



**SPIRIT** FITNESS

A Heritage of Quality | The Spirit of Innovation

# Инструкция по сборке. Жим от груди / гребная тяга



Руководство пользователя



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**SPIRIT** FITNESS

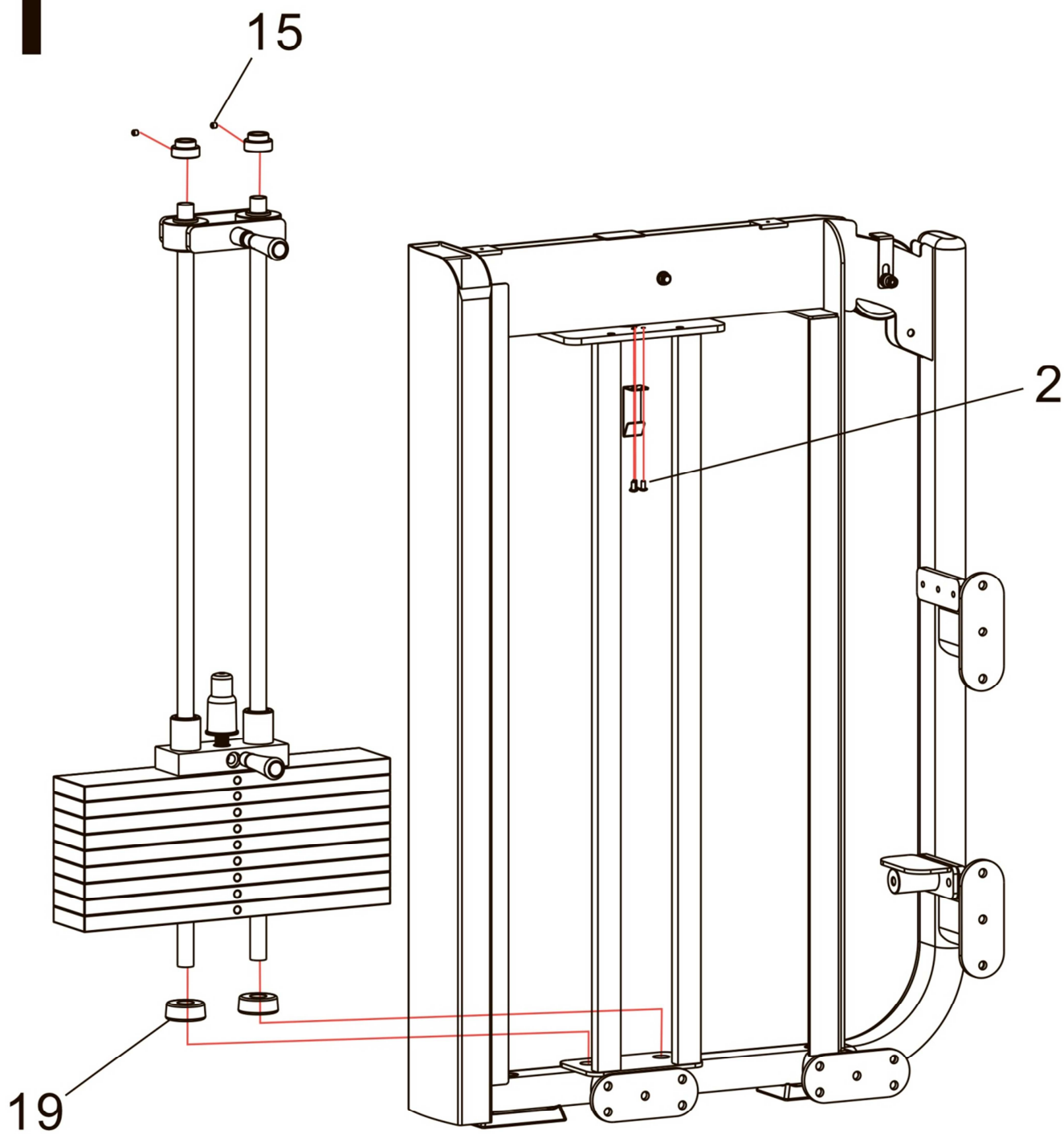


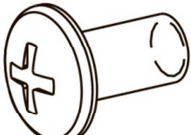

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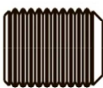



