



Installation Manual

Senior Line

SL14 Leg Press

SL16 Leg Abduction

SL20 Back Extension

SL23 Seated Row

SL130 Crosstrainer

SL230 Rower

SL24 Lat Pulldown

SL30 Bench Press

SL41 Shoulder Press

SL64 Handwheel

SL81 Dip

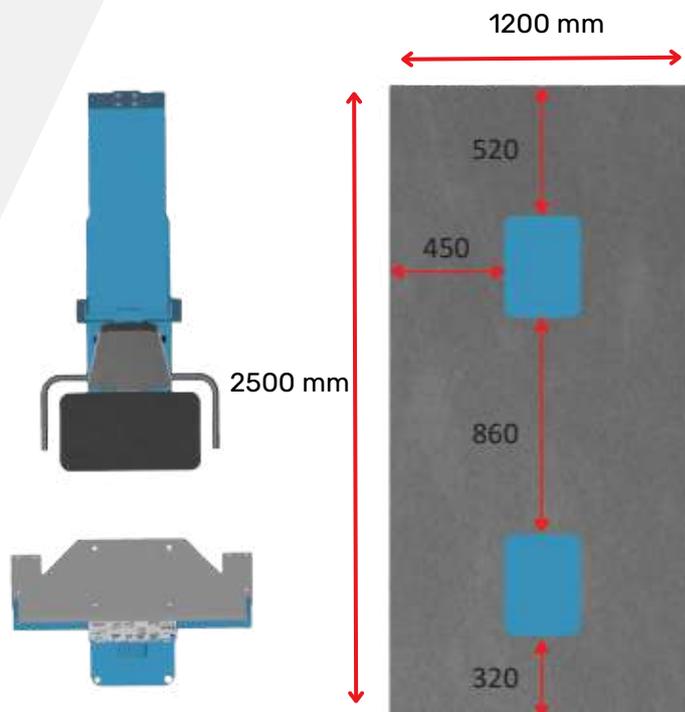
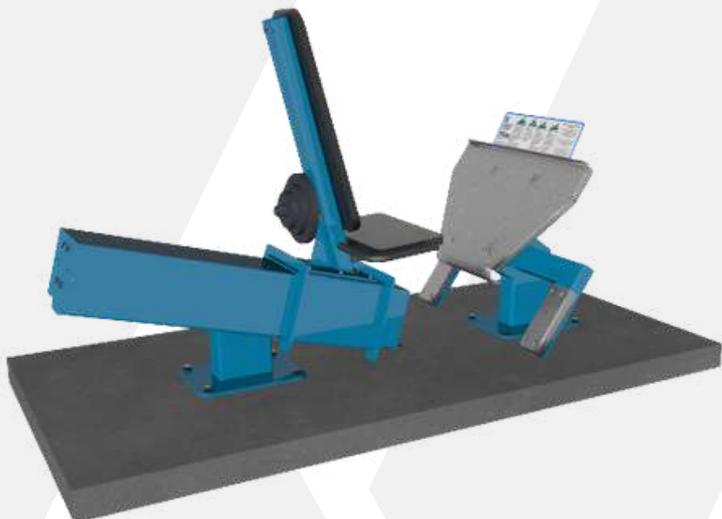
SL90 Abdominal Bench

SL93 Rotary Torso



SL14 Leg Press

Installation manual



Concrete slab and positioning

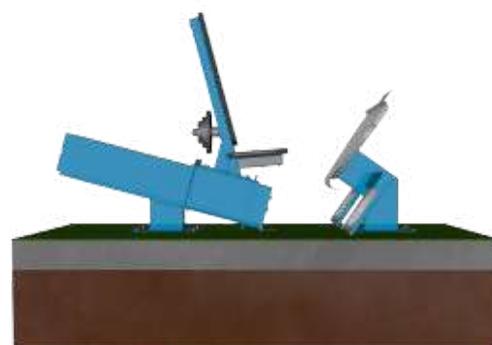
Concrete slab

Length 2500 mm

Width 1200 mm

Thickness 120 mm

- Ground frost insulation
- Rebaring
- Adequate drying time must be ensured



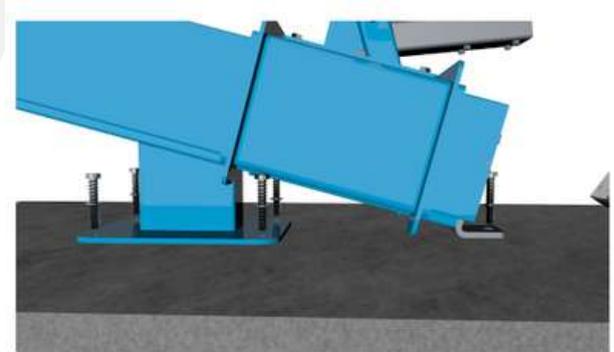
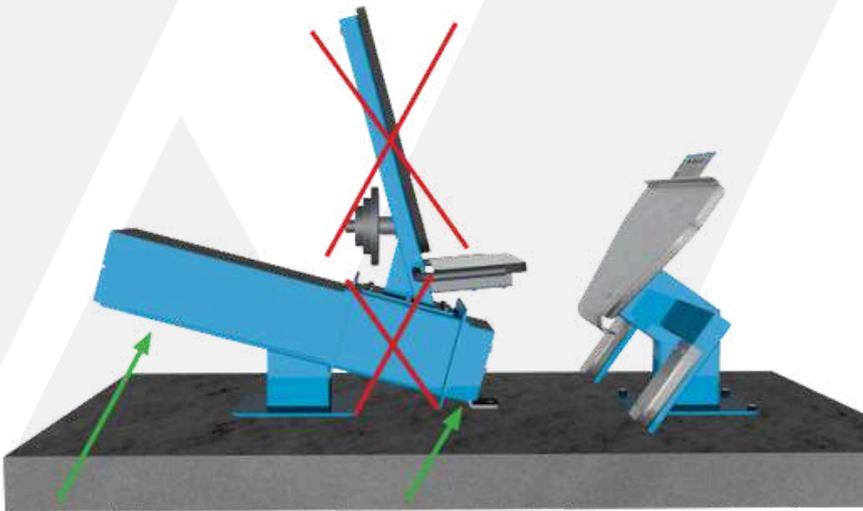
Concrete slab cast

Top surface of the concrete base must be on the ground level, max. allowed deviation = - 20 mm to compensate for the surface material thickness.

Thickness of the surface material on top of the concrete slab max. 20 mm.

SL14 Leg Press

Installation manual



Main frame



Foot plate

Installation of the main frame

The main frame can be lifted only at the bottom (green arrow indicators).

Do not lift or move by gripping the sled, seat or back rest!

Securing the main frame

Main frame shall be positioned on the concrete slab according to the positioning diagram.

Secure the **Main Frame** to the concrete slab with **10 x 100 mm Galvanized or Stainless Steel Concrete Screws and M10 washers.**

Tightening torque of the screws according to the manufacturers instructions.

Hardware required:
5 screws + 5 washers.

Securing the foot plate

Foot plate should be positioned on the concrete slab according to the positioning diagram.

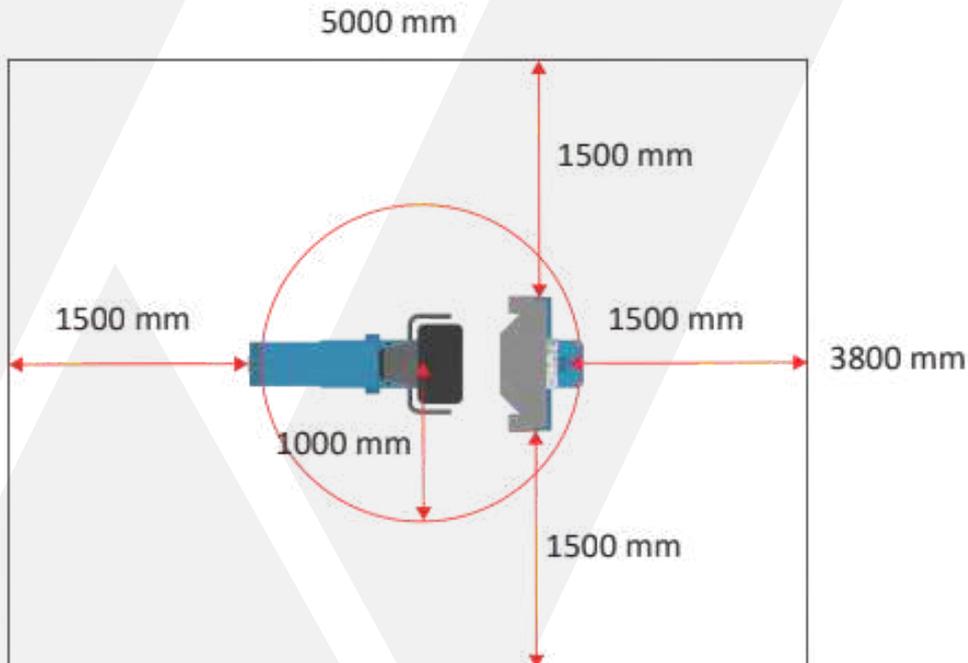
Secure the **foot plate** to the concrete slab with **10 x 100 mm Galvanized or Stainless Steel Concrete Screws and M10 washers.**

Tightening torque of the screws according to the manufacturers instructions.

