

Kokoamisohje / Monteringsanvisning / Instructions



Optigym Half rack kuntoilulaite

Optigym Half rack hemmagymsystem

Optigym Half rack home gym

Product ID: 103826204

SUOMITRADING.fi

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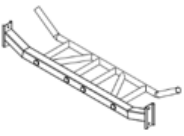
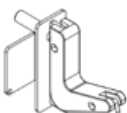
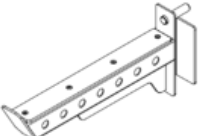
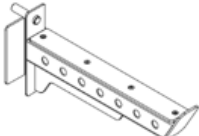
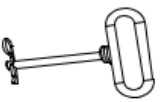
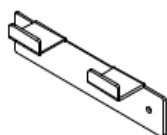
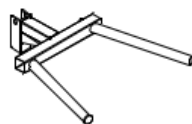
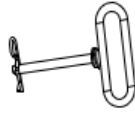
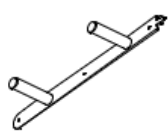
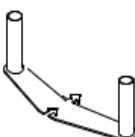
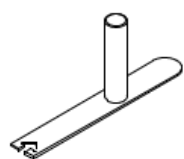
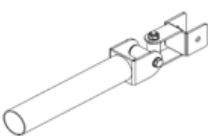
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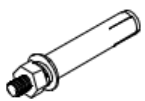
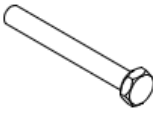
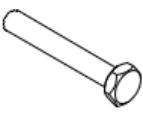
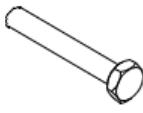
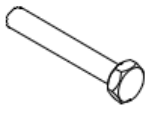
Mitat ja ominaisuudet	
Vaadittava huonekorkeus	245 cm
Korkeus seinälle taitettuna	240 cm
Korkeus avattuna	207 cm
Kantavuus	500 kg
Kehyksen etäisyys seinästä avattuna	45,1 cm
Penkin etäisyys seinästä avattuna	141,5 cm
Levy painotelineet	148,6x56x24,5 cm

1. Laitteen osat ja kiinnikkeet

Laitteen osat

A. 	B. 	C. 	D. 	E. 2 kpl 
F. 	G. 	H. 	I. 	J. 
K. 2 kpl Kiinnitysosa, pitkä 	L. 	M. 	N. 	O. Kiinnitysosa, lyhyt 
P. 	Q. 	R. 	S. 	T. 5 kpl 
U. 				

Kiinnikkeet

1. M10*100 24 kpl 	2. M10*95 2 kpl 	3. M10*90 2 kpl 	4. 8 kpl 	5. M10*70 2 kpl 
6. M10*75 1 kpl 	7. 14 kpl 	8. M10 7 kpl/st/pcs 		

2. Huomioi ennen asennusta



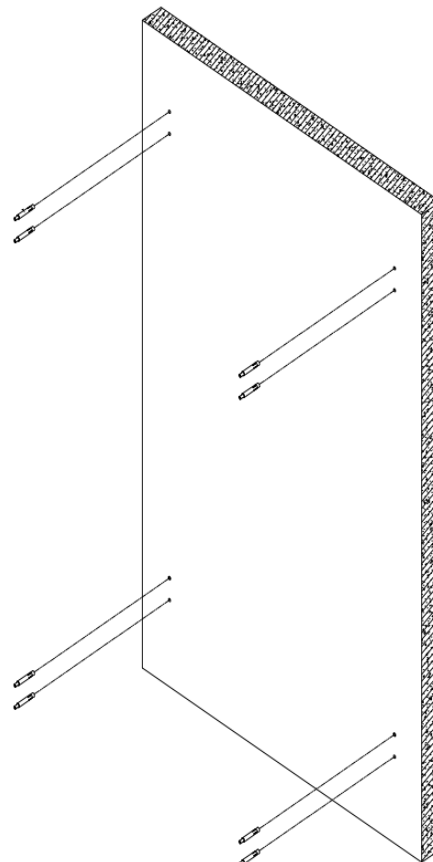
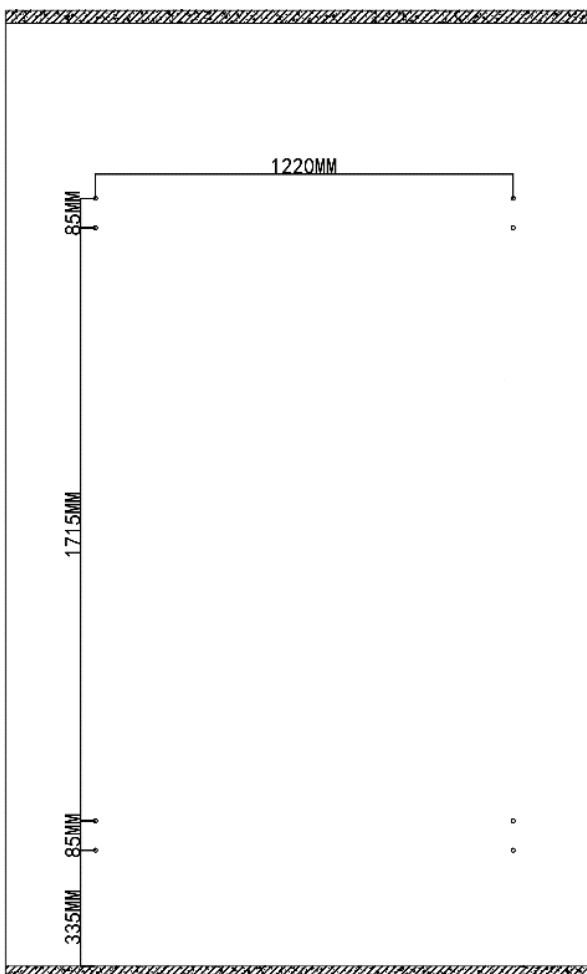
Kiila-ankkurit (Kiinnikeosa 1.) soveltuvat käytettäväksi vain betoniseinissä. Puurakenteisiin seiniin kiinnittäessä tulee kiinnikeosat hankkia erikseen ja varmistaa niiden soveltuvuus käyttötarkoitukseen.

Jos laitteen mukana tulevia kiila-ankkureita käytetään puurunkoisessa seinärakenteessa, tulee runkorakenteen olla vähintään 50 mm paksu ja ankkuri kiinnittää keskelle runkoa siten, että kiila-ankkuri on täysin kiinni puurakenteessa eikä vain osittain. Onttoon kipsilevyseinään kiinnittäminen on ehdottomasti kielletty.

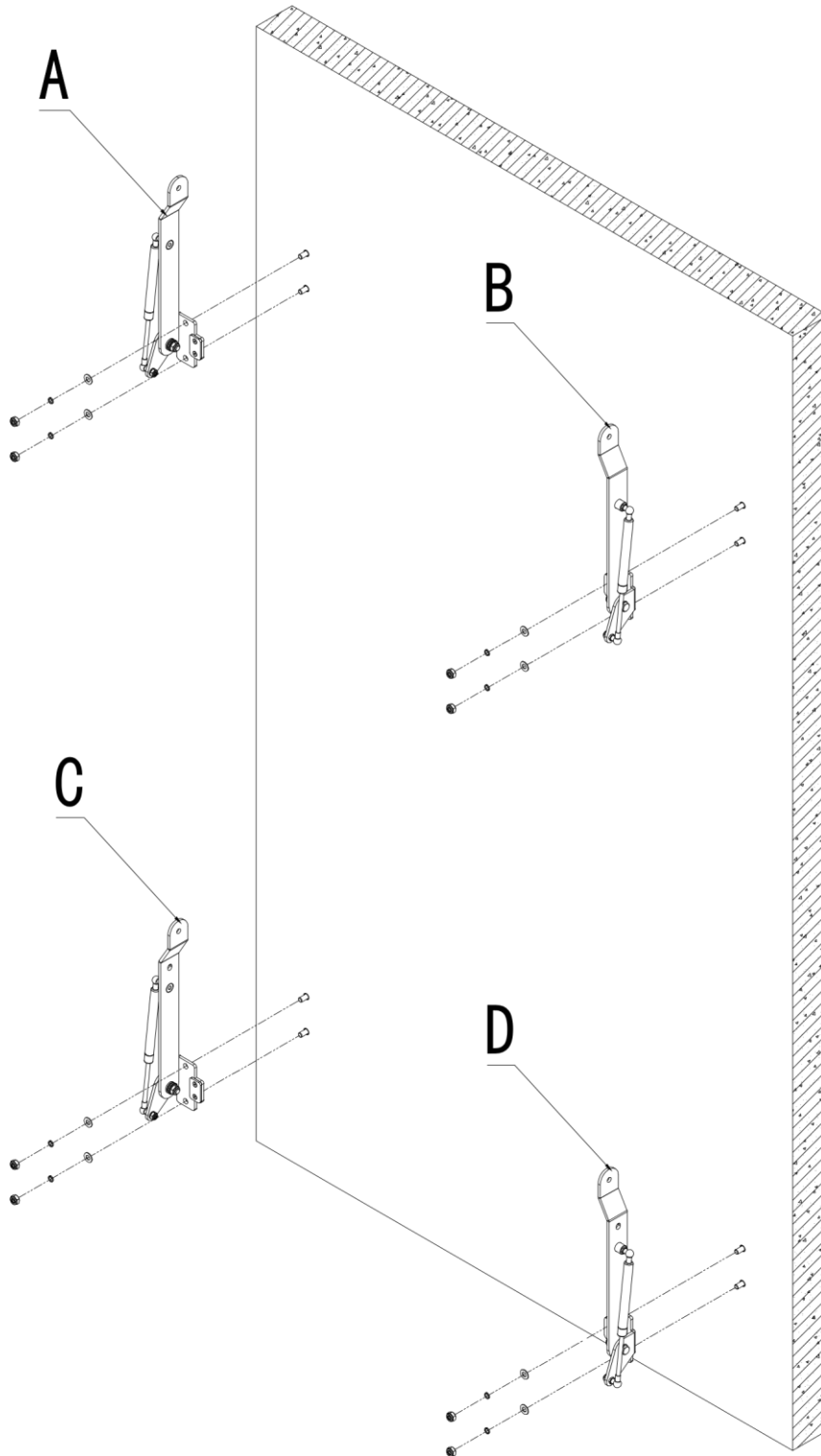
3. Kokoamisohjeet

Rungon kokoaminen

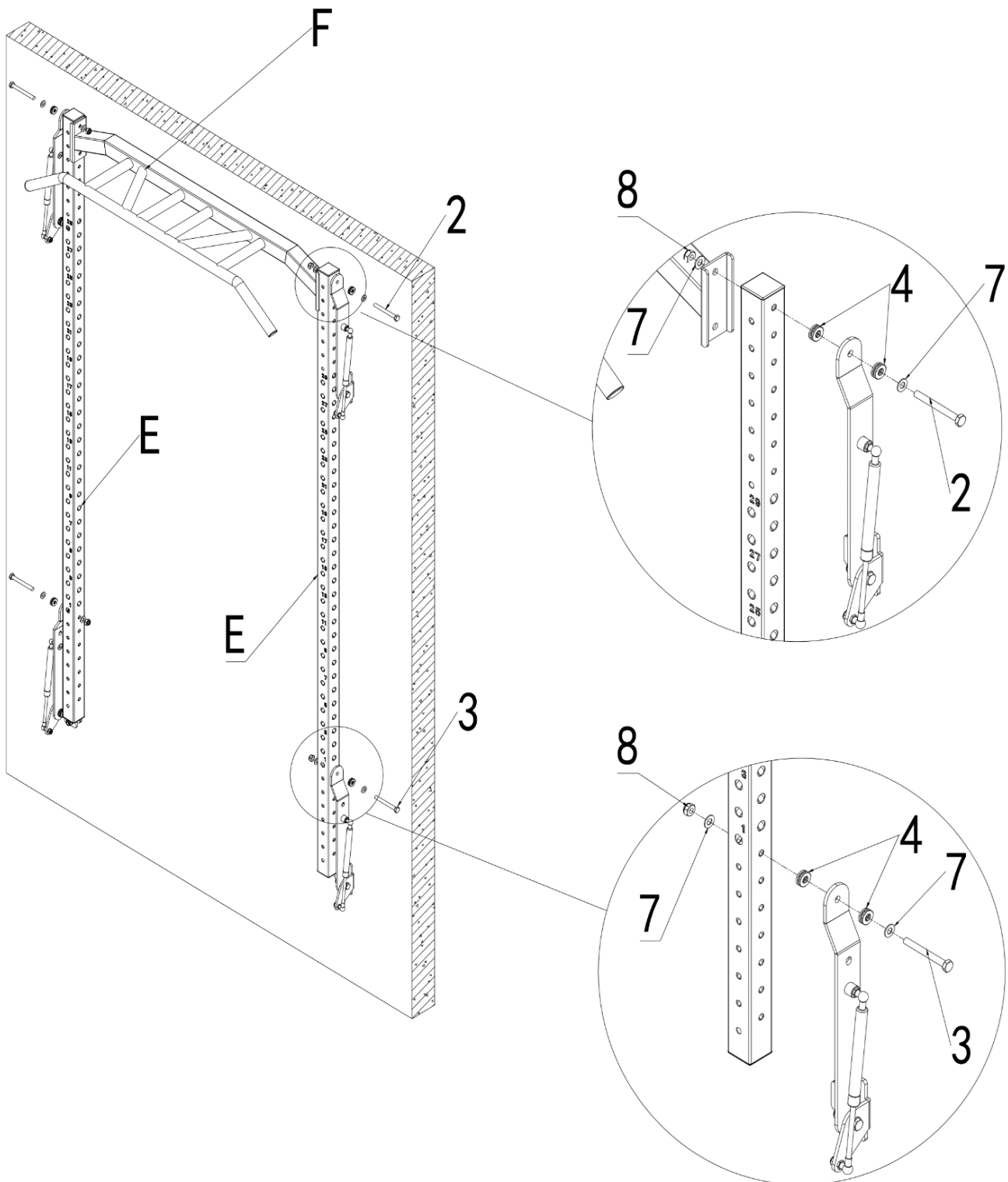
1. Merkitse seinään kiinnitysreiät kuvan mittojen mukaisesti ja poraa reiät.
2. Kiinnitä kiila-ankkurit (Kiinnikeosa 1.) reikiin.



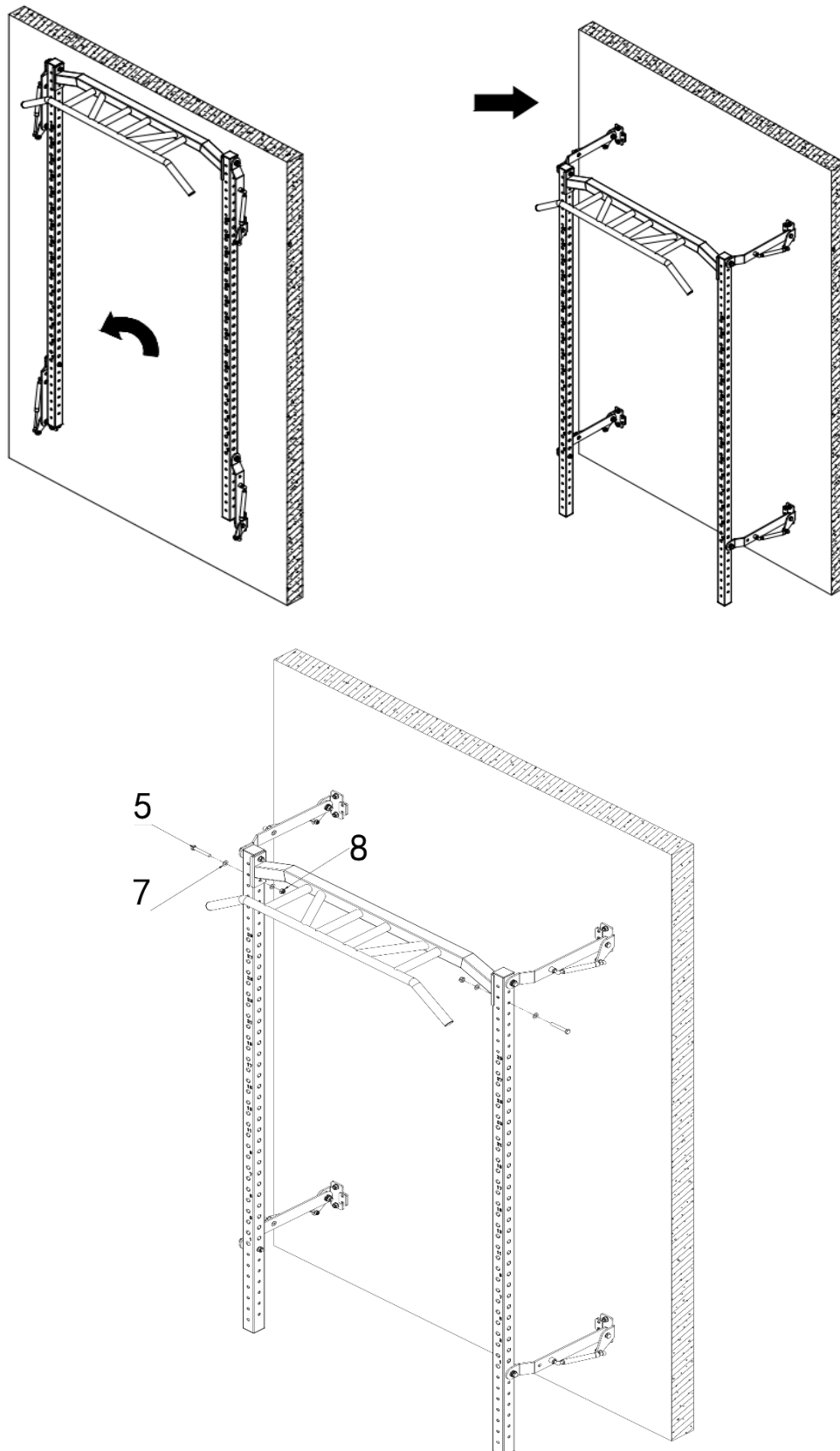
3. Kiinnitä laitteen osat A, B, C ja D kuvan mukaisesti kiila-ankkureihin.



