User Manual of Product 1:

Bowflex Unisex Bowflex SelectTech Adjustable Kettlebell, Black Red, one-size UK

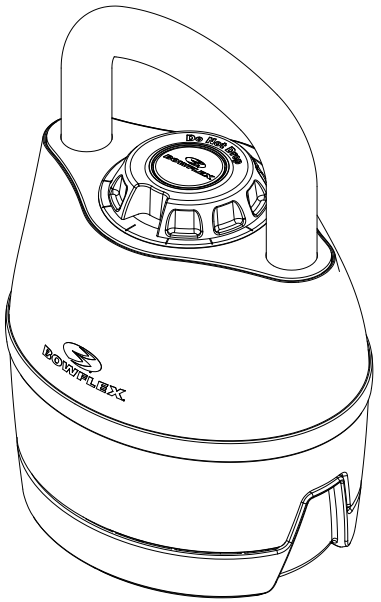
User Manual of Product 2:

Reebok deck multifunction step bench, black/red

BOWFLEX™

SelectTech™

SelectTech™ 840 Kettlebell Owner's Manual



For workout training videos, tips and fitness guidance for the Bowflex™ SelectTech™ Kettlebell, go to:

https://www.bowflex.com/kb
https://www.bowflex.ca/kb
https://global.bowflex.com/kb

Introduction

Congratulations on the your purchase of the Bowflex™ SelectTech™ Kettlebell. This innovative kettlebell is a versatile training tool that will help you reach your fitness goal. This product has been carefully engineered and manufactured to provide a wide array of weight options starting at 8 lbs (3.63 kg) and going all the way up to 40 lbs. (18.14 kg). In order to utilize this product to its fullest extent, it is critical that you read and fully understand this owner's manual prior to using the SelectTech™ kettlebell.

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To validate warranty support, keep the original proof of purchase and record the following information:

Serial Number _____ **Date of Purchase** _____

If purchased in US/Canada: To register your product warranty, go to: **www.bowflex.com/register**
Or call 1 (800) 605–3369.

If you have questions or problems with your product, please call 1 (800) 605–3369.

If purchased outside US/Canada: To register your product warranty, contact your local distributor.

For details regarding product warranty or if you have questions or problems with your product, please contact your local distributor. To find your local distributor, go to: **www.nautilusinternational.com** or **www.nautilus.cn**

Nautilus, Inc., 5415 Centerpoint Parkway, Groveport, OH 43125 USA, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csnls@nautilus.com | Nautilus (Shanghai) Fitness Equipments Co, Ltd, Room 1701 &1702, 1018 Changning Road, Changning District, Shanghai, China 200042, www.nautilus.cn - 86 21 6115 9668 | outside U.S. www.nautilusinternational.com | Printed in China |

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ORIGINAL MANUAL - ENGLISH VERSION ONLY

Important Safety Instructions

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Before using this equipment, obey the following warnings:

Read and understand the complete Owner's Manual. Keep Owner's Manual for future reference.

Read and understand all Warnings on this machine. If at any time the Warning stickers become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.

- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before starting an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before using the machine again.
- Inspect the kettlebell prior to each use. Do not use a kettlebell with worn or damaged parts. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.
- This machine is for home use only. Do not place or use the machine in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.
- Periodically inspect and test the locking mechanism for correct function. Follow the test procedures included in this manual.
- Do not operate this machine outdoors or in moist or wet locations.
- Before you start your workout, make sure that your surroundings are free from possible interference and third parties. Your workout free space should be 0.6 m (24“) more than the maximum reach of the exercise in all directions.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Do not engage the locking mechanism and use the handle to try to lift the kettlebell and base together. To lift the kettlebell and base together, engage the locking mechanism and use the lift handles molded into the base assembly.
- Do not try to force the Adjustment Knob to turn when the Kettlebell has been removed from the Kettlebell base.
- Do not let the Kettlebell fall freely to the ground. Damage to the product and possible personal injury can occur.
- Do not let Kettlebells forcefully hit together during operation. Damage to the product and possible personal injury can occur.
- Do not lean on the Kettlebell handle or use Kettlebells to support your body weight, such as using them as a base to perform a push up. Damage to the product and possible personal injury can occur.
- Do not try to disassemble your Kettlebell handle, or base assembly. The product is not designed to be serviced by the customer. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.
- The Kettlebell is very heavy. Put the Kettlebell assembly directly on the floor for best support.

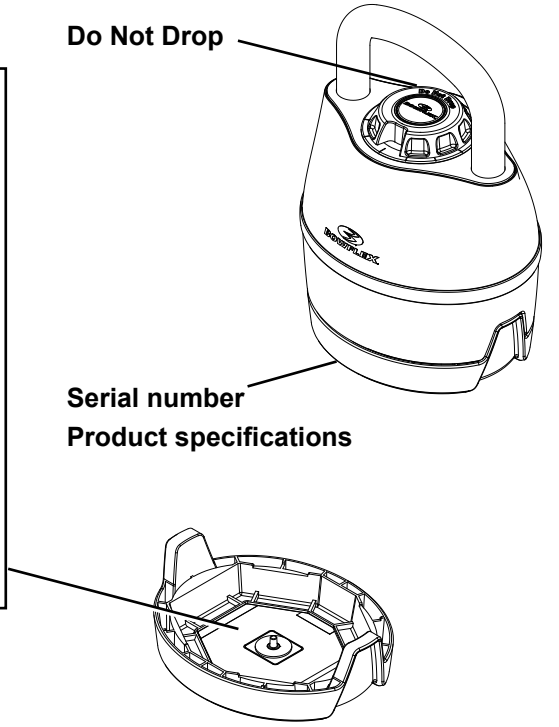
Safety Warning Labels and Serial Number / Specifications

Record serial number in the Serial Number field at the beginning of this manual.

