



**SPIRIT** FITNESS

*A Heritage of Quality | The Spirit of Innovation*

## Инструкция по сборке регулируемой скамьи



Руководство пользователя



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

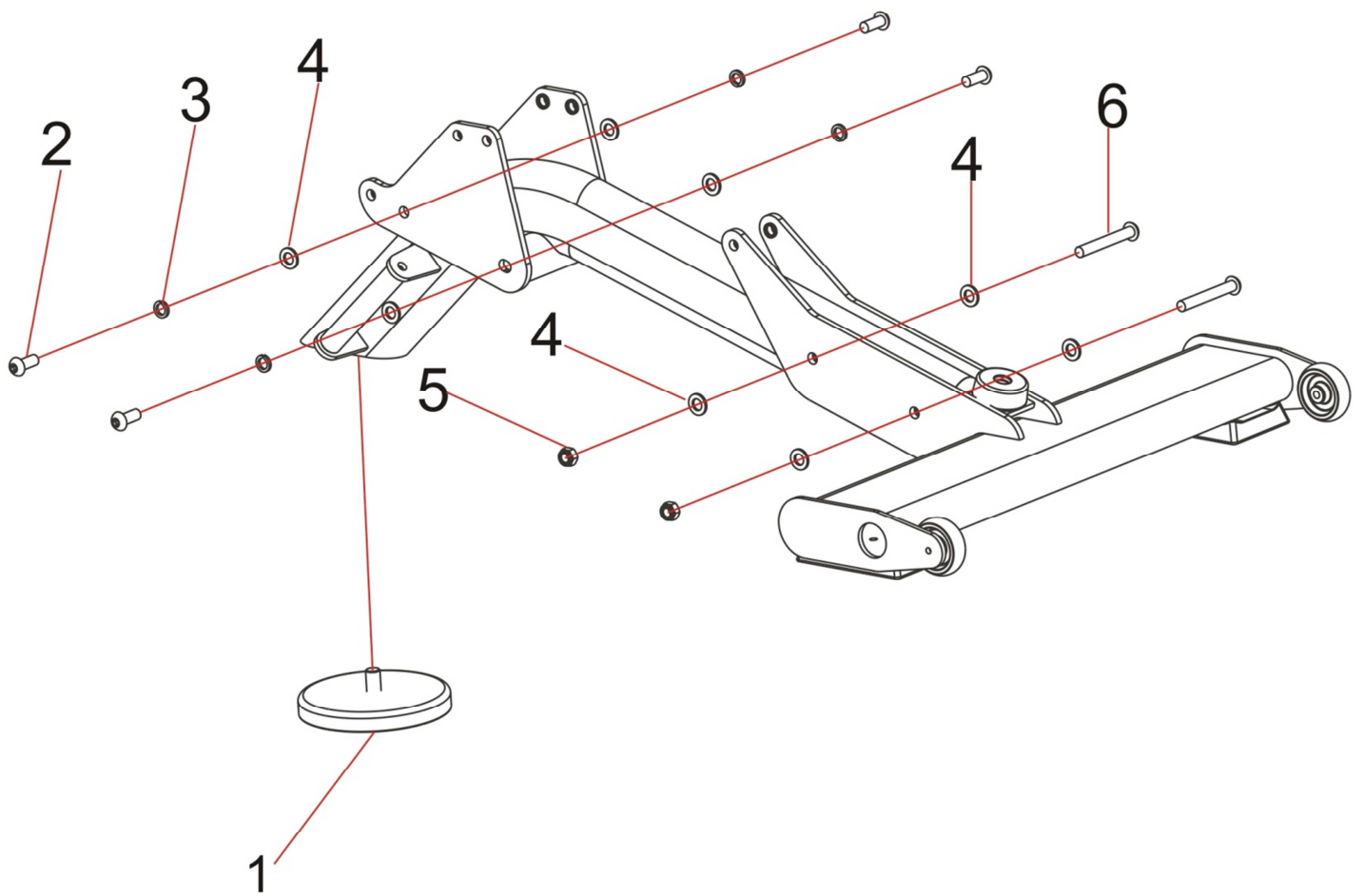



*A Heritage of Quality | The Spirit of Innovation*  
