

**ADBE-10228**

# TRAINING BENCH TRAININGSBANK

ASSEMBLY MANUAL  
AUFBAUANLEITUNG



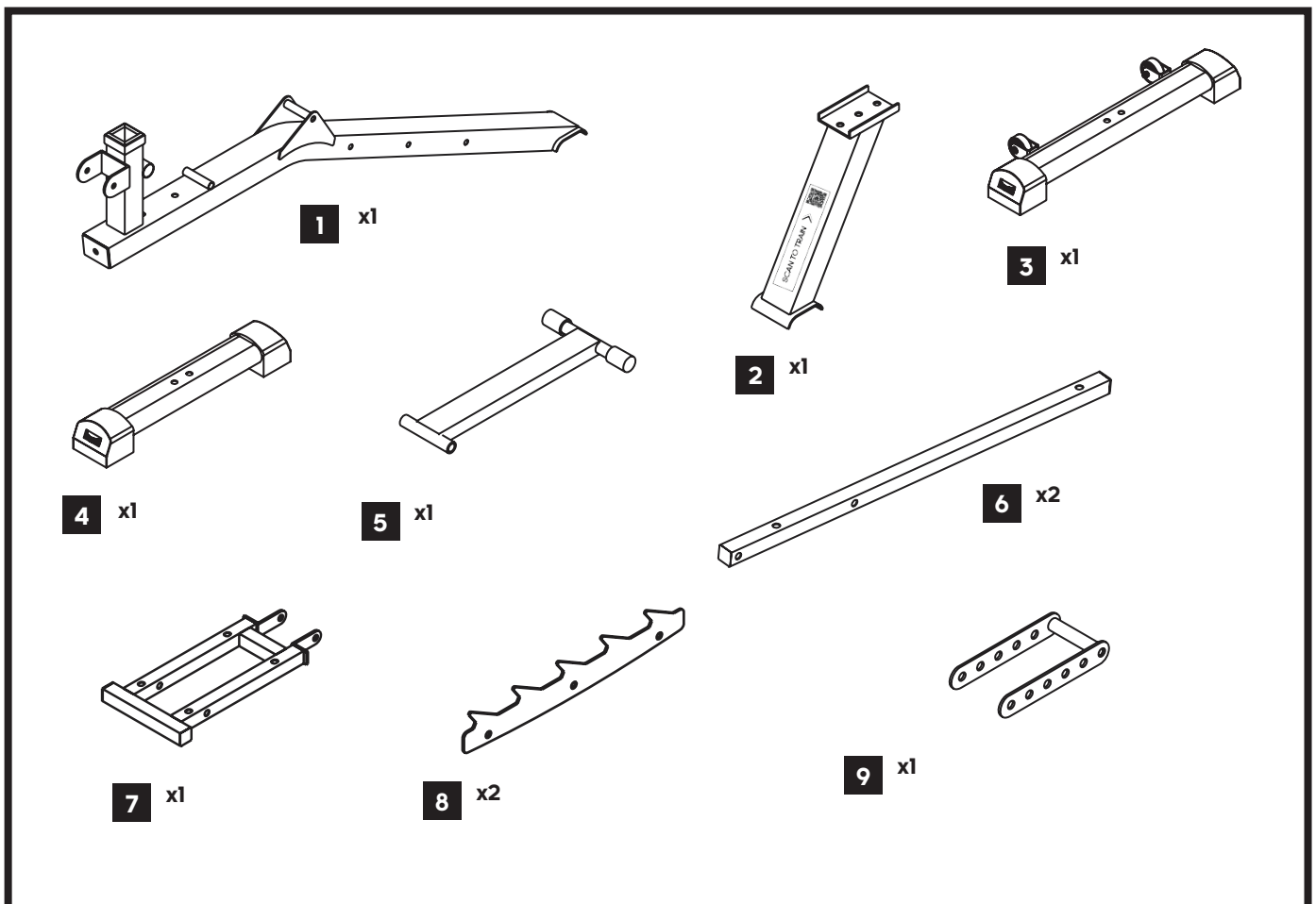
# WARNING! ACHTUNG!

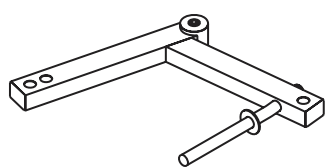
EN

• This equipment is made for home use only • 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 • Keep hair, body, and clothing free and clear of all moving parts • If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician

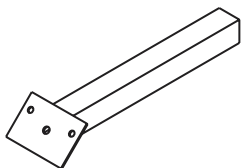
DE

• Dieses Gerät ist nur für den Heimgebrauch bestimmt • 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 • Halten Sie Haare, Körper und Kleidung frei und fern von allen beweglichen Teilen • Wenn Sie sich während der Übung zu irgendeinem Zeitpunkt schwach oder schwindelig fühlen oder Schmerzen haben, halten Sie an und konsultieren Sie Ihren Arzt.