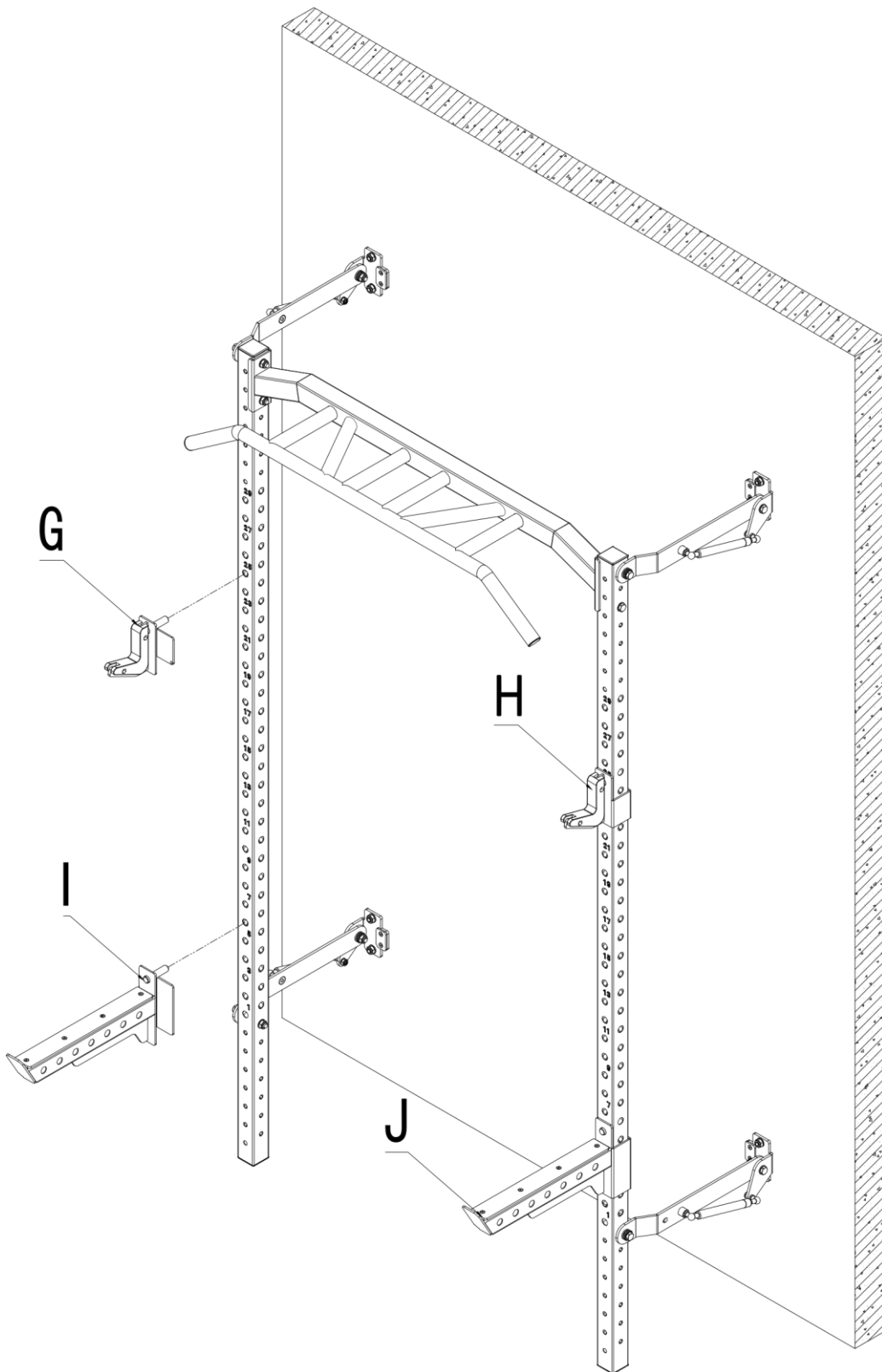
4. Kiinnitä laitteen runkotolpat E ja yläosa F käyttäen kuvan mukaisesti kiinnikeosilla 2., 3., 4., 7., ja 8.



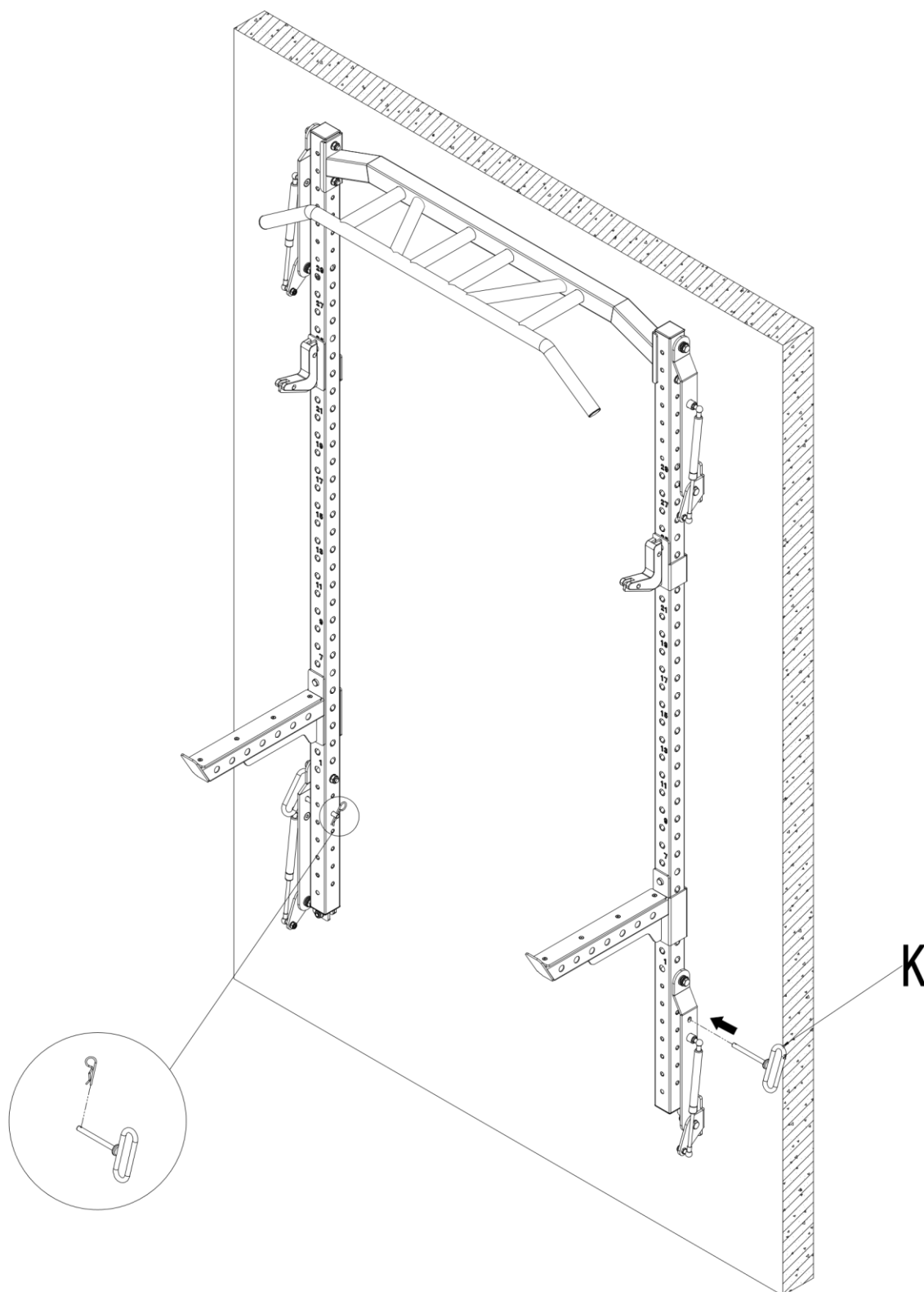
5. Avaa seinään kiinnitetty runko ja lisää kiinnikkeet 5., 7. ja 8. laitteen osan F kiinnityspisteisiin.



6. Kiinnitä laitteen osat G, H, I ja J

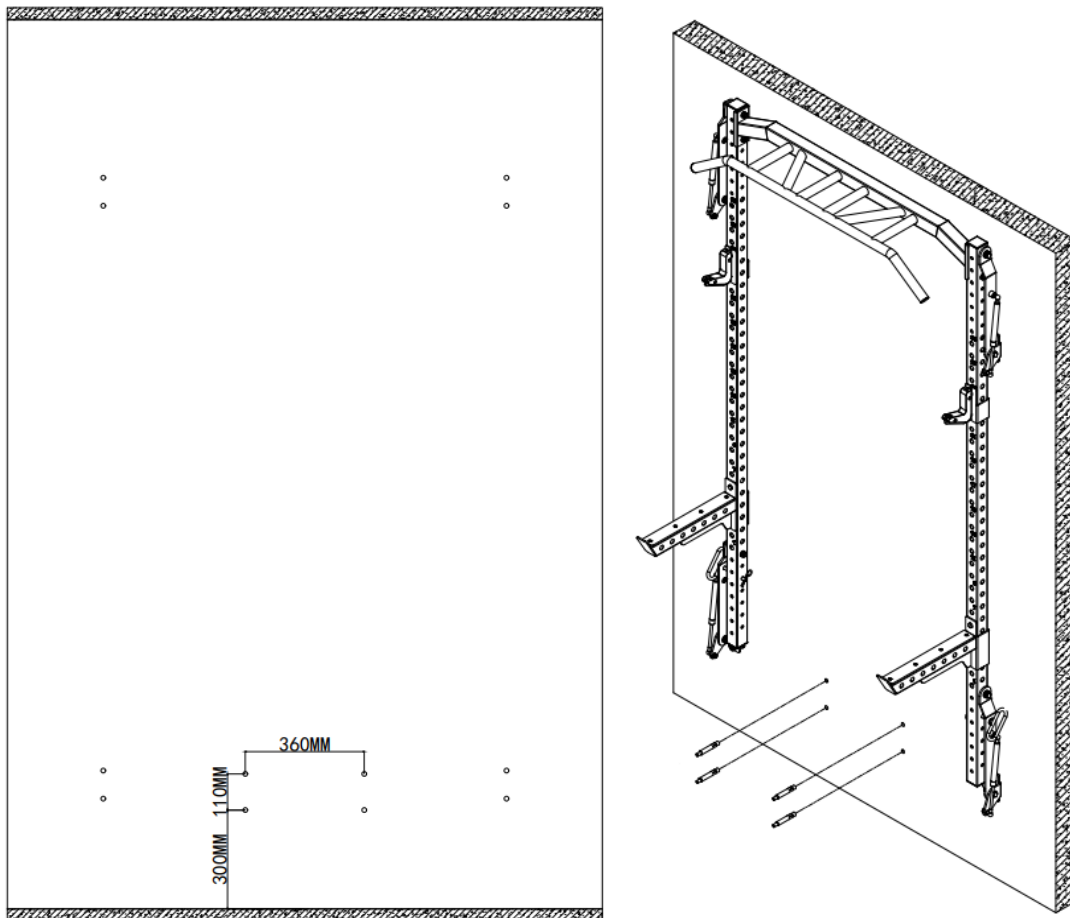


7. Taita laite seinälle ja lukitse K-osalla.

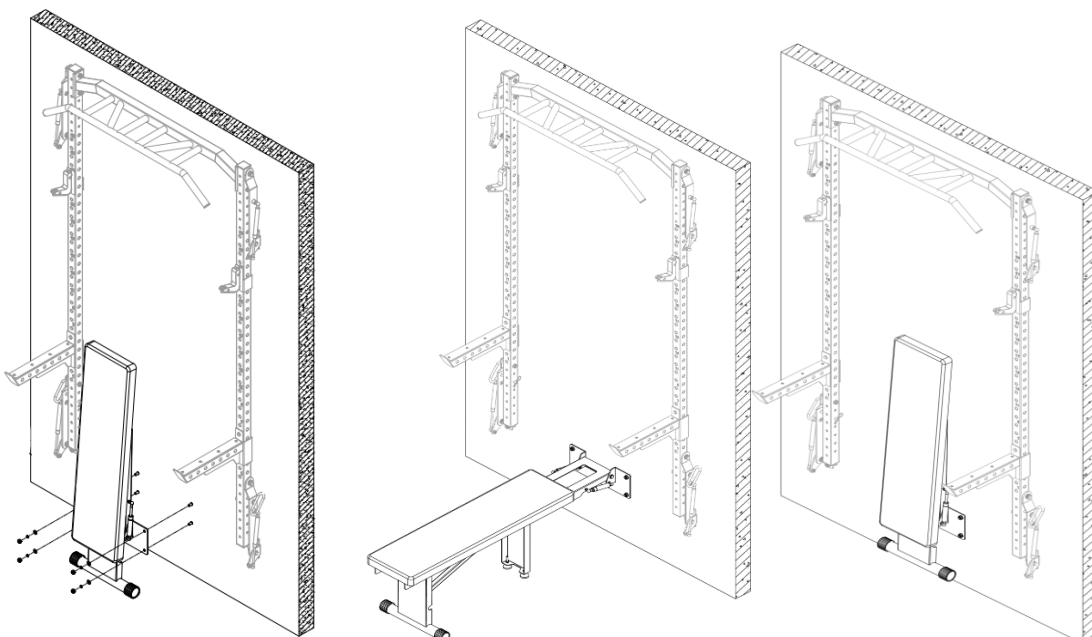


Penkin kiinnitys

1. Aloita penkin kiinnitys poraamalla reiät kuvan osoittamien mittojen mukaisesti.
2. Kiinnitä kiila-ankkurit ensin seinään ja kiinnitä sitten penkki.

