

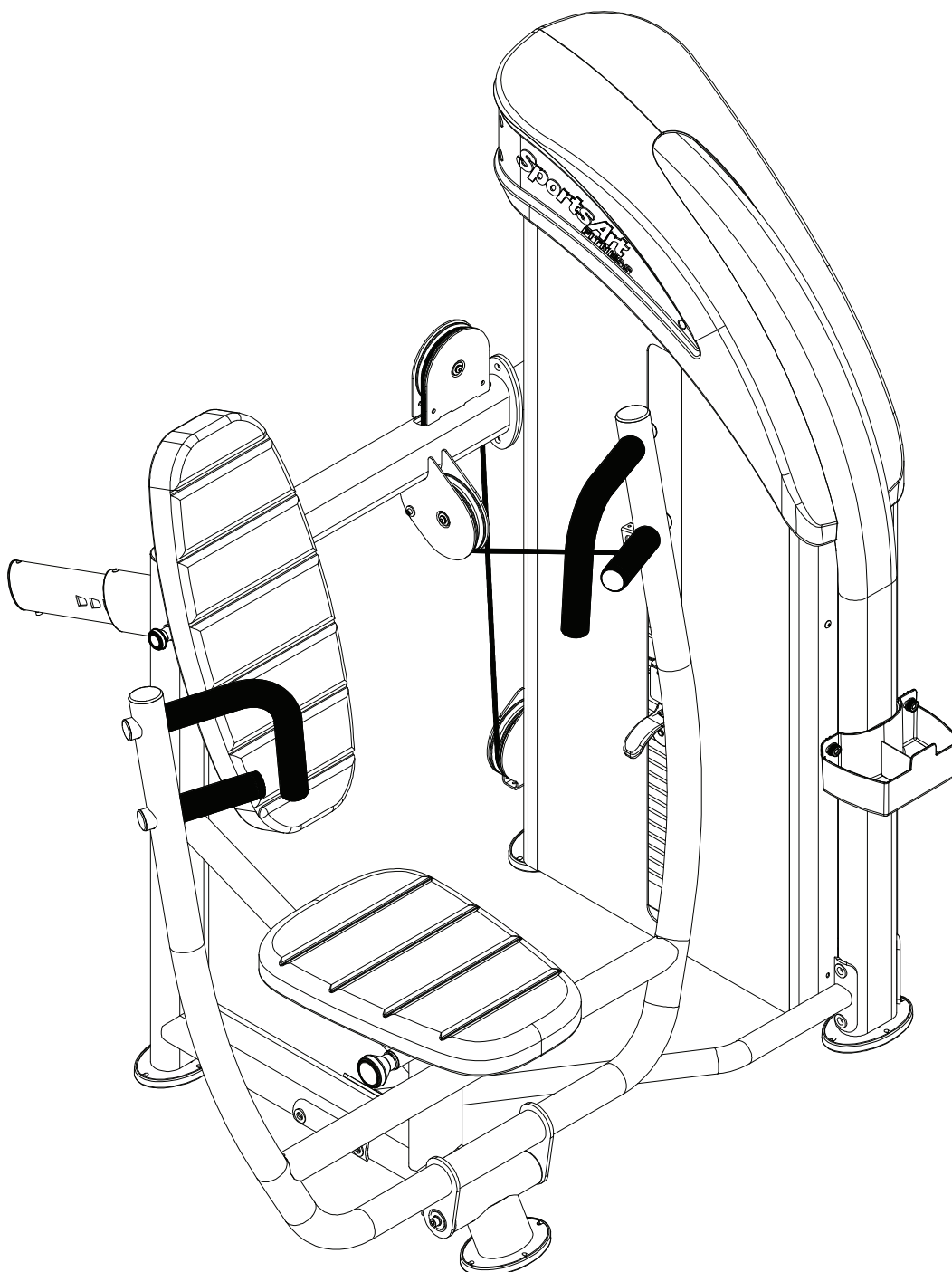
## **P715 OWNER'S MANUAL CONTENTS**

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# 1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the P715 Dependent Chest 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:

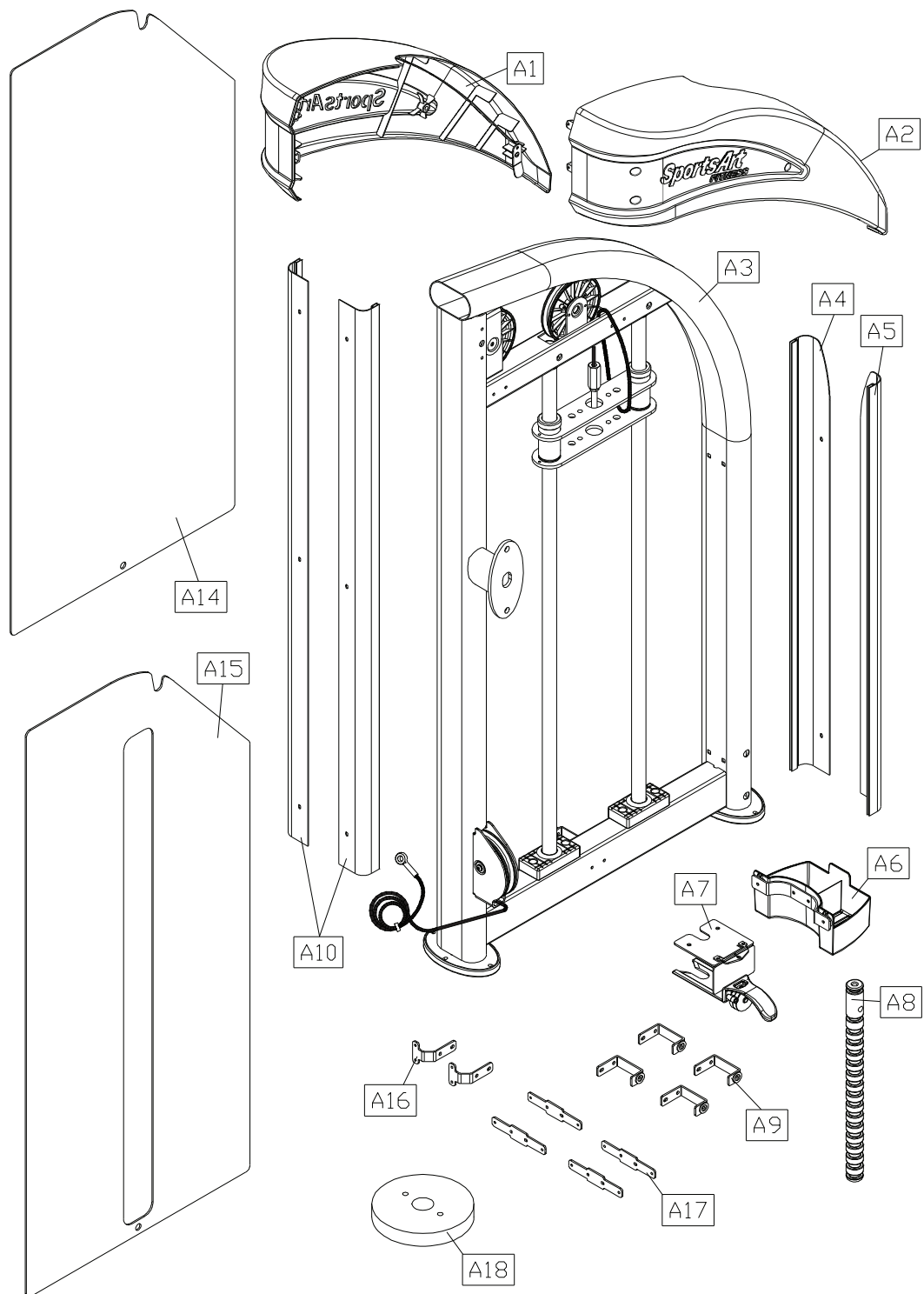
- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. 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 that are not specifically recommended by the manufacturer. Such parts might cause injuries or cause the unit to fail.
- This product is not intended for use by persons (including children) 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.
- Children 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.

**CAUTION:** If you feel any pain or any abnormal sensations, STOP YOUR WORKOUT 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.

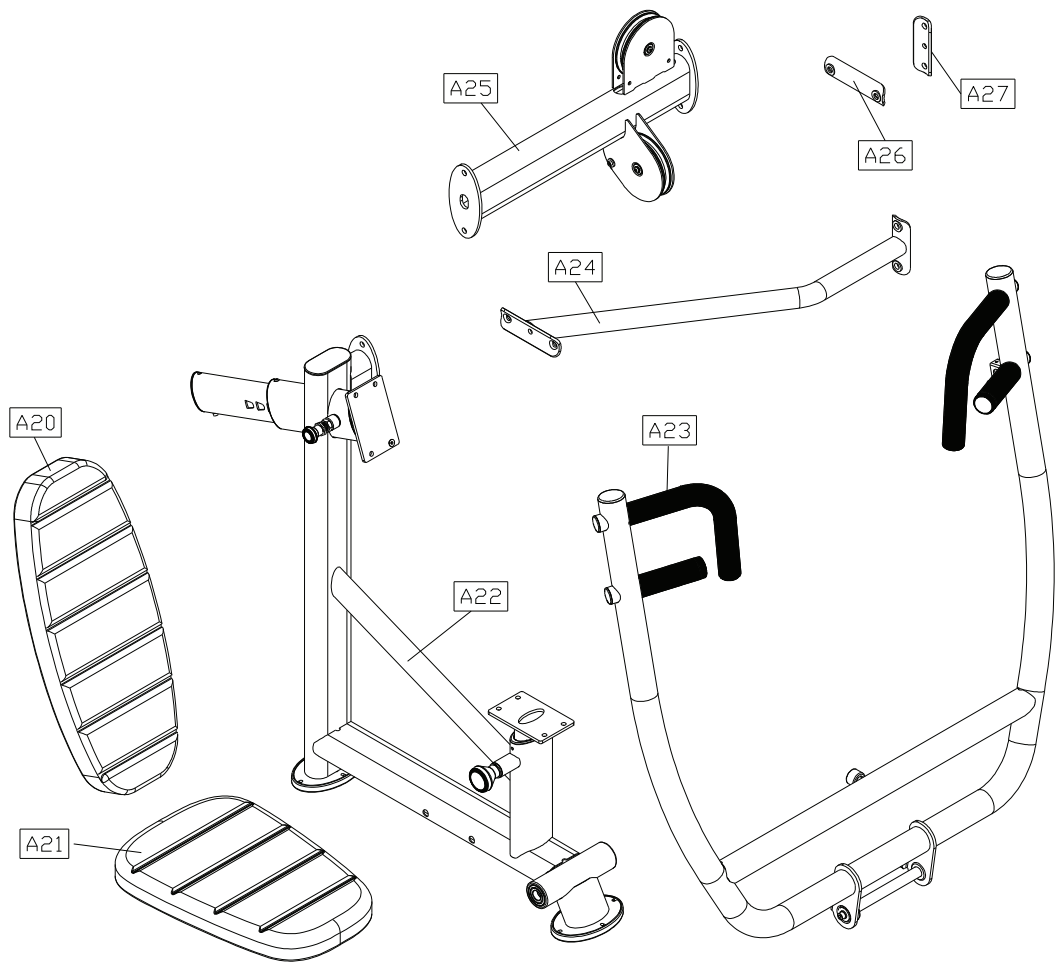
**\*NOTE:** Regarding the decaled resistance on the unit weight stack, the actual weight being lifted is configured at a ratio of 1:1. Example: If the stack fork is engaged at 60KG (132LB) at the weight stack, the actual pulling weight is 60KG (132LB).

### 3. LIST OF PARTS

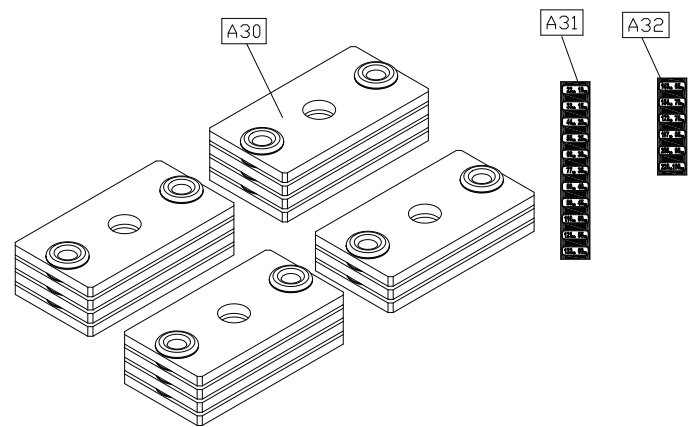
Box A



Box B



Box C



| Box A - Main Frame Components |                              |      |     |                       |      |
|-------------------------------|------------------------------|------|-----|-----------------------|------|
| No.                           | Name                         | Qty. | No. | Name                  | Qty. |
| A1                            | Weight stack top right cover | 1    | A9  | Cover bracket         | 4    |
| A2                            | Weight stack top left cover  | 1    | A10 | Cover support plate A | 2    |
| A3                            | Main frame                   | 1    | A14 | Rear cover            | 1    |
| A4                            | Cover support plate B-2      | 1    | A15 | Front cover           | 1    |
| A5                            | Cover support plate B-1      | 1    | A16 | Bracket               | 2    |
| A6                            | Storage tray                 | 1    | A17 | Bracket               | 4    |
| A7                            | Stack fork                   | 1    | A18 | Round weight plate    | 1    |
| A8                            | Stack rod                    | 1    |     |                       |      |

