

ASSEMBLY INSTRUCTIONS

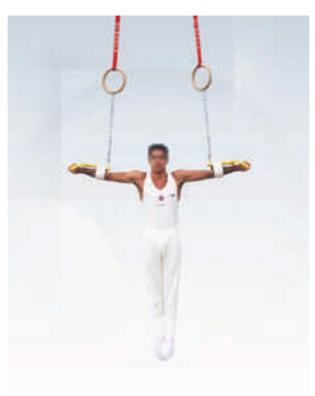
NM224

26/04/06

EDUCANO M'2005

3735A







Warning:

This equipment should be installed by a qualified individual.

The apparatus should be used by only one person at a time, supervised by a qualified individual and with appropriate landing mats or a landing pit.

Using this equipment for purposes other than those originally intended is not allowed.

Compliance:

This equipment complies with the requirements of the European standard EN 913 "Gymnastic equipment - General safety requirements and test methods".

Recommendations:

As shown in French Standard NF S52-400 the following is recommended:

- keep these instructions for subsequent reference (inspection, maintenance, etc.).
- periodically carry out predictive maintenance.
- depending on how much it is used, have the equipment serviced yearly or every few years.

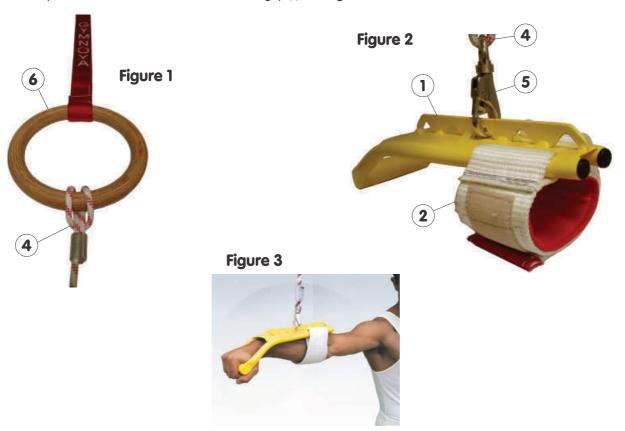
Packaging:

1 Pack ref.: 3735A

Volume: $0.0156 \text{ m}^3 (0.551 \text{ ft}^3)$ Weight: 2 kg (4.41 lb) Dimensions: $360 \times 270 \times 160 \text{ mm}$ (14.17 × 10.63 × 6.30 in)

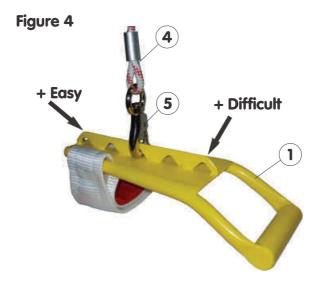
I. Assembling the Apparatus:

- 1 Insert the rope (4) into the ring, as shown on Figure 1.
- 2 Fasten the snap hook (5) in one of the 5 positions of one hand grip (1) (see Fig. 2).
- 3 Repeat the operation to secure the second Educano hand grip (1): same position for the snap hook (5).
- **4** Open the white strap **(2)**, to insert the arm, then tighten the strap **(2)** to firmly hold the arm against the Educano hand grip **(1)**. Repeat the operation with the second Educano hand grip **(1)** (see **Fig. 3**).



II. Adjusting the difficulty:

Move the snap hook to one of the 5 positions in order to make the exercise easy or difficult (see Fig. 4).



III. Usage (warranty validity):

This apparatus is for practice only: For safety reasons, it should never be used as a competition apparatus.

IV. Maintenance:

Before use, check wear parts and safety parts each time for good condition: Educano ropes (4), snap hooks (5), straps (2), Educano hand grips (1).

