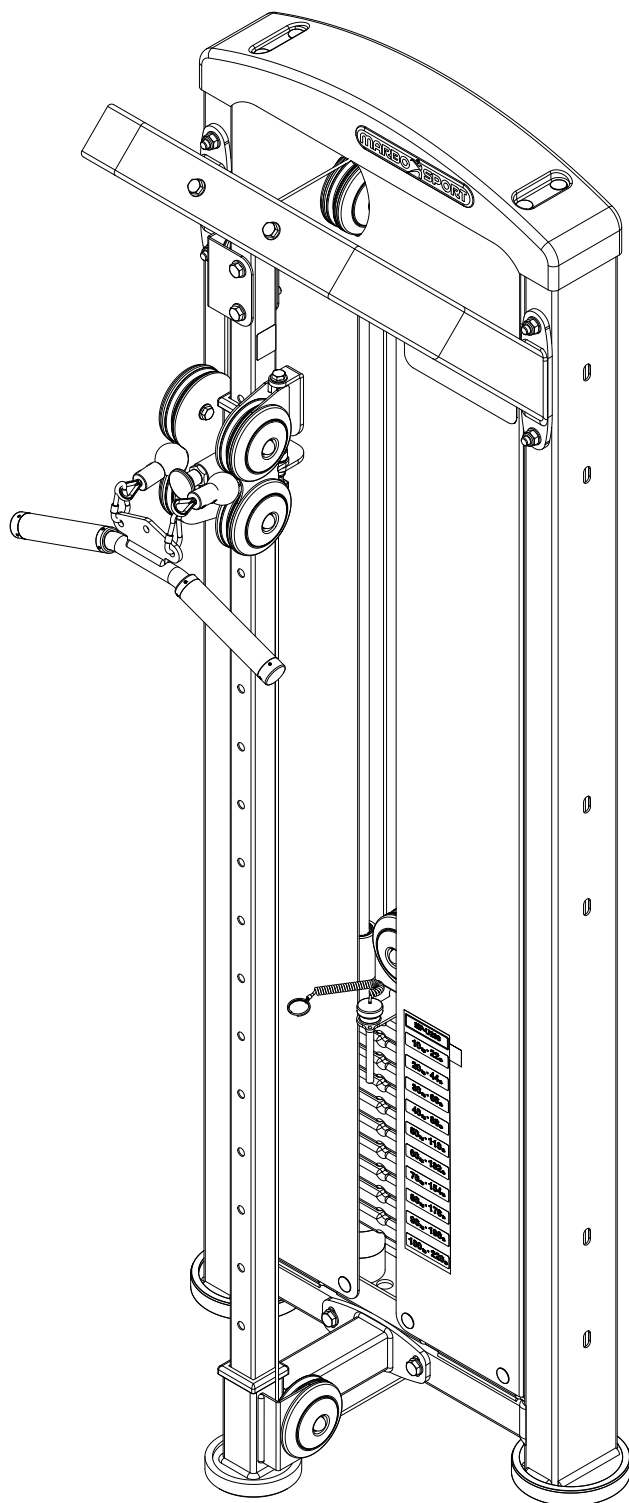


INSTRUKCJA MONTAŻU

ASSEMBLY INSTRUCTION

TRICEPS BICEPS MP-U230



MARBO  **SPORT**

PROFESSIONAL FITNESS EQUIPMENT

www.marbo-sport.pl

PRZED MONTAŻEM

- ▶ Przeczytaj to zanim rozpoczniesz montaż urządzenia
- ▶ Podczas montażu, podążaj zgodnie z instrukcją
- ▶ Montaż rozpocznij od pierwszego kroku kończąc na ostatnim.
- ▶ Instrukcja montażu podzielona jest na etapy (kroki), wykonuj jeden etap na raz, dopiero po jego ukończeniu, przejdź do następnego kroku.
- ▶ Jeśli podczas montażu zorientujesz się, że brakuje którejś części, poinformuj nas o tym podając jej numer.
- ▶ Aby ułatwić montaż, zastosowaliśmy w instrukcji linie montażowe.
- ▶ Urządzenie musi być sprawdzane co najmniej raz w tygodniu pod względem poziomu dokręcenia śrub, nakrętek i elementów tapicerowanych które mogą się luzować podczas użytkowania urządzenia, a także pod względem zużycia elementów obrotowych

BEFORE ASSEMBLY

- ▶ This must be read before you start assembling this unit.
- ▶ You must follow the assembly instructions exactly as outlined.
- ▶ Assemble this unit starting at the beginning and work to the end
- ▶ The assembly instructions are set out so that you are only doing one section at a time, therefore you will finish one section and move on to the next.
- ▶ If something is missing when assembling this unit, you must notify us of the part number of the exact nut, bolt or part that is missing.
- ▶ To help you assemble this unit we have used line drawings.
- ▶ Check the line drawings for the exact positioning of the parts.
- ▶ The unit will need to be checked at least once a week for nuts and bolts that can work loose, upholstered pieces working loose and wear on pivot assemblies.

POTRZEBNE NARZĘDZIA / TOOLS NEEDED

MŁOTEK GUMOWY
RUBBER HAMMER



KLUCZ OCZKOWY
KEY FLAT EYE
27 / 19x2 / 17x2 / 10



KLUCZ IMBUSOWY
HEX KEY
8 / 6 / 5



KLUCZ PNEUMATYCZNY
IMPACT WRENCHES



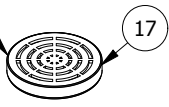
NASADKA DO KLUCZA
IMPACT SOCKETS
17 / 19



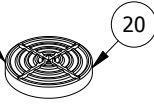
STRONA (PAGE)	SPIS TREŚCI (TABLE OF CONTENTS)
4	Montaż podstawy i ramy stosu (Base and stack frame assembly)
5	Montaż belki pośredniej (Intermediate beam assembly)
6	Montaż sztab w ramie stosu (Plates in the stack frame assembly)
7	Informacja o tulejach (Information on sleeves)
8	Montaż rolek (Rolls assembly)
9	Montaż rolek (Rolls assembly)
10	Montaż uchwytu rolek (Rolls handle assembly)
11	Montaż uchwytu rolek (Rolls handle assembly)
12	Montaż suwadła (Fastener assembly)
13	Montaż belki suwadła (Fastener beam assembly)
14	Montaż linki (Cable assembly)
15	Montaż obudowy (Housing assembly)
16	Montaż drążka podwójnego (Double rod assembly)
17	Naklejanie naklejek Sticking stickers
18	Lista części Partis list
19	Lista części Partis list

KROK 1 / STEP 1

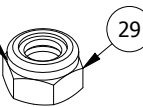
Guma
(Rubber)
10xD150
x2



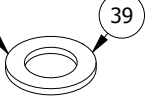
Guma
(Rubber)
8xD115
x1



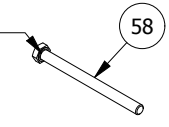
Nakrętka samokontrująca
(Self-Locking Nut)
M12
x2



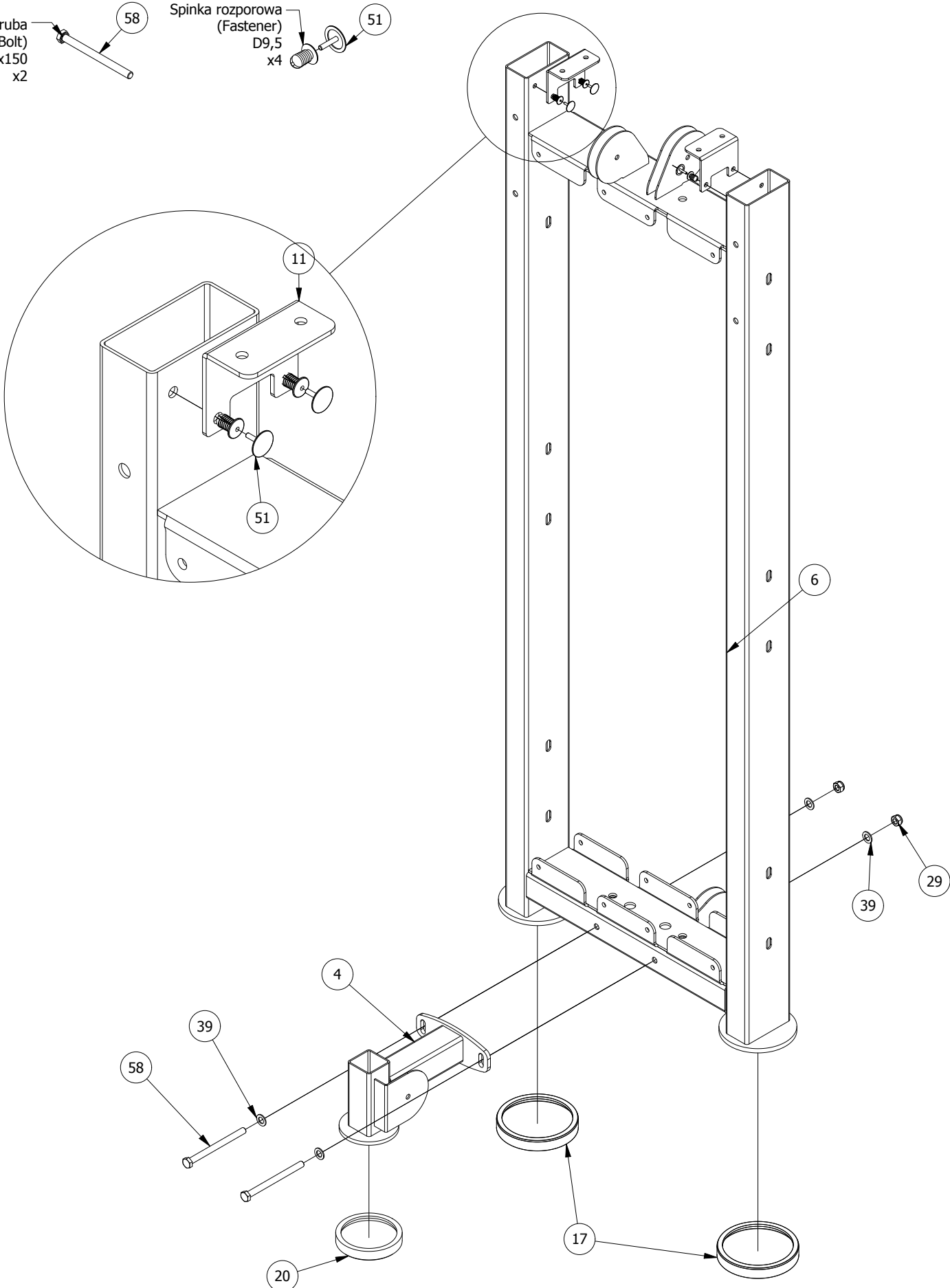
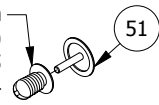
Podkładka
(Washer)
D12
x4



