# MANUAL DO PROPRIETÁRIO



# CHEST PRESS

**LEIA ATENTAMENTE ESTE MANUAL ANTES DE UTILIZAR O EQUIPAMENTO.**

**GUARDE-O PARA CONSULTA E REFERÊNCIA FUTURA.**

MOVEMENT

NEXT

18/11/2027


NEXT

# 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, prazerosa e saudável a quem treina em um dos nossos equipamentos.

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

MOVEMENT

# ÍNDICE

INFORMAÇÕES DE SEGURANÇA ..... 05
CONHECENDO O EQUIPAMENTO ..... 09
MONTAGEM DO EQUIPAMENTO ..... 13
INSTRUÇÕES DE OPERAÇÃO ..... 49
MANUTENÇÃO ..... 56
GARANTIA ..... 63

# 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, pessoas com capacidade psicomotora reduzida 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 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 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 capitulo 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.
- Os adesivos em formato de triângulo representam risco ao usuário.



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



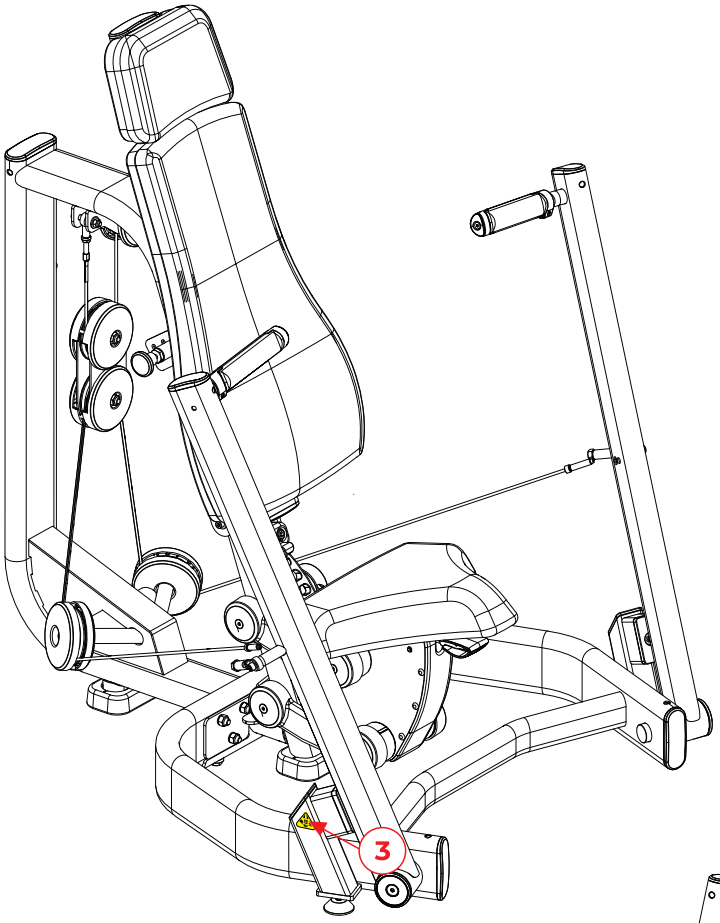
**PERIGO!**
NÃO COLOCAR AS MÃOS ENTRE AS ROLDANAS.
RISCO DE ESMAGAMENTO

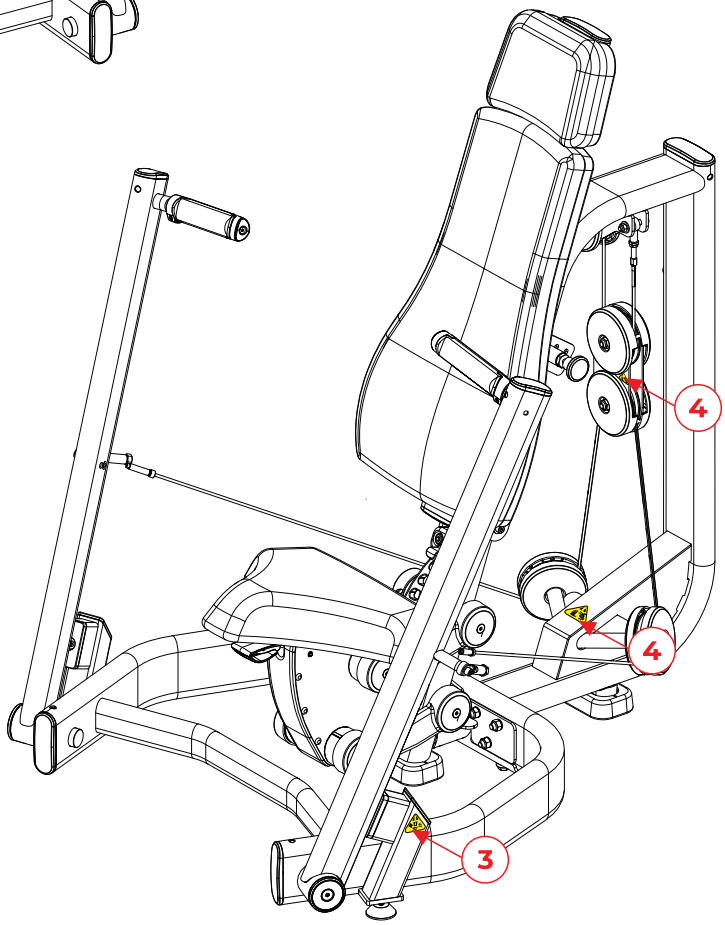


**PERIGO!**
NÃO COLOCAR AS MÃOS ENTRE AS PARTES MÓVEIS.
RISCO DE ESMAGAMENTO



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







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

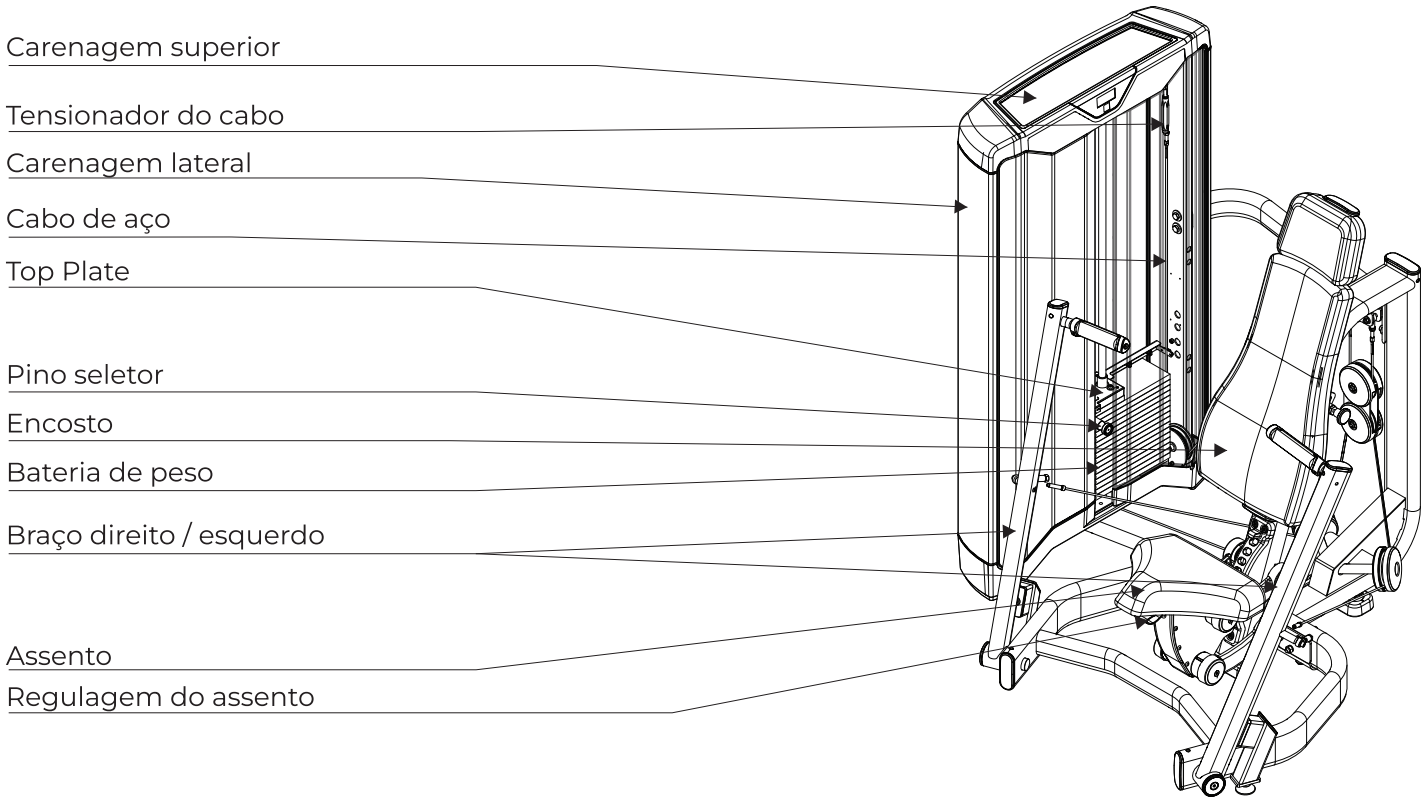
# CONHECENDO O EQUIPAMENTO

# CONHECENDO O EQUIPAMENTO

**OBJETIVO**

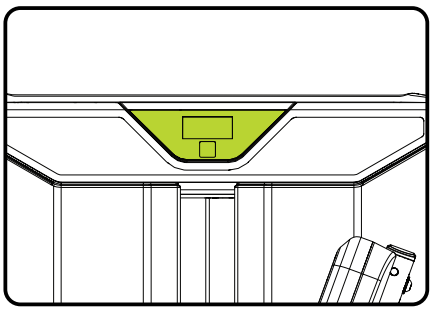
O supino é destinado ao treinamento e condicionamento físico do usuário através do movimento dos braços. O equipamento possui braços que podem ser puxados pelo usuário para que possa trabalhar a musculatura dos braços e peito.

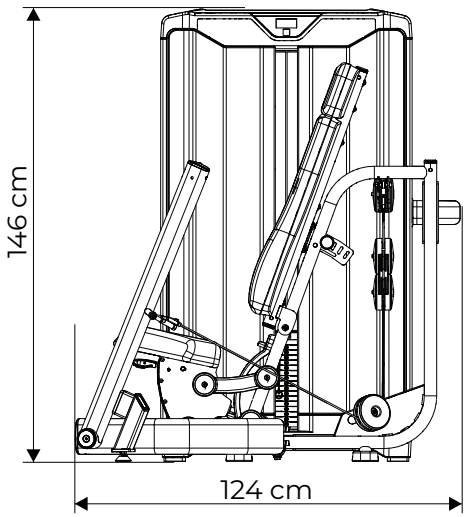
Este equipamento é composto pelos seguintes componentes principais:

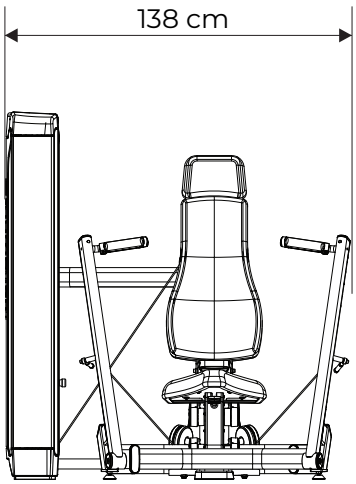



**CONTADOR**

A linha NEXT possui uma versão que vem acompanhada com um contador. Para saber mais sobre, o contador veja o capítulo de instrução operacional.

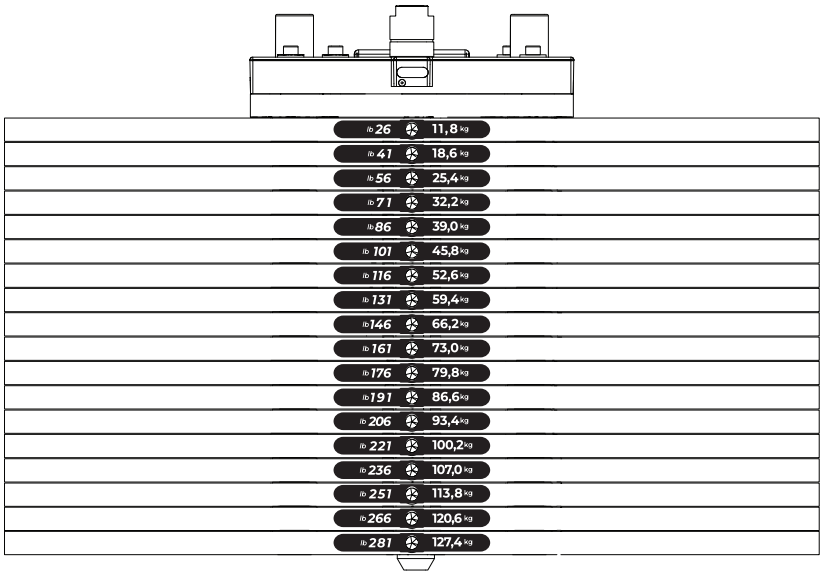




**BATERIA DE PESOS**

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




| Carga da bateria de peso |
|---|
| 18 pesos de 6,8 kg* |
| Top plate de 5kg |
| Carga total: 127,4 kg |

Os valores dos pesos podem ser arredondados para mais ou para menos.

## Especificações do equipamento

| | |
|---|---|
| **Segmento** | Musculação |
| **Categoria** | Single Station Selectorized |
| **Linha** | NEXT |
| **Modelo** | SSS - Single Station Selectorized CHEST PRESS |
| **Peso máximo do usuário** | 145 kg |
| **Comprimento** | 124 cm |
| **Largura** | 138 cm |
| **Altura** | 146 cm |
| **Área ocupada** | 1,710 $m^2$ |
| **Peso do equipamento** | 268 kg |
| **Top plate** | 5 kg |
| **Peso unitário da placa** | 6,8 kg |
| **Carga inicial** | 5 kg |
| **Carga máxima** | 127,4 kg |
| **Contador de repetições** | Sim - contador de repetições inteligente com timer temporizador |
| **Estrutura** | Aço |
| **Pintura** | Tratamento de superfície com 9 banhos + pintura eletrostática a pó |
| **Solda** | MIG/MAG Robotizada |
| **Material do estofado** | Espuma de poliuretano de alta densidade controlada |
| **Revestimento do estofado** | Courvin sintético impermeável com dupla costura |
| **Cabo de aço (mm)** | Ø 3,17 mm (alma de aço); 4,76 mm com revestimento |
| **Amortecedor na base da torre** | Sim |
| **Polias carenadas** | Sim |
| **Pinos seletores de peso (flauta)** | Sim - Magnético em alumínio anodizado |
| **Guia de pesos** | Alumínio anodizado duro – baixo coeficiente de atrito e alta resistência ao desgaste |
| **Adesivo de instruções (placard)** | Sim - localizados na torre, com instruções de utilização e músculos pretendidos |
| **Opções de cor da torre/chassi** | ALL SAND BLACK |
| **Suporte multiuso** | Sim, na parte superiro da torre |
| **Garantia** | Até 3 anos – **Consulte o Manual de Instrução do equipamento.** |

# MONTAGEM DO EQUIPAMENTO

# MONTAGEM DO EQUIPAMENTO

**CUIDADO!**

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

·Certifique que a embalagem não está danificada e que as partes e componentes do equipamento não estão avariados.

·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, a fim de evitar danos às partes eletrônicas e carenagem do equipamento.

## 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

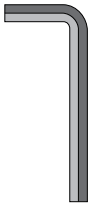



Dar o aperto final nos parafusos

## 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.

NOTA: Alguns parafusos possuem torque diferente do demonstrado na tabela.



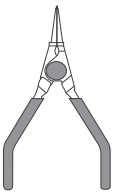
Chave hexagonal



Trava rosca torque médio



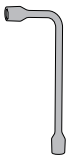
Chave de fenda cruzada



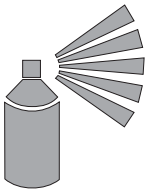
Alicate para anéis elástico



Chave fixa



Chave de boca

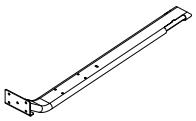


Graxa em spray



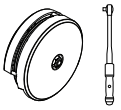
Torquímetro

**Especificação de torque:**

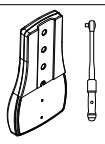


**Elementos de fixação em estruturas metálicas**

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



**Roldanas com capas ou sem capas**

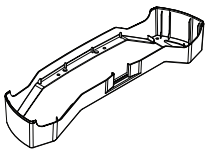
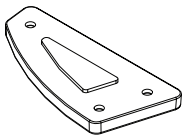
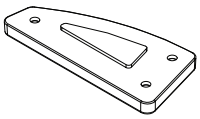
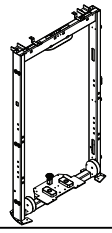
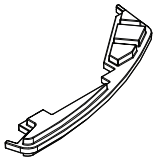
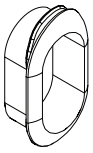
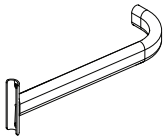
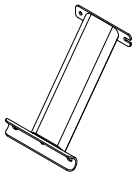
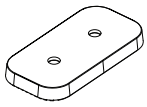
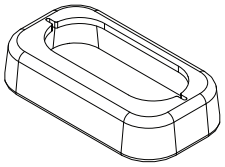
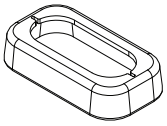
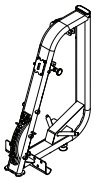
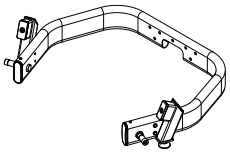
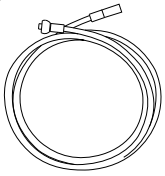
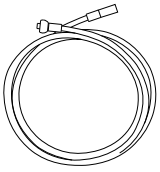
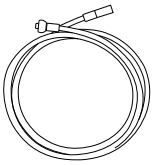
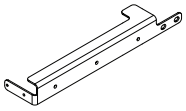
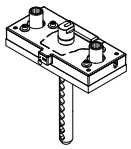
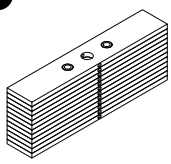
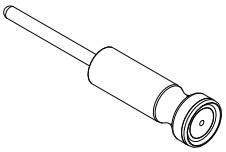
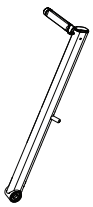
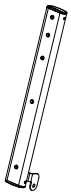
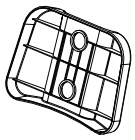
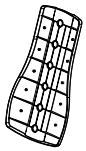
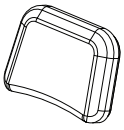
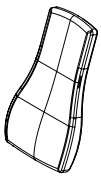
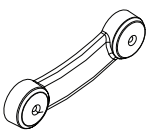
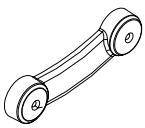
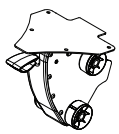
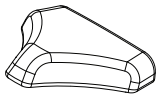
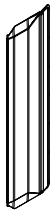


**Estofados com ou sem capas**

| Torque [N.m] |
|---|
| 8 a 10 |

# MONTAGEM DO EQUIPAMENTO

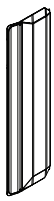
## LISTA DE COMPONENTES

| | | | | | |
|---|---|---|---|---|---|
| **A**<br><br>Carenagem inferior | **B1**<br><br>Pé de borracha esquerdo | **B2**<br><br>Pé de borracha direito | **C**<br><br>Torre | **D1**<br><br>Carenagem direita sem furo | **D2**<br><br>Carenagem direita com furo |
| **E**<br><br>Acabamento | **F**<br><br>Acabamento lateral | **G**<br><br>Barra de ligação lateral | **H**<br><br>Barra de ligação inferior | **I**<br><br>Pé de borracha | **J1**<br><br>Capa de borracha |
| **J2**<br><br>Capa de borracha | **K**<br><br>Chassi | **L**<br><br>Suporte dos braços | **M1**<br><br>Cabo de aço maior | **M2**<br><br>Cabo de aço menor | **M3**<br><br>Cabo de aço dos braços |
| **Q2**<br><br>Suporte do sensor | **Q3**<br><br>Top plate | **R**<br><br>Pilha de peso | **S**<br><br>Haste dos pesos | **T**<br><br>Pino seletor | **U**<br><br>Chapa de fixação |
| **V1**<br><br>Braço direito | **V2**<br><br>Braço esquerdo | **W**<br><br>Chassi do encosto | **X**<br><br>Capa do encosto da cabeça | **Y**<br><br>Capa do encosto | **Z**<br><br>Estofado do encosto da cabeça |
| **AA**<br><br>Estofado do encosto | **AB1**<br><br>Articulador do banco com adesivo | **AB2**<br><br>Articulador do banco | **AB3**<br><br>Chassi do banco | **AC**<br><br>Estofado do assento | **AD1**<br><br>Carenagem frontal direita |

# MONTAGEM DO EQUIPAMENTO

## LISTA DE COMPONENTES

AD2



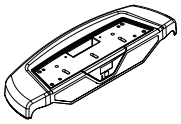
Carenagem frontal esquerda

AE



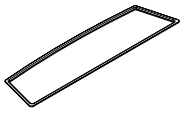
Carenagem traseira

AF



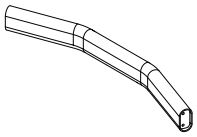
Carenagem superior

AG



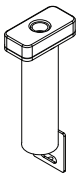
Acabamento de borracha

AH



Barra trava

AI

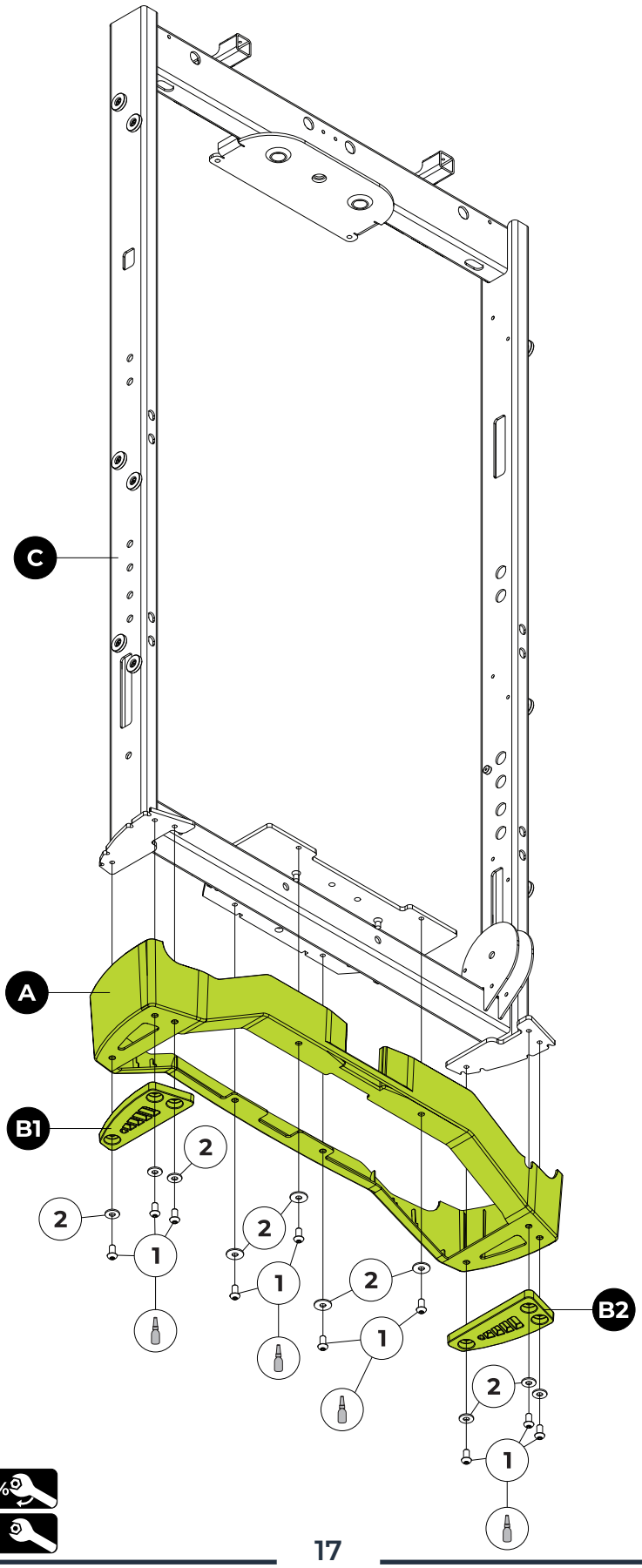


Suporte

# MONTAGEM DO EQUIPAMENTO

## PASSO 1

| | NOME | Qtd |
|---|---|---|
| 1 | Parafuso Cab. Aba. Sext. Int. - M8X16 | 10x |
| 3 | Arruela lisa - Ø8X20X2 | 10x |
| A | Carenagem inferior | |
| B1 | Pé de borracha direito | |
| B2 | Pé de borracha esquerdo | |
| C | Torre | |




**FERRAMENTAS**

Chave hexagonal nº 5

Trava rosca torque médio

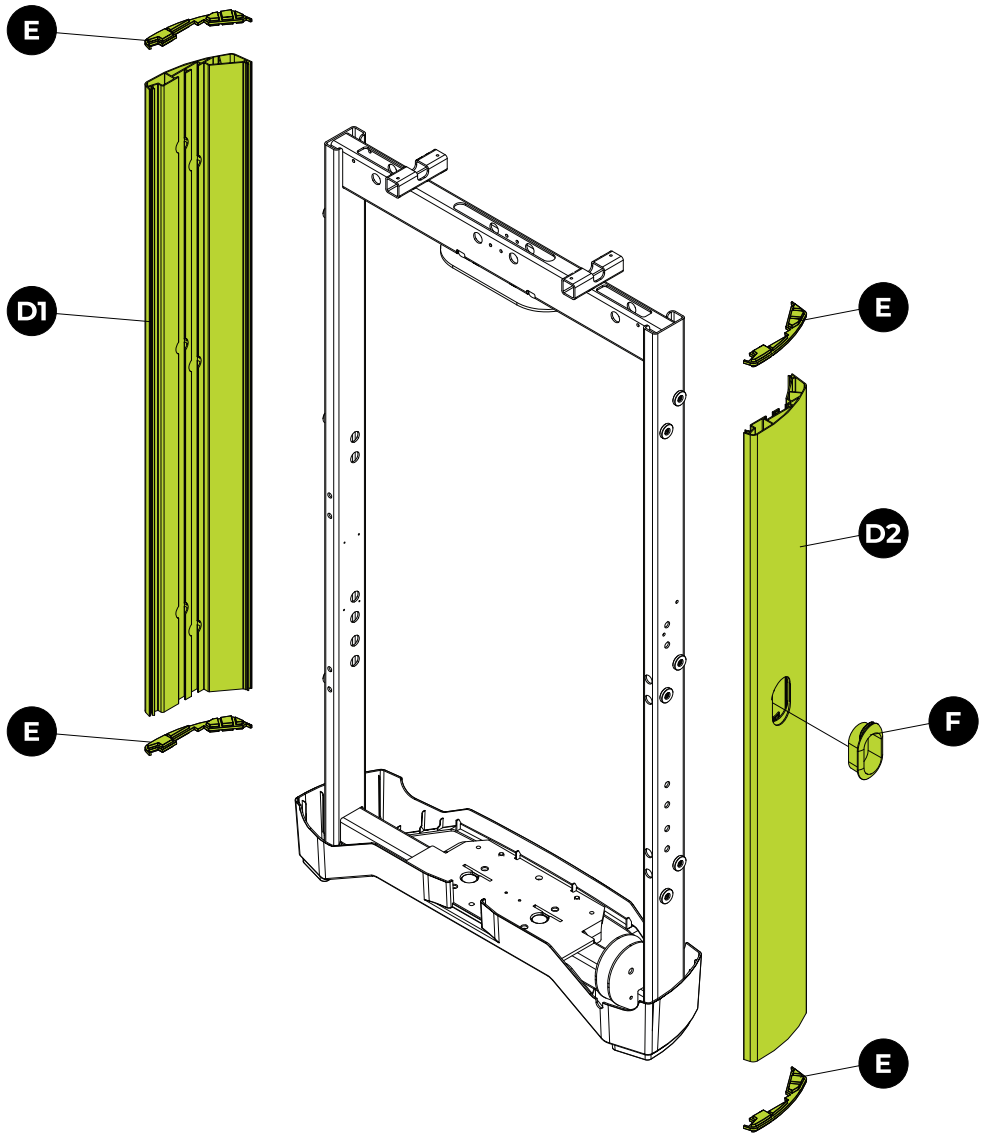
Torquimetro

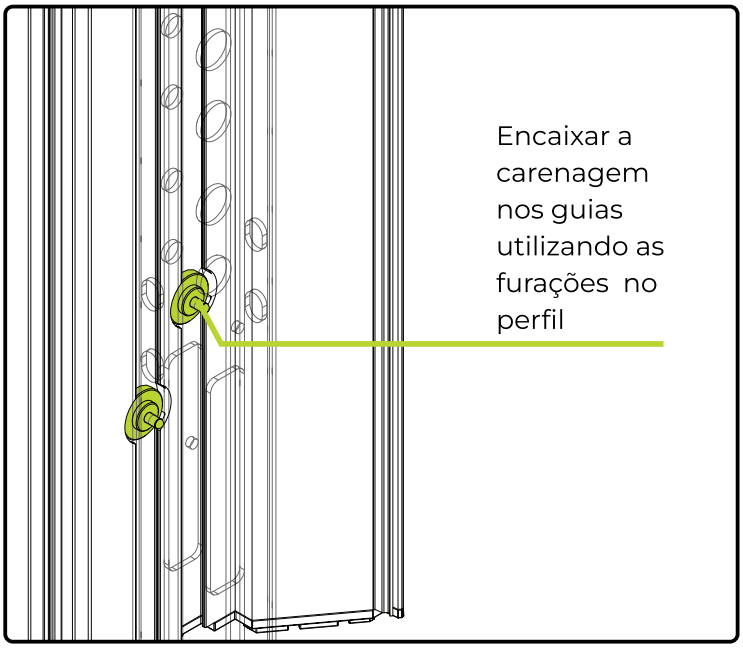
100%

# MONTAGEM DO EQUIPAMENTO

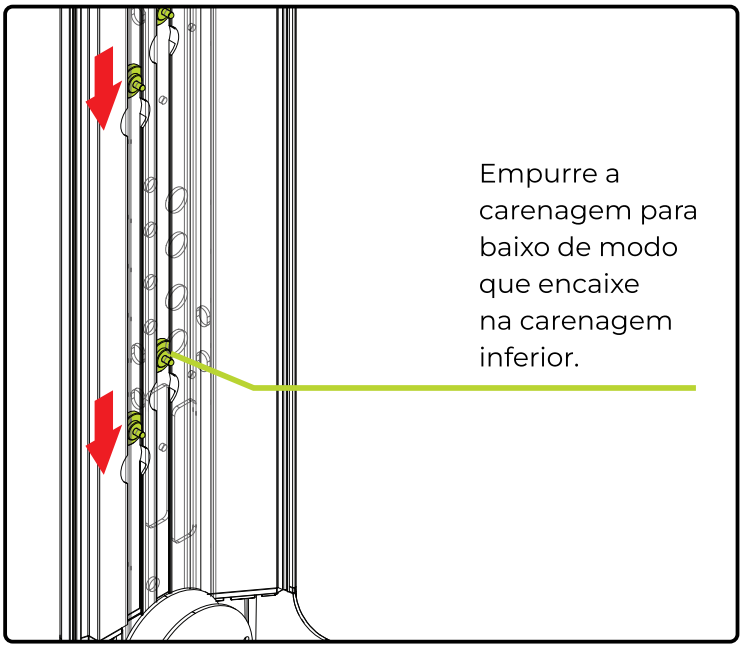
## PASSO 2

| | | |
|---|---|---|
| D1 NOME<br>Carenagem esquerda<br>sem furo | D2 NOME<br>Carenagem direita<br>com furo | E NOME<br>Acabamento |
| F NOME<br>Acabamento lateral | | |



Encaixar a carenagem nos guias utilizando as furações no perfil

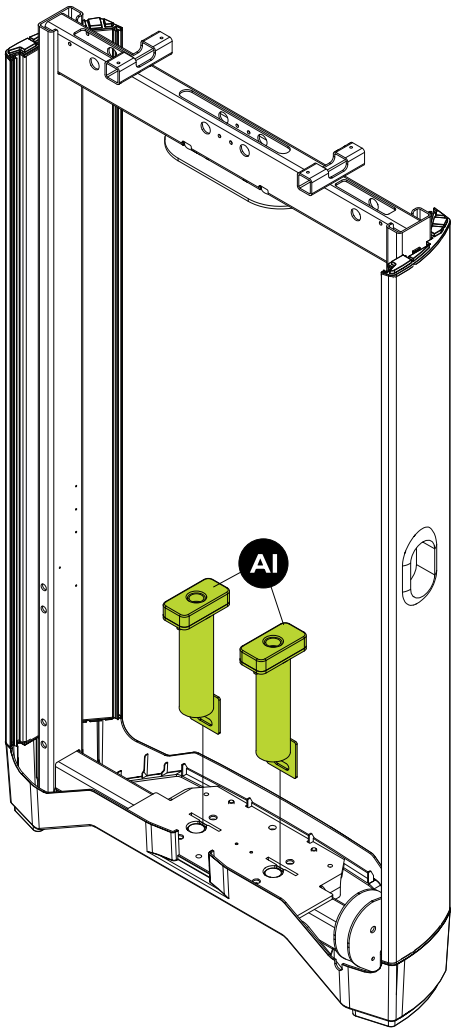


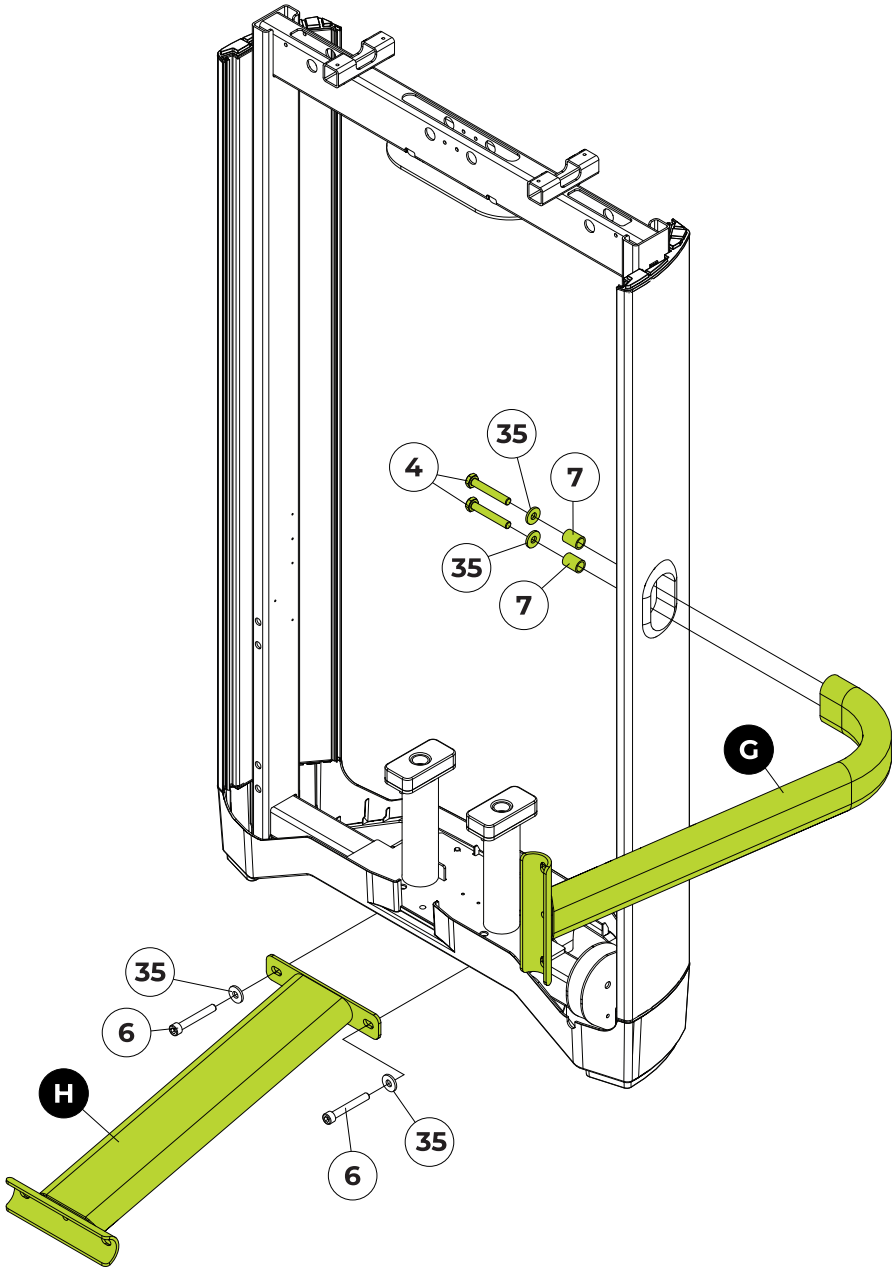
Empurre a carenagem para baixo de modo que encaixe na carenagem inferior.

# MONTAGEM DO EQUIPAMENTO

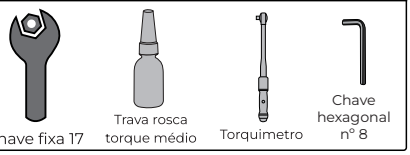
## PASSO 3

| | NOME | Qtd |
|---|---|---|
| 4 | Parafuso Cab. Sextavada M10X65 | 2x |
| 6 | Parafuso Cab. Cil. Sext. Int. - M10X70 | 2x |
| 7 | Espaçador | 2x |
| 35 | Arruela lisa Ø10,5X30X2,5 | 4x |
| G | Barra de ligação lateral | |
| H | Barra de ligação inferior | |
| AI | Suporte | |




**FERRAMENTAS**

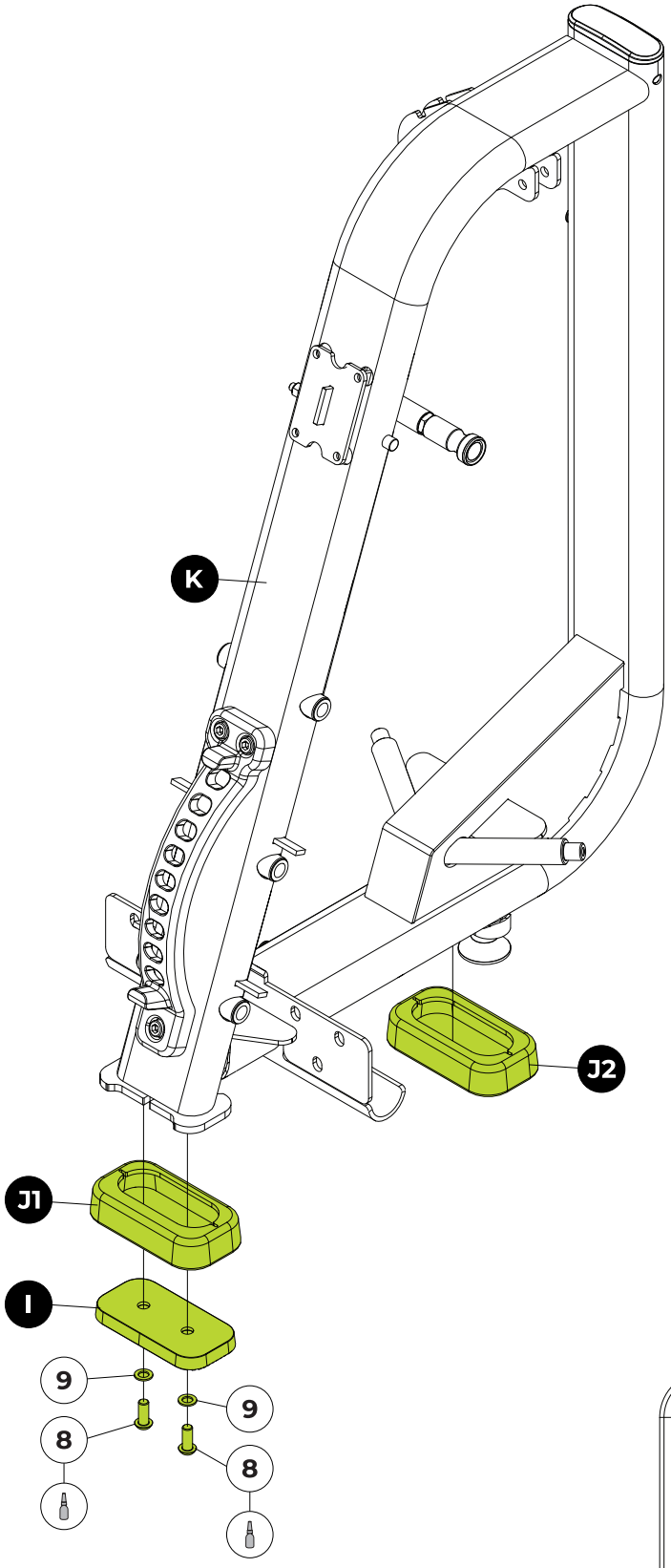


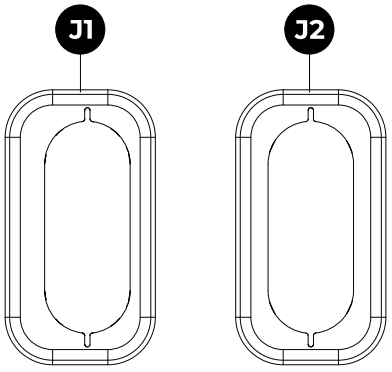



# MONTAGEM DO EQUIPAMENTO

## PASSO 4

| | NOME | Qtd |
|---|---|---|
| 8 | Parafuso Cab. Aba. Sext. Int. - M10X25 | 4x |
| 9 | Arruela lisa Ø10,5X18X1,6 | 4x |
| I | Pé de borracha | |
| J1 | Capa do pé | |
| J2 | Capa do pé | |
| K | Chassi | |




**FERRAMENTAS**

Chave hexagonal nº 6

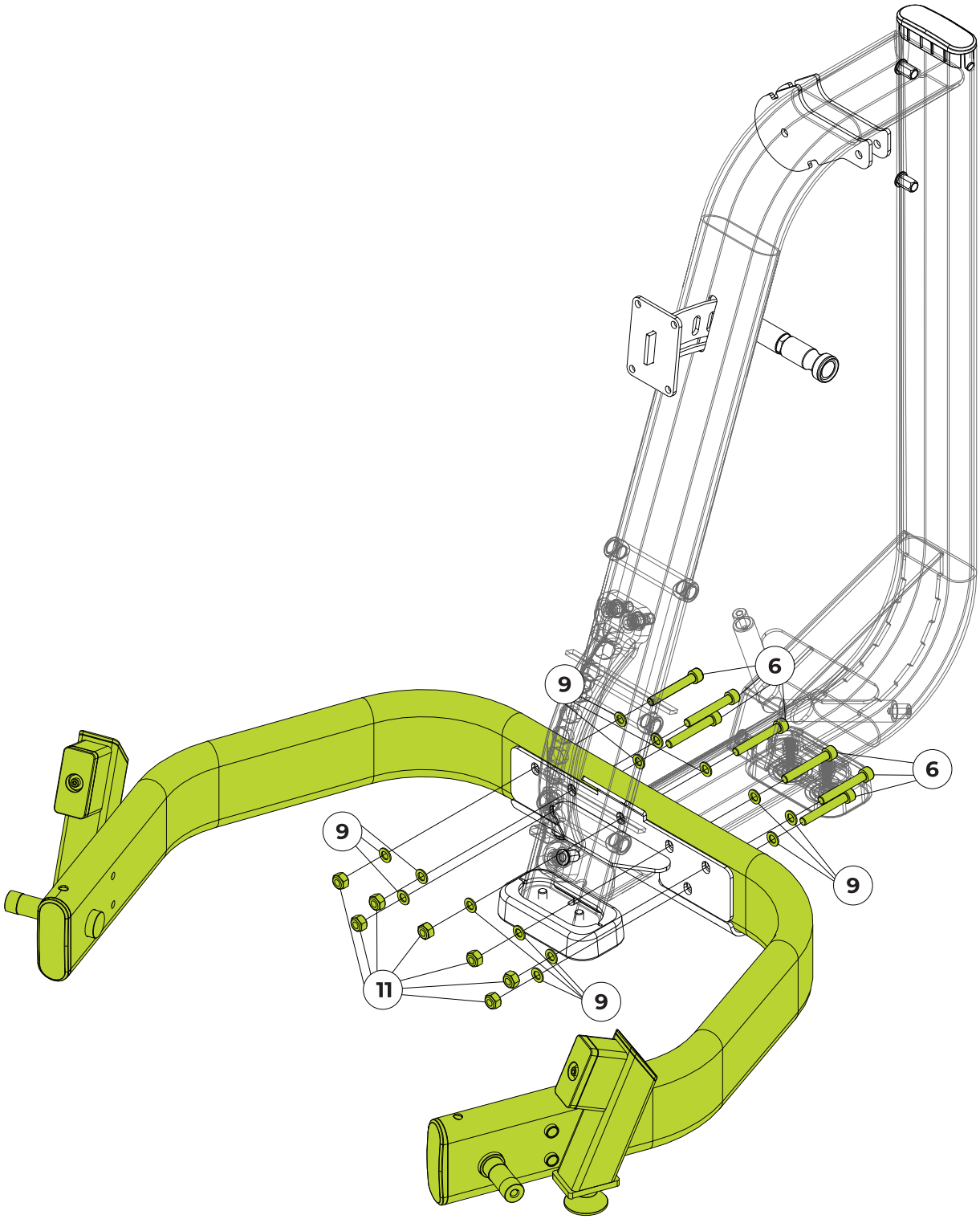
Trava rosca torque médio

100%

# MONTAGEM DO EQUIPAMENTO

## PASSO 5

| | NOME | Qtd |
|---|---|---|
| 6 | Parafuso Cab. Cil. Sext. Int. - M10X70 | 7x |
| 9 | Arruela lisa Ø10,5X18X1,6 | 14x |
| 11 | Porca Sext. Inserto Nylon M10 | 7x |




**FERRAMENTAS**

Chave hexagonal nº 8

Chave fixa 17

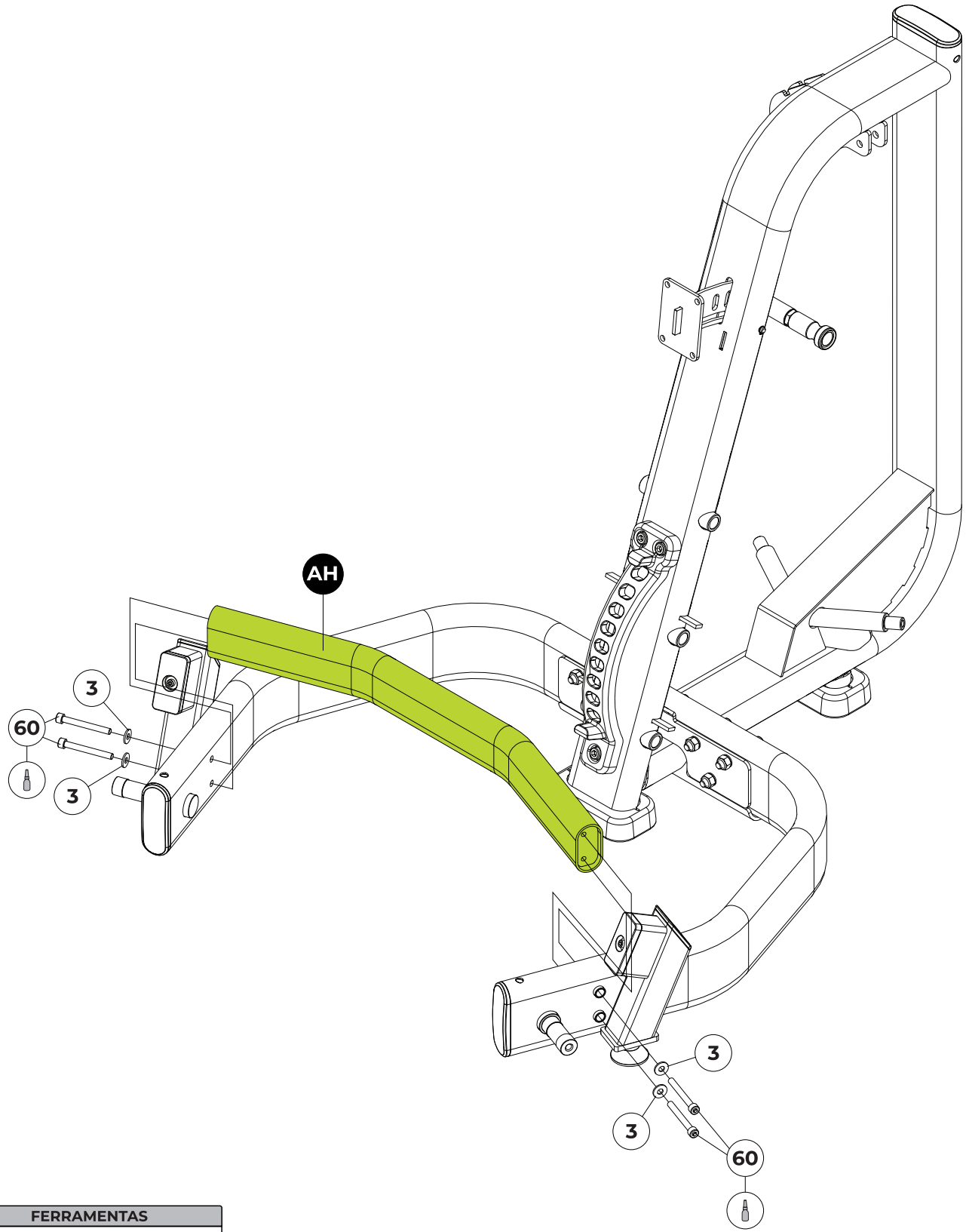
Torquimetro

50%

# MONTAGEM DO EQUIPAMENTO

## PASSO 6

| | NOME | Qtd |
|---|---|---|
| 3 | Arruela lisa - Ø8X20X2 | 4x |
| 60 | Parafuso Cab. Cil. Sext. Int. - M8X70 | 4x |
| AH | Barra trava | |




**FERRAMENTAS**

Chave hexagonal nº 8

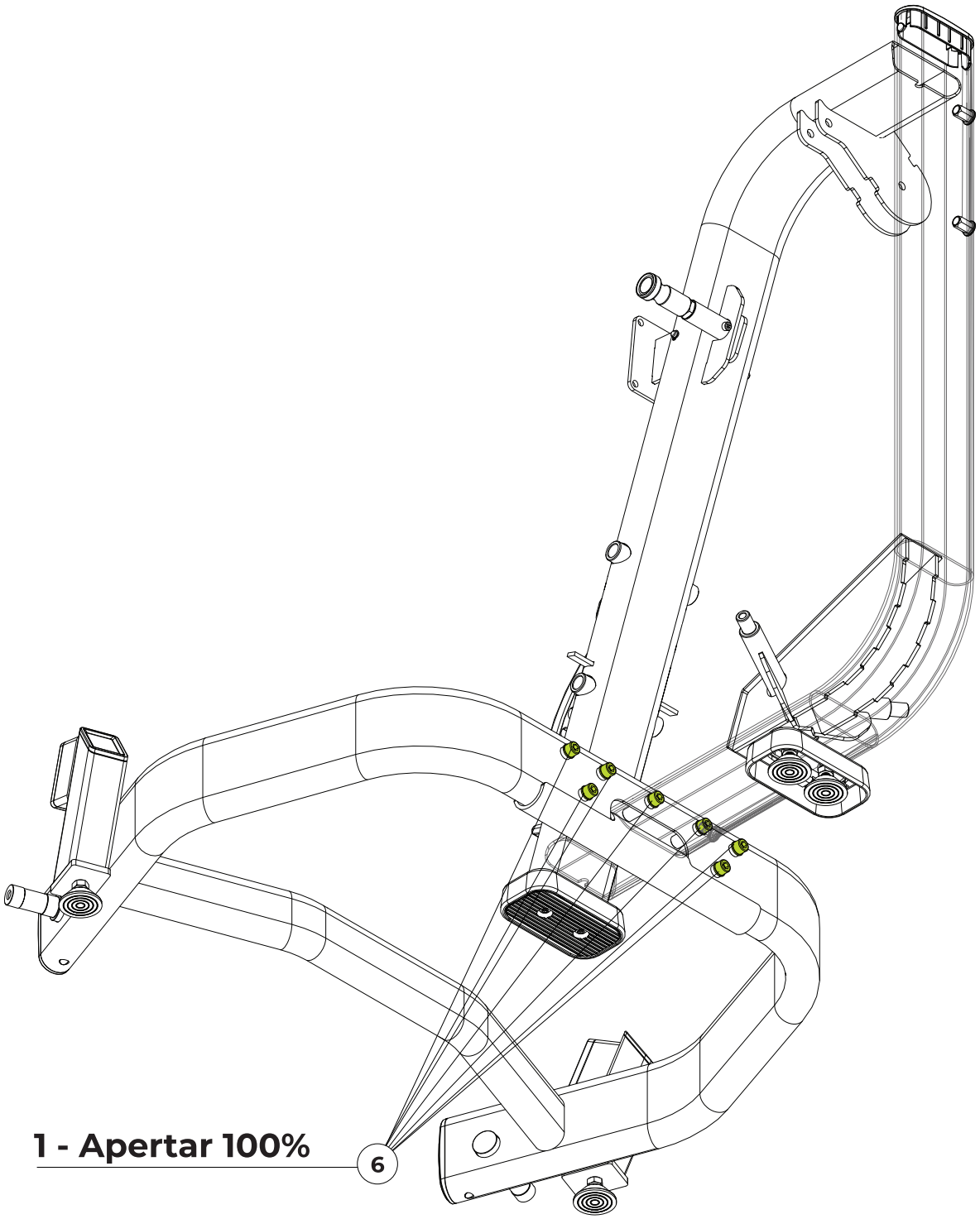
Trava rosca torque médio

Torquimetro

100%

## PASSO 7

| | NOME | Qtd |
|---|---|---|
| 6 | Parafuso Cab. Cil. Sext. Int. - M10X70 | 7x |




**FERRAMENTAS**

Chave hexagonal nº 8

Chave fixa 17

Torquimetro

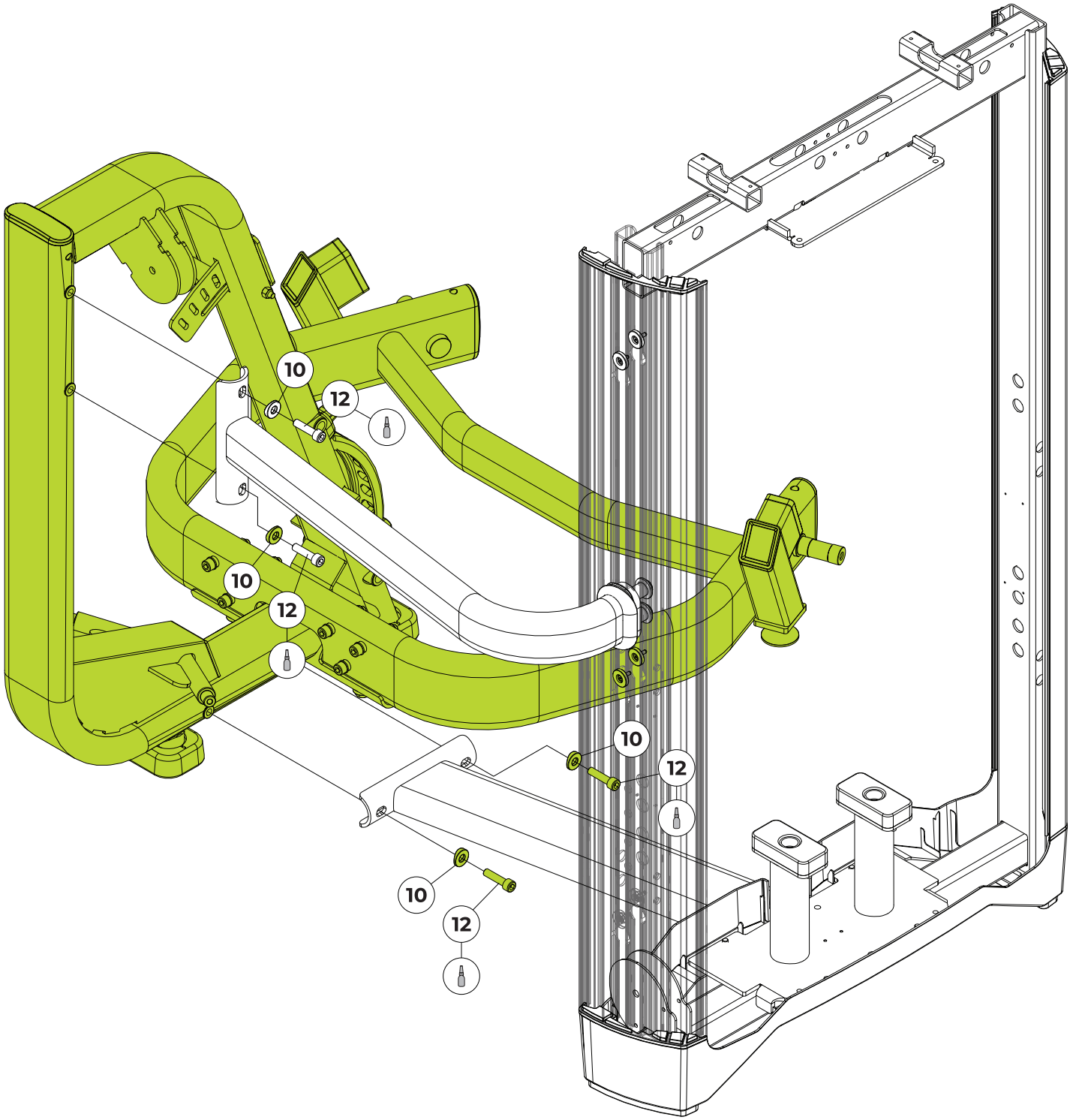
100%

# MONTAGEM DO EQUIPAMENTO

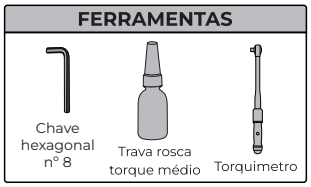
## PASSO 8

| 10 | NOME | Qtd |
|---|---|---|
|  | Arruela meia lua | 4x |

| 12 | NOME | Qtd |
|---|---|---|
|  | Parafuso Cab. Cil. Sext. Int. - M10X40 | 4x |



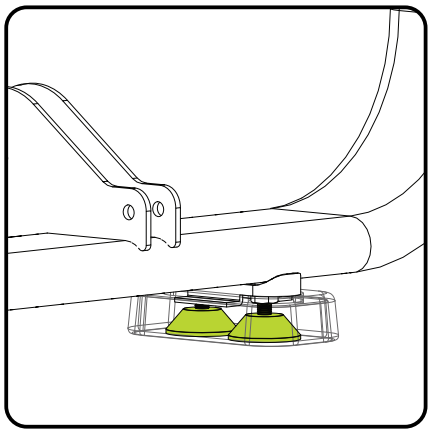

**FERRAMENTAS**



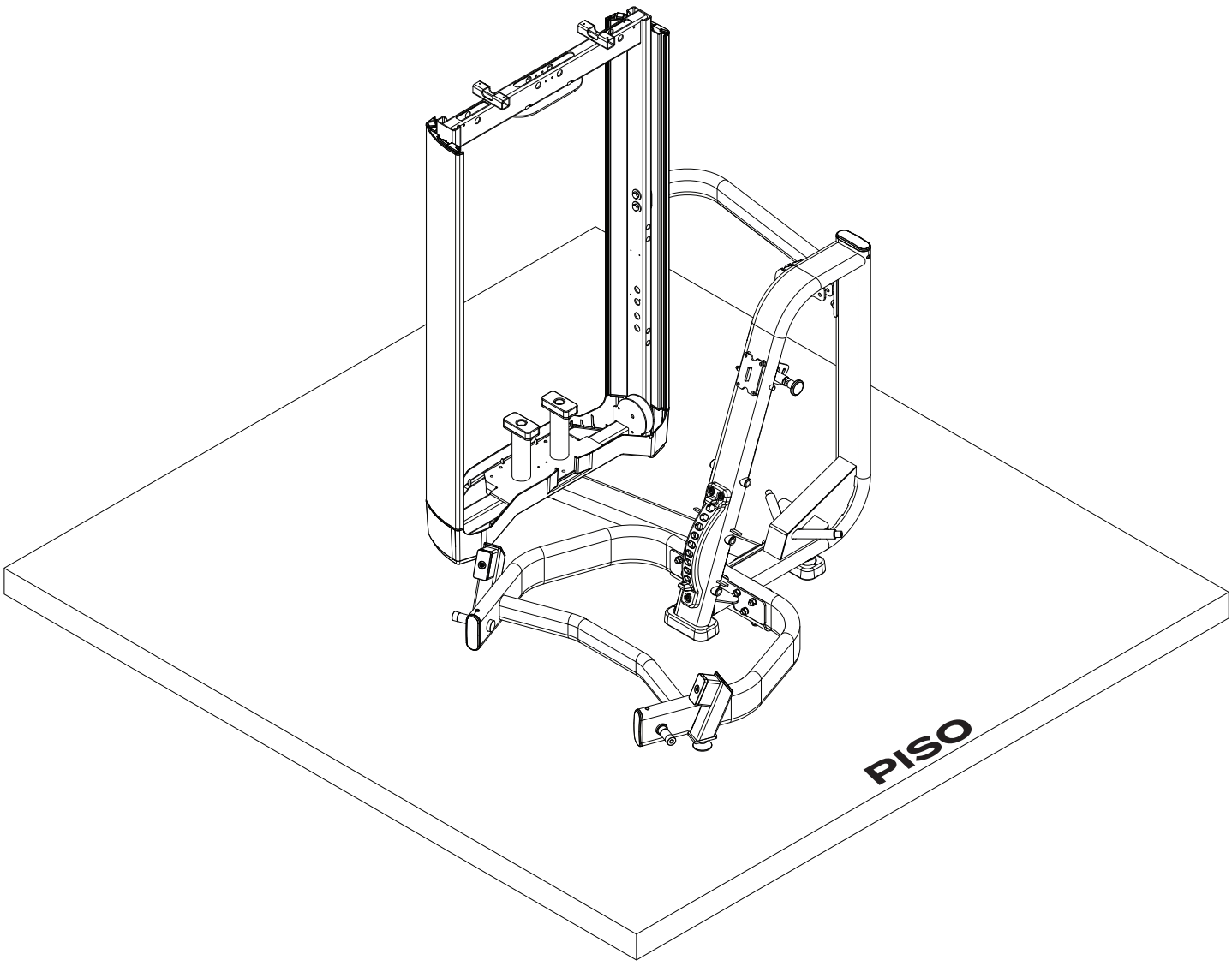
## PASSO 9 - NIVELAMENTO DO EQUIPAMENTO

**ATENÇÃO**

**APÓS TODOS OS PARAFUSOS QUE COMPÕEM AS MONTAGENS IDENTIFICADAS ANTERIORMENTE ESTIVEREM POSICIONADOS E ENCAIXADOS, DE O APERTO DE 100% DE ACORDO COM O TORQUE ESPECIFICADO. NIVELE O EQUIPAMENTO AO SOLO PARA EVITAR QUALQUER INSTABILIDADE NO EQUIPAMENTO.**



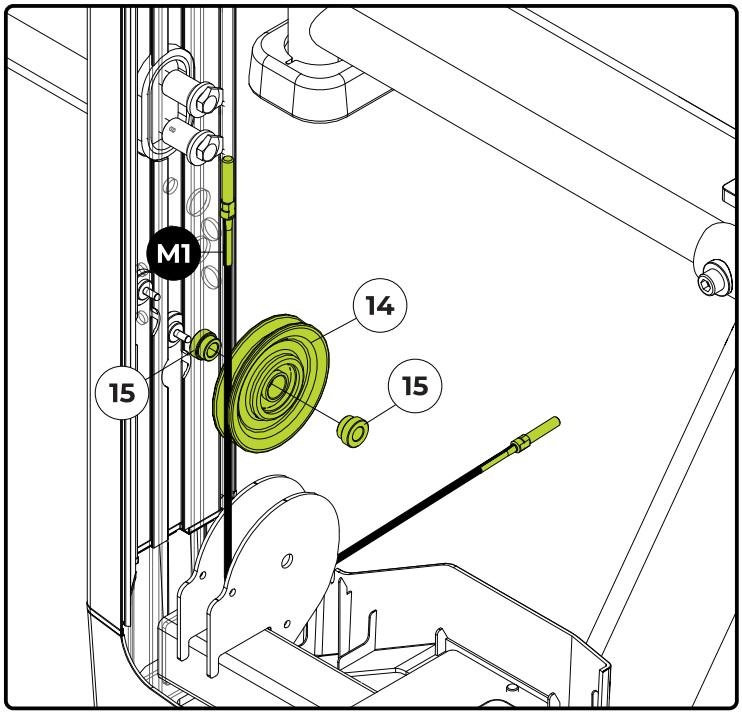
Utilize os pés niveladores para ajustar o alinhamento dos pés niveladores. Aperte a porca para fazer o travamento.

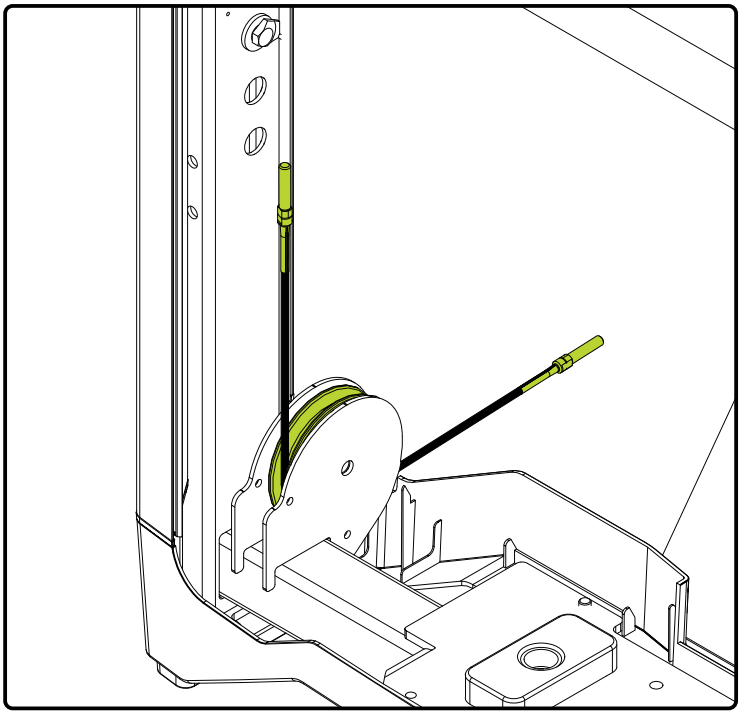


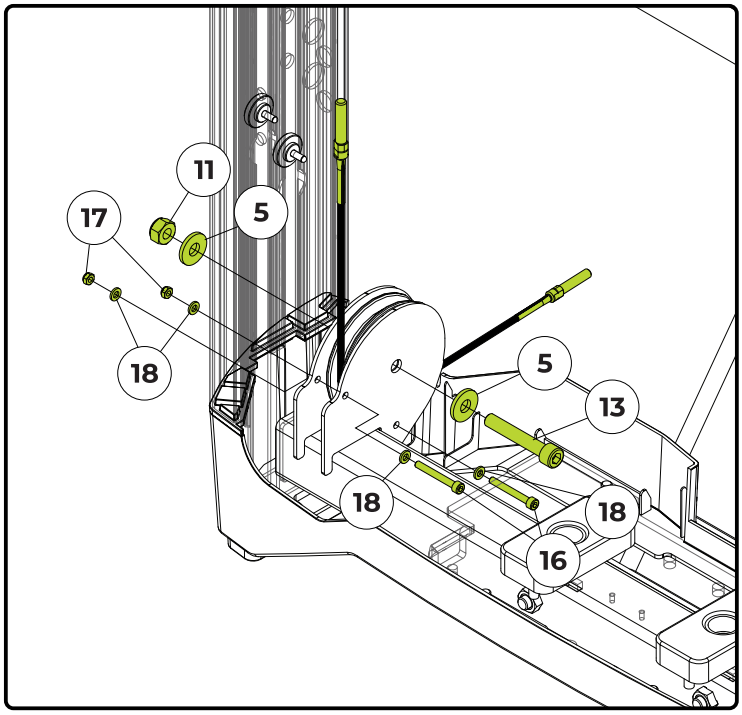
# MONTAGEM DO EQUIPAMENTO

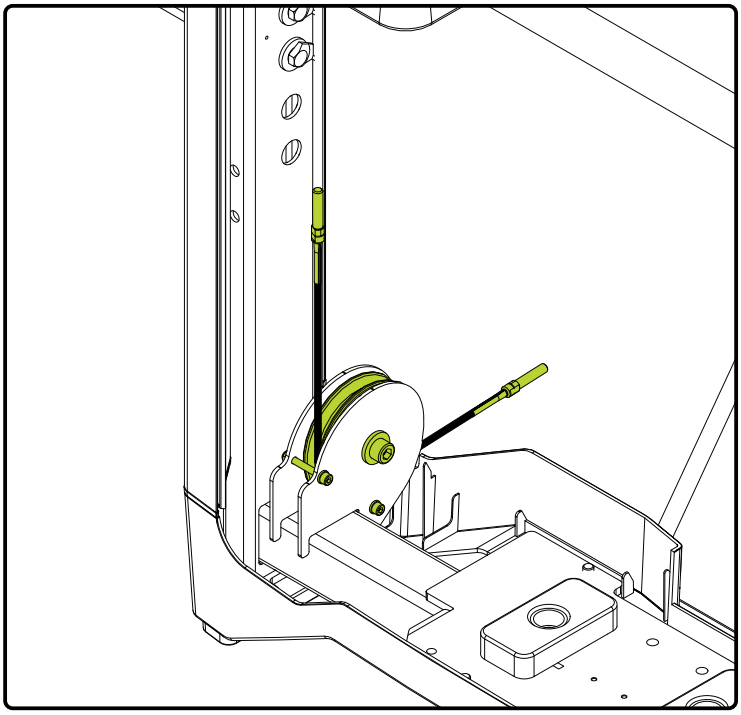
## PASSO 10

| | NOME | Qtd |
|---|---|---|
| 5 | Arruela lisa Ø10,3X25,4X3 | 2x |
| 11 | Porca Sext. Inserto Nylon M10 | 1x |
| 13 | Parafuso Cab. Cil. Sext. Int. - M10X50 | 1x |
| 14 | Roldana | 1x |
| 15 | Bucha | 2x |
| 16 | Parafuso Cab. Cil. Sext. Int. - M5X40 | 2x |
| 17 | Porca Sext. Inserto Nylon M5 | 2x |
| 18 | Arruela lisa 05,3X10X1,0 | 4x |
| M1 | Cabo de aço maior | |





**FERRAMENTAS**

Chave hexagonal nº 4 e 8

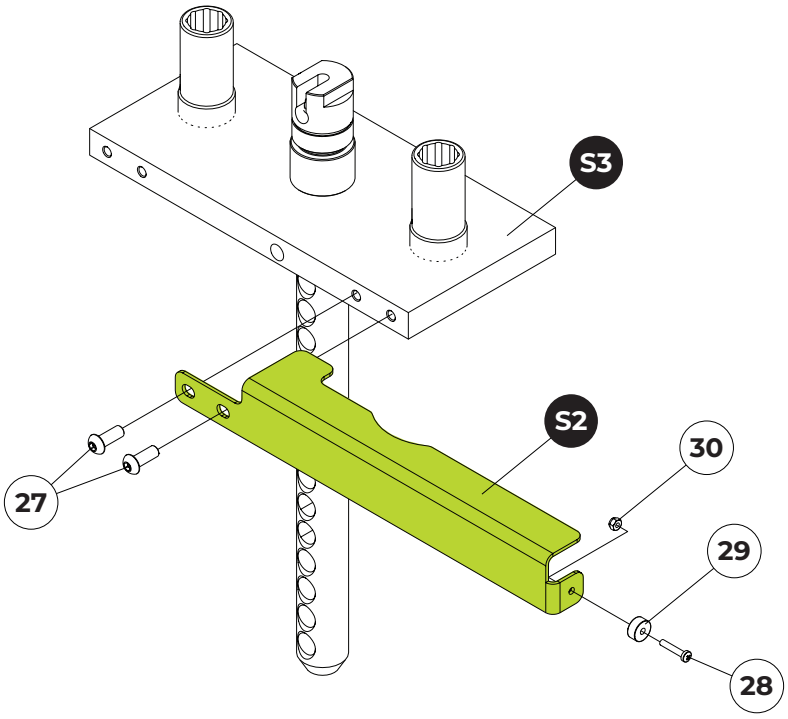
Chave fixa 8
Chave fixa 17

100%

# MONTAGEM DO EQUIPAMENTO

## PASSO 11 - MONTAGEM TORRE

| | NOME | Qtd |
|---|---|---|
| 27 | Parafuso Cab. Aba. Sext. Int. - M6X16 | 2x |
| 28 | Parafuso philips M3X20 | 1x |
| 29 | Imã | 1x |
| 30 | Porca sextavada M03 | 1x |
| S2 | Suporte do sensor | |
| S3 | Top plate | |




**FERRAMENTAS**

Chave hexagonal nº 4

Chave de fenda cruzada

Trava rosca torque médio

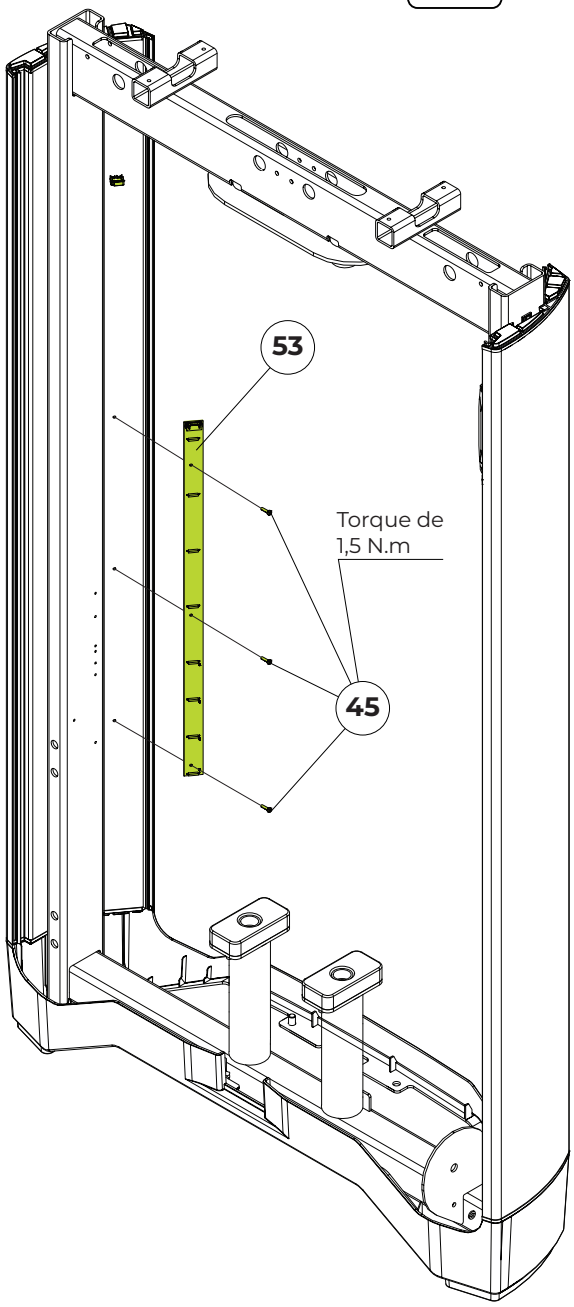
Torquimetro

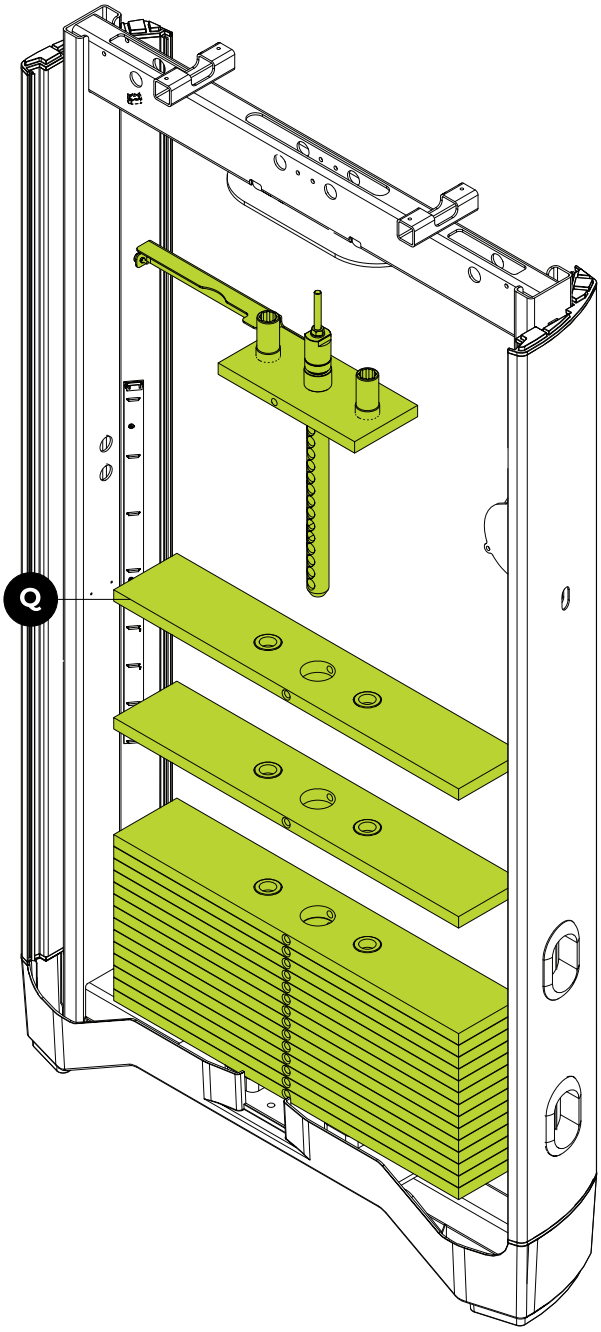
100%

# MONTAGEM DO EQUIPAMENTO

## PASSO 12 - MONTAGEM TORRE

| | NOME | Qtd |
|---|---|---|
| 23 | Imã | 1x |
| 24 | Parafuso philips | 1x |
| Q | Bateria de peso | |




**FERRAMENTAS**



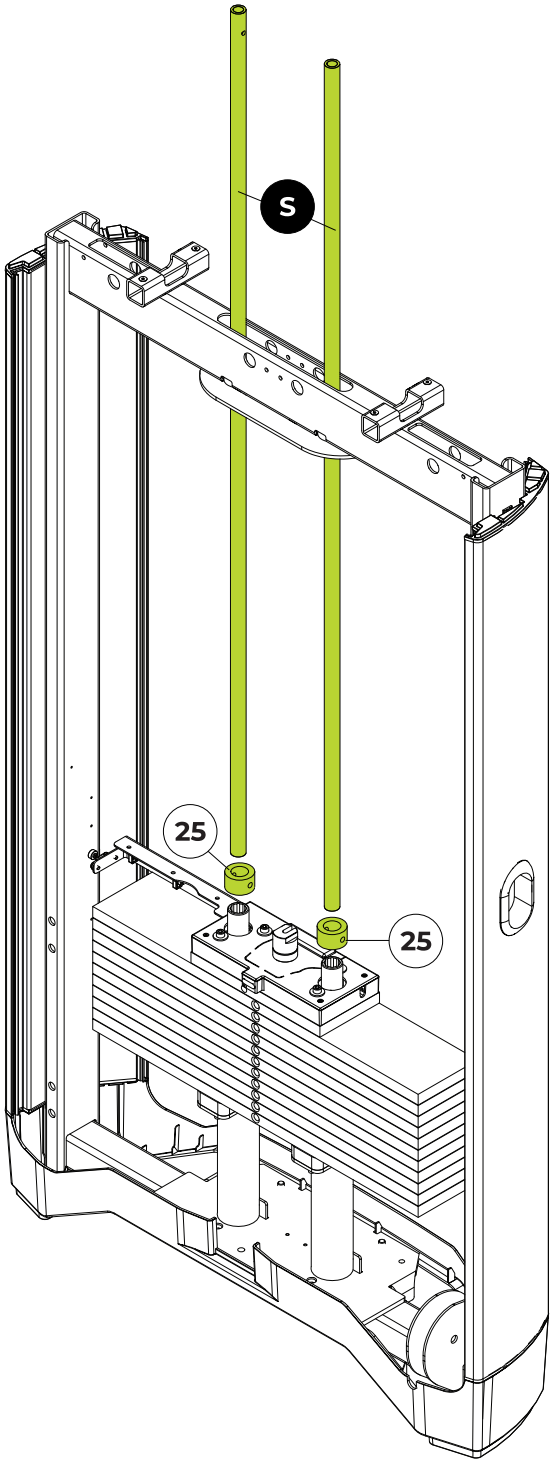
Torquimetro



# MONTAGEM DO EQUIPAMENTO

## PASSO 13 - MONTAGEM TORRE

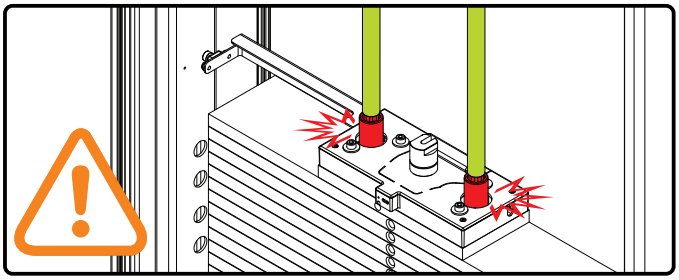
| | NOME | Qtd |
|---|---|---|
| 26 | Trava da haste | 2x |
| 27 | Adesivo dos pesos | 1x |
| 55 | Parafuso Cab. Cil. Sext. Int. - M6X40 | 2x |
| 56 | Porca Insert. Nylon - M6 | 2x |
| S | Hastes guia do peso | |

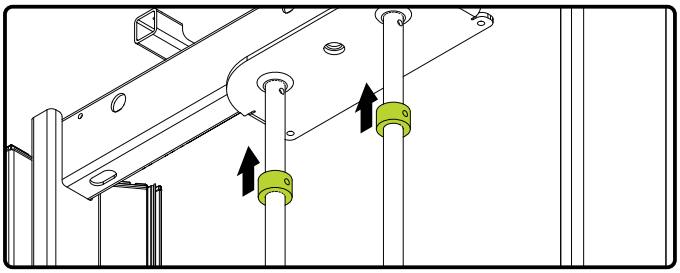


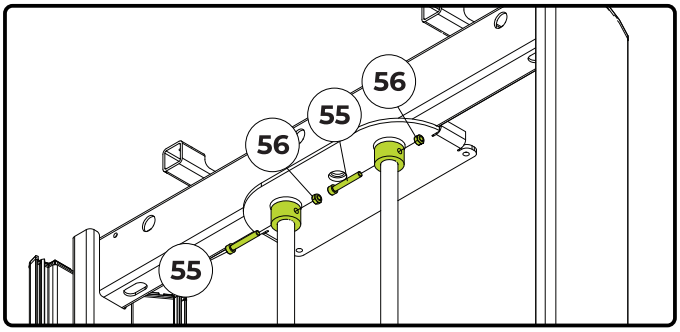

**PERIGO**

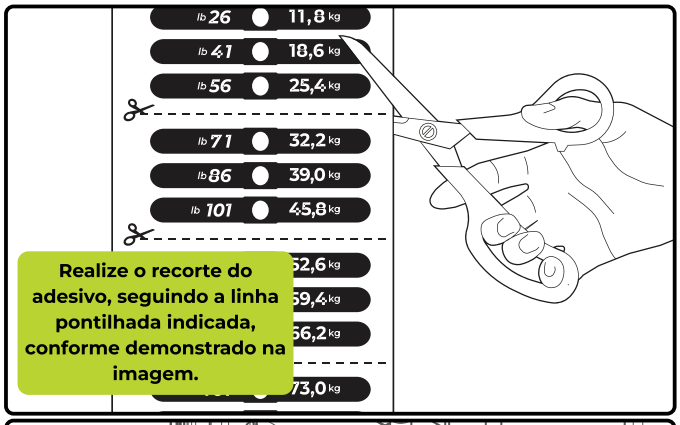
**EM CASO DE NECESSIDADE DE DESLOCAMENTO OU TRANSPORTE DO EQUIPAMENTO, NÃO O FAÇA COM A PILHA DE PESO MONTADA. RISCO DE ACIDENTE OU DANOS AO EQUIPAMENTO.**

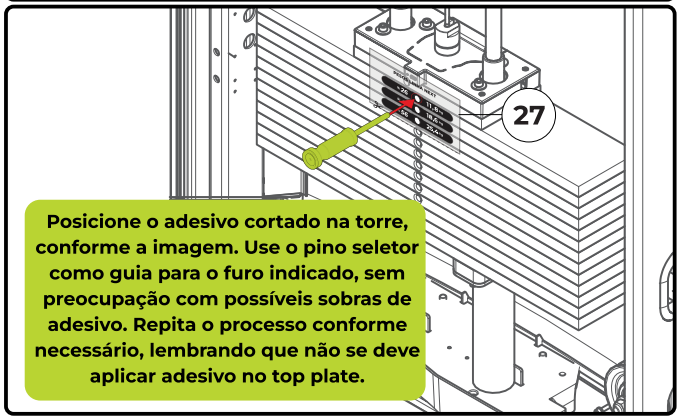
100% NOTA: Algumas partes foram ocultadas para facilitar a visualização.







