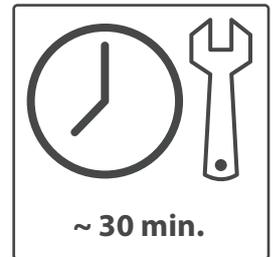
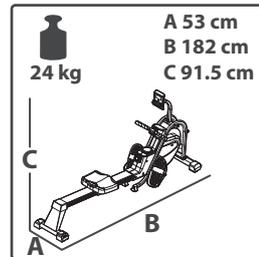
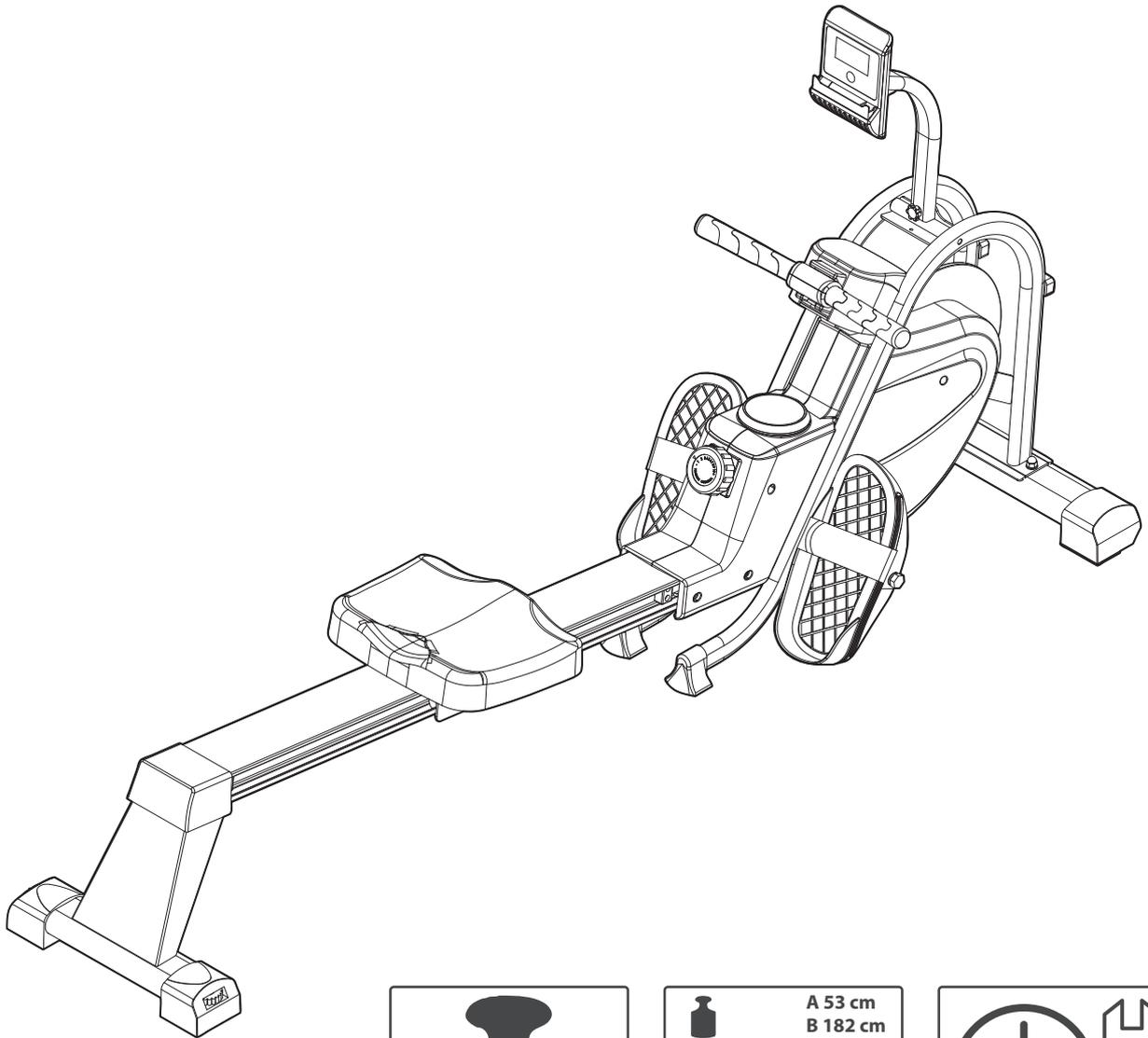




# BodyMax<sup>TM</sup>

PERFORMANCE WITHOUT COMPROMISE

## Assembly and operating instructions



2021.07



**Dear Customer,**

Thank you for deciding for a high-quality training equipment of the brand BodyMax, the brand that makes athlete's hearts beat faster. BodyMax offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. BodyMax equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit [www.powerhouse-fitness.co.uk](http://www.powerhouse-fitness.co.uk) or [www.bodymax-fitness.com](http://www.bodymax-fitness.com).

### **SAFETY NOTICE**



Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to follow the instructions carefully and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The equipment is only suitable for use at home. The equipment is not suitable for semiprofessional (e. g., hospitals, clubs, hotels, schools, etc.) and commercial or professional use (e. g., health clubs).

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

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We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness or nauseous feeling. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 264 pounds (120 KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/ or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.



