



AUTARK 6000

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1. Sicherheitshinweise

WICHTIG!

- Es handelt sich bei diesem Kraftgerät um ein Trainingsgerät der Klasse H, nach DIN EN 957-1/2.
- Max. Belastbarkeit 120 kg.
- Max. Gewichtebelastbarkeit 100 kg.
- Das Kraftgerät darf nur für seinen bestimmungsgemäßen Zweck verwendet werden!
- Jegliche andere Verwendung ist unzulässig und möglicherweise gefährlich. Der Importeur kann nicht für Schäden verantwortlich gemacht werden, die durch nicht bestimmungsgemäßen Gebrauch verursacht werden.
- Sie trainieren mit einem Gerät, das sicherheitstechnisch nach neuesten Erkenntnissen konstruiert wurde. Mögliche Gefahrenquellen, die Verletzungen verursachen könnten, wurden bestmöglich ausgeschlossen.

Um Verletzungen und/oder Unfälle zu vermeiden, lesen und befolgen Sie bitte diese einfachen Regeln:

1. Erlauben Sie Kindern nicht, mit dem Gerät oder in dessen Nähe zu spielen.
2. Überprüfen Sie regelmäßig, ob alle Schrauben und Muttern, fest angezogen sind.
3. Tauschen Sie defekte Teile sofort aus und nutzen Sie das Gerät bis zur Instandsetzung nicht. Achten Sie auch auf eventuelle Materialermüdungen.
4. Vor Inbetriebnahme des Gerätes die Bedienungsanleitung genau durchlesen.
5. Das Gerät braucht in jede Richtung genügend Freiraum (mindestens 1,5m).
6. Stellen Sie das Gerät auf einen festen und ebenen Untergrund.
7. Trainieren Sie nicht unmittelbar vor bzw. nach den Mahlzeiten.
8. Lassen Sie sich vor Beginn eines Fitness-Trainings immer zuerst von einem Arzt untersuchen.
9. Das Sicherheitsniveau des Gerätes kann nur gewährleistet werden, wenn Sie in regelmäßigen Abständen die Verschleißteile überprüfen. Diese sind mit * in der Teilleiste gekennzeichnet.
10. Trainingsgeräte sind auf keinen Fall als Spielgeräte zu verwenden.
11. Tragen Sie Schuhe und trainieren Sie nie barfuß.
12. Achten Sie darauf, dass sich nicht Dritte in der Nähe des Gerätes befinden, da weitere Personen durch die beweglichen Teile verletzt werden könnten.
13. Das Trainingsgerät darf nicht in feuchten Räumen (Bad) oder auf dem Balkon aufgestellt werden.

1. Safety instructions

IMPORTANT!

- The gym is produced according to DIN EN 957-1/2 class H.
- Max. user weight is 120 kg.
- Max. loading weight is 100 kg.
- The Gym should be used only for its intended purpose.
- Any other use of the item is prohibited and maybe dangerous. The importeur cannot be held liable for damage or injury caused by improper use of the equipment.
- The gym has been produced according to the latest safety standards.

To prevent injury and / or accident, please read and follow these simple rules:

1. Do not allow children to play on or near the equipment.
2. Regularly check that all screws and nuts are tightly secured.
3. Promptly replace all defective parts and do not use the equipment until it is repaired. Watch for any material fatigue.
4. Carefully read through the operating instructions before starting the equipment.
5. The equipment requires sufficient free space in all directions (at least 1.5 m).
6. Set up the equipment on a solid and flat surface.
7. Do not exercise immediately before or after meals.
8. Before starting any fitness training, let yourself examined by a physician.
9. The safety level of the machine can be ensured only if you regularly inspect parts subject to wear. These are indicated by an * in the parts list. Levers and other adjusting mechanisms of the equipment must not obstruct the range of movement during training.
10. Training equipment must never be used as toys.
11. Wear shoes and never exercise barefoot.
12. Make certain that other persons are not in the area of the gym, because other persons may be injured by the moving parts.
13. It is not allowed to place the item in rooms with high humidity (bathroom) or on the balcony.

2. Allgemeines

Der Anwendungsbereich dieses Trainingsgerätes ist der Heimbereich. Das Gerät entspricht den Anforderungen der DIN EN 957-1/2 Klasse H. Bei unsachgemäßem Gebrauch dieses Gerätes (z. B. übermäßigem Training, falsche Einstellungen, etc.) sind Gesundheitsschäden nicht auszuschließen.

Vor Beginn des Trainings sollte eine allgemeine Untersuchung von Ihrem Arzt durchgeführt werden, um eventuelle vorhandene Gesundheitsrisiken auszuschließen.

2.1 Verpackung

Die Verpackung besteht aus umweltfreundlichen und wieder verwertbaren Materialien:

- Außenverpackung aus Pappe
- Formteile aus geschäumtem, FCKW-freiem Polystyrol (PS)
- Folien und Beutel aus Polyäthylen (PE)
- Spannbänder aus Polypropylen (PP)

2. General

This training equipment is for use at home. The equipment complies with the requirements of DIN EN 957-1/2 Class H. Damage to health cannot be ruled out if this equipment is not used as intended (for example, excessive training, incorrect settings, etc.).

Before starting your training, you should have a complete physical examination by your physician, in order to rule out any existing health risks.

2.1 Packaging

Environmentally compatible and recyclable materials:

- External packaging made of cardboard
- Molded parts made of foam CFS-free polystyrol (PS)
- Sheeting and bags made of polyethylene (PE)
- Wrapping straps made of polypropylene (PP)

3. Aufbau

Um den Zusammenbau des Kraftgerätes für Sie so einfach wie möglich zu gestalten, haben wir die wichtigsten Teile bereits vormontiert. Bevor Sie das Gerät zusammenbauen, sollten Sie bitte diese Aufbauanleitung sorgfältig lesen und danach Schritt für Schritt, wie beschrieben, fortfahren.

Packungsinhalt

- Entnehmen Sie alle Einzelteile und legen Sie diese nebeneinander auf den Boden.
- Stellen Sie den Hauptrahmen auf eine bodenchonende Unterlage, da Metallteile Ihren Boden beschädigen/verkratzen könnten. Diese Unterlage sollte flach und nicht zu dick sein, sodass das Kraftgerät einen stabilen Stand hat.
- Achten Sie darauf, dass Sie während des Zusammenbaus in jede Richtung hin genügend Bewegungsfreiraum (mind. 1,5 m) haben.

3. Assembly

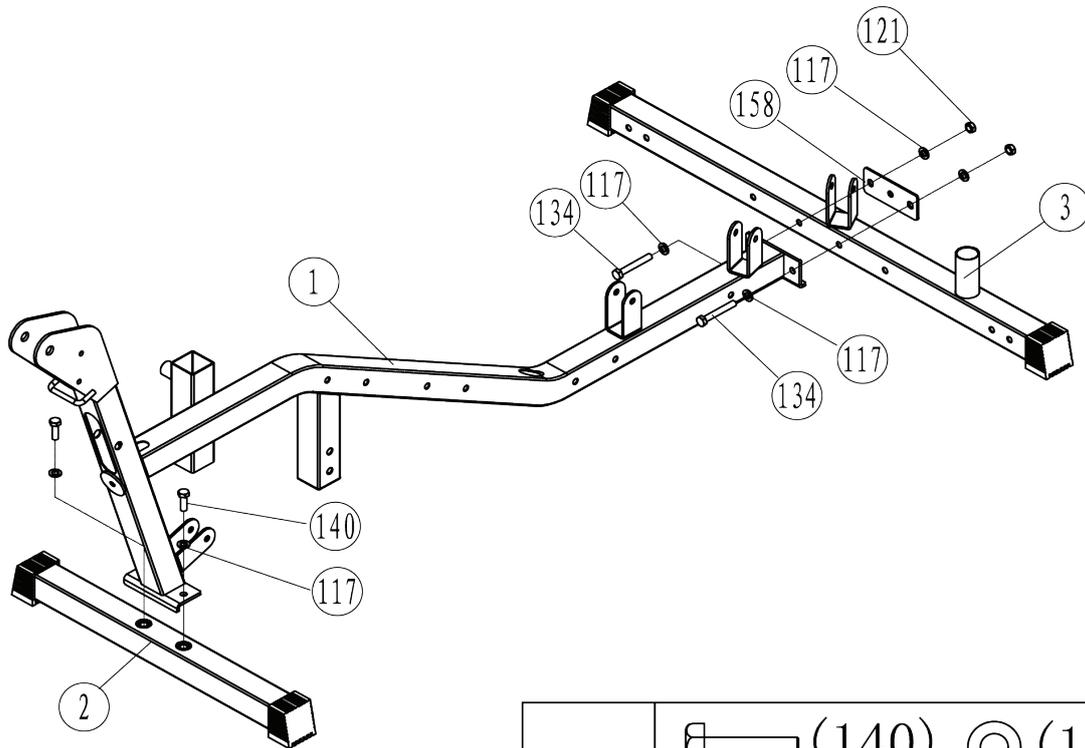
In order to make assembly of the gym as easy as possible for you, we have preassembled the most important parts. Before you assemble the equipment, please read these instructions carefully and then continue step by step as described

Contents of packaging

- Unpack all individual parts and place them alongside each other on the floor.
- Metal parts can damage / scratch your floor., so please use a pad. The pad should be flat and not too thick, so that the gym has a stable stand.
- Make certain that you have adequate room for movement (at least 1.5 m) on all sides during assembly.

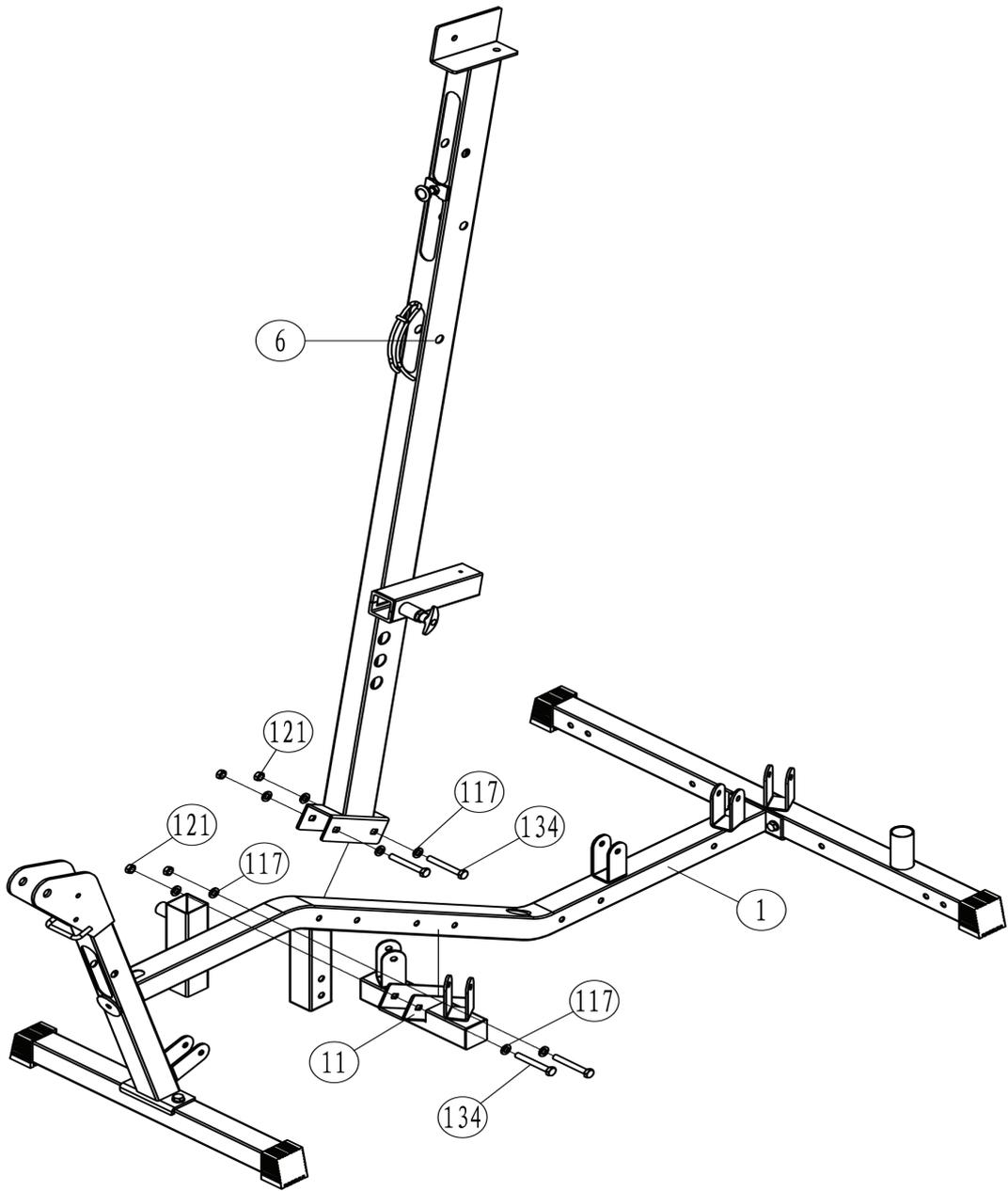
3.1 Montageschritte / Assembly steps

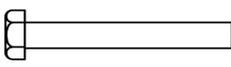
Schritt / Step 1

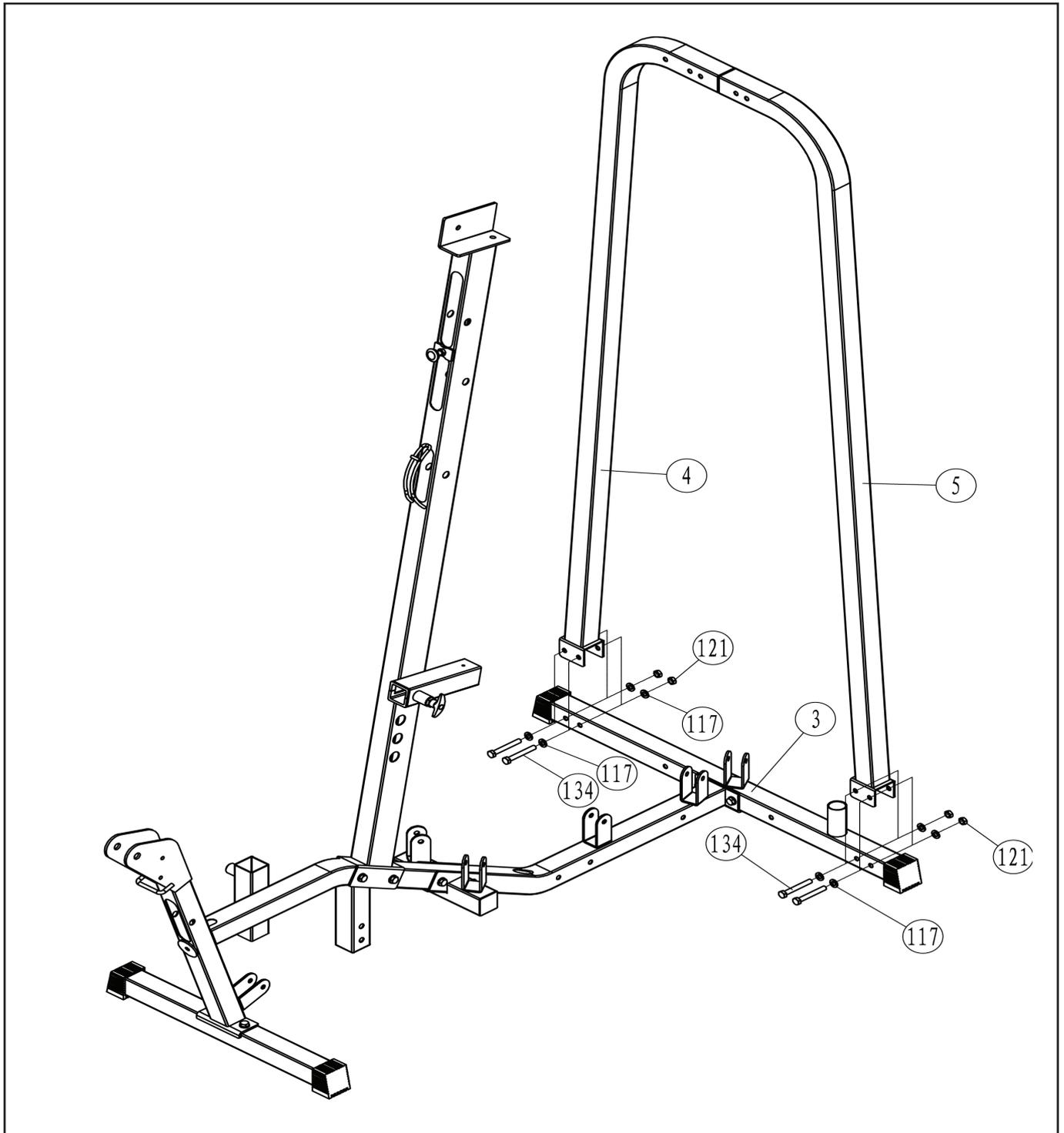


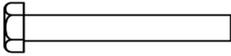
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	M10*30 ϕ 10

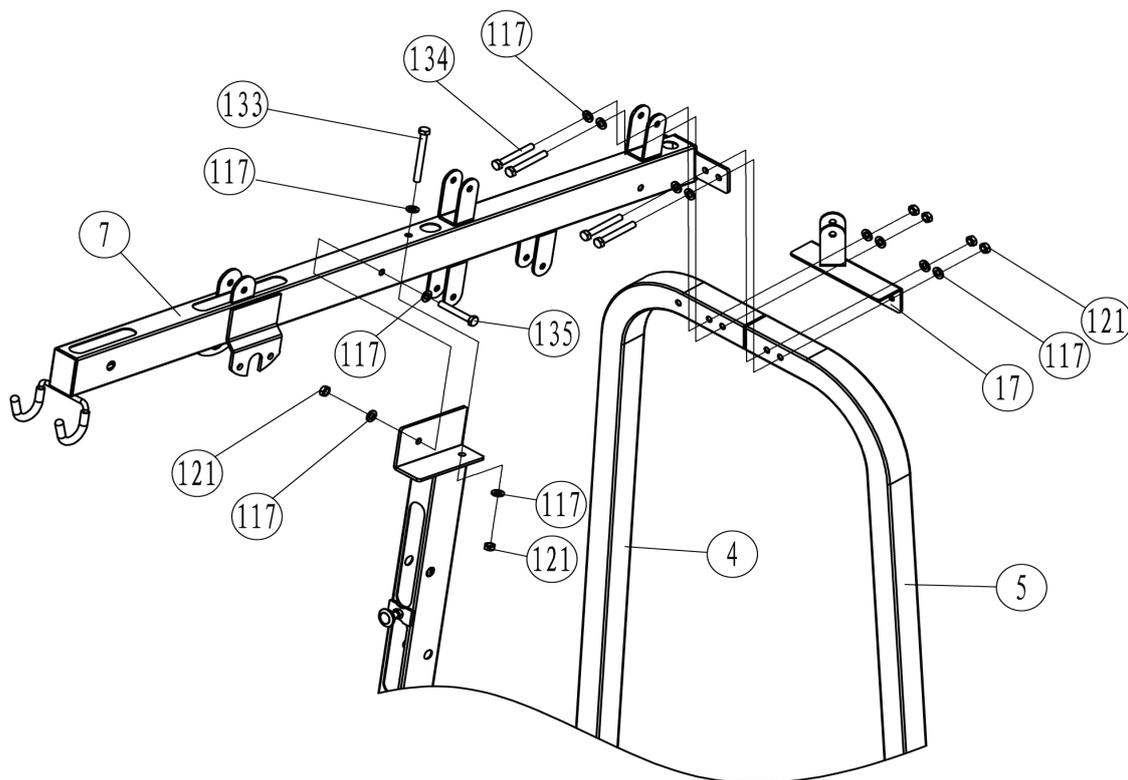
2X	 (134)  (117)  (117)  (121)
	M10*75 ϕ 10 ϕ 10 M10