| Box B - User Frame Components |              |      |     |                        |      |
|-------------------------------|--------------|------|-----|------------------------|------|
| No.                           | Name         | Qty. | No. | Name                   | Qty. |
| A20                           | Seat back    | 1    | A24 | Connector B            | 1    |
| A21                           | Seat bottom  | 1    | A25 | Connector A            | 1    |
| A22                           | Seat frame   | 1    | A26 | Ø50 Connecting board   | 1    |
| A23                           | Press handle | 1    | A27 | Ø50 Connecting board A | 1    |

| Box C - Weight Plates Components |                                              |      |     |                                                |      |
|----------------------------------|----------------------------------------------|------|-----|------------------------------------------------|------|
| No.                              | Name                                         | Qty. | No. | Name                                           | Qty. |
| A30                              | 5kg/11lb weight plate                        | 15   | A32 | Weight plate sticker (65kg~100kg/143lb ~220lb) | 1    |
| A31                              | Weight plate sticker (10kg~60kg/22lb ~132lb) | 1    |     |                                                |      |

| Components in the Hardware Kit |                              |      |                |       |
|--------------------------------|------------------------------|------|----------------|-------|
| No.                            | Name                         | Qty. | Specification  | Notes |
| 10                             | Screw socket                 | 8    | SGN-07         |       |
| 11                             | Mushroom top inner hex screw | 12   | M6*P1.0*L12    |       |
| 12                             | Mushroom top Phillips screw  | 8    | M5*L15         |       |
| 13                             | Mushroom top Phillips screw  | 10   | M5*0.8*L8      |       |
| 14                             | Ronund head Phillips screw   | 6    | M6*P1.0*L12    |       |
| 16                             | Round head inner hex screw   | 2    | M6*P1.0*20     |       |
|                                | Bushing                      | 2    | D21.5*10.5     |       |
| 17                             | Hex head screw               | 4    | M10*P1.5*L130  |       |
|                                | Spring washer                | 4    | M10            |       |
|                                | Washer                       | 8    | D16*d10.2*t1.0 |       |
|                                | Nylon hex lock nut           | 4    | M10            |       |
| 18                             | Hex head screw               | 4    | M10*P1.5*L30   |       |
|                                | Spring washer                | 4    | M10            |       |
|                                | Washer                       | 8    | D16*d10.2*t1.0 |       |
|                                | Nylon hex lock nut           | 4    | M10            |       |
|                                | L-shaped Allen wrench        | 2    | (M4)           |       |
|                                | L-shaped Allen wrench        | 1    | (M5)           |       |
|                                | L-shaped Allen wrench        | 1    | (M6)           |       |
|                                | L-shaped Allen wrench        | 1    | (M8)           |       |
|                                | Open end wrench              | 2    | (13*17)        |       |
|                                | Phillips-head screw driver   | 1    |                |       |

| Components on the Product |                            |                         |       |
|---------------------------|----------------------------|-------------------------|-------|
| No.                       | Name                       | Specification           | Notes |
| 30                        | Axle                       | Hex head ØD10*L23<br>M6 |       |
|                           | Washer                     | D16*d10.2*t1.0          |       |
|                           | Flat washer                | D16*d6.3*t2             |       |
|                           | Nylon hex lock nut         | M6                      |       |
| 31                        | Round head inner hex screw | M8*P1.25*L20            |       |
|                           | Spring washer              | M8                      |       |
|                           | Flat washer                | D26*d8.5*t2             |       |
|                           | Axle E                     | D20*L197                |       |

| Components on the Product |                               |                 |       |
|---------------------------|-------------------------------|-----------------|-------|
| No.                       | Name                          | Specification   | Notes |
| 32                        | Mushroom top inner hex screw  | M6*P1.0*L12     |       |
|                           | Spring washer                 | M6              |       |
|                           | Flat washer                   | D20*d6.3*t1.5   |       |
|                           | Axle                          | D15*L26         |       |
|                           | Pulley                        | D126*20         |       |
| 33                        | Upper stack carriage set      |                 |       |
| 34                        | Hex head screw                | M8*P1.25*L65    |       |
|                           | Flat washer                   | D17*d8.3*t2     |       |
|                           | PU tube                       | D12*d8*L51      |       |
|                           | Nylon hex lock nut            | M8              |       |
| 35                        | Guide rod                     |                 |       |
| 36                        | Round head inner hex screw    | M6*P1.0*L35     |       |
|                           | Spring washer                 | M6*t1.5         |       |
|                           | Flat washer                   | D20*d6.3*t1.5   |       |
| 37                        | Round head inner hex screw    | M5*P0.8*L10     |       |
|                           | Washer                        | D16.5*d5.2*t2.0 |       |
|                           | Axle C                        | D8*L31.2        |       |
| 38                        | Mushroom top inner hex screw  | M8*P1.25*L25    |       |
|                           | Spring washer                 | M8              |       |
| 39                        | Bevelled head inner hex screw | M8*P1.25*L20    |       |
|                           | Nylon hex lock nut            | M8              |       |
| 40                        | Mushroom top inner hex screw  | M6*P1.0*L12     |       |
|                           | Flat washer                   | D20*d6.3*t1.5   |       |
| 41                        | Bevelled head Phillips screw  | M5*L8           |       |

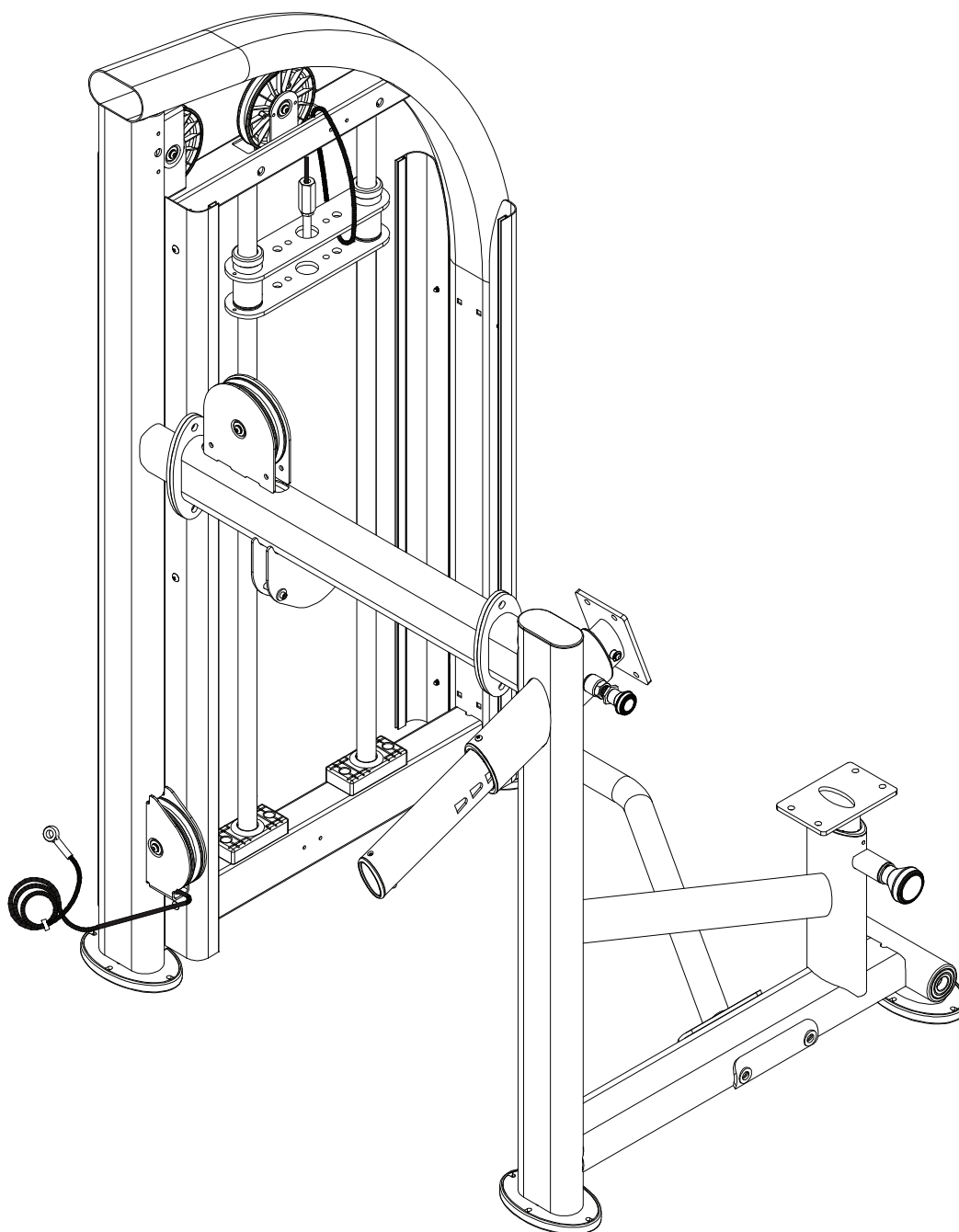


## 4. ASSEMBLE THE PRODUCT

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” or “nuts” is used where washers and other hardware may be involved.

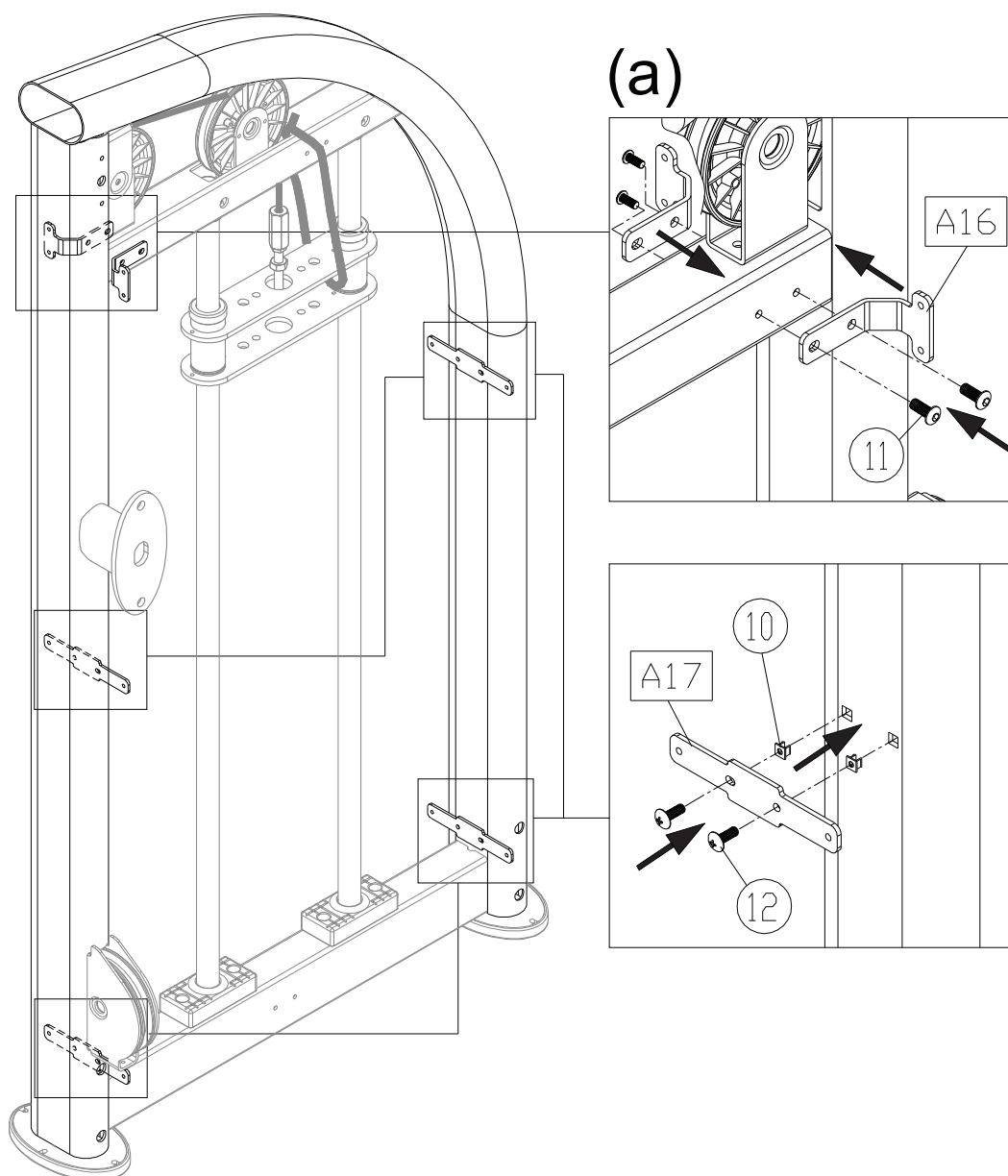
### STEP 1 Cover Support Plate and the Connector Installation