Hardware required:
4 screws + 4 washers.

SL14 Leg Press

Installation manual



User and training space requirements

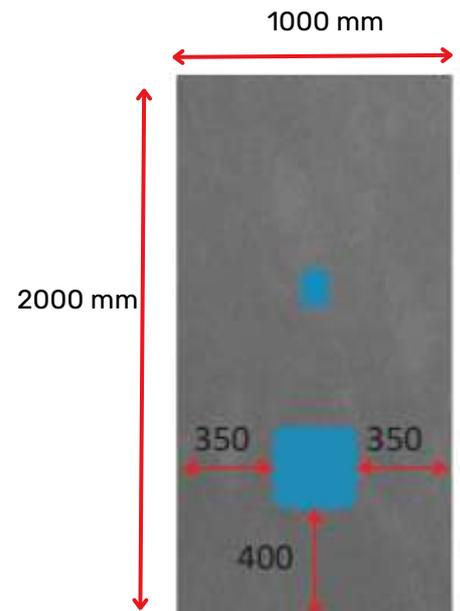
Assembly, operational and safety Inspection

- Readability and placement of the Instruction Decal
- Foot Plate securing concrete screws
- Main Frame attachment screws
- Weight Plate locking screw
- Back Rest and Seat attachment screws
- Sled end stop attachments
- Sled operation
- Fill in and dispatch the Inspection Report

If you notice any defect in the Product, please contact the Authorized Dealer!

SL16 Leg Abduction

Installation manual



Concrete slab and positioning

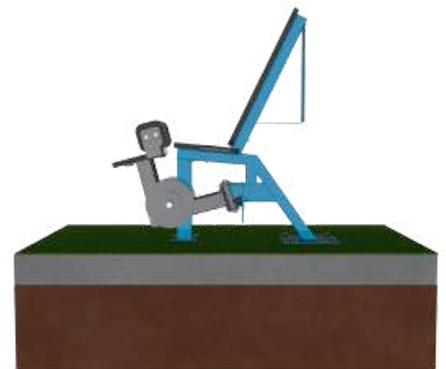
Concrete slab

Length 2000 mm

Width 1000 mm

Thickness 120 mm

- Ground frost insulation
- Rebaring
- Adequate drying time must be ensured



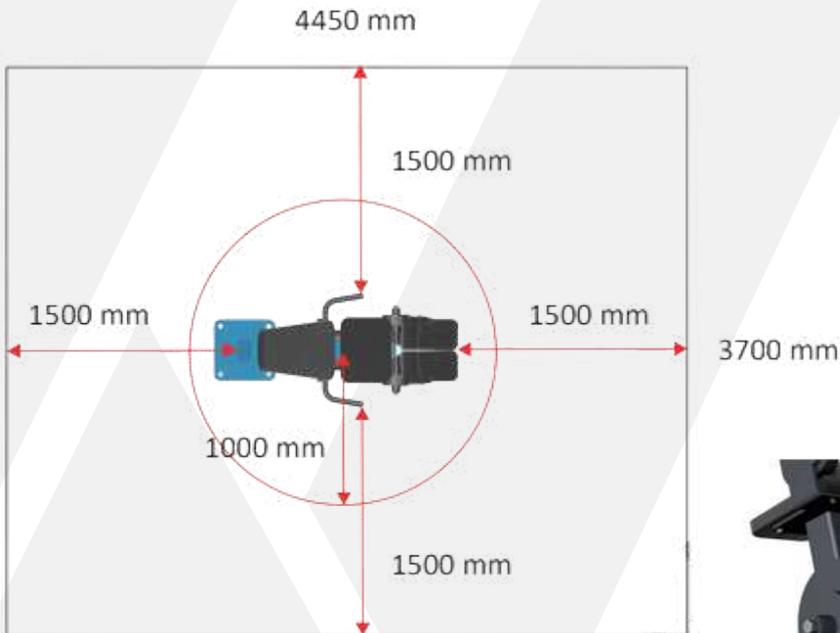
Concrete slab cast

Top surface of the concrete base must be on the ground level, max. allowed deviation = - 20 mm to compensate for the surface material thickness.

Thickness of the surface material on top of the concrete slab max. 20 mm.

SL16 Leg Abduction

Installation manual



User and training space requirements



Main frame

Securing the main frame

Main frame shall be positioned on the concrete slab according to the positioning diagram.

Frame must be installed in upright position.

Secure the **Main Frame** to the concrete slab with **10 x 100 mm Galvanized or Stainless Steel Concrete Screws and M10 washers.**

Tightening torque of the screws according to the manufacturers instructions.

Hardware required:
8 screws + 8 washers.

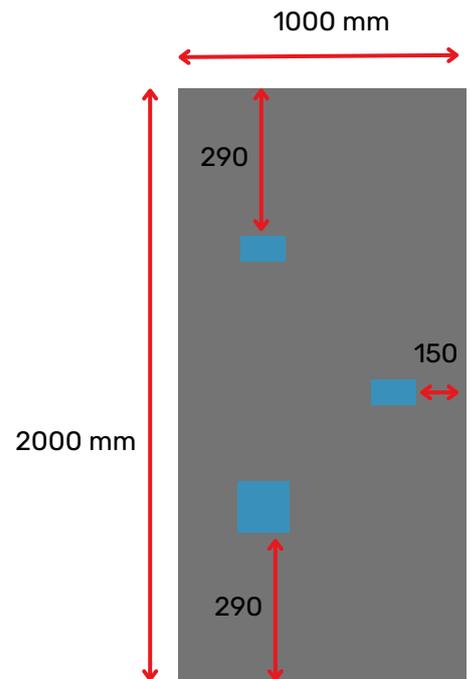
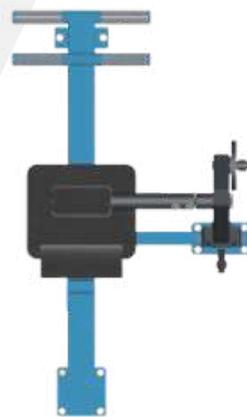
Assembly, operational and safety Inspection

- Readability and placement of the Instruction Decal
- The Main Frame securing concrete screws
- Weight Plates locking screws
- Back Rest and Seat attachment screws
- Shin and Knee support attachment screws
- Range limiter attachments
- Device operation
- Fill in and dispatch the Inspection Report

If you notice any defect in the Product, please contact the Authorized Dealer!

SL20 Back Extension

Installation manual



Concrete slab and positioning

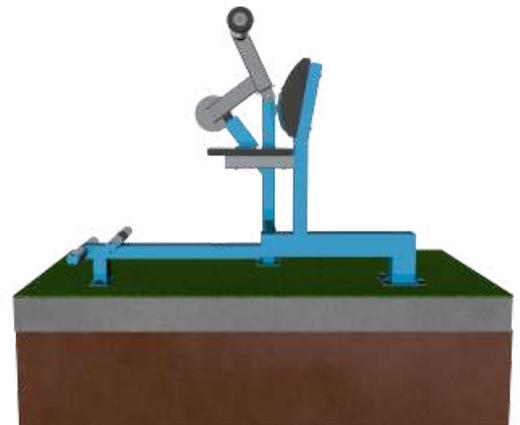
Concrete slab

Length 2000 mm

Width 1000 mm

Thickness 120 mm

- Ground frost insulation
- Rebaring
- Adequate drying time must be ensured



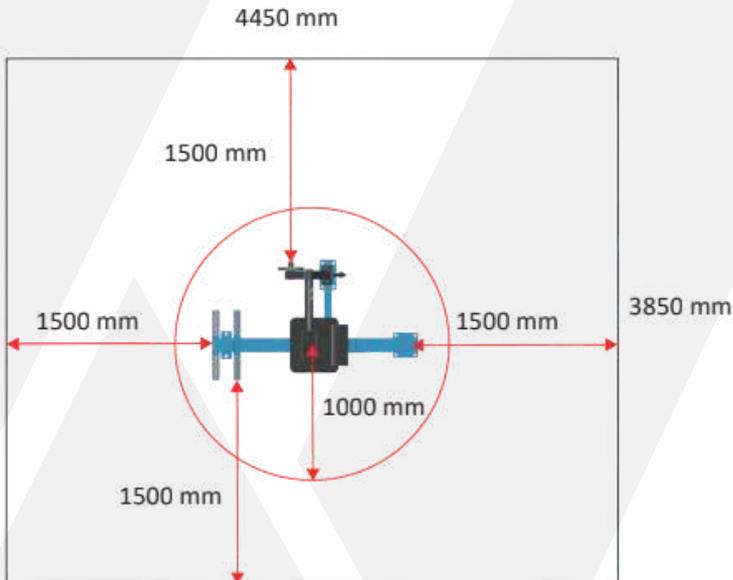
Concrete slab cast

Top surface of the concrete base must be on the ground level, max. allowed deviation = - 20 mm to compensate for the surface material thickness.