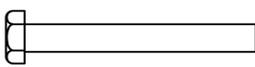
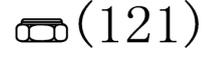
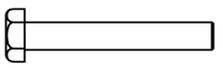
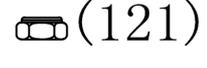
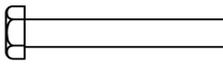
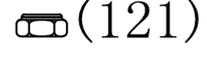


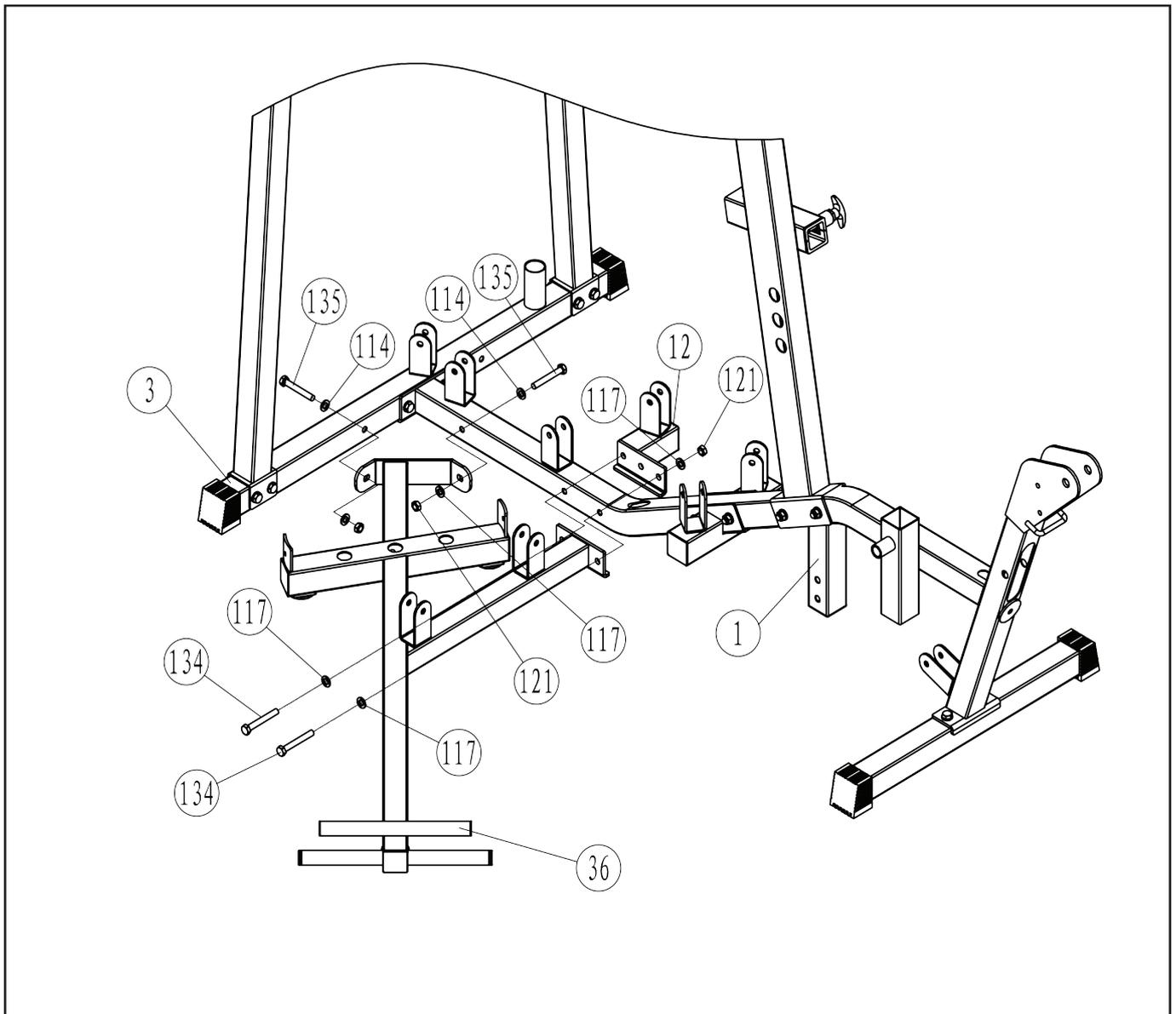
4X	 (134) M10*75	 (117) Φ 10	 (117) Φ 10	 (121) M10
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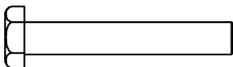
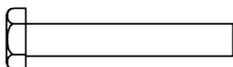
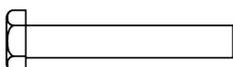


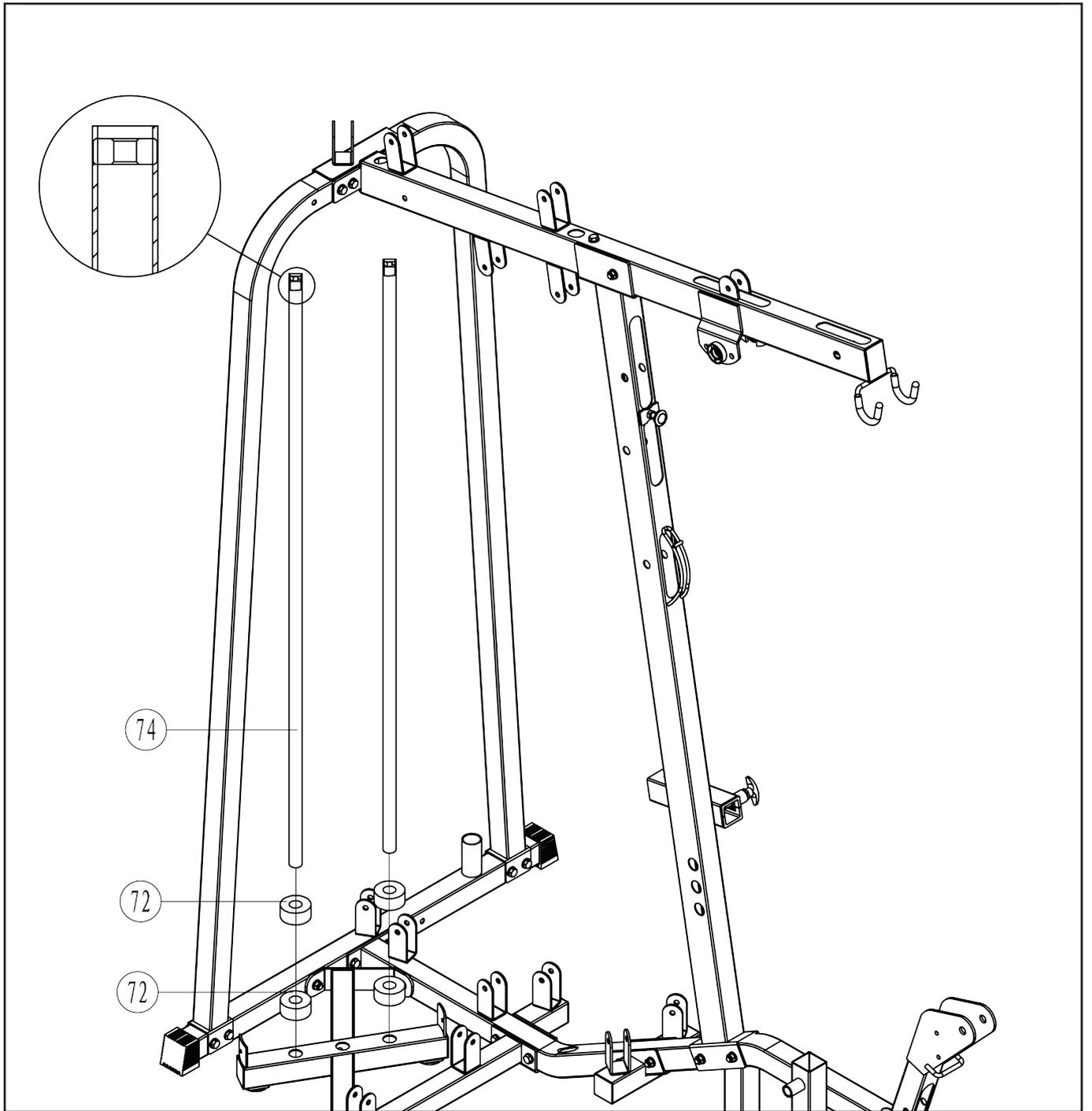
4X	 (134) M10*75	 (117) Φ 10	 (117) Φ 10	 (121) M10
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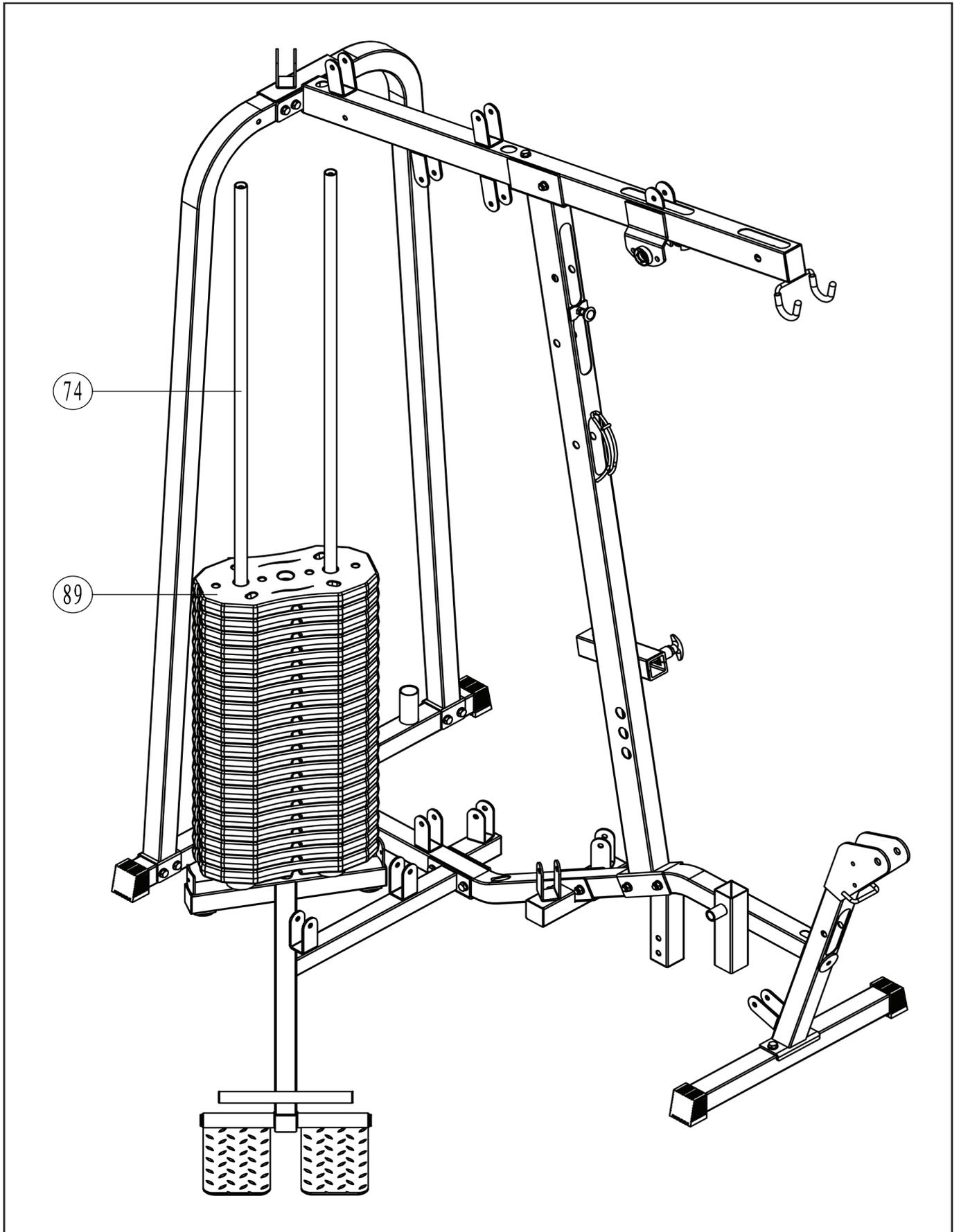


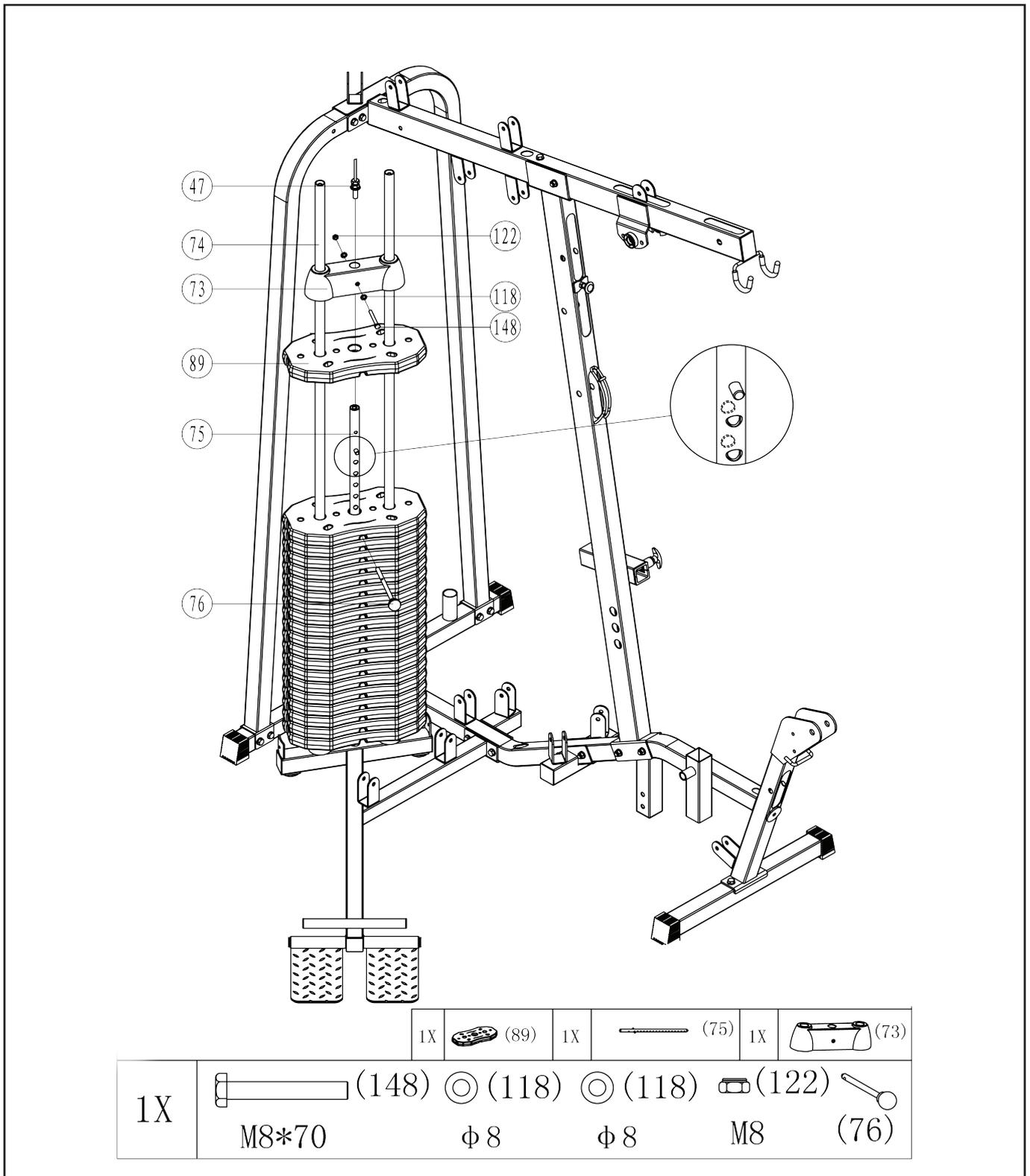
1X	 (133)	 (117)	 (117)	 (121)
	M10*95	Φ 10	Φ 10	M10
1X	 (135)	 (117)	 (117)	 (121)
	M10*70	Φ 10	Φ 10	M10
4X	 (134)	 (117)	 (117)	 (121)
	M10*75	Φ 10	Φ 10	M10



		1X	 (134)	 (117)
			M10*75	φ 10
2X	 (135)	 (117)	 (114)	 (121)
	M10*70	φ 10	φ 10	M10
1X	 (134)	 (117)	 (117)	 (121)
	M10*75	φ 10	φ 10	M10