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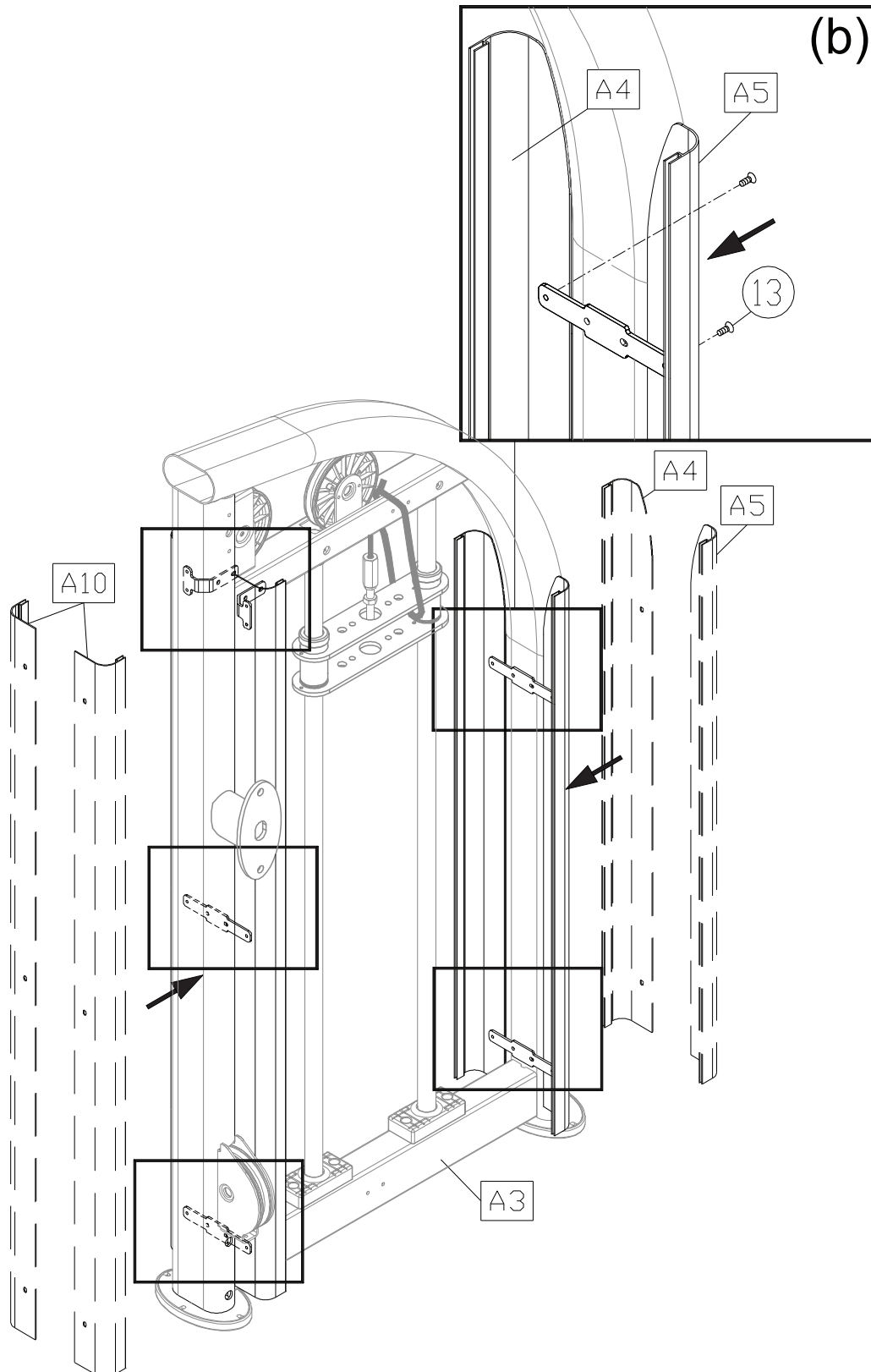


- (a). Insert the screw sockets (10) into place in the main frame (A3) as shown, and then use the screws (11) (12) to secure the brackets (A16) (A17) in place.

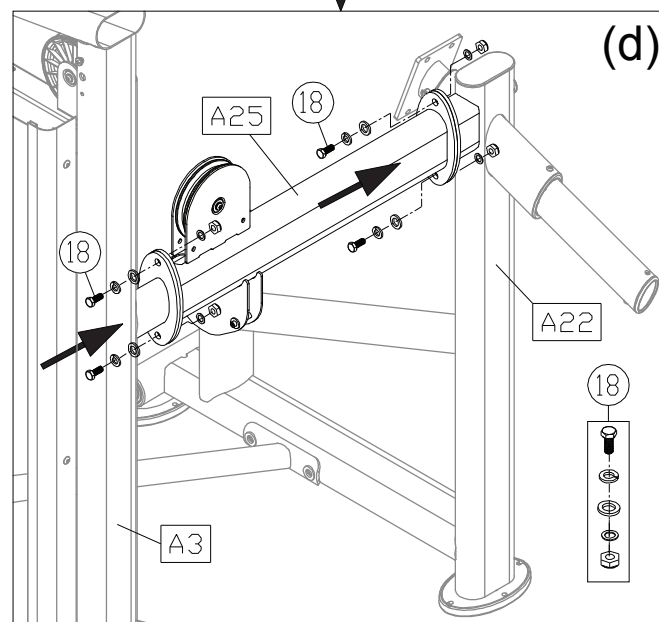
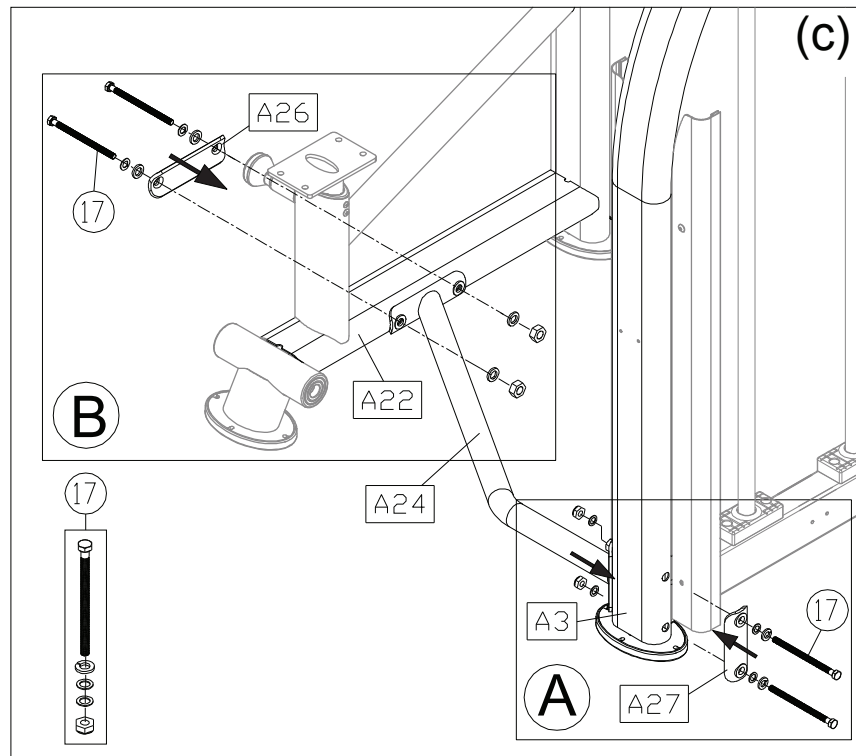
(Note: The bracket (A16) must be secured to the top of main frame as shown.)



- (b). Use the screws (13) to secure the cover support plates (A10) to the straight frame of the main frame (A3) and then secure the cover support plates (A4) (A5) to the both side of the curved frame as shown. (Note: The cover support plates must be secured outside of the bracket (A16) (A17).)

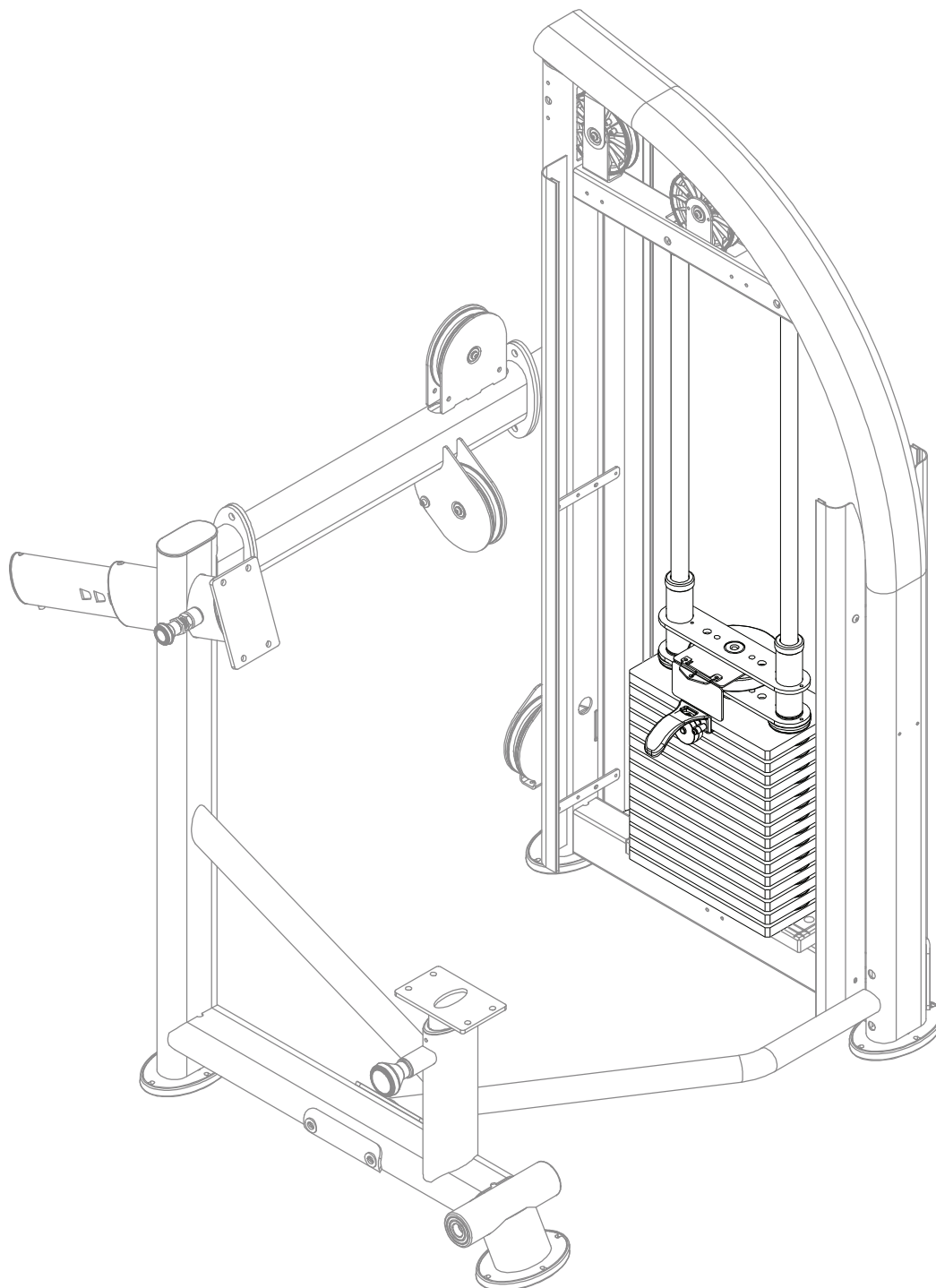


- (c). Use the screws (17) to secure the connecting board A (A27) to the connector B (A24) and the main frame (A3) in area A. Use the screws (17) to secure the connecting board (A26) to the connector B (A24) and the seat frame (A22) in area B.
- (d). Use the screws (18) to secure the connector A (A25), the main frame (A3) and the seat frame (A22) as shown.

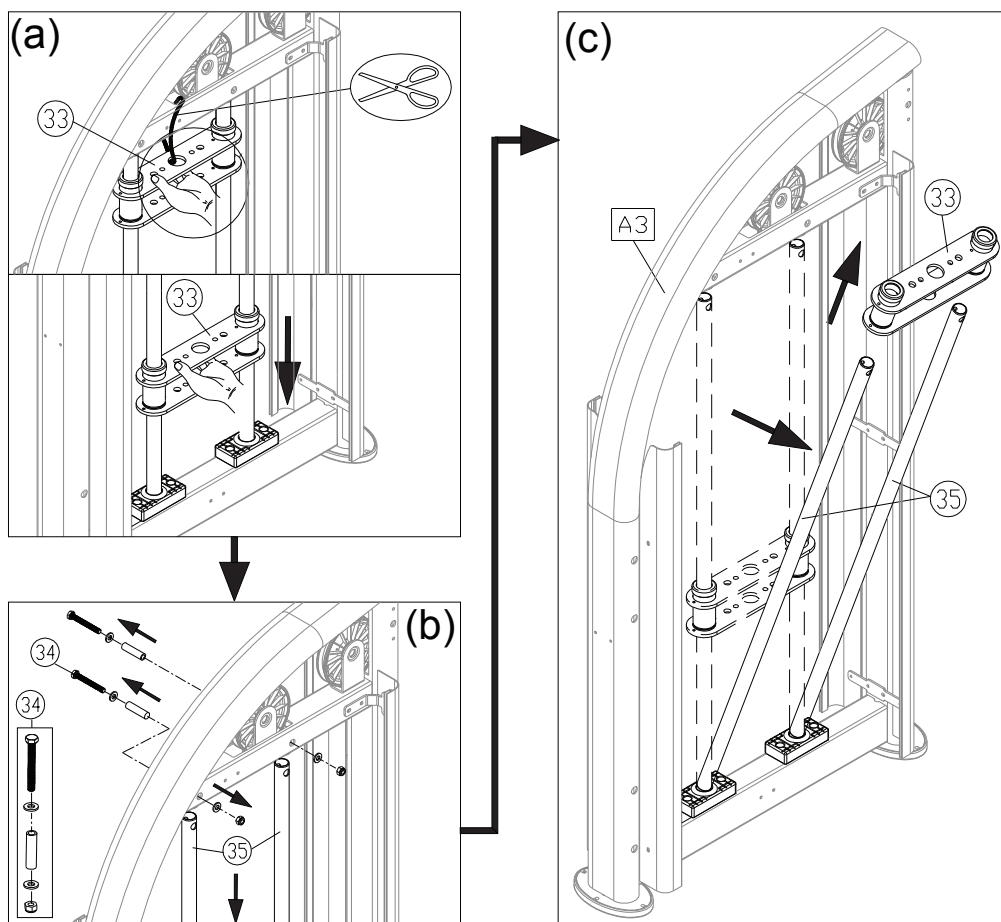


## STEP 2 Weight Stack Installation

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- (a). Hold the upper stack carriage set (33), and then cut the zip tie. Gently lower the upper stack carriage set (33) into place as shown.
- (b). Remove the screws (34). Set the guide rod (35) downward into place as shown.
- (c). Tilt the guide rod (35) backward and then lift the upper stack carriage set (33) off the guide rods as shown. Carefully set the upper stack carriage set (33) aside.