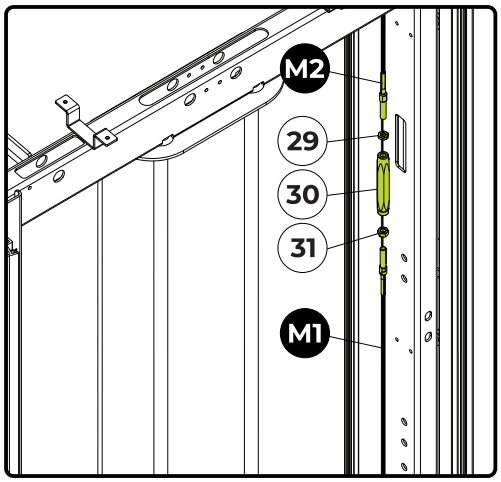

**CUIDADO**

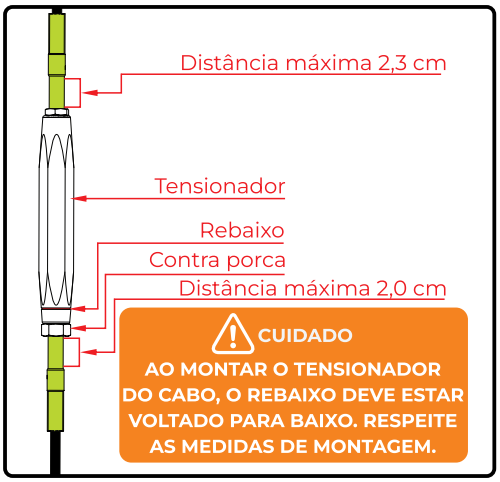
**AO MONTAR AS HASTES PARA QUE NÃO DANIFIQUEM AS BUCHAS DO TOP PLATE.**

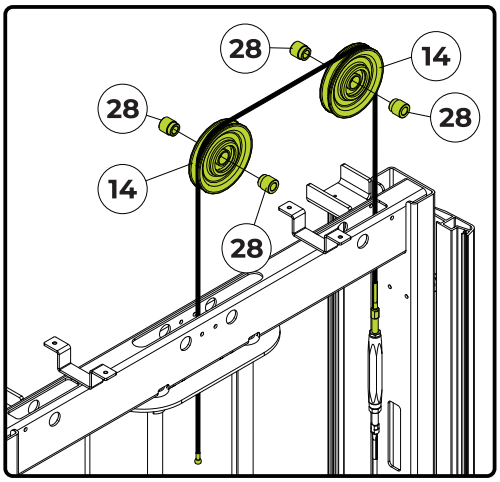
# MONTAGEM DO EQUIPAMENTO

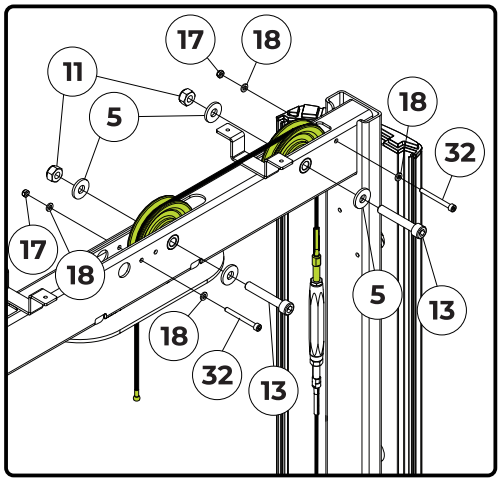
## PASSO 14

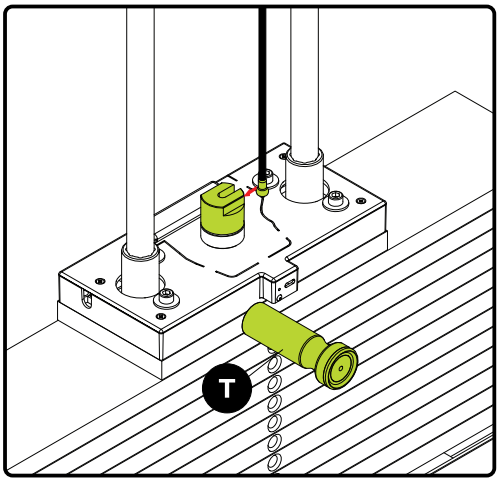
| | NOME | Qtd |
|---|---|---|
| 5 | Arruela lisa Ø10,3X25,4X3 | 4x |
| 11 | Porca Sext. Inserto Nylon M10 | 2x |
| 13 | Parafuso Cab. Cil. Sext. Interno - M10X60 | 2x |
| 14 | Roldana | 2x |
| 17 | Porca Insert. nylon - M5 | 2x |
| 18 | Arruela lisa - Ø5 | 4x |
| 28 | Bucha | 4x |
| 29 | Perfil Sext. perfil baixo | 1x |
| 30 | Tensionador do cabo de aço | 1x |
| 31 | Porca Sextavada rosca esquerda - M8 | 1x |
| 32 | Parafuso Cab. Cil. Sext. Interno - M5X50 | 2x |
| M2 | Cabo de aço menor | |
| T | Pino seletor | |

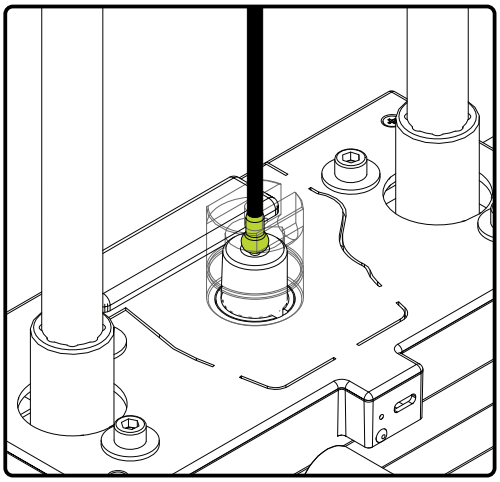


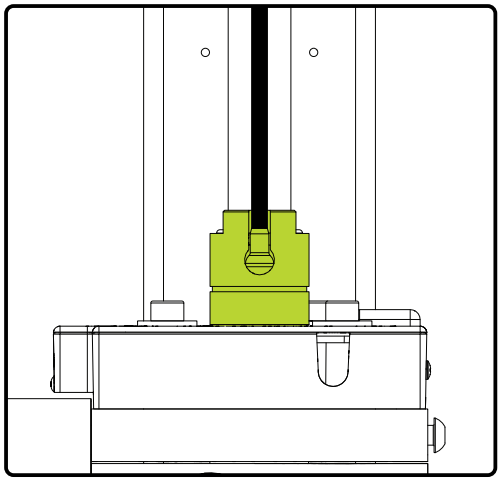



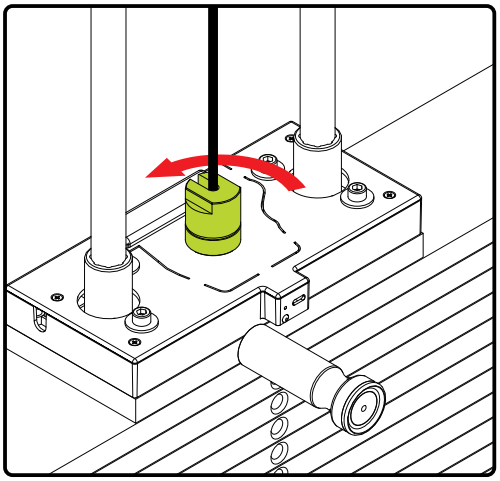







**FERRAMENTAS**



Chave fixa 8
Chave fixa 13
Chave fixa 16
Chave fixa 17
Chave fixa 22



Chave hexagonal nº 4 e 8



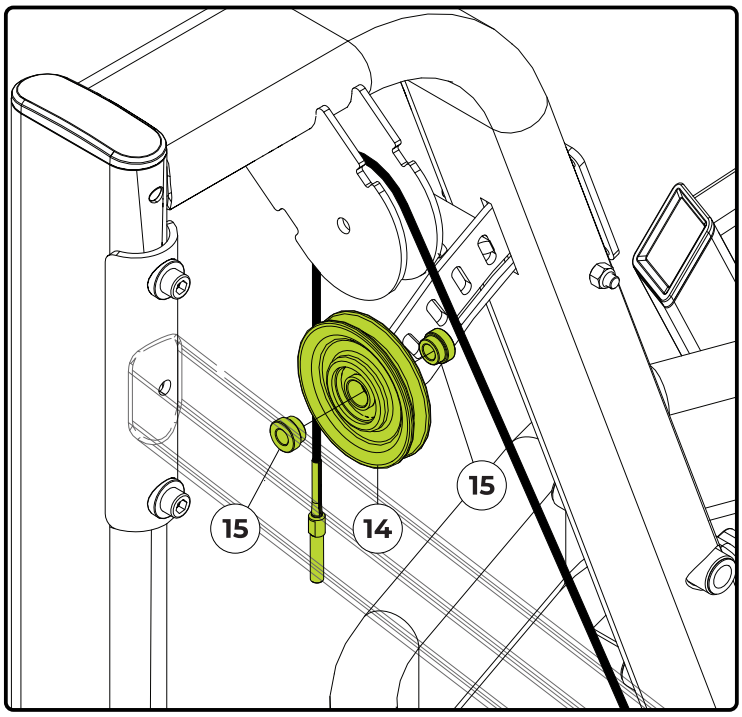
Torquímetro

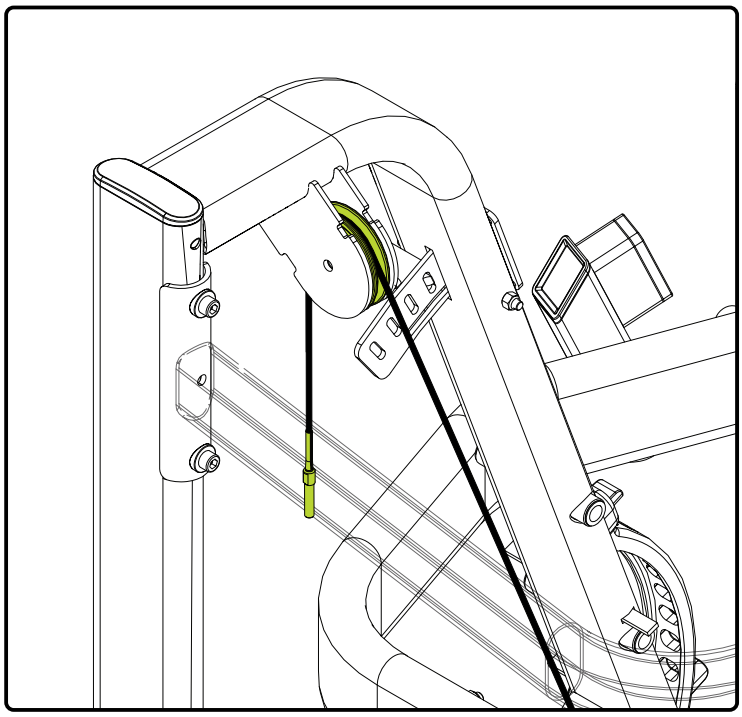


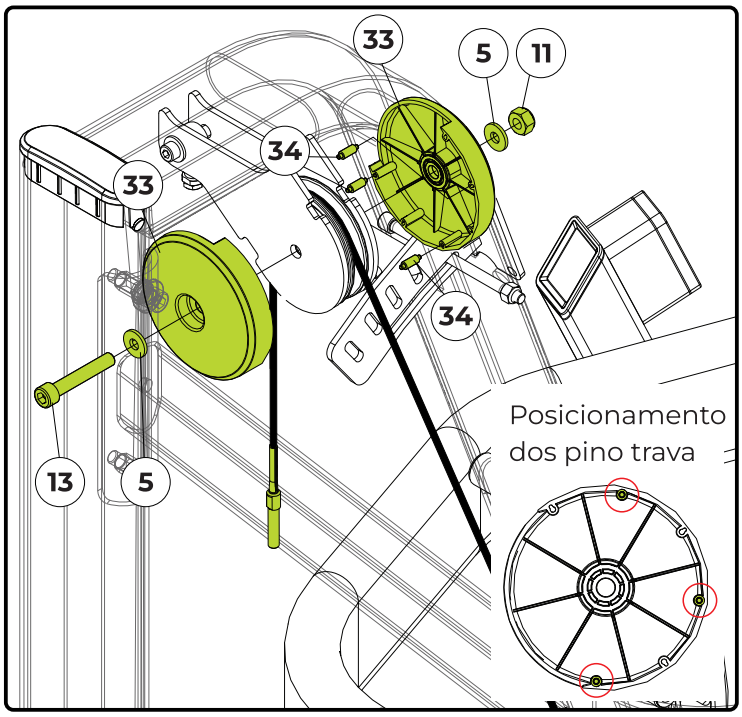
# MONTAGEM DO EQUIPAMENTO

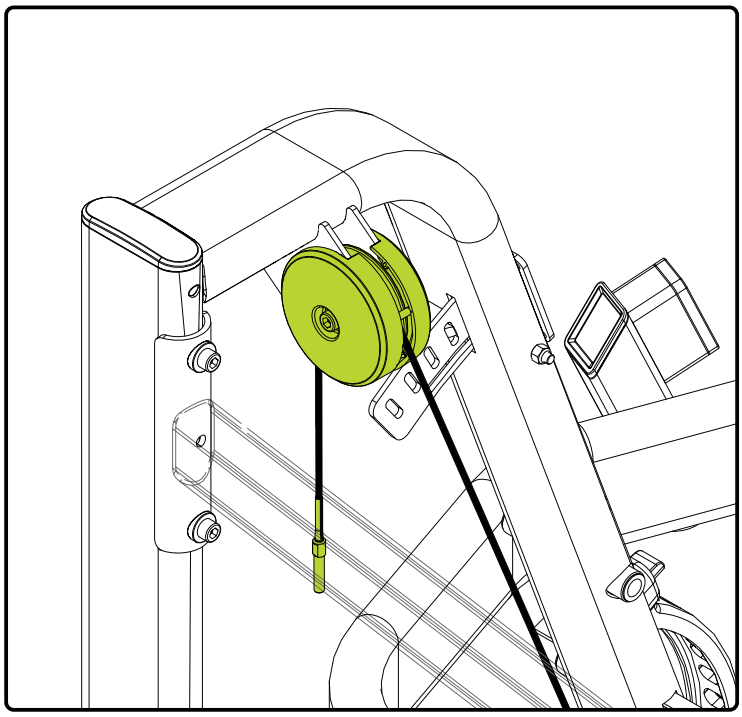
## PASSO 16

| | NOME | Qtd |
|---|---|---|
| 5 | Arruela lisa 10,3X25,4X3 | 2x |
| 11 | Porca Sext. Inserto Nylon M10 | 1x |
| 13 | Parafuso Cab. Cil. Sext. Int. - M10X60 | 1x |
| 14 | Roldana | 1x |
| 15 | Bucha | 2x |
| 33 | Capa da roldana | 2x |
| 34 | Trava do cabo de aço | 3x |

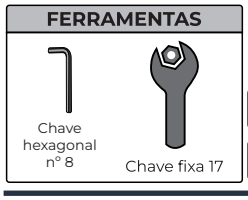




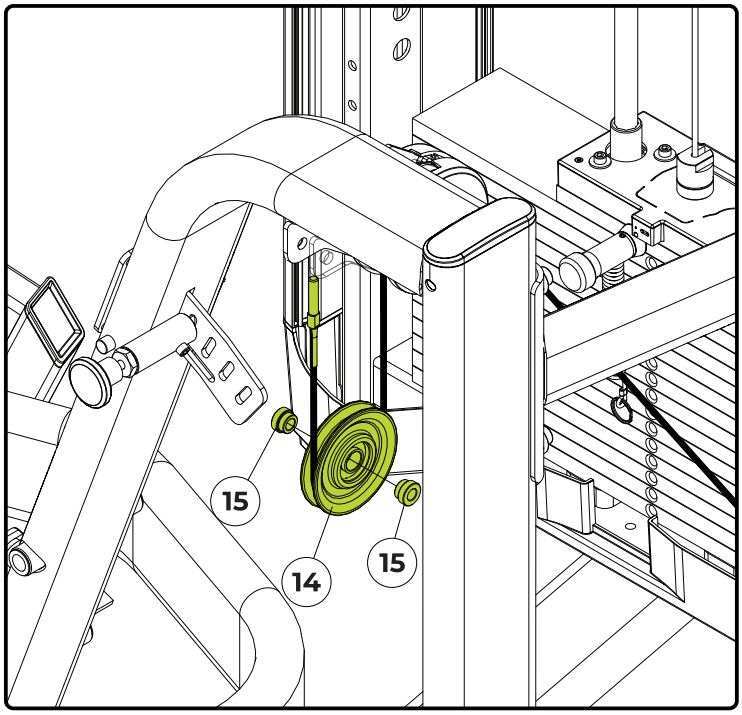
**FERRAMENTAS**

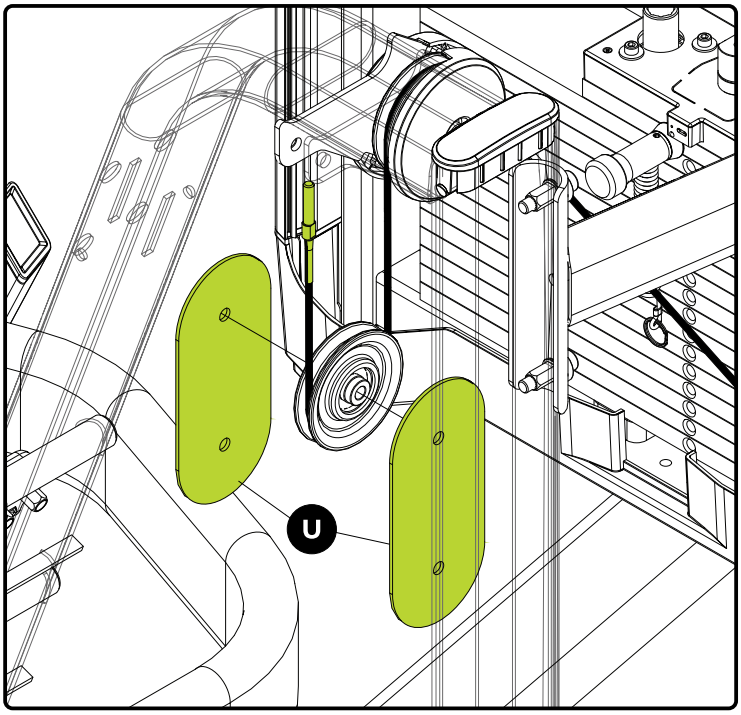


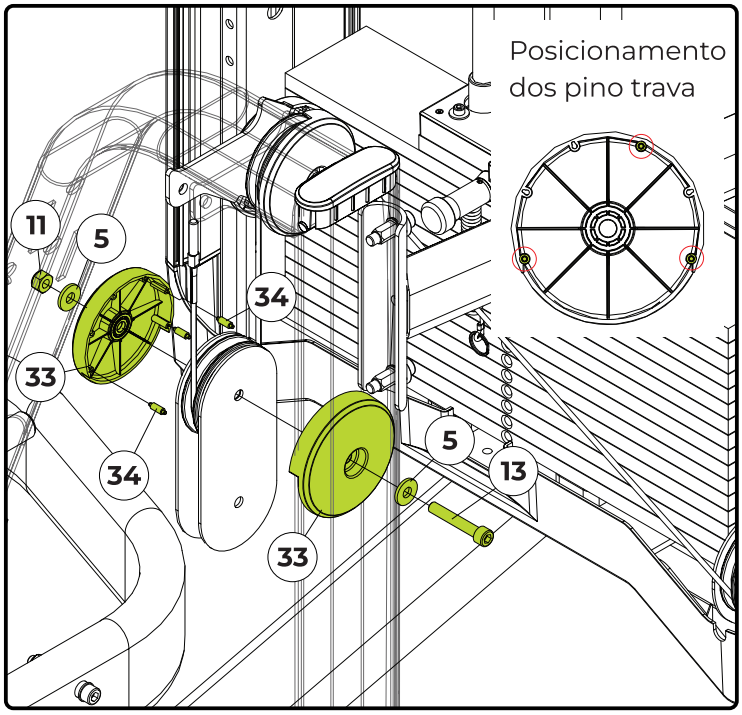
# MONTAGEM DO EQUIPAMENTO

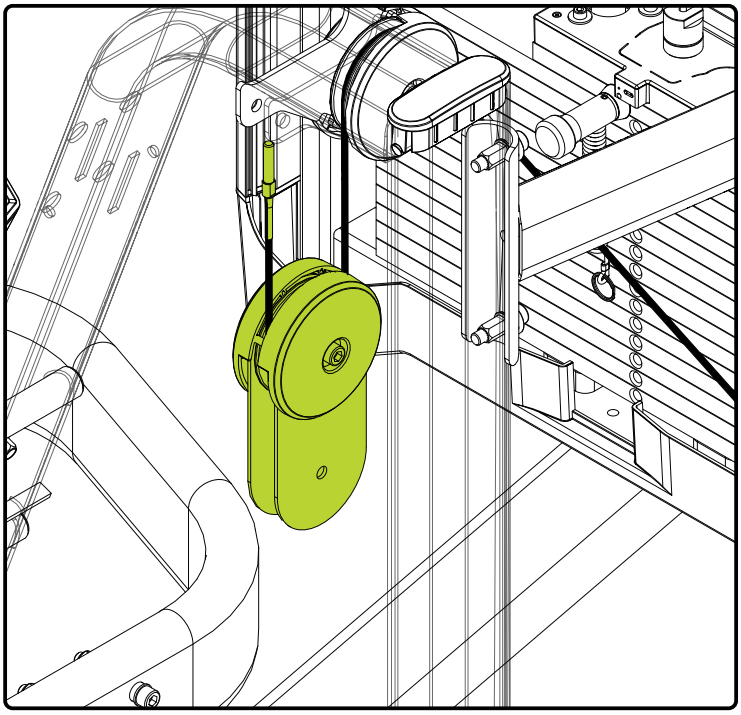
## PASSO 17

| | NOME | Qtd |
|---|---|---|
| 5 | Arruela lisa 10,3X25,4X3 | 2x |
| 11 | Porca Sext. Inserto Nylon M10 | 1x |
| 13 | Parafuso Cab. Cil. Sext. Int. - M10X60 | 1x |
| 14 | Roldana | 1x |
| 15 | Bucha | 2x |
| 33 | Capa da roldana | 2x |
| 34 | Trava do cabo de aço | 3x |
| U | Chapa de fixação | |



**FERRAMENTAS**



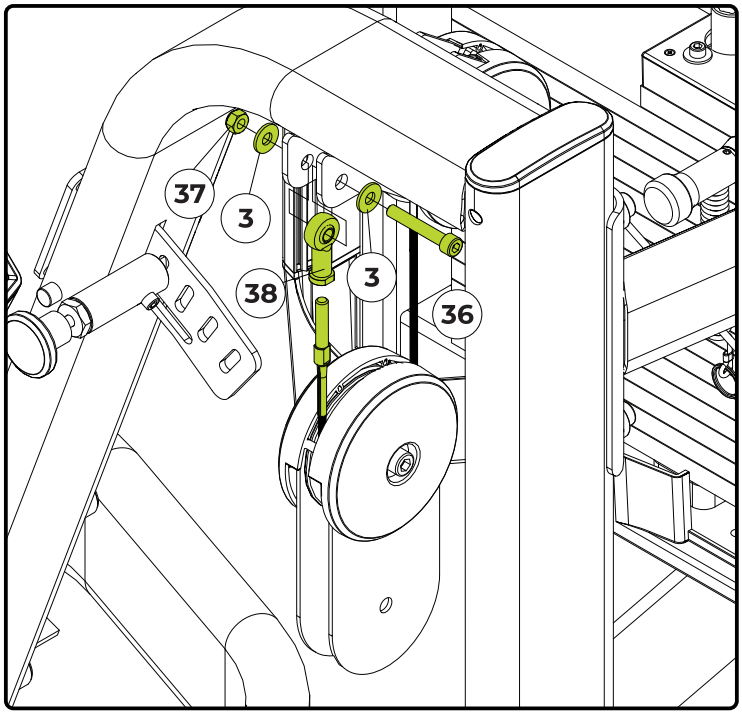

NOTA: Algumas partes foram ocultadas para facilitar a visualização.

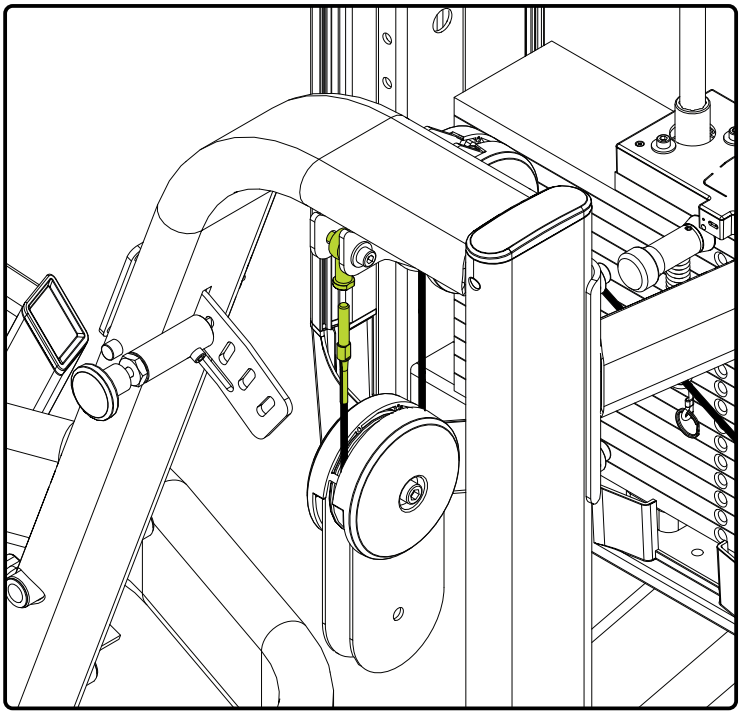


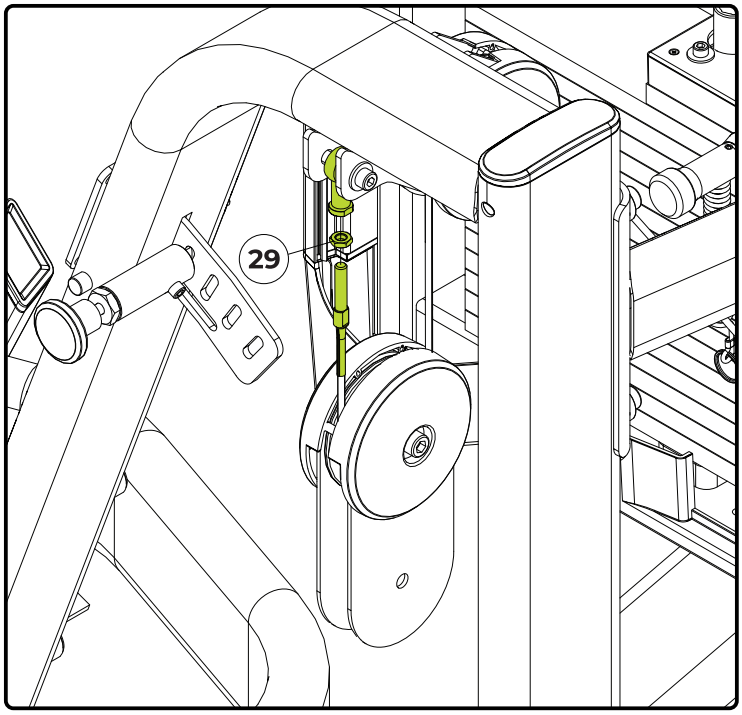
# MONTAGEM DO EQUIPAMENTO

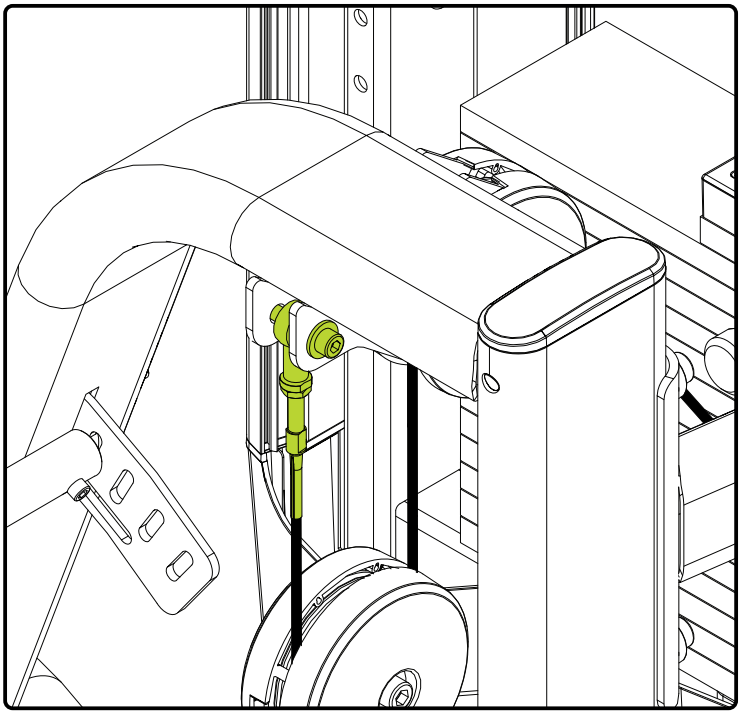
## PASSO 18

| | NOME | Qtd |
|---|---|---|
| 3 | Arruela lisa - Ø8X20X02 | 2x |
| 29 | Perfil Sext. perfil baixo | 1x |
| 36 | Parafuso Cab. Cil. Sext. Int. - M8X50 | 1x |
| 37 | Porca Sext. Inserto Nylon M8 | 3x |
| 38 | Terminal rotular | 1x |





**FERRAMENTAS**

Chave hexagonal nº 6

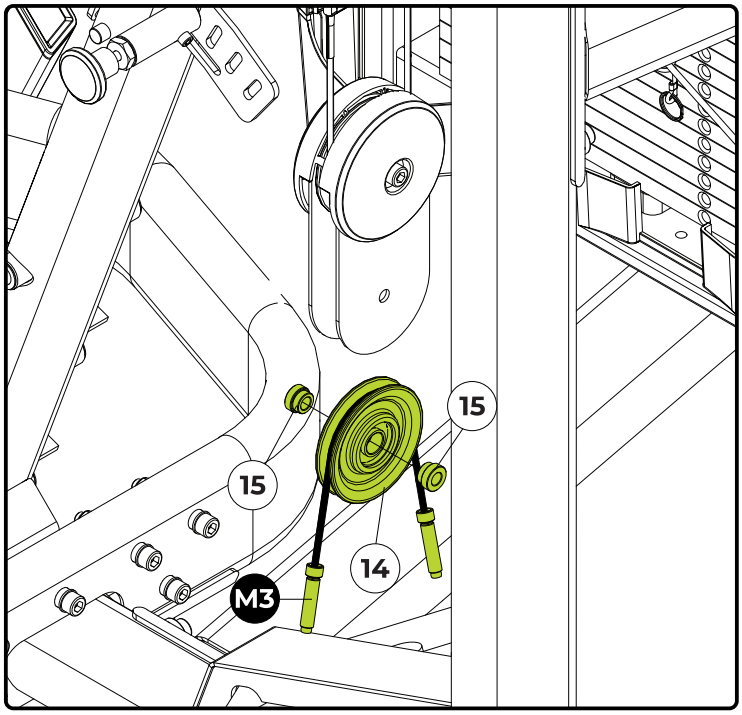
Chave fixa 13

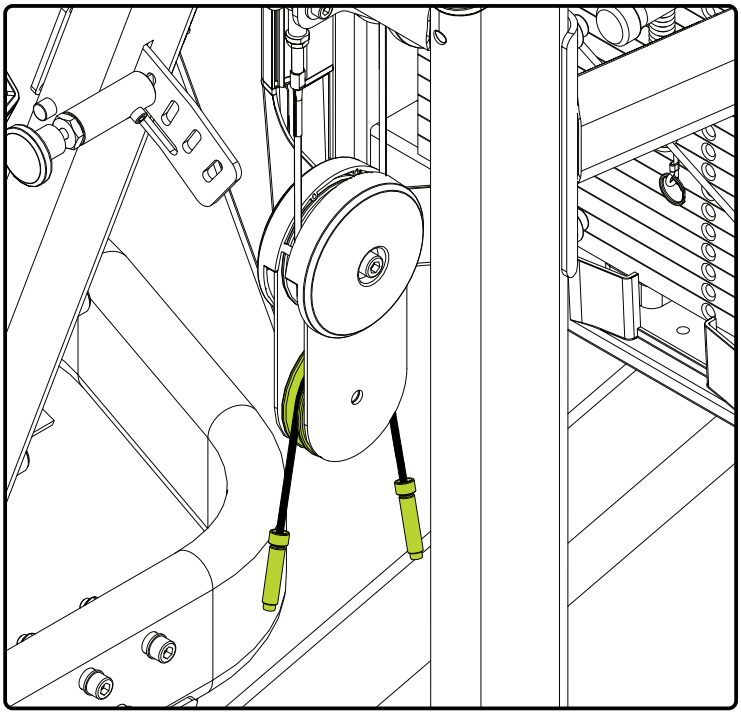
100%

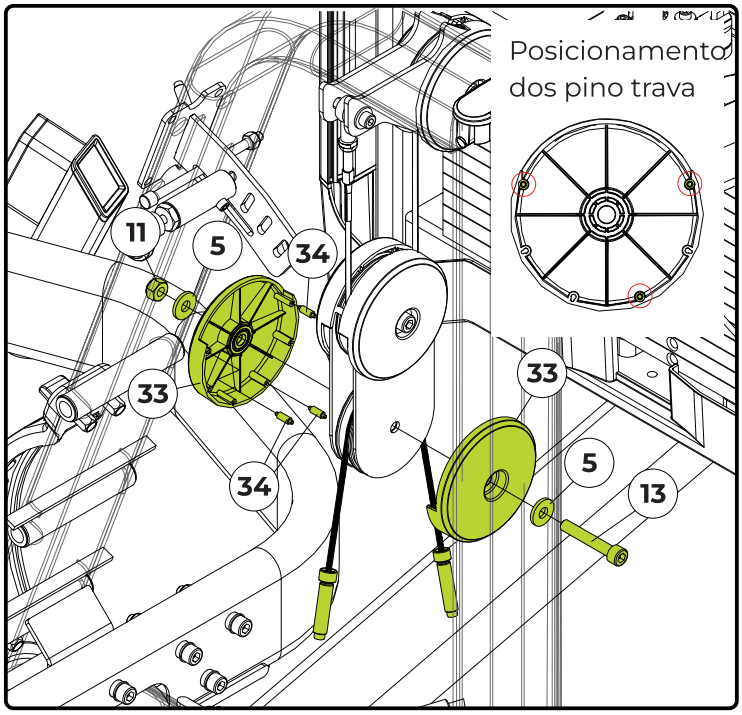
# MONTAGEM DO EQUIPAMENTO

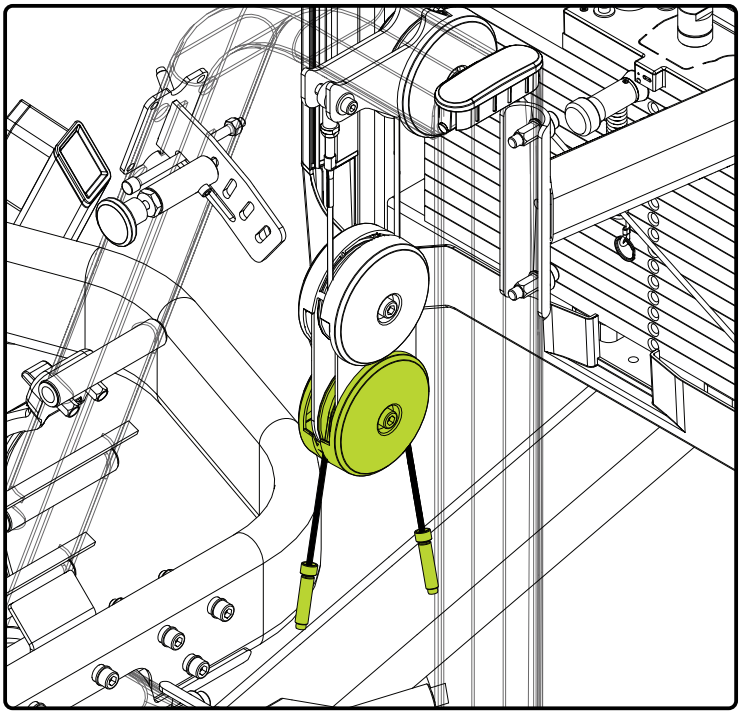
## PASSO 19

| | NOME | Qtd |
|---|---|---|
| 5 | Arruela lisa 10,3X25,4X3 | 2x |
| 11 | Porca Sext. Inserto Nylon M10 | 1x |
| 13 | Parafuso Cab. Cil. Sext. Int. - M10X60 | 1x |
| 14 | Roldana | 1x |
| 15 | Bucha | 2x |
| 33 | Capa da roldana | 2x |
| 34 | Trava do cabo de aço | 3x |
| M3 | Cabo de aço menor | |





**FERRAMENTAS**

Chave hexagonal nº 8

Chave fixa 17

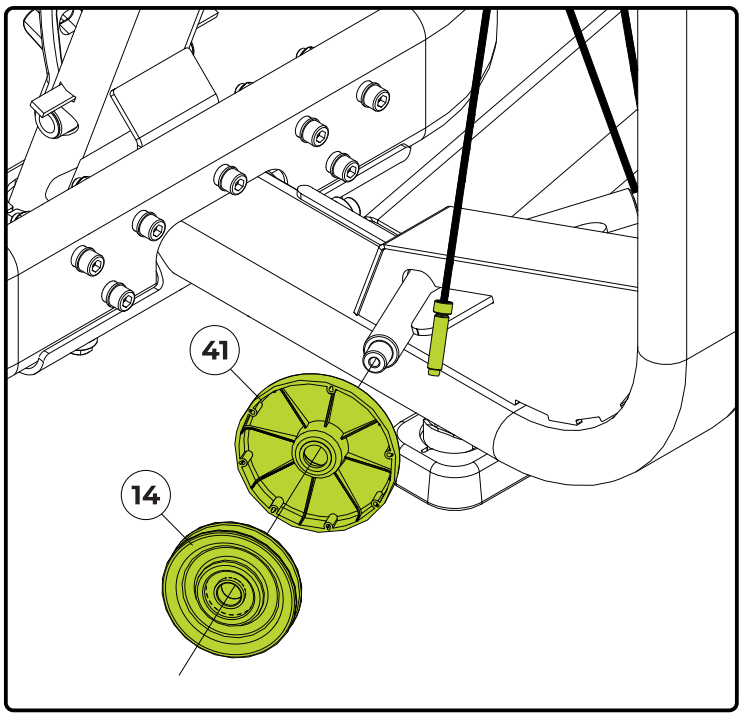
NOTA: Algumas partes foram ocultadas para facilitar a visualização.

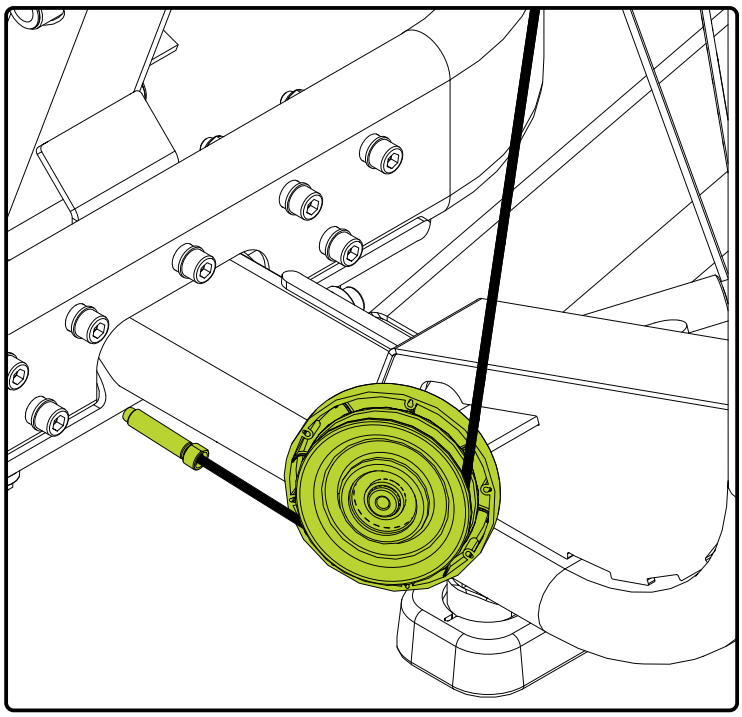
100%

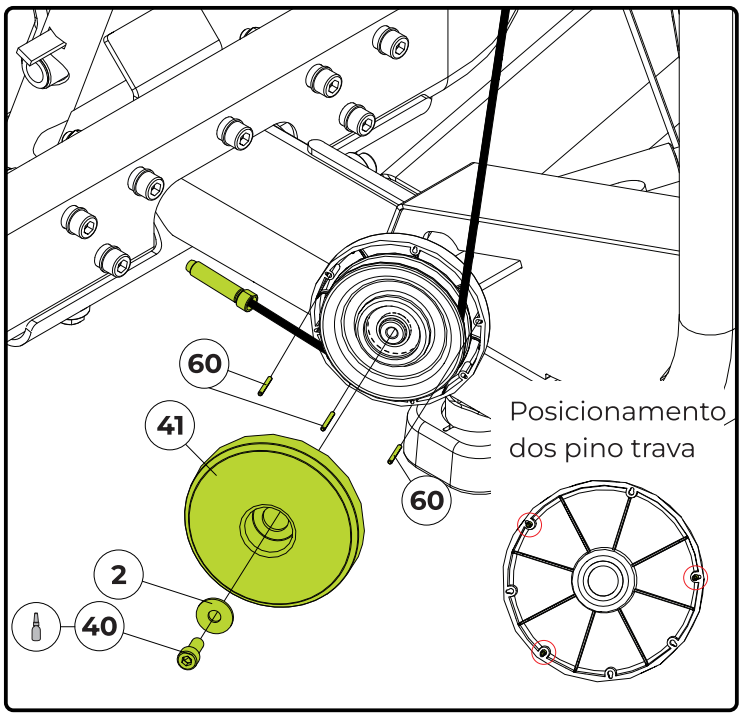
# MONTAGEM DO EQUIPAMENTO

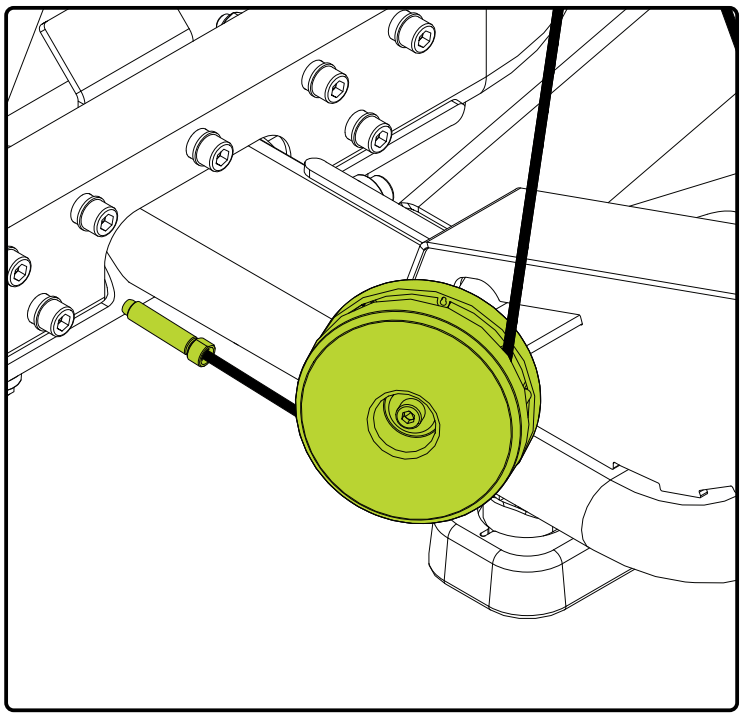
## PASSO 20

| | NOME | Qtd |
|---|---|---|
| 2 | Arruela lisa - Ø10,3X25,4X3 | 1x |
| 14 | Roldana | 1x |
| 40 | Parafuso Cab. Cil. Sext. Int. - M8X20 | 1x |
| 60 | Pino elástico - 3x20 | 3x |
| 41 | Capa da roldana | 2x |





**FERRAMENTAS**


Chave hexagonal nº 8


Trava rosca torque médio

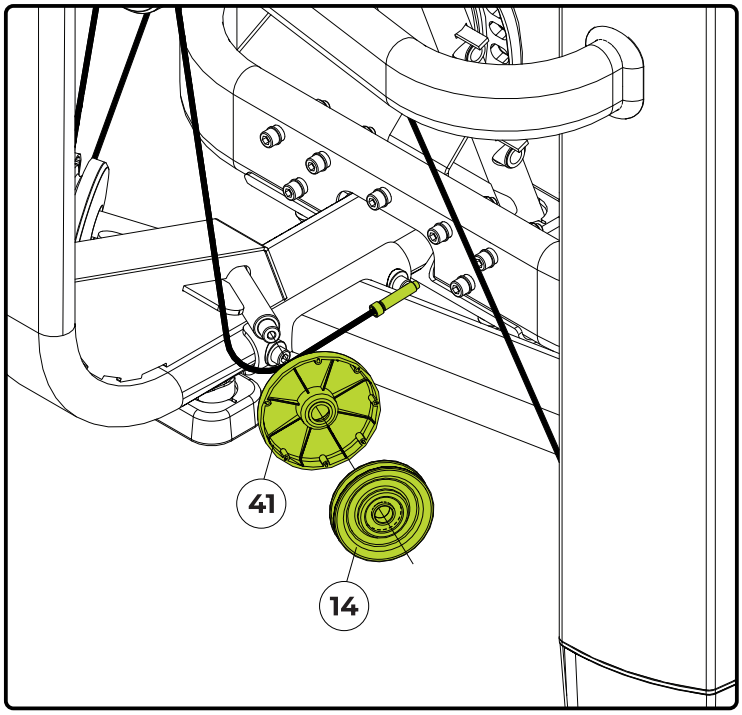
NOTA: Algumas partes foram ocultadas para facilitar a visualização.

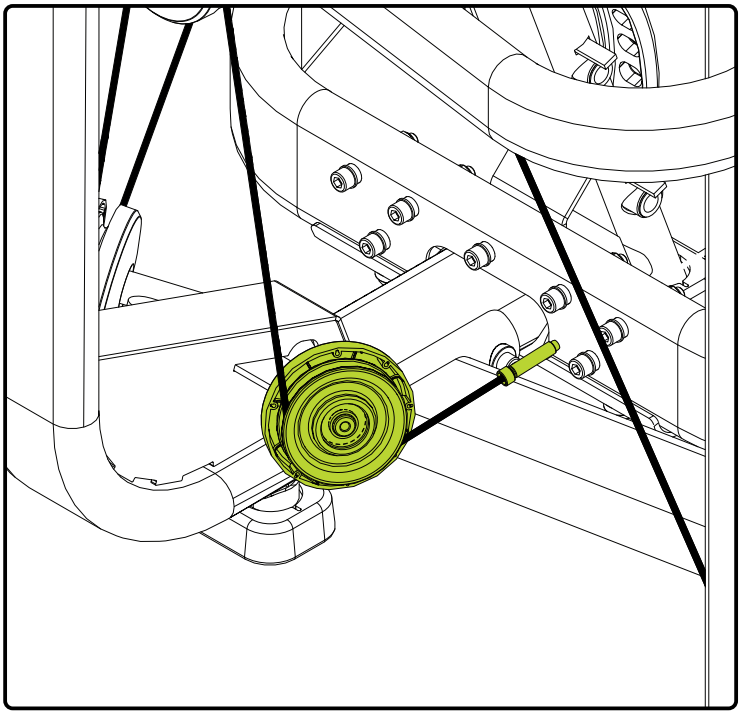


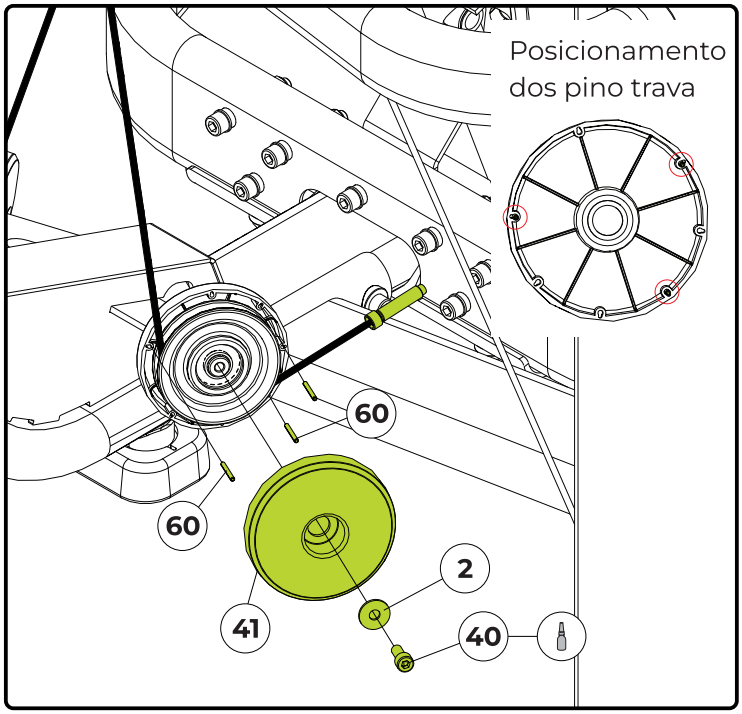
# MONTAGEM DO EQUIPAMENTO

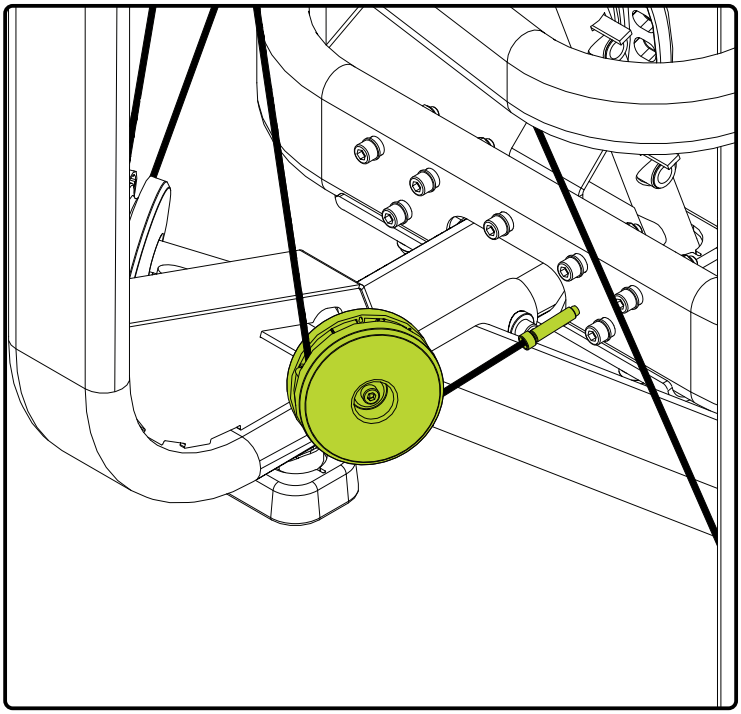
## PASSO 21

| | NOME | Qtd |
|---|---|---|
| 2 | Arruela lisa - Ø10,3X25,4X3 | 1x |
| 14 | Roldana | 1x |
| 40 | Parafuso Cab. Cil. Sext. Int. - M10X25 | 1x |
| 60 | Pino elástico - 3x20 | 3x |
| 41 | Capa da roldana | 2x |





**FERRAMENTAS**



Chave hexagonal nº 8



Trava rosca torque médio

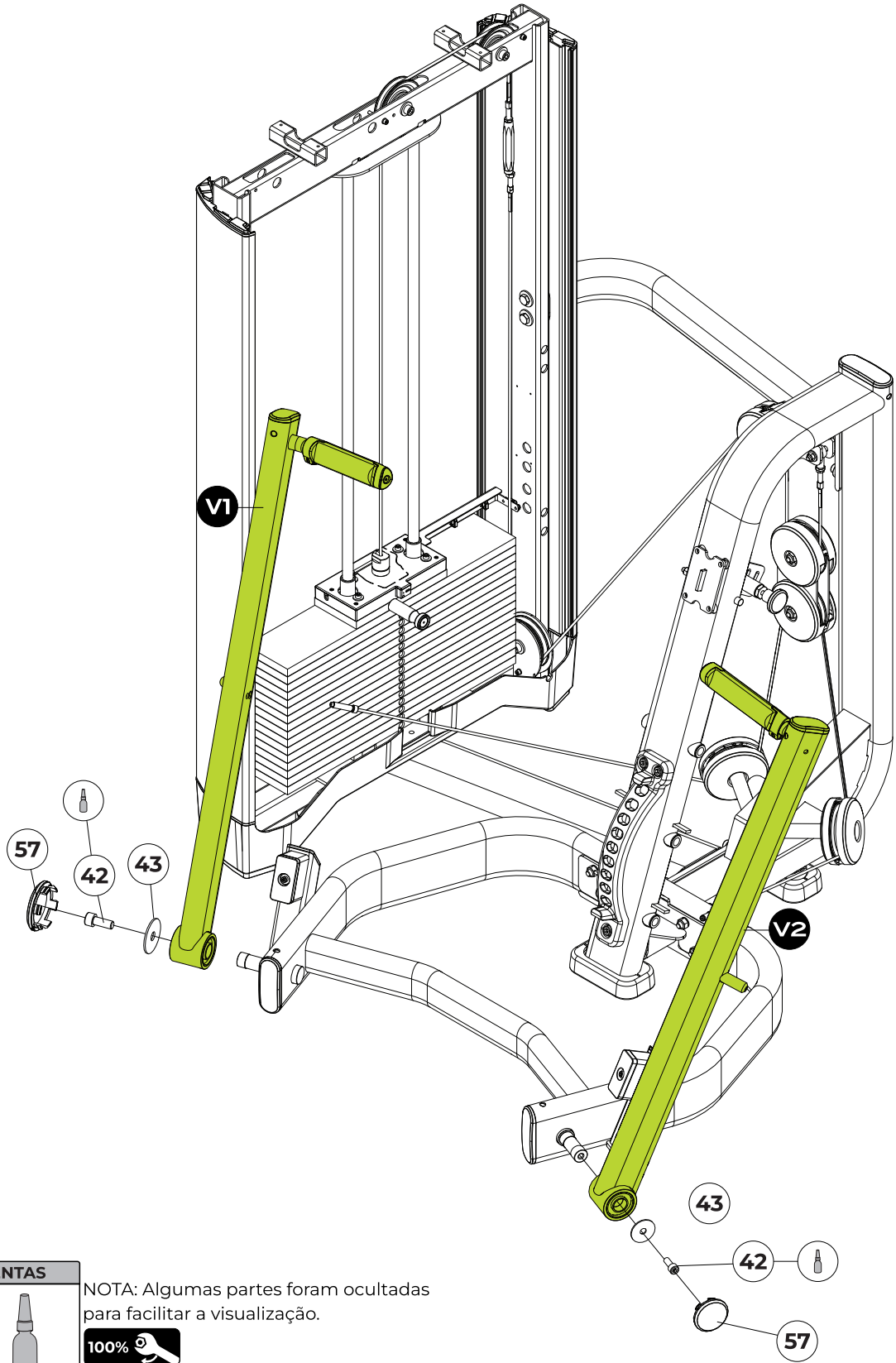
NOTA: Algumas partes foram ocultadas para facilitar a visualização.



# MONTAGEM DO EQUIPAMENTO

## PASSO 22

| | NOME | Qtd |
|---|---|---|
| 42 | Parafuso Cab. Cil. Sext. Interno - M10X25 | 2x |
| 43 | Arruela lisa 11,50X45,00X2,10 A4L | 2x |
| 57 | Tampão | 2x |
| V1 | Braço direito | |
| V2 | Braço esquerdo | |




**FERRAMENTAS**

Chave hexagonal nº 6

Trava rosca torque médio

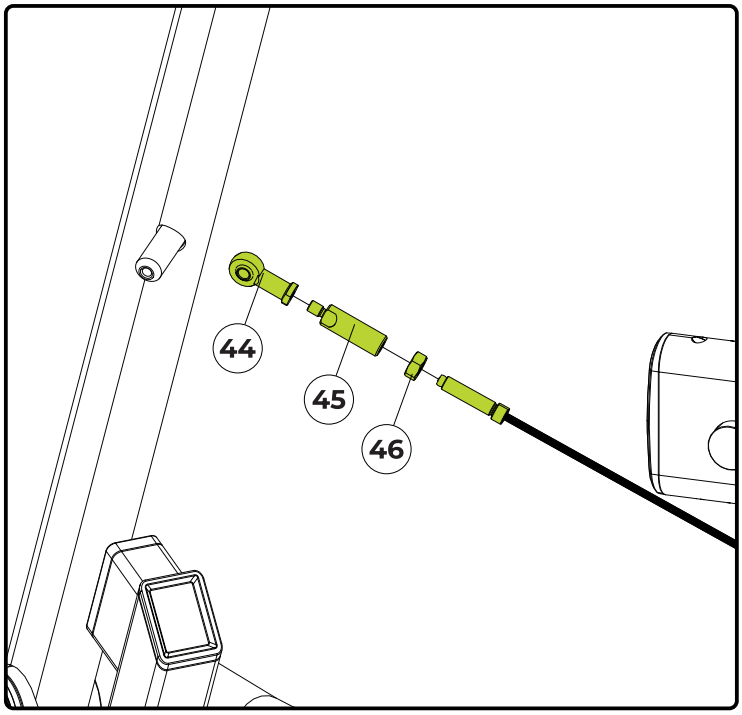
NOTA: Algumas partes foram ocultadas para facilitar a visualização.

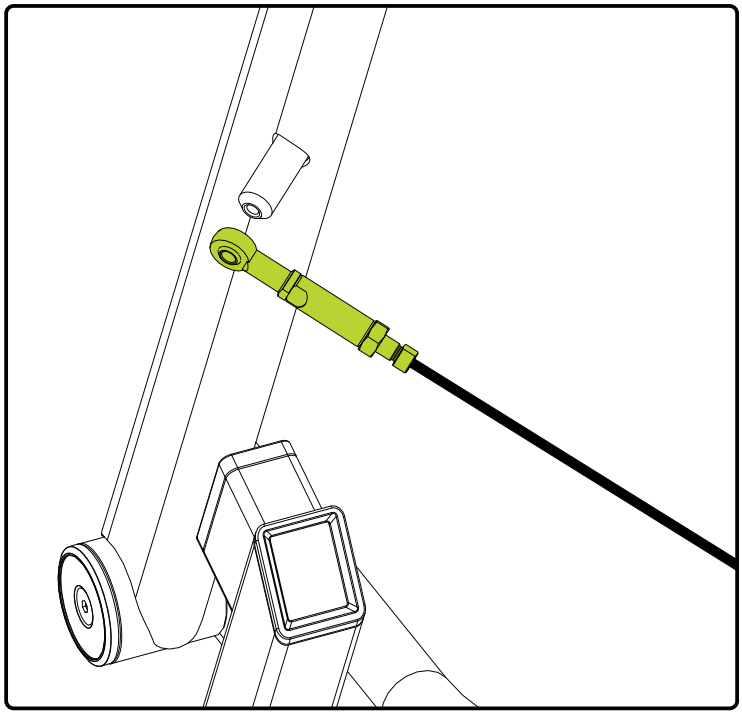
100%

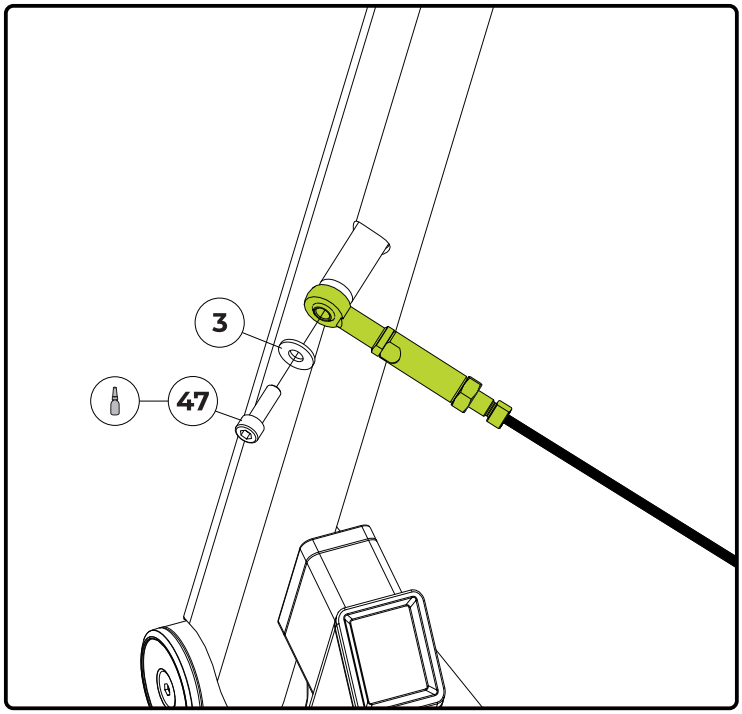
# MONTAGEM DO EQUIPAMENTO

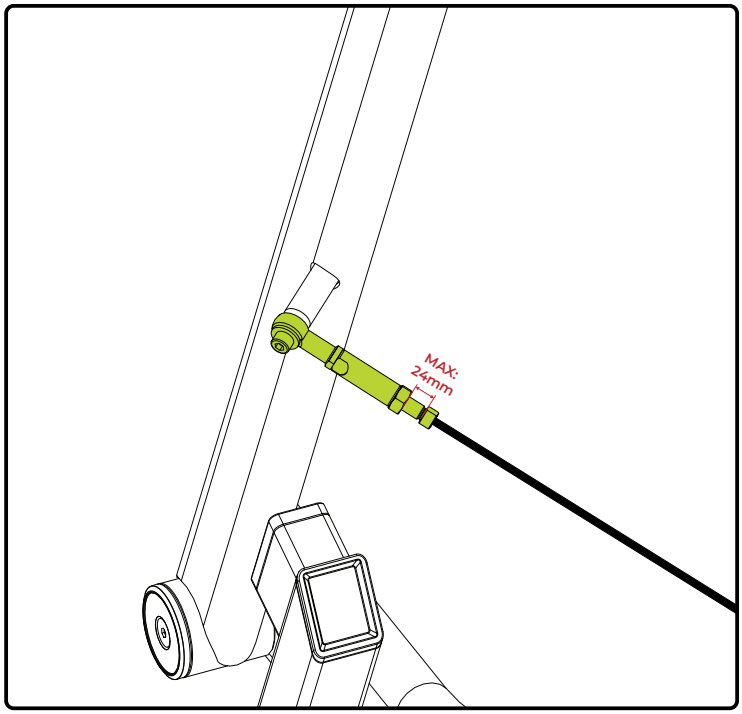
## PASSO 23

| | NOME | Qtd |
|---|---|---|
| 3 | Arruela lisa - Ø8X20X02 | 1x |
| 44 | Terminal rotular | 1x |
| 45 | Esticador | 1x |
| 46 | Porca sextavada - M10 | 1x |
| 47 | Parafuso Cab. Cil. Sext. Int. - M8X25 | 1x |

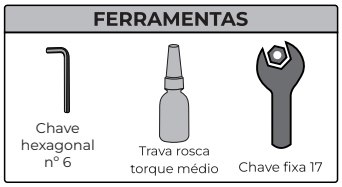





**FERRAMENTAS**



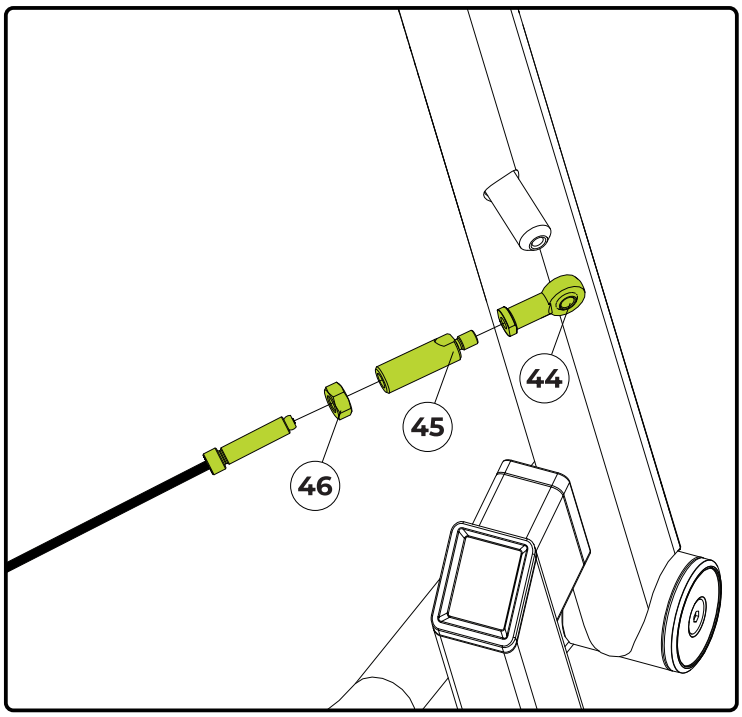

NOTA: Algumas partes foram ocultadas para facilitar a visualização.

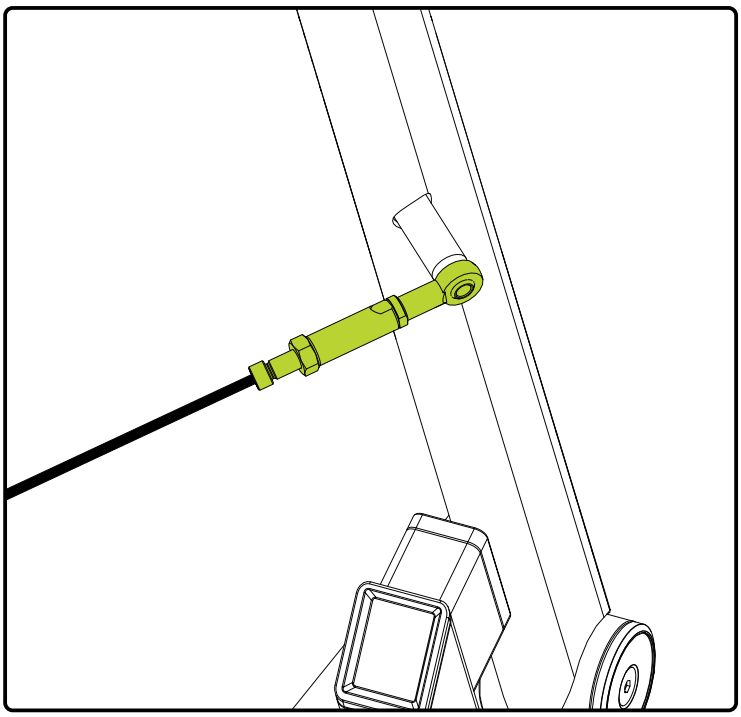


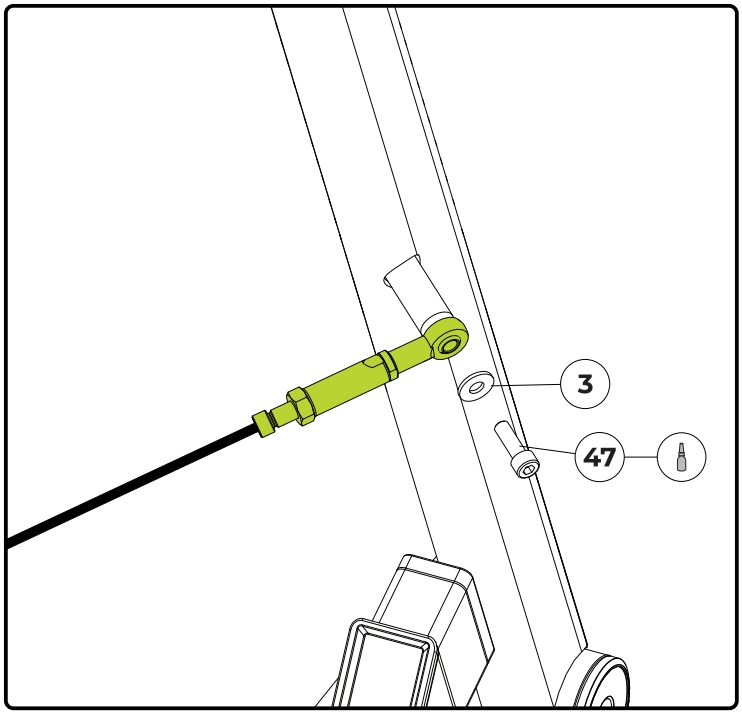
# MONTAGEM DO EQUIPAMENTO

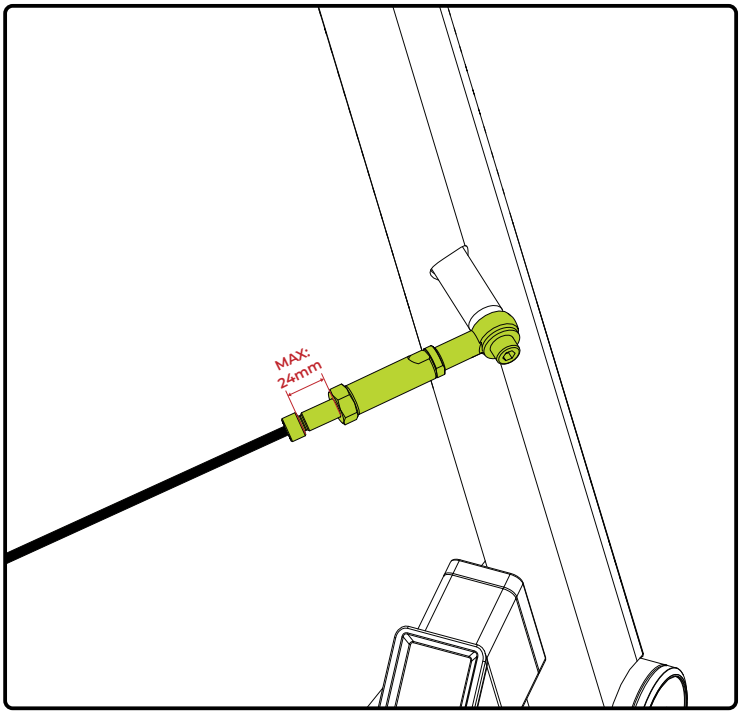
## PASSO 24

| | NOME | Qtd |
|---|---|---|
| 3 | Arruela lisa - Ø8X20X02 | 1x |
| 44 | Terminal rotular | 1x |
| 45 | Esticador | 1x |
| 46 | Porca sextavada - M10 | 1x |
| 47 | Parafuso Cab. Cil. Sext. Int. - M8X25 | 1x |

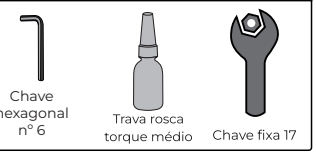





**FERRAMENTAS**

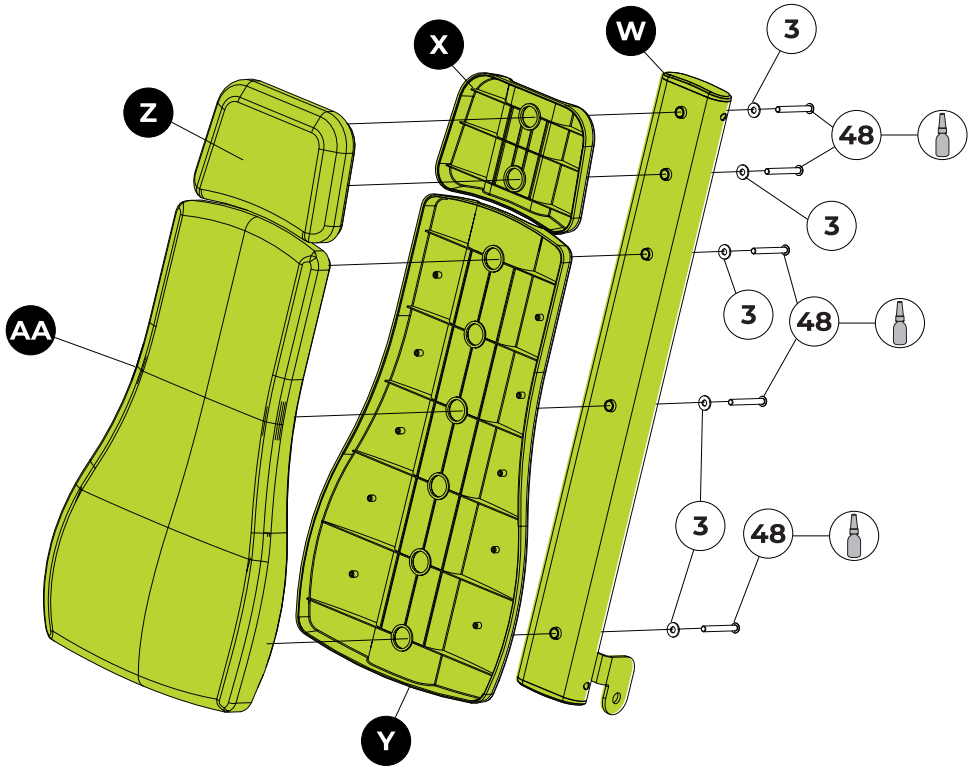


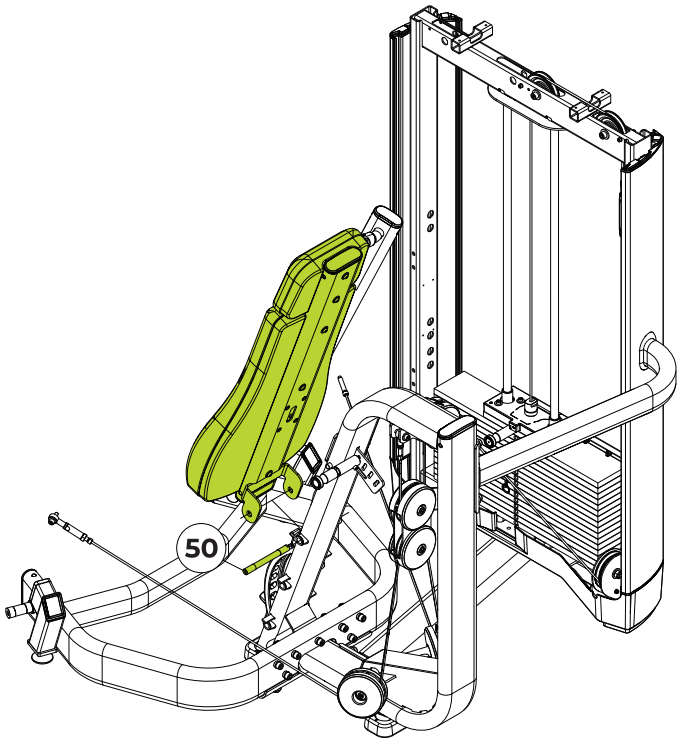

NOTA: Algumas partes foram ocultadas para facilitar a visualização.

# MONTAGEM DO EQUIPAMENTO

## PASSO 25

| | NOME | Qtd |
|---|---|---|
| 3 | Arruela lisa - Ø8X20X02 | 7x |
| 48 | Parafuso Cab. Aba. Sext. Int. - M8X70 | 5x |
| 49 | Parafuso Cab. Cil. Sext. Int. - M8X25 | 2x |
| 50 | Eixo | 1x |
| W | Chassi do encosto | |
| X | Capa da cabeça | |
| Y | Capa do encosto | |
| Z | Estofado da cabeça | |
| AA | Estofado do encosto | |




**FERRAMENTAS**

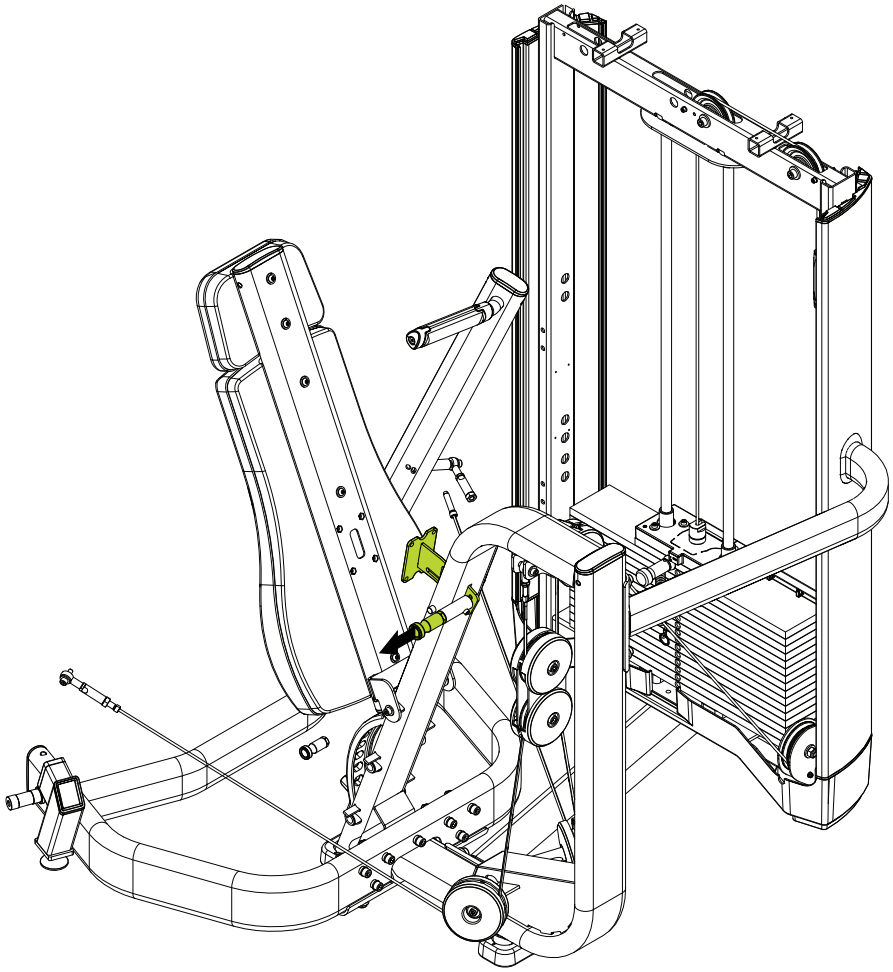
Chave hexagonal nº 8

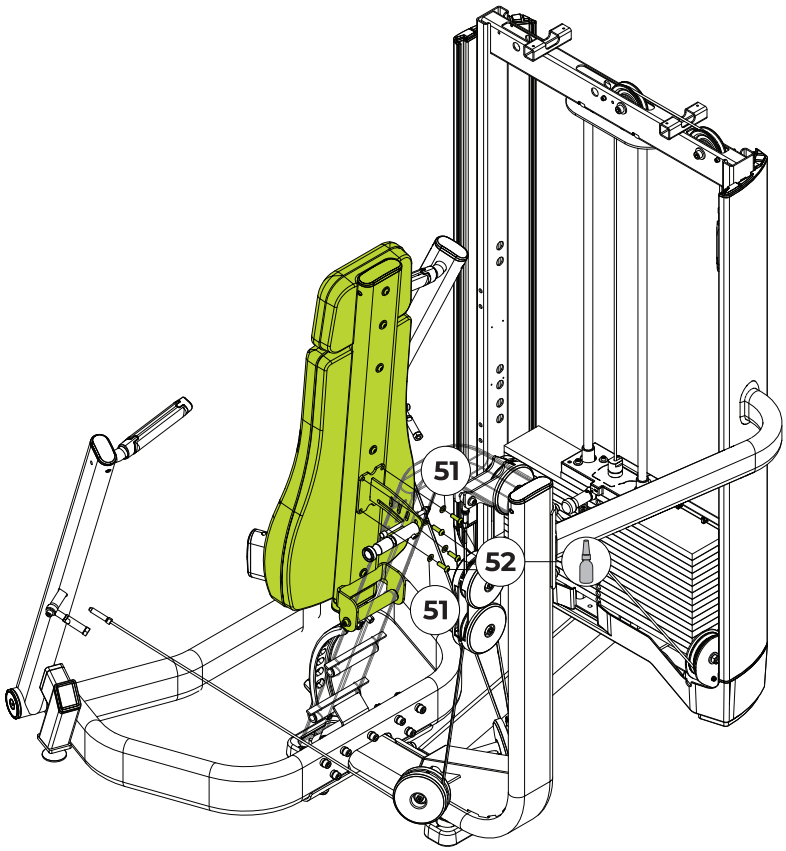
NOTA: Algumas partes foram ocultadas para facilitar a visualização.

100%

## PASSO 26

| | NOME | Qtd |
|---|---|---|
| 52 | Parafuso Cab. Aba. Sext. Int. - M8X25 | 4x |






FERRAMENTAS

Chave hexagonal nº 8

Trava rosca torque médio

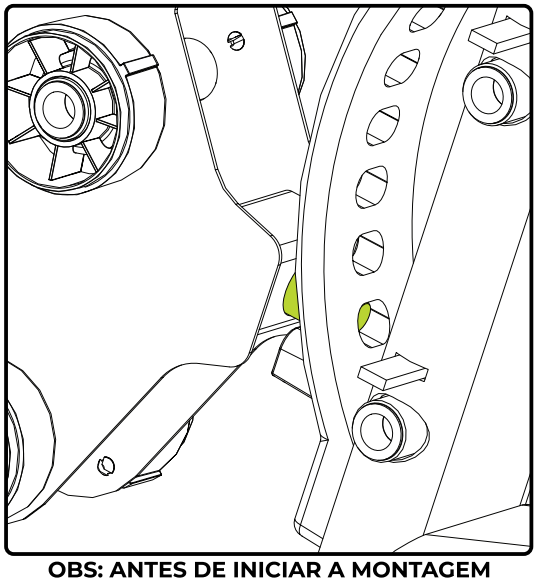
Para facilitar a montagem coloque a regulagem na máximo para fazer a montagem do encosto.

