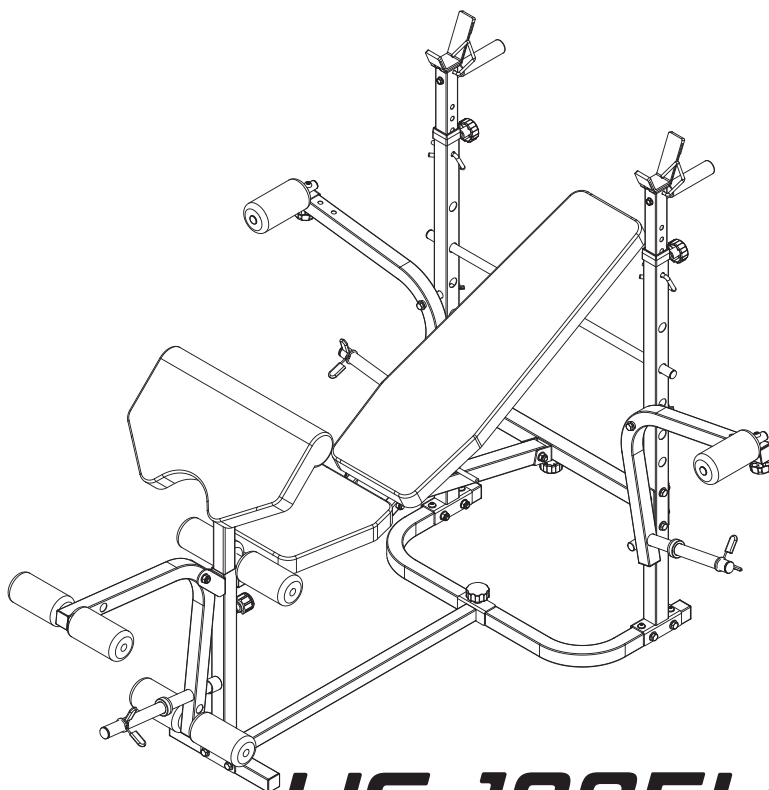




30 Min.

HS-1065HB

MIT CURLPULT

Posilovací lavice s bicepsovou opěrou

CZ

Hantelbank mit Curlpult

DE

Banc d'entraînement avec un pupitre

FR

Weight bench

GB

Ławka treningowa z modlitewnikiem

PL

Tréningová lavica s opierkou pre biceps

SK

Лавга тренувальна з партою Скотта

UA



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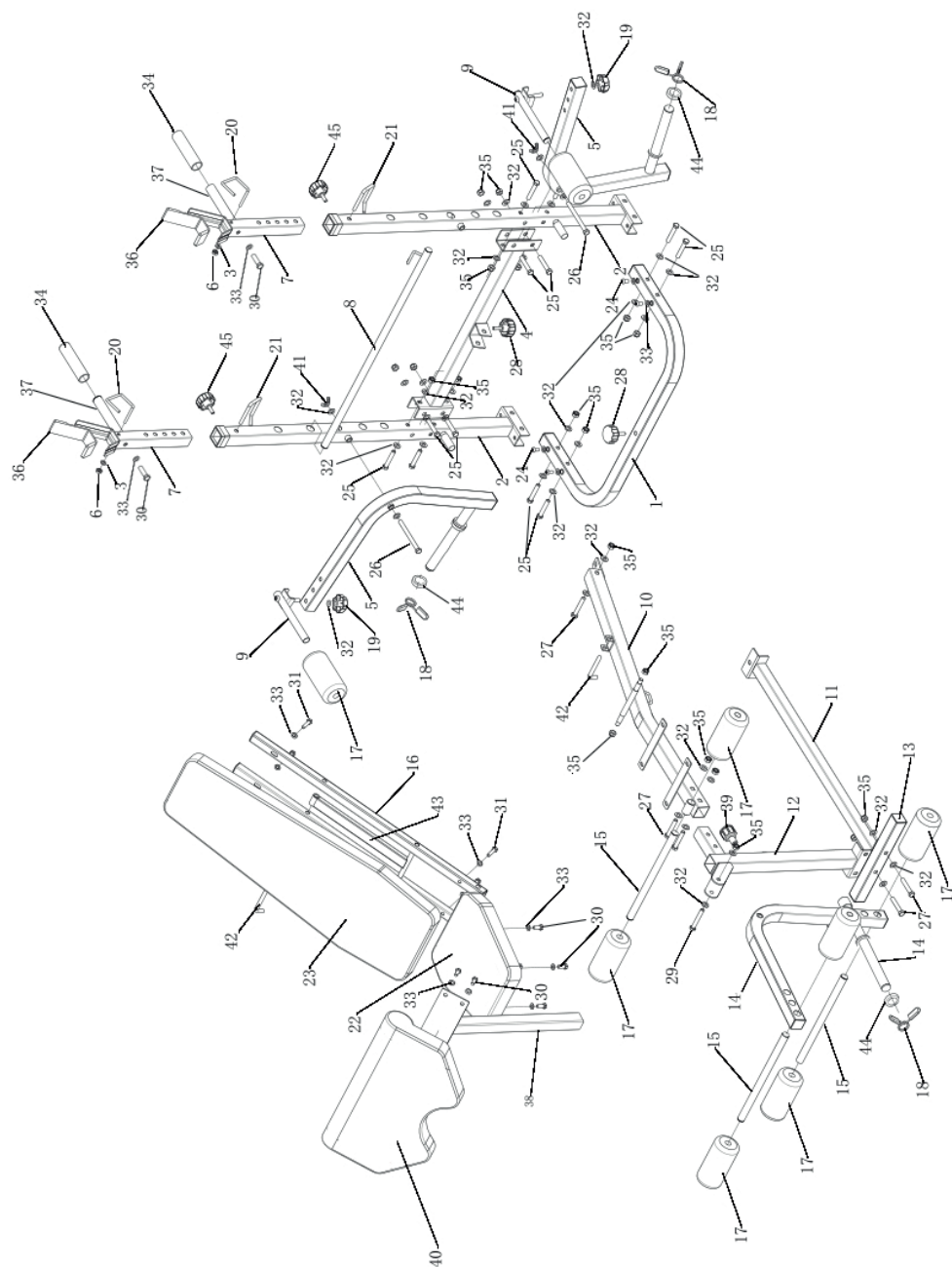
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BEFORE USING THE EQUIPMENT, READ THE INSTRUCTIONS CAREFULLY AND KEEP THEM FOR FUTURE USE.

1. Full safety and effectiveness of use can be achieved by following the instructions for assembly and use of the equipment. Please, remember to inform all potential users of the equipment about restrictions and precautions. We don't take any responsibility for injuries of any kind caused by improper use of our equipment.
2. The equipment must be used only in accordance to the intended use.
3. Our products are designed for adult users and intended for home use only. Don't leave the equipment unattended if there are children nearby. Underage kids should only use the equipment under adult supervision.
4. The device should be stored in a dry and warm place away from direct sunlight.
5. Our equipment is not suitable for rehabilitation purposes.
6. The equipment should be used by only one person at a time.
7. Place your device on the horizontal and even surface. Make sure the location you choose is stable, clean and free of other items.
8. It is recommended to place a carpet, mat or another form floor protection under the equipment.
9. Before training, check that the equipment is complete and that all parts are in the right places.
10. If you have any medical conditions or chronic illnesses, or if you are using this type of equipment for the first time, we recommend consulting a doctor or specialist. Incorrect or excessive training can damage your health.
11. Warm-up before using the device.
12. If you experience pain, an irregular heartbeat, shortness of breath, dizziness or nausea while using the device, stop training immediately. Seek medical advice before continuing using the device.
13. Avoid wearing long, loose clothing while using the device, as it can get caught in the moving elements of the equipment.
14. Use the device only when it's well-functioning. If you find faulty components or hear disturbing sound from the device during use, stop exercising. Do not use the device until the problem is resolved.
15. Do not make any adjustments or modifications to the device other than those described in these instructions. In case of any problems please contact the service provider (contact details are provided below).
16. The minimum space required for safe use of the device is no less than two meters.
17. The maximum permissible user weight is 120 kg.
18. The device was made in accordance with the ISO 20957-4:2016 standard.