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# 1

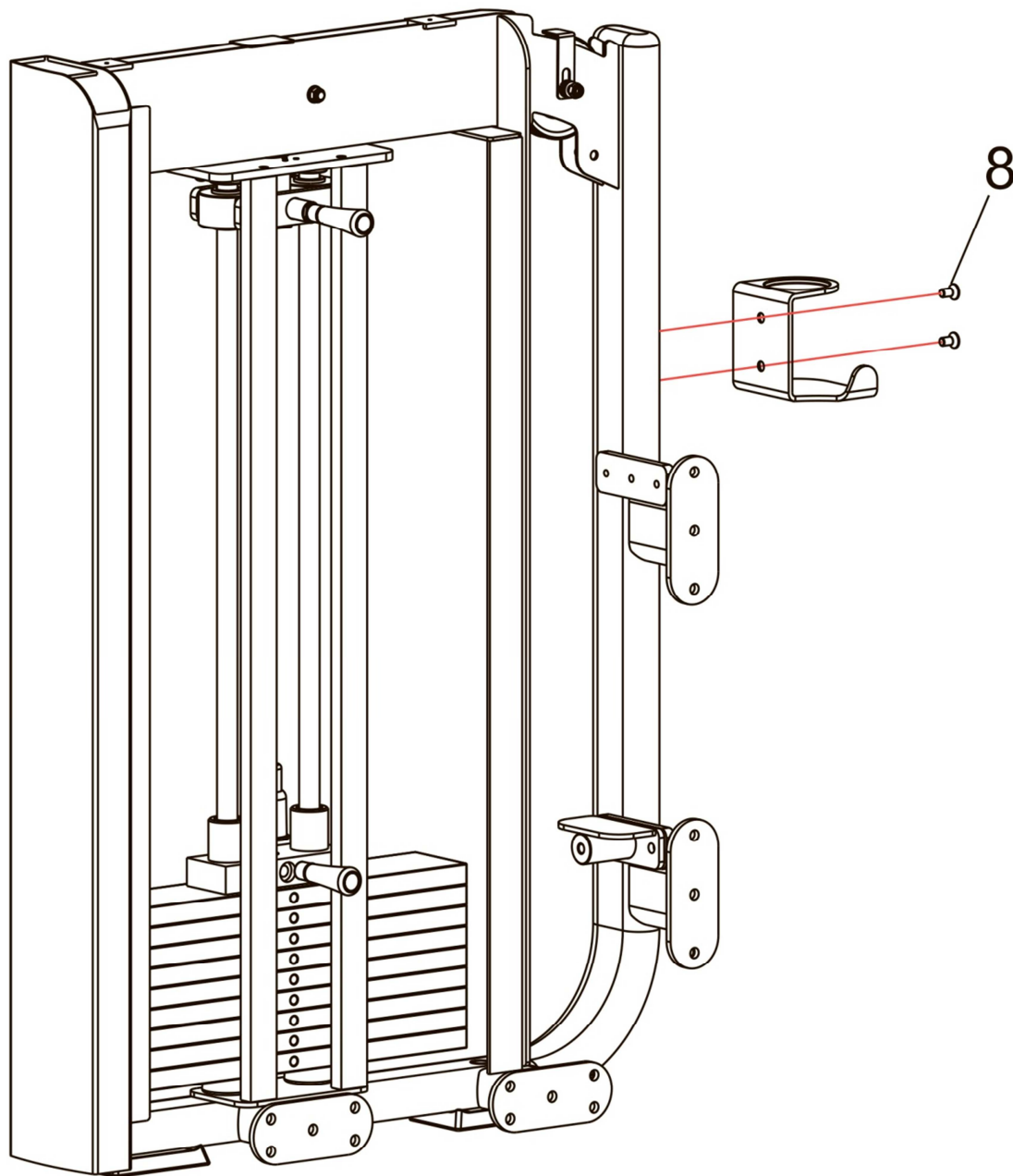


2  X3  
M6X12 

15  X2  
M8X10 

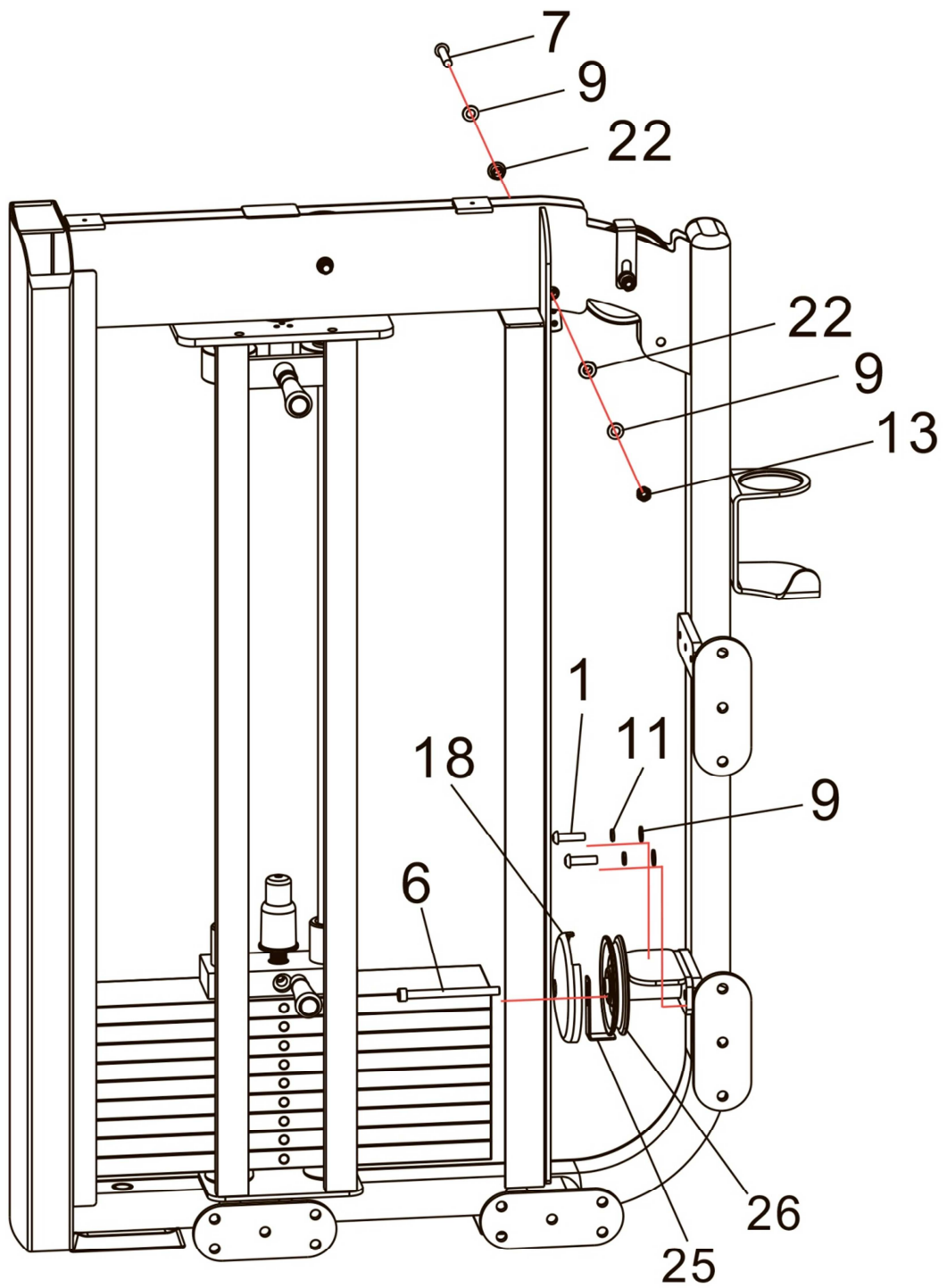
19  X2  
 $\Phi 62 \times \Phi 26 \times 25$



