

## A982 OWNER'S MANUAL CONTENTS

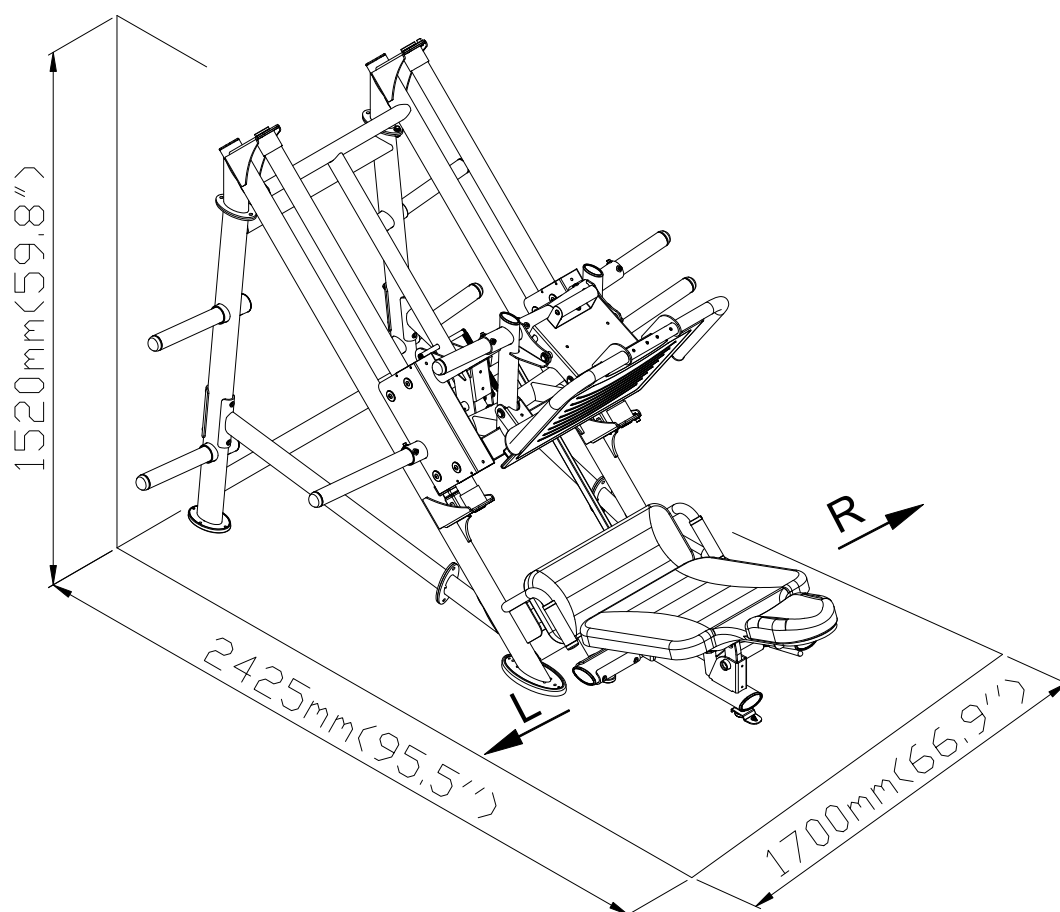
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\*We reserve the right to revise this manual at any time without notice.

# 1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the A982 leg press machine. Constructed of high quality materials and designed for years of reliable performance, this product was made for full commercial use.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



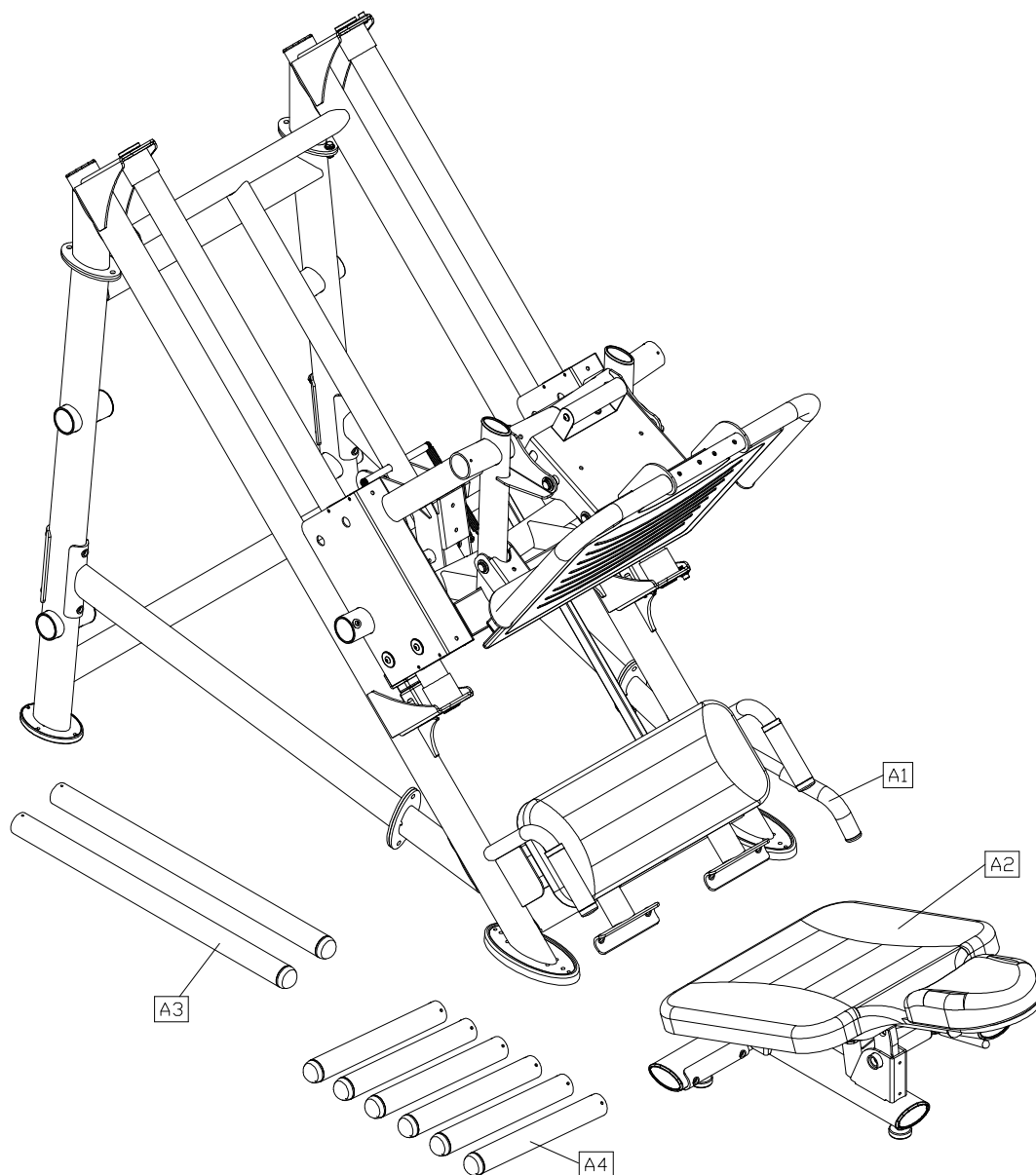
## 2. SAFETY PRECAUTIONS

This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions:

- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Wear proper workout clothing. Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back. Do not go barefoot on this product.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Use this product only for its intended purpose as described in this manual.
- Be careful when mounting and dismounting the unit.
- Never operate this product if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact a service technician for repairs.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- This product is not intended for use by persons (including children 12 or younger) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.
- Contact your SportsArt representatives on all materials damaged in shipment. (Note: Shipping damages are the responsibility of the carrier.)
- Unpack and verify contents of boxes according to the list of parts to check if any parts are missing.
- Children 12 or younger should be supervised to ensure that they do not play on or near the product.
- The user weight limit for this product is 227 kg, 500 lb.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but also may present a danger to the exerciser.
- Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- Over exercise may result in serious injury or death.

**CAUTION:** If you feel any pain or any abnormal sensations, STOP YOUR WORK-OUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion. Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

### 3. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Main frame	1	A3	Weight plate peg(long)	2
A2	Seat frame	1	A4	Weight plate peg	6

Components on the Product			
No.	Name	Specification	Notes
20	Hex head screw	M10*P1.5*L130	
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
	Nylon hex lock nut	M10	
21	Round head inner hex screw	M6*P1.0*L10	
	Spring washer	M6	
	Handle washer	D20*d7*t2.0	
22	Mushroom top inner hex screw	M6*P1.0*L15	
	Handle washer	D20*d7*t2.0	

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
10	Floor fixing bracket	1		
	L-shaped Allen wrench	1	M4	
	L-shaped Allen wrench	2	M5	
	Double open-end wrench	2	13*17	

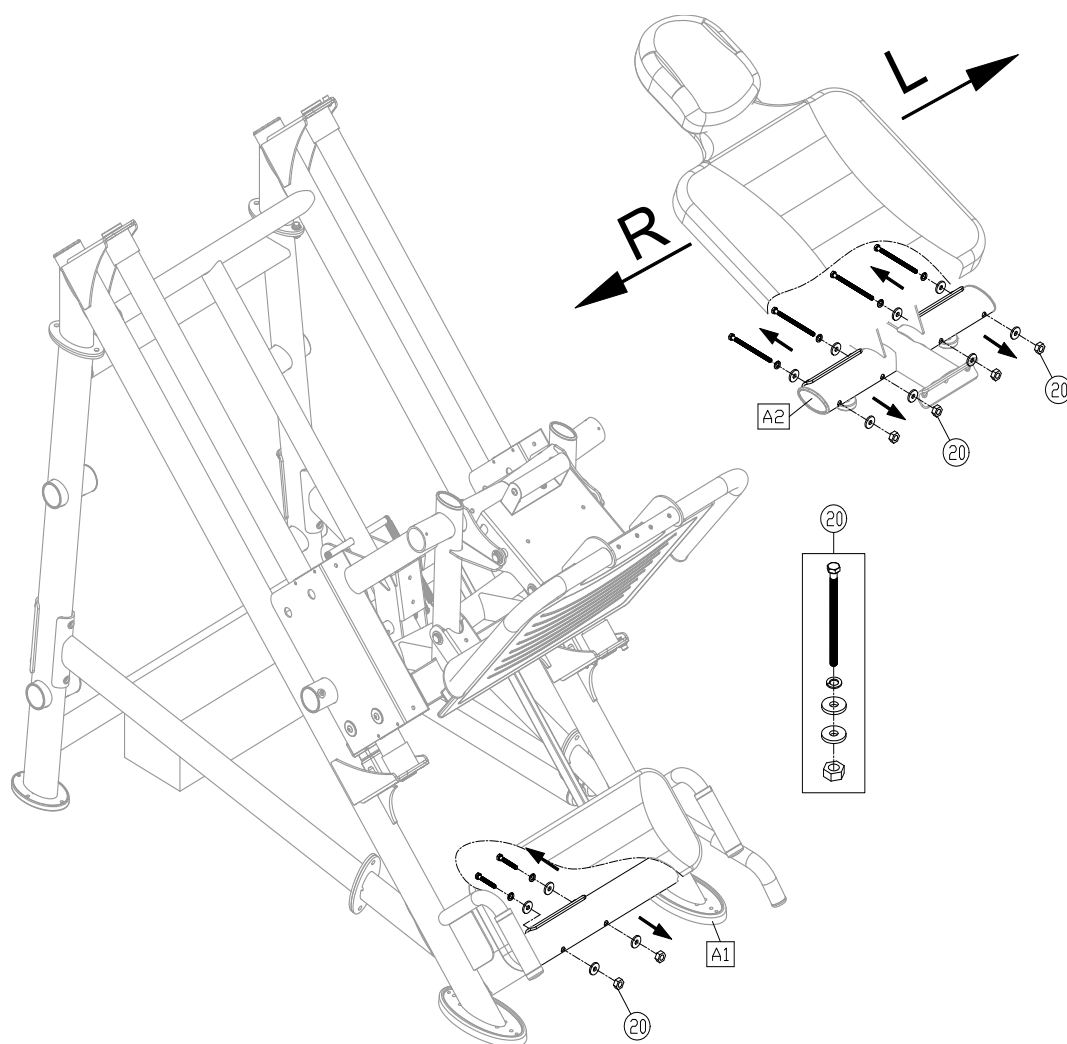
## 4. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” is used where screws, washers, and other hardware may be involved.

