

# DF-301 OWNER'S MANUAL CONTENTS

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## Disclaimer

The information in this user manual is subject to change without prior notice. Sports Art Industrial Co., Ltd. makes no representation or warranty of any kind, express or implied, regarding the marketability of this manual, the suitability for a special purpose, or any other matters.

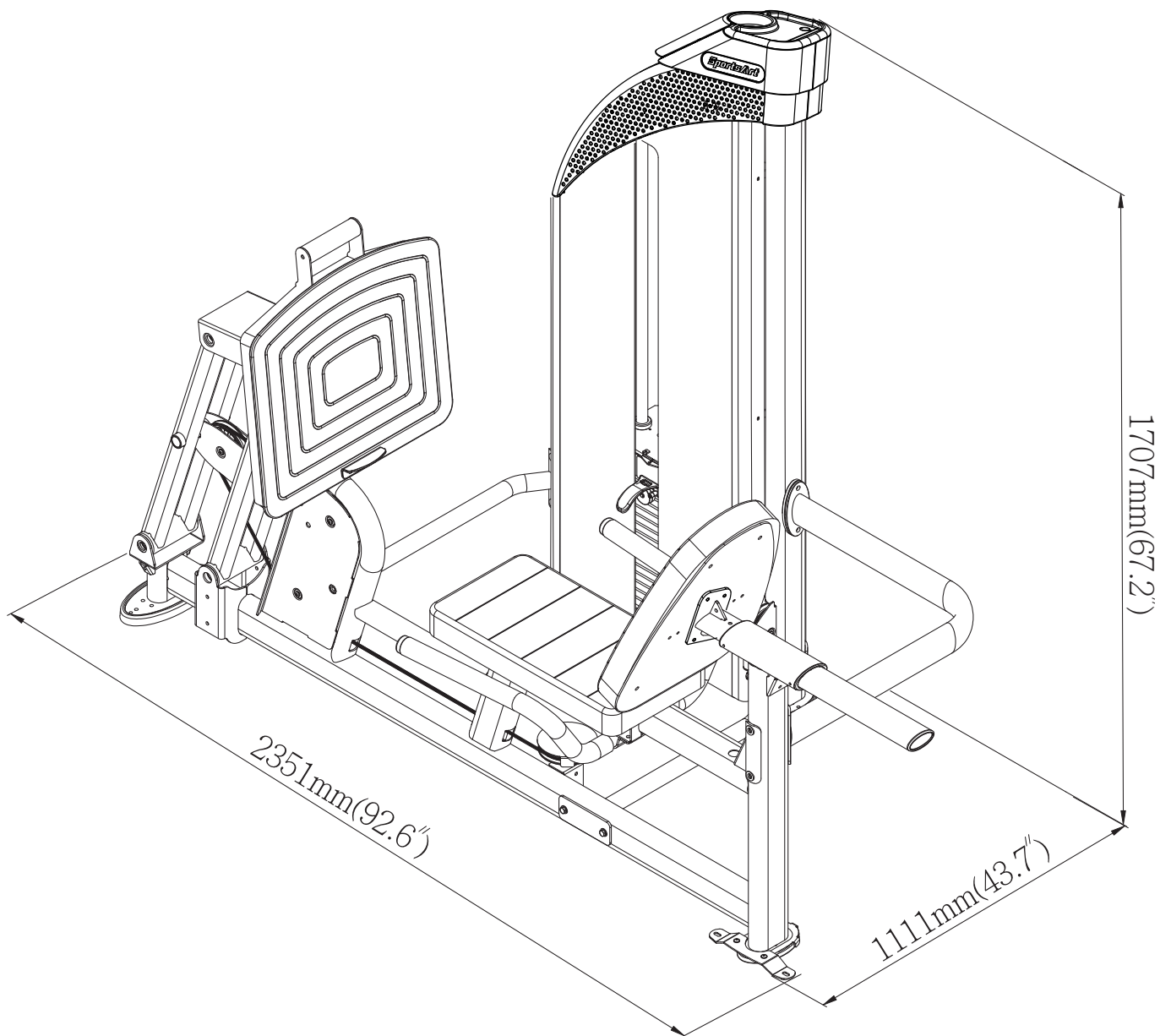
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\*We reserve the right to revise this manual at any time without notice.

# 1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the DF-301 Leg Press / Calf Extension 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:

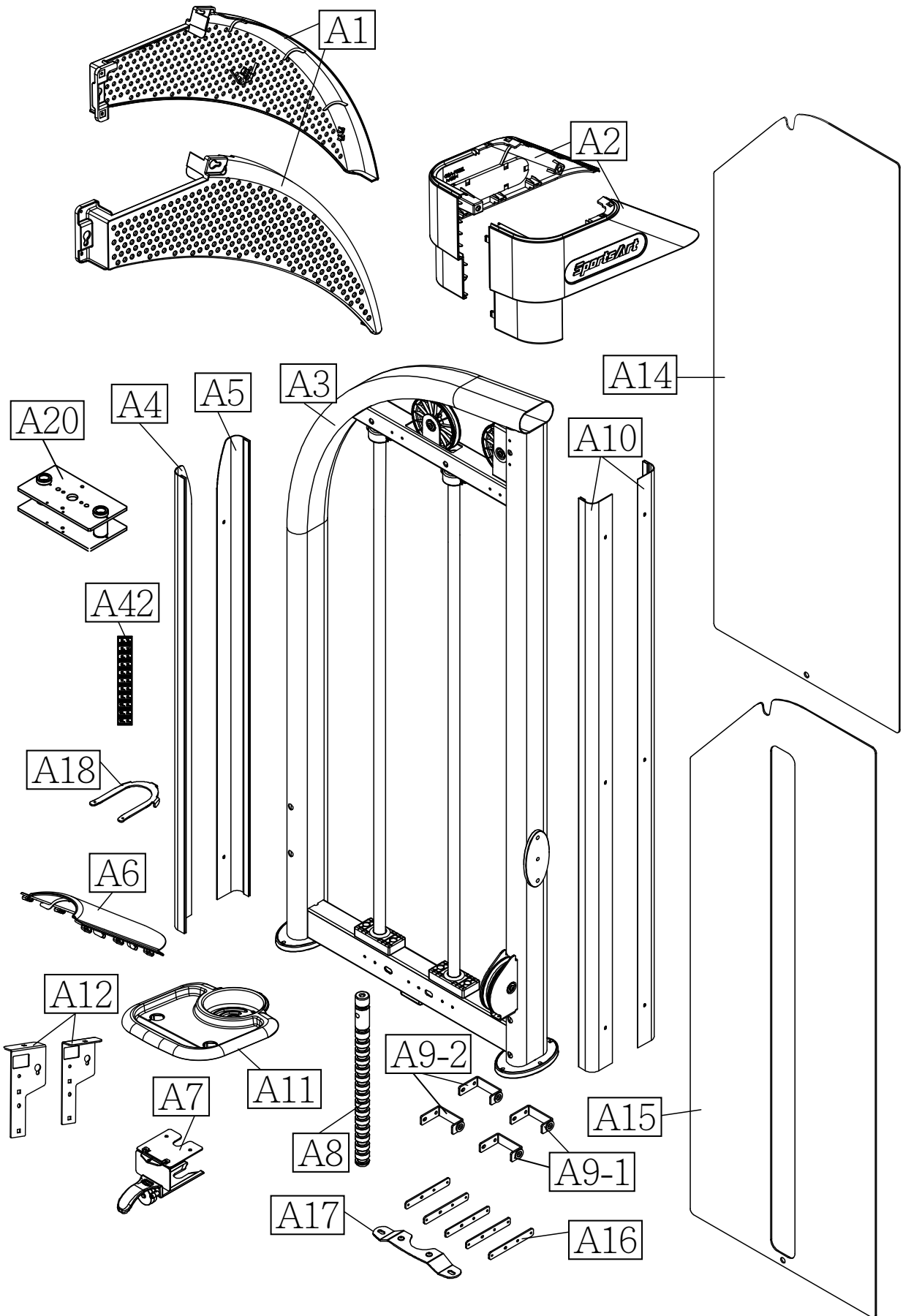
- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. 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 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.
- 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 may also present a danger to the exerciser.
- Over exercise may result in serious injury or death
- Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.

**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.

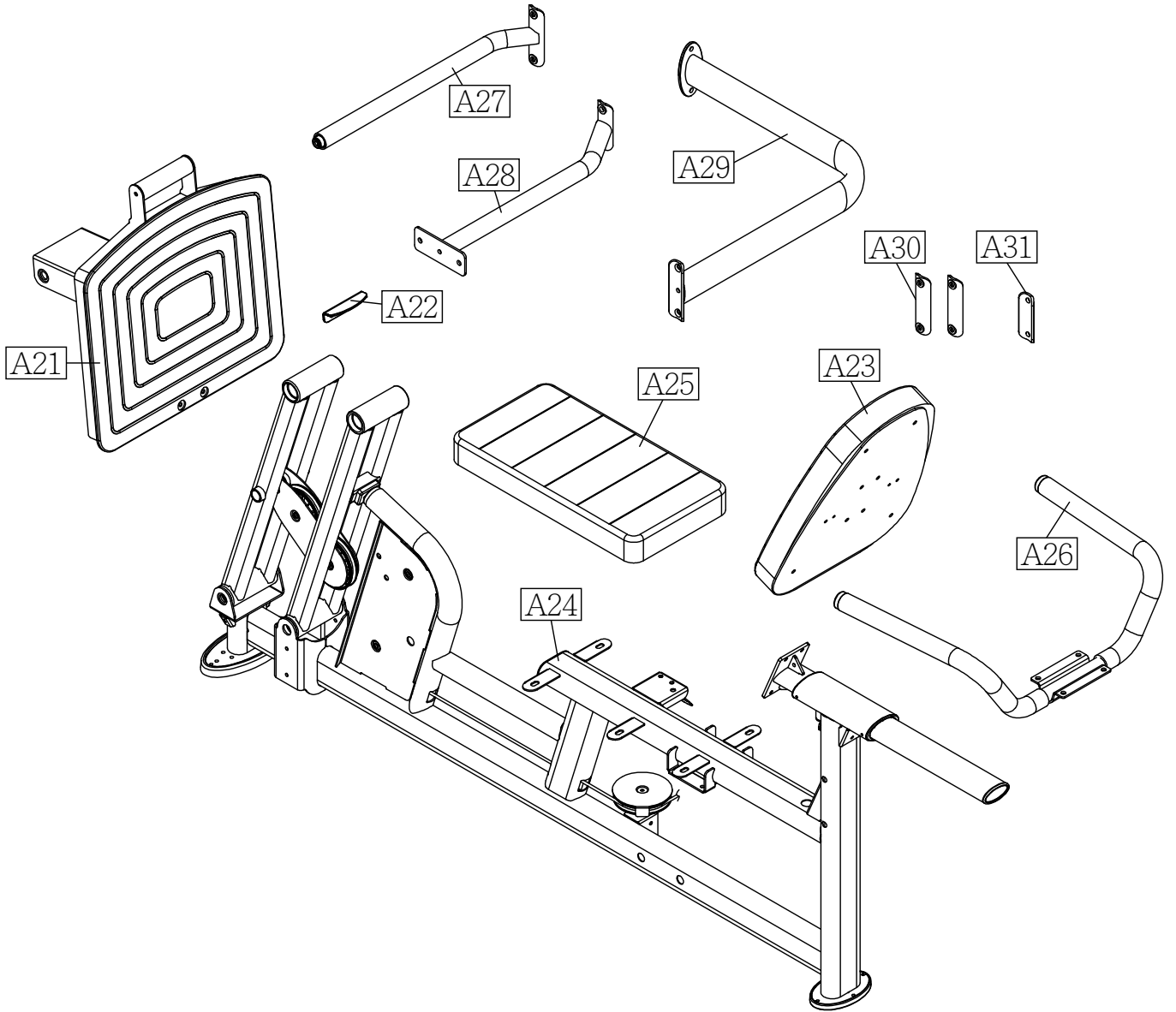
\*NOTE: Each machine provides a different resistance ratio of weight stack.

### 3. LIST OF PARTS

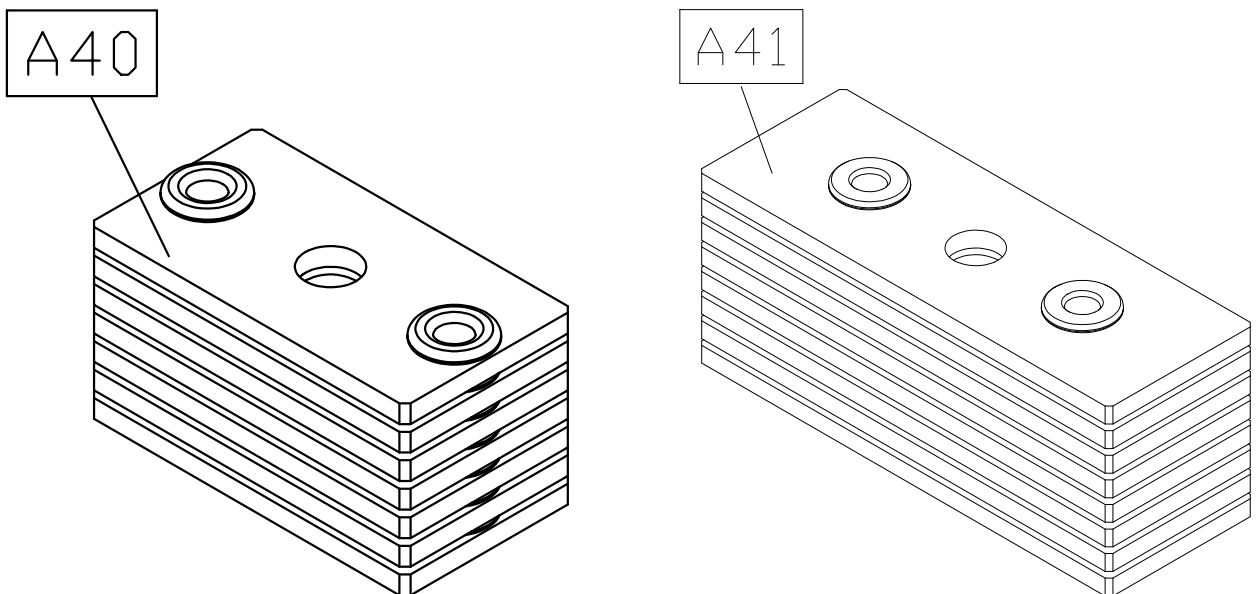
Box A



Box B



Box D + BOX E



### Box A - Main Frame Components

No.	Name	Qty.	No.	Name	Qty.
A1	Left/right perforated boards	2	A10	Cover support plate A	2
A2	Left/right side cover	2	A11	Top cover	1
A3	Main frame	1	A12	Anchor bracket	2
A4	Cover support plate B-2	1	A14	Rear cover	1
A5	Cover support plate B-1	1	A15	Front cover	1
A6	Front cover A	1	A16	Bracket	5
A7	Stack fork	1	A17	Floor fixing bracket	1
A8	Weight stack rod	1	A18	U bracket	1
A9-1	Anchor bracket of shroud (square hole)	2	A20	Upper stack carriage set	1
A9-2	Anchor bracket of shroud (tapped hole)	2	A42	Weight plate sticker	1

### Box B - User Frame Components

No.	Name	Qty.	No.	Name	Qty.
A21	Foot press plate	1	A26	Handle	1
A22	Stopper	1	A27	Connector A	1
A23	Seat back	1	A28	Connector B	1
A24	Seat frame	1	A29	Connector C	1
A25	Seat bottom	1	A30	Ø50 Connecting board	2
			A31	Ø50 Connecting board A	1

### Box D - Weight Plates Components

No.	Name	Qty.	No.	Name	Qty.
A40	5kg/11lb weight plate	7			

### Box E - Weight Plates Components

No.	Name	Qty.	No.	Name	Qty.
A41	7.5kg/15lb weight plate	8			

*Note: The total weight plate is 15PCS. If your optional weight is 80kg, there will be 15PCS 5kg/11lb weight plates instead, without 7.5kg/15lb weight plates.*

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
10	Mushroom top inner hex screw	8	M6*P1.0*L12	
12	Round head inner hex screw	2	M6*P1.0*20	
	Bushing	2	D19*7.8	
13	Screw socket	1 batch	SGN-07	
14	Mushroom top inner hex screw	12	M6*P1.0*L12	
15	Mushroom top Phillips screw	10	M5*L15	
16	Mushroom top Phillips screw	10	M5*0.8*L8	
17	Front cover support plate	1		
	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)	
	T-shaped Allen wrench	1	(M4)	
	Phillips-head screw driver	1		
21	Phillips pan head sheet metal screw	6	M4*L12	
22	Phillips Umbrella head sheet metal screws	2	M4*L14	
23	Round screw cap	2		
59	Fastener	1 batch		
	Cap nut	1 batch		

Components on the Product			
No.	Name	Specification	Notes
30	Hex head screw	M10*P1.5*L130	
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
	Nylon hex lock nut	M10	
31	Mushroom top inner hex screw	M10*P1.5*L25	
	Washer	D44*d10.5*t3.0	
32	Hex bolt	M10*P1.5*L75	
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
	Connector plate C	W60*L156*t5	
	Bushing	D16*t2*L39	
	Hex lock nut	M10	
	Nylon hex lock nut	M10	

