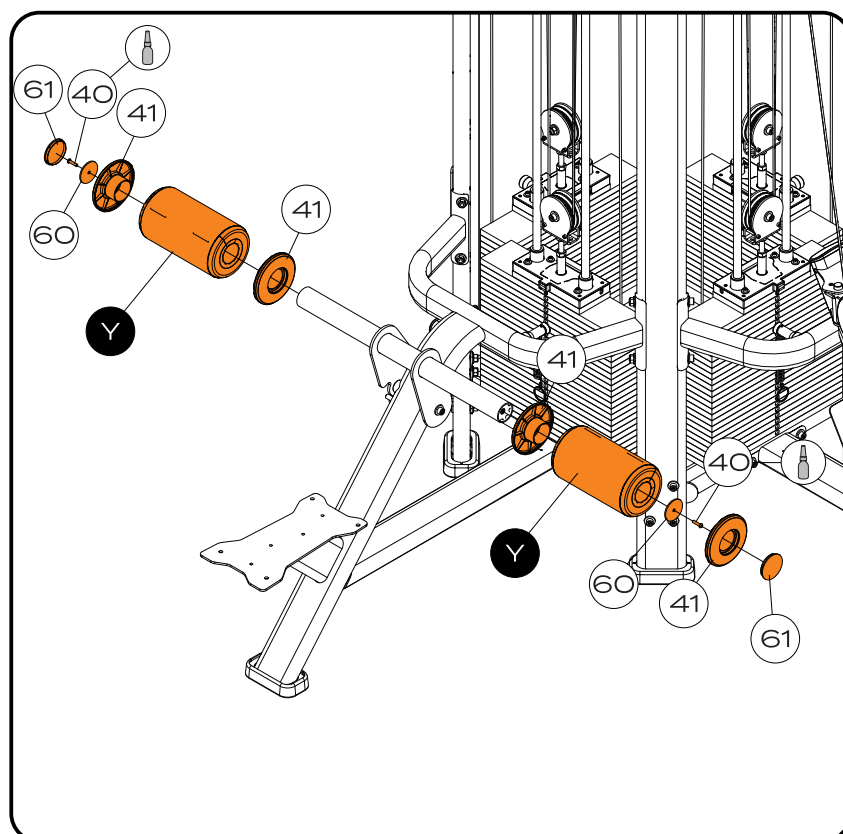
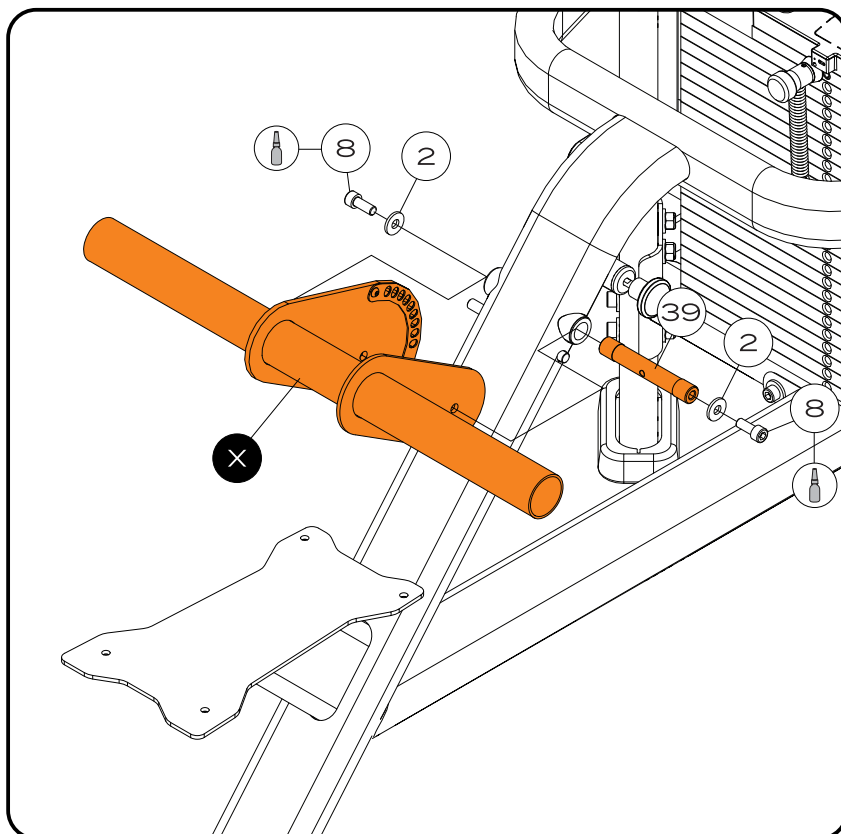
Fijador de rosca  
torque medio



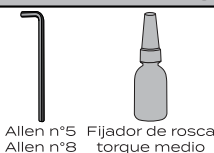
# MONTAJE DEL EQUIPO

## PASO 39

|                                                                                  |                                                         |                  |                                                                                   |                                                           |                  |                                                                                     |                                       |                  |
|----------------------------------------------------------------------------------|---------------------------------------------------------|------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------|------------------|-------------------------------------------------------------------------------------|---------------------------------------|------------------|
|  | <b>NOMBRE</b><br>Arandela plana Ø10                     | <b>Ctd</b><br>2x |  | <b>NOMBRE</b><br>Tornillo Cab. Cil. Hex. Interno - M10X25 | <b>Ctd</b><br>2x |  | <b>NOMBRE</b><br>Eje                  | <b>Ctd</b><br>1x |
|  | <b>NOMBRE</b><br>Tornillo Cab. Aba Hex. Interno - M6X25 | <b>Ctd</b><br>2x |  | <b>NOMBRE</b><br>Protector de rodillos                    | <b>Ctd</b><br>2x |  | <b>NOMBRE</b><br>Arandela de rodillo  | <b>Ctd</b><br>2x |
|  | <b>NOMBRE</b><br>Cubierta de rodillo                    | <b>Ctd</b><br>2x |  | <b>NOMBRE</b><br>Soporte para piernas                     |                  |  | <b>NOMBRE</b><br>Tapicería de piernas |                  |