100%

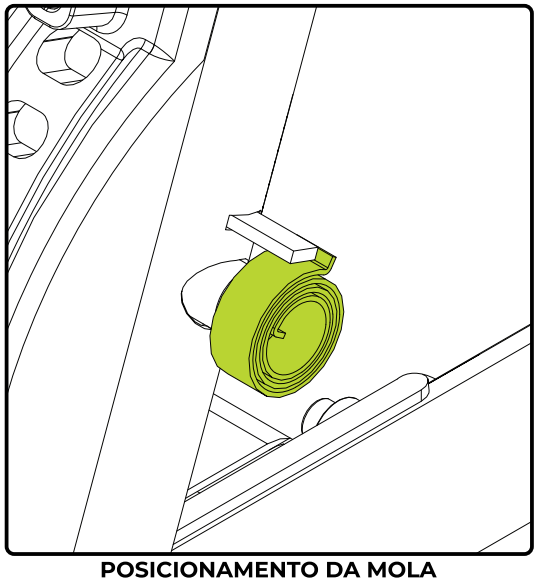
# MONTAGEM DO EQUIPAMENTO

## PASSO 27

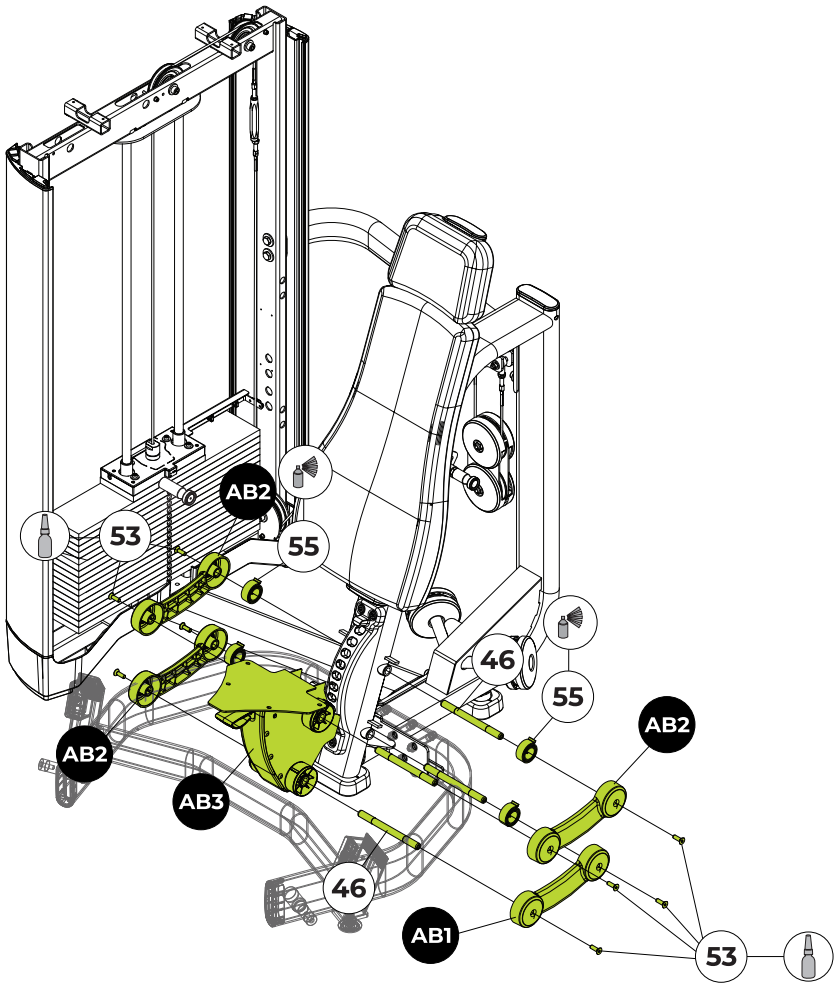
| | NOME | Qtd |
|---|---|---|
| 53 | Parafuso Cab. Chata Sext. Int. - M8X25 | 8x |
| 54 | Eixo | 4x |
| 55 | Mola | 4x |
| AB1 | Articulador do banco com adesivo | |
| AB2 | Articulador do banco | |
| AB3 | Chassi do banco | |



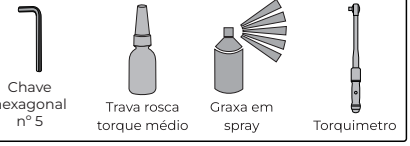
**OBS: ANTES DE INICIAR A MONTAGEM DO BANCO, ENCAIXE A REGULAGEM NO PRIMEIRO FURO DA RÉGUA SELETORA.**



**POSICIONAMENTO DA MOLA**




**FERRAMENTAS**

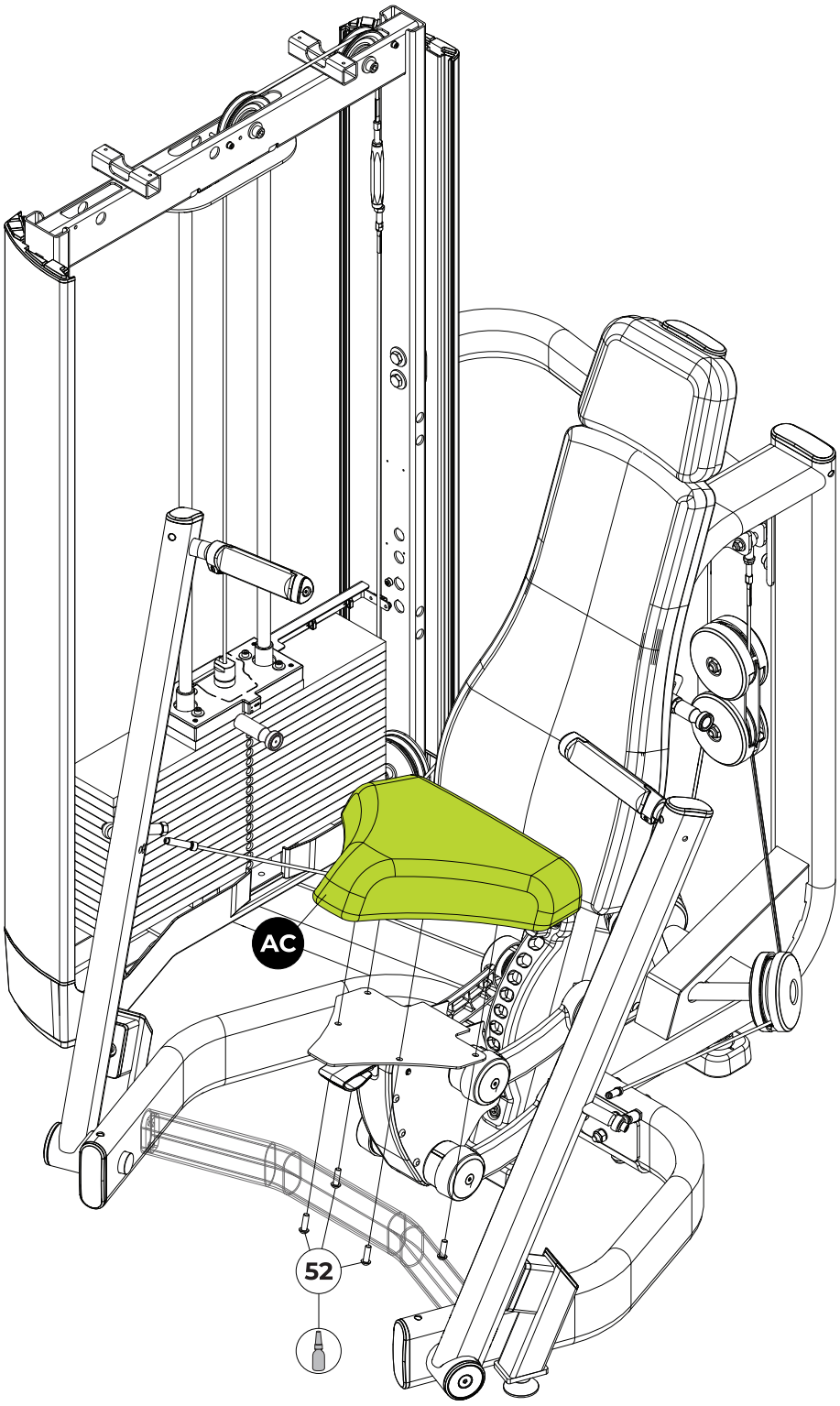


# MONTAGEM DO EQUIPAMENTO

## PASSO 28

| | NOME | Qtd |
|---|---|---|
| 52 | Parafuso Cab. Aba. Sext. Int. - M8X25 | 4x |

| | NOME |
|---|---|
| AC | Estofado do assento |




**FERRAMENTAS**

Chave hexagonal nº 5

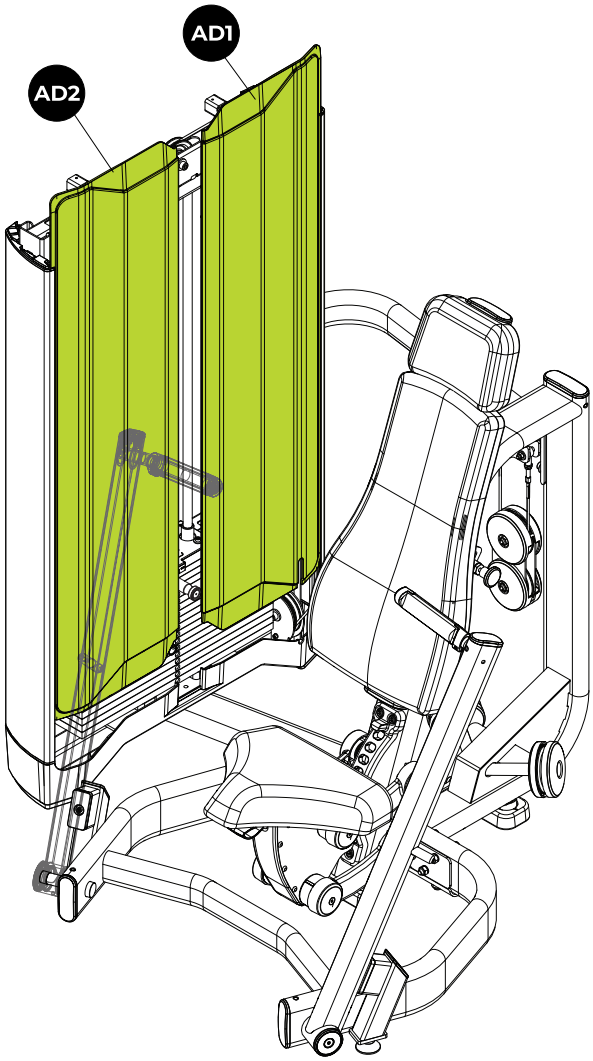
Trava rosca torque médio

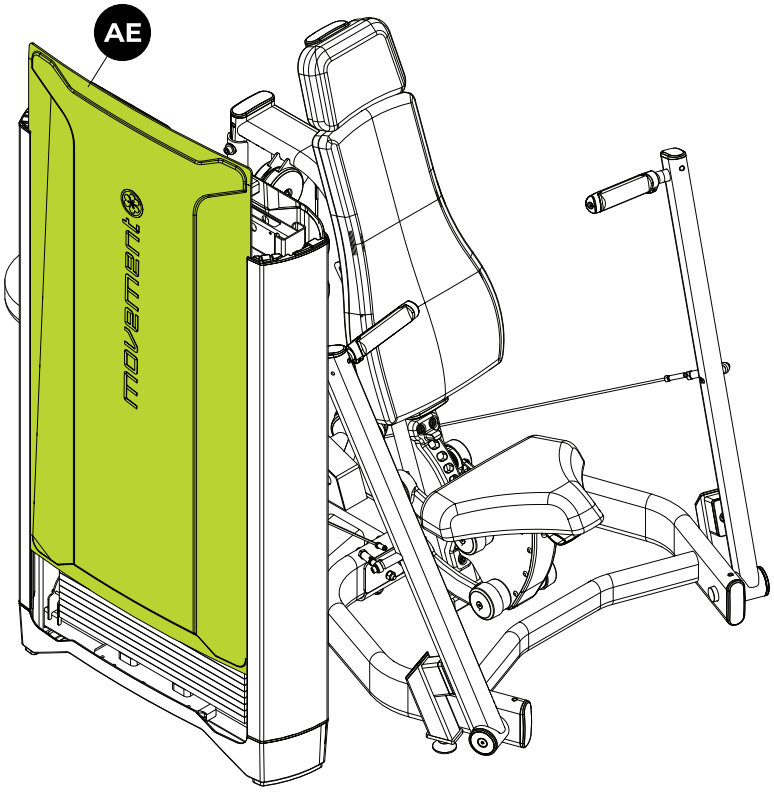
100%

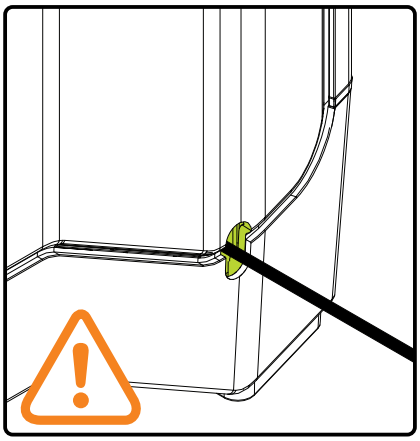
# MONTAGEM DO EQUIPAMENTO

**PASSO 29**

| | | |
|---|---|---|
| **AD1**  **NOME** Carenagem frontal direita | **AD2**  NOME Carenagem frontal esquerda | **AE**  **NOME** Carenagem traseira |



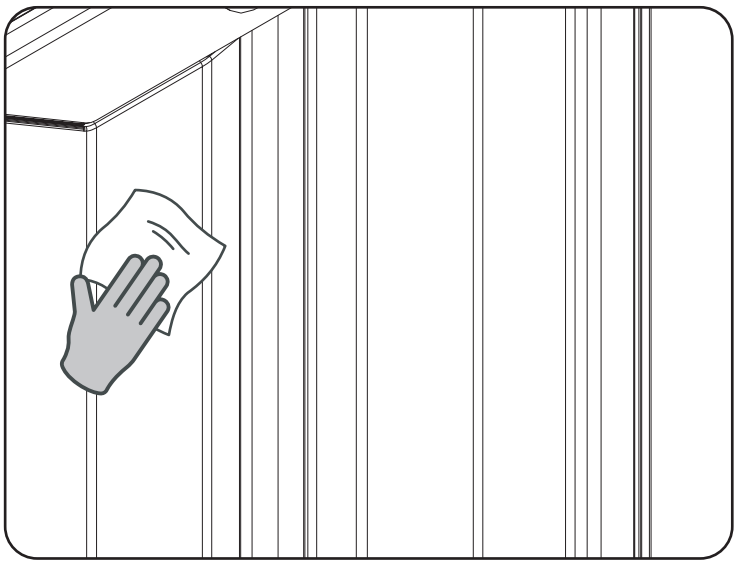



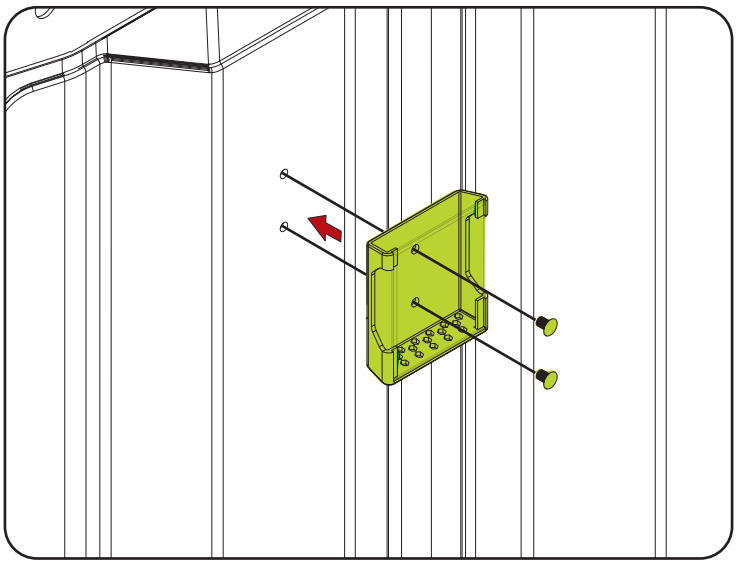



**CUIDADO**

**O CABO DE AÇO DEVE PASSAR PELO VÃO DA CARENAGEM FRONTAL**

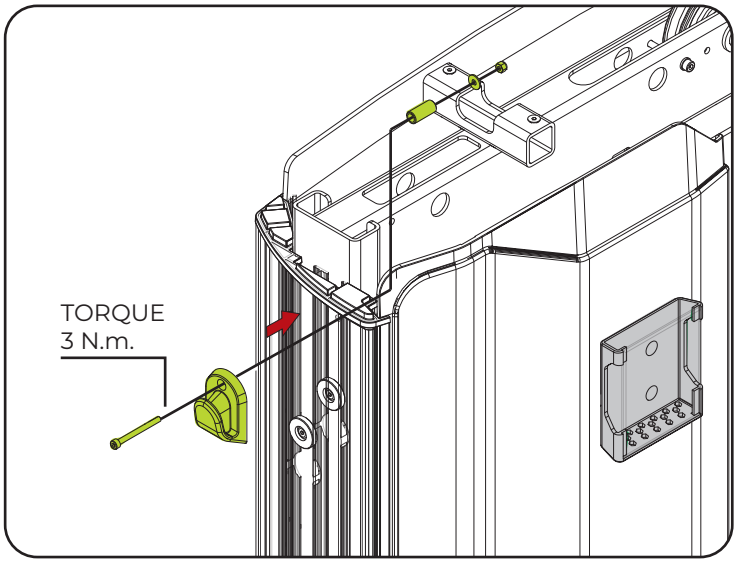
## PASSO 30 - Fixando o porta-celular e o suporte de toalha





1. **Preparação da Superfície**
   Limpe bem o local onde os suportes serão instalados, utilizando um pano e um desengraxante, como o LIMPADOR E DESENGRAXANTE 7070 LOCTITE. Certifique-se de que a superfície esteja seca e sem resíduos.

2. **Fixação do Porta-Celular**
   Aplique fita dupla-face na base do porta-celular e posicione-o no local desejado. Pressione firmemente e, em seguida, encaixe os parafusos manualmente, tomando cuidado para não danificar o acrílico.




**Instalação do Suporte de Toalha**
Encaixe o suporte de toalha no calço do chassi e fixe com um parafuso Phillips, apertando com cuidado para garantir estabilidade sem excesso de força.

# MONTAGEM DO EQUIPAMENTO

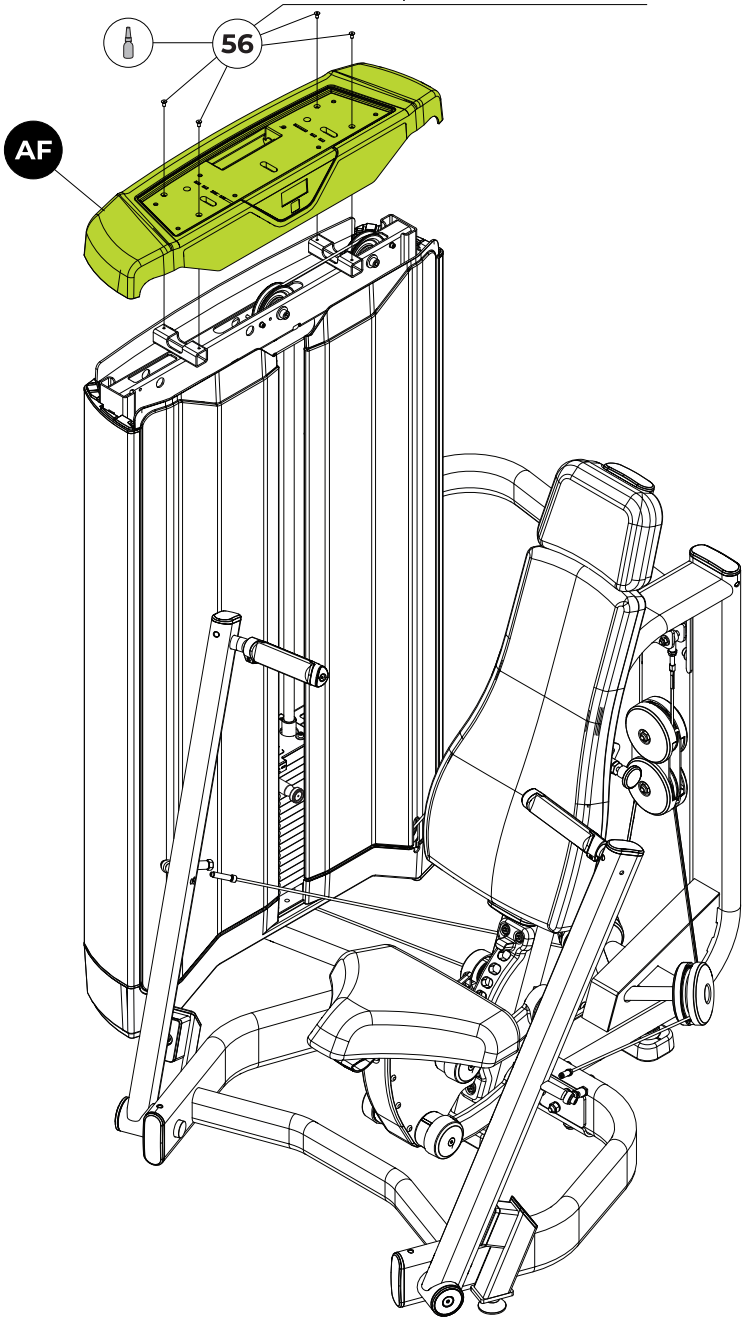
## PASSO 31

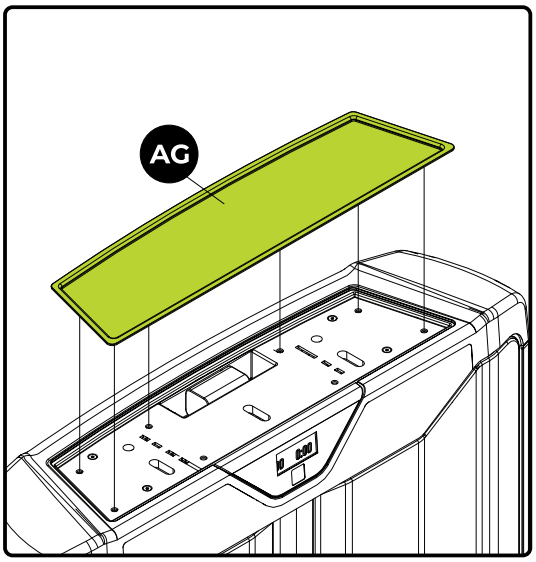
| | NOME | Qtd |
|---|---|---|
| 56 | Parafuso Cab. Chata Sext. Int. - M5X10 | 4x |

| | NOME |
|---|---|
| AF | Carenagem superior |

| | NOME |
|---|---|
| AG | Acabamento de borracha |

Torque de 3,5 ~4,5 N.m



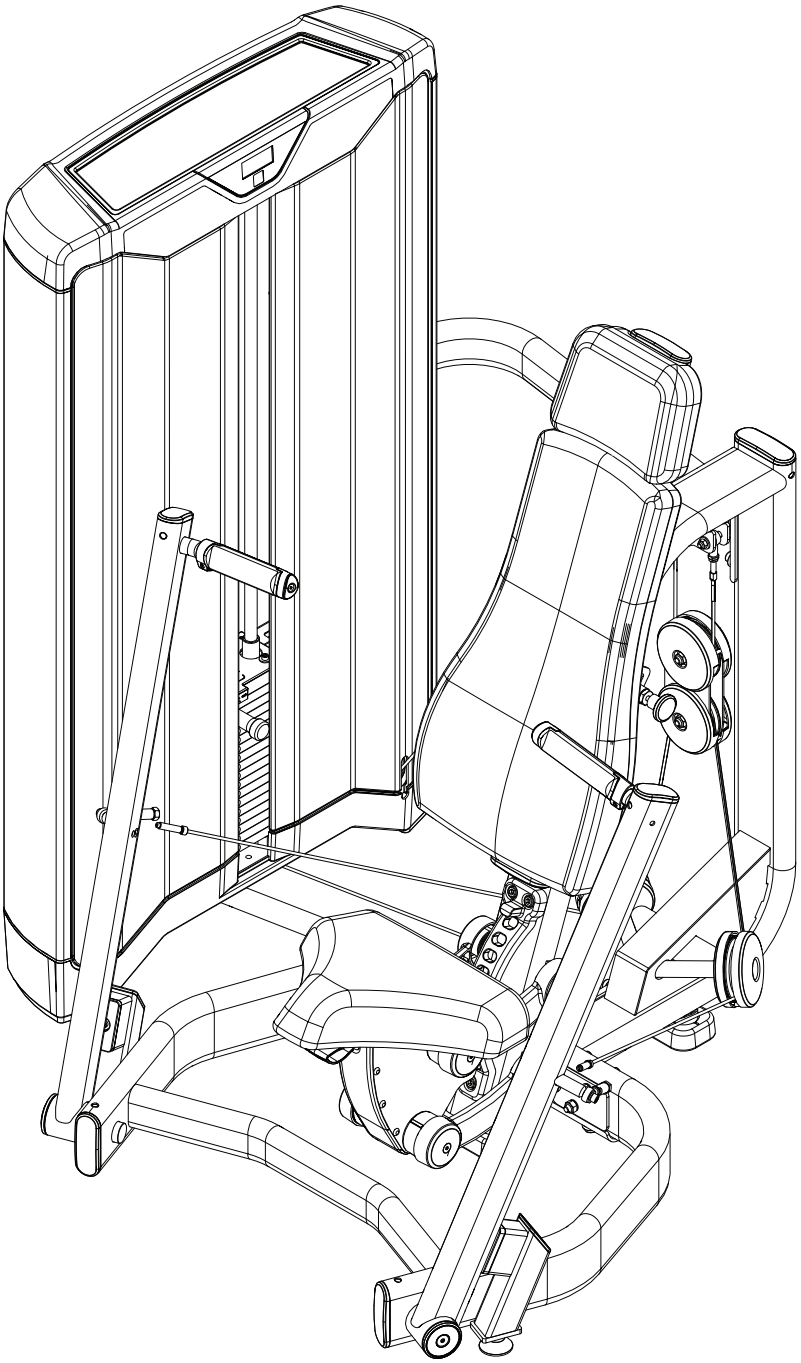




**FERRAMENTAS**

Chave hexagonal nº 3

Trava rosca torque médio

100%

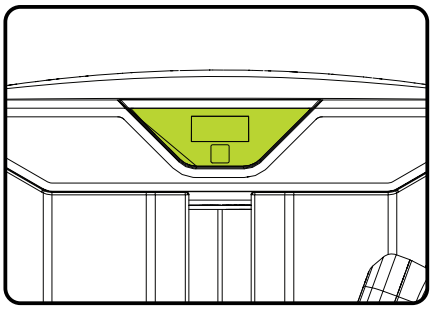


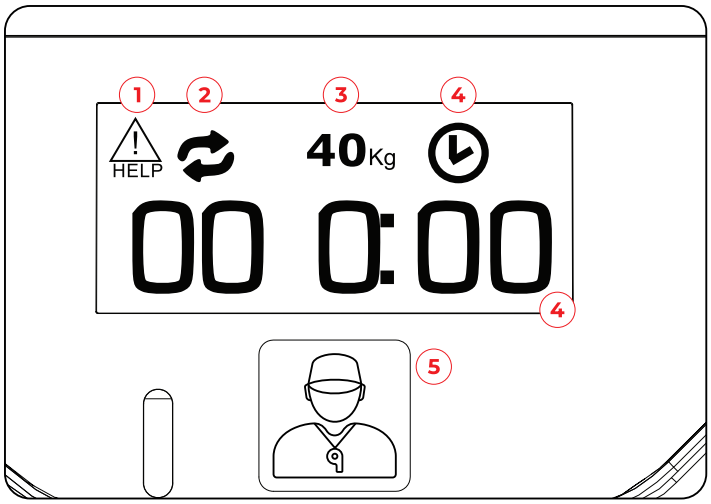
**PARABÉNS! A MONTAGEM DO EQUIPAMENTO FOI CONCLUÍDA.**
Antes de iniciar o seu treino, NIVELE o equipamento ao solo e verifique o aperto em todos os parafusos. Consulte o Capítulo "Instrução Operacional" antes de utilizar o equipamento.

# INSTRUÇÃO OPERACIONAL

**CONTADOR**

A linha NEXT possui uma versão que vem acompanhada com um contador de ciclos, tempo do exercício, tempo de descanso e carga do peso. Esse contador tem como objetivo ajudar o usuário a saber como está o seu ritmo de exercício.

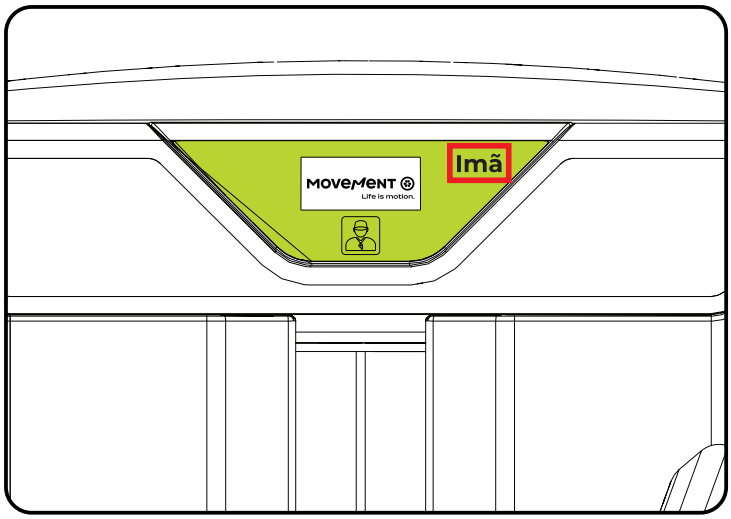


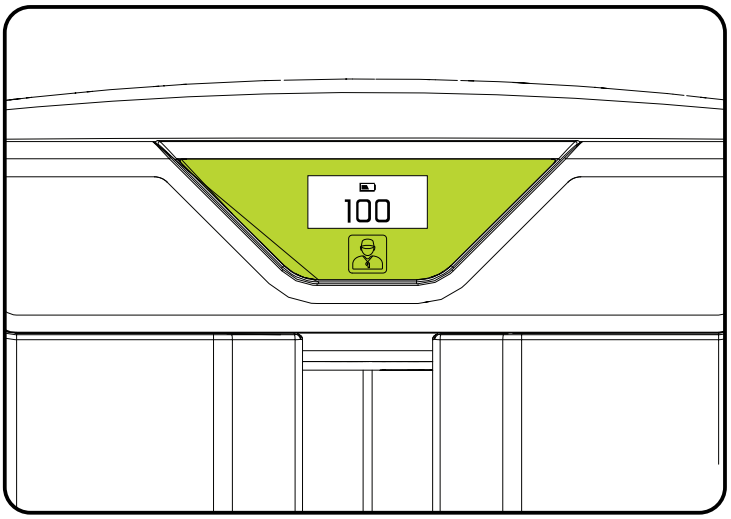



1 - Ícone de ajuda (HELP);
2 - Ícone de repetções;
3 - Carga de peso selecionada;
4 - Ícone de contador de tempo;
5 - Chamada de instrutor (imagem simbólica)

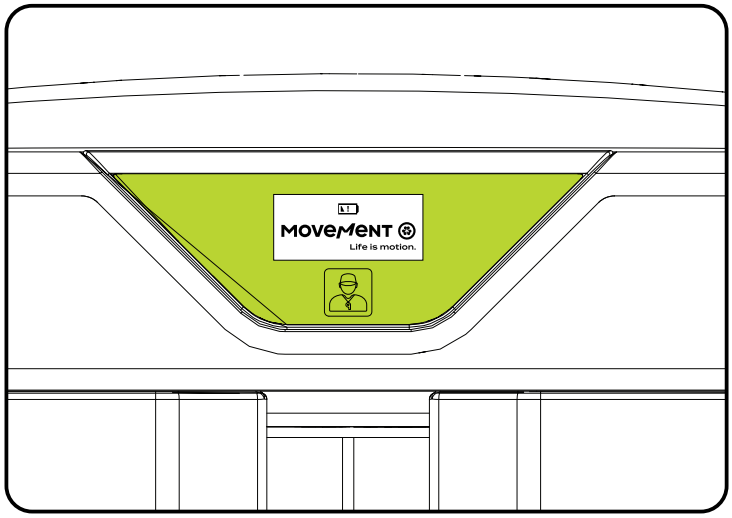
1 - Solicita Ajuda ao instrutor (quando disponível do recurso).
2 - Permite que o usuário visualize o número de repetições realizadas durante a série de exercício, podendo variar de 0 ~ 99.
3 - Permite que o usuário visualize o peso (carga) que está selecionado durante o exercício (entre 5 kg e a máxima carga disponível no equipamento).
4 - Exibe o tempo decorrido de treino do usuário durante a série de exercício, podendo variar de 0:00 ~ 9:99.
5 - Botão para chamada do instrutor (quando disponível do recurso).

Para visualizar a versão do firmware do display (contador), encoste um imã no canto superior direito na carenagem do contador e pressione o botão para chamada do instrutor (se disponível).

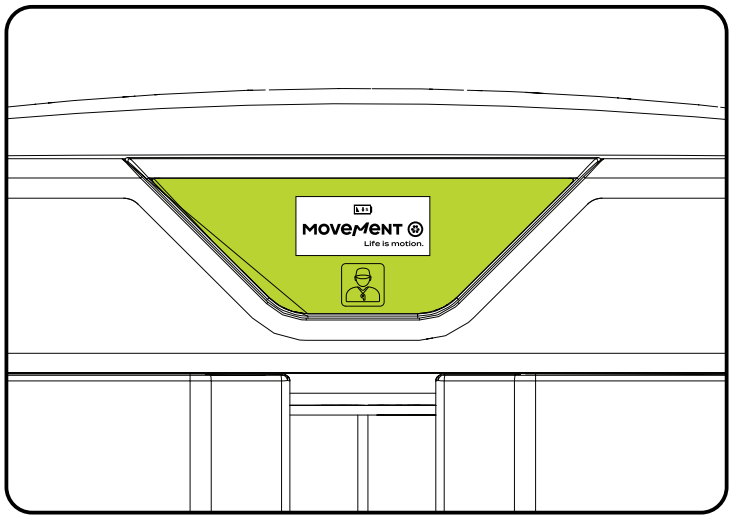


Substitua (ou recarregue) as pilhas do Contador quando o display exibir o ícone de bateria baixa. Retire as baterias do equipamento se ele for permanecer muito tempo sem uso.



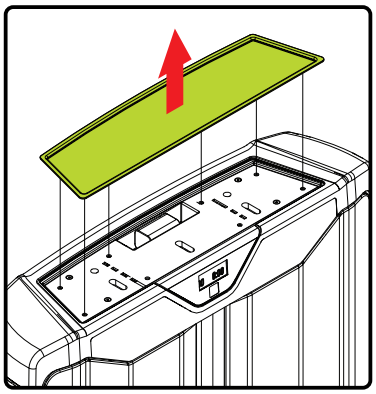

O ícone da bateria com “S” e seta para baixo indica que a bateria do Sensor está em nível baixo, sendo necessário recarregar.



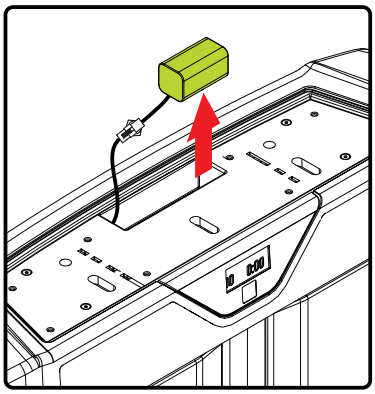
**COMO FAZER A RECARGA DA BATERIA**
Siga os passos abaixo para fazer a recarga da bateria

**ATENÇÃO**

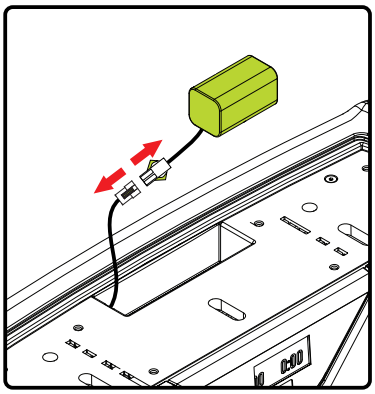
**Carregue a bateria do contador utilizando carregador homologado Movement de 8,4 V. Ao substituir a bateria do contador, utilize baterias de 7,4 V homologadas Movement (consulte o catálogo de peças do equipamento). Retire a bateria descarregada e insira uma nova completamente carregada.**



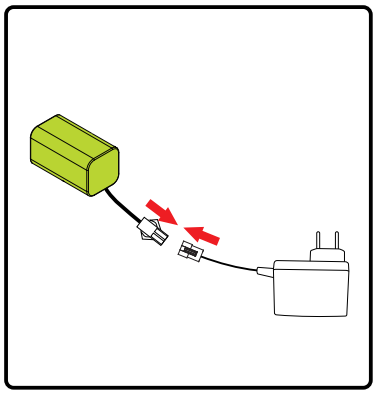
1 - Remova o acabamento de borracha.



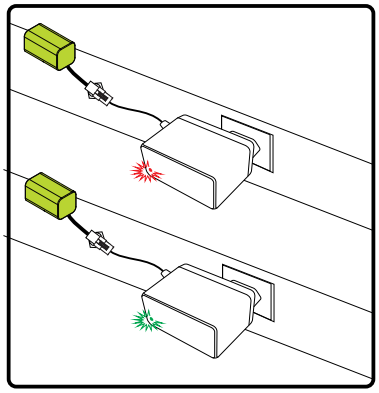
2 - Remova com cuidado a bateria para não danificar o cabo.



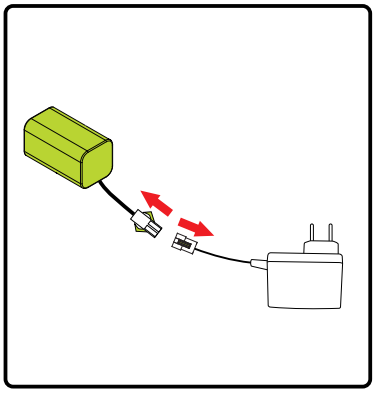
3 - Pressione nos pontos indicados conforme imagem acima e com cuidado, desconecte a bateria.



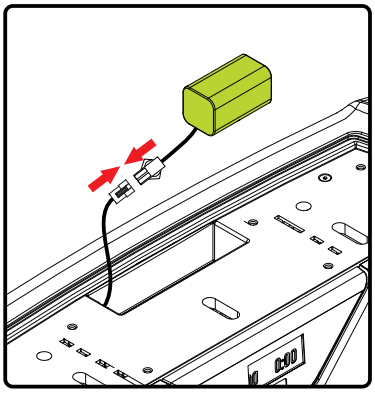
4 - Conecte a bateria ao carregador.



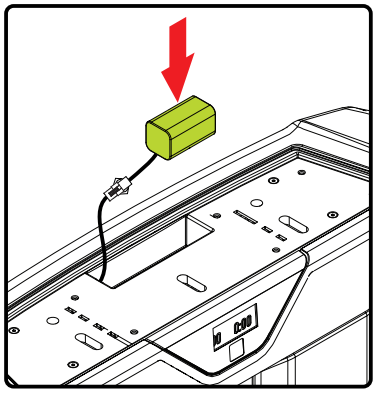
5 - Ao conectar o carregador a tomada um led em vermelho irá acender, indicando que a bateria está em carregamento. Ao termino do carregamento um led em verde indica que a bateria foi carregada.



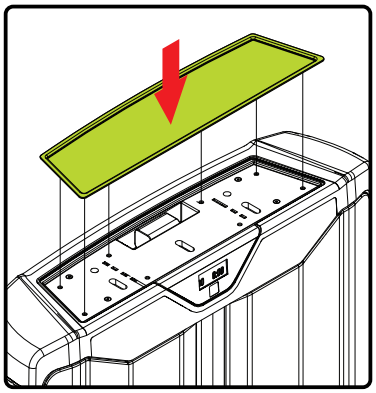
6 - Ao termino do carregamento, remova o carregador da tomada e desconecte a bateria pressionando os pontos indicados conforme imagem acima.



7 - Conecte a bateria a torre novamente.



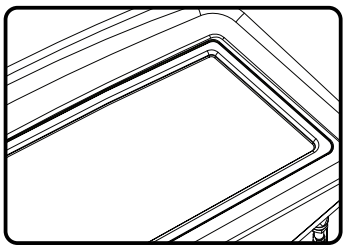
8 - Guarde a bateria com cuidado para não danificar nenhum dos fios.



9 - Por fim coloque o acabamento de borracha.

**CUIDADO**

**EVITE DEIXAR O ACUMULO DE ÁGUA NO ACABAMENTO DE BORRACHA. A ÁGUA PODE ENTRAR NO ACABAMENTO E ASSIM OXIDAR O PORTA BATERIA. MANTENHA SEMPRE O ACABAMENTO DE BORRACHA SECO.**

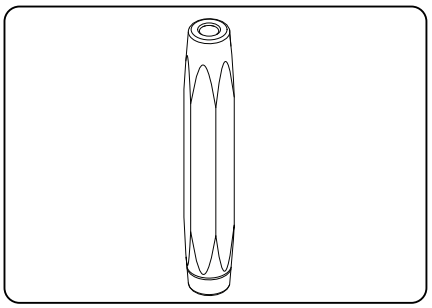


**ATENÇÃO**

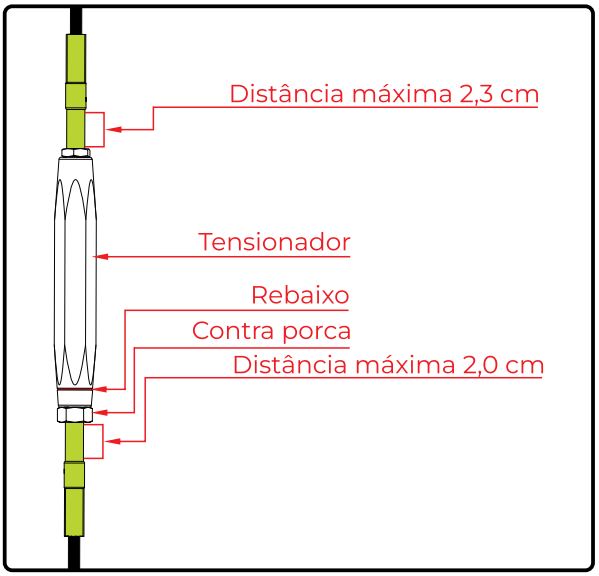
**O carregador não acompanha o equipamento. O carregador pode ser adquirido separadamente.**

**TENSIONADOR DO CABO DE AÇO**

Permite que os cabos de aço sejam regulados, soltando-os ou afrouxando-os. Para soltar ou tensionar o cabo de aço, basta rotacionar o tensionador. Para manter o melhor tensionamento do cabo, veja abaixo as especificações. O tensionamento pode ser feito com ou sem multiplicador. Para regular o cabo, remova a carenagem traseira.



**Equipamentos sem multiplicador de carga**




**PERIGO!**

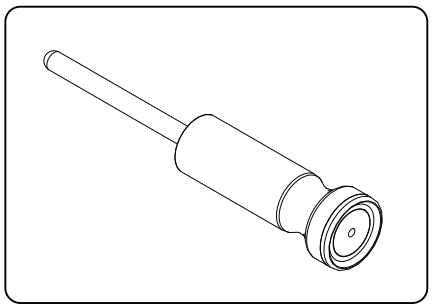
**É de extrema importância manter as medidas da regulagem dos cabos para evitar sua soltura e provável danos graves ou fatais ao usuário.**

**PESO EXTRA - OPCIONAL**

Os equipamentos NEXT possuem peso extra. O peso extra permite fracionar a carga de peso entre 2,3 kg, 3,6 kg, 4,6 kg. Para selecionar o peso extra basta, movimentar para a direita ou para a esquerda a alavanca do seletor.

**PINO SELETOR**

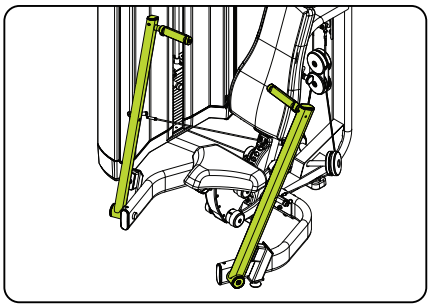
O pino seletor permite que os pesos sejam travados para serem usados ao executar o exercício.



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

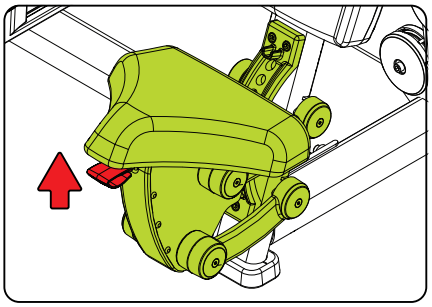
**PEGAS**

Os pegas permite que o usuário possa fazer o exercício. O usuário segura nos pegas e faz o movimento para baixo. Os braços retornam sozinho para a posição inicial devido ao cabo de aço.



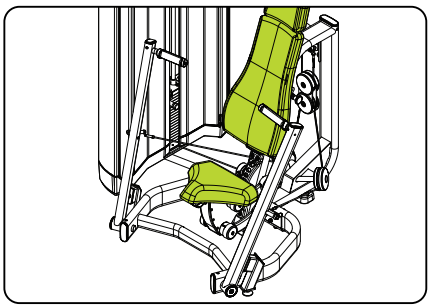
**ASSENTO**

Permite que o usuário regule a altura que deseja para executar o exercício. Para ajustar a altura do assento, movimente a trava no sentido indicado pela seta. Após ajustado, solte a trava (retorno automático por mola.



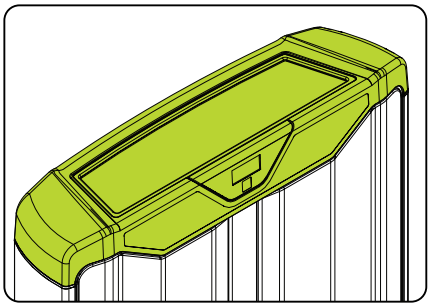
**ESTOFADO**

Permite com que o usuário sente, apoie o braços, pernas e encoste no equipamento para fazer a execução do exercício.



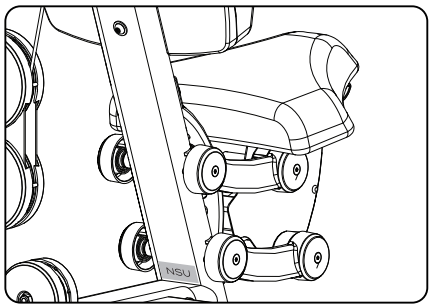
**CARENAGEM SUPERIOR / PORTA TRECO**

O porta treco permite ao usuário apoiar seus objetos.



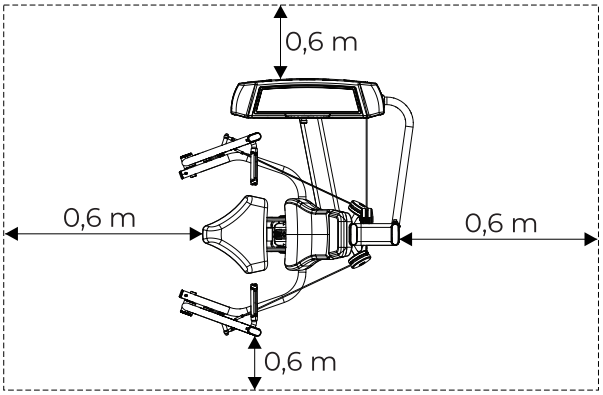
**NÚMERO DE SÉRIE**

O número de série contém informações pertinentes à classe do equipamento e dados do fabricante. Não remova o adesivo do número de série, pois ele facilita o fornecimento de informações para um ponto autorizado ou para o fabricante. Se o adesivo com o número de série descolar, entre em contato imediatamente com o fabricante.



**ESPAÇO**

Indicamos para a segurança do usuário a utilização de uma área mínima de acesso e escape conforme figura ao lado. A área de acesso e escape pode ser comum entre os equipamentos utilizadas.




**COMO UTILIZAR O EQUIPAMENTO**

1 - Posicione-se no equipamento;
2 - Regule a posição do assento;
3 - Selecione a carga usando o pino seletor;
4 - Segure nos pegas para executar o exercício;
5 - Inicie o treino.



# MANUTENÇÃO

# MANUTENÇÃO

**RECOMENDAÇÕES**

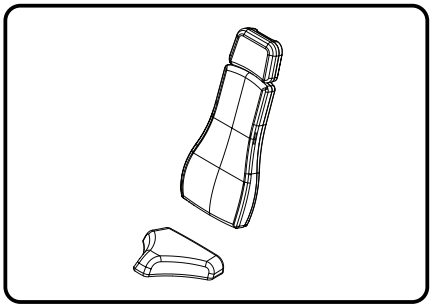
Para maior durabilidade, é necessário adotar algumas precauções que evitarão problemas no equipamento e ao usuário ou terceiros. Em caso de quebra ou mau funcionamento, interrompa o uso até que o equipamento seja reparado.

**LIMPEZA**

Semanalmente, limpe o equipamento utilizando uma escova de nylon macia. Passe aspirador de pó na parte de embaixo do equipamento para evitar o acúmulo de sujeira e pó, que podem afetar o seu funcionamento.
Use sempre um pano macio e úmido com água e sabão neutro 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.

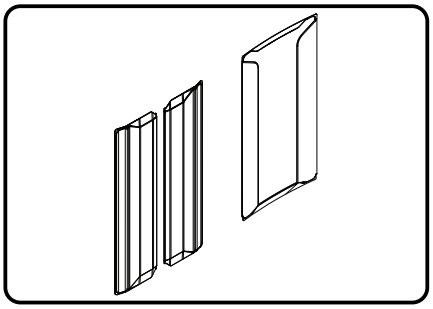
**ESTOFADO**

Em caso de rasgo, furos ou demais danos, faça a substituição imediata. Para maior durabilidade do estofado, faça a limpeza de acordo com as instruções deste manual.



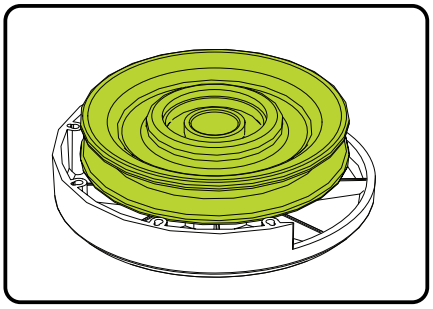
**CARENAGEM**

A carenagem serve como proteção da torre. Em caso de dano, faça a substituição imediata.



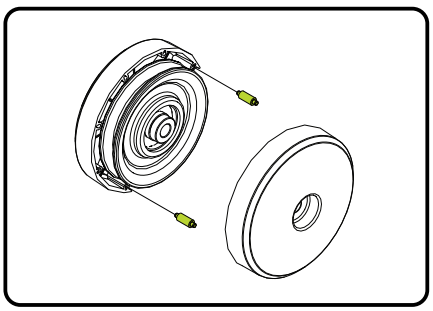
**ROLDANAS**

A roldana é o que permite que o cabo de aço faça o caminho necessário para a execução do exercício, por isso é de extrema importância mantê-las bem cuidadas. Ao menor sinal de desgaste ou de dano, entre em contato com uma assistência técnica.



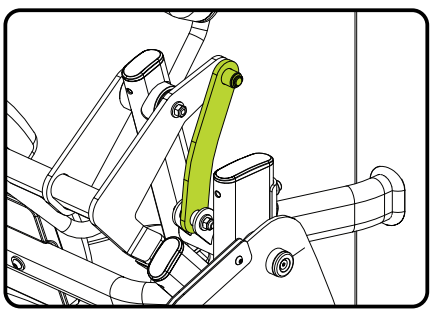
**PINO TRAVA DO CABO DE AÇO**

O pino trava do cabo de aço tem como função não deixar com que o cabo de aço saia da roldana, portanto, caso algum dos pinos estejam danificados, quebrados, ou soltos, eles podem não segurar o cabo de aço na roldana, causando assim acidentes graves ou fatais. É de extrema importância manter a integridade dos pinos. Ao menor sinal de desgaste, entre em contato com uma assistência técnica.



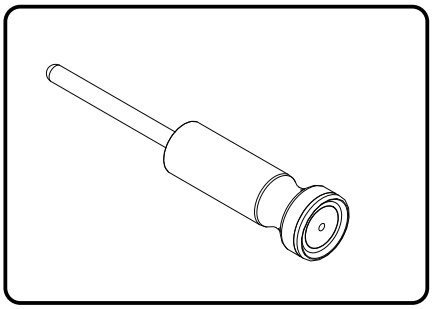
**SISTEMA DE MOVIMENTO**

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



**PINO SELETOR**

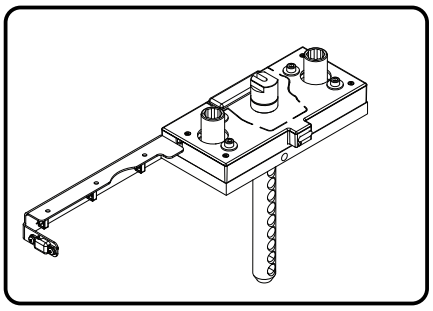
Sempre verificar se o pino seletor não esta danificado ou fora de sua forma original, podendo assim não pinar o peso de forma correta. Caso o pino esteja danificado, entre em contato com uma Assistência Técnica.



**PERIGO!** O USO DO PINO SELETOR QUANDO DANIFICADO PODE FAZER COM QUE OS PESOS NÃO SEJAM SEGURADOS DE FORMA CORRETA, CAUSANDO ACIDENTE GRAVE OU FATAL AO USUÁRIO, ALÉM DE DANIFICAR O EQUIPAMENTO.

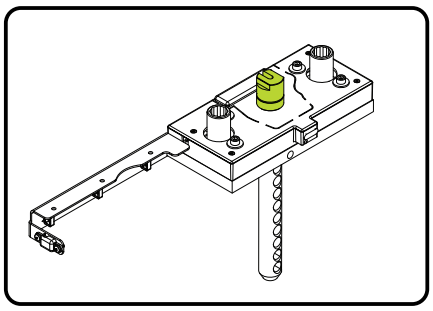
**TOP PLATE**

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



**TRAVA DO CABO DE AÇO**

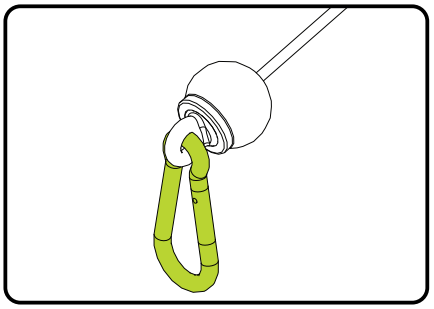
Sempre verificar se os parafusos estão bem presos nas chapas. Caso as travas estejam danificadas, não permita que o equipamento seja usado. Entre em contato com uma Assistência Técnica para fazer a troca.



# MANUTENÇÃO

**MOSQUETÃO**

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



**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.

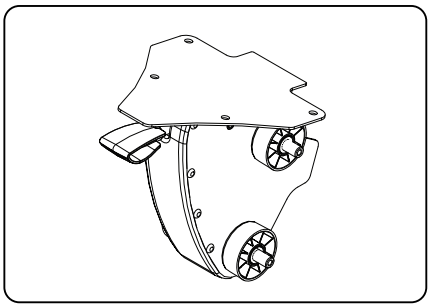
- Material de composição: Inox AISI 316;
- Capacidade máxima fechado: 1600 kg;
- Capacidade máxima aberto: 350kg.

**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.**

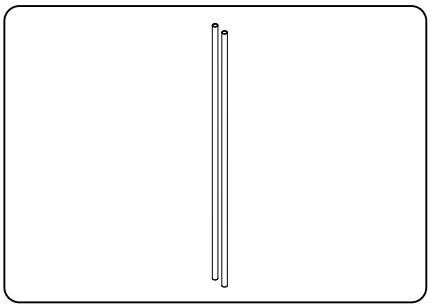
**ASSENTO**

O assento possui regulagem que permite que o usuário ajuste da melhor forma possível. Caso a regulagem não esteja sendo feita, não tente ou permita que o equipamento seja usado. Entre em contato com uma Assistência Técnica.

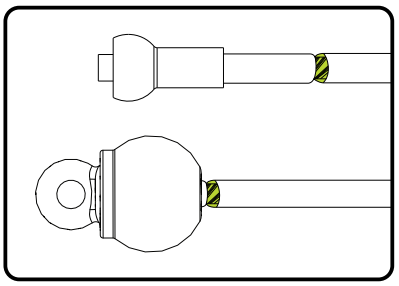


**HASTES**

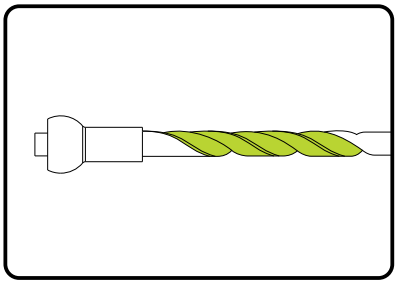
Para maior conservação do equipamento é necessário que as hastes sejam limpas semanalmente. Faça a limpeza utilizando um pano úmido com água ou álcool.



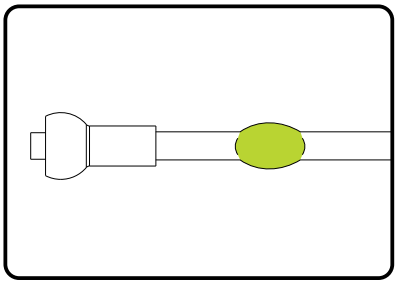
**CABO DE AÇO**
Durante o uso do equipamento o cabo de aço pode se danificar por mau uso ou por falta de manutenção. As vezes o cabo de aço pode se danificar mesmo que não fique exposto esse dano. Fique atento e sempre observe qualquer tipo de problema com o cabo. Não utilize e não permita que o equipamento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



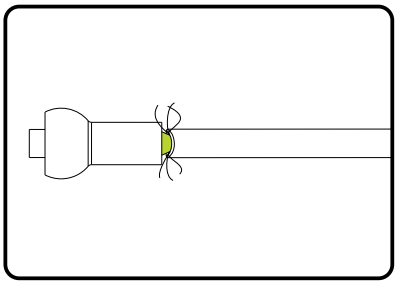
**CABO DE AÇO TORCIDO**
Cheque sempre o cabo de aço caso encontre torções faça a substituição do cabo imediatamente.



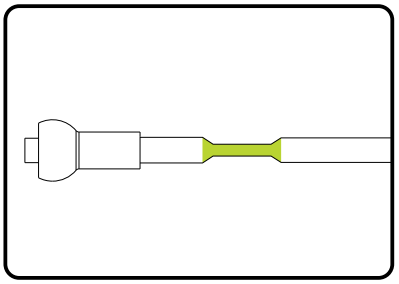
**PROTUBERANCIA NO CABO DE AÇO**
Caso o cabo se rompa internamente uma protuberância pode vir a surgir na parte externa do cabo, fazer a substituição do cabo imediatamente.



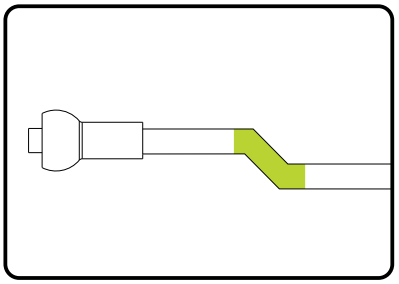
**FIOS SOLTOS**
Substituir quando qualquer fio de aço estiver exposto nas extremidades.



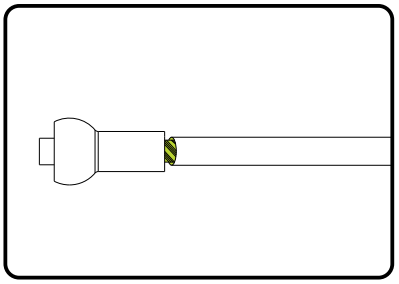
**CABO DE AÇO AMASSADO**
Cabo de aço amassado ou fora da sua forma original pode causar rompimento ou danos a outras partes do equipamento. Fazer a substituição do cabo imediatamente.



**CABO DE AÇO TORCIDO**
Cabo de aço torcido ou fora de sua forma original pode causar rompimento ou danos a outras partes do equipamento. Fazer a substituição do cabo imediatamente.

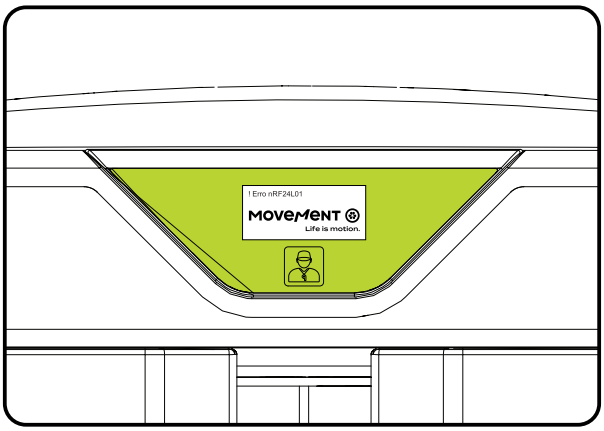


**EXPOSIÇÃO**
Exposição da parte interna dos cabos pode causar rompimento ou danos a outras partes. Fazer a substituição do cabo imediatamente.

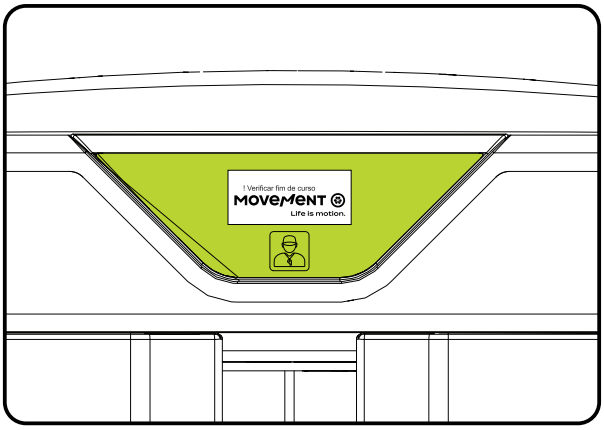


## ERROS DO CONTADOR

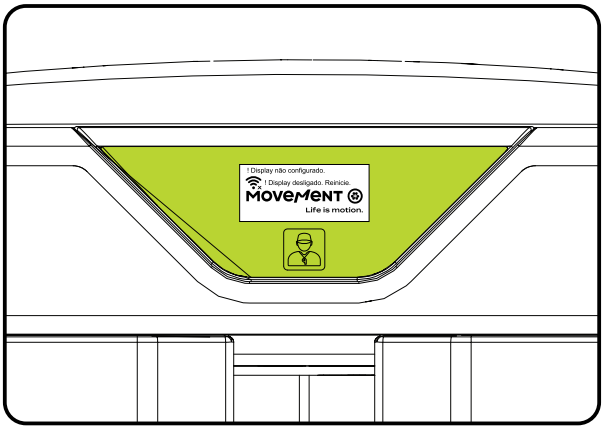
Erro nrf24L01: módulo do rádio acoplado na placa do contador está com defeito. Interrompa o uso do equipamento e entre em contato com um ponto autorizado.



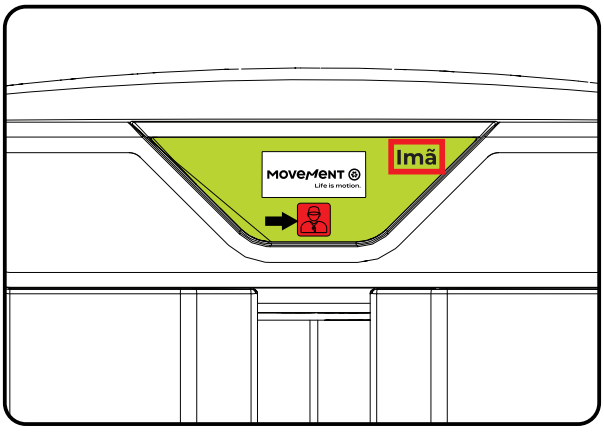

Erro: Se a mensagem “Verificar fim de curso” surgir indica que o imã na torre não está montado corretamente. Verifique a montagem do imã.




Erro: se a mensagem “Display não configurado.” aponta a necessidade de configuração e pareamento com Sensor na torre. Nesse momento o display encontra-se em modo de baixo consumo para economia de bateria. Interrompa o uso do equipamento e entre em contato com um ponto autorizado.




Para reinicializar o display Contador encoste um imã no canto superior direito na carenagem do contador e pressione 5x o botão para chamada do instrutor (se disponível).




**ATENÇÃO**

**Na suspeita de que o contador não está mostrando corretamente a carga de peso selecionada, entre em contato com uma assistência técnica.**
**Esse comportamento pode indicar um problema no sensor.**

## 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 desgastados. Caso estejam, fazer a troca da peça. | | |
| **PINO TRAVA** | | Verifique se os pinos não estão danificados ou desgastados. 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. | |
| **MULTIPLICADOR DE CARGA (Quando aplicável)** | Verifique se os multiplicadores de carga estão danificados ou desgastados. Se sim, fazer a troca. | | | |
| **CABO DE AÇO** | Verifique todos os cabos de aço. Caso estejam danificados ou quebrados, faça a troca imediata. | | | |
| **PINO SELETOR** | Verificar se o pino seletor está quebrado ou danificado. Se sim, fazer a troca imediata. | | | |
| **CARENAGEM** | | Verificar se a carenagem não está danificada ou quebrada. Se sim, fazer a troca imediata. | | |
| **CONTADOR** | | | | Verificar se a bateria está fraca. Se estiver abaixo dos 20% fazer a troca ou carregá-las. |
| **ESTOFADOS** | | | | Verificar se há rasgos ou furos nos estofados. Se sim, fazer a troca imediata da peça. |
| **ASSENTO** | | Verificar se a regulagem do assento esta encaixando perfeitamente. Verifique também as demais regulagens do equipamento. Caso alguma regulagem não esteja em conforme, fazer a troca da peça. Verifique as molas do pantógrafo. Caso esteja fazendo ruído faça a lubrificação com graxa em spray. | | |
| **PESO EXTRA** | | | | Verifique se os pesos estão deslizando de forma correta nas hastes e se estão corretamente selecionados. Se não, 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.

# VEXT

# 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 exercitar 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) em menos de 30 dias da descoberta da não conformidade e disponibilizar o equipamento para inspeção.

| | |
|---|---|
| **90 dias** | **Garantia legal do Código de Defesa do Consumidor (art. 26, II)**<br>Mão de obra / Estofados dos equipamentos: Biceps, Leg Extension, Seated Leg Curl e Row. |
| **6 meses** | **Já incluída a garantia legal do Código de Defesa do Consumidor (art. 26, II) de 90 (noventa) dias.**<br>Cabo de aço / Adesivos / Reguladores e Puxadores / Manoplas / Acabamentos termoplásticos / Acabamentos de elastômeros / Carenagens e estofados em geral (exceto: Biceps. Leg Extension, Seated Leg Curl e Row). |
| **1 ano** | **Já incluída a garantia legal do Código de Defesa do Consumidor (art. 26, II) de 90 (noventa) dias.**<br>Partes e peças mecânicas / Polias / Mosquetões / Rolamentos / Molas / Componentes de fixação /<br>Pintura em geral, incluindo os itens cromados e zincados / Componentes eletrônicos (exceto pilhas). |
| **3 anos** | **Já incluída a garantia legal do Código de Defesa do Consumidor (art. 26, II) de 90 (noventa) dias.**<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-técnica.
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.

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ATENDIMENTO AO CONSUMIDOR
Cx. Postal 11 - CEP 17582-202 - Pompéia - SP - Tel. 0800-7724080
falecom@movement.com.br

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

MOVEMENT

# OWNER'S MANUAL



# CHEST PRESS

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

MOVEMENT

NEXT


NEXT

# INTRODUCTION

**WELCOME TO MOVEMENT!**
Congratulations, you are now part of the MOVEMENT universe!

With the aim of offering innovative products, services and solutions that meet leisure, well-being and comfort needs, encouraging people to a more pleasurable and healthy life, Brudden Equipamentos Ltda. has created the MOVEMENT brand.

Founded to develop and produce fitness equipment, Movement soon stood out in the Brazilian market for its tradition in convenience and durability, which transforms Brudden into a quality icon in the marketplaces where it operates.

With a high level of investment in R&D with renowned institutions, Movement promotes improved quality of life for the most diverse profiles and habits, with a strong presence in homes, condominiums, gyms, clubs, hotels, clinics, companies and organizations.

The quality of the equipment extends to the services provided by its extensive service network and Authorized Service, spread throughout the country.

Bringing Movement closer to you and your family in favor of a healthier life, which is profitable for investors, and pleasurable and healthy for those who workout on one of our machines.

Visit our website and find out more about what our company offers to help you improve your quality of life.

MOVEMENT

# TABLE OF CONTENTS

SAFETY INFORMATION 05
GETTING TO KNOW THE EQUIPMENT 09
ASSEMBLING THE EQUIPMENT 13
OPERATING INSTRUCTIONS 48
MAINTENANCE 57
WARRANTY 64

# SAFETY INFORMATION

# SAFETY INFORMATION

## EXPLANATION OF THE SYMBOLS

**DANGER!**

A statement preceded by "DANGER" contains information that must be acted upon in order to prevent serious physical injury or death.

**WARNING!**

A statement preceded by "WARNING" contains information that must be acted upon in order to prevent physical harm to users.

**CAUTION!**

An indication preceded by the word "CAUTION" contains information that must be acted upon in order to prevent damage to the product.

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

## SAFETY!

**DANGER!**

- Misusing the equipment can turn it into a dangerous instrument that can cause serious injury or even death to the user. Therefore, it's extremely important that you read and understand this manual.
- Before using the equipment, read this manual carefully, making sure that it is assembled and used correctly; otherwise, the user could be seriously injured or killed.
- It is the sole responsibility of the buyer of MOVEMENT products to read the equipment's instruction manual and warning stickers. It is also the buyer's sole responsibility to instruct end users in the correct use of the equipment.
- Users must be supervised by a qualified professional, and it is the buyer's responsibility to instruct them correctly. Using the equipment in a manner contrary to this manual may cause accidents to users.
- This equipment is not intended for use 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 domestic use. If you have any questions, please contact MOVEMENT.
- We recommend that the equipment be in an area with controlled access. Controlling access to the equipment is the sole responsibility of the instructor, as is supervising 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 near the equipment, since this may cause accidents.
- Do not allow children, people with reduced psychomotor capacity and animals near the equipment, due to risk of serious or fatal accident.
- Do not use the equipment barefoot, wearing heels or shoes with worn soles. Make sure there are no stones stuck in your shoes.
- Do not wear loose clothing, avoid wearing jewelry, chains, your hair down, and other objects. Always wear clothing designed for physical exercise.
- 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 the seats, knee supports, weights, backrest or any other type of adjustment, make sure that the adjustment pin or lever is fully engaged in the adjustment hole to avoid injury.
- Incorrect or excessive exercise can cause serious injury. If you feel any kind of pain, dizziness, faint or shortness of breath, stop exercising immediately and talk to a specialized doctor.

# SAFETY INFORMATION

**DANGER!**

- Keep the floor around the equipment dry at all times to avoid slipping and falling.
- Make sure that the equipment is properly leveled to the ground and on a flat surface away from walls, in order to maintain the balance of the equipment and avoid accidents and harm to the users.
- DO NOT place the equipment on polished (smooth) floors, since this may cause the equipment to become unstable.
- Never modify the equipment without the manufacturer's authorization. Unauthorized modifications or accessories may invalidate the warranty, as well as serious or fatal injuries 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 damaged or worn steel cable, which creates a risk of serious or fatal accident to the user. The instructor is solely responsibility for checking the condition of the steel cable.
- Only use spare parts manufactured and supplied by MOVEMENT.
- Do not allow just anyone to service the equipment. MOVEMENT has authorized service points nationwide. To find the nearest one, go to www.movement.com.br or call 0800 772 40 80.
- Preventive maintenance is the key to maintaining the equipment's long life and thus, avoiding serious accidents to users. If you have any questions regarding maintenance, please refer to the maintenance chapter in this manual.
- The equipment is equipped with a weight stack. Do not use any other type of weights to increase the maximum load of the equipment, there's a risk of serious or fatal accident to users.
- Do not use any type of selector pin to lock the weight stack, other than the one supplied with the equipment.
- Do not allow users to drop the weight stack in free fall, there's a risk of damaging the equipment's structure.
- Do not exceed the equipment's maximum capacity.
- Fully insert the selector pin into the weights. Partial insertion may cause the weights to fall, damaging the equipment, and causing serious or fatal accidents to users.
- Never remove the selector pin when the weight stack is in the raised position.
- Never attempt to free up parts or weights that are stuck.
- UNDERSTANDING each warning sticker is important. If you have any questions, please contact our customer support by calling 0800 772 40 80.
- If the warning stickers are damaged, contact MOVEMENT immediately in order to have them replaced. The warning stickers are affixed to the equipment and must be inspected before using the product.
- The triangle-shaped stickers indicate a type of risk to users.



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



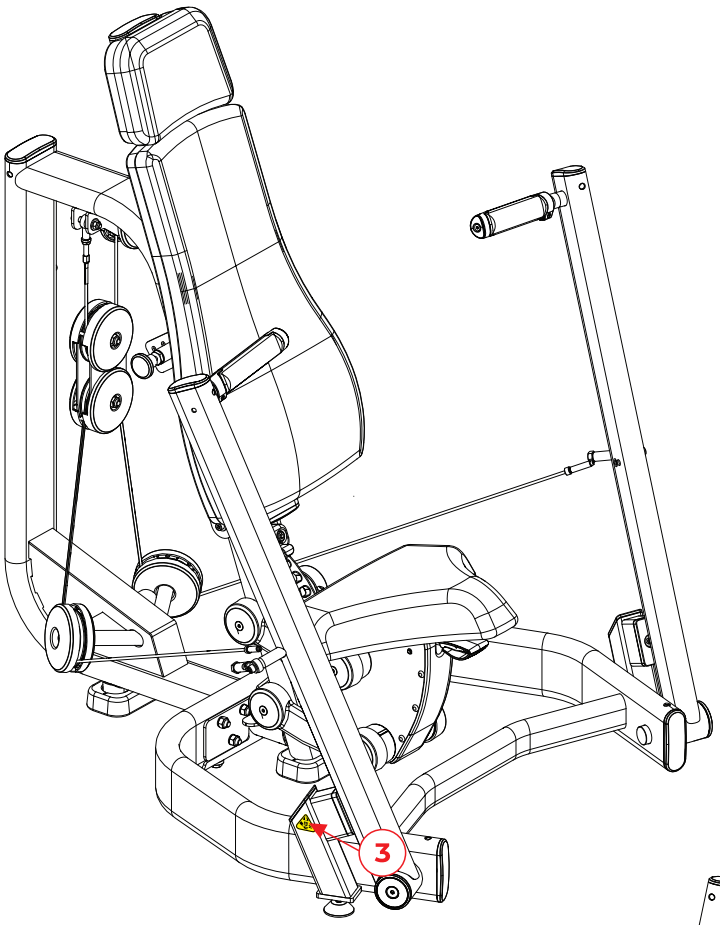
**DANGER!**
DO NOT PUT YOUR HANDS BETWEEN THE PULLEYS. CRUSHING HAZARD

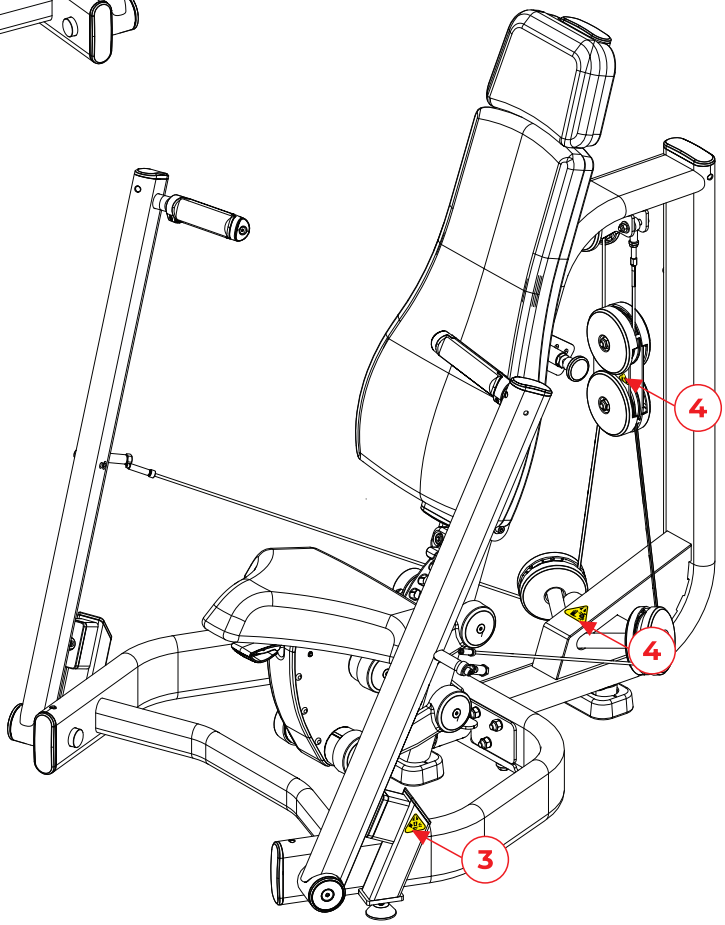


**DANGER!**
DO NOT PUT YOUR HANDS BETWEEN MOVING PARTS. CRUSHING HAZARD



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





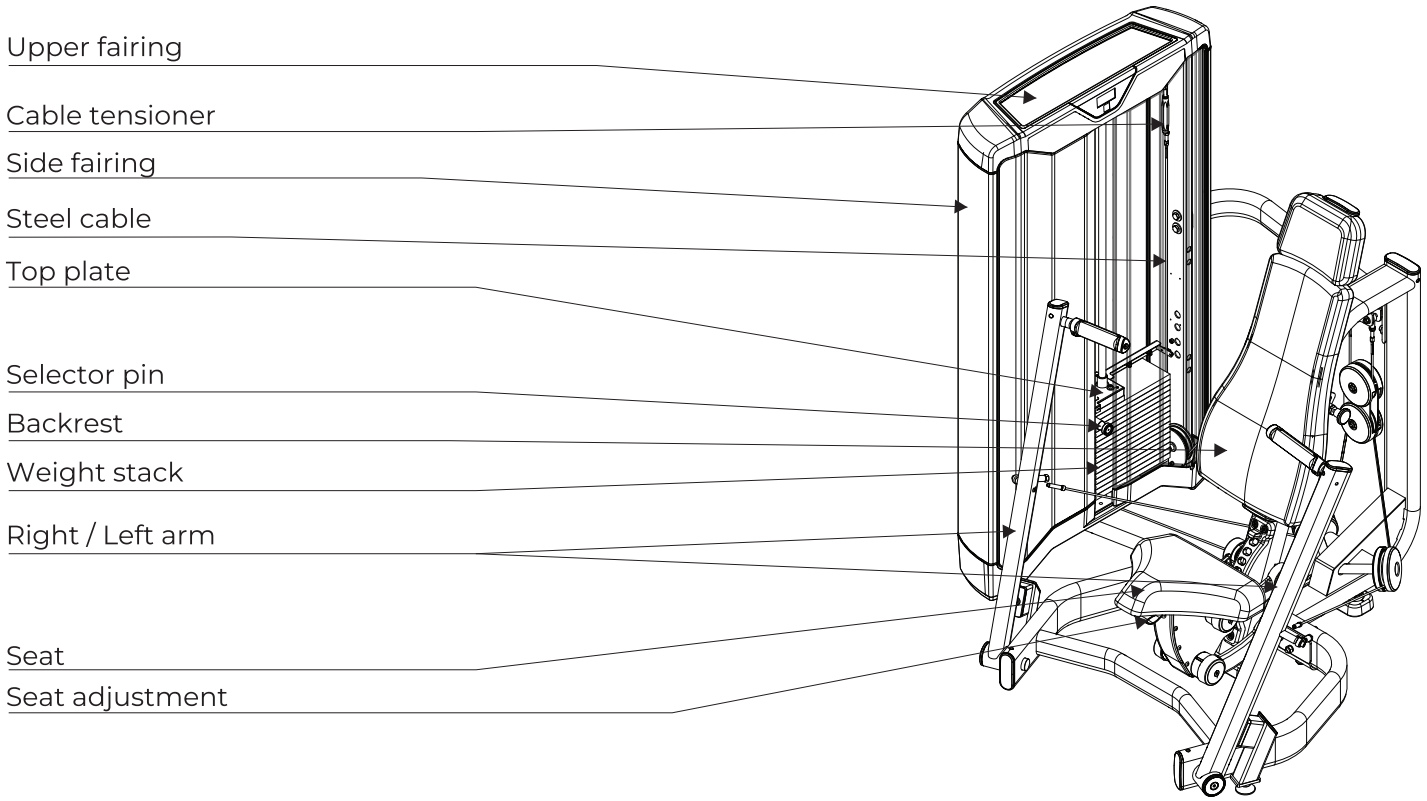


NOTE: Certain parts of the equipment have been removed for easier viewing.

# GETTING TO KNOW THE EQUIPMENT

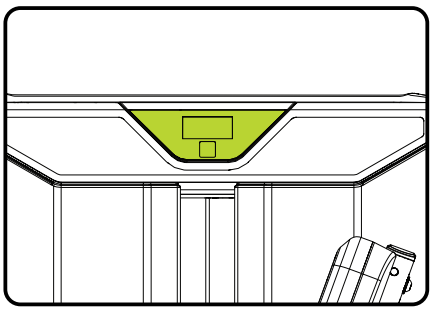
**OBJECTIVE**

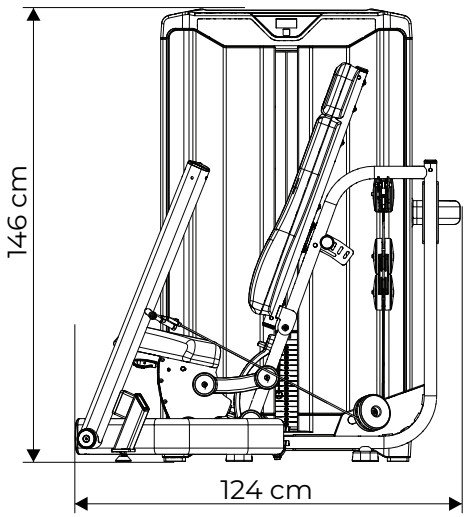
The bench press is designed to train and condition the user through the arm movements. The equipment has arms that can be pulled by the user to workout arms and chest muscles.
This equipment consists of the following main components:

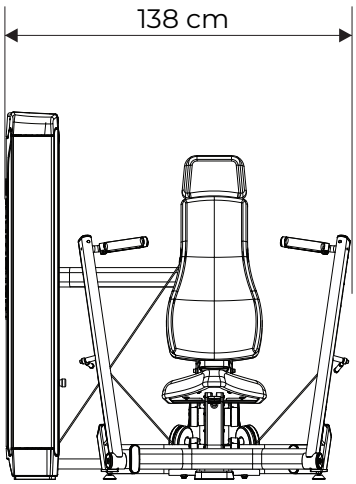



**COUNTER**

The NEXT line has a version that includes a counter. To find out more about the accountant, read the operational instruction chapter.

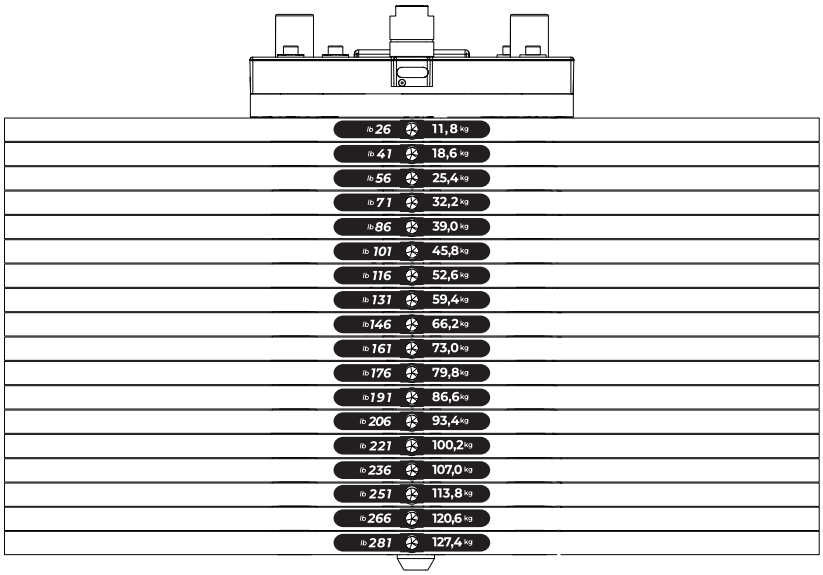




**WEIGHT STACK**

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




| Weight stack load |
|---|
| 16 6.8-kg* weights |
| 5-kg top plate |
| Total weight: 127,4 kg |

Weight values may be rounded up or down.

## Equipment specifications

| | |
|---|---|
| **Segment** | Strength Training |
| **Category** | Single Station Selectorized |
| **Line** | NEXT |
| **Model** | SSS - Single Station Selectorized CHEST PRESS |
| **Maximum user weight** | 145 kg |
| **Length** | 124 cm |
| **Width** | 138 cm |
| **Height** | 146 cm |
| **Occupied area** | 1,710 $m^2$ |
| **Equipment weight** | 268 kg |
| **Top plate** | 5 kg |
| **Unit plate weight** | 6,8 kg |
| **Initial load** | 5 kg |
| **Maximum load** | 127,4 kg |
| **Repetition counter** | Yes – smart repetition counter with timer |
| **Structure** | Steel |
| **Painting** | Surface treatment with 9 baths + electrostatic powder coating |
| **Welding** | Robotic GMAW process |
| **Upholstery material** | High-density controlled polyurethane foam |
| **Upholstery coating** | Waterproof synthetic leather with double stitching |
| **Steel cable** | Ø 3.17 mm (steel core); Ø 4.76 mm with coating |
| **Shock absorber at tower base** | Yes |
| **Enclosed pulleys** | Yes |
| **Weight selector pins (flute)** | Yes – magnetic. with anodized aluminum finish |
| **Weight guides** | Hard anodized aluminum – low friction coefficient and high wear resistance |
| **Instruction sticker (placard)** | Yes – located on the tower. with usage instructions and targeted muscles |
| **Color options for tower/frame** | ALL SAND BLACK |
| **Multipurpose support** | Yes, at the top of the tower. |
| **Warranty** | Up to 3 years – **See the Instruction Manual for details** |

# EQUIPMENT ASSEMBLY

# EQUIPMENT ASSEMBLY

**CAUTION!**

Before starting to assemble your equipment, the following precautions must be taken into account:

·Make sure that the packaging isn't damaged, and that the equipment's parts and components aren't damaged.

·We recommend that the equipment be unpacked at the site where it will be assembled.

·The installation site must be clean.

·The floor must be flat, level and firm in order to prevent the equipment from becoming unstable.

·We recommend that the equipment be assembled away from moisture and protected from sunlight, in order to avoid damage to the equipment's electronic parts and fairing.

## ICONS

The icons provide instructions on the good practices to be followed during assembly.



We recommend that two people perform this assembly.




Not fully tighten the screws

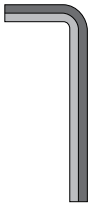



Fully tighten the screws

## TOOLS

Use the following tools to assemble the equipment. The torque table provides guidance on how much tightening a given screw can take. The table should be strictly followed.

NOTE: Some screws have a different torque to that shown in the table.



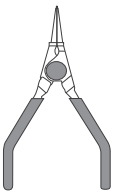
Hex wrench



Threadlocker medium torque



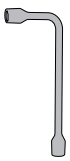
Phillips screwdriver



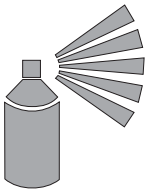
Elastic ring pliers



Fixed wrench



Open end wrench

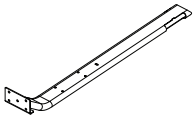


Spray grease



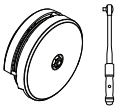
Torque wrench

**Torque specifications:**

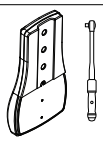


**Fasteners for metal structures**

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



**Pulleys with covers or without covers**

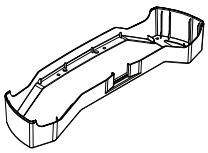
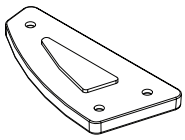
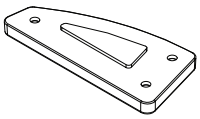
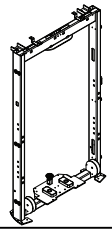
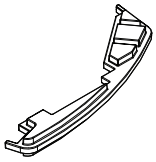
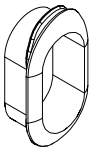
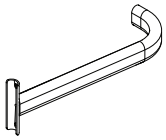
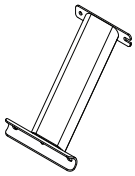
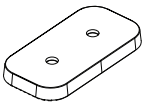
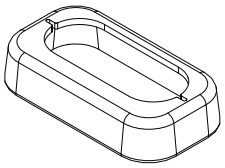
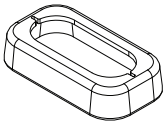
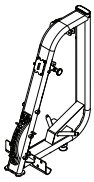
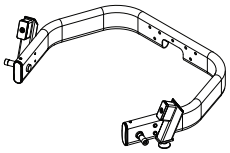
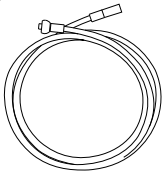
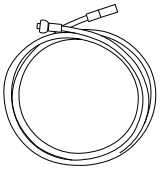
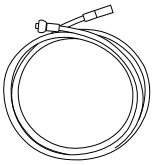
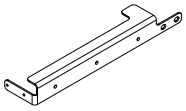
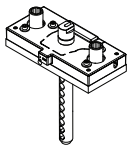
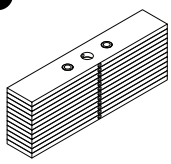
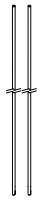
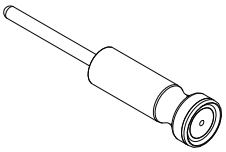
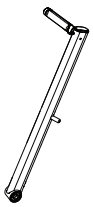
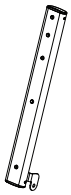
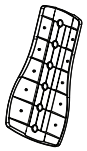
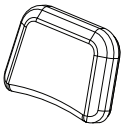
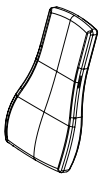
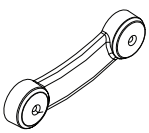
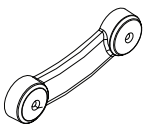
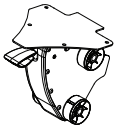
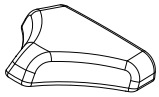
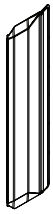


**Padding with or without covers**

| Torque [N.m] |
|---|
| 8 to 10 |

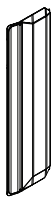
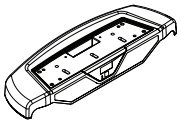
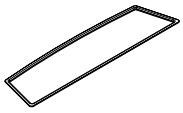
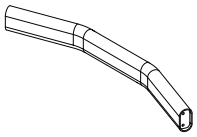
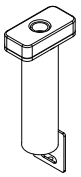
# EQUIPMENT ASSEMBLY

## COMPONENT LIST

| | | | | | |
|---|---|---|---|---|---|
| A  Lower fairing | B1  Left rubber foot | B2  Right rubber foot | C  Tower | D1  Right fairing without hole | D2  Right fairing with hole |
| E  Finish | F  Side finish | G  Side link bar | H  Lower link bar | I  Rubber foot | J1  Rubber cover |
| J2  Rubber cover | K  Frame | L  Armrest | M1  Longer steel cable | M2  Shorter steel cable | M3  Steel cable for the arms |
| Q2  Sensor mount | Q3  Top plate | R  Weight stack | S  Weight rod | T  Selector pin | U  Mounting plate |
| V1  Right arm | V2  Left arm | W  Backrest frame | X  Headrest cover | Y  Backrest cover | Z  Headrest padding |
| AA  Backrest padding | AB1  Seat hinge with sticker | AB2  Seat hinge | AB3  Seat frame | AC  Seat padding | AD1  Right front fairing |

# EQUIPMENT ASSEMBLY

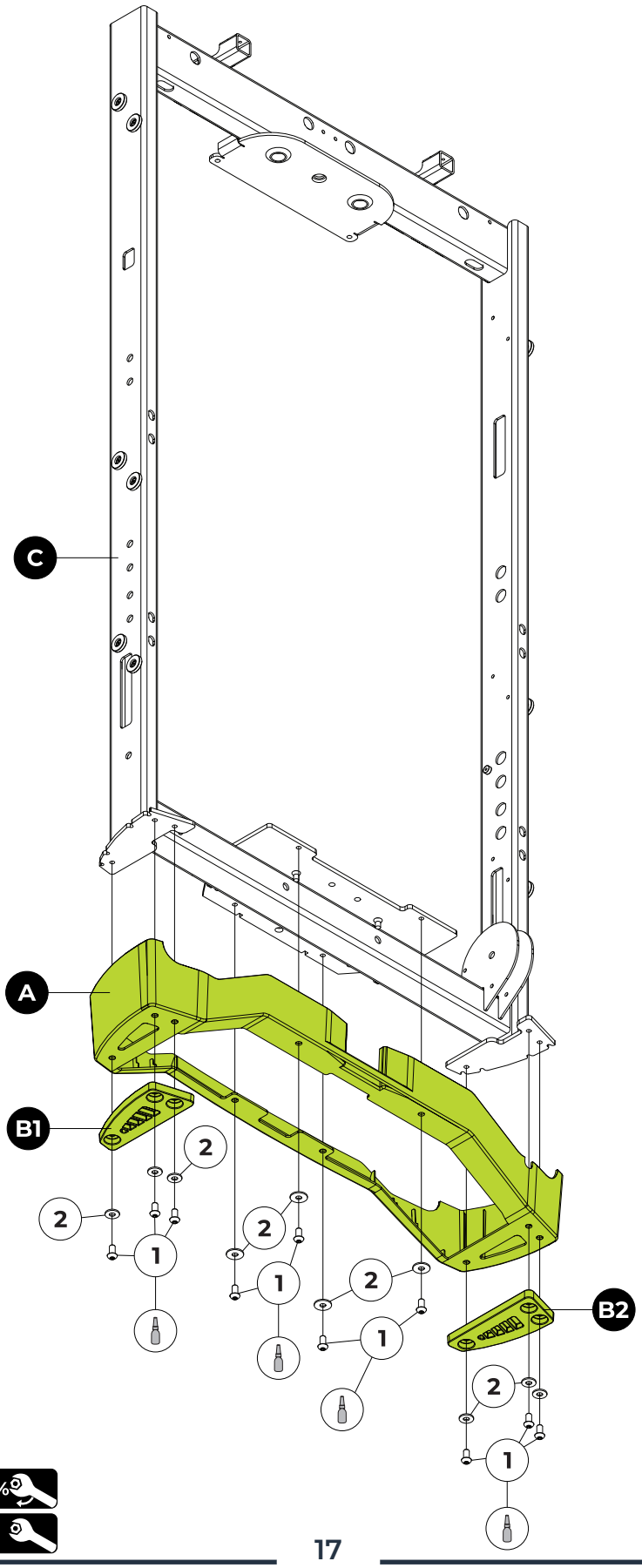
## COMPONENT LIST

| AD2 | AE | AF | AG | AH | AI |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| Left front fairing | Rear fairing | Upper fairing | Rubber finish | Lock bar | Holder |

# EQUIPMENT ASSEMBLY

## STEP 1

| | NAME | Qty. |
|---|---|---|
| 1 | Hex flat head screw Button head hex Int. M8X16 | 10x |
| 3 | Flat washer - Ø8X20X2 | 10x |
| A | Lower fairing | |
| B1 | Right rubber foot | |
| B2 | Left rubber foot | |
| C | Tower | |




**TOOLS**

Hex wrench n° 5

Threadlocker medium torque

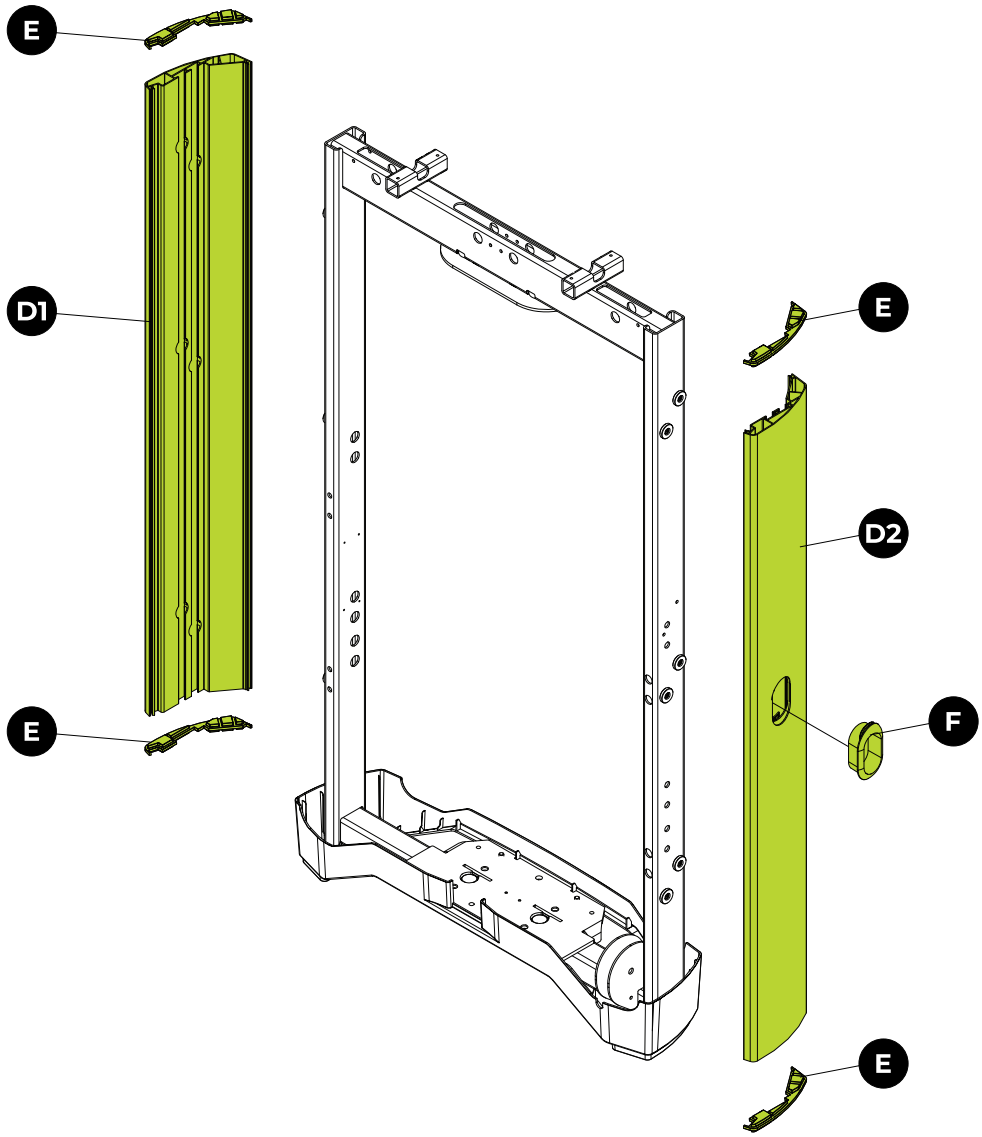
Torque wrench

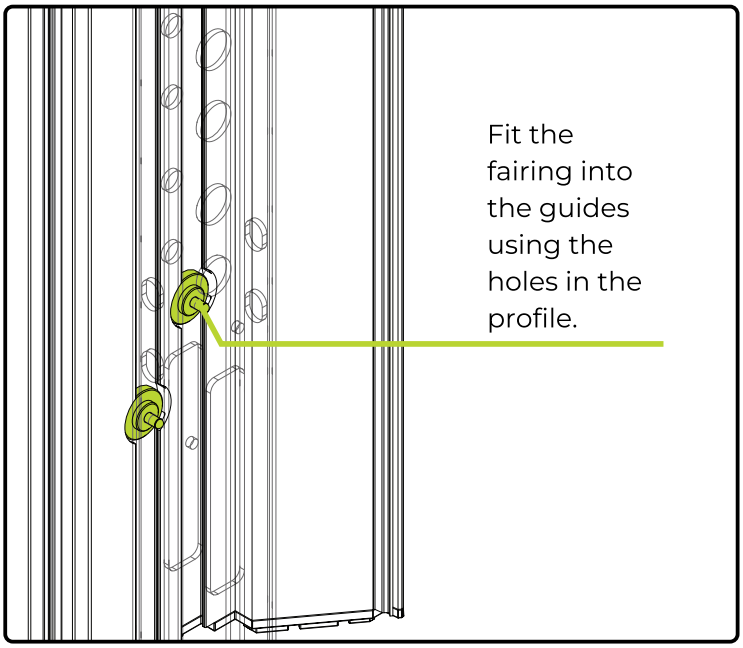
100%

# EQUIPMENT ASSEMBLY

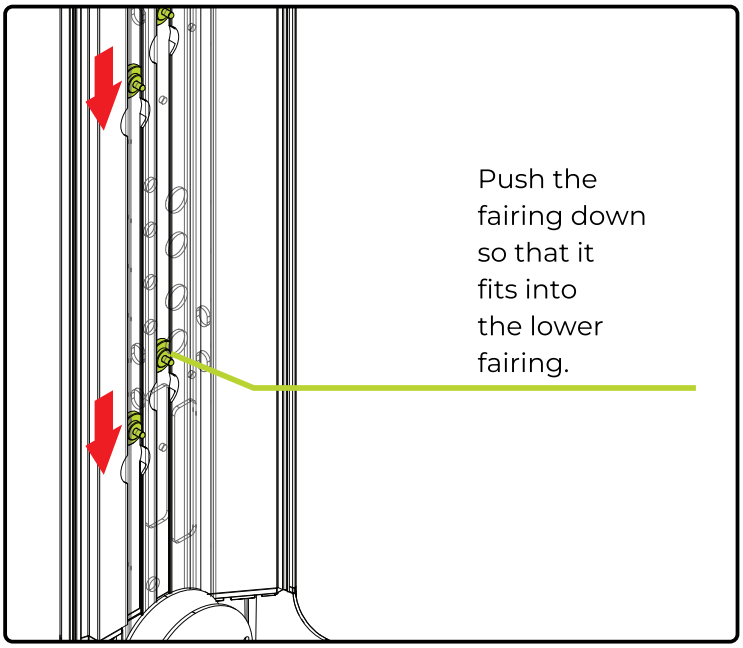
## STEP 2

| | NAME | |
|---|---|---|
| D1 | Left fairing without hole | |
| D2 | Right fairing with hole | |
| E | Finish | |
| F | Side finish | |



Fit the fairing into the guides using the holes in the profile.

