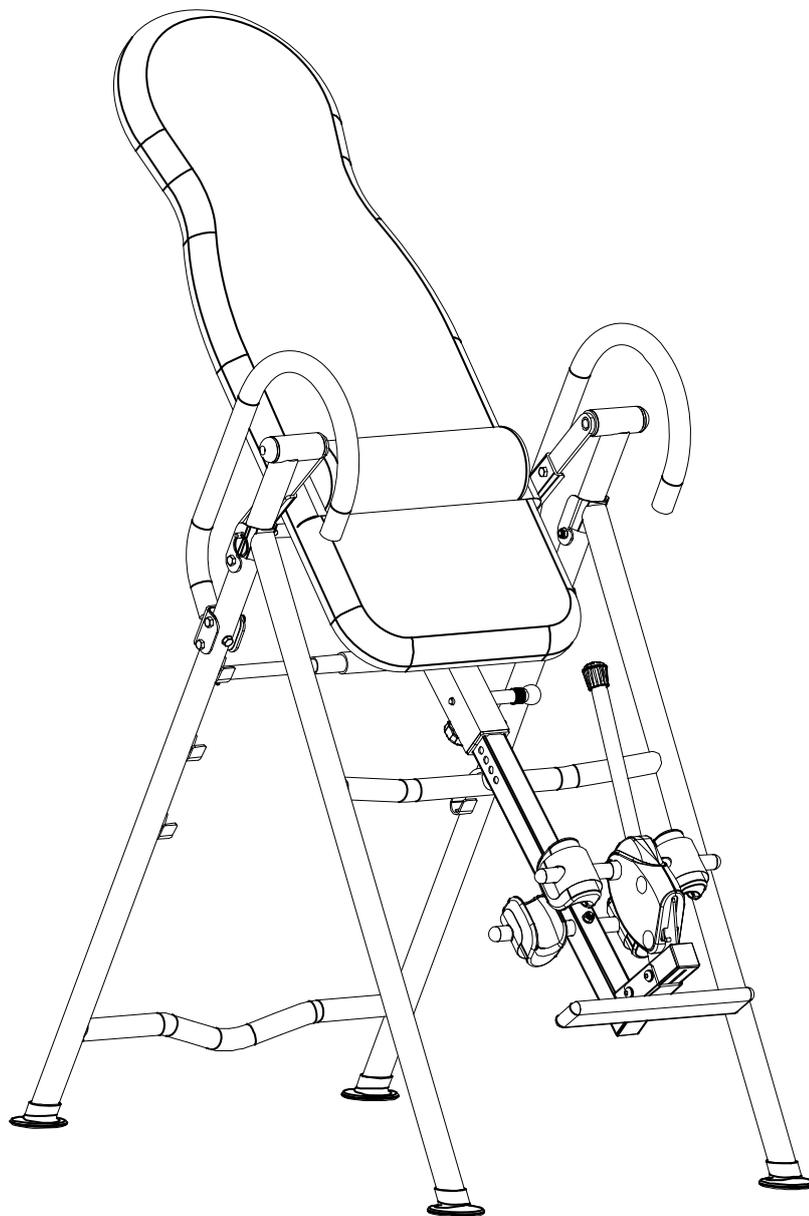




Assembly and Operating Instructions



max. 198 kg



max. 136 kg



~ 90 Min. 



 28 kg

L 146 | W 66 | H 158

FSDFINVERSION.01.02

Art. No. DF-INVERSION

DARWIN INVERSION TABLE

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Dear customer,

thank you for choosing Darwin Fitness® equipment. With Darwin Fitness equipment we offer first class home sports equipment at a great price point. Darwin exercise bikes and strength machines are easy to use, have a space-saving design and look really good. With our equipment we want to support you in reaching your athletic goals, no matter if you want to lose weight or train for the national triathlon. If you have any further questions, please contact us, we are looking forward to hearing from you and wish you lots of fun during your training!

Further information can be found at www.fitshop.com.

Intended Use

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

Legal Notice

Fitshop GmbH
Europe's No. 1 for home fitness

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Disclaimer

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Product and manual are subject to change. Technical data can be changed without advance notice.

FITSHOP

Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.



This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

Use classes

Class S (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

Class H (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

► **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ⓘ **NOTICE**

This notice indicates further useful information.

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

1.1 Technical Data

Dimensions and weight

Article weight (gross, including packaging) approx.:	32 kg
Article weight (net, excl. packaging) approx.:	28 kg
Packaging dimensions (L x W x H) approx.:	130 cm x 69 cm x 18 cm
Set-up dimensions (L x W x H) approx.:	146 cm x 66 cm x 158 cm
Maximum user weight:	136 kg
Maximum user height:	198 cm
Use class:	S

1.2 Personal Safety

DANGER

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.
- + The owner must communicate all warnings and instructions to the user.

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.
- + Always start each workout with a light warm-up and end with a cool-down phase.
- + Using the machine as a support during stretching exercises or attaching resistance bands, ropes or other accessories to it, may cause injuries.

CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.
- + The weights should remain in the user's field of vision during the entire exercise to prevent danger to third parties.

ATTENTION

- + Do not insert any objects of any kind into the openings of the device.

1.3 Set-Up Place

WARNING

- + Do not place the equipment in main corridors or escape routes.

CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.
- + If your device is to be mounted on the wall/ceiling, make sure that you use the appropriate assembly material to avoid possible damages or personal injuries. The contractual partner accepts no liability for this.

ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

2.1 General Instructions



DANGER

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



WARNING

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



CAUTION

- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.



ATTENTION

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



NOTICE

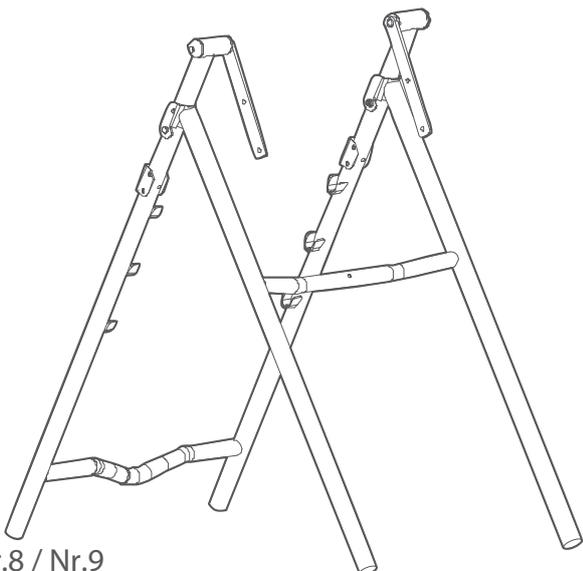
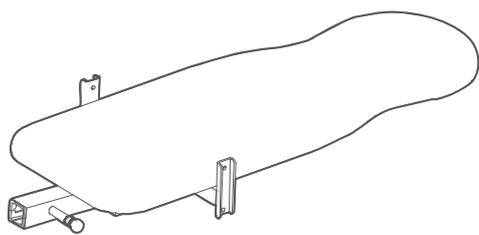
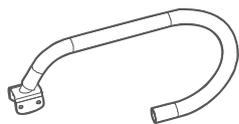
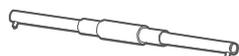
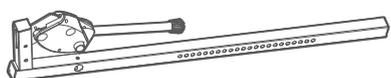
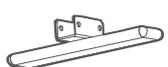
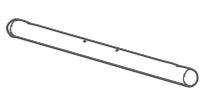
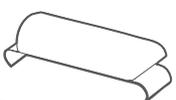
- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

2.2 Scope of Delivery

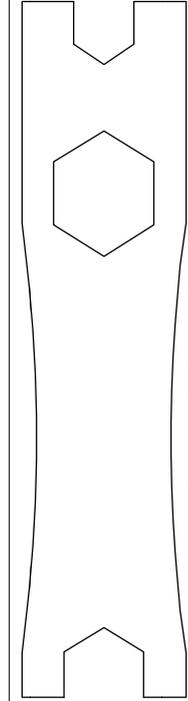
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the equipment are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

CAUTION

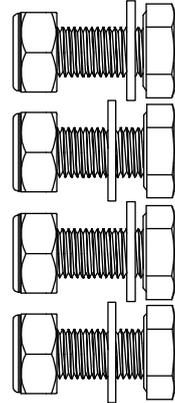
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

 <p>Nr.8 / Nr.9 Main frame x 1pc</p>		 <p>Nr.2 Back rest frame x 1pc</p>	
		 <p>Nr.6 Handles x 2pcs</p>	
 <p>Nr.15 Angle control bar x 1pc</p>		 <p>Nr.3 Adjustable boom x 1pc</p>	
 <p>Nr.4 Foot bar x 1pc</p>	 <p>Nr.5 Rear rod x 1pc</p>	 <p>Nr.7 / Nr.14 Heel holder and Bracket x 4pcs</p>	 <p>Nr.13 Front Rod x 1pc</p>
 <p>Nr.33 Lumbar pad x 1pc</p>	 <p>Nr.27 Rubber pads x 2pc</p>	 <p>Nr.31 Foot caps x 4pcs</p>	 <p>Nr.38 Knob x 1pc</p>