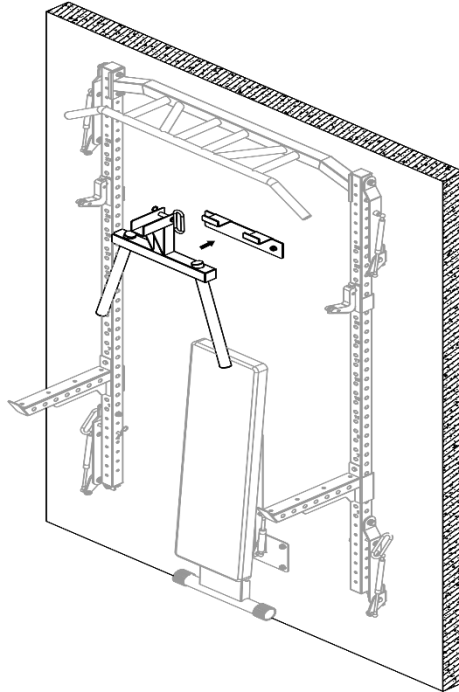
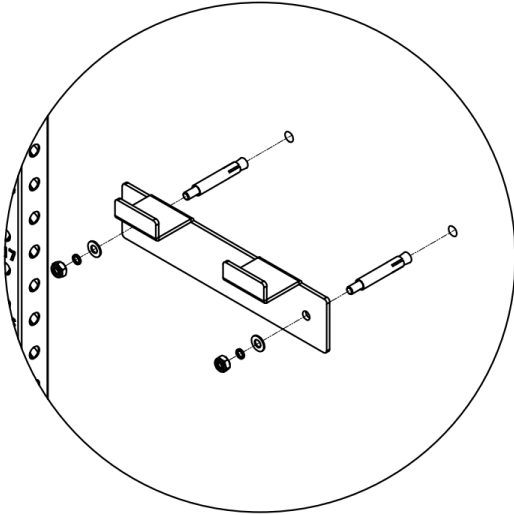


3. Kiinnitä penkki kiila-ankkureiden kiinnityspisteisiin.



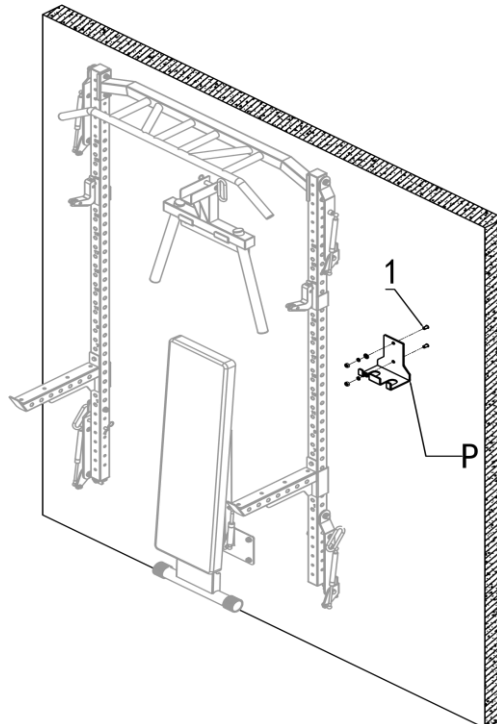
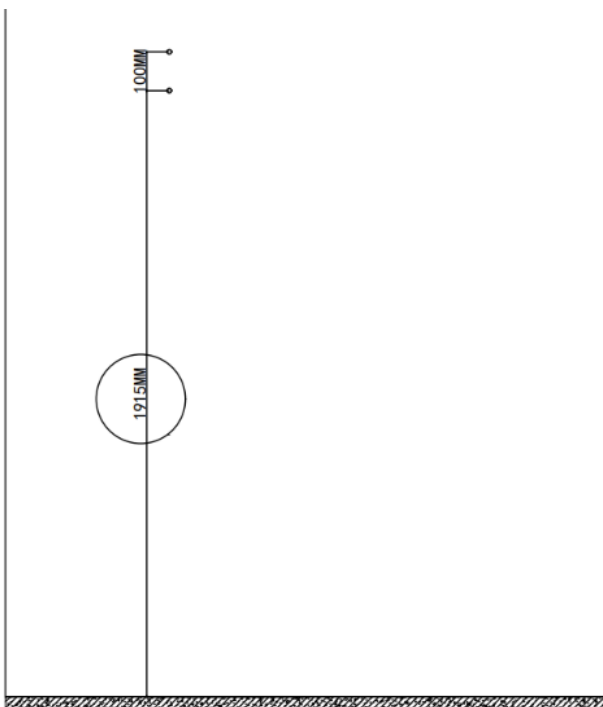
Dippitelineen M kiinnitys

1. Aloita kiinnitys poraamalla reiät haluamallesi korkeudelle.
2. Kiinnitä kiila-ankkurit seinään ja dippitelineen Seinäpidikeosa M kiila-ankkureihin.
3. Kiinnitä dippiteline N seinäpidikeosaan säilytystä varten.



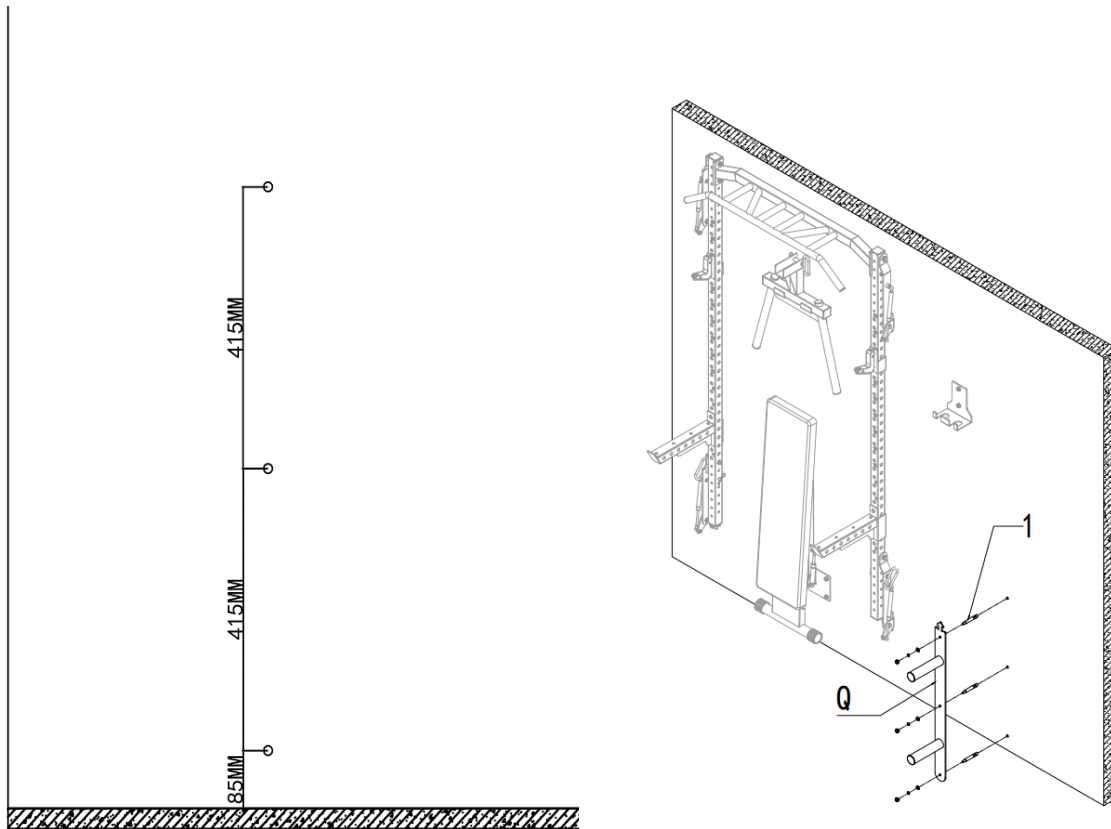
Tankotelineen P kiinnitys

1. Pora reiät kiila-ankkureita varten haluamaasi korkeuteen, suositeltu korkeus 1915 mm.
2. Kiinnitä tankoteline P seinään kiila-ankkureilla.

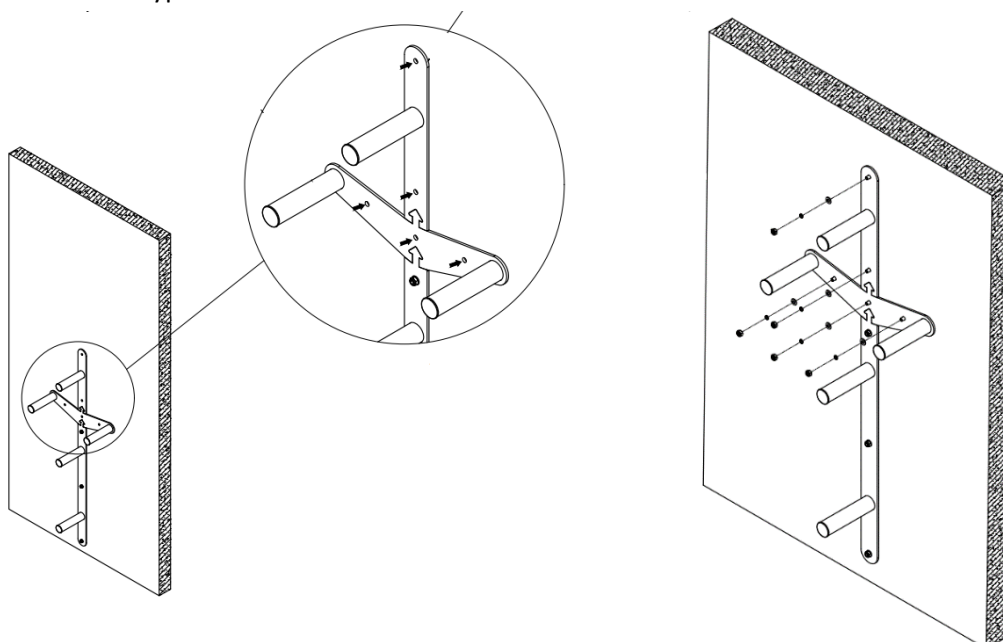


Levypainotelineiden kiinnitys

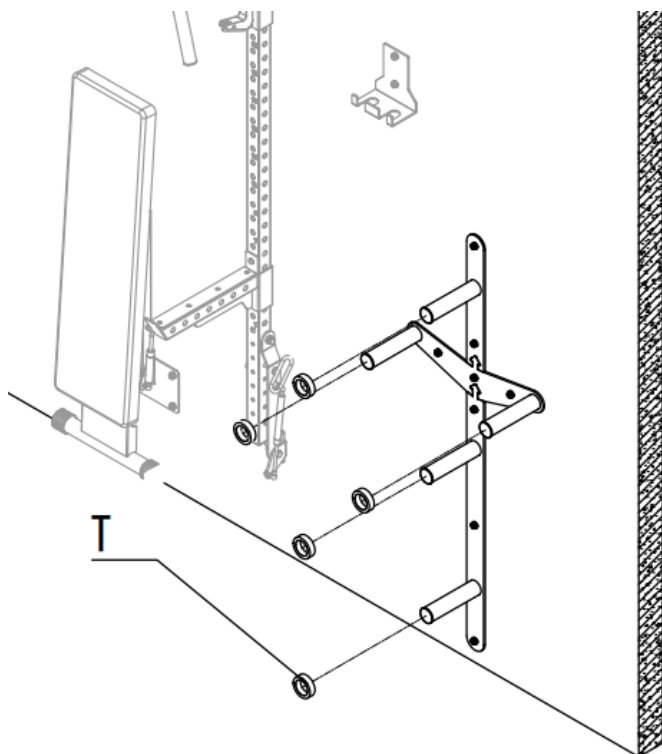
1. Aloita levypainotelineen kiinnitys poraamalla kiinnitysaukot seinään kuvan mukaisesti.
2. Kiinnitä levypainotelineen alaosa Q seinään kiila-ankkureilla.



3. Merkitse ja poraa seuraavat porausaukot seinään käyttäen levypainotelineen keski- ja yläosaa R ja S kuvan mukaisesti.
4. Asenna kiila-ankkurit seinään porattuihin aukkoihin.
5. Kiinnitä levypainotelineen osat kiila-ankkureihin.

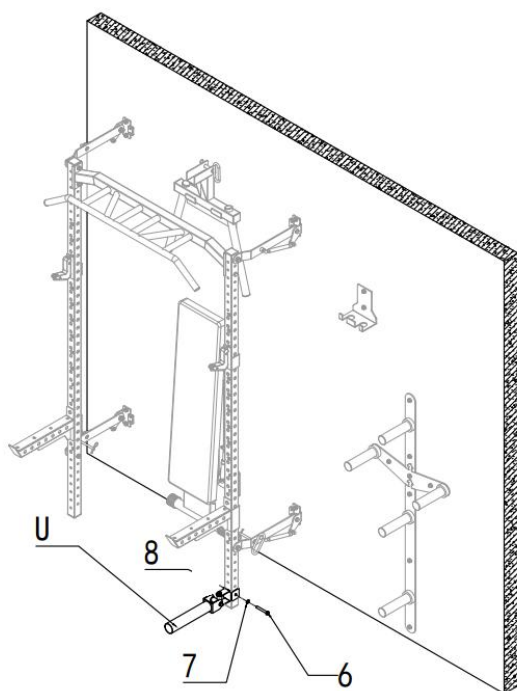


6. Lisää lopuksi tulpat T levypainotelineen päihin.



Landmine-telineen kiinnitys

1. Kiinnitä Landmine-teline U laitteen runkoon osilla 6., 7., ja 8.



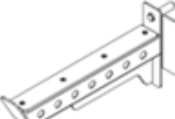
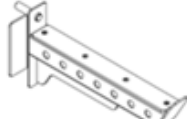
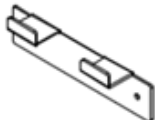
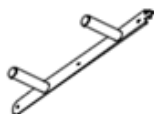
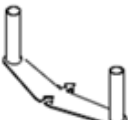
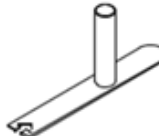
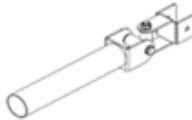
SV



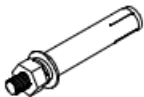
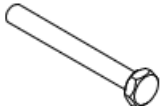
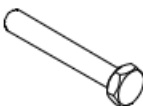
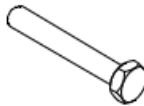
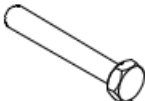
Mått och egenskaper	
Krävd takhöjd	245 cm
Höjd hopfälld mot väggen	240 cm
Höjd utfälld	207 cm
Maxbelastning	500 kg
Ramens avstånd från väggen utfälld	45,1 cm
Bänkens avstånd från väggen utfälld	141,5 cm
Viktskivehållare:	148,6x56x24,5 cm

1. Apparatens delar och fästen

Delar

A. 	B. 	C. 	D. 	E. 2 st 
F. 	G. 	H. 	I. 	J. 
K. 2 st Fästepinne, lång 	L. 	M. 	N. 	O. Fästepinne, kort 
P. 	Q. 	R. 	S. 	T. 5 st 
U. 				

Fästen

1. M10*100 24 st 	2. M10*95 2 st 	3. M10*90 2 st 	4. 8 st 	5. M10*70 2 st 
6. M10*75 1 st 	7. 14 st 	8. M10 7 st 		

2. Observera före montering



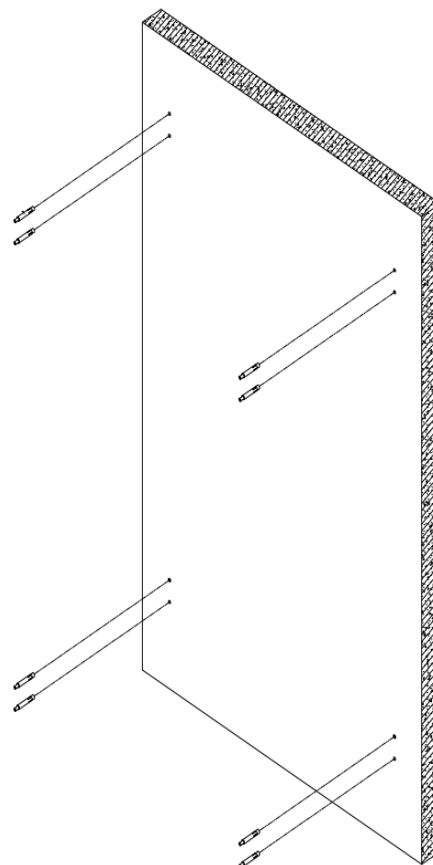
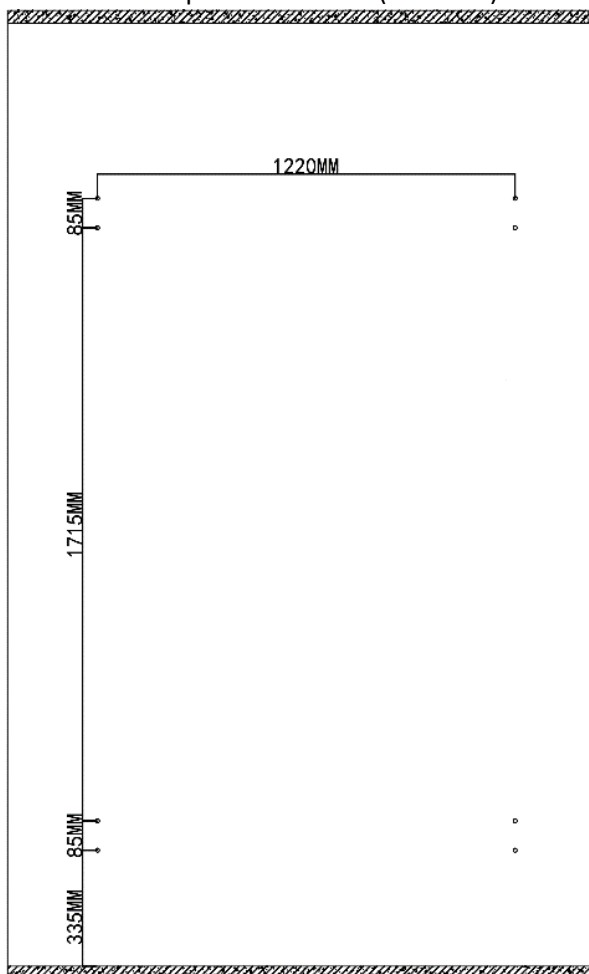
Expanderbultarna (fästdel 1) lämpar sig endast för användning i betongväggar. Vid montering på väggar med träkonstruktion ska fästdelarna anskaffas separat och deras lämplighet för användningsändamålet säkerställas.

