VEVOR

Upgrade · The Home Creator Way

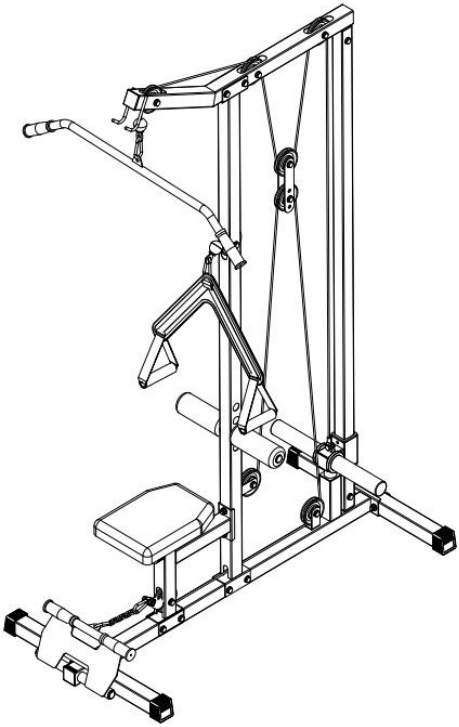
LAT Pull Down Machines

MODEL: HM1905B

VEVOR
Upgrade·The Home Creator Way

LAT Pull Down Machines

MODEL: HM1905B



Note:The product picture is for reference,
the actual details shall prevail

This is the original instruction, please read all manual instructions carefully before operating. VEVOR reserves a clear interpretation of our user manual. The appearance of the product shall be subject to the product you received. Please forgive us that we won't inform you again if there are any technology or software updates on our product.

Thank you very much for choosing this Product
Please read all of the instructions before using it.The information will help you achieve the best possible results.

Operation safety

Please put this manual in a place easy to check and keep it properly. This instruction manual clearly indicates how to use the equipment safely and correctly, so as to prevent any harm or property loss caused fro you and others.

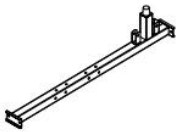
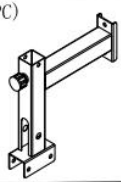
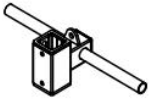
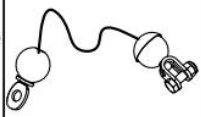
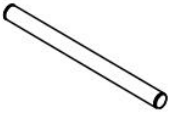
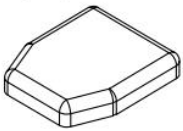
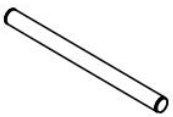
Danger

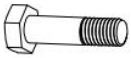
Do not use this product or any available optional equipment without first completely reading and understanding these instructions.
Keep plastic bags away from children to prevent suffocation.
Always keep animals and children away from the push and pull sled
Please do not store the product in a damp place
Do not perform any makeshift repairs or modifications
Do not use it if parts are damaged.
Please choose the appropriate applicable place for use. Do not use it on uneven ground

Warning

The product load-bearing capacity is 400Lbs Exceeding this weight may damage the product.
Before using the equipment, check all parts for shipping damage. if any part is damaged, do not use it, and contact VEVOR for further instructions.
Before operating the product, ensure that all components are properly and securely assembled and that all fasteners are secure.
If you give this product to someone else, must include this owner's manual.

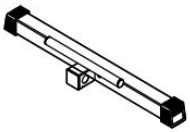
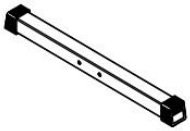
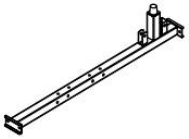
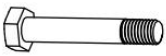
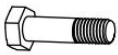
Part List

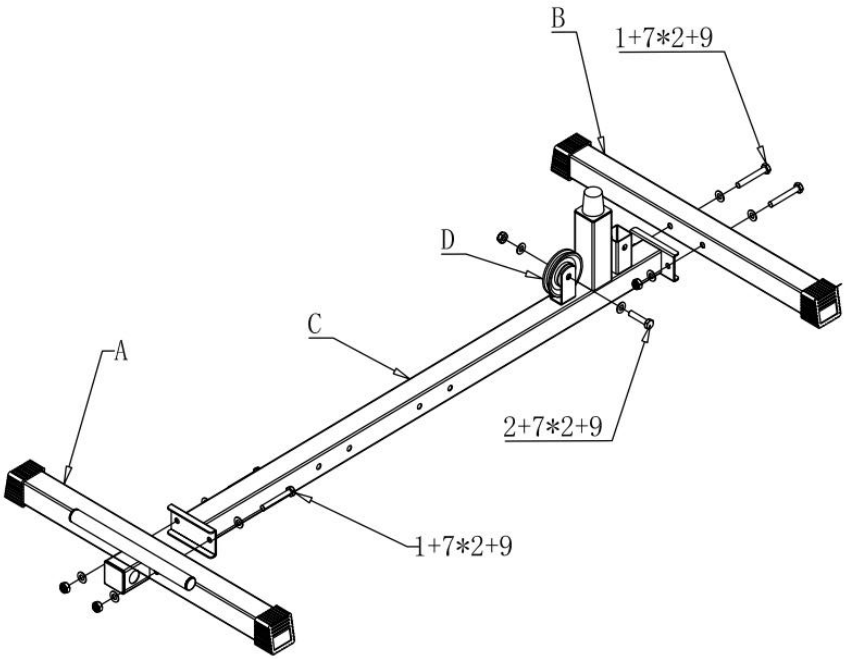
A (1PC) 	B (1PC) 	C (1PC) 	D (7PCS) 
E(1PC) 	F(1PC) 	G (1PC) 	H (10PCS) 
I (1PC) 	J (1PC) 	K (2PCS) 	L (1PC) 
M (1PC) 	N (1PC) 	O (2PCS) 	P (1PC) 
Q (1PC) 	R (1PC) 	S (1PC) 	T (1PC) 
U (1PC) 	V (1PC) 	W (1PC) 	X1 (2PCS) 
X2 (2PCS) 	Y (2PCS) 	Z (1PC) 	

1. Hex Head Bolt M10*70  17PCS	2. Hex Head Bolt M10*45  2PCS	3. Hex Head Bolt M10*60  2PCS	4. Hex Head Bolt M10*20  3PCS
5. Iron chain  1PC	6. Hex Head Bolt M8*25  4PCS	7. Washer 10  44PCS	8. Set screw M8  2PCS
9. Nylon Lock Nut M10  22PCS	10. Washer 8  6PCS	11. Clup  4PCS	

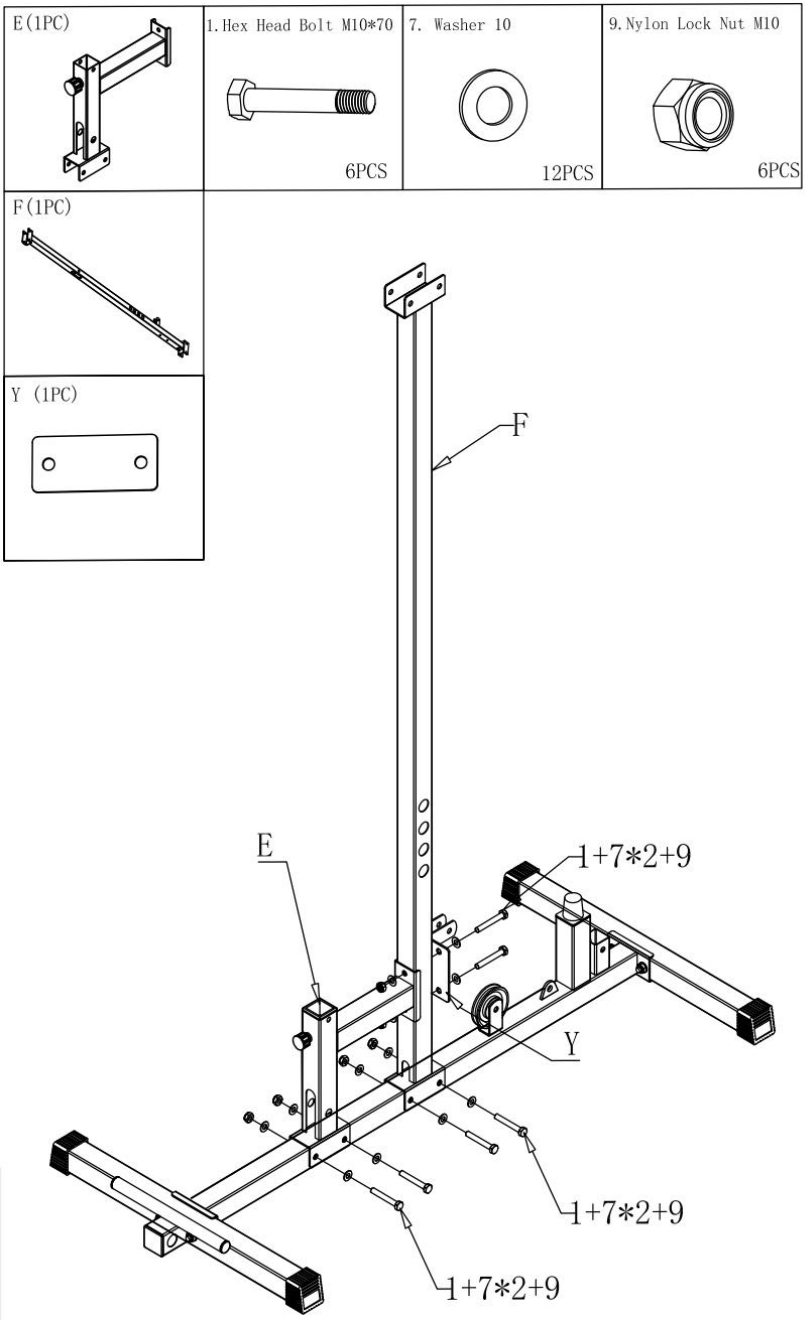
Assembly

STEP 1: Install the base frame

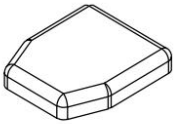
A (1PC)	B (1PC)	C (1PC)	D (1PC)
			
1. Hex Head Bolt M10*70	2. Hex Head Bolt M10*45	7. Washer 10	9. Nylon Lock Nut M10
 4PCS	 1PC	 10PCS	 5PCS

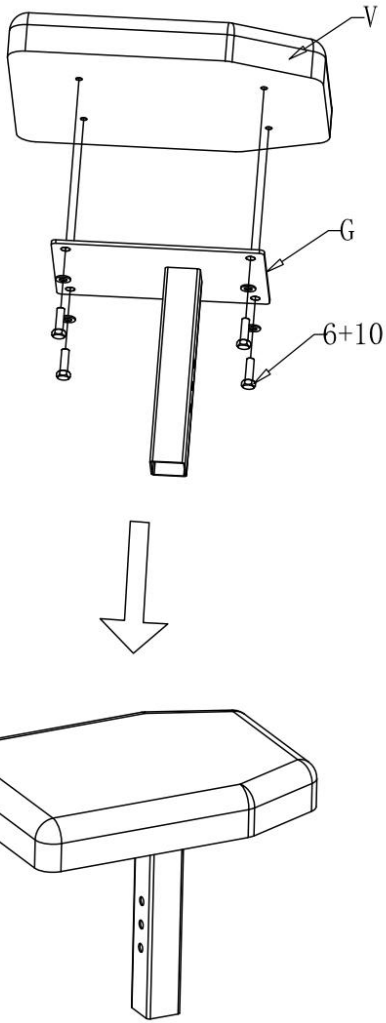


STEP 2: Install the column.

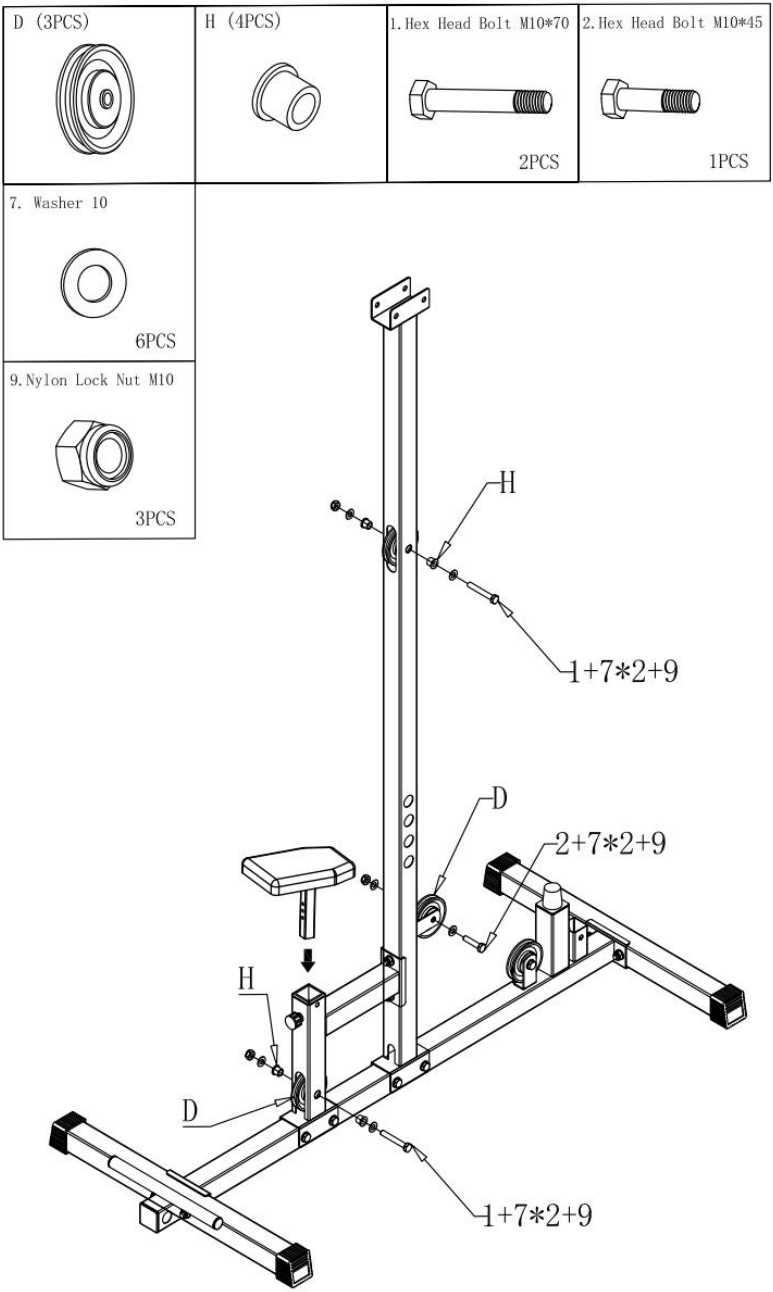


STEP 3: Install the seat cushion.

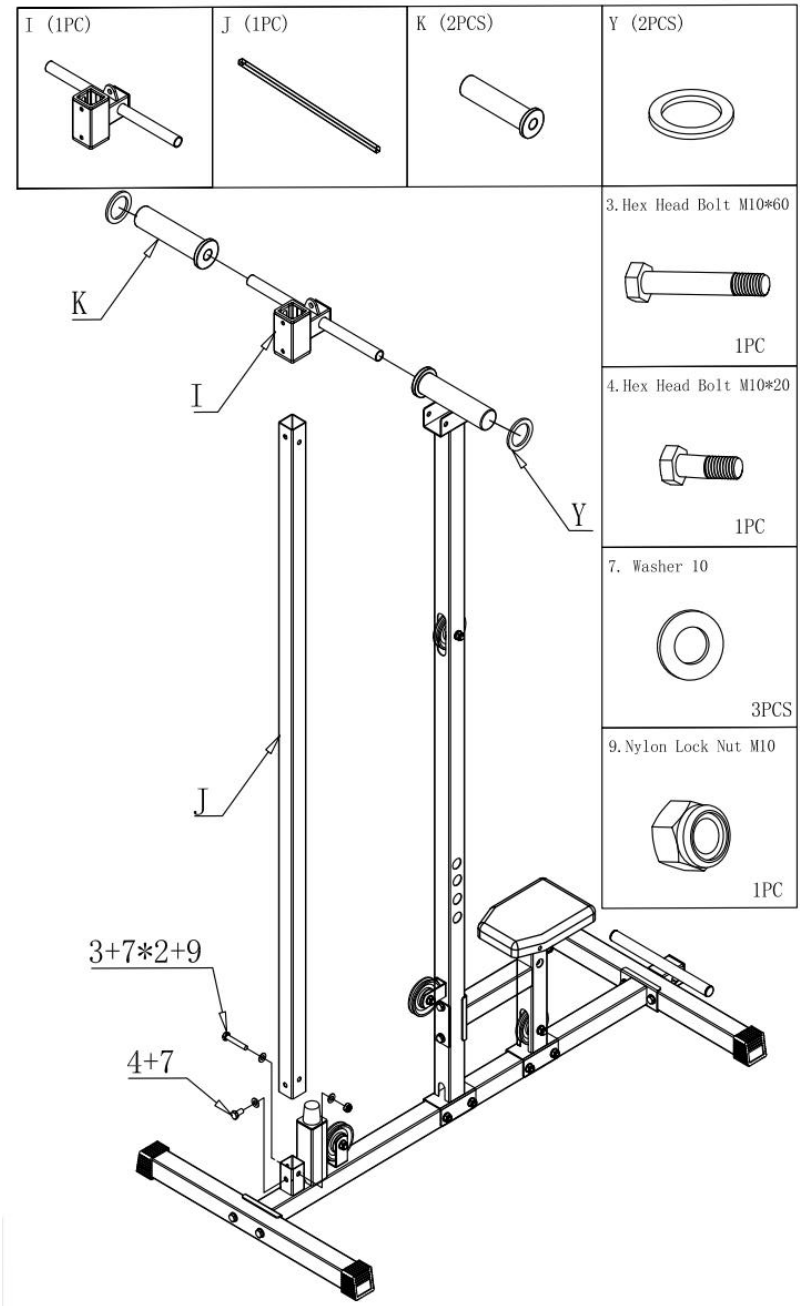
G (1PC)	V(1PC)	6.Hex Head Bolt M8*25	10. Washer 8
		 4PCS	 4PCS



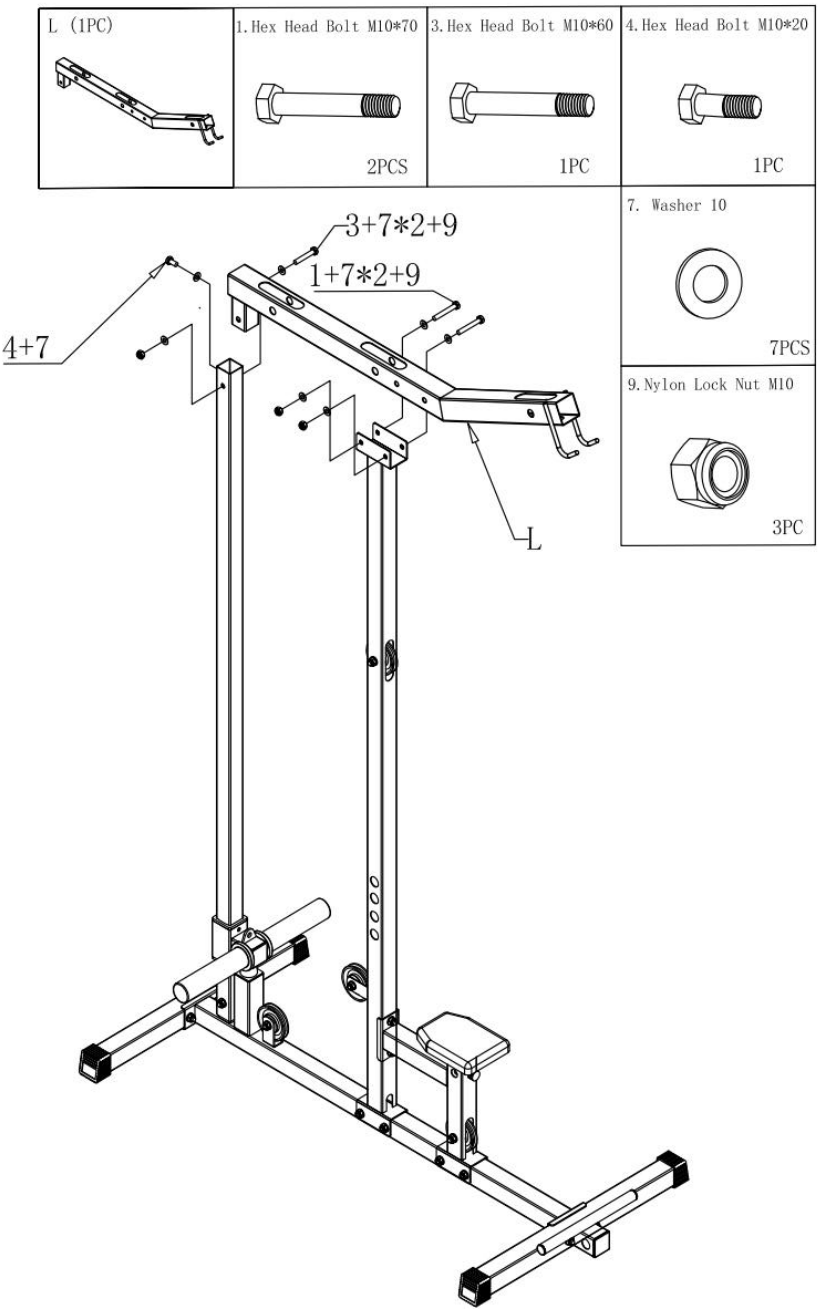
STEP 4: Insert the seat cushion and install the pulley.



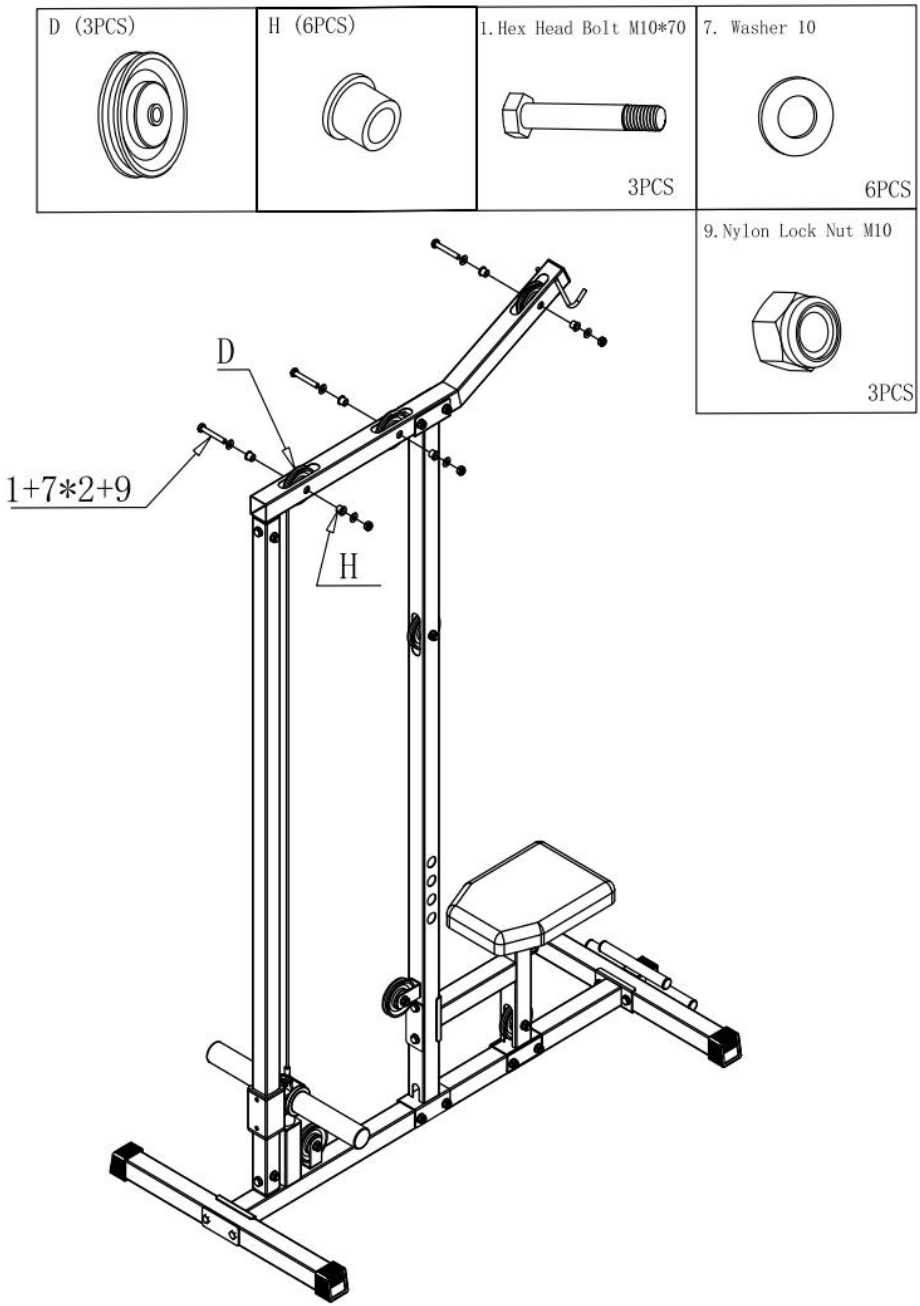
STEP 5: Install the front column and barbell bar.



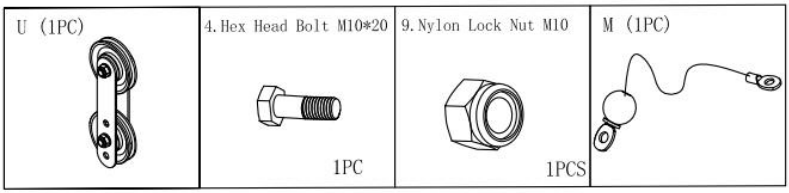
STEP 6: Install the top rod.

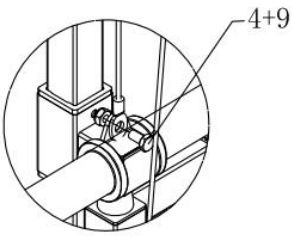


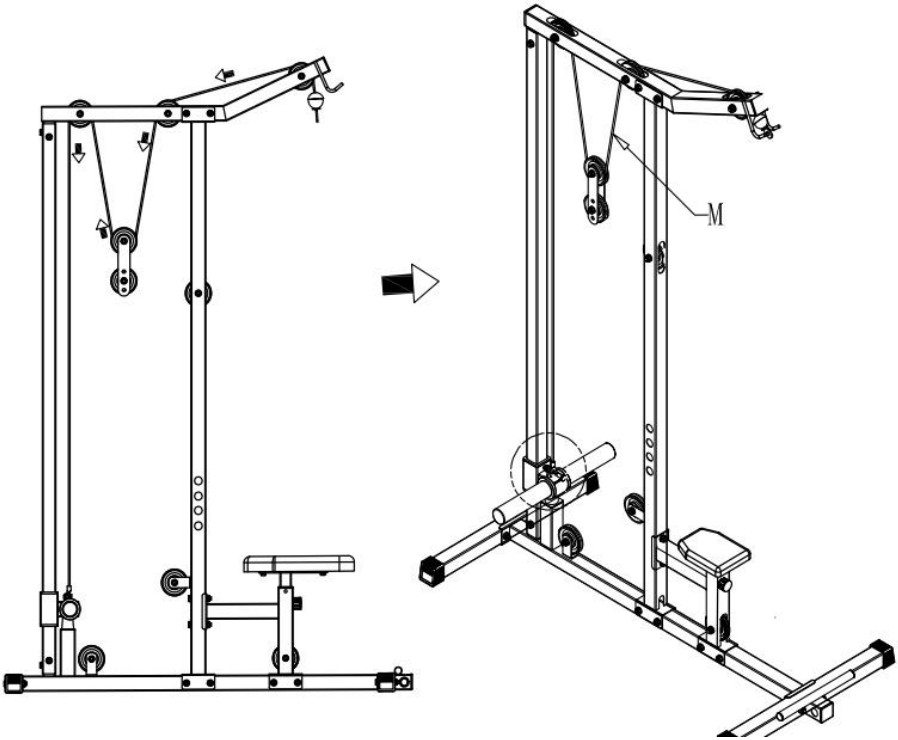
STEP 7: Install the top pulley.



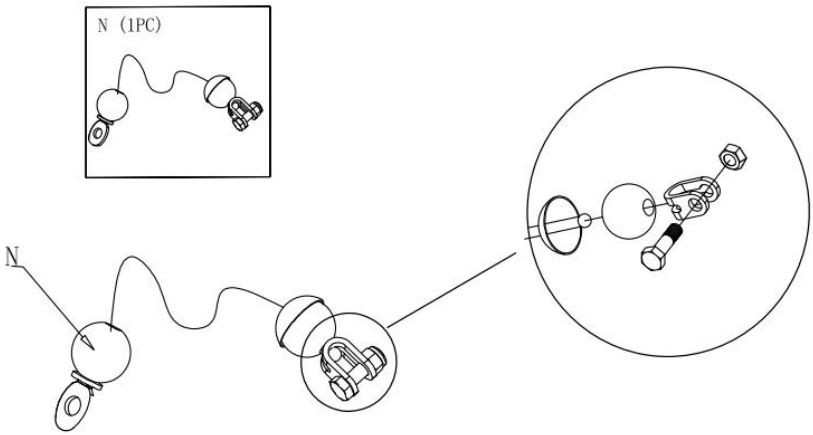
STEP 8: Install the upper pull rope

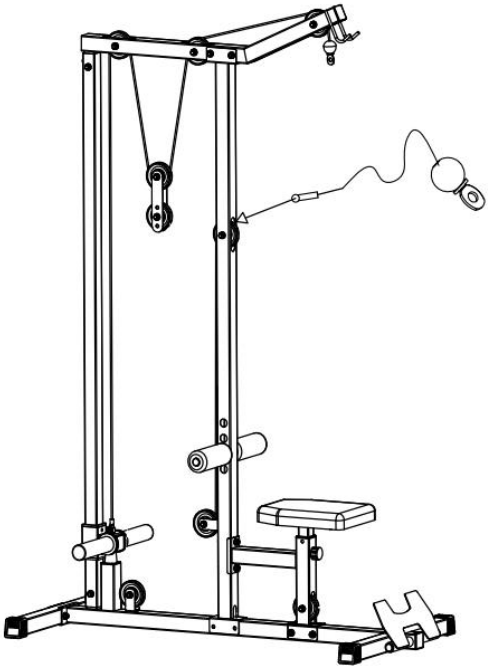




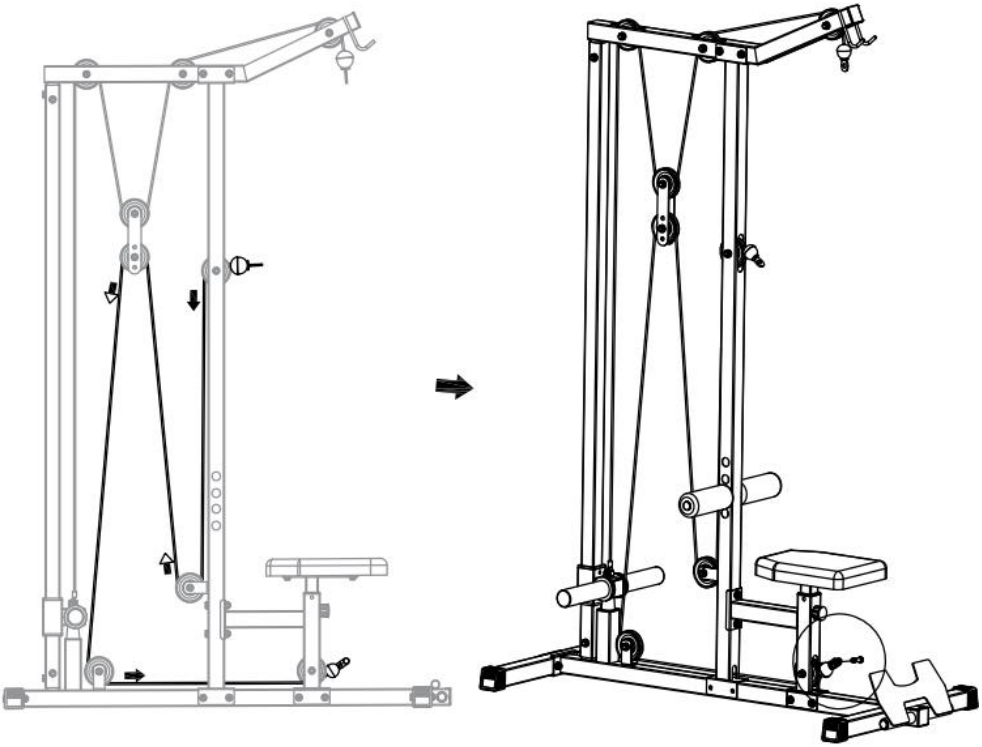


STEP 9: Install the lower pull rope.

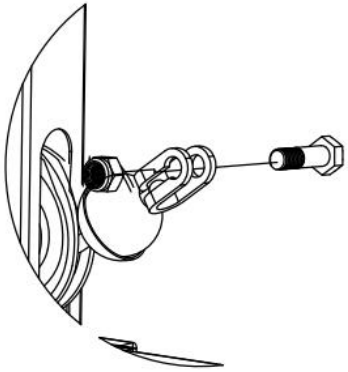




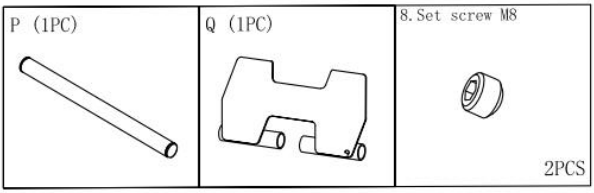
As shown in the picture, first remove the screw and nut at one end of the rope, and then start threading the rope in the direction indicated by the arrow

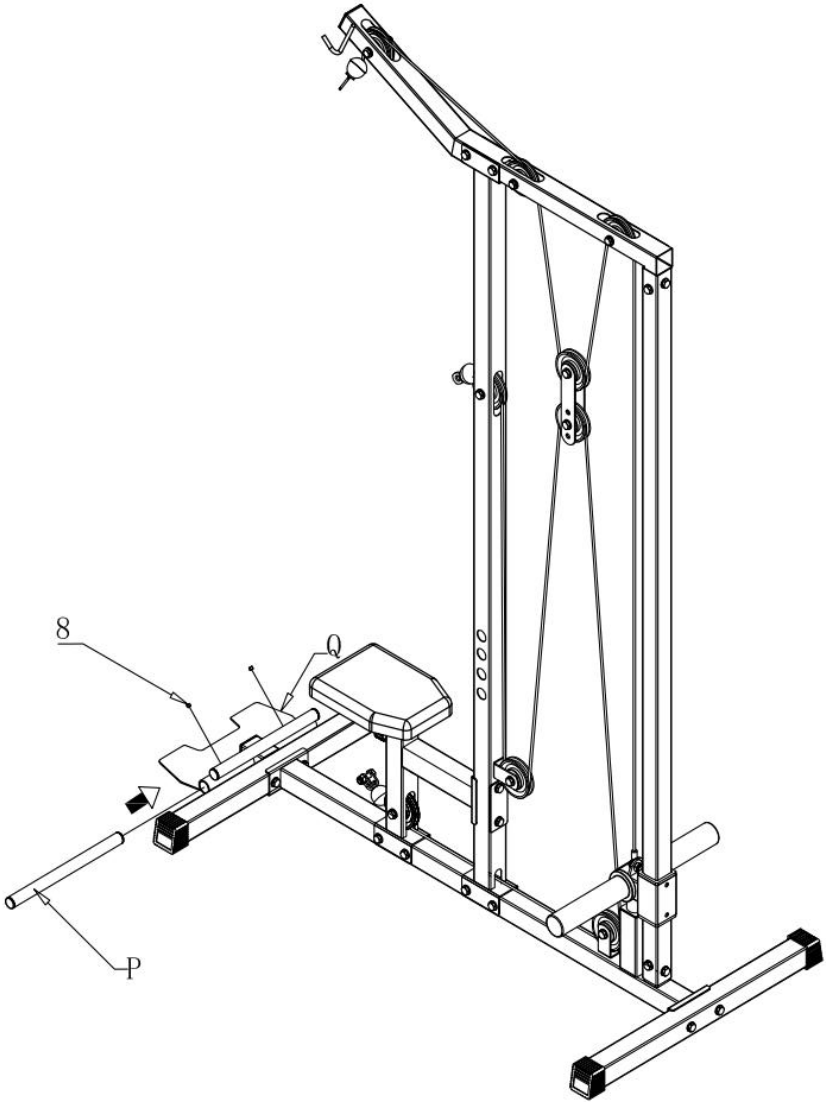


Thread the rope in the direction of the arrow as shown in the picture, and finally tighten the screws and nuts at the end of the rope

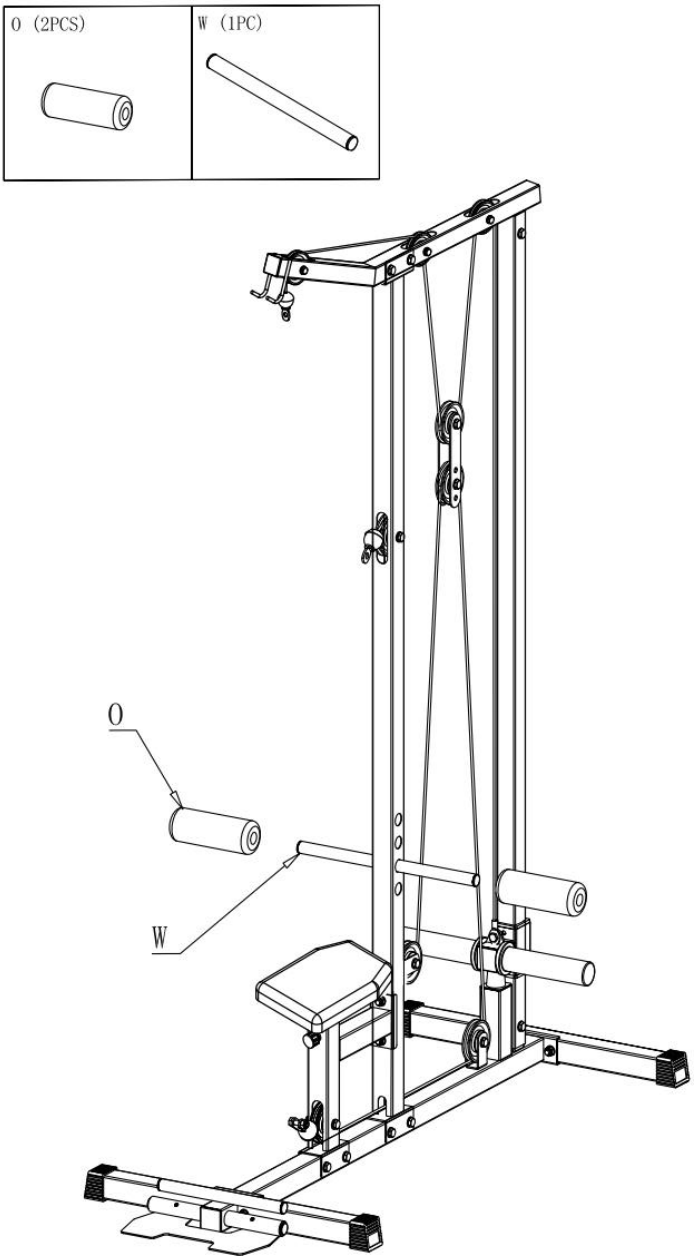


STEP10: Install the pedal.

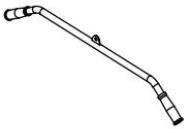


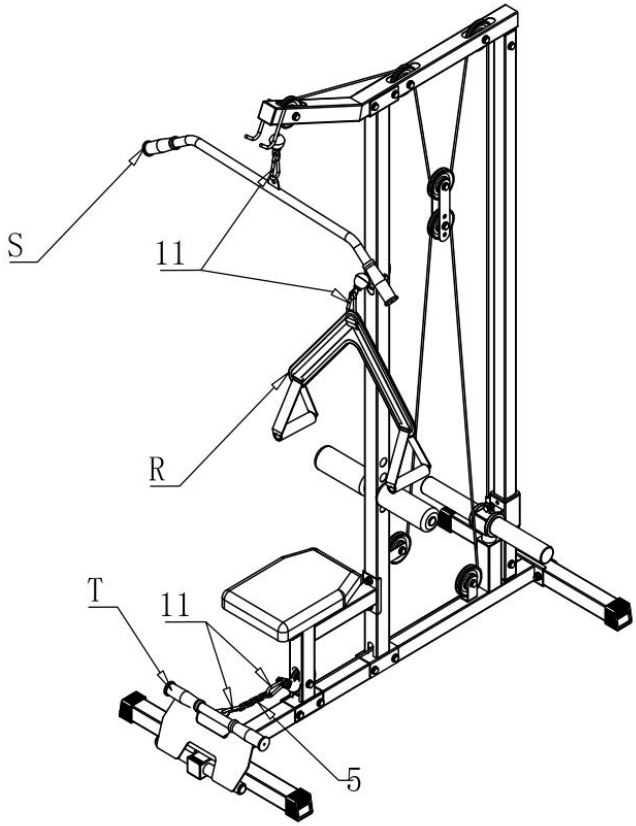


STEP11: Install knee pads.



STEP12: Install the upper pull rod and the lower pull rod. Done

R (1PC)	S (1PC)	T (1PC)	5. Iron chain
			
11. Clup  4PCS	X1 (2PCS) 	X2 (2PCS) 	



X1*2



X2*2



CARE AND MAINTENANCE

Cleaning:

.The surface can be cleaned with a soft damp cloth on a regular basis

.Regularly check and tighten the screws (it is recommended to check once a month)

Manufacturer: Shanghaimuxinmuyeyouxiangongsi
Address: Shuangchenglu 803nong11hao1602A-1609shi, baoshanqu, shanghai 200000 CN.
Imported to AUS: SIHAO PTY LTD. 1 ROKEVA STREETEASTWOOD NSW 2122 Australia
Imported to USA: Sanven Technology Ltd. Suite 250, 9166 Anaheim Place, Rancho Cucamonga, CA 91730

UK	REP

YH CONSULTING LIMITED. C/O YH Consulting Limited Office 147, Centurion House, London Road, Staines-upon-Thames, Surrey, TW18 4AX

EC	REP

E-CrossStu GmbH
Mainzer Landstr.69,
60329 Frankfurt am Main.



VEVOR

Upgrade · The Home Creator Way

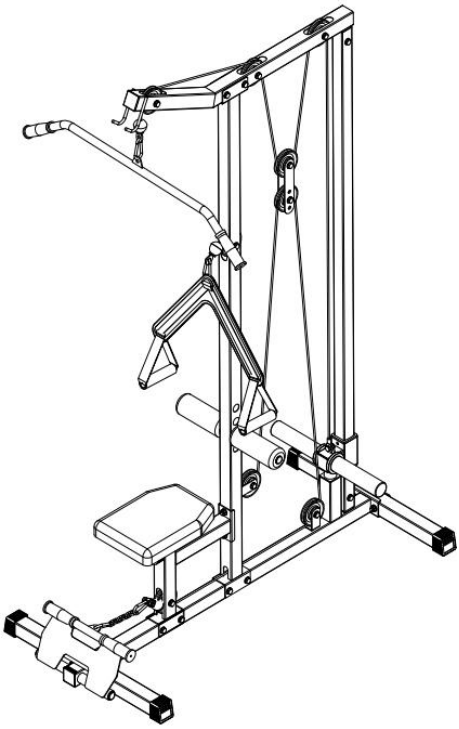
Machines à tirage vertical LAT

MODÈLE: HM1905B

VEVOR
Upgrade·The Home Creator Way

LAT Pull Down Machines

MODÈLE: HM1905B



Remarque : l'image du produit est fournie à titre indicatif.
Ce sont les détails réels qui prévaudront.