# 2







8  X2  
M10X20 

# 3



1  X2  
M10X25 


6  X1  
M10X50 

7  X1  
M10X50 

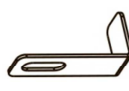
9  X4  
M10 


11  X2  
M10 

13  X1  
M10 

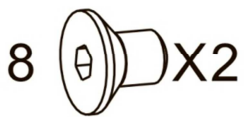
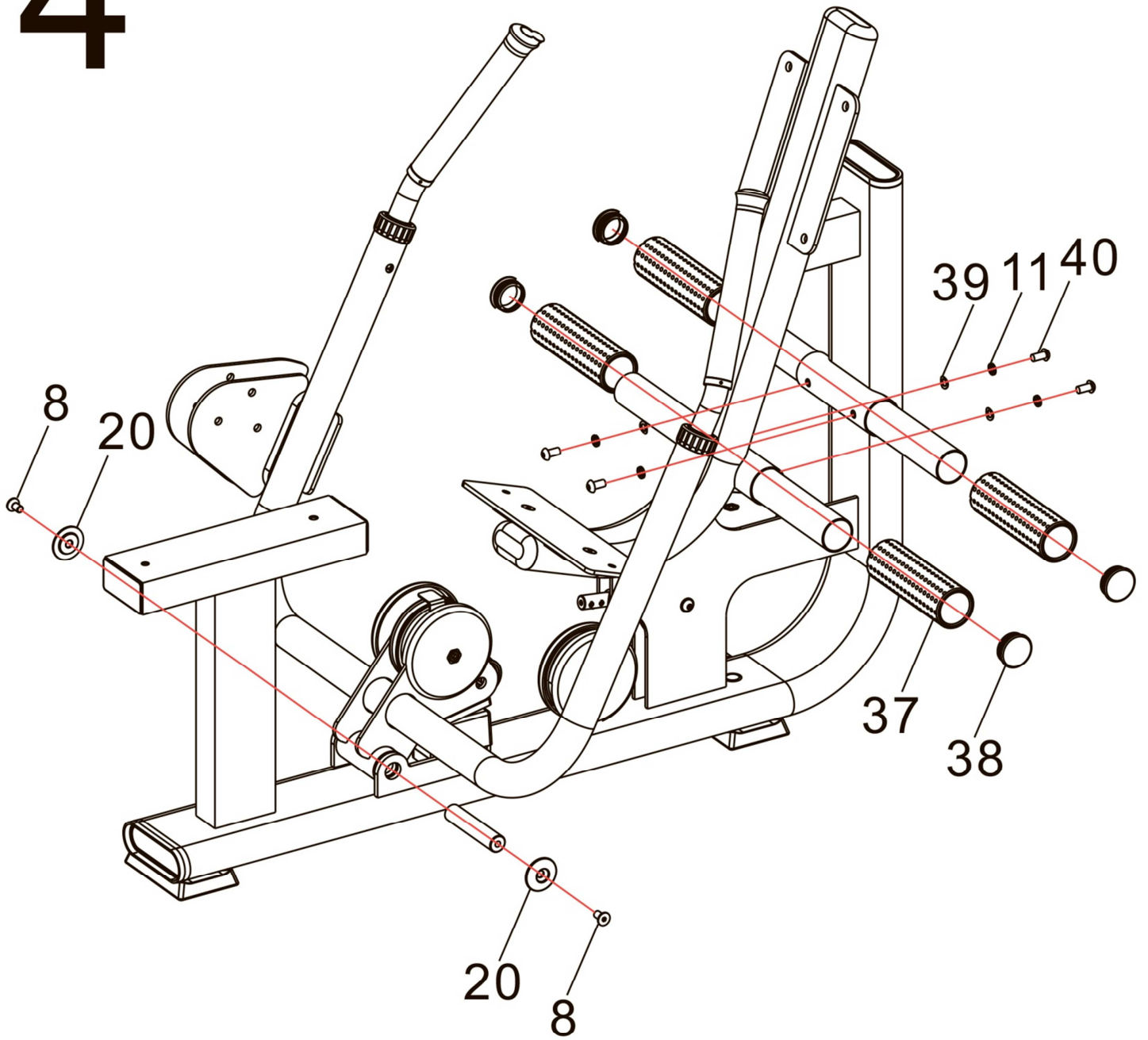
18  X1  
Φ 127