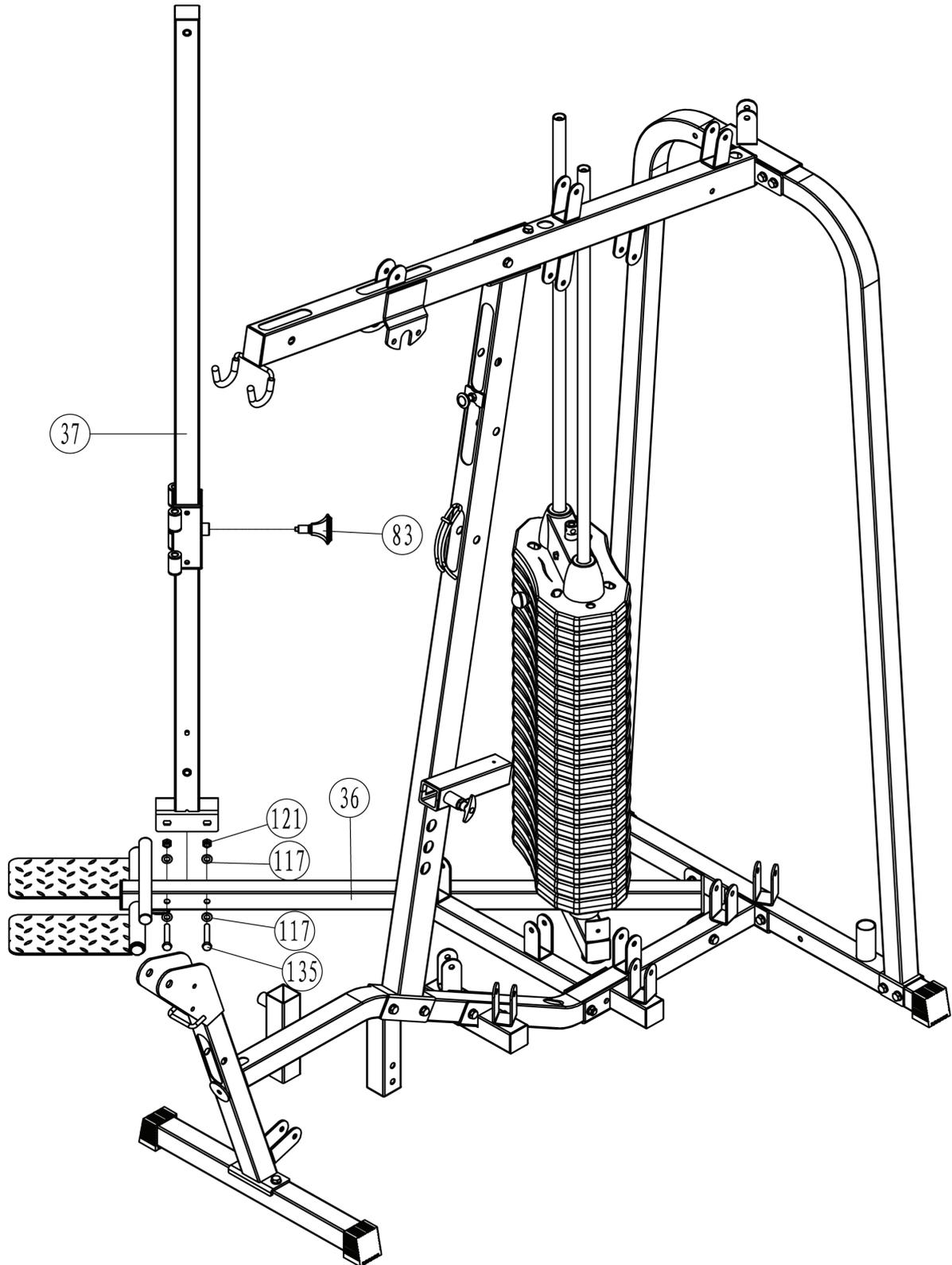


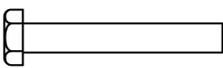


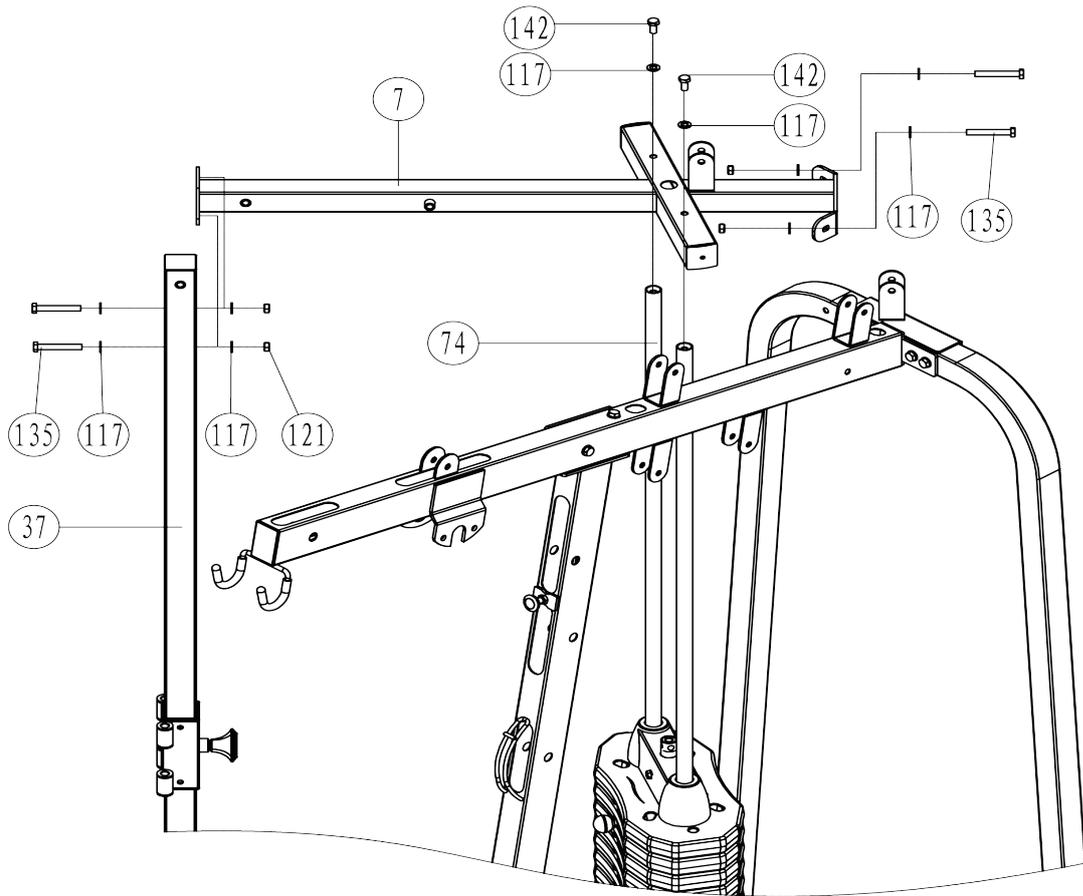


Achtung: Beim Gewichteauswahlstab zeigt die ovale Lochseite nach vorne!

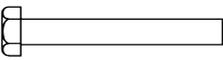
Attention: The oval hole side at the weight selection rod shows forward!

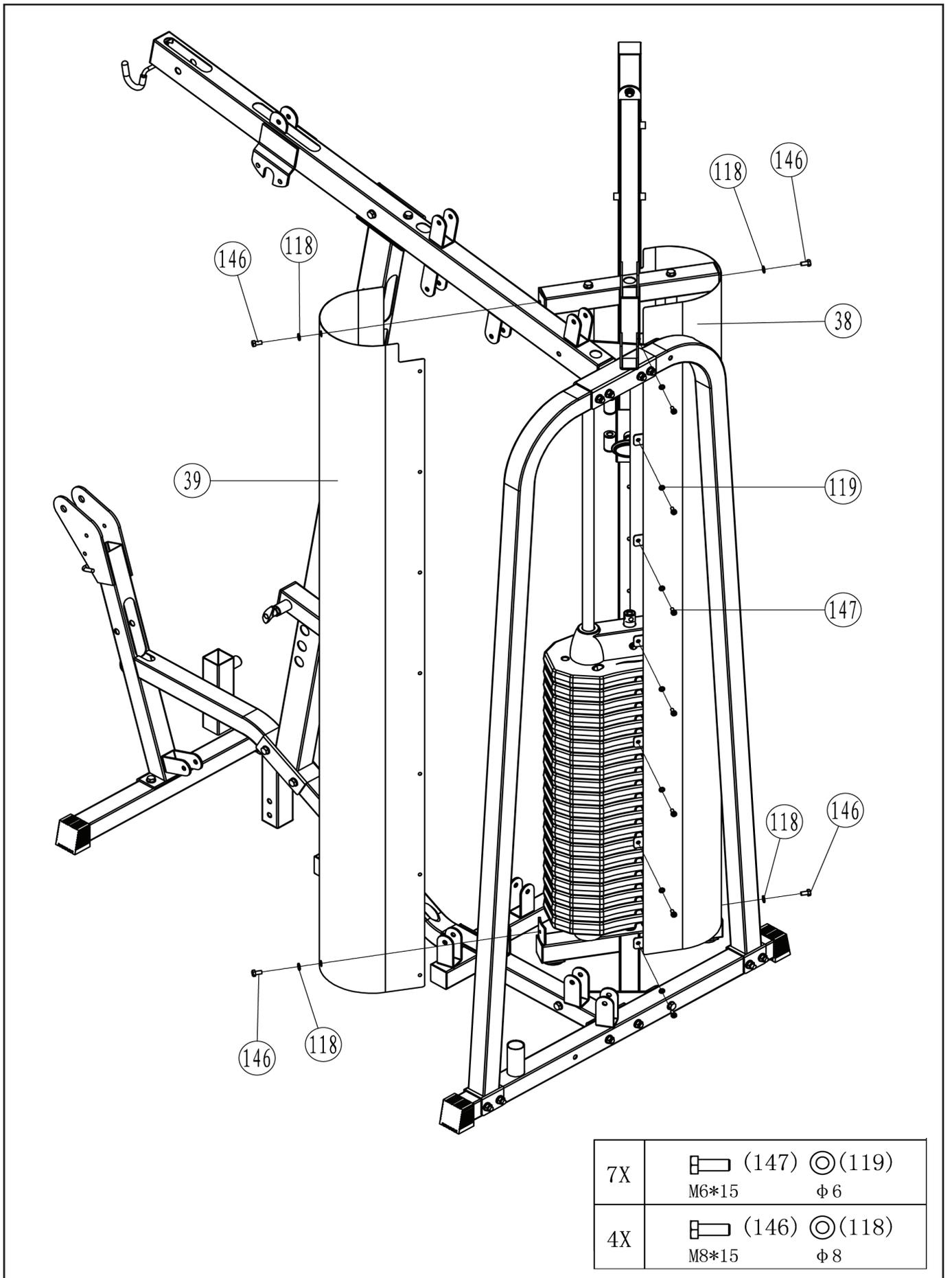


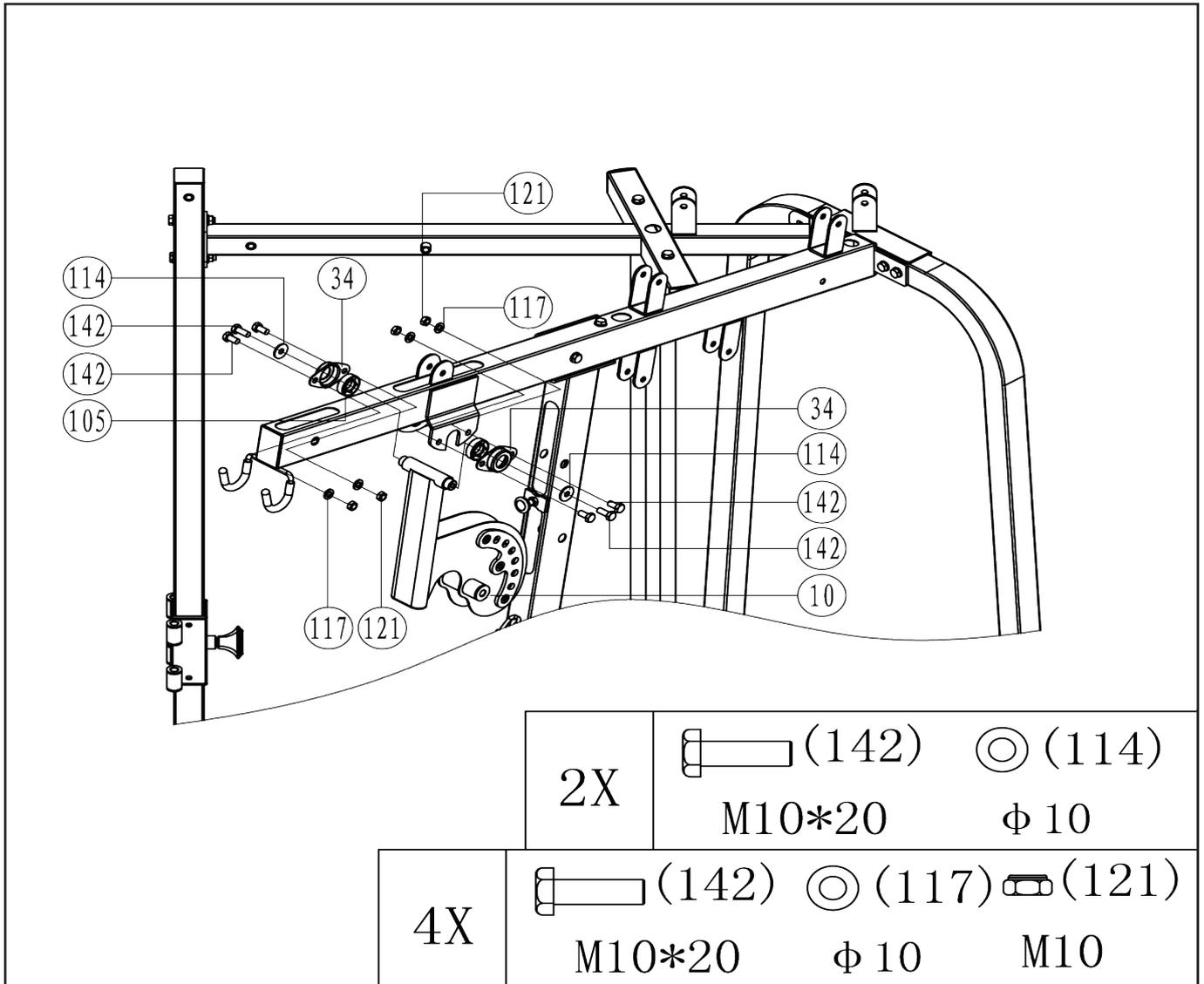
2X	 (135)  (117)  (117)  (121)  (83)
	M10*70 ϕ 10 ϕ 10 M10 (83)

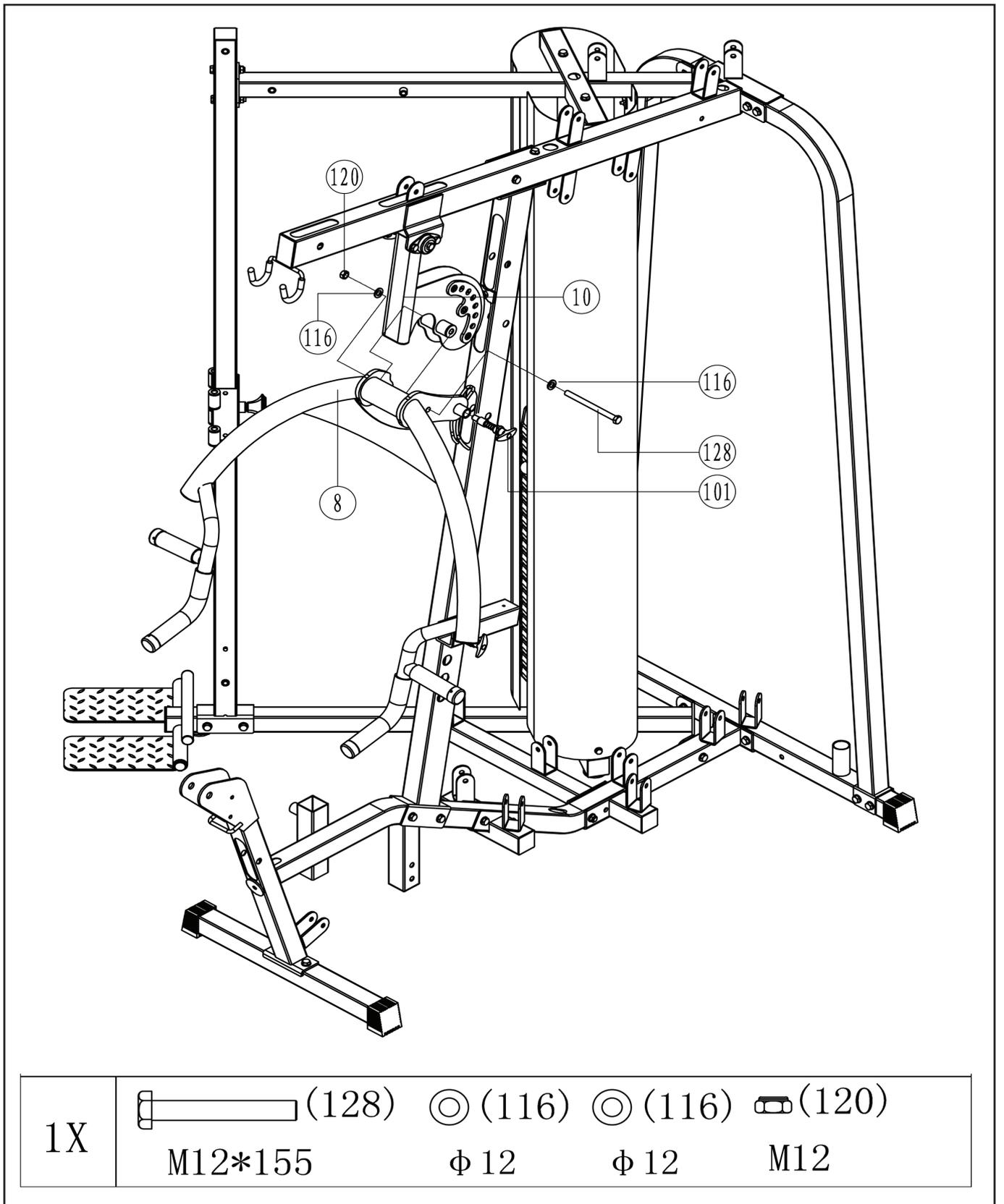


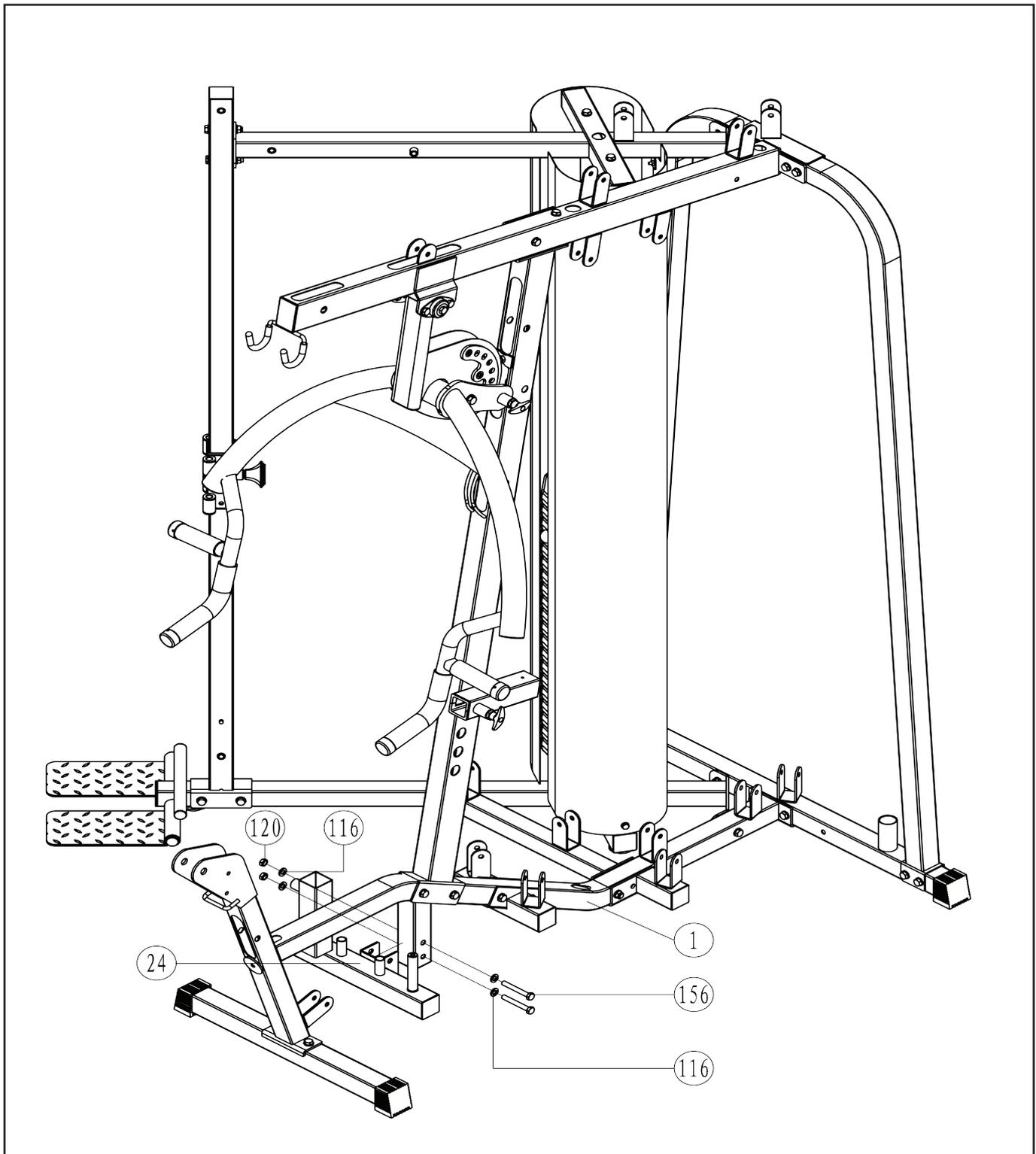
2X	 (142)  (117)
	M10*20 ϕ 10

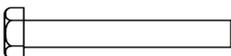
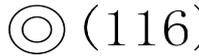
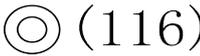
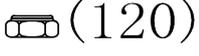
4X	 (135)  (117)  (117)  (121)
	M10*70 ϕ 10 ϕ 10 M10

