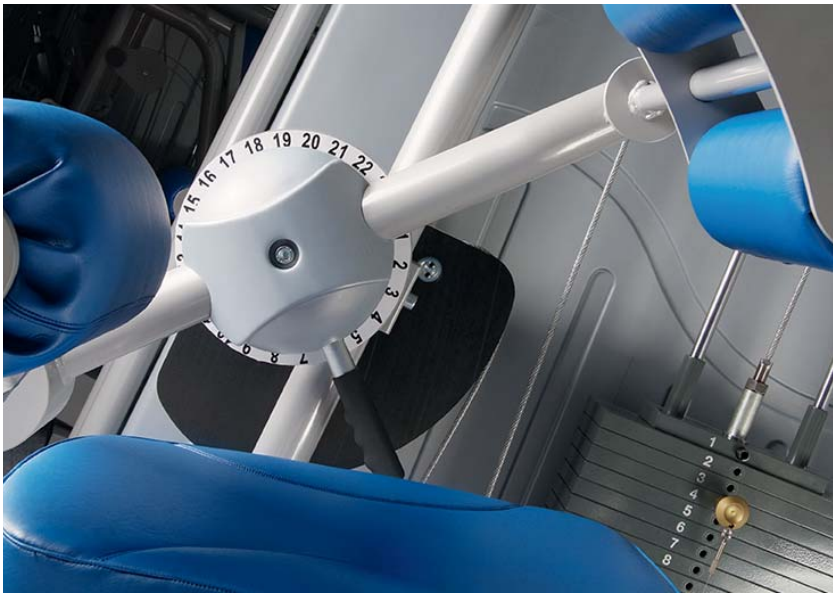
ERGO-FIT®



Owner‘s manual

POWER LINE 4000

POWER LINE 4000

Please read this manual carefully before use and keep it in a safe place for future reference

Further information on ERGO-FIT-products available at:

ERGO-FIT GmbH & Co. KG
Blocksbergstraße 165
66955 Pirmasens
Phone: 06331/2461-0
Fax.: 06331/2461-55
Email: info@ergo-fit.de
http: www.ergo-fit.de

Development and production of all devices of the MED series according to the European Medical Device Directive 93/42/EWG. They thus show the CE marking and the number of the notified body.

CE0297

© 2012 by ERGO-FIT GmbH & Co. KG.All rights reseved.

This owner's manual has been created with great care. Please inform us of any detail that does not correspond to your training tool to allow for the quickest possible remedy of any possible discrepancy.

This document is protected by copyright. All rights originating from this, particularly the right of copying, duplication, distribution as well as translation and reprint, even copies in extract, are reserved. No part of this manual may be reproduced, manifold or distributed for any kind of purposes or in any kind of form, by any means, (print, photocopy, microfilm, or any other information-saving mechanisms) without prior written permission given by the company ERGO-FIT GmbH & Co. KG.

Trademark:
ERGO-FIT and the ERGO-FIT Logo are registered trademarks of ERGO-FIT GmbH & Co. KG. All other trademarks mentioned or shown in the following text are trademarks of the respective owners and are recognised as protected.

Technical and optical modifications as well as misprints reserved.

Version: POWER LINE 4000/4000 S/4000 MED/4000 S MED-20120815-en

Printed in Germany

Dear customer,

We are glad that you have decided to purchase an ERGO-FIT training tool. You are now the owner of a sophisticated and exclusive training system that combines highest technical standards with practice oriented ease of use.

This owner’s manual contains information on multiple gym machines. For this reason, you will find explanations that do not apply to your training machine.

You will find important information on the operation and use of your training machine in this owner’s manual. We recommend that you read this owner’s manual carefully before training in order to become familiar with your training device quickly and to understand its correct and safe use.

Should you have any questions that are not answered in this manual, please contact us. The ERGO-FIT team is always there for you!

Table of contents

1	General information	1
2	Safety information	5
3	Short manual	11
4	Destination of the product	13
5	Transport and setup	21
6	Start up	39
7	Training	43
8	Maintenance	69
A	Appendix	73

Please note:
This owner's manual contains information on multiple gym machines.
There may be variations in detail according to the type of machine!

Technical and optical modifications as well as misprints reserved - © 2009 by ERGO-FIT GmbH & Co. KG

Chapter 1: General information

1.1 ERGO-FIT strength equipment at a glance 2
1.2 General information on this manual 2
1.3 Scope of delivery 3
1.4 Service 3

Please note:
This owner's manual contains information on multiple gym machines.
There may be variations in detail according to the type of machine!

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

1 General information

1.1 ERGO-FIT strength equipment at a glance

ERGO-FIT's POWER LINE 4000 range consists of strength training machines designed for building up all relevant muscle groups. ERGO-FIT strength training machines offer you the best training options, regardless of your age, gender, or fitness level.

Among others, the eccentric technique, integrated beverage holders, and the concentration on functional aspects are highlights of the whole product line. In addition, it is the ease of use and the customisation that demonstrate ERGO-FIT's focus: A high technical standard, optimal training possibilities and precise training control, combined with customer-friendly ease of use.

However, technology alone is not all that is required to develop outstanding training machines. They also need to meet biomechanical and sports medical requirements. Priority is given to the human being. Thus, a sophisticated training and testing system can only be developed by combining technical electronic expertise with the latest advances in sports medicine and coaching science. ERGO-FIT clearly met this target.

Our P**OWER LINE 4000/4000 S** is especially designed for fitness purposes, whereas **POWER LINE 4000 MED/4000 S MED** is designed to meet medical targets.

The lifetime of the equipment is 6 years.

EN 957-2: 7.2 b) Please note that the exercise machine may only be used in areas where access and supervision are controlled by the owner. The extent of this supervision depends on the users, i.e. degree of reliability, age, experience etc.

Advantages and benefits
Regular training on these machines prevents malpositions from day-to-day life, associated arthrosis of the spinal column as well as muscle tension, and will increase personal performance even at an advanced age. Your workout machine represents an indispensable tool in injury prevention and rehabilitation. You will feel fit, more powerful, more attractive, and more balanced.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

1.2 General information on this manual

This manual provides you with helpful information, regardless of if you are already familiar or have no experience with ERGO-FIT training machines.

It is structured in a way that you can find the desired information in the table of contents easily and thematically. In addition, a short manual has been produced.

However, if you belong to this user group and wish to read the short manual only, you should review the safety information first.

This manual will give you many hints and tips, which will familiarise you with your workout machine's features and allow you to become an experienced user very quickly.

You should always keep this manual easily accessible. This saves you from unnecessary and time-consuming queries and enables you to rapidly fix any possible error.

1.3 Scope of delivery

Please check if the delivery is complete and inform our sales department immediately of any missing parts (phone: 06331/2461-25).

Please ensure that the following parts are included in your delivery:

1. The correct model (series) of training machine
2. Hard copy of the manual or digital version on CD ROM.

1.4 Service

Our service comprises problem analysis, technical support, spare parts service and information services.

In case of technical questions and service orders, please call us at:

Head office:	Phone:	(+49) 06331/2461-0
	Fax:	(+49) 06331/2461--55
Service and spare parts:	Phone:	(+49) 06331/2461--22
		(+49) 06331/2461--23
		(+49) 06331/2461--27
		(+49) 06331/2461--29

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Chapter 2: Safety information

2.1 What you need to know when using your training machine 6
2.2 Operational safety – what needs to be done 8
2.3 Choosing the right place of installation 8
2.4 What needs to be considered in case of repair 8
2.5 What should be avoided 9

Please note:
This owner's manual contains information on multiple gym machines.
There may be variations in detail according to the type of machine!

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

2 Safety information

Before starting to use your new ERGO-FIT equipment, please read the following chapter carefully and observe all safety regulations.

Please keep this manual in a safe place in order to provide it to future owners if you sell your training machine.

For evidence of ownership, please fill in the following data:

Model/product line _____

Serial number _____

Date of purchase _____

You will also need these data in case of guarantee claims.

The following symbols designate important information:

	Caution	It is absolutely necessary to observe this **warning** in order to avert any danger to your life or health..
	Danger!	It is absolutely necessary to observe this **warning** in order to avoid any material damage.
	Hint!	Important information and **hints** are displayed here to improve operations.

2.1 What you need to know when using your training machine

⊗ Please read the owner's manual carefully before using your new ERGO-FIT exercise machine.

⊗ Familiarise yourself with the machine before you start it.

⊗ Only use the machine after a proper function test (see chapter 6.3 for more information). For your own safety and before every use, please check the machine for damage (loose screws, worn parts, cords etc). If the machine is damaged, do not use it before it is repaired.

⊗ In order to reduce any risk during training, please put on sportswear and the appropriate footwear.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

- ⊗ In case of nausea, dizziness, pain in the chest, limbs, joints or muscles, you should stop the training immediately and see a doctor.
- ⊗ In case you have a cardiac pace maker or are affected, suffer from joint or spinal column arthrosis or orthopaedic injuries, or if you have a health condition, please consult your doctor before using the training machine. If this is the case, you should discuss the training program with him.
- ⊗ Do not hold your breath during training, as this causes a reduced blood flow to and from the brain and an increase in blood pressure. When muscle training, it is important to breathe out during strain (i.e. the phase when the weight is lifted) ant to breathe in during relaxation (i.e. when the weight is lowered).
- ⊗ Your training machine is not a toy! Never leave children unattended with the machine. Children cannot always assess possible danger. Parents or other supervisors should always be aware of their responsibility because children's natural play instinct and eagerness to experiment may produce situations and behaviour the training machine is not designed for.
- ⊗ The machine may be used after instruction of a supervisor only. The machine must not be used without the presence of a supervisor.
- ⊗ Make sure that persons who stand close to the machine are not hit by moving parts.

EN 957-2: 7.2 c) If the exercise machine is featured as described in 5.4.1.3.2 (snapon weights without cover), the user should always be able to see the machine during workout. The user always needs to see the snap-on weights to avoid any danger to others.

- ⊗ If you are lying or sitting on a towel, please make sure that it does not come in contact with spinning or running parts of the machines.
- ⊗ When adjusting the height of the seat, backrest or footrest, please make sure to retighten the fasteners after individual adjustment of the optimal position. Otherwise, there is a risk of injury.
- ⊗ Do not put your hands between the snap-on weights. Otherwise, there is a risk of injury.
- ⊗ Only use the included dowel pins for adjusting the weights. Make sure to insert the dowel pins completely into the borings of the snap-on weights.
- ⊗ Warm up thoroughly before training. Start the training slowly and gradually increase the intensity until you reach the desired strain degree within your range of control.
- ⊗ Never start power training with the maximum strain. Increase its intensity slowly with light weights to get used to the right motion sequence and familiarise your body to the unaccustomed strain. If you set the strain too high in the beginning, you might injure or damage your musculoskeletal system.
- ⊗ Note that physical fatigue reduces coordination and increases the risk of

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

injury.

⊗ Please pay attention to the correct use of the triceps rope. Always clasp the rope with both hands. Never hold and tear at only one end of the rope due to risk of injury.

⊗ Carefully lower the weights during the workout. They must not be thrown since any impact may damage the weights.

⊗ Please review the additional safety and operational notices in this manual.

2.2 Operational safety – what needs to be done

⊗ After delivery, make sure that the machine has not been damaged during transport. In case of doubt, do not start the machine and contact the customer service.

⊗ Regularly check the cable, wires, steel cable and cable clamp for damage.

⊗ Do not place beverages on your training machine. Instead, use the bottle holder which is specially designed for beverages.

⊗ Set up the training machine so that there is sufficient open space around it. This reduces risks to the trainee as well as other people around.

2.3 Choosing the right place of installation

⊗ The machine can be set up on any level and stable floor. Make sure that it stands firmly on the floor.

⊗ Never put wood, cardboard or similar materials underneath the machine to compensate surface unevennesses. This increases the risk of an accident.

2.4 What needs to be considered in case of repair

⊗ Electric parts must be replaced with original equipment only.

⊗ Repairs must be carried out by a qualified technician only. If you do not have the necessary qualifications, ask the ERGO-FIT Service Center

2.5 What should be avoided

⊗ Only use the machine for the purposes it is designed for. If you use the ERGOFIT machine improperly, you will be charged for all damages resulting from this. Any guarantee claim will be excluded!

⊗ Never use the machine in any other way than for those purposes described in this manual. Improper use can damage the machine and be hazardous to your

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

health.

⊗ Caution! There is a risk of injury if moving parts are used improperly.

⊗ You should never exercise on a damaged machine.

⊗ When exercising, you should never try to exceed your current performance level. This can seriously damage your health.

⊗ You should never prop up your body on the machine and make improper movements.

A summary of the most important safety information can be found in Appendix A of this manual. You should remove this summary and display it near the machine where it is clearly visible. All users of the machine must be informed of the dangers and safety regulations. The manufacturer will not be liable for personal injury or material damage.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Chapter 3: Short manual

Please note:
This owner's manual contains information on multiple gym machines.
There may be variations in detail according to the type of machine

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

3 Short manual

After delivery of your power machine, please check first if the serial number (see type label) is identical with the one indicated on the delivery note and if all components listed in chapter 1.3 (“Scope of delivery”) are included in the delivery.

Only start your workout after performing a proper function test (see Chapter 6.5 for more information). Sit on the machine after this test and set your individual training weight. Seat areas (seat pads etc.) or restraints (foot roller etc.) may be adjusted easily with the pneumatic spring or snap-in mechanism.

⊗ Pneumatic spring mechanism: Lift the adjustment lever. The integrated pneumatic spring will automatically lift the seat area or restraint. To lower the seat or the restraint, loosen the adjustment lever and push the seat downwards into the desired position with the help of your body weight. To lock the seat or restraint at the desired height, bring the adjustment lever back to its initial position.

⊗ Snap-in mechanism: Pull the dowel pin out of the punched matrix. Pull the seat area or restraint up or down. To lock the seat area or restraint at the desired height, let the dowel pin snap-in again.

Note that the seat is a standard seat. This means that every adjustable seat has the same snap-in positions. On some exercise machines, not all snap-in positions may be usable.

Exercise machines with eccentric technique (e.g. LEG EXTENSION 4000) are equipped with adjustable strain levers. Pull out the dowel pin and adjust the strain as desired.