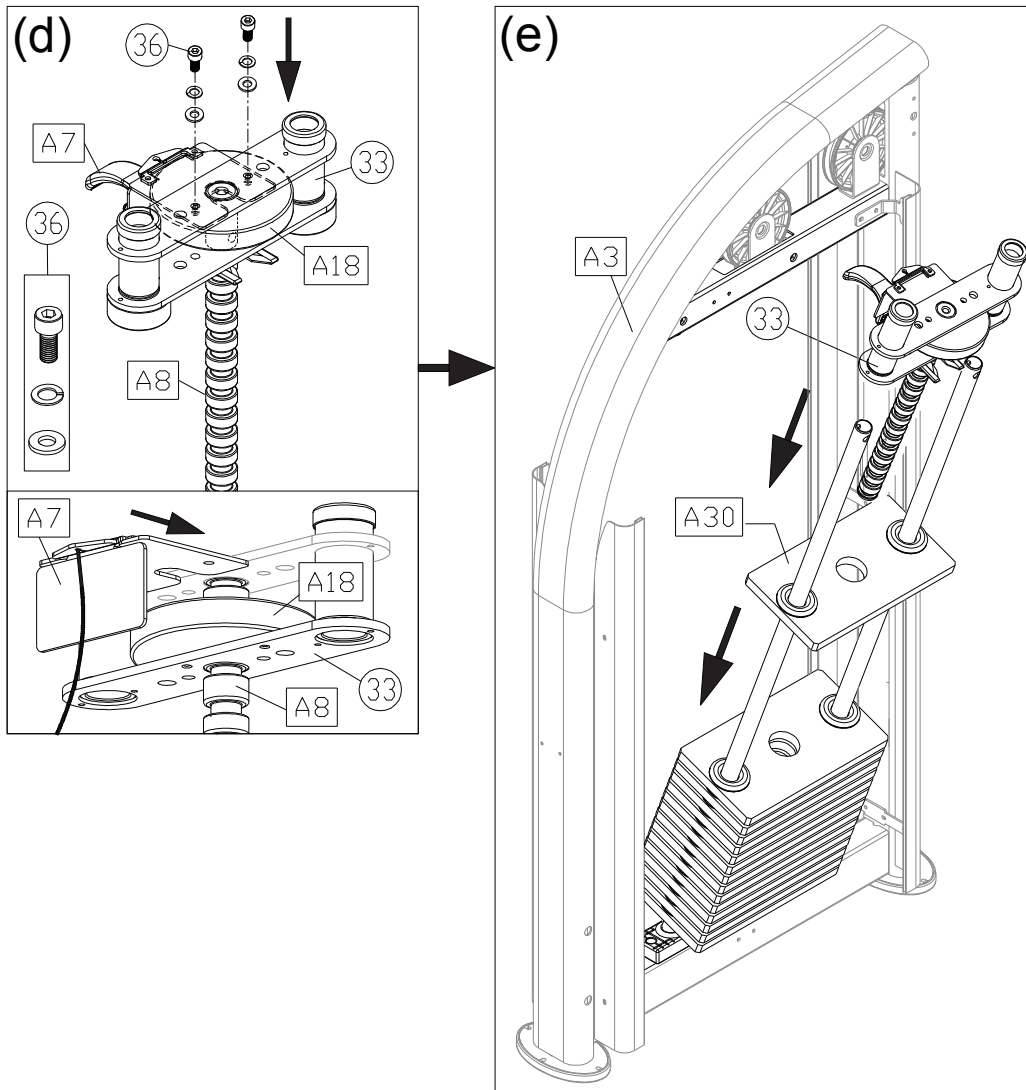
- (d). Insert the weight stack rod (A8) into the central mounting position of the upper stack carriage set (33) and the round weight plate (A18) and then use the screws (36) to secure the stack fork (A7) into place of the round weight plate (A18) as shown.

(Note: Remove the stack fork first before assembling and make sure the round weight plate (A18) is under the stack fork (A7).)

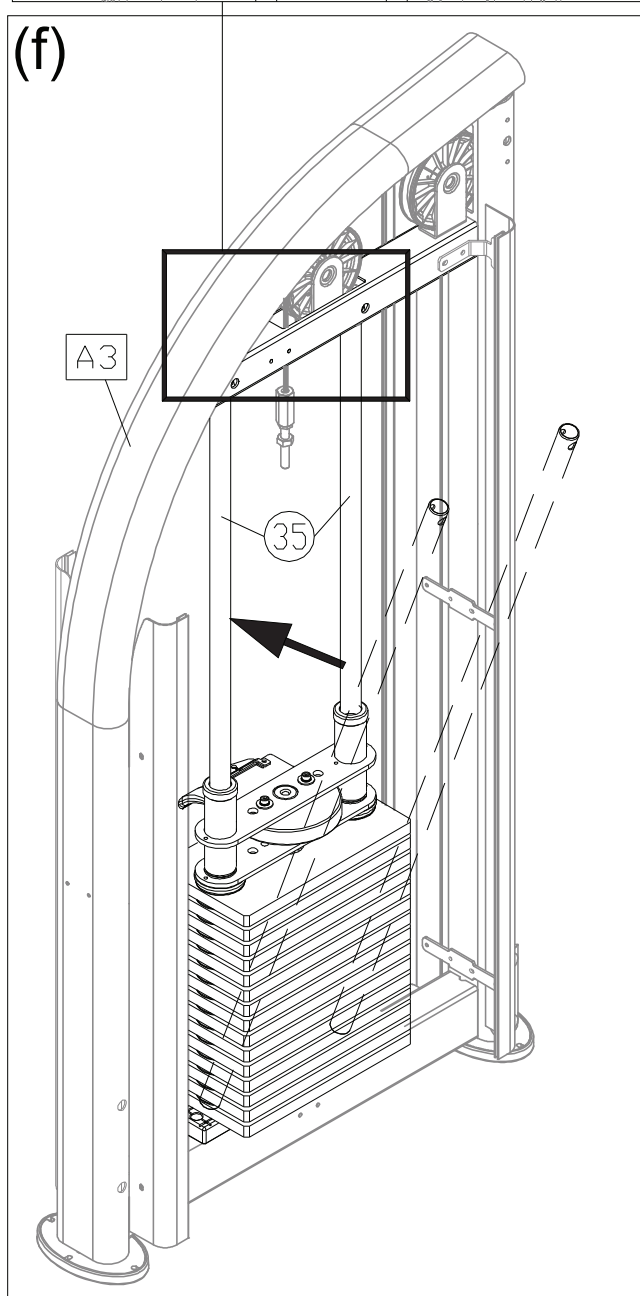
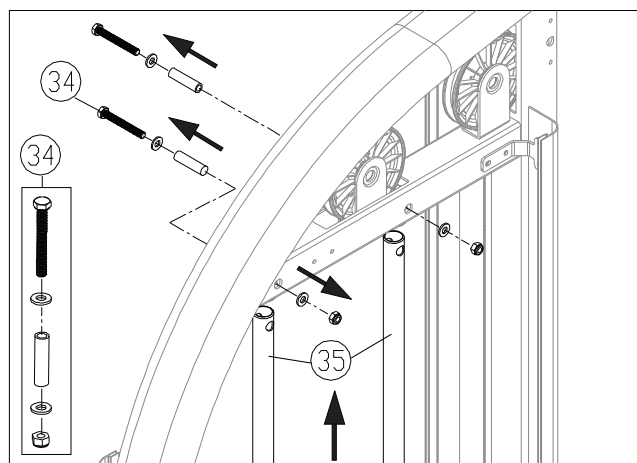
- (e). Insert and lower the (5 kg/11lb) weight plates (A30) into place on the guide rods (35) one at a time. Once complete, slide down the upper stack carriage set (33) on top of the weight stack.

(Note: The convex side of weight plate should face up and the stack fork (A7) points toward the front.)

\* If there is an optional (7.5kg/16.5lb) weight plate installed, insert the optional weight plates first before the (5 kg/11lb) weight plates (A30).



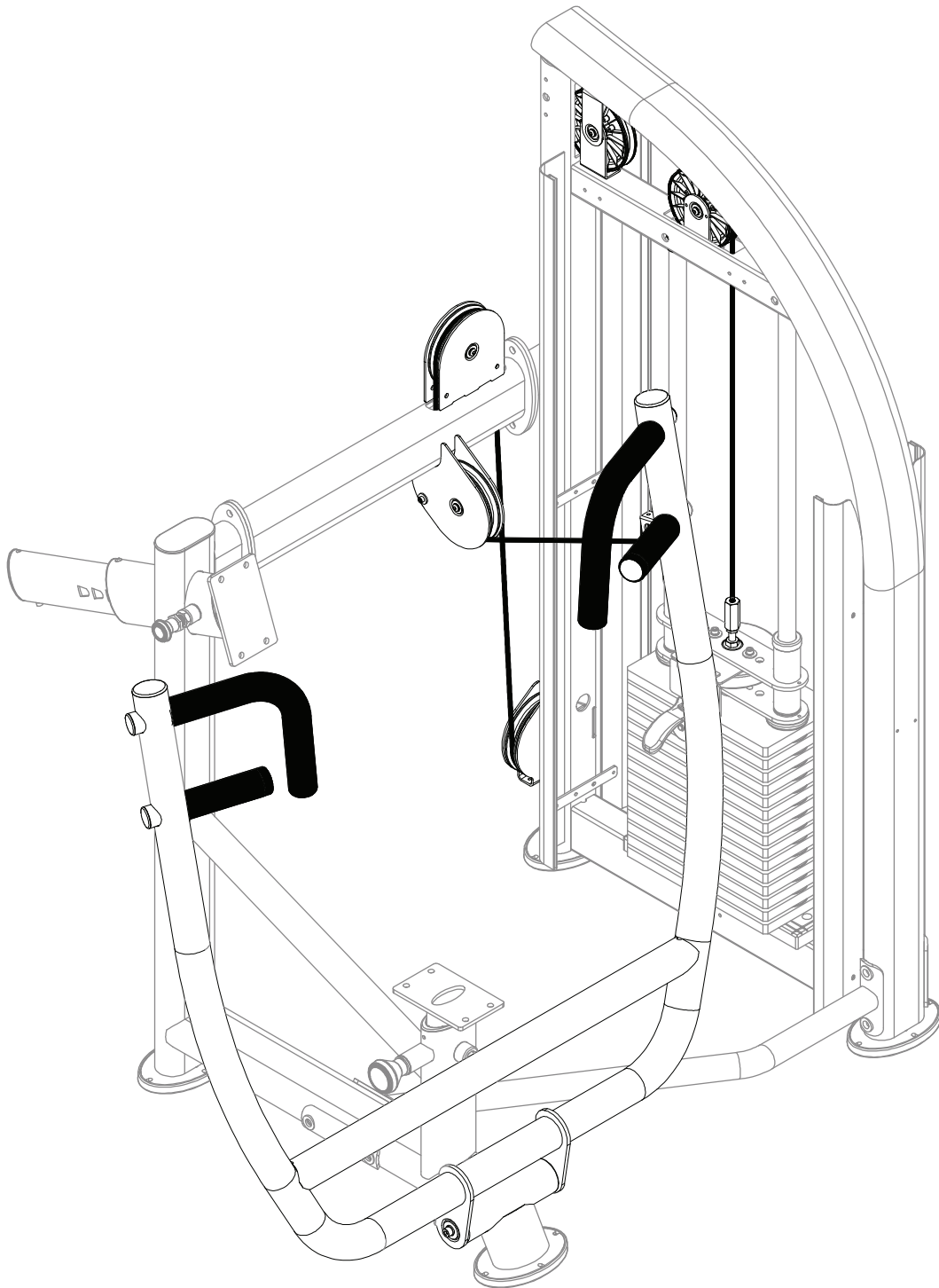
- (f). Tilt the guide rods (35) back into place and then lift them up to their mounting position, and then secure the assembly with the screws (34).