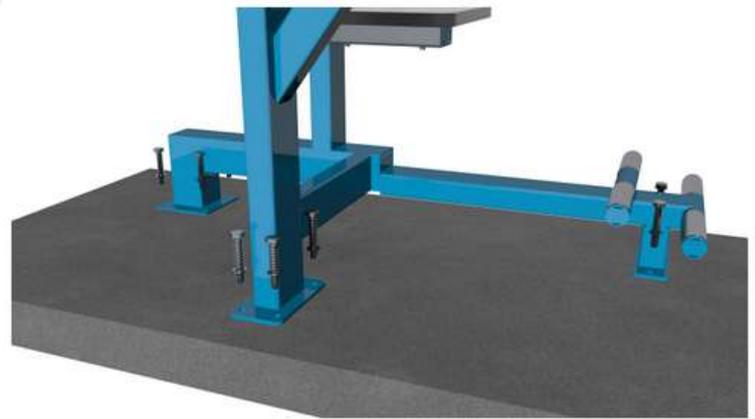
Thickness of the surface material on top of the concrete slab max. 20 mm.

SL20 Back Extension

Installation manual



User and training space requirements



Main frame

Securing the main frame

Main frame shall be positioned on the concrete slab according to the positioning diagram.

Frame must be installed in upright position.

Secure the **Main Frame** to the concrete slab with **10 x 100 mm Galvanized or Stainless Steel Concrete Screws and M10 washers.**

Tightening torque of the screws according to the manufacturers instructions.

Hardware required:

10 screws + 10 washers.

Assembly, operational and safety Inspection

- Readability and placement of the Instruction Decal
- The Main Frame securing concrete screws
- Weight Plates locking screws
- Back Rest and Seat attachment screws
- Range limiter attachments
- Device operation
- Fill in and dispatch the Inspection Report

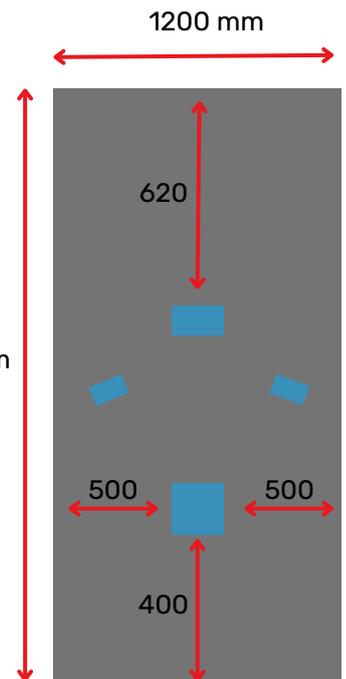
If you notice any defect in the Product, please contact the Authorized Dealer!

SL23 Seated Row

Installation manual



2000 mm



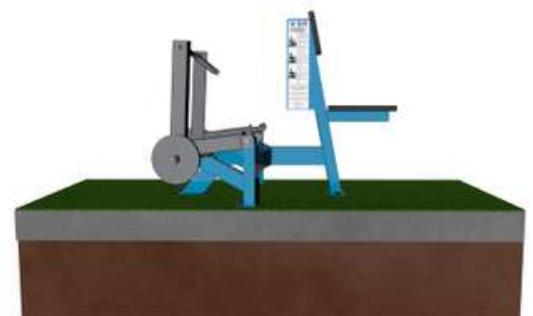
Concrete slab and positioning

Concrete slab
Length 2000 mm

Width 1200 mm

Thickness 120 mm

- Ground frost insulation
- Rebaring
- Adequate drying time must be ensured



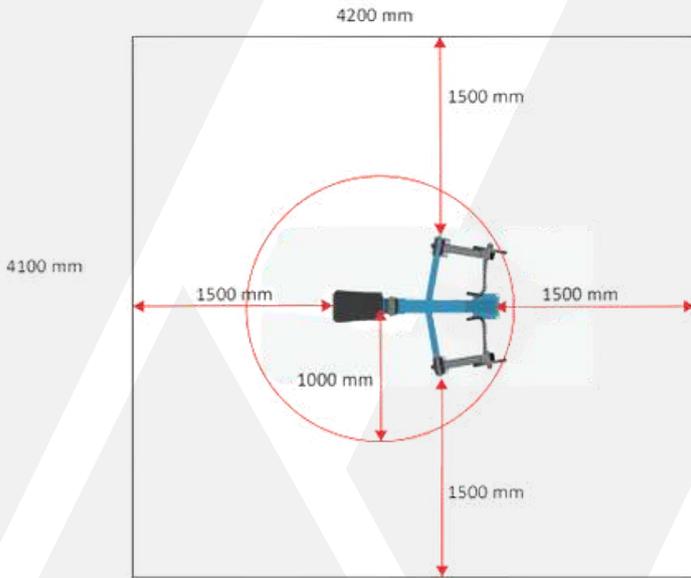
Concrete slab cast

Top surface of the concrete base must be on the ground level, max. allowed deviation = - 20 mm to compensate for the surface material thickness.

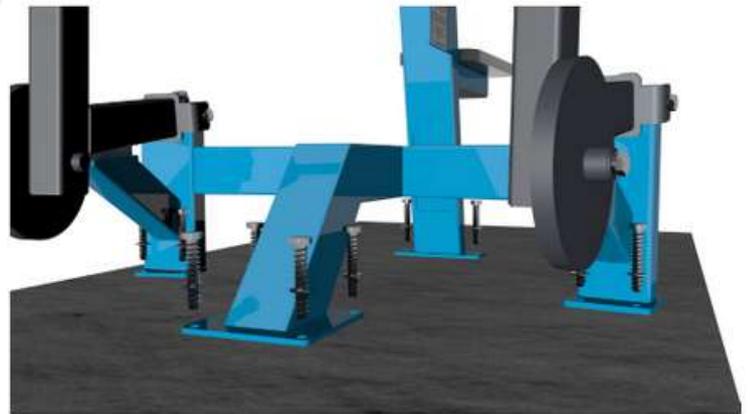
Thickness of the surface material on top of the concrete slab max. 20 mm.

SL23 Seated Row

Installation manual



User and training space requirements



Main frame

Securing the main frame

Main frame shall be positioned on the concrete slab according to the positioning diagram.

Frame must be installed in upright position.

Secure the **Main Frame** to the concrete slab with **10 x 100 mm Galvanized or Stainless Steel Concrete Screws and M10 washers.**

Tightening torque of the screws according to the manufacturers instructions.

Hardware required:

10 screws + 10 washers.

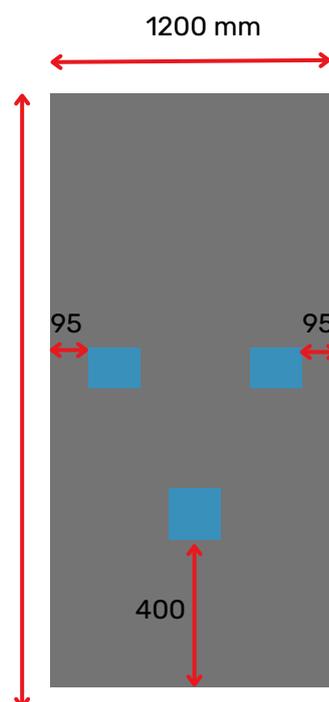
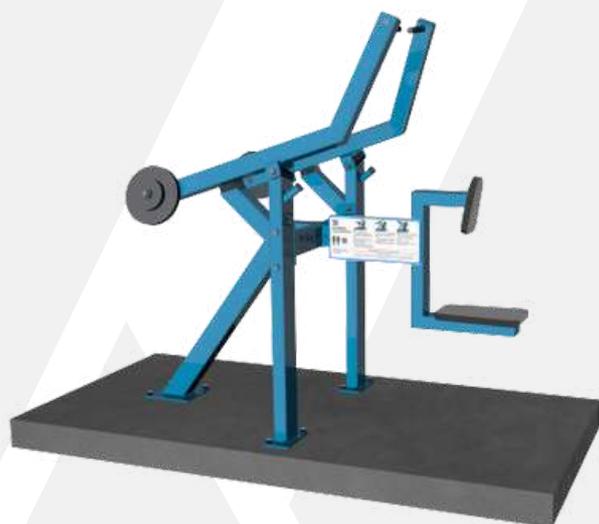
Assembly, operational and safety Inspection

- Readability and placement of the Instruction Decal
- The Main Frame securing concrete screws
- Weight Plates locking screws
- Chest support and Seat attachment screws
- Range limiter attachments
- Device operation
- Fill in and dispatch the Inspection Report

If you notice any defect in the Product, please contact the Authorized Dealer!

