

- D
- GB
- F
- NL
- E
- I
- PL
- CZ
- P
- DK
- RUS
- SRB

Auf 100% Altpapier gedruckt!



Montageanleitung Trainingsbank „HERK“

Art.-Nr. 07707-760

Please read these instructions carefully prior to carrying out assembly and using for the first time. They contain information which is important for your safety as well as for the use and maintenance of the appliance. Keep these instructions in a safe place for reference purposes, maintenance work and to assist you when ordering spare parts.

For Your Safety

- ⚠ RISK!** While assembly of the product keep off children's reach (Choking hazard - contains small parts).
- ⚠ RISK!** Any other use of the equipment is prohibited and may be dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.
- ⚠ RISK!** Instruct persons using the equipment (in particular children) on possible sources of danger during exercising. Only for appliances with weights or dumbbells. This especially applies to the area of movement of weights and dumbbells.
- ⚠ RISK!** Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- ⚠ WARNING!** The training device should be used only for its intended purpose, i.e. for physical exercise by adult people.
- ⚠ WARNING!** Before beginning your program of training, study the instructions for training carefully.
- ⚠ WARNING!** Any interference with parts of the product that are not described within the manual may cause damage, or endanger the person using this machine. Extensive repairs must only be carried out by KETTLER service staff or qualified personnel trained by KETTLER.
- ⚠ WARNING!** This training device is for home use only.
- The training device has been designed in accordance with the latest standards of safety. Any features which may have been a possible cause of injury have been avoided or made as safe as possible.
- The training device corresponds with DIN EN ISO 20957-1/DIN EN 957-4, class H. It is therefore unsuitable for therapeutic use.
- In case of enquiry, please contact your KETTLER dealer.
- If the equipment is in regular use, check all its components thoroughly every 1–2 months. Pay particular attention to the tightness of bolts and nuts.
- Before beginning your program of exercise, consult your doctor to ensure that you are fit enough to use the equipment. Base your program of exercise on the advice given by your doctor. Incorrect or excessive exercise may damage your health!
- Before use, always check all screws and plug-in connections as well as respective safety devices fit correctly.
- Always wear suitable shoes when using.
- Our products are subject to a constant innovative quality assurance. We reserve the right to perform technical modifications.
- In choosing the location of the apparatus, ensure a sufficient safety distance from any obstacles. The apparatus must not be mounted in the immediate vicinity of main passageways (paths, doorways, corridors). The safety distance surrounding must extend at least 1 meter further than the practice area.
- Always observe the general safety rules and precautions for working with electrical equipment.
- Nobody may be in the moving range of a training person during training
- This exercise machine may only be used for exercises indicated in the training instructions.
- This training device has to be set up on a horizontal surface under all circumstances. Place rubber or straw mats under it to deaden any noise or impacts. Only for appliances with weights. Avoid powerful oscillations of the dumbbells!
- When mounting the product please take the recommended torque information into account ($M = xx \text{ Nm}$).

Instructions for Assembly

- ⚠ RISK!** Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packaging material in such a way that it may not cause any danger. There is always a risk of suffocation if children play with plastic bags!
- ⚠ WARNING!** Please note that there is always a danger of injury when working with tools or doing manual work. Therefore please be careful when assembling this machine.
- Ensure that you have received all the parts required (see check list) and that they are undamaged. Should you have any cause for complaint, please contact your KETTLER dealer.
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters.
- The equipment must be assembled with due care by an adult person. If in doubt call upon the help of a second person, if possible technically talented.
- The fastening material required for each assembly step is shown in the diagram inset. Use the fastening material exactly as instructed.
- Bolt all the parts together loosely at first, and check that they have been assembled correctly. Tighten the locknuts by hand until resistance is felt, then use spanner to finally tighten nuts completely against resistance (locking device). Then check that all screw connections have been tightened firmly. Attention: once locknuts have been unscrewed they no longer function correctly (the locking device is destroyed), and must be replaced.
- For technical reasons, we reserve the right to carry out preliminary assembly work (e.g. addition of tubing plugs).
- For machines with rope systems: please ensure that all ropes are fixed correctly. This is especially important for latissimus bars.

Handling the equipment

- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled.
- It is not recommended to use or store the apparatus in a damp room as this may cause it to rust. Please ensure that no part of the machine comes in contact with liquids (drinks, perspiration etc.). This may cause corrosion.
- The machine is designed for use by adults and children should not be allowed to play with it. Children at play behave unpredictably and dangerous situations may occur for which the manufacturer cannot be held liable. If, in spite of this, children are allowed to use the equipment, ensure that they are instructed in its proper use and supervised accordingly.
- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.
- When choosing a place for the equipment please ensure that the floor can withstand the additional weight/load.

List of spare parts page 35-37

When ordering spare parts, always state the full article number, spare-partnumber, the quantity required and the S/N of the product (see handling).

Example order: Art. no. 07707-760 / spare-part no. 94380335 / 2 pieces / S/N Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary.

Goods may **only** be returned after prior arrangement and in (internal) packaging, which is safe for transportation, in the original box if possible. It is important to provide a detailed defect description / damage report!

Important: spare part prices do not include fastening material; if fastening material (bolts, nuts, washers etc.) is required, this should be clearly stated on the order by adding the words „**with fastening material**“.

Care and Maintenance

- Basically this equipment does not need any special maintenance.
- Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done. Use only original KETTLER spare parts.
- To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regularly (once a year) by specialist retailers.
- Use for your regular cleaning, maintenance and care our appliance maintenance set (Article no. 07921-000) specifically licensed for KETTLER Sports apparatus and available from the Sport specialized trade.
- Please ensure that liquids or perspiration never enter the machine or the electronics.

Waste Disposal

KETTLER products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

GB KETTLER GB Ltd.

Kettler House, Merse Road
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Redditch, Worcestershire B98 9HL

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e-mail: sales@kettler.co.uk

USA KETTLER International Inc.