Voici le mode d'emploi original. Veuillez lire attentivement toutes les instructions du manuel avant utilisation. VEVOR se réserve le droit d'interpréter ce manuel à sa guise. L'apparence du produit que vous recevrez peut différer. Nous vous prions de nous excuser si nous ne vous informons pas des mises à jour techniques ou logicielles concernant notre produit.

Merci beaucoup d'avoir choisi ce produit
Veuillez lire attentivement toutes les instructions avant utilisation. Ces informations vous aideront à obtenir les meilleurs résultats possibles.

Operation safety

Veuillez conserver ce manuel dans un endroit facilement accessible et veillez à le ranger correctement. Ce manuel d'instructions explique clairement comment utiliser l'équipement en toute sécurité et correctement, afin de prévenir tout dommage corporel ou matériel, pour vous comme pour autrui.

Danger

N’utilisez pas ce produit ni aucun équipement optionnel disponible sans avoir

préalablement lu et compris l’intégralité de ces instructions.

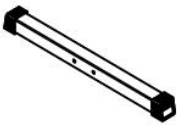
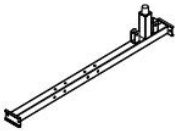
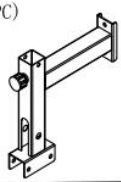
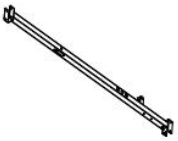
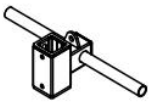
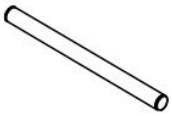
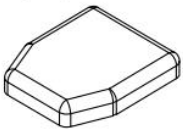
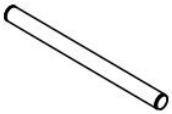
Tenez les sacs en plastique hors de portée des enfants pour éviter tout risque d'étouffement.
Tenez toujours les animaux et les enfants éloignés du traîneau à pousser et à tirer
Veuillez ne pas entreposer le produit dans un endroit humide.
N'effectuez aucune réparation ou modification de fortune.
Ne pas utiliser si des pièces sont endommagées.
Veuillez choisir un endroit approprié pour son utilisation. Ne pas utiliser sur un sol inégal.

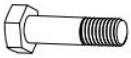
Avertissement

La capacité de charge du produit est de 400 livres. Le dépassement de ce poids peut endommager le produit.
Avant d'utiliser l'équipement, vérifiez que toutes les pièces n'ont pas été endommagées pendant le transport. Si une pièce est endommagée, ne l'utilisez pas et contactez VEVOR pour obtenir des instructions supplémentaires.
Avant d'utiliser le produit, assurez-vous que tous les composants sont correctement et solidement assemblés et que toutes les fixations sont bien

serrées.
Si vous offrez ce produit à quelqu'un d'autre, vous devez impérativement inclure ce manuel d'utilisation.

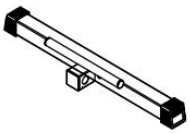
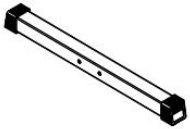
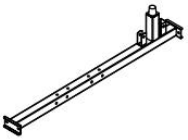
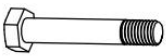
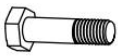
Part List

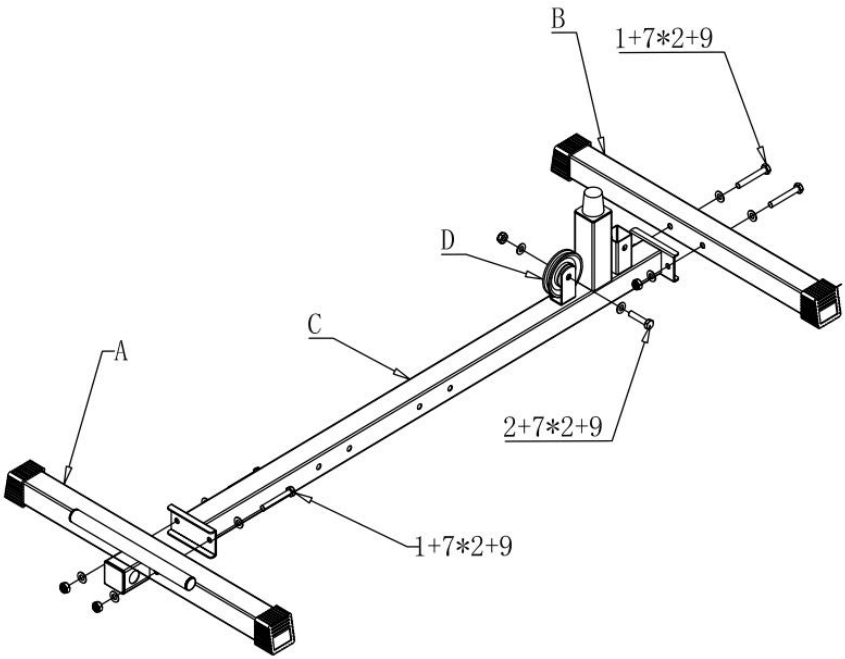
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E(1PC) 	F(1PC) 	G (1PC) 	H (10PCS) 
I (1PC) 	J (1PC) 	K (2PCS) 	L (1PC) 
M (1PC) 	N (1PC) 	O (2PCS) 	P (1PC) 
Q (1PC) 	R (1PC) 	S (1PC) 	T (1PC) 
U (1PC) 	V (1PC) 	W (1PC) 	X1 (2PCS) 
X2 (2PCS) 	Y (2PCS) 	Z (1PC) 	

1. Hex Head Bolt M10*70  17PCS	2. Hex Head Bolt M10*45  2PCS	3. Hex Head Bolt M10*60  2PCS	4. Hex Head Bolt M10*20  3PCS
5. Iron chain  1PC	6. Hex Head Bolt M8*25  4PCS	7. Washer 10  44PCS	8. Set screw M8  2PCS
9. Nylon Lock Nut M10  22PCS	10. Washer 8  6PCS	11. Clup  4PCS	

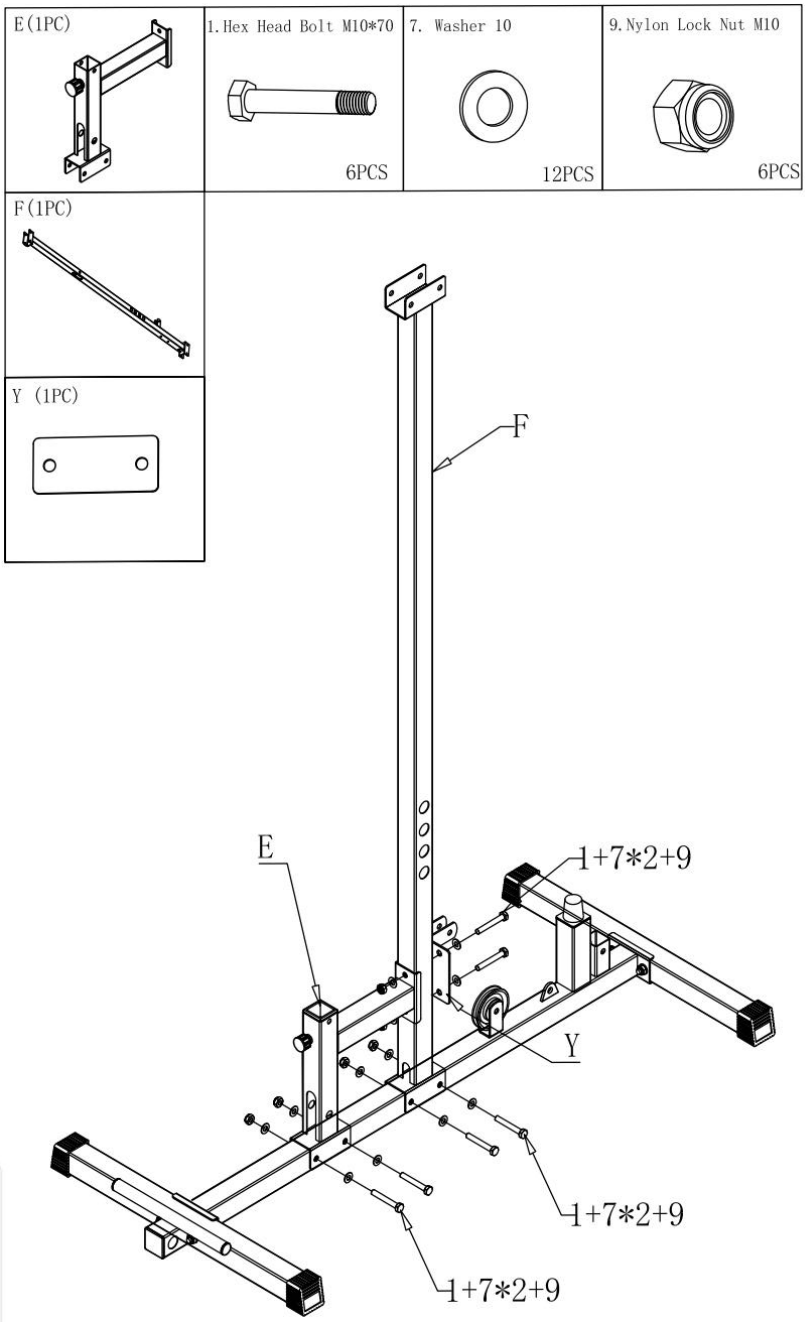
Assembly

ÉTAPE 1 : Installer le cadre de base

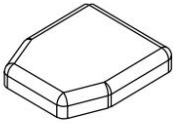
A (1PC) 	B (1PC) 	C (1PC) 	D (1PC) 
1. Hex Head Bolt M10*70  4PCS	2. Hex Head Bolt M10*45  1PC	7. Washer 10  10PCS	9. Nylon Lock Nut M10  5PCS

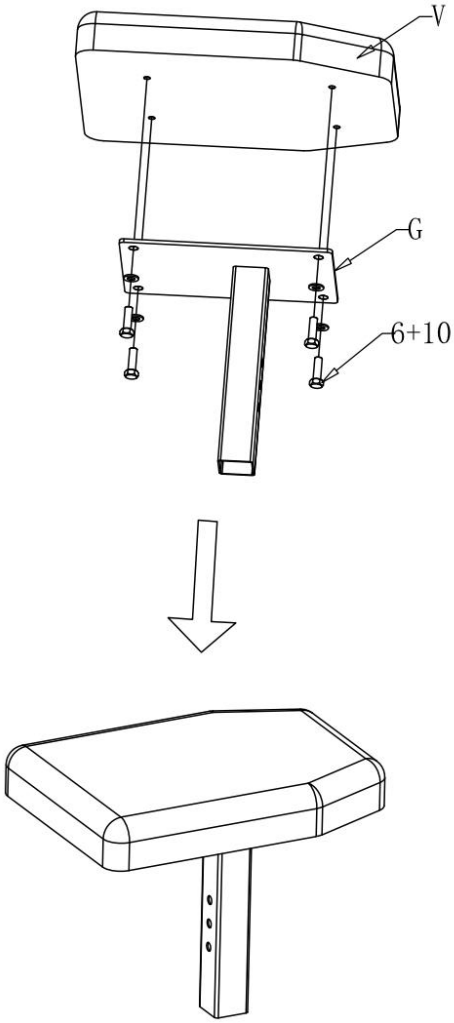


ÉTAPE 2 : Installez la colonne.



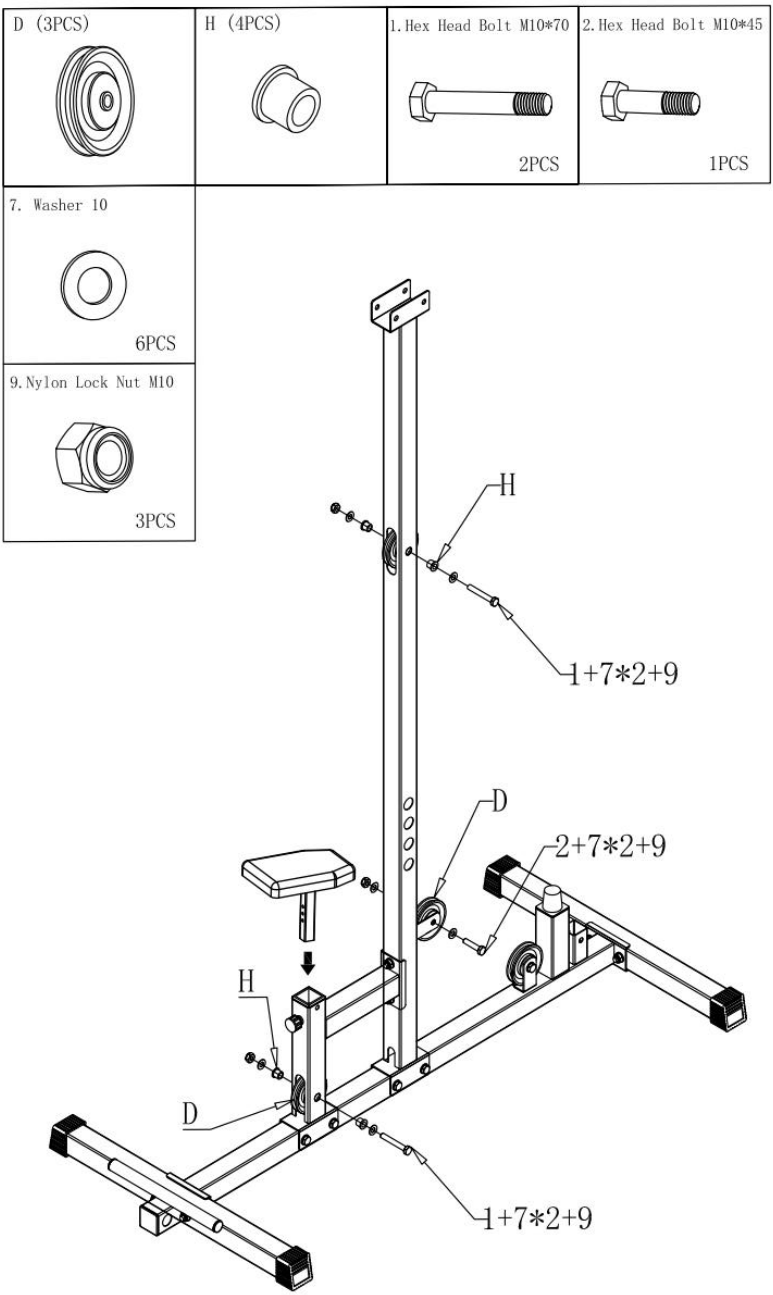
ÉTAPE 3 : Installez le coussin de

G (1PC)	V(1PC)	6.Hex Head Bolt M8*25	10. Washer 8
		 4PCS	 4PCS

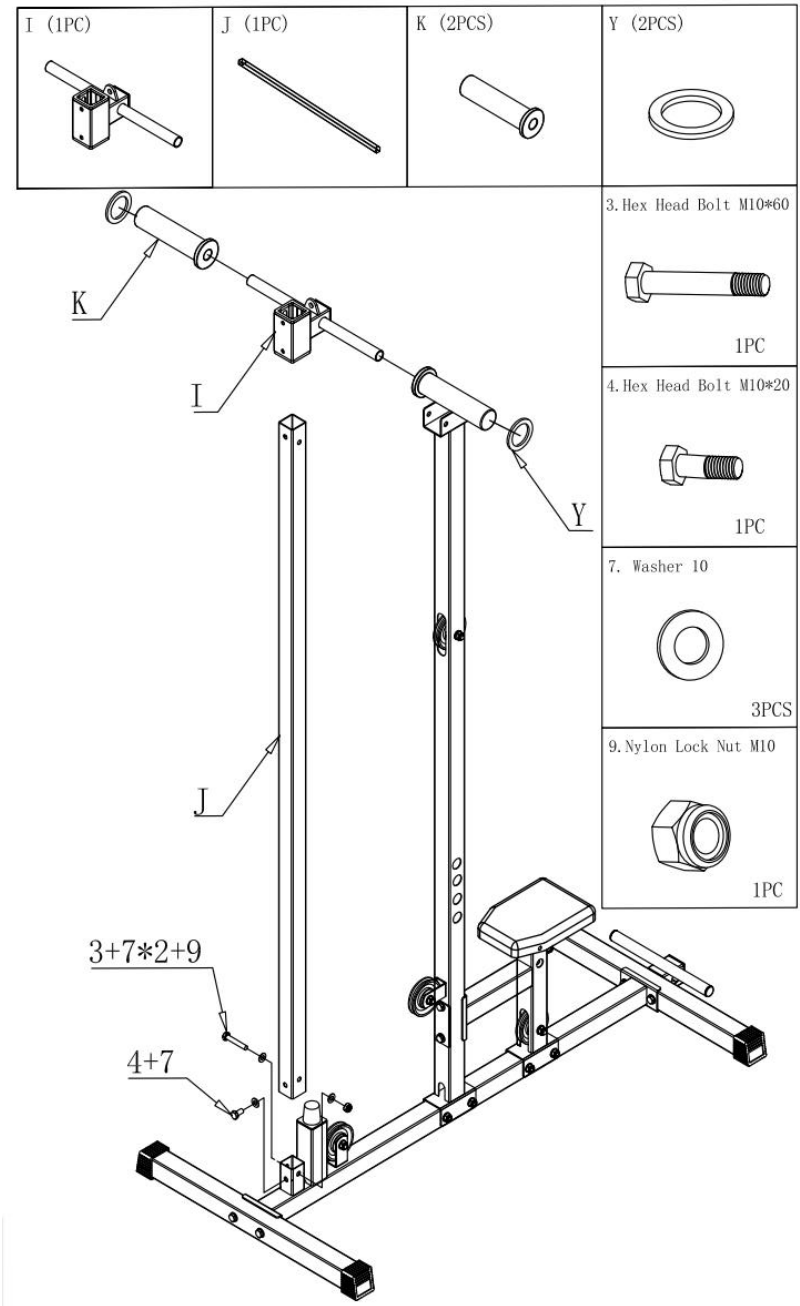


siège.

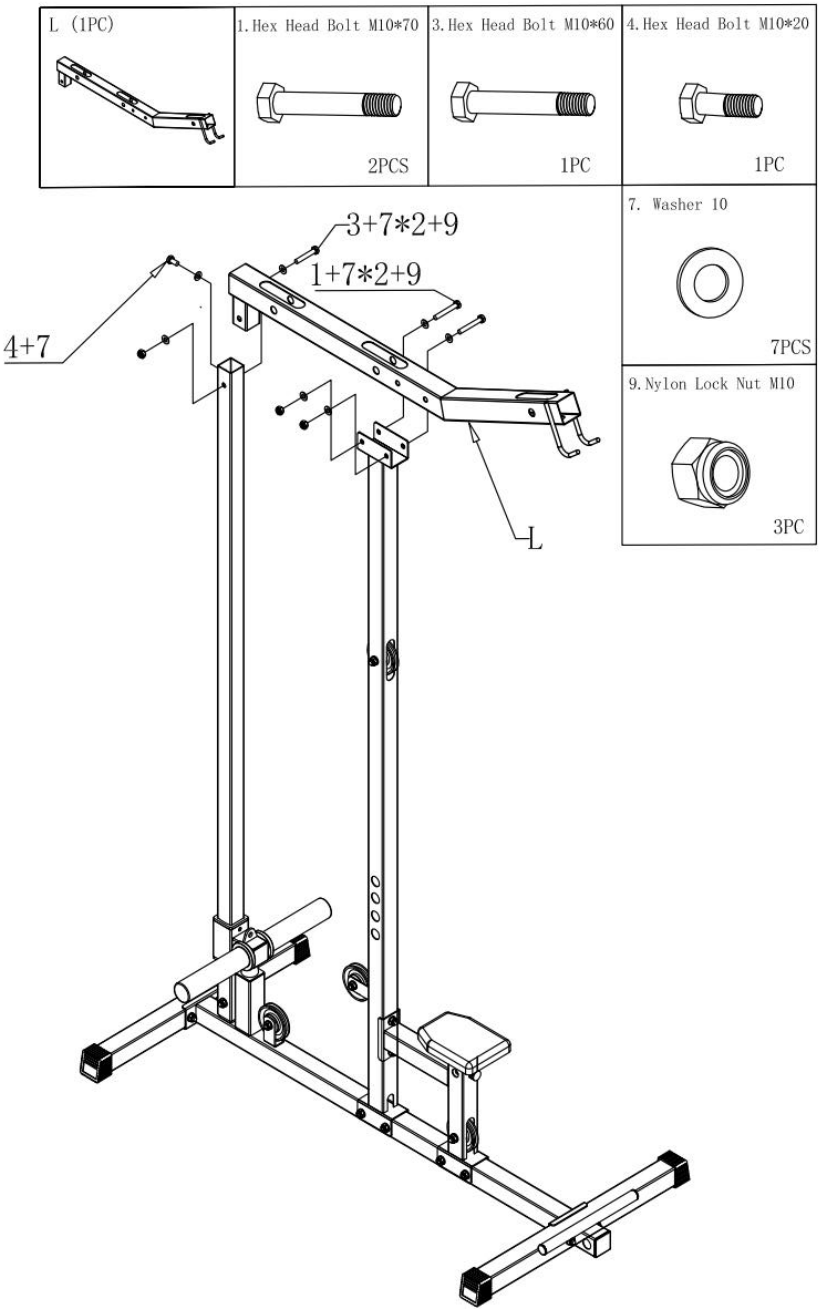
ÉTAPE 4 : Insérez le coussin de siège et installez la poulie.



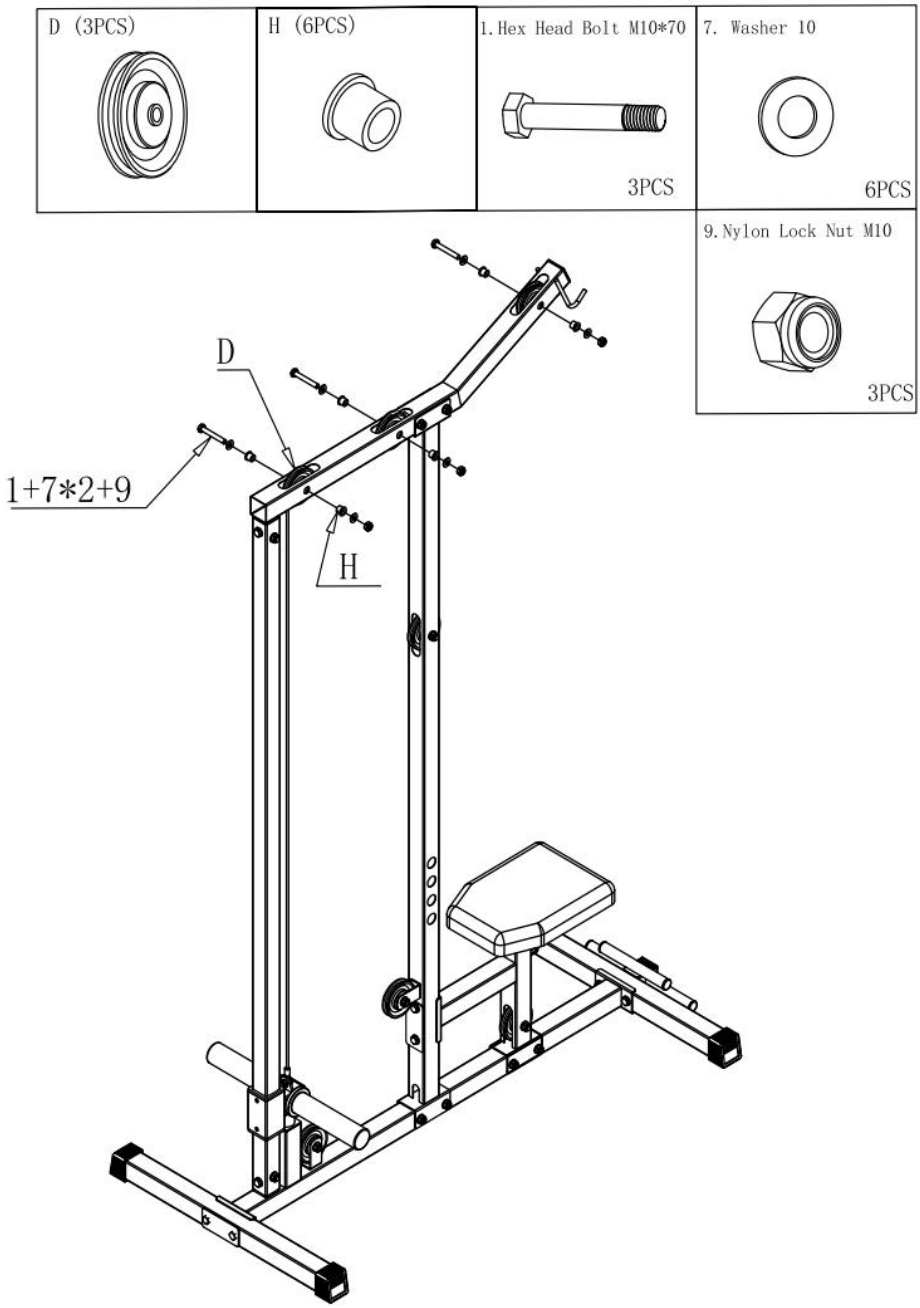
ÉTAPE 5 : Installez la colonne avant et la barre d'haltères.



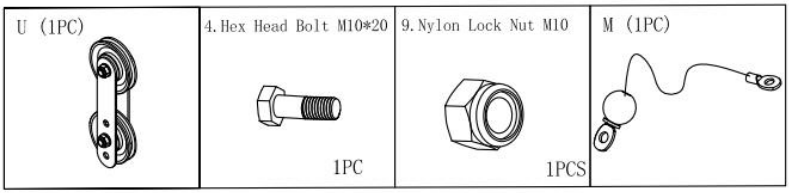
ÉTAPE 6 : Installez la tige supérieure .

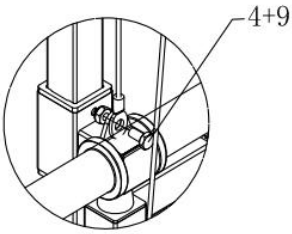


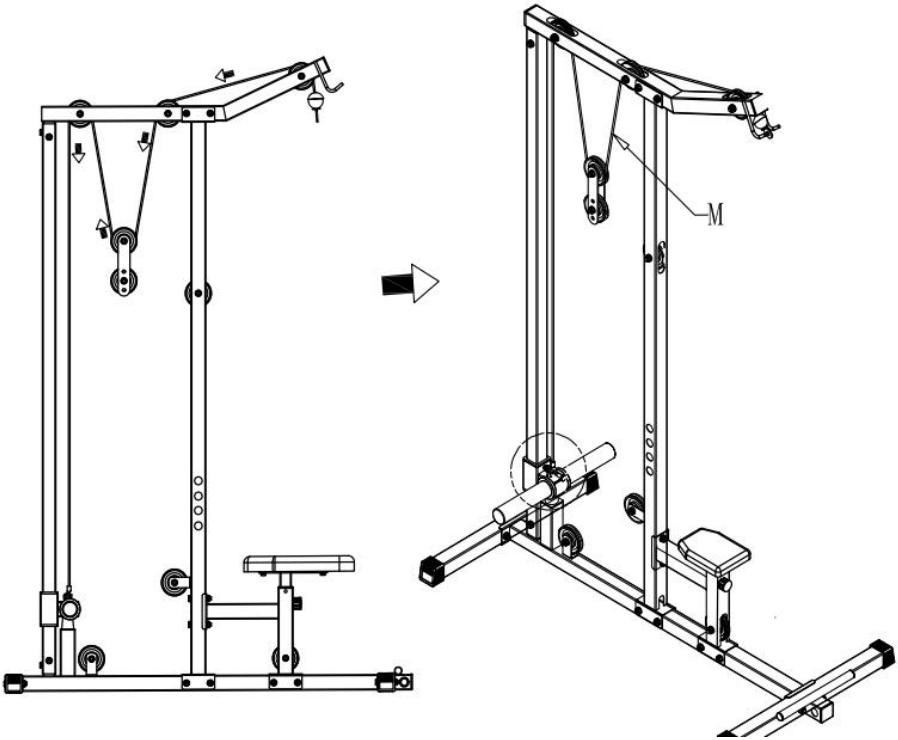
ÉTAPE 7 : Installez la poulie supérieure .



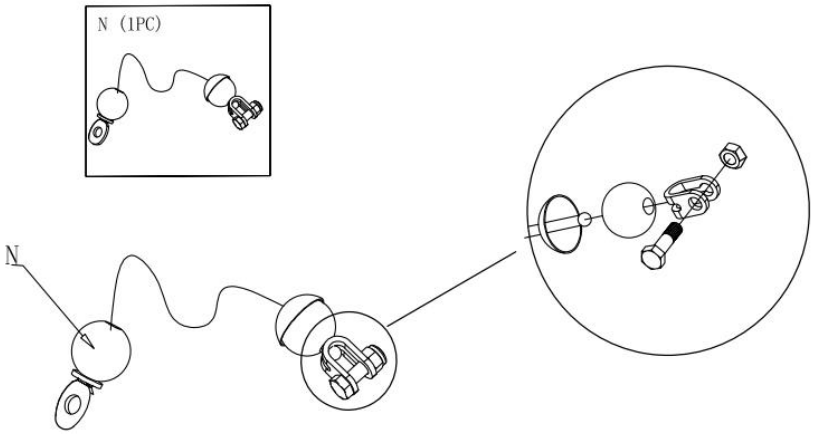
ÉTAPE 8 : Installez la corde de traction supérieure

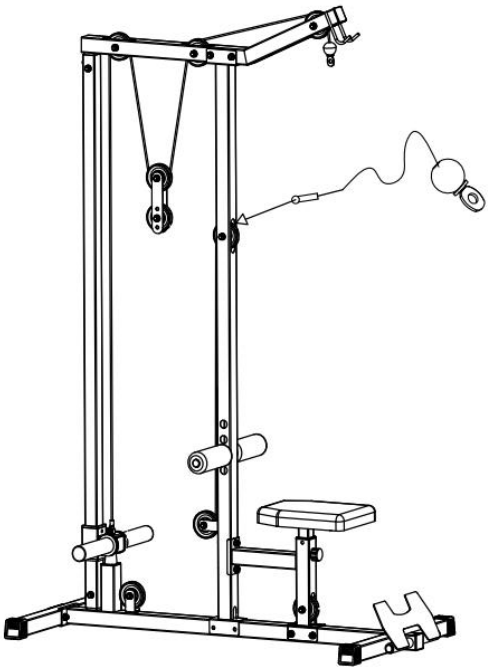




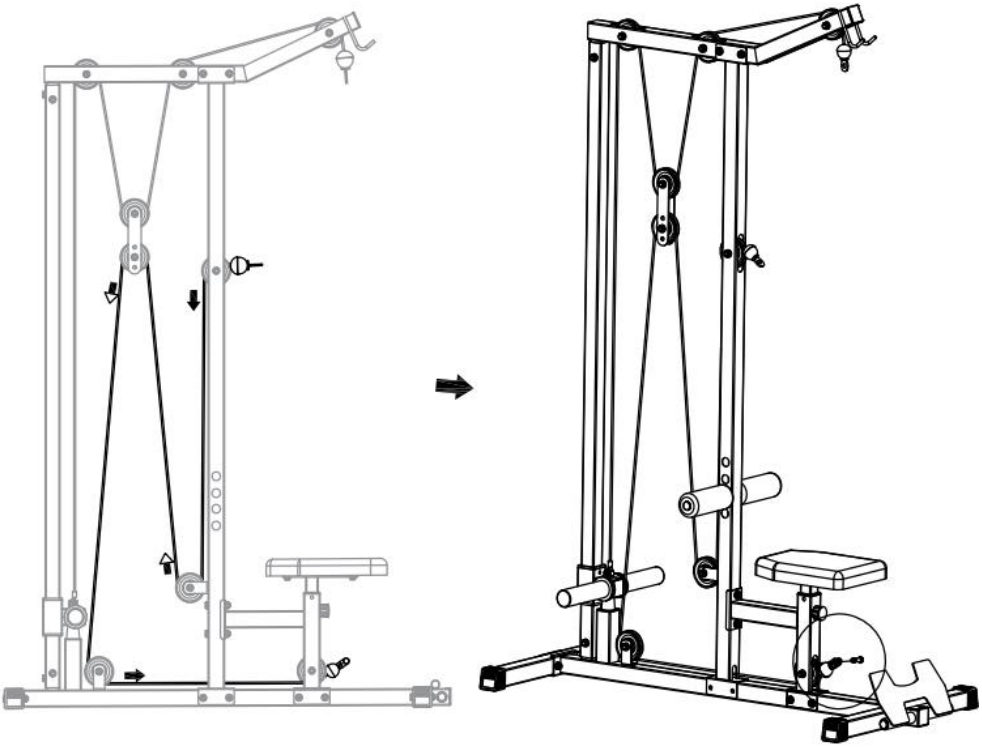


ÉTAPE 9 : Installez la corde de traction inférieure .

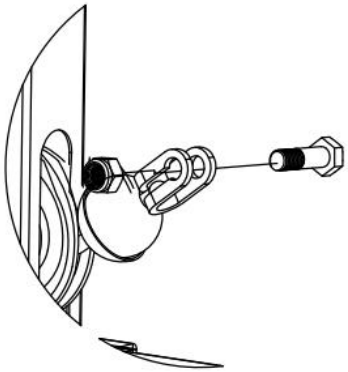




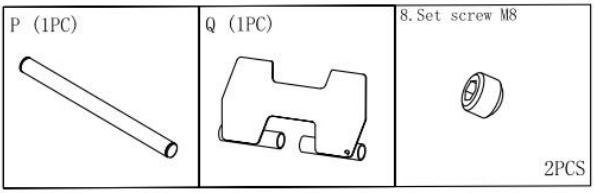
As shown in the picture, first remove the screw and nut at one end of the rope, and then start threading the rope in the direction indicated by the arrow

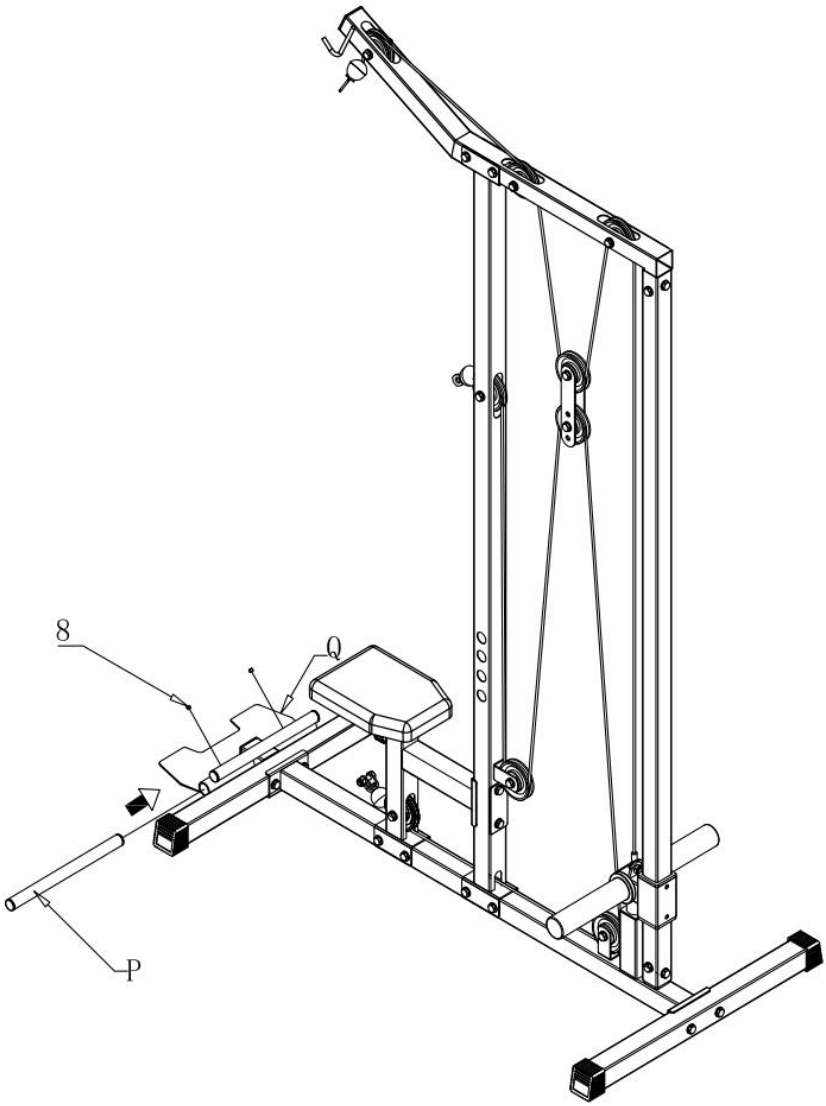


Thread the rope in the direction of the arrow as shown in the picture, and finally tighten the screws and nuts at the end of the rope

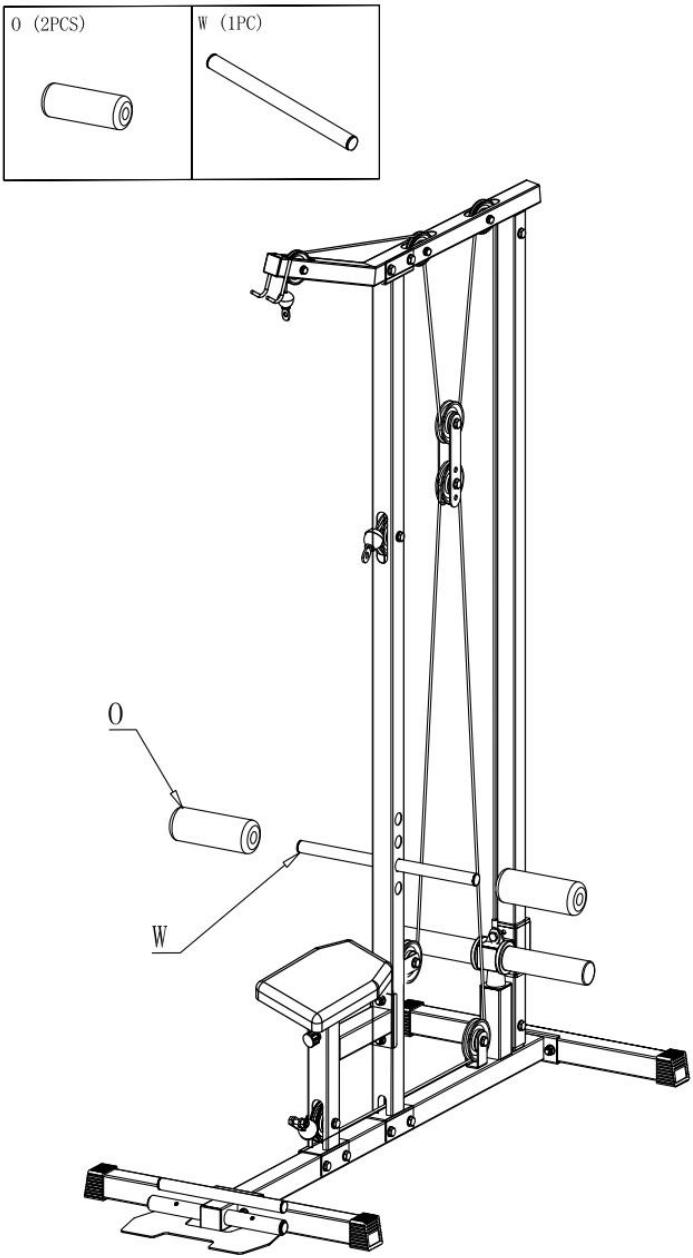


ÉTAPE 10 : Installez la pédale.



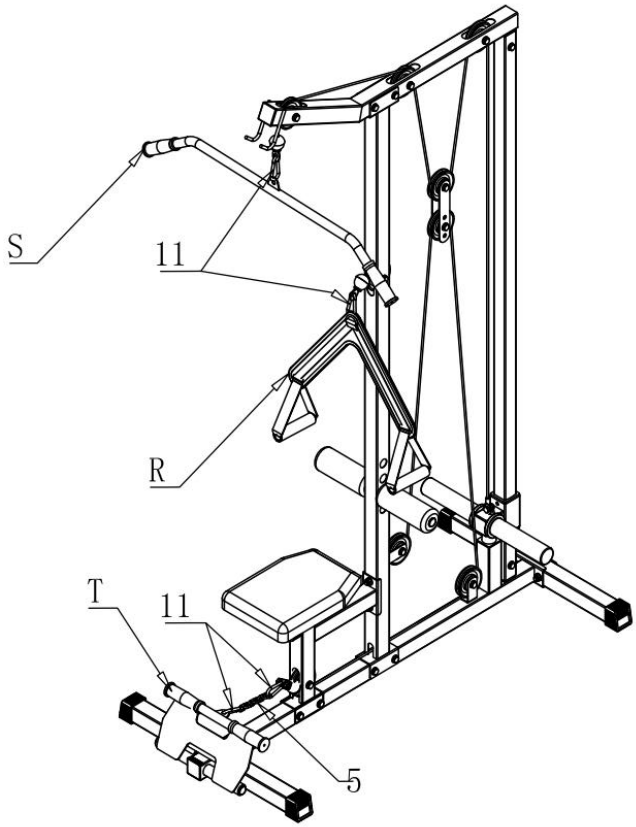


ÉTAPE 11 : Installez les genouillères.



ÉTAPE 12 : Installez la tige de traction supérieure et la tige de traction inférieure. Terminé.

R (1PC)	S (1PC)	T (1PC)	5. Iron chain
			
11. Clup  4PCS	X1 (2PCS) 	X2 (2PCS) 	



X1*2



X2*2



CARE AND MAINTENANCE

Nettoyage:

La surface peut être nettoyée régulièrement avec un chiffon doux et humide .
Vérifiez et resserrez régulièrement les vis (il est recommandé de le faire une fois par mois) .

Fabricant : Shanghaimuxinmuyeyouxiangongsi
Adresse : Shuangchenglu 803nong11hao1602A-1609shi, baoshanqu, Shanghai 200000 CN.
Importé en Australie : SIHAO PTY LTD. 1 ROKEVA STREETEASTWOOD
NSW 2122 Australie
Importé aux États-Unis : Sanven Technology Ltd., Suite 250, 9166 Anaheim
Rancho Cucamonga, CA 91730

UK	REP

YH CONSULTING LIMITED. C/O YH Consulting Limited Office 147, Centurion House, London Road, Staines-upon-Thames, Surrey, TW18 4AX

EC	REP

E-CrossStu GmbH
Mainzer Landstr.69,
60329 Frankfurt am Main.