SL24 Lat Pulldown

Installation manual



Concrete slab and positioning

Concrete slab

Length 2500 mm

Width 1200 mm

Thickness 120 mm

- Ground frost insulation
- Rebaring
- Adequate drying time must be ensured



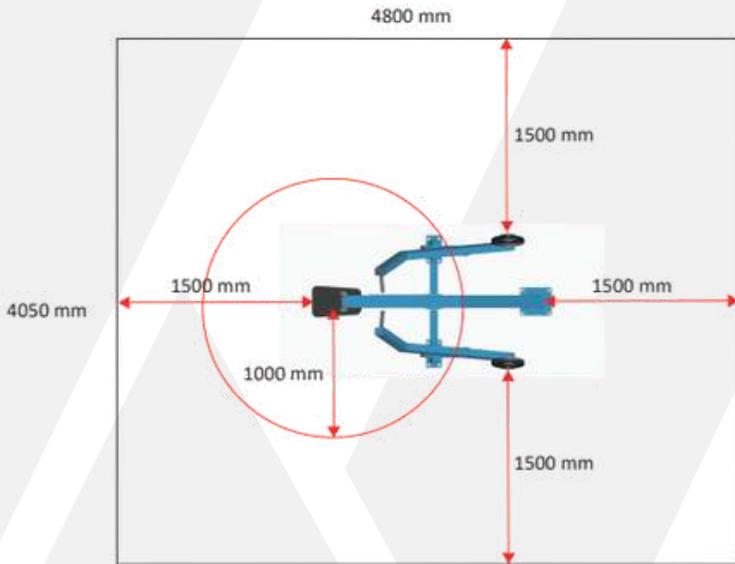
Concrete slab cast

Top surface of the concrete base must be on the ground level, max. allowed deviation = - 20 mm to compensate for the surface material thickness.

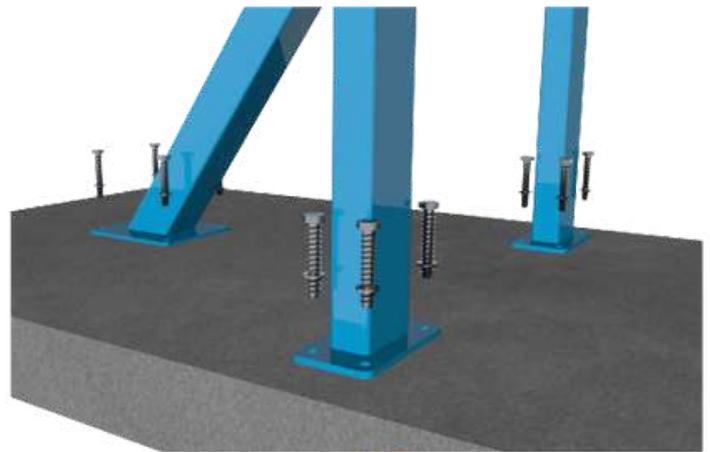
Thickness of the surface material on top of the concrete slab max. 20 mm.

SL24 Lat Pulldown

Installation manual



User and training space requirements



Main frame

Securing the main frame

Main frame shall be positioned on the concrete slab according to the positioning diagram.

Frame must be installed in upright position.

Secure the **Main Frame** to the concrete slab with **10 x 100 mm Galvanized or Stainless Steel Concrete Screws and M10 washers.**

Tightening torque of the screws according to the manufacturers instructions.

Hardware required:

12 screws + 12 washers.

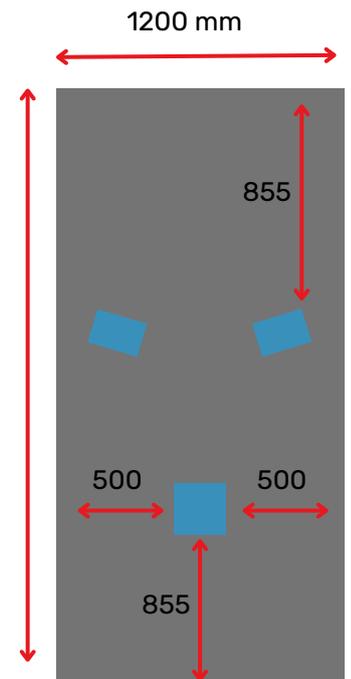
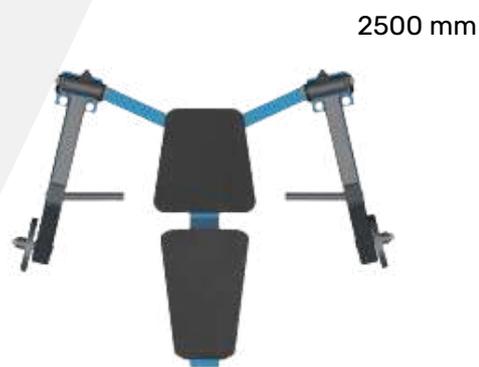
Assembly, operational and safety Inspection

- Readability and placement of the Instruction Decal
- The Main Frame securing concrete screws
- Weight Plates locking screws
- Chest Support and Seat attachment screws
- Range limiter attachments
- Device operation
- Fill in and dispatch the Inspection Report

If you notice any defect in the Product, please contact the Authorized Dealer!

SL30 Bench Press

Installation manual



Concrete slab and positioning

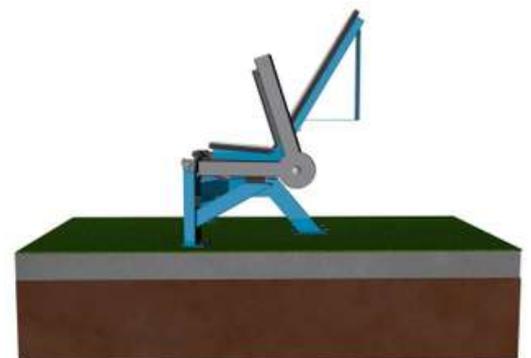
Concrete slab

Length 2500 mm

Width 1200 mm

Thickness 120 mm

- Ground frost insulation
- Rebaring
- Adequate drying time must be ensured



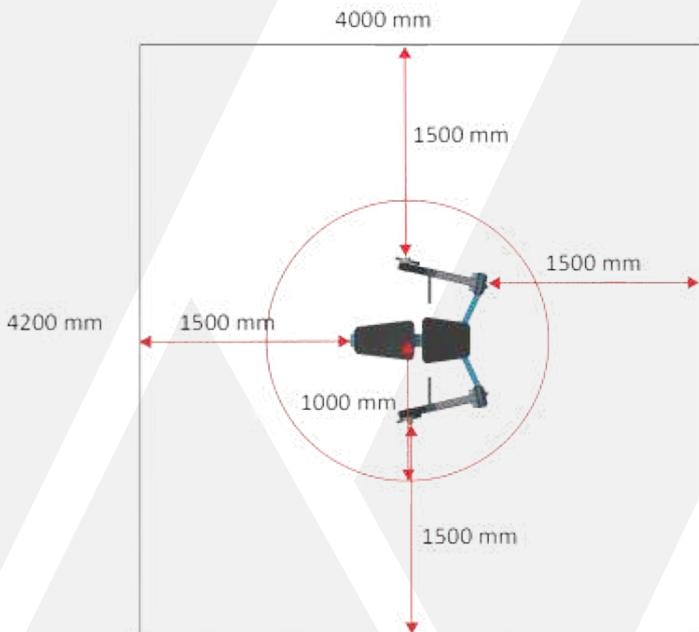
Concrete slab cast

Top surface of the concrete base must be on the ground level, max. allowed deviation = - 20 mm to compensate for the surface material thickness.

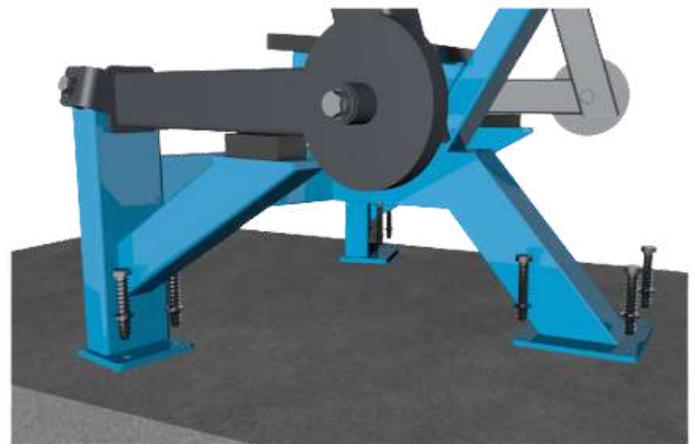
Thickness of the surface material on top of the concrete slab max. 20 mm.

SL30 Bench Press

Installation manual



User and training space requirements



Main frame

Securing the main frame

Main frame shall be positioned on the concrete slab according to the positioning diagram.

Frame must be installed in upright position.

Secure the **Main Frame** to the concrete slab with **10 x 100 mm Galvanized or Stainless Steel Concrete Screws and M10 washers.**

Tightening torque of the screws according to the manufacturers instructions.

Hardware required:

8 screws + 8 washers.

