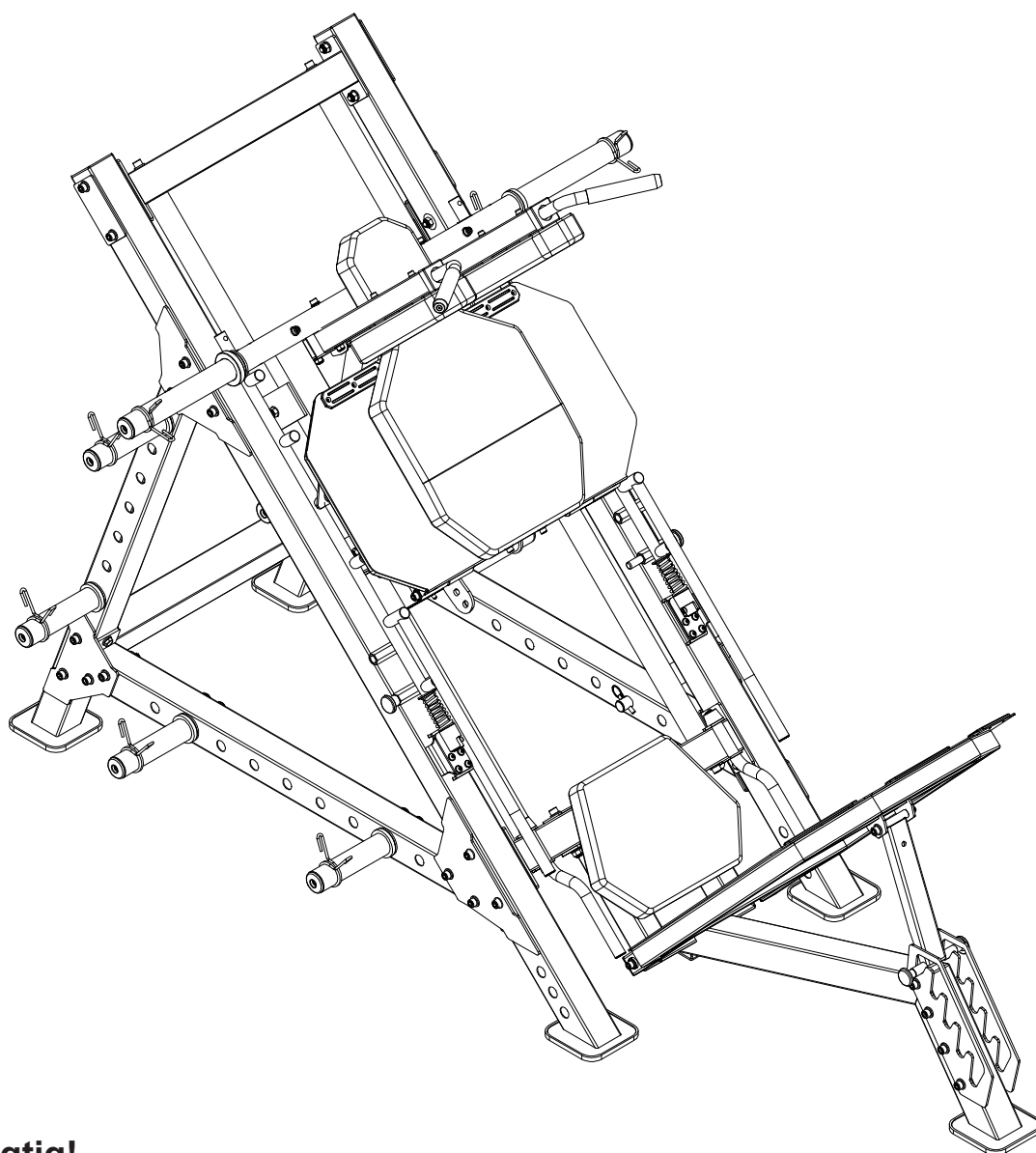




**Manual**

**PF-HS750G**

**Monster 45° Leg Press/Hack Squat Combo**



**Forsigtig!**

**Læs alle forholdsregler og instruktioner i denne vejledning, før du bruger dette udstyr**

# **VIGTIG SIKKERHEDSMEDDELElse**

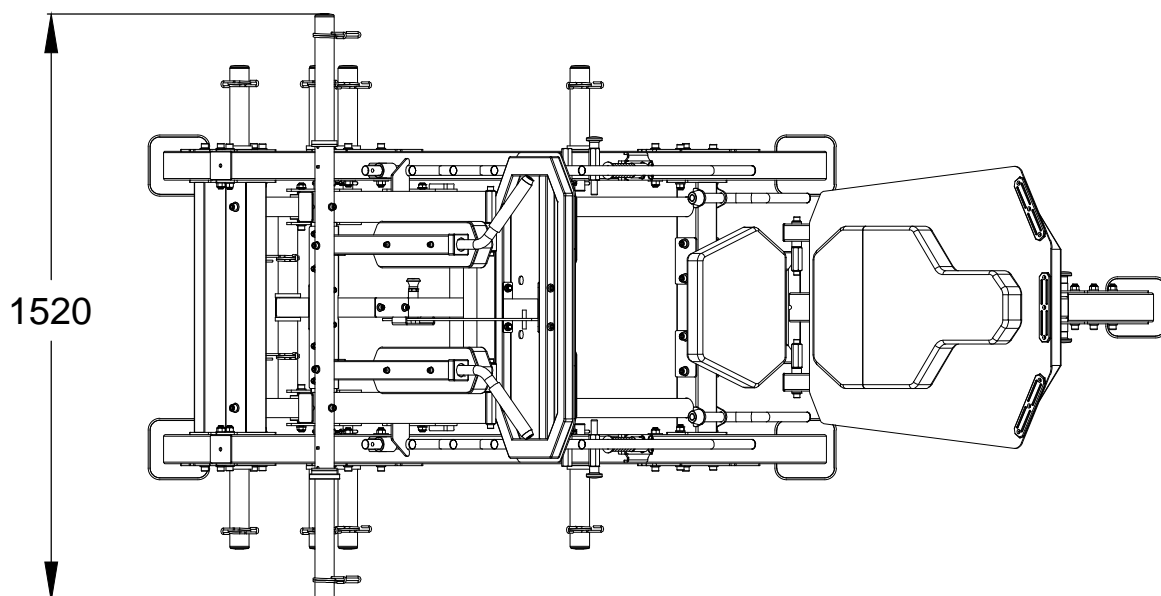
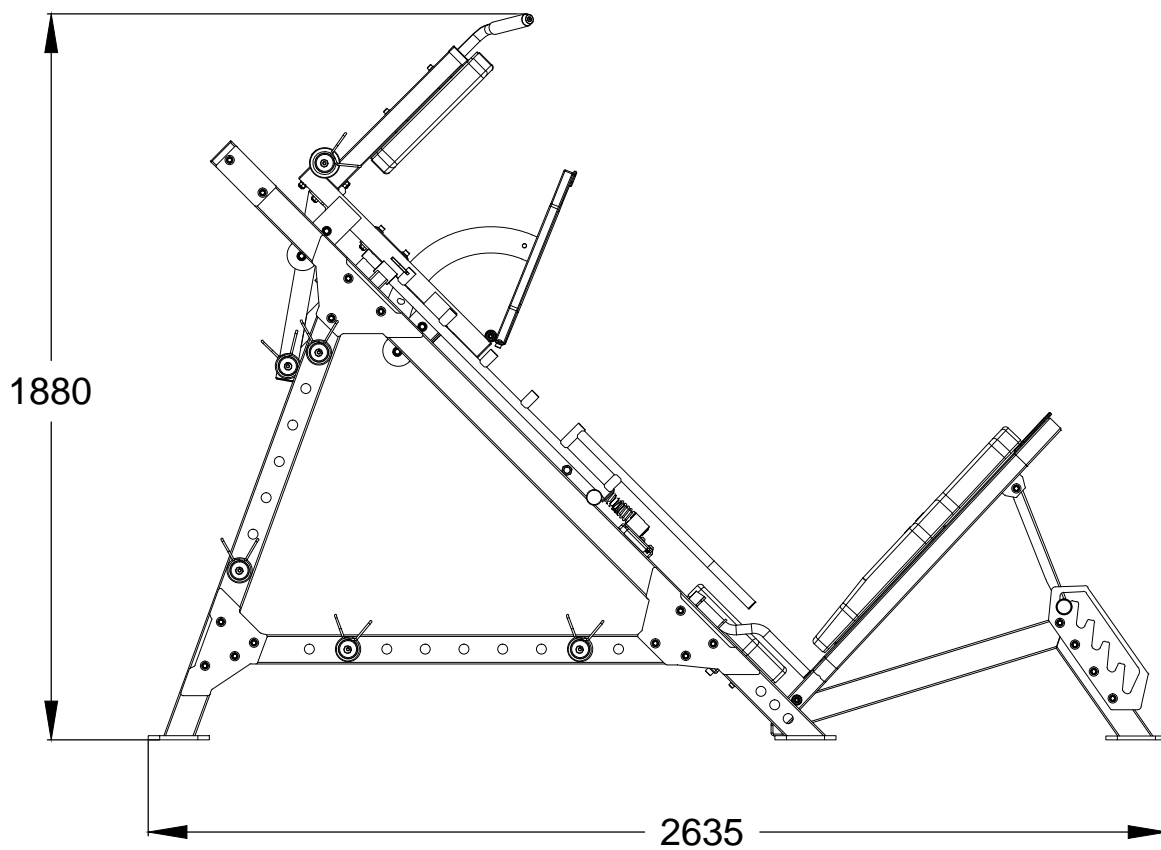
## **Forholdsregler**

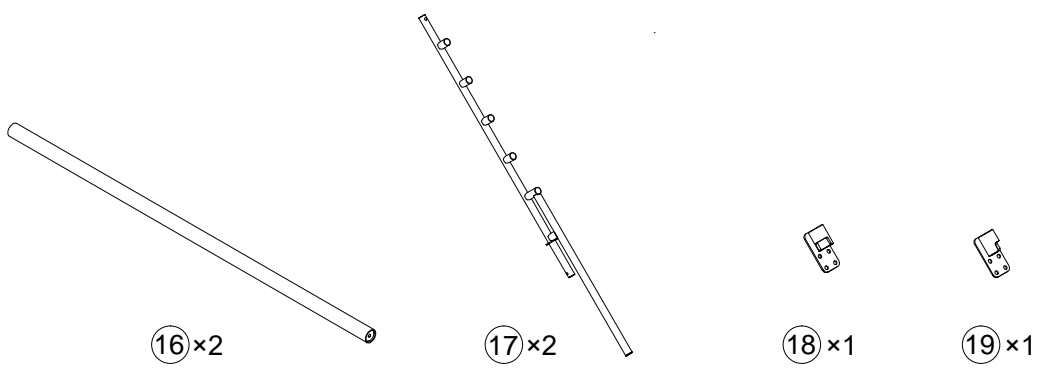
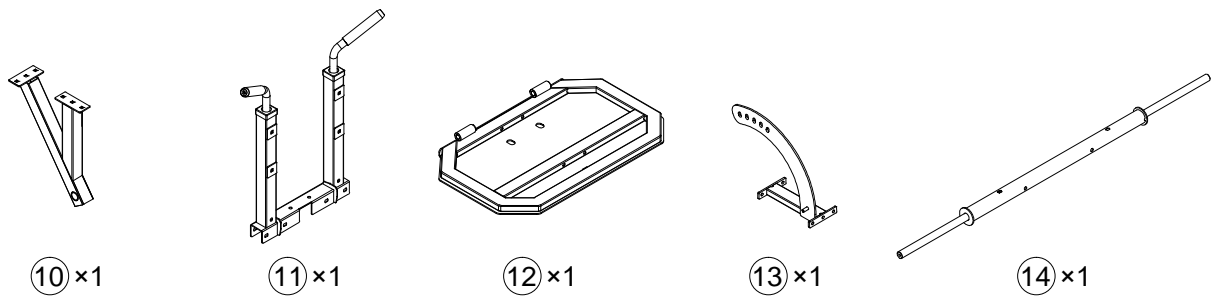
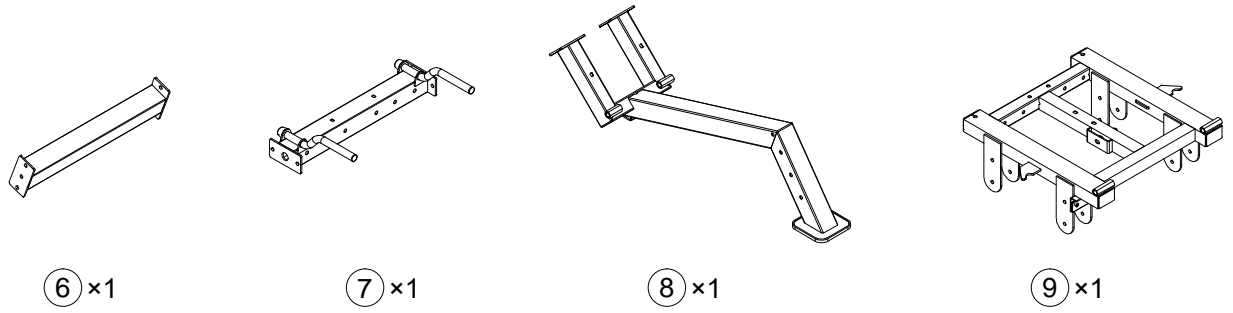
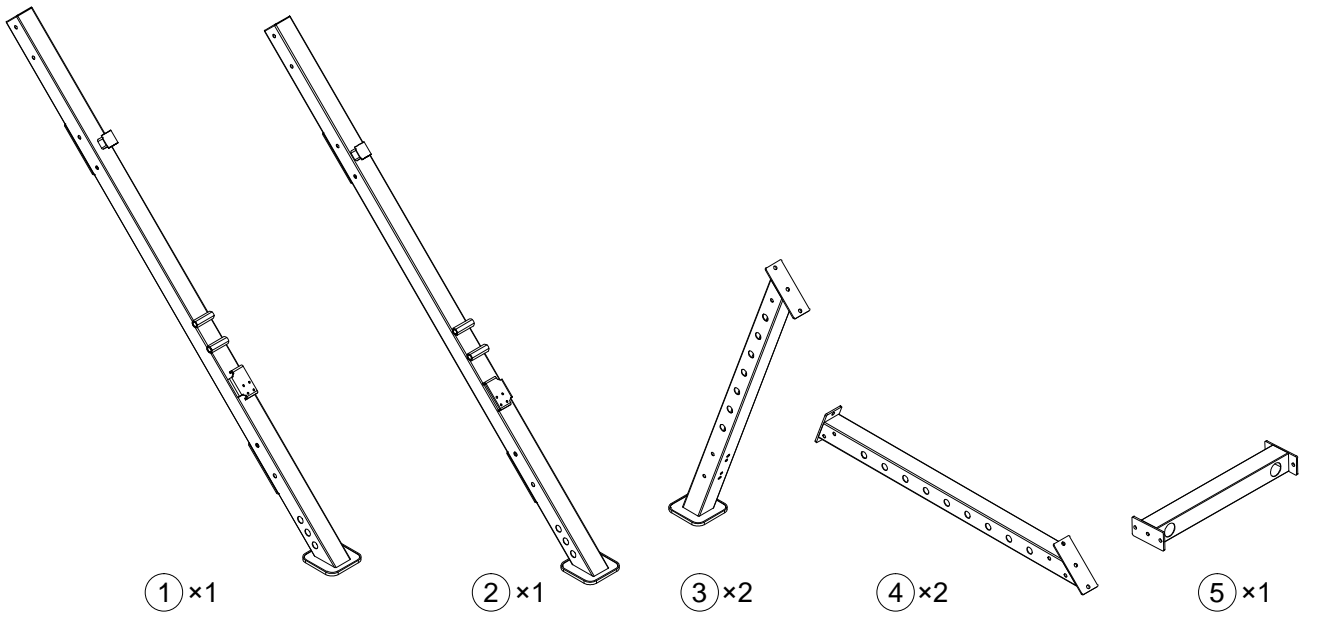
Denne træningsmaskine er bygget til optimal sikkerhed. Der gælder dog visse forholdsregler, når du betjener et træningsudstyr. Sørg for at læse hele manualen, før du samler eller betjener din maskine. Bemærk især følgende sikkerhedsforanstaltninger:

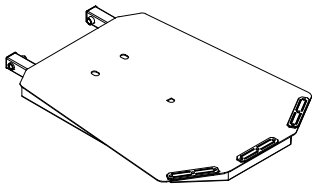
1. Hold altid børn og kæledyr væk fra maskinen. EFTERLAD IKKE børn uden opsyn i samme rum med maskinen.
2. Kun én person ad gangen bør bruge maskinen.
3. Hvis brugeren oplever svimmelhed, kvalme, brystmerter eller andre unormale symptomer, STOP træningen med det samme. KONSULTER STRAKS EN LÆGE.
4. Placer maskinen på en ren, jævn overflade. BRUG IKKE maskinen i nærheden af vand eller udendørs.
5. Hold hænderne væk fra alle bevægelige dele.
6. Bær altid passende træningstøj, når du træner. BÆR IKKE morgenkåbe eller andet tøj, der kan blive fanget i maskinen. Løbe eller sportssko er også påkrævet, når du bruger maskinen.
7. Brug kun maskinen til dens tilsigtede brug som beskrevet i denne vejledning. Brug IKKE tilbehør, der ikke er anbefalet af producenten.
8. Anbring ikke skarpe genstande omkring maskinen.
9. Handicappede personer bør ikke bruge maskinen uden en kvalificeret person eller læge til stede.
10. Før du bruger maskinen til at træne, skal du altid lave strækøvelser for at blive varmet ordentligt op.
11. Betjen aldrig maskinen, hvis maskinen ikke fungerer korrekt.

**ADVARSEL: SNAK MED DIN LÆGE, FØR DU BEGYNDER ET TRÆNINGSPROGRAM. DETTE ER SÆRLIG VIGTIGT FOR PERSONER OVER 35 ÅR ELLER PERSONER MED EKSISTERENDE SUNDHEDSPROBLEMER. LÆS ALLE INSTRUKTIONER, FØR DU BRUGER ETHVERT FITNESSUDSTYR. VI PÅTAGER OS INTET ANSVAR FOR PERSONSKADE ELLER EJENDOMSSKADE SKET VED BRUGEN AF DETTE PRODUKT. GEM DISSE INSTRUKTIONER.**

