MANUAL DO PROPRIETÁRIO

MANUAL DEL PROPRIETARIO

OWNER'S MANUAL



MULTISTATION

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

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

LEA DETENIDAMENTE ESTE MANUAL ANTES DE UTILIZAR EL EQUIPO.
GUARDARLO PARA FUTURAS CONSULTAS Y REFERENCIAS.

MOVEMENT

04/11/26

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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.

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Informações sobre segurança

INFORMAÇÕES SOBRE SEGURANÇA

EXPLICAÇÃO DOS SÍMBOLOS

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

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

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

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

SEGURANÇA

PERIGO!

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

INFORMAÇÕES SOBRE SEGURANÇA

PERIGO!

•Mantenha o piso no entorno do equipamento sempre seco, evitando escorregões e quedas.
•Certifique-se que o equipamento está devidamente nivelado ao solo e sobre uma superfície plana, longe de paredes a fim de manter o equilíbrio do equipamento e evitar acidentes e danos ao usuário.
•NÃO coloque o equipamento sobre piso polido (liso), pois pode causar a instabilidade do equipamento.
•Nunca faça modificações no equipamento sem autorização do fabricante. Modificações ou acessórios não autorizados podem resultar na perda da garantia, além de provocar ferimentos graves ou fatais ao usuário.
•NÃO use ou permita o uso de qualquer equipamento que esteja danificado e / ou tenha peças gastas ou quebradas.
•Substitua imediatamente qualquer tipo de cabo de aço que esteja danificado ou desgastado, risco de acidente grave ou fatal ao usuário. É de inteira responsabilidade do instrutor verificar o estado do cabo de aço.
•Use apenas peças de reposição fabricadas e fornecidas pela MOVEMENT.
•Não permita que qualquer pessoa faça manutenção no equipamento. A MOVEMENT possui pontos autorizados em todo o território nacional. Para localizar o mais próximo, consulte o site www.movement.com.br 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.
•Evite que o usuário tenha acesso a bateria de peso. O equipamento sem carenagem traseira deve ser montado de forma que fique de costas para as paredes ou anteparo, evitando que o usuário acesse a bateria de peso, caso o usuário acesse essa parte pode haver risco de acidentes grave ou fatal.
•Os adesivos em formato de triângulo representam risco ao usuário.



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



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

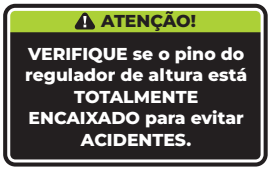


PERIGO!
NÃO COLOCAR AS MÃOS ENTRE NAS PARTES MÓVEIS.
RISCO DE ESMAGAMENTO



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



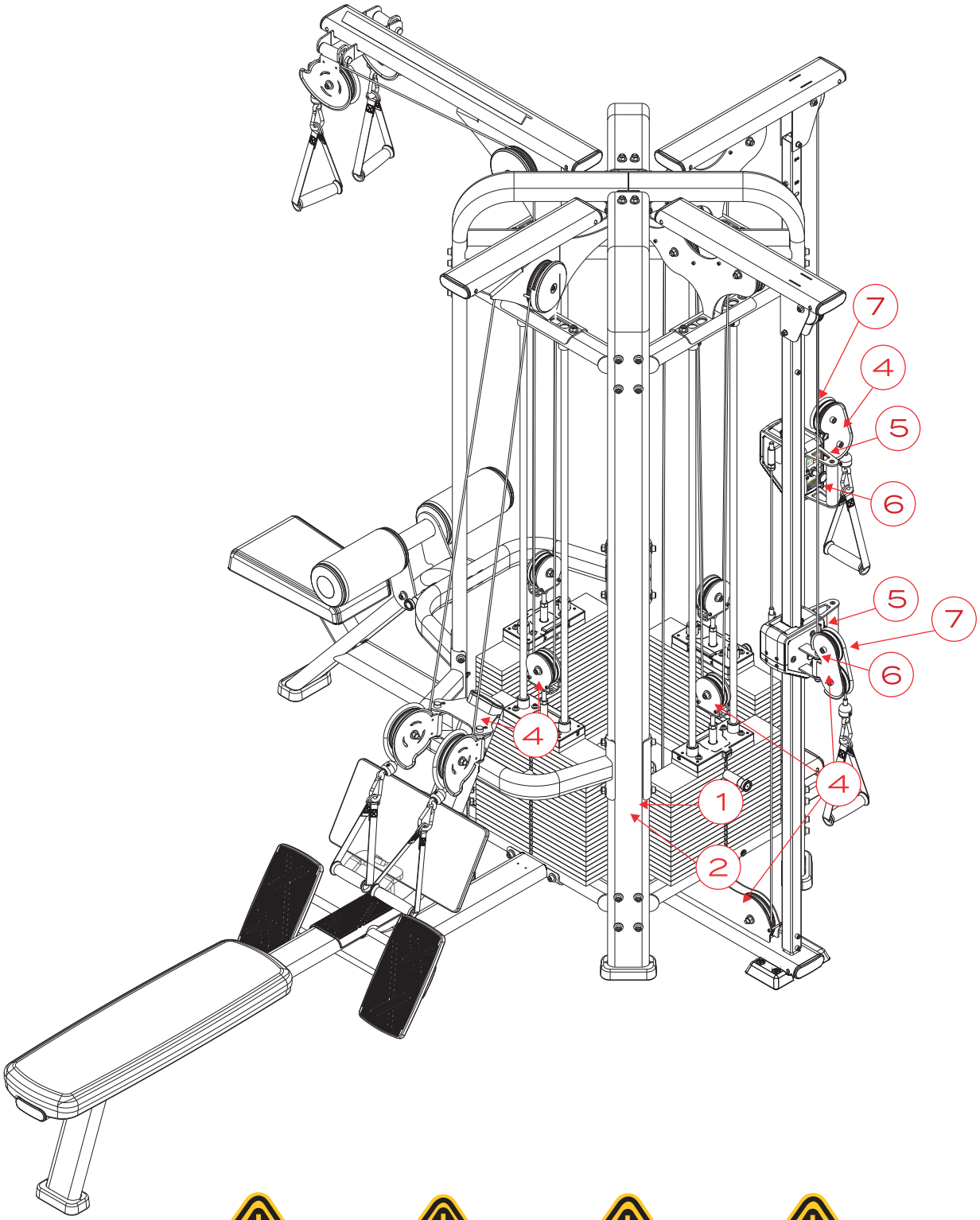


ATENÇÃO!
ENCAIXAR O PINO SELETOR DE ALTURA COMPLETAMENTE

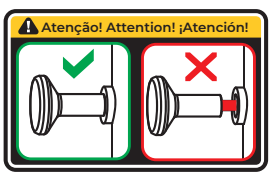


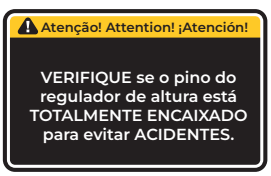
ATENÇÃO!
MANTER DISTÂNCIA MÍNIMA DE 38CM DURANTE A EXECUÇÃO DO EXERCÍCIO.

INFORMAÇÕES SOBRE SEGURANÇA



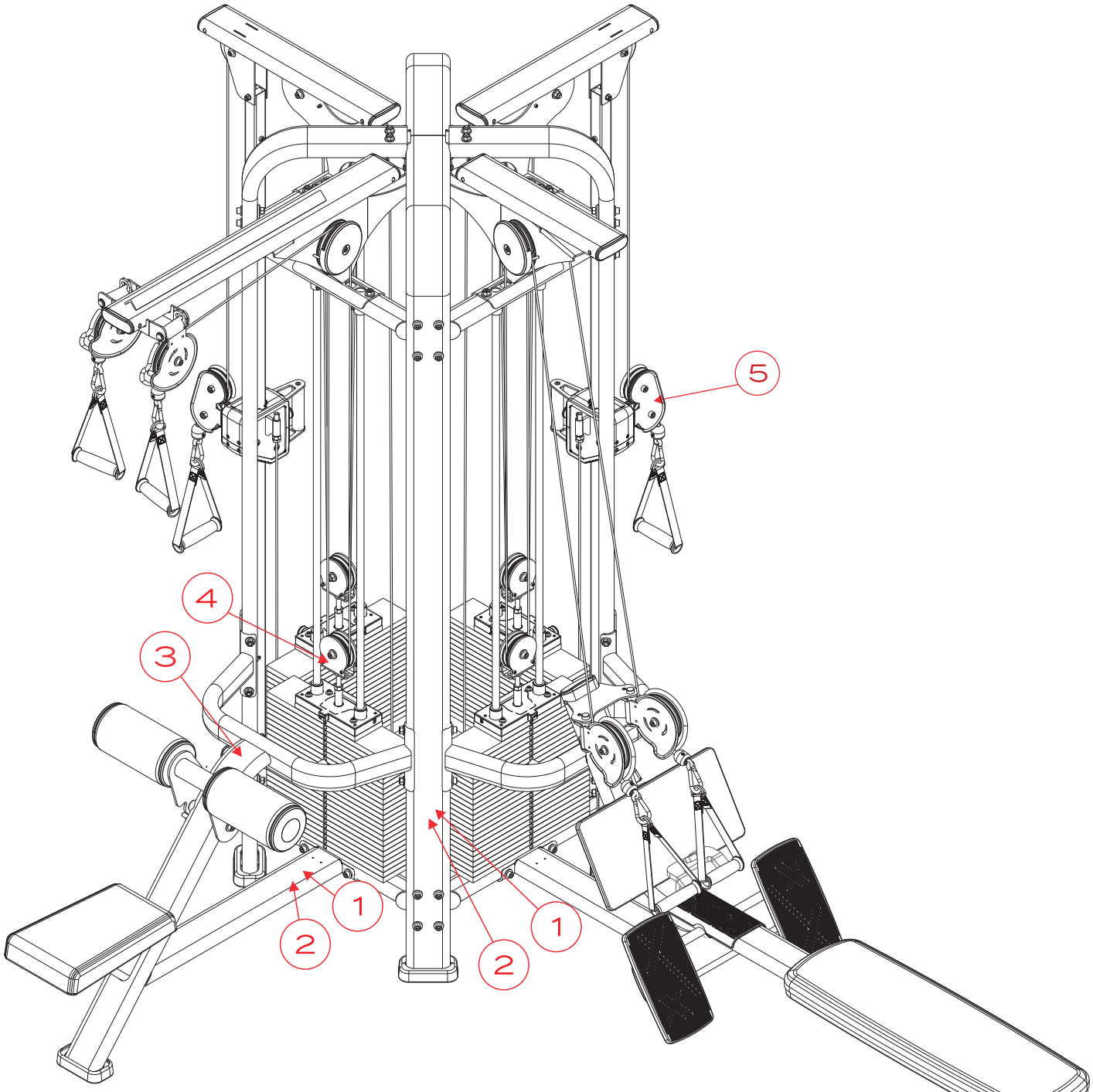








INFORMAÇÕES SOBRE SEGURANÇA





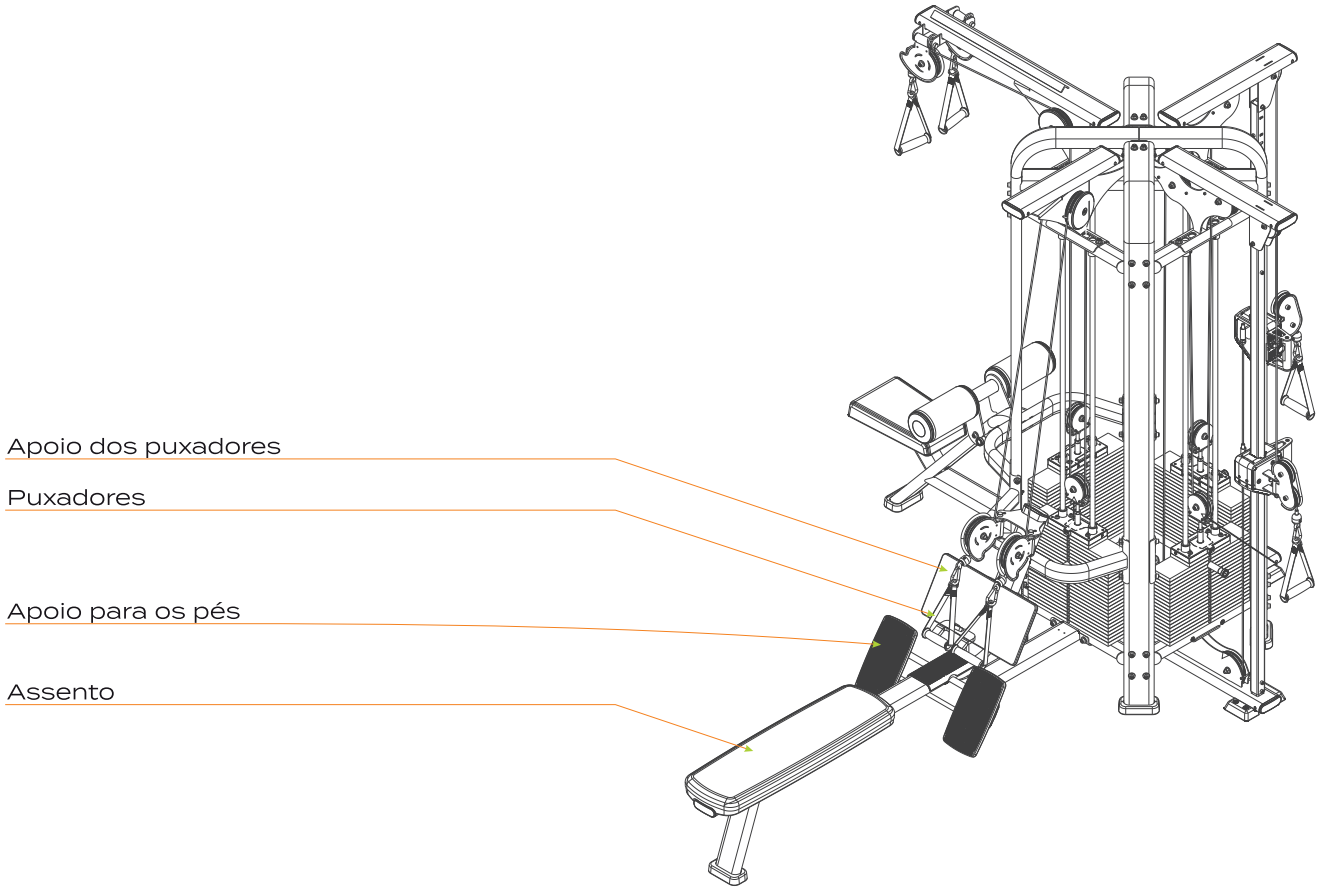


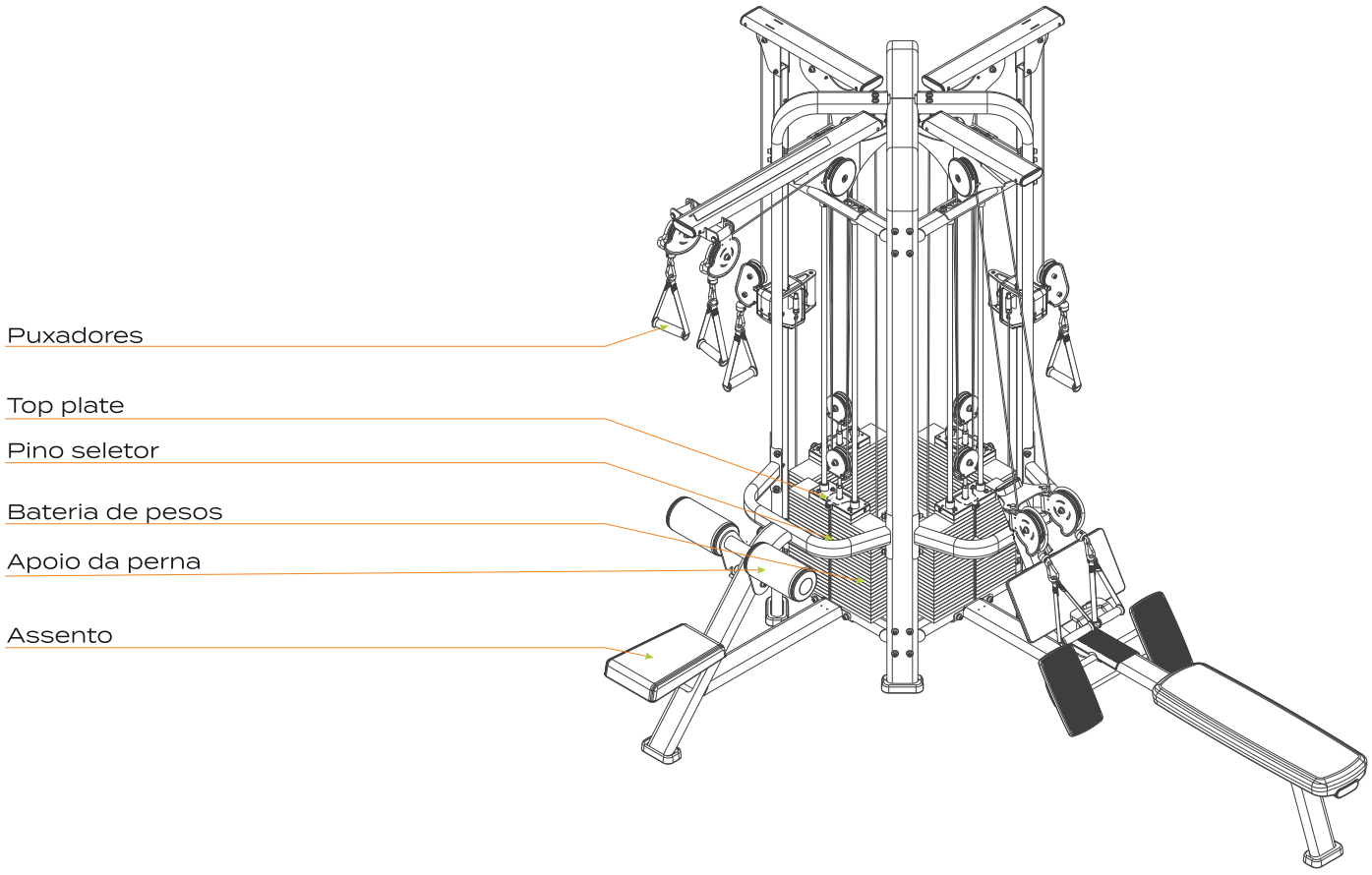
NOTA: Algumas partes do equipamento foram removidas para facilitar a visualização.

Conhecendo o equipamento

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

Este equipamento é composto pelos seguintes componentes principais:





CONHECENDO O EQUIPAMENTO

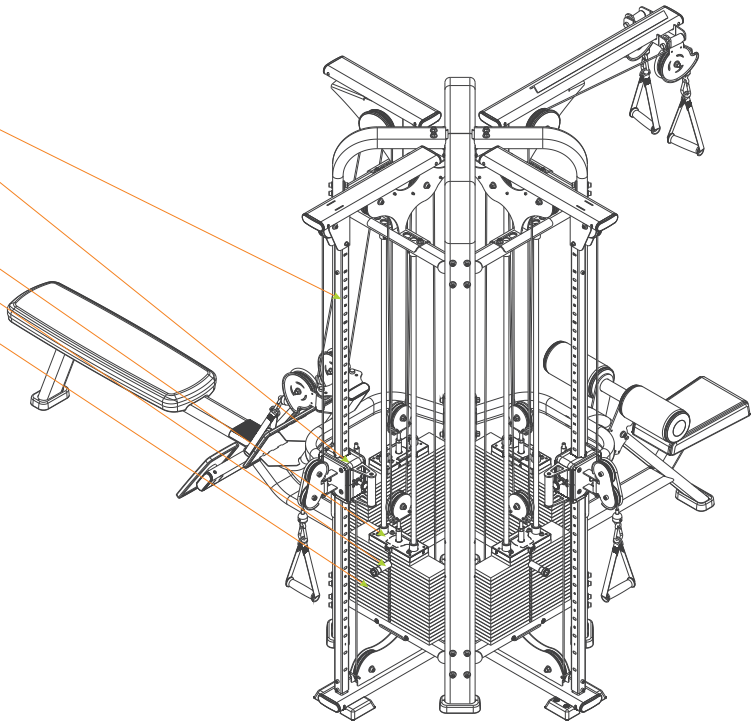
Régua de reulagem

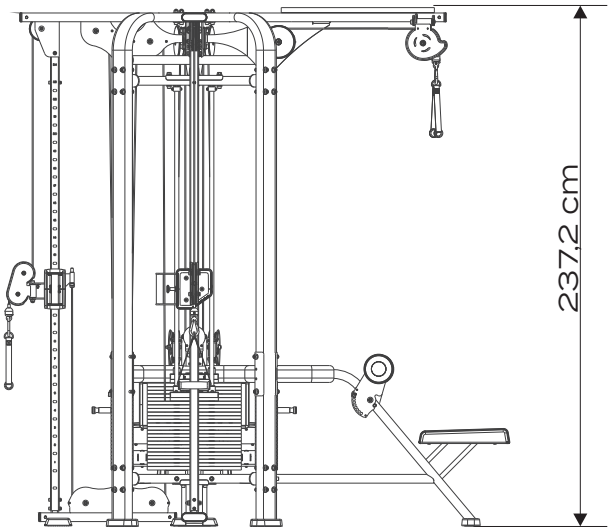
Regulador de altura

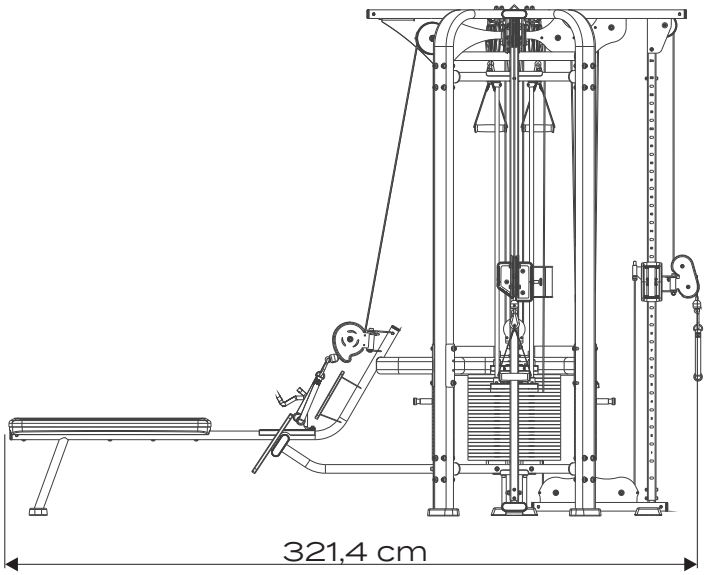
Top plate

Pino seletor

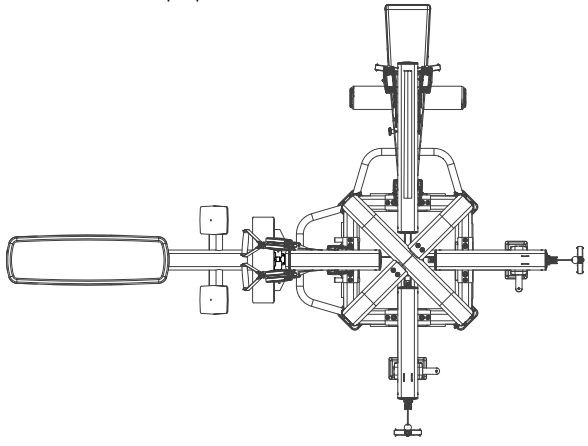
Bateria de peso

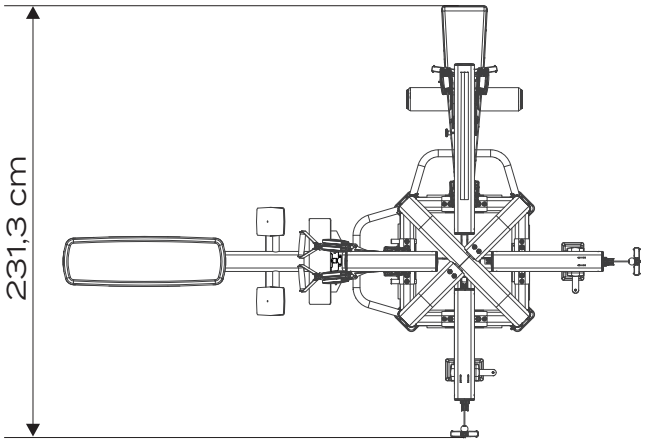






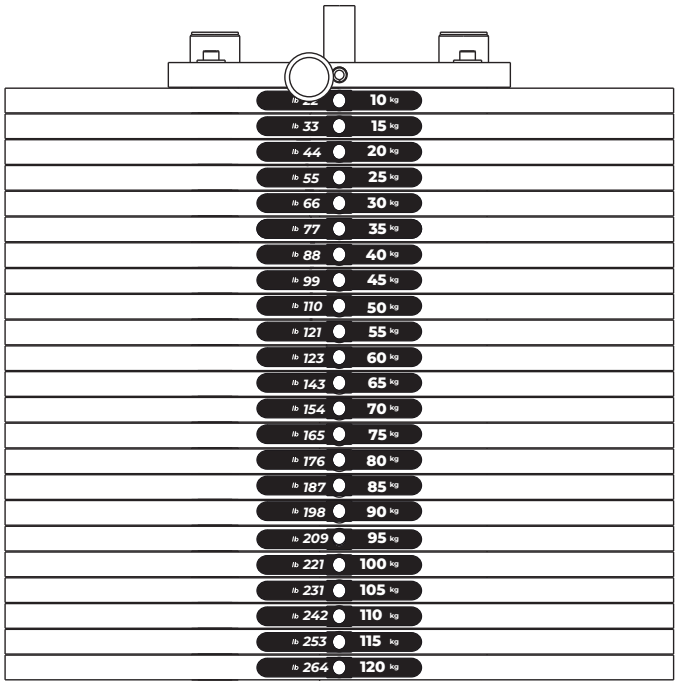
Área útil do equipamento: 8,1 m²



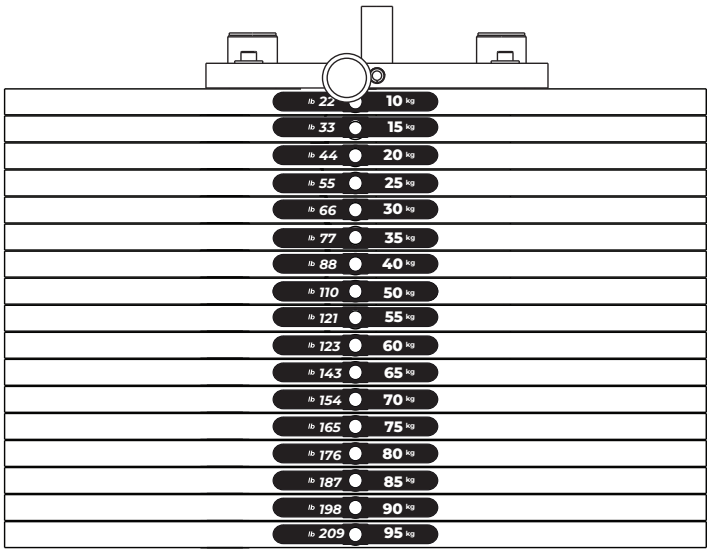


BATERIA DE PESOS

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



Carga da bateria de peso Puxada alta Puxada baixa
24 pesos de 5 kg
Carga total: 120 kg sem peso extra



Carga da bateria de peso Pulley
Carga da pilha de peso 19 pesos de 5 kg Carga efetiva da torre 19 pesos de 5 kg
Carga total: 95 kg sem peso extra

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

Especificações do equipamento - Multiestação

Equipamento	Multistation
Linha	NEXT Cables
Comprimento	321,4 cm
Largura	231,3 cm
Altura	237,2 cm
Área ocupada	7,43 m^2
Peso do equipamento	728 kg
Top plate	5 kg
Peso unitário da placa	5 kg
Carga inicial	5 kg
Carga máxima total (por torre do pulley)	95 kg
Carga máxima total (puxada alta)	120 kg
Carga máxima total (puxada baixa)	120 kg
Estrutura	Aço
Pintura	Tratamento de superfície com 9 banhos + pintura eletrostática a pó
Solda	MIG / MAG
Cabo de aço	Diametro de Ø 4.76 mm revestido, com alma de aço Ø 3,175 mm
Polias carenadas	Sim
Opções de cor	Preto
Amortecedor na base da torre	Sim
Pinos seletores de peso (flauta)	Aço carbono com puxador em alumínio anodizado
Ajustes (pulley)	Ajuste de altura com 24 níveis
Guias de pesos	Alumínio anodizado duro – baixo coeficiente de atrito e alta resistência ao desgaste
Puxadores	Alumínio anodizado
Guia do regulador (pulley)	Aço Inox AISI 316 – espessura 3 mm
Estofado	Espuma de poliuretano de densidade controlada
Revestimento do estofado	Courvin sintético impermeável
Garantia	Até 3 anos. Consulte o Termo de Garantia 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 avariadas.
- Recomenda-se que o equipamento seja desembalado no local em que será montado.
- O local de montagem deve estar limpo.
- O piso deve ser plano, nivelado e rígido para evitar instabilidade do equipamento.
- Recomenda-se que o equipamento seja montado longe da umidade e ao abrigo da luz solar, 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.



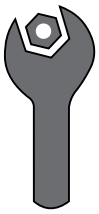
Não dar o aperto final nos parafusos.



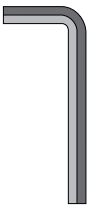
Dar o aperto final nos parafusos.

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.



Chave fixa



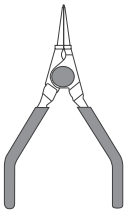
Chave hexagonal



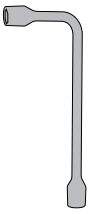
Trava rosca torque médio



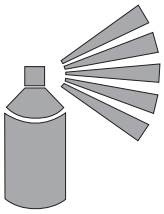
Chave de fenda cruzada



Alicate para anéis elástico



Chave de boca



Graxa em spray



Torquímetro

TABELA DE ESPECIFICAÇÃO DE TORQUE DE APERTO DOS PARAFUSOS

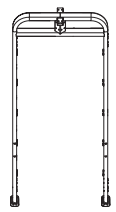
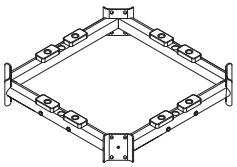
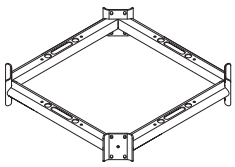
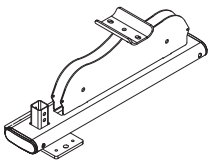
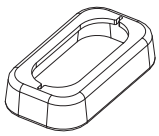
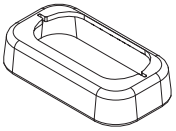
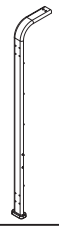
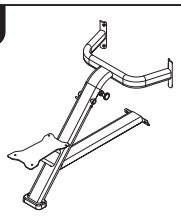
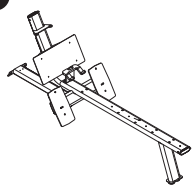
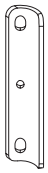
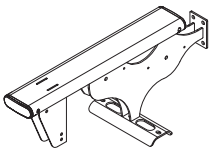
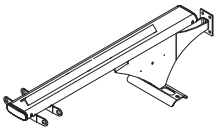
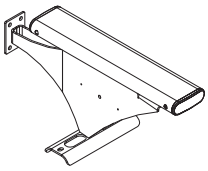
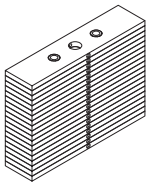
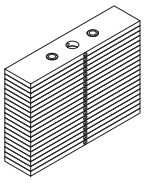
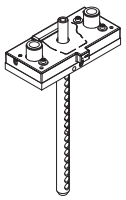
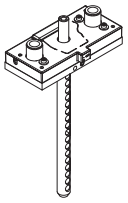
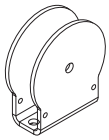
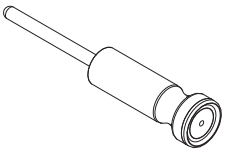
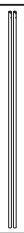
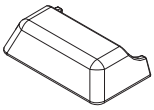
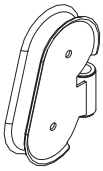
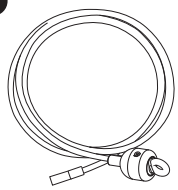
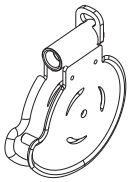
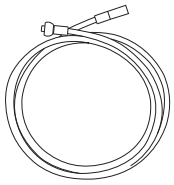
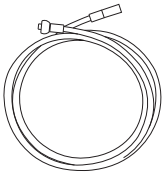
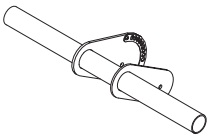
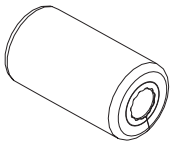
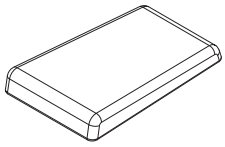
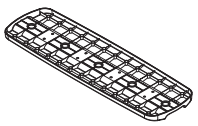
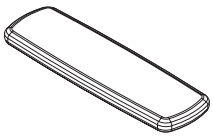
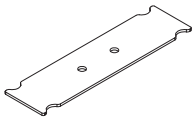
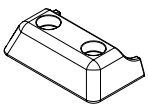
Diâmetro [mm]	Torque [N.m]
M6	9 a 12
M8	22 a 29
M10	45 a 58

⚠ ATENÇÃO!

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

MONTAGEM DO EQUIPAMENTO

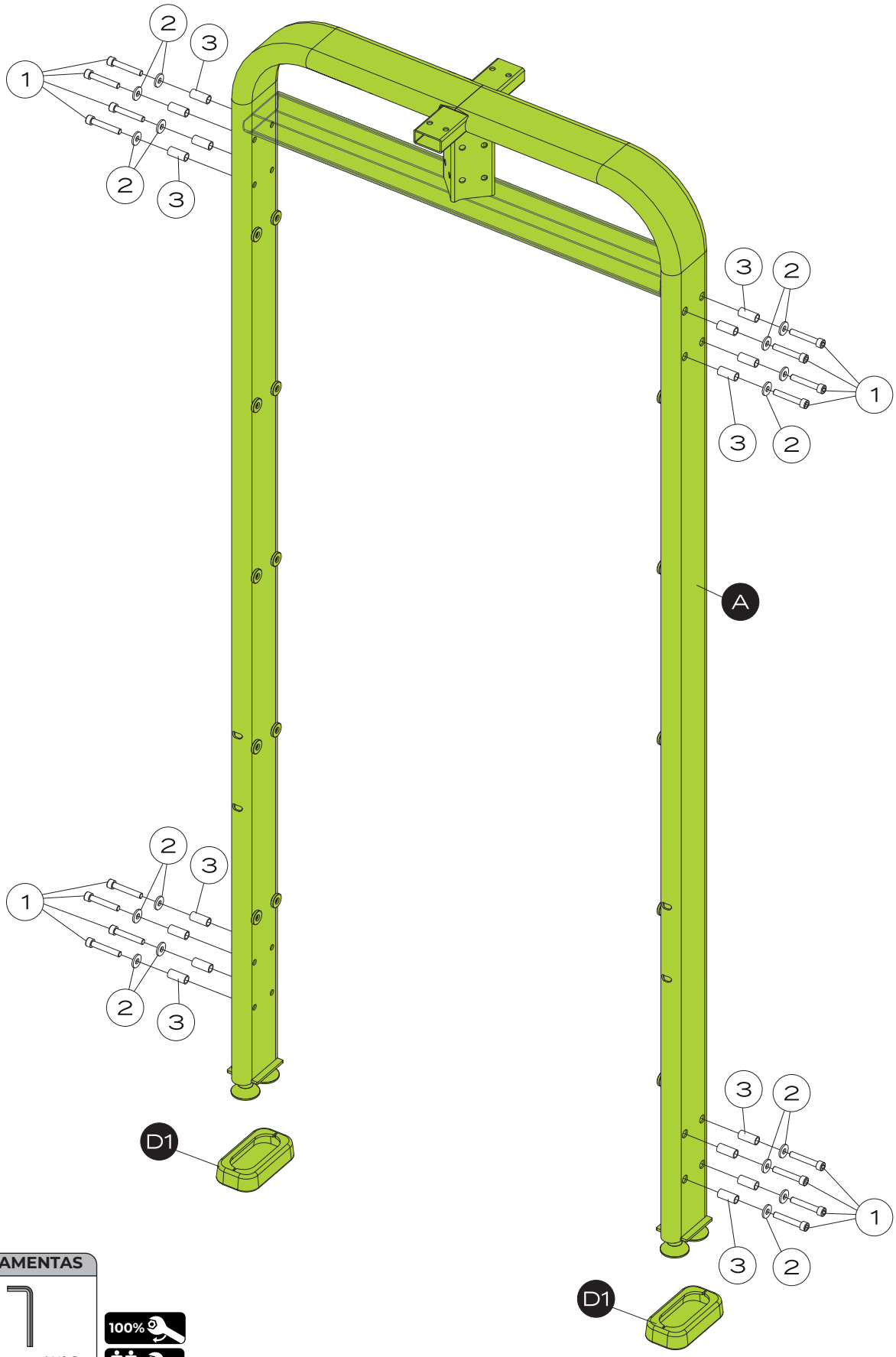
LISTA DE COMPONENTES

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

MONTAGEM DO EQUIPAMENTO

PASSO 1

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



FERRAMENTAS

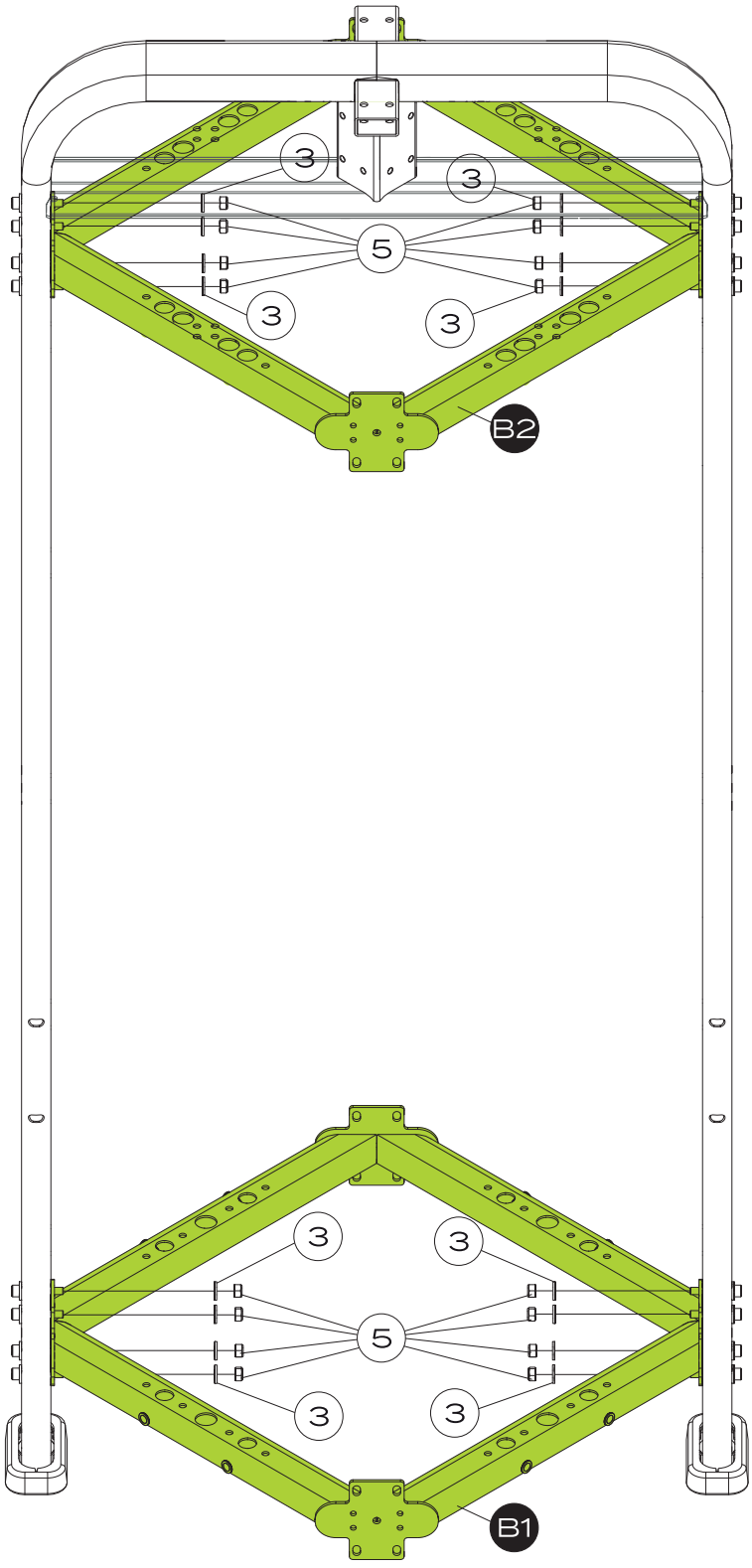
Chave hexagonal Nº 8

100%

MONTAGEM DO EQUIPAMENTO

PASSO 2

	NOME	Qtd
3	Arruela lisa Ø10	16x
5	Porca Sext. Inserto Nylon - M10	16x
B1	Barra de ligação inferior	
B2	Barra de ligação superior	



FERRAMENTAS

Chave fixa Nº 17

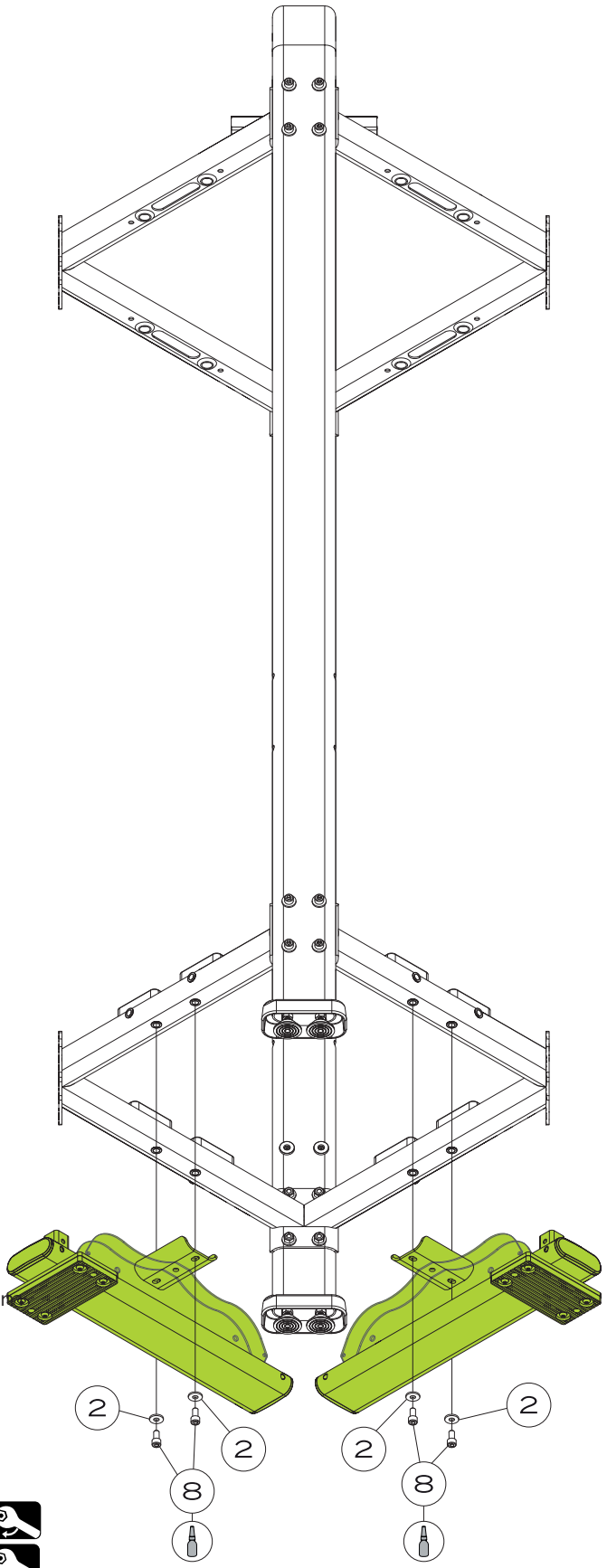
50%

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

MONTAGEM DO EQUIPAMENTO

PASSO 3

	NOME	Qtd
2	Arruela lisa Ø10	4x
8	Parafuso Cab. Cil. Sext. Int. - M10X25	4x
C	Suporte inferior	



Torque de aperto de 2 N.m

FERRAMENTAS

Chave hexagonal Nº 8

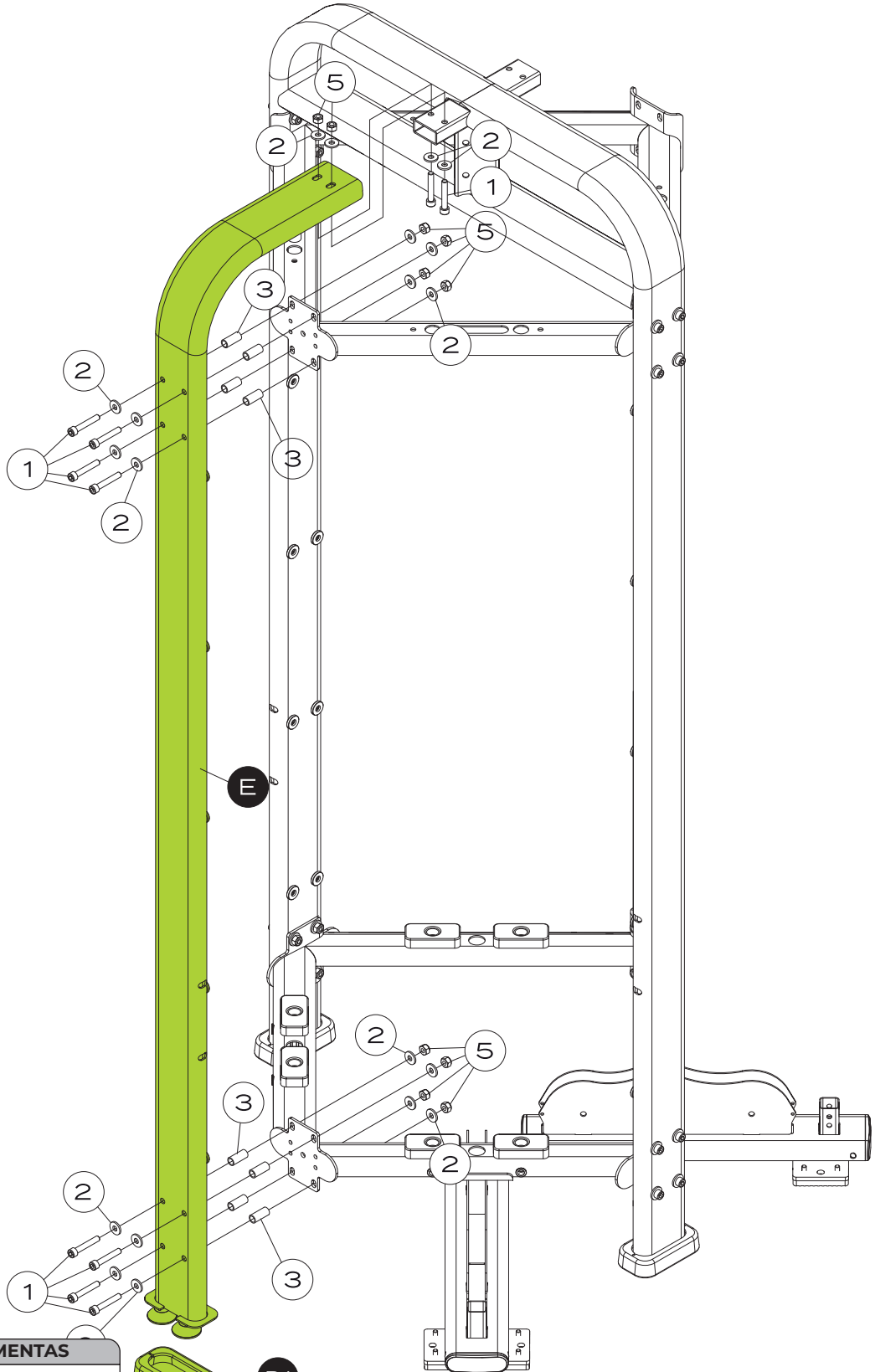
Trava rosca torque médio

50%

MONTAGEM DO EQUIPAMENTO

PASSO 4

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



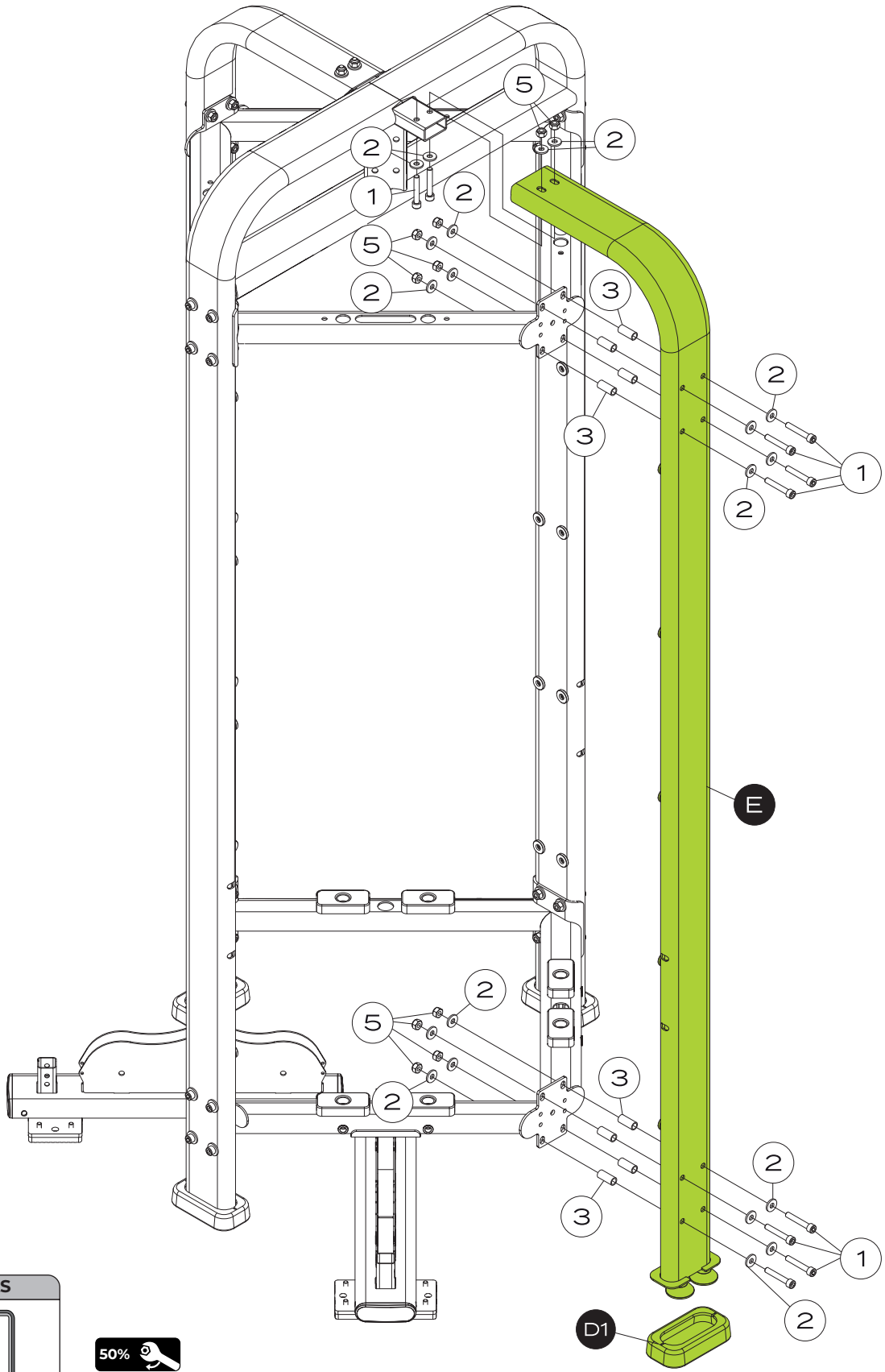
FERRAMENTAS

Chave fixa Nº 17 Chave hexagonal Nº 8

MONTAGEM DO EQUIPAMENTO

PASSO 5

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



FERRAMENTAS

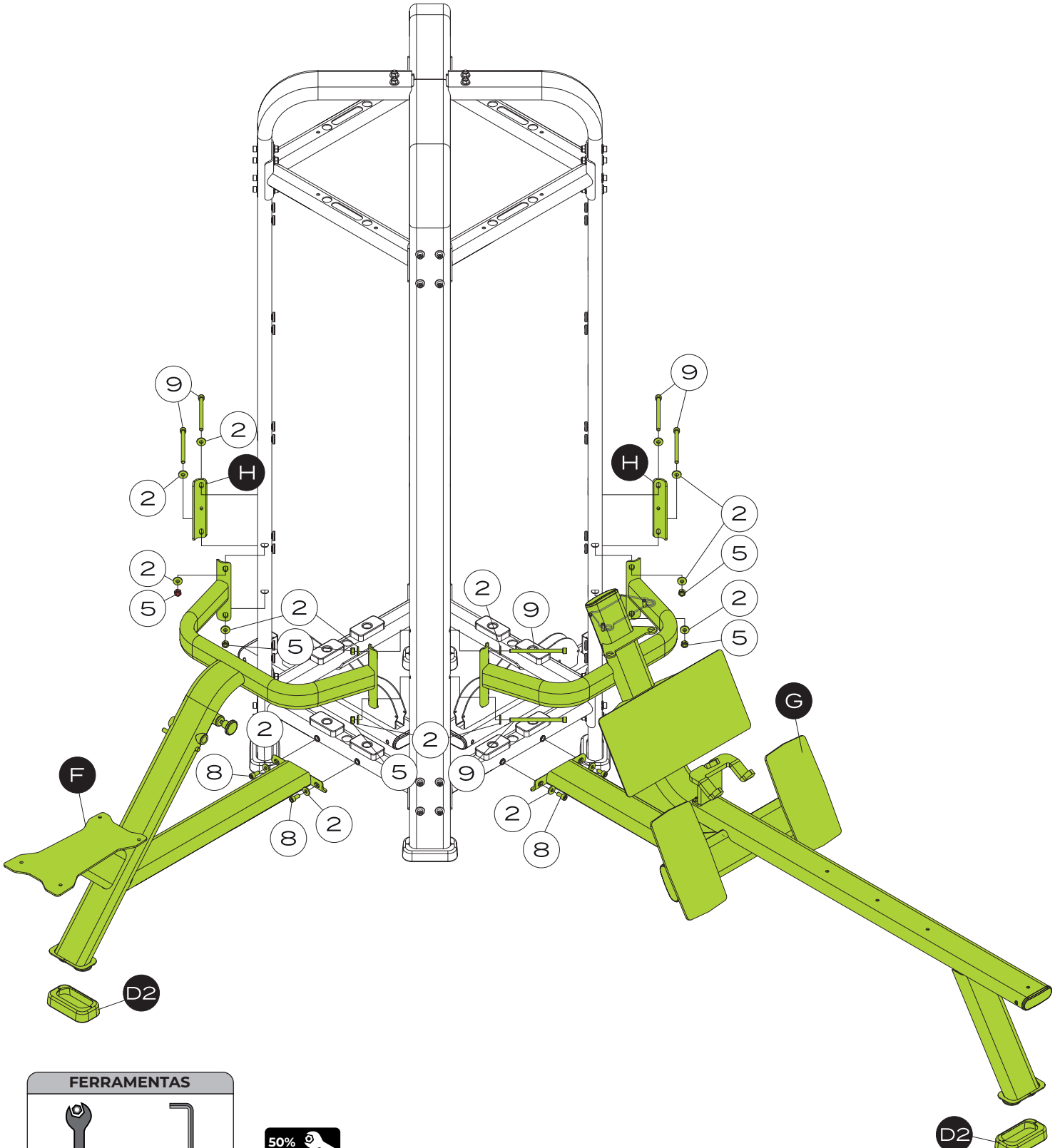
Chave fixa Nº 17 Chave hexagonal Nº 8

50%

MONTAGEM DO EQUIPAMENTO

PASSO 6

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



FERRAMENTAS

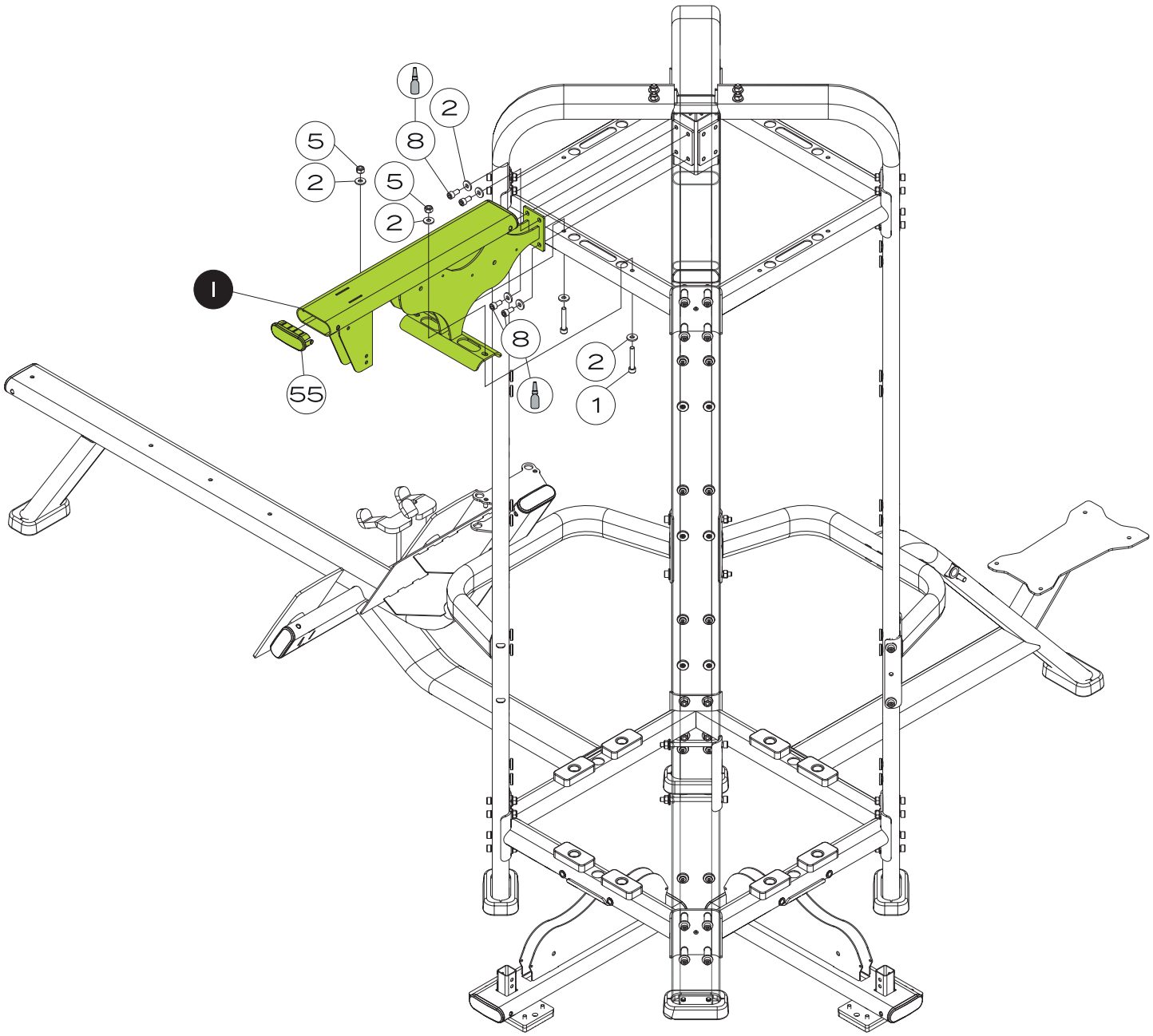
Chave fixa Nº 17 Chave hexagonal Nº 8

50%

MONTAGEM DO EQUIPAMENTO

PASSO 7

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



FERRAMENTAS

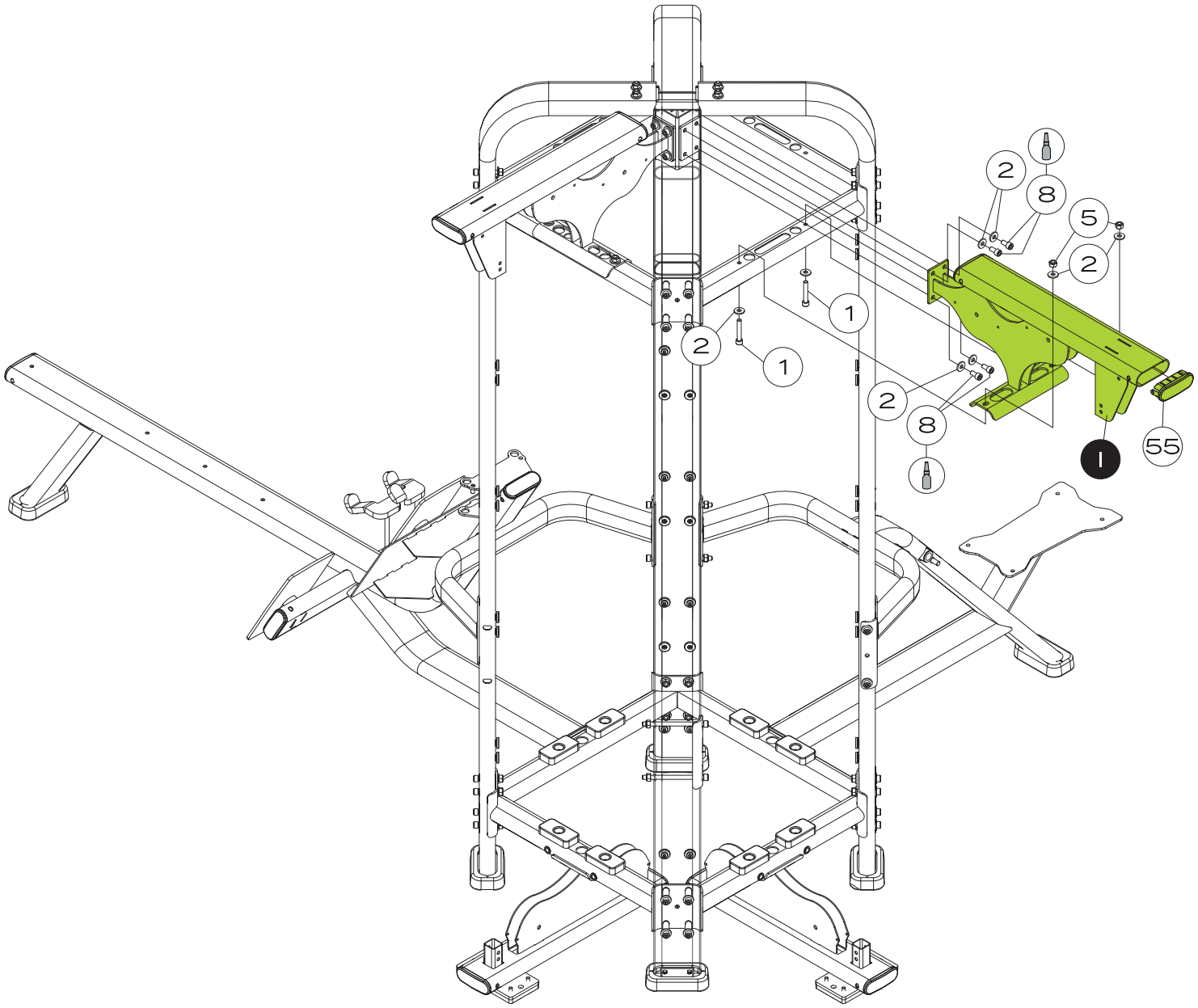
Chave fixa Nº 17 | Chave hexagonal Nº 8 | Trava rosca torque médio

50%

MONTAGEM DO EQUIPAMENTO

PASSO 8

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



FERRAMENTAS



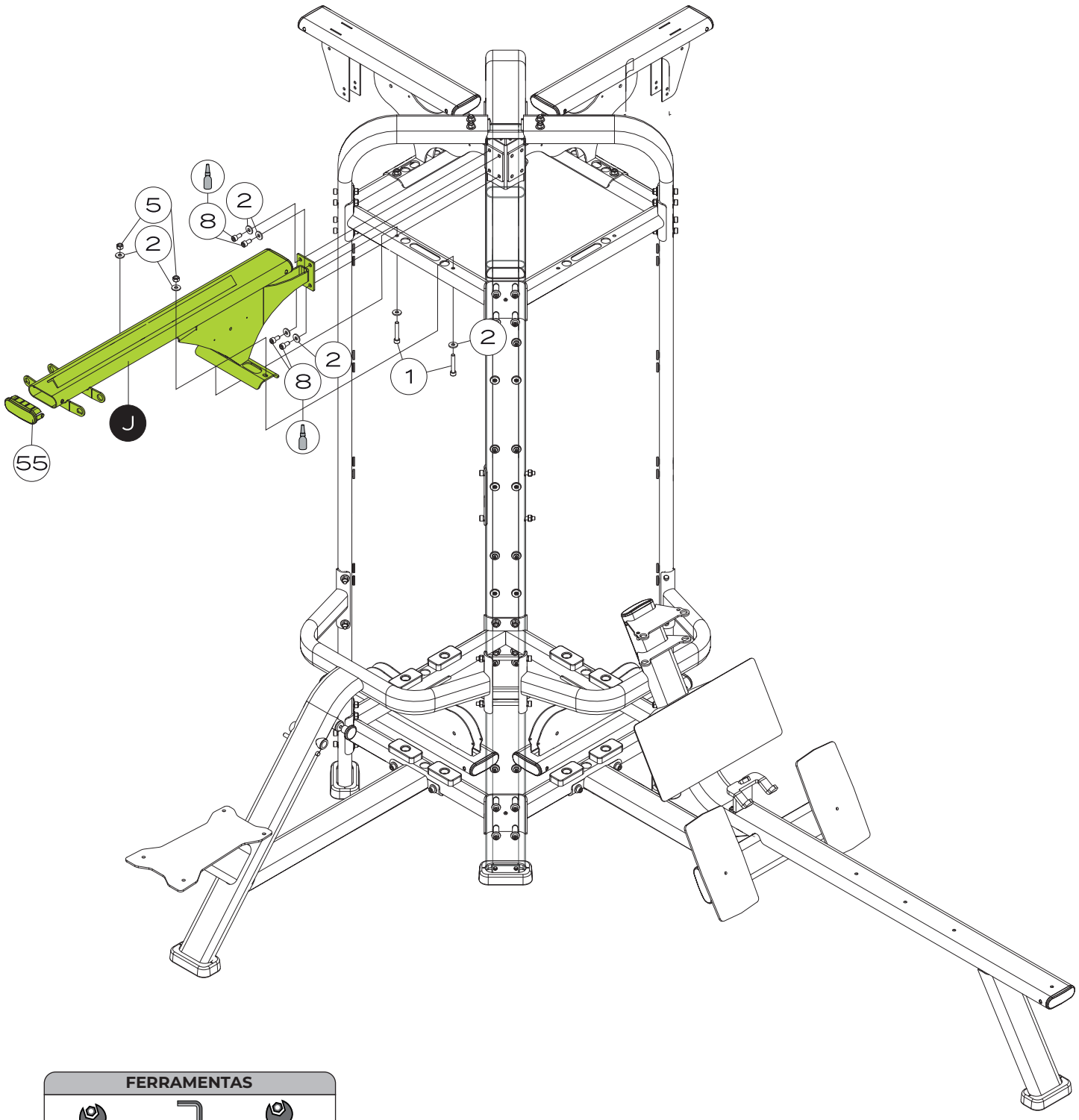
Chave fixa Nº 17 | Chave hexagonal Nº 8 | Trava rosca torque médio



MONTAGEM DO EQUIPAMENTO

PASSO 9

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



FERRAMENTAS

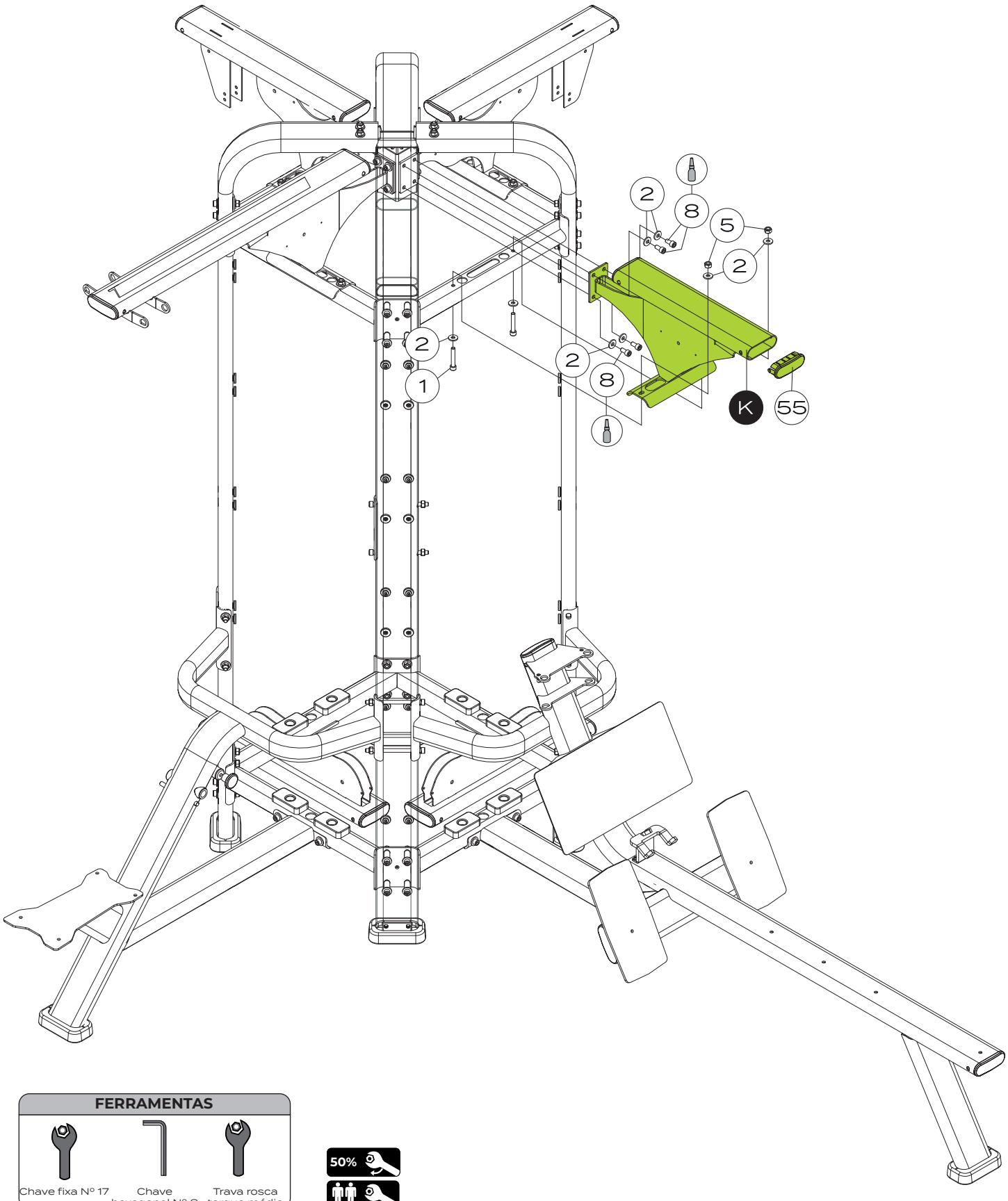
Chave fixa Nº 17 | Chave hexagonal Nº 8 | Trava rosca torque médio

50%

MONTAGEM DO EQUIPAMENTO

PASSO 10

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



FERRAMENTAS

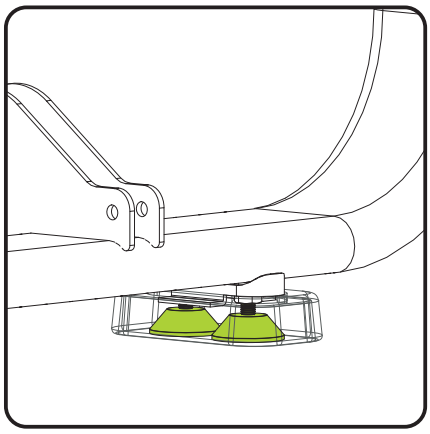
Chave fixa Nº 17 | Chave hexagonal Nº 8 | Trava rosca torque médio

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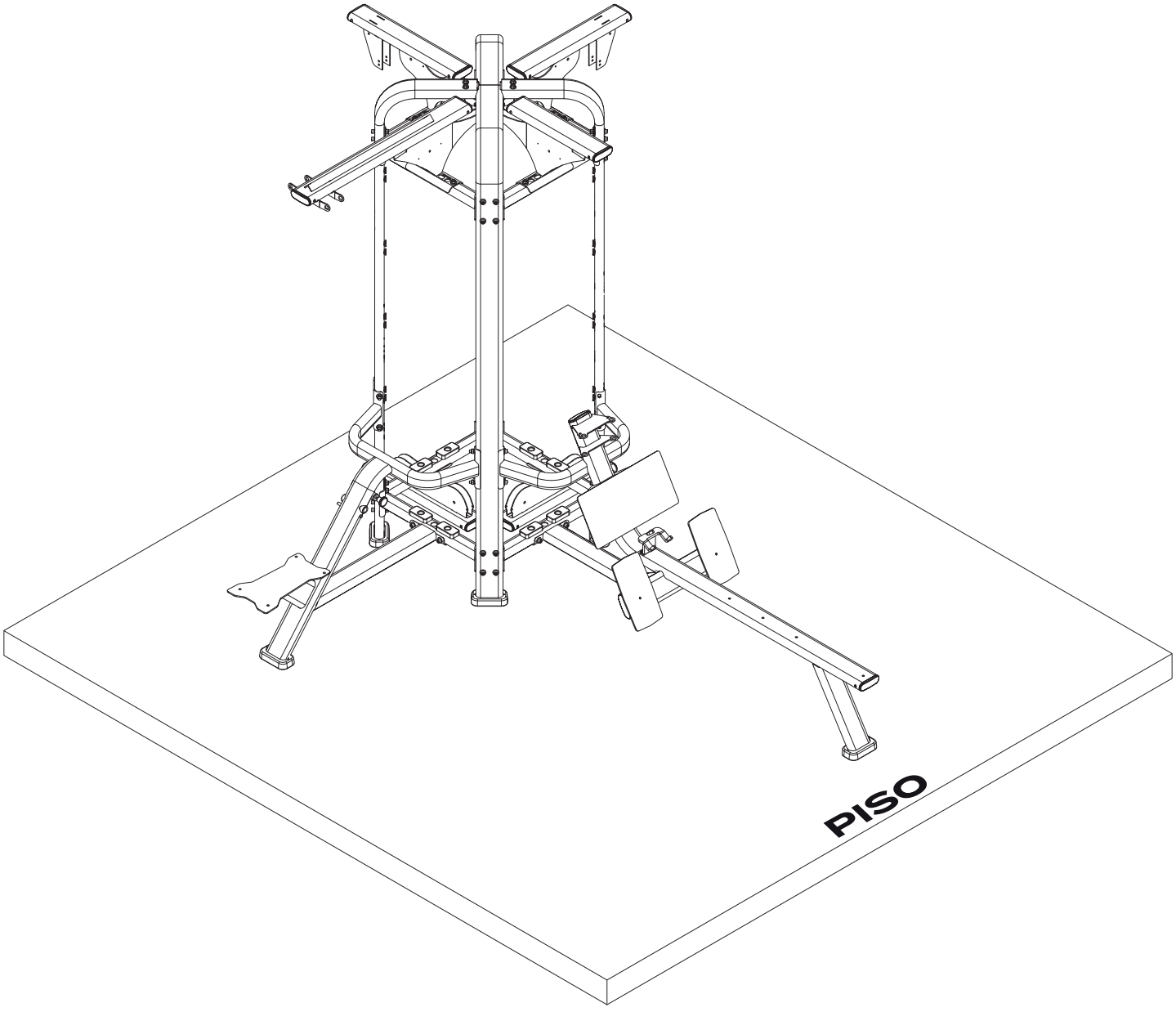
PASSO 11 - NIVELAMENTO DO EQUIPAMENTO

ATENÇÃO

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



Utilize os pés niveladores para ajustar o alinhamento do equipamento.

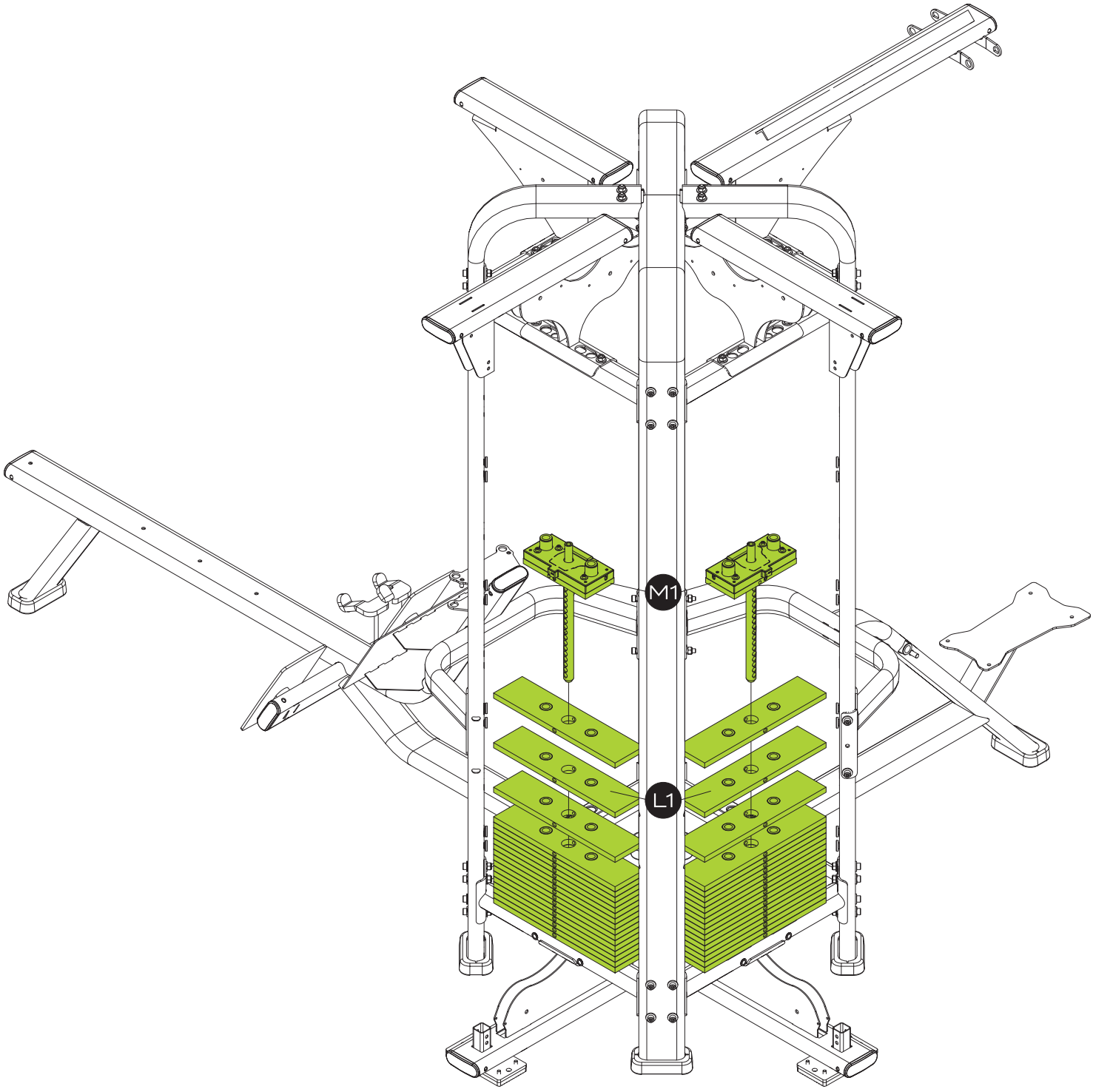


PASSO 12

	NOME	
L1	Bateria de 19 pesos	
M1	Top plate de 19 furos	

ATENÇÃO

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



PASSO 13



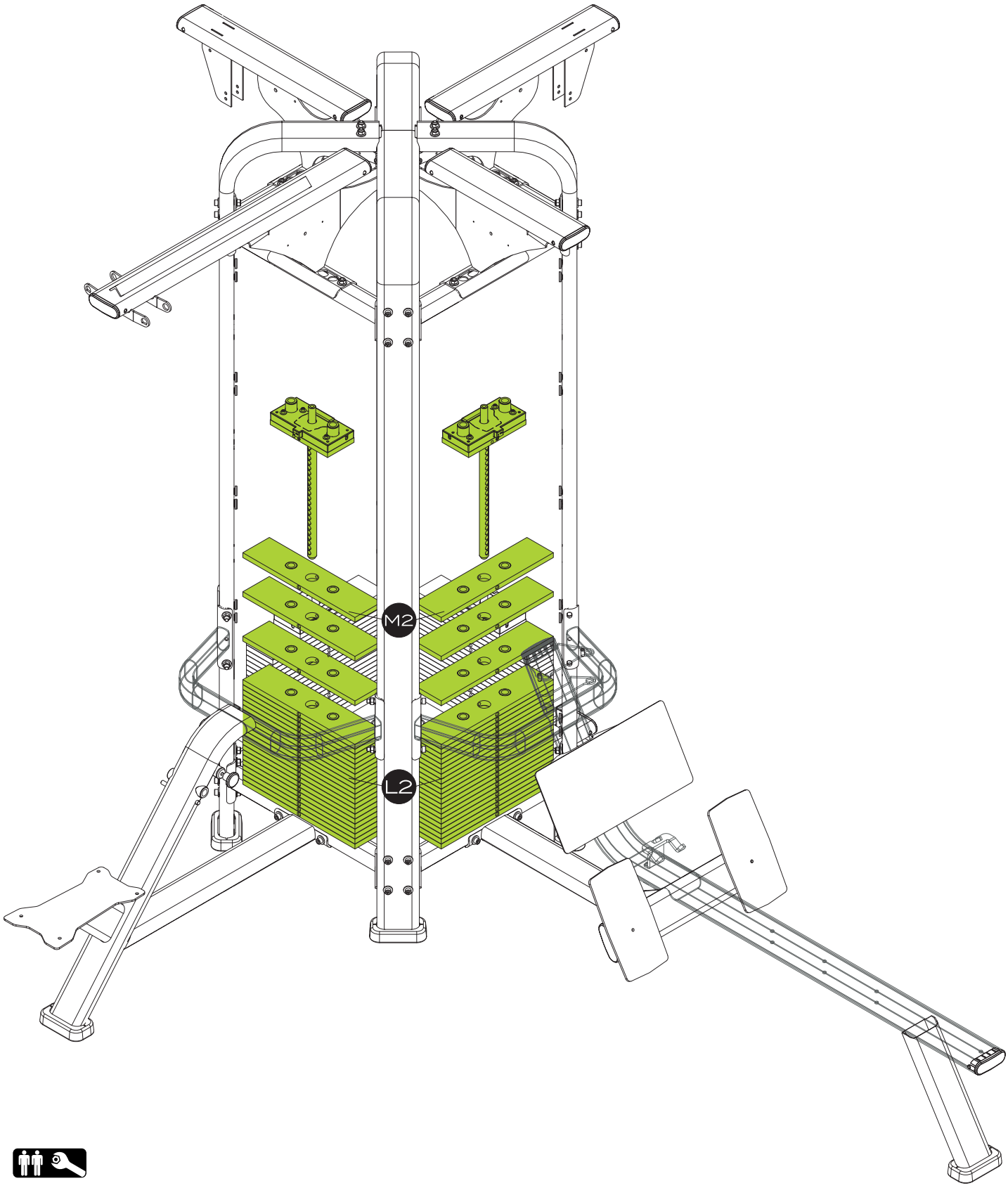
NOME
Bateria de 24 pesos



NOME
Top plate de 24 furos

ATENÇÃO

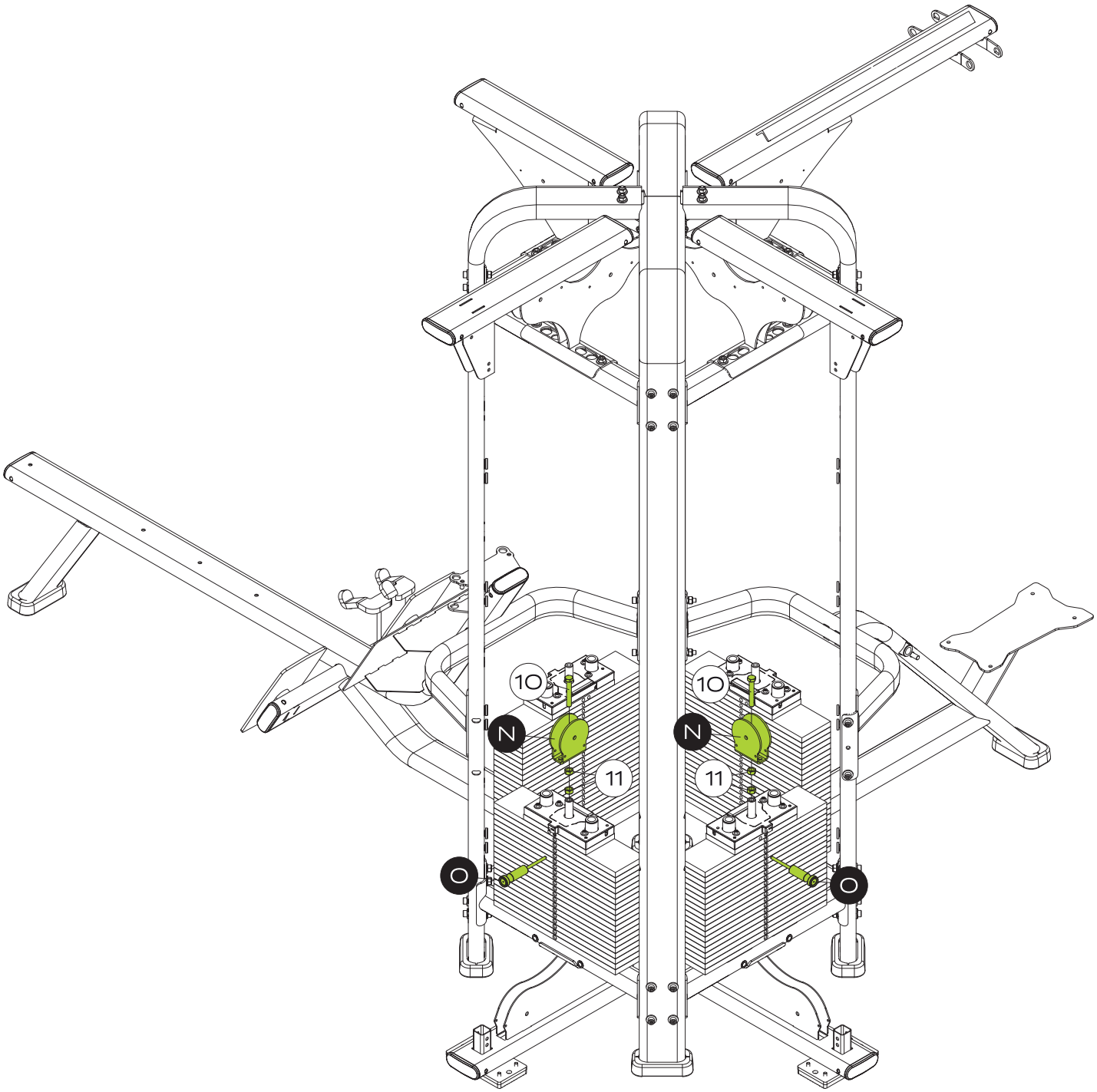
O TOP LATE COM 24 FUROS DEVE SER MONTADA VOLTADA PARA A PUXADA ALTA E BAIXA



MONTAGEM DO EQUIPAMENTO

PASSO 14

	NOME	Qtd
10	Parafuso Cab. Sext. M12X80	2x
11	Porca sextavada Ø12	4x
N	Suporte de roldana	
O	Pino seletor	



FERRAMENTAS

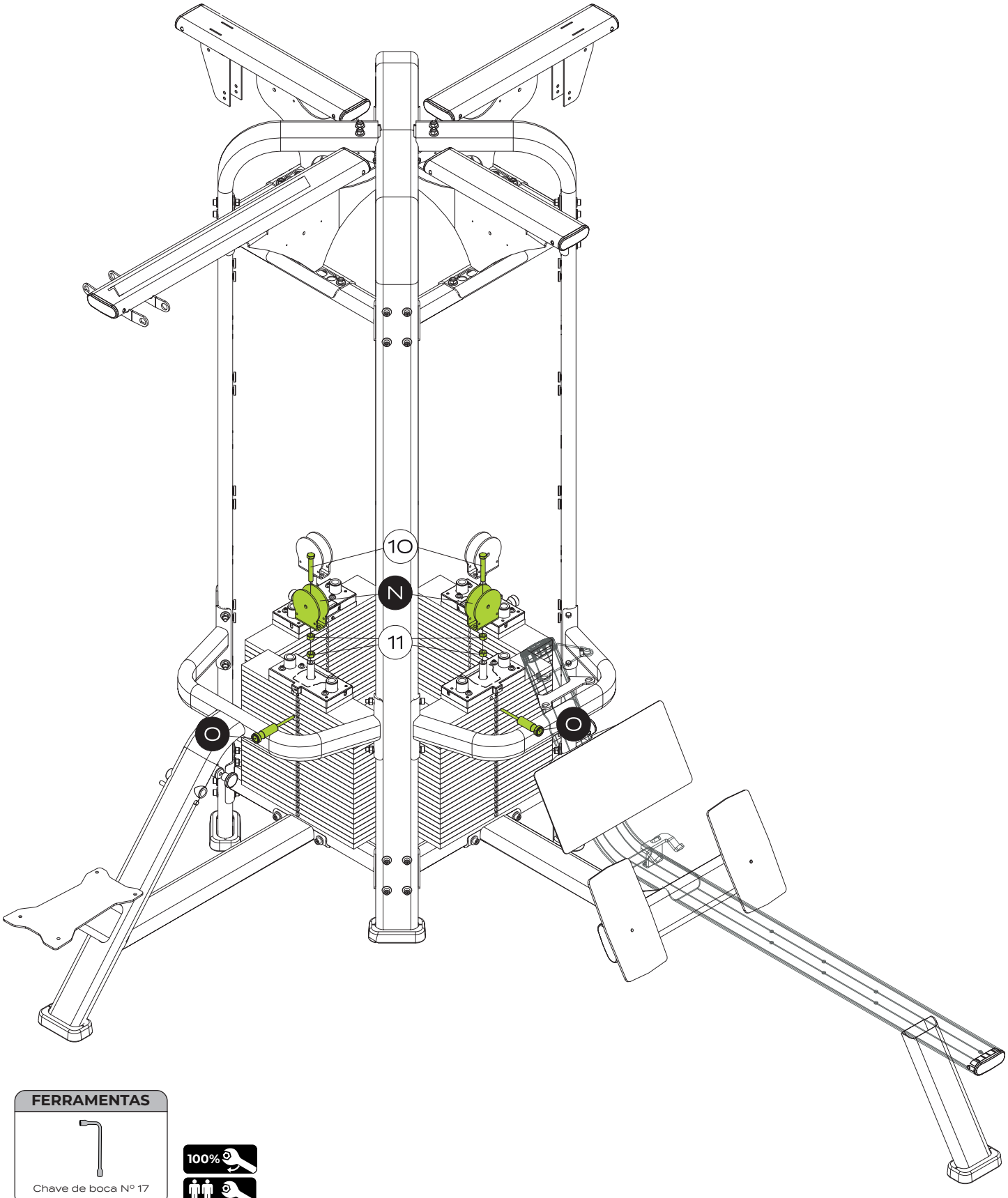
Chave fixa Nº 17

100%

MONTAGEM DO EQUIPAMENTO

PASSO 15

	NOME	Qtd
10	Parafuso Cab. Sext. M12X80	2x
11	Porca sextavada Ø12	4x
N	Suporte de roldana	
O	Pino seletor	



FERRAMENTAS

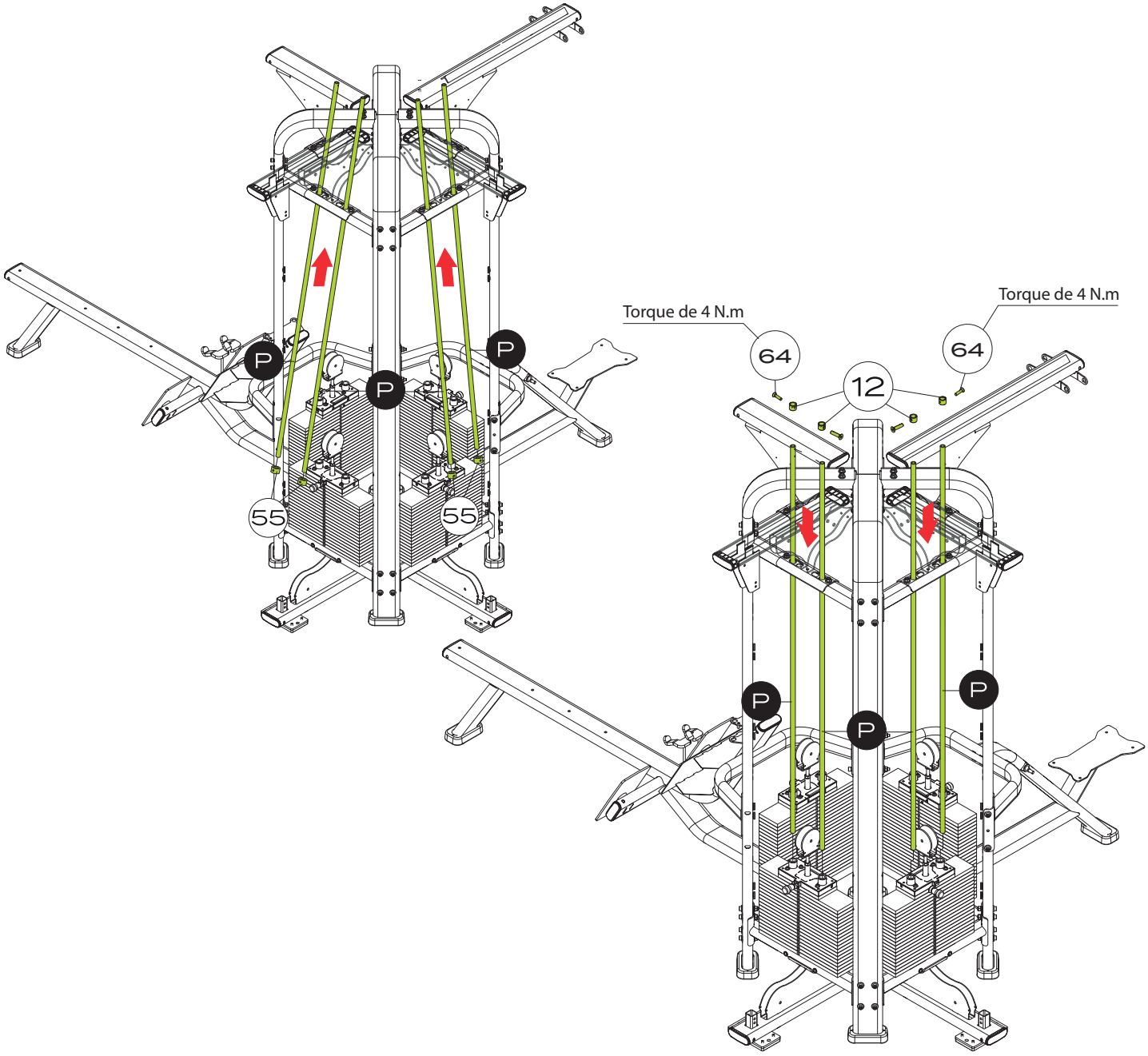
Chave de boca Nº 17

100%

MONTAGEM DO EQUIPAMENTO

PASSO 16

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

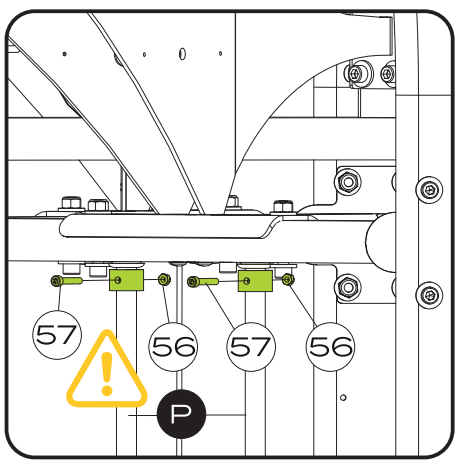


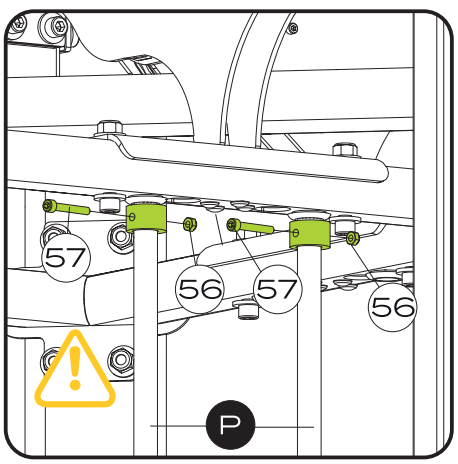
⚠ ATENÇÃO

APERTE O PARAFUSO ATÉ ELIMINAR A FOLGA DA TRAVA DA HASTE

⚠ ATENÇÃO

AS HASTES DEVEM SER MONTADAS DE BAIXO PARA CIMA

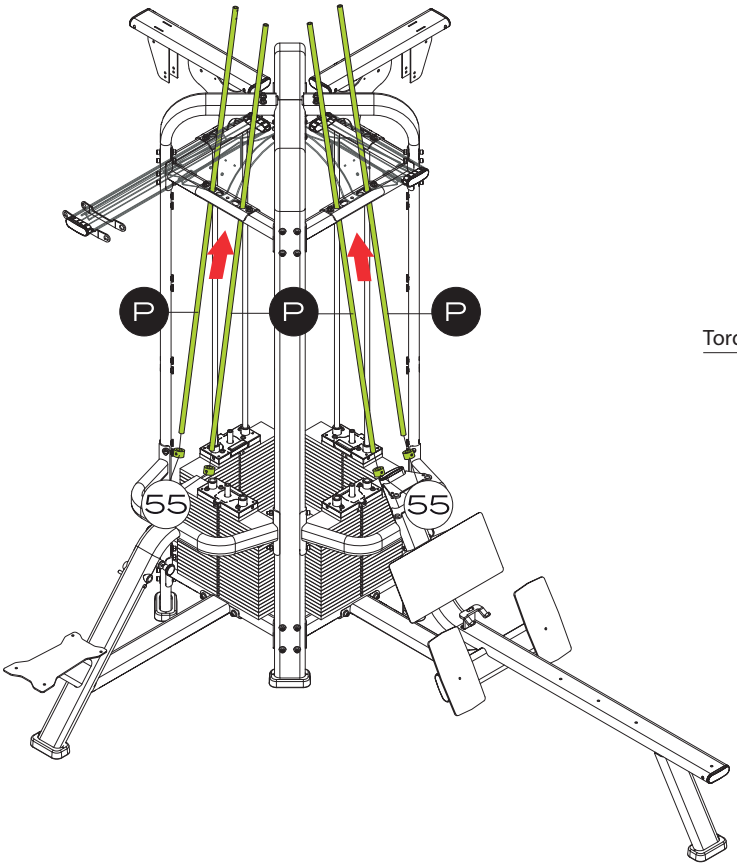


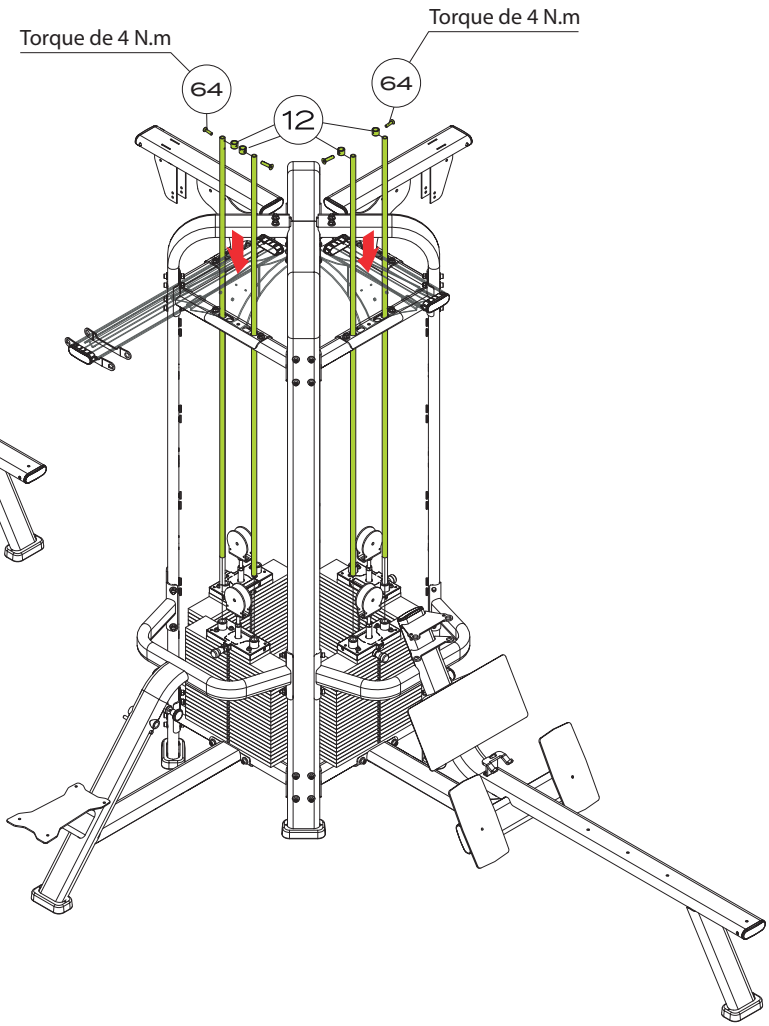


MONTAGEM DO EQUIPAMENTO

PASSO 17

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



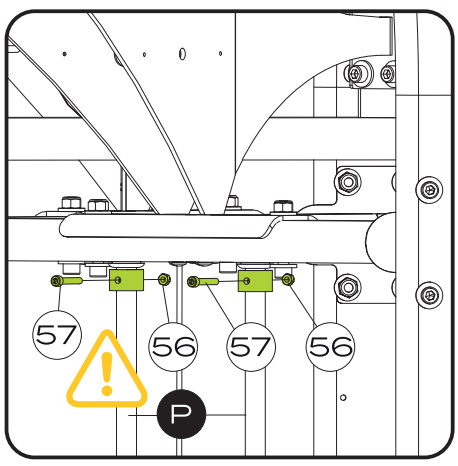


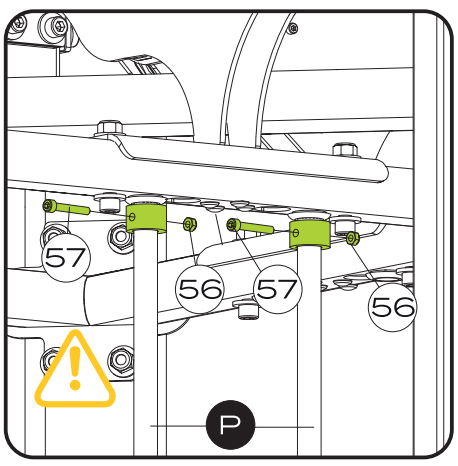
⚠ ATENÇÃO

APERTE O PARAFUSO ATÉ ELIMINAR A FOLGA DA TRAVA DA HASTE

⚠ ATENÇÃO

AS HASTES DEVEM SER MONTADAS DE BAIXO PARA CIMA

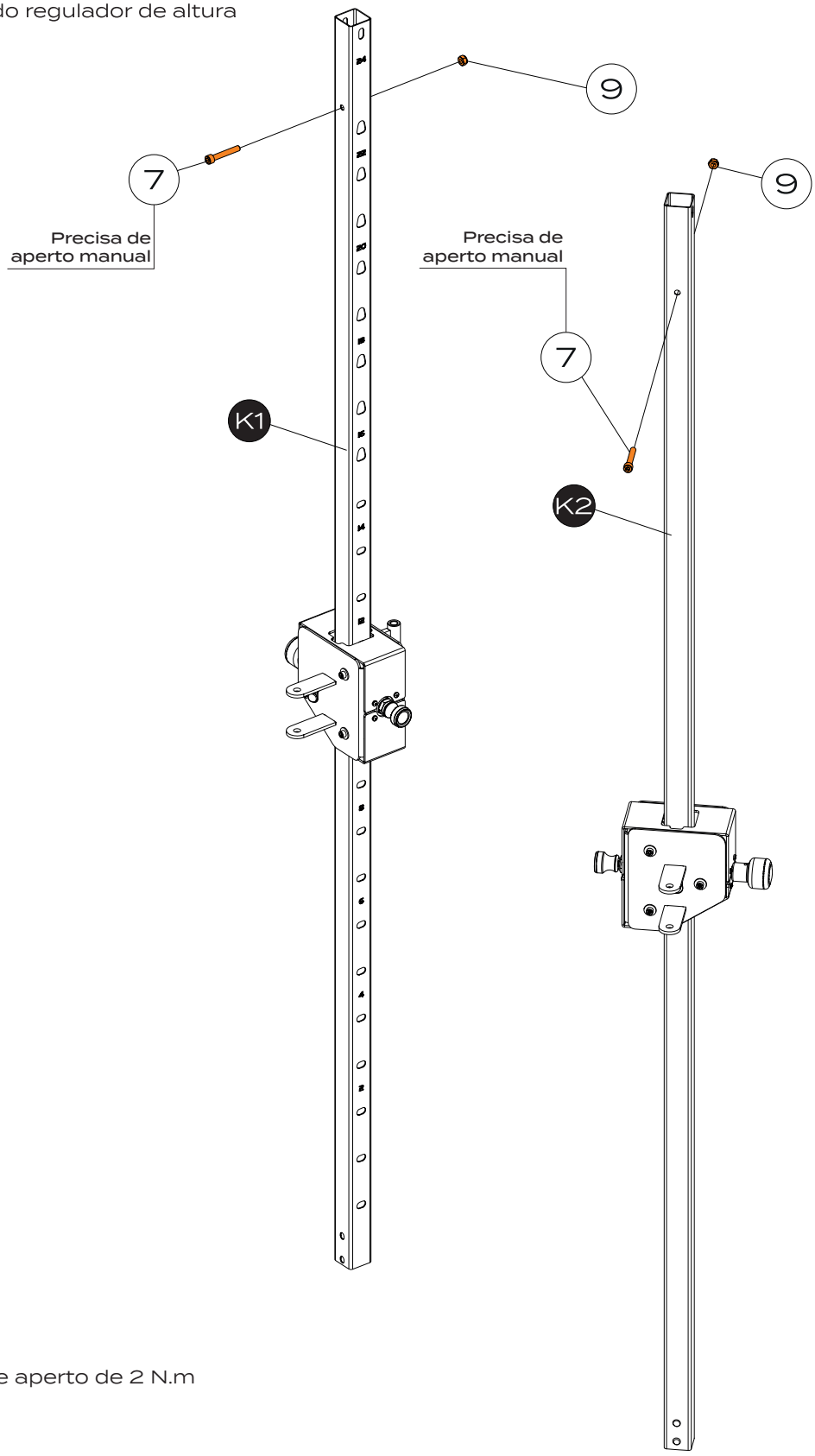




MONTAGEM DO EQUIPAMENTO

PASSO 18 - MONTAGEM DOS PULLEY

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



Torque de aperto de 2 N.m

FERRAMENTAS

Chave fixa Nº 13

Chave hexagonal Nº 6

100%

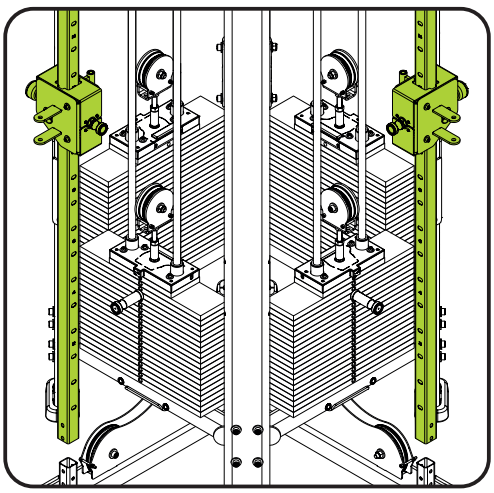
⚠ ATENÇÃO

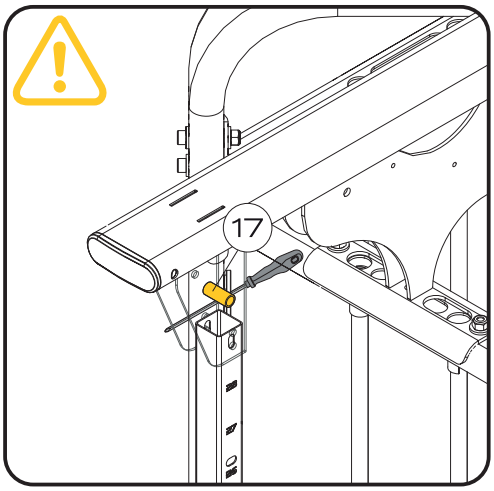
MANTENHA O PINO SELETOR PUXADO ATÉ QUE SEJA ENCAIXADO NA RÉGUA DO REGULADOR DE ALTURA.