1355 London Bridge Road
Virginia Beach, VA 23453

www.kettlerusa.com

☎ +1 888 253 8853

📠 +1 888 222 9333

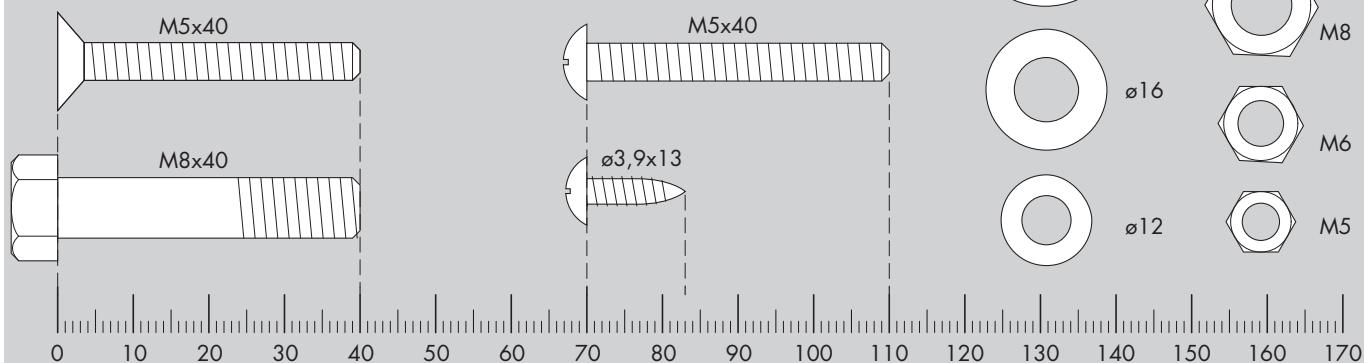
e-mail: sales@kettler.co.uk

Messhilfe für Verschraubungsmaterial

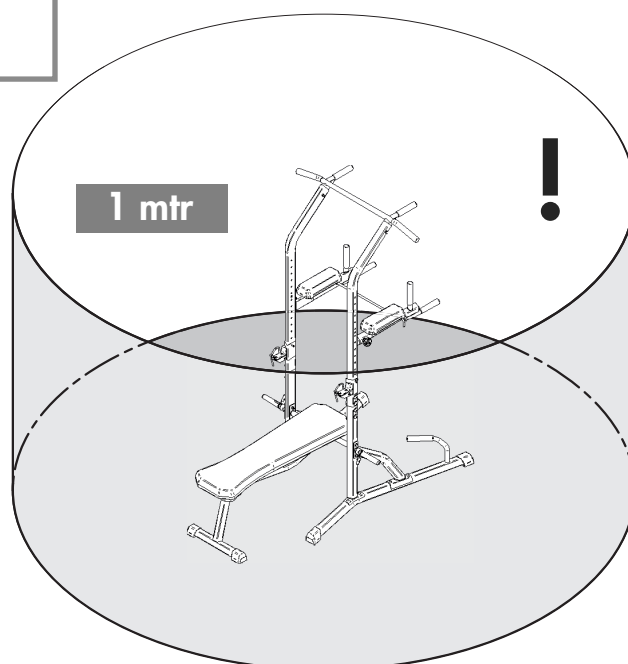
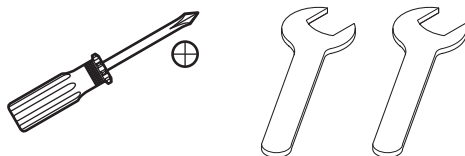
- GB - Measuring help for screw connections
- F - Gabarit pour système de serrae
- NL - Meethulp voor schroefmateriaal
- E - Ayuda para la medición del material de atornilladura
- I - Misura per materiale di avvitamento

- PL - Wzornik do połączeń śrubowych
- CZ - Měřicí pomůcka pro materiál k přišroubování
- P - Auxiliar de medição para materiais de aparafusamento
- DK - Hjælp til måling af skruer
- RUS - Размеры крепёжных материалов
- SRB - Pomoć za merenje materijala za pričvršćivanje

Beispiel Examples Exemples Voorbeeld Ejemplos
 Esempio Przykład Příklad Exemplo Eksempel
 Примеры Primer



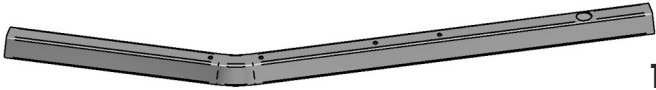
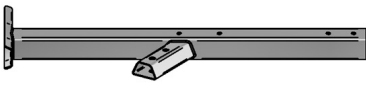
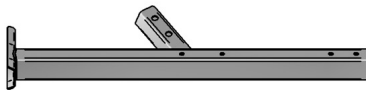
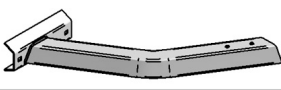
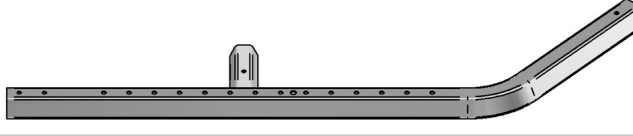
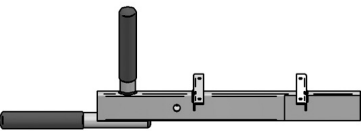
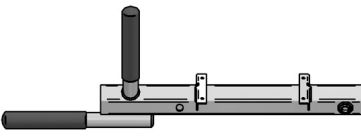
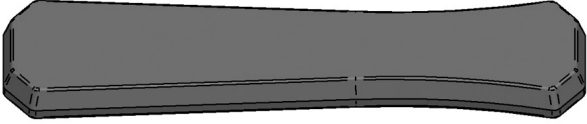
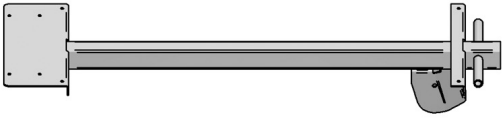
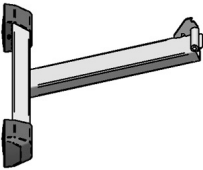
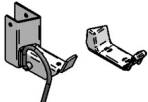
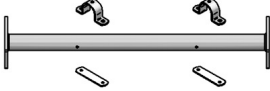
- D - Benötigtes Werkzeug - Gehört nicht zum Lieferumfang.
- GB - Tools required - Not included.
- F - Outils nécessaires - Ne fait pas partie du domaine de livraison.
- NL - Benodigd gereedschap - Is niet bij de levering inbegrepen.
- E - Herramientas necesarias - No forma parte del volumen de entrega.
- I - Strumenti necessari - Non in dotazione alla fornitura.
- PL - Narzędzi - Nie należy do zakresu dostawy.
- CZ - Nářadí potřebné - Nepatří do rozsahu dodávky
- P - Ferramentas necessárias - Não está incluído nas peças fornecidas
- DK - Værktøjer kræves - Er ikke inkluderet i leveringsomfanget.
- RUS - Необходимый инструмент - не входит в комплект поставки.
- SRB - Potreban alat - ne spada u opseg isporuke.



Checkliste (Packungsinhalt)

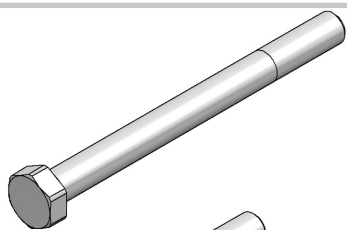
- GB - Checklist (contents of packaging)
- F - Liste de vérification (contenu de l'emballage)
- NL - Checklijst (verpakkinginhoud)
- E - Lista de control (contenido del paquete)
- I - Lista di controllo (contenuto del pacco)

- PL - Lista kontrolna (zawartość opakowania)
- CZ - Kontrolní seznam (obsah balení)
- P - Lista de verificação (conteúdo da embalagem)
- DK - Checkliste (pakkens indhold)
- RUS - Контрольный список
- SRB - Spisak delova u pakovanju

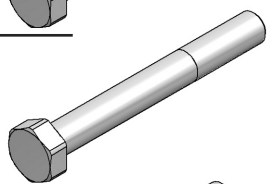
	1x		1x
	1x		1x
	1x		1x
	1x		1x
	2x		1x
	1x		1x
	1x		2x
	1x		1x
	2x		2x
	1x		1x
	1x		1x
	1x		

Checkliste (Packungsinhalt)