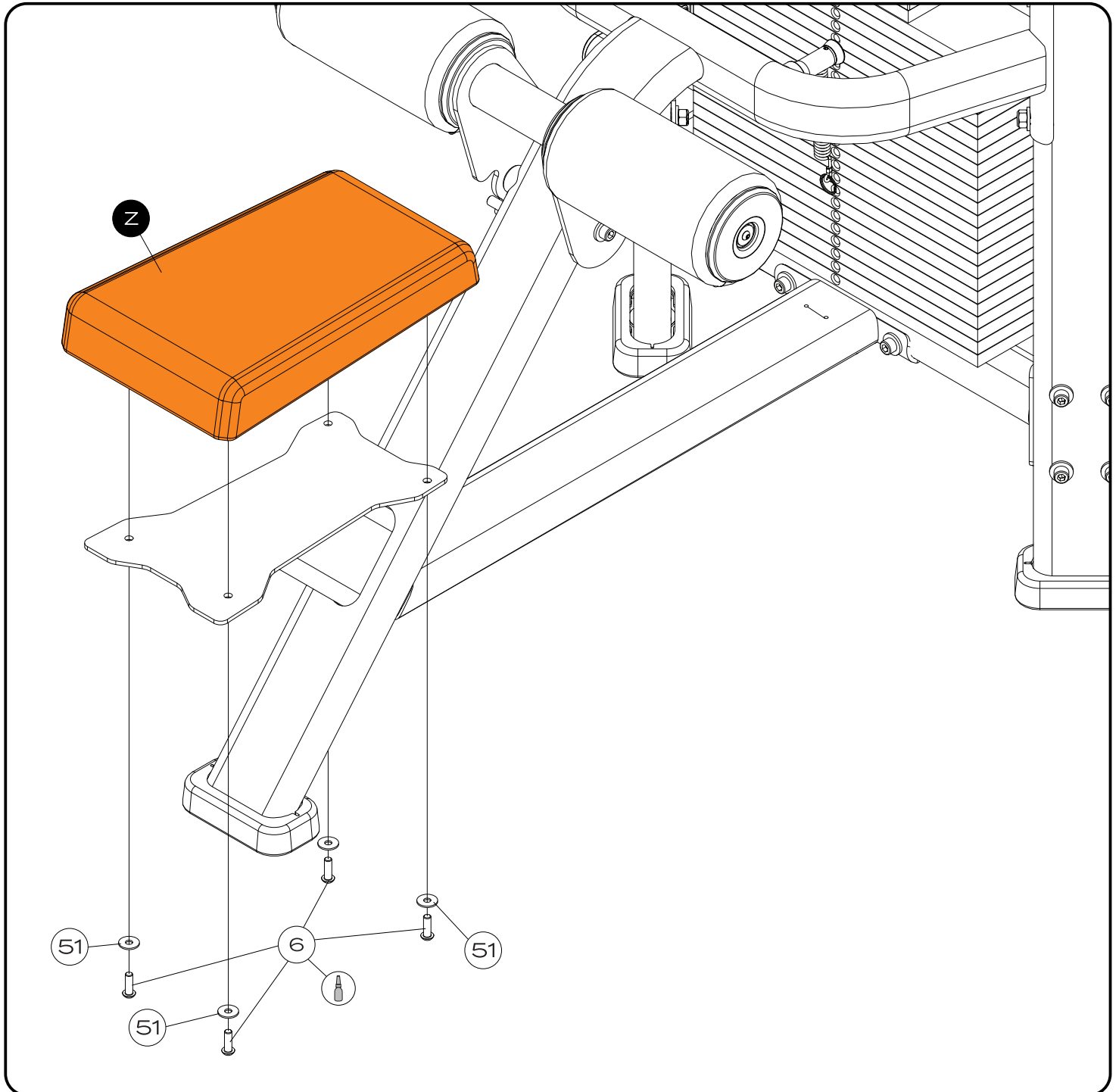
### HERRAMIENTAS



# MONTAJE DEL EQUIPO

## PASO 40

|   |                                                                                  |                                                     |           |    |                                                                                   |                             |           |   |                                                                                     |                                 |
|---|----------------------------------------------------------------------------------|-----------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|-----------------------------|-----------|---|-------------------------------------------------------------------------------------|---------------------------------|
| 6 |  | NOMBRE<br>Tornillo Cab. Aba Hex.<br>Interno - M8X25 | Ctd<br>4x | 51 |  | NOMBRE<br>Arandela plana Ø8 | Ctd<br>1x | Z |  | NOMBRE<br>Tapicería del asiento |
|---|----------------------------------------------------------------------------------|-----------------------------------------------------|-----------|----|-----------------------------------------------------------------------------------|-----------------------------|-----------|---|-------------------------------------------------------------------------------------|---------------------------------|