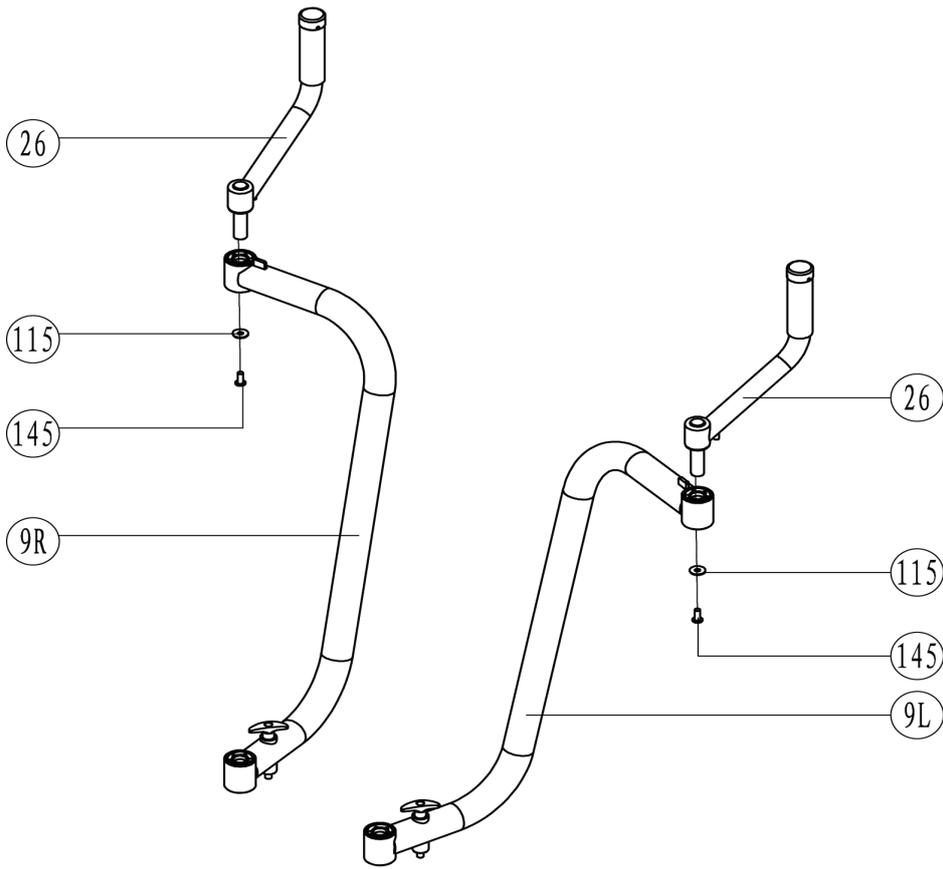


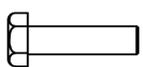


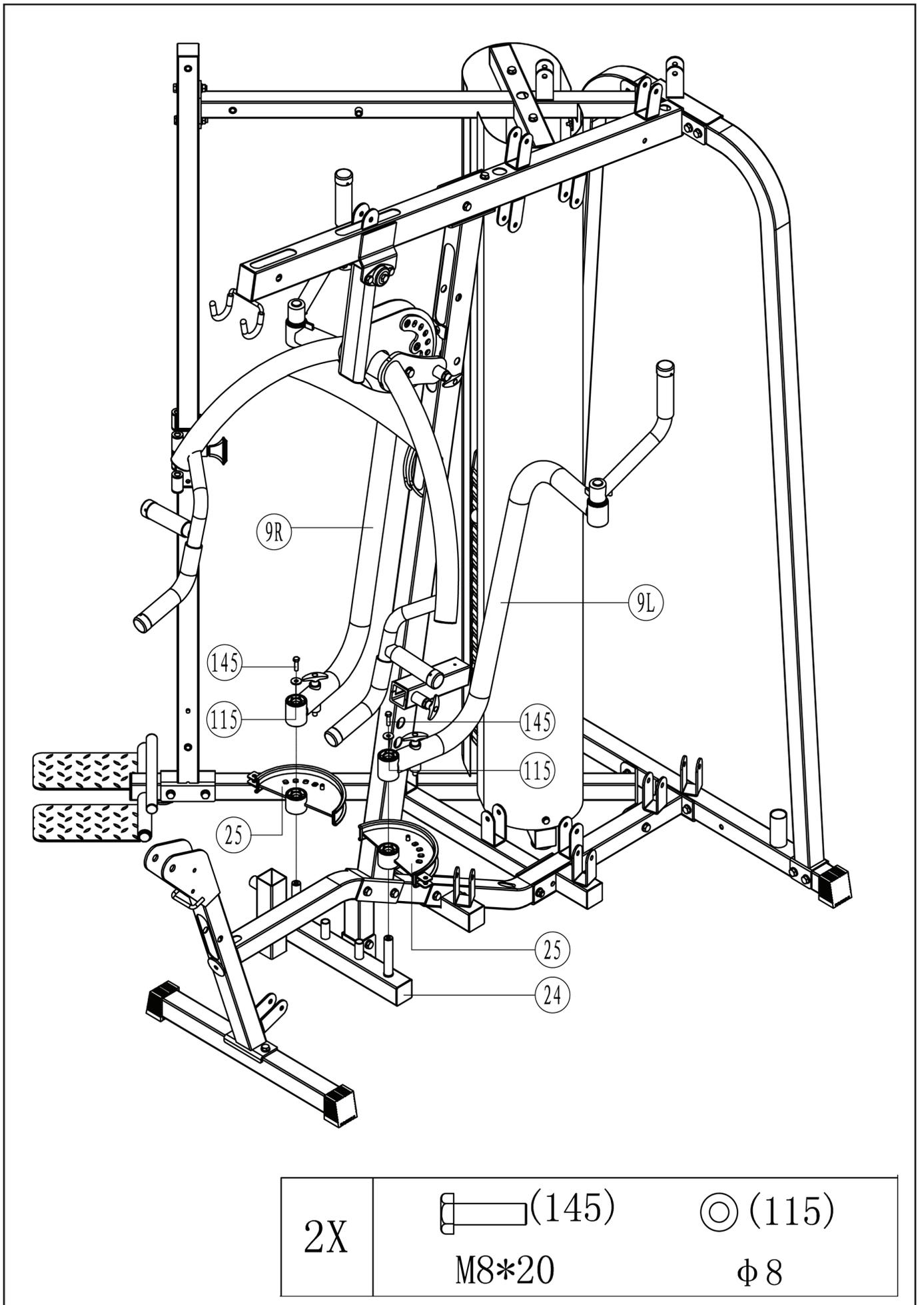


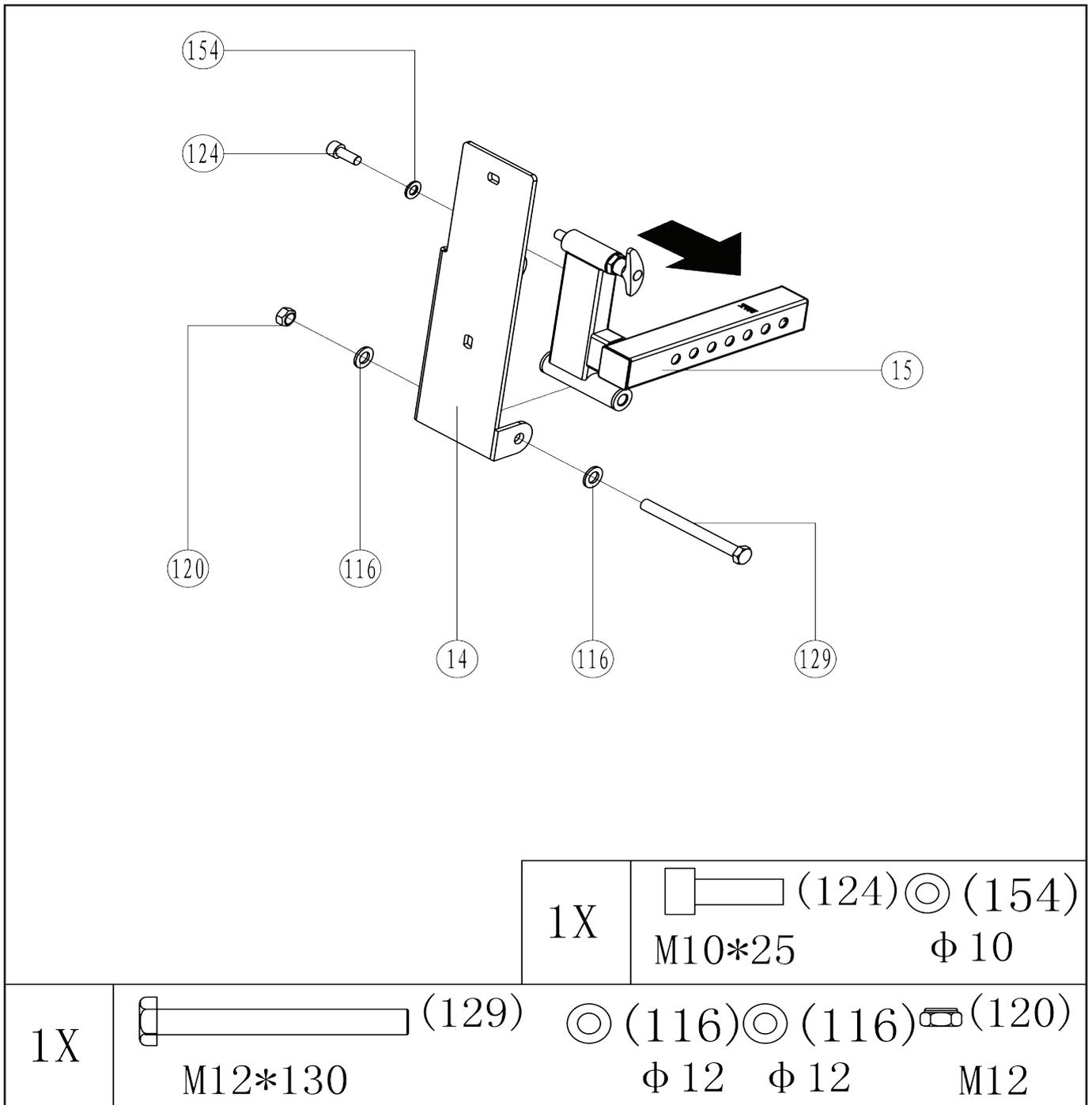


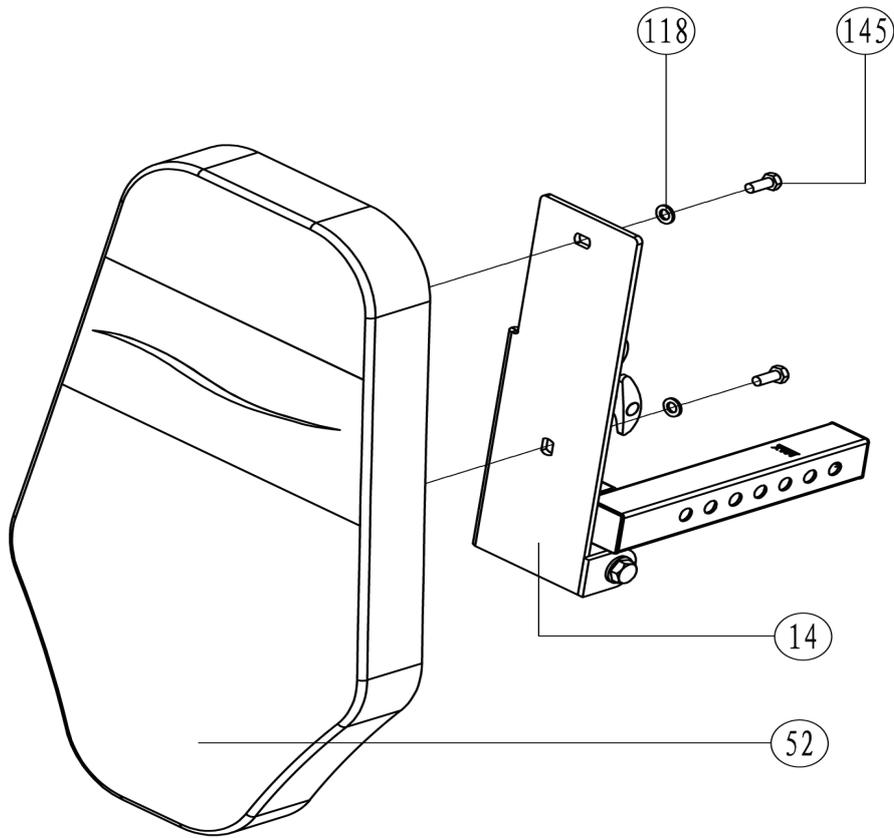
2X	 (156) M12*75	 (116) Φ 12	 (116) Φ 12	 (120) M12
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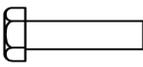