List of parts

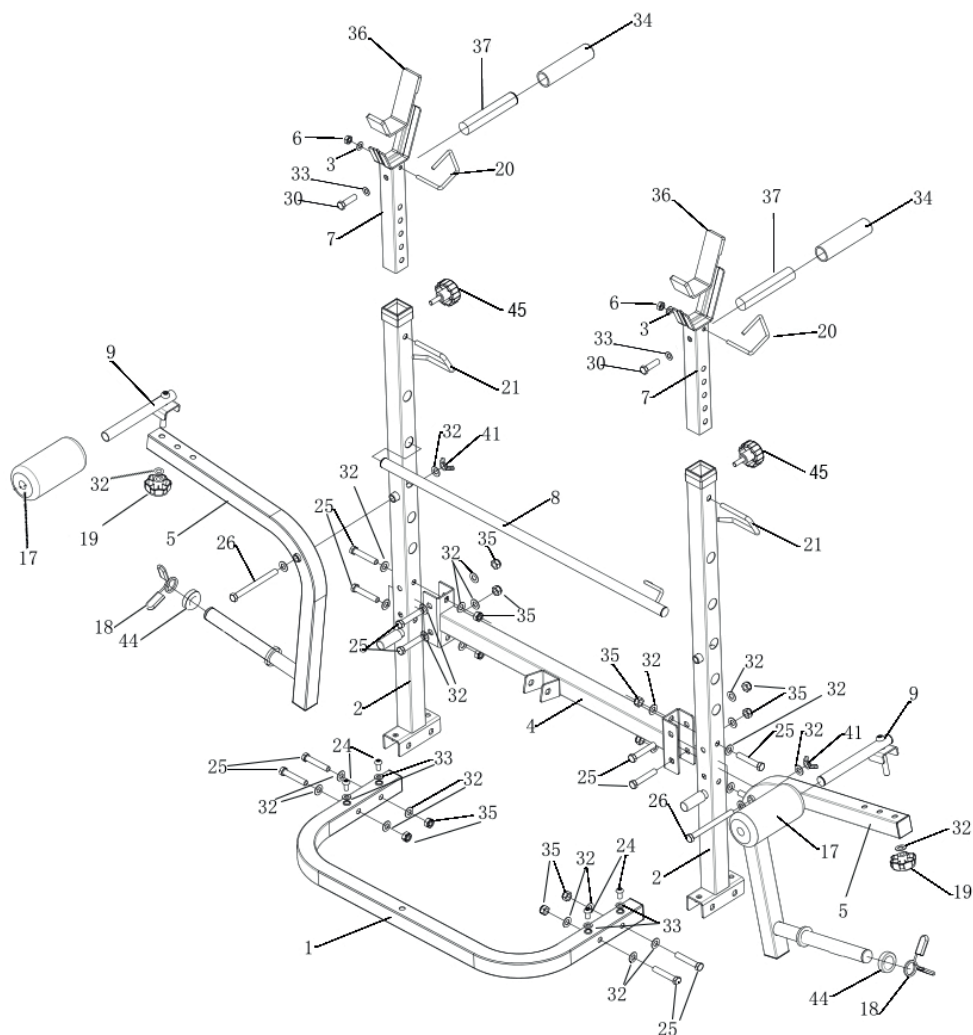
Nr	Desc	Pcs.
1	Rear base	1
2	Bottom part of rack	2
3	Washer D6	2
4	Racks connecting profile	1
5	Butterfly arm	2
6	Nut M6	2
7	Rack upper part	2
8	Backrest bracket	1
9	Handle	2
10	Main frame	1
11	Connector	1
12	Frontal base	1
13	Frontal base stabilizer	1
14	Leg press frame	1
15	Leg press handles crossbar	3
16	Backrest base	2
17	Sponge	8
18	Butterfly clamp	3
19	Butterfly adjustment knob	2
20	Barbell blockade	2
21	Racks blockade	2
22	Seat	1
23	Backrest	1
24	Screw M8x16	4
25	Screw M10x55	12
26	Screw M10x110	2

27	Screw M10x60	5
28	Knob	2
29	Screw M10x65	1
30	Screw M8x20	10
31	Screw M8x35	4
32	Washer D10	42
33	Washer D8	18
34	Push-up handles overlay	2
35	Nut M10	20
36	Racks overlay	2
37	Push-up handle	2
38	Preacher curl base	1
39	Preacher curl height adjustment knob	1
40	Preacher curl	1
41	Butterfly nut M10	2
42	Pin	1
43	Bottom backres bracket	1
44	Rubber ring	3
45	Racks height adjustment knob	2