Samlet dimensioner: 2635mm×1520mm×1880mm



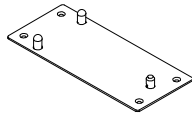




20×1



21×1



22×1



23×2



24×2



25×8



26×1



27×2



28×2



29×2



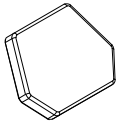
30×2



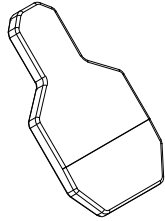
31×2



32×1



33×1



34×1



35×2



38×2



39×10



40×2



41×12



45×1



47×2



50×8



53×2



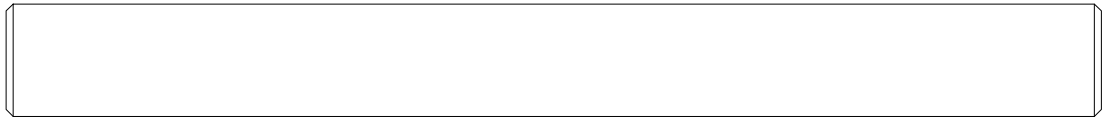
55×8



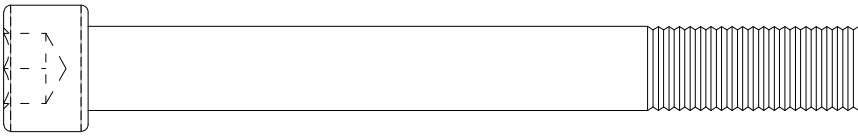
56×2



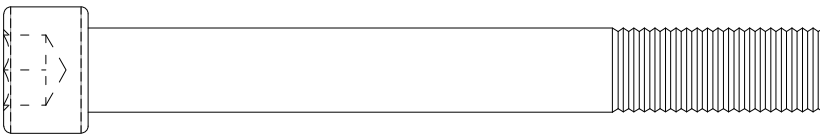
57×1



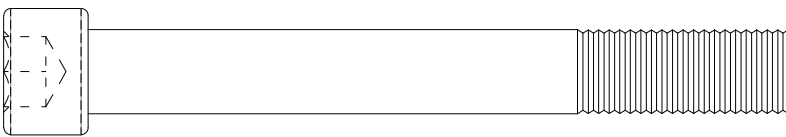
④③ × 2



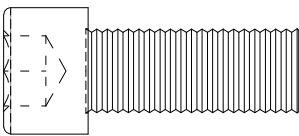
⑤⑧ × 9



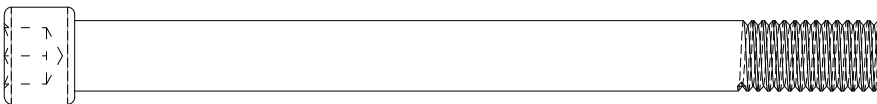
⑤⑨ × 20



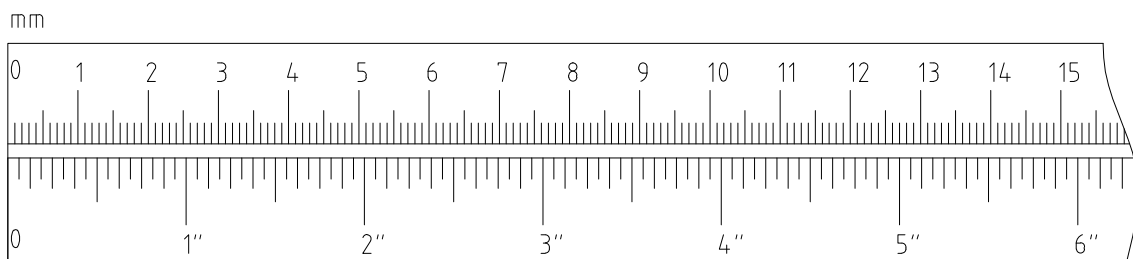
⑥0 × 14



⑥1 × 12

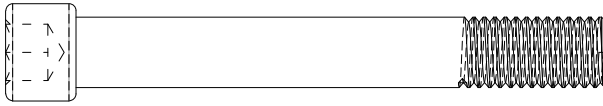


⑥2 × 4

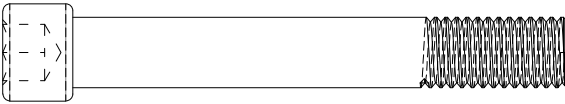




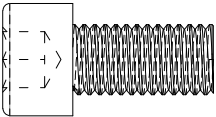
63 × 2



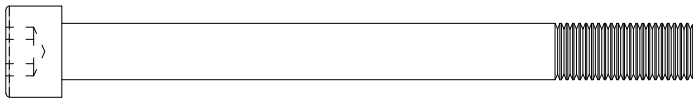
64 × 2



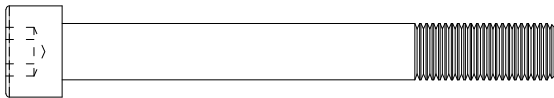
65 × 10



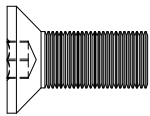
66 × 8



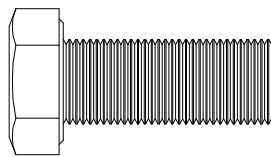
67 × 4



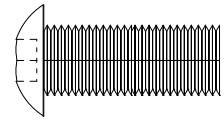
68 × 4



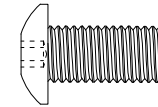
72 × 4



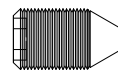
77 × 4



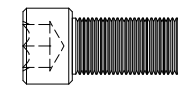
73 × 12



74 × 8

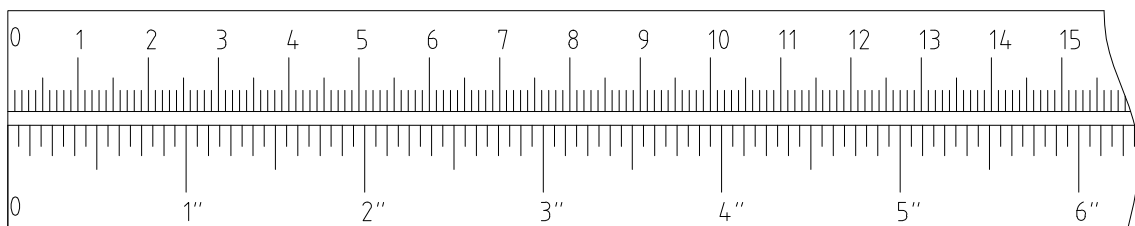


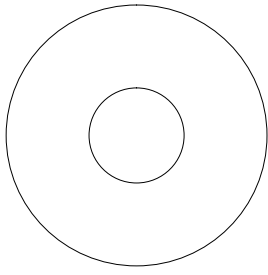
75 × 1



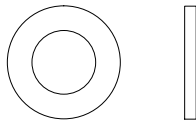
76 × 2

mm

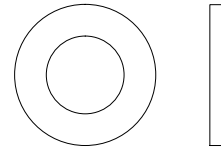




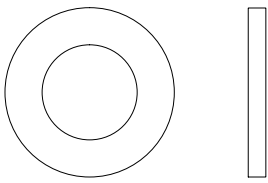
⑦8 × 14



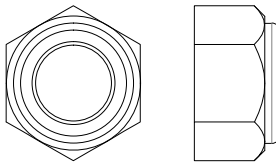
⑦9 × 16



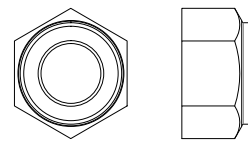
⑧0 × 40



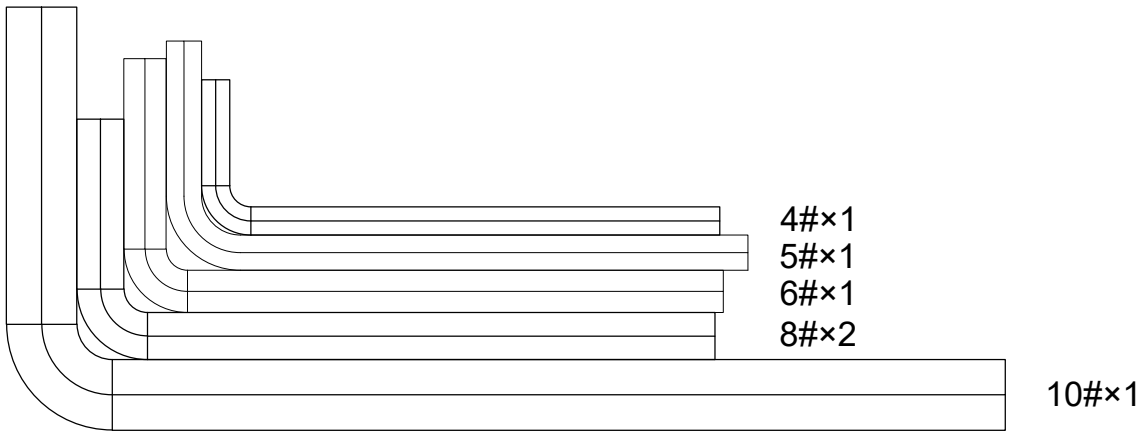
⑧1 × 88



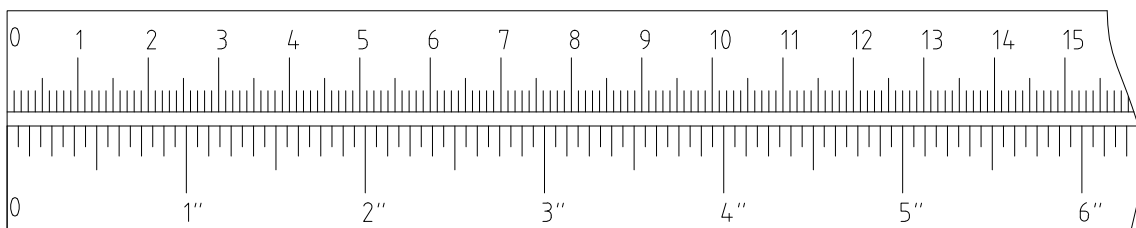
⑧2 × 43



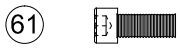
⑧3 × 16



mm







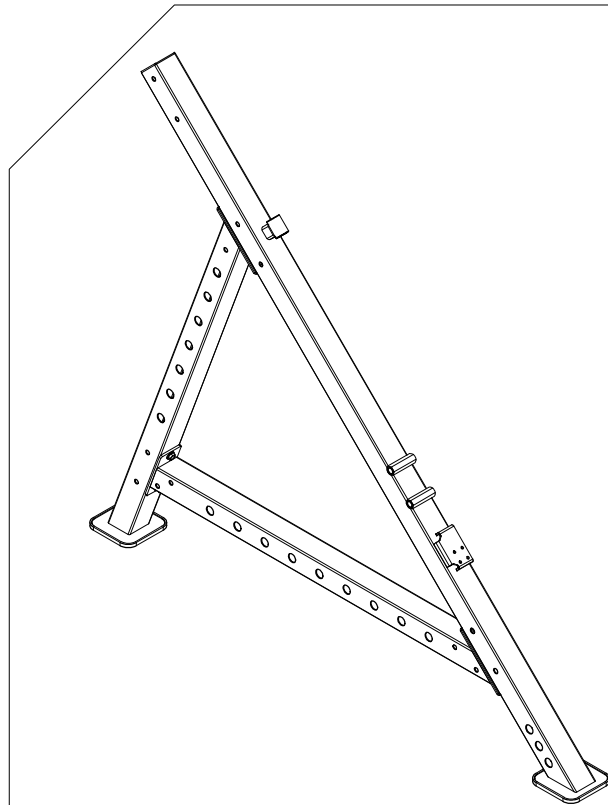
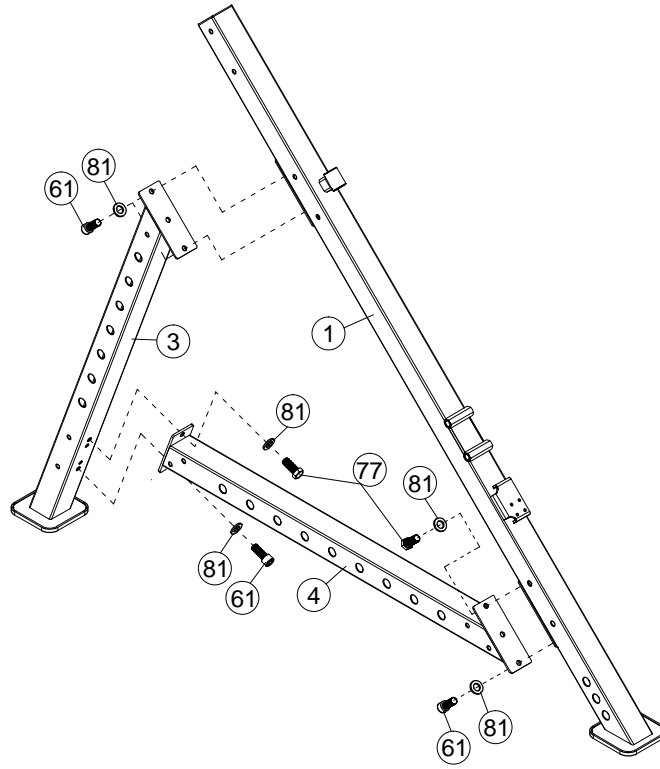
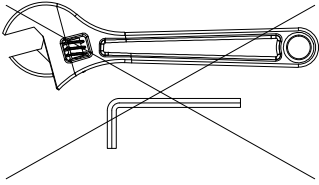
×4 M12×30mm



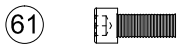
×6 Φ12



×2 M12×30mm



1



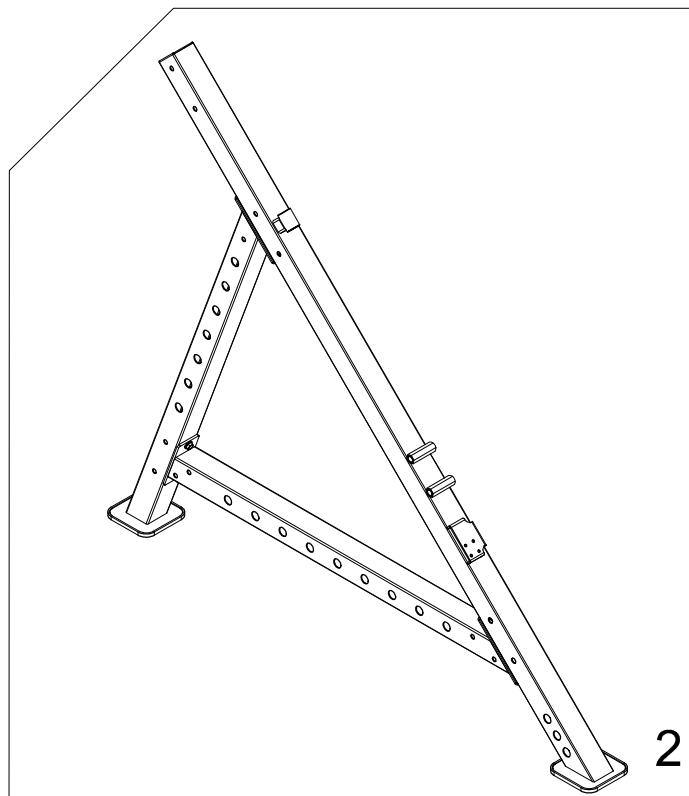
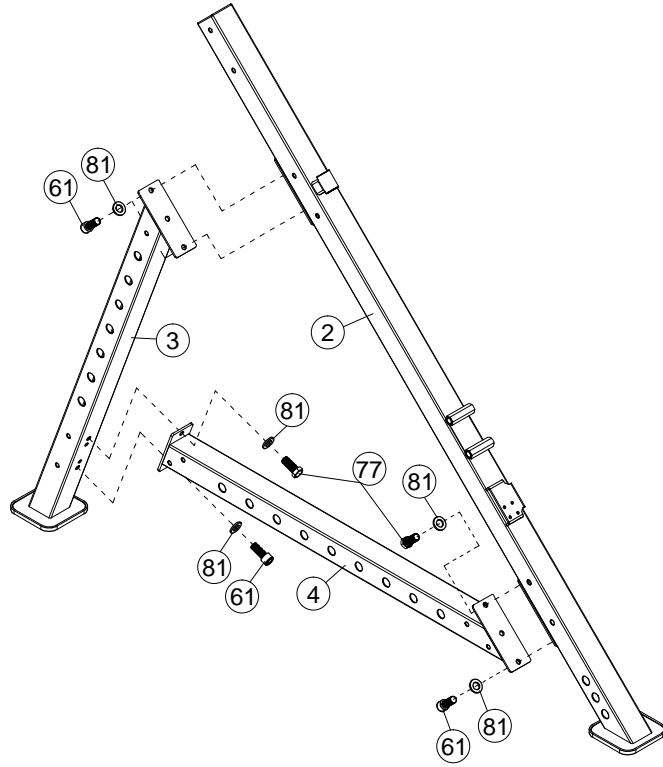
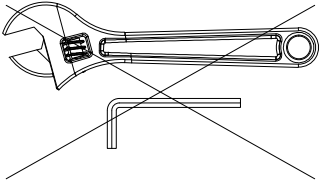
×4 M12×30mm

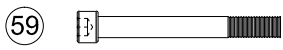


×6 Φ12



×2 M12×30mm

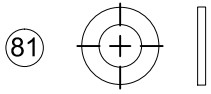




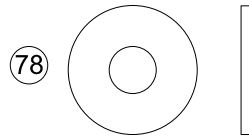
×4 M12×105mm



×4 M12×100mm



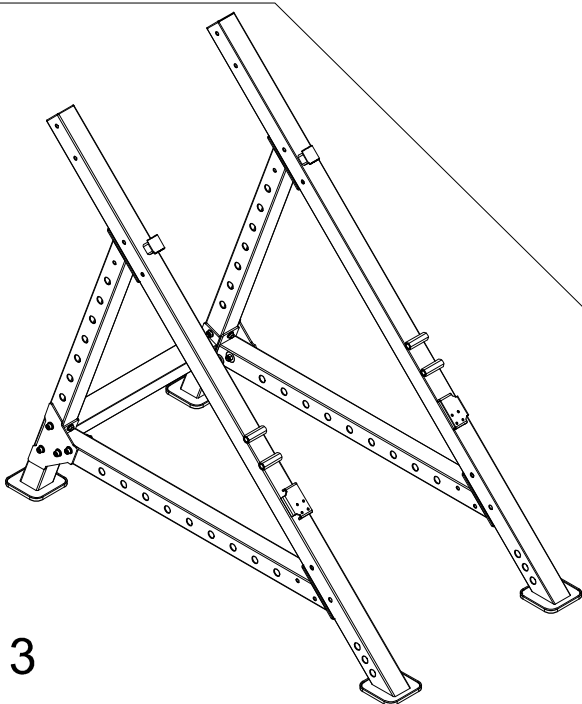
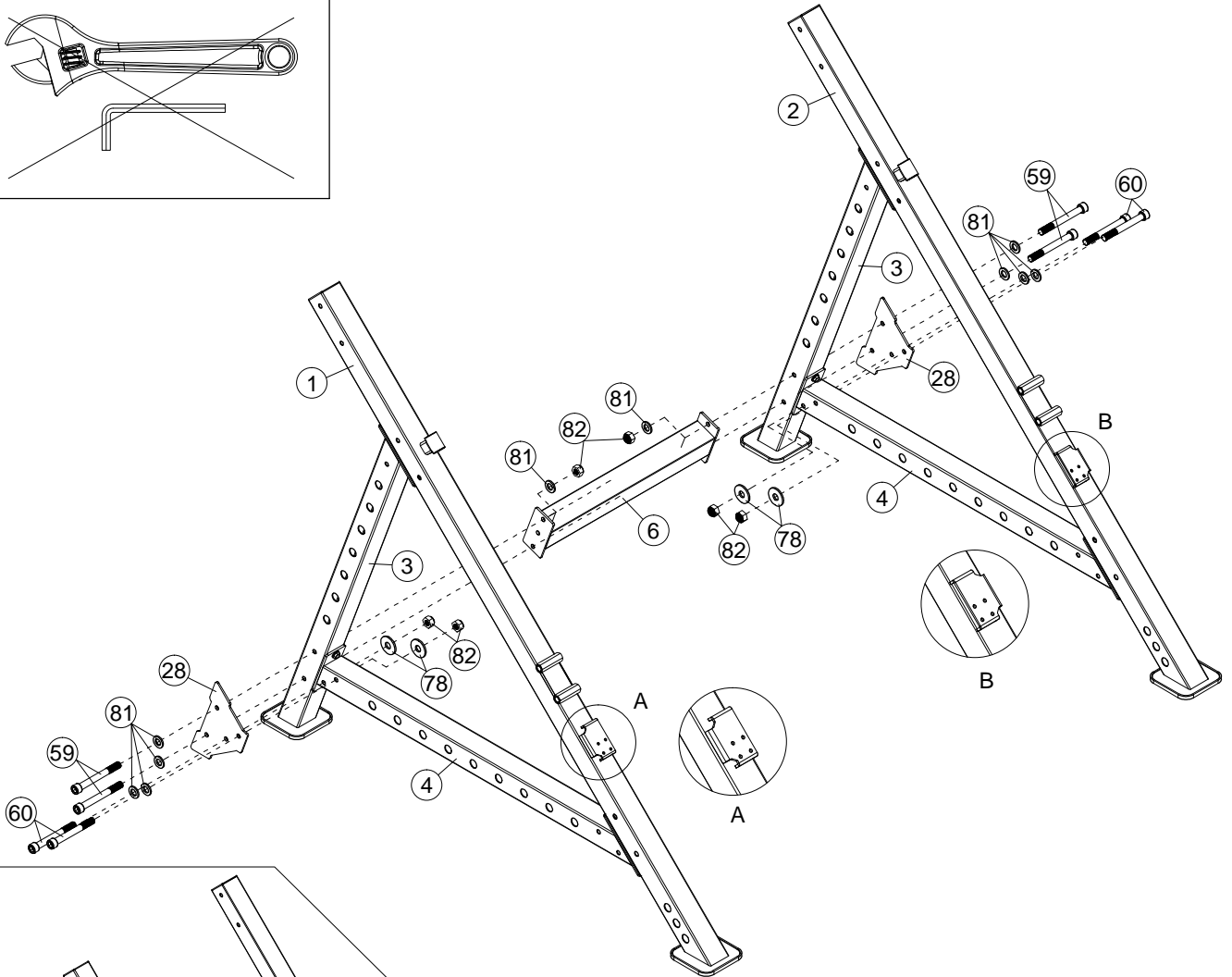
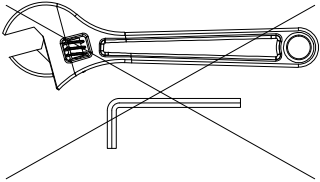
×12 Φ12