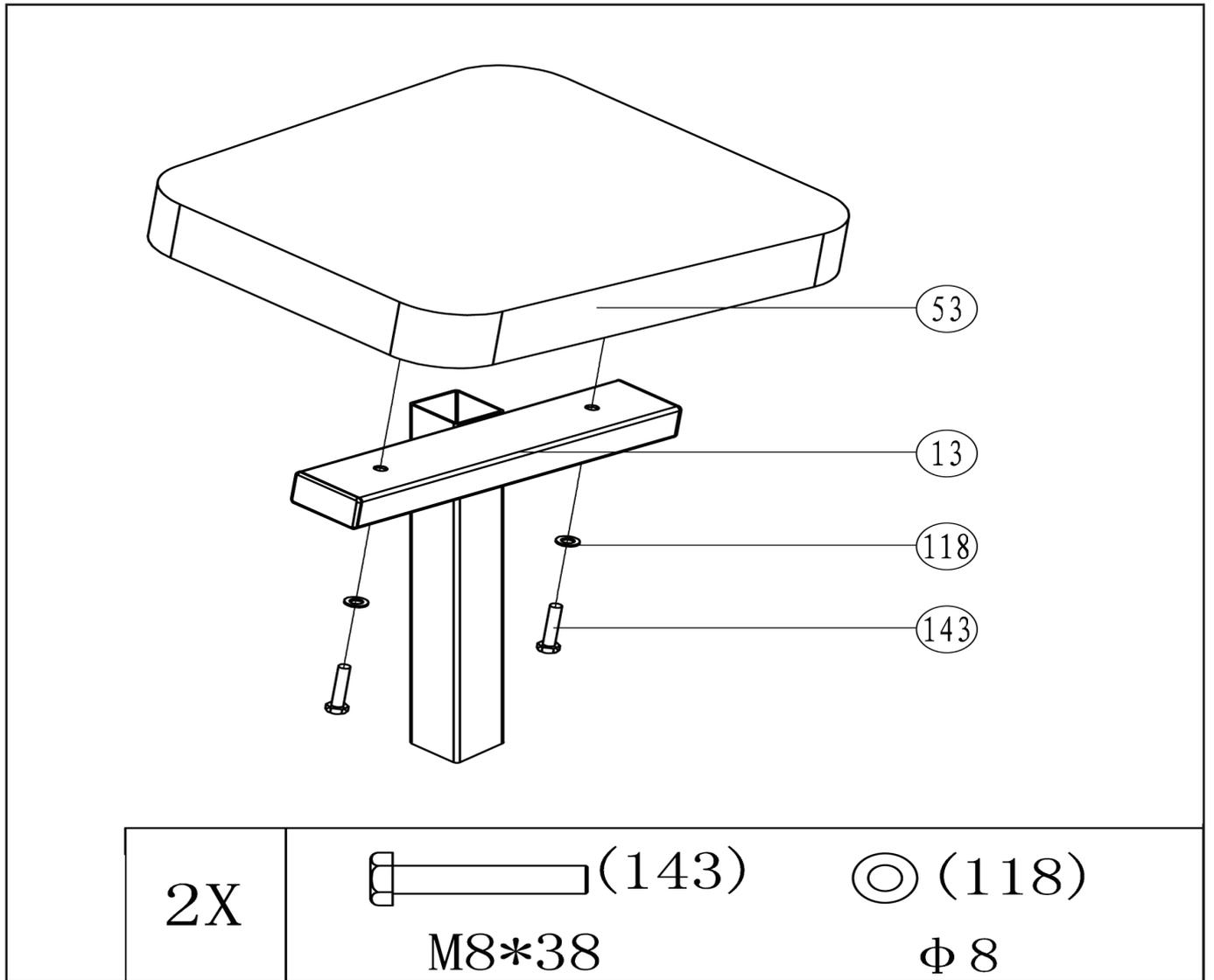
2X	 (145) M8*20	 (115) φ 8
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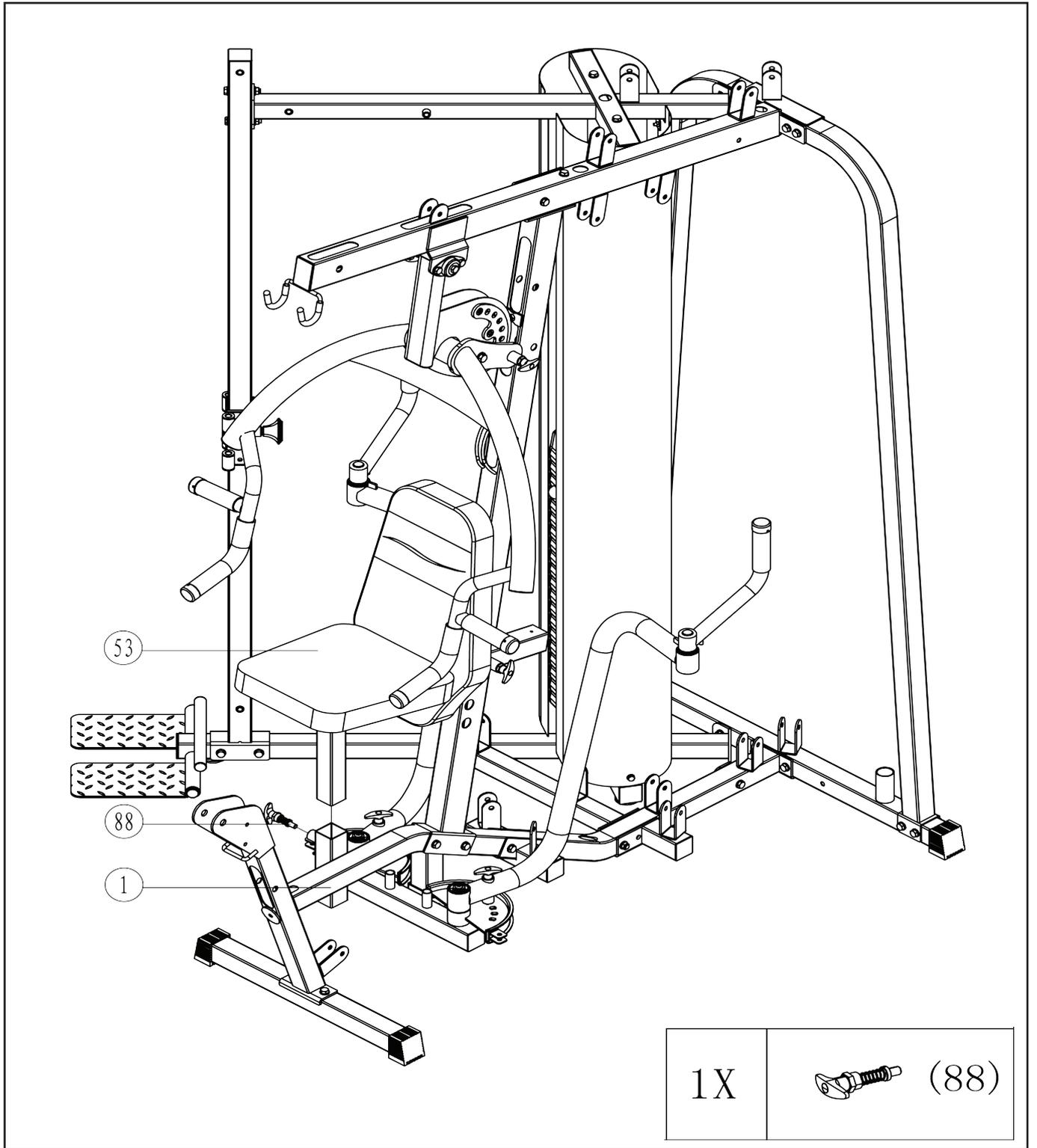


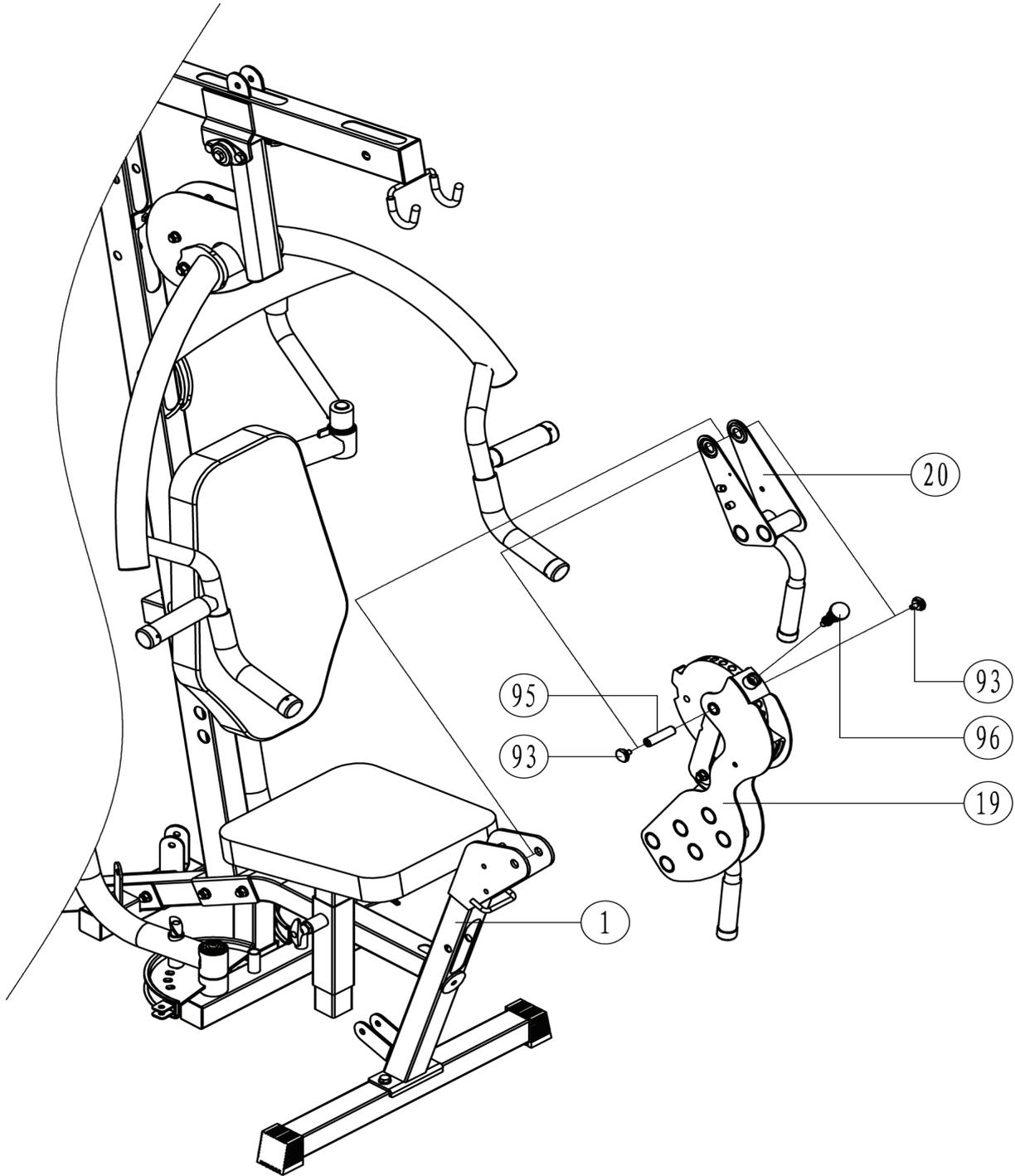




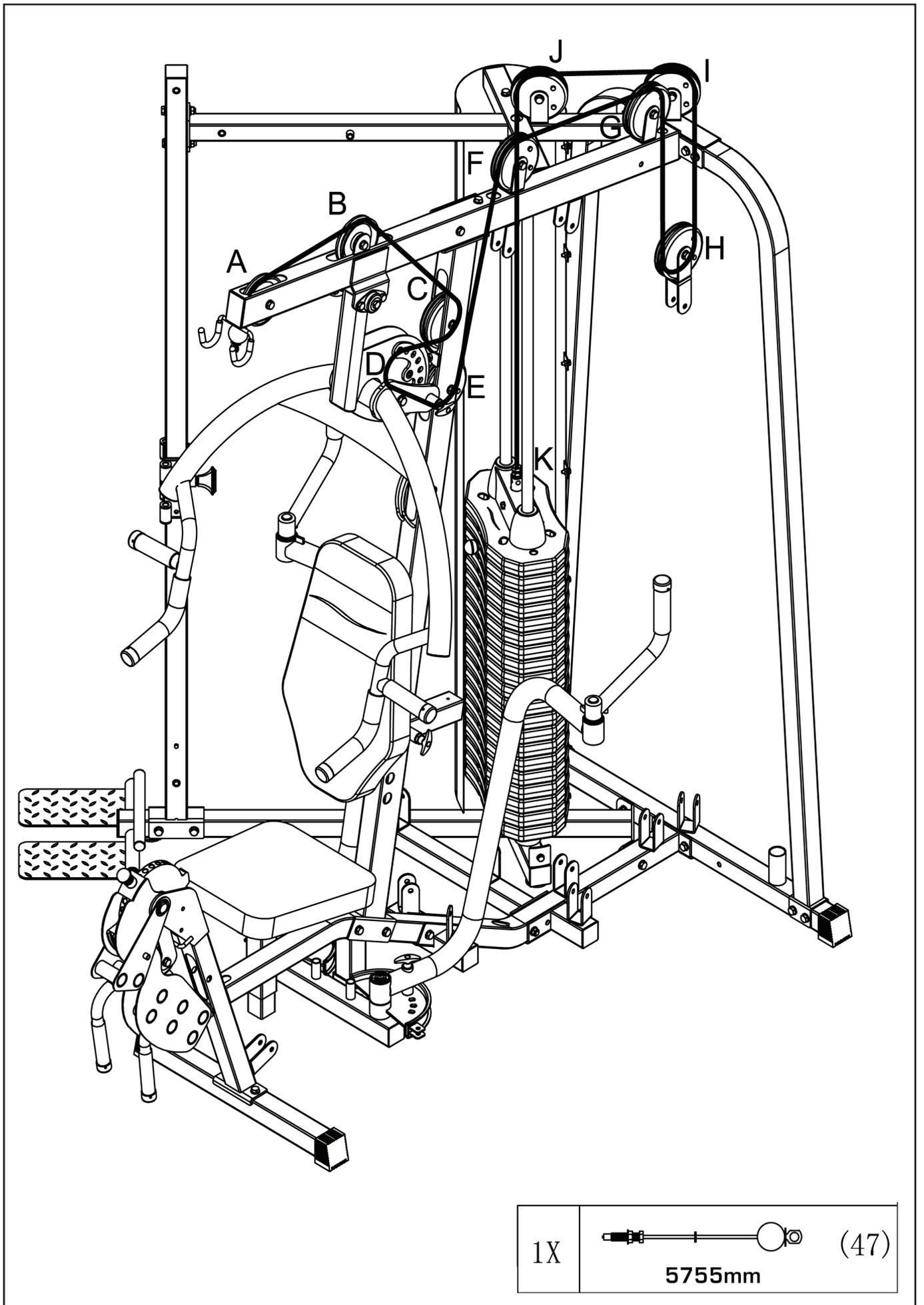
2X	 (145) M8*20	 (118) φ 8
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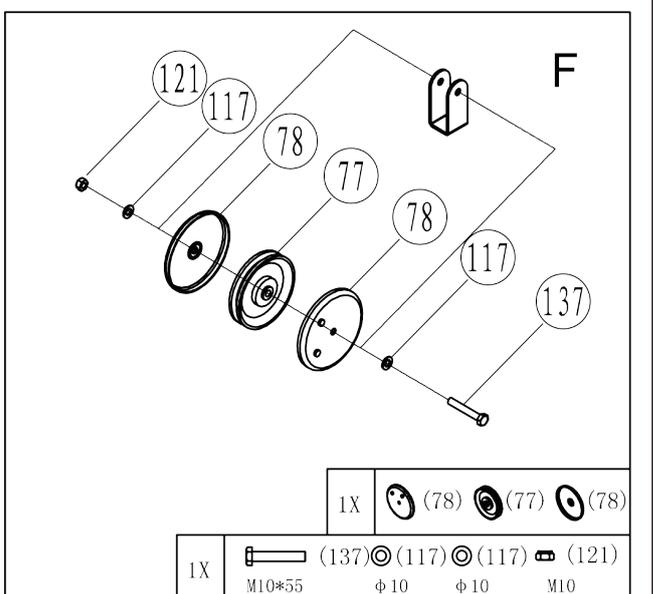
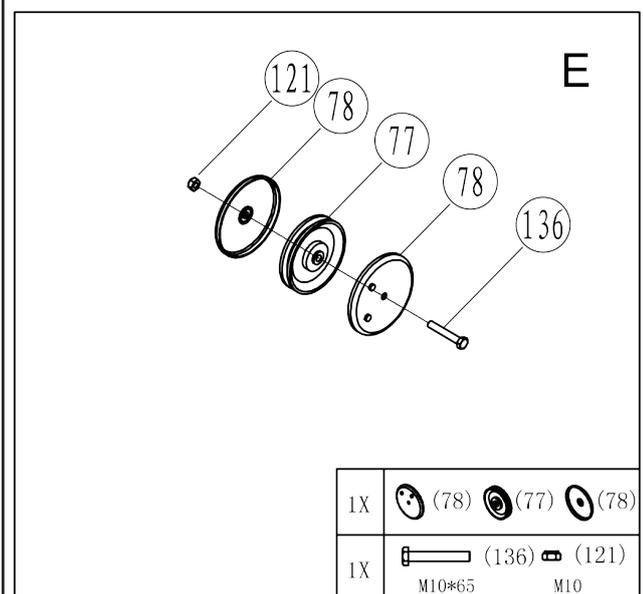
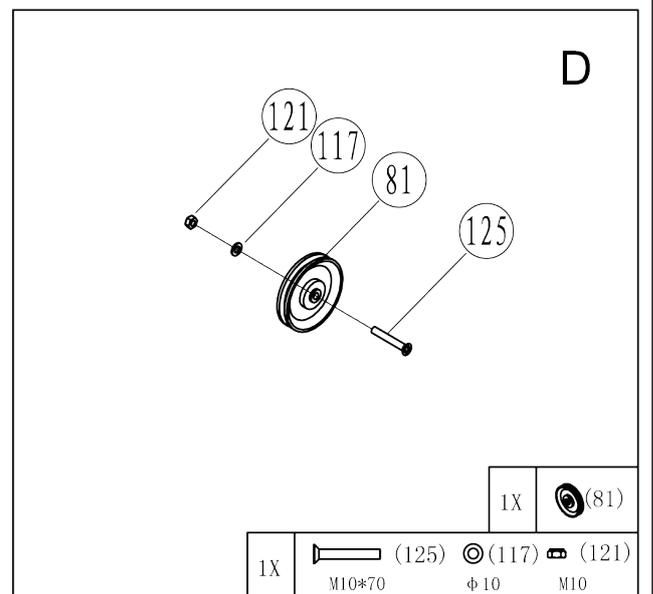
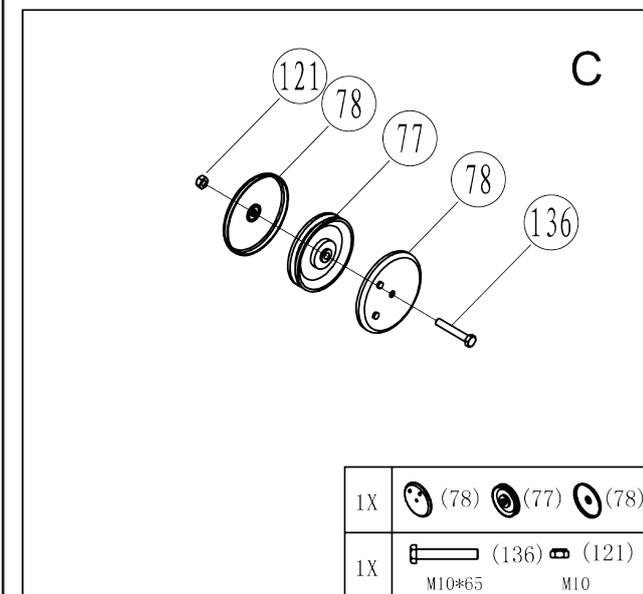
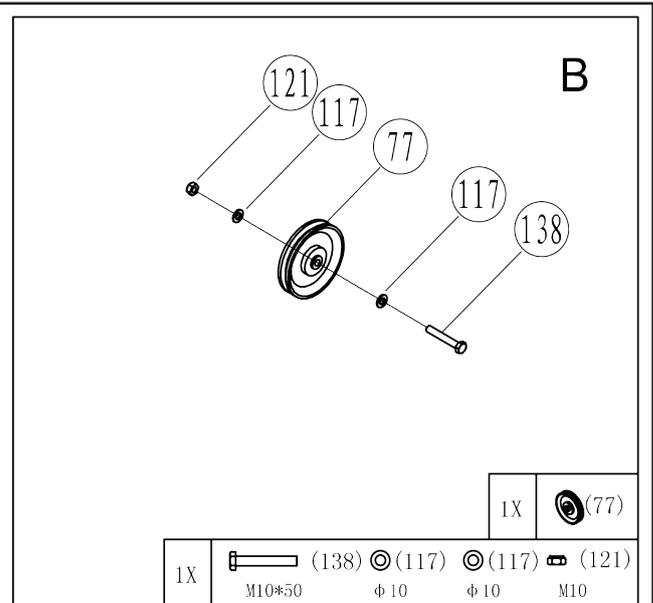
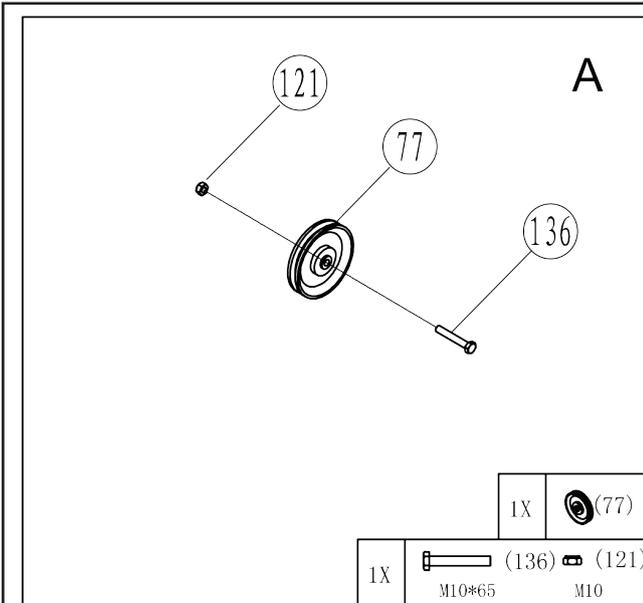