VEVOR

Upgrade · The Home Creator Way

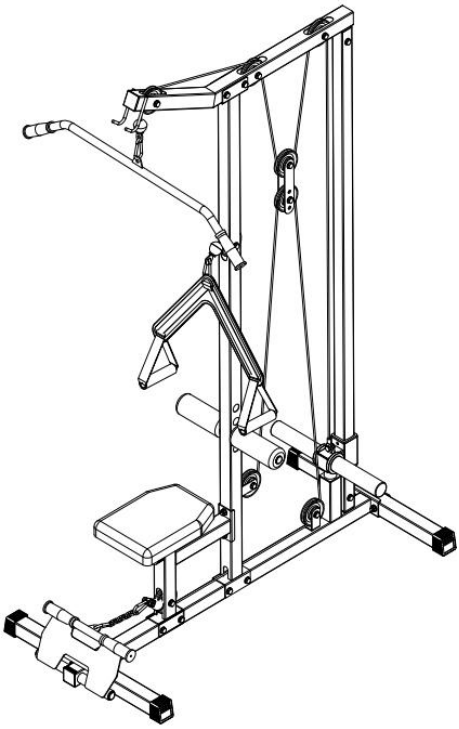
Latzugmaschinen

MODELL: HM1905B

VEVOR
Upgrade·The Home Creator Way

LAT Pull Down Machines

MODELL: HM1905B



Hinweis: Das Produktbild dient nur als Referenz.
Die tatsächlichen Einzelheiten sind maßgebend.

Dies ist die Originalanleitung. Bitte lesen Sie die gesamte Bedienungsanleitung vor der Inbetriebnahme sorgfältig durch. VEVOR behält sich die Auslegung der Bedienungsanleitung vor. Das Aussehen des Produkts kann von dem gelieferten Produkt abweichen. Wir bitten um Verständnis, dass wir Sie nicht erneut über etwaige Technologie- oder Software-Updates informieren werden .

Vielen Dank, dass Sie sich für dieses Produkt entschieden haben.
Bitte lesen Sie vor der Anwendung die gesamte Anleitung sorgfältig durch. Die Informationen helfen Ihnen, optimale Ergebnisse zu erzielen.

Operation safety

Bitte bewahren Sie diese Bedienungsanleitung an einem leicht zugänglichen Ort auf und verwahren Sie sie ordnungsgemäß. Diese Bedienungsanleitung erklärt genau, wie Sie das Gerät sicher und korrekt bedienen, um Schäden und Sachschäden für Sie und andere zu vermeiden.

Gefahr

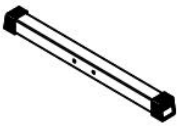
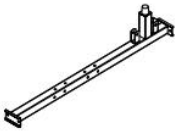
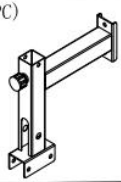
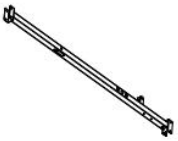
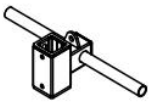
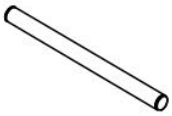
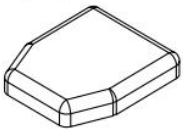
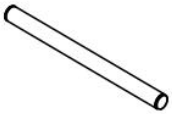
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Plastiktüten sollten von Kindern ferngehalten werden, um Erstickungsgefahr zu vermeiden.
Halten Sie Tiere und Kinder stets vom Schiebe- und Ziehschlitten fern.
Bitte lagern Sie das Produkt nicht an einem feuchten Ort.
Führen Sie keine provisorischen Reparaturen oder Änderungen durch.
Verwenden Sie es nicht, wenn Teile beschädigt sind.
Bitte wählen Sie den geeigneten Einsatzort. Nicht auf unebenem Untergrund verwenden.

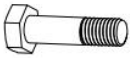
Warnung

Die maximale Tragfähigkeit des Produkts beträgt 400 Pfund. Eine Überschreitung dieses Gewichts kann das Produkt beschädigen.
Prüfen Sie vor der Inbetriebnahme alle Teile des Geräts auf Transportschäden. Sollte ein Teil beschädigt sein, verwenden Sie es nicht und kontaktieren Sie VEVOR für weitere Anweisungen.
Vor der Inbetriebnahme des Produkts ist sicherzustellen, dass alle Komponenten ordnungsgemäß und sicher montiert sind und alle Befestigungselemente fest angezogen sind.
Wenn Sie dieses Produkt an jemand anderen weitergeben, muss diese

Bedienungsanleitung beigefügt werden.

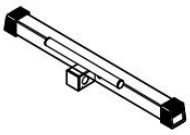
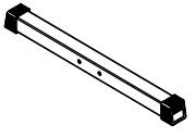
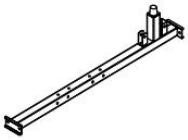
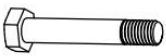
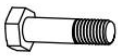
Part List

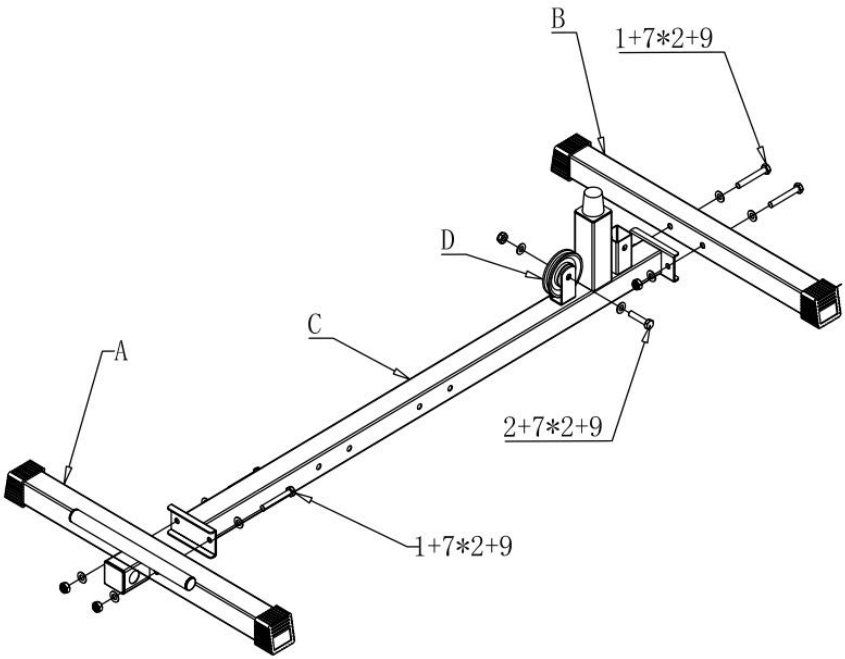
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E(1PC) 	F(1PC) 	G (1PC) 	H (10PCS) 
I (1PC) 	J (1PC) 	K (2PCS) 	L (1PC) 
M (1PC) 	N (1PC) 	O (2PCS) 	P (1PC) 
Q (1PC) 	R (1PC) 	S (1PC) 	T (1PC) 
U (1PC) 	V (1PC) 	W (1PC) 	X1 (2PCS) 
X2 (2PCS) 	Y (2PCS) 	Z (1PC) 	

1. Hex Head Bolt M10*70  17PCS	2. Hex Head Bolt M10*45  2PCS	3. Hex Head Bolt M10*60  2PCS	4. Hex Head Bolt M10*20  3PCS
5. Iron chain  1PC	6. Hex Head Bolt M8*25  4PCS	7. Washer 10  44PCS	8. Set screw M8  2PCS
9. Nylon Lock Nut M10  22PCS	10. Washer 8  6PCS	11. Clup  4PCS	

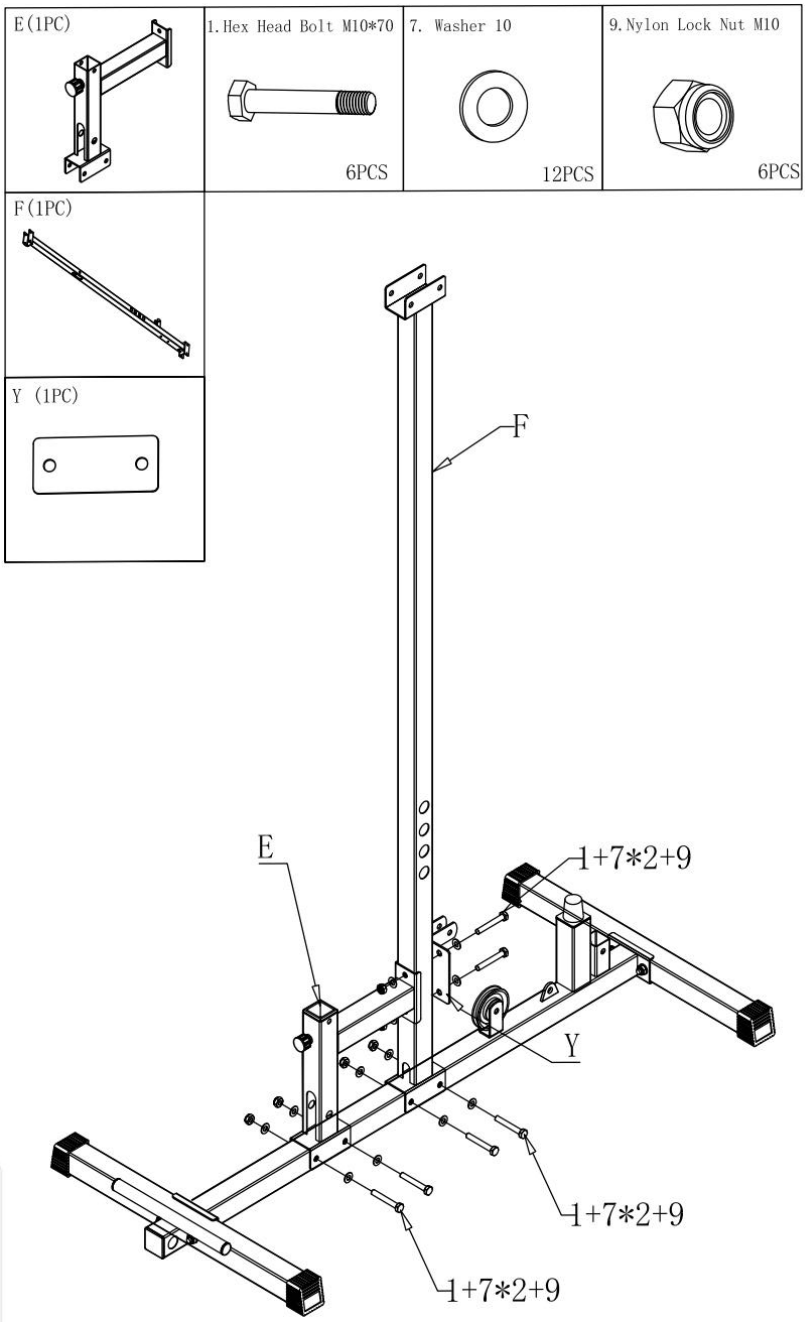
Assembly

SCHRITT 1: Den Grundrahmen montieren

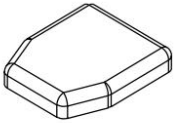
A (1PC)	B (1PC)	C (1PC)	D (1PC)
			
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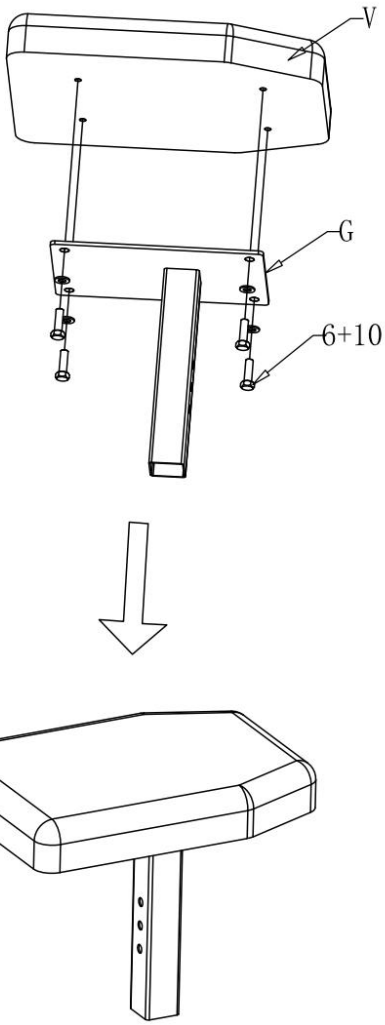


SCHRITT 2: Die Säule einbauen.



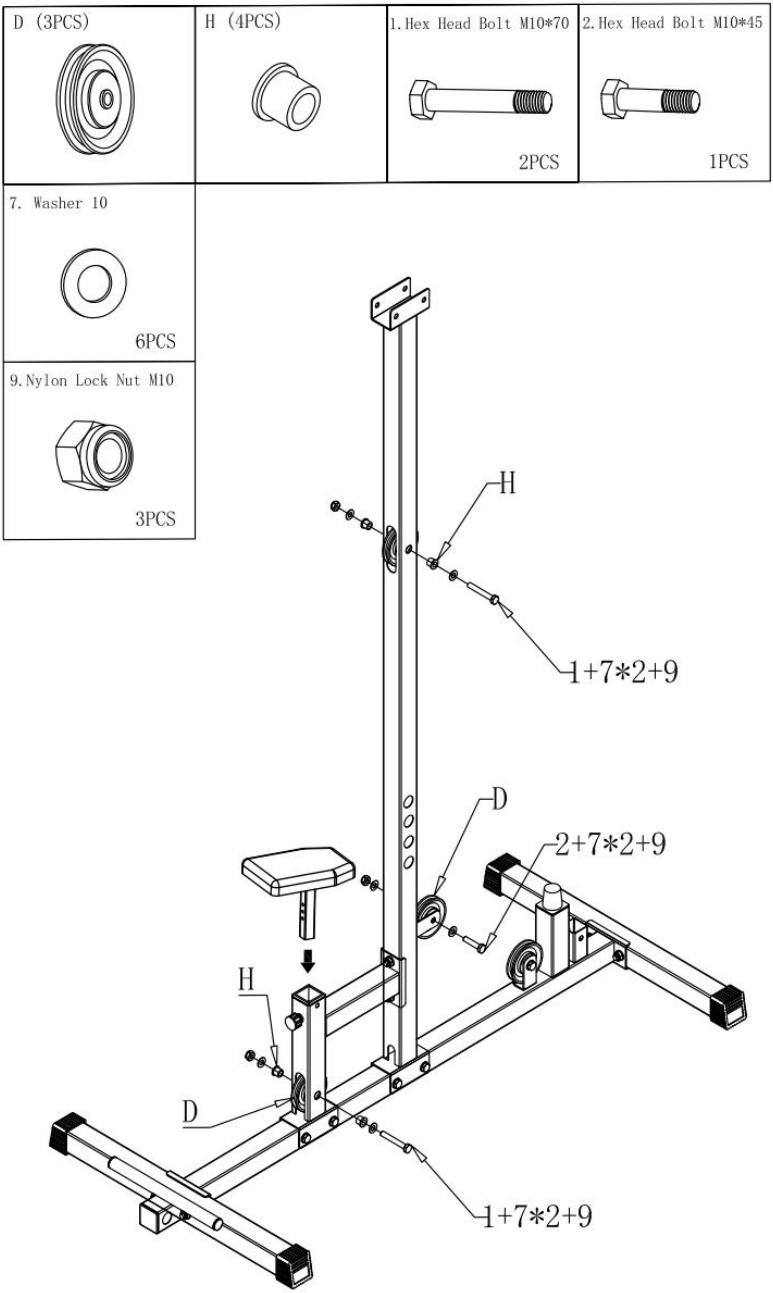
SCHRITT 3: Das Sitzkissen

G (1PC)	V(1PC)	6.Hex Head Bolt M8*25	10. Washer 8
		 4PCS	 4PCS

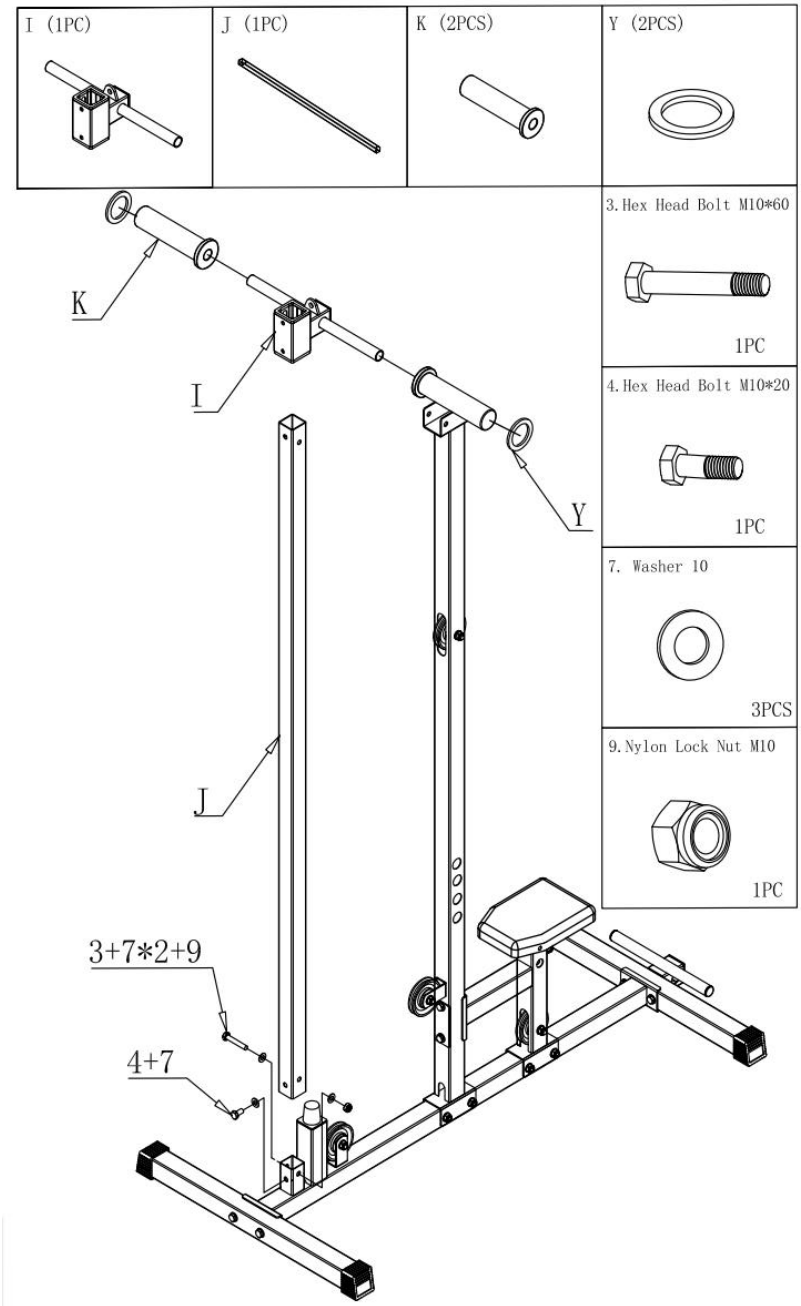


montieren.

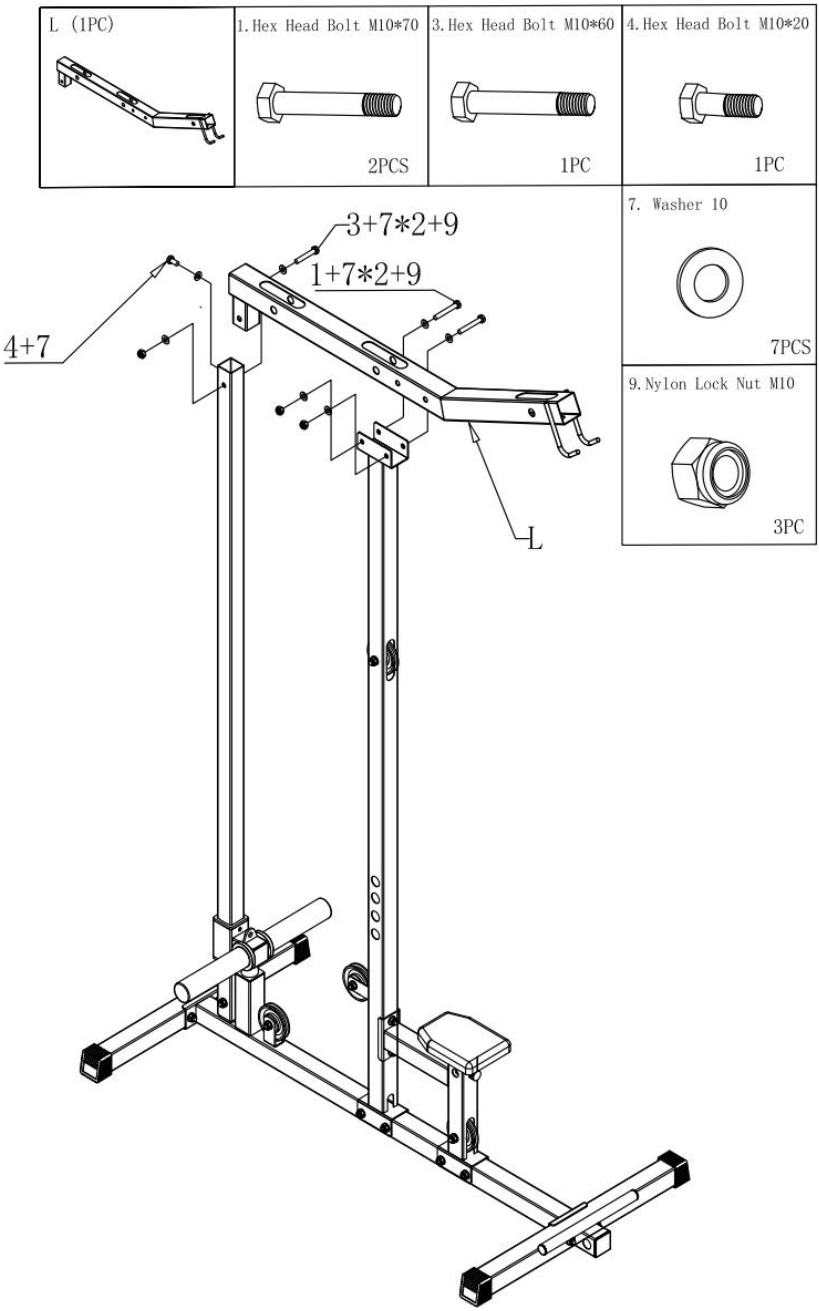
SCHRITT 4: Sitzkissen einsetzen und Riemenscheibe montieren.



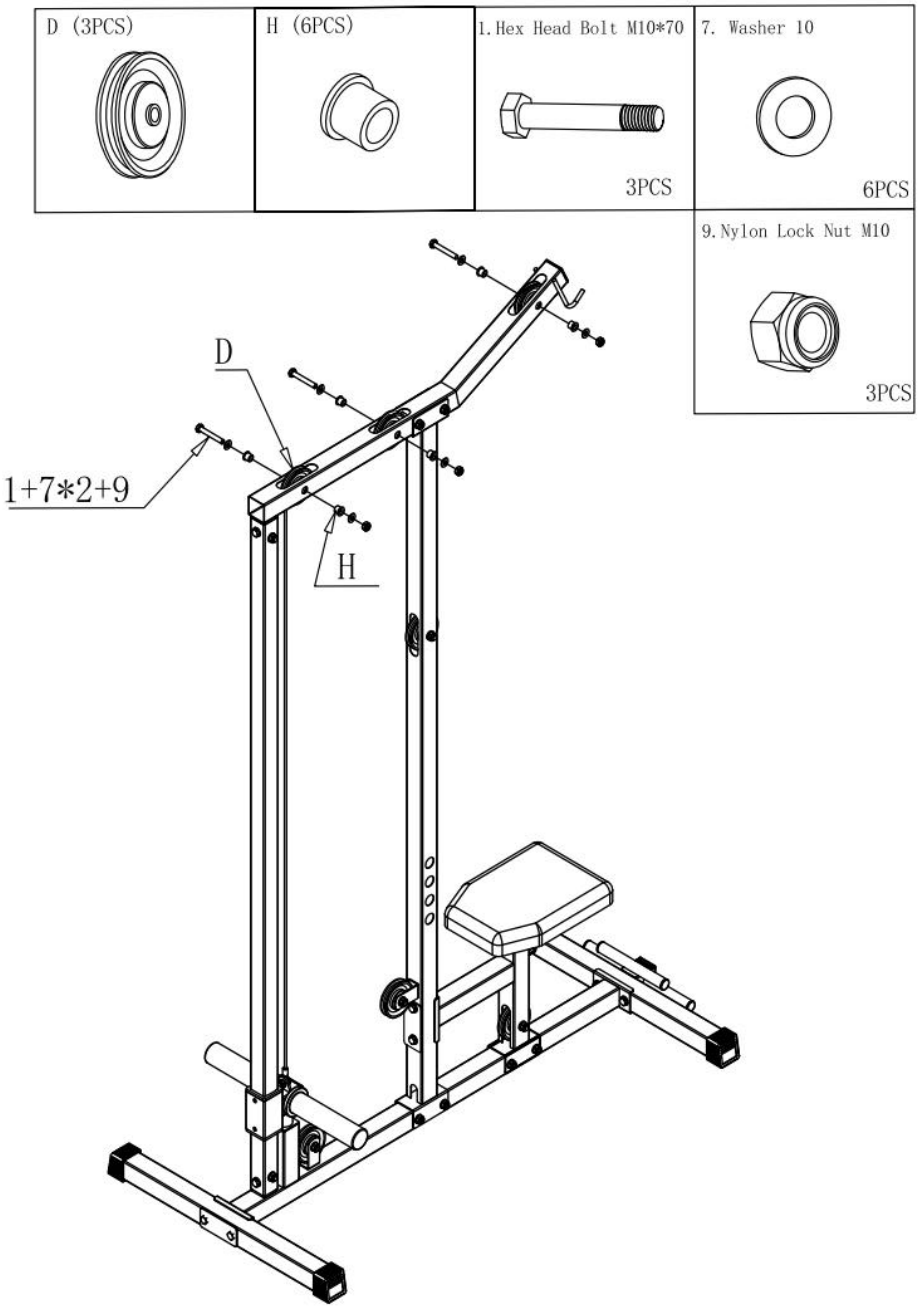
SCHRITT 5: Montieren Sie die vordere Säule und die Langhantelstange.



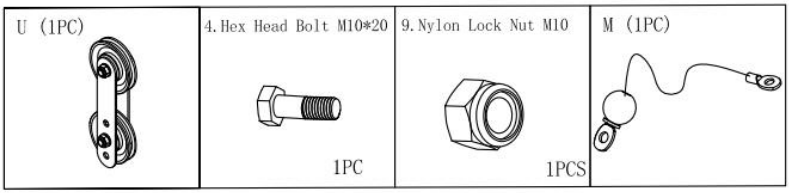
SCHRITT 6: Montieren Sie die obere Stange .

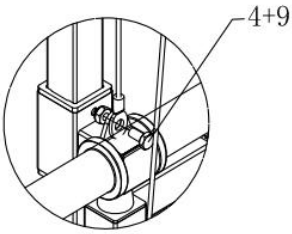


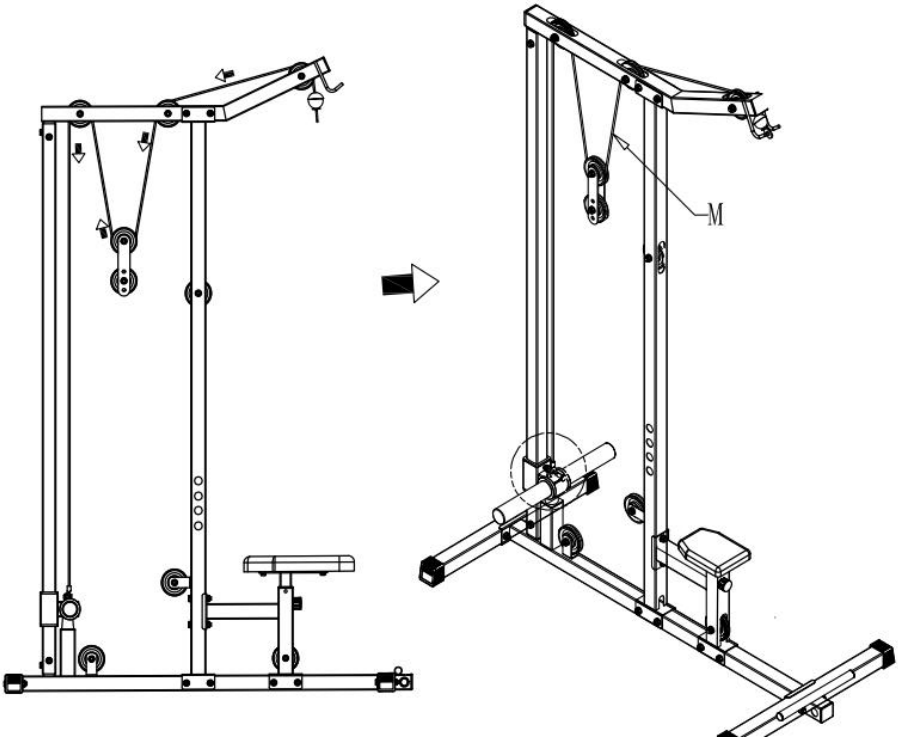
SCHRITT 7: Montieren Sie die obere Riemenscheibe .



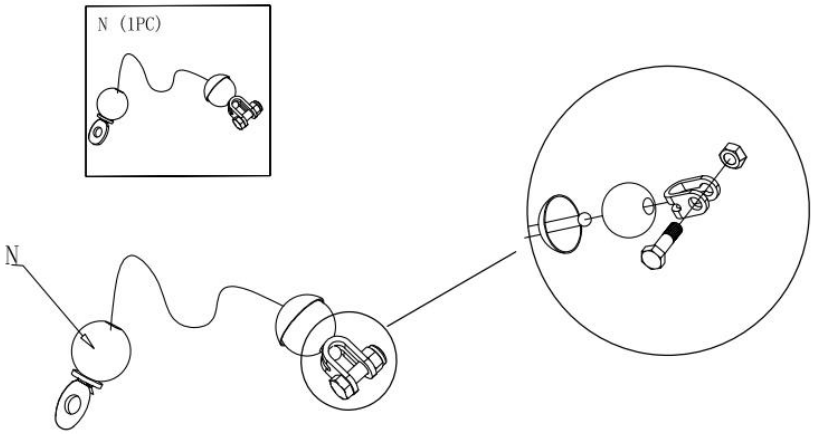
SCHRITT 8: Montieren Sie das obere Zugseil

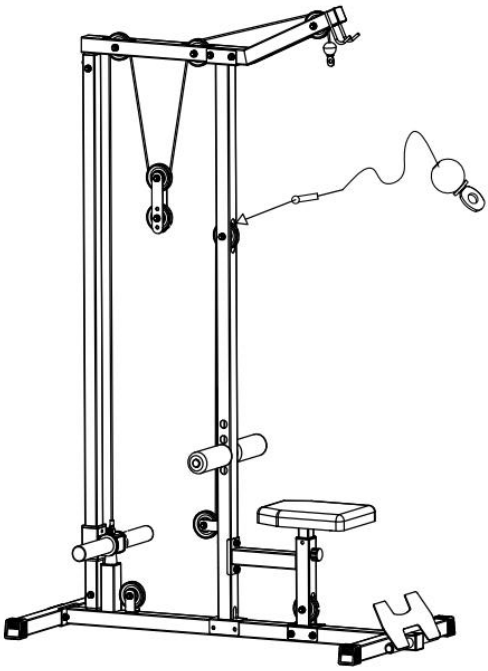




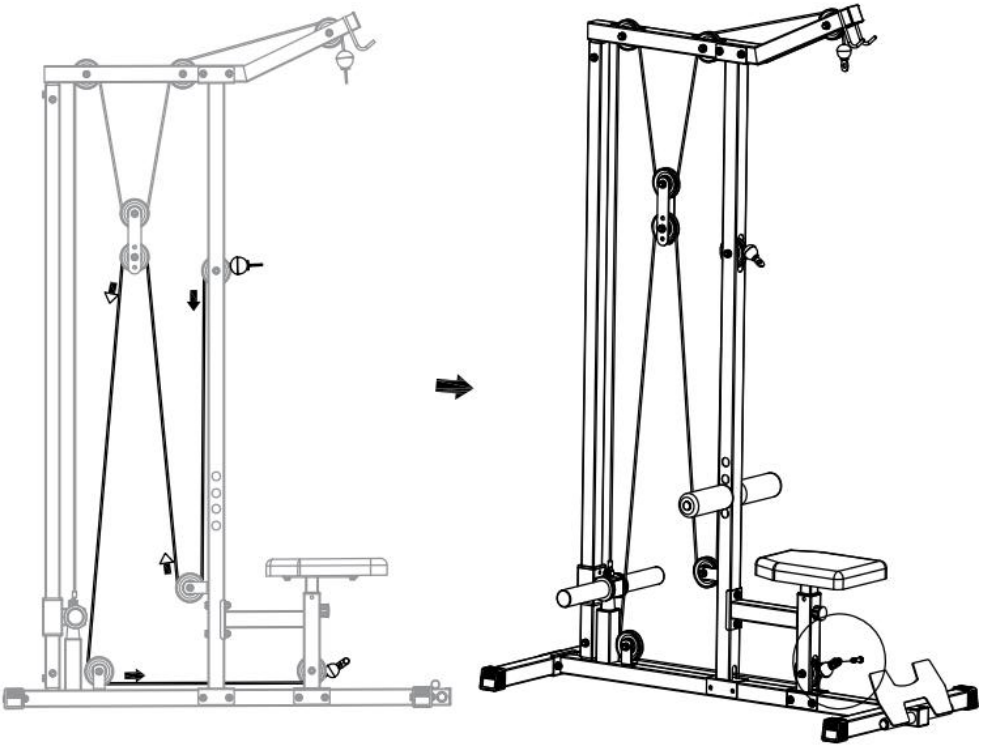


SCHRITT 9: Montieren Sie das untere Zugseil .

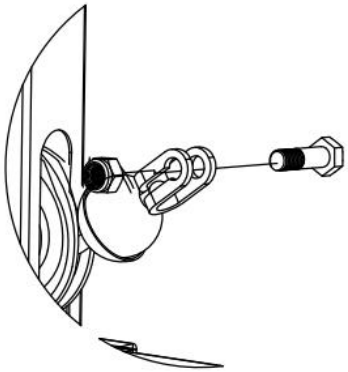




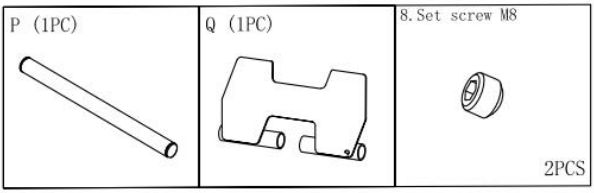
As shown in the picture, first remove the screw and nut at one end of the rope, and then start threading the rope in the direction indicated by the arrow

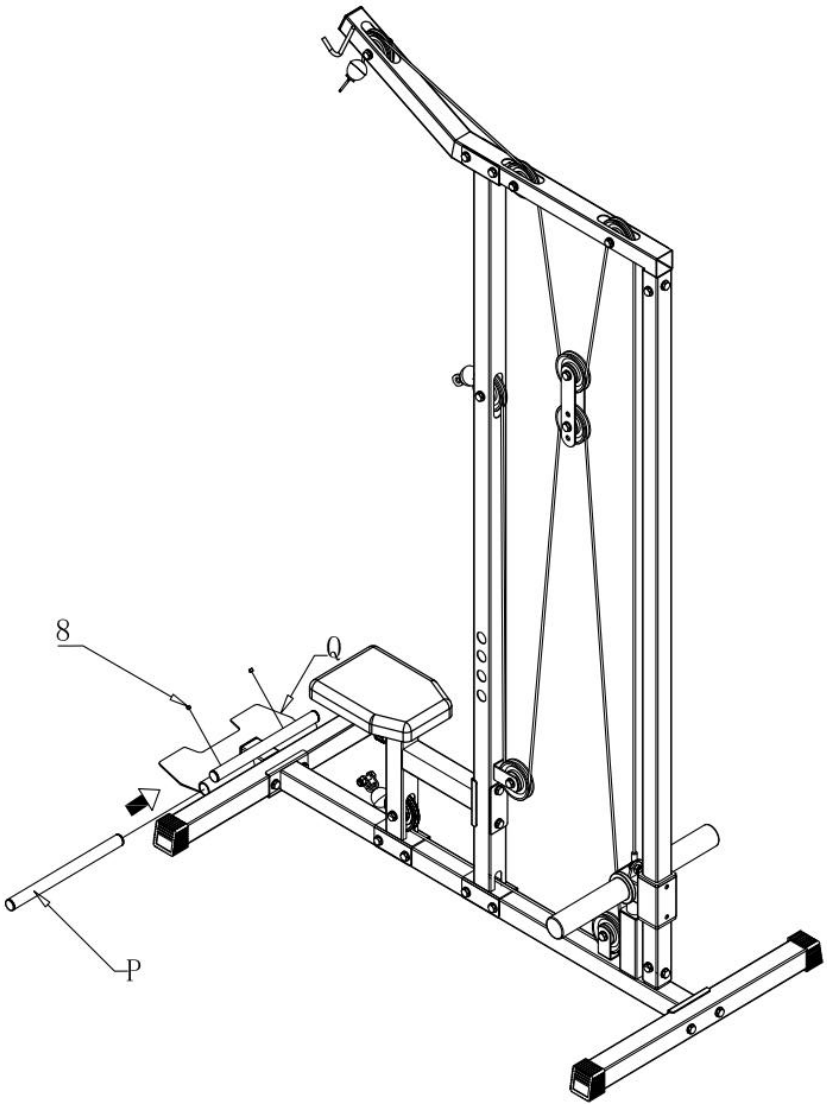


Thread the rope in the direction of the arrow as shown in the picture, and finally tighten the screws and nuts at the end of the rope

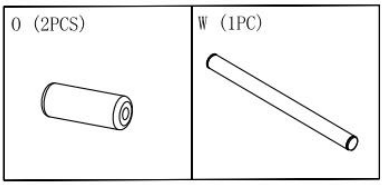


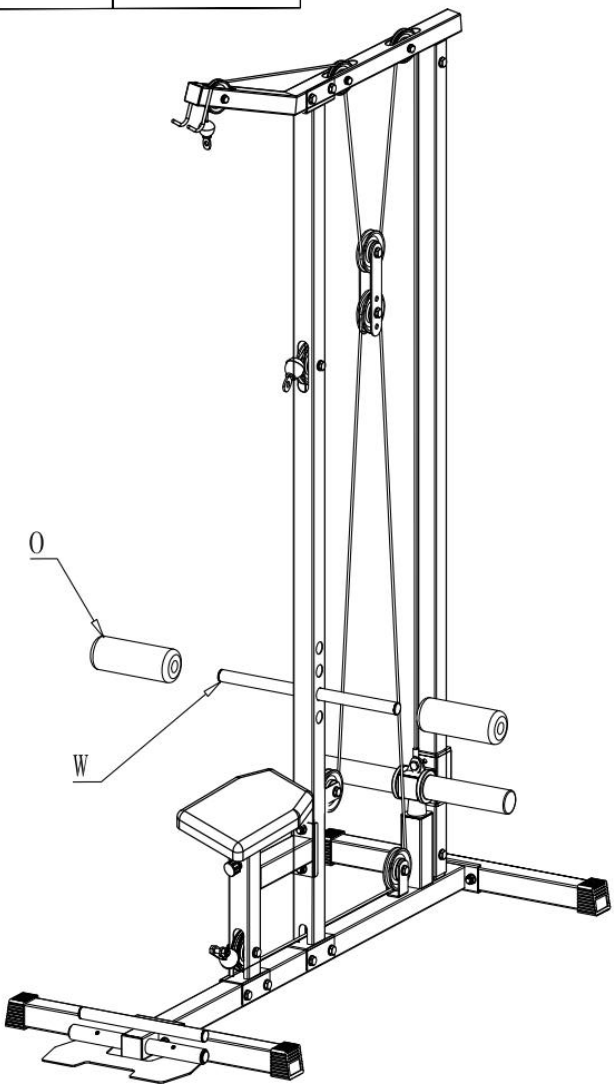
SCHRITT 10: Das Pedal einbauen.





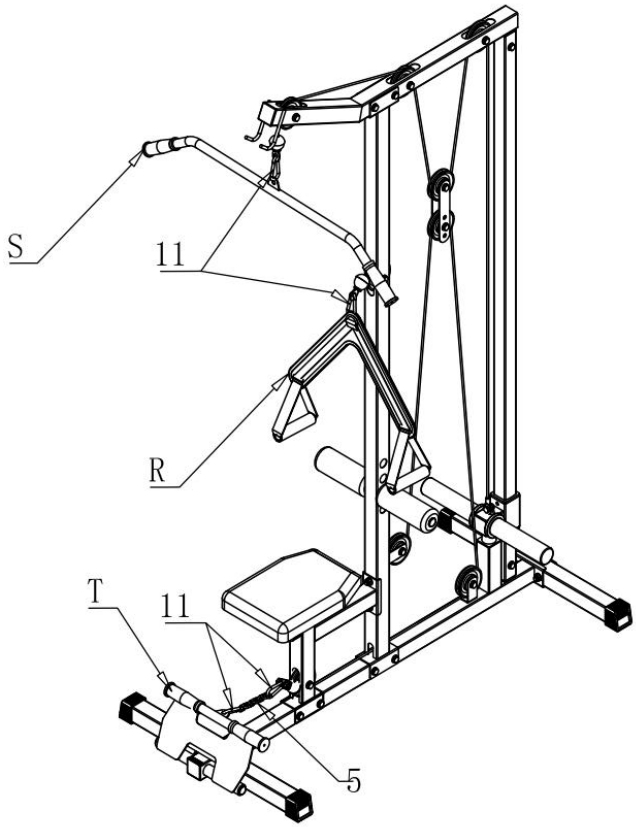
SCHRITT 11: Knieschoner anbringen.





SCHRITT 12: Montieren Sie die obere und die untere Zugstange. Fertig.

R (1PC)	S (1PC)	T (1PC)	5. Iron chain
			
11. Clup  4PCS	X1 (2PCS) 	X2 (2PCS) 	



X1*2



X2*2



CARE AND MAINTENANCE

Reinigung:

Die Oberfläche kann regelmäßig mit einem weichen, feuchten Tuch gereinigt werden .

Die Schrauben regelmäßig prüfen und festziehen (eine Prüfung einmal im Monat wird empfohlen) .

Hersteller: Shanghaimuxinmuyeyouxiangongsi
Adresse: Shuangchenglu 803nong11hao1602A-1609shi, baoshanqu, Shanghai 200000 CN.
Importiert nach Australien: SIHAO PTY LTD. 1 ROKEVA STREET, EASTWOOD
NSW 2122 Australien
Importiert in die USA: Sanven Technology Ltd. Suite 250, 9166 Anaheim Ort, Rancho Cucamonga, CA 91730

UK	REP

YH CONSULTING LIMITED. C/O YH Consulting Limited Office 147, Centurion House, London Road, Staines-upon-Thames, Surrey, TW18 4AX

EC	REP

E-CrossStu GmbH
Mainzer Landstr.69,
60329 Frankfurt am Main.