### HERRAMIENTAS



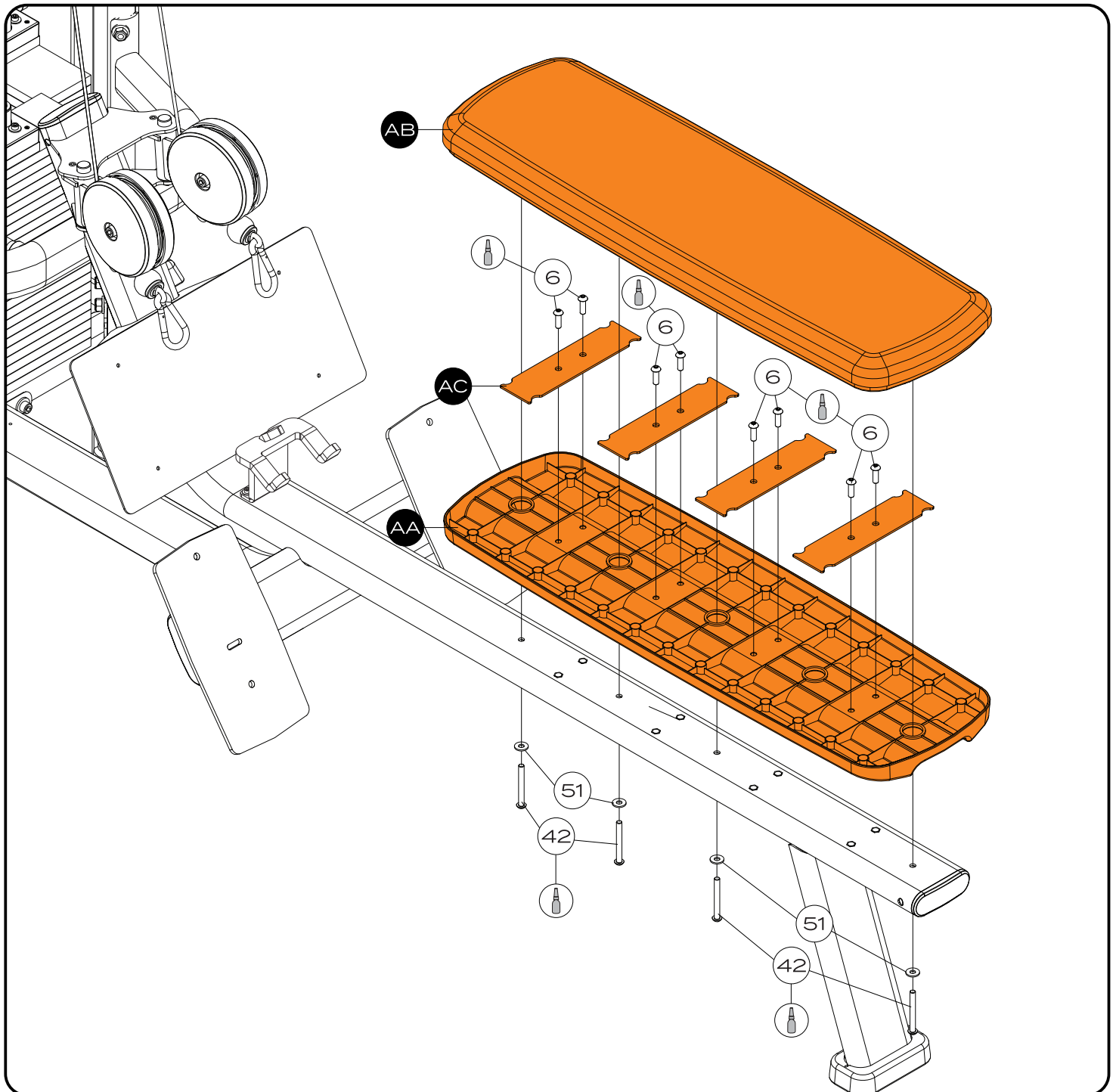
Allen n°6



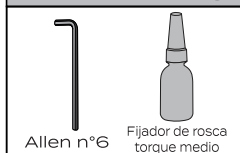
# MONTAJE DEL EQUIPO

## PASO 41

|           |                                                            |                  |           |                                                            |                  |           |                                    |                  |
|-----------|------------------------------------------------------------|------------------|-----------|------------------------------------------------------------|------------------|-----------|------------------------------------|------------------|
| <b>6</b>  | <b>NOMBRE</b><br>Tornillo Cab. Aba Hex.<br>Interno - M8X25 | <b>Ctd</b><br>8x | <b>42</b> | <b>NOMBRE</b><br>Tornillo Cab. Aba Hex.<br>Interno - M8X70 | <b>Ctd</b><br>4x | <b>51</b> | <b>NOMBRE</b><br>Arandela plana Ø8 | <b>Ctd</b><br>4x |
| <b>AA</b> | <b>NOMBRE</b><br>Cubierta de tapicería                     |                  | <b>AB</b> | <b>NOMBRE</b><br>Tapicería del asiento                     |                  | <b>AC</b> | <b>NOMBRE</b><br>Placa de fijación |                  |



