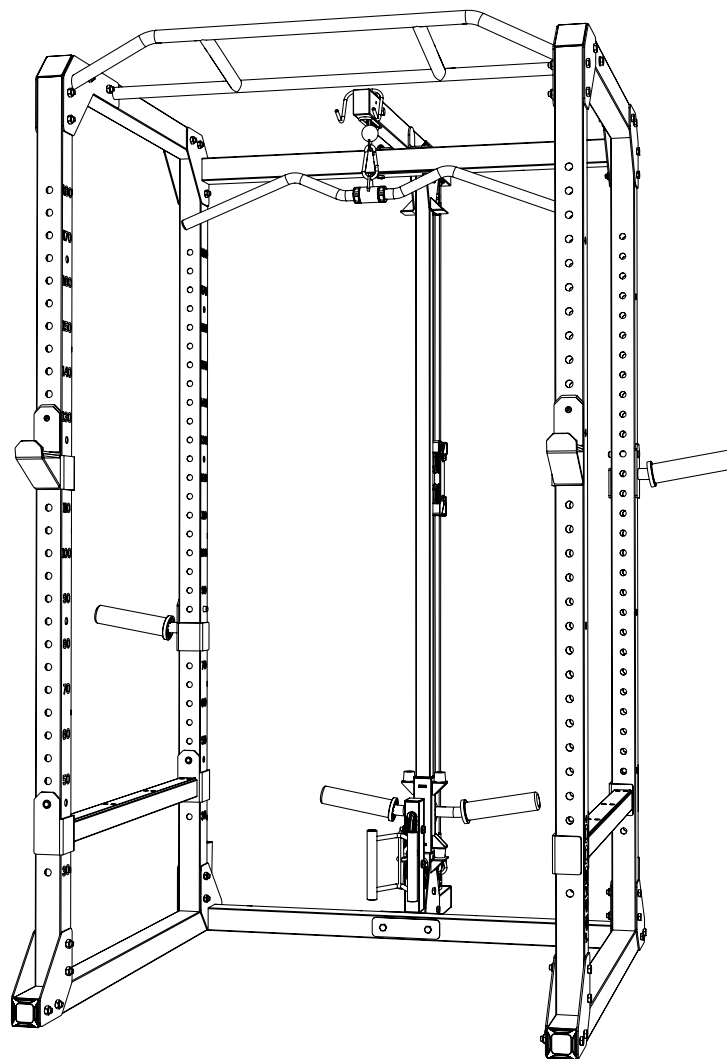


# RACK 900



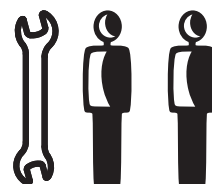
**RACK 900**  
**105 kg / 231 lb**  
**216 x 121 x 166 cm**  
**85 x 48 x 65 in**



**MAXI**  
**150 kg**  
**330 lb**



**MAXI**  
**200 kg**  
**440 lb**



**75 min**



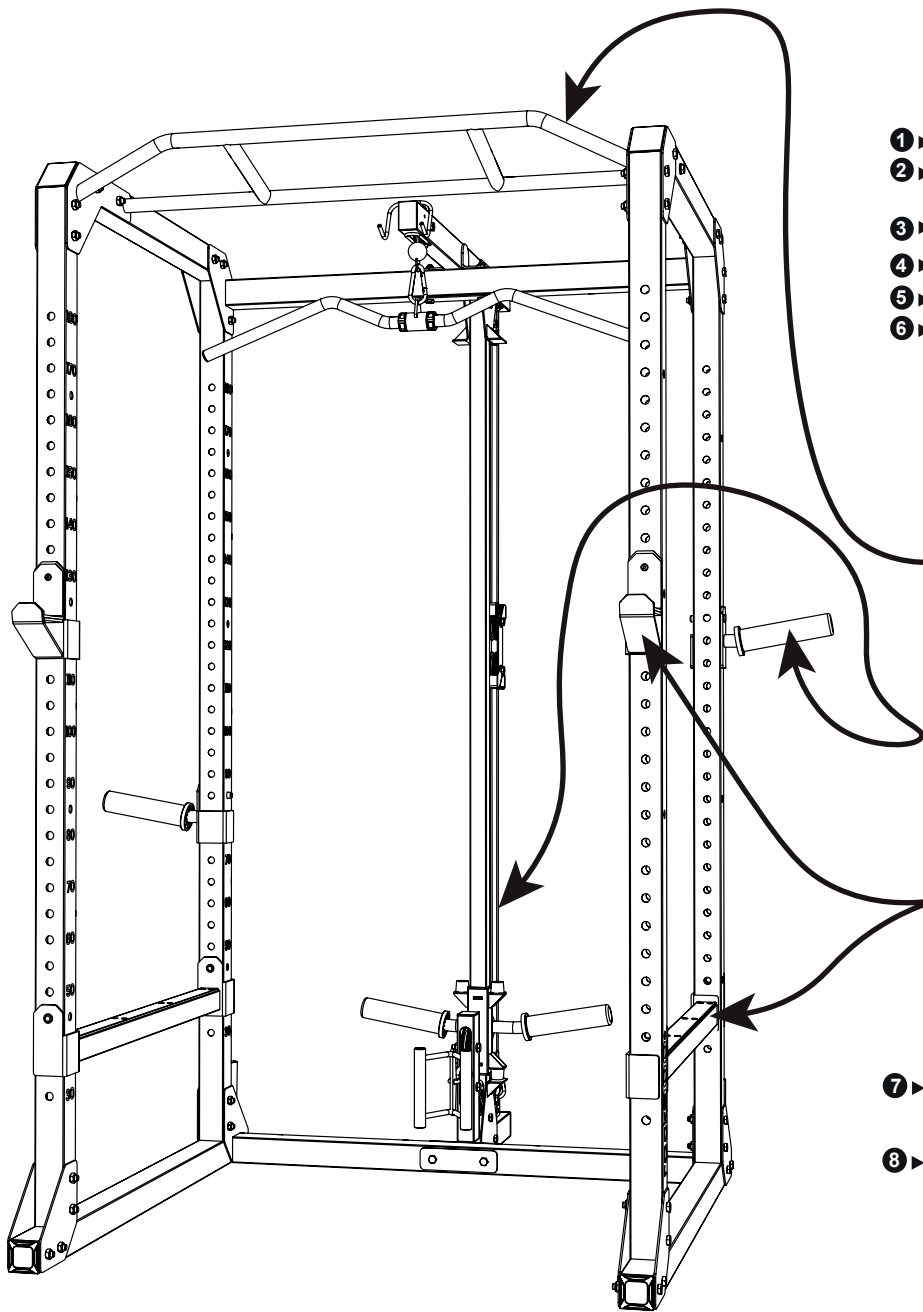
<b>EN</b>	PRESENTATION .....	18
<b>FR</b>	PRESENTATION .....	19
<b>ES</b>	PRESENTACIÓN .....	20
<b>DE</b>	EINLEITUNG .....	21
<b>IT</b>	PRESENTAZIONE .....	22
<b>NL</b>	OVERZICHT .....	23
<b>PT</b>	APRESENTAÇÃO .....	24
<b>PL</b>	OPIS .....	25
<b>HU</b>	BEMUTATÁS .....	26
<b>RO</b>	PREZENTARE .....	27
<b>SK</b>	PREDSTAVENIE .....	28
<b>CS</b>	PŘEDSTAVENÍ .....	29
<b>SV</b>	PRESENTATION .....	30
<b>BG</b>	ПР ЕДСТАВЯНЕ .....	31
<b>HR</b>	PREDSTAVLJANJE .....	32
<b>SL</b>	PREDSTAVITEV .....	33
<b>EL</b>	ΠΑΡΟΥΣΙΑΣΗ .....	34
<b>TR</b>	SUNUM .....	35
<b>RU</b>	ПРЕДУПРЕЖДЕНИЕ .....	36
<b>VI</b>	CẢNH BÁO .....	37
<b>ID</b>	PRESENTASI .....	38
<b>ZH</b>	介绍 .....	39
<b>JA</b>	紹介 .....	40
<b>ZT</b>	產品介紹 .....	41
<b>TH</b>	ภาพรวม .....	42
<b>KO</b>	프레젠테이션 .....	43
<b>KM</b>	បទបង្ហាញ .....	44
<b>AR</b>	خدمة مدمجلا .....	45
<b>FA</b>	هئارا .....	46



AFTER-SALES SERVICE - SERVICE APRÈS-VENTE - SERVICIO POSVENTA - KUNDENDIENST - SERVIZIO ASSISTENZA POST-VENDITA - AFTERSALES AFDELING - ASSISTÊNCIA PÓS-VENDA - SERVIS PO SPRZEDAŻY - ÜGYFÉLSZOLGÁLAT - SERVICIU POST-VÂNZARE - POPREDAJNY SERVIS - POPRODEJNÍ SERVIS - EFTERMARKNAD - СЛЕДПРОДАЖБЕН СЕРВИЗ - SERVIS NAKONPRODAJE - Poprodajna služba - ΕΞΥΠΗΡΕΤΗΣΗ ΠΕΛΑΤΩΝ - SATIS SONRASI SERVİSİ - СЕРВИСНАЯ СЛУЖБА - Dịch vụ sau bán hàng - LAYANAN PURNA JUAL - 售后服务 - アフターサービス - 售後服務 - บริการหลังการขาย - 애프터 서비스 - កម្មវិធីបម្រុងផ្គត់ផ្គង់ - البيع خدمة بعد - فروش از پس خدمات



supportdecathlon.com



**⚠ WARNING**

**WARNING**

- 1 • Any use of this product other than that intended may lead to serious injury.
- 2 • Prior to use, read the instructions carefully and comply with all warnings and instructions.
- 3 • Do not let children use this appliance, keep them away from it.
- 4 • You must replace the sticker if it is damaged, illegible or missing.
- 5 • Keep your hands, feet and hair away from all moving parts.
- 6 • Not suitable for therapeutic purposes.

**MAXI**  
150 kg  
330 lb



**MAXI**  
100 kg  
220 lb



**MAXI**  
200 kg  
440 lb



**⚠ WARNING**

- 7 **DO NOT EXCEED WEIGHT CAPACITY**
- 8 **ALWAYS USE THE SECURITY DEVICES**

**⚠ WARNING**  
警告

EN ISO 20957 class H  
Not suitable for therapeutic purposes

执行标准  
GB 17498-2008, H  
不适合医疗用

**DECATHLON**

**DECATHLON** Pack Ref : 2678987 cc : 125807

61995 Made in China - Hecho en China - Fabriqué en Chine - Fabricado nalem China - ساخت الصين صنع في - ผลิตในจีน - 中国制造

Производитель и адрес, Франция: DECATHLON - 4 Boulevard de Mons - BP 299 59650 Villeneuve d'Ascq cedex - France

EN ISO 20957-1:2013 / EN 957-2:2003 / EN ISO 20957-4:2016  
GB 17498-1:2008 / GB 17498-2:2008 / GB 17498-4:2008 / GB5296.1-1997 - 品名: 多功能装置 - 主要材料: 金属

**JPN** 550-0004, 大阪市西区靱本町2-2-12, GLASHAUS 1階, ノヴァテックジャパン株式会社 **CHN** 以下标示仅在中国大陆地区适用 - 生产商: 迪脉(上海)企业管理有限公司 地址: 上海市浦东新区银霄路393号2幢一层西北侧 邮编: 201204 - 执行标准: GB 17498-1:2008 / GB 17498-2:2008 / GB 17498-4:2008 / GB5296.1-1997 - 品名: 多功能装置 - 主要材料: 金属 - 等级: 合格品 - 中国制造 - 质检证明: 合格 - 商标: DOMYOS

**RUS** Импортёр/уполномоченное изготовителем лицо: ООО «Октобру», 141031, Россия, Московская область, Мытищинский район, МКАД 84-й км., ТПЗ «Алтуфьево», влад. 3, стр. 3, +7(495)6414446 - Многофункциональное устройство - для занятий спортом - Не подлежит обязательному подтверждению соответствия - Дата изготовления указана на изделии или упаковке в формате ГГГГ/ММ **TWN** 多功能器材 - 主要材料: 金属 - 中国製造 - 进口/委製商台灣迪卡儂有限公司 台中市南屯區大墩南路379號 04-24719666 - 製造日期標示於工廠符號底下 **BRA** Importado para o Brasil por IGUASPORT Ltda. CNPJ 02.314.041/0001-88 **THA** อุปกรณ์ออกกำลังกาย - ชื่อผู้นำเข้า: บริษัท ดีเคทอลอน (ประเทศไทย) จำกัด เลขที่ 14/9 หมู่ที่ 13 ถนนบางนา-ตราด ตำบลบางแก้ว อำเภอบางพลี จังหวัดสมุทรปราการ 10540 **EGY** جهاز متعدد الاستخدامات - Decathlon Trading Egypt - 1st Al Wozaraa Square 1169 - Sheraton - Cairo - Egypt **AUS** Decathlon Australia Pty Ltd. - 4/37 Union Street, Pymont, Sydney NSW 2009, Australia **MEX** Importado por Artículos Deportivos Decathlon, S.A de C.V Av. Ejército Nacional 826, Delegación Miguel Hidalgo, Colonia Polanco III Sección, 11540 Ciudad de México, México R.F.C ADD 150727S34 - Aparato multifunción - Material principal: Metal - **HKG** DECATHLON HONG KONG COMPANY LIMITED - SUITE 1623 16/F OCEAN CENTRE - 5 CANTON ROAD - KOWLOON - HONG KONG **VNM** Bô máy đa chức năng - Vật liệu chính: Kim loại - Sản xuất tại Trung Quốc - Tên và địa chỉ NNK/PP: Công ty TNHH Decathlon Việt Nam, Lầu 6, 561A Điện Biên Phủ, Phường 25, Quận Bình Thạnh, Tp.Hồ Chí Minh, Việt Nam **CHL** IMPORTADO PARA CHILE POR: DECATHLON CHILE S.P.A.R.U.T. 76.507.443-6

**AVERTISSEMENT FR    ADVERTENCIA ES    WARNUNG DE    AVVERTENZA IT**

• Tout usage impropre de ce produit risque de provoquer des blessures graves.