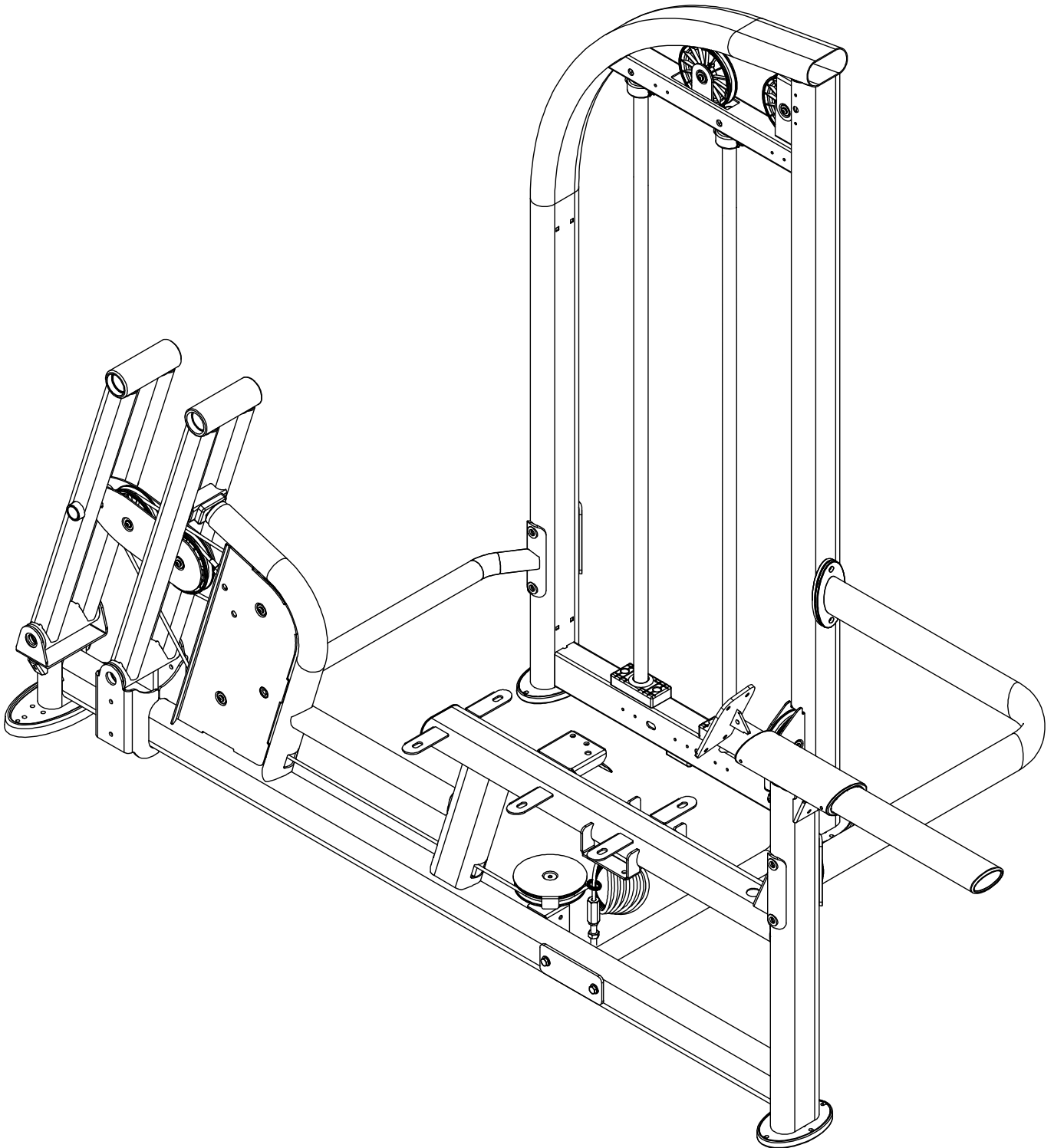
Components on the Product			
No.	Name	Specification	Notes
33	Hex head screw	M10*P1.5*L30	
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
35	Hex head screw	M8*P1.25*L65	
	Flat washer	D17*d8.3*t2	
	PU tube	D12*d8*L51	
	Nylon hex lock nut	M8	
36	Guide rod		
37	Cotter pin	1.6t	
	Rubber washer	D20*d11.1*t2	
	Stopper		
	Pin	Ø10.8*L50.5	
38	Round head inner hex screw	M6*L30002230631	
	Spring washer	M6*t1.5	
	Flat washer	D20*d6.3*t1.5	
39	Round head inner hex screw	M5*P0.8*L10	
40	Mushroom top inner hex screw	M6*P1.0*L12	
	Spring washer	M6	
	Flat washer	D20*d6.3*t1.5	
	Axle	D15*L26	
41	Nylon hex lock nut	M6*P1.0*6	
	Flat washer	D20*d6.3*t1.5	
	Axle	D8*L54.5	
	Bushing	D12*d8*L7	
42	Soft cap	D14	
43	Round head inner hex screw	M8*P1.25*L25	
	Spring washer	M8*t2.0	
	Flat washer	D17*d8*t1.5	
	Nylon hex lock nut	M8*P1.25	
44	Round head inner hex screw	M8*P1.25*L20	
	Spring washer	M8	
	Flat washer	D26*d8.3*t3	
	Axle	D20*L153	
45	Mushroom top inner hex screw	M8*P1.25*L25	
	Spring washer	M8	
	Flat washer	D17*d8.3*t2	
	Nylon hex lock nut	M8	
46	Mushroom top inner hex screw	M8*P1.25*L25	
	Spring washer	M8	
	Flat washer	D22*d8.2*t2	

<b>Components on the Product</b>			
<b>No.</b>	<b>Name</b>	<b>Specification</b>	<b>Notes</b>
47	Mushroom top inner hex screw	M8*P1.25*L25	
	Spring washer	M8	
	Flat washer	D22*d8.2*t2	
48	Beveled head inner hex screw	M8*P1.25*L12	
	Flat washer	D17*d8.3*t2	
49	Mushroom top Phillips screw	M5*0.8*L15	
	Flat washer	D13*d6*t1.0	
50	Reinforcement plate		
	Anchor bracket		
	Umbrella hex screw	M6*P1.0*L20	
	Plastic cover		
51	Umbrella hex screw	M6*P1.0*L12	

## 4. ASSEMBLE THE PRODUCT

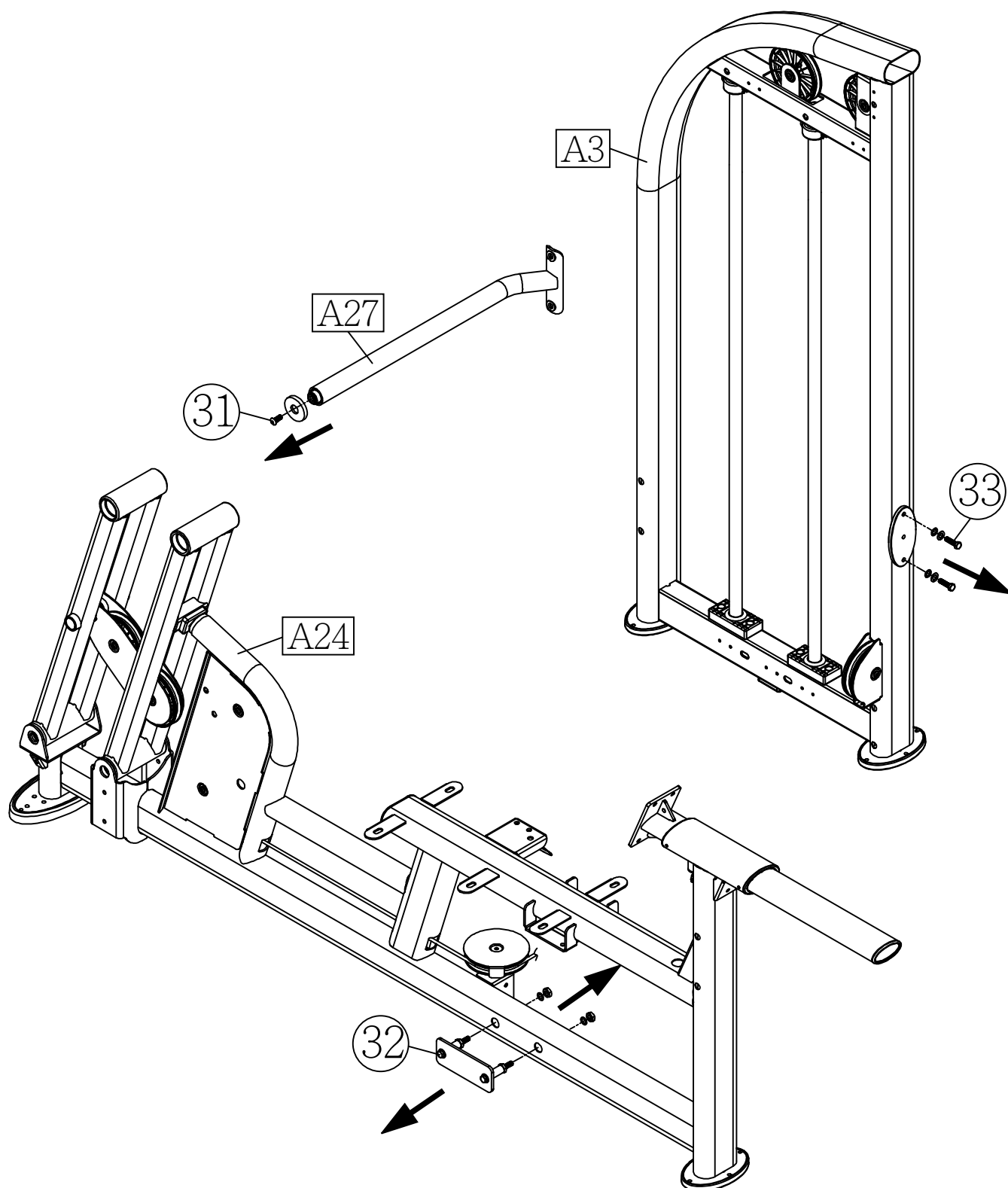
Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the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

### STEP 1 Seat Frame and the Connector Installation



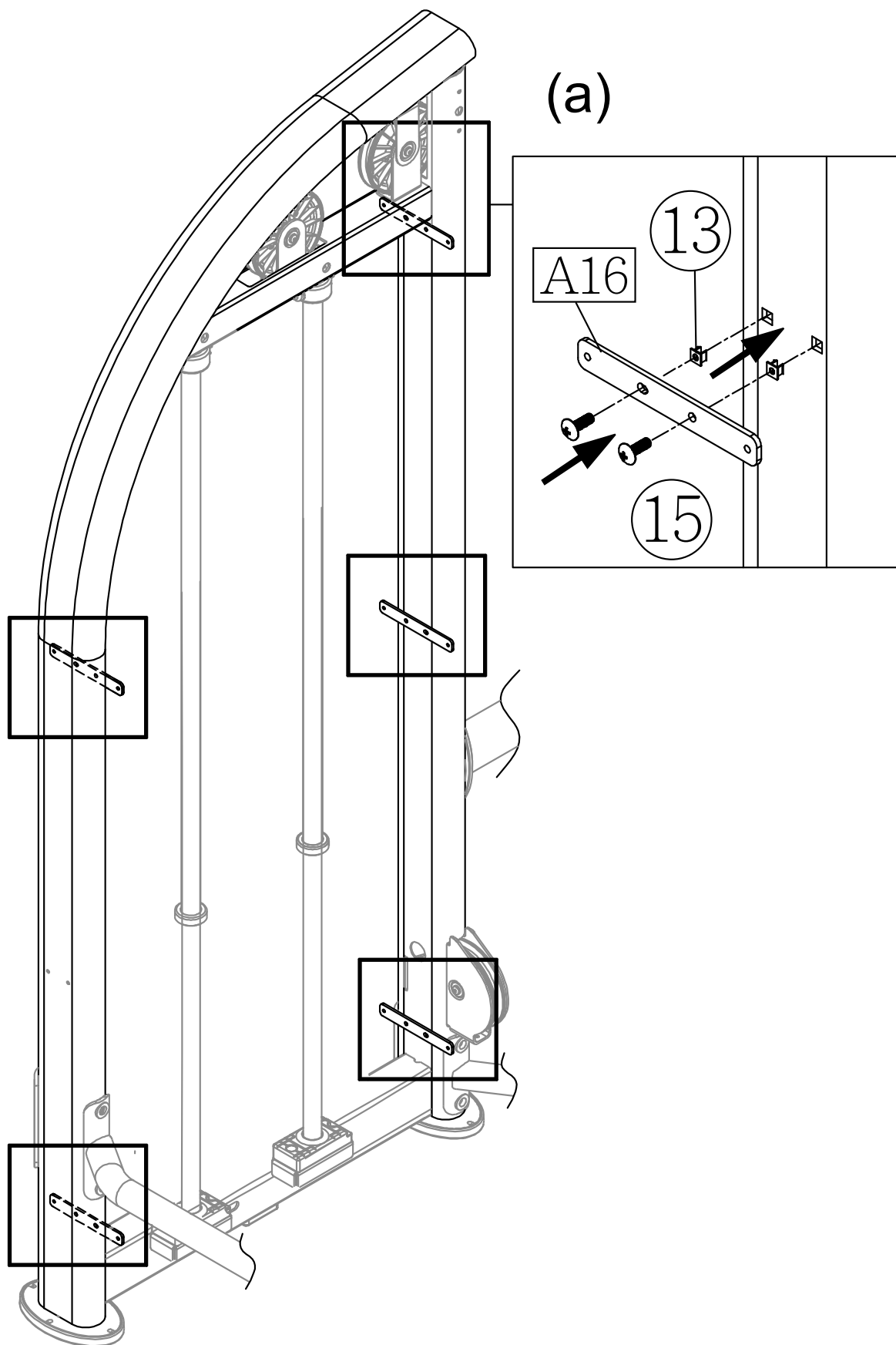
## STEP 1 | Seat Frame and the Connector Installation (CONT.)

\* Loosen and remove screws (31) (32) (33) and the connecting plates from the components (A3) (A24) (A27) as shown. Carefully set each piece aside.



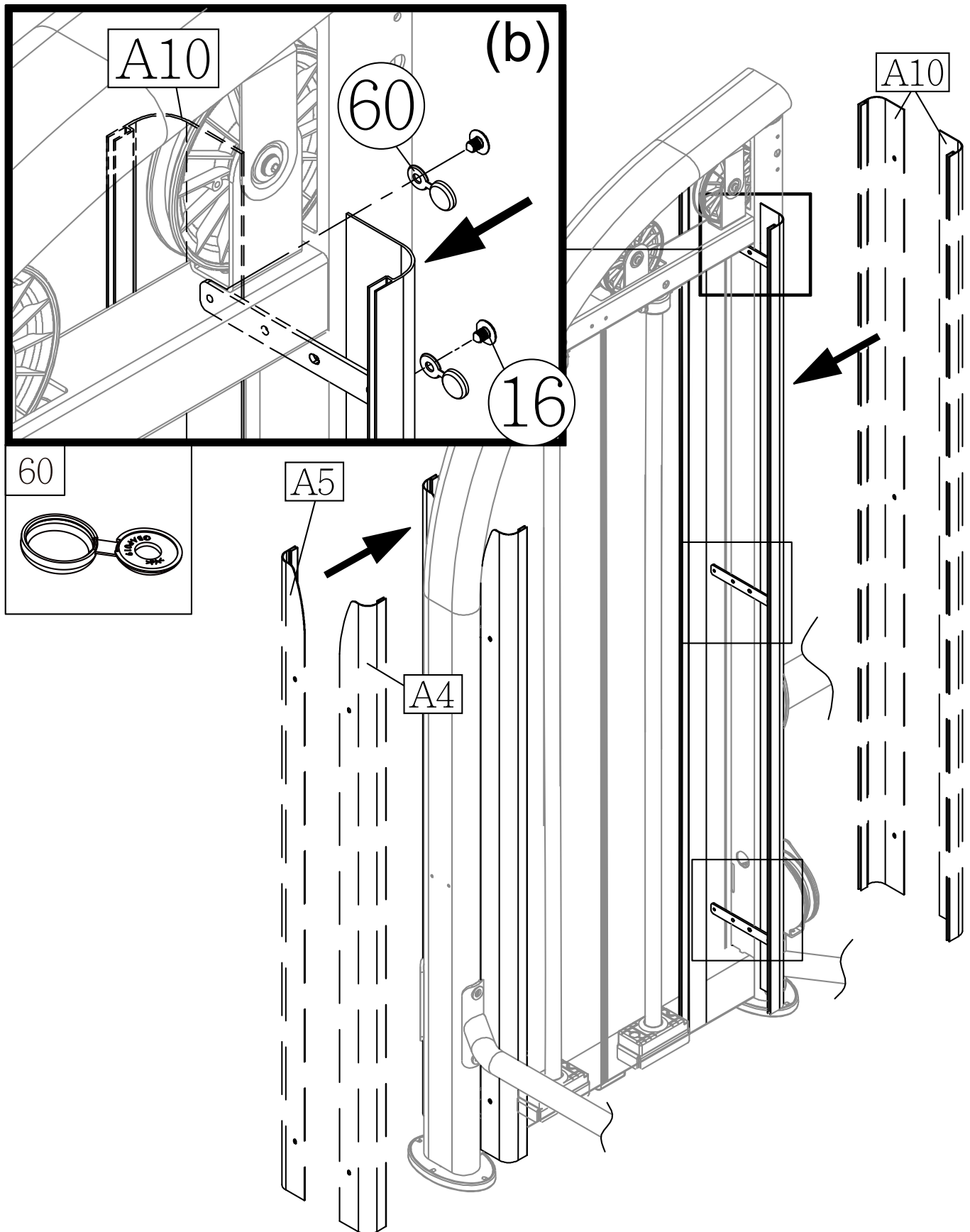
## STEP 1 Seat Frame and the Connector Installation (CONT.)

- (a) Insert the screw sockets (13) into place in the main frame (A3) as shown, and then use screws (15) to secure the bracket (A16) in place. (Note: The bracket (A16) must be secured to the top of main frame as shown.)



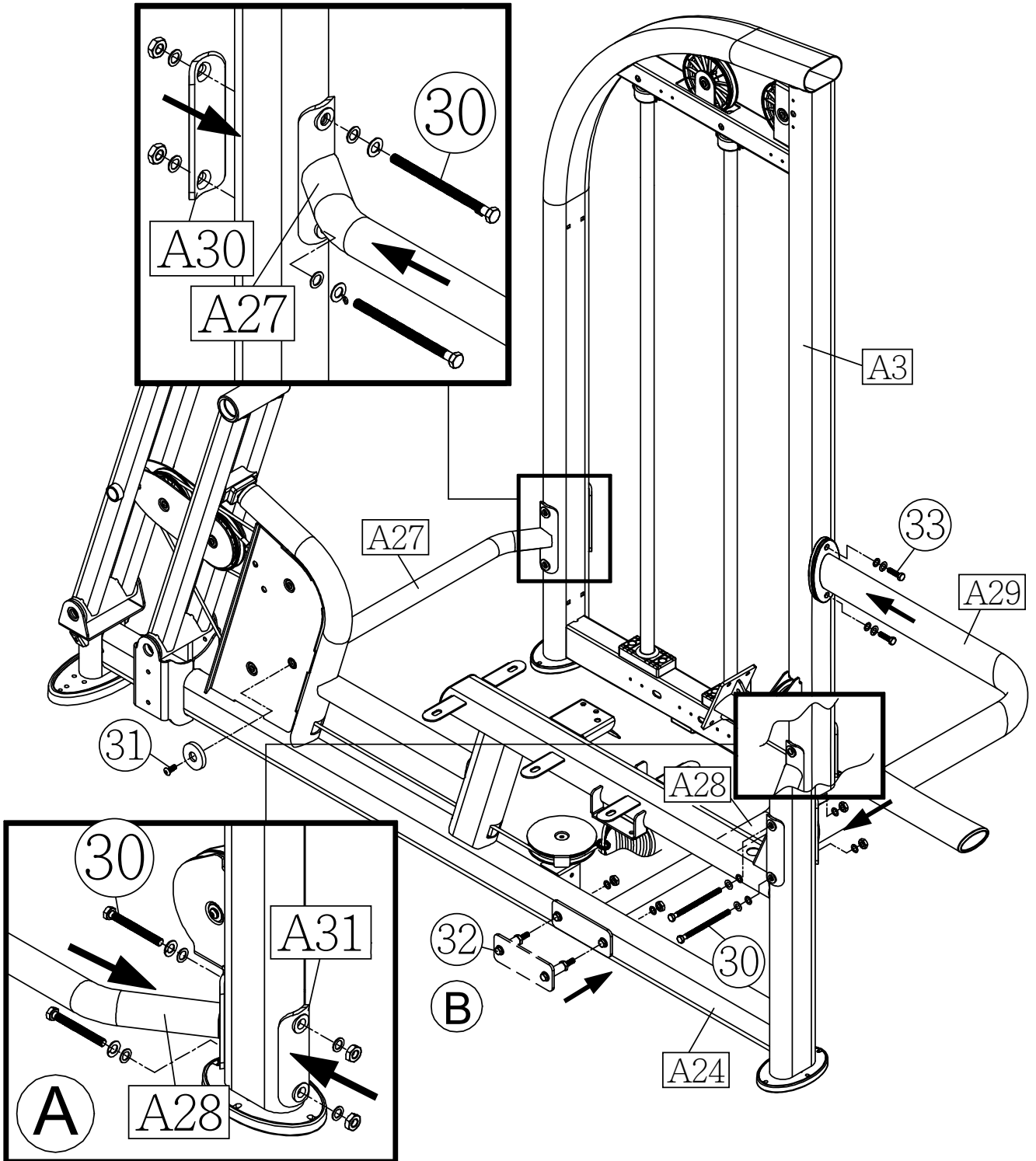
## STEP 1 Seat Frame and the Connector Installation (CONT.)