WARNING

- This product is for Home use only.
- Not intended for use by anyone under 14 years of age.
- Consult a physician prior to using any exercise equipment.
- Keep children and pets away from this machine at all times.
- Use Caution when you use this equipment or serious injury can occur.
- Prior to use, read and understand the Owner's Manual, including all Warnings.
- Inspect product before use. Do not use if any parts are in need of repair.
- Replace any "Caution" "Warning" or "Danger" label that is illegible, damaged, or removed.

(The label on the machine is available in English, French Canadian and Chinese only.)



Specifications

Dimensions	22.4cm L x 17.8cm W x 31.8cm H (8.8" L x 7" W x 12.5" H)
Kettlebell Assembly Weight	18.4 kg (40.5 lbs)

Features / Operation

A. Handle grip

B. Adjustment knob

C. Hull

D. Weight plates

1. 4 lbs (1.81 kg)

2. 8 lbs (3.63 kg)

3. 5 lbs (2.27 kg)

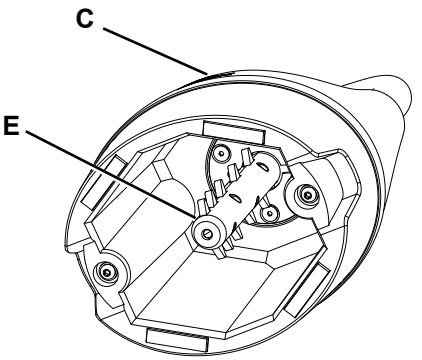
4. 10 lbs (4.54 kg)

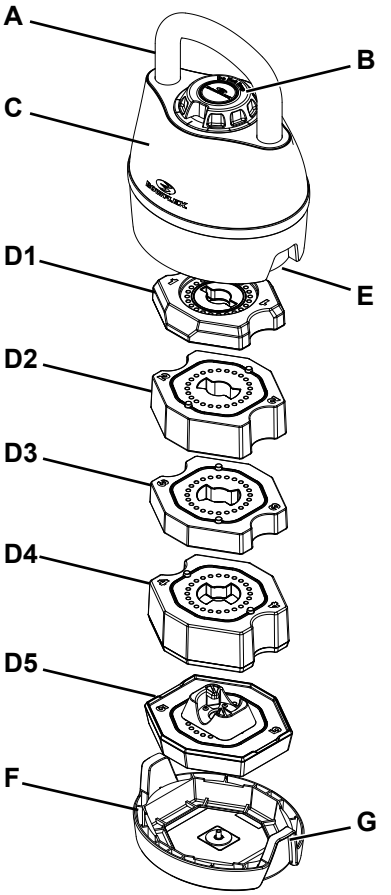
5. 5 lbs (2.27 kg)

E. Weight selector shaft

F. Base

G. Lift handles





Getting to know your Bowflex™ SelectTech™ Kettlebell

The Bowflex™ SelectTech™ 840 kettlebell is shipped fully assembled, one kettlebell to a box. After carefully removing the kettlebell from its box, there are some initial steps that should be taken to familiarize you with the function of the product, and to assure that all aspects of the kettlebell are performing according their specifications.

Do not drop the kettlebell. Dropping the kettlebell will damage the weight plates and/or the locking mechanism, and can cause the weight plates to disengage (drop) from the handle without warning. This can cause serious injury, and will void the warranty.

1. After removing the kettlebell from its protective packaging, inspect the product and packaging material for any damages.

Operation

2. Push down slightly on the handle assembly to make sure it is fully seated in the base. Rotate the adjustment knob several full rotations to make sure it turns freely in both directions. Make sure there is a click at each weight increment of the adjustment knob. This click will help you locate the proper alignment to select a given weight increment.

3. The weight increments range from 8 to 40 lbs (3.5kg to 18kg) on the weight selection dial. To properly select a given weight (20 lbs [9kg] for example), rotate the adjustment knob until the Weight Selection Window is aligned with that number (20) on the weight selection dial.

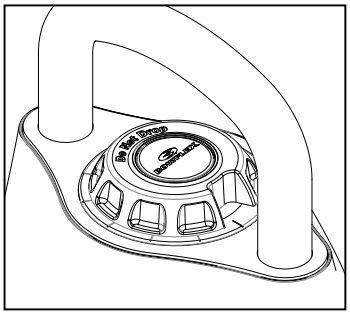


Figure 1

4. After confirming the proper rotational function of the adjustment knob, turn the adjustment knob so that the number 8 (3.5) shows in the center of the Weight Selection Window (Fig.1).

5. With the adjustment knob set to 8 (3.5), pull the handle straight up from the kettlebell. This will remove only the hull from the base, leaving all of the weight plates on the base (Fig. 2). The handle without plates represents the starting weight of 8 lbs (3.5 kg).

6. You may increase the selected weight by rotating the adjustment knob clockwise.

7. The kettlebell hull and weight plates are symmetrical. The handle is inserted with either end facing the user. The plates must be in the correct order to ensure that they are securely seated in the base.