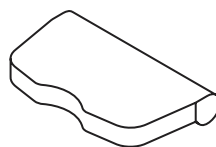




**10** x1



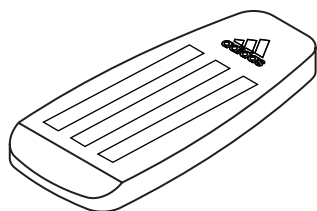
**11** x1



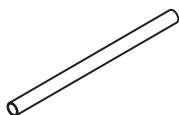
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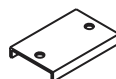
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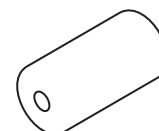
**14** x1



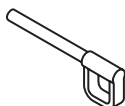
**15** x3



**17** x1



**16** x6



**41** x1



**39** x6



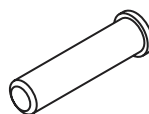
**44** x1



**40** x8



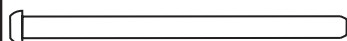
**42** x1



**43** x1



**45** x1



**18** x3



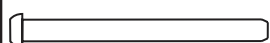
**24** x2



**47** x10



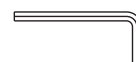
Spanner (not included)  
Schlüssel (nicht im Lieferumfang)



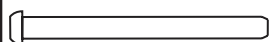
**19** x3



**25** x9



**49** x1



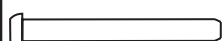
**20** x1



**26** x22



**50** x1



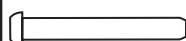
**21** x2



**27** x10



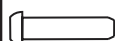
**51** x1



**22** x4

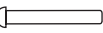








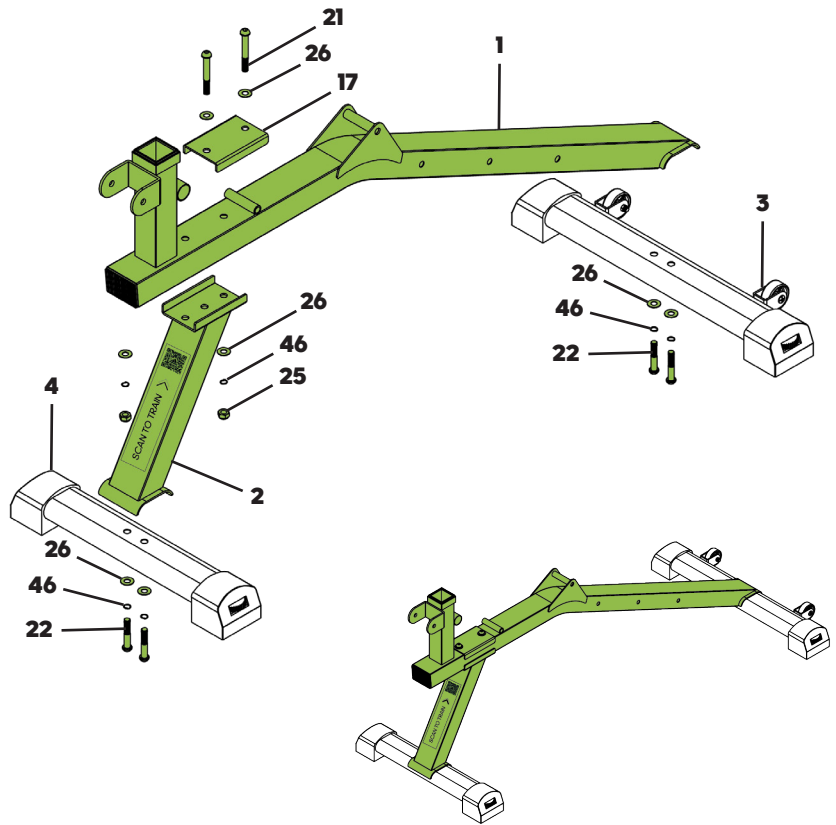
**46** x13









**23** x8

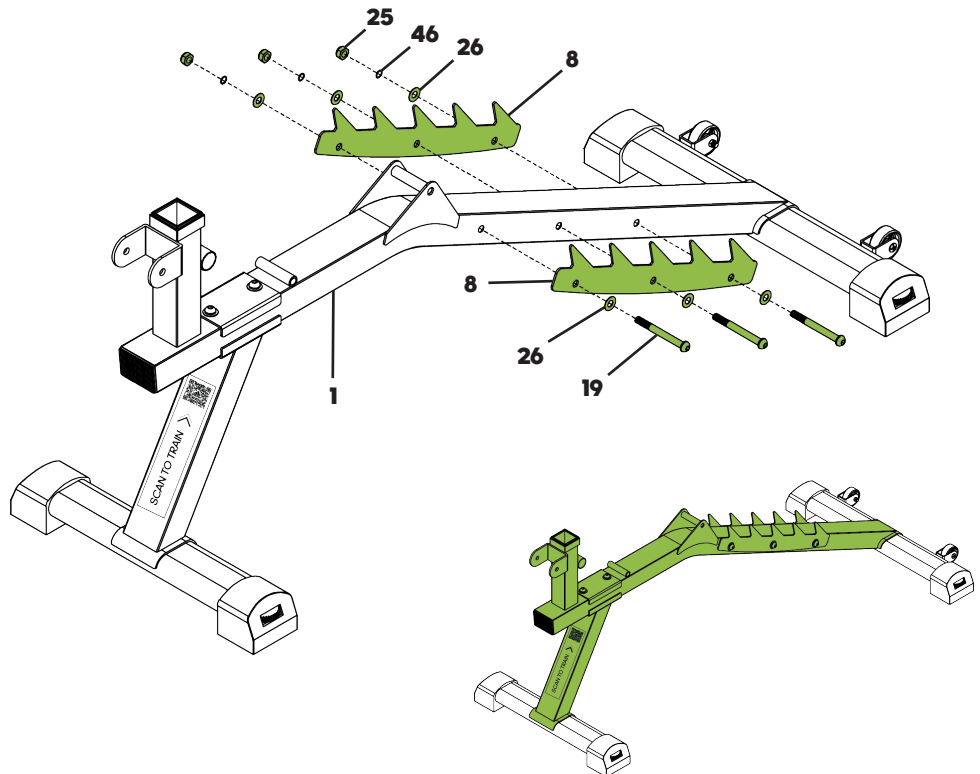
# 01

- 21 x2 
- 22 x4 
- 25 x2 
- 26 x8 
- 46 x6 
- 51 x1 
- x1 









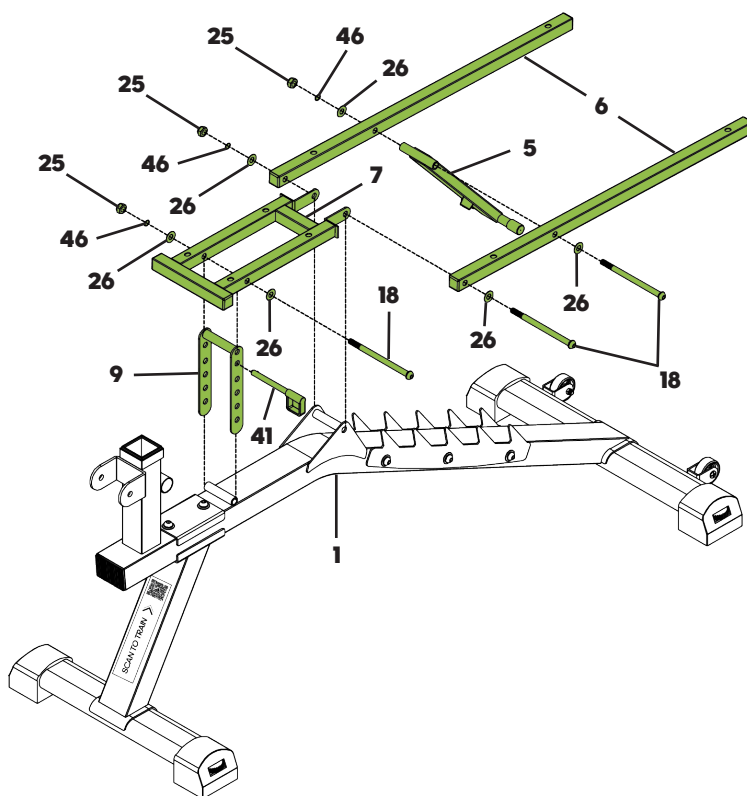
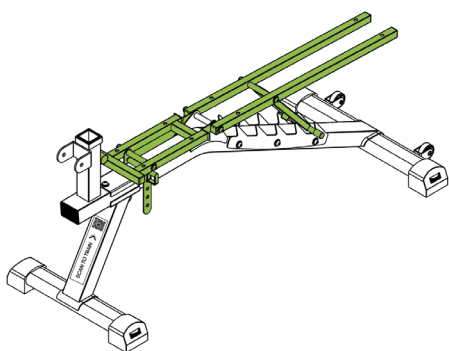
# 02

- 19 x3 
- 25 x3 
- 26 x6 
- 46 x3 
- 51 x1 
- x1 







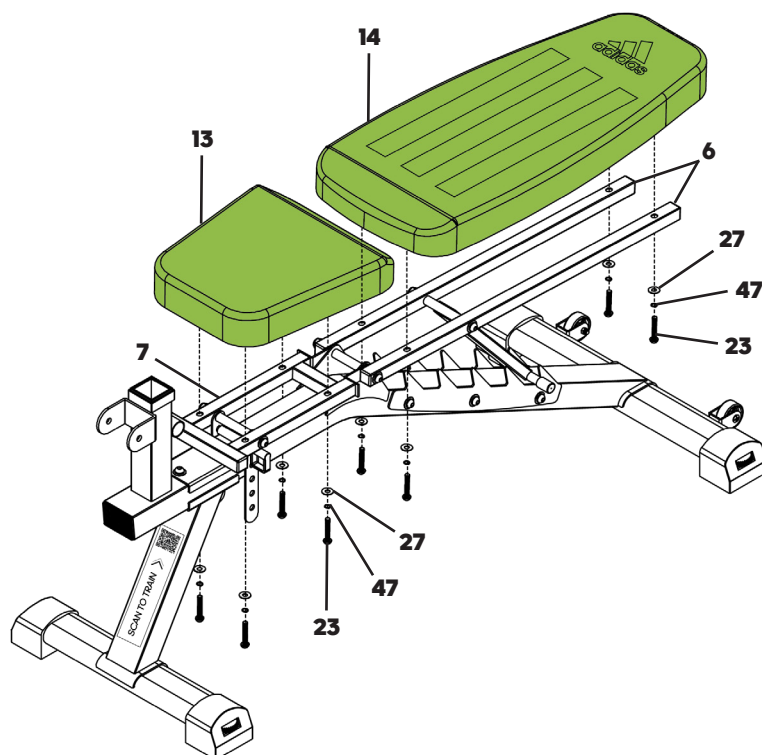
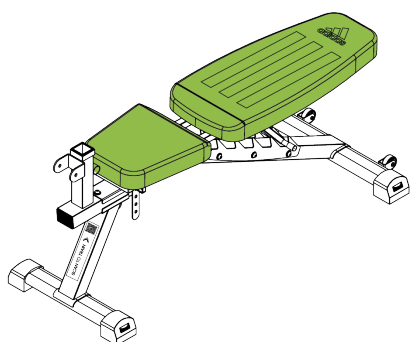
# 03