### STEP 1 Install the Seat Frame

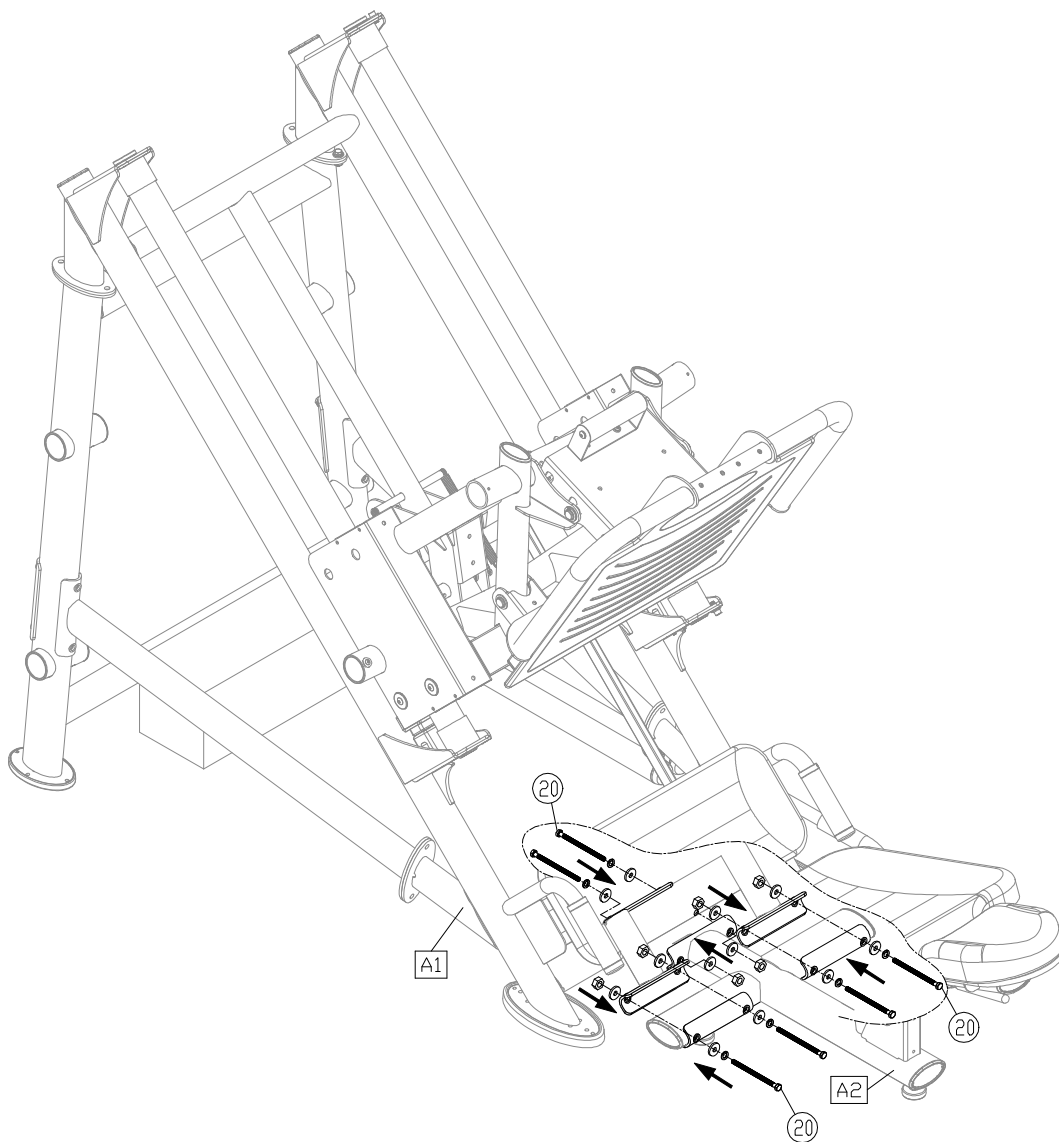
Please follow instructions (a) through (b) to install the seat frame.

(a) First, remove screws (20) from the main frame (A1) and the seat frame (A2).



## **STEP 1** Install the Seat Frame (Continued)

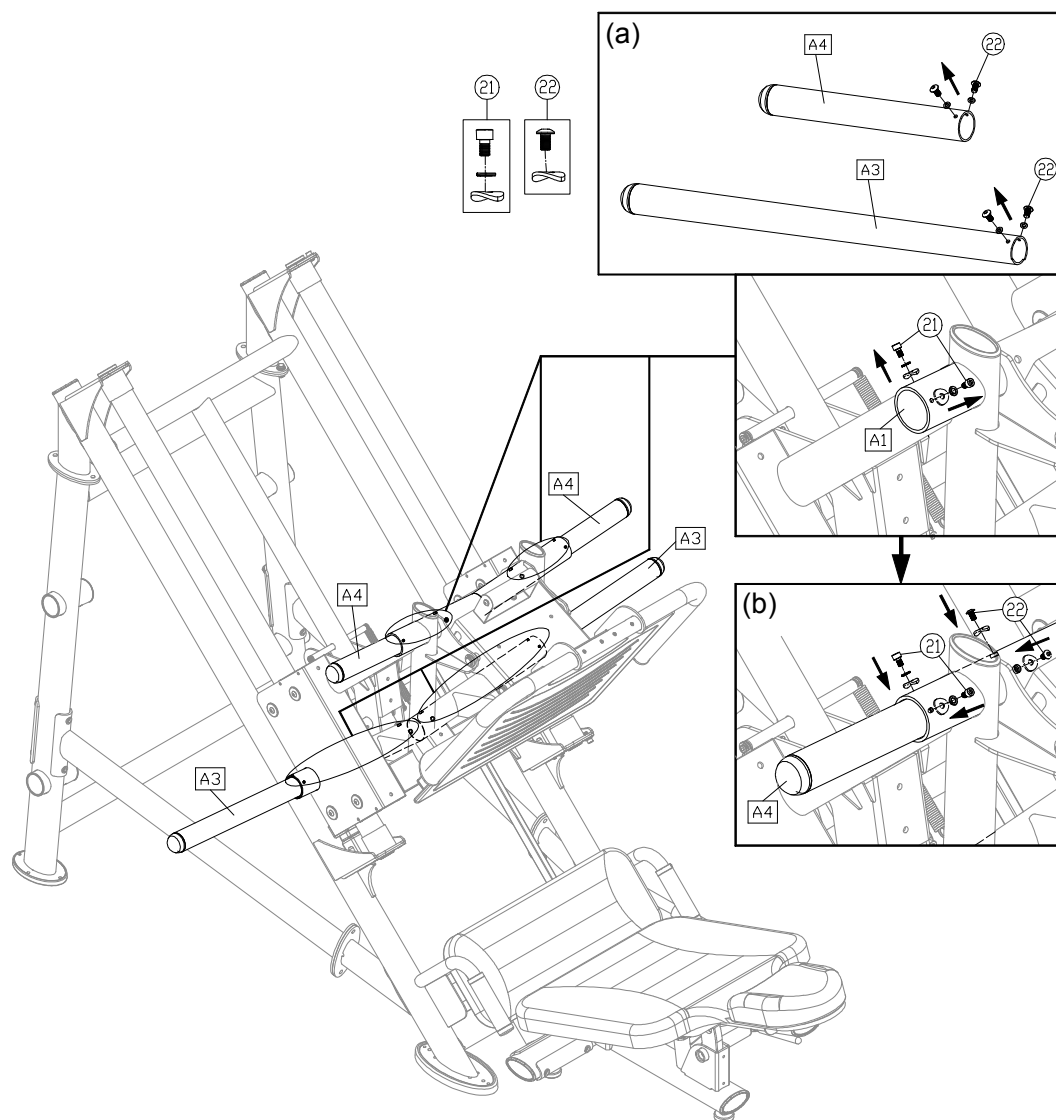
- (b) Attach the seat frame (A2) to the main frame (A1) and then secure the assembly with screws (20).