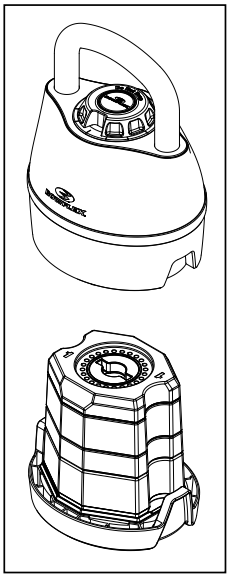


Figure 2

NOTICE: When you remove the kettlebell from the base or return it to the base, use a vertical motion, perpendicular to the base. Do not tilt the kettlebell or move it laterally (parallel to the base) until it is fully clear of the unselected weight plates. Do not change the order of the stacked weight plates.

To lift the kettlebell and base together, set the adjustment knob to the maximum weight selection and use the lift handles molded into the base assembly.

Do not lean on the kettlebell handle or use it to support your body weight , such as using it as a base to perform a push up. Doing so will damage the weight plates and/or the locking mechanisms, and can cause the weight plates to disengage (drop) from the handle without warning. This can cause serious injury, and will void the warranty.

There are 6 weight increments:

8	12	20	25	35	40
(3.5kg)	(5.5kg)	(9kg)	(11kg)	(16kg)	(18kg)

Note: Weight increments represent estimated values only. Exact values can vary due to manufacturing variances.

Understanding and testing the locking mechanism function

The Bowflex™ SelectTech™ Kettlebell features an exclusive locking mechanism designed to ensure proper and complete selection of the weight plates as well as to ensure weight plate retention during the workout.

Fully understand the function of this mechanism and do tests of the mechanism regularly to make sure it operates correctly.

Function

The locking mechanism provides two key functions:

1. The mechanism will only allow the adjustment knob to be rotated when the kettlebell handle is completely inserted and engaging the kettlebell base.
2. The mechanism is designed to lock the kettlebell handle to the bottom plate if the adjustment knob is not fully engaging the selected weight plates.

Purpose

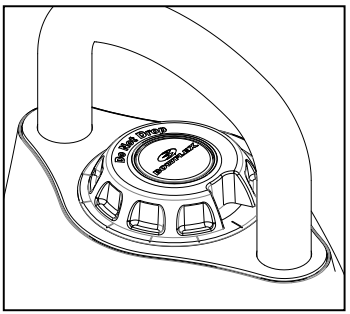
The locking mechanism serves two important purposes:

1. The mechanism will prevent deselecting (dropping) weight plates from the kettlebell when it is NOT in the kettlebell base.
2. The mechanism will prevent partial selection of the weight plates in which the plates are not fully supported and the locking pin is not fully engaged.

Given the importance of this locking mechanism, it is critical that you understand how it operates, and periodically test it to make sure it is functioning correctly.

Testing proper locking mechanism function

1. With the kettlebell handle set in the kettlebell base, turn the adjustment knob to the number 8 (3.5). You will know you have fully and correctly selected the number when you feel the adjustment knob settle into a notch (known as a detent). You will also hear a slight, but audible, clicking noise that corresponds with the detent locations for each number.
2. You should be able to withdraw the handle from the base leaving all the weight plates behind.
3. With the handle removed from the base, grab the adjustment knob with your other hand and gently attempt to turn the knob. The knob should not rotate.



Do not use too much force to try to turn the locked adjustment knob. Too much force can damage the locking mechanism.

4. After confirming the proper function of the locking mechanism as described above, return and fully insert the kettlebell handle back into the base assembly.

5. With the handle back in the base, try to turn the adjustment knob to a position that is between the numbers 8 and 12 (3.5 and 5.5). This represents an incomplete weight selection where the adjustment knob has not fully selected a weight and the knob is in-between the selection detents (clicks).

6. The selection knob should not stop and engage in this improper position. Without holding the adjustment knob, gently attempt to lift up on the handle to remove it from the base. If the adjustment knob stays in a position in-between selection detents when removing the handle from the base, do not use the kettlebell. This could result in dropping of plates.

7. Return the improperly selected adjustment knob to a full and proper weight selection and assure that the kettlebell handle can once again be removed.

8. Repeat this test for all weight selections.

9. Assure the entire kettlebell handle assembly is properly tightened. Do this by setting the adjustment knob to 8 pounds and removing the handle assembly from the base. Grab the adjustment knob and very slightly push and pull the knob toward and away from the handle grip. The knob should not exhibit free play and all of the selection discs should feel tightly connected.

10. You have now tested the function of the locking mechanism. We suggest you repeat this test monthly to make sure that the locking mechanism operates correctly.

If the kettlebell locking mechanism operates unsatisfactorily in the test procedure above, do the following:

1. Stop use of the product immediately until approved service is available.
2. Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).

Maintenance

Exercises

For workout training videos for the Bowflex™ SelectTech™ Kettlebell, go to:

https://www.bowflex.com/kb
https://www.bowfex.ca/kb
https://global.bowflex.com/kb

Optional exercise bench and mat are available separately.

Additional products are available from Nautilus, Inc. at www.nautilusinc.com

Bowflex™ SelectTech™ Kettlebell maintenance

Equipment must be examined for damage and repairs before each use. The owner is responsible to perform routine testing of the locking mechanisms. Worn or damaged components must be replaced immediately or the equipment removed from service until the repair is made. Only manufacturer supplied components can be used to maintain and repair the equipment.

If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.

The Bowflex™ SelectTech™ Kettlebell is a very low maintenance product. However, there are steps that you should take to keep the product performing and looking its very best.