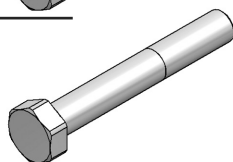
1x M8x90



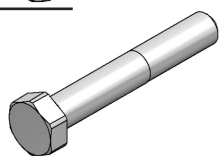
4x M8x65



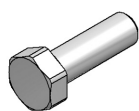
2x M8x55



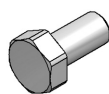
4x M8x50



2x M8x25



8x M8x16



18x $\varnothing$ 8,4x25



22x $\varnothing$ 8,3x16



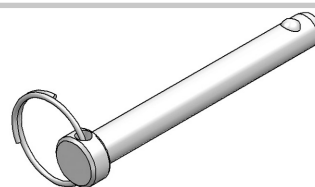
8x M8



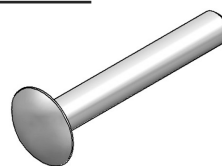
11x M8



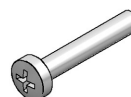
2x $\varnothing$ 8x60



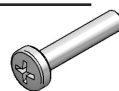
8x M8x55



4x M5x30



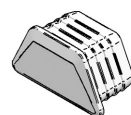
12x M5x25



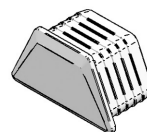
2x 4,8x13



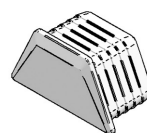
2x 5751



4x 5750



1x 5999



4x $\varnothing$ 30



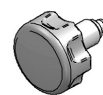
11x 3876



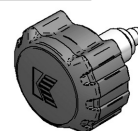
8x 2096



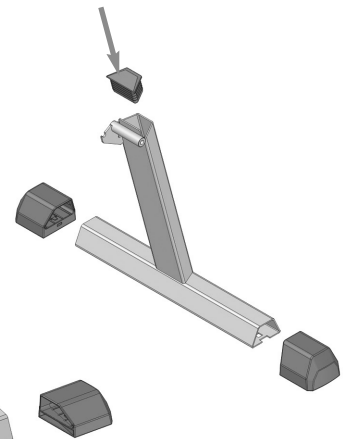
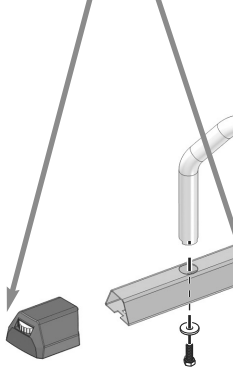
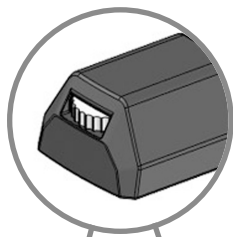
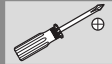
1x