• Avant toute utilisation, veuillez lire attentivement le mode d'emploi et respecter l'ensemble des avertissements et instructions qu'il contient.

• Ne pas permettre aux enfants d'utiliser cette machine et les tenir éloignés de cette dernière.

• Si l'autocollant est endommagé, illisible ou manquant, il convient de le remplacer.

• Ne pas approcher vos mains, pieds et cheveux de toutes les pièces en mouvement.

• Ne convient pas à des fins thérapeutiques.

• Pour obtenir des informations sur la charge maximale, consultez le guide d'utilisation. Ne dépassez pas le maximum indiqué

• Les dispositifs de sécurité doivent être employés à tout moment pendant l'entraînement.

• El uso inapropiado de este producto puede provocar heridas graves.

• Antes de toda utilización, se ruega leer atentamente el manual de empleo y respetar todas las advertencias e instrucciones que contiene.

• No permita que los niños utilicen esta máquina y manténgalos alejados de esta última.

• Si el adhesivo aparece dañado, ilegible o ausente, conviene reemplazarlo.

• No acerque las manos, los pies ni el pelo a las piezas en movimiento.

• No adecuado para fines terapéuticos

• Consulte el manual para conocer la carga máxima. No supere dicha carga

• Utilice siempre los dispositivos de seguridad al entrenar.

• Jeglicher unsachgemäße Gebrauch dieses Produktes kann schwerwiegende Verletzungen nach sich ziehen.

• Lesen Sie vor jeder Verwendung stets die Gebrauchsanweisung aufmerksam durch und halten Sie sich an alle darin enthaltenen Warnungen und Anleitungen.

• Kinder dürfen das Trainingsgerät nicht verwenden und sind davon fernzuhalten.

• Beschädigte, unleserliche oder fehlende Aufkleber sind zu ersetzen.

• Halten Sie Ihre Hände, Füße und Haare von den beweglichen Teilen des Geräts fern.

• Nicht für therapeutische Zwecke geeignet

• Die maximale Belastung erfahren Sie im Benutzerhandbuch. Überschreiten Sie es nicht

• Die Sicherheitsgeräte müssen während des Trainings ständig benutzt werden.

• Qualsiasi uso improprio di questo prodotto rischia di provocare gravi lesioni.

• Prima di qualsiasi utilizzo, leggere attentamente le istruzioni per l'uso e rispettare la totalità delle avvertenze e istruzioni che contengono.

• Non permettere ai bambini di usare questa macchina e tenerli lontani da essa.

• Se l'adesivo è danneggiato, illeggibile o manca del tutto è necessario sostituirlo.

• Non avvicinare mani, piedi e capelli a nessuna delle parti in movimento.

• Non idoneo a ni terapeutici

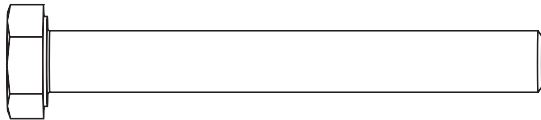
• Per conoscere il carico massimo fare riferimento al manuale d'uso. Non superare il limite indicato

• Durante la pratica devono sempre essere utilizzati i dispositivi di sicurezza.



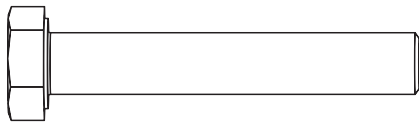
ASSEMBLY • MONTAGE • MONTAJE • MONTAGE • MONTAGGIO •  
 AFWERKING • MONTAGEM • MONTAŽ • SZERELÉS • СБОРКА • MONTARE •  
 MONTÁŽ • MONTÁŽ • MONTERING • ΜΟΝΤΙΡΑΗ • MONTAJ • MONTAŽA •  
 Montaža • ΣΥΝΑΡΜΟΛΟΓΗΣΗ • Láp ráp • PERAKITAN • 安裝 • 組み立て • 安裝  
 • การประกอบ • 펼치기 • ផ្គុំបែបផ្គុំ • مونتاز • الفرد

**A**



x36

**B**



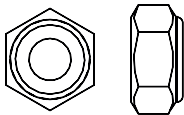
x8

**C**



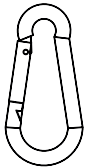
x2

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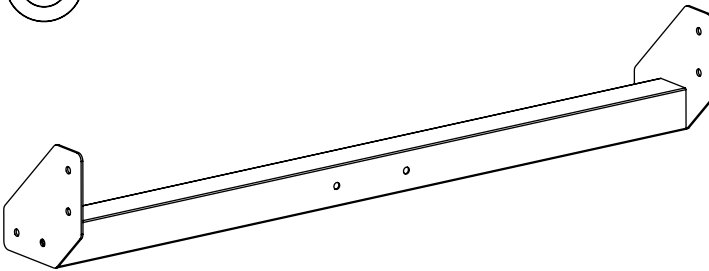
x40

**E**



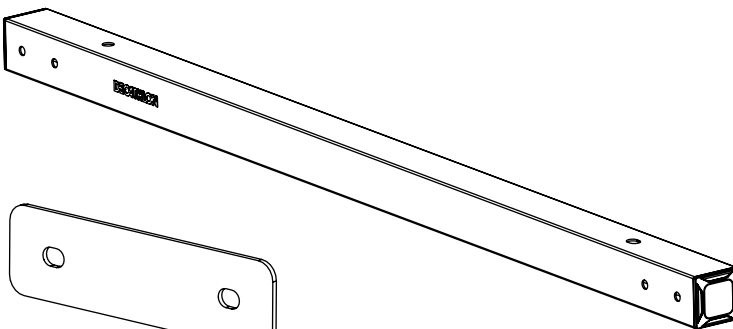
x4

**F**



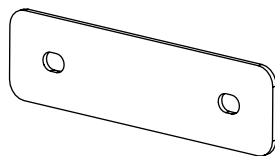
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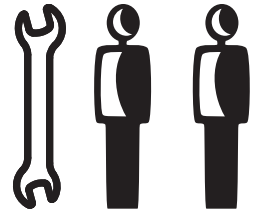


x2

**H**

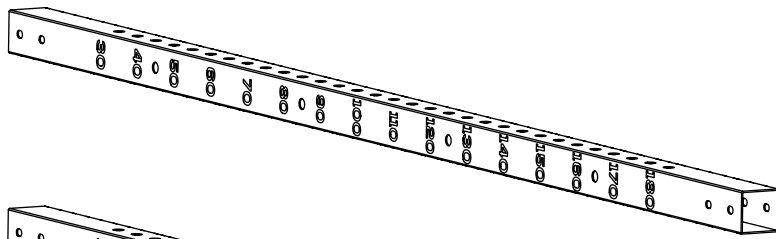


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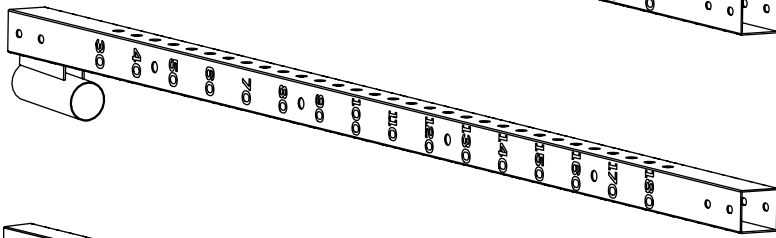
**75 min**

I



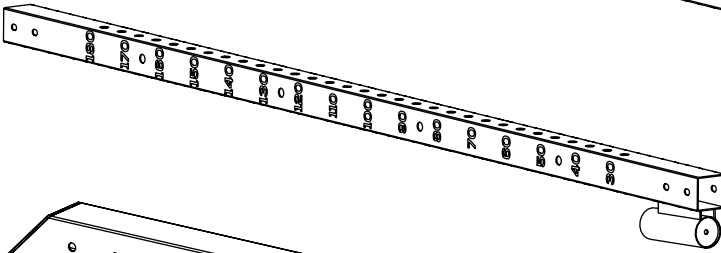
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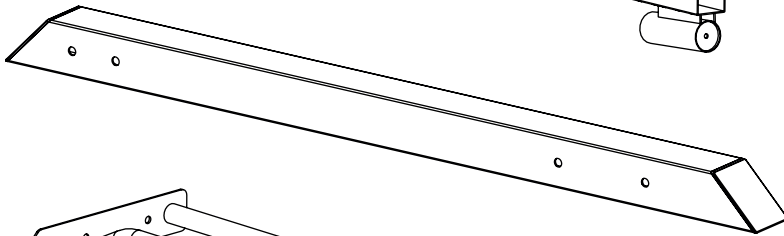
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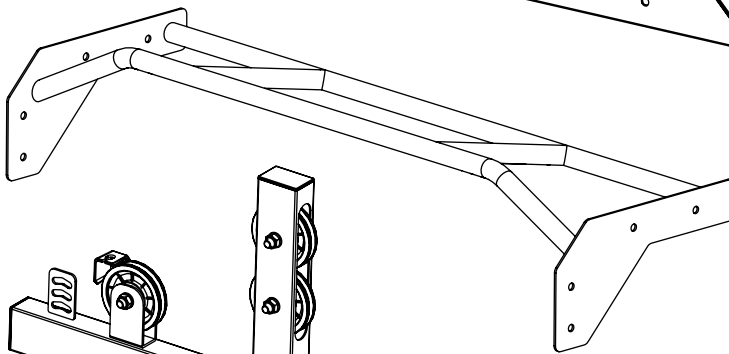
x1

L



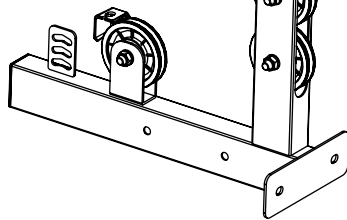
x2

M



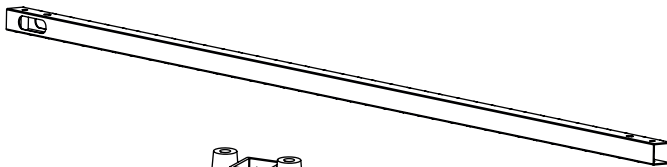
x1

N



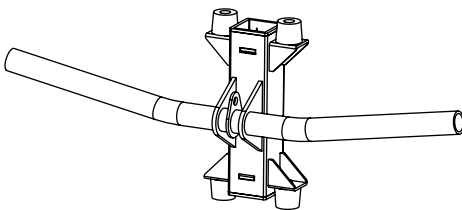
x1

O



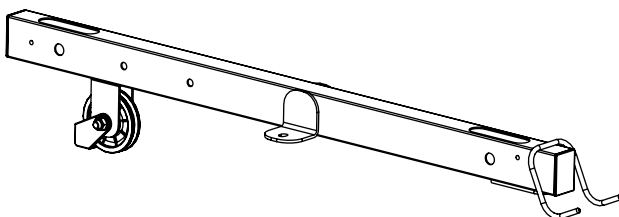
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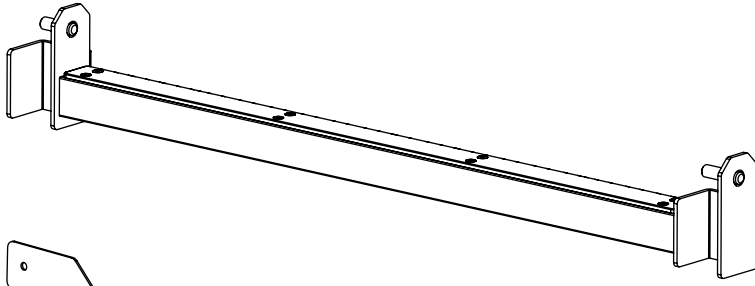
x1