22  X2  
Φ 22xΦ 10.5x13.5

25  X 1  
(35+80)\*25\*2

26  X1  
Φ 127

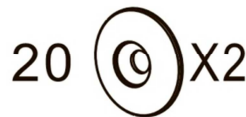
# 4



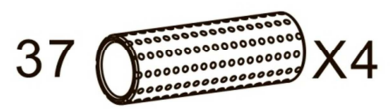
M10X20



M10



Φ50



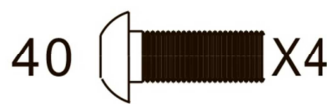
Φ49\*Φ61\*350



Φ50\*2.5

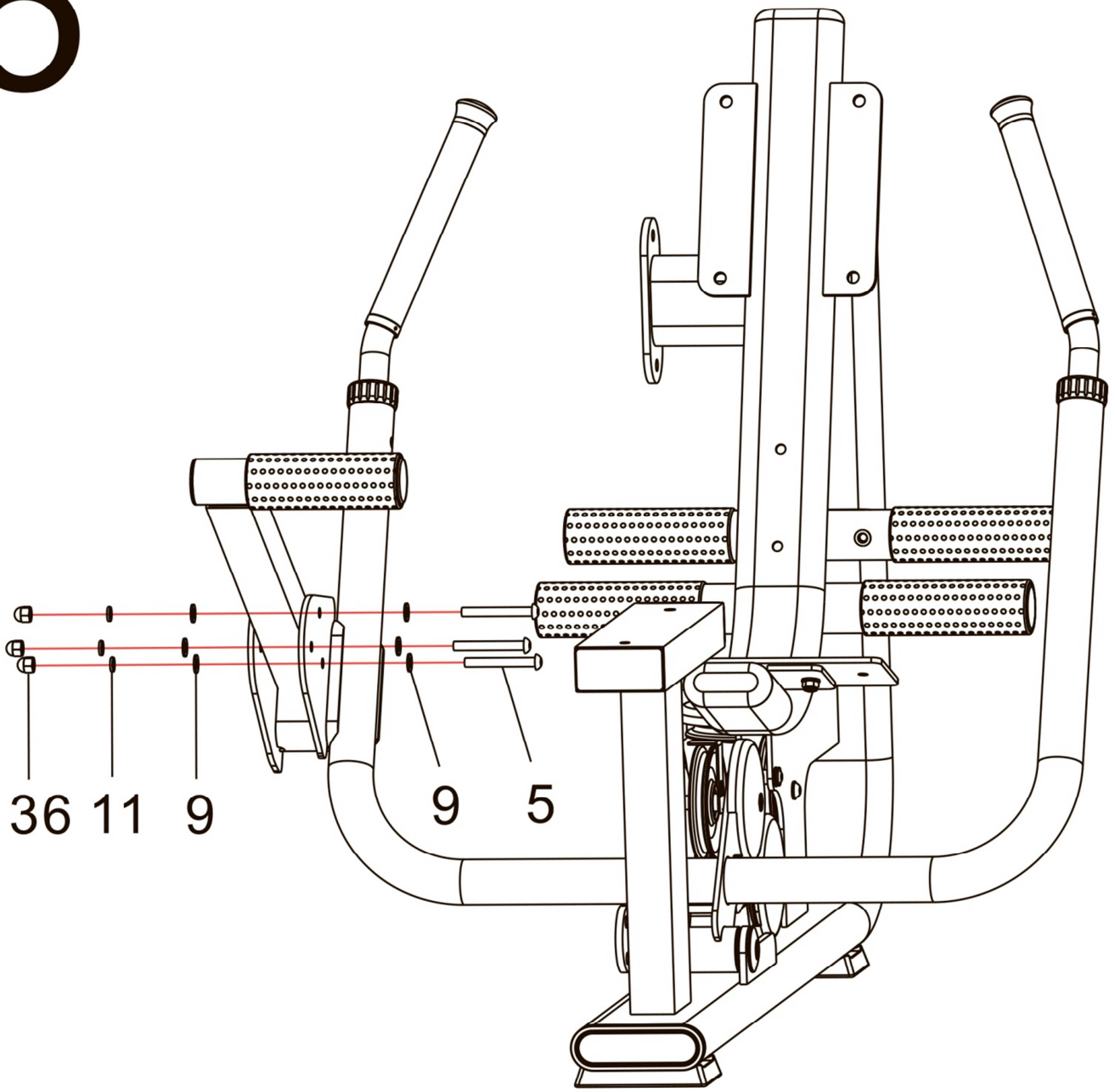