## STEP 2 Install the Weight Plate Pegs

Please follow instructions (a) through (c) to install the weight plate pegs.

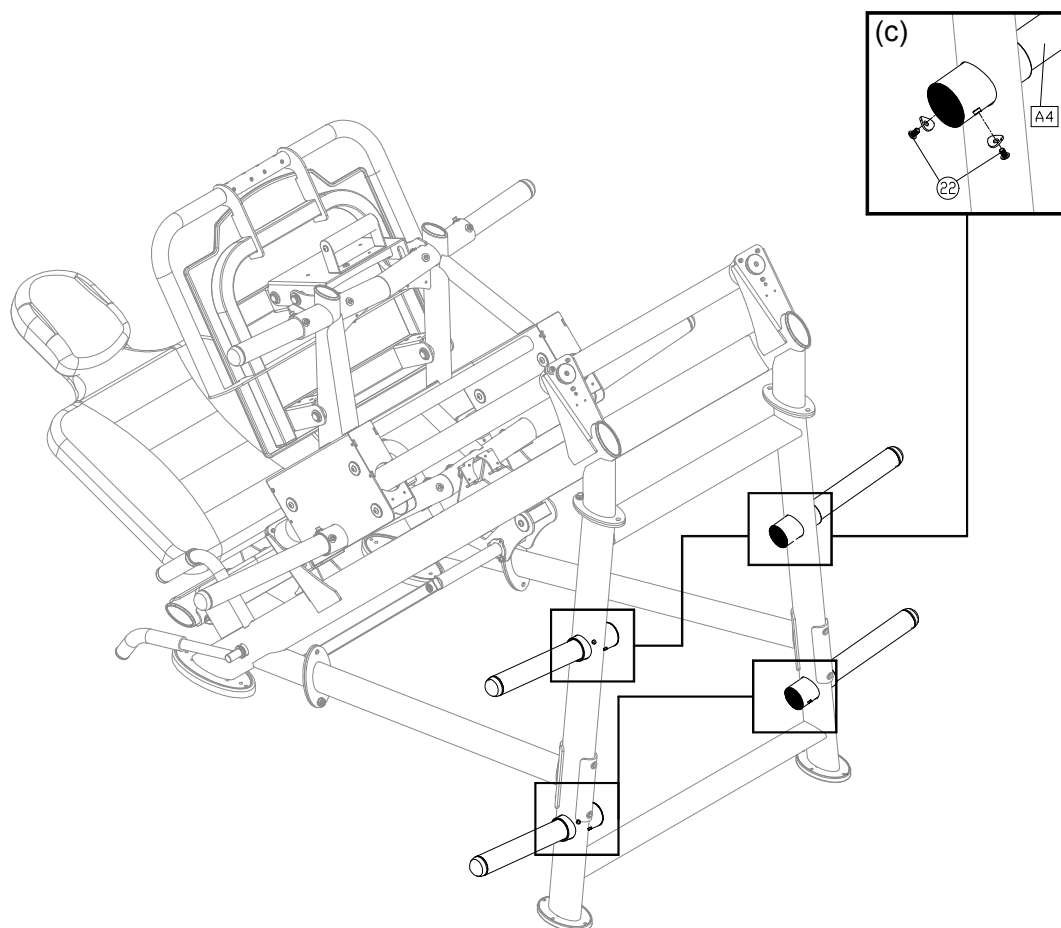
- (a) First remove screws (22) from the weight plate pegs (A4) and then loosen screws (21) from the main frame (A1).
- (b) Install the weight plate pegs (A3) (A4) onto the sides of the main frame (A1). Use screws (22) to secure the weight plate pegs from the back and secure the whole assembly with screws.