Q



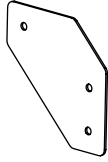
x1

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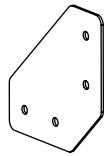
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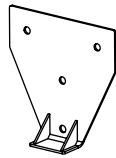
x2

T



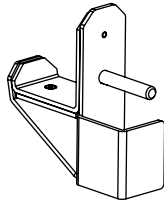
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U



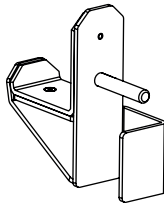
x4

V



x1

W



x1

X



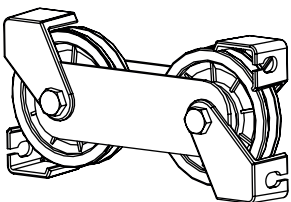
x1

Y



x1

Z



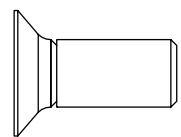
x1

I



x2

II



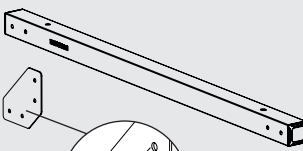
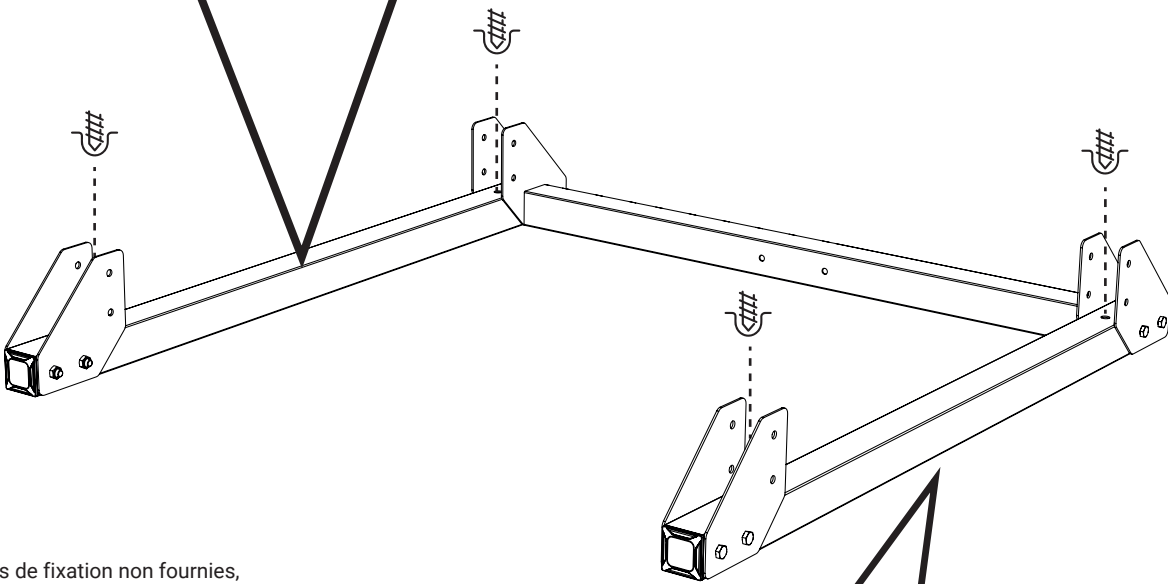
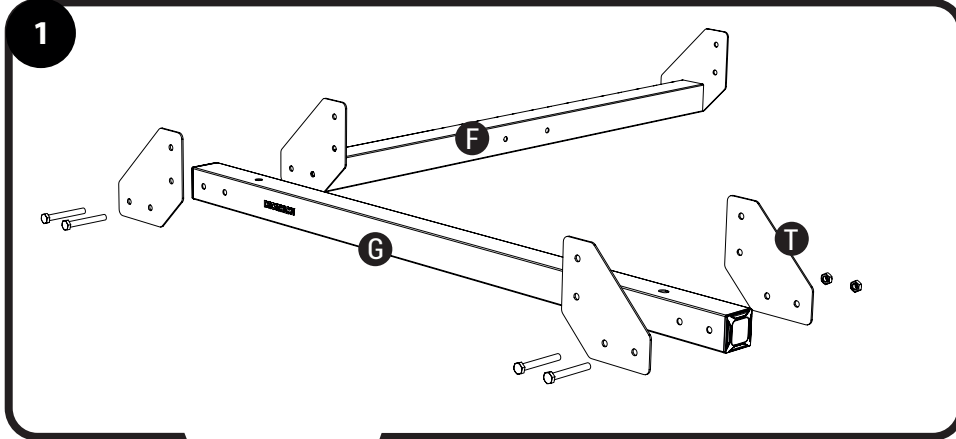
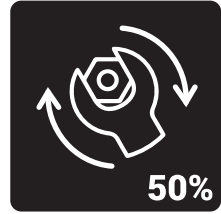
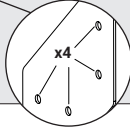
x4

III

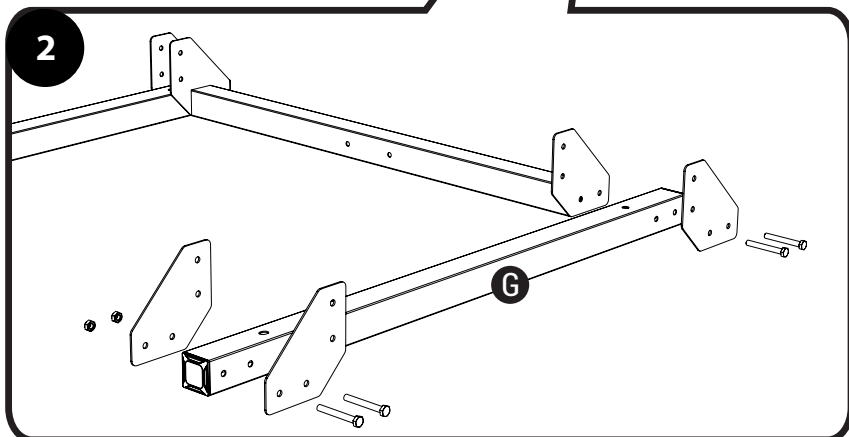


x3

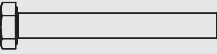


**1****A** x 8 **D** x 6 **F** **G** x 2 **T** x 6 

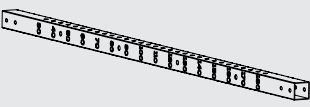
Vis de fixation non fournies,  
car dépendantes du type de sol.

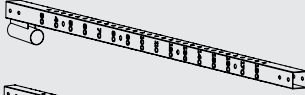


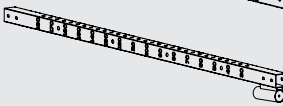
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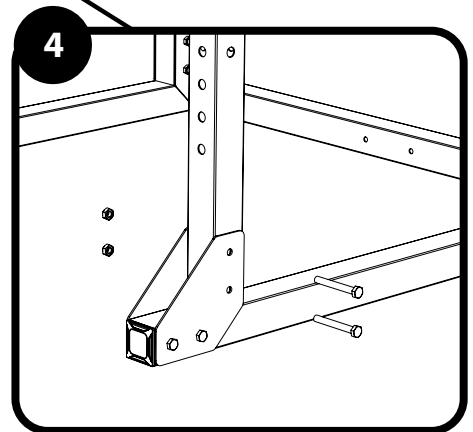
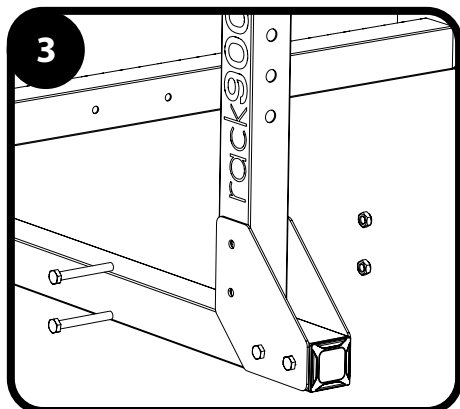
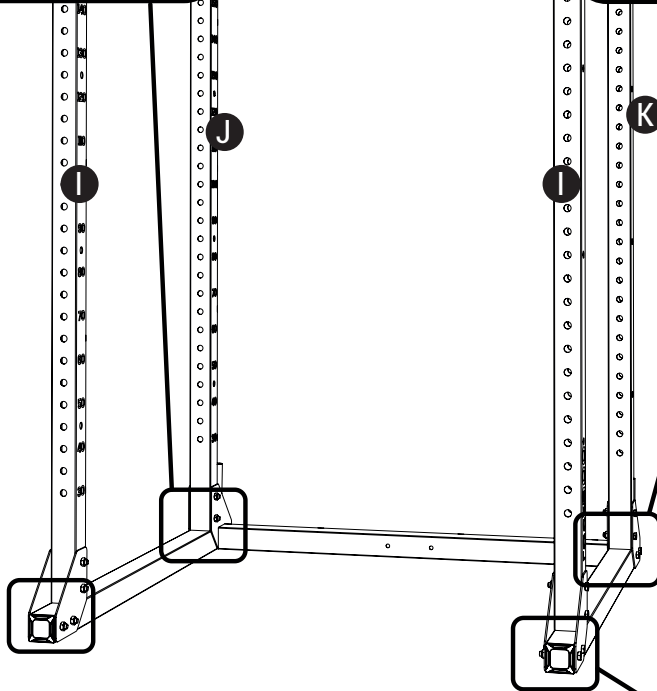
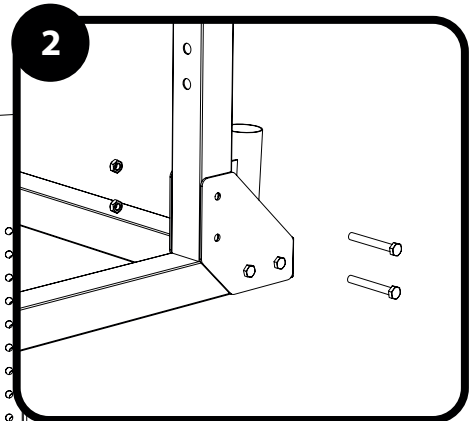
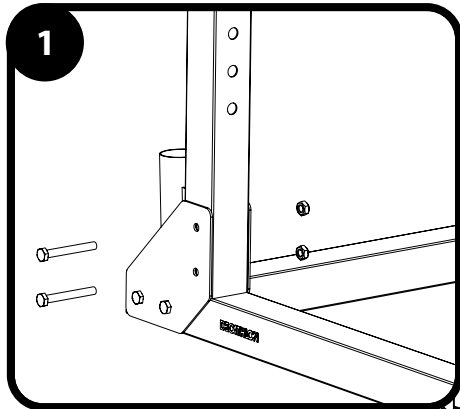
A x 8 