Śruba
(HEX Bolt)
HEX M12x150
x2

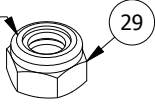


Spinka rozporowa
(Fastener)
D9,5
x4

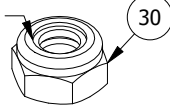


KROK 2 / STEP 2

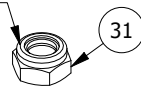
Nakrętka samokontrująca
(Self-Locking Nut)
M12
x4



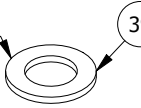
Nakrętka samokontrująca
(Safety nut)
M10
x1



Nakrętka samokontrująca
(Safety nut)
M6
x1



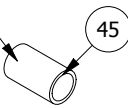
Podkładka
(Washer)
D12
x8



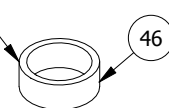
Rolka
(Roll)
D110
x1



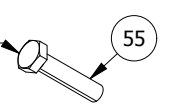
Rura
(Tube)
D10x1x17
x1



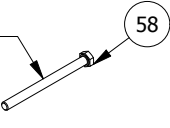
Rura
(Tube)
D16x1,5x6
x2



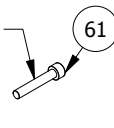
Śruba
(HEX Bolt)
HEX M10x45
x1



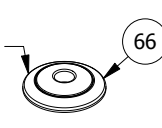
Śruba
(HEX Bolt)
HEX M12x150
x4



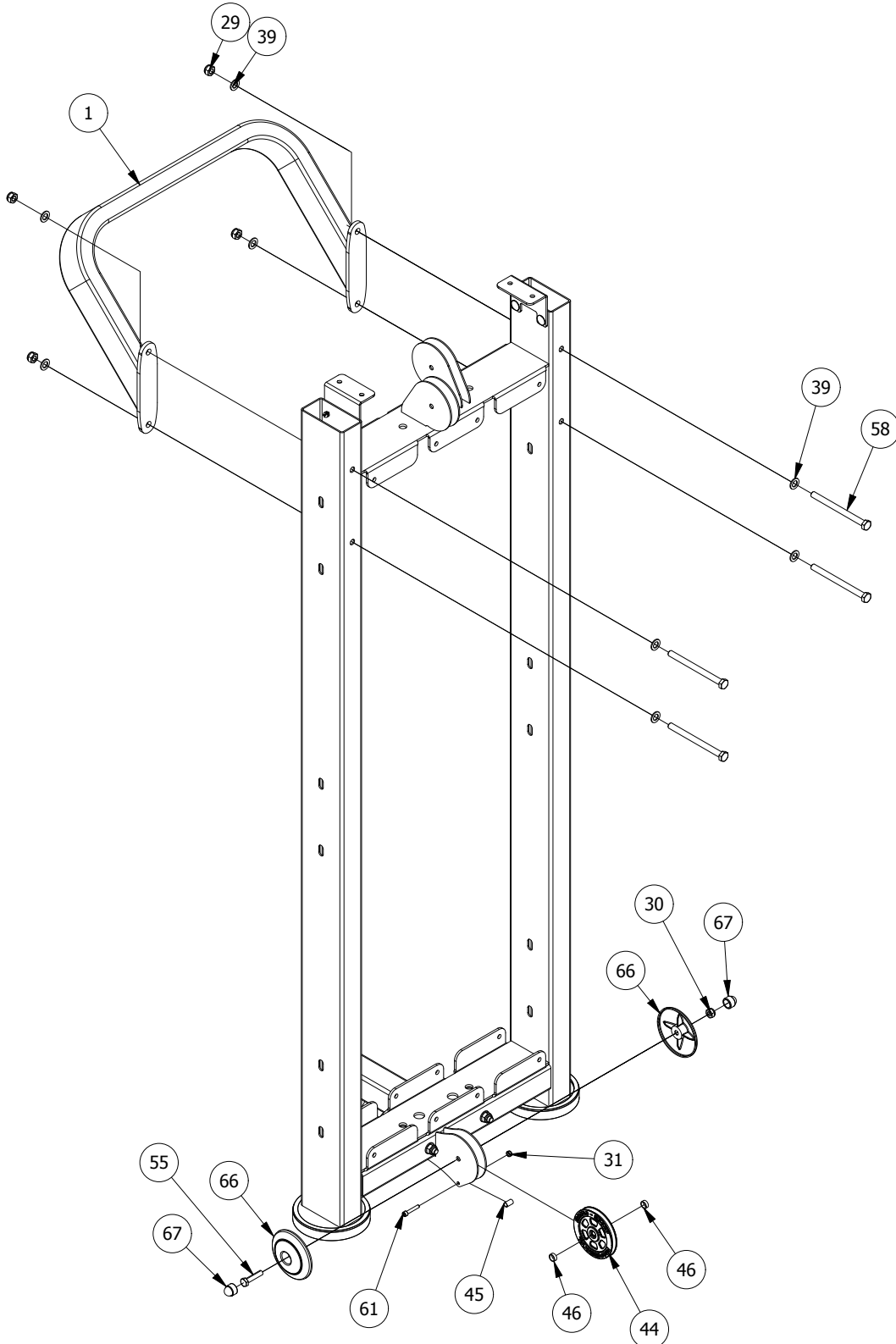
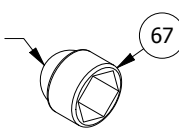
Śruba
(HEX Bolt)
IMB M6x35
x1