## STEP 2 Install the Weight Plate Pegs (Continued)

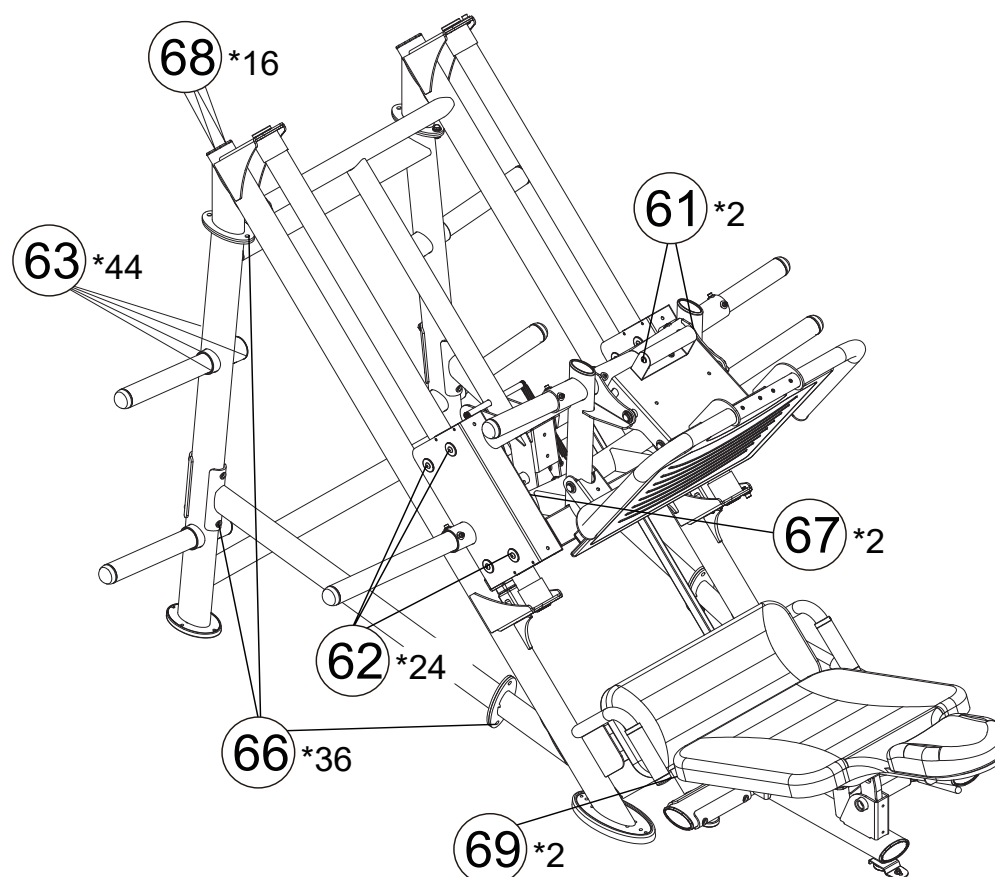
- (c) Install the weight plate pegs (A4) onto the sides of the main frame (A1).  
Use screws (22) to secure the weight plate pegs from the back and secure the whole assembly with screws.



### STEP 3 Install cap nut

Install the cap nuts to the corresponding positions according to the following numbers.

\*The cap nuts in the following table are for reference only. The provided cap nuts will depend upon the needs of the different devices.



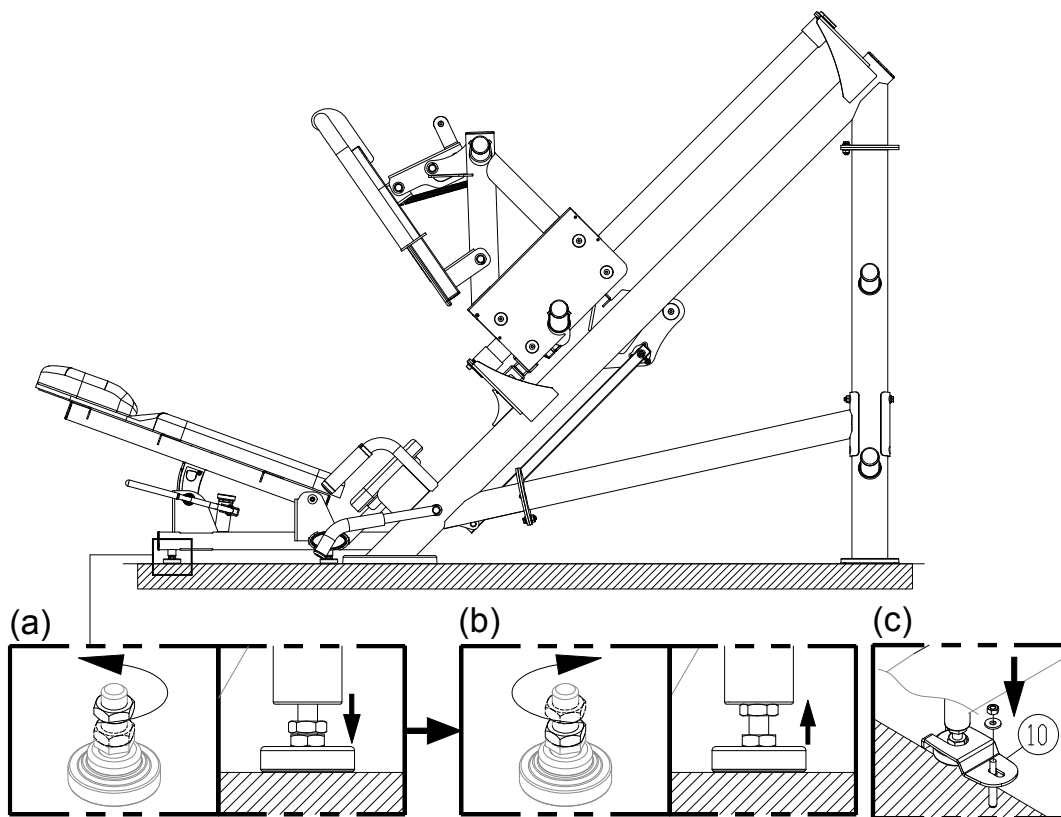
60 GBA-P019	61 GBA-P024	62 GBA-P014	63 GFA-P136	64 GBA-P018
65 GBA-P017	66 GBA-P016	67 TAO-P096A	68 GFA-P137	69 GFA-P138

## STEP 4 Level and Secure the Unit

Follow instructions (a) through (c) to level and secure the unit.

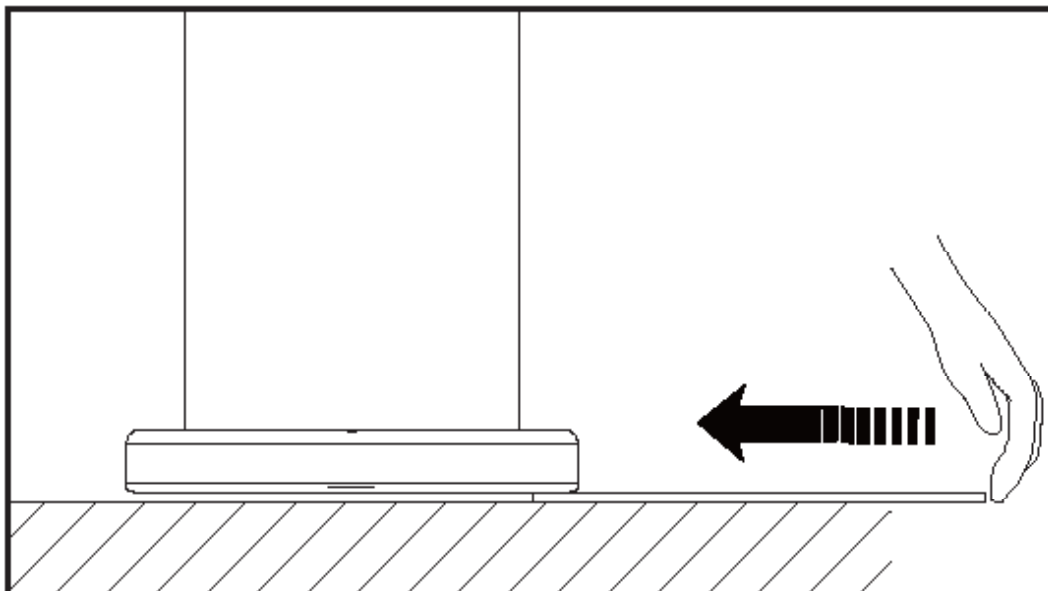
- (a) Rotate the set screw to allow adjustment of the leveler foot and rotate the leveler foot downward against the floor.
- (b) Rotate the set screw upward against the frame to secure this position.
- (c) Secure the floor fixing bracket (10) to the floor with the floor fixing bolt, nut and washer as shown to make sure the machine is firmly fixed to the floor when operating. (Level the machine before securing the floor fixing bolt.)