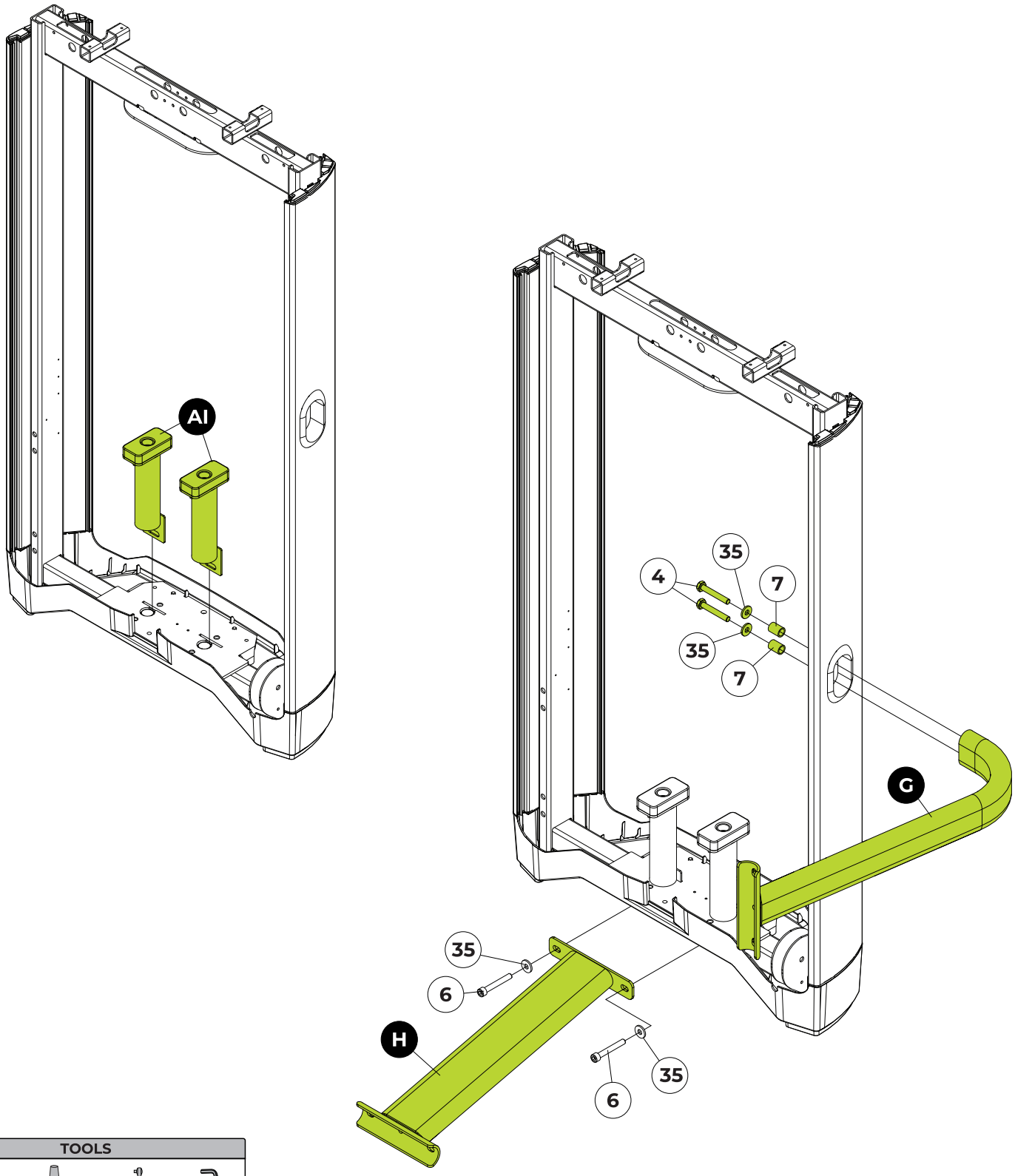


Push the fairing down so that it fits into the lower fairing.

# EQUIPMENT ASSEMBLY

## STEP 3

| | NAME | Qty. |
|---|---|---|
| 4 | Hex flat head screw Hex M10X65 | 2x |
| 6 | Hex flat head screw Cylindrical head hex Int. - M10X70 | 2x |
| 7 | Spacer | 2x |
| 35 | Flat washer Ø10.5X30X2,5 | 4x |
| G | Side link bar | |
| H | Lower link bar | |
| AI | Holder | |




**TOOLS**

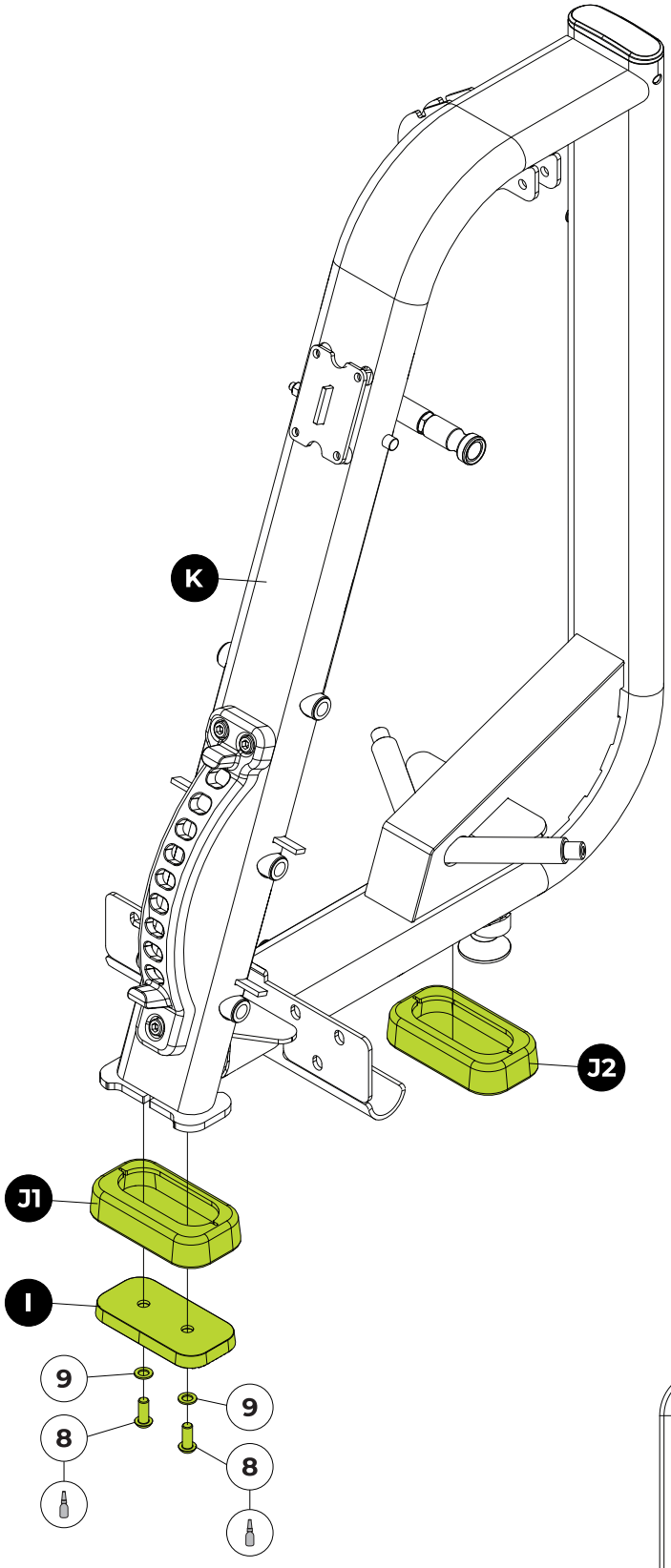
Fixed wrench #17 | Threadlocker medium torque | Torque wrench | Hex wrench n° 8

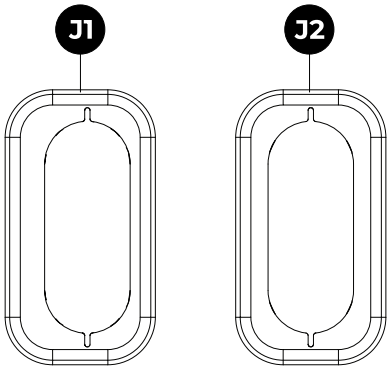
50%

# EQUIPMENT ASSEMBLY

## STEP 4

| | NAME | Qty. |
|---|---|---|
| 8 | Hex flat head screw Button head hex Int. M10X25 | 4x |
| 9 | Flat washer Ø10.5X18X1.6 | 4x |
| I | Rubber foot | |
| J1 | Foot cover | |
| J2 | Foot cover | |
| K | Frame | |




**TOOLS**

Hex wrench n° 6

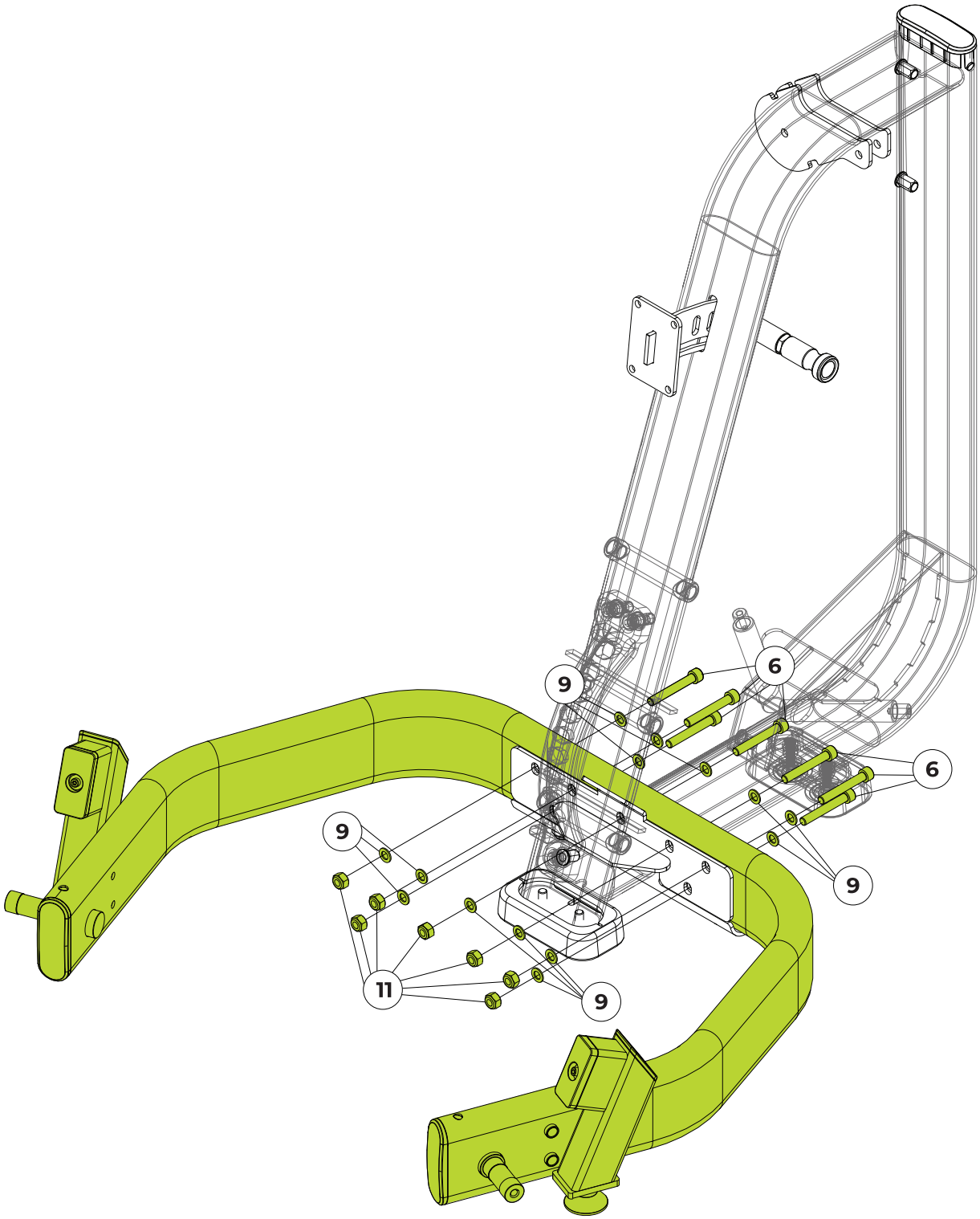
Threadlocker medium torque

100%

# EQUIPMENT ASSEMBLY

## STEP 5

| | NAME | Qty. |
|---|---|---|
| 6 | Hex flat head screw Cylindrical head hex Int. M10X70 | 7x |
| 9 | Flat washer Ø10.5X18X1.6 | 14x |
| 11 | Hex nut Nylon insert M10 | 7x |




**TOOLS**

Hex wrench n° 8

Fixed wrench #17

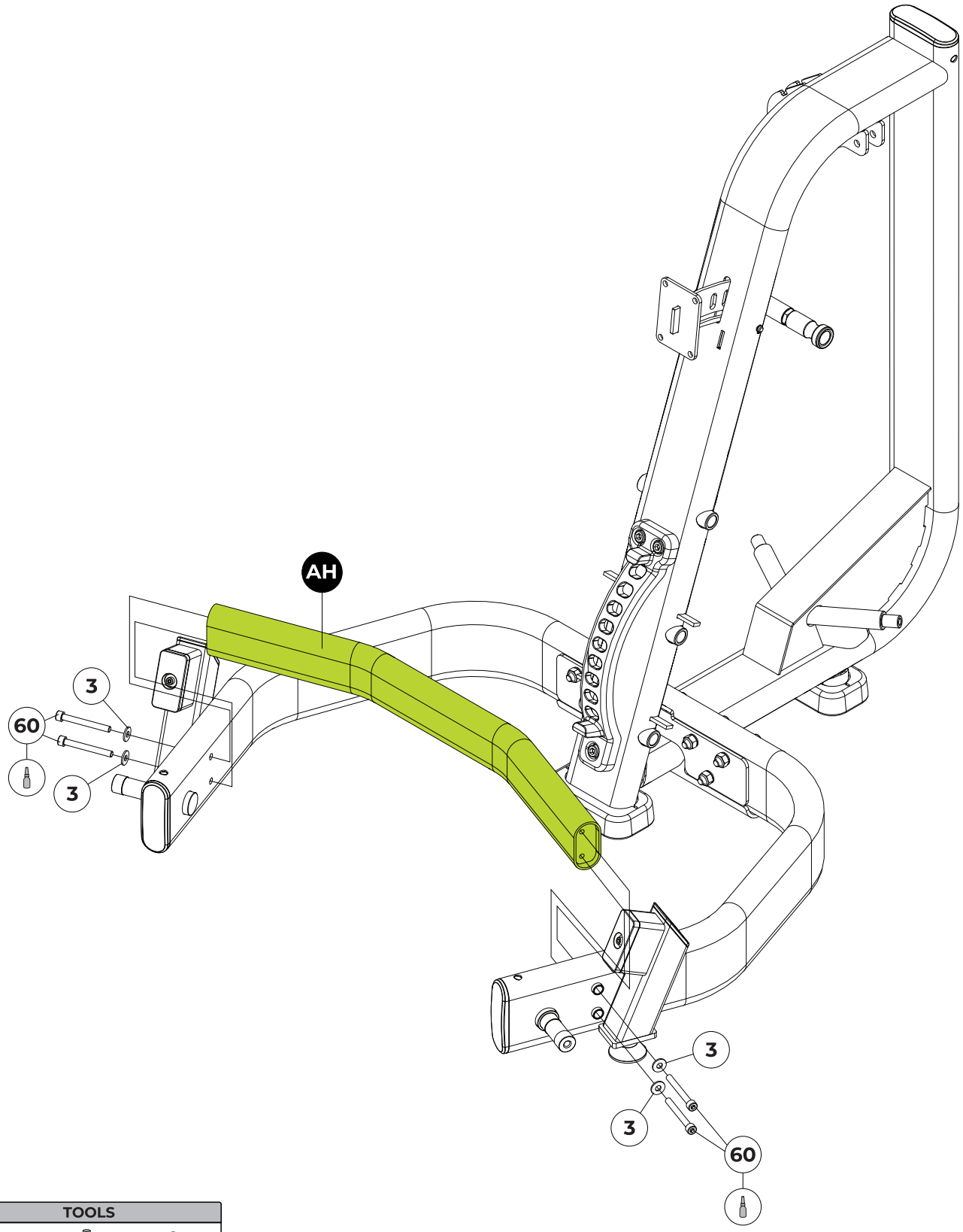
Torque wrench

50%

# EQUIPMENT ASSEMBLY

## STEP 6

| | NAME | Qty. |
|---|---|---|
| 3 | Flat washer - Ø8X20X2 | 4x |
| 60 | Hex flat head screw Cylindrical head hex Int. - M8X70 | 4x |
| AH | Lock bar | |




**TOOLS**

Hex wrench n° 8

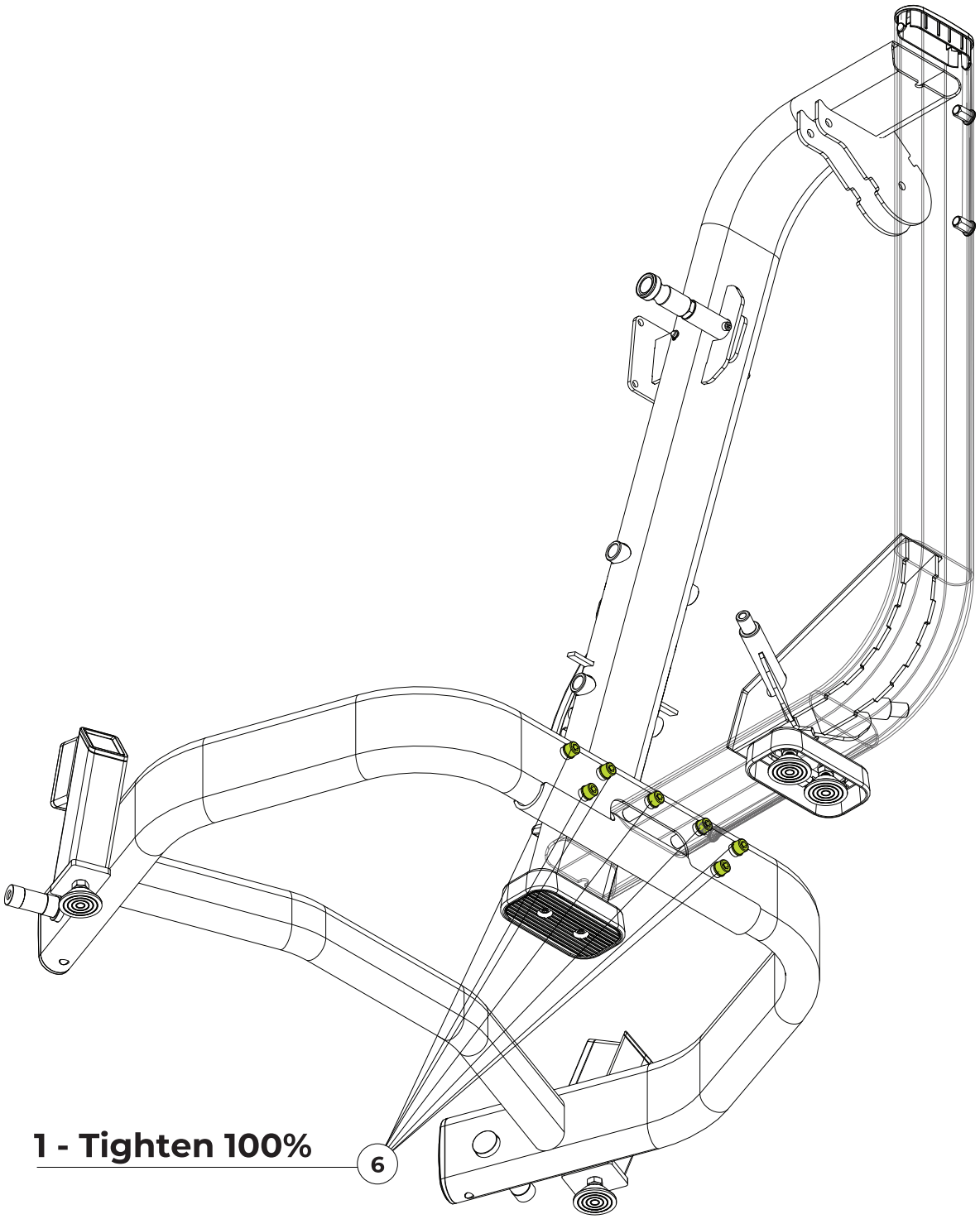
Threadlocker medium torque

Torque wrench

100%

## STEP 7

| | NAME | Qty. |
|---|---|---|
| 6 | Hex flat head screw Cylindrical head hex Int. - M10X70 | 7x |




**TOOLS**

Hex wrench n° 8

Fixed wrench #17

Torque wrench

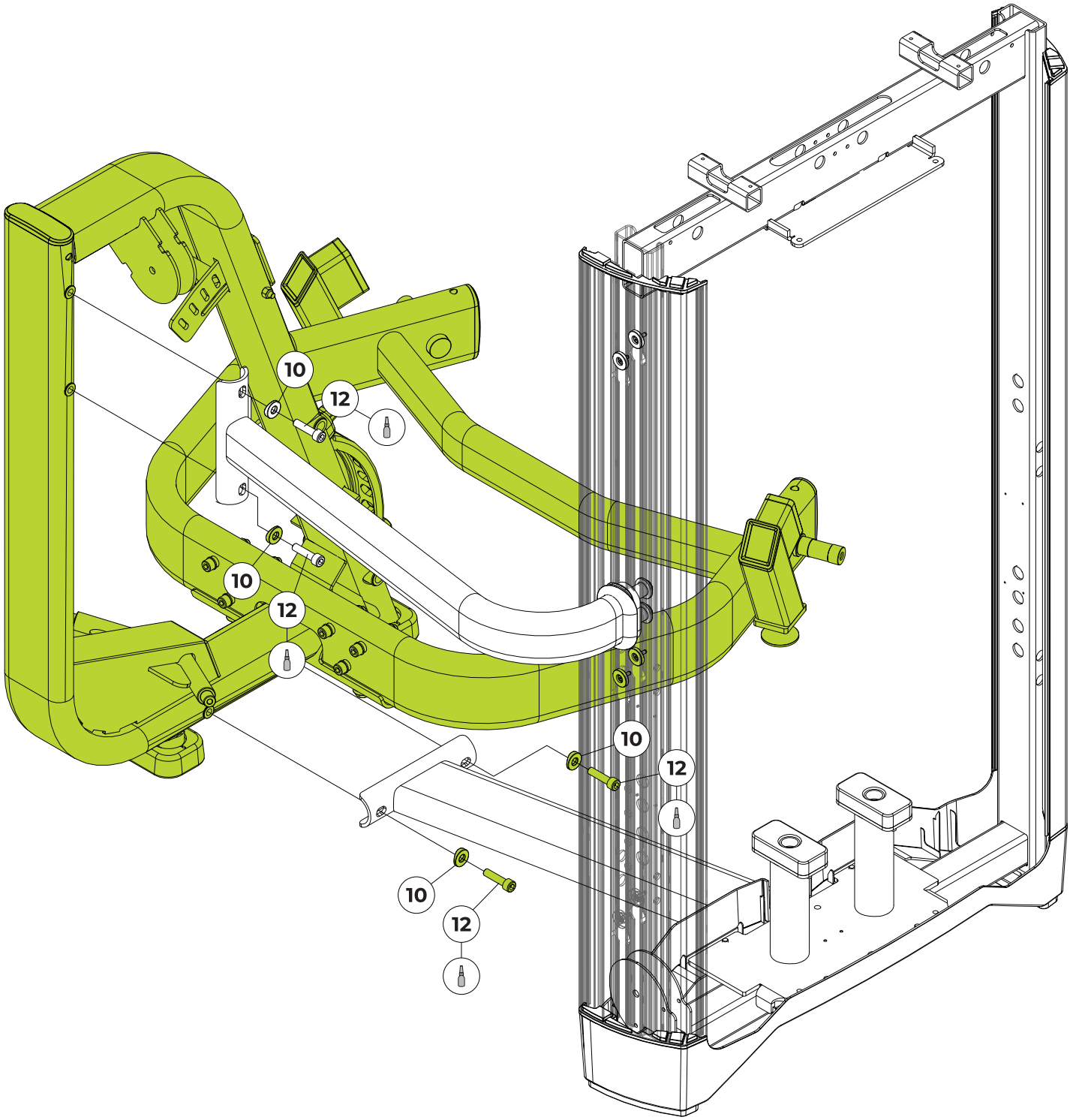
100%

# EQUIPMENT ASSEMBLY

## STEP 8

| 10 | NAME | Qty. |
|---|---|---|
| | Crescent washer | 4x |

| 12 | NAME | Qty. |
|---|---|---|
| | Hex flat head screw Cylindrical head hex Int. - M10X40 | 4x |




**TOOLS**

Hex wrench n° 8

Threadlocker medium torque

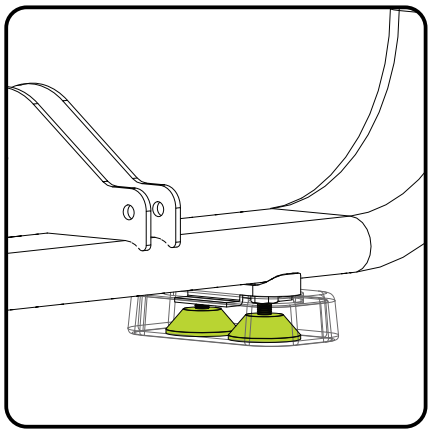
Torque wrench

100%

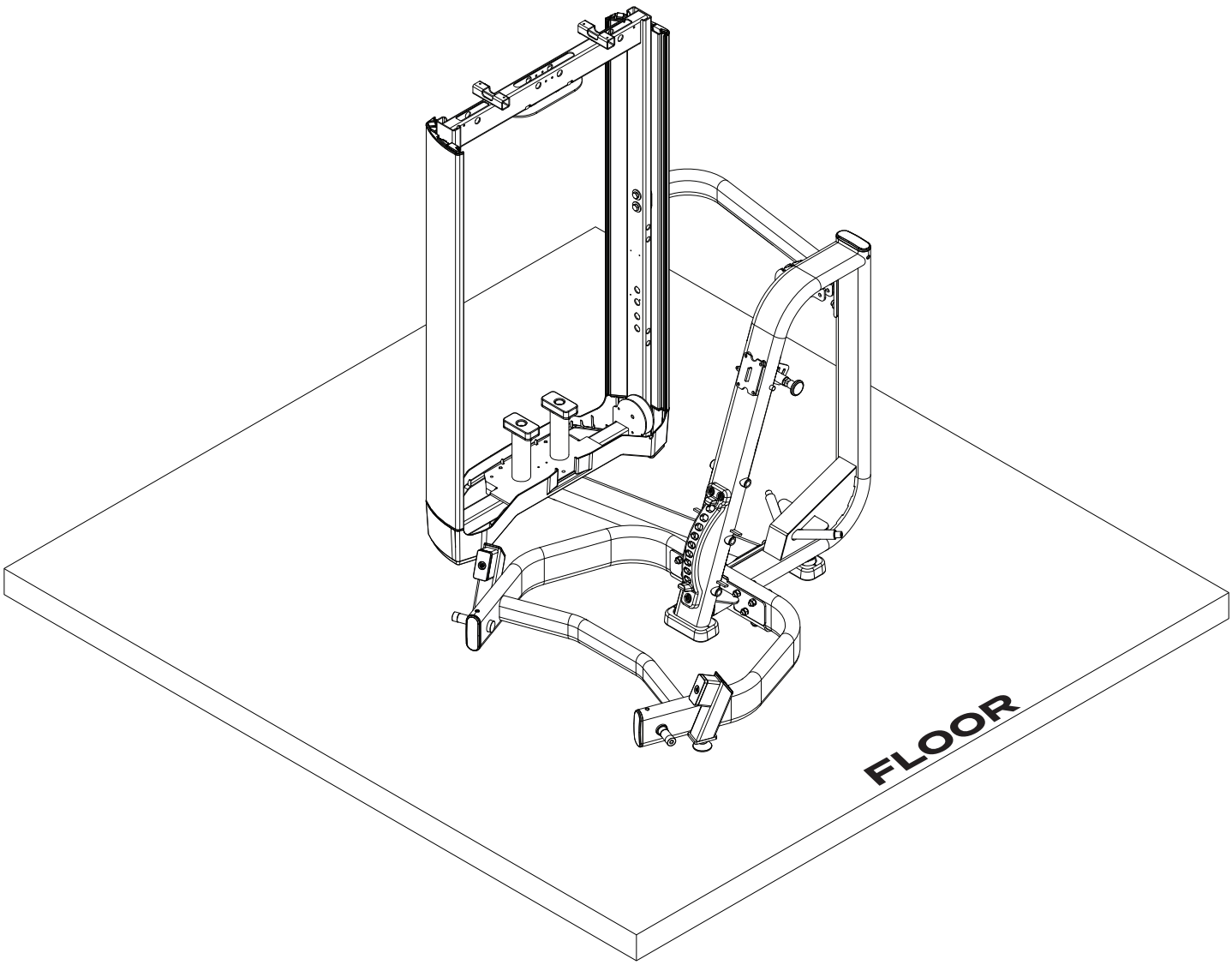
## STEP 9 - LEVELING THE EQUIPMENT

**WARNING**

**ONCE ALL THE SCREWS INCLUDED IN THE ASSEMBLY IDENTIFIED ABOVE, HAVE BEEN POSITIONED AND FITTED, TIGHTEN THEM 100% TO THE SPECIFIED TORQUE. LEVEL THE EQUIPMENT TO THE GROUND TO AVOID ANY INSTABILITY.**



Use the leveling feet to adjust the alignment of the leveling feet. Tighten the nut to lock it in place.

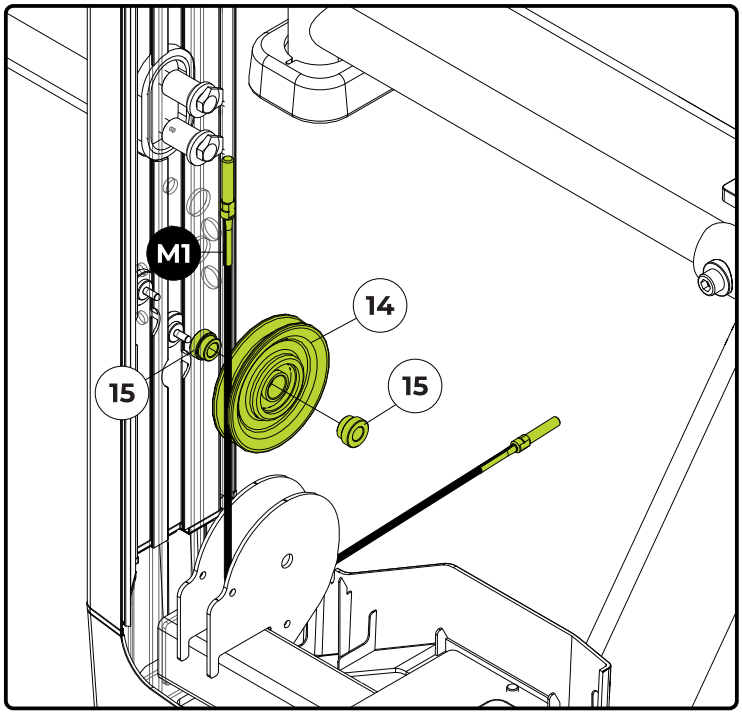


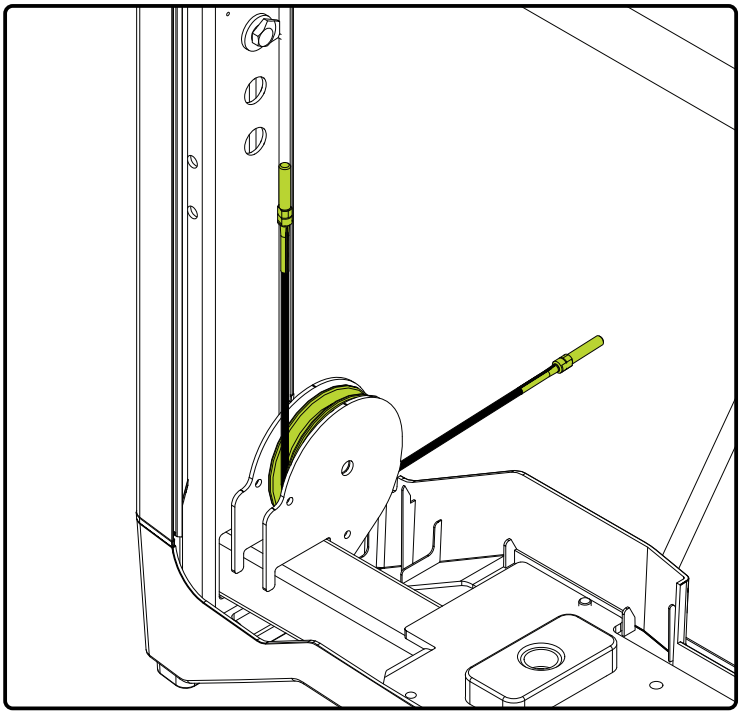

100%

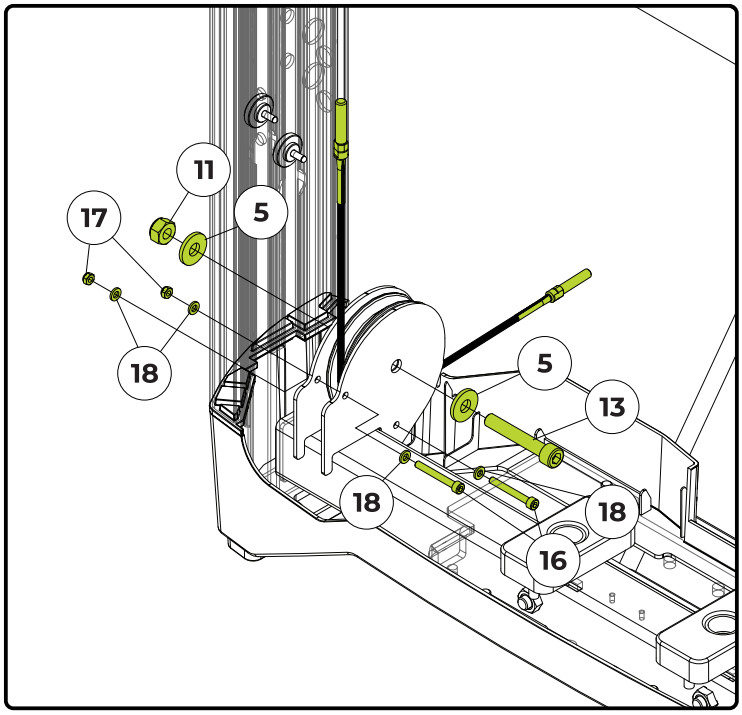
# EQUIPMENT ASSEMBLY

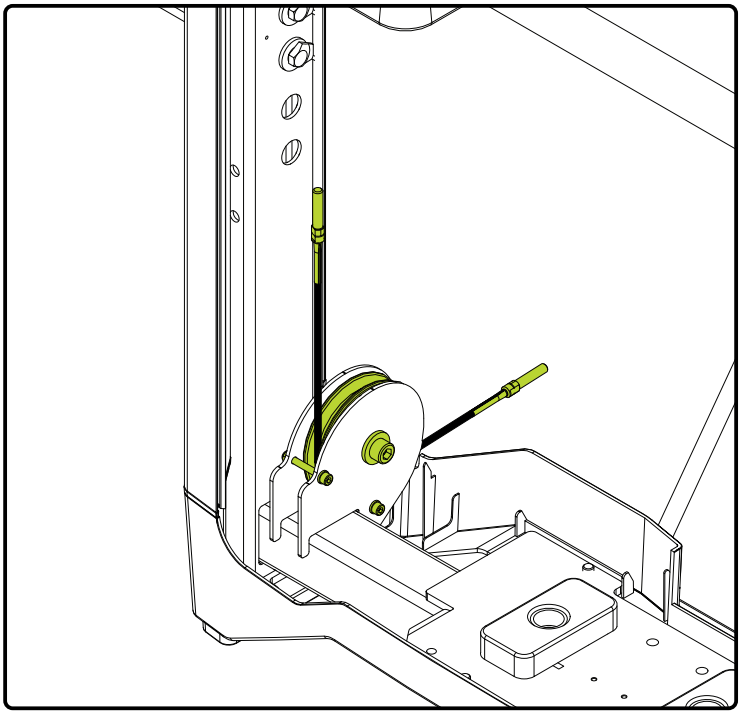
## STEP 10

| | NAME | Qty. |
|---|---|---|
| 5 | Flat washer Ø10.3X25.4X3 | 2x |
| 11 | Hex nut Nylon inser M10 | 1x |
| 13 | Hex flat head screw Cylindrical head hex Int. - M10X50 | 1x |
| 14 | Pulley | 1x |
| 15 | Bushing | 2x |
| 16 | Hex flat head screw Cylindrical head hex Int. - M5X40 | 2x |
| 17 | Hex nut Nylon insert M5 | 2x |
| 18 | Flat washer 05.3X10X1.0 | 4x |
| M1 | Longer steel cable | |





**TOOLS**

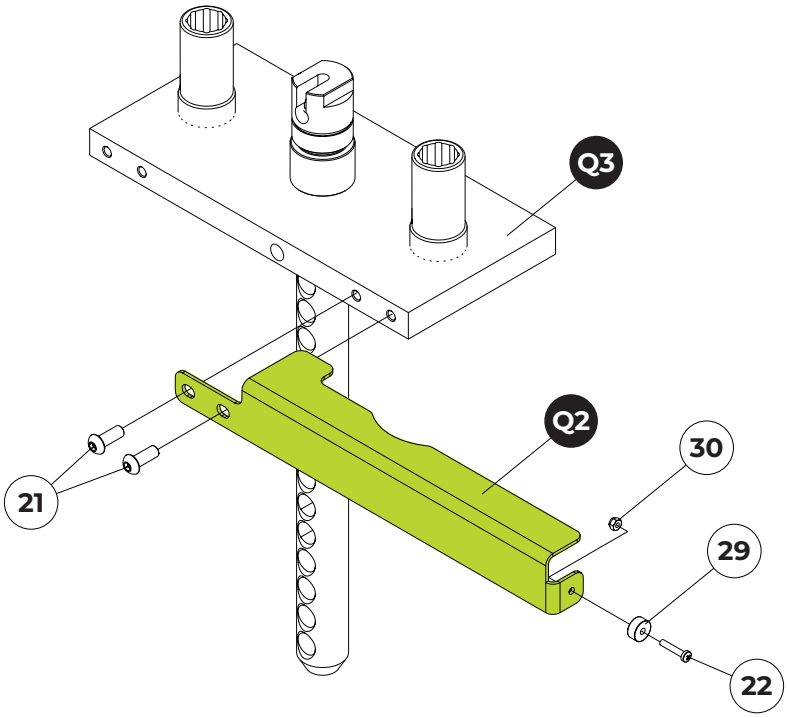
Hex wrench n° 4 and 8

Fixed wrench #8
Fixed wrench #17

100%

## STEP 11 - TOWER ASSEMBLY

| | NAME | Qty. |
|---|---|---|
| 21 | Screw head Hex socket button head cap screw Hex Int. - M6X10 | 2x |
| 22 | Phillips screw M4X8 | 2x |
| 29 | Magnet | 1x |
| 30 | Hex nut - M03 | 1x |
| Q2 | Sensor mount | |
| Q3 | Top plate | |




**TOOLS**

Hex wrench n° 4

Wrench Phillips

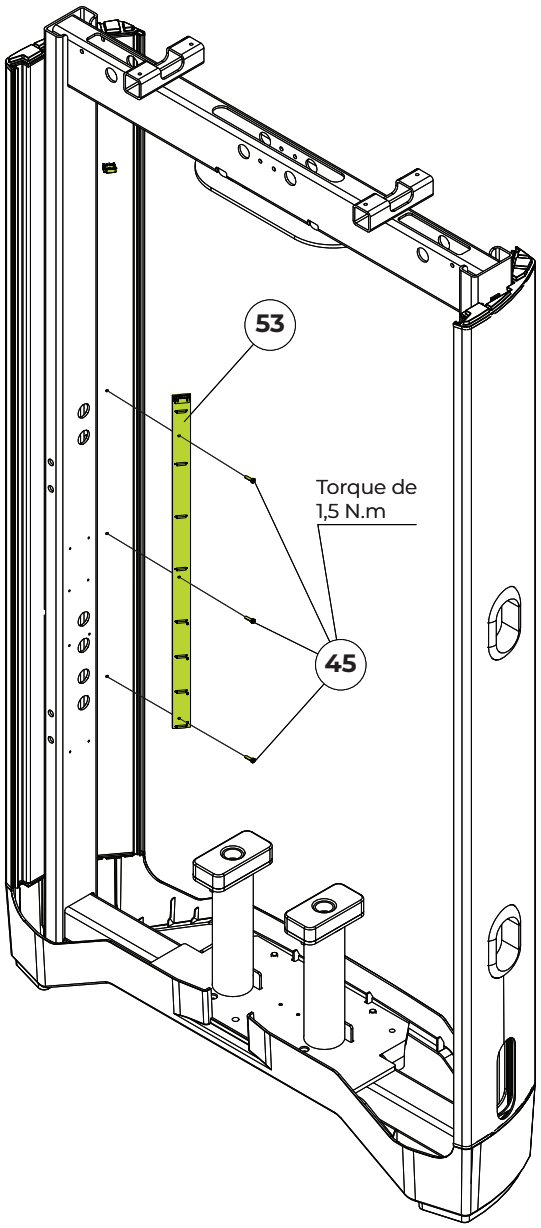
Threadlocker medium torque

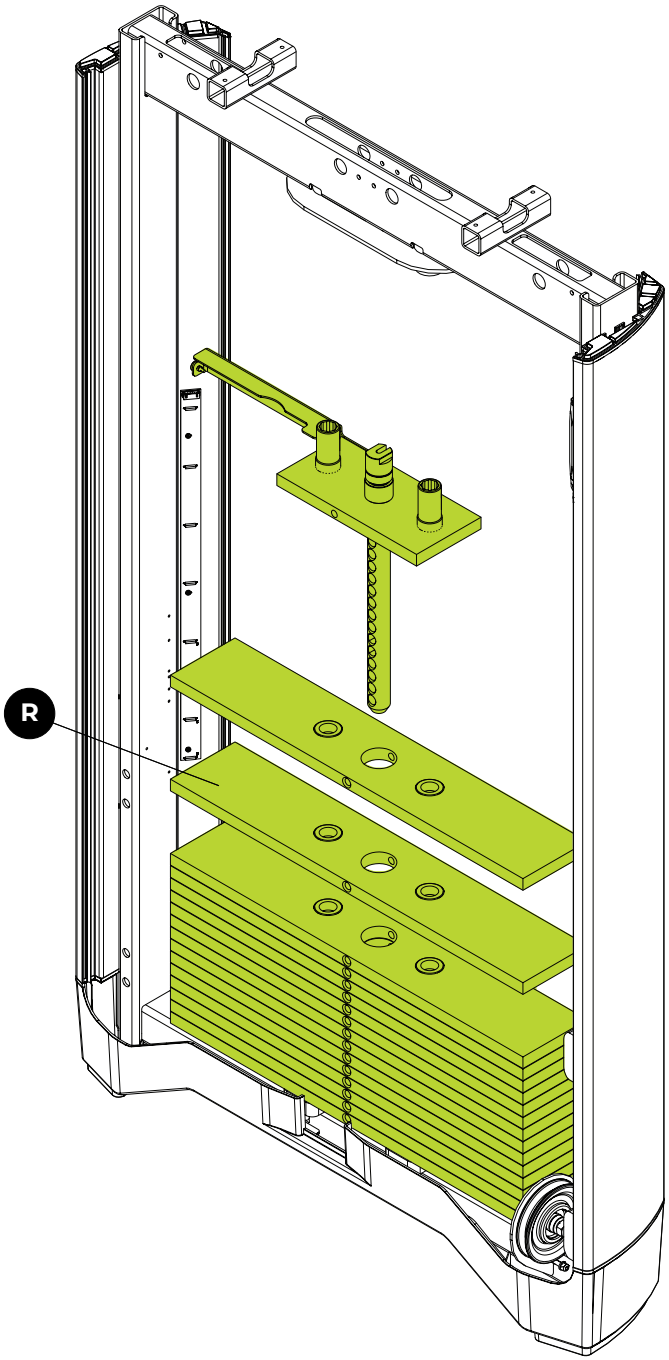
Torque Wrench

100%

## STEP 12 - TOWER ASSEMBLY

| | NOME | Qtd |
|---|---|---|
| 53 | Sensor hall board | 1x |
| 54 | Philips screw 3,0X16 | 3x |
| R | Weight | |




**TOOLS**

Torque wrench

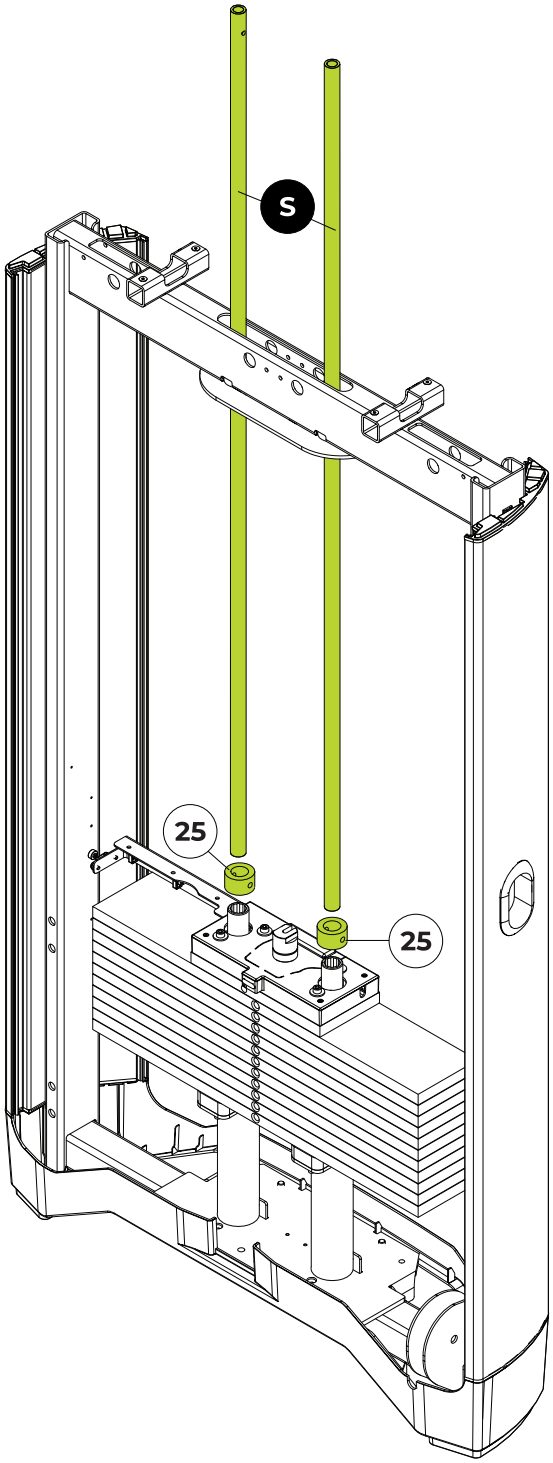
Threadlocker medium torque

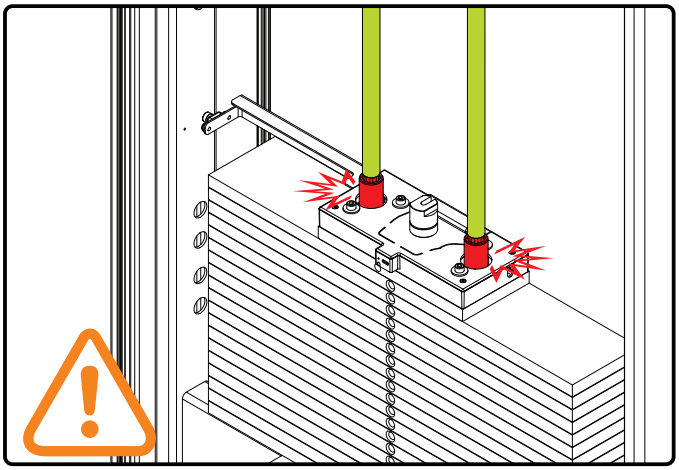
100%

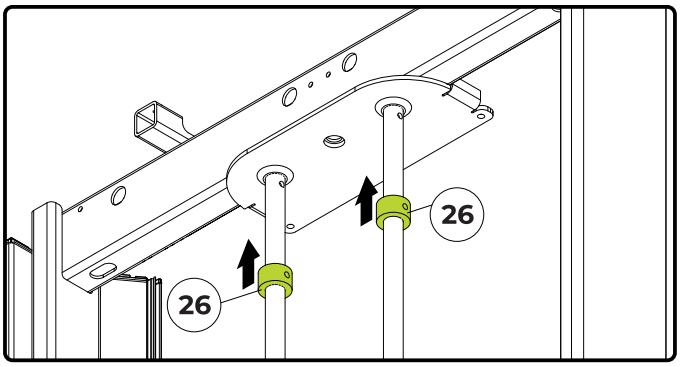
# EQUIPMENT ASSEMBLY

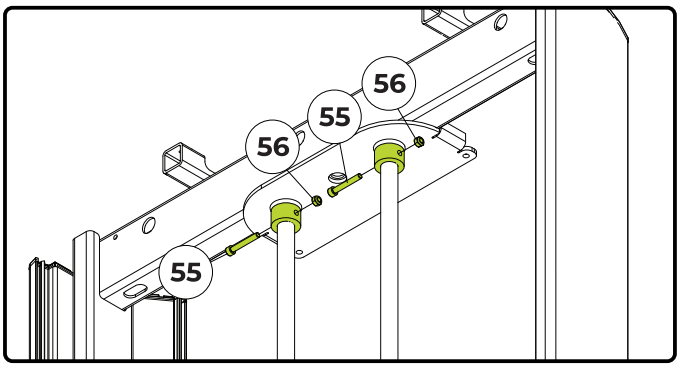
## STEP 13 - TOWER ASSEMBLY

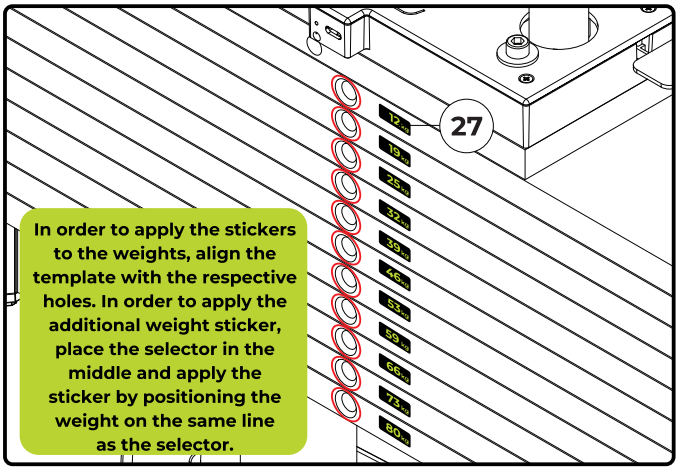
| | NAME | Qty. |
|---|---|---|
| 26 | Rod lock | 2x |
| 27 | Weight sticker | 1x |
| 55 | Hex socket Cylindrical head Screw Int. - M6X40 | 2x |
| 56 | Insert nut Nylon - M6 | 2x |
| S | Weight guide rods | |






**DANGER**

**IF YOU NEED TO MOVE OR TRANSPORT THE EQUIPMENT, DO NOT DO SO WITH THE WEIGHT STACK ASSEMBLED. RISK OF ACCIDENT OR DAMAGE TO THE EQUIPMENT.**

100%

NOTE: Certain parts have been hidden for easier viewing.

**In order to apply the stickers to the weights, align the template with the respective holes. In order to apply the additional weight sticker, place the selector in the middle and apply the sticker by positioning the weight on the same line as the selector.**

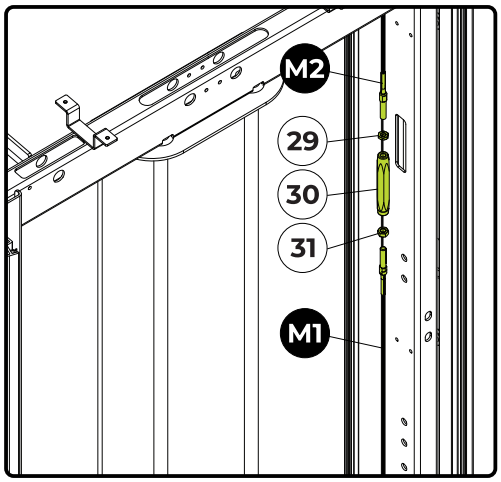
**CAUTION**

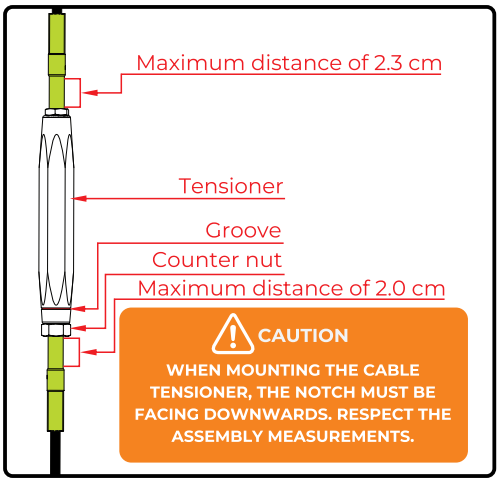
**WHEN ASSEMBLING THE RODS SO AS NOT TO DAMAGE THEM TOP PLATE BUSHINGS.**

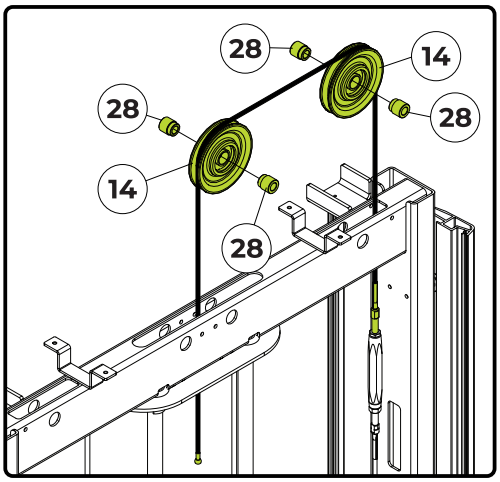
# EQUIPMENT ASSEMBLY

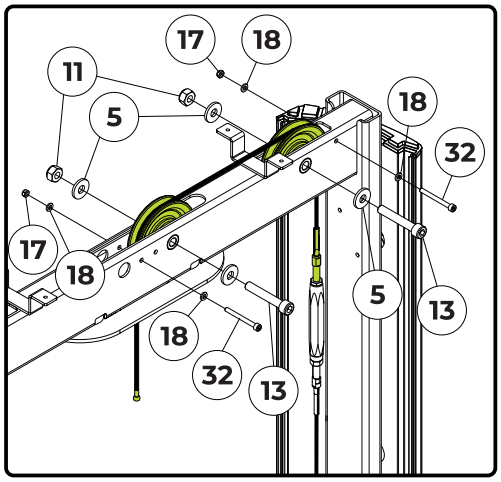
## STEP 14

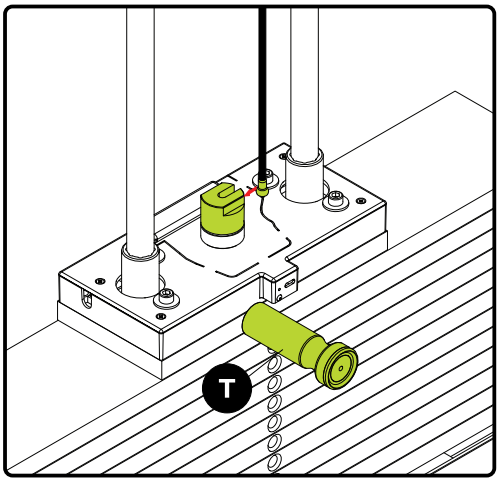
| | NAME | Qty. |
|---|---|---|
| 5 | Flat washer Ø10.3X25.4X3 | 4x |
| 11 | Hex nut Nylon insert M10 | 2x |
| 13 | Hex flat head screw Cylindrical head hex Internal - M10X60 | 2x |
| 14 | Pulley | 2x |
| 17 | Nylon insert nut - M5 | 2x |
| 18 | Flat washer - Ø5 | 4x |
| 28 | Bushing | 4x |
| 29 | Low profile hex nut | 1x |
| 30 | Steel cable tensioner | 1x |
| 31 | Left-hand hex nut - M8 | 1x |
| 32 | Hex flat head screw Cylindrical head hex Internal - M5X50 | 2x |
| M2 | Shorter steel cable | |
| T | Selector pin | |

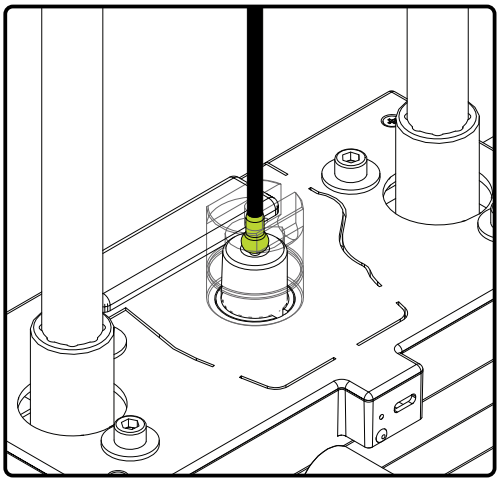


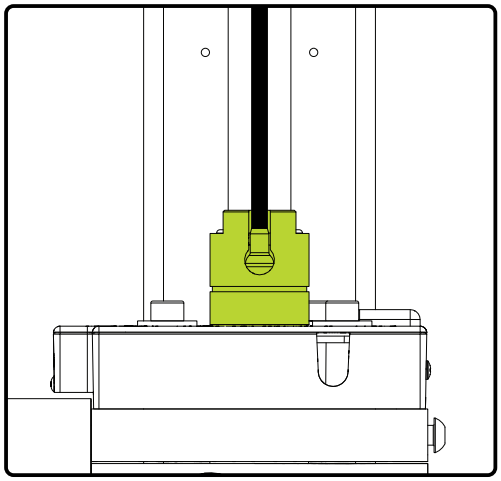



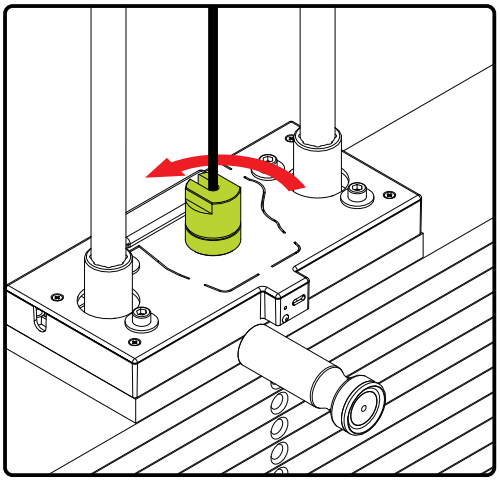







**TOOLS**



Fixed wrench #8
Fixed wrench #13
Fixed wrench #16
Fixed wrench #17
Fixed wrench #22



Hex wrench n° 4 and 8



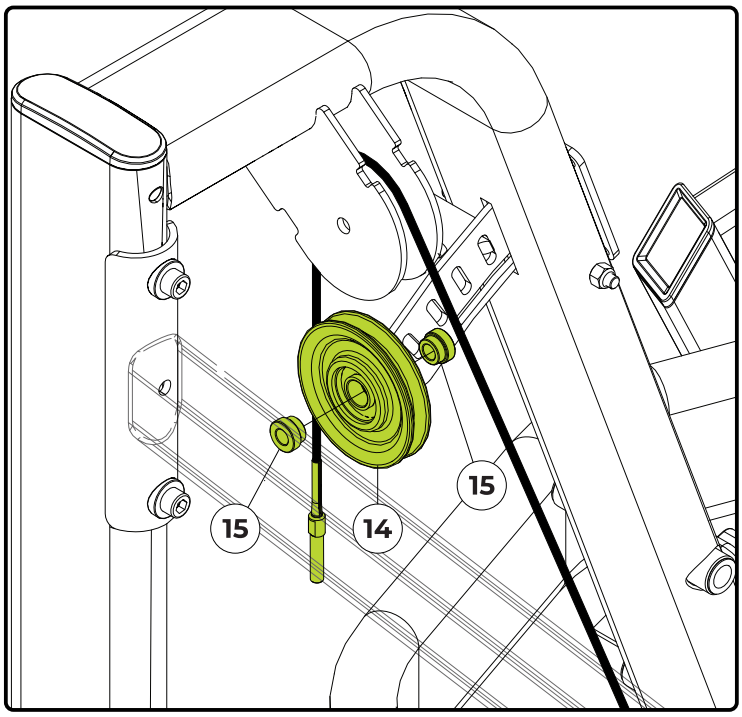
Torque wrench

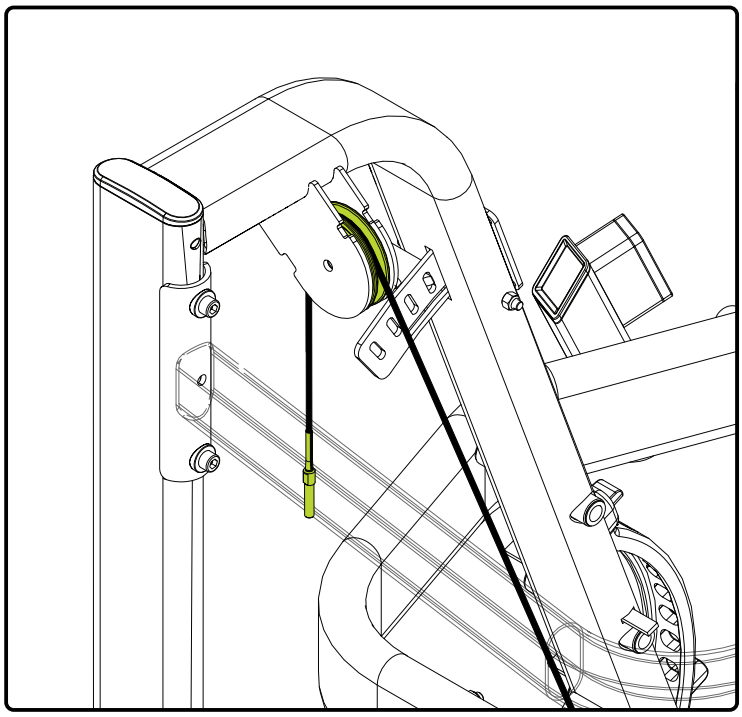


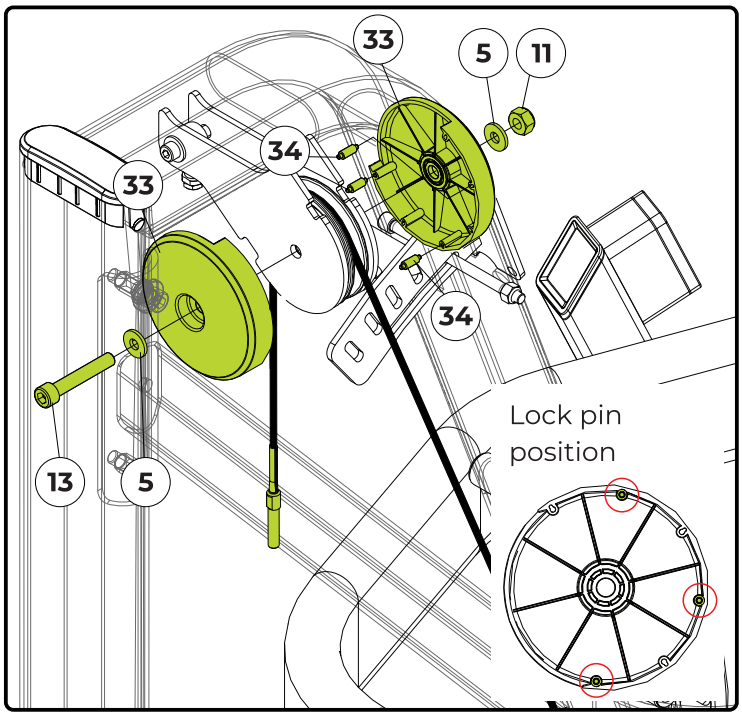
# EQUIPMENT ASSEMBLY

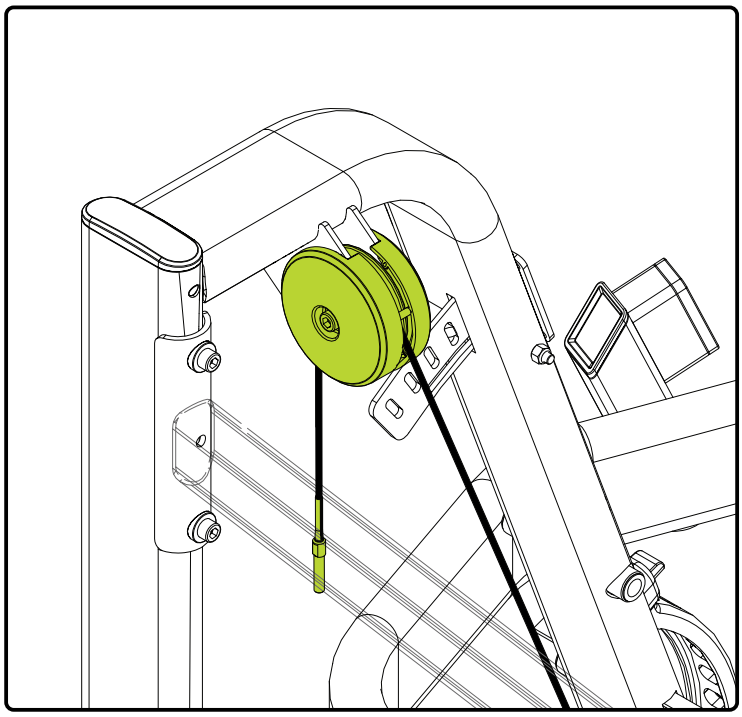
## STEP 16

| | NAME | Qty. |
|---|---|---|
| 5 | Flat washer 10.3X25.4X3 | 2x |
| 11 | Hex nut Nylon insert M10 | 1x |
| 13 | Hex flat head screw Cylindrical head hex Int. - M10X60 | 1x |
| 14 | Pulley | 1x |
| 15 | Bushing | 2x |
| 33 | Pulley cover | 2x |
| 34 | Steel cable lock | 3x |

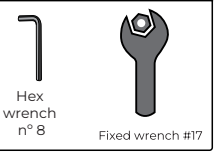




**TOOLS**

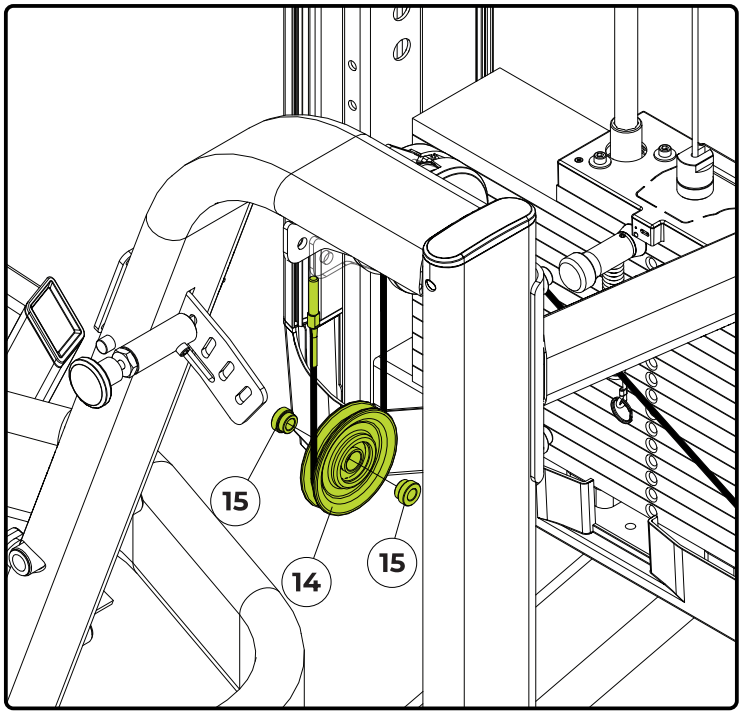


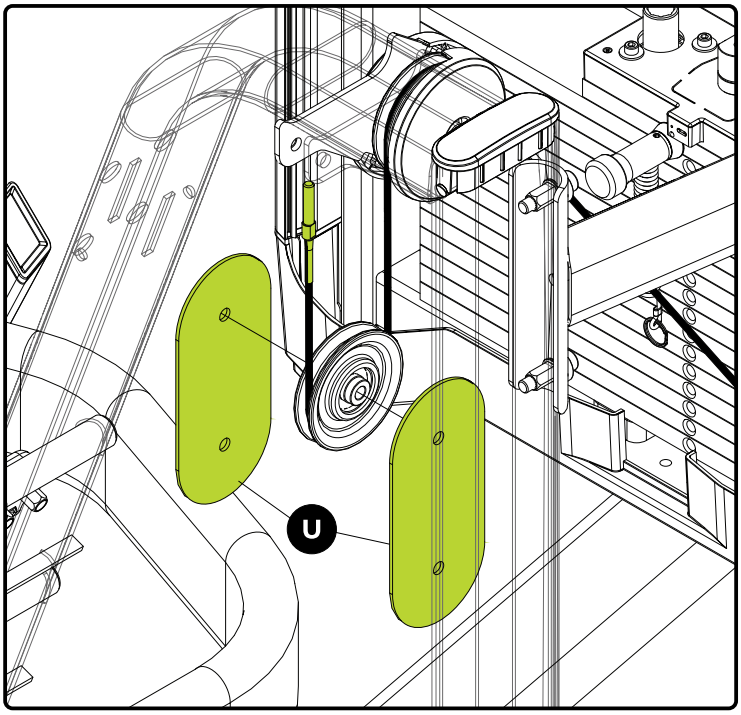


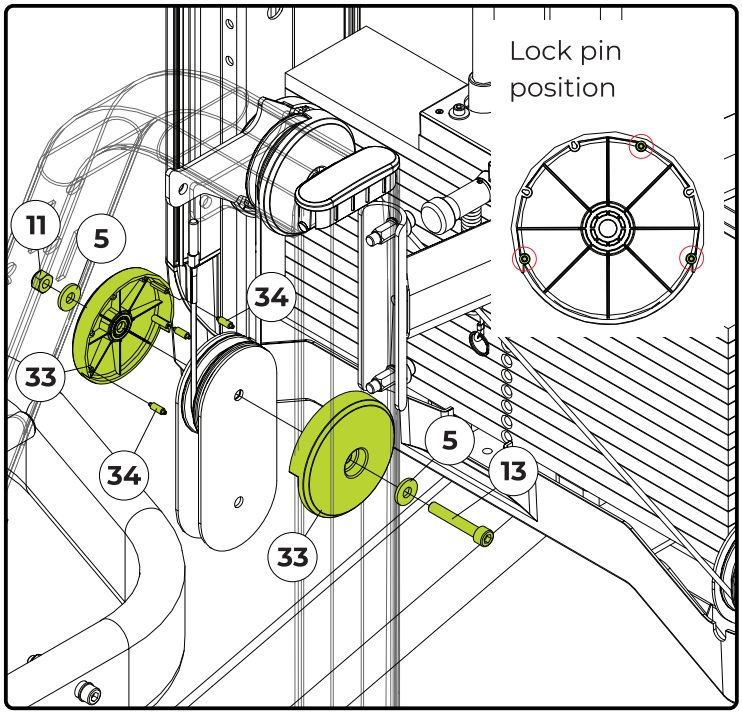

# EQUIPMENT ASSEMBLY

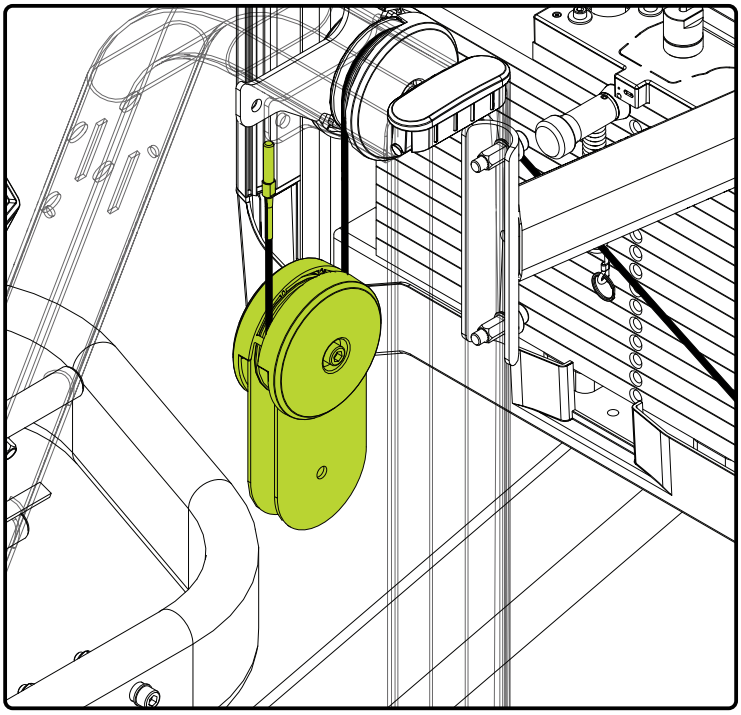
## STEP 17

| | NAME | Qty. |
|---|---|---|
| 5 | Flat washer 10.3X25.4X3 | 2x |
| 11 | Hex nut Nylon insert M10 | 1x |
| 13 | Hex flat head screw Cylindrical head hex Int. M10X60 | 1x |
| 14 | Pulley | 1x |
| 15 | Bushing | 2x |
| 33 | Pulley cover | 2x |
| 34 | Steel cable lock | 3x |
| U | Mounting plate | |

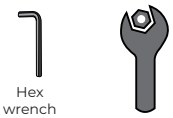


**TOOLS**



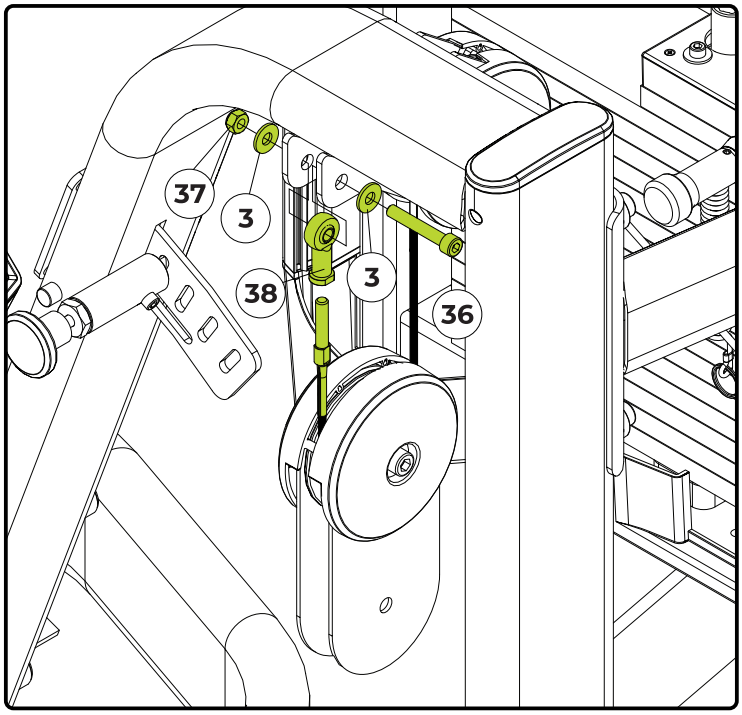

NOTE: Certain parts have been hidden for easier viewing.