During training make sure to use the following exercise technique: Breathe out during the strain sequence and breathe in during the relaxing sequence. The motions should be carried out slowly. Avoid jerky movements. If you want to stop the workout, control the downward motion of the weights. The exercise is finished only when the training weight is resting.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Chapter 4: Destination of the product

4.1 Back muscles 14
4.1.1 BACK EXTENSION 4000 14
4.1.2 BACK PULL 4000 14
4.1.3 BUTTERFLY REVERSE 4000 14
4.1.4 LAT PULL 4000 15
4.2 Shoulder muscles 15
4.2.1 SHOULDER ABDUCTION 4000 15
4.2.2 SHOULDER PRESS 4000 15
4.3 Chest muscles 15
4.3.1 BUTTERFLY 4000 15
4.3.2 CHEST PRESS 4000 15
4.4 Upper arm muscles 16
4.4.1 BICEPS FLEXION 4000 16
4.4.2 TRICEPS EXTENSION 4000 16
4.5 Abdominal muscles 16
4.5.1 ABDOMINAL FLEXION 4000 16
4.5.2 ABDOMINAL TORSION 4000 16
4.6 Pelvic muscles 16
4.6.1 ABDUCTOR 4000 16
4.6.2 ADDUCTOR 4000 17
4.6.3 HIP EXTENSION 4000 17
4.7 Thigh muscles 17
4.7.1 LEG EXTENSION 4000 17
4.7.2 LEG FLEXION 4000 17
4.7.3 LEG PRESS 4000 17
4.8 Multifunctional 17
4.8.1 CABLE 4000 17
4.8.2 CABLE CROSSOVER 4000 18
4.8.3 CABLE TOWER 4000 18
4.8.4 MULTI PRESS 4000 18
4.8.5 PULL UP/DIP 4000 18
4.9 Benches 18
4.9.1 ABDOMINAL BENCH 4000 18
4.9.2 BACK BENCH 4000 18
4.9.3 FLAT BENCH 4000 19
4.9.4 MULTI BENCH 4000 19
4.9.5 NEGATIVE BENCH 4000 19
4.9.6 OLYMPIC FLAT BENCH 4000 19
4.9.7 OLYMPIC INCLINE BENCH 4000 19
4.9.8 SCOTT BENCH 4000 19
4.9.9 SQUAT RACK 4000 19

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

4 Destination of the product

Please note:
This owner's manual contains information on multiple gym machines.
There may be variations in detail according to the type of machine!

The machines of this series are stationary exercise machines primarily designed to improve strength abilities in terms of muscle building or strength endurance. They are specially designed for fitness purposes. The mechanical layout allows for low-impact training as the motion direction is set, withdrawal movements are reduced and muscles are targetted. The machines meet almost all strain demands as each of the weight plates can be snapped in individually. Different models, whose intended purpose is described in the following section, have been designed to tailor training to individual needs.

4.1 Back muscles

4.1.1 BACK EXTENSION 4000

BACK EXTENSION 4000 is a strength training machine that is designed for strengthening the back muscles by erecting the upper body. The training strain is controlled using plug-in weights. Regular workouts on this machine prevent postural deformity and spinal column arthrosis.

4.1.2 BACK PULL 4000

BACK PULL 4000 is a strength training machine that is designed for strengthening the muscles between the shoulder blades through a rowing motion. The training strain is controlled using plug-in weights. The seat height adjustment allows users to set an optimal training position.

4.1.3 BUTTERFLY REVERSE 4000

BUTTERFLY REVERSE 4000 is a strength training machine that is designed for strengthening the muscles which stabilise the neck and the thoracic column by opening the arms acromially. The training strain is controlled using plug-in weights. The seat height adjustment allows users to set an optimal training position. Regular workouts on this machine prevent postural deformity and back pain caused by improper stress.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

4.1.4 LAT PULL 4000

LAT PULL 4000 is a strength training machine that is designed for strengthening the back muscles by a pull-down motion of the arms. The training strain is controlled using plug-in weights. The restraint of the thighs makes the workout more effective. The seat height adjustment allows users to set an optimal training position.

4.2 Shoulder muscles

4.2.1 SHOULDER ABDUCTION 4000

SHOULDER ABDUCTION 4000 is a strength training machine that is designed for strengthening the shoulder muscles by abducting the arms. The training strain is controlled using plug-in weights. The seat height adjustment allows users to set an optimal training position.

4.2.2 SHOULDER PRESS 4000

SHOULDER PRESS 4000 is a strength training machine that is designed for strengthening the muscles which stabilise the neck and the thoracic column by stretching the arms upwards. The training strain is controlled using plug-in weights. The seat height adjustment allows users to set an optimal training position.

4.3 Chest muscles

4.3.1 BUTTERFLY 4000

BUTTERFLY 4000 is a strength training machine that is designed for strengthening the abdominal muscles by pulling the arms together in front of the body. The training strain is controlled using plug-in weights. The seat height adjustment allows users to train the three different types of chest muscles individually.

4.3.2 CHEST PRESS 4000

CHEST PRESS 4000 is a strength training machine that is designed for strengthening the chest and arm extensor muscles by bench pressing in a sitting position. The training strain is controlled using plug-in weights. The seat height adjustment as well as the different handle variations allow for multiple training.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

4.4 Upper arm muscles

4.4.1 BICEPS FLEXION 4000

BICEPS FLEXION 4000 is a strength training machine that is designed for strengthening the arm flexion muscles by angling the arms while in a sitting position. The training strain is controlled using plug-in weights. The seat height adjustment allows users to set an optimal training position.

4.4.2 TRICEPS EXTENSION 4000

TRICEPS EXTENSION 4000 is a strength training machine that is designed for strengthening the arm extension muscles by stretching the arms while in a sitting position. The training strain is controlled using plug-in weights. The seat height adjustment allows users to set an optimal training position.

4.5 Abdominal muscles

4.5.1 ABDOMINAL FLEXION 4000

ABDOMINAL FLEXION 4000 is a strength training machine that is designed for strengthening the abdominal muscles by bending the upper body while in a sitting position. The training strain is controlled using plug-in weights. Regular workouts on this machine prevent postural deficiencies and spinal column arthrosis.

4.5.2 ABDOMINAL TORSION 4000

ABDOMINAL TORSION 4000 is a strength training machine that is designed for strengthening the lateral abdominal muscles by a rotation of the upper body while restraining the lower body. The training strain is controlled using plug-in weights.

4.6 Pelvic muscles

4.6.2 ABDUCTOR 4000

ABDUCTOR 4000 is a strength training machine that is designed for strengthening the outer thigh muscles by spreading the legs. The training strain is controlled using plugin weights.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

4.6.2 ADDUCTOR 4000

ADDUCTOR 4000 is a strength training machine that is designed for strengthening the inner thigh muscles by closing the legs. The training strain is controlled using plug-in weights.

4.6.1 HIP EXTENSION 4000

HIP EXTENSION 4000 is a strength training machine that is designed for strengthening the gluteal muscles by stretching the leg while the knee is bent. The training strain is controlled using plug-in weights. Regular workouts on this machine prevent an unstable hip joint.

4.7 Thigh muscles

4.7.1 LEG EXTENSION 4000

LEG EXTENSION 4000 is a strength training machine that is designed for strengthening the front thigh muscles by stretching the legs. The training strain is controlled using plug-in weights. Regular workouts on this machine prevent an unstable knee joint.

4.7.2 LEG FLEXION 4000

LEG FLEXION 4000 is a strength training machine that is designed for strengthening the back thigh muscles by bending the legs. The training strain is controlled using plug-in weights. Regular workouts on this machine prevent an unstable knee joint.

4.7.3 LEG PRESS 4000

LEG PRESS 4000 is a strength training machine that is designed for strengthening thigh and gluteal muscles by performing leg presses while in a sitting position. The training strain is controlled using plug-in weights. Regular workouts on this machine prevent an unstable knee joint.

4.8 Multifunctional

4.8.1 CABLE 4000/CABLE 4000 FREE

CABLE 4000 is an explosion cable tower offering a facet of exercises for the upper and lower body. The athlete can pull in different directions. It can be mounted on the wall or placed on the floor. The training strain is controlled using plug-in weights

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

4.8.2 CABLE CROSSOVER 4000

CABLE CROSSOVER 4000 is a strength training machine that offers multiple exercises for the upper and lower body by lat pulling combined with different exercises. The workout may be carried out unilaterally or bilaterally and the pulling direction is variable. The training strain is controlled using plug-in weights.

4.8.3 CABLE TOWER 4000

CABLE TOWER 4000 is a strength training machine consisting of various exercise stations which allow several people to train simultaneously. Users can perform lat pulling, lat pulldown, rowing, bicep and tricep exercises. This allows you to train the majority of your upper and lower body muscles with just one exercise machine. The training strain is controlled using plug-in weights.

4.8.4 MULTI PRESS 4000

MULTI PRESS 4000 is a strength training machine that offers multiple exercises for the torso, arms and legs. Training position and strain are variable. The machine is equipped with safety supports and weight rests.

4.8.5 PULL UP/DIP 4000

PULL UP/DIP 4000 is a strength training machine consisting of a chin-up and a dip machine. It assists the trainee during the respective exercises and strengthens the back, chest and arm muscles.

4.9 Benches

4.9.1 ABDOMINAL BENCH 4000

ABDOMINAL BENCH 4000 is an exercise bench which creates all conditions for sustainable training of the abdominal muscles. It facilitates a more stable training posture. The variable back pad and the adjustable leg pad ensure an optimal training position.

4.9.2 BACK BENCH 4000

BACK BENCH 4000 is a special back exercise bench that trains and strengthens both the back and the gluteal muscles in a position of 45°. The adjustable leg pad allows the user to adapt the machine to any body height. A second pad allows the user to restrain his legs, which ensures a stable training position.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

4.9.3 FLAT BENCH 4000

FLAT BENCH 4000 supports a great number of exercises for the upper and lower body muscles as well as free barbells training. It supports a better training position.

4.9.4 MULTI BENCH 4000

MULTI BENCH 4000 is a training bench that supports a great number of exercises for the upper and lower body muscles as well as free weight training. It supports a better training position. The back pad adjustment allows the user to set an optimal training position

4.9.5 NEGATIVE BENCH 4000

NEGATIVE BENCH 4000 is a training bench with sloping surface. The leg and foot upholsteries care for a stable training position. NEGATIVE BENCH enables a multitude of exercises for the upper body muscles as well as free dumbbell training.

4.9.6 OLYMPIC FLAT BENCH 4000

OLYMPIC FLAT BENCH 4000 trains arm and chest muscles and is equipped with a stable pad and a safety support for weights.

4.9.7 OLYMPIC INCLINE BENCH 4000

OLYMPIC INCLINE BENCH 4000 efficiently strengthens arm and chest muscles. Back rest and variable seat height support and optimal training position. The bench is also equipped with a safety support for weights.

4.9.8 SCOTT BENCH 4000

SCOTT BENCH 4000 trains the arm muscles in a seated position while the upper body is fixed. It is equipped with a vertically adjustable seat and a safety support for weights.

4.9.9 SQUAT RACK 4000

SQUAT RACK 4000 is a knee bend rack to train different muscle groups. Training position as well as training load are variable. In addition, the SQUAT RACK offers safety supports as well as racks for weights.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Chapter 5: Transport and Setup

5.1 Transport 22
5.2 Setup and the right place for setup 22
5.3 Ambient temperature 22
5.4 Components 23
5.4.1. Back muscles 23
5.4.1.1 BACK EXTENSION 4000 23
5.4.1.2 BACK PULL 4000 23
5.4.1.3 BUTTERFLY REVERSE 4000 24
5.4.1.4 LAT PULL 4000 24
5.4.2 Shoulder muscles 25
5.4.2.1 SHOULDER ABDUCTION 4000 25
5.4.2.2 SHOULDER PRESS 4000 25
5.4.3 Chest muscles 26
5.4.3.1 BUTTERFLY 4000 26
5.4.3.2 CHEST PRESS 4000 26
5.4.4 Upper arm muscles 27
5.4.4.1 BICEPS FLEXION 4000 27
5.4.4.2 TRICEPS EXTENSION 4000 27
5.4.5 Abdominal muscles 28
5.4.5.1 ABDOMINAL FLEXION 4000 28
5.4.5.2 ABDOMINAL TORSION 4000 28
5.4.6 Pelvic muscles 29
5.4.6.1 ABDUCTOR 4000 29
5.4.6.2 ADDUCTOR 4000 29
5.4.6.3 HIP EXTENSION 4000 30
5.4.7 Thigh muscles 30
5.4.7.1 LEG EXTENSION 4000 30
5.4.7.2 LEG FLEXION 4000 31
5.4.7.3 LEG PRESS 4000 31
5.4.8 Multifunctional 32
5.4.8.1 CABLE 4000 32
5.4.8.2 CABLE CROSSOVER 4000 32
5.4.8.3 CABLE TOWER 4000 33
5.4.8.4 MULTI PRESS 4000 33
5.4.8.5 PULL UP/DIP 4000 34
5.4.9 Benches 34
5.4.9.1 ABDOMINAL BENCH 4000 34
5.4.9.2 BACK BENCH 4000 35
5.4.9.3 FLAT BENCH 4000 35
5.4.9.4 MULTI BENCH 4000 36
5.4.9.5 NEGATIVE BENCH 4000 36
5.4.9.6 OLYMPIC FLAT BENCH 4000 36
5.4.9.7 OLYMPIC INCLINE BENCH 4000 37
5.4.9.8 SCOTT BENCH 4000 37
5.4.9.9 SQUAT RACK 4000 37

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

5 Transport and Setup

Please note:
This owner's manual contains information on multiple gym machines.
There may be variations in detail according to the type of machine!

5.1 Transport

In order to avoid damage, ERGO-FIT machines are transported by ERGO-FIT GmbH & Co. KG directly or by an authorised freight forwarding company. After delivery, packaging will be collected and disposed of professionally. If ERGO-FIT machines are delivered by a freight forwarder, the customer needs to dispose of the packaging himself or can send it back to ERGO-FIT GmbH & Co. KG (the customer is responsible for the transportation costs).

The machines do not have any shipping locks!

5.2 Setup and the right place for setup

1. Make sure that the surface underneath the machine is flat and level.
2. The machines are mounted and set up directly by the manufacturer or an authorised service technician. Only this way can a safe and proper function of the machine be guaranteed.

Any guarantee claim will be excluded if the machine is assembled or disassembled by the purchaser or another non-authorised person.

3. Perform a function test after setup or relocation.
4. For safety reasons make sure that there is enough free space around the machine so that the trainee will not collide with the machine or others will not get hit by moving parts.

5.3 Ambient temperature

⊗ Your ERGO-FIT exercise machine may be used at an ambient temperature of +10°C to +40°C, a relative humidity of 30 to 75% (non condensing) and an atmospheric pressure of 700 hPa to 1060 hPa without a problem.