D x 8 

I x 2 

J 

K 



# 3a

**A** x 8

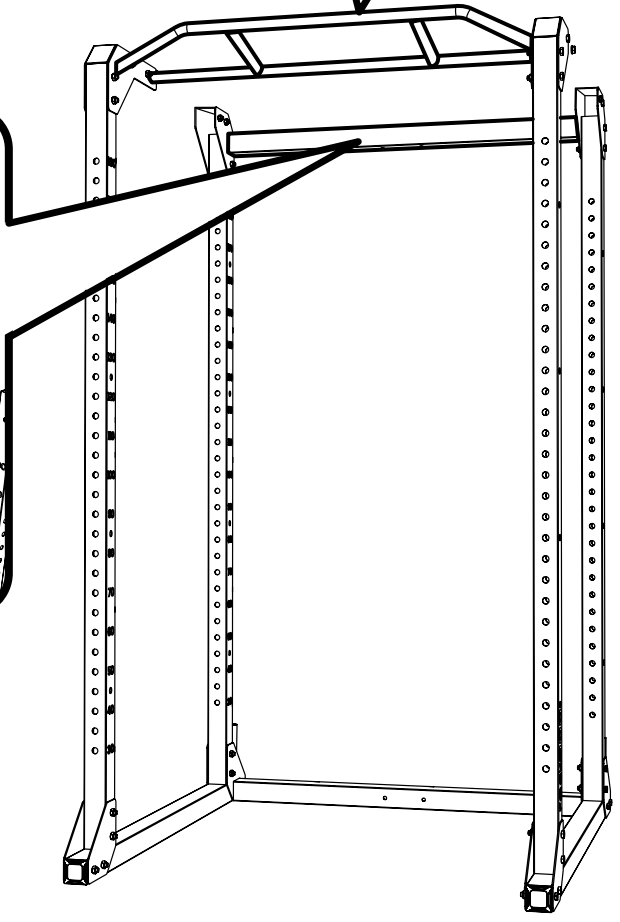
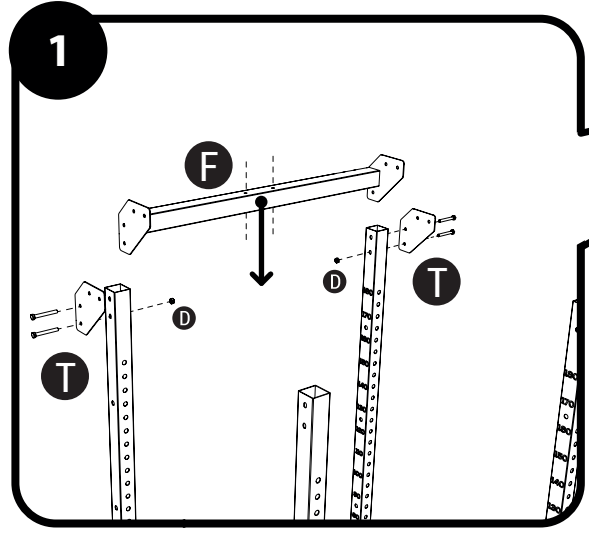
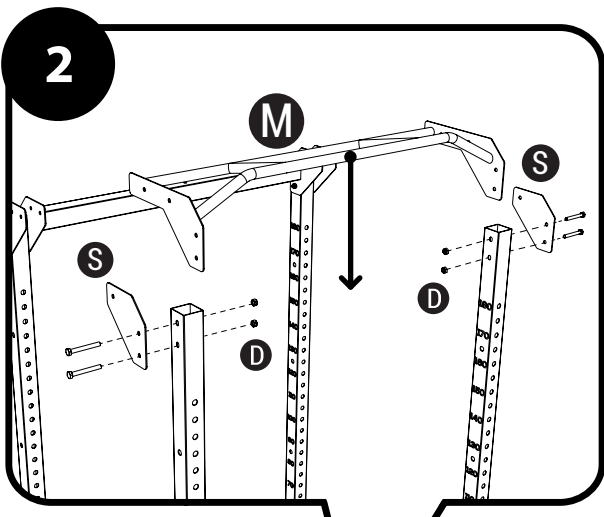
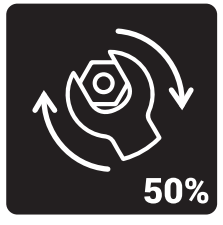
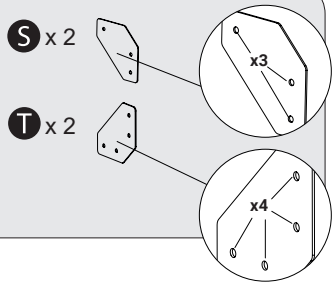
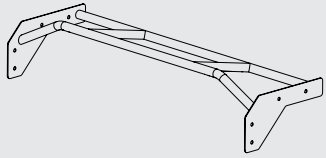
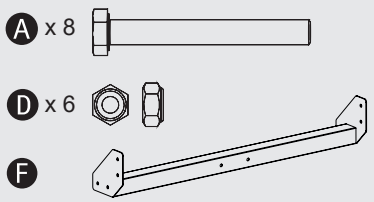
**D** x 6

**F**

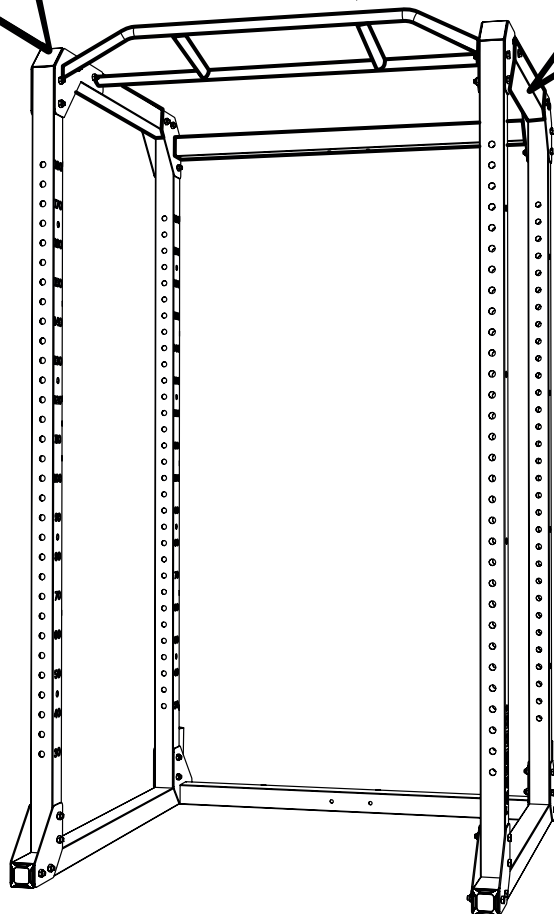
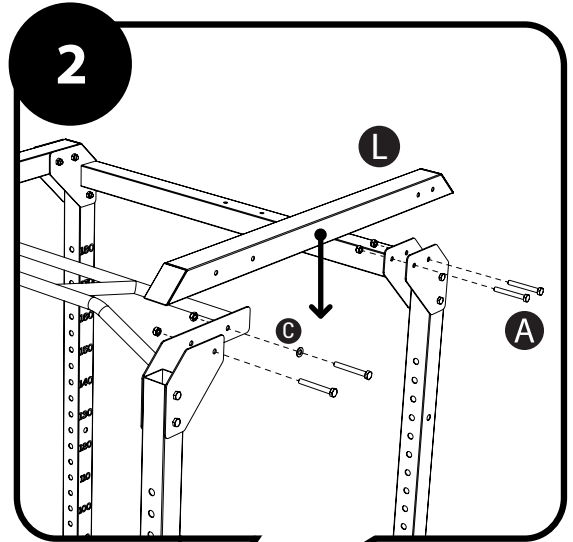
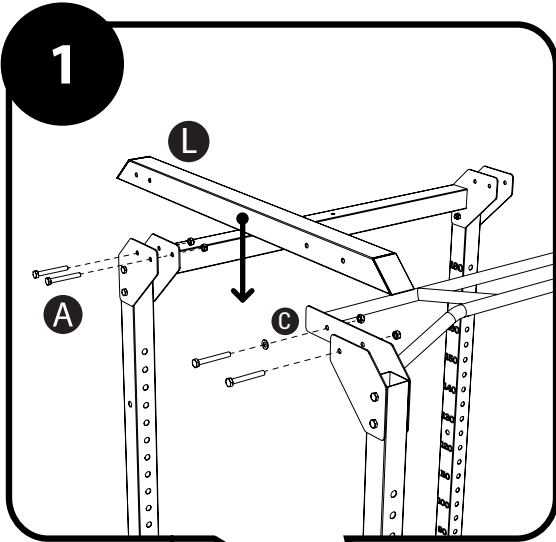
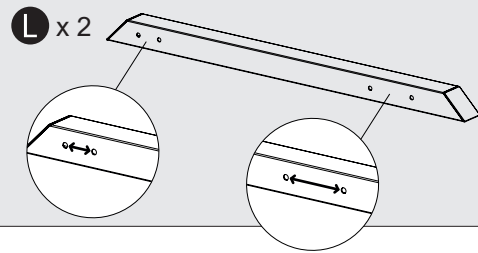
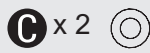
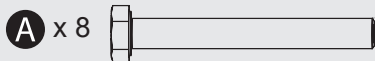
**M**

**S** x 2

**T** x 2

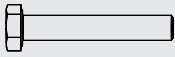


# 3b

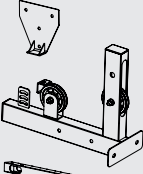


4

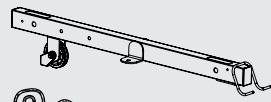
B x 4



U x 2



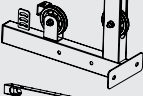
Q



D x 4



N



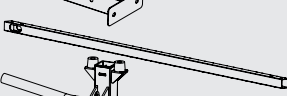
X



E x 1



O



Y



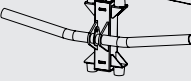
I x 2 II x 4



II

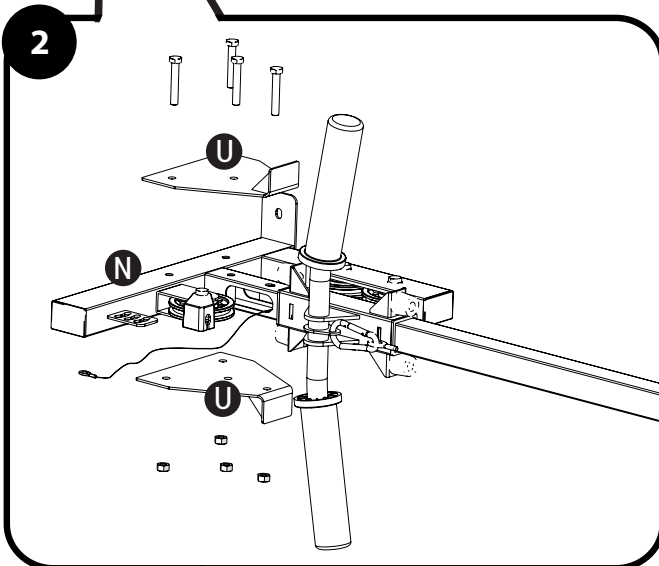
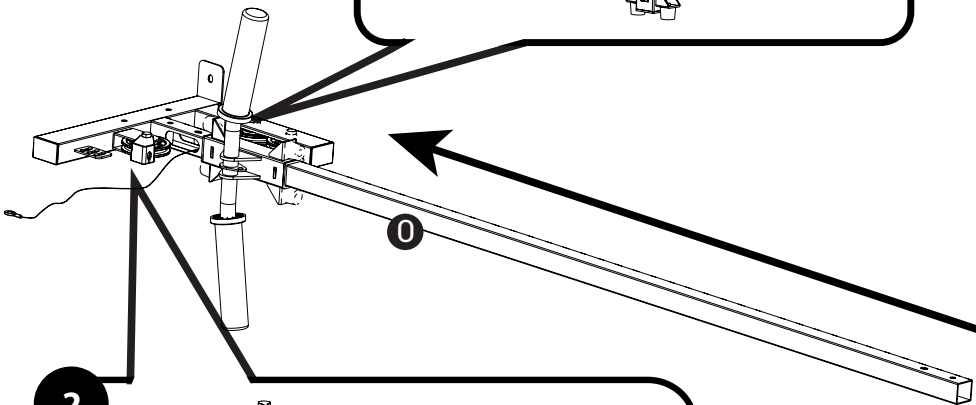
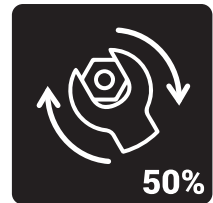
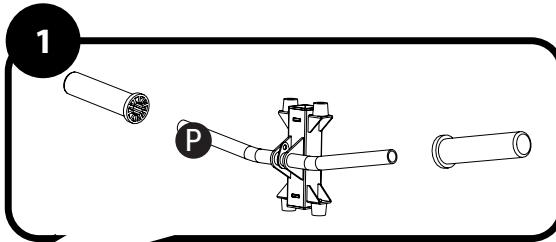
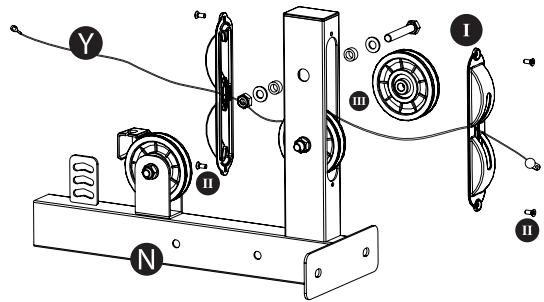
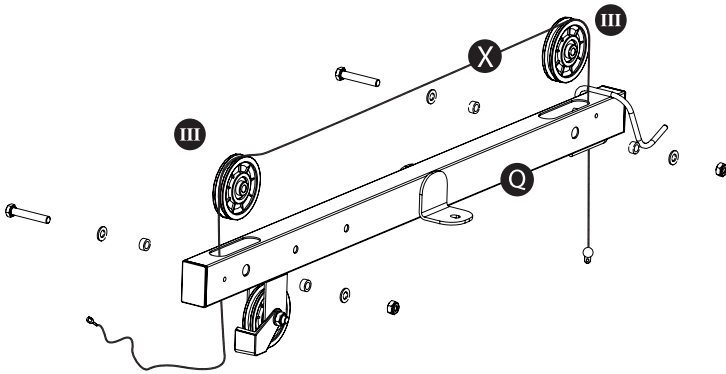