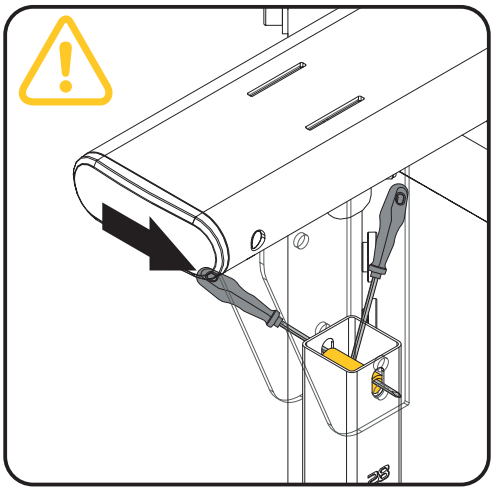
MONTAGEM DO EQUIPAMENTO

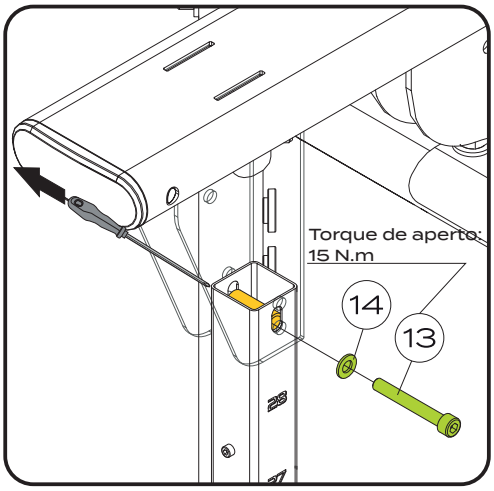
PASSO 19 - MONTAGEM DOS PULLEY

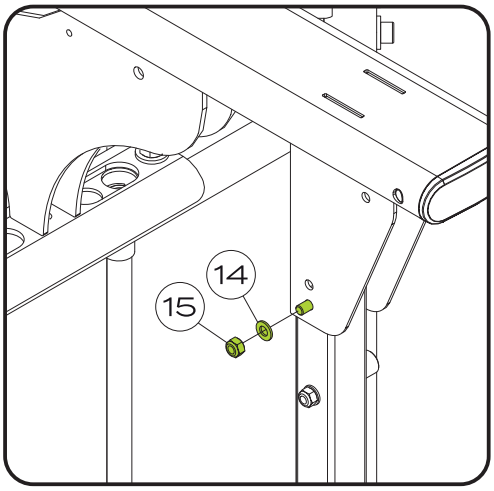
	NOME	Qtd
13	Parafuso Cab. Cil. Sext. Int. - M8X60	2x
14	Arruela lisa Ø8	4x
15	Porca Sext. Inserto Nylon - M8	6x
17	Espaçador	1x
65	Parafuso Cab. Cil. Sext. Int. - M8X50	4x

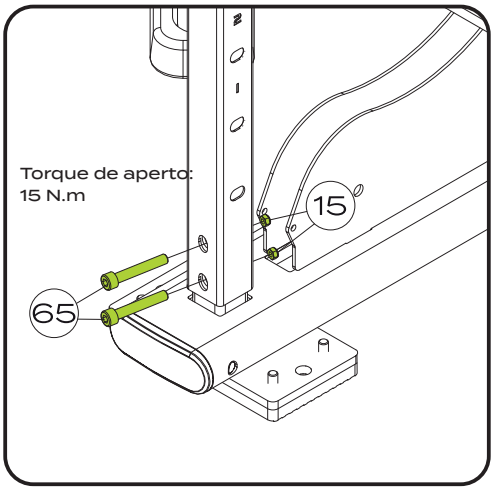








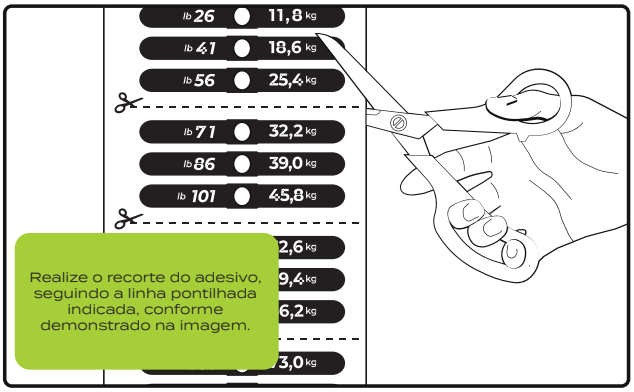


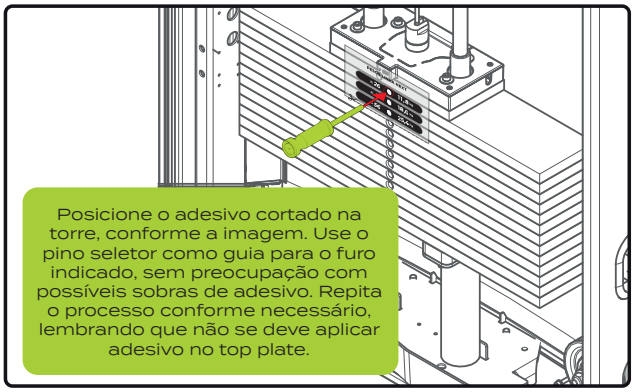


⚠ ATENÇÃO

COM O AUXILIO DE UMA CHAVE DE FENDA FINA, APOIE PARA MONTAR O ESPACADOR NA REGUA DO REGULADOR DE ALTURA.

Nota: A montagem da régua e a mesma para os pulleys.
Nota: Algumas partes do equipamento foram ocultas para facilitar a visualização.





FERRAMENTAS

Chave fixa Nº 13

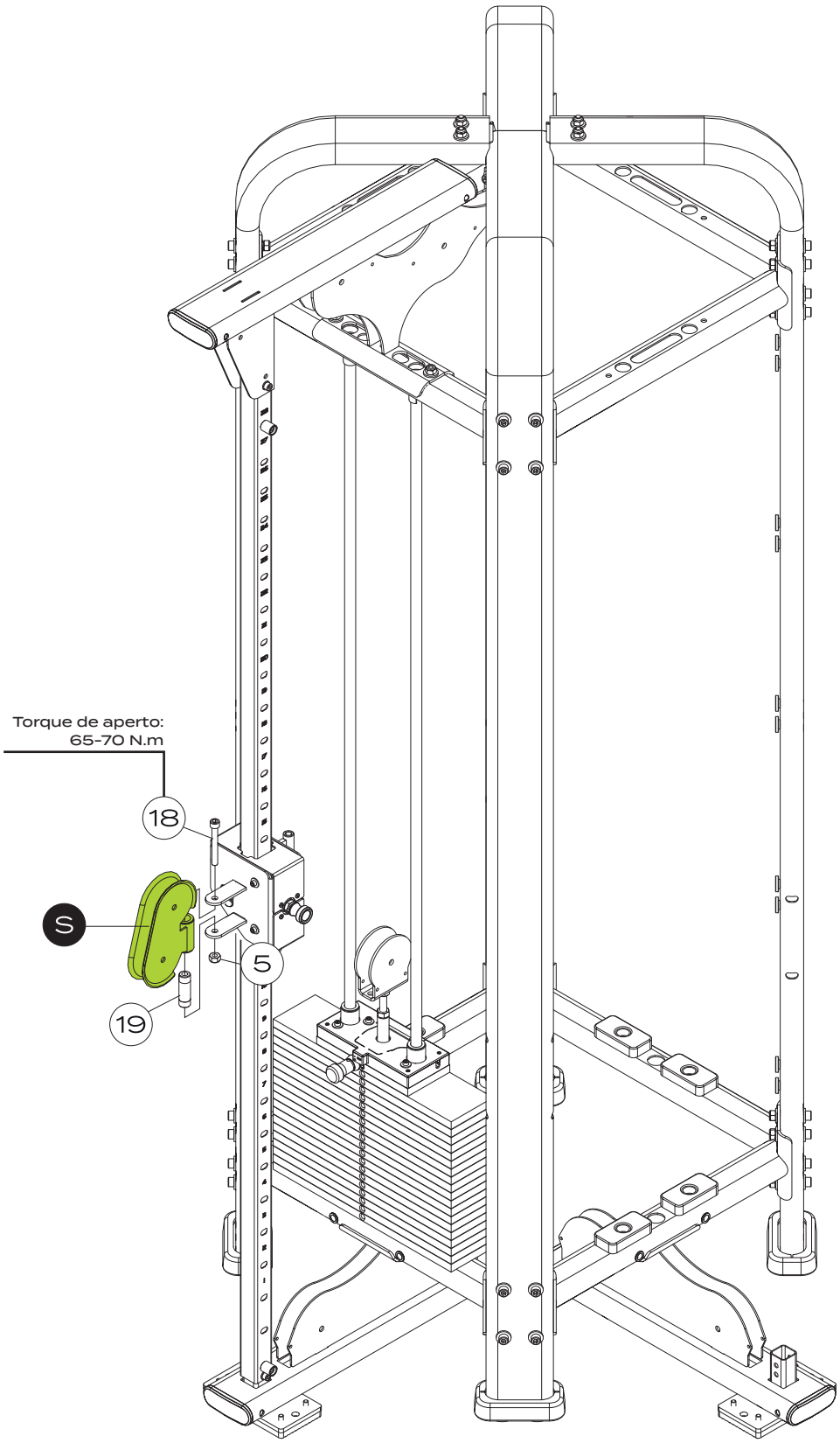
Chave hexagonal Nº 6

100%

MONTAGEM DO EQUIPAMENTO

PASSO 20 - MONTAGEM DOS PULLEY

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



FERRAMENTAS

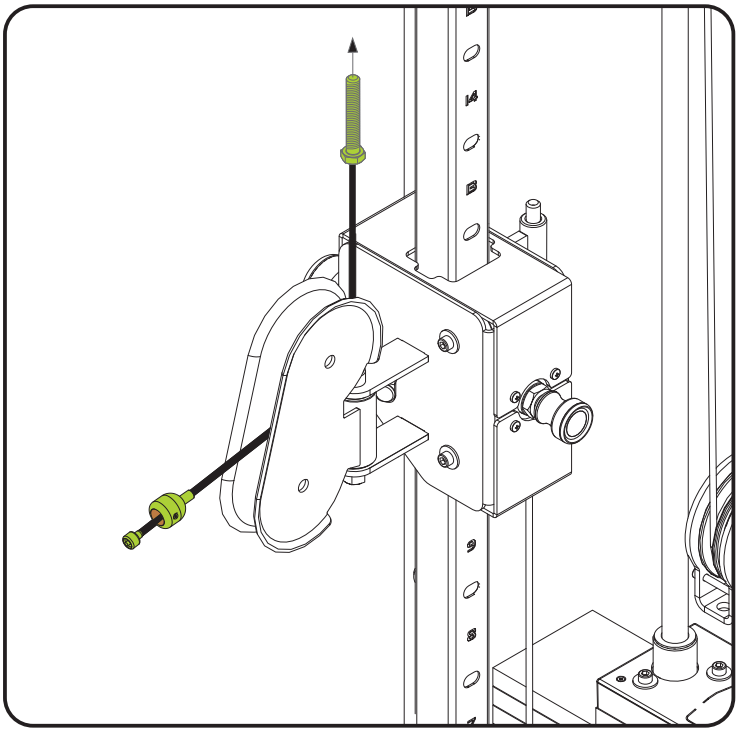
Chave fixa Nº 17

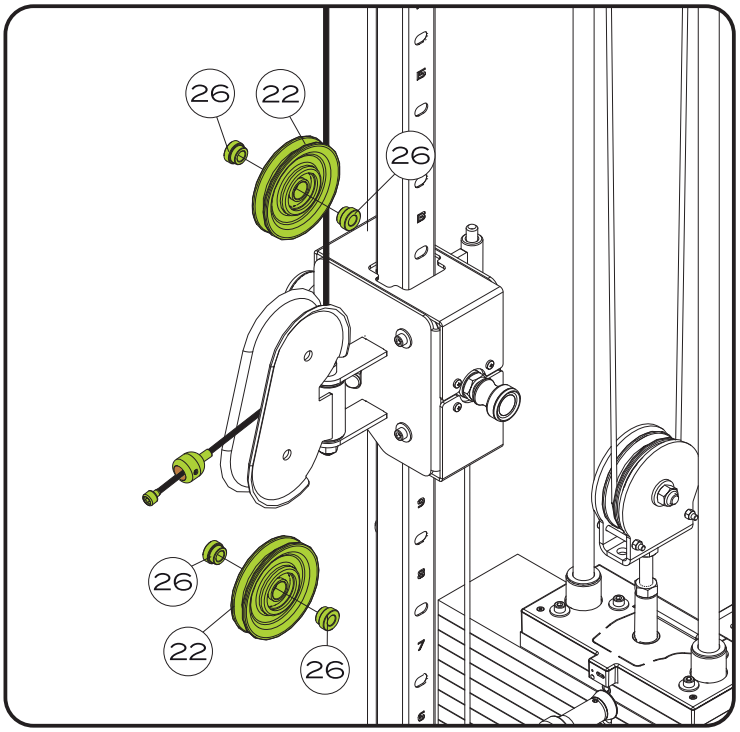
Chave hexagonal Nº 8

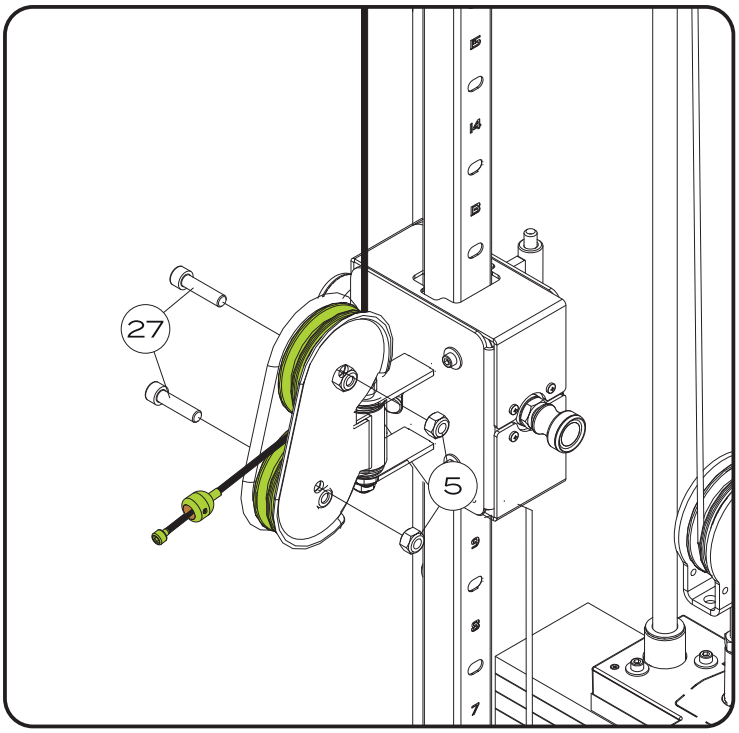
Nota: Algumas partes do equipamento foram ocultas para facilitar a visualização.

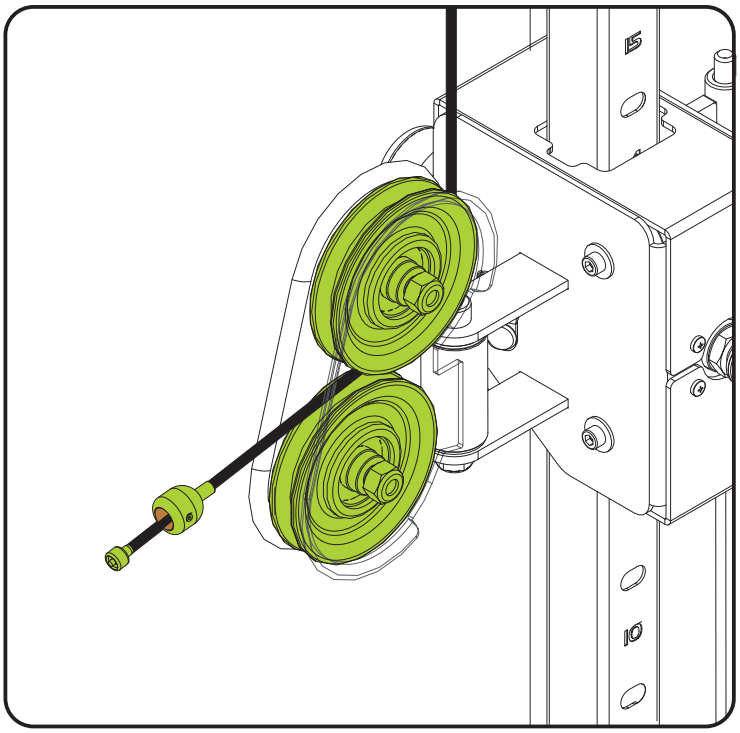
PASSO 21 - MONTAGEM DOS PULLEY

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









FERRAMENTAS

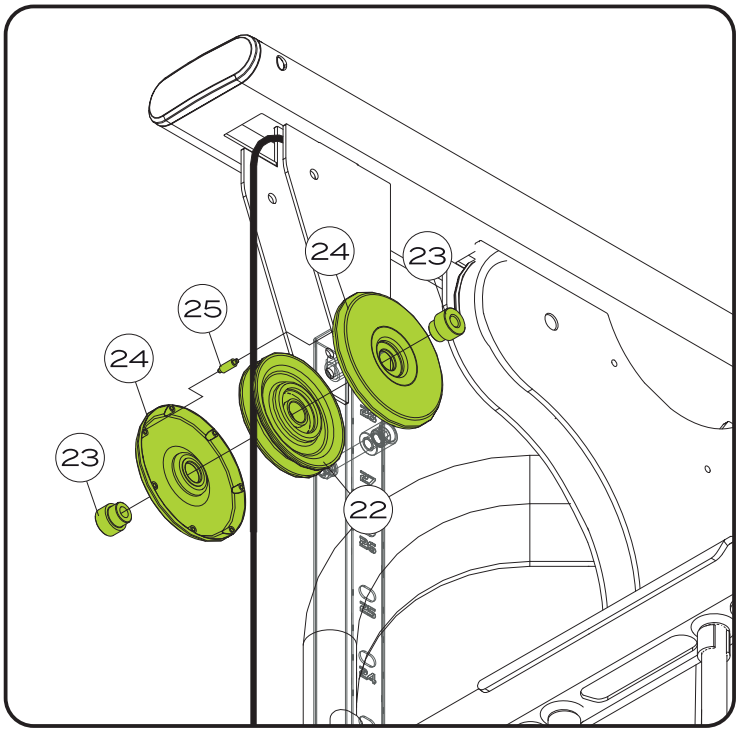
Chave fixa Nº 17

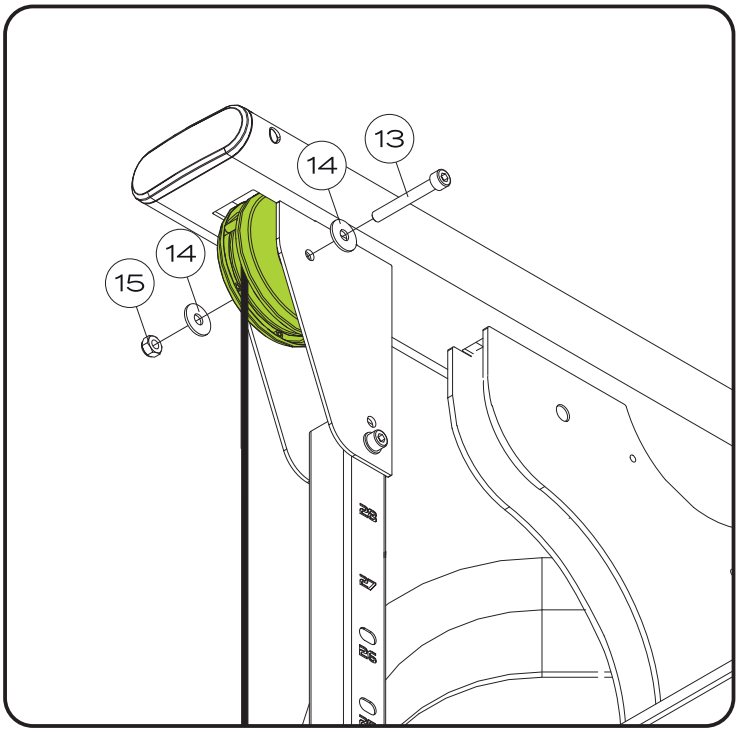
Chave hexagonal Nº 8

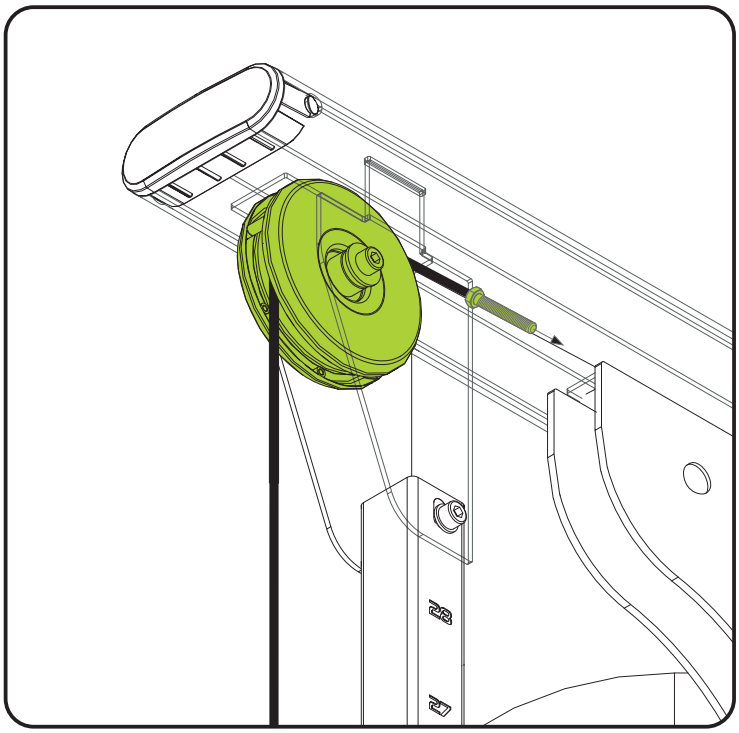
100%

PASSO 22 - MONTAGEM DOS PULLEY

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







FERRAMENTAS

Chave fixa Nº 13

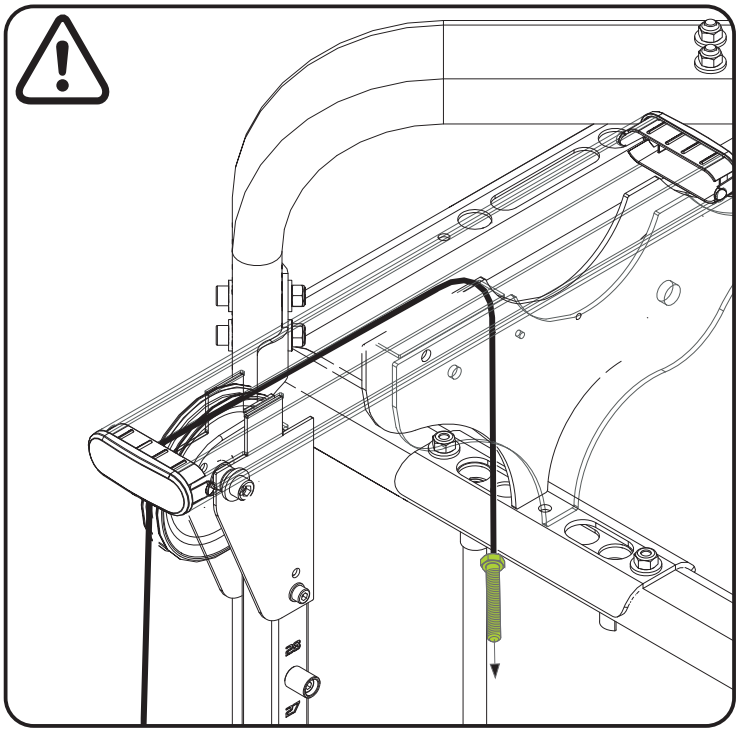
Chave hexagonal Nº 8

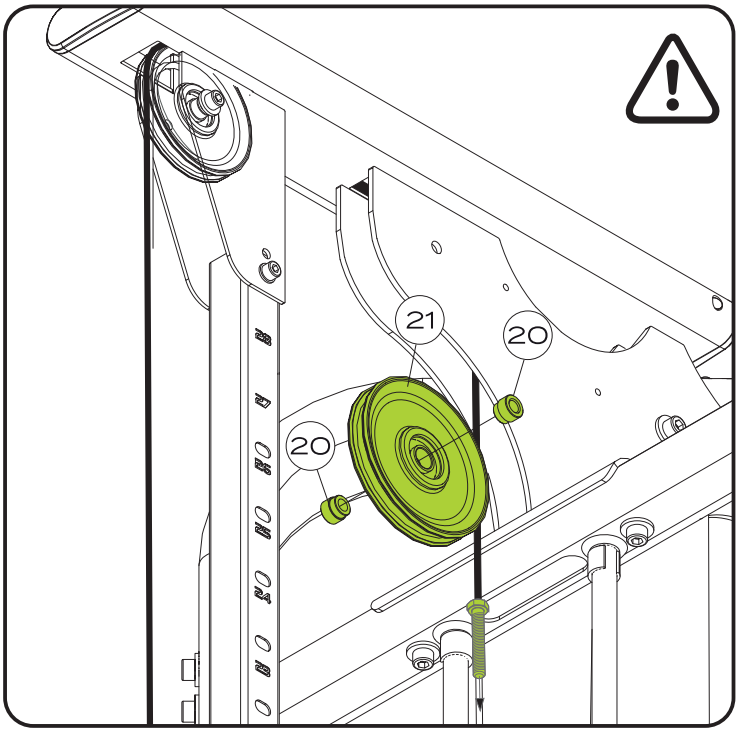
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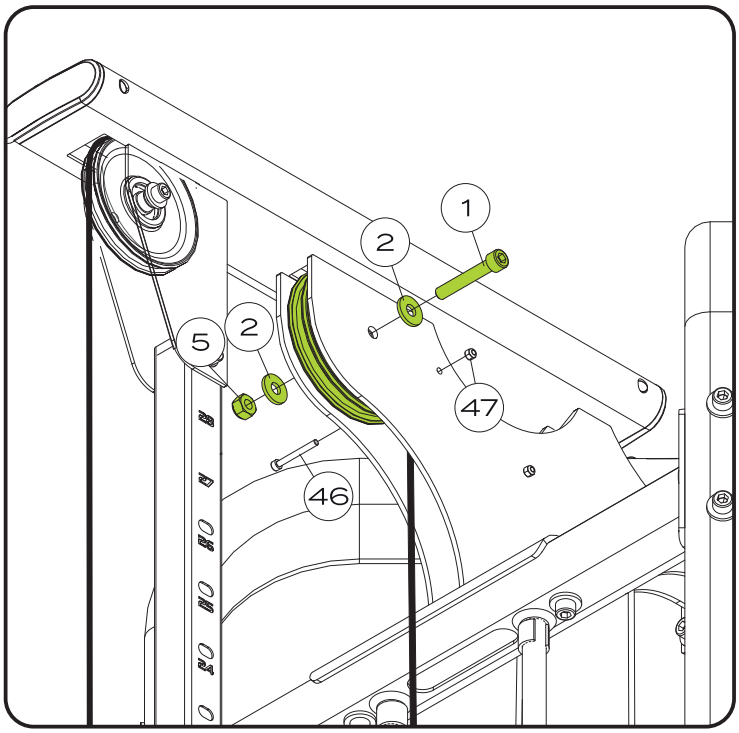
MONTAGEM DO EQUIPAMENTO

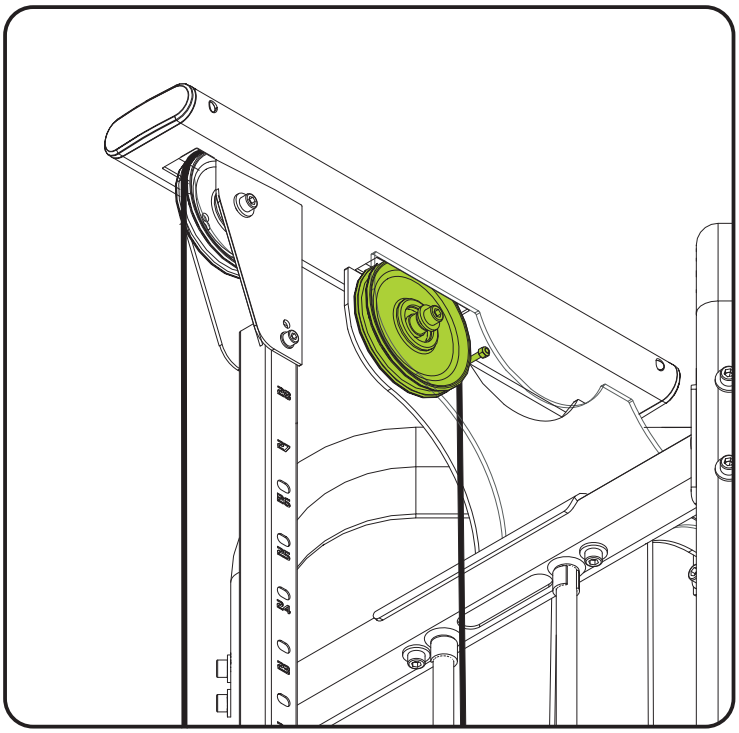
PASSO 23 - MONTAGEM DOS PULLEY

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









FERRAMENTAS

Chave fixa Nº 8 e 17

Chave hexagonal Nº 4 e 8

100%

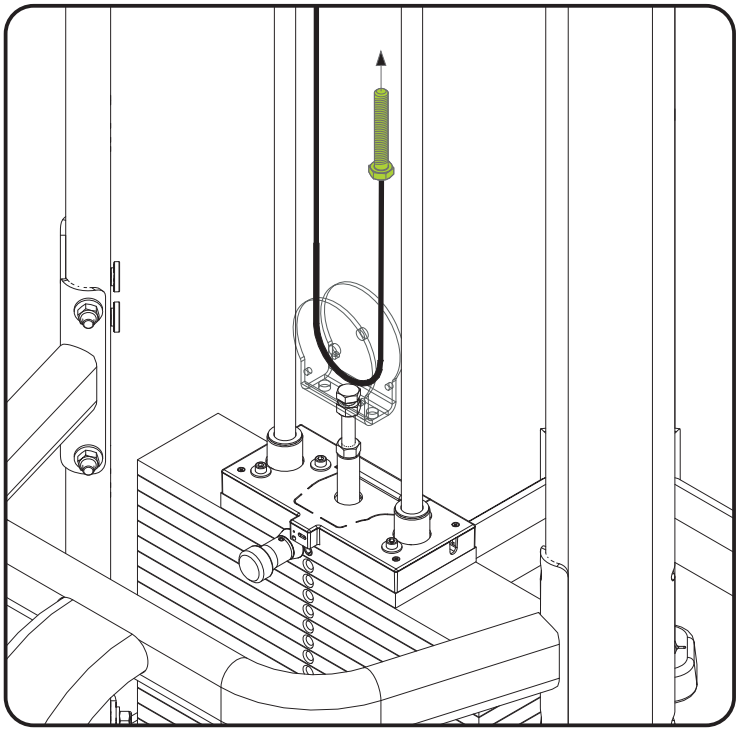
⚠ ATENÇÃO

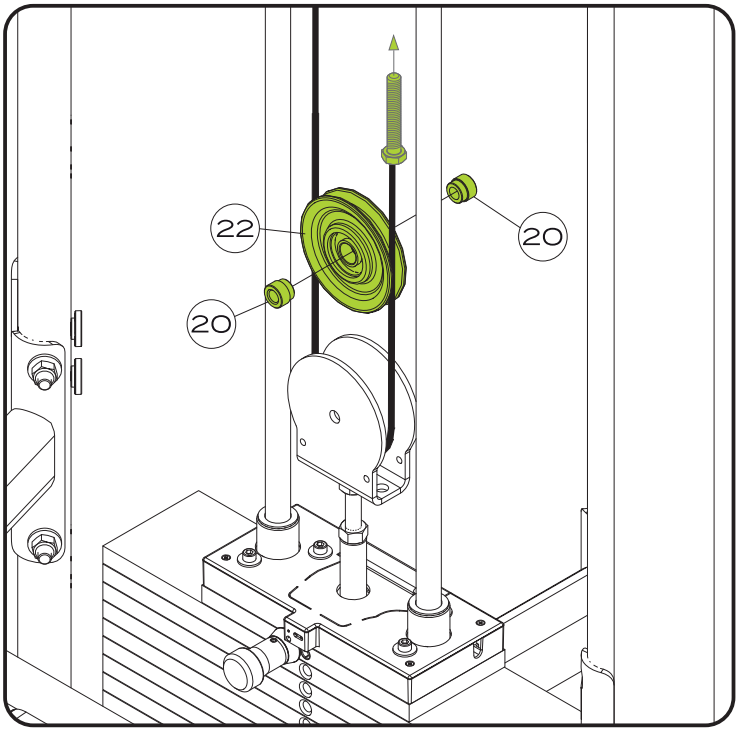
O CABO DEVE SER PASSADO INTERNAMENTE PELO TUBO SUPERIOR.

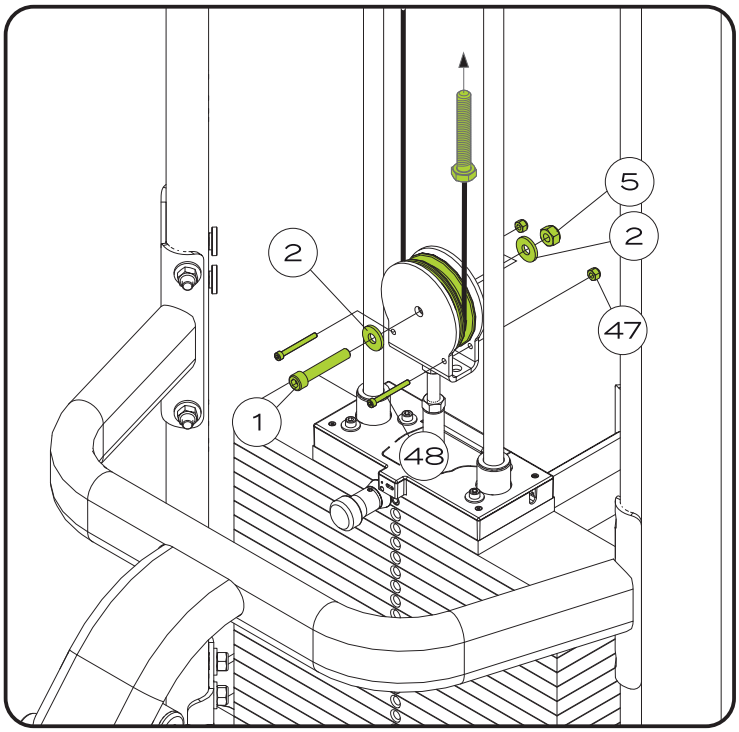
MONTAGEM DO EQUIPAMENTO

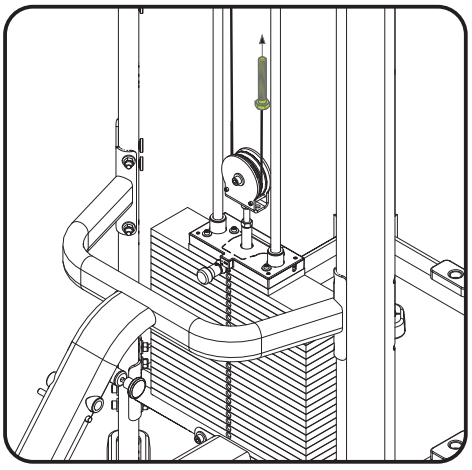
PASSO 24 - MONTAGEM DOS PULLEY

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

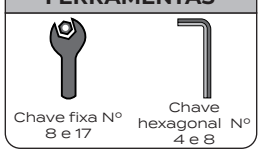








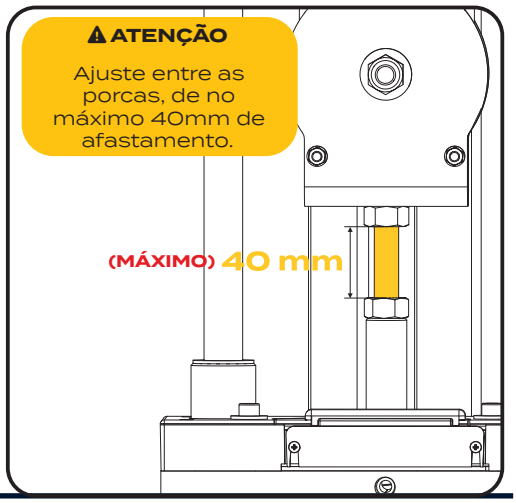
FERRAMENTAS





⚠ ATENÇÃO

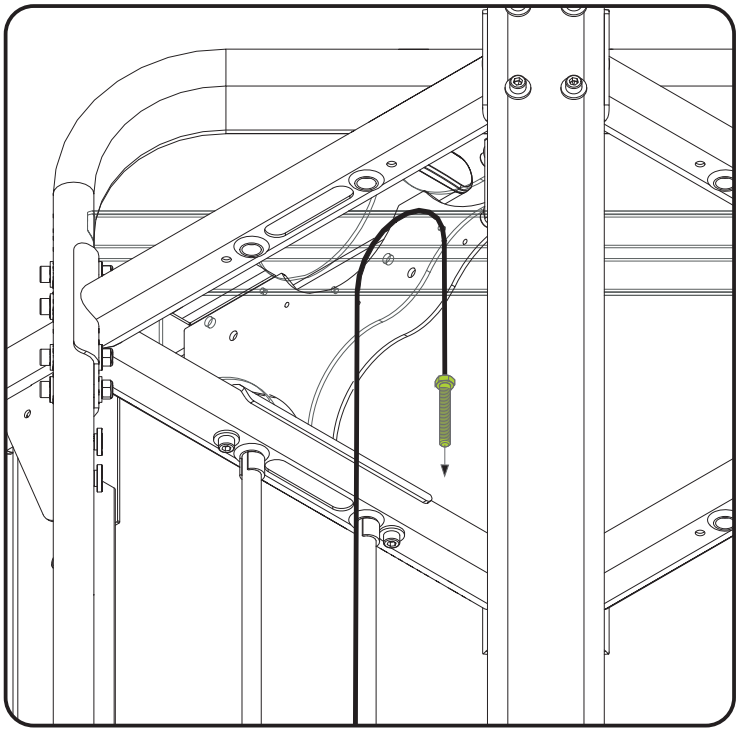
Ajuste entre as porcas, de no máximo 40mm de afastamento.

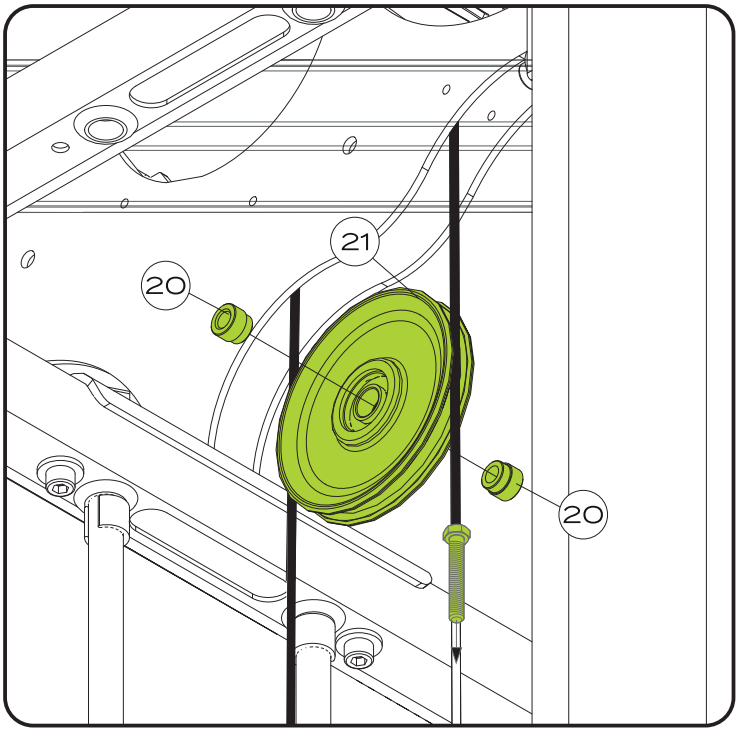


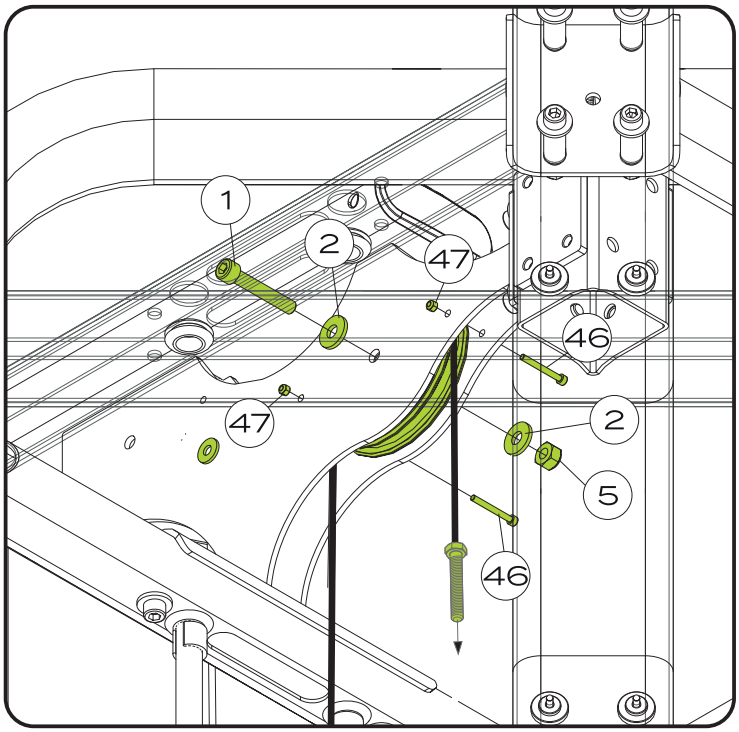
MONTAGEM DO EQUIPAMENTO

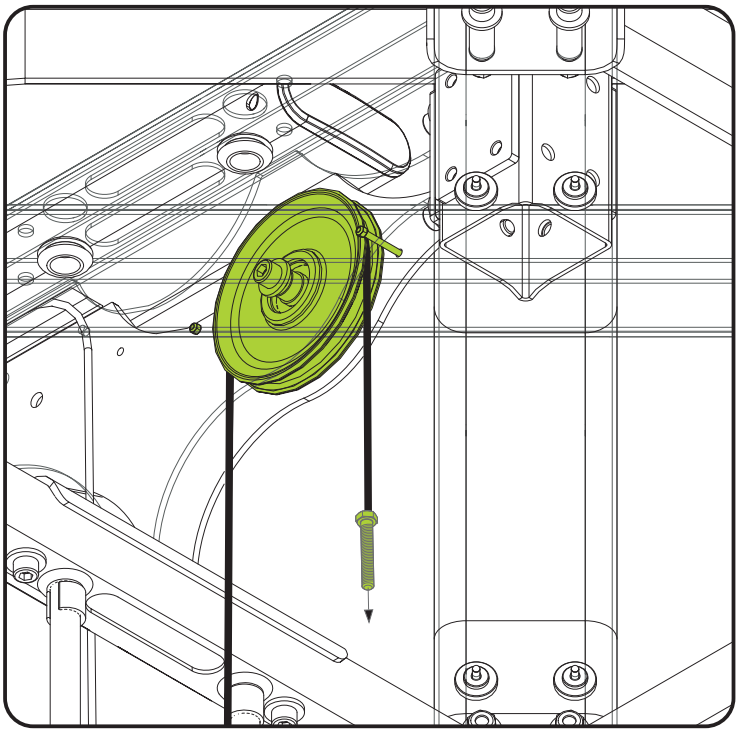
PASSO 25 - MONTAGEM DOS PULLEY

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









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

FERRAMENTAS

Chave fixa Nº 8 e 17

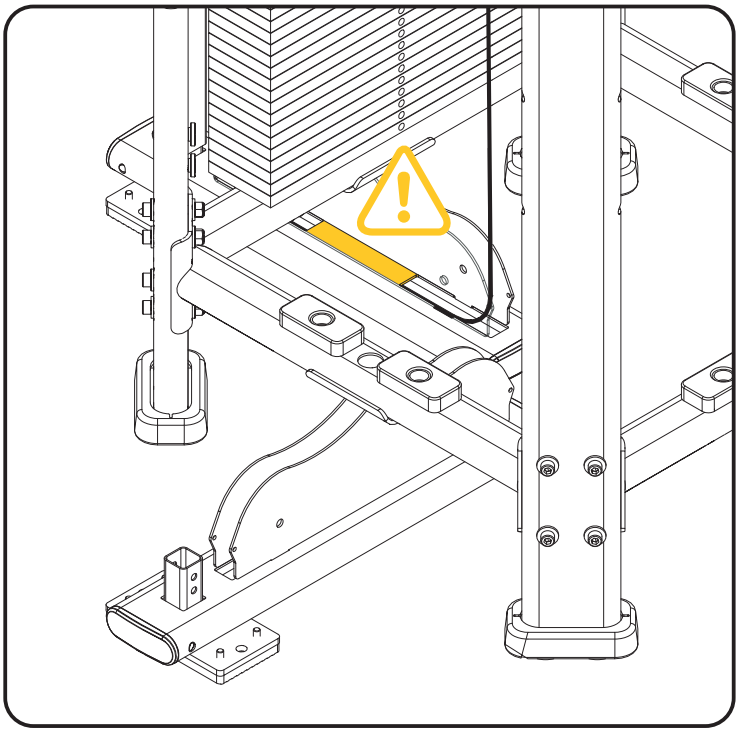
Chave hexagonal Nº 4 e 8

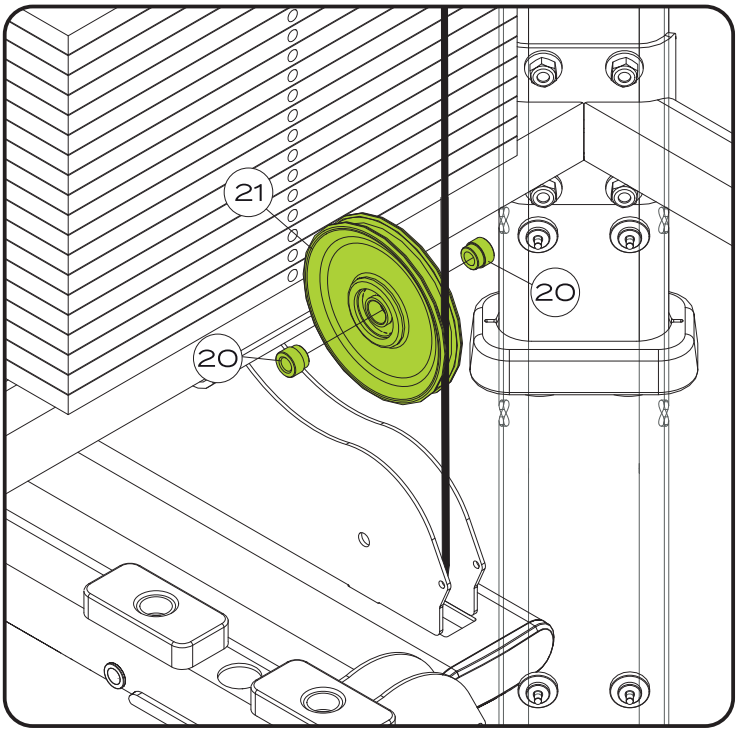
100%

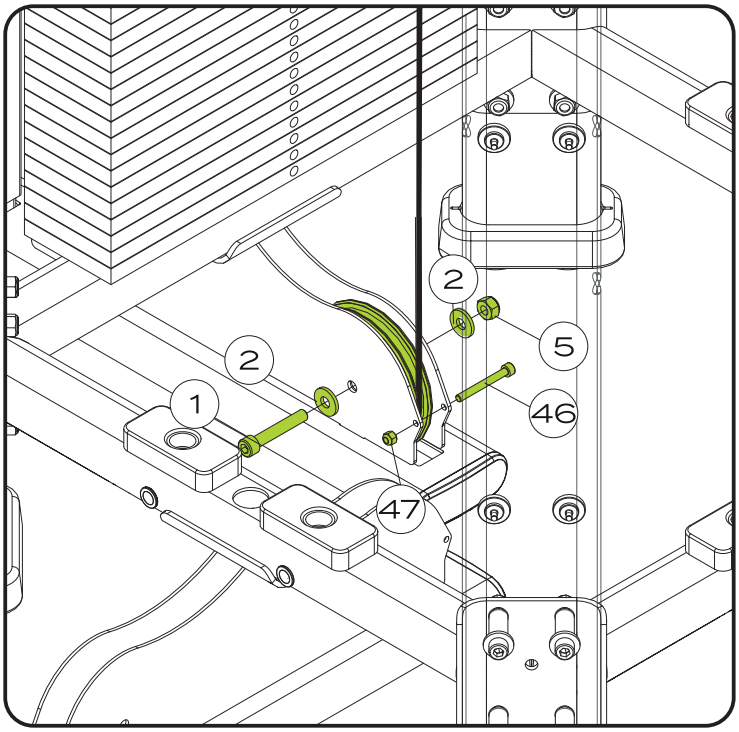
MONTAGEM DO EQUIPAMENTO

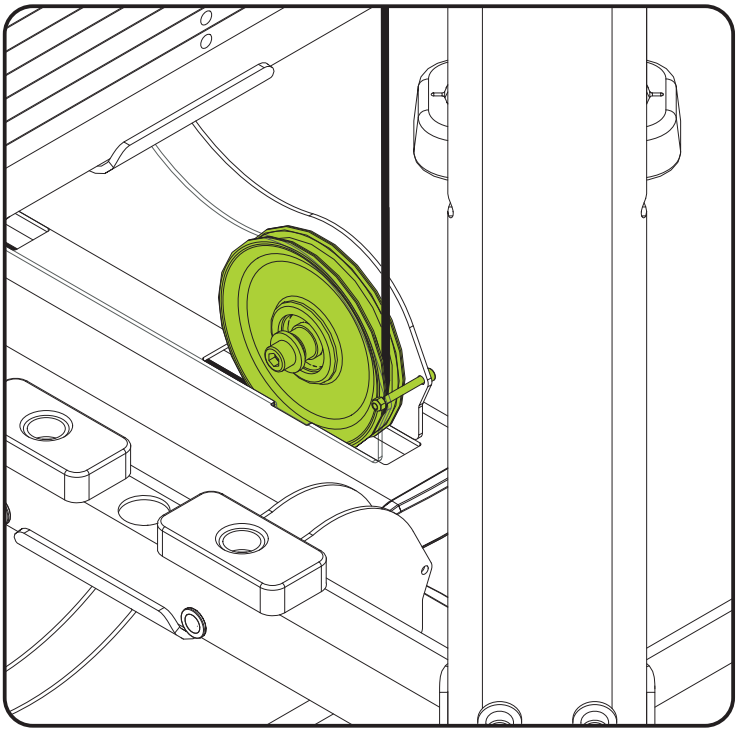
PASSO 26 - MONTAGEM DOS PULLEY

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









FERRAMENTAS

Chave fixa Nº 8 e 17

Chave hexagonal Nº 4 e 8

100%

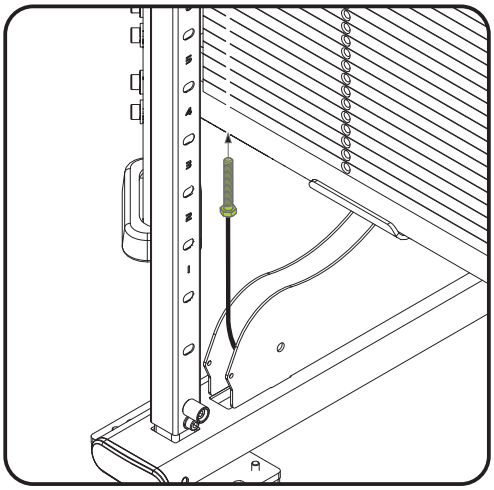
⚠ ATENÇÃO

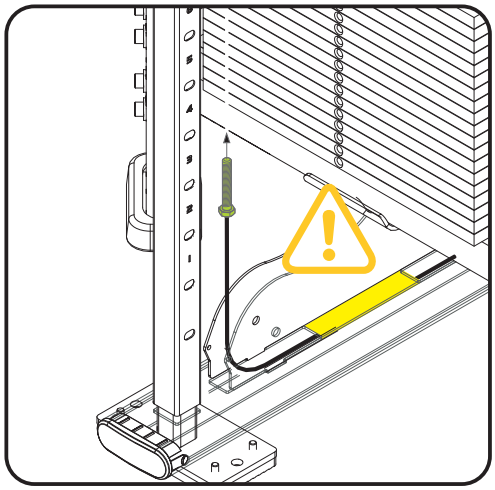
O CABO DE AÇO DEVE PASSAR POR DEBAIXO DA CHAPA DO APOIO DO PÉ.

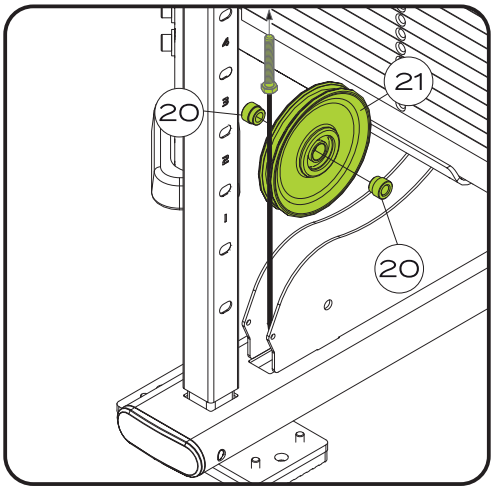
MONTAGEM DO EQUIPAMENTO

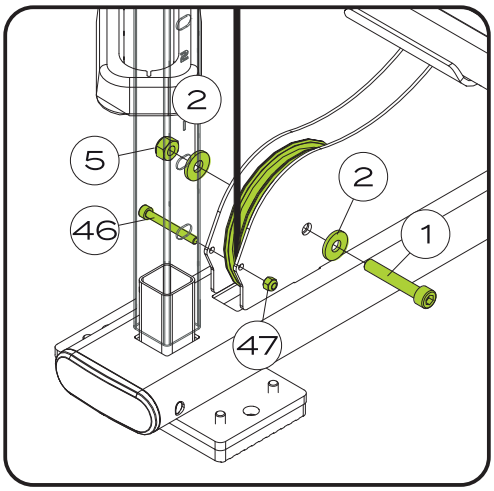
PASSO 27- MONTAGEM DOS PULLEY

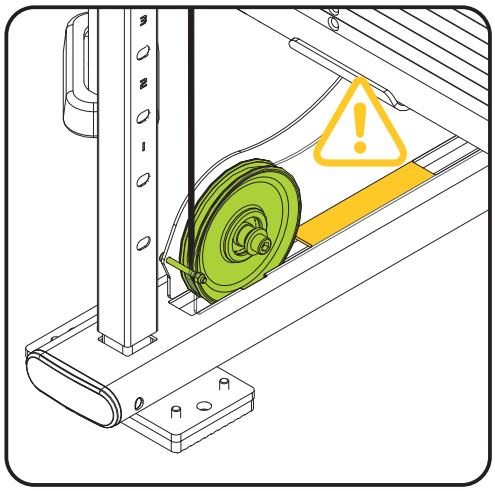
	NOME	Qtd
1	Parafuso Cab. Cil. Sext. Int. - M10X60	1x
2	Arruela lisa Ø10	2x
5	Porca Sext. Inserto Nylon - M10	1x
11	Porca sextavada M12	1x
20	Bucha	2x
21	Roldana	1x
46	Parafuso Cab. Cil. Sext. Int. - M5X50	1x
47	Porca Sext. Inserto Nylon - M5	1x

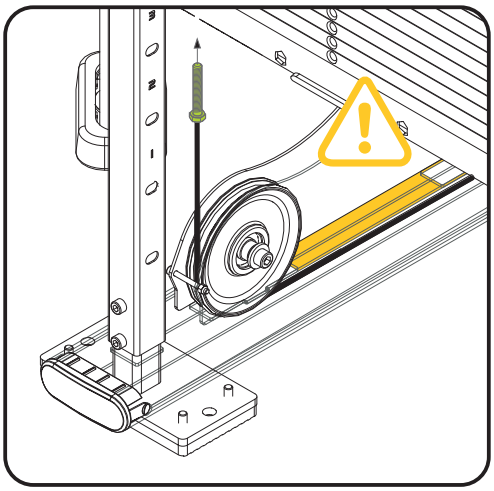


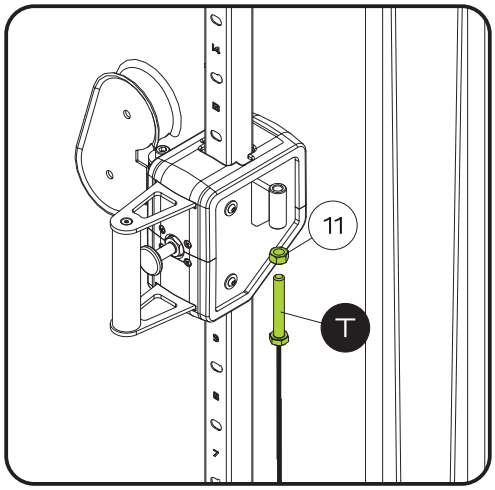


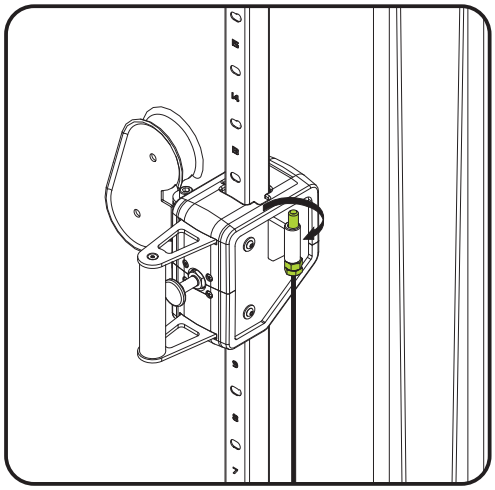














⚠ ATENÇÃO

Deixar uma distância maxima do regulador de 20 mm.

FERRAMENTAS

Chave fixa Nº 8, 17 e 19

Chave hexagonal Nº 4 e 8

100%

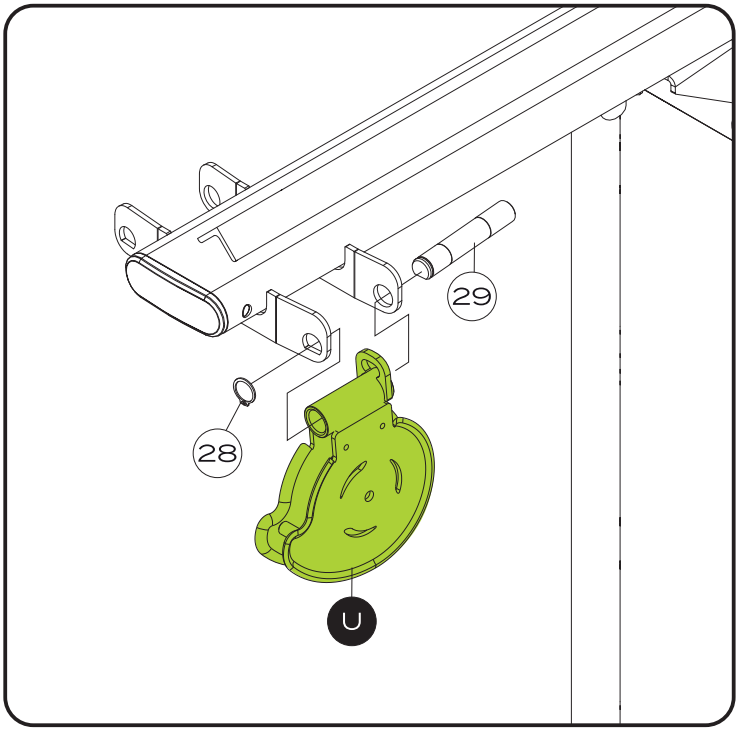
⚠ ATENÇÃO

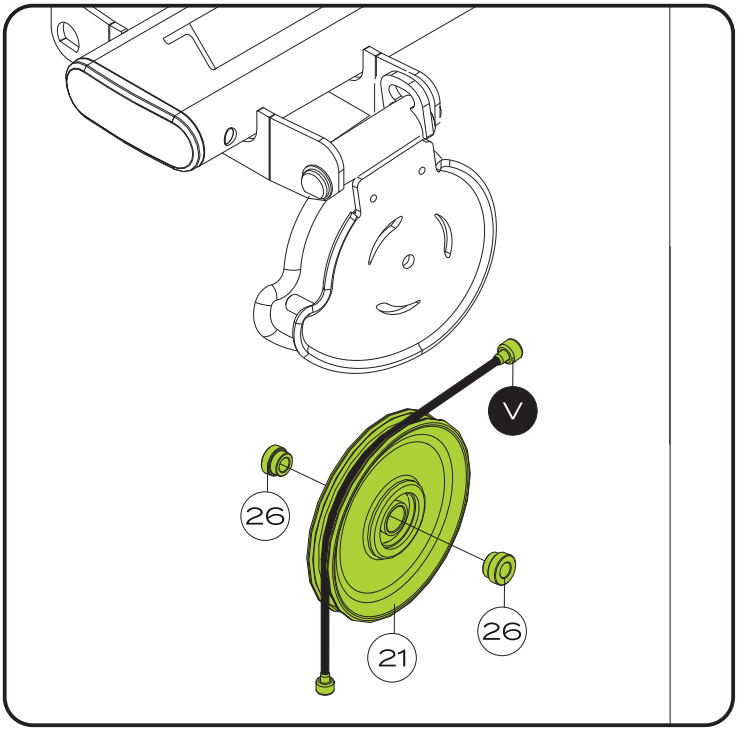
O CABO DE AÇO DEVE PASSAR POR DEBAIXO DA CHAPA DO APOIO DO PÉ.

MONTAGEM DO EQUIPAMENTO

PASSO 28 - MONTAGEM PUXADA ALTA

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





FERRAMENTAS

Chave fixa Nº 17 | Chave hexagonal Nº 8

100%

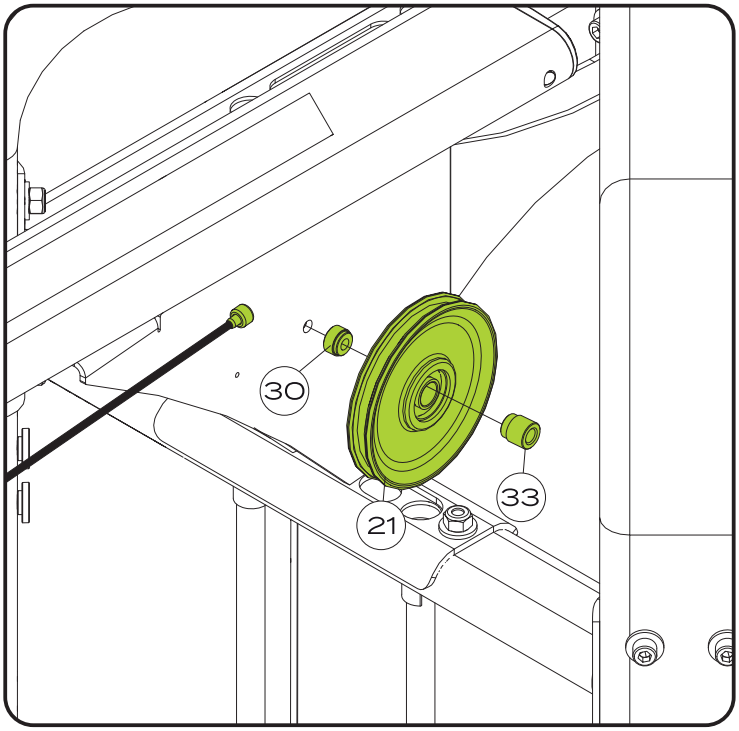
⚠ ATENÇÃO

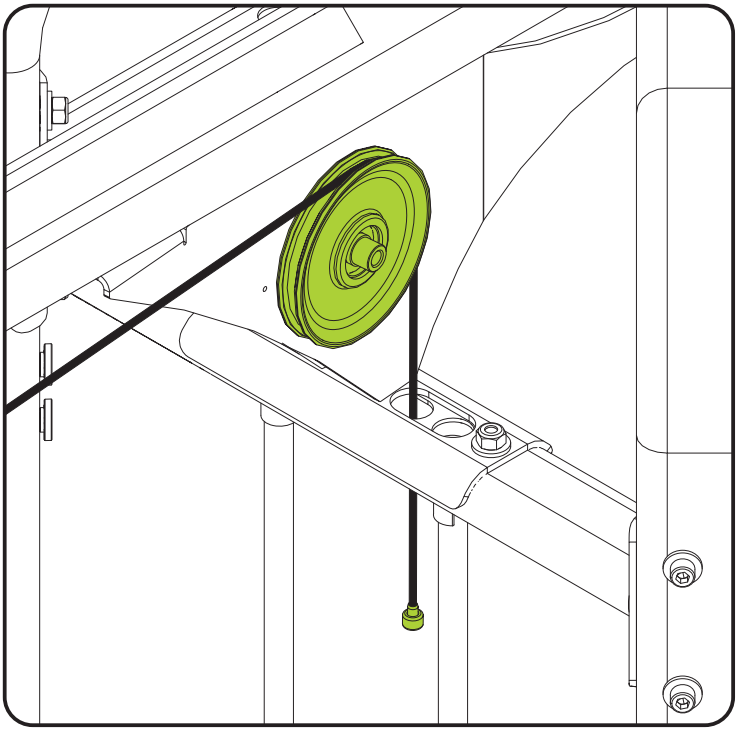
Para o posicionamento correto da capa da roldana deve-se encostar a parede do recorte na face do suporte de roldana.

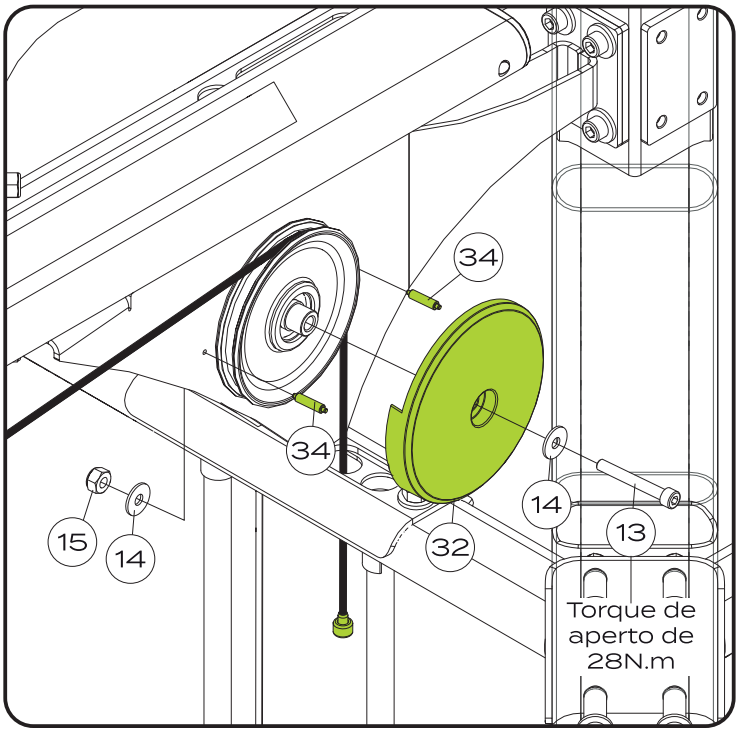
MONTAGEM DO EQUIPAMENTO

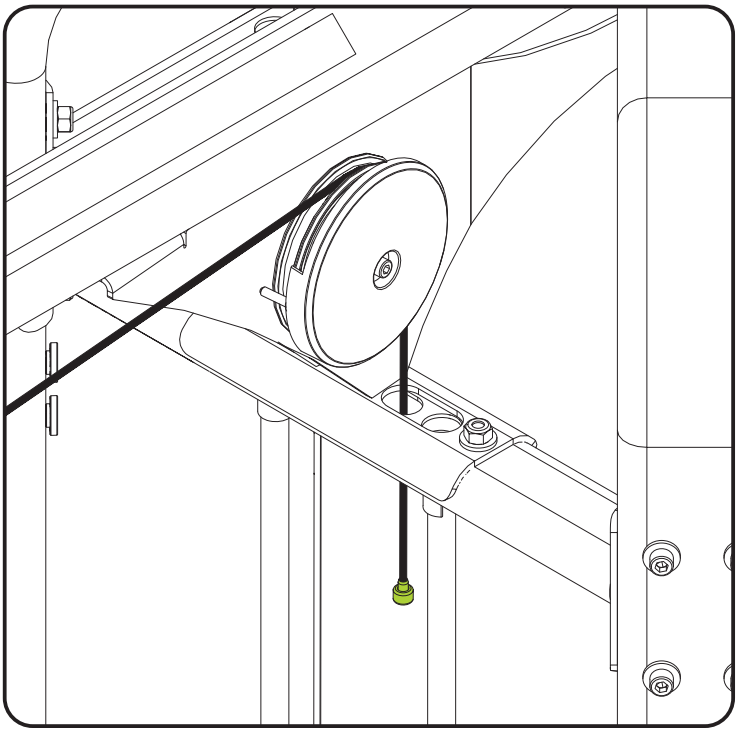
PASSO 29 - MONTAGEM PUXADA ALTA

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









FERRAMENTAS

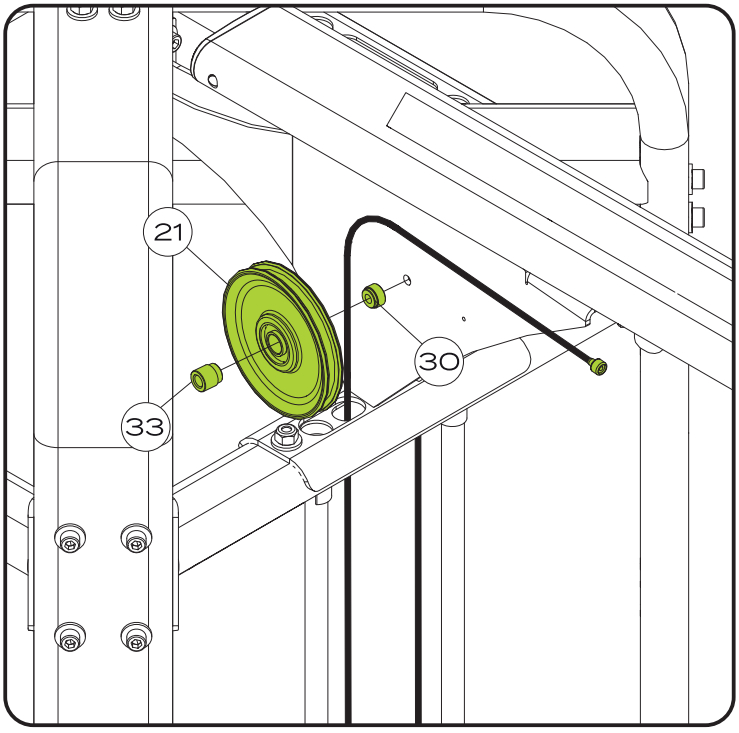
Chave fixa Nº 13

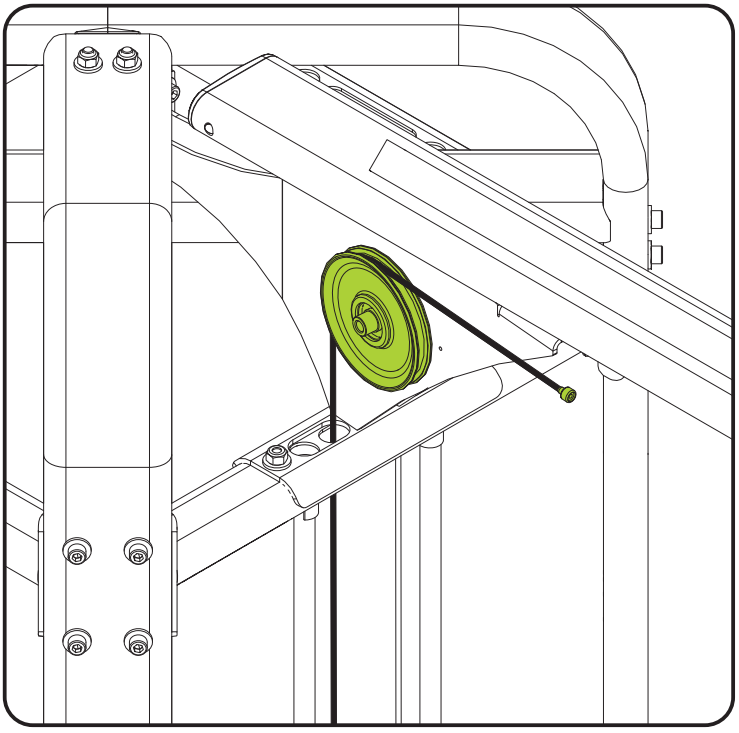
Chave hexagonal Nº 6

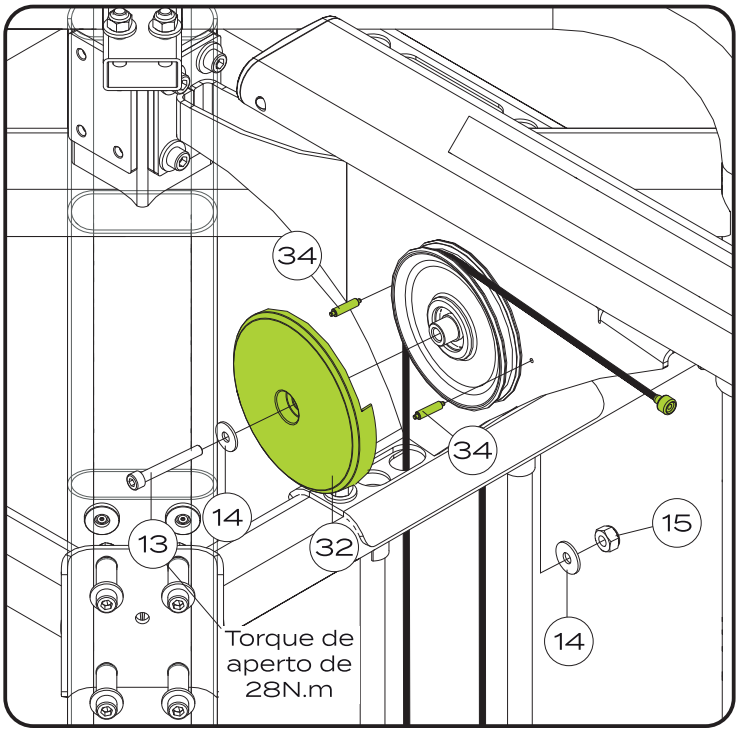
MONTAGEM DO EQUIPAMENTO

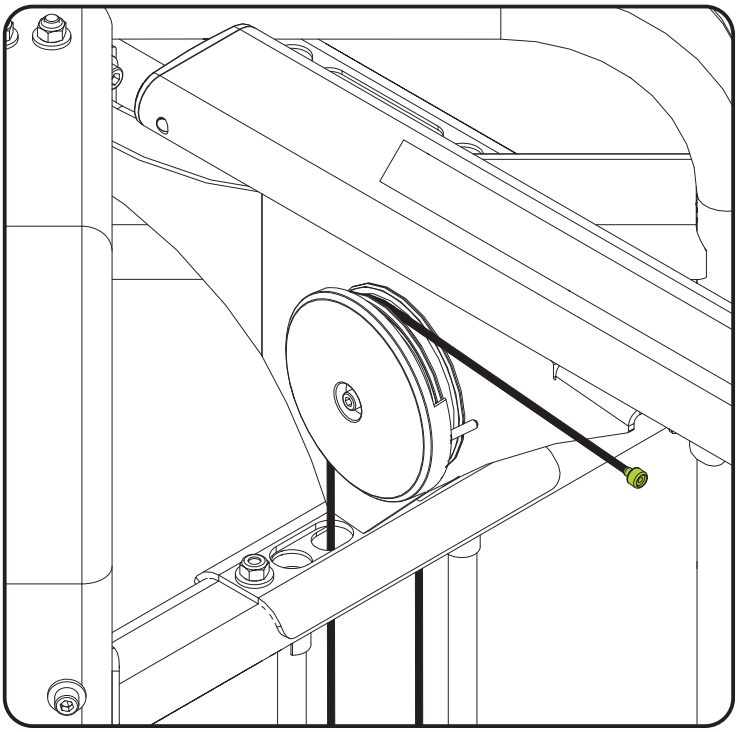
PASSO 30- MONTAGEM PUXADA ALTA

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









FERRAMENTAS

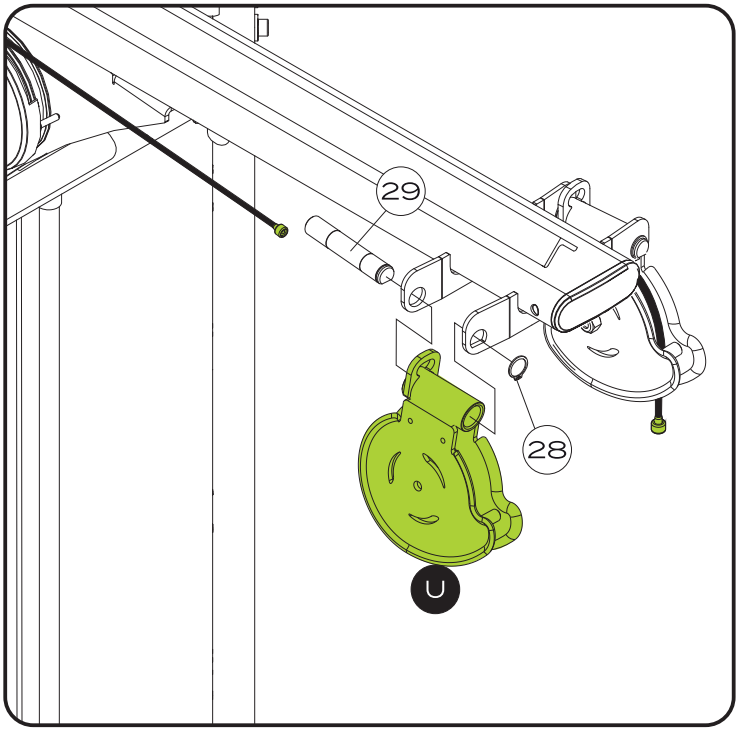
Chave fixa Nº 13

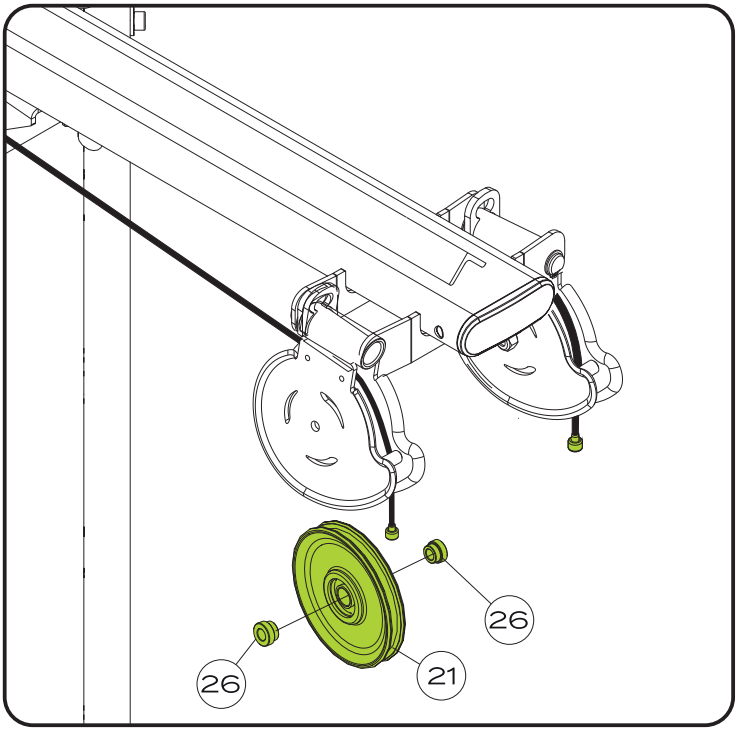
Chave hexagonal Nº 6

MONTAGEM DO EQUIPAMENTO

PASSO 31 - MONTAGEM PUXADA ALTA

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





FERRAMENTAS



Chave fixa Nº 17

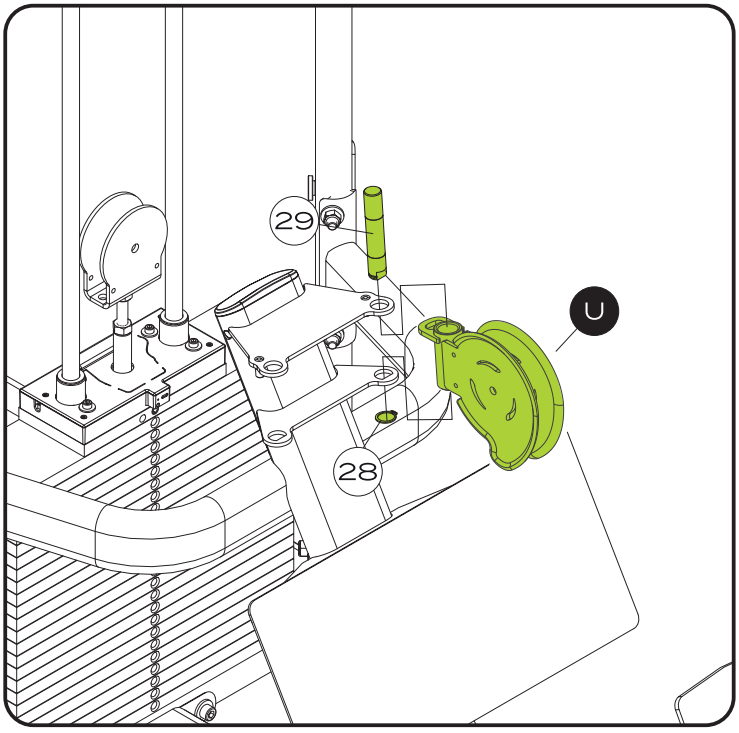


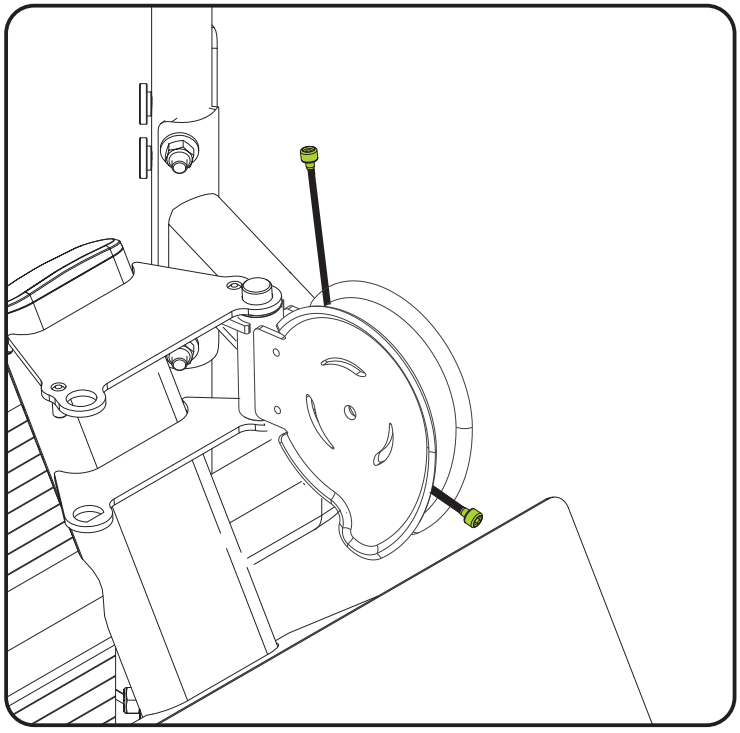
Chave hexagonal Nº 8

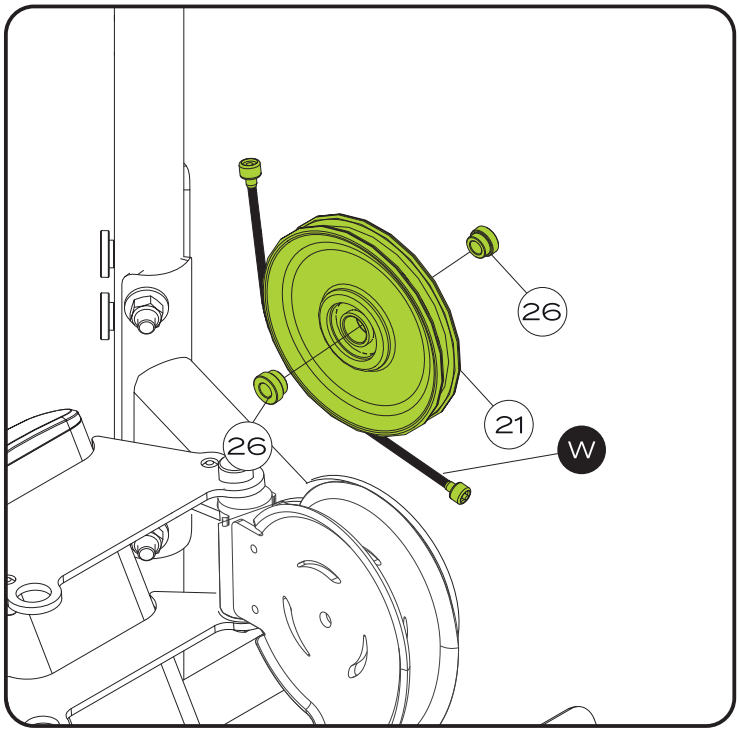


PASSO 32 - MONTAGEM PUXADA BAIXA

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







FERRAMENTAS

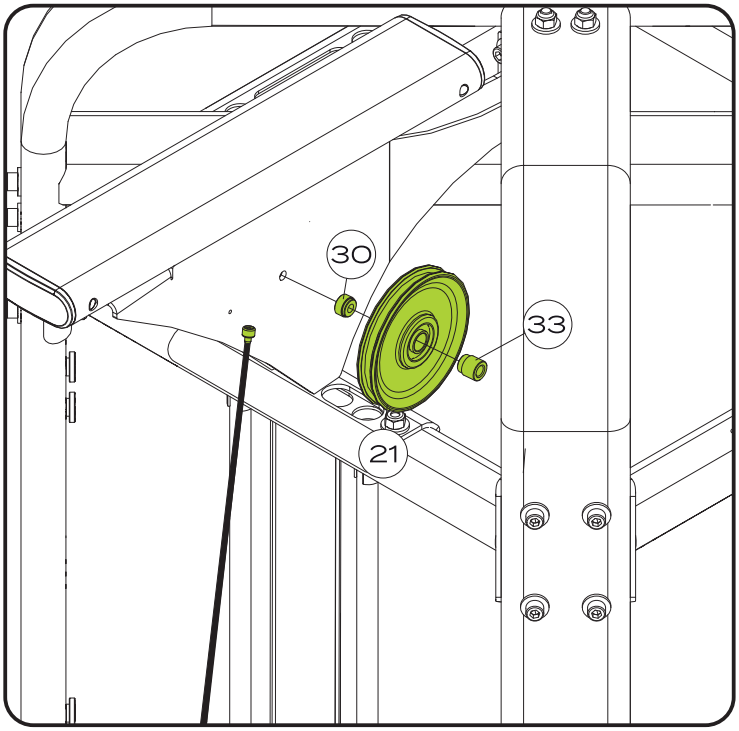
Chave fixa Nº 17

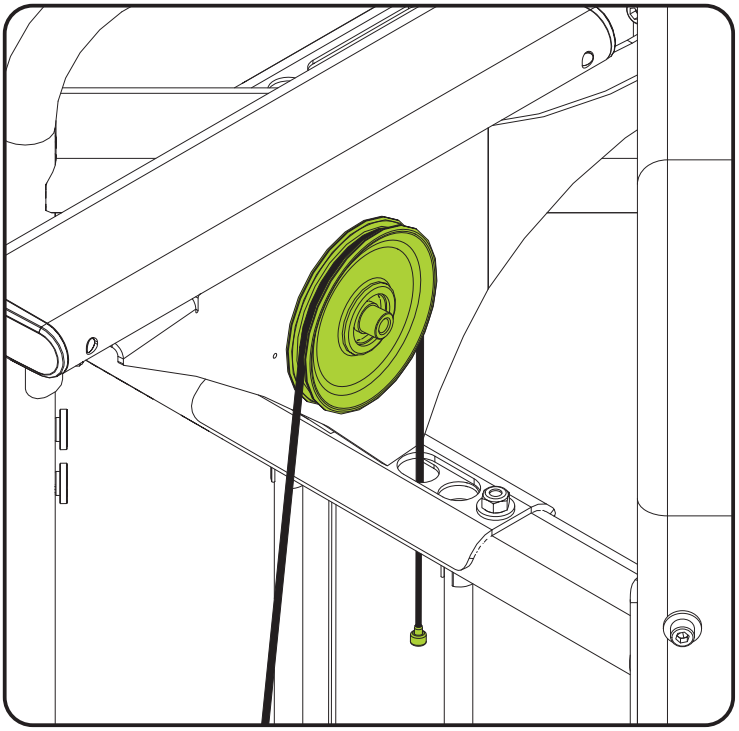
Chave hexagonal Nº 8

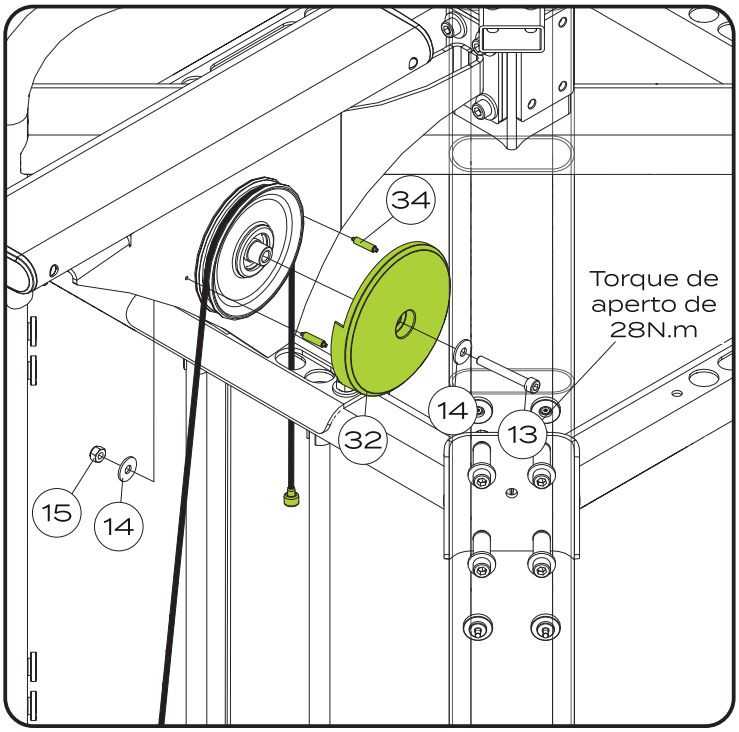
MONTAGEM DO EQUIPAMENTO

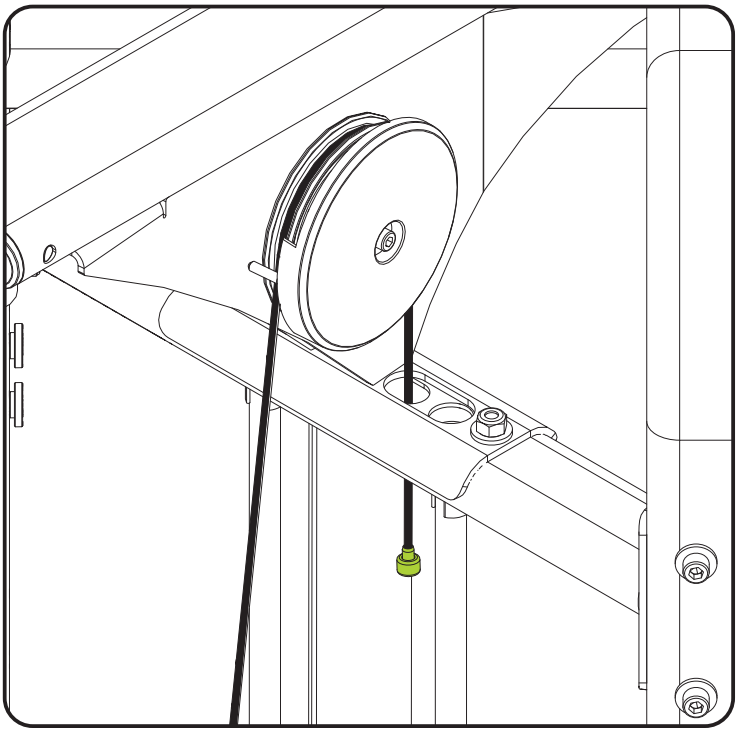
PASSO 33 - MONTAGEM PUXADA BAIXA

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









FERRAMENTAS

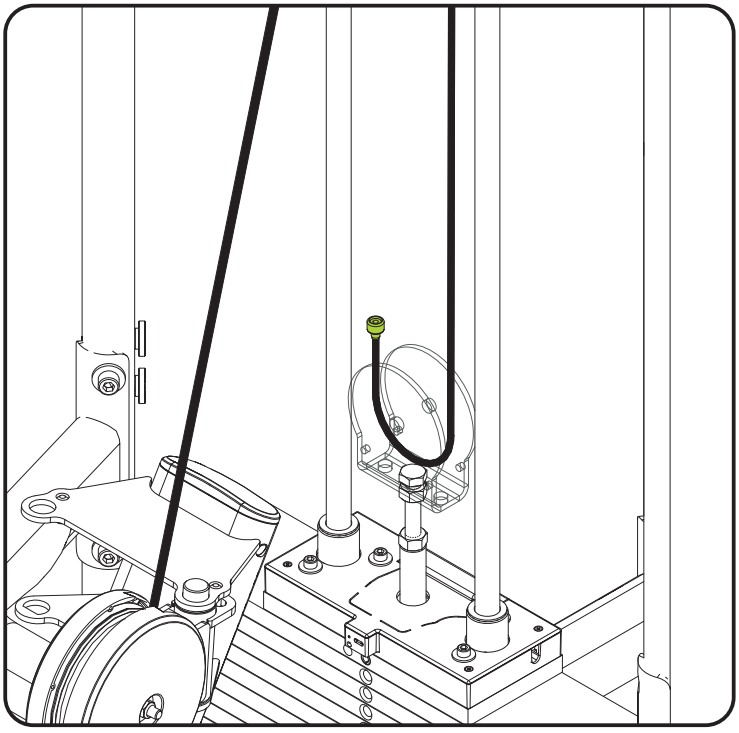
Chave fixa Nº 13

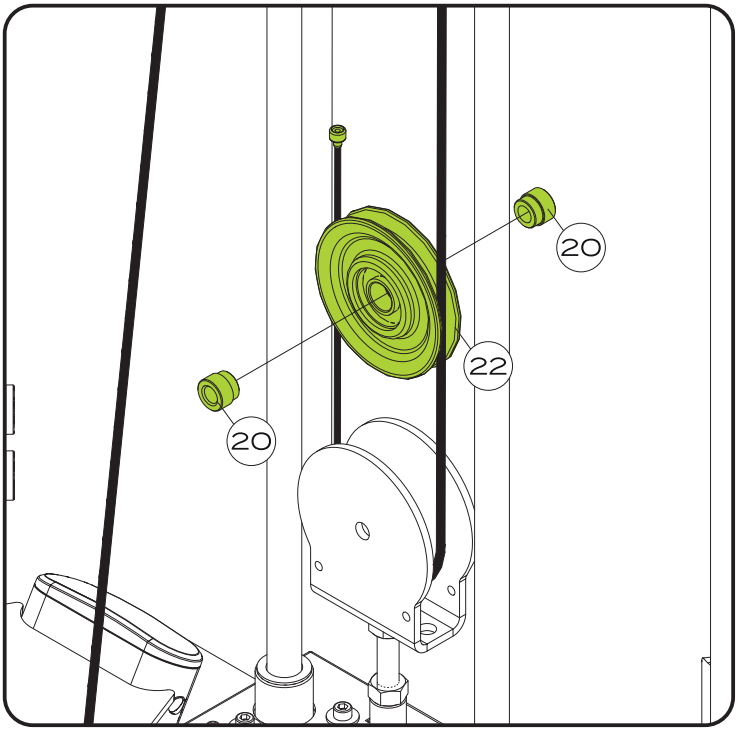
Chave hexagonal Nº 6

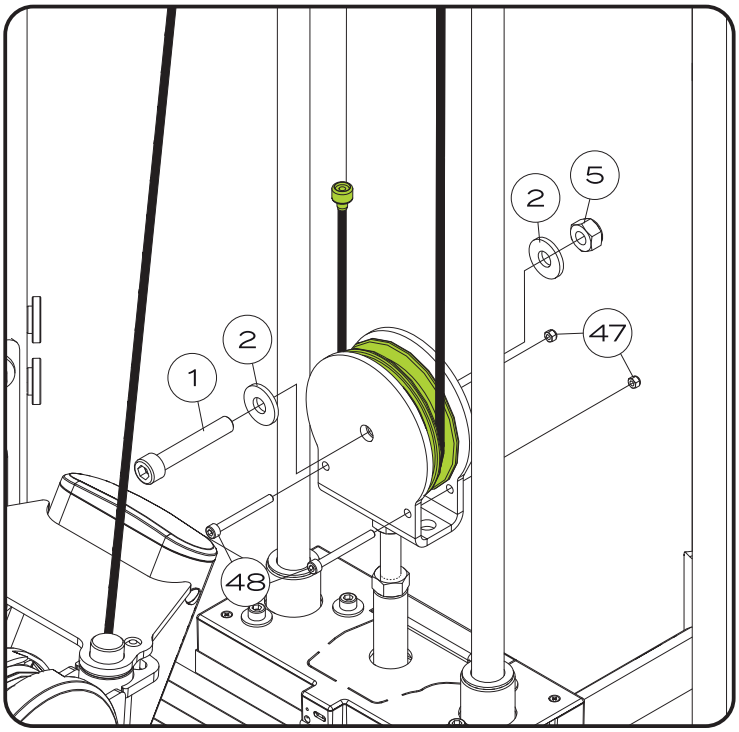
MONTAGEM DO EQUIPAMENTO

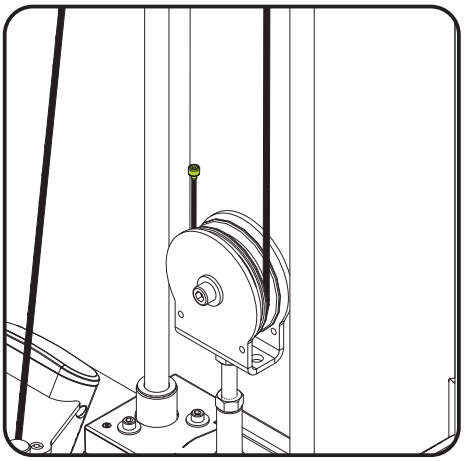
PASSO 34 - MONTAGEM PUXADA BAIXA

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









FERRAMENTAS

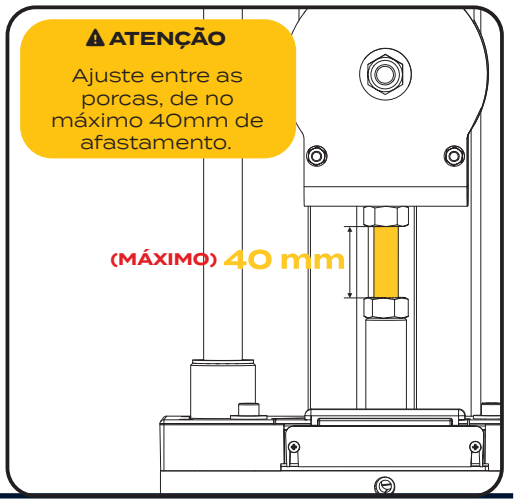
Chave fixa nº 8 e 17

Chave hexagonal nº 4 e 8

100%

⚠ ATENÇÃO

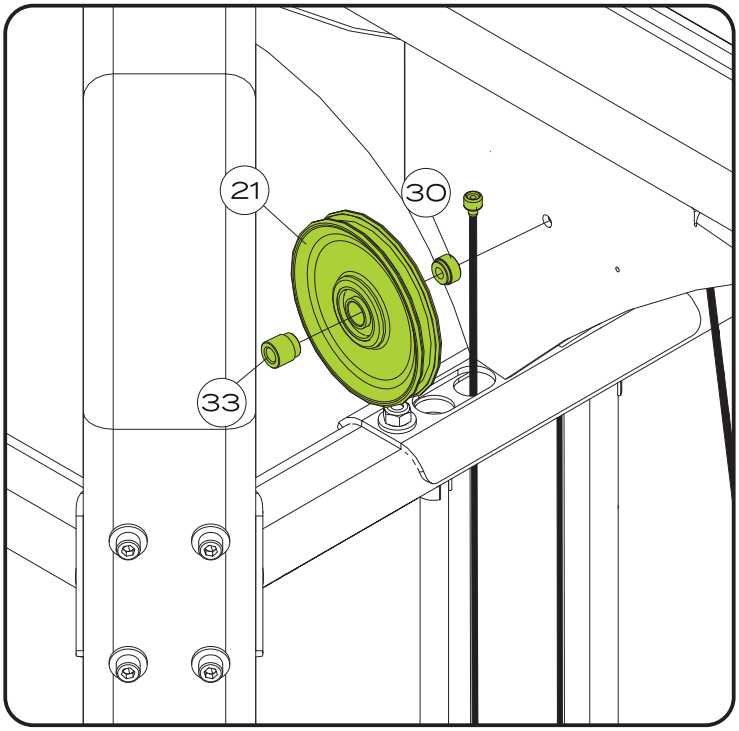
Ajuste entre as porcas, de no máximo 40mm de afastamento.