Hex Wrench 1 PC

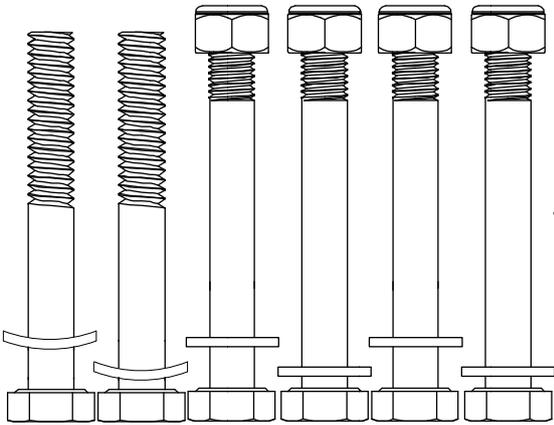


Step 3



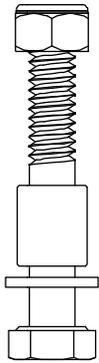
- (21) Hex Bolt 4 PCS
- (19) Flat Washer 4 PCS
- (42) Nylon Nut 4 PCS

Step 4



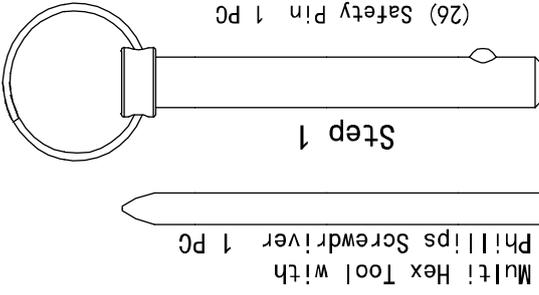
- (62) Hex Bolt 4 PCS
- (61) Hex Bolt 2 PCS
- (19) Flat Washer 4 PCS
- (20) Curve Washer 2 PCS
- (42) Nylon Nut 4 PCS

Step 6



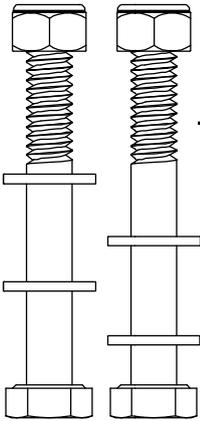
- (45) Hex Bolt 1 PC
- (43) Flat Washer 1 PC
- (42) Nylon Nut 1 PC
- (44) Metal Bushing 1 PC

Step 1



- Multi Hex Tool with Phillips Screwdriver 1 PC
- (26) Safety Pin 1 PC

Step 5



- (32) Hex Bolt 2 PCS
- (19) Flat Washer 4 PCS
- (42) Nylon Nut 2 PCS

2.3 Assembly

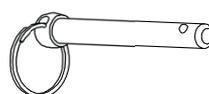
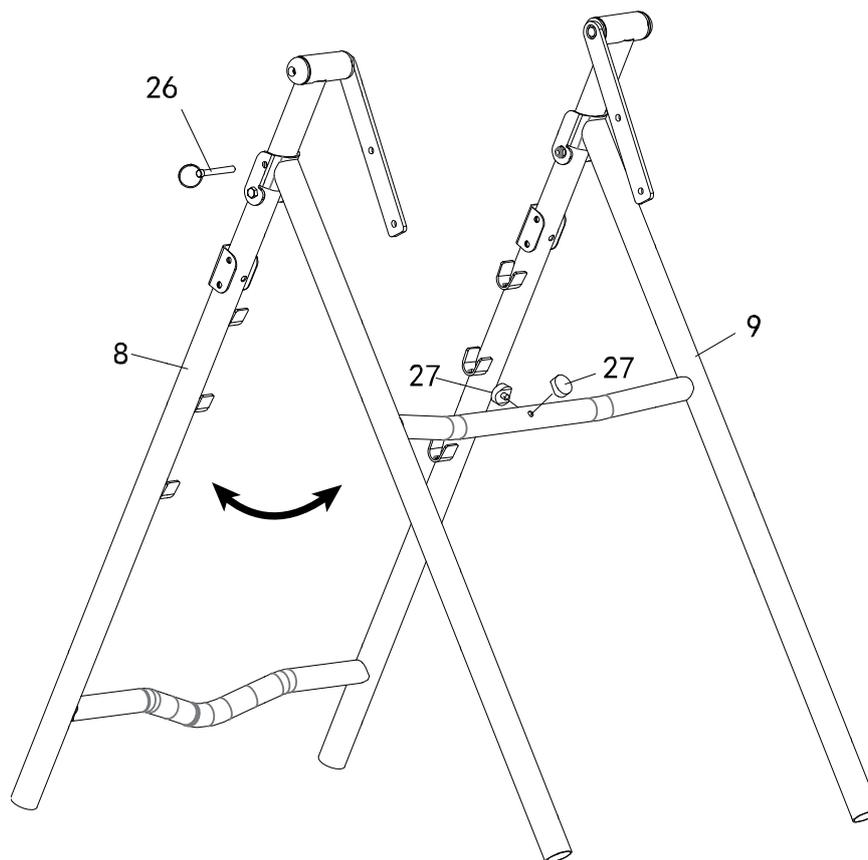
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

① NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

Step 1: Assembly of the frame

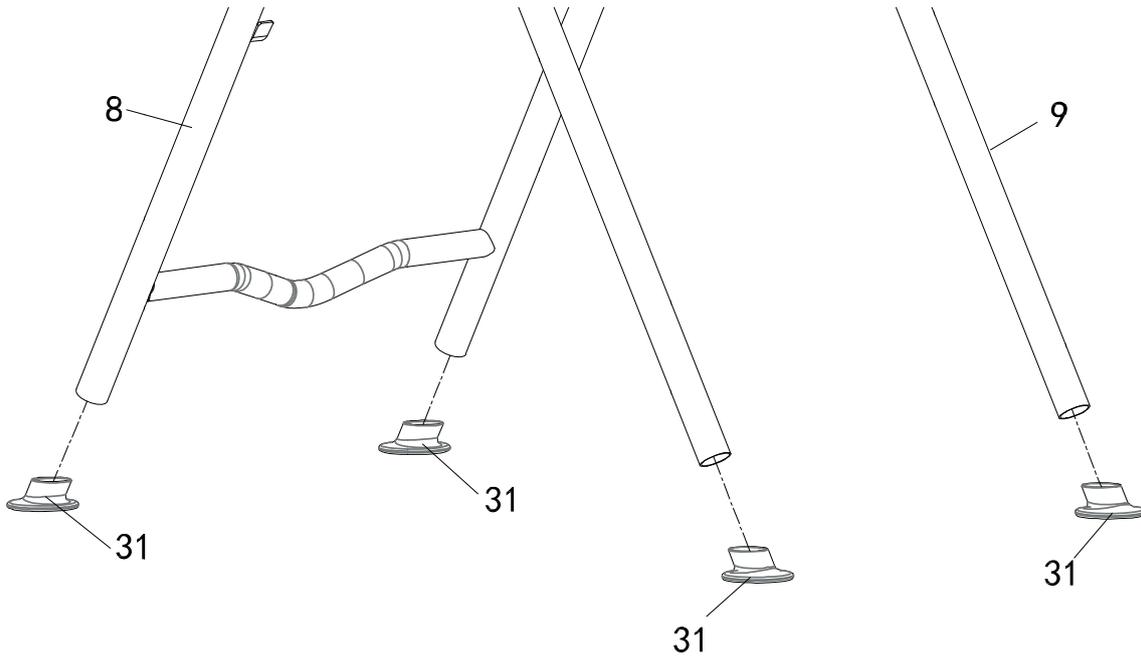
1. Pull the front and rear frame (9 & 8) as far apart as possible.
2. To secure the frame, insert the safety pin (26) into the slot on the right side of the frame.
3. Insert two rubber pads (27) into the openings on the cross bar of the front frame (9).



(26) Safety Pin
1 PC

Step 2: Attaching the foot caps

Place one of the foot caps (31) on each of the front and rear frame tubes (9 & 8).



Step 3: Assembly of the backrest

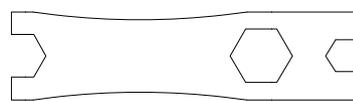
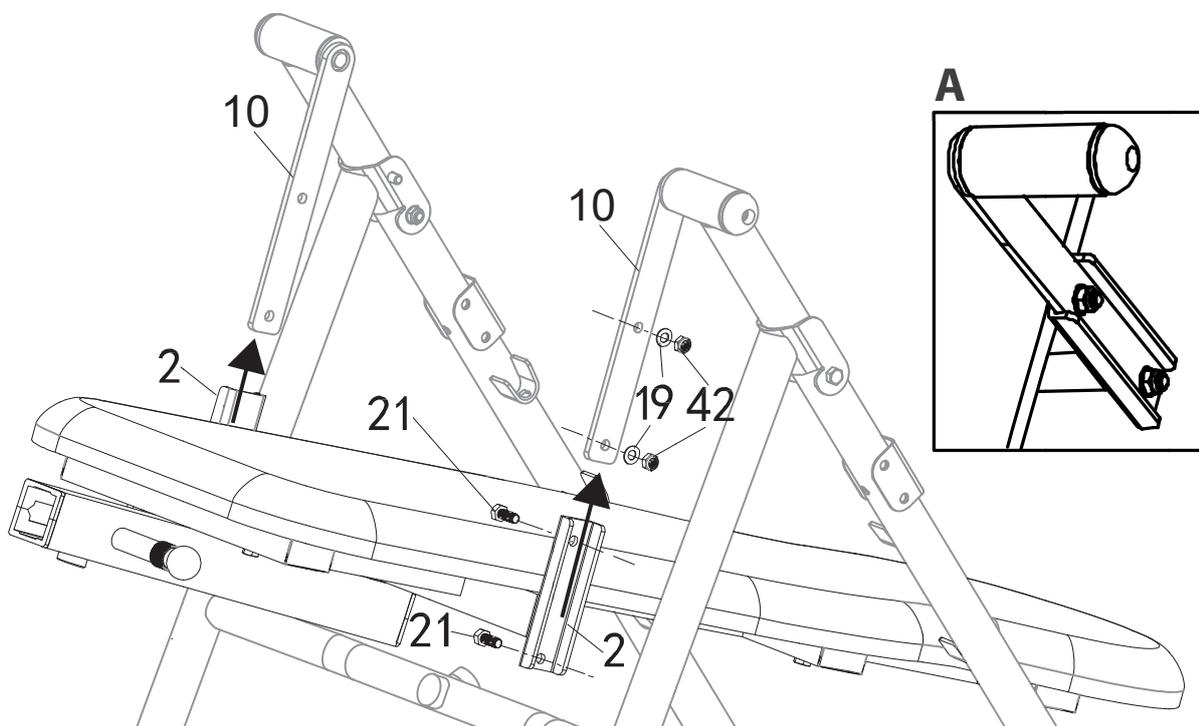
1. Slide the holders of the backrest frame (2) over the left and right pivot arm (10).
2. Align the drill holes and mount the backrest frame (2) to the pivot arms (10) on both sides using two hex bolts (21), two flat washers (19) and two nylon nuts (41), see fig. A.