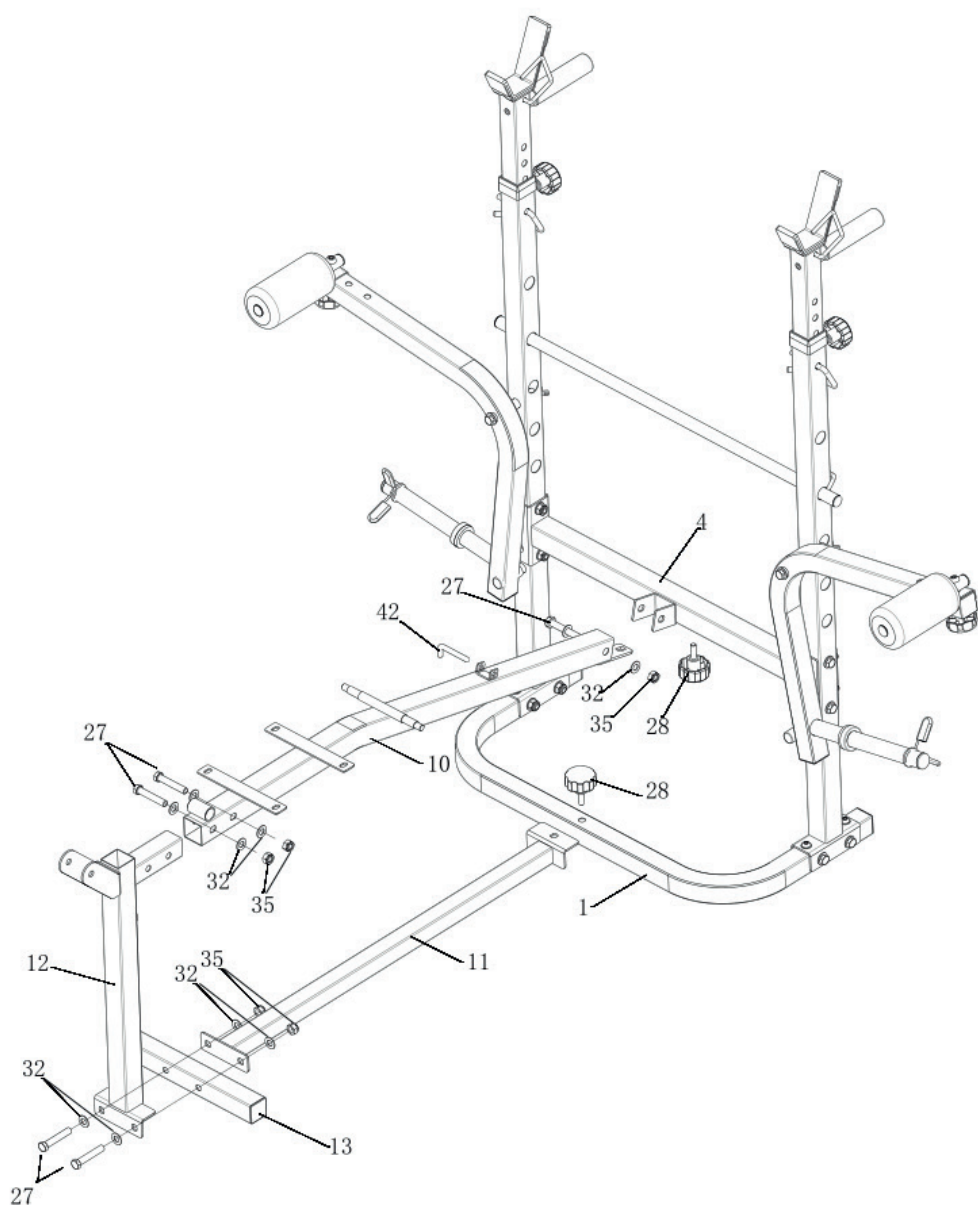
Assembly instruction

1



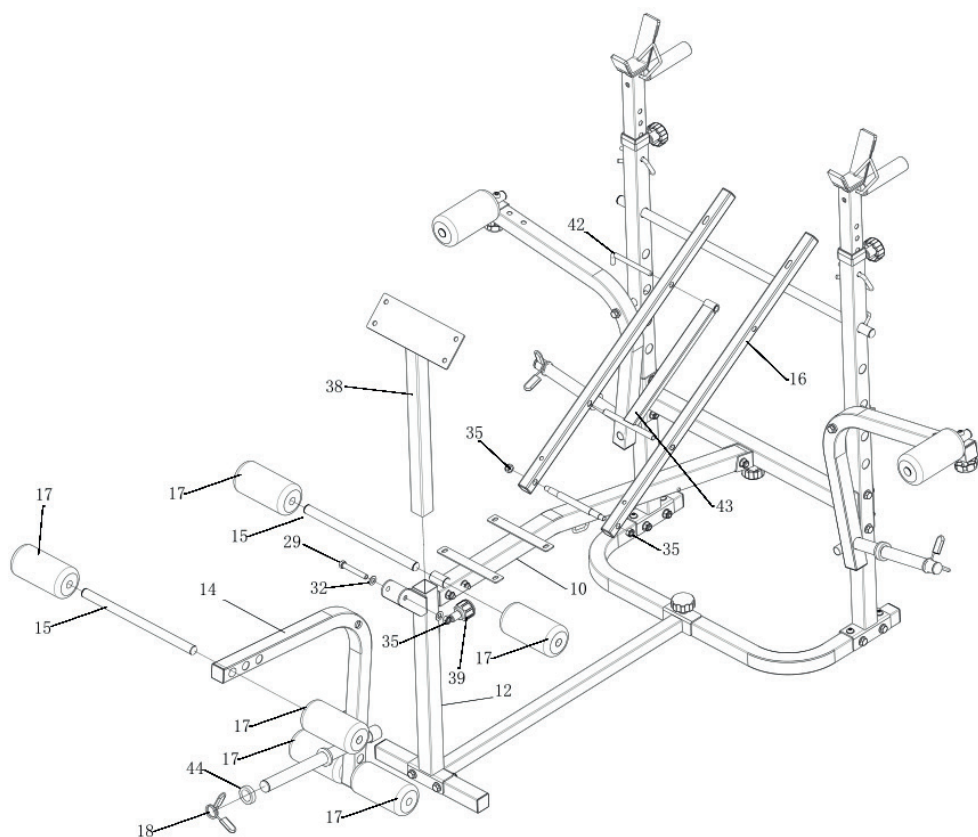


2



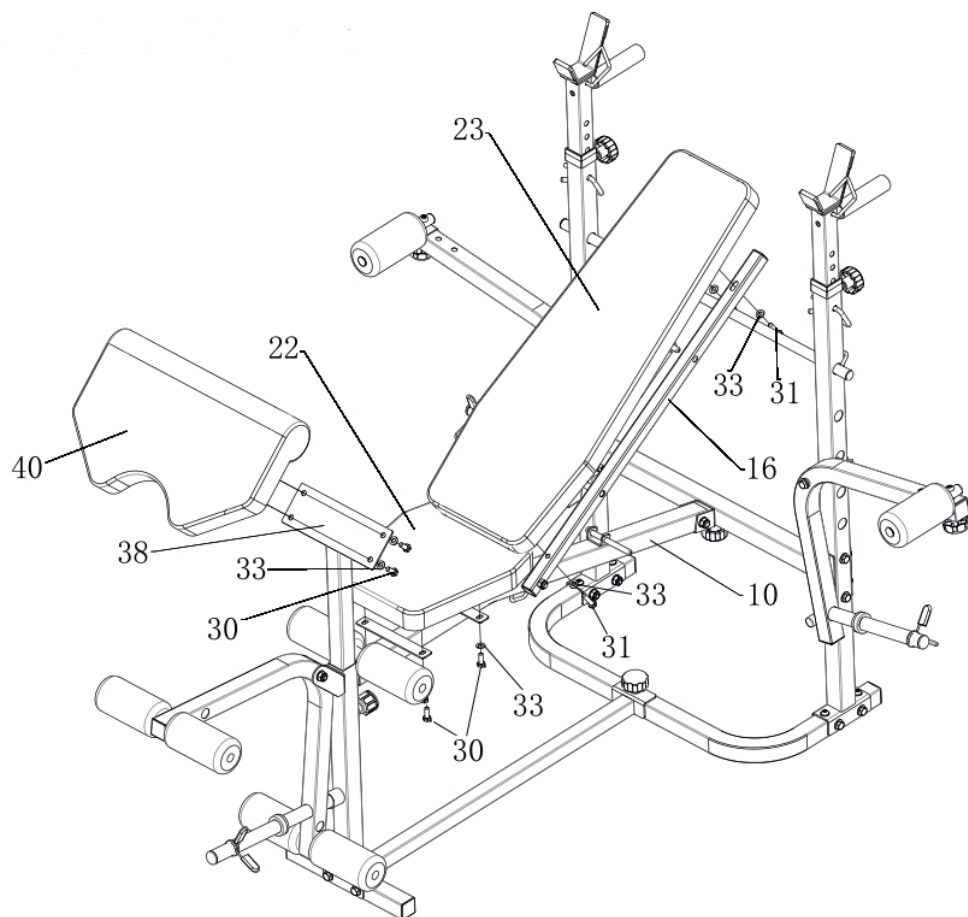


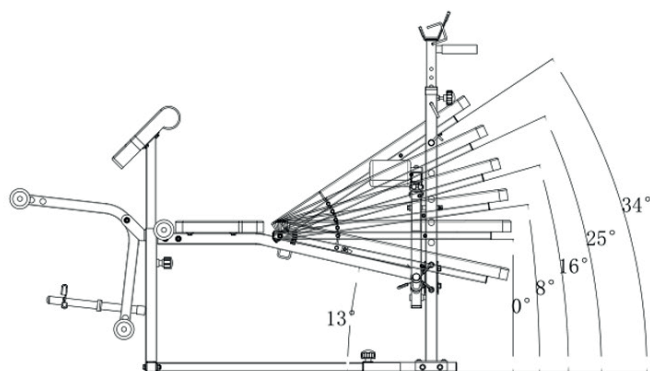
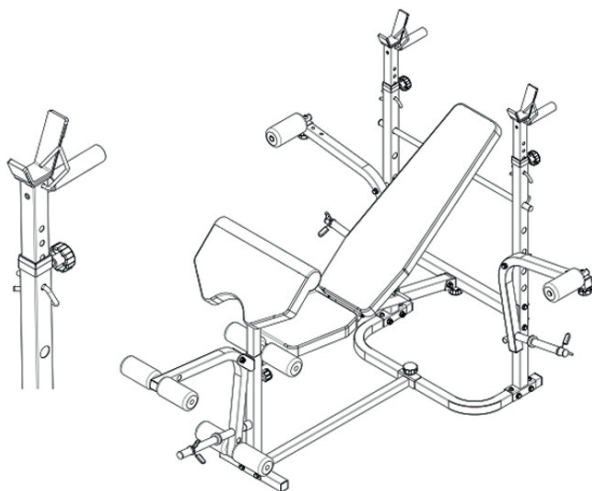
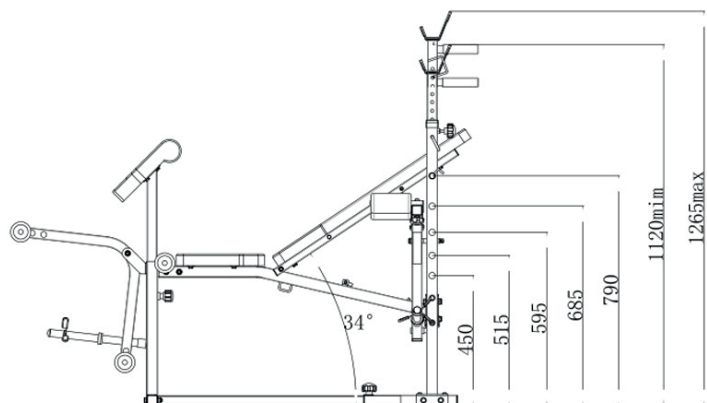
3





4







Folding

To fold the bench, unscrew the knob (28), which connects rear base (1) with connector (11) and knob (28) placed under the racks connecting profile (4), then grab the seat and lift the bench up.



Backrest rake angle adjustment

To change the backrest rake angle adjustment, take out the bracket (8) and then put it into the chosen slots in the racks. To set the negative rake angle, take out the bracket (8) and put the backrest on the main frame. To set the backrest at 90 degrees to the seat, set out the bottom bracket (43) under the backrest and lock it with the pin (42).





Racks height adjustment

To adjust the racks height, take out the knob (45) and racks blockade (21), set the racks height, put the blockade and tighten the knob.



Preacher curl height adjustment

To adjust the height of the preacher curl, take out the knob (39) from the frontal base (12), set the preacher curl height and put the knob back in.