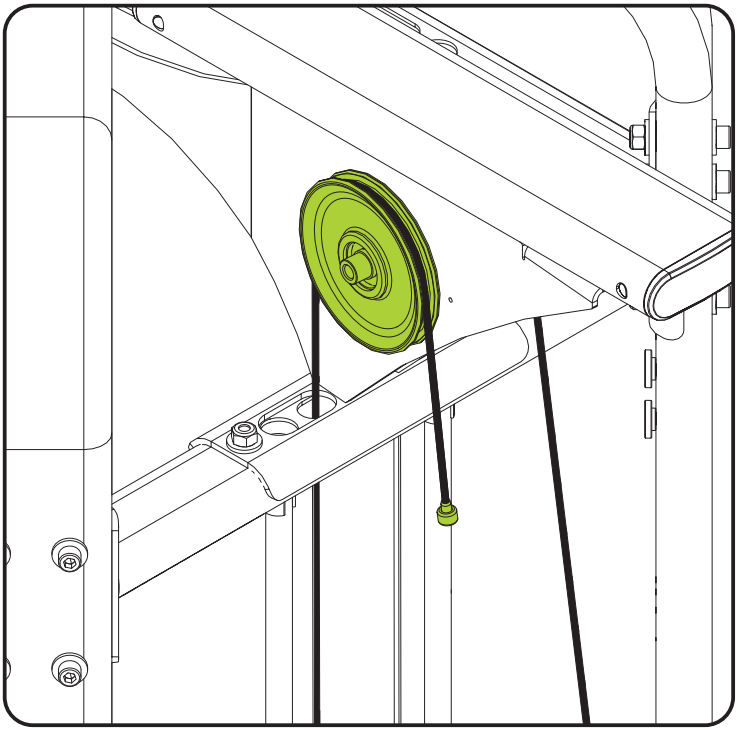


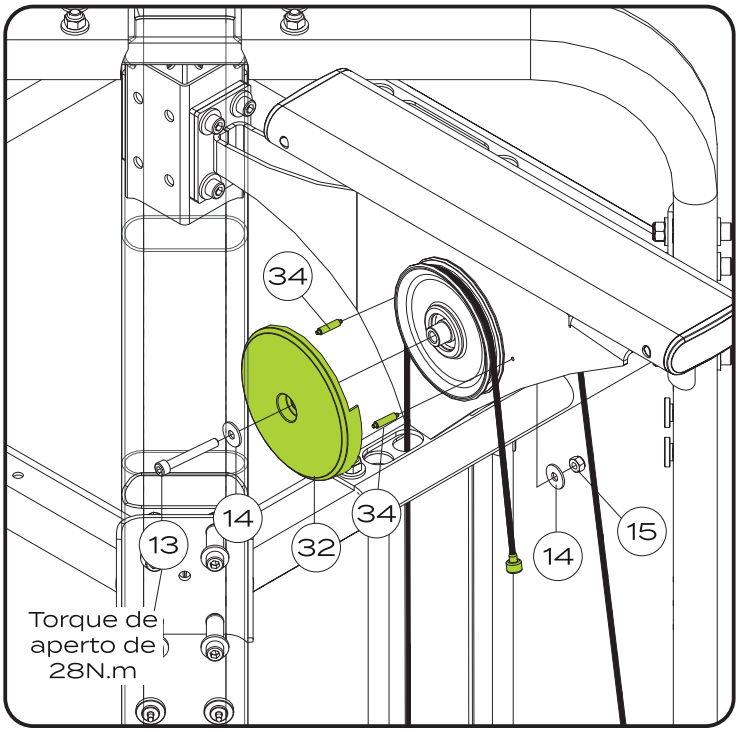
MONTAGEM DO EQUIPAMENTO

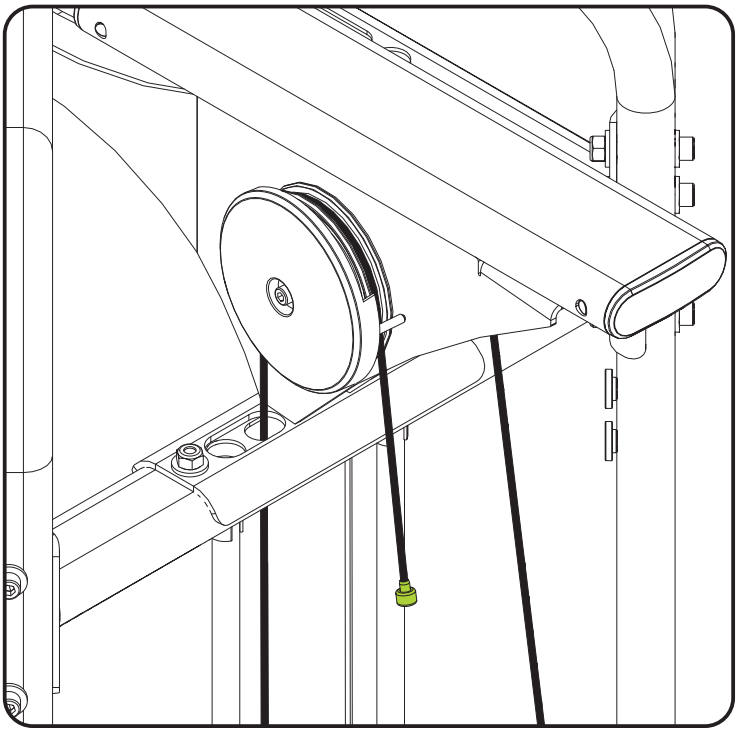
PASSO 35 - MONTAGEM PUXADA BAIXA

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









FERRAMENTAS

Chave fixa Nº 13 Chave hexagonal Nº 6

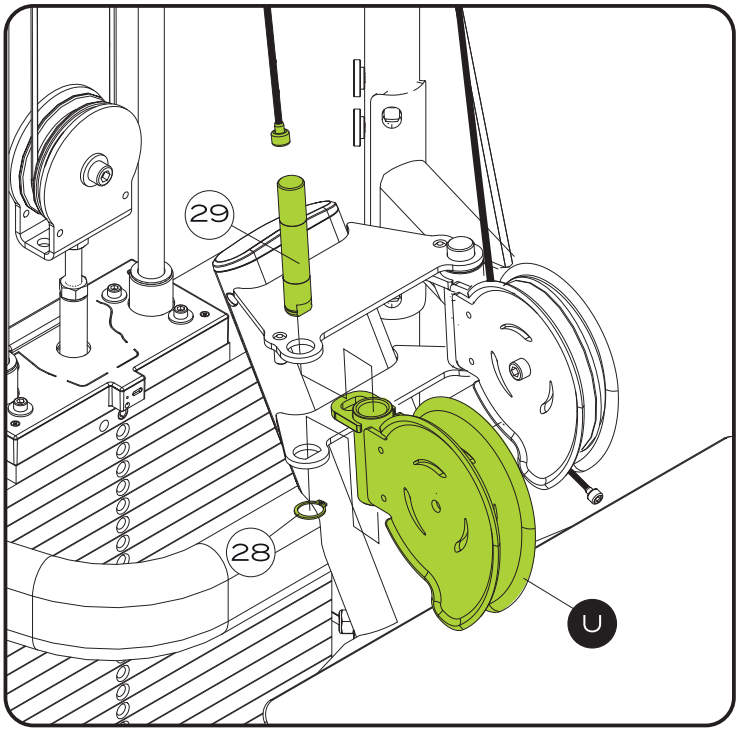
Allen n°6 Chave fixa 13

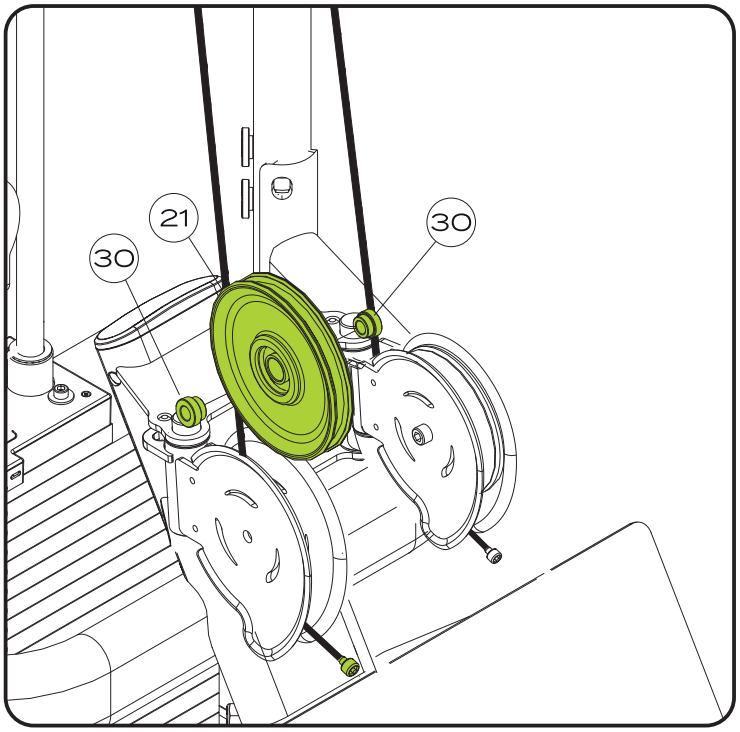
100%

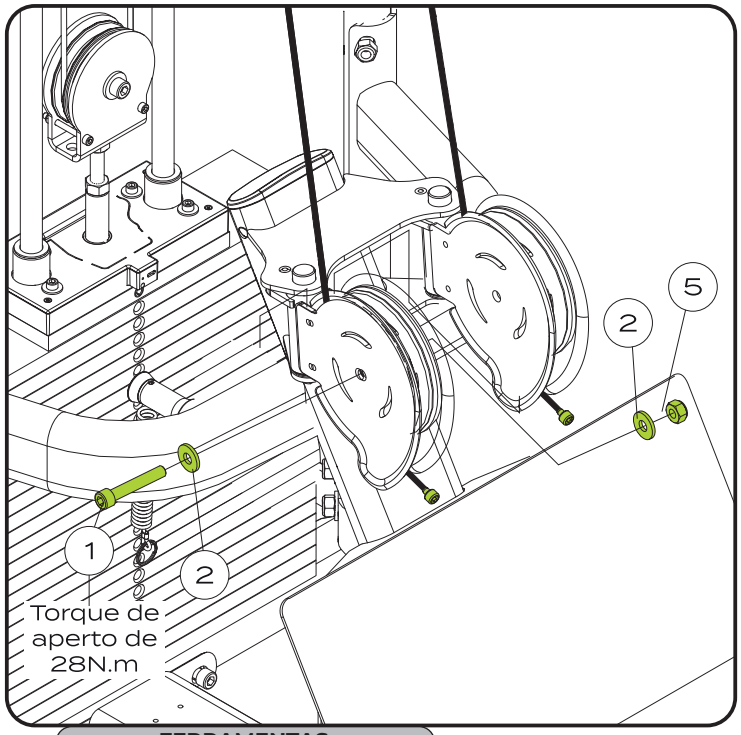
MONTAGEM DO EQUIPAMENTO

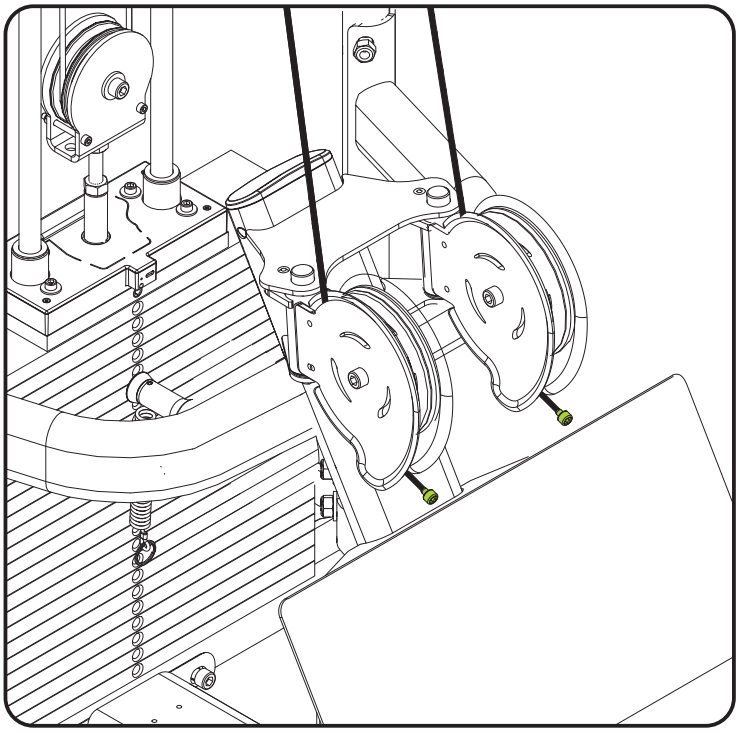
PASSO 36 - MONTAGEM PUXADA BAIXA

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









FERRAMENTAS

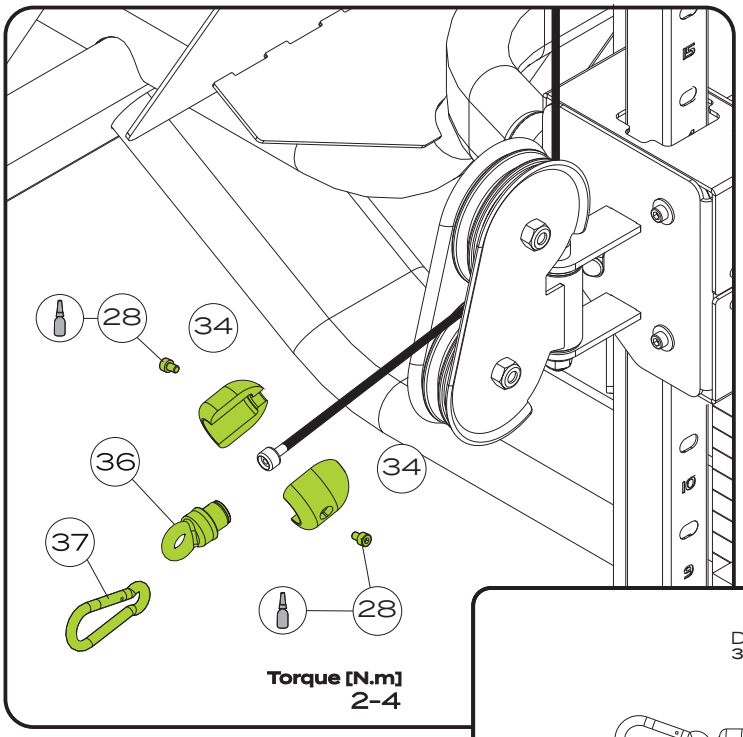


MONTAGEM DO EQUIPAMENTO

PASSO 37 - MONTAGEM PUXADA BAIXA

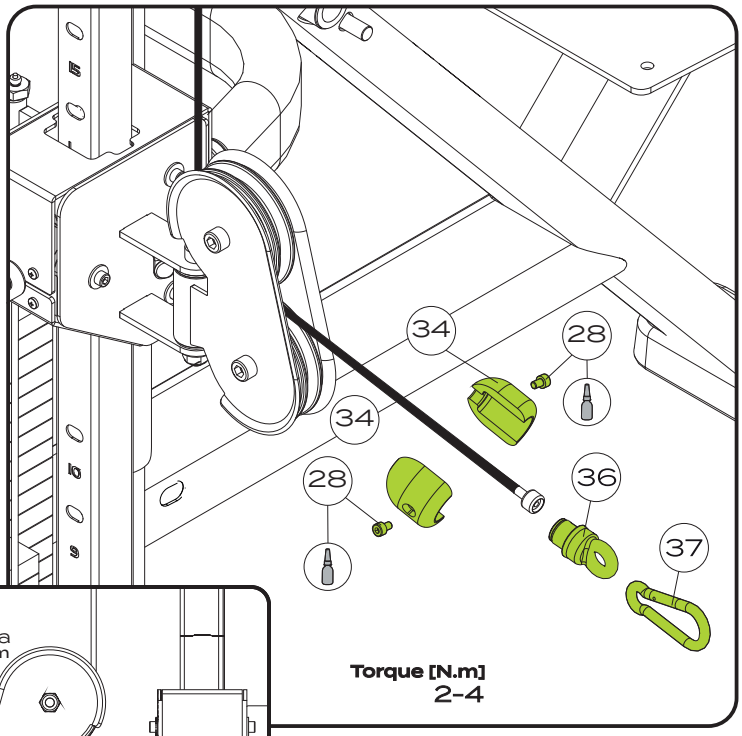
	NOME	Qtd
28	Parafuso M4 x 6	4x
34	Ponteira de borracha bipartida	12x
36	Ponta do puxador	6x
37	Mosquetão	6x

Pulley 1

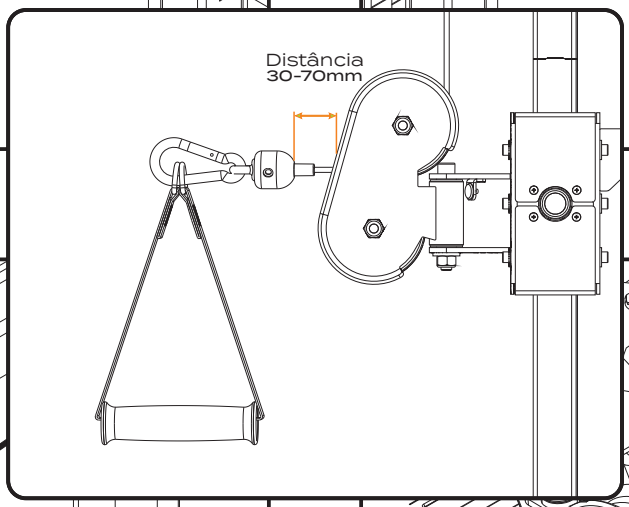


Torque [N.m]
2-4

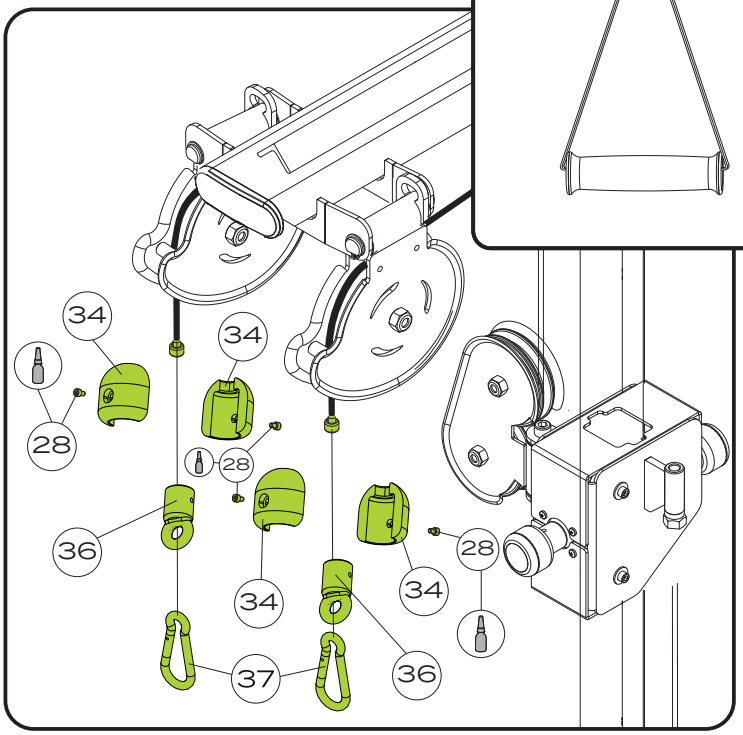
Pulley 2



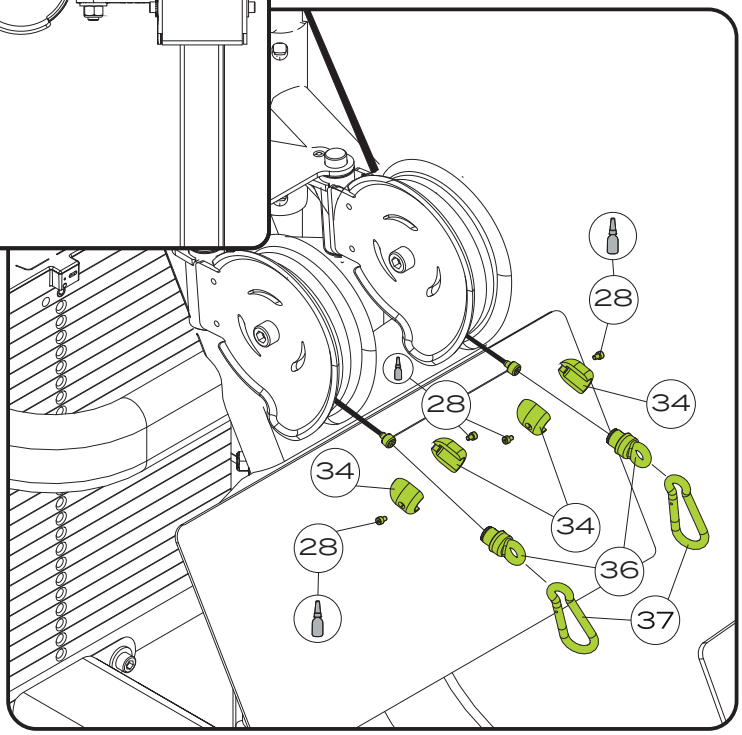
Torque [N.m]
2-4



Puxada alta



Puxada baixa



FERRAMENTAS



Chave hexagonal nº 3



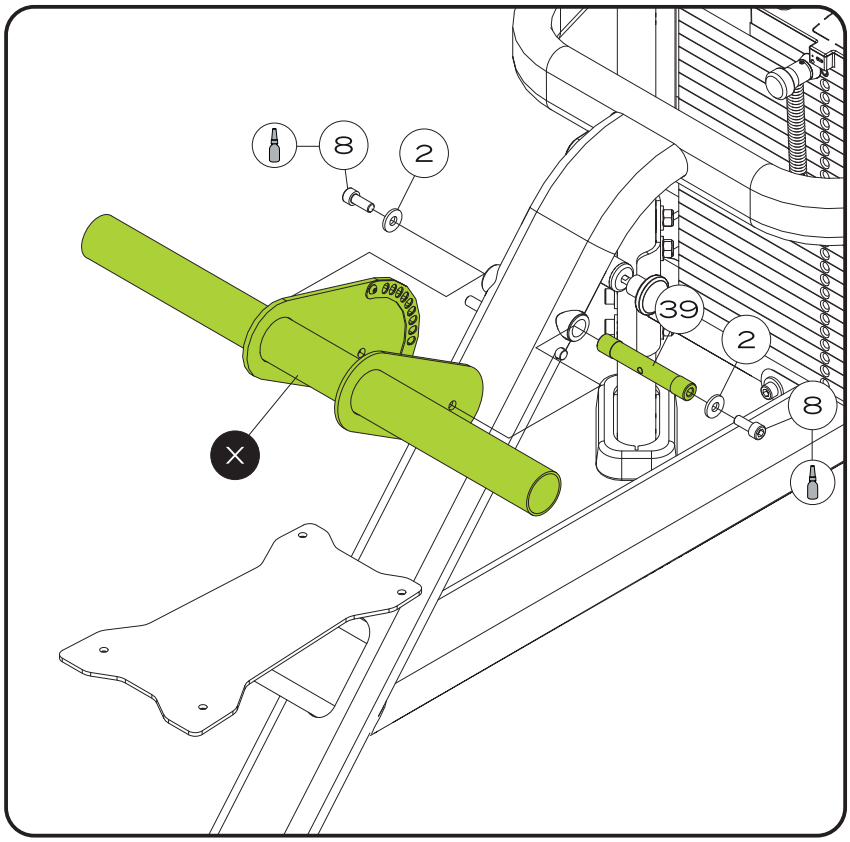
Trava rosca torque médio

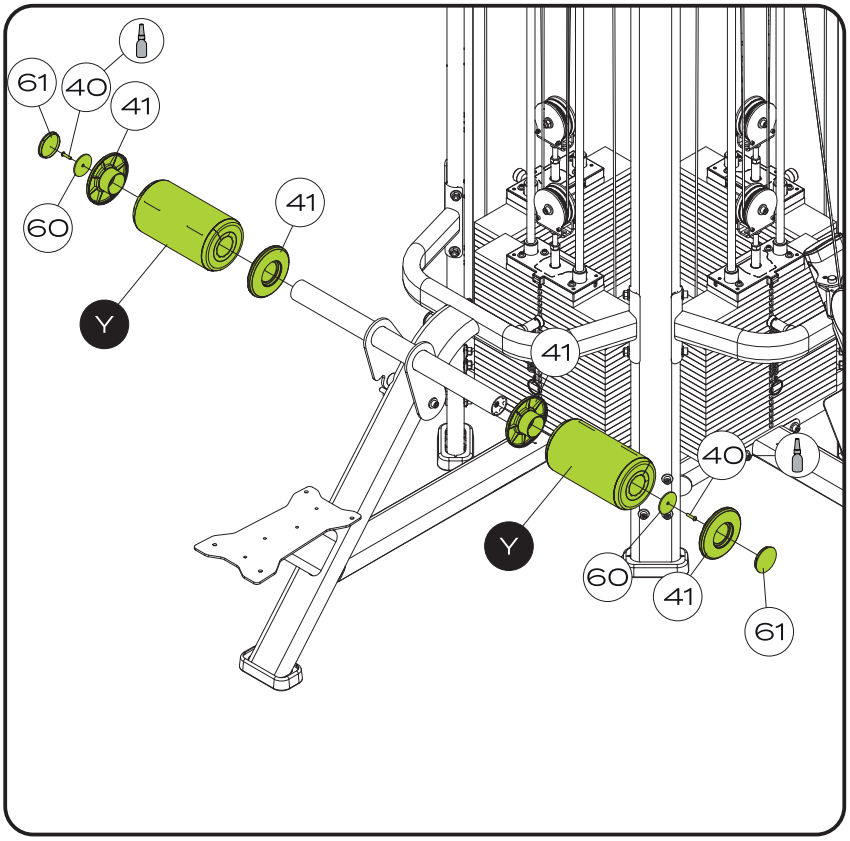


MONTAGEM DO EQUIPAMENTO

PASSO 38

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





FERRAMENTAS

Chave hexagonal nº 5 e 8

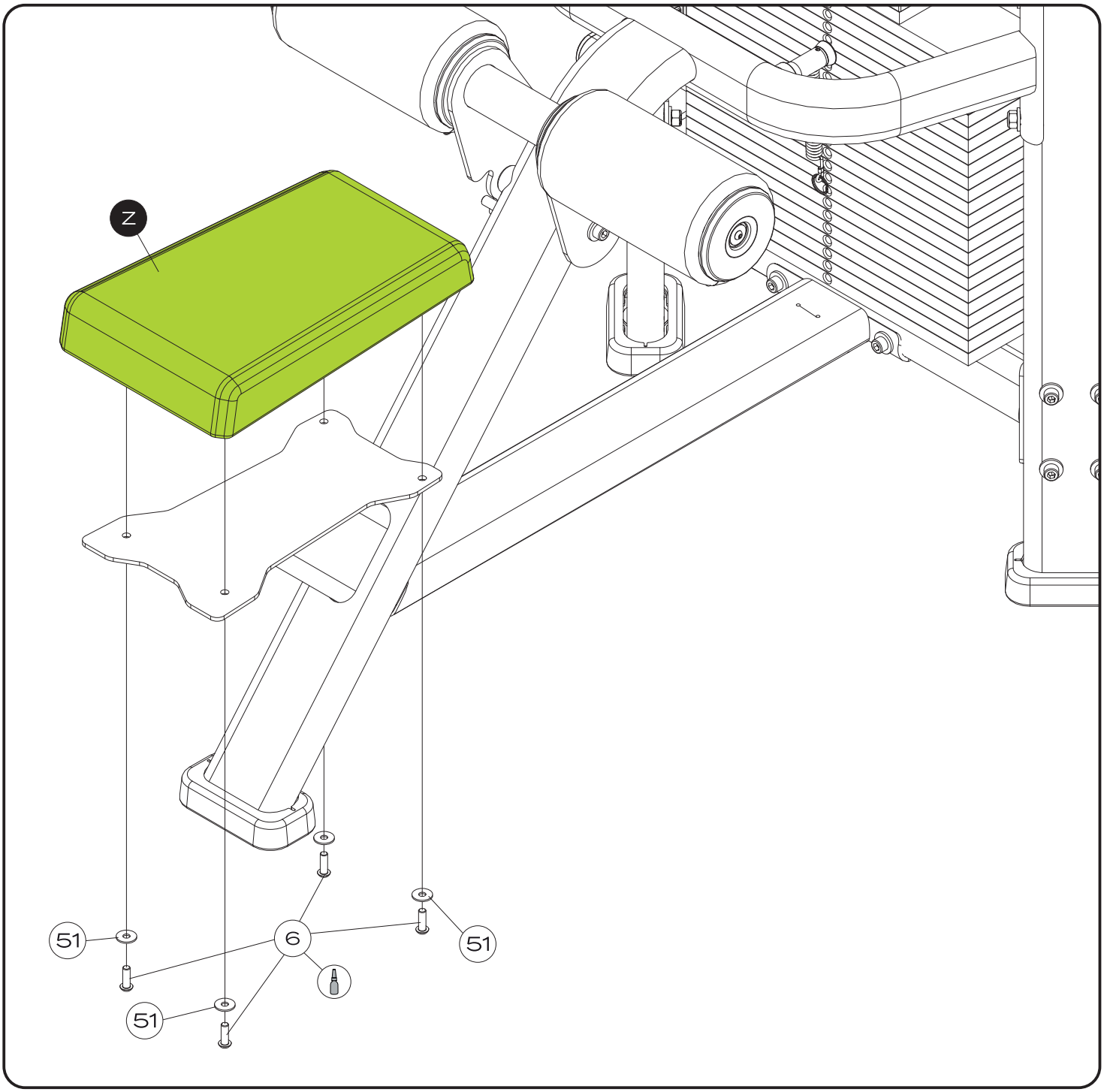
Trava rosca torque médio

100%

MONTAGEM DO EQUIPAMENTO

PASSO 39

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



FERRAMENTAS

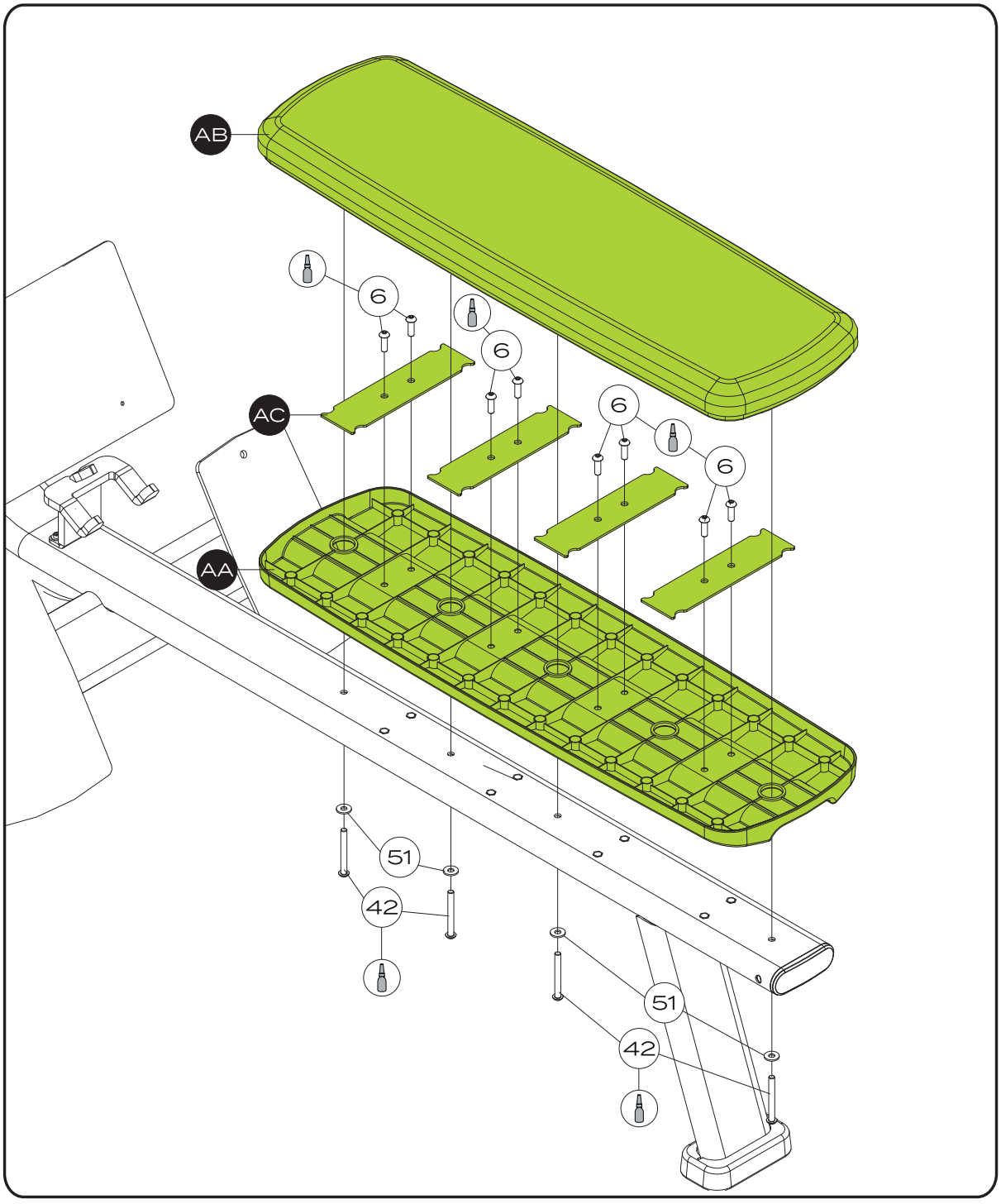
Chave hexagonal nº 6

100%

MONTAGEM DO EQUIPAMENTO

PASSO 40

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



FERRAMENTAS

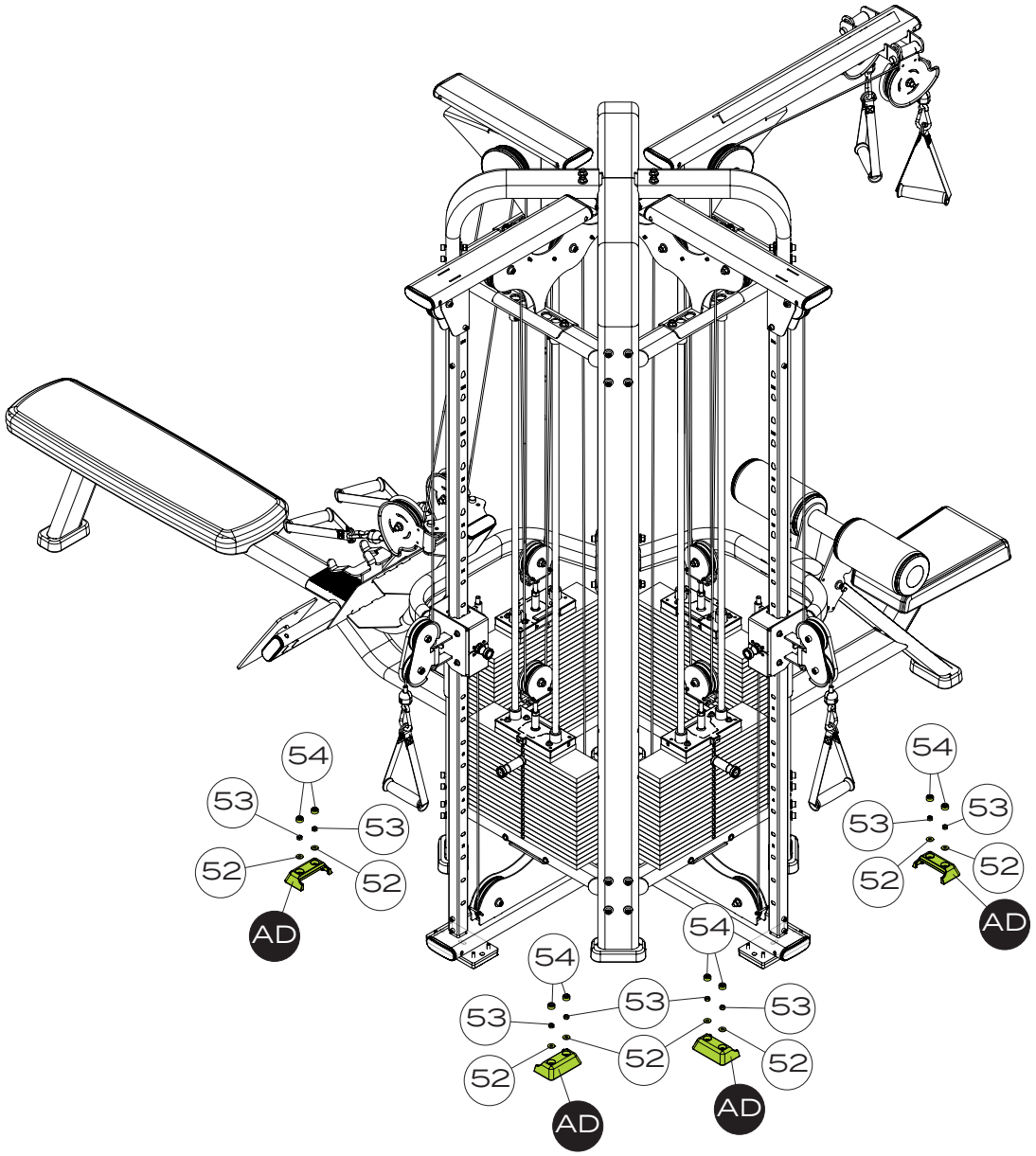
Chave hexagonal nº 6

Trava rosca torque médio

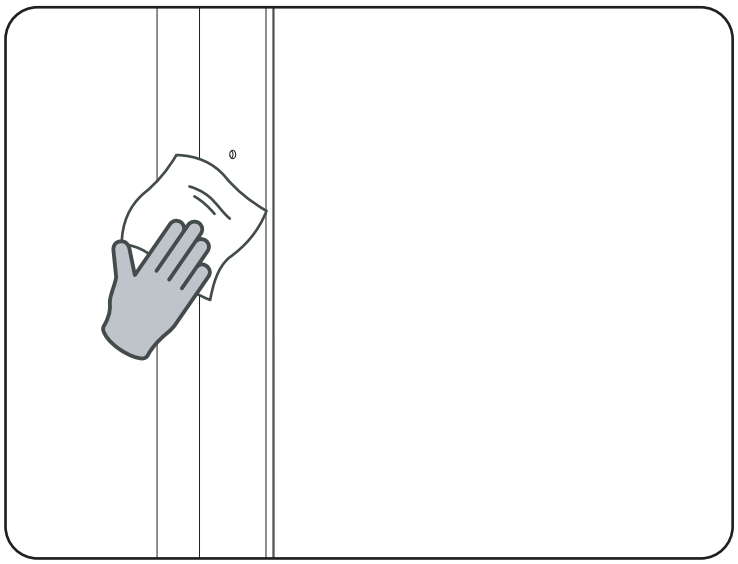
100%

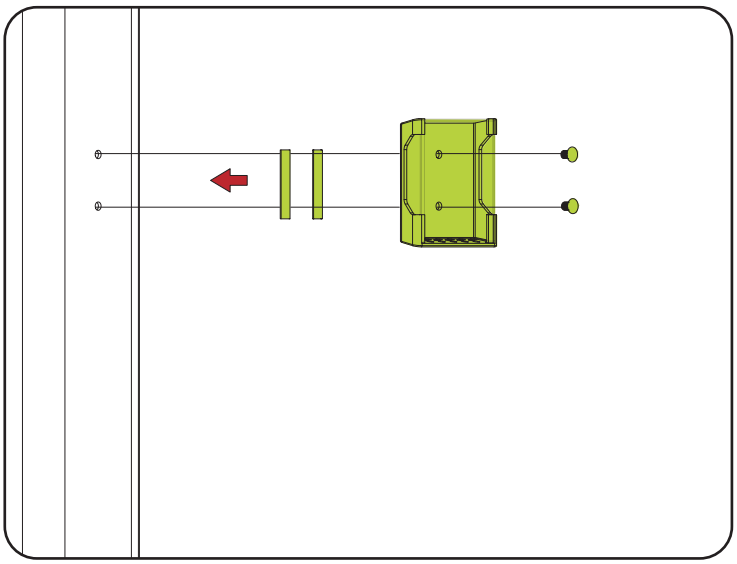
PASSO 41

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



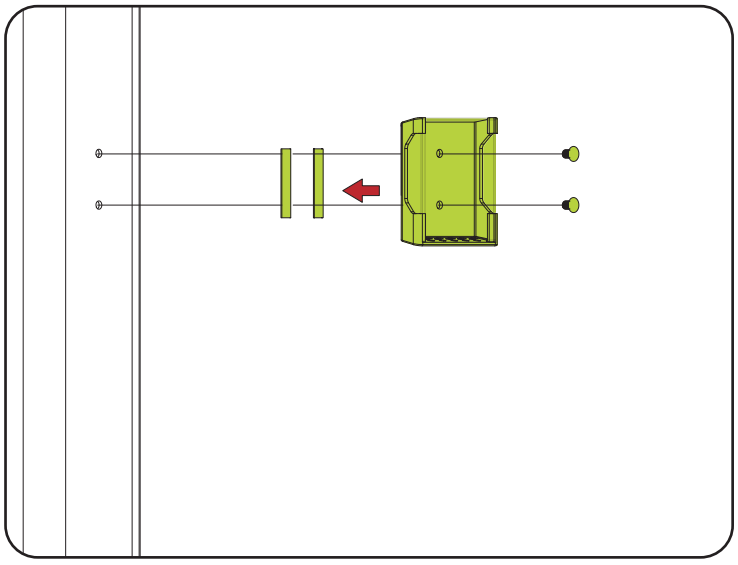
PASSO 42 - Fixando o porta-celular e o suporte de toalha





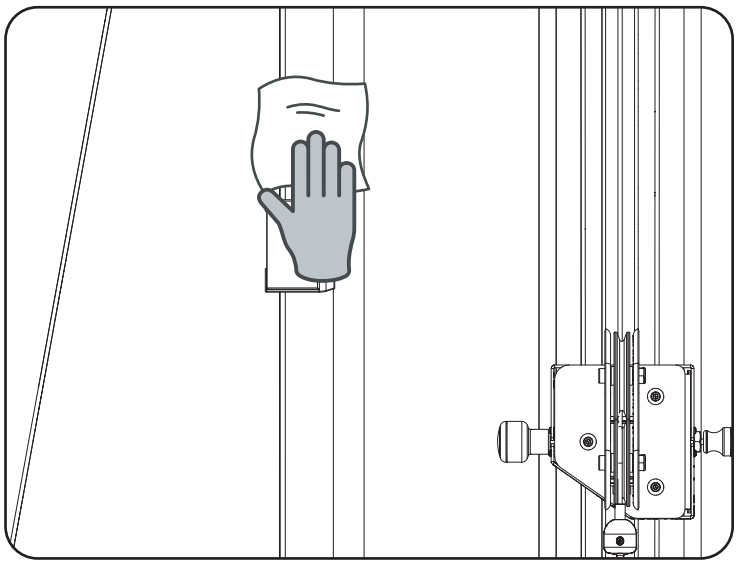
1. **Preparação da Superfície**
   Limpe bem o local onde os suportes serão instalados, utilizando um pano e um desengraxante, como o LIMPADOR E DESENGRAXANTE 7070 LOCTITE. Certifique-se de que a superfície esteja seca e sem resíduos.

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.

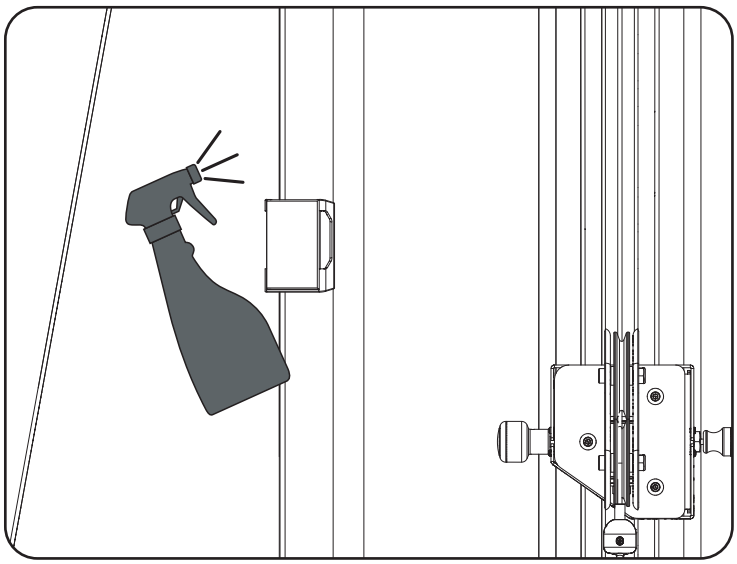


3. **Repetição do Processo**
   Se houver um segundo conjunto de suportes, repita os passos anteriores no outro lado da máquina.

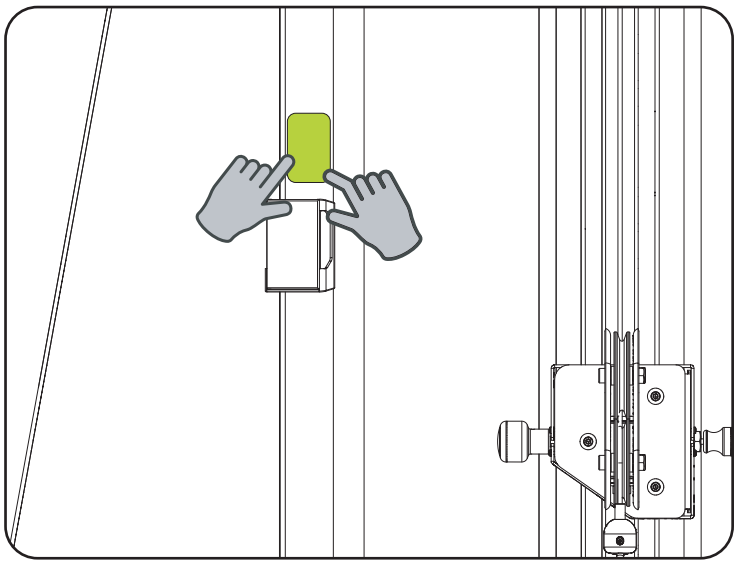
PASSO 43



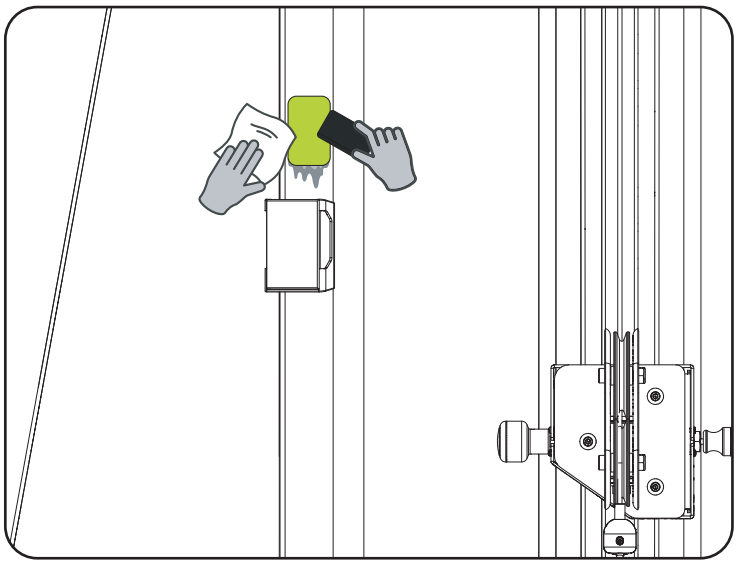
1. **Preparação da Superfície**
   Limpe bem o chassi da máquina com um pano e desengraxante, como o LIMPADOR E DESENGRAXANTE 7070 LOCTITE. A superfície deve estar seca e sem resíduos.



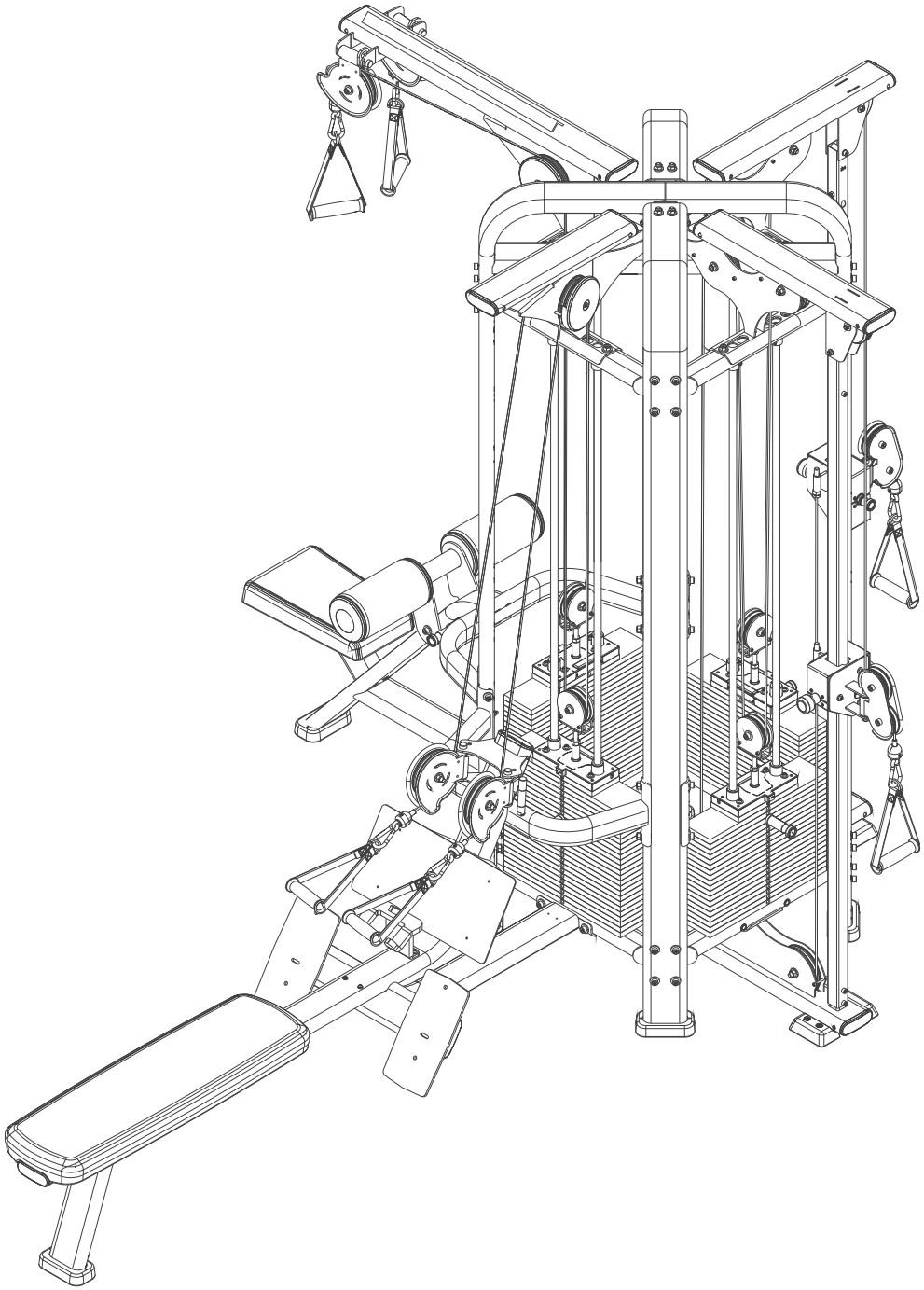
2. **Umedecimento da Área**
   Caso queira, prepare uma solução de água com sabão neutro ou álcool (50/50) e borrife na área onde o adesivo será aplicado, para facilitar o posicionamento.



3. **Aplicação do adesivo**
   Destaque o adesivo e posicione-o na superfície limpa e levemente umedecida. Ajuste conforme necessário.



4. **Fixação e Cuidados Finais**
   Pressione o adesivo com uma espátula ou cartão envolto em pano, removendo bolhas e excesso de solução. Deixe secar completamente antes de usar a máquina. Limpe a área com espanador ou pano úmido, evitando álcool ou solventes.

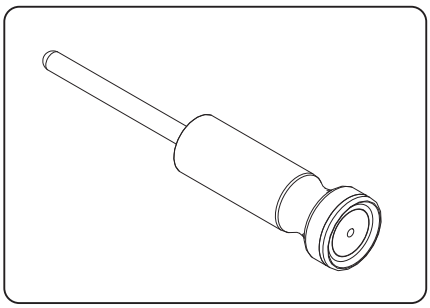


PARABÉNS! A MONTAGEM DO EQUIPAMENTO FOI CONCLUÍDA.
Antes de iniciar o seu treino, NIVELE o equipamento ao solo e verifique o aperto em todos os parafusos. Consulte o capítulo sobre instrução operacional antes de utilizar o equipamento.

Instrução operacional

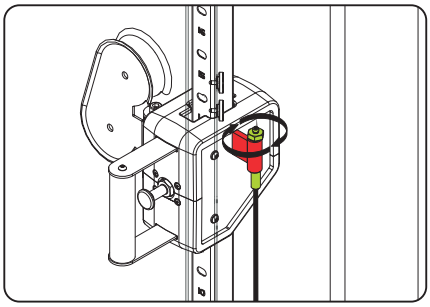
INSTRUÇÃO OPERACIONAL

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

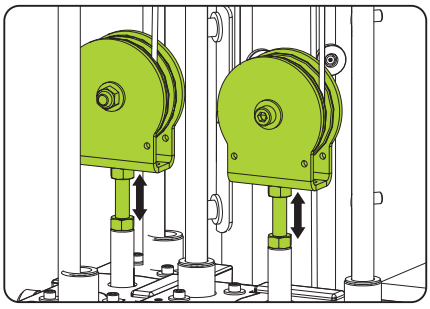


PERIGO! **Verifique se o pino seletor esta bem encaixado na pilha de peso. Risco de acidente grave ou fatal ao usuário**

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

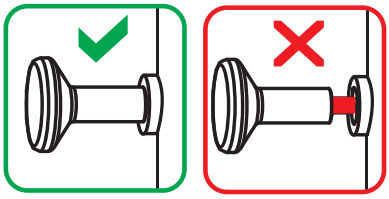


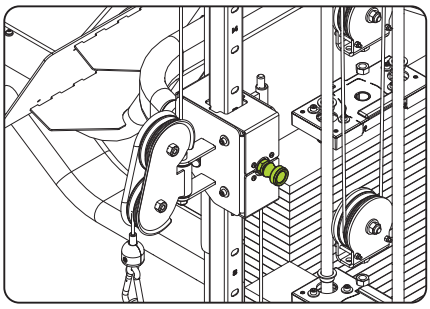
SUPORTE DA ROLDANA DO TOP PLATE
Para regular a roldana do top plate use as porcas para tensionar o cabo de aço, apertando ou afroxando a contra porca. Quando o cabo estiver tensionado reaperte a contra porca.



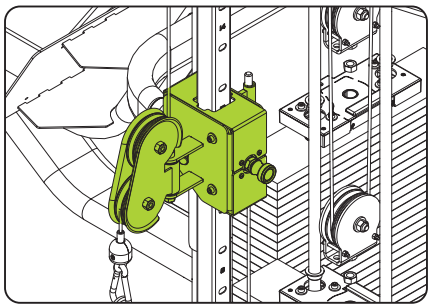
TRAVA DO SUPORTE DO PEGA
Permite que a altura do suporte do pega seja selecionado no trilho do equipamento.

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

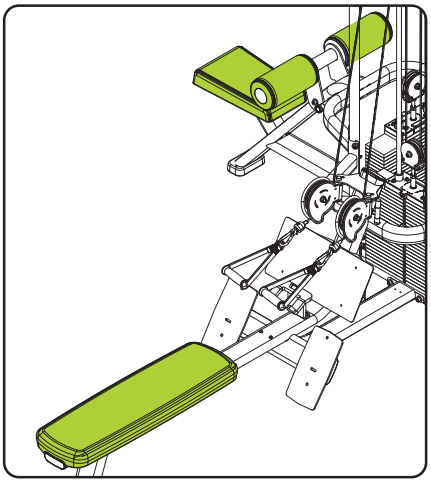




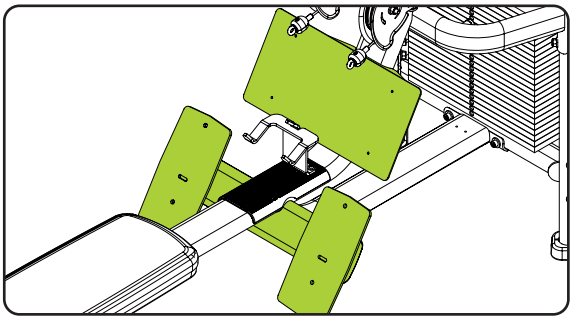
REGULADOR DO PEGA
Permite ajustar o equipamento de acordo com a altura desejada.



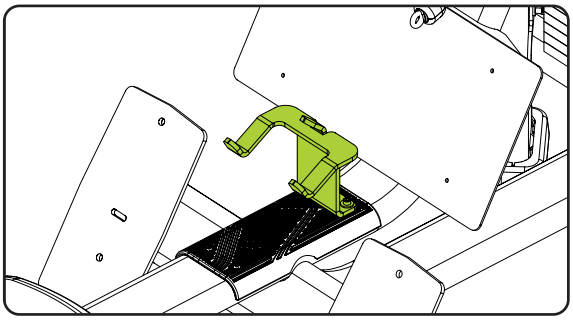
ESTOFADOS
Permite que o usuário sente, apoie o joelho e encoste no equipamento para fazer o exercício.



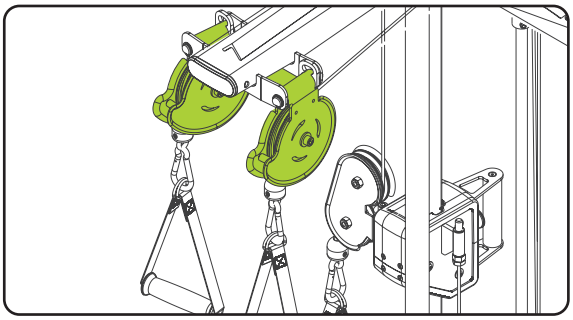
APOIO PARA OS PÉS
Permite que o usuário apoie os pés para executar o exercício de puxada baixa.



APOIO PARA OS ACESSÓRIOS
Permite apoiar os acessórios ao termino do exercício.



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



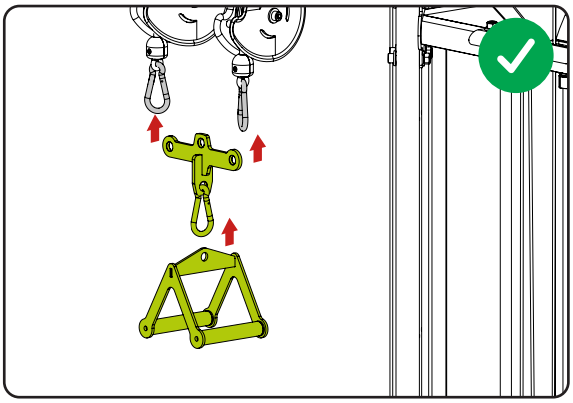
SUPORTE UNIVERSAL DUPLO DE CARGA (ACESSÓRIO EXTERNO)

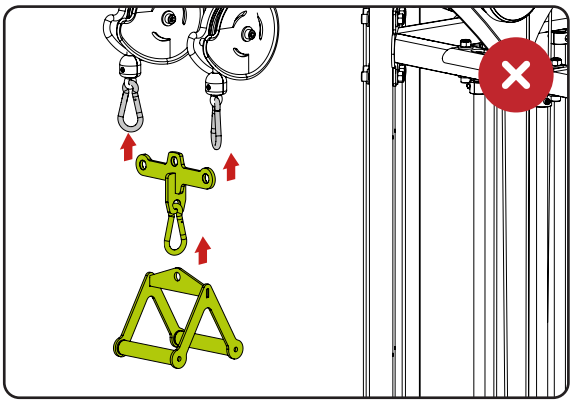
Permite unir os dois cabos da puxada alta em um único ponto de tração.

O suporte pode ser instalado com a abertura voltada para cima ou para baixo. A posição de montagem dependerá do acessório utilizado (barra, corda, entre outros).

O furo do acessório deve permanecer paralelo ao suporte, e a ligação deve ser realizada obrigatoriamente por meio do mosquetão homologado Movement.

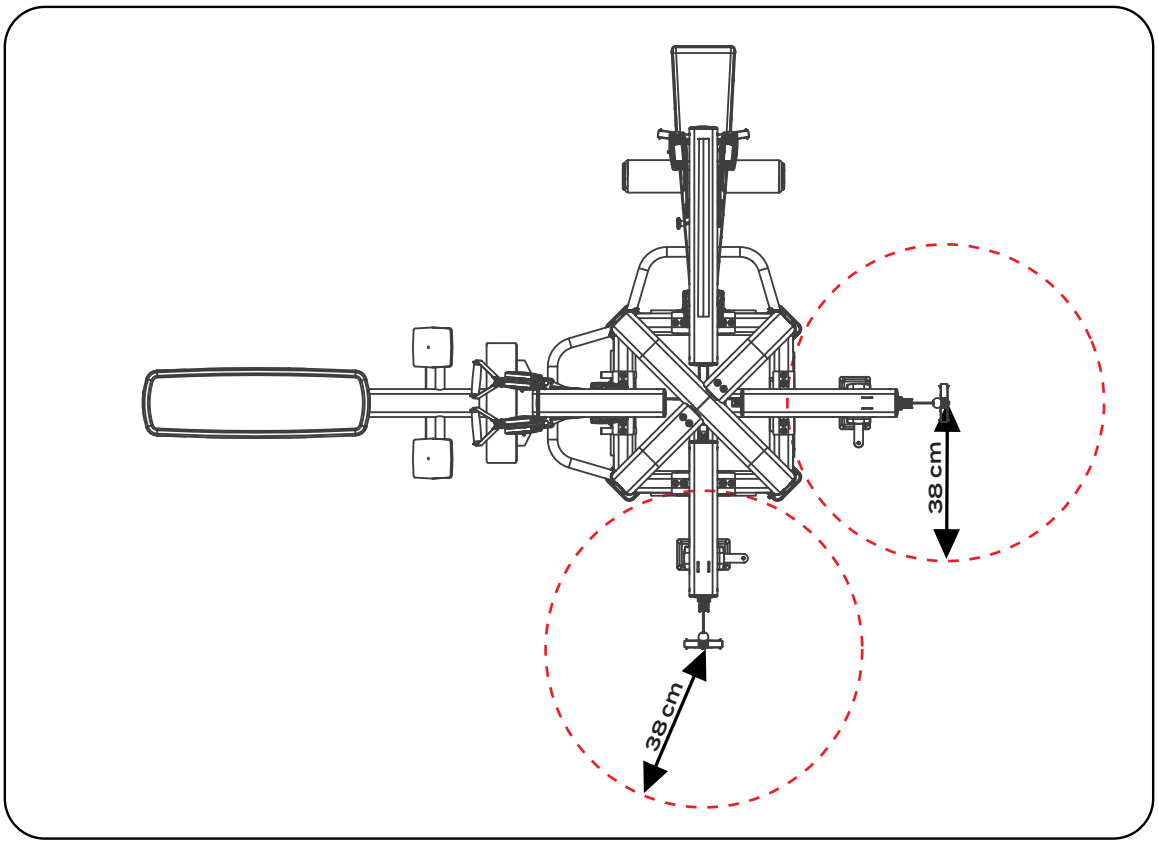
ATENÇÃO: Não conecte o acessório diretamente ao suporte. A instalação incorreta pode gerar esforço de cisalhamento e danificar os componentes.





DISTÂNCIA

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



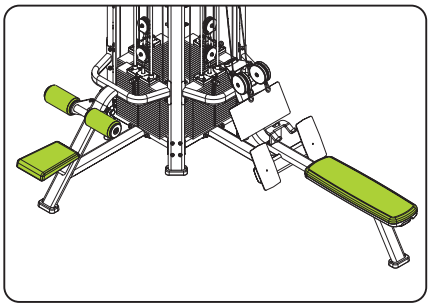
Manutenção

MANUTENÇÃO

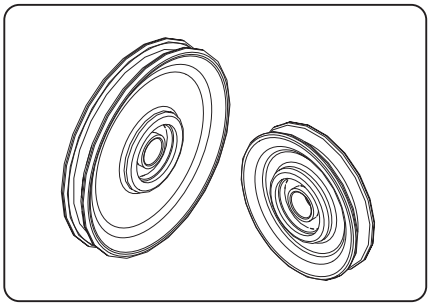
RECOMENDAÇÕES
Para uma maior durabilidade do equipamento é importante seguir uma série de precauções para evitar qualquer problema no equipamento, nos usuários e/ou terceiros. Em caso de quebra de qualquer parte do equipamento, coloque - o fora de uso até que a parte que foi comprometida seja devidamente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

LIMPEZA
Semanalmente, limpe o equipamento utilizando uma escova de nylon macia. Passe aspirador de pó embaixo do equipamento para evitar o acúmulo de sujeira e pó, que podem afetar o funcionamento do equipamento.
Use sempre água, sabão neutro e um pano macio para a limpeza do estofado do equipamento antes e após o treino. Espere o equipamento secar por completo para assim iniciar um novo treino. Nunca utilize produtos de limpeza ácidos. Jamais despeje água no equipamento ou aplique líquidos em spray.

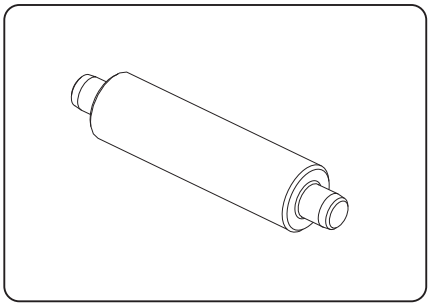
ESTOFADO
Qualquer tipo de rasgo, furos ou demais danos faça a substituição imediata. Para uma maior durabilidade do estofado faça a limpeza conforme descrito nesse manual.



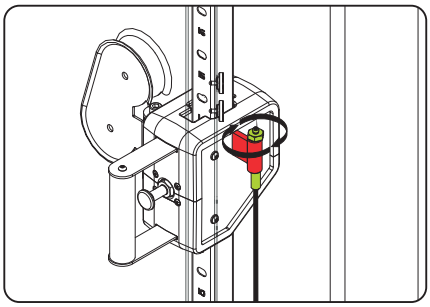
ROLDANAS
A roldana é o que permite que o cabo de aço faça o caminho necessário para a prática do exercício, por isso é de extrema importância manter as roldanas bem cuidadas. Havendo qualquer sinal de desgaste ou dano nas roldanas entre em contato com uma assistência técnica.

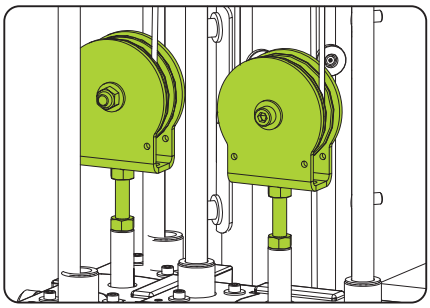


PINO TRAVA DO CABO DE AÇO
O pino trava do cabo de aço tem como função não deixar com que o cabo de aço saia da roldana.
Caso algum dos pinos estejam danificados ou soltos, o cabo de aço pode não ficar preso adequadamente na roldana.
Ao menor sinal de avaria, entre em contato com a Assistência Técnica.
Risco de acidentes graves ou fatais.

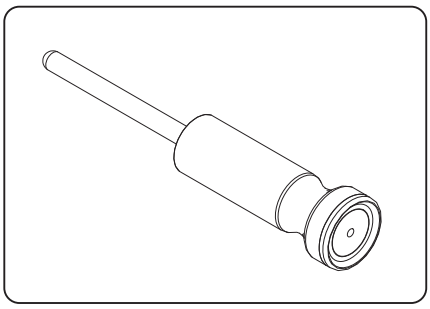


TENSIONADOR DO CABO DE AÇO
Sempre verificar se não está danificado ou fora da sua forma padrão. Caso encontre algum problema com o tensionador entre em contato com uma Assistência Técnica



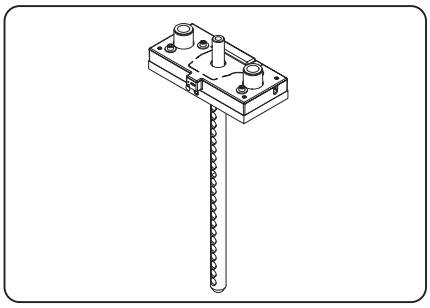


PINO SELETOR
Sempre verificar se o pino seletor não esta danificado ou fora de sua forma original, podendo assim não pinar o peso de forma correta. Caso o pino esteja danificar entre em contato com uma Assistência Técnica.



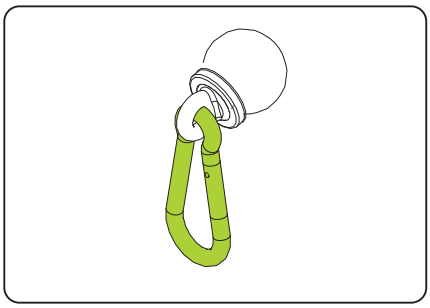
PERIGO! CASO O PINO SELETOR ESTIVER DANIFICADO E FOR UTILIZADO ELE PODE NÃO SEGURAR OS PESOS DE FORMA CORRETA, CAUSANDO ACIDENTE GRAVE OU FATAL AO USUÁRIO E PODENDO DANIFICAR O EQUIPAMENTO

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



MANUTENÇÃO

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



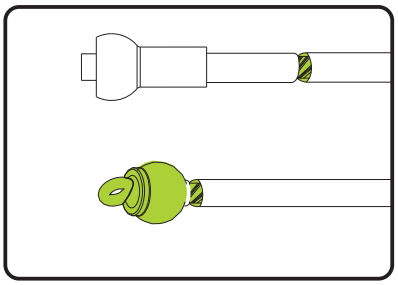
SUBSTITUIÇÃO DO MOSQUETÃO
Para a substituição, utilizar sempre um mosquetão fornecido diretamente pela MOVEMENT. Caso não seja possível obter um mosquetão fornecido pela MOVEMENT, utilizar um mosquetão que cumpra rigorosamente os seguintes requisitos.

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

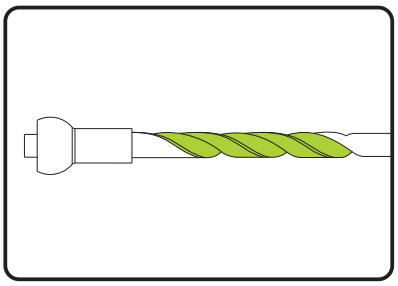
ATENÇÃO!

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

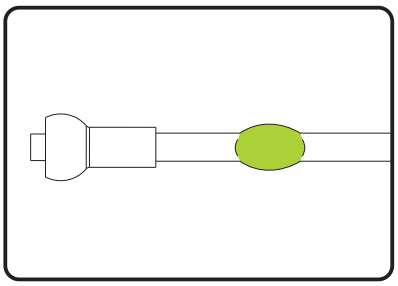
CABO DE AÇO
Durante o uso do equipamento o cabo de aço pode se danificar por mau uso ou por falta de manutenção. As vezes o cabo de aço pode se danificar mesmo que não fique exposto esse dano. Fique atento e sempre observe qualquer tipo de problema com o cabo. Não utilize e não permita que o equipamento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



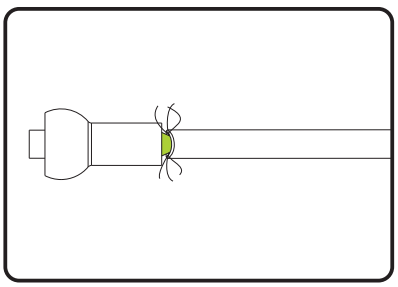
CABO DE AÇO TORCIDO
Cheque sempre o cabo de aço caso encontre torções faça a substituição do cabo imediatamente.



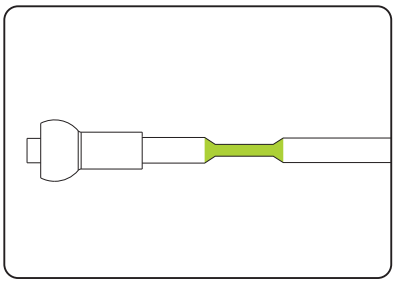
PROTUBERANCIA NO CABO DE AÇO
Caso o cabo se rompa internamente uma protuberância pode vir a surgir na parte externa do cabo, fazer a substituição do cabo imediatamente.



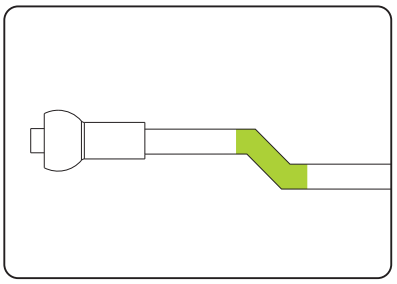
FIOS SOLTOS
Substituir qualquer cabo de aço exposto nas extremidades



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



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



EXPOSIÇÃO
Exposição da ponta do cabo de aço.

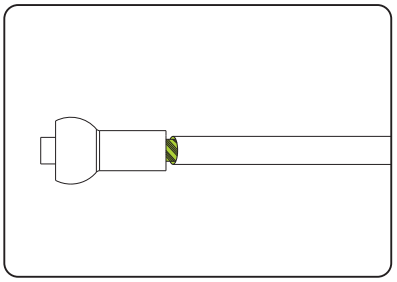


TABELA DE MANUTENÇÃO DO EQUIPAMENTO

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

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

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

Garantia

GARANTIA

GARANTIA LIMITADA - LINHA MUSCULAÇÃO
Leia cuidadosamente os termos e condições de garantia antes de utilizar o equipamento.
Ao utilizar o equipamento, você concorda em seguir os seguintes termos e condições de garantia.
A Brudden Equipamentos Ltda., fabricante dos produtos Movement, garante os equipamentos novos livres de defeitos em materiais e fabricação nos períodos estabelecidos abaixo.
Os períodos de garantia iniciam-se na data de emissão da nota fiscal de compra emitida pela Fábrica ou revendedor credenciado.
Essa garantia se aplicará somente a defeitos identificados durante os prazos abaixo e apenas ao comprador original do produto. Para 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)** Mão de obra.
6 meses	**Já incluída a garantia legal do Código de Defesa do Consumidor (art. 26, II) de 90 (noventa) dias.** Cabo de aço / Adesivos / Reguladores e puxadores / Manoplas / Acabamentos termoplásticos / Acabamento de elastômeros / Carenagem e estofados em geral.
1 ano	**Já incluída a garantia legal do Código de Defesa do Consumidor (art. 26, II) de 90 (noventa) dias.** Partes e peças mecânicas / Polias / Mosquetões / Rolamentos / Molas / Componentes de fixação / Pintura em geral, incluindo os itens cromados e zincados / Componentes eletrônicos (exceto baterias) quando aplicável.
3 anos	**Já incluída a garantia legal do Código de Defesa do Consumidor (art. 26, II) de 90 (noventa) dias.** 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.

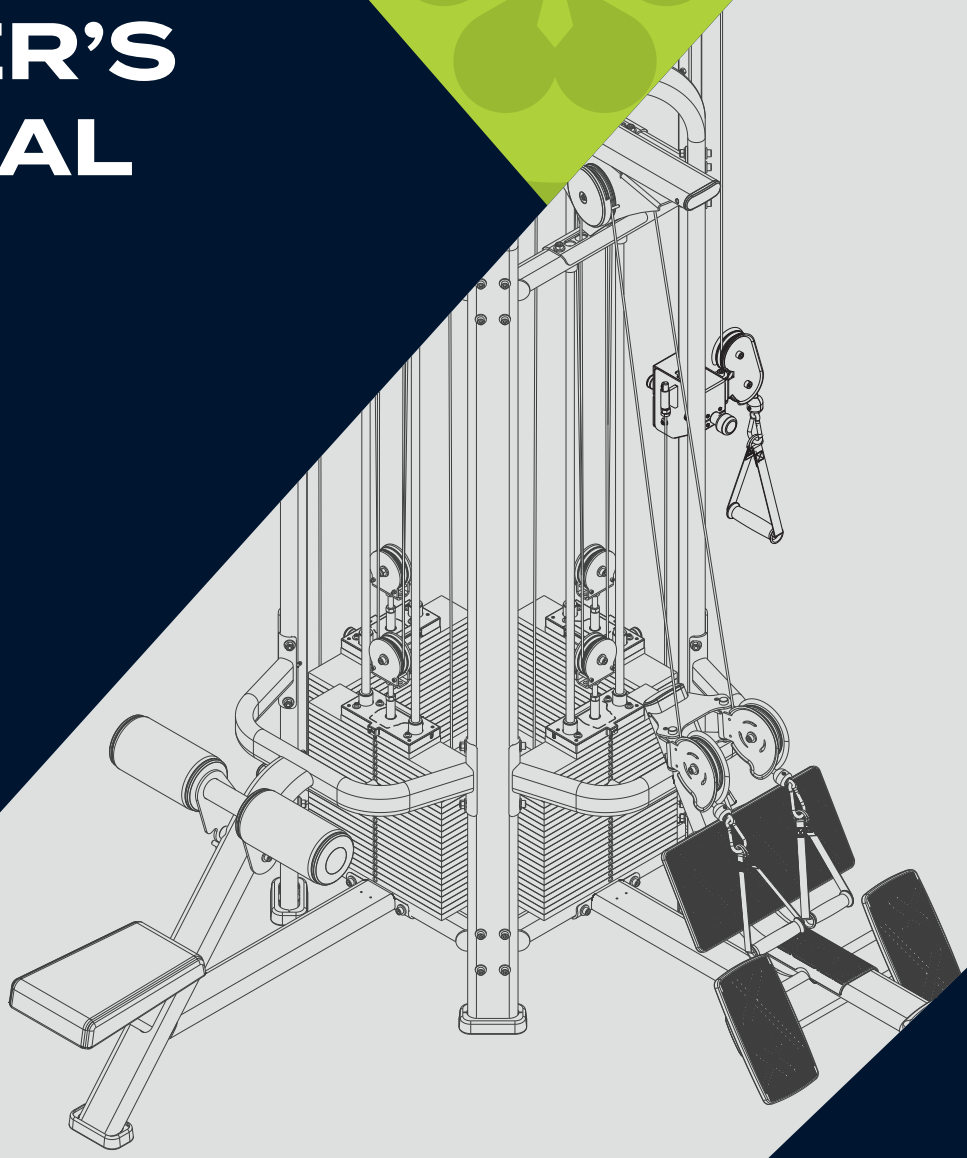
A Movement reserva-se no direito de paralisar a fabricação do equipamento, a qualquer tempo e sem prévio aviso, modificar suas especificações e introduzir melhorias, sem incorrer na obrigação de efetuar tais aperfeiçoamentos em produtos anteriormente fabricados.

ATENDIMENTO AO CONSUMIDOR
CEP 17586-202 - Pompeia - SP - Tel. 0800-7724080
falecom@movement.com.br

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

MOVEMENT

OWNER'S MANUAL



MULTISTATION

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

MOVEMENT

04/11/26

NEXT


NEXT
NEXT
NEXT
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 the needs for leisure, well-being and comfort, awakening people to a more pleasurable and healthy life, Brudden Equipamentos Ltda. created the MOVEMENT brand.

Founded to develop and produce fitness equipment, Movement quickly stood out in the Brazilian market for its tradition of practicality and durability, which makes Brudden an icon of quality in the markets where it operates.

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

The quality in equipment extends to the services provided by its wide service network and Authorized Points, spread throughout the national territory.

Bringing Movement always close to you and your family for a healthier life, profitable for investors, pleasurable and healthy for those who train on one of our equipment.

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

Indice

Satefy information 5
Getting know the equipment 10
Assembling the equipment 15
Operating Instructions 63
Maintenance 67
Warranty 73

Satefy information

MEANING OF THE SYMBOLS

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

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

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

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

SAFETY

DANGER!

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

SAFETY INFORMATION

DANGER!

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



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



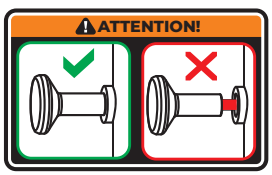
DANGER!
DO NOT PUT YOUR HANDS BETWEEN THE PULLEYS.
RISK OF CRUSHING



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



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



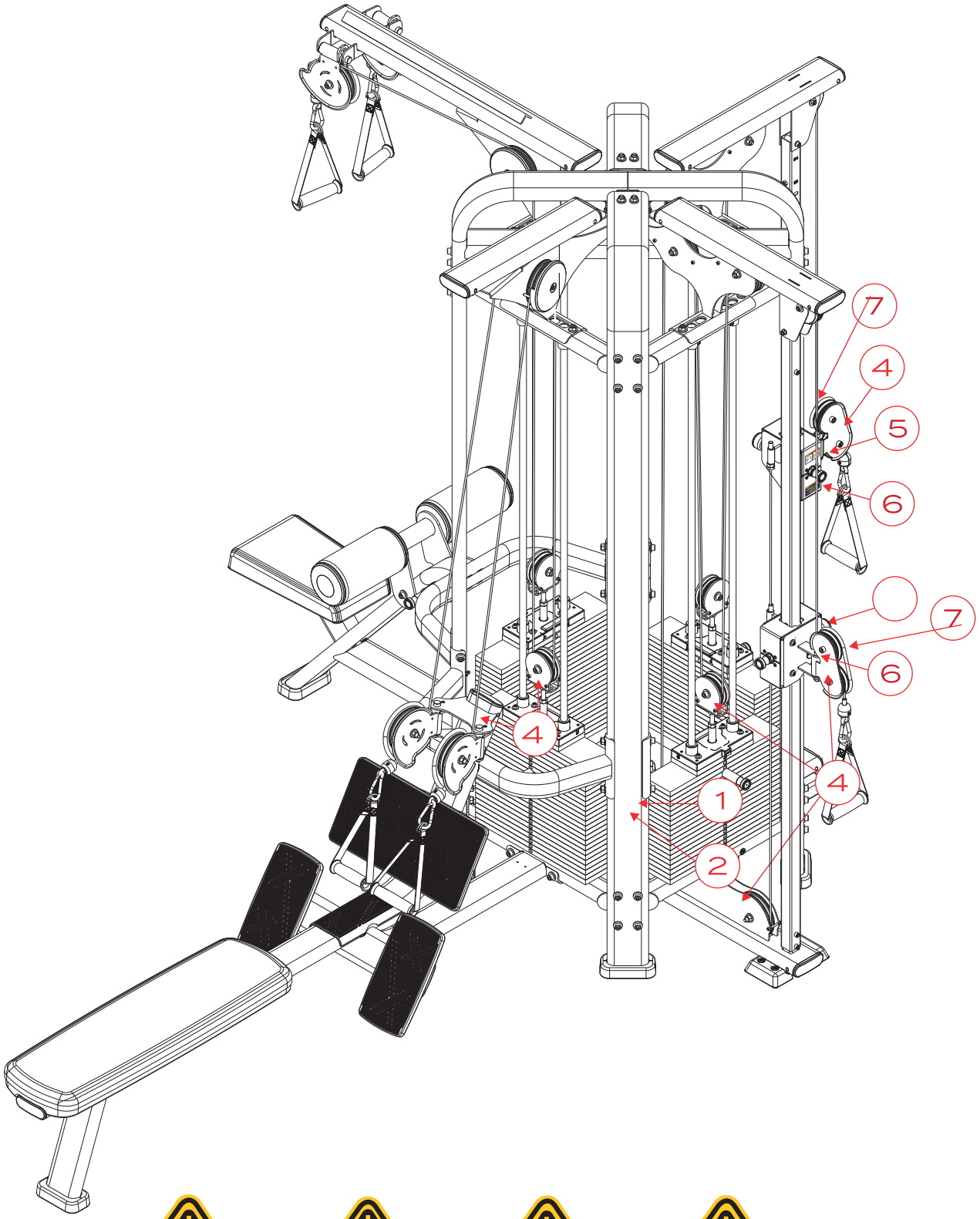


ATTENTION!
FIT THE HEIGHT SELECTOR PIN COMPLETELY

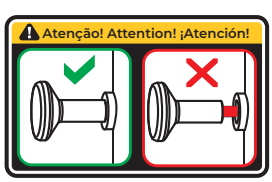


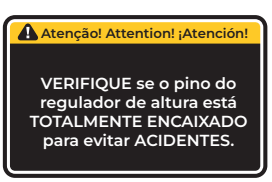
ATTENTION!
MAINTAIN A MINIMUM DISTANCE OF 38CM WHILE PERFORMING THE EXERCISE.

SATEFY INFORMATION





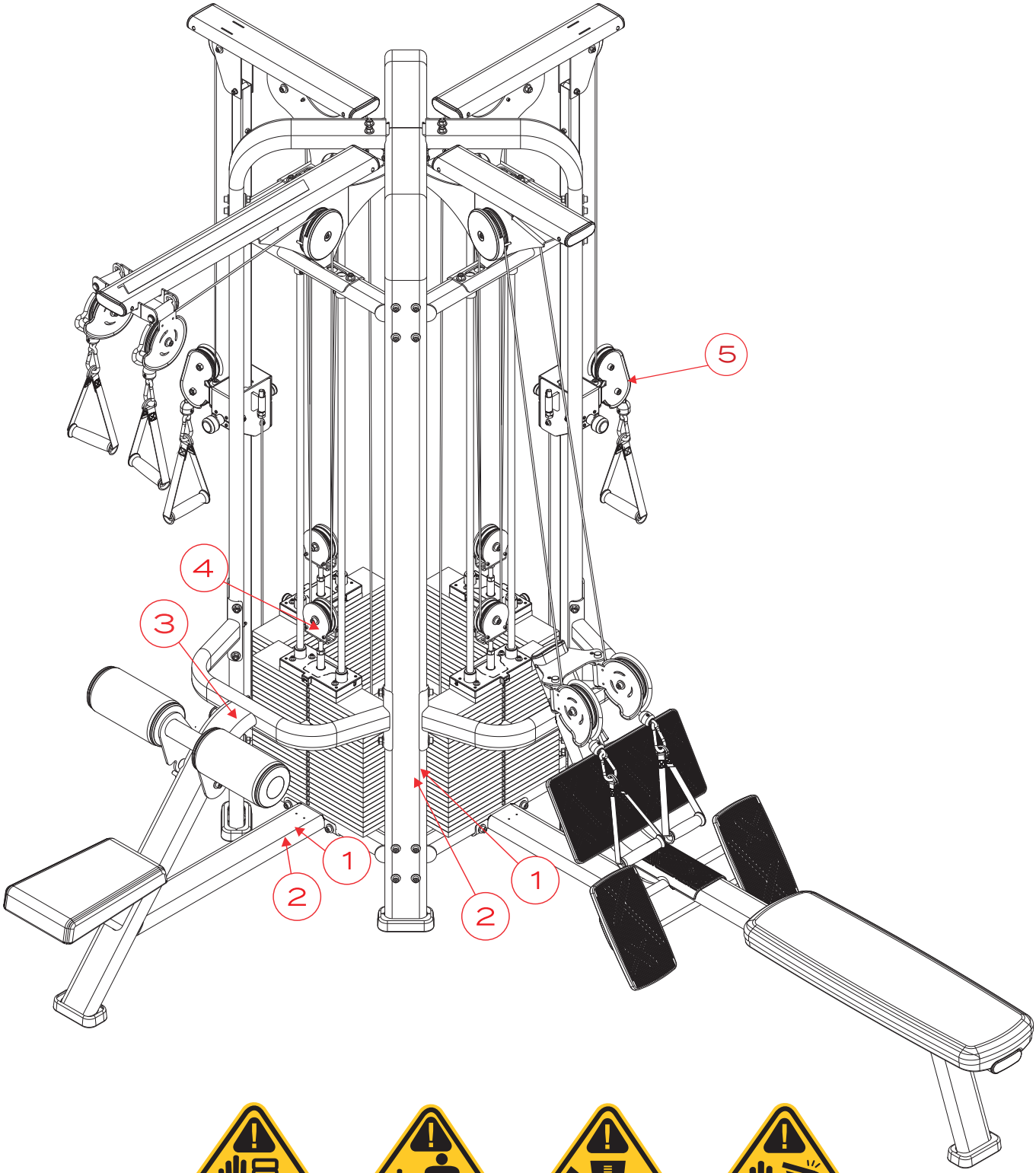


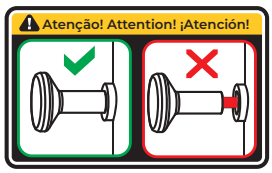


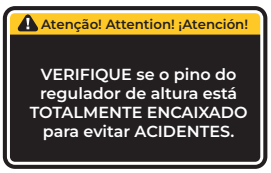


NOTE: Certain parts of the equipment have been removed for easier viewing.

SATEFY INFORMATION







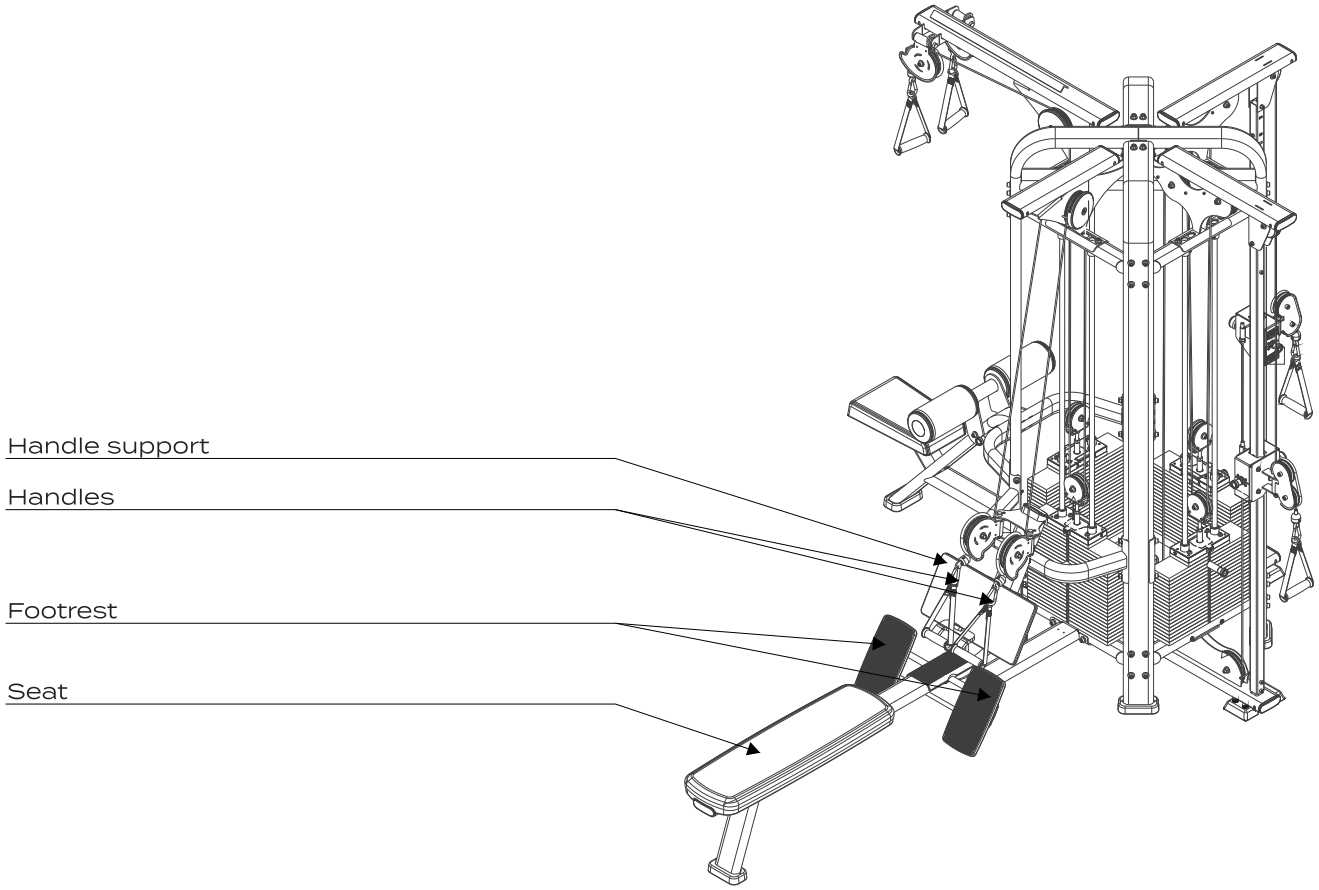


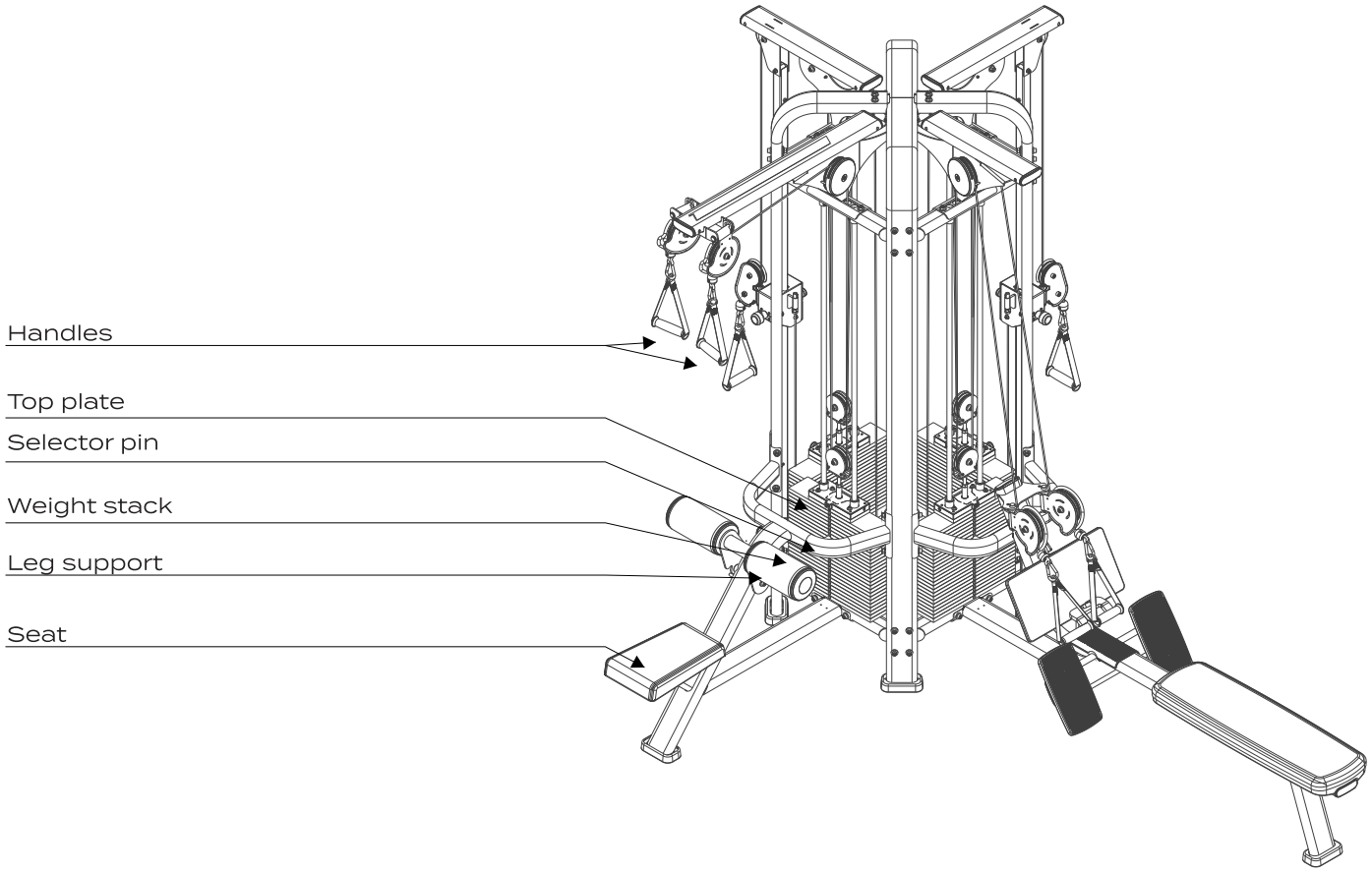
NOTE: Certain parts of the equipment have been removed for easier viewing.

Getting know the equipment

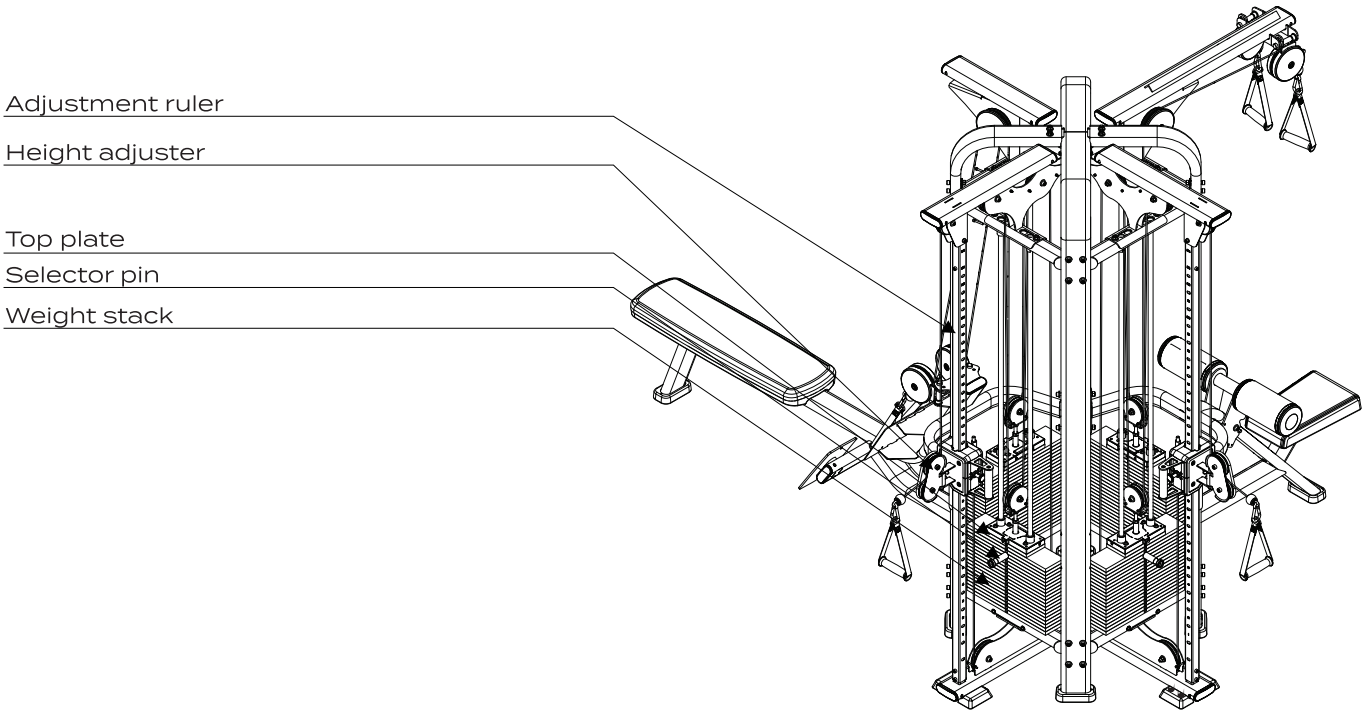
GOAL - MULTI STATION
Allows the user to work muscle groups through the high pull, low pull, and cross.

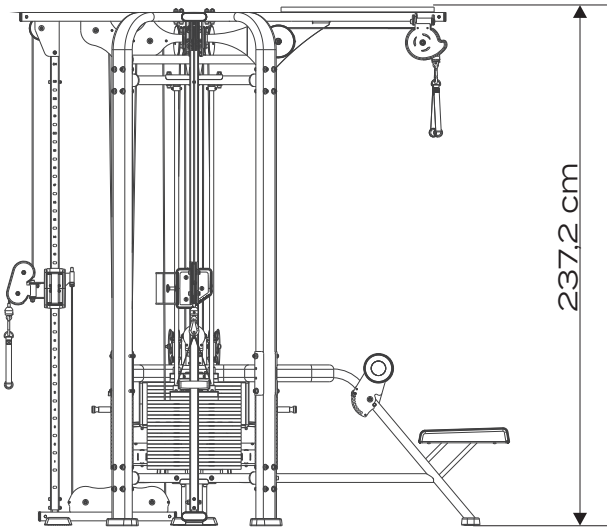
This equipment is composed of the following main components:

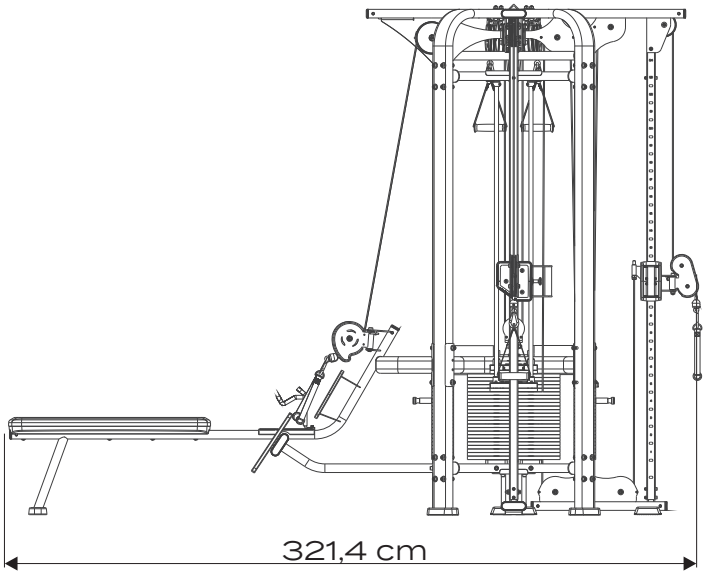


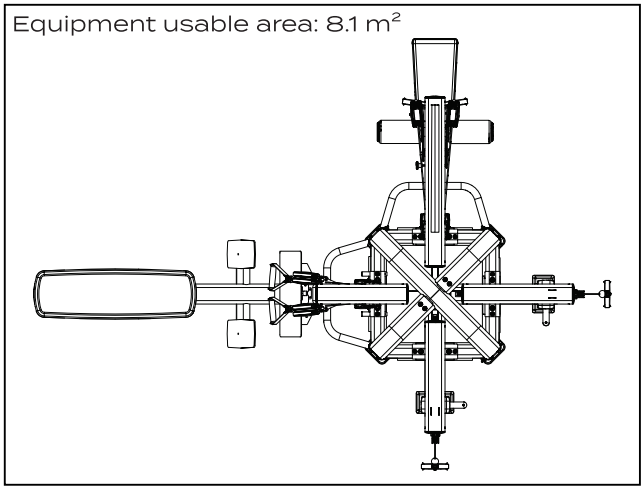


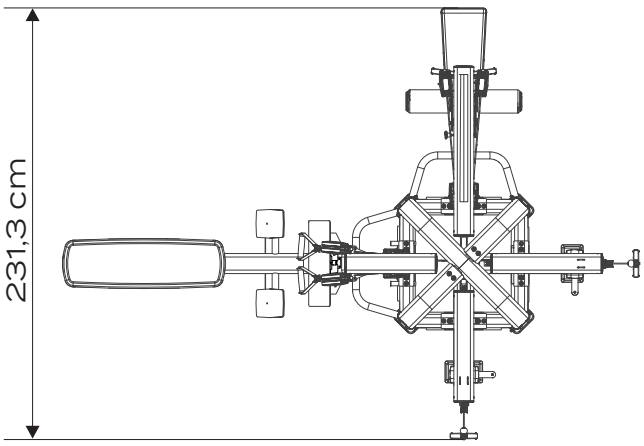
GETTING KNOW THE EQUIPMENT





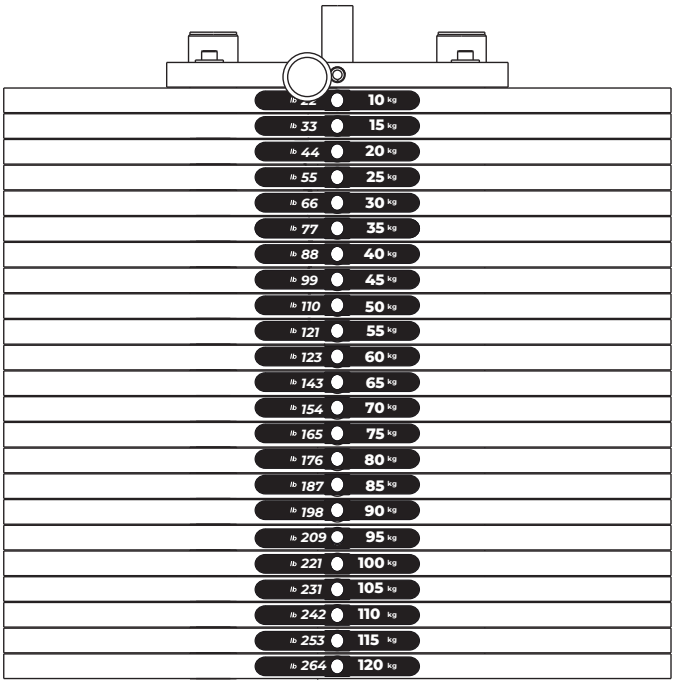




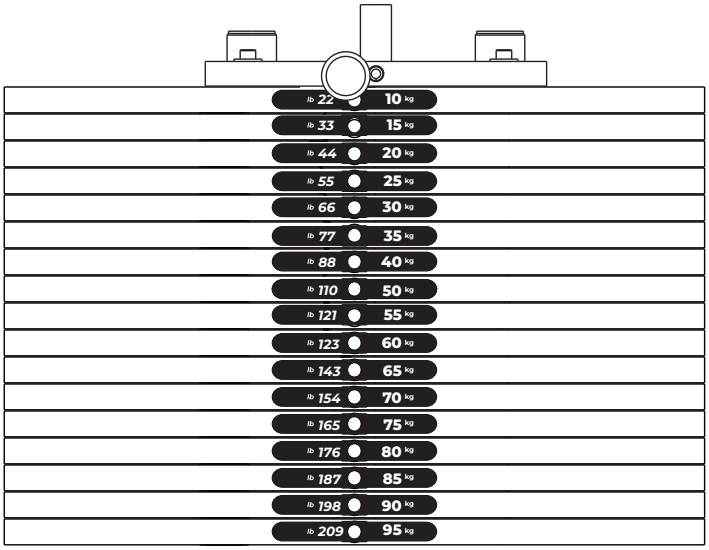


WEIGHT STACK

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



Weight stack load High pull Pull down
24 weights of 5 kg
Total load: 120 kg without extra weight



Weight stack load Pulley
Weight stack load 19 weights of 5 kg Effective tower load 19 pesos of 5 kg
Total load: 95 kg without extra weight

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

Equipment Specifications - Multi-station

Equipment	Multistation
Line	NEXT Cables
Length	321.4 cm
Width	231.3 cm
Height	237.2 cm
Occupied area	7.43 m^2
Equipment weight	728 kg
Top plate	5 kg
Unit weight of the plate	5 kg
Initial load	5 kg
Maximum total load (per pulley tower)	95 kg
Maximum total load (high pull)	120 kg
Maximum total load (low pull)	120 kg
Structure	Steel
Painting	Surface treatment with 9 baths + electrostatic powder coating
Welding	Robotic GMAW process
Steel cable	Diameter Ø 4.76 mm coated, with steel core Ø 3.175 mm
Faired pulleys	Yes
Color options	Black Titanium Gray
Shock absorber at the tower base	Yes
Weight selector pins (flute)	Carbon steel with anodized aluminum handle
Adjustments (pulley)	Height adjustment with 24 levels
Weight guides	Hard anodized aluminum – low friction coefficient and high wear resistance
Handles	Anodized aluminum
Regulator guide (pulley)	AISI 316 Stainless Steel – 3 mm thickness
Upholstery	Controlled density polyurethane foam
Upholstery covering	Waterproof synthetic courvin
Warranty	Up to 3 years. See the Equipment Warranty Term

Assembling the equipment

ASSEMBLING THE EQUIPMENT

⚠ CAUTION!

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

- Before starting the assembly of your equipment, it is necessary to pay attention to the following precautions:
- Make sure that the packaging is not damaged and that the parts and components of the equipment are not damaged.
- It is recommended that the equipment be unpacked at the location where it will be assembled.
- The assembly location must be clean.
- The floor must be flat, level and rigid to avoid equipment instability.
- It is recommended that the equipment be assembled away from humidity and sheltered from sunlight, in order to avoid damage to the electronic parts and equipment fairing.

ICONS

The icons function to instruct good practices that must be followed during assembly.



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



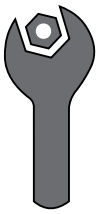
Do not give the final tightening on the bolts.



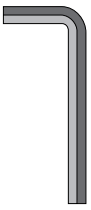
Give the final tightening on the bolts.

TOOLS

Use the following tools to do the EQUIPMENT ASSEMBLY. The torque table functions to guide how much tightening a certain bolt can undergo. The table must be strictly followed.



Fixed wrench



Hexagonal wrench



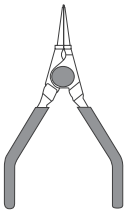
Medium torque thread locker



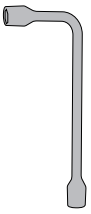
Phillips screwdriver

TORQUE SPECIFICATION TABLE FOR BOLT TIGHTENING

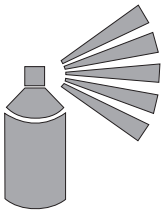
Diameter [mm]	Torque [N.m]
M6	9 a 12
M8	22 a 29
M10	45 a 58



Snap ring pliers



Open-end wrench



Spray grease

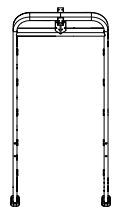
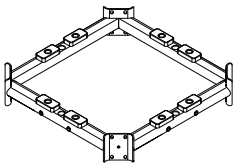
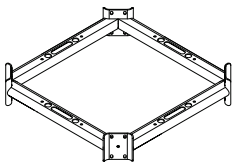
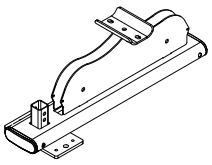
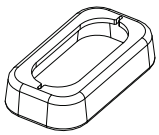
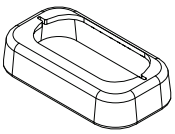
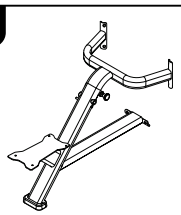
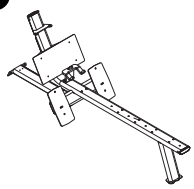
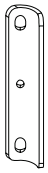
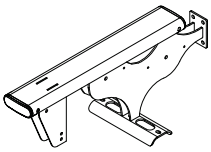
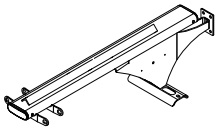
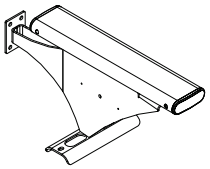
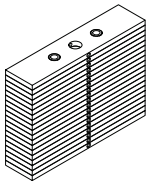
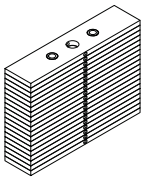
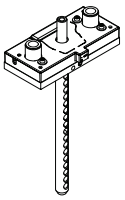
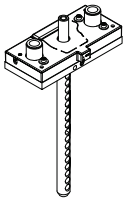
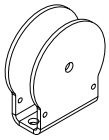
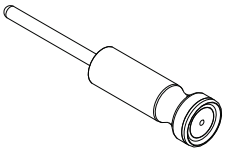
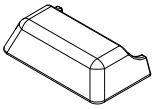
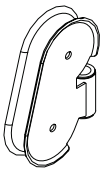
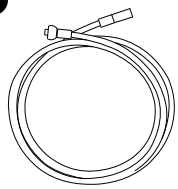
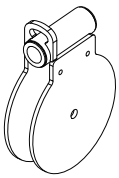
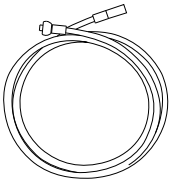
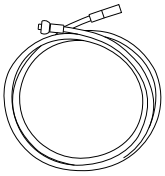
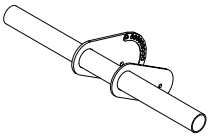
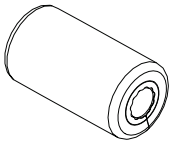
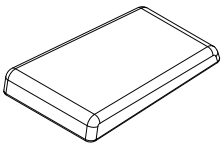
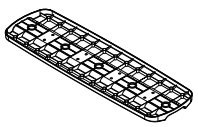
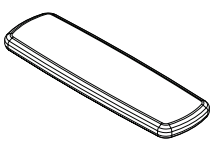
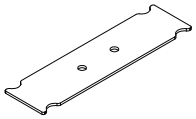
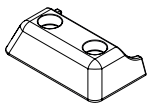


Torque wrench

⚠ ATTENTION!