VEVOR

Upgrade · The Home Creator Way

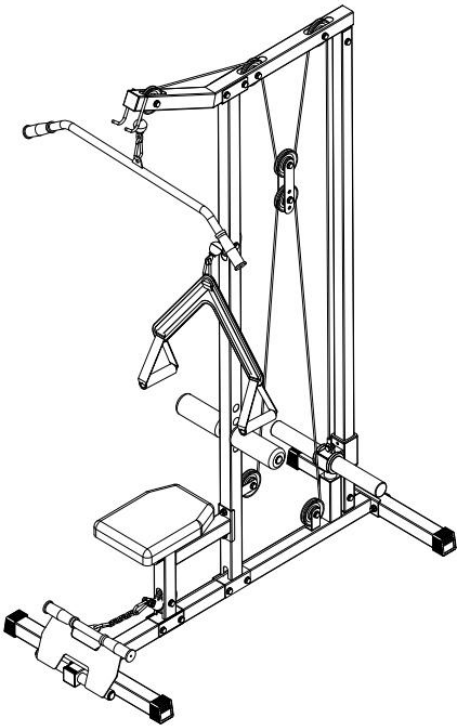
Macchine per trazioni LAT

MODELLO: HM1905B

VEVOR
Upgrade·The Home Creator Way

LAT Pull Down Machines

MODELLO: HM1905B



Nota: l'immagine del prodotto è solo di riferimento, prevarranno i dettagli effettivi

Queste sono le istruzioni originali, si prega di leggere attentamente tutte le istruzioni del manuale prima dell'uso. VEVOR si riserva la piena interpretazione del proprio manuale utente. L'aspetto del prodotto dipenderà dal prodotto ricevuto. Vi preghiamo di scusarci se non vi informeremo più in caso di aggiornamenti tecnologici o software sul nostro prodotto.

Grazie mille per aver scelto questo prodotto
Si prega di leggere attentamente tutte le istruzioni prima dell'uso. Le informazioni fornite vi aiuteranno a ottenere i migliori risultati possibili.

Operation safety

Si prega di conservare il presente manuale in un luogo facilmente consultabile e di conservarlo correttamente. Il presente manuale di istruzioni indica chiaramente come utilizzare l'apparecchiatura in modo sicuro e corretto, al fine di prevenire danni o perdite di proprietà causati a voi e ad altri.

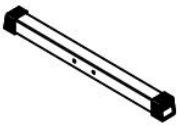
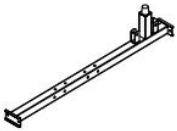
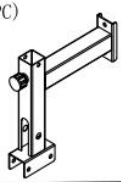
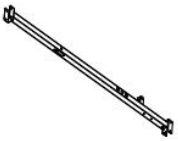
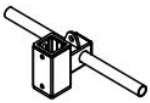
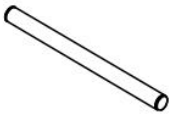
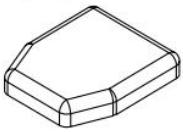
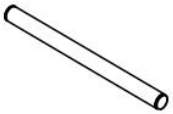
Pericolo

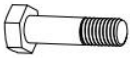
Non utilizzare questo prodotto o qualsiasi apparecchiatura opzionale disponibile senza prima aver letto e compreso attentamente queste istruzioni.
Tenere i sacchetti di plastica lontano dalla portata dei bambini per evitare il soffocamento.
Tenere sempre animali e bambini lontani dalla slitta trainata da cavalli
Si prega di non conservare il prodotto in un luogo umido
Non effettuare riparazioni o modifiche improvvisate
Non utilizzarlo se alcune parti sono danneggiate.
Si prega di scegliere il luogo appropriato per l'uso. Non utilizzarlo su terreni irregolari.

Avvertimento

La capacità di carico del prodotto è di 400 libbre. Superare questo peso potrebbe danneggiare il prodotto.
Prima di utilizzare l'attrezzatura, controllare che tutte le parti non abbiano subito danni durante il trasporto. Se una parte è danneggiata, non utilizzarla e contattare VEVOR per ulteriori istruzioni.
Prima di utilizzare il prodotto, assicurarsi che tutti i componenti siano montati correttamente e saldamente e che tutti i dispositivi di fissaggio siano ben fissati.
Se si cede questo prodotto a qualcun altro, è necessario includere anche questo manuale d'uso.

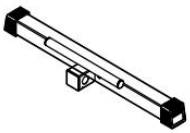
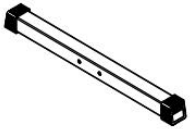
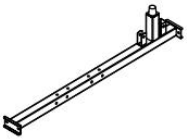
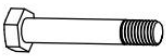
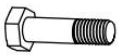
Part List

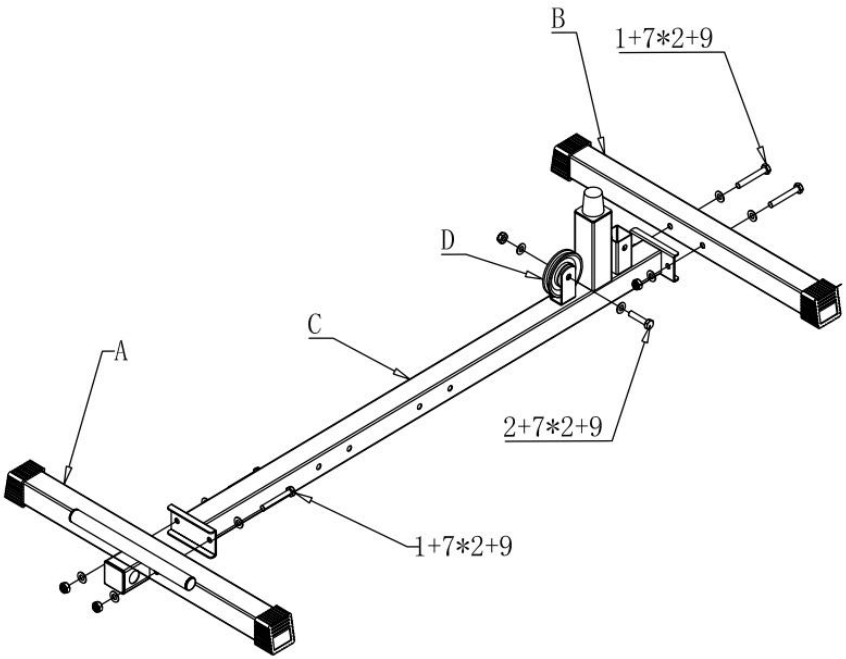
A (1PC) 	B (1PC) 	C (1PC) 	D (7PCS) 
E(1PC) 	F(1PC) 	G (1PC) 	H (10PCS) 
I (1PC) 	J (1PC) 	K (2PCS) 	L (1PC) 
M (1PC) 	N (1PC) 	O (2PCS) 	P (1PC) 
Q (1PC) 	R (1PC) 	S (1PC) 	T (1PC) 
U (1PC) 	V (1PC) 	W (1PC) 	X1 (2PCS) 
X2 (2PCS) 	Y (2PCS) 	Z (1PC) 	

1. Hex Head Bolt M10*70  17PCS	2. Hex Head Bolt M10*45  2PCS	3. Hex Head Bolt M10*60  2PCS	4. Hex Head Bolt M10*20  3PCS
5. Iron chain  1PC	6. Hex Head Bolt M8*25  4PCS	7. Washer 10  44PCS	8. Set screw M8  2PCS
9. Nylon Lock Nut M10  22PCS	10. Washer 8  6PCS	11. Clup  4PCS	

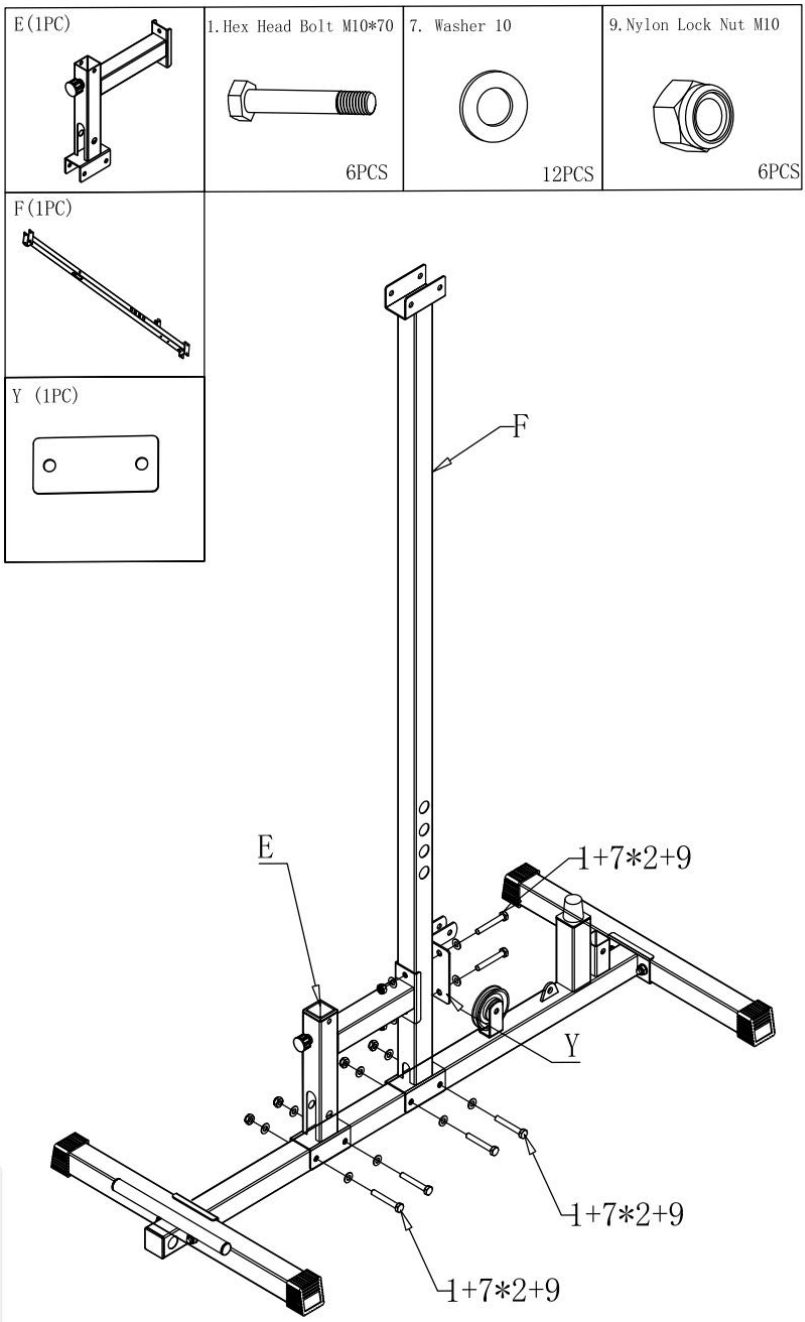
Assembly

FASE 1: Installare il telaio di base

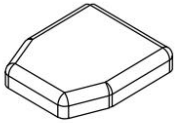
A (1PC)	B (1PC)	C (1PC)	D (1PC)
			
1. Hex Head Bolt M10*70	2. Hex Head Bolt M10*45	7. Washer 10	9. Nylon Lock Nut M10
 4PCS	 1PC	 10PCS	 5PCS

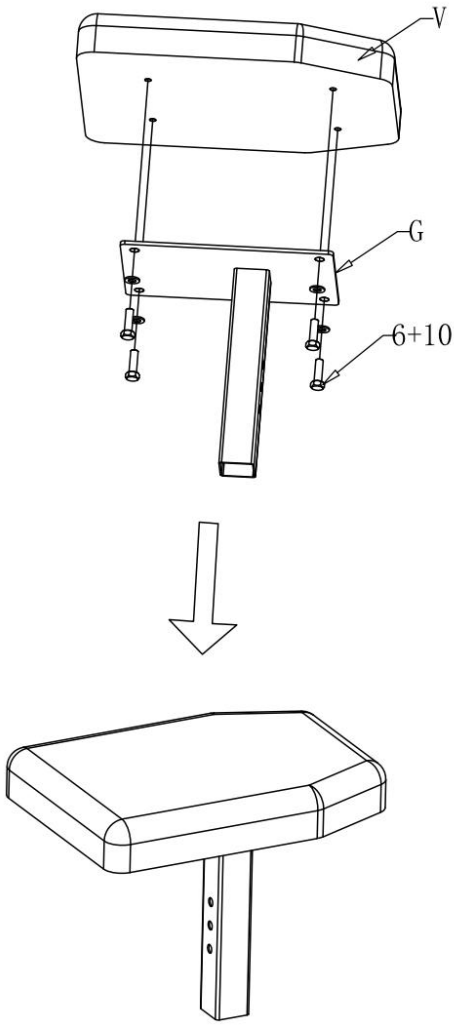


FASE 2: Installare la colonna.



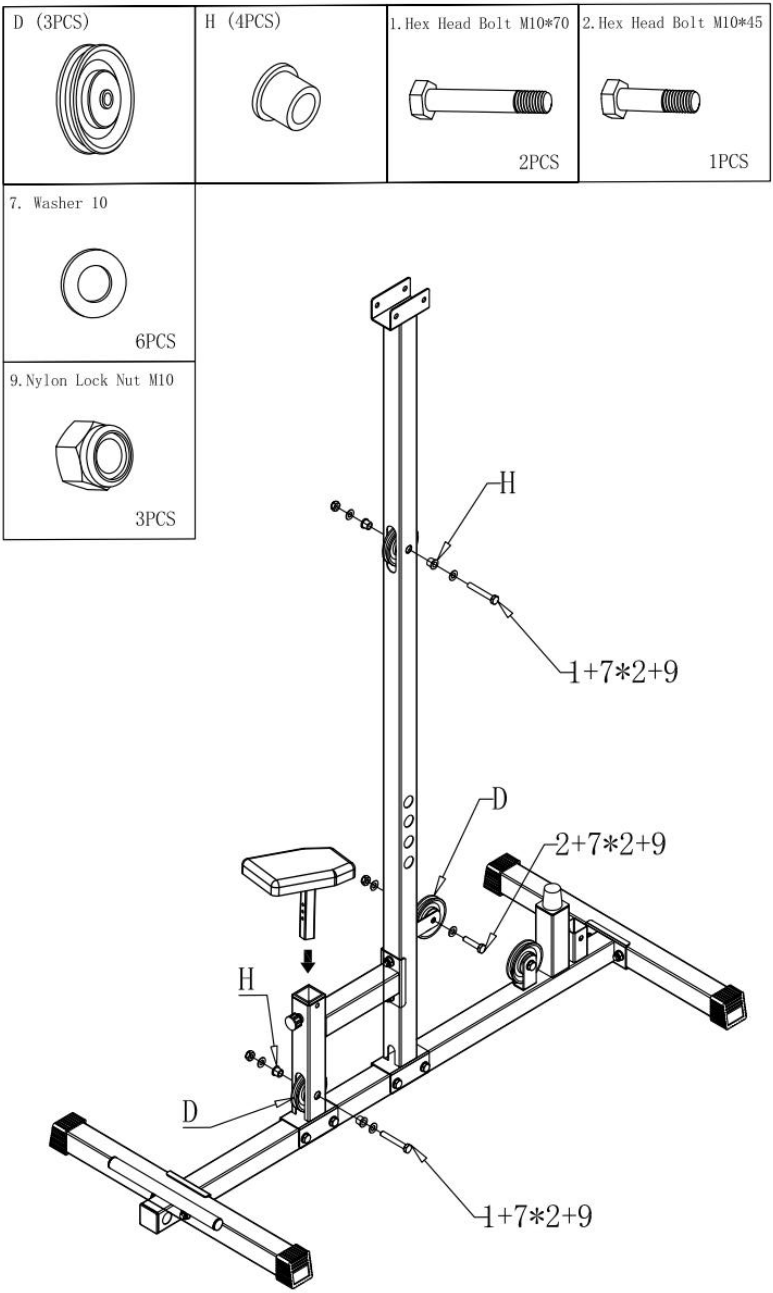
FASE 3: Installare il cuscino del

G (1PC)	V(1PC)	6.Hex Head Bolt M8*25	10. Washer 8
		 4PCS	 4PCS

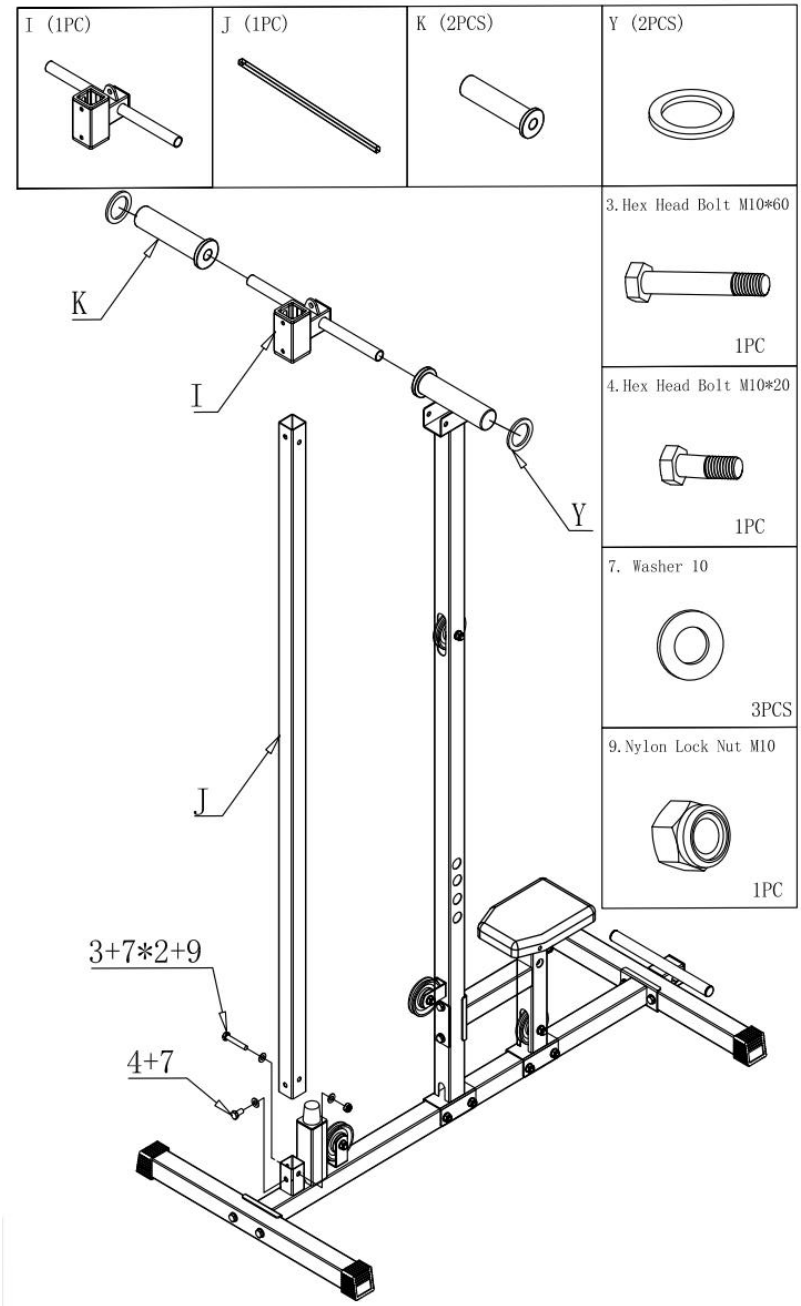


sedile.

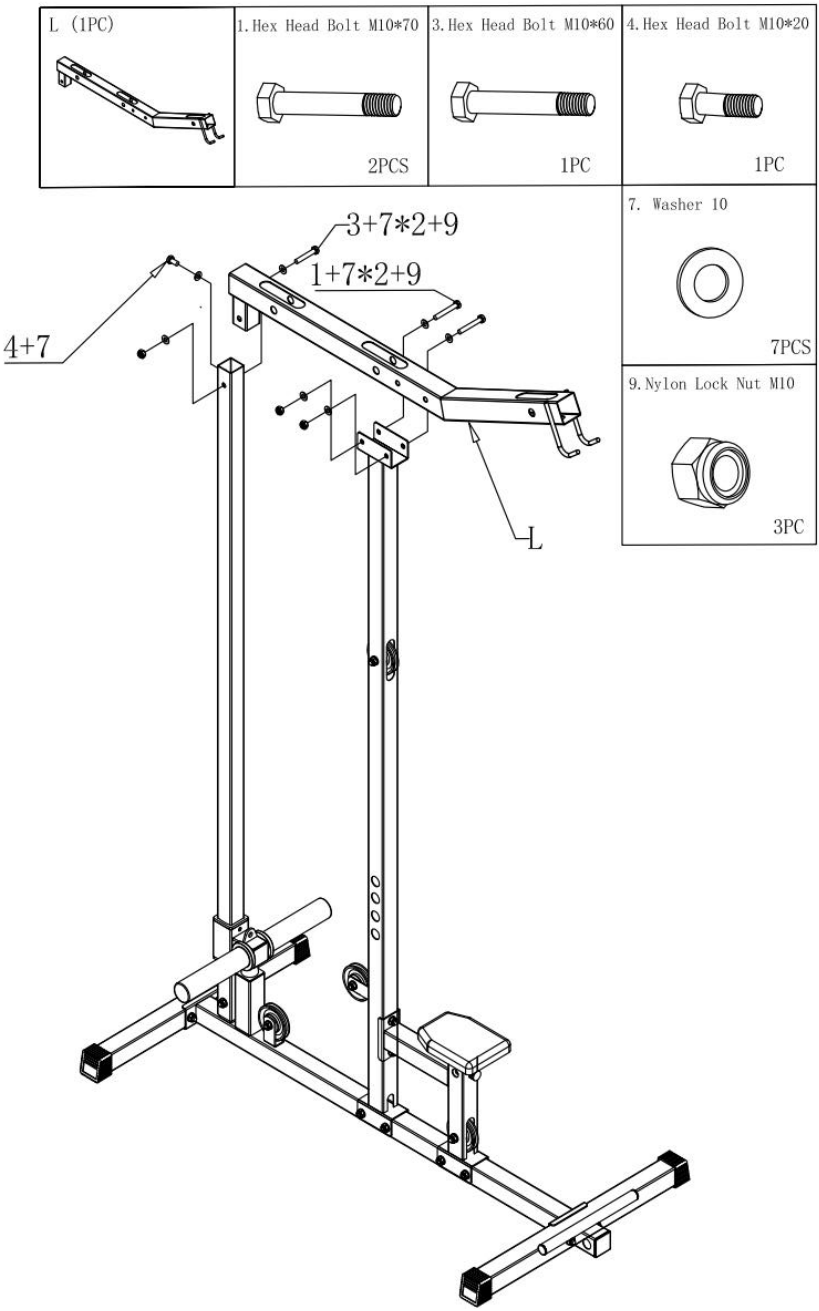
FASE 4: Inserire il cuscino del sedile e installare la puleggia.



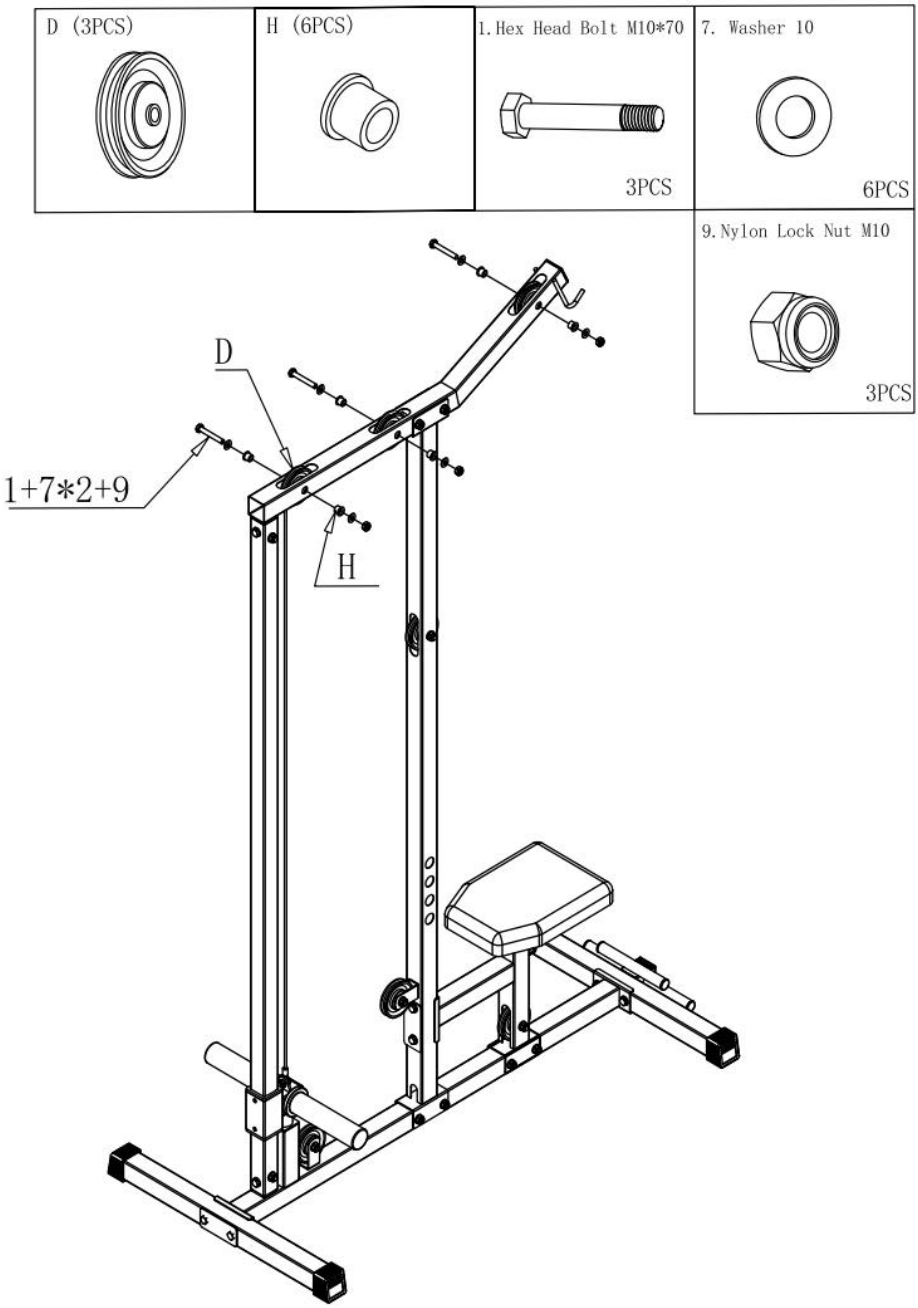
FASE 5: Installare la colonna anteriore e la barra del bilanciere.



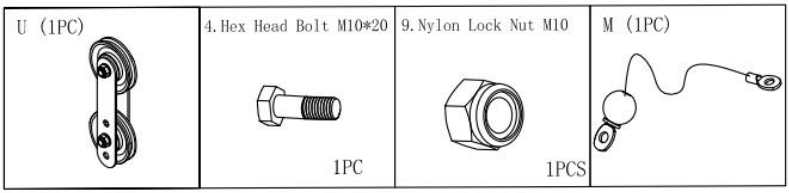
PASSO 6: Installare l'asta superiore .

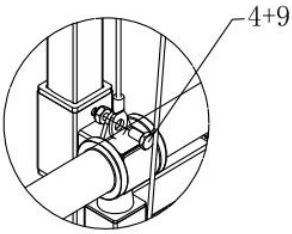


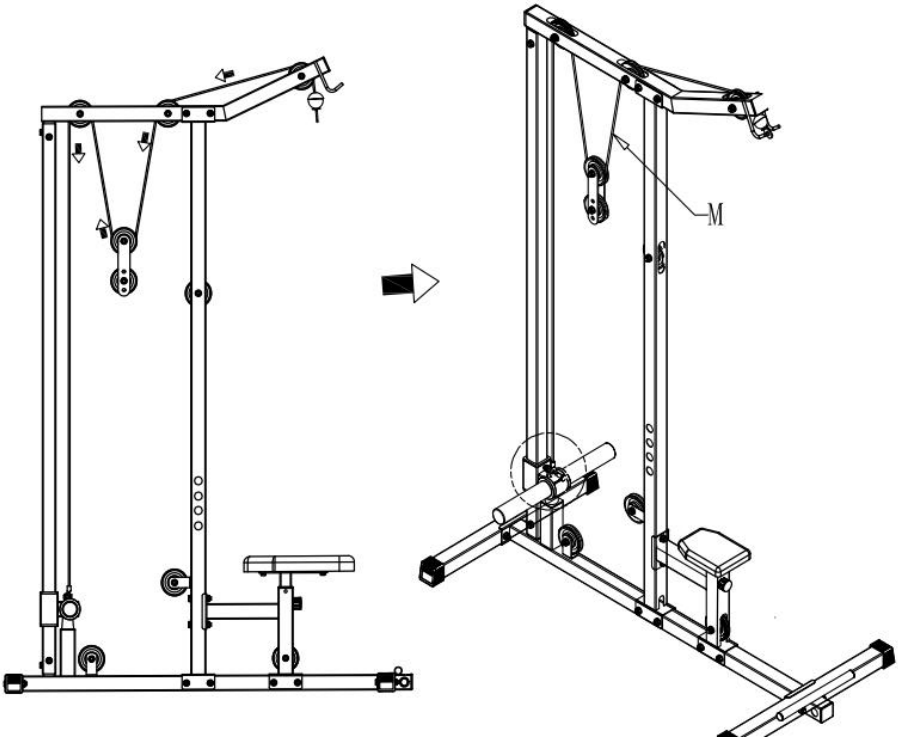
PASSO 7: Installare la puleggia superiore .



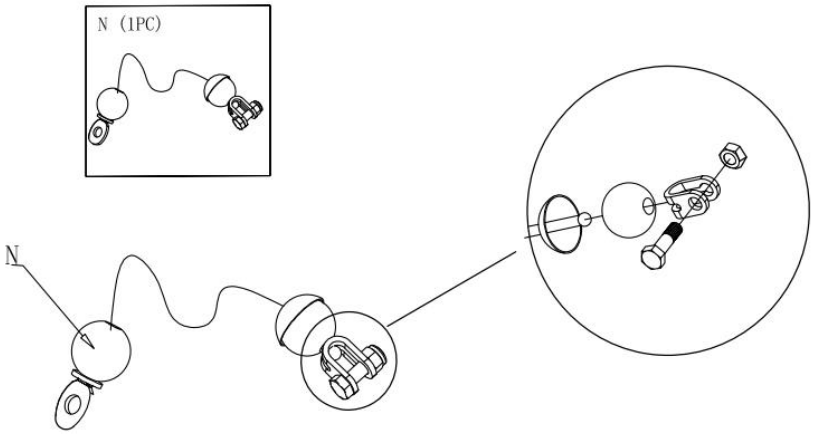
PASSO 8: Installare la fune di trazione superiore

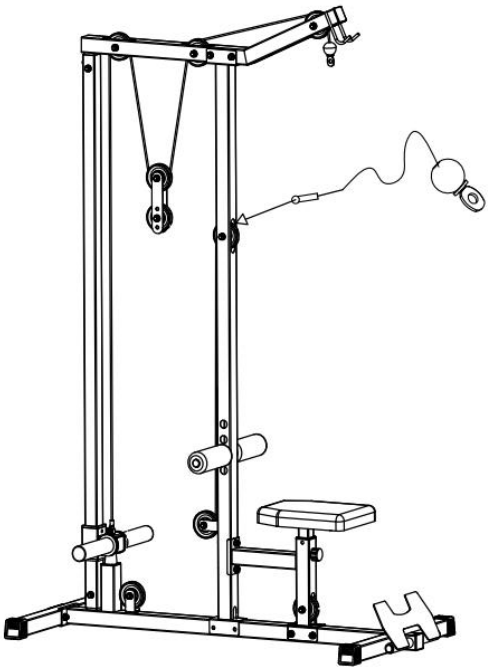




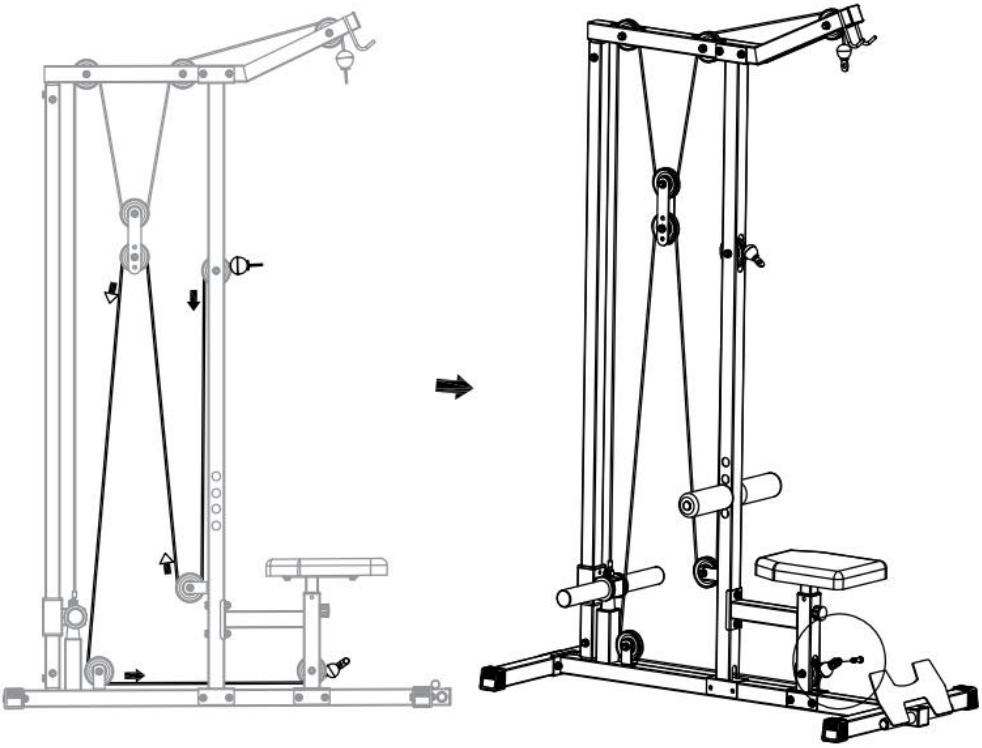


PASSO 9: Installare la fune di trazione inferiore .

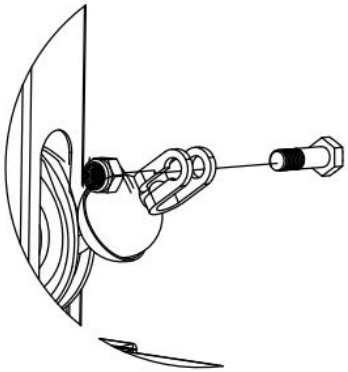




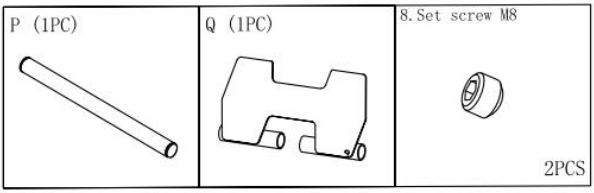
As shown in the picture, first remove the screw and nut at one end of the rope, and then start threading the rope in the direction indicated by the arrow

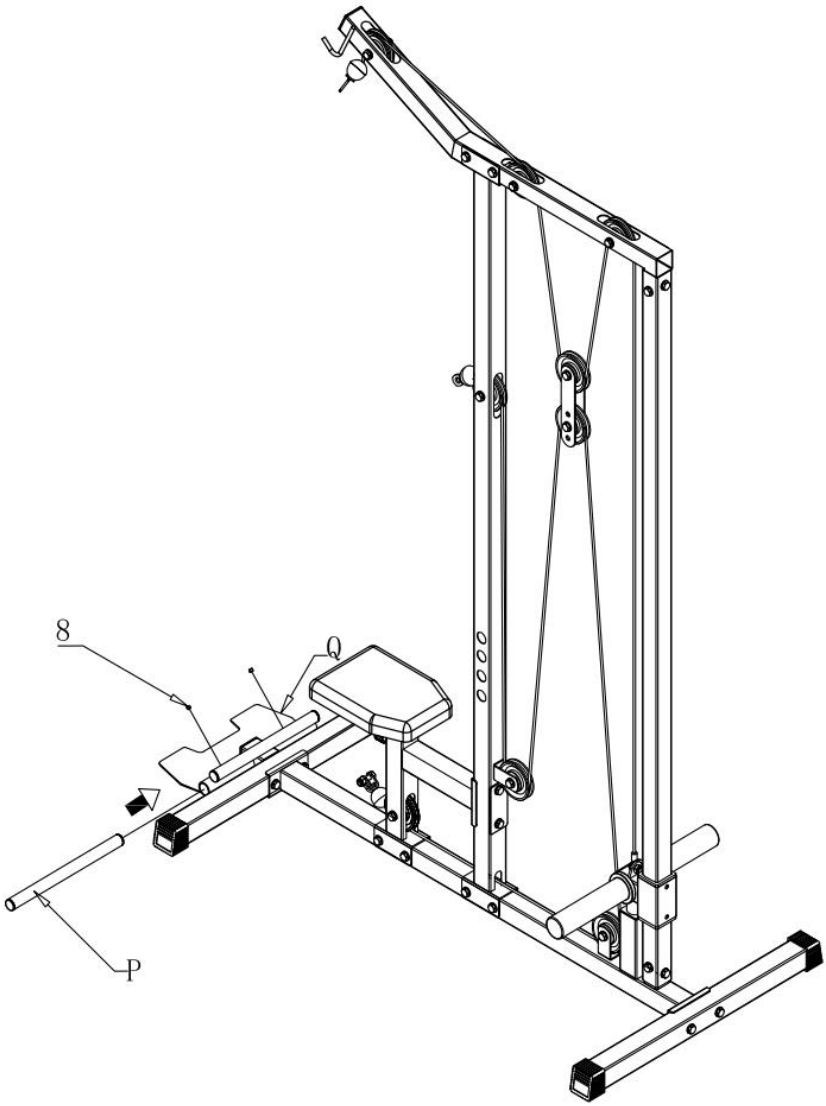


Thread the rope in the direction of the arrow as shown in the picture, and finally tighten the screws and nuts at the end of the rope

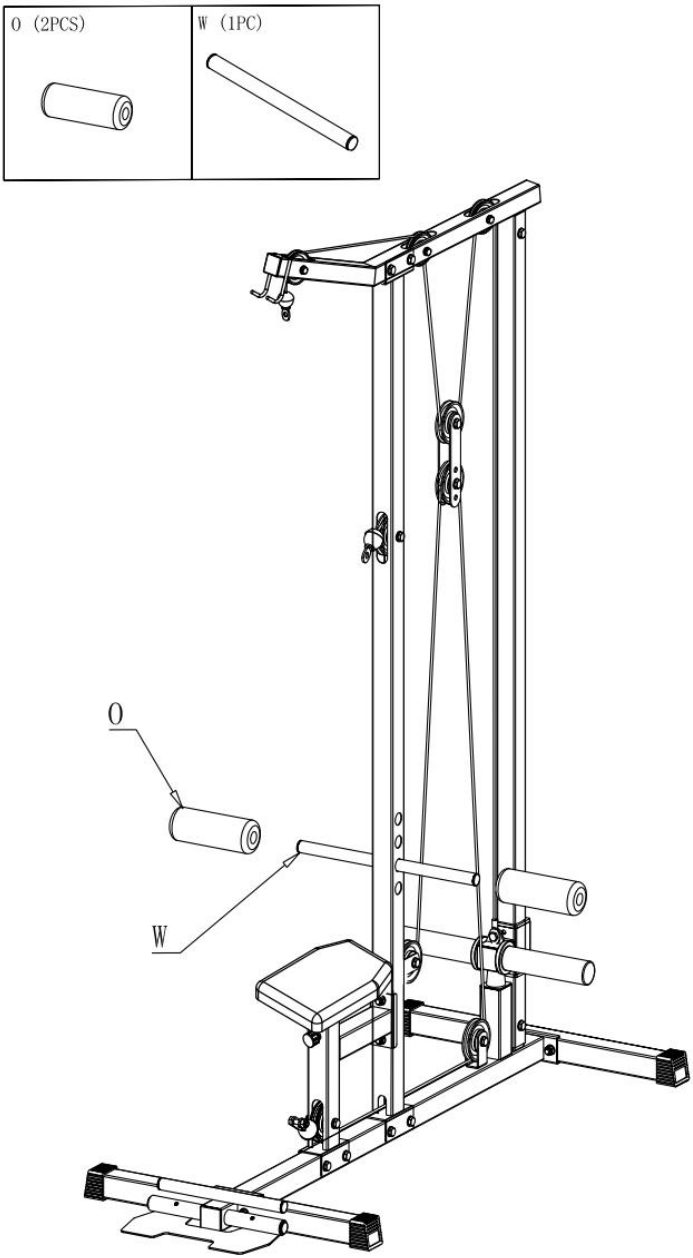


FASE 10: Installare il pedale.



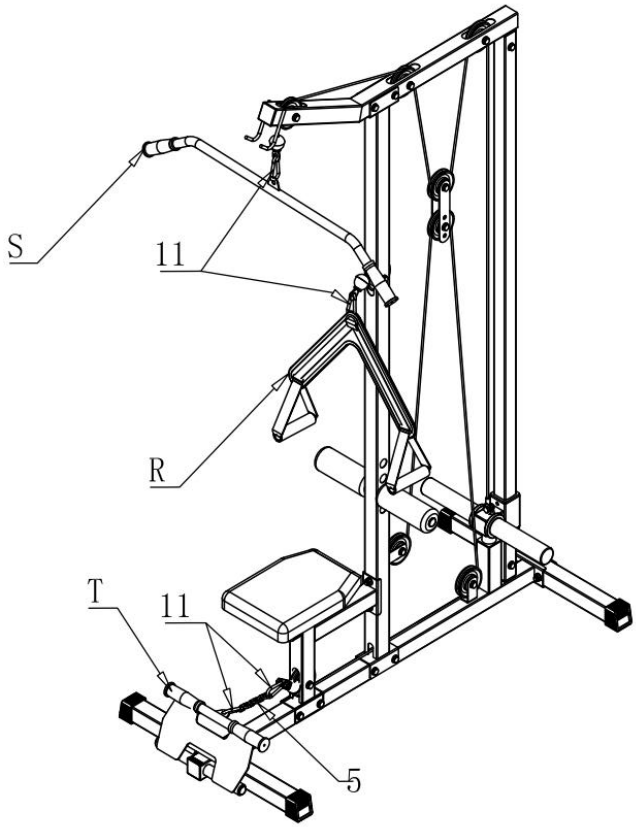


FASE 11: Installare le ginocchiere.



PASSO 12: Installare la barra di trazione superiore e quella inferiore. Fatto

R (1PC)	S (1PC)	T (1PC)	5. Iron chain
			
11. Clup  4PCS	X1 (2PCS) 	X2 (2PCS) 	



X1*2



X2*2



CARE AND MAINTENANCE

Pulizia:

La superficie può essere pulita regolarmente con un panno morbido e umido .
(si consiglia di controllare una volta al mese)

Produttore: Shanghaimuxinmuyeyouxiangongsi
Indirizzo: Shuangchenglu 803nong11hao1602A-1609shi, baoshanqu, Shanghai 200000 CN.
Importato in AUS: SIHAO PTY LTD. 1 ROKEVA STREETEASTWOOD Nuovo Galles del Sud 2122 Australia
Importato negli USA: Sanven Technology Ltd. Suite 250, 9166 Anaheim Luogo, Rancho Cucamonga, CA 91730

UK	REP

YH CONSULTING LIMITED. C/O YH Consulting Limited Office 147, Centurion House, London Road, Staines-upon-Thames, Surrey, TW18 4AX

EC	REP

E-CrossStu GmbH
Mainzer Landstr.69,
60329 Frankfurt am Main.