- 18 x3 
- 25 x3 
- 26 x6 
- 46 x3 
- 51 x1 
- x1 

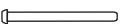




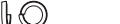







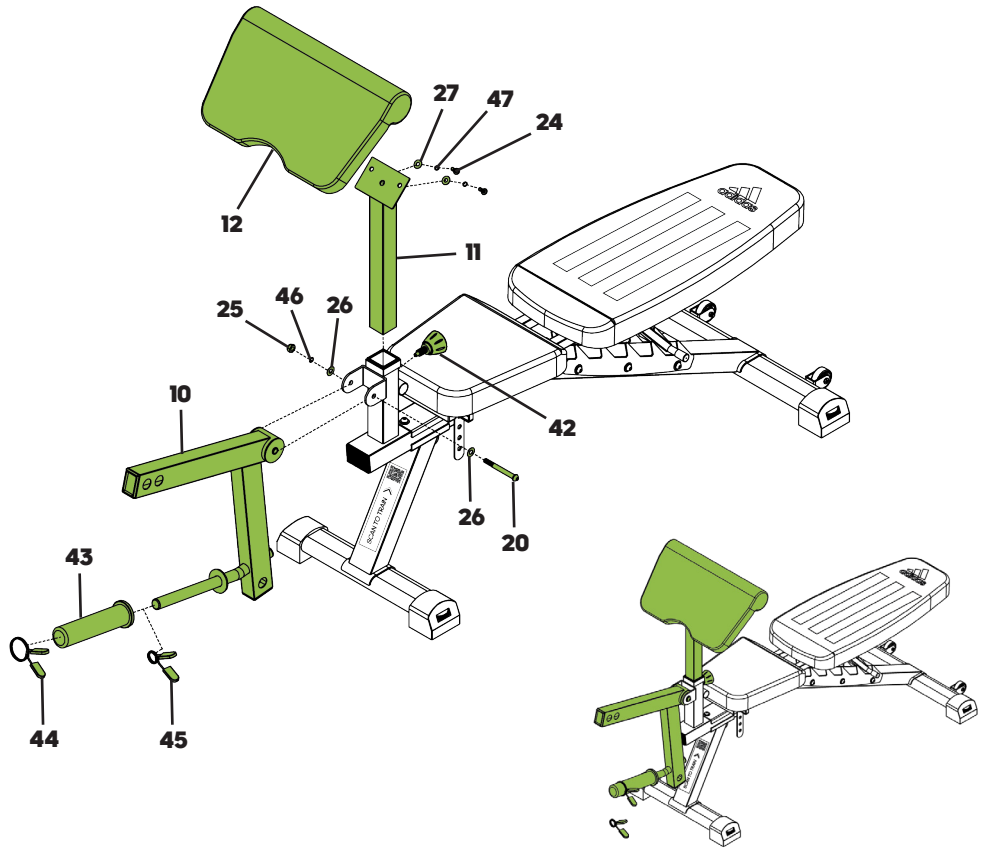
# 04

- 23 x8 
- 27 x8 
- 47 x8 
- 50 x1 