### HERRAMIENTAS



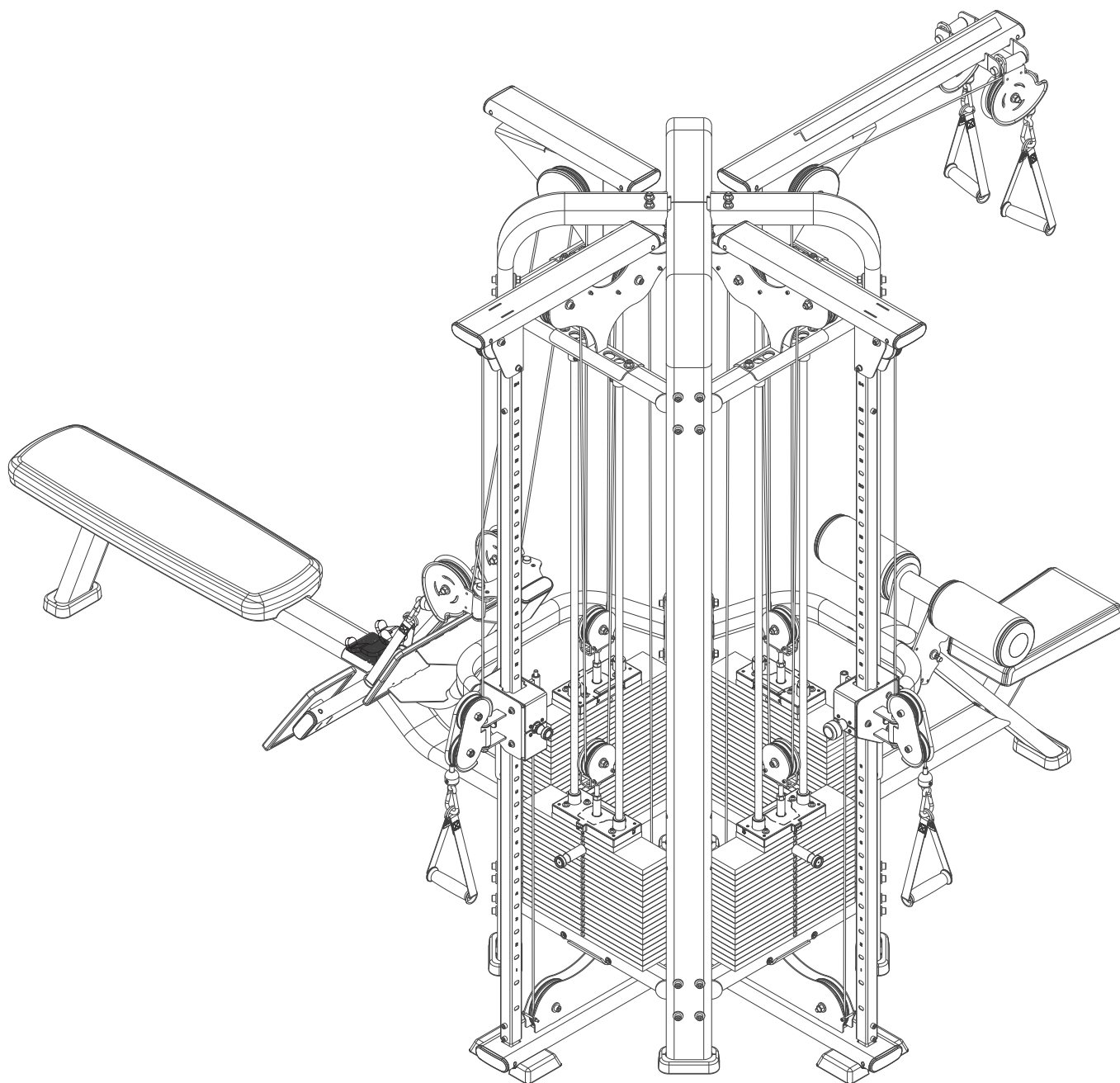
# MONTAJE DEL EQUIPO

## PASO 42

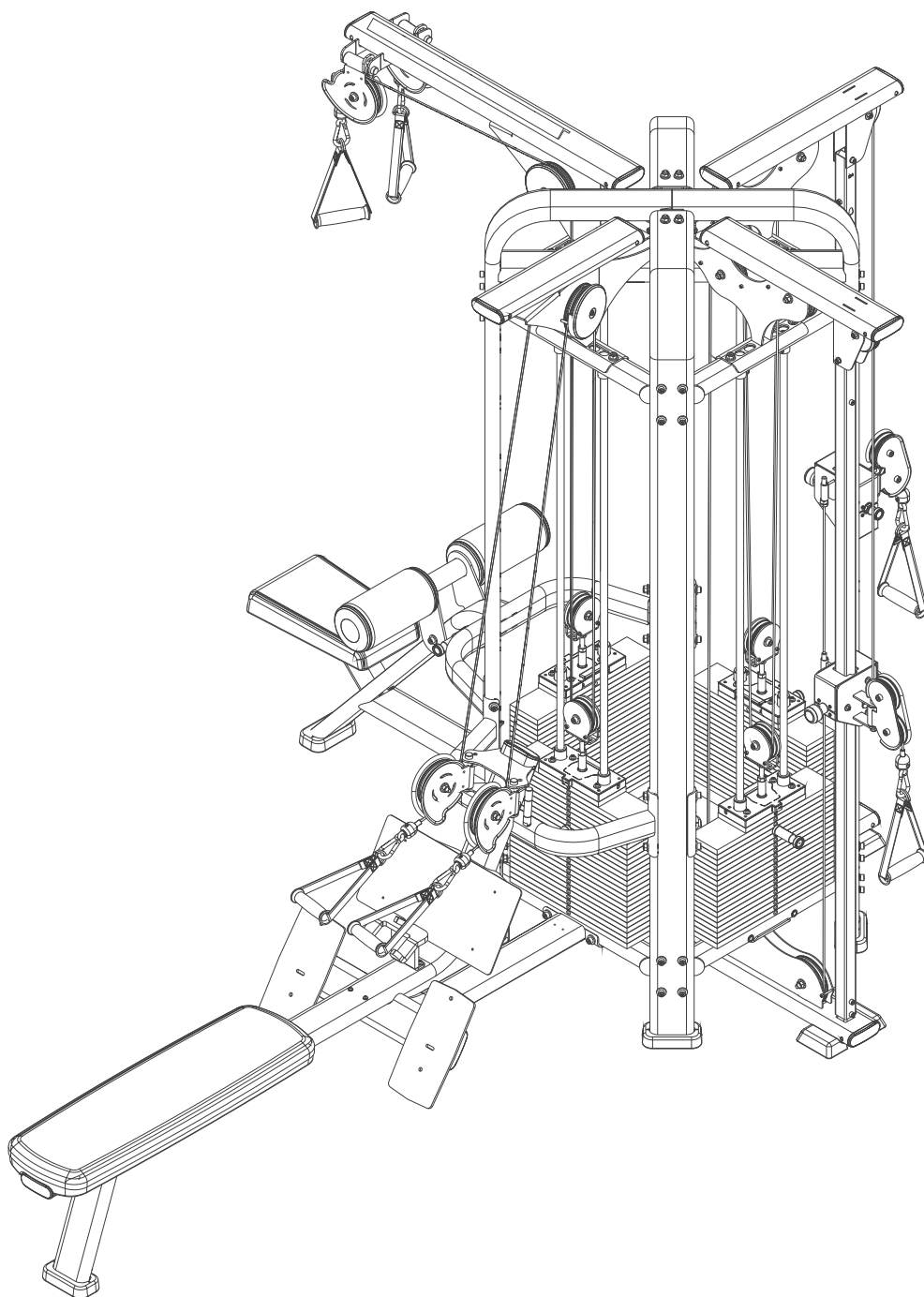
AC

NOMBRE

Cubierta de pie



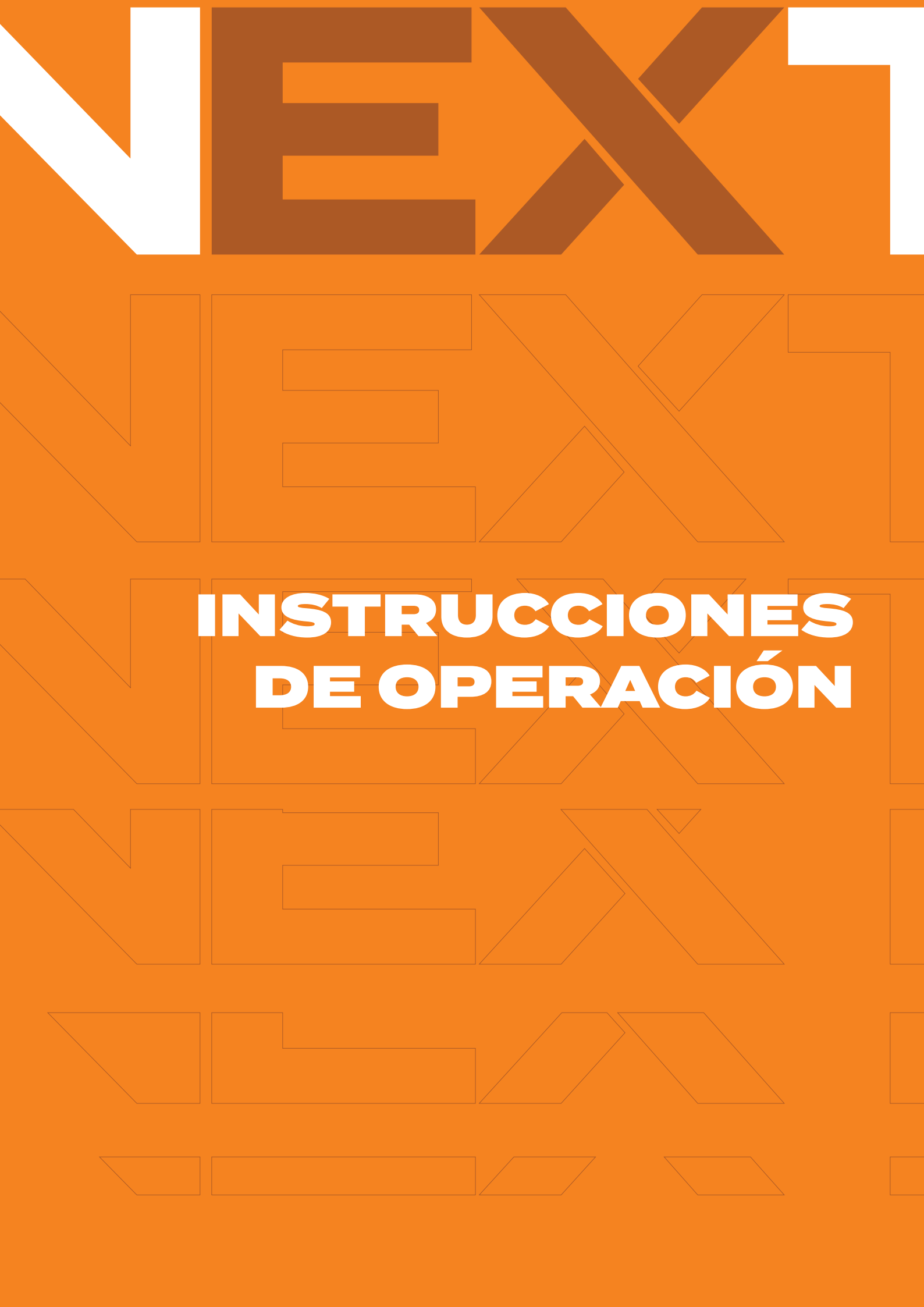
# MONTAJE DEL EQUIPO



**¡ENHORABUENA! SE HA COMPLETADO EL MONTAJE DEL EQUIPO.**

Antes de comenzar el entrenamiento, NIVELE el equipo al suelo y compruebe el apriete de todos los tornillos. Consulte el capítulo de instrucciones de uso antes de utilizar el equipo.





# **INSTRUCCIONES DE OPERACIÓN**



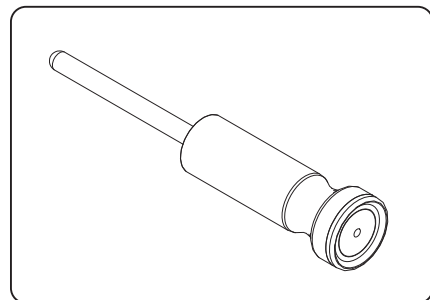
# INSTRUCCIONES DE OPERACIÓN

## CLAVIJA SELECTORA

La clavija selectora permite bloquear las pesas para utilizarlas al realizar el ejercicio.