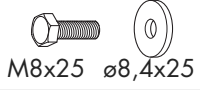
2x



1



2x



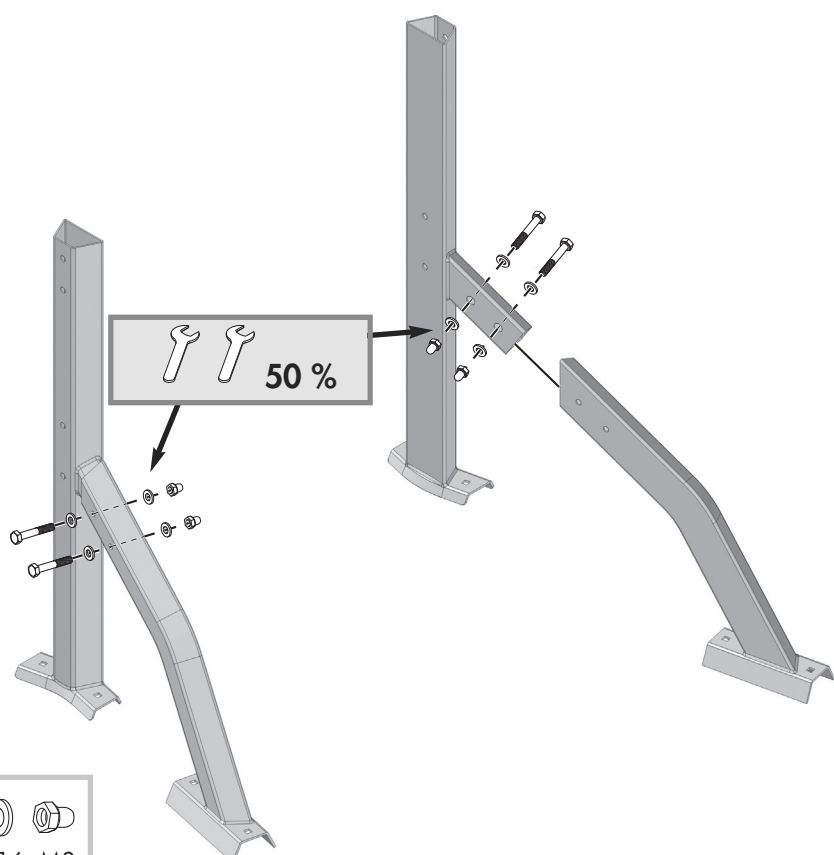
M8x25 ø8,4x25

1x

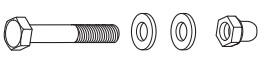


5999

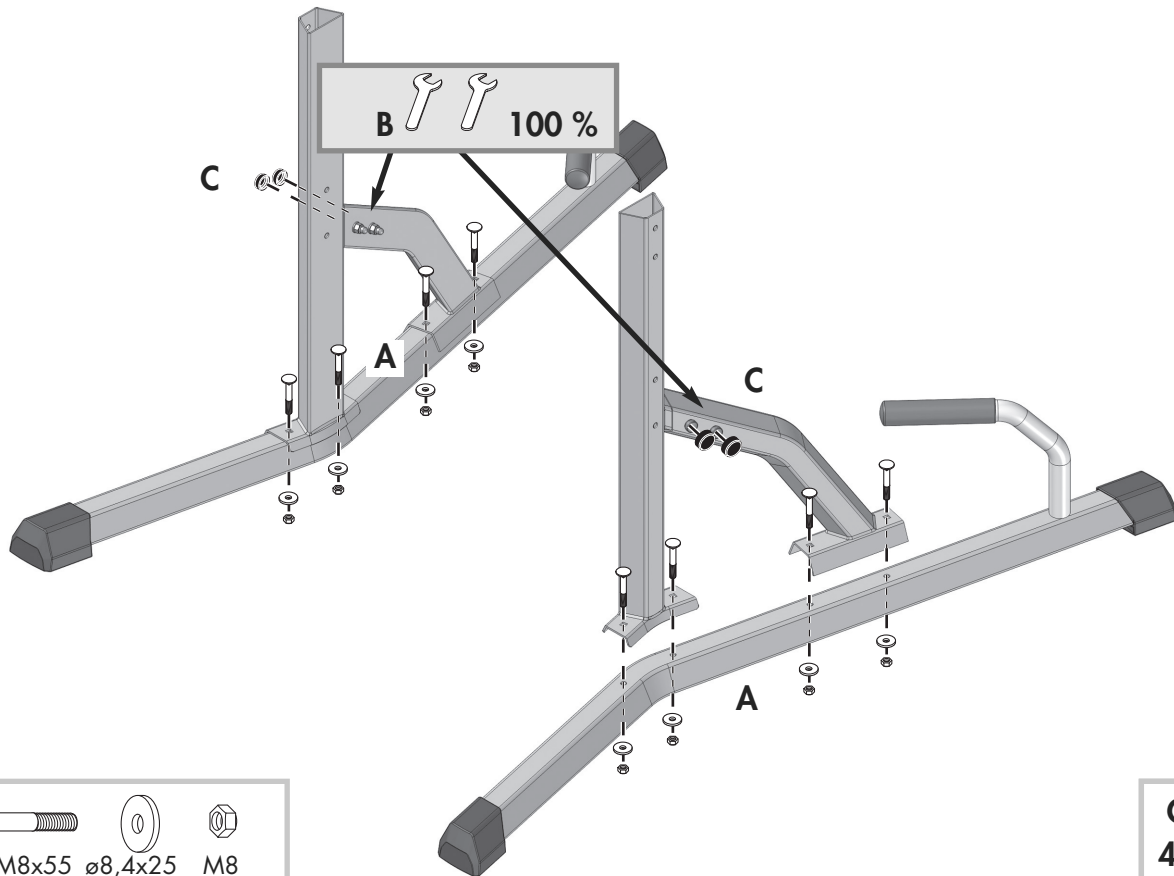
2



4x



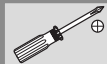
M8x50 ø8,3x16 M8



A
8x

M8x55 ø8,4x25 M8

C
4x



A
4x

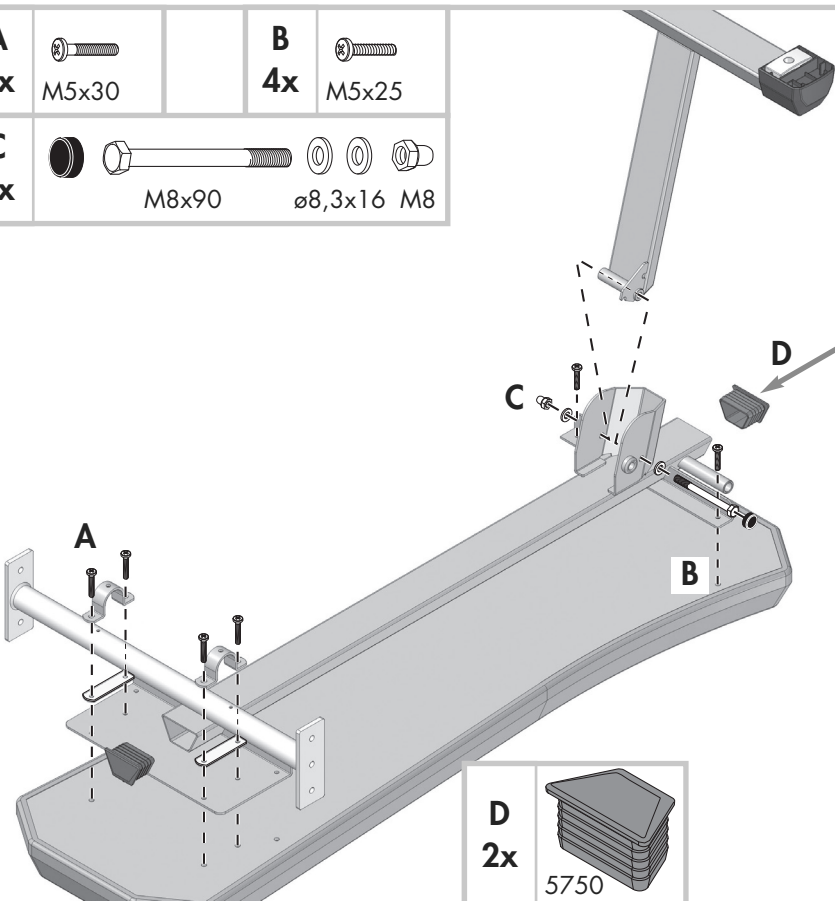
M5x30

B
4x

M5x25

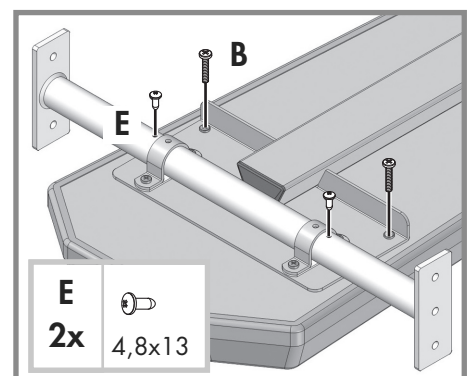
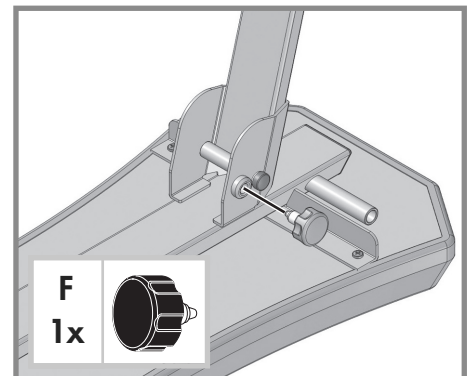
C
1x