Om de medföljande expanderbultarna används i en väggkonstruktion med träregel, ska regelkonstruktionen vara minst 50 mm tjock och ankaret fästas mitt i regeln så att kilankaret sitter helt i träkonstruktionen och inte endast delvis. Montering i en ihålig gipsvägg är absolut förbjuden.

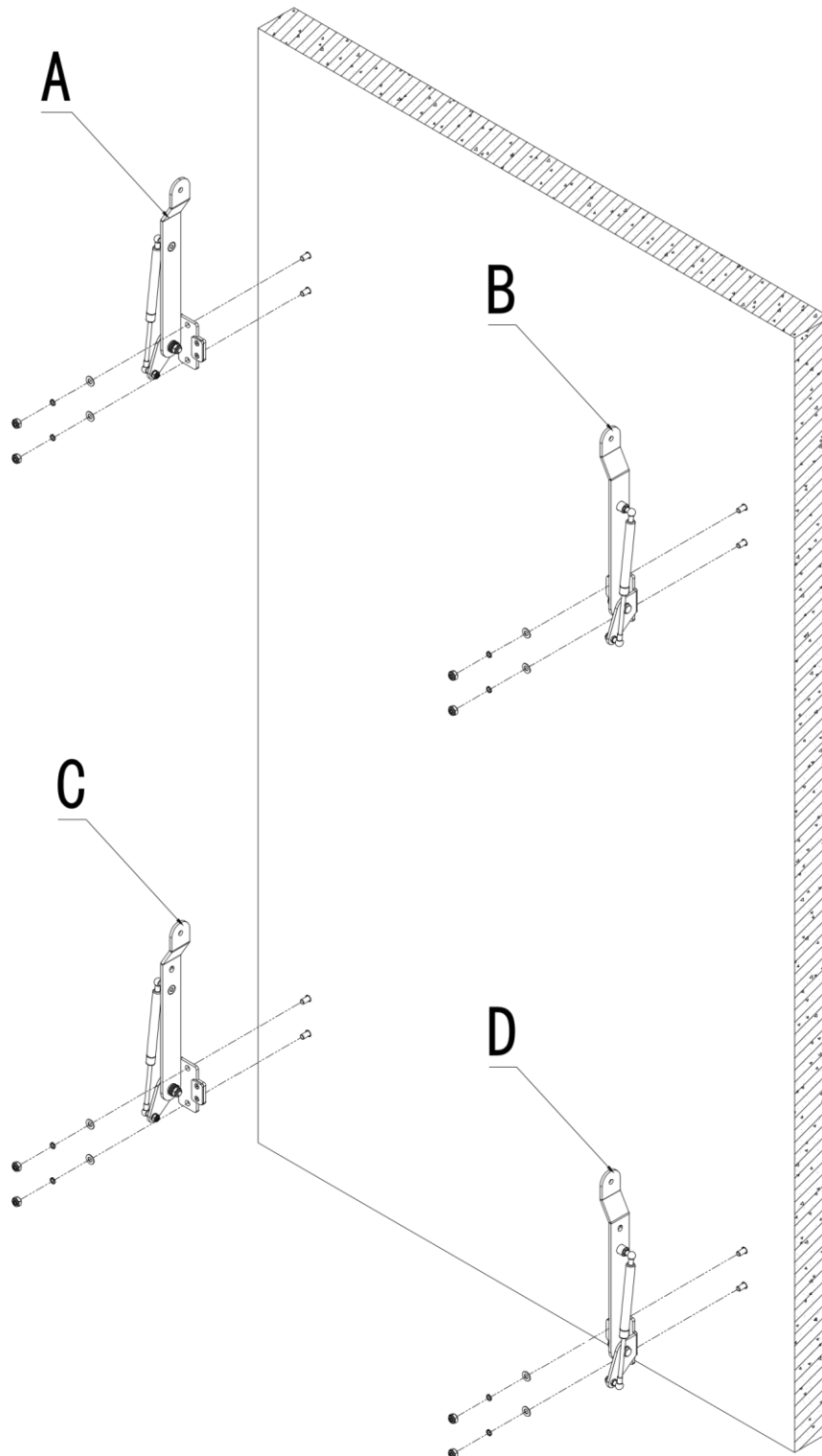
3. Monteringsanvisningar

Montering av ramen

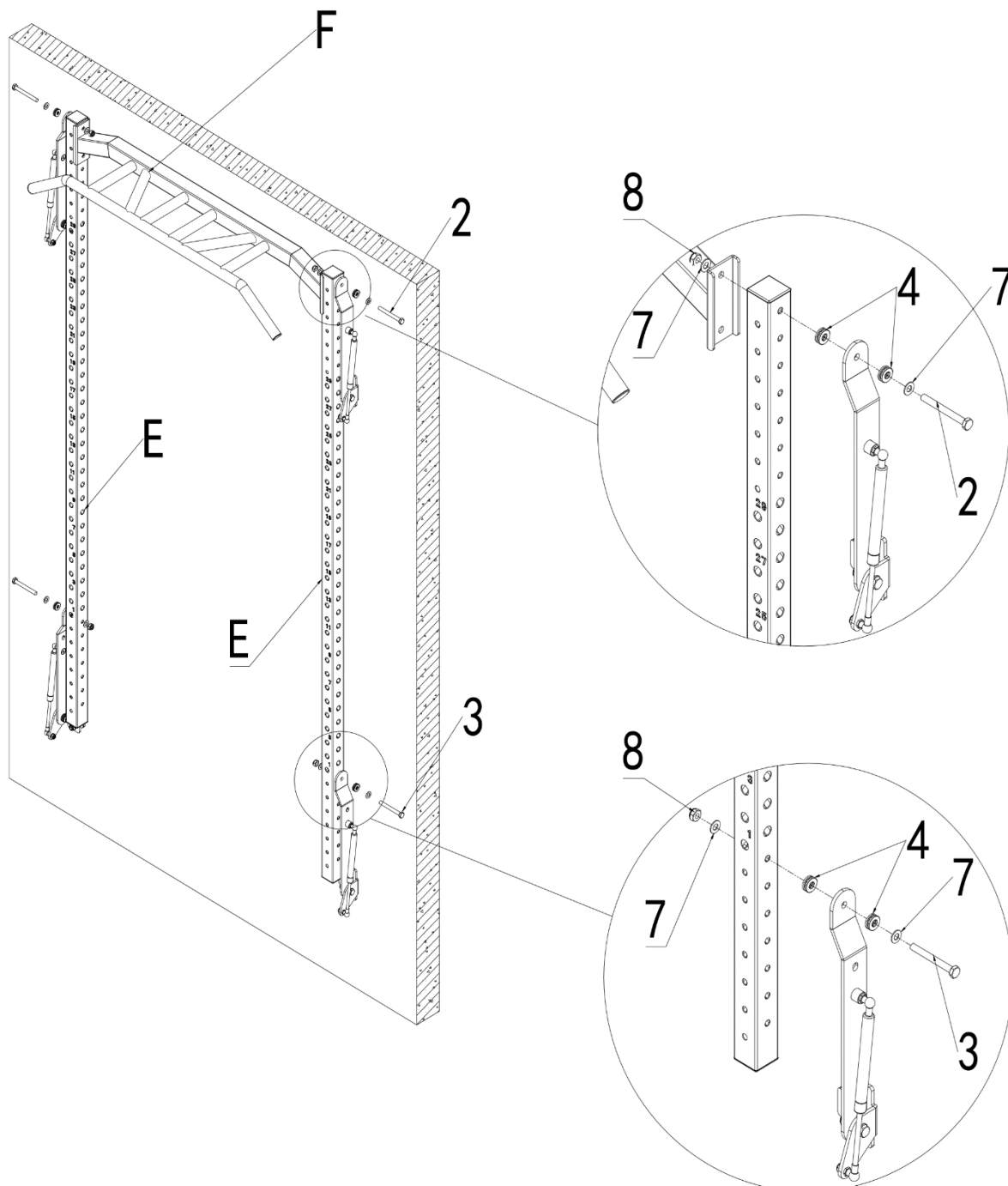
1. Markera fästhålen på väggen enligt måtten i bilden och borra hålen.
2. Fäst expanderbultarna (fästdel 1) i hålen.



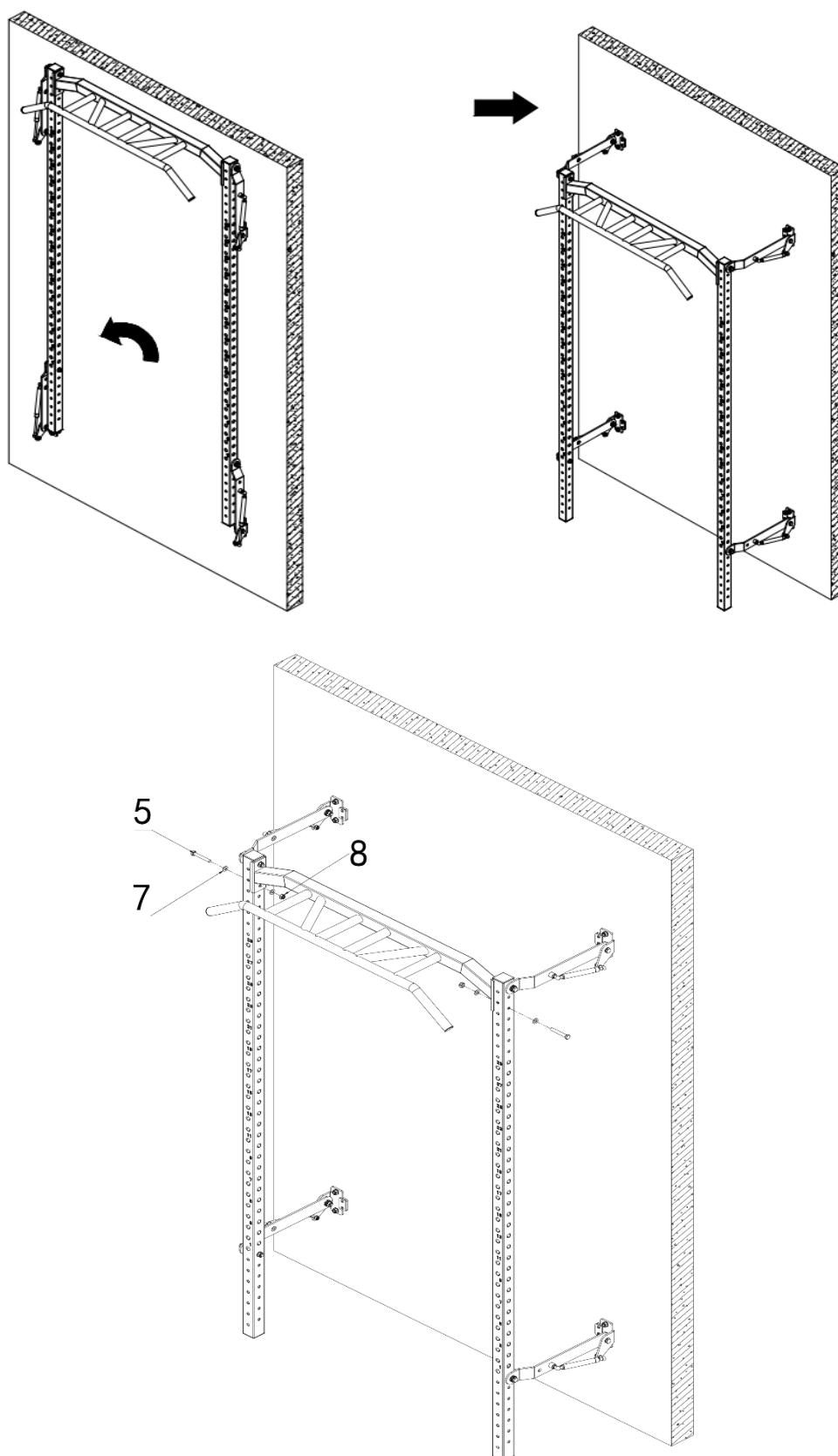
3. Fäst apparatens delar A, B, C och D i expanderbultarna enligt bilden.



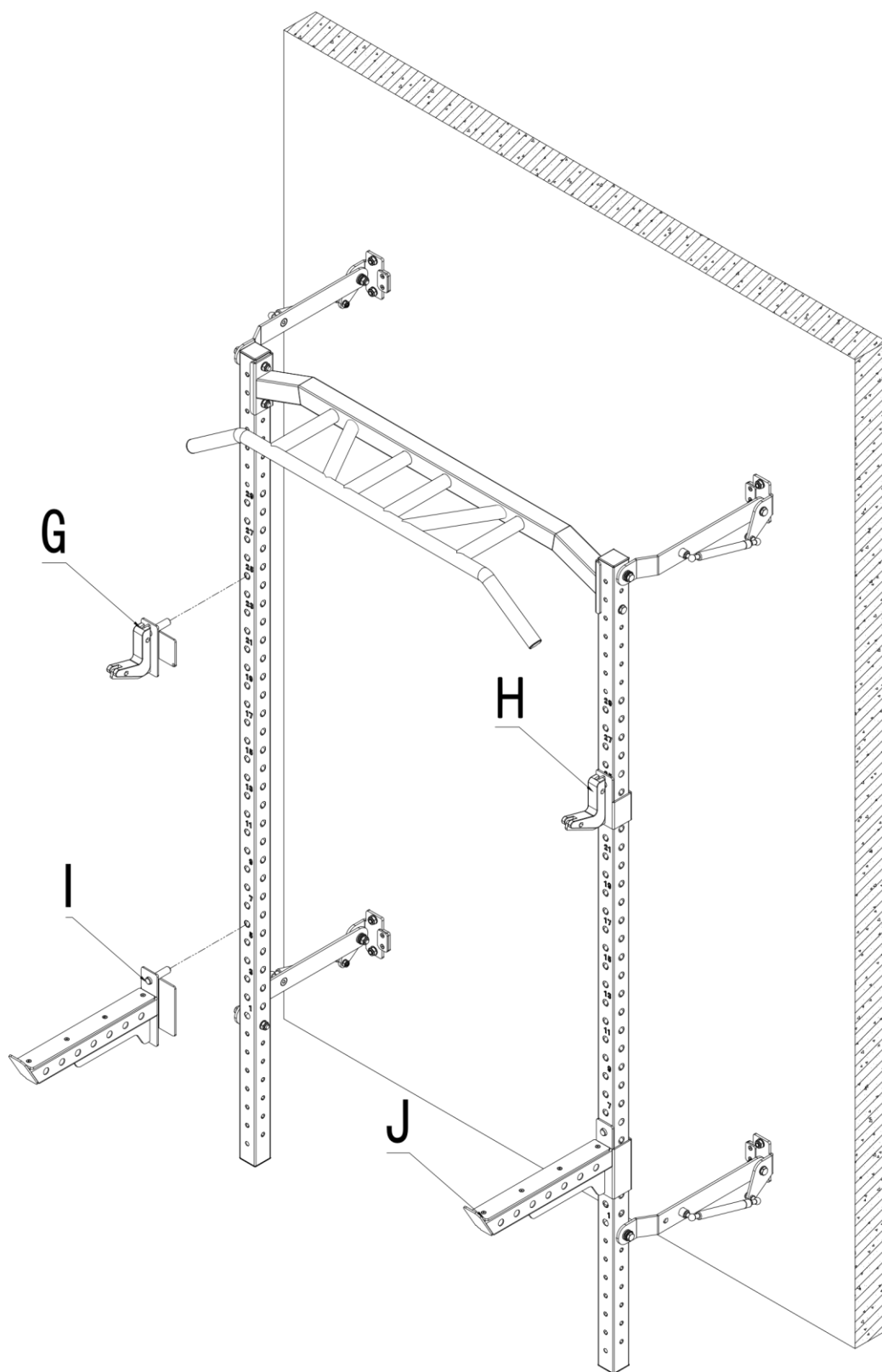
4. Fäst apparatens ramstolpar E och överdel F med fästdelarna 2, 3, 4, 7 och 8 enligt bilden.