**SPIRIT**  
FITNESS







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



# 1



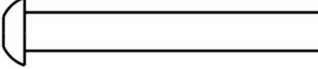

1  X1  
 $\Phi 170 \times 20$

2  X4  
M12X30 

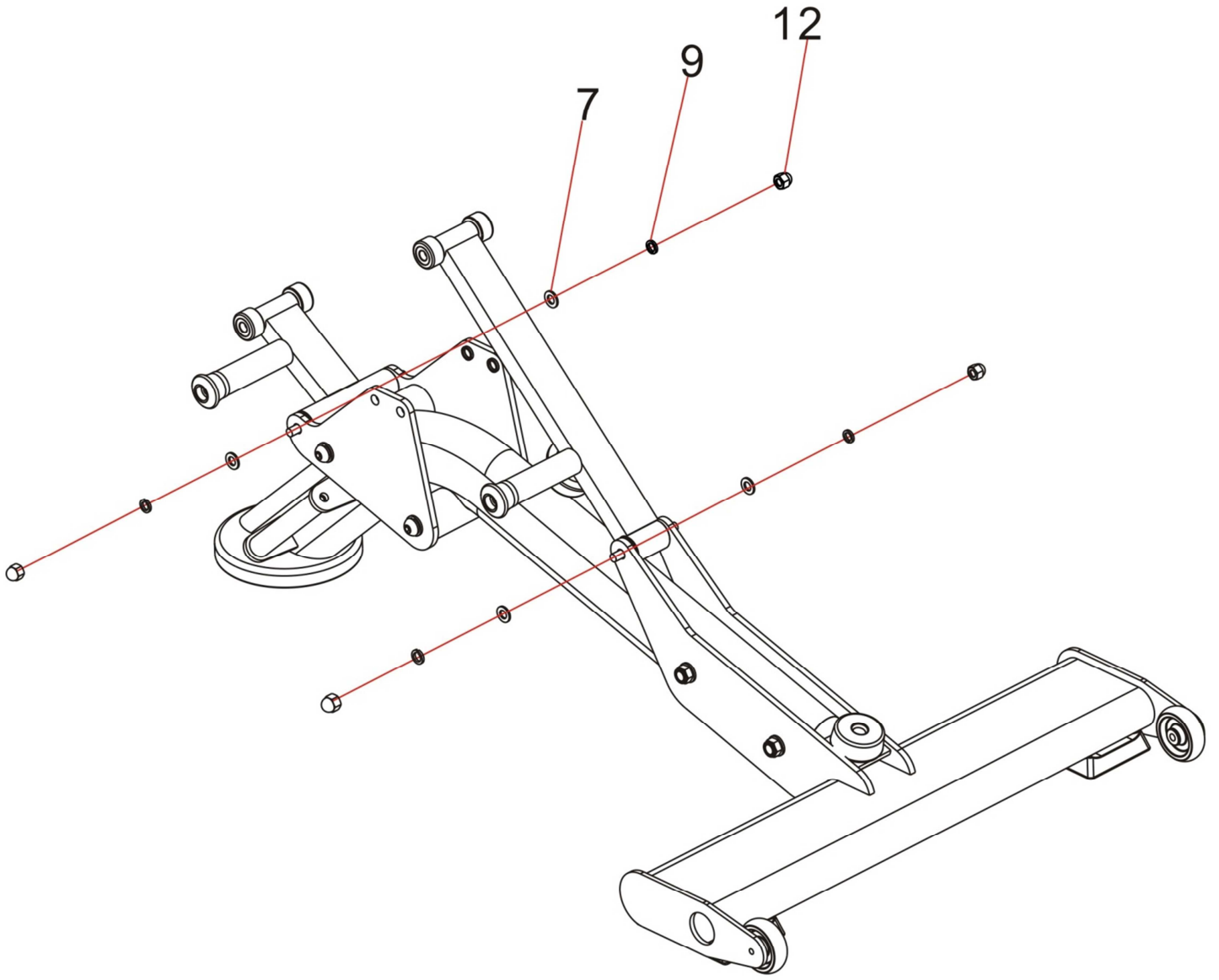
3  X4  
M12 



4  X8  
M12 



5  X2  
M12 



6  X2  
M12x90 

# 2

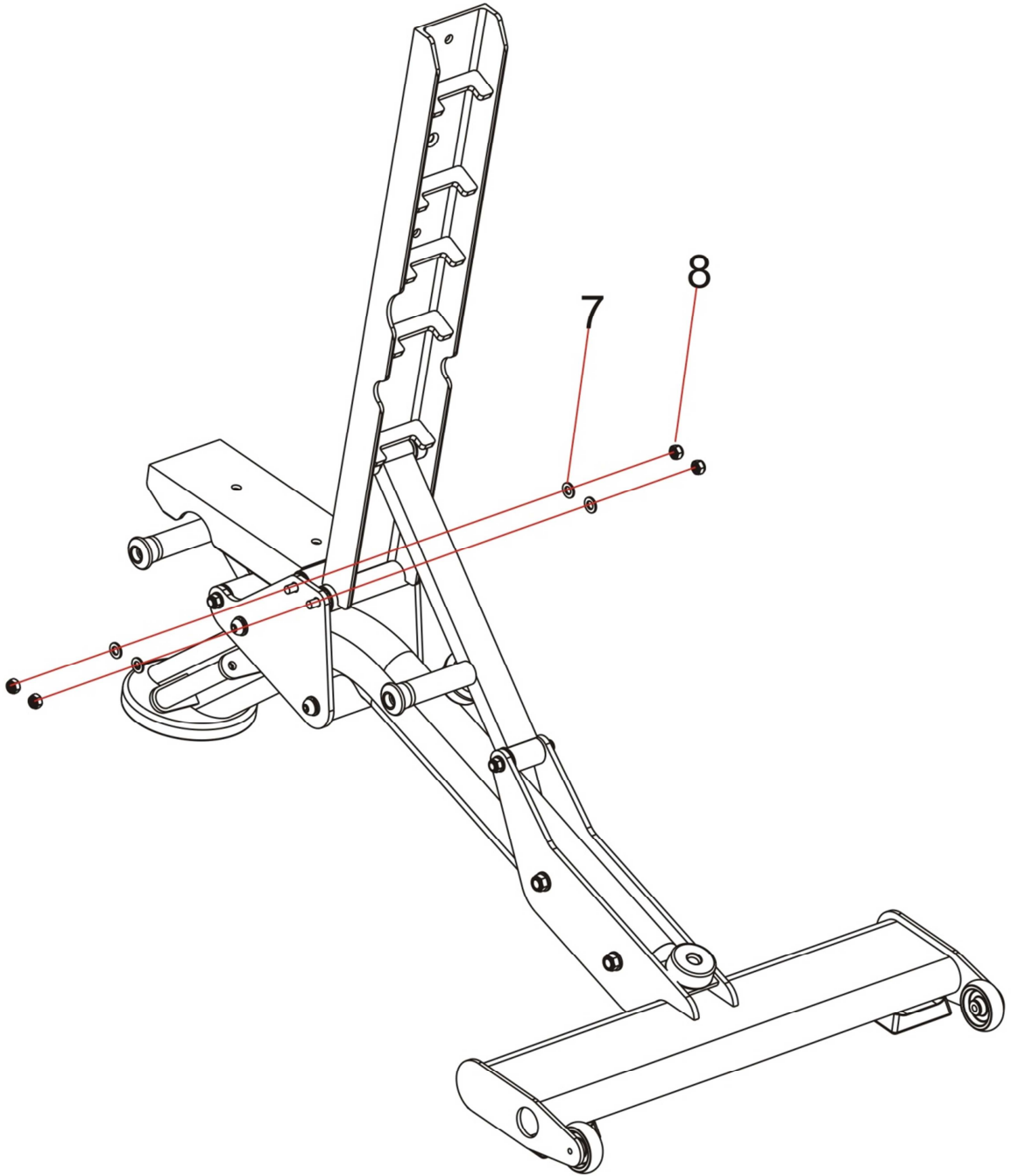