VEVOR

Upgrade · The Home Creator Way

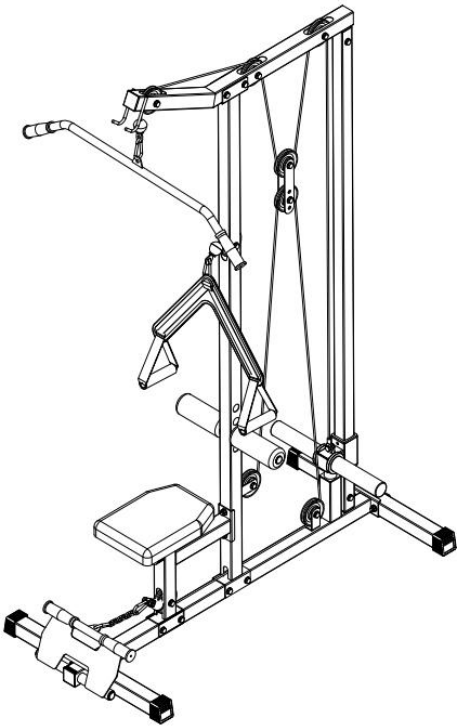
Máquinas de dominadas LAT

MODELO: HM1905B

VEVOR
Upgrade·The Home Creator Way

LAT Pull Down Machines

MODELO: HM1905B



Nota: La imagen del producto es de referencia.
Los detalles reales prevalecerán.

Estas son las instrucciones originales; lea atentamente todas las instrucciones del manual antes de utilizarlo. VEVOR se reserva el derecho de interpretar este manual de usuario. La apariencia del producto dependerá del producto que haya recibido. Le rogamos que nos disculpe si no le informamos de nuevo si hay actualizaciones tecnológicas o de software en nuestro producto.

Muchas gracias por elegir este producto.
Lea todas las instrucciones antes de usarlo. La información le ayudará a lograr los mejores resultados posibles.

Operation safety

Guarde este manual en un lugar fácil de consultar y guárdelo adecuadamente. Este manual de instrucciones indica claramente cómo utilizar el equipo de forma segura y correcta para evitar daños o pérdidas materiales, tanto para usted como para terceros.

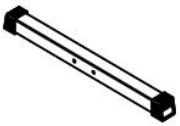
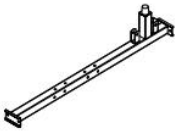
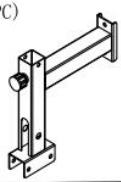
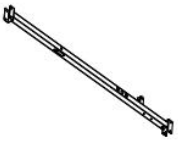
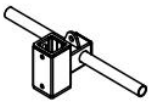
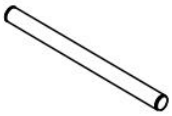
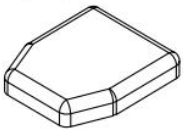
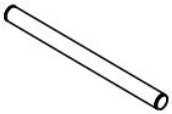
Peligro

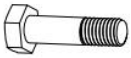
No utilice este producto ni ningún equipo opcional disponible sin antes leer y comprender completamente estas instrucciones.
Mantenga las bolsas de plástico fuera del alcance de los niños para evitar asfixia.
Mantenga siempre a los animales y a los niños alejados del trineo de empuje y tracción.
No guarde el producto en un lugar húmedo.
No realice ninguna reparación o modificación improvisada.
No lo utilice si alguna pieza está dañada.
Elija el lugar de uso adecuado. No lo utilice en terrenos irregulares.

Advertencia

La capacidad de carga del producto es de 400 libras. Exceder este peso puede dañar el producto.
Antes de utilizar el equipo, compruebe todas las piezas para detectar daños durante el envío. Si alguna pieza está dañada, no lo utilice y póngase en contacto con VEVOR para obtener más instrucciones.
Antes de utilizar el producto, asegúrese de que todos los componentes estén ensamblados de forma correcta y segura y que todos los sujetadores estén seguros.
Si le da este producto a otra persona, debe incluir este manual del propietario.

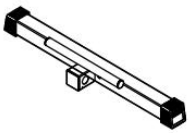
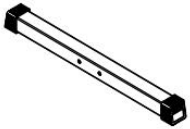
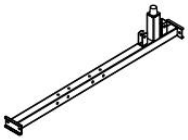
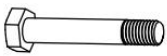
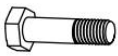
Part List

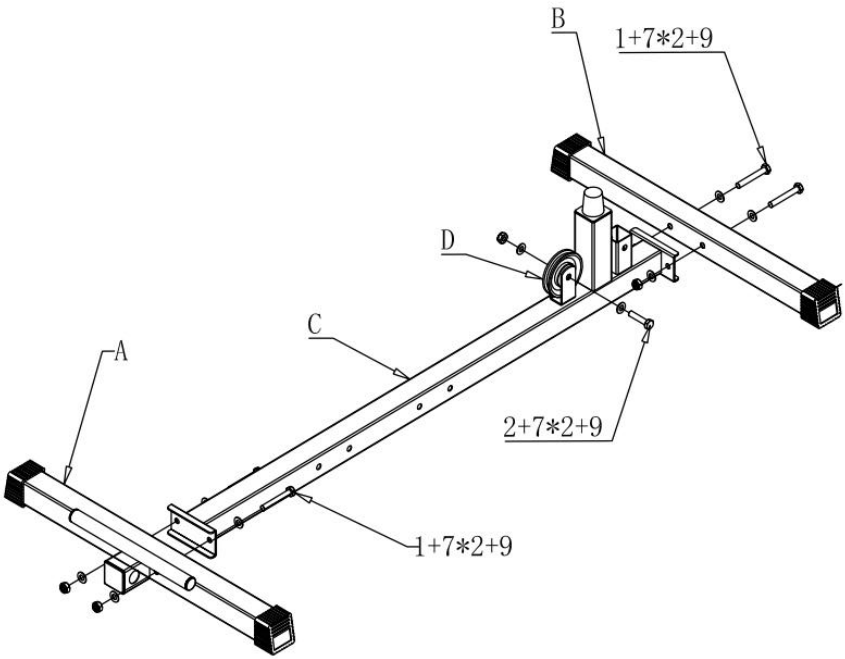
A (1PC) 	B (1PC) 	C (1PC) 	D (7PCS) 
E(1PC) 	F(1PC) 	G (1PC) 	H (10PCS) 
I (1PC) 	J (1PC) 	K (2PCS) 	L (1PC) 
M (1PC) 	N (1PC) 	O (2PCS) 	P (1PC) 
Q (1PC) 	R (1PC) 	S (1PC) 	T (1PC) 
U (1PC) 	V (1PC) 	W (1PC) 	X1 (2PCS) 
X2 (2PCS) 	Y (2PCS) 	Z (1PC) 	

1. Hex Head Bolt M10*70  17PCS	2. Hex Head Bolt M10*45  2PCS	3. Hex Head Bolt M10*60  2PCS	4. Hex Head Bolt M10*20  3PCS
5. Iron chain  1PC	6. Hex Head Bolt M8*25  4PCS	7. Washer 10  44PCS	8. Set screw M8  2PCS
9. Nylon Lock Nut M10  22PCS	10. Washer 8  6PCS	11. Clup  4PCS	

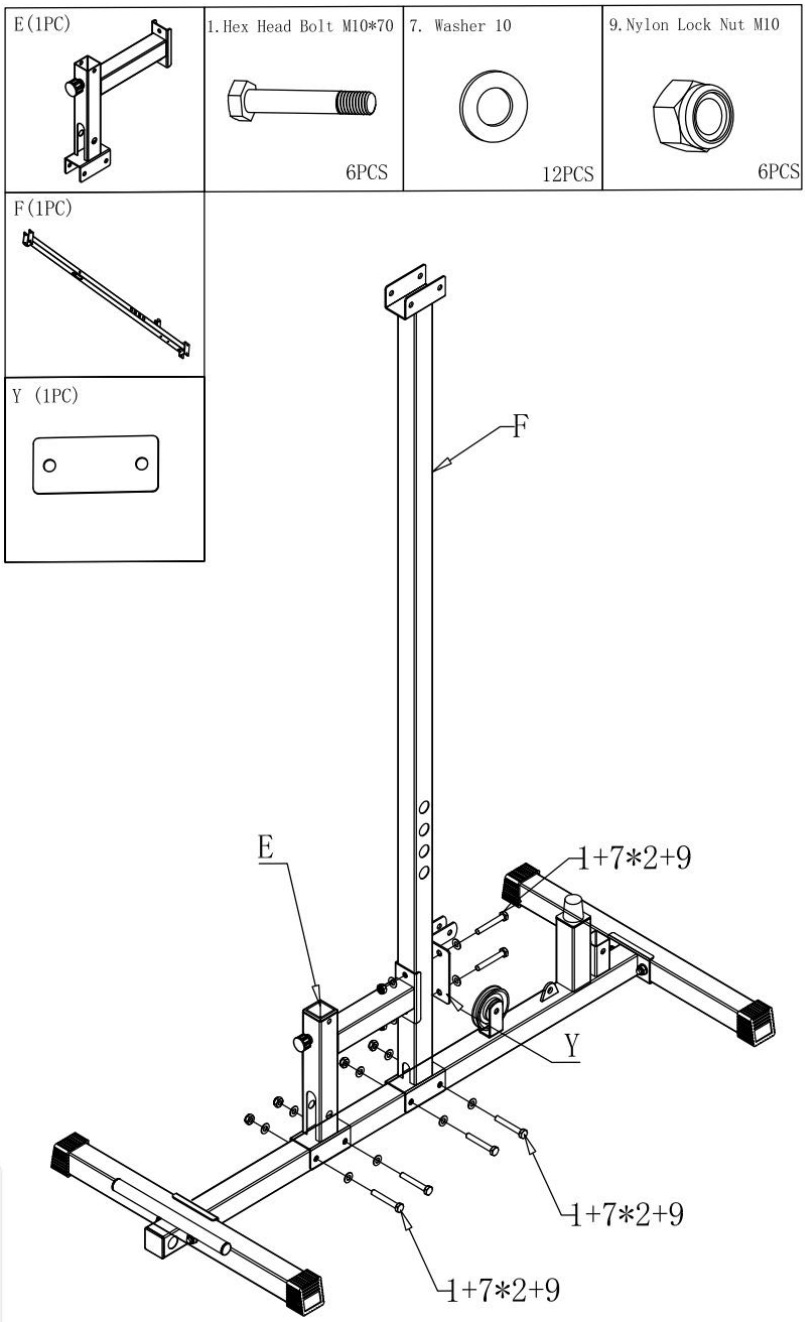
Assembly

PASO 1: Instale el marco base

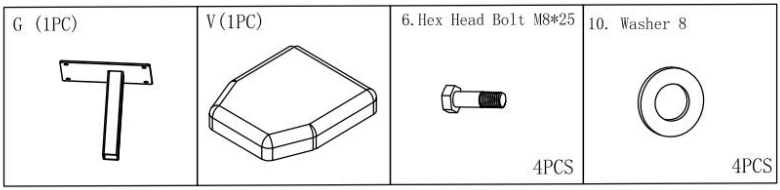
A (1PC)	B (1PC)	C (1PC)	D (1PC)
			
1. Hex Head Bolt M10*70  4PCS	2. Hex Head Bolt M10*45  1PC	7. Washer 10  10PCS	9. Nylon Lock Nut M10  5PCS

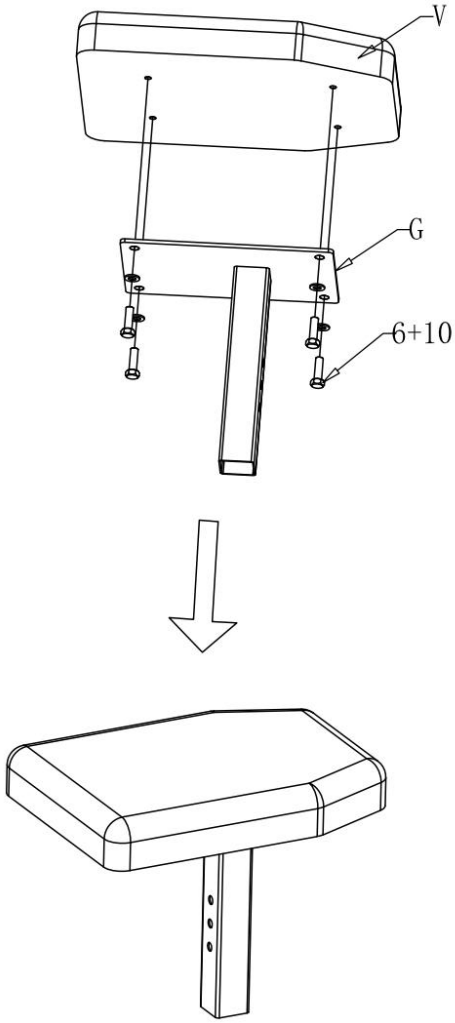


PASO 2: Instale la columna.



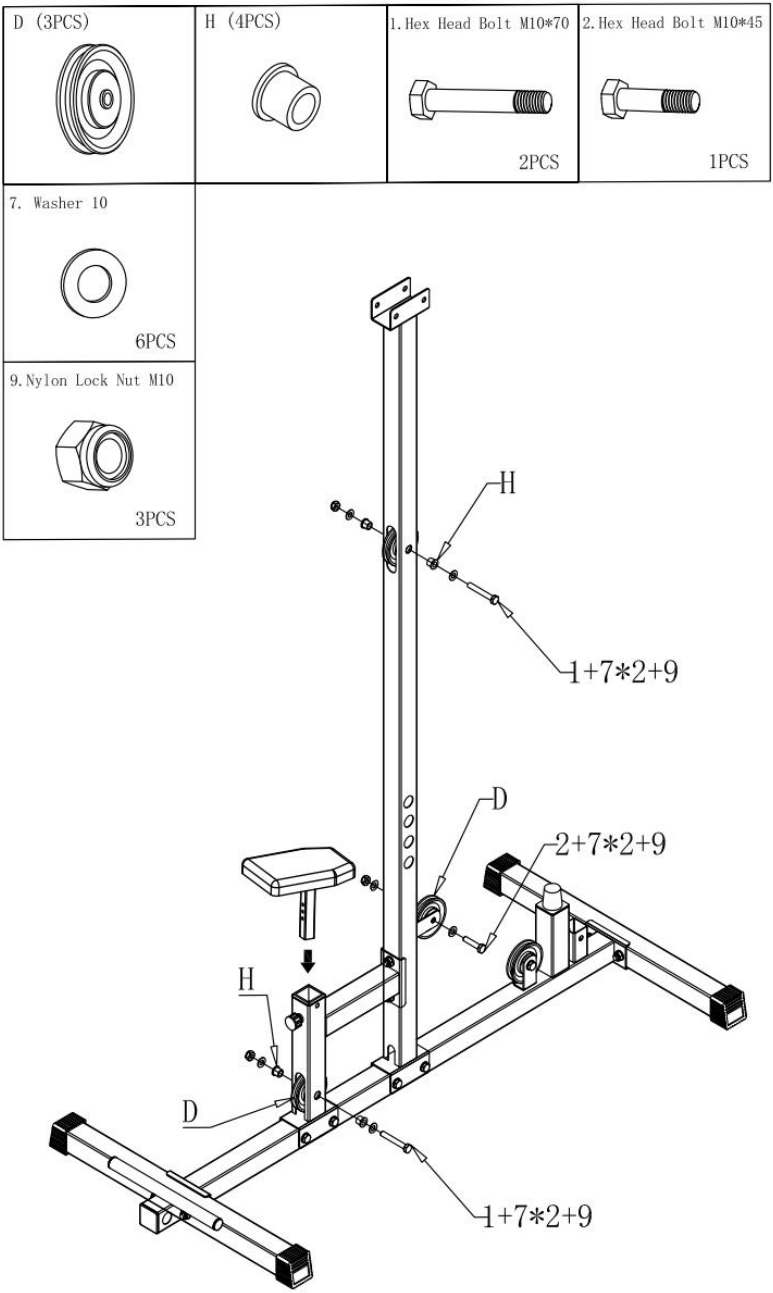
PASO 3: Instale el cojín del



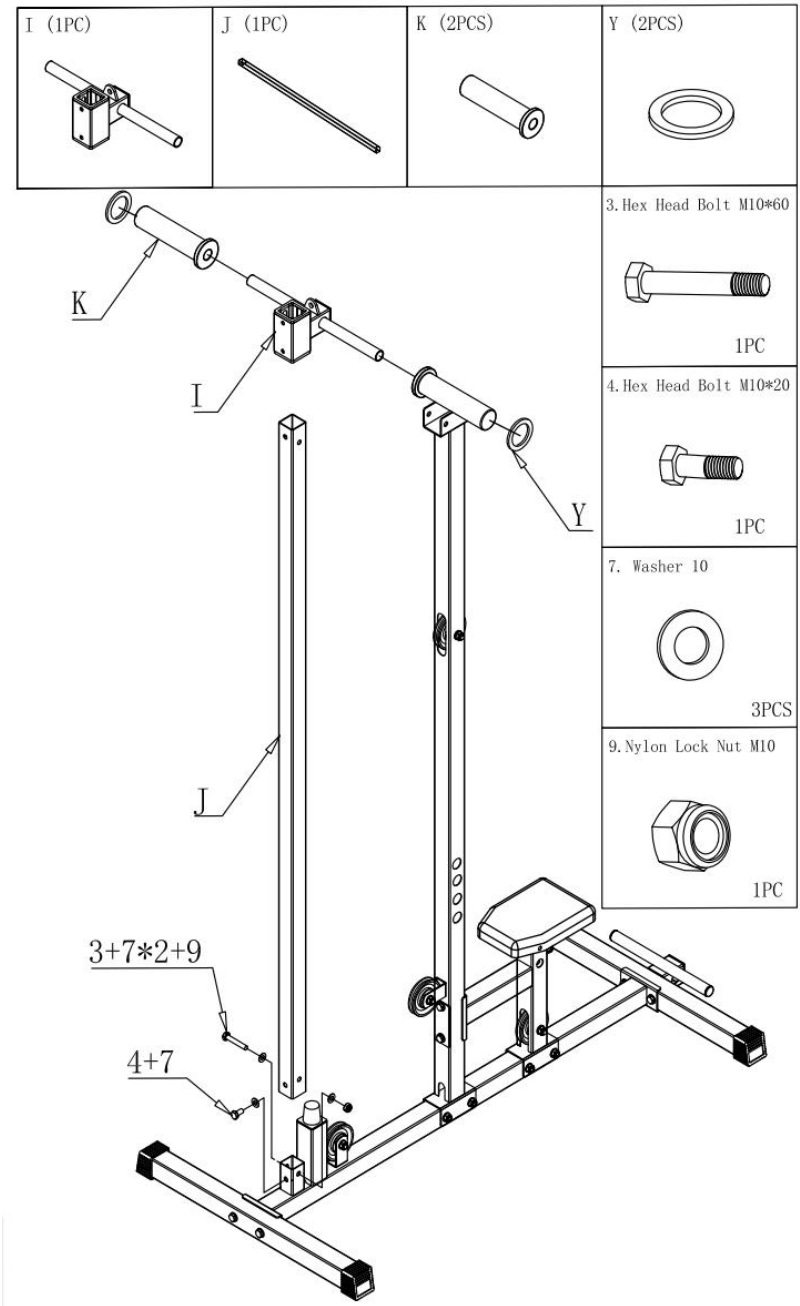


asiento.

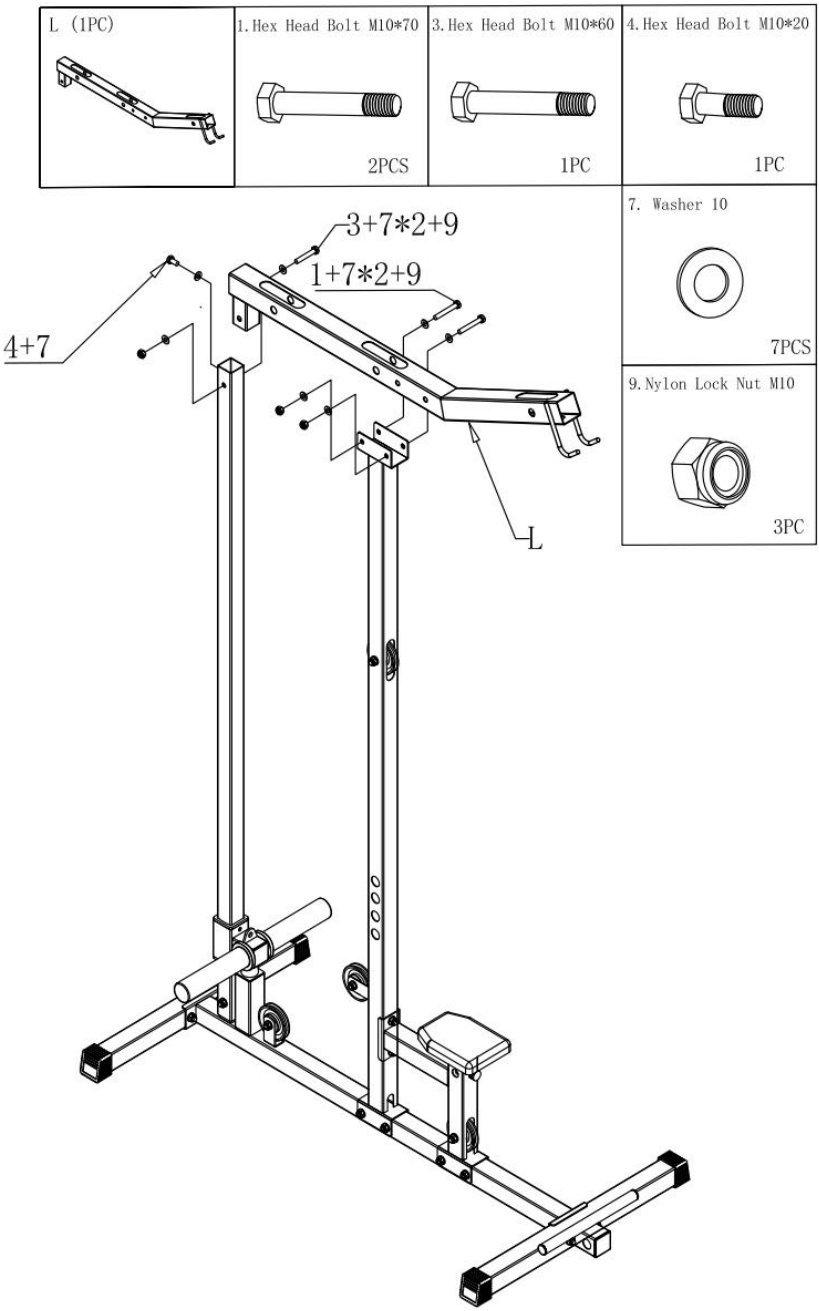
PASO 4: Inserte el cojín del asiento e instale la polea.



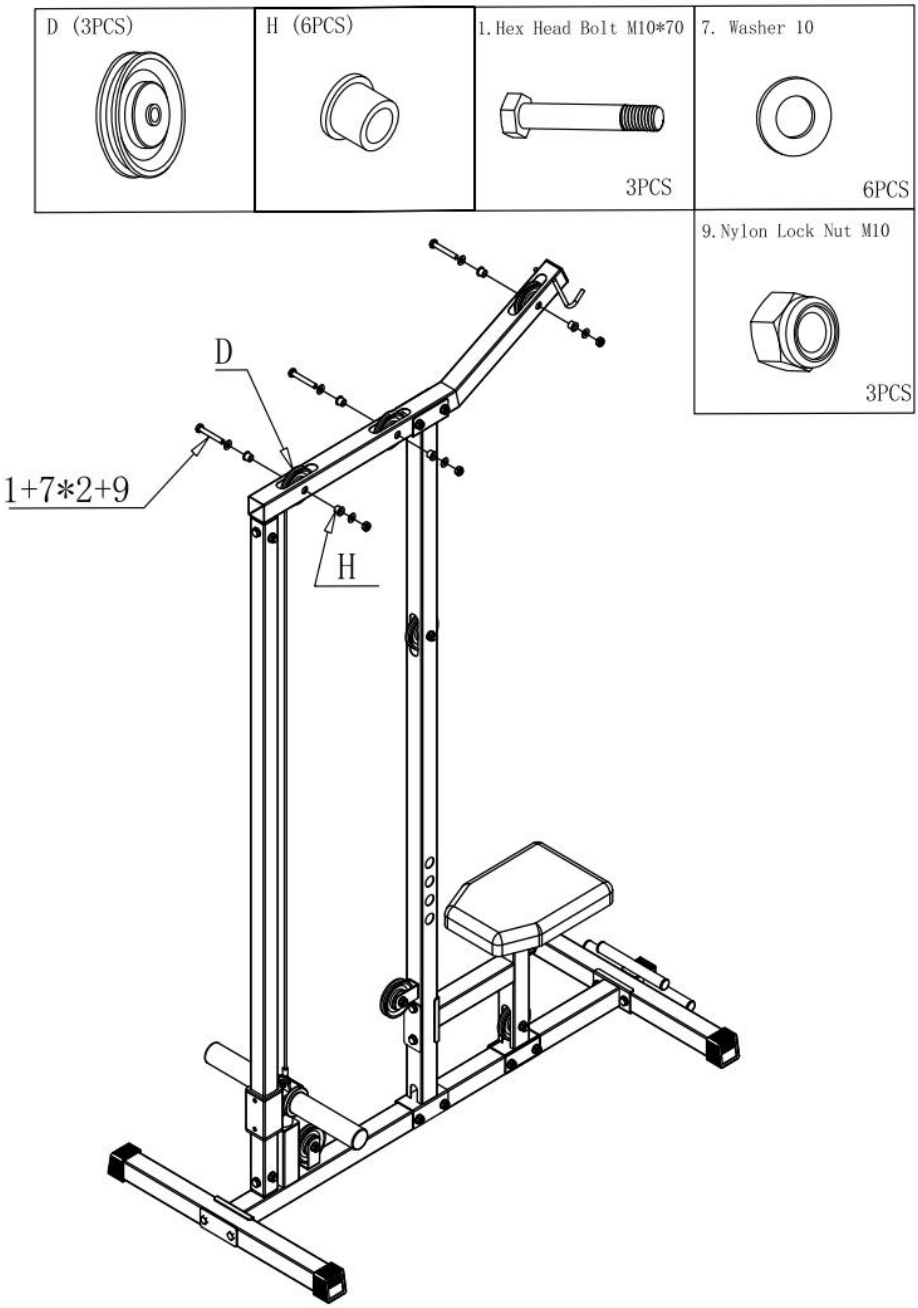
PASO 5: Instale la columna frontal y la barra de pesas.



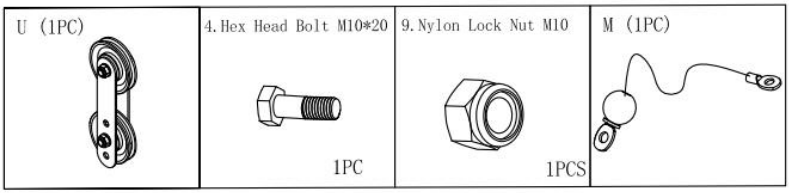
PASO 6: Instale la varilla superior .

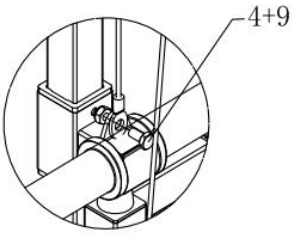


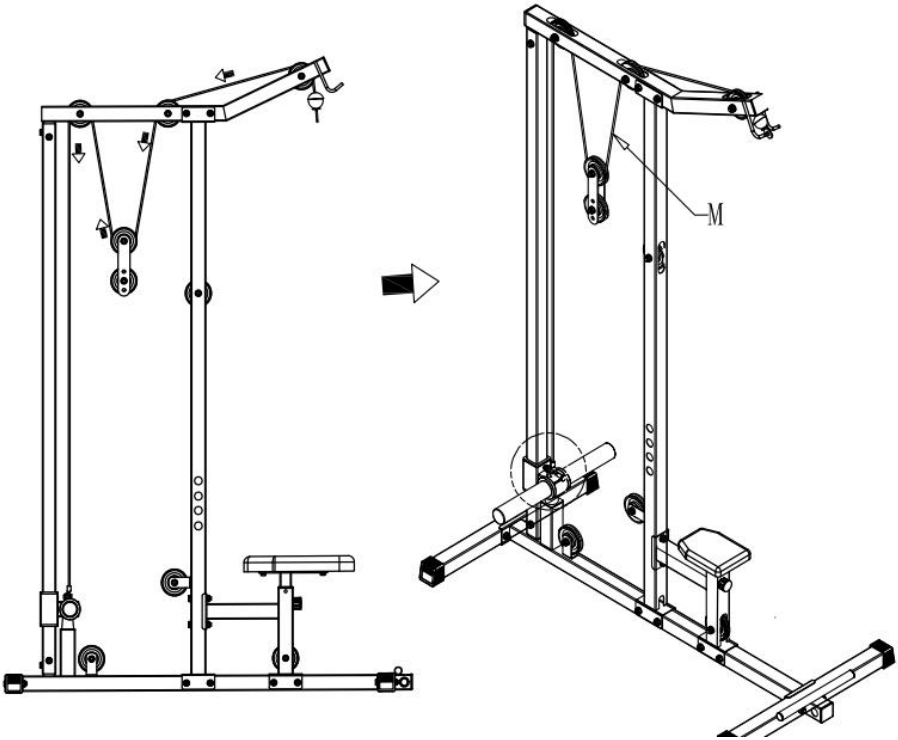
PASO 7: Instale la polea superior .



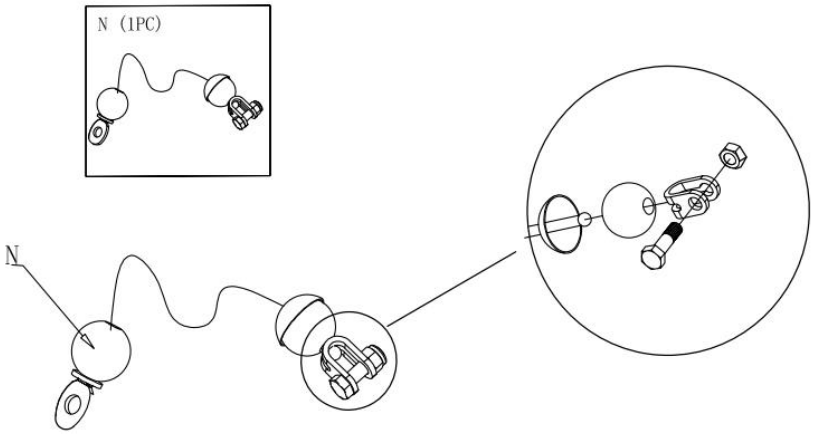
PASO 8: Instalar la cuerda de tracción superior

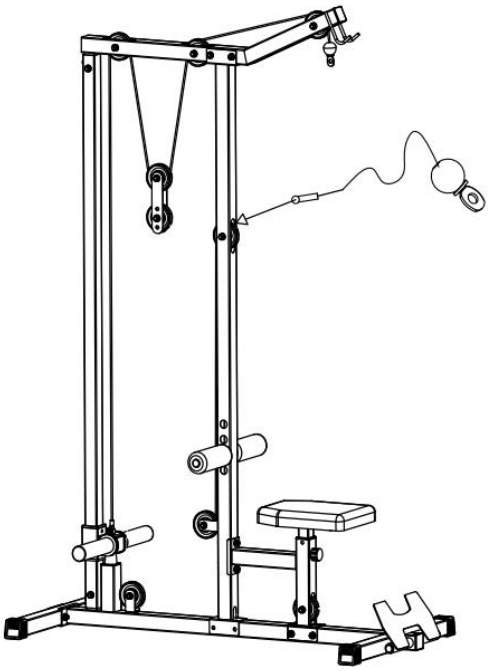




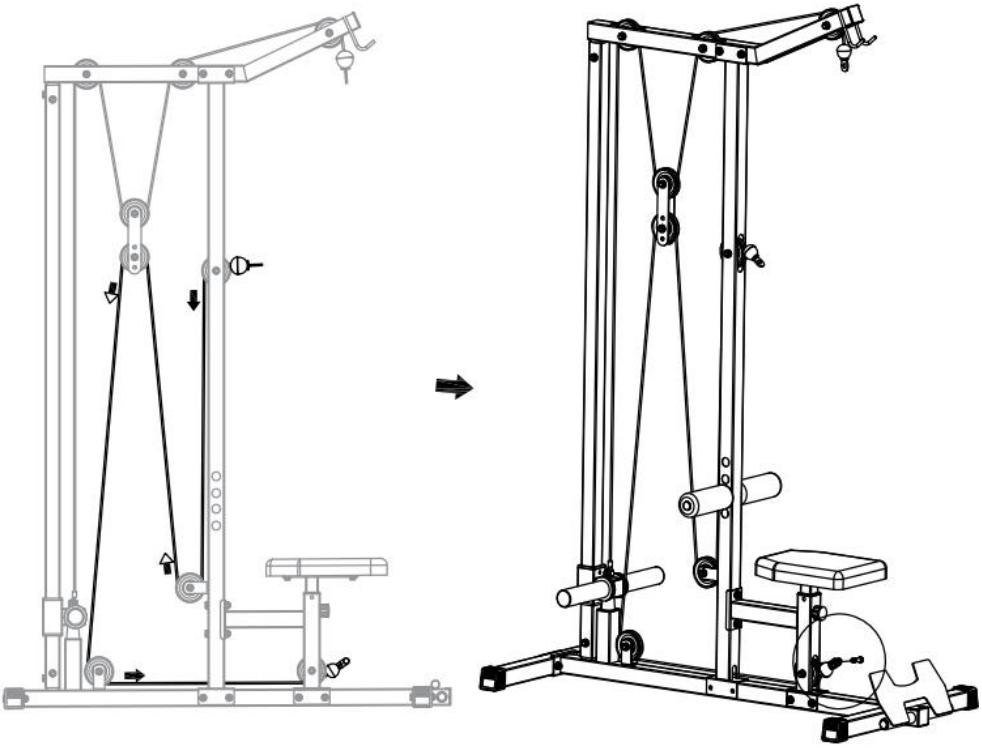


PASO 9: Instale la cuerda de tracción inferior .

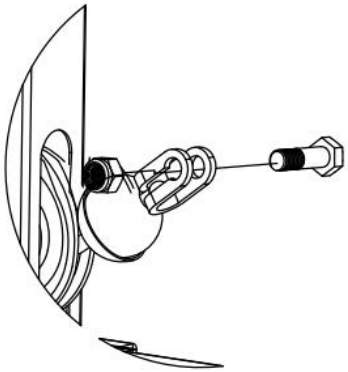




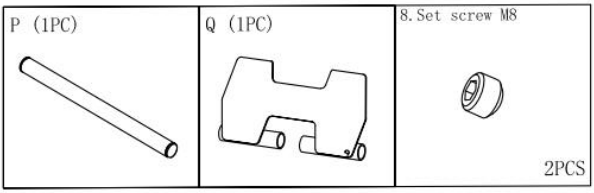
As shown in the picture, first remove the screw and nut at one end of the rope, and then start threading the rope in the direction indicated by the arrow

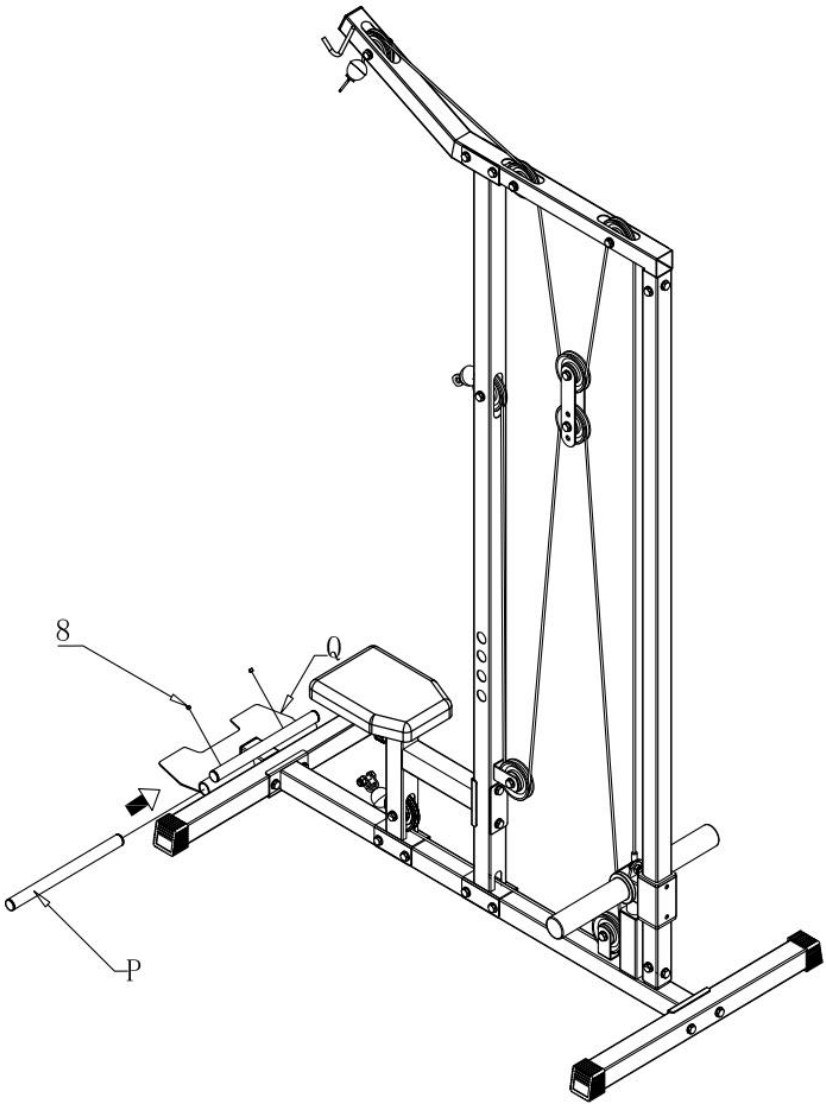


Thread the rope in the direction of the arrow as shown in the picture, and finally tighten the screws and nuts at the end of the rope

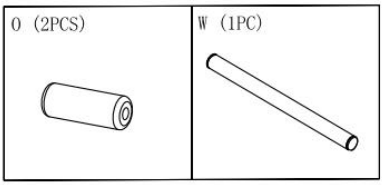


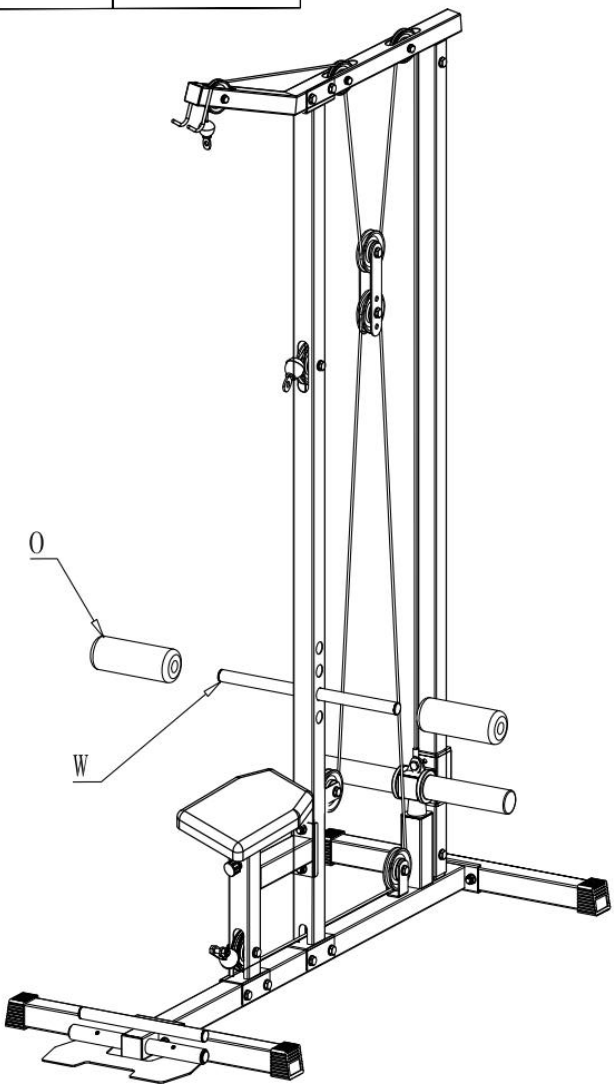
PASO 10: Instale el pedal.





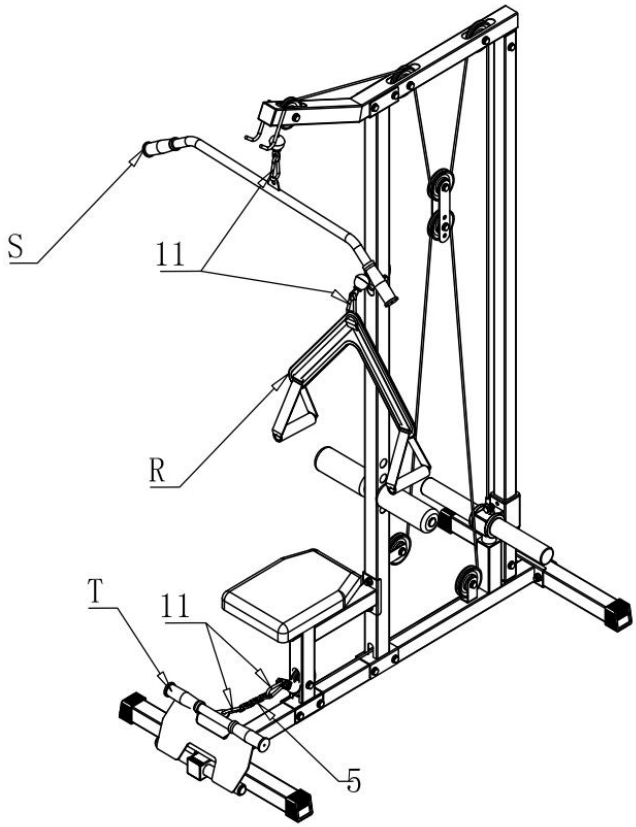
PASO 11: Instale las rodilleras.





PASO 12: Instale la varilla de tracción superior y la varilla de tracción inferior. Listo.

R (1PC)	S (1PC)	T (1PC)	5. Iron chain
			
11. Clup  4PCS	X1 (2PCS) 	X2 (2PCS) 	



X1*2



X2*2



CARE AND MAINTENANCE

Limpieza:

La superficie se puede limpiar periódicamente con un paño suave y húmedo .

Revise y apriete periódicamente los tornillos (se recomienda revisarlos una vez al mes) .

Fabricante: Shanghaimuxinmuyeyouxiangongsi

Dirección: Shuangchenglu 803nong11hao1602A-1609shi, baoshanqu, Shanghái 200000 CN.

Importado a AUS: SIHAO PTY LTD. 1 ROKEVA STREET EASTWOOD NSW 2122 Australia

Importado a EE. UU.: Sanven Technology Ltd. Suite 250, 9166 Anaheim Lugar, Rancho Cucamonga, CA 91730

UK	REP

YH CONSULTING LIMITED. C/O YH Consulting Limited Office 147, Centurion House, London Road, Staines-upon-Thames, Surrey, TW18 4AX

EC	REP

E-CrossStu GmbH
Mainzer Landstr.69,
60329 Frankfurt am Main.



