



**SPIRIT** FITNESS  
A Heritage of Quality | The Spirit of Innovation

# Инструкция по сборке регулируемой скамьи для пресса



Руководство пользователя



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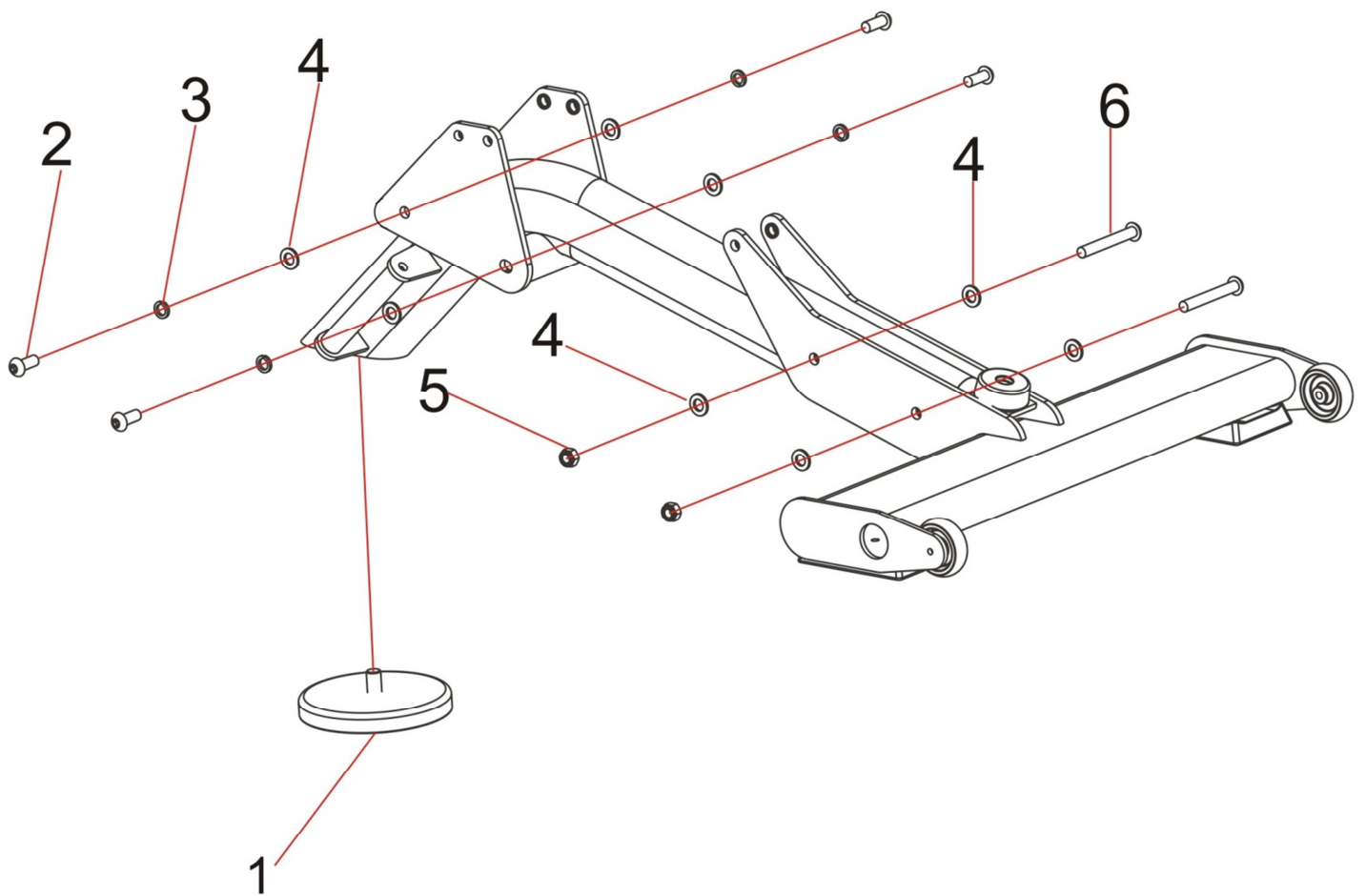



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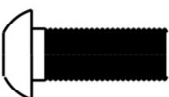