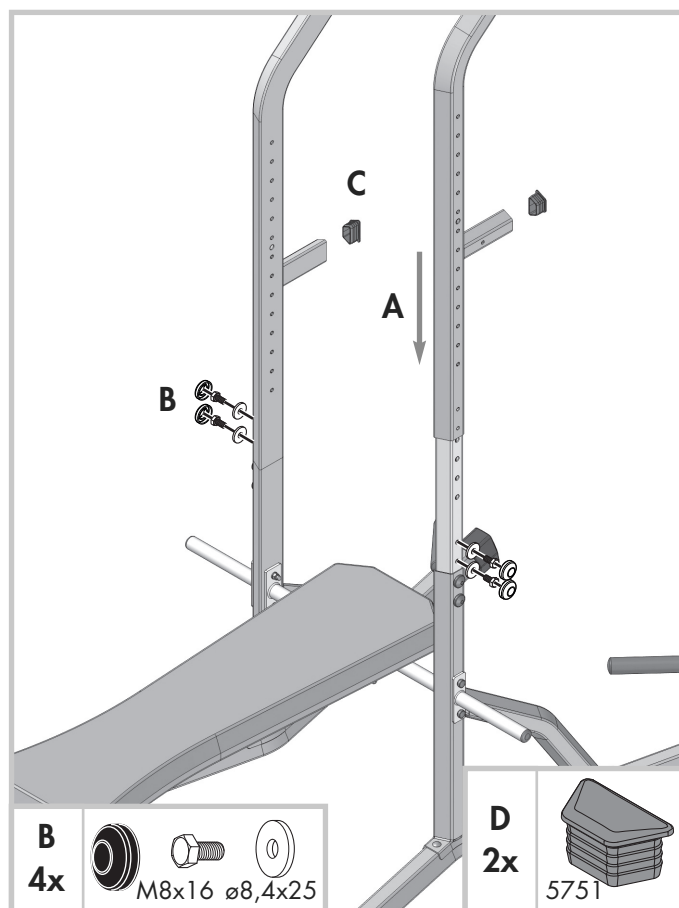
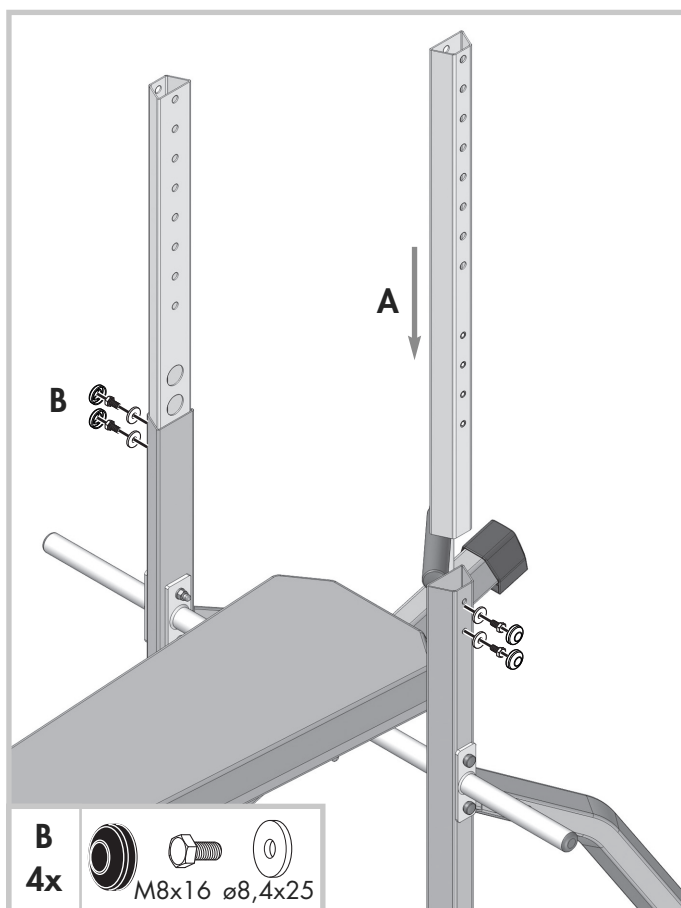
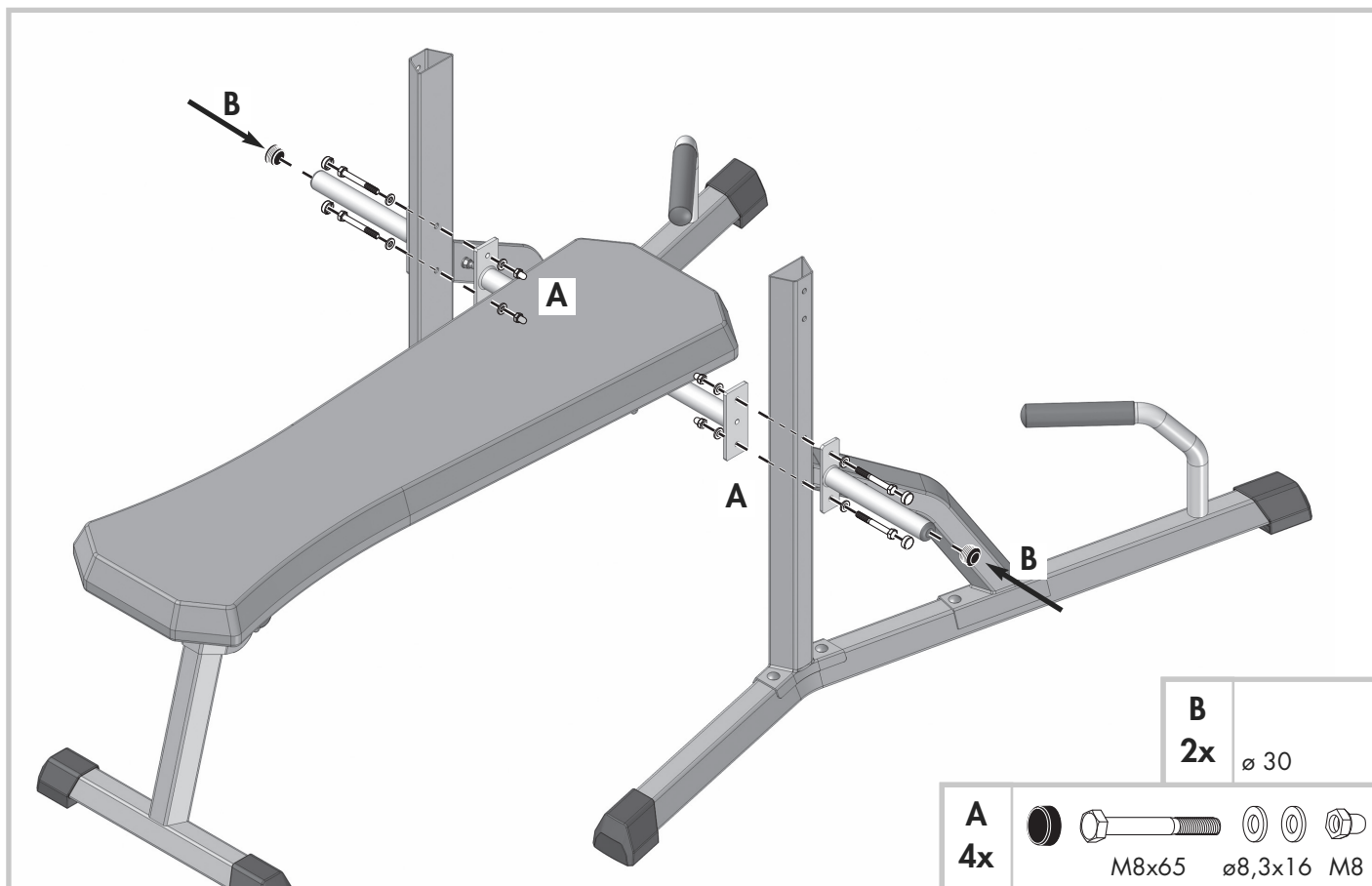
M8x90 ø8,3x16 M8