*(Note: The screw hole of floor fixing bracket is Ø9mm, please make sure using the suitable floor fixing bolt and drilling the proper hole on the floor.)*



#### **STEP 4** Level and Secure the Unit (Continued)

If the product is installed on an uneven surface to cause the instability of the product, place the support spacer under the foot pad to make sure its stability. (A few support spacers are provided in the packaging of this product.)



## **STEP 5** Unit Inspection

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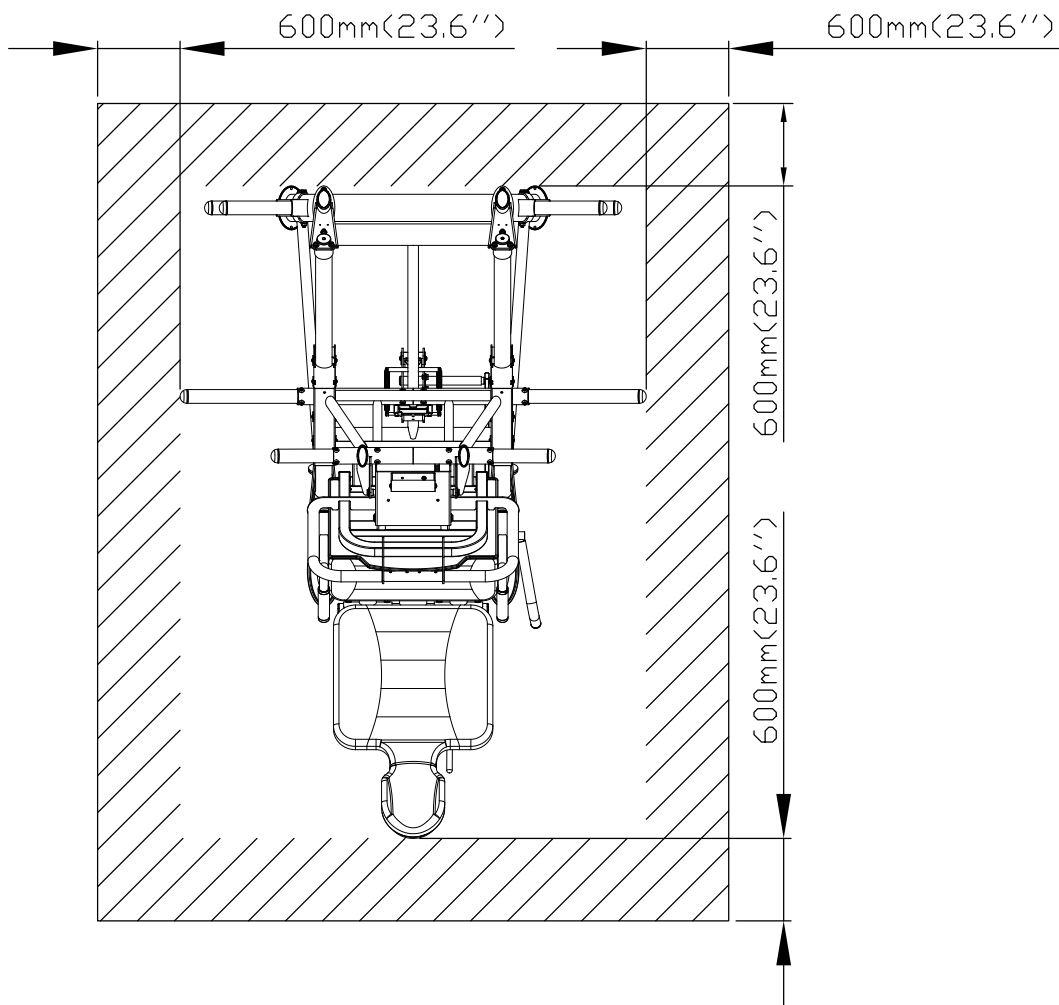
After completing the assembly or regular maintenance, please follow instructions (a) through (c) below to inspect the unit. If the unit is disassembled or has been damaged in any way, it might cause injuries or cause the unit to fail.

- (a) Make sure the unit is steady and on a level surface. If the unit is not steady, make adjustments according to the instructions “Level the Unit” of this manual.
- (b) Make sure all parts are assembled and all fasteners are tightened.
- (c) Please follow operating instructions to test operation and confirm that the equipment is working properly. (Please refer to “Operate the Product” of this manual.)

## 5. OPERATE THE PRODUCT

### OPERATION Safety Operating Area

- (a) Make sure operate the unit in safety area as shown. Do not allow people to be near this area when operating.
- (b) Noise emission under load is higher than without load.
- (c) Over exercising or improper workout position may result in serious injury.
- (d) This product is intended for exercise legs.