#### WARNING

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THE SPINNING BIKE. THANE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

## 2.1 Technical data

### LCD - Display of:

- + Scan
- + Count
- + Time
- + Total Count
- + Calories

### Weight and dimensions:

Article weight (gross, including packaging) : 27 kg

Article weight (net, without packaging) : 24 kg

Packaging dimensions (L × W × H) : Parcel - 59 cm × 53 cm × 181 cm

Set-up dimensions (L × W × H) : approximately 182 cm × 53 cm × 91.5 cm

Maximum user weight : 120 kg

## 2.2 Personal safety

- + **Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year.**
- + Please note that working out excessively can seriously damage your health.
- + The equipment may only be used for its intended purpose; this means for strength training for adults.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment may not be used by several persons at the same time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + Make sure that nobody is in the range of motion of the equipment while exercising.
- + Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
- + It is also important to take note of the information given in the workout instructions for creating a workout plan.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
- + Before each training session, check all cables for any possible damage. Immediately replace defective cables and do not use the equipment until it has been repaired. Also pay attention to any material fatigue.
- + Never let go of the handlebars or grips as long as there is resistance in order to avoid crushing and similar injuries.
- + Make sure that the cables are always in the wheel guide. If the cables are stuck while you are training, stop training immediately and check the cable run.
- + If you adjust the seat, make sure that it fully locks in its new position, because otherwise it may slide and lead to injuries.

### 2.3 Set-up place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose a location in which to place the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + A floor protective mat / equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

### 3.1 General instructions

- + Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original BodyMax spare parts.
- + Check the tightness of all screw connections once a month.
- + In order to be able to guarantee the constructively defined safety level of this equipment, we recommend having the equipment regularly maintained (at least once a year) by specialists (service technicians of your contract partner).
- + The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided. Also, make sure that no liquids (e. g. sweat) get into the openings of the equipment (e. g. console).

### 3.2 Faults and Troubleshooting

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and replacement is usually sufficient. Please use the following overview to see the six most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

<b>Problem</b>	<b>Cause</b>	<b>Solution</b>
Squeaking & cracking noises	Loose or too tight screw connection	Check or lubricate screw connection

### 3.3 Maintenance and service calendar

The equipment needs to be cleaned after every training session with a moist towel (no solvent!) in order to avoid damage caused by sweat.

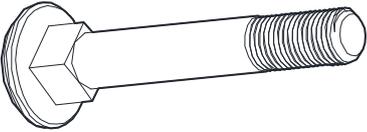
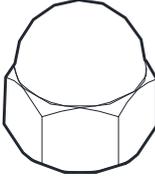
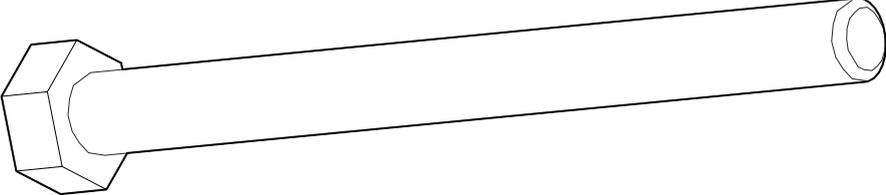
The following routine work must be done in the specified time intervals:

<b>Part</b>	<b>Weekly</b>	<b>Monthly</b>	<b>Annually</b>
Check screws		1	

In order to make the assembly of the equipment easier, we recommend that you do not initially fully tighten the screws and bolts. However, you should make sure that all screws and bolts are firmly tightened after assembly.

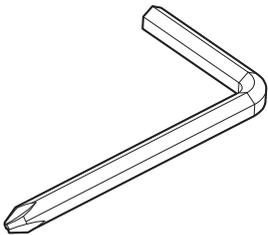
#### 4.1 Package contents

The package contains the parts represented in the illustration. If one of the illustrated parts is missing, please contact your contract partner.

<p><b>NO.55</b></p>  <p>Pan Head Screw (M8×55) × 2pcs</p>	<p><b>NO.64</b></p>  <p>Flat Washer (D8×ø16×T1.5) × 2pcs</p>	<p><b>NO.67</b></p>  <p>Cap Nut (M8) × 2pcs</p>
<p><b>NO.53</b></p>  <p>Hex Bolt (M12×145) × 2pcs</p>		