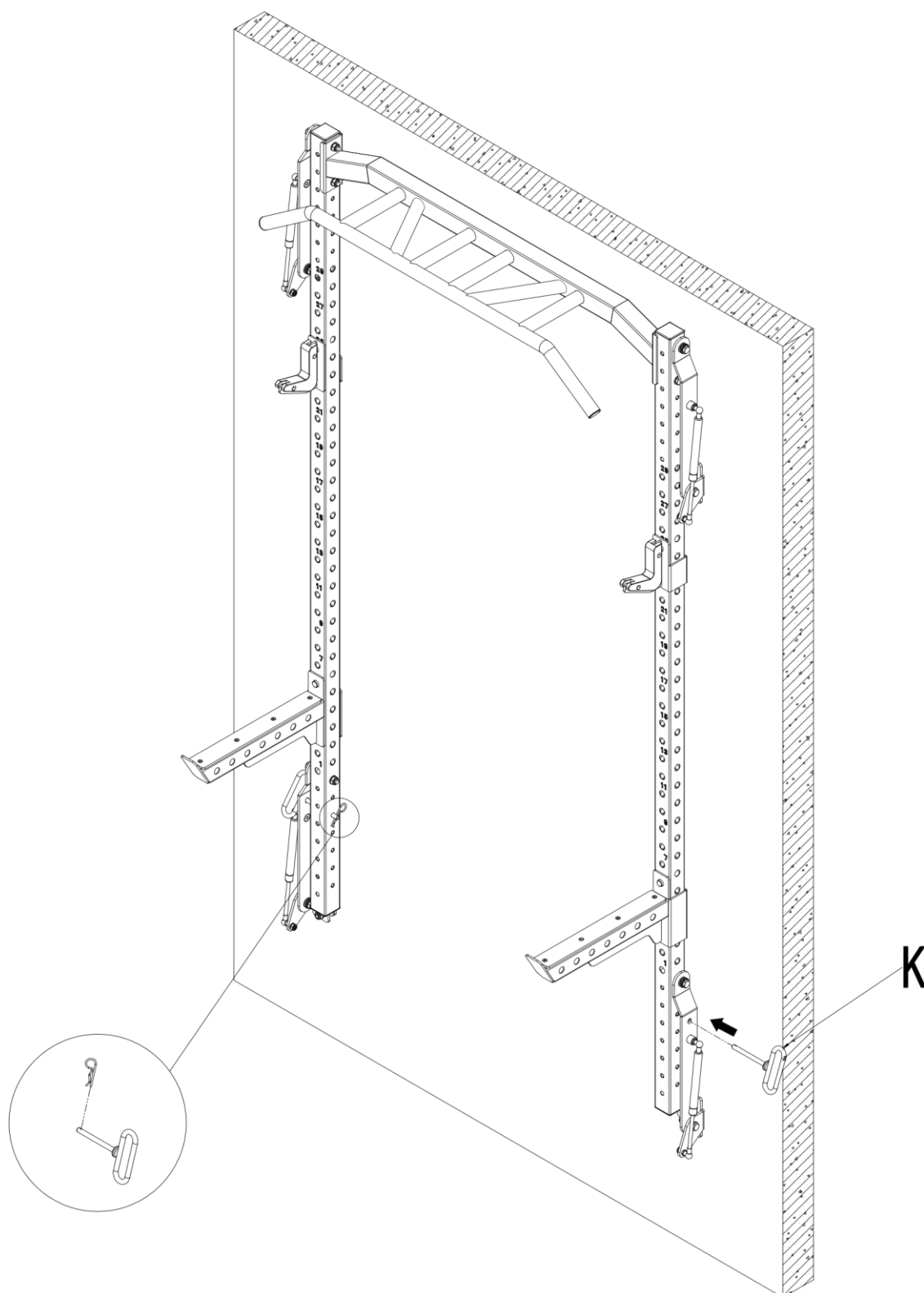
5. Fäll ut ramen som är fäst på väggen och montera fästdelarna 5, 7 och 8 i fästpunkterna på apparatens del F.



6. Fäst apparatens delar G, H, I och J.

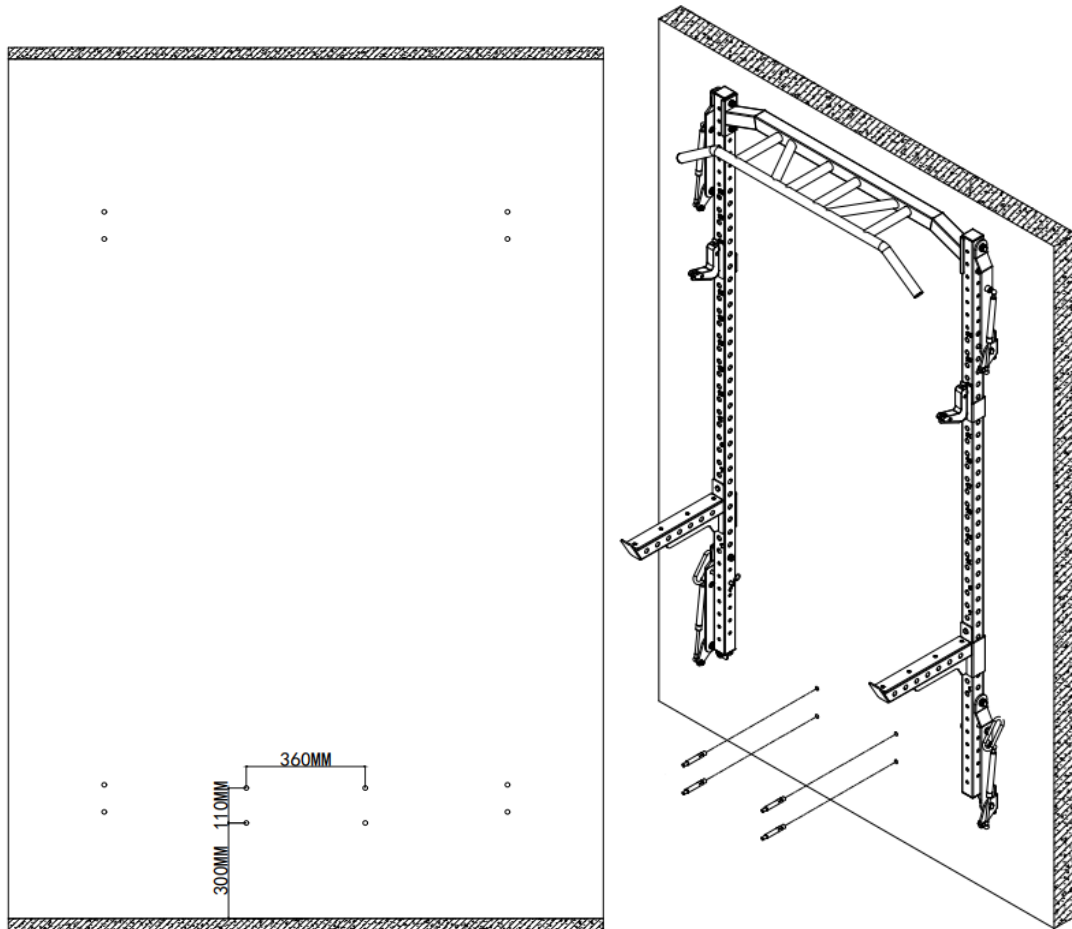


7. Fäll in apparaten mot väggen och lås den med del K.

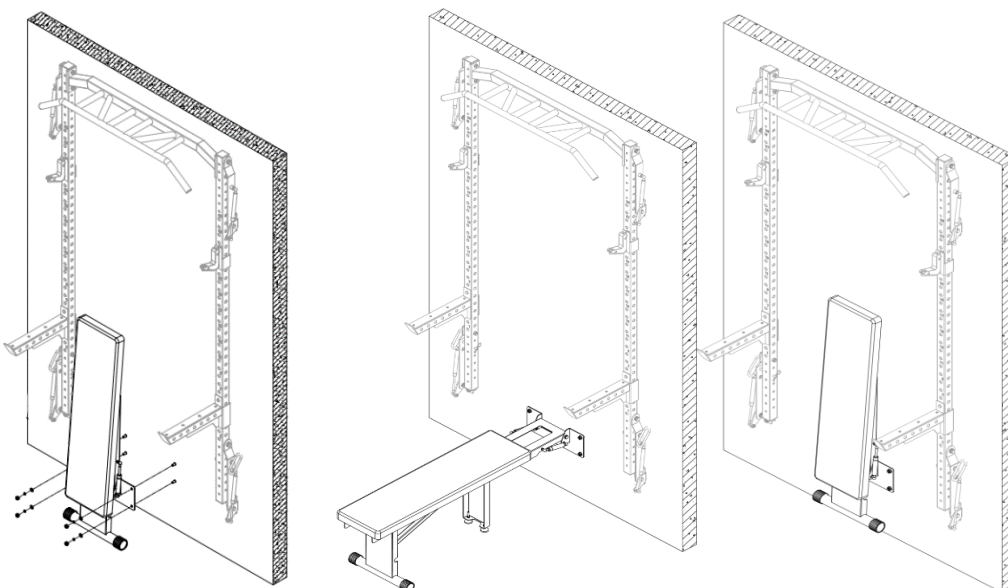


Montering av bänken

1. Börja monteringen av bänken genom att borra hålen enligt måtten som anges i bilden.
2. Fäst först expanderbultarna i väggen och montera därefter bänken.

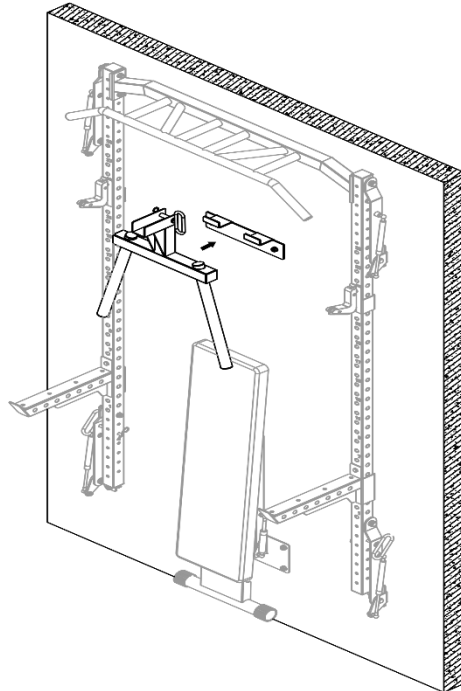
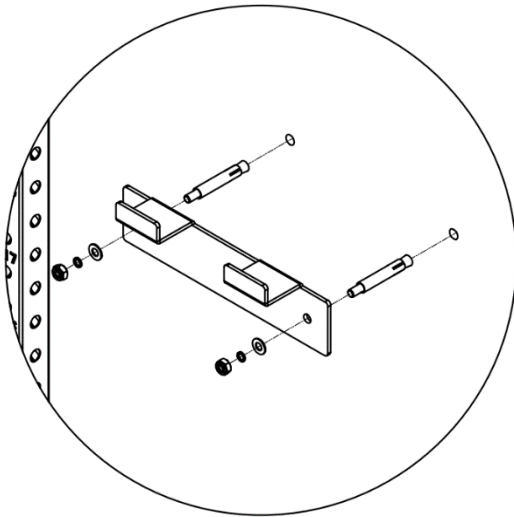


3. Fäst bänken i expanderbultarnas fästpunkter.



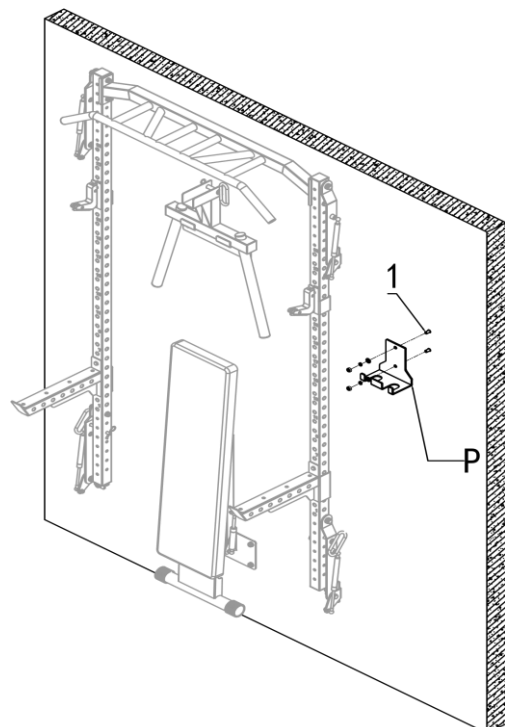
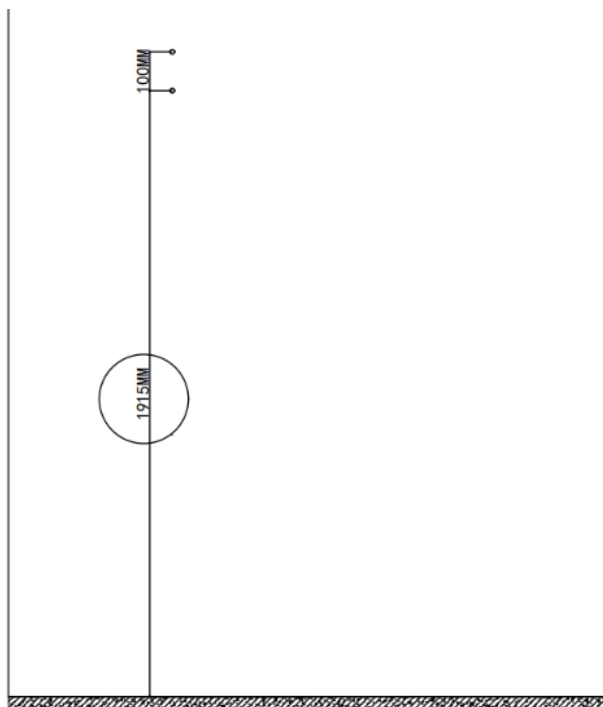
Montering av dipställningen M

1. Börja monteringen genom att borra hålen på önskad höjd.
2. Fäst expanderbultarna i väggen och väggfästet M för dipställningen i expanderbultarna.
3. Fäst dipställningen N i väggfästet för förvaring.



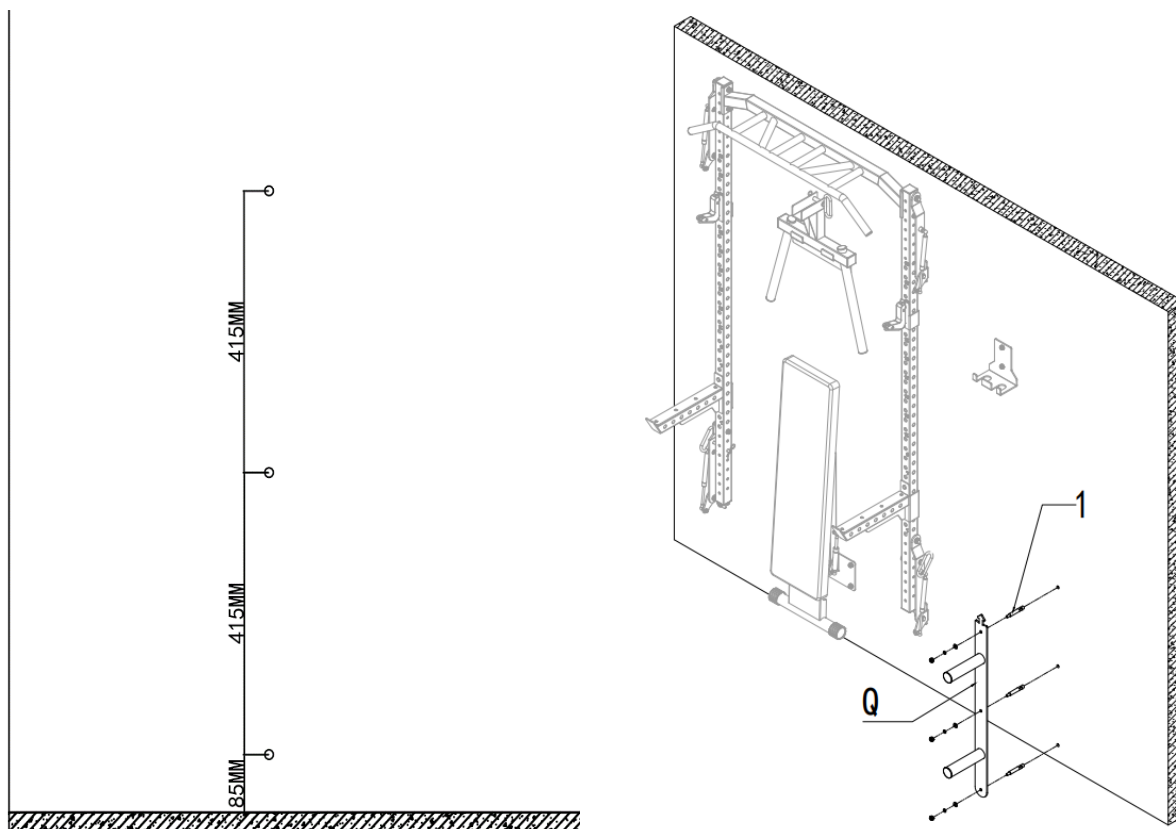
Montering av stånghållaren P

1. Borra hålen för expanderbultarna på önskad höjd, rekommenderad höjd 1915 mm.
2. Fäst stånghållaren P på väggen med expanderbultarna.