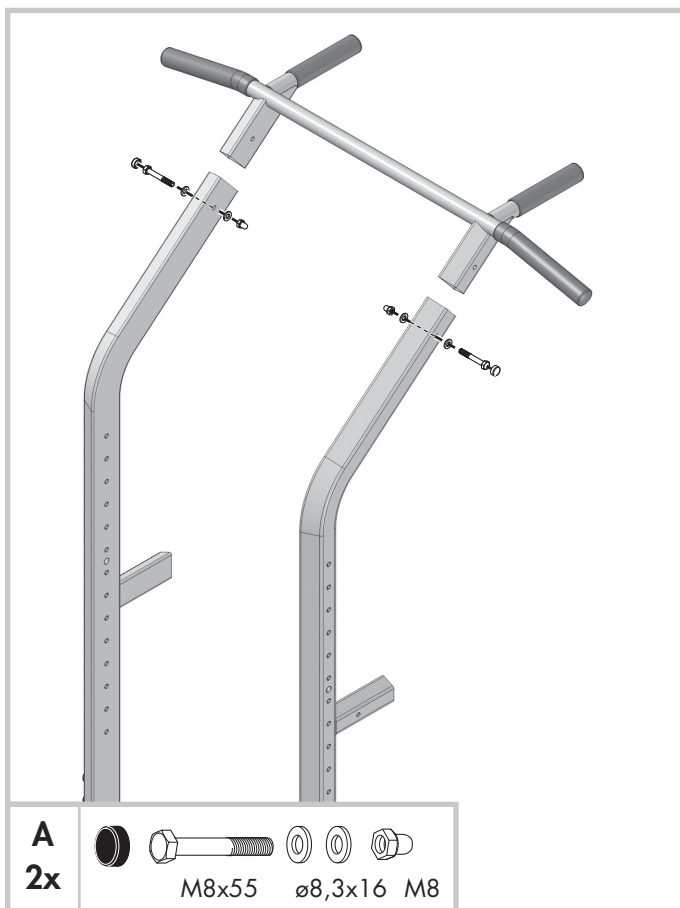
D
2x

5750

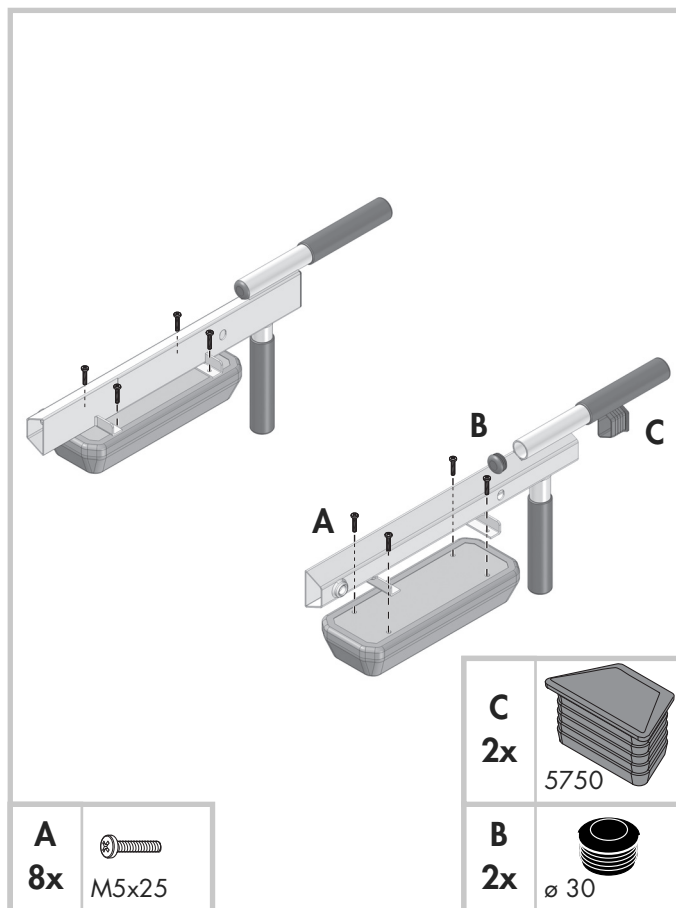




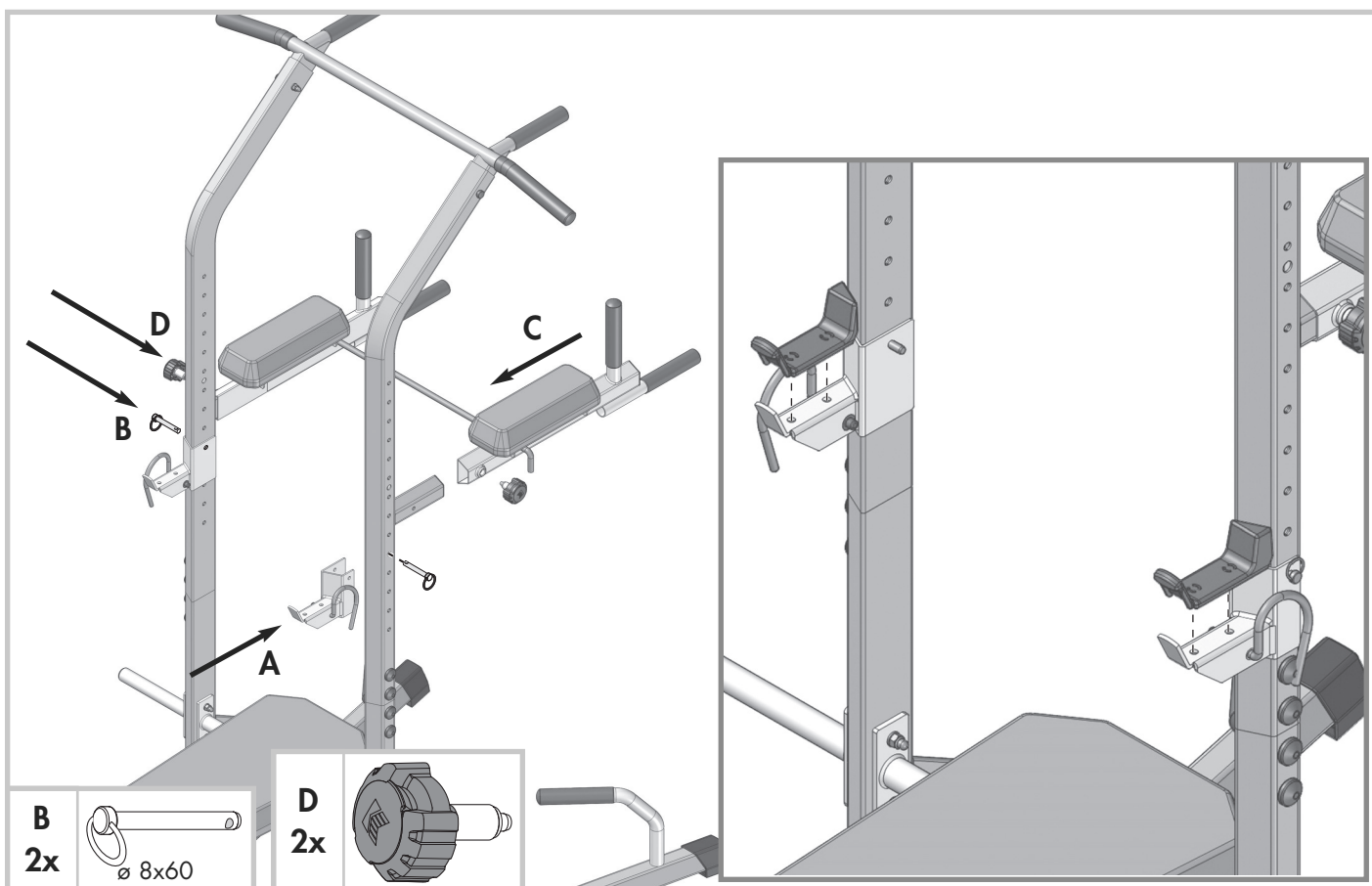
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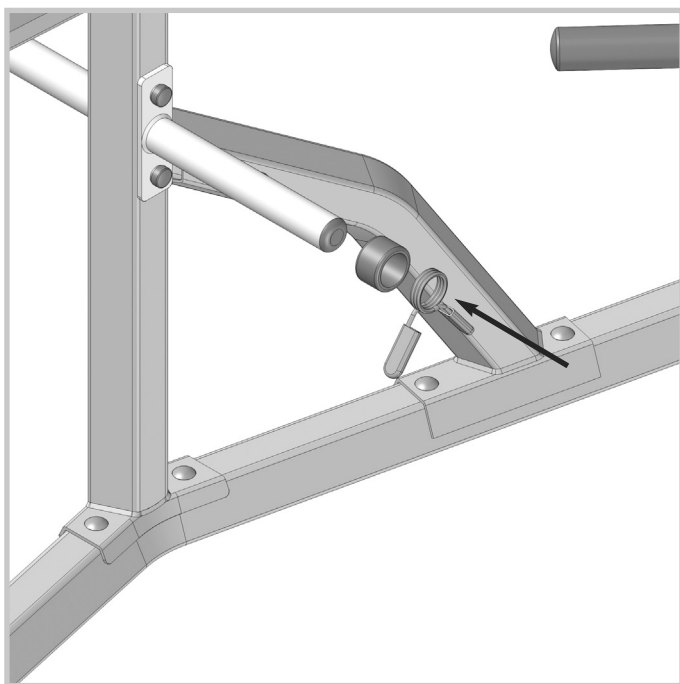