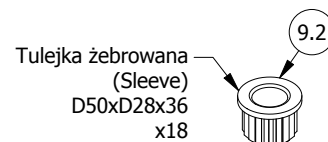
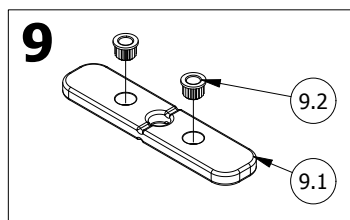
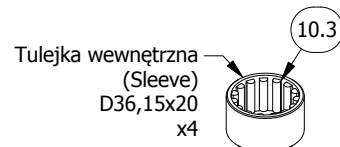
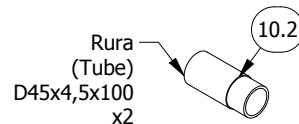
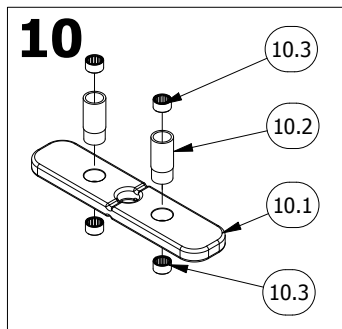
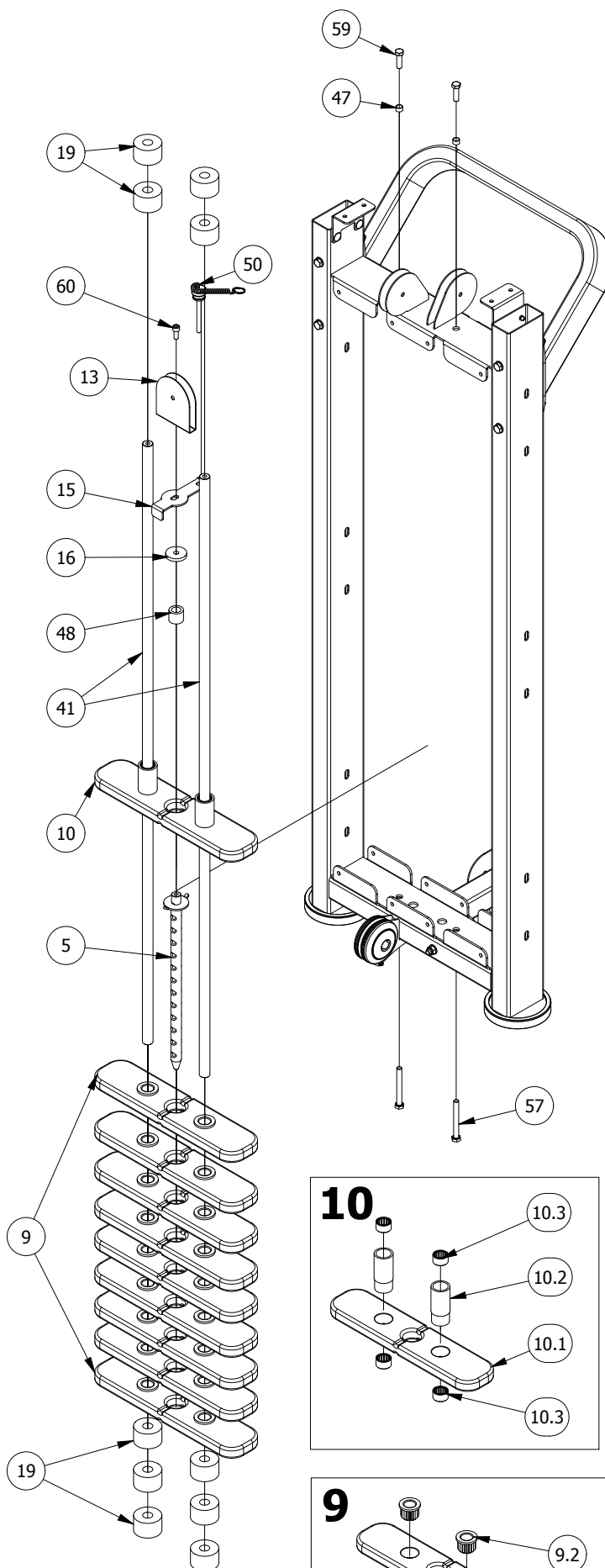
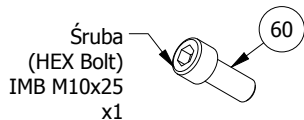
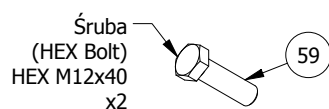
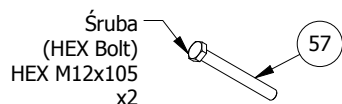
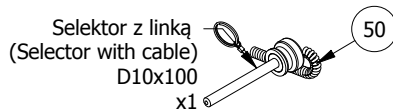
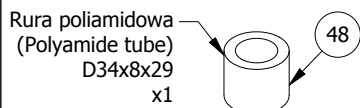
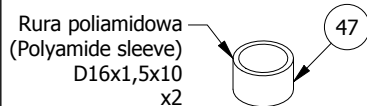
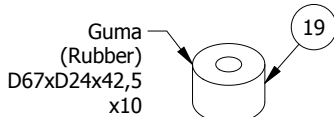
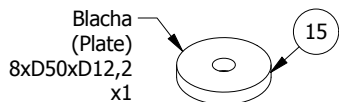
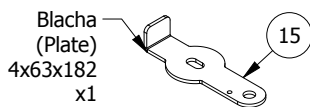
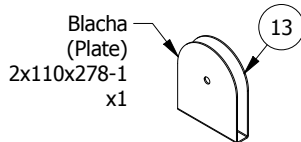
Zaślepka
(Endcap)
D110x20
x2



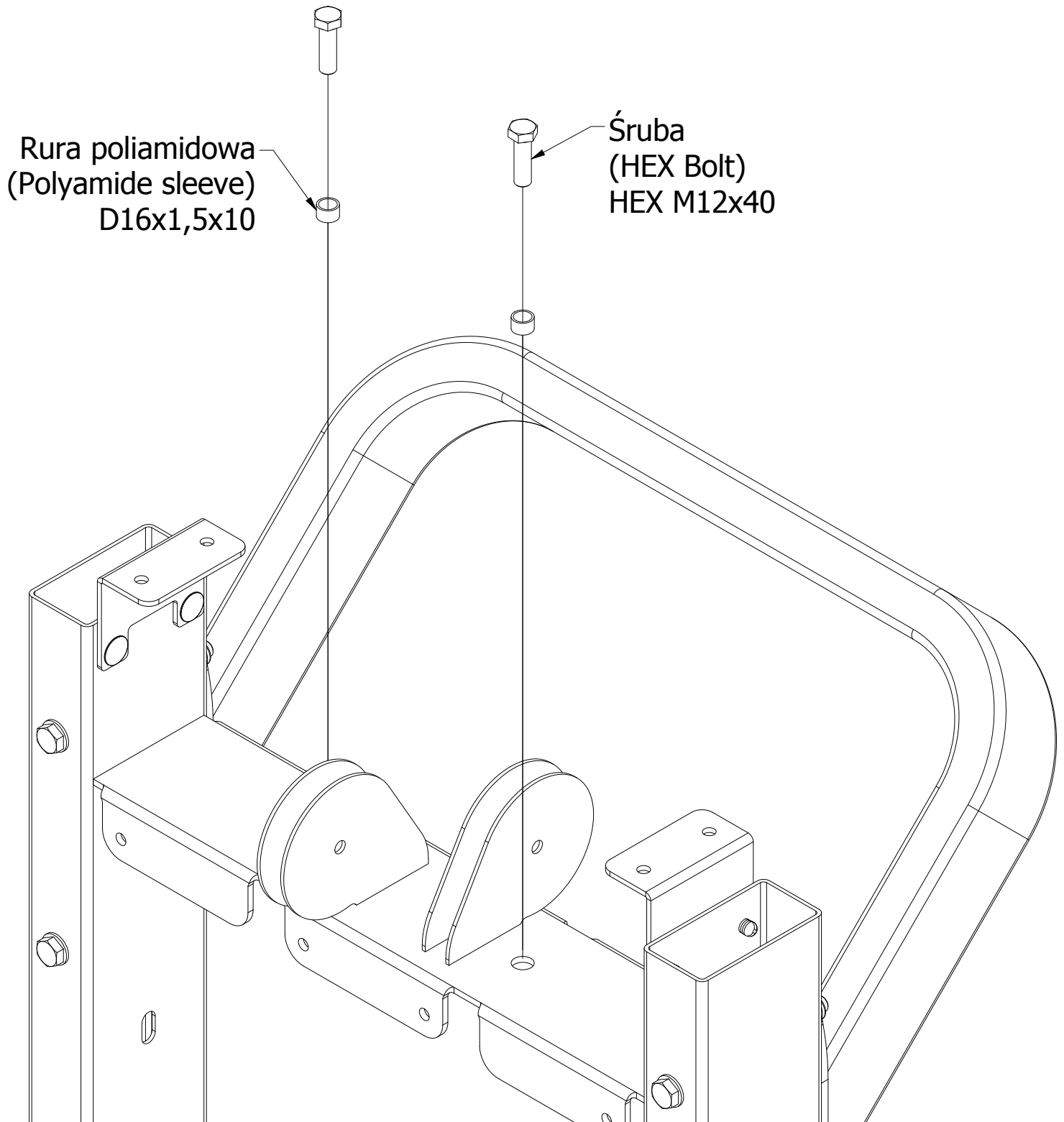
Zaślepka
(Endcap)
M10
x2



KROK 3 / STEP 3

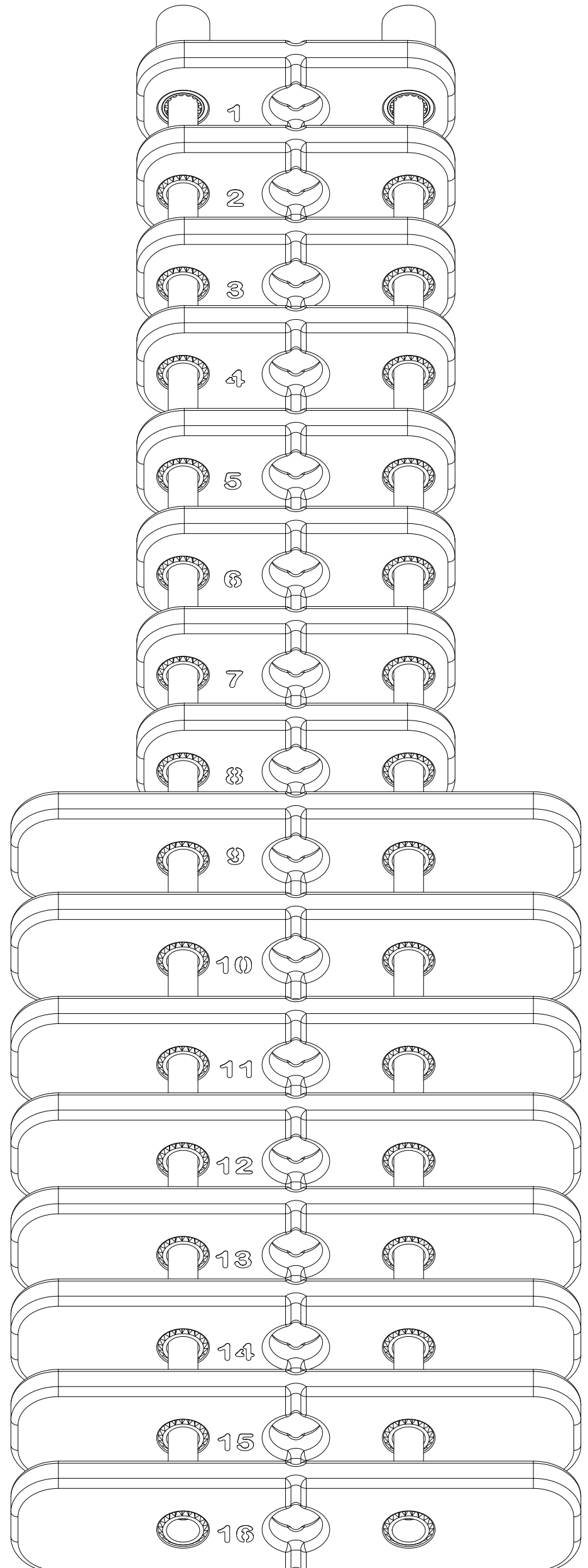
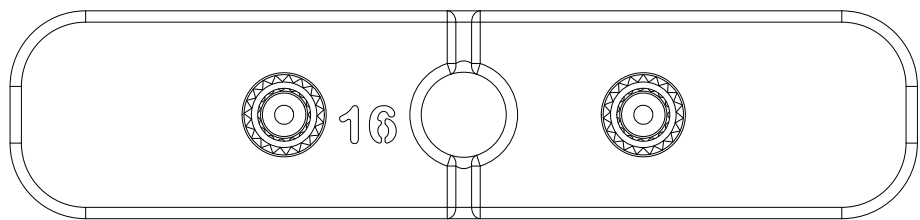