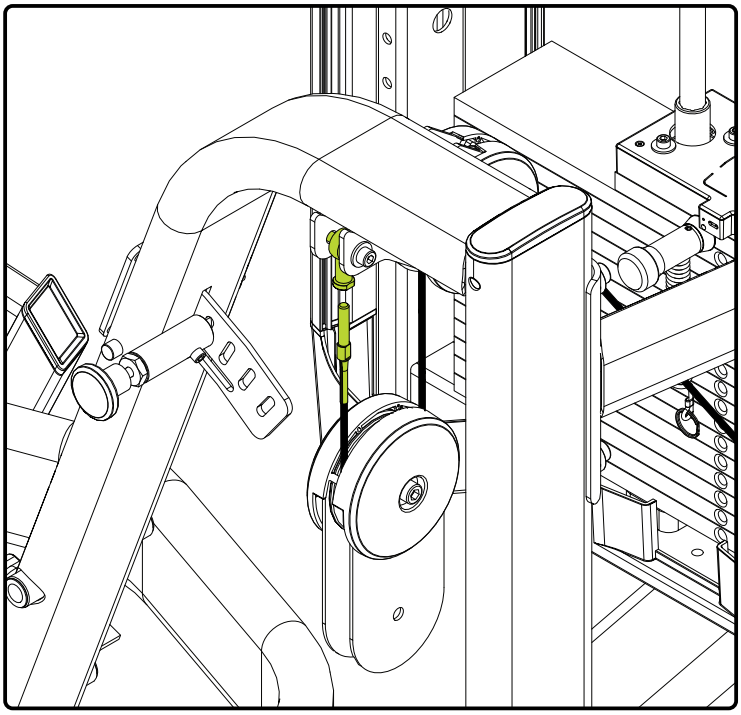


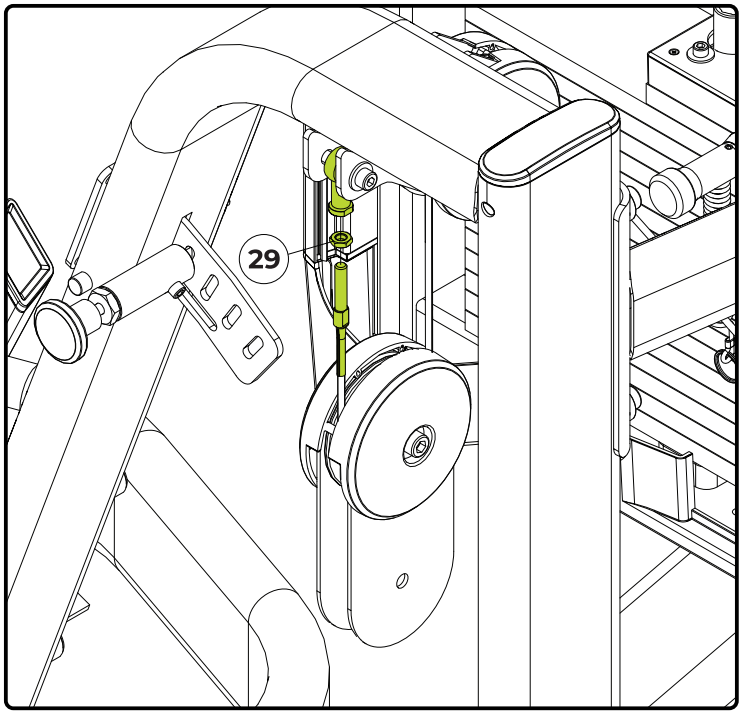
# EQUIPMENT ASSEMBLY

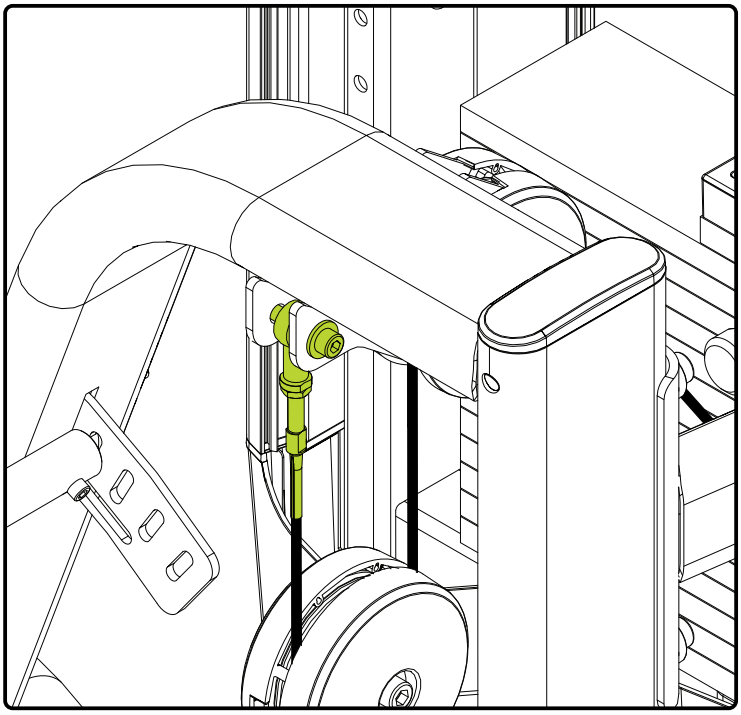
## STEP 18

| | NAME | Qty. |
|---|---|---|
| 3 | Flat washer - Ø8X20X02 | 2x |
| 29 | Low profile hex nut | 1x |
| 36 | Hex flat head screw Cylindrical head hex Int. - M8X50 | 1x |
| 37 | Hex nut Nylon insert M8 | 3x |
| 38 | Ball joint end | 1x |

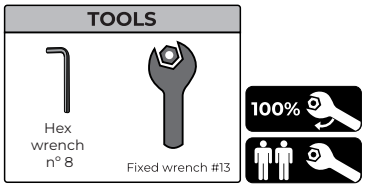




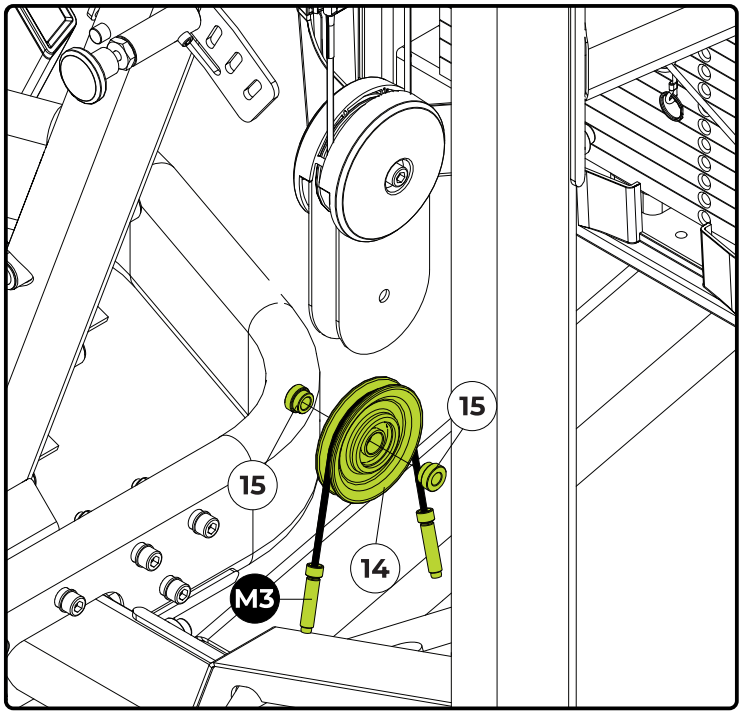
**TOOLS**

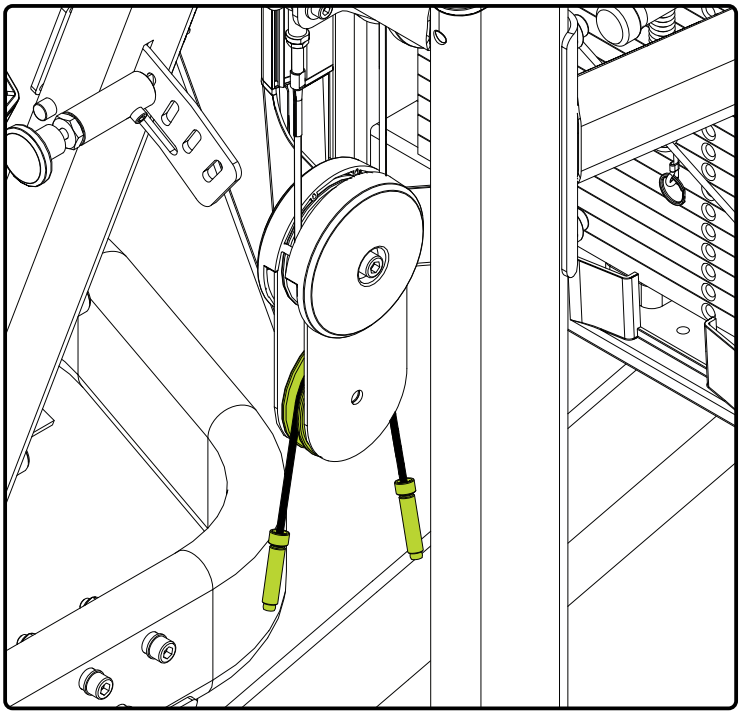


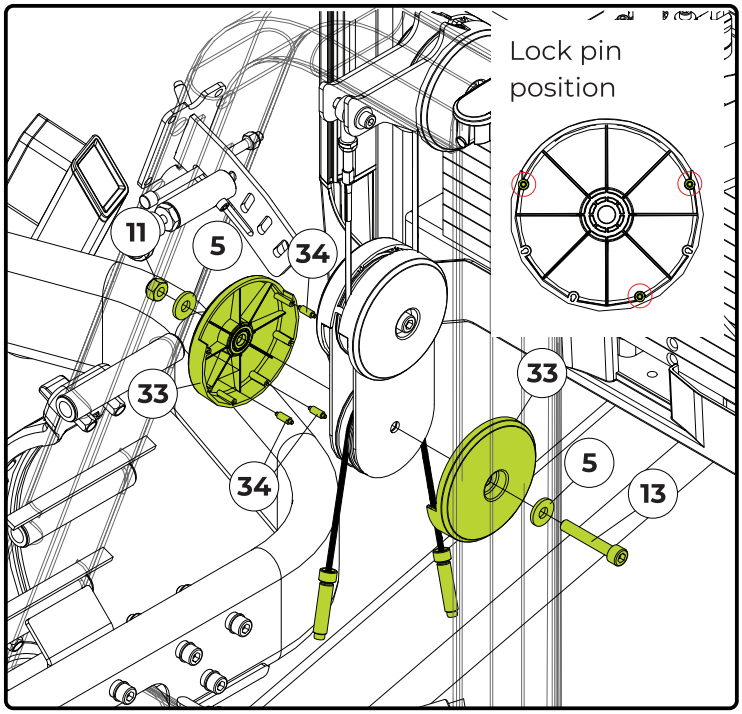
# EQUIPMENT ASSEMBLY

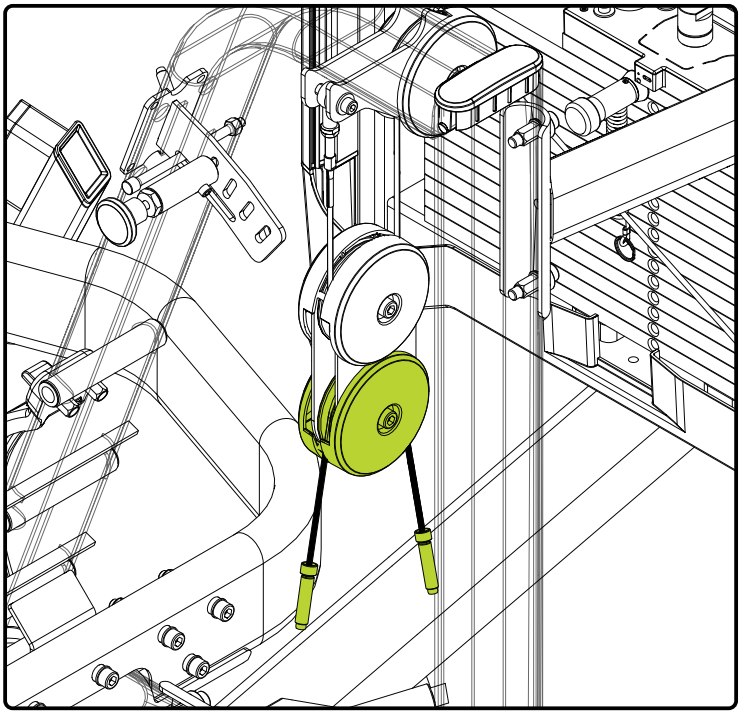
## STEP 19

| | NAME | Qty. |
|---|---|---|
| 5 | Flat washer 10.3X25.4X3 | 2x |
| 11 | Hex nut Nylon insert M10 | 1x |
| 13 | Hex flat head screw Cylindrical head hex Int. M10X60 | 1x |
| 14 | Pulley | 1x |
| 15 | Bushing | 2x |
| 33 | Pulley cover | 2x |
| 34 | Steel cable lock | 3x |
| M3 | Shorter steel cable | |

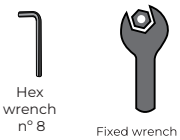




**TOOLS**



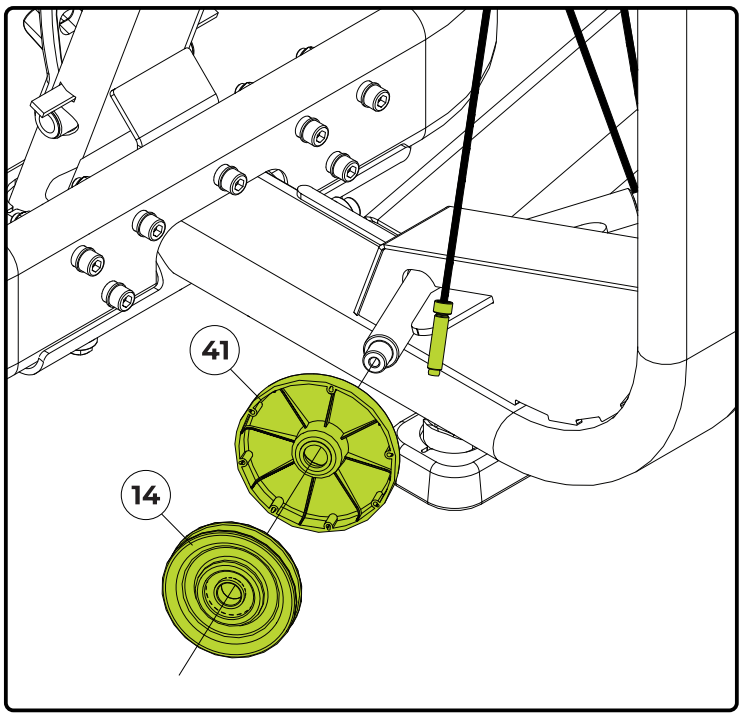

NOTE: Certain parts have been hidden for easier viewing.

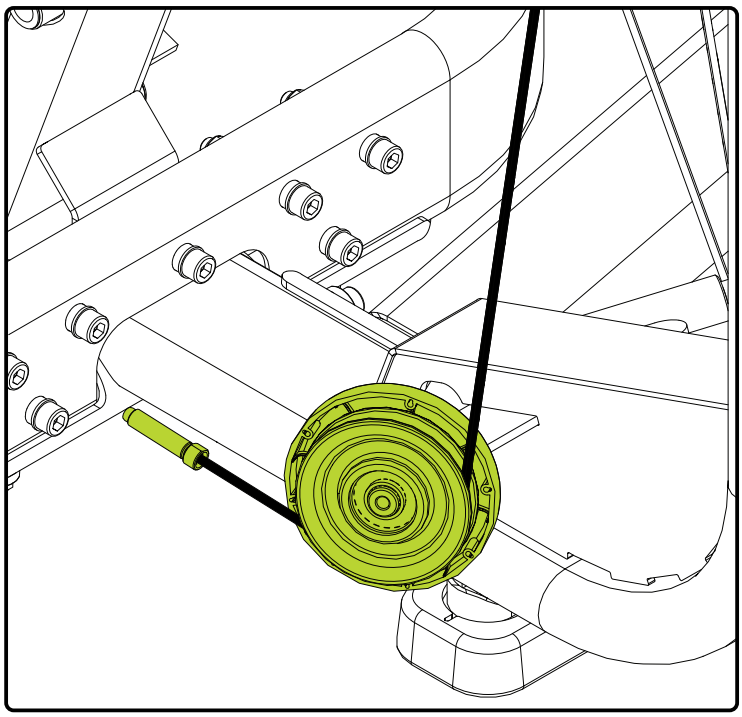


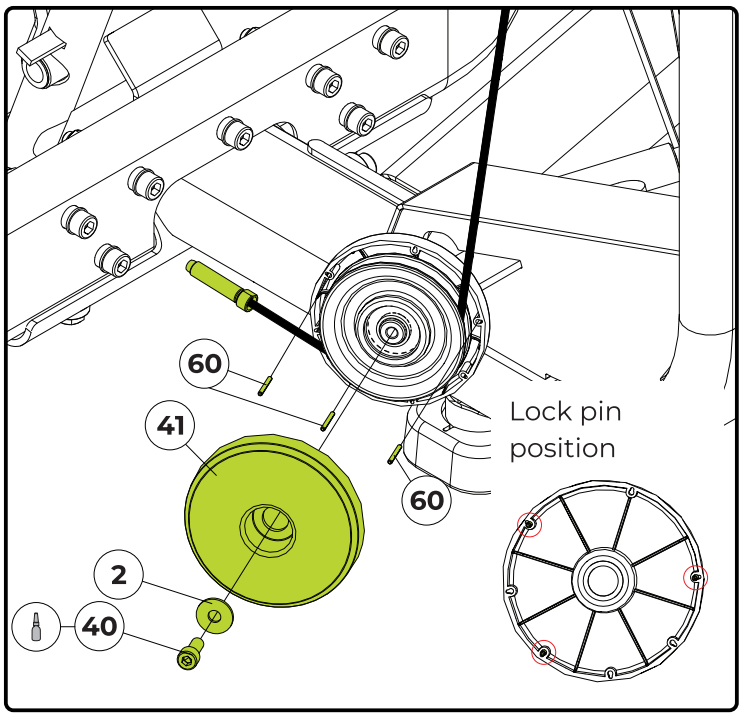
# EQUIPMENT ASSEMBLY

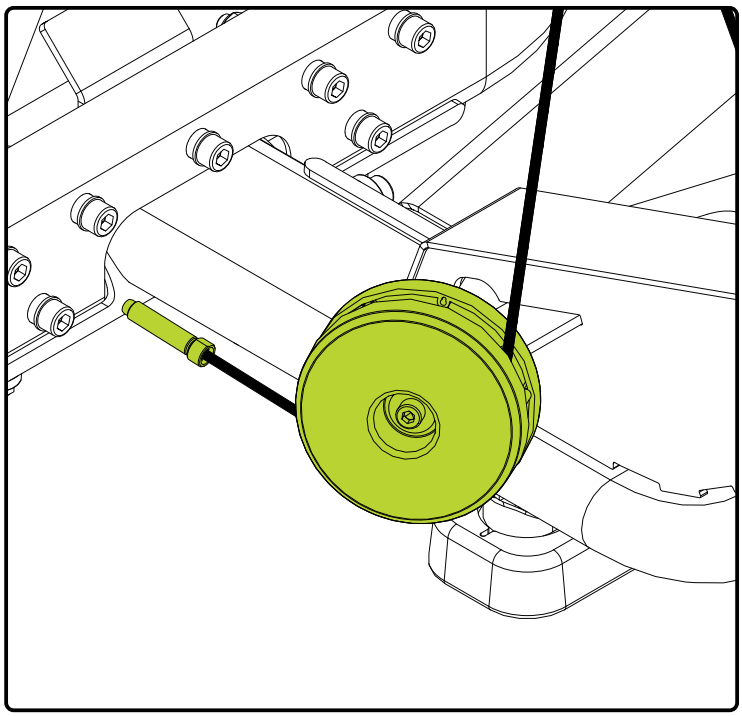
## STEP 20

| | NAME | Qty. |
|---|---|---|
| 2 | Flat washer - Ø10.3X25.4X3 | 1x |
| 14 | Pulley | 1x |
| 40 | Hex flat head screw Cylindrical head hex Int. M8X20 | 1x |
| 60 | Clamping pin - 3x20 | 3x |
| 41 | Pulley cover | 2x |





**TOOLS**

Hex wrench n° 8

Threadlocker medium torque

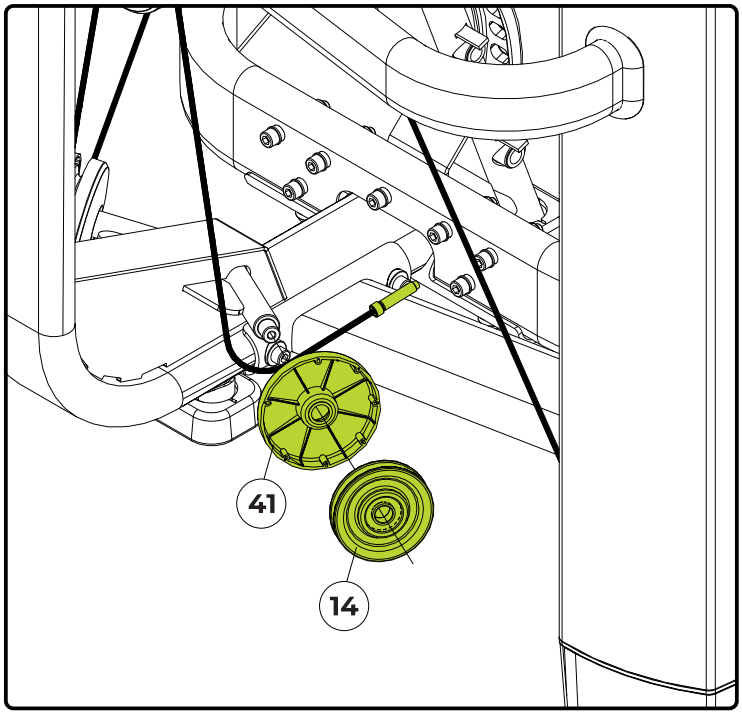
NOTE: Certain parts have been hidden for easier viewing.

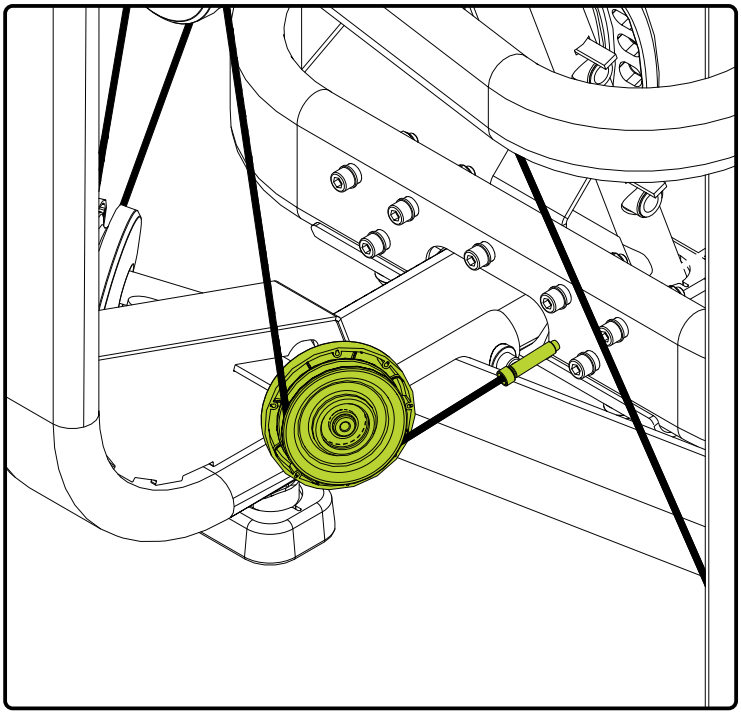
100%

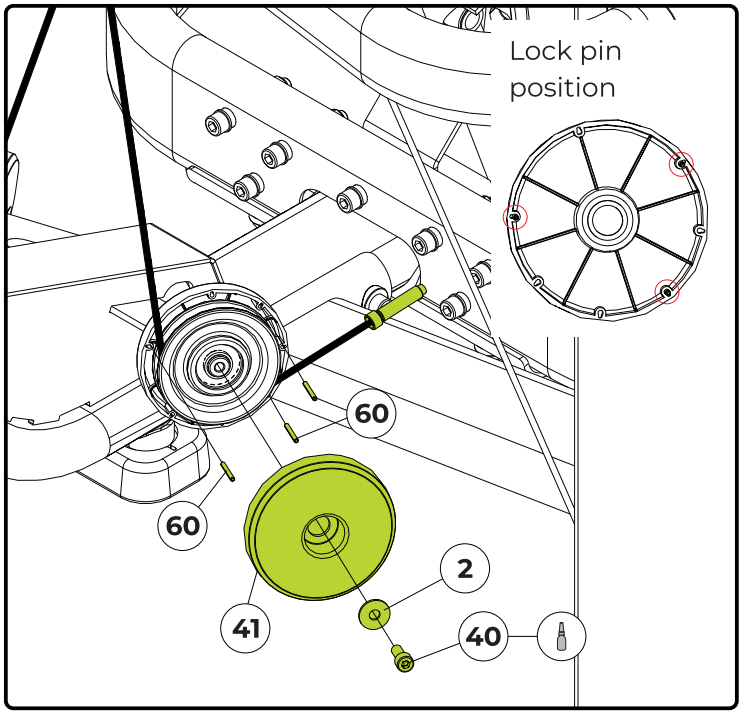
# EQUIPMENT ASSEMBLY

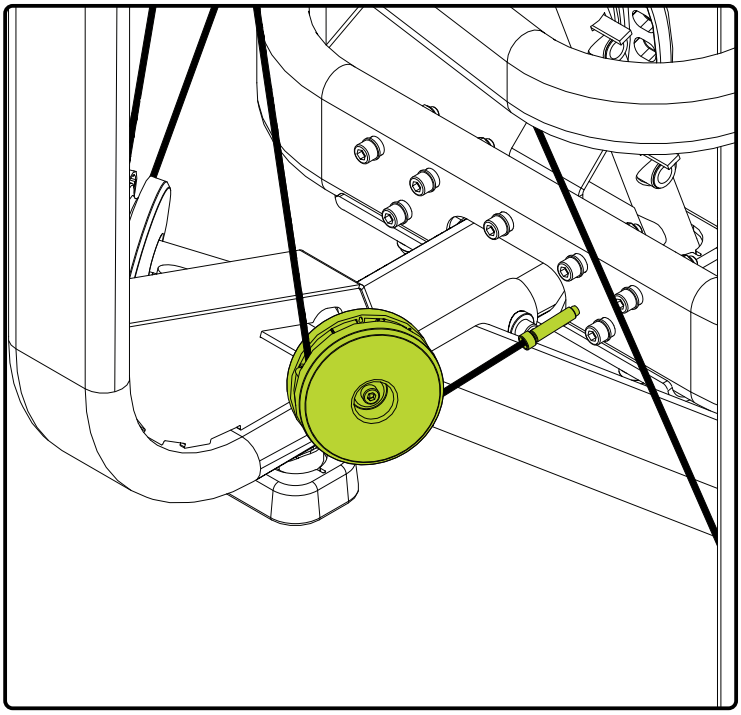
## STEP 21

| | NAME | Qty. |
|---|---|---|
| 2 | Flat washer - Ø10.3X25.4X3 | 1x |
| 14 | Pulley | 1x |
| 40 | Hex flat head screw Cylindrical head hex Int. - M10X25 | 1x |
| 60 | Clamping pin - 3x20 | 3x |
| 41 | Pulley cover | 2x |





**TOOLS**

Hex wrench n° 8

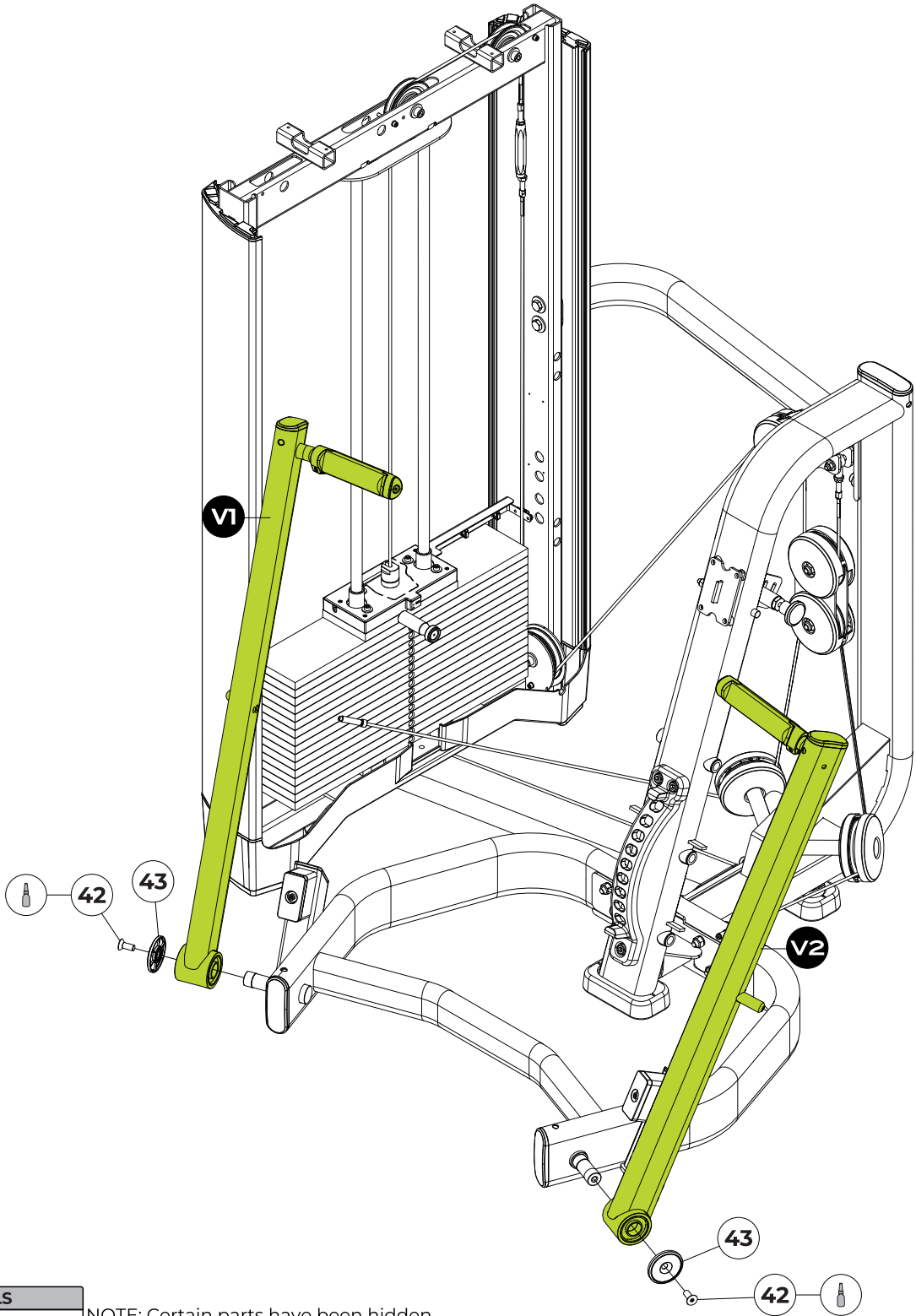
Threadlocker medium torque

NOTE: Certain parts have been hidden for easier viewing.

100%

## STEP 22

| | NAME | Qty. |
|---|---|---|
| 42 | Hex flat head screw Flat hex Internal - M10X25 | 2x |
| 43 | Cap | 2x |
| V1 | Right arm | |
| V2 | Left arm | |




**TOOLS**

Hex wrench n° 6

Threadlocker medium torque

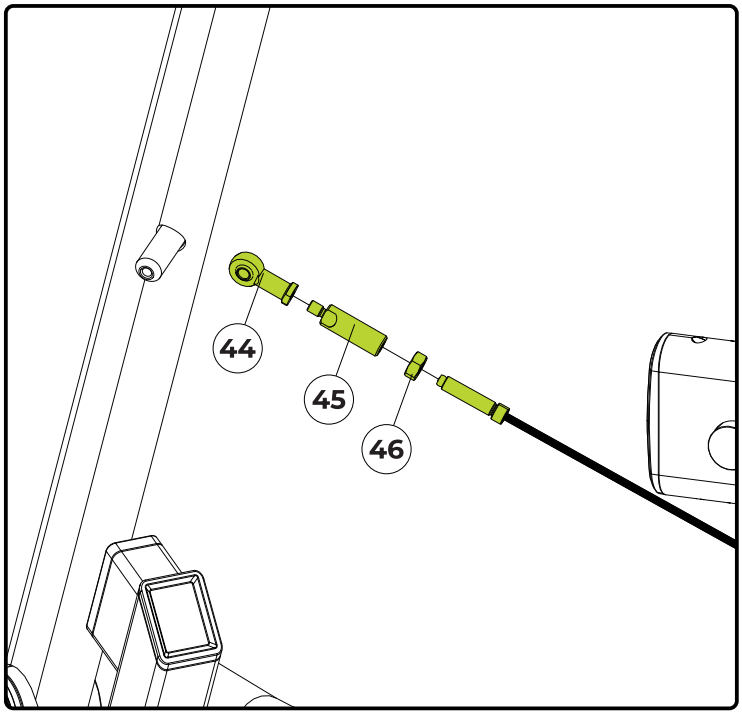
NOTE: Certain parts have been hidden for easier viewing.

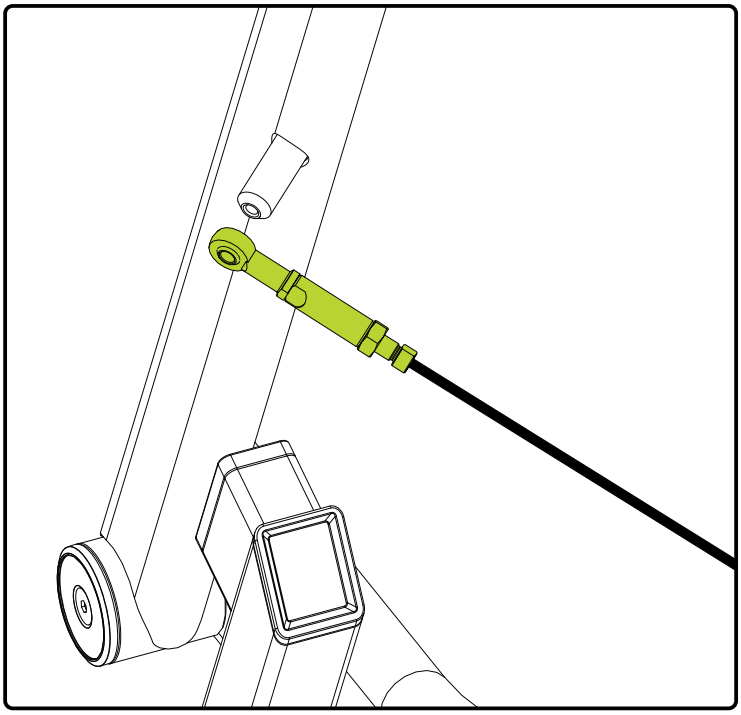
100%

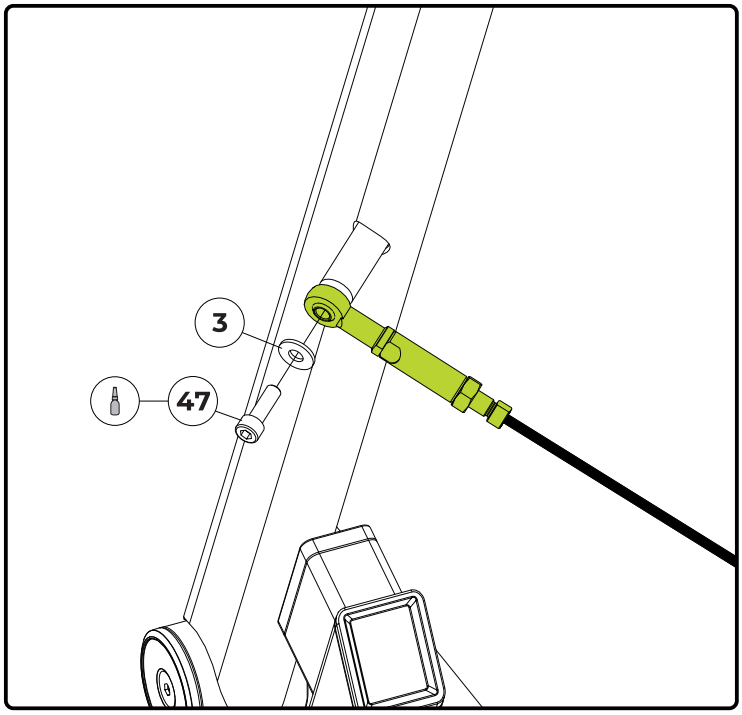
# EQUIPMENT ASSEMBLY

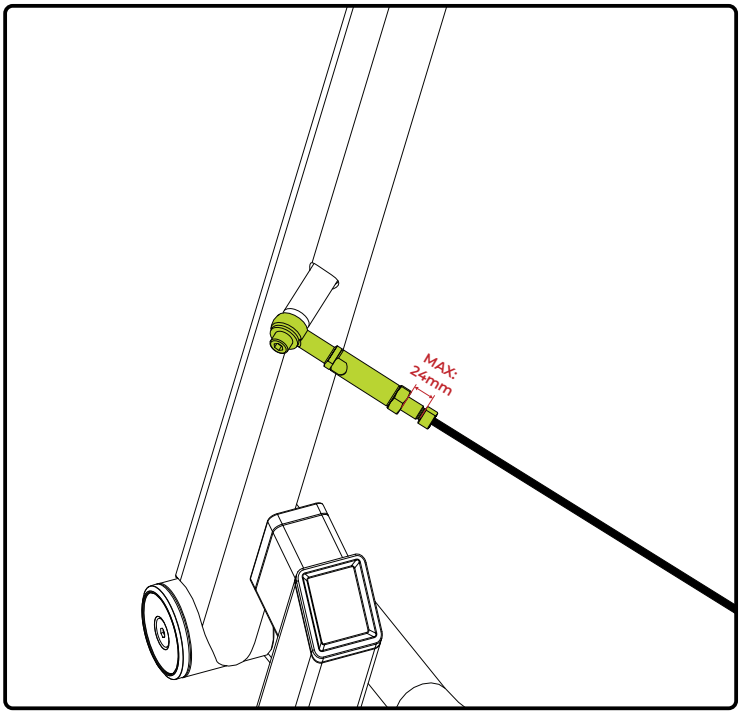
## STEP 23

| | NAME | Qty. |
|---|---|---|
| 3 | Flat washer - Ø8X20X02 | 1x |
| 44 | Ball joint end | 1x |
| 45 | Turnbuckle | 1x |
| 46 | Hex nut - M10 | 1x |
| 47 | Hex flat head screw Cylindrical head hex Int. - M8X25 | 1x |

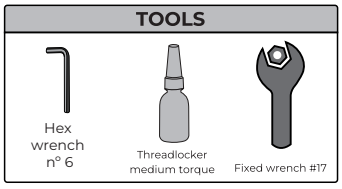





**TOOLS**

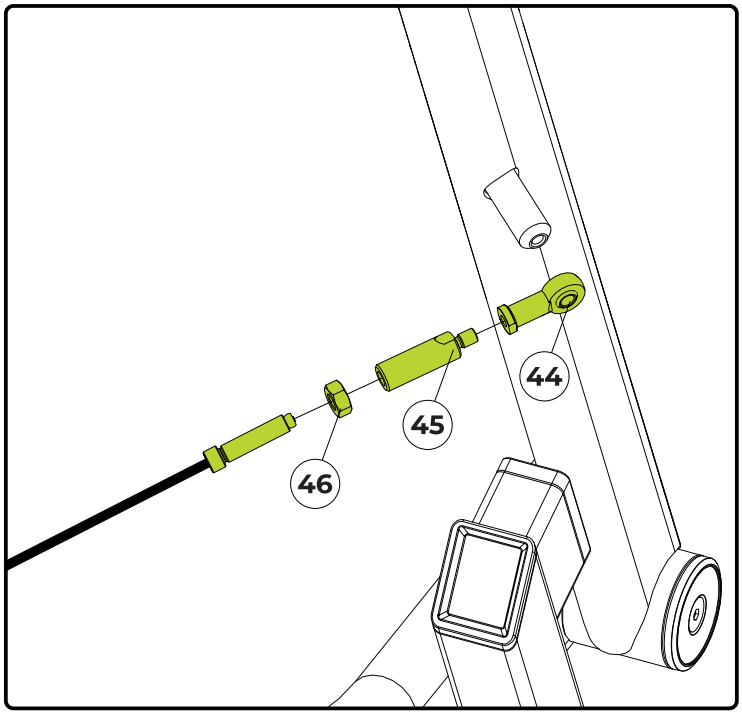


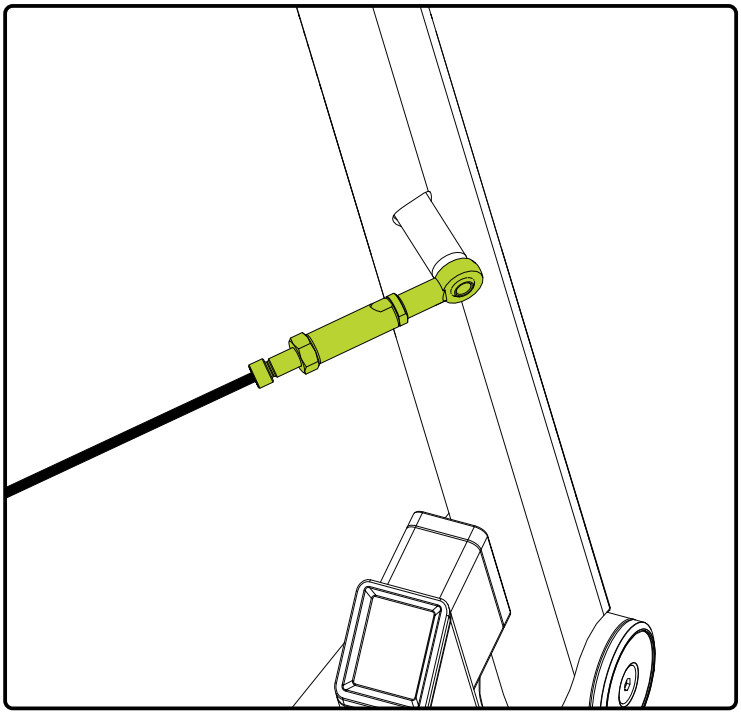

NOTE: Certain parts have been hidden for easier viewing.

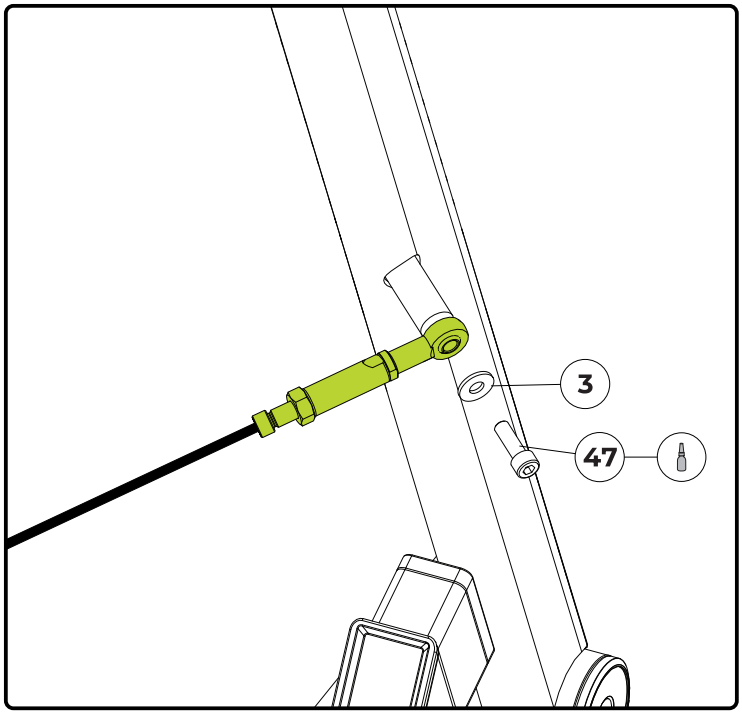


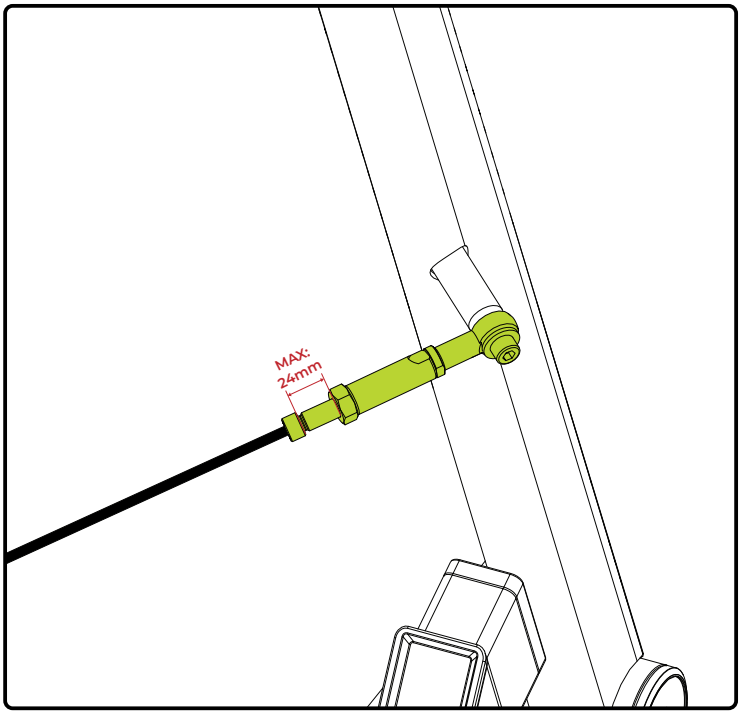
## STEP 24

| | NAME | Qty. |
|---|---|---|
| 3 | Flat washer - Ø8X20X02 | 1x |
| 44 | Ball joint end | 1x |
| 45 | Turnbuckle | 1x |
| 46 | Hex nut - M10 | 1x |
| 47 | Hex flat head screw Cylindrical head hex Int. - M8X25 | 1x |






**TOOLS**

Hex wrench n° 6

Threadlocker medium torque

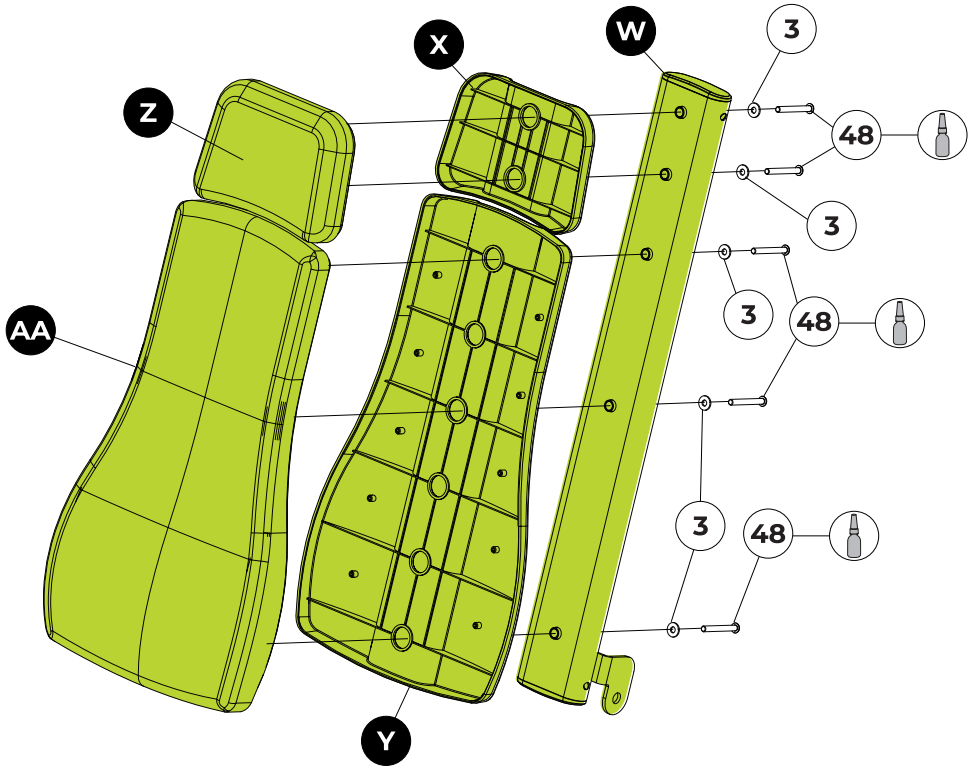
Fixed wrench #17

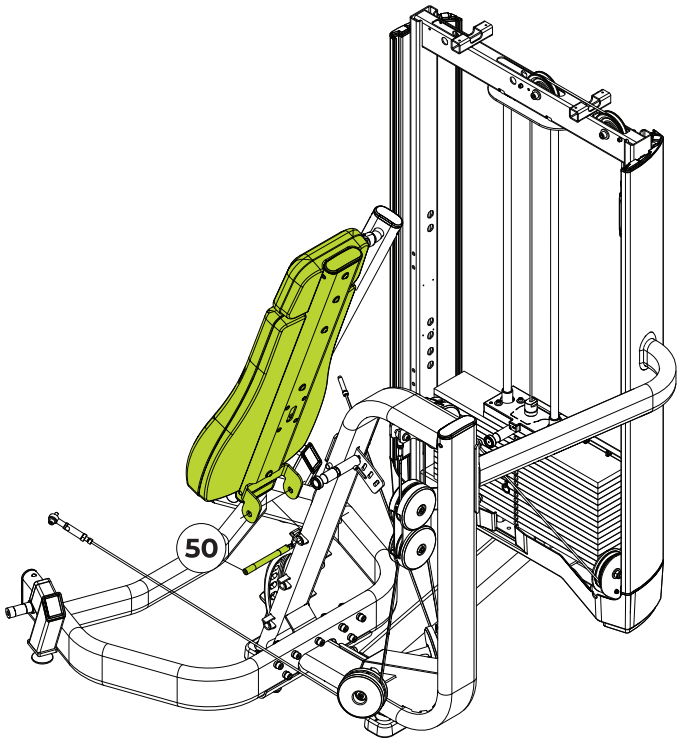
NOTE: Certain parts have been hidden for easier viewing.

100%

## STEP 25

| | NAME | Qty. |
|---|---|---|
| 3 | Flat washer - Ø8X20X02 | 7x |
| 48 | Hex flat head screw Button head hex Int. - M8X70 | 5x |
| 49 | Hex flat head screw Cylindrical head hex Int. - M8X25 | 2x |
| 50 | Shaft | 1x |
| W | Backrest frame | |
| X | Headrest cover | |
| Y | Backrest cover | |
| Z | Headrest padding | |
| AA | Backrest padding | |




**TOOLS**

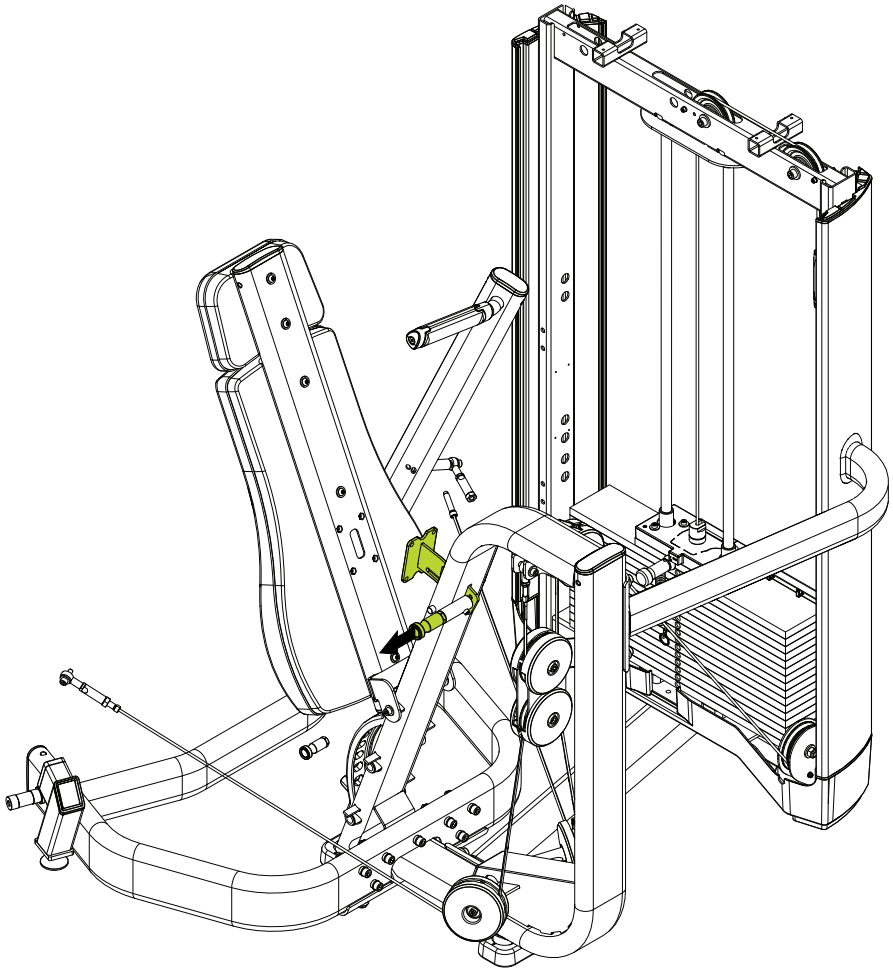
Hex wrench n° 8

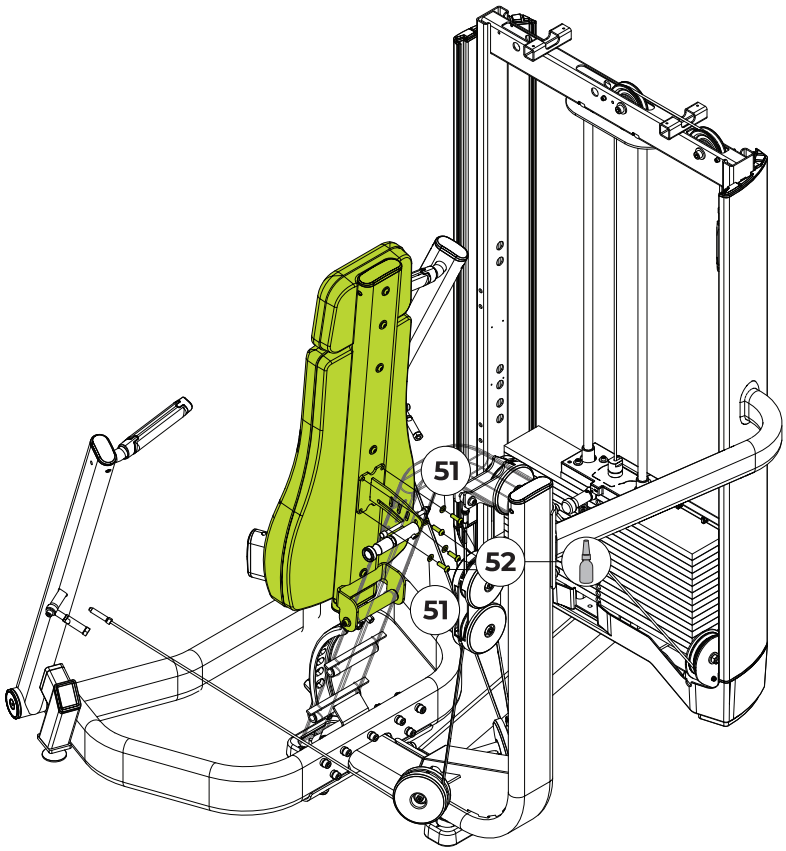
NOTE: Certain parts have been hidden for easier viewing.

100%

## STEP 26

| | NAME | Qty. |
|---|---|---|
| 52 | Hex flat head screw Button head hex Int. - M8X25 | 4x |






**TOOLS**

Hex wrench n° 8

Threadlocker medium torque

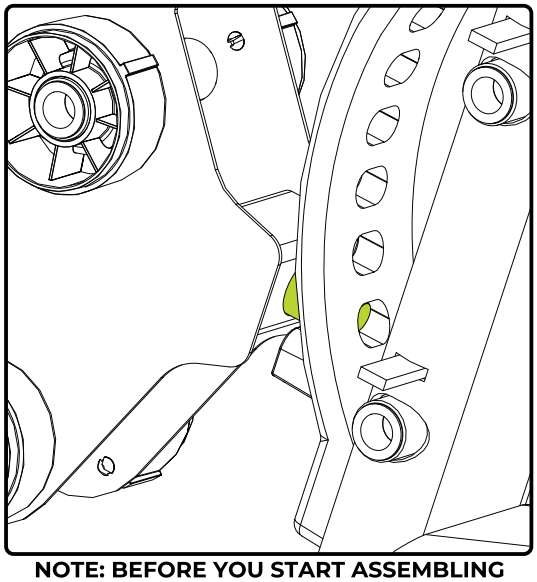
To make assembly easier, set the adjustment to maximum in order to assemble the backrest.

100%

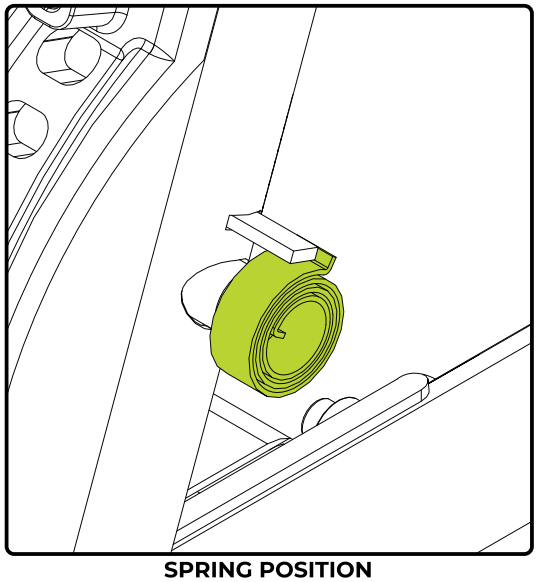
# EQUIPMENT ASSEMBLY

## STEP 27

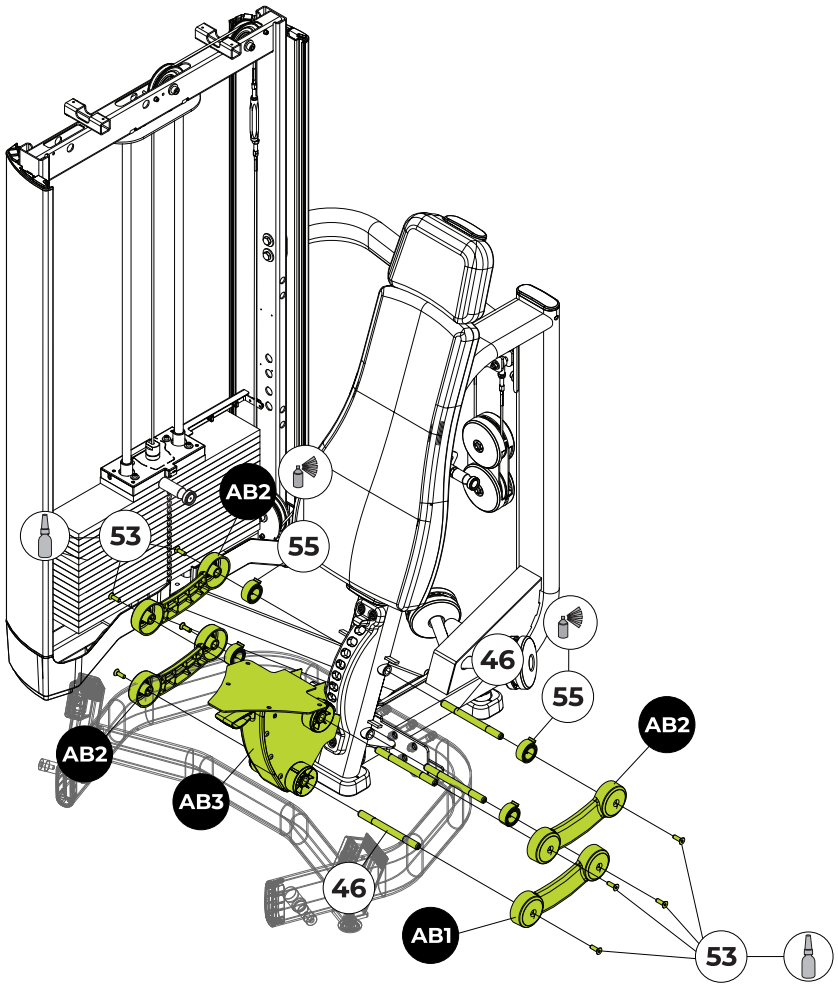
| | NAME | Qty. |
|---|---|---|
| 53 | Hex flat head screw Flat Head screw Int. - M8X25 | 8x |
| 54 | Shaft | 4x |
| 55 | Spring | 4x |
| AB1 | Seat hinge with sticker | |
| AB2 | Seat hinge | |
| AB3 | Seat frame | |



**NOTE: BEFORE YOU START ASSEMBLING THE SEAT, ADJUST IT TO THE FIRST HOLE IN THE SELECTOR PLATE.**



**SPRING POSITION**




**TOOLS**

Hex wrench nº 5

Threadlocker medium torque

Spray grease

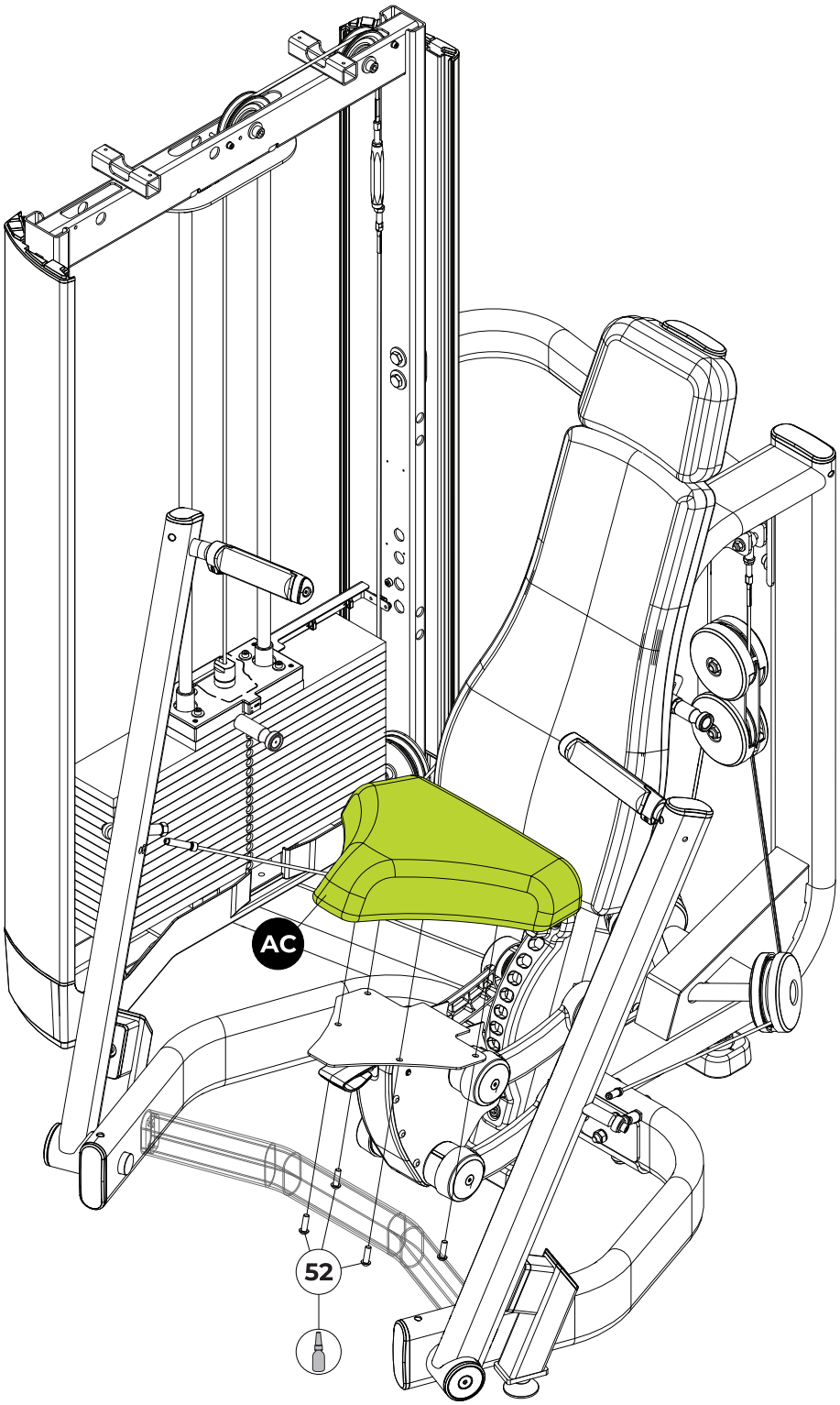
Torque wrench

100%

## STEP 28

| | NAME | Qty. |
|---|---|---|
| 52 | Hex flat head screw Button head hex Int. - M8X25 | 4x |

| | NAME |
|---|---|
| AC | Seat padding |




**TOOLS**

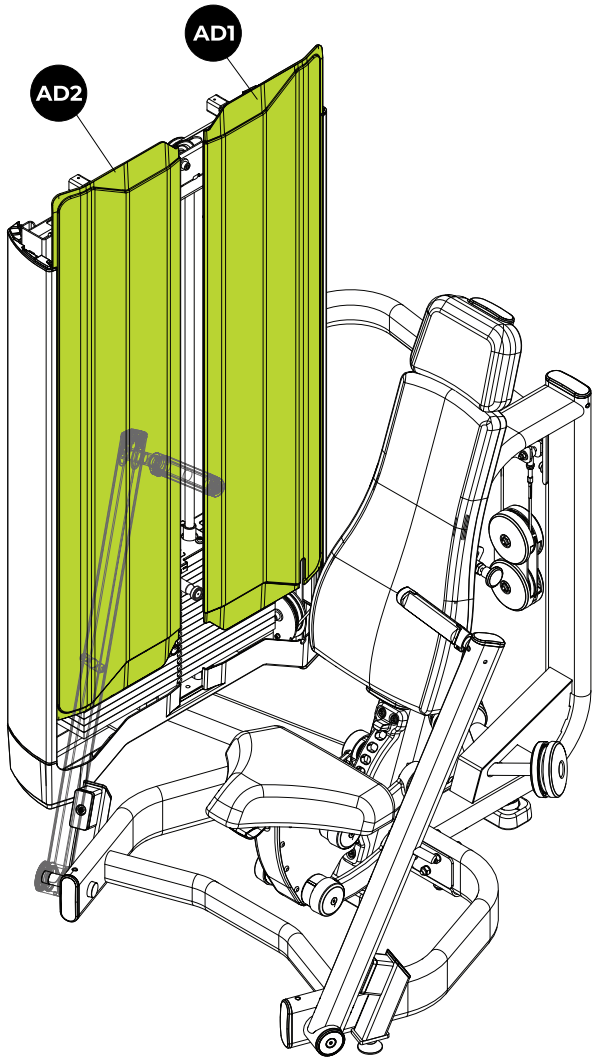
Hex wrench n° 5

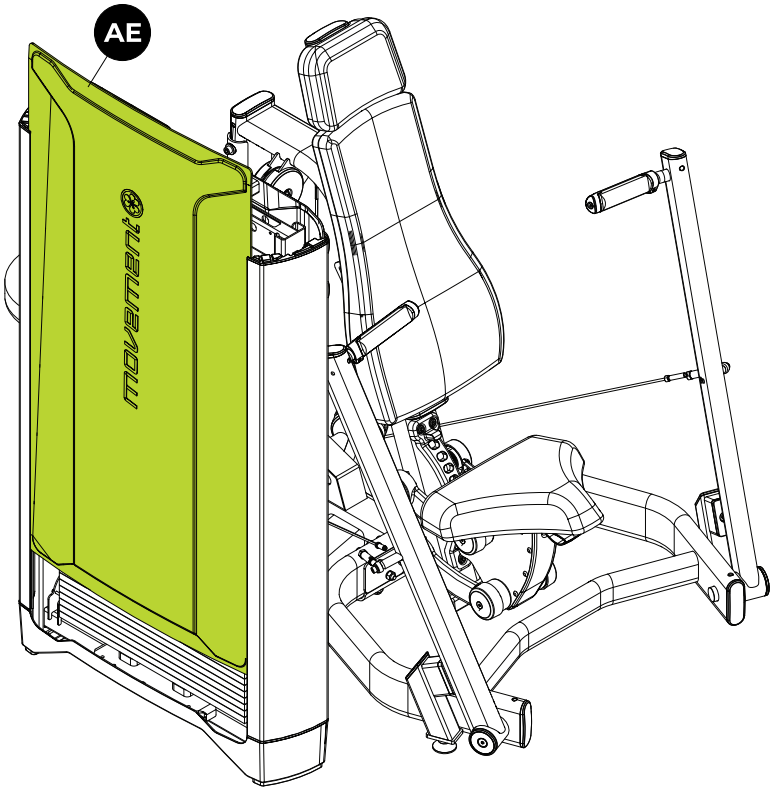
Threadlocker medium torque

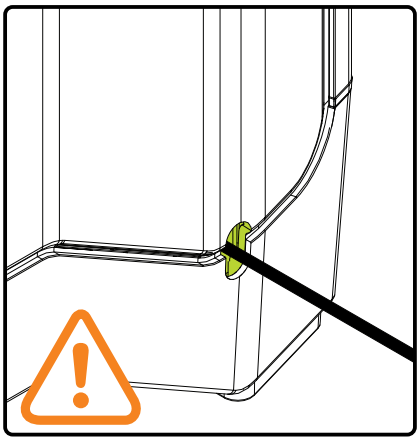
100%

## STEP 29

| | NAME |
|---|---|
| AD1 | Right front fairing |
| AD2 | Left front fairing |
| AE | Rear fairing |



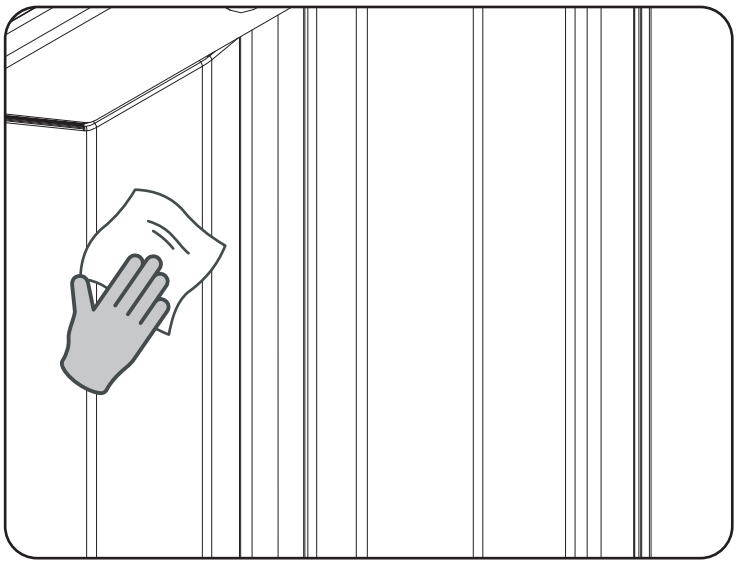



**CAUTION**

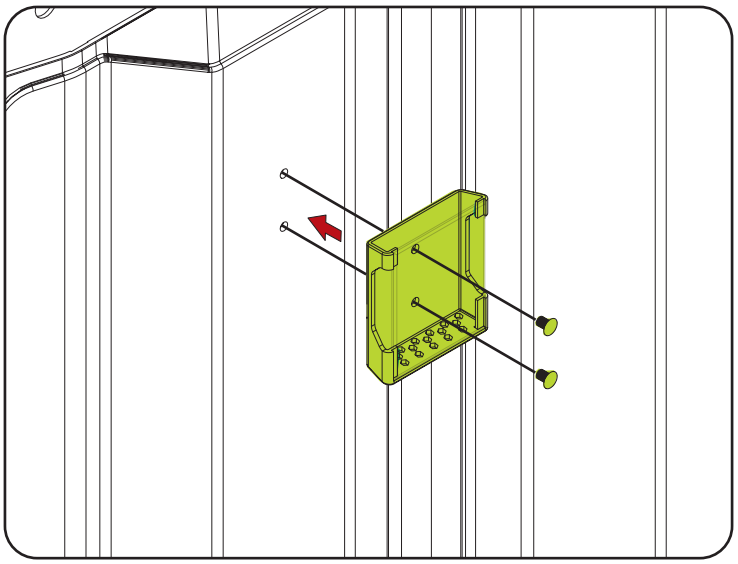
**THE STEEL CABLE MUST PASS THROUGH THE GAP IN THE FRONT FAIRING**

100%

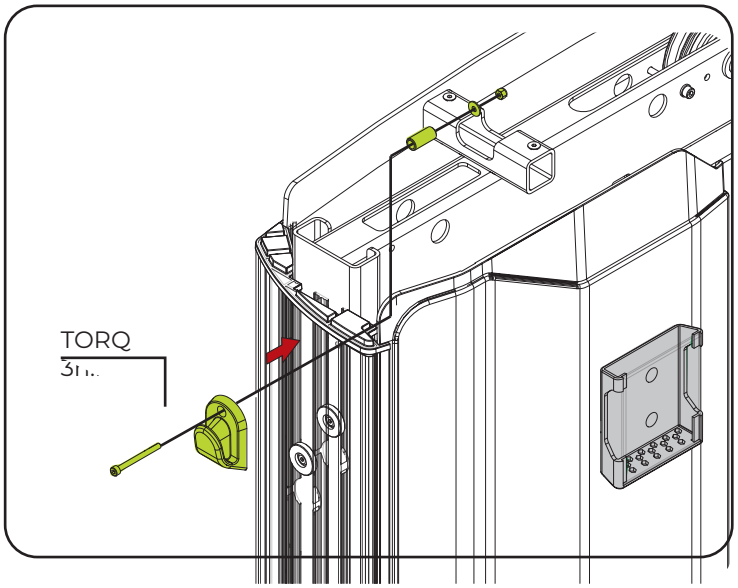
**STEP 30 - Attaching the cell phone holder and towel rack (in models offered with these accessories)**



1. **Surface Preparation**
   Thoroughly clean the area where the supports will be installed using a cloth and degreaser. Ensure the surface is dry and free of any residue.



2. **Attaching the Phone Holder**
   Apply double-sided tape to the base of the phone holder, position it in the desired location, and press firmly. Carefully insert the screws by hand to avoid damaging the acrylic.




**Installing the Towel Holder**
Fit the towel holder into the chassis mount and secure it with a Phillips screw, tightening gently to ensure stability without excessive force.

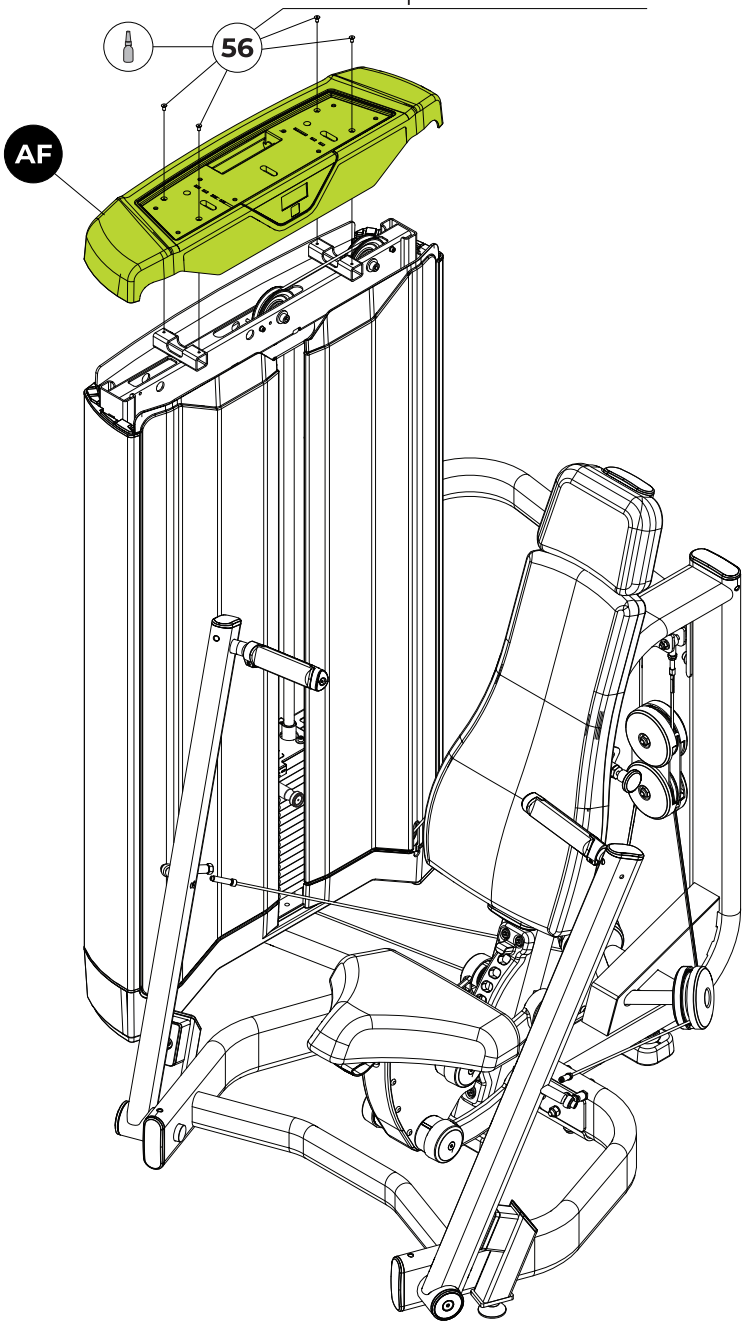
## STEP 31

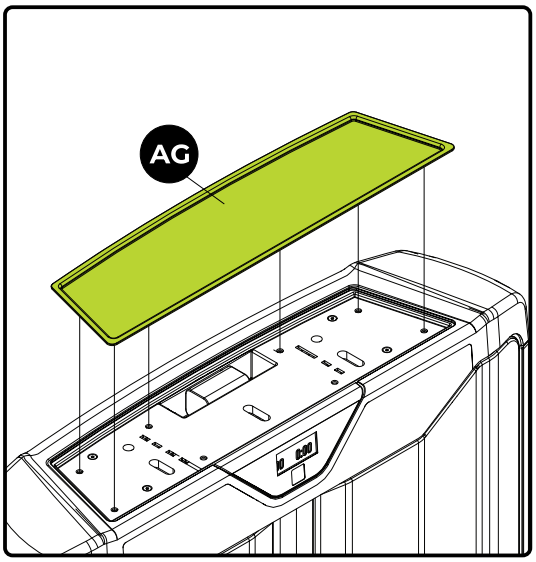
| | NAME | Qty. |
|---|---|---|
| 56 | Hex flat head screw Flat Hex Int. - M5X10 | 4x |

| | NAME |
|---|---|
| AF | Upper fairing |

| | NAME |
|---|---|
| AG | Rubber finish |

Torque of 3.5 ~4.5 N.m



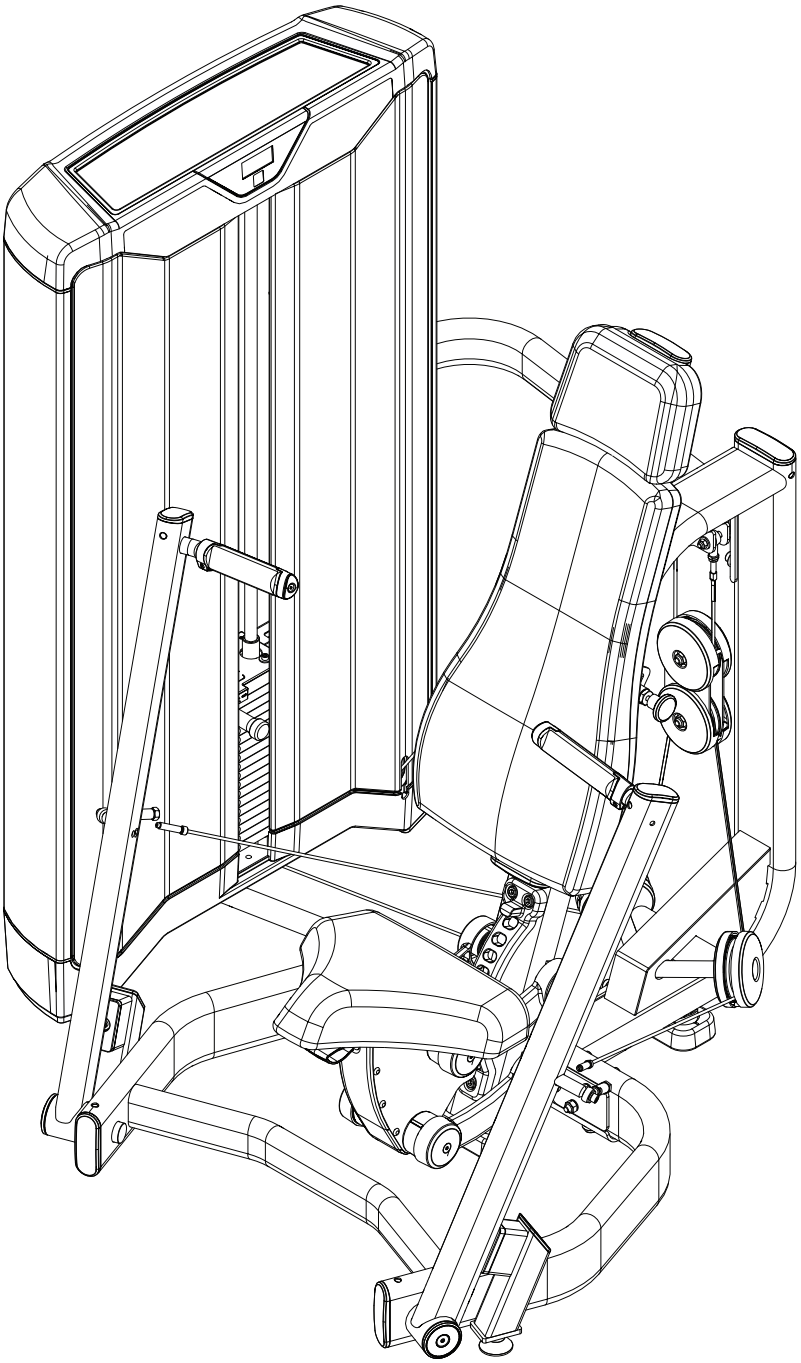




**TOOLS**

Hex wrench n° 3

Threadlocker medium torque

100%

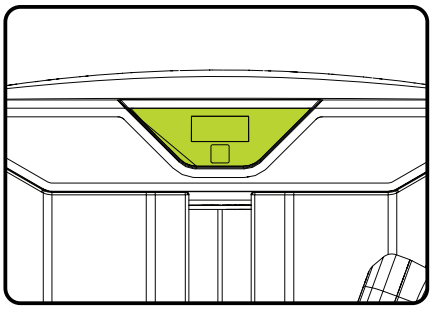


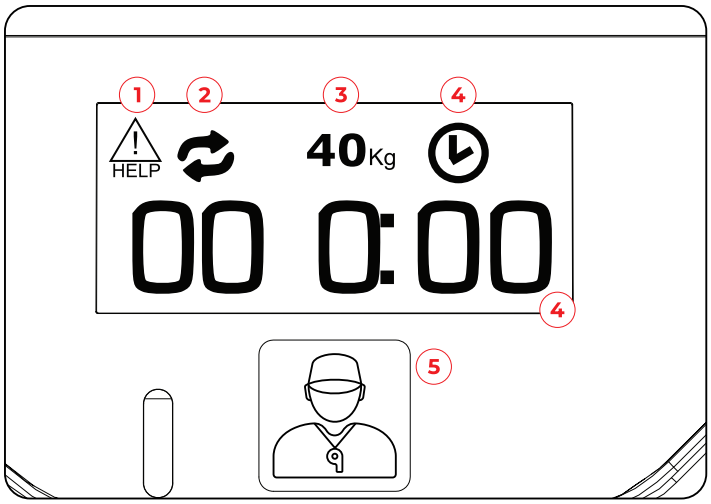
**CONGRATULATIONS! YOU HAVE COMPLETED THE EQUIPMENT'S ASSEMBLY.**
Before you start your workout, LEVEL the equipment to the ground and check that all the screws have been tightened. Please refer to the "Operating Instructions" chapter before using the equipment.

# OPERATIONAL INSTRUCTION

**COUNTER**

The NEXT line has a version that includes a cycle counter, exercise time, rest time and weight load. This counter is designed to help users keep track of their exercise pace.

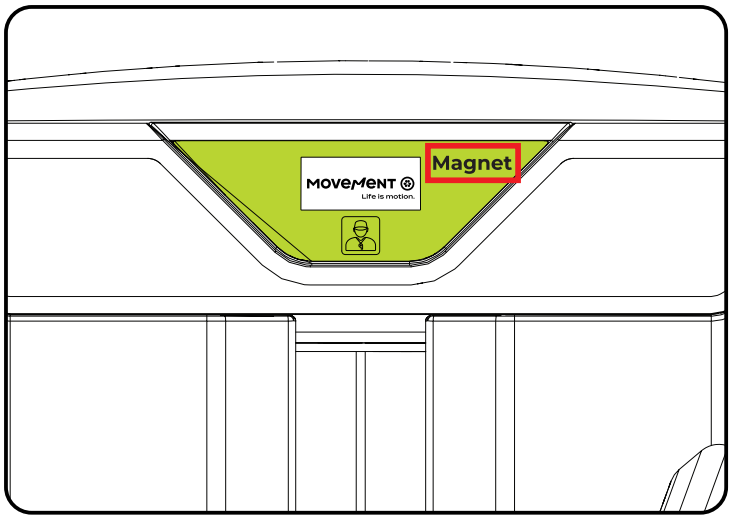


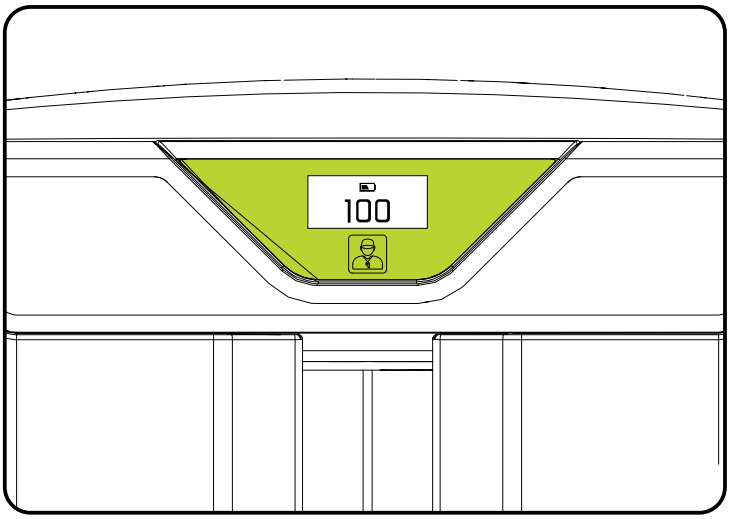



1 - Help icon;
2 - Repetition icon;
3 - Selected weight load;
4 - Time counter icon;
5 - Call the instructor (symbolic image)

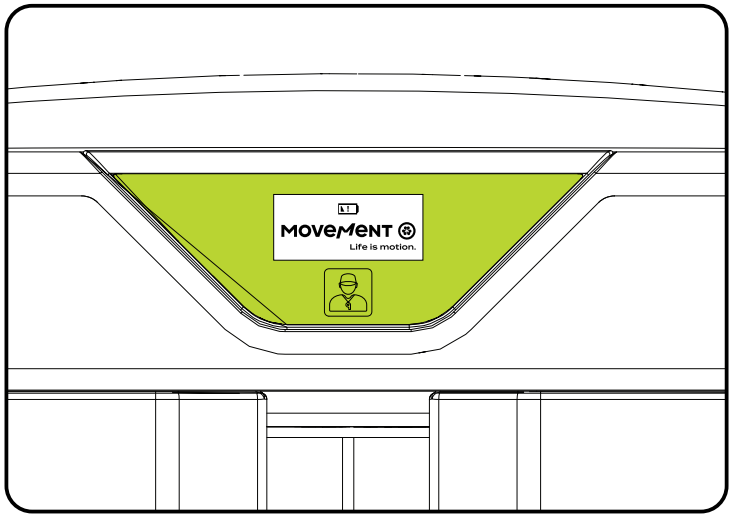
1 - Ask the instructor for help (if this feature is available).
2 - Allows the user to view the number of repetitions performed during the exercise series, ranging from 0 ~ 99.
3 - Allows the user to view the weight (load) that is selected during the exercise (between 5 kg and the maximum load available on the equipment).
4 - Displays the user's elapsed training time during the exercise series, ranging from 0:00 ~ 9:99.
5 - Button for calling the instructor (if available).

In order to view the display's (counter) firmware version, place a magnet in the top right-hand corner of the counter fairing and press the call instructor button (if available).

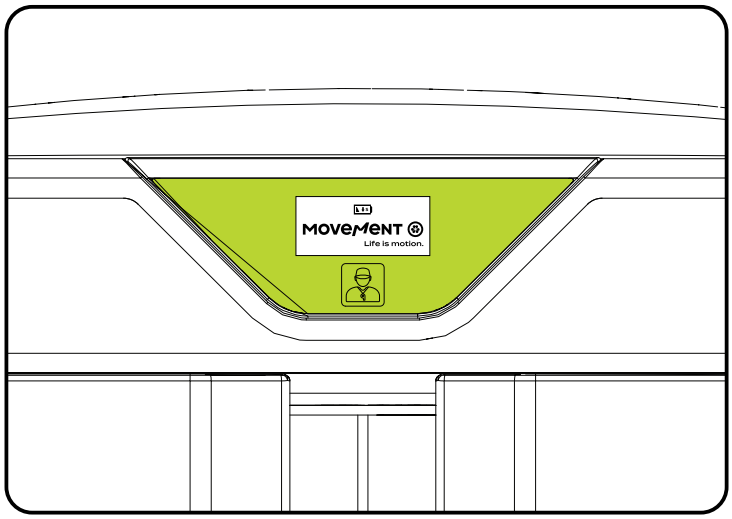


Replace (or recharge) the Counter's batteries when the display shows the low battery icon. Remove the batteries from the equipment if it isn't going to be used for a long time.



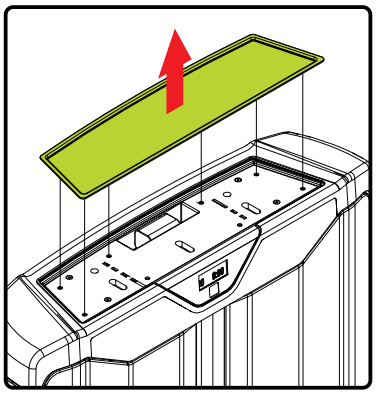

The battery icon with an "S" and a downward arrow indicates that the Sensor's battery is low and needs to be recharged.



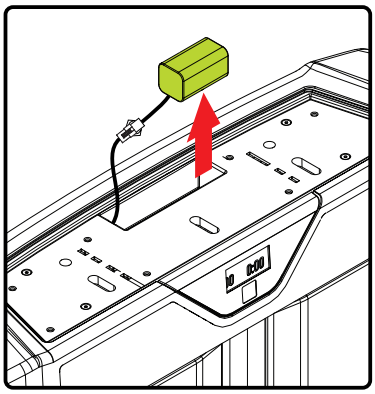
**RECHARGING THE BATTERY**
Follow the steps below to recharge the battery

**WARNING**

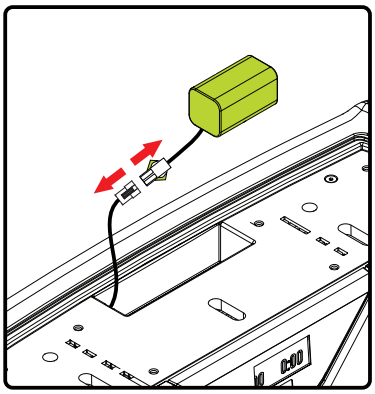
**Charge the Counter battery using a Movement-approved 8.4 V charger. When replacing the Counter's battery, use Movement-approved 7.4 V batteries (refer to the equipment's parts catalog). Remove the drained battery and insert a new, fully charged one.**



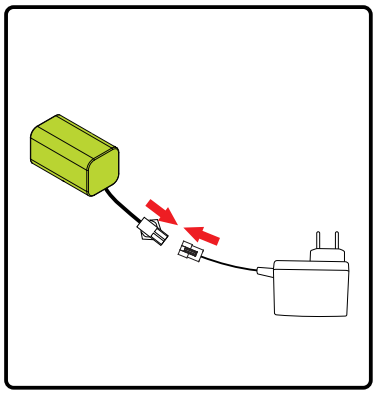
1 - Remove the rubber finish.



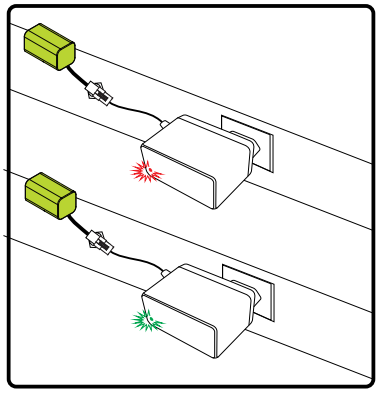
2 - Carefully remove the battery so as not to damage the cable.



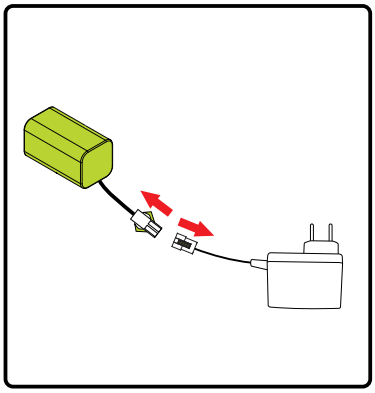
3 - Press the points indicated in the image above and carefully disconnect the battery.