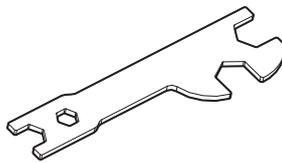
#### Tools

**No.50**



Alien Wrench (S5) × 1pc

**No.51**



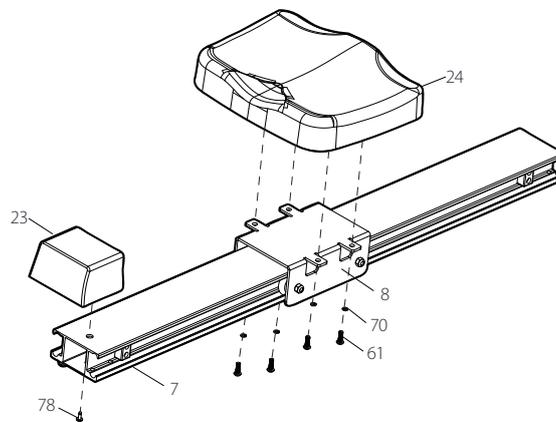
Spanner (S10/13/17/19) × 1pc

## 4.2 Assembly instructions

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

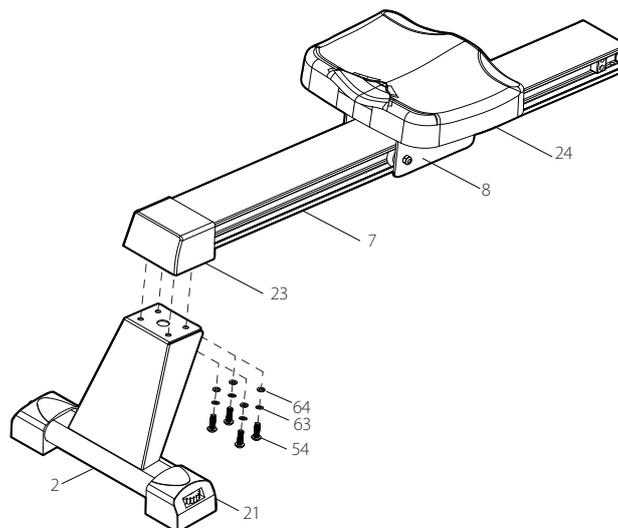
### Step 1:

1. Put Seat Assembly (24) onto Seat Plate (8) and lock tight with 4pcs Screw (61) and Washer (70), using Allen Wrench (50).
2. Assemble End Cap (23) onto Glide Track (7) with Cross Screw (78) and lock tight with Allen Wrench (50).



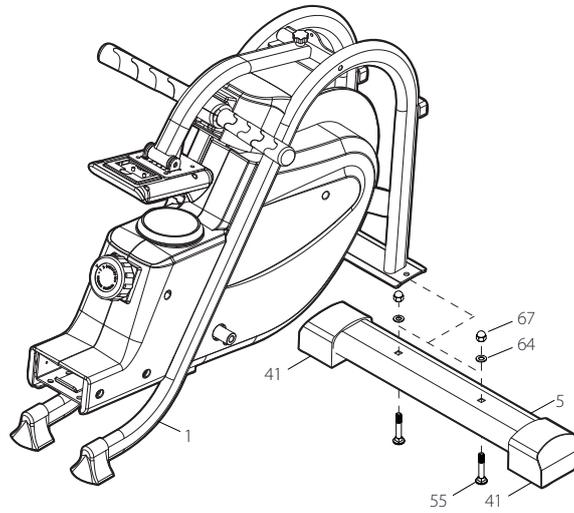
### Step 2:

Lock Rear Stabilizer (2) onto Glide Track (7) with 4pcs Screw (54), Spring Washer (63), and Flat Washer (64), using Allen Wrench (50) to lock them tight.



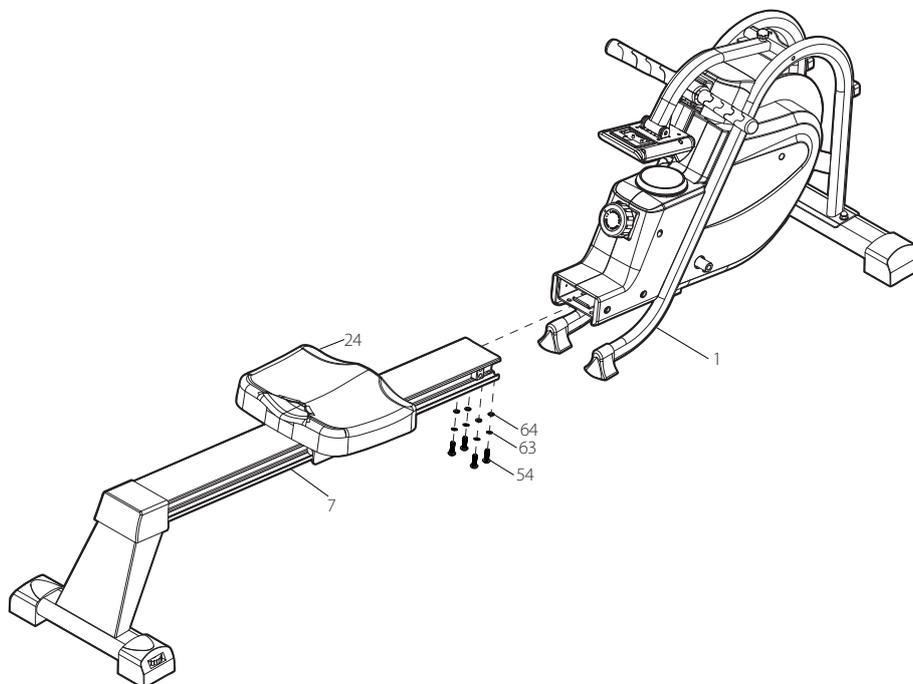
### Step 3:

Attach Front Stabilizer (5) onto Main Frame (1) with 2pcs Screw (55), Flat Washer (64) and lock them tight with Spanner (51).



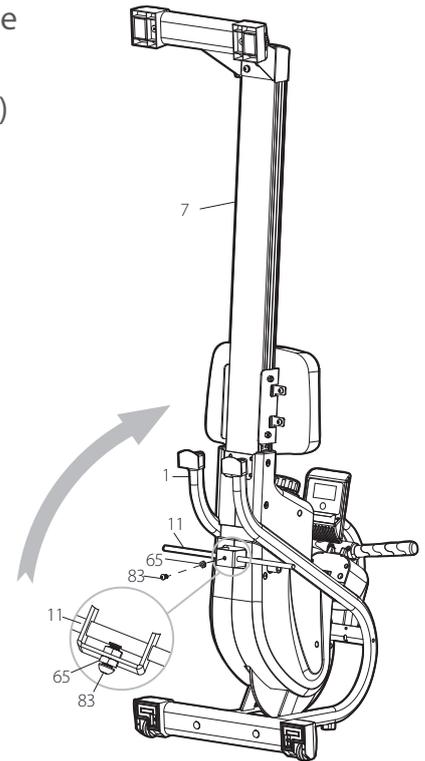
### Step 4:

Attach Glide Track (7) onto Main Frame (1), lock them tight with 4pcs Screw (54), Spring Washer (63), Flat Washer (64), using Allen Wrench (50).