⊗ The machine may be stored at a temperature between -30°C and +50°C.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

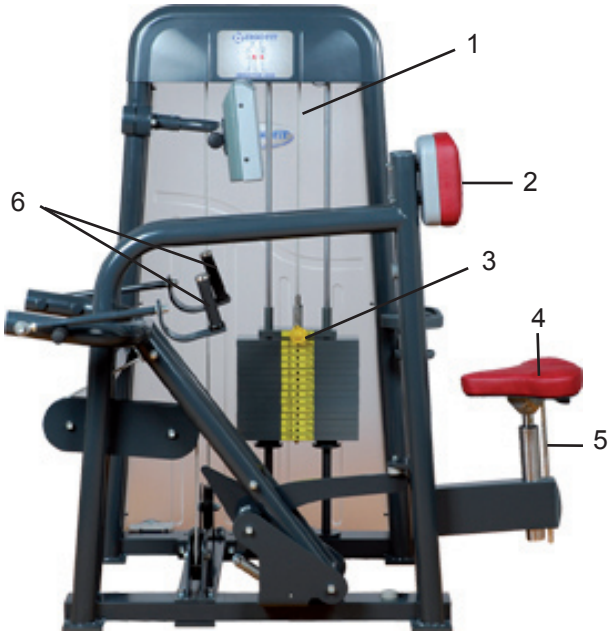
5.4 Components

5.4.1 Back muscles

5.4.1.1 BACK EXTENSION 4000

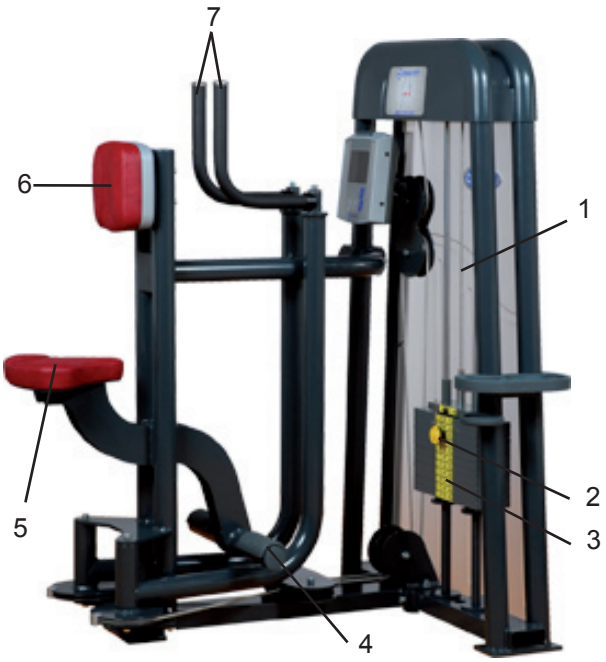
1 Steel cable
(weight transmission)
2 Eccentric
3 Dowel pin *(locked)*
4 Snap-on weights *(5 kg each)*
5 Handhold
6 Seat padding
7 Back support

5.4.1.2 BACK PULL 4000



1 Steel cable
(weight transmission)
2 Chest pad
3 Dowel pin *(locked)*
Snap-on weights *(5 kg each)*
4 Seat padding
5 Seat height adjustment
6 Handhold

5.4.1.3 BUTTERFLY REVERSE 4000



1 Steel cable *(weight transmission)*
2 Dowel pin *(locked)*
3 Snap-on weights *(5 kg each)*
4 Footrest
5 Seat padding
6 Chest pad
7 Handhold

5.4.1.4 LAT PULL 4000

1 Steel cable *(weight transmission)*
2 Dowel pin *(locked)*
Snap-on weights *(5 kg each)*
3 Seat height adjustment
4 Seat padding
5 Leg pads
6 Handhold

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

5.4.2 Shoulder muscles

5.4.2.1 SHOULDER ABDUCTION 4000

1 Steel cable *(weight transmission)*
2 Dowel pin *(locked)*
3 Snap-on weights *(5 kg each)*
4 Seat height adjustment
5 Seat padding
6 Arm padding
7 Handhold

5.4.2.2 SHOULDER PRESS 4000

1 Steel cable *(weight transmission)*
2 Dowel pin *(locked)*
3 Snap-on weights *(5 kg each)*
4 Seat padding
5 Seat height adjustment
6 Back pad padding
7 Handhold

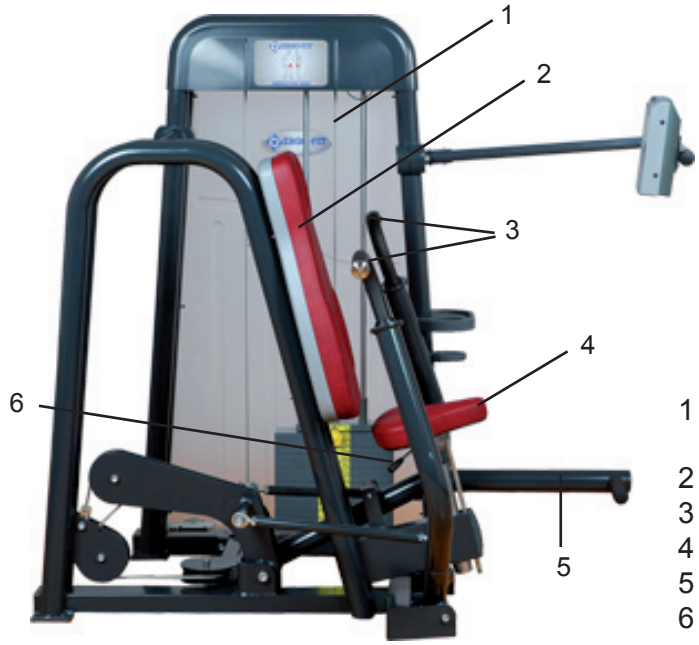
Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

5.4.3 Chest muscles

5.4.3.1 BUTTERFLY 4000

1 Steel cable
(weight transmission)
2 Handhold
3 Seat padding
4 Back pad

5.4.3.2 CHEST PRESS 4000

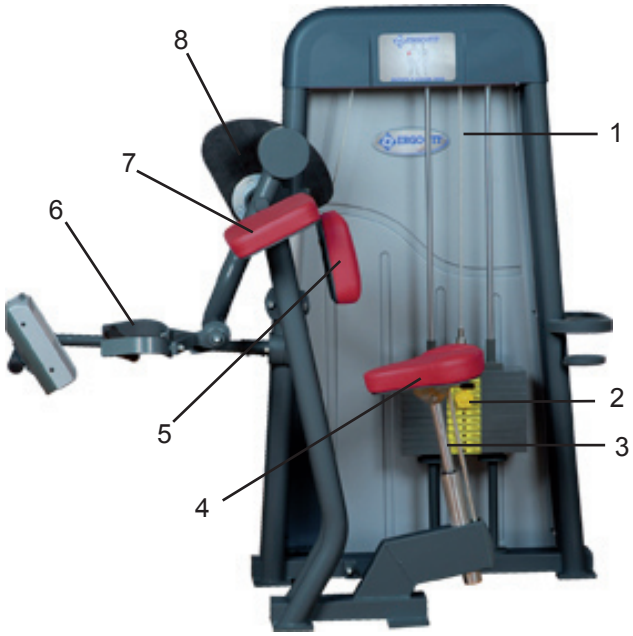


1 Steel cable
(weight transmission)
2 Back pad
3 Handhold
4 Seat padding
5 Easy entry feature
6 Seat height adjustment

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

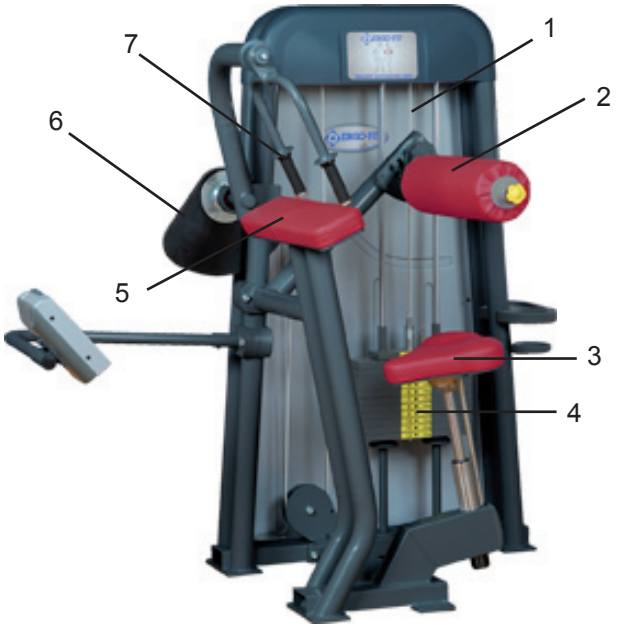
5.4.4 Upper arm muscles

5.4.4.1 BICEPS FLEXION 4000



1 Steel cable *(weight transmission)*
2 Dowel pin *(locked)*
Snap-on weights *(5 kg each)*
3 Seat height adjustment
4 Seat padding
5 Chest pads
6 Handhold
7 Upper arm pad
8 Eccentric

5.4.4.2 TRICEPS EXTENSION 4000



1 Steel cable *(weight transmission)*
2 Back pad
3 Seat padding
4 Dowel pin *(locked)*
Snap-on weights *(5 kg each)*
5 Upper arm pad
6 Eccentric
7 Handhold

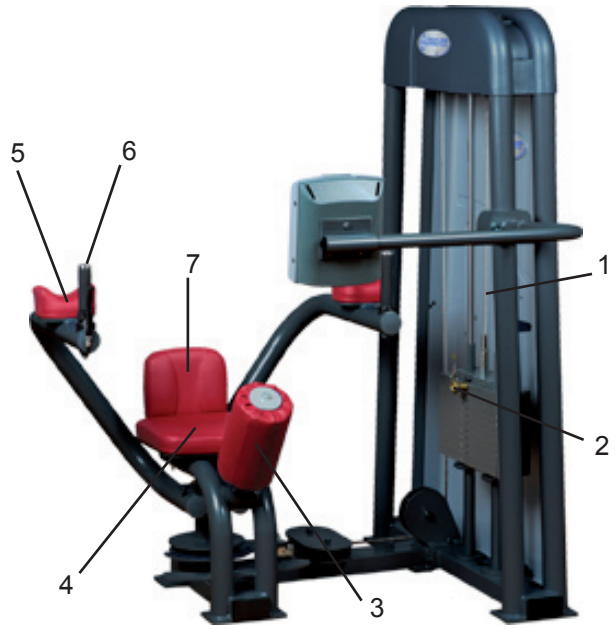
Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

5.4.5 Abdominal muscles

5.4.5.1 ABDOMINAL FLEXION 4000

1 Steel cable
(weight transmission)
2 Dowel pin *(locked)*
Snap-on weights *(5 kg each)*
3 Footrest
4 Handhold
5 Seat padding
6 Eccentric
7 Chest pad

5.4.5.2 ABDOMINAL TORSION 4000



1 Steel cable
(weight transmission)
2 Dowel pin *(locked)*
Snap-on weights *(5 kg each)*
3 Thigh restraint
4 Seat padding
5 Upper arm restraint
6 Handhold
7 Back pad

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

5.4.6 Pelvic muscles

5.4.6.1 ABDUCTOR 4000

1 Steel cable *(weight transmission)*
2 Dowel pin *(locked)*
Snap-on weights *(5 kg each)*
3 Knee pad
4 Foot rest
5 Seat padding
6 Back pad

5.4.6.2 ADDUCTOR 4000

1 Steel cable *(weight transmission)*
2 Knee pad
3 Foot rest
4 Seat padding
6 Back pad

5.4.6.3 HIP EXTENSION 4000

1 Steel cable
(weight transmission)
2 Upper body restraint
3 Handhold
4 Dowel pin *(locked)*
Snap-on weights *(5 kg each)*
5 Footrest
6 Eccentric

5.4.7 Thigh muscles

5.4.7.1 LEG EXTENSION 4000

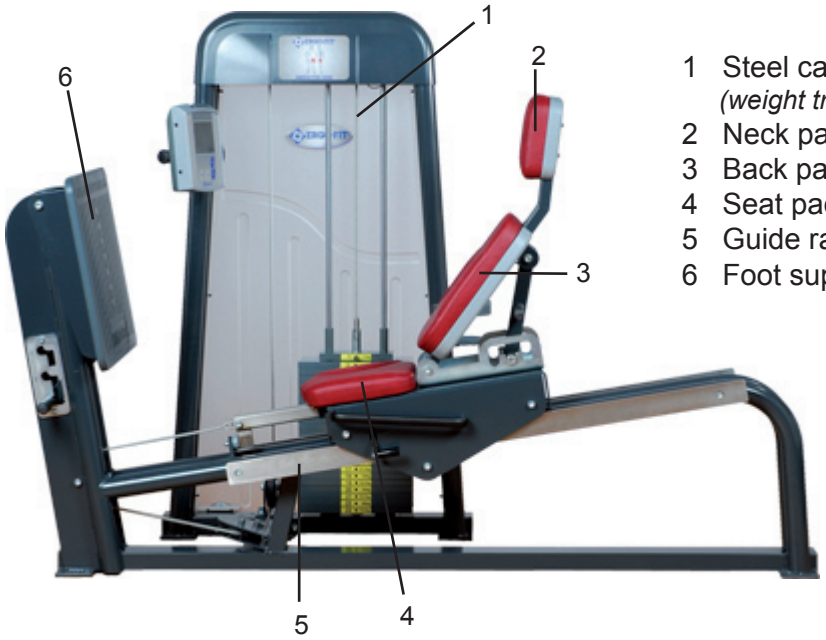
1 Steel cable
(weight transmission)
2 Back pad
3 Handhold
4 Seat padding
5 Dowel pin *(locked)*
Snap-on weights *(5 kg each)*
6 Foot pad
7 Eccentric

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

5.4.7.1 LEG FLEXION 4000

1 Steel cable
(weight transmission)
2 Back pad
3 Handhold
4 Seat padding
5 Eccentric)
6 Foot pad
7 Thigh restraint

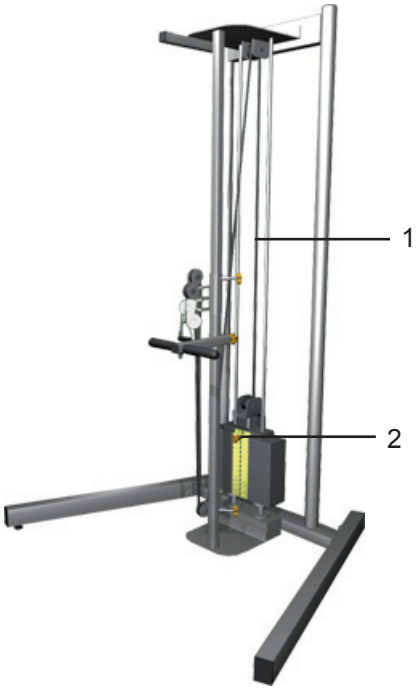
5.4.7.2 LEG PRESS 4000



1 Steel cable
(weight transmission)
2 Neck pad
3 Back pad
4 Seat padding
5 Guide rail
6 Foot support

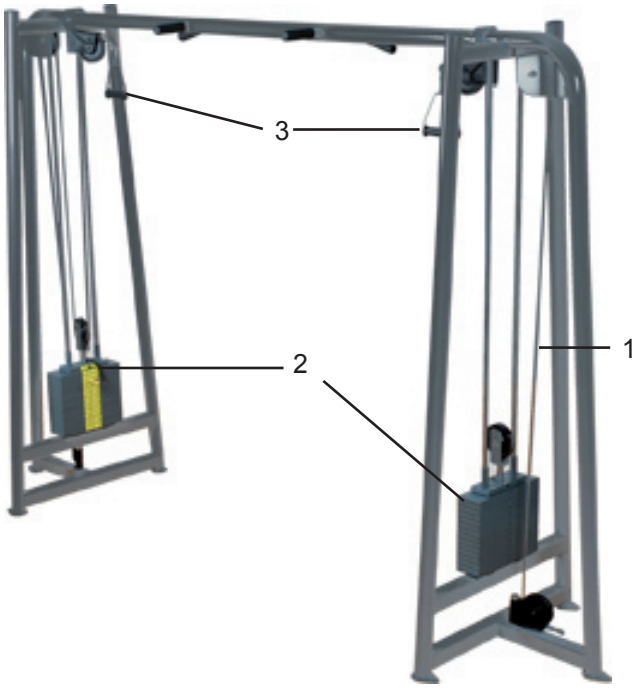
5.4.8 Multifunctional

5.4.8.1 CABLE 4000



1 Steel cable
(weight transmission)
2 Dowel pin *(locked)*
Snap-on weights *(5 kg each)*

5.4.8.2 CABLE CROSSOVER 4000



1 Steel cable
(weight transmission)
2 Dowel pin *(locked)*
Snap-on weights *(5 kg each)*
3 Handlebars

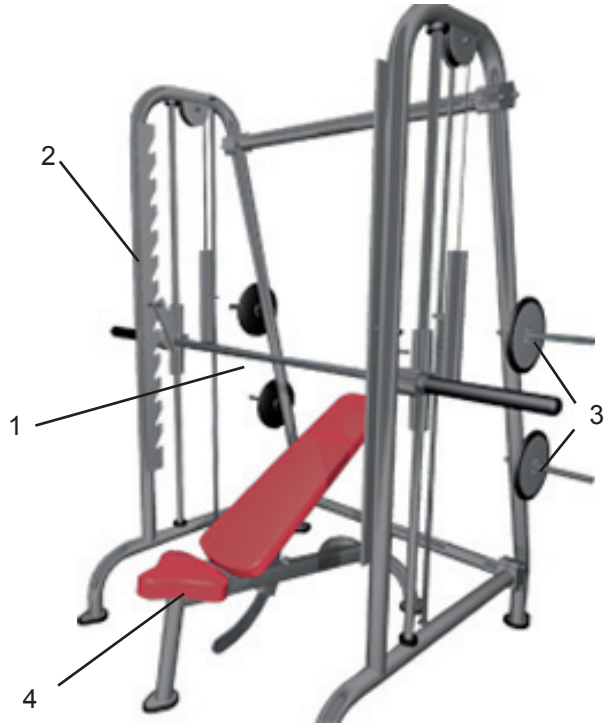
Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