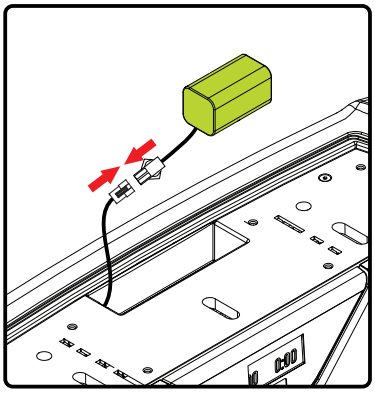
4 - Connect the battery to the charger.



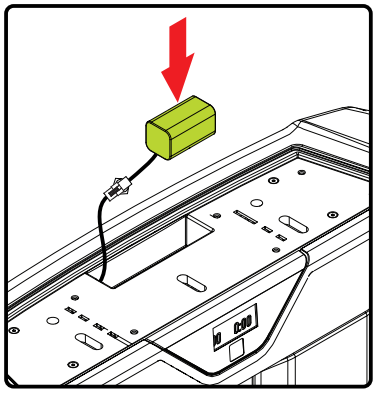
5 - When you connect the charger to the outlet, a red LED will light up, indicating that the battery is charging. When finished, a green LED will indicate that the battery is fully charged.



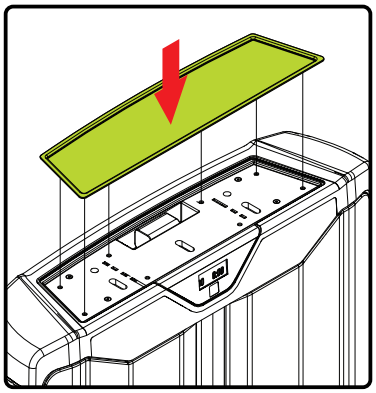
6 - When charging is complete, remove the charger from the outlet and disconnect the battery press the indicated charging points as in the image above.



7 - Connect the battery to the tower again.



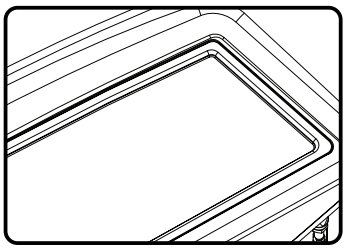
8 - Store the battery carefully so as not to damage any of the wires.



9 - Finally, insert the rubber finish.

**CAUTION**

**AVOID LETTING WATER BUILD UP ON THE RUBBER FINISH. WATER CAN ENTER THE FINISH AND OXIDIZE THE BATTERY HOLDER.**
**ALWAYS KEEP THE RUBBER FINISH DRY.**

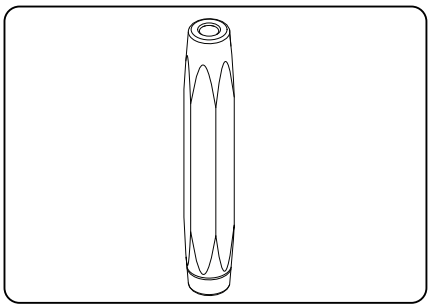


**WARNING**

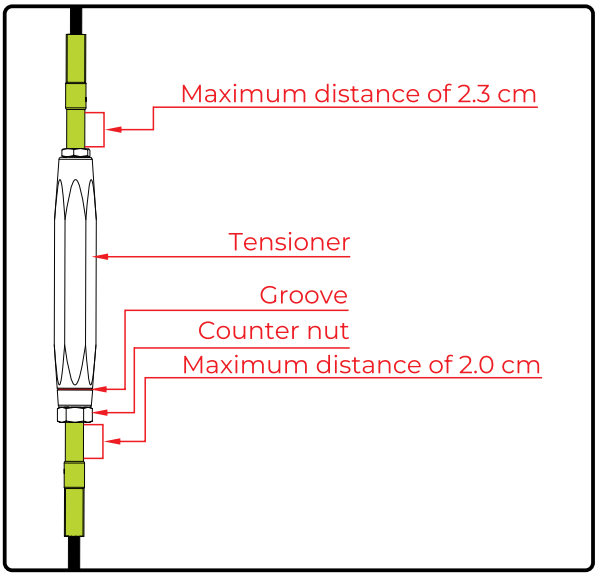
**The charger is not included with the equipment. The charger can be purchased separately.**

**STEEL CABLE TENSIONER**

Allows the steel cables to be adjusted by loosening or slackening them. To loosen or tension the steel cable, simply turn the tensioner. In order to maintain optimum cable tension, please check out the following specifications. Tensioning can be performed with or without a multiplier. In order to adjust the cable, remove the rear fairing.



**Equipment without a load multiplier**



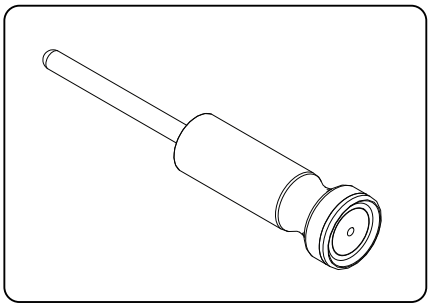

**DANGER!** **It's extremely important to maintain the cable adjustment measurements in order to prevent it from becoming loose and probable serious or fatal harm to users.**

**ADDITIONAL WEIGHT - OPTIONAL**

NEXT equipment includes additional weight. The additional weight allows you to split the weight load between 2.3 kg, 3.6 kg and 4.6 kg. To select the additional weight, simply move the selector lever to the right or to the left.

**SELECTOR PIN**

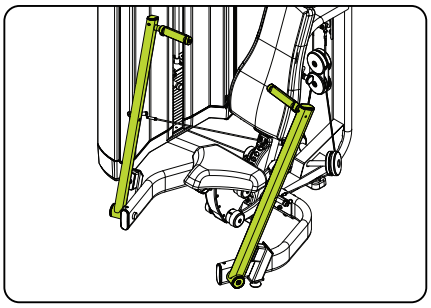
The selector pin allows the weights to be locked into place to be used when exercising.



**DANGER!** **Check that the selector pin is properly inserted in the weight stack. Risk of serious or fatal accident to users**

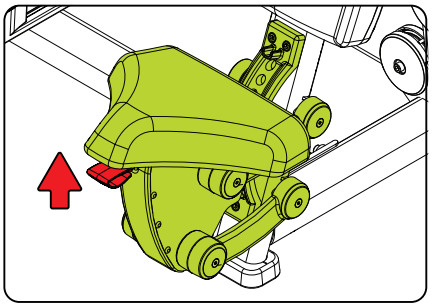
**HANDLES**

The handles allow the user to exercise. The user holds the handles and moves downwards. The arms return to their initial position on their own due to the steel cable.



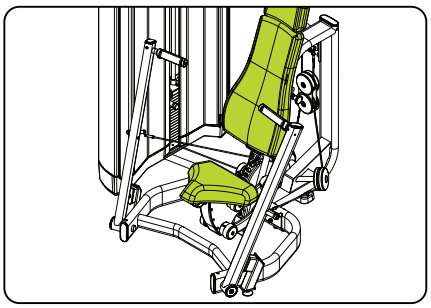
**SEAT**

Allows the user to set the desired heigh in order to perform the exercise.
To adjust the seat height, move the lock in te direction indicated by the arrow.
Once adjusted, release the lock (automatic return).



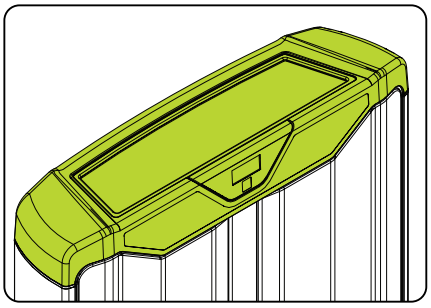
**PADDING**

Allows the users to sit, support their arms and legs and lean against the equipment in order to perform the exercise.



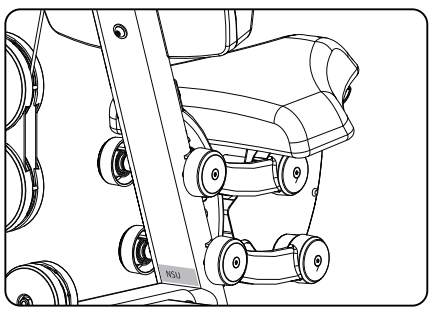
**UPPER FAIRING / OBJECT HOLDER**

The holder allows the user to place objects in it.



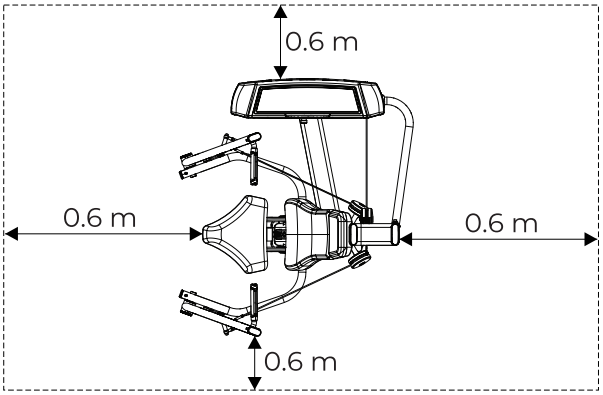
**SERIAL NUMBER**

The serial number contains information about the equipment's class and the manufacturer's info. Do not remove the serial number sticker, because it makes it easier to provide information to an authorized service or to the manufacturer. If the serial number sticker peels off, contact the manufacturer immediately.



**SPACE**

For user safety, we recommend using a minimum access and exit area as shown in the figure to the right. There can be a common access and exit area between the equipment used.




**USING THE EQUIPMENT**

1 - Position yourself on the equipment;
2 - Adjust the position of the seat;
3 - Select the load using the selector pin;
4 - Hold the handgrips to perform the exercise;
5 - Start your workout.



# VEX

# MAINTENANCE

# MAINTENANCE

**RECOMMENDATIONS**

For greater durability, it's necessary to adopt certain precautions that will prevent problems for the equipment and for the users or third parties. If it breaks down or malfunctions, discontinue use until the equipment has been repaired.

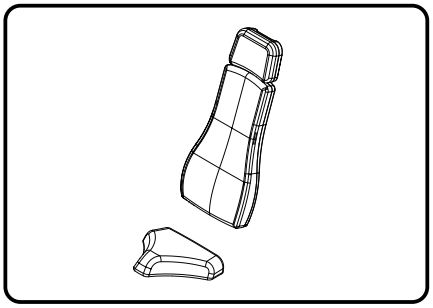
**CLEANING**

Clean the equipment every week with a soft nylon brush. Vacuum the underside of the unit to prevent the build up of dirt and dust, which can affect its operation.

Always use a soft, damp cloth with neutral soap and water to clean the equipment's upholstery before and after training. Wait for the equipment to dry completely before starting a new workout. Never use acidic cleaning products. Never pour water on the equipment or spray liquids on it.

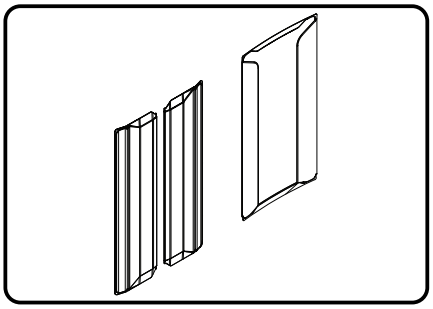
**PADDING**

In the event of tears, holes or other damage, replace it immediately. To ensure the upholstery lasts longer, clean it according to the instructions in this manual.



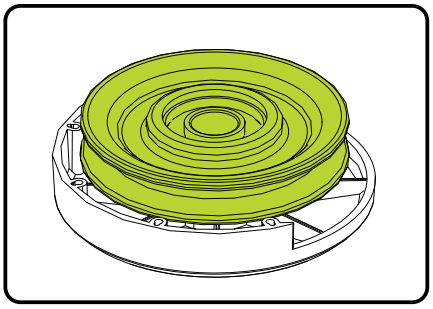
**FAIRING**

The fairing serves to protect the tower. If it is damaged, replace it immediately.



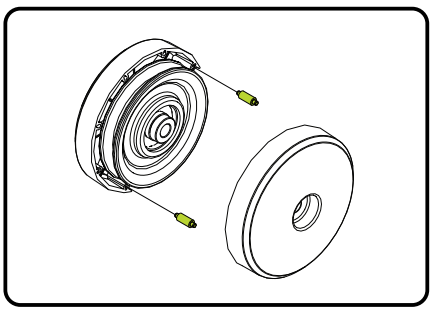
**PULLEYS**

The pulley is what allows the steel cable to follow the necessary path to perform the exercise; therefore, it's extremely important to keep them well maintained. At the slightest sign of wear or damage, contact a service center.



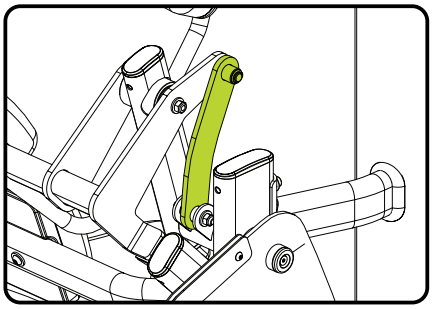
**STEEL CABLE LOCK PIN**

The steel cable locking pin prevents the steel cable from coming off the pulley, so if any of the pins are damaged, broken or loose, they might not hold the steel cable in place on the pulley, thus causing serious or fatal accidents. It is extremely important to maintain the integrity of the pins. At the slightest sign of wear, contact a service center.



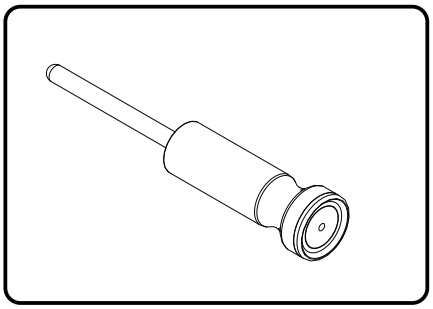
**MOVEMENT SYSTEM**

Always check that it isn't damaged or has lost its original shape. If you find any problems with the movement, please contact a Service Center



**SELECTOR PIN**

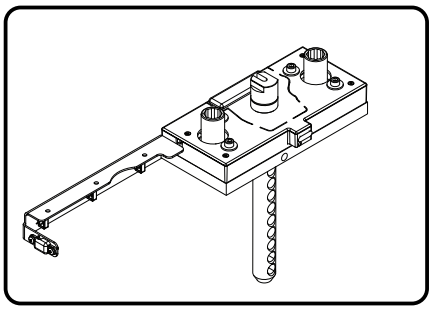
Always check that the selector pin isn't damaged or out of its original shape and not pinning the weight correctly. If the pin is damaged, contact a service center.



**DANGER!** IF THE SELECTOR PIN IS DAMAGED, THE WEIGHTS MIGHT NOT BE PINNED CORRECTLY, CAUSING SERIOUS OR FATAL ACCIDENTS TO USERS, IN ADDITION TO DAMAGING THE EQUIPMENT.

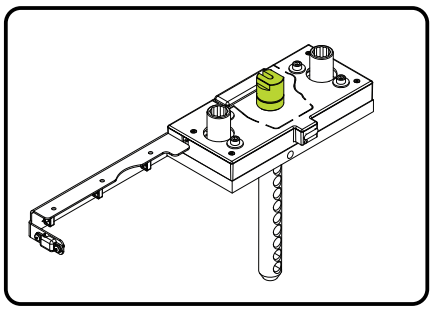
**TOP PLATE**

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



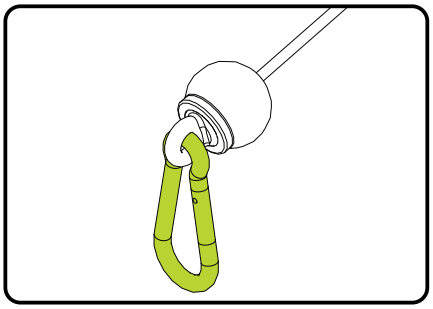
**STEEL CABLE LOCK**

Always check that the screws are securely fastened to the plates. If the locks are damaged, do not allow the equipment to be used. Contact a Technical Service for a replacement.



**CARABINER**

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



**CARABINER REPLACEMENT**

For its replacement, always use a carabiner supplied directly by MOVEMENT. If it's not possible to obtain a carabiner supplied by MOVEMENT, use a carabiner that strictly complies with the following requirements:

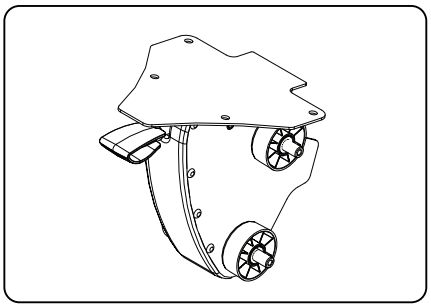
- Composition: AISI 316 stainless steel;
- Maximum capacity closed: 1,600 kg;
- Maximum capacity open: 350 kg.

**WARNING!**

**- CHECK THE CONDITION OF THE CARABINER CAREFULLY EVERY MONTH.;**
**- NEVER MODIFY THE CARABINERS;**
**- THE CARABINER MUST BE OPENED WHILE FACING THE WEIGHT STACK.**

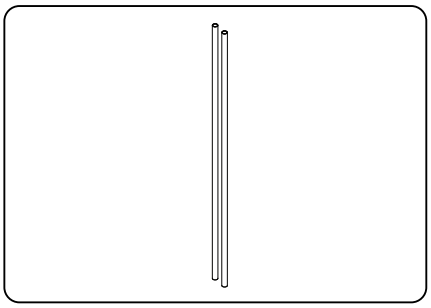
**SEAT**

The seat is adjustable, allowing the user to make the best adjustments possible. If you are unable to adjust the seat, do not attempt or allow the equipment to be used. Contact Technical Assistance.

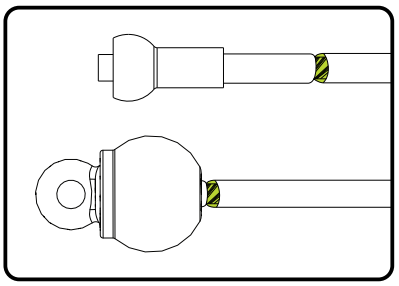


**BARS**

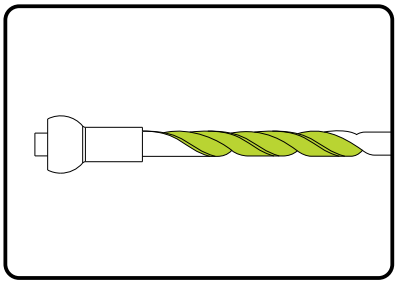
In order to maintain the equipment, it's necessary to clean the bars weekly. Clean using a damp cloth with water or alcohol.



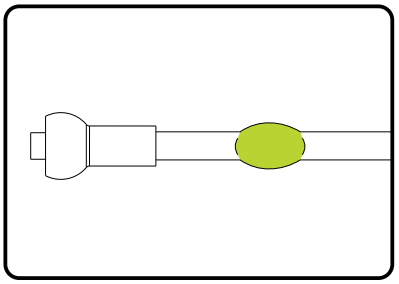
**STEEL CABLE**
During use, the steel cable can be damaged due to misuse or lack of maintenance. Sometimes the steel cable can be damaged even if the damage is not exposed. Pay attention and always look out for any type of problem with the cable. Do not use or allow the equipment to be used if the steel cable is damaged. Below are a few examples of damaged steel cables.



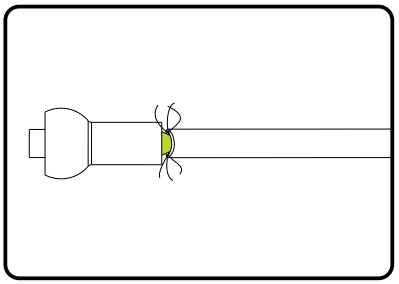
**TWISTED STEEL CABLE**
Always check the steel cable for twists and replace the cable immediately.



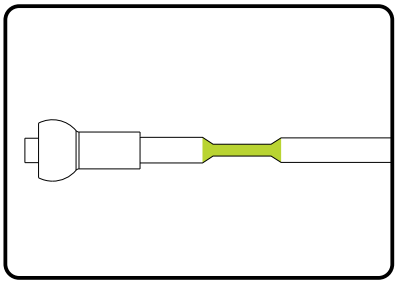
**STEEL CABLE BULGES**
If the cable breaks internally, a bulge may appear on the outside of the cable, replace the cable immediately.



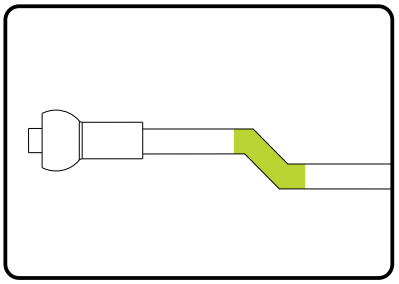
**LOOSE WIRES**
Replace whenever any steel wire is exposed at the ends.



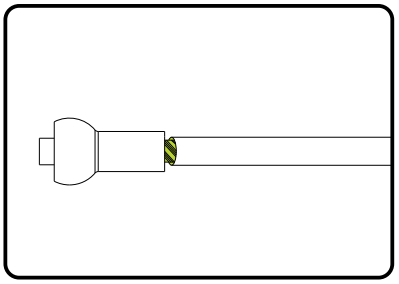
**CRUSHED STEEL CABLE**
A crushed steel cable or one that has lost its original shape can cause breakage or damage to other parts of the equipment. Replace the cable immediately.



**TWISTED STEEL CABLE**
A twisted steel cable or one that has lost its original shape, can cause breakage or damage to other parts of the equipment. Replace the cable immediately.

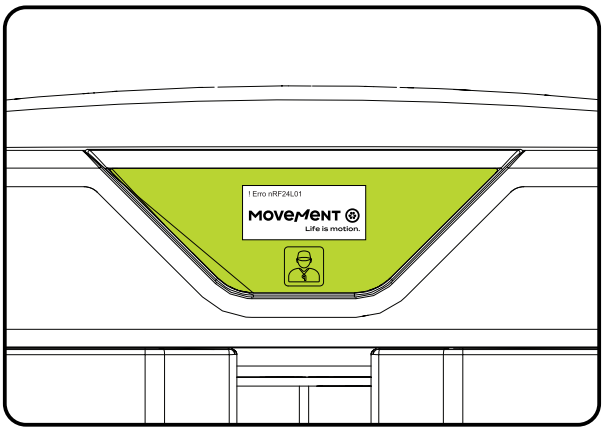


**EXPOSURE**
The exposure of the internal part of the cables can cause breakage or damage to other parts of the equipment. Replace the cable immediately.

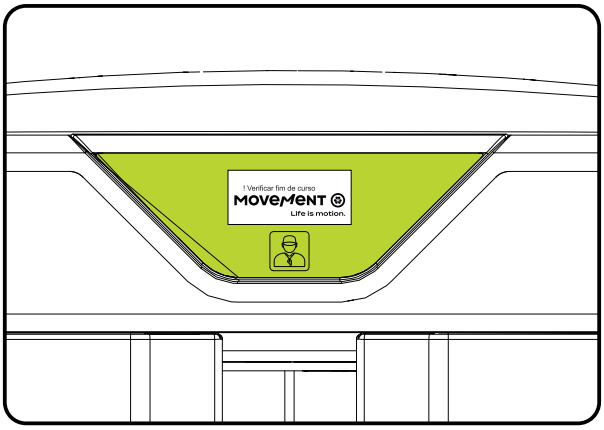


## COUNTER ERRORS

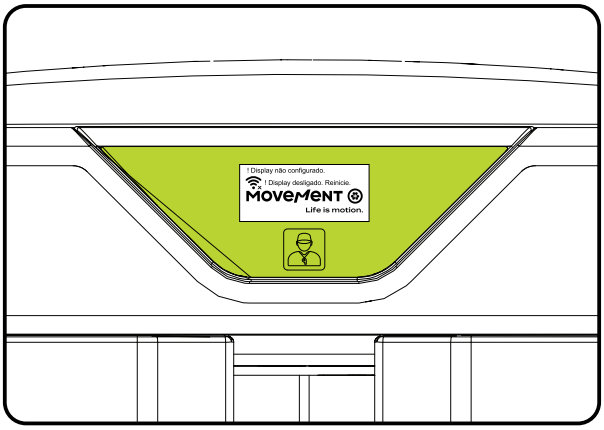
Error nRF24L01: radio module attached to the counter board is faulty. Stop using the equipment and contact an authorized service.



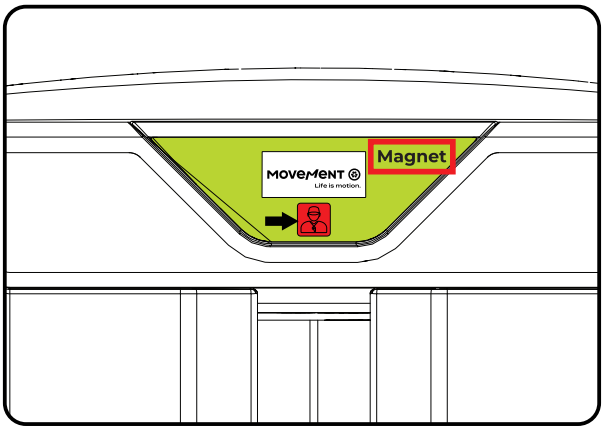

Error: If the message "Check limit switch" is displayed, this indicates that the magnet in the tower is not mounted correctly. Check the magnet assembly.




Error: if the "Display not configured" message is displayed, this indicates that the tower Sensor needs to be configured and paired. The display is currently in low-power mode to save battery power. Stop using the equipment and contact an authorized service.




In order to reset the Counter display, place a magnet in the top right-hand corner of the counter fairing and press the instructor call button 5 times (if available).




**WARNING**

**If you suspect that the counter isn't correctly displaying the selected weight load, contact a service center. This behavior may indicate a problem with the sensor.**

## EQUIPMENT MAINTENANCE CHART

Use the table below to find out the maintenance interval.

| CHECK | EVERY DAY | ONCE A WEEK | ONCE A MONTH | WHENEVER NECESSARY |
|---|---|---|---|---|
| **CLEANING** | Always clean the equipment before and after each workout. | | | |
| **SCREW** | | Retighten the screws in case any parts are loose. | | |
| **PULLEYS** | | Check if the pulleys are damaged or worn. If so, replace the part. | | |
| **LOCK PIN** | | Check if the pins are damaged or worn. If so, replace it immediately. | | |
| **TENSIONER** | | | Check that the steel cables are properly tensioned as described in the manual. If not, perform the correct tensioning. | |
| **LOAD MULTIPLIER (when applicable)** | Check if the load multipliers are damaged or worn. If so, replace them. | | | |
| **STEEL CABLE** | Check all steel cables. If they are damaged or broken, replace them immediately. | | | |
| **SELECTOR PIN** | Check if the selector pin is broken or damaged. If so, replace it immediately. | | | |
| **FAIRING** | | Check if the fairing is damaged or broken. If so, replace it immediately. | | |
| **COUNTER** | | | | Check if the battery is low. If it's below 20%, replace it or charge it. |
| **PADDING** | | | | Check if the padding is torn or has holes. If so, replace the part immediately. |
| **SEAT** | | Check if seat adjustment fits perfectly. Also check the other equipment adjustments. If any adjustments are not correct, replace the part. Check the pantograph springs. If it is making noise, lubricate it with spray grease. | | |
| **ADDITIONAL WEIGHT** | | | | Check that the weights are sliding correctly on the bars and that they are selected correctly. If not, replace the part immediately. |
| **PREVENTIVE MAINTENANCE** | | | | Every 2 months, contact an Authorized Service for the equipment's preventive maintenance. |

Any questions can be answered by calling our customer service center at 0800-7724080. To find an Authorized Service, go to http://movement.com.br/assistencia-tecnica and allow your browser to access your location to make it easier to find the nearest Authorized Service.

# VEX

# WARRANTY

# WARRANTY

**LIMITED WARRANTY - BODYBUILDING LINE**

Read the warranty terms and conditions carefully before using the equipment.
By using the equipment, you agree to comply with the following warranty terms and conditions.
BruddenEquipamentos Ltda., the manufacturer of Movement products, guarantees new equipment to be free from defects in materials and workmanship for the periods established below.
Warranty periods begin on the date the purchase invoice is issued by the factory or the accredited dealer.
This warranty will only apply to defects identified during the periods below and only to the original purchaser of the product. To exercise the warranty, the buyer must contact the nearest authorized Service Center (list available at www.movement.com.br/assistencia-tecnica) within 30 days of discovering the nonconformity and make the equipment available for inspection.

| | |
|---|---|
| **90 days** | Labor / Equipment padding: Biceps, Leg Extensions, Seated Leg Curl,s and Rowing. |
| **6 months** | Steel cable / Stickers / Adjusters and Handles / Grips / Thermoplastic finishes / Elastomer finishes / Fairings and padding in general (except for Biceps, Leg Extensions, Seated Leg Curls and Rowing). |
| **1 year** | Mechanical parts and pieces / Pulleys / Carabiners / Bearings / Springs / Fastening components / Painting in general, including chrome-plated and galvanized items / Electronic components (except batteries). |
| **3 years** | Frame (except paint) and metal structures. |

**CONDITIONS & RESTRICTIONS**

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

1-1. The product is in the possession of the original purchaser and has the original proof of purchase (purchase invoice);

1-2.Has not been the subject of: accidents, improper use or negligence, improper operation, abuse, improper transportation and storage, maintenance not compliant with the specifications contained in the instruction manual, improper service, or modification 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 equipment damages or malfunction caused by failure to carry out the basic and necessary maintenance as described in the manual.

**THE WARRANTY DOES NOT APPLY TO:**

·Products repaired or modified by third parties without Movement's prior written authorization;
·Service calls for product installation or instructions to owners on how to use the product;
·Repairs made to Movement products without a serial number or with altered or damaged identification;
·The removal and/or delivery of the equipment to the consumer's home 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. Refer to the list at www.movement.com.br/assistencia-técnica.
Expenses incurred in transporting the product to a technical assistance service or for a technical visit by an authorized assistant, will be borne by the buyer, whether or not the product is covered by this warranty.
The liability of this warranty is limited exclusively to the repair, modification or replacement of the product supplied.
Movement is not liable for damages to persons, third parties, other equipment and installations, loss of profit, or any consequential damage.
Movement reserves the right to stop manufacturing the equipment at any time and without prior notice, change its specifications and introduce improvements, without incurring the obligation to make such improvements to previously manufactured products.

# VEXT

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

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

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

MOVEMENT

# MANUAL DE INSTRUCCIONES



# CHEST PRESS

**LEA ATENTAMENTE ESTE MANUAL ANTES DE UTILIZAR ESTE EQUIPO Y GUÁRDELO PARA CONSULTAS O REFERENCIAS FUTURAS.**

MOVEMENT

NEXT


NEXT

# INTRODUCCIÓN

**¡BIENVENIDO A MOVEMENT!**
¡Enhorabuena, ahora forma parte del universo MOVEMENT!

Con el objetivo de ofrecer productos, servicios y soluciones innovadoras que responsan 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, 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.

Acercando Movement cerca de ti y tu familia a favor de una vida más saludable, rentable para los inversores, placentera y saludable para quienes entrenan en uno de nuestros equipos.

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

MOVEMENT

# ÍNDICE

INFORMACIÓN DE SEGURIDAD.....05
CONOCIENDO EL EQUIPO.....09
CONJUNTO DE EQUIPOS.....13
INSTRUCCIONES DE FUNCIONAMIENTO.....49
MANTENIMIENTO.....57
GARANTÍA.....64

# INFORMACIONES 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, personas con capacidad psicomotriz reducida y 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 e otros accesorios. Utilice 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 psicomotriz.
- Al ajustar cualquier asiento, soporte de rodilla, pila de pesas, respaldo 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 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 pesas, 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 pesas 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.
- Los adhesivos en forma de triángulo suponen un riesgo para el usuario.



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



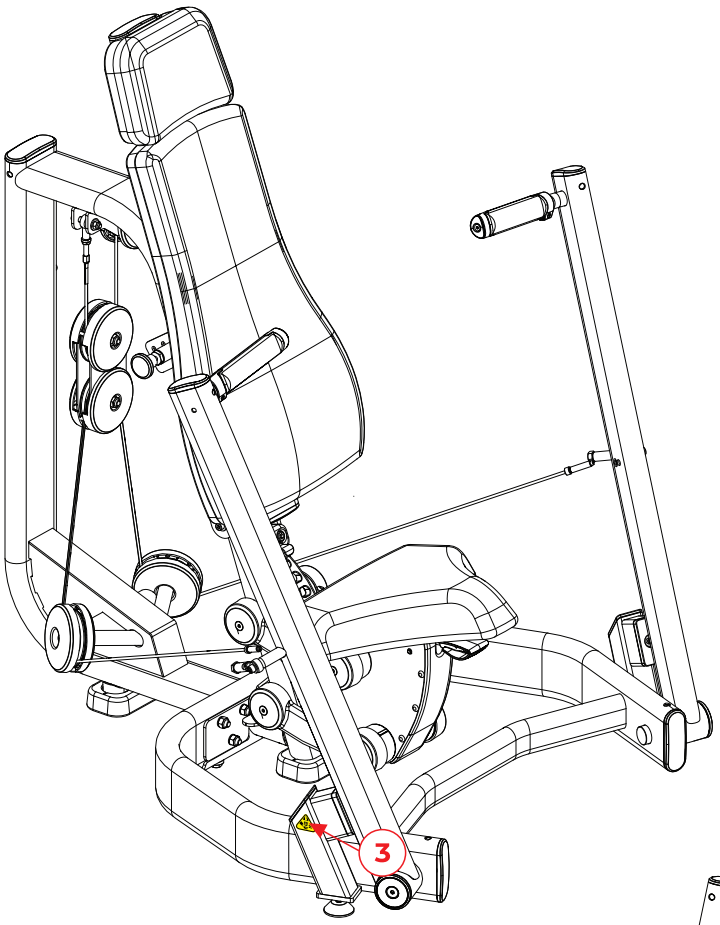
**¡PELIGRO!**
NO PONGA LAS MANOS
ENTRE LAS POLEAS.
RIESGO DE APLASTAMIENTO

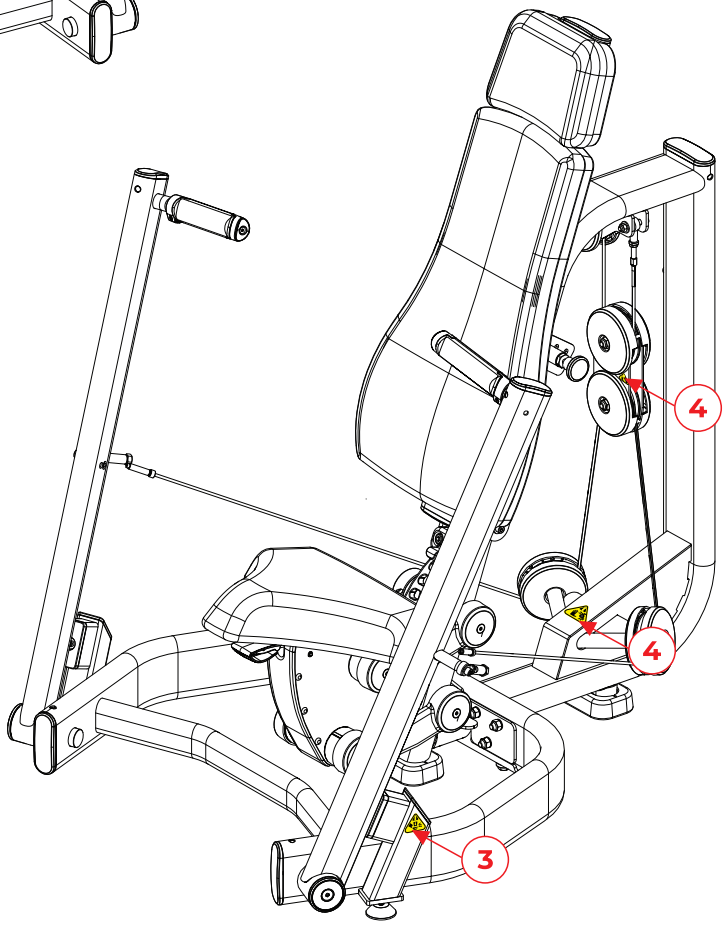


**¡PELIGRO!**
NO PONGA LAS MANOS
ENTRE LAS PIEZAS
EN MOVIMIENTO.
RIESGO DE APLASTAMIENTO



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







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

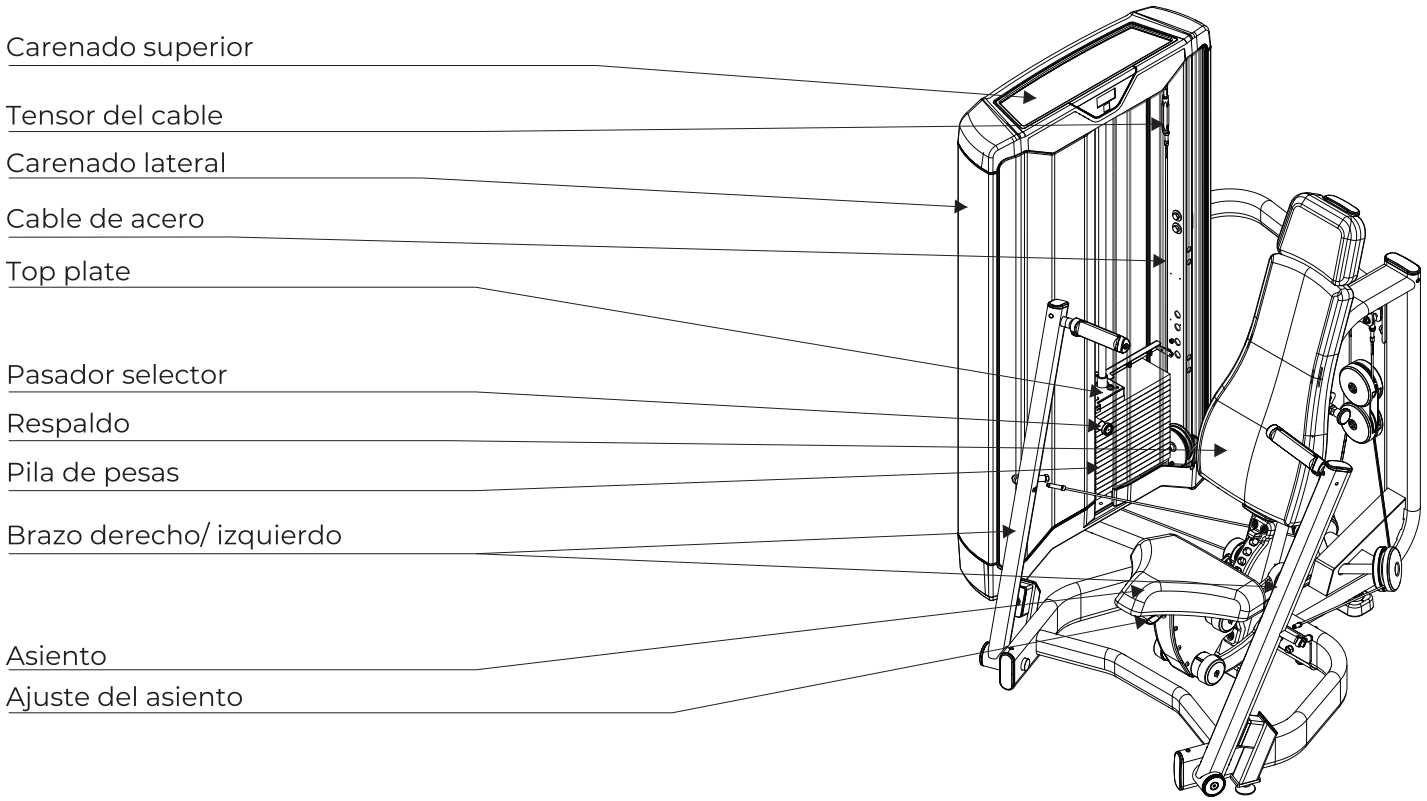
# CONOCIENDO EL EQUIPO

# CONOCIENDO EL EQUIPO

**OBJETIVO**

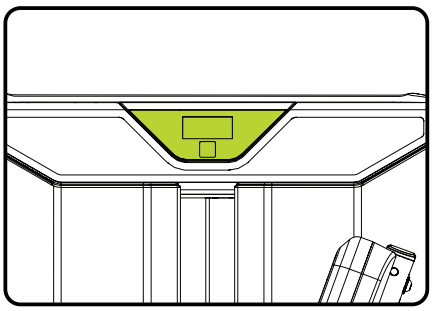
El chest press está destinado al entrenamiento y acondicionamiento físico del usuario a través del movimiento de los brazos. El equipo posee brazos que pueden ser tirados por el usuario para que pueda trabajar los músculos de sus brazos y pecho.

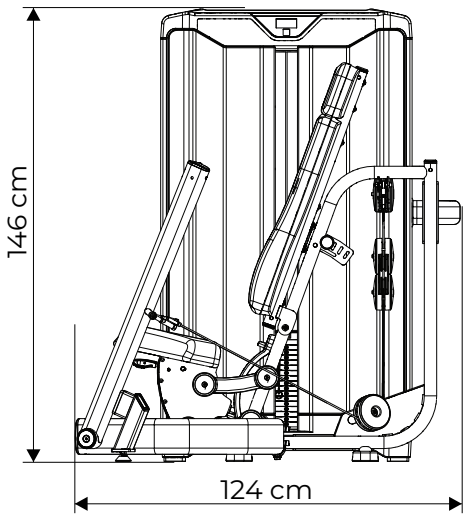
Este equipo está formado por los siguientes componentes principales:

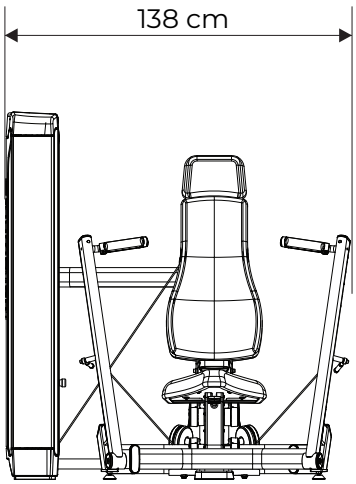



**CONTADOR**

La línea NEXT tiene una versión que viene con contador. Para obtener más información sobre el contador, consulte el capítulo de instrucciones de operación.

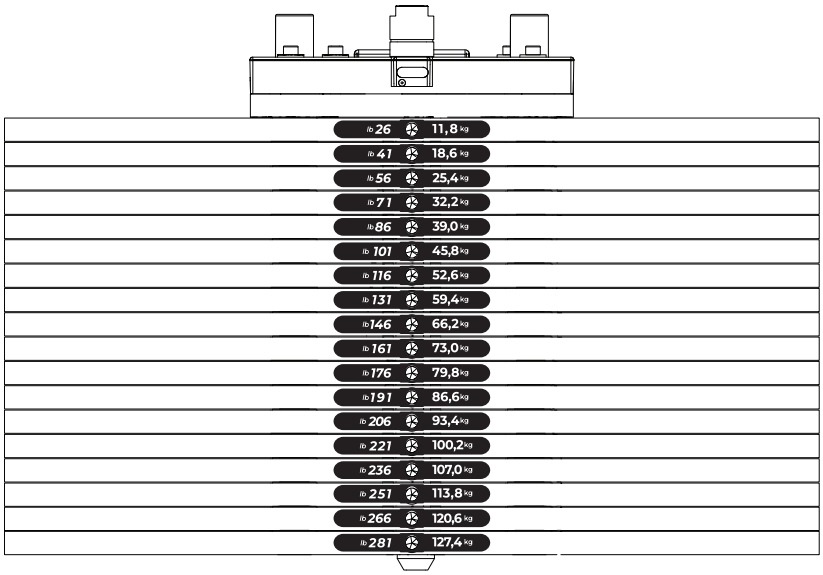




**PILA DE PESAS**

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 pesas |
|---|
| 16 pesas de 6,8 kg* |
| Top plate de 5kg |
| Carga total: 127,4 kg |

Los valores de peso se pueden redondear hacia arriba o hacia abajo.

## Especificaciones del equipo

| | |
|---|---|
| **Segmento** | Musculación |
| **Categoría** | Estación individual con selector de peso |
| **Línea** | NEXT |
| **Modelo** | SSS - Single Station Selectorized CHEST PRESS |
| **Peso máximo del usuario** | 145 kg |
| **Longitud** | 124 cm |
| **Ancho** | 138 cm |
| **Altura** | 146 cm |
| **Área ocupada** | 1,710 $m^2$ |
| **Peso del equipo** | 268 kg |
| **Placa superior** | 5 kg |
| **Peso unitario de la placa** | 6,8 kg |
| **Carga inicial** | 5 kg |
| **Carga máxima** | 127,4 kg |
| **Contador de repeticiones** | Sí – contador de repeticiones inteligente con temporizador |
| **Estructura** | Acero |
| **Pintura** | Tratamiento de superficie con 9 baños + pintura electrostática en polvo |
| **Soldadura** | MIG/MAG Robotizada |
| **Material del acolchado** | Espuma de poliuretano de alta densidad controlada |
| **Revestimiento del acolchado** | Cuero sintético impermeable con doble costura |
| **Cable de acero** | Ø 3,17 mm (alma de acero); Ø 4,76 mm con revestimiento |
| **Amortiguador en la base de la torre** | Sí |
| **Poleas carenadas** | Sí |
| **Pinos selectores de peso (flauta)** | Sí – magnético, con acabado de aluminio anodizado |
| **Guías de peso** | Aluminio anodizado duro – bajo coeficiente de fricción y alta resistencia al desgaste |
| **Adhesivo de instrucciones (placard)** | Sí – ubicado en la torre, con instrucciones de uso y músculos trabajados |
| **Opciones de color de torre/chasis** | ALL SAND BLACK |
| **Soporte multipropósito** | Sí, en lo alto de la torre. |
| **Garantía** | Hasta 3 años – **Consulte el Manual de Instrucciones del equipo** |

# 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 que el equipo sea montado lejos de humedad y al abrigo de la luz solar, con el fin de evitar daños a las partes electrónicas del equipo.

## ICONOS

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



Para este montaje, sugerimos que se haga entre dos personas




No realice el ajuste final de los tornillos.

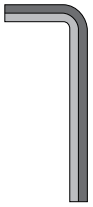



Dar el ajuste final en los tornillos

## HERRAMIENTAS

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

NOTA: Algunos tornillos tienen un torque diferente al que se muestra en la tabla.



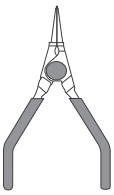
Llave hexagonal



Trabarosca torque medio



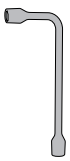
Llave Philips



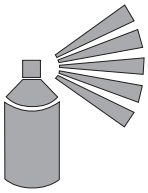
Tenazas para anillas elásticas



Llave fija



Llave de boca

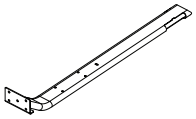


Grasa en aerosol



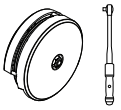
Torquímetro

**Especificación de torque:**

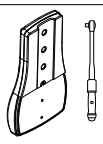


**Elementos de fijación en estructuras metálicas**

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



**Poleas con cubiertas o sin cubiertas**



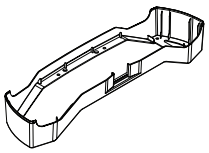
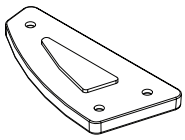
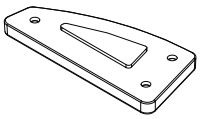
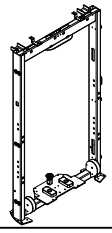
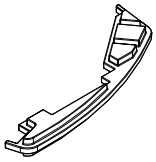
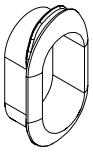
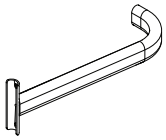
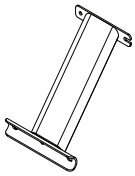
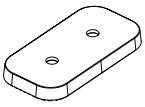
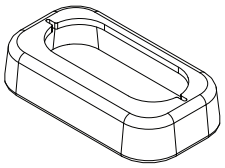
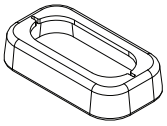
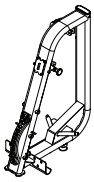
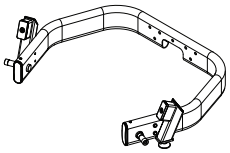
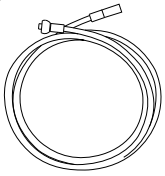
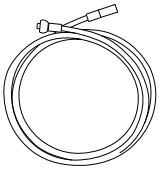
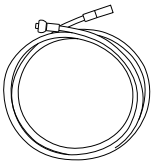
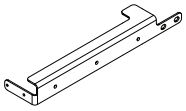
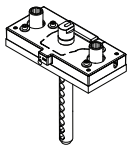
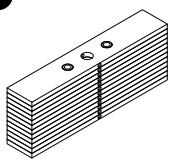
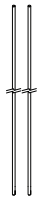
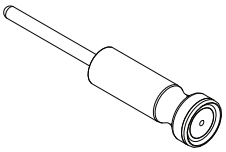
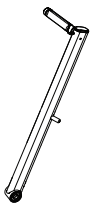
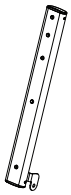
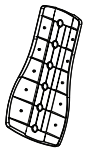
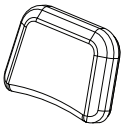
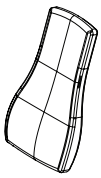
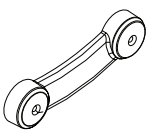
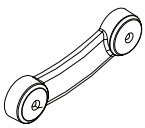
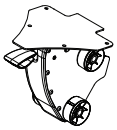
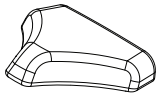
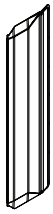
**Acolchados con o sin cubiertas**

**Torque [N.m]**

8 a 10

# MONTAJE DEL EQUIPO

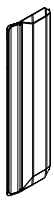
## LISTA DE PIEZAS

| | | | | | |
|---|---|---|---|---|---|
| A  Carenado inferior | B1  Pie de goma izquierdo | B2  Pie de goma derecho | C  Torre | D1  Carenado derecho sin agujero | D2  Carenado derecho con agujero |
| E  Acabado | F  Acabado lateral | G  Barra de conexión lateral | H  Barra de conexión inferior | I  Pie de goma | J1  Cubierta de goma |
| J2  Cubierta de goma | K  Chasis | L  Soporte de los brazos | M1  Cable de acero mayor | M2  Cable de acero menor | M3  Cable de acero de los brazos |
| Q2  Soporte del sensor | Q3  Top plate | R  Pila de pesas | S  Varilla de las pesas | T  Pasador selector | U  Placa de fijación |
| V1  Brazo derecho | V2  Brazo izquierdo | W  Chasis del respaldo | X  Cubierta para soporte de la cabeza | Y  Cubierta del respaldo | Z  Acolchado para soporte de la cabeza |
| AA  Acolchado del respaldo | AB1  Articulador del asiento con adhesivo | AB2  Articulador del asiento | AB3  Chasis del asiento | AC  Acolchado del asiento | AD1  Carenado frontal derecho |

# MONTAJE DEL EQUIPO

## LISTA DE PIEZAS

AD2



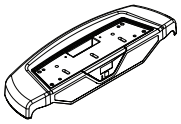
Carenado frontal izquierdo

AE



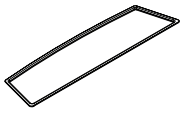
Carenado trasero

AF



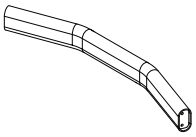
Carenado superior

AG



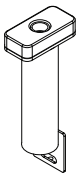
Acabado de goma

AH



Barra bloqueo

AI

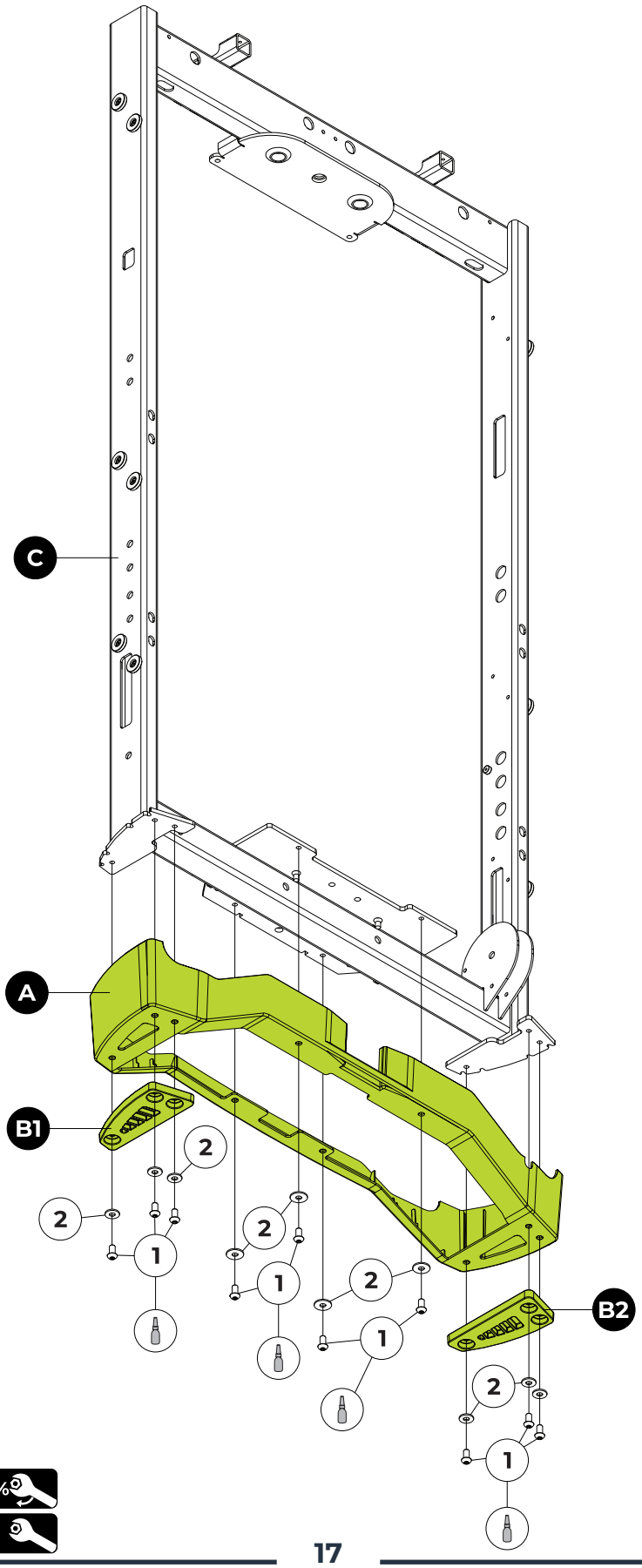


Soporte

# MONTAJE DEL EQUIPO

## PASO 1

| | NOMBRE | Ctd |
|---|---|---|
| 1 | Tornillo Cab. de botón Hex. Interno - M8X16 | 10x |
| 3 | Arandela lisa - Ø8X20X2 | 10x |
| A | Carenado inferior | |
| B1 | Pie de goma derecho | |
| B2 | Pie de goma izquierdo | |
| C | Torre | |




**HERRAMIENTAS**

Llave hexagonal nº 5

Trabarosca torque medio

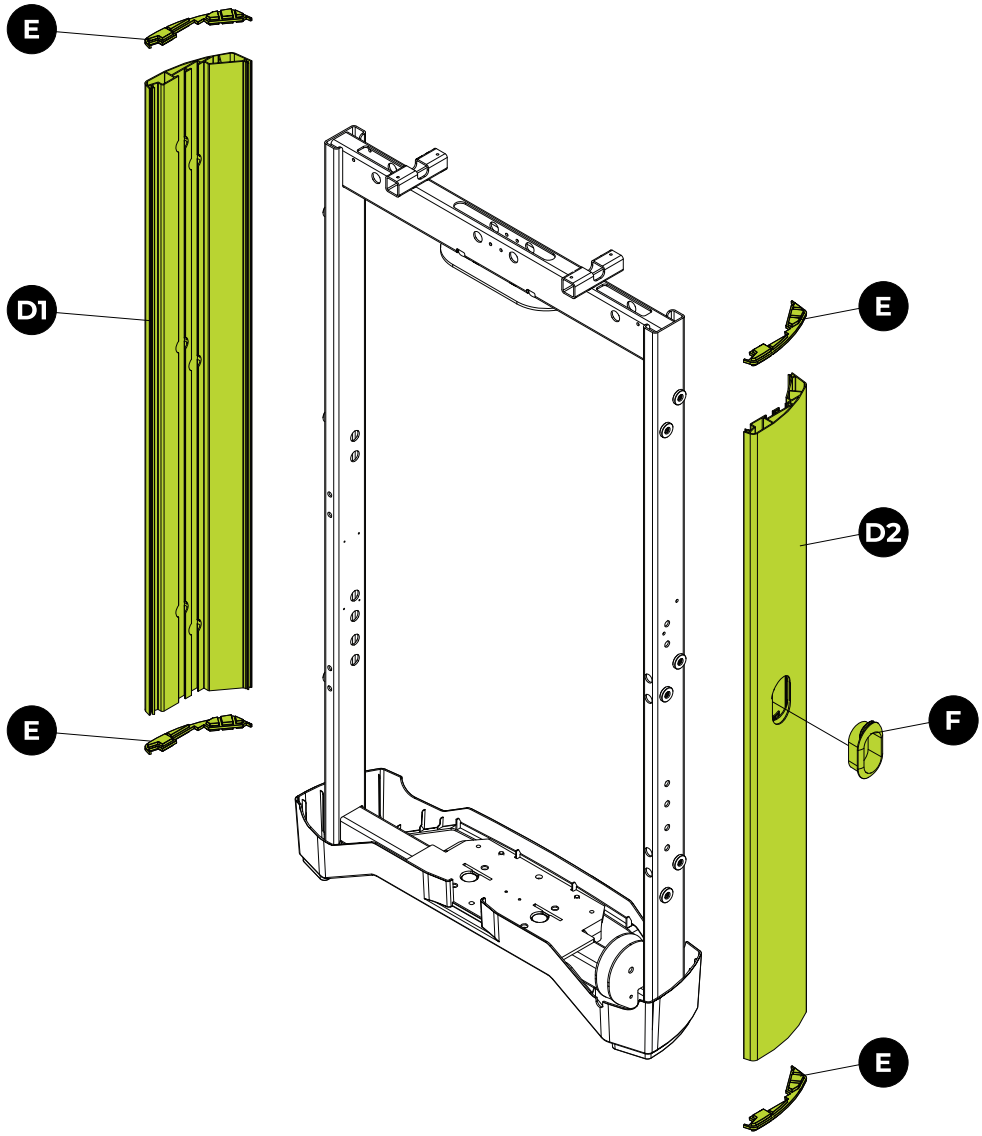
Torquímetro

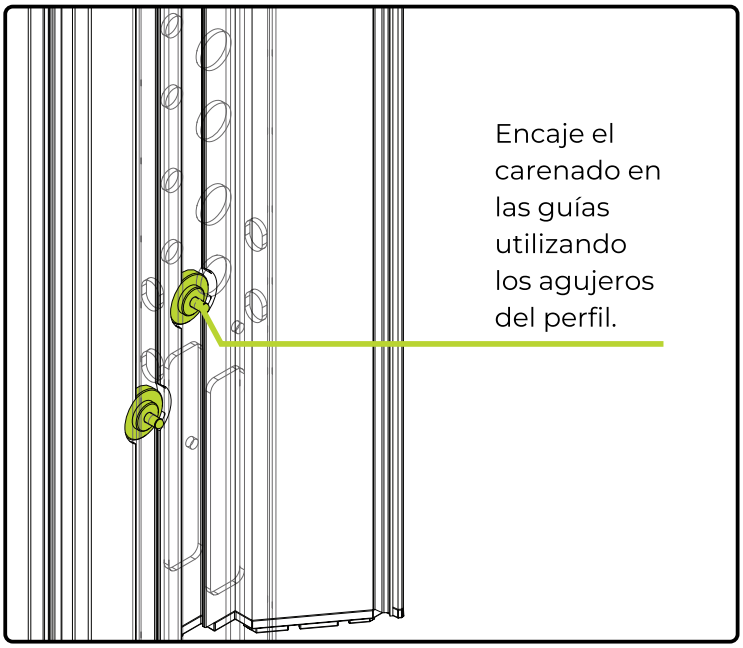
100%

# MONTAJE DEL EQUIPO

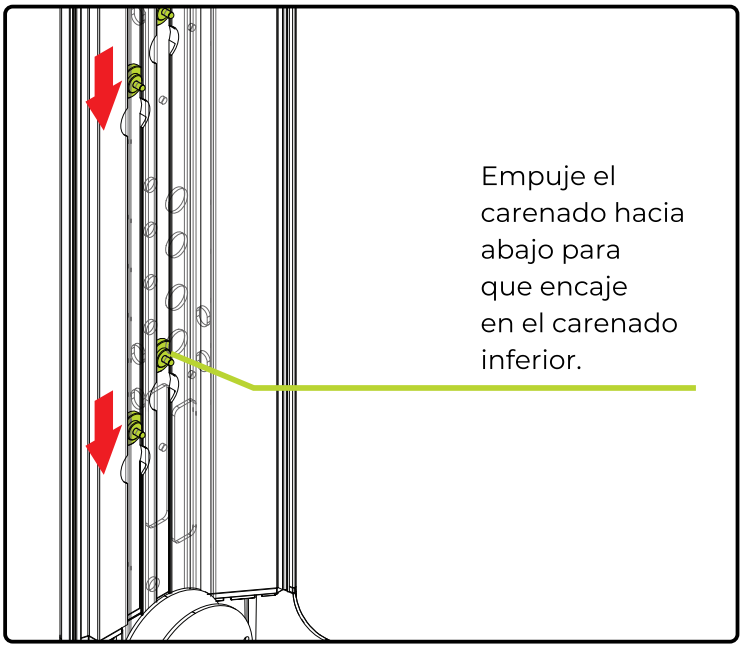
## PASO 2

| | NOMBRE | |
|---|---|---|
| D1 | Carenado izquierdo sin agujero | |
| D2 | Carenado derecho con agujero | |
| E | Acabado | |
| F | Acabado lateral | |



Encaje el carenado en las guías utilizando los agujeros del perfil.

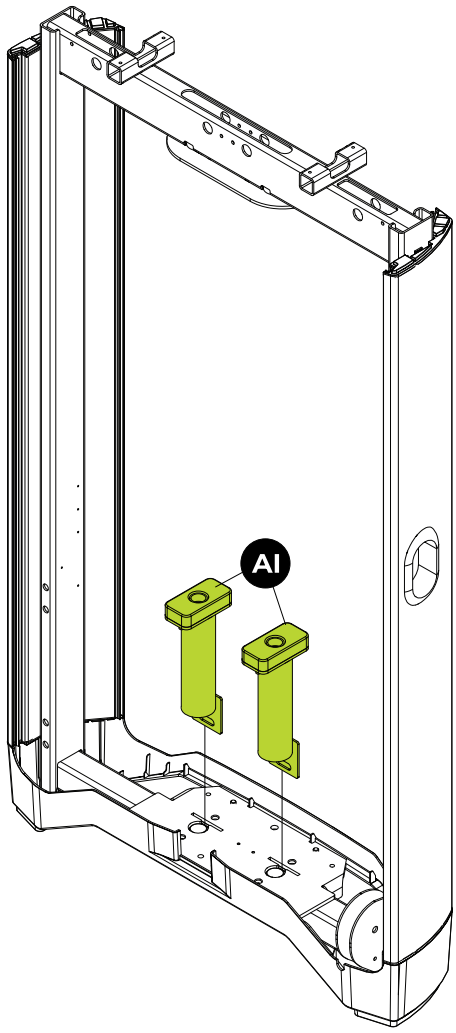


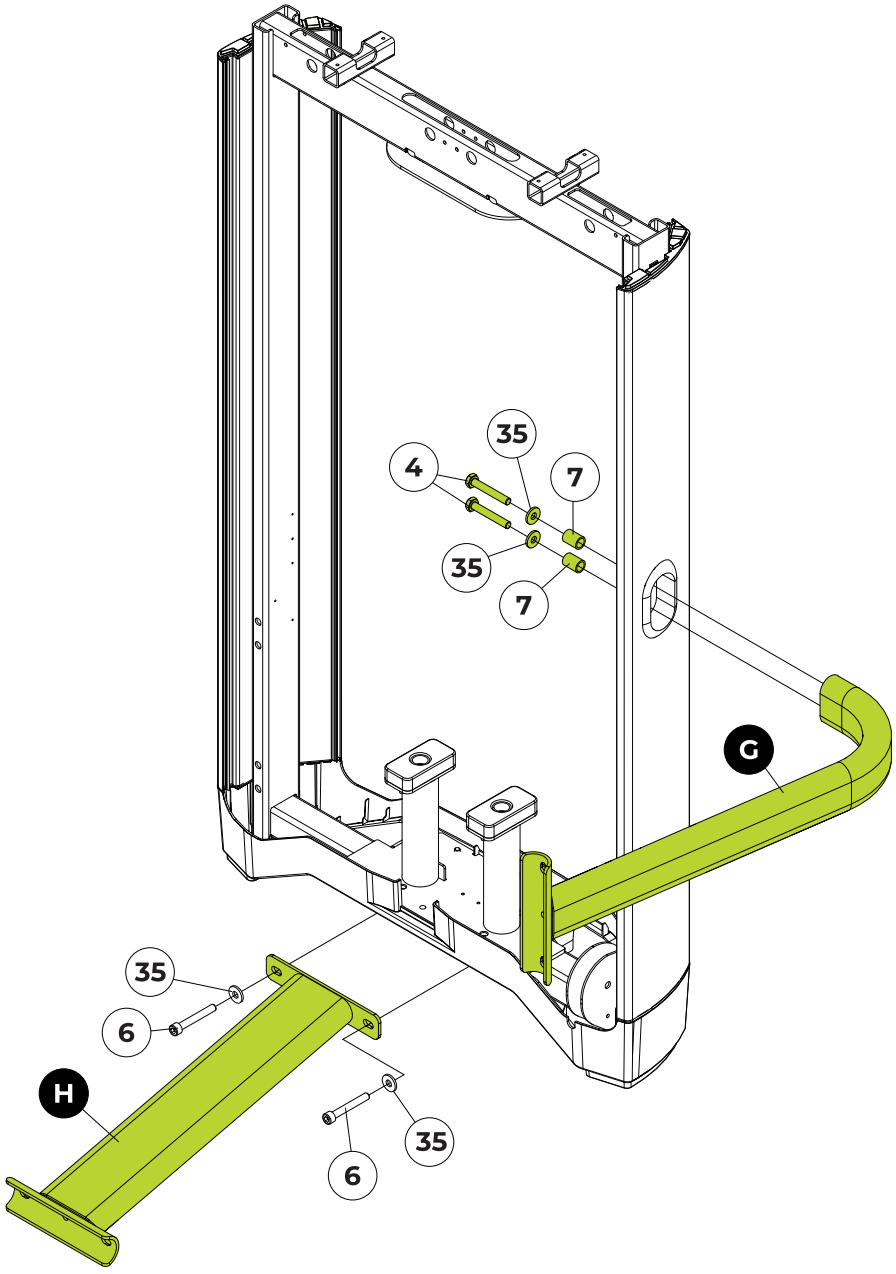
Empuje el carenado hacia abajo para que encaje en el carenado inferior.

# MONTAJE DEL EQUIPO

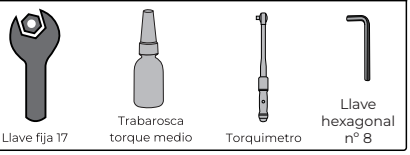
## PASO 3

| | NOMBRE | Ctd |
|---|---|---|
| 4 | Tornillo Cab. Hexagonal M10X65 | 2x |
| 6 | Tornillo Cab. Cil. Hex. Int. - M10X70 | 2x |
| 7 | Espaciador | 2x |
| 35 | Arandela plana Ø10,5X30X2,5 | 4x |
| G | Barra de conexión lateral | |
| H | Barra de conexión inferior | |
| AI | Soporte | |



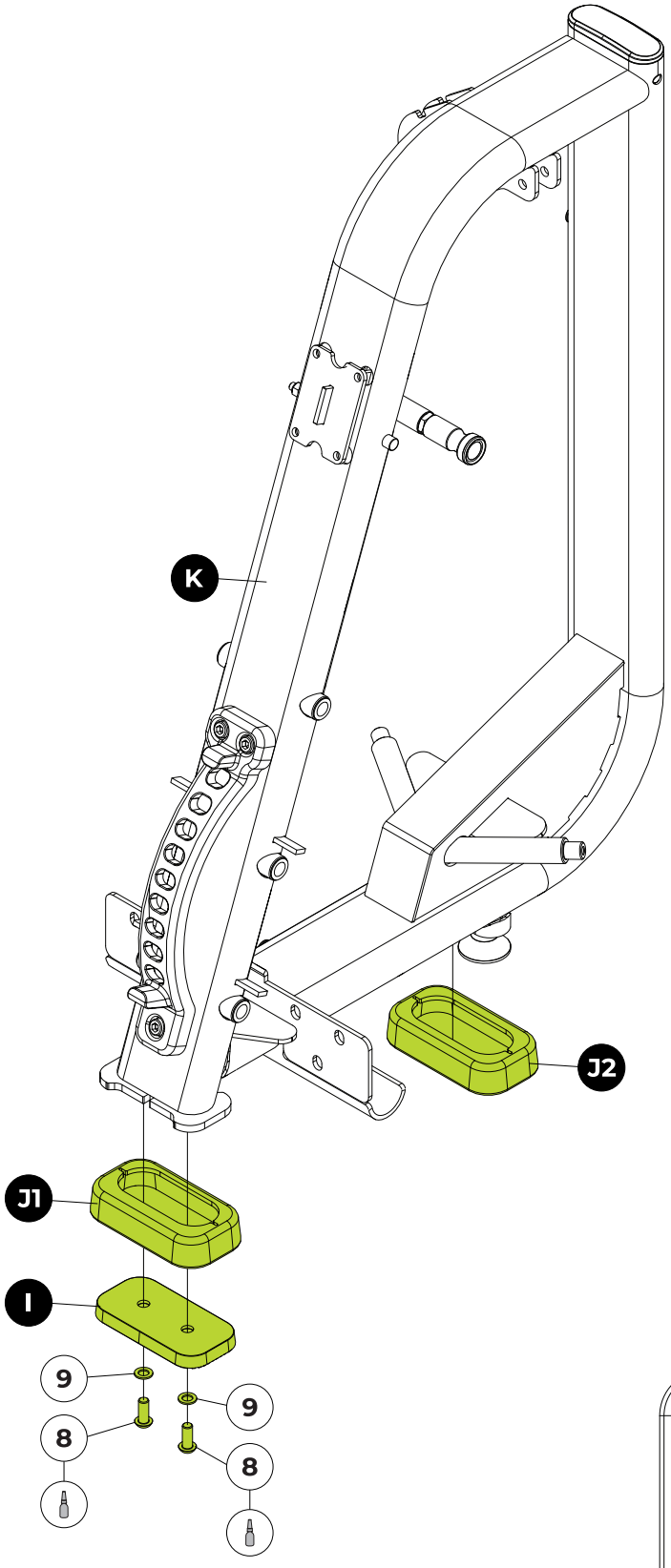

**HERRAMIENTAS**

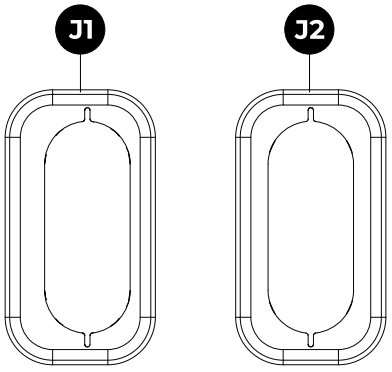


# MONTAJE DEL EQUIPO

## PASO 4

| | NOMBRE | Ctd |
|---|---|---|
| 8 | Tornillo Cab. de botón Hex. Interno - M10X25 | 4x |
| 9 | Arandela plana Ø10,5X18X1,6 | 4x |
| I | Pie de goma | |
| J1 | Cubierta de pie | |
| J2 | Cubierta de pie | |
| K | Chasis | |




**HERRAMIENTAS**

Llave hexagonal nº 6

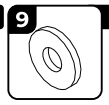
Trabarosca torque medio

100%

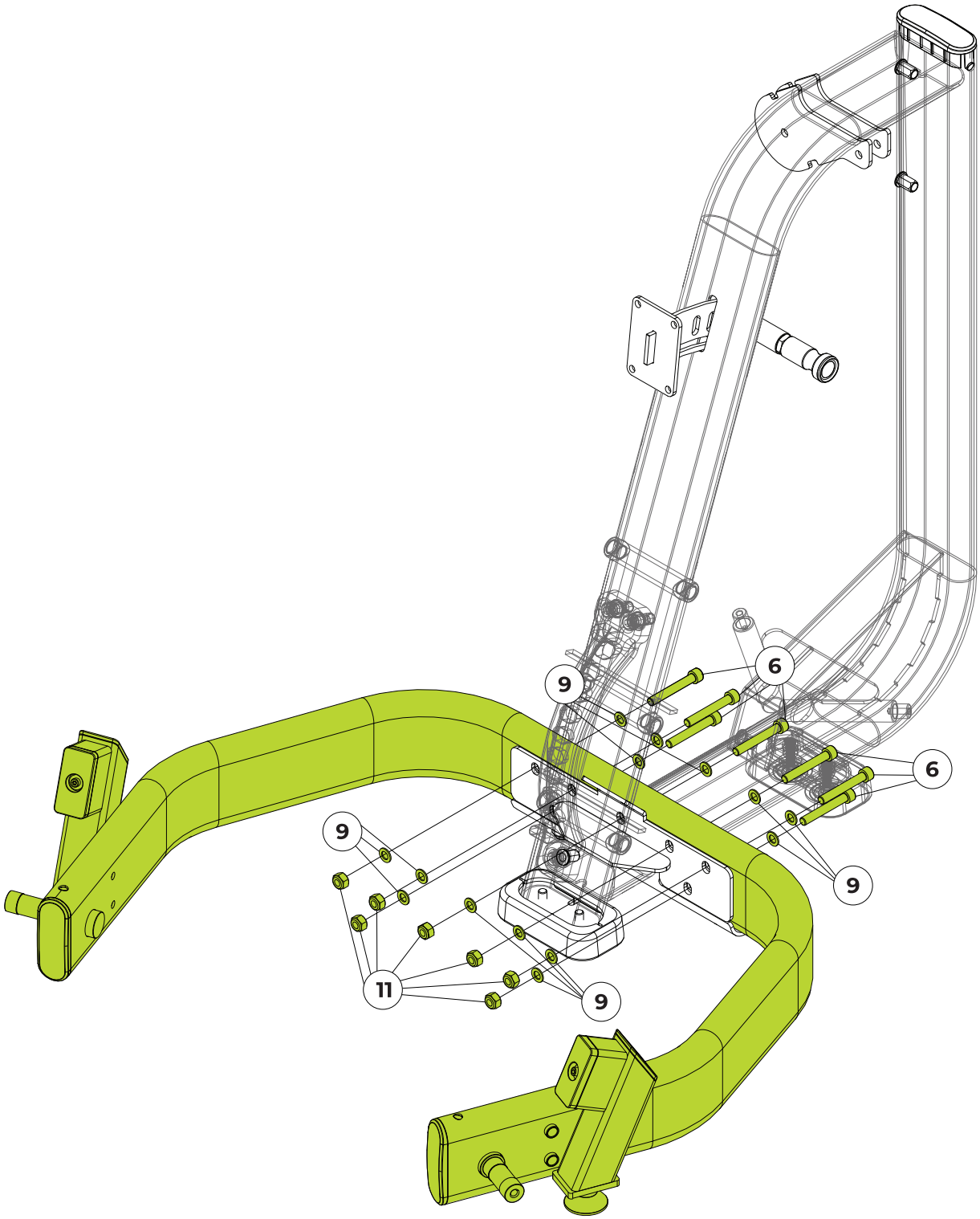
# MONTAJE DEL EQUIPO

## PASO 5

| 6 | NOMBRE | Ctd |
|---|---|---|
|  | Tornillo Cab. Cil. Hex. Interno - M10X70 | 7x |

| 9 | NOMBRE | Ctd |
|---|---|---|
|  | Arandela plana Ø10,5X18X1,6 | 14x |

| 11 | NOMBRE | Ctd |
|---|---|---|
|  | Tuerca Hex. Inserto de Nylon M10 | 7x |



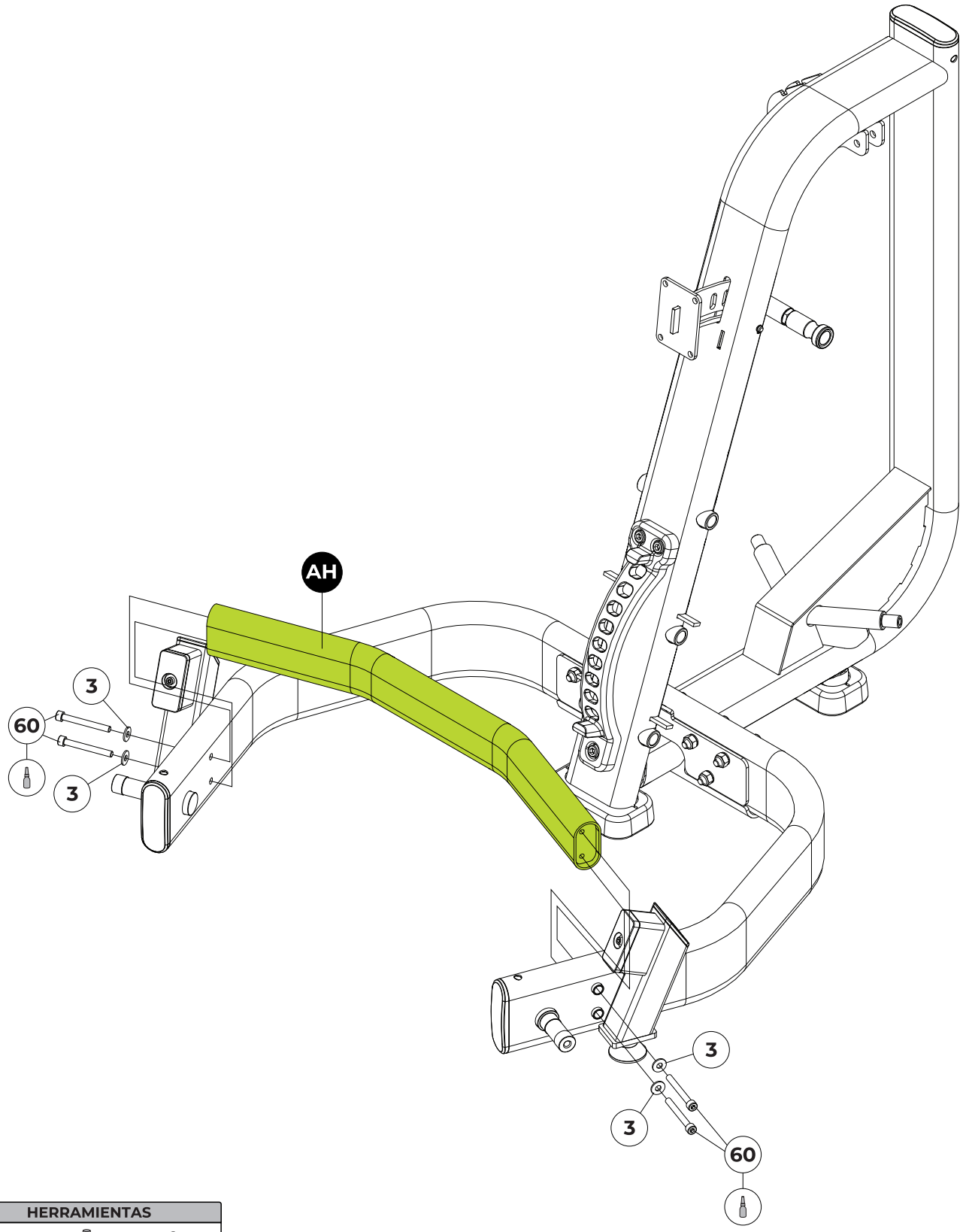

**HERRAMIENTAS**



# MONTAJE DEL EQUIPO

## PASO 6

| | NOMBRE | Ctd |
|---|---|---|
| 3 | Arandela lisa - Ø8X20X2 | 4x |
| 60 | Tornillo Cab. Cil. Hex. Interno - M8X70 | 4x |
| AH | Barra bloqueo | |




**HERRAMIENTAS**

Llave hexagonal nº 8

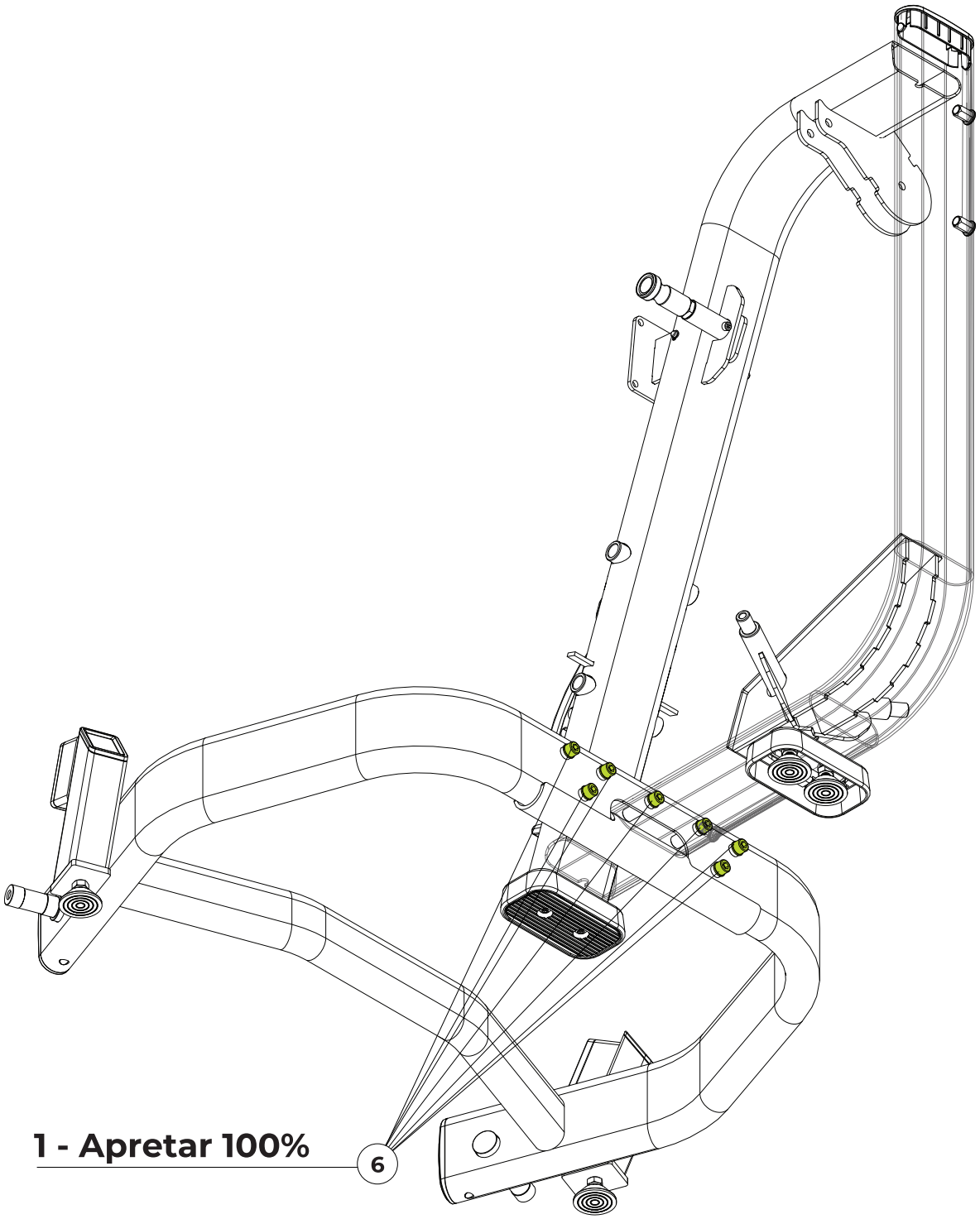
Trabarosca torque medio

Torquímetro

100%

## PASO 7

| | NOMBRE | Ctd |
|---|---|---|
| 6 | Tornillo Cab. Cil. Hex. Int. - M10X70 | 7x |




**HERRAMIENTAS**

Llave hexagonal nº 8

Llave fija 17

Torquímetro

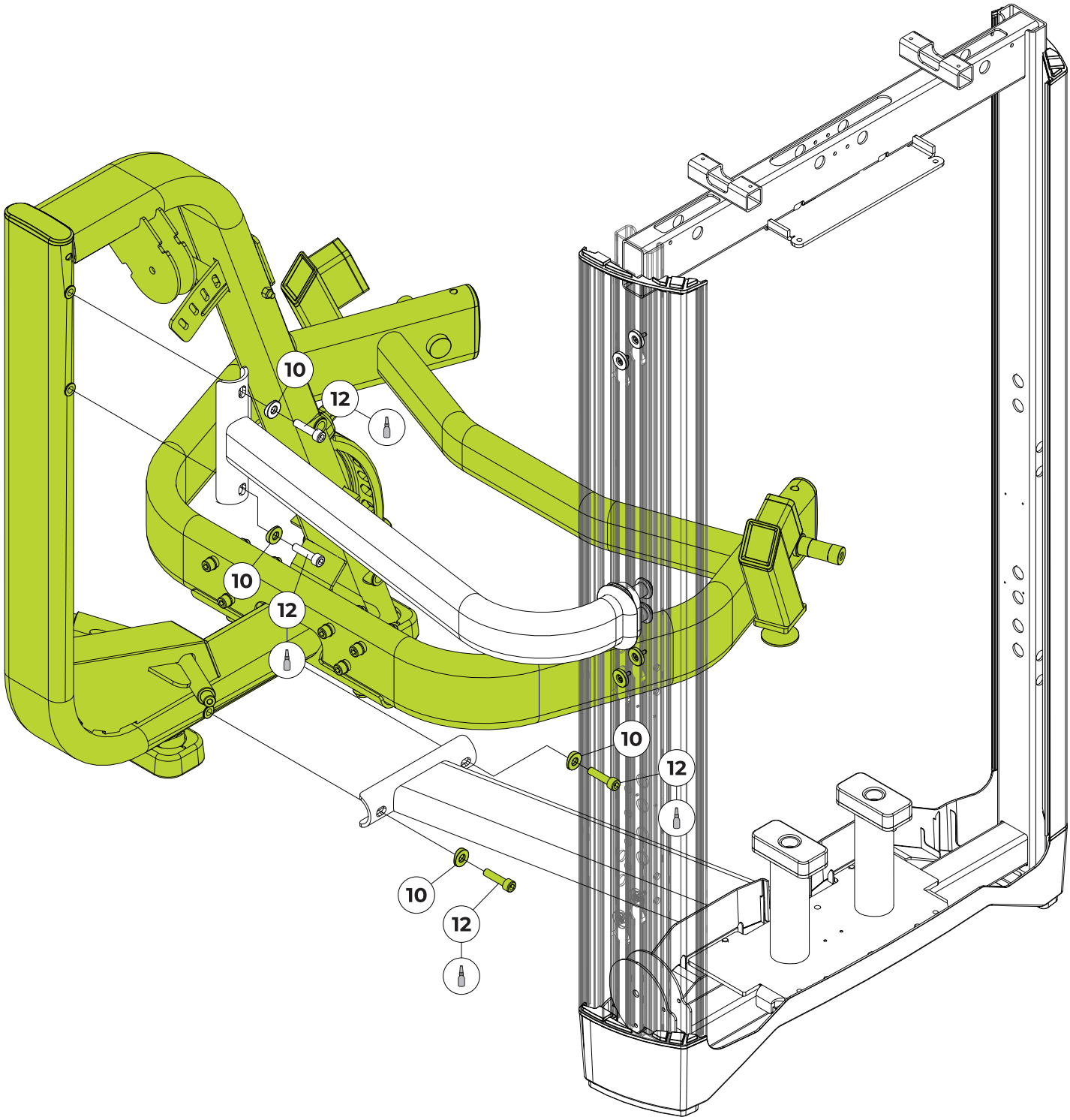
100%

# MONTAJE DEL EQUIPO

## PASO 8

| 10 | NOMBRE | Ctd |
|---|---|---|
|  | Arandela de media luna | 4x |

| 12 | NOMBRE | Ctd |
|---|---|---|
|  | 4x Tornillo Cab. Cil. Hex. Int. - M10X40 | 4x |




**HERRAMIENTAS**

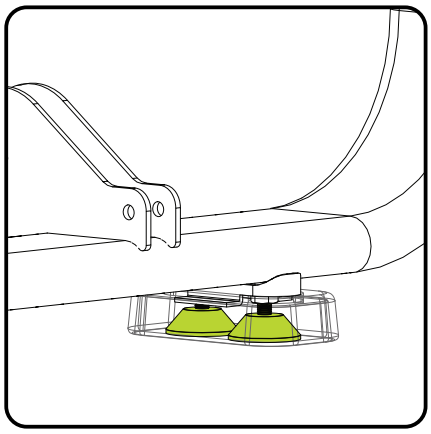




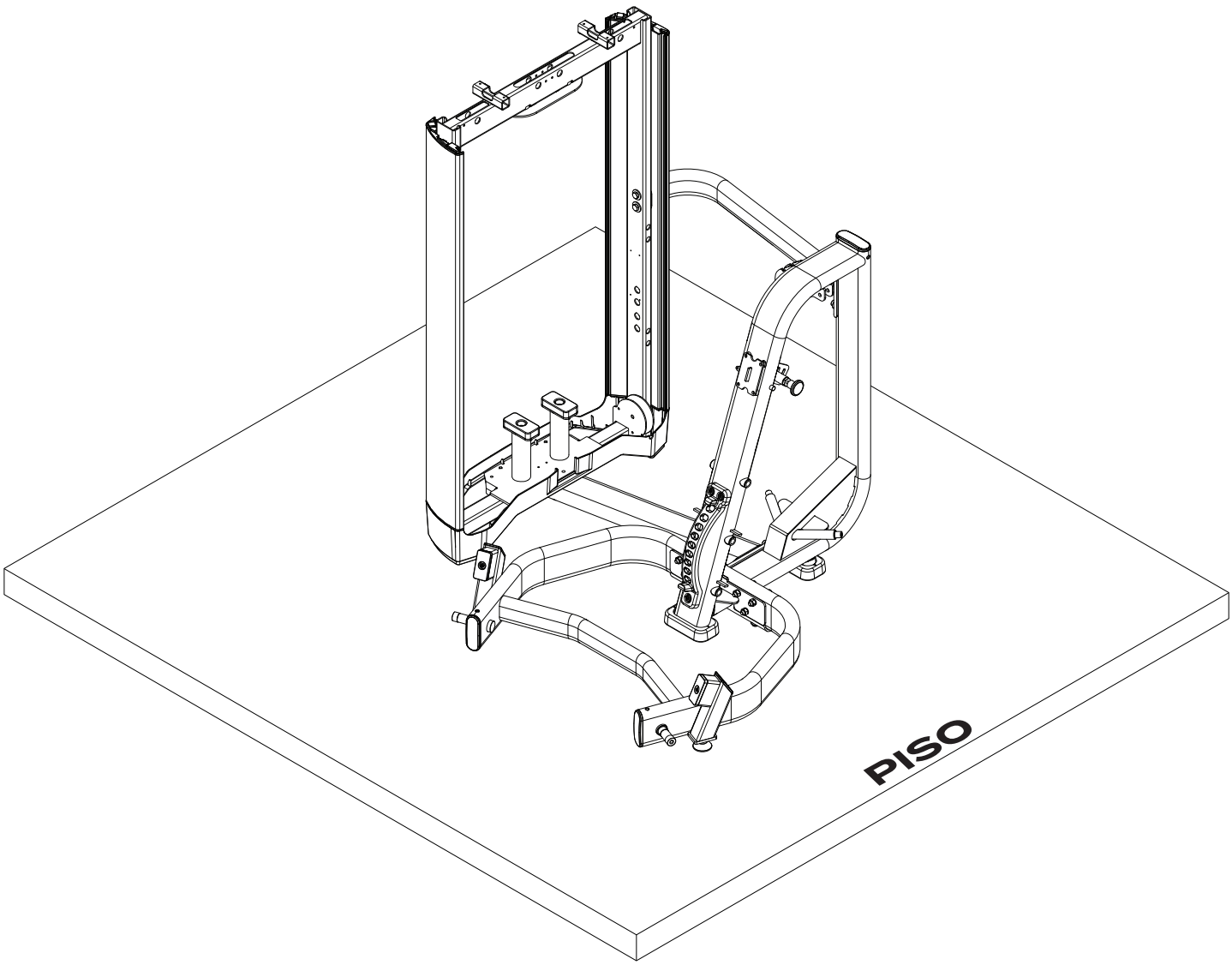

## PASO 9 - NIVELACIÓN DEL EQUIPO

**¡ATENCIÓN!**

**TRAS TODOS LOS TORNILLOS QUE COMPONEN LOS MONTAJES ESPECIFICADOS ANTERIORMENTE ESTÉN POSICIONADOS Y ENCAJADOS, APRIÉTELOS AL 100% SEGÚN EL TORQUE ESPECIFICADO. NIVELE EL EQUIPO AL SUELO PARA EVITAR CUALQUIER INESTABILIDAD EN EL EQUIPO.**



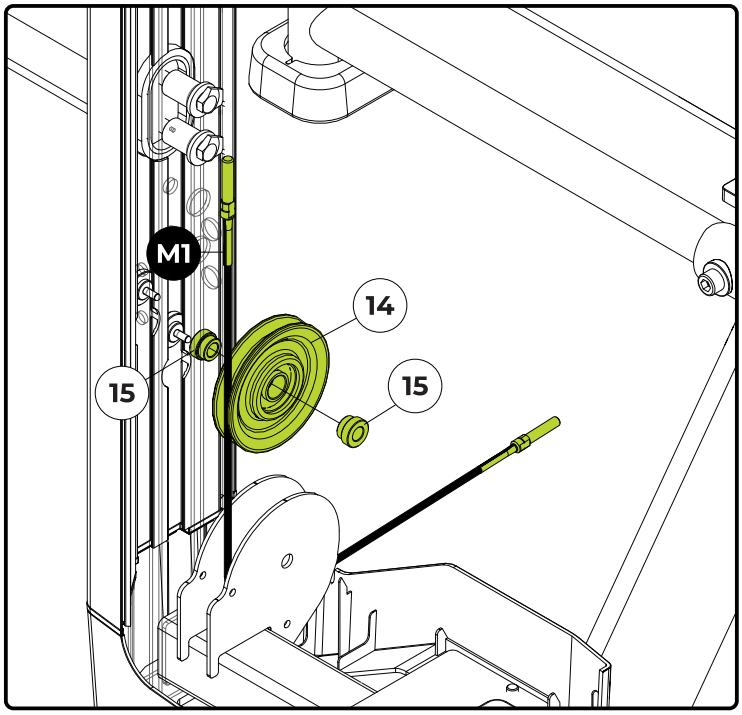
Utilice los pies niveladores para ajustar la alineación de los pies niveladores. Apriete la tuerca para bloquearla.