(b) Secure the plate slots (A10) to the straight frame of the weight stack tower (A3) with the screws (16) and then cover the cap nuts (60). The plate slots (A4, A5) are secured to the left and right side of the curved frame, respectively. (Note: The plate slots have to be secured outside of the anchor brackets (A16).)

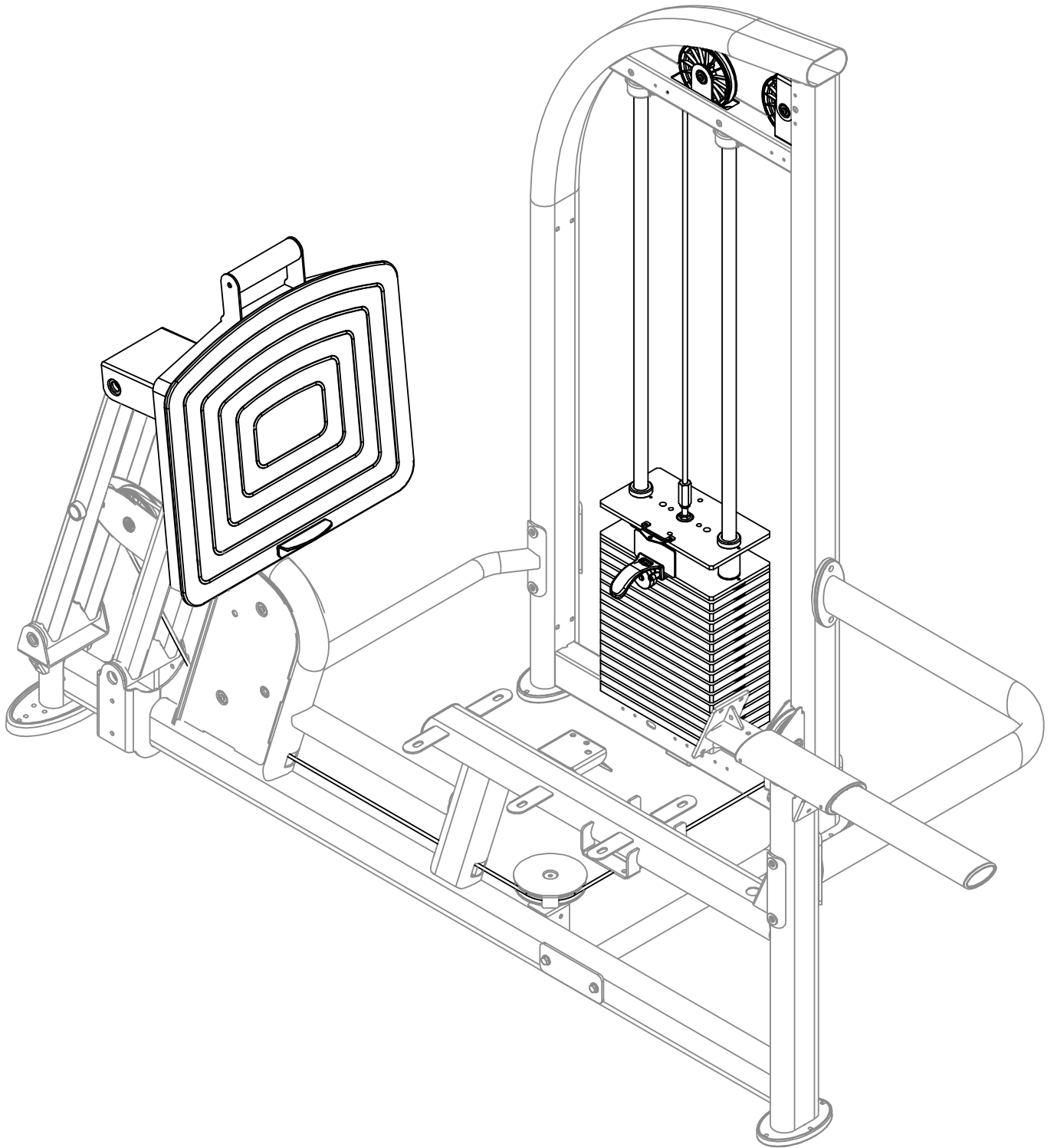


## STEP 1 Seat Frame and the Connector Installation (CONT.)

Use screws (30) to secure the connecting board A (A31) to the connector B (A28) and the main frame (A3) in area A. Use screws (32) to secure the connector B (A28) to the seat frame (A24) in area B. And then use screws (30) (31) (33) to secure the connecting board (A30) to the connector A (A27), the connector C (A29), the main frame (A3) and the seat frame (A24) as shown.

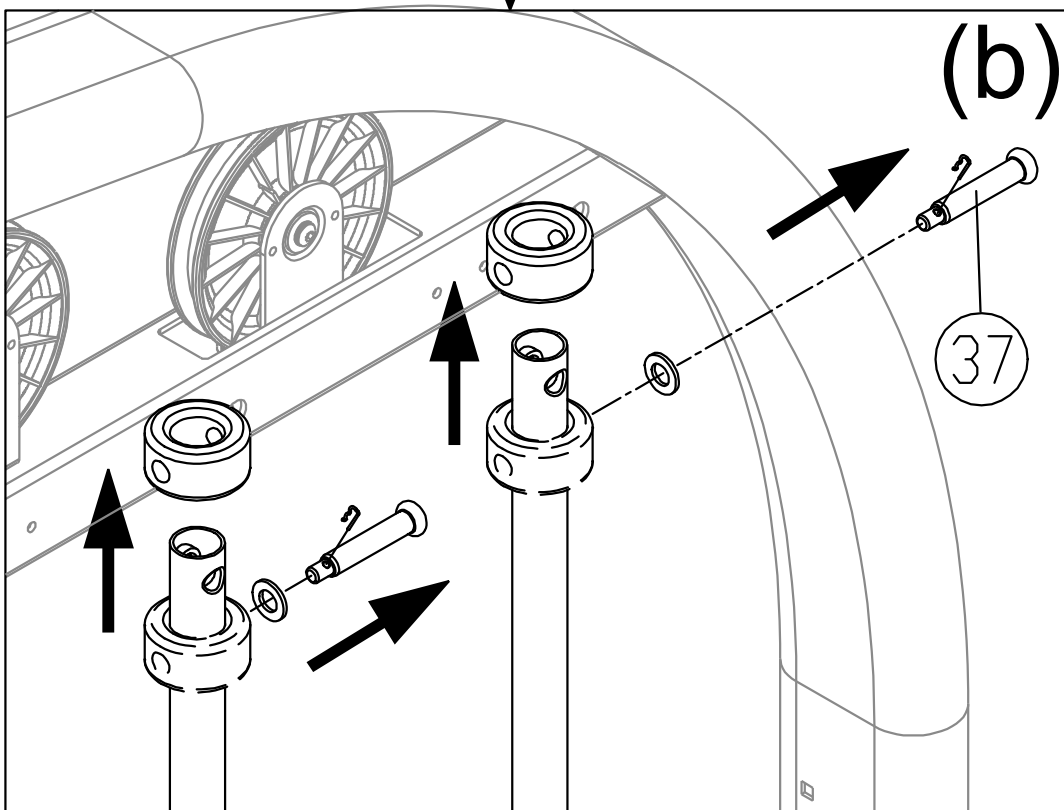
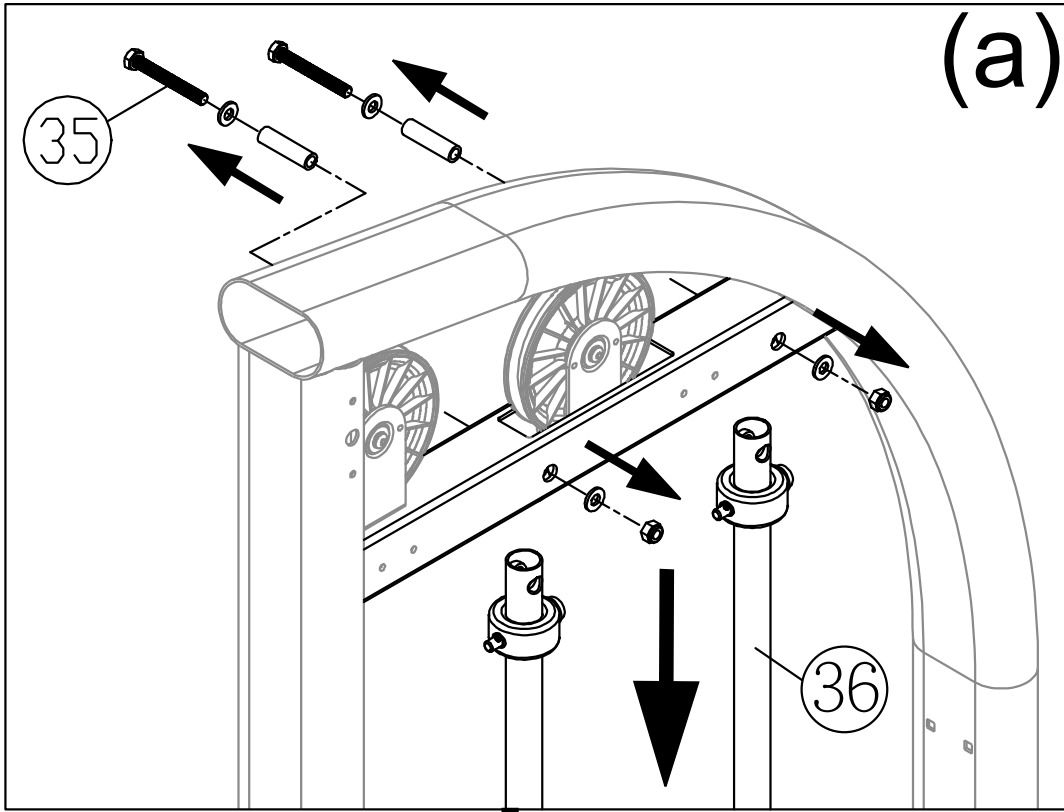


## STEP 2 Weight Stack Installation



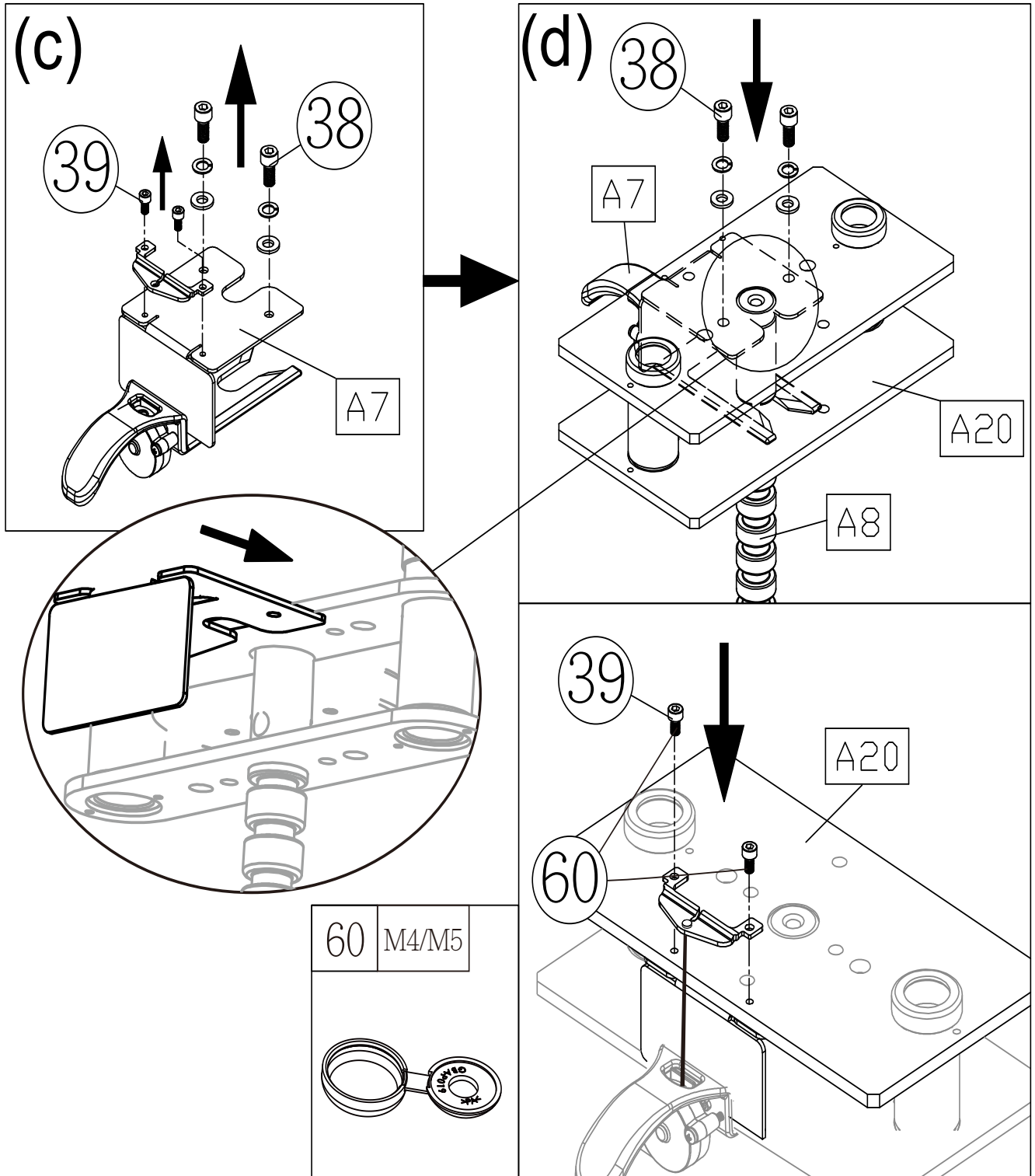
## STEP 2 Weight Stack Installation (CONT.)

- (a) Remove screws (35) from the guide rod (36). Set the guide rod (36) downward into place as shown.
- (b) Remove the pin (37) and the rubber washer from the guide rod (36).



## STEP 2 Weight Stack Installation (CONT.)

- (c) Loosen and remove screws (38) (39) from the stack fork (A7).
- (d) Insert the weight stack rod (A8) into the central mounting position of the upper stack carriage set (A20). Use screws (38) (39) to secure the stack fork (A7) and the cable bracket into place of the upper stack carriage set (A20) as shown. (Note: Remove the stack fork first before assembling.)



## STEP 2 Weight Stack Installation (CONT.)

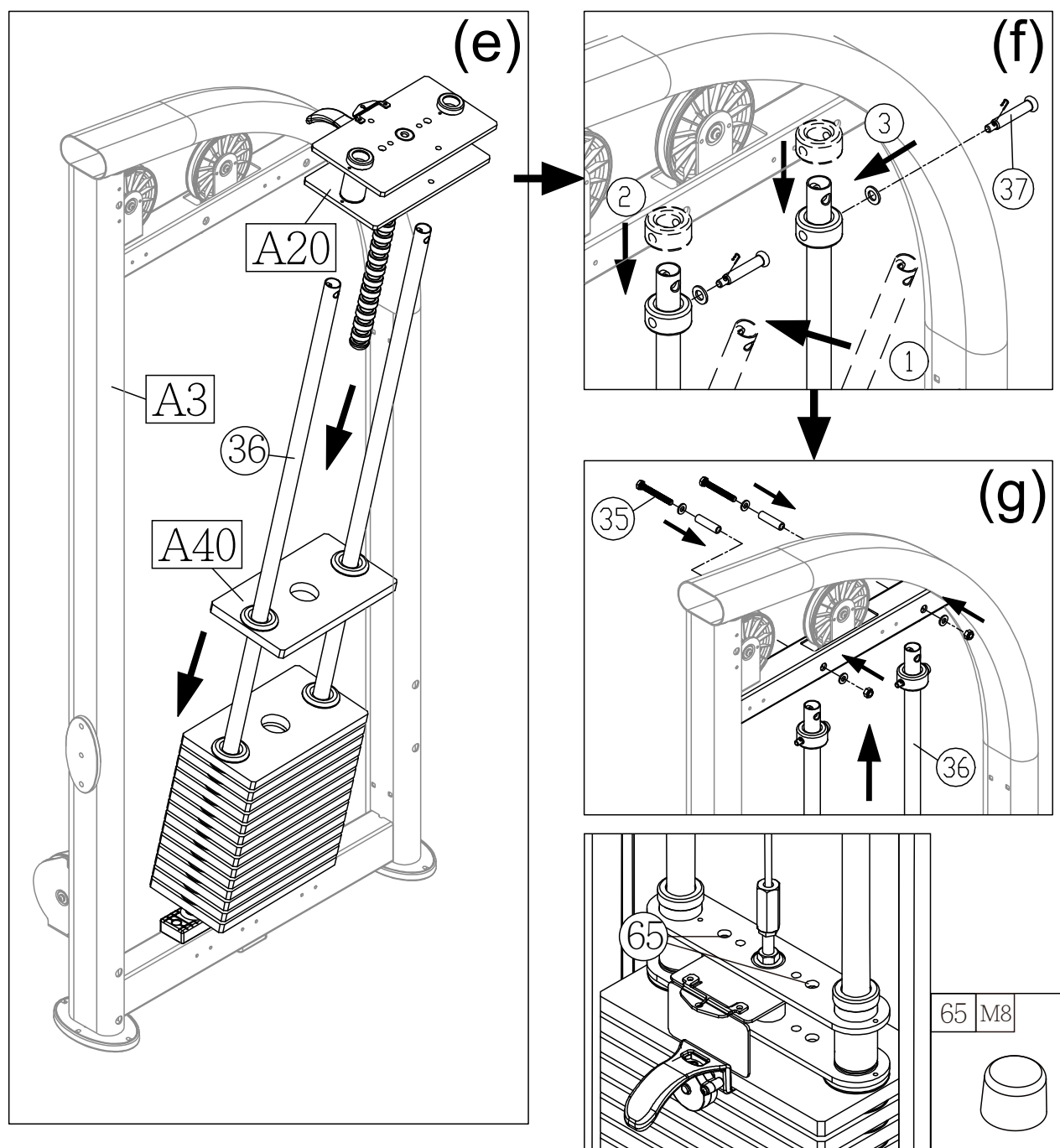
(e) Insert and lower the (5 kg/11lb) weight plates (A40) into place on the guide rods (36) one at a time. Once complete, slide down the upper stack carriage set (A20) on top of the weight stack. (Note: The convex side of weight plate should face up and the stack fork (A7) points toward the front.)

\* 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 (A40).

(f) Tilt the guide rods (36) back into place and re-install the rubber washer to the guide rods (36), and then align holes and secure the pin (37) back into the place as shown.