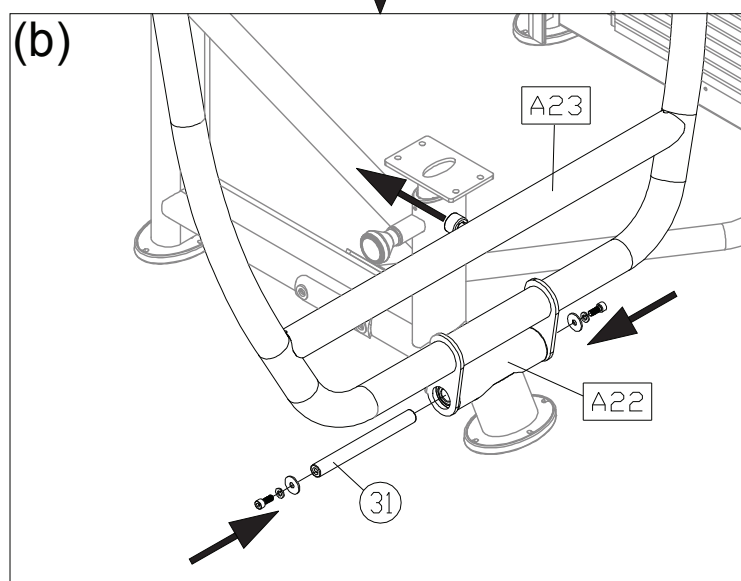
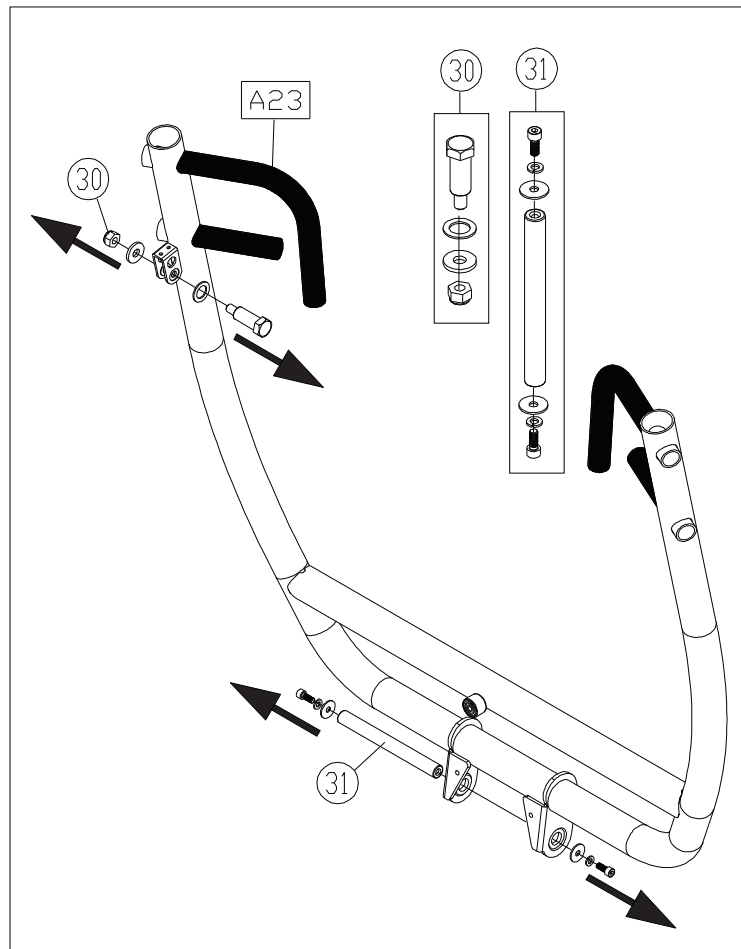


### STEP 3 Press handle Installation

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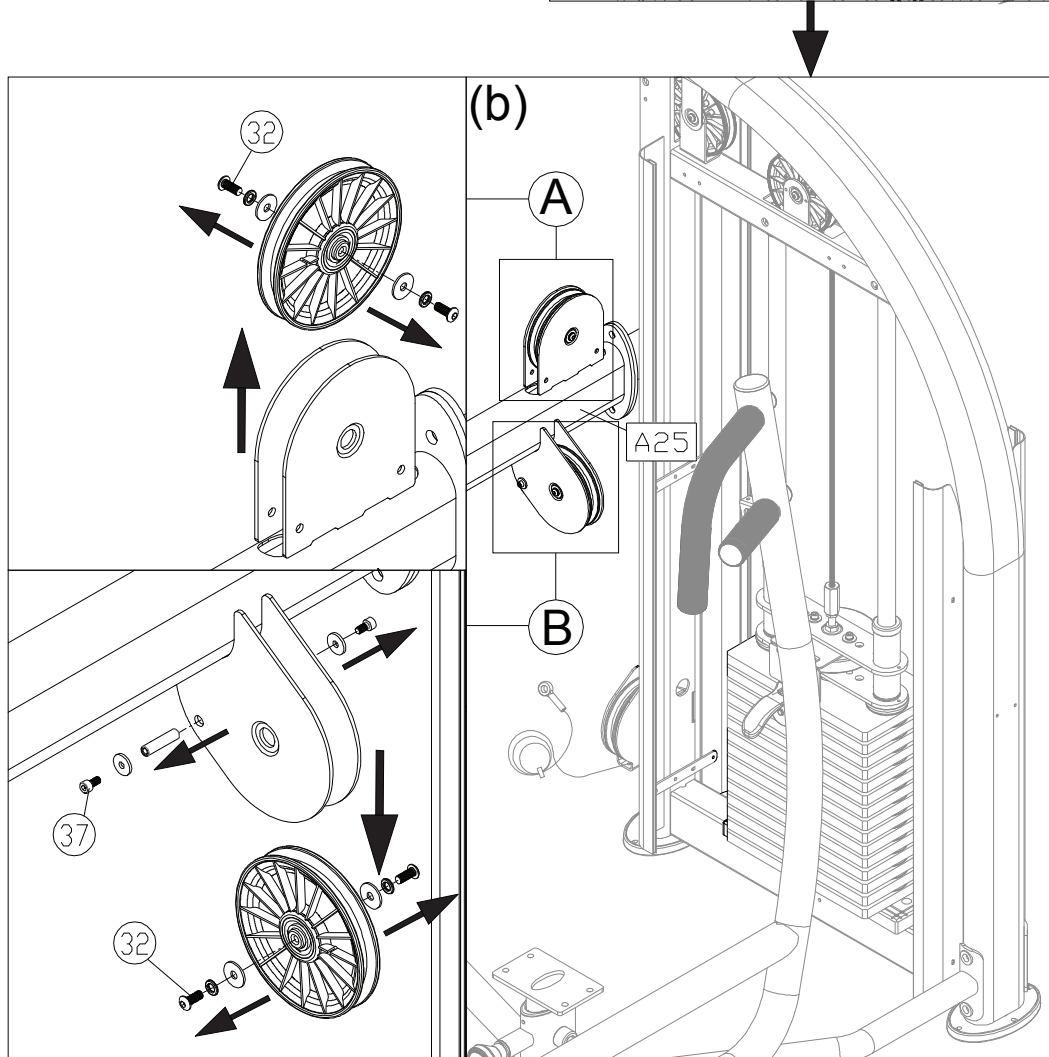
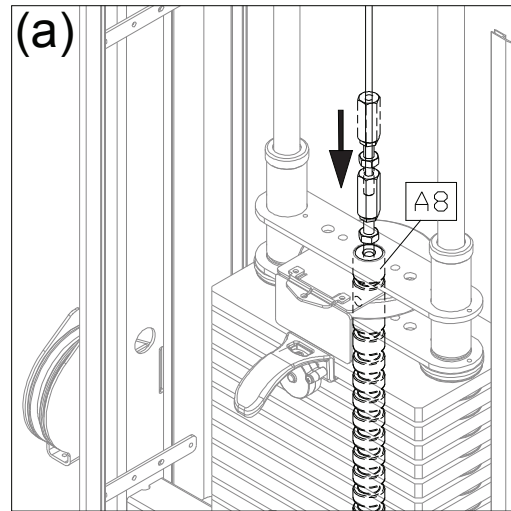


- (a). Loosen and remove the screws (30) (31) from the press handle (A23) as shown.
- (b). Place the press handle (A23) on the top of the seat frame (A22) and align holes and then secure with the screws (31) as shown.  
(Note: The stopper's direction of the press handle (A23) should face inside.)

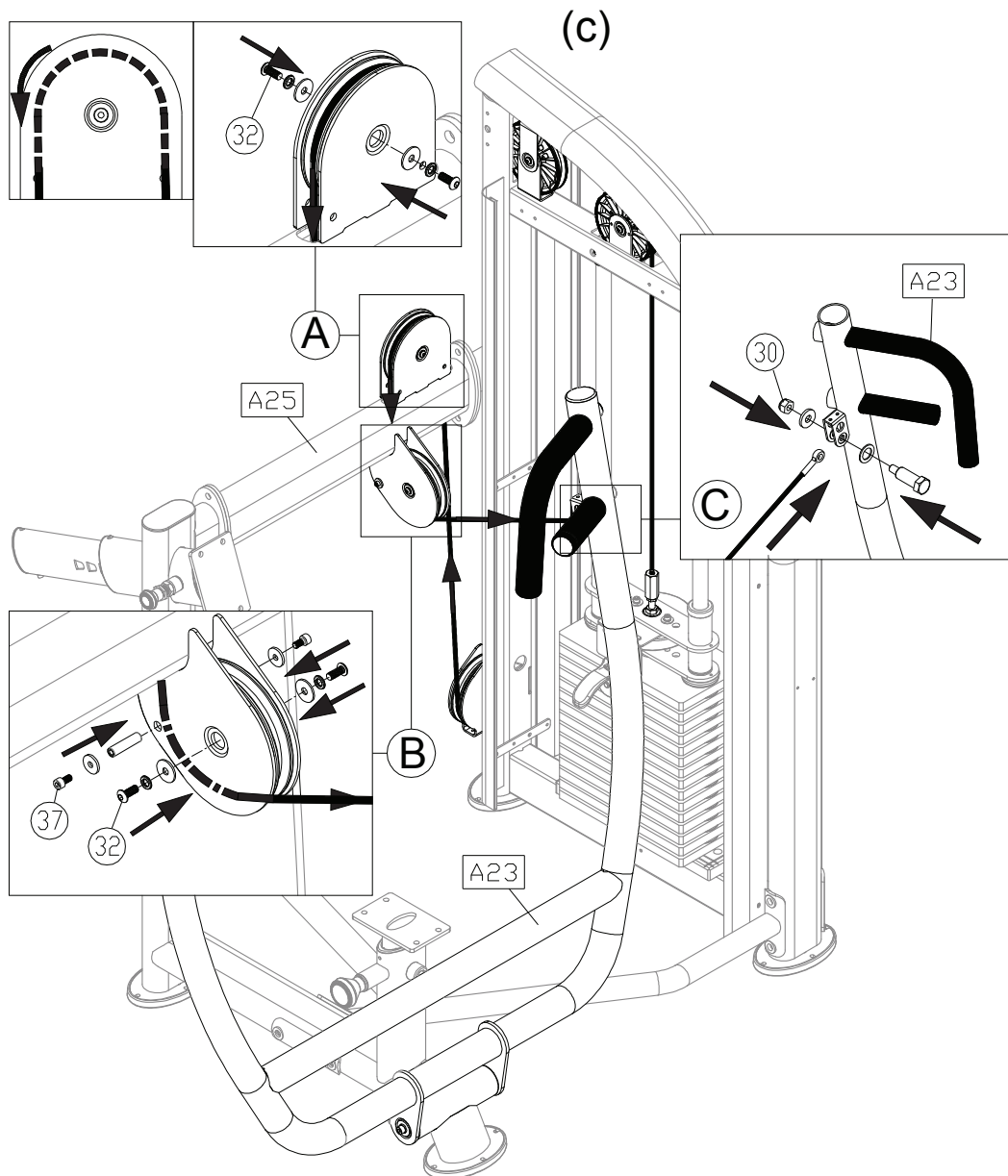


## STEP 4 Cable Installation

- (a). Insert the cable nut as indicated by the arrows onto the weight stack rod (A8) at least 15-20mm deep as shown.
- (b). Loosen and remove the screws (32) and the pulley from the connector A (A25) in area A and the screws (32) (37) from the connector A (A25) in area B as shown.

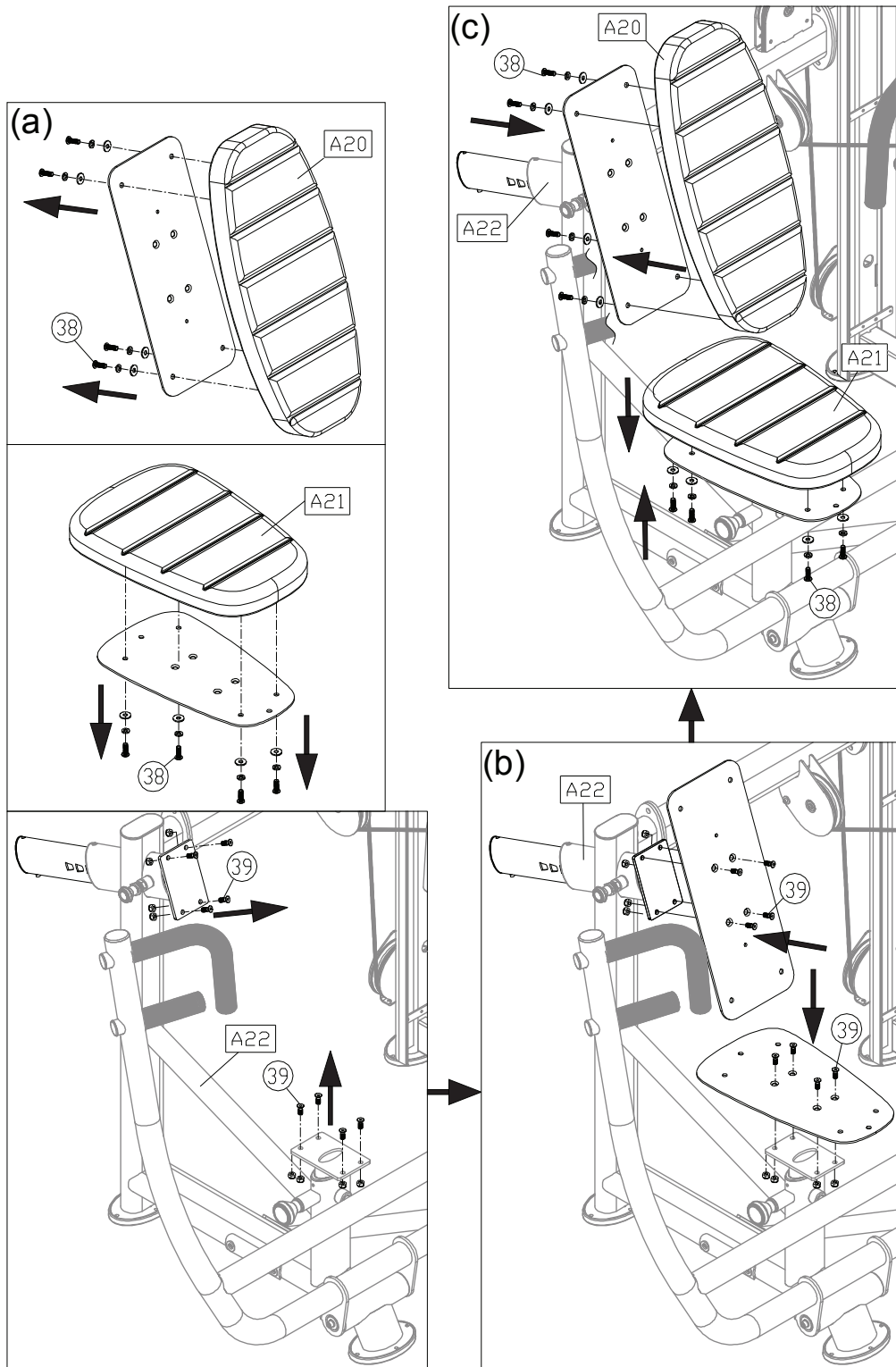


- (c). Loosen the cable and thread the cable as indicated by the arrows through the top of the pulley of the connector A (A25) in area A and secure the pulley back into to place with the screws (32) and then thread the cable under the pulley of the connector A (A25) and secure the screws (32) (37) in area B. Finally, secure the cable with the screws (30) as shown.