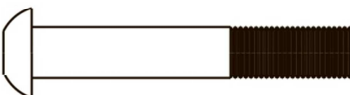

M10





M10X20



# 5



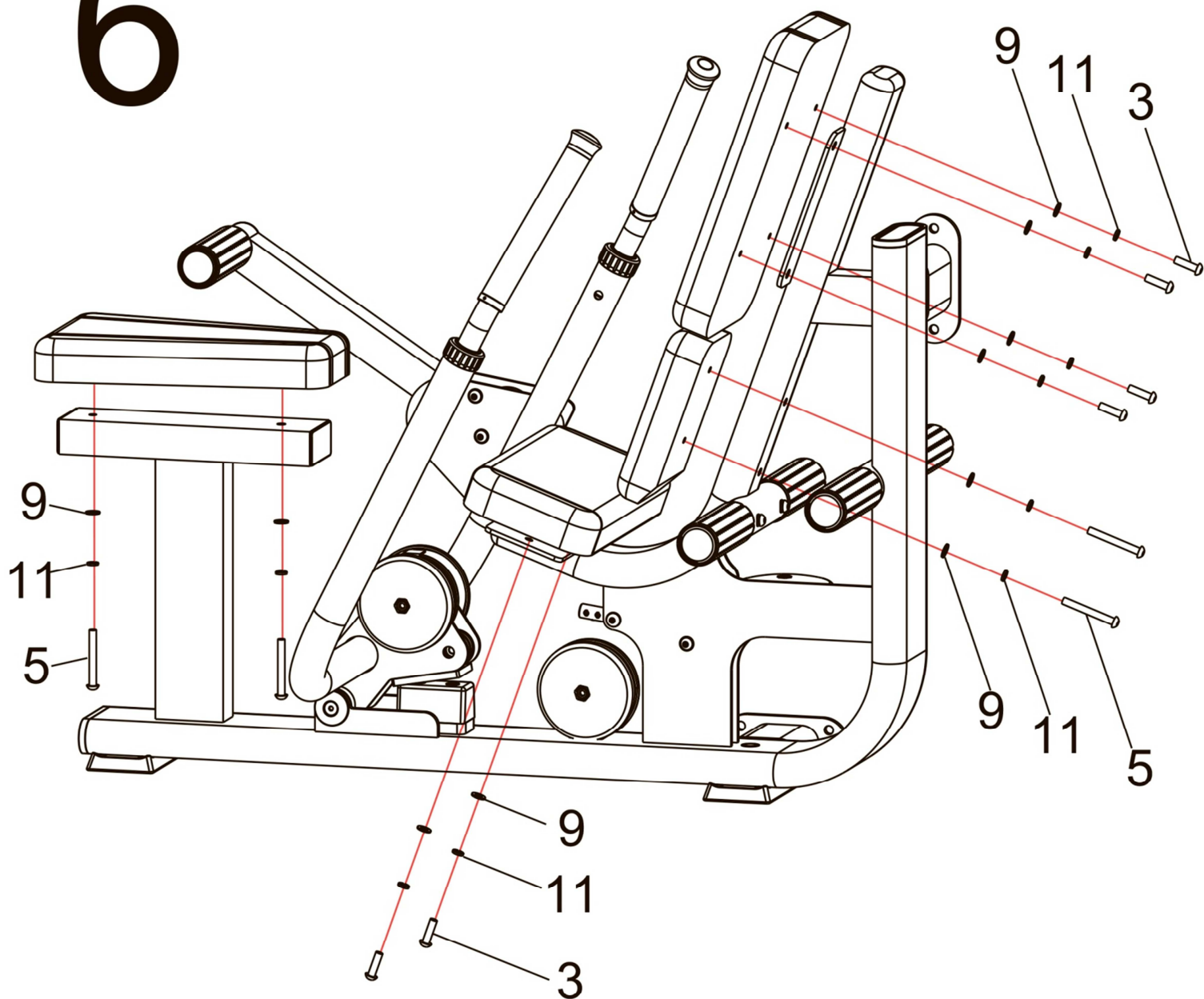
5  X3  
M10X80 



9  X6  
M10 

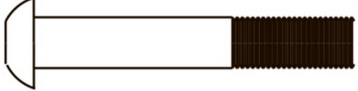

11  X3  
M10 



36  X3  
M10 



# 6



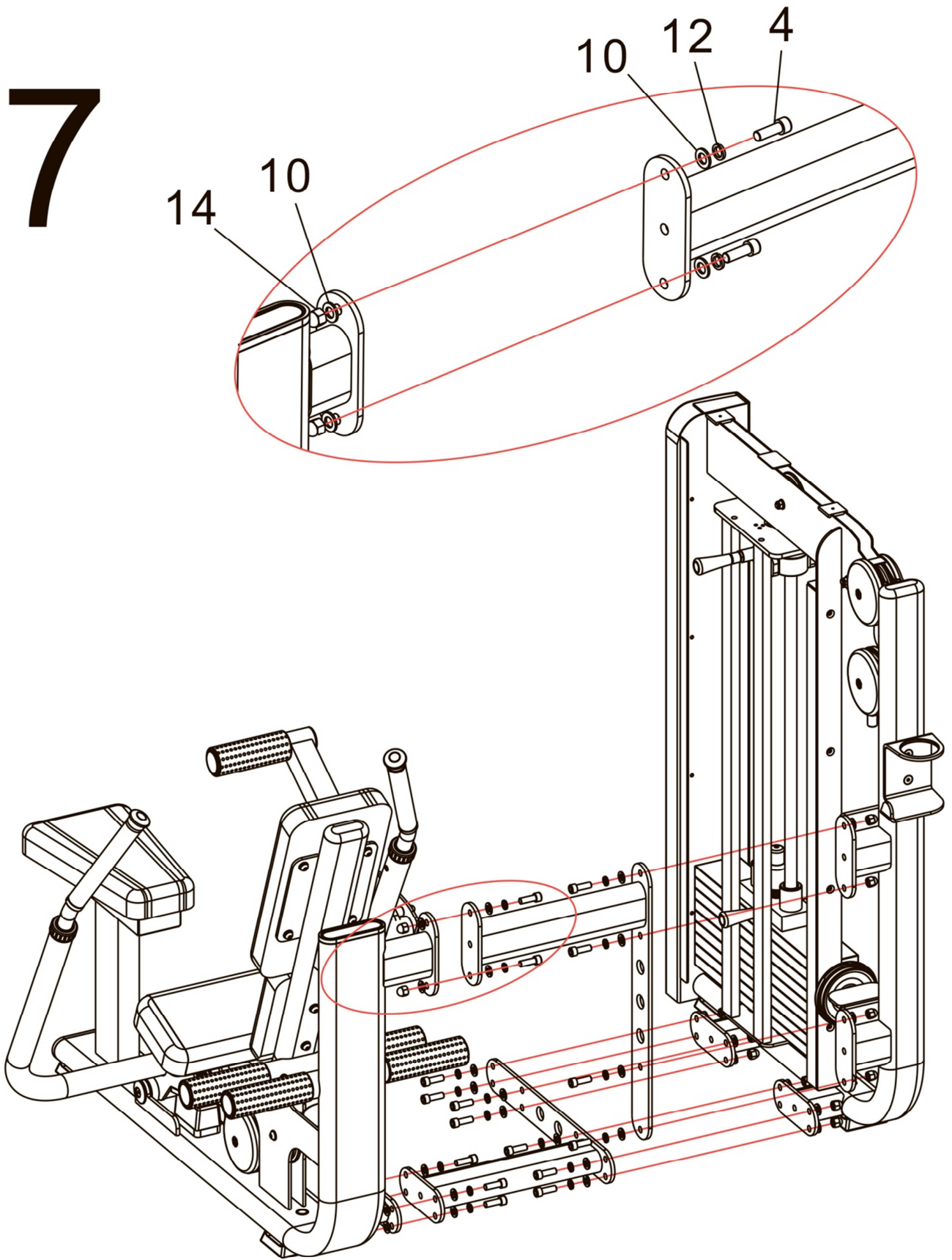
3  X6  
M10X35 

5  X4  
M10X80 


