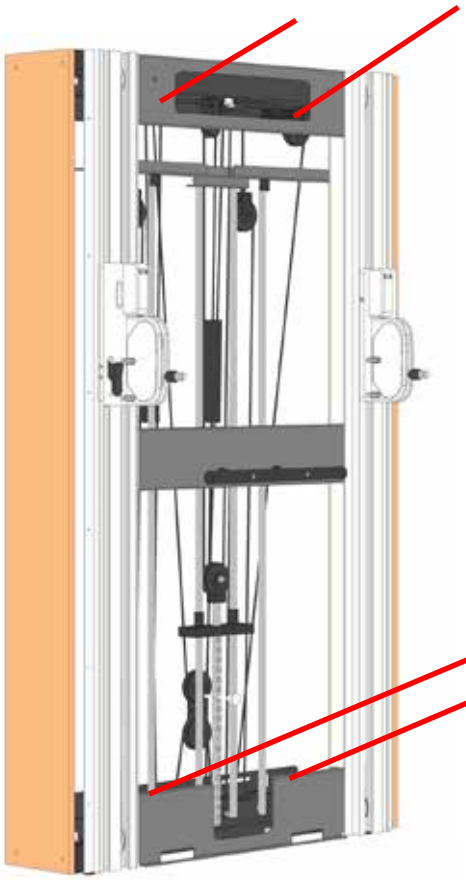
STIL-FIT INT.

Montageanleitung Kabelzug PRO
Assembly instruction STIL-FIT Functional Trainer PRO

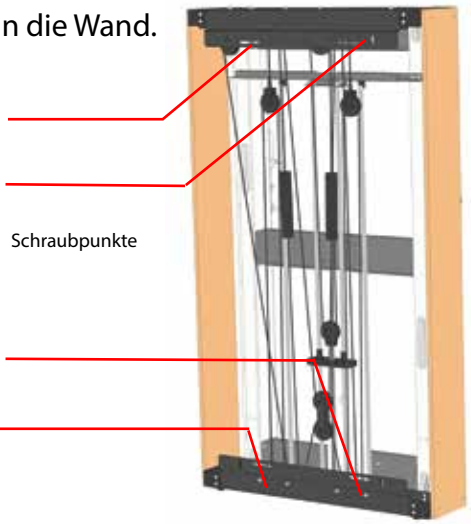




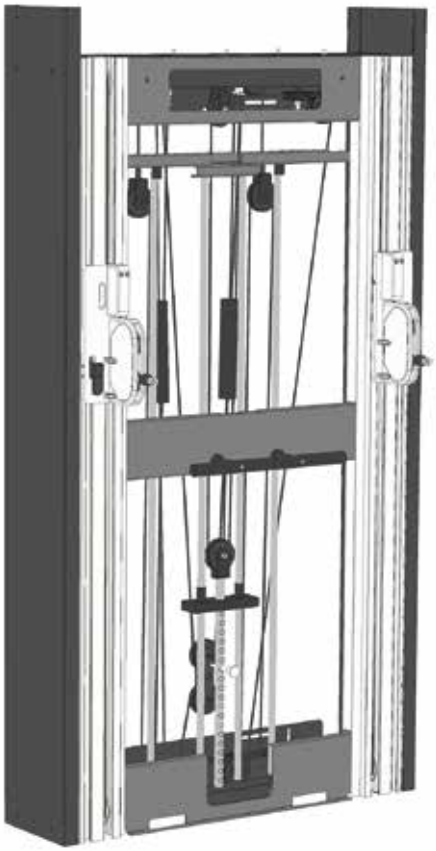
Schraubpunkte
screw points

Entfernen Sie die Kabelbinder erst nach der fertigen Montage.
Only remove the cable ties after finished assembly.

Schrauben Sie die Einheit an die Wand.
Fix the unit to the wall.