UWAGA !!!
PAMIĘTAJ O TULEJACH
ATTENTION !!!
REMEMBER ABOUT SLEEVES



UWAGA!

Przy demontażu pamiętaj
o ponumerowaniu sztab białym markerem na ich spodzie



KROK 4 / STEP 4

Nakrętka samokontrująca
(Safety nut)
M10
x2

Podkładka
(Washer)
D10
x1

Rolka
(Roll)
D110
x2

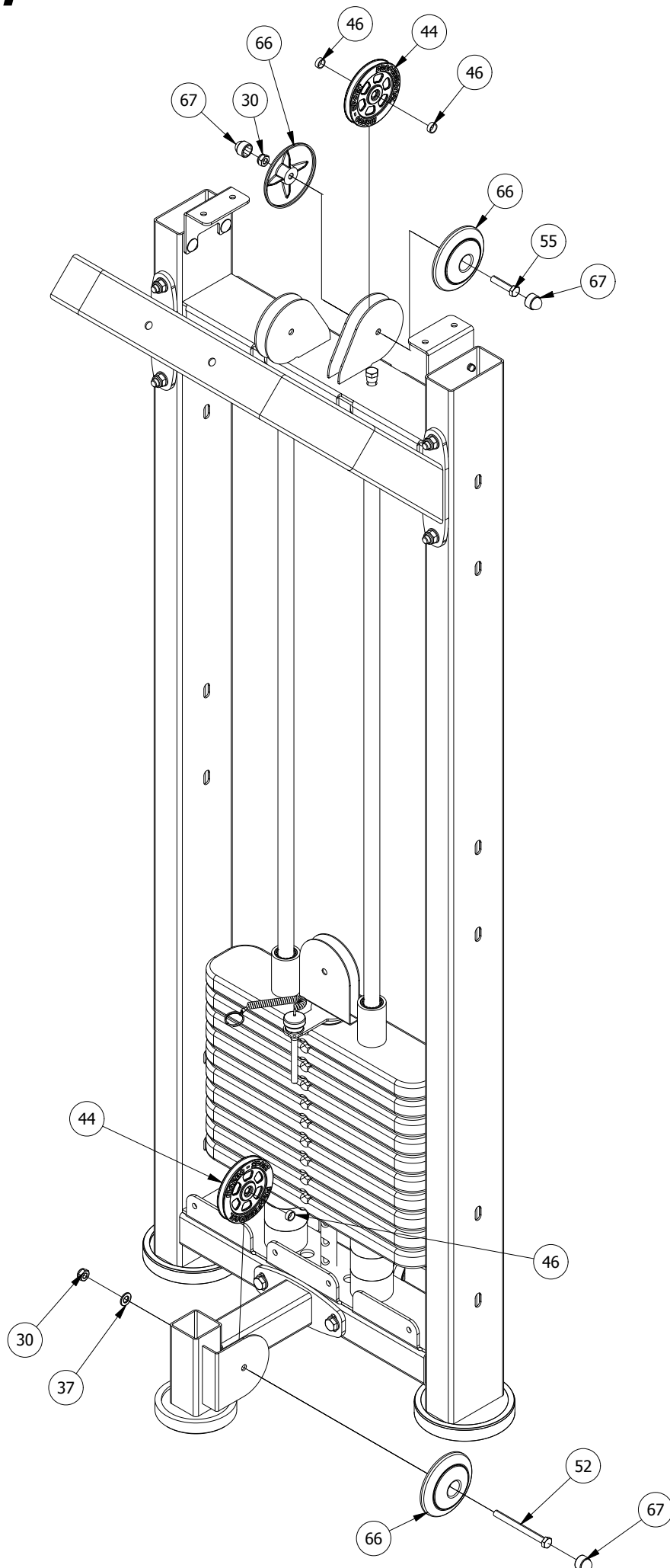
Rura
(Tube)
D16x1,5x6
x3

Śruba
(HEX Bolt)
HEX M10x110
x1

Śruba
(HEX Bolt)
HEX M10x45
x1

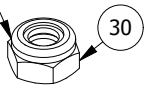
Zaślepka
(Endcap)
D110x20
x3

Zaślepka
(Endcap)
M10
x3



KROK 5 / STEP 5

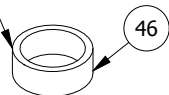
Nakrętka samokontrolująca
(Safety nut)
M10
x2



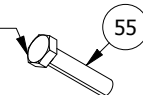
Rolka
(Roll)
D110
x2



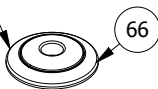
Rura
(Tube)
D16x1,5x6
x4



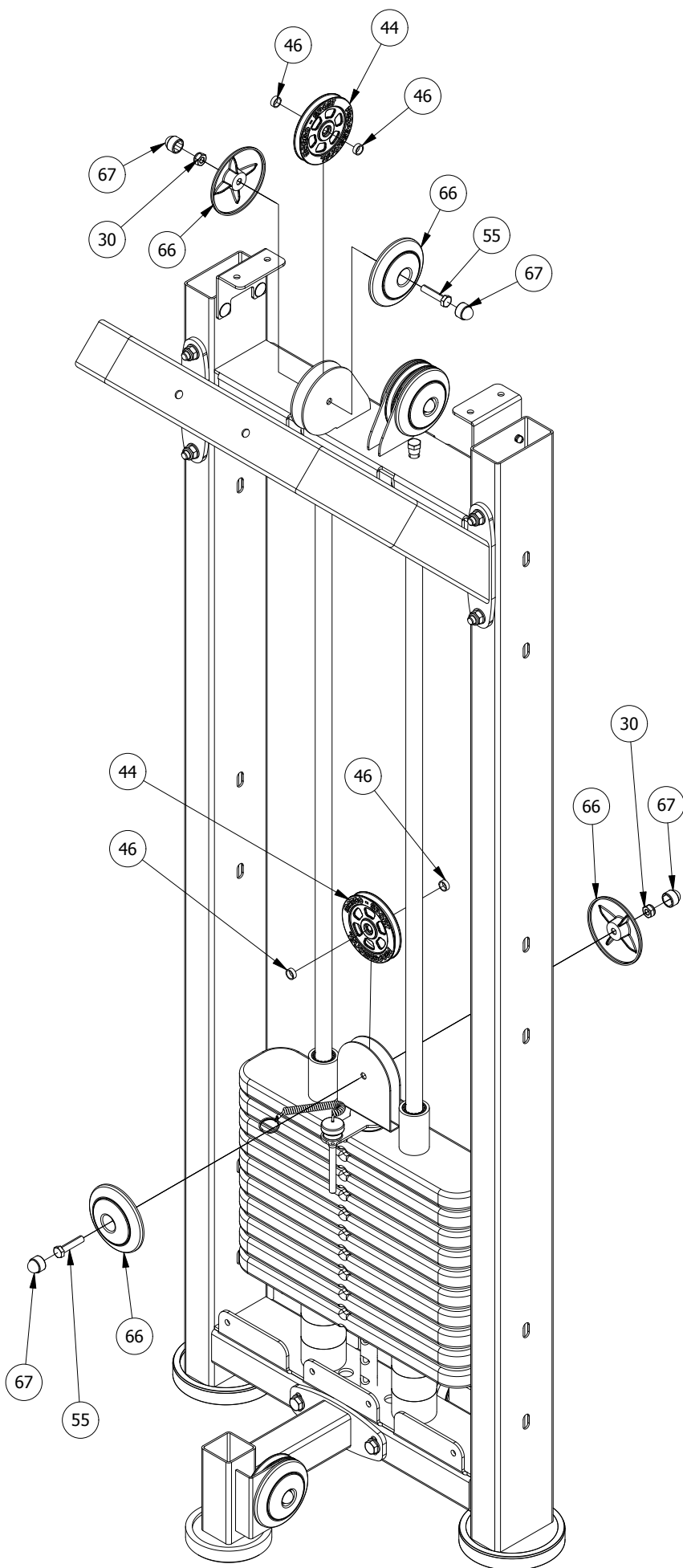
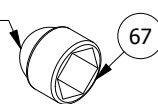
Śruba
(HEX Bolt)
HEX M10x45
x2