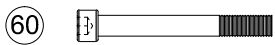
×4 Φ37×Φ13.5



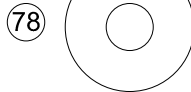
×8 M12



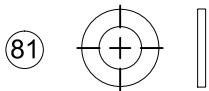
3



×6 M12×100mm



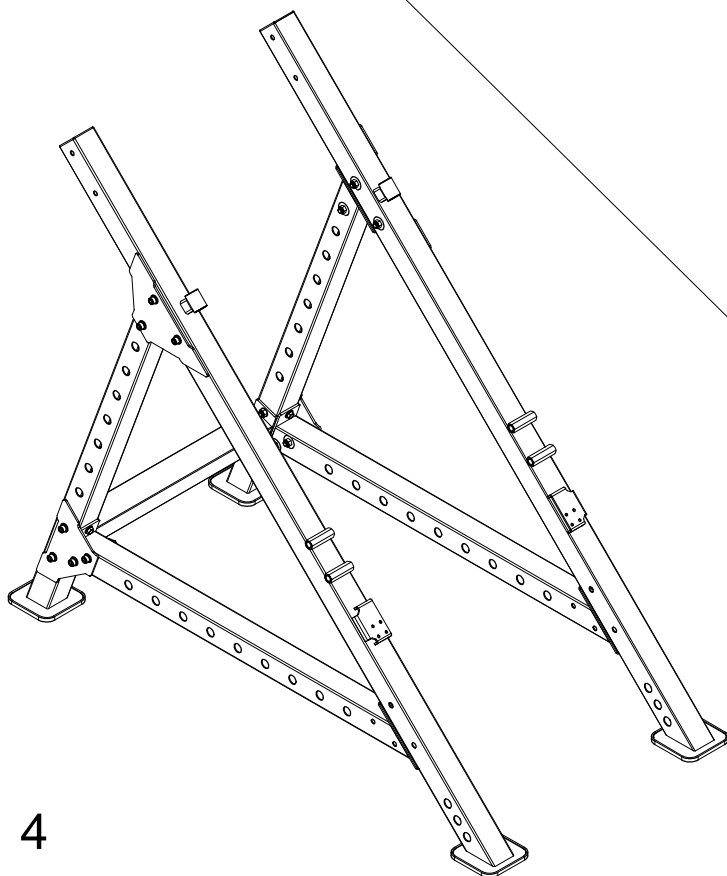
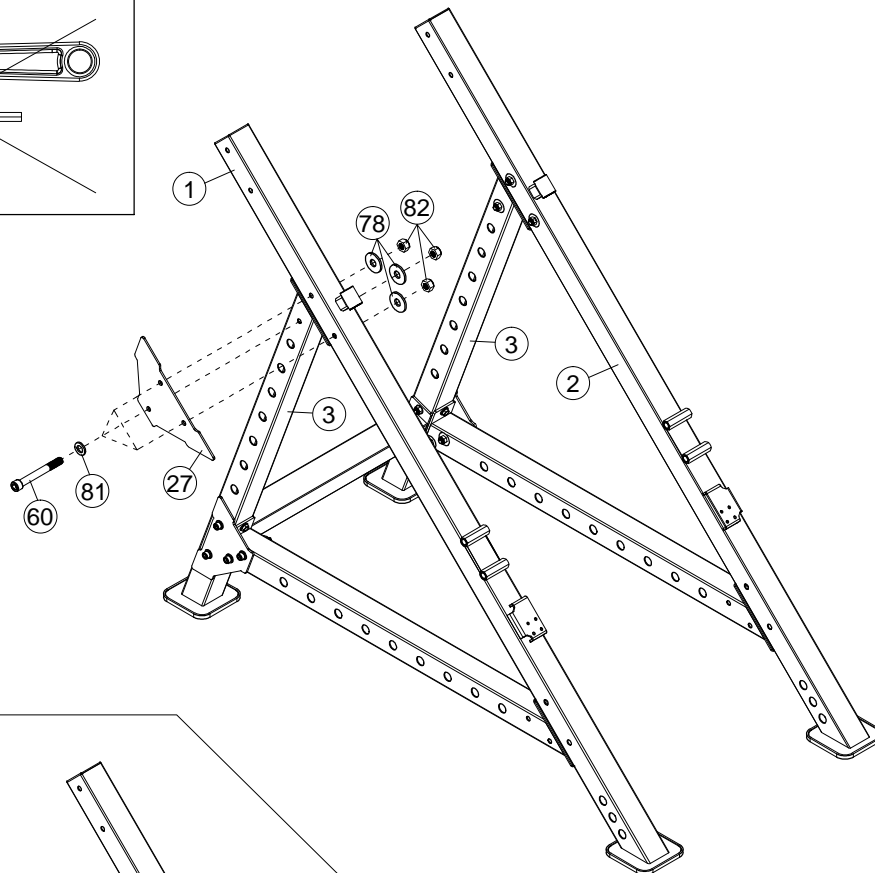
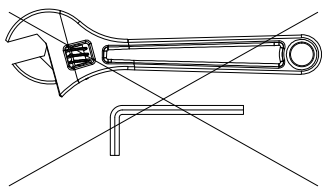
×6  $\Phi 37 \times \Phi 13.5$



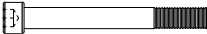


×6  $\Phi 12$

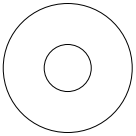
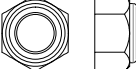


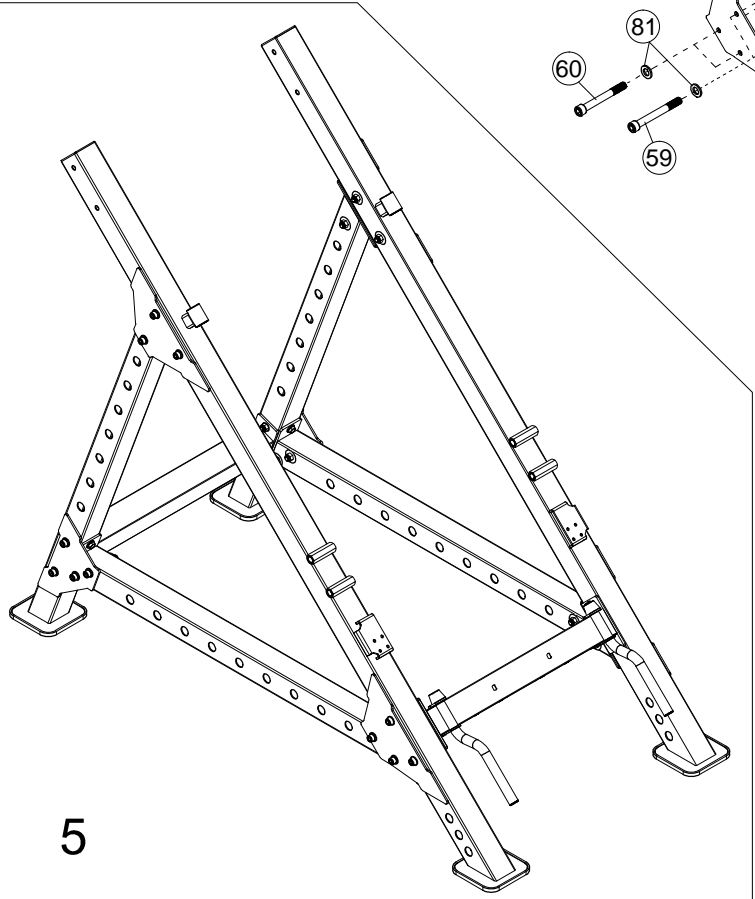
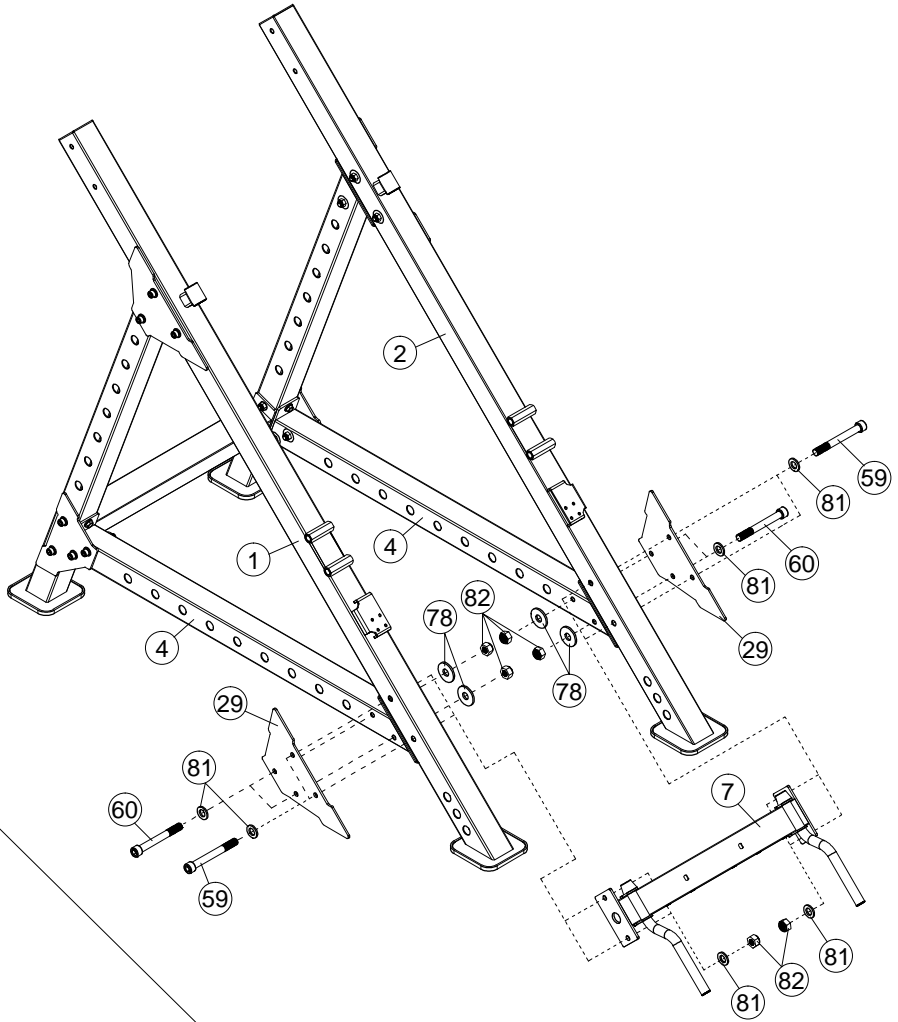
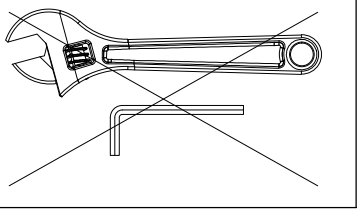
×6 M12

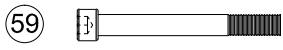


4

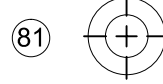
- ⑤⑨  ×4 M12×105mm
- ⑥⑩  ×4 M12×100mm
- ⑧①  ×12 Φ12

- ⑦⑧  ×4 Φ37×Φ13.5
- ⑧②  ×8 M12

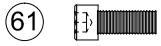




x4 M12x105mm



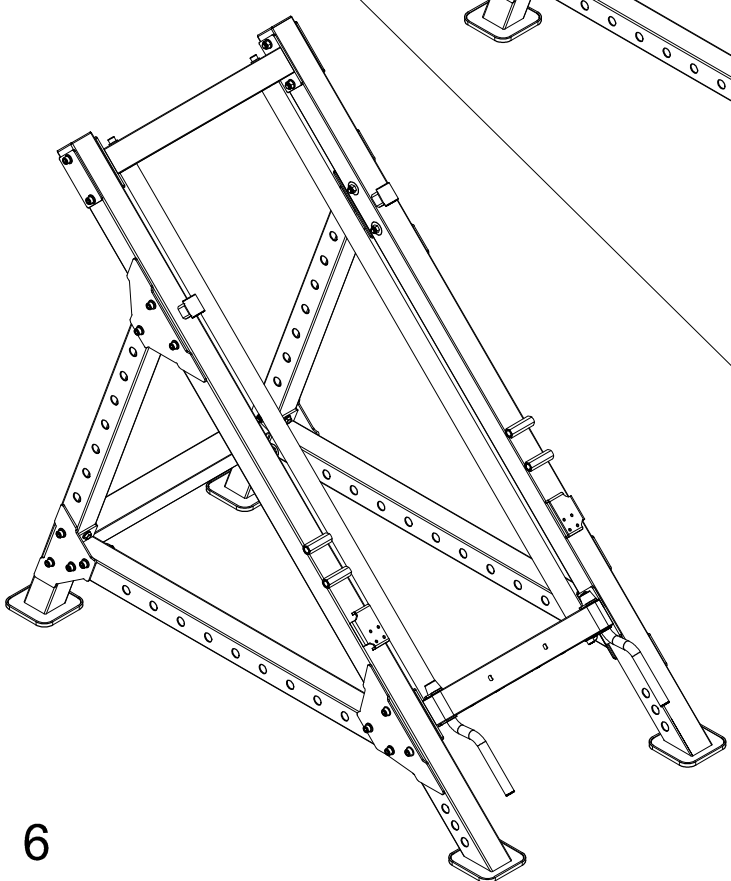
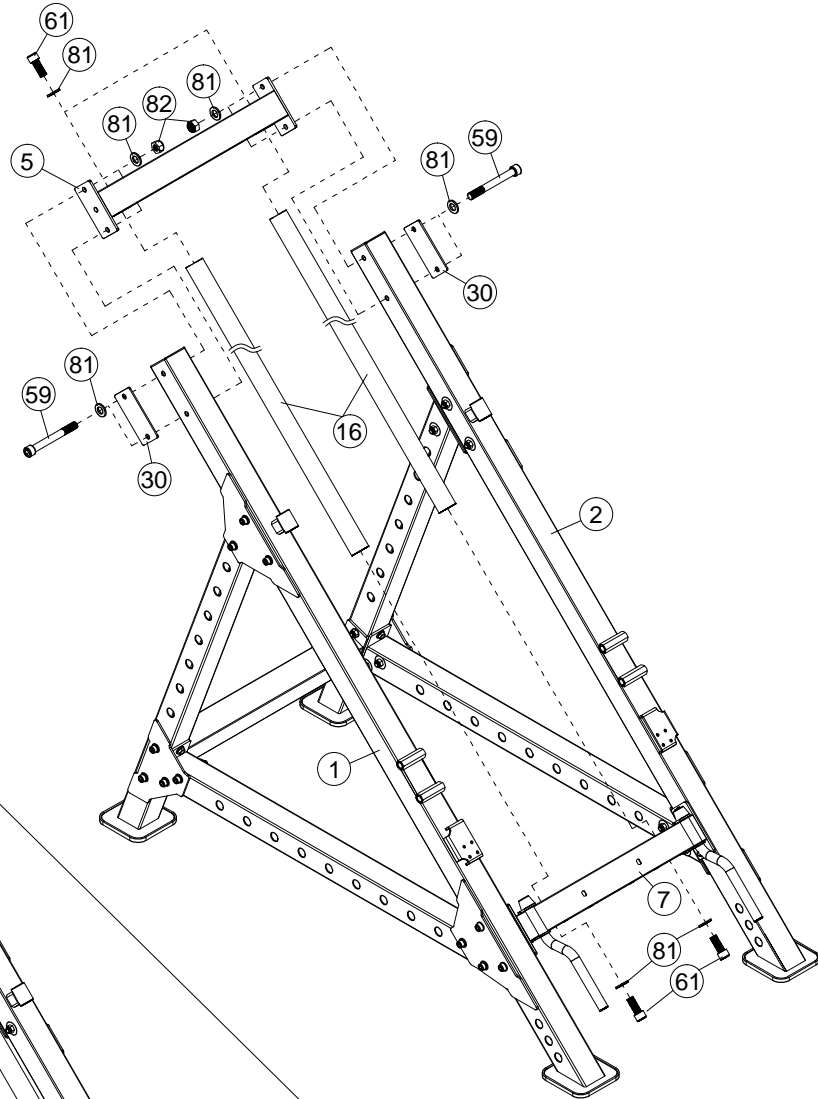
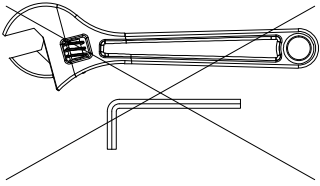
x12 Φ12