9  X10  
M10 

11  X10  
M10 

# 7



4  X18

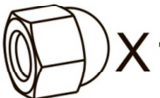
M12X35 

10  X36

M12 

12  X18

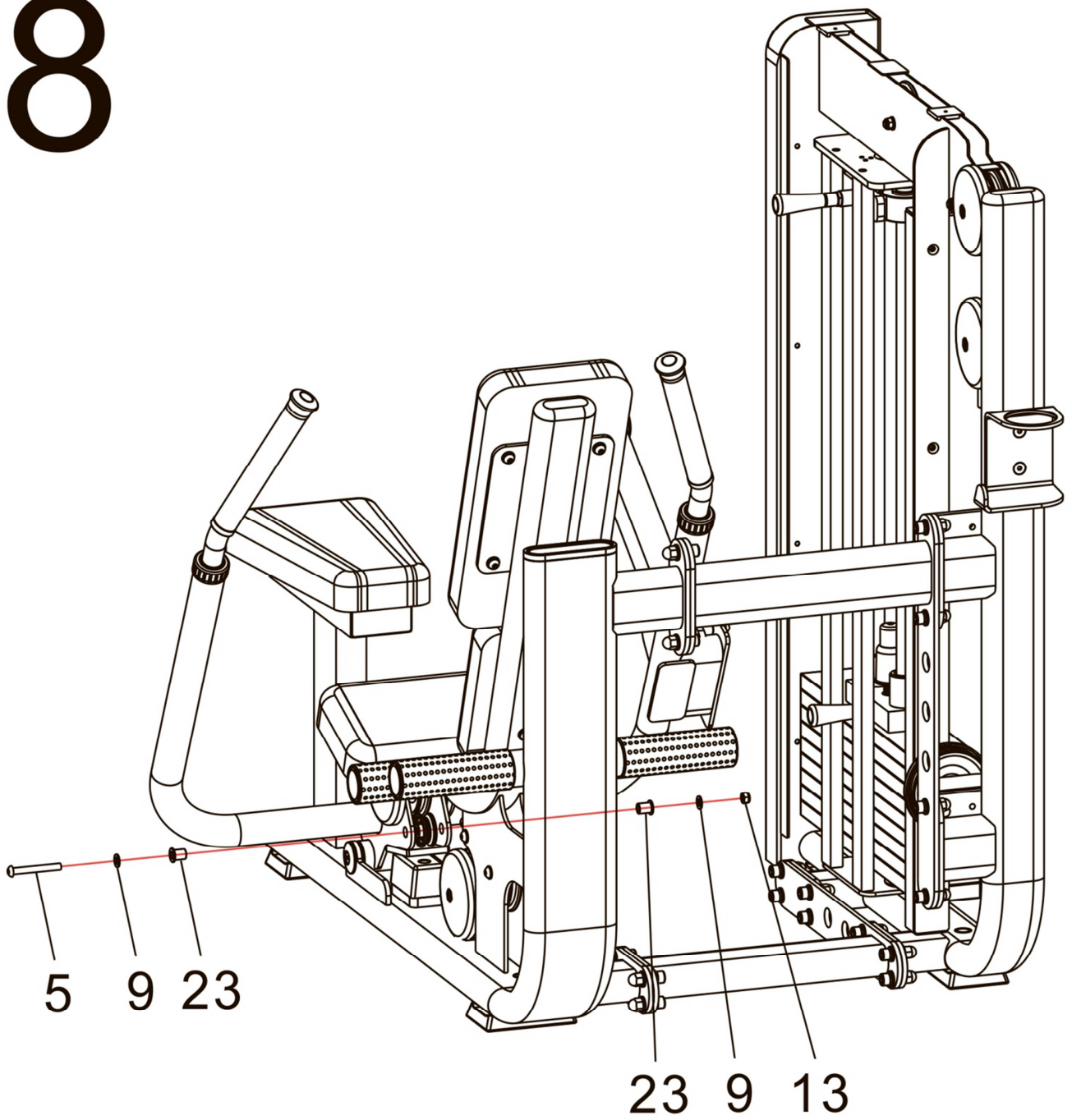
M12 

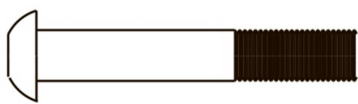

14  X18



M12 






# 8



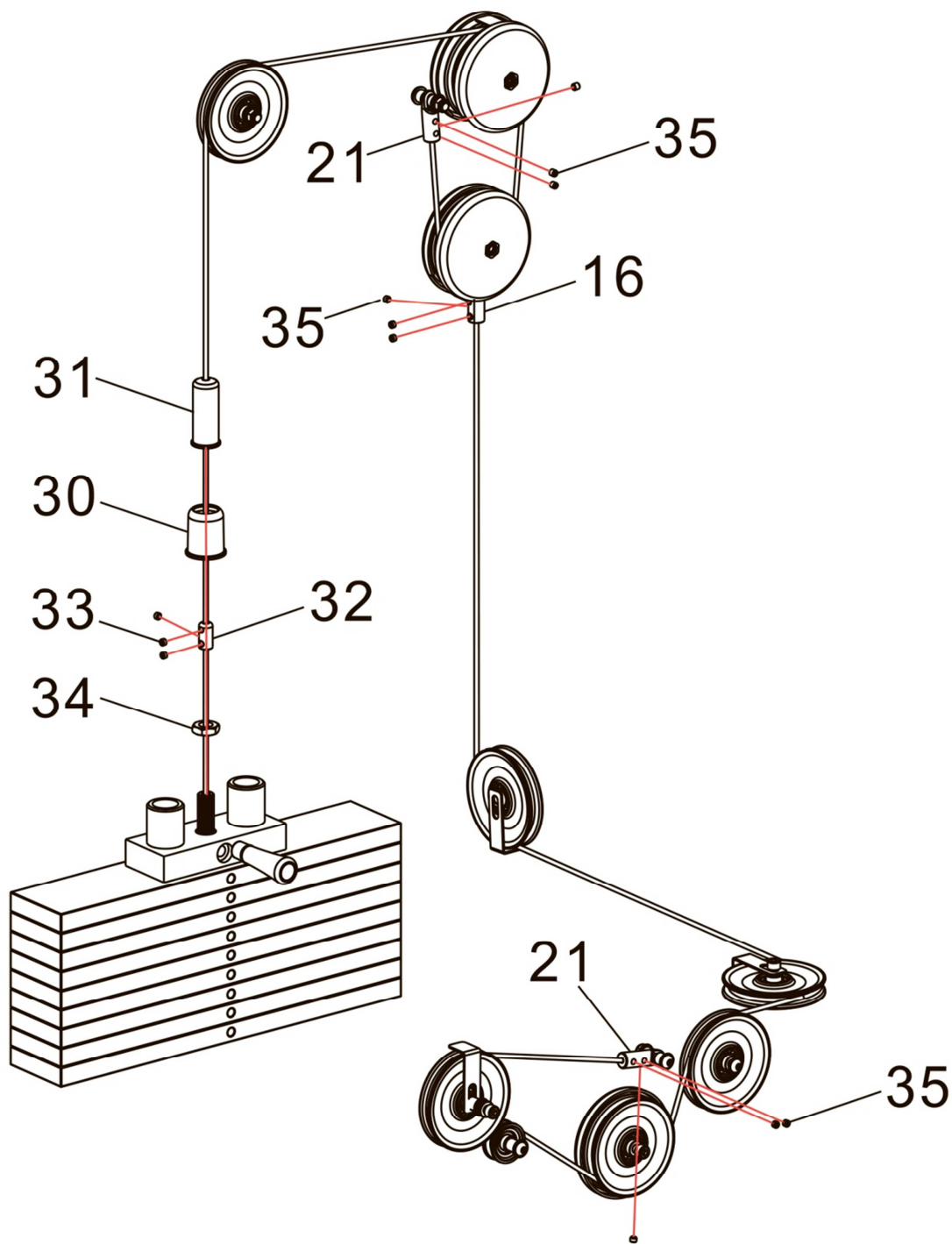
5  X1  
M10X80 

9  X2  