1. Should your SelectTech™ Kettlebell handle assembly, plates or base become soiled you may clean them with a cloth lightly dampened with warm water and a small amount of mild soap. Wipe dry with a separate cloth.
2. The SelectTech™ Kettlebell is internally lubricated and will not require further internal lubrication. The contact between weight plates and the selector mechanism is not lubricated but has naturally low friction. This generally will not require any lubrication. Should you feel it necessary to lubricate the selector mechanism, use only a silicon lubricant, preferably “food grade”.

Do not use any solvents, harsh detergents, chemicals or bleach on this product − doing so may damage the materials, resulting in degradation of the product’s performance or strength.

Do not attempt to disassemble the kettlebell handle or base assembly. These items are not designed to be user serviced. Doing so will void the manufacturers warranty. Contact Nautilus, Inc. or your local distributor for service.

Troubleshooting / Warranty

Problem	Solution
Kettlebell handle does not fully insert into base when no plates are selected (handle has no plates attached).	1. Make certain that the adjustment knob is set directly to the number 8.
Kettlebell handle does not fully insert into base when plates are selected (handle has plates attached).	1. Verify that the plates not selected (those plates remaining in the kettlebell base) are in the correct order and have not been switched. This may be blocking the kettlebell from fitting back into the base.
Adjustment knob will not turn while handle is in base.	1. Check to assure that the kettlebell handle is fully depressed into the kettlebell base. If not fully depressed, the locking mechanism will not be released and may prevent the adjustment knob from rotating. 2. Check to see if there is any dirt, debris or other obstruction in the kettlebell base. You may need to remove the weight plates from the base to accomplish this check. Remember to put each weight plate back in the correct sequence and orientation.

Warranty *(if purchased in US/Canada)*

Who Is Covered
This warranty is valid only to the original purchaser and is not transferable or applicable to any other person(s).

What Is Covered
Nautilus, Inc. warrants that this product is free from defects in materials and workmanship, when used for the purpose intended, under normal conditions, and provided it receives proper care and maintenance as described in the Product's Assembly and Owner's manual. This warranty is good only for authentic, original, legitimate machines manufactured by Nautilus, Inc. and sold through an authorized agent and used in the United States or Canada.

Terms
- Parts (including hand assembly, weight plates and base assembly) 2 years

For warranty & service of products purchased outside US/Canada, please contact your local distributor. To find your local international distributor, go to: www.nautilusinternational.com or www.nautilus.cn

How Nautilus Will Support the Warranty
Throughout and as set forth under the terms of the Warranty, Nautilus, Inc. will provide a replacement for any component or part that proves to be defective in materials or workmanship. Nautilus, Inc. reserves the right to substitute material of equal or better quality if identical materials are not available under this warranty.

In the event that replacement parts or components do not correct the issue, Nautilus, Inc, reserves the right to replace the product or apply a limited credit reimbursement toward another Nautilus Inc. brand product, at our discretion. Reasonable substitution may be required depending upon Product availability. Any replacement of the Product under the terms of the Warranty in no way extends the original Warranty period. THESE REMEDIES ARE THE EXCLUSIVE AND SOLE REMEDIES FOR ANY BREACH OF WARRANTY.

Warranty

What You Must Do

- Retain appropriate and acceptable Proof of Purchase.
- Operate, maintain, and inspect the product as specified in the Product Documentation (Assembly, Owner's Manuals, etc.).
- Product must be used exclusively for the purpose intended.
- Notify Nautilus within 30 days after detecting an issue with the product.
- Install replacement parts or components in accordance with any Nautilus instructions.
- Perform diagnostic procedures with a trained Nautilus, Inc representative if requested.
- This warranty does not cover in home repair costs (labor, etc) or related charges.

What Is Not Covered

- Damage due to abuse, tampering or modification of the Product, failure to properly follow assembly instructions, maintenance instructions, or safety warnings as stated in the Product Documentation (Assembly, Owner's Manuals, etc), damage due to improper storage or the effect of environmental conditions such as moisture or weather, misuse, mishandling, accident, natural disasters, power surges.
- A machine placed or used in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.
- Damage caused by exceeding maximum user weights as defined in Products Owner's Manual or on the warning label.
- Damage due to normal usage and wear and tear.
- This warranty does not extend to any territories or countries outside the United States and Canada.

How to Obtain Warranty Support

For Products purchased directly from Nautilus, Inc. contact the Nautilus office listed on the Contacts page of the Product's Owner's manual. You may be required to return the defective component to a specified address for repair or inspection, at your expense. Standard ground shipping of any warranty replacement parts will be paid by Nautilus, Inc. For products purchased from a retail outlet, you may be asked to contact your retailer for warranty support.

Exclusions

The preceding warranties are the sole and exclusive express warranties made by Nautilus, Inc. They supersede any prior, contrary or additional representations, whether oral or written. No agent, representative, dealer, person or employee has the authority to alter or increase the obligations or limitations of this warranty. Any implied warranties, including the WARRANTY OF MERCHANTABILITY and any WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, are limited in duration to the term of the applicable express warranty provided above, whichever is longer. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Limitation of Remedies