x4 M12x30mm



x4 M12

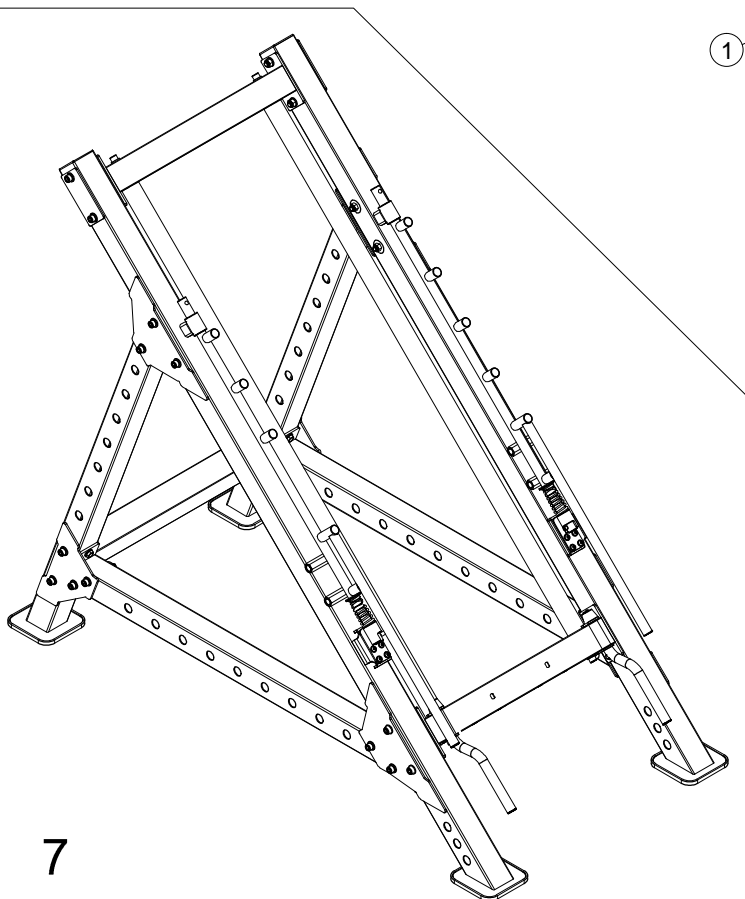
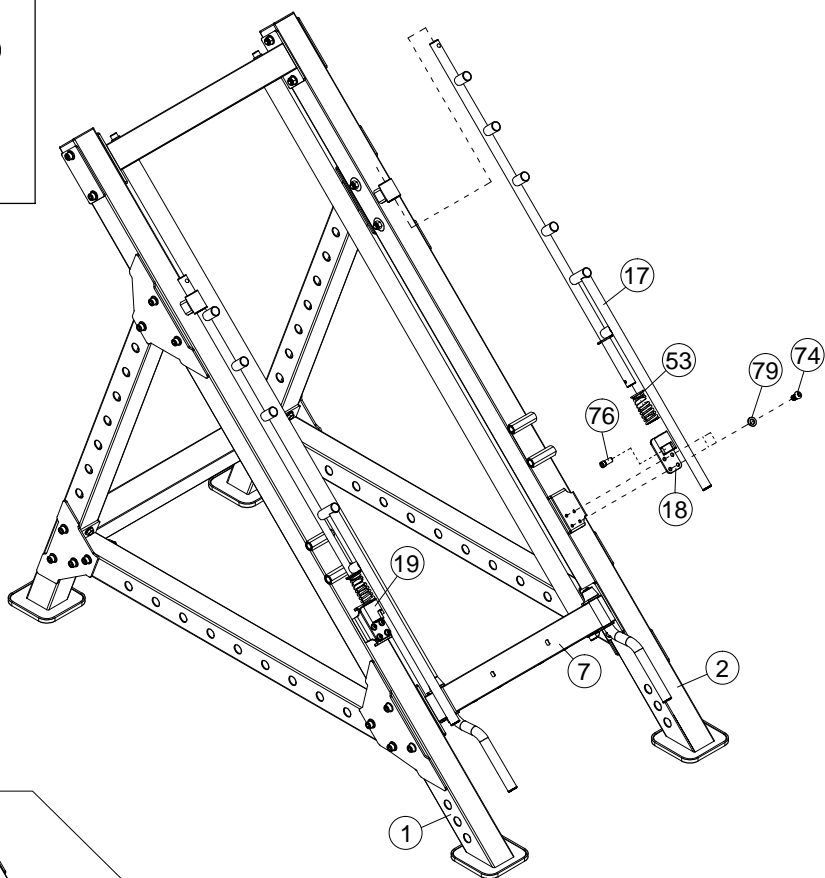
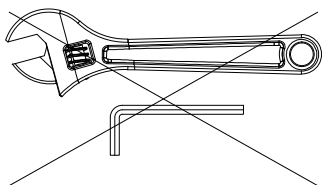


6

74  ×8 M8×16mm

79  ×8 Φ8


76  ×2 M8×16mm

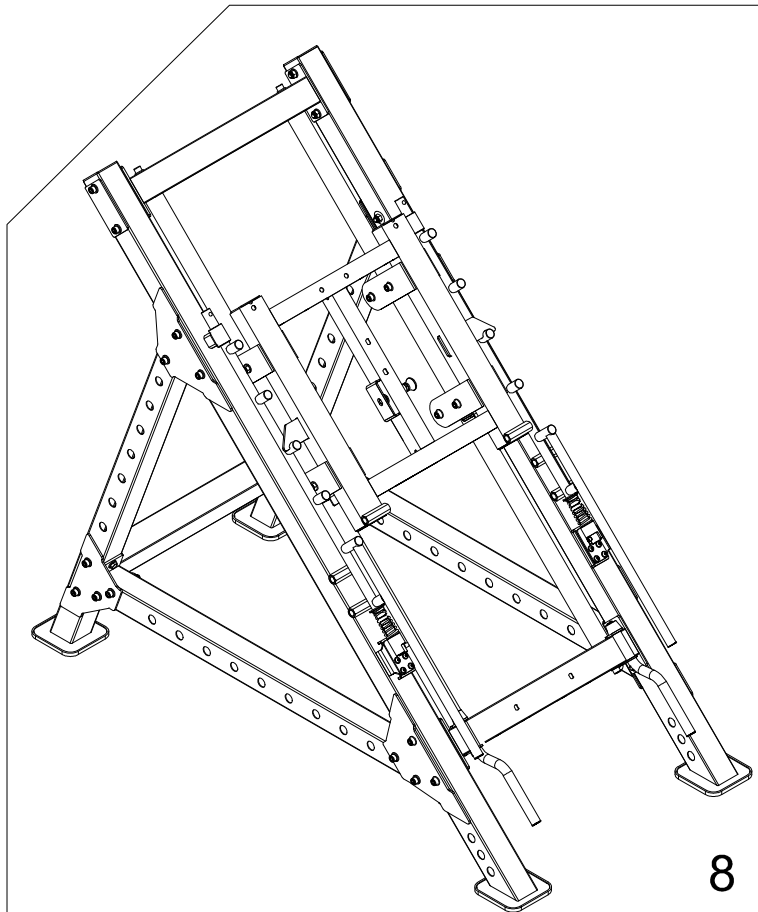
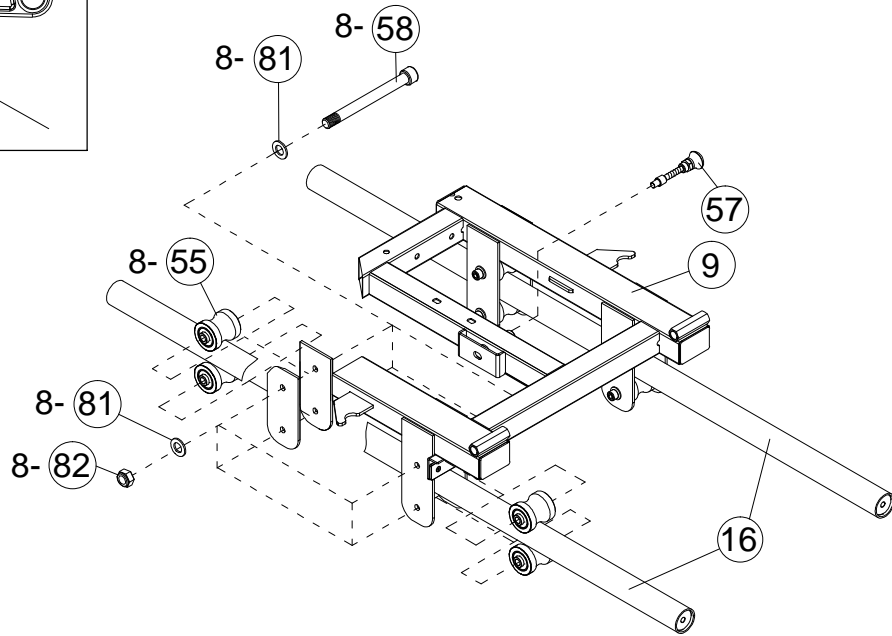
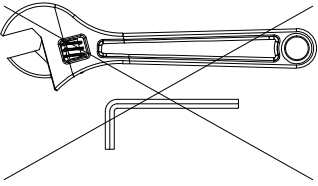


7

58  ×8 M12×110mm

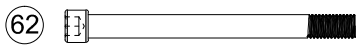
81  ×16 Φ12

82  ×8 M12



8

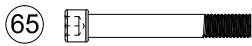




×4 M10×115mm



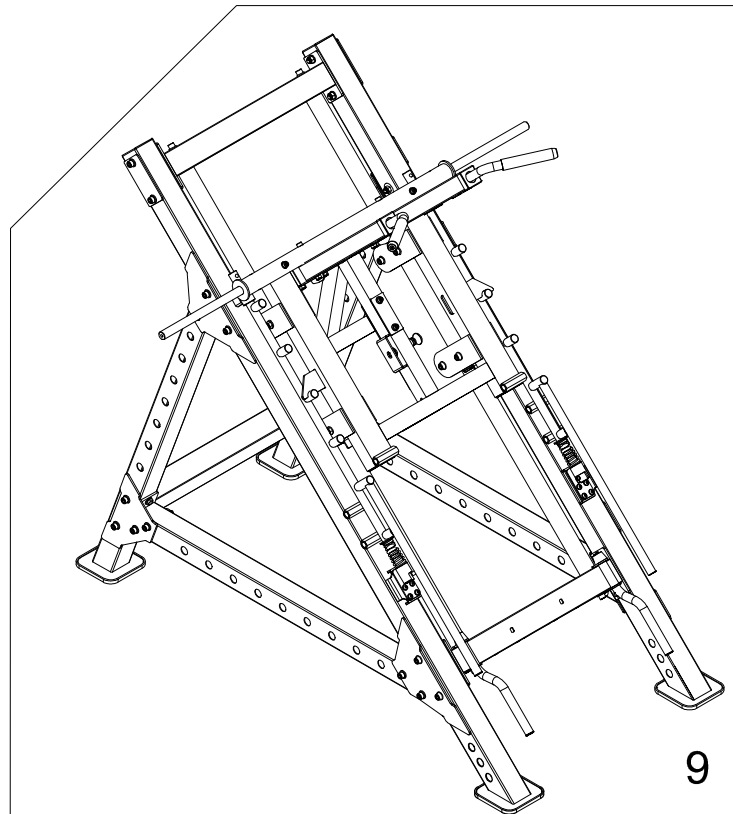
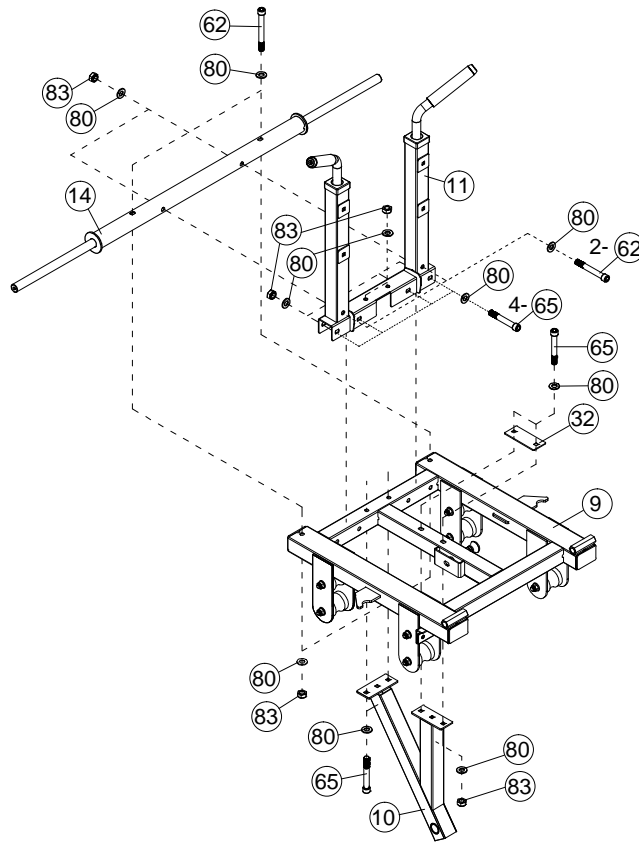
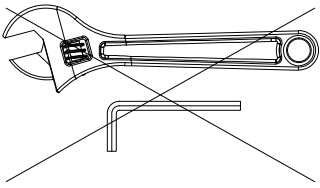
×24 Φ10