Zaślepka
(Endcap)
D110x20
x4

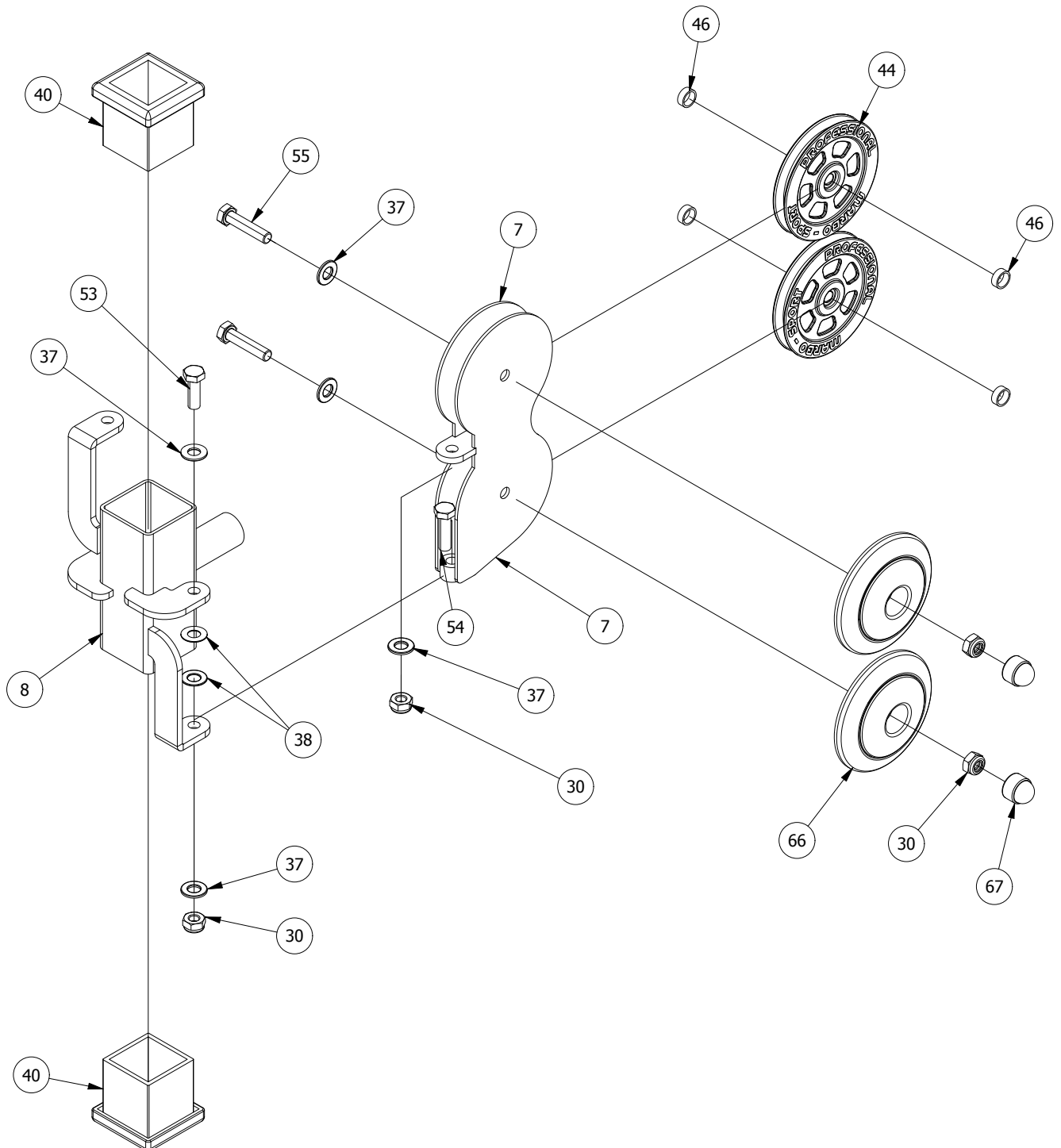


Zaślepka
(Endcap)
M10
x4

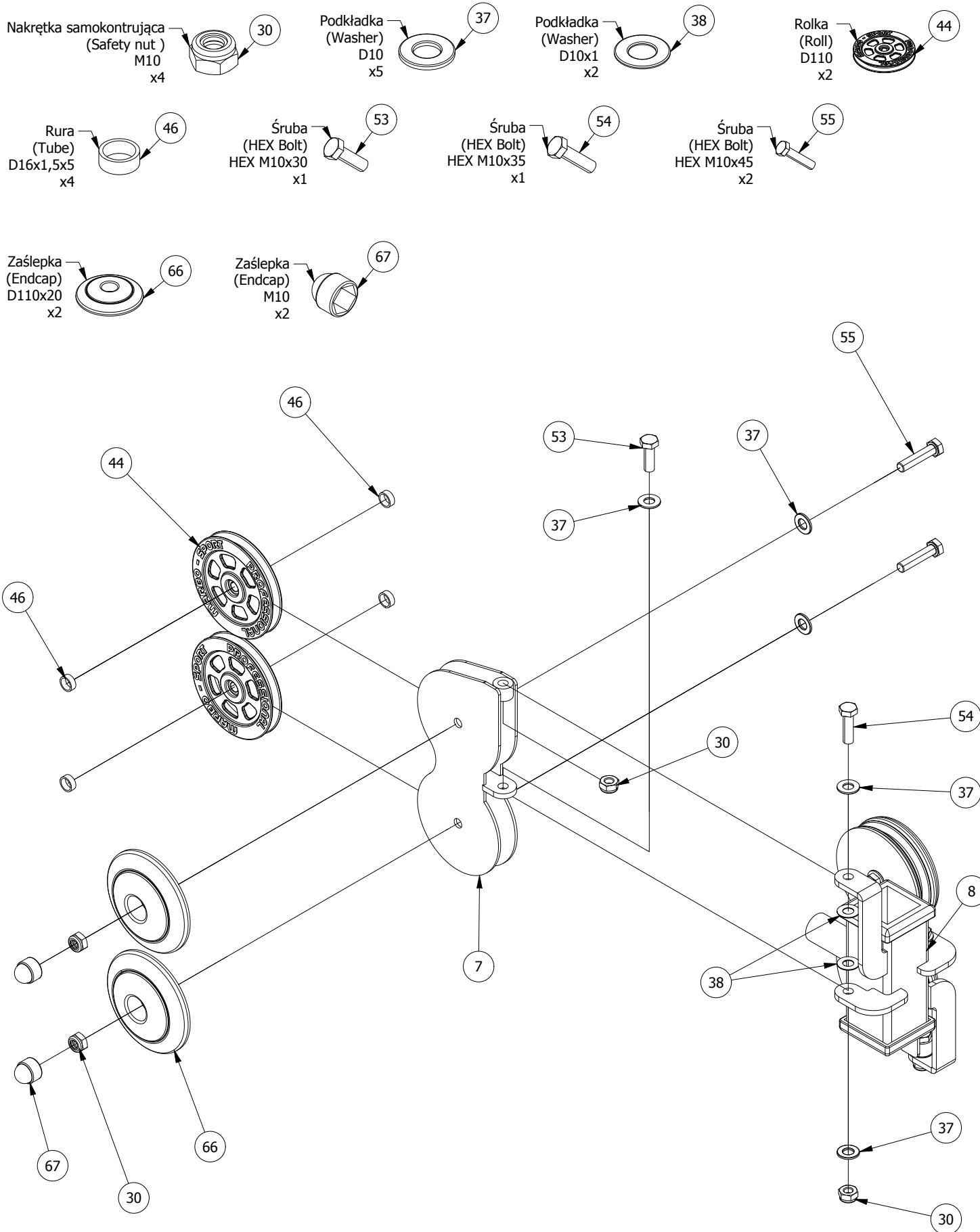


KROK 6 / STEP 6

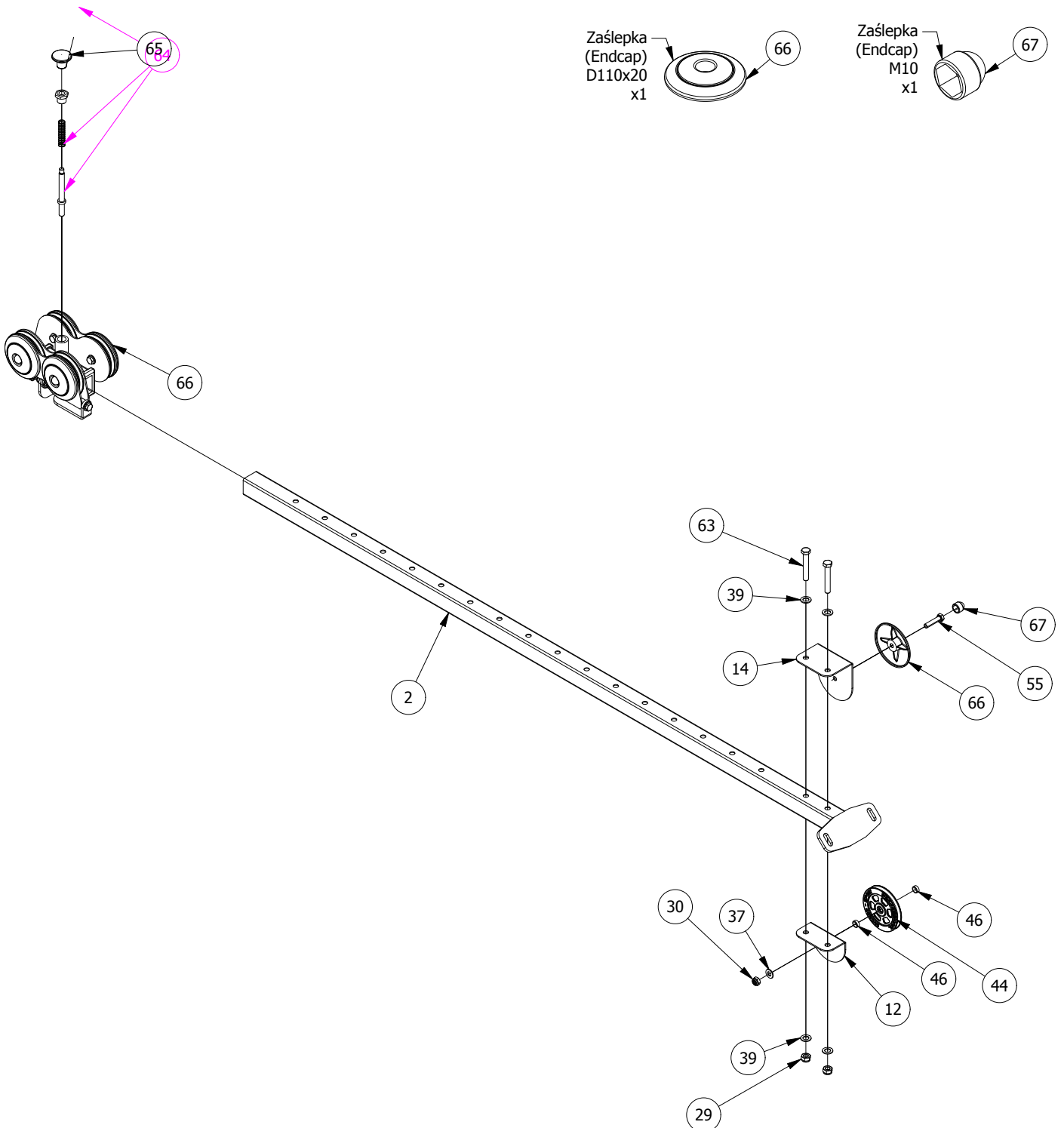
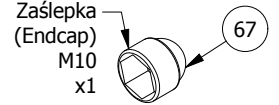
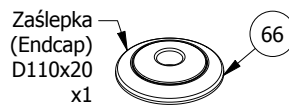
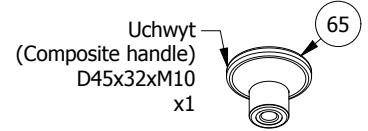
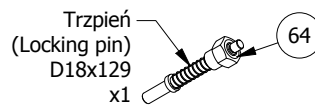
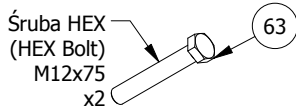
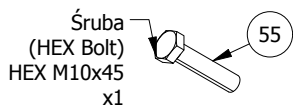
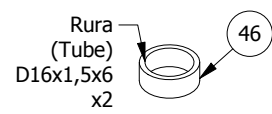
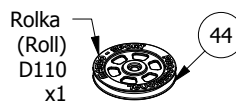
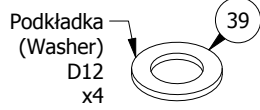
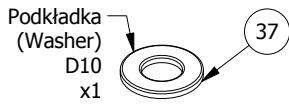
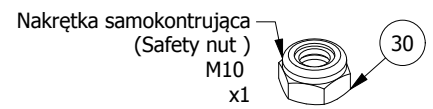
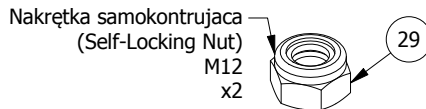
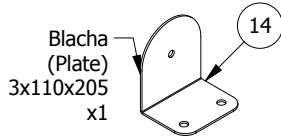
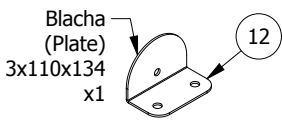
- Nakrętka samokontrująca (Safety nut) M10 x4 30
- Podkładka (Washer) D10 x5 37