5.4.8.3 CABLE TOWER 4000

1 Steel cable + Flat belt *(weight transmission)*
2 Lat pulldown
3 Seat padding
4 Base plates
5 Rowingstation
6 Dowel pin *(locked)*
Snap-on weights *(5 kg each)*

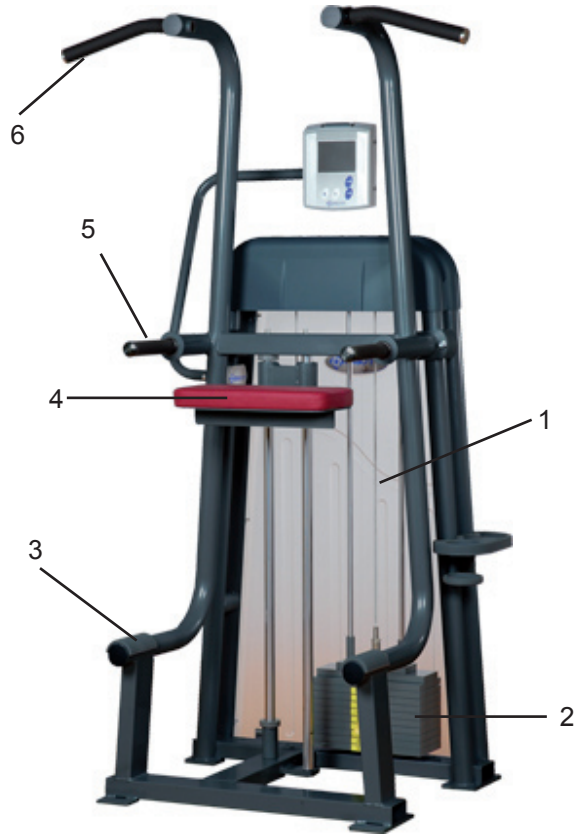
Bring the machine to the desired place and adjust the same. Then attach the rubber pads to the base plates and fix the seat and the seat bench by the clamp collar on the frame. Turn the feet down until the machine has a stable position on the floor. Then tighten the clamp collars at the seat and the seat bench. Finally, test again the feet for a stable position and readjust the same if necessary.

5.4.8.3 MULTI PRESS 4000



1 Dumbell bar
2 Guide rail
(with safety holder)
3 Weight storage bar
4 Seat/lying pad

5.4.8.4 PULL UP/DIP 4000



1 Steel cable
(weight transmission)
2 Dowel pin *(locked)*
Snap-on weights *(7,5 kg each)*
3 Knee pad
4 Foot rest
5 Pull up handhold
6 Dip handhold

5.4.9 Benches

5.4.9.1 ABDOMINAL BENCH 4000

1 Back pad
2 Back pad adjustment
3 Foot support

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

5.4.9.3 BACK BENCH 4000

1 Leg restraint
2 Leg pad
3 Leg pad adjustment

5.4.9.4 FLAT BENCH 4000

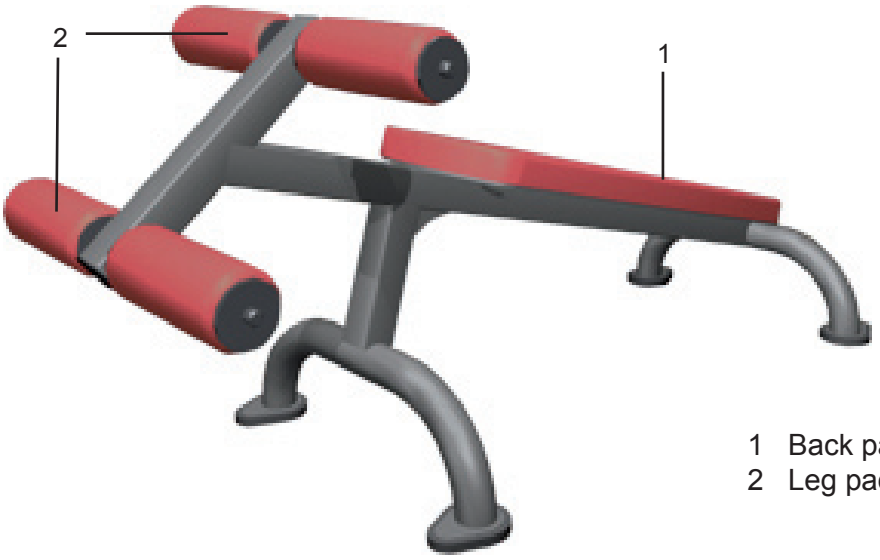
1 Seat/lying pad

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

5.4.9.5 MULTI BENCH 4000

1 Back pad
2 Seat padding
3 Seat padding adjustment

5.4.9.5 NEGATIVE BENCH 4000



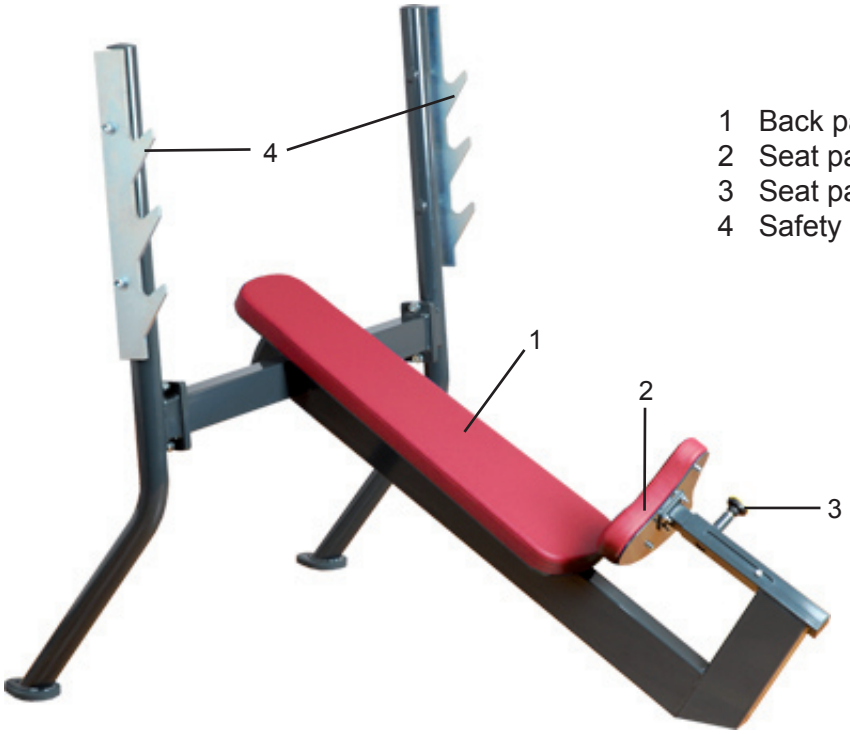
1 Back pad
2 Leg pad

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

5.4.9.6 OLYMPIC FLAT BENCH 4000

1 Seat/lying pad
2 Safety support for weights

5.4.9.7 OLYMPIC INCLINE BENCH 4000



1 Back pad
2 Seat padding
3 Seat padding adjustment
4 Safety support for weights

5.4.9.9 SCOTT BENCH 4000

1 Upper arm pad
2 Safety support for weights
3 Seat padding adjustment
4 Seat padding

5.4.9.9 SQUAT RACK 4000

1 Safety support for weights
2 Racks for weights

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Chapter 6: Start up

6.1 Kalibrierung der Gewichtsplatten 40
6.1 Resistance adjustment 40
6.2 Eccentric function 40
6.3 Function test 41

Please note:
This owner's manual contains information on multiple gym machines.
There may be variations in detail according to the type of machine!

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

6 Start up

Connect your machine directly to the power outlet (110...220 V AC). After switching on the machine have to wait 35 minutes before you can use the machine. During this warm-up period you can adjust the weight plates. After the warm-up period the weight plates should be correctly displayed in the Cockpit. You can now start your workout.

6.1 Calibrating the Weight Plates

Before any new calibration/re-calibration of the weight plates you have to consider a warm-up period of 35 minutes. The warm-up period starts as soon as you switch on the machine. Re-calibration is only possible after the warm-up period has finished. Otherwise the weight plates may be displayed incorrectly in the Cockpit or may adjust automatically.

Note: The workout machine with laser sensor is a precision measuring instrument. But even here you have to consider measuring tolerances due to environmental factors (temperature changes, operation time etc.). Therefore, we recommend to check the functionality of the machine regularly. In case of a the weight plate difference you have to perform a re-calibration.

6.2 Resistance adjustment

On all machines of the POWER LINE4000 series the resistance can be adjusted by adding or reducing the number of snap-on weights. Dowel pins are used to adjust the weight by inserting them into the borings in the snap-on weights. The weights may be chosen directly from the machine.

When adjusting, consider the following aspects:

- ⊗ You can only adjust the weights when the weight bundle is not under tensile stress and the snap-on weights are resting firmly. Accordingly, you should avoid modifying the training weight during a motion sequence.
- ⊗ Make sure to insert the dowel pins completely. If this is not the case, the pins might loosen during motion. The snap-on weights can fall on the weight bundle and this might damage the weights or injure the trainee because of jerky removal of the load.
- ⊗ To secure the weights, insert the dowel pins straight into the borings. Otherwise, the dowel pins might tilt during motion.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

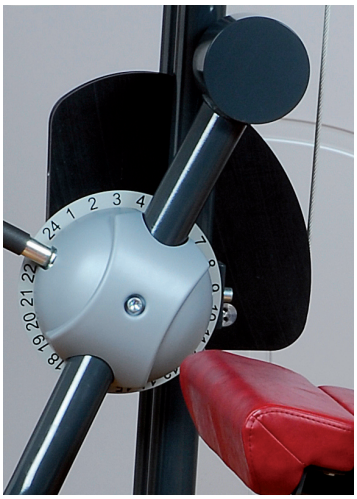
⊗ Do not put your hands between the snap-on weights. Otherwise, there is a risk of injury.

⊗ Do not let the weights impact on the weight bundle during and after exercise. Always make sure that the weights fall smoothly on the bundle.

6.3 Eccentric function

When designing strength training machines, strength curves are often made use of. The aim of considering strength curves is to ensure the correct and targetted adjustment of the resistance for the respective abilities of the muscle to be trained. This means concretely that training stimuli can be used optimally by almost all parts of a muscle.

The technological aid for this purpose is the eccentric technique. The eccentric is connected with the rotation axis of the exercise machine via which the load of the training weight is transferred to the lever arm (moment arm) that is moved by the trainee. The set weight is transferred to the outer border of the eccentric disc via a flat belt.



Eccentric (example: LEG EXTENSION 4000)

The edge of the eccentric does not form a concentric radius (constant distance between outer edge and rotation axis) around the rotation point of the disc but an eccentric radius (variable distance between outer edge and rotation axis). The distance between the respective surface location of the weight plate (load) and the rotation point determines the length of the lever arm with which the weight pulls the plate. This distance is called the load arm. In contrast, the length of the lever arm (against which the trainee works) determines the so-called moment arm. According to the lever principle (Load x load arm = moment x moment arm), an eccentric transfers a high torque (more load) on the rotation axis if the weight is transferred via a long load arm to the rotation axis and vice versa (i.e. via a point of the disc with a longer distance to the rotation point). Thus, the maximum strain on the muscles may be realised by a high torque already at the beginning of the motion and will be maintained almost until the final position is reached.

To meet individual needs, the moment arm may be adjusted in relation to the eccentric to allow for strain adjustment by modifying the link positions.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Some machines of the POWER LINE 4000 are not equipped with an eccentric. This is due to the vertical (LAT PULL 4000, SHOULDER ABDUCTION 4000, SHOULDER PRESS 4000) or horizontal (CHEST PRESS 4000, LEG PRESS 4000) exercise motion.

6.4 Function test

Function test: How to proceed:

- ⊗ Check if all handling parts are locked properly before training. Make sure there are no loose or badly mounted handling parts.
- ⊗ Check the cable and wires for damage.
- ⊗ Check moving parts (steel cables, rollers) for proper function.
- ⊗ Check the rests and paddings for damage.
- ⊗ Check if all adjustable parts function properly.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Kapitel 7: Training

7.1 The effect of training 44
7.2 Strain parameters 44
7.3 Training routine – aspects to be considered 45
7.4 Training tips 46
7.5 Proper training technique 47
7.5.1. Back muscles 47
7.5.1.1 BACK EXTENSION 4000 47
7.5.1.2 BACK PULL 4000 48
7.5.1.3 BUTTERFLY REVERSE 4000 49
7.5.1.4 LAT PULL 4000 50
7.5.2 Shoulder muscles 51
7.5.2.1 SHOULDER ABDUCTION 4000 51
7.5.2.2 SHOULDER PRESS 4000 52
7.5.3 Chest muscles 53
7.5.3.1 BUTTERFLY 4000 53
7.5.3.2 CHEST PRESS 4000 54
7.5.4 Upper arm muscles 55
7.5.4.1 BICEPS FLEXION 4000 55
7.5.4.2 TRICEPS EXTENSION 4000 57
7.5.5 Abdominal muscles 58
7.5.5.1 ABDOMINAL FLEXION 4000 58
7.5.5.2 ABDOMINAL TORSION 4000 59
7.5.6 Pelvic muscles 60
7.5.6.1 ABDUCTOR 4000 60
7.5.6.2 ADDUCTOR 4000 61
7.5.6.3 HIP EXTENSION 4000 62
7.5.7 Thigh muscles 63
7.5.7.1 LEG EXTENSION 4000 63
7.5.7.2 LEG FLEXION 4000 64
7.5.7.3 LEG PRESS 4000 65
7.5.8 Multifunctional 66
7.5.8.1 PULL UP/DIP 4000 66
7.5.8.1.1 PULL UP 4000 66
7.5.8.1.2 DIP 4000 68

Please note:
This owner's manual contains information on multiple gym machines.
There may be variations in detail according to the type of machine!