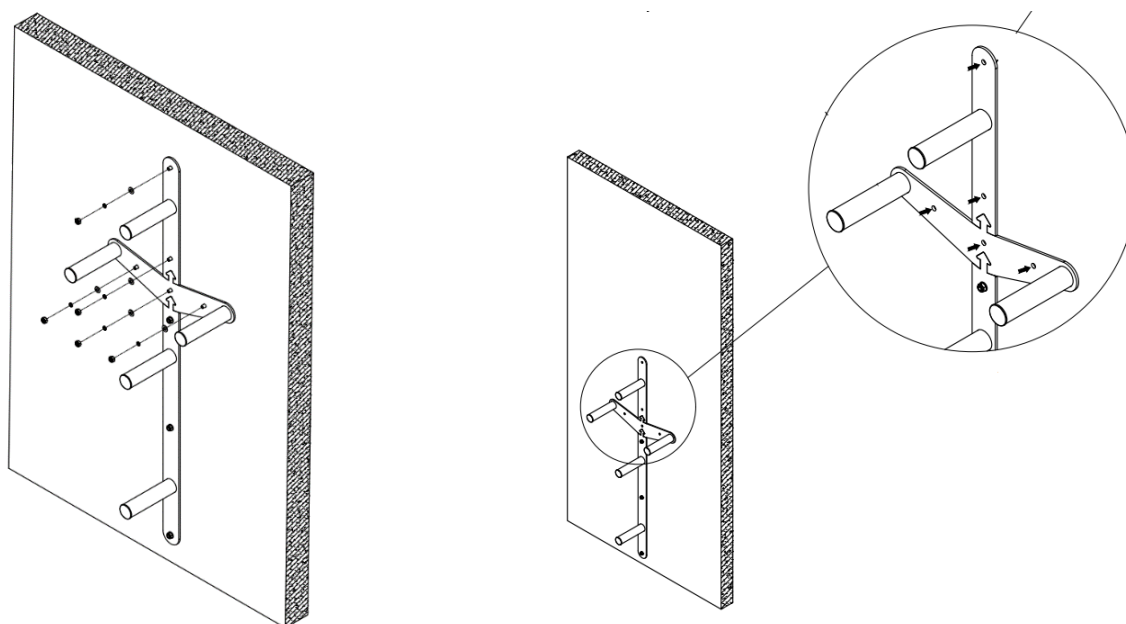


Montering av viktskivehållarna

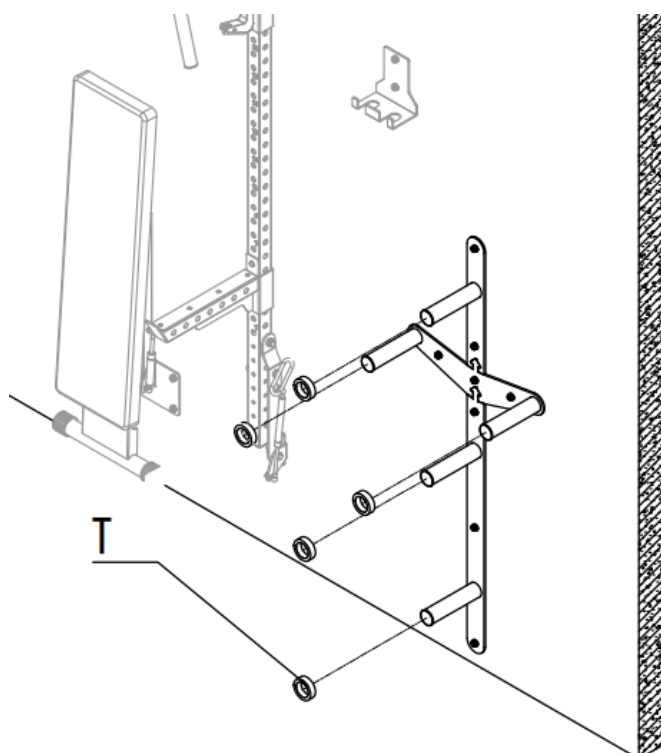
1. Börja monteringen av viktskivehållaren genom att borra fästhålen i väggen enligt bilden.
2. Fäst viktskivehållarens nedre del Q på väggen med expanderbultarna.



3. Markera och borra de följande hålen i väggen med hjälp av viktskivehållarens mitt- och övre delar R och S enligt bilden.
4. Montera expanderbultarna i de borrade hålen i väggen.
5. Fäst viktskivehållarens delar i expanderbultarna.

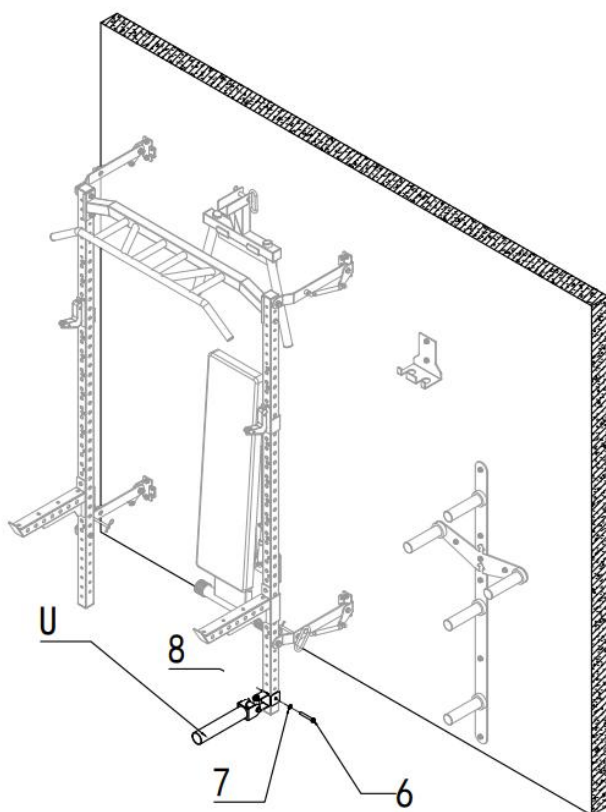


6. Sätt slutligen pluggarna T i ändarna på viktskivehållaren.



Montering av landmine-fästet

1. Fäst landmine-fästet U i apparatens ram med delarna 6, 7 och 8.



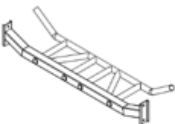
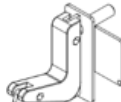
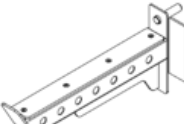
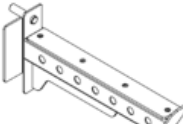
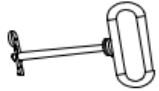
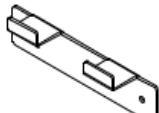
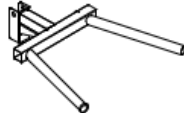
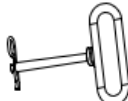
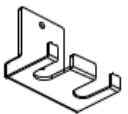
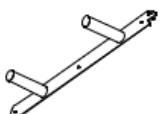
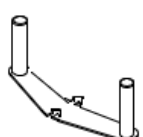
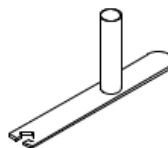
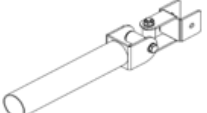
EN



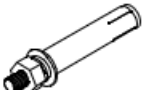
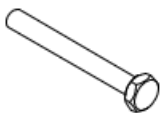
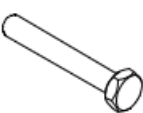
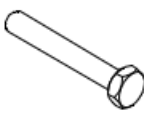
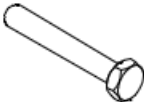
Dimensions and features	
Required ceiling height	245 cm
Height: folded against the wall	240 cm
Height: unfolded	207 cm
Load capacity	500 kg
Distance of the frame from the wall when unfolded	45,1 cm
Distance of the bench from the wall when unfolded	141,5 cm
Weight plate holders	148,6x56x24,5 cm

1. Parts and fasteners

Parts

A. 	B. 	C. 	D. 	E. 2 pcs 
F. 	G. 	H. 	I. 	J. 
K. 2 pcs Pin, long 	L. 	M. 	N. 	O. Pin, short 
P. 	Q. 	R. 	S. 	T. 5 pcs 
U. 				

Fasteners

1. M10*100 24 pcs 	2. M10*95 2 pcs 	3. M10*90 2 pcs 	4. 8 pcs 	5. M10*70 2 pcs 
6. M10*75 1 pcs 	7. 14 pcs 	8. M10 7 pcs 		

2. Please note before installation



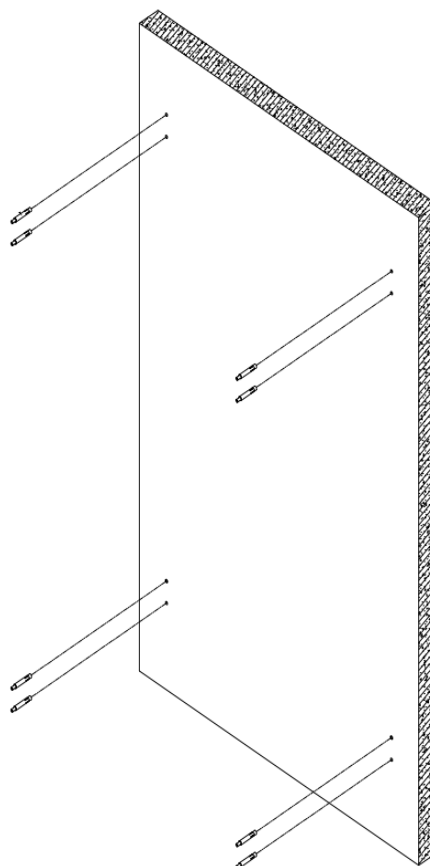
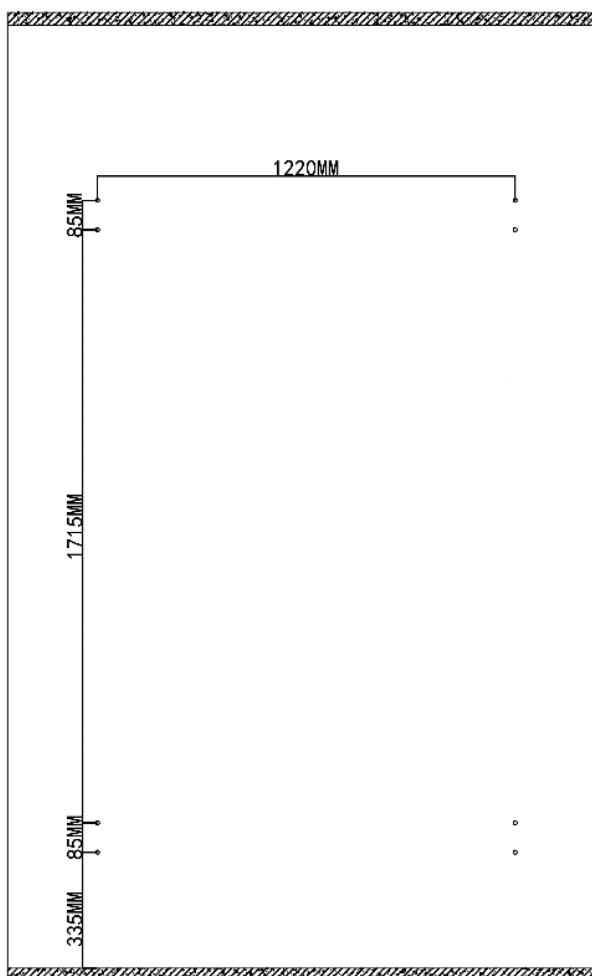
The expansion bolts (fastener part 1) are suitable for use only in concrete walls. When mounting the device to wooden wall structures, the fasteners must be purchased separately and their suitability for the intended use must be ensured.

If the expansion bolts supplied with the device are used in a timber-framed wall structure, the frame structure must be at least 50 mm thick, and the anchor must be fixed in the center of the frame so that the expansion bolt is fully embedded in the wooden structure, not only partially. Mounting to a hollow plasterboard wall is strictly prohibited.