M10 

13  X1  
M10 


23  X2  
 $\Phi 22 \times \Phi 10.5 \times 21.5$


# 9



16  X1  
 $\Phi 20 * \Phi 5 * 35$

21  X2  
 $\Phi 20 \times 68$  ●

30  X1  
 $\Phi 50 \times \Phi 32$

31  X1  
 $\Phi 36 \times \Phi 32$

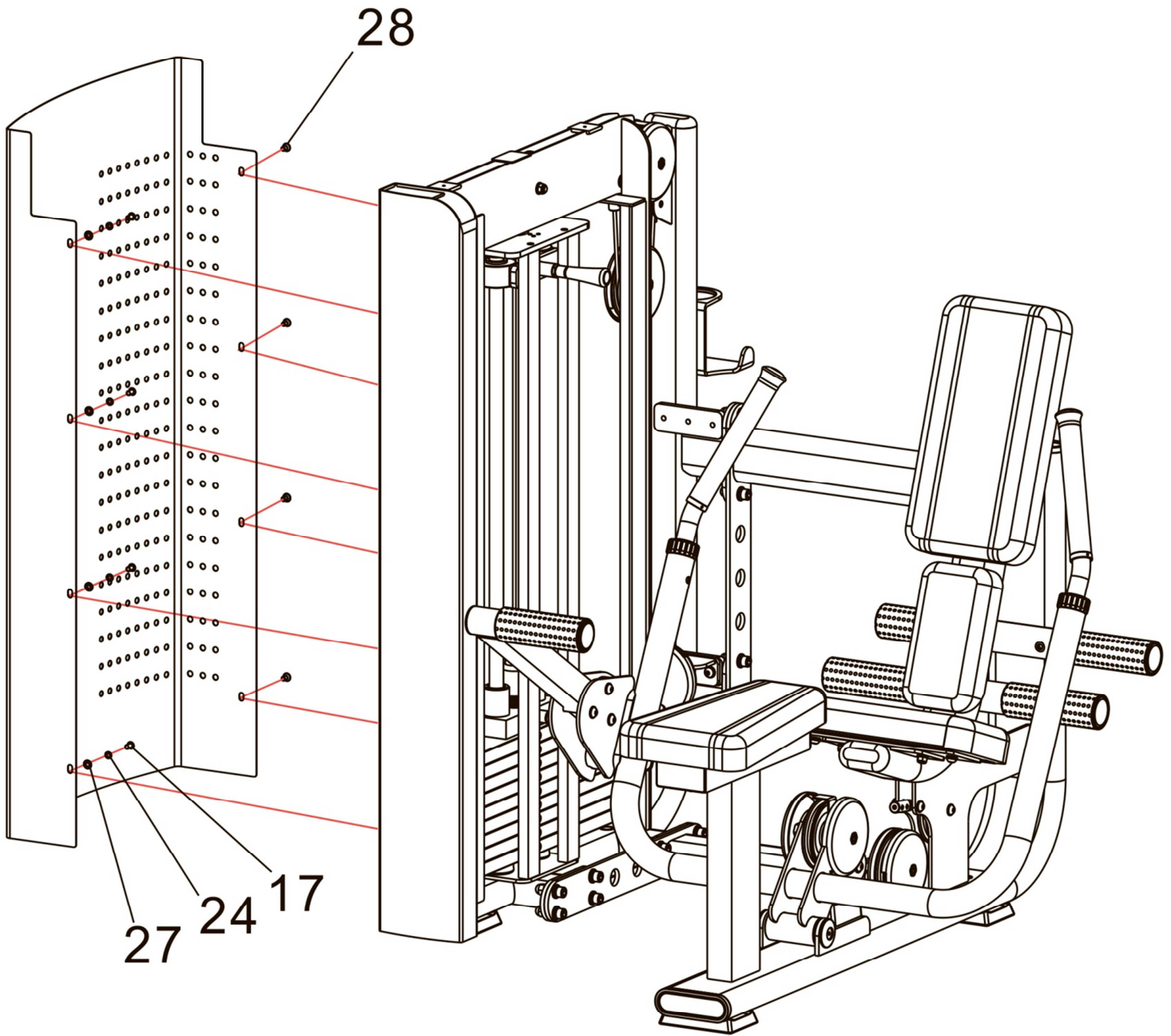
32  X1  
 $\Phi 20 * 35$  (侧面M8)