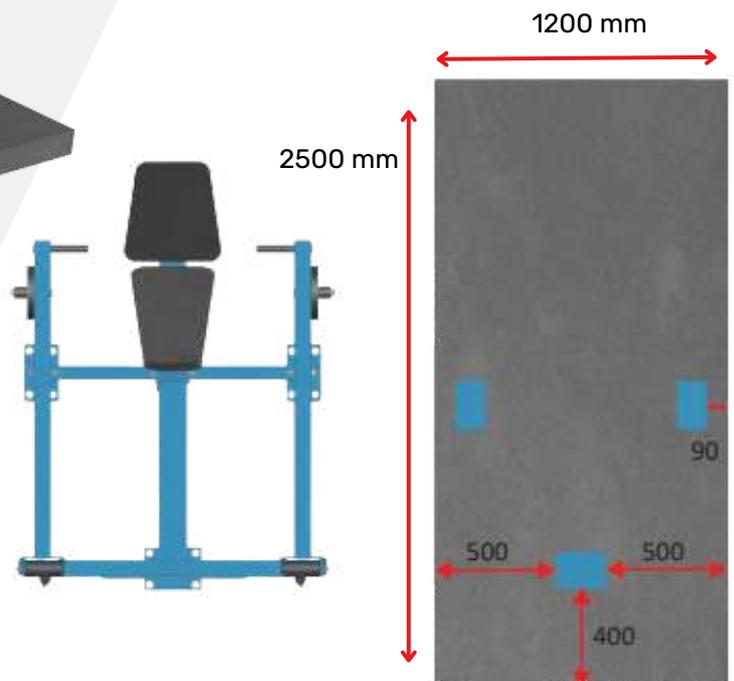
Assembly, operational and safety Inspection

- Readability and placement of the Instruction Decal
- The Main Frame securing concrete screws
- Weight Plates locking screws
- Back Support and Seat attachment screws
- Range limiter attachments
- Device operation
- Fill in and dispatch the Inspection Report

If you notice any defect in the Product, please contact the Authorized Dealer!

SL41 Shoulder Press

Installation manual



Concrete slab and positioning

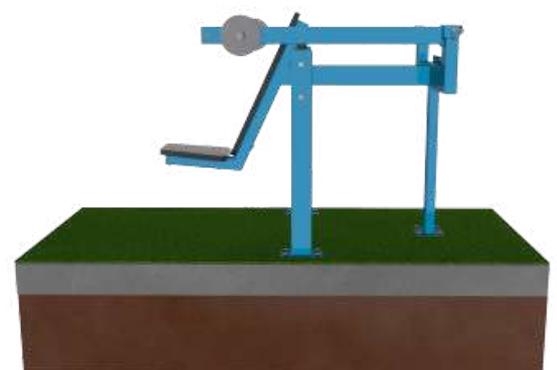
Concrete slab

Length 2500 mm

Width 1200 mm

Thickness 120 mm

- Ground frost insulation
- Rebaring
- Adequate drying time must be ensured



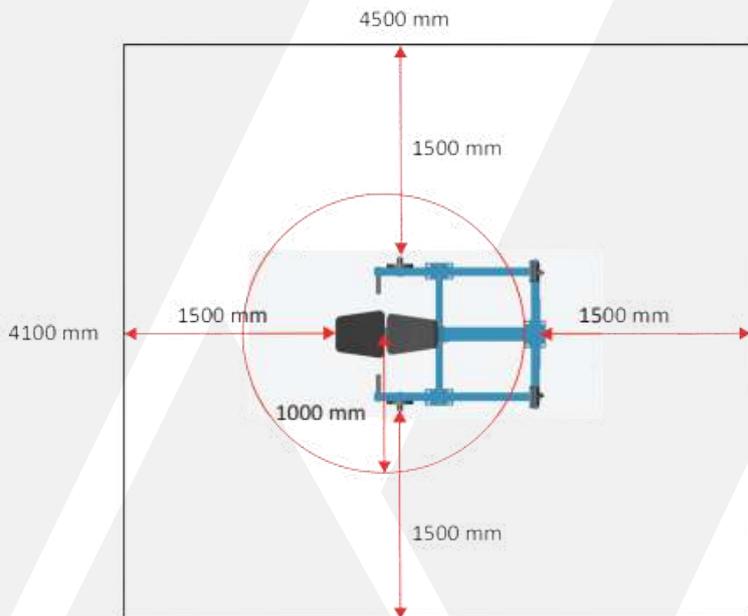
Concrete slab cast

Top surface of the concrete base must be on the ground level, max. allowed deviation = - 20 mm to compensate for the surface material thickness.

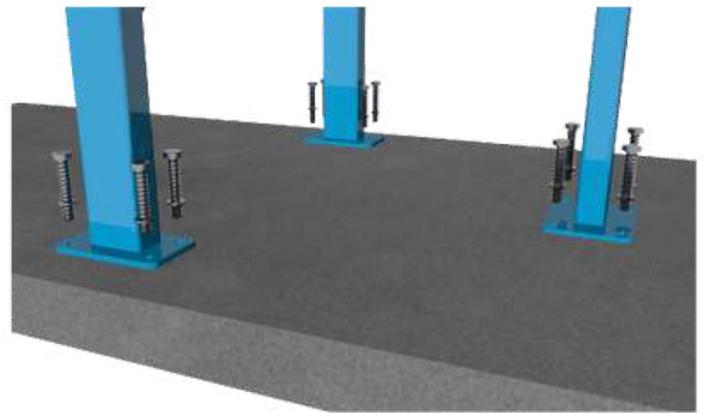
Thickness of the surface material on top of the concrete slab max. 20 mm.

SL41 Shoulder Press

Installation manual



User and training space requirements



Main frame

Securing the main frame

Main frame shall be positioned on the concrete slab according to the positioning diagram.

Frame must be installed in upright position.

Secure the **Main Frame** to the concrete slab with **10 x 100 mm Galvanized or Stainless Steel Concrete Screws and M10 washers.**

Tightening torque of the screws according to the manufacturers instructions.

Hardware required:

12 screws + 12 washers.

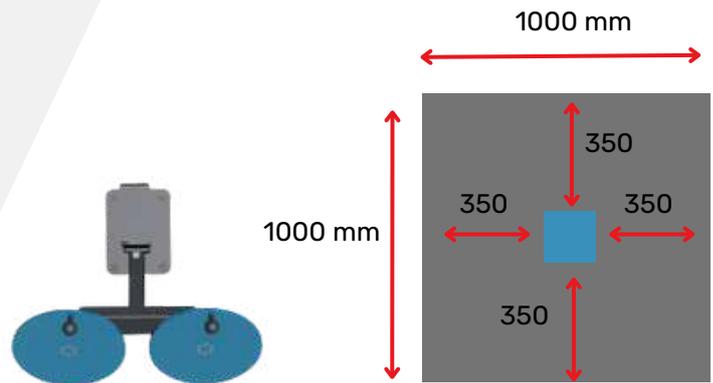
Assembly, operational and safety Inspection

- Readability and placement of the Instruction Decal
- The Main Frame securing concrete screws
- Weight Plates locking screws
- Back Support and Seat attachment screws
- Range limiter attachments
- Device operation
- Fill in and dispatch the Inspection Report

If you notice any defect in the Product, please contact the Authorized Dealer!

SL64 Handwheel

Installation manual



Concrete slab and positioning

Concrete slab

Length 1000 mm

Width 1000 mm

Thickness 120 mm

- Ground frost insulation
- Rebaring
- Adequate drying time must be ensured



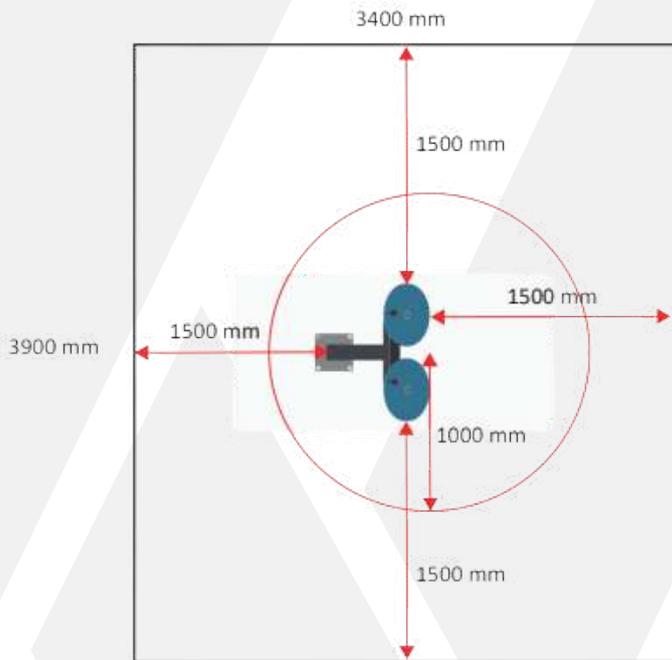
Concrete slab cast

Top surface of the concrete base must be on the ground level, max. allowed deviation = - 20 mm to compensate for the surface material thickness.