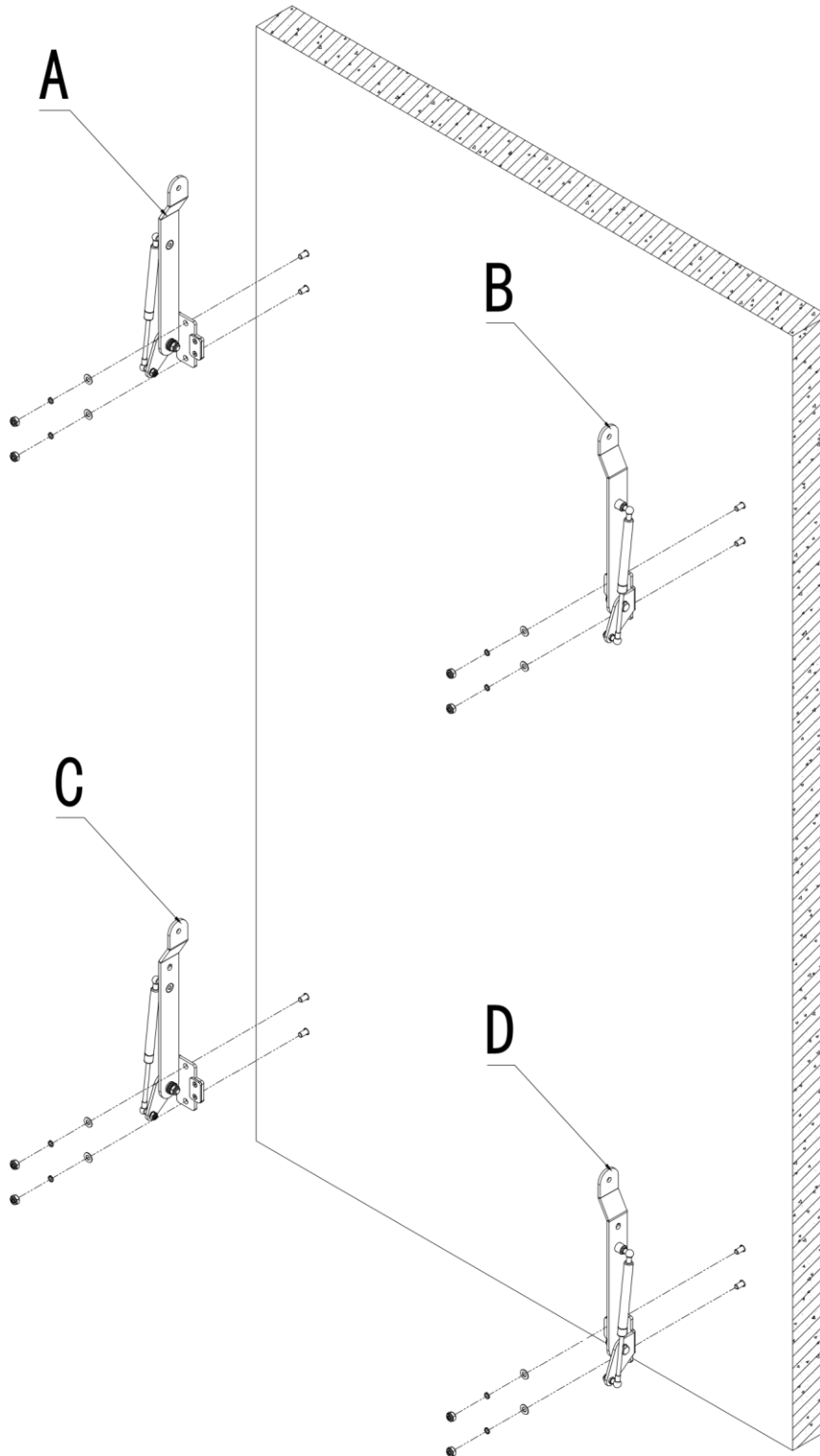
3. Assembly instructions

Assembling the frame

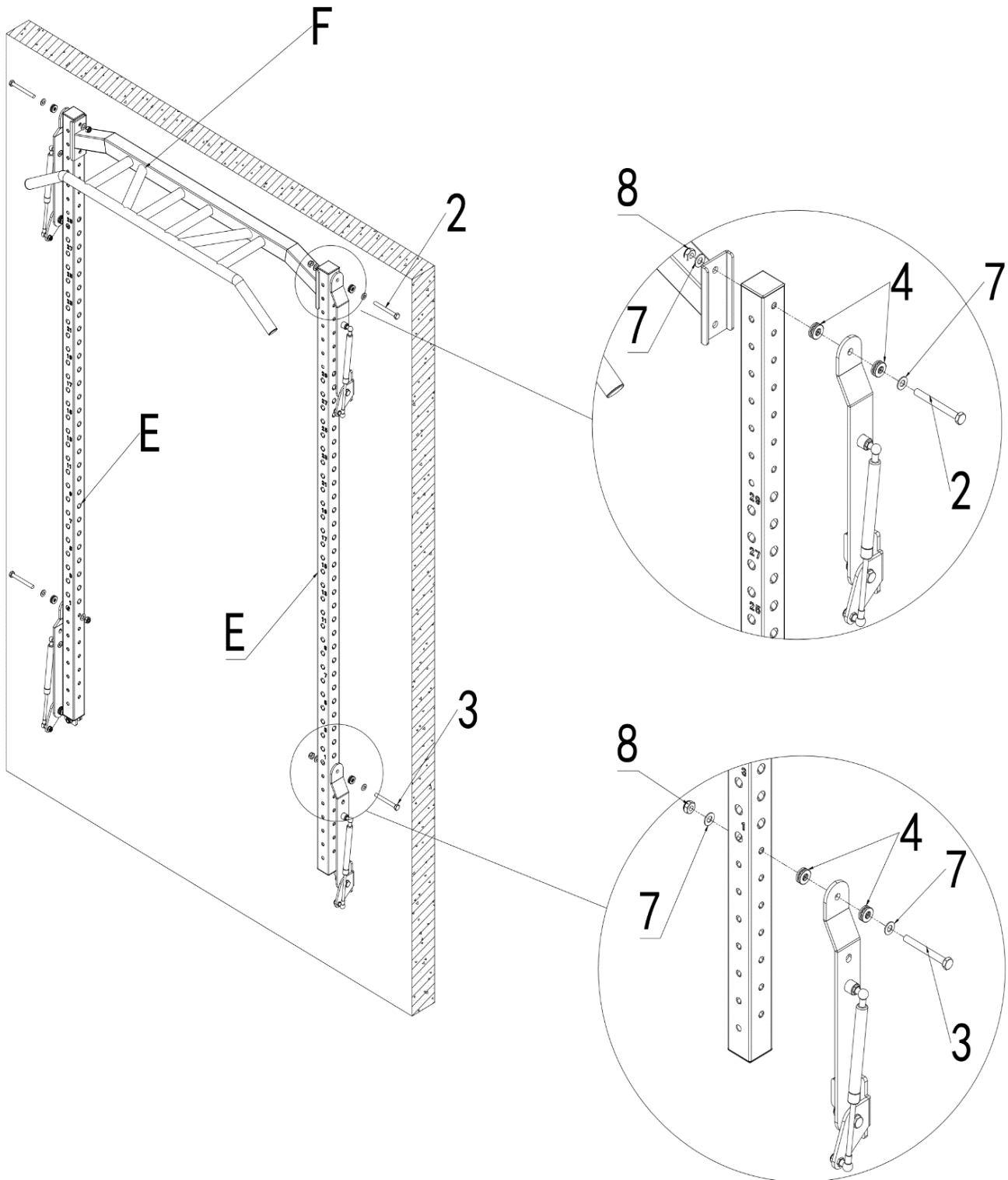
1. Mark the mounting holes on the wall according to the dimensions shown in the image and drill the holes.
2. Insert the expansion bolts (fastener part 1) into the holes.



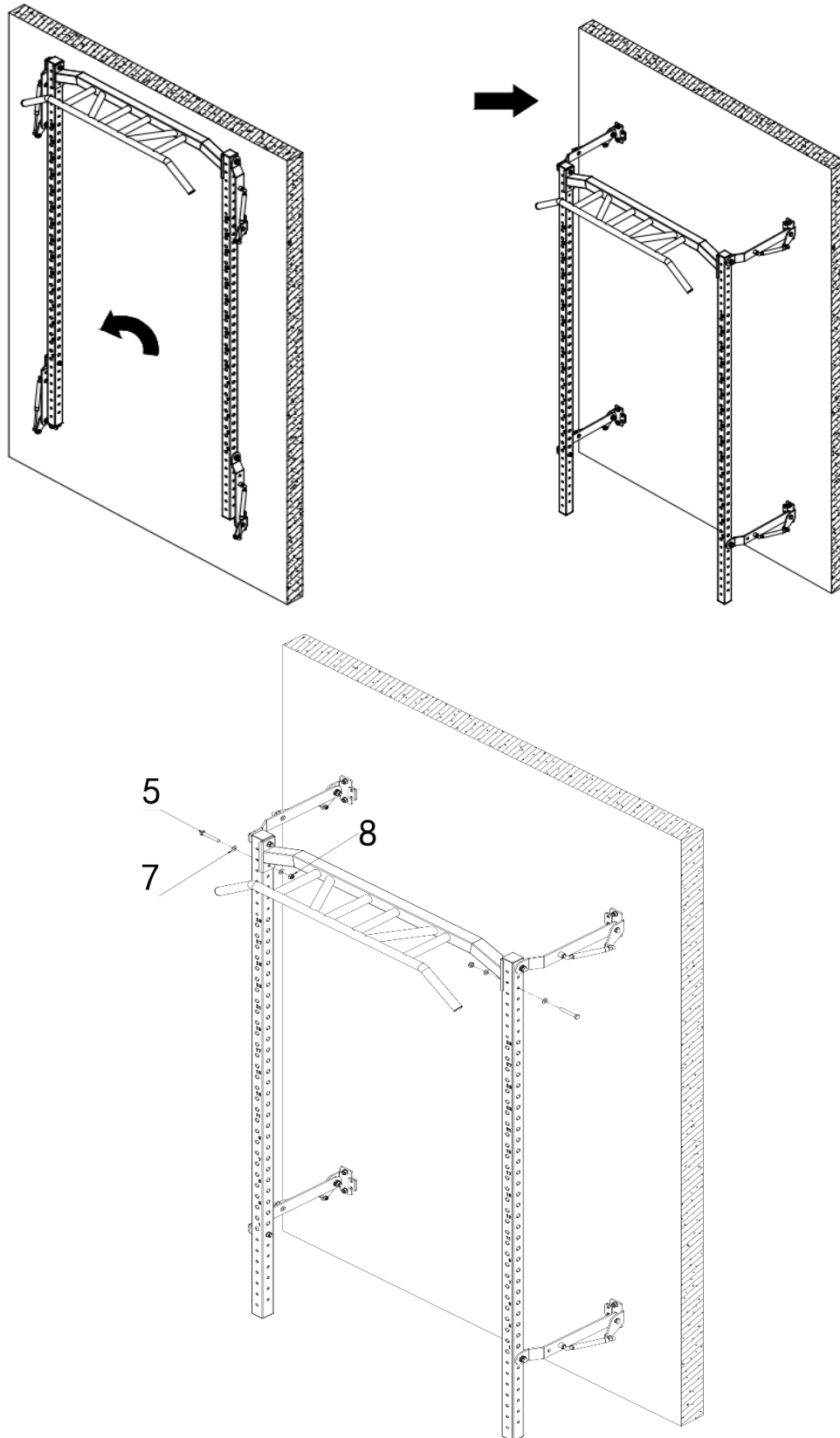
3. Attach device parts A, B, C, and D to the expansion bolts as shown in the image.



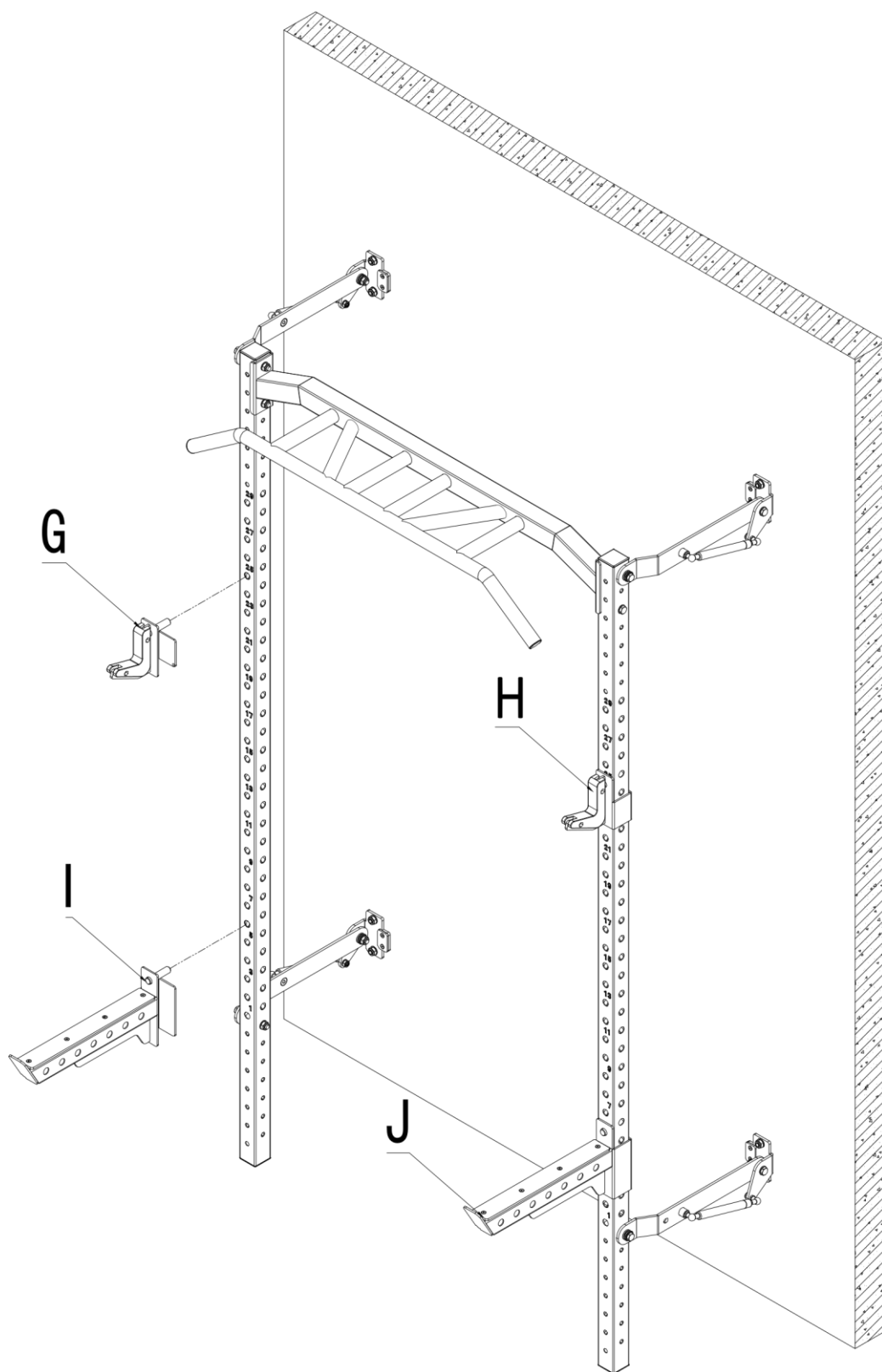
4. Attach the device's frame posts E and upper section F using fastener parts 2, 3, 4, 7, and 8 as shown in the image.



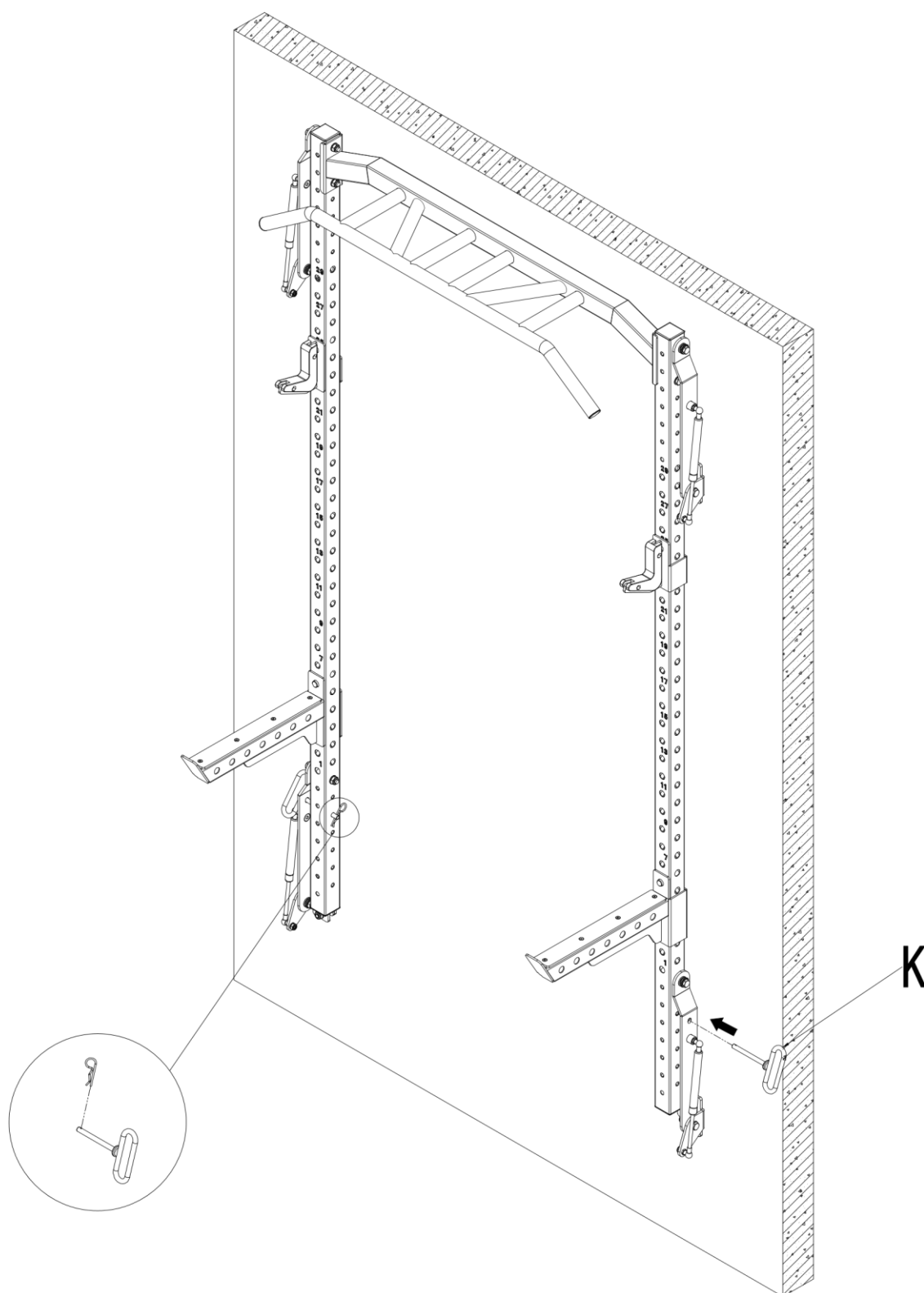
5. Fold out the frame attached to the wall and install fasteners 5, 7, and 8 at the mounting points of device part F.