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

7 Training

7.1 The effect of training

The demands of today's lifestyle in modern societies are not enough to remain in good physical condition. Increasing automation and mechanisation involve an increasing number of activities limited to fine motor skills. This development includes everyday life. Physical inactivity inevitably leads to physical deterioration.

Muscle power allows the human being to stand up against gravity and to carry out movements. However, general prejudices against strength training have suppressed the importance of its promotion and preservation so far. Recent studies show that physical inactivity leads to postural deficiencies, muscle weakness and osteoporosis. A lack of muscle power activities is the cause of this. This leads to malpositions, and these lead to overstraining of the muscles, ligaments and the skeletal system. Irreparable damage to the muscular-skeletal system is the long-term consequence.

Strength training has the potential to counteract this physical deterioration. The effect of strength training is – depending on the target and the fitness - a general increase in power in individual muscles, muscle groups or the entire skeletal muscles with and without muscle growth (muscular hypertrophy). Furthermore, it creates a physical base for the exertion of sports or physical activities, counteracts physical inactivity and related effects, and allows for a faster recovery of working abilities after injuries. In addition, it has a positive indirect effect on the psyche and the appearance. You will feel fit, more agile, and more attractive.

Muscle activity releases energy. This energy is converted into warmth. The body gets warmer. To avoid overheating, the body counteracts this mechanism through perspiration. However, loss of liquid reduces physical capabilities. Sports physicians recommend a regular fluid intake during training to counteract this effect.

7.2 Strain parameters

The following aspects are relevant for general fitness purposes: muscle building training (growth of muscle diametre, increase in maximum strength, firming body tissue) and maintenance of strength performance (strength endurance training: increasing fatigue resistance during stress, firming body tissue).

The general strain levels are:

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Muscle building training

	Beginner	Advanced
Intensity (% of maximum strenght)	40-60	60-80
Repetitions	8-15	8-15
Break duration (minutes)	1-2	2-4
Sequences	2-3	3-5
Exercise units per week	1-3	3-5
Training mode	slowly, guided	slowly, guided
Number of exercises	5-10	7-15

Strength endurance training

	Beginner	Advanced
Intensity (% of maximum strenght)	40-60	60-80
Repetitions	8-15	8-15
Break duration (minutes)	1-2	2-4
Sequences	2-3	3-5
Exercise units per week	1-3	3-5
Training mode	slowly, guided	slowly, guided
Number of exercises	5-10	7-15

7.3 Training routine – aspects to be considered

If you exercise for the first time or restart training after a longer break, your training routine should include the following stages (example):

1. **Warmup:** Carry out a general cardio vascular training (e.g. walking, running, cycling) for 10-15 minutes to prepare your body for the upcoming strain.
2. **Stretching:** Then stretch those muscle groups you are going to strain during workout.
3. **Main routine:** Now start your actual strength training and try to complete your training target. Carry out a warmup on the exercise machine before each exercise sequence to specifically prepare the muscles for the upcoming strain (low intensity, high number of repetitions).

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

7.4 Training tips

General

- ⊗ If you perform an exercise for the first time, work with little or no weight to familiarise yourself with the motion sequence. Only increase the intensity when you have perfect control over the respective exercise.
- ⊗ Exercise systematically. Make up a training schedule or have somebody else do it for you.
- ⊗ Have someone correct your training every now and then to counteract habitual mistakes.
- ⊗ Choose strains that correspond to your current performance status. Avoid setting strains too high. This might lead to an overstrain or injuries to your musculoskeletal system.
- ⊗ Modify the training routine regularly (at an interval of approx. 6 to 8 weeks). To do so, you can change parameters such as the intensity, number of repetitions, duration of the breaks, training method or the choice of exercise. Lasting training effects will only be achieved by modifying the training routine.
- ⊗ Exercise regularly. However, allow sufficiently long recreational periods. Only regular exercise combined with recovery phases leads to the desired effect.

Training mode

- ⊗ Do not hold your breath during training. Breathe out during the strain sequence and breathe in during the relaxing sequence.
- ⊗ Exercise in an upright position. Avoid over-arching (hyperlordosis) your back.
- ⊗ Always keep your head in line with your spinal column.
- ⊗ Stabilise your hand joints (do not kink your wrists!).
- ⊗ Avoid jerky movements as this might lead to overstrain or injuries.
- ⊗ Stop the workout immediately if you feel a pain during exercise.
- ⊗ 4 Carefully lower the weights during the workout.
- ⊗ Maintain the training position described here for your entire workout.

7.5 Proper training technique

You should always take into account biomechanical considerations when you exercise. This is why we have listed aspects concerning this matter for each of the strength exercise machines in this chapter.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

7.5.1 Back muscles

7.5.1.1 BACK EXTENSION 4000

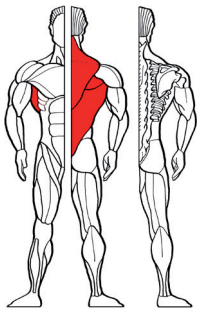
Principal muscles worked:
Mm. erector spinae

Start position	End position

1. Adopt the right exercise position. Sit on the seat. Your upper body (back straight) leans on the chest padding. Place your feet on the footrests (feet about shoulder width apart) and grasp the lateral handlebars with your hands (see also Chapter 5.4).
2. Now contract the torso muscles and press your straight upper body backwards against the backpad until you are sitting upright. Make sure not to hyperextend your upper body and to keep your pelvis in a stable position. Breathe out when you exert strain against the resistance. Maintain this position momentarily.
3. Now lower your upper body forwards again, making sure to maintain control. Stop the return motion in time so that your torso does not sag downwards. Breathe in during the return sequence

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

7.5.1.2 BACK PULL 4000



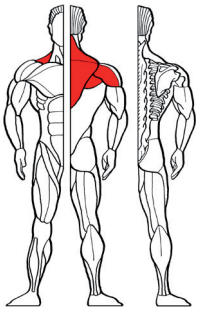
Principal muscles worked:
M. latissimus dorsi

Start position	End position

1. Adopt the right exercise position. Sit on the seat. Your upper body (back straight) leans on the chest padding. Place your feet on the footrests (feet about shoulder width apart) and grasp the lateral handlebars with your hands (see also Chapter 5.4).
2. Now contract the torso muscles and press your straight upper body backwards against the backpad until you are sitting upright. Make sure not to hyperextend your upper body and to keep your pelvis in a stable position. Breathe out when you exert strain against the resistance. Maintain this position momentarily.
3. Now lower your upper body forwards again, making sure to maintain control. Stop the return motion in time so that your torso does not sag downwards. Breathe in during the return sequence.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

7.5.1.3 BUTTERFLY REVERSE 4000



Principal muscles worked:

M. trapecius
M. rhomboideus
M. deltoideus

Start position	End position

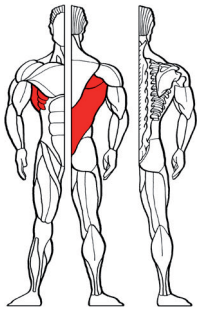
1. Adopt the right exercise position. Sit on the seat. Your upper body (back straight) leans on the chest padding. Place the balls of your feet on the footrests (feet about shoulder width apart). Extend your arms at shoulder height and grasp the lateral handlebars. The elbows are slightly bent (see also Chapter 5.4).
2. Now contract the torso muscles and pull your arms backwards while maintaining a straight back until your upper arms reach the height of your shoulders. During this movement, pull your shoulder blades together. Make sure not to hyperextend your arms! Breathe out when you exert strain against the resistance. Maintain this position momentarily.
3. Now return the handlebars, making sure to maintain control and stop the return motion when your upper arms are extended in front of you at shoulder width. Breathe in during the return sequence.

Exercise variations:

⊗ Vary the angle between your arm and torso (adjust the height of the handlebars) to work different areas of the back muscles individually.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

7.5.1.4 LAT PULL 4000



Principal muscles worked:
M. latissimus dorsi

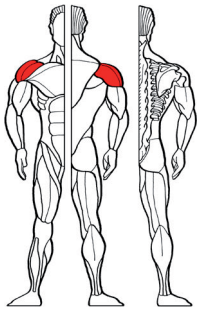
Start position	End position

1. Adopt the right exercise position: Sit on the seat with your upper body upright. Secure your pelvis with the leg pads. Place your feet about shoulder width apart. Grasp the handlebars with your extended arms. The elbows are slightly bent and your palms are facing forwards (see also Chapter 5.4).
2. Now contract your torso muscles and pull your arms downwards against the resistance of the machine until the handles reach the height of your neck. Keep your elbows opened to the sides and pull your shoulder blades together in the final phase. Breathe out when you exert strain against the resistance. Maintain this position momentarily.
3. Now return the handlebars, making sure to maintain control. Stop the return motion in time before the arms are completely extended to avoid increased stress on the elbows. Breathe in during the return sequence.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

7.5.2 Shoulder muscles

7.5.2.1 SHOULDER ABDUCTION 4000



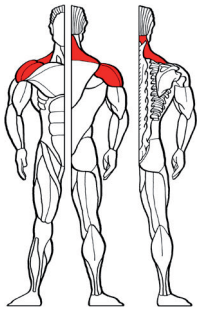
Principal muscles worked:
M. deltoideus

Start position	End position

1. Adopt the right exercise position: Sit on the seat with your upper body upright. The shoulder joint should be at the same height as the rotation axis of the exercise machine. Place your feet about shoulder width apart. Grasp the handlebars with your hands. Your palms are facing each other. Bend your elbows at a right angle. Your forearms touch the inside of the arm pads (also see Chapter 5.4).
2. Now contract your torso muscles, extend your arms sideways and upwards against the resistance of the machine until your arms reach the height of your shoulders. The motion originates from the shoulder joint only. Breathe out when you exert strain against the resistance. Maintain this position momentarily.
3. Now return your arms, making sure to maintain control. Stop the return motion shortly before reaching the torso. Breathe in during the return sequence.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

7.5.2.2 SHOULDER PRESS 4000



Principal muscles worked:
M. deltoideus
M. trapecius

Start position	End position

1. Adopt the right exercise position: Sit on the seat so that your upper body touches the backrest completely. Place your feet about shoulder width apart. Grasp the handlebars with your hands. Your palms show forwards. Bend your elbows at a right angle. Your forearms touch the inside of the arm pads (also see Chapter 5.4).
2. Now contract your torso muscles, extend your arms upwards against the resistance of the machine until your elbow joints are almost completely straight. Make sure not to hyperextend your elbow joints. This may lead to injuries and joint arthrosis in the long term. Breathe out when you exert strain against the resistance. Maintain this position momentarily
3. Now bend your elbows and return the handles, making sure to maintain control. Stop the return motion when the upper arms are in line with the axis of your shoulders. Breathe in during the return sequence.

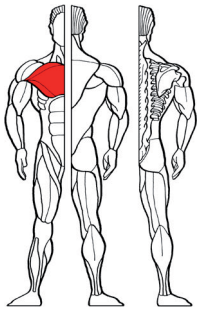
Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Exercise variations:

⊗ Choose a different handlebar position so that your palms are facing each other. Continue the exercise exactly as described above. With this variation, you can increase the effect on the triceps brachii

7.5.3 Chest muscles

7.5.3.1 BUTTERFLY 4000



Principal muscles worked:
M. pectoralis major
M. pectoralis minor

Start position	End position

1. Adopt the right exercise position: Sit on the seat so that your upper body touches the backrest completely. Place your feet about shoulder width apart. Grasp the handlebars with your hands at shoulder height. Your palms are facing forwards. Your arms should be almost completely extended (also see Chapter 5.4).
2. Now contract your torso muscles, and push your arms together in front of your upper body against the resistance of the machine. Breathe out when you exert strain against the resistance.
3. Now return the handholds to the start position, making sure to maintain control.

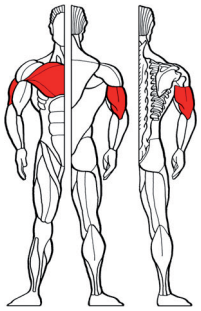
Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Stop the return motion when the upper arms are in line with the axis of your shoulders. Breathe in during the return sequence.

Exercise variations:

⊗ Vary the angle between your arm and torso (adjust the height of the handlebars) to work different areas of the chest muscles individually. When choosing an angle of 90°, the middle part of the chest muscles will be targeted with increased intensity, while an angle exceeding 90° (arm extended diagonal and upwards) focuses on the upper muscle area. An angle of less than 90° (arm extended downwards) increases the stress on the lower part.

7.5.3.2 CHEST PRESS 4000



Principal muscles worked:
M. pectoralis major
M. pectoralis minor
M. triceps brachii

Start position	End position

1. Adopt the right exercise position: Sit on the seat so that your upper body touches the backrest completely. Place your feet about shoulder width apart. Kick down the easy entry feature to move the handles forwards. Grasp the handlebars with your hands. Your palms are facing downwards. Bend your elbows at a right angle. Your arms are at shoulder height (also see Chapter 5.4).

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

2. Now contract your torso muscles, extend your arms forwards against the resistance of the machine until your elbows are almost completely extended. Make sure not to hyperextend your elbows. This may lead to injuries and arthrosis in the long term. Breathe out when you exert strain against the resistance. Maintain this position momentarily.
3. Now bend your elbows and return the handles, making sure to maintain control. Stop the return motion when the upper arms are in line with the axis of your shoulders. Breathe in during the return sequence. When you have finished the training sequence, kick the easy entry feature again with your foot. Now release the handles and return them to the start position.

Exercise variations:

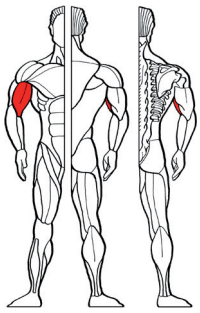
⊗ Choose a different handlebar position so that your palms are facing each other. Continue the exercise exactly as described above. With this variation, you can increase the effect on the triceps brachii.