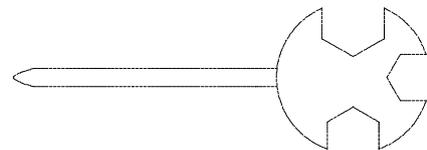
WARNING

To ensure the stability of the unit, the hex bolts (21) must be mounted from the inside of the unit.

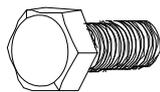
3. Tighten the bolts and nuts.



Hex Wrench 1PC



Multi Hex Tool with
Phillips Screwdriver
1PC



(21) Hex Bolt
4PCS



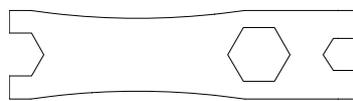
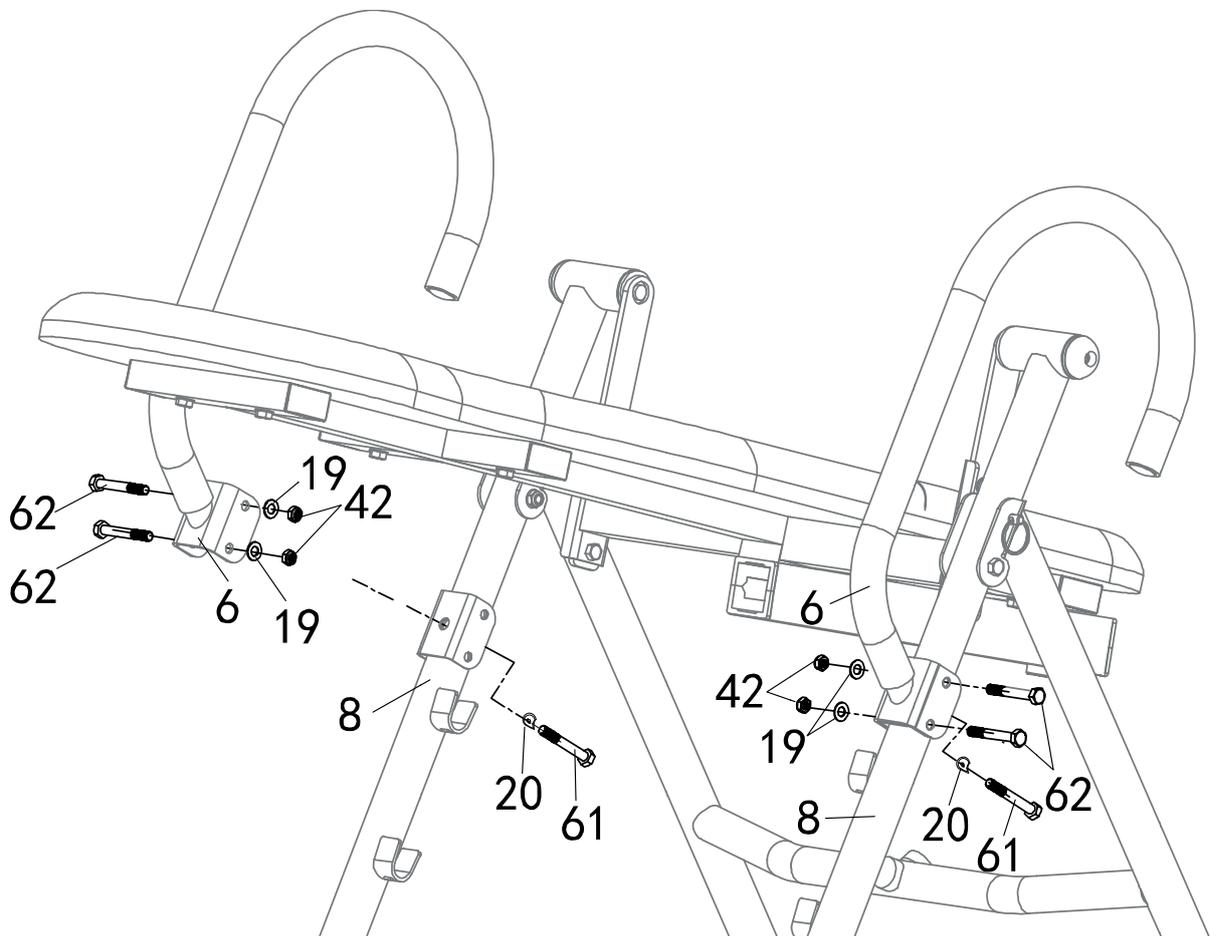
(19) Flat Washer
4PCS



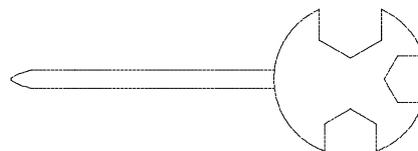
(42) Nylon Nut
4PCS

Step 4: Assembly of the handlebars

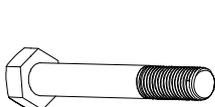
1. Mount the handlebars (6) to the rear frame (8) using two hex bolts (62), two flat washers (19), two nylon nuts (42), one hex bolt (61) and one curved washer (20).
2. Tighten the bolts and nuts.



Hex Wrench 1PC



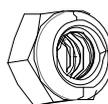
Multi Hex Tool with
Phillips Screwdriver
1PC