Schraubpunkte
screw points



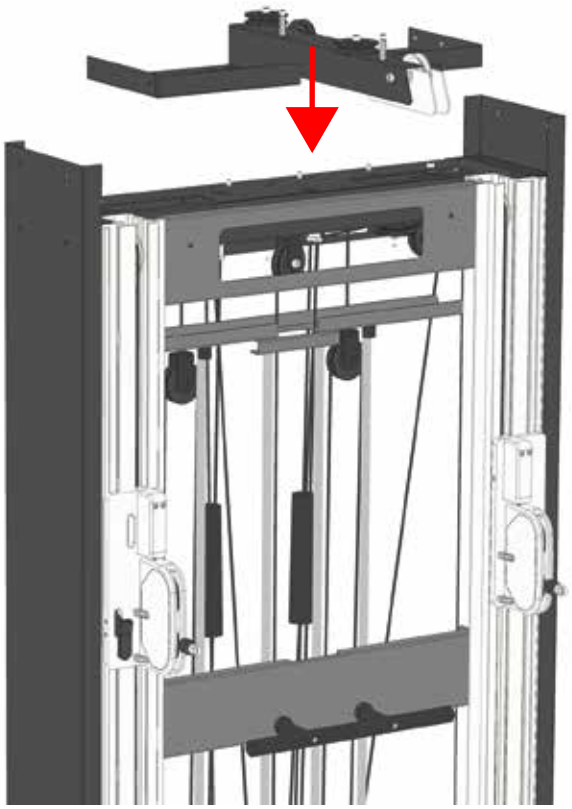
Entfernen Sie die Holzplatten und motieren beide Seitenteile.
4 x M8 x 20

Remove the wooden panels and assemble the side cover.
4 x M8 x 20

Zur Montage legen Sie die mitgelieferte MDF Platte unter das Profil.

For assembling place the MDF board under the profile.

STIL-FIT INT.



Montieren Sie die Latzugeinheit mit
4 Schrauben M8 x 20

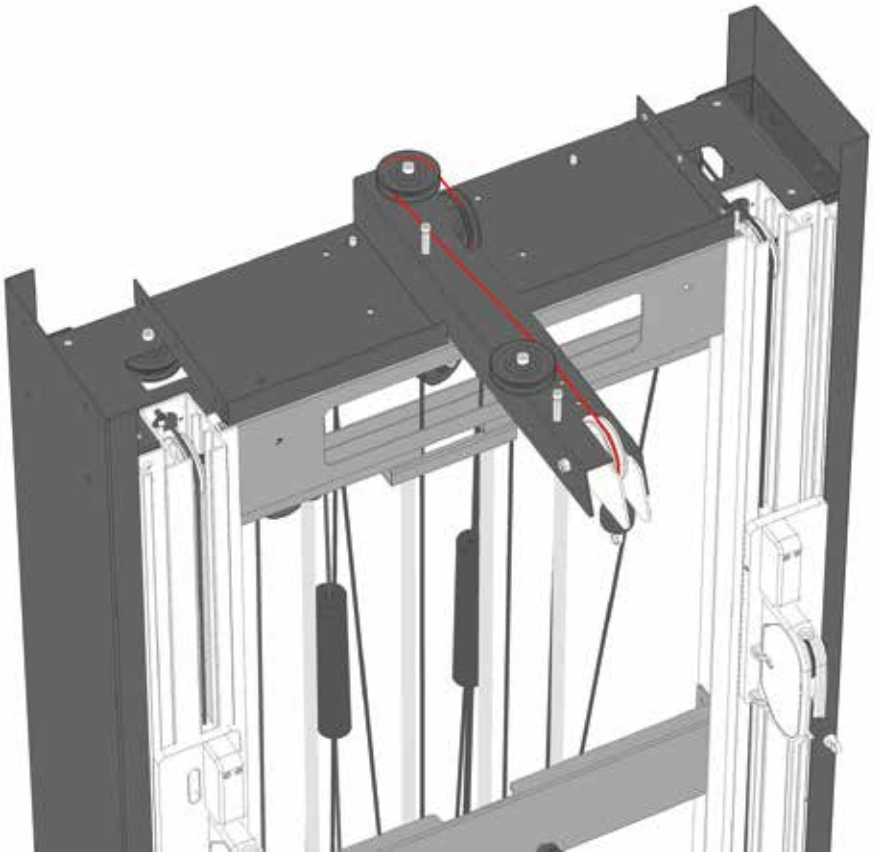
Assemble the lat unit with 4 screws
M8 x 20