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

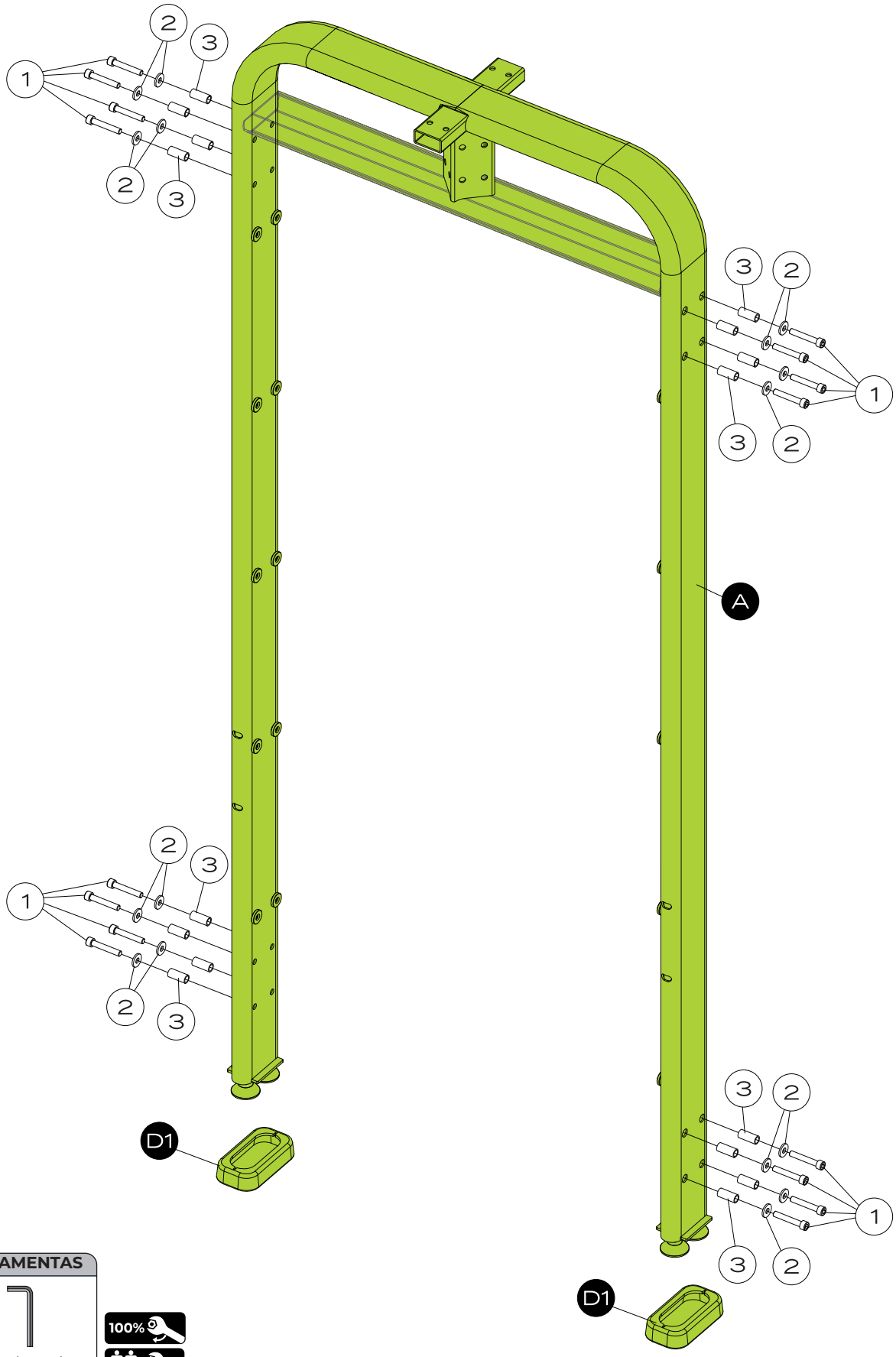
LIST OF COMPONENTS

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

ASSEMBLING THE EQUIPMENT

STEP 1

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



FERRAMENTAS

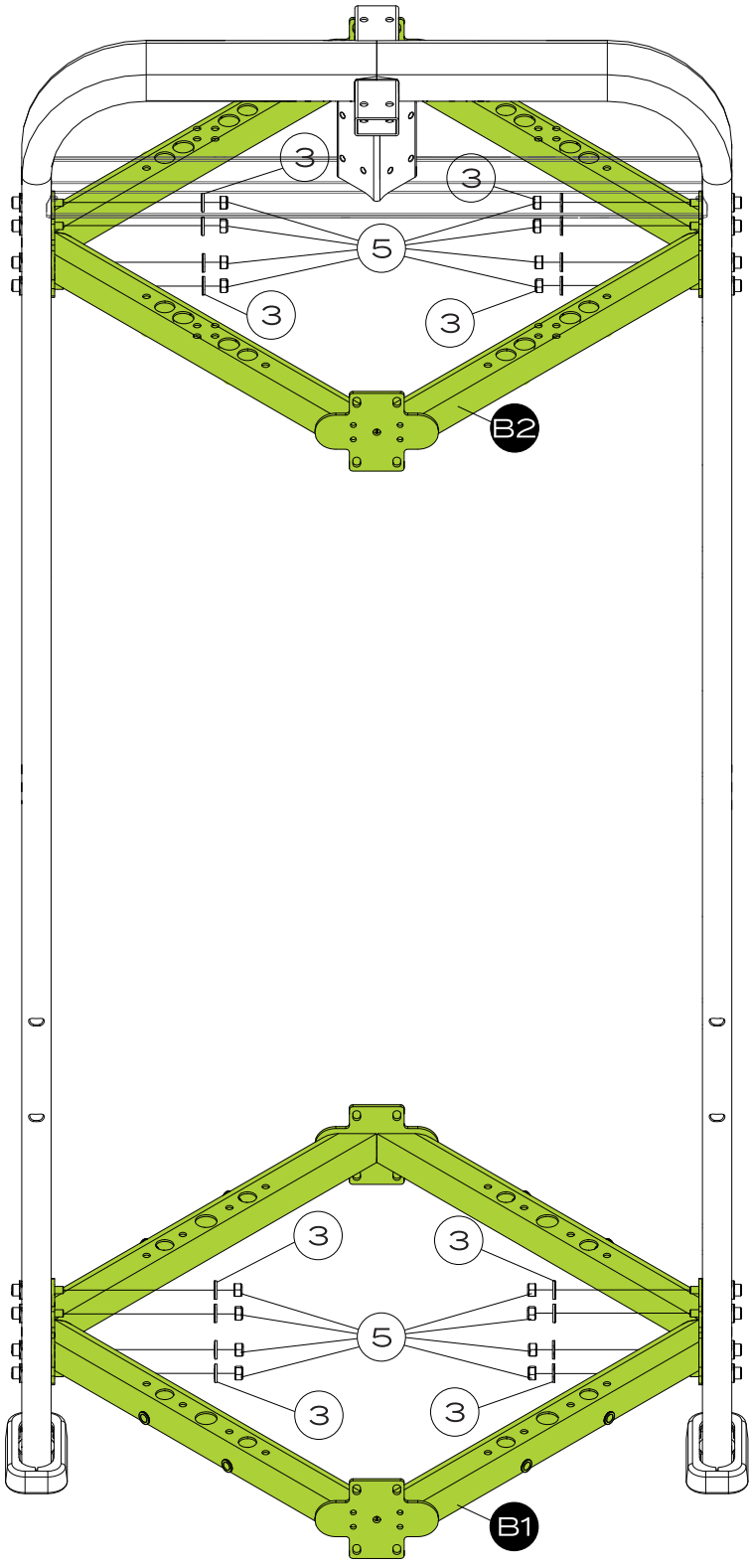
Hexagonal wrench
Nº 8

100%

ASSEMBLING THE EQUIPMENT

STEP 2

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



FERRAMENTAS

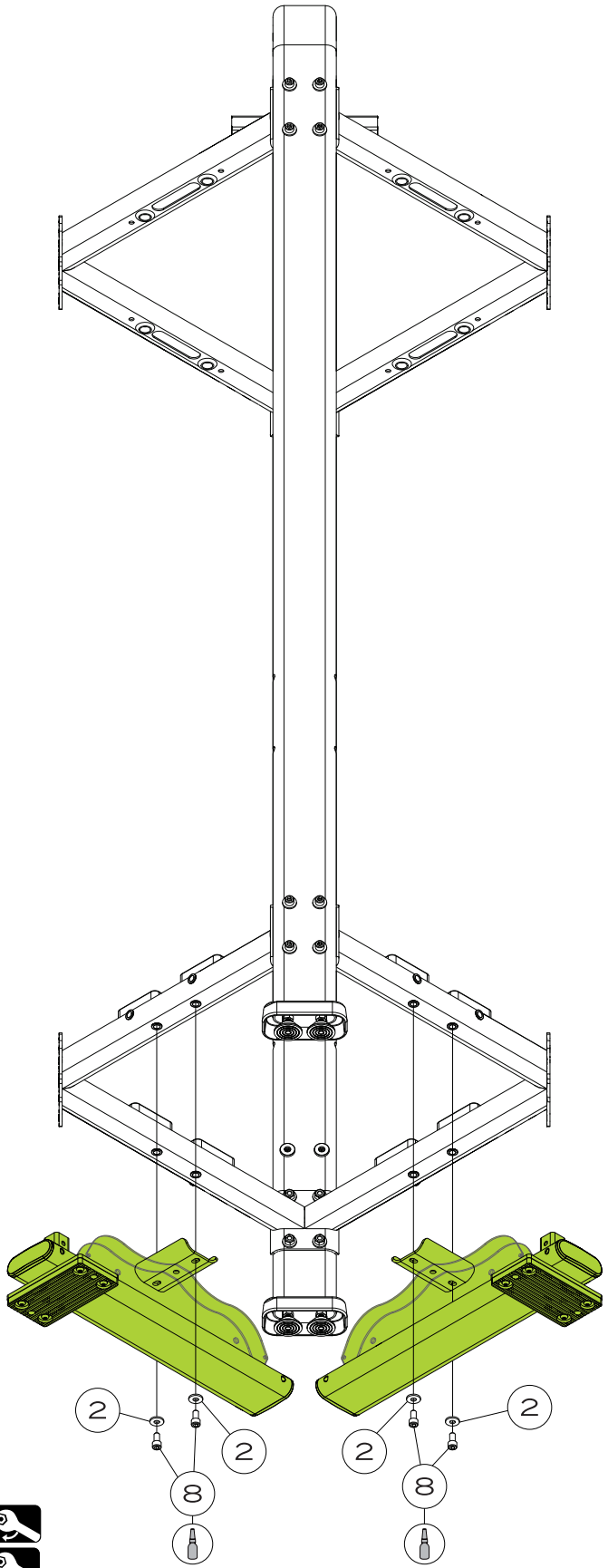
Fixed wrench Nº 17

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

ASSEMBLING THE EQUIPMENT

STEP 3

	NAME	Qty
2	Flat washer Ø10	4x
8	Cyl Head Bolt Hex. Int. - M10X25	4x
C	Lower support	



FERRAMENTAS

Hexagonal wrench Nº 8

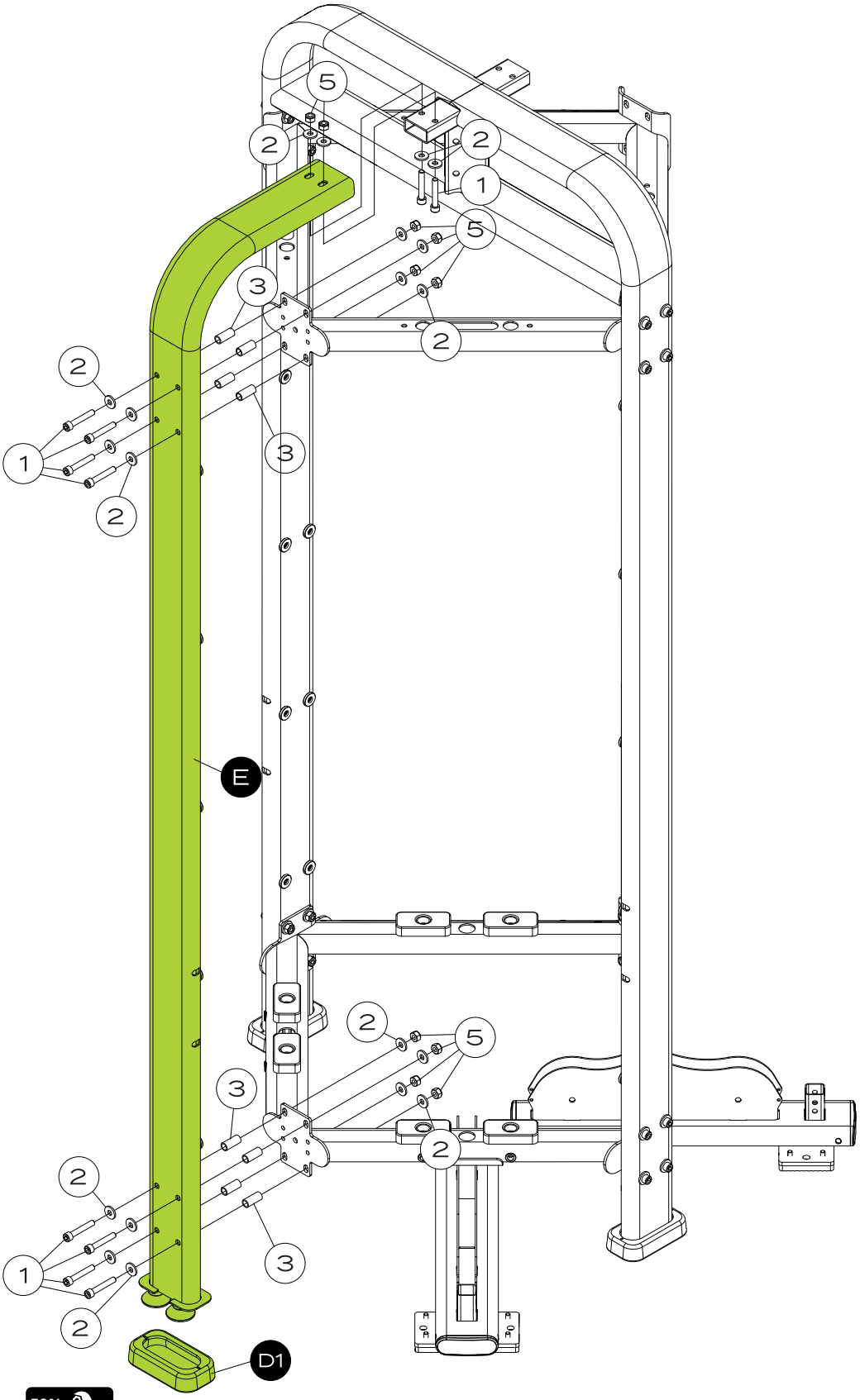
Medium torque thread locker

50%

ASSEMBLING THE EQUIPMENT

STEP 4

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



FERRAMENTAS

Fixed wrench Nº 17

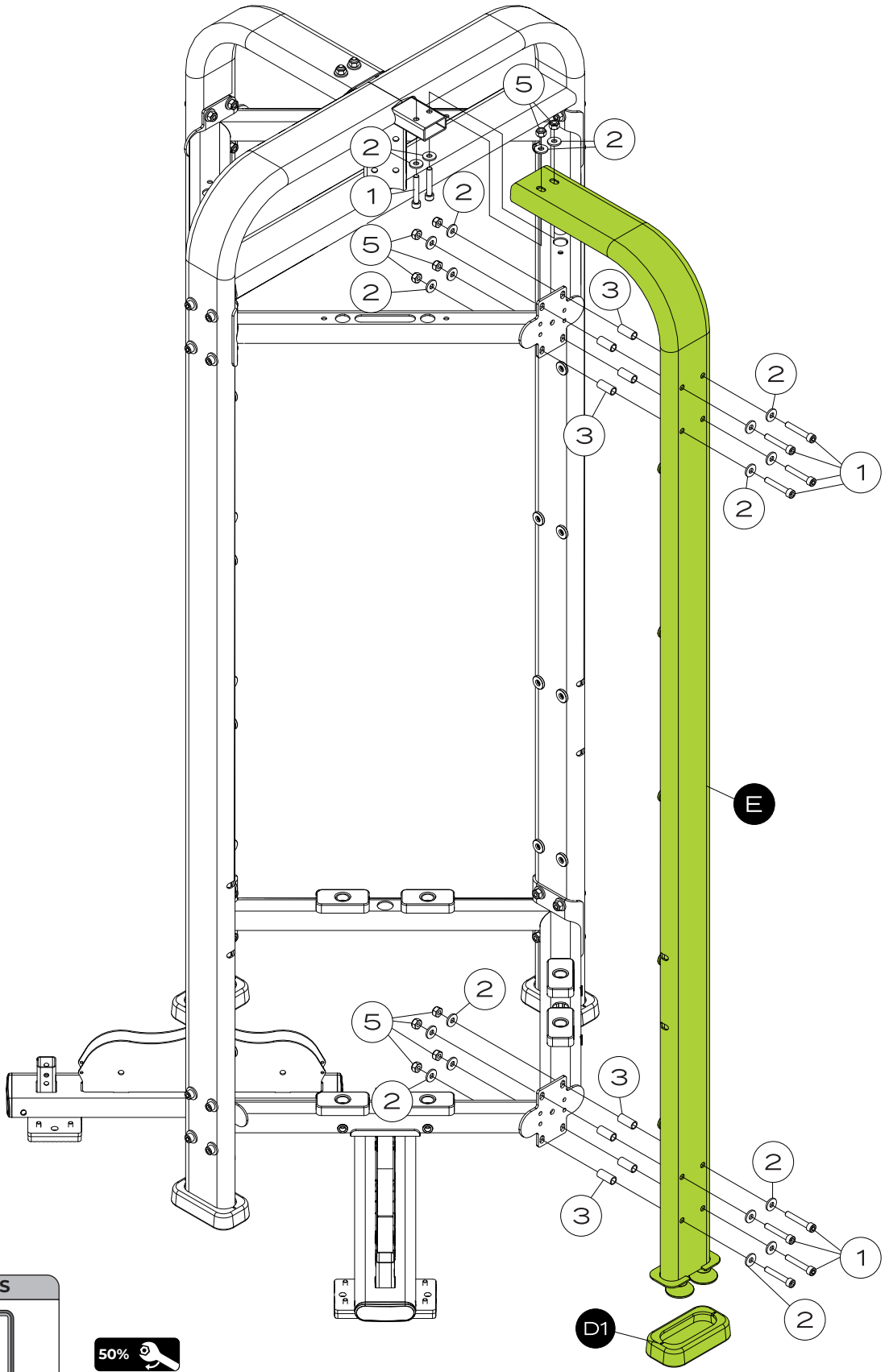
Hexagonal wrench Nº 8

50%

ASSEMBLING THE EQUIPMENT

STEP 5

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



FERRAMENTAS

Fixed wrench Nº 17

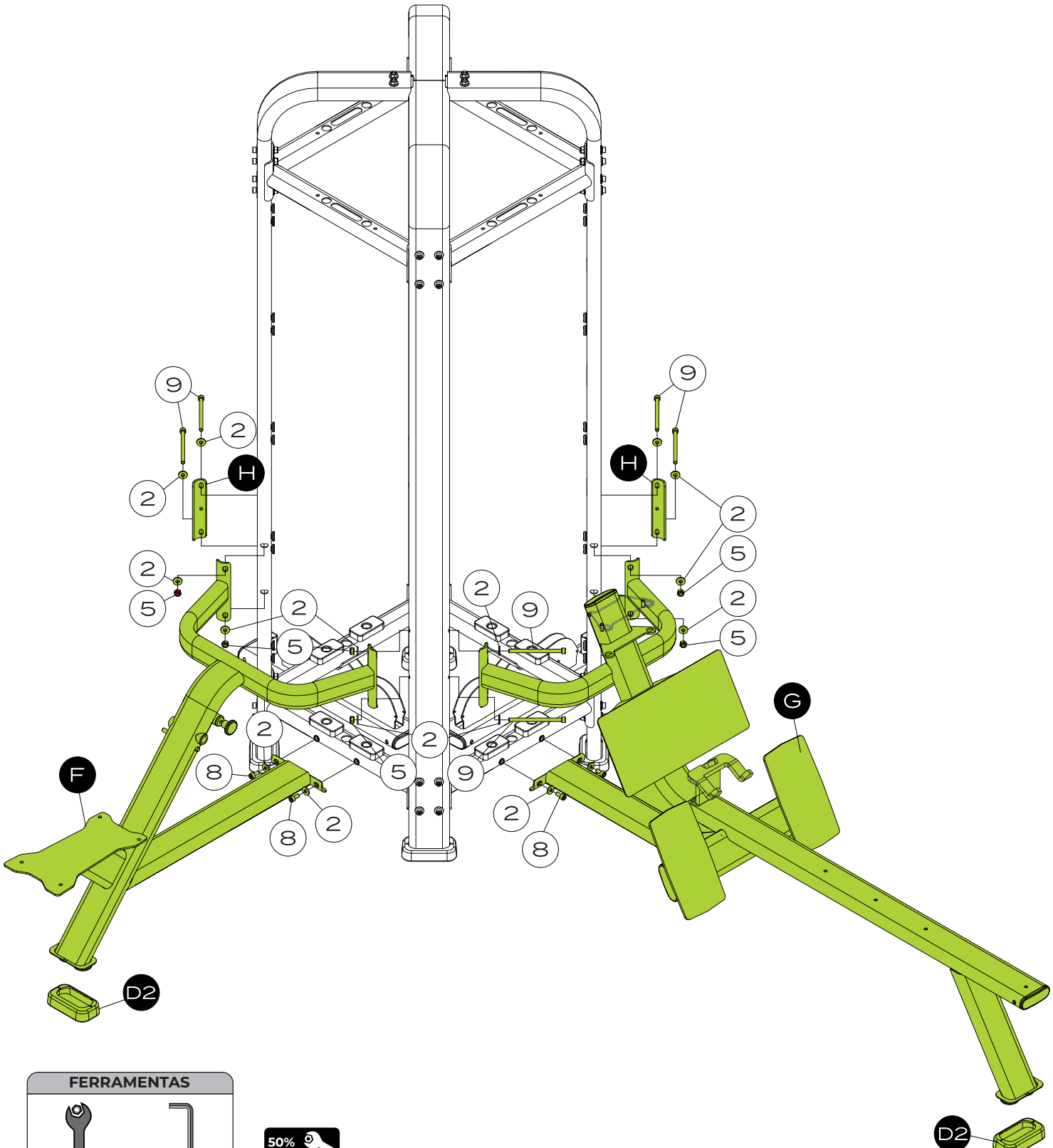
Hexagonal wrench Nº 8

50%

ASSEMBLING THE EQUIPMENT

STEP 6

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



FERRAMENTAS

Fixed wrench Nº 17

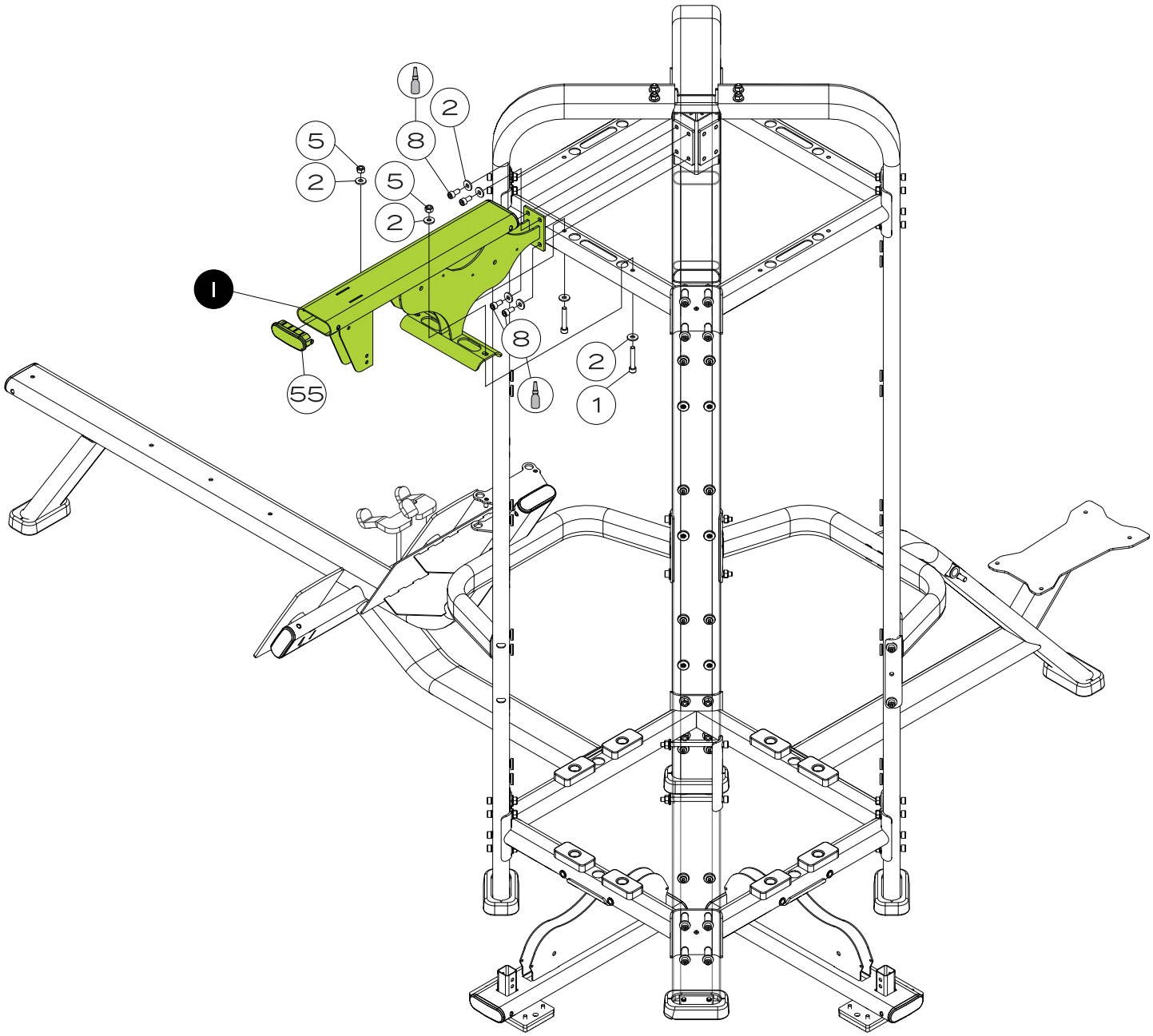
Hexagonal wrench Nº 8

50%

ASSEMBLING THE EQUIPMENT

STEP 7

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



FERRAMENTAS



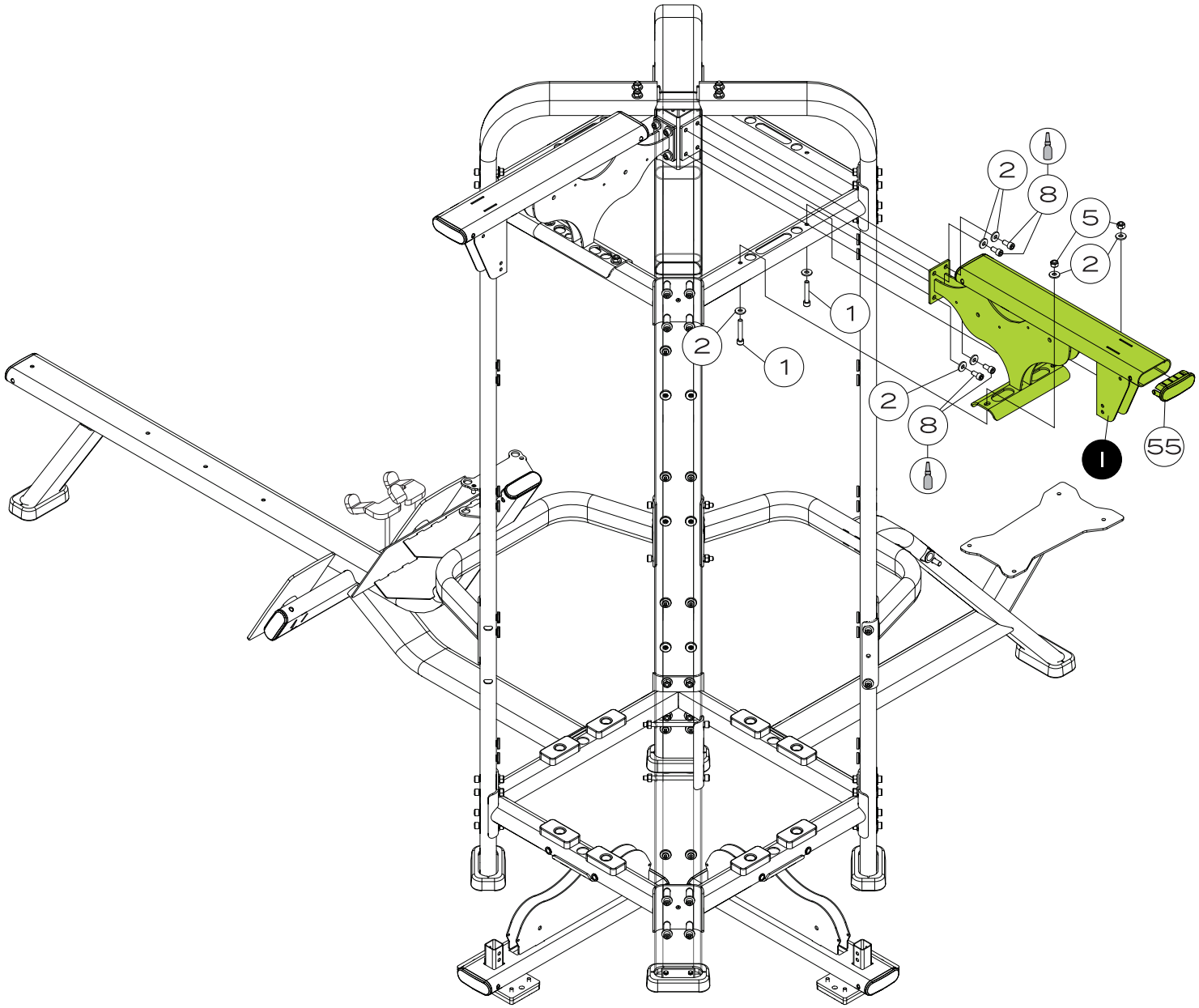
Fixed wrench Nº 17 | Hexagonal wrench Nº 8 | Medium torque thread locker

50%

ASSEMBLING THE EQUIPMENT

STEP 8

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



FERRAMENTAS


Fixed wrench Nº 17


Hexagonal wrench Nº 8

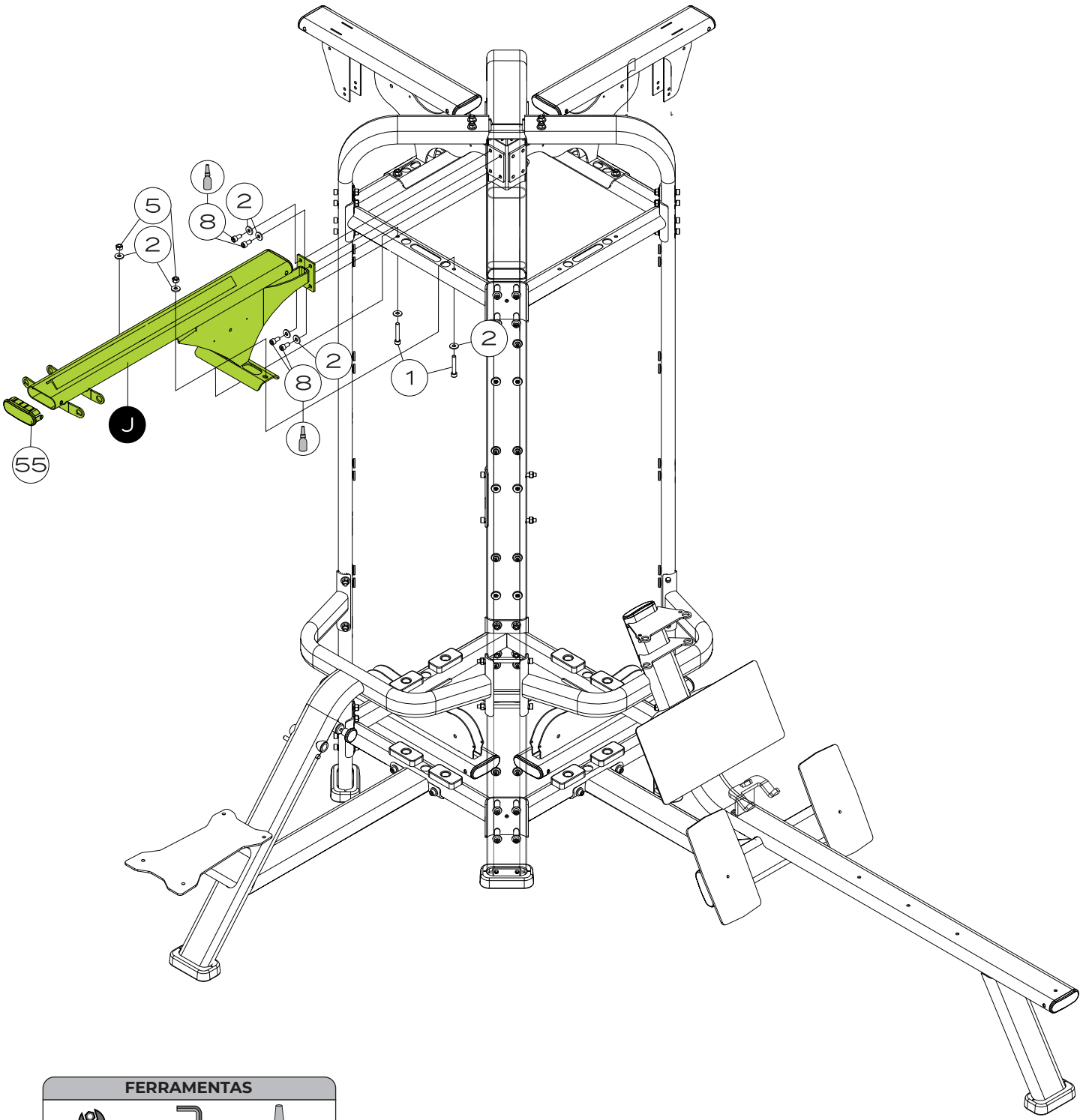

Medium torque thread locker



ASSEMBLING THE EQUIPMENT

STEP 9

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



FERRAMENTAS


Fixed wrench Nº 17


Hexagonal wrench Nº 8

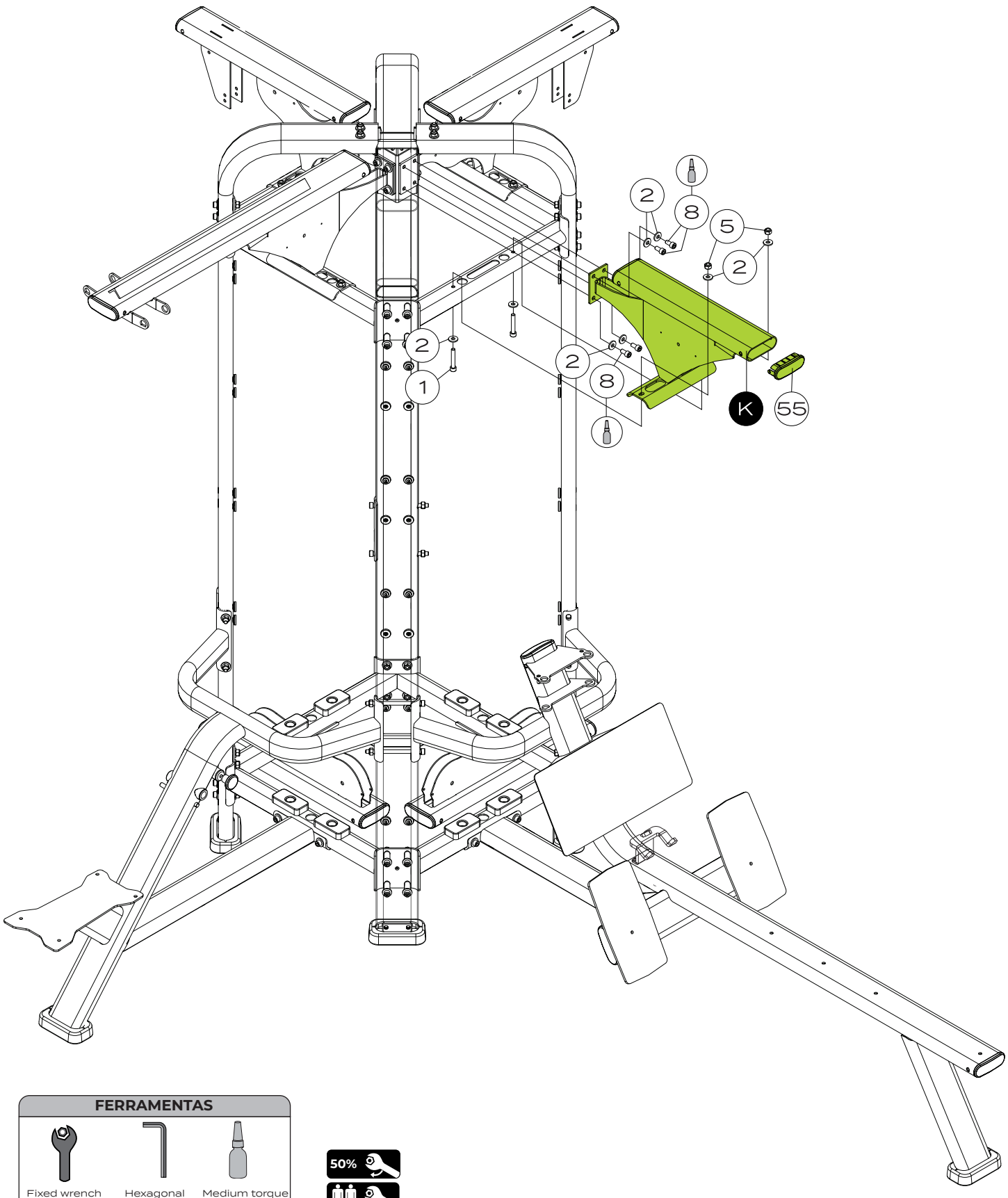

Medium torque thread locker



ASSEMBLING THE EQUIPMENT

STEP 10

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



FERRAMENTAS

Fixed wrench Nº 17

Hexagonal wrench Nº 8

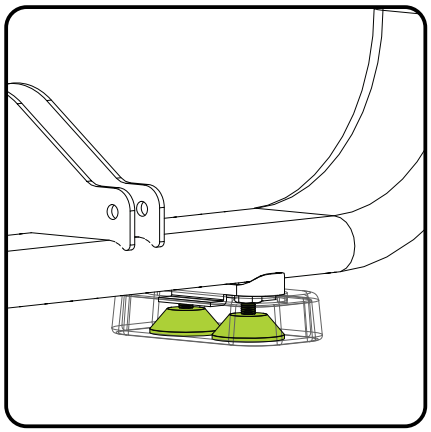
Medium torque thread locker

50%

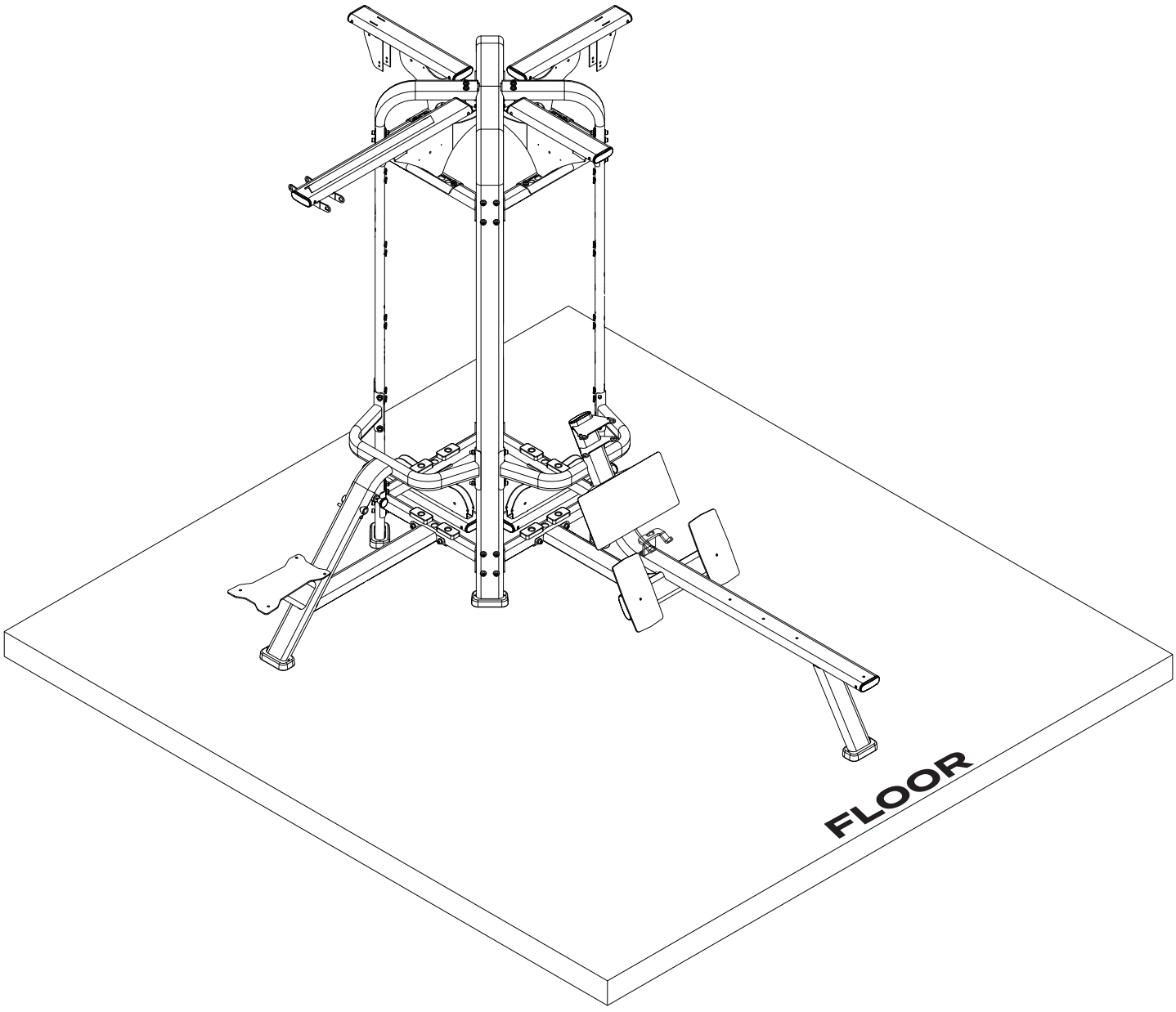
STEP 11 - EQUIPMENT LEVELING

WARNING!

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



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

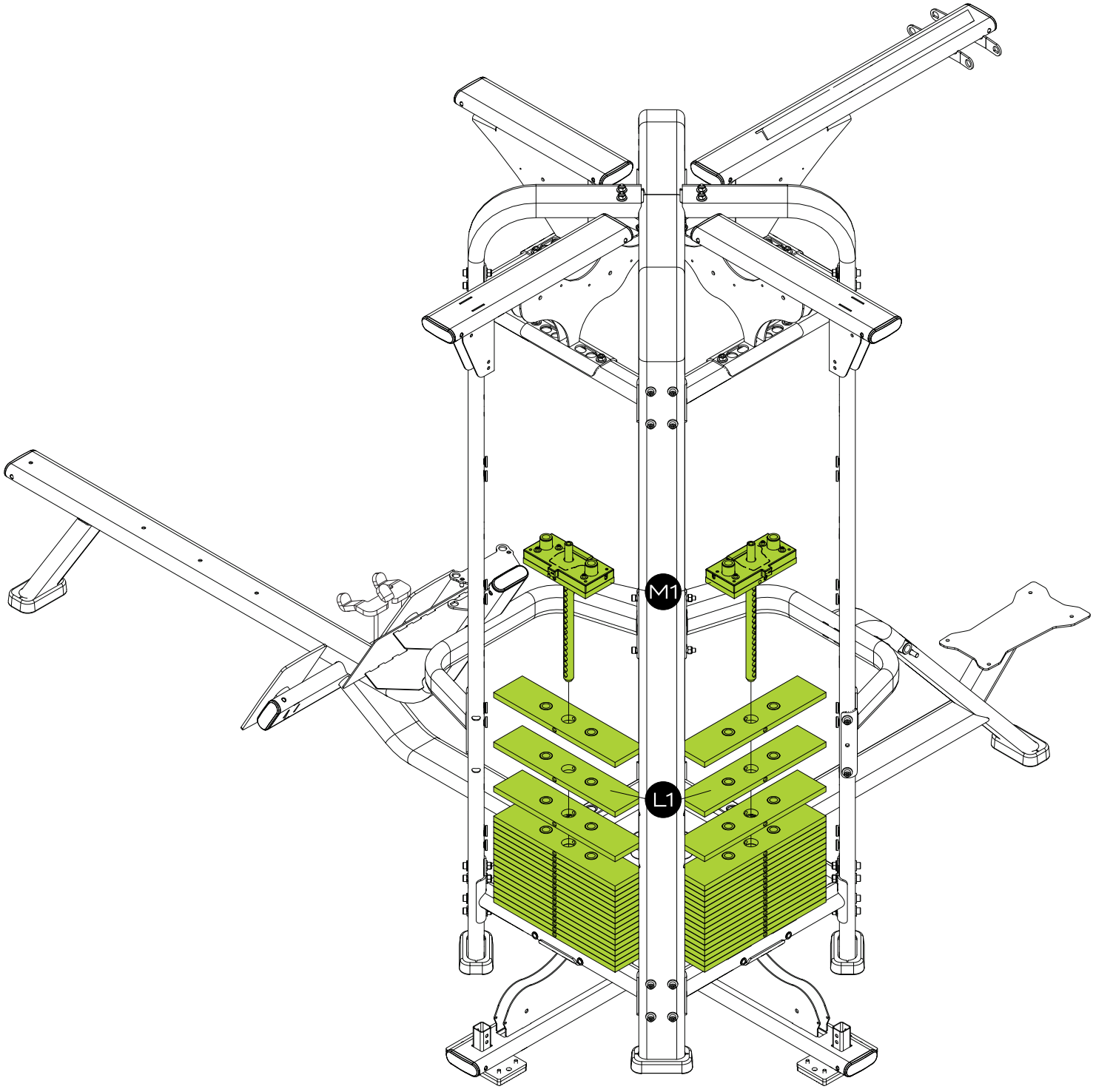


STEP 12

	NAME	
L1	Stack with 19 weights	
M1	Top plate with 19 holes	

WARNING!

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

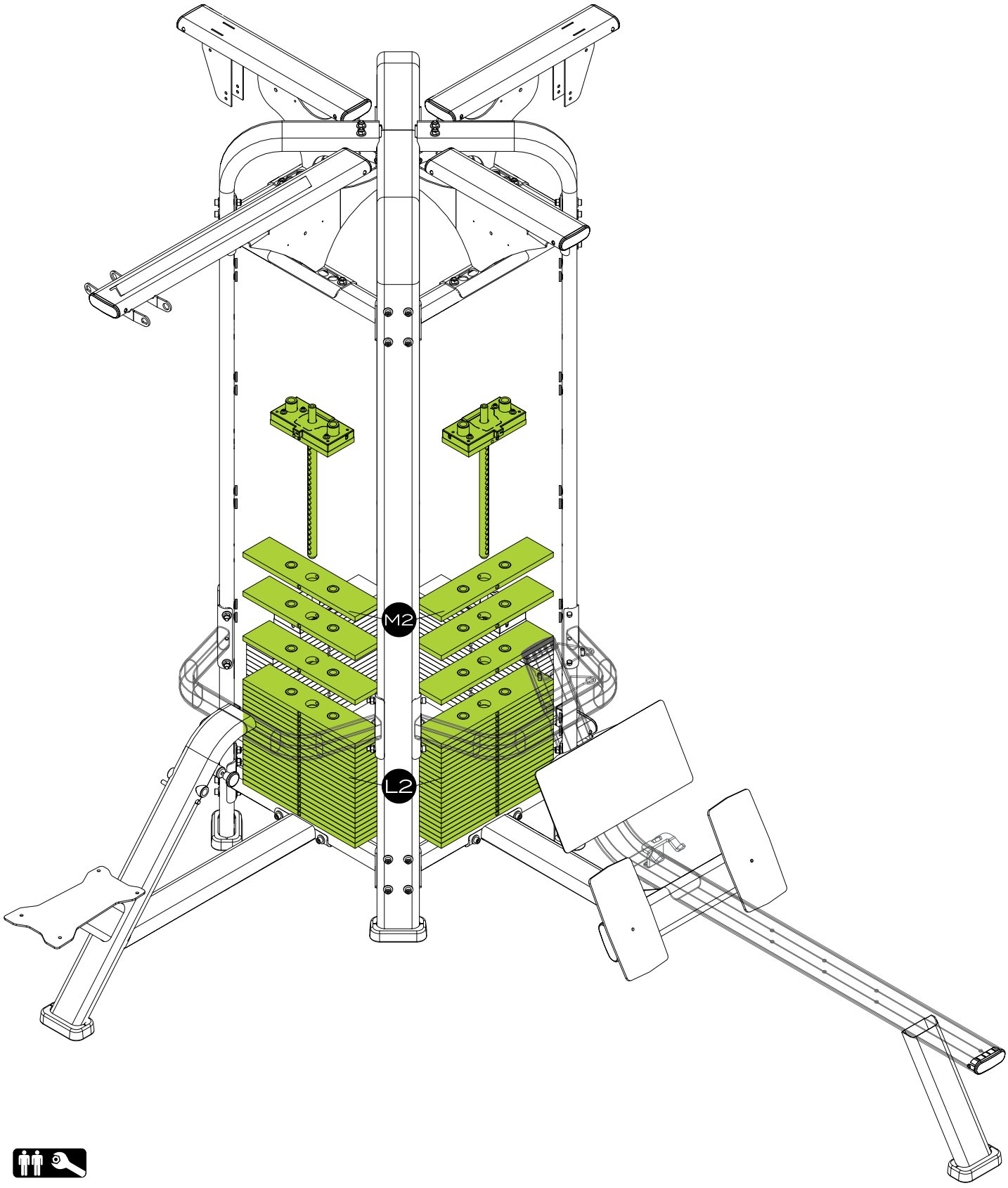


STEP 13

L2	NAME Stack with 24 weights
M2	NAME Top plate with 24 holes

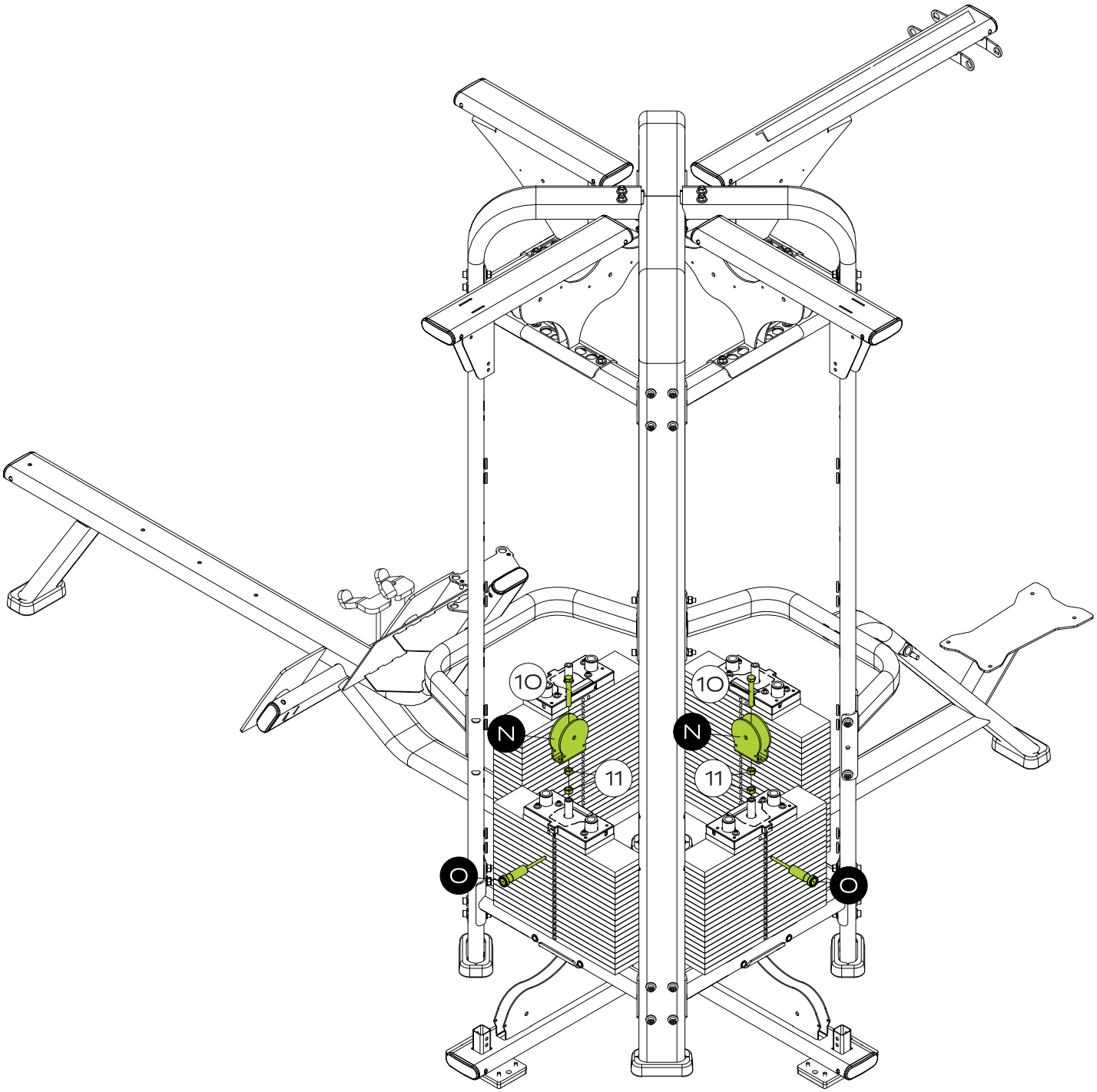
WARNING!

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



STEP 14

	NAME	Qty
10	Cyl. Head Hex. M12X80	2x
11	Hex Insert Nut Ø12	4x
N	Pulley support	
O	Selector pin	



FERRAMENTAS

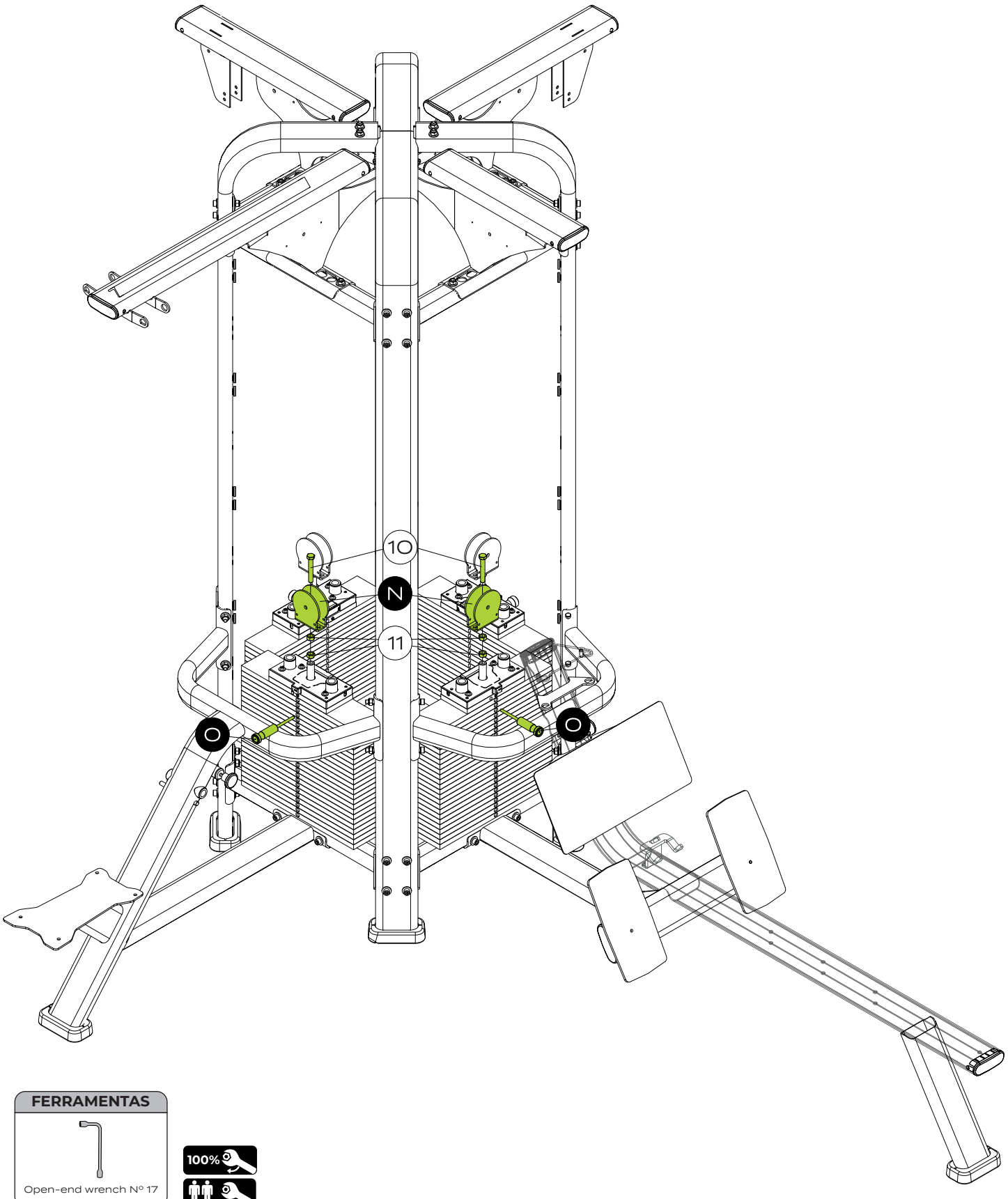
Fixed wrench Nº 17

100%

ASSEMBLING THE EQUIPMENT

STEP 15

	NAME	Qty
10	Cyl. Head Hex. M12X80	2x
11	Hex Insert Nut Ø12	4x
N	Pulley support	
O	Selector pin	



FERRAMENTAS

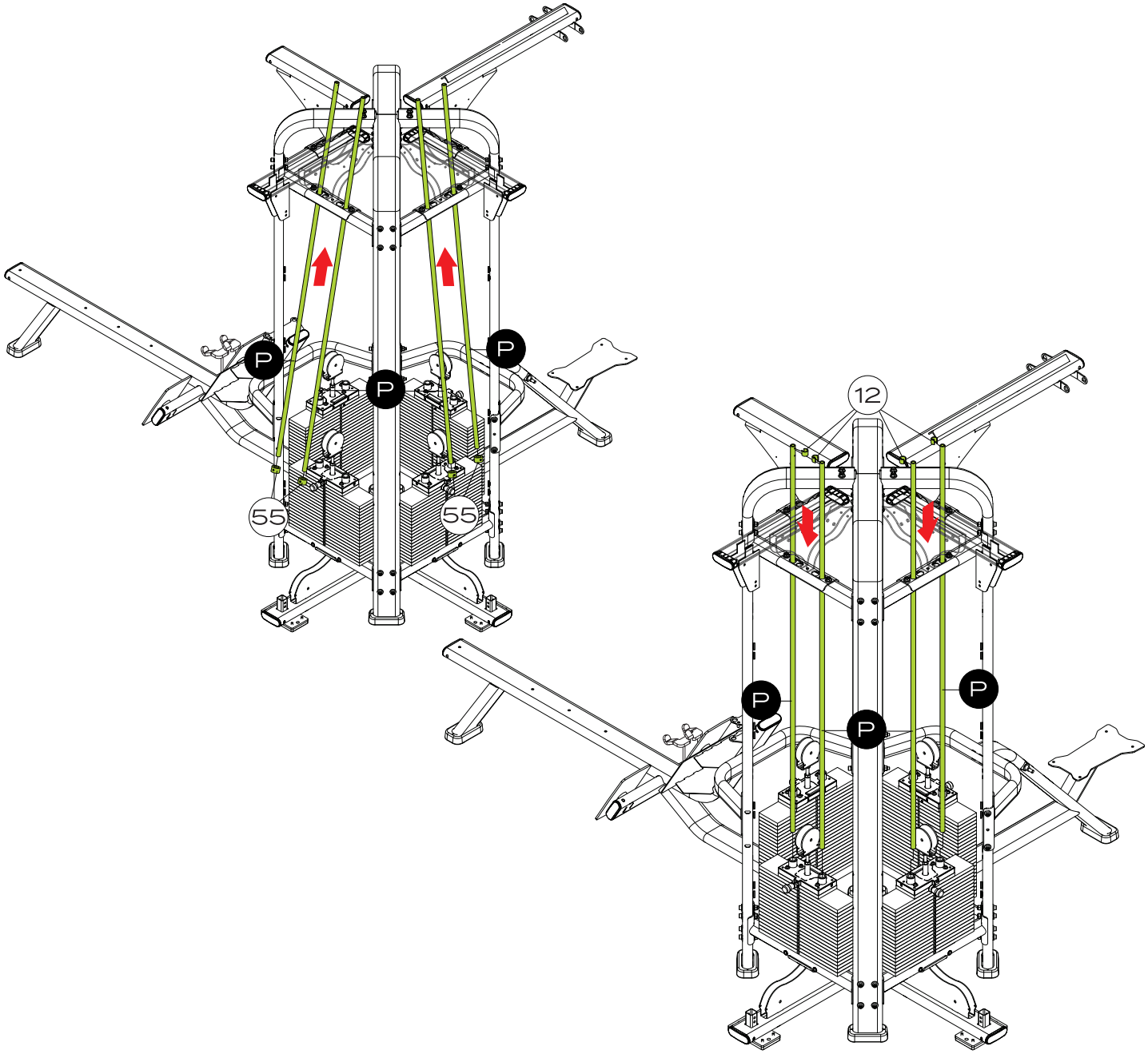
Open-end wrench Nº 17

100%

ASSEMBLING THE EQUIPMENT

STEP 16

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

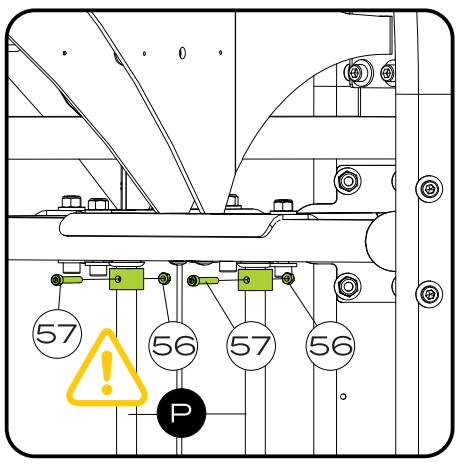


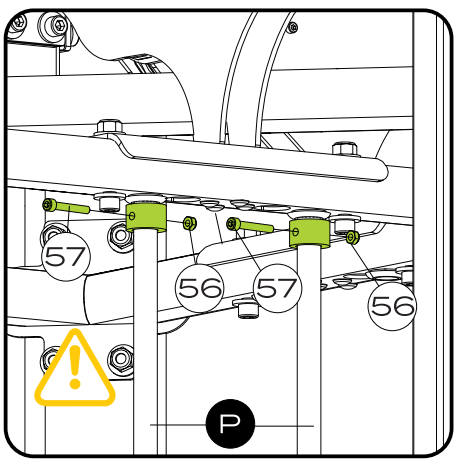
⚠ ATTENTION

TIGHTEN THE BOLT UNTIL ELIMINATING THE CLEARANCE OF THE ROD LOCK

⚠ ATTENTION

THE RODS MUST BE ASSEMBLED FROM BOTTOM TO TOP

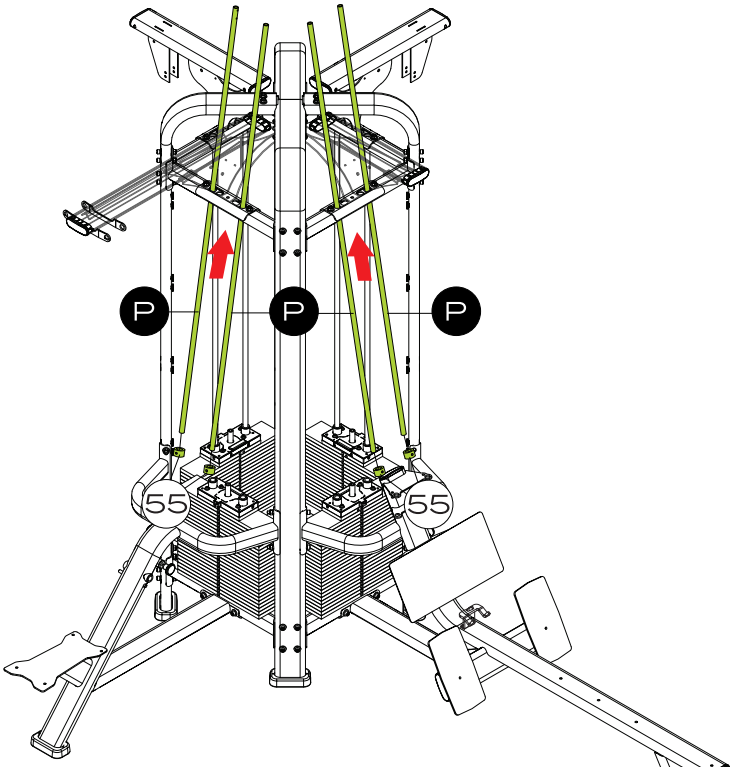


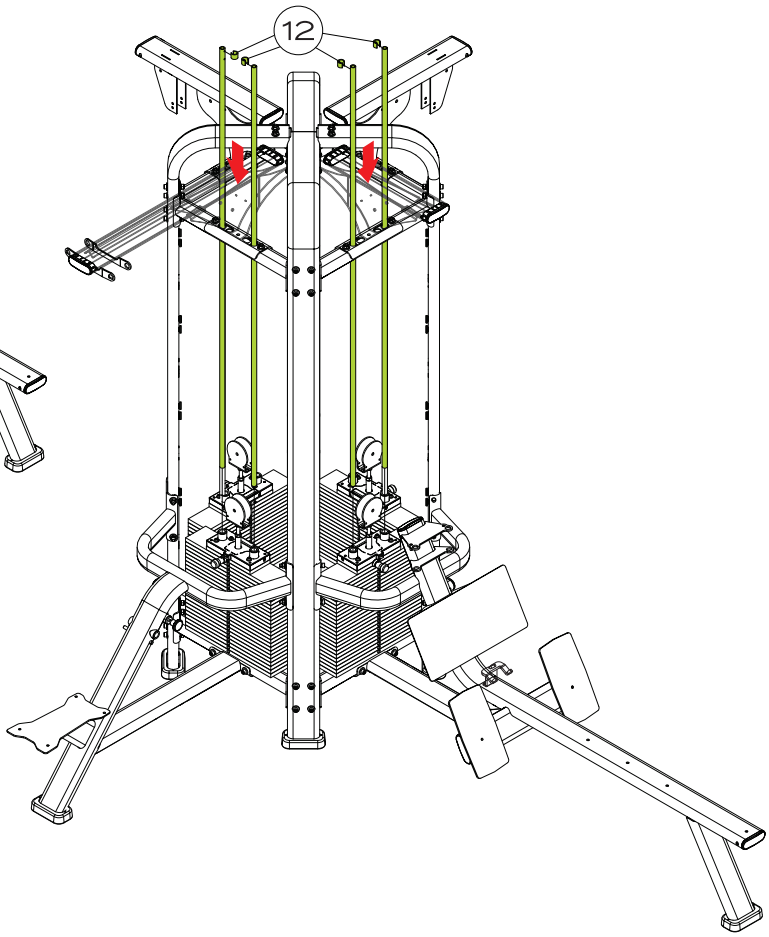


ASSEMBLING THE EQUIPMENT

STEP 17

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



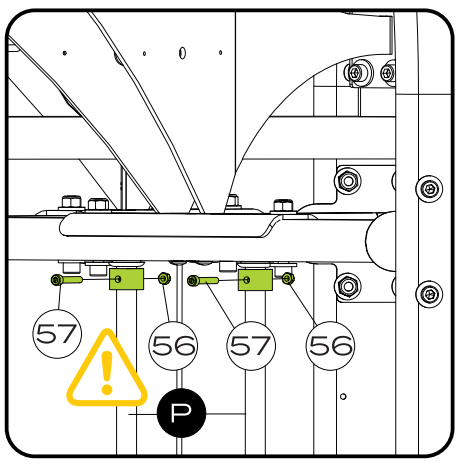


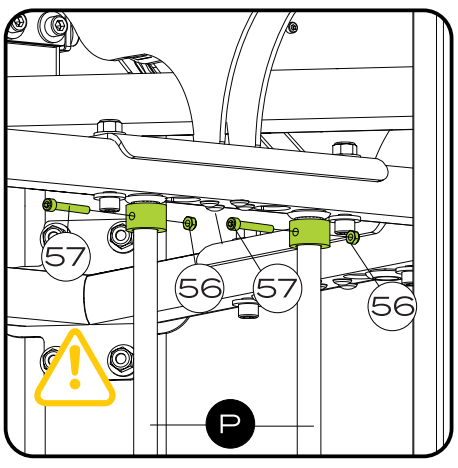
⚠ ATTENTION

TIGHTEN THE BOLT UNTIL ELIMINATING THE CLEARANCE OF THE ROD LOCK

⚠ ATTENTION

THE RODS MUST BE ASSEMBLED FROM BOTTOM TO TOP

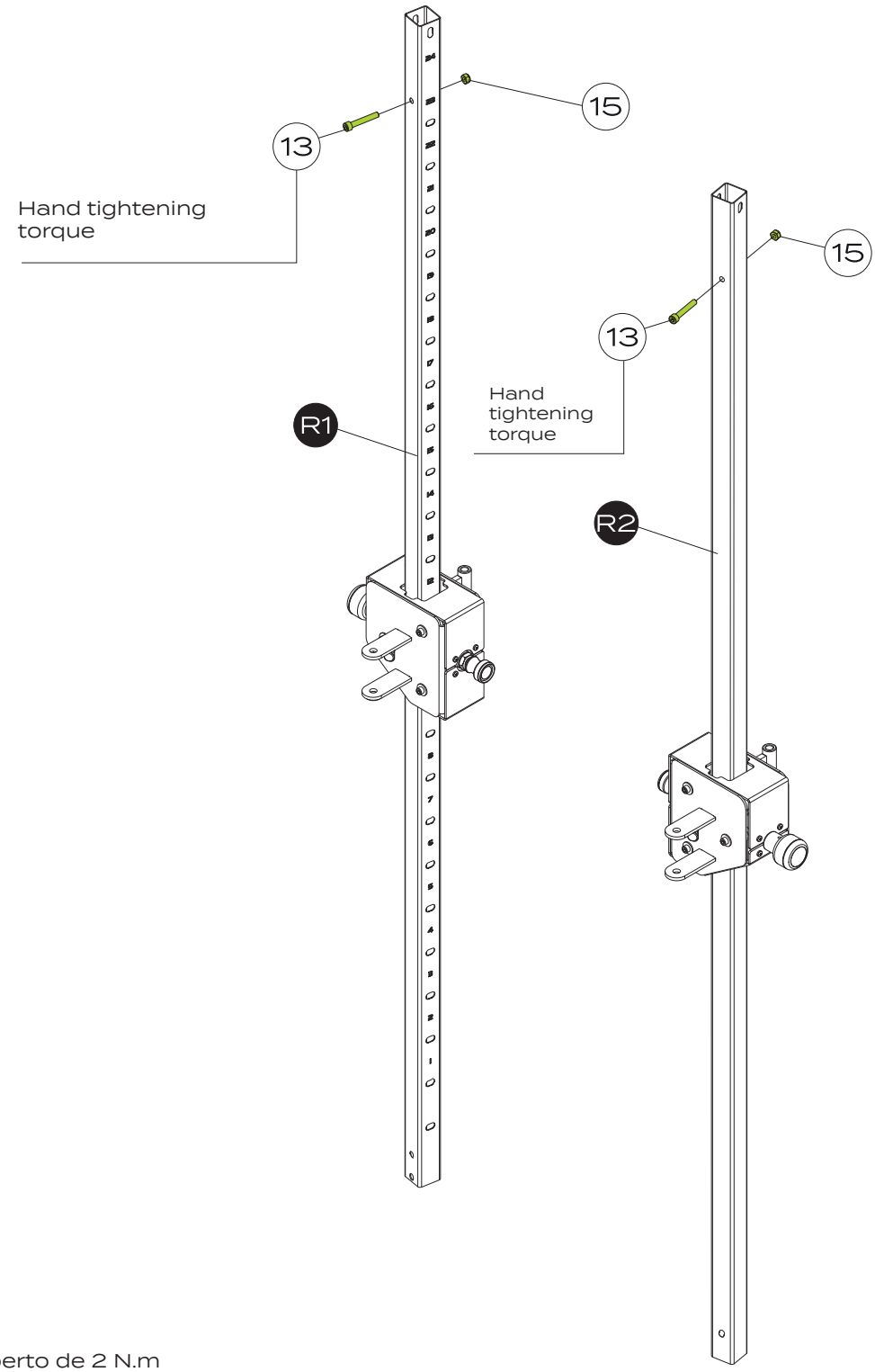




ASSEMBLING THE EQUIPMENT

STEP 18 - PULLEY ASSEMBLY

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



Torque de aperto de 2 N.m

FERRAMENTAS

Fixed wrench Nº 13

Hexagonal wrench Nº 6

100%

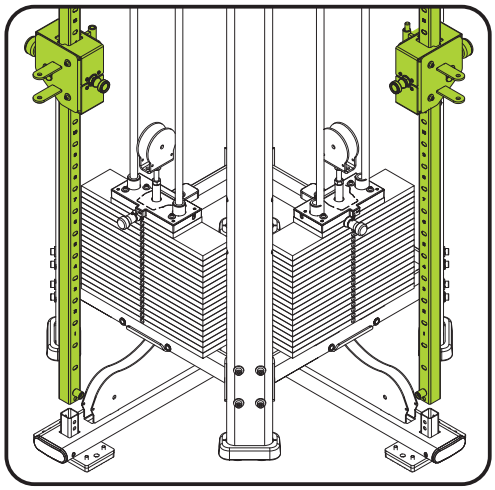
⚠ ATTENTION

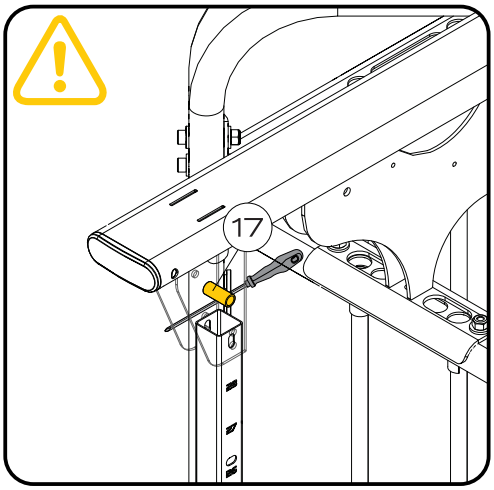
KEEP THE SELECTOR PIN PULLED UNTIL IT IS FITTED INTO THE HEIGHT ADJUSTER RAIL.

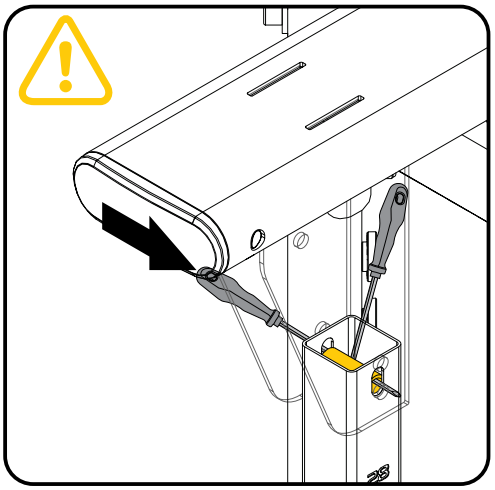
ASSEMBLING THE EQUIPMENT

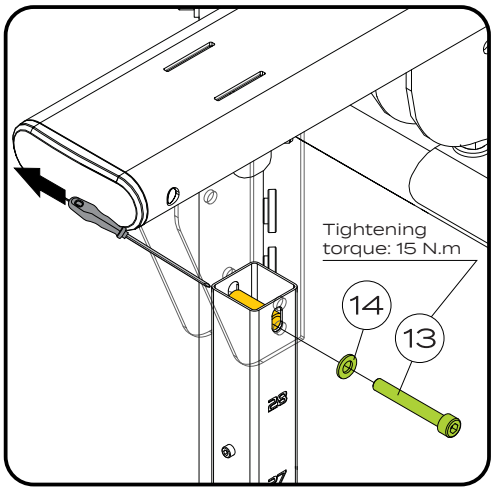
STEP 19 - PULLEY ASSEMBLY

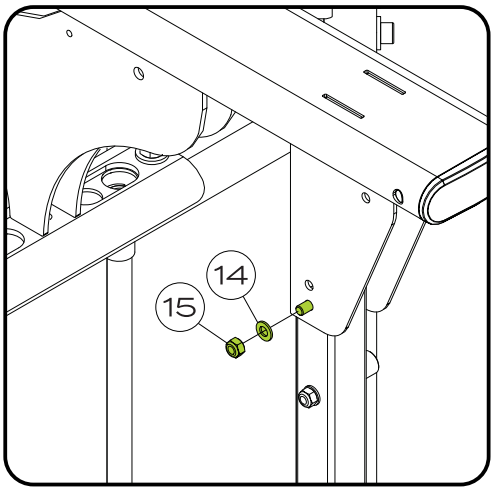
	NAME	Qty
13	Cyl. Head Bolt Hex. Int. - M8X60	2x
14	Flat washer Ø8	4x
15	Hex Insert Nut Insert Nylon - M8	6x
17	Spacer	1x
65	Cyl. Head Bolt Hex. Int. - M8X50	4x

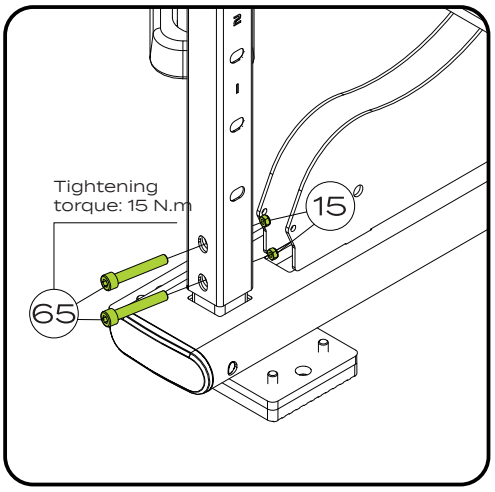








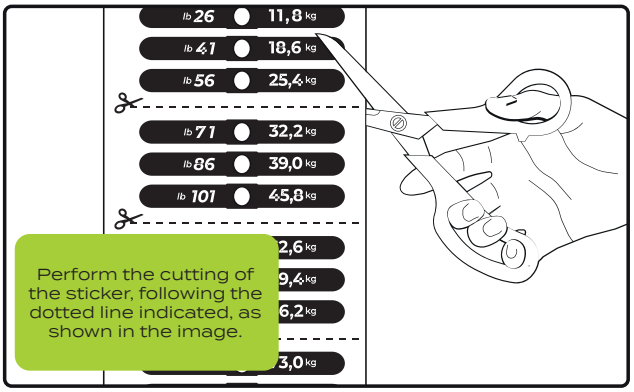




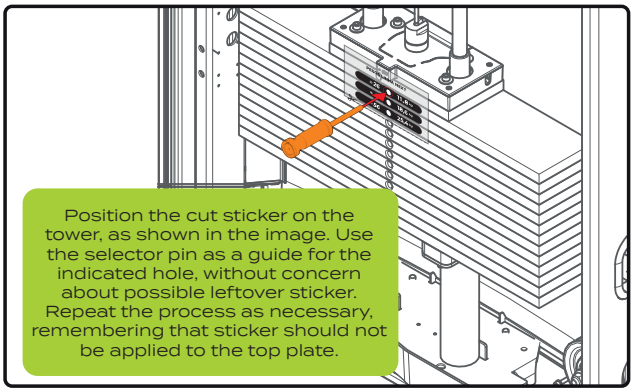
⚠ ATTENTION

WITH THE AID OF A THIN SCREWDRIVER, SUPPORT TO MOUNT THE SPACER ON THE HEIGHT ADJUSTER RAIL.

Note: The assembly of the rail is the same for the pulleys.
Note: Some parts of the equipment have been hidden to facilitate visualization.



Perform the cutting of the sticker, following the dotted line indicated, as shown in the image.



Position the cut sticker on the tower, as shown in the image. Use the selector pin as a guide for the indicated hole, without concern about possible leftover sticker. Repeat the process as necessary, remembering that sticker should not be applied to the top plate.

FERRAMENTAS



Fixed wrench Nº 13

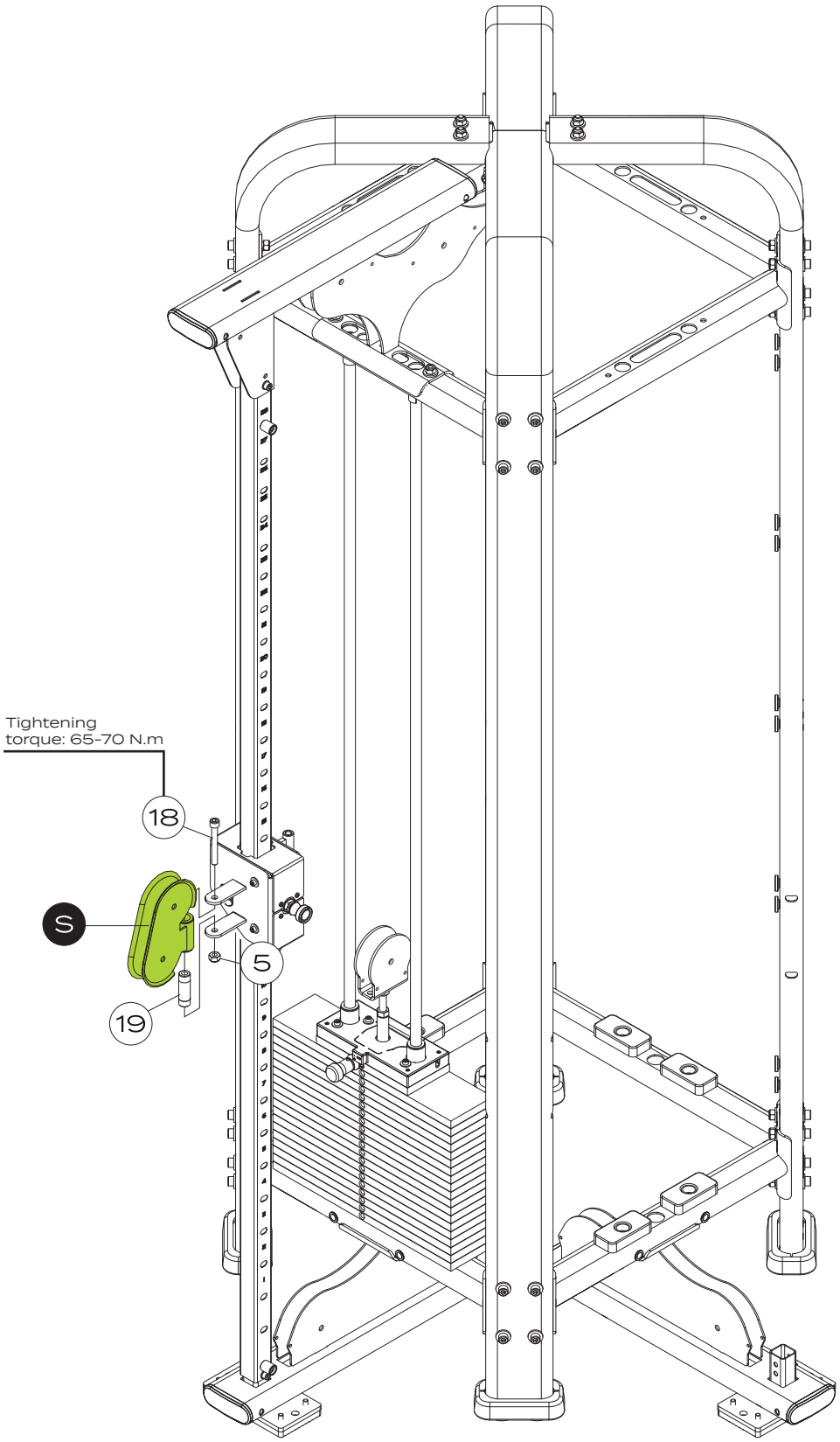


Hexagonal wrench Nº 6



STEP 20 - PULLEY ASSEMBLY

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



FERRAMENTAS

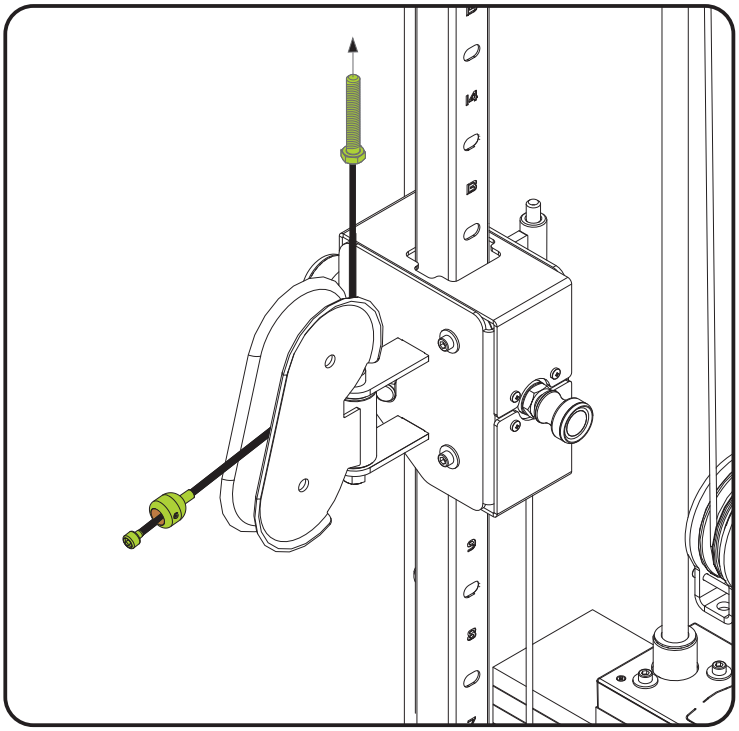
Fixed wrench Nº 17

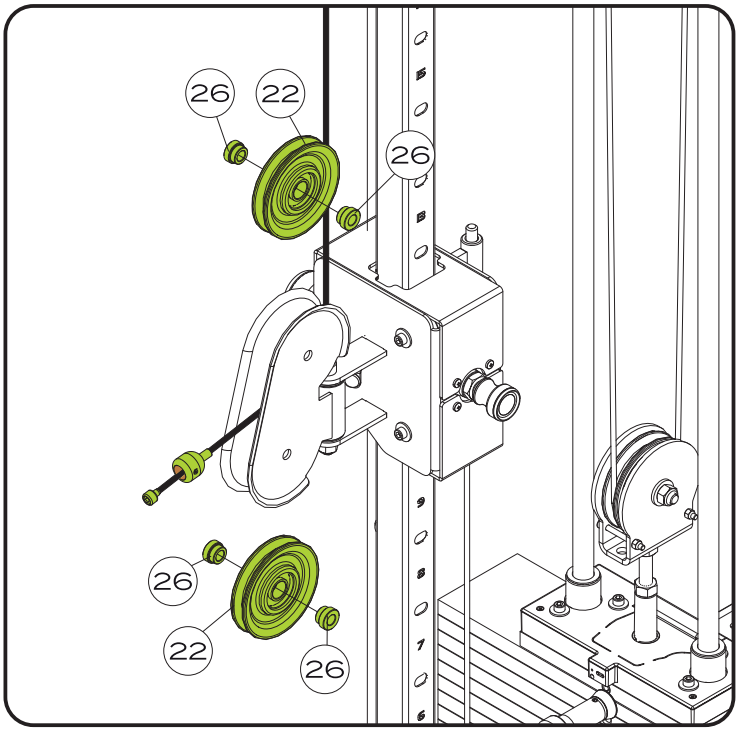
Hexagonal wrench Nº 8

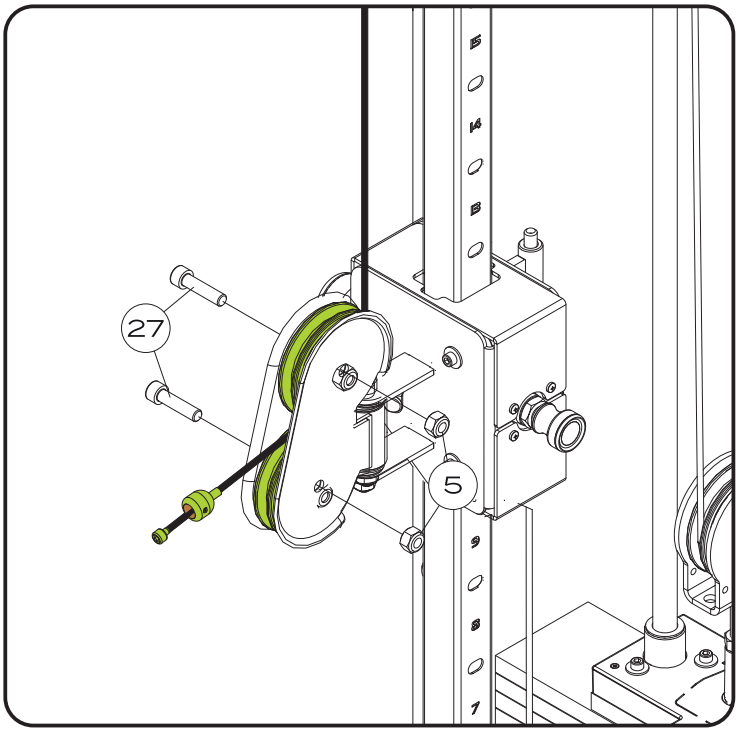
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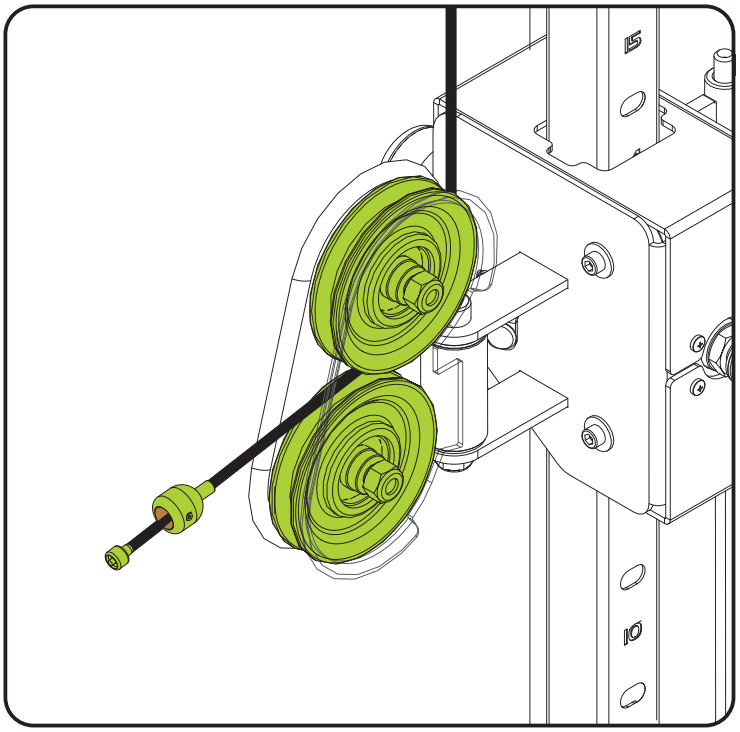
STEP 21 - PULLEY ASSEMBLY

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









FERRAMENTAS

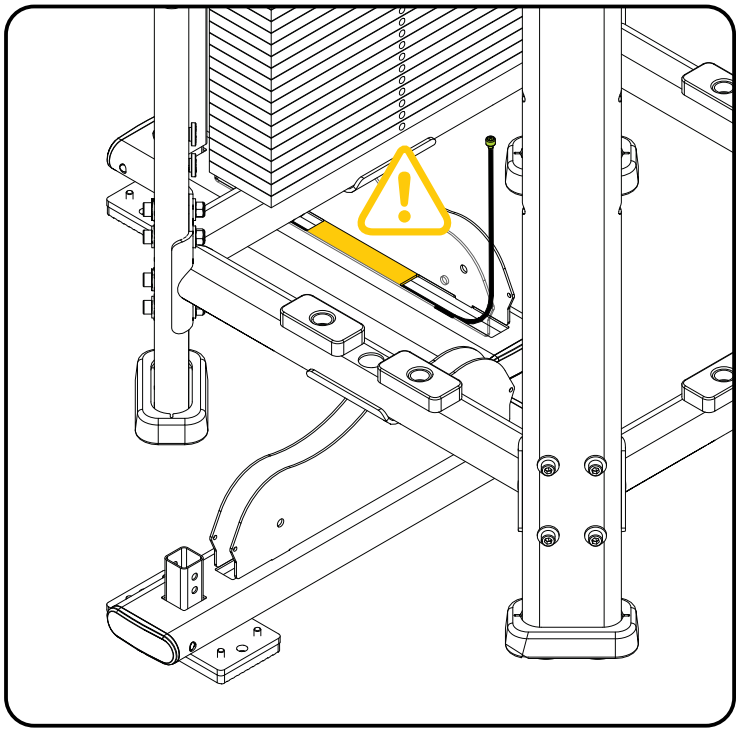
Fixed wrench Nº 17

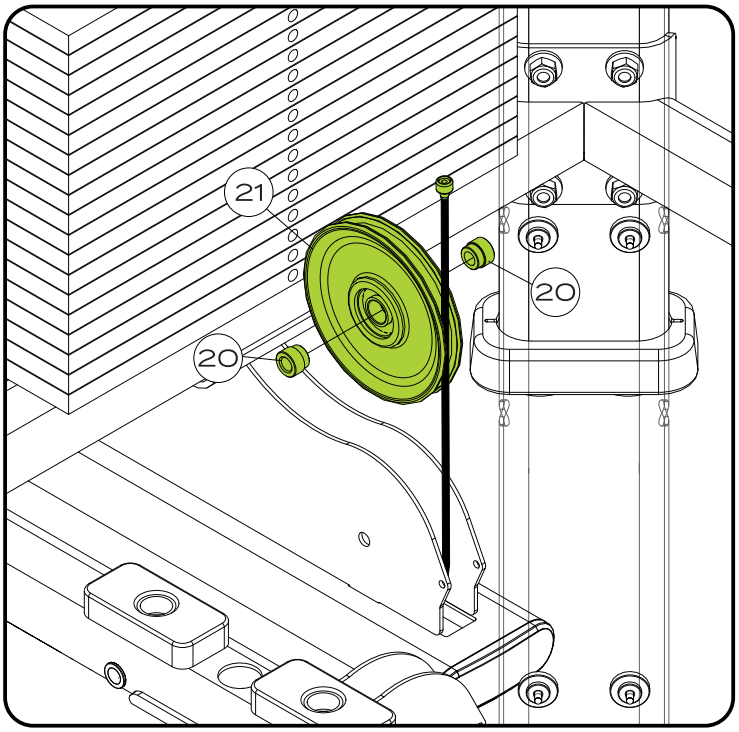
Hexagonal wrench Nº 8

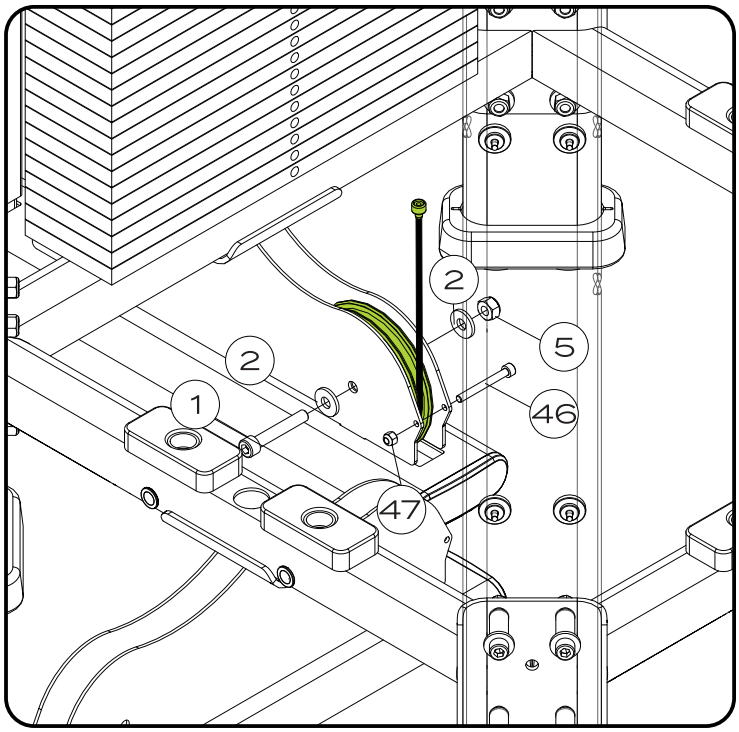
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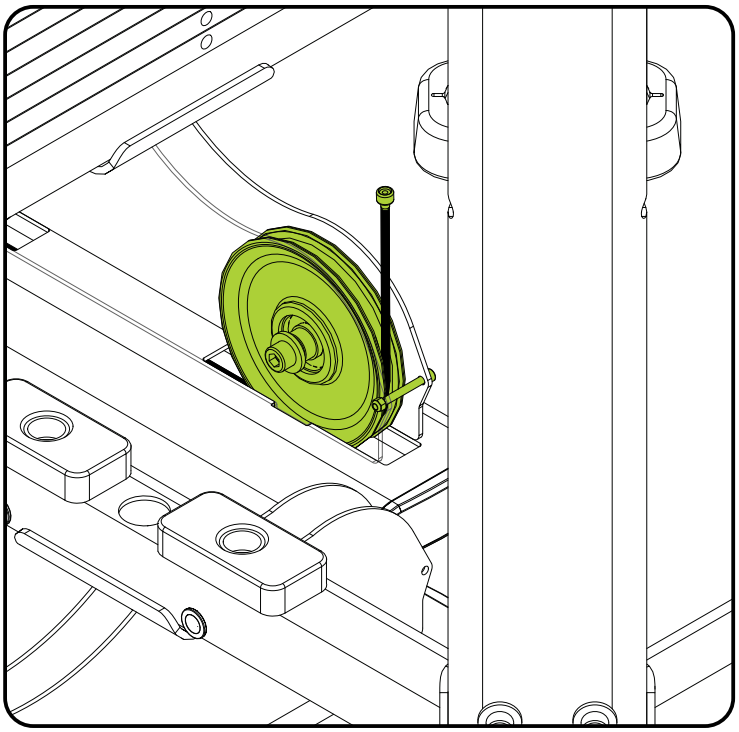
STEP 22 - PULLEY ASSEMBLY

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









FERRAMENTAS

Fixed wrench Nº 13

Hexagonal wrench Nº 8

100%

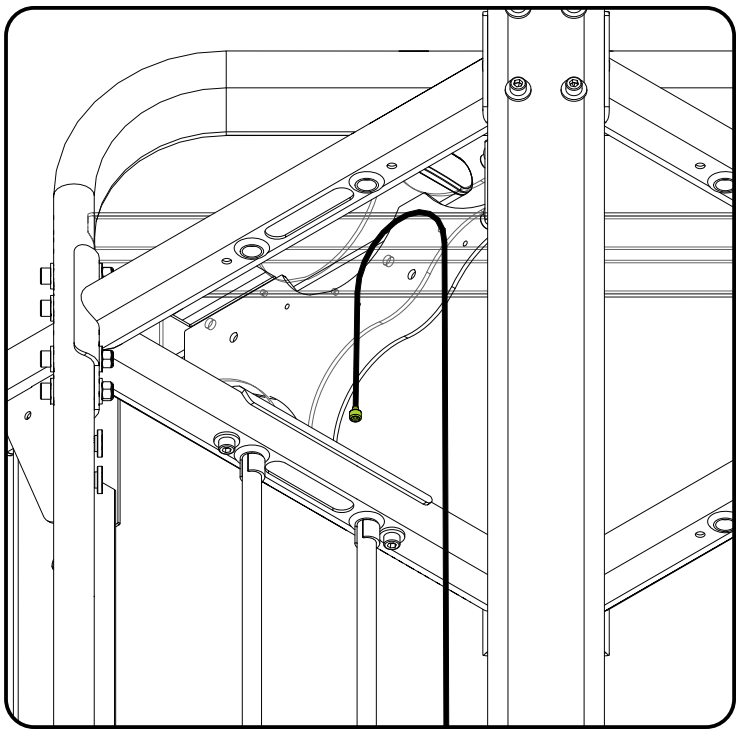
⚠ ATTENTION

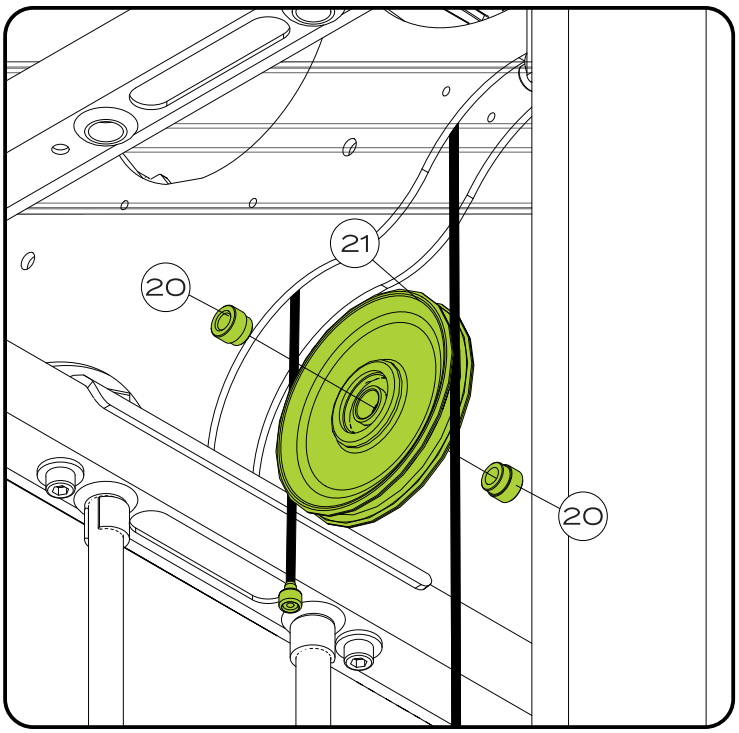
THE STEEL CABLE MUST PASS UNDERNEATH THE FOOT SUPPORT PLATE.

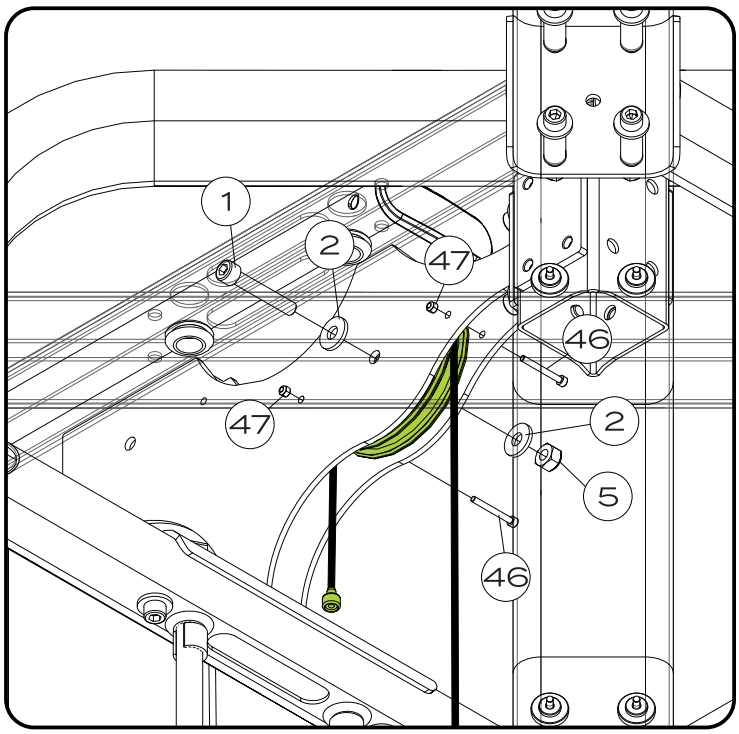
ASSEMBLING THE EQUIPMENT

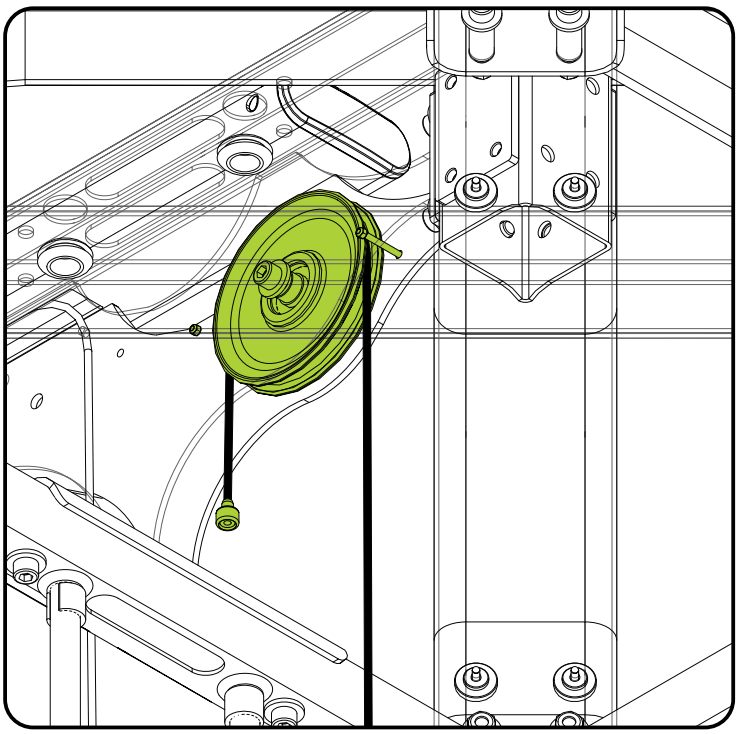
STEP 23 - PULLEY ASSEMBLY

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









FERRAMENTAS

Fixed wrench Nº 8 e 17

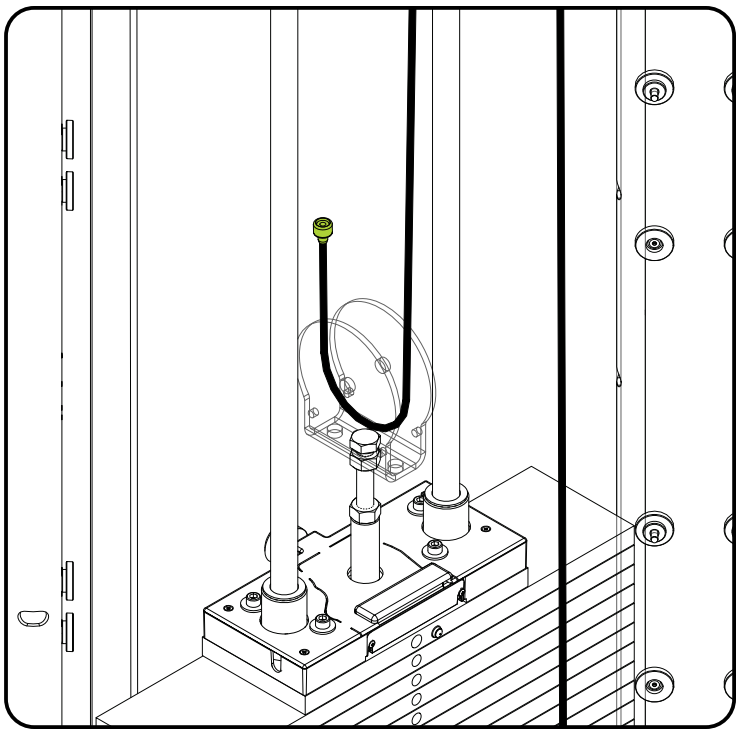
Hexagonal wrench Nº 4 e 8

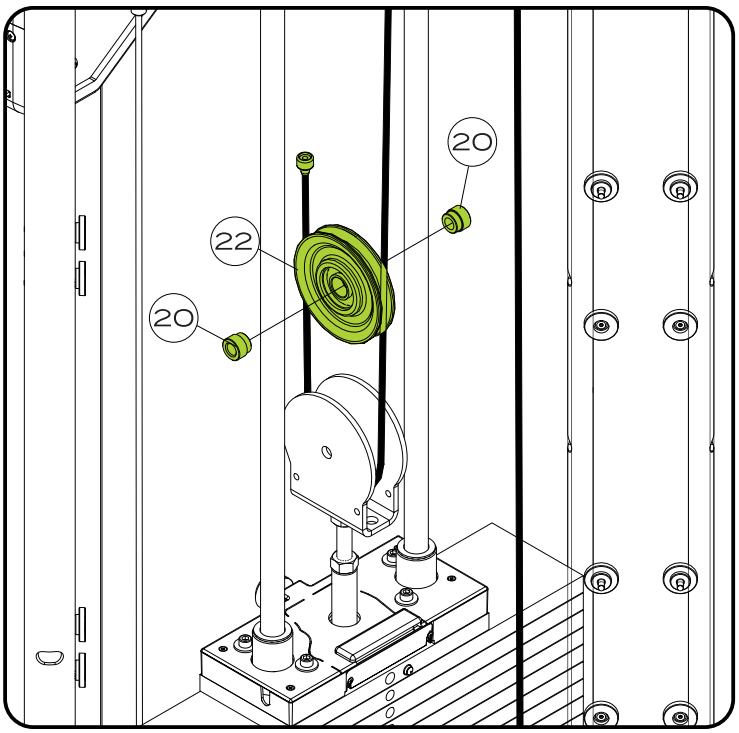
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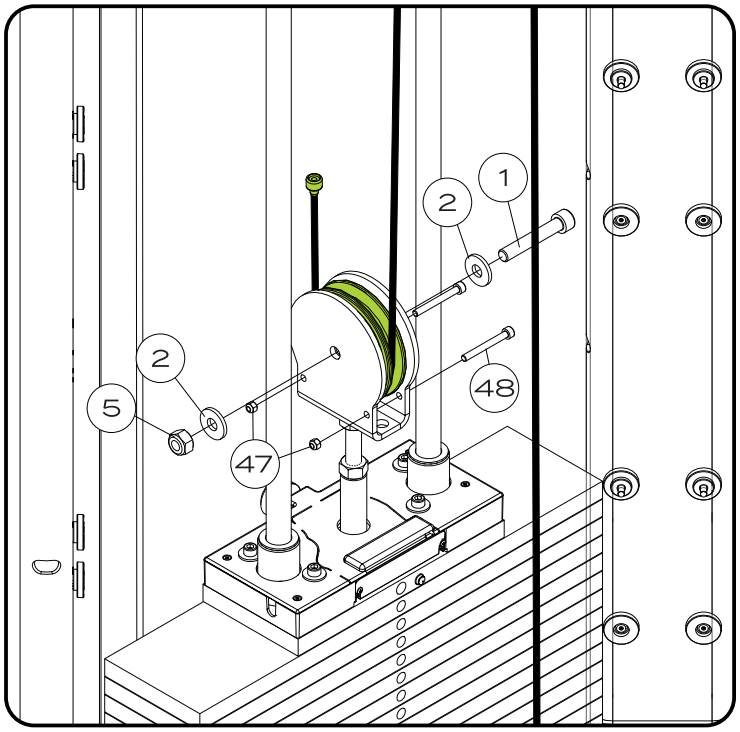
ASSEMBLING THE EQUIPMENT

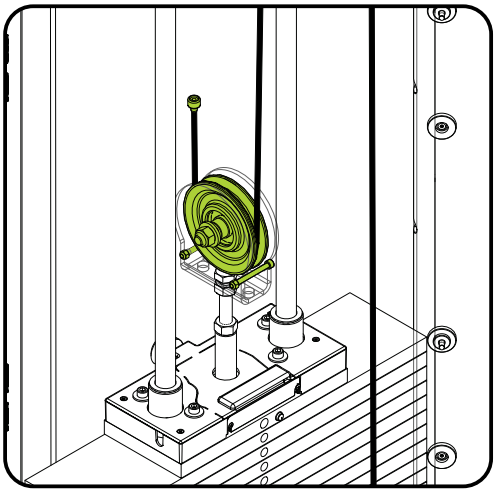
STEP 24 - PULLEY ASSEMBLY

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



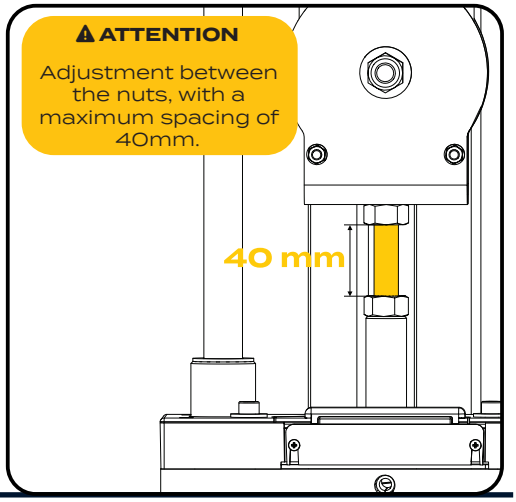






ATTENTION

Adjustment between the nuts, with a maximum spacing of 40mm.



FERRAMENTAS

Fixed wrench Nº 8 e 17

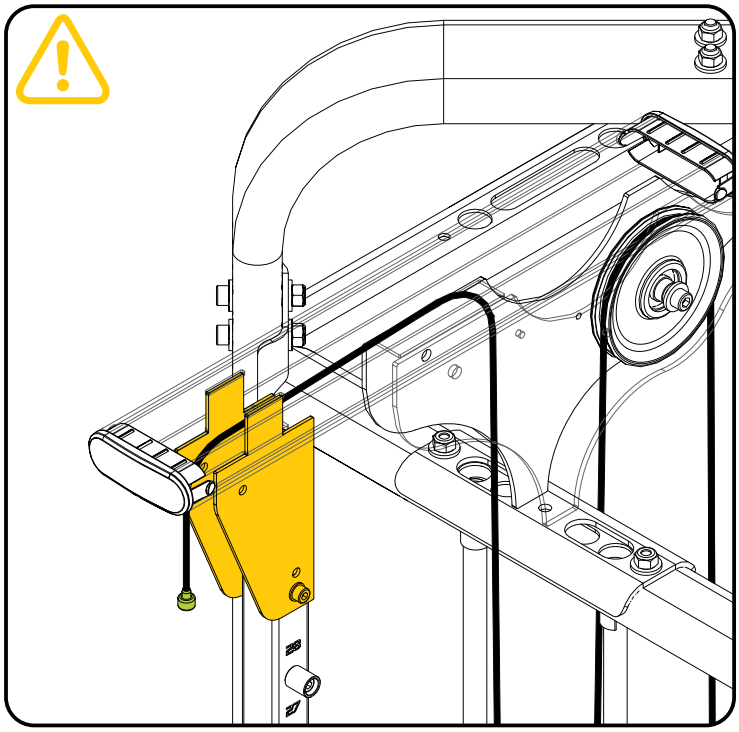
Hexagonal wrench Nº 4 e 8

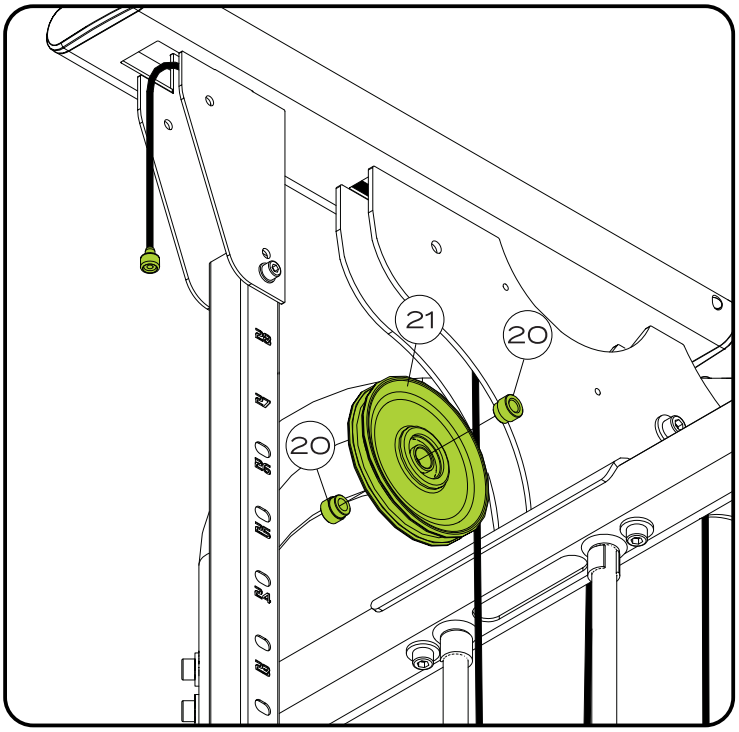
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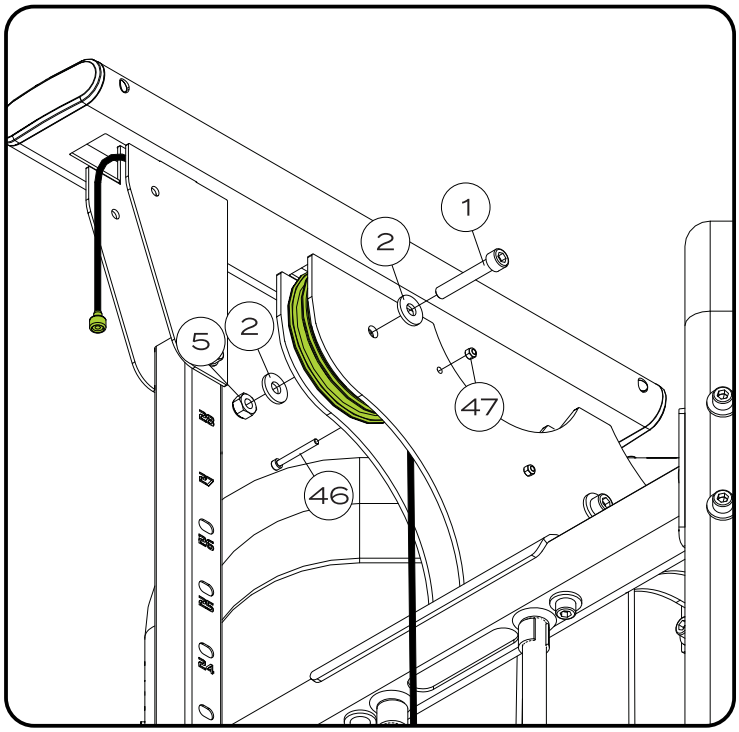
ASSEMBLING THE EQUIPMENT

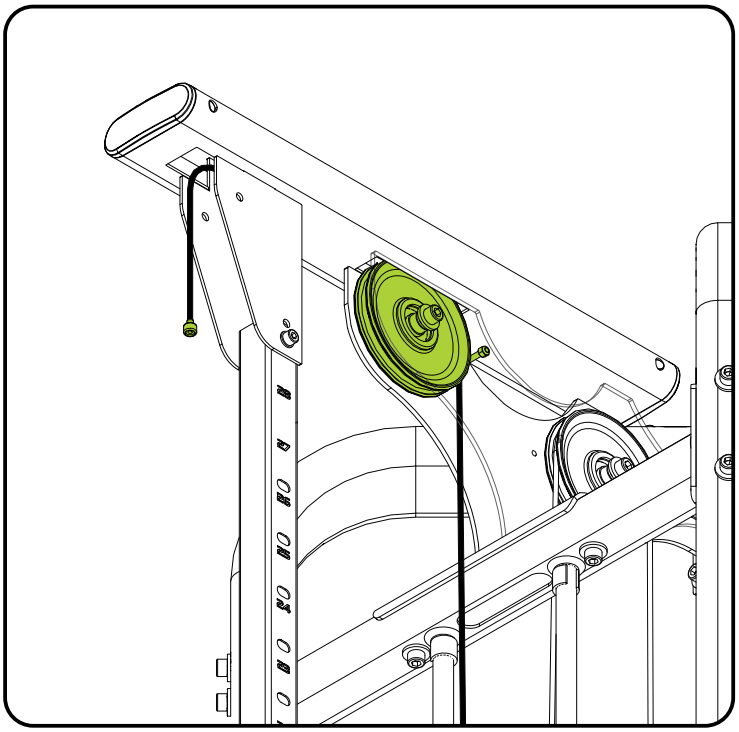
STEP 25 - PULLEY ASSEMBLY

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









FERRAMENTAS

Fixed wrench Nº 8 e 17

Hexagonal wrench Nº 4 e 8

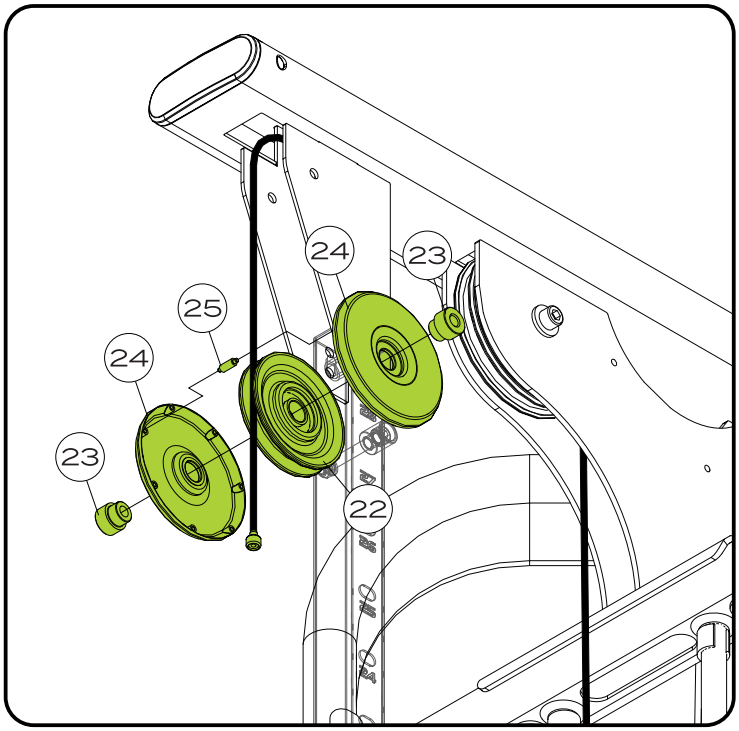
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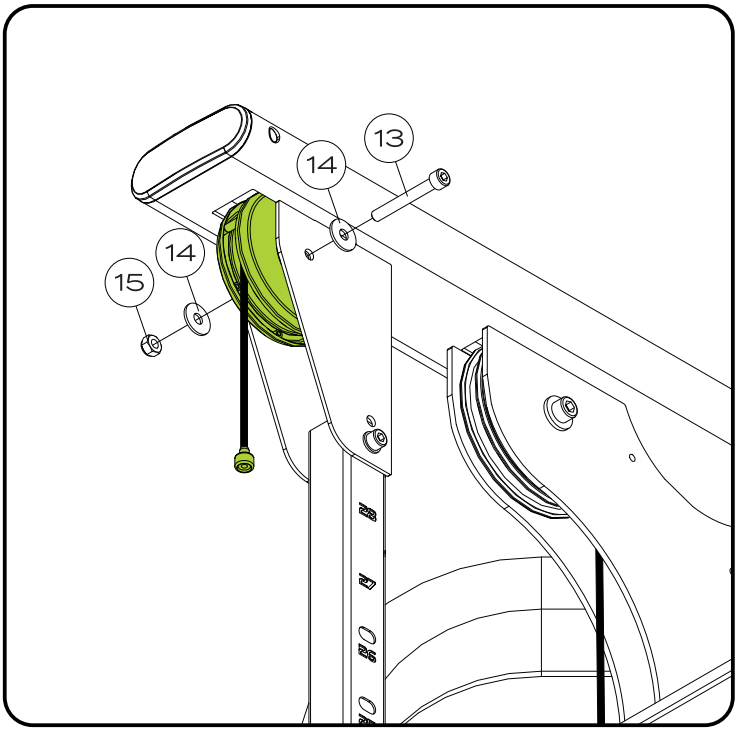
⚠ ATTENTION

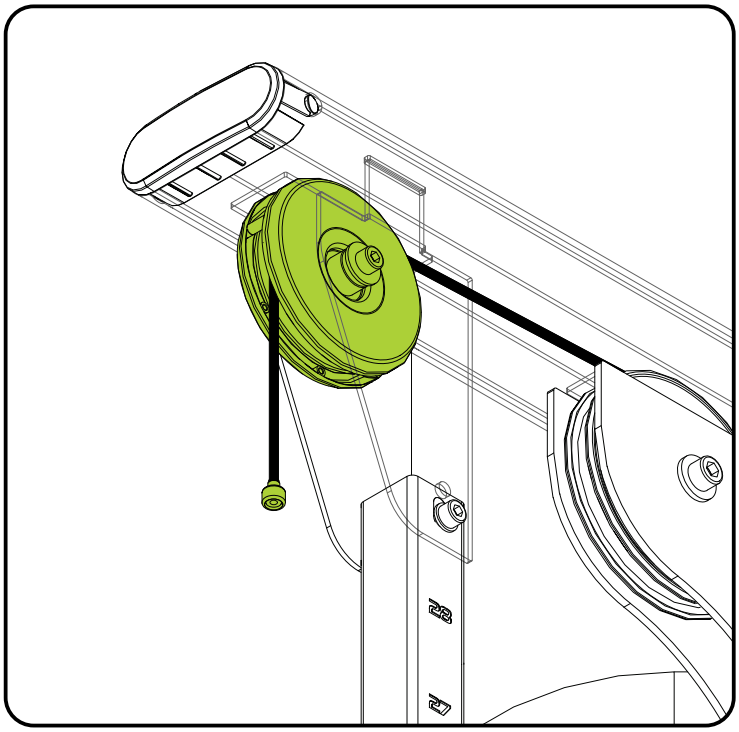
THE CABLE MUST BE PASSED INTERNALLY THROUGH THE UPPER TUBE.