- Podkładka (Washer) D10x1 x2 38
- Przelotka (Reducer cap) 60x60 x2 40
- Rolka (Roll) D110 x2 44
- Rura (Tube) D16x1,5x6 x4 46
- Śruba (HEX Bolt) HEX M10x30 x1 53
- Śruba (HEX Bolt) HEX M10x35 x1 54
- Śruba (HEX Bolt) HEX M10x45 x2 55
- Zaślepka (Endcap) D110x20 x2 66
- Zaślepka (Endcap) M10 x2 67



KROK 7 / STEP 7



KROK 8 / STEP 8

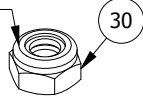


KROK 9 / STEP 9

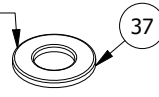
Nakrętka samokontrująca
(Self-Locking Nut)
M12
x2



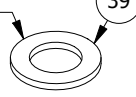
Nakrętka samokontrująca
(Safety nut)
M10
x1



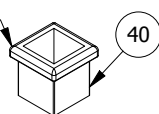
Podkładka
(Washer)
D10
x2



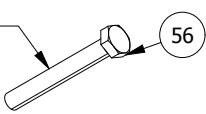
Podkładka
(Washer)
D12
x4



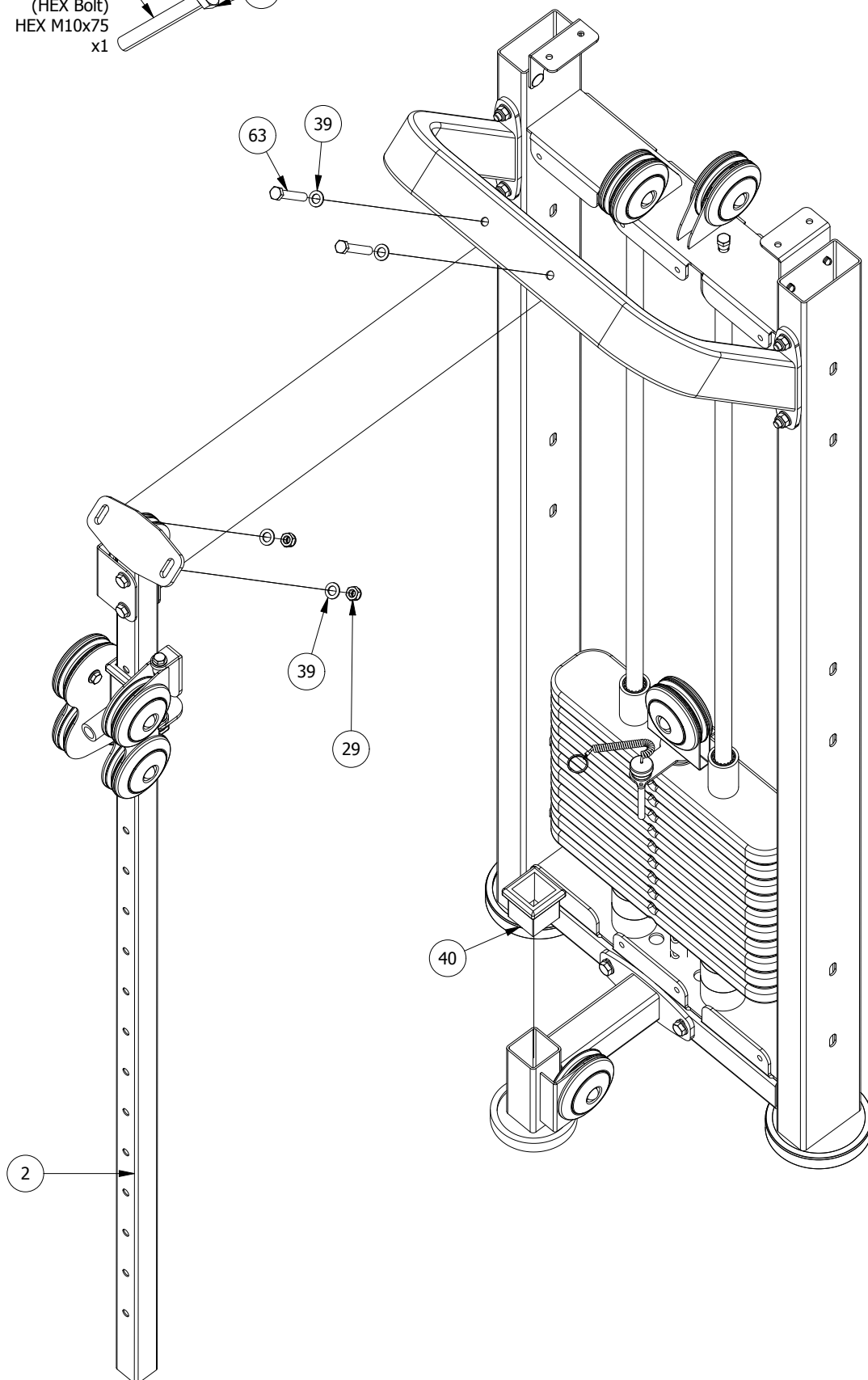
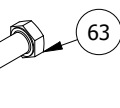
Przelotka
(Reducer cap)
60x60
x1