Leg press handles adjustment

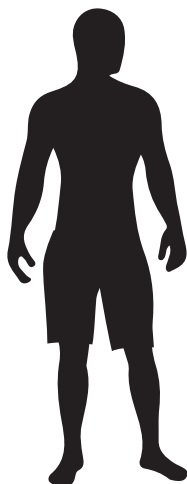
To adjust the leg handles in leg press, take off a sponge from the one side of the handle. Put the bar into the chosen slot and put the sponge back on.



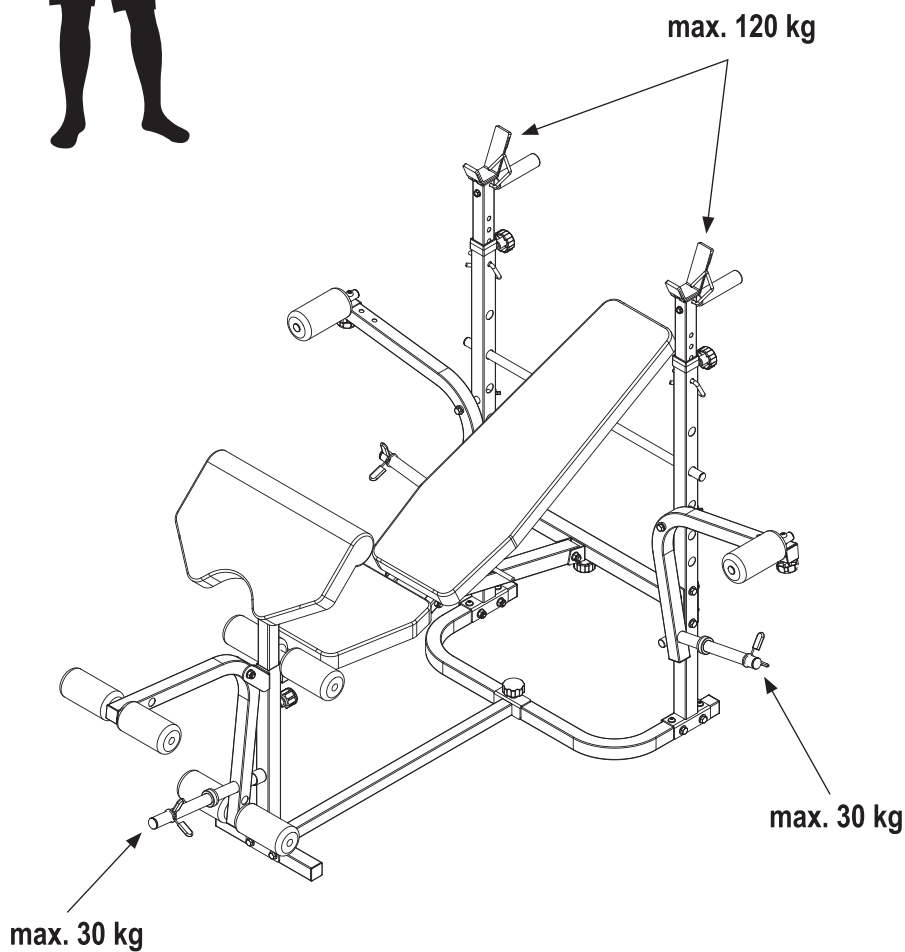
Butterfly adjustment

To adjust the arms handles distance in butterflies, unscrew the knob (19) under the butterfly arm profile, put the handle (9) to the chosen slot and tighten the knob.



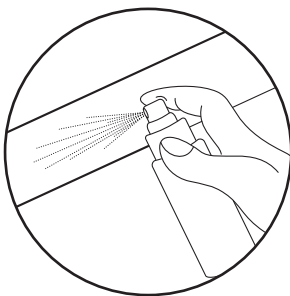


max. 120 kg

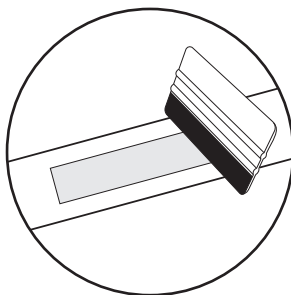
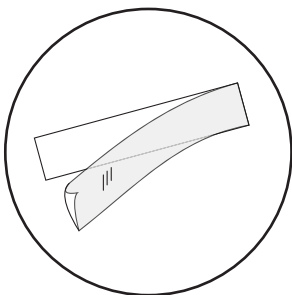




1. For proper application, clean surface where sticker should be placed. Use soft detergent, water, or special degreasing agent. Dry the surface with clean, dry cloth.