STEP 26 - PULLEY ASSEMBLY

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







FERRAMENTAS

Fixed wrench Nº 8 e 17

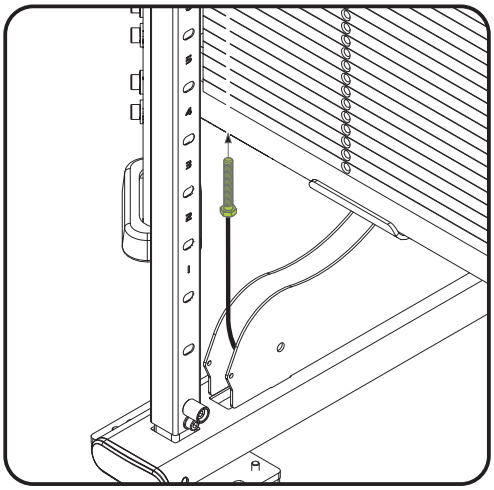
Hexagonal wrench Nº 4 e 8

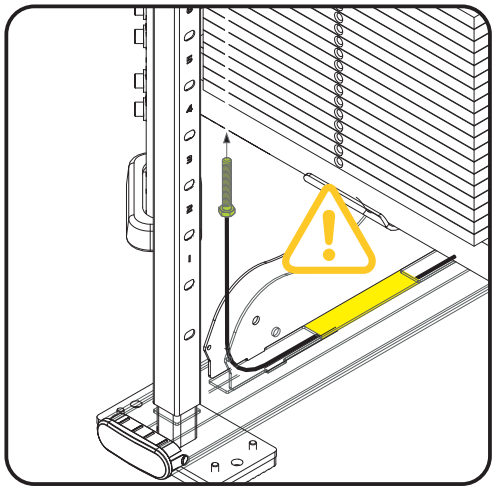
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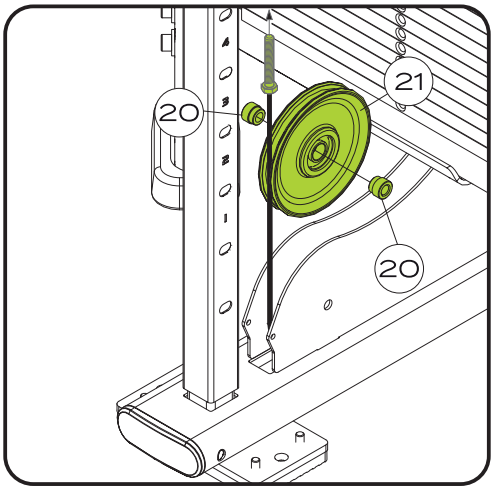
ASSEMBLING THE EQUIPMENT

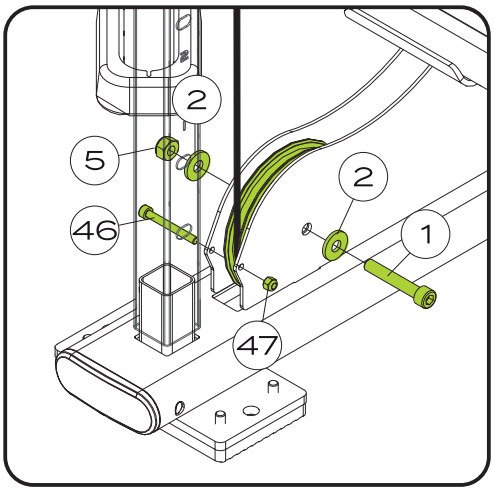
PASSO 27- MONTAGEM DOS PULLEY

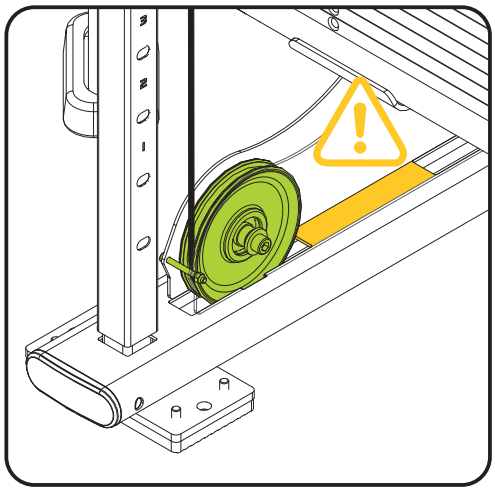
	NOME	Qtd
1	Cyl. Head Bolt Sext. Int. - M10X60	1x
2	Flat washerØ10	2x
5	Hex Insert Nut Insert Nylon - M10	1x
11	Hex Insert Nut M12	1x
20	Bushing	2x
21	Pulley	1x
46	Cyl. Head Bolt Sext. Int. - M5X50	1x
47	Hex Insert Nut Insert Nylon - M5	1x

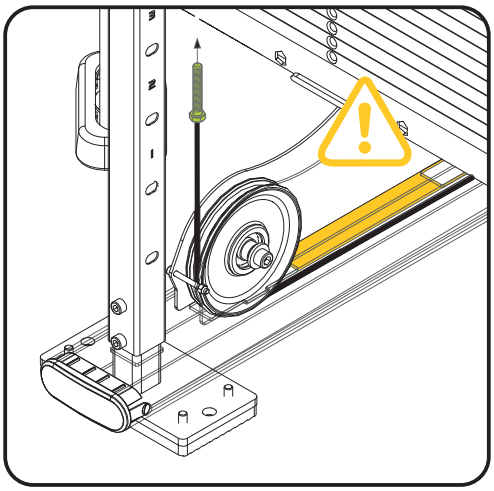


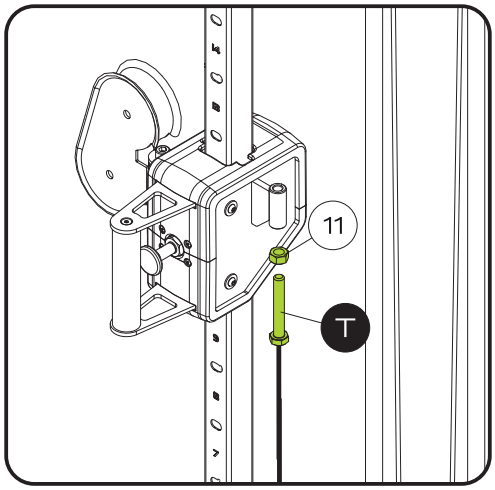


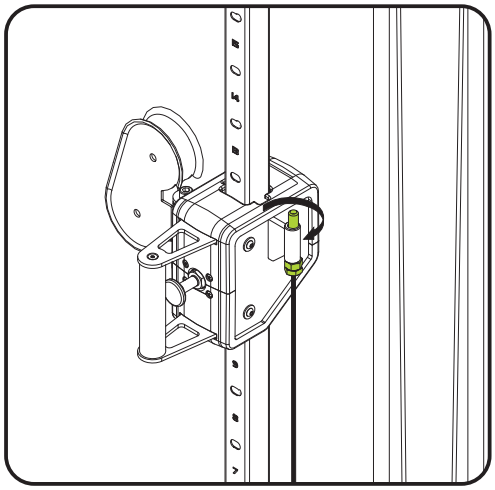


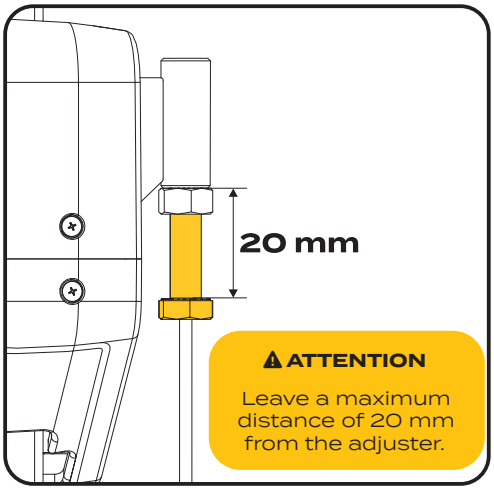












⚠ ATTENTION

Leave a maximum distance of 20 mm from the adjuster.

FERRAMENTAS



Fixed wrench Nº 8, 17 e 19



Hexagonal wrench Nº 4 e 8



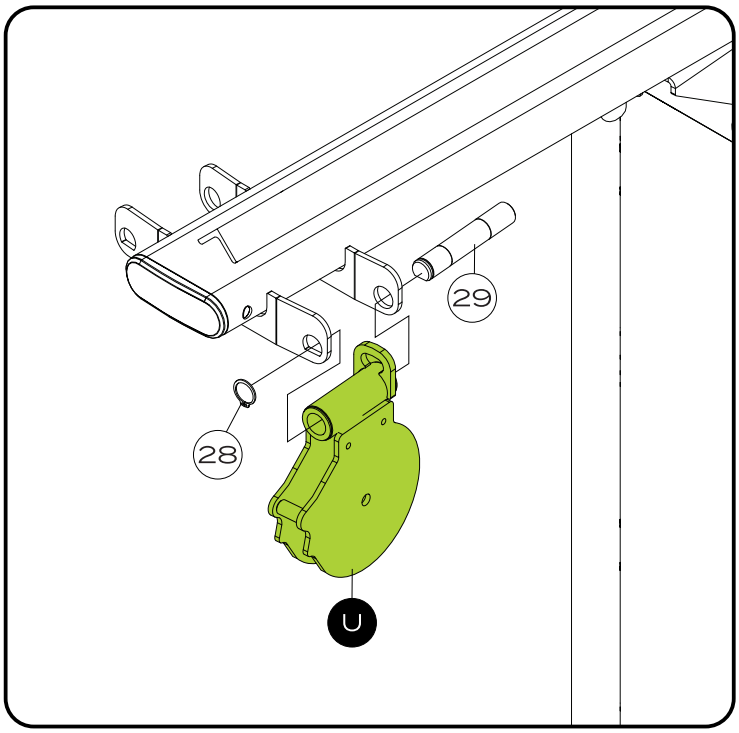
⚠ ATTENTION

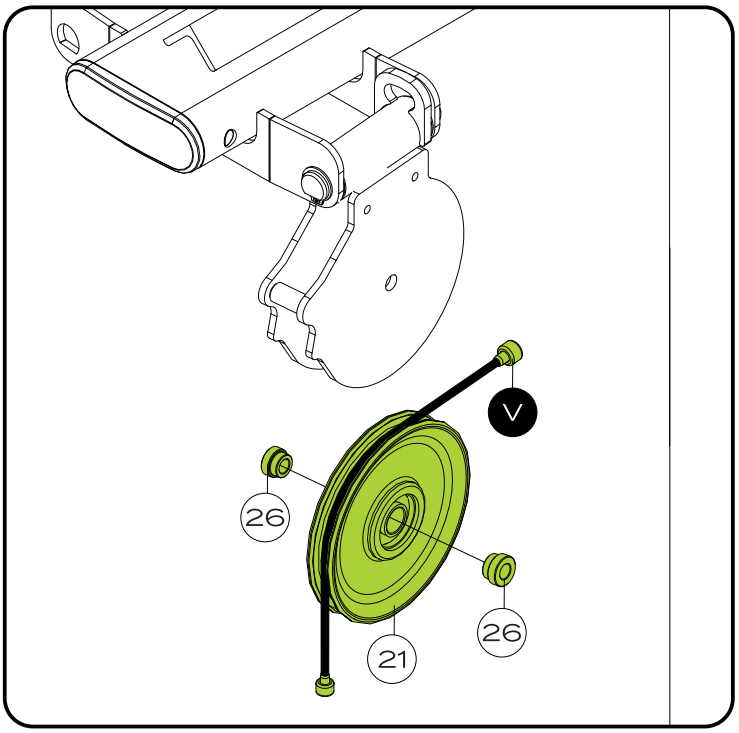
THE STEEL CABLE MUST PASS UNDERNEATH THE FOOT SUPPORT PLATE.

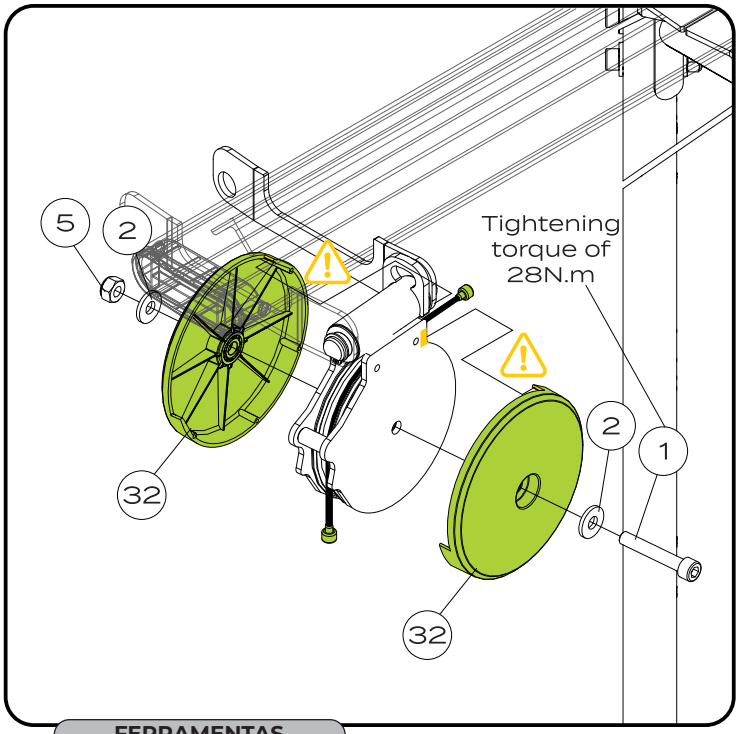
ASSEMBLING THE EQUIPMENT

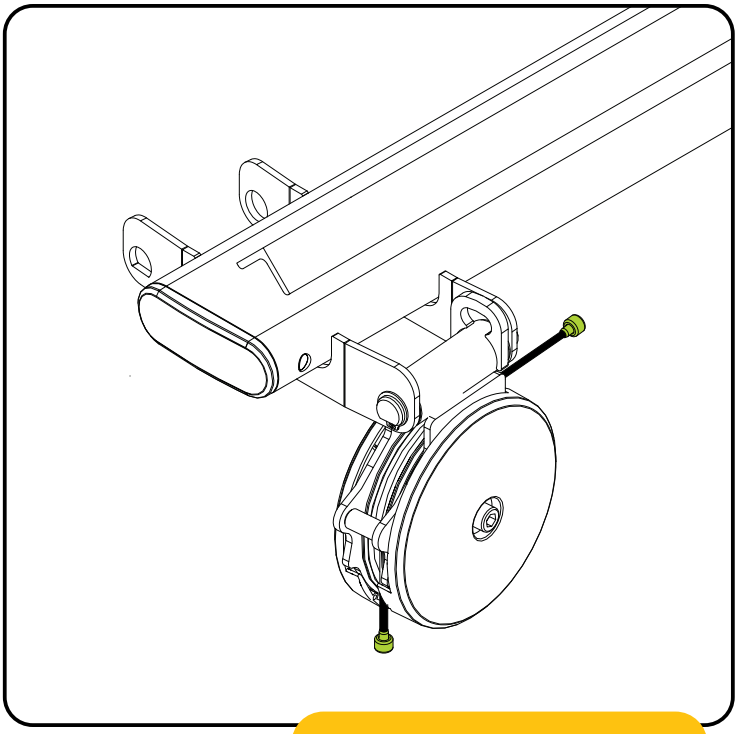
STEP 28 - HIGH PULL ASSEMBLY

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









FERRAMENTAS



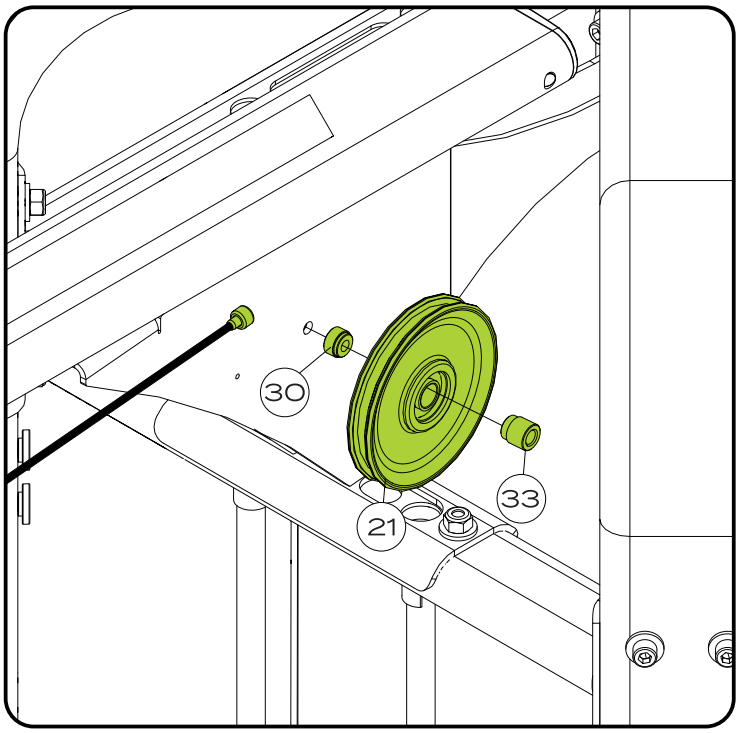


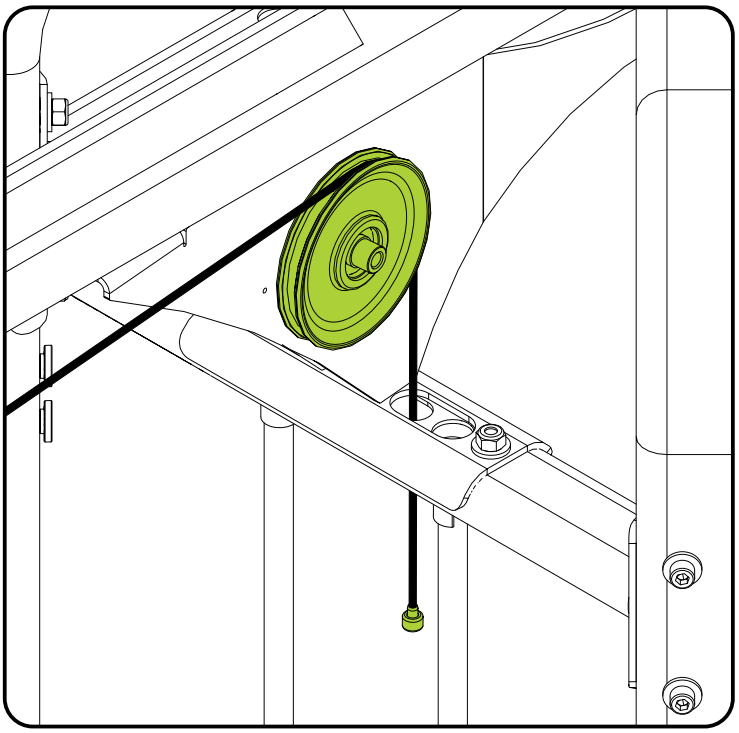
⚠ ATTENTION

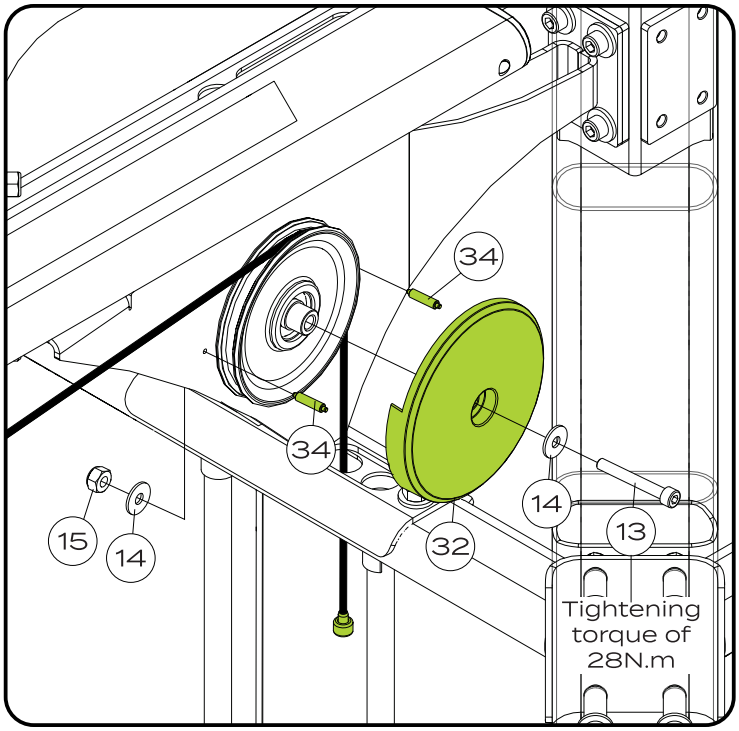
For the correct positioning of the pulley cover, the wall of the cutout must be placed against the face of the pulley support.

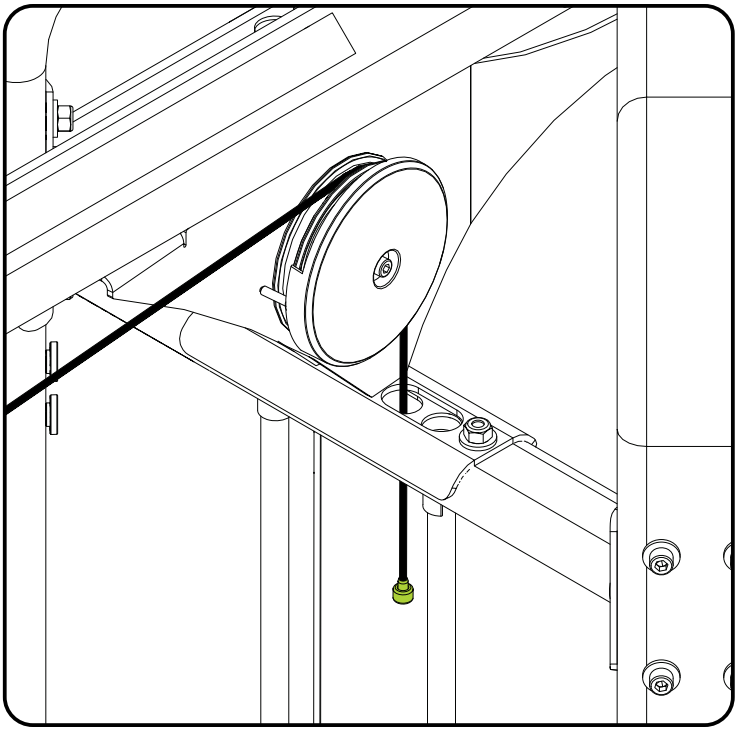
STEP 29 - HIGH PULL ASSEMBLY

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









FERRAMENTAS

Fixed wrench Nº 13

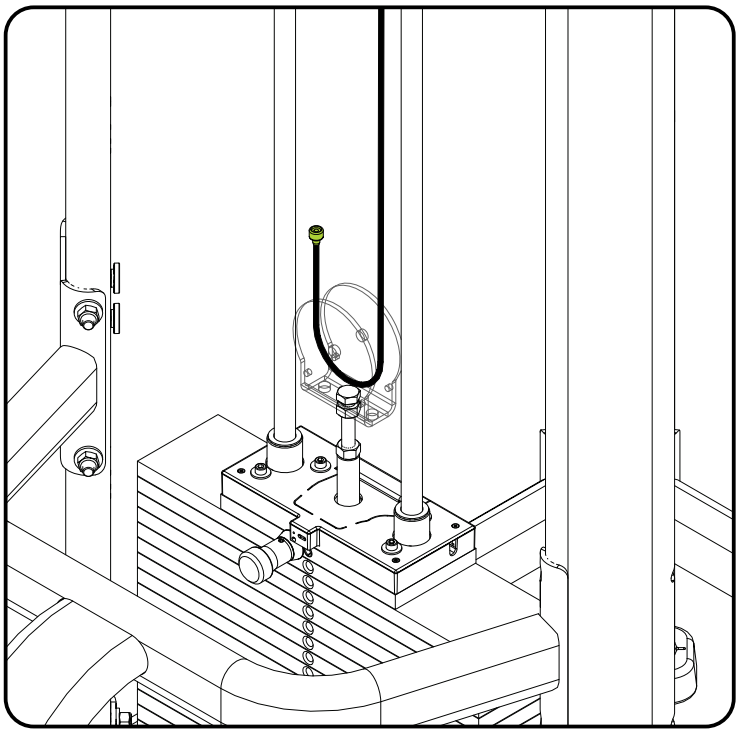
Hexagonal wrench Nº 6

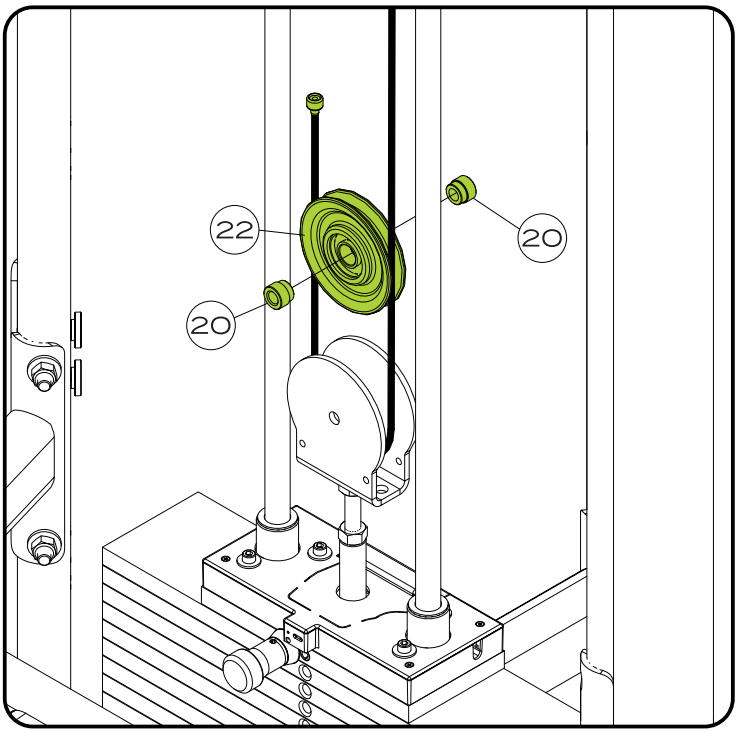
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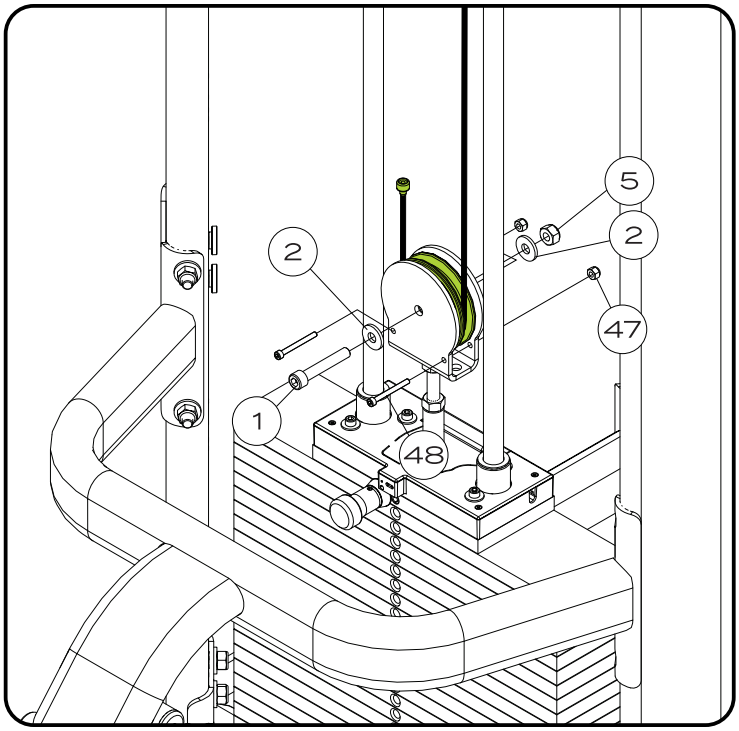
ASSEMBLING THE EQUIPMENT

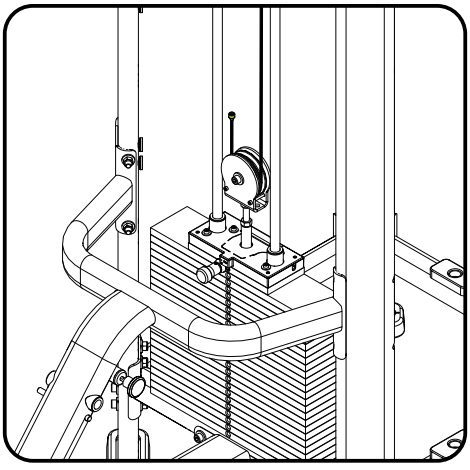
STEP 30 - HIGH PULL ASSEMBLY

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



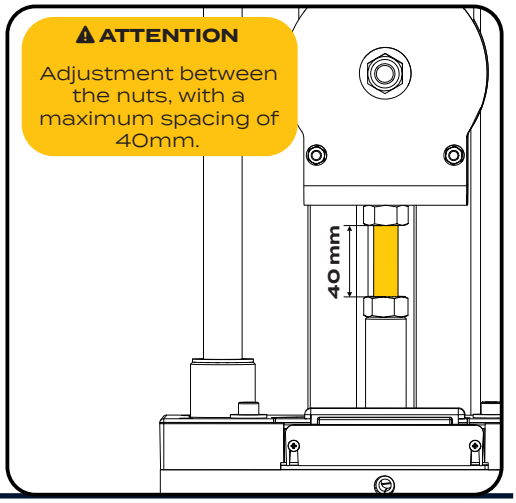






ATTENTION

Adjustment between the nuts, with a maximum spacing of 40mm.



FERRAMENTAS



Fixed wrench Nº 13

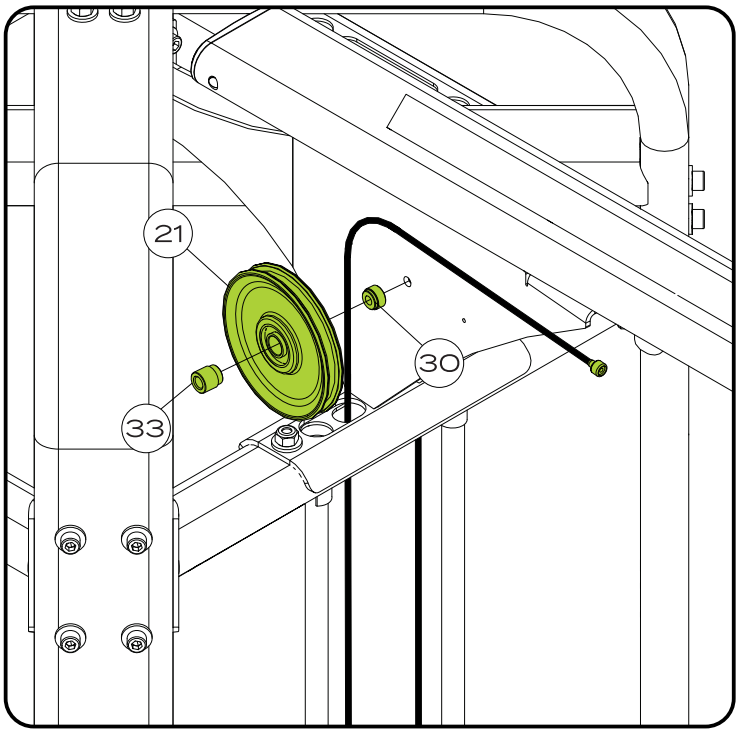


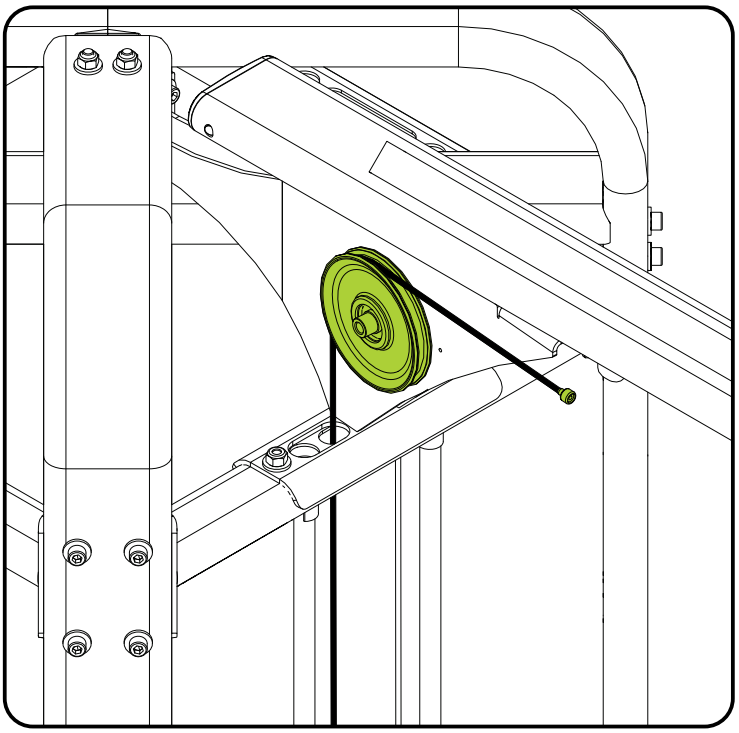
Hexagonal wrench Nº 6

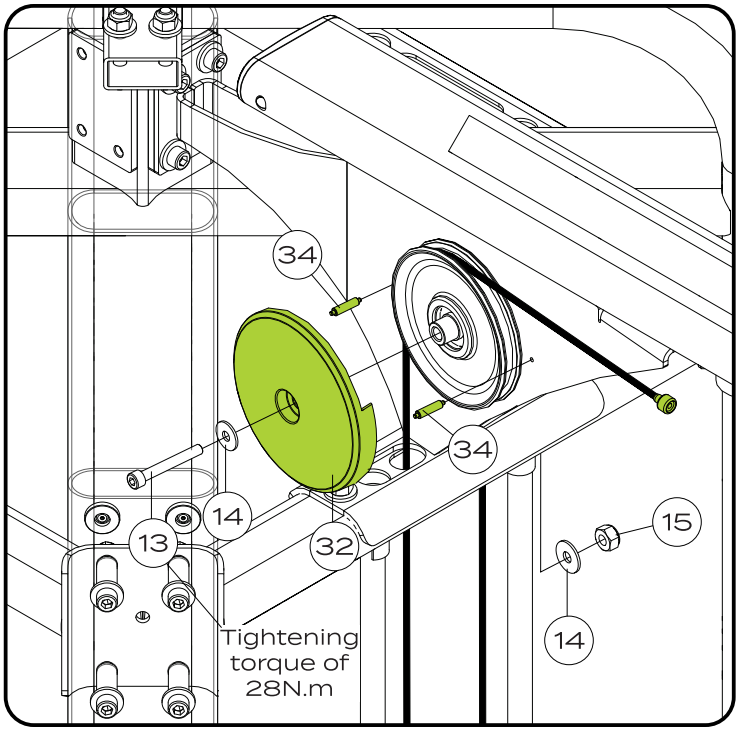


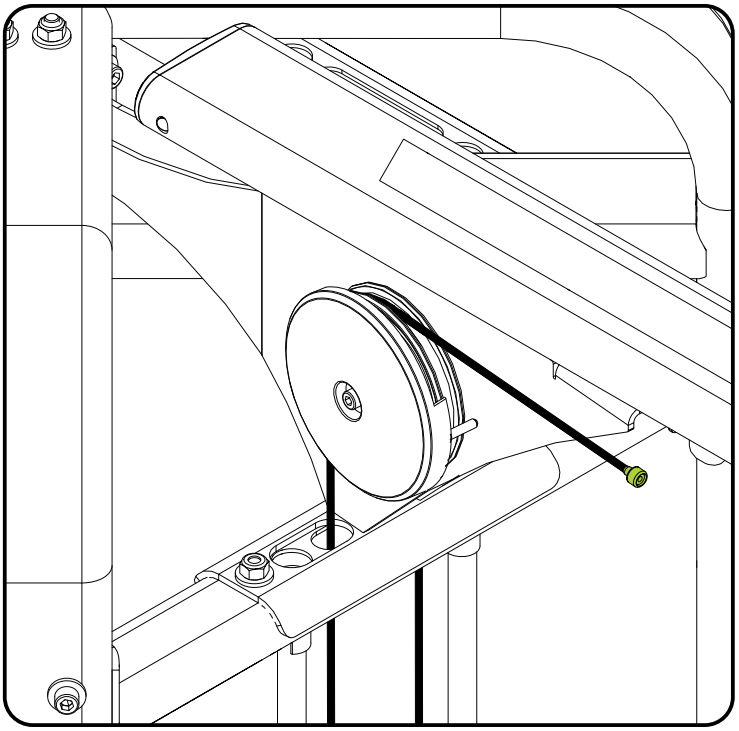
STEP 31 - HIGH PULL ASSEMBLY

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









FERRAMENTAS

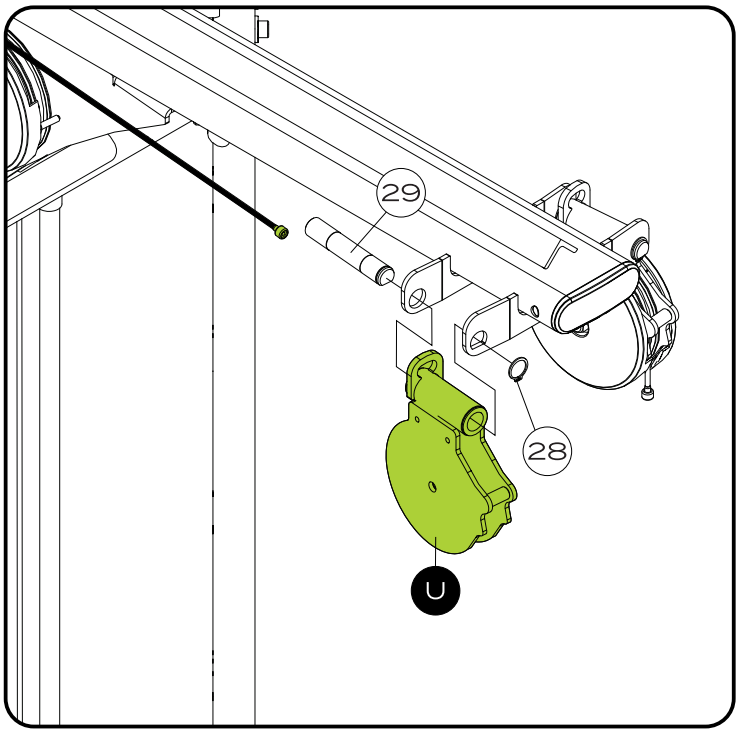
Fixed wrench Nº 17

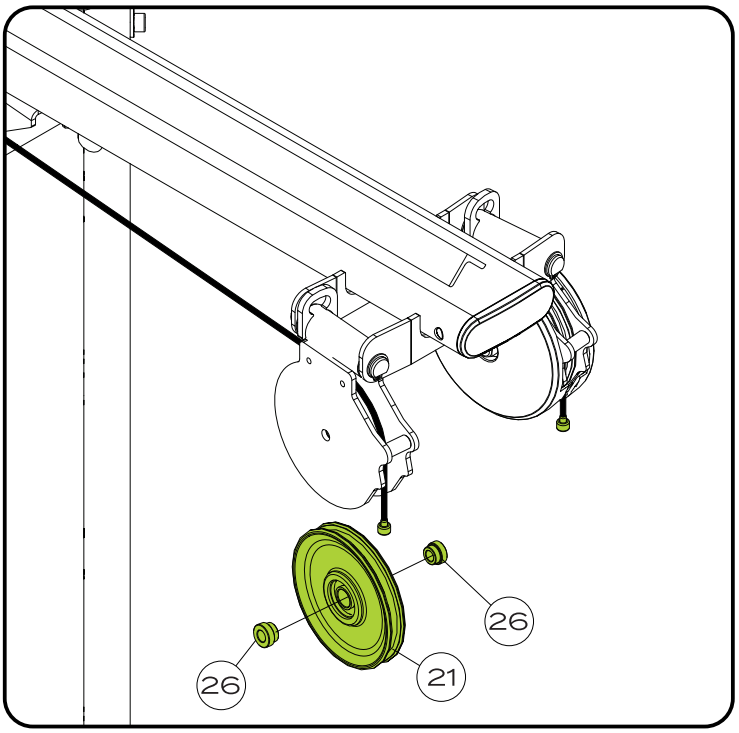
Hexagonal wrench Nº 8

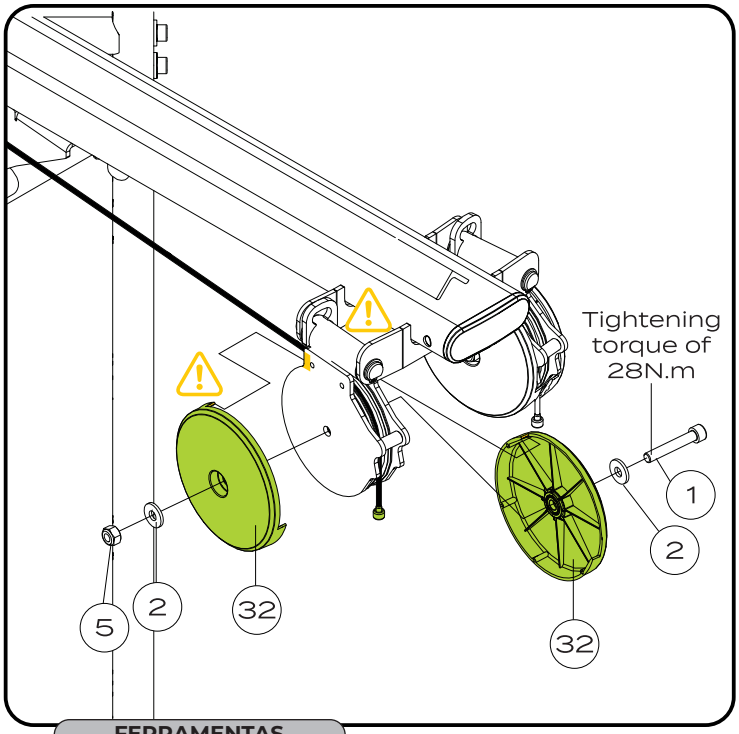
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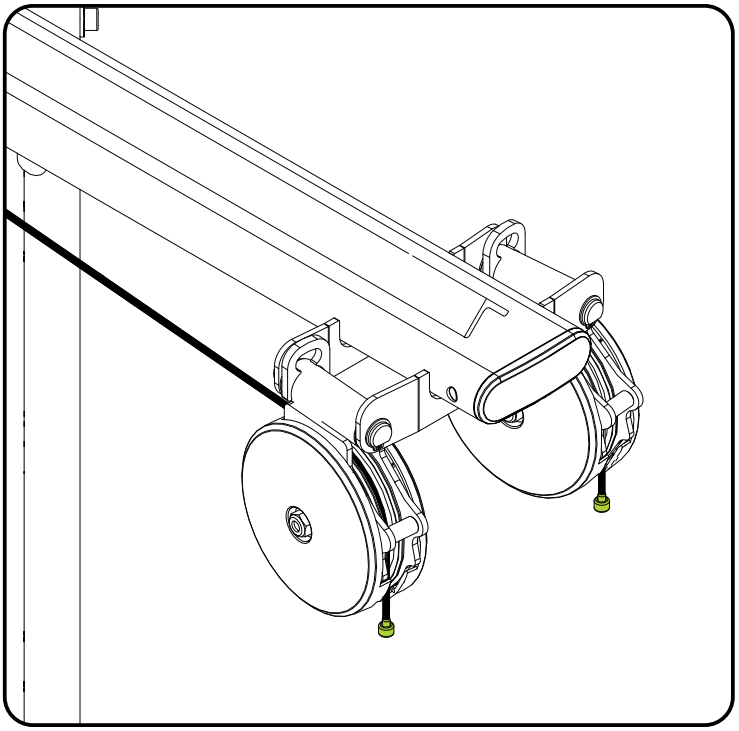
STEP 32 - HIGH PULL ASSEMBLY

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









FERRAMENTAS



Fixed wrench Nº 17

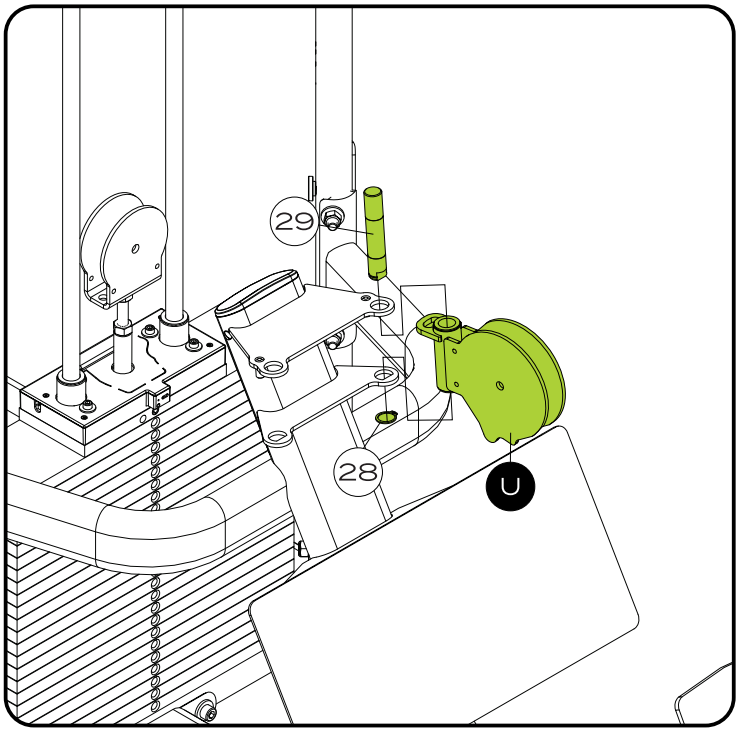


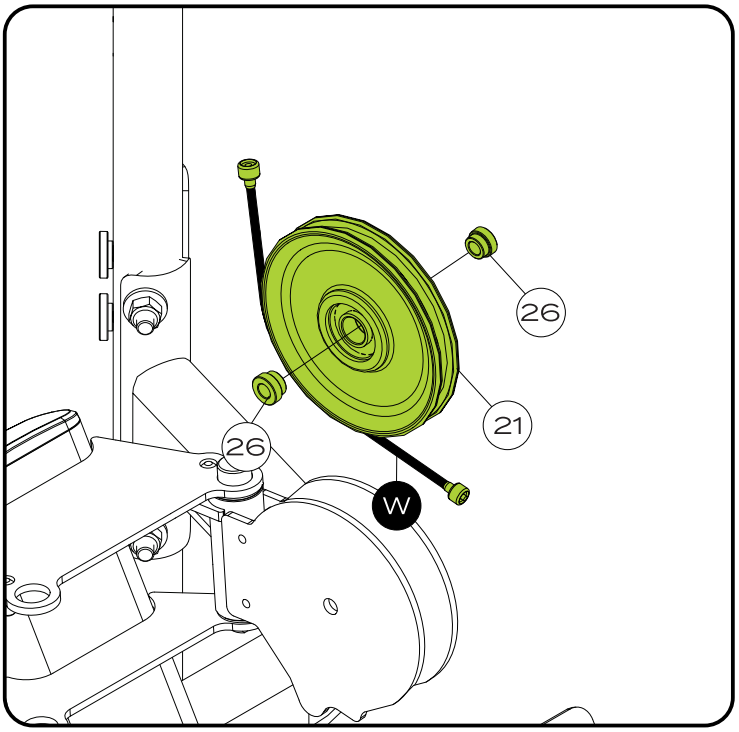
Hexagonal wrench Nº 8

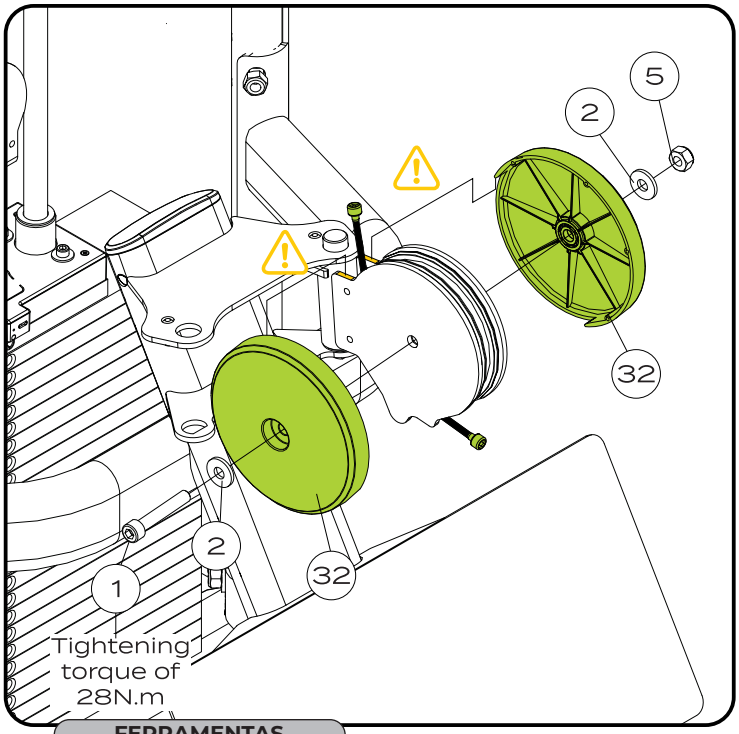


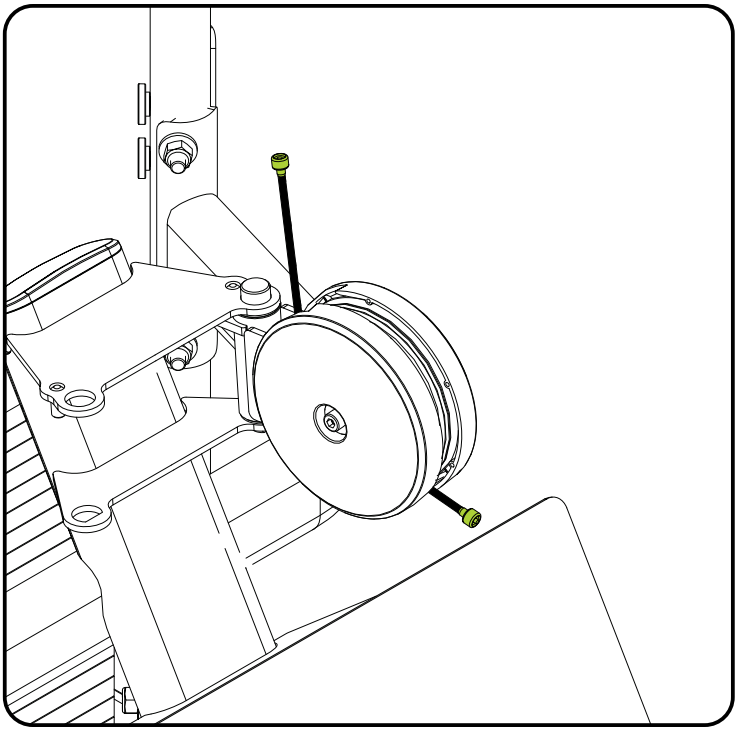
STEP 33 - HIGH PULL ASSEMBLY

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









FERRAMENTAS

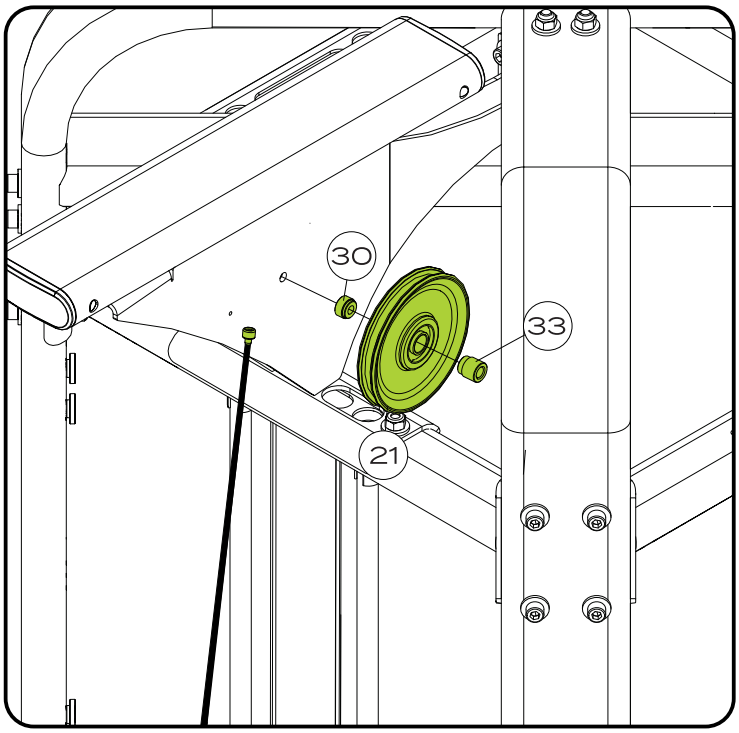
Fixed wrench Nº 13

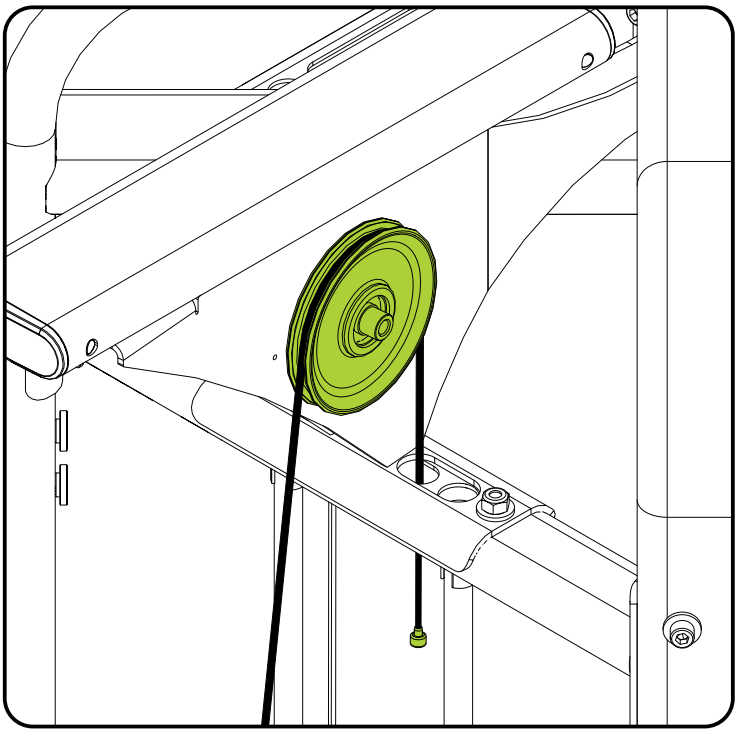
Hexagonal wrench Nº 6

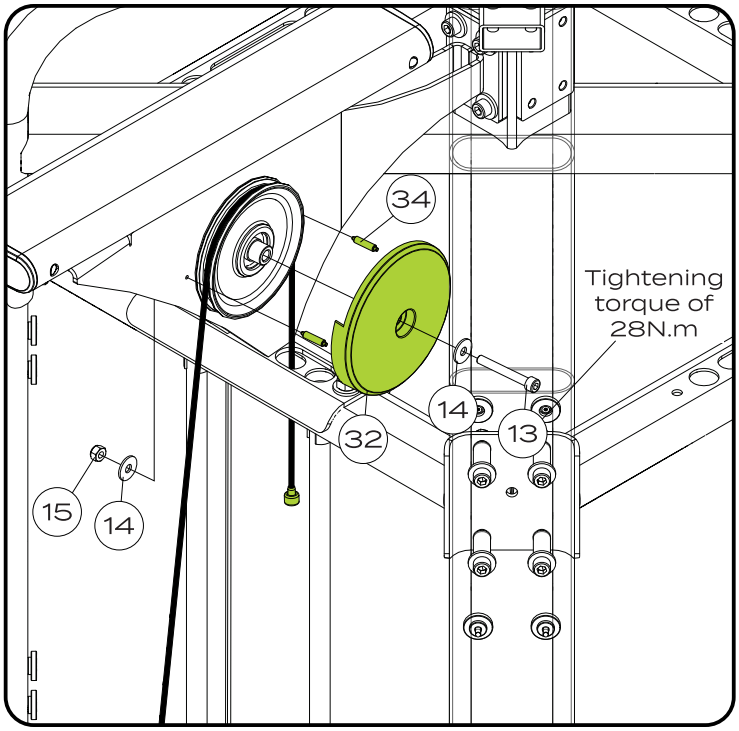
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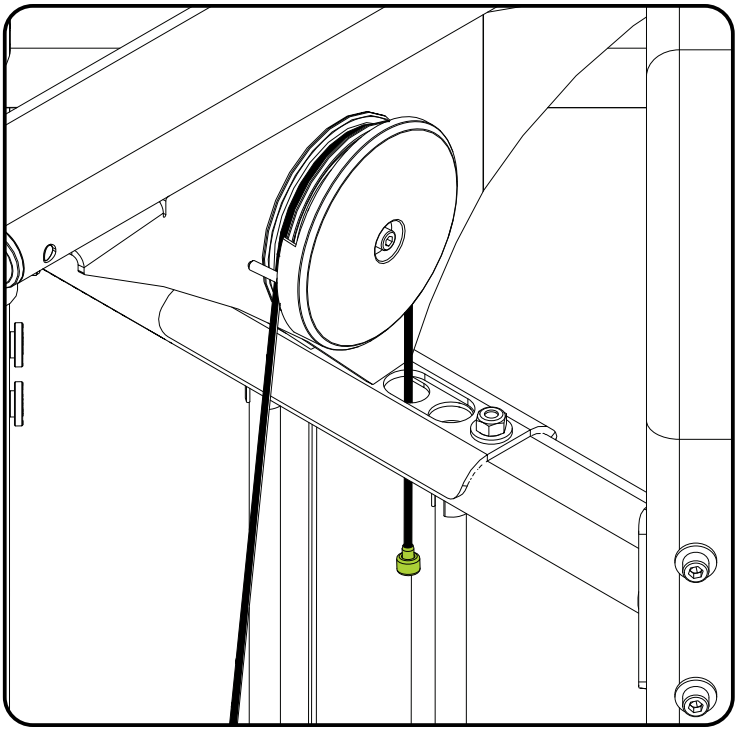
STEP 34 - HIGH PULL ASSEMBLY

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









FERRAMENTAS

Fixed wrench nº 8 e 17

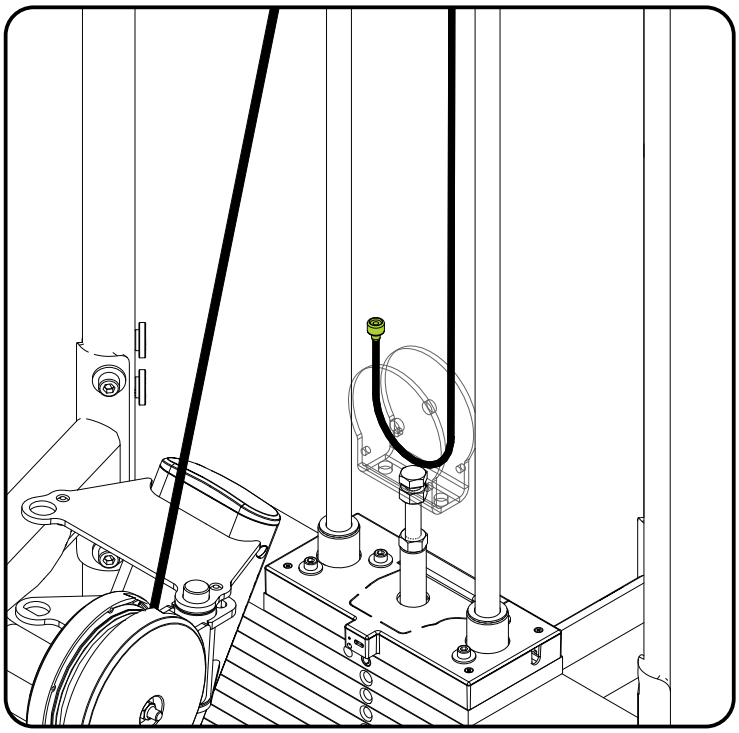
Hexagonal wrench nº 4 e 8

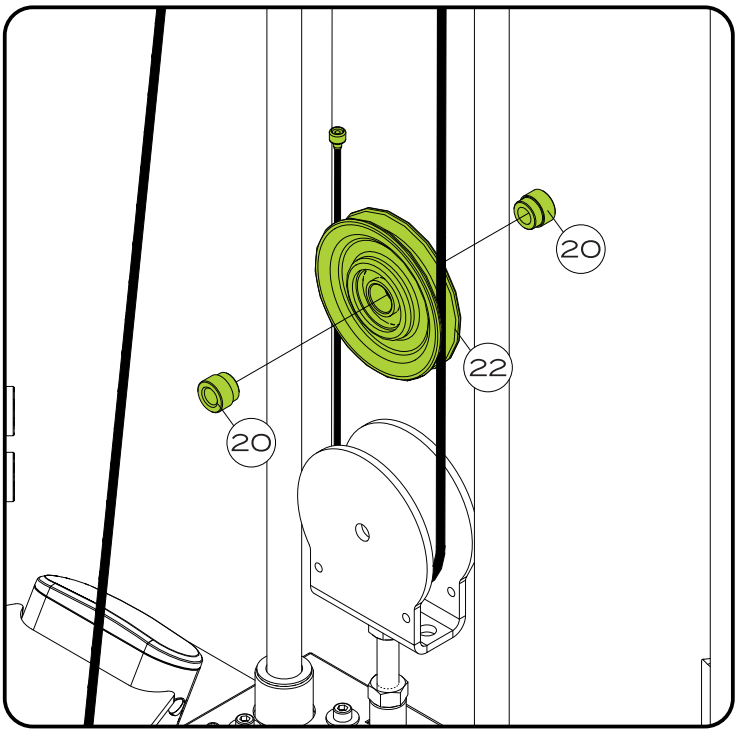
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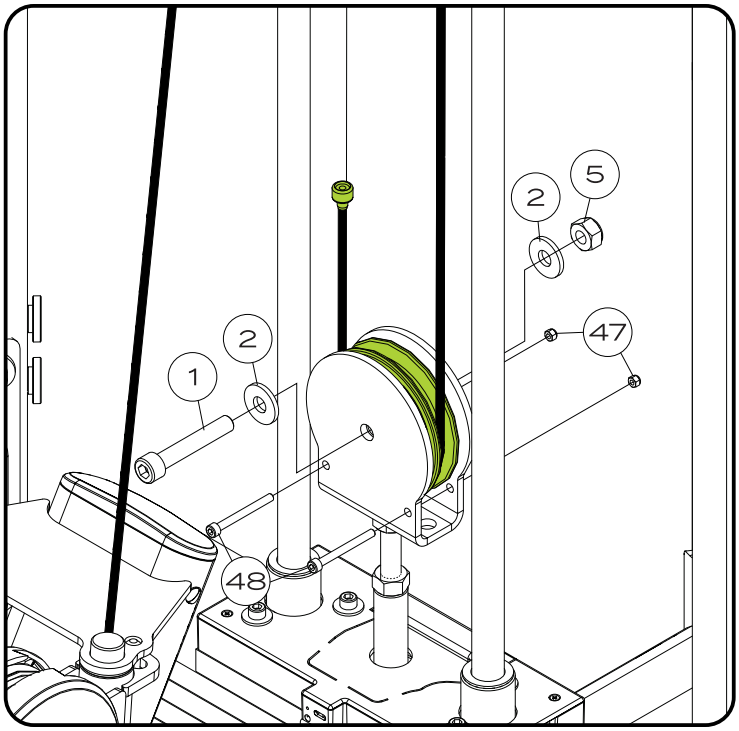
ASSEMBLING THE EQUIPMENT

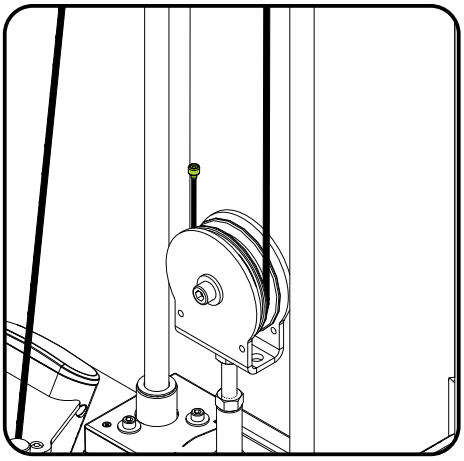
STEP 35 - HIGH PULL ASSEMBLY

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



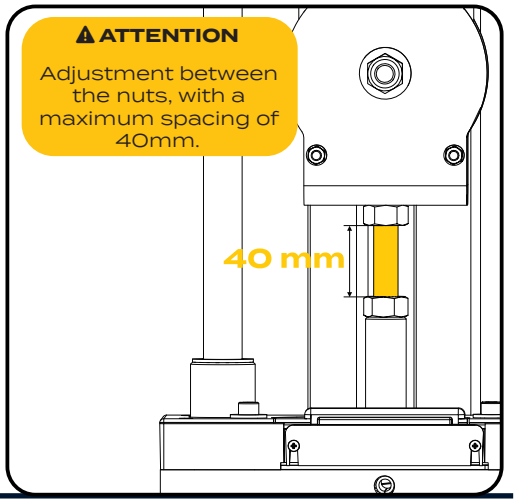






ATTENTION

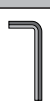
Adjustment between the nuts, with a maximum spacing of 40mm.



FERRAMENTAS



Fixed wrench Nº 13

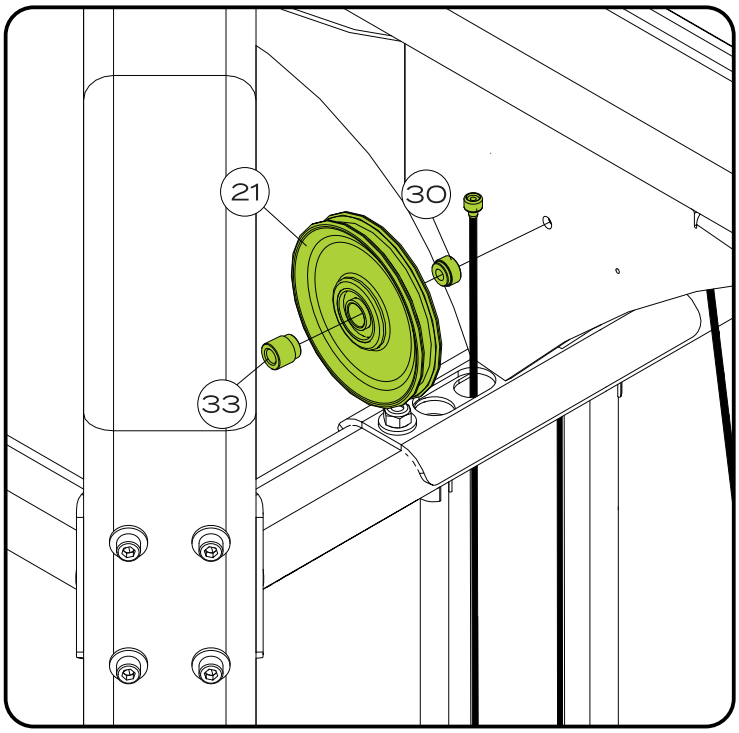


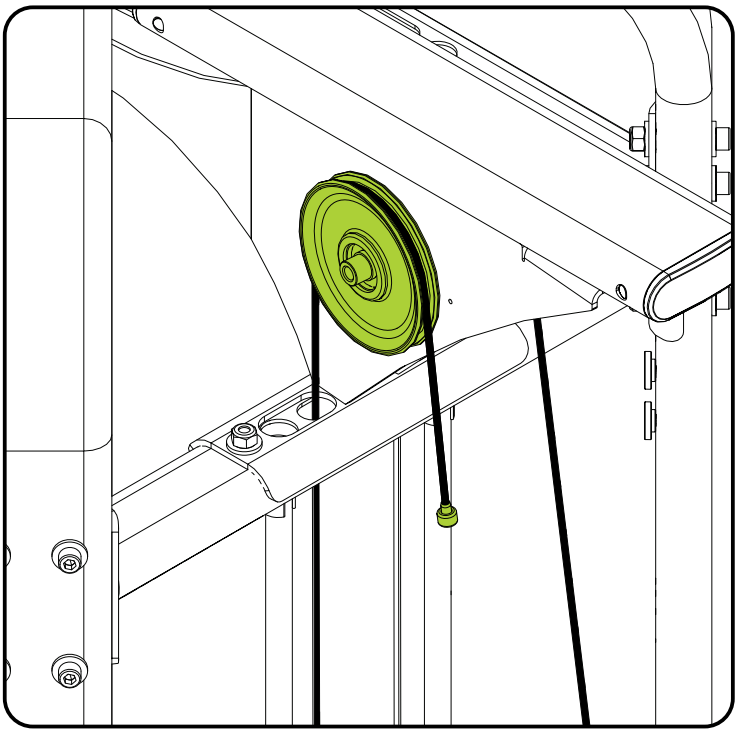
Hexagonal wrench Nº 6

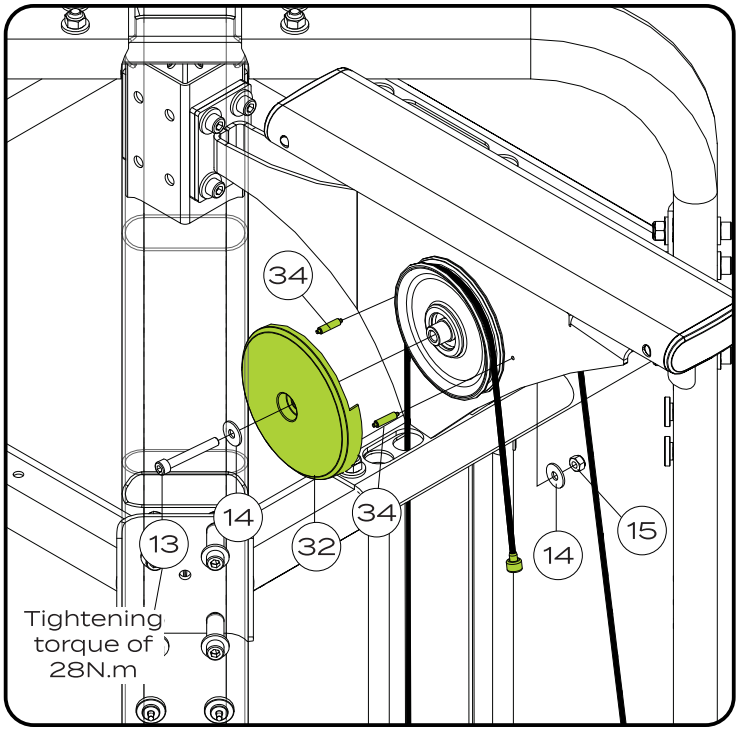


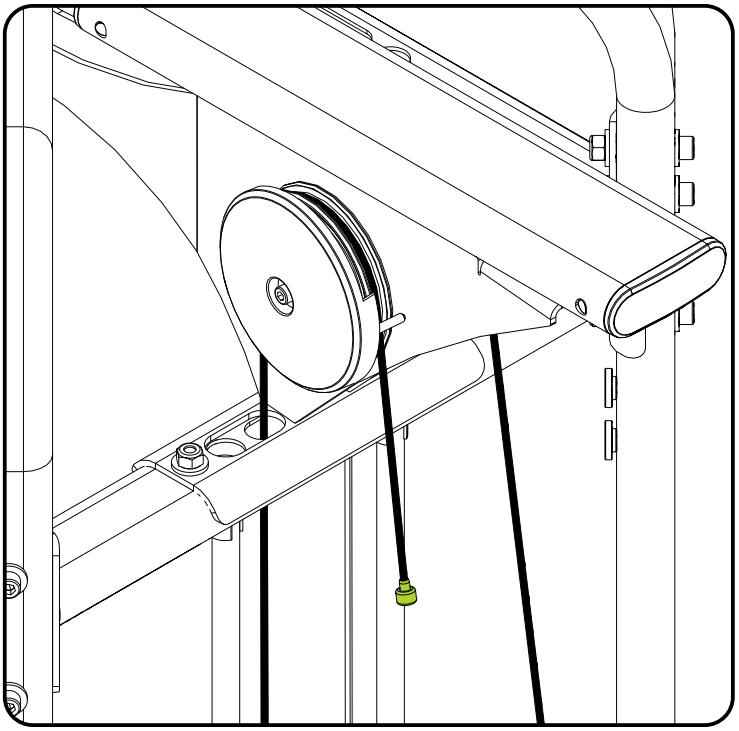
STEP 36 - HIGH PULL ASSEMBLY

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









FERRAMENTAS

Fixed wrench Nº 13

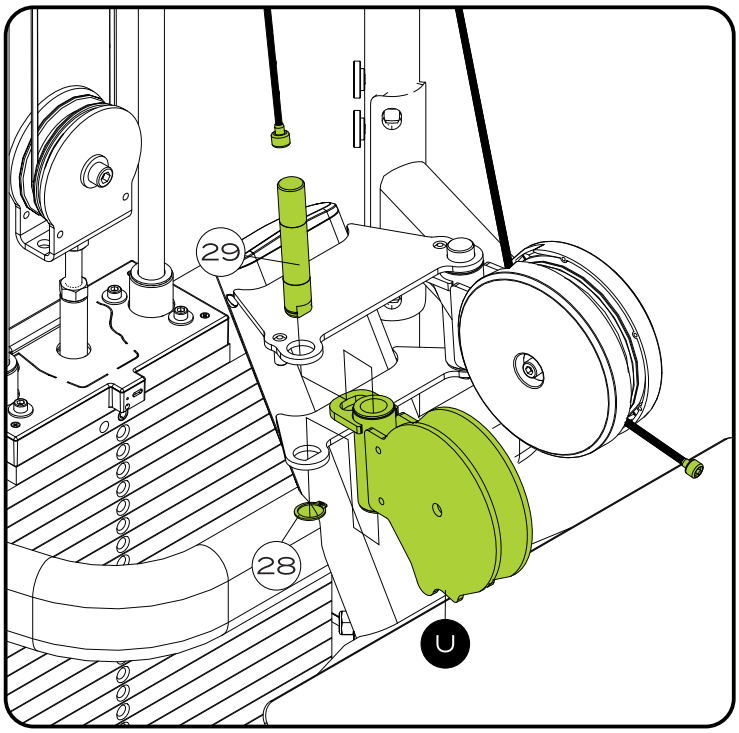
Hexagonal wrench Nº 6

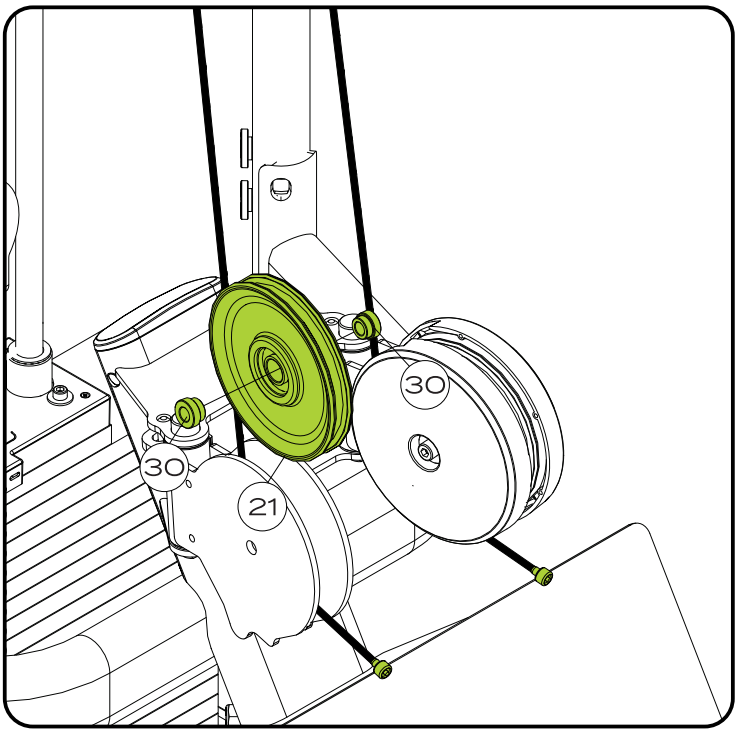
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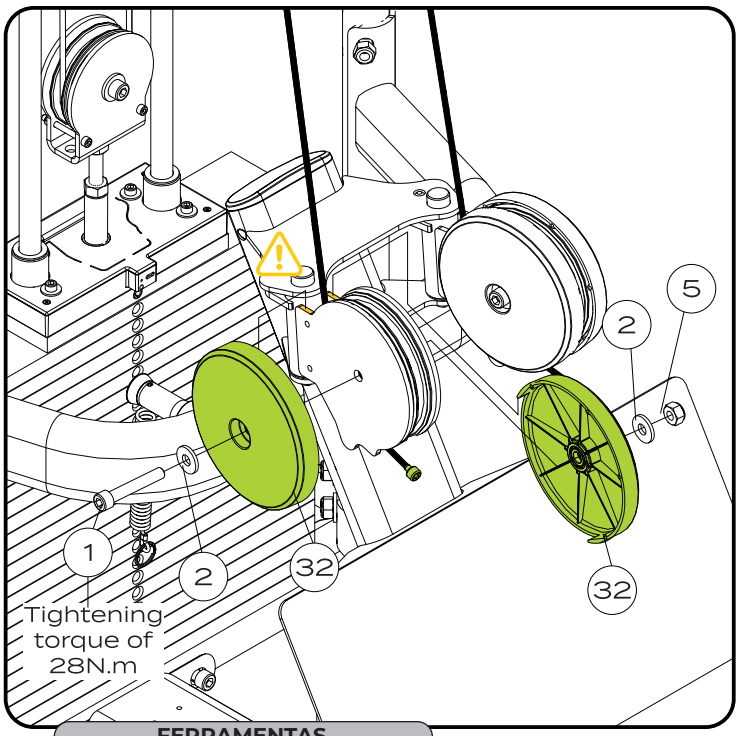
ASSEMBLING THE EQUIPMENT

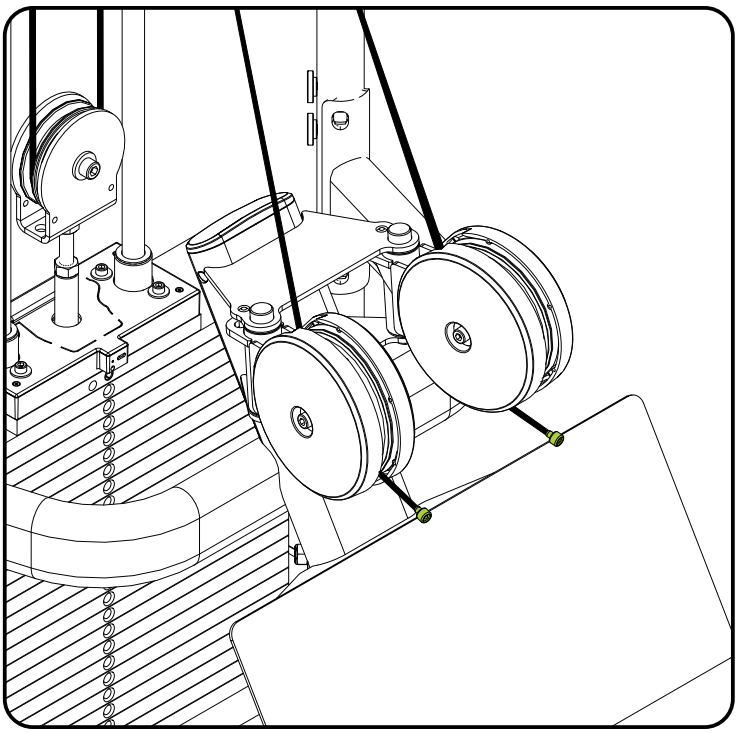
STEP 37 - HIGH PULL ASSEMBLY

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

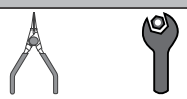








FERRAMENTAS



Snap ring pliers | Fixed wrench nº 17 | Hexagonal wrench nº 8

100%

⚠ ATTENTION

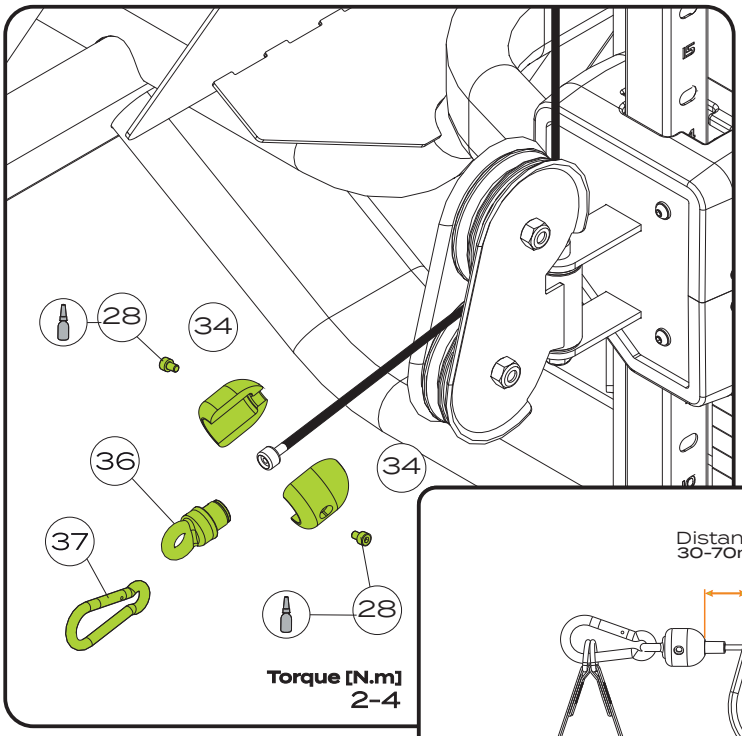
For the correct positioning of the pulley cover, the wall of the cutout must be placed against the face of the pulley support.

ASSEMBLING THE EQUIPMENT

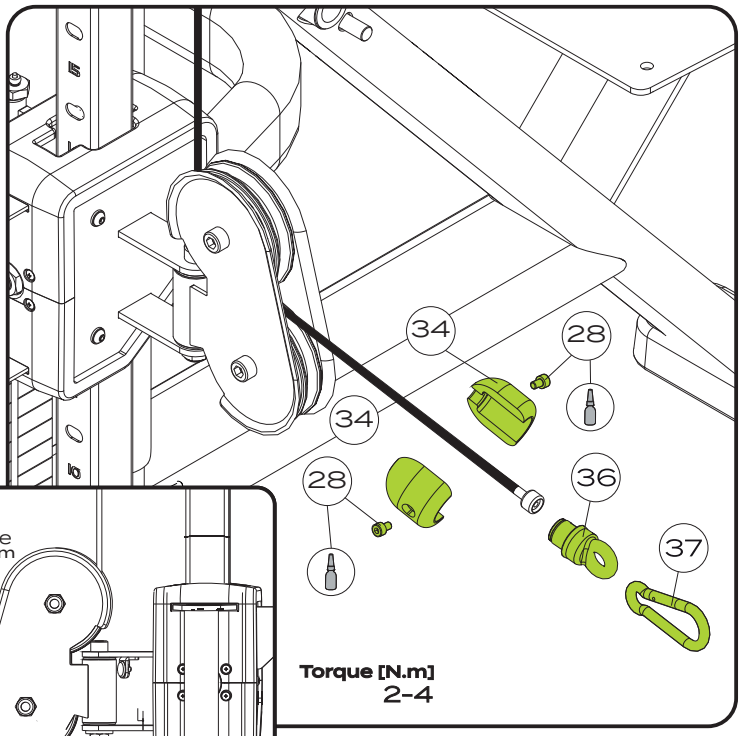
STEP 38

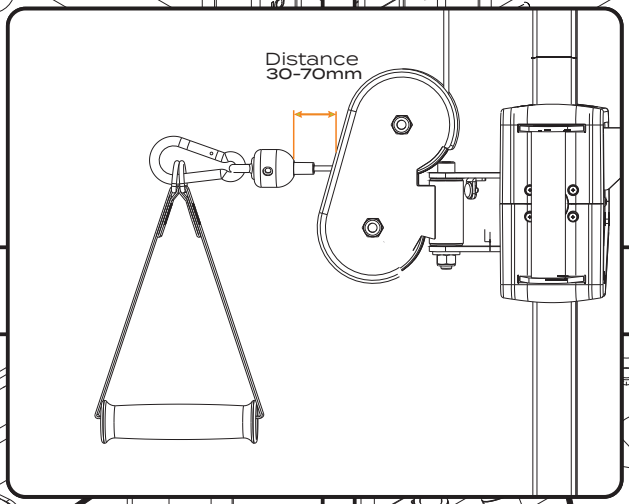
	NOME	Qtd
28	Head Bolt M4 x 6	4x
34	Rubber tip bipartite	12x
36	Handle tip	6x
37	Carabiner	6x

Pulley 1

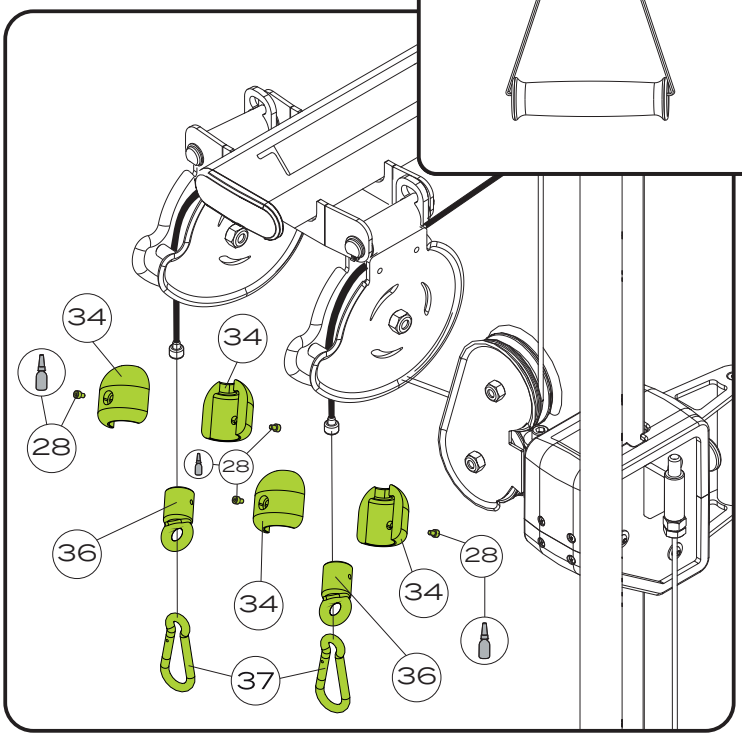


Pulley 2

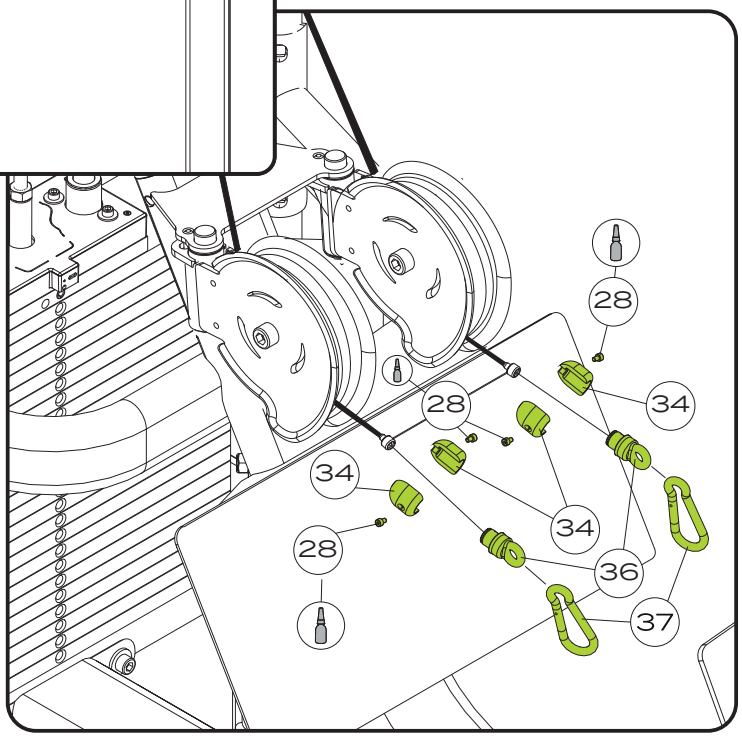




High pull



Low pull



FERRAMENTAS



Hexagonal wrench nº 3

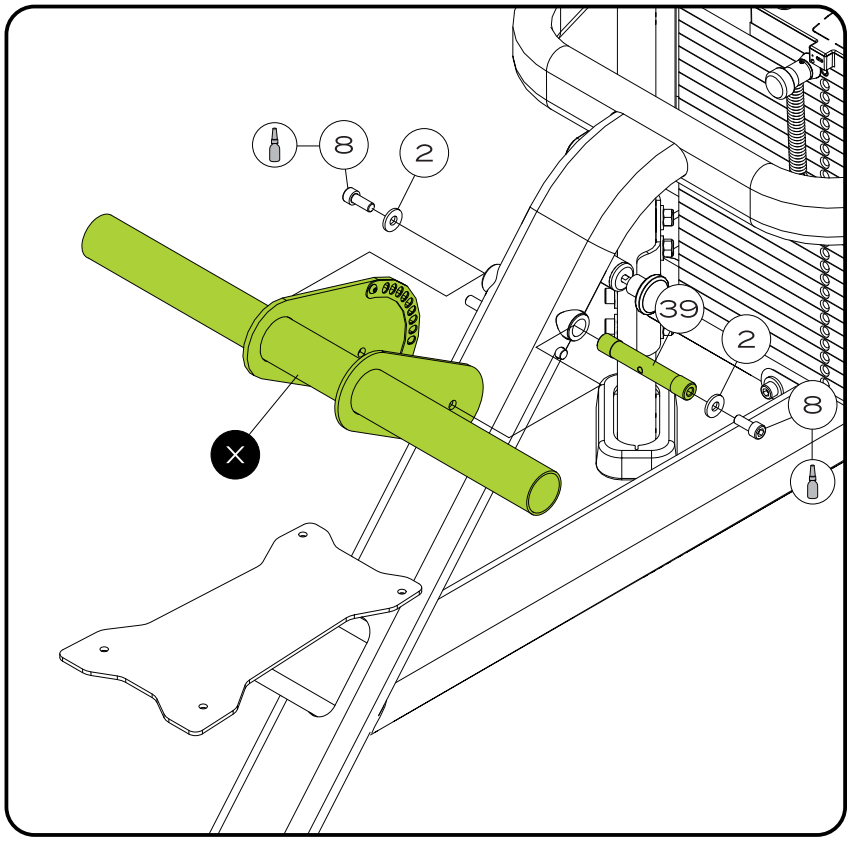


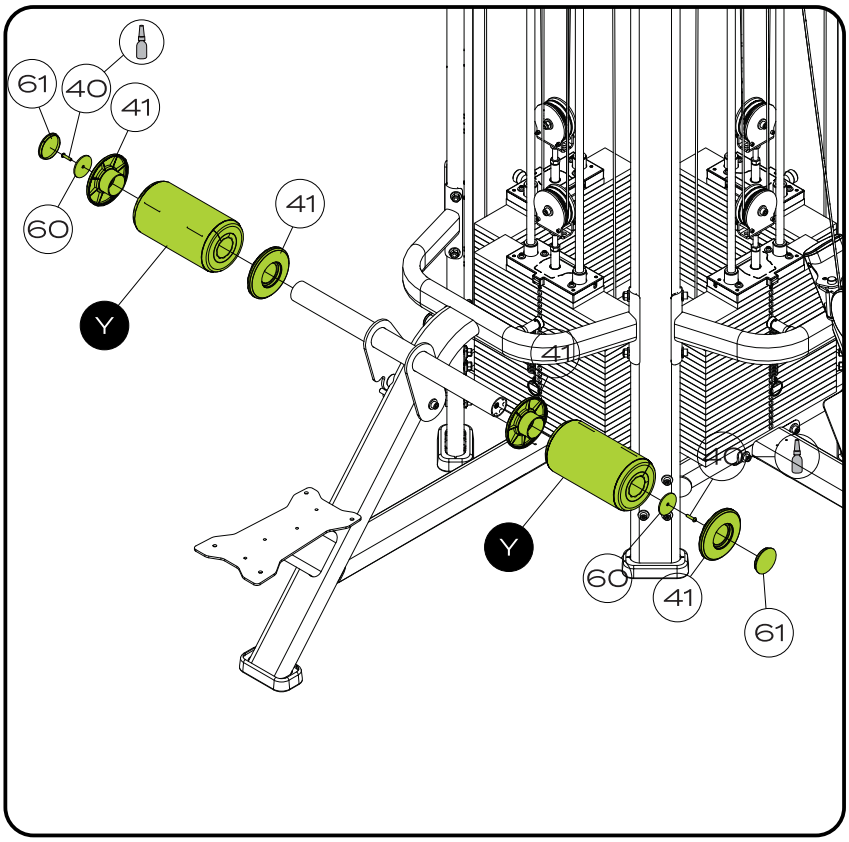
Medium torque thread locker



STEP 39

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





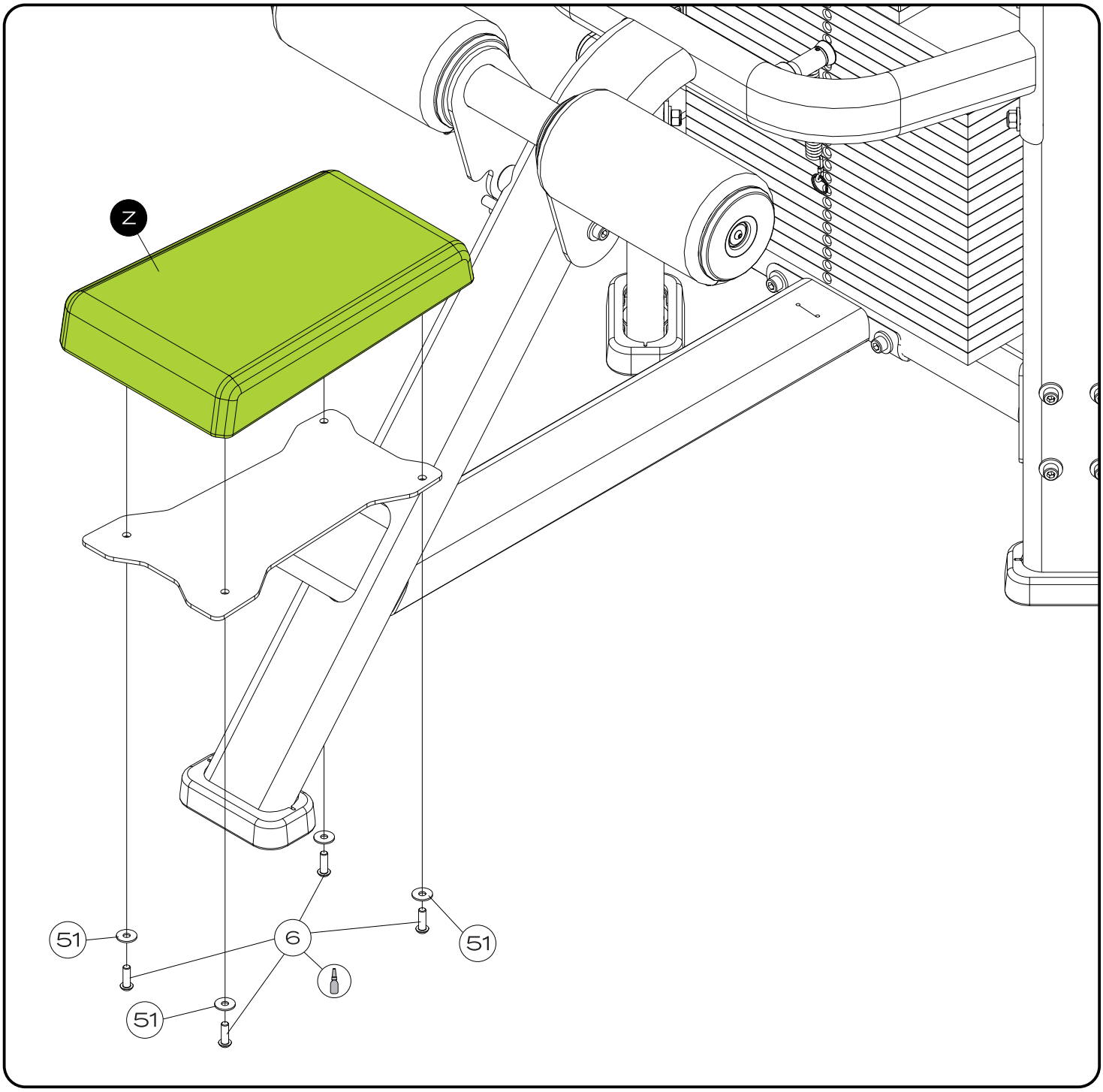
FERRAMENTAS

Hexagonal wrench nº 6

100%

STEP 40

	NAME	Qty
6	Cyl. Head Screw Int. - M8X25	4x
51	Flat washer Ø8	1x
Z	Seat padding	



FERRAMENTAS

Hexagonal wrench nº 6

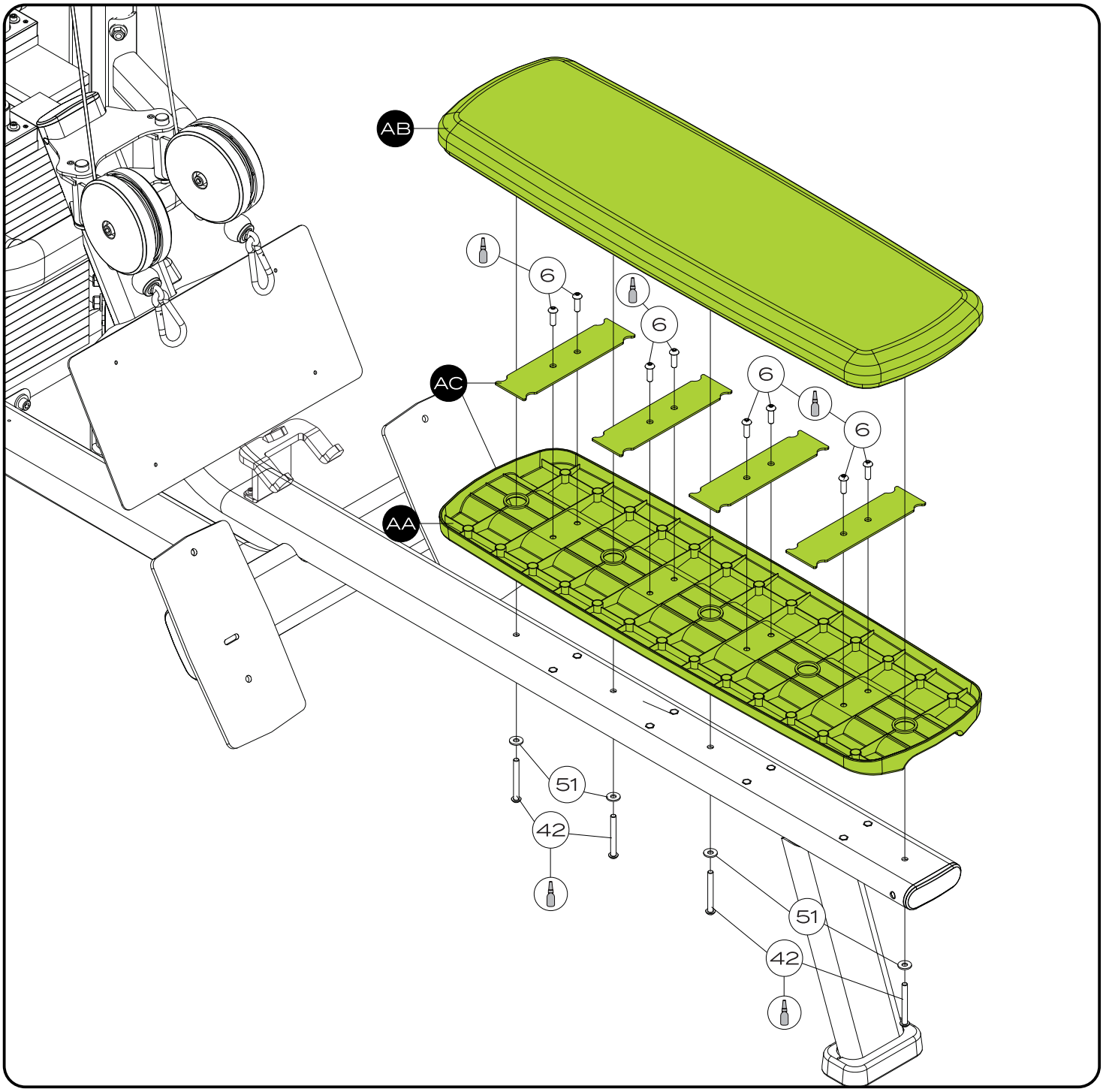
Medium torque thread locker

100%

ASSEMBLING THE EQUIPMENT

STEP 41

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



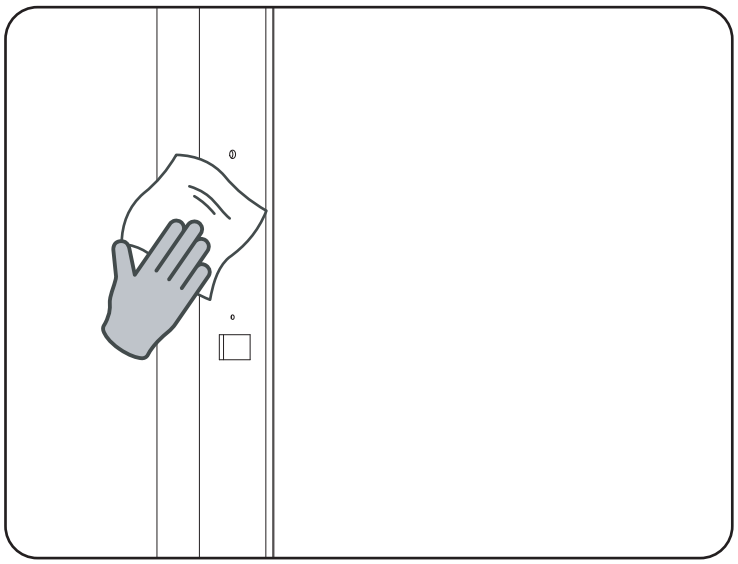
FERRAMENTAS

Hexagonal wrench nº 6

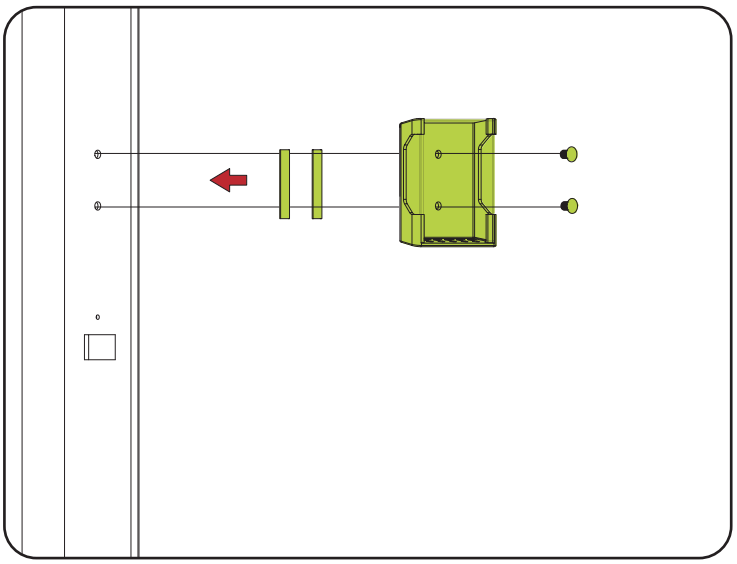
Medium torque thread locker

100%

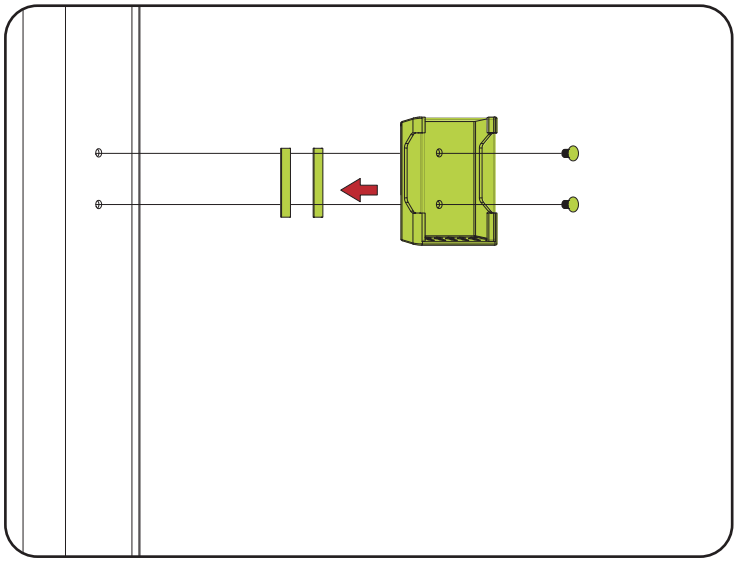
STEP 42



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.

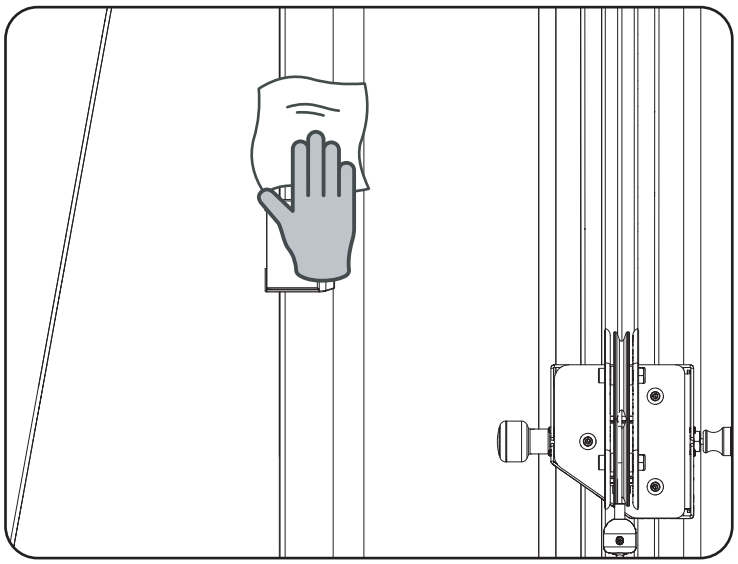


2. **Attaching the Phone Holder**
   Apply double-sided tape to the base of the phone holder, position it in the desired location, and press firmly. Carefully insert the screws by hand to avoid damaging the acrylic.