⊗ Vary the angle between your arm and torso (modify the height of the seat) to work different areas of the chest muscles individually. When choosing an angle of 90°, the middle part of the chest muscles will be targeted with increased intensity, while an angle exceeding 90° (arm extended diagonally and upwards) focuses on the upper muscle area. An angle of less than 90° (arm extended downwards) increases the stress on the lower part.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

7.5.4 Upper arm muscles

7.5.4.1 BICEPS FLEXION 4000



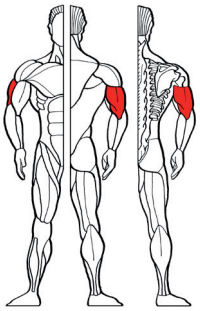
Principal muscles worked:
M. biceps brachii

Start position	End position

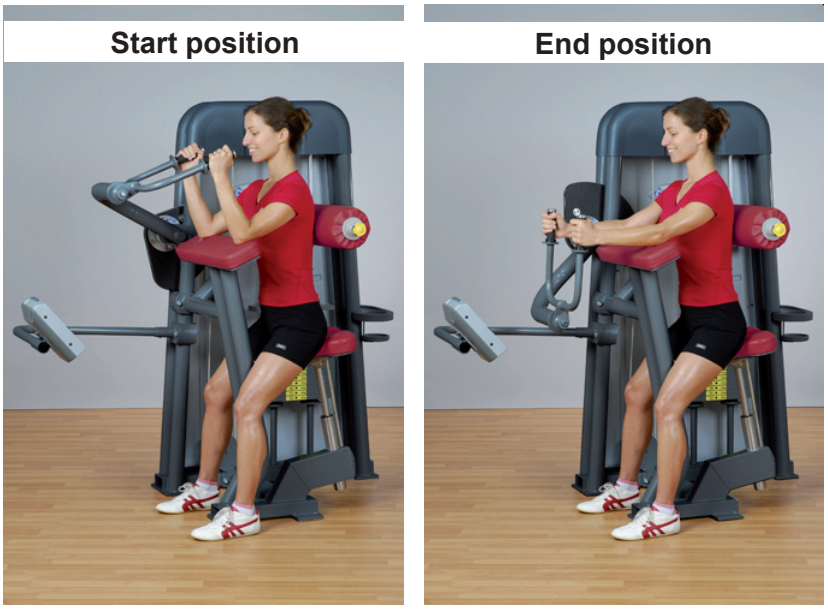
1. Adopt the right exercise position: Sit on the seat so that your upper body touches the chest pad. Place your feet about shoulder width apart. Rest your hands on the arm pads and grasp the handlebars with your hands. Your palms are facing upwards. Your elbows should be at the height of the machine's rotation axis and almost completely extended (also see Chapter 5.4).
2. Now contract your torso muscles, and bend your arms against the resistance of the machine. Lift your forearms upwards in a semicircular curve. The motion originates from the elbows only and should stop when your forearms reach the vertical line. Breathe out when you exert strain against the resistance. Maintain this position momentarily
3. Now straighten your arms and return the handles, making sure to maintain control. Stop the return motion when your arms are almost completely extended. Make sure not to hyperextend your elbow joints as this increases the stress on your elbows. Breathe in during the return sequence.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

7.5.4.2 TRICEPS EXTENSION



Principal muscles worked:
M. triceps brachii

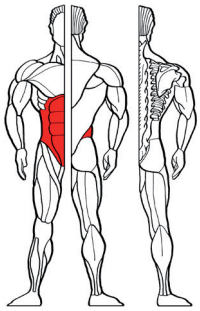


1. Adopt the right exercise position: Sit on the seat so that your upper body touches the back pad. Place your feet about shoulder width apart. Rest your upper arms on the arm pads. Grasp the handlebars with your hands. Your palms are facing each other. Your elbows should be at the height of the machine's rotation axis and your forearms should be vertical (also see Chapter 5.4).
2. Now contract your torso muscles, and stretch your arms against the resistance of the machine. Move your forearms downwards in a semicircular curve. The motion originates from the elbow joints only and should stop when your forearms are extended. Make sure not to hyperextend your elbow joints as this increases the stress on your elbows. Breathe out when you exert strain against the resistance. Maintain this position momentarily.
3. Now bend your elbows and return the handles, making sure to maintain control. Stop the return motion once your forearms are vertical. Breathe in during the return sequence.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

7.5.5 Abdominal muscles

7.5.5.1 ABDOMINA L FLEXION 4000



Principal muscles worked:
M. rectus abdominis
M. obliquus internus abdominis
M. obliquus externus abdominis

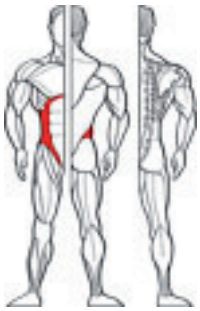
Start position

End position

1. Adopt the right exercise position: Sit on the seat so that the upper part of your chest touches the chest pad. Place the balls of your feet on the footrests (feet about shoulder width apart). Hug the chest pad with your arms (also see Chapter 5.4).
2. Lower your upper body against the resistance of the pad until it reaches an angle of approx. 45°. Breathe out when you exert strain against the resistance. Maintain this position momentarily.
3. Now lift your upper body back up, making sure to maintain control. Stop the return motion once you are sitting upright. Make sure not to hyperextend your upper body. Breathe in during the return sequence.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

7.5.5.2 ABDOMINAL TORSION 4000



Principal muscles worked:
M. obliquus internus abdominis
M. obliquus externus abdominis

Start position	End position

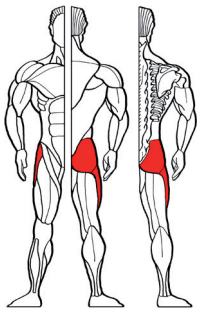
1. Adopt the right exercise position: Sit on the seat and set the training direction by pulling the adjustment lever close to the right handle. Turn your upper body to the right. Position your legs to the right and left of the leg pads and place your feet about shoulder width apart. Wrap your arms around the handles. Place your forearms on the forearm restraints (also see Chapter 5.4).
2. Contract your lateral abdominal muscles and turn your upper body to the left against the resistance of the pad. Breathe out when you exert strain against the resistance. Maintain this position momentarily.
3. Return your upper body to the start position. Breathe in during the return sequence.

Exercise variations:

⊗ Move the adjustment lever while you are sitting and turn your upper body to the left. Continue the exercise as described above but turn your upper body to the right.

7.5.6 Pelvic muscles

7.5.6.1 ABDUCTOR 4000



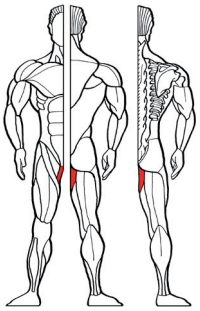
Principal muscles worked:
Mm. abductores

Start position	End position

1. Adopt the right exercise position: Sit on the seat so that your upper body touches the backrest completely. Place the balls of your feet on the footrests and rest your knees against the knee pads. Hold the lateral handlebars with your hands (also see Chapter 5.4).
2. Open your legs against the resistance of the machine as far as you can. Breathe out when you exert strain against the resistance. Maintain this position momentarily.
3. Return to the start position by closing your legs. Stop the return motion before your knees touch. Breathe in during the return sequence.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

7.5.6.2 ADDUCTOR 4000



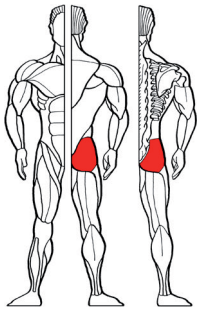
Principal muscles worked:
Mm. adductores

Start position	End position

1. Adopt the right exercise position: Sit on the seat so that your upper body touches the backrest completely. Place the balls of your feet on the footrests and rest your knees against the kneepads. Hold the lateral handlebars with your hands (also see Chapter 5.4).
2. Close your legs against the resistance of the machine until the pads almost touch each other. Breathe out when you exert strain against the resistance. Maintain this position momentarily.
3. Return to the start position by closing your legs. Stop the return motion when your legs are opened as wide as possible. Breathe in during the return sequence.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

7.5.6.3 HIP EXTENSION 4000



Principal muscles worked:
M. glutaeus maximus
M. glutaeus medius
M. glutaeus minimus

Start position	End position

1. Adopt the right exercise position: Stand next to the machine and rest your upper body against the upper body restraint. Hold the handlebars with both hands. Place your left foot firmly on the ground and the ball of your right foot on the footrest (also see Chapter 5.4).
2. Extend your right leg back and upwards against the resistance of the machine until your hip is extended. Breathe out when you exert strain against the resistance. Maintain this position momentarily.
3. Return your leg to the start position. Stop the return motion when your thigh is vertical. Breathe in during the return sequence.

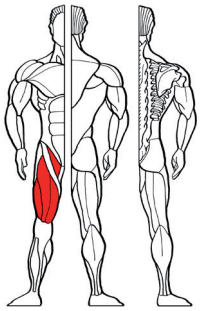
Exercise variations:

⊗ Place your right foot on the ground and your left foot on the footrest. Continue the exercise as described above with the other leg.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

7.5.7 Thigh muscles

7.5.7.1 LEG EXTENSION 4000



Principal muscles worked:
M. quadriceps femoris

Start position	End position

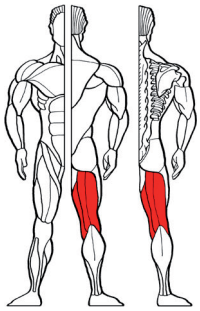
1. Adopt the right exercise position: Sit on the seat so that your upper body touches the backrest completely. The axis of your knee joint should be at the same height as the rotation axis of the machine. Position your feet behind the foot padding so that the pad is in the same height as your ankle joint. Hold the handlebars with both hands (also see Chapter 5.4).
2. Extend your legs upwards in front of you until your knees are almost completely straight. Make sure that the motion originates in the knee joint only and that your knees are not hyperextended. Breathe out when you exert strain against the resistance. Maintain this position momentarily.
3. Now return your legs to the start position. Stop the return motion once your knee joints reach an angle of approx. 90°. Breathe in during the return sequence.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Exercise variations:

⊗ You can also perform this exercise with only one leg. This prevents the stronger leg from performing more of the work.

7.5.7.2 LEG FLEXION 4000



Principal muscles worked:
M. biceps femoris
M. semitendinosus
M. semimembranosus

Start position

End position

1. Adopt the right exercise position: Sit on the seat so that your upper body touches the backrest completely. The axis of your knee joint should be at the same height as the rotation axis of the machine. Place your feet in front of the foot padding so that the pad is at the same height as your ankle joint. Secure your legs with the thigh restraint and hold the handlebars with both hands (also see Chapter 5.4).
2. Bend your legs back and upwards until your knees reach an angle of approx. 90°. Breathe out when you exert strain against the resistance. Maintain this position momentarily
3. Now extend your legs to the start position. Stop the return motion when your knees are almost completely straight. Make sure that the motion originates from the knee joint only and that your knees are not hyperextended. Breathe in during

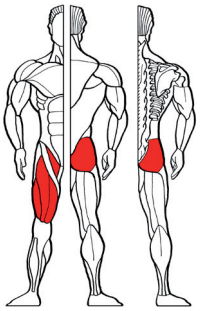
Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

the return sequence.

Exercise variations:

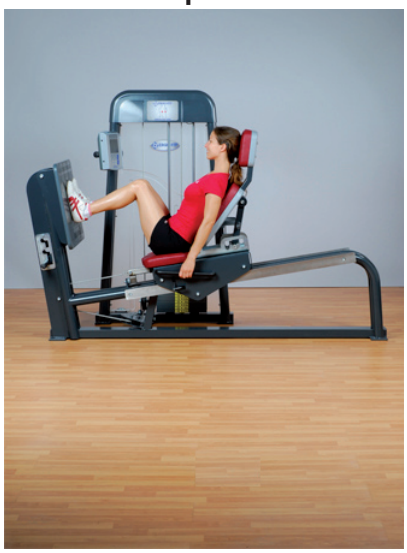
⊗ You can also perform this exercise with only one leg. This prevents the stronger leg from performing more of the work.

7.5.7.2 LEG PRESS 4000

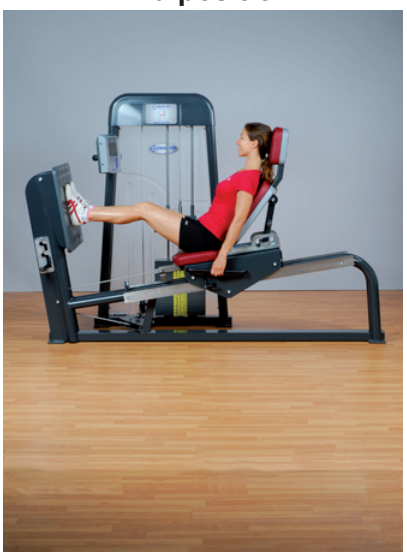


Principal muscles worked:
M. quadriceps femoris
M. glutaeus maximus

Start position



End position



1. Adopt the right exercise position: Sit on the seat so that your upper body touches the backrest completely. Make sure to adjust the backrest's slope ergonomically to counteract existing back pain. Place your feet on the footrests about shoulder width apart. The height of your feet on the footrest is determined by your legs, which should be bent at an angle of approx. 90°. If you have knee problems, this angle should not be less than 90°. Hold the handlebars with your hands (also see Chapter 5.4).
2: Extend your legs against the resistance of the machine until your knees are almost completely straight. Make sure not to hyperextend your knees! Breathe out when you exert strain against the resistance. Mantain this position

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

2. momentarily.
3. Bend your legs to return to the start position. Stop the return motion once the legs reach an angle of approx. 90°. Breathe in during the return sequence.

Exercise variations:

⊗ You can also perform this exercise with only one leg. This prevents the stronger leg from performing more of the work.

⊗ Vary the position of your feet to target different muscle groups individually:

a) Feet at the upper edge of the footrest (optimal positioning of the feet in case of knee problems): The muscle work is mainly taken over by the gluteal muscles (M. glutaeus maximus) as well as the muscles on the rear of the thighs M. biceps femoris, M. semitendinosus, M. semimembranosus)

b) Feet on the lower edge of the footrest: The muscle work is mainly taken over by the front muscles on the thighs (M. quadriceps femoris).

c) Feet largely apart: The muscle work is mainly taken over by the lateral inside muscles of the thighs (Mm. adductores).