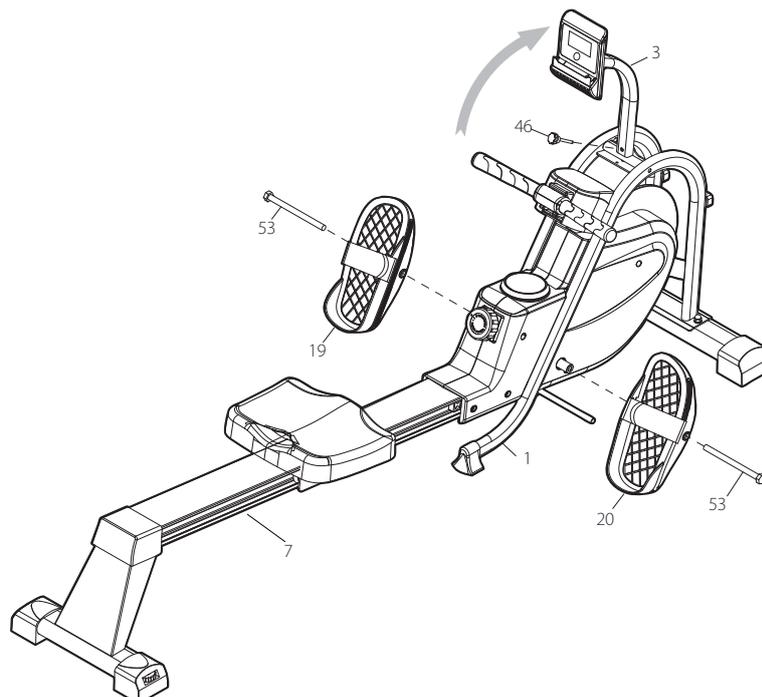
### Step 5:

1. Hold Glide Track (7) with both hands, stand the whole machine up.
2. Insert Pedal Axle (11) onto Main Frame (1), lock Pedal Axle (11) tight onto Main Frame (1) with 1pc Hex Bolt (83) and Hex Nut (65), using Spanner (51).
3. Put the whole machine horizontally onto the floor after finish the locking.



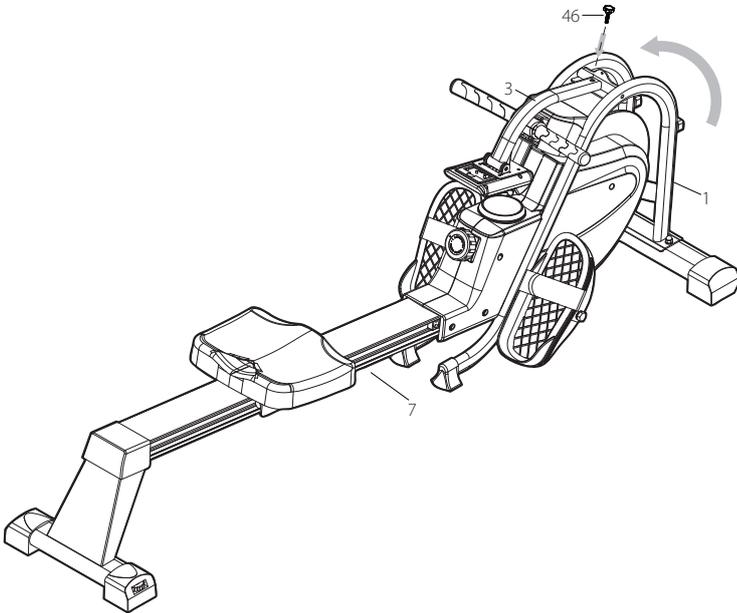
### Step 6:

1. Use Hex Bolt (53) to lock Pedal L (19) and Pedal R (20) onto both sides of the Main Frame (1).
2. Screw off T Knob (46). Rotate Watch Stand Assembly (3) along the arrow shows until the end. Fix the position of Watch Stand Assembly (3) and Main Frame (1) with T knob (46) again.

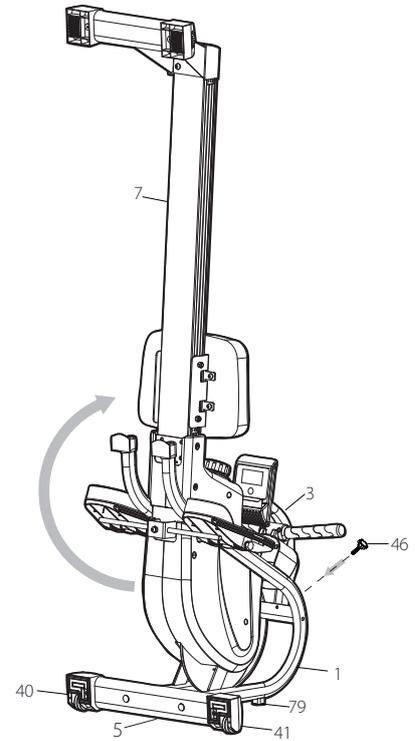


### 4.3 Unfolding and Folding

Screw off T Knob (46). Rotate Watch Stand Assembly (3) along the arrow shows until the end. Fix the position of Watch Stand Assembly (3) and Main Frame (1) with T knob (46) again.