(62) Hex Bolt
4PCS



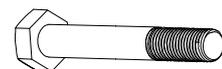
(20) Curved Washer
2PCS



(42) Nylon Nut
4PCS



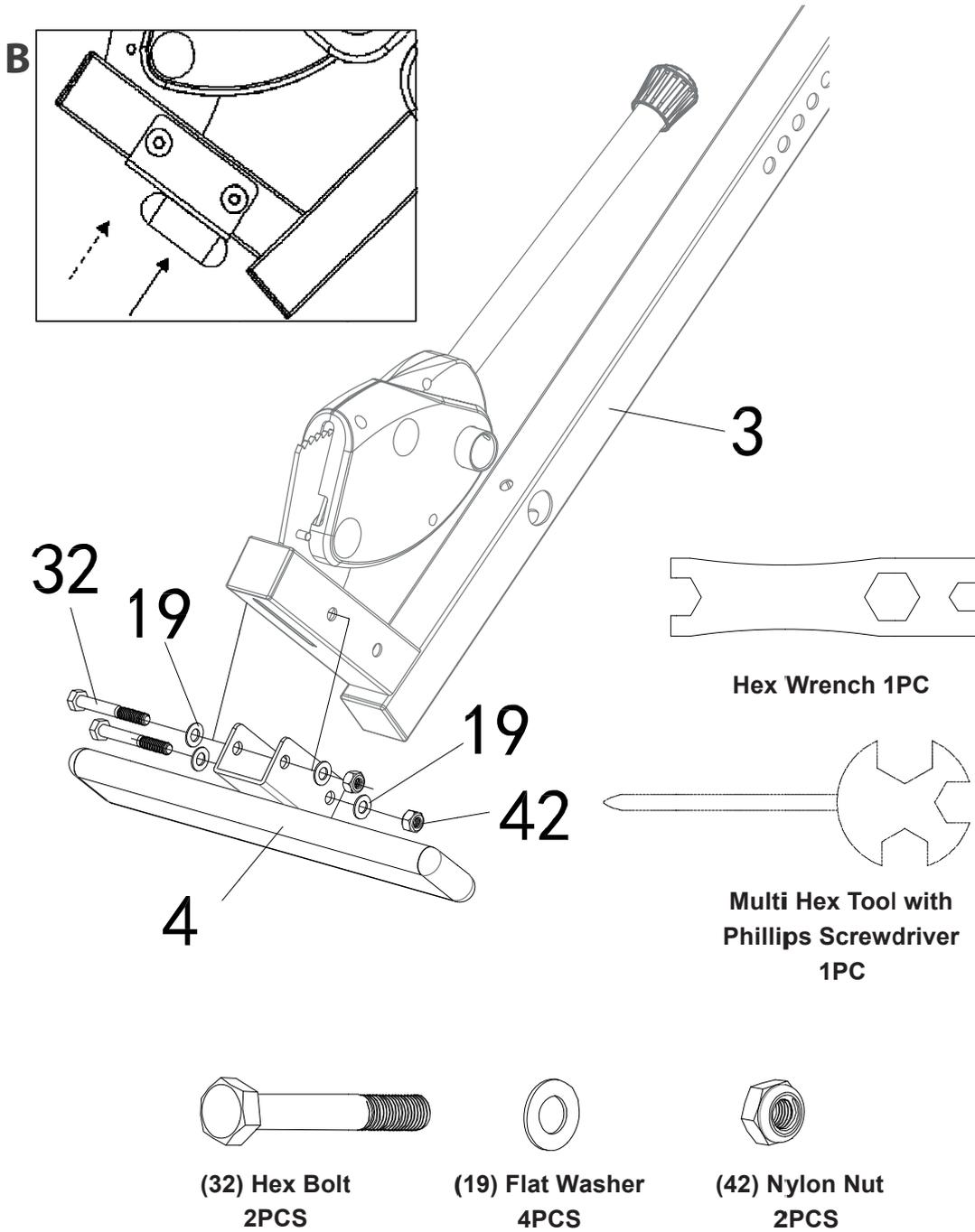
(19) Flat Washer
4PCS



(61) Hex Bolt
2PCS

Step 5: Assembly of the foot bar

1. Position the foot bar (4) with the bar in the direction of the adjustable boom (3), see fig. B.
2. Mount the foot bar (4) to the adjustable boom (3) using a total of two hex bolts (32), four flat washers (19) and two nylon nuts (42).
3. Tighten the bolts and nuts.



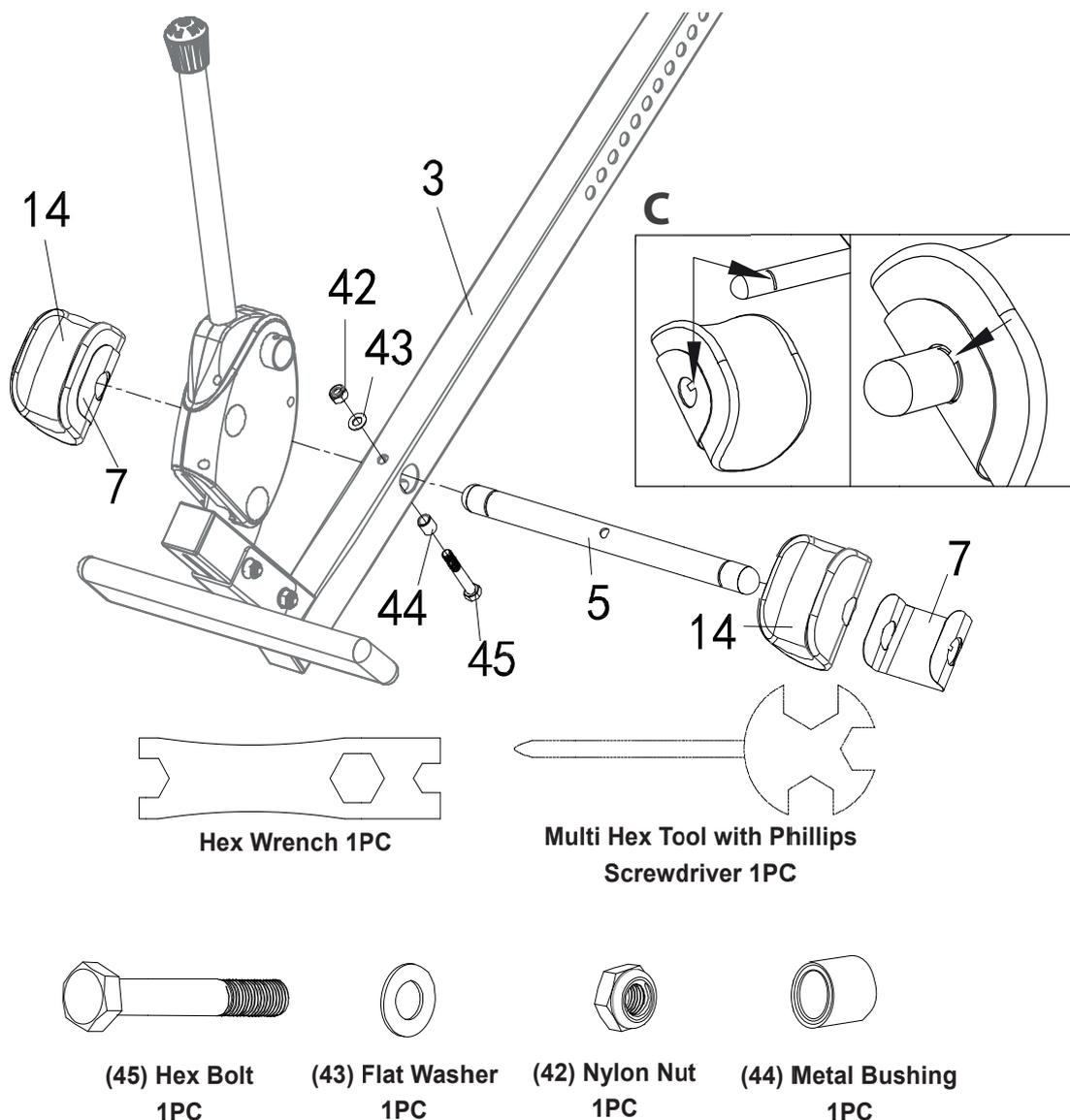
Step 6: Assembly of the rear heel holders

1. Slide the rear rod (5) through the hole of the adjustable boom (3) and align the drill holes.
2. Fix the rear rod (5) to the adjustable boom (3) using a hex bolt (45), a metal bushing (44), a flat washer (43) and a nylon nut (42). Tighten the bolt and nut.
3. Insert the rubber heel holder (14) into the steel brackets (7).
4. Gently press the steel brackets (7) with the rubber heel holders (14) together.
5. Slide the steel brackets (7) with the safety tooth facing the adjustable boom (3) onto the rod (5), see fig. C.
6. Let the safety tooth of the steel bracket (7) engage into the groove of the rod (5), see fig. C.



WARNING

To prevent the heel holders from slipping off, make sure that the safety tooth of the steel brackets (7) are engaged into the respective groove on the rod (5).



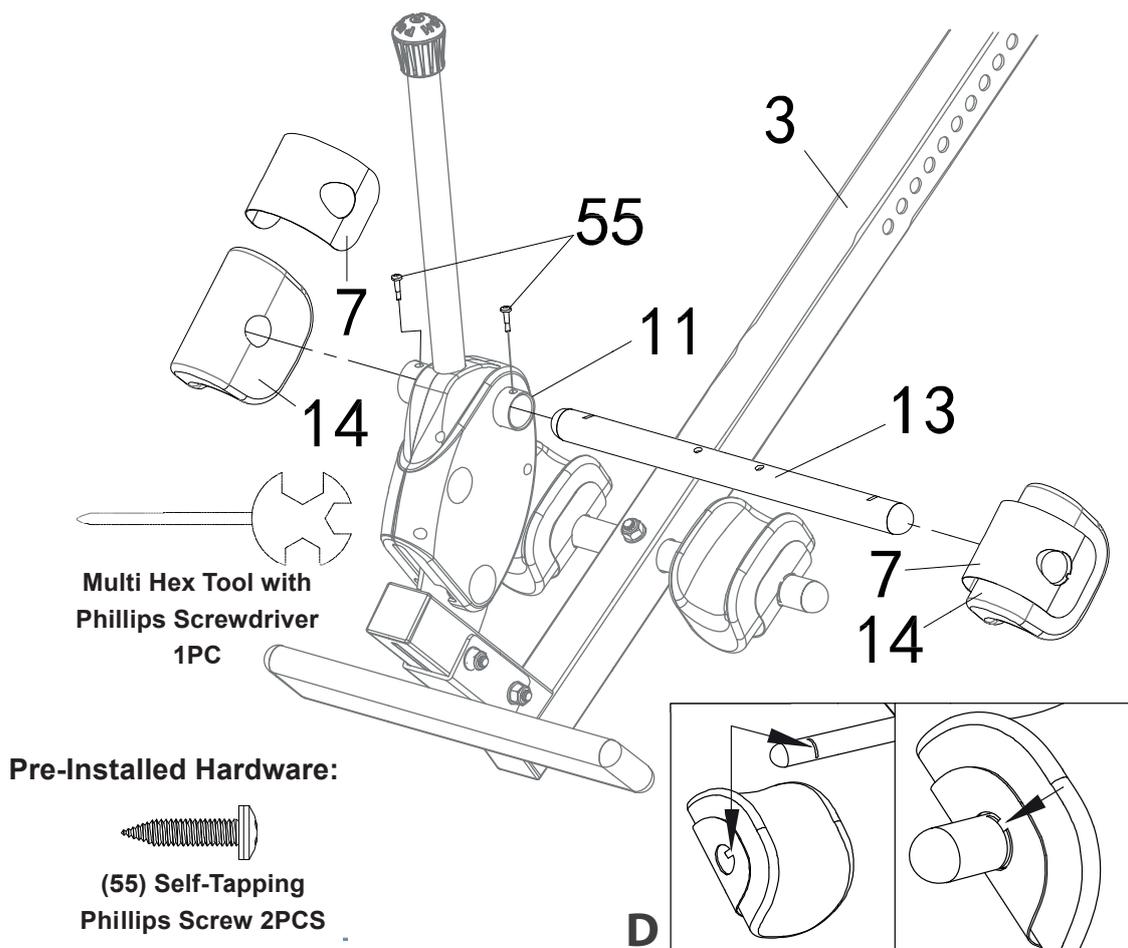
Step 7: Assembly of the front heel holders

1. Remove the pre-assembled screws (55) from the front rod (13).
2. Slide the front rod (13) through the hole of the ratchet handle (11) and align the drill holes.
3. Fix the front rod (13) to the ratchet handle (11) using the previously removed two screws (55) and tighten the screws.
4. Insert the rubber heel holder (14) into the steel brackets (7).
5. Gently press the steel brackets (7) with the rubber heel holders (14) together.
6. Slide the steel brackets (7) with the safety tooth facing away from the adjustable boom (3) onto the rod (13), see fig. D.
7. Let the safety tooth of the steel bracket (7) engage into the groove of the rod (13), see fig. D.