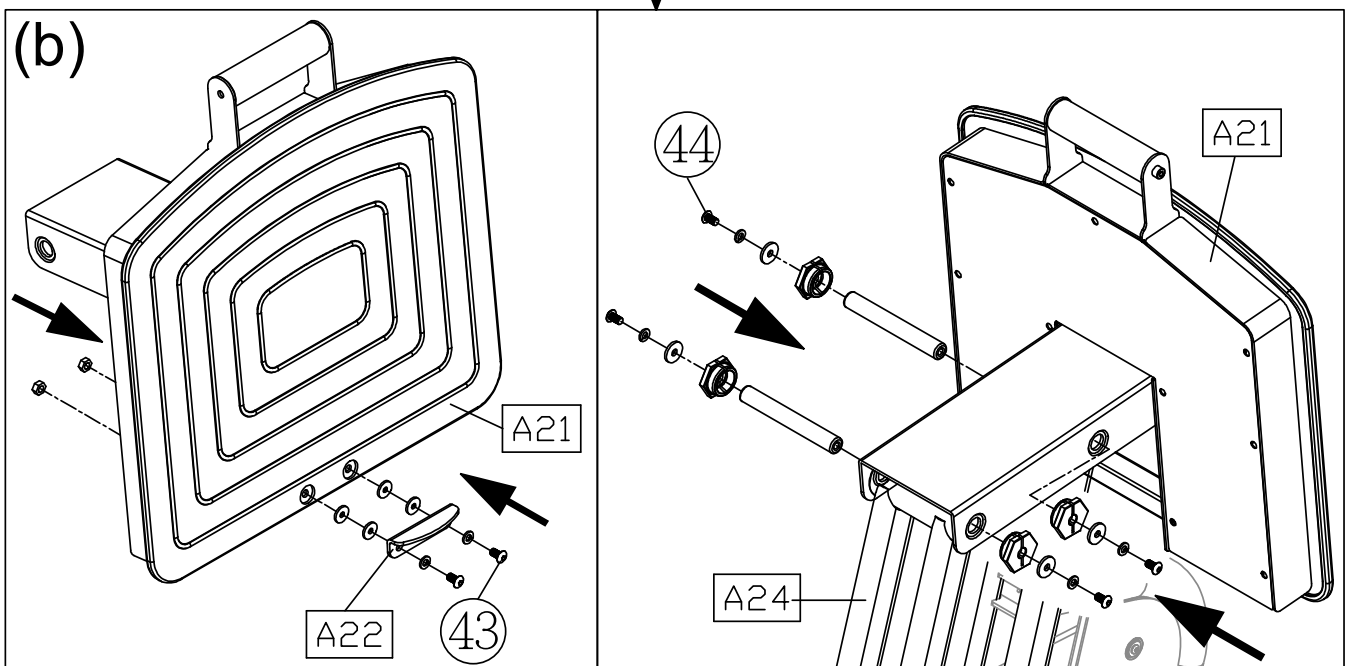
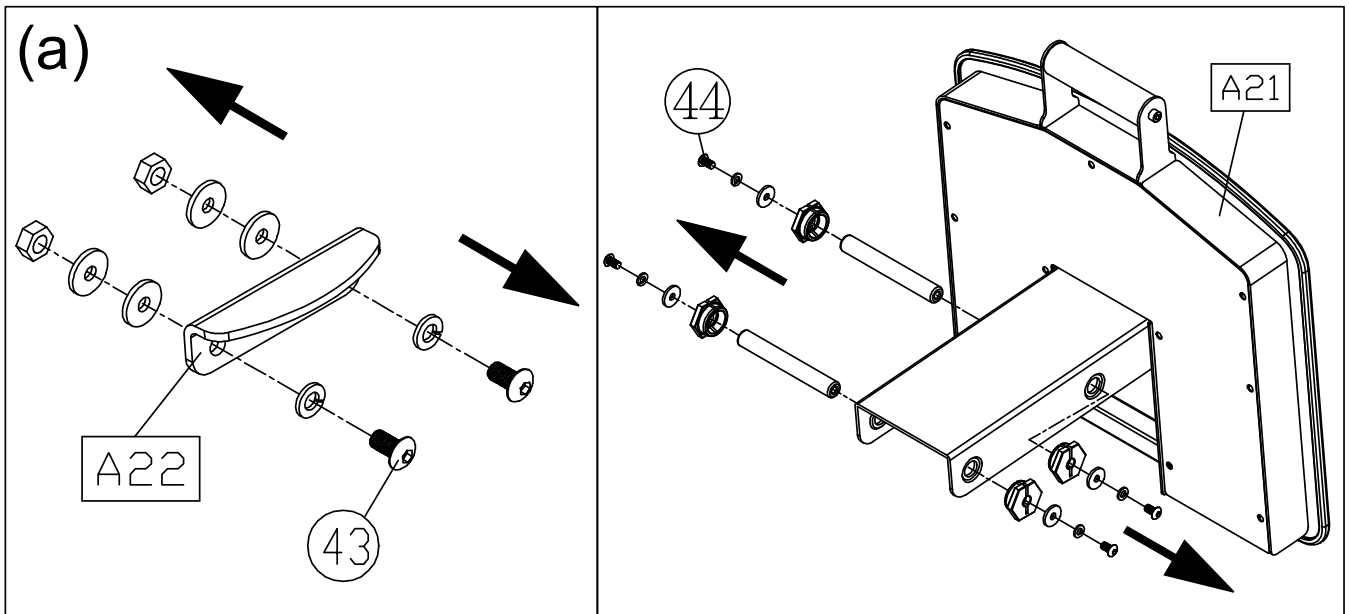
(g) Lift the guide rods up to their mounting position, and then secure them with screws (35).

\*Install the cap nuts on the screws.



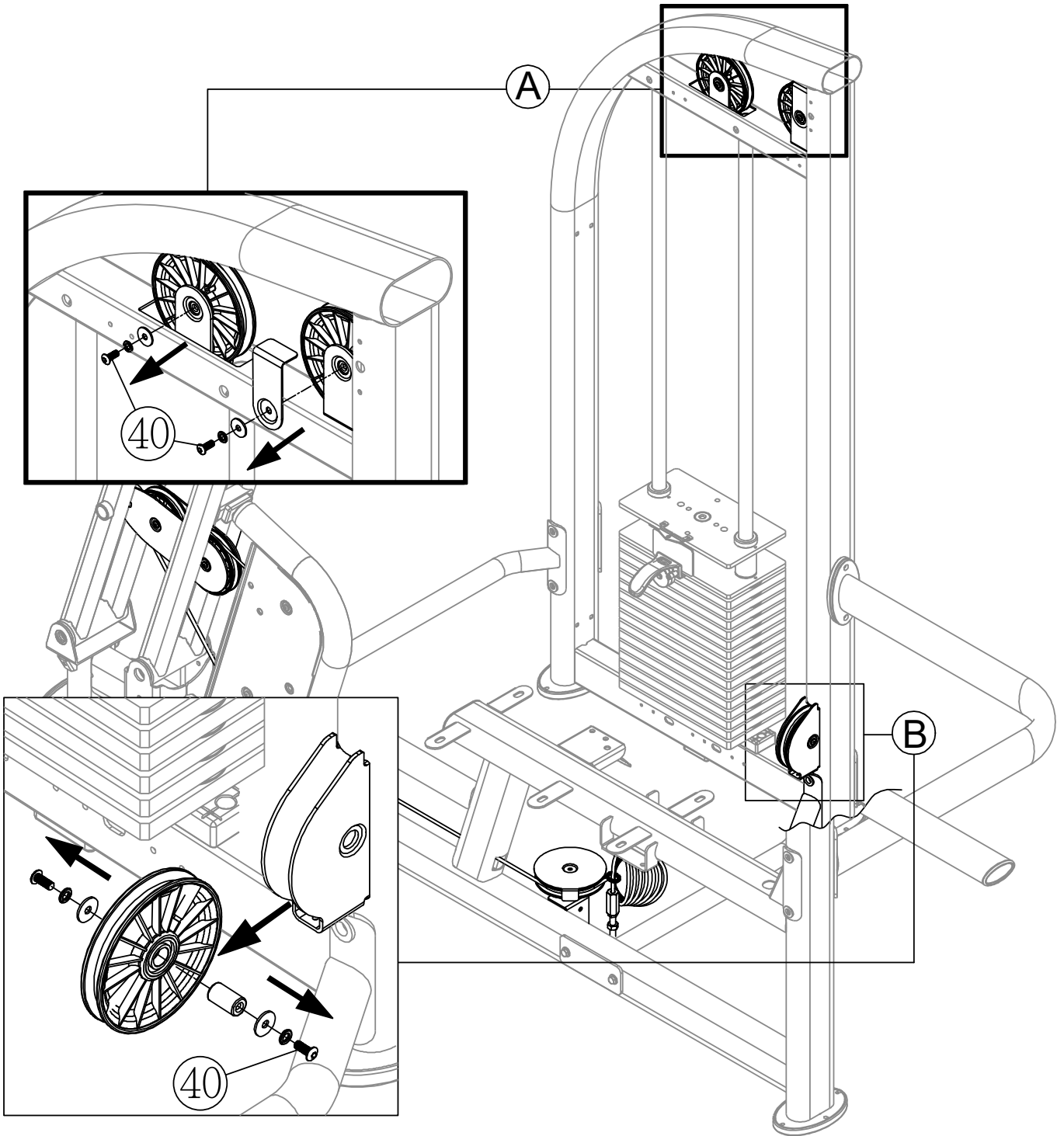
## STEP 2 Weight Stack Installation (CONT.)

- (a) Loosen and remove screws (43) (44) from the foot press plate (A21) and the stopper (A22).  
(b) Use screws (33) to secure the stopper (A22) to the front of the foot press plate (A21), and then set foot press plate (A21) in place of the seat frame (A24) on its mounts, then insert the axles and secure them with screws (44).



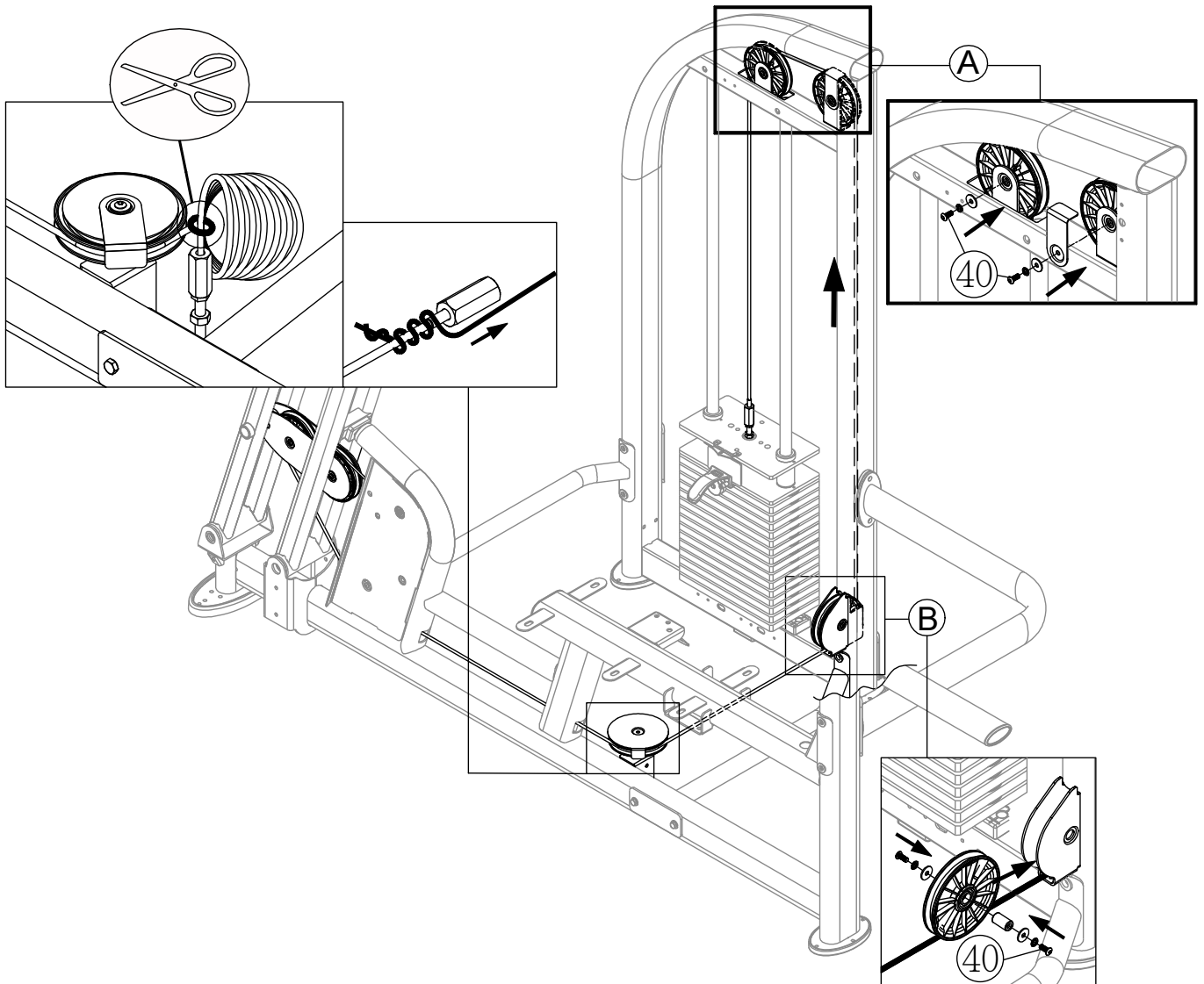
### STEP 3 Cable Installation

(a) Loosen and remove screws (40) from area A and B as shown.



### STEP 3 Cable Installation (CONT.)

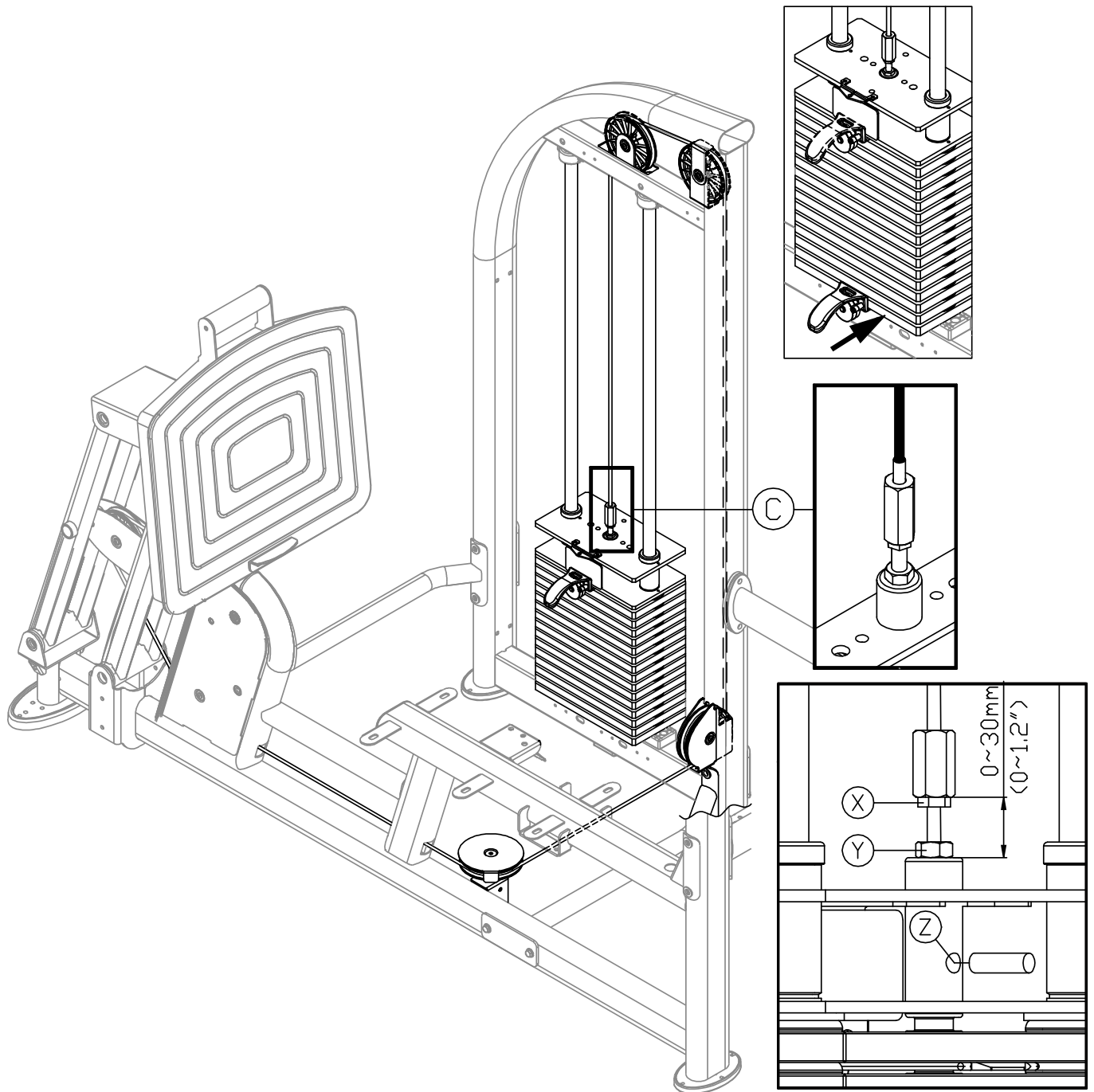
(b) First, cut the zip tie on the cable. Disconnect the feeder cord from area B and wrap this feeder cord around the cable nut. Tread the cable onto the pulley at area B as indicated, and then secure the pulley with screws (40). Pull the feeder cord at area A to thread the cable through the pulley at area A as indicated and then secure the cover plate back into place with screws (40). Finally, disconnect the feeder cord and secure the cable to the guide rods as shown. (Note: In securing the cover plate, place the cover plate horizontal to, but not touching the cable.)



## STEP 4 Cable Adjustment

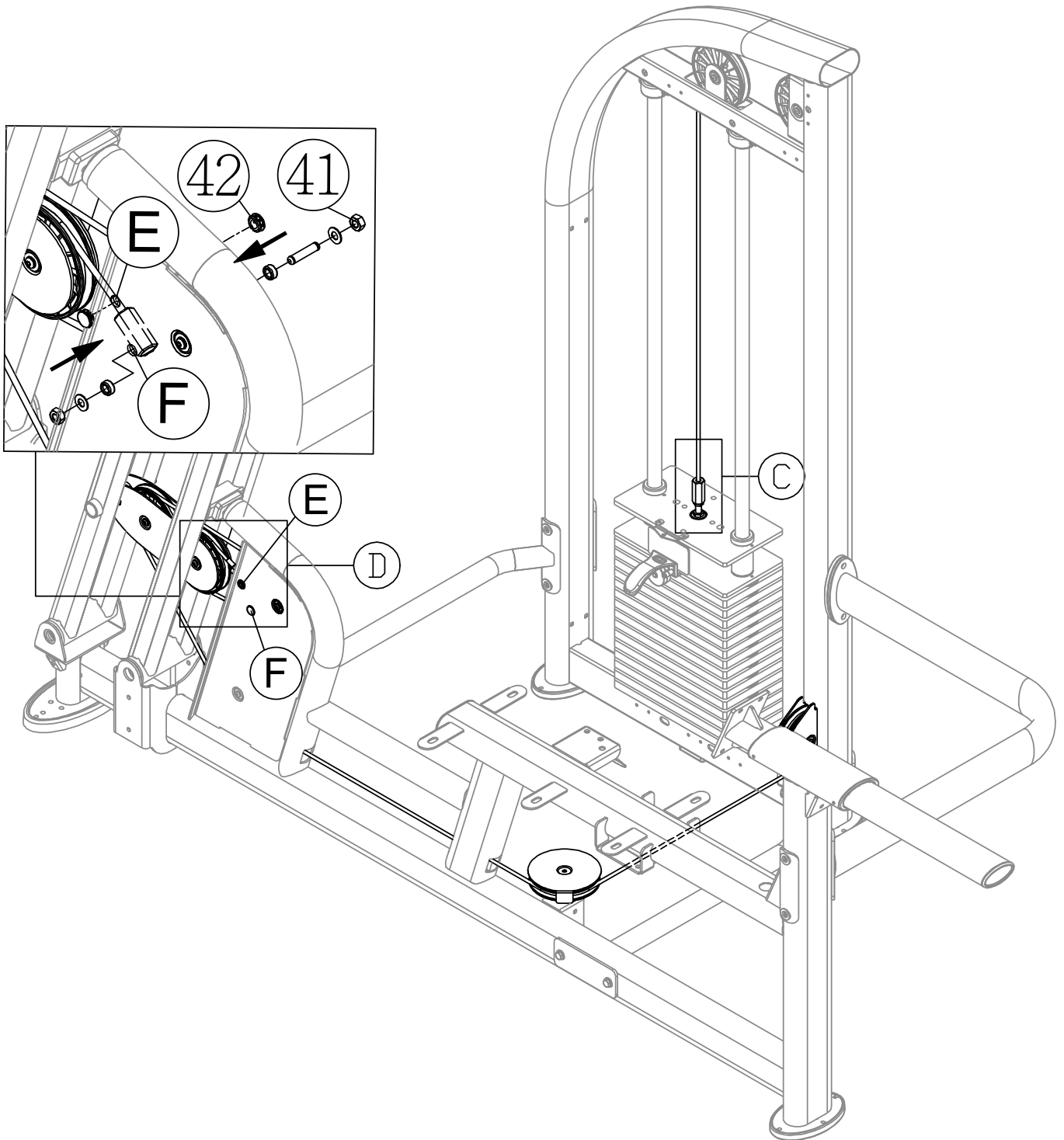
Please follow the following instructions to adjust the cable.