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# 1

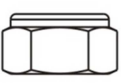



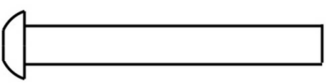

1  X1  
Φ 170X20

2  X4  
M12X30 

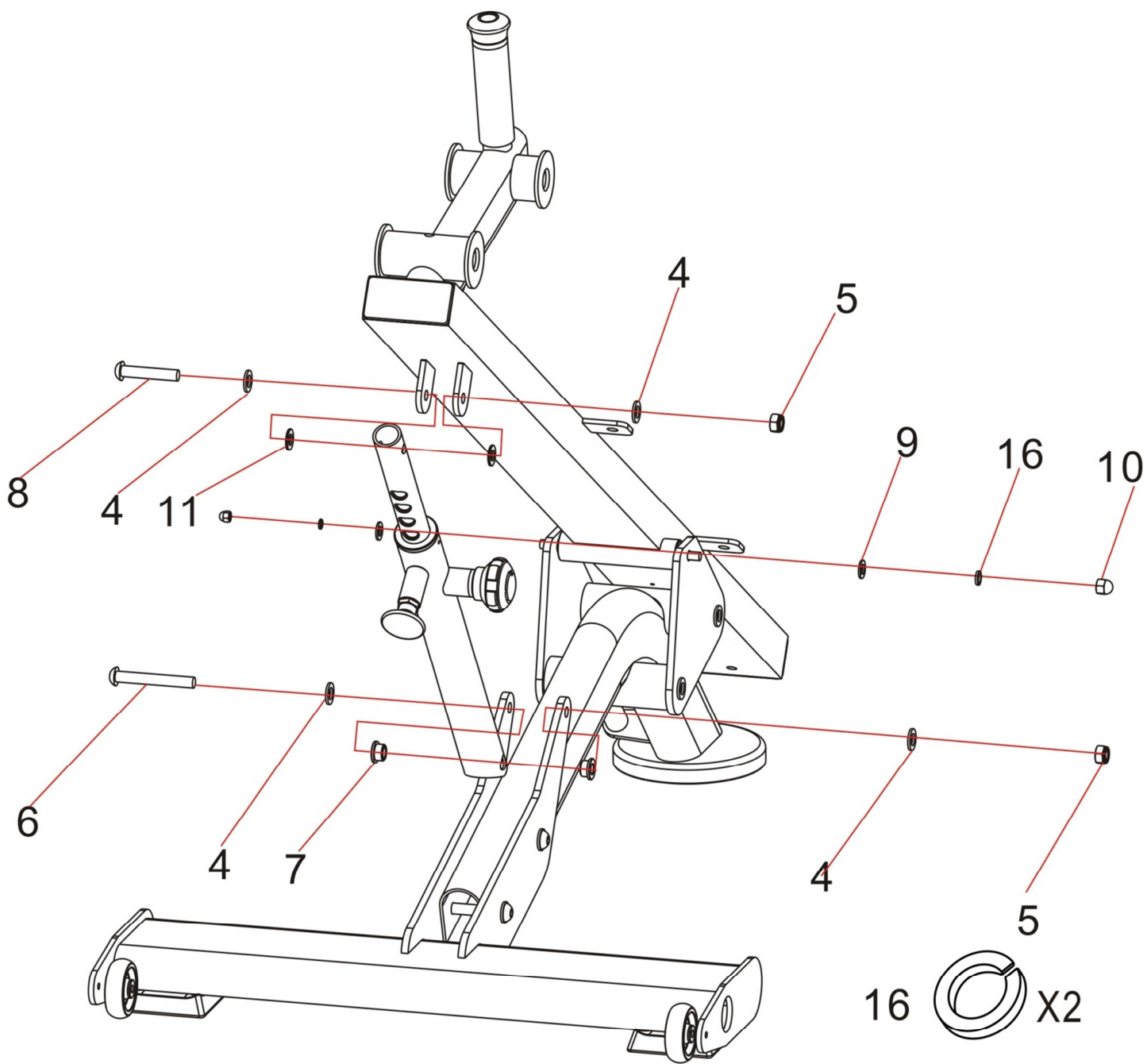
3  X4  
M12 


4  X8  
M12 

5  X2  
M12 

6  X2  
M12x90 

# 2




16  X2

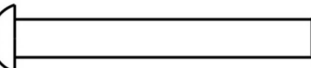
M10 

4  X2

M12 

5  X1

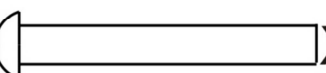
M12 


6  X1

M12x90 

7  X2

$\Phi 24 * \Phi 12 * 12$

8  X1

M12x65 

9  X2

M10 

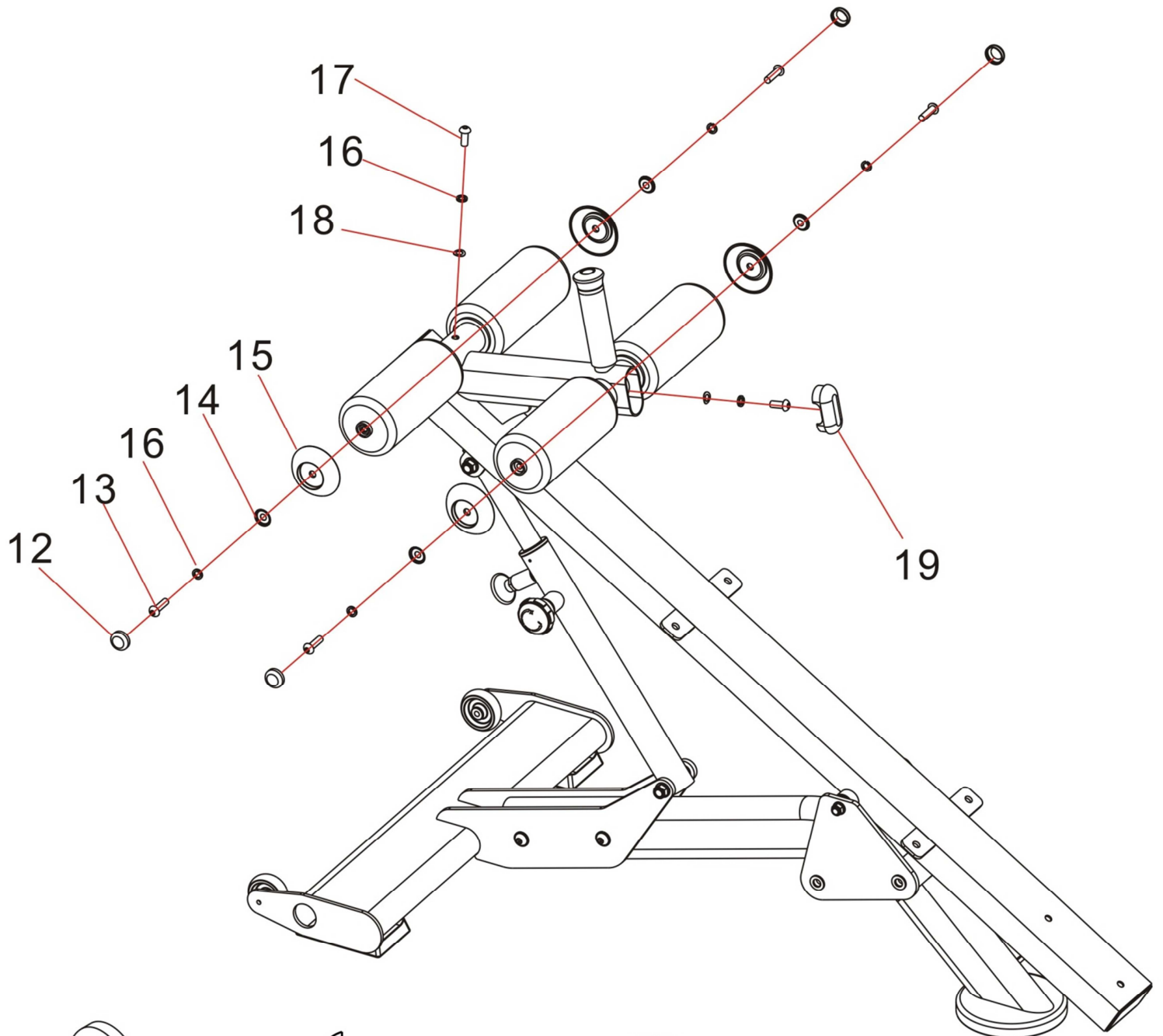
10  X2