WARNING

To prevent the heel holders from slipping off, make sure that the safety tooth of the steel brackets (7) are engaged into the respective groove on the rod (13).



Step 8: Assembly of the adjustable boom

1. Slightly pull out the spring knob (41) on the backrest frame (2) and hold it in this position.
2. Slide the adjustable boom (3) into the housing on the backrest frame (2) until you have reached the desired height at the mark, see fig. E.
3. Let the spring knob (41) engage at the desired position so that the spring knob (41) returns to its initial position, see fig. F.

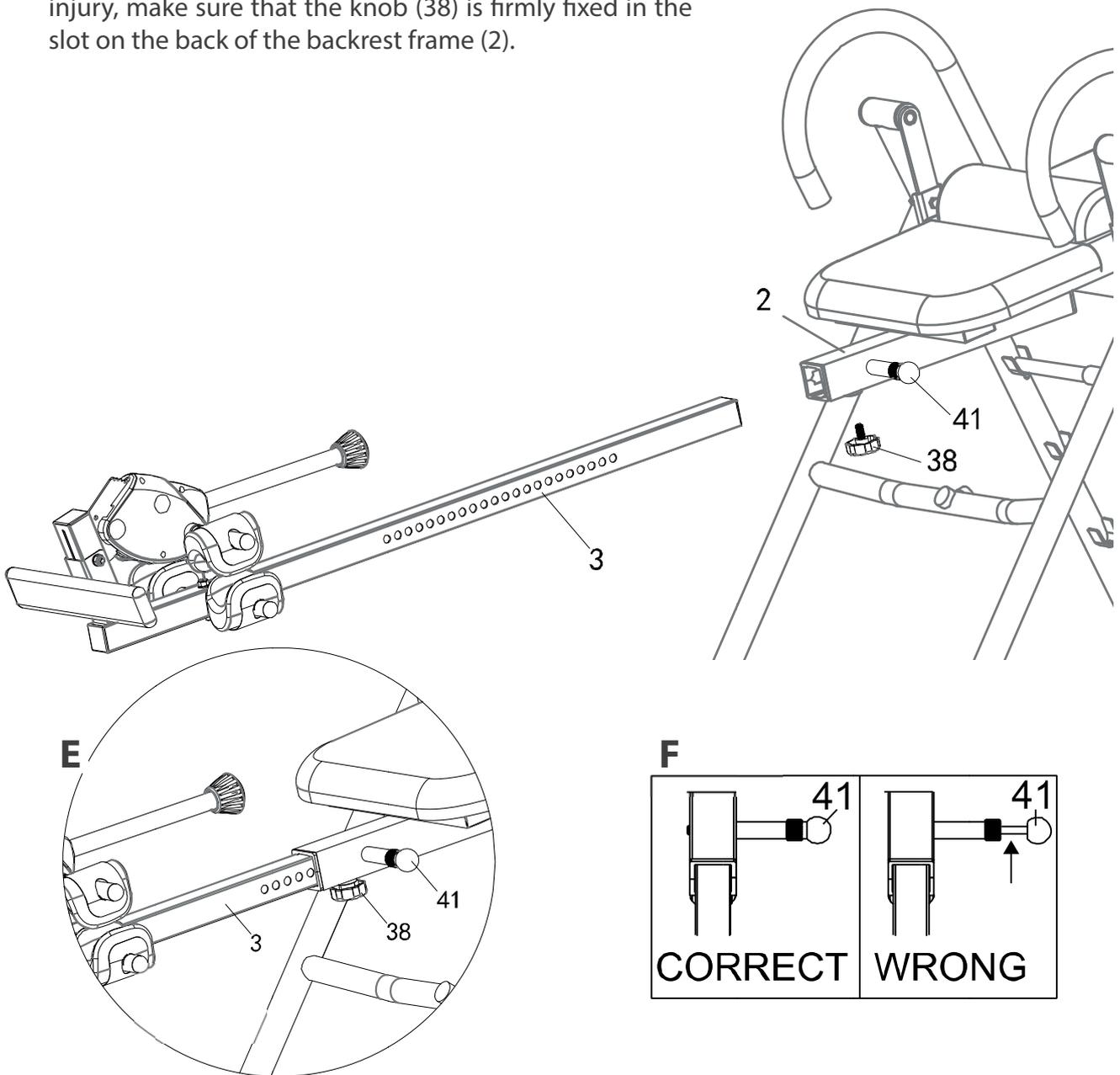
WARNING

To avoid risk of injury, make sure that the spring knob (41) is properly engaged, see fig. F.

4. Screw the knob (38) into the slot on the back of the backrest frame (2) and tighten the knob (38).

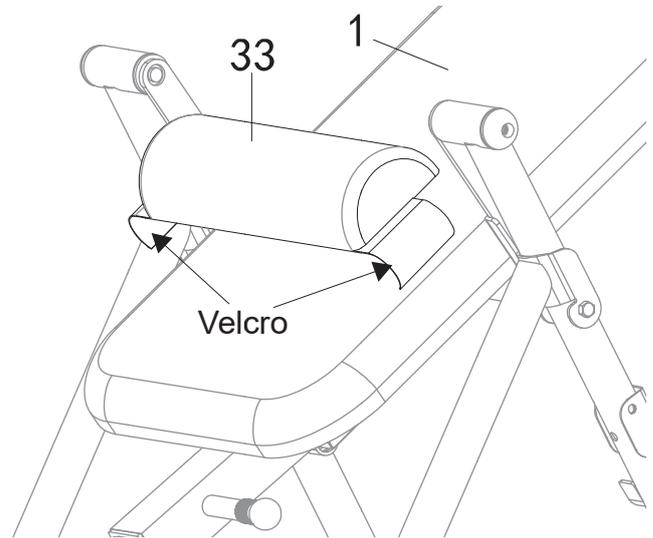
WARNING

Loosen the knob (38) before each height adjustment. To ensure the stability of the unit and to avoid the risk of injury, make sure that the knob (38) is firmly fixed in the slot on the back of the backrest frame (2).



Step 9: Attaching the lumbar pad

Attach the lumbar pad (33) to the sides of the backrest (1) with the Velcro strip.



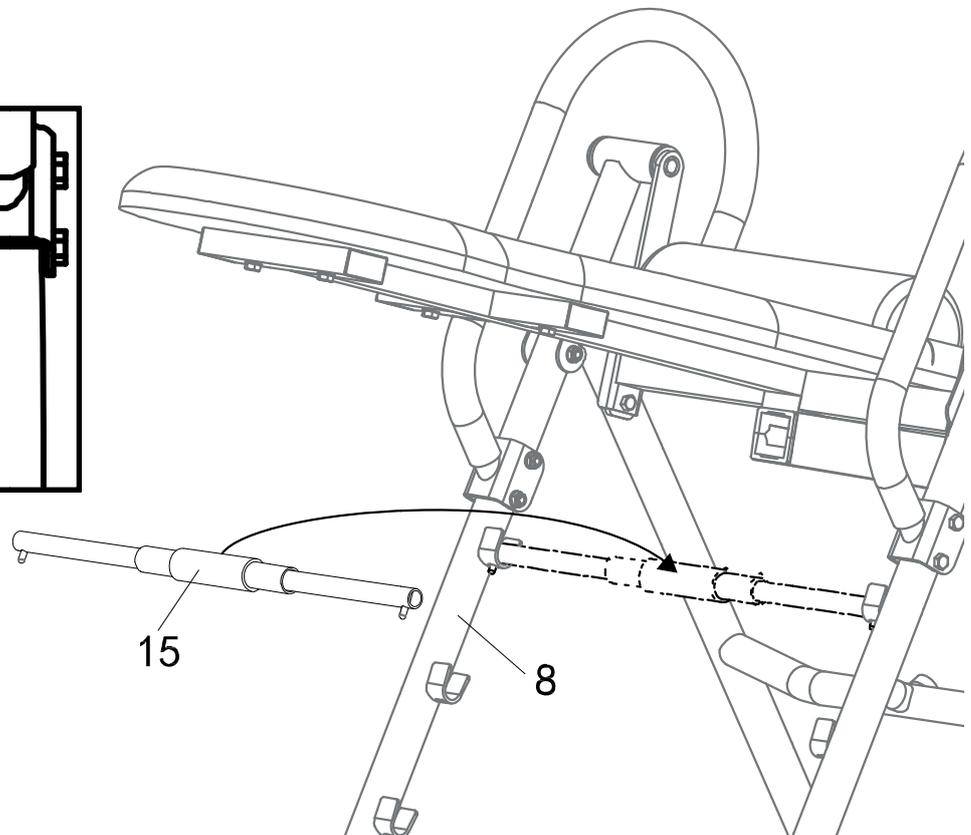
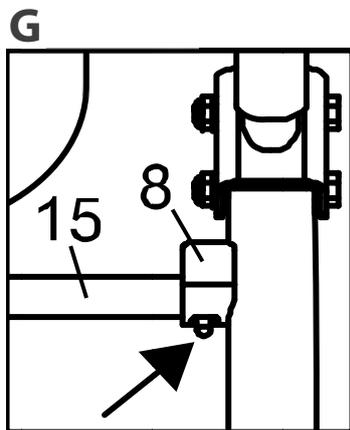
Step 10: Attaching the angle control bar

Place the angle control bar (15) with the pins facing downwards in the u-shaped holders on the rear frame (8), see fig. G.