- \* 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.



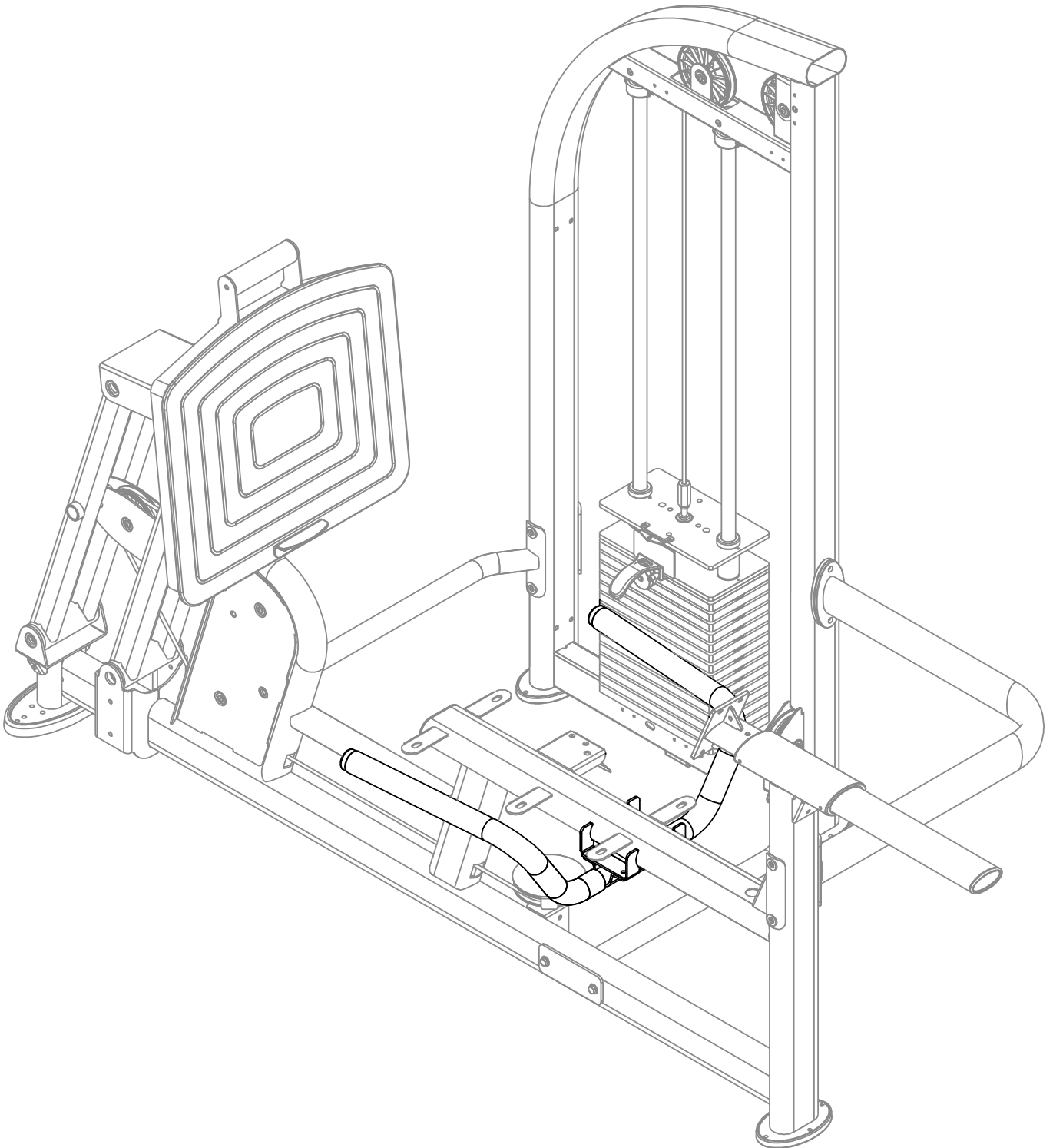
## STEP 5 Cable Slack Adjustment

\* If area C can no longer be adjusted, set distance at area C to 30mm. Remove screws (41) from hole E of area D and the soft cap (42) from area F, and then insert the cable nut into hole F and secure with screws (41). Finally, insert the soft cap (42) into area E as shown. Follow "Cable Adjustment" to secure the cable, and then adjust the cable tightness.



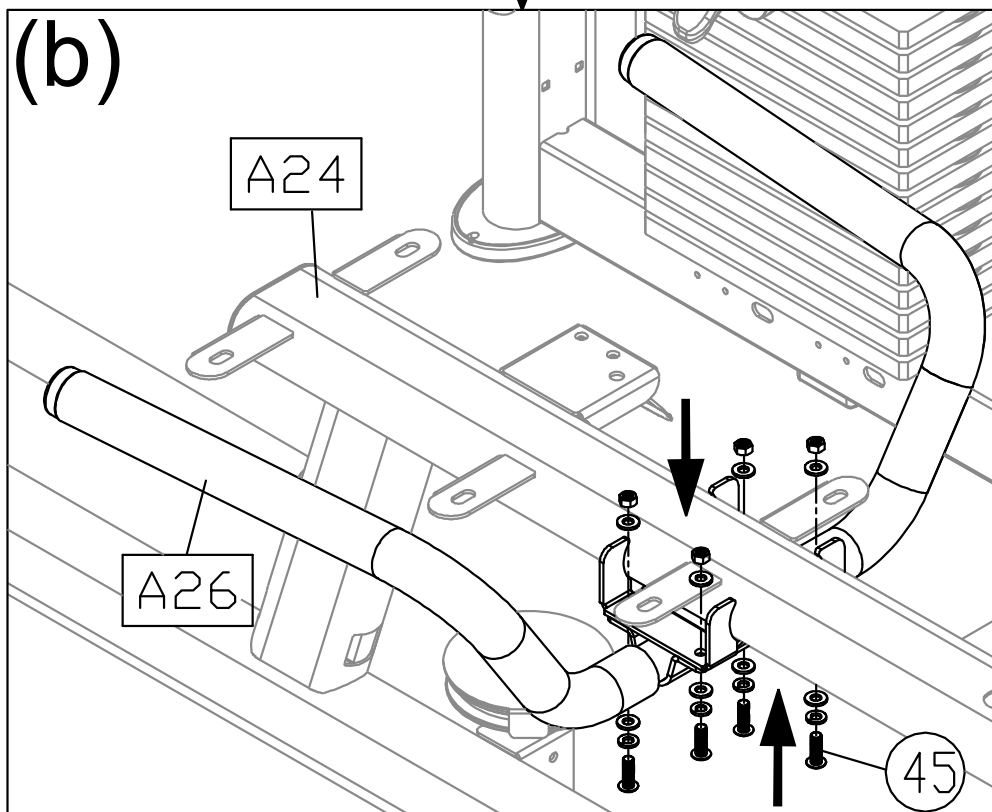
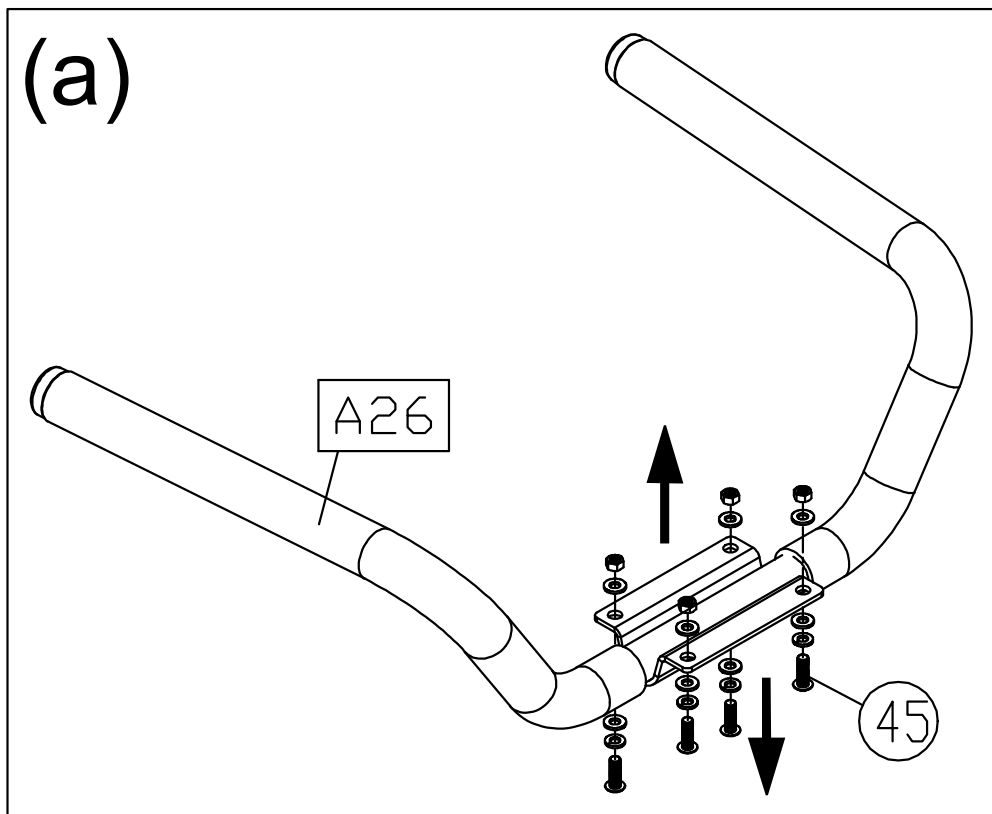
**STEP 6** Foot Press Plate Installation

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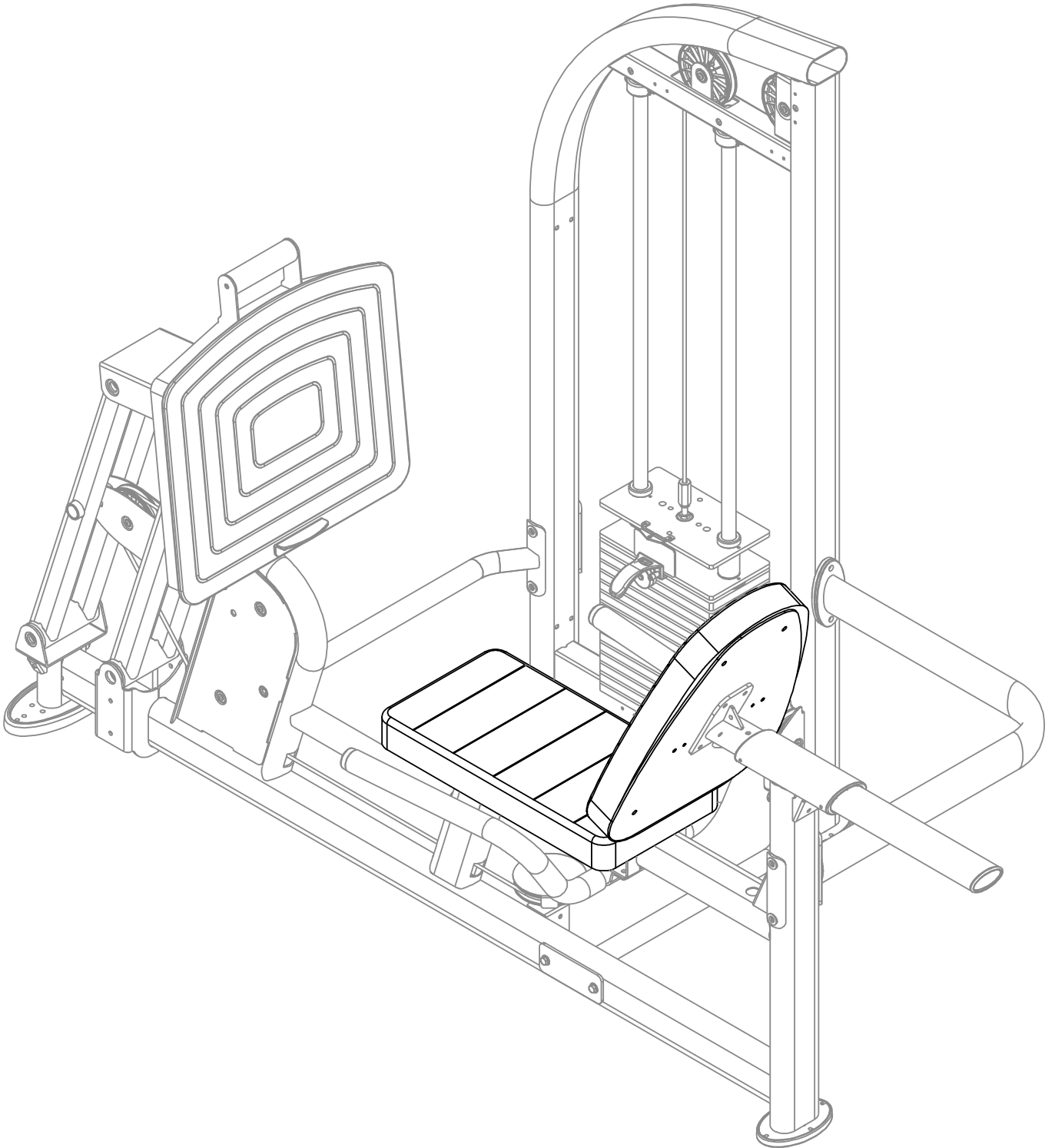
## STEP 7 Handle Installation

- (a) Loosen and remove screws (45) from the handle (A26).
- (b) Rest the handle (A26) beneath the seat frame (A24) as shown, and then secure screws (45) as shown.



**STEP 8** Seat Bottom Installation

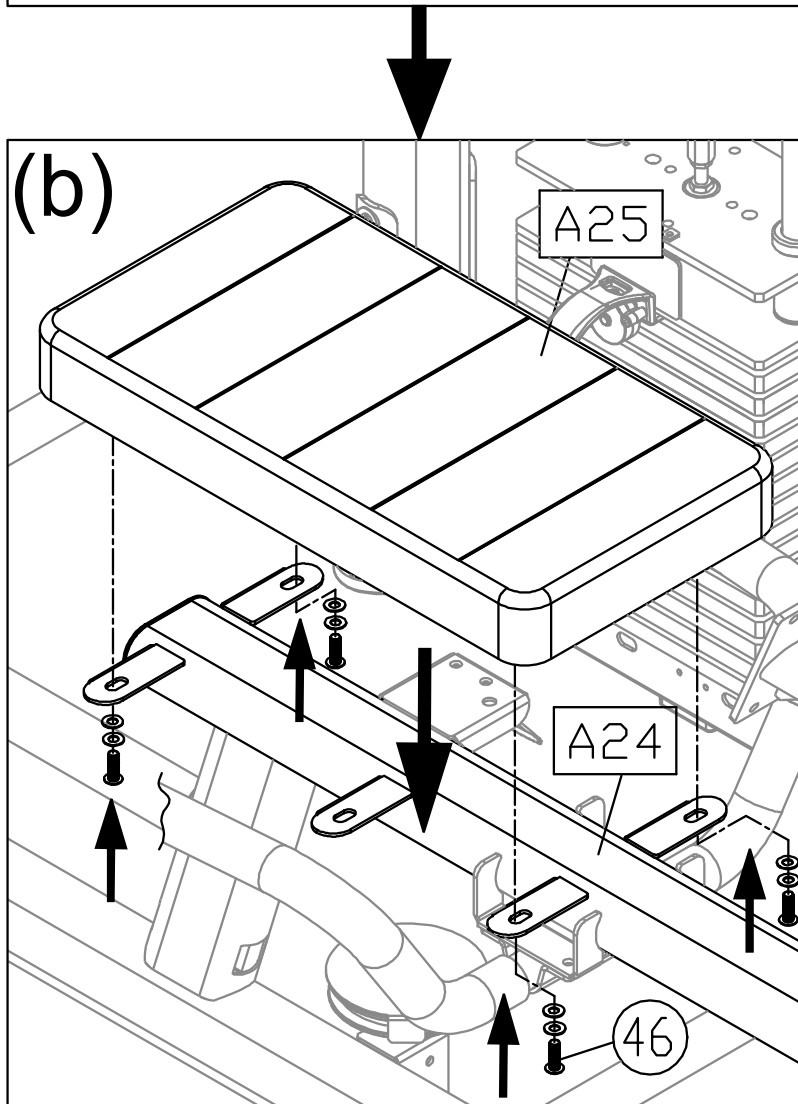
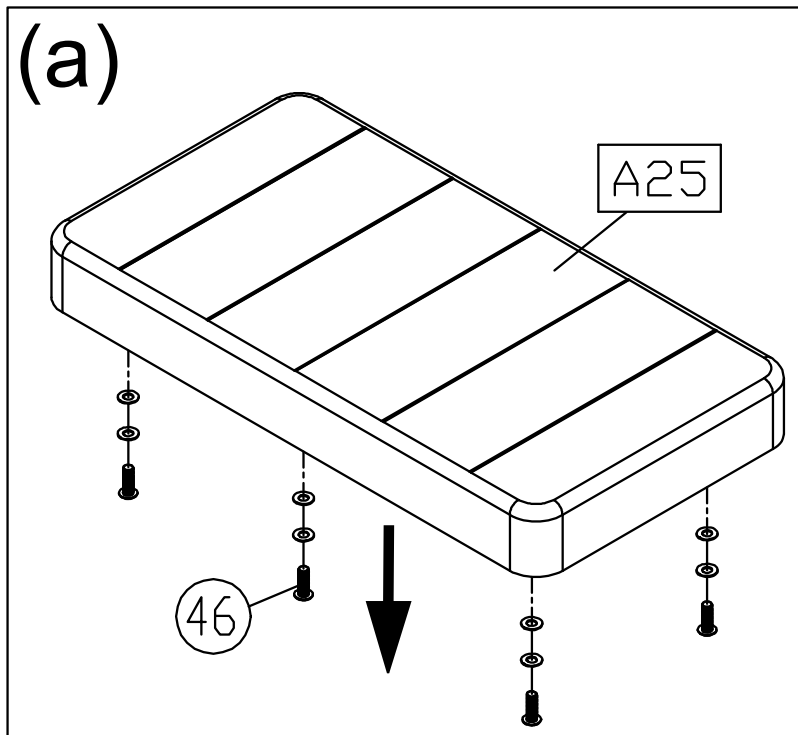
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## STEP 8 Seat Bottom Installation (CONT.)