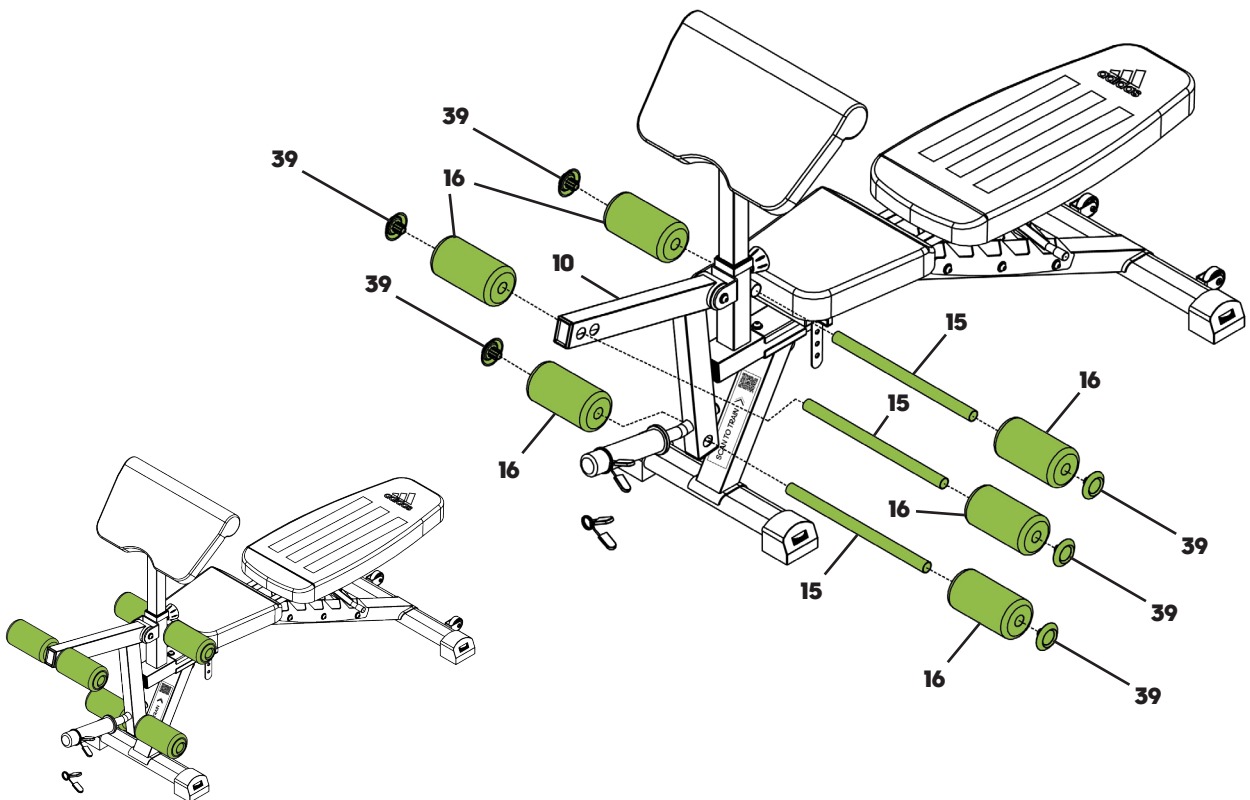


# 05

- 20 x1 
- 24 x2 
- 25 x1 
- 26 x2 
- 27 x2 
- 46 x1 
- 47 x2 
- 49 x1 
- 50 x1 
- 51 x1 
- x1 

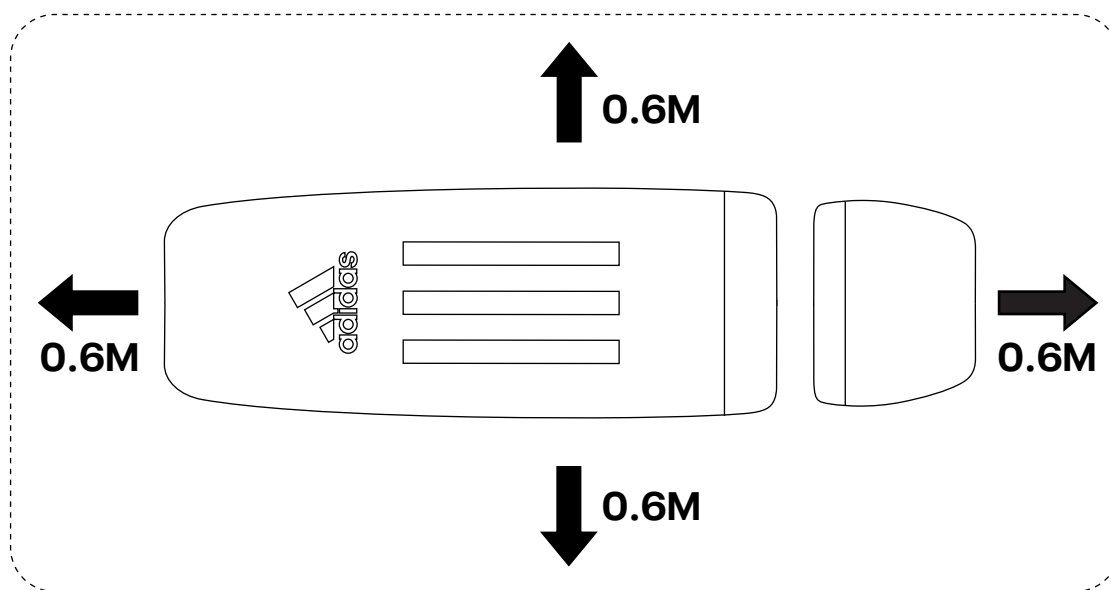
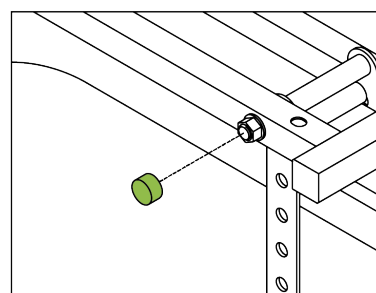
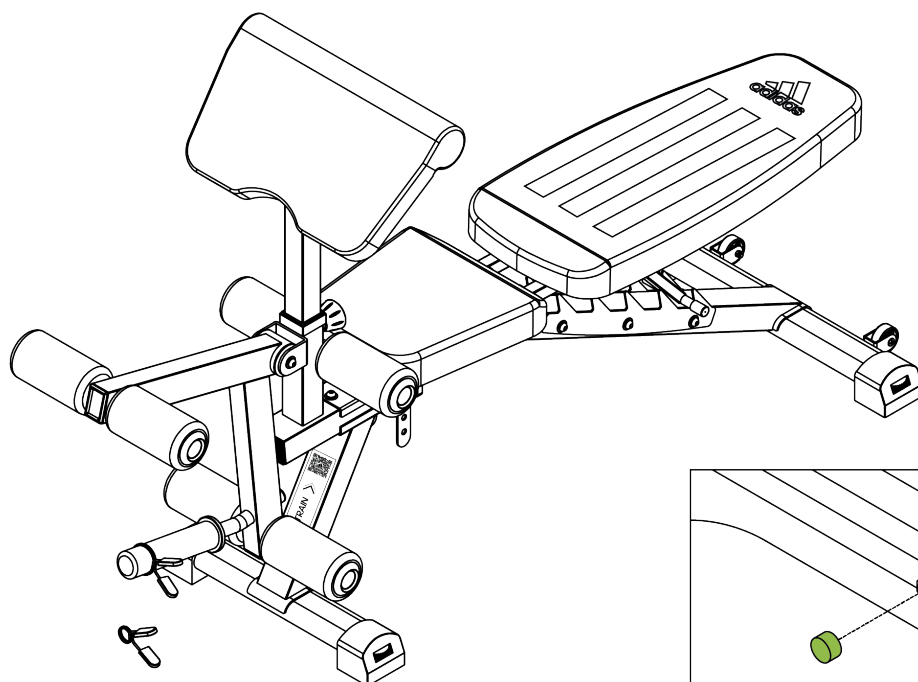