M10 


11  X2


M12X2

# 3





12  X4  
 $\Phi 30 \times 10$


13  X4  
M10X35

14  X2  
M10

18  X2  
M10

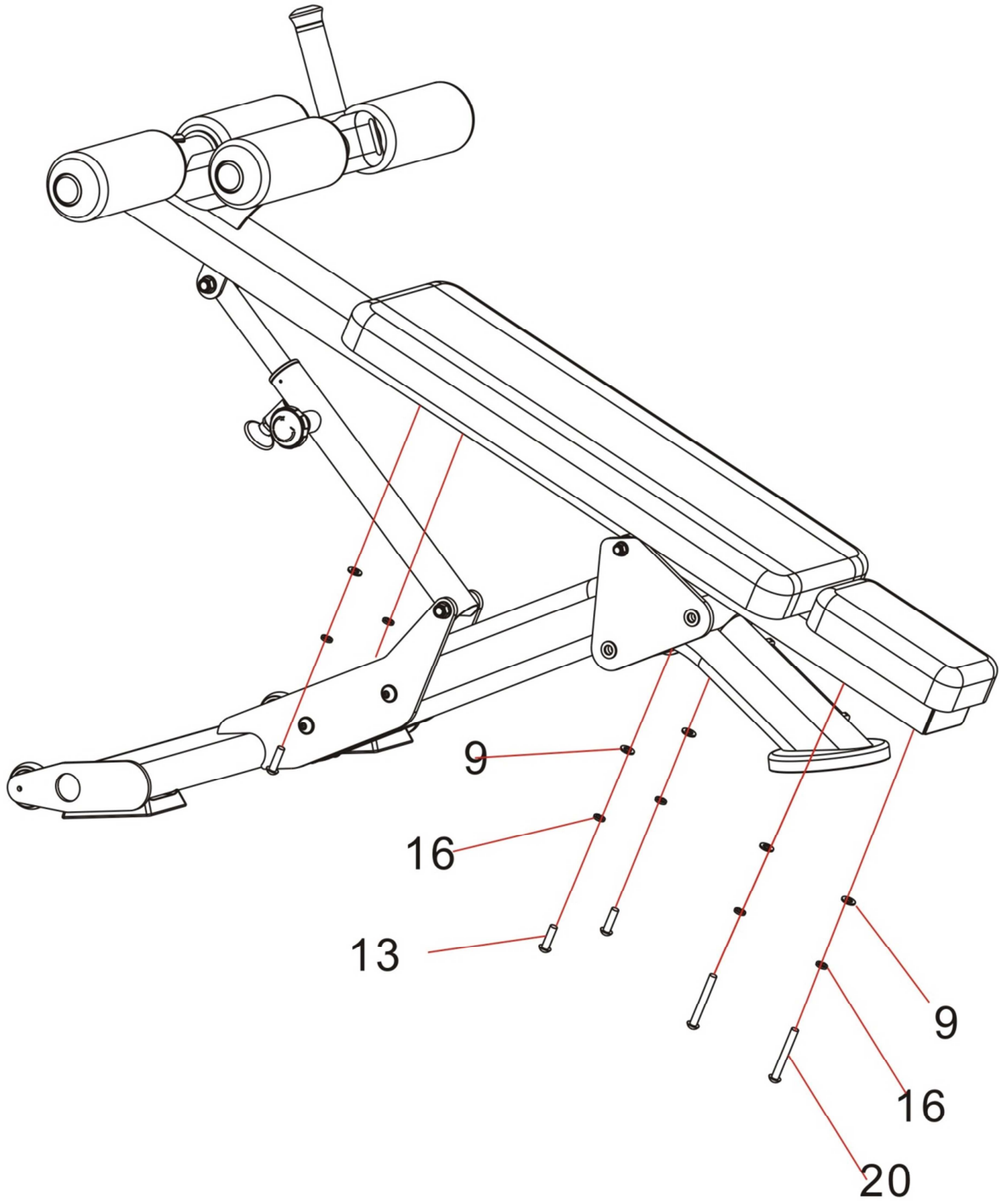
15  X4  
 $\Phi 85 \times 18$




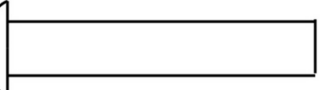
16  X6  
M10

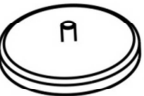
17  X2  
M10X25


19  X1  
PT40X80X2


# 4




- |   |   |    |        |   |     |    |   |    |        |   |    |
|---|---|----|--------|---|-----|----|---|----|--------|---|----|
| 9 |  | X6 | 13     |  | X4  | 16 |  | X6 | 20     |  | X2 |
|   | M10   |    | M10X35 |   | M10 |    | M10   |    | M10X80 |   |    |

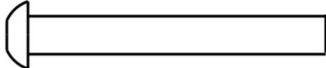
1  X1  
Φ170X20

2  X4  
M12X30

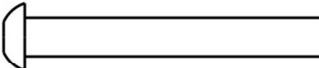
3  X4  
M12


4  X10  
M12


5  X3  
M12

6  X3  
M12x90


7  X2  
Φ24\*Φ12\*12

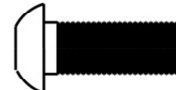
8  X1  
M12x65


9  X8  
M10

10  X2  
M10


11  X2  
M12X2


12  X4  
Φ30\*10


13  X8  
M10X35


14  X2  
M10

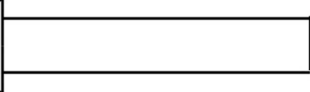
18  X2  
M10

15  X4  
Φ85\*18

16  X14  
M10

17  X2  
M10X25

19  X1  
PT40X80X2

20  X2  
M10X80