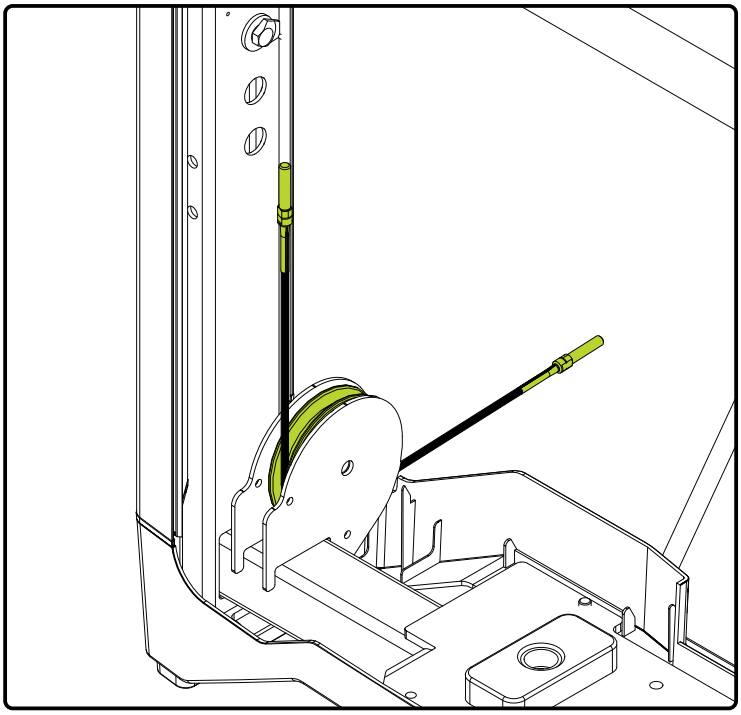


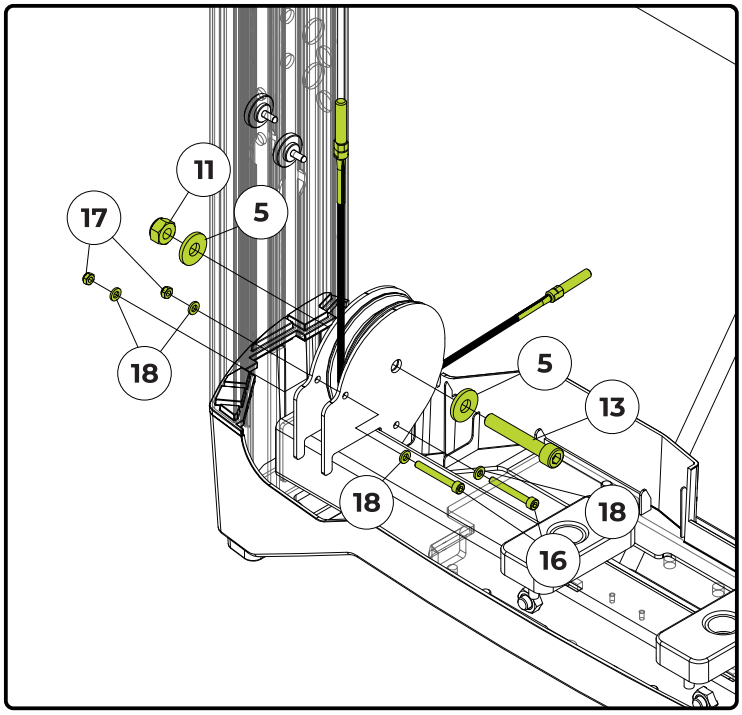
# MONTAJE DEL EQUIPO

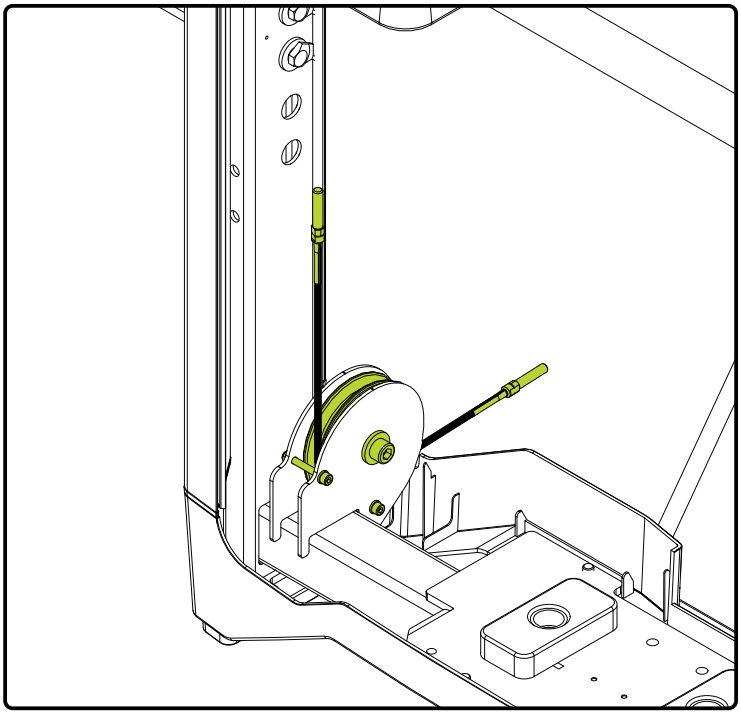
## PASO 10

| | NOMBRE | Ctd |
|---|---|---|
| 5 | Arandela plana Ø10,3X25, 4X3 | 2x |
| 11 | Tuerca Hex. Inserto de Nylon M10 | 1x |
| 13 | Tornillo Cab. Cil. Hex. Int. - M10X50 | 1x |
| 14 | Polea | 1x |
| 15 | Cojinete | 2x |
| 16 | Tornillo Cab. Cil. Hex. Int. - M5X40 | 2x |
| 17 | Tuerca Hex. Inserto de Nylon M5 | 2x |
| 18 | Arandela lisa 05, 3X10X1,0 | 4x |
| M1 | Cable de acero mayor | |





**HERRAMIENTAS**

Llave hexagonal nº 4 e 8

Llave fija 8
Llave fija 17

100%

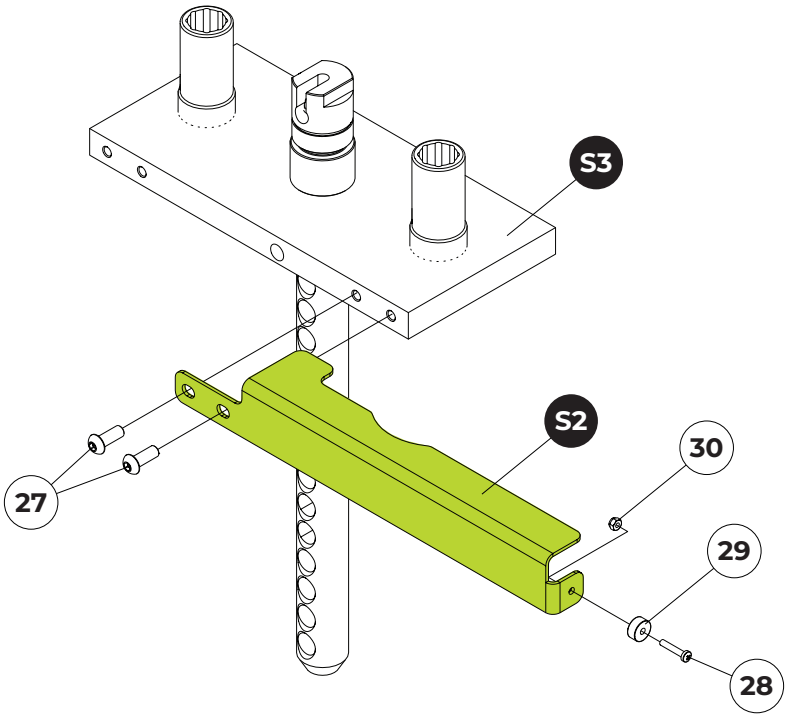
# MONTAJE DEL EQUIPO

## PASO 14 - MONTAJE DE LA TORRE

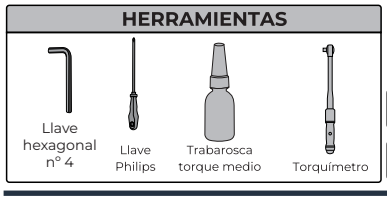
| | NOMBRE | Ctd |
|---|---|---|
| 21 | Tornillo Cab. de botón Hex. Interno - M6X10 | 2x |
| | NOME | Qtd |
| | Porca sextavada M03 | 1x |

| | NOMBRE | Ctd |
|---|---|---|
| 22 | Tornillo Philips M4X8 | 2x |
| Q2 | Soporte del sensor | |

| | NOME | Qtd |
|---|---|---|
| 29 | Imã | 1x |
| Q3 | NOMBRE | |
| | Top plate | |



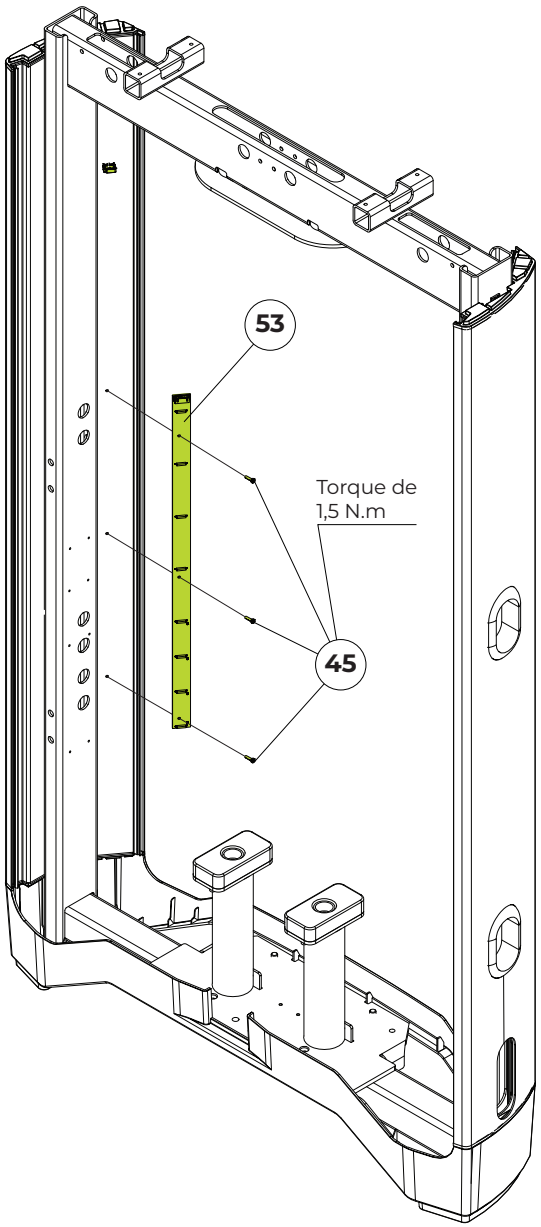

**HERRAMIENTAS**

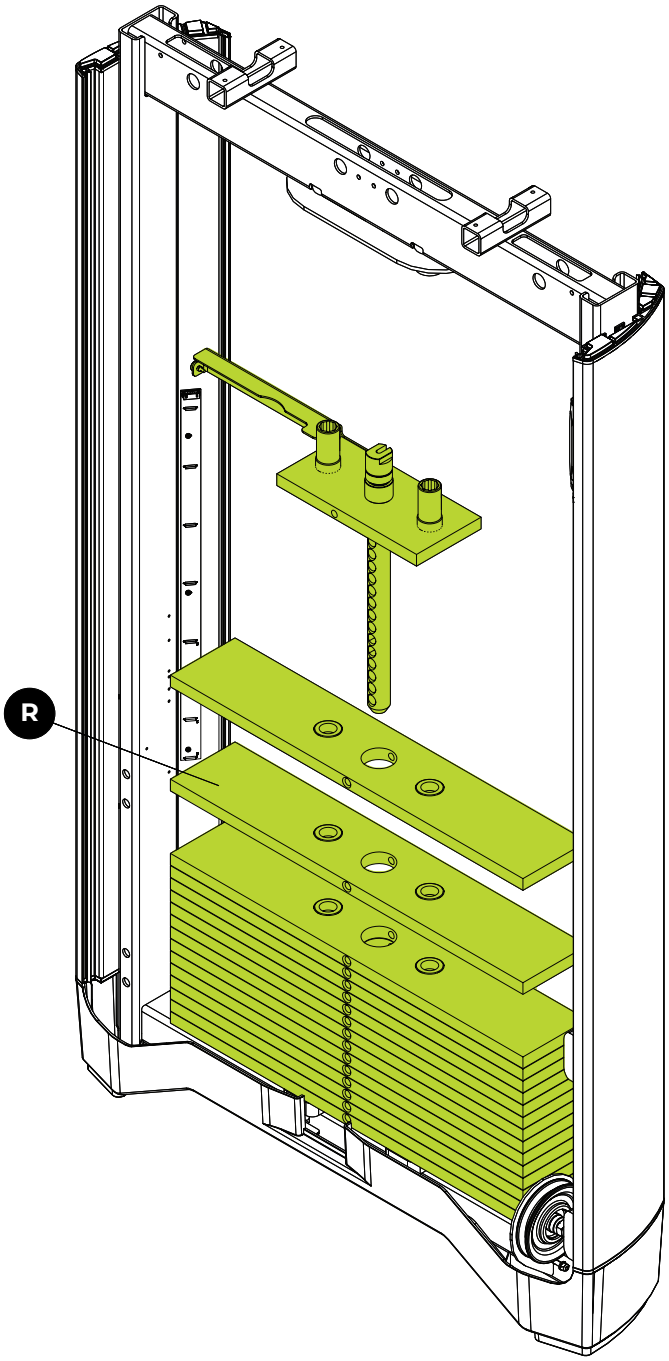





## PASSO 15 - MONTAGEM TORRE

| | NOME | Qtd |
|---|---|---|
| 53 | Placa sensor hall | 1x |
| 54 | Parafuso philips 3,0X16 | 3x |
| R | Bateria de peso | |




HERRAMIENTAS



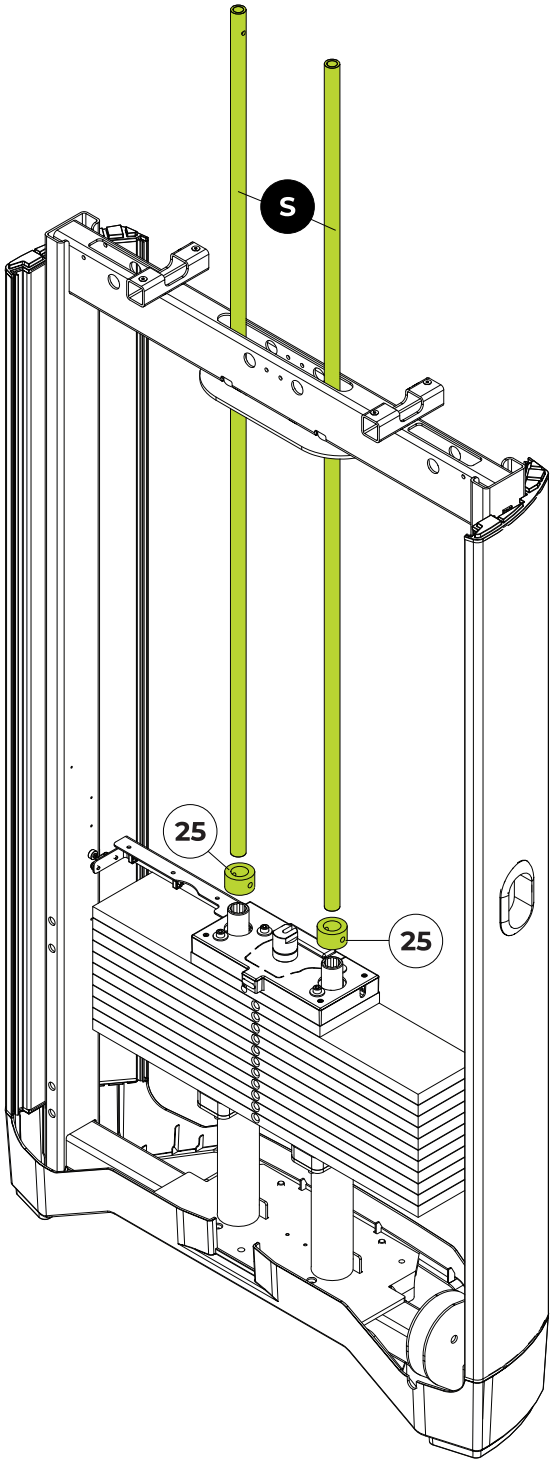
Torquímetro



# MONTAJE DEL EQUIPO

## PASO 13 - MONTAJE DE LA TORRE

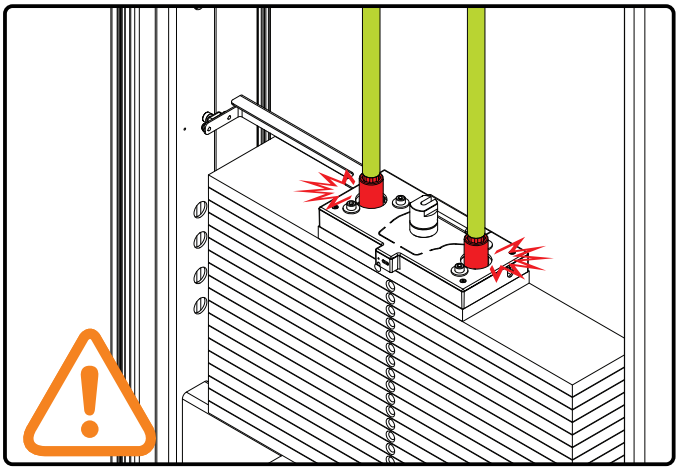
| | NOMBRE | Ctd |
|---|---|---|
| 26 | Bloqueo de varilla | 2x |
| 27 | Adhesivo de las pesas | 1x |
| 55 | Tornillo Cab. Cil. Hex. Interno - M6X40 | 2x |
| 56 | Tuerca Insert. Nylon - M6 | 2x |
| S | Varillas guía del peso | |

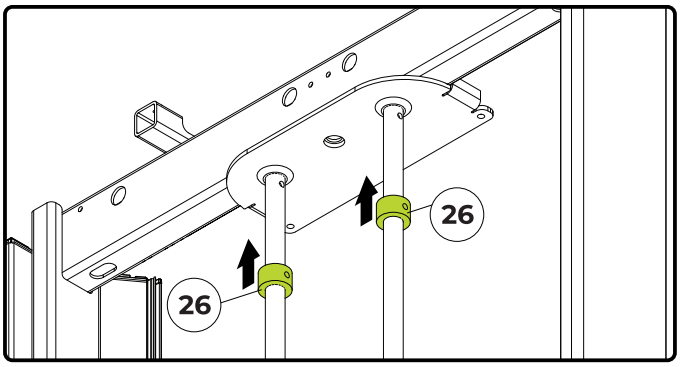


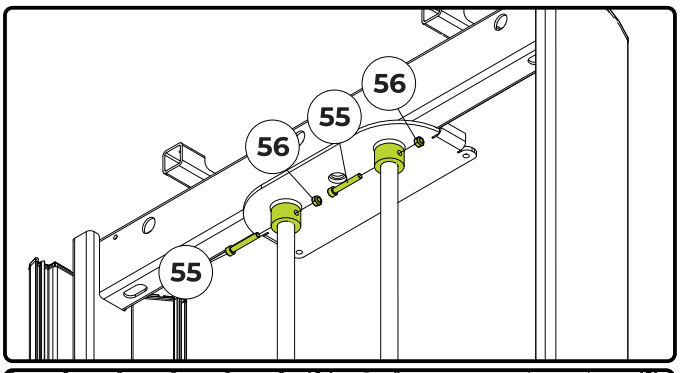

**¡PELIGRO!**

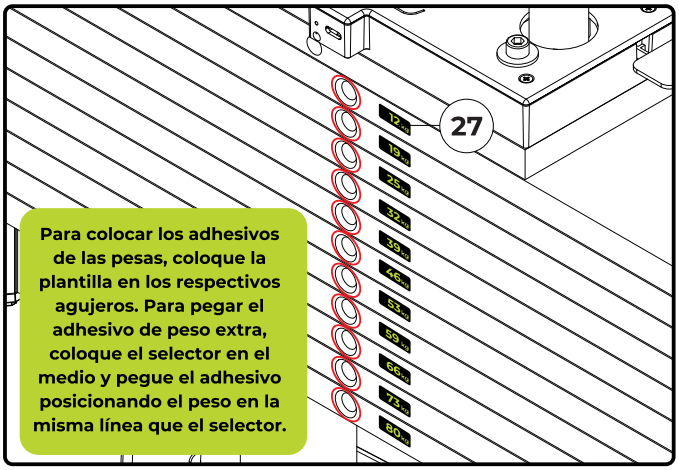
**SI NECESITA MOVER O TRANSPORTAR EL EQUIPO NO LO HAGA CON LA PILA DE PESAS ENSAMBLADA. RIESGO DE ACCIDENTE O DAÑOS AL EQUIPO.**

NOTA: Se han ocultado algunas partes para facilitar su visualización.






Para colocar los adhesivos de las pesas, coloque la plantilla en los respectivos agujeros. Para pegar el adhesivo de peso extra, coloque el selector en el medio y pegue el adhesivo posicionando el peso en la misma línea que el selector.

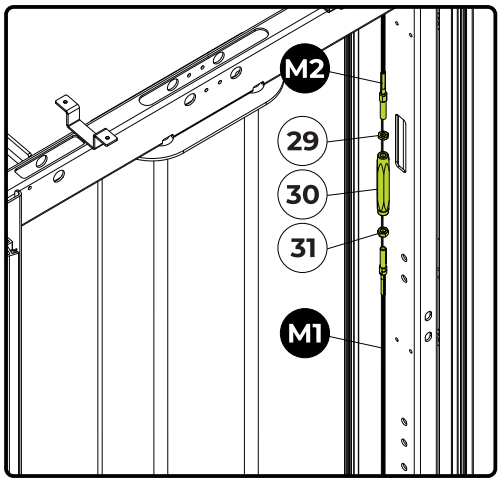
**CUIDADO**

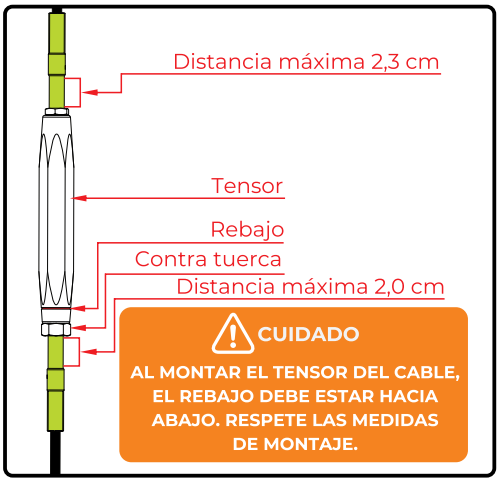
**AL MONTAR LAS VARILLAS PARA NO DAÑAR LOS BUJES DEL TOP PLATE.**

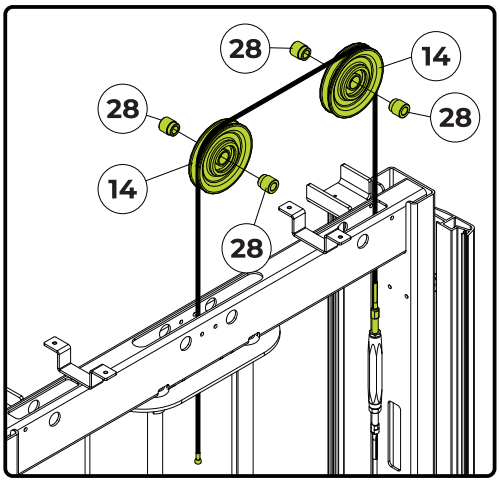
# MONTAJE DEL EQUIPO

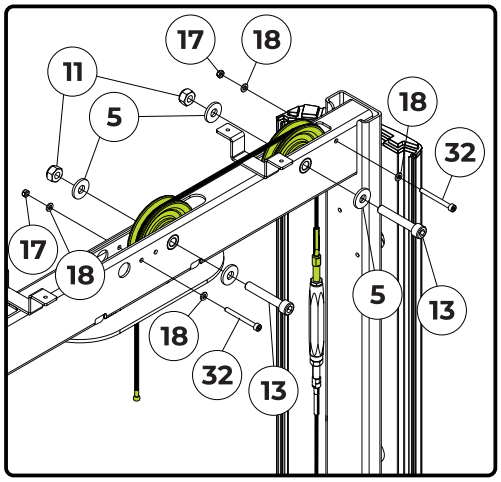
## PASO 14

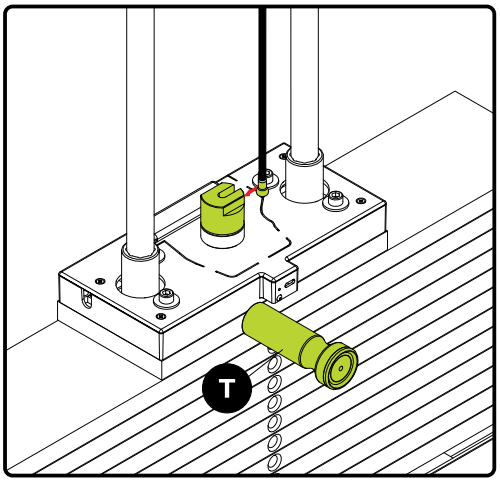
| | NOMBRE | Ctd |
|---|---|---|
| 5 | Arandela plana Ø10,3X25, 4X3 | 4x |
| 11 | Tuerca Hex. Inserto de Nylon M10 | 2x |
| 13 | Tornillo Cab. Cil. Hex. Interno - M10X60 | 2x |
| 14 | Polea | 2x |
| 17 | Tuerca Insert. nylon - M5 | 2x |
| 18 | Arandela lisa - Ø5 | 4x |
| 28 | Casquillo | 4x |
| 29 | Perfil Hex. perfil bajo | 1x |
| 30 | Tensor del cable de acero | 1x |
| 31 | Tuerca hexagonal rosca izquierda - M8 | 1x |
| 32 | Tornillo Cab. Cil. Hex. Interno - M5X50 | 2x |
| M2 | Cable de acero menor | |
| T | Pasador selector | |

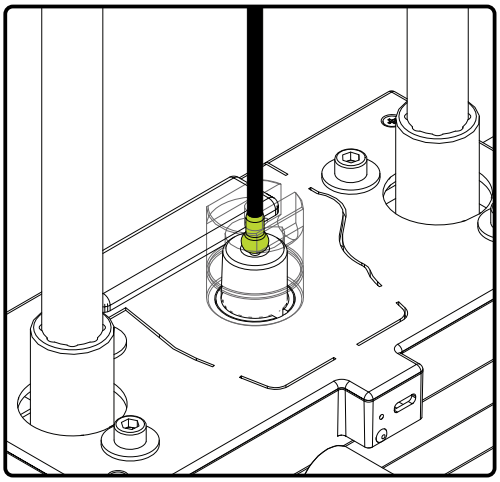


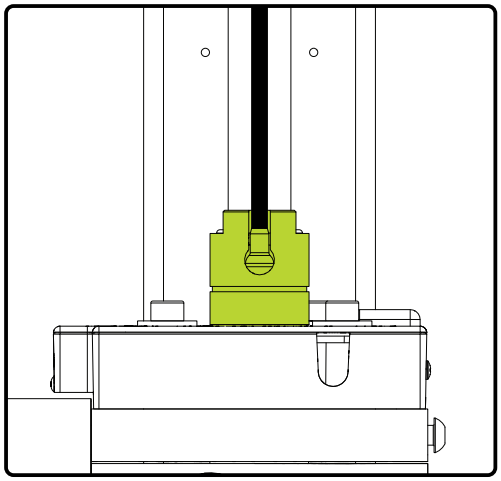



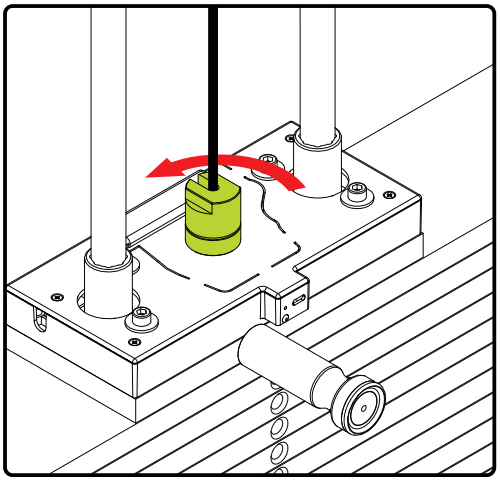







**HERRAMIENTAS**

Llave fija 8
Llave fija 13
Llave fija 16
Llave fija 17
Llave fija 22

Llave hexagonal nº 4 e 8

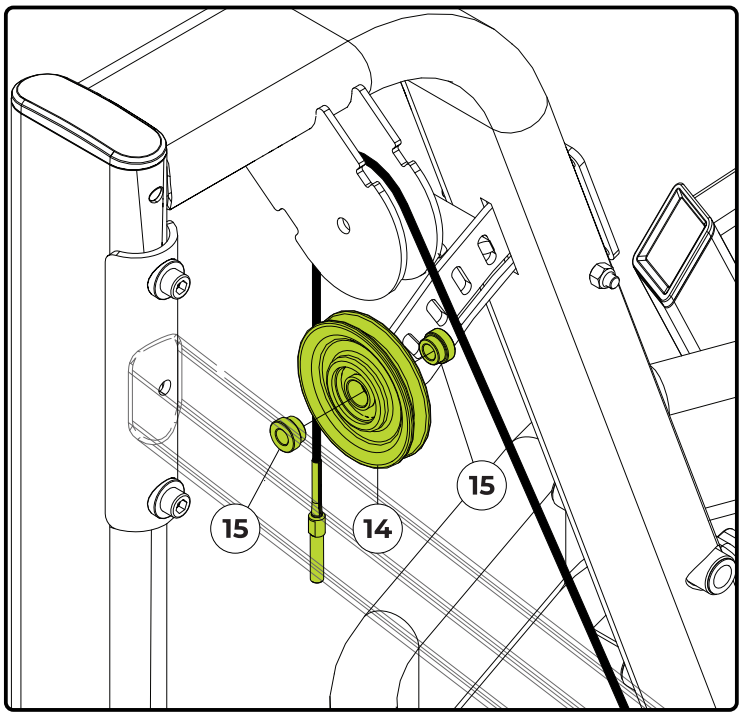
Torquímetro

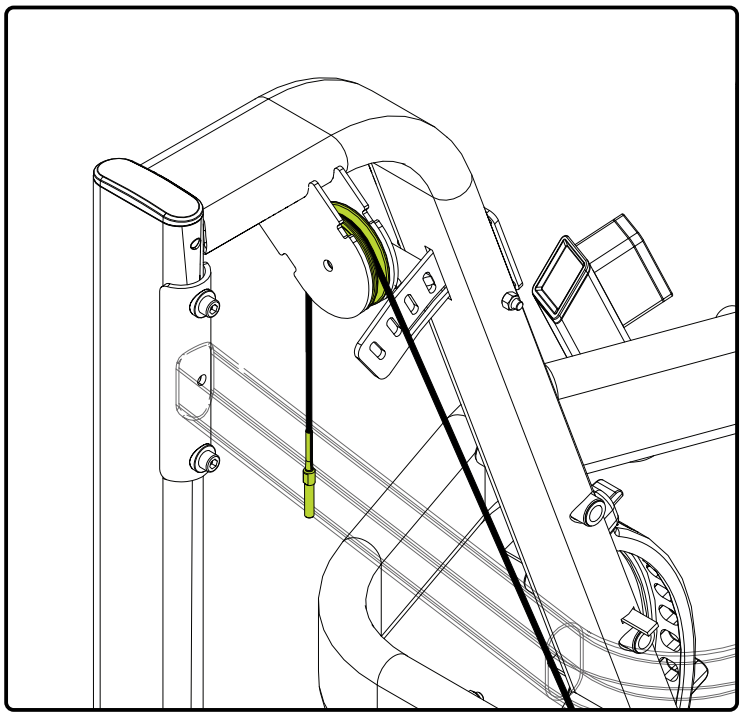
100%

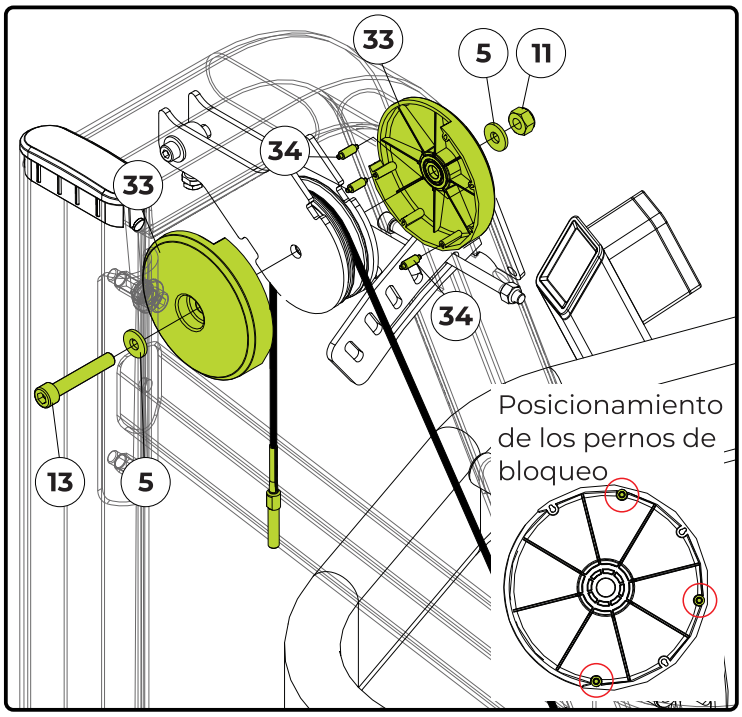
# MONTAJE DEL EQUIPO

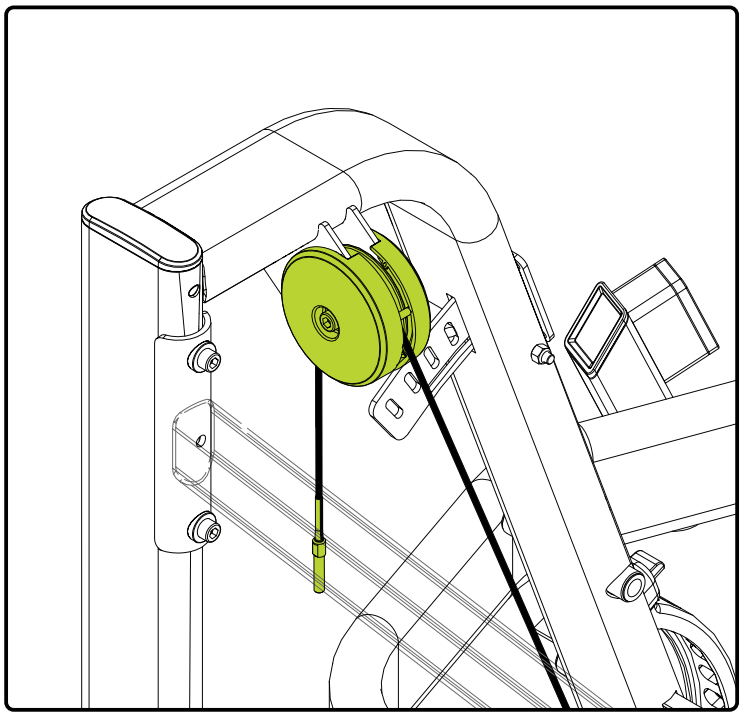
## PASO 16

| | NOMBRE | Ctd |
|---|---|---|
| 5 | Arandela plana 10, 3X25,4X3 | 2x |
| 11 | Tuerca Hex. Inserto de Nylon M10 | 1x |
| 13 | Tornillo Cab. Cil. Hex. Int. - M10X60 | 1x |
| 14 | Polea | 1x |
| 15 | Cojinete | 2x |
| 33 | Cubierta de la polea | 2x |
| 34 | Bloqueo del cable de acero | 3x |

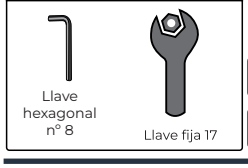




**HERRAMIENTAS**

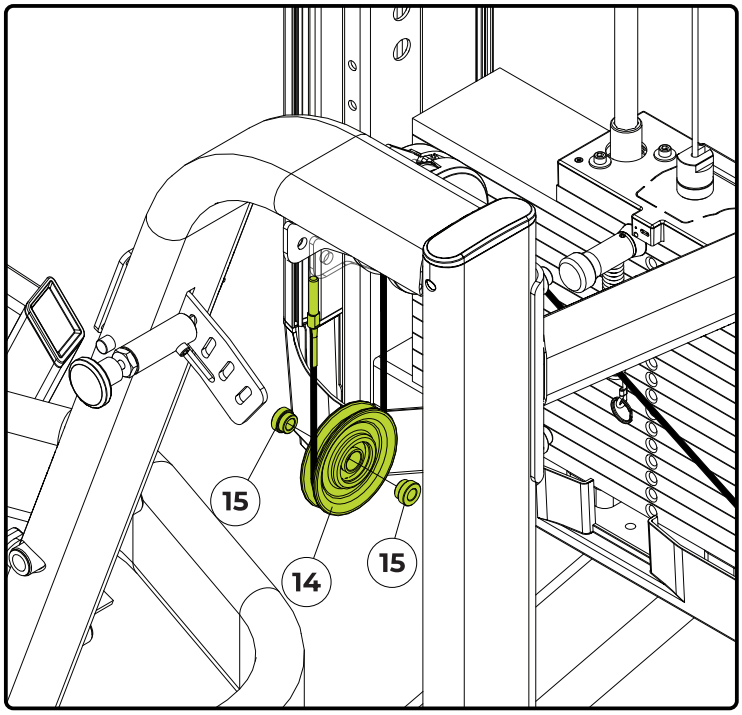


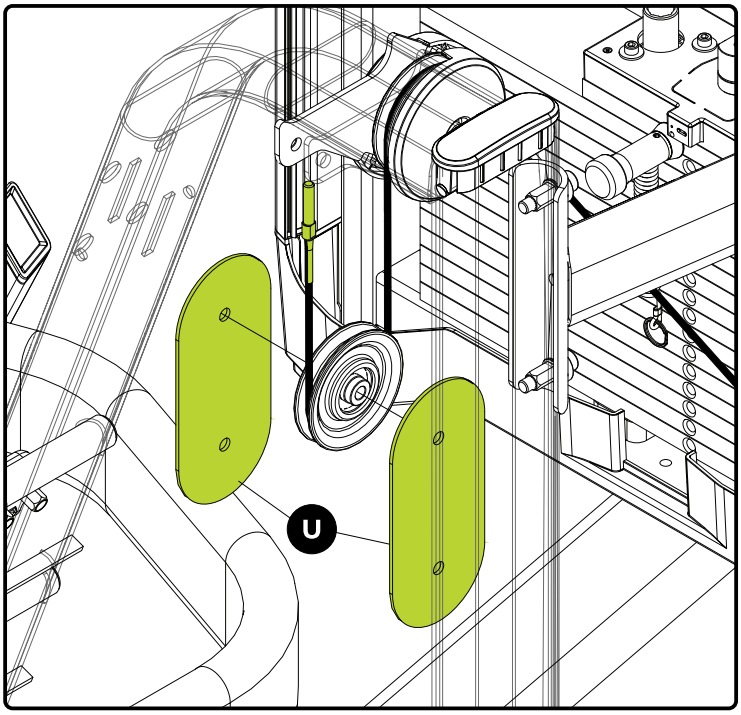

100%

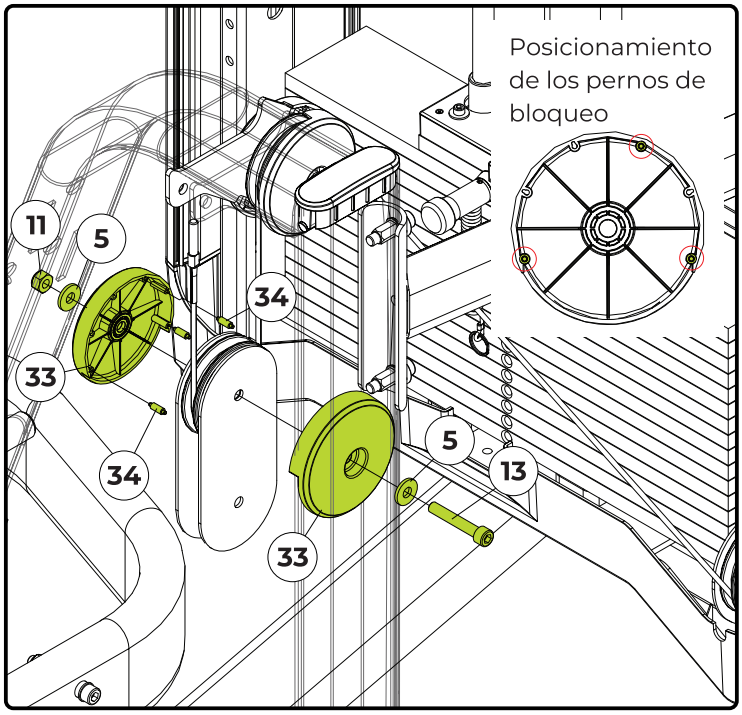
# MONTAJE DEL EQUIPO

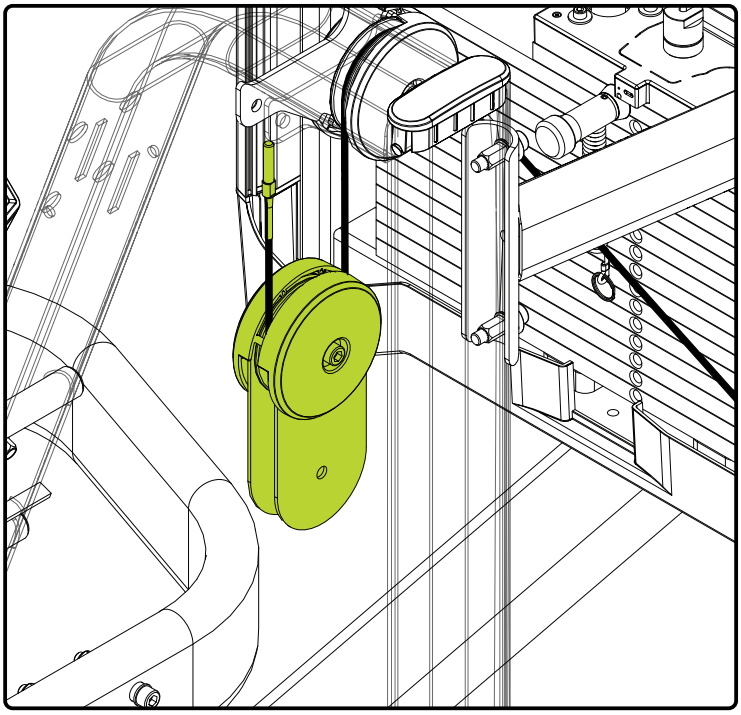
## PASO 17

| | NOMBRE | Ctd |
|---|---|---|
| 5 | Arandela plana 10, 3X25,4X3 | 2x |
| 11 | Tuerca Hex. Inserto de Nylon M10 | 1x |
| 13 | Tornillo Cab. Cil. Hex. Interno - M10X60 | 1x |
| 14 | Polea | 1x |
| 15 | Casquillo | 2x |
| 33 | Cubierta de polea | 2x |
| 34 | Bloqueo del cable de acero | 3x |
| U | Placa de fijación | |



**HERRAMIENTAS**

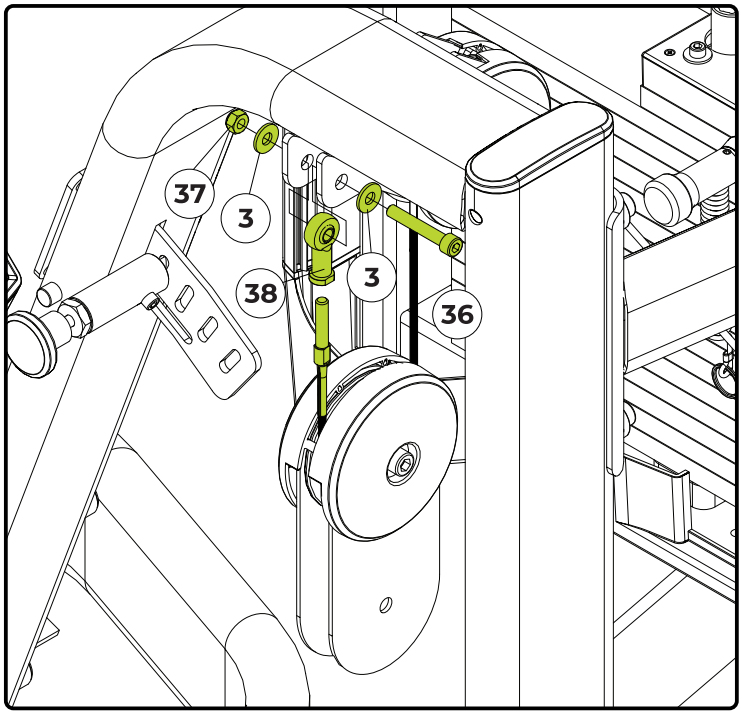


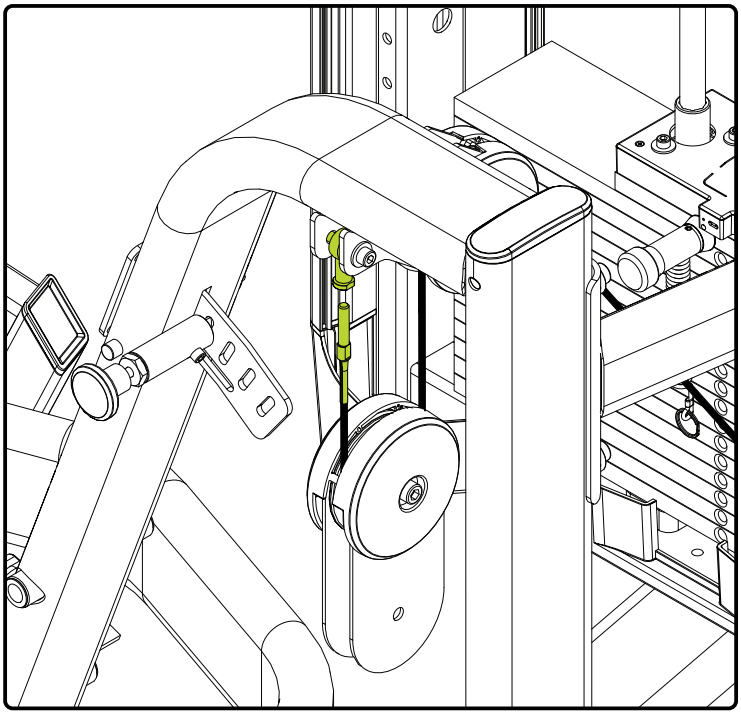

NOTA: Se han ocultado algunas partes para facilitar su visualización.

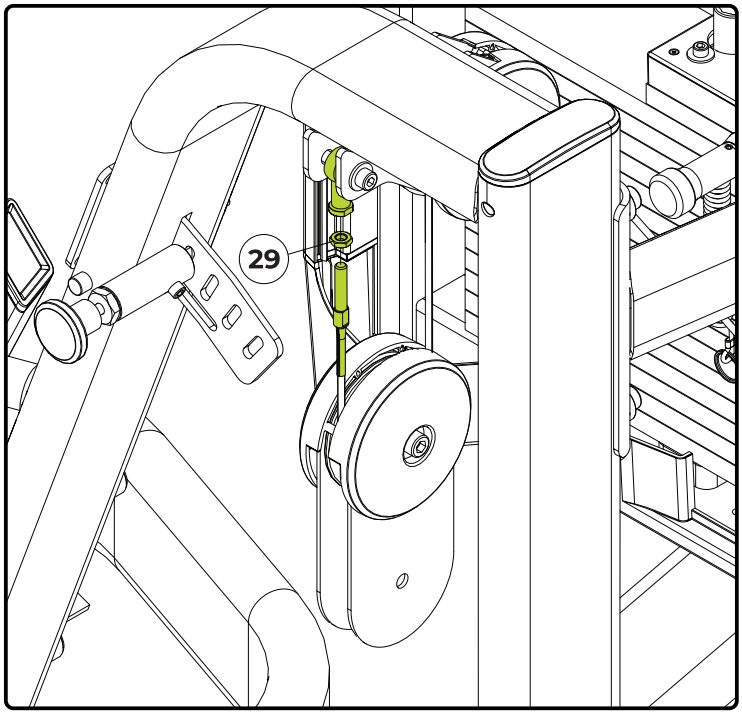
# MONTAJE DEL EQUIPO

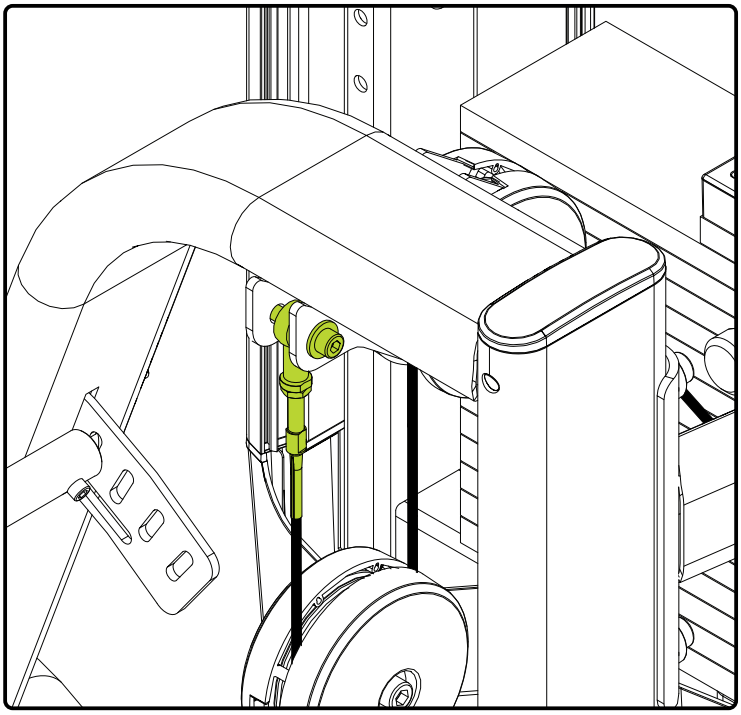
## PASO 18

| | NOMBRE | Ctd |
|---|---|---|
| 3 | Arandela lisa - Ø8X20X02 | 2x |
| 29 | Perfil Hex. perfil bajo | 1x |
| 36 | Tornillo Cab. Cil. Hex. Interno - M8X50 | 1x |
| 37 | Tuerca Hex. Inserto de Nylon M8 | 3x |
| 38 | Terminal de rótula | 1x |





**HERRAMIENTAS**

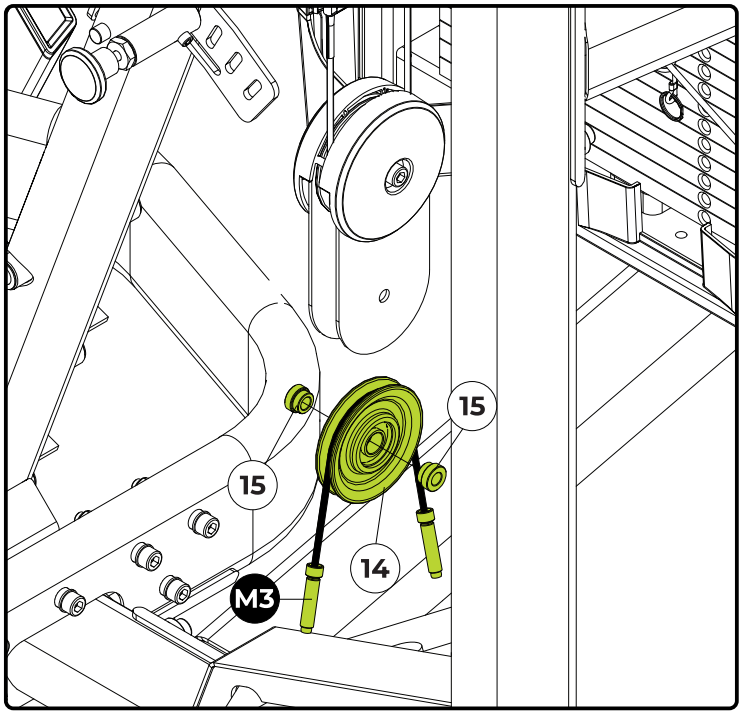


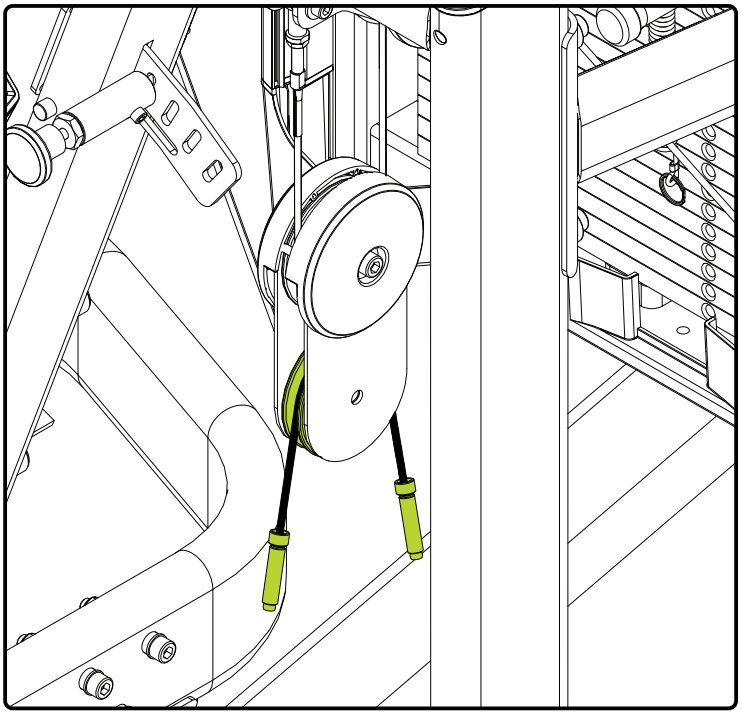

100%

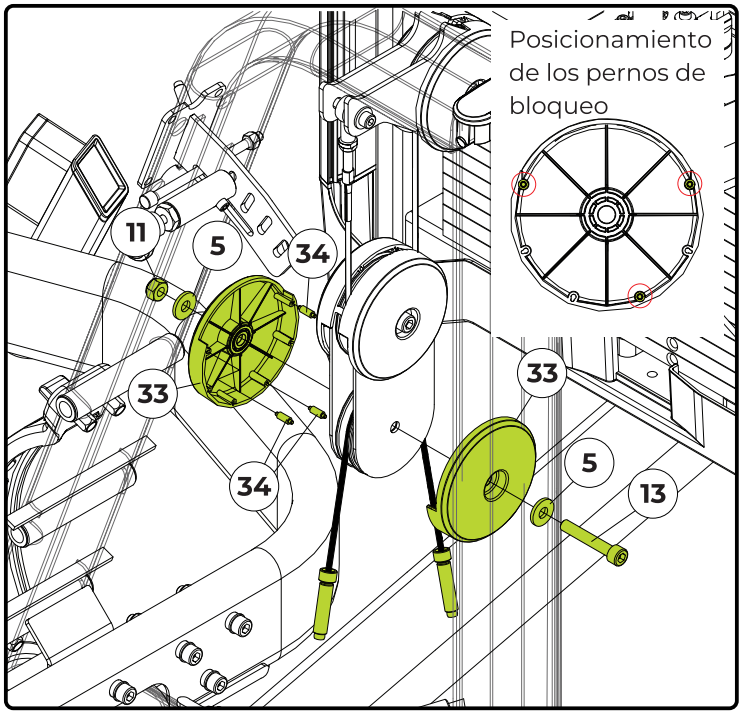
# MONTAJE DEL EQUIPO

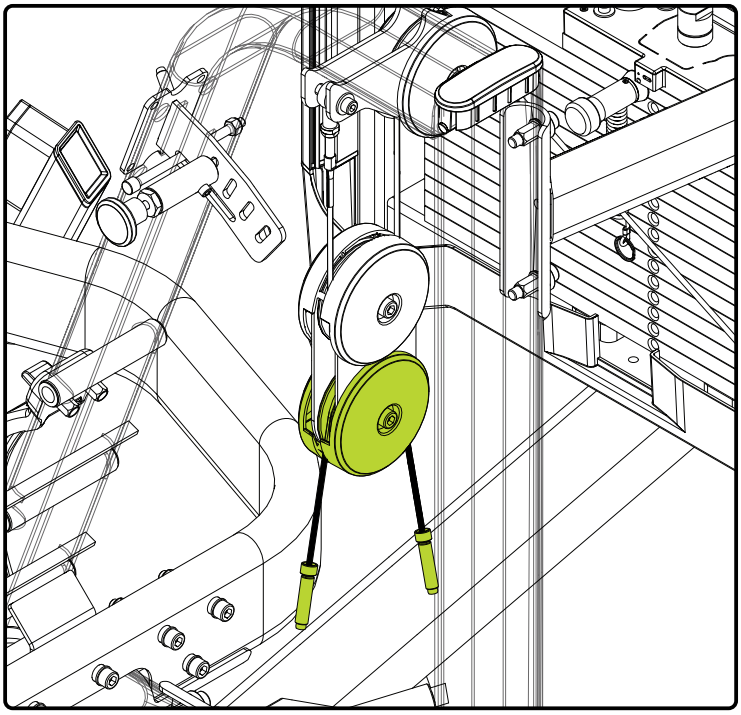
## PASO 19

| | NOMBRE | Ctd |
|---|---|---|
| 5 | Arandela plana 10,3X25,4X3 | 2x |
| 11 | Tuerca Hex. Inserto de Nylon M10 | 1x |
| 13 | Tornillo Cab. Cil. Hex. Interno - M10X60 | 1x |
| 14 | Polea | 1x |
| 15 | Casquillo | 2x |
| 33 | Cubierta de polea | 2x |
| 34 | Bloqueo del cable de acero | 3x |
| M3 | Cable de acero menor | |





**HERRAMIENTAS**

Llave hexagonal nº 8

Llave fija 17

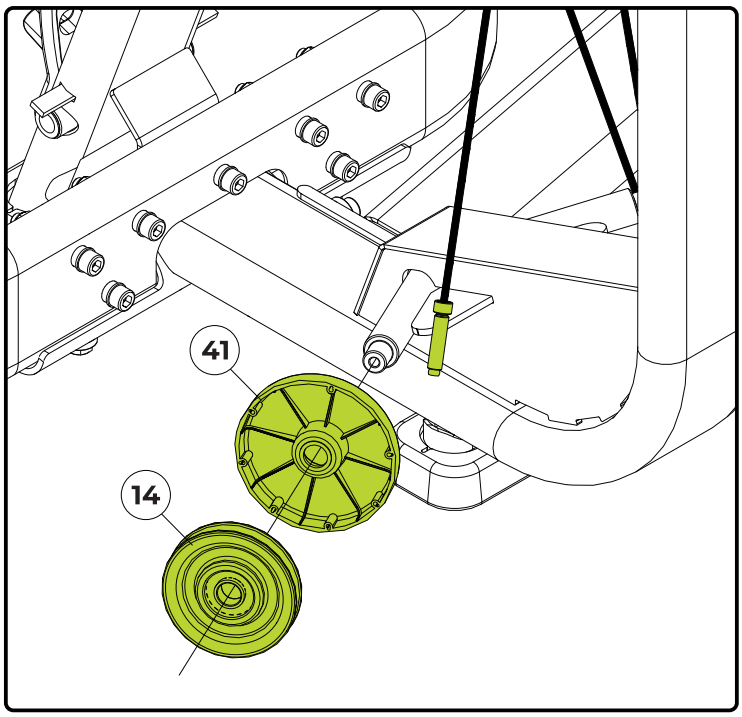
NOTA: Se han ocultado algunas partes para facilitar su visualización.

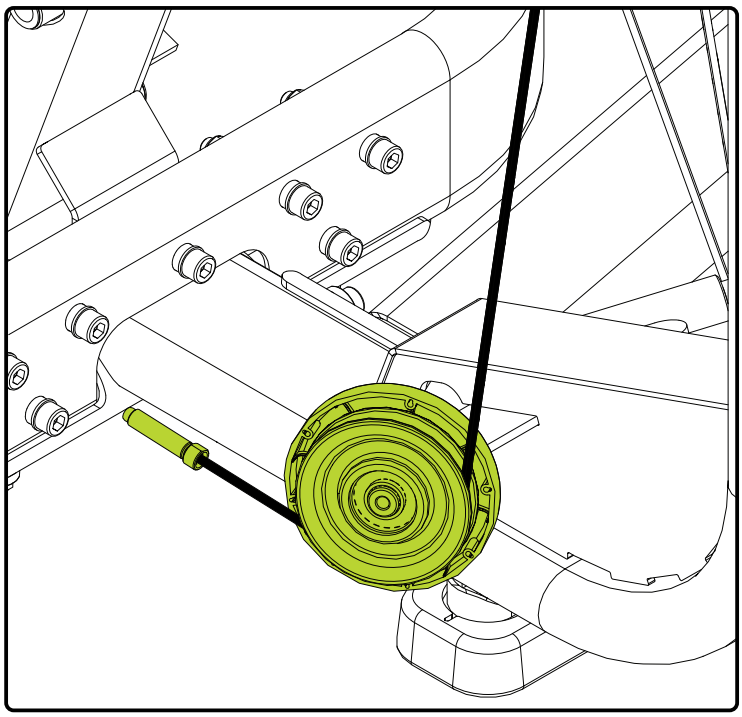
100%

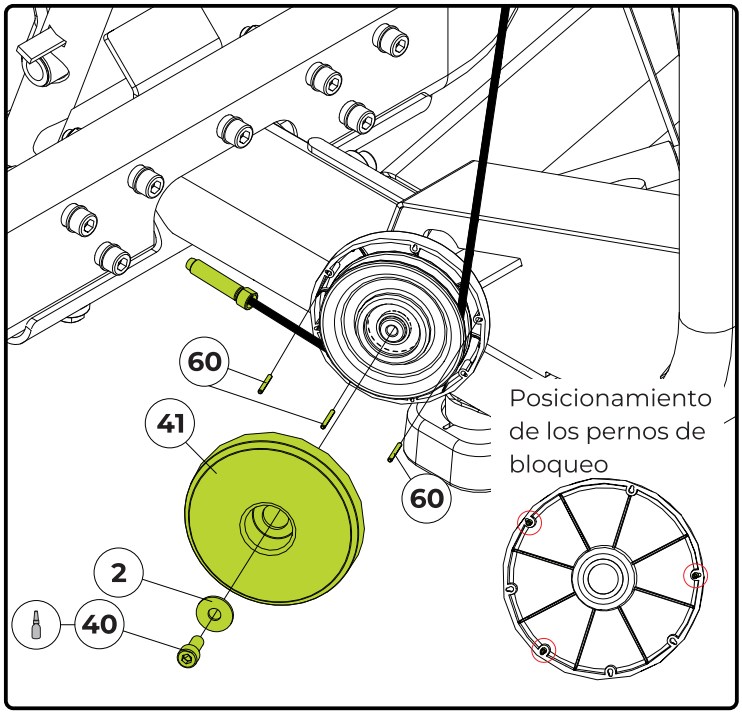
# MONTAJE DEL EQUIPO

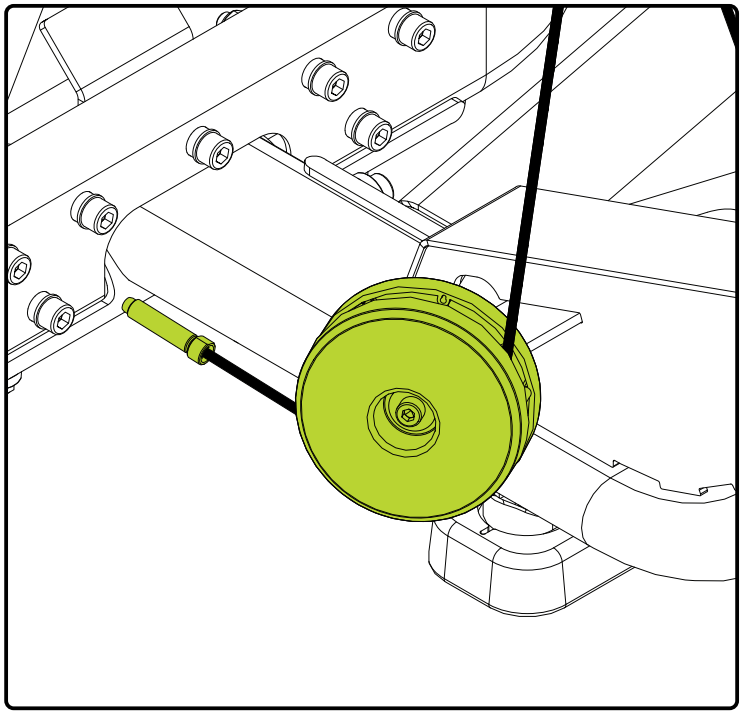
## PASO 20

| | NOMBRE | Ctd |
|---|---|---|
| 2 | Arandela plana - Ø10,3X25, 4X3 | 1x |
| 14 | Polea | 1x |
| 40 | Tornillo Cab. Cil. Hex. Interno - M8X20 | 1x |
| 60 | Pasador elástico - 3x20 | 3x |
| 41 | Cubierta de polea | 2x |

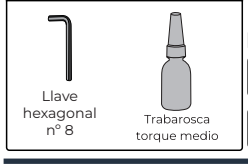




**HERRAMIENTAS**

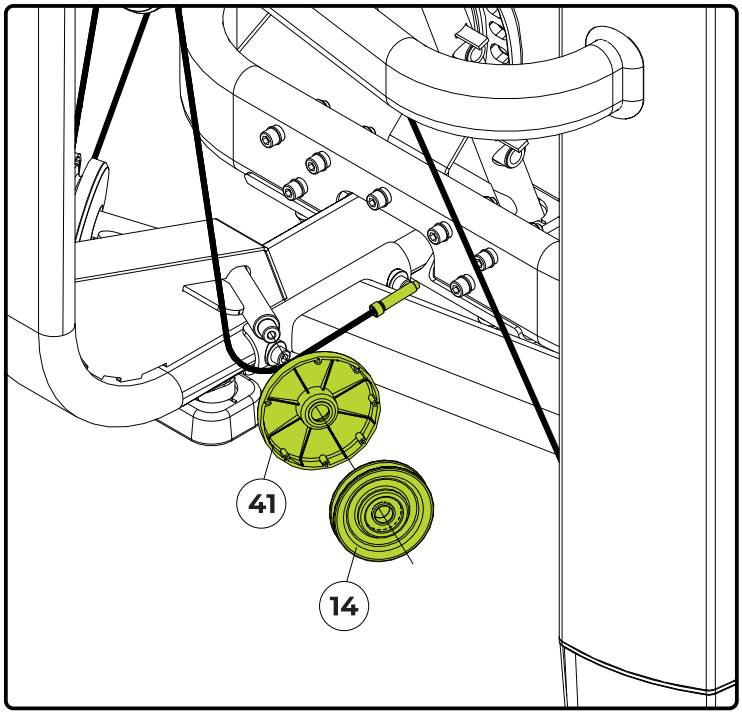


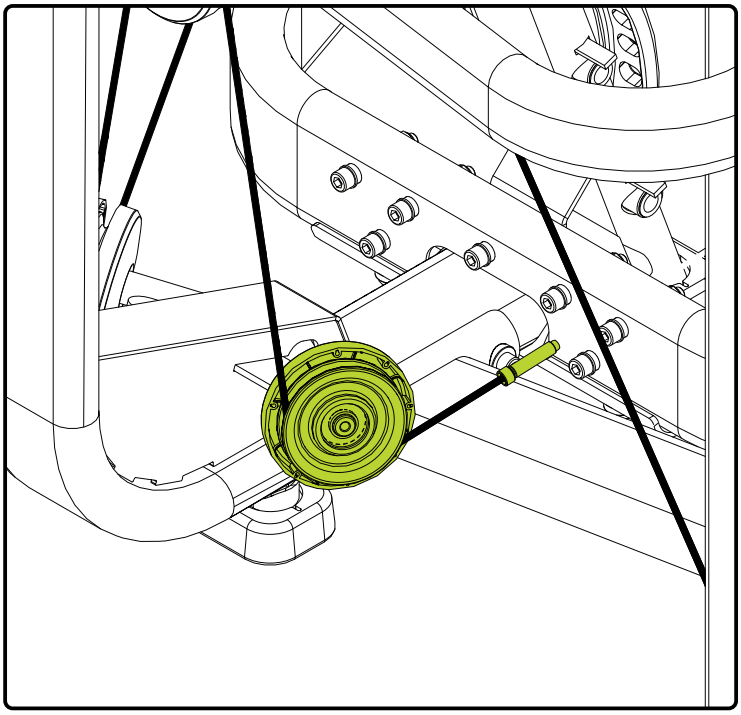

NOTA: Se han ocultado algunas partes para facilitar su visualización.

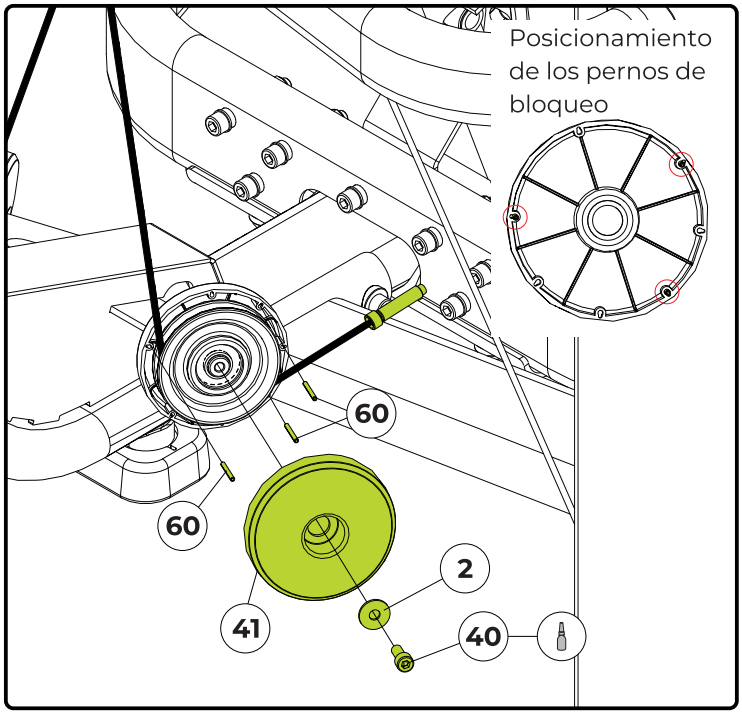
# MONTAJE DEL EQUIPO

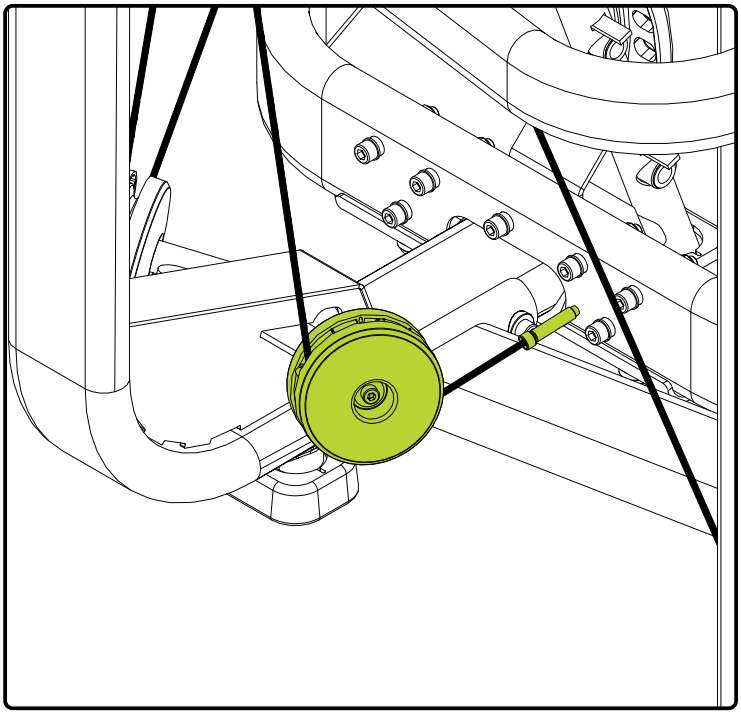
## PASO 21

| | NOMBRE | Ctd |
|---|---|---|
| 2 | Arandela plana - Ø10,3X25,4X3 | 1x |
| 14 | Polea | 1x |
| 40 | Tornillo Cab. Cil. Hex. Int. - M10X25 | 1x |
| 60 | Pasador elástico - 3x20 | 3x |
| 41 | Cubierta de la polea | 2x |





**HERRAMIENTAS**

Llave hexagonal nº 8

Trabarosca torque medio

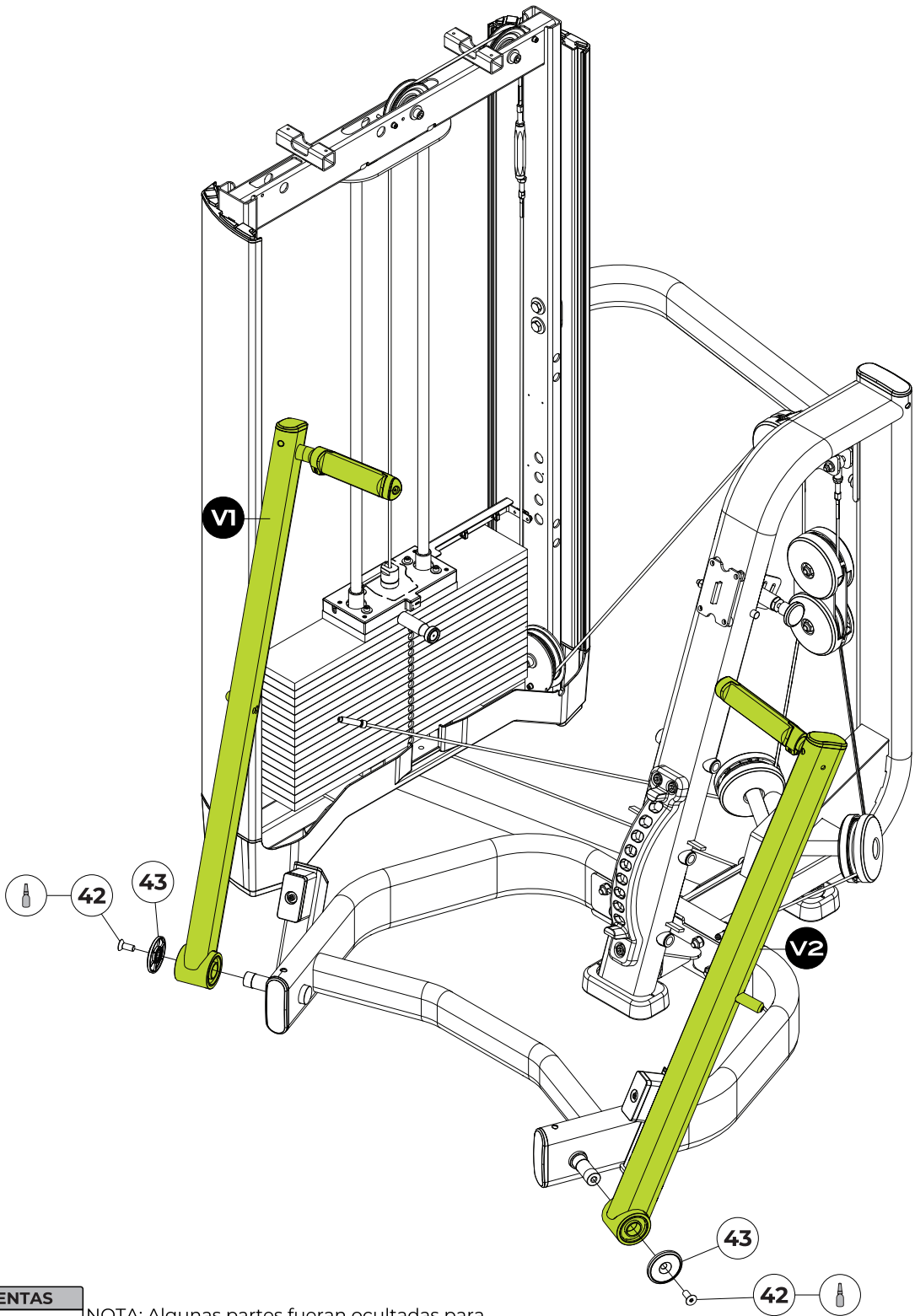
NOTA: Se han ocultado algunas partes para facilitar su visualización.

100%

# MONTAJE DEL EQUIPO

## PASO 22

| | NOMBRE | Ctd |
|---|---|---|
| 42 | Tornillo Cab. Plano Hex. Interno - M10X25 | 2x |
| 43 | Tapón | 2x |
| V1 | Brazo derecho | |
| V2 | Brazo izquierdo | |




**HERRAMIENTAS**

Llave hexagonal nº 8

Trabarosca torque medio

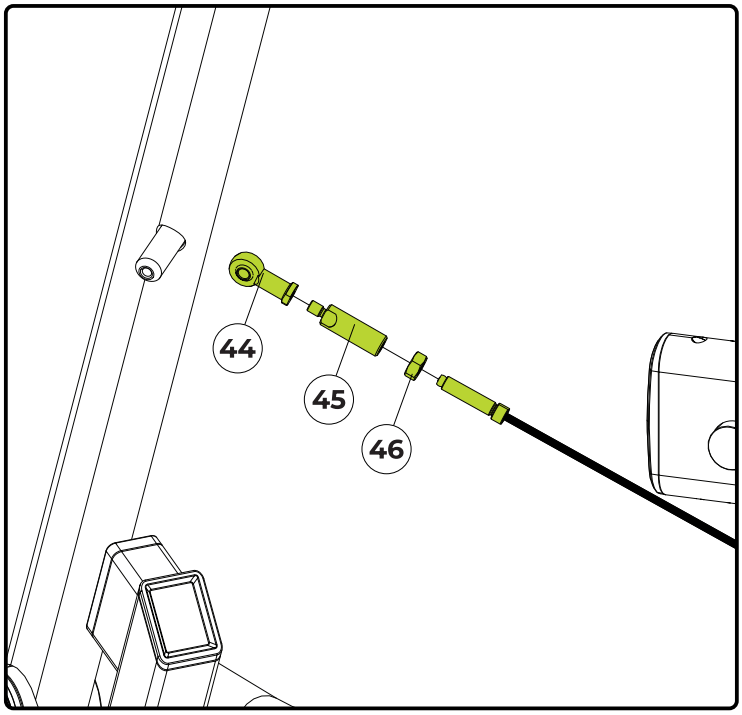
NOTA: Algunas partes fueran ocultadas para facilitar su visualización.

