

Equipment Maintenance Manual

- 1.** Steel / painted profiles should be cleaned of dust.
- 2.** Check screw connections once a month for looseness.
- 3.** Technical petroleum jelly should be applied to the rollers of the machine (if the product has it) at least once every six months.
- 4.** Check the technical condition of the cable (if the product has one).

Instructions for use of the equipment

- 1.** Keep all health and safety rules.
- 2.** Before exercising on the device, please check for safety technical condition of the machine, in case of observing faults - the fact should be reported to the instructor or other authorized person. Also make sure that all additional components are attached correctly (in accordance with the assembly instructions)
- 3.** Always exercise before using the device stretching.
- 4.** Do not place undesirable objects in the elements of the structure, keep your hands away from moving parts of the device. Do not put sharp objects near the device.
- 5.** One person can use a single position of the device at the same time, this does not apply to the situation where required another person's insurance
- 6.** For your own safety, always make sure it exists at least 0.6 m of free space around the device during exercise.
- 7.** If the device is equipped with a steel platform, it should be used appropriate footwear