## OPERATION Operate the Product

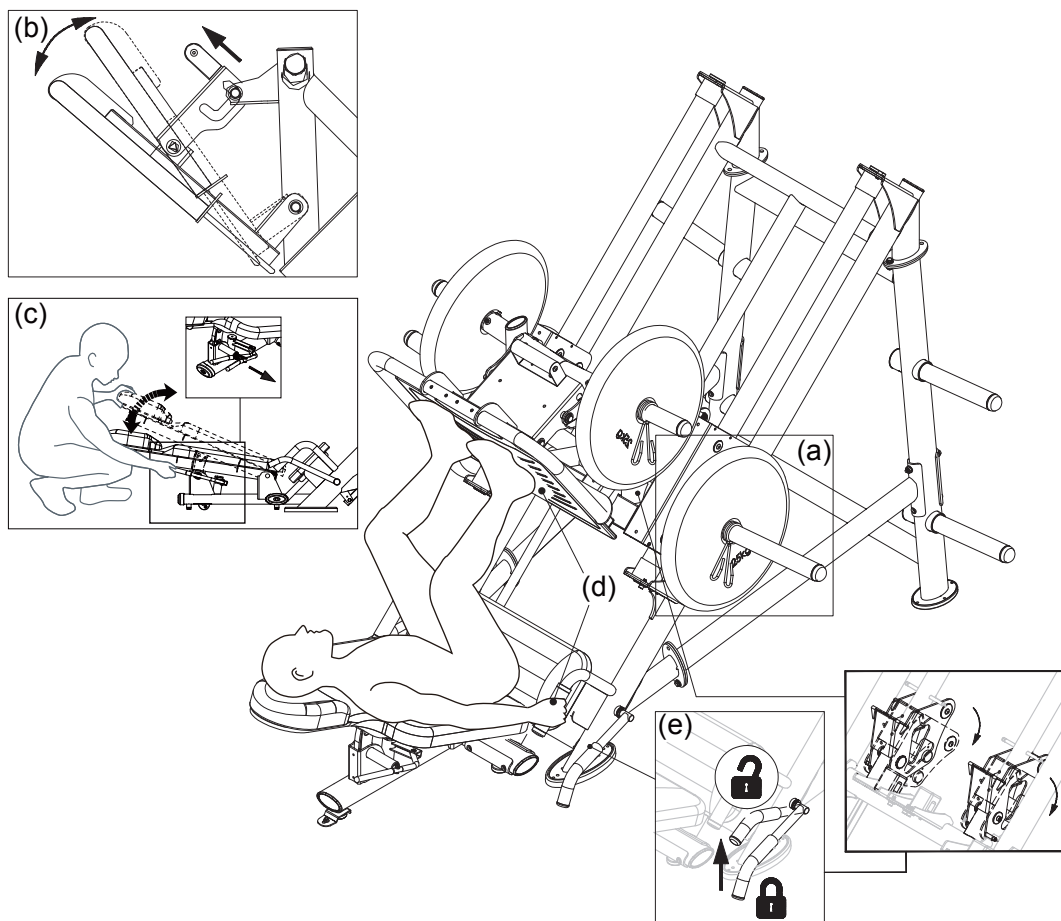
- (a) Select the appropriate weight plates placed on both sides of the weight plate pegs, and then secure the weight plates with safety clamps.
- (b) Adjust an angle of the foot mat as desired for use.
- (c) Adjust the seat back support to the most comfortable position.
- (d) Recline on the back support cushion and hold the handle as shown below, raise your legs and bend your knees, and then step your feet on the foot mat.
- (e) Once ready to exercise, raise the glide rails while extending both legs, and then turn the handle upward to release.
- (f) Inhale while the extending legs straight, exhale slowly back to the original position.
- (g) After operating the machine, turn the handle downward to close and rest the glide rails on the stopper.

*\*Note: While operating the machine, if the weight plate is moving around. Please stop immediately, re-position the weight plate before continuing.*

\* Weight limit: weight plate limit of 500Kg (unilateral 250Kg)

\* Please exercise within the range of your skill and training.

\* Operate this machine must be supervised under coaches instructions in order for safety.



## 6. MAINTENANCE

This section covers maintenance topics and includes a maintenance schedule, task list, and log.

### **MAINTENANCE** Safety Precautions

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- Please follow standard safety precautions when servicing this product.
- Do NOT use a water damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage components and void the warranty.
- Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We are not responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but may also present a danger to the exerciser.
- Keep this product out of use until maintenance is completed.



## **MAINTENANCE** Glide Rail Cleaning

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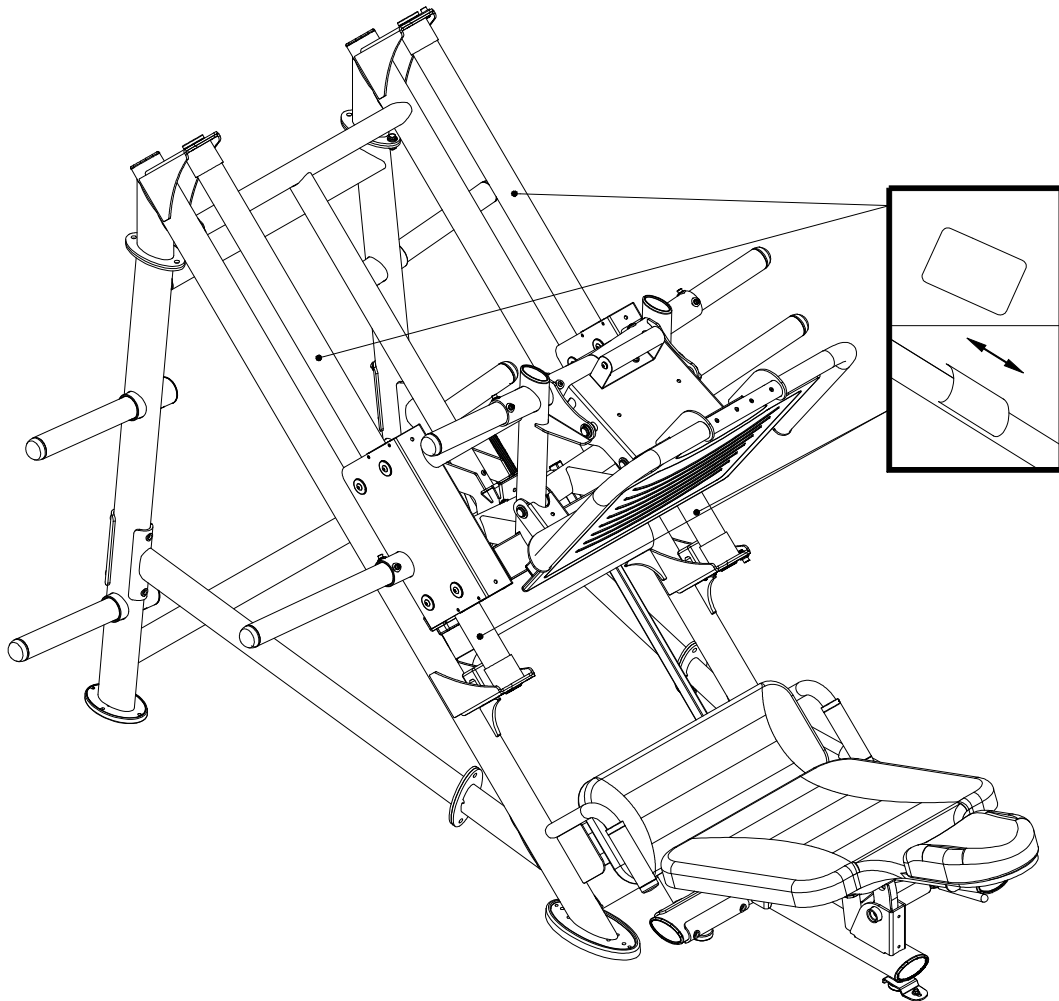
Please follow instructions below to clean glide rails every day.