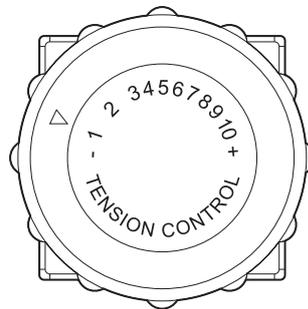


Screw off T Knob (46). Rotate Watch Stand Assembly (3) along the arrow shows until the end. Fix the position of Watch Stand Assembly (3) and Main Frame (1) with T knob (46) again.

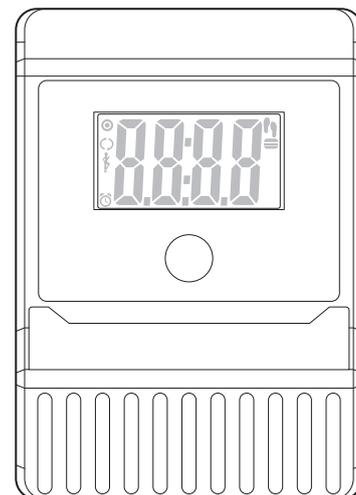
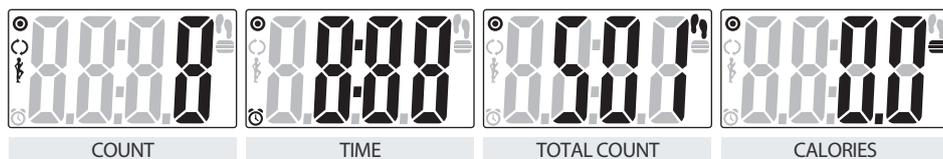


### 4.4 Tension Control

Users can adjust the exercise resistance according to their needs. This product provides 10 levels resistance from minimum 1 ~ max 10.



## 4.5 Computer Function



### KEY FUNCTION

Pressing the MODE key to select and lock on a function for following sequence:

SCAN → COUNT → TIME → TOTAL COUNT → CALORIES

Pressing and hold the MODE key with 3 seconds to reset the value to zero (without TOTAL COUNT).

### SLEEP MODE

The system turns on when the MODE key is depressed or when the system sensed a signal input from the sensor.

The system turns off automatically when the sensor has no signal input or no key are pressed for approximately 4 minutes.

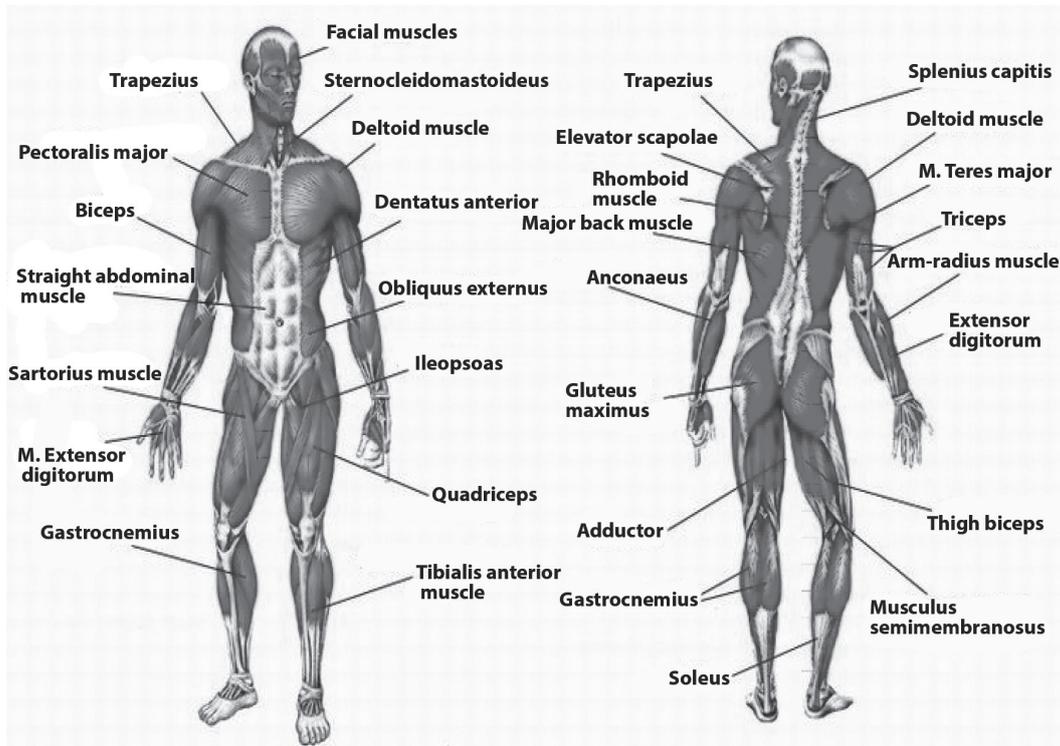
### FUNCTION

SCAN	Display changes according to the next diagram every 6 seconds.
COUNT	The current count will be displayed when starting exercise.
TIME	The total working times will be displayed when starting exercise.
TOTAL COUNT	The total count which this function is refers to from battery capacity period runs.
CALORIES	The calorie burned will be displayed when starting exercise.