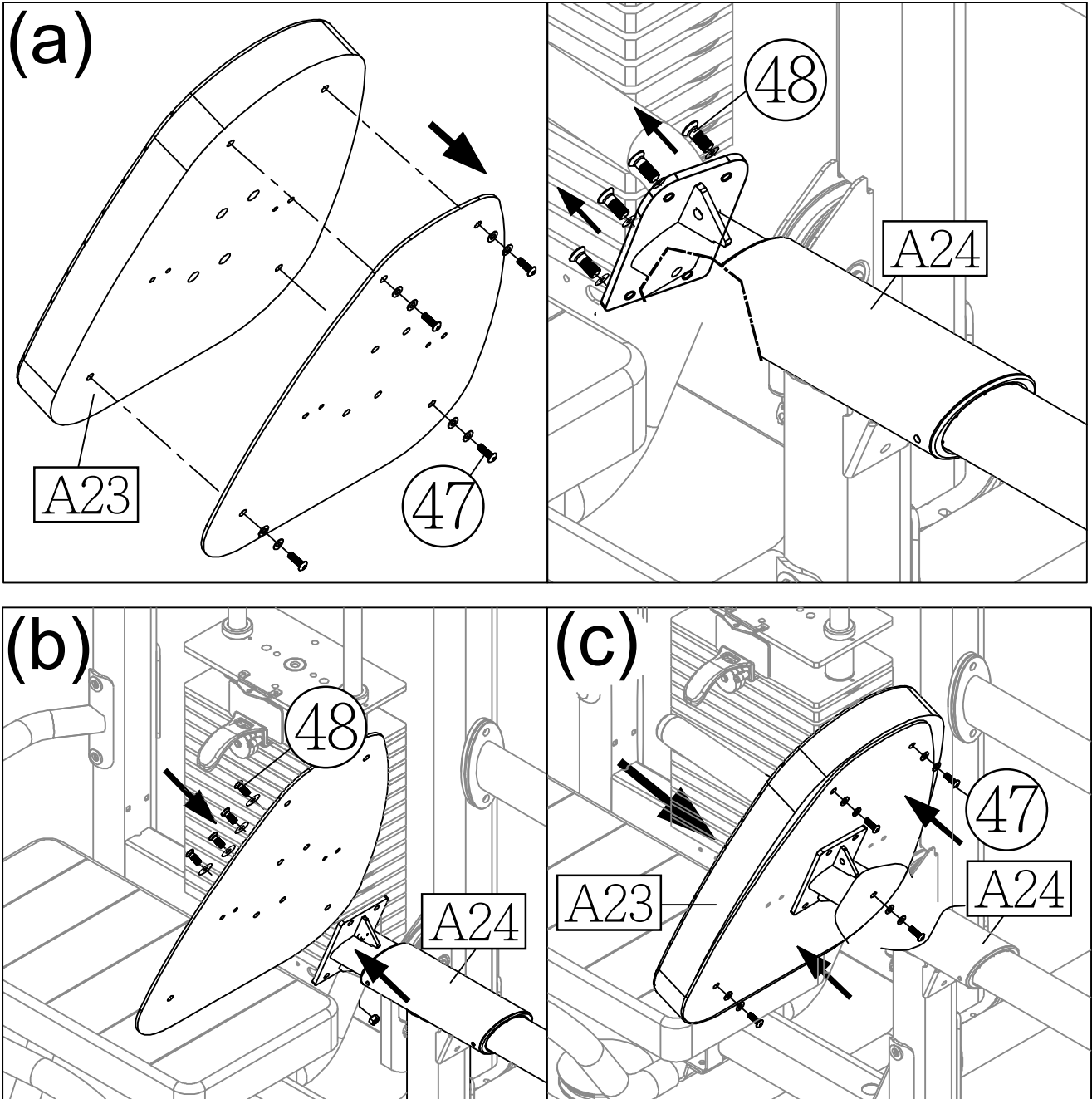
(a) First, remove screws (46) from the seat bottom (A25).

(b) Use screws (46) to secure the seat bottom (A25) to the seat frame (A24).



## STEP 9 Seat Back Installation

- (a) First, remove screws (47) (48) from the seat back (A23) and the seat frame (A24).
- (b) Use screws (48) to secure the seat back plate to the seat frame (A24).
- (c) Secure the seat back (A23) to the seat back plate with screws (47).

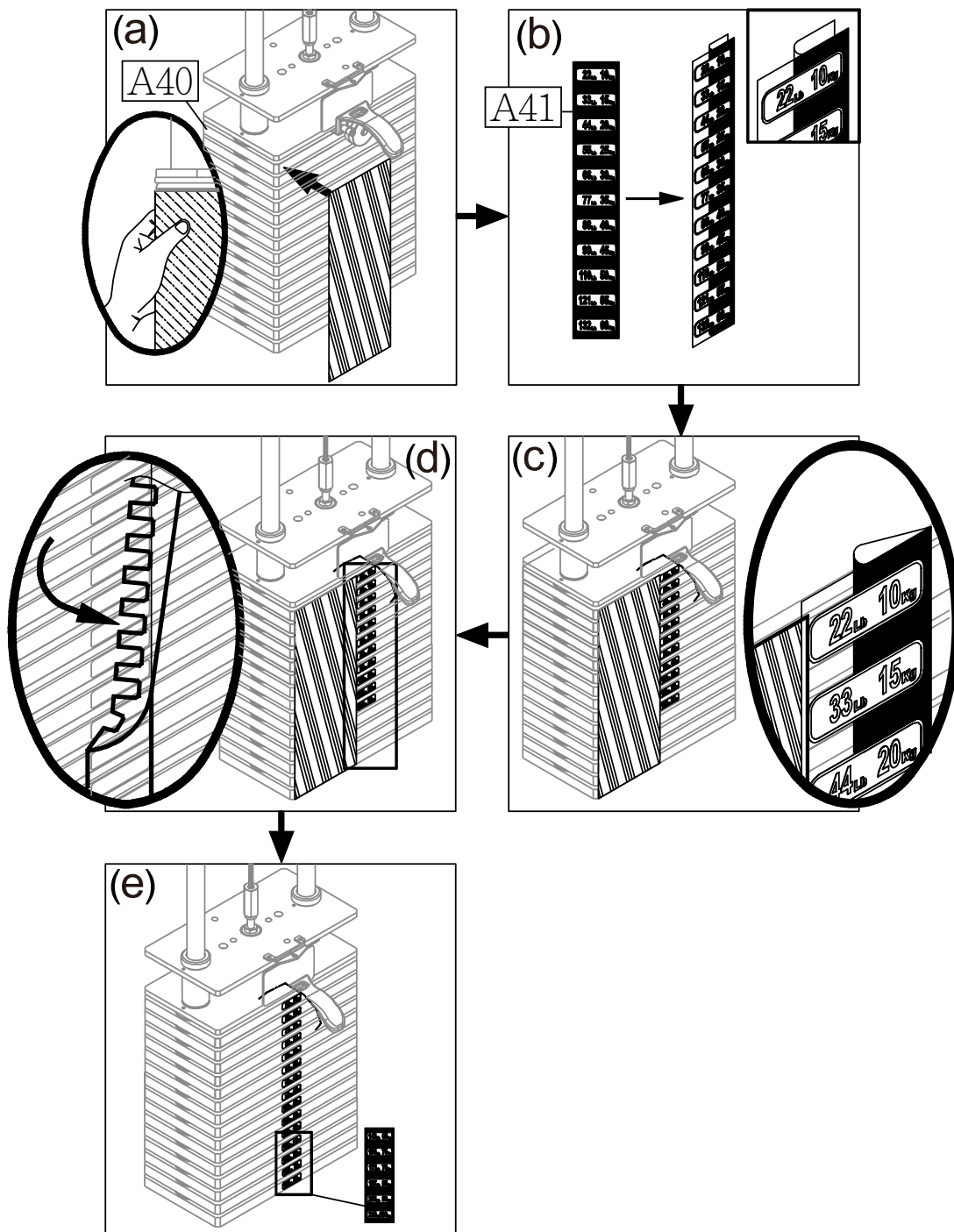


## STEP 10 Apply the Weight Stack Sticker

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

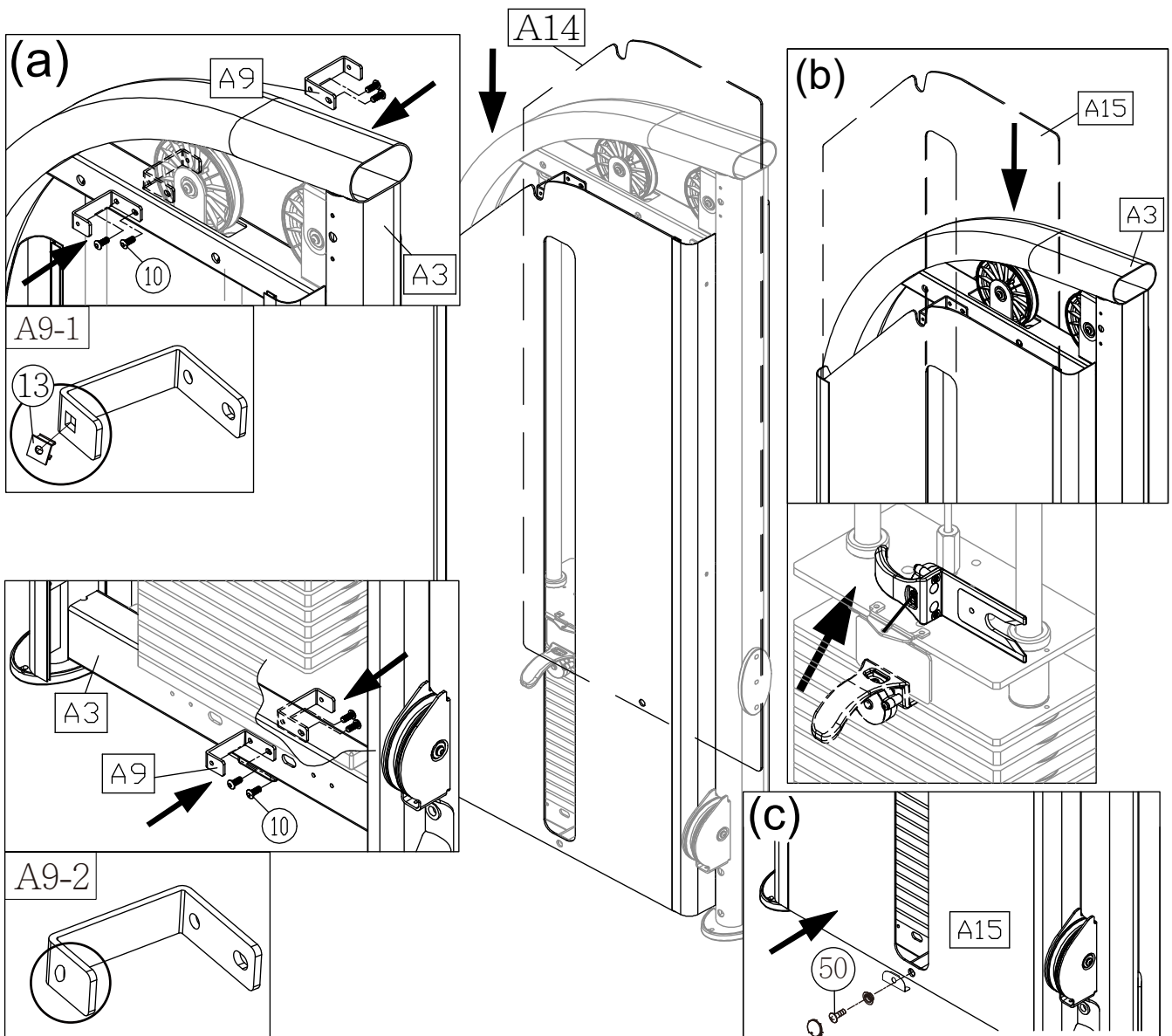
- (a) Align and tape the cardboard to the upper left corner of the weight plate (A40).
- (b) Peel off the top half of the weight plate sticker(A41) backing. Leave the clear outside margin in place on the sticker. Don't peel off the margin.
- (c) Press the numbered part of the sticker in place while you peel off the clear margin of the sticker.
- (d) Peel off the clear margin of the sticker.
- (e) Follow steps (b) ~ (d) to apply another weight plate sticker 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.



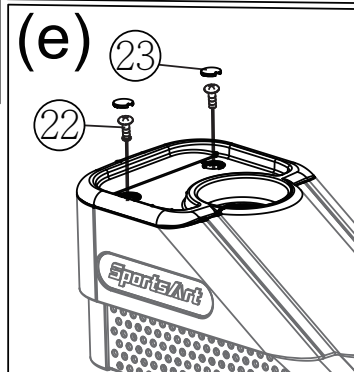
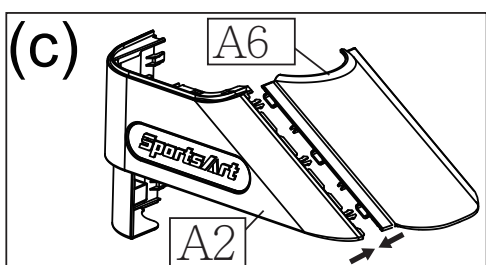
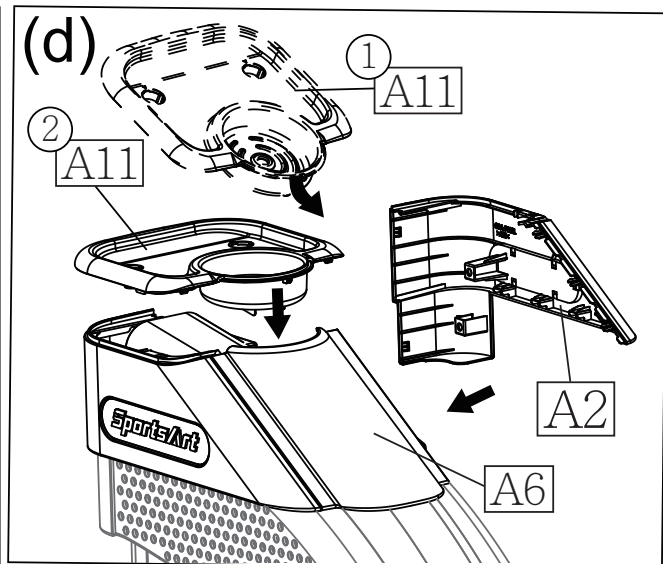
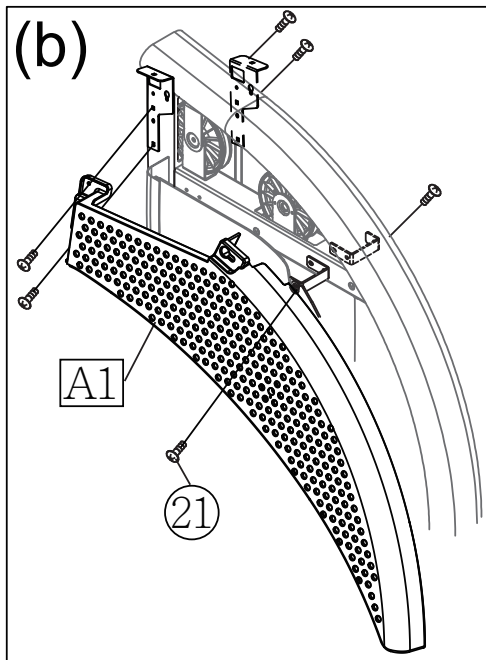
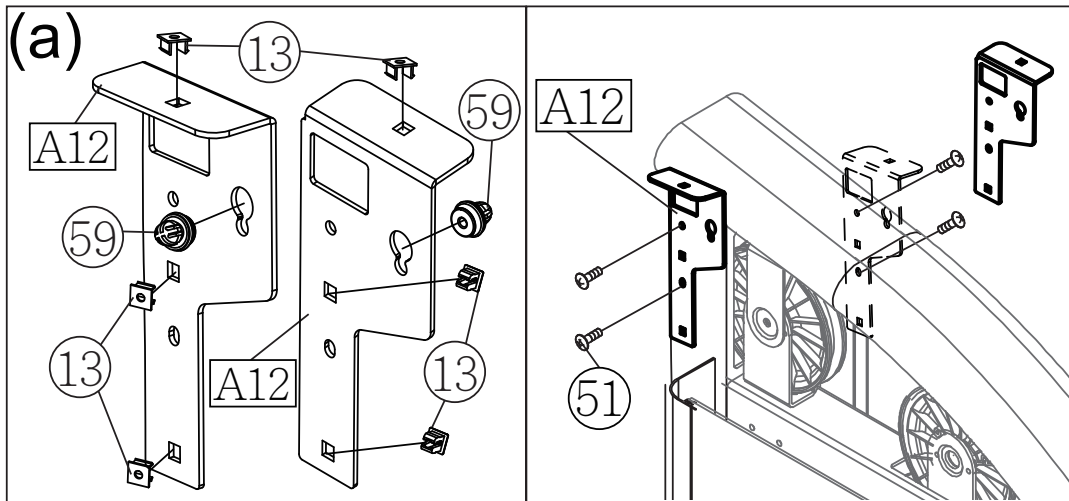
## STEP 11 Front Cover and Rear Cover Installation

- (a) Install the square snap bushings (13) to the anchor brackets of shroud (square hole) (A9-1). Secure the anchor brackets of shroud (square hole) (A9-1) with the square snap bushings (13) to the front and back of the upper crossmember assembly of weight stack tower (A3) with screws (10). Secure the anchor brackets of shroud (tapped hole) (A9-2) to the front and back of the lower crossmember assembly of weight stack tower (A3) with screws (10). Remove the screw (50).
- (b) Slide the front cover (A14) (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 (A20) as shown to avoid damaging to the cover.)
- (c) Secure the lower shroud with the screw (50).