# 06

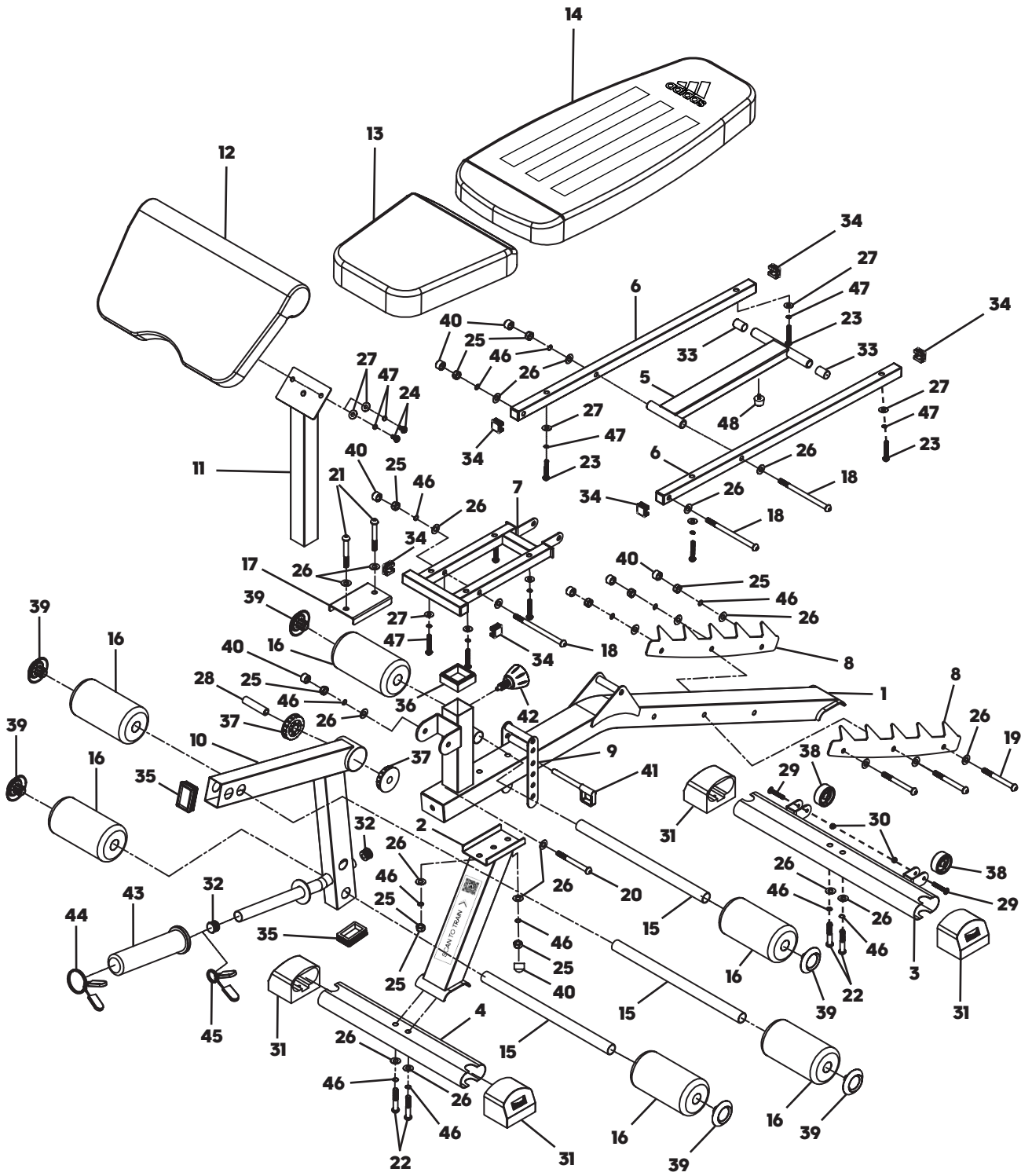


07

40 x8 









				QTY / MENGE
1	FMAD614AB-01	Main Frame	Grundrahmen	1
2	FMAD614AB-02	Front Leg	Vorderer Rahmen	1
3	FMAD614AB-03	Rear Stabiliser	Hinterer Fuß	1
4	FMAD614AB-04	Front Stabiliser	Vorderer Fuß	1
5	FMAD614AB-05	Backrest Incline Support	Stütze für die Rückenlehne	1
6	FMAD614AB-06	Backrest Support	Rahmen für Rückenlehne	2
7	FMAD614AB-07	Seat Bracket	Sitzbügel	1
8	FMAD614AB-08	Incline Support Frame	Tragrahmen für Steigung/Neigung	2
9	FMAD614AB-09	Seat Incline Adjustment Frame	Rahmen für die Sitzneigungsverstellung	1
10	FMAD614AB-10	Leg Developer	Beinentwickler	1
11	FMAD614AB-11	Arm Curl Stand	Armcurl-Standfuß	1
12	FMAD614AB-12	Arm Curl Pad	Armcurl-Polsterung	1
13	FMAD614AB-13	Seat Pad	Sitzpolster	1
14	FMAD614AB-14	Backrest Board	Rückenpolster	1
15	FMAD614AB-15	Foam Tube	Schaumstoffrohr	3
16	FMAD614AB-16	Foam Roll	Schaumstoffrolle	6
17	FMAD614AB-17	Support Plate	Trägerplatte	1
18	FMAD614AB-18	M10x150mm Bolt	M10x150mm Schraube	3
19	PFM3008-17	M10x95mm Bolt	M10x95mm Schraube	3
20	FMAD614AB-19	M10x95mm Bolt	M10x95mm Schraube	1
21	PFM2101-23	M10x75mm Bolt	M10x75mm Schraube	2
22	PFMCS704MF-13	M10x55mm Bolt	M10x55mm Schraube	4
23	PFMS80-32	M8x45mm Bolt	M8x45mm Schraube	8
24	PFM2006-23	M8x20mm Bolt	M8x20mm Schraube	2
25	PRK1-05	M10 Nylon Locknut	M10 Nylon Gegenmutter	9
26	PRK1-06	M10 Washer	M10 Unterlegscheibe	22