WARNING

To ensure the stability of the unit and to avoid the risk of injury, make sure that the pins of the angle control bar (15) are in the slots of the holders, see fig. G.



NOTICE

Familiarise yourself with all the functions and setting options of the equipment before starting training. Have the proper use of this product explained to you by a specialist.

3.1 General Instructions

WARNING

- + Only use the equipment under the supervision of another adult person without physical or mental impairments.
- + Check before each use:
 - + the correct adjustment to the body height.
 - + the correct fixing of the knobs to secure the adjustable boom.
 - + the correct position of the angle control bar.
 - + the correct fixing of the heel holders.
- + To avoid injuries, both you and the supervising person must keep hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts as they may get caught in the equipment.
- + The equipment is strictly for use by one person at a time.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Stop exercising as soon as you feel nauseous, dizzy or unwell.
- + Only use the equipment if you feel physical and healthy enough to do so.

CAUTION

- + Wait at least 2 hours after the last meal before using the equipment.
- + Increase slowly. Start with a small inversion angle (15-20°) and a short time of use (1-2 minutes).

Further safety instructions for safe use of the equipment can be found in section 1.2 and section 1.3 of this manual.

3.2 Adjusting the Angle

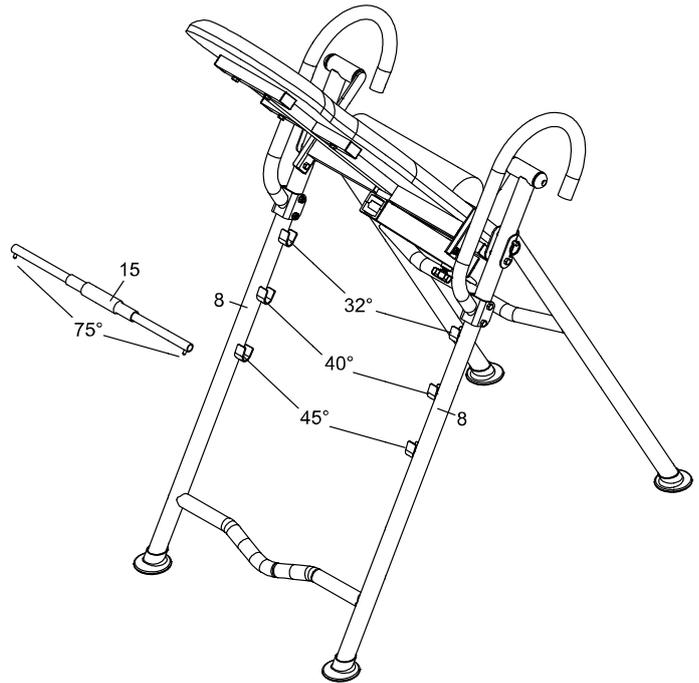
The angle is adjusted by inserting or removing the angle control bar (15) on the u-shaped holders on the rear frame (8):



WARNING

When inserting the angle control bar (15), make sure that the pins of the bar (15) are in the slots of the holders.

- + Upper position:
max. inversion angle of 32°
- + Middle position:
max. inversion angle of 40°
- + Lower position:
max. inversion angle of 45°
- + Remove the bar:
max. inversion angle of 75°



3.3 Adjusting the Body Height

The equipment can be adjusted to a body height of up to 1.98m. To use the equipment optimally and safely, check the height adjustment before use.

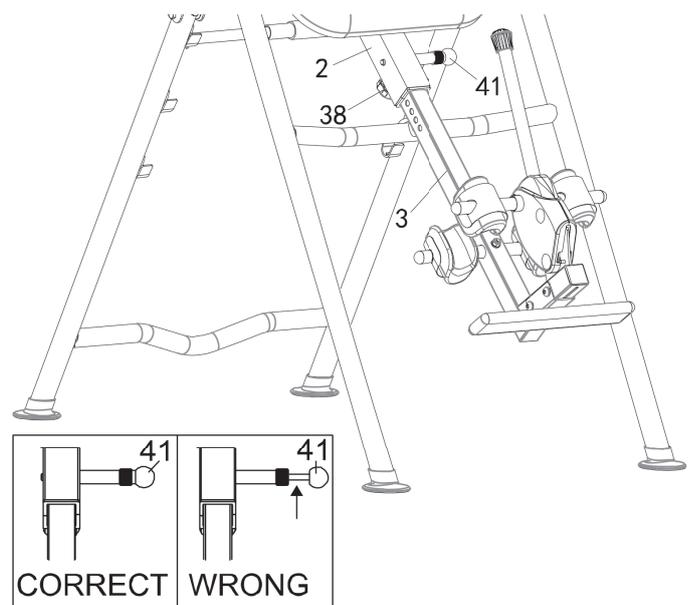
1. Loosen the knob (38) on the back of the backrest frame (2).
2. Hold the adjustable boom (3) and slightly pull out the spring knob (41) on the backrest frame (2).
3. Hold the position of the spring knob (41) to move the adjustable boom (3) in the housing of the backrest frame (2) until you have reached the desired height at the mark.
4. Let the spring knob (41) engage at the desired position so that the spring knob (41) returns to its initial position.



WARNING

To avoid risk of injury, make sure that the spring knob (41) is properly engaged.

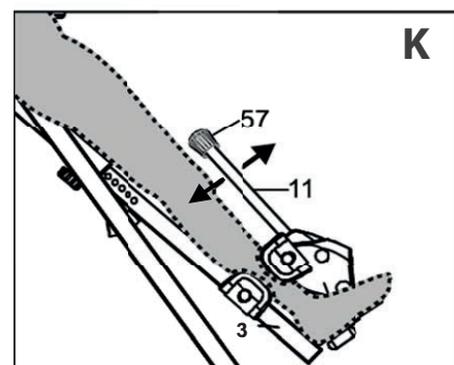
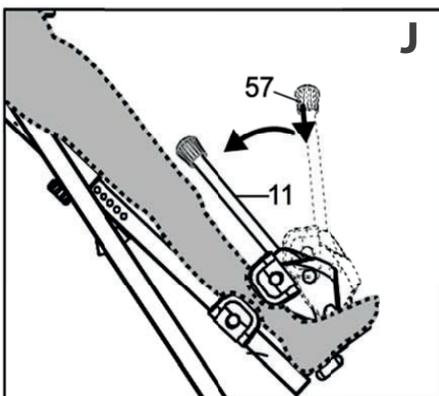
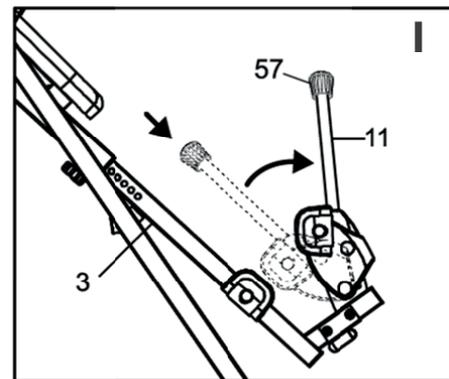
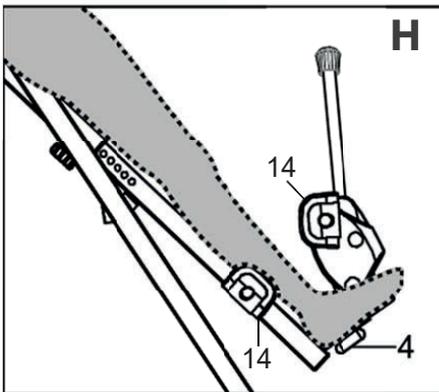
5. Tighten the knob (38).
6. Place the lumbar pad in a suitable position for your height and fix the lumbar pad with the Velcro strip.



3.4 Fastening and Releasing the Heel Holders

To ensure a secure hold during use, the heel holders should be adjusted accordingly before each use.

1. To open the heel holders, press and hold down the button (57) on the ratchet handle (11) and move the ratchet handle (11) away from the adjustable boom (3), see fig. H.
2. Stand on the foot bar (4) and place your legs between the front and rear heel holder, see fig. I.
3. To fasten the heel holder, press and hold down the button (57) on the ratchet handle (11) again and move the ratchet handle (11) back towards the adjusting boom (3), see fig. J.
4. As soon as you have reached a position in which you have a secure fit between the heel holders, release the button (57) on the adjusting lever (11) again.
5. Finally, check that the ratchet handle (11) is locked by moving the ratchet handle (11) forwards and backwards without pressing the button (57) and that the ratchet handle (11) cannot be adjusted, see fig. K.
6. To release the heel holders, press and hold the button (57) downwards and move the ratchet handle (11) away from the adjustable boom (3), see fig. H.