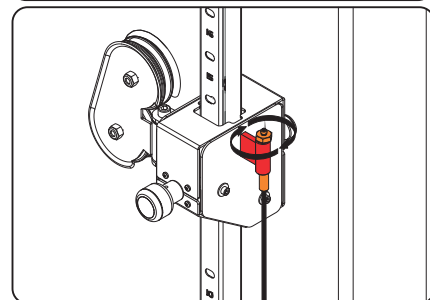


Compruebe que el pasador selector está bien encajado en la pila de pesas. Riesgo de accidente grave o fatal para el usuario



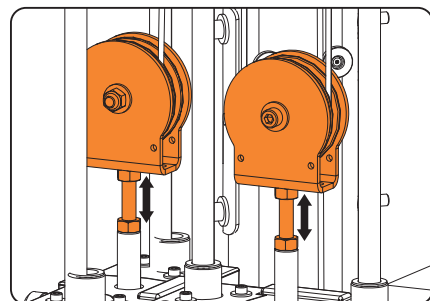
## TENSIÓN DEL CABLE DE ACERO

Para tensar el cable de acero, basta con enroscar el tornillo situado en el extremo del cable en el regulador de altura. Para soltarlo, desenrosque el tornillo.



## SOPORTE DE LA POLEA DE LA PLACA SUPERIOR

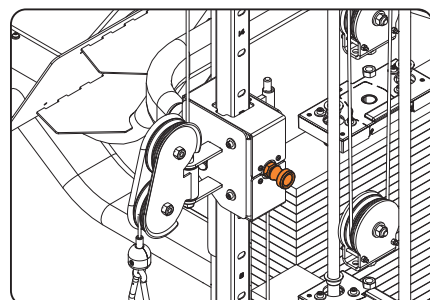
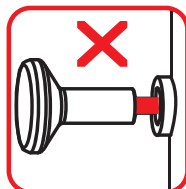
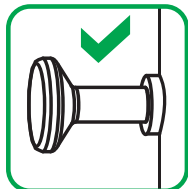
Para ajustar la polea de la placa superior, utilice las tuercas para tensar el cable metálico apretando o aflojando la contratuerca. Cuando el cable esté tensado, vuelva a apretar la contratuerca.



## SOPORTE DE ASABLOQUEADA

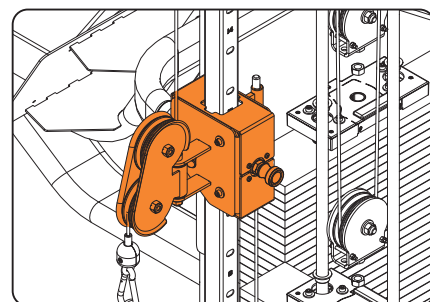
Permite seleccionar la altura del soporte de la empuñadura en el riel del equipo.

**ATENCIÓN: VERIFIQUE** si el pino del regulador de altura está **TOTALMENTE ENCAIXADO** para evitar **ACIDENTES**.



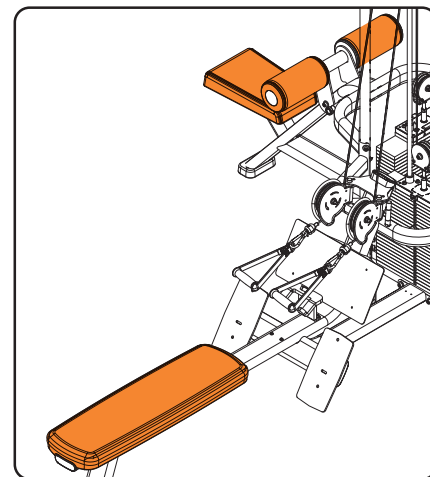
## REGULADOR DE LA EMPUÑADURA

Permite ajustar el equipo a la altura deseada.



## TAPICERÍA

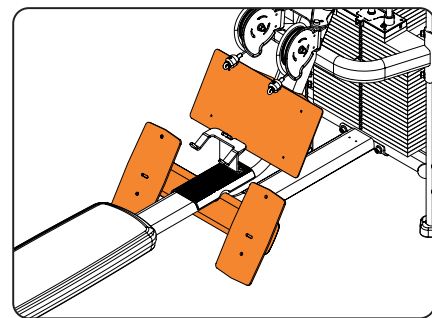
Permite al usuario sentarse, apoyar la rodilla y apoyarse en el equipo para realizar el ejercicio.



# INSTRUCCIONES DE OPERACIÓN

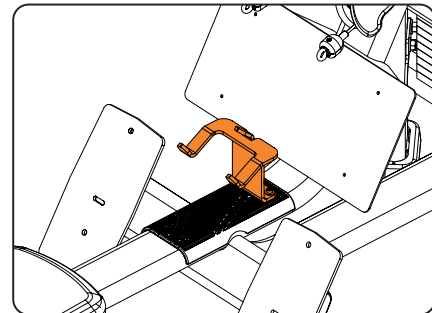
## REPOSAPIÉS

Permite al usuario apoyar los pies para realizar el ejercicio de tiro bajo.



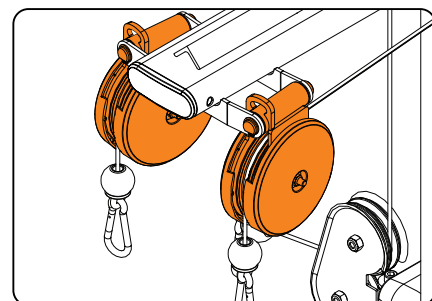
## SOPORTE PARA ACCESORIOS

Le permite apoyar los accesorios al final del ejercicio.



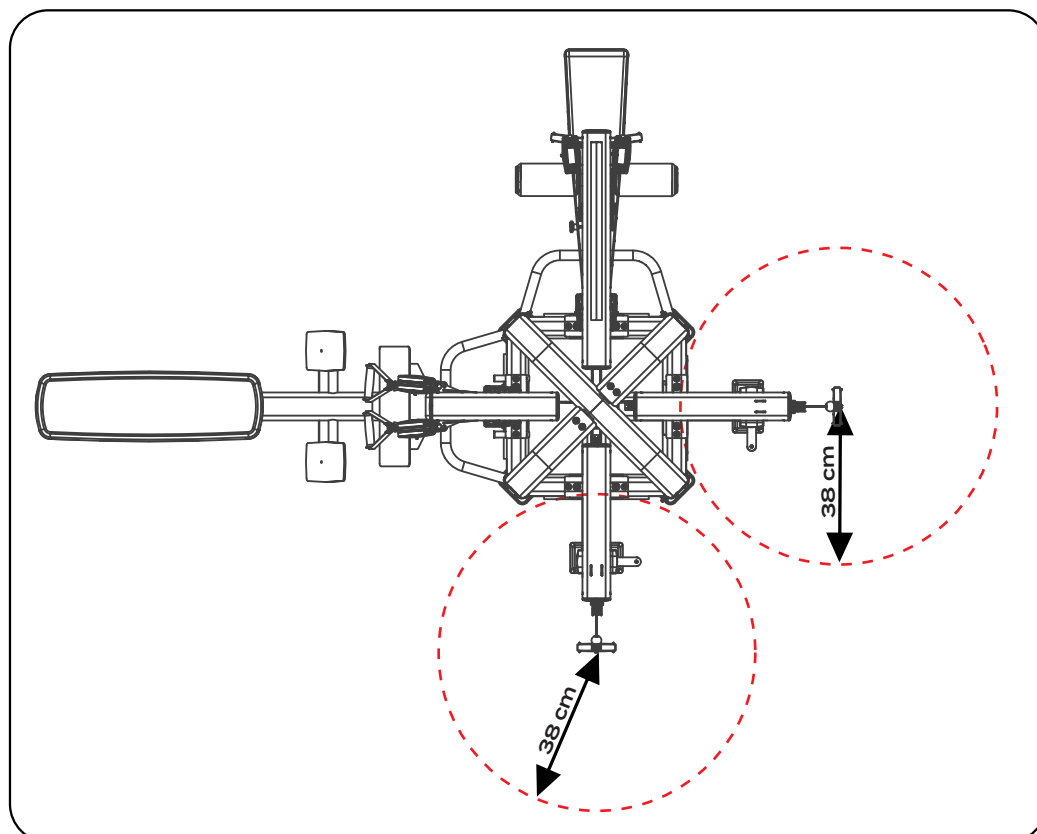
## POLEAS MÓVILES

Las poleas se mueven para que se adapten al mejor ejercicio del usuario.