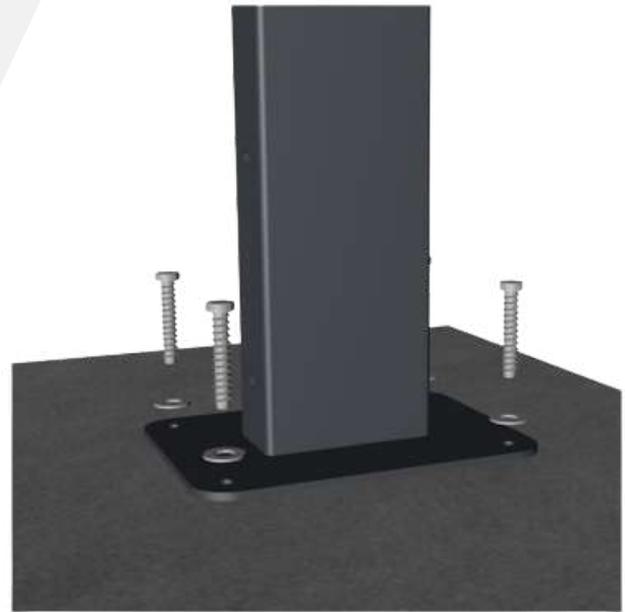
Thickness of the surface material on top of the concrete slab max. 20 mm.

SL64 Handwheel

Installation manual



User and training space requirements



Main frame

Securing the main frame

The Mounting Post shall be positioned on the concrete slab according to the Positioning Diagram.

The Post must be in upright position.

The Mounting Post must be secured with **10 x 100 mm Galvanized or Stainless Steel Concrete Screws and with M10 washers.**

Tightening torque of the screws according to the manufacturers instructions.

Hardware required:
4 screws + 4 washers.

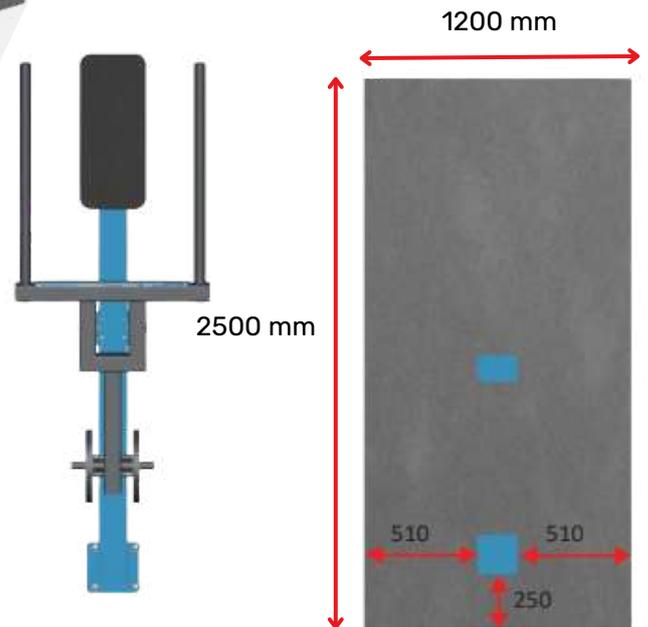
Assembly, operational and safety Inspection

- Readability and placement of the Instruction Decal
- The Main Frame securing concrete screws
- Handwheel attachment screws
- Device operation
- Fill in and dispatch the Inspection Report

If you notice any defect in the Product, please contact the Authorized Dealer!

SL81 Dip machine

Installation manual



Concrete slab and positioning

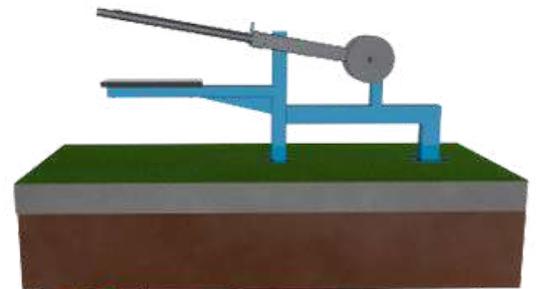
Concrete slab

Length 2500 mm

Width 1200 mm

Thickness 120 mm

- Ground frost insulation
- Rebaring
- Adequate drying time must be ensured



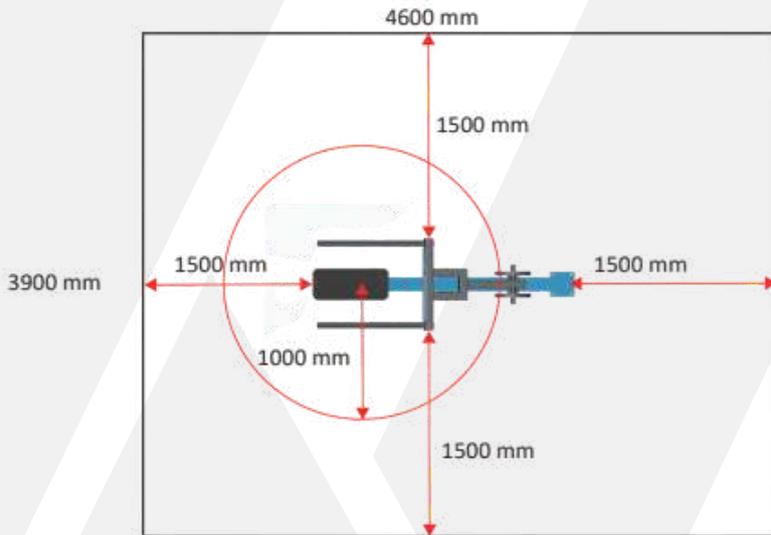
Concrete slab cast

Top surface of the concrete base must be on the ground level, max. allowed deviation = - 20 mm to compensate for the surface material thickness.

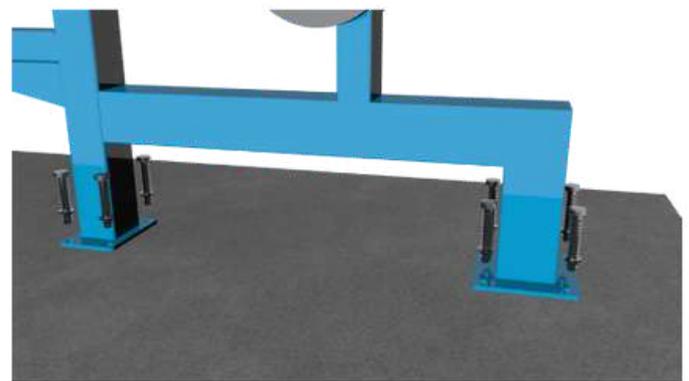
Thickness of the surface material on top of the concrete slab max. 20 mm.

SL81 Dip machine

Installation manual



User and training space requirements



Main frame

Securing the main frame

Main frame shall be positioned on the concrete slab according to the positioning diagram.

Frame must be installed in upright position.

Secure the **Main Frame** to the concrete slab with **10 x 100 mm Galvanized or Stainless Steel Concrete Screws and M10 washers.**

Tightening torque of the screws according to the manufacturers instructions.

Hardware required:
8 screws + 8 washers.

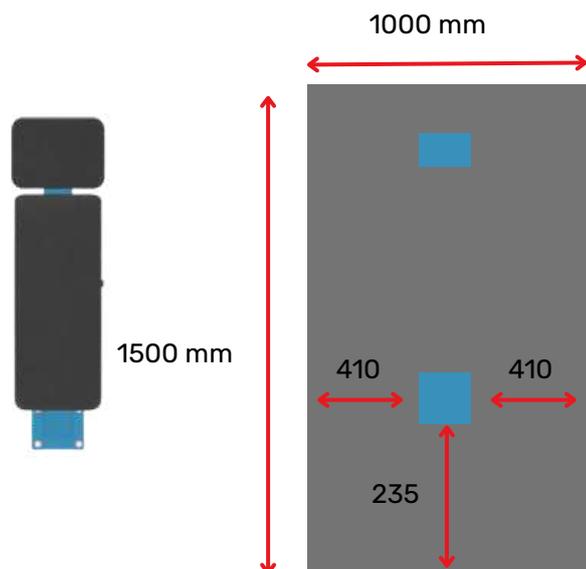
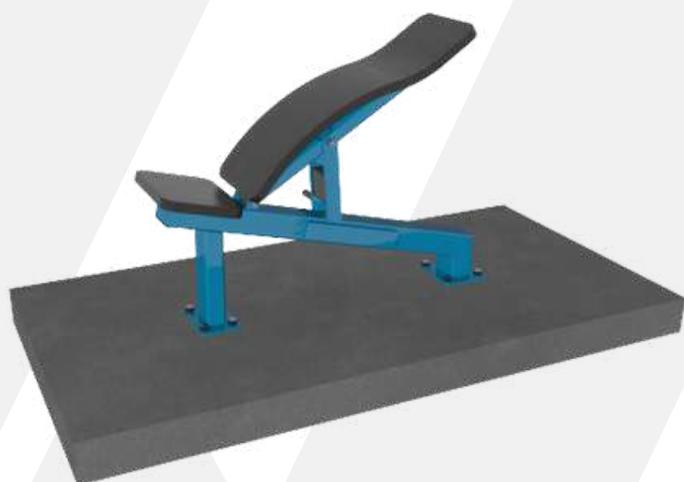
Assembly, operational and safety Inspection

- Readability and placement of the Instruction Decal
- The Main Frame securing concrete screws
- Weight Plates locking screws
- Seat attachment screws
- Range limiter attachments
- Device operation
- Fill in and dispatch the Inspection Report

If you notice any defect in the Product, please contact the Authorized Dealer!