## STEP 5 Seat Back and Seat Bottom Installation

- Loosen and remove the screws (38) (39) from the seat back (A20), the seat bottom (A21) and the seat frame (A22) as shown.
- Use the screws (39) to secure the seat back plate and the seat bottom plate to the seat frame (A22) as shown.
- Use the screws (38) to secure the seat back (A20) and the seat bottom (A21) to the plate of the seat frame (A22) as shown.

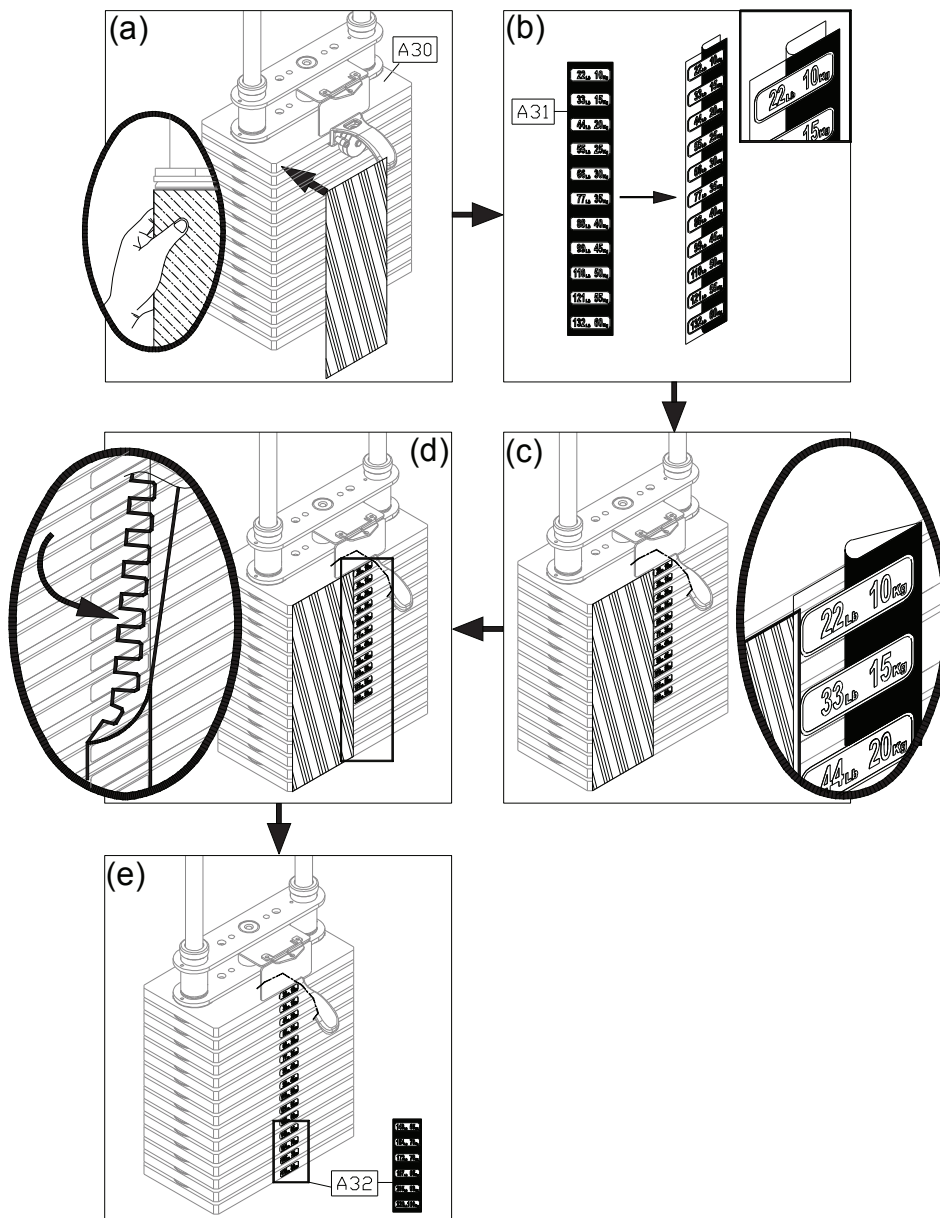


## STEP 6 Apply the Weight Stack Sticker

Note: Before applying weight plate stickers, please wipe the area clean, and clean your hands before proceeding to the next step.

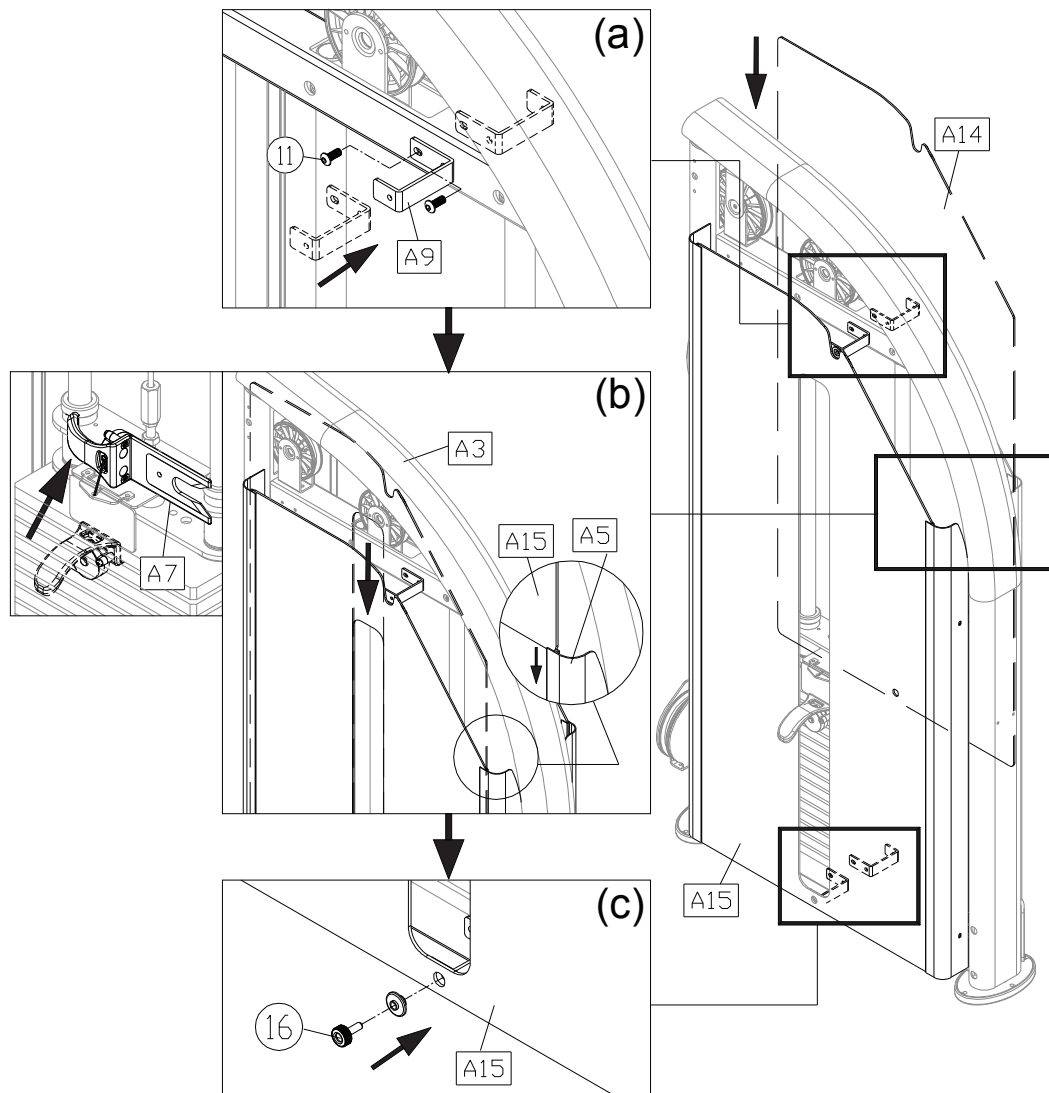
- Align and tape the cardboard to the upper left corner of the weight plate (A30).
- Peel off the top half of the weight sticker (A31) backing. Leave the clear outside margin in place on the sticker. Don't peel off the margin.
- Press the numbered part of the sticker in place
- Peel off the clear margin of the sticker.
- Follow steps (b) ~ (d) to apply the weight plate sticker (A32) to the lower part of the weight stack. When the stickers are in place, peel off the cardboard. Press the sticker in place to ensure good contact on the weight plate.

\*If there are additional optional weight plates, use the optional weight plate stickers.



## STEP 7 Front Cover and Rear Cover Installation

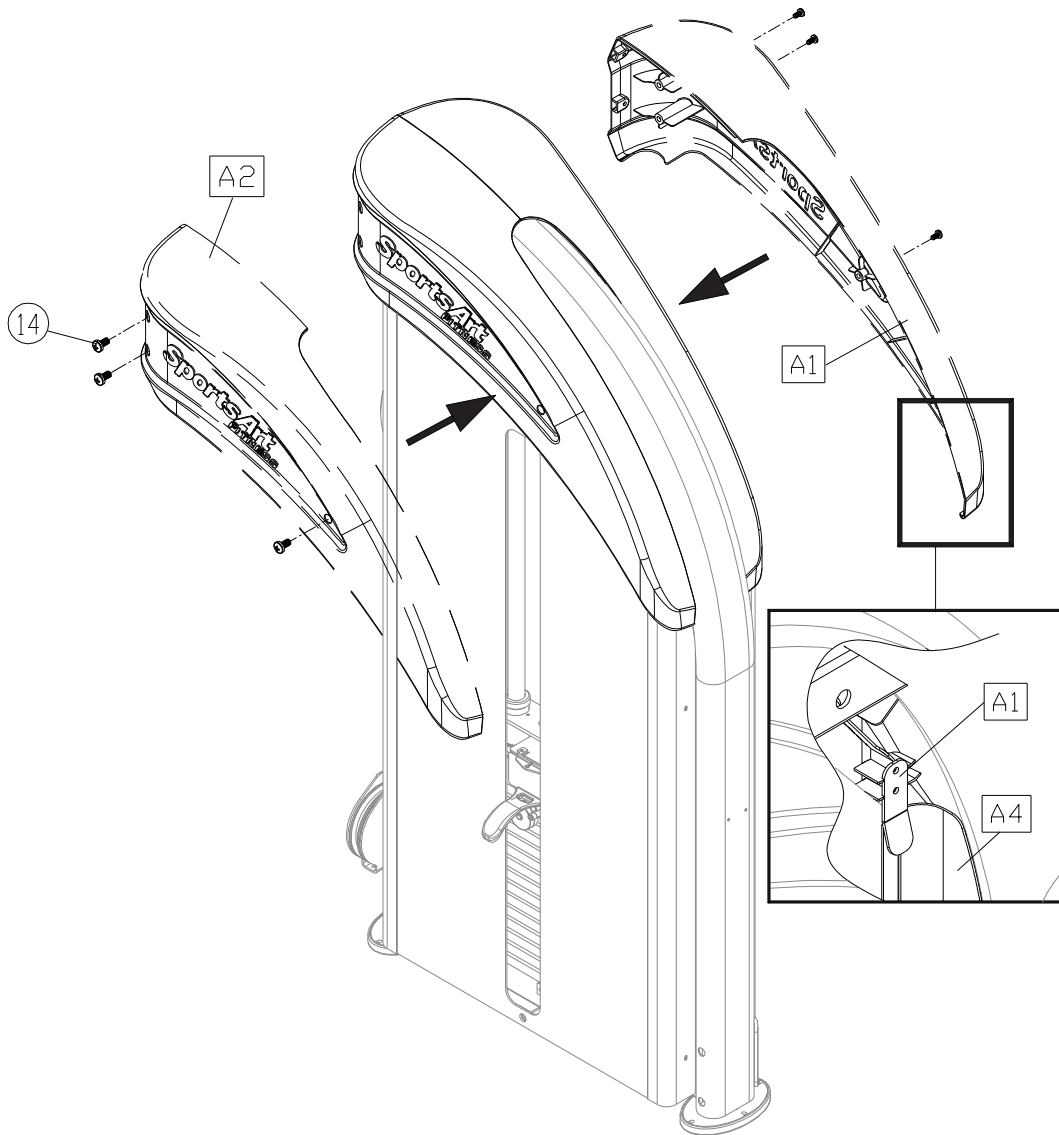
- (a). Use the screws (11) to secure the cover bracket (A9) in place on the main frame (A3) as shown.
- (b). Slide the rear cover (A14) and the front cover (A15) from the top down into the cover support plates' grooves.  
(Note: Take out the stack fork (A7) and place it on the upper stack carriage set (33) as shown to avoid damaging to the cover.)
- (c). Secure the assembly with the screw (16) as shown.