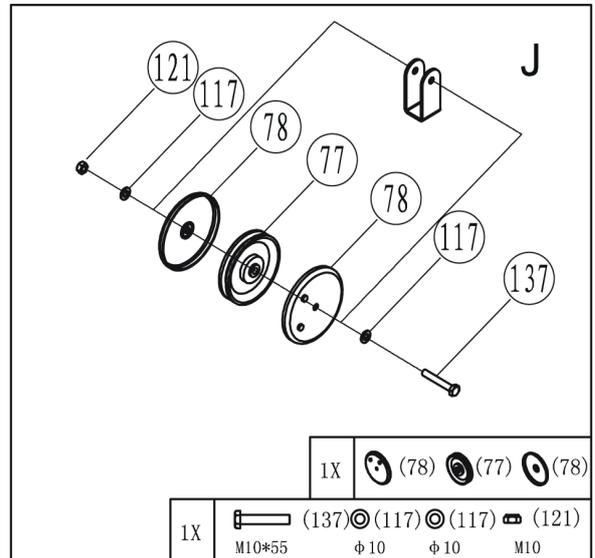
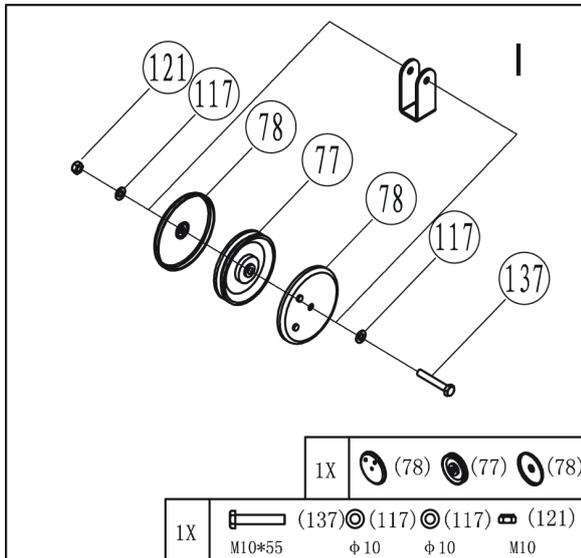
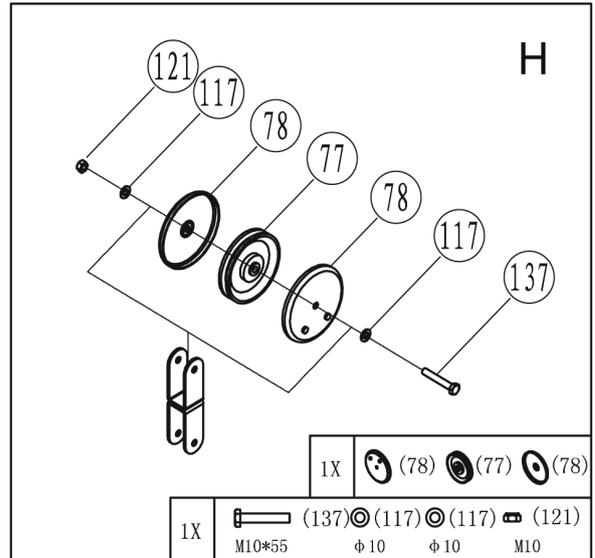
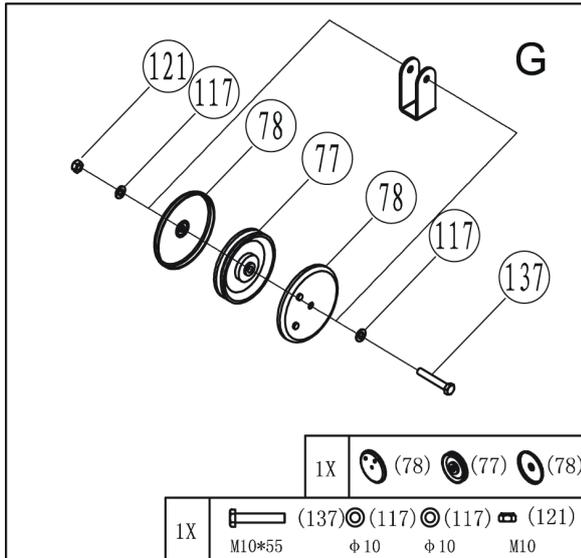


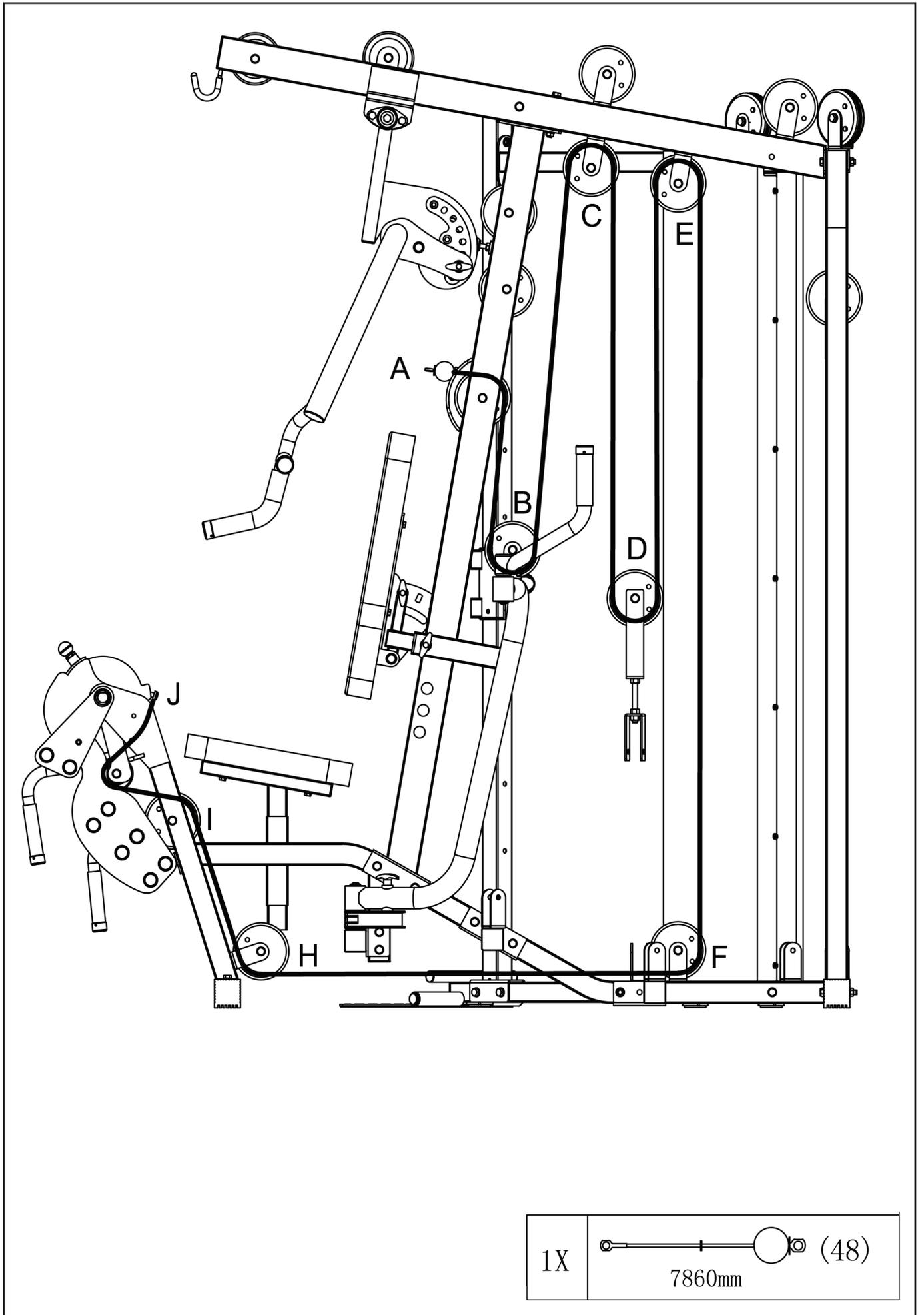


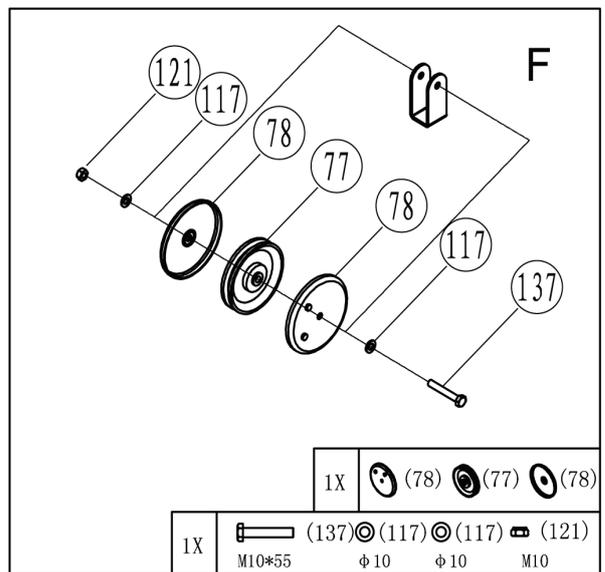
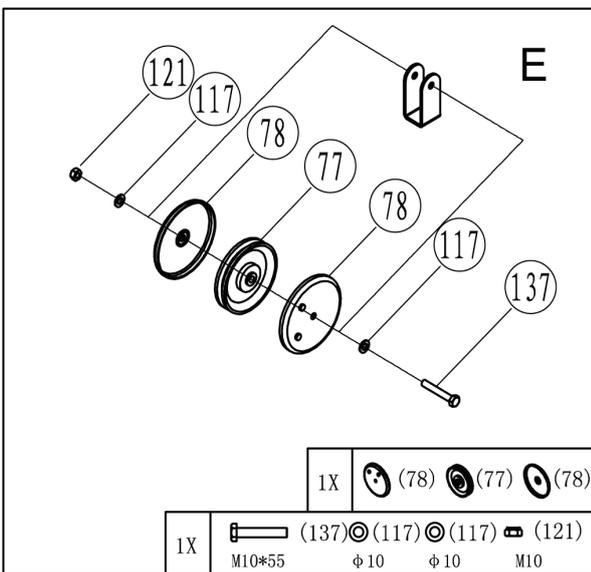
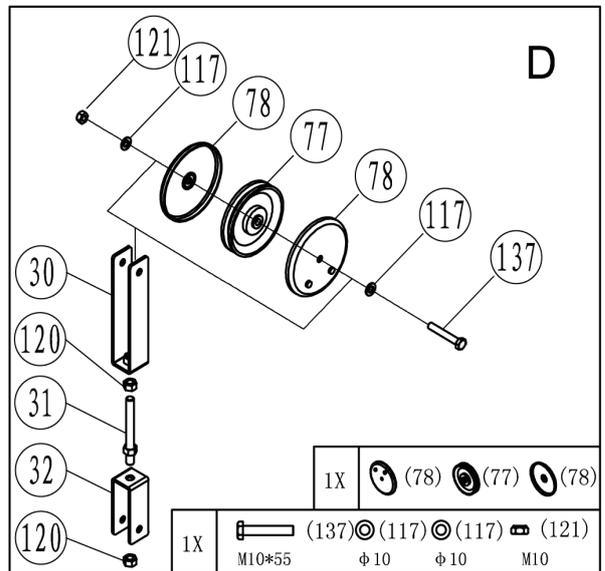
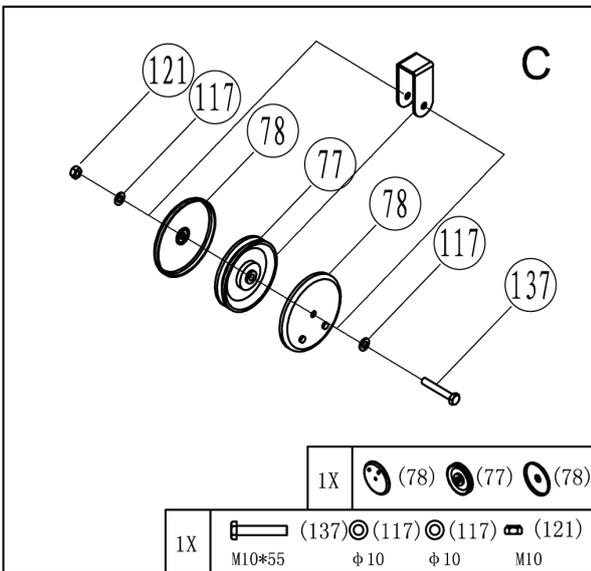
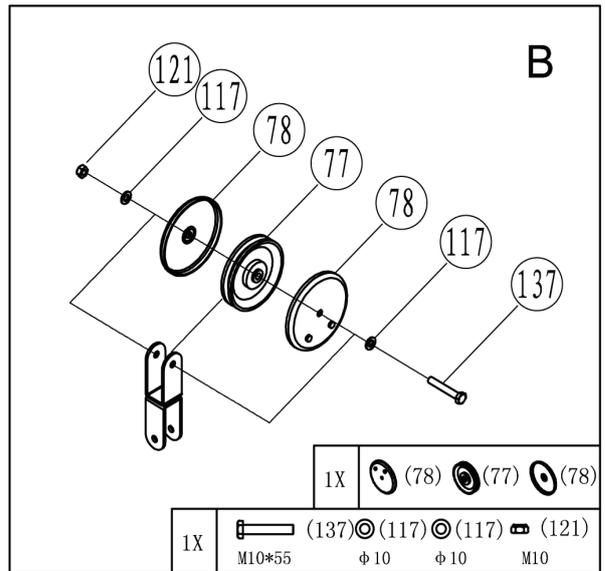
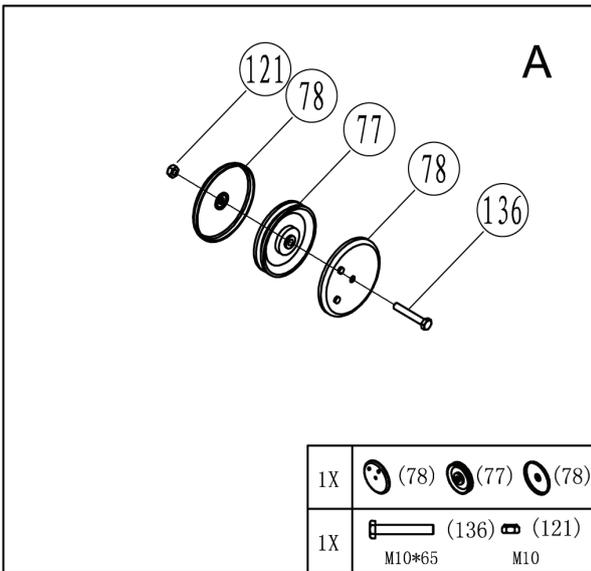
1X	 (93)	 (93)	 (95)	 (96)
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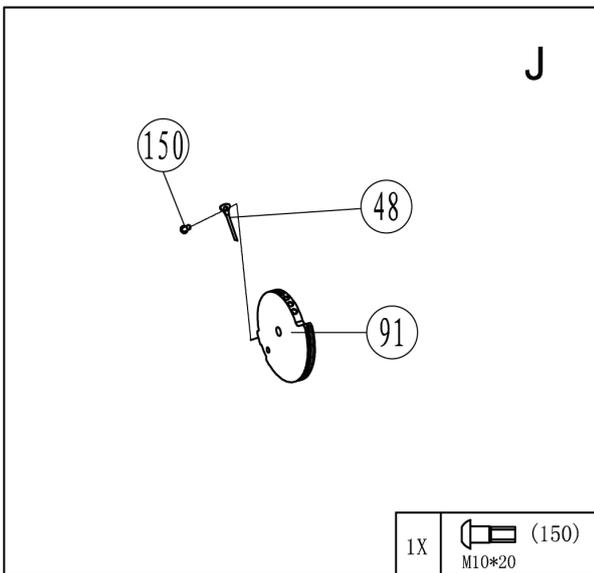
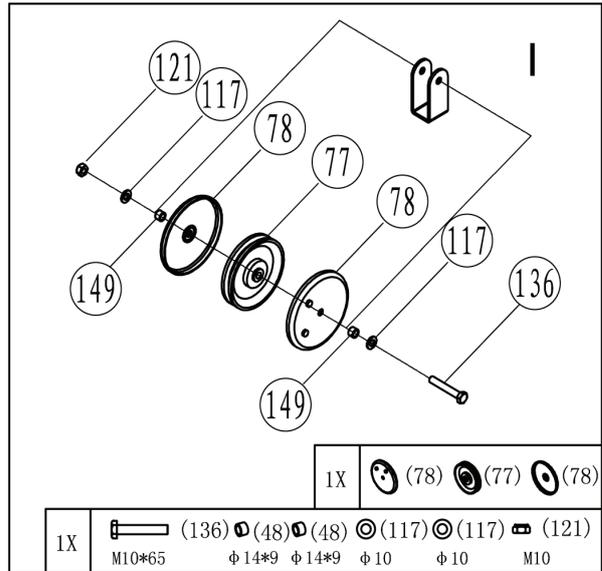
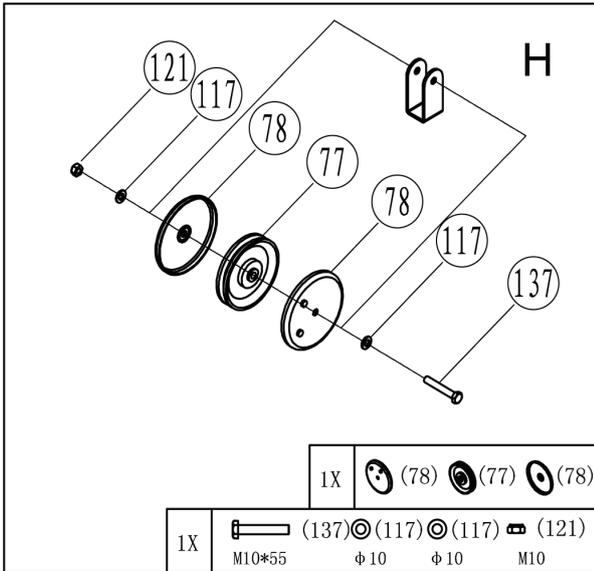