VEVOR

Upgrade · The Home Creator Way

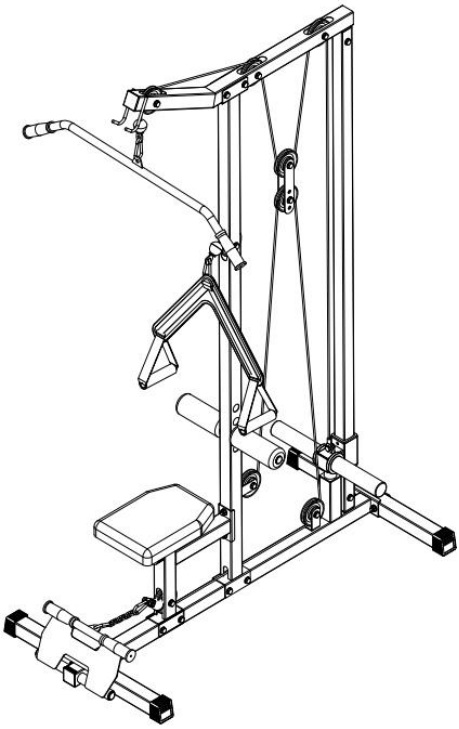
Maszyny do ćwiczeń mięśni grzbietu (LAT Pull Down)

MODEL: HM1905B

VEVOR
Upgrade·The Home Creator Way

LAT Pull Down Machines

MODEL: HM1905B



Uwaga: Zdjęcie produktu ma charakter poglądowy,

rzeczywiste szczegóły mają pierwszeństwo

To jest oryginalna instrukcja obsługi. Przed użyciem prosimy o dokładne zapoznanie się z treścią instrukcji. Firma VEVOR zastrzega sobie prawo do jednoznacznej interpretacji niniejszej instrukcji obsługi. Wygląd produktu zależy od stanu, w jakim go otrzymali Państwo. Prosimy o wyrozumiałość, ale nie będziemy Państwa ponownie informować o

aktualizacjach technologicznych lub oprogramowania naszego produktu.

Dziękujemy bardzo za wybór tego produktu
Przed użyciem należy przeczytać całą instrukcję. Zawarte w niej informacje pomogą uzyskać najlepsze możliwe rezultaty.

Operation safety

Prosimy o umieszczenie niniejszej instrukcji w miejscu łatwo dostępnym i prawidłowe jej przechowywanie. Niniejsza instrukcja obsługi jasno wskazuje, jak bezpiecznie i prawidłowo korzystać ze sprzętu, aby zapobiec szkodom i stratom materialnym poniesionym przez Ciebie i inne osoby.

Niebezpieczeństwo

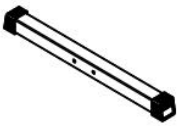
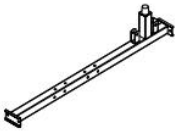
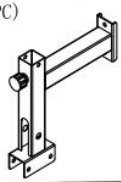
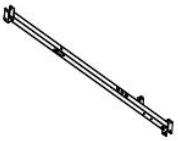
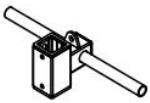
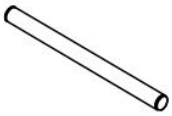
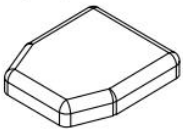
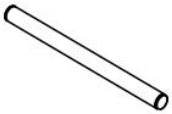
Nie należy używać tego produktu ani żadnego dostępnego wyposażenia opcjonalnego bez uprzedniego dokładnego przeczytania i zrozumienia niniejszej instrukcji.
Aby zapobiec uduszeniu, przechowuj plastikowe torby poza zasięgiem dzieci.
Zawsze trzymaj zwierzęta i dzieci z dala od sanek pchanych i ciągnionych.
Nie przechowywać produktu w wilgotnym miejscu.
Nie wykonuj żadnych doraźnych napraw ani modyfikacji
Nie używaj urządzenia, jeśli jego części są uszkodzone.
Proszę wybrać odpowiednie miejsce użytkowania. Nie używać na nierównym podłożu.

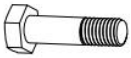
Ostrzeżenie

Nośność produktu wynosi 400 funtów. Przekroczenie tej wagi może spowodować uszkodzenie produktu.
Przed użyciem urządzenia należy sprawdzić, czy żadna z części nie uległa uszkodzeniu podczas transportu. Jeśli jakakolwiek część jest uszkodzona, nie należy używać urządzenia i skontaktować się z firmą VEVOR w celu uzyskania dalszych instrukcji.
Przed uruchomieniem produktu należy upewnić się, że wszystkie podzespoły są prawidłowo i bezpiecznie zmontowane, a wszystkie elementy mocujące są

bezpieczne.
Jeśli przekazujesz ten produkt innej osobie, musisz dołączyć do niego instrukcję obsługi.

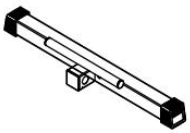
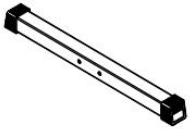
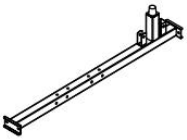
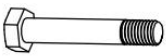
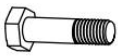
Part List

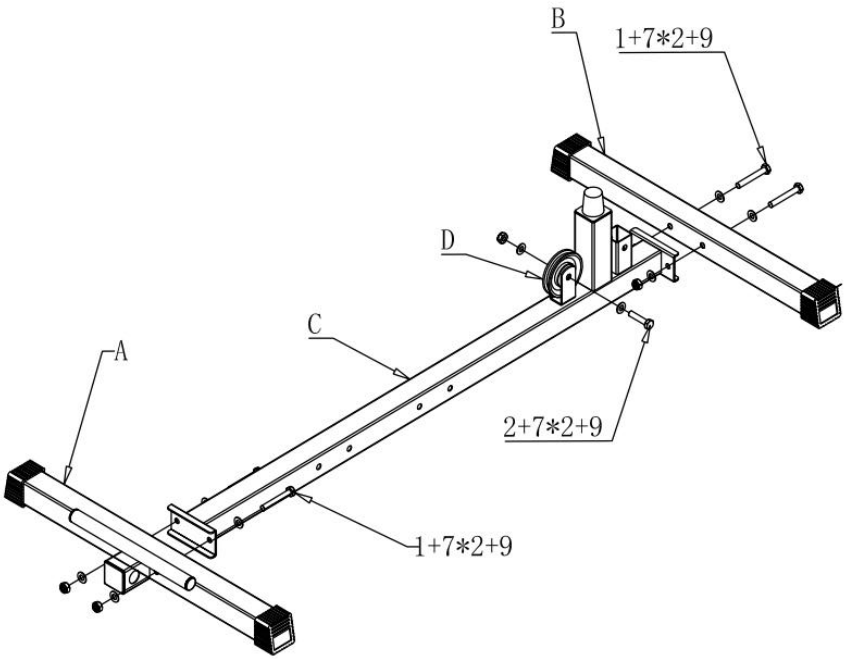
A (1PC) 	B (1PC) 	C (1PC) 	D (7PCS) 
E(1PC) 	F(1PC) 	G (1PC) 	H (10PCS) 
I (1PC) 	J (1PC) 	K (2PCS) 	L (1PC) 
M (1PC) 	N (1PC) 	O (2PCS) 	P (1PC) 
Q (1PC) 	R (1PC) 	S (1PC) 	T (1PC) 
U (1PC) 	V (1PC) 	W (1PC) 	X1 (2PCS) 
X2 (2PCS) 	Y (2PCS) 	Z (1PC) 	

1. Hex Head Bolt M10*70  17PCS	2. Hex Head Bolt M10*45  2PCS	3. Hex Head Bolt M10*60  2PCS	4. Hex Head Bolt M10*20  3PCS
5. Iron chain  1PC	6. Hex Head Bolt M8*25  4PCS	7. Washer 10  44PCS	8. Set screw M8  2PCS
9. Nylon Lock Nut M10  22PCS	10. Washer 8  6PCS	11. Clup  4PCS	

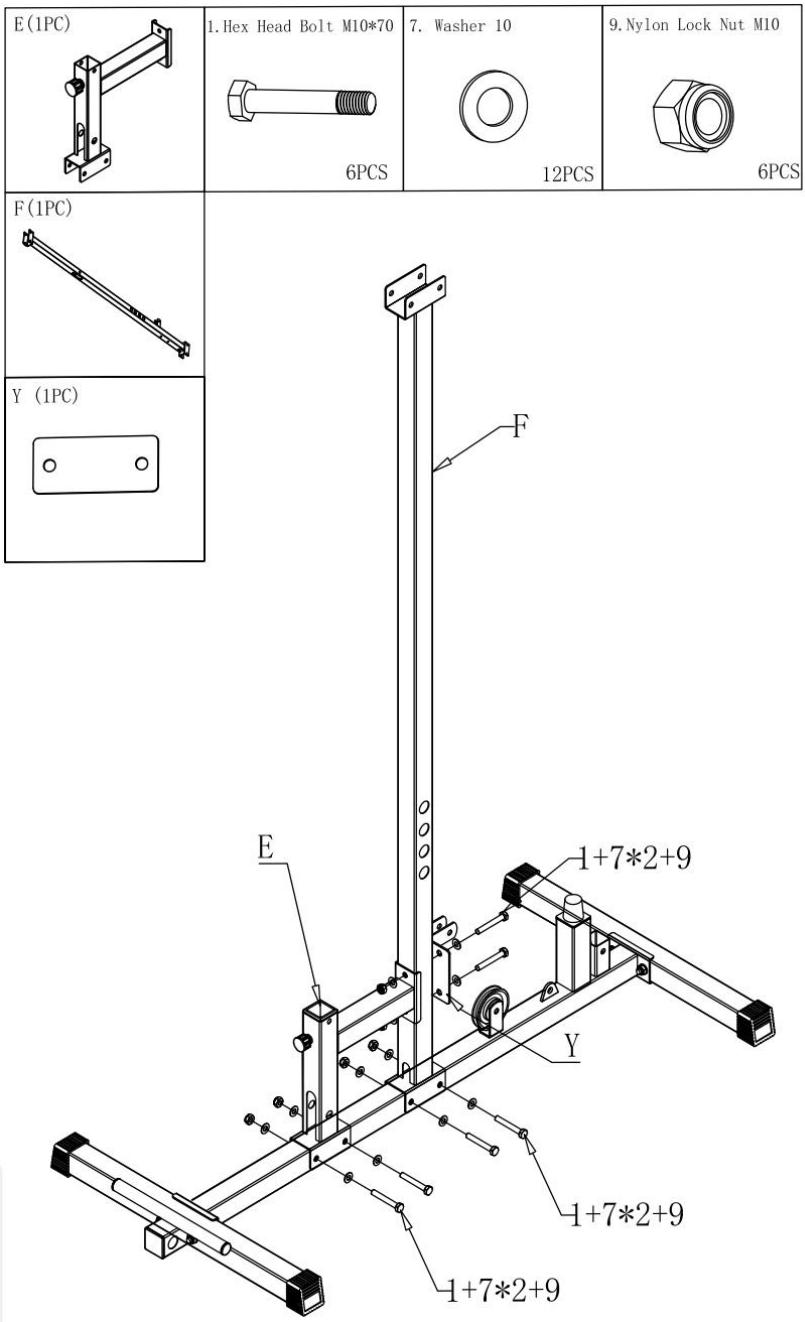
Assembly

KROK 1: Zamontuj ramę bazową

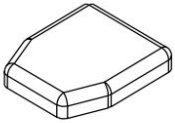
A (1PC)	B (1PC)	C (1PC)	D (1PC)
			
1. Hex Head Bolt M10*70	2. Hex Head Bolt M10*45	7. Washer 10	9. Nylon Lock Nut M10
			
4PCS	1PC	10PCS	5PCS

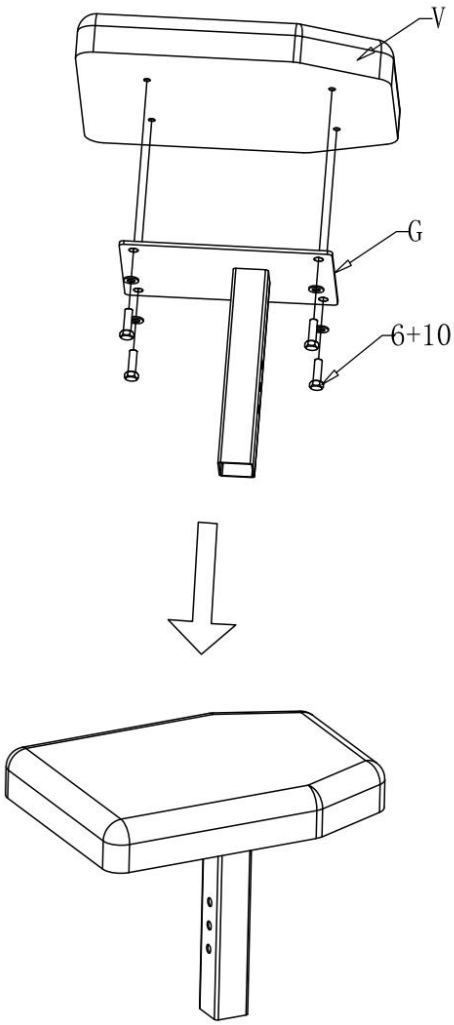


KROK 2: Zainstaluj kolumnę.



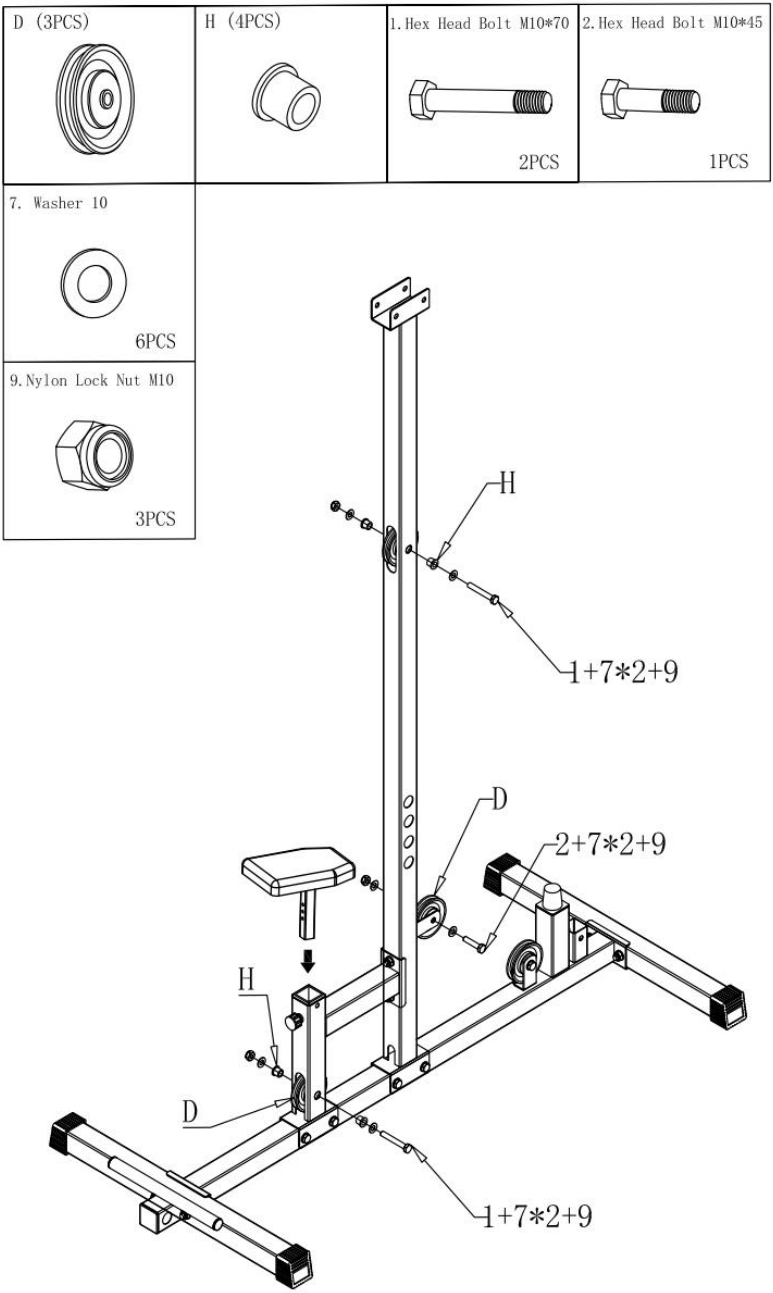
KROK 3: Zamontuj poduszkę

G (1PC)	V(1PC)	6.Hex Head Bolt M8*25	10. Washer 8
		 4PCS	 4PCS

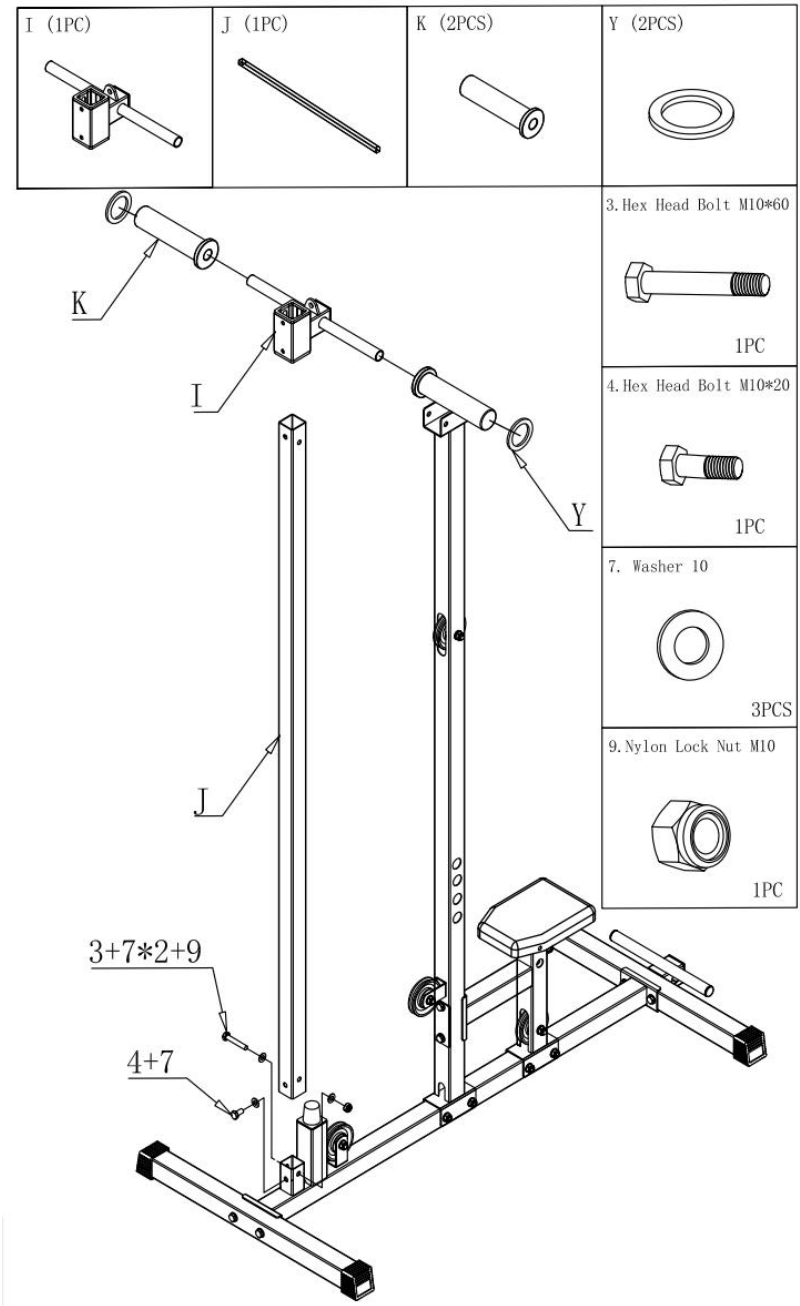


siedziska.

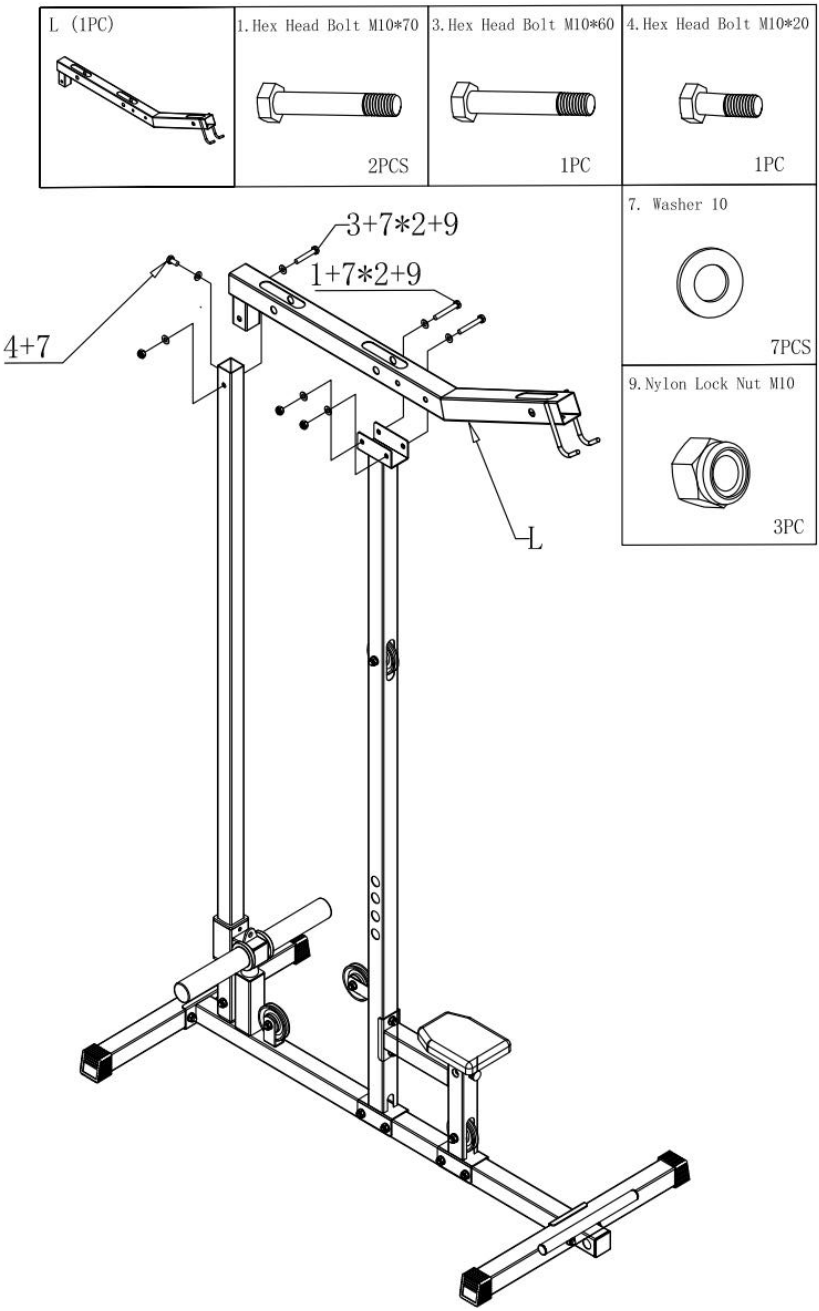
KROK 4: Włóż poduszkę siedziska i zamontuj koło pasowe.



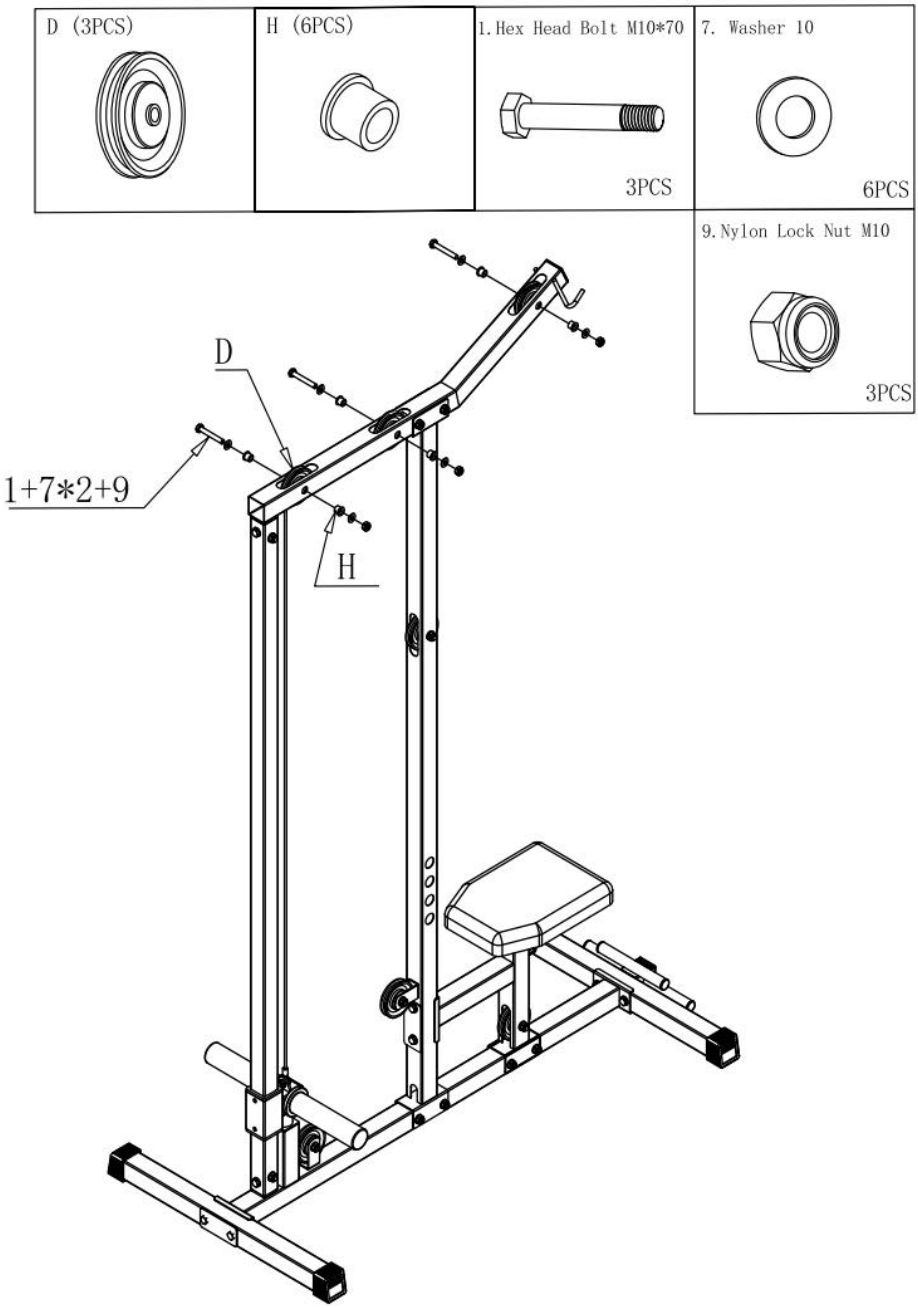
KROK 5: Zamontuj przednią kolumnę i sztangę.



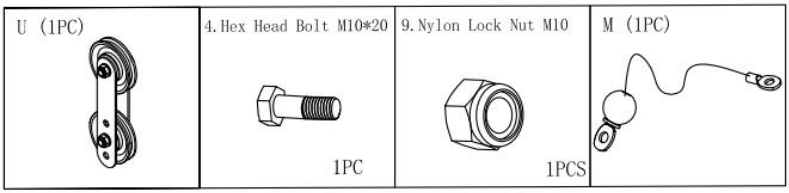
KROK 6: Zamontuj górny pręt .

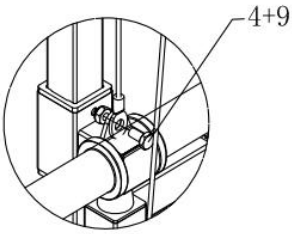


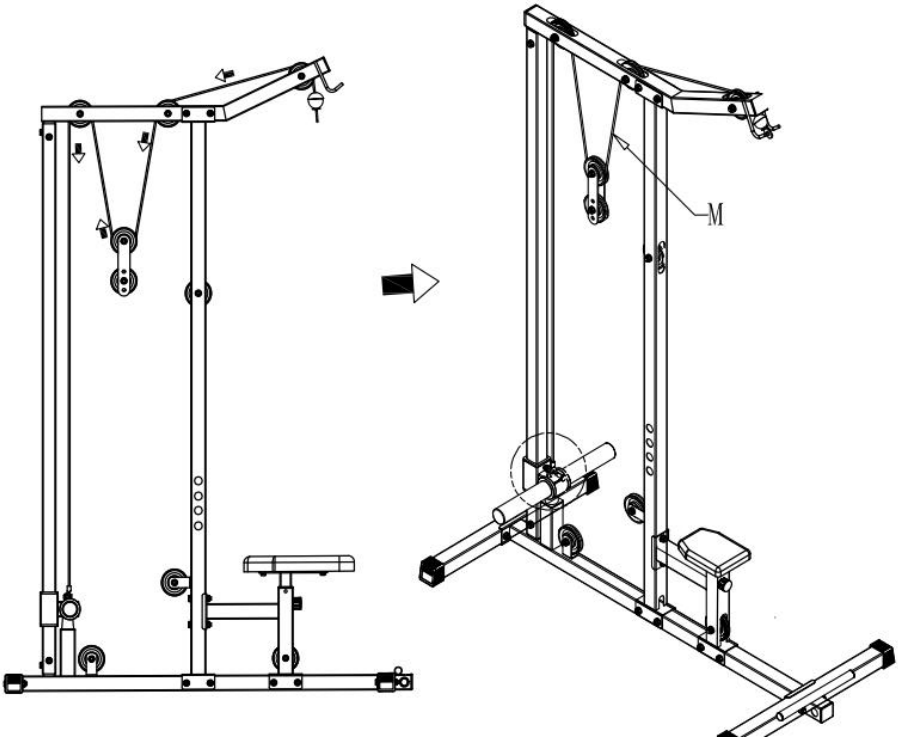
KROK 7: Zamontuj górne koło pasowe .



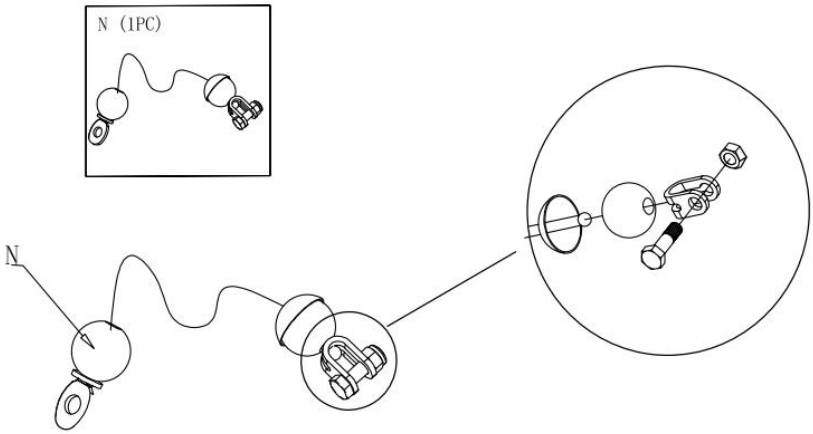
KROK 8: Zamontuj górną linę pociągową

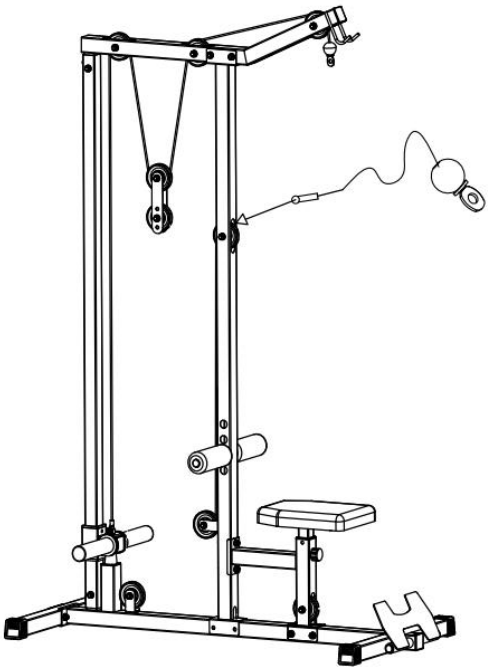




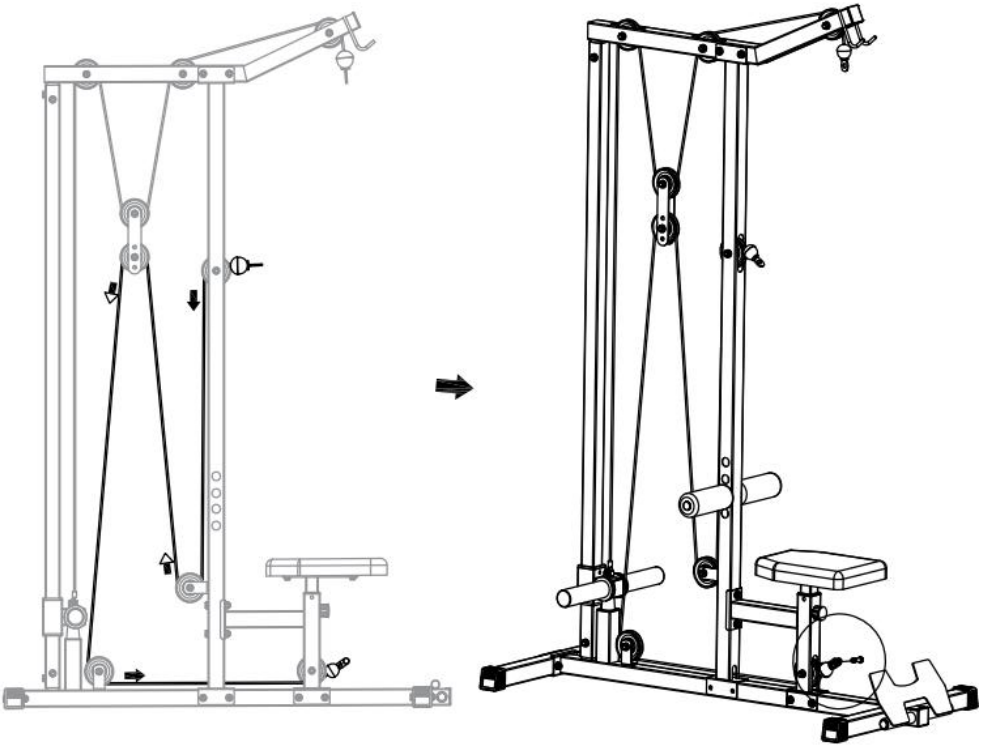


KROK 9: Zamontuj dolną linę pociągową .

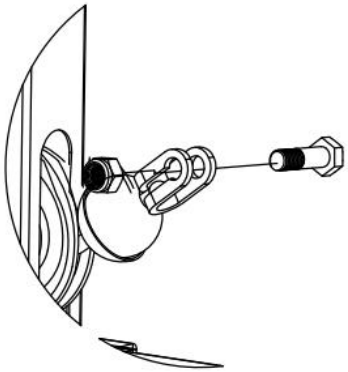




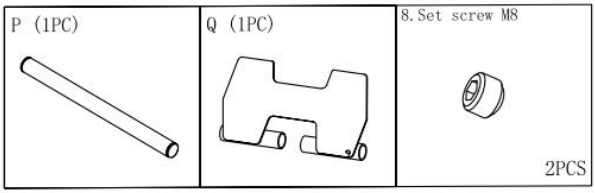
As shown in the picture, first remove the screw and nut at one end of the rope, and then start threading the rope in the direction indicated by the arrow

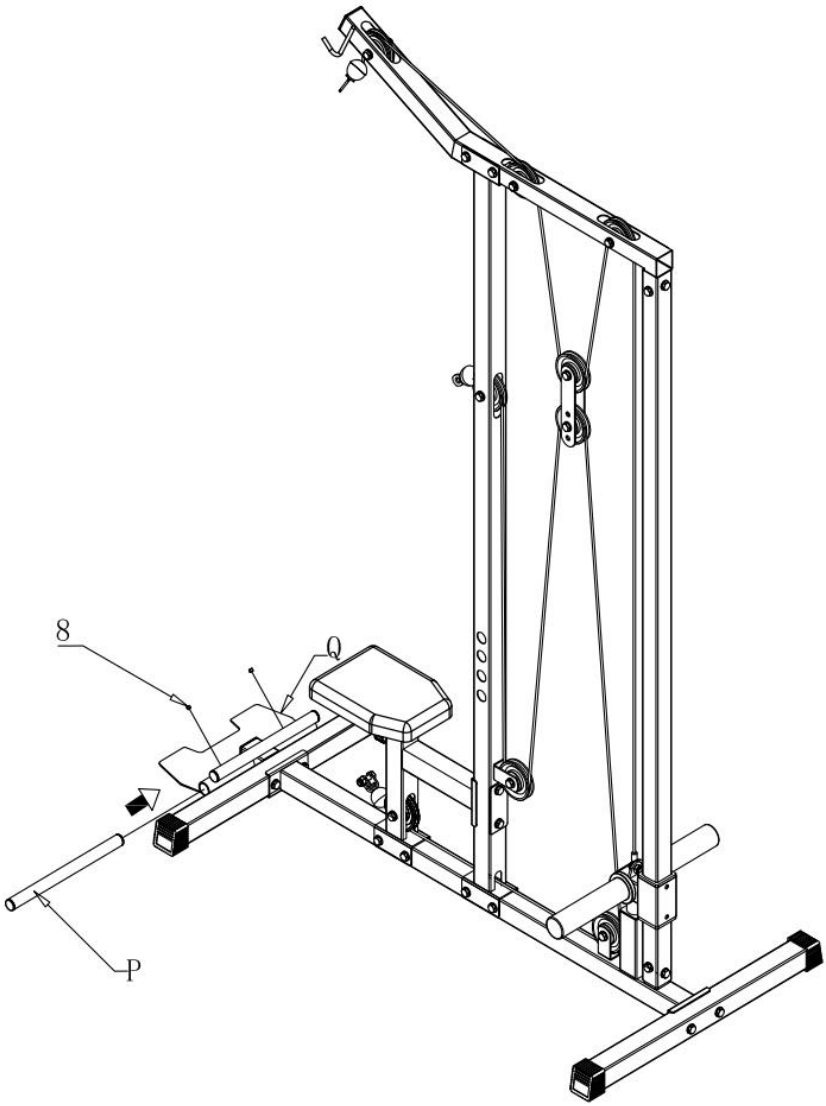


Thread the rope in the direction of the arrow as shown in the picture, and finally tighten the screws and nuts at the end of the rope

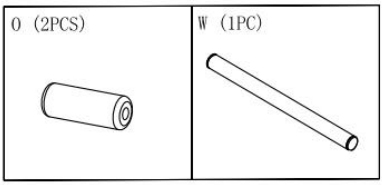


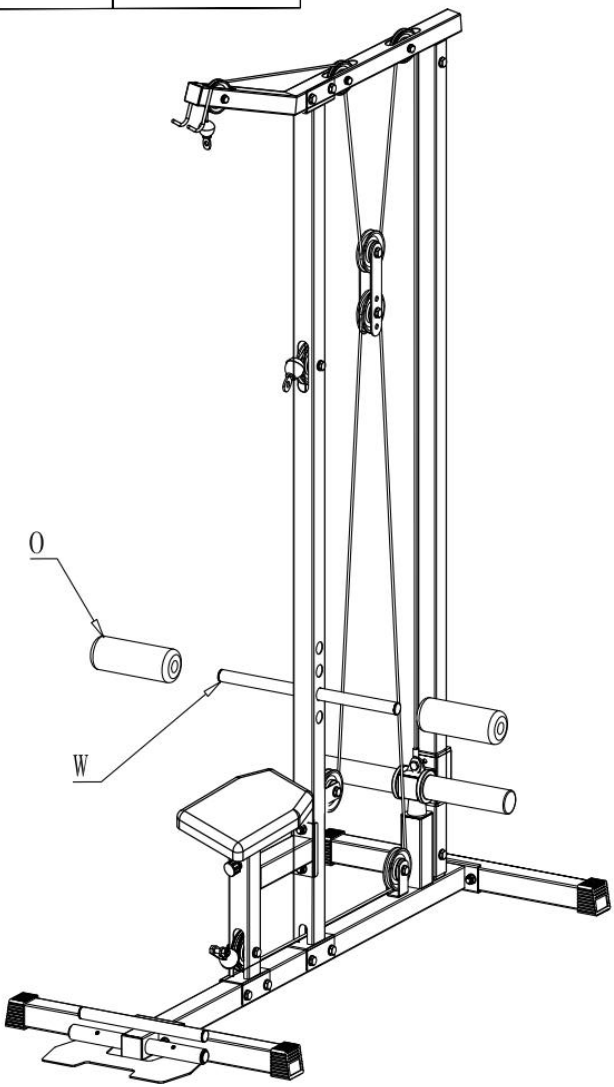
KROK 10: Zamontuj pedał.





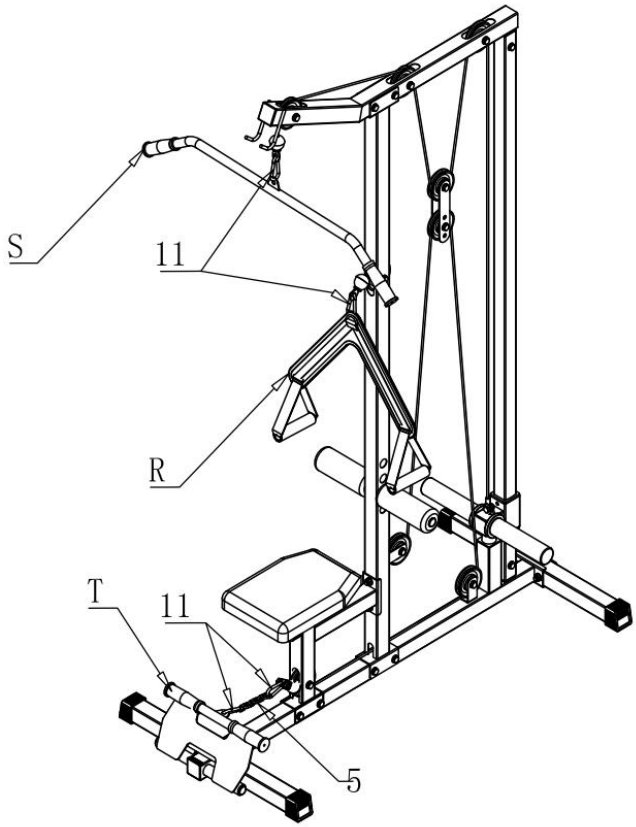
KROK 11: Zamontuj nakolanniki.





KROK 12: Zamontuj górny i dolny drążek pociągowy. Gotowe.

R (1PC)	S (1PC)	T (1PC)	5. Iron chain
			
11. Clup  4PCS	X1 (2PCS) 	X2 (2PCS) 	



X1*2



X2*2



CARE AND MAINTENANCE

Czyszczenie:

Powierzchnię można regularnie czyścić miękką, wilgotną ściereczką .