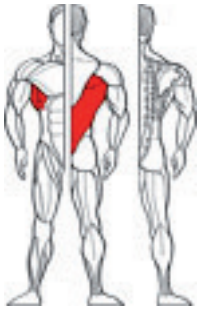
d) Feet closely together: The muscle work is mainly taken over by the lateral front muscles of the thighs (M. quadriceps femoris)

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

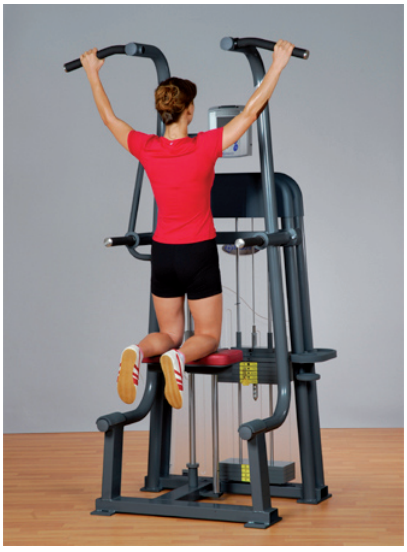
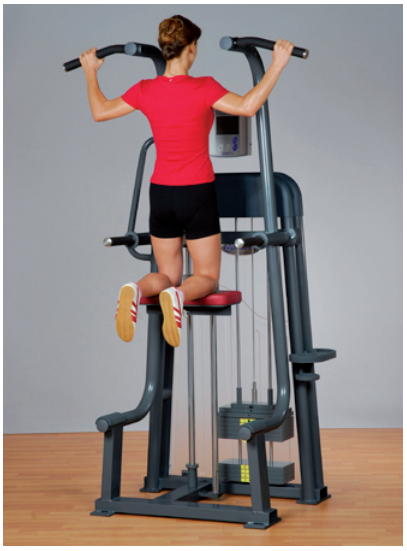
7.5.8 Multifunctional

7.5.8.1 PULL UP DIP 4000

7.5.8.1.1 PULL UP 4000



Principal muscles worked:
M. latissimus dorsi

Start position	End position
	

1. Adopt the right exercise position: Kneel on the pad while facing the machine. Your legs should be about shoulder width apart and parallel to each other. Grasp the upper outer handlebars with your hands. Your palms are facing forwards and your arms are almost fully extended (also see Chapter 5.4).
2. Lift yourself up slowly. Avoid any rotation of your elbow joints. Breathe out when you exert strain against the resistance. Maintain this position momentarily.
3. Let yourself sink until your arms are almost completely straight. Make sure not to hyperextend your elbow joints. Breathe in during the return sequence.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

7.5.8.1.2 DIP 4000

Principal muscles worked:
M. triceps brachii
M. pectoralis major

Start position	End position

1. Adopt the right exercise position: Kneel on the pad while facing the machine. Your legs should be about shoulder width apart and parallel to each other. Grasp the outer handlebars with your hands. Your palms are facing your body and your arms are almost completely extended (also see Chapter 5.4).
2. Let yourself sink until the handlebars are almost at the height of your chest and your upper arms in a horizontal position. Breathe in during this motion. Maintain this position momentarily.
3. Now contract your arm and chest muscles, and slowly lift yourself upwards until your arms are almost completely straight. Make sure not to hyperextend your elbow joints. Breathe out when you exert strain against the resistance.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Chapter 8: Maintenance

8.1 Care and maintenance 70
8.2 Cleaning 71

Please note:
This owner's manual contains information on multiple gym machines.
There may be variations in detail according to the type of machine!

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

8 Maintenance

Regular, thorough care and appropriate maintenance in particular help preserve the value and extend the lifetime of your exercise machine. For this reason, we recommend regular preventive maintenance! Always switch off the machine for maintenance and cleaning!

These regular inspections are essential for compliance in case of guarantee claims.

In case of a malfunction, ERGO-FIT's technicians and engineers are pleased to assist you.

Immediate maintenance is to be carried out if:

⊗ the machine has undergone extreme mechanical stress

⊗ steel cables, rollers, handles, levers or snap-on weights are damaged

Maintenance of the machine may be carried out by ERGO-FIT's customer service department. A maintenance contract may also be implemented.

8.1 Care and maintenance

During manufacturing of its training machines, ERGO-FIT makes every effort to reduce future maintenance.

In the following chapters, some of the maintenance and inspection tasks are described. You should carry out these tasks regularly.

During maintenance, consider the following:

⊗ This machine requires very little maintenance.

⊗ Moving parts need no further oiling or greasing.

⊗ The chrome bars need to be cleaned with a dry cloth and sprayed with teflon spray.

⊗ Before every use, check paddings, frame, flat belt, snap-on weights, handles and levers for cracks or breaks.

⊗ Before every use, check if all fastenings are firmly tightened.

⊗ 1 Regularly check the correct position of the sensor connectors on 4000 S machines.

⊗ Please lubricate the ropes monthly or as required. We recommend "Spray AT44 Allround Spray mit Teflon".

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

8.2 Cleaning

Sweat, dust particles and dirt will damage your exercise machine. This can be observed after only a few weeks. Metal and aluminium parts of your machine may alter its surfaces in combination with sweat. For this reason, you should clean your machine every day

During cleaning, consider the following aspects:

⊗ Clean your machine with a damp cloth, mild cleaning agent or soap suds only and dry it with a soft cloth.

⊗ Regularly clean the lens and the display of the 4000 S sensor.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Chapter A: Appendix

A.1	Customer service	74
A.2	Ordering information	74
A.3	Technical specifications	74
A.3.1	Back muscles	75
A.3.2	Shoulder muscles	76
A.3.3	Chest muscles	76
A.3.4	Upper arm muscles	77
A.3.5	Abdominal muscles	77
A.3.6	Pelvic muscles	78
A.3.7	Thigh muscles	79
A.3.8	Multifunctional	80
A.3.9	Benches	81
A.4	Warranty clauses	85
A.5	Declaration of conformity	87
	Safety Information	91

Please note:
This owner's manual contains information on multiple gym machines.
There may be variations in detail according to the type of machine!

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

A Appendix

A.1 Customer service

If you cannot correct a malfunction yourself, please get in touch with our customer service.

Service:	Phone:	(+49) 6331/2461-22
		(+49) 6331/2461-23
		(+49) 6331/2461-27
		(+49) 6331/2461-29
	Fax:	(+49) 6331/2461-55
	Email:	service@ergo-fit.de

Repairs of ERGO-FIT machines are carried out by highly qualified and competent service technicians. Only original spare parts are used for repairs.

A.2 Spare parts

Spare parts and current exploded drawings are available from ERGO-FIT's service department:

Service:	Phone:	(+49) 6331/2461-22
		(+49) 6331/2461-23
		(+49) 6331/2461-27
		(+49) 6331/2461-29
	Fax:	(+49) 6331/2461-55
	Email:	service@ergo-fit.de

When ordering, please provide the following information:

⊗ model

⊗ serial number

A.3 Technical specifications

This chapter provides the technical specifications of your strength exercise machine. The specifications are listed in separate charts for each model of the POWER LINE 4000 series and sorted by muscle groups.

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

A.3.1 Back muscles

	BACK EXTENSION 4000	BACK PULL 4000
Area of application	Fitness / medical	Fitness / medical
Dimensions (L/W/H) in cm	100 x 120 x 155	120 x 145 x 155
Max. weight mounting	100 kg	75 kg
Weight plate increment	5 kg	5 kg
Total weight /machine	approx. 235 kg	approx. 205 kg
Max. weight strain	150 kg	150 kg
Adjustments possible	Lever arm	Seat height
Adjustment by pneumatic spring	-	Seat height adjustment
Eccentric	yes	no
Locked dowel pins	yes	yes
Easy entry feature	no	yes
Weight transmission	Steel cable	Steel cable
Ambient temperature: Operation **Ambient temperature: Storage**	+10°C to +40°C -30°C to +50°C	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing	30% - 75% non condensing

	BUTTERFLY REVERSE 4000	LAT PULL 4000
Area of application	Fitness / medical	Fitness / medical
Dimensions (L/W/H) in cm	135 x 155 x 155	130 x 170 x 240
Max. weight mounting	60 kg	75 kg
Weight plate increment	5 kg	5 kg
Total weight /machine	approx. 190 kg	approx. 220 kg
Max. weight strain	150 kg	150 kg
Adjustments possible	-	Seat height
Adjustment by pneumatic spring	-	Seat height adjustment
Eccentric	yes	no
Locked dowel pins	yes	yes
Easy entry feature	no	no
Weight transmission	Steel cable	Steel cable
Ambient temperature: Operation **Ambient temperature: Storage**	+10°C to +40°C -30°C to +50°C	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing	30% - 75% non condensing

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

A.3.2 Shoulder muscles

	SHOULDER ABDUCTION 4000	SHOULDER PRESS 4000
Area of application	Fitness / medical	Fitness / medical
Dimensions (L/W/H) in cm	120 x 115 x 155	135 x 135 x 180
Max. weight mounting	75 kg	75 kg
Weight plate increment	5 kg	5 kg
Total weight /machine	approx. 200 kg	approx. 210 kg
Max. weight strain	150 kg	150 kg
Adjustments possible	Seat height	Seat height
Adjustment by pneumatic spring	Seat height adjustment	Seat height adjustment
Eccentric	no	no
Locked dowel pins	yes	yes
Easy entry feature	no	no
Weight transmission	Steel cable	Steel cable
Ambient temperature: Operation **Ambient temperature: Storage**	+10°C to +40°C -30°C to +50°C	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing	30% - 75% non condensing

A.3.3 Chest muscles

	BUTTERFLY 4000	CHEST PRESS 4000
Area of application	Fitness / medical	Fitness / medical
Dimensions (L/W/H) in cm	120 x 155 x 155	145 x 155 x 155
Max. weight mounting	75 kg	75 kg
Weight plate increment	5 kg	5 kg
Total weight /machine	approx. 200 kg	approx. 230 kg
Max. weight strain	150 kg	150 kg
Adjustments possible	lever arm	Seat height
Adjustment by pneumatic spring	-	Seat height adjustment
Eccentric	yes	no
Locked dowel pins	yes	yes
Easy entry feature	no	yes
Weight transmission	Steel cable	Steel cable
Ambient temperature: Operation **Ambient temperature: Storage**	+10°C to +40°C -30°C to +50°C	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing	30% - 75% non condensing

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

A.3.4 Upper arm muscles

	BICEPS FLEXION 4000	TRICEPS EXTENSION 4000
Area of application	Fitness / medical	Fitness / medical
Dimensions (L/W/H) in cm	95 x 130 x 155	105 x 110 x 155
Max. weight mounting	60 kg	60 kg
Weight plate increment	5 kg	5 kg
Total weight /machine	approx. 170 kg	approx. 185 kg
Max. weight strain	150 kg	150 kg
Adjustments possible	Seat height; lever arm	Seat height, lever arm, Back padding
Adjustment by pneumatic spring	Seat height adjustment	Seat height adjustment
Eccentric	yes	yes
Locked dowel pins	yes	yes
Easy entry feature	no	no
Weight transmission	Steel cable	Steel cable
Ambient temperature: Operation **Ambient temperature: Storage**	+10°C to +40°C -30°C to +50°C	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing	30% - 75% non condensing

A.3.5 Abdominal muscles

	ABDOMINAL FLEXION 4000	ABDOMINAL TORSION 4000
Area of application	Fitness / medical	Fitness / medical
Dimensions (L/W/H) in cm	105 x 130 x 155	135 x 100 x 155
Max. weight mounting	75 kg	60 kg
Weight plate increment	5 kg	5 kg
Total weight /machine	approx. 220 kg	approx. 170 kg
Max. weight strain	150 kg	150 kg
Adjustments possible	lever arm	-
Adjustment by pneumatic spring	-	-
Eccentric	yes	no
Locked dowel pins	yes	yes
Easy entry feature	no	no
Weight transmission	Steel cable	Steel cable
Ambient temperature: Operation **Ambient temperature: Storage**	+10°C to +40°C -30°C to +50°C	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing	30% - 75% non condensing

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

A.3.6 Pelvic muscles

	ABDUCTOR 4000	ADDUCTOR 4000
Area of application	Fitness/medical	Fitness/medical
Dimensions (L/W/H) in cm	140 x 130 x 155	175 x 125 x 155
Max. weight mounting	75 kg	75 kg
Weight plate increment	5 kg	5 kg
Total weight /machine	approx. 215 kg	approx. 215 kg
Max. weight strain	150 kg	150 kg
Adjustments possible	-	-
Adjustment by pneumatic spring	-	-
Eccentric	yes	yes
Locked dowel pins	yes	yes
Easy entry feature	no	no
Weight transmission	Steel cable	Steel cable
Ambient temperature: Operation **Ambient temperature: Storage**	+10°C to +40°C -30°C to +50°C	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing	30% - 75% non condensing

	HIP EXTENSION 4000
Area of application	Fitness/medical
Dimensions (L/W/H) in cm	100 x 125 x 155
Max. weight mounting	60 kg
Weight plate increment	5 kg
Total weight /machine	approx. 170 kg
Max. weight strain	150 kg
Adjustments possible	-
Adjustment by pneumatic spring	-
Eccentric	yes
Locked dowel pins	yes
Easy entry feature	no
Weight transmission	Steel cable
Ambient temperature: Operation **Ambient temperature: Storage**	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

A.3.7 Oberschenkelmuskulatur

	LEG EXTENSION 4000	LEG FLEXION 4000
Area of application	Fitness / medical	Fitness / medical
Dimensions (L/W/H) in cm	105 x 140 x 155	105 x 145 x 155
Max. weight mounting	100 kg	75 kg
Weight plate increment	5 kg	5 kg
Total weight /machine	approx. 265 kg	approx. 255 kg
Max. weight strain	150 kg	150 kg
Adjustments possible	Back rest, leg length, lever arm	Back rest, leg length, thigh restraint, lever arm, foot pad
Adjustment by pneumatic spring	-	-
Eccentric	yes	yes
Locked dowel pins	yes	yes
Easy entry feature	no	no
Weight transmission	Steel cable	Steel cable
Ambient temperature: Operation **Ambient temperature: Storage**	+10°C to +40°C -30°C to +50°C	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing	30% - 75% non condensing

	LEG PRESS 4000
Area of application	Fitness / medical
Dimensions (L/W/H) in cm	100 x 225 x 155
Max. weight mounting	172,5 kg
Weight plate increment	7,5 kg
Total weight /machine	approx. 375 kg
Max. weight strain	150 kg
Adjustments possible	Back rest, leg length, footrest
Adjustment by pneumatic spring	-
Eccentric	no
Locked dowel pins	yes
Easy entry feature	no
Weight transmission	Steel cable
Ambient temperature: Operation **Ambient temperature: Storage**	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

A.3.8 Multifunktional

	CABLE 4000	CABLE CROSSOVER 4000
Area of application	Fitness/medical	Fitness
Dimensions (L/W/H) in cm	120 x 160 x 225 (placed on the floor) 86 x 41 x 225 (mounted on the wall)	91 x 338 x 218
Max. weight mounting	75 kg	2 x 75 kg
Weight plate increment	5 kg	5 kg
Total weight /machine	approx. 156 kg (placed on the floor) approx. 123 kg (mounted on the wall)	approx. 250 kg
Max. weight strain	150 kg	150 kg
Adjustments possible	-	-
Adjustment by pneumatic spring	-	-
Eccentric	no	no
Locked dowel pins	yes	yes
Easy entry feature	no	no
Weight transmission	Steel cable	Steel cable
Ambient temperature: Operation Ambient temperature: Storage	+10°C to +40°C -30°C to +50°C	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing	30% - 75% non condensing

	CABLE TOWER 4000	MULTI PRESS 4000
Area of application	Fitness	Fitness
Dimensions (L/W/H) in cm	120 x 290 x 220	170 x 210 x 220
Max. weight mounting	2 X 100 kg, 2 x 75 kg	-
Weight plate increment	5 kg	-
Total weight /machine	approx. 530 kg	approx. 150 kg
Max. weight strain	150 kg	150 kg
Adjustments possible	-	-
Adjustment by pneumatic spring	-	-
Eccentric	no	no
Locked dowel pins	yes	no
Easy entry feature	no	no
Weight transmission	Steel cable	Steel cable
Ambient temperature: Operation Ambient temperature: Storage	+10°C to +40°C -30°C to +50°C	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing	30% - 75% non condensing