EXCEPT AS OTHERWISE REQUIRED BY APPLICABLE LAW, THE PURCHASER'S EXCLUSIVE REMEDY IS LIMITED TO REPAIR OR REPLACEMENT OF ANY COMPONENT DEEMED BY NAUTILUS, INC. TO BE DEFECTIVE UNDER THE TERMS AND CONDITIONS STATED HEREIN. IN NO EVENT WILL NAUTILUS, INC. BE LIABLE FOR ANY SPECIAL, CONSEQUENTIAL, INCIDENTAL, INDIRECT OR ECONOMIC DAMAGES, REGARDLESS OF THE THEORY OF LIABILITY (INCLUDING, WITHOUT LIMITATION, PRODUCT LIABILITY, NEGLIGENCE OR OTHER TORT) OR FOR ANY LOST REVENUE, PROFIT, DATA, PRIVACY OR FOR ANY PUNITIVE DAMAGES ARISING OUT OF OR RELATED TO THE USE OF THE FITNESS MACHINE EVEN IF NAUTILUS, INC. HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. THIS EXCLUSION AND LIMITATION SHALL APPLY EVEN IF ANY REMEDY FAILS OF ITS ESSENTIAL PURPOSE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF CONSEQUENTIAL OR INCIDENTAL TYPE DAMAGES SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

State Laws

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

Expirations

If the warranty has expired, Nautilus, Inc. may assist with replacements or repairs to parts and labor, but there will be a charge for these services. Contact a Nautilus office for information on post-warranty parts and services. Nautilus does not guarantee availability of spare parts after expiration of warranty period.

International Purchases

If you purchased your machine outside of the United States consult your local distributor or dealer for warranty coverage.



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Reebok

V1 - 12/2020

REEBOK DECK • BANC REEBOK

STUDIO/COMMERCIAL PRODUCT • PRODUIT POUR STUDIO/USAGE COMMERCIAL

PRODUCTO COMERCIAL/GIMNASIO • PRODUKT FÜR DAS STUDIO/DEN KOMMERZIELLEN GEBRAUCH • PRODUTO DE ESTÚDIO/COMERCIAL • СТУДИЯ / КОММЕРЧЕСКИЙ ПРОДУКТ • 健身房/商用产品 • 工作室 / 商業產品 • スタジオ / 商用製品 • 스튜디오 / 상업용 제품 • استوديو / المنتج التجاري

EN • This equipment is made for studio, semi commercial, commercial or personal training use. It may also be used in a home use environment • Injuries to health may result from incorrect or excessive training. **WARNING!** Serious injuries, or death, may result if caution is not used • Consult your doctor before performing any exercise program • Keep children and pets away from the device at all times. • Ensure the equipment is on a flat, stable and level surface with at least 0.6m of clear area surrounding the equipment • Always wear appropriate exercise clothing and training shoes • The safety level of the equipment can only be maintained if it is examined regularly for damage and wear. Replace defective components immediately and/or keep the equipment out of use until repaired. Pay special attention to components most susceptible to wear. All warnings and instructions must be read and followed prior to use.

FR • Cet équipement est conçu pour l'entraînement en salle, un usage semi-commercial, commercial ou personnel. Il peut également être utilisé à la maison • Un entraînement incorrect ou excessif peut être préjudiciable pour la santé. **ATTENTION!** Le manque de prudence peut entraîner des blessures graves, voire la mort • Consultez votre médecin avant de débuter un programme sportif • Tenir les enfants et les animaux domestiques éloignés de l'appareil à tout moment • Veiller à installer l'équipement sur une surface plane et stable en laissant au moins 0,6 m d'espace dégagé autour de l'appareil • Toujours porter des vêtements et chaussures de sport appropriés • Le niveau de sécurité de l'équipement ne peut être maintenu que si une inspection régulière est effectuée pour détecter les dommages et l'usure. Remplacez immédiatement les pièces défectueuses et/ou arrêtez d'utiliser l'équipement tant qu'il n'a pas été réparé. Accordez une attention particulière aux pièces les plus sujettes à l'usure. Tous les avertissements et instructions doivent être lus et suivis avant l'utilisation.

ESP • Este equipo ha sido diseñado para el uso comercial, semicomercial, en gimnasio o entrenamiento personal. También podrá ser utilizado en un entorno de uso doméstico • El entrenamiento incorrecto o excesivo puede dañar la salud. **ADVERTENCIA!** Pueden producirse lesiones graves o la muerte si no se tiene precaución • Consulte a su médico antes de realizar cualquier programa de entrenamiento • Mantenga a los niños y mascotas alejados del dispositivo en todo momento • Asegúrese de que el equipo quede ubicado sobre una superficie plana, estable y nivelada, manteniendo despejada la zona alrededor del mismo en un radio de al menos 0,6 m • Utilice siempre zapatillas de deporte y ropa de entrenamiento adecuadas • Puede mantenerse el nivel de seguridad del equipo únicamente si se revisa de forma periódica en cuanto a daños y desgaste. Sustituya de inmediato los componentes defectuosos y/o mantenga el equipo fuera de servicio hasta que sea reparado. Preste especial atención a los componentes más propensos al desgaste. Todas las advertencias e instrucciones deben ser leídas y seguidas antes de su uso.

GER • Dieses gerät ist für den gebrauch im fitnessstudio, den semi-kommerziellen oder kommerziellen gebrauch oder personal training geeignet. Es ist ausserdem für den hausgebrauch geeignet • Falsches oder übermässiges training kann zu gesundheitlichen schäden führen. **ACHTUNG!** Schwere Verletzungen oder Tod können die Folge sein, wenn die Vorsicht nicht angewendet wird • Wenden sie sich an ihren arzt, bevor sie ein trainingsprogramm durchführen • Bewahren sie das gerät stets ausserhalb der reichweite von kindern und haustieren auf • Stellen sie sicher, dass sich das gerät auf einer flachen, stabilen und geraden oberfläche befindet und ein mindestabstand von 0,6 m um das gerät eingehalten wird • Tragen sie stets angemessene sportbekleidung und trainingsschuhe • Das sicherheitsniveau des geräts kann nur gewährleistet werden, wenn es regelmässig auf beschädigungen und verschleiss geprüft wird. Tauschen sie defekte teile umgehend aus bzw. Benutzen sie das gerät erst wieder, wenn es repariert wurde. Achten sie insbesondere auf verschleissanfällige teile. Alle Warnungen und Anweisungen müssen vor der Anwendung gelesen und befolgt werden.