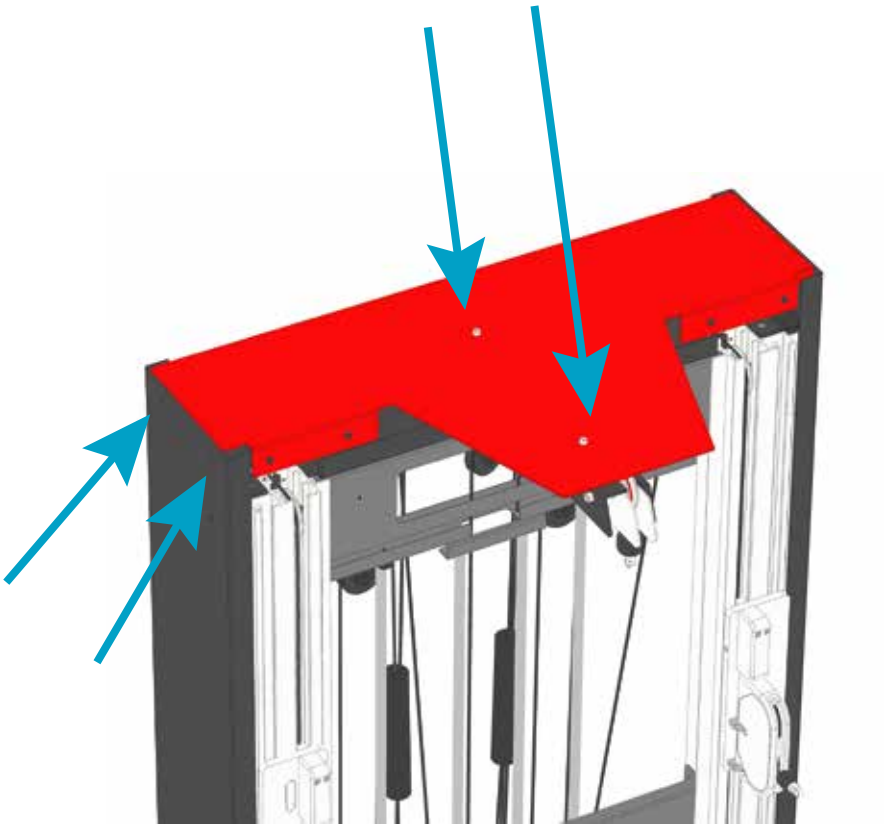
Entfernen Sie den Stopper und das Endstück vom Latzugkabel und Führen das Kabel über die Rollen wie im Bild gezeigt.

Remove the stopper and the endpiece from the lat cable and place the cable to the pulleys as shown in the picture.

Montieren Sie den Stopper.

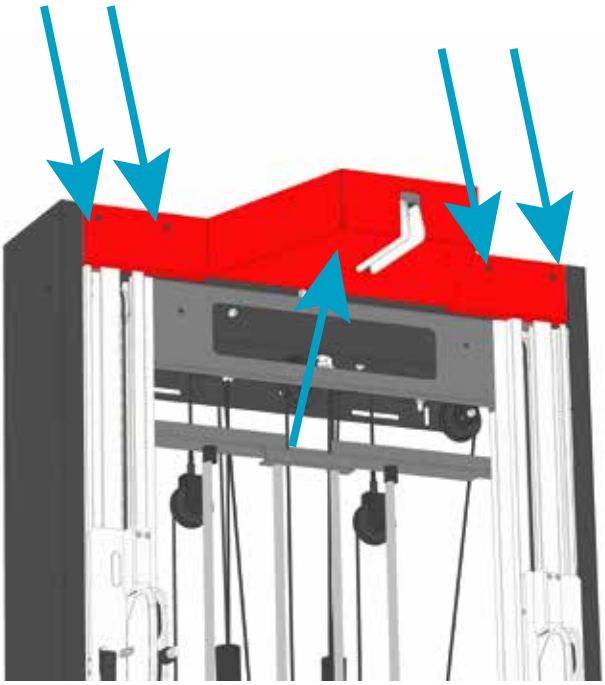
Assemble the stopper.