P



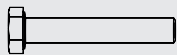
III x 3

III



5

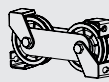
B x 4



E x 1



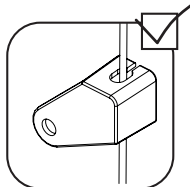
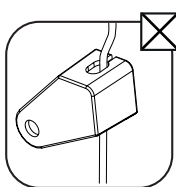
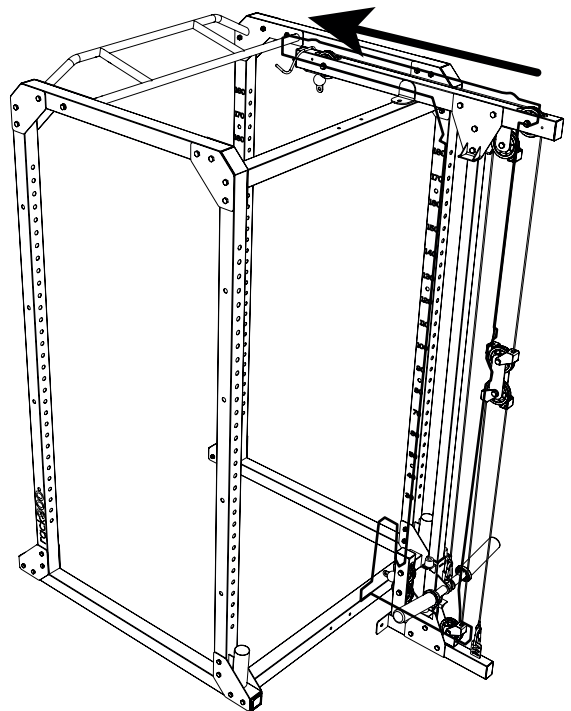
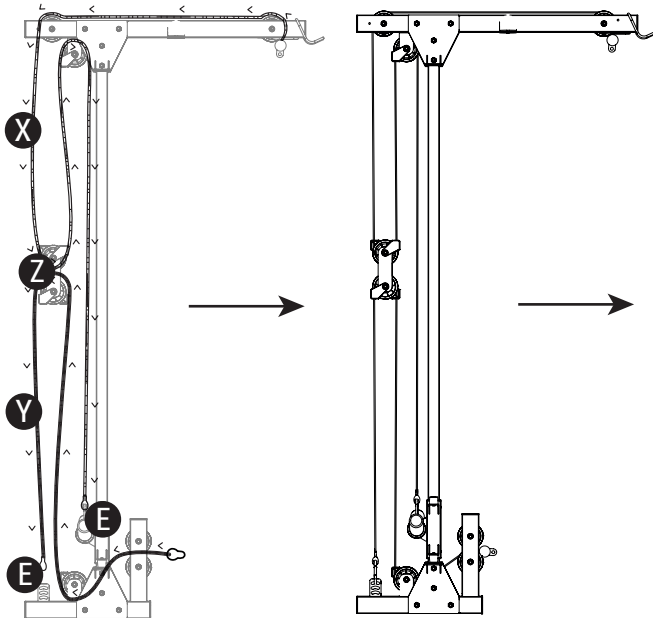
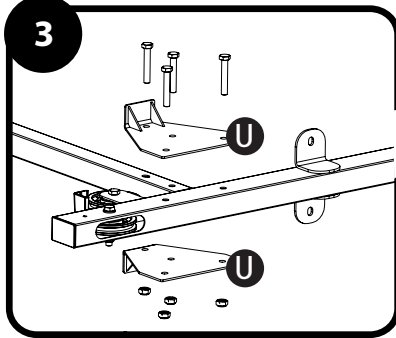
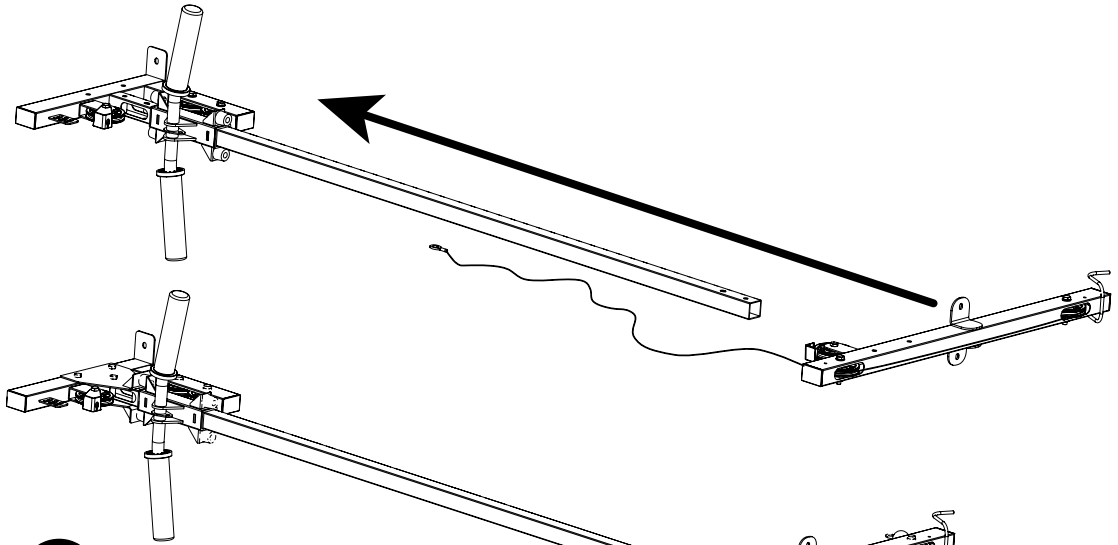
Z x 1



D x 4



U x 2



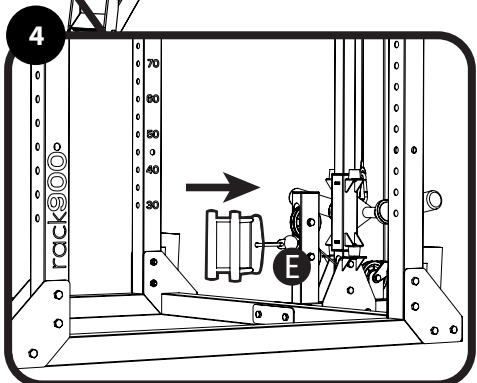
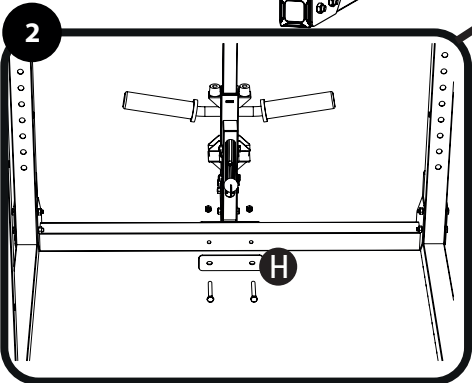
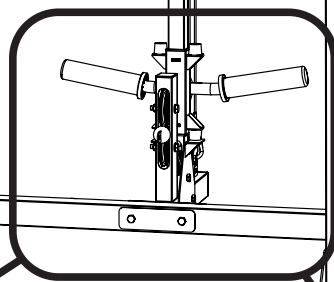
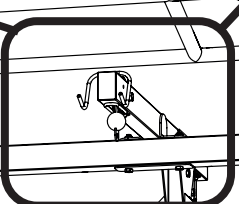
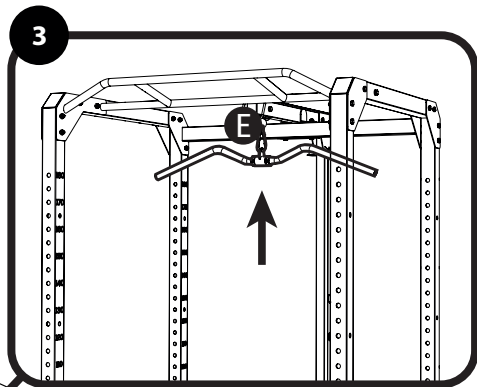
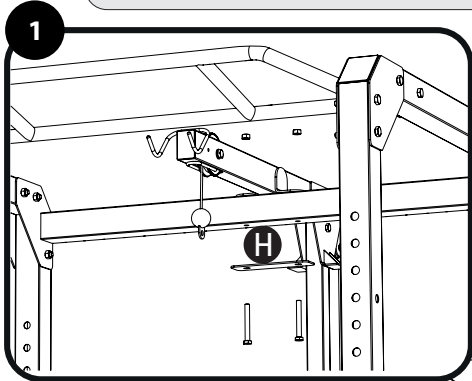
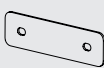
6

A x 4

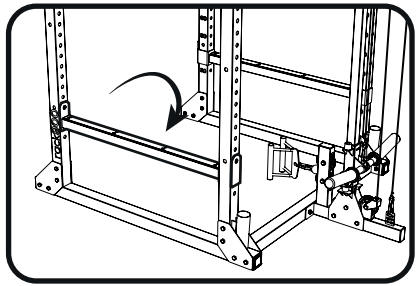
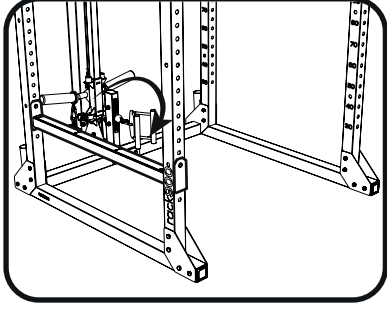
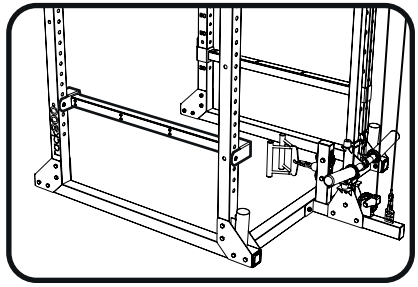
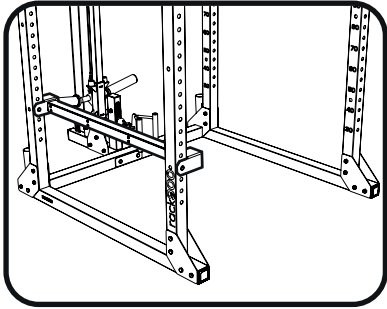
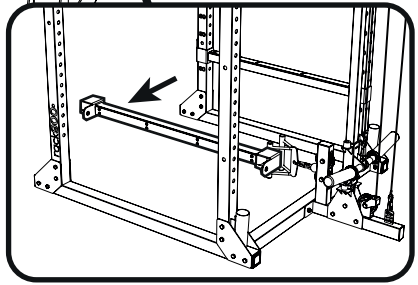
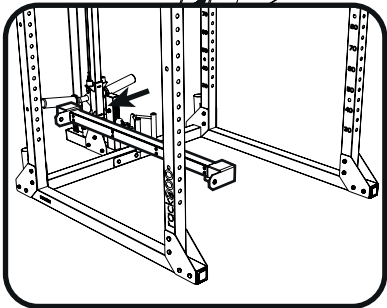
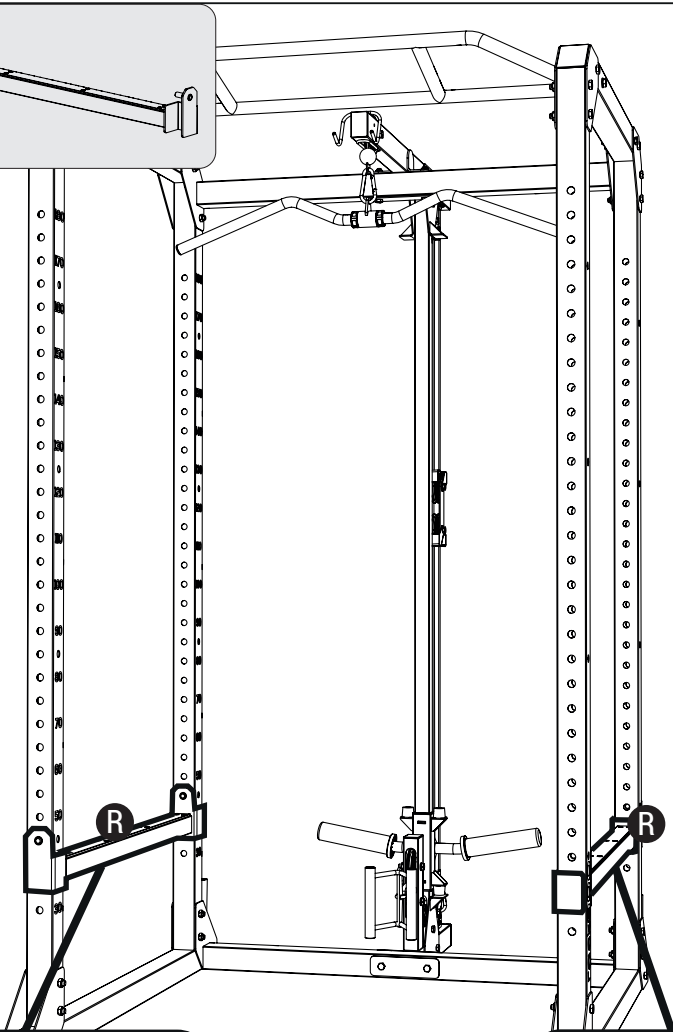
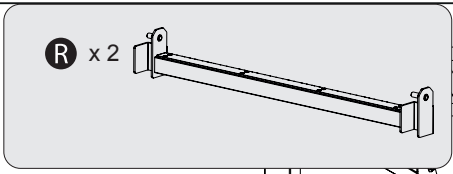
D x 4