SL90 Abdominal Bench

Installation manual



Concrete slab and positioning

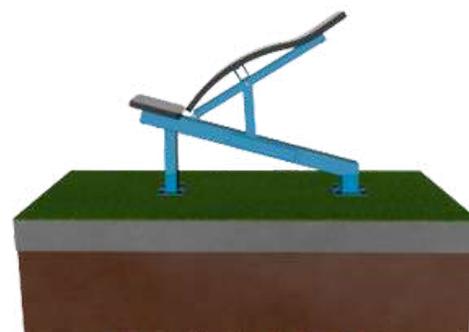
Concrete slab

Length 1500 mm

Width 1000 mm

Thickness 120 mm

- Ground frost insulation
- Rebaring
- Adequate drying time must be ensured



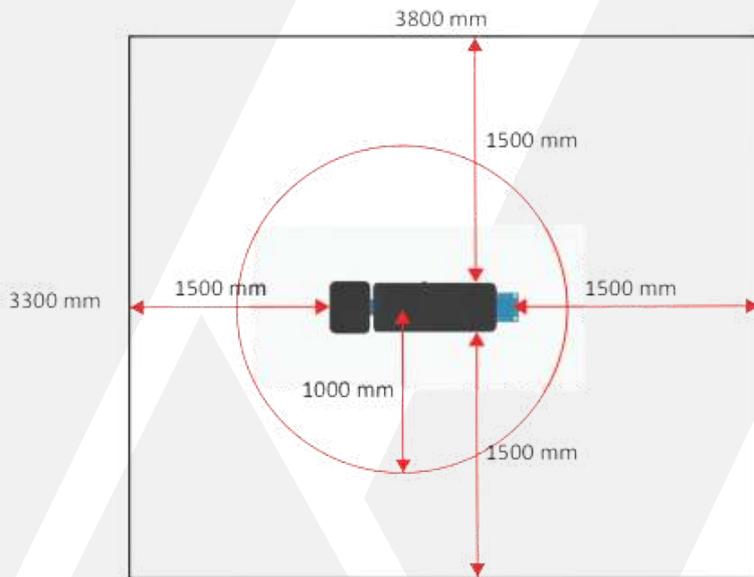
Concrete slab cast

Top surface of the concrete base must be on the ground level, max. allowed deviation = - 20 mm to compensate for the surface material thickness.

Thickness of the surface material on top of the concrete slab max. 20 mm.

SL90 Abdominal Bench

Installation manual



User and training space requirements



Main frame

Securing the main frame

Main frame shall be positioned on the concrete slab according to the positioning diagram.

Frame must be installed in upright position.

Secure the **Main Frame** to the concrete slab with **10 x 100 mm Galvanized or Stainless Steel Concrete Screws and M10 washers.**

Tightening torque of the screws according to the manufacturers instructions.

Hardware required:
8 screws + 8 washers.

Assembly, operational and safety Inspection

- Readability and placement of the Instruction Decal
- The Main Frame securing concrete screws
- Back Support Frame attachment screws
- Adjustment Ladder attachment screws
- Seat and Back Support attachment screws
- Device operation
- Fill in and dispatch the Inspection Report

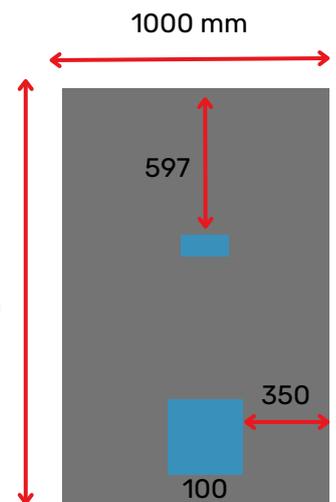
If you notice any defect in the Product, please contact the Authorized Dealer!

SL93 Rotary Torso

Installation manual



1500 mm



Concrete slab and positioning

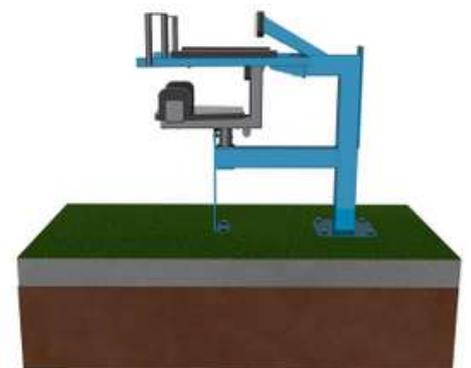
Concrete slab

Length 1500 mm

Width 1000 mm

Thickness 120 mm

- Ground frost insulation
- Rebaring
- Adequate drying time must be ensured



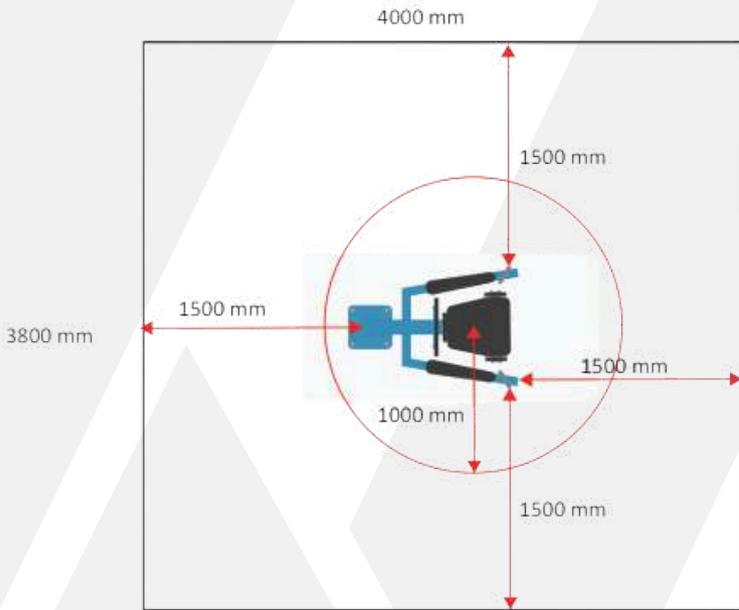
Concrete slab cast

Top surface of the concrete base must be on the ground level, max. allowed deviation = - 20 mm to compensate for the surface material thickness.

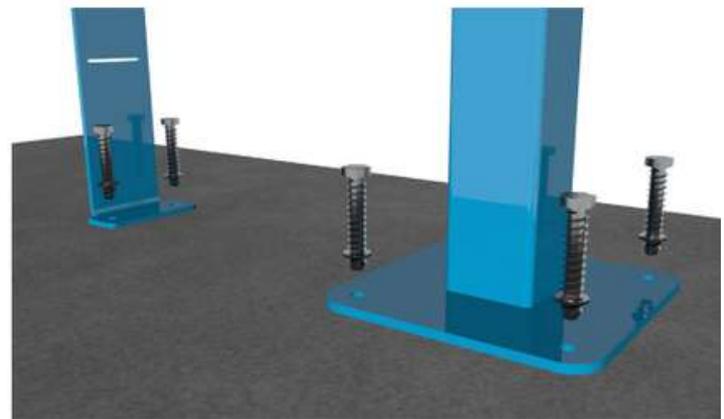
Thickness of the surface material on top of the concrete slab max. 20 mm.

SL93 Rotary Torso

Installation manual



User and training space requirements



Main frame

Securing the main frame

Main frame shall be positioned on the concrete slab according to the positioning diagram.

Frame must be installed in upright position.

Secure the **Main Frame** to the concrete slab with **10 x 100 mm Galvanized or Stainless Steel Concrete Screws and M10 washers.**

Tightening torque of the screws according to the manufacturers instructions.

Hardware required:
6 screws + 6 washers.

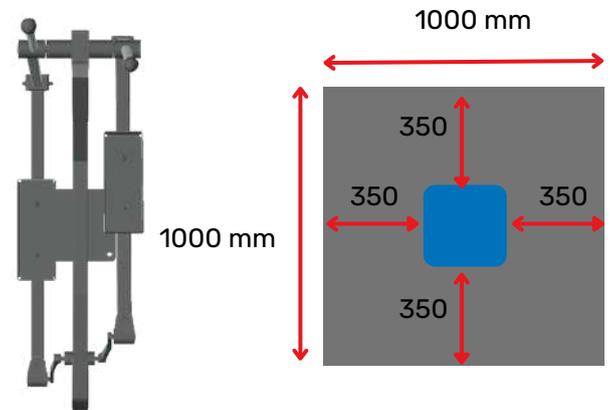
Assembly, operational and safety Inspection

- Readability and placement of the Instruction Decal
- The Main Frame securing concrete screws
- Seat, Lower Back and Thigh Support attachment screws
- Forearm and Upper Back Support attachment screws
- Range limiter attachments
- Device operation
- Fill in and dispatch the Inspection Report

If you notice any defect in the Product, please contact the Authorized Dealer!