POR • Este equipamento foi criado para treinos em estúdios, espaços semicomerciais, comerciais ou para utilização pessoal. Também pode ser utilizado num ambiente de utilização em casa • O treino incorreto ou excessivo pode ser prejudicial para a saúde. **ADVERTÊNCIA!** Ferimentos graves, ou morte, podem resultar se não for usado cautela • Consulte o seu médico antes de executar qualquer programa de exercício • Mantenha sempre as crianças e os animais de estimação afastados do dispositivo • Certifique-se de que o equipamento é colocado sobre uma superfície plana, estável e nivelada com pelo menos 0,6 m de área livre à volta do equipamento • Utilize sempre roupa de exercício apropriada e calçado de treino • O nível de segurança do equipamento apenas pode ser mantido se este for inspecionado regularmente quanto a danos e desgaste. Substitua imediatamente componentes com defeito e/ou mantenha o equipamento fora de serviço até à sua reparação. Preste especial atenção aos componentes mais suscetíveis ao desgaste. Todos os avisos e instruções devem ser lidos e seguidos antes de serem utilizados.

RUS • Оборудование предназначено для тренировок в фитнес-студии и может быть использовано в полукоммерческих, коммерческих целях или для оказания индивидуальных тренировок. Оно также может использоваться в домашних условиях • Неправильные или чрезмерные тренировки могут нанести ущерб вашему здоровью. **ВНИМАНИЕ!** Несоблюдение мер предосторожности может привести к тяжелым травмам или смерти • Перед выполнением тренировочной программы проконсультируйтесь с врачом • Обеспечьте невозможность доступа к устройству для детей и домашних животных • Убедитесь, что оборудование находится на стабильной плоской ровной поверхности, а вокруг него имеется не менее 0,6 м свободного пространства • Всегда носите подходящую спортивную одежду и обувь • Уровень безопасности оборудования может обеспечиваться только в случае его регулярного инспектирования на предмет повреждений и износа. Не используйте неисправное оборудование. Вышедшие из строя детали подлежат немедленной замене. Обратите особое внимание на детали, наиболее подверженные износу. Все предупреждения и инструкции должны быть прочитаны и соблюдены перед использованием.

CN • 本设备仅供健身、半商业、商业或个人训练使用。 还可用于家用环境 • 错误或过量锻炼可能受伤。**警告!** 如果不小心，可能会造成严重伤害或死亡。如果不小心，可能会造成严重伤害或死亡 • 在执行任何锻炼计划之前，请咨询医生 • 始终保持儿童和宠物远离设备 • 确保设备置于平整表面，设备周围至少留出 0.6 米净空 • 务必穿着合适的运动服和训练鞋 • 只有定期检查损坏和磨损，设备安全性才能得以保持。 立即更换故障部件和/或先维修再使用设备。 请特别留意易磨损部件。使用前必须阅读并遵守所有警告和说明。

CN /TW • 本設備僅供健身、半商業、商業或個人訓練使用。還可用於家用環境 • 錯誤或過量鍛煉可能受傷。**警告!** 如果不小心，可能會造成嚴重傷害或死亡。如果不小心，可能會造成嚴重傷害或死亡 • 在執行任何鍛煉計劃之前，請諮詢醫生 • 始終保持兒童和寵物遠離設備 • 確保設備置於平整表面，設備周圍至少留出0.6 米淨空 • 務必穿著合適的運動服和訓練鞋 • 只有定期檢查損壞和磨損，設備安全性才能得以保持。立即更換故障部件和/或先維修再使用設備。請特別留意易磨損部件。使用前必須閱讀並遵守所有警告和說明。

JAP • この機器は、スタジオ、半営利的、営利的、あるいは個人的なトレーニング使 用のために作られています。これはまた、家庭の使用環境で使ってもかまいません • 健康への害が、正しくない、あるいは過剰なトレーニングの結果、起きることがあります。**警告!** 注意を怠ると、重傷を負ったり、死亡する可能性があります • 何らかの運動プログラムを行う前に、医者に相談してください • いつでも、子供とペットを装置に近づけないでください • 機器を必ず、平らな、安定した水準面の上に、機器の周りのエリアから最低、0.6M 離して置いてください • いつも適切な運動用衣服を着、トレーニング用靴を履いてください • 機器の安全レベルは、損傷や摩耗がないかどうかを定期的に検査する場合のみ 、維持することができます。欠陥があるコンポーネントは即座に交換し、および/あるいは、機器が修理されるまで使用しないでください。接続点な ど、最も摩耗しやすいコンポーネントに特に注意を払ってください。使用前には、すべての警告と指示を読み、それに従う必要があります。

KOR • 본 장비는 스튜디오나 업체에서 혹은 퍼스널 트레이닝의 목적으로 사용할 수 있도록 제작되었습니다. 일반 가정 환경에서도 사용 가능합니다 • 잘못된 동작이나 과도한 운동으로 인해 부상을 입을 수 있습니다. **경고!** 주의하지 않으면 심각한 부상 또는 사망을 초래할 수 있습니다 • 운동 프로그램을 시작하기 전, 의사에게 문의하시기 바랍니다 • 어린이와 애완동물이 절대 기기 가까이 오지 않도록 합니다 • 기울어지지 않은 편평하고 안정적인 표면에 기기를 두되, 주변에 최소 0.6m의 여유 공간을 둡니다 • 항상 적합한 운동복과 운동용 신발을 착용하시기 바랍니다 • 손상이나 마모된 부분이 있는지 정기적으로 검사를 받은 경우에만 기계의 안전이 보장됩니다. 하자가 발견된 부품은 즉각 교체하거나 수리가 완료될 때까지 기계 사용을 중단합니다. 소모가 많이 되는 부품에 특히 주의를 기울이십시오. • 사용하기 전에 모든 경고 및 지침을 읽고 따라야합니다.