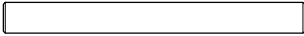




×8 M10×70mm

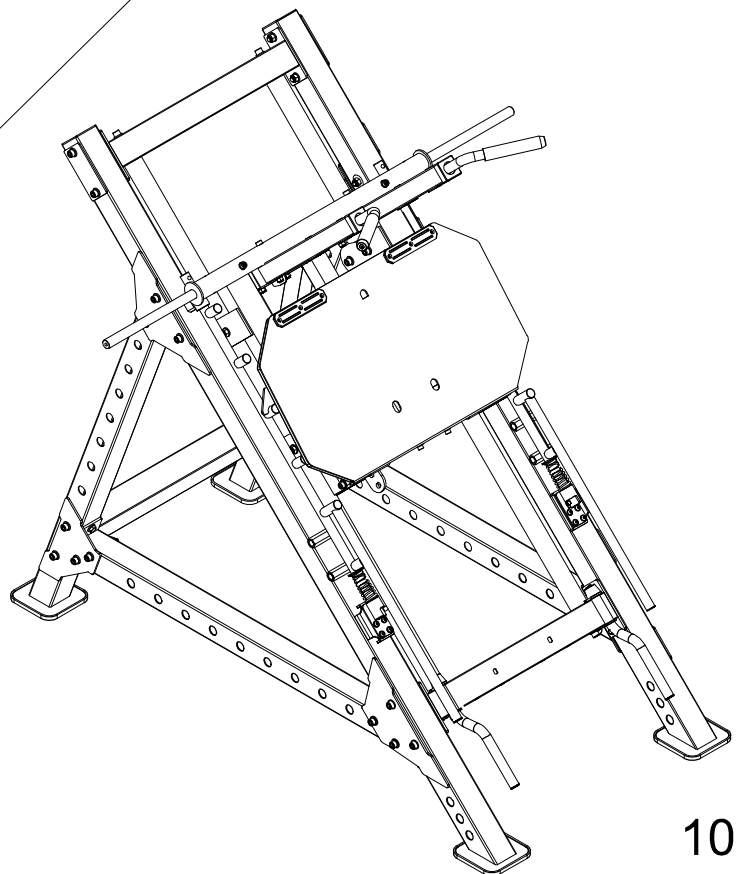
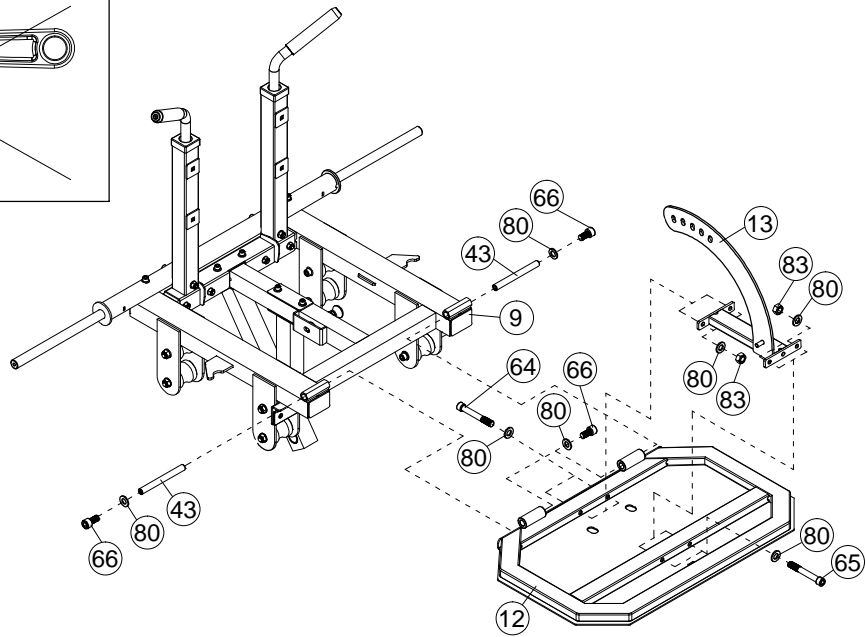
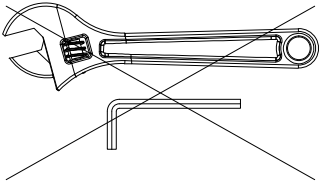


×12 M10



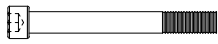
9

- |    |   |    |               |    |   |     |          |
|----|---|----|---------------|----|---|-----|----------|
| ④3 |  | ×2 | φ16×M10×156mm | ⑥6 |  | ×4  | M10×20mm |
| ⑥4 |  | ×2 | M10×75mm      | ⑧0 |  | ×12 | Φ10      |
| ⑥5 |  | ×2 | M10×70mm      | ⑧3 |  | ×4  | M10      |



10

59



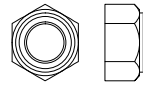
×8 M12×105mm

81

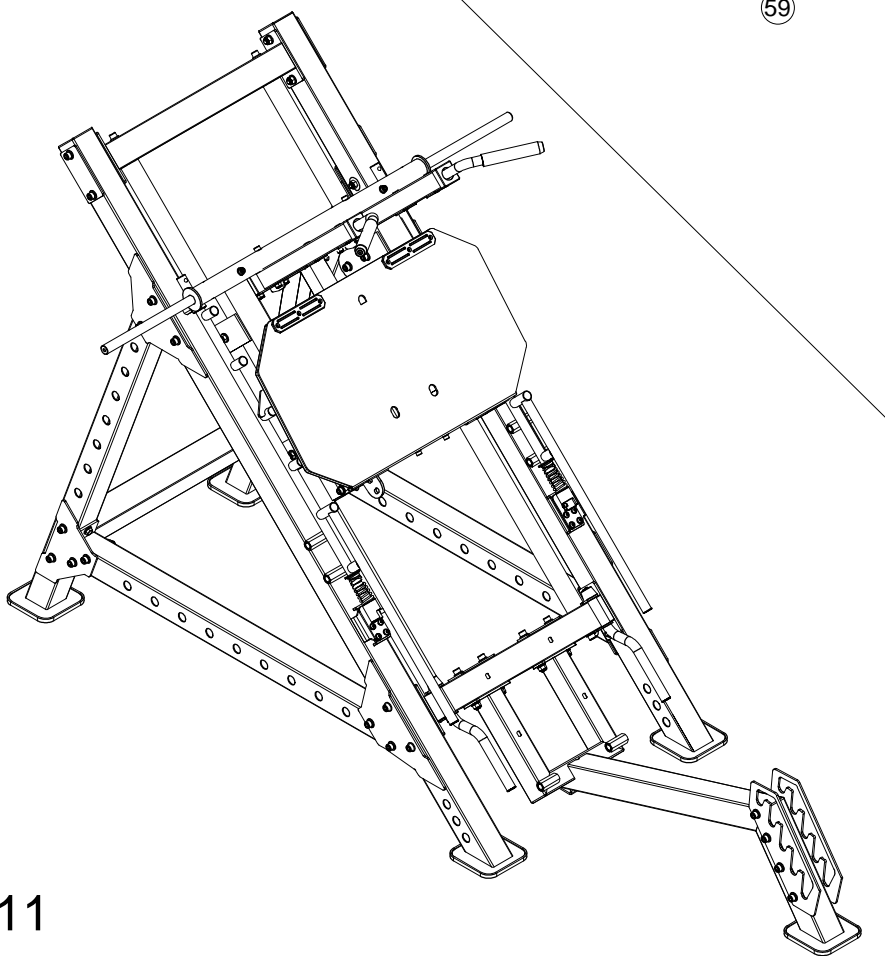
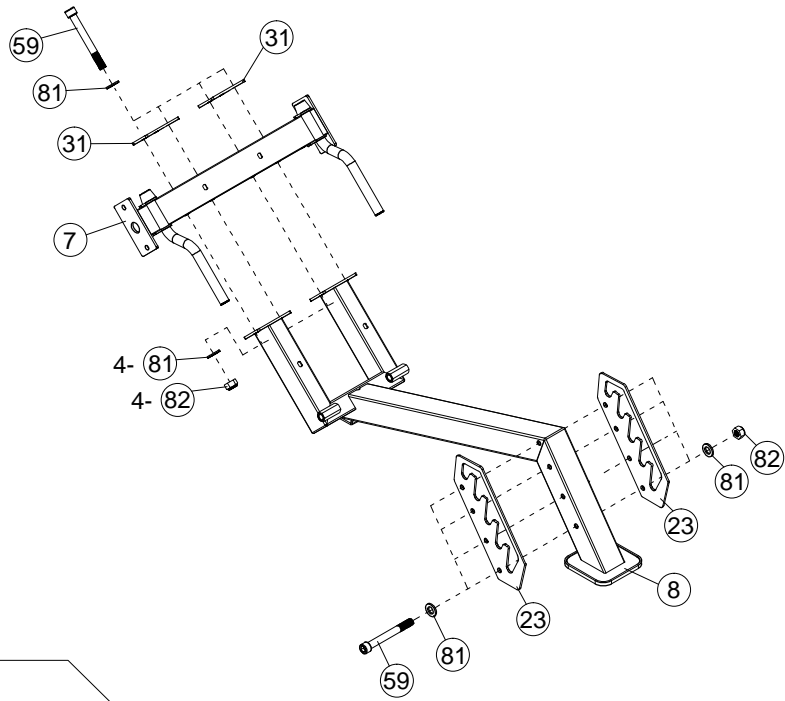
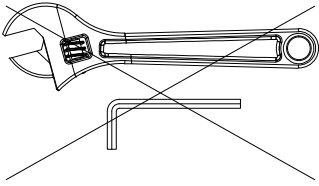


×16 Φ12

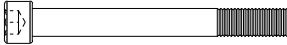





82

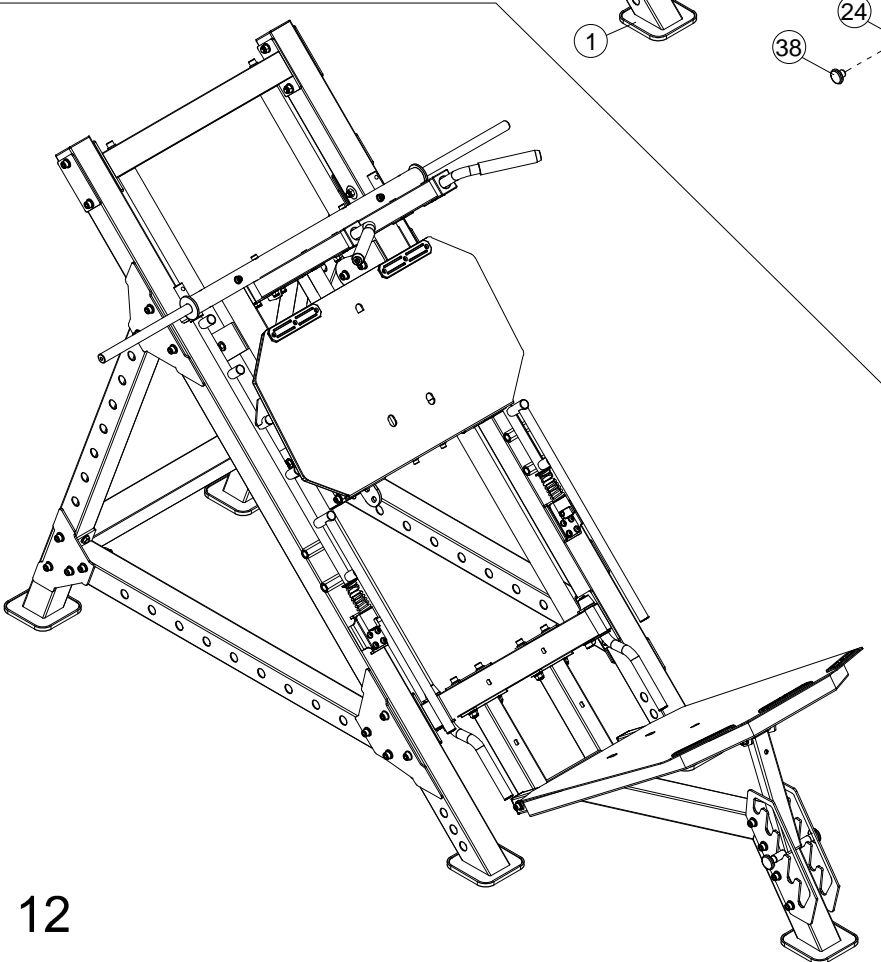
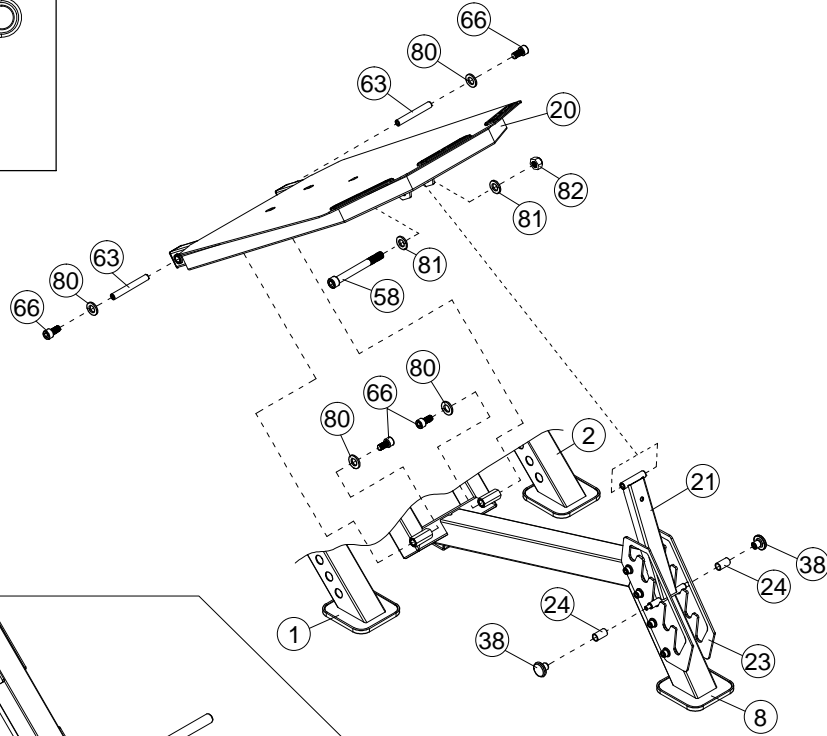
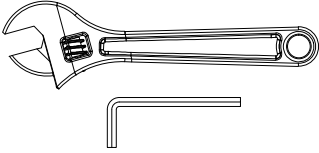