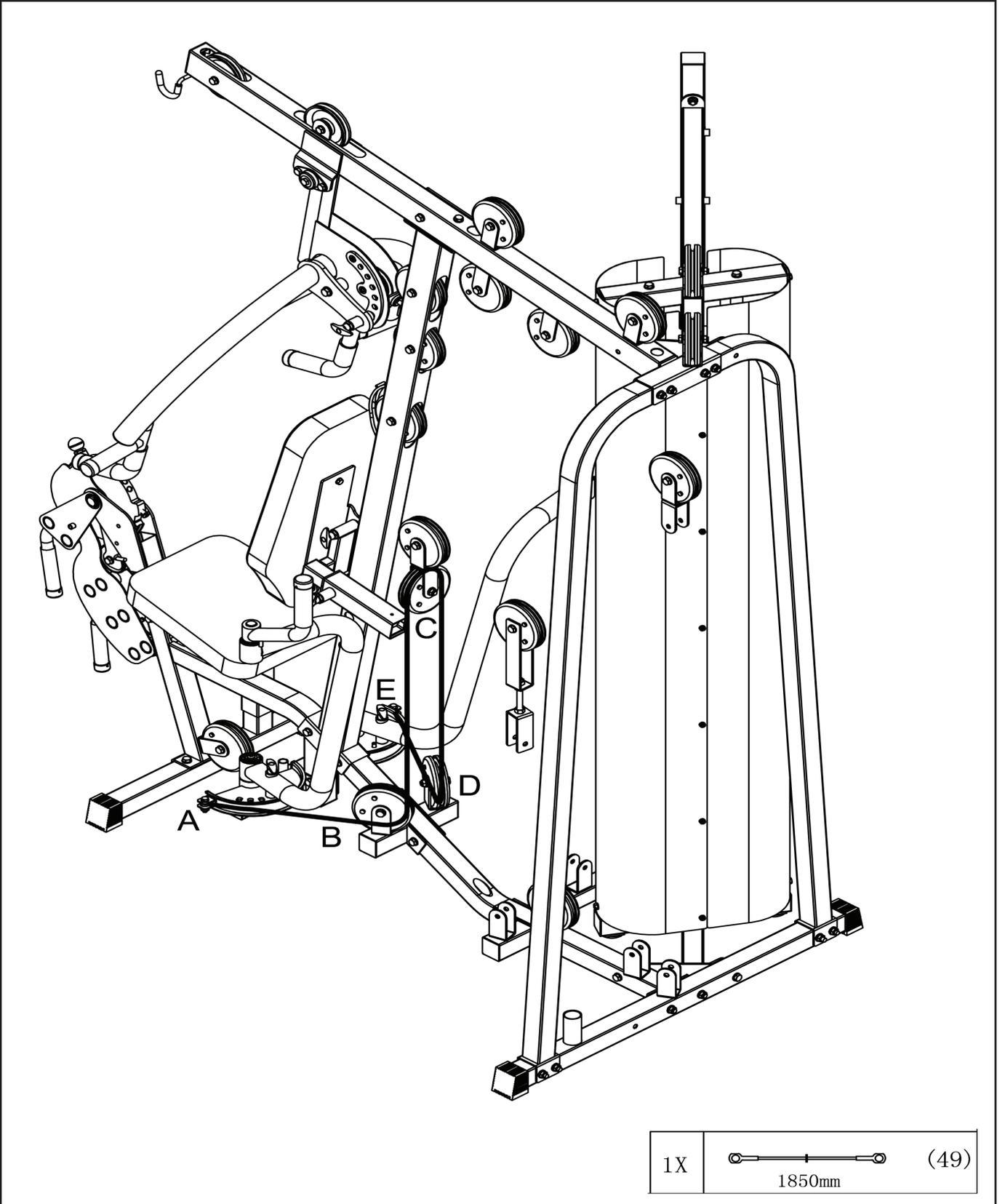


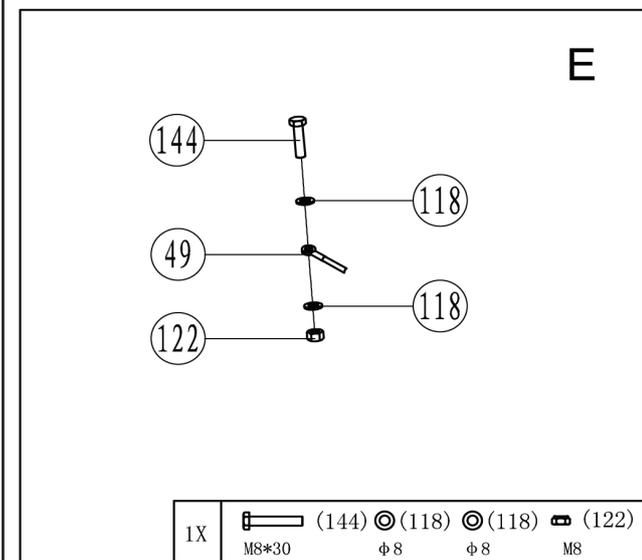
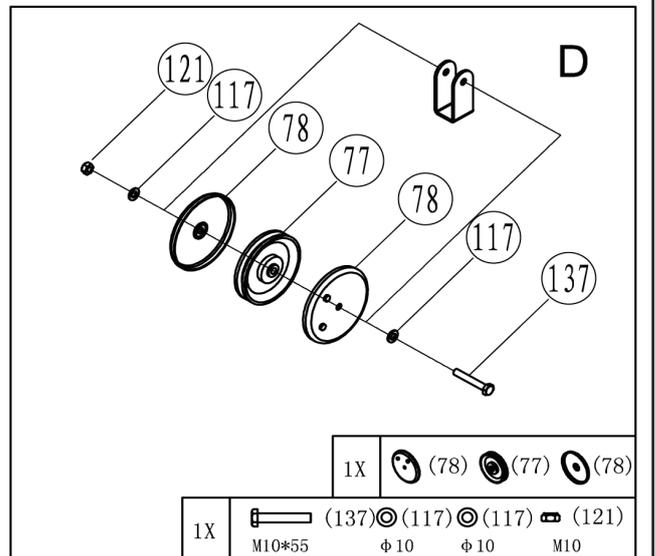
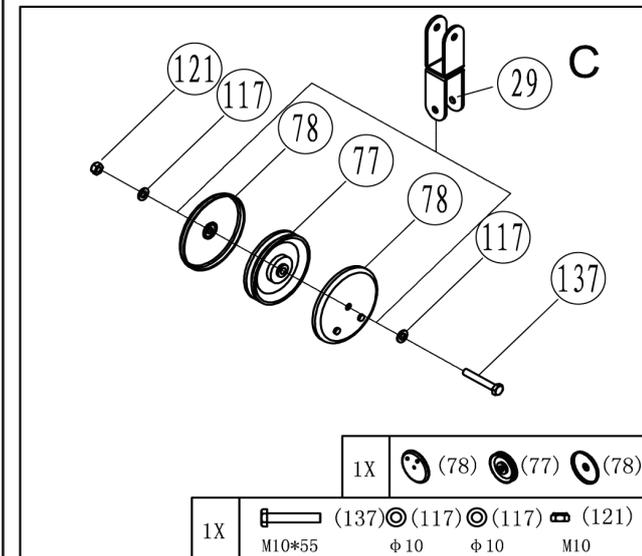
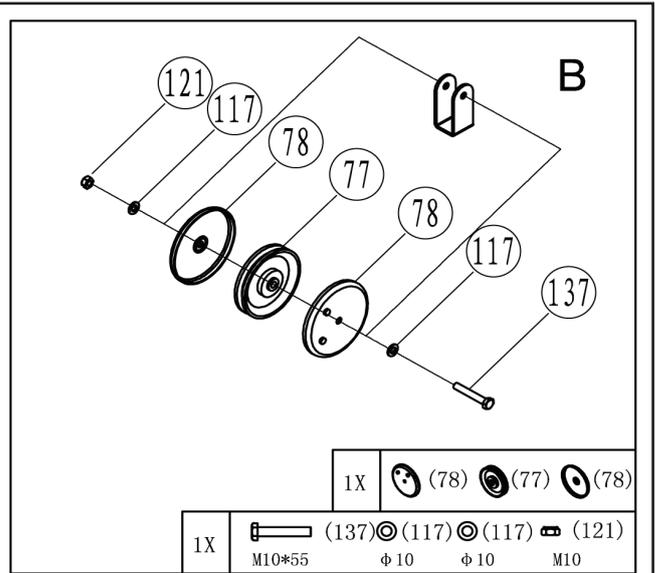
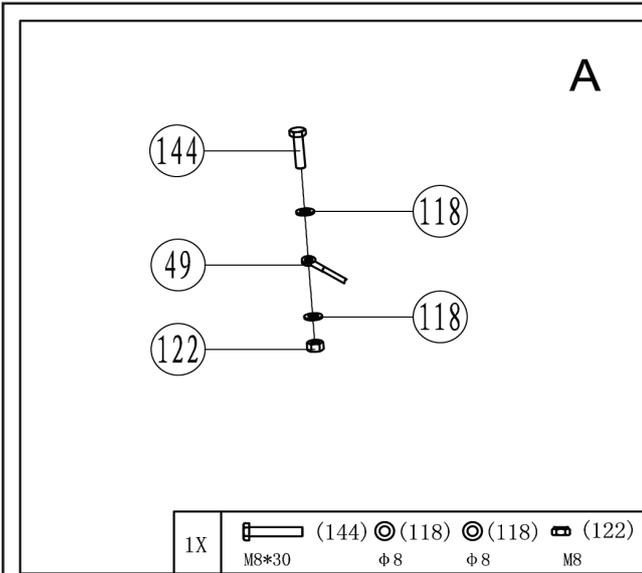


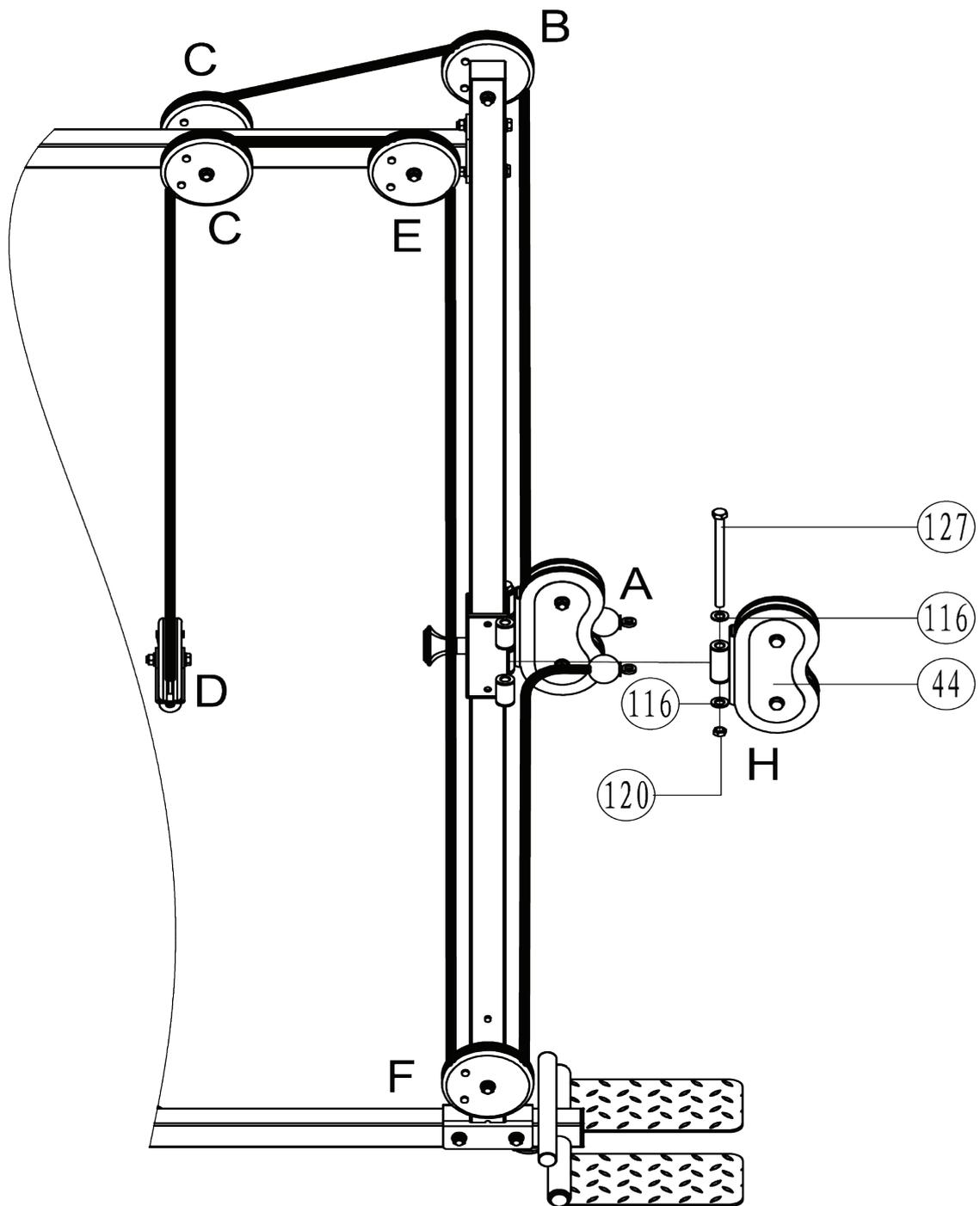




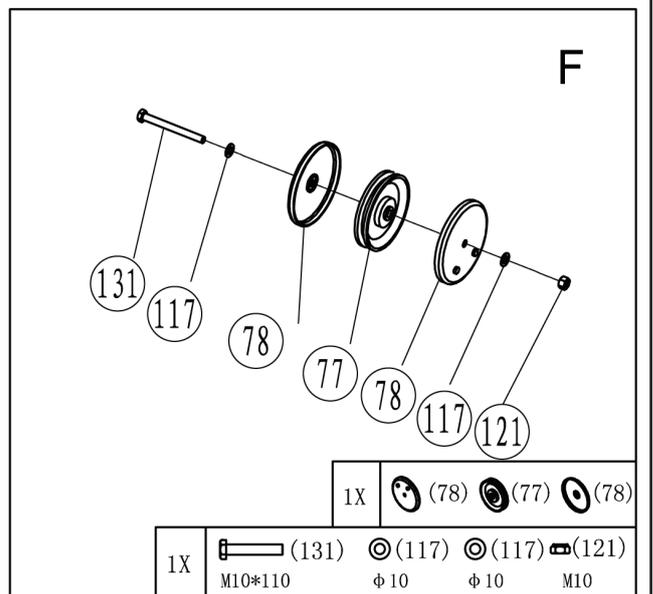
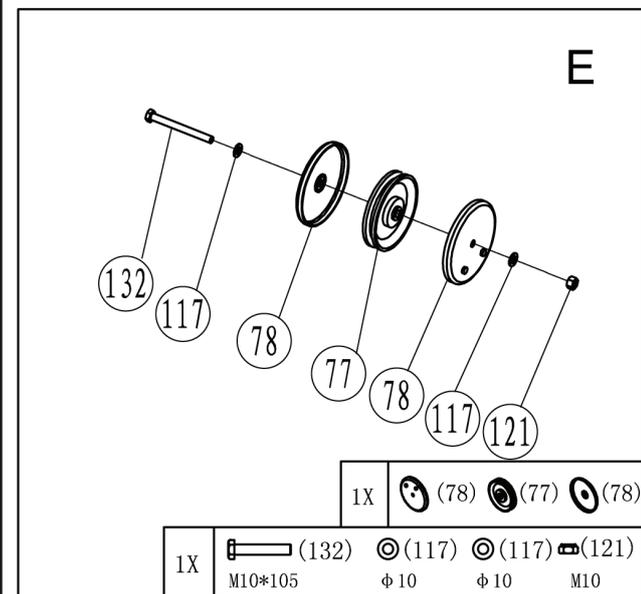
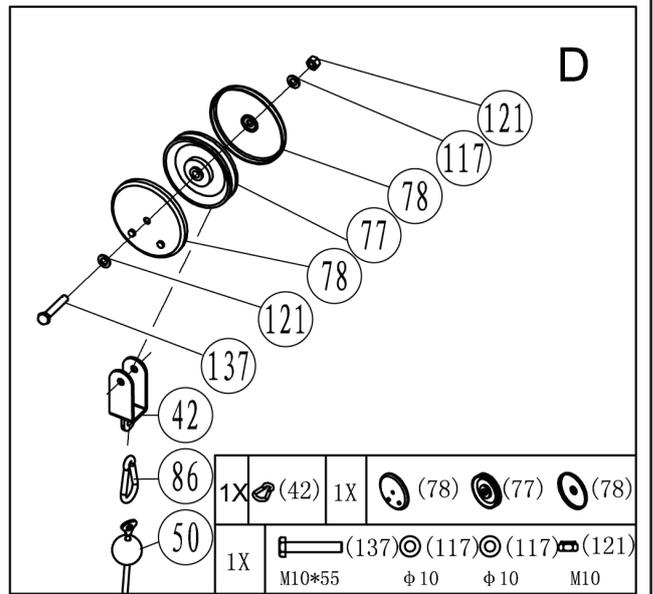
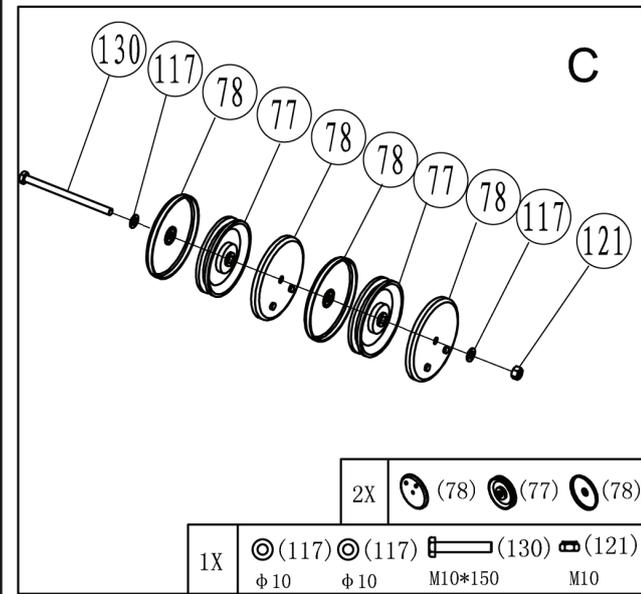
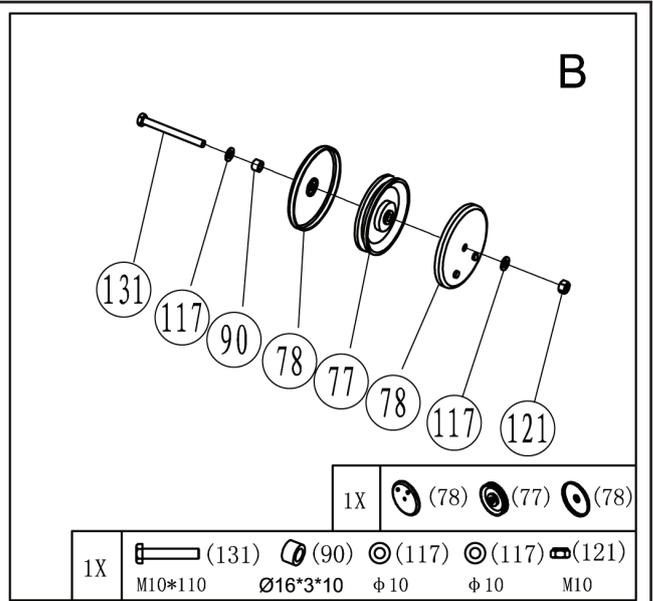
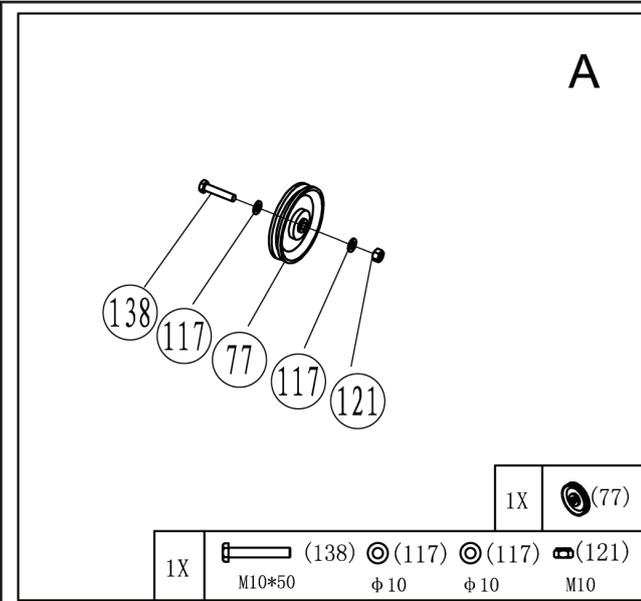