SL130 Crosstrainer

Installation manual



Concrete slab and positioning

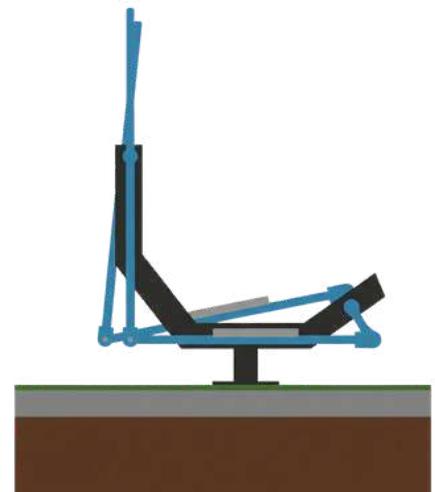
Concrete slab

Length 1000 mm

Width 1000 mm

Thickness 120 mm

- Ground frost insulation
- Rebaring
- Adequate drying time must be ensured



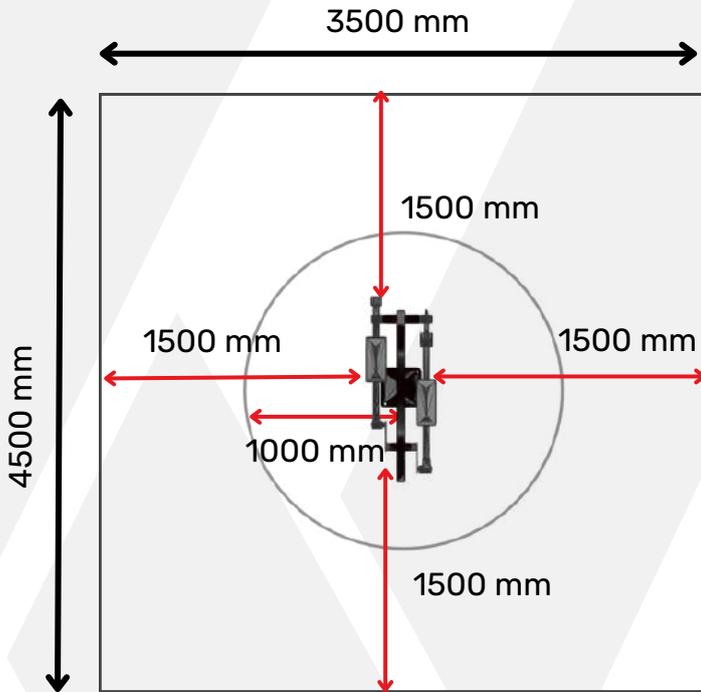
Concrete slab cast

Top surface of the concrete base must be on the ground level, max. allowed deviation = - 20 mm to compensate for the surface material thickness.

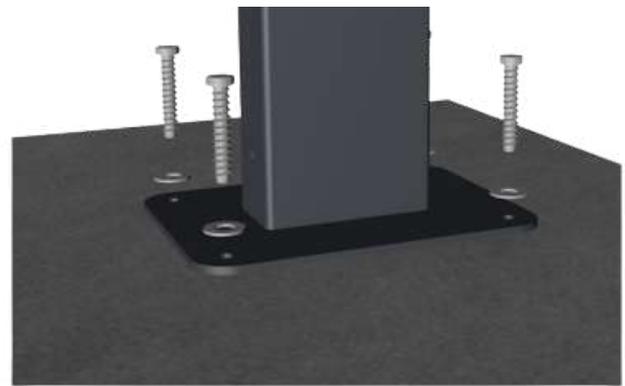
Thickness of the surface material on top of the concrete slab max. 20 mm.

SL130 Crosstrainer

Installation manual



User and training space requirements



Main frame

Securing the main frame

Main frame shall be positioned on the concrete slab according to the positioning diagram.

Frame must be installed in upright position.

Secure the **Main Frame** to the concrete slab with **10 x 100 mm Galvanized or Stainless Steel Concrete Screws and M10 washers.**

Tightening torque of the screws according to the manufacturers instructions.

Hardware required:

4 screws + 4 washers.

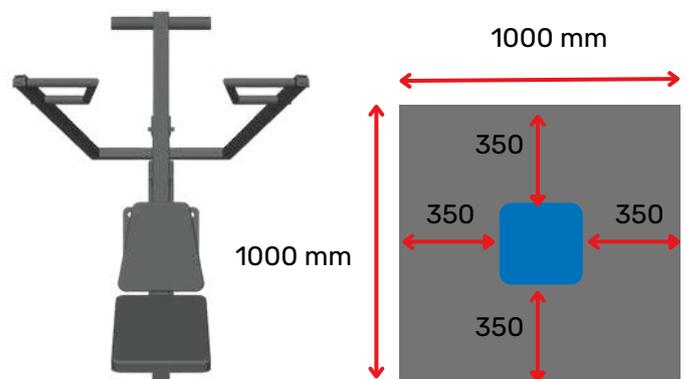
Assembly, operational and safety Inspection

- Readability and placement of the Instruction Decal
- The Main Frame securing concrete screws
- Device operation
- Fill in and dispatch the Inspection Report

If you notice any defect in the Product, please contact the Authorized Dealer!

SL230 Rower

Installation manual



Concrete slab and positioning

Concrete slab

Length 1000 mm

Width 1000 mm

Thickness 120 mm

- Ground frost insulation
- Rebaring
- Adequate drying time must be ensured



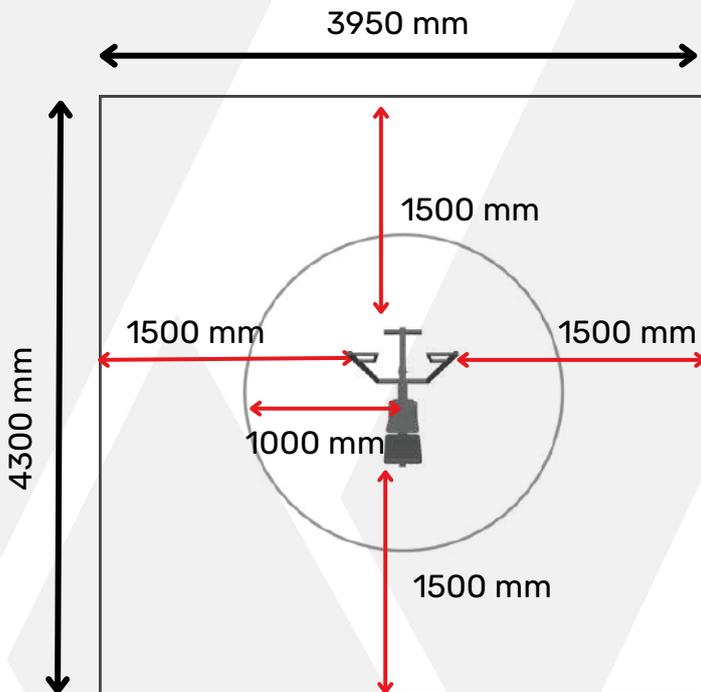
Concrete slab cast

Top surface of the concrete base must be on the ground level, max. allowed deviation = - 20 mm to compensate for the surface material thickness.

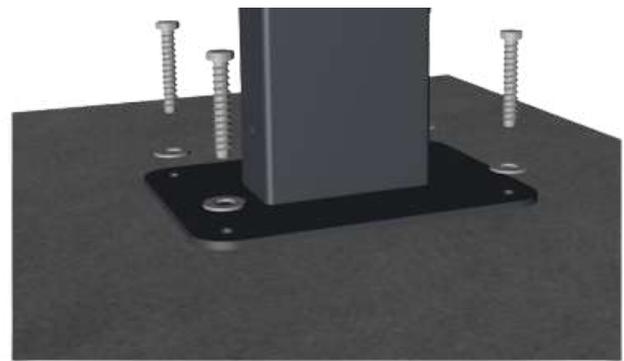
Thickness of the surface material on top of the concrete slab max. 20 mm.

SL230 Rower

Installation manual



User and training space requirements



Main frame

Securing the main frame

Main frame shall be positioned on the concrete slab according to the positioning diagram.

Frame must be installed in upright position.

Secure the **Main Frame** to the concrete slab with **10 x 100 mm Galvanized or Stainless Steel Concrete Screws and M10 washers.**

Tightening torque of the screws according to the manufacturers instructions.

Hardware required:

4 screws + 4 washers.

Assembly, operational and safety Inspection

- Readability and placement of the Instruction Decal
- The Main Frame securing concrete screws
- Back Support and Seat attachment screws
- Device operation
- Fill in and dispatch the Inspection Report

If you notice any defect in the Product, please contact the Authorized Dealer!