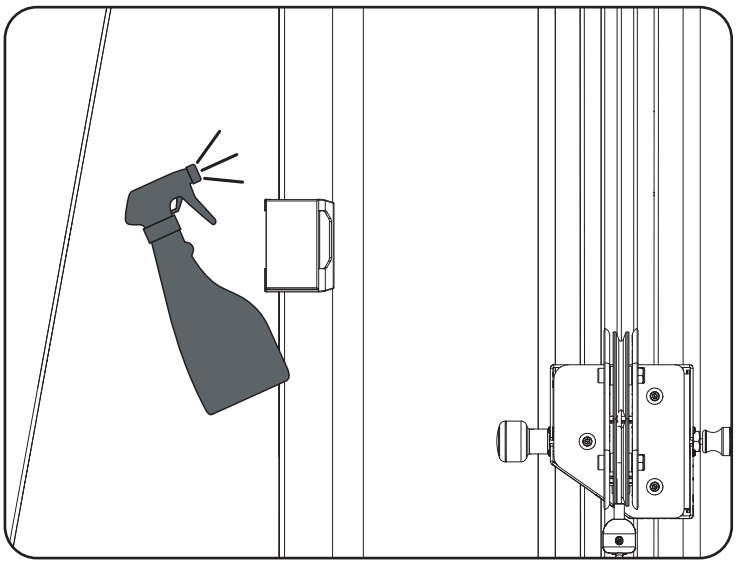


3. **Repeat the Process**
   If a second set of supports is required, repeat the previous steps on the other side of the machine.

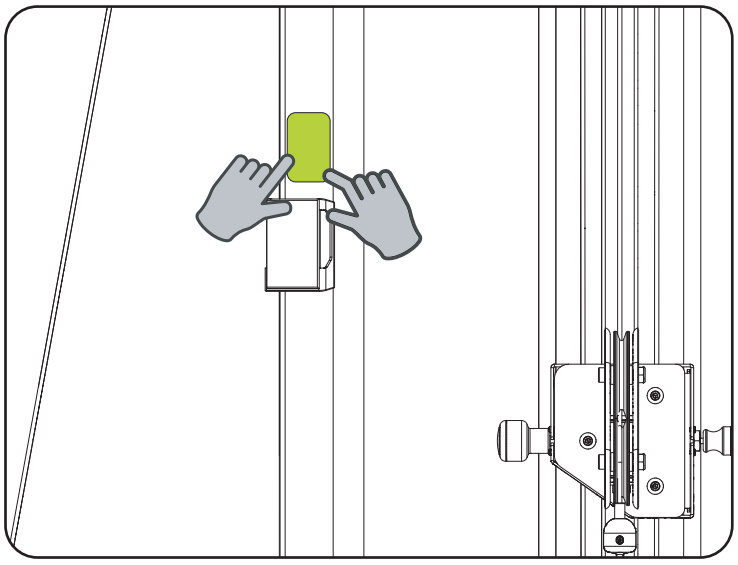
STEP 43



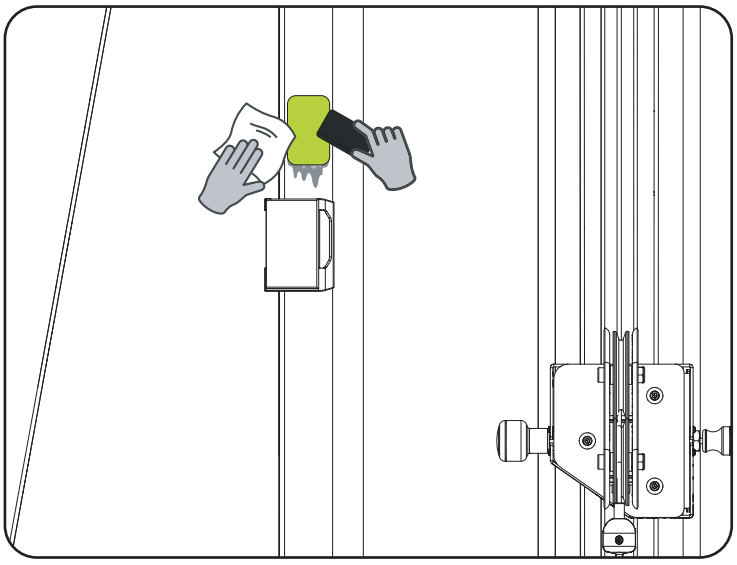
1. **Surface Preparation**
   Thoroughly clean the machine chassis with a cloth and a degreaser, such as LOCTITE 7070 CLEANER & DEGREASER. The surface must be dry and free of residues.



2. **Area Moistening**
   If desired, prepare a solution of water with neutral soap or alcohol (50/50) and spray it onto the area where the sticker will be applied to facilitate positioning.



3. **Sticker Application**
   Peel off the sticker and place it on the clean and slightly moistened surface. Adjust as needed.



4. **Fixation and Final Care**
   Press the sticker with a squeegee or a card wrapped in a cloth, removing bubbles and excess solution. Allow it to dry completely before using the machine. Clean the area with a duster or a damp cloth, avoiding alcohol or solvents.

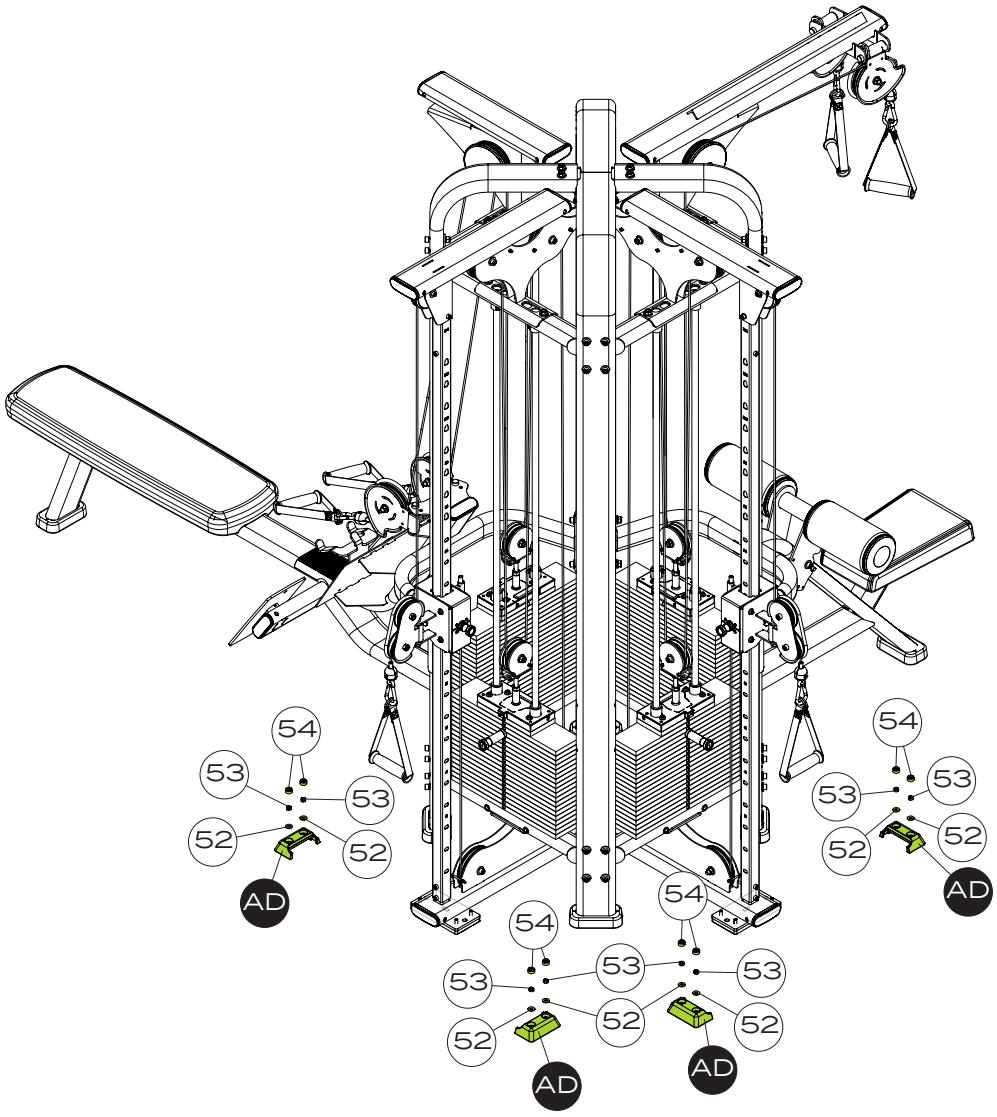
STEP 42

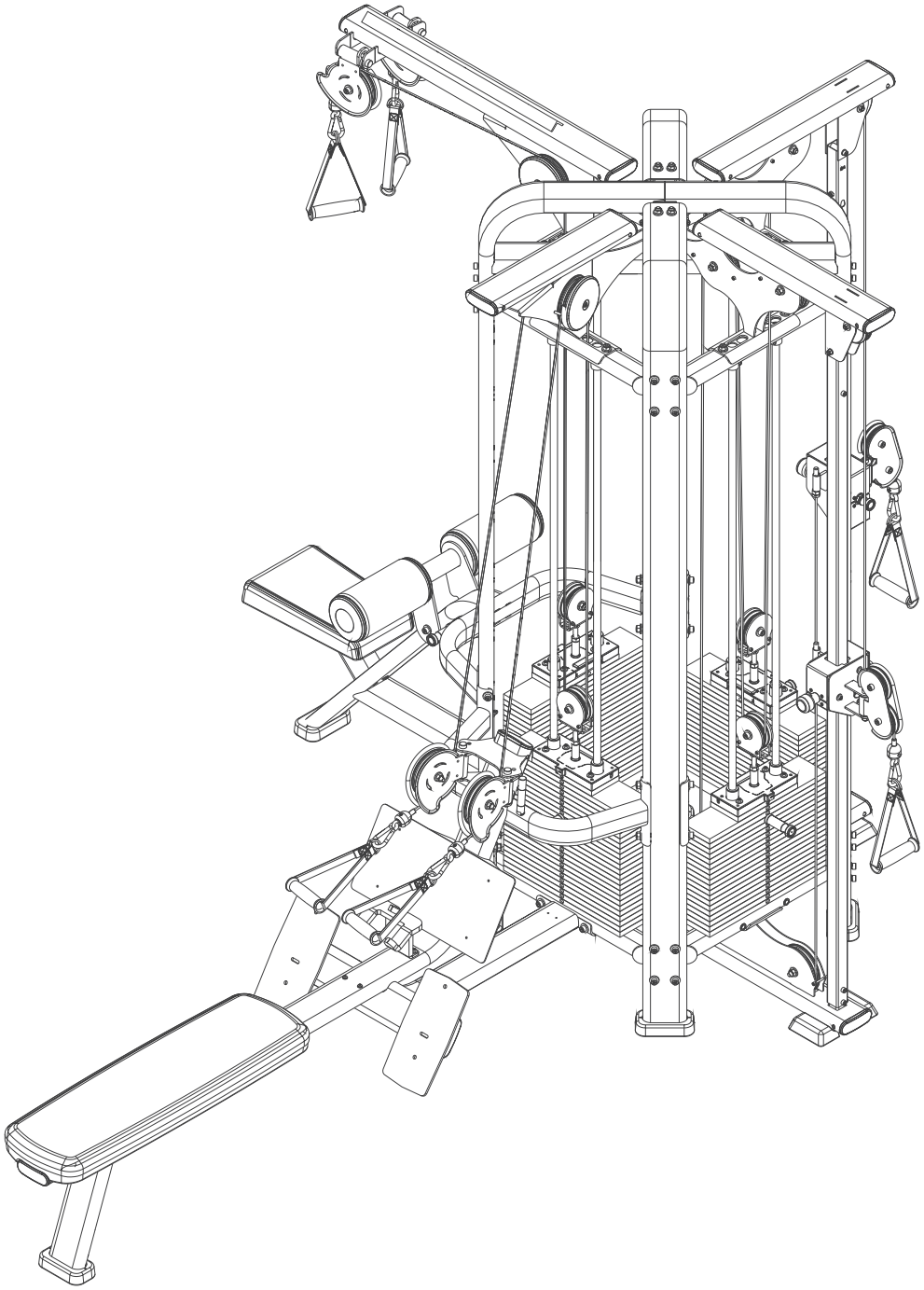
	NAME	Qtd.
AD	Cover base	

	NOME	Qtd.
52	Flat washer - Ø 8,40X20X2	8x

	NOME	Qtd.
53	Hex nut M8	8x

	NOME	Qtd.
54	Protective plug for M8 screw	8x



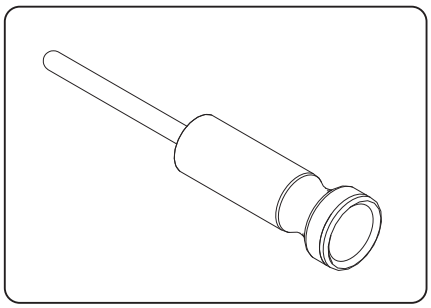


CONGRATULATIONS! YOU HAVE FINISHED ASSEMBLING THE EQUIPMENT.
Before you start your workout, LEVEL the equipment with the floor and check if all bolts have been tightened. See the chapter on operating instructions before using the equipment.

Operating Instructions

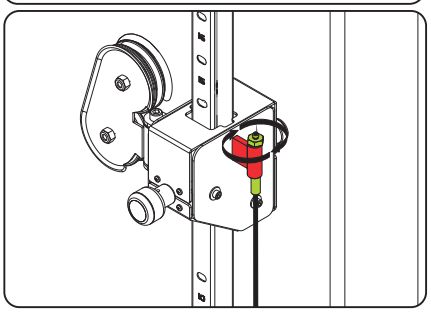
OPERATING INSTRUCTIONS

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

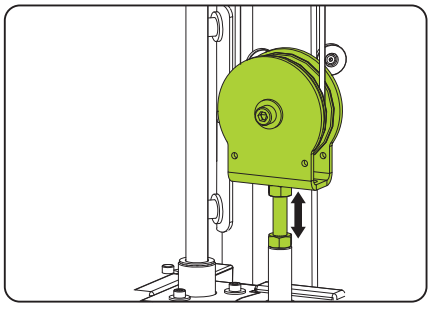


DANGER! Check that the selector pin is fitted into the weight stack risk of accidents serious or fatal accident to the user.

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

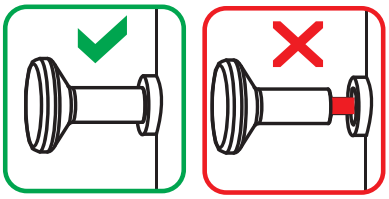


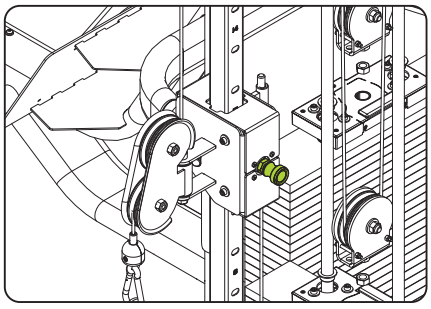
TOP PLATE PULLEY SUPPORT
To adjust the top plate pulley, use the nuts to tension the steel cable by tightening or loosening the locknut. When the steel cable is tensioned, retighten the locknut.



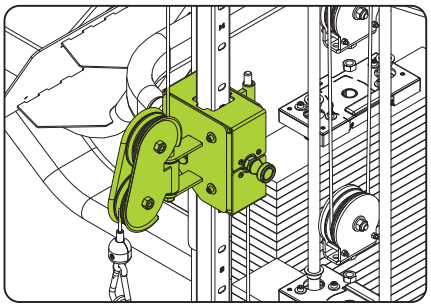
HANDLE SUPPORT LOCK
Allows the height of the handle support to be selected on the equipment rail.

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

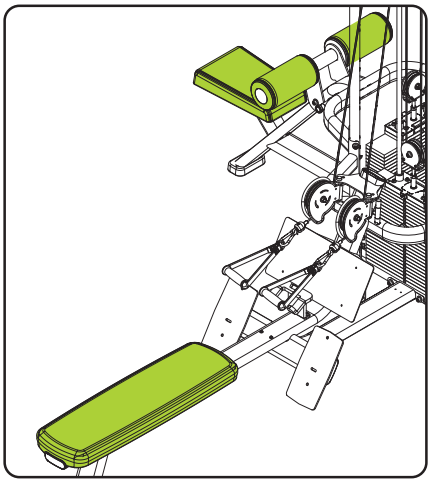




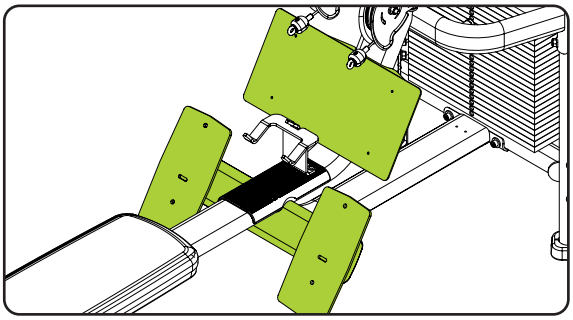
HANDLE ADJUSTMENT
Allows the equipment to be adjusted according to the desired height.



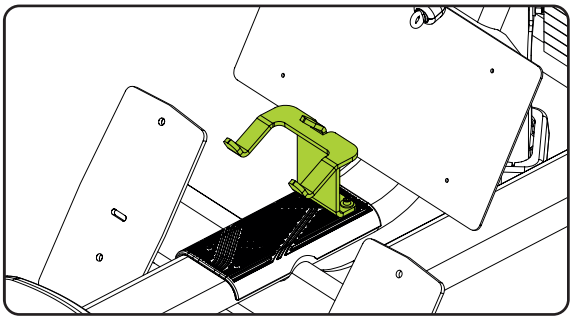
PADDING
Allows the user to sit, support the knees and backrest on the equipment to perform the exercise.



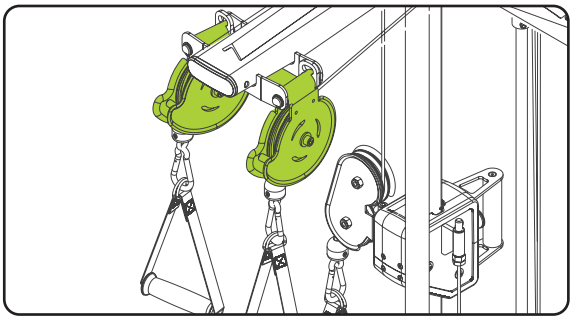
FOOTREST
Allows the userto lean the feet to perform the Low pull exercise.



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



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

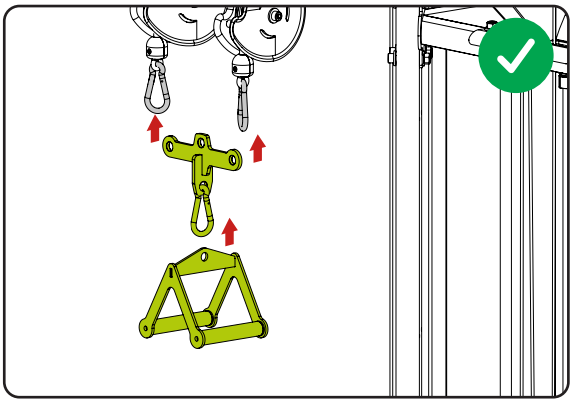


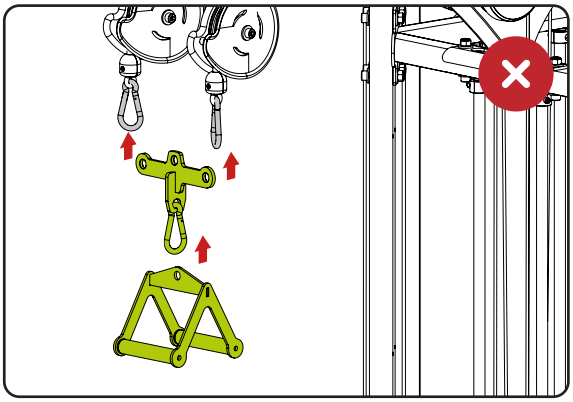
DUAL LOAD UNIVERSAL SUPPORT (EXTERNAL ACCESSORY)

Allows the two high pulley cables to be joined into a single traction point.
The support may be installed with the opening facing upward or downward. The mounting position will depend on the accessory used (bar, rope, among others).

The accessory hole must remain parallel to the support, and the connection must be made exclusively using a Movement-approved carabiner.

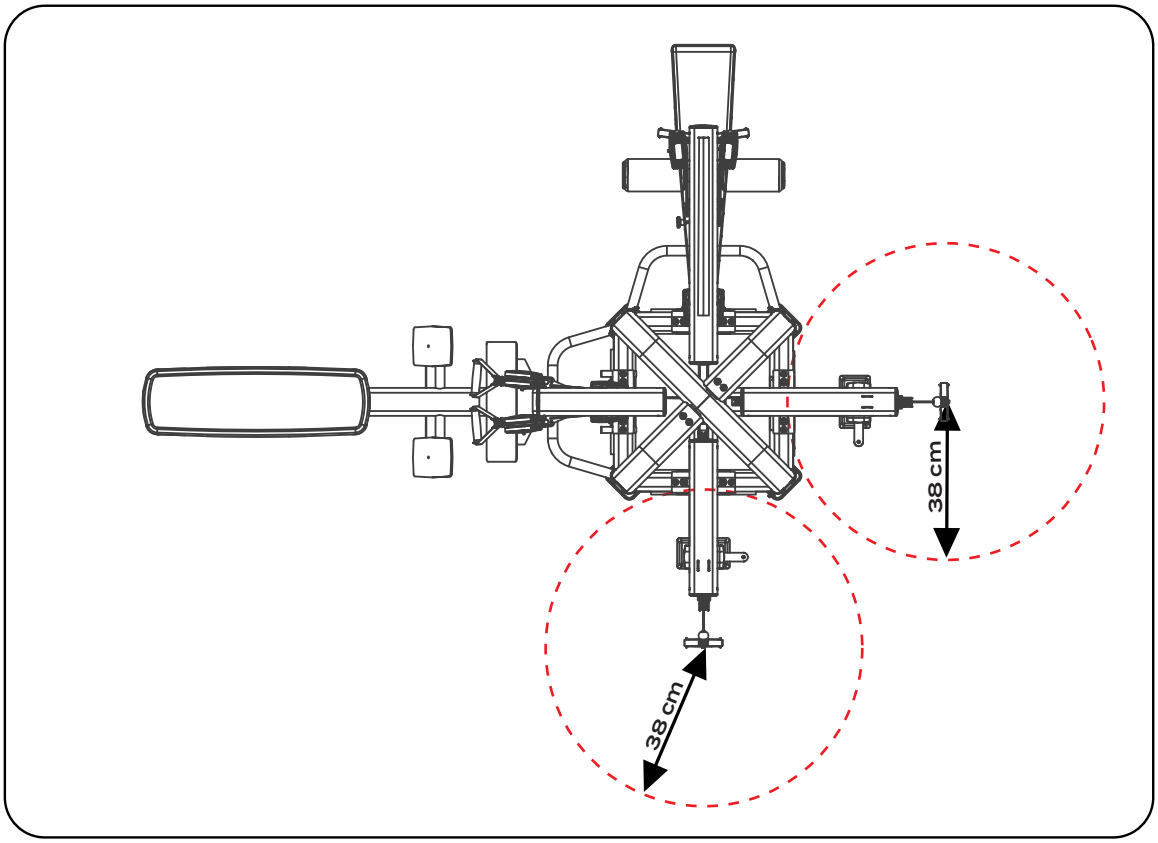
WARNING: Do not connect the accessory directly to the support. Incorrect installation may cause shear stress and damage the components.





DISTANCE

ATTENTION: For safety reasons, make sure to maintaln a minimum distance of 38 cm from the handlebars during use. This Is essentlal to ensure your safety during exercise.



Maintenance

MAINTENANCE

RECOMMENDATIONS

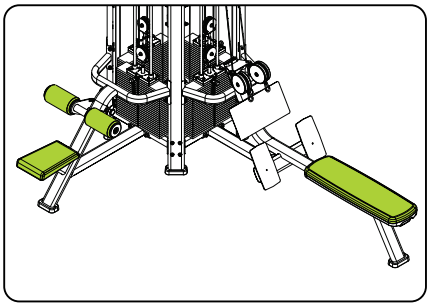
For greater durability of the equipment, it is important to follow a series of precautions to avoid any problems with the equipment, users and/or third parties. In case any part of the equipment breaks, put it out of commission until the part that has been compromised is properly repaired.

CLEANING

Every week, clean the equipment using a soft nylon brush. Vacuum under the equipment to avoid the buildup of dirt and dust, which can affect the operation of the equipment.
Always use water, mild soap, and a soft cloth to clean the padding of the equipment before and after training. Allow the equipment to dry completely before starting a new workout. Never use acid cleansers. Never pour water on the equipment or apply liquid spray.

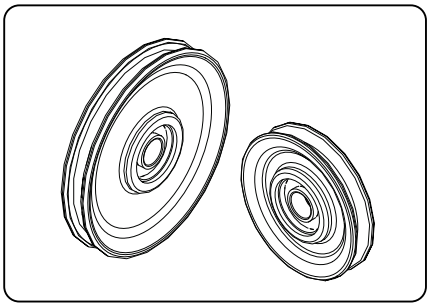
PADDING

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



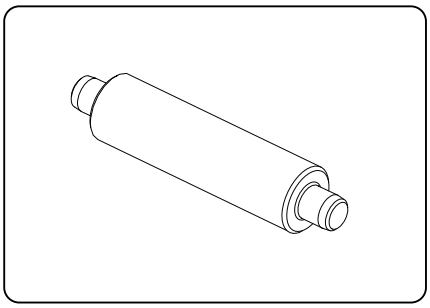
PULLEYS

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



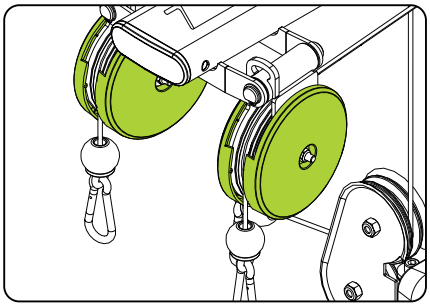
STEEL CABLE LOCKING PIN

The steel cable's locking pin has the purpose of preventing the steel cable from slipping out of the pulley.
If any of the pins are damaged or loose, the steel cable may not be properly fastened to the pulley.
At the slightest sign of damage, contact the Technical Assistance.
Risk of serious or fatal accidents.

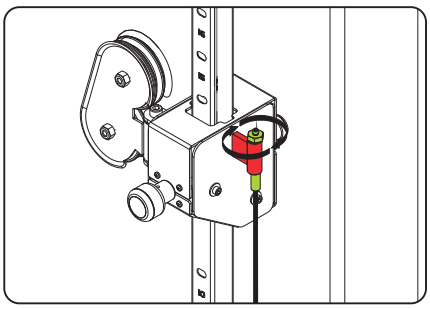


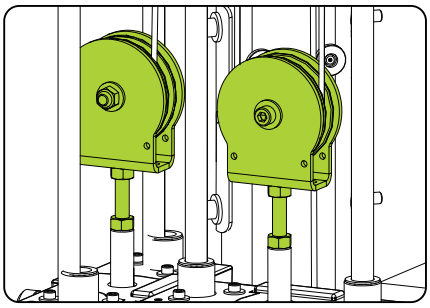
PULLEY COVER

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

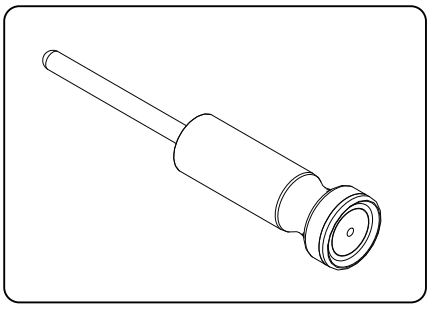


STEEL CABLE TENSIONER
Always check that it is not damaged or no longer in its original shape. In case you find any problem with the tensioner, contact Technical Assistance.



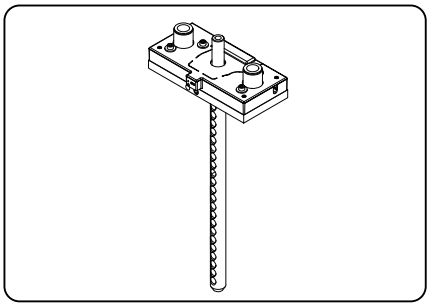


SELECTOR PIN
Always check that the selector pin isn't damaged or no longer in its original shape, which may prevent the weight from being pinned correctly. If the pin is damaged, contact the Technical Service Center.



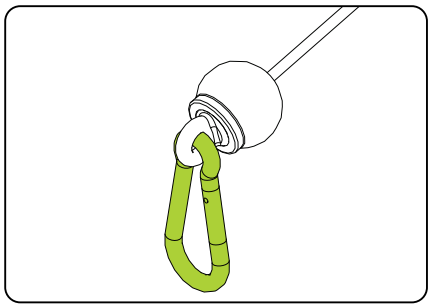
DANGER! IF THE SELECTOR PIN IS DAMAGED AND REUSED, IT MAY NOT HOLD THE WEIGHTS OR ACCESSORIES CORRECTLY, CAUSING SERIOUS OR FATAL ACCIDENT TO THE USER AND MAY DAMAGE EQUIPMENT

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



MAINTENANCE

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



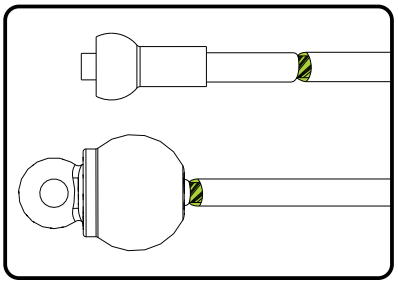
REPLACING THE CARABINER
When replacing a carabiner, always use a carabiner supplied directly by MOVEMENT. If it isn't possible to obtain a carabiner supplied by MOVEMENT, use one that strictly complies with the following requirements.

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

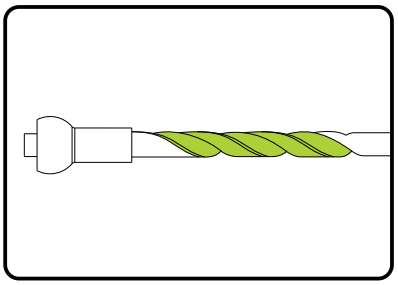
WARNING!

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

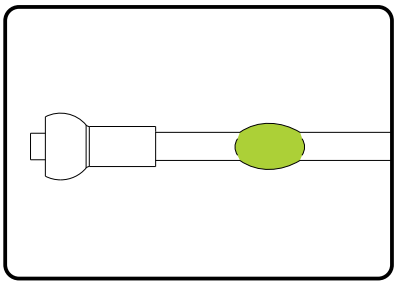
STEEL CABLE
During the equipment's use, the steel cable can be damaged by misuse or lack of maintenance. Sometimes the steel cable can be damaged even if this damage isn't exposed. Stay alert and always observe any kind of problem with the cable. Do not use or allow the equipment to be used if the steel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



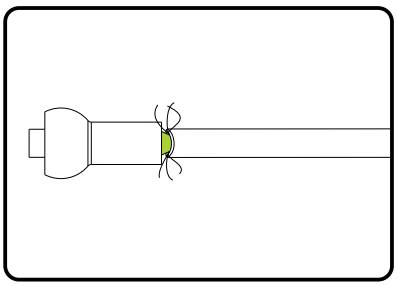
TWISTED STEEL CABLE
Always check the steel cable, and if you find any twists, replace the cable immediately.



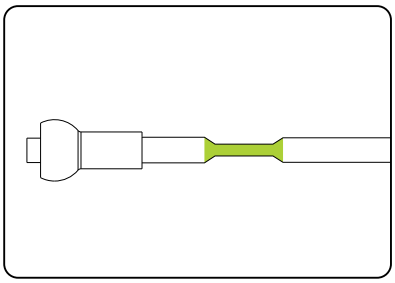
STEEL CABLE PROTUBERANCE
If the steel cable breaks internally, a protuberance may appear on the outside of the cable, replace the it immediately.



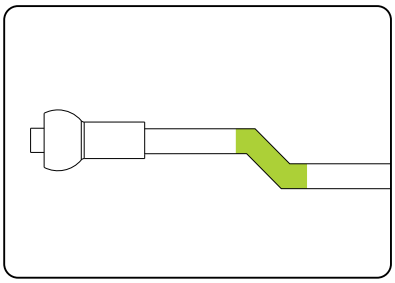
LOOSE WIRES
Replace any steel cable exposed at the ends.



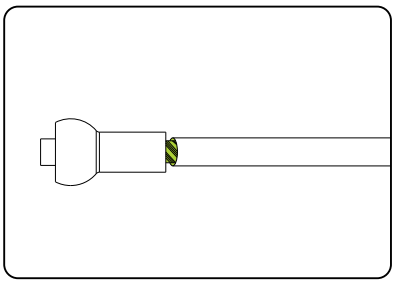
CRUSHED STEEL CABLE
Crushed steel cable or no longer in its original shape, may cause breakage or damage to other parts of the equipment.



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



EXPOSURE
Exposure of the steel cable tip.



EQUIPMENT MAINTENANCE TABLE

Use the following table to find out the maintenance periodicity.

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

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

Warranty

WARRANTY

LIMITED WARRANTY - STRENGTH TRAINING LINE

Carefully read the terms and conditions of warranty before using the equipment.
By using the equipment, you agree to follow the following terms and conditions of warranty.
Brudden Equipamentos Ltda., manufacturer of Movement products, warrants new equipment free from defects in materials and workmanship for the periods established below.

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

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

90 days	Labor
6 months	Steel cable / Stickers / Regulators and handles / Grips / Thermoplastic finishes / Elastomer finishes / Fairing and upholstery in general.
1 year	Mechanical parts and pieces / Pulleys / Carabiners / Bearings / Springs / Fastening components / Painting in general, including chromed and galvanized items / Electronic components (except batteries) when applicable.
3 years	Chassis (except painting) and metal structures

CONDITIONS AND RESTRICTIONS
1. The warranty applies to Movement products only when:
1-1. The product is with the original purchaser and with the original proof of purchase (purchase invoice);
1-2. It has not been subject to: accidents, improper use or negligence, improper operation, abuse, inadequate transport and storage, maintenance not in accordance with the specifications contained in the instruction manual, improper service, or modification not performed by Movement;
1-3. The replacement parts used are supplied by Movement;
1-4. Claims made within the warranty period.
2. This warranty does not cover damage or failures in equipment caused by failure to perform basic and necessary maintenance as described in the manual.

THE WARRANTY DOES NOT APPLY TO:
• PProducts repaired or modified by third parties, without prior written authorization from Movement;
• Service calls for product installation or instructions to owners on how to use the product;
• Repairs made on Movement products without the serial number or with altered or damaged identification;
• Removal and/or delivery of equipment to the consumer's residence for repairs.
• No service expenses incurred after the service warranty period.

GENERAL WARRANTY CONDITIONS
Movement Warranty service can be requested directly from the factory or from an Authorized Technical Assistance. See list at www.movement.com.br/assistencia-técnica.
The expenses arising from any transport of the product to a technical assistance or the travel (technical visit) performed by an authorized assistant, will be paid by the purchaser, whether or not the product is covered by this warranty.
The responsibility of this warranty is limited exclusively to the repair, modification or replacement of the supplied product.
Movement is not responsible for damage to persons, third parties, other equipment and facilities, loss of profits or any consequential damages.
Movement reserves the right to discontinue the manufacture of the equipment at any time and without prior notice, modify its specifications and introduce improvements, without incurring the obligation to make such improvements to previously manufactured products.

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

CUSTOMER SERVICE
ZIP CODE 17586-202 - Pompeia - SP - Phone 0800-7724080
falecom@movement.com.br

Manufactured by:
BRUDDEN EQUIPAMENTOS LTDA.
Av. Industrial, 700 Distrito Industrial.
ZIP CODE: 17586-202 POMPEIA-SP - BRAZIL
CNPJ: 43.061.654/0001-38
www.movement.com.br
falecom@movement.com.br

MOVEMENT

MANUAL DEL PROPRIETARIO



MULTISTATION

LEA DETENIDAMENTE ESTE MANUAL ANTES DE UTILIZAR EL EQUIPO.
GUARDARLO PARA FUTURAS CONSULTAS Y REFERENCIAS.

MOVEMENT

04/11/26

NEXT


NEXT
NEXT
NEXT
NEXT
NEXT

INTRODUCIÓN

¡BIENVENIDO A MOVEMENT!

¡Felicitaciones, ahora eres parte del universo MOVEMENT!

Con el objetivo de ofrecer productos, servicios y soluciones innovadoras que satisfagan las necesidades de ocio, bienestar y confort, despertando a las personas para una vida más placentera y saludable, Brudden Equipamentos Ltda. creó la marca MOVEMENT.

Fundada para desarrollar y producir equipos de fitness, Movement pronto se destacó en el mercado brasileño por su tradición de practicidad y durabilidad, que hace de Brudden un ícono de calidad en los mercados en que actúa.

Con alta inversión en investigación y desarrollo con instituciones de renombre, Movement promueve la mejora de la calidad de vida para los más diferentes perfiles y hábitos, con presencia marcante en Residencias, Condominios, 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, esparcidos por todo el territorio nacional.

Trayendo a Movement siempre cerca de usted y su familia para una vida más saludable, rentable para los inversores, placentera y saludable para quien entrena en uno de nuestros equipos.

Visite nuestro sitio web y sepa más sobre lo que nuestra empresa ofrece para mejorar la calidad de su vida.

Indice

Información sobre seguridad 5
Conociendo el equipo 10
Montaje del equipo 15
Instrucciones de operación 62
Mantenimiento 66
Garantía 71

Información sobre seguridad

INFORMACIÓN SOBRE SEGURIDAD

EXPLICACIÓN DE LOS SÍMBOLOS

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

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

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

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

INFORMACIÓN SOBRE SEGURIDAD

¡PELIGRO!

•El mal uso del equipo puede transformarlo en un instrumento peligroso, pudiendo causar lesiones graves o hasta incluso la muerte del usuario, siendo de extrema importancia la lectura y comprensión de este manual.
•Antes de utilizar el equipo, lea atentamente este Manual, asegurándose del correcto montaje y utilización, bajo pena de lesiones graves y muerte para el usuario.
•Es de entera RESPONSABILIDAD del comprador de los productos MOVEMENT leer el manual de instrucciones y los adhesivos de advertencia del equipo. Es también de entera responsabilidad de comprador instruir los usuarios finales sobre el correcto uso del equipo.
•Los usuarios deben ser supervisados por un profesional habilitado, cabiendo al comprador instruirlos correctamente. El uso de este equipo de forma contraria a lo previsto en este Manual puede resultar en graves lesiones a los usuarios.
•Este equipo no está destinado a personas con capacidad física, sensoriales o mentales reducidas, o por personas con falta de experiencia y conocimiento, a menos que haya recibido instrucciones referentes a la utilización del equipo y estén bajo supervisión de un instructor.
•Este equipo está diseñado para uso profesional en gimnasios, clubes, estudios, hoteles y condominios, siempre bajo la supervisión de un instructor cualificado. No es para uso doméstico. En caso de duda, póngase en contacto con MOVEMENT.
•Se recomienda que el equipo esté en una zona de acceso controlado. El control de acceso al equipo es responsabilidad del instructor, así como la supervisión del usuario cuando utiliza el equipo.
•NUNCA permita que dos personas o más utilicen el equipo al mismo tiempo.
•No permita que terceros estén próximos al equipo, pudiendo causar accidentes.
•No permita que niños, ancianos o animales estén próximos al equipo, riesgo de accidente grave o fatal.
•No utilice el equipo descalzo, con calzados con tacos o suelas gastadas. Asegúrese que no tenga piedras atascadas en el calzado.
•No utilice ropa holgadas, evite usar joyas, cadenas, cabello suelto y otros accesorios. Use siempre ropa destinada para el ejercicio físico.
•No utilice el equipo en el caso que esté enfermo o bajo el efecto de las drogas, alcohol o cualquier cosa que afecte su capacidad psicomotora.
•Al ajustar cualquier asiento, soporte de rodilla, pila de pesas, soporte, asiento o cualquier otro tipo de ajuste, asegúrese de que el pasador o la palanca de ajuste estén completamente encajados en el orificio de ajuste para evitar lesiones.
•Ejercicios incorrectos o excesivos pueden causar lesiones graves. En el caso que sienta cualquier tipo de dolor, mareos, sensación de desmayo o falta de aire, pare inmediatamente el ejercicio y consulte a un médico especializado.

INFORMACIÓN SOBRE SEGURIDAD

¡PELIGRO!

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



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



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

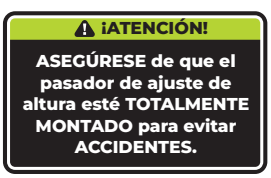


¡PELIGRO!
NO PONGA LAS MANOS ENTRE LAS PIEZAS EN MOVIMIENTO. RIESGO DE APLASTAMIENTO



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



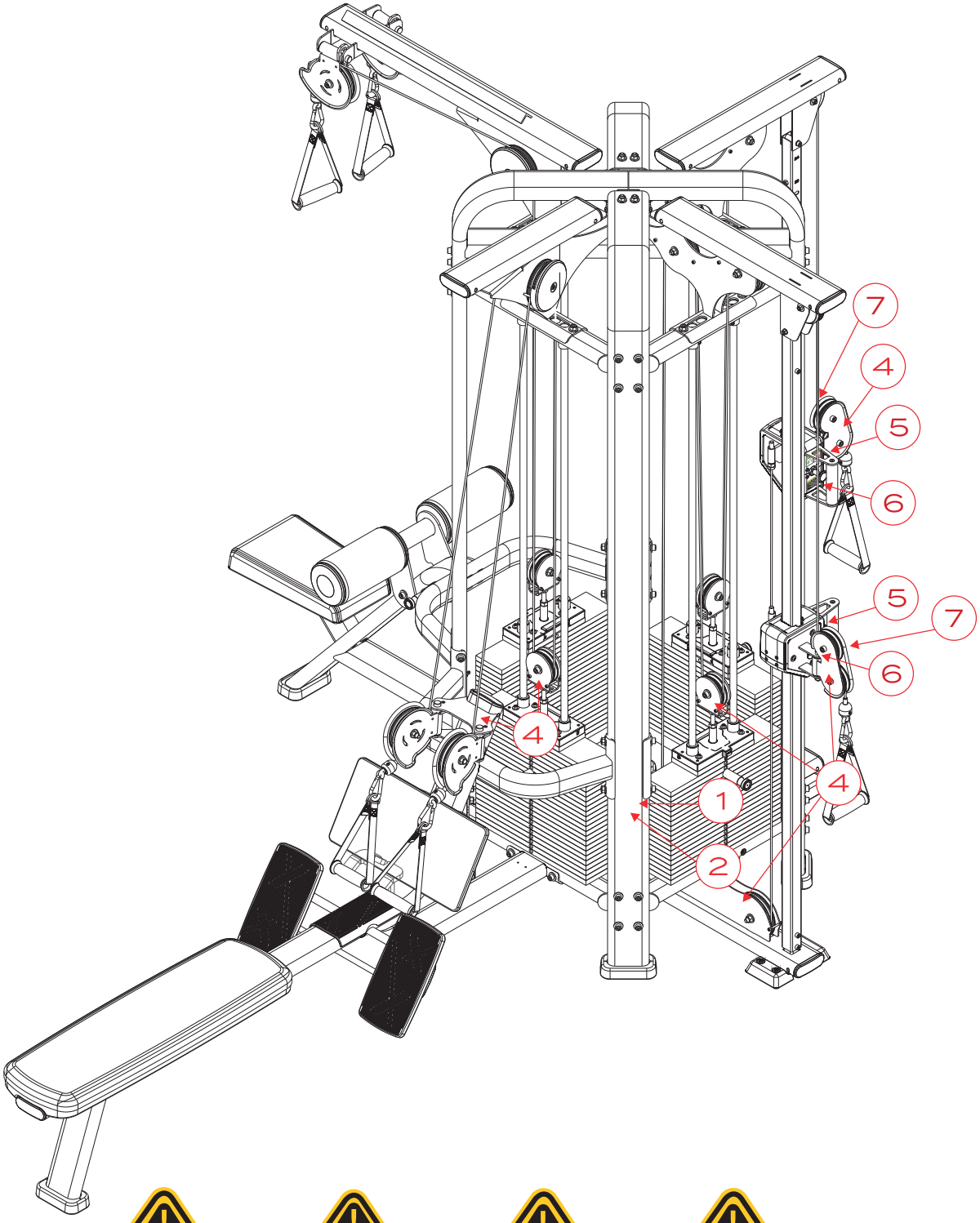


¡ATENCIÓN!
MONTAR COMPLETAMENTE EL PIN SELECTOR DE ALTURA

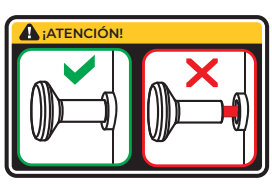


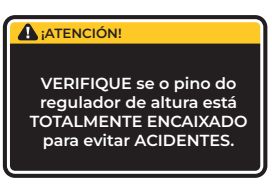
¡ATENCIÓN!
MANTENGA UNA DISTANCIA MÍNIMA DE 38 CM MIENTRAS REALIZA EL EJERCICIO.

INFORMACIÓN SOBRE SEGURIDAD





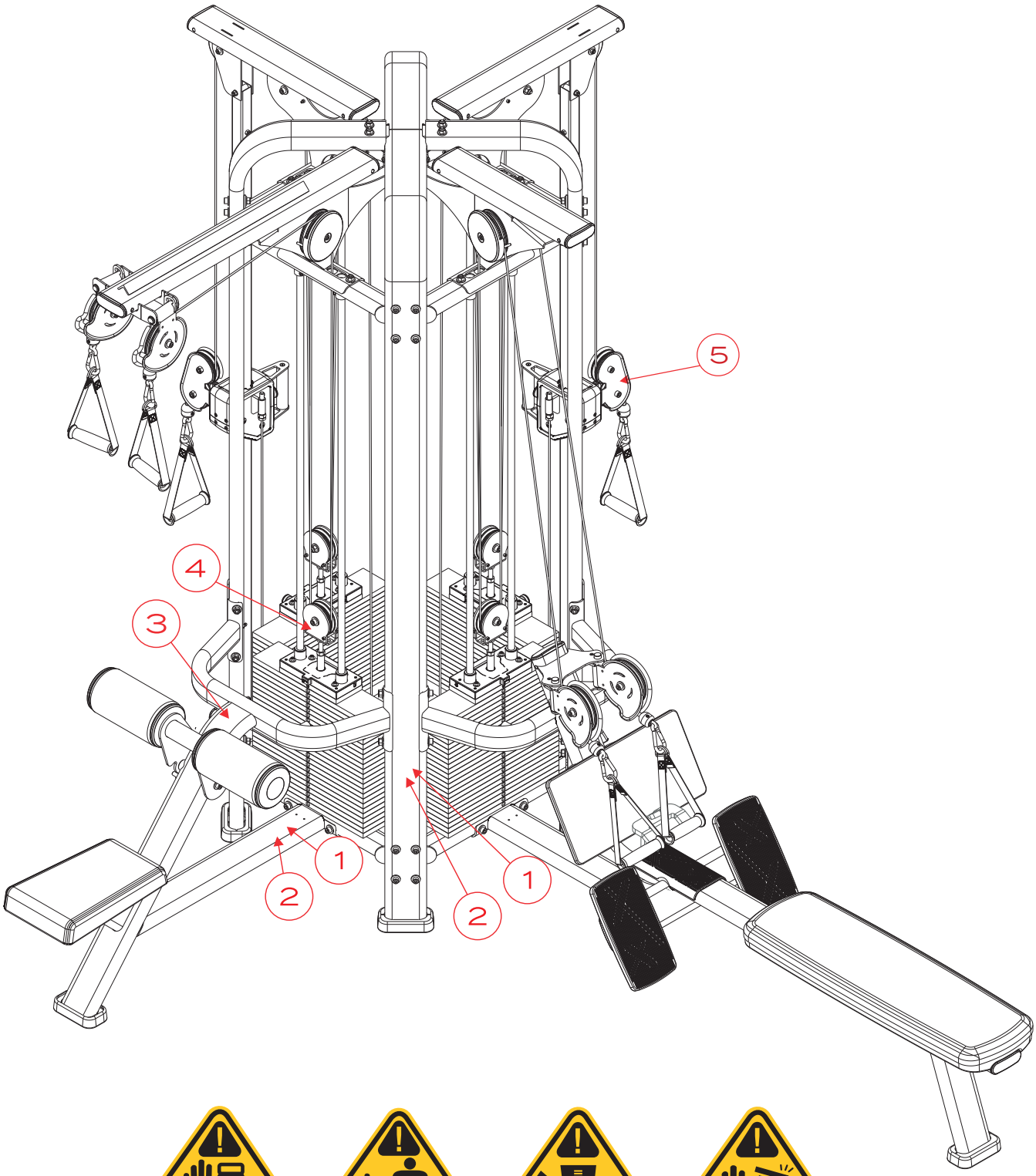


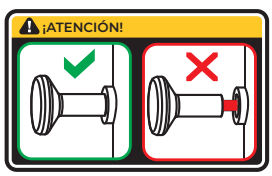


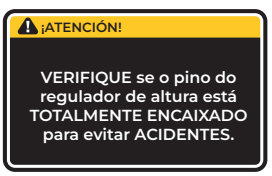


NOTA: Se han retirado algunas partes del equipo para facilitar su visualización.

INFORMACIÓN SOBRE SEGURIDAD







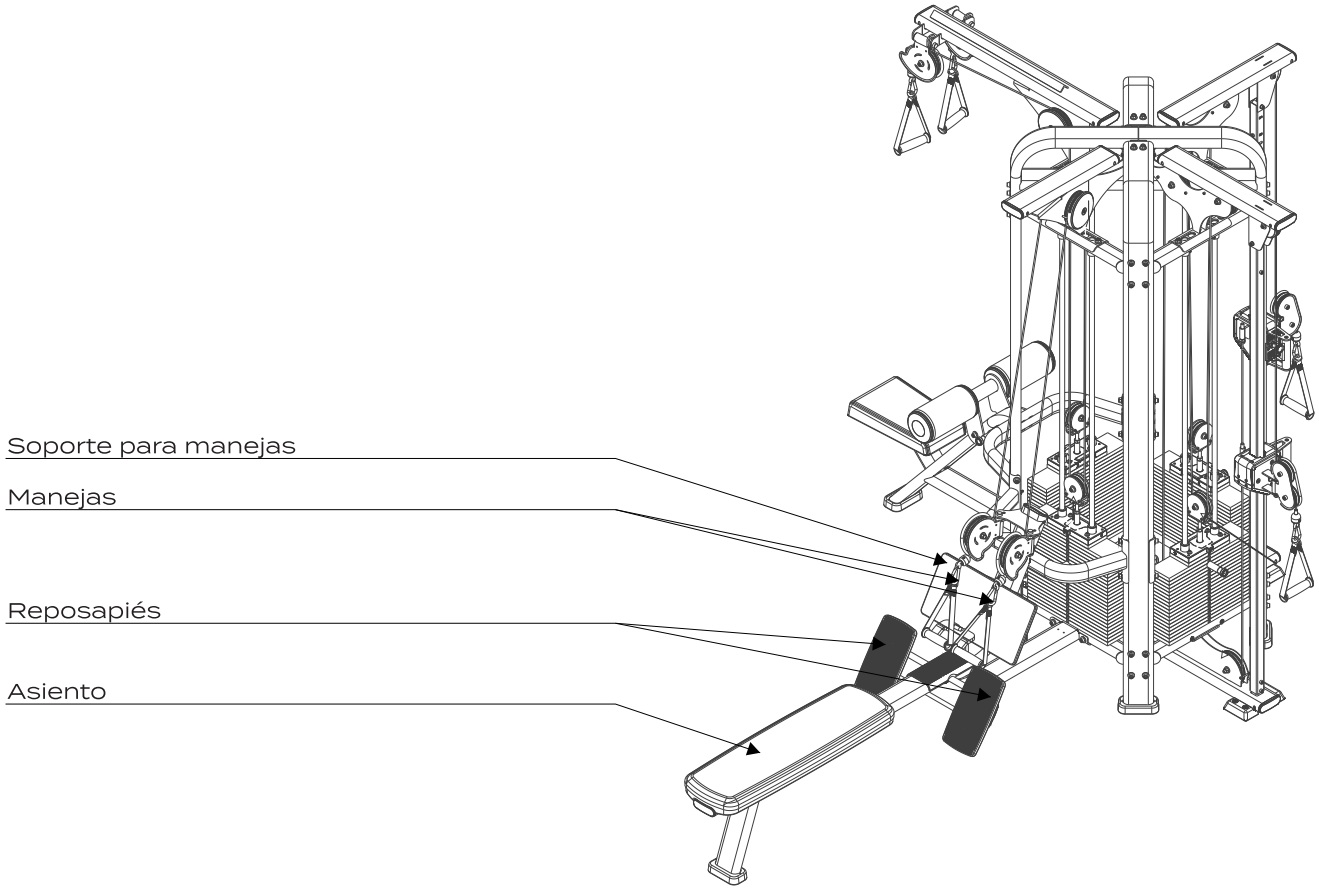


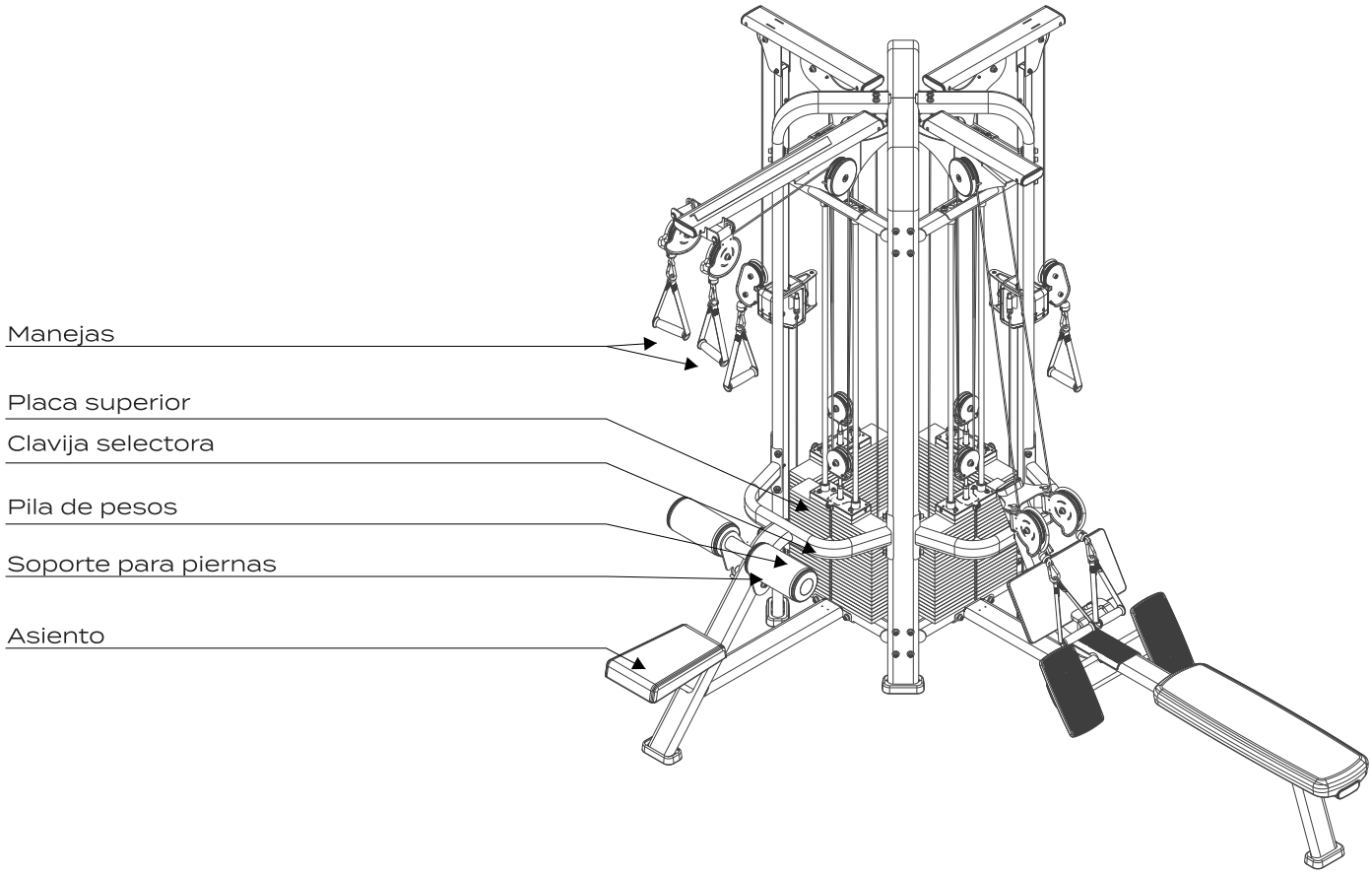
NOTA: Se han retirado algunas partes del equipo para facilitar su visualización.

Conociendo el equipo

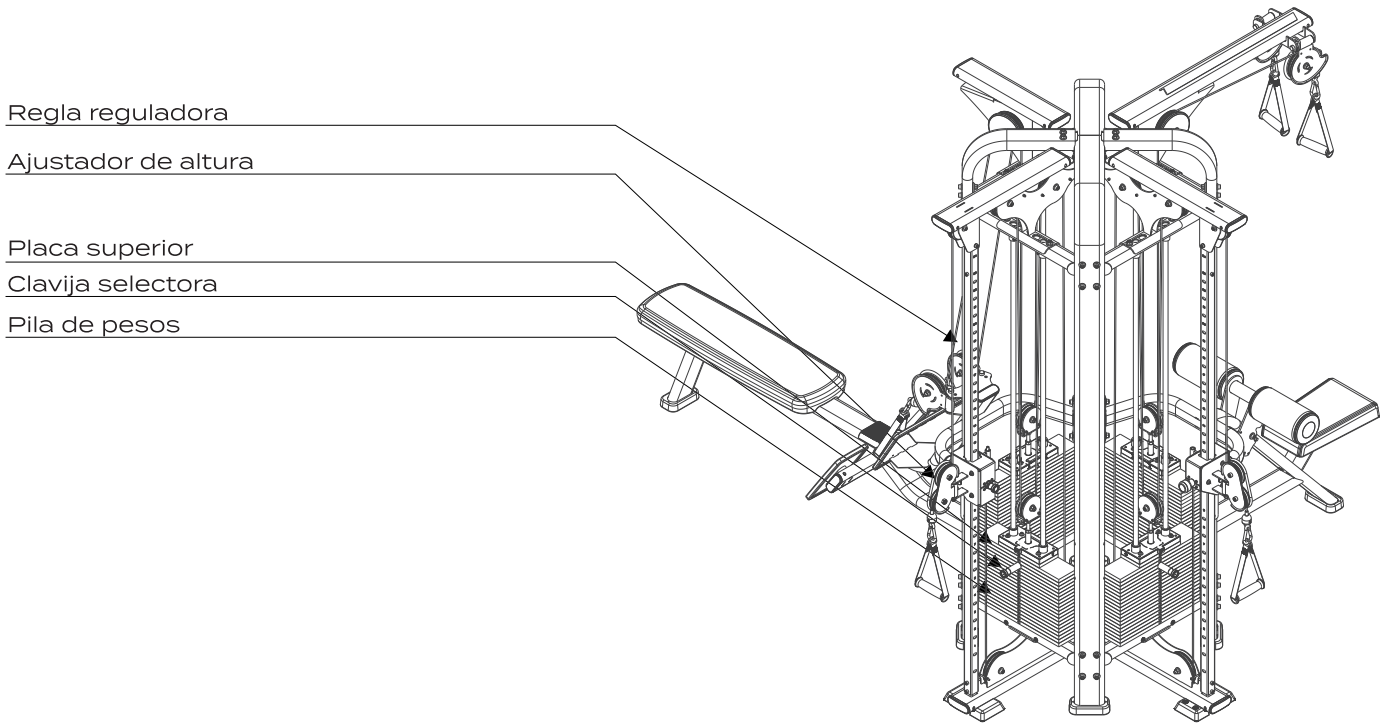
OBJETIVO - MULTIESTACIÓN
Permite al usuario trabajar grupos musculares mediante tirones altos, bajos y cruzados.

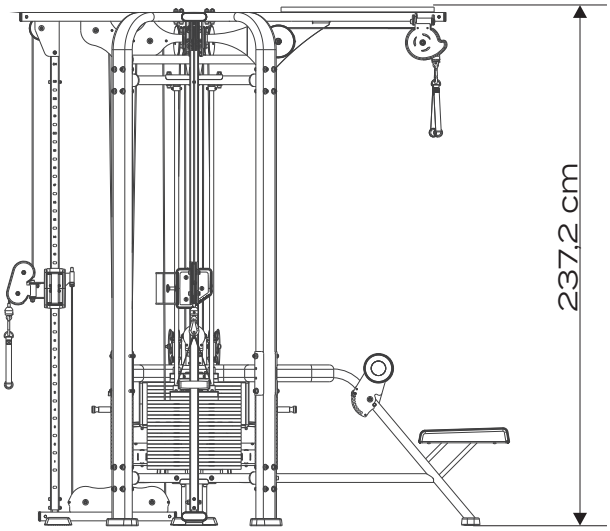
Este equipo está formado por los siguientes componentes principales:

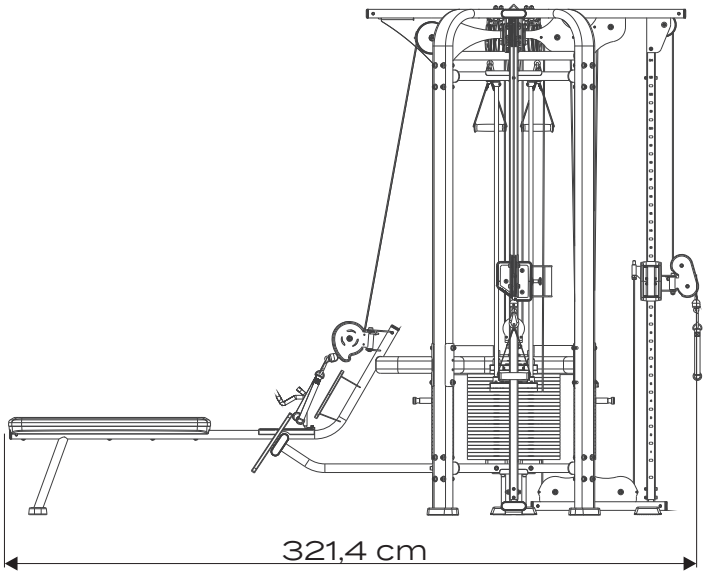




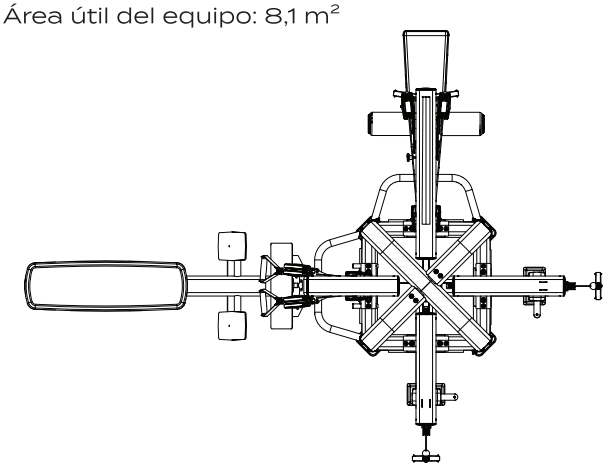
CONOCIENDO EL EQUIPO

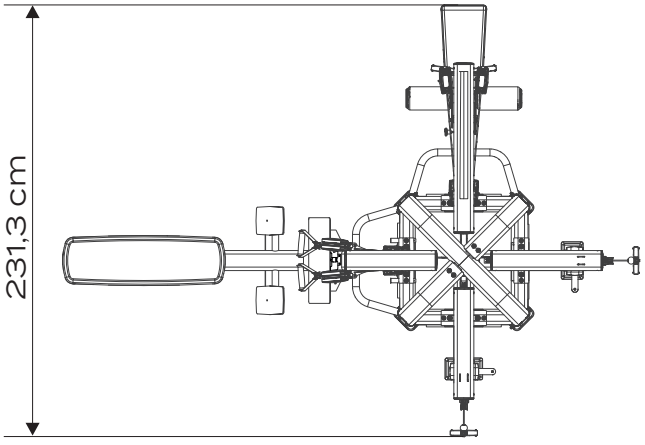






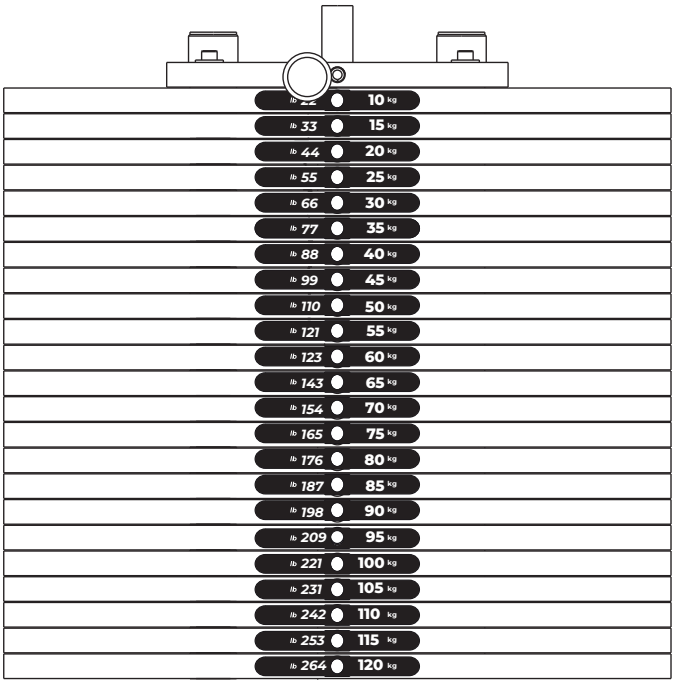
Área útil del equipo: 8,1 m²



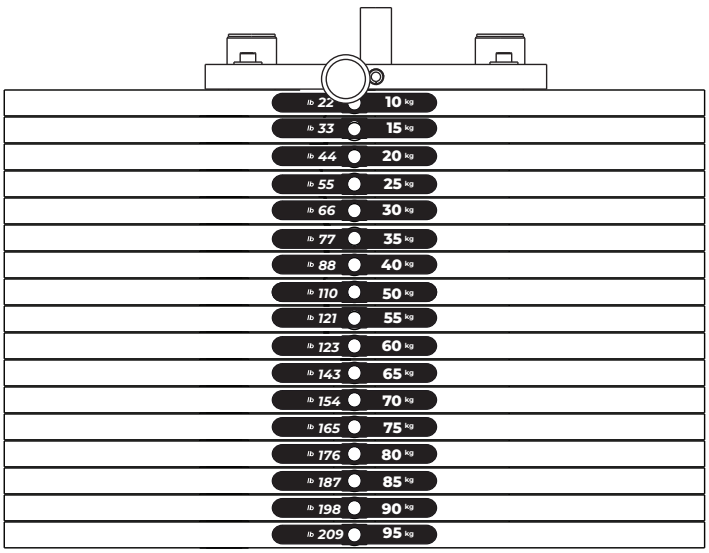


BATERÍA DE PESOS

Cada equipo de la línea NEXT posee una configuración de pila de peso. A continuación están las configuraciones de cada equipo.



Carga de la batería de peso Jalón alto Jalón bajo
24 pesos de 5 kg
Carga total: 120 kg sin peso extra



Carga de la batería de peso Pulley
Carga de la pila de peso 19 pesos de 5 kg Carga efectiva de la torre 19 pesos de 5 kg
Carga total: 95 kg sin peso extra

Nota: La batería de peso tiene sus valores redondeados hacia arriba o hacia abajo.

Especificaciones del equipo - Multiestación

Equipo	Multistation
Línea	NEXT Cables
Longitud	321,4 cm
Ancho	231,3 cm
Altura	237,2 cm
Área ocupada	7,43 m^2
Peso del equipo	728 kg
Placa superior	5 kg
Peso unitario de la placa	5 kg
Carga inicial	5 kg
Carga máxima total (por torre de polea)	95 kg
Carga máxima total (jalón alto)	120 kg
Carga máxima total (jalón bajo)	120 kg
Estructura	Acero
Pintura	Tratamiento de superficie con 9 baños + pintura electrostática en polvo
Soldadura	MIG / MAG
Cable de acero	Diámetro Ø 4.76 mm revestido, con alma de acero Ø 3.175 mm
Poleas carenadas	Si
Opciones de color	Negro
Amortiguador en la base de la torre	Si
Pernos selectores de peso (flauta)	Acero carbono con manija de aluminio anodizado
Ajustes (polea)	Ajuste de altura con 24 niveles
Guías de pesos	Aluminio anodizado duro – bajo coeficiente de fricción y alta resistencia al desgaste
Manijas	Aluminio anodizado
Guía del regulador (polea)	Acero Inoxidable AISI 316 – espesor 3 mm
Tapizado	Espuma de poliuretano de densidad controlada
Revestimiento del tapizado	Courvin sintético impermeable
Garantía	Hasta 3 años. Consulte el Término de Garantía del equipo

Montaje del equipo

⚠ ¡PRECAUCIÓN!

Antes de iniciar el montaje de su equipo, es necesario prestar atención a las siguientes precauciones:

- Asegúrese de que el embalaje no esté dañado y que las partes y componentes del equipo no estén averiados.
- Se recomienda que el equipo sea desembalado en el lugar donde será montado.
- El lugar de montaje debe estar limpio.
- El piso debe ser plano, nivelado y rígido para evitar inestabilidad del equipo.
- Se recomienda que el equipo sea montado lejos de la humedad y al resguardo de la luz solar, a fin de evitar daños a las partes electrónicas y carenado del equipo.

ÍCONOS

Los íconos tienen como función instruir buenas prácticas que deben ser seguidas durante el montaje.



Para este montaje se recomienda que sea hecho por dos personas.



No dar el apriete final en los pernos.



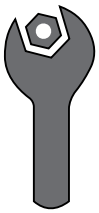
Dar el apriete final en los pernos.

HERRAMIENTAS

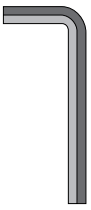
Use las siguientes herramientas para hacer el MONTAJE DEL EQUIPO. La tabla de torque tiene como función guiar cuánto apriete determinado perno puede sufrir. La tabla debe ser seguida rigurosamente.

TABLA DE ESPECIFICACIÓN DE TORQUE DE APRIETE DE LOS PERNOS

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



Llave fija



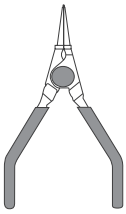
Llave hexagonal



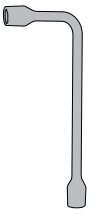
Traba rosca torque medio



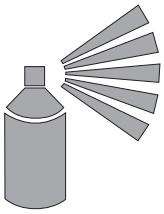
Destornillador Phillips



Alicate para anillos elásticos



Llave de boca



Grasa en spray



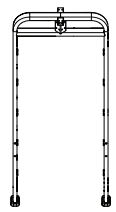
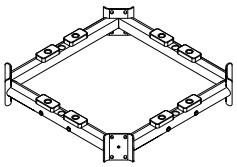
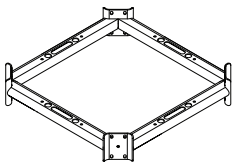
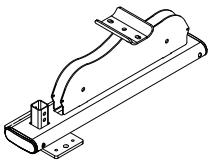
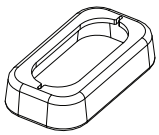
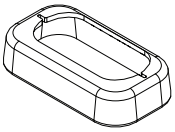
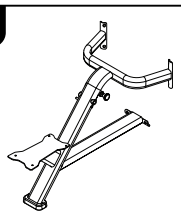
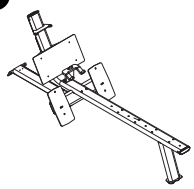
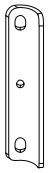
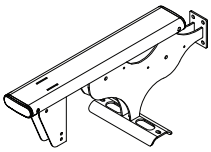
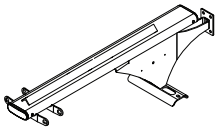
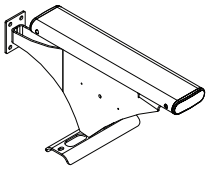
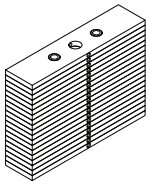
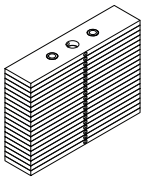
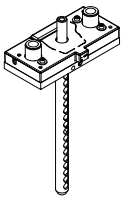
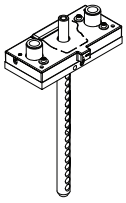
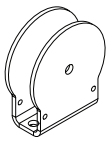
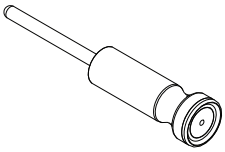
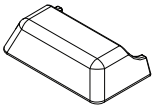
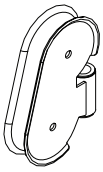
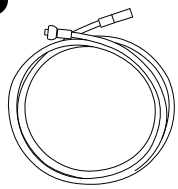
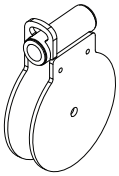
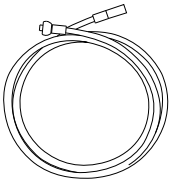
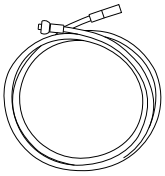
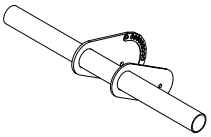
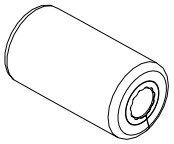
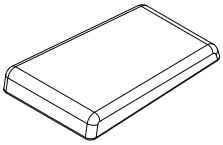
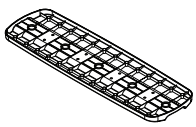
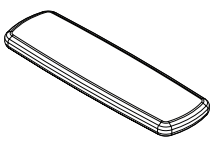
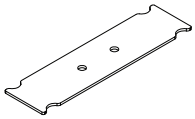
Llave de torque

⚠ ¡ATENCIÓN!

El montaje de la torre es el mismo para ambos lados del equipo. Para montar el otro lado, simplemente siga nuevamente los mismos pasos descritos en el manual.

MONTAJE DEL EQUIPO

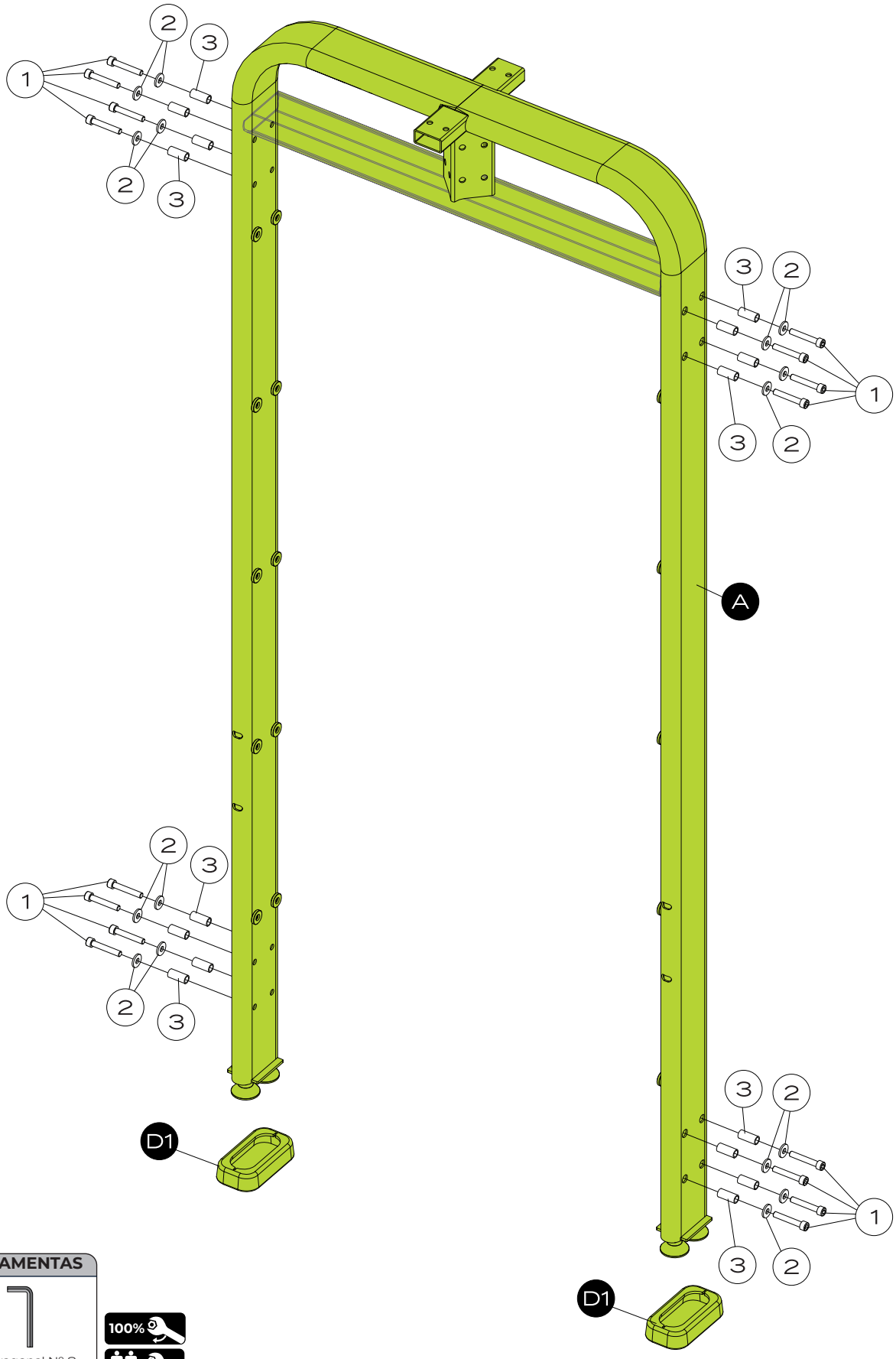
LISTA DE PIEZAS

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

MONTAJE DEL EQUIPO

PASO 1

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



FERRAMENTAS

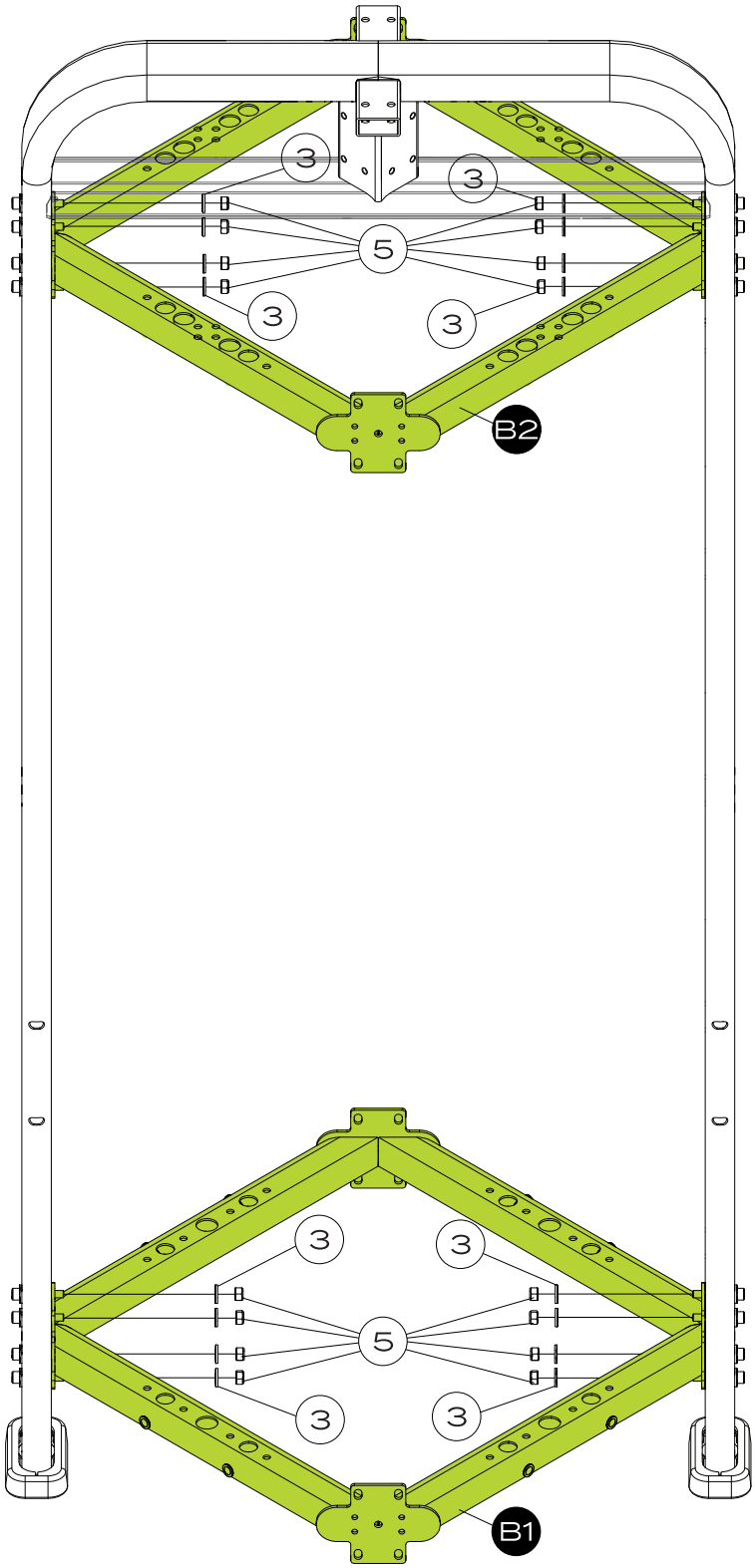
Llave hexagonal Nº 8

100%

MONTAJE DEL EQUIPO

PASO 2

	NOMBRE	Ctd
3	Arandela plana Ø10	16x
5	Tuerca Hex. Inserto de Nylon - M10	16x
B1	Barra de conexión inferior	
B2	Barra de conexión superior	



FERRAMENTAS

Llave fija Nº 17

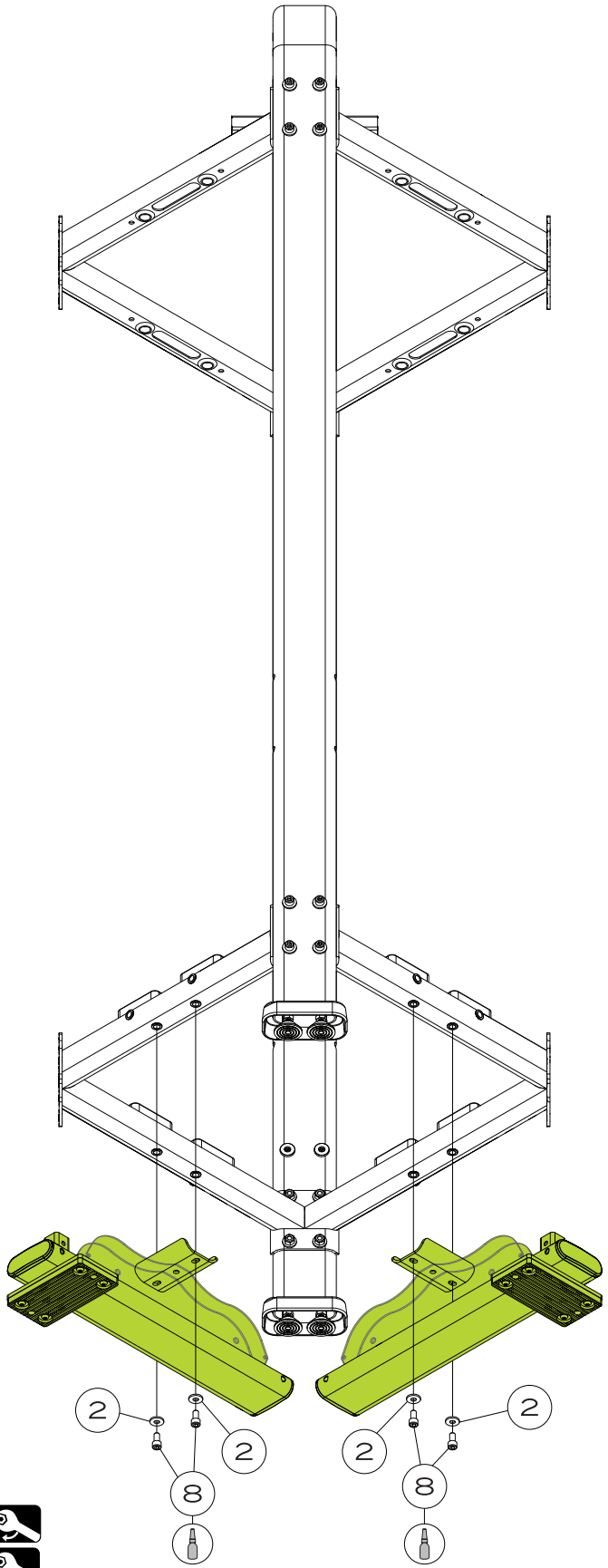
50%

Nota: Algunas partes del equipo fueron ocultadas para facilitar la visualización.

MONTAJE DEL EQUIPO

PASO 3

	NOMBRE	Ctd
2	Arandela plana Ø10	4x
8	Tornillo Cab. Cil. Hex. Interno - M10X25	4x
C	Soporte inferior	



FERRAMENTAS

Llave hexagonal Nº 8

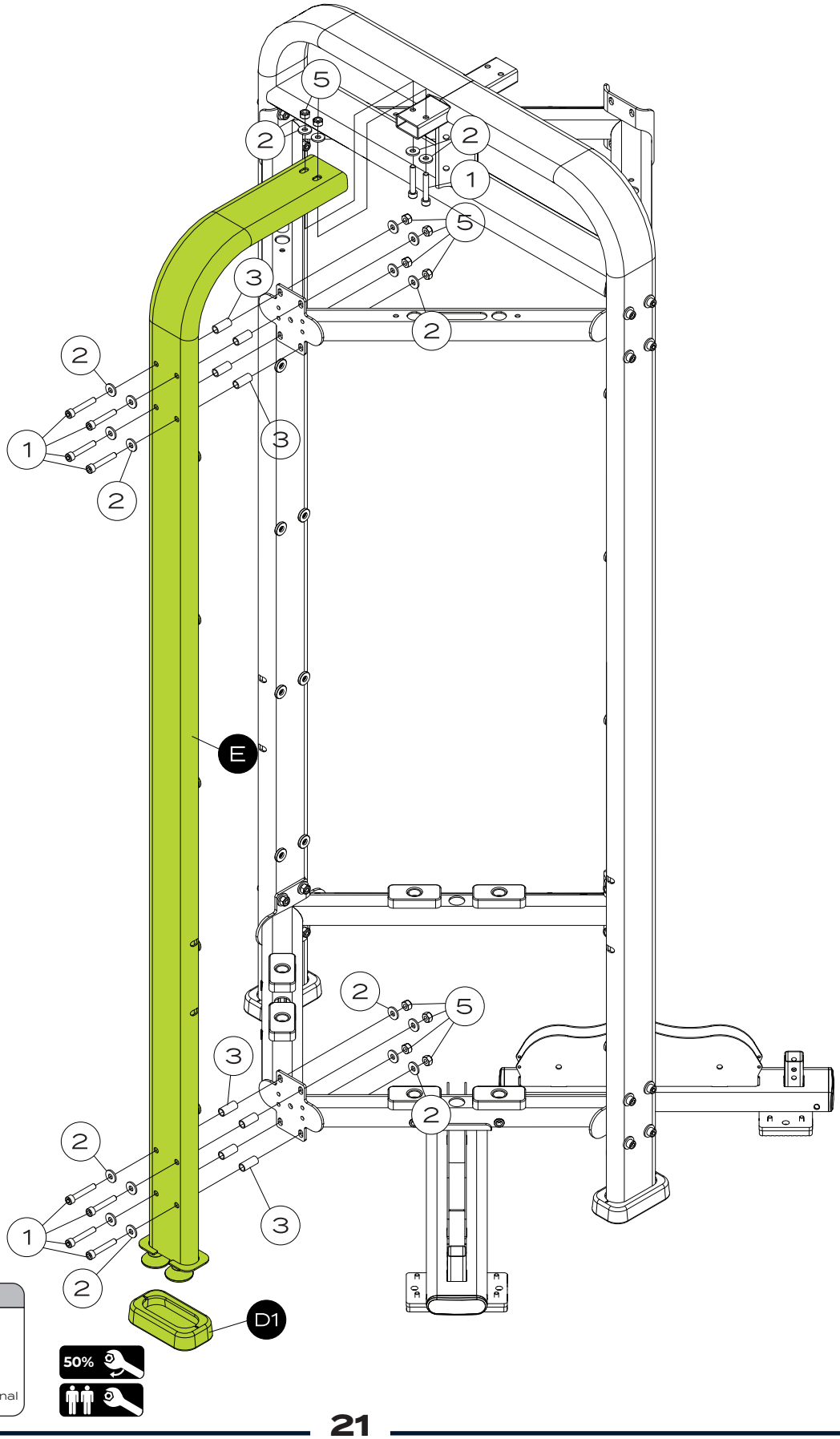
Traba rosca torque medio

50%

MONTAJE DEL EQUIPO

PASO 4

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



FERRAMENTAS

Llave fija Nº 17

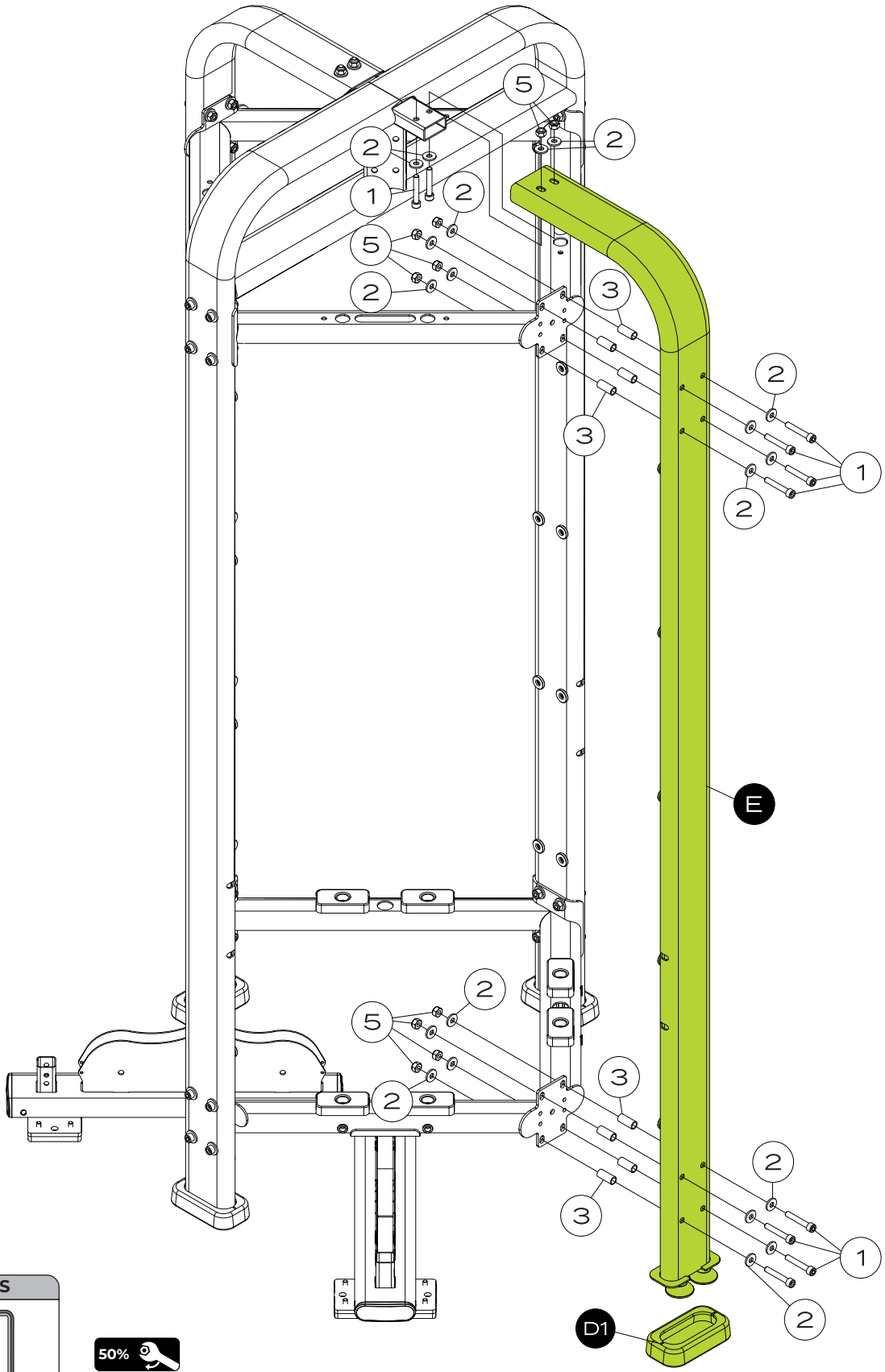
Llave hexagonal Nº 8

50%

MONTAJE DEL EQUIPO

PASO 5

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



FERRAMENTAS

Llave fija Nº 17

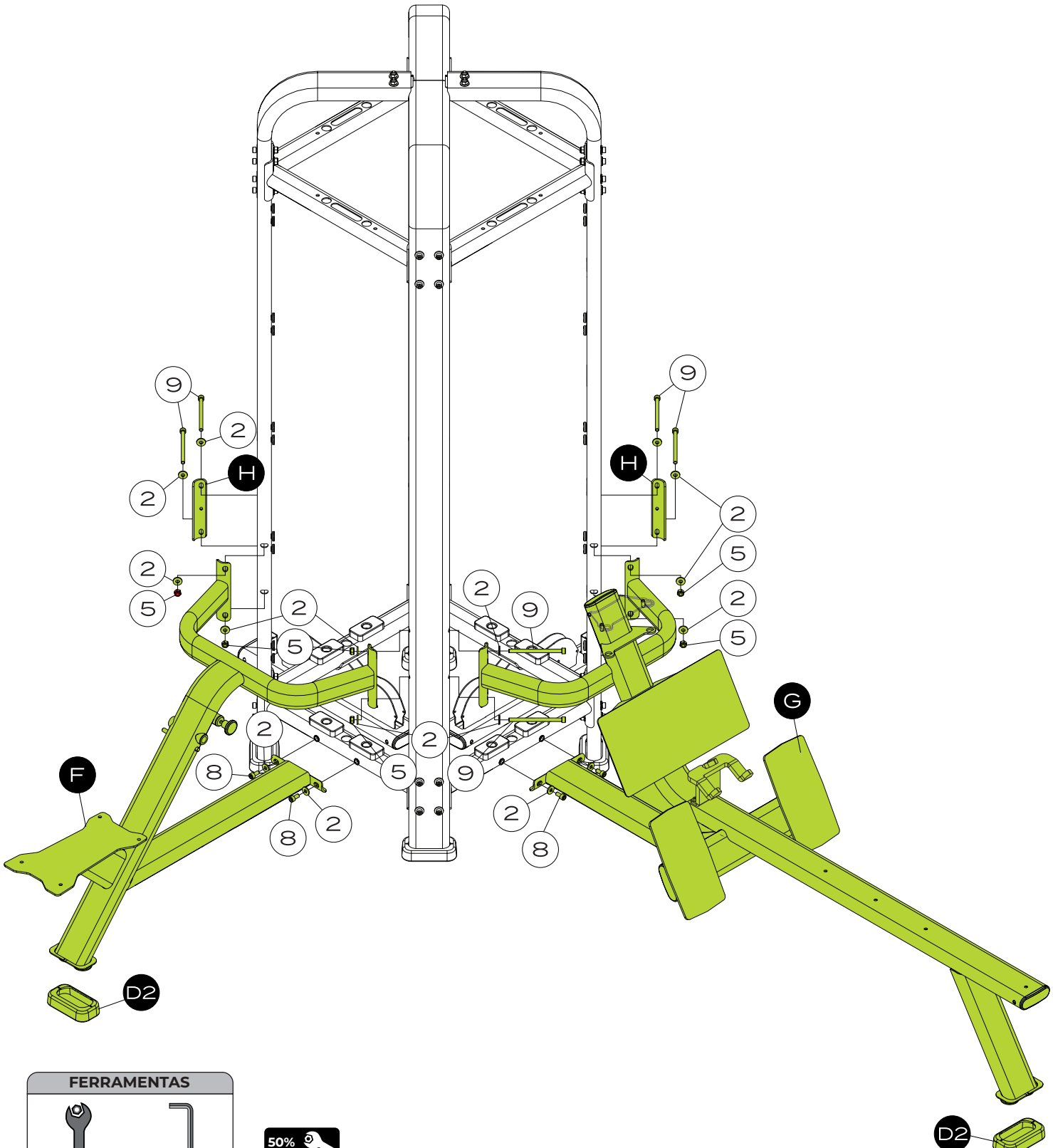
Llave hexagonal Nº 8

50%

MONTAJE DEL EQUIPO

PASO 6

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



FERRAMENTAS

Llave fija Nº 17

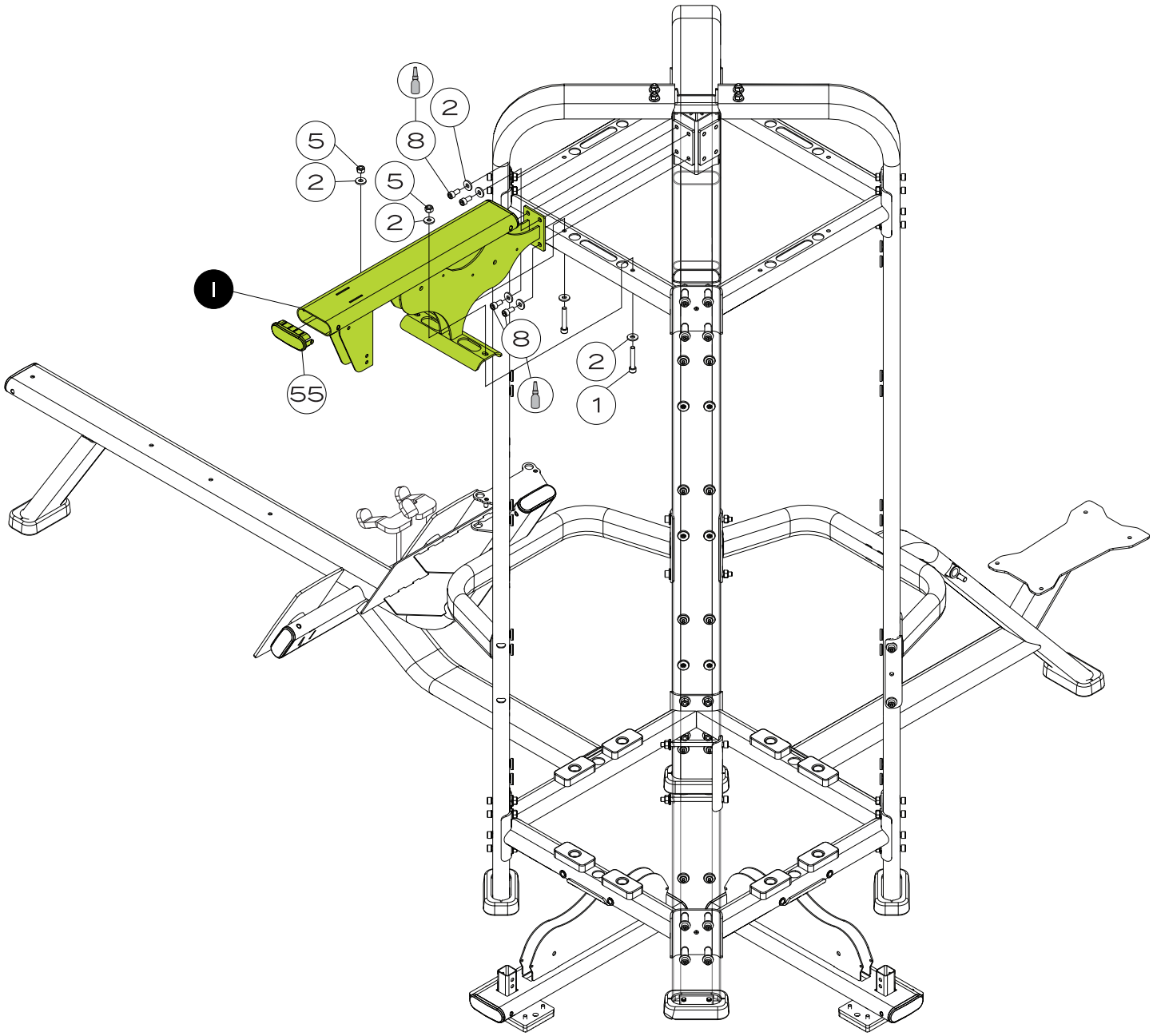
Llave hexagonal Nº 8

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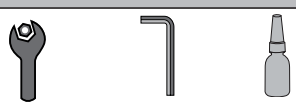
MONTAJE DEL EQUIPO

PASO 7

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



FERRAMENTAS



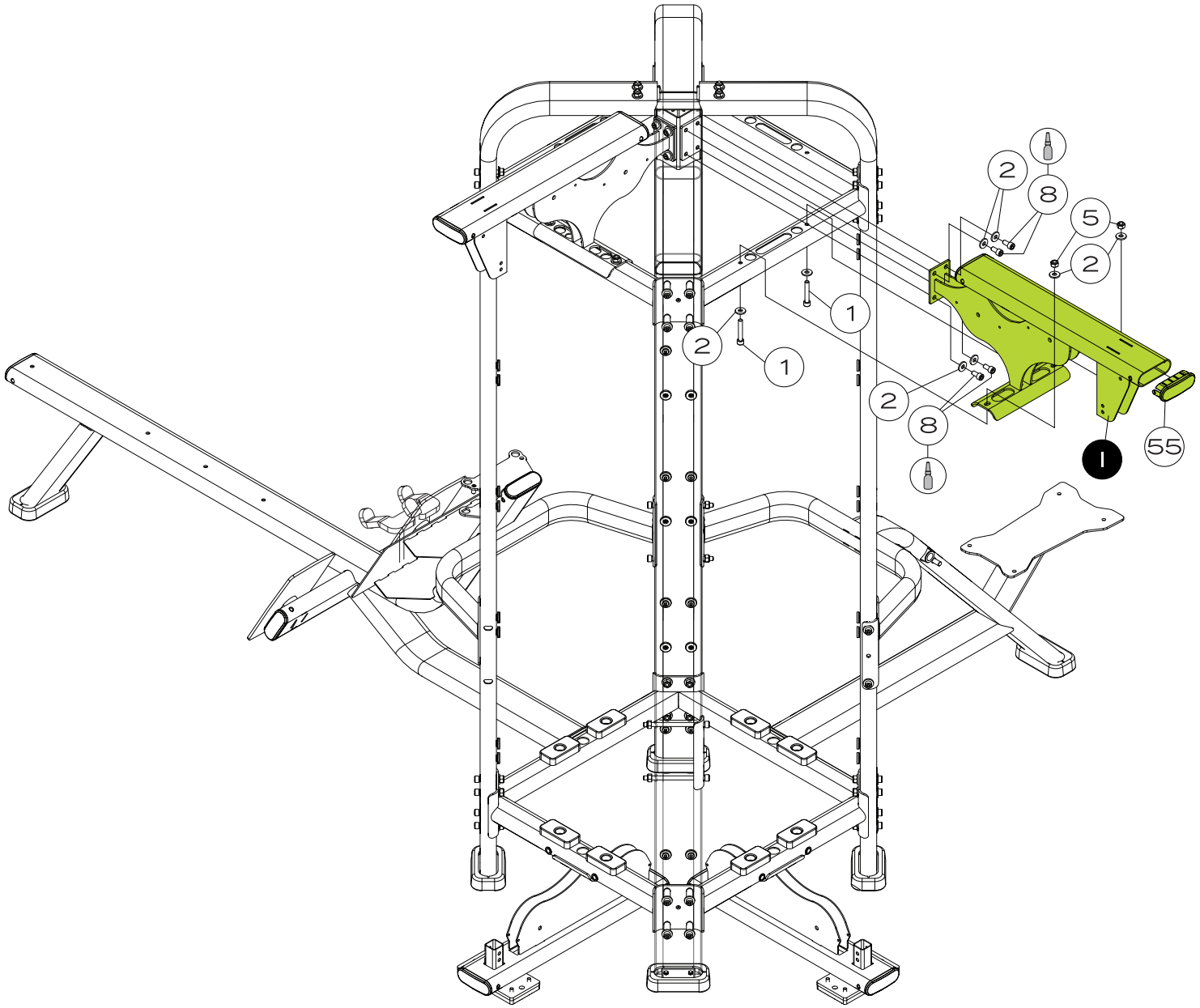
Llave fija Nº 17 | Llave hexagonal Nº 8 | Traba rosca torque medio

50%

MONTAJE DEL EQUIPO

PASO 8

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



FERRAMENTAS

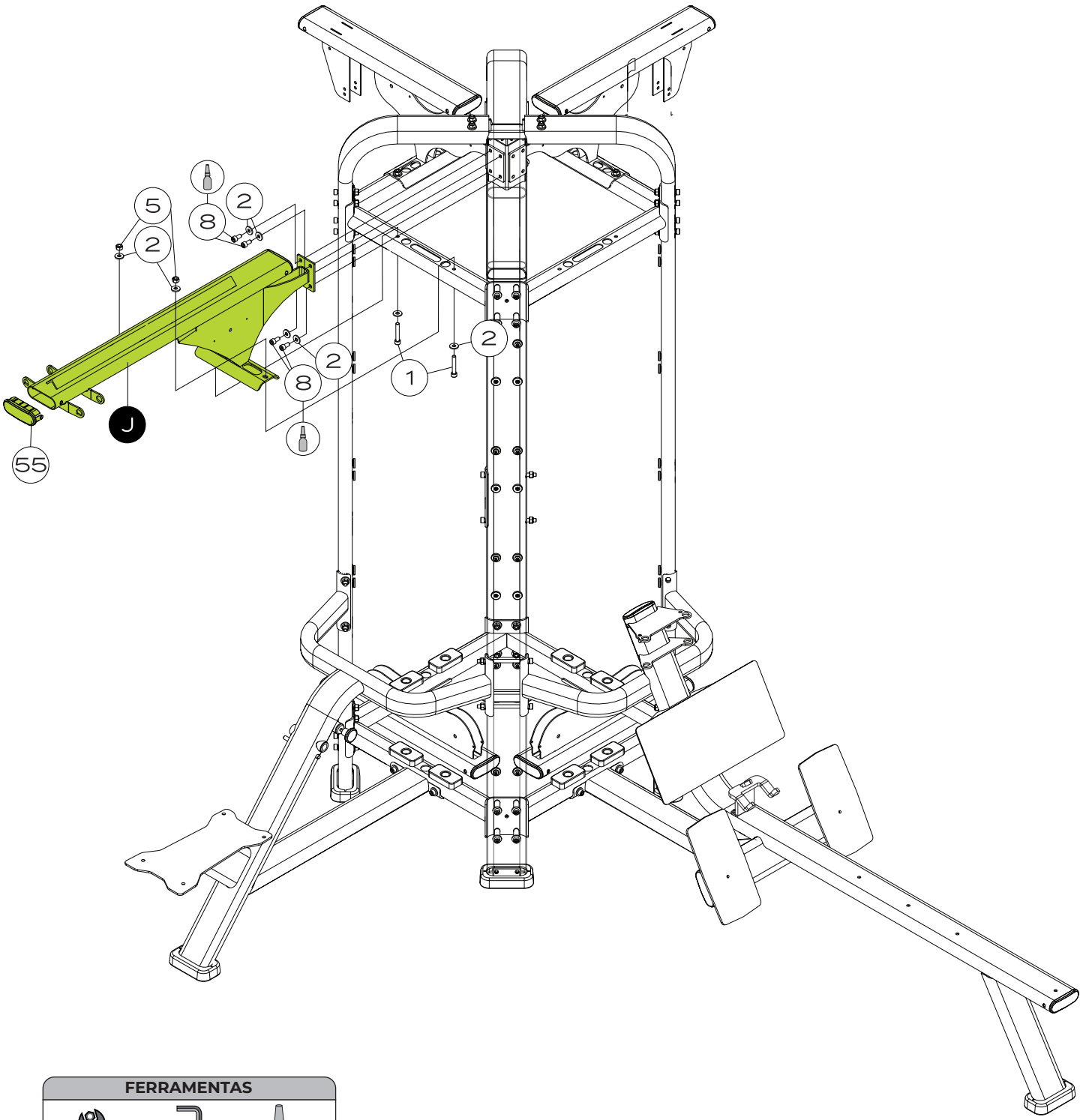
Llave fija Nº 17 | Llave hexagonal Nº 8 | Traba rosca torque medio

50%

MONTAJE DEL EQUIPO

PASO 9

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



FERRAMENTAS

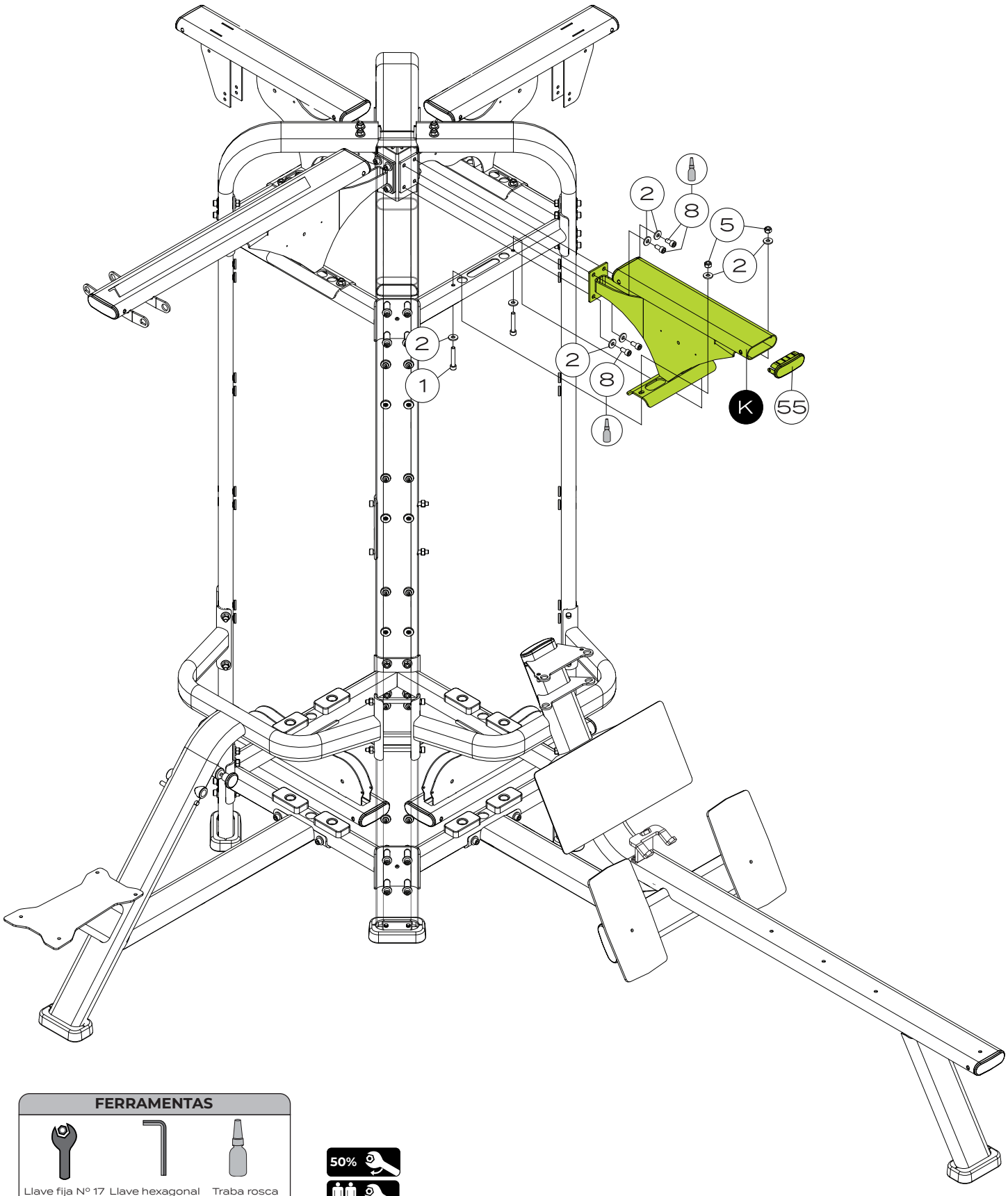
Llave fija Nº 17 | Llave hexagonal Nº 8 | Traba rosca torque medio

50%

MONTAJE DEL EQUIPO

PASO 10

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



FERRAMENTAS

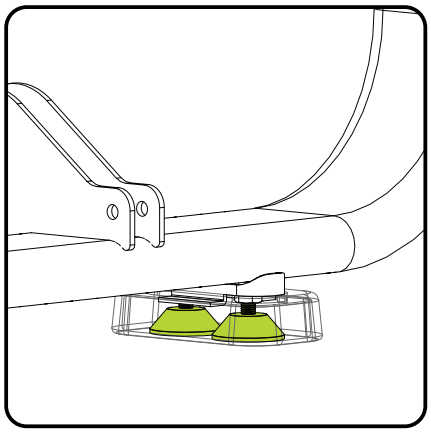
Llave fija Nº 17 | Llave hexagonal Nº 8 | Traba rosca torque medio

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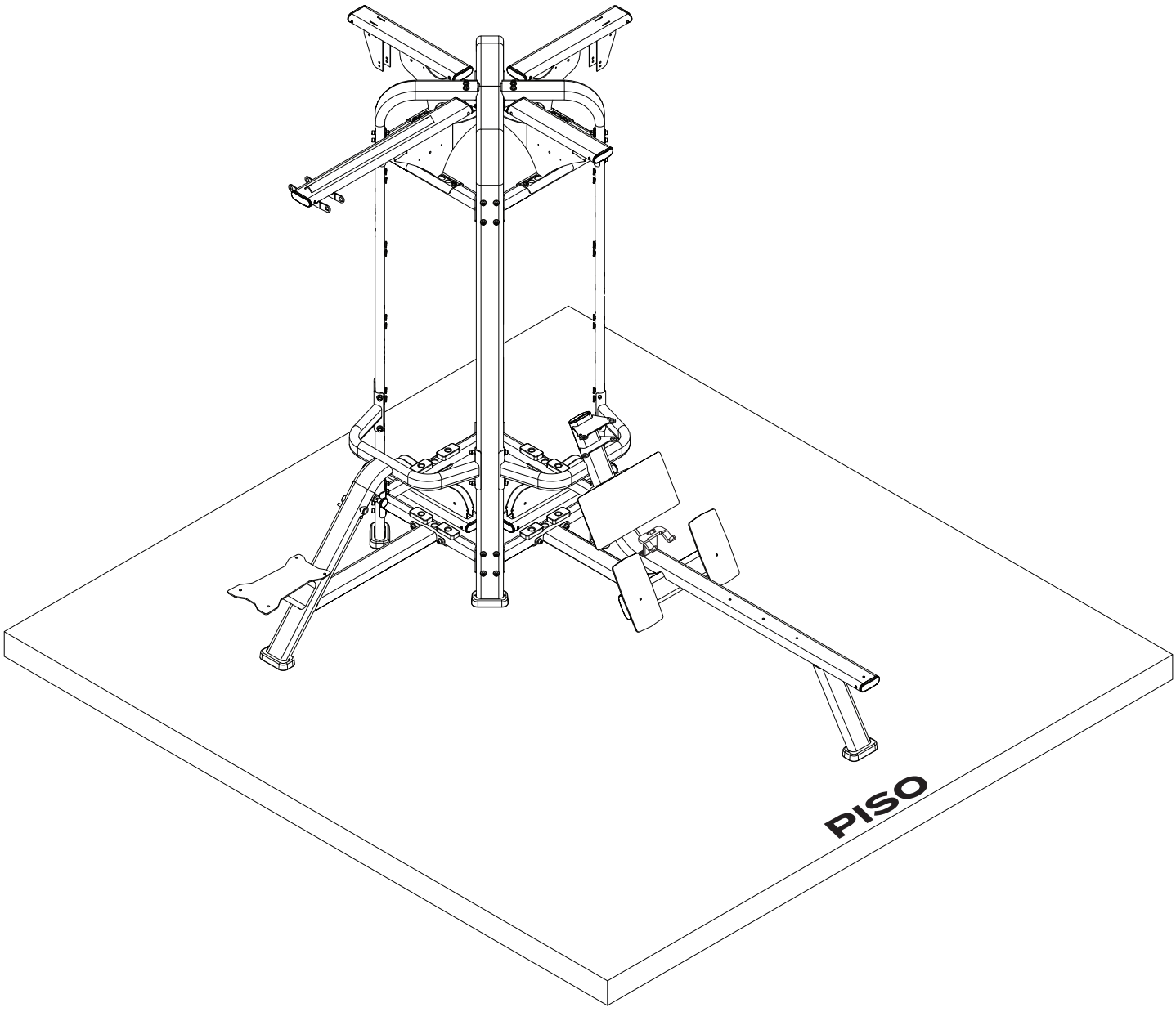
PASO 11 - NIVELACIÓN DEL EQUIPO

¡ATENCIÓN!