## STEP 8 Top Covers Installation

\*Secure the weight stack top right covers (A1) and the top left cover (A2) with the screws (14).

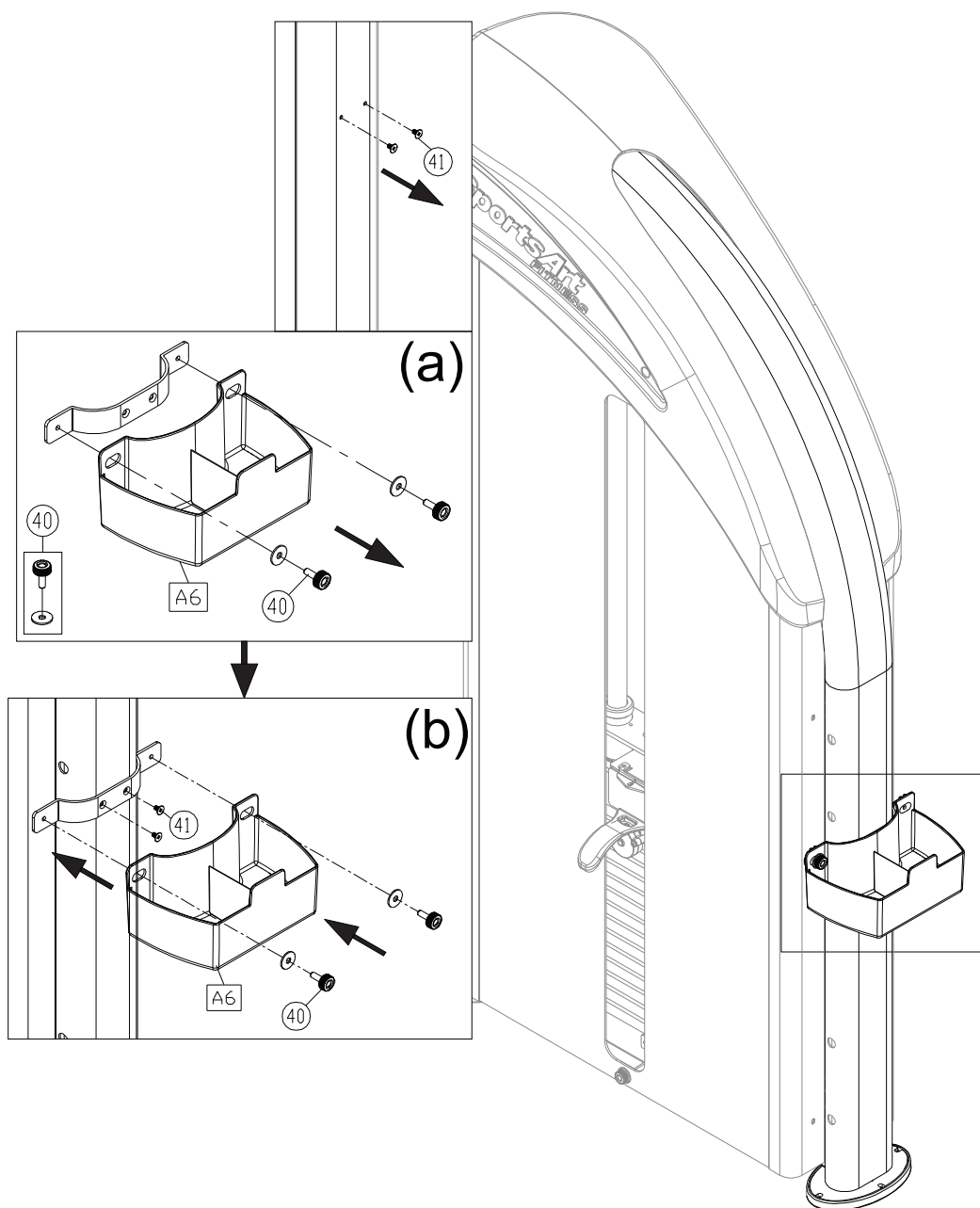
(Note: During assembling, place the bracket of the top covers inside of the cover support plates (A4) (A5) as shown.)





## STEP 9 Storage Tray Installation

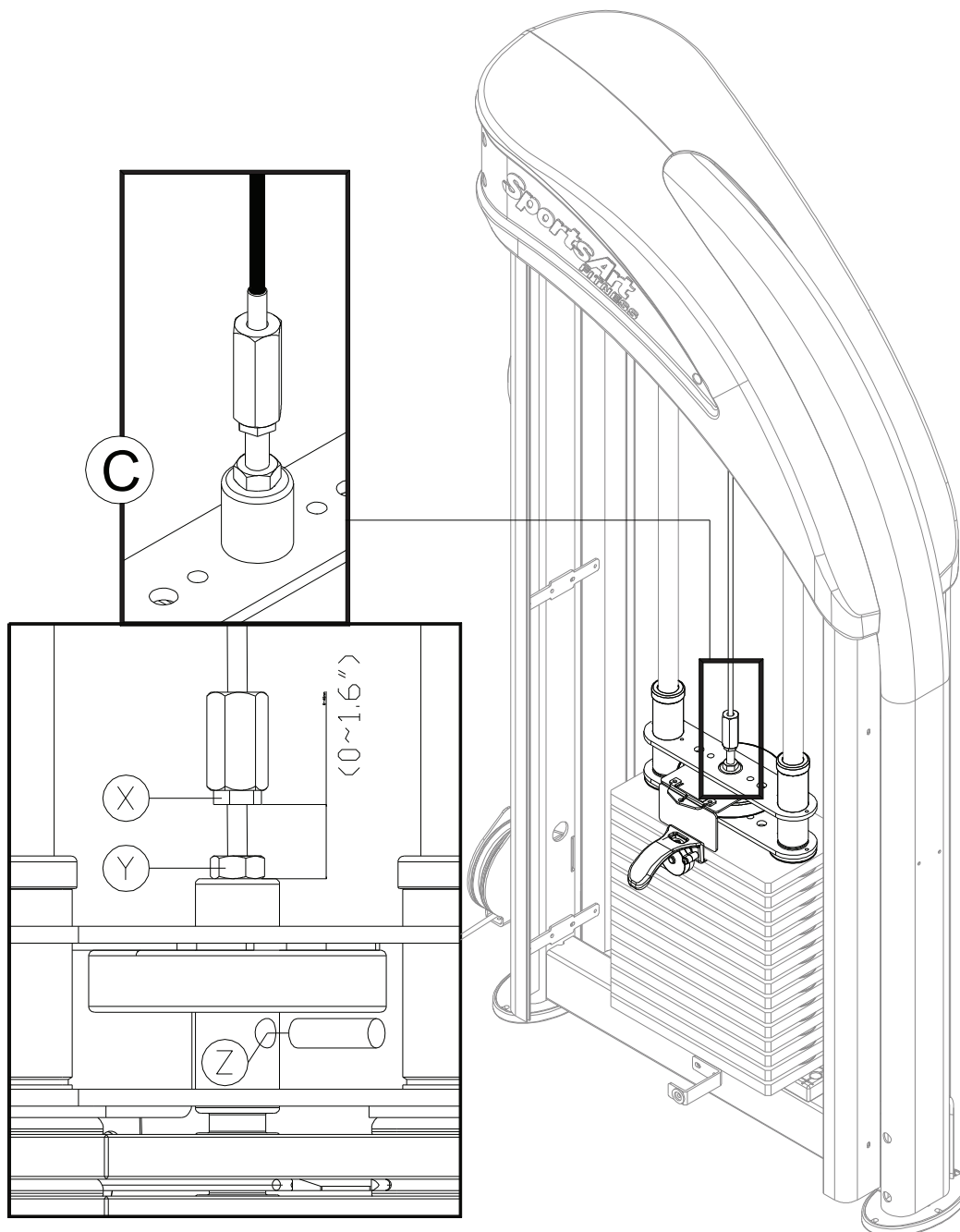
- (a). Loosen and remove the screws (40) (41) from the storage tray (A6) and the main frame.
- (b). Hold the storage tray (A6) in place and secure it with the bracket and the screws (40) (41) as shown.



## STEP 10 Cable Adjustment

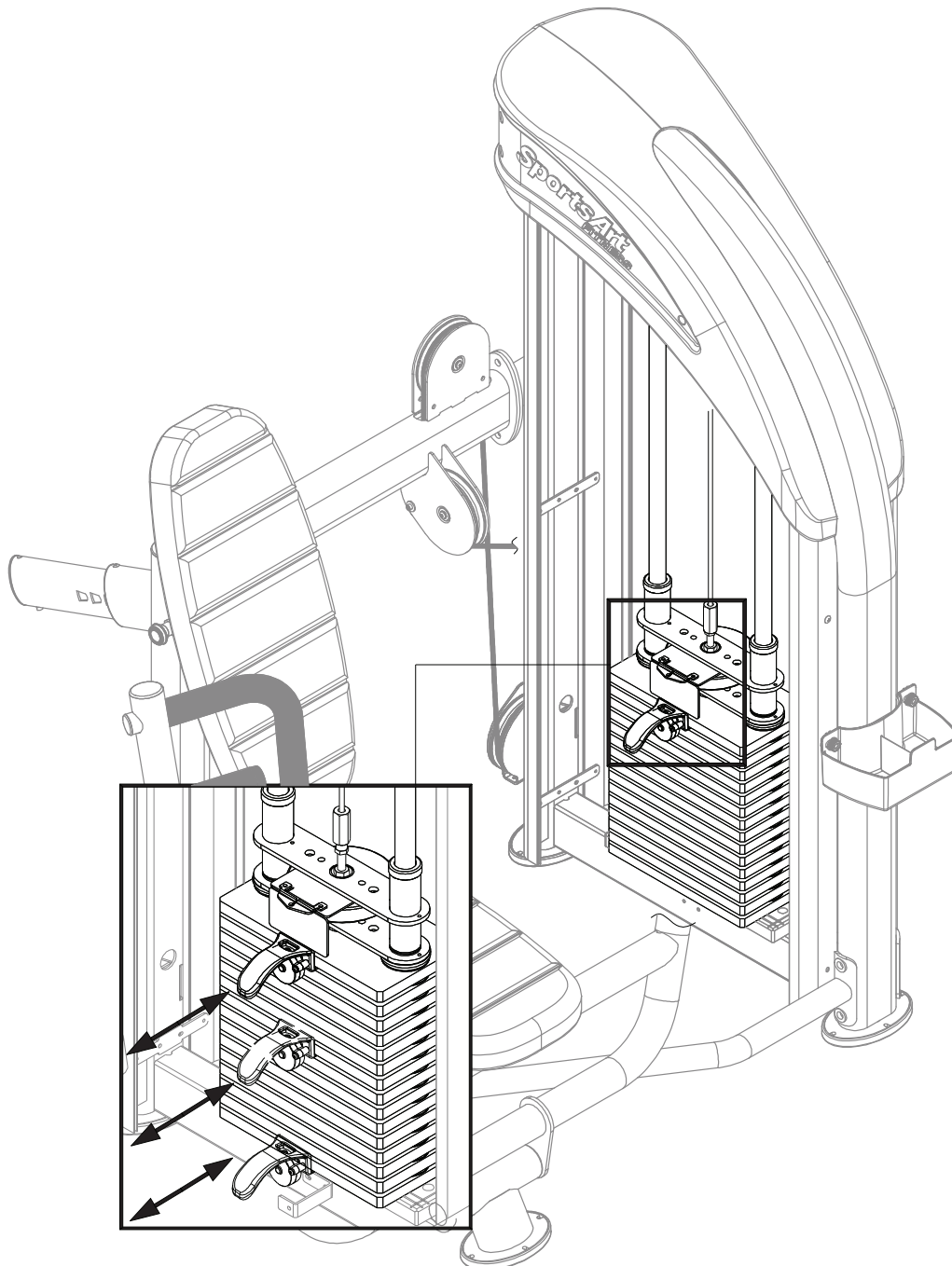
\* Insert the stack fork into the gap under the lowest weight plate, and then adjust the large nut at area C. Adjust until the upper stack carriage set moves slightly.

To adjust the cable, first insert the (Z) rod and loosen the (Y) nut, and then adjust the (X) nut. If the cable is too long, adjust the (X) nut downward. If too short, adjust the (X) nut upward. After adjusting the (X) nut, tighten the (Y) nut against the weight stack to secure this position.