6. Attach device parts G, H, I ja J

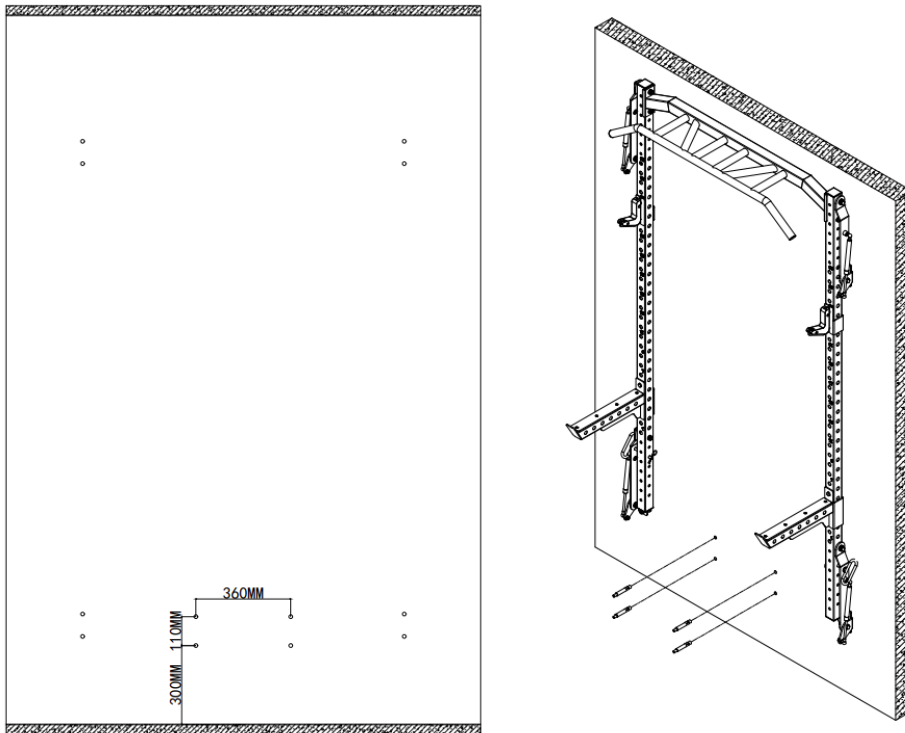


7. Fold the device against the wall and lock it with part K.

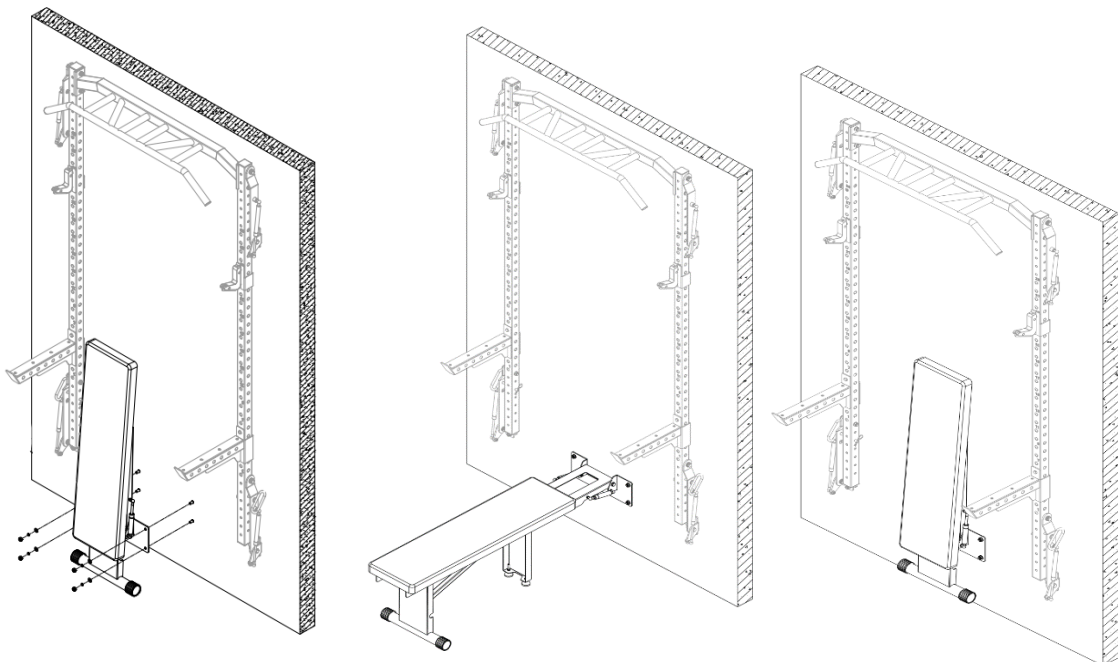


Bench installation

1. Begin installing the bench by drilling the holes according to the dimensions shown in the image.
2. First attach the expansion bolts to the wall, then attach the bench.

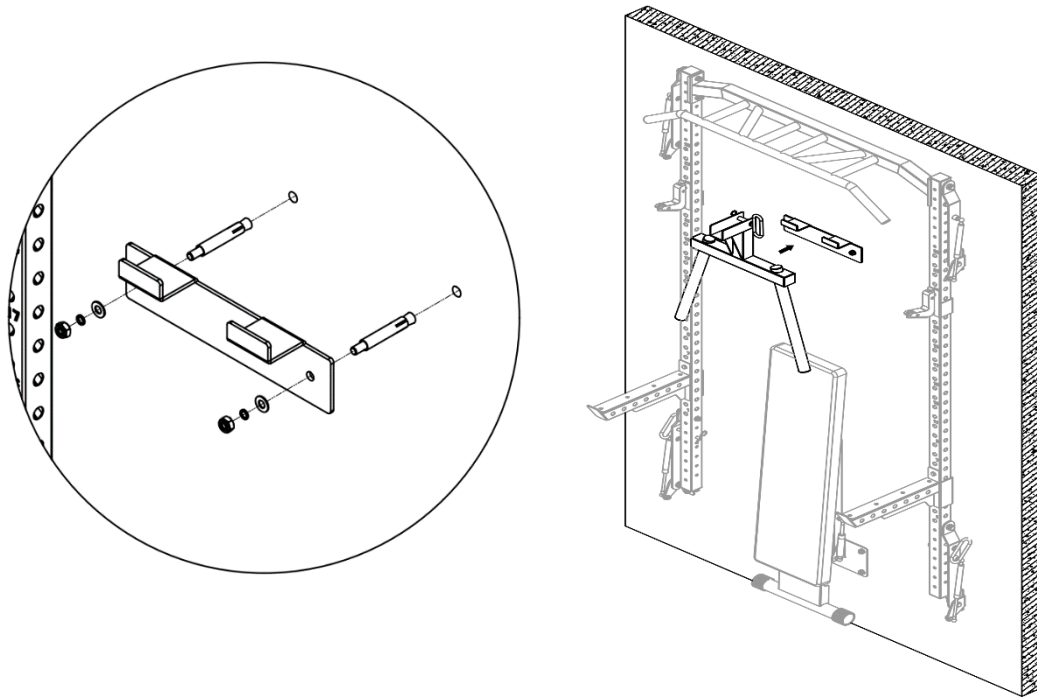


3. Attach the bench to the mounting points of the expansion bolts.



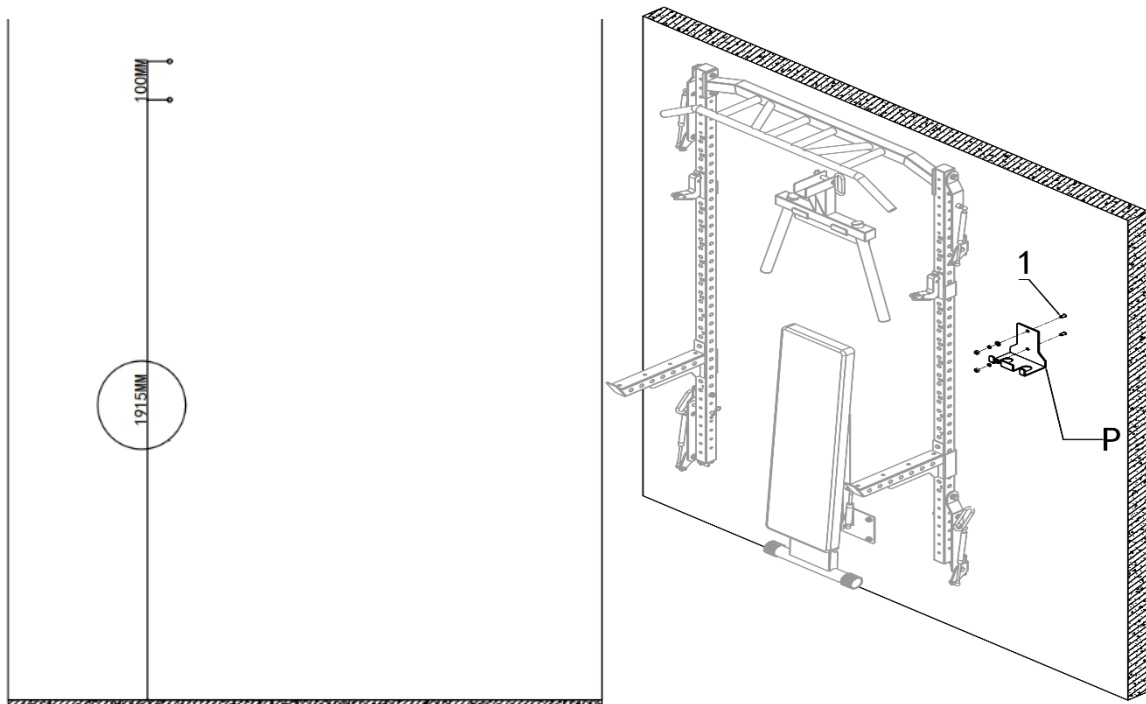
Installing the dip station M

1. Begin installation by drilling the holes at the desired height.
2. Attach the expansion bolts to the wall, and attach wall bracket M for the dip station to the expansion bolts.
3. Attach dip station N to the wall bracket for storage.



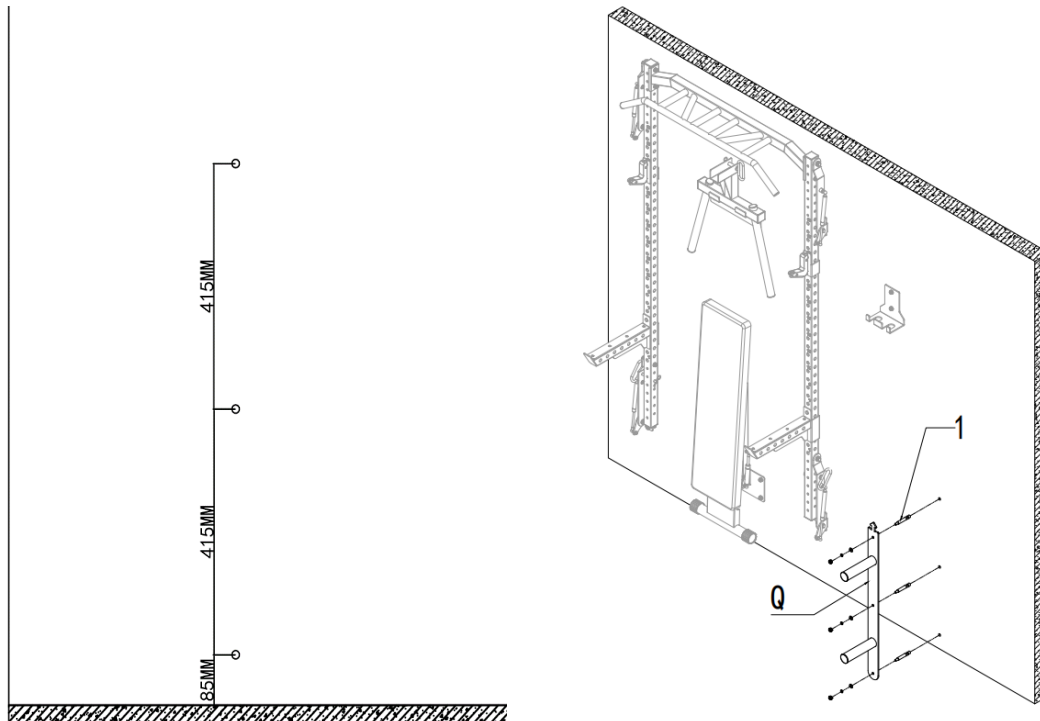
Installing bar holder P

1. Drill the holes for the expansion bolts at the desired height. Recommended height: 1915 mm.
2. Attach bar holder P to the wall using the expansion bolts.

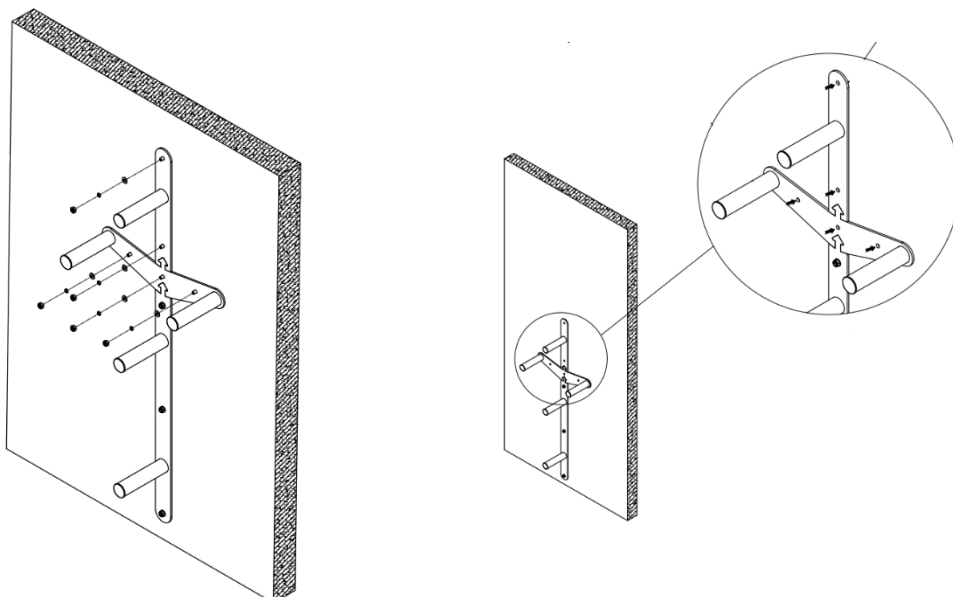


Installing the weight plate holder

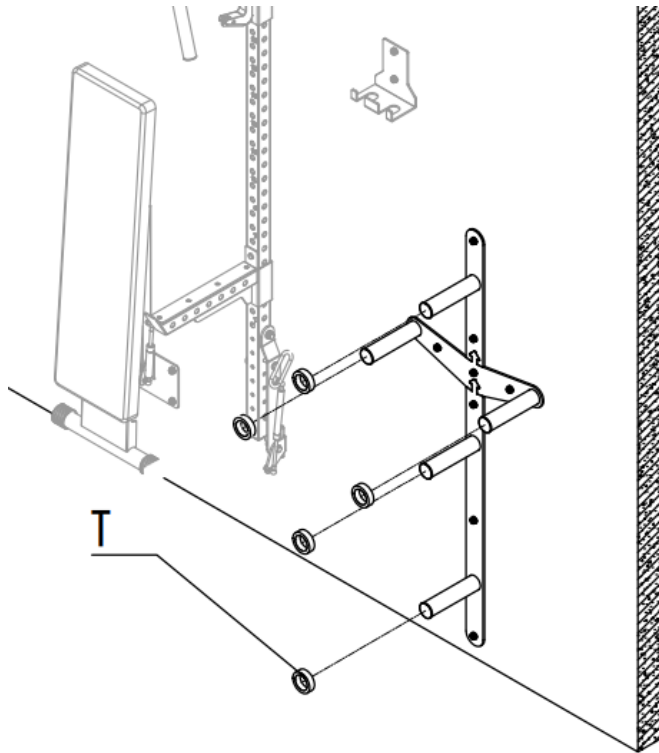
1. Begin installing the weight plate holder by drilling the mounting holes in the wall as shown in the image.
2. Attach the lower part Q of the weight plate holder to the wall using the expansion bolts.



3. Mark and drill the next holes in the wall using the middle and upper parts R and S of the weight plate holder as shown in the image.
4. Install the expansion bolts into the holes drilled in the wall.
5. Attach the weight plate holder parts to the expansion bolts.



6. Finally, insert plugs T into the ends of the weight plate holder.



Installing the landmine holder

1. Attach landmine holder U to the device frame using parts 6, 7, and 8.