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



Utilice las patas niveladoras para ajustar la alineación del equipo.

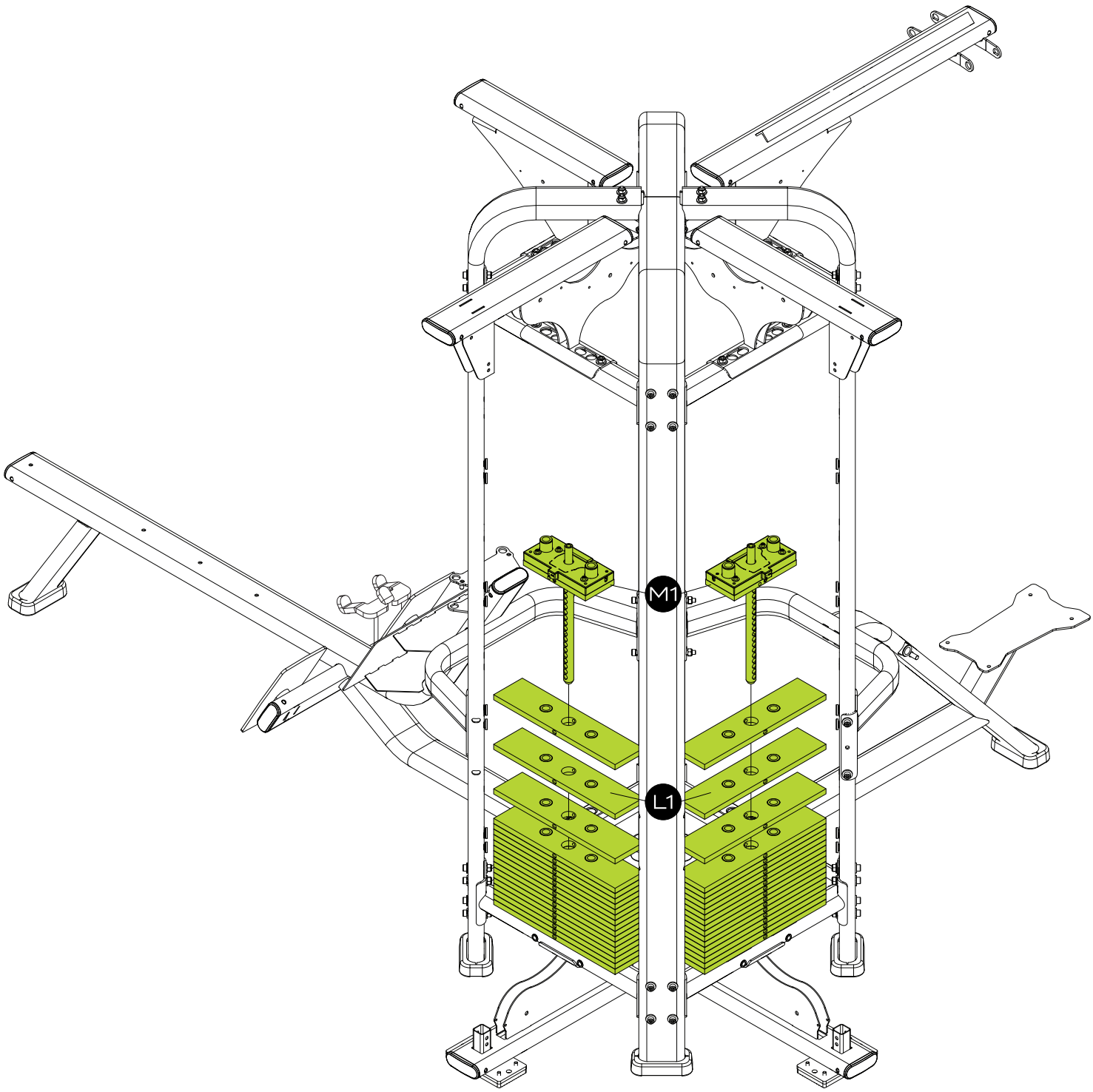


PASO 12

	NOMBRE	
L1	Pila de 19 pesos	
M1	Placa superior de 19 agujeros	

¡ATENCIÓN!

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

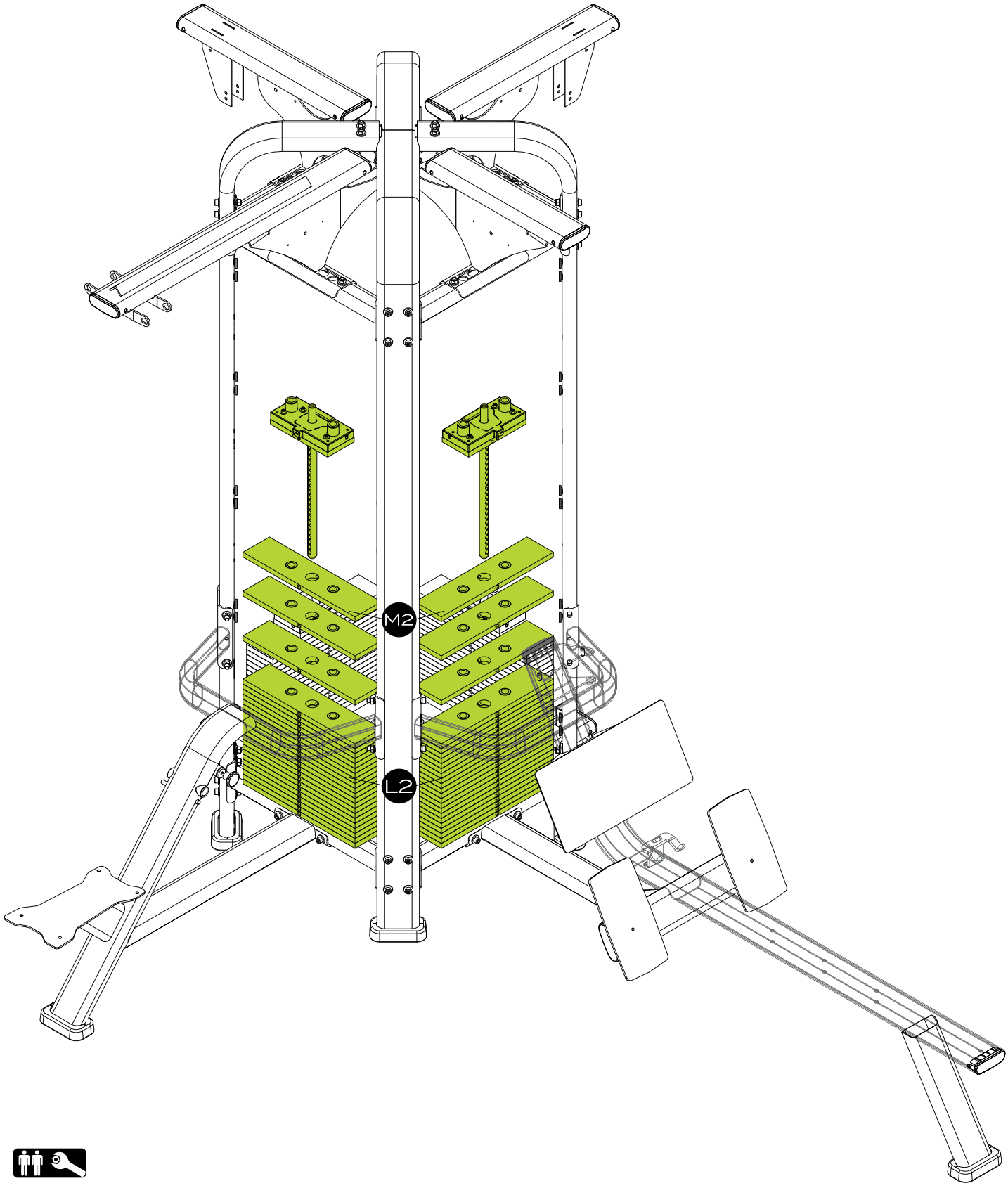


PASO 13

	NOMBRE	
L2	Pila de 24 pesos	
M2	Placa superior de 24 agujeros	

¡ATENCIÓN!

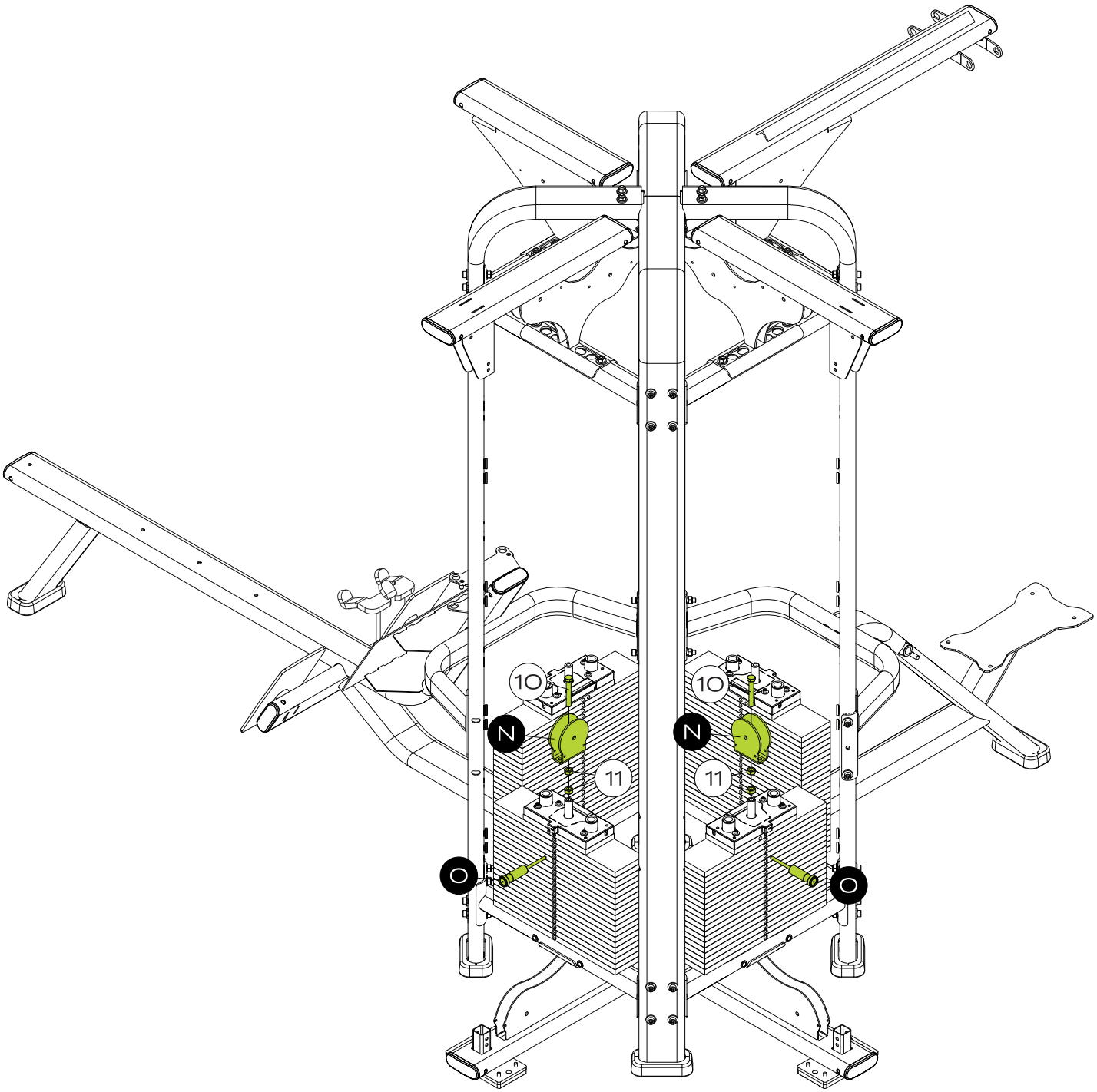
LA TAPA TARDÍA CON 24 AGUJEROS DEBE MONTARSE DE CARA AL TIRÓN ALTO Y BAJO



MONTAJE DEL EQUIPO

PASO 14

	NOMBRE	Ctd
10	Tornillo Cab. Hex. M12X80	2x
11	Tuerca hexagonal Ø12	4x
N	Soporte de la polea	
O	Clavija selectora	



FERRAMENTAS

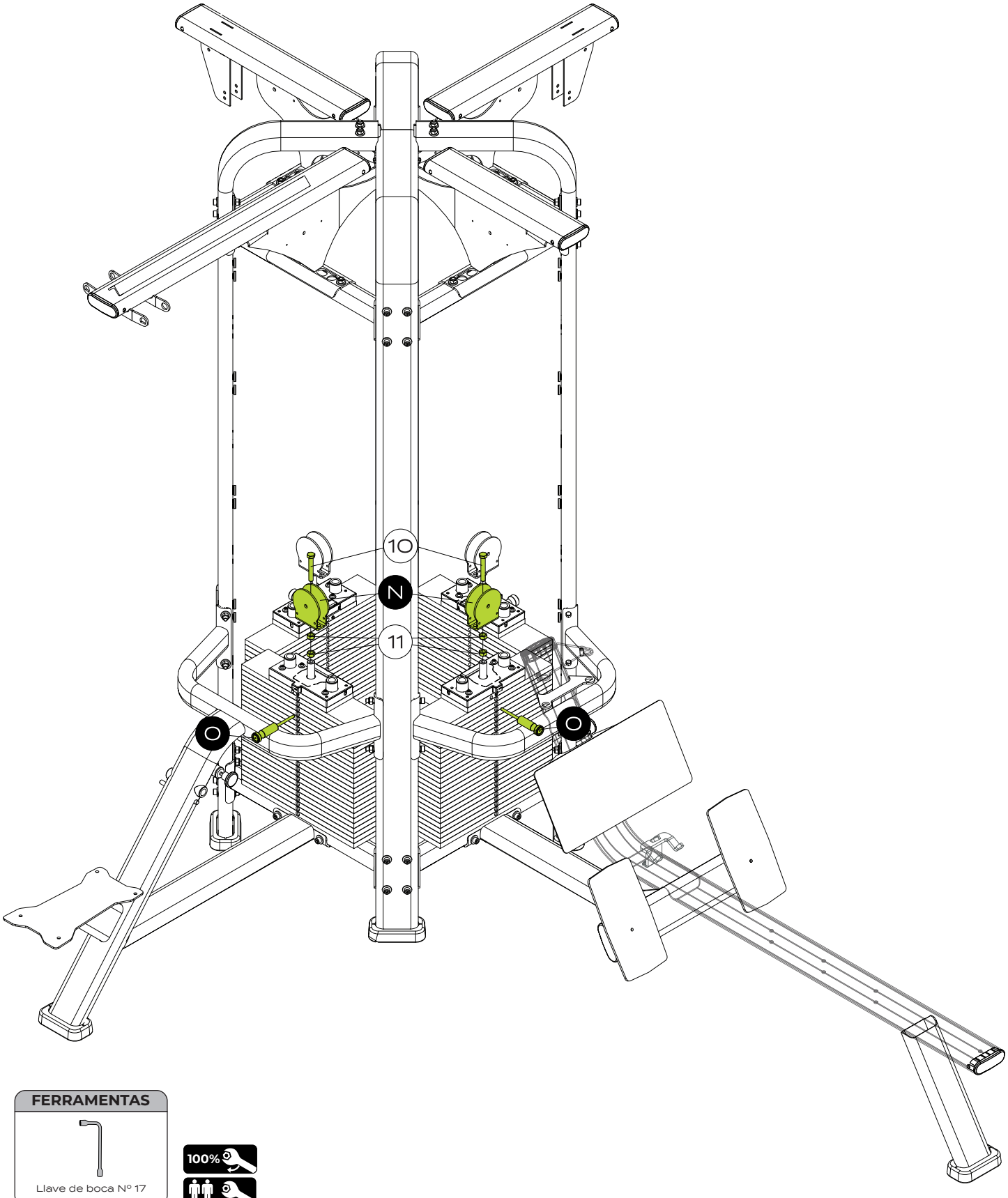
Llave fija Nº 17

100%

MONTAJE DEL EQUIPO

PASO 15

	NOMBRE	Ctd
10	Tornillo Cab. Hex. M12X80	2x
11	Tuerca hexagonal Ø12	4x
N	Soporte de la polea	
O	Clavija selectora	



FERRAMENTAS

Llave de boca Nº 17

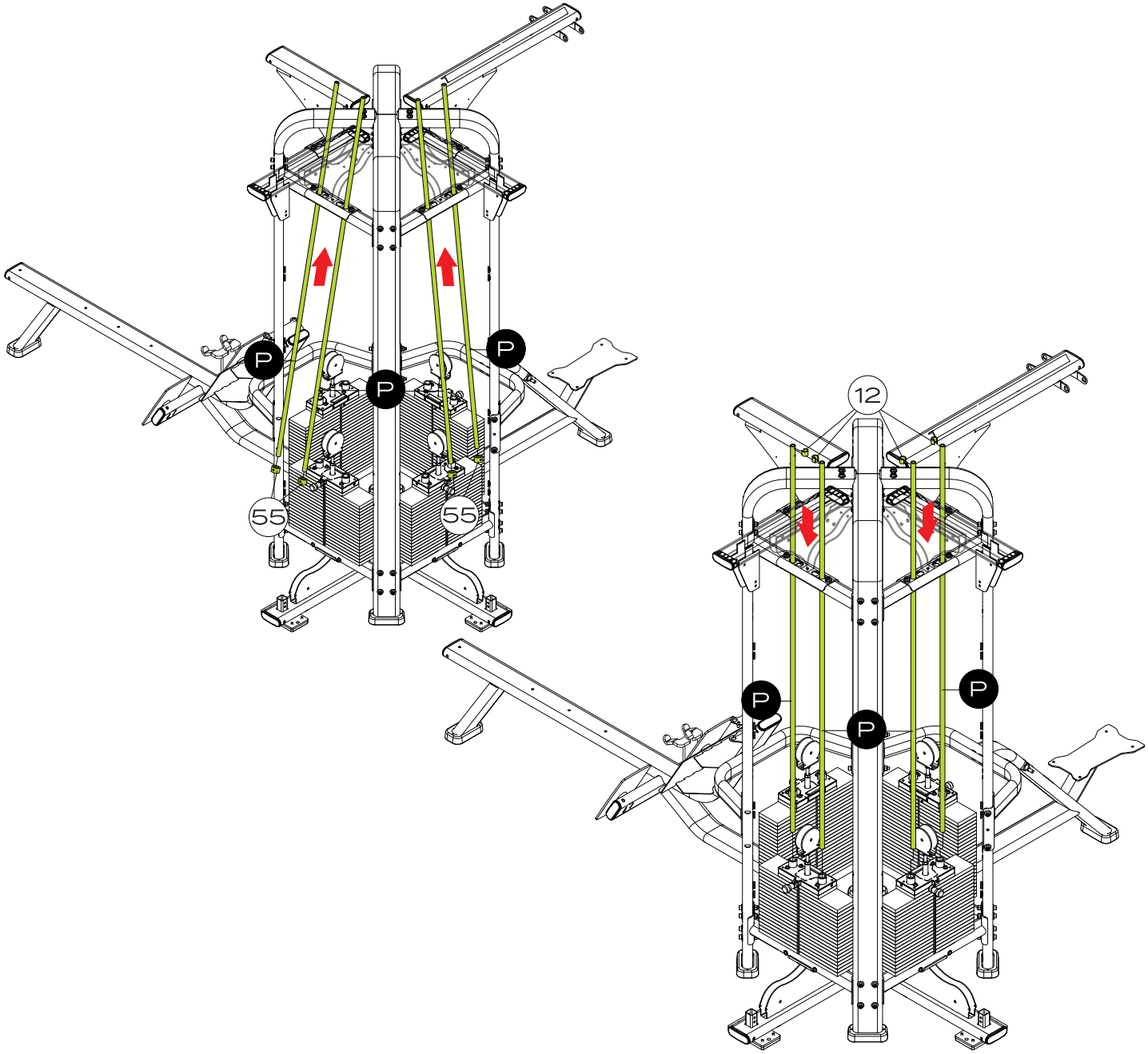
100%

MONTAJE DEL EQUIPO

PASO 16

	NOMBRE	Ctd
12	Bloqueo de varilla	8x
55	Bloqueo de varilla	4x
56	Tuerca Hex. Inserto de Nylon - M6	4x
57	Tornillo Cab. Cil. Hex. Interno - M6X40	4x
P	Vara de las pesas	

	NOME	Qtd
64	Tornillo Cab. Cil. Hex. interno - M6x25	4x

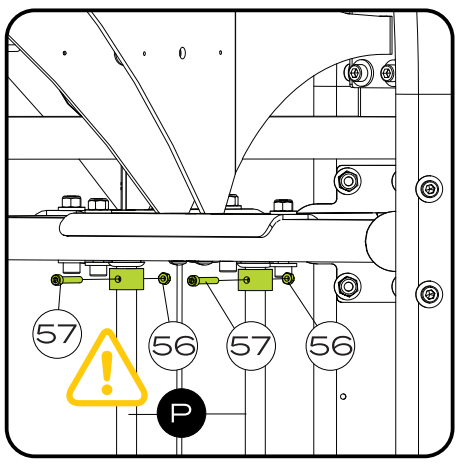


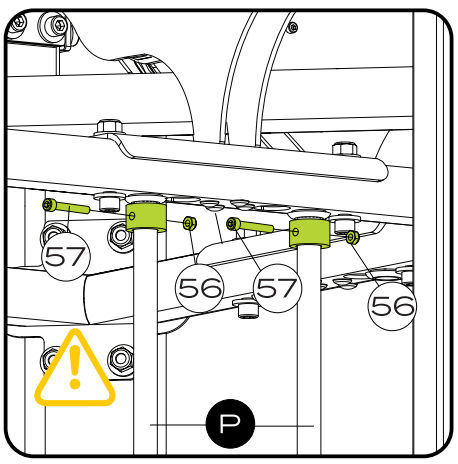
⚠ ¡ATENCIÓN!

APRIETE EL PERNO HASTA ELIMINAR LA HOLGURA DEL TRABA DE LA VARILLA

⚠ ¡ATENCIÓN!

LAS VARILLAS DEBEN SER MONTADAS DE ABAJO HACIA ARRIBA

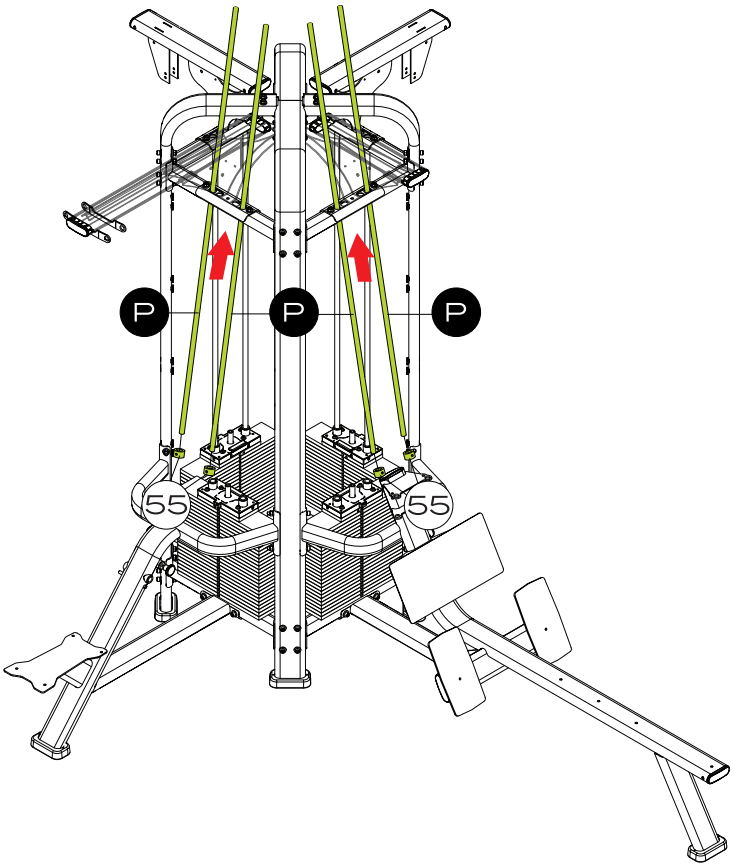


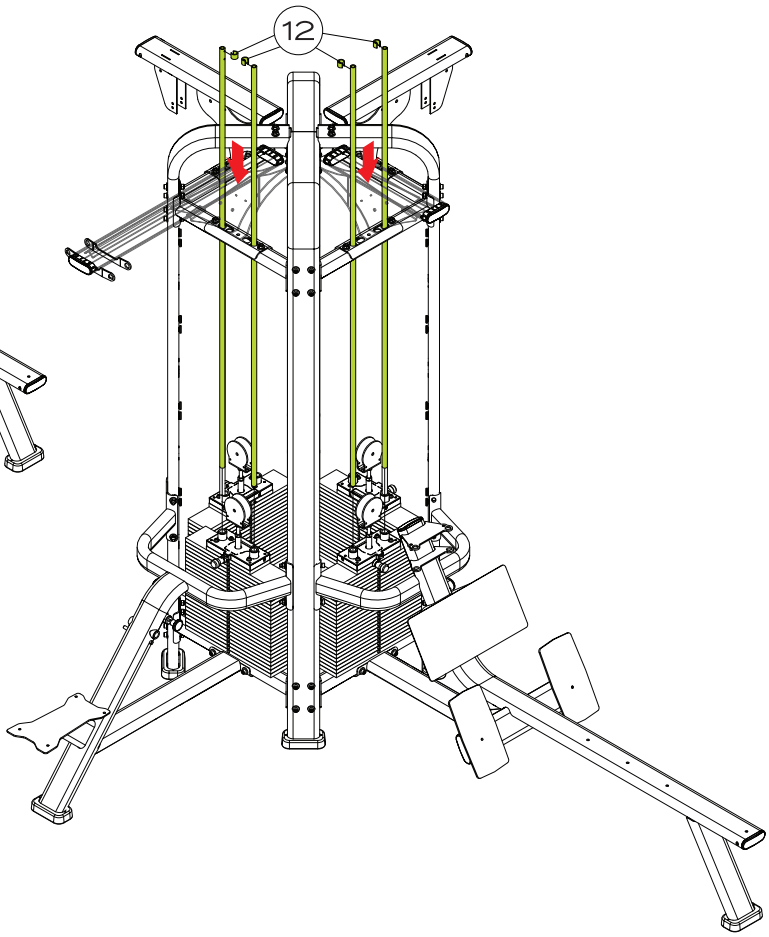


MONTAJE DEL EQUIPO

PASO 17

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



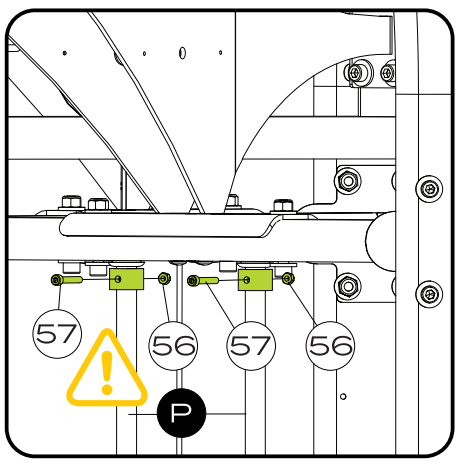


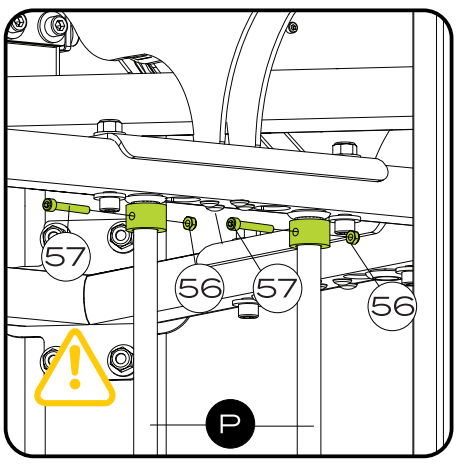
⚠ ¡ATENCIÓN!

APRIETE EL PERNO HASTA ELIMINAR LA HOLGURA DEL TRABA DE LA VARILLA

⚠ ¡ATENCIÓN!

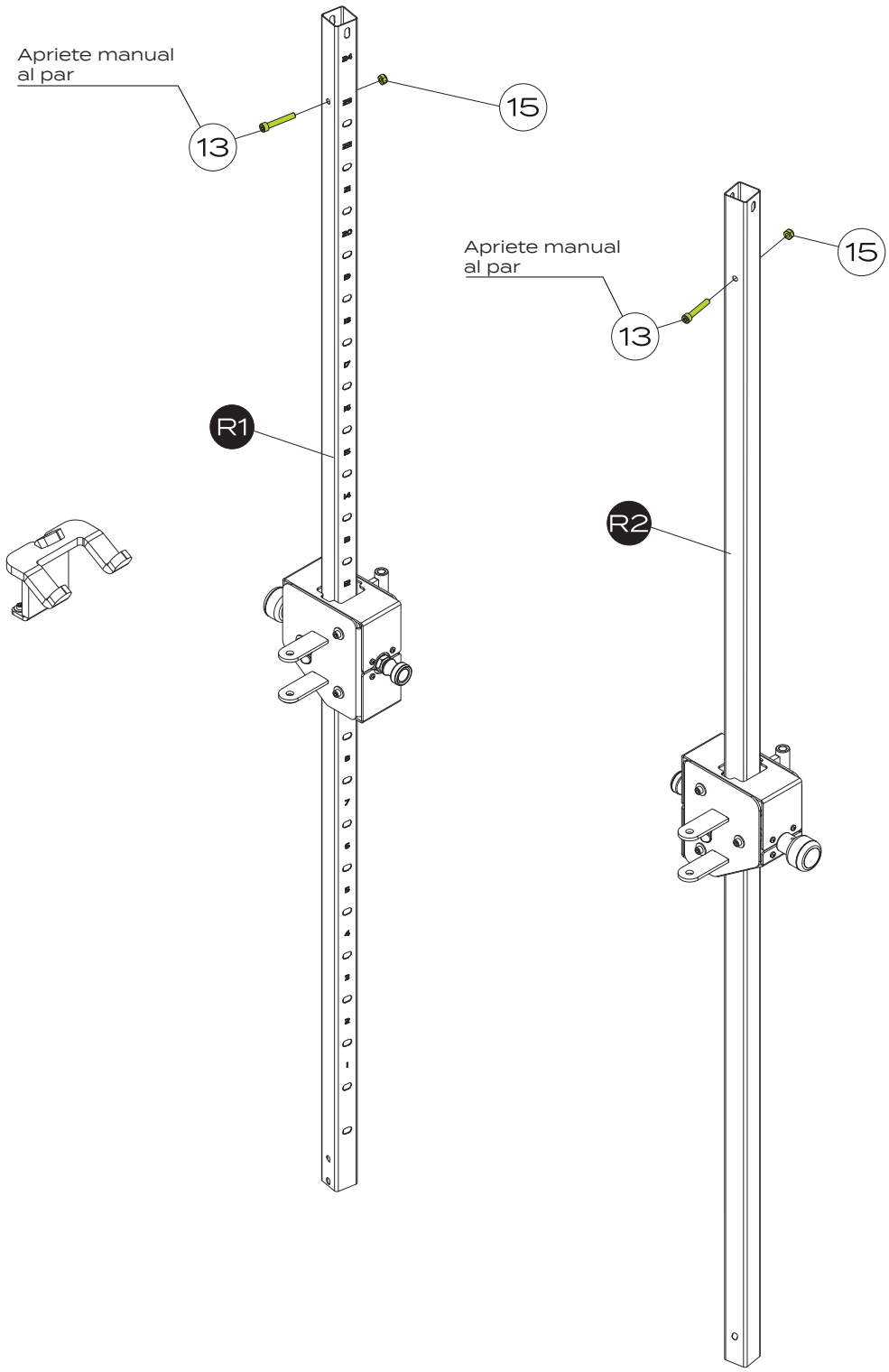
LAS VARILLAS DEBEN SER MONTADAS DE ABAJO HACIA ARRIBA





PASO 18 - MONTAJE DE POLEA

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



FERRAMENTAS

Llave fija Nº 13

Llave hexagonal Nº 6

100%

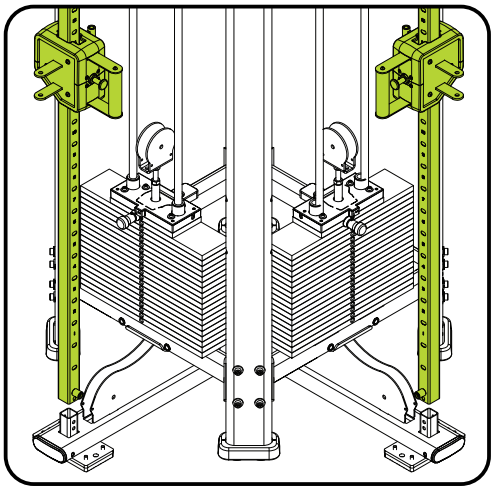
⚠ ¡ATENCIÓN!

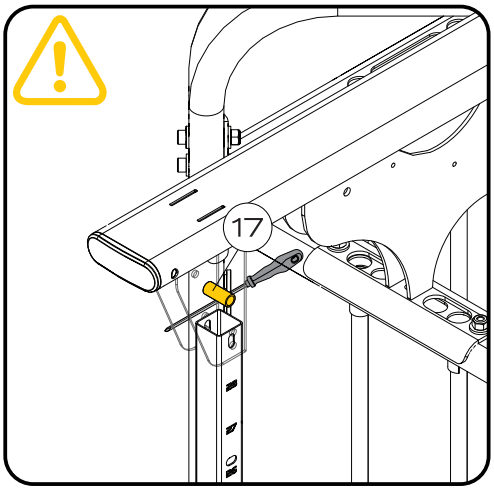
MANTENGA EL PERNO SELECTOR JALADO HASTA QUE SEA ENCAJADO EN LA REGLA DEL REGULADOR DE ALTURA.

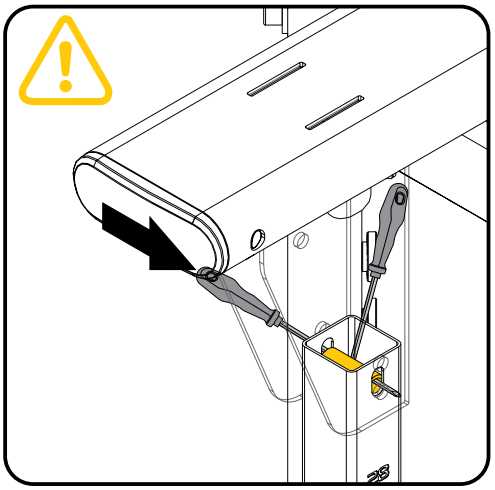
MONTAJE DEL EQUIPO

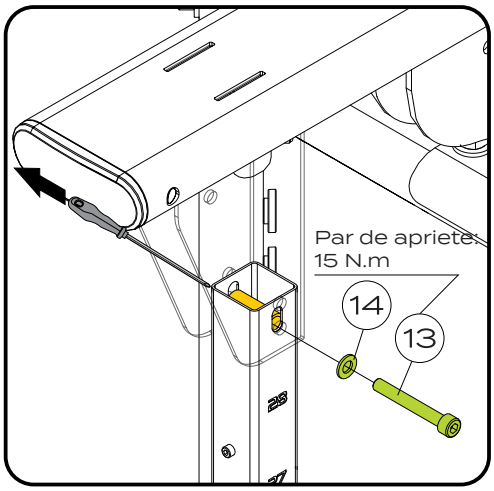
PASO 19 - MONTAJE DE POLEA

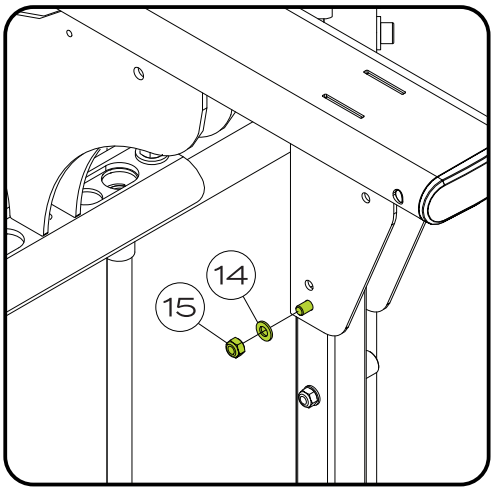
	NOMBRE	Ctd
13	Tornillo Cab. Cil. Hex. Interno - M8X60	2x
14	Arandela plana Ø8	4x
15	Tuerca Hex. Inserto Nylon - M8	6x
17	Separador	1x
65	Tornillo Cab. Cil. Hex. Interno - M8X50	4x

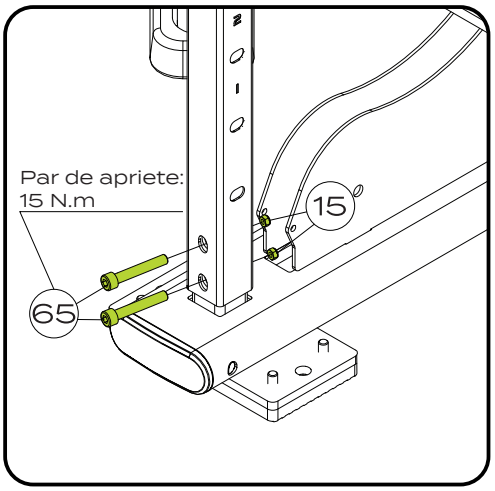








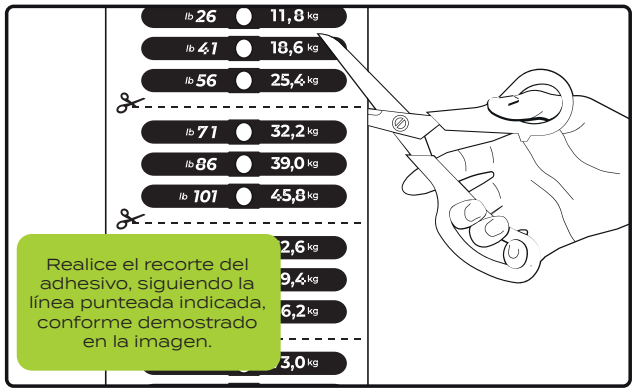




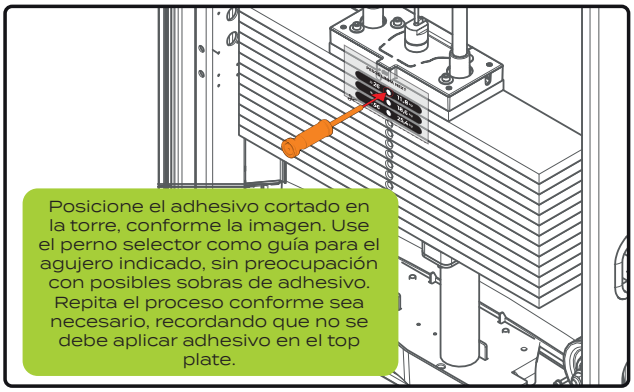
⚠ ¡ATENCIÓN!

CON LA AYUDA DE UN DESTORNILLADOR FINO, APOYE PARA MONTAR EL ESPACIADOR EN LA REGLA DEL REGULADOR DE ALTURA.

Nota: El montaje de la regla es el mismo para las poleas.
Nota: Algunas partes del equipo fueron ocultadas para facilitar la visualización.



Realice el recorte del adhesivo, siguiendo la línea punteada indicada, conforme demostrado en la imagen.



Posicione el adhesivo cortado en la torre, conforme la imagen. Use el perno selector como guía para el agujero indicado, sin preocupación con posibles sobras de adhesivo. Repita el proceso conforme sea necesario, recordando que no se debe aplicar adhesivo en el top plate.

FERRAMENTAS



Llave fija Nº 13

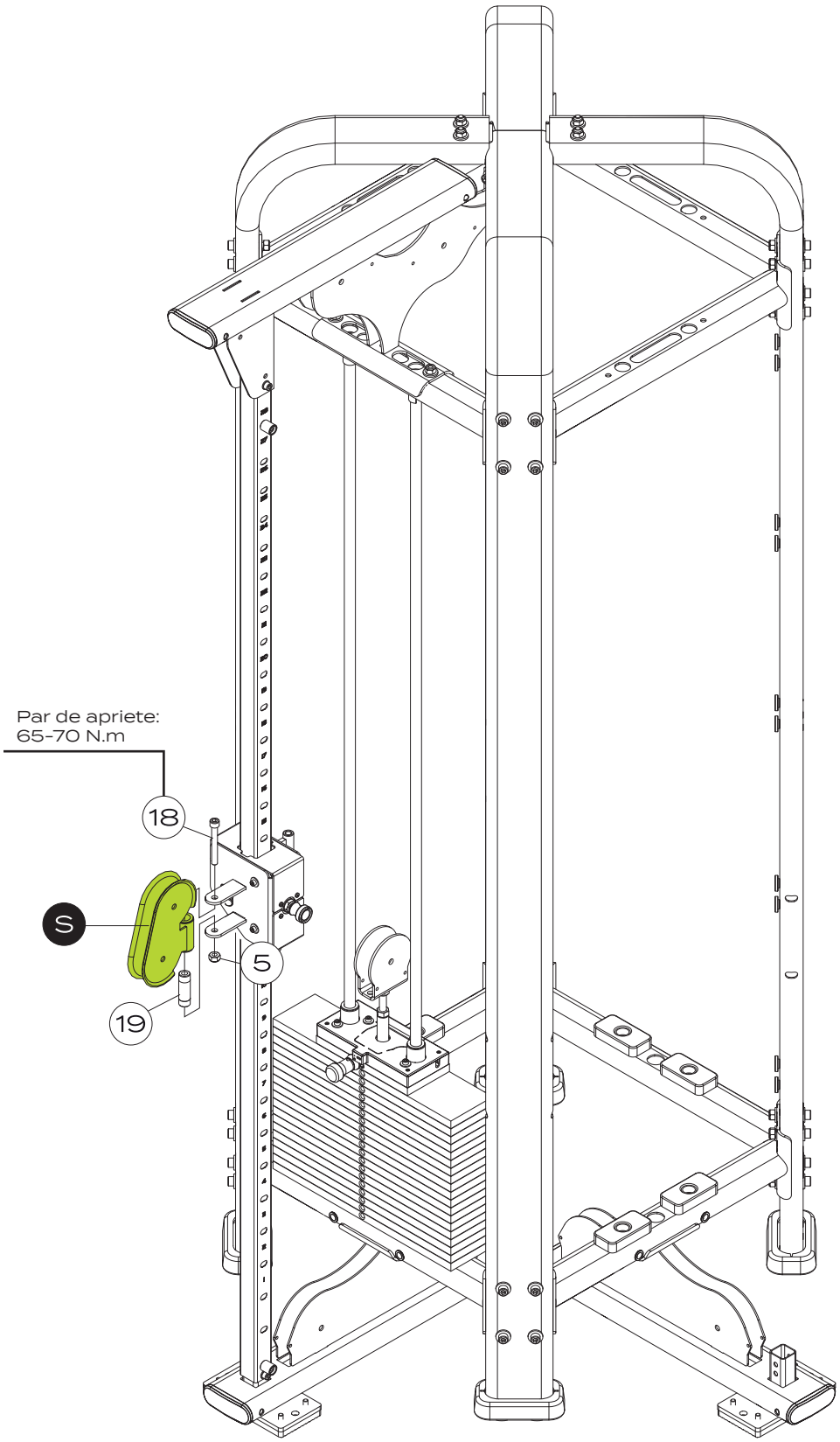


Llave hexagonal Nº 6



PASO 20 - MONTAJE DE POLEA

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



100%

FERRAMENTAS

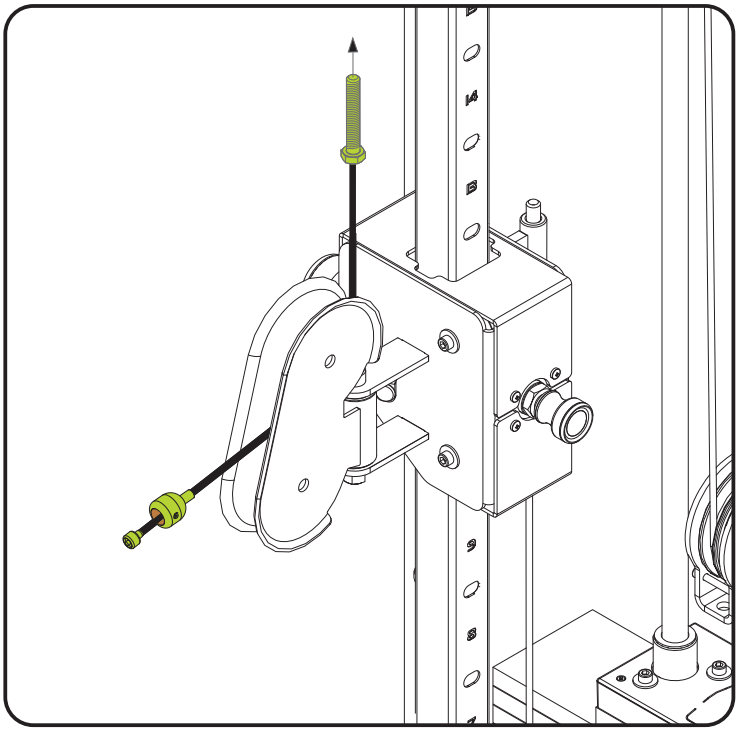
Llave fija Nº 17

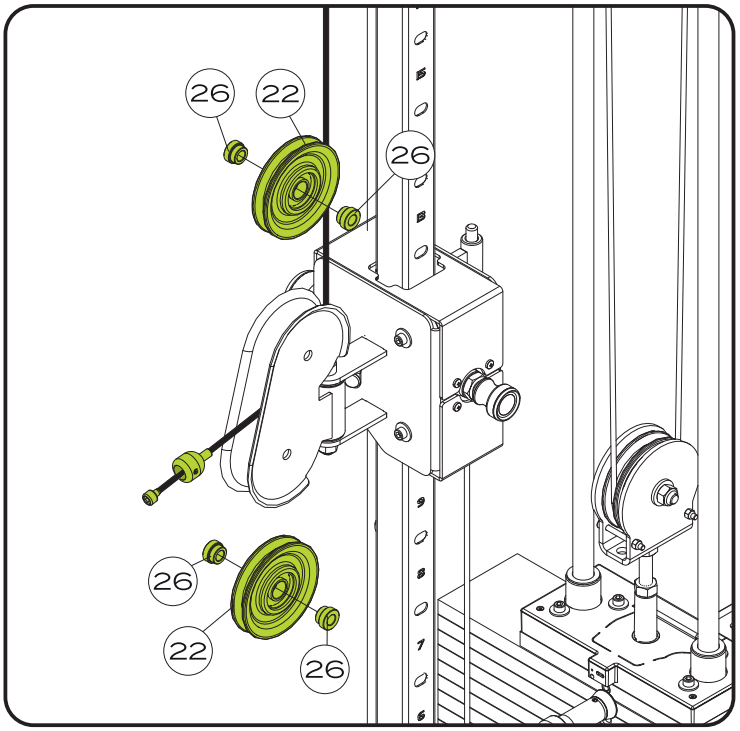
Llave hexagonal Nº 8

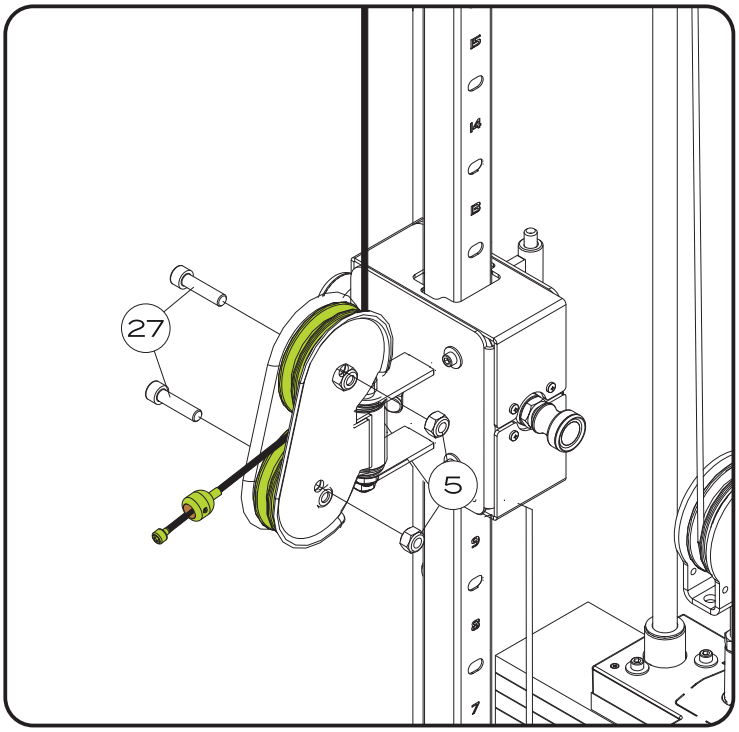
Nota: Se han ocultado algunas partes del equipo para facilitar su visualización.

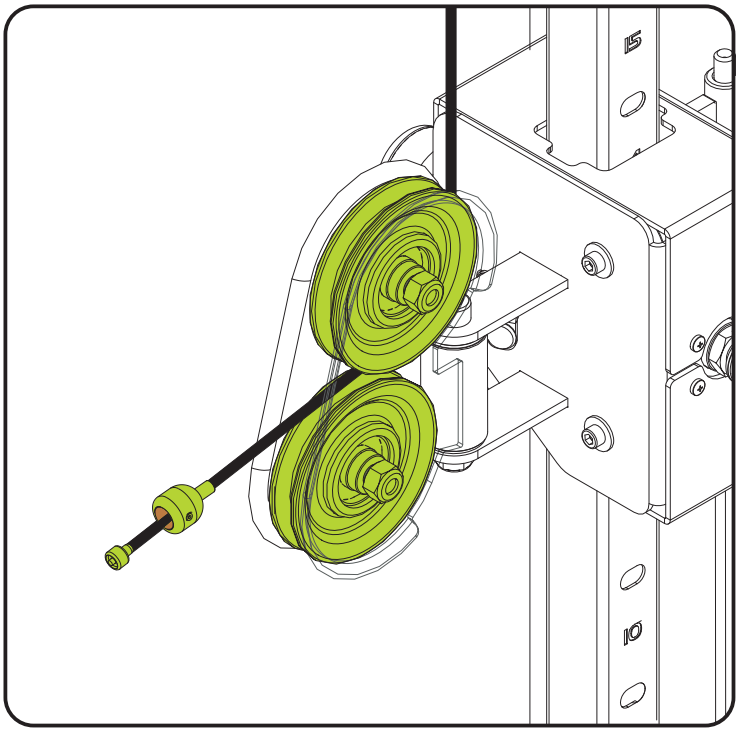
PASO 21 - MONTAJE DE POLEA

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









FERRAMENTAS

Llave fija Nº 17

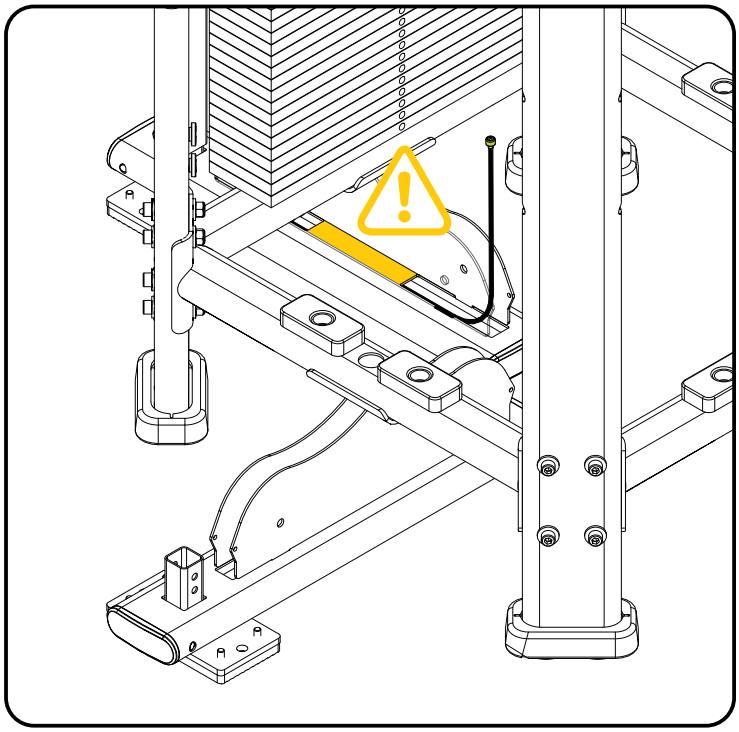
Llave hexagonal Nº 8

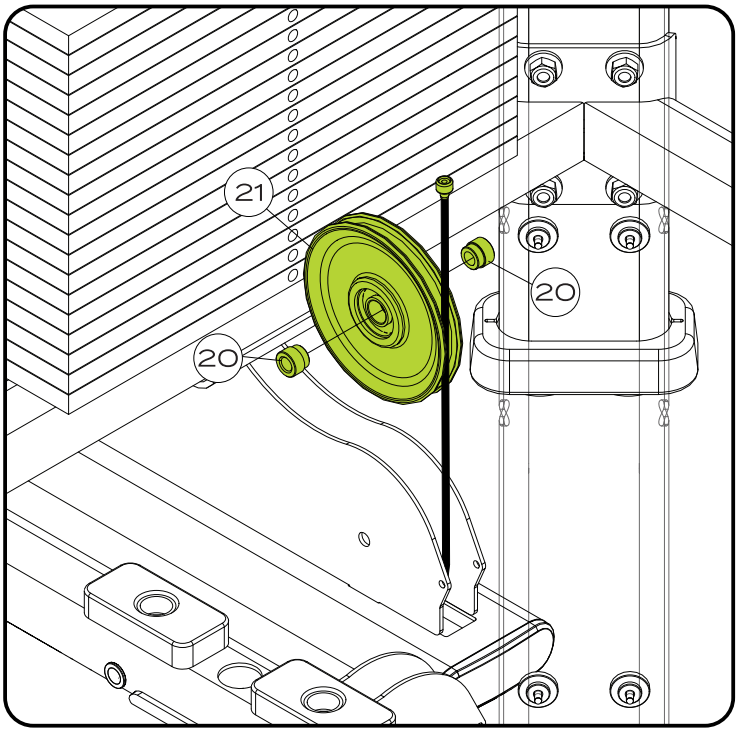
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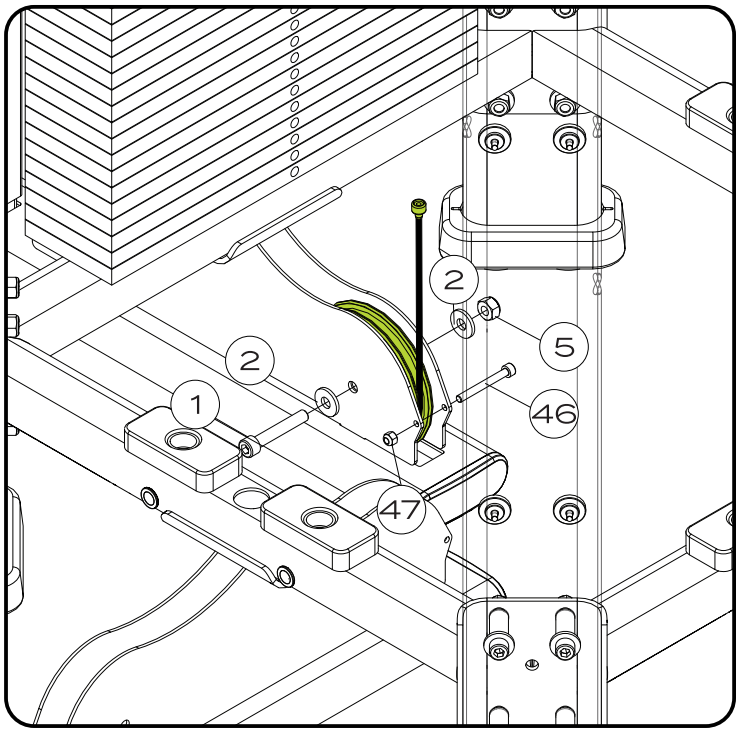
MONTAJE DEL EQUIPO

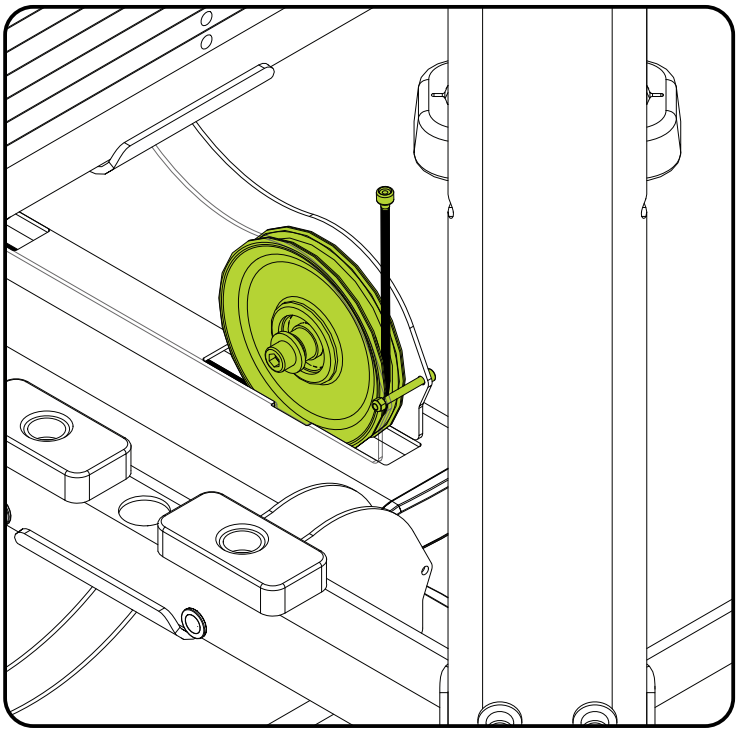
PASO 22 - MONTAJE DE POLEA

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









FERRAMENTAS

Llave fija Nº 13

Llave hexagonal Nº 8

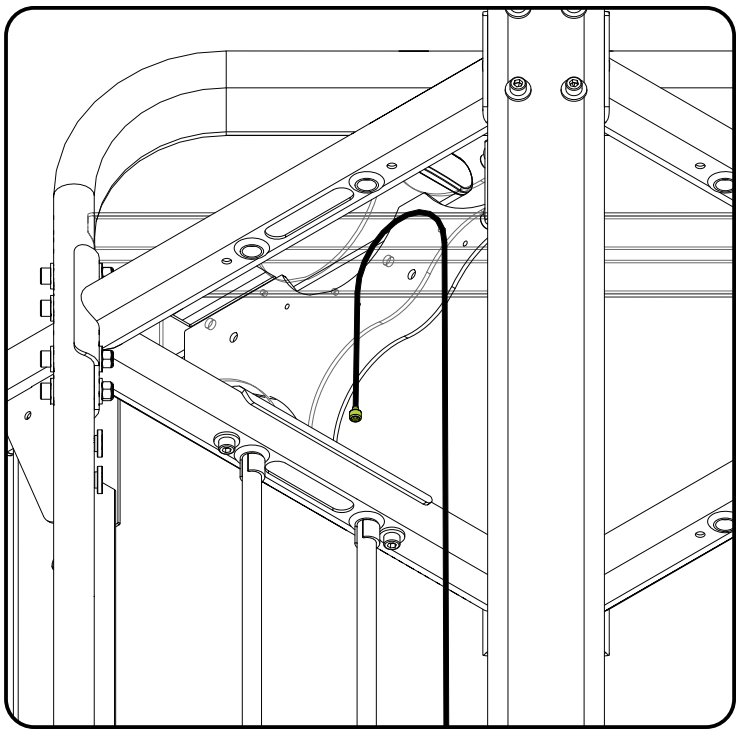
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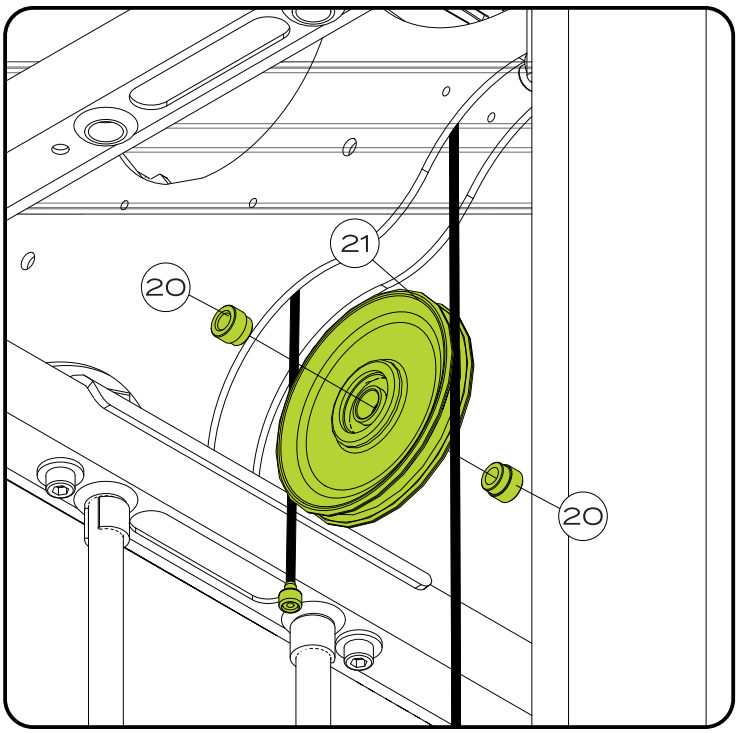
⚠ ¡ATENCIÓN!

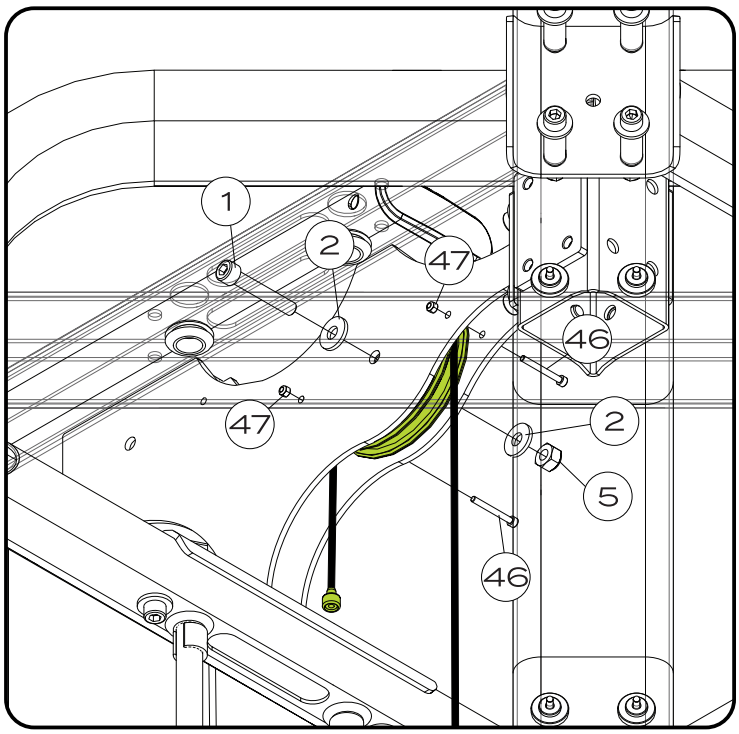
EL CABLE DE ACERO DEBE PASAR POR DEBAJO DE LA CHAPA DEL APOYO DEL PIE.

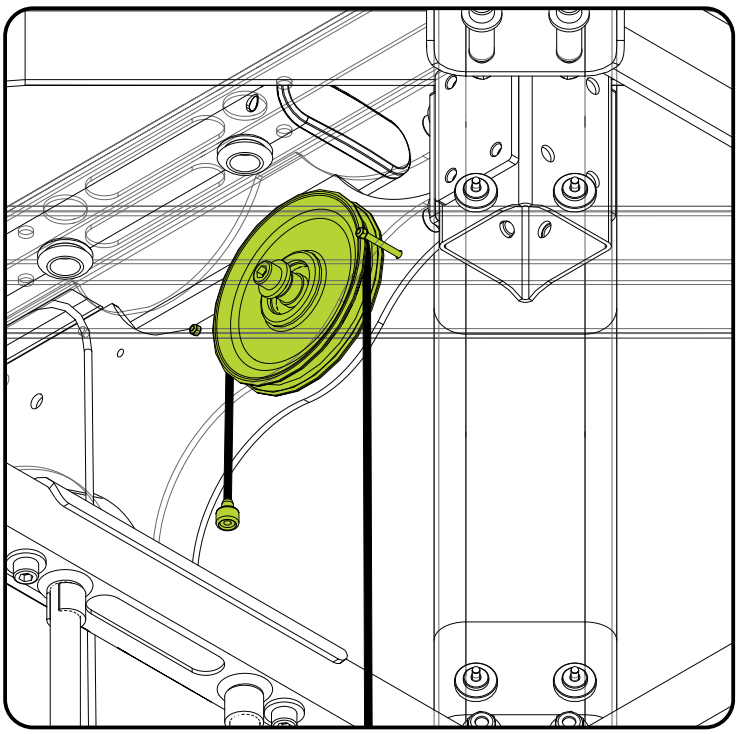
PASO 23 - MONTAJE DE POLEA

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









FERRAMENTAS

Llave fija Nº 8 e 17

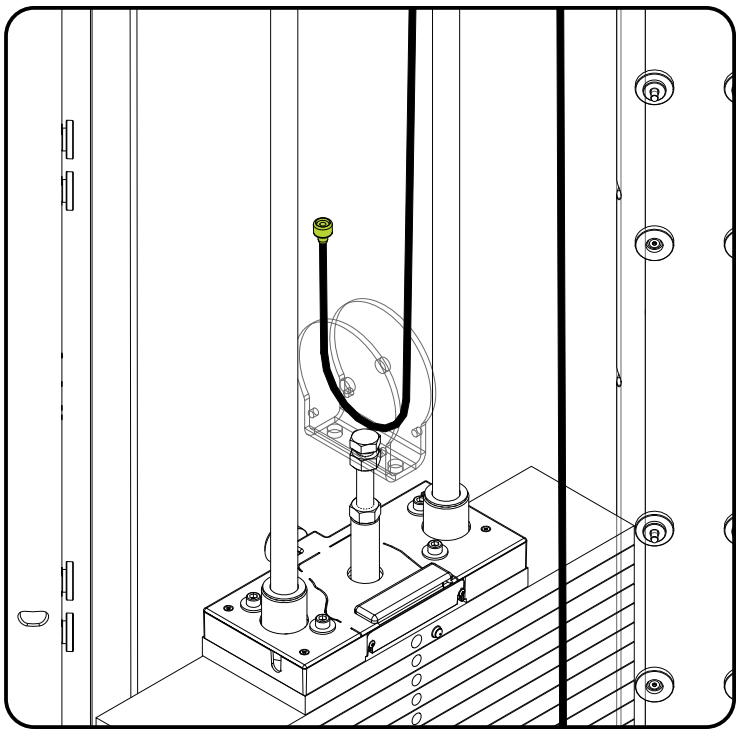
Llave hexagonal Nº 4 e 8

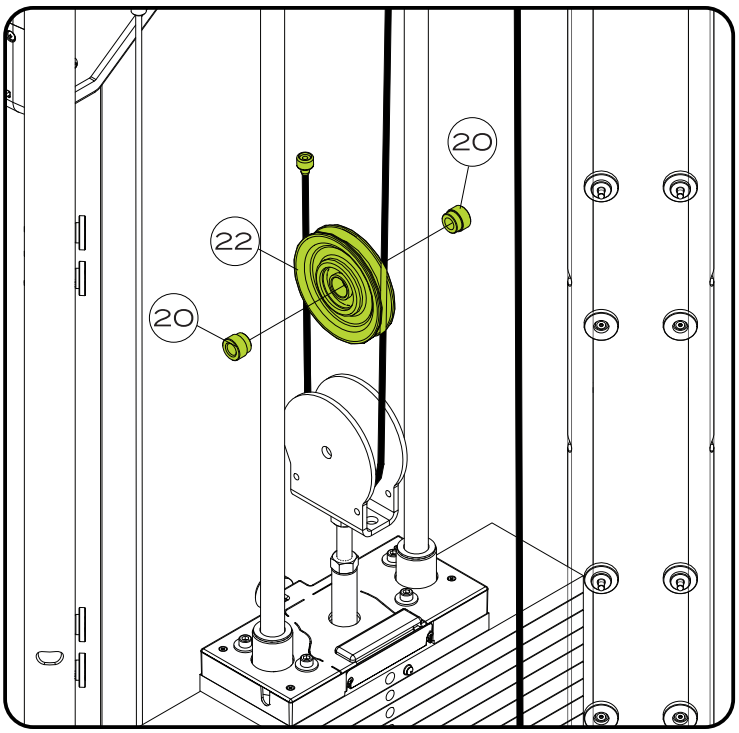
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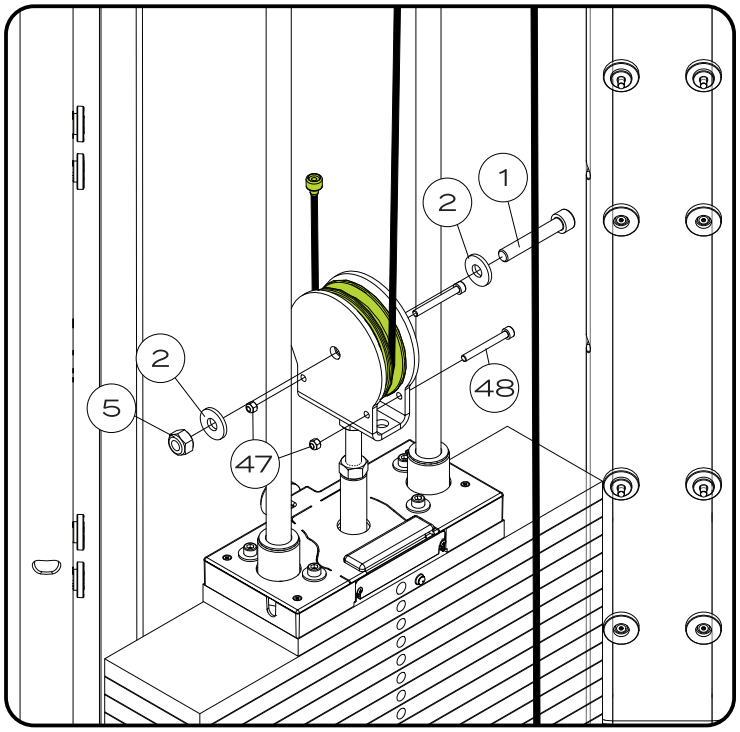
MONTAJE DEL EQUIPO

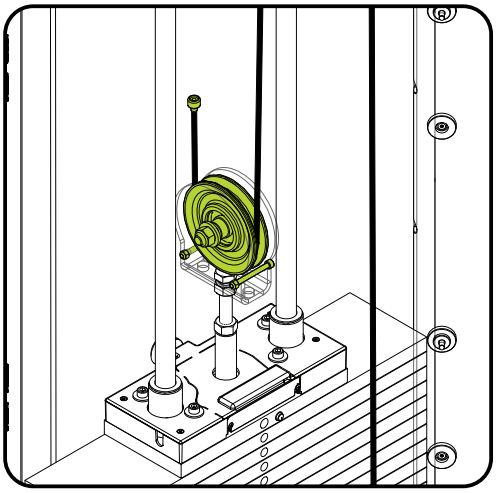
PASO 24 - MONTAJE DE POLEA

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



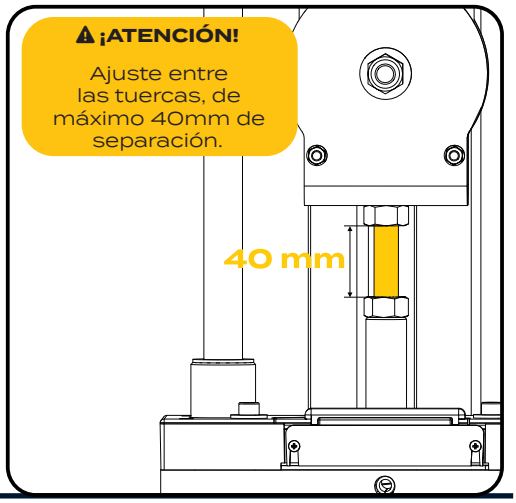






⚠ ¡ATENCIÓN!

Ajuste entre las tuercas, de máximo 40mm de separación.



FERRAMENTAS

Llave fija Nº 8 e 17

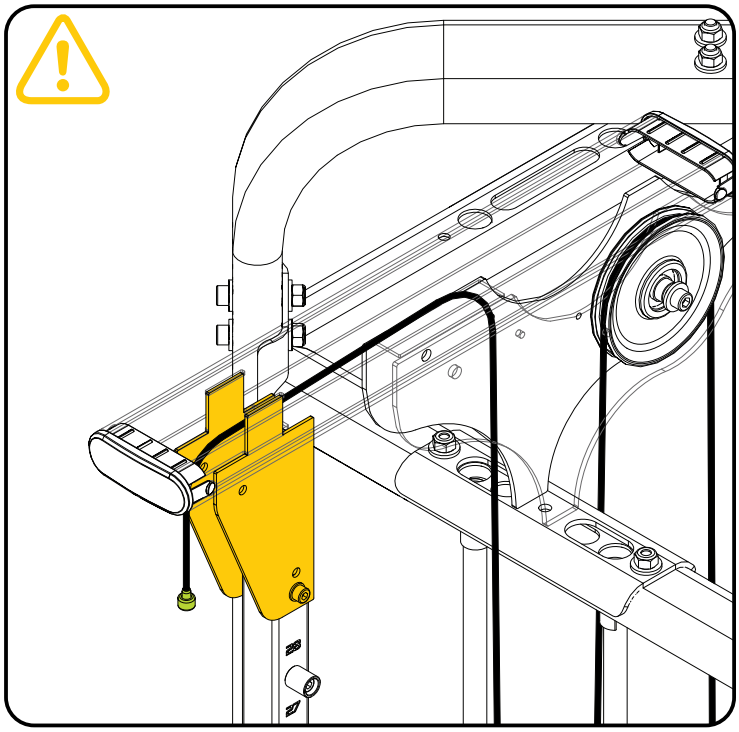
Llave hexagonal Nº 4 e 8

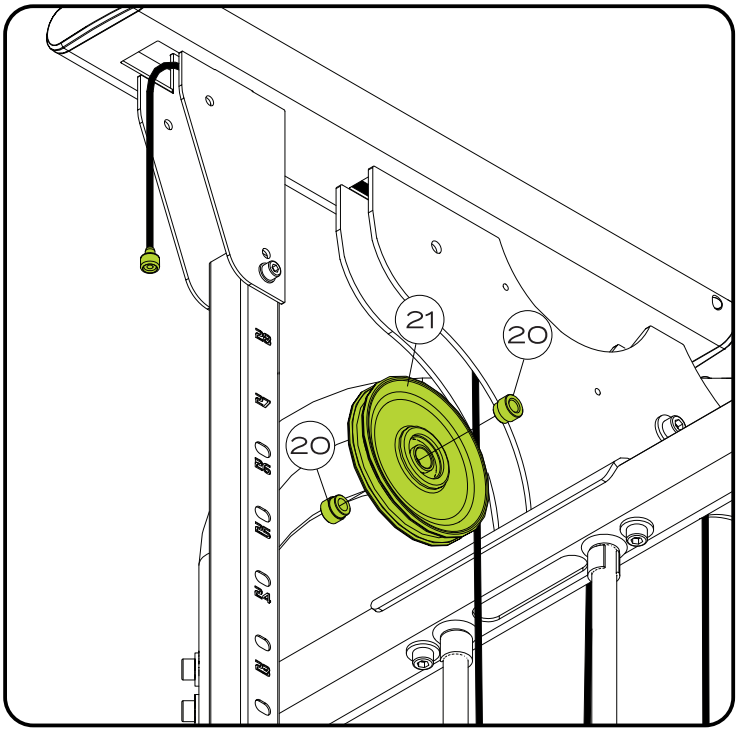
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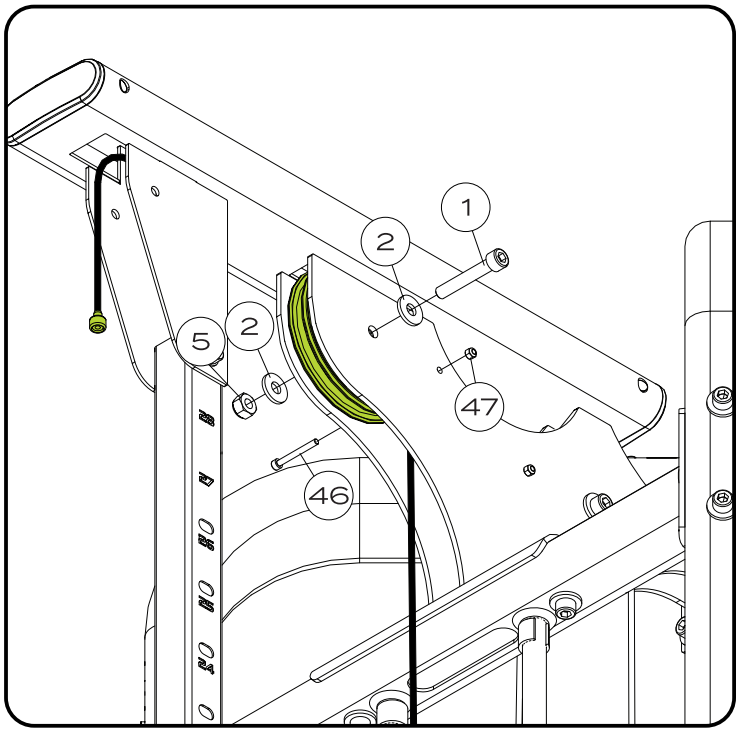
MONTAJE DEL EQUIPO

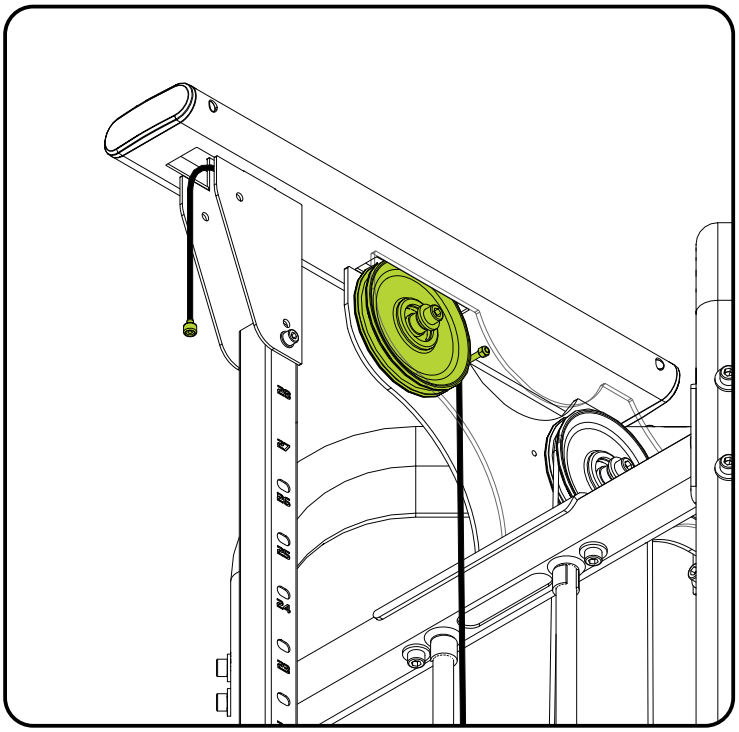
PASO 25 - MONTAJE DE POLEA

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









FERRAMENTAS

Llave fija Nº 8 e 17

Llave hexagonal Nº 4 e 8

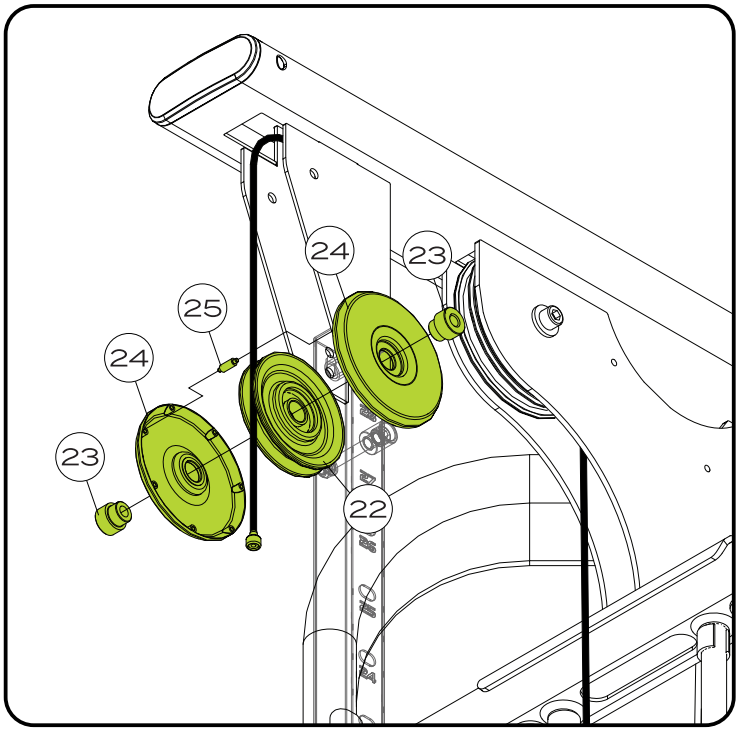
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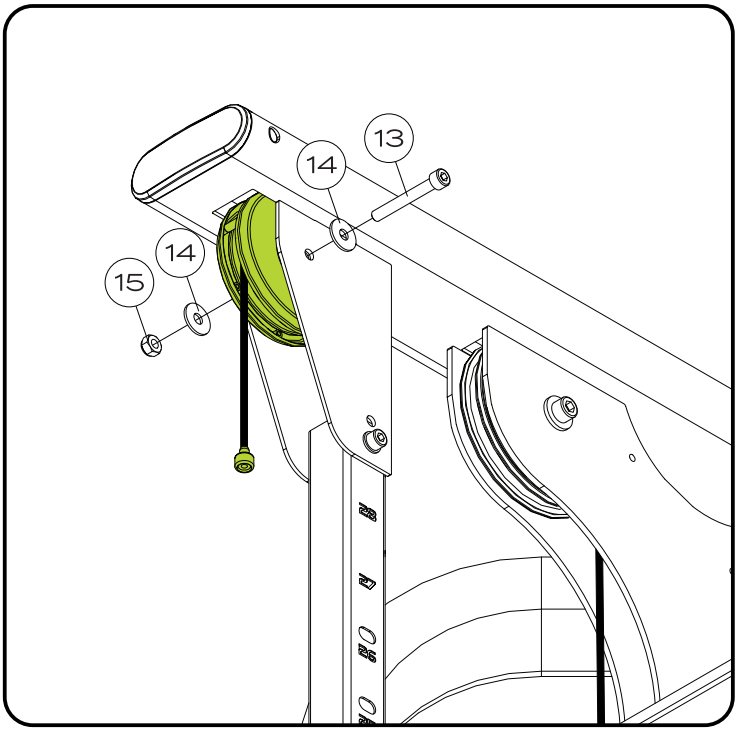
⚠ ¡ATENCIÓN!

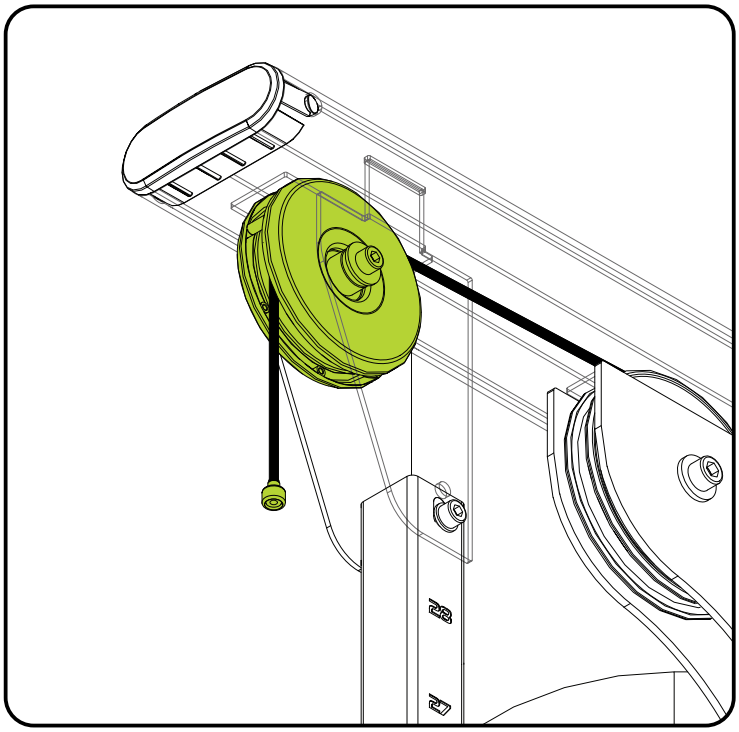
EL CABLE DEBE SER PASADO INTERNAMENTE POR EL TUBO SUPERIOR.

PASO 26 - MONTAJE DE POLEA

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







FERRAMENTAS

Llave fija Nº 8 e 17

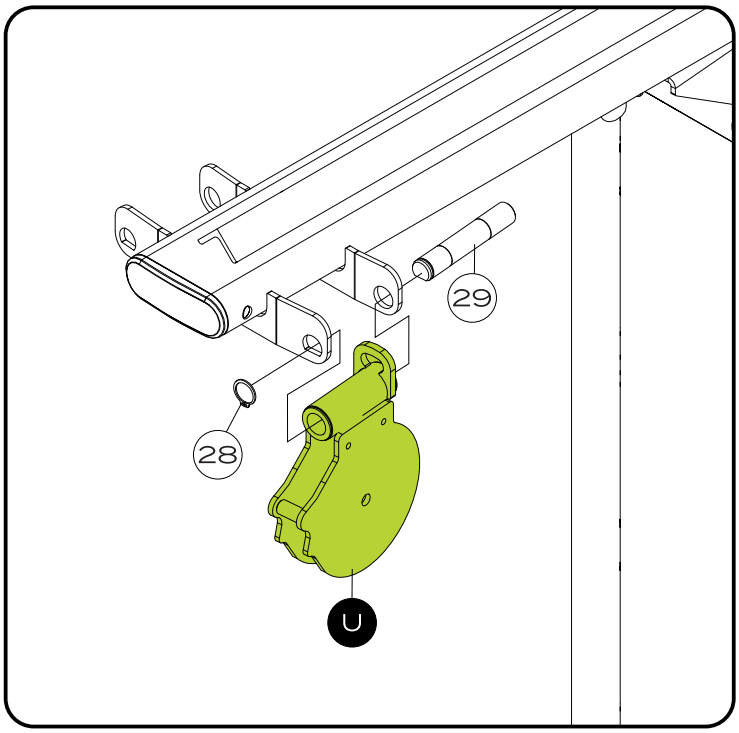
Llave hexagonal Nº 4 e 8

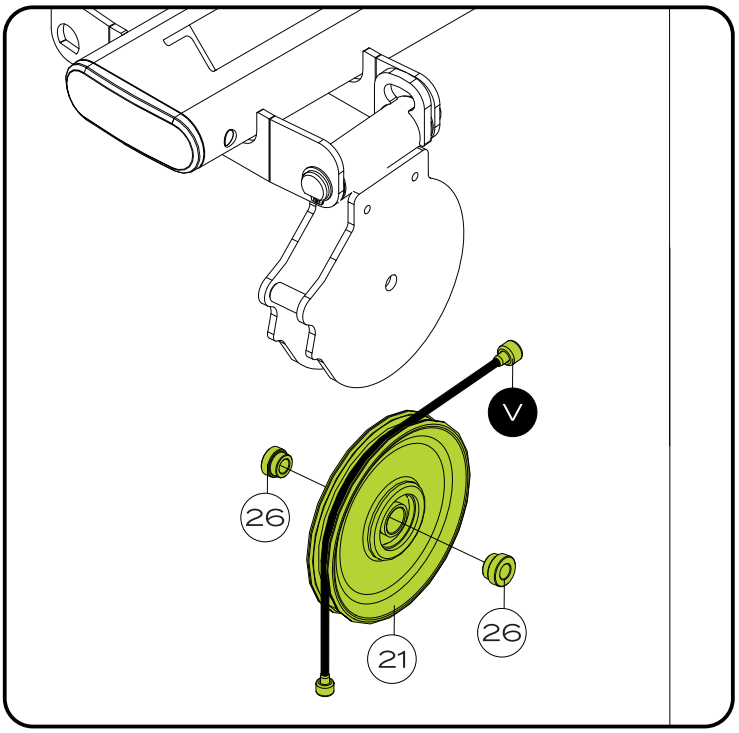
100%

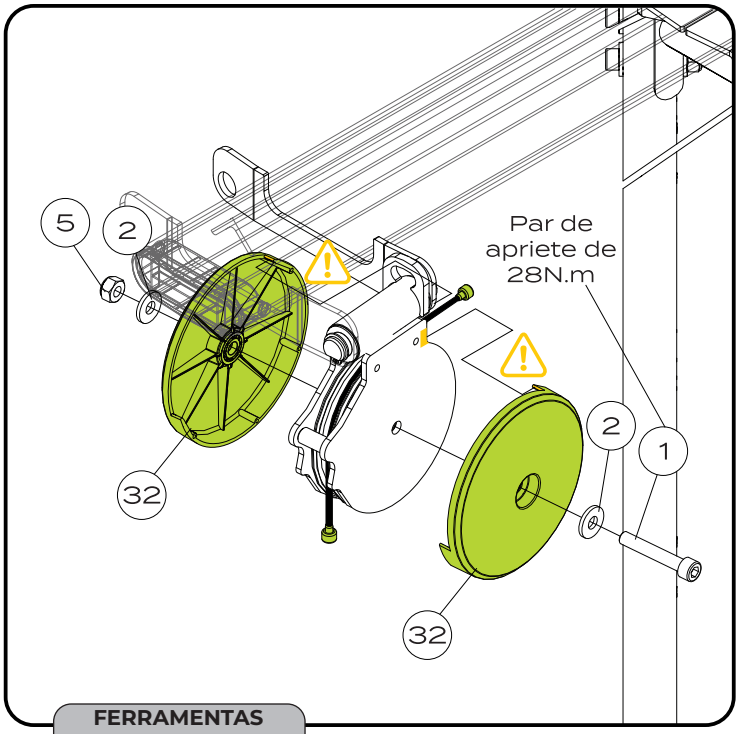
MONTAJE DEL EQUIPO

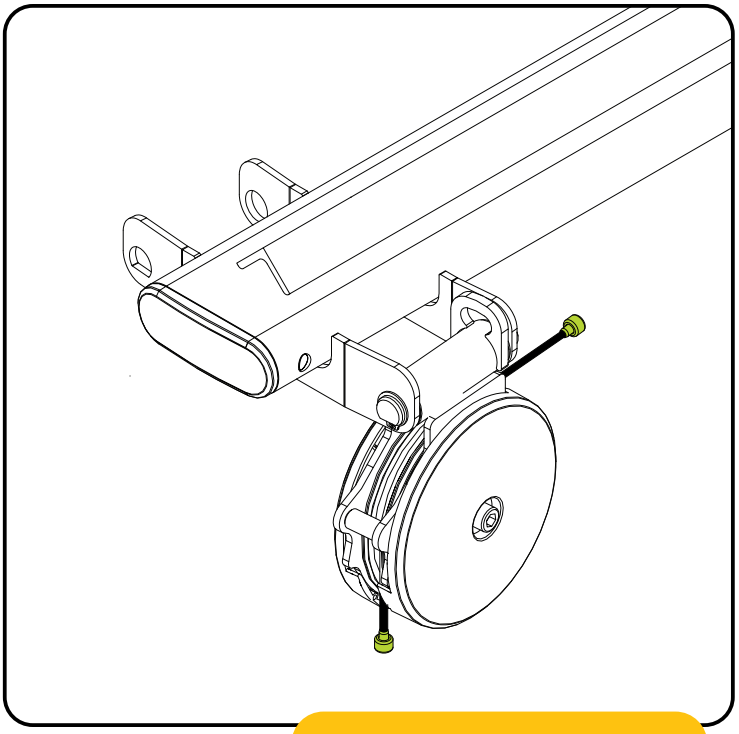
PASO 28 - MONTAJE DE POLEA

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

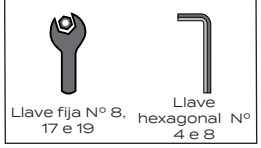








FERRAMENTAS





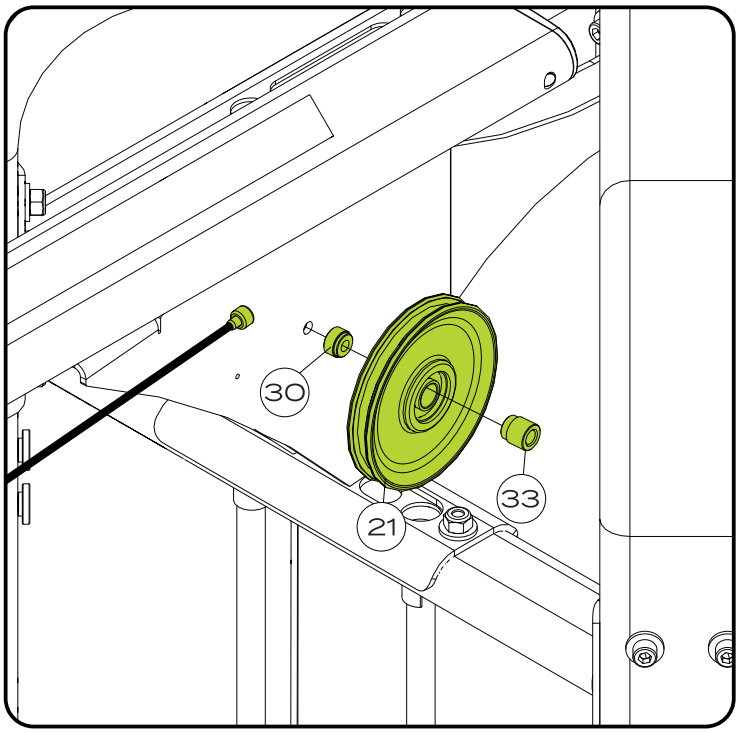
⚠ ¡ATENCIÓN!

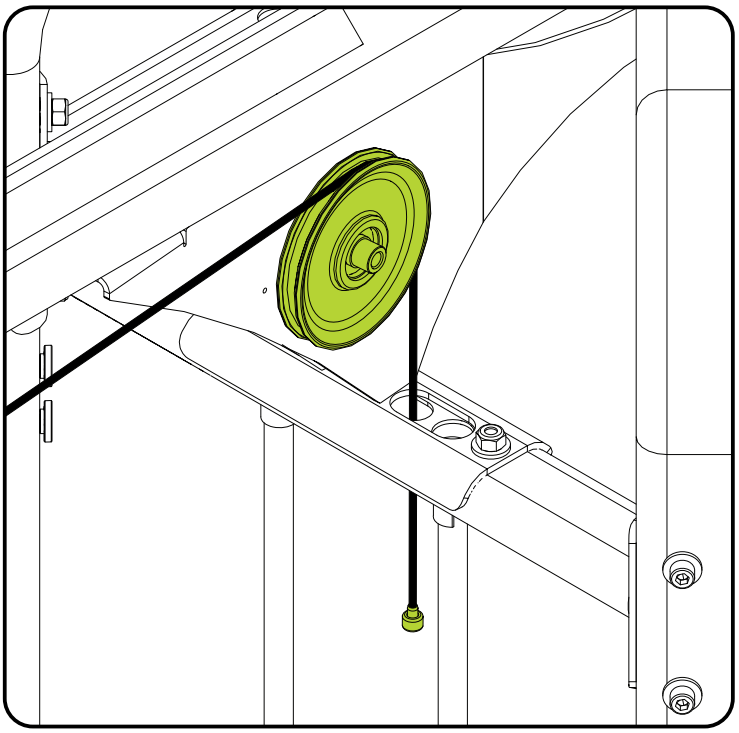
Para el posicionamiento correcto de la capa de la roldana se debe apoyar la pared del recorte en la cara del soporte de roldana.

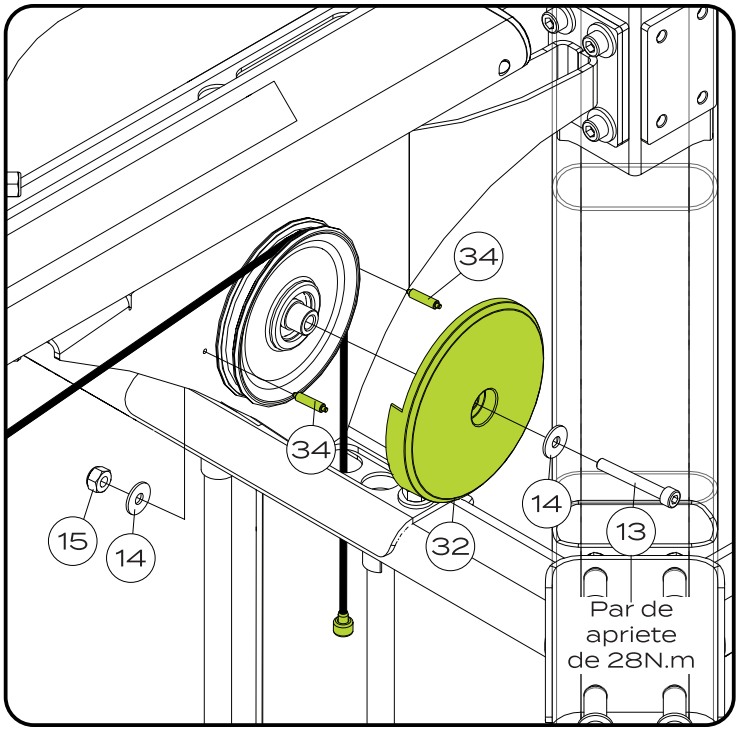
MONTAJE DEL EQUIPO

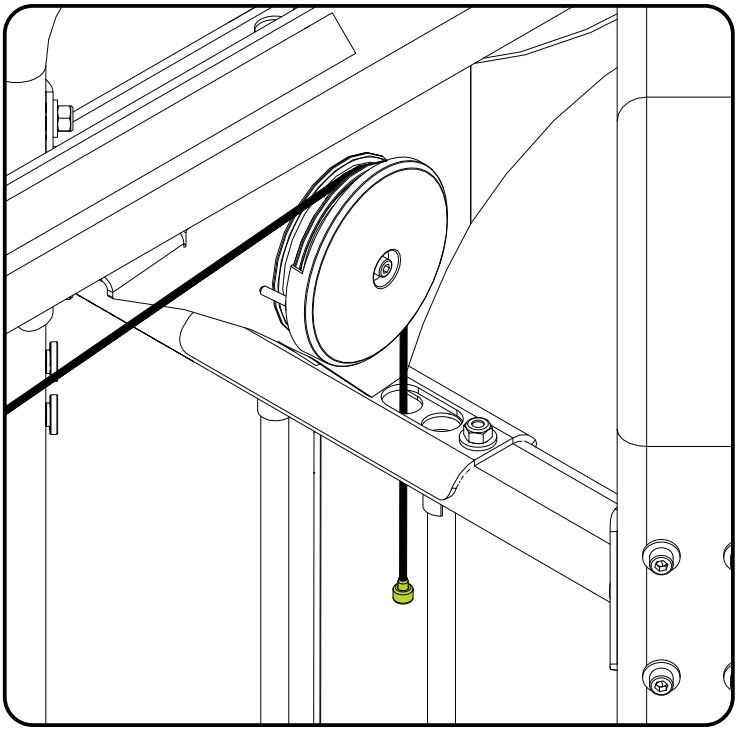
PASO 29 - MONTAJE TIRÓN ALTO

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









FERRAMENTAS



Llave fija Nº 17

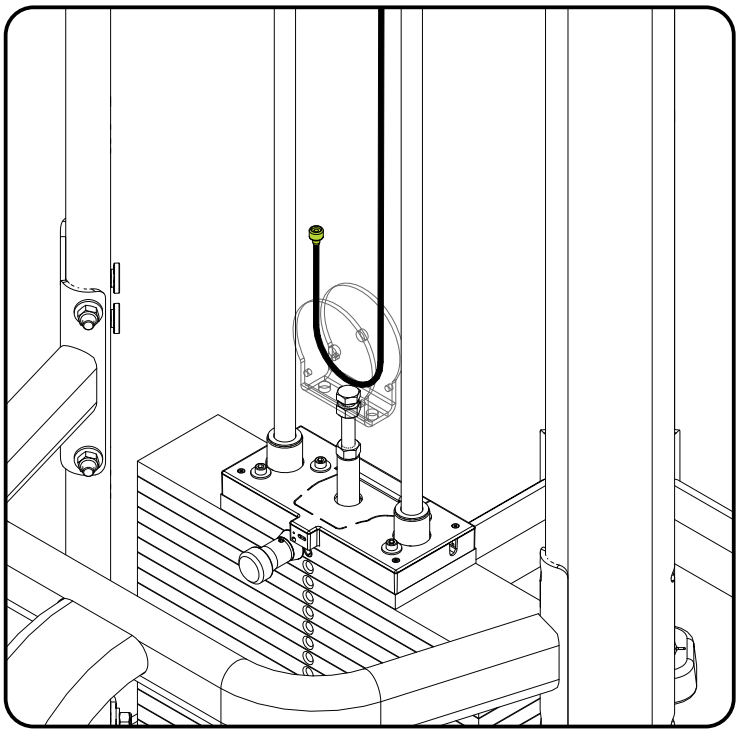


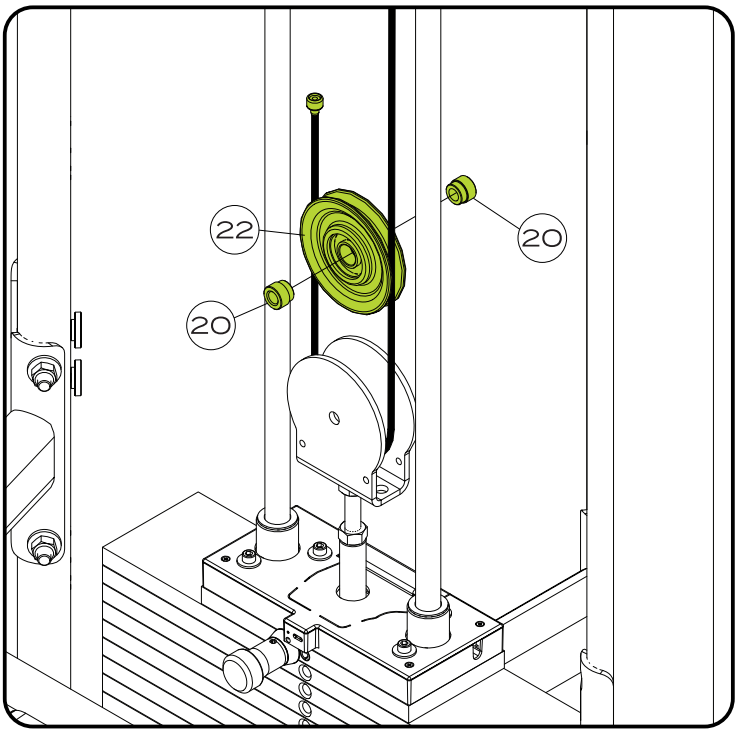
Llave hexagonal Nº 8

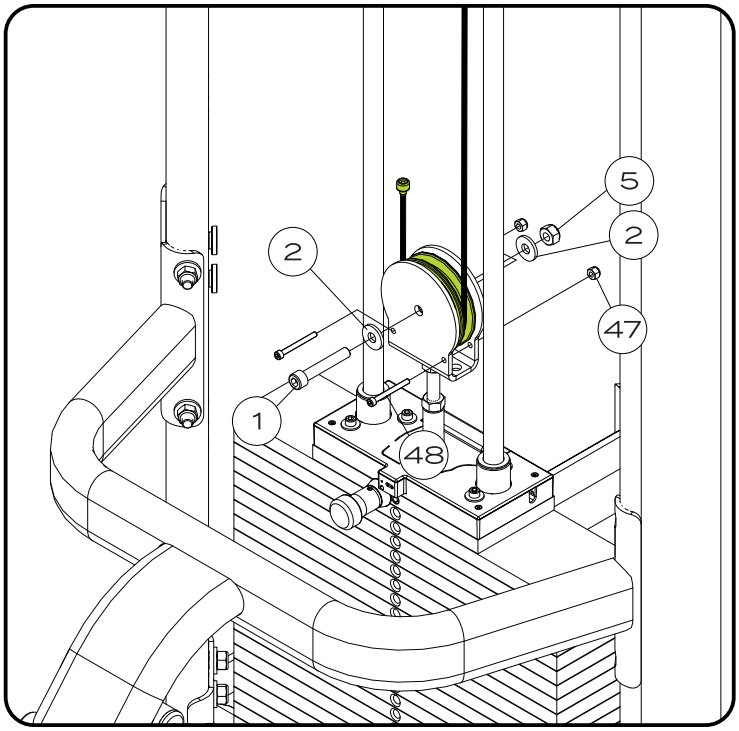


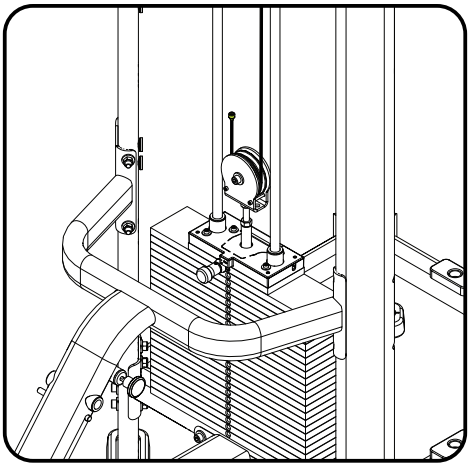
PASO 30 - MONTAJE DE TIRÓN ALTO

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



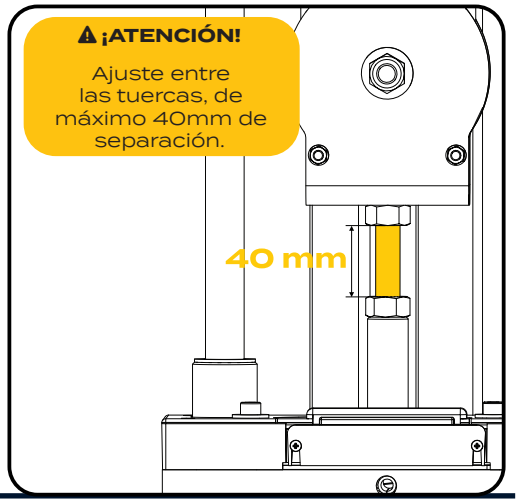






⚠ ¡ATENCIÓN!