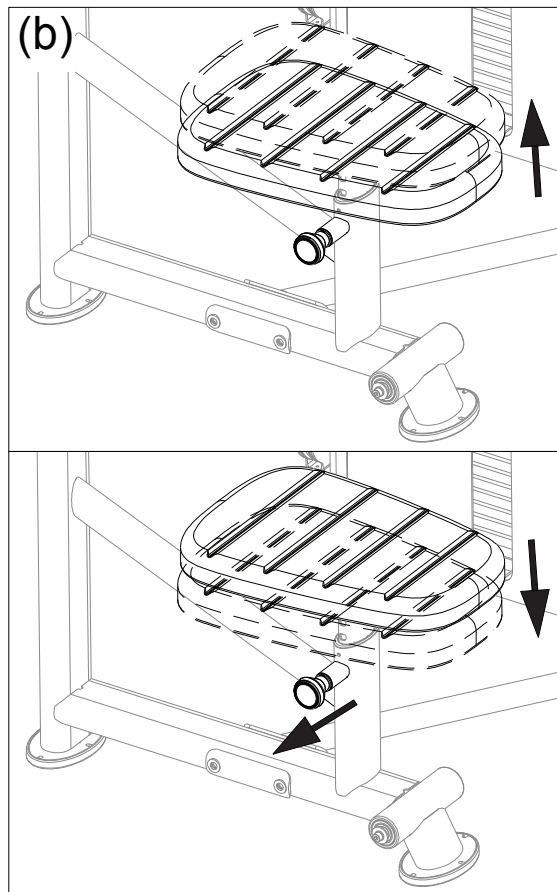
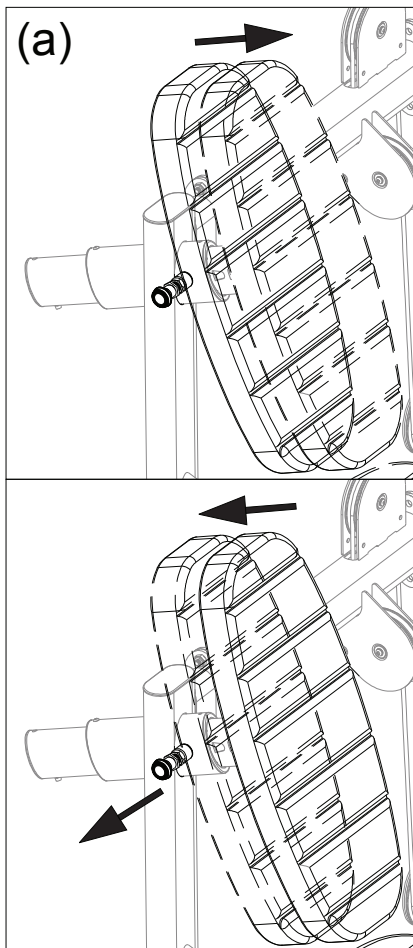
## STEP 11 Stack Fork Inspections

- \* Please follow operating instructions on the product sticker to test operation and confirm that the equipment is working properly.
- \* Insert the stack fork to make sure that every weight plate can be engaged easily.
- \* Insert the stack fork at the heaviest weight setting at which you can safely operate the equipment.
- \* Exercise to lift the stack several times, and then inspect the cable for proper tightness. If necessary, make adjustments according to the instructions “Cable adjustment” of this manual.
- \* Ensure that anyone who is not operator does not near the equipment when testing.



## 5. OPERATION INSTRUCTION

- (a). Seat back height positioning can be adjusted. Simply, put out the related knob, make the adjustment, and release the knob to secure the desired position.
- (b). Seat bottom height positioning can be adjusted. Simply, put out the related knob, make the adjustment, and release the knob to secure the desired position.



## 6. MAINTENANCE

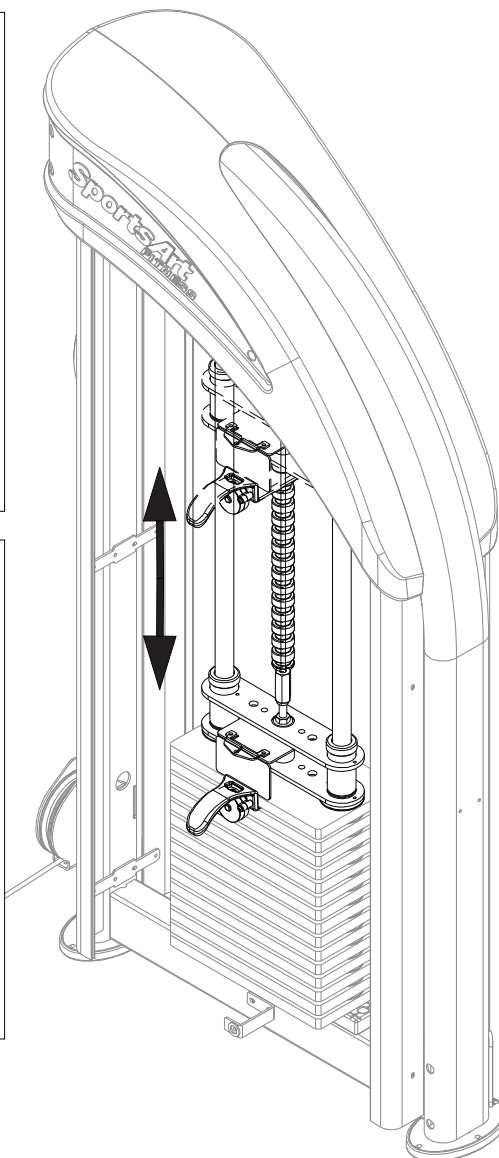
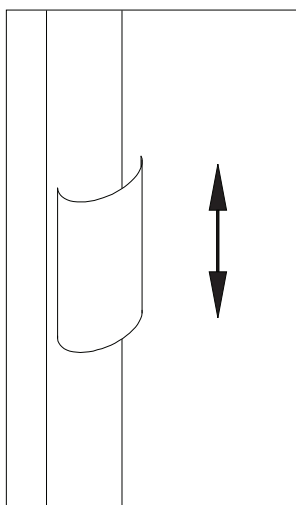
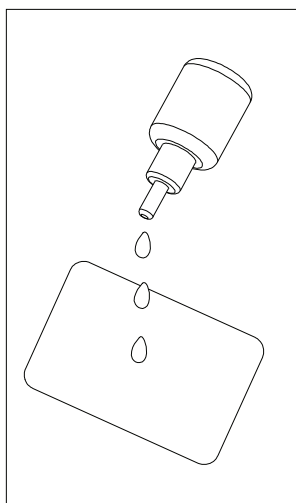
This section covers maintenance topics and includes a maintenance schedule, task list, and log.

### Maintenance Machine Maintenance

1. Apply lubricant to the guide rods every week.

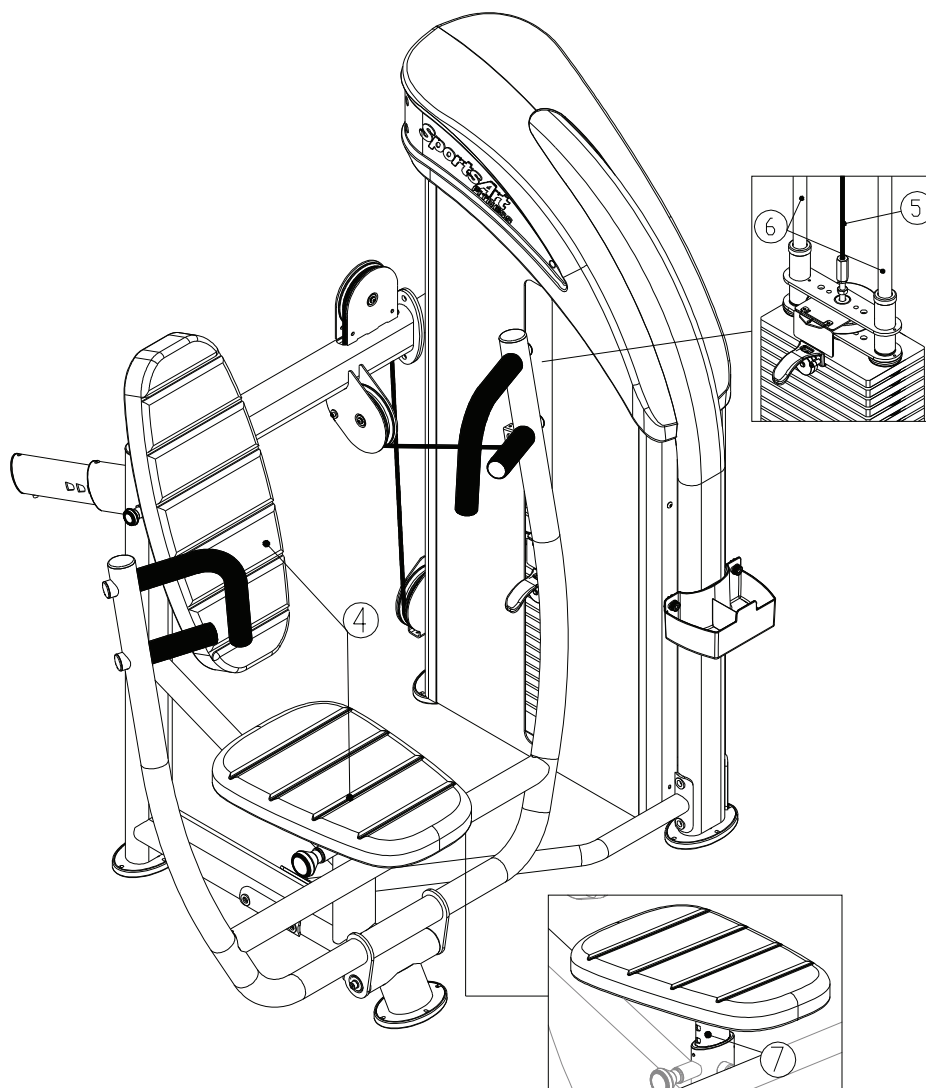
Procedure:

- (a). Put some lubricant on a clean, lint-free cloth. Rub the lubricated cloth on the guide rods.
  - (b). Load the upper stack carriage set. Exercise to test operation.
  - (c). Repeat steps (a) and (b) 2-3 times. (Note: the cloth should be lint-free.)
2. After lubricating the guide rods, inspect cable tightness. Refer to the manual, and adjust it if necessary.



## Maintenance Schedule

| (P715) Maintenance Schedule |                           |     |      |       |         |      |                                                    |
|-----------------------------|---------------------------|-----|------|-------|---------|------|----------------------------------------------------|
|                             | Area                      | Day | Week | Month | Quarter | Year | Notes                                              |
| 1                           | Exterior                  | ●   |      |       |         |      | Clean.                                             |
| 2                           | Screws                    | ●   |      |       |         |      | Inspect for looseness and secure if necessary.     |
| 3                           | Test                      | ●   |      |       |         |      | Check for proper equipment operation.              |
| 4                           | Seat bottom/<br>Seat back | ●   |      |       |         |      | Use damp cloth to clean.                           |
| 5                           | Cable                     |     | ●    |       |         |      | Check for damage or wear. Replace it if necessary. |
| 6                           | Guide Rod                 |     | ●    |       |         |      | Clean and lubricate.                               |
| 7                           | Extension tube            |     | ●    |       |         |      | Clean and lubricate.                               |



## **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. Make sure the machine is working properly.
4. Wipe the seat bottom and the seat back clean with a damp cloth.

### **Weekly tasks**

1. Check the cable for damage or tear.
2. Clean and lubricate the guide rods.
3. Clean and lubricate the extension tube.

### **Caution**

- Please follow standard safety precautions when working on 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"/> |

| 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"/> |

| 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"/> |

| Weekly Tasks | Weeks 29-35              | Weeks 36-42              | Weeks 43-49              | Weeks 50-52              |
|--------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Completed    | <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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## 7. CONSIGNES DE SÉCURITÉ IMPORTANTES

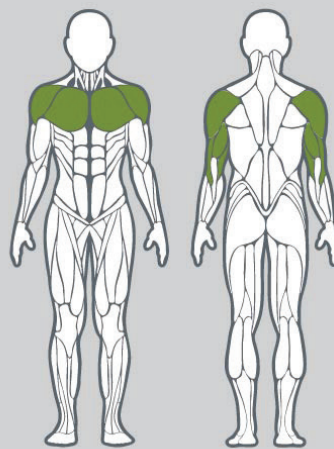
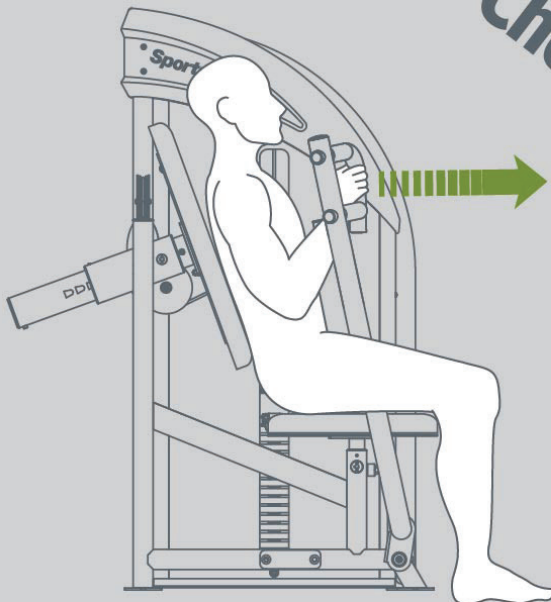
Le produit SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre produit.

- 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.

### 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.

# P715 Dependent Chest Press



[www.sportsartfitness.com](http://www.sportsartfitness.com)

- 1 Select a resistance level that enables you to perform the movement correctly.
- 2 Adjust seat height so that handles are at chest level.
- 3 Push handles forward. Do not lock arms.
- 4 Avoid excessive arching of the back when bringing handles back to starting position.
- 5 Perform the exercise in a controlled manner. Exhale when pushing against resistance.

## CAUTION

Do not use this machine if you are unfamiliar or do not know how to operate it. Do not allow people near this machine when in use. Keep clear of parts not intended for contact during exercise. For your safety, exhale while you exert force.