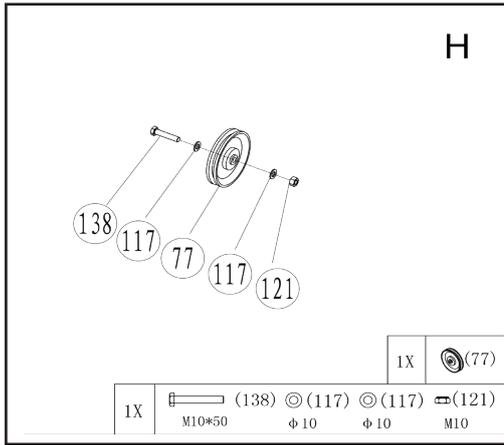




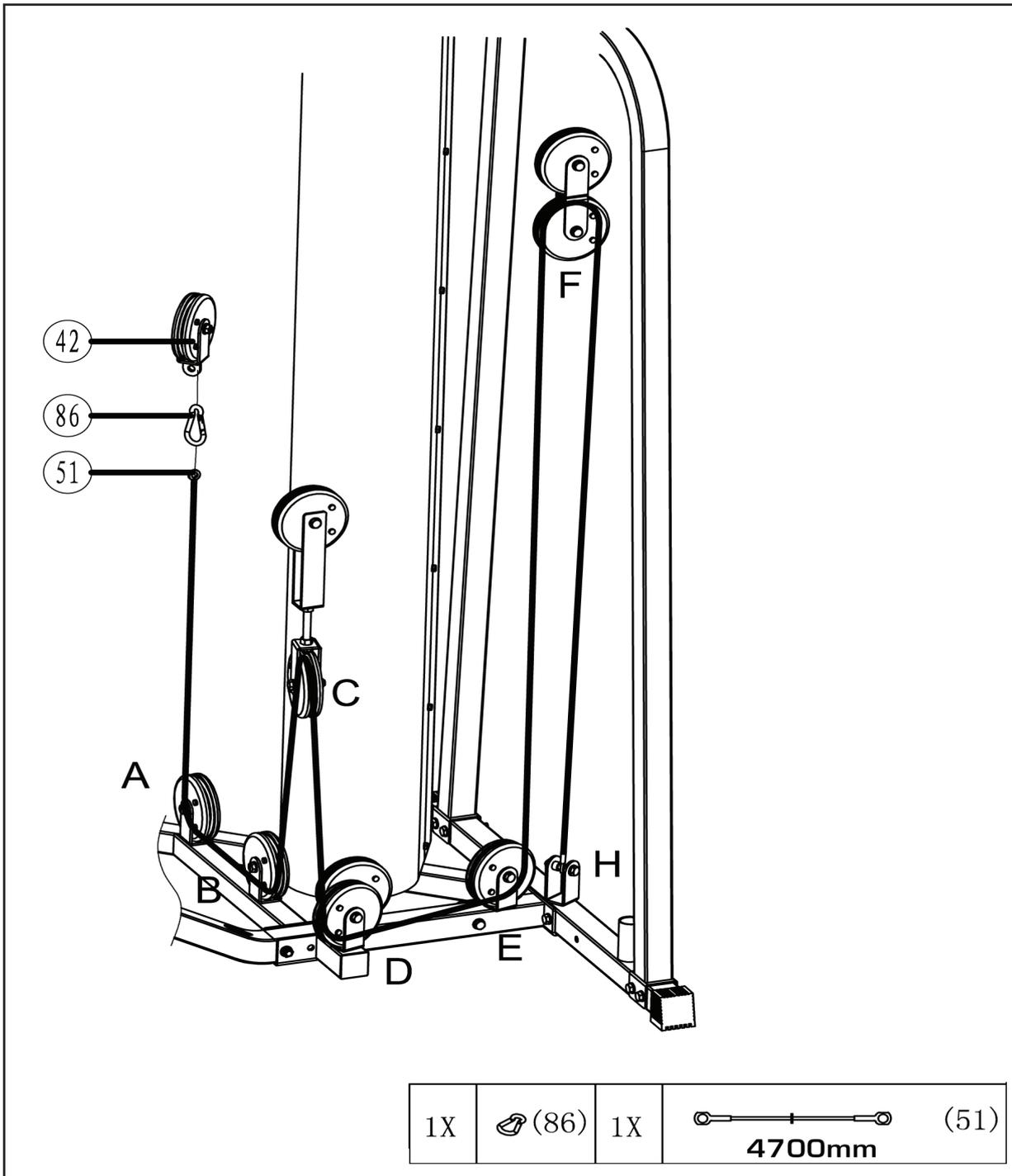
		1X			
2X	(127) M12*170	(116) φ 12	(116) φ 12	(120) M12	

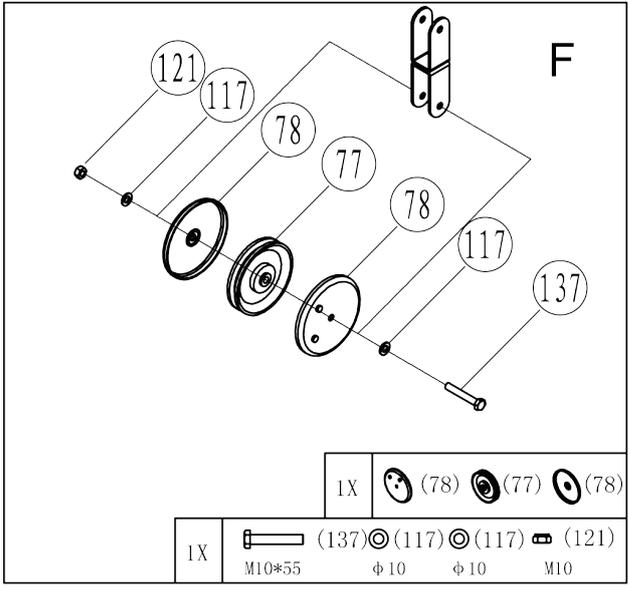
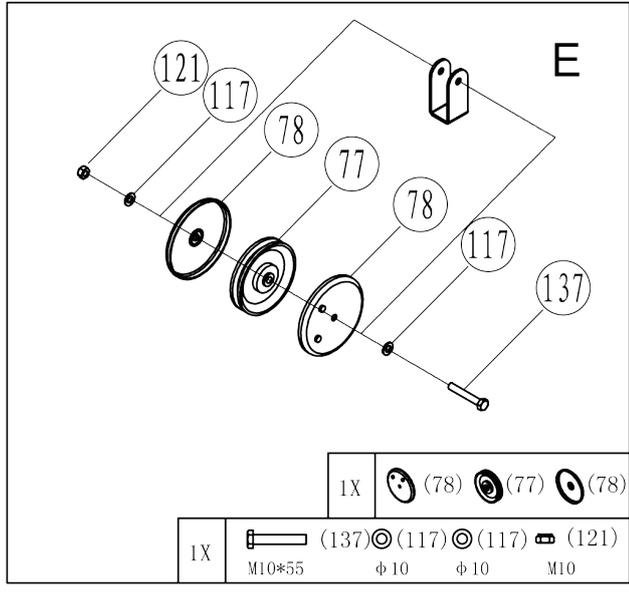
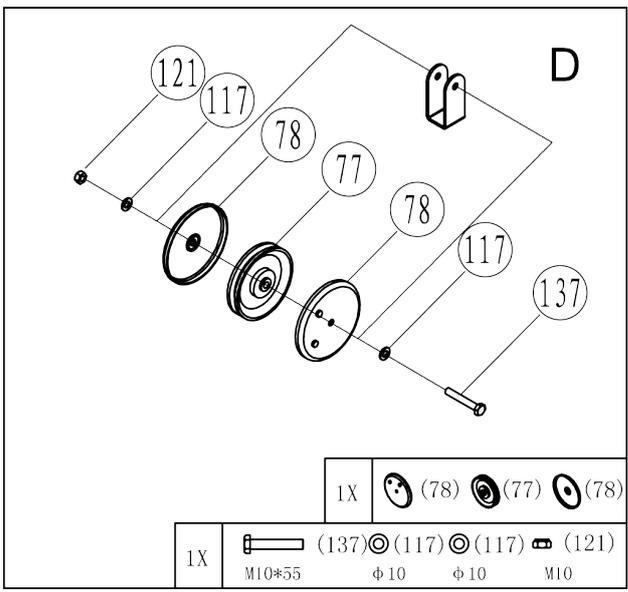
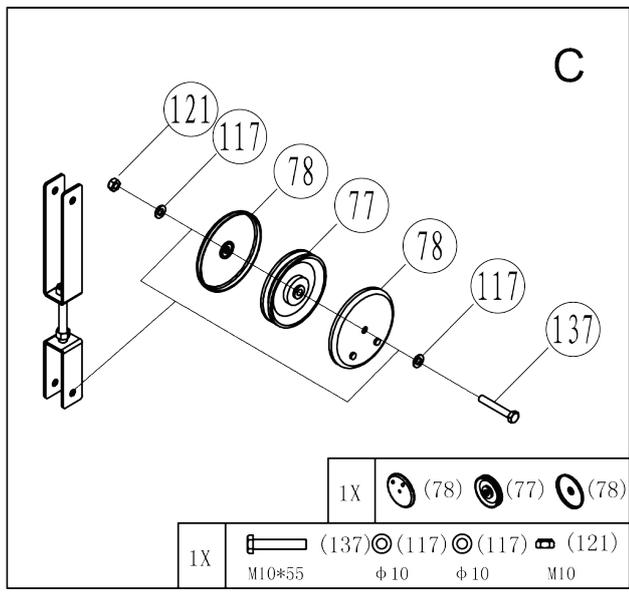
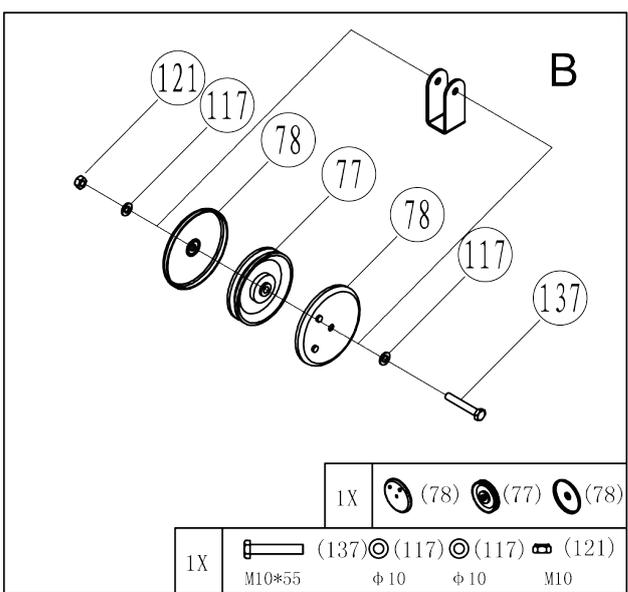
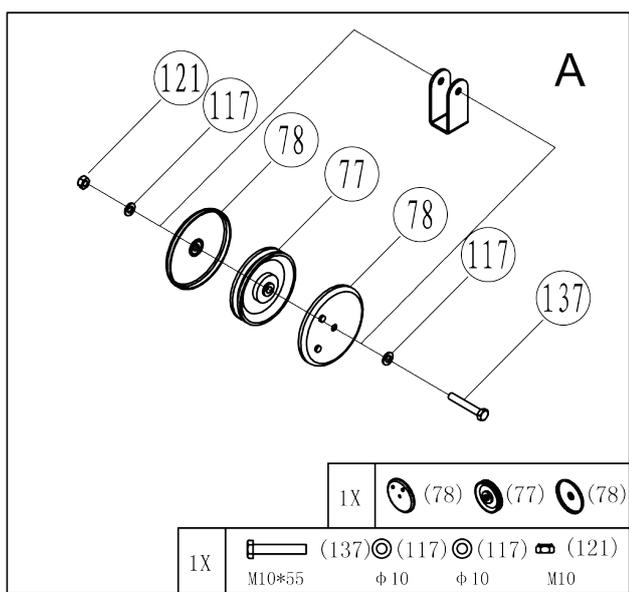


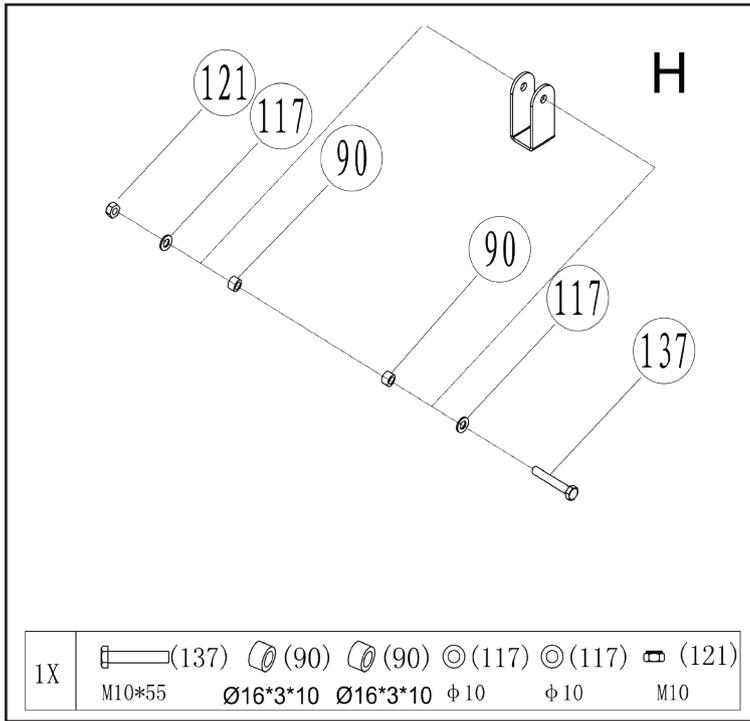
Schritt / Step 25-2

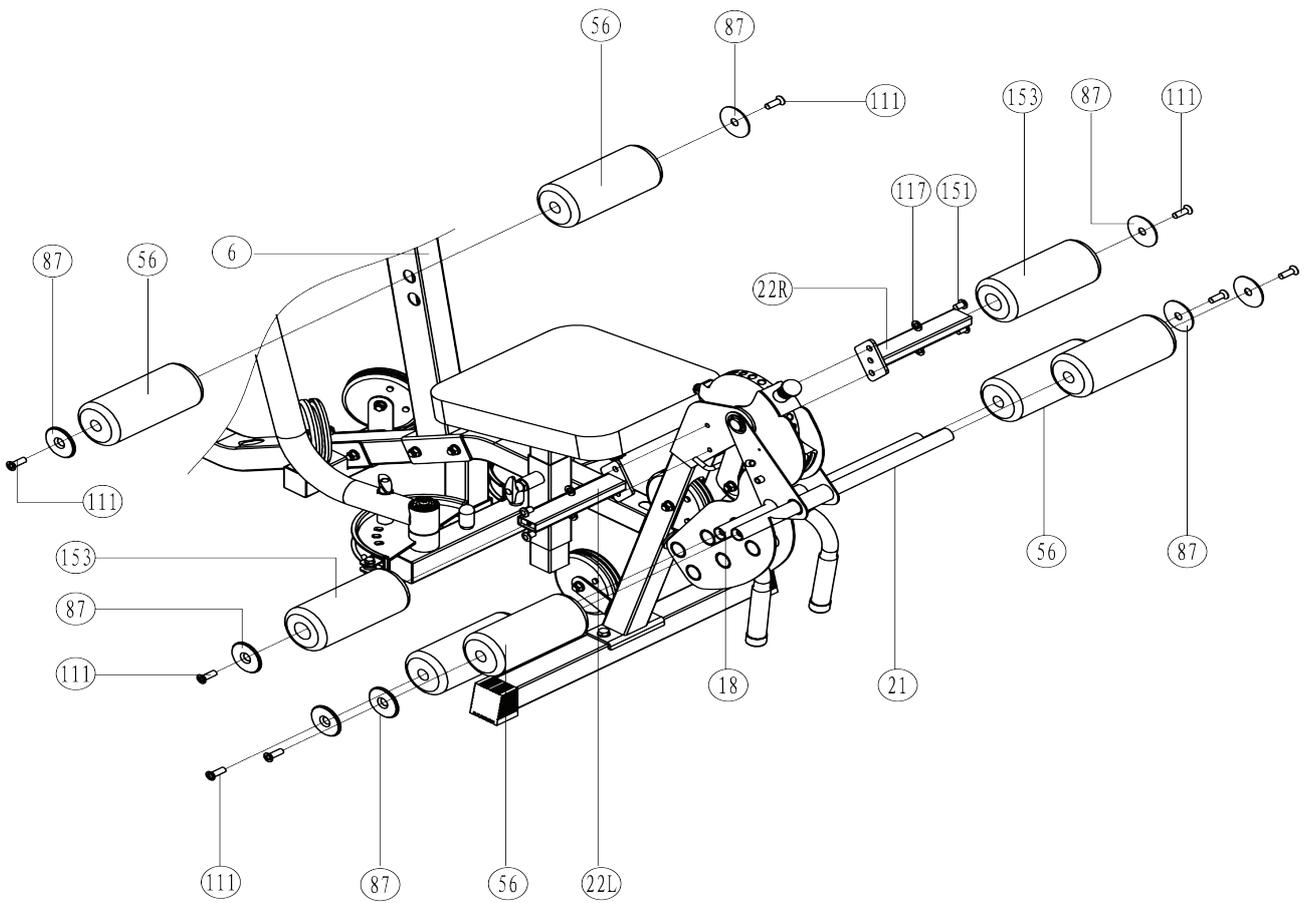


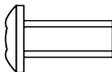
Schritt / Step 26









4X	 (151)	 (117)	8X	 (111)
	M10*16	Φ 10		M10*25