Ajuste entre las tuercas, de máximo 40mm de separación.



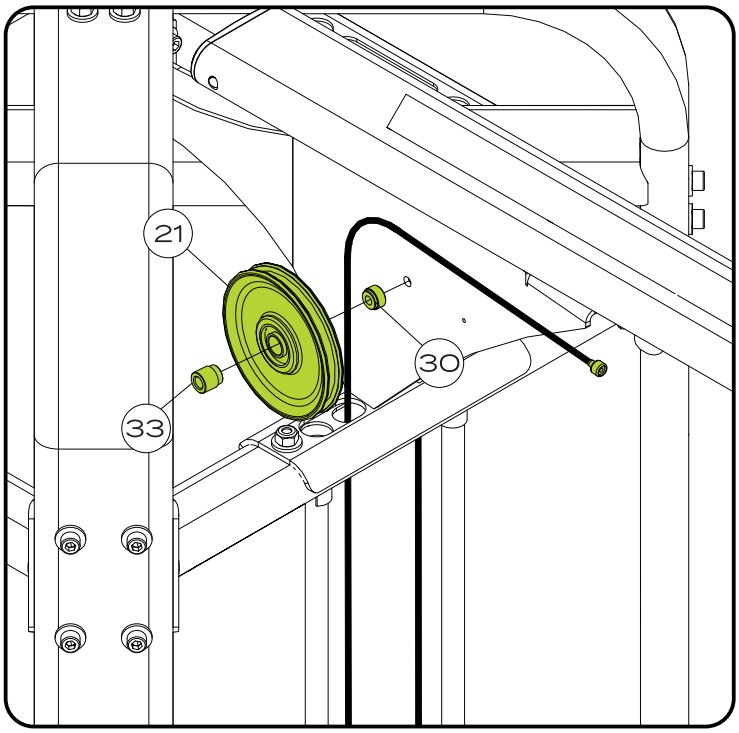
FERRAMENTAS

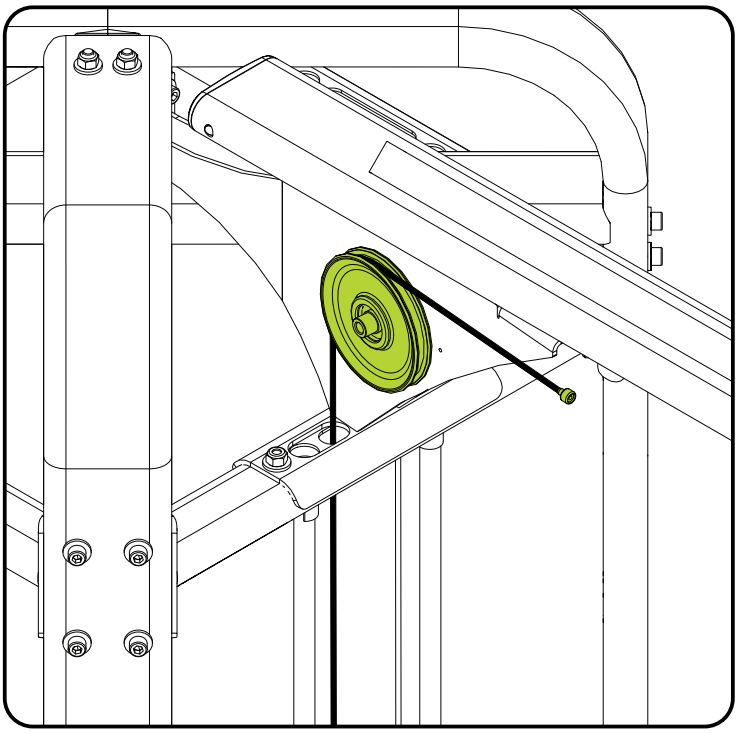
Llave fija Nº 13

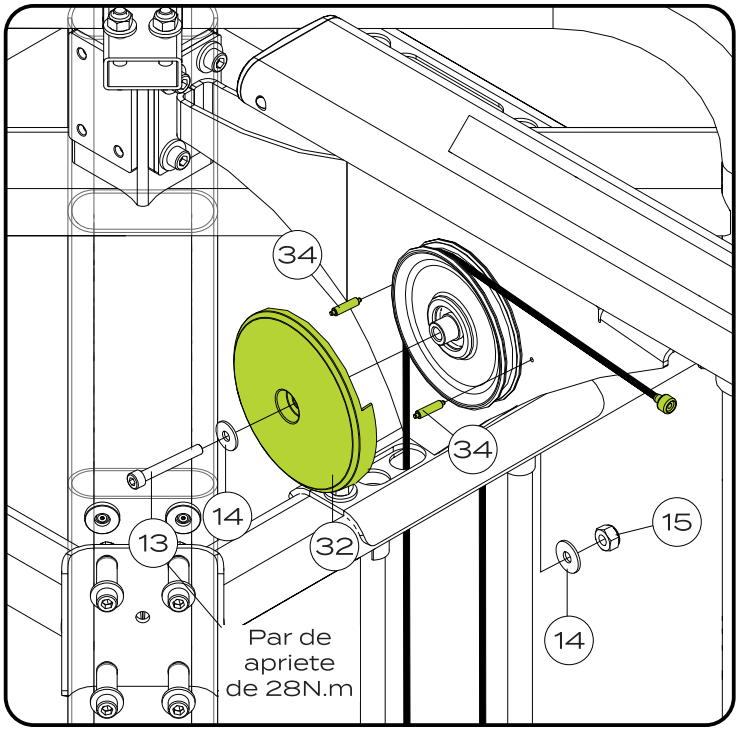
Llave hexagonal Nº 6

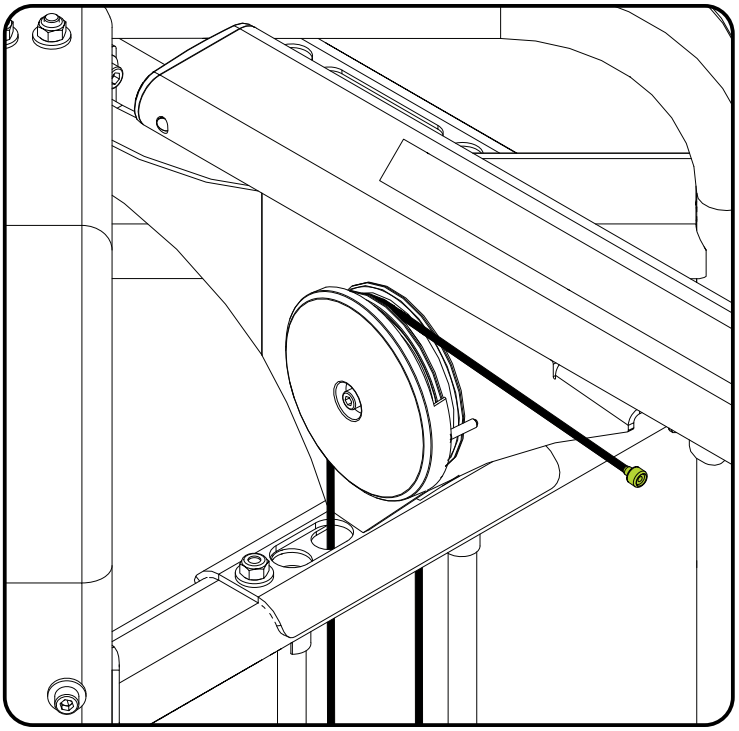
PASO 31 - MONTAJE DE POLEA

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









FERRAMENTAS


Llave fija Nº 13

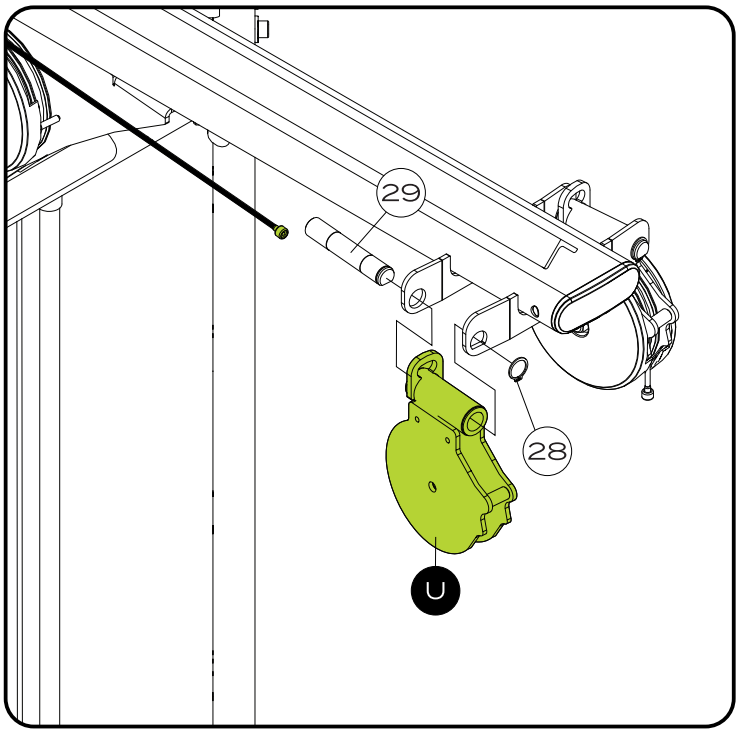

Llave hexagonal Nº 6

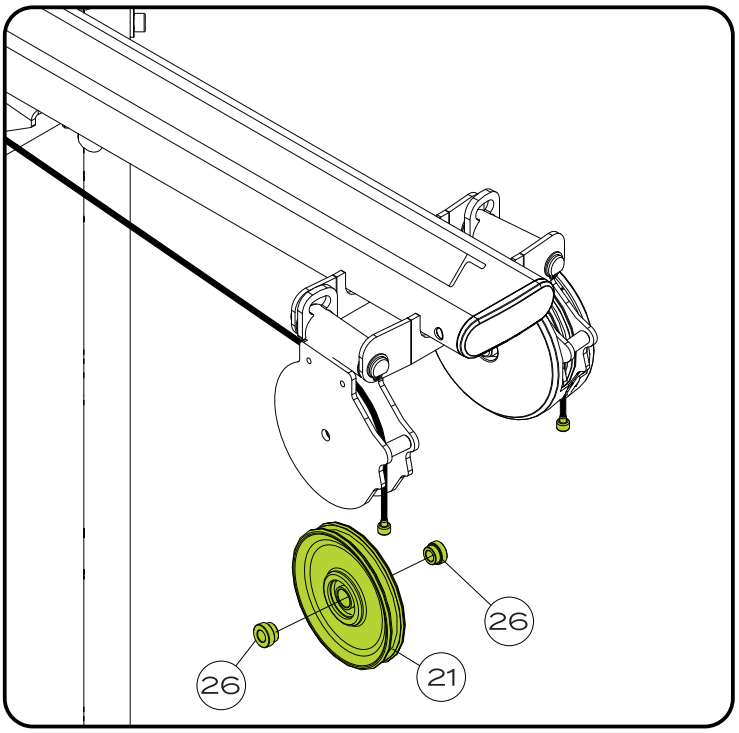


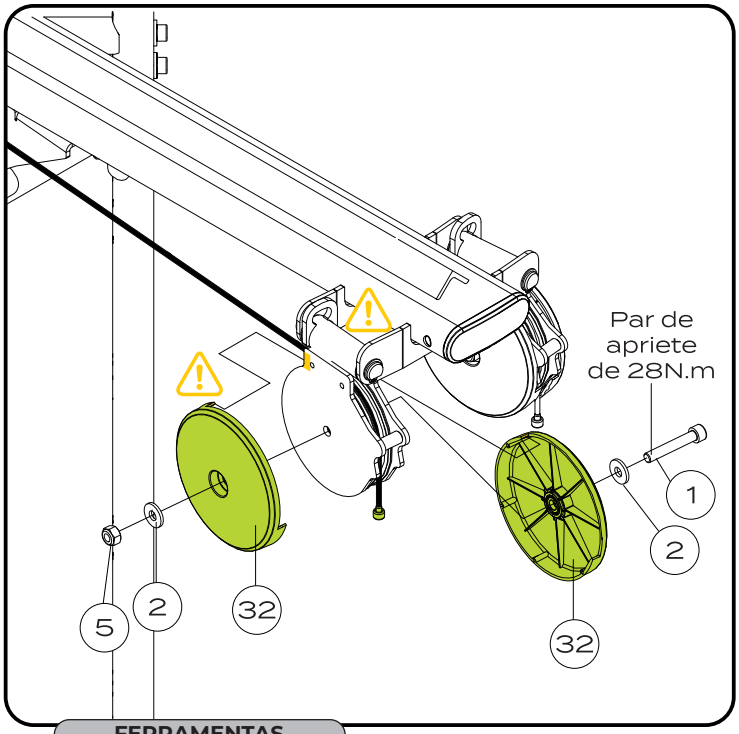
MONTAJE DEL EQUIPO

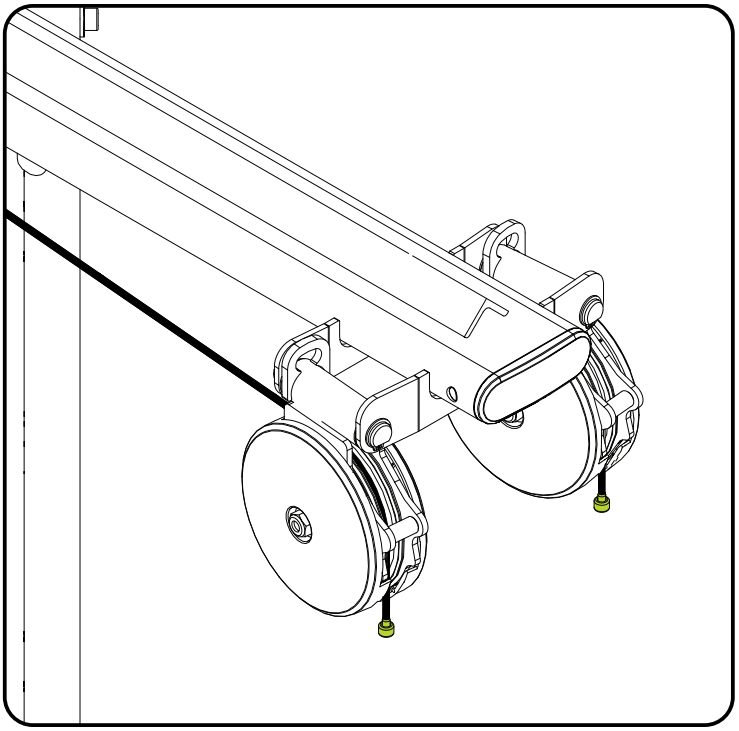
PASO 32 - MONTAJE DE TIRÓN ALTO

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









FERRAMENTAS

Llave fija Nº 17

Llave hexagonal Nº 8

100%

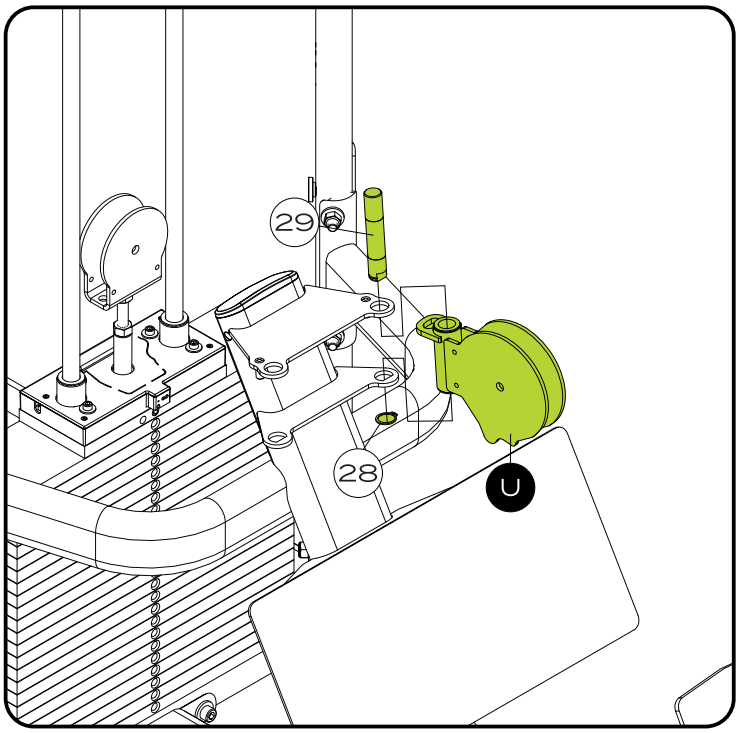
⚠ ¡ATENCIÓN!

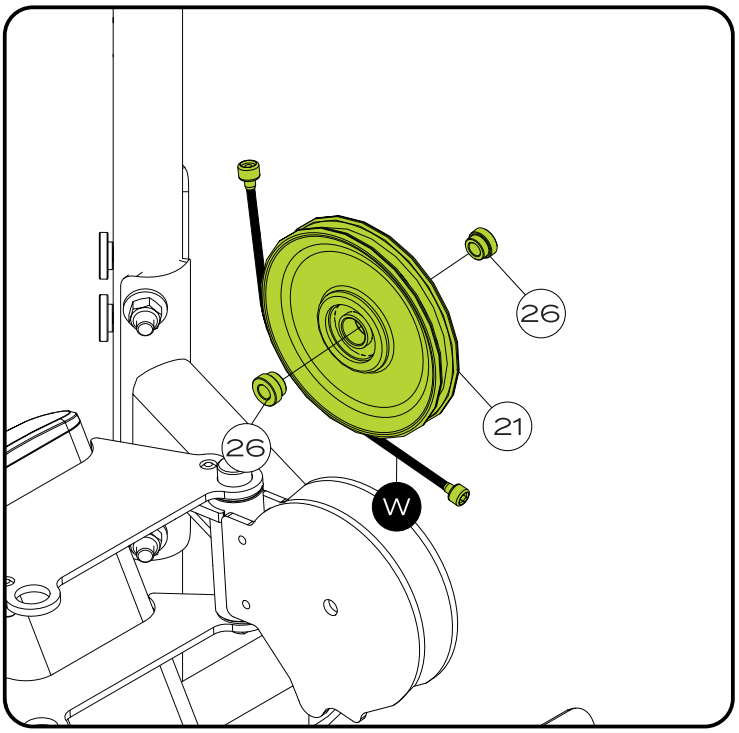
Para el posicionamiento correcto de la capa de la roldana se debe apoyar la pared del recorte en la cara del soporte de roldana.

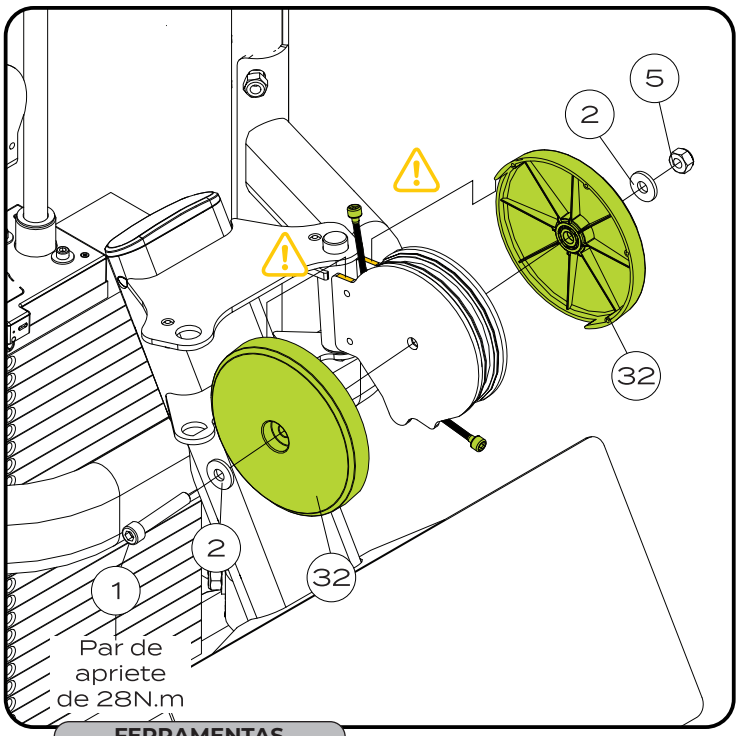
MONTAJE DEL EQUIPO

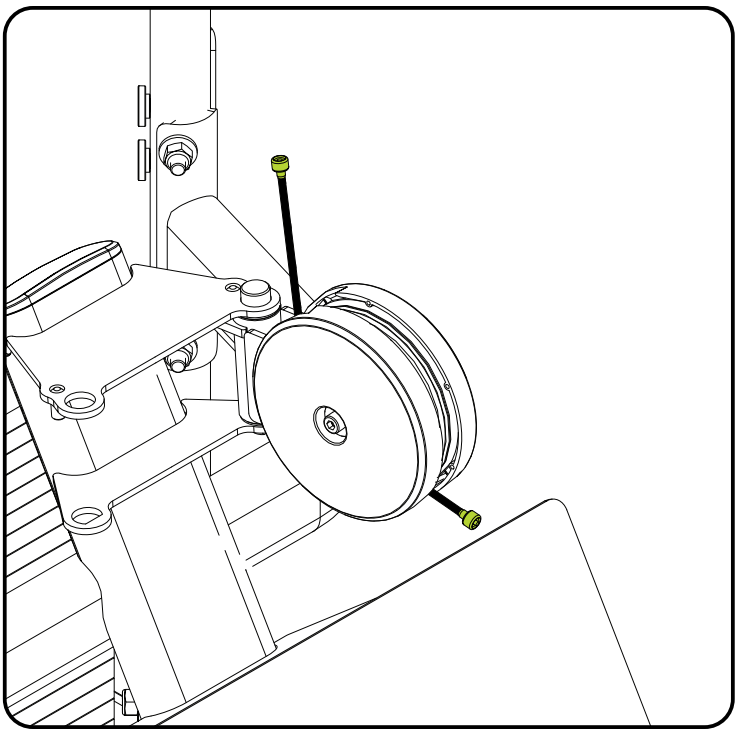
PASO 33 - MONTAJE DE TIRÓN BAJO

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









FERRAMENTAS

Llave fija Nº 17

Llave hexagonal Nº 8

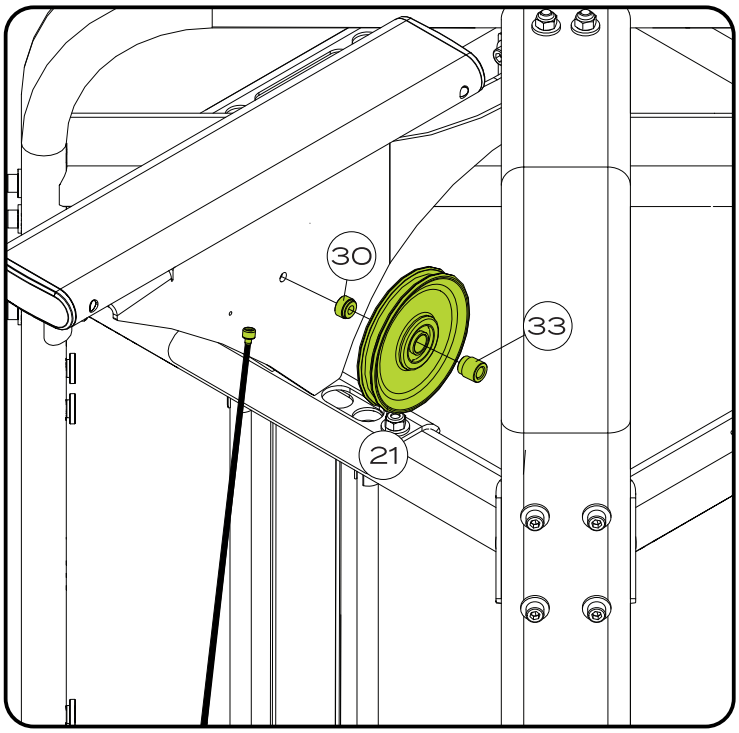
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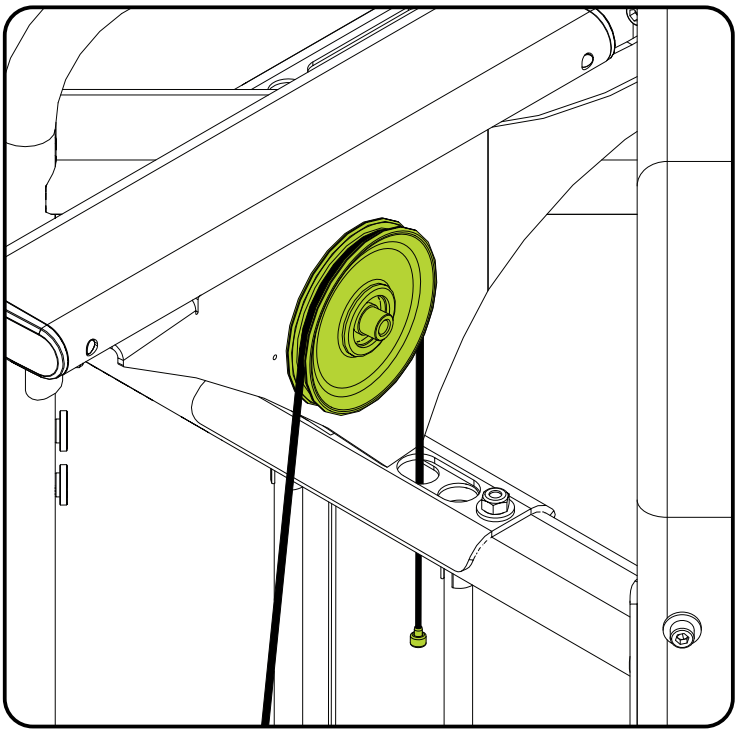
⚠ ¡ATENCIÓN!

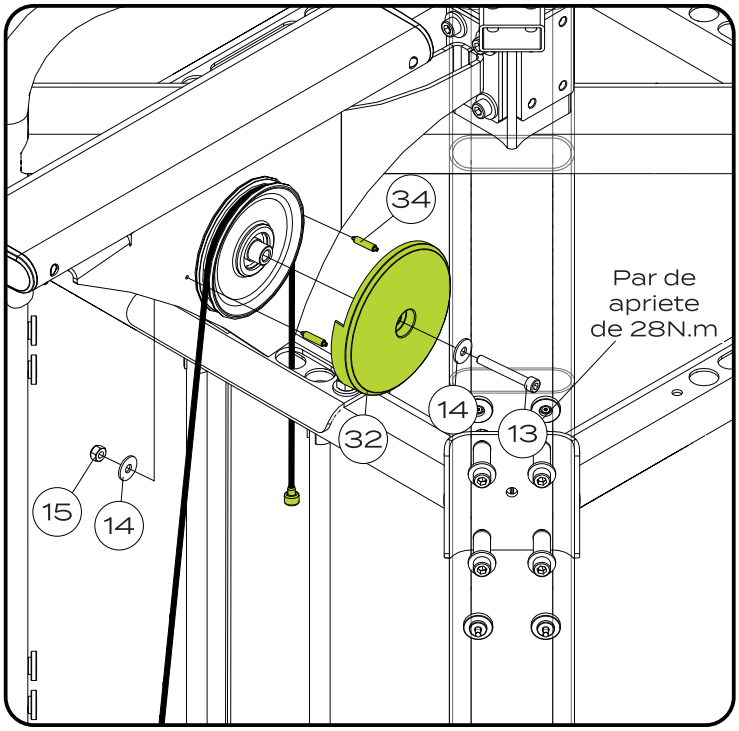
Para el posicionamiento correcto de la capa de la roldana se debe apoyar la pared del recorte en la cara del soporte de roldana.

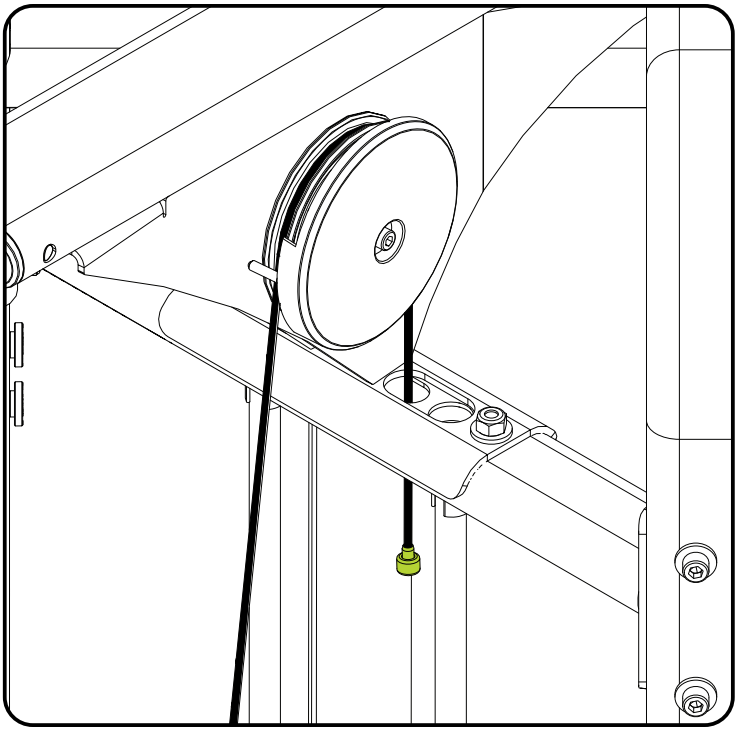
PASO 34 - MONTAJE DE TIRÓN ALTO

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









FERRAMENTAS

Llave fija Nº 13

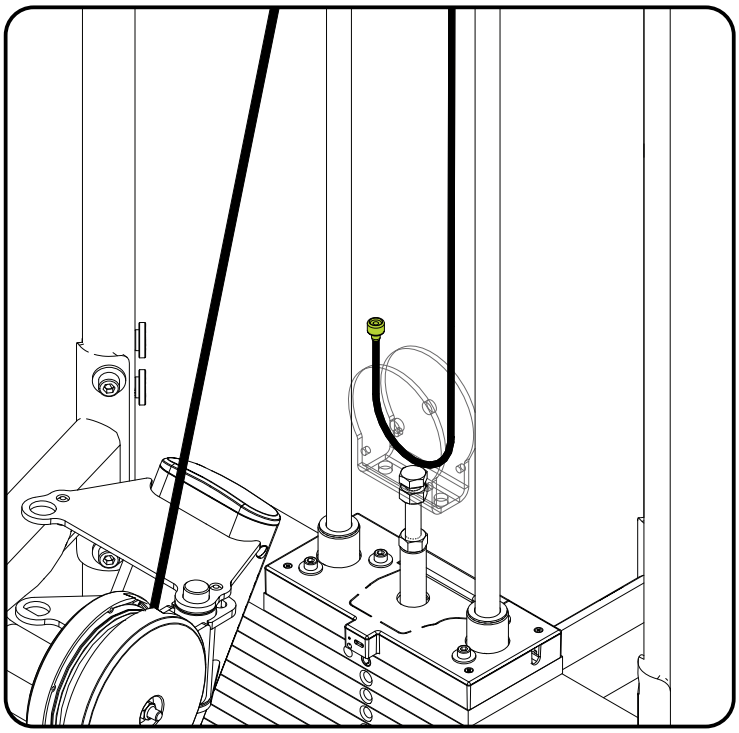
Llave hexagonal Nº 6

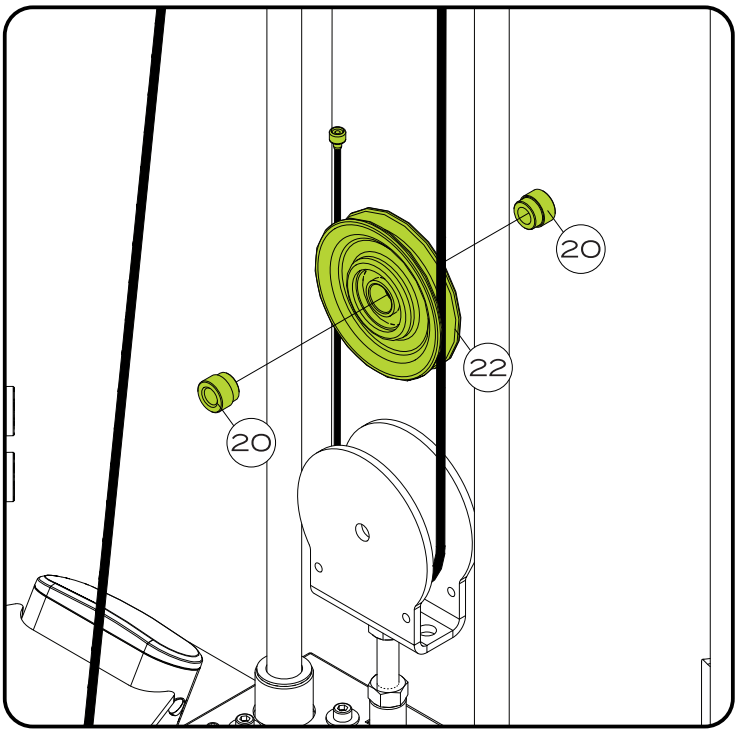
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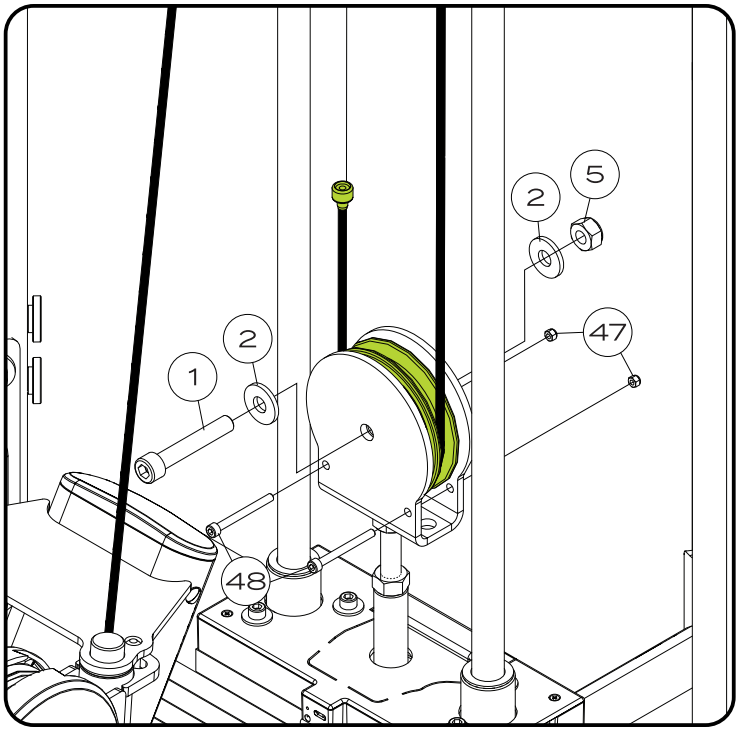
MONTAJE DEL EQUIPO

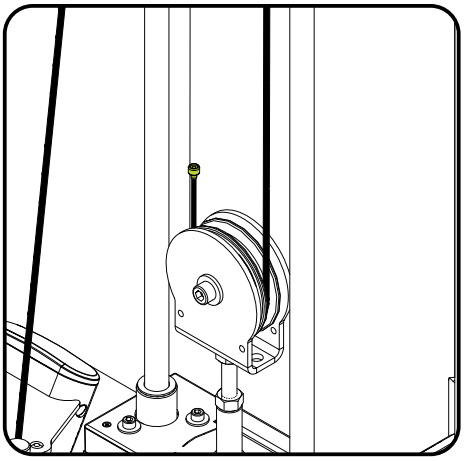
PASO 35 - MONTAJE DE TIRÓN ALTO

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









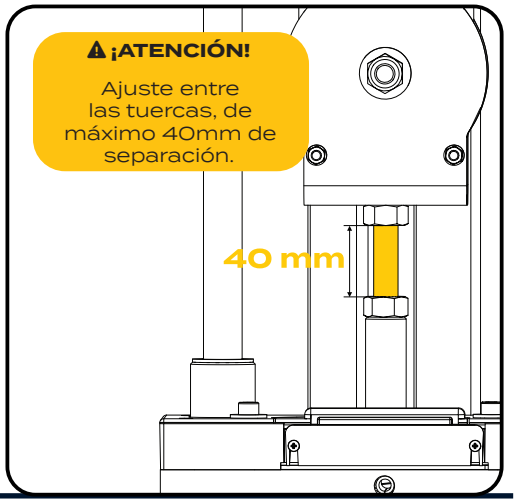
FERRAMENTAS

Llave fija nº 8 e 17 Llave hexagonal nº 4 e 8

100%

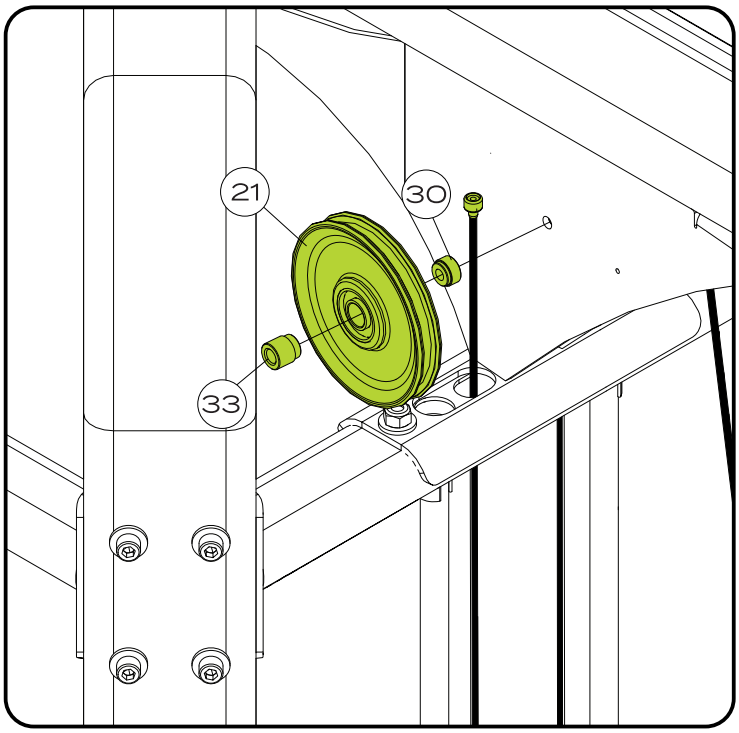
⚠ ¡ATENCIÓN!

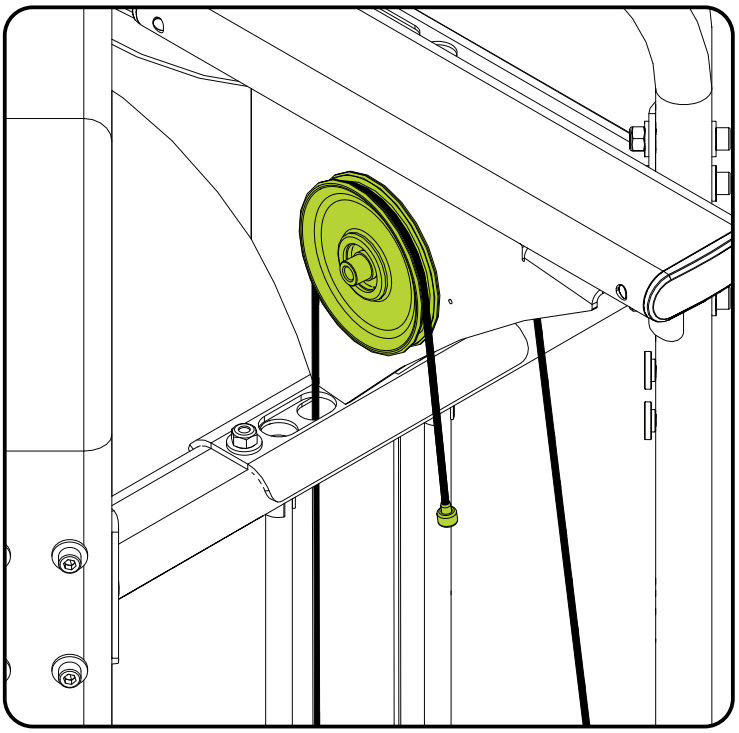
Ajuste entre las tuercas, de máximo 40mm de separación.

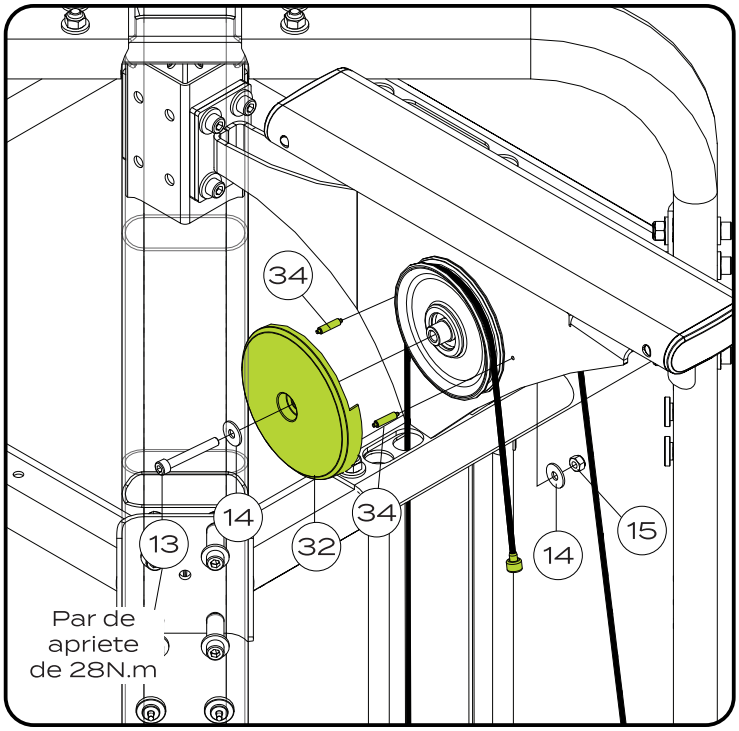


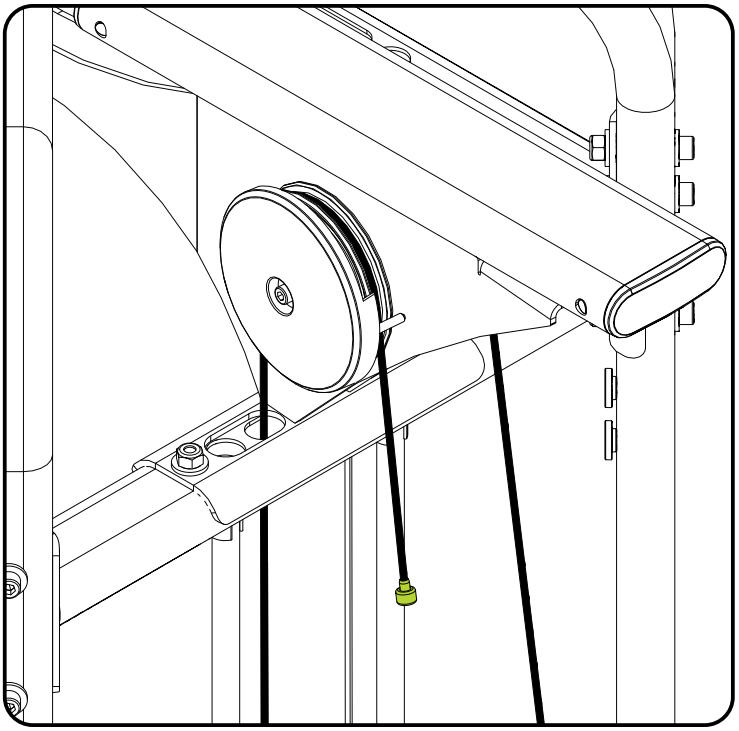
PASO 36 - MONTAJE DE POLEA

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









FERRAMENTAS

Llave fija Nº 13

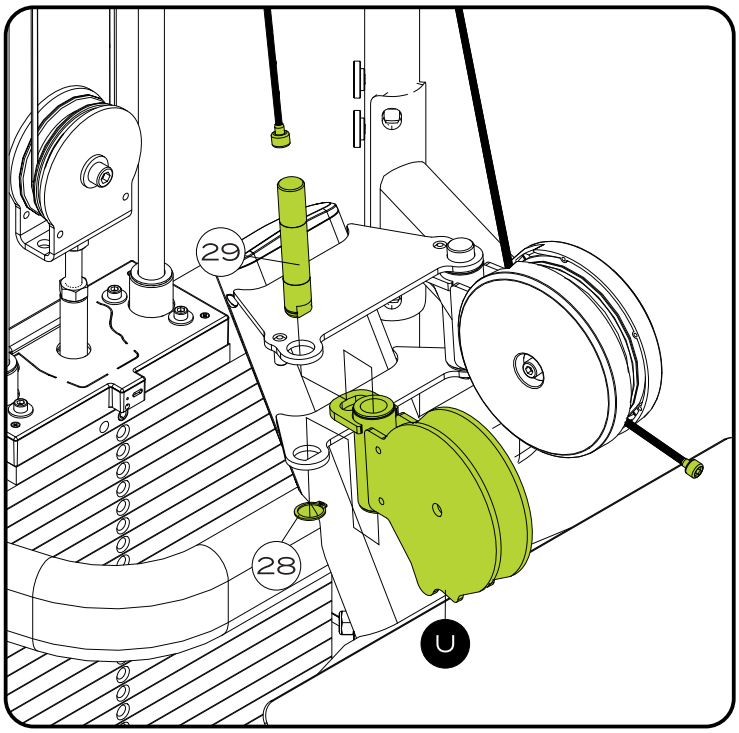
Llave hexagonal Nº 6

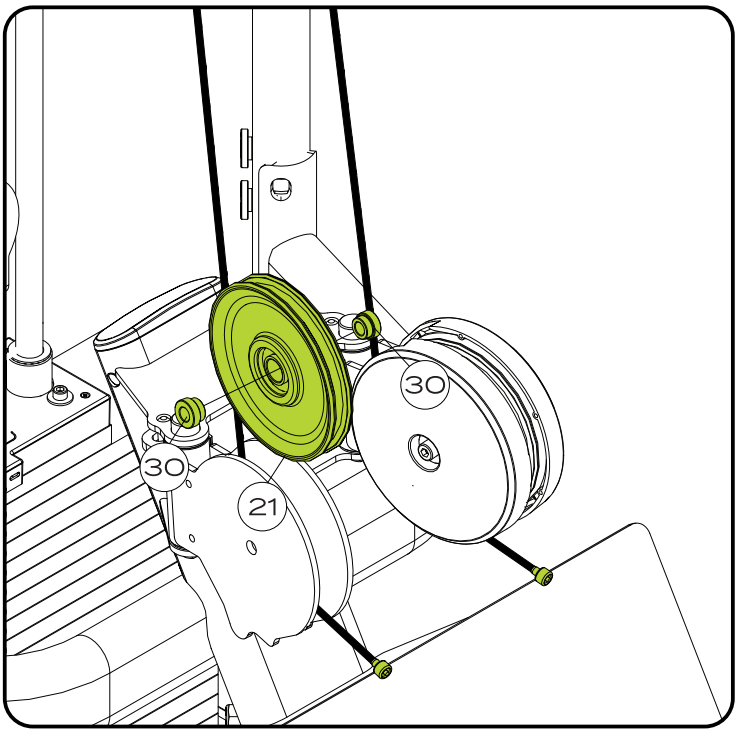
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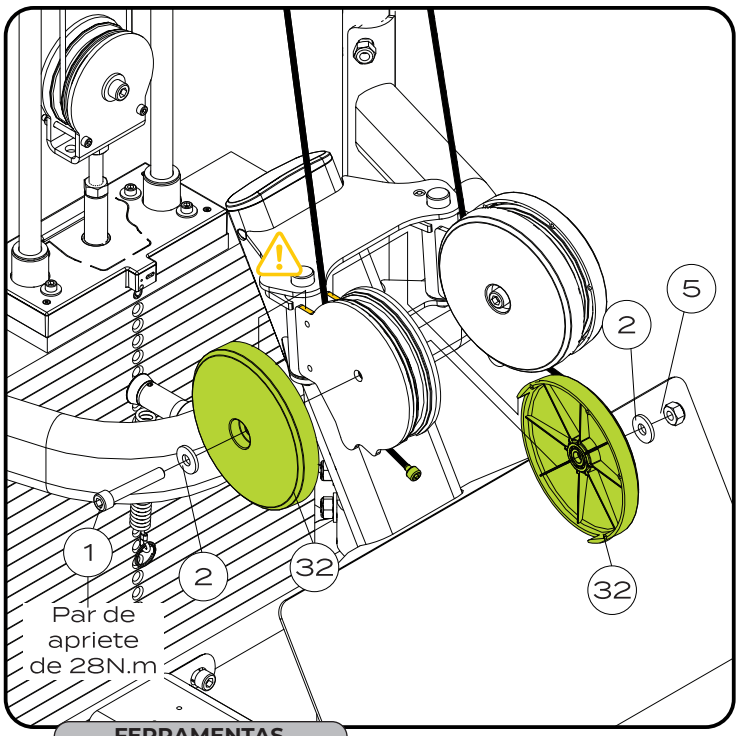
MONTAJE DEL EQUIPO

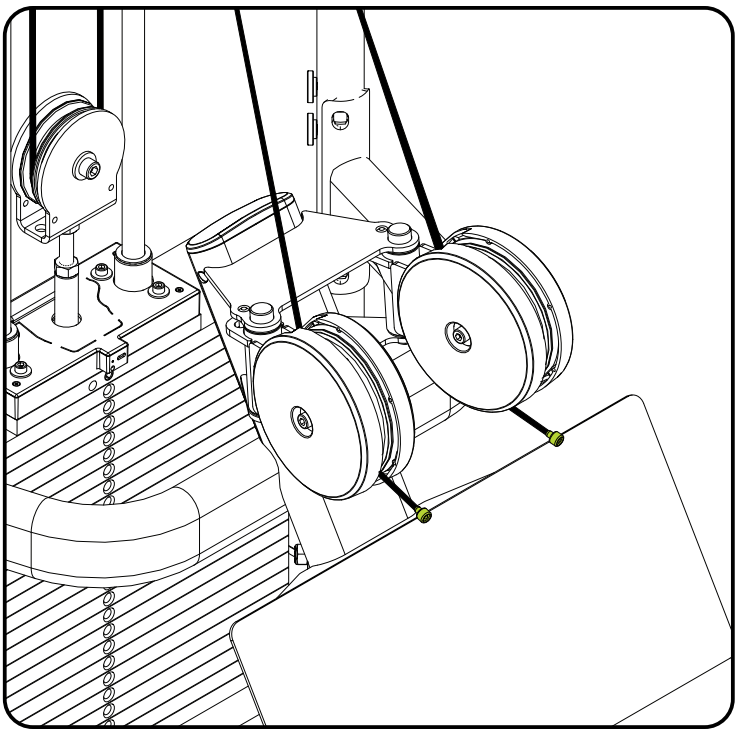
PASO 37 - MONTAJE DE TIRÓN BAJO

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









FERRAMENTAS

Llave fija Nº 13 — Llave hexagonal Nº 6

100%

⚠ ¡ATENCIÓN!

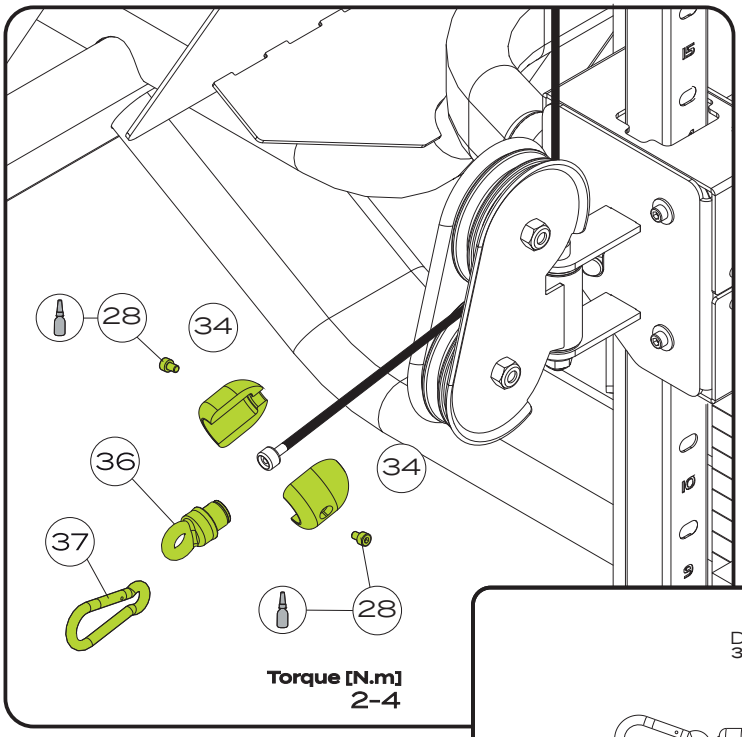
Para el posicionamiento correcto de la capa de la roldana se debe apoyar la pared del recorte en la cara del soporte de roldana.

MONTAJE DEL EQUIPO

STEP 38

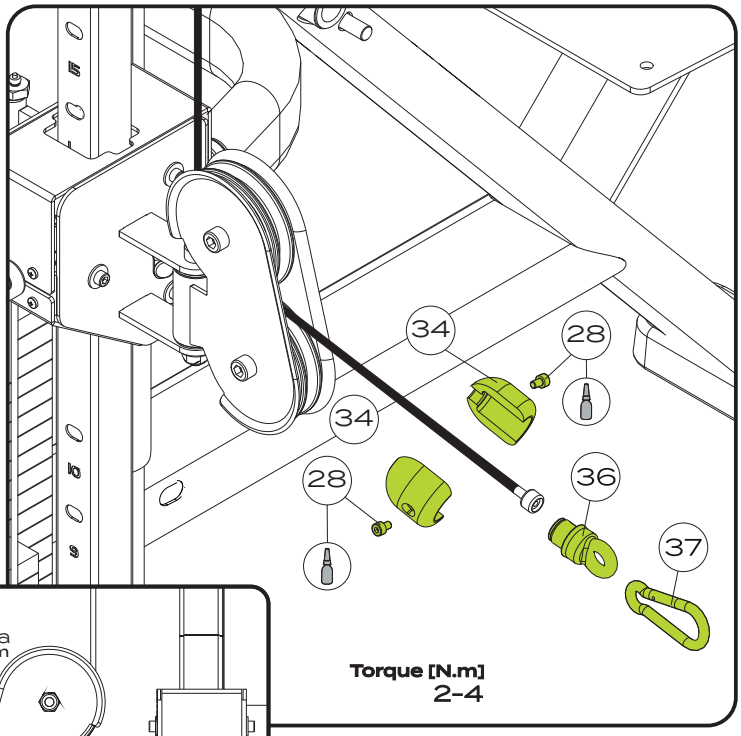
	NOME	Qtd
28	Tornillo M4 x 6	4x
34	Punta de goma bipartita	12x
36	Punta del asa	6x
37	Mosquetón	6x

Pulley 1

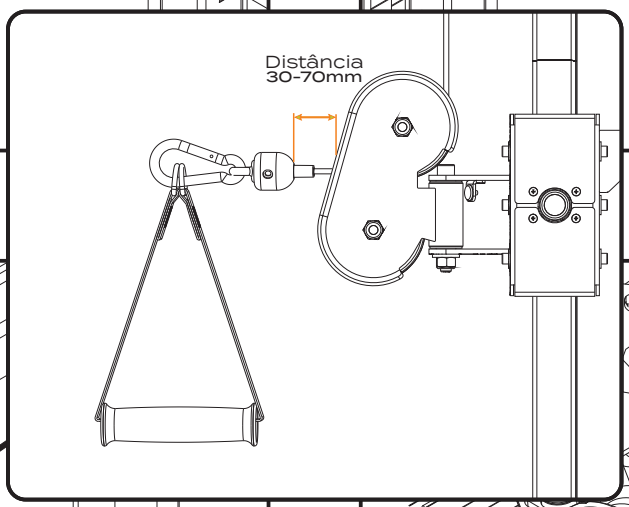


Torque [N.m]
2-4

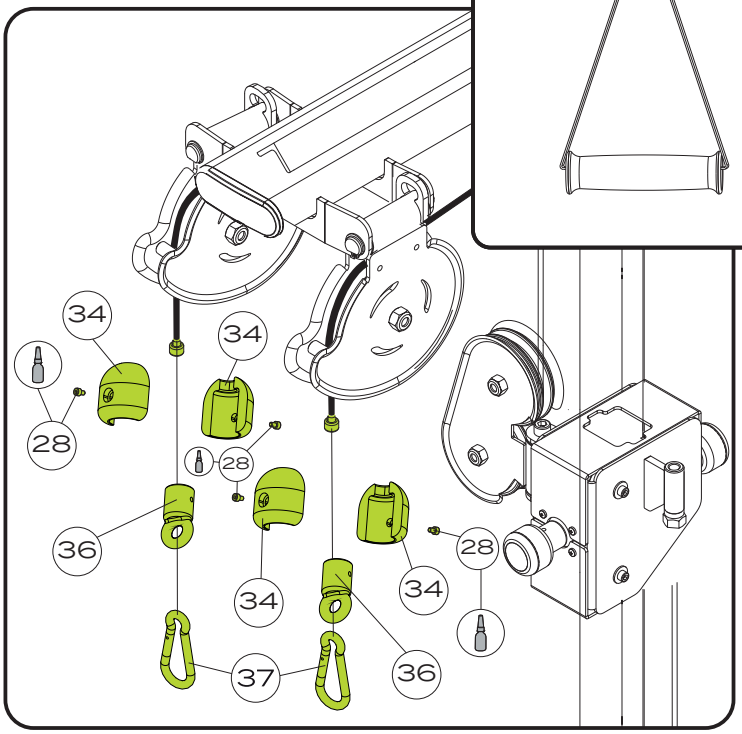
Pulley 2



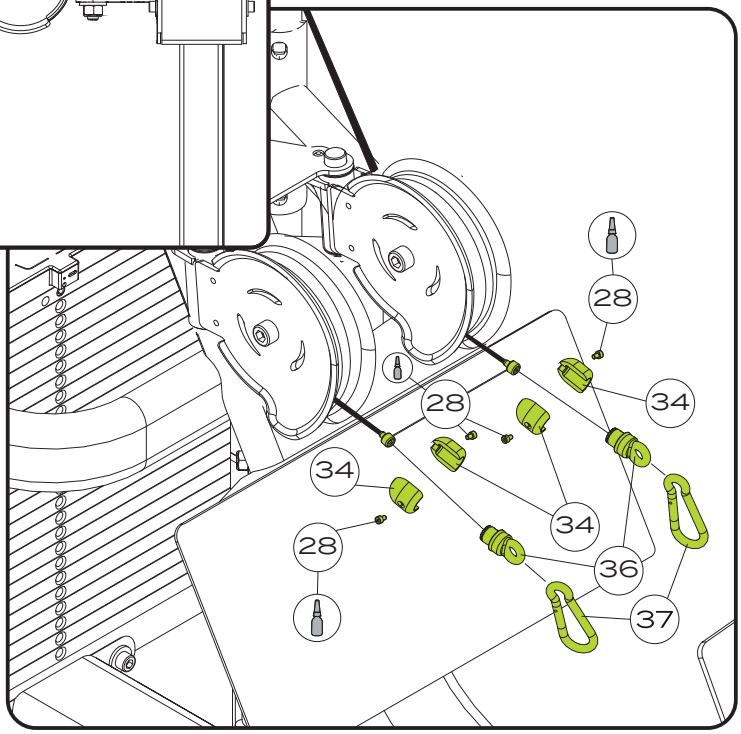
Torque [N.m]
2-4



Tirón alto



Tirón bajo



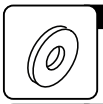
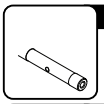
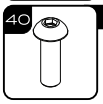
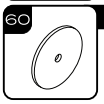
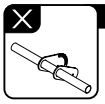
FERRAMENTAS

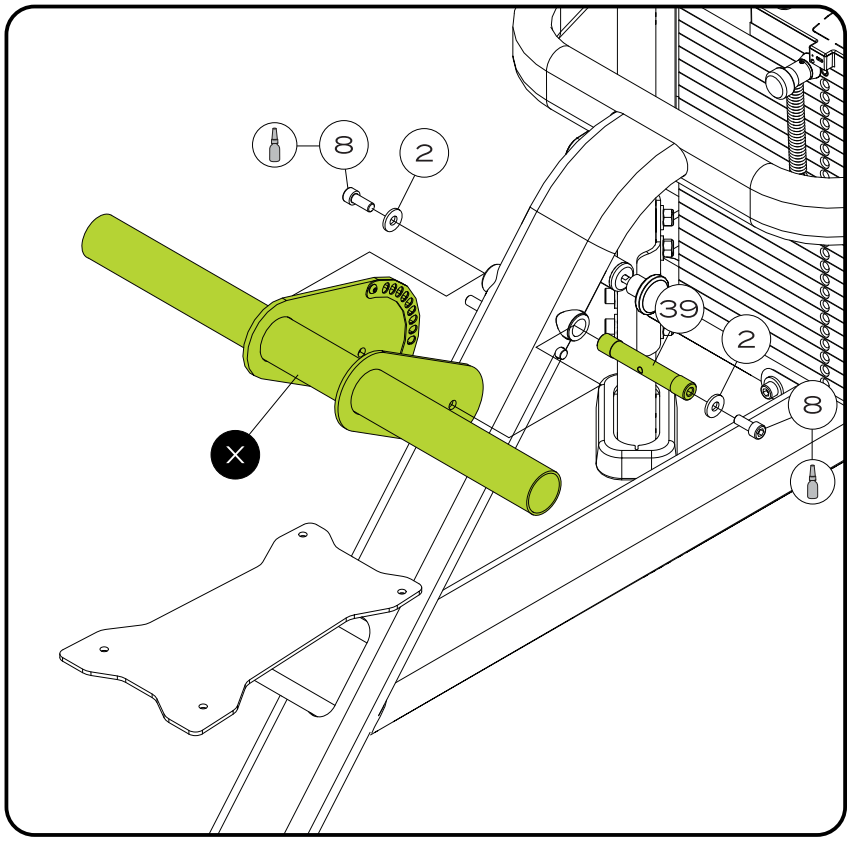


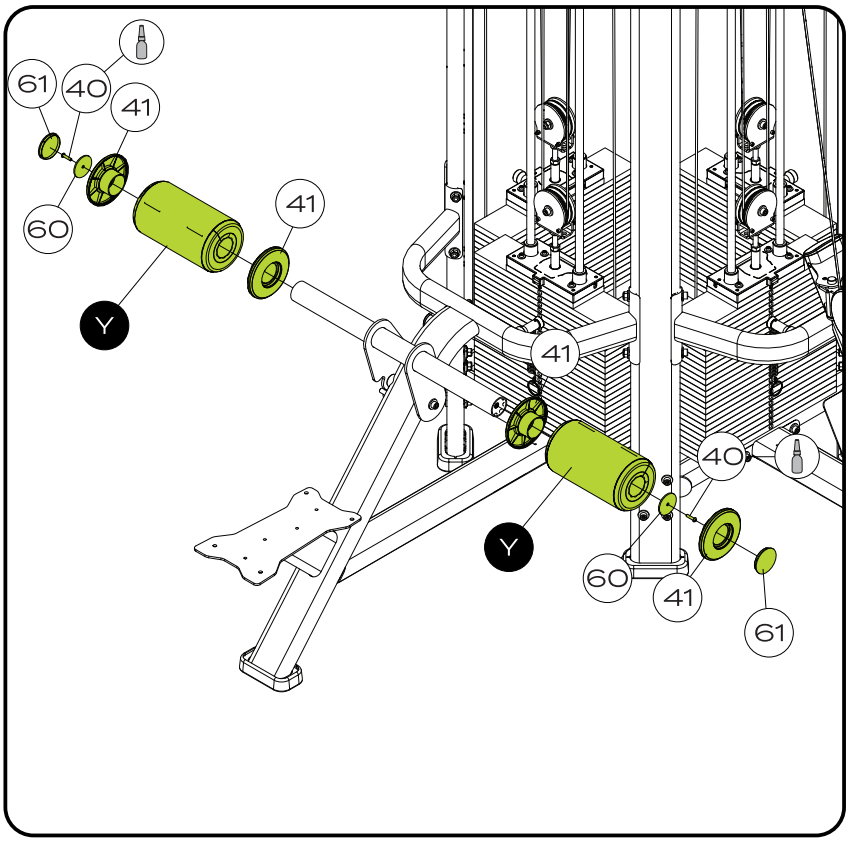


MONTAJE DEL EQUIPO

PASO 39

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





40

FERRAMENTAS

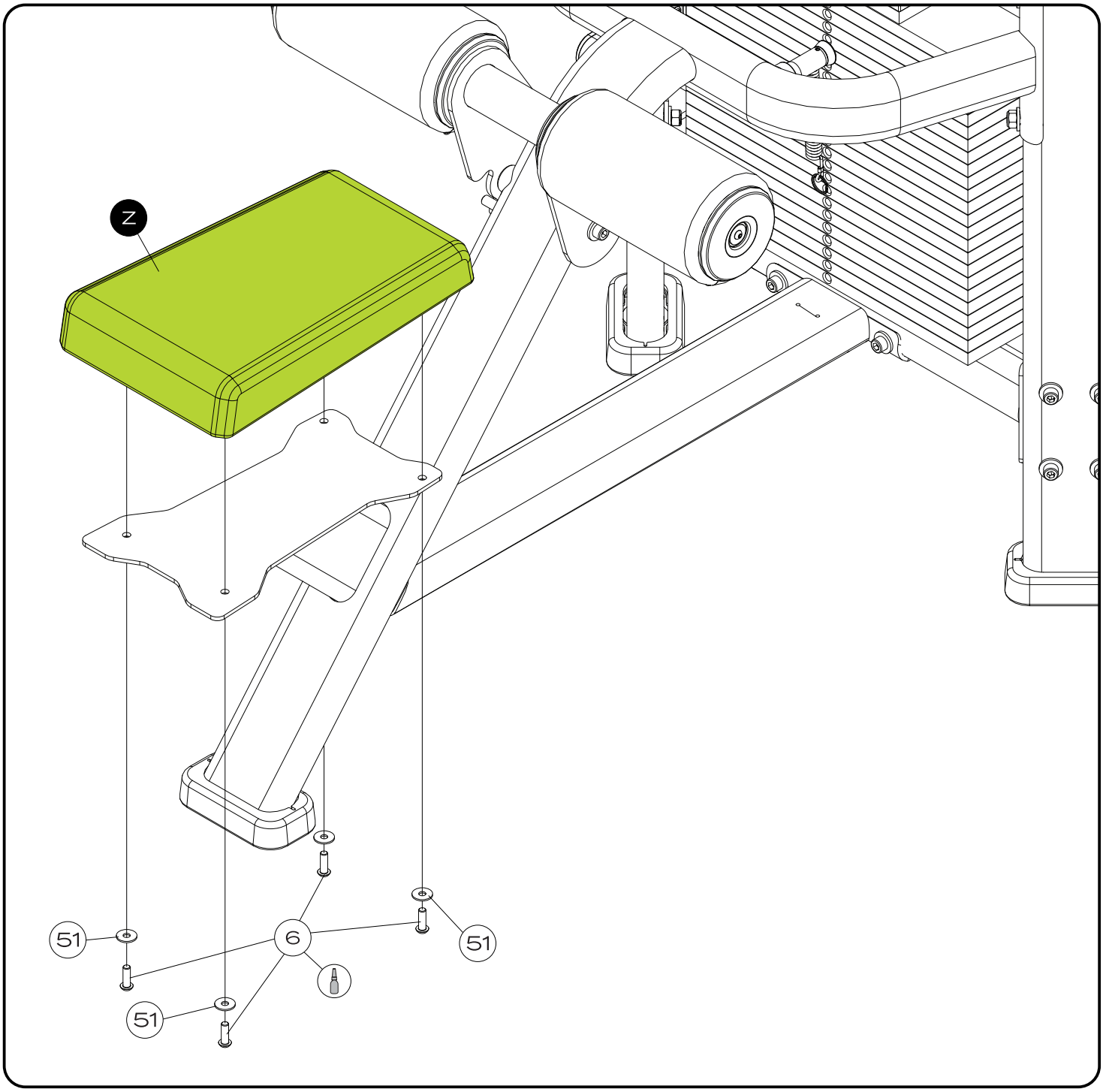

Llave hexagonal nº 3


Traba rosca torque medio



PASO 40

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



FERRAMENTAS

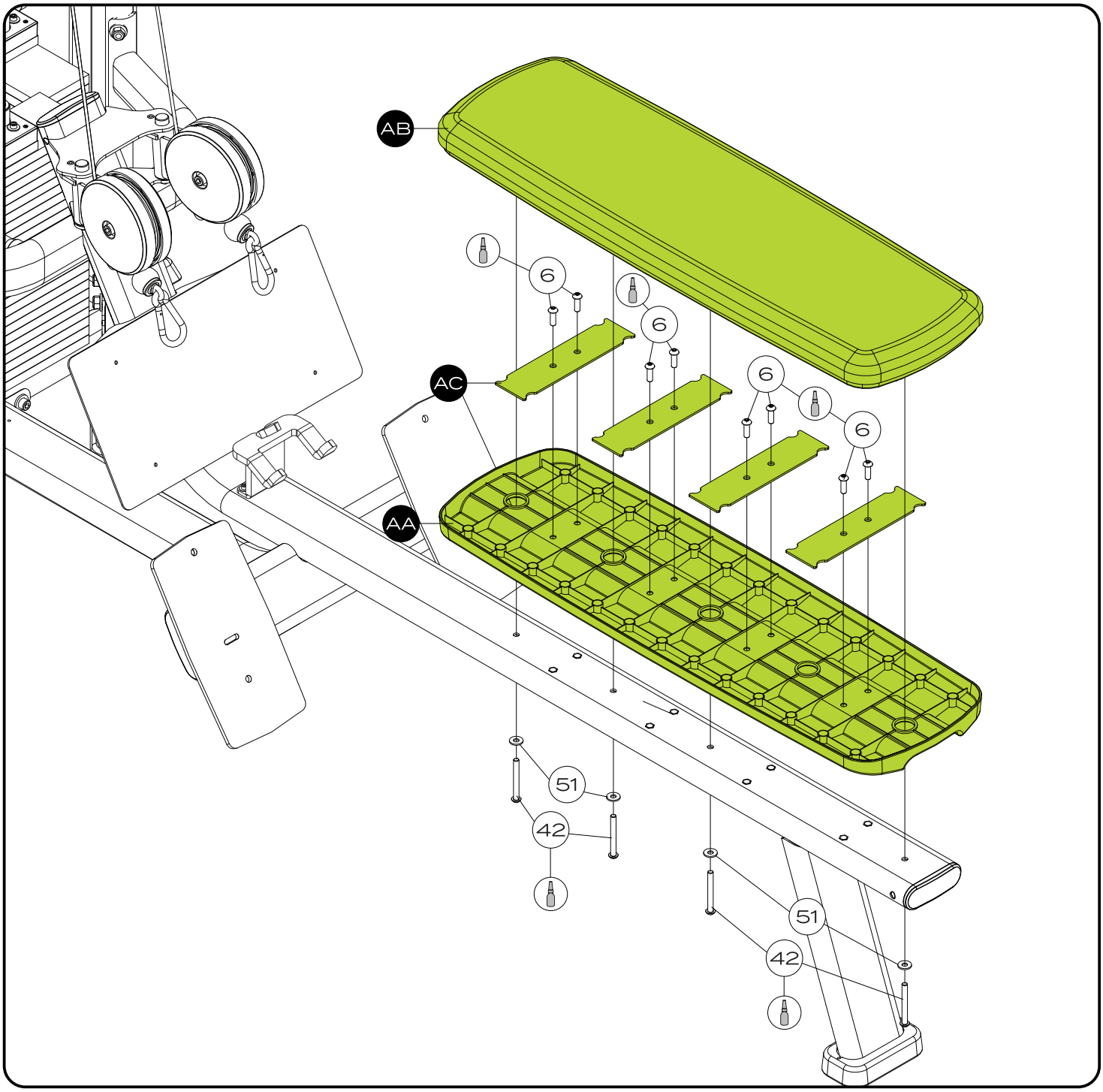
Llave hexagonal nº 6

100%

MONTAJE DEL EQUIPO

PASO 41

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



FERRAMENTAS



Llave hexagonal nº 6

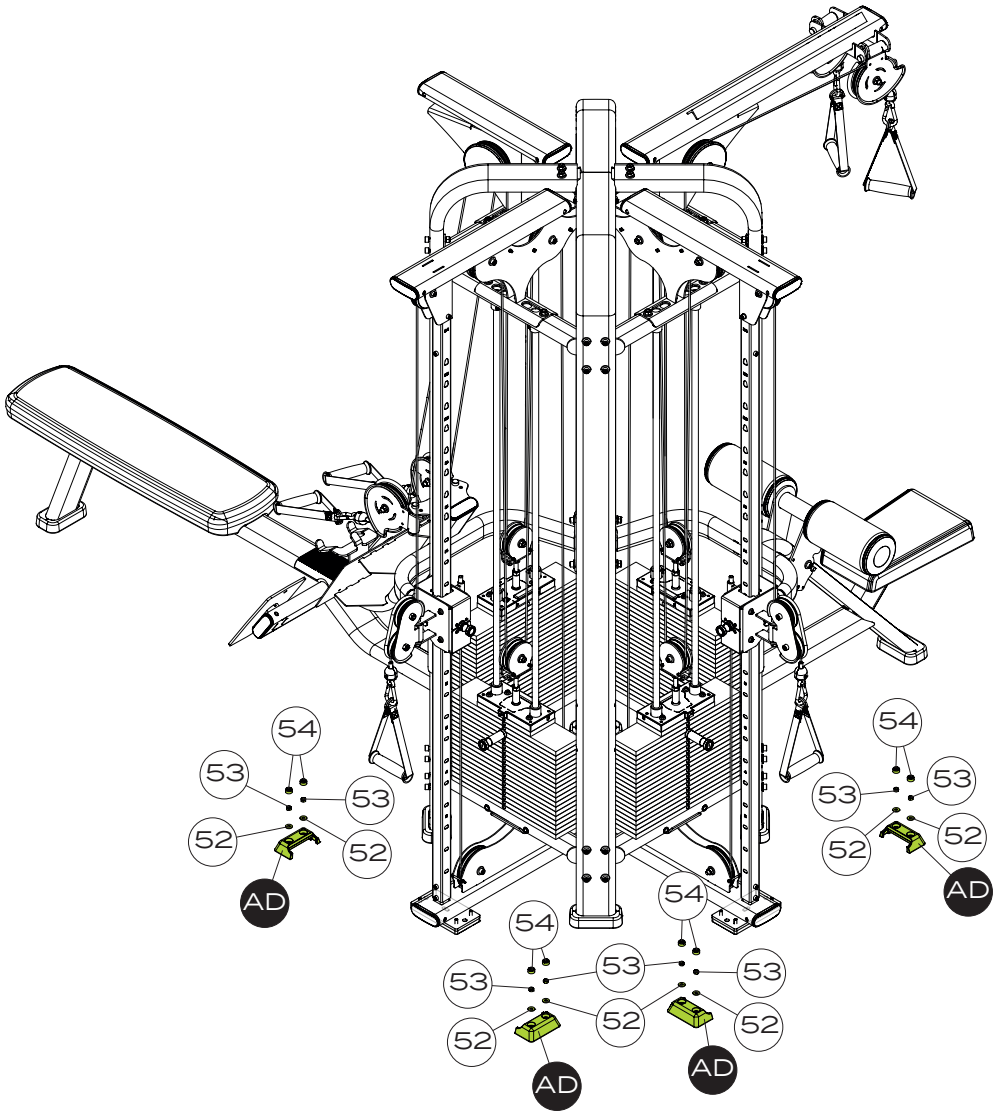


Traba rosca torque medio

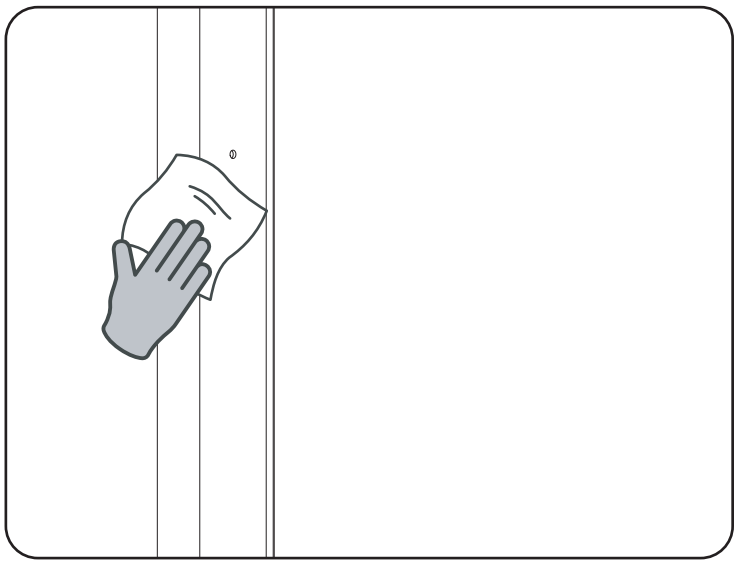


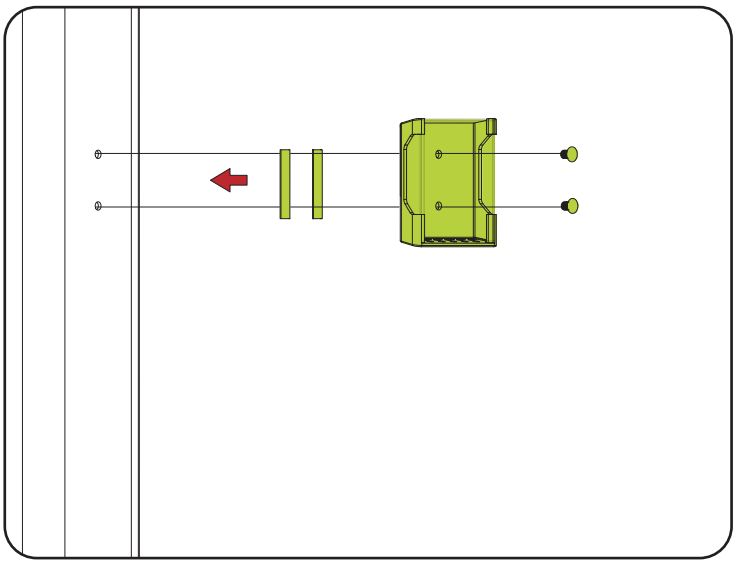
PASO 42

	NOMBRE
AC	Cubierta de pie



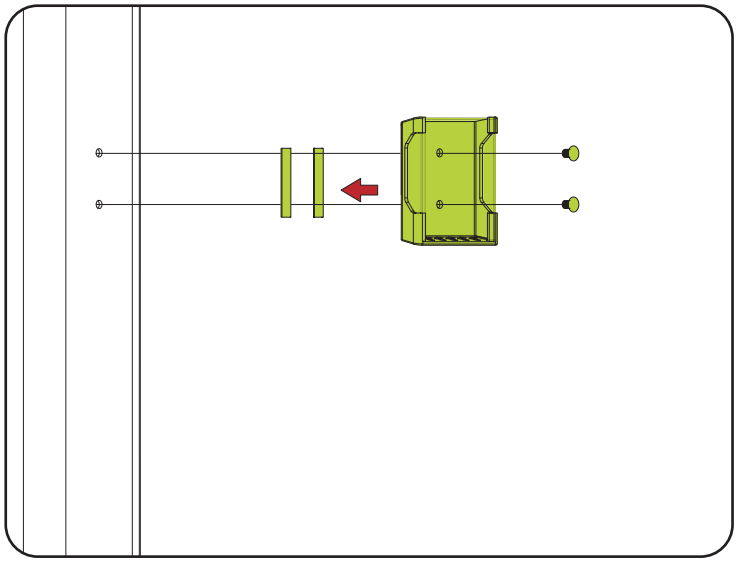
STEP 42 - Attaching the cell phone holder and towel rack





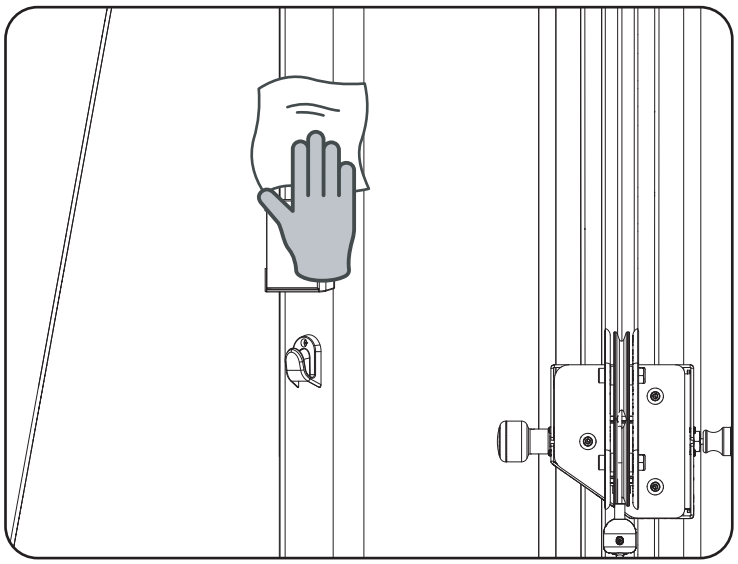
1. **Surface Preparation**
   Thoroughly clean the area where the brackets will be installed using a cloth and a degreaser, such as LOCTITE 7070 CLEANER AND DEGREASER. Make sure the surface is dry and free of residue.

2. **Attaching the Cell Phone Holder**
   Apply double-sided tape to the base of the cell phone holder and position it in the desired location. Press firmly and then fit the screws by hand, being careful not to damage the acrylic.

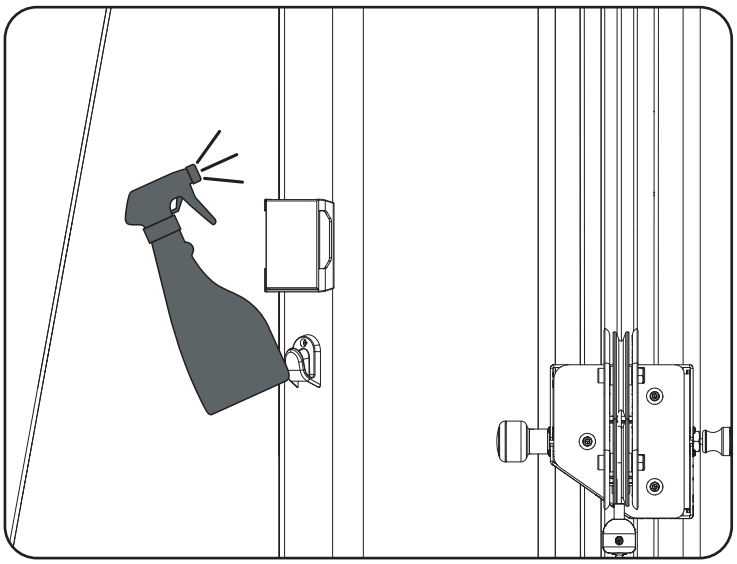


3. **Repeating the Process**
   If there is a second set of brackets, repeat the previous steps on the other side of the machine.

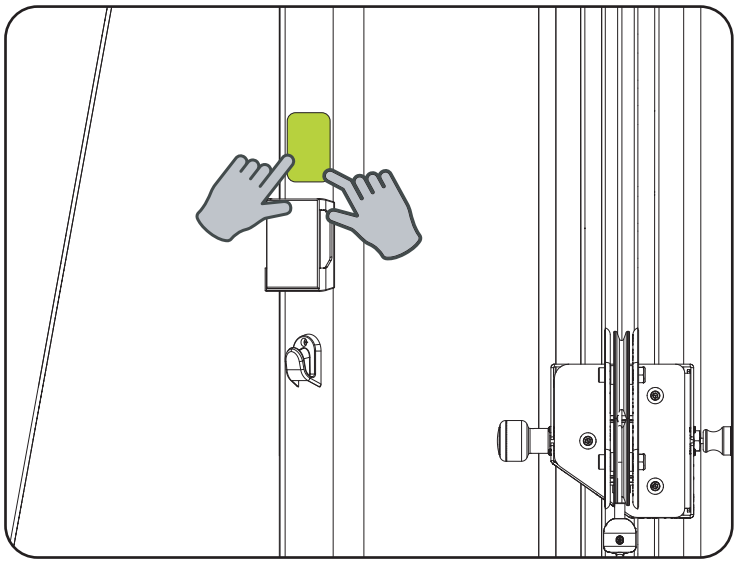
STEP 43



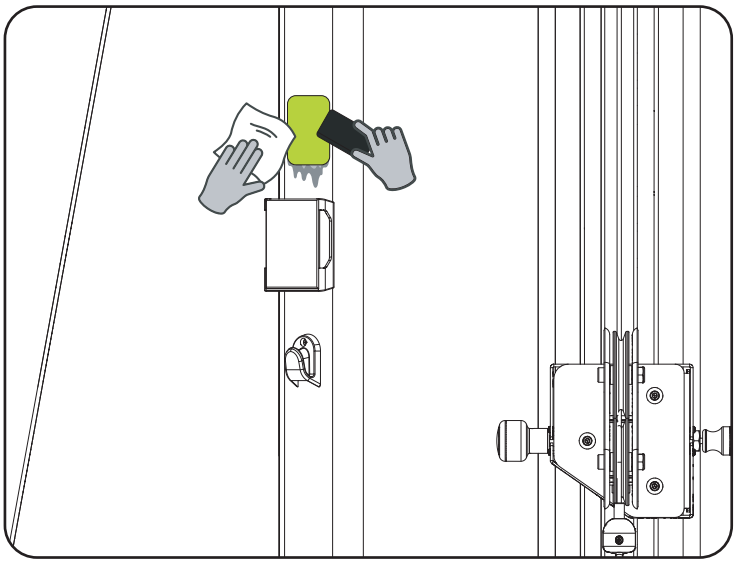
1. **Surface Preparation**
   Thoroughly clean the machine chassis with a cloth and degreaser, such as LOCTITE 7070 CLEANER AND DEGREASER. The surface must be dry and free of residue.



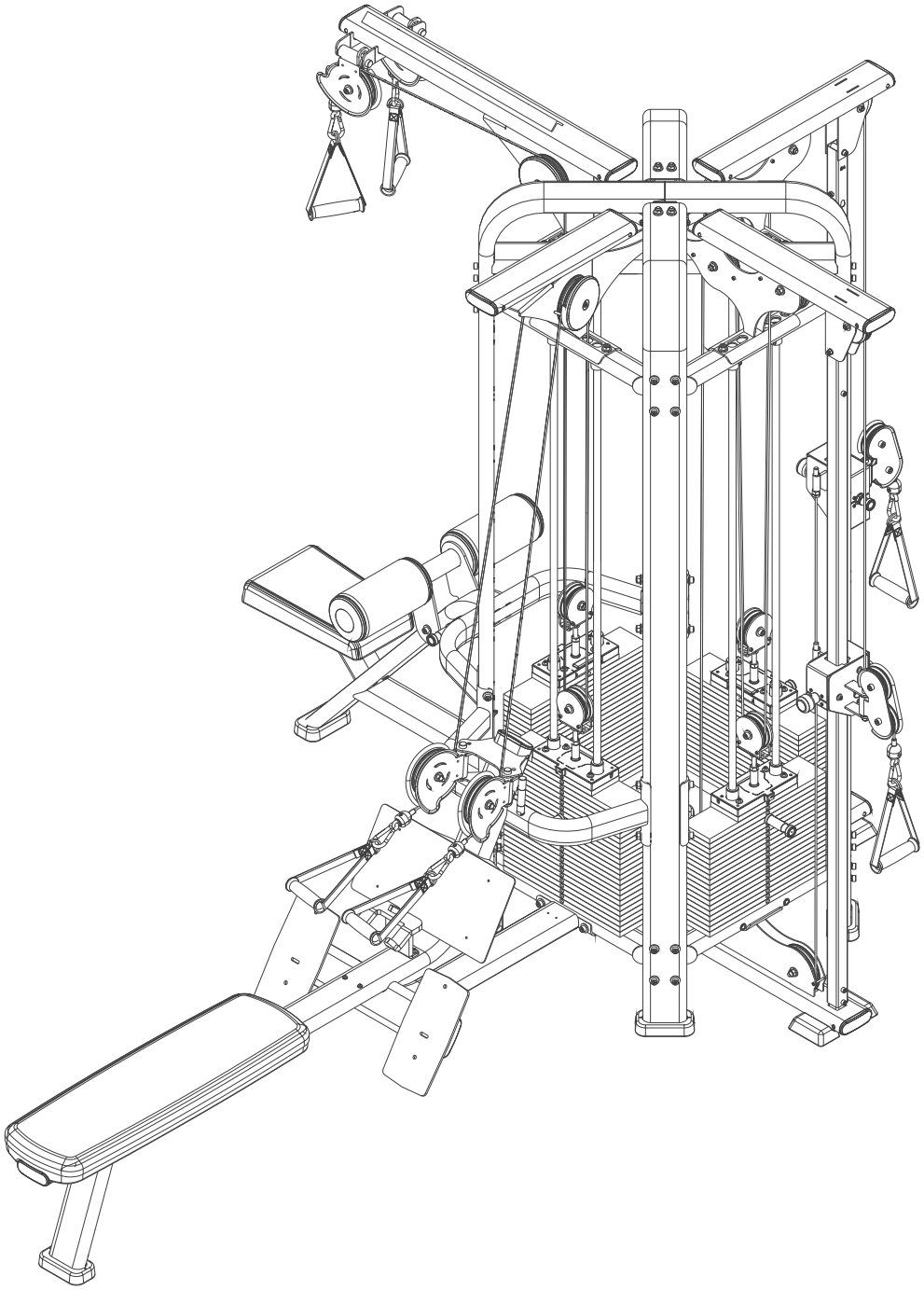
2. **Wetting the Area**
   If desired, prepare a solution of water and mild soap or alcohol (50/50) and spray it on the area where the sticker will be applied, to facilitate positioning.



3. **Applying the Sticker**
   Peel off the sticker and position it on the clean, slightly damp surface. Adjust as necessary.



4. **Fixing and Final Care**
   Press the sticker with a spatula or cardboard wrapped in a cloth, removing bubbles and excess solution. Allow to dry completely before using the machine. Clean the area with a duster or damp cloth, avoiding alcohol or solvents.

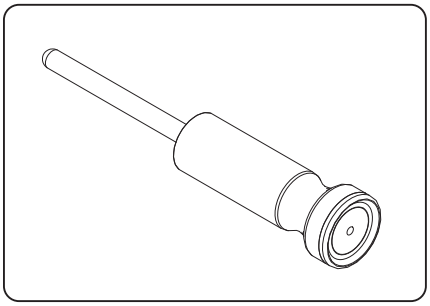


¡ENHORABUENA! SE HA COMPLETADO EL MONTAJE DEL EQUIPO.
Antes de comenzar el entrenamiento, NIVELE el equipo al suelo y compruebe el apriete de todos los tornillos. Consulte el capítulo de instrucciones de uso antes de utilizar el equipo.

Instrucciones de operación

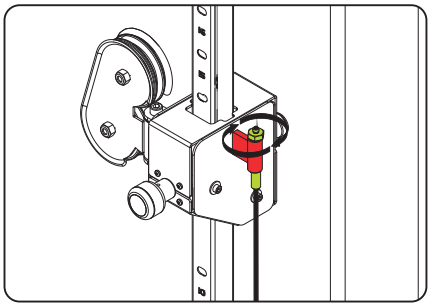
INSTRUCCIONES DE OPERACIÓN

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

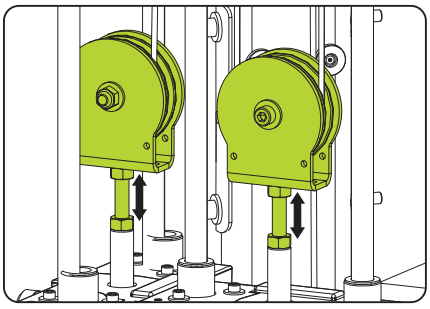


Compruebe que el pasador selector está bien encajado en la pila de pesas. Riesgo de accidente grave o fatal para el usuario

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

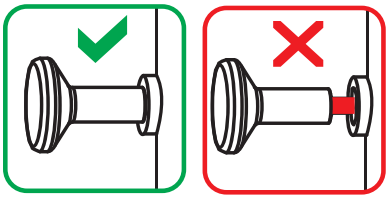


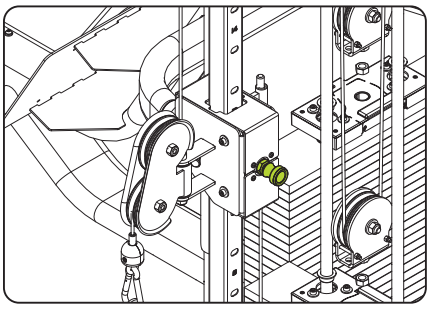
SOPORTE DE LA POLEA DE LA PLACA SUPERIOR
Para ajustar la polea de la placa superior, utilice las tuercas para tensar el cable metálico apretando o aflojando la contratuerca. Cuando el cable esté tensado, vuelva a apretar la contratuerca.



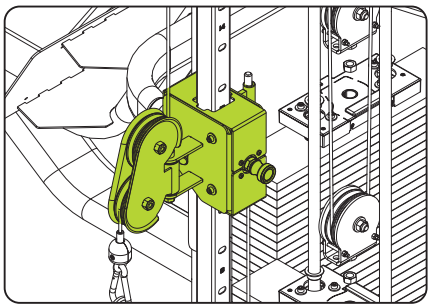
SOPORTE DE ASA BLOQUEADA
Permite seleccionar la altura del soporte de la empuñadura en el riel del equipo.

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

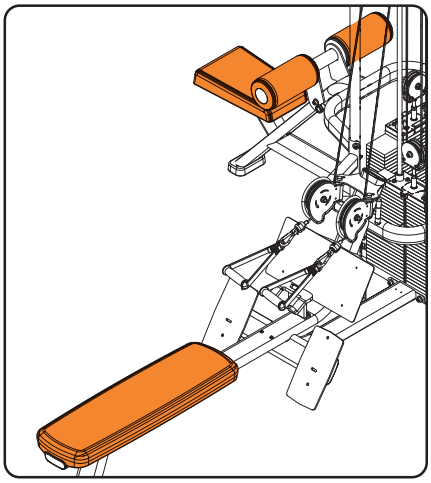




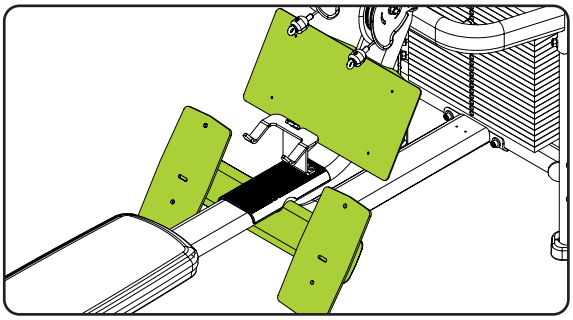
REGULADOR DE LA EMPUÑADURA
Permite ajustar el equipo a la altura deseada.



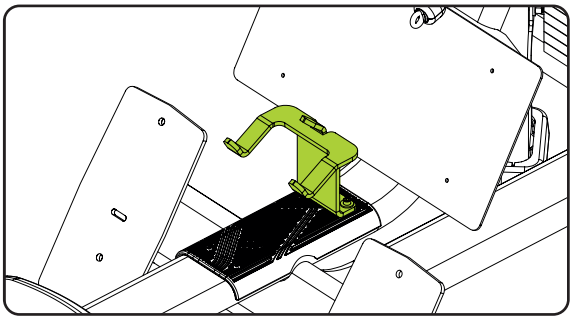
TAPICERÍA
Permite al usuario sentarse, apoyar la rodilla y apoyarse en el equipo para realizar el ejercicio.



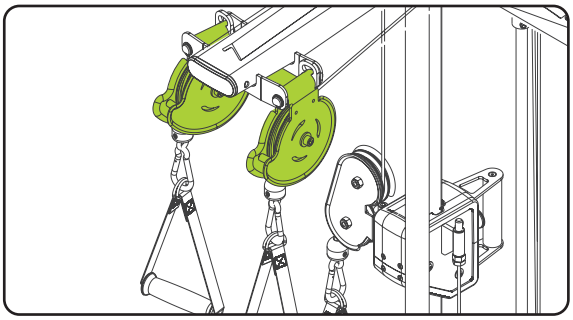
REPOSAPIÉS
Permite al usuario apoyar los pies para realizar el ejercicio de tiro bajo.



SOPORTE PARAACCESORIOS
Le permite apoyar los accesorios al final del ejercicio.



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



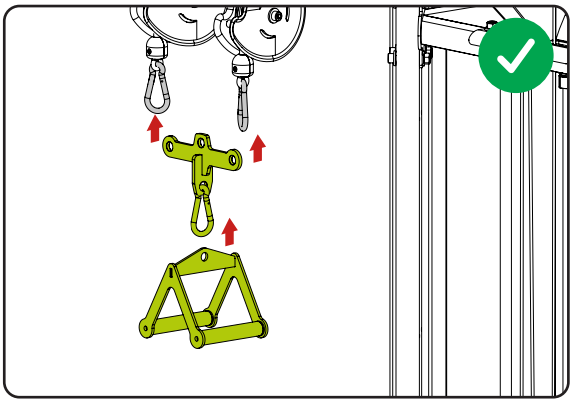
SOPORTE UNIVERSAL DOBLE DE CARGA (ACCESORIO EXTERNO)

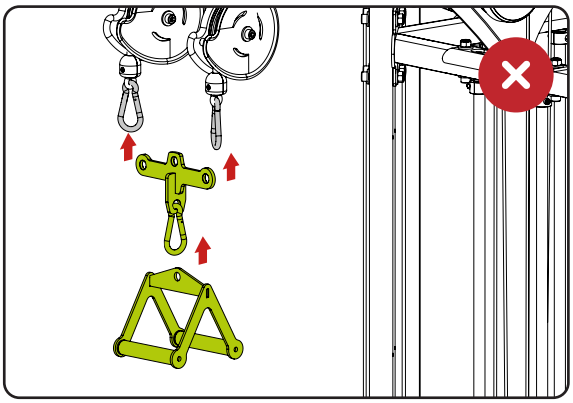
Permite unir los dos cables de la polea alta en un único punto de tracción.

El soporte puede instalarse con la abertura orientada hacia arriba o hacia abajo. La posición de montaje dependerá del accesorio utilizado (barra, cuerda, entre otros).

El orificio del accesorio debe permanecer paralelo al soporte, y la conexión debe realizarse obligatoriamente mediante un mosquetón homologado Movement.

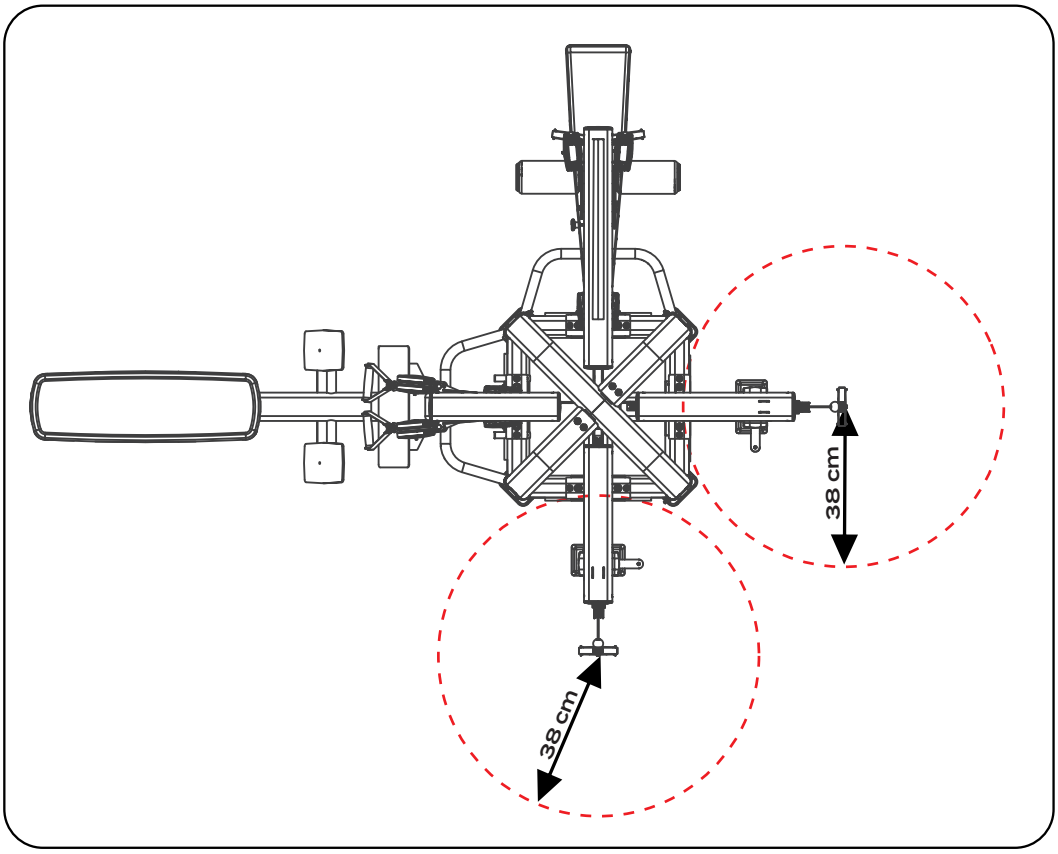
ATENCIÓN: No conecte el accesorio directamente al soporte. Una instalación incorrecta puede generar esfuerzo de cizallamiento y dañar los componentes.





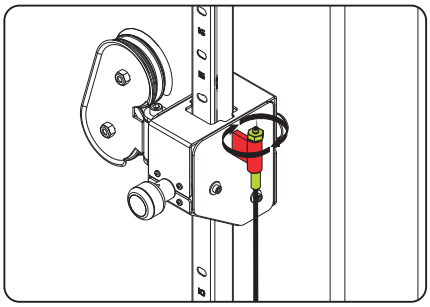
DISTÂNCIA

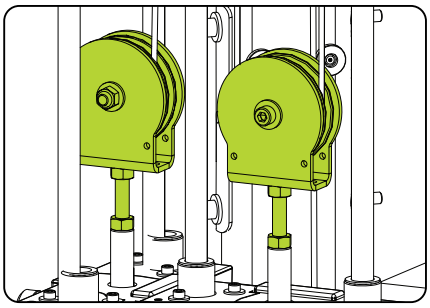
ATENCIÓN: Por cuestiones de seguridad, asegúrese de mantener una distancia mínima de 38 cm de polia durante el uso. Esto es esencial para garantizar su seguridad durante la práctica del ejercicio.



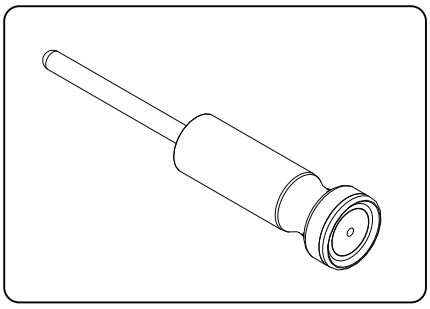
Mantenimiento

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



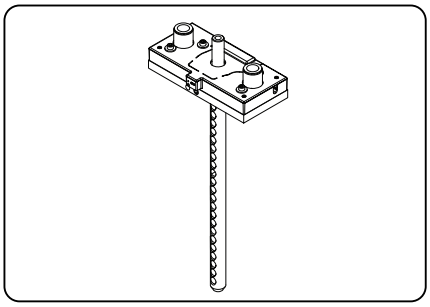


CLAVIJA SELECTORA
Compruebe siempre que el pasador selector no esté dañado o fuera de su forma original, lo que puede impedir que el peso se apriete correctamente. Si el pasador está dañado, póngase en contacto con un Centro de Servicio Técnico.



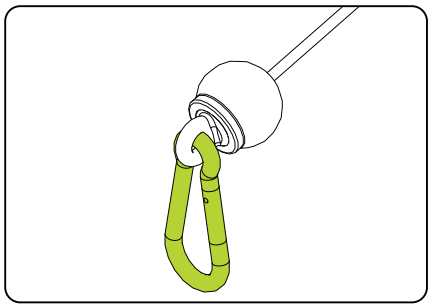
¡PELIGRO! SI LA CLAVIJA SELECTORA ESTÁ DAÑADA Y SE UTILIZA, PUEDE QUE NO SUJETE CORRECTAMENTE LOS PESOS, PROVOCANDO UN ACCIDENTE GRAVE O MORTAL AL USUARIO Y PUEDE DAÑAR EL EQUIPO

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



MANTENIMIENTO

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



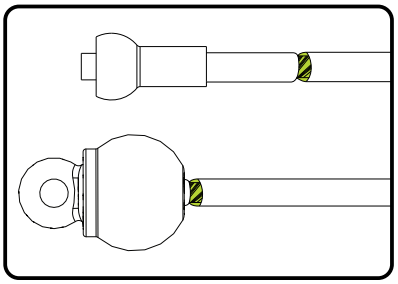
SUSTITUCIÓN DEL MOSQUETÓN
Para su sustitución, utilice siempre un mosquetón suministrado directamente por MOVEMENT. Si no es posible obtener un mosquetón suministrado por MOVEMENT, utilice un mosquetón que cumpla estrictamente los siguientes requisitos.

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

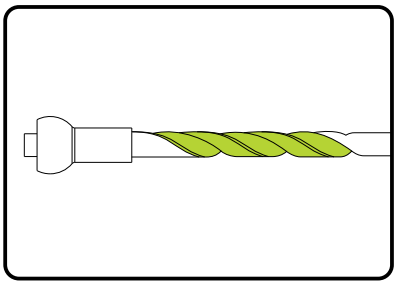
¡ATENCIÓN!

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

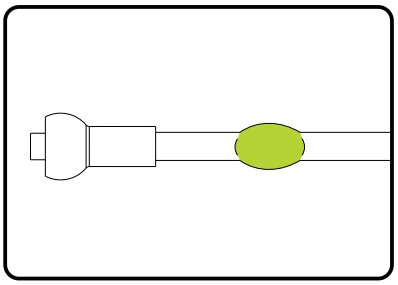
CABLE DE ACERO
Durante el uso del equipo, el cable de acero puede resultar dañado por un mal uso o falta de mantenimiento. A veces, el cable de acero puede estar dañado, aunque este daño no quede al descubierto. Manténgase alerta y siempre atento a cualquier tipo de problema con el cable. No utilice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



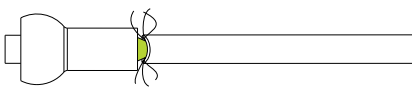
CABLE DE ACERO RETORCIDO
Compruebe siempre el cable de acero; si detecta alguna torsión, sustitúyalo inmediatamente.



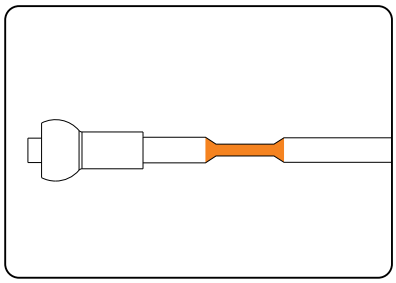
PROTUBERANCIA EN EL CABLE DE ACERO
Si el cable se rompe internamente puede aparecer un saliente en el exterior del cable, sustitúyalo inmediatamente.



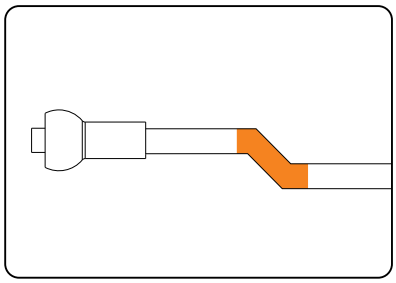
HILOS SUELTOS
Sustituya cualquier cable de acero expuesto en los extremos



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



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



EXPOSICIÓN
Exposición de la punta del cable de acero.

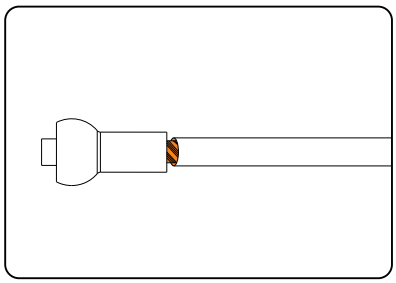


TABLA DE MANTENIMIENTO DEL EQUIPO

Utilice la siguiente tabla para conocer los intervalos de mantenimiento.

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

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

Garantía

GARANTÍA LIMITADA - LÍNEA MUSCULACIÓN

Lea cuidadosamente los términos y condiciones de garantía antes de utilizar el equipo.
Al utilizar el equipo, usted acepta seguir los siguientes términos y condiciones de garantía.
Brudden Equipamentos Ltda., fabricante de los productos Movement, garantiza los equipos nuevos libres de defectos en materiales y fabricación en los períodos establecidos abajo.
Los períodos de garantía inician en la fecha de emisión de la factura de compra emitida por la Fábrica o revendedor acreditado.
Esta garantía se aplicará solamente a defectos identificados durante los plazos abajo y únicamente al comprador original del producto. Para ejercitar la garantía el comprador deberá entrar en contacto con la Asistencia Técnica autorizada más próxima (lista disponible en www.movement.com.br/assistencia-tecnica) en menos de 30 días del descubrimiento de la no conformidad y disponibilizar el equipo para inspección.

90 days	Mano de obra
6 meses	Cable de acero / Adhesivos / Reguladores y manijas / Empuñaduras / Acabados termoplásticos / Acabados de elastómero / Carenado y tapicería en general.
1 año	Piezas y partes mecánicas / Poleas / Mosquetones / Rodamientos / Resortes / Componentes de fijación / Pintura en general, incluyendo artículos cromados y galvanizados / Componentes electrónicos (excepto baterías) cuando corresponda.
3 años	Chasis (excepto pintura) y estructuras metálicas

CONDICIONES Y RESTRICCIONES
1. La garantía se aplica a los productos Movement solamente cuando:
1-1. El producto esté con el comprador original y con la prueba de compra original (factura de compra);
1-2. No haya 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 reposición utilizadas sean suministradas por Movement;
1-4. Reclamaciones hechas dentro del plazo de garantía.
2. Esta garantía no cubre daños o fallas en equipos causados por falla en el mantenimiento básico y necesario como descrito en el manual.

• LA GARANTÍA NO SE APLICA A:
• Productos reparados o modificados por terceros, sin previa autorización por escrito de Movement;
• Llamada de servicios para 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;
• A la retirada y/o entrega del equipo en la residencia del consumidor para realización de reparaciones.
• Ningún gasto de servicios ocurrido después del período de garantía de servicios.

CONDICIONES GENERALES DE LA GARANTÍA
El servicio de Garantía Movement puede ser solicitado directamente a la fábrica o a una Asistencia Técnica Autorizada. Vea lista en www.movement.com.br/assistencia-técnica.
Los gastos derivados de eventuales transportes del producto hasta una asistencia técnica o el desplazamiento (visita técnica) realizado por asistente autorizado, serán costeados por el comprador, estando o no el producto cubierto por esta garantía.
La responsabilidad de la presente garantía se limita exclusivamente a la reparación, modificación o sustitución del producto suministrado.
Movement no se responsabiliza por daños a personas, a terceros, a otros equipos e instalaciones, lucro cesante o cualesquiera daños emergentes.
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 perfeccionamientos en productos anteriormente fabricados.

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

ATENDIMENTO AO CONSUMIDOR
CEP 17586-202 - Pompeia - SP - Tel. 0800-7724080
falecom@movement.com.br

Fabricado por:
BRUDDEN EQUIPAMENTOS LTDA.
Av. Industrial, 700 Distrito Industrial.
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CNPJ: 43.061.654/0001-38
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MOVEMENT