3.5 Balancing the Equipment

The equipment reacts to the slightest changes in weight load balance. For this reason, the adjustments in the body height must be checked before each use.

⚠ WARNING

Before use, make sure that you have adjusted both the angle and the height adjustment.

1. Take a lying position, fasten the heel holders and hold both handlebars from below with a neutral grip, see fig. 1.
2. Slowly move your hands backwards along the handlebars with slightly bent arms until your hands are directly above your hips with slightly bent arms.

Within this position your head is slightly above your feet, see Fig. 2.

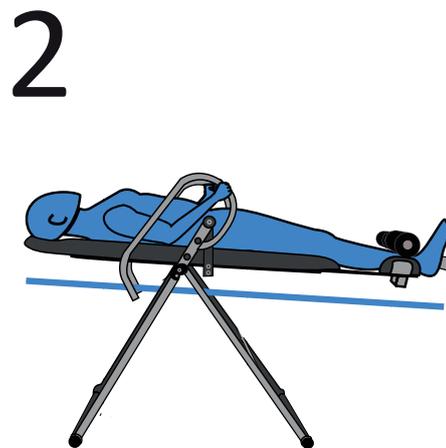
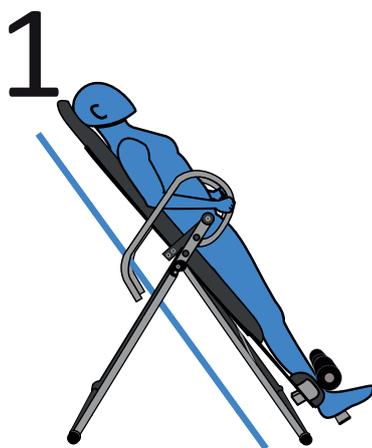
3. If your feet are in the position above your head, increase the height on the adjustable boom by one step and repeat steps 1 and 2.
4. To return to the initial position, continue to hold the handlebars from below with a neutral grip and slowly move your hands forward along the handlebars.

⚠ CAUTION

Slowly return to your initial position to avoid dizziness.

The backrest can be easily returned to its initial position by moving on the handlebars.

5. If the backrest does not move automatically when you return to the initial position, you have to readjust the height again.
6. As soon as you have reached the initial position again, you can release the handlebars.



3.6 Using the Equipment

To use the equipment safely, follow the steps below. In addition, make sure that you have adjusted the equipment to your physical characteristics in advance and that the equipment is balanced.

Start with a small inversion angle and a short time of use.

1. Take a lying position and fasten the heel holders.
2. To achieve a controlled inverted position with the equipment, hold both handlebars from below with a neutral grip, see fig. 1.
3. Slowly move your hands backwards along the handlebars with slightly bent arms until your hands are directly above your hips with slightly bent arms.

Within this position your head is slightly above your feet, see fig. 2.



CAUTION

If you have not balanced the equipment, follow the instructions in section 3.5.

4. To begin inversion, move your hands further back along the handlebars with slightly bent arms, slowly release one handlebar and move the arm over your head, see fig. 3.
5. To perform a complete inversion, also release the second handlebar slowly and move the second arm over your head, see fig. 4.
6. To return to the initial position, continue to hold the handlebars from below with a neutral grip and slowly move your hands forward along the handlebars.

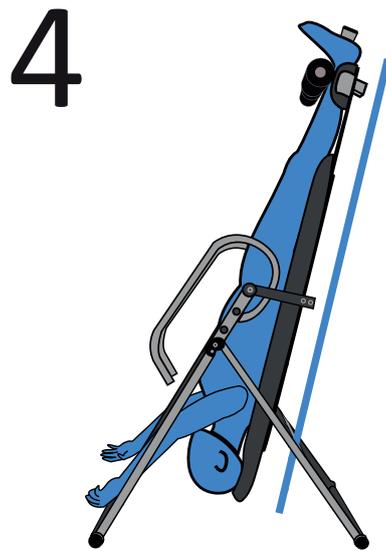
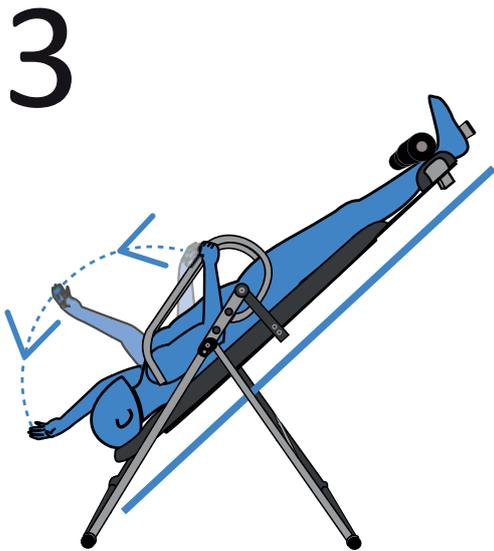
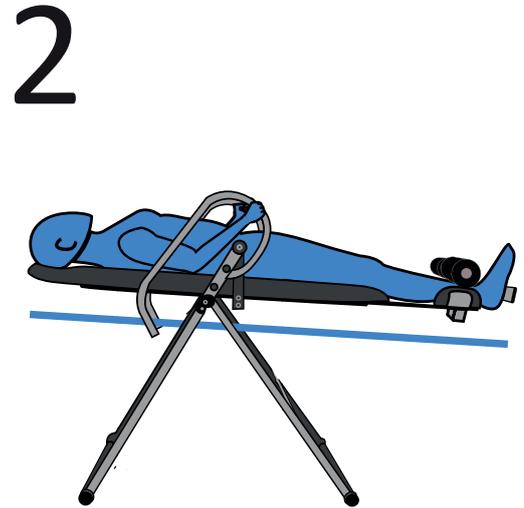
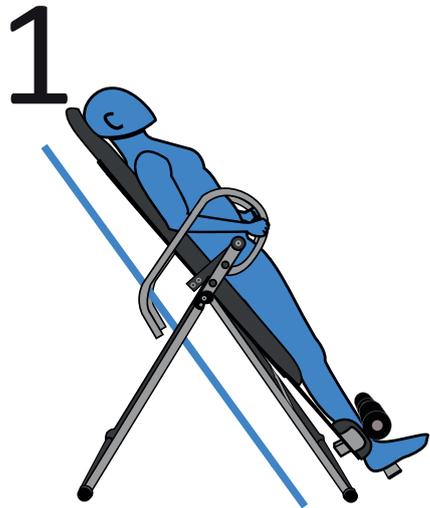


CAUTION

Slowly return to your initial position to avoid dizziness.

The backrest can be easily returned to its initial position by moving on the handlebars.

7. If the backrest does not move automatically when you return to the initial position, you have to readjust the height again.
8. As soon as you have reached the initial position again, you can release the handlebars.



4.1 General Instructions

⚠ WARNING

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

▶ ATTENTION

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

4.2 Folding Mechanism

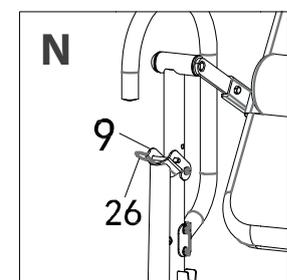
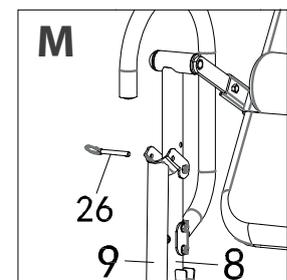
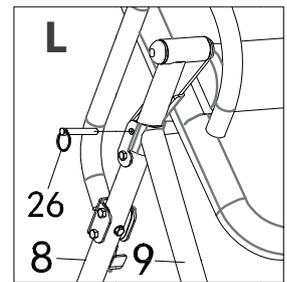
The equipment is foldable and thus saves space when it is stored. It also makes it easier to transport.

4.2.1 Folding the Equipment

⚠ CAUTION

- + Do not lean on the equipment when it is folded and do not place anything on top of it that may make the equipment unstable or fall down.
- + Do not allow uninvolved persons to stand in front of or behind the appliance during folding.

1. Pull the safety pin (26) out of the slot on the right side of the frame, see fig. L.
2. Push the front and rear frames (9 & 8) together as far as possible, see fig. M.
3. Insert the safety pin (26) into the slot on the front frame (9), see Fig. N.



4.2.2 Unfolding the Equipment

⚠ CAUTION

Do not allow uninvolved persons to stand in front of or behind the appliance during unfolding.

1. Pull the safety pin (26) out the slot on the front frame (9).
2. Pull the front and rear frame (9 & 8) as far apart as possible.
3. To secure the frame, insert the safety pin (26) into the slot on the right side of the frame.

5.1 General Instructions



WARNING

- + Do not make any improper changes to the equipment.



CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

▶ ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Squeaking & cracking noises	Screw connections loosened or too tight	Check screw connections

5.3 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly
Screw connections		I	
Cushions	C	I	
Legend: C = clean; I = inspect			

6 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via a recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For training equipment like smith machines, weight benches or racks this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat but it could be also **additional weights, handles, foot straps** for leg exercises or **triceps ropes**. For some smith machines, there are also optional additions such as **leg presses** that make your workout even more intense and comprehensive.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



towels



silicone spray



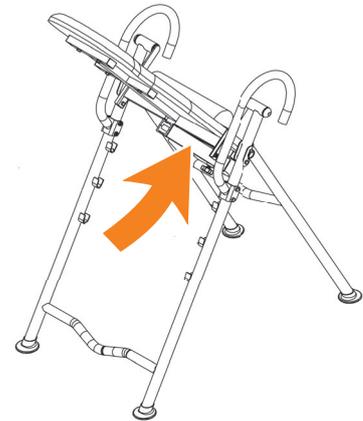
chest strap contact gel

8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.



Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

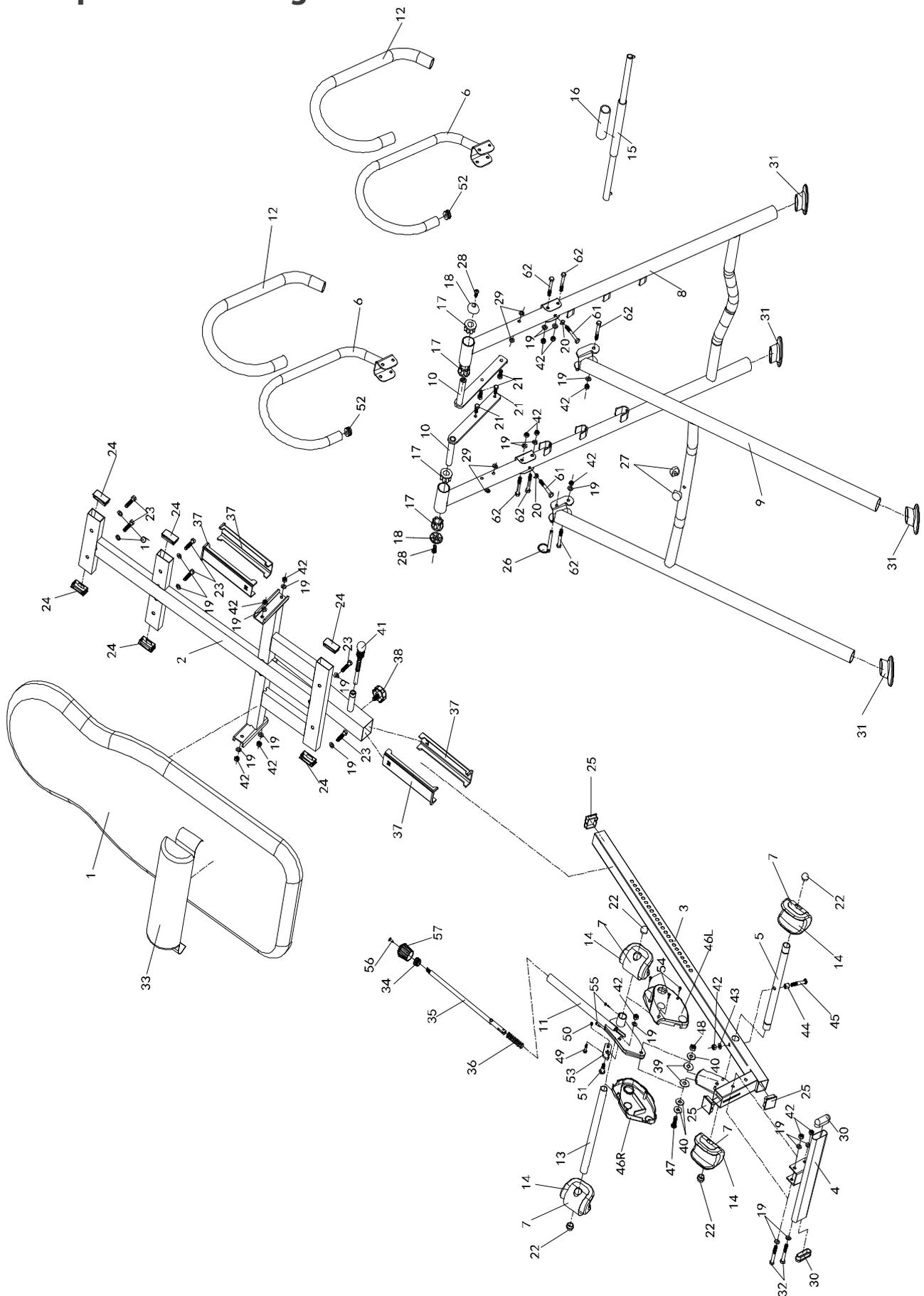
Model Name:

Article Number:

8.2 Parts List

No.	Name	Qty.	No.	Name	Qty.
1	Backrest	1	33	Lumbar Pad	1
2	Backrest Frame	1	34	Handlebar Cap	1
3	Adjustable Boom	1	35	Rod	1
4	Foot Bar	1	36	Spring	1
5	Rear Rod	1	37	Lower Bed Frame Bushing	4
6	Handlebar	2	38	Knob	1
7	Steel Heel Holder Bracket	4	39	Flat Washer $\Phi 30 \times \Phi 10.5 \times 0.5$	2
8	Rear Frame	1	40	Flat Washer $\Phi 25 \times \Phi 10.5 \times 2.0$	3
9	Front Frame	1	41	Spring Knob	1
10	Pivot Arm	2	42	Nylon Nut M8	14
11	Ratchet Handle	1	43	Flat Washer $\Phi 16 \times \Phi 8.5 \times 2.0$	1
12	Handlebar Foam Grip	2	44	Metal Bushing	1
13	Front Rod	1	45	Hex Bolt M8x53mm	1
14	Rubber Heel Holder	4	46L	Left Plastic Cover	1
15	Angle Control Bar	1	46R	Right Plastic Cover	1
16	Foam Grip	1	47	Hex Socket Head Cap Bolt M10x30mm	1
17	Plastic Spacer	4			
18	Plastic Round End Cap	2	48	Nylon Nut M10	1
19	Flat Washer $\Phi 16 \times \Phi 8.5 \times 1.5$	21	49	Screw M5	1
20	Curved Washer $\Phi 16 \times \Phi 8.5 \times 1.5$	2	50	Nylon Nut M5	1
21	Hex Bolt M8x23mm	4	51	Screw M8	1
22	Rod Cap	4	52	Handlebar Round End Cap $\Phi 25$	2
23	Hex Bolt M8x40mm	6	53	Latch	1
24	Square End Cap	6	54	Self-Tapping Phillips Screw ST3.5*13	3
25	Square End Cap 38	3			
26	Safety Pin $\Phi 8 \times 63.5 \text{mm}$	1	55	Self-Tapping Phillips Screw ST4.0*16	2
27	Rubber Pad	2			
28	Hex Socket Head Bolt M8x20mm	2	56	Socket Phillips Screw M5x18mm	1
29	Plastic Washer	4	57	Button	1
30	Foot Bar Oval End Cap	2	61	Hex Bolt M8x50mm	2
31	Foot Cap	4	62	Hex Bolt M8x60mm	6
32	Hex Bolt M8x58mm	2			

8.3 Exploded Drawing



Products from Darwin Fitness® are subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Error Descriptions

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

Your statutory rights are not affected.

Warranty

The warranty is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

Warranty period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Repair Costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warranty holder personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

The terms of use are defined as follows:

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty Service

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

Warranty Conditions

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- + misuse or improper handling
- + environmental influences (moisture, heat, electrical surge, dust, etc.)
- + failure to follow the current safety measures for the equipment
- + failure to follow the operating instructions
- + use of force (e. g. hitting, kicking, falling)
- + interventions which were not carried out by one of our authorized service centres
- + unauthorised repair attempts

Proof of Purchase and Serial Number

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

Service outside of the Warranty Period

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

DE	DK	UK
<p>TECHNIK</p> <p>☎ +49 4621 4210-900 ☎ +49 4621 4210-698 ✉ technik@fitshop.de 🕒 Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p>SERVICE</p> <p>☎ 0800 20 20277 (kostenlos) ☎ 04621 4210 - 0 ✉ info@fitshop.de 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita</p>	<p>TEKNIK OG SERVICE</p> <p>☎ 80 90 16 50 ☎ +49 4621 4210-945 ✉ info@fitshop.dk 🕒 Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7</p>	<p>CUSTOMER SUPPORT</p> <p>☎ 00800 2020 2772 ☎ +494621 4210 944 ✉ info@fitshop.co.uk 🕒 You can find the opening hours on our homepage: https://stg.fit/statitic</p>
	FR	BE
	<p>TECHNIQUE & SERVICE</p> <p>☎ +33 (0) 189 530984 ☎ +49 4621 42 10 933 ✉ info@fitshop.fr 🕒 Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4</p>	<p>TECHNIQUE & SERVICE</p> <p>☎ 02 732 46 77 ☎ +49 4621 4210 933 ✉ info@fitshop.be 🕒 Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8</p>
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<p>DZIAŁ TECHNICZNY I SERWIS</p> <p>☎ 22 307 43 21 ☎ +49 4621 42 10-948 ✉ info@fitshop.pl 🕒 Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6</p>	<p>TECHNIK & SERVICE</p> <p>☎ 0800 20 20277 (Freecall) ☎ +49 4621 42 10-0 ✉ info@fitshop.at 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb</p>	<p>TECHNIK & SERVICE</p> <p>☎ 0800 202 027 ☎ +49 4621 42 10-0 ✉ info@fitshop.ch 🕒 Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9</p>

Please find a detailed overview including address and opening hours for all stores of the Fitshop Group in Germany and abroad on the following website:

www.fitshop.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Fitshop is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

Fitshop offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!

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