## DISTANCIA

**ATENCIÓN:** Por cuestiones de seguridad, asegúrese de mantener una distancia mínima de 38 cm de polia durante el uso. Esto es esencial para garantizar su seguridad durante la práctica del ejercicio.





# **MANTENIMIENTO**

## RECOMENDACIONES

Para mantener una mayor durabilidad de su caminadora es importante seguir una serie de precauciones para evitar cualquier tipo de problema en su equipo o a los usuarios y/o terceros. En el caso que se quiebre alguna de las partes de su caminadora, coloque el equipo fuera de uso hasta que la parte que fue comprometida sea debidamente arreglada.

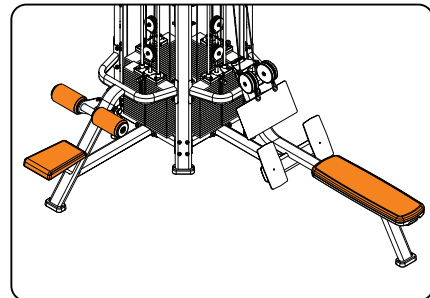
## LIMPIEZA

Semanalmente, limpie el equipo utilizando una escoba de nylon que sea blanda. Pase una aspiradora debajo del equipo para evitar la acumulación de suciedad y polvo, que puedan afectar el funcionamiento del equipo.

Use siempre agua, jabón y un paño suave para la limpieza del relleno del pasamanos y del equipo antes y después del entrenamiento. Espere a que el equipo se seque completamente antes de empezar un nuevo entrenamiento. Nunca utilice productos de limpieza ácidos. Jamás vierta agua en el equipo o aplique líquidos en aerosol.

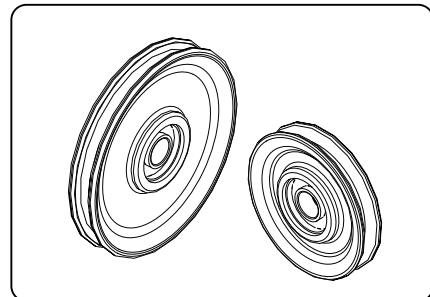
## TAPICERÍA

Si presentan desgarros, agujeros u otros desperfectos, sustitúyalos inmediatamente. Para una mayor durabilidad de la tapicería, límpiela como se describe en este manual.



## POLEAS

La polea es lo que permite que el cable de acero haga el recorrido necesario para el ejercicio, por lo que es sumamente importante mantener las poleas bien cuidadas. Si hay algún signo de desgaste o daño en las poleas, póngase en contacto con el servicio técnico.

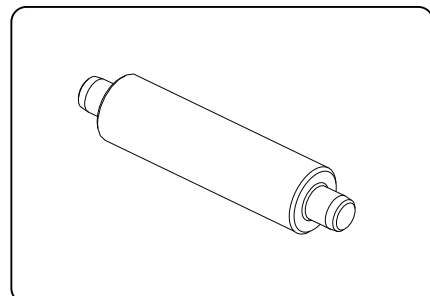


## PASADOR DE BLOQUEO DE CABLE DE ACERO

La función del pasador de bloqueo del cable de acero es impedir que el cable de acero se salga de la polea.

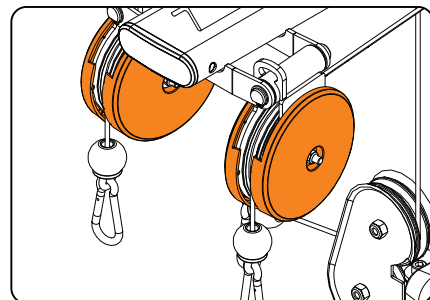
Si alguno de los pasadores está dañado o suelto, es posible que el cable metálico no esté bien sujeto en la polea.

A la menor señal de mal funcionamiento, póngase en contacto con la Asistencia Técnica. Riesgo de accidentes graves o fatales.



## CUBIERTA DE POLEA

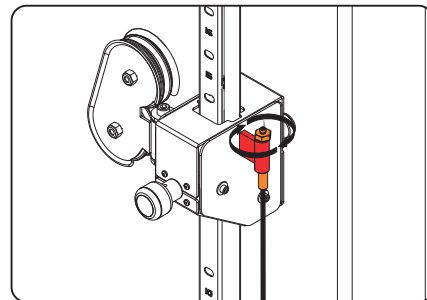
La función de las cubiertas de polea es evitar que el cable de la polea se afloje, además de proporcionar protección. Si encuentra la cubierta dañada o fuera de su forma original, póngase en contacto con un distribuidor autorizado y haga que se la sustituyan inmediatamente.



# MANTENIMIENTO

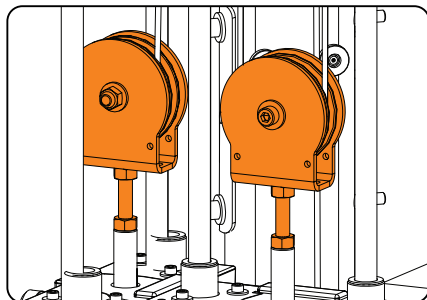
## TENSOR DE CABLE DE ACERO

Comprueba siempre que no esté dañado o fuera de su forma estándar. Si tiene algún problema con el tensor, póngase en contacto con un Centro de Asistencia Técnica.



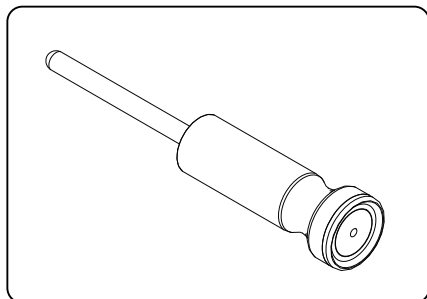
## CLAVIJA SELECTORA

Compruebe siempre que el pasador selector no esté dañado o fuera de su forma original, lo que puede impedir que el peso se apriete correctamente. Si el pasador está dañado, póngase en contacto con un Centro de Servicio Técnico.