E x 2

H x 2

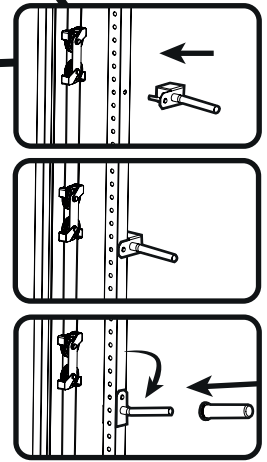
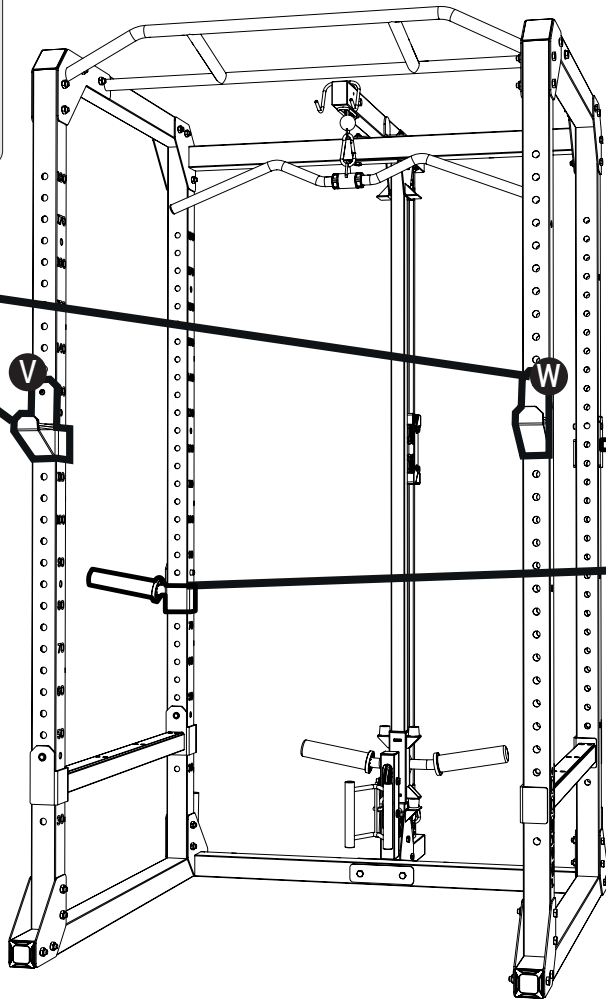
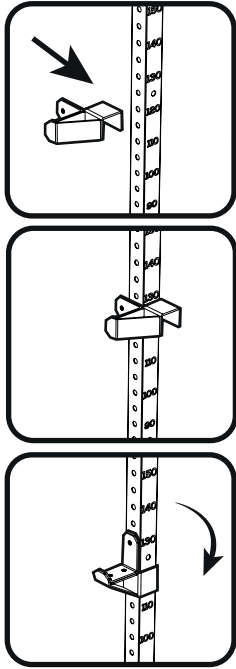
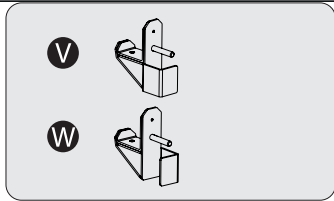


7

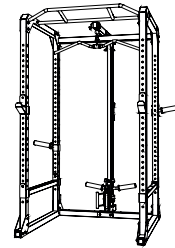
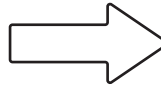
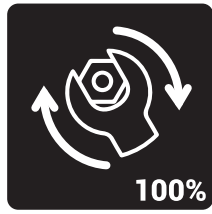




8



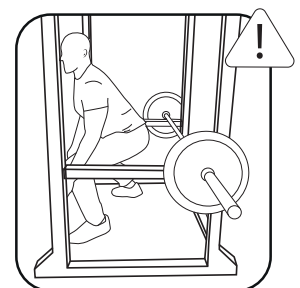
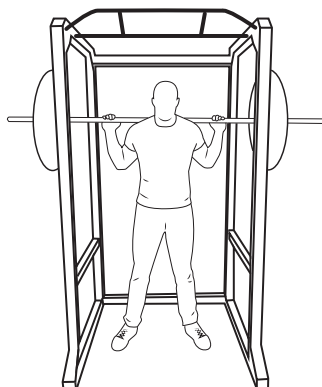
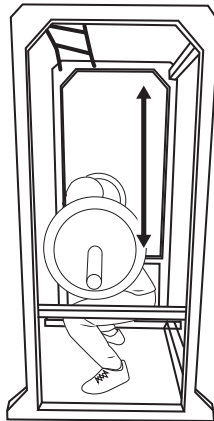
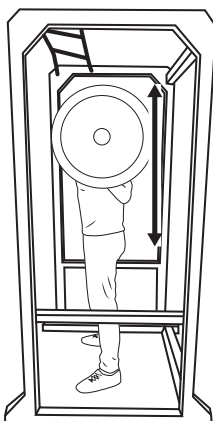
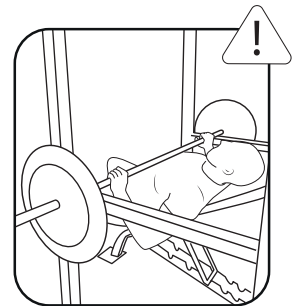
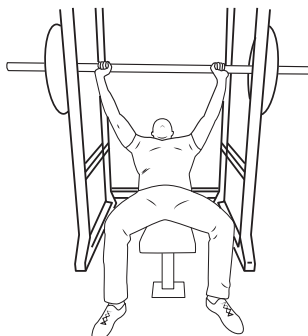
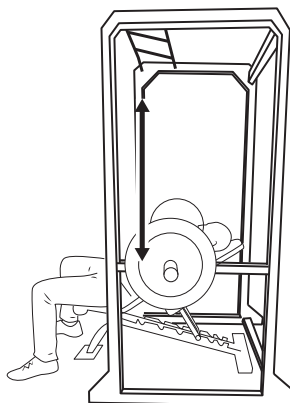
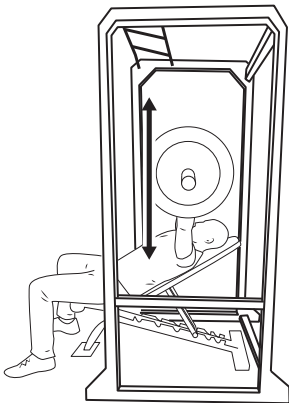
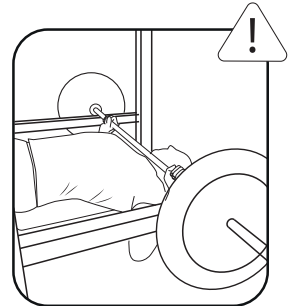
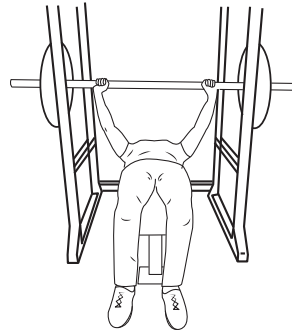
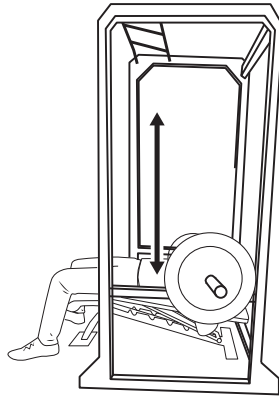
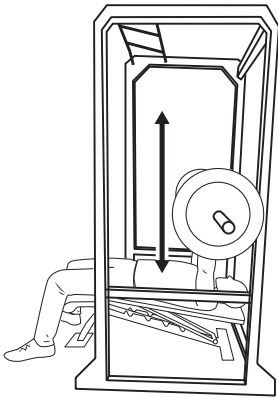
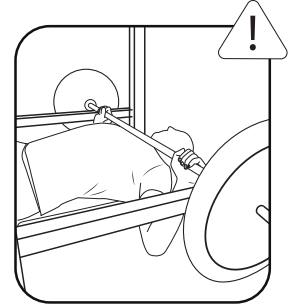
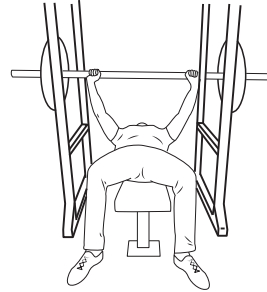
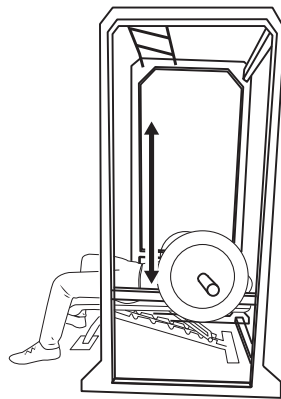
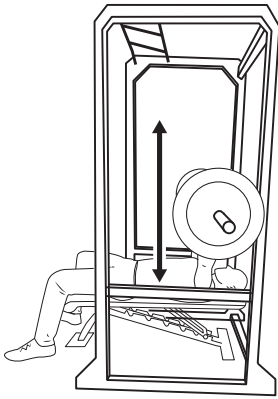
9