×8 M12

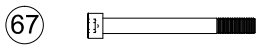


11

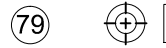
58		x1	M12x110mm	80		x4	Φ10
63		x2	φ16xM10x127mm	81		x2	Φ12
66		x4	M10x20mm	82		x1	M12



12



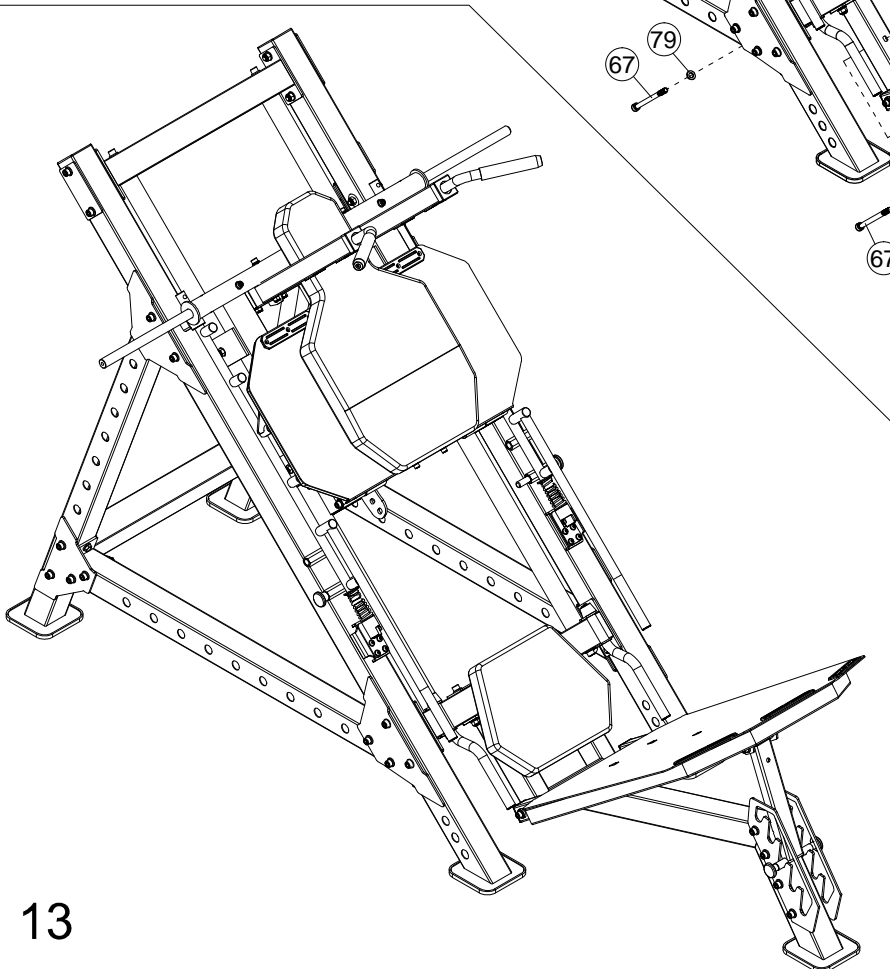
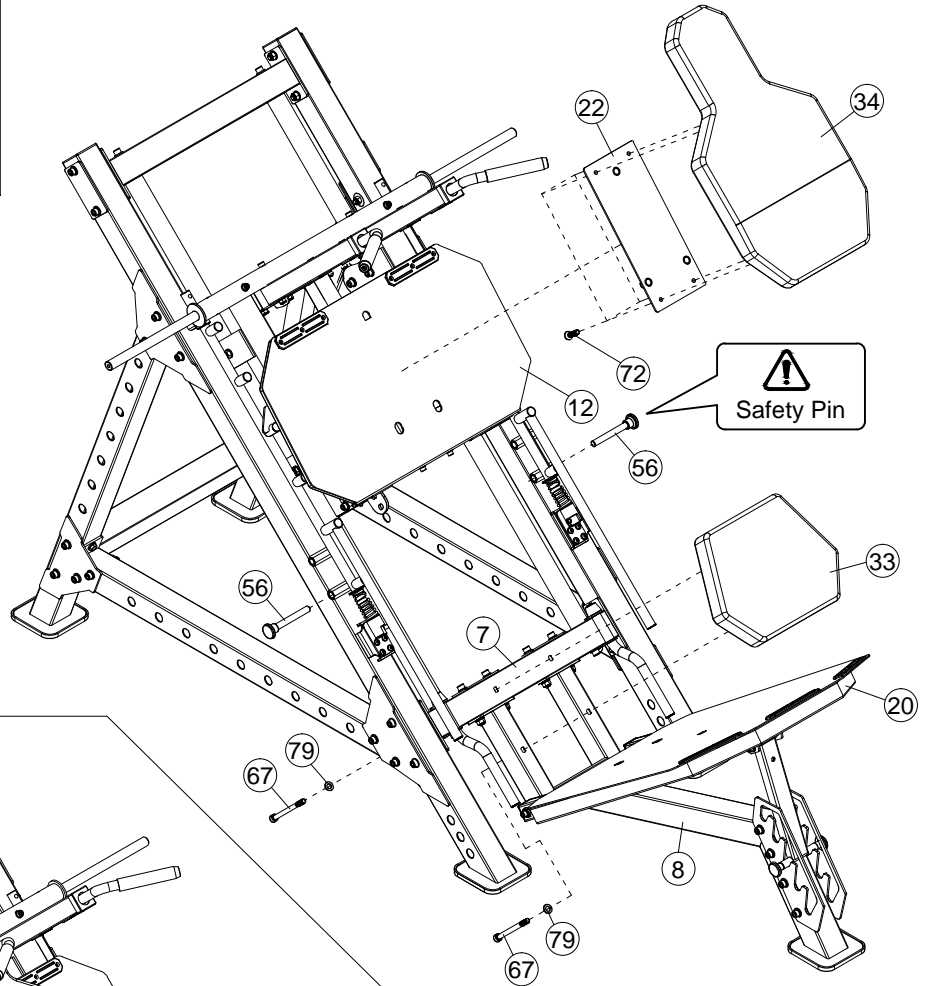
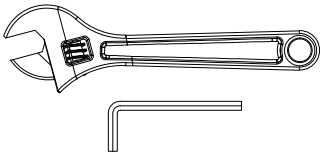
×4 M8×90mm



×4 Φ8

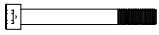


×4 M8×20mm



13

68

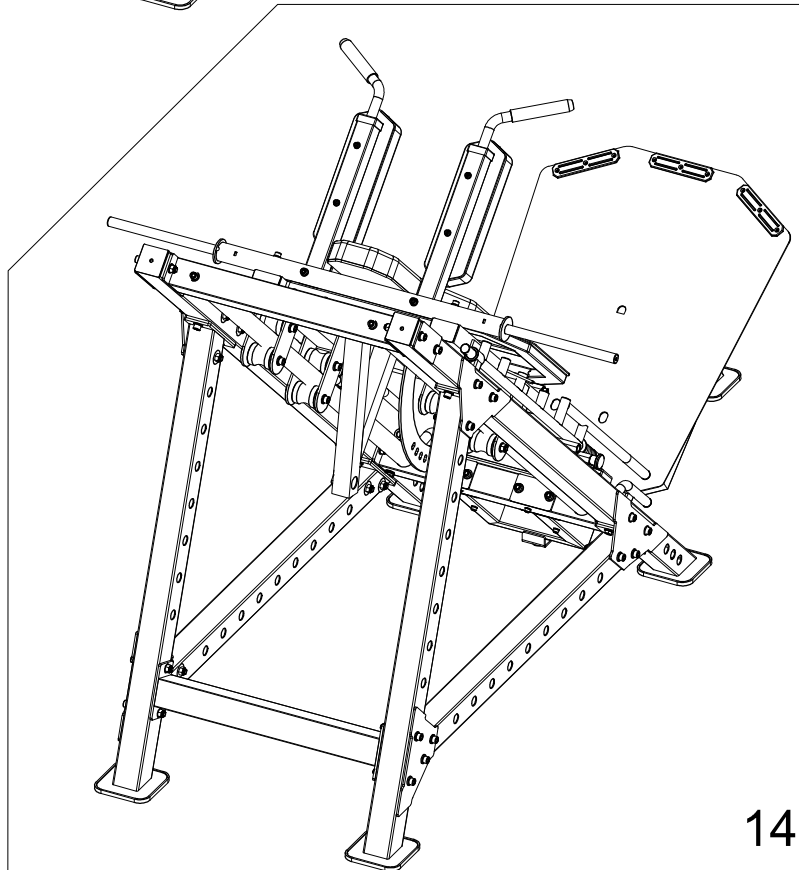
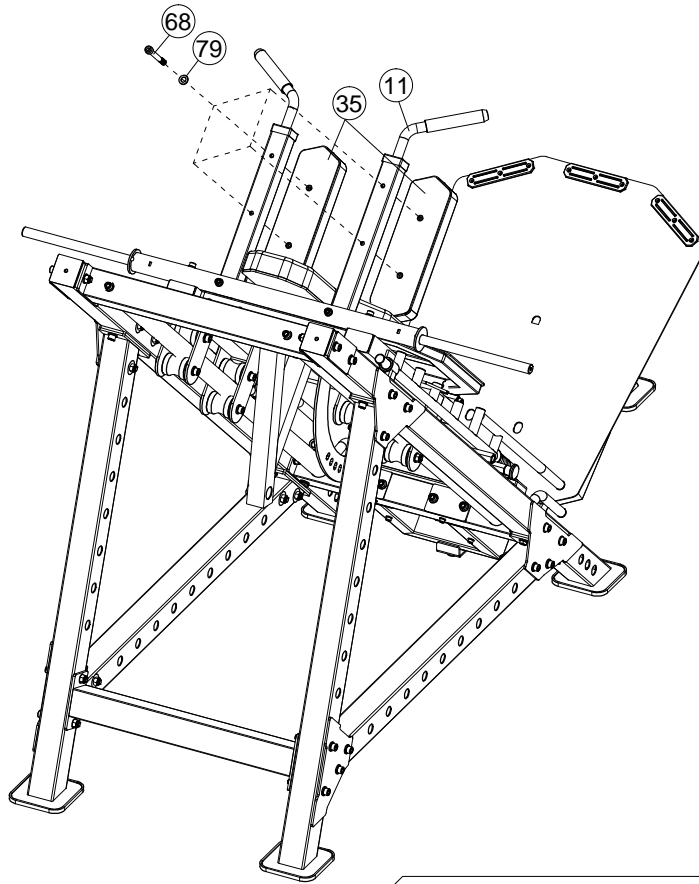
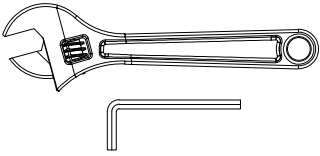