Śruba
(HEX Bolt)
HEX M10x75
x1

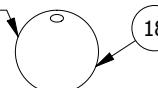


Śruba HEX
(HEX Bolt)
M12x75
x2

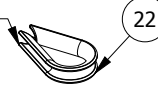


KROK 10 / STEP 10

Guma
(Rubber)
D44
x2



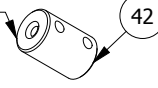
Kausza na linke
(Thimble for cable)
D5
x2




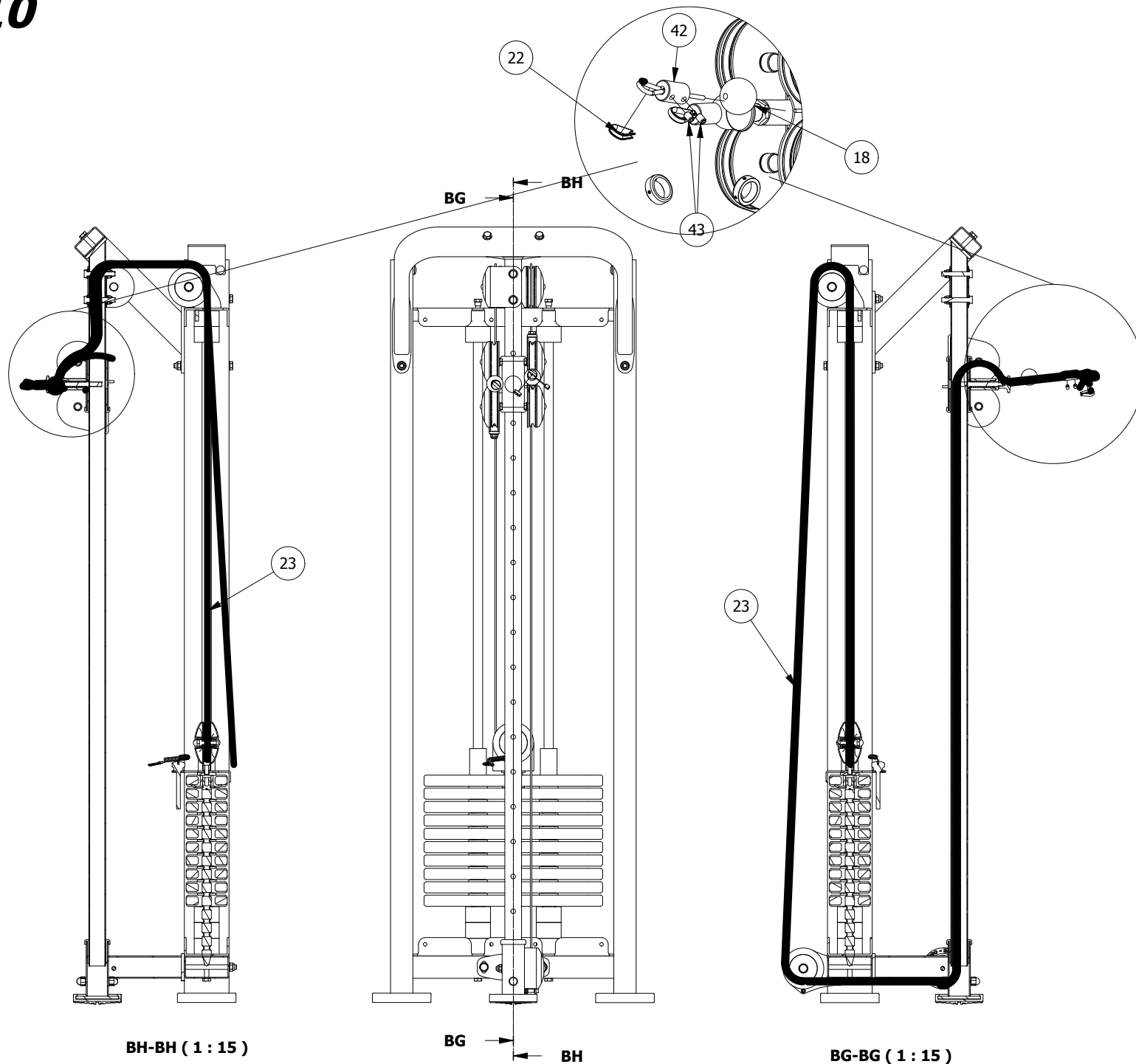
Linka stalowa
(Steel rope)
D4
x1



Pręt
(Rod)
D25x37
x2



Wkręt zaciskowy
(Socket set screw)
M8x12
x4

BH-BH (1 : 15)

BG →
← BH

BG-BG (1 : 15)