### SPECIFICATION

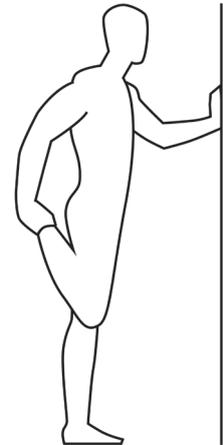
Function	SCAN	6S
	TIME (min:sec)	0:0 ~ 99:59
	COUNT	0 ~ 9999
	TOTAL COUNT	0 ~ 9999
	CALORIES	0 ~ 999.9Kcal
BATTERY		SIZE-AA (or UM-3)×2pcs
Operating temperature		0 ~ 40°C
Storage temperature		-10~ 60°C

## 5.1 Stretching exercises for leg and chest muscles



### 1. Exercise: Stretching of front thigh / leg extension (quadriceps)

- Stable position, grab arches of feet
- Pull heel towards buttocks, knee points downwards (no abduction)
- Straight upper body, avoid tilting the pelvic forward (hollow back) by tensing the abdominal muscles
- Change legs



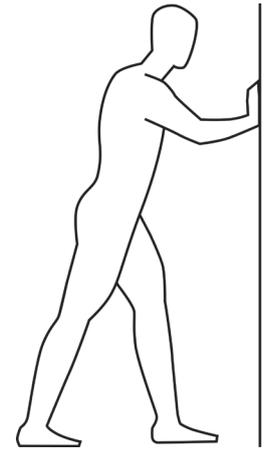
### 2. Exercise: Stretching the back thigh / leg curl (hamstring)

- Pull thigh towards upper body with both hands
- Stretch through increased stretching in the knee joint
- The lower leg maintains contact with the floor, keep hips bent
- Change legs



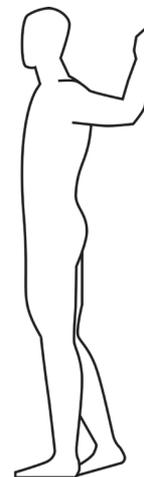
### 3. Exercise: Stretching the calf muscles (gastrocnemius)

- Place feet parallel to each other pointing forward, the heels touch the floor
- Support yourself on a chair coming from a lunge
- Move your body weight to the front leg, press your heel from the rear leg towards the floor and hold the contact
- Slowly stretch your knee of the rear leg until you feel the stretch in your calves
- Change legs



### 4. Exercise: Stretching the chest muscles (pectoralis major)

- Stand parallel to a wall
- Place your forearm at 90° to the wall with the elbow just above shoulder height
- Turn your head and upper body gradually to the opposite sides until you feel a stretch in the front chest, of the shoulder being leaned on
- Pay attention to tension in your abdominal and gluteal muscles
- Your weight is on your front leg
- Change legs



All recommendations of these instructions apply solely to healthy persons and are not suitable for those with heart or cardiovascular problems. All of the tips are intended only as a guide to help you create a workout. Your physician can offer appropriate advice for particular, personal requirements.

**We hope you enjoy your workout and have a lot of success!**



BodyMax training fitness equipment is subject to strict quality controls. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

### **Error descriptions**

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

### **Your statutory rights are not affected.**

#### **Warrantee**

The warrantee is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

#### **Warranty periods**

The following warranty periods begin on delivery of the fitness equipment.

Model	Use	Full warranty
RM40 Rowing Machine	Home use	24 months

#### **Repair costs**

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

#### **The terms of use are defined as follows:**

- Home use: solely for private use in private households up to 3 hours per day
- Semi-professional use: up to 6 hours per day (e. g. rehabilitation centers, hotels, clubs, company gyms)
- Professional use: more than 6 hours per day (e. g. commercial gyms)

#### **Warranty service**

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

## **Warranty conditions**

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- misuse or improper handling
- environmental influences (moisture, heat, electrical surge, dust, etc.)
- failure to follow the current safety measures for the equipment
- failure to follow the operating instructions
- use of force (e. g. hitting, kicking, falling)
- interventions which were not carried out by one of our authorized service centers
- unauthorized repair attempts

### **Proof of purchase and serial number**

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your training equipment, our service employees are ready to help.

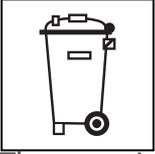
### **Service outside the warranty period**