×4 M8×70mm

79



×4 Φ8



14

73

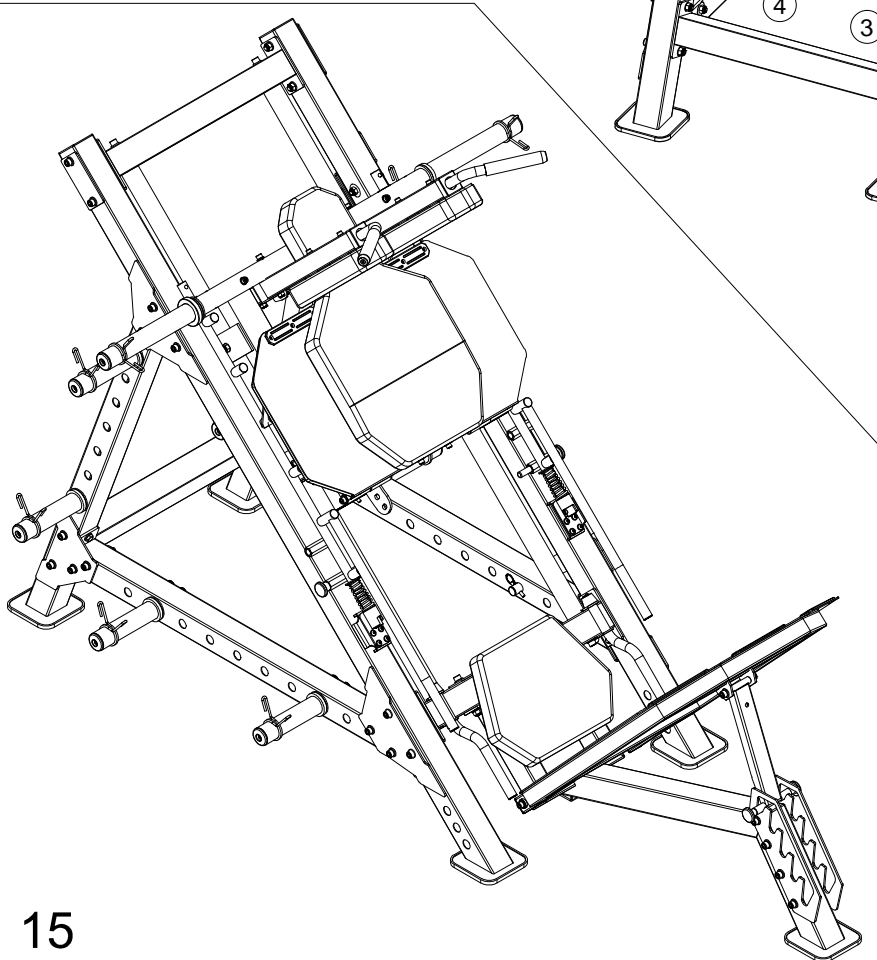
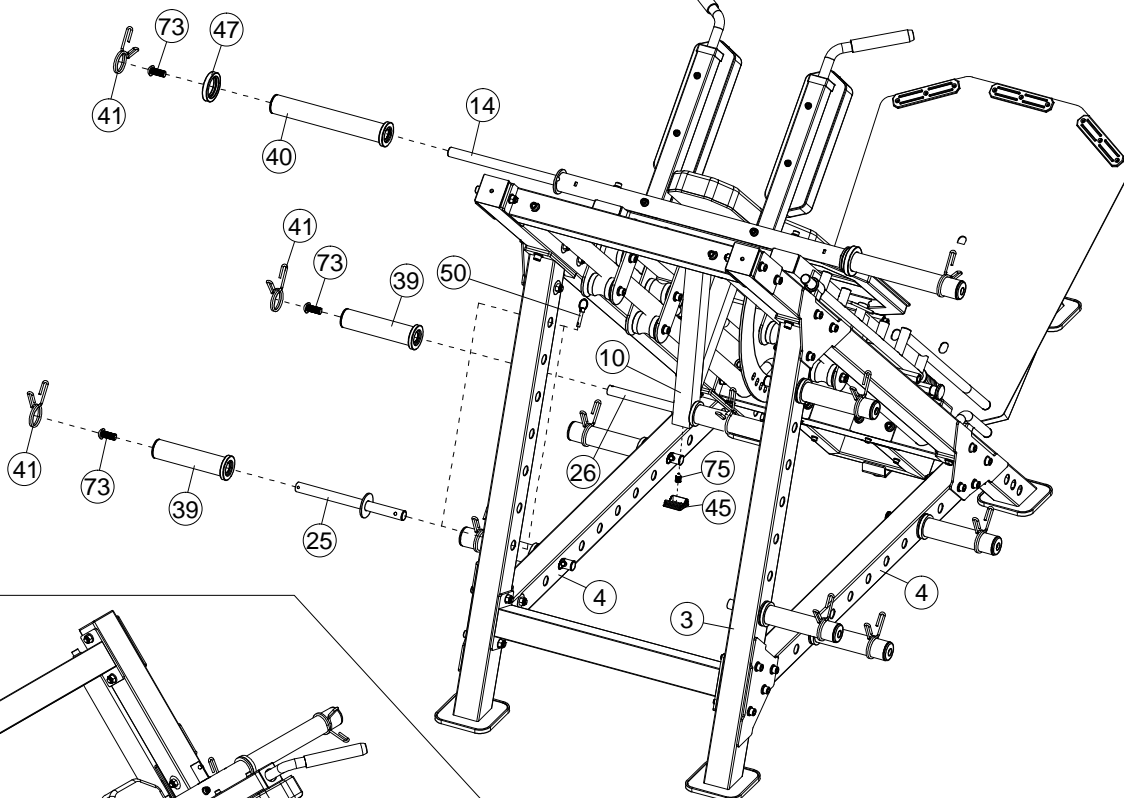
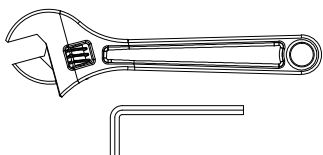


x12 M10x25mm

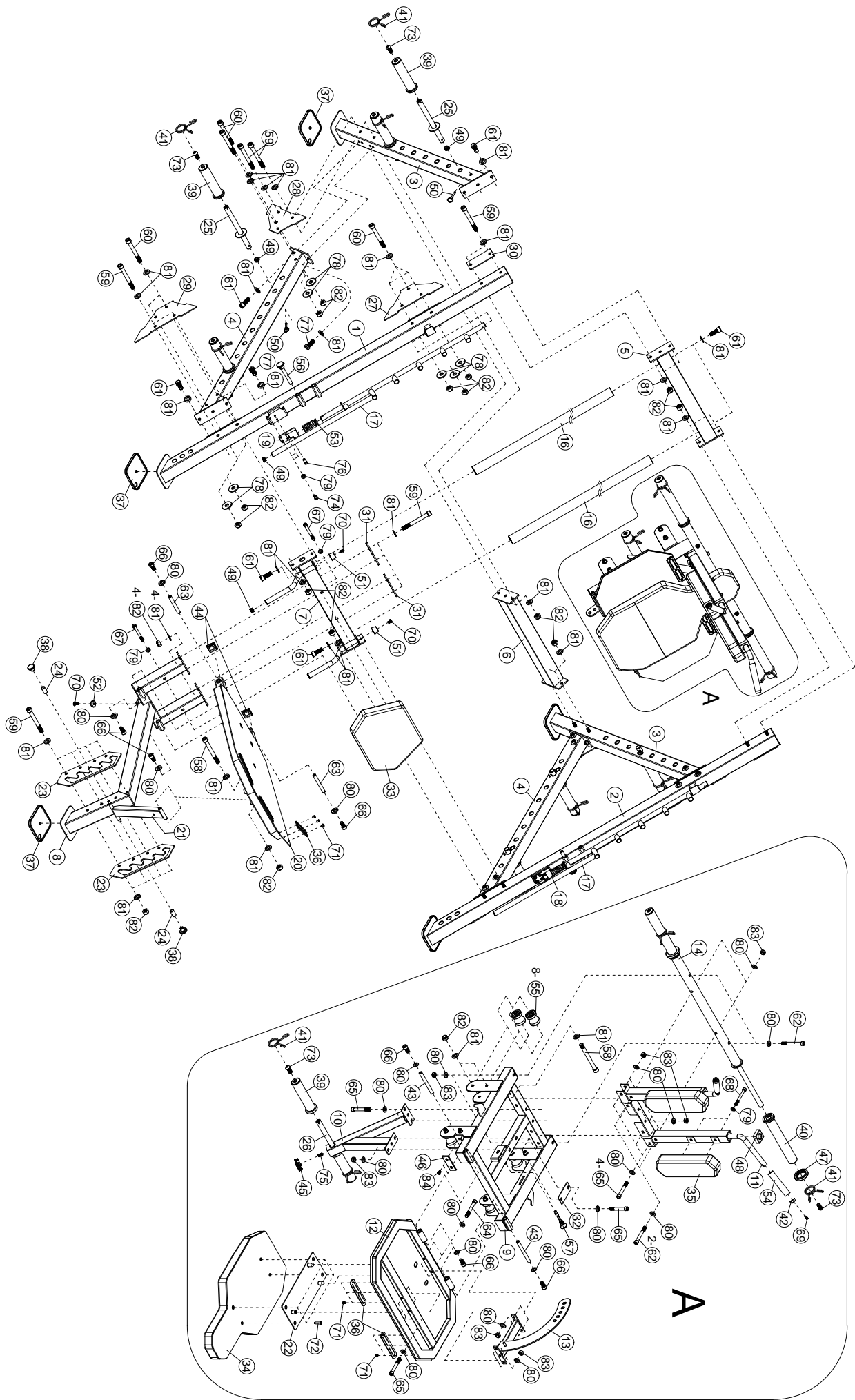
75



x1 M10x16mm



15





## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Left Oblique Beams		1
2	Right Oblique Beams		1
3	Front Frame		2
4	Cross Connection Frame		2
5	Front Upper Connecting Frame		1
6	Front Lower Connecting Frame		1
7	Lower Connecting Frame		1
8	Rear Support Frame		1
9	Sliding Frame		1
10	Lower Weight Carriage		1
11	Shoulder Pad Mount		1
12	Upper Foot Support		1
13	Upper Adjuster		1
14	Upper Weight Carriage		1
16	Guide Rod		2
17	Lock Out		2
18	Lock Out Left		1
19	Lock Out Right		1
20	Lower Foot Support		1
21	Lower Adjuster		1
22	Backrest Pad Mount		1
23	Rear Adjusting Plate	385×132×5	2
24	Stainless Steel Sleeve	φ20×1.5×35	2
25	Barbell Rod		8
26	Long Barbell Bar		1
27	Upper Front Fixing Plate	368×160×5	2
28	Lower Front Fixing Plate	294×160×5	2
29	Lower Fixing Plate	387×160×5	2
30	Bracket	150×75×4	2
31	Bracket	120×75×4	2

## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
32	Bracket	120×50×3	1
33	Seat Pad	320×420×50	1
34	Backrest Pad	750×420×60	1
35	Shoulder Pad	395×120×60	2
36	Handle Liner	180×40×5	5
37	Floor End Cap	158×158×10.5	5
38	Pin Drawing Head	φ40×φ18×M10×30	2
39	Olympic Sleeve	φ50	10
40	Weight Bar Olympic Sleeve	φ50	2
41	Spring Clip	φ49	12
42	Cover Cap	φ30×φ26×12	2
43	Axle	φ16×M10×156	2
44	End Cap	□45	2
45	End Cap	□50	1
46	Rack Liner	105×40×5	2
47	Rubber Bumper	φ78×φ47.5×13	2
48	Sleeve	□50×φ34	2
49	End Cap	φ25	12
50	Ring Bolt		8
51	Bumper	φ40×φ30×25	2
52	Bumper	φ35×φ30×10	1
53	Spring	φ43×φ27×φ8×80	2
54	Grip	Φ23×150	2
55	Rollers		8
56	Magnetic Safety Pin	φ16	2
57	Moving Lock Pin		1
58	Socket Head Allen Bolt	M12×110	9
59	Socket Head Allen Bolt	M12×105	20
60	Socket Head Allen Bolt	M12×100	14
61	Socket Head Allen Bolt	M12×30	12

## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
62	Socket Head Allen Bolt	M10×115	4
63	Axle	φ16×M10×127	2
64	Socket Head Allen Bolt	M10×75	2
65	Socket Head Allen Bolt	M10×70	10
66	Socket Head Allen Bolt	M10×20	8
67	Socket Head Allen Bolt	M8×90	4
68	Socket Head Allen Bolt	M8×70	4
69	Socket countersunk head screw	M6×20	2
70	Cross Recess Head Screw	M6×10	3
71	Cross Recessed Countersunk Head Screw	M5×8	15
72	Socket countersunk head screw	M8×20	4
73	Allen Bolt	M10×25	12
74	Allen Bolt	M8×16	8
75	Allen Screw	M10×16	1
76	Socket Head Allen Bolt	M8×16	2
77	Hex Bolt	M12×30	4
78	Washer	φ37×φ13.5×3	14
79	Washer	8	16
80	Washer	10	40
81	Washer	12	88
82	Aircraft Nut	M12	43
83	Aircraft Nut	M10	16
84	Socket countersunk head screw	M6×10	4
	Allen Wrench	10#	1
	Allen Wrench	8#	2
	Allen Wrench	6#	1
	Allen Wrench	5#	1
	Allen Wrench	4#	1

## PACKAGE LIST

<b>BOX 1:</b>			
Part1 ×1	Part2 ×1	Part4 ×2	Part25 ×8
<b>BOX 2:</b>			
Part14 ×1	Part16 ×2	Part17 ×2	Part26 ×1
Parts Bag 6-1	Parts Bag 6-2	Parts Bag 6-3	Parts Bag 6-4
Parts Bag 6-5	Parts Bag 6-6		
<b>BOX 3:</b>			
Part3 ×2	Part5 ×1	Part6 ×1	Part8 ×1
Part18 ×1	Part19 ×1	Part21 ×1	Part22 ×1
Part23 ×2	Part24 ×2	Part38 ×2	Part41 ×12
Part45 ×1	Part47 ×2	Part50 ×8	Part53 ×2
Part55 ×8	Part56 ×1	Part57 ×1	
<b>BOX4:</b>			
Part7 ×1	Part9 ×1	Part10 ×1	Part12 ×1
Part13 ×1	Part39 ×10	Part40 ×2	
<b>BOX5:</b>			
Part11 ×1	Part20 ×1	Part27 ×2	Part28 ×2
Part29 ×2	Part30 ×2	Part31 ×2	Part32 ×1
Part33 ×1	Part34 ×1	Part35 ×2	Manual

Importør: Fitnessgruppen