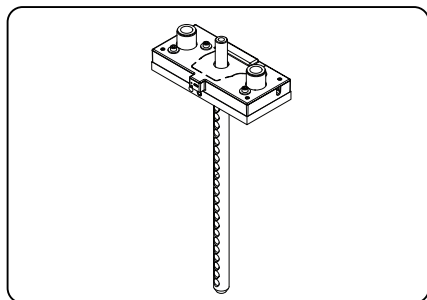
**¡PELIGRO!**

**SI LA CLAVIJA SELECTORA ESTÁ DAÑADA Y SE UTILIZA,  
PUEDE QUE NO SUJETE CORRECTAMENTE LOS PESOS,  
PROVOCANDO UN ACCIDENTE GRAVE O MORTAL  
AL USUARIO Y PUEDE DAÑAR EL EQUIPO**



## PLACA SUPERIOR

Permite seleccionar los pesos. Al menor daño o desgaste de la pieza no intente seleccionar el peso. Póngase en contacto con un Servicio Técnico para realizar el cambio.



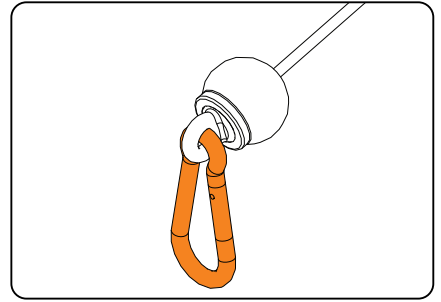
## MOSQUETÓN

Algunos modelos utilizan un mosquetón, por lo que es muy importante comprobar su estado. Al menor signo de desgaste, deformación, dificultad de cierre y todo aquello que pueda ir en detrimento de su resistencia, sustituya inmediatamente el mosquetón.

## SUSTITUCIÓN DEL MOSQUETÓN

Para su sustitución, utilice siempre un mosquetón suministrado directamente por MOVEMENT. Si no es posible obtener un mosquetón suministrado por MOVEMENT, utilice un mosquetón que cumpla estrictamente los siguientes requisitos.

- Material de composición: Acero inoxidable AISI 316;
- Capacidad máxima cerrada: 1600 kg;
- Capacidad máxima abierta: 350kg.

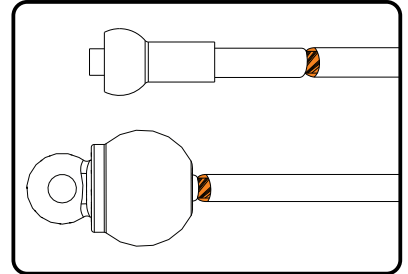


¡ATENCIÓN!

- **COMPRUEBE CUIDADOSAMENTE EL ESTADO DEL MOSQUETÓN CADA MES;**
- **NO MODIFIQUE LOS MOSQUETONES DE NINGUNA MANERA;**
- **LA ABERTURA DEL MOSQUETÓN DEBE ESTAR ORIENTADA HACIA LA COLUMNA DE PESOS.**

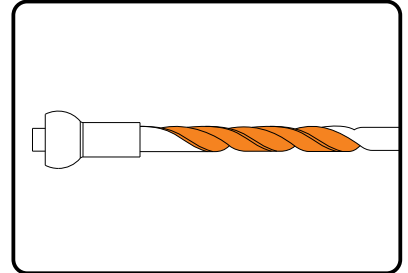
## CABLE DE ACERO

Durante el uso del equipo, el cable de acero puede resultar dañado por un mal uso o falta de mantenimiento. A veces, el cable de acero puede estar dañado, aunque este daño no quede al descubierto. Manténgase alerta y siempre atento a cualquier tipo de problema con el cable. No utilice ni permita que se utilice si el cable de acero está dañado. A continuación, se muestran algunos ejemplos de cables de acero dañados.



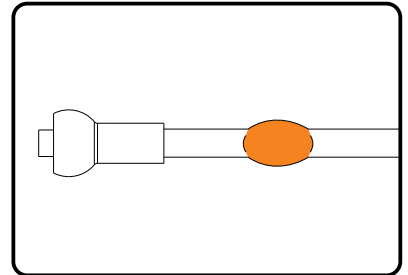
## CABLE DE ACERO RETORCIDO

Compruebe siempre el cable de acero; si detecta alguna torsión, sustitúyalo inmediatamente.



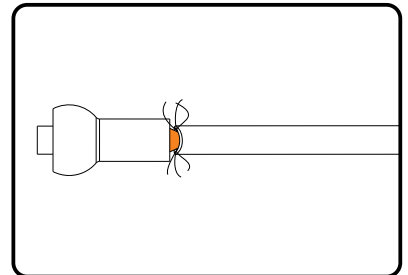
## PROTUBERANCIA EN EL CABLE DE ACERO

Si el cable se rompe internamente puede aparecer un saliente en el exterior del cable, sustitúyalo inmediatamente.



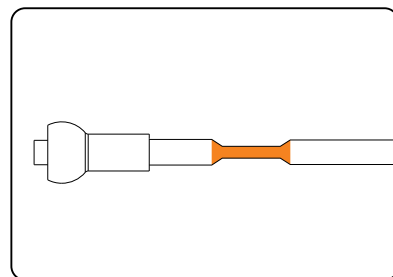
## HILOS SUELTOS

Sustituya cualquier cable de acero expuesto en los extremos



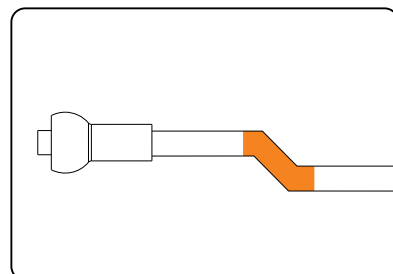
## **CABLE DE ACERO ABOLLADO**

El cable de acero abollado o fuera de su forma original puede causar roturas o daños en otras partes del equipo.



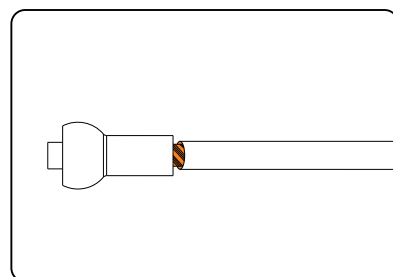
## **CABLE DE ACERO RETORCIDO**

El cable de acero retorcido o fuera de su forma original puede causar roturas o daños en otras partes del equipo.



## **EXPOSICIÓN**

Exposición de la punta del cable de acero.





# MANTENIMIENTO

## TABLA DE MANTENIMIENTO DEL EQUIPO

Utilice la siguiente tabla para conocer los intervalos de mantenimiento.

| VERIFICAR              | DIARIO                                                                                                           | SEMANAL                                                                                           | MENSUAL                                                                                                                     | CUANDO SEA NECESARIO                                                                                  |
|------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| LIMPIEZA               | Limpia siempre el equipo antes y después de cada entrenamiento.                                                  |                                                                                                   |                                                                                                                             |                                                                                                       |
| TORNILLOS              |                                                                                                                  | Reajustar los tornillos en el caso que las piezas estén sueltas.                                  |                                                                                                                             |                                                                                                       |
| POLEAS                 |                                                                                                                  | Compruebe que las poleas no estén dañadas ni desgastadas. Si es así, sustituya la pieza.          |                                                                                                                             |                                                                                                       |
| PASADOR DE BLOQUEO     |                                                                                                                  | Compruebe que los pasadores no estén dañados ni desgastados. Si es así, haga el cambio inmediato. |                                                                                                                             |                                                                                                       |
| TENSOR                 |                                                                                                                  |                                                                                                   | Compruebe que los cables estén bien tensados, tal como se describe en el manual. Si no es así, realice el tensado correcto. |                                                                                                       |
| CABLE DE ACERO         | Compruebe todos los cables metálicos para ver que no estén dañados o rotos. Si es así, haga el cambio inmediato. |                                                                                                   |                                                                                                                             |                                                                                                       |
| CLAVIJA SELECTORA      | Compruebe si la clavija selectora está rota o dañada. Si es así, haga el cambio inmediato.                       |                                                                                                   |                                                                                                                             |                                                                                                       |
| TAPICERÍA              |                                                                                                                  |                                                                                                   |                                                                                                                             | Compruebe si hay roturas o agujeros en la tapicería. Si es así, reemplace la pieza inmediatamente.    |
| MANUTENCIÓN PREVENTIVA |                                                                                                                  |                                                                                                   |                                                                                                                             | Cada 2 meses, contactar con un Punto Autorizado para realizar el mantenimiento preventivo del equipo. |