27	PFM2006-27	M8 Washer	M8 Unterlegscheibe	10

				<b>QTY / MENGE</b>
28	FMAD614AB-20	Axle Sleeve	Achsenhülse	1
29	PFMCS704MF-18	M8x45mm Bolt	M8x45mm Schraube	2
30	PHHBXROK002-26	M8 Nylon Locknut	M8 Nylon Gegenmutter	2
31	PFMH1001-21	40x80mm Ellipse End Cap	40x80mm Ellipse Endkappe	4
32	PRK1-03	25mm Round Inner Cap	25mm runde Innenkappe	2
33	FMAD614AB-21	16mm Round Angled Cap	16mm runde Winkelkappe	2
34	PFM2240-32	25mm Square Inner Cap	25mm Vierkant-Innenkappe	6
35	PFM4004-24	40x60mm Square Inner Cap	40x60mm Vierkant-Innenkappe	2
36	PFM2007-11	50x44mm Square Plastic Bushing	50x44mm Vierkant-Kunststoffbuchse	1
37	PFM4004-17	50x16mm Round Plastic Bushing	50x16 mm runde Kunststoffbuchse	2
38	PFMCB804DX-10	Wheel	Rad	2
39	FMAD614AB-22	25mm Large Round Inner Cap	25mm runde Innenkappe (groß)	6
40	FMAD614AB-23	Bolt Cover Cap	Abdeckkappe für Schraube	8
41	FMAD614AB-24	P Pull Pin	P-Stift	1
42	FMAD614AB-25	Pop Pin	Drehgriffschraube	1
43	FMAD614AB-26	Olympic Sleeve	Olympic Hülse	1
44	FMAD614AB-27	2" Spring Clip	2" Federklemme	1
45	PFMS80WA-29	1" Spring Clip	1" Federklemme	1
46	FMAD613-06	M10 Spring Washer	M10 Federscheibe	13
47	FMAD613-07	M8 Spring Washer	M8 Federscheibe	10
48	PFMS80WA-30	Rubber Ring	Gummiring	1
49	3B69E00023	Allen Wrench 4#	Inbusschlüssel 4#	1
50	3B69E00009	Allen Wrench 5#	Inbusschlüssel 5#	1
51	3B69E00010	Allen Wrench 6#	Inbusschlüssel 6#	1