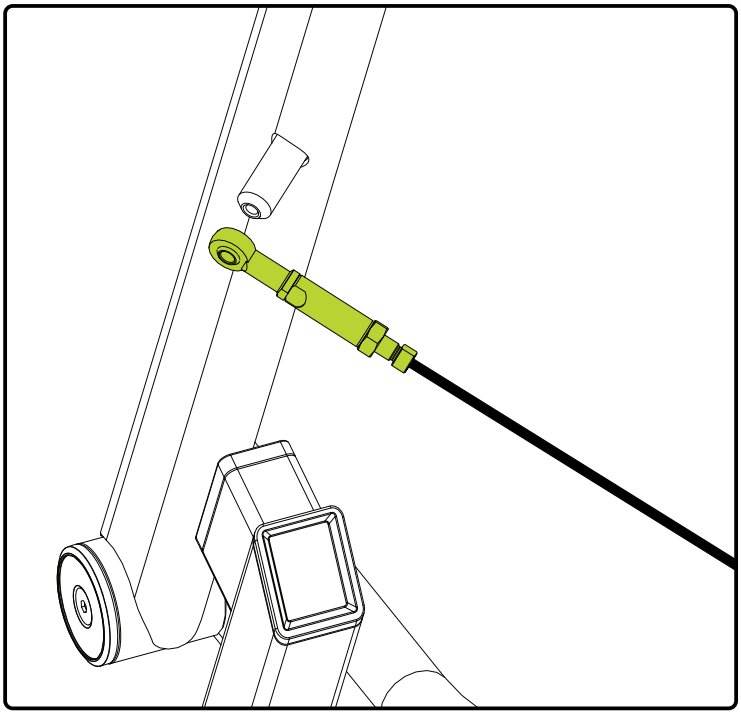
100%

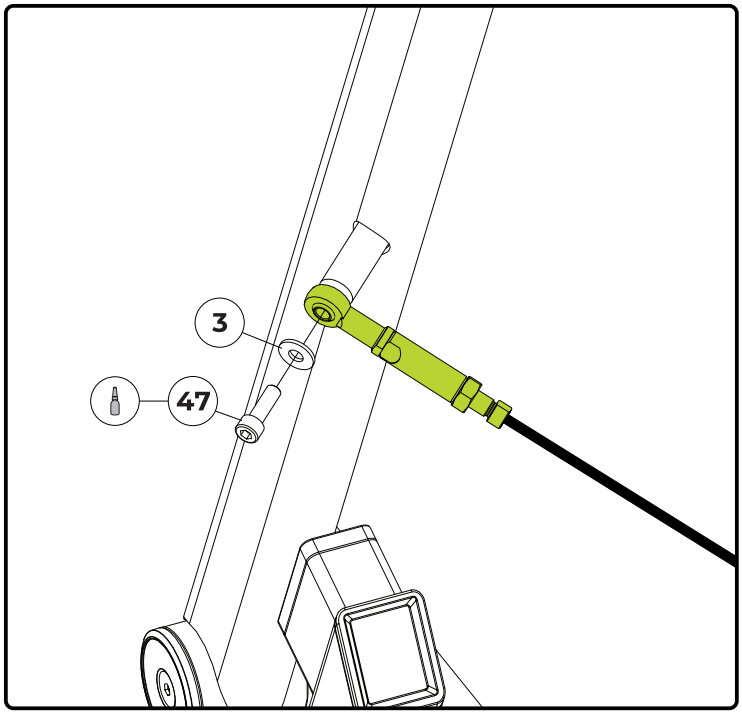
# MONTAJE DEL EQUIPO

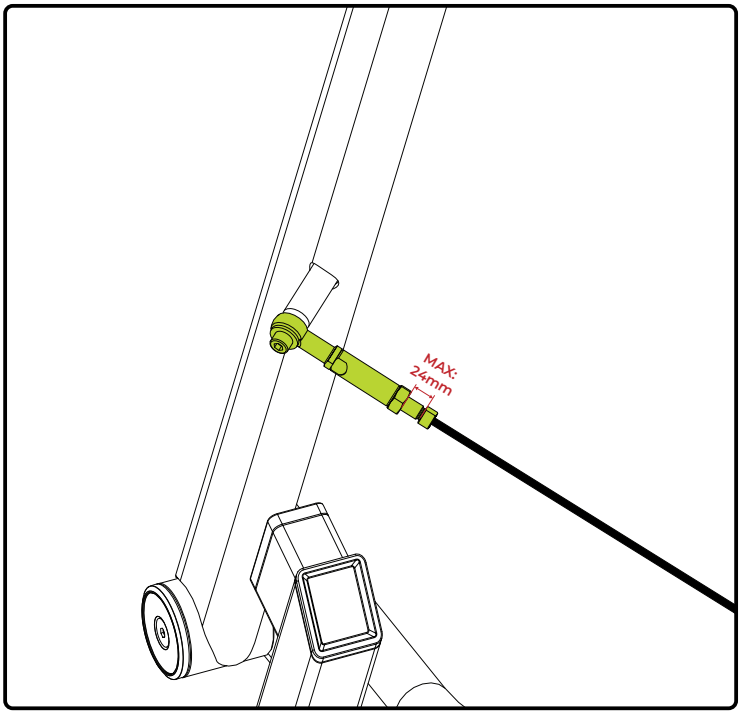
## PASO 23

| | NOMBRE | Ctd |
|---|---|---|
| 3 | Arandela lisa - Ø8X20X02 | 1x |
| 44 | Terminal de rótula | 1x |
| 45 | Tensor | 1x |
| 46 | Tuerca hexagonal - M10 | 1x |
| 47 | Tornillo Cab. Cil. Hex. Interno - M8X25 | 1x |






**HERRAMIENTAS**



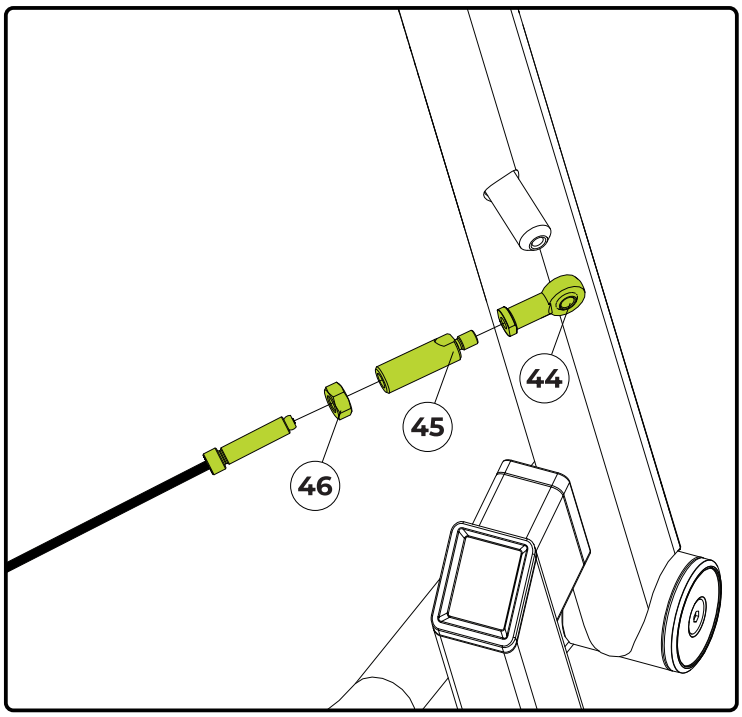

NOTA: Se han ocultado algunas partes para facilitar su visualización.

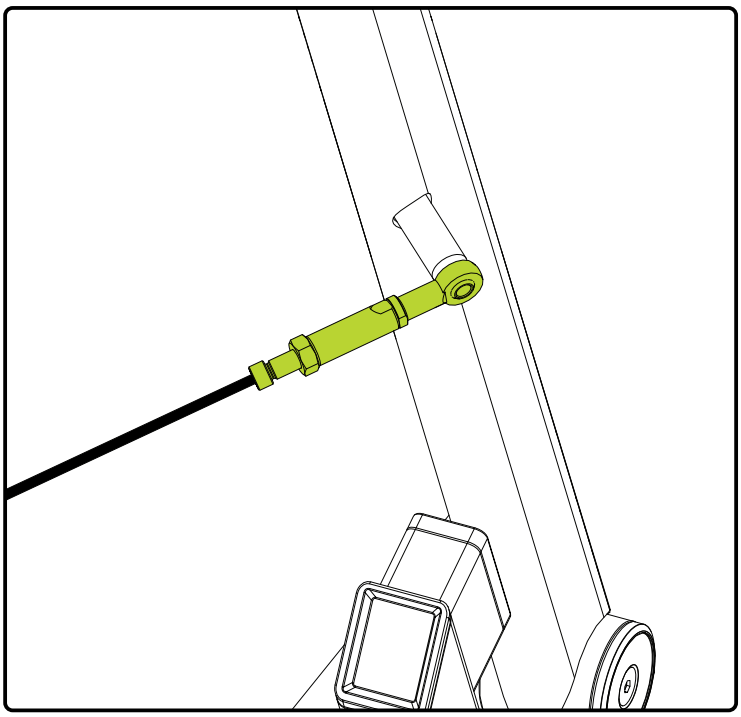


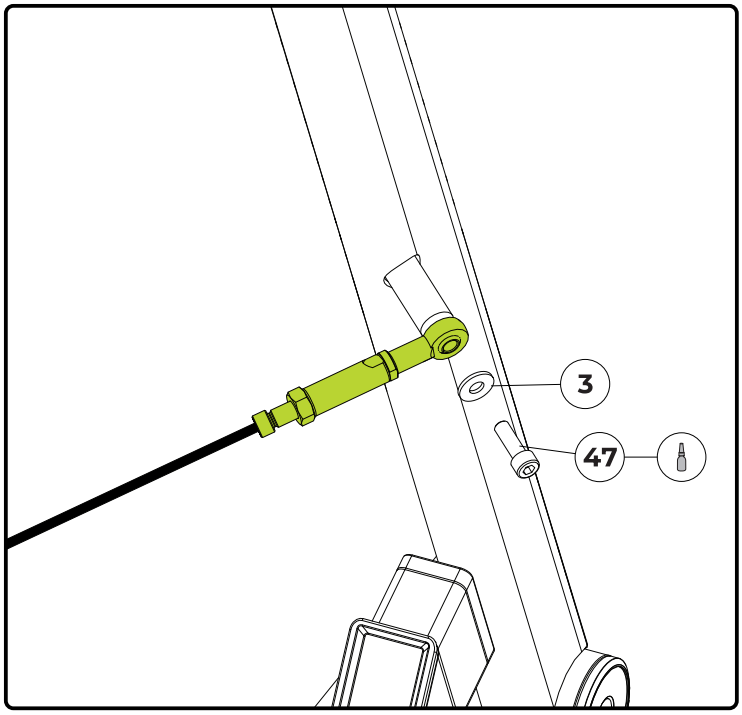
# MONTAJE DEL EQUIPO

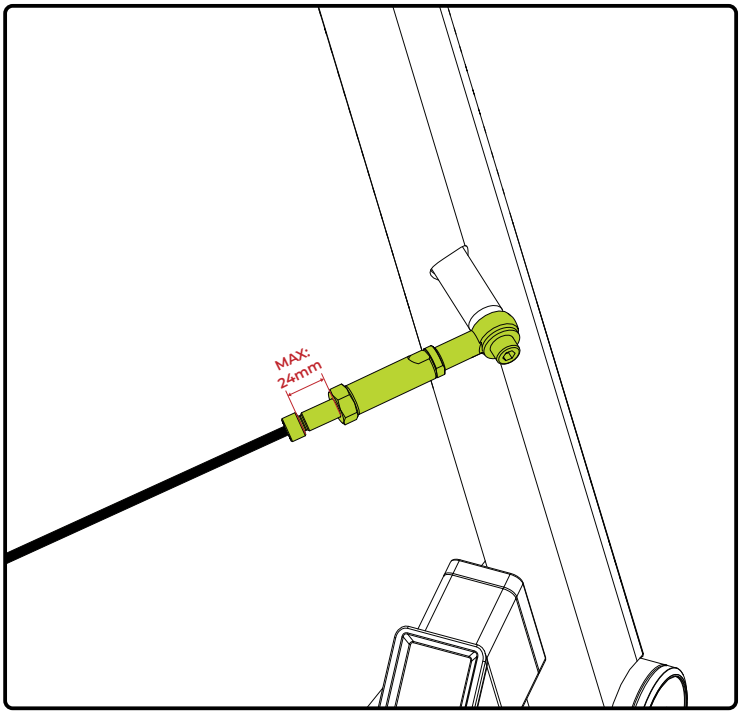
## PASO 24

| | NOMBRE | Ctd |
|---|---|---|
| 3 | Arandela lisa - Ø8X20X02 | 1x |
| 44 | Terminal de rótula | 1x |
| 45 | Tensor | 1x |
| 46 | Tuerca hexagonal - M10 | 1x |
| 47 | Tornillo Cab. Cil. Hex. Interno - M8X25 | 1x |






**HERRAMIENTAS**



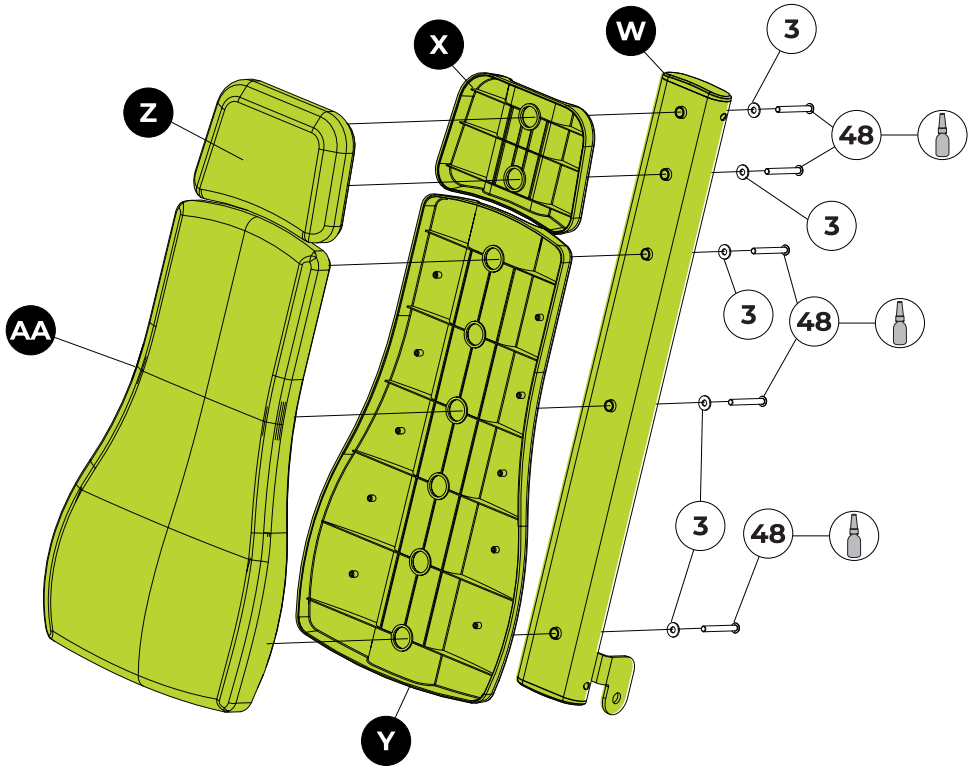

NOTA: Se han ocultado algunas partes para facilitar su visualización.

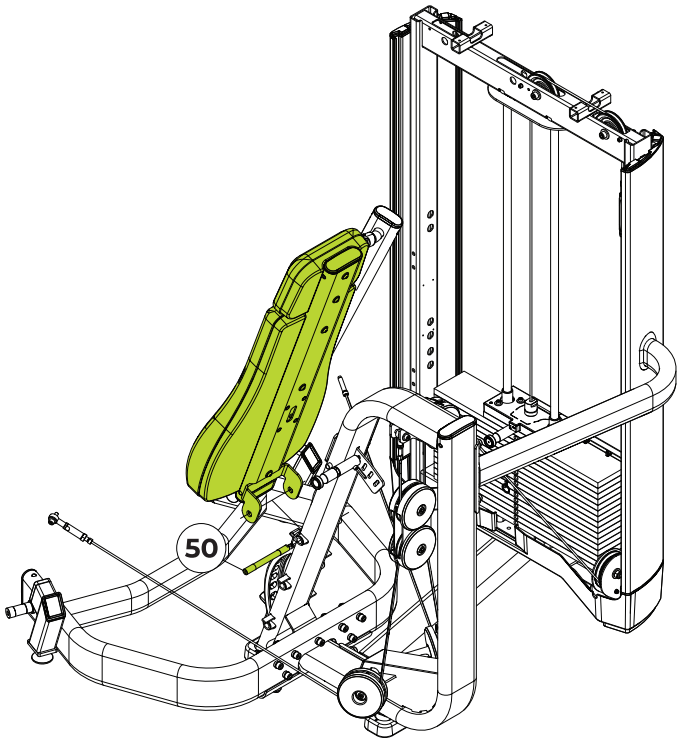


# MONTAJE DEL EQUIPO

## PASO 25

| | NOMBRE | Ctd |
|---|---|---|
| 3 | Arandela lisa - Ø8X20X02 | 7x |
| 48 | Tornillo Cab. de botón Hex. Interno - M8X70 | 5x |
| 49 | Tornillo Cab. Cil. Hex. Interno - M8X25 | 2x |
| 50 | Eje | 1x |
| W | Chasis del respaldo | |
| X | Cubierta de la cabeza | |
| Y | Cubierta del respaldo | |
| Z | Tapicería de la cabeza | |
| AA | Acolchado del soporte | |




**HERRAMIENTAS**

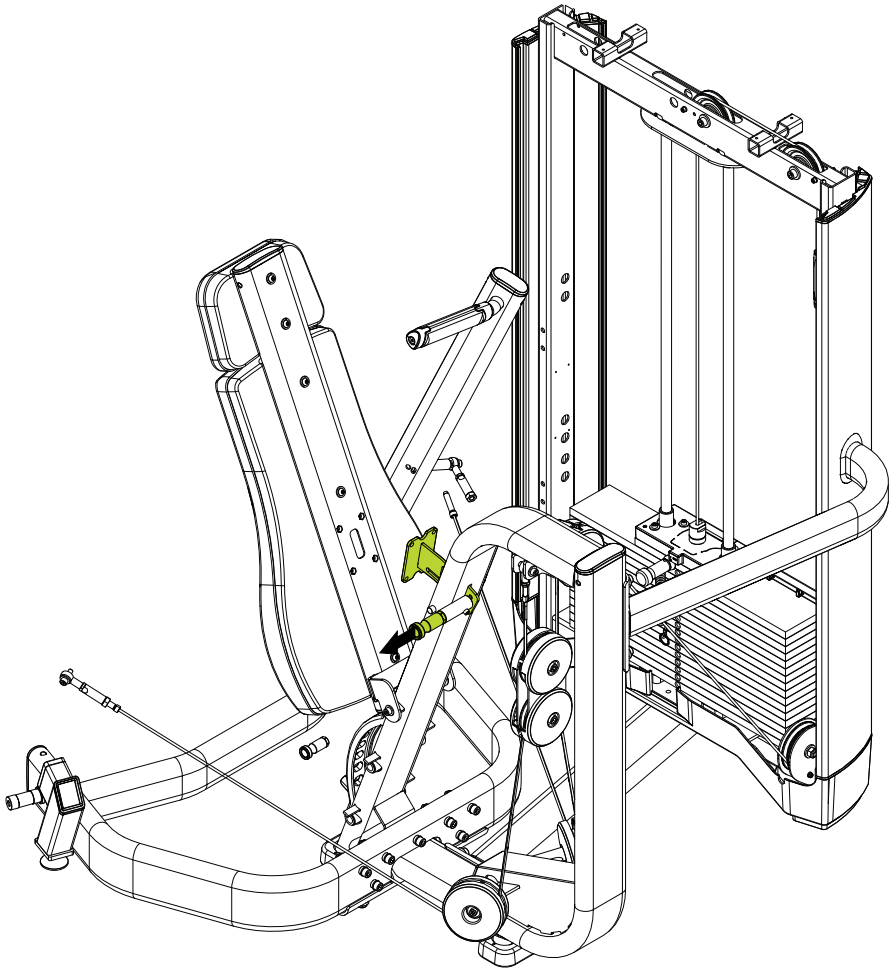
Llave hexagonal n° 8

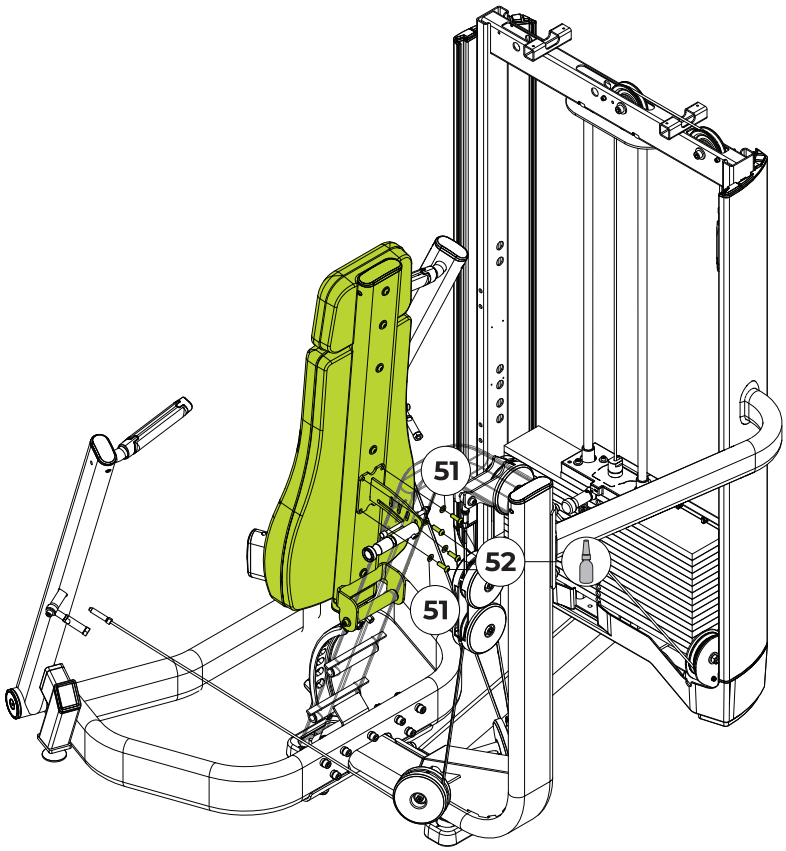
NOTA: Se han ocultado algunas partes para facilitar su visualización.

100%

## PASO 26

| | NOMBRE | Ctd |
|---|---|---|
| 52 | Tornillo Cab. de botón Hex. Interno - M8X25 | 4x |






**HERRAMIENTAS**

Llave hexagonal nº 5

Trabarosca torque medio

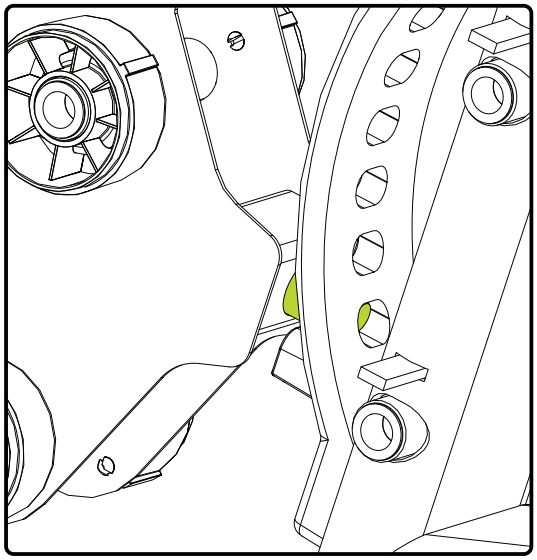
Para facilitar el montaje, gire la posición al máximo para montar el respaldo.

100%

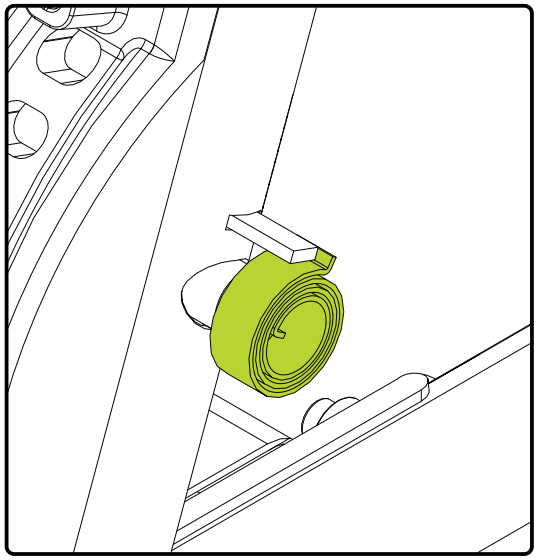
# MONTAJE DEL EQUIPO

## PASO 27

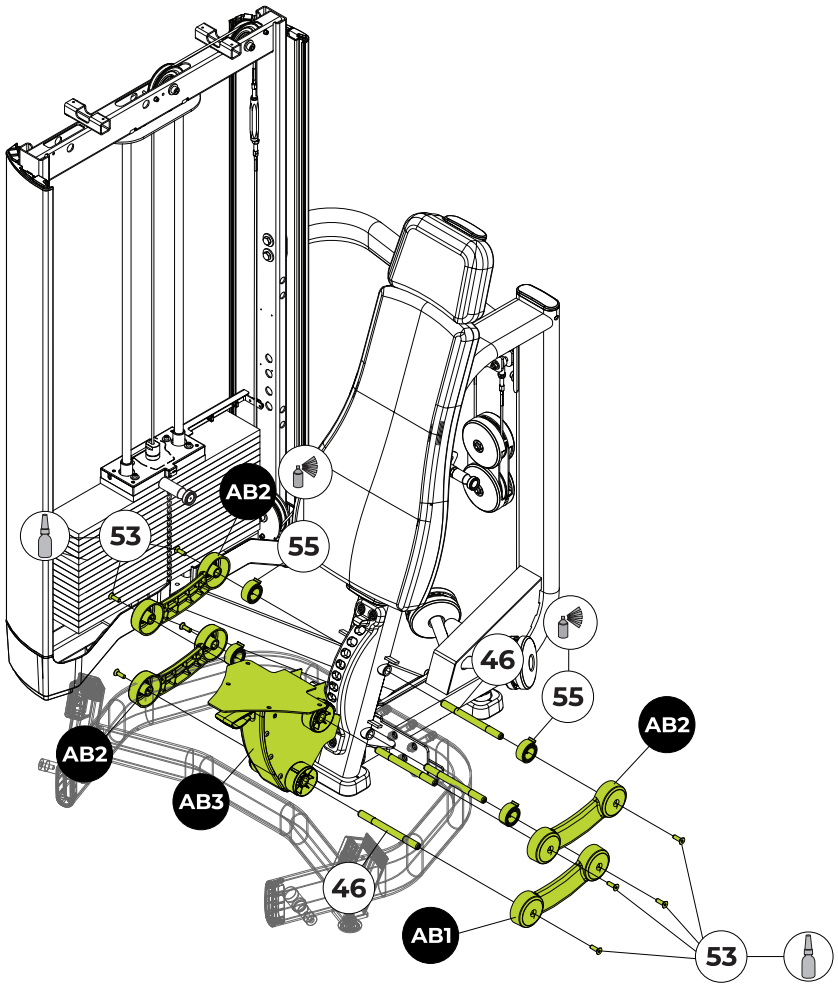
| | NOMBRE | Ctd |
|---|---|---|
| 53 | Tornillo Cab. Plana Hex. Interno - M8X25 | 8x |
| 54 | Eje | 4x |
| 55 | Resorte | 4x |
| AB1 | Articulador del asiento con adhesivo | |
| AB2 | Articulador del asiento | |
| AB3 | Chasis del asiento | |



**NOTA: ANTES DE INICIAR EL MONTAJE DEL ASIENTO, ENCAJE EL AJUSTE EN EL PRIMER ORIFICIO DE LA REGLA SELECTORA.**



**POSICIONAMIENTO DEL RESORTE**



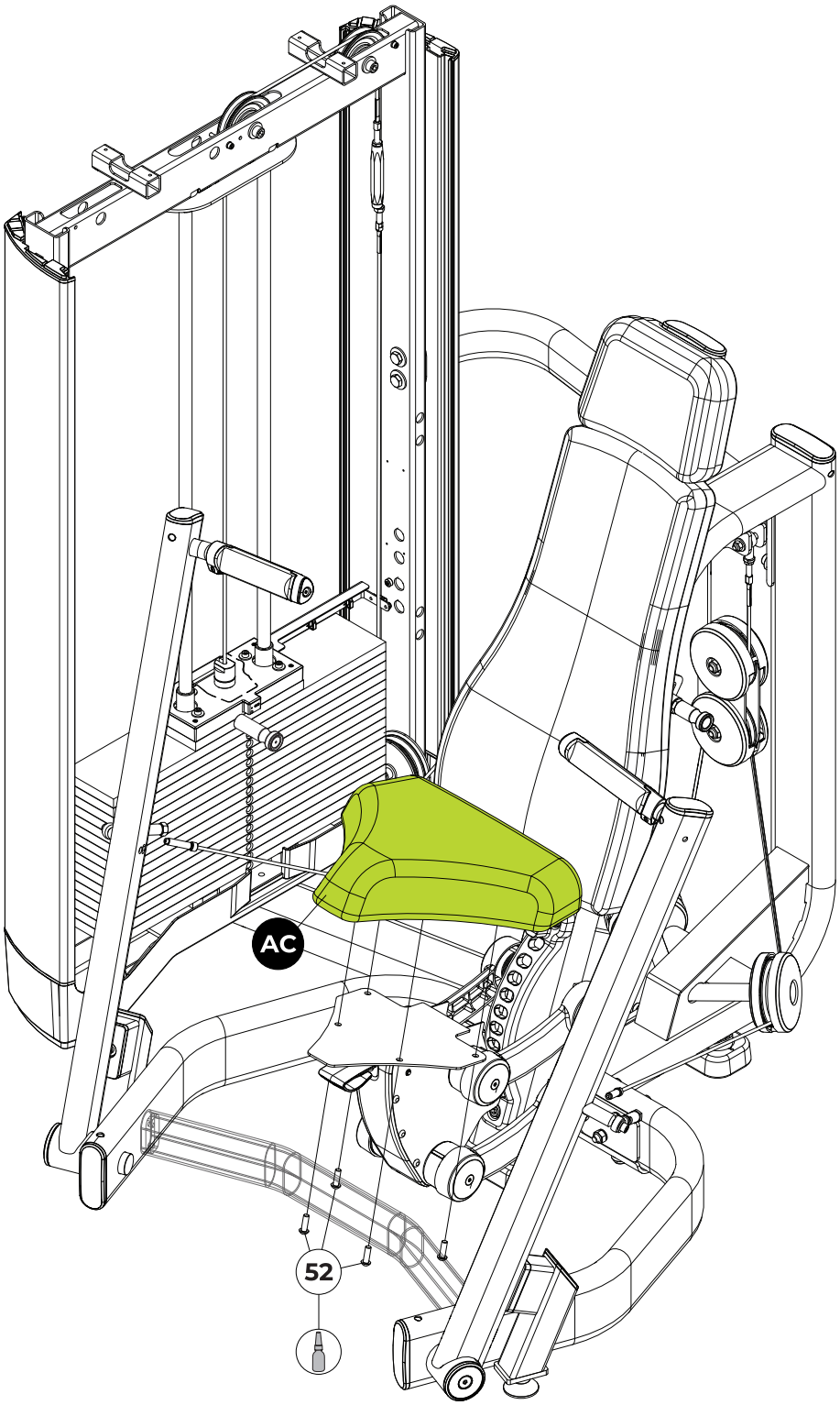

**HERRAMIENTAS**



## PASO 28

| | NOMBRE | Ctd |
|---|---|---|
| 52 | Tornillo Cab. de botón Hex. Interno - M8X25 | 4x |

| | NOMBRE |
|---|---|
| AC | Acolchado del asiento |




**HERRAMIENTAS**

Llave hexagonal nº 5

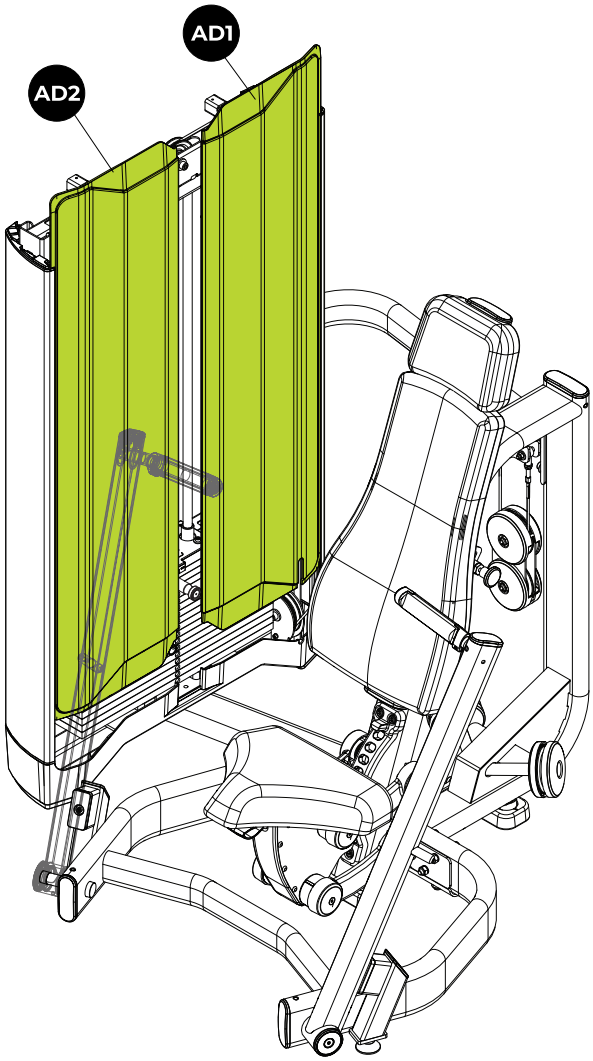
Trabarosca torque medio

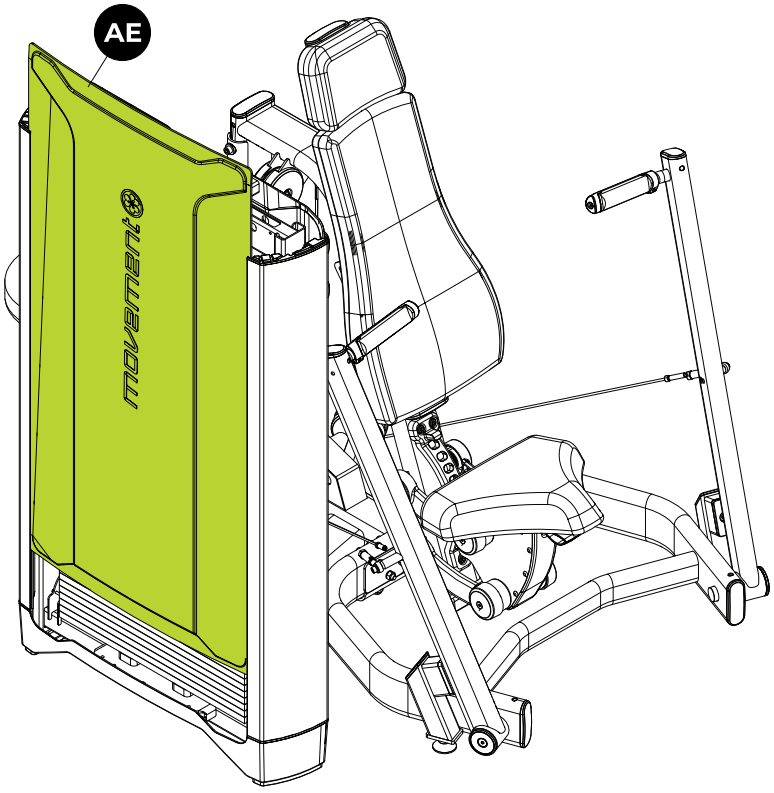
100%

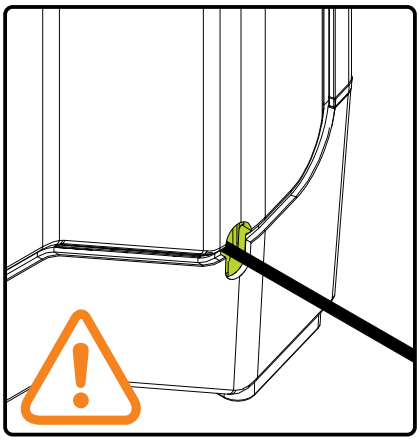
# MONTAJE DEL EQUIPO

**PASO 29**

| | | |
|---|---|---|
| AD1  **NOMBRE** Carenado frontal derecho | AD2  **NOMBRE** Carenado frontal izquierdo | AE  **NOMBRE** Carenado trasero |



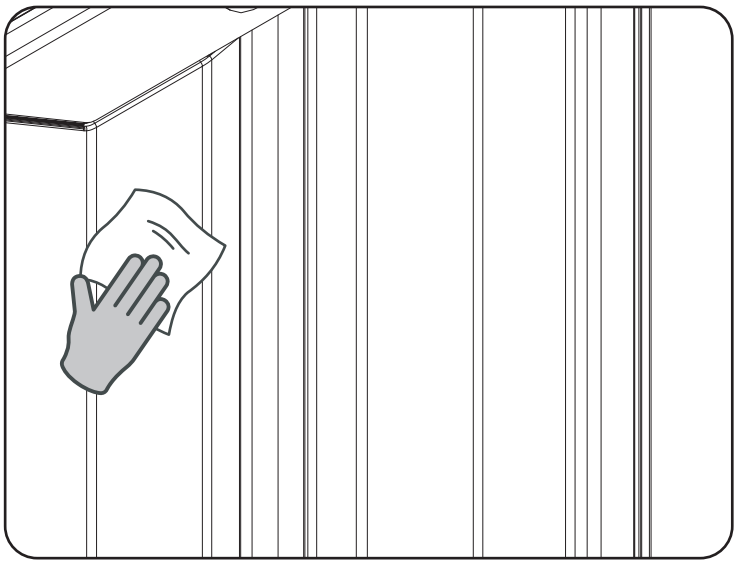



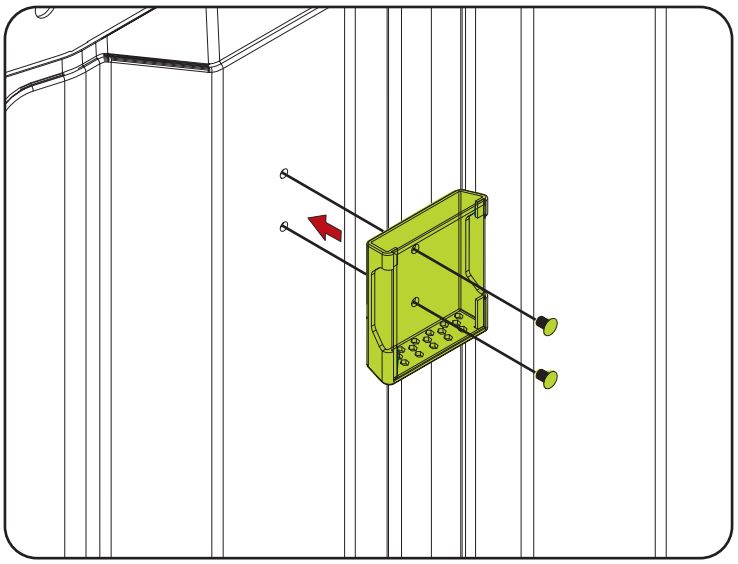
**CUIDADO**

**EL CABLE DE ACERO DEBE PASAR POR EL HUECO DEL CARENADO DELANTERO**

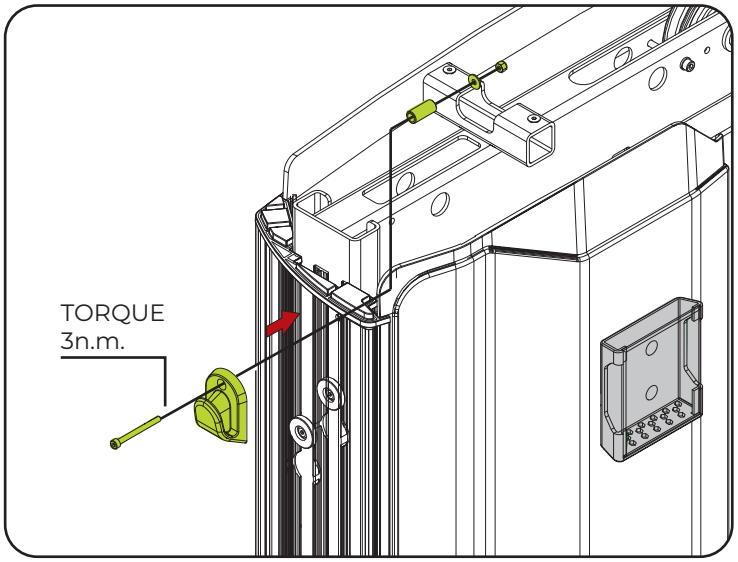
**PASO 30 - Colocación del soporte para teléfono móvil y del toallero (en los modelos que se ofrecen con estos accesorios)**



1. **Preparación de la Superficie**
   Limpie bien el área donde se instalarán los soportes con un paño y un desengrasante. Asegúrese de que la superficie esté seca y libre de residuos.



2. **Fijación del Soporte para Celular**
   Aplique cinta adhesiva de doble cara en la base del soporte para celular, colóquelo en la posición deseada y presione firmemente. Inserte los tornillos con cuidado a mano para evitar dañar el acrílico.




**Instalación del Soporte para Toalla**
Encaje el soporte para toalla en la base del chasis y fíjelo con un tornillo Phillips, apretando suavemente para garantizar estabilidad sin aplicar demasiada fuerza.

# MONTAJE DEL EQUIPO

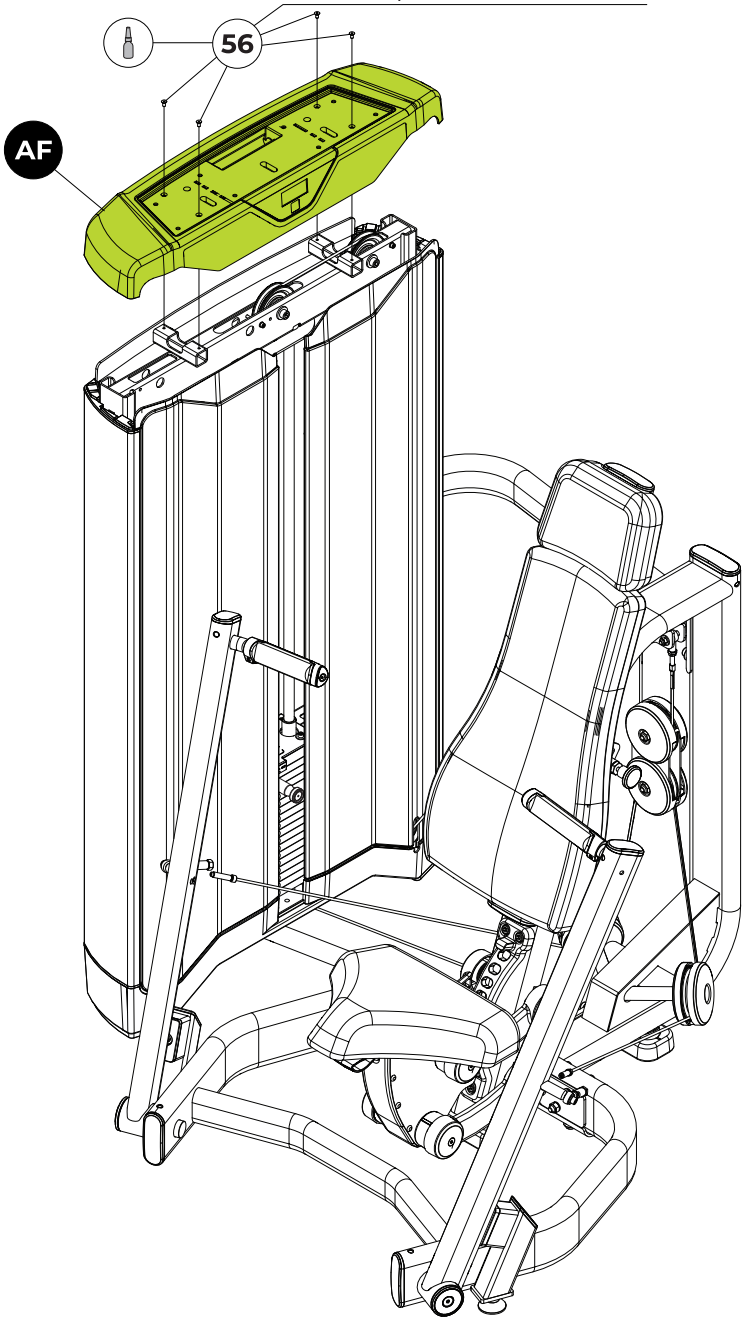
## PASO 31 - Colocación del soporte para teléfono móvil y del toallero

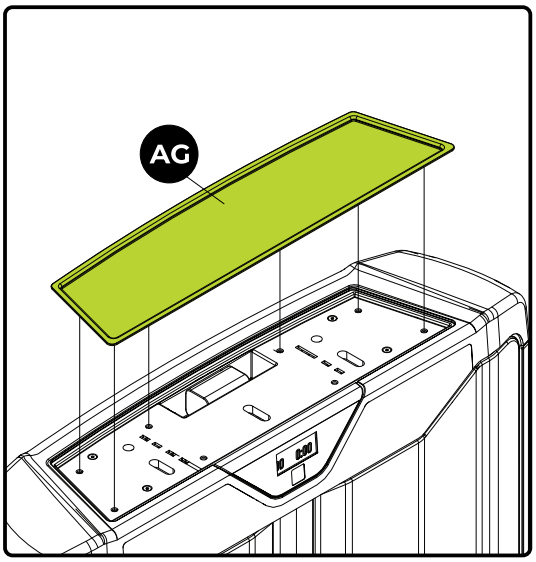
| | NOMBRE | Ctd |
|---|---|---|
| 56 | Tornillo Cab. Plana 4x Hex. Interno - M5X10 | 4x |

| | NOMBRE |
|---|---|
| AF | Carenado superior |

| | NOMBRE |
|---|---|
| AG | Acabado de goma |

Torque de 3,5 ~4,5 N.m



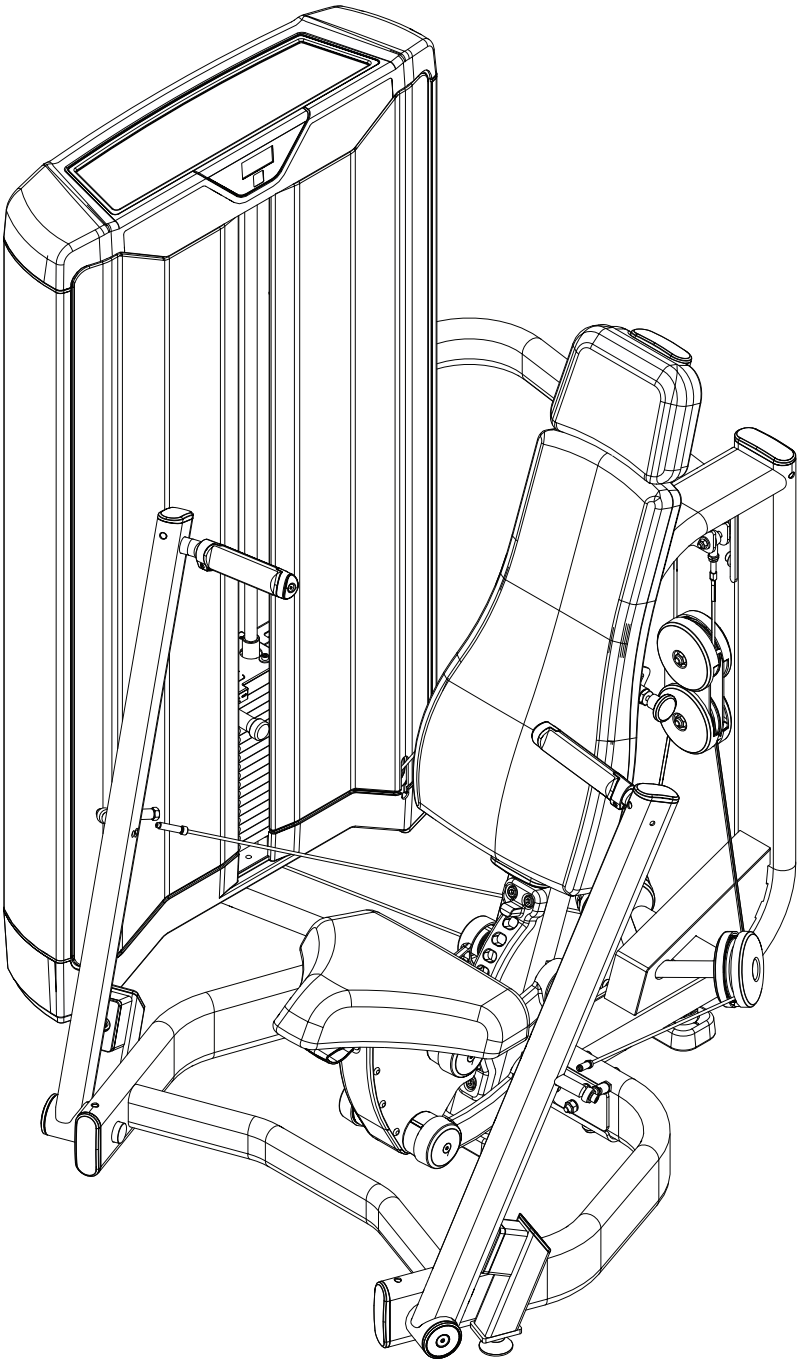




**HERRAMIENTAS**

Llave hexagonal nº 3

Trabarosca torque medio

100%

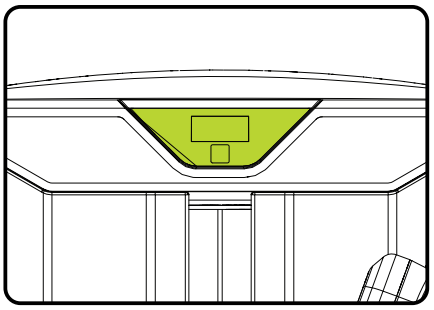


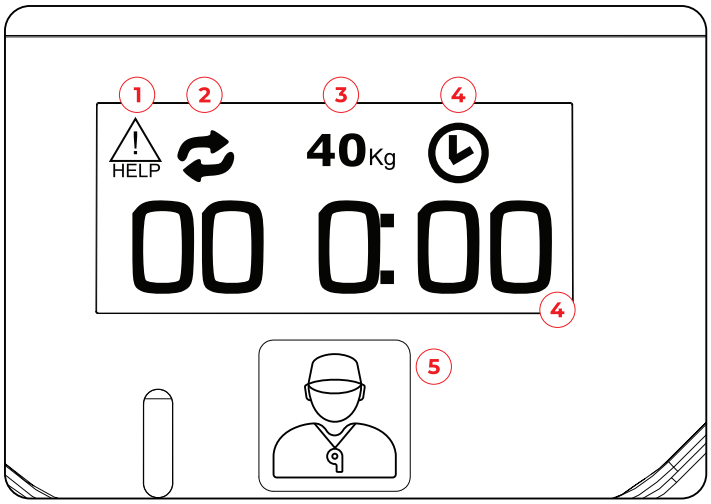
**¡ENHORABUENA! SE HA COMPLETADO EL MONTAJE DEL EQUIPO.**
Antes de comenzar el entrenamiento, NIVELE el equipo al suelo y compruebe el apriete de todos los tornillos. Consulte el capítulo “Instrucciones de Operación” antes de utilizar el equipo.

# INSTRUCCIONES DE OPERACIÓN

**CONTADOR**

La línea NEXT tiene una versión que viene con contador de ciclos, tiempo del ejercicio, tiempo de descanso y carga de peso. Este contador tiene como objetivo ayudar al usuario a saber cuál es su ritmo de ejercicio.

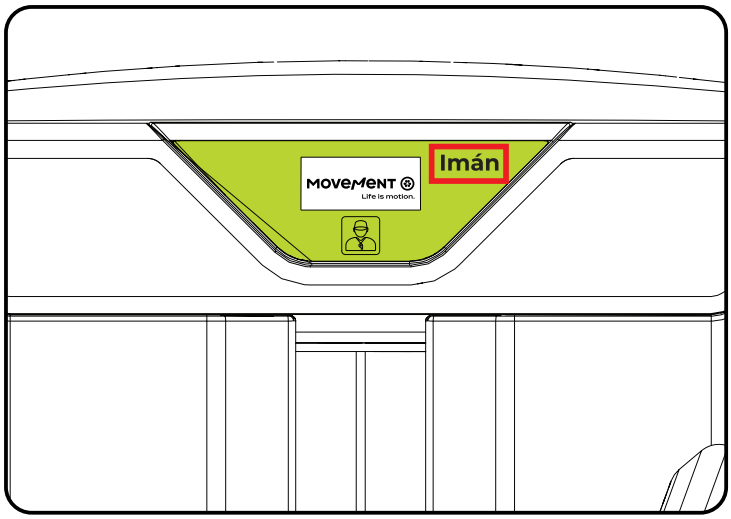


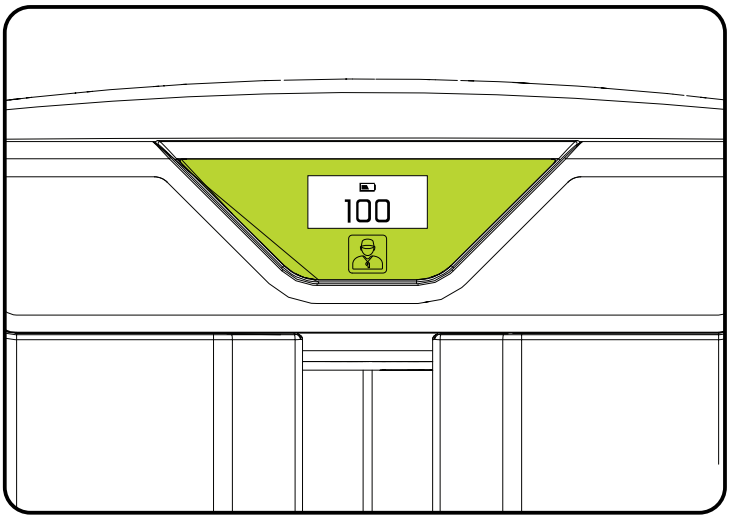



1 - Icono de ayuda (HELP);
2 - Icono de repeticiones;
3 - Carga de peso seleccionada;
4 - Icono del contador de tiempo;
5 - Llamada de instructor (imagen simbólica)

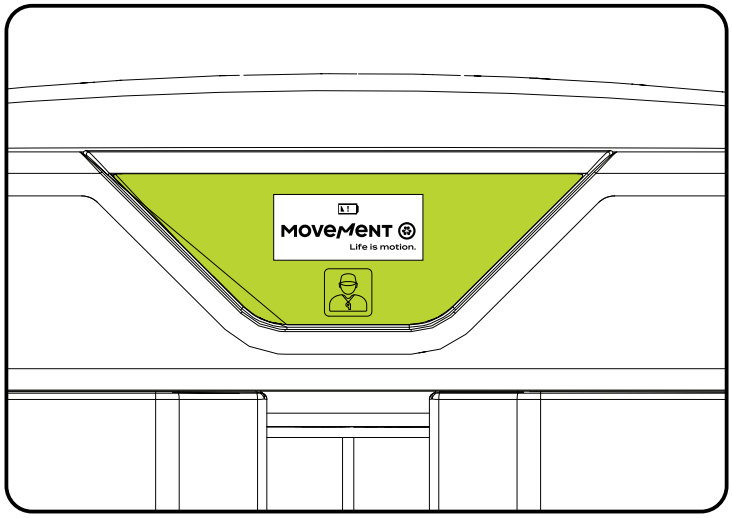
1 - Solicita ayuda del instructor (cuando disponible del recurso).
2 - Permite al usuario ver el número de repeticiones realizadas durante la serie de ejercicios, que puede oscilar entre 0 ~ 99.
3 - Permite al usuario visualizar el peso (carga) seleccionado durante el ejercicio (entre 5 kg y la carga máxima disponible en el equipo).
4 - Exhibe el tiempo de entrenamiento transcurrido del usuario durante la serie de ejercicios, que puede oscilar entre 0:00 y 9:99.
5 - Botón para llamada del instructor (cuando disponible del recurso).

Para ver la versión de firmware del display (contador), toque un imán en la esquina superior derecha del carenado del contador y presione el botón de llamada del instructor (si está disponible).

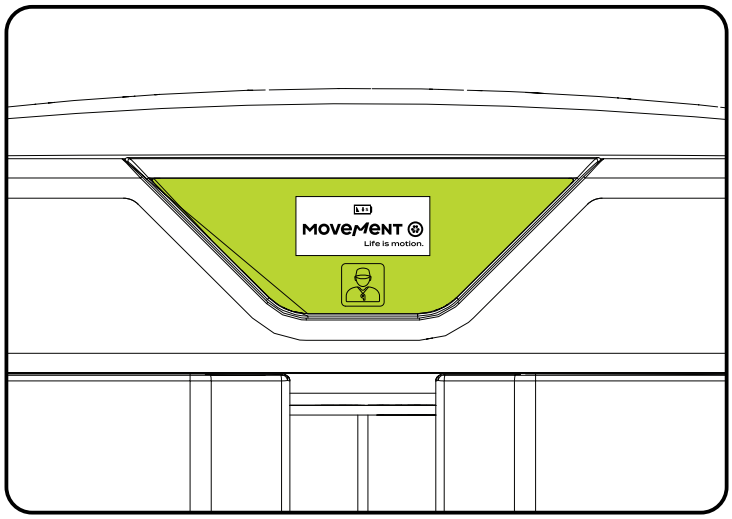


Reemplace (o recargue) las baterías del contador cuando el display exhibir el icono de batería baja. Retire las baterías del equipo si no se utilizará por un largo tiempo.




El ícono de batería con una “S” y una flecha hacia abajo indica que la batería del sensor está en un nivel bajo y requiere recarga.



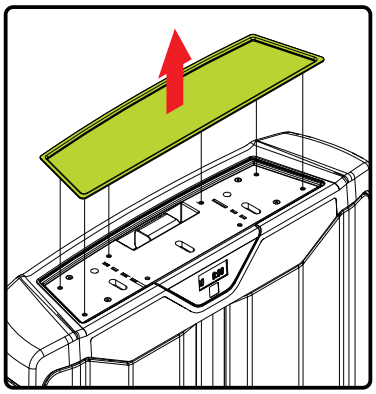
**CÓMO RECARGAR LA BATERÍA**

Siga los pasos a continuación para recargar la batería.

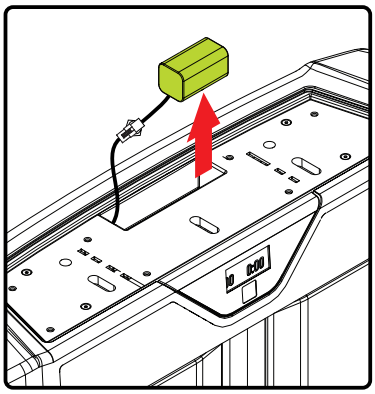
**(en los modelos que se ofrecen con estos accesorios)**

**¡ATENCIÓN!**

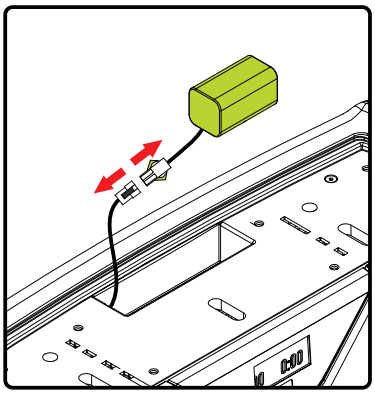
**Cargue la batería del medidor usando un cargador aprobado Movement de 8,4 V. Al reemplazar la batería del medidor, use baterías de 7,4 V aprobadas Movement (consulte el catálogo de piezas del equipo). Retire la batería descargada e inserte una nueva completamente cargada.**



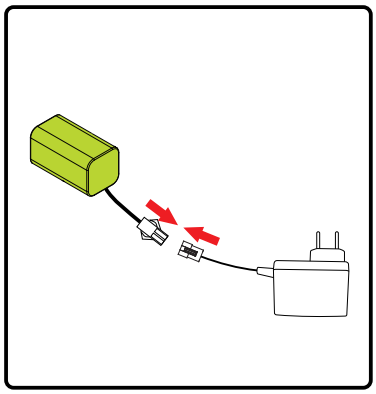
1 - Retire el acabado de goma.



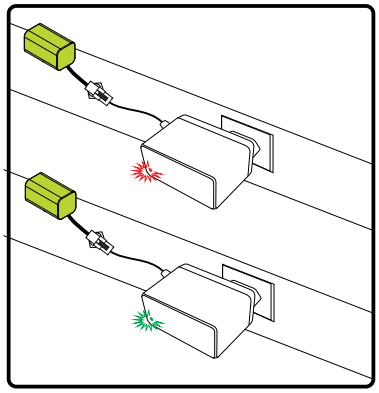
2 - Retire con cuidado la batería para no dañar el cable.



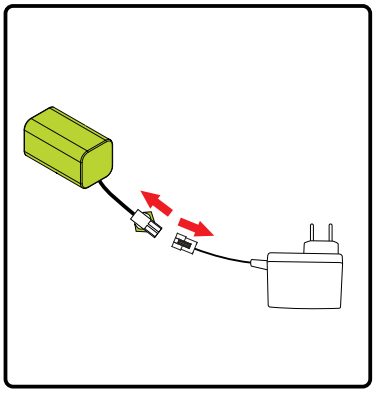
3 - Presione los puntos indicados como se muestra en la imagen de arriba y desconecte con cuidado la batería.



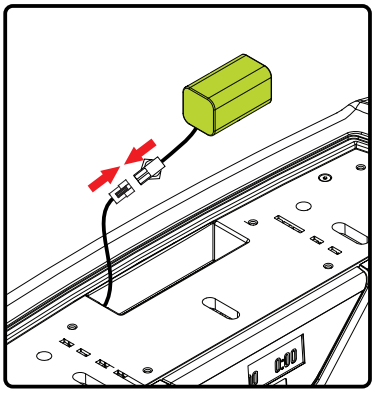
4 - Conecte la batería al cargador.



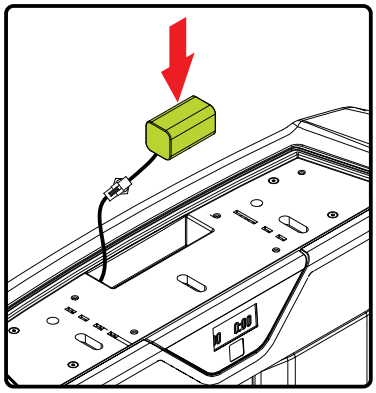
5 - Al conectar el cargador a la toma se encenderá un LED rojo indicando que la batería está en carga. Finalmente, de la carga, un LED verde indica que la batería se ha cargado.



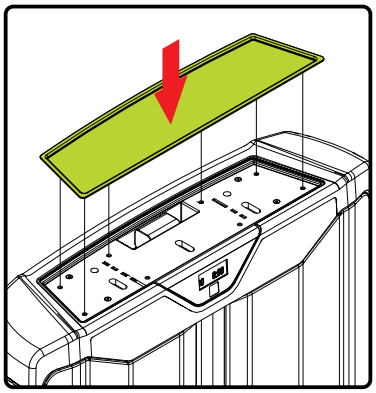
6 - Cuando se complete la carga, retire el cargador del enchufe y desconecte la batería. presione los puntos indicados según la imagen arriba.



7 - Conecte la batería a la torre nuevamente.



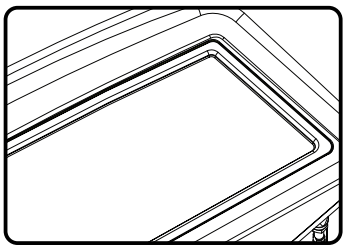
8 - Guarde la batería con cuidado para no dañar ninguno de los cables.



9 - Finalmente coloque el acabado de goma.

**CUIDADO**

**EVITE DEJAR ACUMULACIÓN DE AGUA EN EL ACABADO DE GOMA. EL AGUA PUEDE ENTRAR EN EL ACABADO Y OXIDAR ASÍ EL PORTA BATERÍA. MANTENGA SIEMPRE SECO EL ACABADO DE GOMA.**

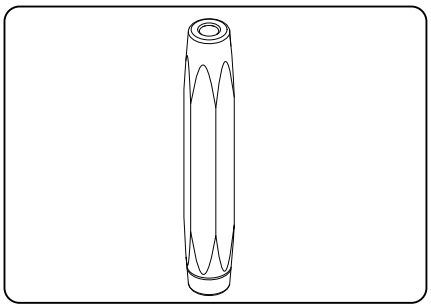


**¡ATENCIÓN!**

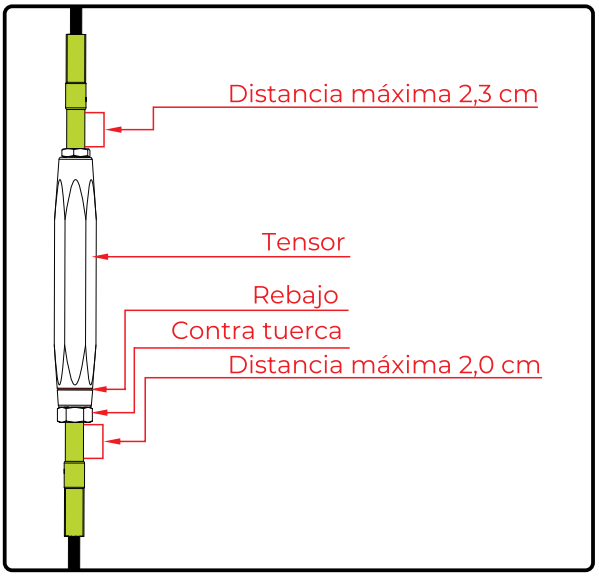
**El cargador no viene con el equipo.**
**El cargador se puede comprar por separado.**

**TENSOR DEL CABLE DE ACERO**

Permite ajustar los cables de acero soltándolos o aflojándolos. Para soltar o tensionar el cable de acero, simplemente gire el tensor. Para mantener la mejor tensión del cable, consulte las especificaciones a continuación. El tensado se puede realizar con o sin multiplicador. Para ajustar el cable, retire el carenado trasero.



**Equipos sin multiplicador de carga**



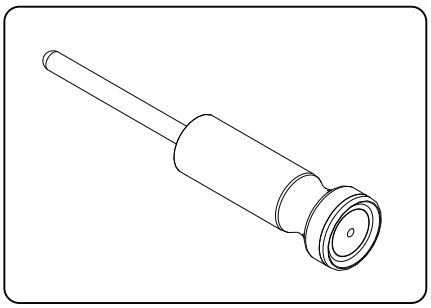

**¡PELIGRO!** **Es sumamente importante mantener medidas de ajuste de cables para evitar su aflojamiento y probable daño grave o fatales para el usuario.**

**PESO EXTRA - OPCIONAL**

Los equipos NEXT tienen peso extra. El peso extra permite dividir la carga de peso entre 2,3 kg, 3,6 kg, 4,6 kg. Para seleccionar el peso extra, simplemente mueva la palanca selectora hacia la derecha o hacia la izquierda.

**PASADOR SELECTOR**

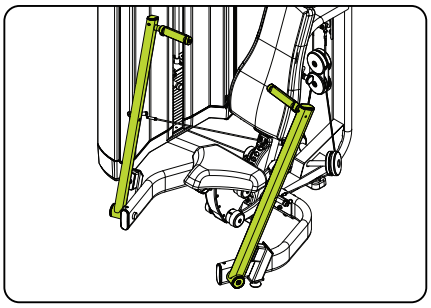
El pasador selector permite bloquear las pesas para su uso al realizar el ejercicio.



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

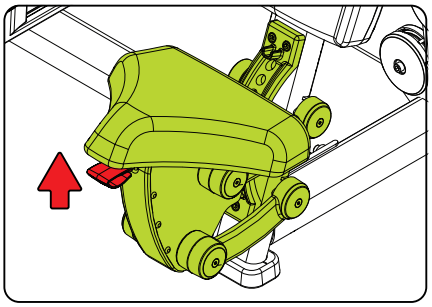
**AGARRADERAS**

Las agarraderas permiten al usuario realizar el ejercicio. El usuario sujeta las agarraderas y se mueve hacia abajo. Los brazos vuelven solos a la posición inicial gracias al cable de acero.



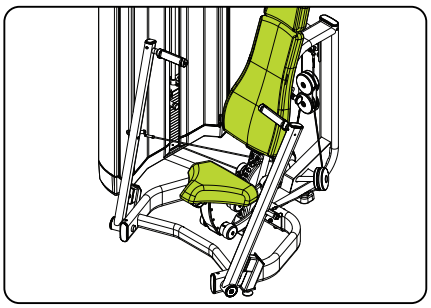
**ASIENTO**

Permite al usuarui ajustar la altura a la que desea para realizar el ejercicio.
Para ajustar la altura del asiento, mueva el bloqueo (retorno automatico por muelle).



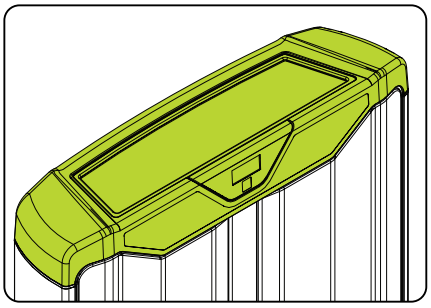
**ACOLCHADO**

Permite al usuario sentarse, apoyar los brazos, piernas y apoyarse en el equipo para realizar el ejercicio.



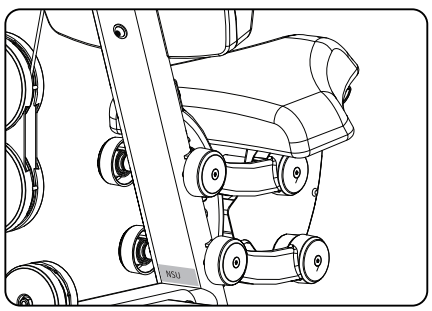
**CARENADO SUPERIOR / PORTAOBJETOS**

El portaobjetos permite al usuario apoyar sus objetos.



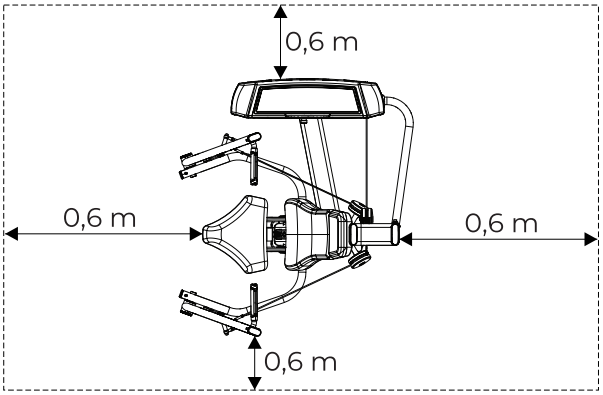
**NUMERO DE SERIE**

El número de serie contiene información relativa a la clase de equipo y los datos del fabricante. No retire el adhesivo con el número de serie, ya que facilita el suministro de información a un punto autorizado o al fabricante. Si se despega el adhesivo con el número de serie, póngase en contacto con el fabricante inmediatamente.



**ESPACIO**

Para la seguridad del usuario recomendamos el uso de un área mínima de acceso y escape como se muestra en la figura lateral. La zona de acceso y escape puede ser común entre los equipos utilizados.




**CÓMO UTILIZAR EL EQUIPO**

1 - Posiciónese en el equipo;
2 - Ajuste la posición del asiento;
3 - Seleccione la carga mediante el pasador selector;
4 - Sujete las agarraderas para realizar el ejercicio;
5 -Inicie el entrenamiento.



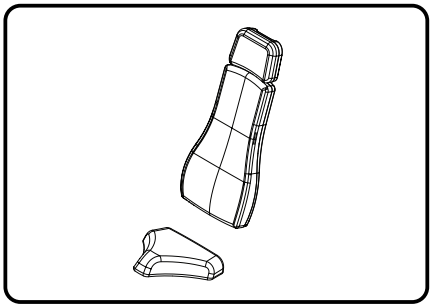
# MANTENIMIENTO

# MANTENIMIENTO

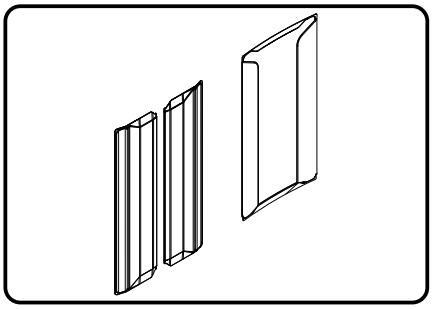
**RECOMENDACIONES**
Para una mayor durabilidad, es necesario adoptar algunas precauciones que evitarán problemas en el equipo y al usuario o terceros. En caso de rotura o mal funcionamiento, deje de utilizar el aparato hasta que sea reparado.

**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 neutro y un paño suave para la limpieza del acolchado 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.

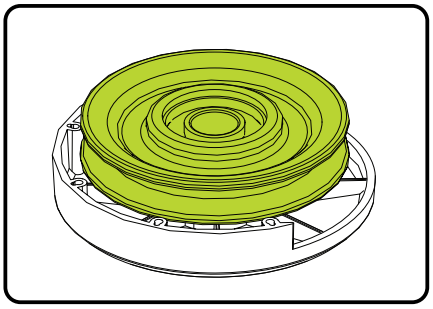
**ACOLCHADO**
Si presentan desgarros, agujeros u otros desperfectos, sustitúyalos inmediatamente. Para una mayor durabilidad de la tapicería, límpiela siguiendo las instrucciones de este manual.



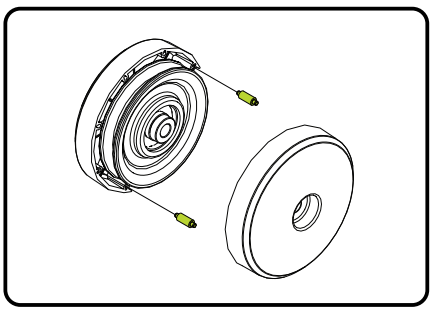
**CARENADO**
El carenado sirve como una protección de la torre. si la misma se encuentra dañada haga la sustitución inmediata.



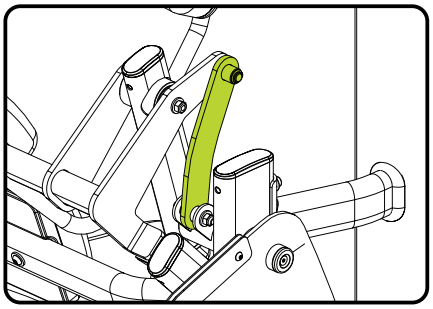
**POLEAS**
La polea es lo que permite que el cable de acero haga el recorrido necesario para la ejecución del ejercicio, por lo que es sumamente importante mantener las poleas bien cuidadas. A la menor señal de desgaste o deterioro de las poleas, póngase en contacto con el servicio técnico.



**PASADOR DE BLOQUEO DEL 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. Por lo tanto, si alguno de los pasadores está dañado, roto o suelto, es posible que no sujete el cable de acero en la polea, provocando así accidentes graves o mortales. Es extremadamente importante mantener la integridad de los pasadores. A la menor señal de desgaste, póngase en contacto con el servicio técnico.

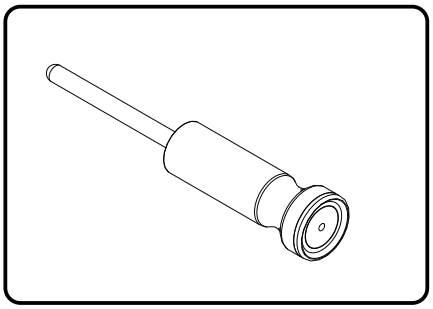


**SISTEMA DE MOVIMIENTO**
Verifique siempre que no esté dañado o fuera de su forma estándar. Si tiene algún problema con el movimiento, póngase en contacto con el Servicio Técnico.



**PASADOR SELECTOR**

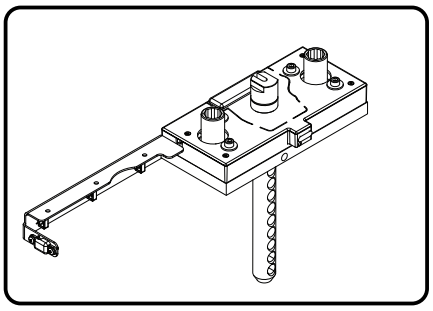
Compruebe siempre que el pasador selector no esté dañado o fuera de su forma original, lo que puede impedir que el peso se apriete correctamente. Si el pasador está dañado, póngase en contacto con un Servicio Técnico.



**¡PELIGRO!** EL USO DEL PASADOR SELECTOR CUANDO ESTÁ DAÑADO PUEDE CAUSAR QUE LAS PESAS NO QUEDEN FIJOS FORMA CORRECTA, CAUSANDO ACCIDENTE GRAVE O FATAL AL USUARIO Y PUEDE DAÑAR EL EQUIPO.

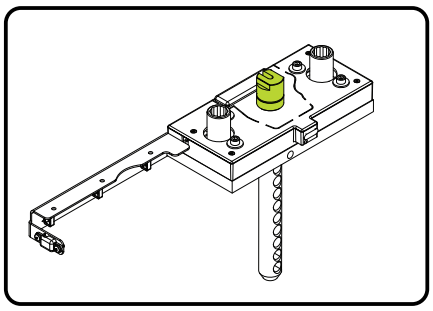
**TOP PLATE**

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



**BLOQUEO DEL CABLE DE ACERO**

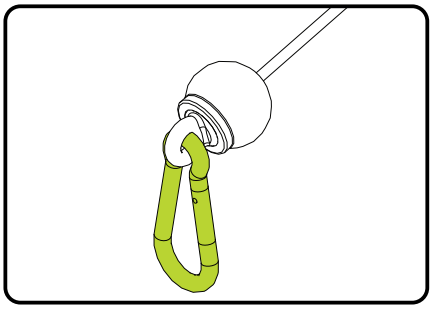
Compruebe siempre que los tornillos estén bien fijados en las placas. Si los bloqueos están dañados, no permita que se utilice el equipo. Póngase en contacto con un Servicio Técnico para realizar el cambio.



# MANTENIMIENTO

**MOSQUETÓN**

Algunos modelos utilizan un mosquetón, por lo que es muy importante comprobar su estado. A la menor señal de desgaste, deformaciones, dificultad para cerrar y todo lo que pueda ser perjudicial a 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.

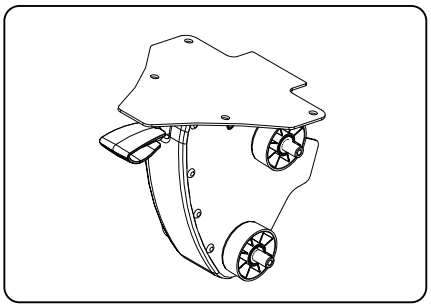
- Material de composición: Acero inoxidable AISI 316;
- Capacidad máxima cerrada: 1600 kg;
- Capacidad máxima abierta: 350kg.

**¡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 PESAS.**

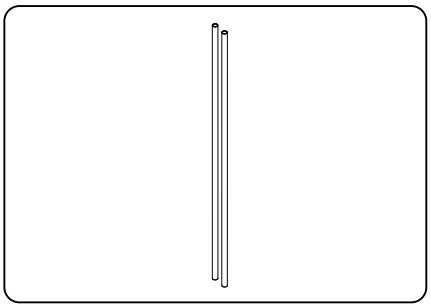
**ASIENTO**

El asiento dispone de ajuste que permite al usuario ajustarlo de la mejor forma posible. Si no se realizan ajustes, no intente ni permita que se utilice el equipo. Póngase en contacto con un Servicio Técnico.



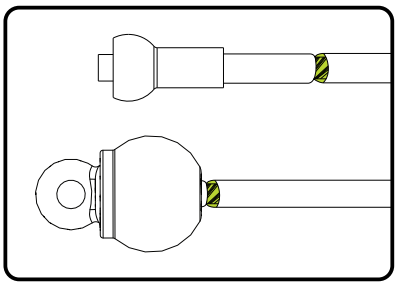
**VARILLAS**

Para una mejor conservación del equipo, es necesario que sus varillas se limpien semanalmente. Limpiar con un paño humedecido con agua o alcohol.

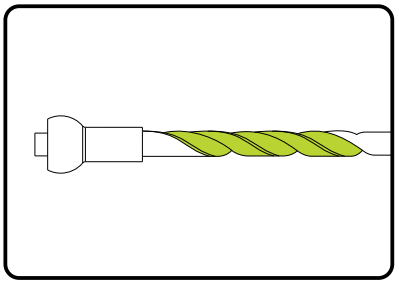


# MANTENIMIENTO

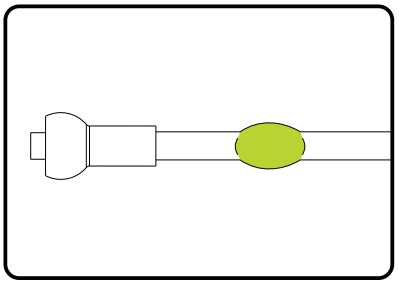
**CABLE DE ACERO**
Durante el uso del equipo, el cable de acero puede resultar dañado por un mal uso o falta de mantenimiento. A veces, el cable de acero puede estar dañado aunque este daño no quede al descubierto. Manténgase alerta y siempre atento a cualquier tipo de problema con el cable. No utilice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



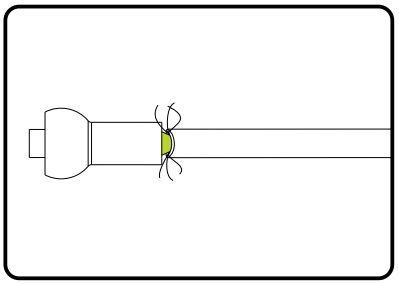
**CABLE DE ACERO**
Compruebe siempre el cable de acero; si detecta alguna torsión, sustitúyalo inmediatamente.



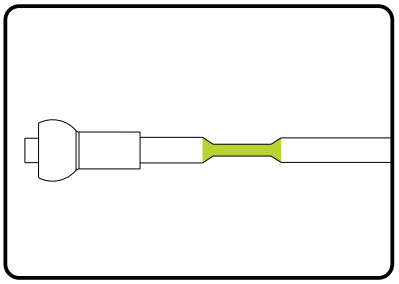
**PROTUBERANCIA DEL CABLE DE ACERO**
Si el cable se rompe internamente puede aparecer un saliente en el exterior del cable, sustitúyalo inmediatamente.



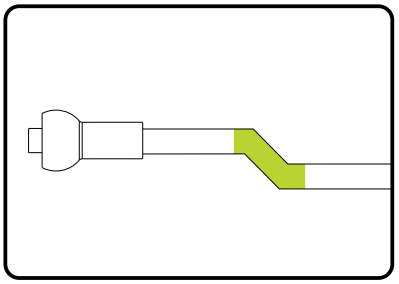
**CABLES SUELTOS**
Sustituya cualquier cable de acero expuesto en las extremidades.



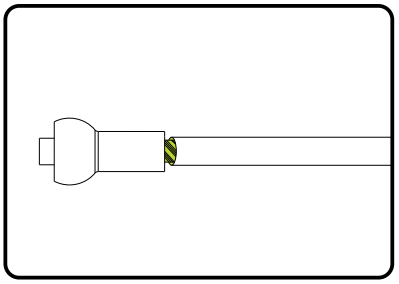
**CABLE DE ACERO APLASTADO**
El cable de acero aplastado o fuera de su forma original puede causar roturas o daños en otras partes del equipo. Reemplace el cable inmediatamente.



**CABLE DE ACERO TORCIDO**
El cable de acero torcido o fuera de su forma original puede causar roturas o daños en otras partes del equipo. Reemplace el cable inmediatamente.

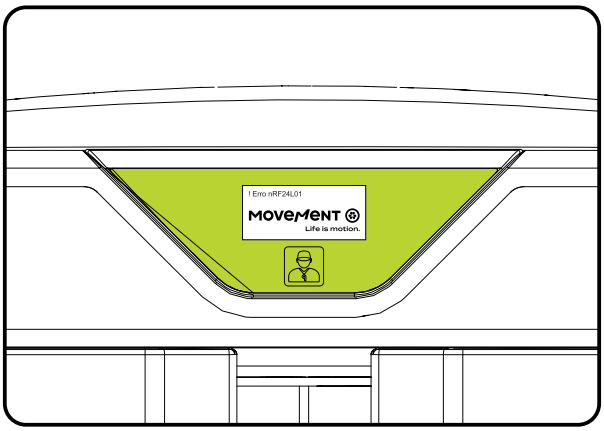


**EXPOSICIÓN**
Exponer la parte interna de los cables puede causar roturas o daños a otras partes. Reemplace el cable inmediatamente.

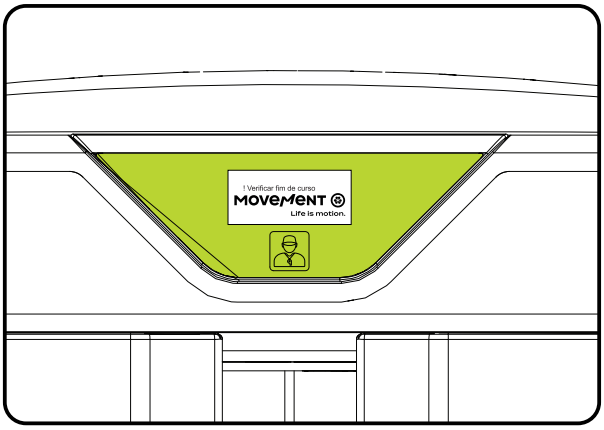


## ERRORES DEL CONTADOR

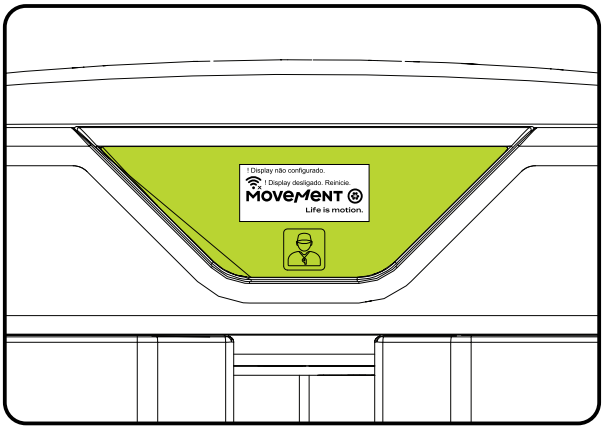
Error nrf24L01: el módulo de radio acoplado a la placa del contador está defectuoso. Dejar de utilizar el equipo y contactar con un servicio autorizado.



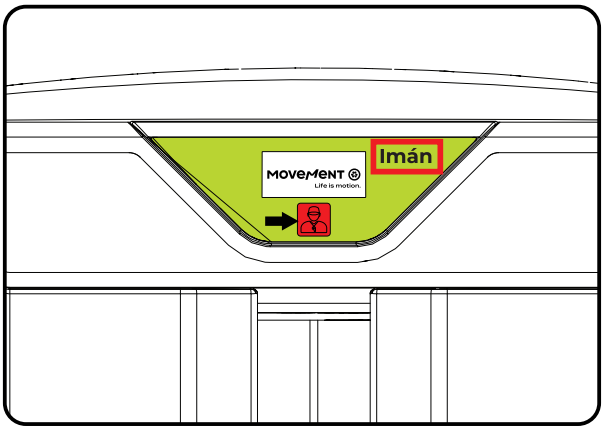

Error: Si se exhibe el mensaje “Revisar final de curso”, indica que el imán de la torre no está montado correctamente. Verifique el montaje del imán.




Error: si el mensaje “Display no configurado.” señala la necesidad de configuración y emparejamiento con el sensor en la torre. En este momento, el display está en modo de bajo consumo para ahorrar batería. Dejar de utilizar el equipo y contactar con un servicio autorizado.




Para reiniciar el display del Contador, toque un imán en la esquina superior derecha del carenado del contador y presione el botón de llamada del instructor 5 veces (si está disponible).




**ATENCIÓN** **Si sospecha que el contador no exhibe correctamente la carga de peso seleccionada, póngase en contacto con un servicio técnico. Ese comportamiento puede indicar un problema en el sensor.**

## 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, si 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 de acero estén bien tensados, tal como se describe en el manual. Si no es así, realice el tensado correcto. | |
| **MULTIPLICADOR DE CARGA (cuando aplicable)** | Compruebe si los multiplicadores de carga están dañados o desgastados. Si es así, haga el cambio inmediato. | | | |
| **CABLE DE ACERO** | Compruebe todos los cables de acero. Si están dañados o rotos, reemplácelos inmediatamente. | | | |
| **PASADOR SELECTOR** | Compruebe si el pasador selector está roto o dañado. Si es así, haga el cambio inmediato. | | | |
| **CARENADO** | | Verifique que el carenado no esté dañado o rota. Si es así, haga el cambio inmediato. | | |
| **CONTADOR** | | | | Compruebe si la batería está baja. Si está abajo del 20%, hacer el cambio o cargarlas. |
| **ACOLCHADO** | | | | Compruebe si hay roturas o agujeros en los acolchados. Si es así, haga el cambio inmediato. |
| **ASIENTO** | | Compruebe que el ajuste del asiento se ajusta perfectamente. Verificar también los demás ajustes del equipo. Si algún ajuste no cumple con los requisitos, hacer el cambio de la pieza. Revisar los resortes del pantógrafo. Si hace ruido, lubríquelos con grasa en spray. | | |
| **PESO EXTRA** | | | | Compruebe que las pesas se deslizan correctamente sobre las varillas y que están correctamente seleccionados. Si es así, haga el cambio inmediato de la pieza. |
| **MANTENIMIENTO PREVENTIVO** | | | | Cada 2 meses Póngase en contacto con un servicio 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) en un plazo inferior a 30 días desde el descubrimiento de la no conformidad y poner el equipo a disposición para su inspección.

| | |
|---|---|
| **90 días** | Mano de obra / Tapicería de equipos: Bíceps, Leg Extension, Seated Leg Curl y Row. |
| **6 meses** | Cable de acero / Adhesivos / Reguladores y asas / Manoplas/ Acabados termoplásticos / Acabados DE elastómeros / Carenados y acolchados en general (excepto: Bíceps. Leg Extension, Seated Leg Curl y Row). |
| **1 año** | Piezas y partes mecánicas / Poleas / Mosquetones / Cojinetes / Resortes / Componentes de fijación / Pintura general, incluidos los elementos cromados y cincados / Componentes electrónicos (excepto baterías). |
| **3 años** | 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.

**NO SE APLICA LA GARANTÍA:**

·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-técnica.
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.

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ATENCIÓN AL CLIENTE
Cx. Postal 11 - CEP 17582-202 - Pompéia - SP - Tel. 0800-7724080
falecom@movement.com.br

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