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

### **Communication**

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

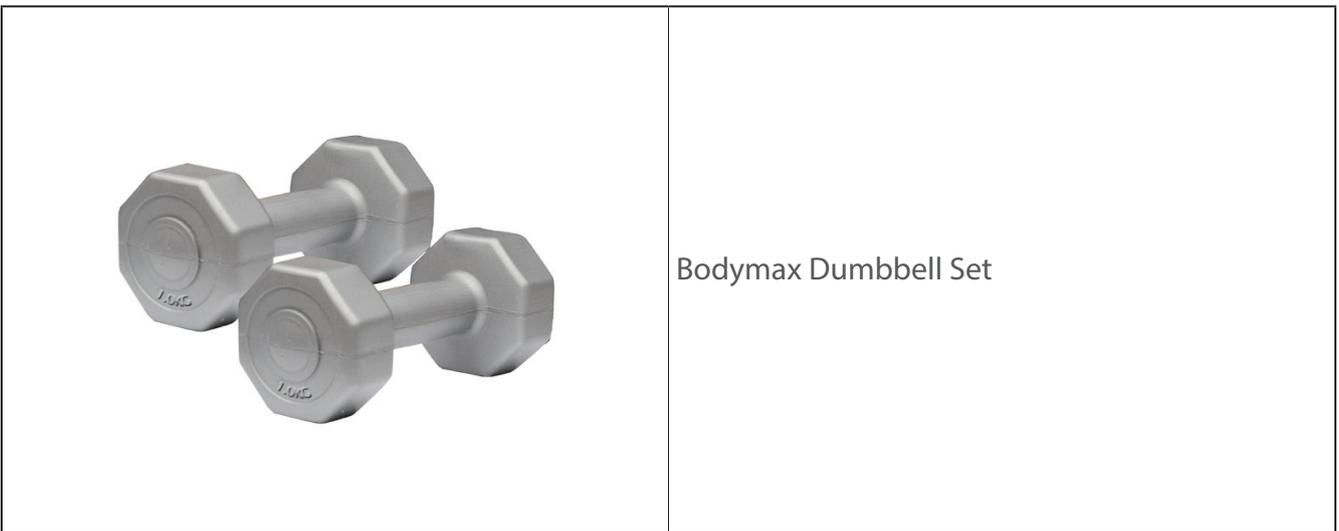
## 7 DISPOSAL



At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.

The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

## 8 OPTION ACCESSORIES



Bodymax Dumbbell Set

## 9.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

### SERVICE-HOTLINE

DE	DK	FR
<p>☎ +49 4621 4210-0</p> <p>☎ +49 4621 4210-699</p> <p>✉ service@sport-tiedje.de</p> <p>Mo. - Fr. 8:00 - 18:00</p> <p>Sa. 9:00 - 18:00</p>	<p>☎ 80 90 16 50</p> <p>☎ +49 4621 4210-945</p> <p>✉ info@t-fitness.dk</p> <p>Ma. - Fr. 8:00 - 18:00</p> <p>Lø. 9:00 - 18:00</p>	<p>☎ +33 (0) 172 770033</p> <p>☎ +49 4621 4210-933</p> <p>✉ service-france@sport-tiedje.fr</p> <p>Lun. - Ven. 8:00 - 18:00</p> <p>Sam. 9:00 - 18:00</p>
NL	UK	INT
<p>☎ +31 172 619961</p> <p>✉ info@fitshop.nl</p> <p>Ma. - Do. 9:00 - 17:00</p> <p>Vr. 9:00 - 21:00</p> <p>Za. 10:00 - 17:00</p>	<p>☎ +44 141 876 3972</p> <p>✉ orders@powerhousefitness.co.uk</p> <p>Mon. - Fri. 9:00 - 17:00</p>	<p>☎ +49 4621 4210-0</p> <p>✉ service-int@sport-tiedje.de</p> <p>Mon - Fri 8:00 - 18:00</p> <p>Sat 9:00 - 18:00</p>

## 9.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand / category:

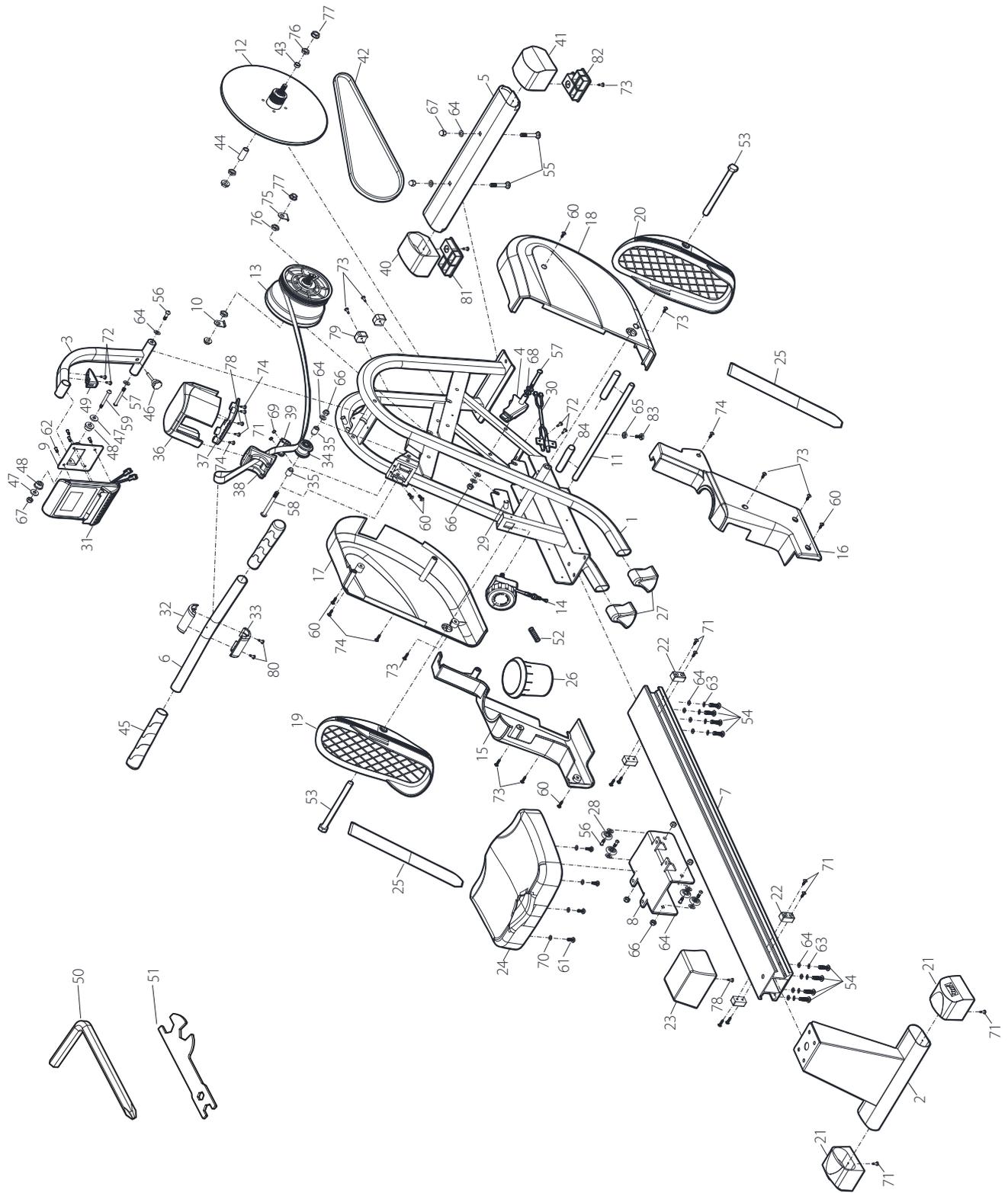
Model name:

### 9.3 Parts list

No.	Description	Qty.
1	Main Frame	1
2	Rear Stabilizer	1
3	Watch Stand Assembly	1
4	Magnetic Assembly	1
5	Front Stabilizer	1
6	Hand Bar Tube	1
7	Aluminum Track	1
8	Seat Plate	1
9	Console Plate	1
10	Reinforcement Plate	2
11	Pedel Axle	1
12	Magnetic Wheel	1
13	Spiral Spring	1
14	Tension Knob	1
15	Rear Cover(L)	1
16	Rear Cover(R)	1
17	Front Cover(L)	1
18	Front Cover(R)	1
19	Left Pedal	1
20	Right Pedal	1
21	Rear Endcap	2
22	Limit Cushion	4
23	Tube Endcap	1
24	Seat	1
25	Pedal Velcro	2
26	Bottle Cage	1
27	Front Endcap	2
28	Seat Pulley	4
29	Wire Hole Plug	2
30	Sensor	2
31	Console	1
32	Handbar Cover (Upper)	1
33	Handbar Cover (Lower)	1
34	Ribbon Pulley	1
35	Bearing Holder	2
36	Computer Cover	1
37	Computer Board	1
38	Hand Grip Holder	1
39	Rotating Wheel Support	1
40	Left Corner	1
41	Right Corner	1
42	V-Belt	1

No.	Description	Qty.
43	Small Bushing	1
44	Big Bushing	1
45	Handle Grip	2
46	T-knob	1
47	Rubber Pad	2
48	Alloy Bushing	2
49	Console Limit	1
50	Allen Wrench (S5)	1
51	Spanner (S=10/13/17/19)	1
52	Spring	1
53	Hex bolt (M12×160)	2
54	Allen Screw (M8×20)	9
55	Pan Head Screw (M8×55/ 8×8 /15)	2
56	Allen Screw (M8×32)	10
57	Allen Screw (M8×115)	1
58	Allen Screw (M8×80)	1
59	Allen Screw (M8×70)	1
60	Cross Bolt (M5×12)	4
61	Allen Screw (M6×15)	4
62	Cross Bolt (M5×10)	4
63	Spring Washer (8)	8
64	Flat Washer (8×16×1.5)	17
65	Hex Nut (M8)	1
66	Lock Nut (M8)	7
67	Cap Nut (M8)	3
68	Flat Washer (8×16×0.8)	5
69	Lock Nut (M5)	2
70	Flat Washer (6×12×1.5)	4
71	Cross Bolt (ST4.2×25)	6
72	Cross Bolt (ST4.2×12)	4
73	Cross Bolt (ST4.2×19)	12
74	Cross Bolt ( ST4.2×20)	5
75	Round Hole Fixing Plate	1
76	Hex Nut (M10)	4
77	Hex Nut w Teeth (M10)	4
78	Panhead Self-taping Screw (ST4.2×20)	2
79	Foot Pad	2
80	Sunk Self-taping Screw (ST4.2×25)	2
81	Front Pad (L)	1
82	Front Pad (R)	1
83	Hex Bolt (M8×30)	1
84	Outer Bushing	2

## 9.4 Exploded drawing



## 10.1 Head office

Powerhouse Fitness  
 Cloberfield House,  
 57 Beardmore Way,  
 Clydebank Industrial Estate,  
 Clydebank, Glasgow,  
 G81 4HT

### Hotline for Technical Information

#### DE

☎ +49 4621 4210-0  
 ☎ +49 4621 4210-698  
 ✉ service@sport-tiedje.de

#### DK

☎ 80 90 16 50  
 ☎ +49 4621 4210-945  
 ✉ info@t-fitness.dk

#### FR

☎ +33 (0) 172 770033  
 ☎ +49 4621 4210-933  
 ✉ service-france@sport-tiedje.fr

#### NL

☎ +31 172 619961  
 ✉ info@fitshop.nl

#### UK

☎ +44 141 876 3972  
 ✉ orders@powerhousefitness.co.uk

#### INT

☎ +49 4621 4210-0  
 ✉ service-int@sport-tiedje.de

## 10.2 Disclaimer



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Product and instructions are subject to change. Technical data can be changed without advance notice.

Please find a detailed overview including address and opening hours for all specialist fitness stores of the Sport-Tiedje Group in Germany and abroad on the following website.

[www.sport-tiedje.com/en/stores](http://www.sport-tiedje.com/en/stores)