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

	PULL UP/DIP 4000
Area of application	Fitness / medical
Dimensions (L/W/H) in cm	81 x 120 x 215
Max. weight mounting	90 kg
Weight plate increment	7,5 kg
Total weight /machine	approx. 210 kg
Max. weight strain	150 kg
Adjustments possible	-
Adjustment by pneumatic spring	-
Eccentric	no
Locked dowel pins	yes
Easy entry feature	no
Weight transmission	Steel cable
Ambient temperature: Operation **Ambient temperature: Storage**	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing

A.3.9 Benches

	ABDOMINAL BENCH 4000	BACK BENCH 4000
Area of application	Fitness	Fitness
Dimensions (L/W/H) in cm	145 x 60 x 75	135 x 80 x 75
Max. weight mounting	-	-
Weight plate increment	-	-
Total weight /machine	approx. 60 kg	approx. 50 kg
Max. weight strain	150 kg	150 kg
Adjustments possible	Back pad	Leg pad
Adjustment by pneumatic spring	-	-
Eccentric	no	no
Locked dowel pins	no	no
Easy entry feature	no	no
Weight transmission	-	-
Ambient temperature: Operation **Ambient temperature: Storage**	+10°C to +40°C -30°C to +50°C	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing	30% - 75% non condensing

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

	FLAT BENCH 4000	BACK BENCH 4000
Area of application	Fitness	Fitness
Dimensions (L/W/H) in cm	105 x 60 x 40	135 x 60 x 100
Max. weight mounting	-	-
Weight plate increment	-	-
Total weight /machine	approx. 25 kg	approx. 35 kg
Max. weight strain	150 kg	150 kg
Adjustments possible	-	Backrest
Adjustment by pneumatic spring	-	-
Eccentric	no	no
Locked dowel pins	no	no
Easy entry feature	no	no
Weight transmission	-	-
Ambient temperature: Operation **Ambient temperature: Storage**	+10°C to +40°C -30°C to +50°C	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing	30% - 75% non condensing

	NEGATIVE BENCH 4000	BACK BENCH 4000
Area of application	Fitness	Fitness
Dimensions (L/W/H) in cm	160 x 65 x 170	160 x 125 x 125
Max. weight mounting	-	-
Weight plate increment	-	-
Total weight /machine	approx. 45 kg	approx. 50 kg
Max. weight strain	150 kg	150 kg
Adjustments possible	-	-
Adjustment by pneumatic spring	-	-
Eccentric	no	no
Locked dowel pins	no	no
Easy entry feature	no	no
Weight transmission	-	-
Ambient temperature: Operation **Ambient temperature: Storage**	+10°C to +40°C -30°C to +50°C	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing	30% - 75% non condensing

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

	OLYMPIC INCLINE BENCH 4000	OLYMPIC FLAT BENCH 4000
Area of application	Fitness	Fitness
Dimensions (L/W/H) in cm	160 x 125 x 135	160 x 125 x 125
Max. weight mounting	-	-
Weight plate increment	-	-
Total weight /machine	approx. 45 kg	approx. 50 kg
Max. weight strain	150 kg	150 kg
Adjustments possible	Seat height	Seat height
Adjustment by pneumatic spring	-	-
Eccentric	no	no
Locked dowel pins	no	no
Easy entry feature	no	no
Weight transmission	-	-
Ambient temperature: Operation **Ambient temperature: Storage**	+10°C to +40°C -30°C to +50°C	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing	30% - 75% non condensing

	SQUAT RACK 4000
Area of application	Fitness
Dimensions (L/W/H) in cm	175 x 120 x 175
Max. weight mounting	-
Weight plate increment	-
Total weight /machine	approx. 65 kg
Max. weight strain	150 kg
Adjustments possible	-
Adjustment by pneumatic spring	-
Eccentric	no
Locked dowel pins	no
Easy entry feature	no
Weight transmission	-
Ambient temperature: Operation **Ambient temperature: Storage**	+10°C to +40°C -30°C to +50°C
Relative humidity	30% - 75% non condensing

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

A.4 Warranty clauses

2 years warranty, full warranty of 4 years on request*

The seller shall be liable, to the exclusion of other liability, for deficiencies of the delivery, of which the absence of expressly affirmed properties is part, as follows:

1. All parts that are found to be unusable or restricted in use in consequence of a circumstance dated before the transfer of risk – notably because of faulty design, bad manufacturing material or faulty workmanship - shall be repaired or replaced during a period of 24 months after delivery. The decision if the fault will be repaired or should be replaced will be at the seller's discretion. The supplier shall only be liable for deficiencies of drawings and materials delivered or chosen by the seller if he would have been able to recognise the deficiency when applying professional accuracy unless the seller notified the purchaser of the recognised deficiency immediately.

2. The purchaser's right to claim ends in all cases after 24 months after transfer of the object.

3. No guarantee shall be assumed for damage as a result of inappropriate or improper use, faulty assembly or faulty startup carried out by the purchaser or a third party, natural wear, faulty or careless handling, inappropriate equipment or exchange work material, faulty construction works, chemical, electrochemical or electric influences, except in the event that they can be traced to the fault of the seller. The purchaser will assume all risks in connection with the delivery, even in case of free freight ex-factory.

4. Initially, the seller has the right to two rectifications or replacements. Should these fail, the purchaser has the right of abatement or rescission within the scope of valid legislation. The seller will have a period of six weeks as from communicating the notice of defect for rectification.

5. Improper modifications or repairs carried out on behalf of the purchaser or a third party without prior permission of the seller will abrogate warranty claims.

6. If goods are exported, warranty will be restricted to the availability of loose spare parts ex-factory within the warranty period. Packing costs, freight charge and labour will be at the expense of the purchaser. In case the purchaser demands site repair by a technician of the factory or another service address, the purchaser

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

will assume the costs of travelling expenses and labour.

7. All merchandise that has not been produced by the seller is subject to legal provisions.

Wear parts are excluded from warranty specifications, e.g.:

⊗ Flat belt, steel cable, pull ropes
⊗ Snap-on weights
⊗ Dowel pins
⊗ Adjusting Lever
⊗ Paddings
⊗ cable-winch sensor
⊗ Seat, tread, handholds

The warranty is voided if maintenance instructions are not observed!

*siehe allgemeine Geschäftsbedingungen

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

A.5 Declaration of conformity

EG Declaration of conformity

This is to certify that the products:

ABDUCTOR 4000 S
ABDOMINAL FLEXION 4000 S
ABDOMINAL TORSION 4000 S
ADDUCTOR 4000 S
BACK EXTENSION 4000 S
BACK PULL 4000 S
BICEPS FLEXION 4000 S
BUTTERFLY 4000 S
BUTTERFLY REVERSE 4000 S
CABLE 4000 S
CABLE FREE 4000 S
CHEST PRESS 4000 S
HIP EXTENSION 4000 S
LAT PULL 4000 S
LEG EXTENSION 4000 S
LEG FLEXION 4000 S
LEG PRESS 4000 S
PULL UP/DIP 4000 S
SHOULDER ABDUCTION 4000 S
SHOULDER PRESS 4000 S

fulfil the requirements laid down in the following guidelines and standards

- **2006/95/EC**
  Low voltage directive
- **2004/108/EC**
  EMC (electromagnetic compatibility) Directive
- **EN 957 SA**
  Stationary training equipment
- **DIN EN 60335-1, class of protection I, IP21**
  Household and similar electrical appliances - Safety – Part 1: General requirements

This declaration is valid for all products delivered from 01.01.2012 until 31.12.2012 and has been issued with full responsibility to the producer
ERGO-FIT GmbH & Co.KG
Blocksbergstraße 165
D-66955 Pirmasens

Name of the CE document commissioner: **Alexander Harrer**
Address of the CE document commissioner: **see manufacturer's address**

by:

Michael Resch
(Managing director)

Pirmasens, 01.12.2011

EG Declaration of conformity

This is to certify that the products:

ABDUCTOR 4000 MED
ABDOMINAL FLEXION 4000 MED
ABDOMINAL TORSION 4000 MED
ADDUCTOR 4000 MED
BACK EXTENSION 4000 MED
BACK PULL 4000 MED
BICEPS FLEXION 4000 MED
BUTTERFLY 4000 MED
BUTTERFLY REVERSE 4000 MED
CABLE 4000 MED
CABLE FREE 4000 MED
CHEST PRESS 4000 MED
HIP EXTENSION 4000 MED
LAT PULL 4000 MED
LEG EXTENSION 4000 MED
LEG FLEXION 4000 MED
LEG PRESS 4000 MED
PULL UP/DIP 4000 MED
SHOULDER ABDUCTION 4000 MED
SHOULDER PRESS 4000 MED

fulfil the requirements laid down in the following standards and guidelines

- **MPG, MDD 93/42/EEC, class of models I,**
  Medical Device Directive
- **EN 957 SA**
  Stationary training equipment
- **DIN EN 62366**
  Medical devices - Application of usability engineering to medical devices

This declaration is valid for all products delivered from 01.01.2012 until 31.12.2012 and has been issued with full responsibility to the producer

ERGO-FIT GmbH & Co.KG
Blocksbergstraße 165
D-66955 Pirmasens

Name of the CE document commissioner: **Alexander Harrer**
Address of the CE document commissioner: **see manufacturer's address**

by:

Michael Resch
(Managing director)

Pirmasens, 01.12.2011

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

EG Declaration of conformity

ABDUCTOR 4000 S MED
ABDOMINAL FLEXION 4000 S MED
ABDOMINAL TORSION 4000 S MED
ADDUCTOR 4000 S MED
BACK EXTENSION 4000 S MED
BACK PULL 4000 S MED
BICEPS FLEXION 4000 S MED
BUTTERFLY 4000 S MED
BUTTERFLY REVERSE 4000 S MED
CABLE 4000 S MED
CABLE FREE 4000 S MED
CHEST PRESS 4000 S MED
HIP EXTENSION 4000 S MED
LAT PULL 4000 S MED
LEG EXTENSION 4000 S MED
LEG FLEXION 4000 S MED
LEG PRESS 4000 S MED
PULL UP/DIP 4000 S MED
SHOULDER ABDUCTION 4000 S MED
SHOULDER PRESS 4000 S MED
TRICEPS EXTENSION 4000 S MED

fulfil the requirements laid down in the following standards and guidelines

- **2006/95/EC**
  Low voltage directive
- **MPG, MDD 93/42/EEC, class of models I,**
  Medical Device Directive
- **EN 957 SA**
  Stationary training equipment
- **DIN EN 60601-1, class of protection I, degree of protection type B, IP21**
  Medical electrical equipment – Part 1: General requirements for safety and essential performance
- **DIN EN 60601-1-2**
  Medical electrical equipment – Part 1: General requirements for safety and essential performance – Collateral standard 2: Electromagnetic compatibility - Requirements and tests
- **DIN EN 60601-1-6**
  Medical electrical equipment – Part 1: General requirements for safety and essential performance – Collateral standard 6: Usability
- **DIN EN 62304**
  Medical device software - Software life-cycle processes

This declaration is valid for all products delivered from 01.01.2012 until 31.12.2012 and has been issued with full responsibility to the producer
ERGO-FIT GmbH & Co.KG
Blocksbergstraße 165
D-66955 Pirmasens

Name of the CE document commissioner: **Alexander Harrer**
Address of the CE document commissioner: **see manufacturer's address**

by:

Michael Resch
(Managing director)

Pirmasens, 01.12.2011

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

EG Declaration of conformity

This is to certify that the products:

ABDUCTOR 4000 S MED
ABDOMINAL FLEXION 4000 S MED
ABDOMINAL TORSION 4000 S MED
ADDUCTOR 4000 S MED
BACK EXTENSION 4000 S MED
BACK PULL 4000 S MED
BICEPS FLEXION 4000 S MED
BUTTERFLY 4000 S MED
BUTTERFLY REVERSE 4000 S MED
CABLE 4000 S MED
CABLE FREE 4000 S MED
CHEST PRESS 4000 S MED
HIP EXTENSION 4000 S MED
LAT PULL 4000 S MED
LEG EXTENSION 4000 S MED
LEG FLEXION 4000 S MED
LEG PRESS 4000 S MED
PULL UP/DIP 4000 S MED
SHOULDER ABDUCTION 4000 S MED
SHOULDER PRESS 4000 S MED
TRICEPS EXTENSION 4000 S MED

fulfil the requirements laid down in the following standards and guidelines

EN 957 SA
DIN EN 60601-1, protection class I, degree of protection type B, IP21
DIN EN 60601-1-2
MPG, MDD 93/42/EWG, class I
2004/108/EG
DIN EN 60601-1-6
DIN EN 62304

This declaration is valid for all products delivered from 01.01.2010 until 31.12.2010 and has been issued with full responsibility to the producer

ERGO-FIT GmbH & Co.KG
Blocksbergstraße 165
D-66955 Pirmasens

by:

Michael Resch
(Managing director)

Pirmasens, 14.12.2009

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Safety Information
POWER LINE 4000

- ⊗ Do not start the machine before carefully reading this owner's manual.
- ⊗ Only use the machine after performing a proper function test.
- ⊗ Wear only appropriate sportswear and footwear during training.
- ⊗ The machine may be used after instruction of a supervisor only. The machine must not be used without the presence of a supervisor.
- ⊗ Never start training with the maximum strain. Increase its intensity slowly.
- ⊗ Check if the rests are secured before getting on the machine.
- ⊗ Never leave children unattended with the machine.
- ⊗ Make sure that persons who stand close to the machine are not hit by moving parts.
- ⊗ In case of nausea, dizziness, pain in the chest, limbs or joints, stop training immediately and see a doctor.
- ⊗ If you have a cardiac pacemaker, orthopaedic disabilities or a health condition, see your doctor before using the training machine.
- ⊗ When adjusting rests or restraints, please make sure to retighten them properly.
- ⊗ Do not put your hands between the snap-on weights. Make sure that the dowel pins are inserted completely into the borings and are not jammed.
- ⊗ Check the machine for damaged moving parts and paddings regularly (once per week). If the machine is damaged, have it repaired immediately.
- ⊗ Do not hold your breath during training. Breathe out during the strain sequence and breathe in during the relaxing sequence.
- ⊗ Start new power training exercises with a low strain. If you set the strain too high in the beginning, you might get injured.
- ⊗ Note that physical fatigue reduces coordination and increases the risk of injury.
- ⊗ Before training, check if all handling parts are locked properly or damaged.
- ⊗ Only use the machine for the purposes it is designed for.
- ⊗ Please consider further safety and operational notices in this manual

These safety precautions must be displayed where they are visible from the strength exercise machine! All users of the machine must be informed of the dangers and safety regulations. The manufacturer will not be liable for personal injury or material damage

Technical and optical modifications as well as misprints reserved - © 2012 by ERGO-FIT GmbH & Co. KG

Version: POWER LINE -20120815-en • Technical and optical modifications as well as misprints reserved • Printed in Germany

ERGO-FIT GmbH & Co. KG

Blocksbergstraße 165 – 66955 Pirmasens
Phone: (+49) 6331 2461-0 – Fax: (+49) 6331 2461-55
info@ergo-fit.de – www.ergo-fit.de