Regularnie sprawdzaj i dokręcaj śruby (zaleca się sprawdzanie raz w miesiącu)

Producent: Shanghaimuxinmuyeyouxiangongsi
Adres: Shuangchenglu 803nong11hao1602A-1609shi, baoshanqu, szanghaj 200000 CN.
Importowane do AUS: SIHAO PTY LTD. 1 ROKEVA STREETEASTWOOD
NSW 2122 Australia
Importowane do USA: Sanven Technology Ltd. Suite 250, 9166 Anaheim Miejsce, Rancho Cucamonga, CA 91730

UK	REP

YH CONSULTING LIMITED. C/O YH Consulting Limited Office 147, Centurion House, London Road, Staines-upon-Thames, Surrey, TW18 4AX

EC	REP

E-CrossStu GmbH
Mainzer Landstr.69,
60329 Frankfurt am Main.



VEVOR

Upgrade · The Home Creator Way

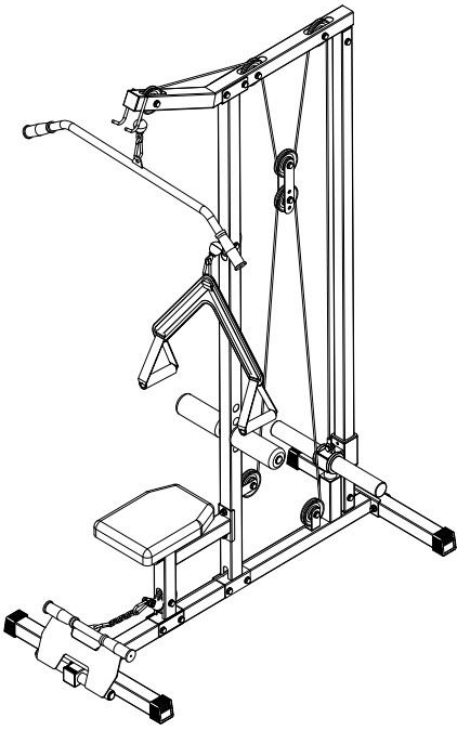
LAT Pull Down Machines

MODEL: HM1905B

VEVOR
Upgrade·The Home Creator Way

LAT Pull Down Machines

MODEL: HM1905B



Let op: de productafbeelding dient ter referentie.
De feitelijke gegevens prevaleren.

Dit is de originele handleiding. Lees alle instructies in de handleiding zorgvuldig door voordat u het product in gebruik neemt. VEVOR behoudt zich het recht voor om de gebruikershandleiding anders te interpreteren. Het uiterlijk van het product kan afwijken van het product dat u ontvangt. Wij zullen u niet opnieuw informeren over eventuele technologische of software-updates voor ons product.

Hartelijk dank dat u voor dit product hebt gekozen.
Lees alle instructies aandachtig door voordat u het product gebruikt. De informatie helpt u om de best mogelijke resultaten te behalen.

Operation safety

Bewaar deze handleiding op een gemakkelijk toegankelijke plaats. Deze handleiding beschrijft duidelijk hoe u de apparatuur veilig en correct gebruikt, om letsel of materiële schade voor uzelf en anderen te voorkomen.

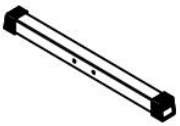
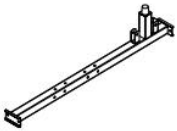
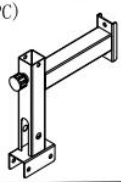
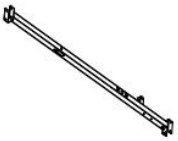
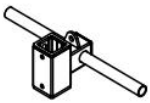
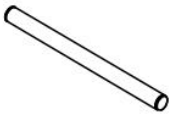
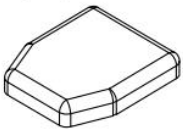
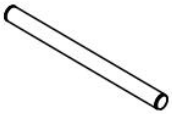
Gevaar

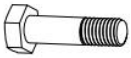
Gebruik dit product of de bijbehorende accessoires niet zonder eerst deze instructies volledig te lezen en te begrijpen.
Houd plastic zakken uit de buurt van kinderen om verstikking te voorkomen.
Houd dieren en kinderen altijd uit de buurt van de duw- en trekslee.
Bewaar het product niet op een vochtige plaats.
Voer geen geïmproviseerde reparaties of aanpassingen uit.
Gebruik het niet als onderdelen beschadigd zijn.
Kies de geschikte plek voor gebruik. Gebruik het niet op een oneffen ondergrond.

Waarschuwing

Het maximale draagvermogen van het product is 400 lbs. Overschrijding van dit gewicht kan het product beschadigen.
Controleer vóór gebruik alle onderdelen op transportschade. Als een onderdeel beschadigd is, gebruik het dan niet en neem contact op met VEVOR voor verdere instructies.
Controleer vóór gebruik van het product of alle onderdelen correct en stevig gemonteerd zijn en of alle bevestigingsmiddelen goed vastzitten.
Als u dit product aan iemand anders geeft, moet u deze gebruikershandleiding erbij doen.

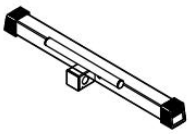
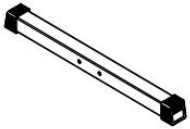
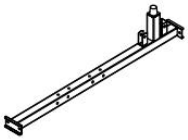
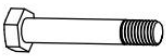
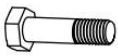
Part List

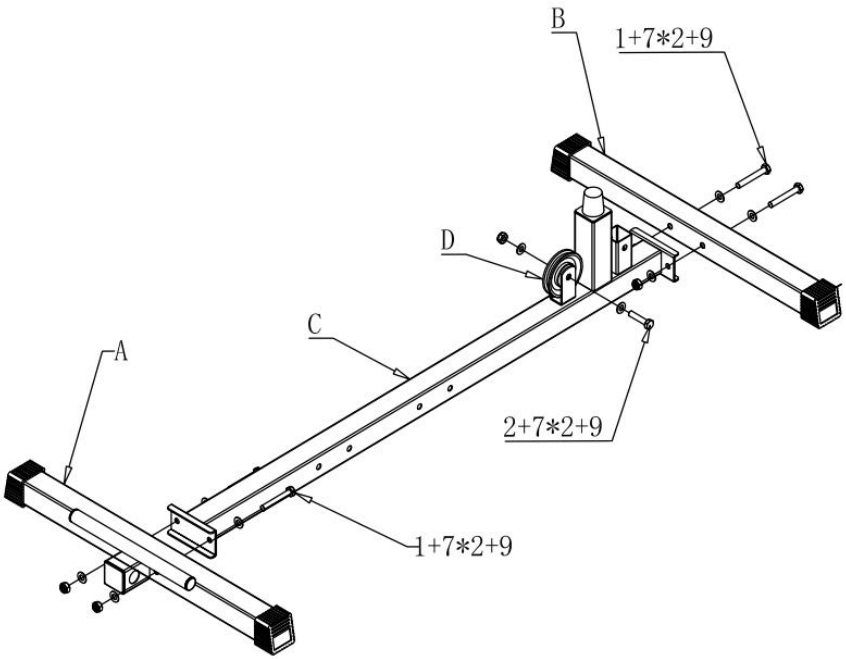
A (1PC) 	B (1PC) 	C (1PC) 	D (7PCS) 
E(1PC) 	F(1PC) 	G (1PC) 	H (10PCS) 
I (1PC) 	J (1PC) 	K (2PCS) 	L (1PC) 
M (1PC) 	N (1PC) 	O (2PCS) 	P (1PC) 
Q (1PC) 	R (1PC) 	S (1PC) 	T (1PC) 
U (1PC) 	V (1PC) 	W (1PC) 	X1 (2PCS) 
X2 (2PCS) 	Y (2PCS) 	Z (1PC) 	

1. Hex Head Bolt M10*70  17PCS	2. Hex Head Bolt M10*45  2PCS	3. Hex Head Bolt M10*60  2PCS	4. Hex Head Bolt M10*20  3PCS
5. Iron chain  1PC	6. Hex Head Bolt M8*25  4PCS	7. Washer 10  44PCS	8. Set screw M8  2PCS
9. Nylon Lock Nut M10  22PCS	10. Washer 8  6PCS	11. Clup  4PCS	

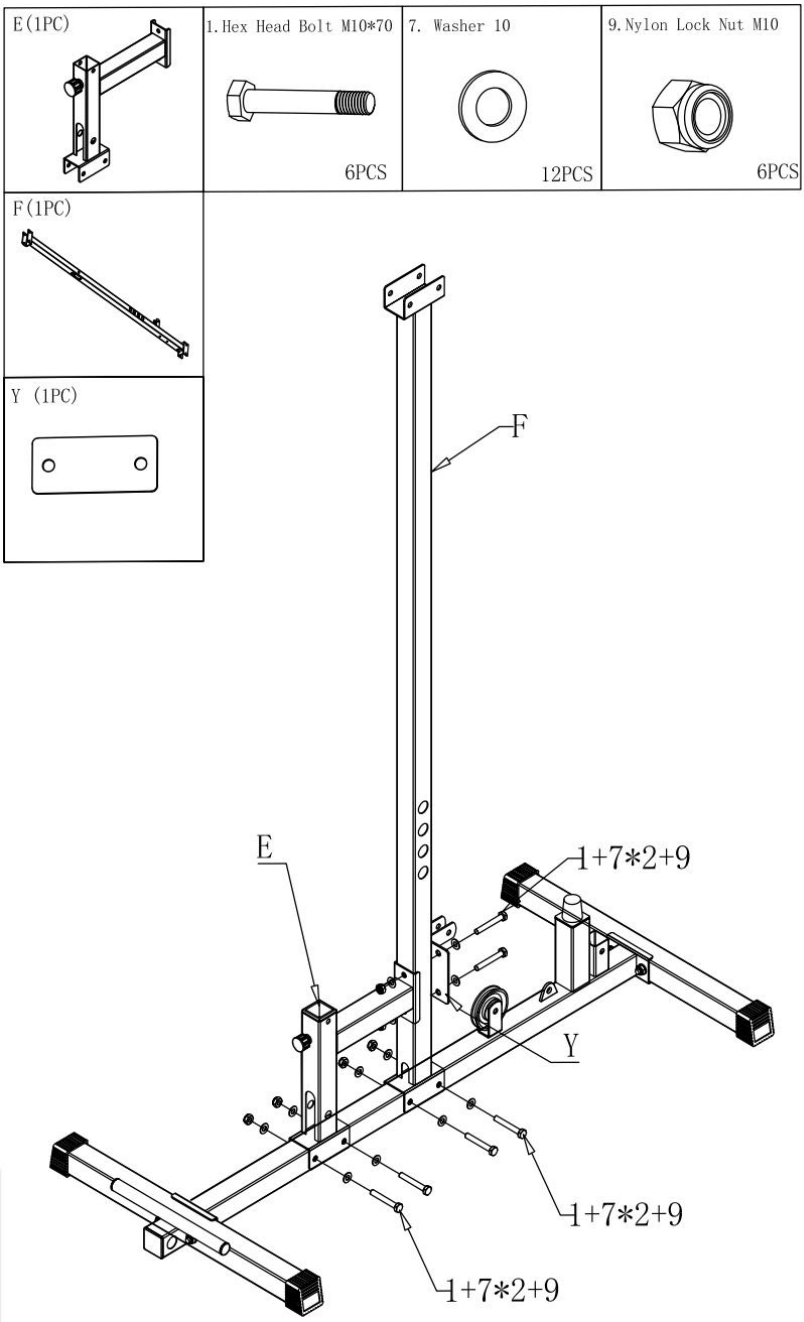
Assembly

STAP 1: Installeer het basisframe

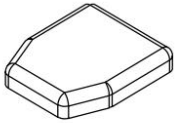
A (1PC)	B (1PC)	C (1PC)	D (1PC)
			
1. Hex Head Bolt M10*70	2. Hex Head Bolt M10*45	7. Washer 10	9. Nylon Lock Nut M10
 4PCS	 1PC	 10PCS	 5PCS

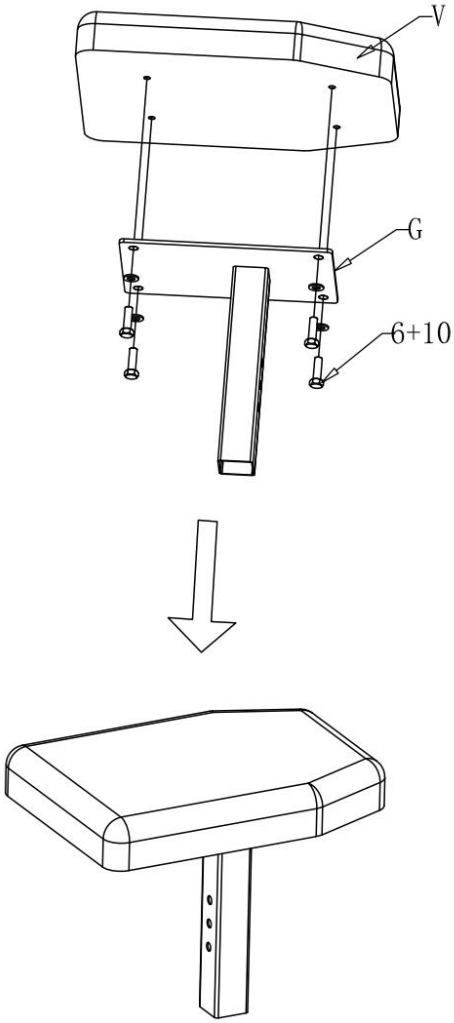


STAP 2: Installeer de kolom.



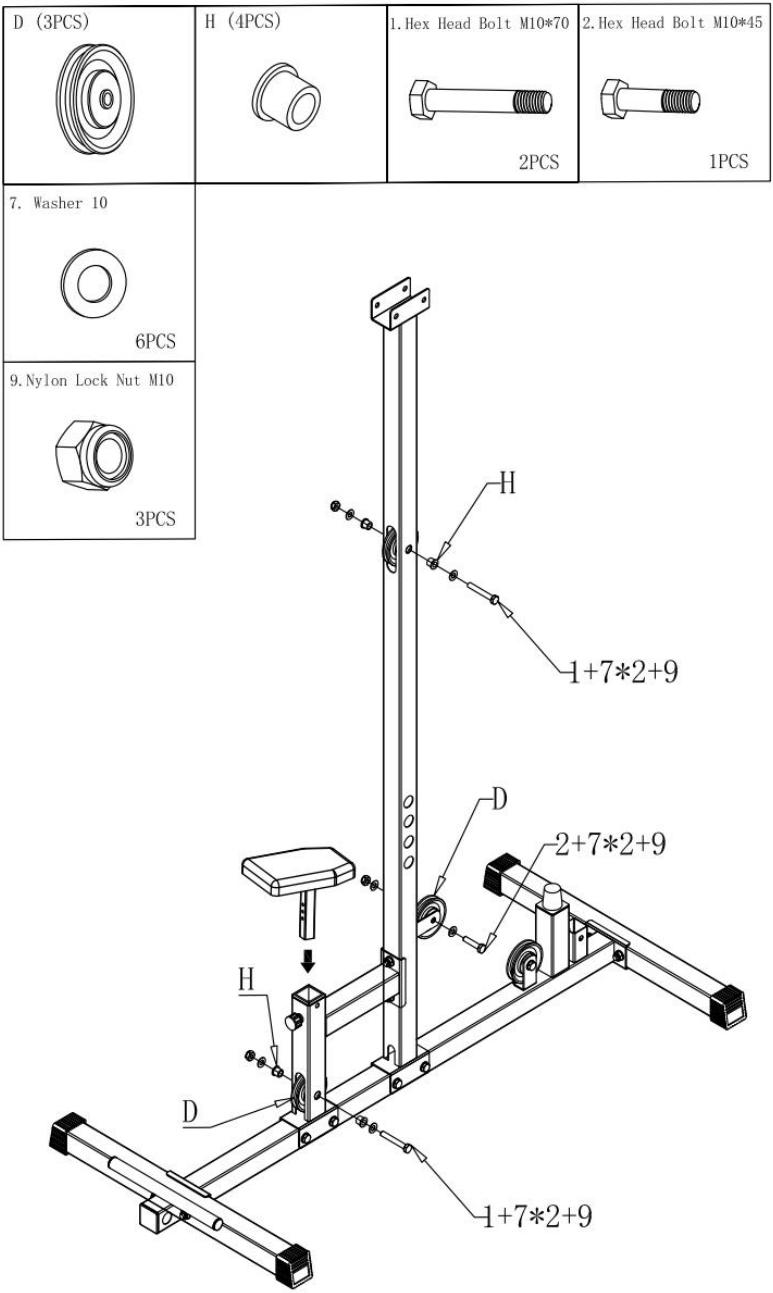
STAP 3: Installeer het

G (1PC)	V(1PC)	6.Hex Head Bolt M8*25	10. Washer 8
		 4PCS	 4PCS

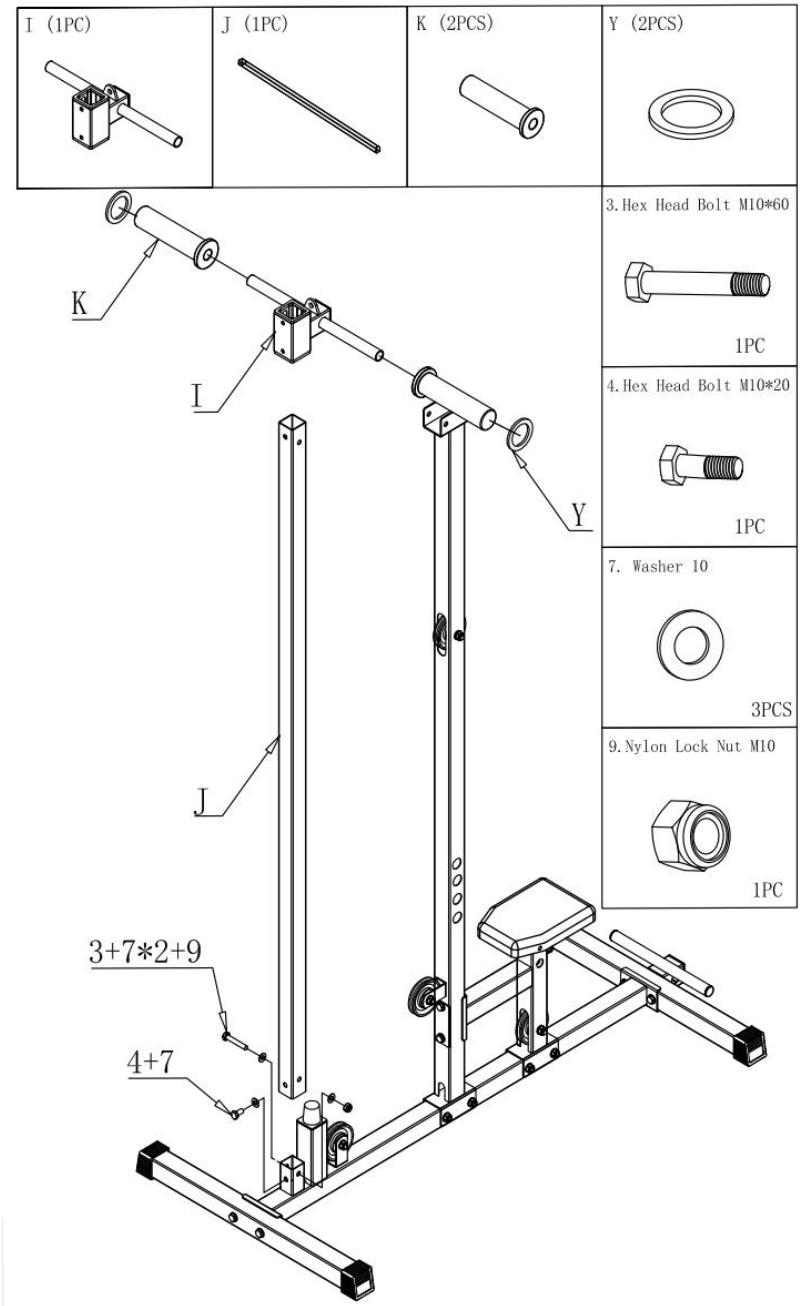


zitkussen.

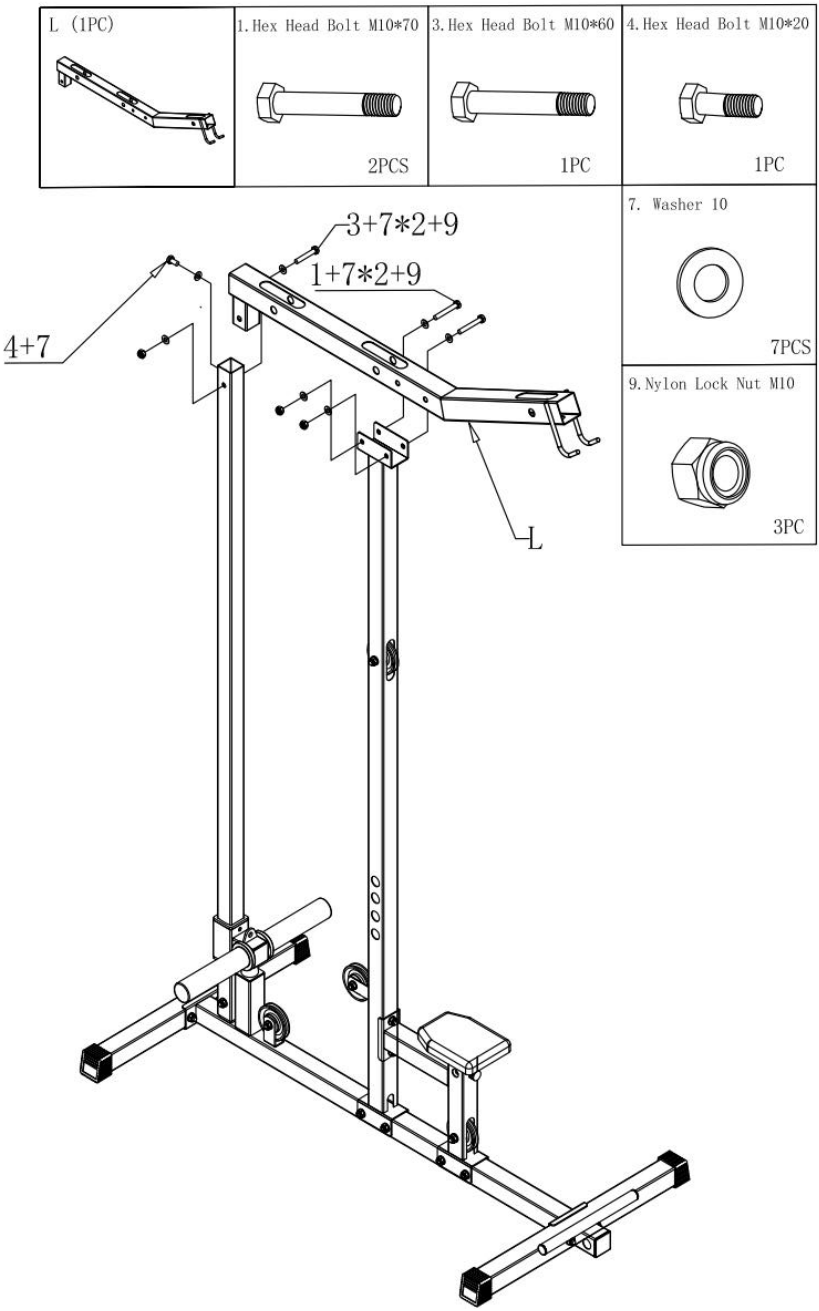
STAP 4: Plaats het zitkussen en monteer de katrol.



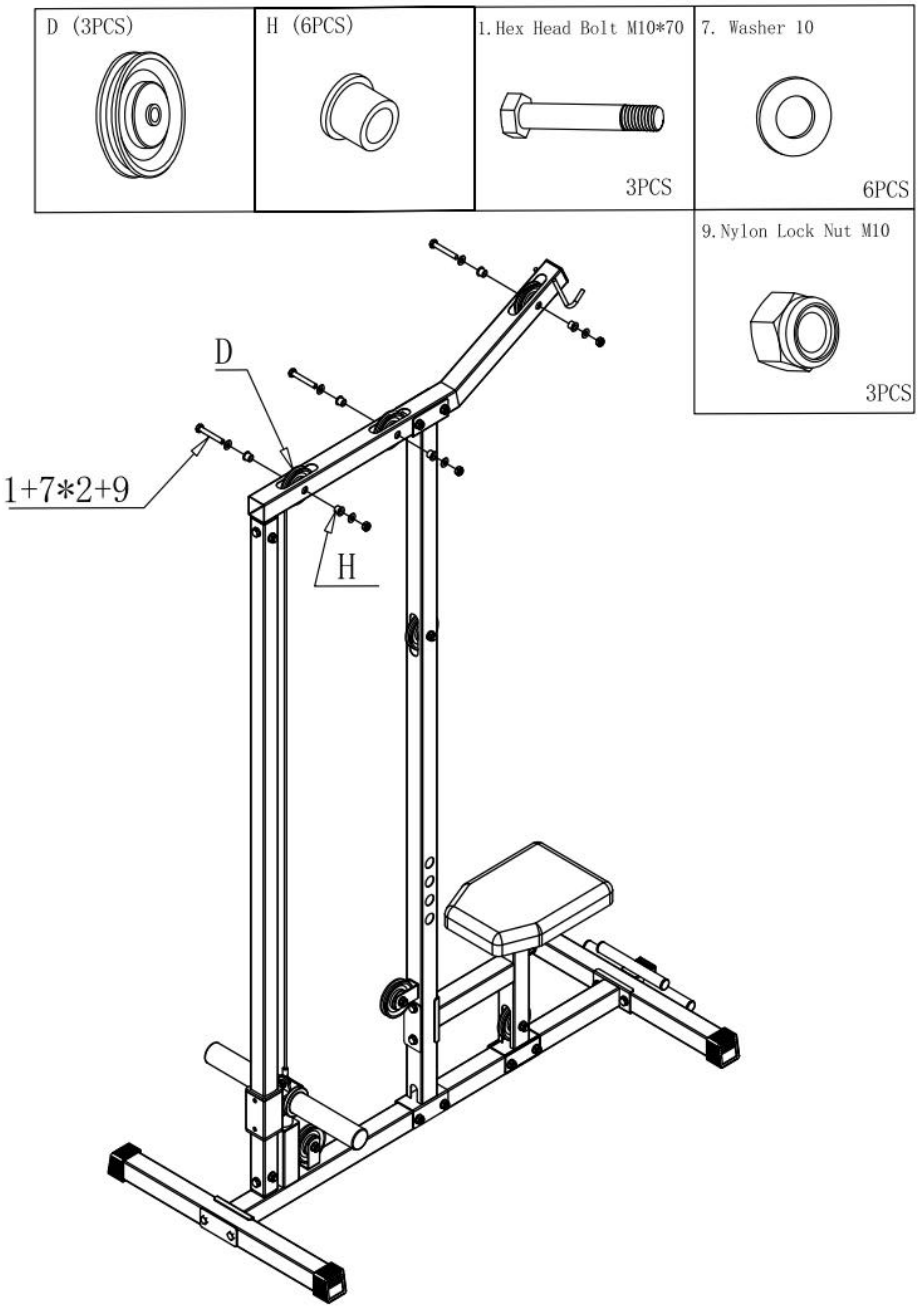
STAP 5: Installeer de voorste kolom en de halterstang.



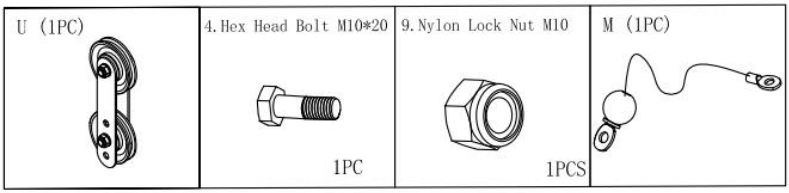
STAP 6: Installeer de bovenste stang .

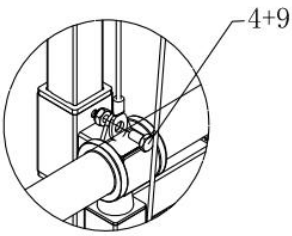


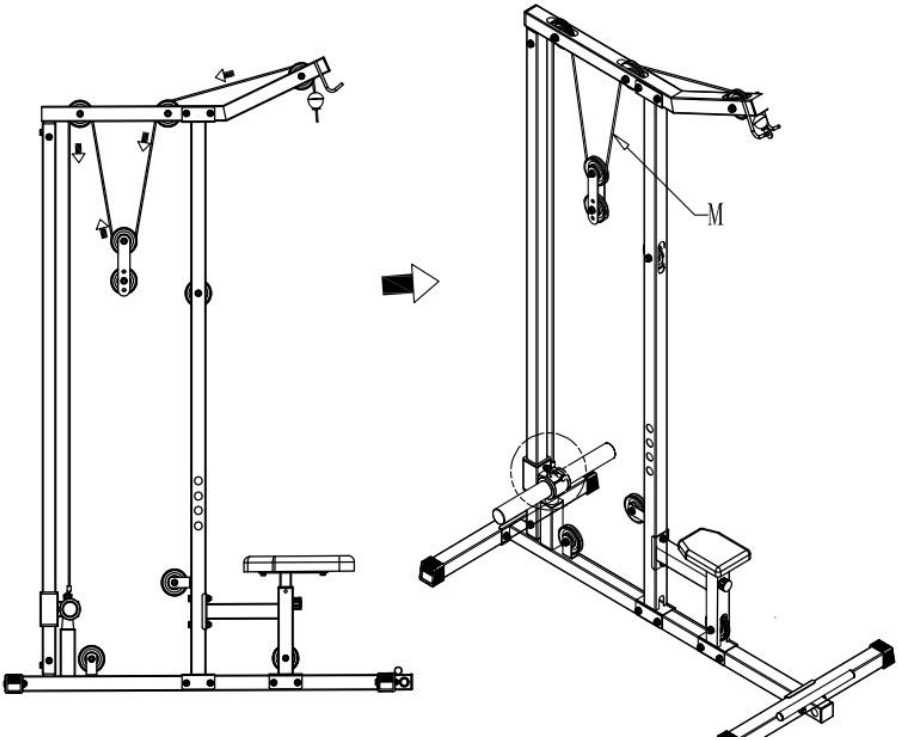
STAP 7: Monteer de bovenste katrol .



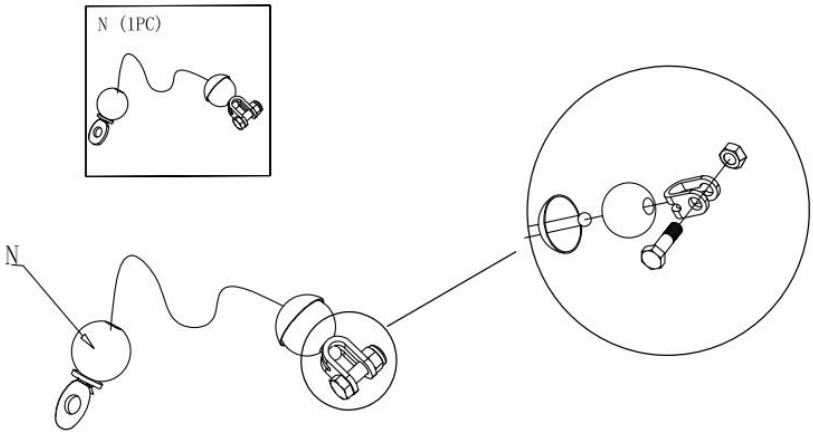
STAP 8: Installeer het bovenste trekkoord

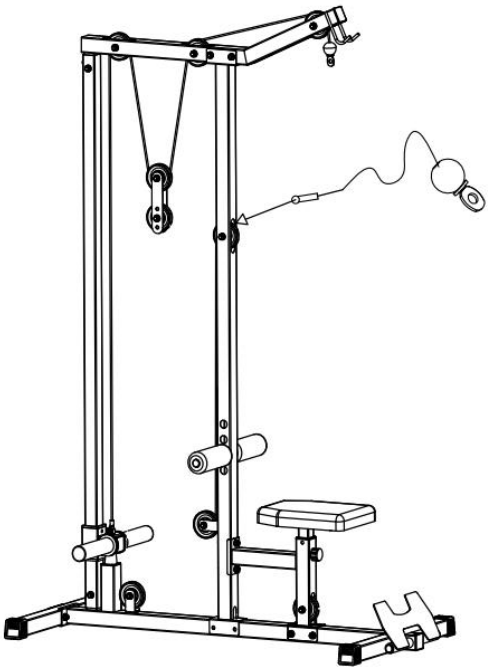




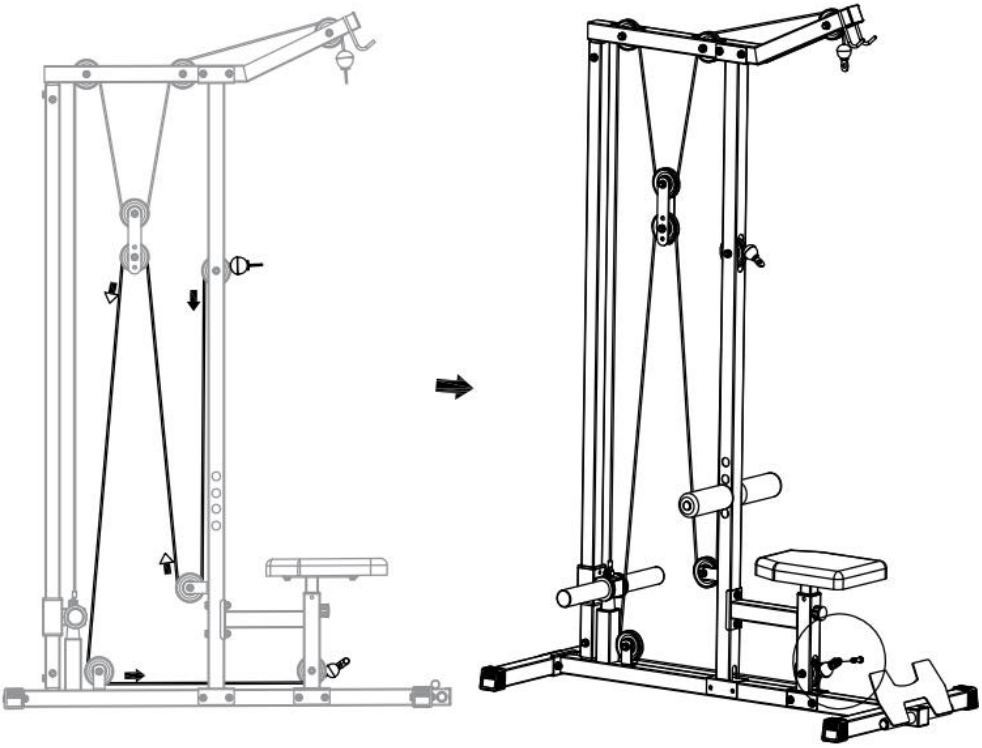


STAP 9: Installeer het onderste trekkoord .

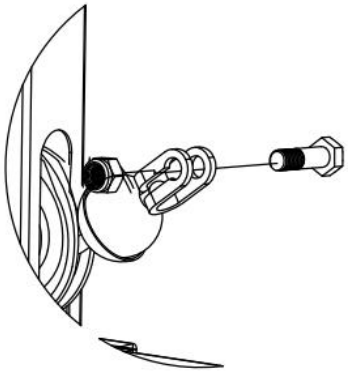




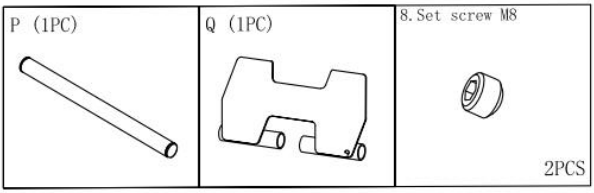
As shown in the picture, first remove the screw and nut at one end of the rope, and then start threading the rope in the direction indicated by the arrow

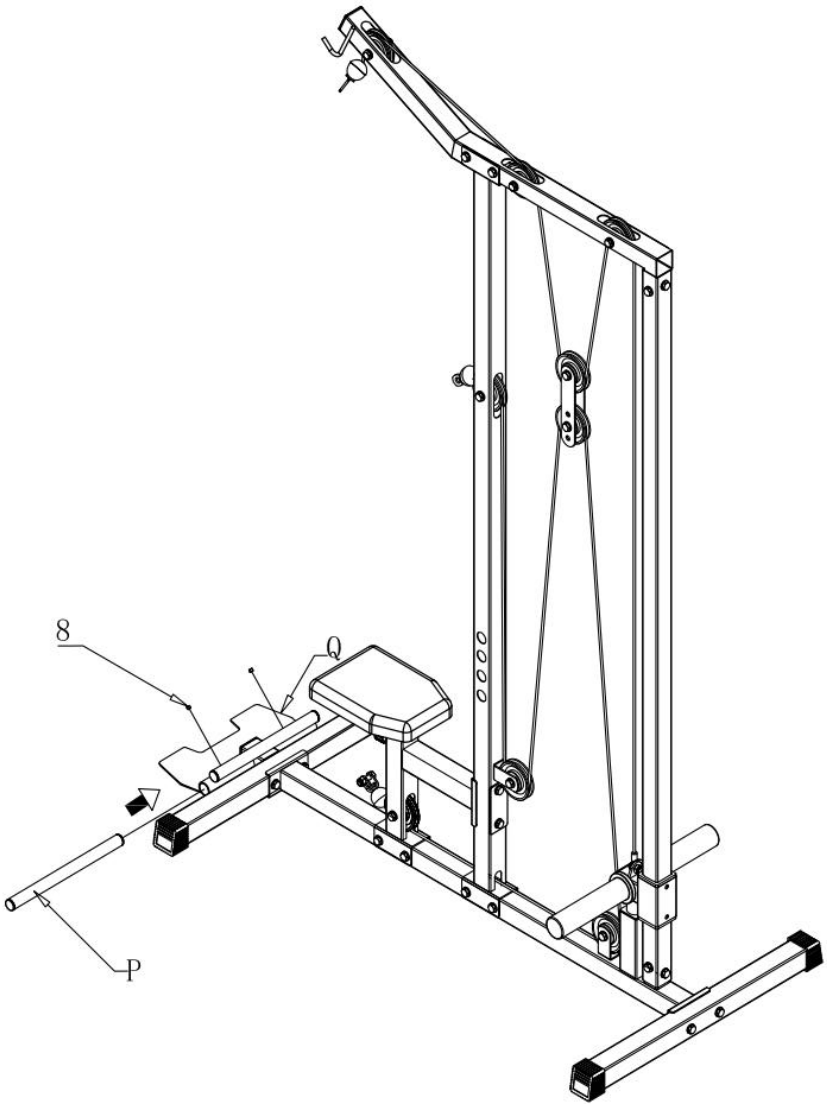


Thread the rope in the direction of the arrow as shown in the picture, and finally tighten the screws and nuts at the end of the rope

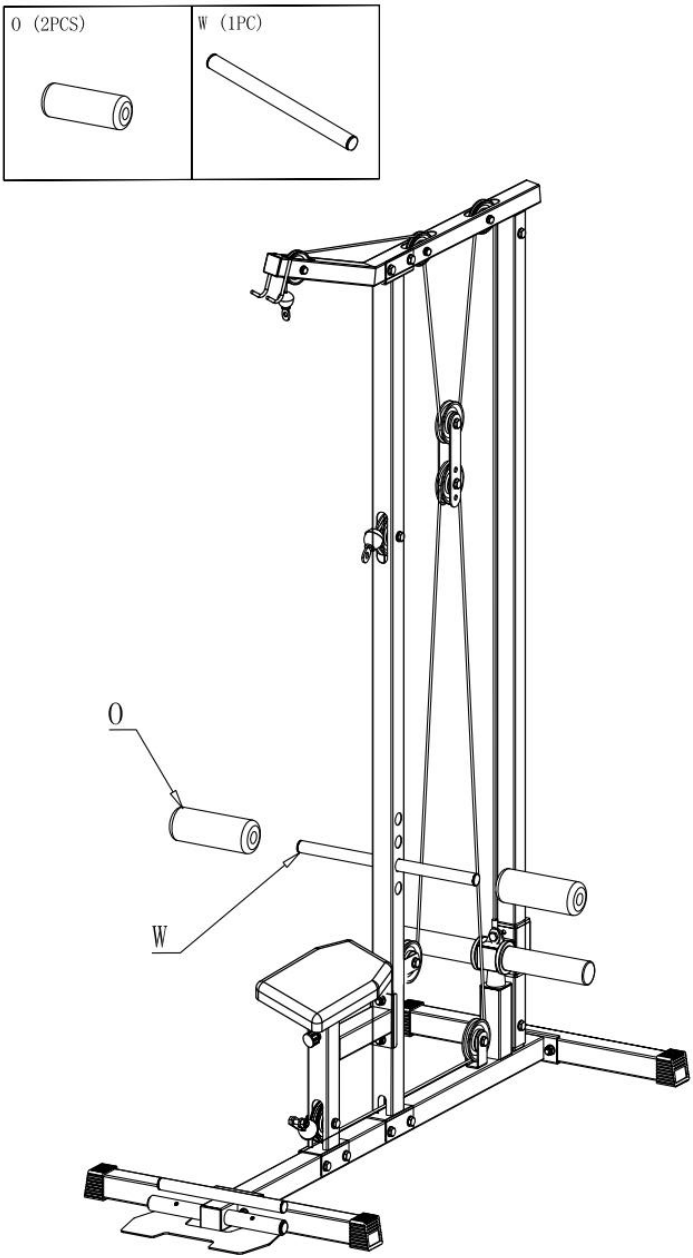


STAP 10: Installeer het pedaal.



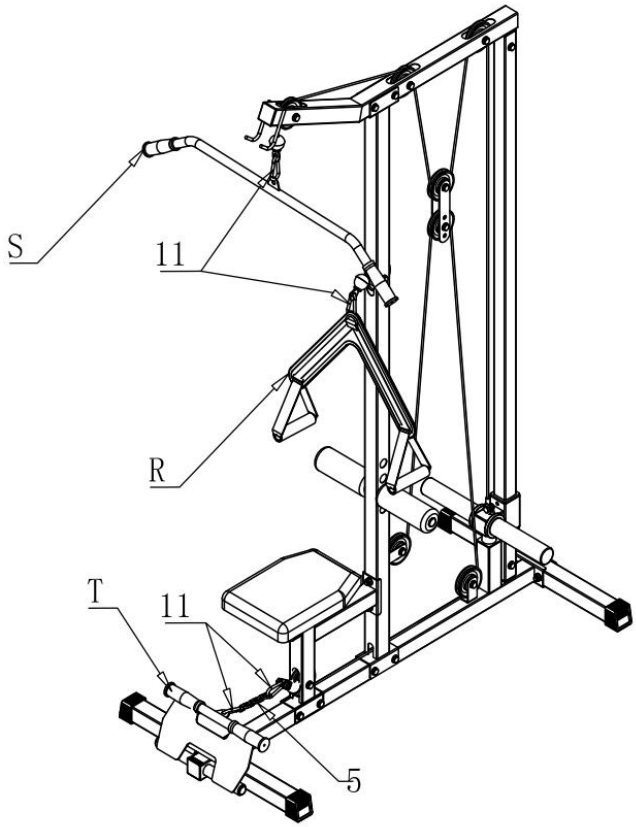


STAP 11: Kniebeschermers aanbrengen.



STAP 12: Installeer de bovenste en de onderste trekstang. Klaar.

R (1PC)	S (1PC)	T (1PC)	5. Iron chain
			
11. Clup  4PCS	X1 (2PCS) 	X2 (2PCS) 	



X1*2



X2*2



CARE AND MAINTENANCE

Schoonmaak:

Het oppervlak kan regelmatig met een zachte, vochtige doek worden schoongemaakt .