**Product Registration  
and Support**

**Registrierung und  
Kundendienst**

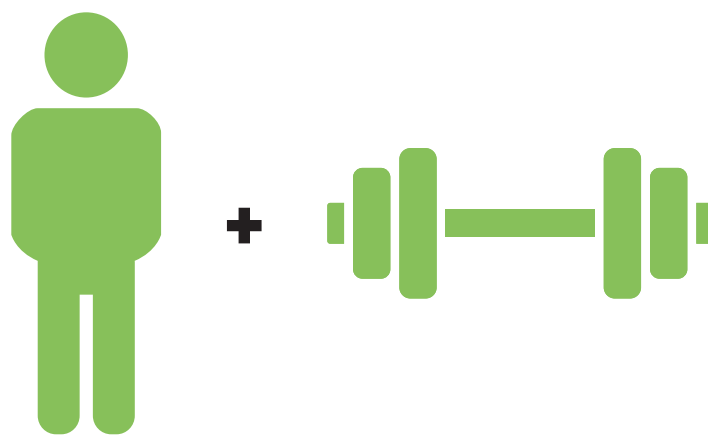


[WWW.ADIDASHARDWARE.COM/PRODUCT-SUPPORT](http://WWW.ADIDASHARDWARE.COM/PRODUCT-SUPPORT)

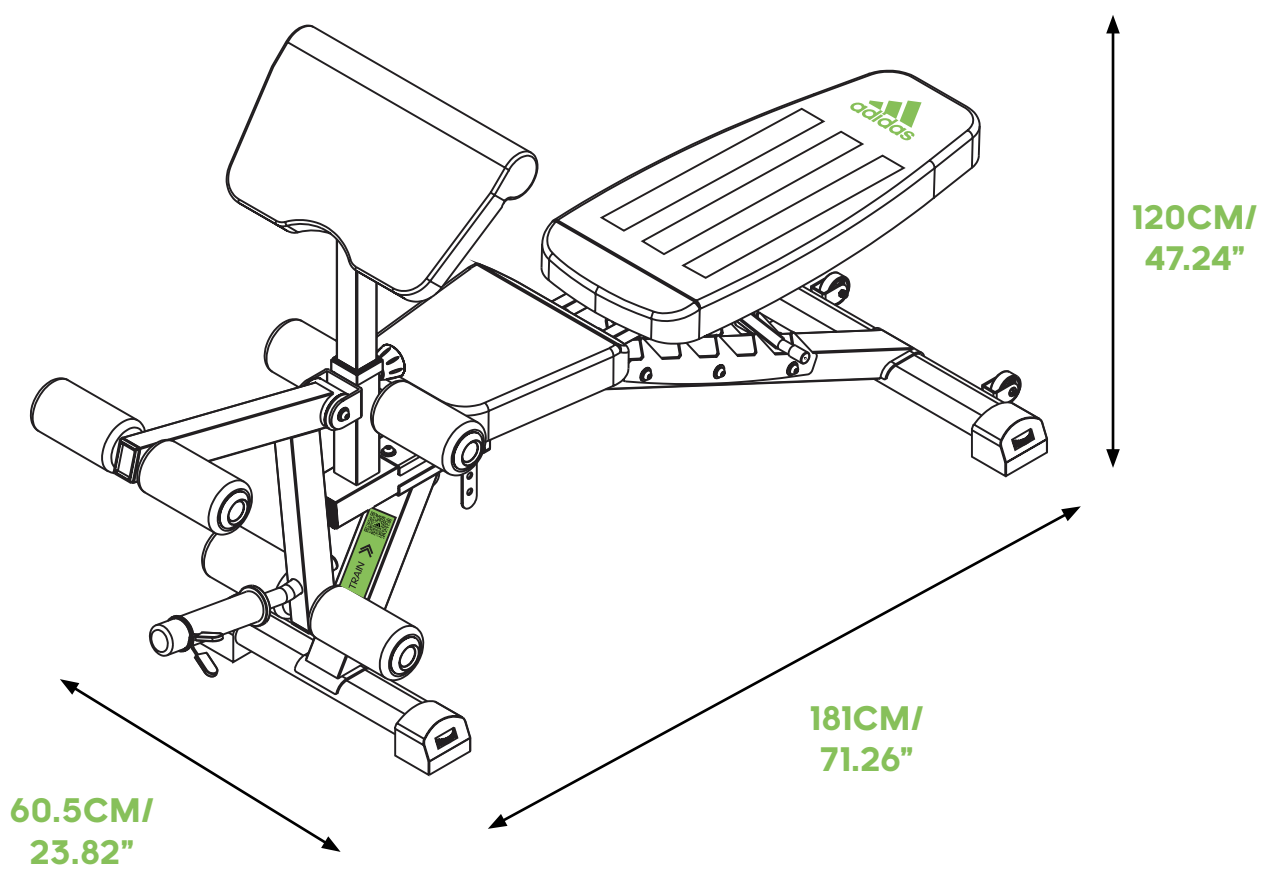


**SCAN TO TRAIN**

[WWW.ADIDASHARDWARE.COM/PERFORMANCE-BENCHES](http://WWW.ADIDASHARDWARE.COM/PERFORMANCE-BENCHES)



**= 215 kg / 474 lb**





# TRAINING BENCH TRAININGSBANK

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