Cualquier duda puede ser resuelta a través de nuestro centro de atención al cliente, por teléfono. 0800 7724080 Para encontrar un Punto Autorizado vaya al sitio web <http://movement.com.br/assistencia-tecnica> y permitir que el navegador acceda a su ubicación y facilitar la búsqueda de un Autorizado más cercano.



**GARANTÍA**

# GARANTÍA

## GARANTÍA LIMITADA - LÍNEA FISICULTURISMO

Lea atentamente las condiciones de la garantía antes de utilizar el equipo.

Al utilizar el equipo, usted acepta cumplir los siguientes términos y condiciones de la garantía.

Brudden Equipamentos Ltda., fabricante de los productos Movement, garantiza equipos nuevos libres de defectos en materiales y mano de obra por los períodos establecidos a continuación.

Los períodos de garantía comienzan en la fecha de la factura de compra emitida por la fábrica o el concesionario acreditado.

Esta garantía se aplicará únicamente a los defectos identificados durante los periodos de tiempo indicados a continuación y sólo al comprador original del producto. Para hacer uso de la garantía, el comprador deberá ponerse en contacto con el Servicio de Asistencia Técnica autorizado más cercano (lista disponible en el sitio web [www.movement.com.br/assistencia-tecnica](http://www.movement.com.br/assistencia-tecnica)) en un plazo inferior a 30 días desde el descubrimiento de la no conformidad y poner el equipo a disposición para su inspección.

## ¡ATENCIÓN! ¡OBTENGA HASTA 3 AÑOS DE GARANTÍA REGISTRANDO SU EQUIPO EN CONNECT!

**IMPORTANTE:** para estar plenamente cubierto durante el período descrito en el cuadro siguiente, **ES NECESARIO REGISTRAR SU PRODUCTO EN CONNECT**. Si el registro NO ESTÁ COMPLETO, SÓLO será válida la garantía legal del Código de Defensa del Consumidor (art. 26, II) de 90 (noventa) días.

Accede a CONNECT en Play Store y Apple Store (Movement Connect) o desde el sitio web:

(<https://lp.movement.com.br/app-movement-connect>)

|         |                                                                                                                                                                                                                                                                                                                                                |
|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 90 días | <b>Garantía jurídica del Código de Defensa del Consumidor (art. 26, II)</b><br>Mano de obra.                                                                                                                                                                                                                                                   |
| 6 meses | <b>Ya incluida la garantía legal del Código de Defensa del Consumidor (art. 26, II) de 90 (noventa) días.</b><br>Cable de acero / Adhesivos / Reguladores y asas / Asas / Acabados termoplásticos / Acabados elastómeros / Carenados y tapicerías en general.                                                                                  |
| 1 año   | <b>Ya incluida la garantía legal del Código de Defensa del Consumidor (art. 26, II) de 90 (noventa) días.</b><br>Piezas y partes mecánicas / Poleas / Mosquetones / Cojinetes / Muelles / Componentes de fijación / Pintura general, incluidos los elementos cromados y cincados / Componentes electrónicos (excepto baterías) cuando proceda. |
| 3 años  | <b>Ya incluida la garantía legal del Código de Defensa del Consumidor (art. 26, II) de 90 (noventa) días.</b><br>Chasis (excepto pintura) y estructuras metálicas                                                                                                                                                                              |

## CONDICIONES Y RESTRICCIONES

### 1. La garantía se aplica a los productos Movement sólo cuando:

1-1. El producto esté con el comprador original y con el comprobante de compra original (factura de compra);

1-2. No ha sido objeto de: accidentes, uso inadecuado o negligencia, operación indebida, abuso, transporte y almacenamiento inadecuado, mantenimiento en desacuerdo con las especificaciones contenidas en el manual de instrucciones, servicio impropio o modificación no realizada por Movement;

1-3. Las piezas de repuesto utilizadas fueron proporcionadas por Movement;

1-4. Reclamaciones hechas dentro del plazo de garantía.

2. Esta garantía no cubre daños o fallos en equipos causados por fallos en el mantenimiento básico y necesario como se describe en el manual.

## LA GARANTÍA NO SE APLICA:

- Productos reparados o modificados por terceros, sin la previa autorización por escrito de Movement;
- Llamada de servicios para la instalación del producto o instrucciones a los propietarios sobre cómo utilizar el producto;
- Reparaciones efectuadas en productos Movement sin el número de serie o con la identificación alterada o dañada;
- La retirada y/o entrega del equipo en el domicilio del consumidor para su reparación.
- Ningún gasto de servicios ocurrido después del periodo de garantía de servicios.

## CONDICIONES GENERALES DE LA GARANTÍA

El servicio de la Garantía Movement se puede obtener contactando con un revendedor autorizado o de quien fue comprado el producto. Consulte la lista en el sitio web [www.movement.com.br/assistencia-tecnica](http://www.movement.com.br/assistencia-tecnica).

Los gastos relacionados al transporte del producto hasta el punto autorizado y desplazamiento (visita técnica) del Asistente autorizado correrán por parte del Comprador, estando o no el producto en el plazo de la garantía.

La responsabilidad de la presente garantía se limita exclusivamente a la reparación, modificación o sustitución del producto proporcionado.

Movement no es responsable por daños a personas, terceros, a otros equipos e instalaciones, lucros cesantes o cualquier daño emergente.

Movement se reserva el derecho de paralizar la fabricación del equipo, en cualquier momento y sin previo aviso, modificar sus especificaciones e introducir mejoras, sin incurrir en la obligación de efectuar tales mejoras en los productos anteriormente fabricados.

Movement se reserva el derecho de paralizar la fabricación del equipo, en cualquier momento y sin previo aviso, modificar sus especificaciones e introducir mejoras, sin incurrir en la obligación de efectuar tales mejoras en los productos anteriormente fabricados.

ATENCIÓN AL CLIENTE

Cx. Postal 11 - CEP 17586-202 - Pompeia - SP - Tel. 0800-7724080  
falecom@movement.com.br

Fabricado por:  
BRUDDEN EQUIPAMENTOS LTDA.  
Av. Industrial, 700 Distrito Industrial.  
CEP: 17586-202 POMPEIA-SP - BRASIL  
CNPJ: 43.061.654/0001-38  
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[falecom@movement.com.br](mailto:falecom@movement.com.br)

**MOVEMENT** 