33  X3  
M8X6 ●

34  X1  
M20 ●

35  X9  
M8X8 ●

# 10



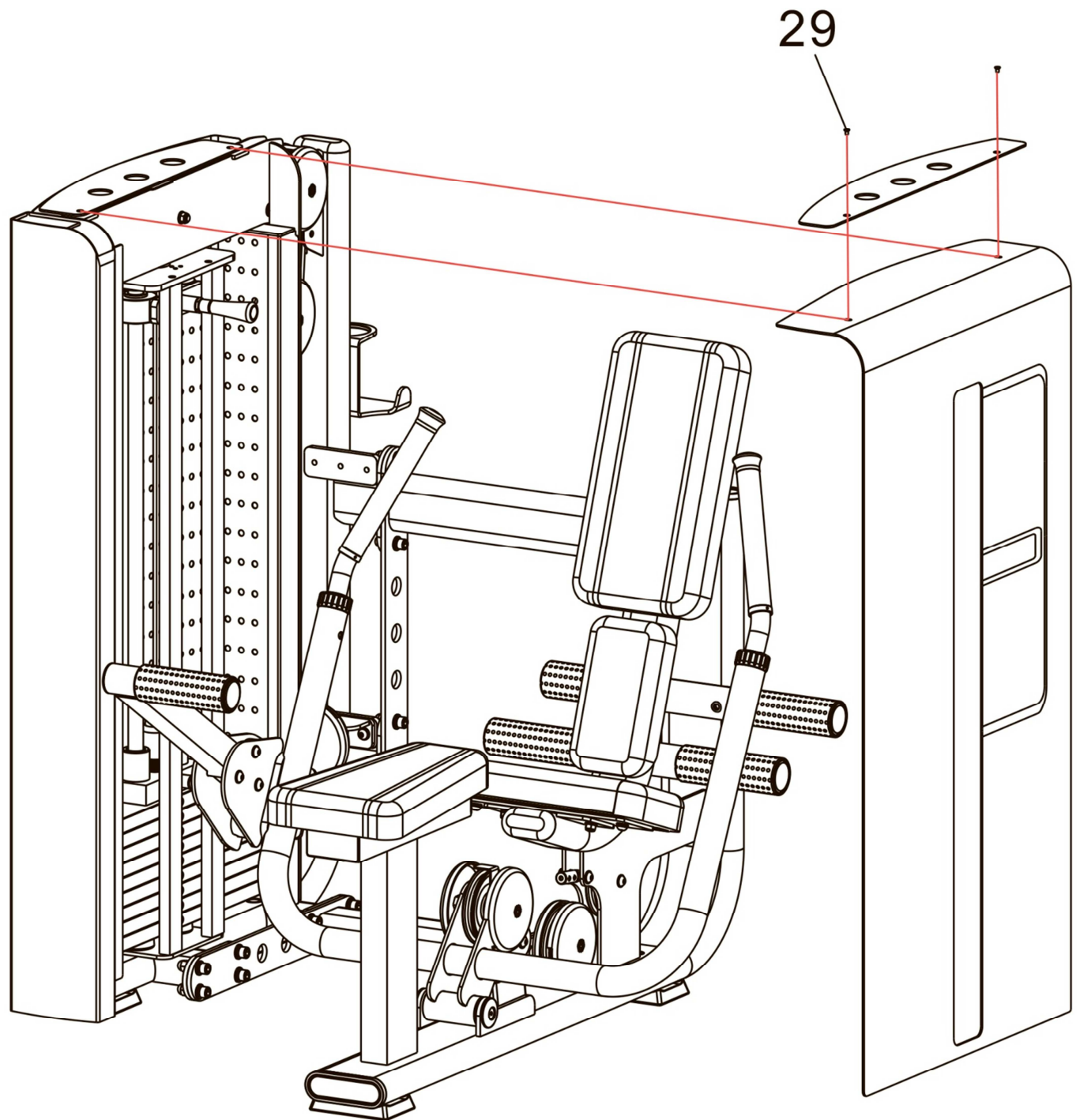
17  X4  
M8X15 



24  X4  
M8 

27  X4  
M8 

28  X4  
M8X15 

# 11



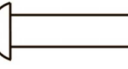

29  X2  
M5X10 

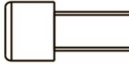

1  X2  
M10X25 

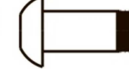

2  X3  
M6X12 



3  X6  
M10X35 



4  X18  
M12X35 



5  X8  
M10X80 

6  X1  
M10X50 


7  X1  
M10X50 



8  X4  
M10X20 



9  X22  
M10 



10  X36  
M12 


11  X19  
M10 

12  X18  
M12 

13  X2  
M10 

14  X18  
M12 

15  X2  
M8X10 

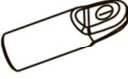

16  X1  
 $\Phi 20^* \Phi 5^* 35$


17  X4  
M8X15 


18  X1  
 $\Phi 127$



19  X2  
 $\Phi 62 \times \Phi 26 \times 25$


20  X2  
 $\Phi 50$


21  X2  
 $\Phi 20 \times 68$  



22  X2  
 $\Phi 22 \times \Phi 10.5 \times 13.5$



23  X2  
 $\Phi 22 \times \Phi 10.5 \times 21.5$

24  X4  
M8 

25  X 1  
(35+80)\*25\*2


26  X1  
 $\Phi 127$


27  X4  
M8 



28  X4  
M8X15 



29  X2  
M5X10 


30  X1  
 $\Phi 50 \times \Phi 32$

31  X1  
 $\Phi 36 \times \Phi 32$

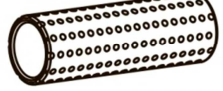
32  X1  
 $\Phi 20^* 35$  (侧面M8)


33  X3  
M8X6 



34  X1  
M20 


35  X9  
M8X8 

36  X3  
M10 

37  X4  
 $\Phi 49^* \Phi 61^* 350$

38  X4  
 $\Phi 50^* 2.5$

39  X4  
M10 

40  X4  
M10X20 