Controleer en draai de schroeven regelmatig aan (het is aan te raden dit eens per maand te doen) .

Fabrikant: Shanghaimuxinmuyeyouxiangongsi
Adres: Shuangchenglu 803nong11hao1602A-1609shi, baoshanqu, Shanghai 200000 CN.
Geïmporteerd naar Australië: SIHAO PTY LTD. 1 ROKEVA STREET EASTWOOD
NSW 2122 Australië
Geïmporteerd naar de VS: Sanven Technology Ltd. Suite 250, 9166 Anaheim
Plaats, Rancho Cucamonga, CA 91730

UK	REP

YH CONSULTING LIMITED. C/O YH Consulting Limited Office 147, Centurion House, London Road, Staines-upon-Thames, Surrey, TW18 4AX

EC	REP

E-CrossStu GmbH
Mainzer Landstr.69,
60329 Frankfurt am Main.



VEVOR

Upgrade · The Home Creator Way

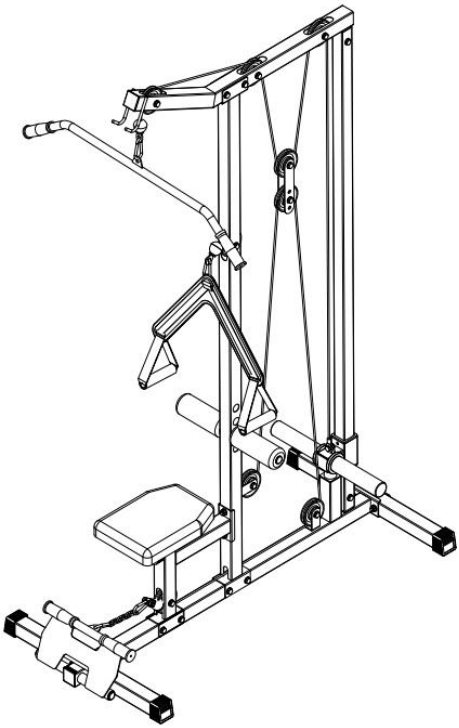
LAT-pulldownmaskiner

MODELL: HM1905B

VEVOR
Upgrade·The Home Creator Way

LAT Pull Down Machines

MODELL: HM1905B



Obs: Produktbilden är endast för referens,
de faktiska detaljerna ska gälla

Detta är originalinstruktionerna, vänligen läs alla instruktioner noggrant innan du använder produkten. VEVOR förbehåller sig en tydlig tolkning av vår användarmanual. Produktens utseende ska vara beroende av den produkt du mottagit. Vi ber om ursäkt för att vi inte kommer att informera dig igen om det finns några teknik- eller programuppdateringar för vår produkt.

Tack så mycket för att du valde den här produkten
Läs igenom alla instruktioner innan du använder den. Informationen hjälper dig att uppnå bästa möjliga resultat.

Operation safety

Förvara denna manual på en plats där den är lätt att kontrollera och förvara den ordentligt. Denna bruksanvisning anger tydligt hur man använder utrustningen säkert och korrekt, för att förhindra skador eller egendomsförluster för dig eller andra.

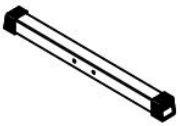
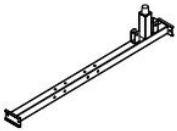
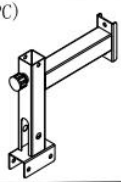
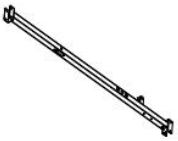
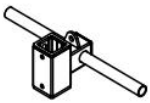
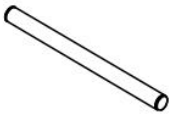
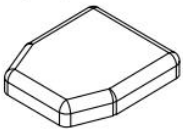
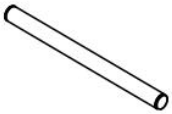
Fara

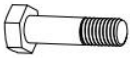
Använd inte denna produkt eller någon tillgänglig tillvalsutrustning utan att först ha läst och förstått dessa instruktioner noggrant.
Håll plastpåsar utom räckhåll för barn för att förhindra kvävning.
Håll alltid djur och barn borta från dragskotern
Förvara inte produkten på en fuktig plats
Utför inga improviserade reparationer eller modifieringar
Använd den inte om delarna är skadade.
Välj lämplig plats för användning. Använd inte på ojämn mark.

Varning

Produktens bärförmåga är 400 pund. Om denna vikt överskrids kan produkten skadas.
Innan du använder utrustningen, kontrollera alla delar för transportskador. Om någon del är skadad, använd den inte och kontakta VEVOR för ytterligare instruktioner.
Innan produkten används, se till att alla komponenter är korrekt och säkert monterade och att alla fästelement är säkrade.
Om du ger den här produkten till någon annan måste du inkludera denna bruksanvisning.

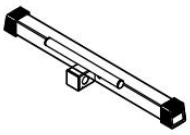
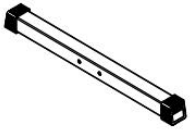
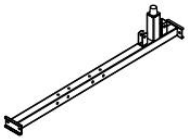
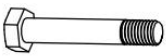
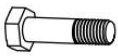
Part List

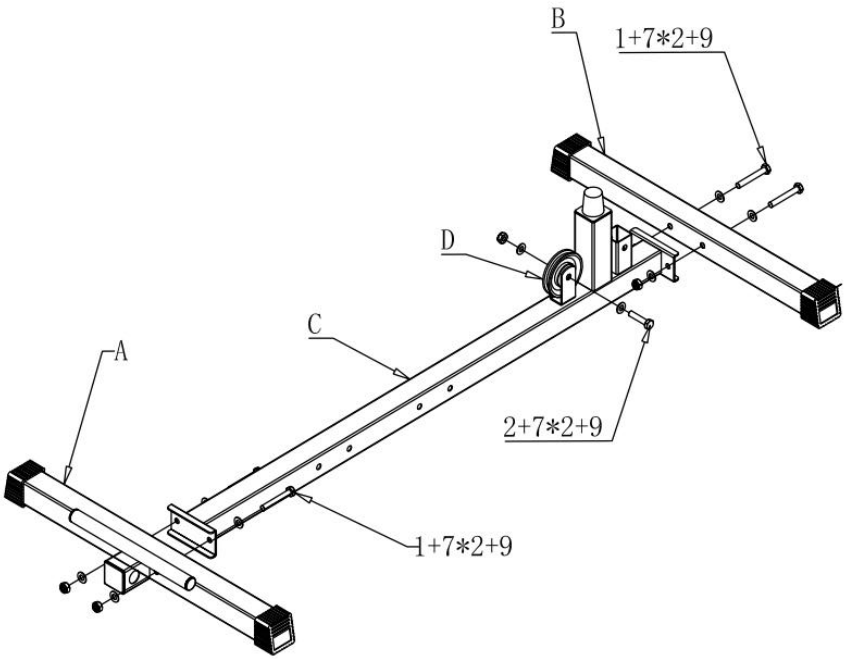
A (1PC) 	B (1PC) 	C (1PC) 	D (7PCS) 
E(1PC) 	F(1PC) 	G (1PC) 	H (10PCS) 
I (1PC) 	J (1PC) 	K (2PCS) 	L (1PC) 
M (1PC) 	N (1PC) 	O (2PCS) 	P (1PC) 
Q (1PC) 	R (1PC) 	S (1PC) 	T (1PC) 
U (1PC) 	V (1PC) 	W (1PC) 	X1 (2PCS) 
X2 (2PCS) 	Y (2PCS) 	Z (1PC) 	

1. Hex Head Bolt M10*70  17PCS	2. Hex Head Bolt M10*45  2PCS	3. Hex Head Bolt M10*60  2PCS	4. Hex Head Bolt M10*20  3PCS
5. Iron chain  1PC	6. Hex Head Bolt M8*25  4PCS	7. Washer 10  44PCS	8. Set screw M8  2PCS
9. Nylon Lock Nut M10  22PCS	10. Washer 8  6PCS	11. Clup  4PCS	

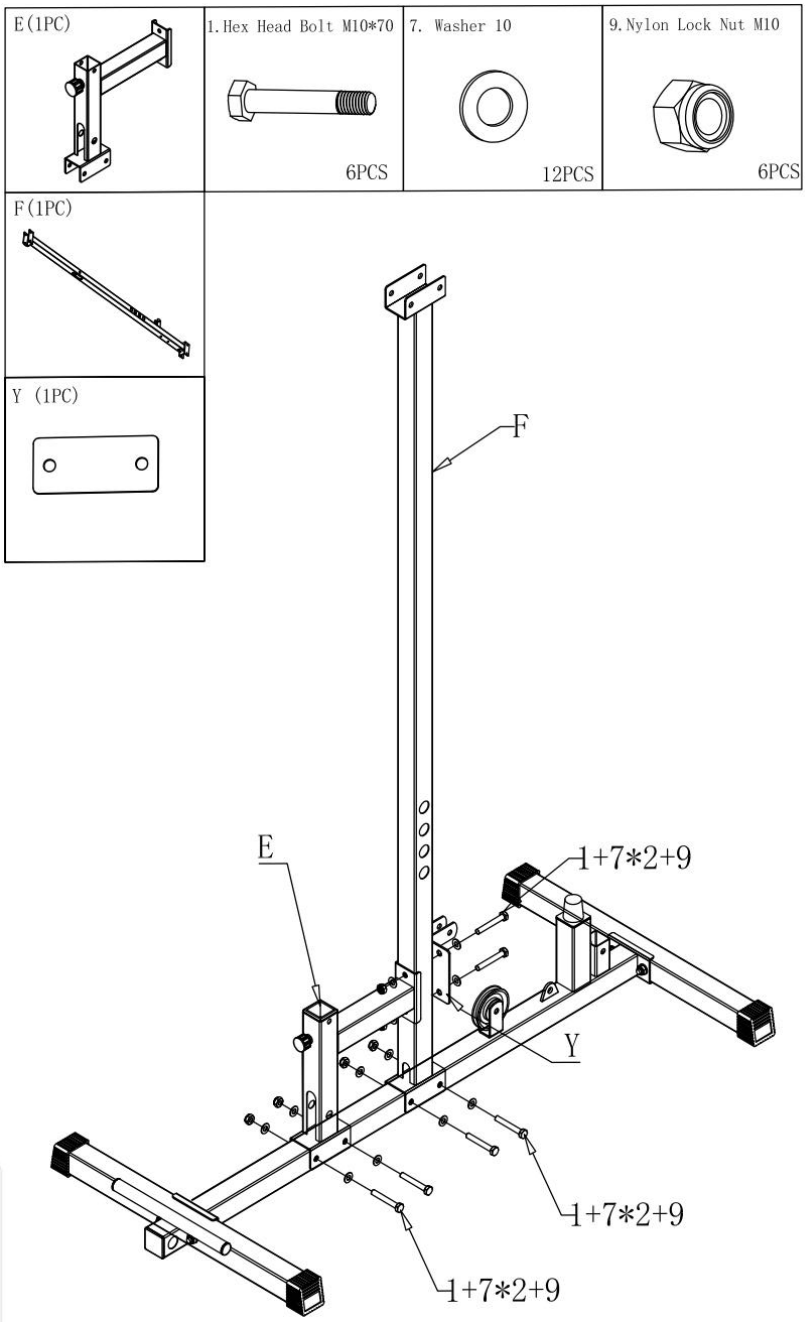
Assembly

STEG 1: Montera basramen

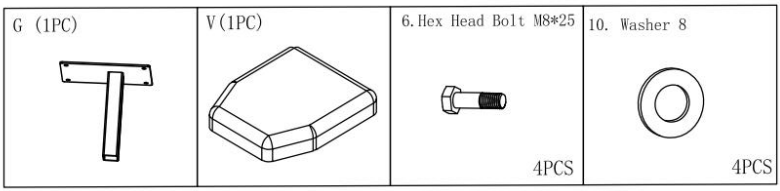
A (1PC)	B (1PC)	C (1PC)	D (1PC)
			
1. Hex Head Bolt M10*70  4PCS	2. Hex Head Bolt M10*45  1PC	7. Washer 10  10PCS	9. Nylon Lock Nut M10  5PCS

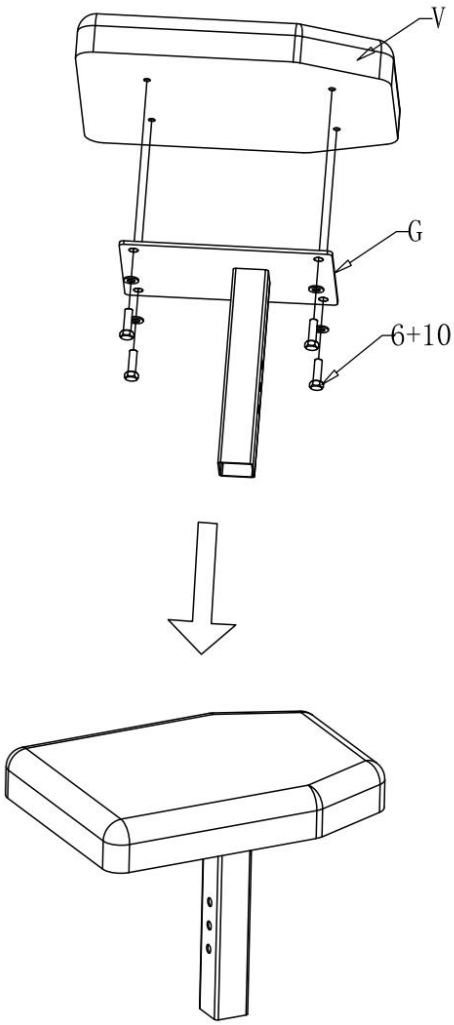


STEG 2: Montera kolonnen.



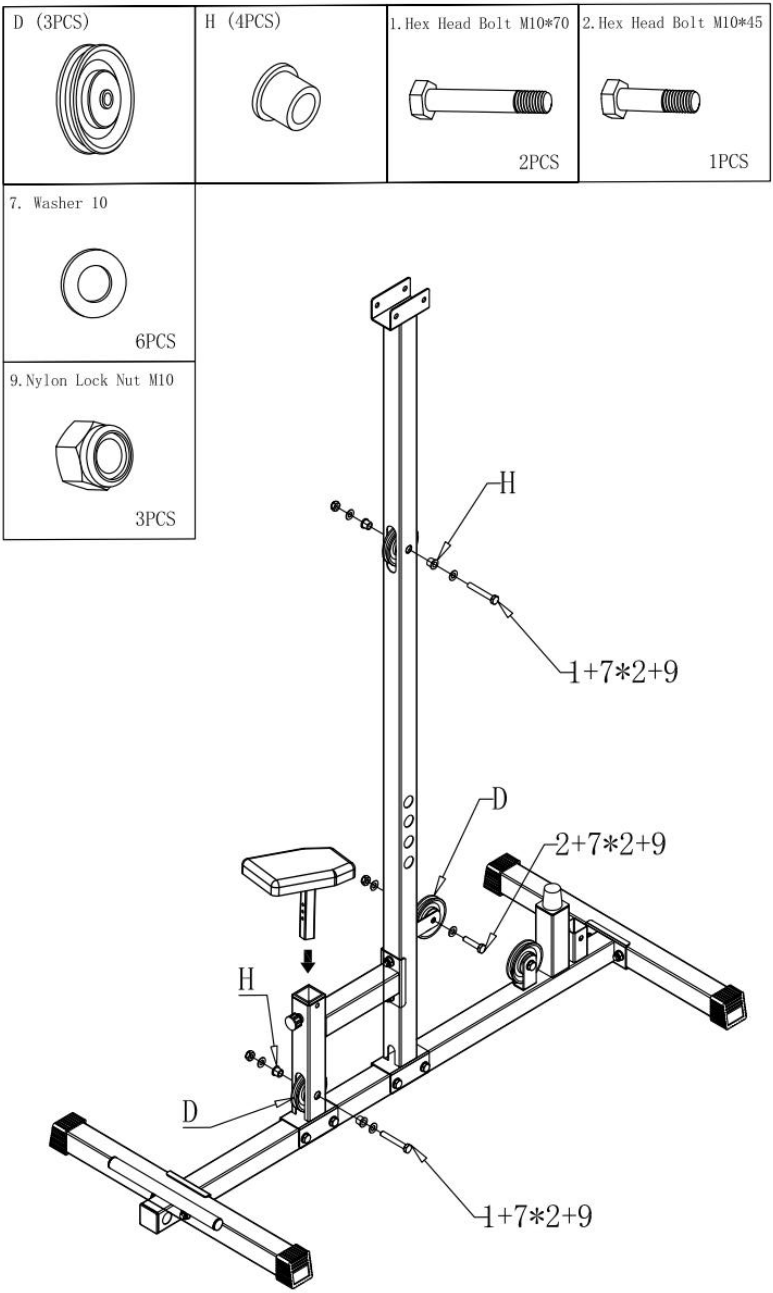
STEG 3: Montera



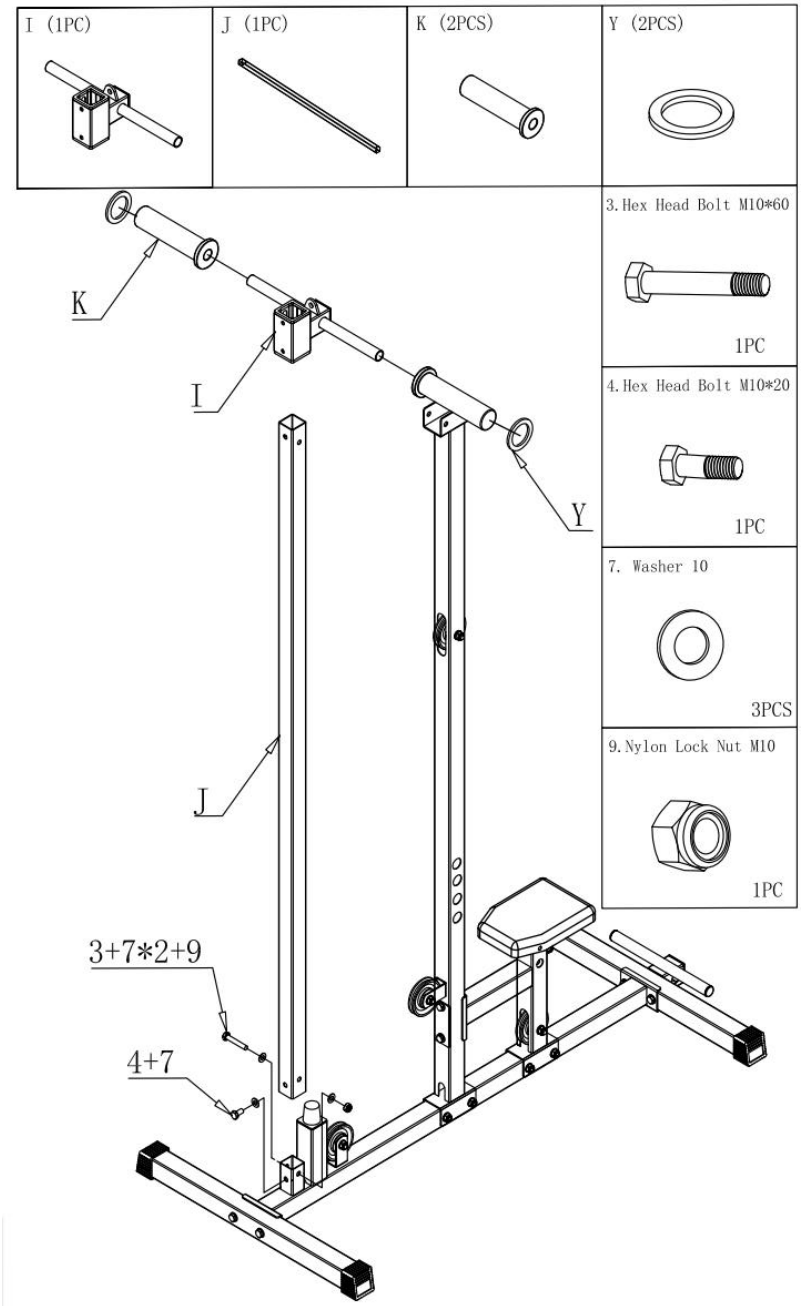


sittdynan.

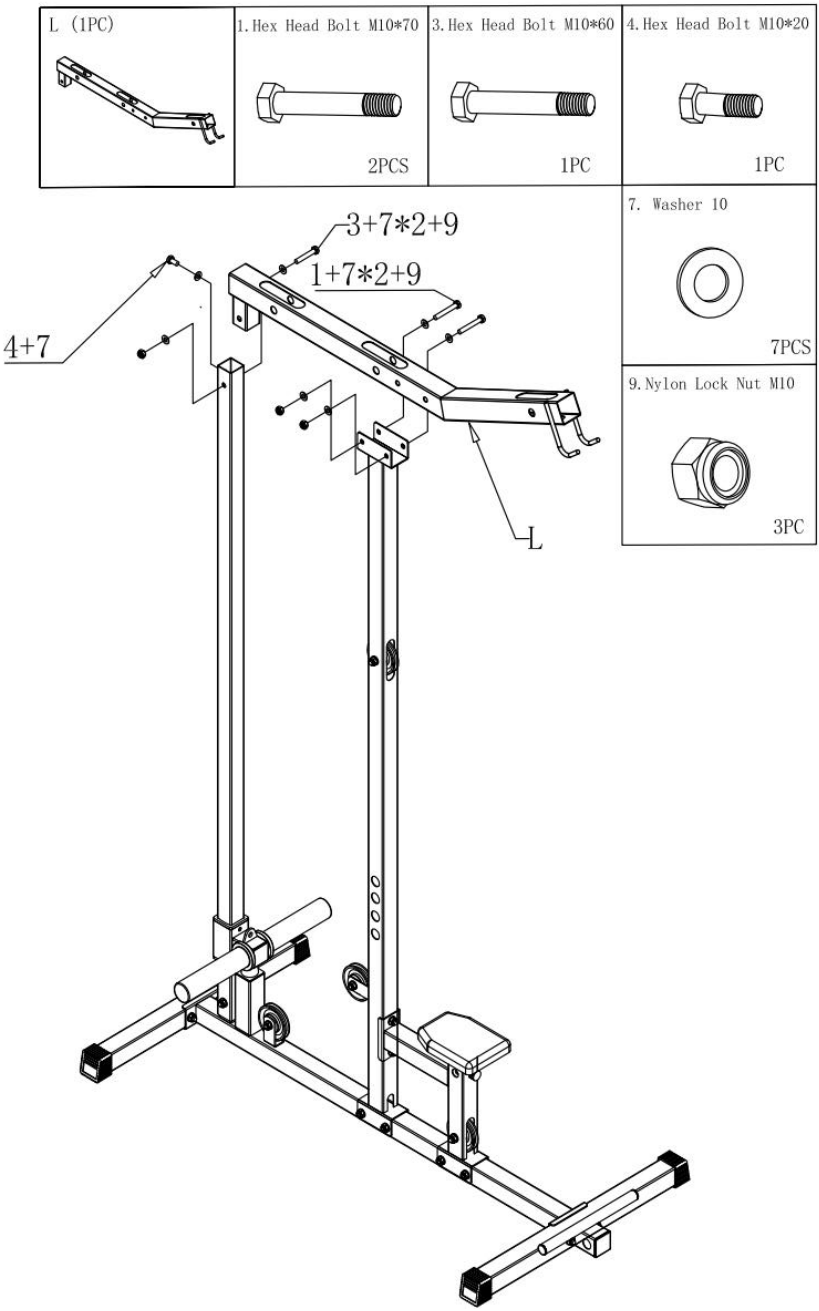
STEG 4: Sätt i sittdynan och montera remskivan.



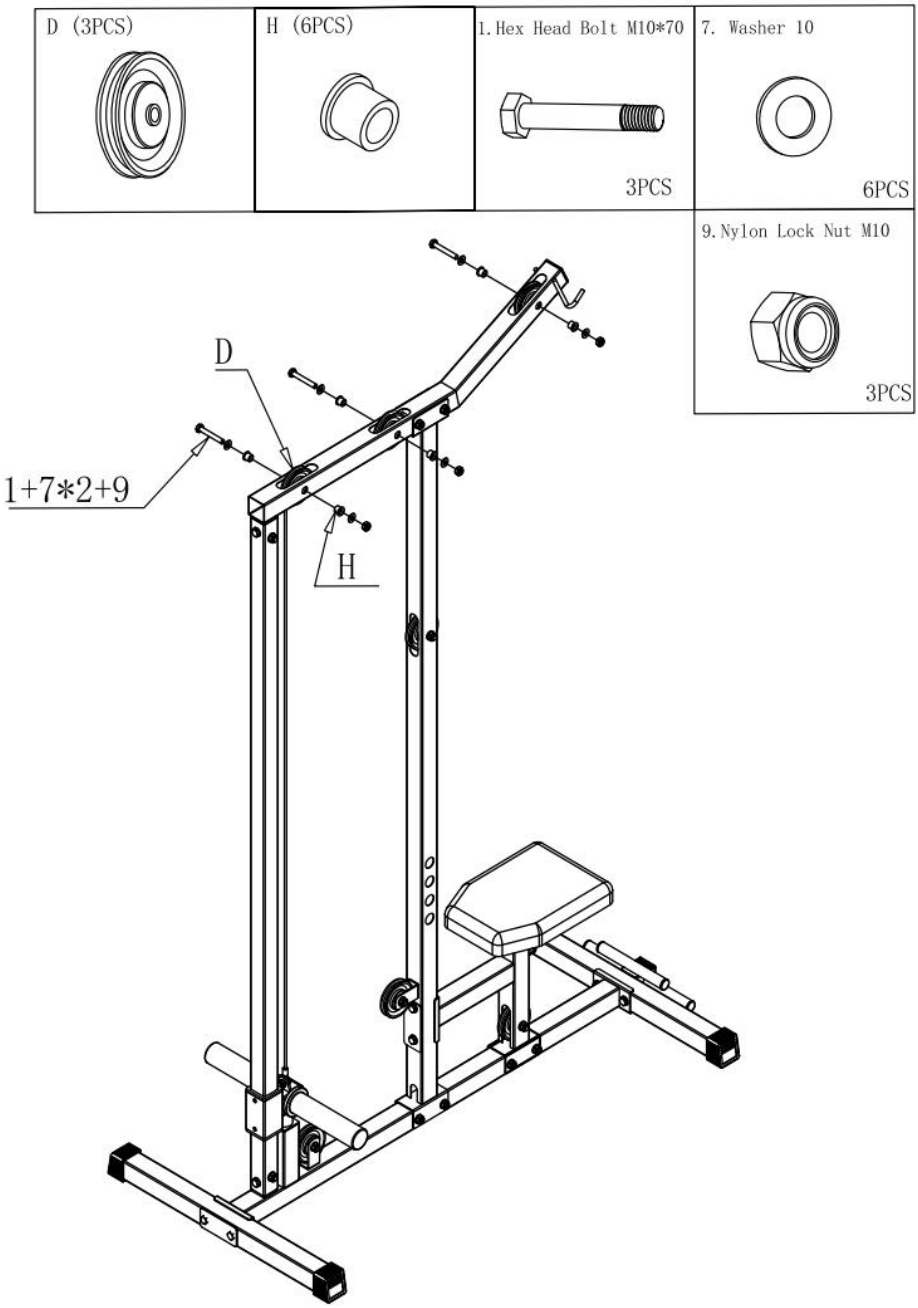
STEG 5: Montera den främre pelaren och skivstången.



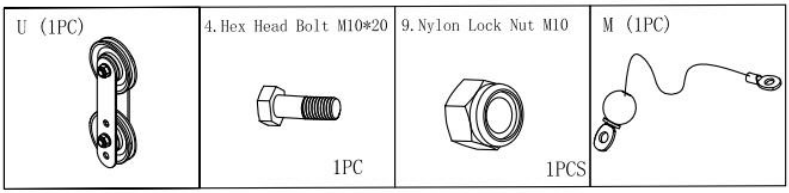
STEG 6: Montera den övre stången .

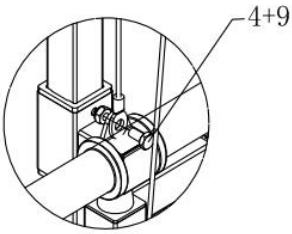


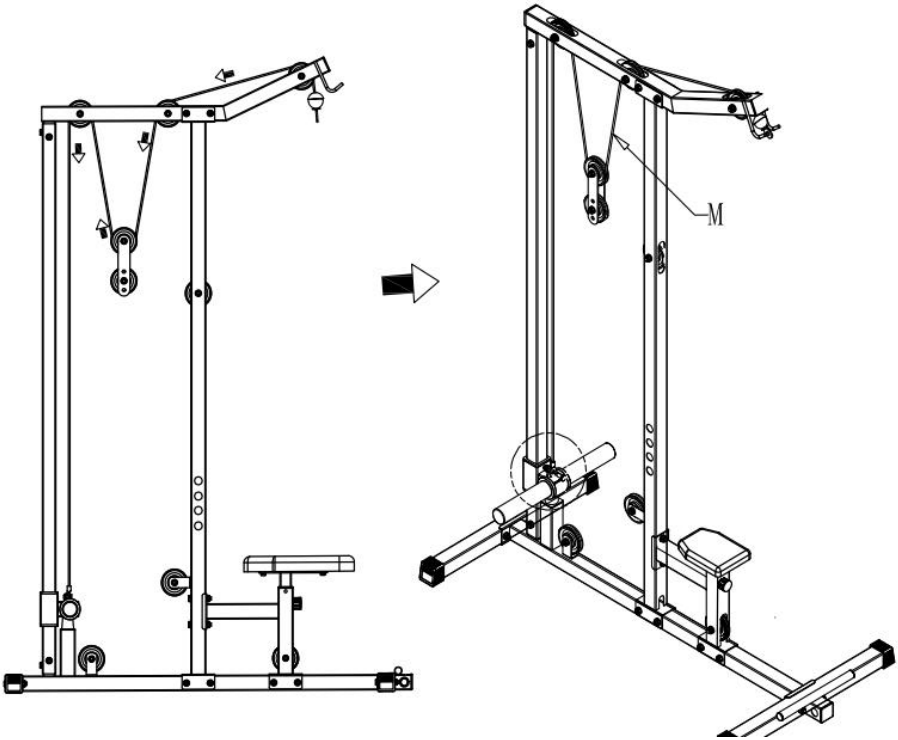
STEG 7: Montera den övre remskivan .



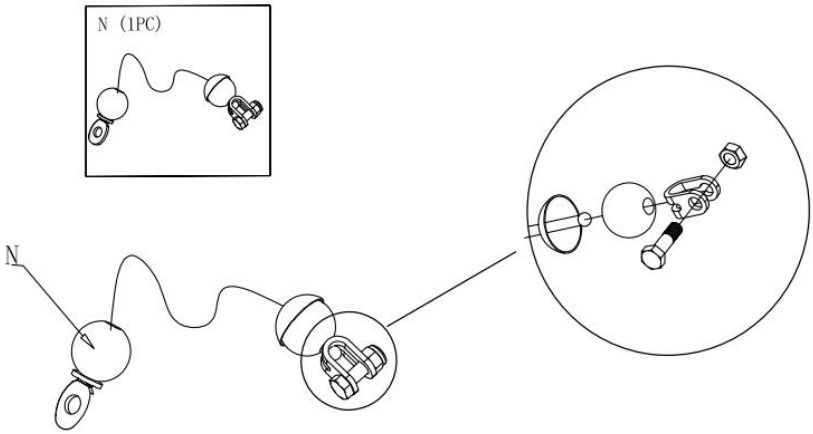
STEG 8: Montera det övre draglinan

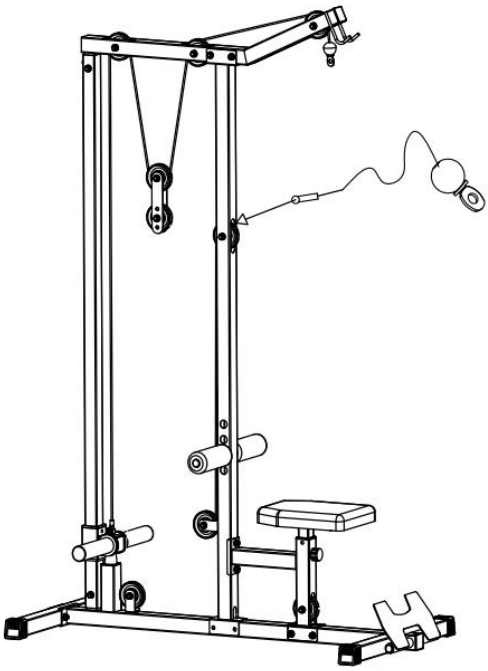




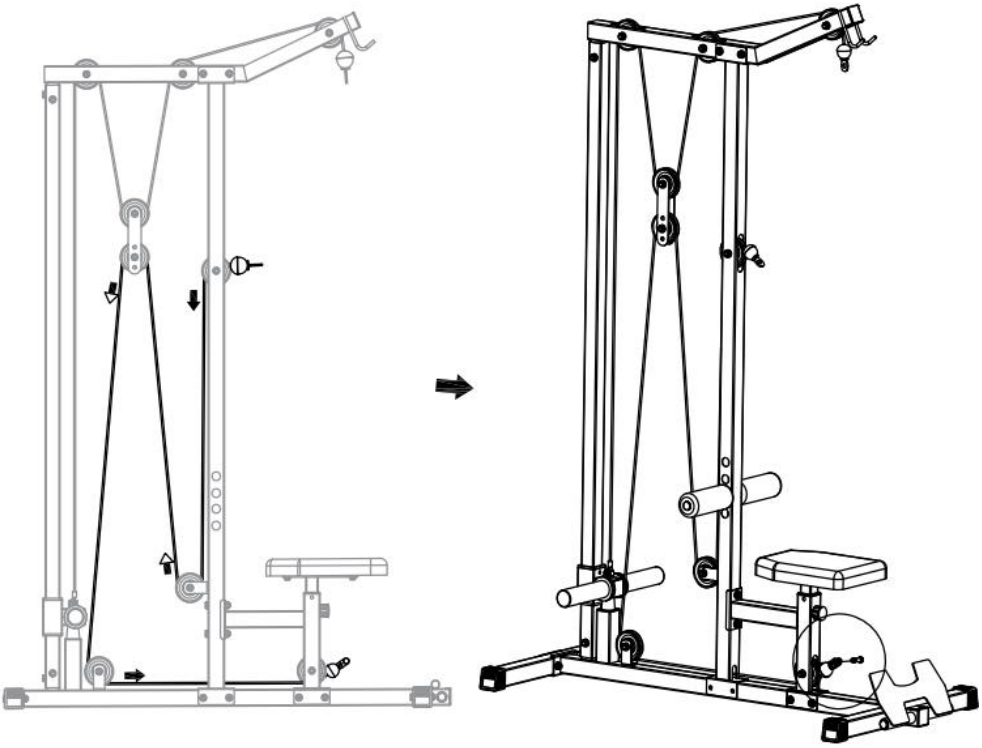


STEG 9: Montera det nedre draglinan .

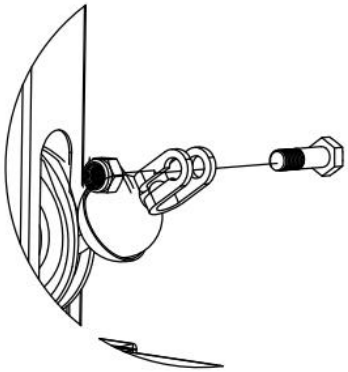




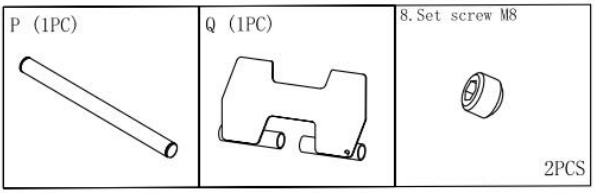
As shown in the picture, first remove the screw and nut at one end of the rope, and then start threading the rope in the direction indicated by the arrow

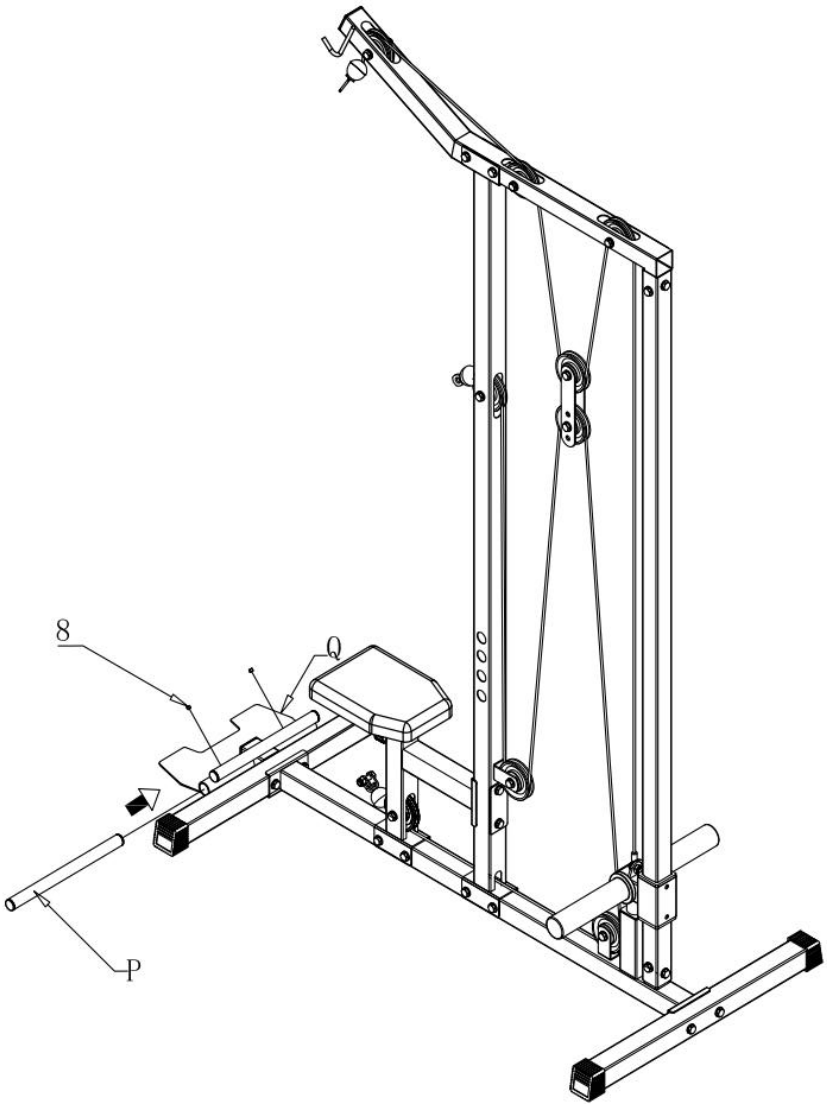


Thread the rope in the direction of the arrow as shown in the picture, and finally tighten the screws and nuts at the end of the rope

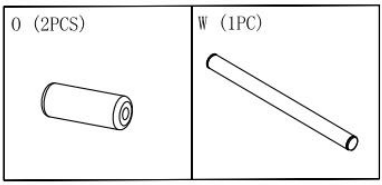


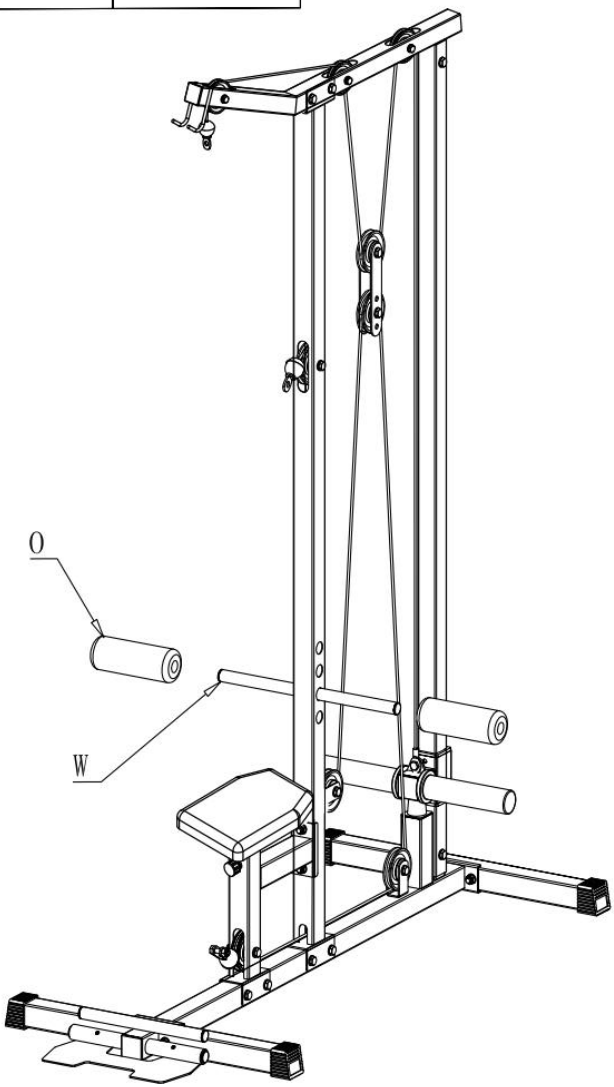
STEG 10: Montera pedalen.





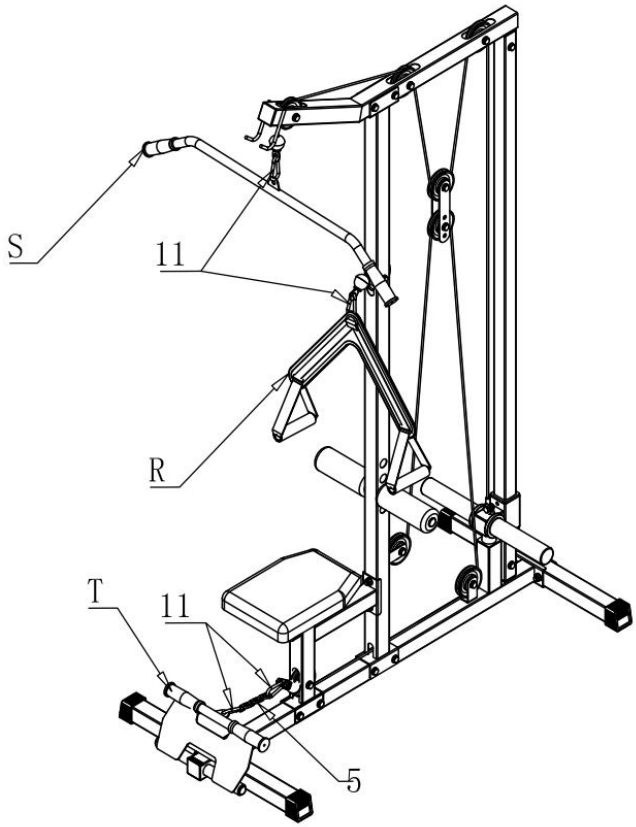
STEG 11: Montera knäskydden.





STEG 12: Montera den övre dragstången och den nedre dragstången. Klart.

R (1PC)	S (1PC)	T (1PC)	5. Iron chain
			
11. Clup  4PCS	X1 (2PCS) 	X2 (2PCS) 	



X1*2



X2*2



CARE AND MAINTENANCE

Rengöring:

Ytan kan rengöras regelbundet med en mjuk, fuktig trasa .

Kontrollera och dra åt skruvarna regelbundet (det rekommenderas att kontrollera en gång i månaden)

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