9



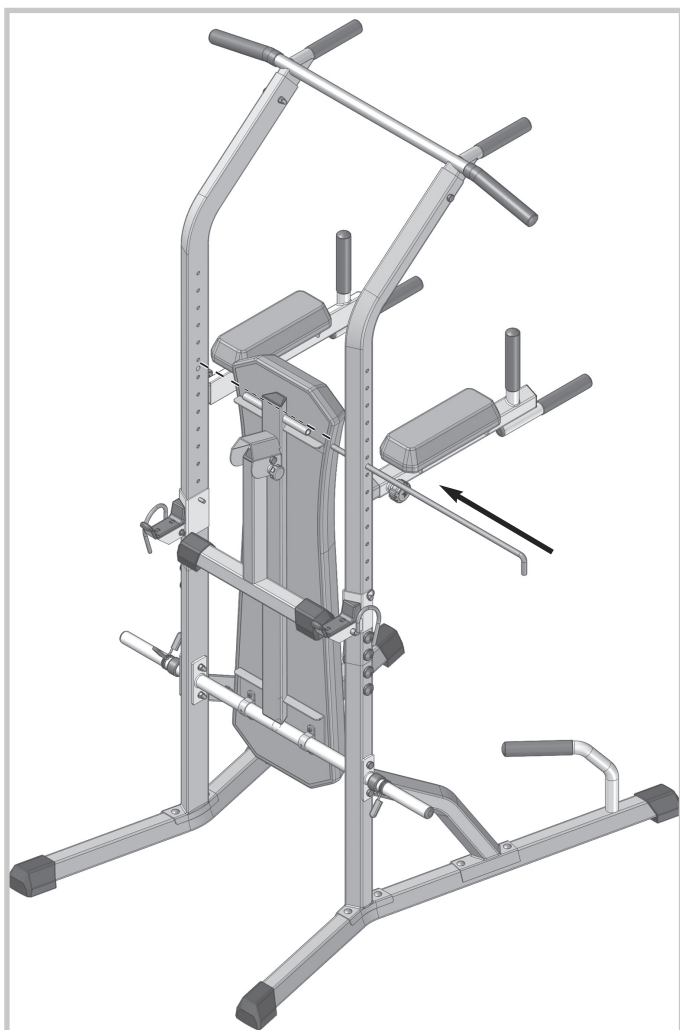
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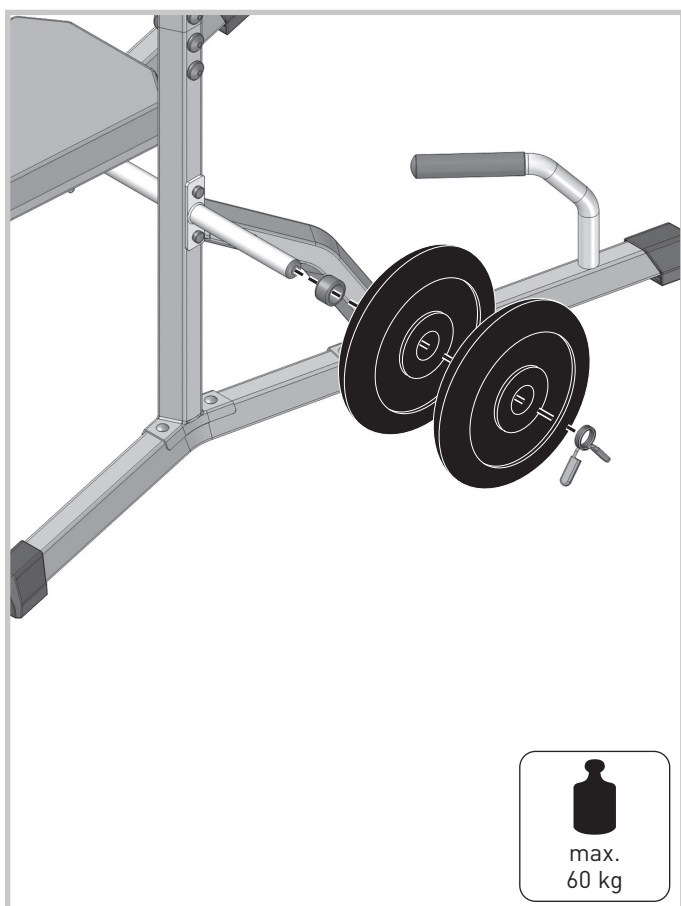




Handhabungshinweise

- | | | |
|-------------------------------|----------------------------------|---------------------|
| - GB - Handling | - F - Utilisation | - NL - Handleiding |
| - E - Aplicación | - I - Utilizzo | - PL - Zastosowanie |
| - CZ - Pokyny k manipulaci | - P - Notas sobre o manuseamento | - DK - Håndtering |
| - RUS - Указания по обращению | - SRB - Uputstvo za rukovanje | |

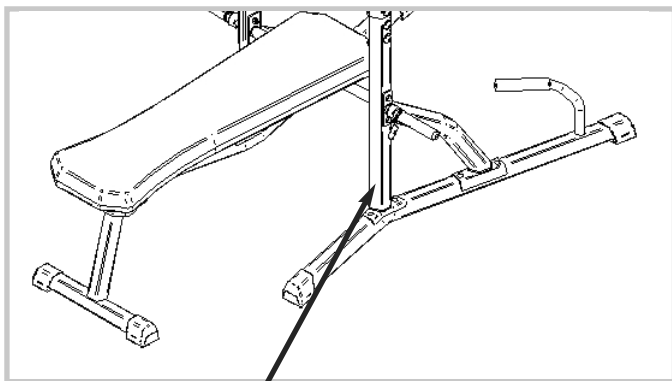




- 
- D - Gehört nicht zum Lieferumfang.
 - GB - Not included.
 - F - Ne fait pas partie du domaine de livraison.
 - NL - Is niet bij de levering inbegrepen.
 - E - No forma parte del volumen de entrega.
 - I - Non in dotazione alla fornitura.
 - PL - Nie należy do zakresu dostawy.
 - CZ - Nepatří do rozsahu dodávky
 - P - Não está incluído nas peças fornecidas
 - DK - Er ikke inkluderet i leveringsomfanget.
 - RUS - не включены.

Ersatzteilbestellung

- GB - Spare parts order
- E - Pedido de recambios
- CZ - Objednání náhradních dílů
- RUS - Заказ запчастей
- F - Commande de pièces de rechange
- I - Ordine di pezzi di ricambio
- P - Encomenda de peças sobressalentes
- SRB - Naručivanje rezervnih delova
- NL - Bestelling van reserveonderdelen
- PL - Zamówienie części zamiennych
- DK - Bestilling af reservedele



Heinz Kettler GmbH & Co. KG
Hauptstrasse 28
D 59463 Ense Parsit

A/N 88686-868

S/N 3395835 X5522 0001

DIN EN 846-9/-9, XX



Max. ### kg

Made in Germany



- D - Beispiel Typenschild - Seriennummer
- GB - Example Type label - Serial number
- F - Exemple Plaque signalétique - Numéro de série
- NL - Bij voorbeeld Typeplaatje - Seriennummer
- E - Ejemplo Placa identificativa - Número de serie
- I - Esempio Targhetta tecnica - Numero di serie
- PL - Przykłady Tabliczka identyfikacyjna - Numer serii

- CZ - Příklad typového štítku - sériové číslo
- P - Exemplo placa de características - número de série
- DK - Eksempel type label - serienummer
- RUS - Пример заводской таблички с серийным номером
- SRB - Primer tipske pločice - serijski broj