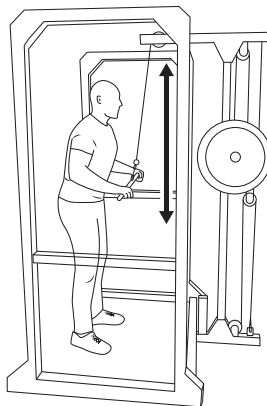
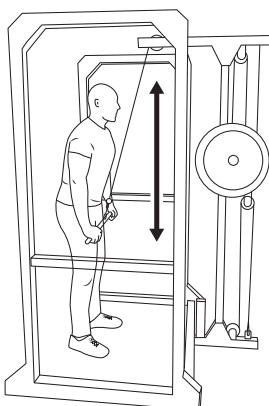
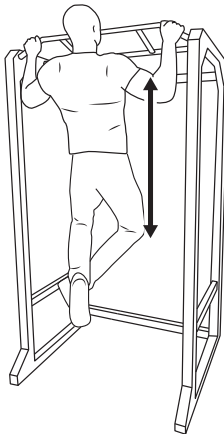
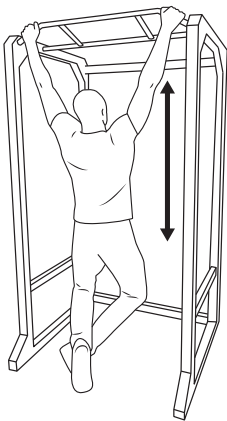
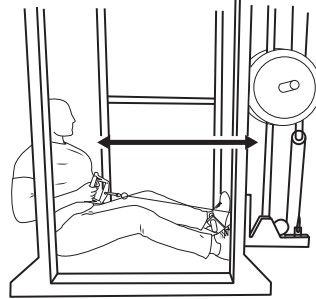
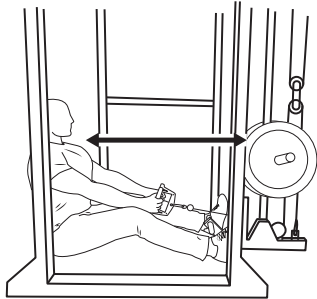
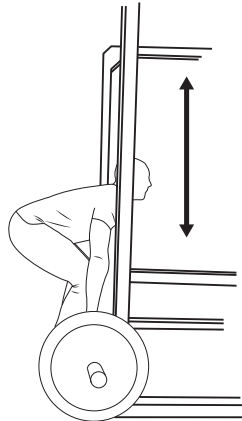
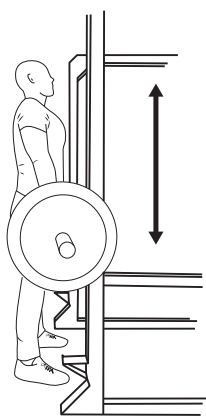
EN For more intense sessions (dynamic traction movements), we recommend that you secure your rack to the floor. FR Pour des séances plus intenses (mouvements dynamiques de traction), nous vous conseillons d'ancrer votre rack au sol. ES Para sesiones más intensas (movimientos dinámicos de tracción), te recomendamos que fijas el bastidor al suelo. DE Für ein besonders intensives Training (dynamische Zugbewegungen) empfehlen wir Ihnen, die Hantelstangenablage auf dem Boden zu befestigen. IT Per le sessioni d'allenamento più intense (movimenti dinamici di trazione), vi consigliamo di fissare il rack al suolo. NL Voor intensievere trainingssessies (dynamische trekbewegingen), raden wij u aan het rek vast te zetten in de grond. PT Para sessões mais intensas (movimentos dinâmicos de tração), recomendamos que fixe o suporte ao chão. PL W przypadku intensywniejszych sesji (dynamiczne ruchy ciągnące), zalecamy zamocować stojak do podłogi. HU Intenzívebb edzés (dinamikus húzógyakorlat) esetén azt javasoljuk, rögzítse a tartóoszlopot a padlóhoz. RO Pentru sesiunile de antrenament de intensitate crescută (mişcări dinamice de tracțiune), vă recomandăm să fixați suportul la sol. SK Ak chcete intenzívnejšiu hru (dymickejšie zatahovanie), odporúčame, aby ste pripevnili podstavec o podlahu. CS Pro intenzivnější trénink (dynamické tažné pohyby) doporučujeme připevnit stojan k podlaze. SV För mer intensiva pass (dynamiska dragrörelser) rekommenderar vi att du förankrar stativet i underlaget. BG При по-интензивни тренировки (динамични движения за изтегляне) Ви препоръчвам да закрепите Вашата стойка за земята. HR Za intenzivniji trening (dinamične pokrete) predlažemo da spravu pričvrstite za pod. SL Pri intenzivnejši vadbi (dinamični premiki, ki povzročajo trenje) priporočamo, da stojalo pritrdite v tla. EL Για πιο έντονες συνεδρίες (δυναμικές κινήσεις έλξης), σας συμβουλεύουμε να σταθεροποιήσετε την βάση (rack) σας στο έδαφος. TR Daha yoğun seanslar için (dinamik çekme hareketleri), donanımı yere sabitlemenizi tavsiye ederiz. RU Для более интенсивных тренировок (динамичные тяговые упражнения) мы рекомендуем закрепить стойку на полу. VI Để phục vụ những phiên tập cường độ cao hơn (động tác nhiều lực kéo), chúng tôi khuyên bạn nên cố định chắc chắn thân giá xuống sàn. ID Untuk sesi latihan yang lebih intensif (gerakan traksi dinamis), kami sarankan agar rak ditancapkan pada lantai. ZH 对于更激烈的场合 (牵引动态运动), 我们建议您将机架固定在地面上. JA より激しいセッション (ダイナミックな牽引ムーブなど) を行う場合、ラックを床に固定しておくことを推奨します. ZT 若要將運動強度調整為較激烈 (動態牽引動作) 建議將底座固定在地板上. TH สำหรับการแข่งขันทันทีที่มีความรุนแรง (การเคลื่อนที่ที่มีแรงกดดันเปลี่ยนแปลงตลอดเวลา) เราขอแนะนำให้คุณยึดเครื่องออกกำลังกายกับพื้นให้มั่นคง. KO 보다 강화된 세션 (역동적인 당기기 운동) 의 경우, 라켓을 바닥에 돌 것을 권장합니다. KM សម្រាប់ស្របកម្រិតប្រណាំង ប្រើកម្លាំងខ្លាំង (ចលនាឥតស្ងួត) យើងខ្ញុំសូមជម្រាប ណែនាំអ្នក ឱ្យដាក់ឧបករណ៍លើ រូបសណ្ឋាណូម ផ្ទាល់ទៅលើដី "។ AR برای جلسات شدیدتر (حركات كشش يوبيا)، نوصيه مي كنيم رك خود را محكم به زمين ببنديد. FA لمزيد من الجلسات المكثفة (حركات السحب الديناميكية) ننصح بتثبيت الحامل في الأرضية.

EN Screws are not provided, contact a DIY store for advice according to your type of floor. FR Les vis ne sont pas fournies, rapprochez vous d'un magasin de bricolage pour vous conseiller en fonction de votre type de sol. ES Los tornillos no se proporcionan. Ponte en contacto con una tienda de bricolaje para asesorarte sobre la fijación adecuada para el tipo de suelo. DE Schrauben sind im Lieferumfang nicht enthalten, lassen Sie sich in einem Baumarkt die für Ihren Boden geeigneten Schrauben empfehlen. IT Le viti non sono fornite: rivolgetevi a un negozio di bricolage per farvi consigliare quelle più adatte secondo il tipo del pavimento. NL Er worden geen schroeven meegeleverd. Ga naar een doe-het-zelf-zaak voor advies afhankelijk van het soort grond. PT Os parafusos não são fornecidos; informe-se junto de uma loja de bricolage, para obter os parafusos ideais para o seu tipo de chão. PL Śruby nie znajdują się w zestawie, należy udać się do sklepu dla majsterkowiczów, aby uzyskać poradę dotyczącą montażu na podłożu danego typu. HU A csavarok nem tartozékok. A padló típusához megfelelő csavarokért keressen fel egy barkácsüzletet. RO Şuruburile nu sunt incluse. Contactați un magazin de bricolaj pentru recomandări în funcție de tipul dumneavoastră de sol. SK Skrutky sa nedodávajú, požiadajte o radu v železiarstve, aký typ máte použiť na vašu podlahu. CS Dodává se bez šroubů, poradte se v prodejní s kulisými potřebami, co je vhodné pro váš typ podlahy. SV Skruvorna medföljer inte, kontakta en gör-det-själv-butik för rådgivning, beroende typen av underlag. BG Винтовете не са предоставени. За тази цел се обърнете към железарски магазин тип „Направи си сам“ за съвети според Вашия вид настилка. HR Vijci nisu priloženi. Da biste odabrali odgovarajuće vijke, raspitajte se u železariji ovisno o podu na koji spravu pričvršćujete. SL Vijaki niso priloženi. V bližnji trgovini za gradnjo se pozanimajte, kakšne vijake potrebujete glede na vrsto vaših tal. EL Οι βίδες δεν παρέχονται. Συμβουλευθείτε ένα κατάστημα ειδών υατορμημάτων για τα απαραίτητα υλικά ανάλογα με το είδος του πάτωματός. TR Vidalar ürüne dahil değildir. Zemin tipinize göre tavsiyelerde bulunulması için, bir yapı mağazasına başvurun. RU Винты не входят в комплект - свяжитесь со строительным магазином для получения консультации по вашему типу пола. VI Sân phẩm không bao gồm vít, vui lòng liên hệ cửa hàng thiết kế theo yêu cầu để được tư vấn lắp ráp đối với loại sàn nơi bạn lắp đặt. ID Sekrup tidak disediakan. Hubungilah toko perlengkapan yang akan memberi saran sesuai dengan jenis lantai Anda. ZH 未提供螺絲，請联系五金店根據您所用的土地類型為您推薦。JA ネジは付属していません。ご自宅の床タイプに合うものをDIYショップまでお問い合わせください。ZT 如需螺絲，請根據地板類型洽詢 DIY 商店。TH หากไม่มีสกรูจ้ดมาในชุดด้วย โปรดติดต่อร้านขายอุปกรณ์การเพื่อขอคำแนะนำเกี่ยวกับประเภทของพื้นที่คุณจะติดตั้งชุดเสา KO 나사는 제공되지 않으며, DIY 매장에 연락해서서 바닥 유형에 맞는 조연을 구하시기 바랍니다. AR ييج هيا ارانه نشفه است، برای دریافت توصیه بر اساس نوع زمین خود با یک فروشگاه تماس بگیريد. FA البراغی لیست مورده، اتصل بمتجر مستلزمات DIY للحصول على ارشاد وفقاً لنوعية أرضيتك.

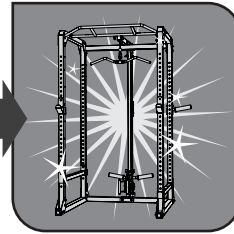
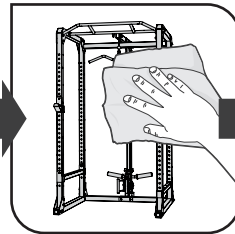
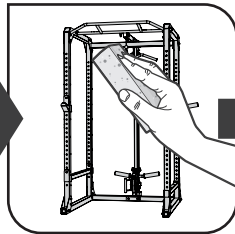
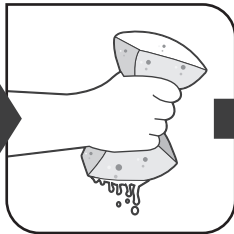
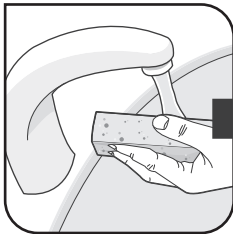
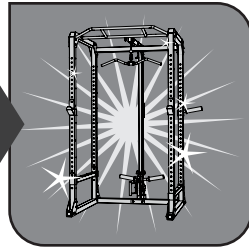
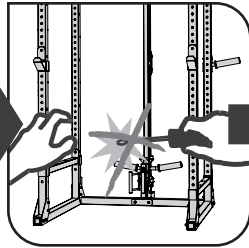
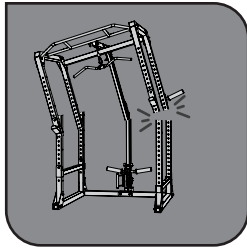
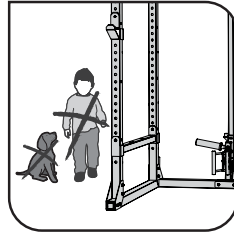
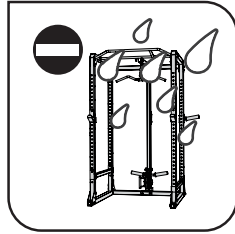
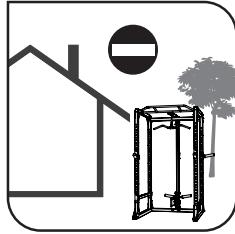
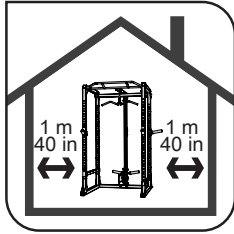
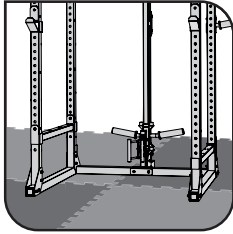
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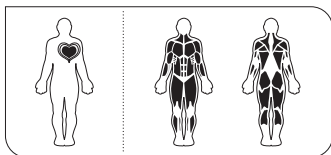


Thank you for choosing a DOMYOS product and for placing your trust in us.

Whether you are a beginner or experienced, DOMYOS helps you stay in shape and improve your physical condition. Our team strives to design the best products for you to use. We welcome any comments, suggestions and questions on our website, [Support.decathlon.com](http://Support.decathlon.com). On the website you will also find training advice and support in case you need it.

We wish you the best of success with your training and hope that this DOMYOS product will meet your expectations.

## PRESENTATION



The Rack 900 is a rack enabling weight training with a barbell and weights.

## WARNING

Fitness must be practised in a CONTROLLED way. Before starting any exercise program, consult your doctor. It is particularly important for people over the age of 35 years, people who have a history of health problems, or if you haven't practised sports for several years. Read all instructions before use.

## GENERAL RECOMMENDATIONS

PLEASE READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

1. Consult your doctor before starting any exercise program. This is especially important for people over the age of 35 or those with pre-existing health problems. Read all the instructions before use.
2. The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely.
3. DOMYOS cannot be held liable for claims of injury or damage sustained by any person or property originating from the use or misuse of this product by the purchaser or by any other person.
4. This product is intended for domestic use only. Do not use this product in a commercial, rental, or institutional setting.
5. It is the user's responsibility to ensure proper maintenance of the unit. After assembling the product and before each use.
6. The equipment must be placed on a flat, stable surface.
7. To avoid any accident, please use weight retention devices on the barbell.
8. Please load and unload the plates on the barbell symmetrically
9. The product meets industry standards for stability when used for its intended purpose in accordance with the instructions provided in the manual.
10. Use the product to support during stretching, using resistance straps, ropes or other means to be attached to it, may result in serious injury.

## USE

**For your own safety, regularly inspect your equipment.**

- If you are a beginner, start training for several weeks using the options to get your body used to muscular work.
- Warm up before each session with a cardiovascular workout, sets without weights or warm-up and stretching ground exercises. Increase repetitions and sets gradually
- Perform all movements regularly and smoothly.
- Always keep your back straight. Avoid arching or rounding your back during movement.
- When you perform a bench press, your eyes must be under the bar.
- The two stands must be aligned during practice. You can adjust the distance between the two stands according to your body shape.