2. Remove the protective layer from the sticker. Place sticker on prepared surface. Use squeegee to align the sticker and to remove any air bubbles.



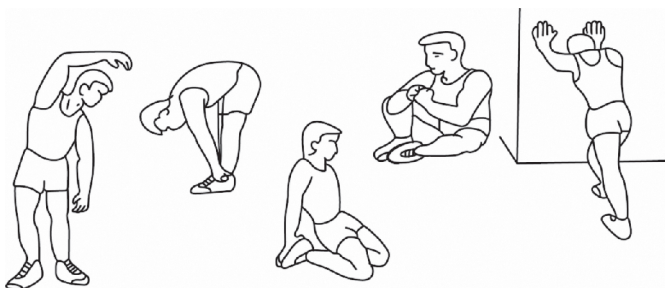
3. To remove the sticker, use a special sticker agent remover.



Regular use of the equipment will benefit your health. It will improve your physical condition, well-being and strengthen muscles. Combined with a proper diet, it can contribute to weight loss.

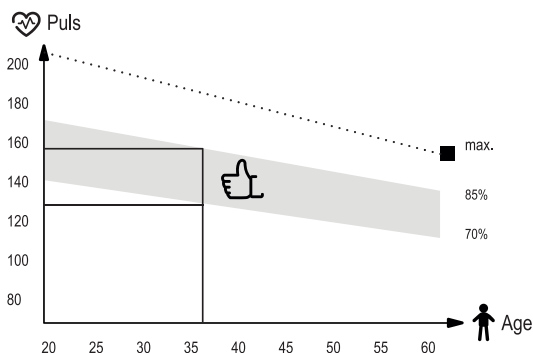
1. Warm-up

This phase of exercise helps to improve blood circulation throughout the body and prepare muscles for increased effort. It also reduces the risk of muscle contraction or rupture. It is advisable to do some stretching exercises as shown below. Each exercise should last about 30 seconds. Don't strain your muscles! If you feel pain, stop exercising or reduce the range of movement.



2. Training

This stage is the training phase in which you use the device. You should train at your own, fairly steady pace to reach a heart rate adequate to your age (see chart below). The minimum time for this phase is 12 minutes.



3. Relaxation

This phase is designed to relax your muscles and allow all parameters, such as blood pressure, breathing, heart rate to return to the state before exertion. This is a warm-up replay with a reduced pace of exercise. This stage should be the shortest among the training components and last about 5 minutes. It is important to remember not to strain your muscles. The relaxation phase should not be skipped.

GB Cleaning and maintenance



1. Regular maintenance of the device should be considered. It should be carried out at least every 20 hours of operation of the device.
2. Maintenance includes:
 - checking on moving parts of the equipment and keeping them greased. It is recommended to use bicycle bearing greases or multi-component greases for fitness equipment,
 - taking care of other parts of the device, i.e.tightening bolts and nuts,
 - checking power cords (if present in the device) for damage.
3. To clean the equipment it's recommended to use a soft cloth slightly moistened with water or possibly with soap and water. Do not use strong substances or sharp cleaning materials that can damage the equipment. Particular care should be taken with plastic components.
4. After each use, remove all traces of sweat and dirt from the device.

GB Troubleshooting



Problem	Possible solutions
The product is unstable.	Make sure that all nuts and bolts are properly tightened.



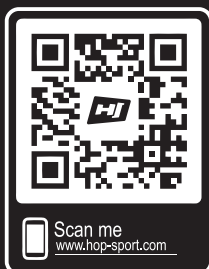
Warranty conditions

1. Customer has the following options for submitting a complaint:
 - by filling the form on website: <https://www.hop-sport.de/reklamation/>
 - in writing to the correspondence address:
Hegen Deutschland GmbH
Papenreye 53
22453 Hamburg
Germany
 - by an email: service@hop-sport.de
2. Defects revealed during the warranty period will be removed free of charge within 14 working days from the date of delivery of device. If it is necessary to send device for repair abroad or to import spare parts from abroad, the repair period may be extended.
3. The law of the country to which the goods were delivered shall apply, including warranty rules. CISG does not apply.
4. The warranty does not cover damage caused by improper use.

GB Environmental protection



This item has been packaged to protect it from potential damage during shipping. The packaging can be recycled. Discard these materials according to their type.



Hergestellt in China

DISTRIBUTION:



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22453 Hamburg



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