Montieren Sie das Oberteil. Beginnen Sie
mit den 2 M8 x 12 Schrauben oben und jeweils 2 M8 x 20 seitlich.

Assemble the top cover.
Start with the 2 M8 x 12 screws at the top 2 M8 x 20 each side.



Montieren Sie das Unterteil mit 4 Schrauben M8 x 12 auf der Frontseite und einer Schraube auf der Unterseite. Achten Sie darauf, dass der Abstand zum Seitenteil parallel ist.

Assemble the lower cover with 4 screws M8 x 12 at the front and 1 screw at the bottom side.
Take care that the gap to the side panel is parallel.

Einsetzen der Gewichte

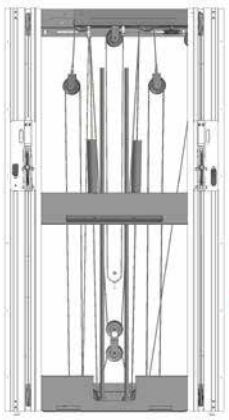
Assemble the weight plates



Querträger
cross bar

1

Entfernen Sie den Querträger und die Zugstange.
Die Gewichte können von oben in die Stangen eingesetzt werden.
Remove the cross bar and the selector bar
The weight plates can be slided from top on to the tubes.



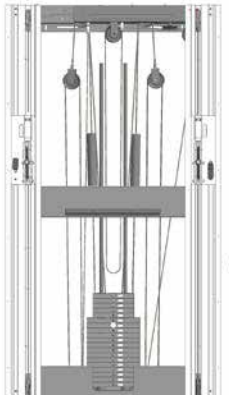
Zugstange
selector bar

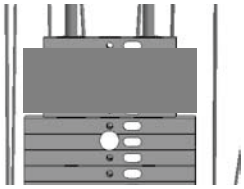
2

Beachten Sie das Bett für die Etiketten befindet sich rechts.
Note!
The grooves for the sticker are at the right side.

3

Montieren Sie die Zugeinheit wieder.
Assemble the selector bar with the top plate



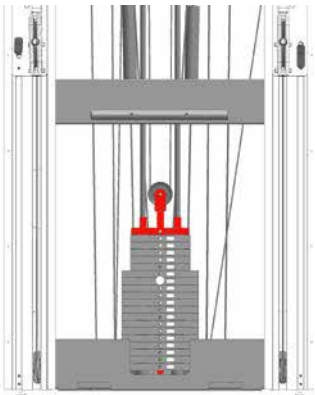


4

Montieren Sie wieder den Quertäger.
Assemble the cross bar again

5

Montieren Sie die Rolle am Zugelement.
Achten Sie darauf, dass sich die Kabel nicht verdrehen.
Entfernen Sie die Kabelbinder.
Mount the pulley to the socket of the selector bar.
Attention - The cable should not twist.
Remove the cable ties.