ARA

- **تحذيرًا قد تحدث إصابات خطيرة أو وفاة إذا لم يتم استخدام الحذر.** قد تنجم الإصابات الشخصية عن التدريب غير السليم أو المفرط • هذا الجهاز مخصص للصالات الرياضية ولأغراض التدريب شبه التجارية أو التجارية أو الشخصية. ويمكن أيضًا استخدامه في المنزل
- ارتد ملابس وأحذية التدريب المناسبة دومًا • **تأكد من أن الجهاز على سطح مستوٍ وثابت ومستوٍ مع وجود 0.6 متر على الأقل من المساحة الصافية المحيطة بالمعدات** • احرص على إبعاد الأطفال والحيوانات الأليفة عن الجهاز طوال الوقت • استشر طبيبك قبل أداء أي برنامج تدريبي
- **يجب قراءة جميع التحذيرات والتعليمات واتباعها قبل الاستخدام** المعيبة على الفور و/أو تجنب استخدام الجهاز حتى إصلاحه. يُرجى الانتباه الشديد للمكونات سريعة التآكل يمكن الحفاظ على مستوى سلامة الجهاز إذا تم فحصه بانتظام للتحقق من عدم وجود تلف أو اهتراء. استبدل المكونات

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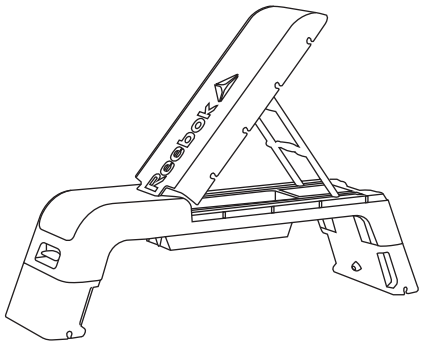
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REEBOK DECK
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V1 - 12/2020

0-12 YRS

WARRANTY: 2 YEARS

WORKOUT VIDEOS

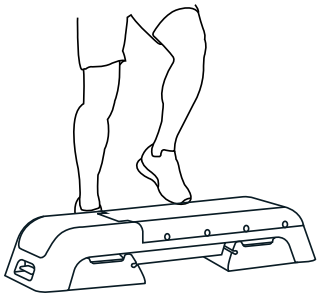
REEBOKFITNESS.COM

NET WEIGHT: 12.3KG/27.0LB

STEP AREA²: 1872cm²/737in²

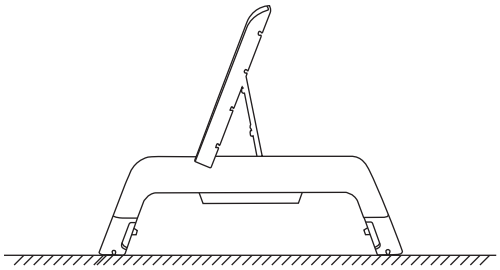
CORRECT USE • UTILISATION CORRECTE

USO CORRECTO • KORREKTE VERWENDUNG
UTILIZAÇÃO CORRECTA • ОБУЧЕНИЕ • 正确使用 • 正しい使用法 • 올바른 사용 • الاستخدام الصحيح



PLACE ON A FLAT SURFACE • PLACER SUR UNE SURFACE PLANE

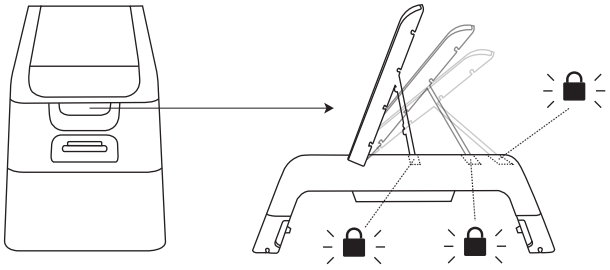
COLOCAR SOBRE UNA SUPERFICIE PLANA • AUF EINE EBENE FLÄCHE STELLEN • COLOQUE EM UMA SUPERFÍCIE PLANA • ПОМЕСТИТЬ НА РОВНУЮ ПОВЕРХНОСТЬ • 放在平面上 • 平らな面に置く • 평평한 표면에 놓으십시오 • مكان على سطح مستو