For a beginner, work in sets of 10 to 15 repetitions, generally 4 sets per exercise with a minimum recovery time between each set (this recovery time can be defined by your doctor during your check-up). Alternate muscle groups.

Do not work all the muscles every day but instead spread your training over several days.

## COMMERCIAL WARRANTY

DOMYOS guarantees this product under normal use conditions, 5 years for the structure, 2 for other parts and labour as from date of purchase, as shown on receipt.

DOMYOS's obligation with regard to this warranty is limited to the replacement or repair of the product, at the discretion of DOMYOS.

This warranty does not apply in case of:

- Damage caused during transportation
- Use and/or storage of the product in an outdoor or damp environment (except trampolines)
- Poor assembly
- Misuse or abnormal use
- Poor maintenance
- Repairs made by technicians not approved by DOMYOS
- Use in a non-domestic setting

This warranty does not cancel the legal warranty applicable in the country of purchase.

To take advantage of your product warranty, consult the table at the end of the user's guide.

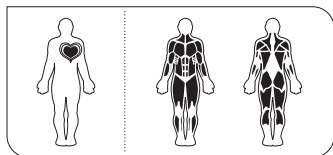
您已选购了DOMYOS品牌健身器，我们感谢您的信任。

无论您是初学者还是高水平运动员，都可以通过DOMYOS产品达到保持状态与锻炼体能的目的。我们的设计团队始终不断努力以打造最佳的运动产品。

欢迎您登陆我们的官方网站Support.deathlon.com对产品进行点评或提出宝贵意见和建议。您同样可以在网站上获取训练建议及指导等相关信息。

我们希望DOMYOS产品能够全面满足您的需求并祝您训练愉快。

## 介绍



Rack 900是一款配备杠铃和哑铃的举重训练支架。

## 注意事项

塑形锻炼应有节制地进行。在开始任何一项锻炼之前，请先咨询医生意见。此项对于35岁以上，或之前有过健康问题的人士尤为重要，特别是在您已多年未从事运动的情况下。

使用前请阅读全部说明。

## 使用建议

请仔细阅读并妥善保管以备日后参考。

1. 在开始任何训练课程之前，请先咨询您的医生。这对于年龄在35岁以上或此前存在健康问题的人员而言极其重要。请在使用之前阅读所有说明。
2. 产品所有者须负责向其他使用者说明该器材的使用时注意事项。
3. DOMYOS公司对购买者或其他人因本产品的正常或不当使用而导致的任何人身伤害或财产损失概不负责。
4. 本产品仅供家庭使用。不要将本品用于任何商业、租赁或机构场所。
5. 用户有责任对设备进行适当维护。装配完产品和每次使用前。
6. 必须将设备放在平整、稳定的台面上。
7. 为了避免发生世故，请使用杠铃上的重量滞留装置。
8. 请系统性地装载、卸载杠铃片
9. 产品的稳定性符合行业标准，当用于预定目的时，请遵照所提供的用户手册说明。
10. 在拉伸过程中使用本品来支撑，使用阻力带、绳子或其他缠绕本品的方式，这些做法可能导致严重伤害。

## 使用方式

为保证您的安全，请定期检查您的设备。

- 对于新用户而言，在训练最初的几周内可以适当进行肌肉训练。
- 每次进行心血管锻炼前须进行热身，但不宜做体操等运动量过大的活动。逐步提高动作重复次数和组数
- 按规律顺利完成所有动作。
- 始终保持背部挺直。运动时应避免弓背或蜷缩身体。
- 做仰卧推举运动时，眼部应位于杠铃下方。
- 运动过程中两个支架必须对齐。您可以根据自身体形调整两个支架之间的距离。

使用初期，以10至15次动作为一组，每项训练包含四组动作，每次完成一组动作后需做短暂恢复（有关短暂恢复的时间，请在检查身体时询问医师）。交替训练肌肉部位。

建议您明确每日训练的肌肉部位，避免同一天内集中训练全身肌肉。

## 商业担保

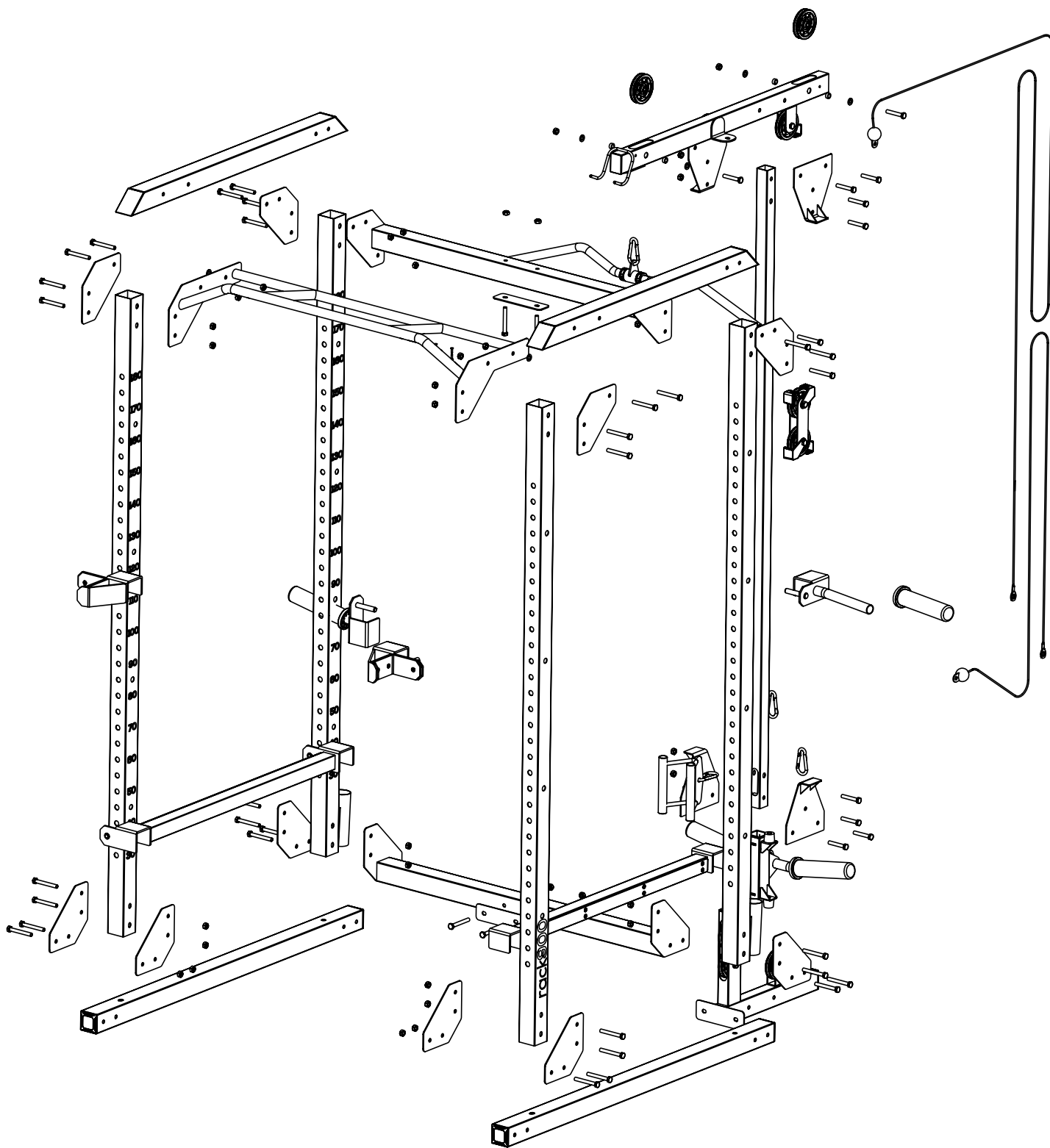
DOMYOS公司向用户提供，自本产品购买之日起，正常使用下为期5年的主体框架保修，以及为期2年的其它零件和人工服务，具体以发票日期为准。DOMYOS对产品的保修仅限于检测后置换或者修理产品。

以下情况不在保修范围之内：

- 运输时造成产品毁坏
- 将产品在户外或潮湿环境下使用和 / 或存放(蹦床除外)
- 不当拆卸
- 使用不当或异常使用
- 不当维护
- 经由未经DOMYOS授权的技术人员维修
- 于私人起居空间以外处使用

本商业担保不与所在国现行法规相冲突。

为了解您产品的保修相关服务，请查询使用说明书最后一页上的信息列表。







# RACK 900

Original instructions to be kept  
Notice originale à conserver  
Conserve estas instrucciones originales  
Originalanleitung für Ihre Unterlagen  
Istruzioni originali da conservare  
De oorspronkelijke handleiding dient bewaard te worden  
Manual original a guardar  
Instrukcja obsługi do zachowania na przyszłość  
Tegye el az eredeti használati utasítást.  
Сохраните оригинальную инструкцию  
Informații originale care trebuie păstrate  
Originál návod uchovať  
Originální návod uschovejte  
Originalbipacksedel att spara  
Запазете оригиналното упътване  
Muhafaza edilecek orijinal kullanım kılavuzu  
Izvorne upute, sačuvajte za kasniju upotrebu  
Shranite originalna navodila  
Φυλάξτε το πρωτότυπο των οδηγιών χρήσης  
Tuân theo các chỉ dẫn ban đầu  
Petunjuk asli untuk disimpan  
请保留说明书  
大切に保管してください  
請保留原始說明書  
โปรดเก็บรักษาคู่มือการใช้งาน  
보관해야 할 사용설명서 원본  
يرجى الاحتفاظ بهذه النشرة  
دستورالعمل های اصلی را نگهداری کنید

## DECATHLON

Производитель и адрес, Франция:  
DECATHLON - 4 Boulevard de Mons - BP 299  
59650 Villeneuve d'Ascq cedex - France

Made in China - Hecho en China - Fabriqué en Chine - Fabricado  
na/em China - Произведено в Китае - Imal edildigi yer Çin -  
ผลิตในจีน - الصين صنع في - ساخت چین

**JPN** 540-0011, 大阪市中央区農人橋1-4-22, 大江ビル10階 ノヴァテックジャパン株式会社 **CHN** 以下标示仅在中国大陆地区适用 - 生产商: 迪脉 (上海) 企业管理有限公司 地址: 上海市浦东新区银霄路393号2幢二层西北侧 邮编201204 - 执行标准: Q311/0115000099C006-2015 - 品名: 多功能装置 - 等级: 合格品 - 中国制造 - 质检证明: 合格 - 商标: DOMYOS **RUS** Импортёр/уполномоченное изготовителем лицо: ООО «Октябрь», 141031, Россия, Московская область, Мытищинский район, МКАД 84-й км., ТПЗ «Алтуфьево», влад. 3, стр. 3, +7(495)6414446 - Многофункциональное устройство - для занятий спортом - Не подлежит обязательному подтверждению соответствия - Дата изготовления указана на изделии или упаковке в формате ГГТТ/ММ **TWN** 多功能器材 - 中國製造 - 進口/委製商台灣迪卡儂有限公司 台中市南屯區大墩南路379號 04-24719666 - 製造日期標於工廠得號處 **BRA** Importado para o Brasil por IGUASPORT Ltda. CNPJ 02.314.041/0001-88 **THA** อุปกรณ์ออกกำลังกาย - ชื่อผู้นำเข้า: บริษัท ดีแควหลง (ประเทศไทย) จำกัด เลขที่ 14/9 หมู่ที่ 13 ถนนบางนา-ตราด ตำบลบางแก้ว อำเภอบางพลี จังหวัดสมุทรปราการ 10540 **EGY** جهاز متعدد الاستخدامات - Decathlon Trading Egypt - 1st Al Wozaraa Square 1169 - Sheraton - Cairo - Egypt **AUS** Decathlon Australia Pty Ltd. - 4/37 Union Street, Pyrmont, Sydney NSW 2009, Australia **MEX** Importado por Articulos Deportivos Decathlon, S.A de C.V. Av. Ejército Nacional 826, Delegación Miguel Hidalgo, Colonia Polanco III Sección, 11540 Ciudad de México, México R.F.C ADD 150727S34 - Aparato multifunción **HKG** DECATHLON HONG KONG COMPANY LIMITED - SUITE 1623 16/F OCEAN CENTRE - 5 CANTON ROAD - KOWLOON - HONG KONG **VNM** Bộ máy đa chức năng - Sản xuất tại Trung Quốc - Tên và địa chỉ NNNK/PP: Công ty TNHH Decathlon Việt Nam, Lầu 6, 561A Điện Biên Phủ, Phường 25, Quận Bình Thạnh, Tp.Hồ Chí Minh, Việt Nam



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