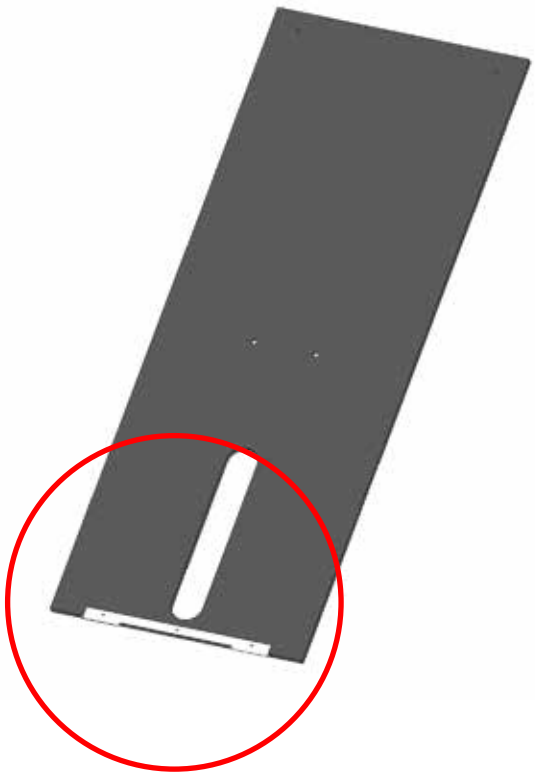
3



4



5



Setzen Sie die Frontplatte ein.
Setzen Sie die Platte schräg auf die Unterkante und kippen Sie dann nach vorne. Achten Sie darauf, dass die Nasen in das Unterteil am Kabelzug eingreifen.
Montieren Sie dann die Haltestange. Achten Sie darauf, dass die Fugen seitlich symmetrisch sind.

Insert the front panel.
Put the panel at the bottom side on to the frame first and skip it forward.
Pay attention to the gap at both sides.

Assemble the front handle.

Die Spiegelausführung hat oben rechts und links jeweils einen Schraubpunkt.
Ziehen Sie diese Schrauben nur locker an.

The mirror version comes with 2 screwholes at the top.
Tighten these screws only a little bit.

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D-81671 München
Germany
www.stil-fit.com
info@stil-fit.com

This product contains small parts which can be swallowed and is not suitable for children under 3 years of age! Older children may only use this product under the supervision of an adult!

Safety Instructions:

Please carefully read the following safety instructions for the correct use, handling, and maintenance of your new fitness equipment. Keep this manual for future reference.

1. This machine is intended for adult use only. This machine is a tool to improve physical fitness and should be used only for this purpose. If this is neglected the manufacturer cannot be made liable.

2. Damaged parts can affect the safety of this machine. You should not use the machine if one or several original parts are damaged, worn or not fully functional. Replace the default part with original parts only.

3. Incorrect repair work or spare parts that are not from the manufacturer can lead to danger and damages. In this case the manufacturer cannot be made liable.

4. Manipulation or changes from the original design of the machine can lead to damages and/or physical injuries. Changes of the machine should only be carried out by professional employees from the manufacturer.

5. All people that use this machine, especially children, must be informed and advised on safety prior to use. Children may only use this product under the supervision of an adult.

6. Before you start using the machine make sure that you are in good physical and conditional health. Consult your doctor. Incorrect use of the machine, especially excessive working out, can lead to health problems. Increase your training routine slowly.

Handling Instructions:

Please read the following handling instructions carefully to ensure correct use of this piece of equipment.

1. Do not use the machine until fully assembling and thoroughly reading the safety instructions.

2. Learn about all different adjustments possibilities your machine has. Adjust the machine to your physical conditions.

3. Check all fixings before using the machine.

4. Store the machine in a dry area. Humidity (swimming pool area or similar) can lead to corrosion of metal parts.

5. Clean the machine after each workout with a moist cloth. Be sure main parts, moving parts and handles are cleaned. Do not use chemicals as they can damage the surface of the material.

6. Children are not allowed to use the machine without adult supervision. Make sure other persons (especially children) cannot disturb exercise or reach into moving parts of the machine. Moving ropes, bungees, weight stacks or other moving parts can lead to severe physical damages.

7. Always wear suitable exercise garments and shoes during training sessions.

8. Keep hands, hair, and cloth free of moving parts. Failure to do so could result in personal injury.

9. Be aware that the cristal mirror might break when hit with a solid object. Always handle with care.

Assembly Instructions:

Unpack your machine carefully and check for transportation damages. Keep the packaging material until the machine is fully assembled and satisfactory use has been established.

Please check the delivery for any damaged or missing items. The delivery contents are listed on the parts list in this manual. If you find damaged parts or if parts are missing, please contact your local dealer or the manufacturer.

Make sure you have enough space to complete the assembly. The assembly should be done by at least two adults. Assistance from someone with technical skills is recommended.

Assemble the machine by carefully reading and following the steps in the manual. Recheck all fixings after having completed the assembly.

As the machine requires wall mounting it may only be mounted to solid stone/ concrete walls. Plywood or plaster walls are not suitable.

Service contact:

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Germany

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Web: www.stil-fit.com