7  X4  
M10 

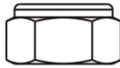

9  X4  
M10 

12  X4  
M10 

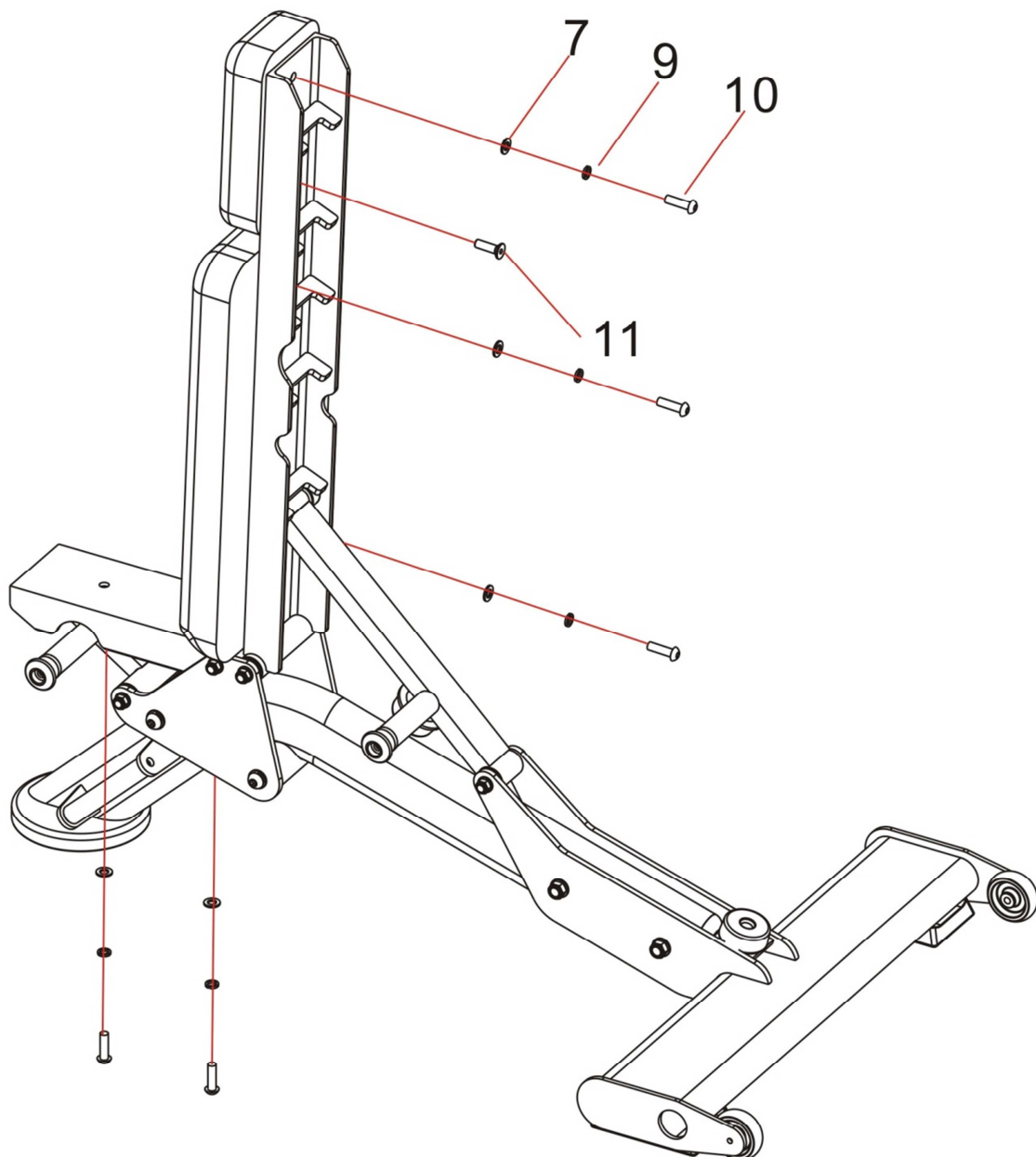
# 3







7  X4  
M10 



8  X4  
M10 

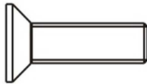

# 4

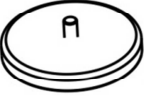




7  X5  
M10 



9  X5  
M10 


10  X5  
M10X35 

11  X1  
M10X35 

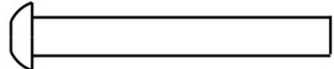

1  X1  
Φ170X20



2  X4  
M12X30 



3  X4  
M12 

4  X8  
M12 



5  X2  
M12 

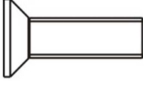

6  X2  
M12x90 


7  X13  
M10 

8  X8  
M10 

9  X9  
M10 

10  X5  
M10X35 

11  X1  
M10X35 

12  X4  
M10 