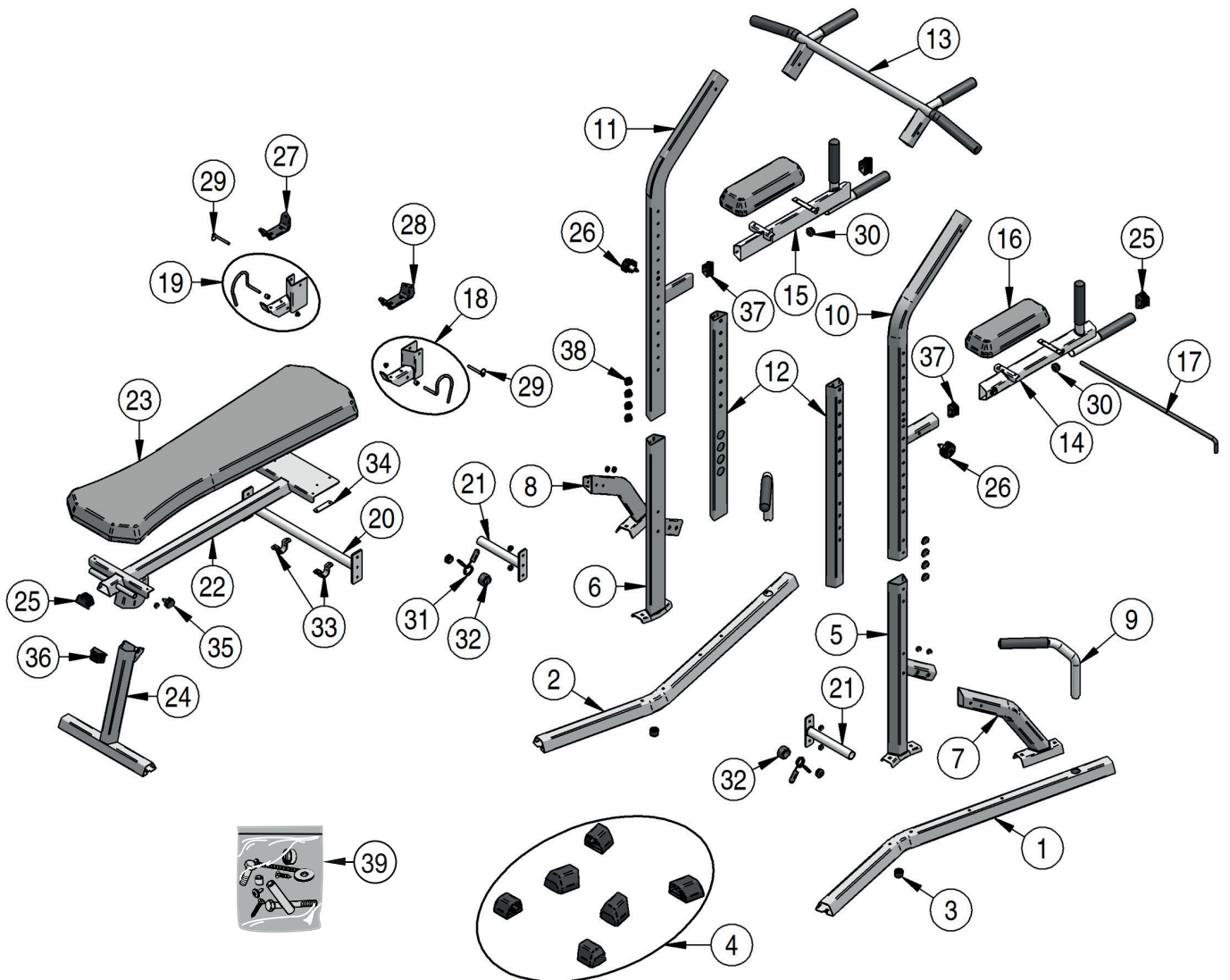
- D - Geben Sie bei Ersatzteilbestellungen bitte die vollständige Artikelnummer, die Ersatzteilnummer, die benötigte Stückzahl und die Seriennummer des Gerätes an.
- GB - When ordering spare parts, always state the full article number, spare-part number, the quantity required and the S/N of the product.
- F - En cas de commande de pièces de rechange, nous vous prions de mentionner la référence article, le numéro de pièce de rechange, la quantité demandée et le numéro de série de l'appareil.
- NL - Vermeld bij de onderdelenbestellingen a.u.b. het volledige artikelnummer, het onderdeelnummer, het benodigde aantal en het serienummer van het apparaat.
- E - Indicar con los pedidos de piezas de repuesto el número completo del artículo, el número de la pieza de repuesto, las unidades solicitadas y el número de serie del aparato.
- I - Per l'ordinazione di parti di ricambio indicate il completo numero di articolo, della parte di ricambio, il numero di unit necessario nonché il numero di serie dell'apparecchio.
- PL - Przy zamawianiu części zamiennych proszę podawać kompletny numer artykułu, numer części zamiennej i numer serii urządzenia.
- CZ - Při objednání náhradních dílů prosím udejte úplné číslo zboží, číslo náhradního dílu, potřebný počet kusů a sériové číslo přístroje.
- P - Ao encomendar peças sobressalentes, por favor indique o número completo do artigo, o número da peça sobressalente, o número de unidades necessárias e o número de série do aparelho.
- DK - Ved bestilling af reservedele skal du altid opgive det fuldstændige artikelnummer, nummeret på reservedelen, det ønskede antal og maskinens serienummer (se Håndtering).
- RUS - Оформляя заказ на запчасти, указывайте полный артикульный номер, номер запасной детали, необходимое количество и серийный номер устройства.
- SRB - Kod porudžbine rezervnih delova uvek navedite puni broj artikla, broj rezervnog dela, potreban broj komada, te serijski broj uređaja

Ersatzteilbestellung

		07707-760 Hantelbank HERK
①	1x	94316409
②	1x	94316411
③	2x	10121025
④	1x	94316412
⑤	1x	94316414
⑥	1x	94316416
⑦	1x	94316419
⑧	1x	94316422
⑨	2x	94684615
⑩	1x	94316426
⑪	1x	94316429
⑫	2x	97004308
⑬	1x	94604612
⑭	1x	94604613
⑮	1x	94604614
⑯	2x	94360415
⑰	1x	97202824
⑱	1x	94604616
⑲	1x	94604617
⑳	1x	94316431

		07707-760 Hantelbank HERK
⑳	2x	97100681
㉑	1x	94316434
㉒	1x	94360416
㉓	1x	94316436
㉔	4x	70103467
㉕	2x	10103810
㉖	1x	70110364
㉗	1x	70110363
㉘	2x	13100003
㉙	2x	10100033
㉚	1x	12802000
㉛	2x	10121008
㉜	2x	97200264
㉝	2x	97202823
㉞	1x	91170308
㉟	1x	70103518
㊱	2x	70103470
㊲	8x	70127541
㊳	1x	94380335

- D - Farbliche Abweichungen bei Nachbestellungen sind möglich und stellen keinen Reklamationsgrund dar.
- GB - Colours may vary with repeat orders and this does not constitute grounds for complaint.
- F - Des écarts de coloris sont possibles lors de commandes ultérieures et ne sont pas motif à réclamation.
- NL - Bij nabestellingen kunnen er kleurafwijkingen voorkomen, dit is geen reden voor reclamatie.
- E - Es posible que, en pedidos posteriores, los colores de la máquina varíen, hecho que no se considera causa de reclamación.
- I - In caso di ordini successivi, sono possibili variazioni di colore che non rappresentano un motivo di reclamo.
- PL - Przy zamówieniach dodatkowych mogą wystąpić różnice w kolorze, które nie stanowią podstaw do reklamacji.
- CZ - Barevné odchylky při doobjednávání jsou možné a nepředstavují žádný důvod k reklamaci.
- P - Existe a possibilidade de desvios nas cores de peças encomendadas posteriormente e tal não constitui motivo de reclamação.
- DK - Afvigende farver er mulig ved efterbestilling og er ingen reklamationsgrund.
- RU - Отклонения в цвете при повторных заказах возможны и не являются основанием для рекламаций.
- SRB - Moguća su odstupanja u boji prilikom naknadne narudžbine. Takva odstupanja ne predstavljaju osnovu za reklamacije.





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