(a) Use a clean, lint-free cloth to wipe clean the glide rails on which the inclined frame slide.

(b) Test the operation of the inclined frame to ensure good movement.

(c) Repeat steps (a) and (b) two or three times.

*(Note: the cloth should be lint-free.)*



## MAINTENANCE Schedule

If there is a need for maintenance of components, please visit the SportsArt website.

cleaning requirements

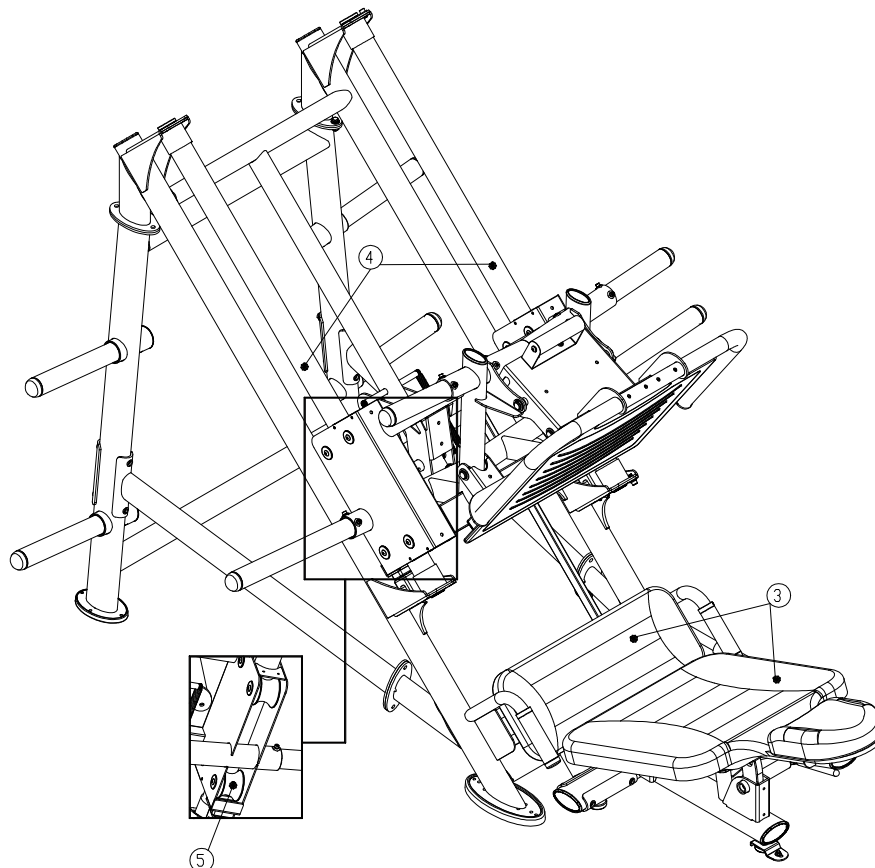
1.directive 93/42/CEE

2.directive biocide 98/8/CEE

The disinfectant has to be in compliance with Medical Device Directive 93/42/EEC (MDD) and Biocidal Products Directive 98/8/EC (BPD).

It is suited for sensitive synthetic surfaces such as synthetic leather, polycarbonate (PC), acrylic glass and polysulfone, and for the keyboards and control panels.

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	●					Clean.
2	Screws	●					Inspect for looseness and secure if necessary.
3	Cushions	●					Wipe with a damp cloth.
4	Glide rails	●					Wipe clean with a cloth.
5	Rollers		●				Apply lubricant and spin rollers.



## **MAINTENANCE** Task List

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Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

### **Daily tasks**

1. Use a clean, lint-free towel to wipe down the product exterior.
2. Inspect all screws. Secure if necessary.
3. Wipe cushions clean with a damp cloth.
4. Wipe glide rails clean with a cloth.

### **Weekly tasks**

1. Apply lubricant to the rollers, and spin them to let the lubricant disperse.

### **Caution**

- Please follow standard safety precautions when servicing this product.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage components and void the warranty.

## **MAINTENANCE** One-Year Maintenance Log

Facility: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Product model number: \_\_\_\_\_ Serial number: \_\_\_\_\_

Start date: \_\_\_\_\_ End date: \_\_\_\_\_

Daily Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Week 22-28
Completed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Daily Tasks	Week 29-35	Week 36-42	Week 43-49	Week 50-52
Completed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Weekly Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Weekly Tasks	Weeks 29-35	Weeks 35-42	Weeks 43-49	Weeks 50-52
Completed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Monthly tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yearly Tasks	Year 1
Completed	<input type="checkbox"/>

Notes: \_\_\_\_\_

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## **7. CONSIGNES DE SÉCURITÉ IMPORTANTES**

Le produit SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre produit.

- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer le produit selon les instructions.
- Assemblez et faites fonctionner le produit sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le produit.
- Vérifiez le tapis de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser le produit si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs.
- Soyez prudent lors du montage et démontage de l'appareil.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Une surveillance étroite est nécessaire quand le produit est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez ce produit uniquement pour l'usage prévu dans ce manuel.
- La limite de poids de l'utilisateur pour le produit est de 227 kg, 500 lb.
- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.
- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce produit par une personne responsable de leur sécurité.

## 7. CONSIGNES DE SÉCURITÉ (SUITE)

- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.

### ATTENTION

Si vous ressentez une douleur ou si vous avez une sensation anormale, **ARRÊTEZ VOTRE ENTRAÎNEMENT** et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. **NE PAS** s'entraîner jusqu'à l'épuisement.

- Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.

Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot «vis» est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

**Your Authorized Distributor**