## STEP 12 Install Plastic Cover

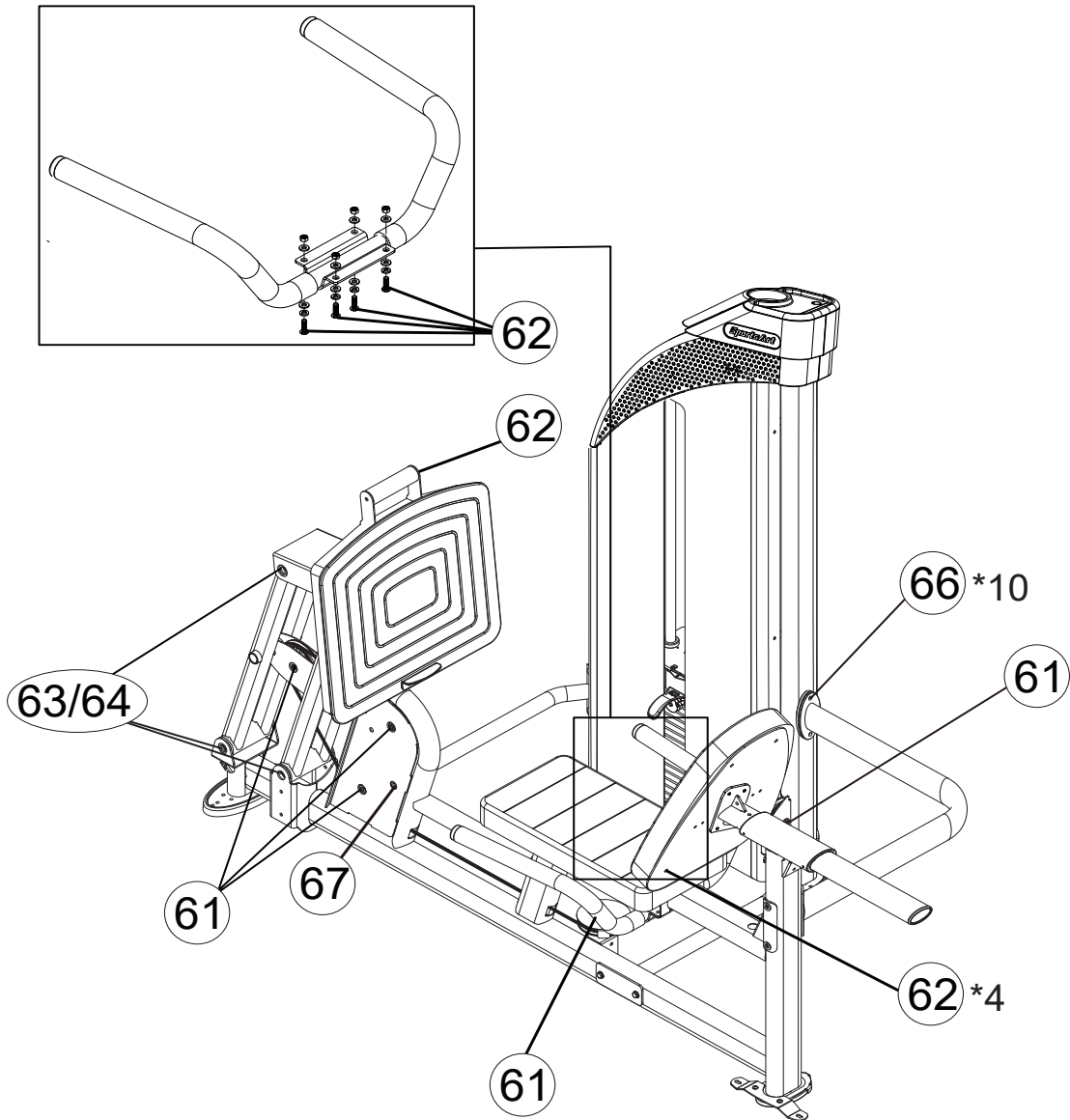
- (a) Install the square snap bushing (13) and fastener (59) to the anchor bracket (A12) and remove the screws (51) on the main frame. Secure the anchor bracket (A12) to the main frame with the screws (51).
- (b) Secure the left/right perforated boards (A1) to the main frame with the screws (21).
- (c) Assemble the right side cover (A2) and the front cover A (A6) together before installing to the main frame.
- (d) Assemble the left side cover (A2) and the front cover A (A6) together and then embed the top cover (A11), which is the water bottle holder, at an oblique angle.
- (e) Secure the top cover (A11) to the main frame with the screws (22) and then install the round screw caps (23).



## STEP 13 Install Cap Nut

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

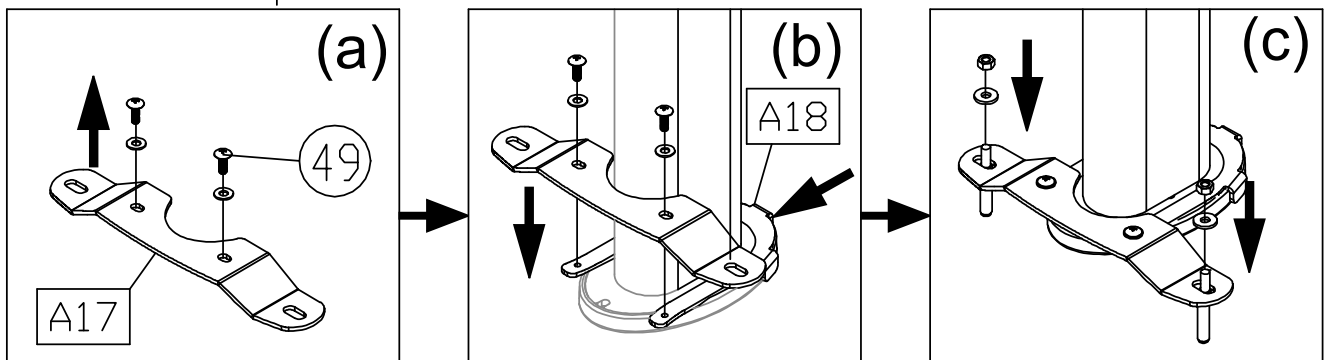
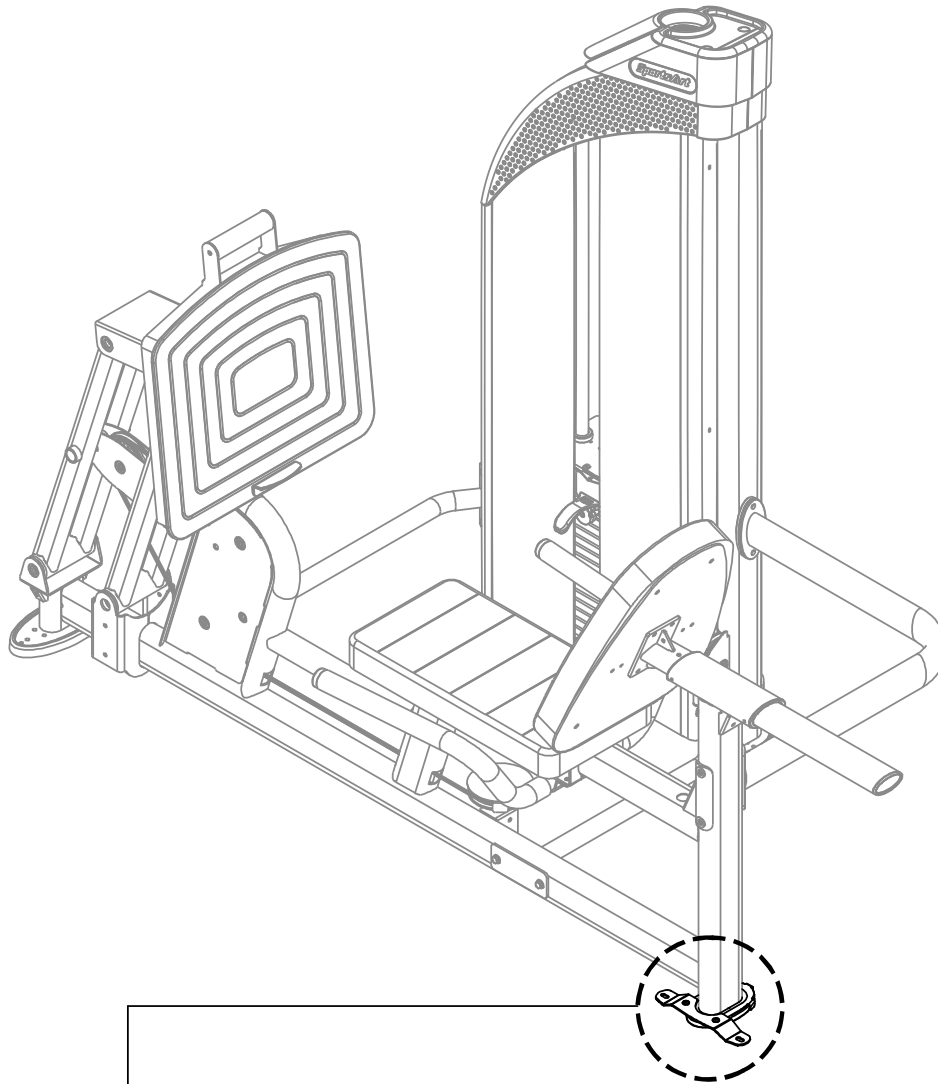
\*The cap nuts in the following table are for reference only. The provided cap nuts will depend upon the needs of the different devices.



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 14 Secure the Product

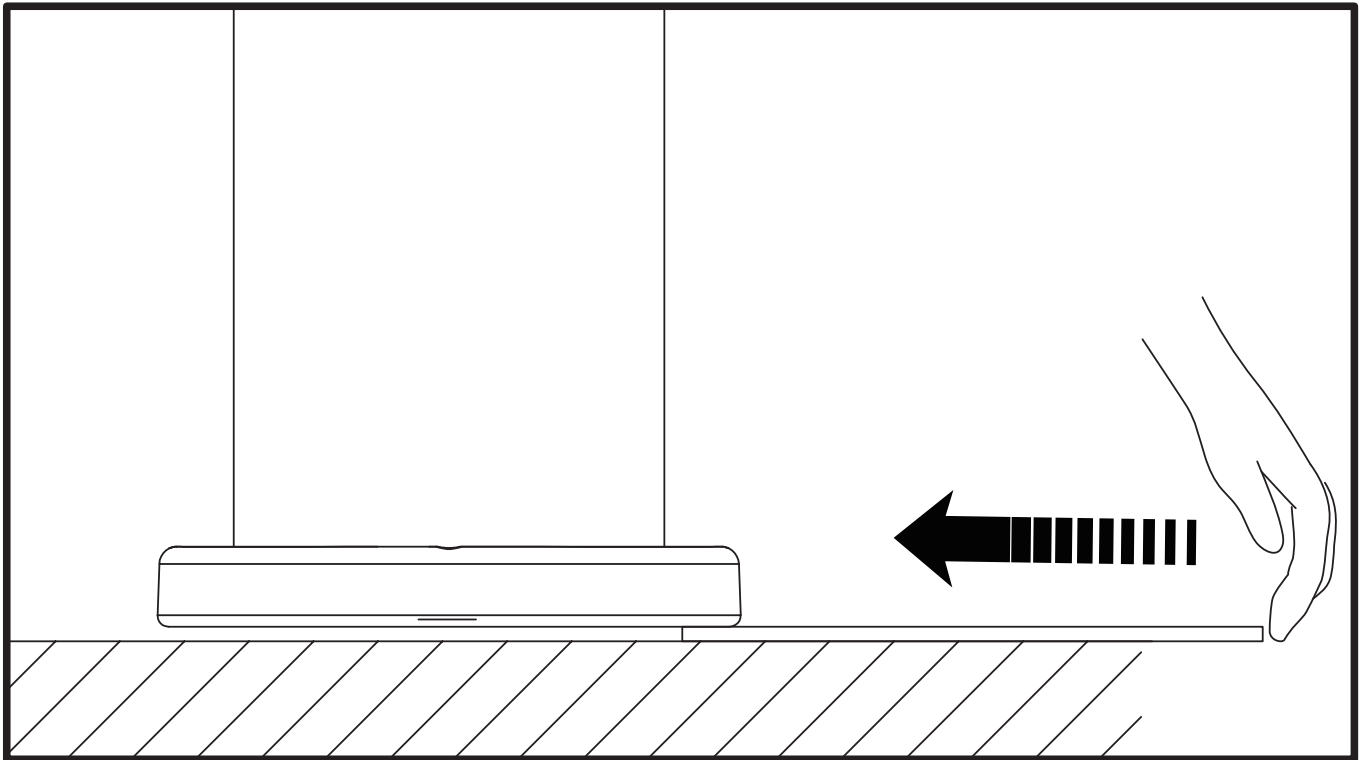
- (a) Remove screws (49) from the floor fixing bracket (A17).
  - (b) Insert the U clip (A18) onto the machine (Make sure the U clip with the correct side downward as shown below), and then secure the floor fixing bracket (A17) with screws (49).
  - (c) Secure the floor fixing bracket to the floor with the floor fixing bolt, nut and washer as shown to make sure the machine is firmly fixed to the floor when operating.
- (Note: The screw hole of floor fixing bracket is  $\varnothing 9\text{mm}$ , please make sure using the suitable floor fixing bolt and drilling the proper hole on the floor.)*



## STEP 15 Level the Product

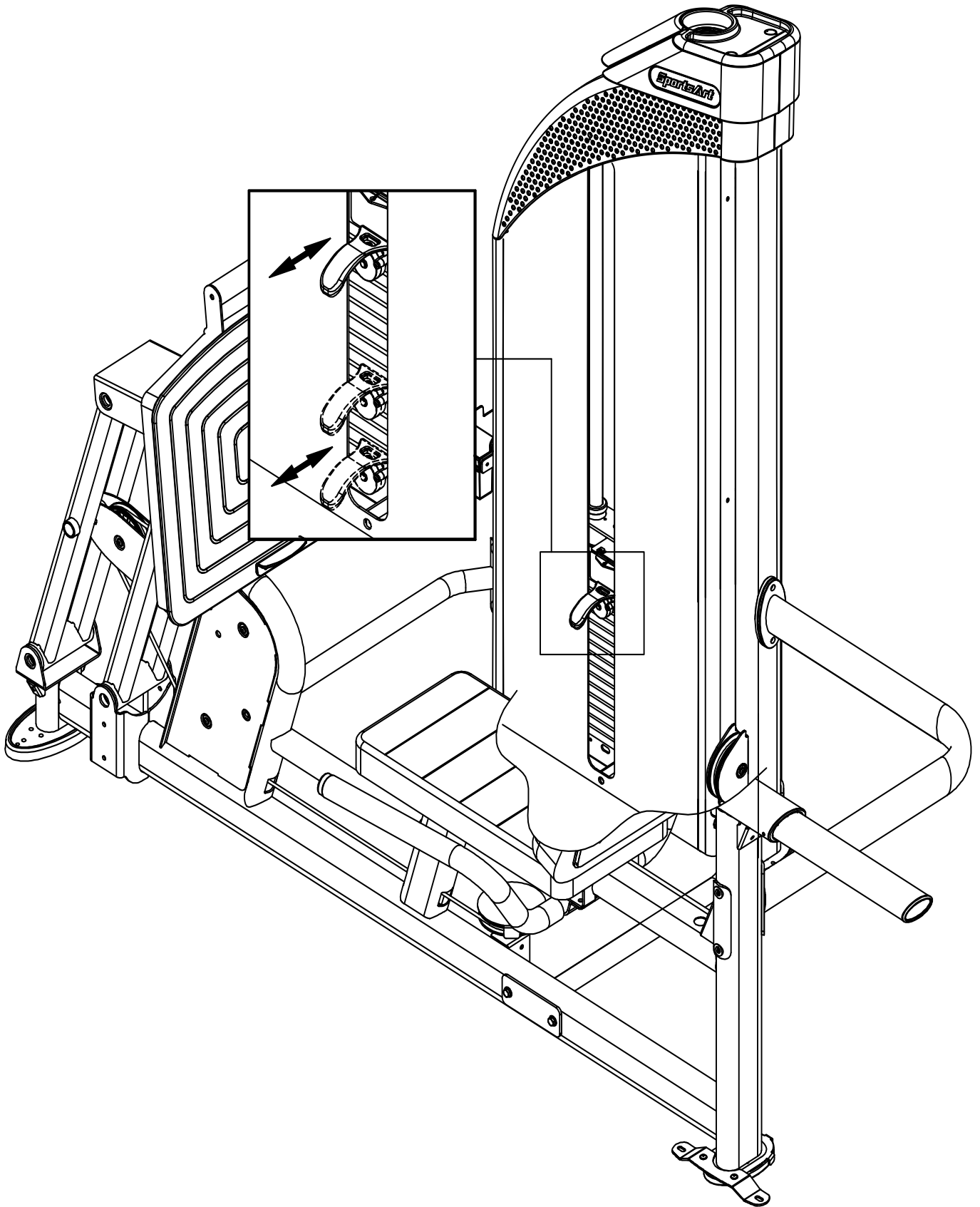
If the product is installed on an uneven surface to cause the instability of the product, place the support spacer under the foot pad to make sure its stability.

(A few support spacers are provided in the packaging of this product.)



## STEP 16 Stack Fork Inspections

\*Insert the stack fork to make sure that every weight plate can be engaged easily.



## **STEP 17** Unit Inspection

---

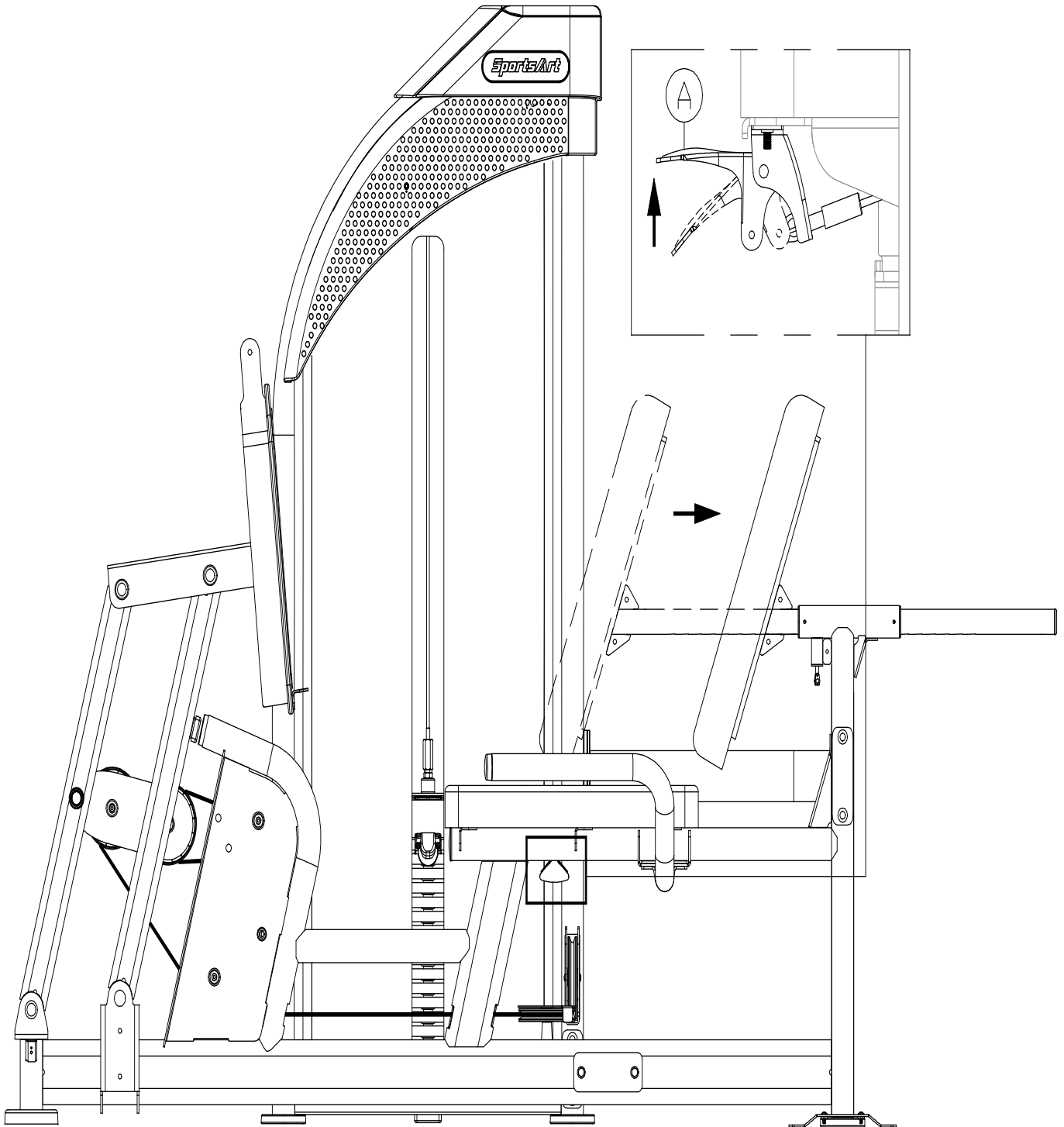
After completing the assembly or regular maintenance, please follow instructions (a) through (c) below to inspect the unit. If the unit is disassembled or has been damaged in any way, it might cause injuries or cause the unit to fail.