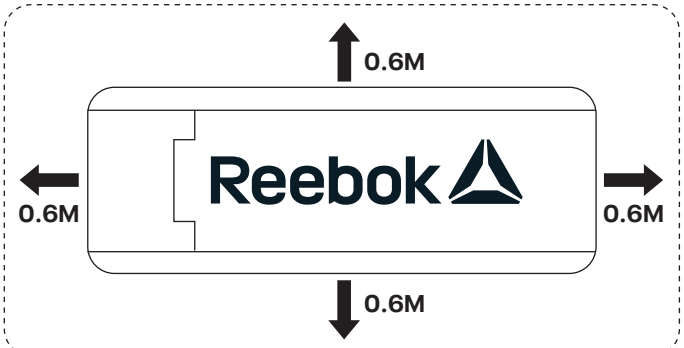
PULL LEVER TO FOLD AND UNFOLD • TIREZ LE LEVIER POUR PLIER ET DÉPLIER

TIRE DE LA PALANCA PARA DOBLAR Y DESPLEGAR • ZUM EIN- UND AUSKLAPPEN AM HEBEL ZIEHEN
PUXE A ALAVANCA PARA DOBRAR E DESDOBRAR • ПОТЯНИТЕ РЫЧАГ, ЧТОБЫ СЛОЖИТЬ И РАЗВЕРНУТЬ • 拉杆折叠和展开 • レバーを引いて折り畳んだり広げたりします • 접거나 • 調整拉桿位置以改變靠背墊角度 • 펴려면 레버를 당깁니다 • اسحب الرافعة لثنيها وفتحها



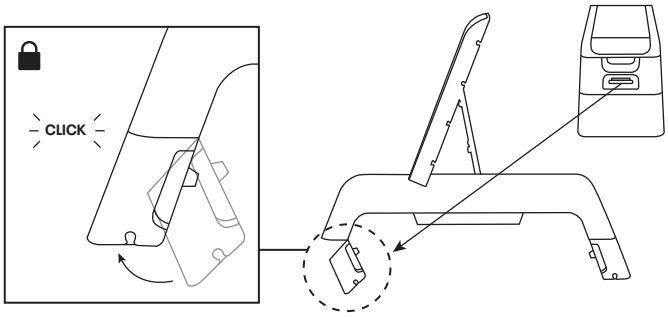
0.6M SPACE AROUND THE DECK • 0,6M D'ESPACE AUTOUR DU PONT

0.6M DE ESPACIO ALREDEDOR DE LA CUBIERTA • 0,6 M ABSTAND UM DAS DECK • 0,6 MILHÃO DE ESPAÇO EM TORNO DO CONVÉS • 0,6 M ПРОСТРАНСТВО ВОКРУГ • 甲板周围有0.6M空间 • 踏板周圍需留0.6公尺空間 • デッキ 周りの0.6Mスペース • 갑판 주변의 0.6M 공간 • مسافة 0.6 متر حول العنق



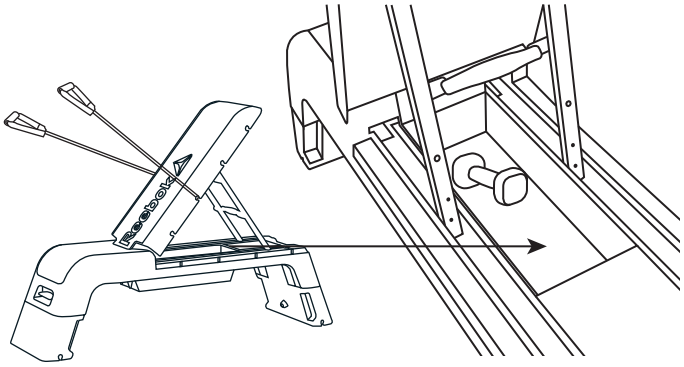
'CLICK AND LOCK' FEET • PIEDS « CLIQUE ET BLOQUE »

PIES DE 'CLIC Y BLOQUEO' • FÜSSE KLICKEN UND VERRIEGELN • PÉS 'CLIQUE E FECHE'
«НАЖМИТЕ И ЗАМКИ» НОГИ • "点击并锁定"脚 • 腳座推開到底直到鎖定發出"咯"
「クリックしてロック」フィート • '클릭 앤락'피트 • اضغط والقفل" قدم"



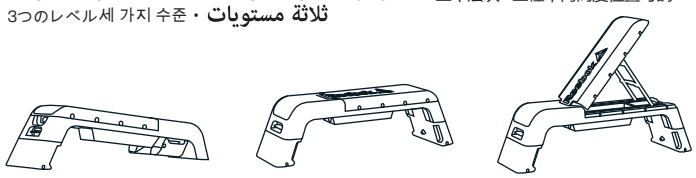
OPTIONAL EXTRAS: USE OF RESISTANCE TUBE / DUMBBELL STORAGE • EXTRAS EN OPTION: UTILISATION DU TUBE DE RÉSISTANCE / STOCKAGE D'HALTÈRES

EXTRAS OPCIONALES: USO DE TUBO DE RESISTENCIA / ALMACENAMIENTO CON MANCUERNAS
OPTIONALE EXTRAS: VERWENDUNG EINES WIDERSTANDSROHRS / EINER HANTELAUFBEWAHRUNG
• EXTRAS OPCIONAIS: USO DE TUBO DE RESISTÊNCIA / ARMAZENAMENTO COM HALTERES •
ДОПОЛНИТЕЛЬНЫЕ ОПЦИИ: ИСПОЛЬЗОВАНИЕ СО ПРОТИВЛЕНИЯ ТРУБКИ / ХРАНЕНИЯ ГАНТЕЛЕЙ • 可选附加功能：使用阻力绳 /哑铃存放 • 可選購附加功能: 搭配阻力拉繩使用/啞鈴存放 • 追加オプション：抵抗管/ダンベル収納の使用 • 추가 옵션 : 저항 튜브 / 덤벨 저장 장치 사용 • إضافات اختيارية: استخدام أنبوب المقاومة / تخزين الدمبل



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01. DECLINE

02. FLAT

03. INCLINE