KROK 12 / STEP 12

Karabińczyk
(Snap hook)
7x70
x2

21

Rączka gumowa
(Rubber)
Guma D25x180
x2

49

Kołek zaciskowy
(Socket set screw)
M4x6
x8

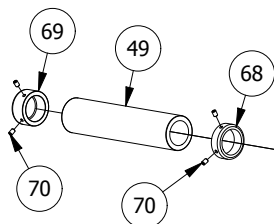
70

Pręt (Zaślepka)
(Endcap)
D35x20
x2

69

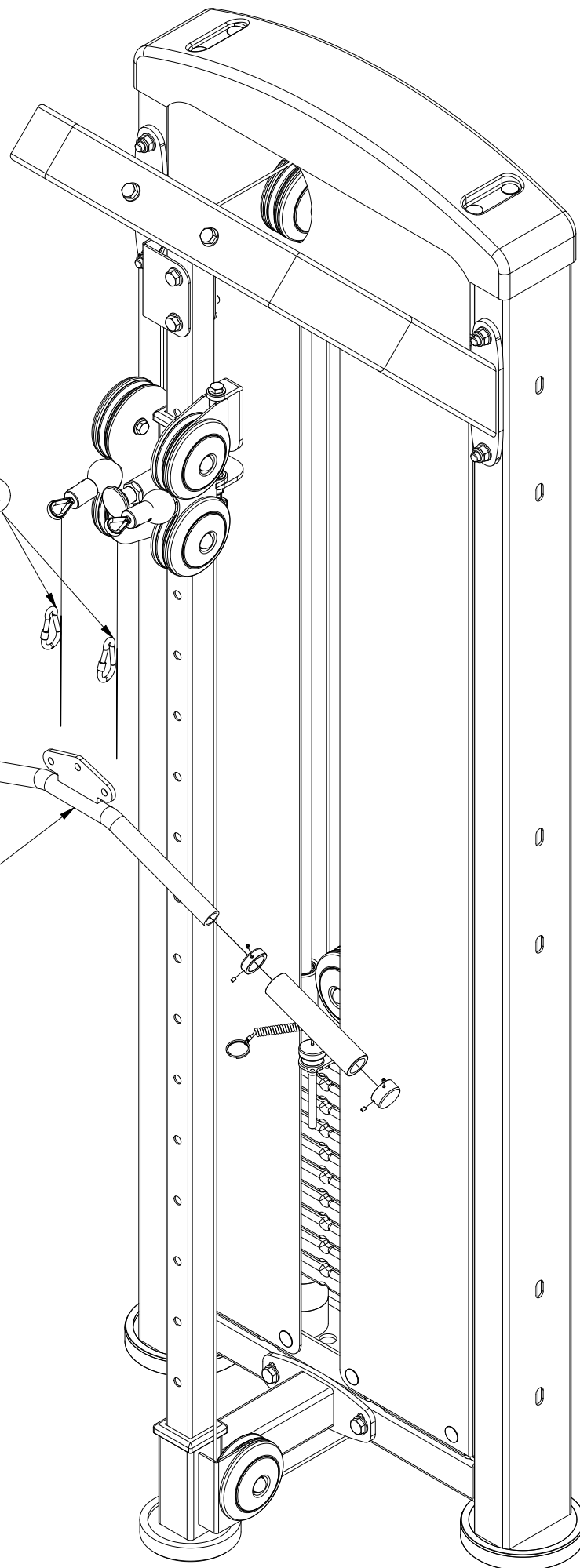
Pierścień
(Ring)
D35x11
x2

68



3

21



KROK 13 / STEP 13



Naklejka MP-U230
(Sticker MP-U230)
120x210
x1



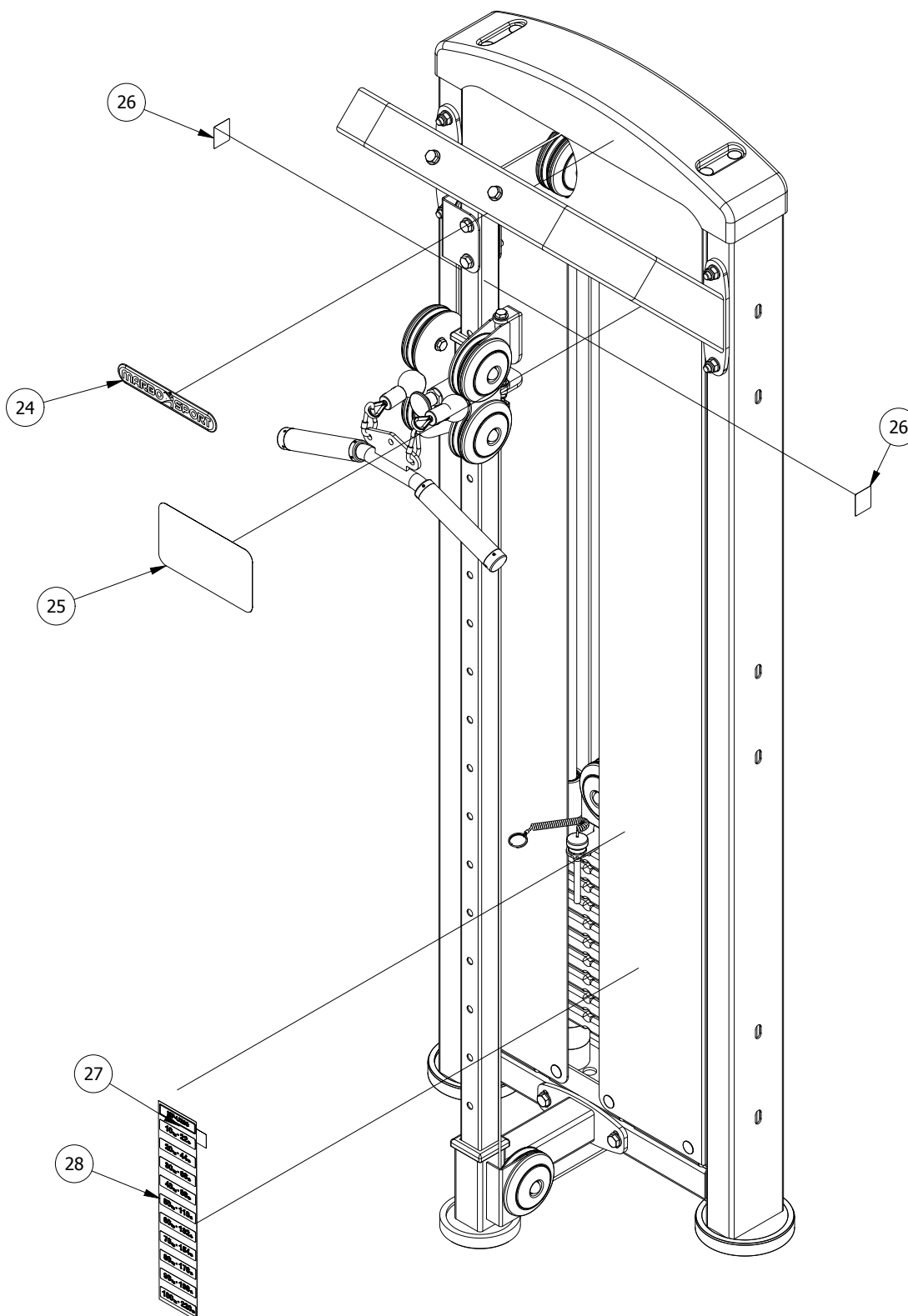
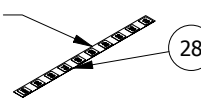
Naklejka NOTICE
(Sticker NOTICE)
35x42
x2



Naklejka PINCH POINT
(Sticker PINCH POINT)
36x78
x1



Naklejka PODZIAŁKA SIEDZISKA
(Sticker SEAT SCALE)
Podziałka siedziska 10x10kg
x1



LISTA CZĘŚCI / PARTS LIST

Nr. części (Part no.)	Ilość (Quantity)	Kod (Code)	Nazwa części (Part name)	Opis (Details)	Part name
1	1		Belka pośrednia	MP-U230	Intermediate beam
2	1		Belka suwadła	MP-U230	Fastener beam
3	1		Drążek podwójny v.3	MP-U230	Double rod
4	1		Postawa	MP-U230	Base
5	1	1001838	Pręt regulacji stosu	12xD10,5	Rod regulating stack
6	1		Rama stosu	MP-U230	Stack frame
7	2		Uchwyt rolek regulowanych	MP-U230	Handle adjustable rollers
8	1		Suwadło	MP-U230	Slider
9	9		Sztaba z tulejkami 10 kg	Sztaba z tulejkami 10kg	Plates with ribbed sleeves
9.1	9	1001959	Sztaba żeliwna	10kg	Plates
9.2	18	1001906	Tulejka żebrowana	D50xD28x36	Sleeve
10	1		Sztaba żeliwna (prowadząca)	10kg	Iron plate (leading)
10.1	1	1001959	Sztaba żeliwna	10kg	Plates
10.2	2		Rura	D45x4,5x100	Tube
10.3	4	1001906	Tulejka wewnętrzna	D36,15x20	Sleeve
11	2		Blacha STD	4x100x124-2	
12	1	2100050	Blacha	3x110x134	Plate
13	1	2100010	Blacha	2x110x278-1	Plate
14	1	2100054	Blacha	3x110x205	Plate
15	1	2100375	Blacha STD	4x63x185	Plate
16	1	2100414	Blacha	8xD50xD12,2	Plate
17	2	1005506	Guma	10xD150	Rubber
18	2	1001801	Guma	D44	Rubber
19	10	1001956	Guma	D67xD24x42,5	Rubber
20	1	1002097	Guma	8xD115	Rubber
21	2		Karabińczyk	7x70	Snap hook
22	2	2300007	Kausza na linkę	D5	Thimble for cable
23	1	1005806	Linka stalowa	D4	Steel cable
24	1	2300003	Naklejka MARBO-SPORT	36x220	Sticker MARBO-SPORT
25	1		Naklejka MP-U230	120x210	Sticker MP-U230
26	2		Naklejka NOTICE	35x42	Sticker NOTICE
27	1	2300004	Naklejka PINCH POINT	36x78	Sticker PINCH POINT
28	1		Podziałka siedziska	Podziałka stosu MP-U230	Sticker SEAT SCALE
29	10	1001794	Nakrętka samokontrująca	M12	Self-Locking Nut
30	14	1001792	Nakrętka samokontrująca	M10	Safety nut
31	1	1002109	Nakrętka samokontrująca	M6	Safety nut
33	2	1004672	Obudowa PMMA	Pokrywa stosu	Housing PMMA
34	4	1004385	Obudowa PMMA	3x260x1719	Housing PMMA
35	1	1004040	Obudowa tremoformowana	3x124x134x668	Housing PMMA
37	12	1000320	Podkładka	D10	Washer
38	4	2200001	Podkładka	D10x1	Washer
39	20	1001826	Podkładka	D12	Washer
40	3	1001845	Przelotka	60x60	Reducer cap
41	2	2110059	Pręt	D25x1730	Rod
42	2	2110022	Pręt	D25x37	Rod
43	4	2200023	Wkręt zaciskowy	M8x12	Socket set screw
44	10	1001849	Rolka	D110	Roll
45	1	2130002	Rura	D10x1x17	Tube
46	19	1001903	Rura	D16x1,5x6	Tube
47	2	2130130	Rura poliamidowa	D16x1,5x10	Polyamide sleeve
48	1	2130131	Rura poliamidowa	D34x8x29	Polyamide tube
49	2	1007152	Rączka gumowa	D25x180 (obcieta na 156)	Rubber
50	1	1006130	Selektor z linką	D10x100	Selector with cable

LISTA CZĘŚCI / PARTS LIST

Nr. części (Part no.)	Ilość (Quantity)	Kod (Code)	Nazwa części (Part name)	Opis (Details)	Part name
51	24	2200070	Spinka rozporowa	D22,5xD11	Fastener
52	1	2200047	Śruba	HEX M10x110	HEX Bolt
53	2	1005378	Śruba	HEX M10x30	HEX Bolt
54	2	1005314	Śruba	HEX M10x35	HEX Bolt
55	9	1003990	Śruba	HEX M10x45	HEX Bolt
57	2	1001868	Śruba	HEX M12x105	HEX Bolt
58	6	1001872	Śruba	HEX M12x150	HEX Bolt
59	2	1004773	Śruba	HEX M12x40	HEX Bolt
60	1	1003553	Śruba	IMB M10x25	HEX Bolt
61	1	1001890	Śruba	IMB M6x35	HEX Bolt
63	4	1004054	Śruba HEX	M12x75	HEX Bolt
64	1	1003514	Trzpień ustalający	Trzpień ustalający D18x129	Locking pin
65	1	1002005	Uchwyt	D45x32xM10	Composite handle
66	14	1001773	Zaślepka	D110x20	Endcap
67	13	1001994	Zaślepka	M10	Endcap
68	2	1007183	Pierścień	D35x11	Ring
69	2	1007182	Pręt (Zaślepka)	D35x20	Endcap
70	8		Kołek zaciskowy	M4x6	Socket set screw

Do palety z MP-U230 dodajemy dodatkowo:

- dla MP-T001 i MP-T002:

- Osłona wieży - 4szt
- Łącznik wieży - 12szt
- Śruba M12x90 - 48szt
- Nakrętka samohamowna M12 - 48szt
- Podkładka D12 - 96szt
- Spinka rozporowa D9,5 - 24szt

- dla MP-T003:

- Osłona wieży - 8szt
- Łącznik wieży - 24szt
- Śruba M12x90 - 96szt
- Nakrętka samohamowna M12 - 96szt
- Podkładka D12 - 192szt
- Spinka rozporowa D9,5 - 48szt