- (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. OPERATION INSTRUCTION

### OPERATION Operating the Product

To move the seat back position toward yourself, simply pull it. To move the seat back away from yourself, pull the knob of area A and press the seat back.

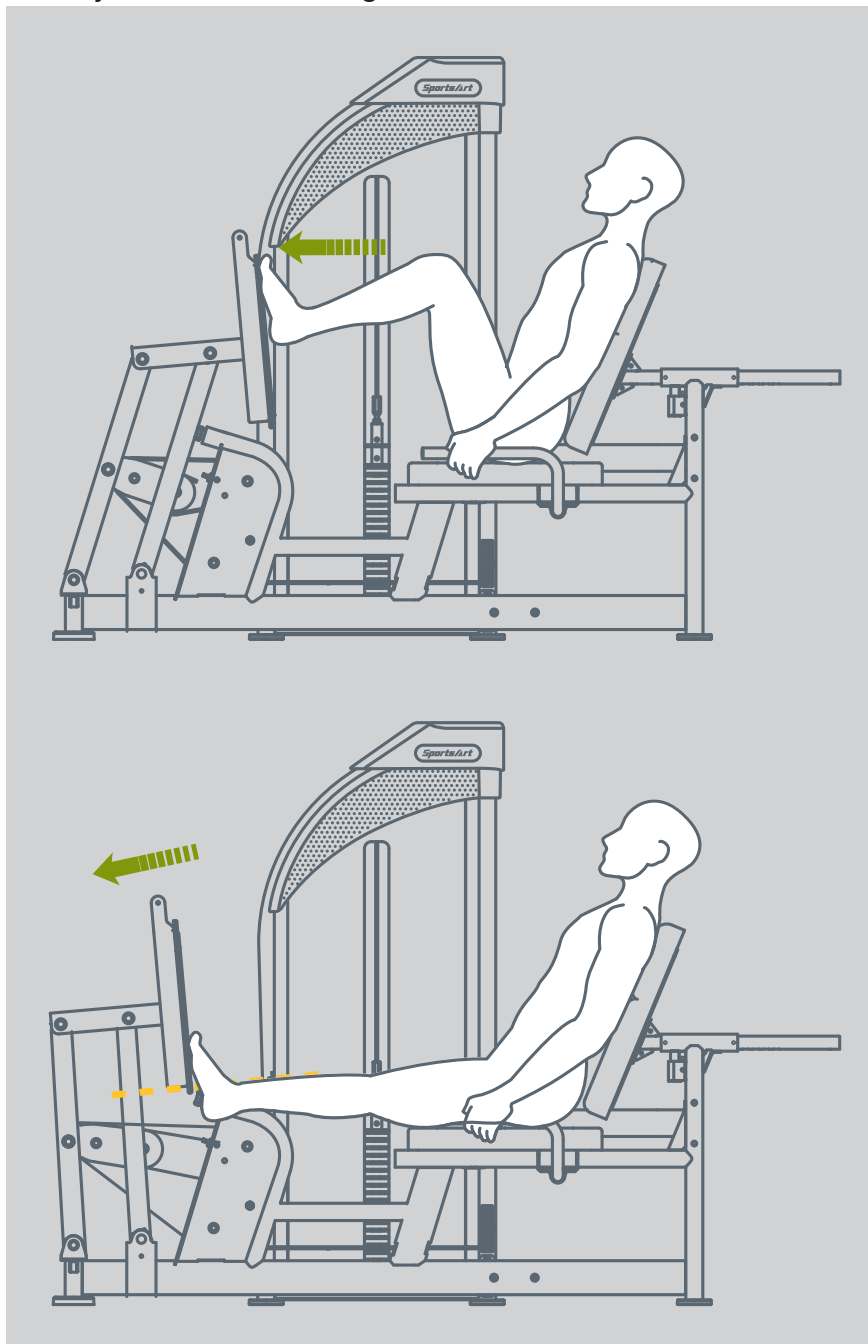


## OPERATION Exercising Instructions

- (a) Select the appropriate weight plates according to your recommended exercise level.
  - (b) Adjust the seat back to the most comfortable position and make sure the knob is engaged to secure the position.
  - (c) Perform the exercise in a controlled manner. Exhale when pushing up against resistance and inhale when returning to original position.
- \* Please exercise within the range of your skill and training. DO NOT work to exhaustion.
  - \* All users operate this machine must be supervised under coaches instructions at all times in order for safety.

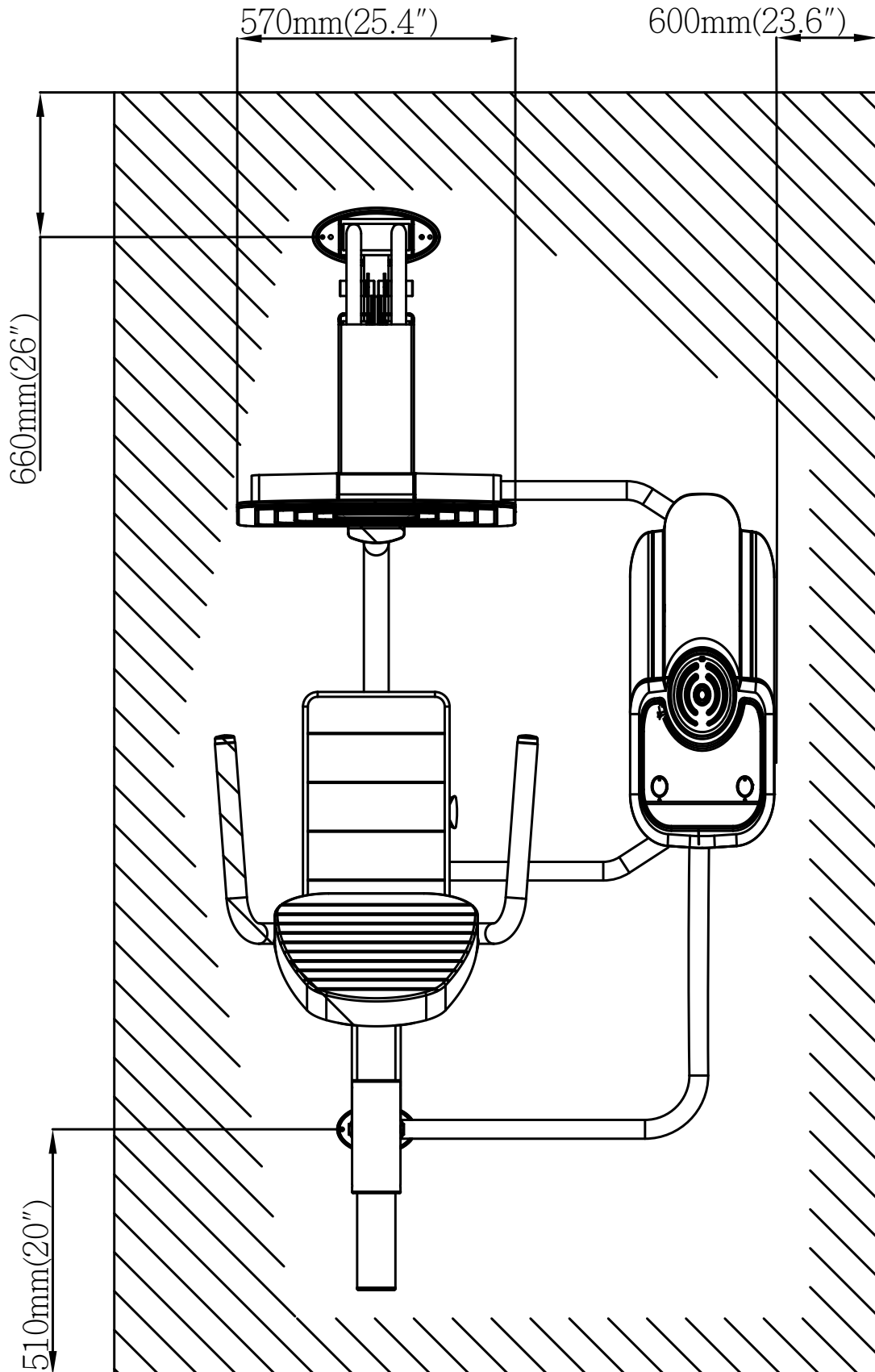
Please follow the operating instructions as below to test operation.

- (a) Please follow operating instructions on the product sticker to test operation and make sure the equipment is working properly.
- (b) Insert the stack fork at the heaviest weight setting at which you can safely operate the equipment. Exercise to lift the stack several times. Then inspect the cable for proper tightness. If necessary, make adjustments according to the instructions in this manual.



## OPERATION Safety Operating Area

- (a) Safety clearance required as shown below. 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.



## 6. MAINTENANCE

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

### MAINTENANCE Safety Precautions

---

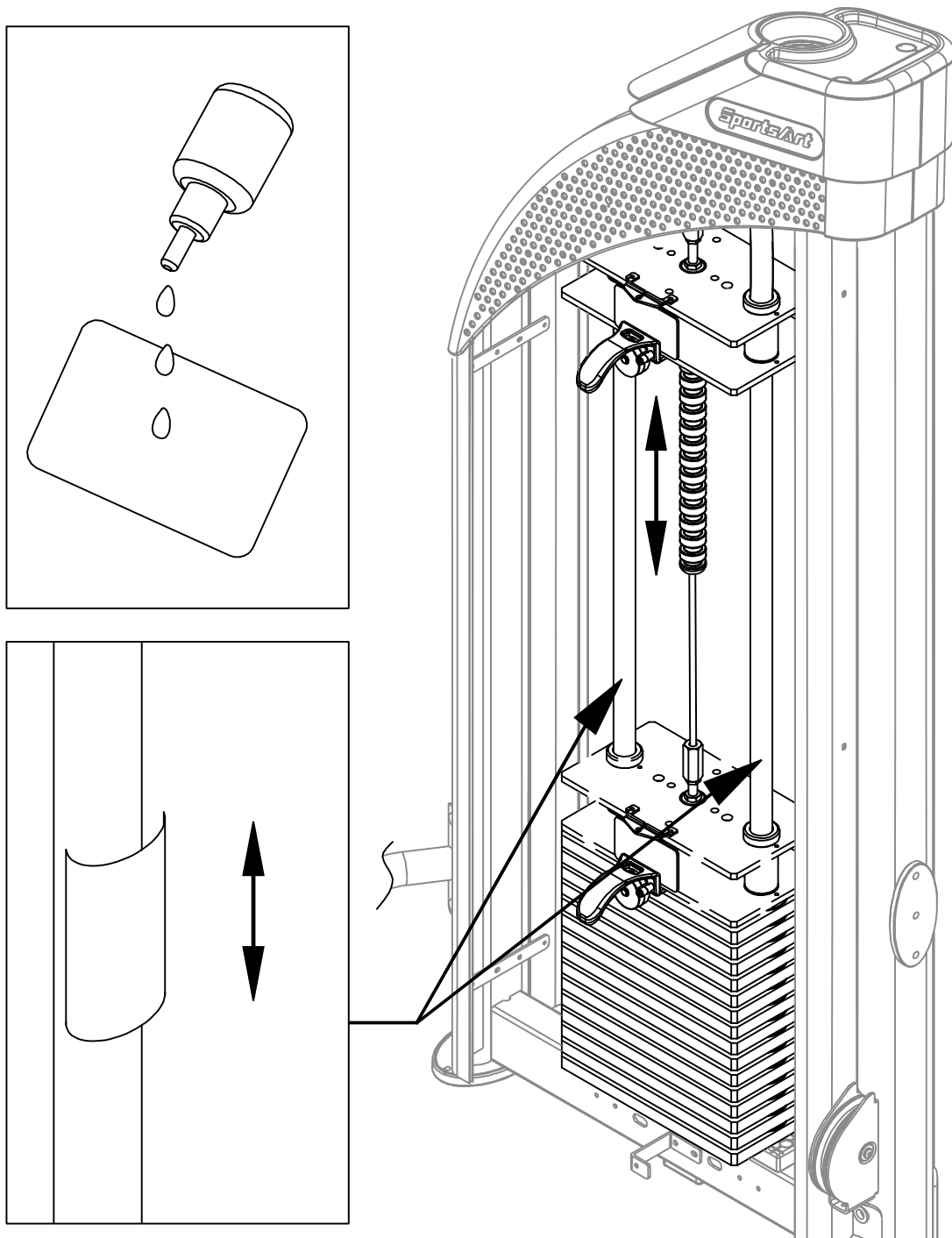
- Please follow standard safety precautions when servicing this product.
- Do NOT use a water damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void 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** Guide Rod Cleaning and Lubricating

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.
3. If there are foam or seat cushions where the human body would touch, please wipe and maintain them immediately after use to reduce the impact of sweat on them.



## MAINTENANCE Schedule

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

cleaning requirements

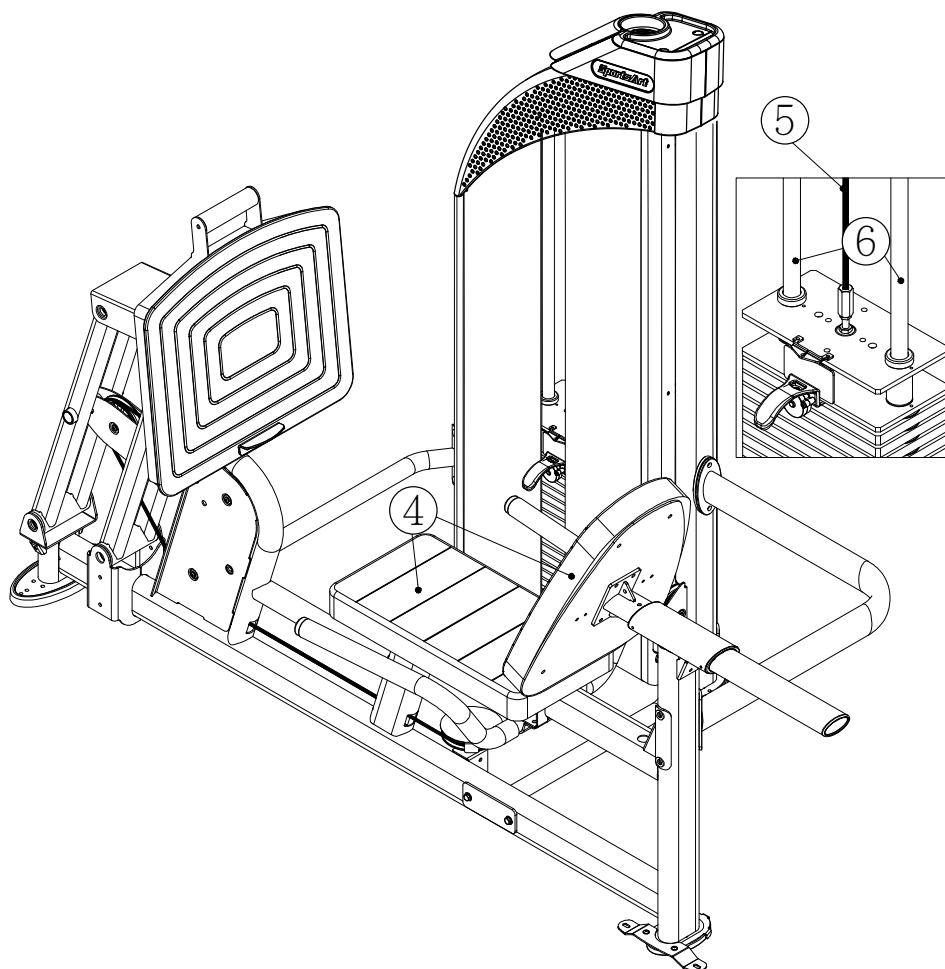
1.directive 93/42/CEE

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	Test	●					Check for proper equipment operation.
4	Seat back/ bottom	●					Use dampened cloth to clean.
5	Cable		●				Check for damage or wear. Replace it if necessary.
6	Guide Rod		●				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.

### **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"/>

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 35-42	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

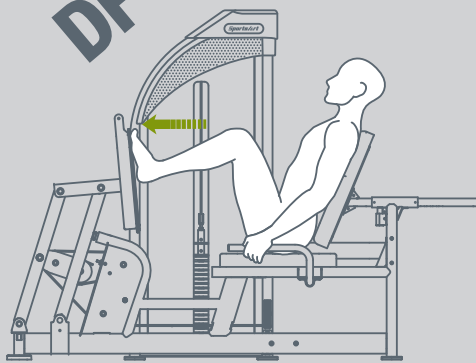
Le produit SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre produit.

- 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.

## DF-301 Leg Press / Calf Extension

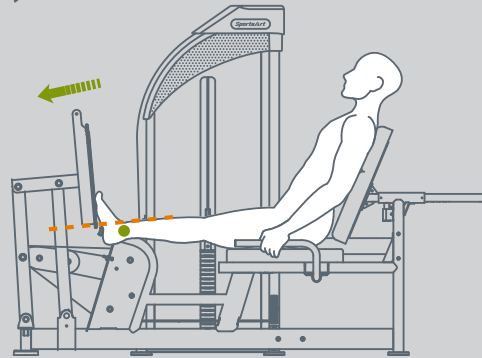


### Leg Press

- 1 Use lever on the right side of the seat to adjust seatback position.
- 2 Sit on the seat with your feet shoulder width apart firmly on the pressing platform and your knees at a 90° angle.
- 3 Select a weight that enables you to perform the movement properly.
- 4 Place your back firmly against the seatback and grasp the side handles.
- 5 Press against footplate in a controlled motion until the legs are just short of full extension.
- 6 Exhale when pushing against resistance.

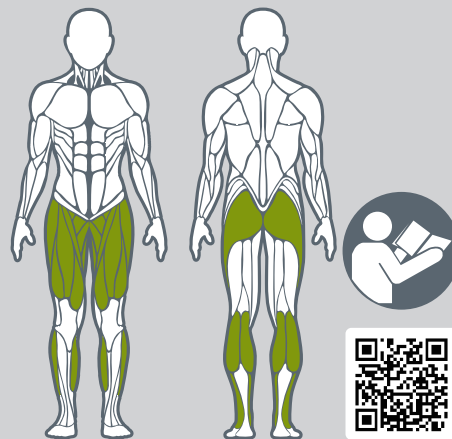
### CAUTION

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. Never allow unattended children on or near fitness equipment.



### Calf Extension

- 1 Use lever on the right side of the seat to adjust seatback position.
- 2 Sit in the seat and select a weight that enables you to perform the movement properly.
- 3 Place your back firmly against the seatback and grasp the side handles.
- 4 With legs straight, place the balls of your feet on the bottom lip of the footplate so that your heel extends below the footplate.
- 5 Extend your toes to begin the movement. Exhale while exerting force.



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