

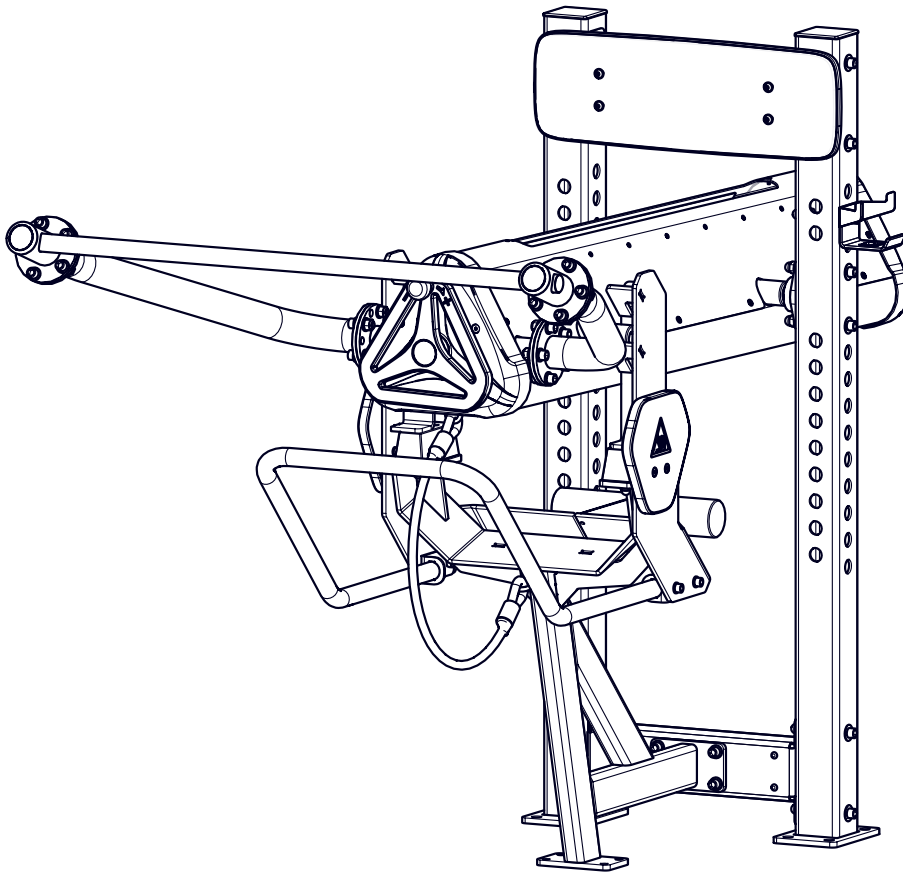
LAPPSET® SISU

7.4.2023

081862

ASENNUSOHJE

INSTALLATION MANUAL



Laitteet on tarkoitettu nuorille ja aikuisille tai yli 1 400mm pituisille käyttäjille kohottamaan kuntoa laitteilla tehtyjen harjoitusten avulla.

These devices are intended for young people and adults or users over 1,400 mm in length to improve their fitness in the form of exercises performed with these devices.

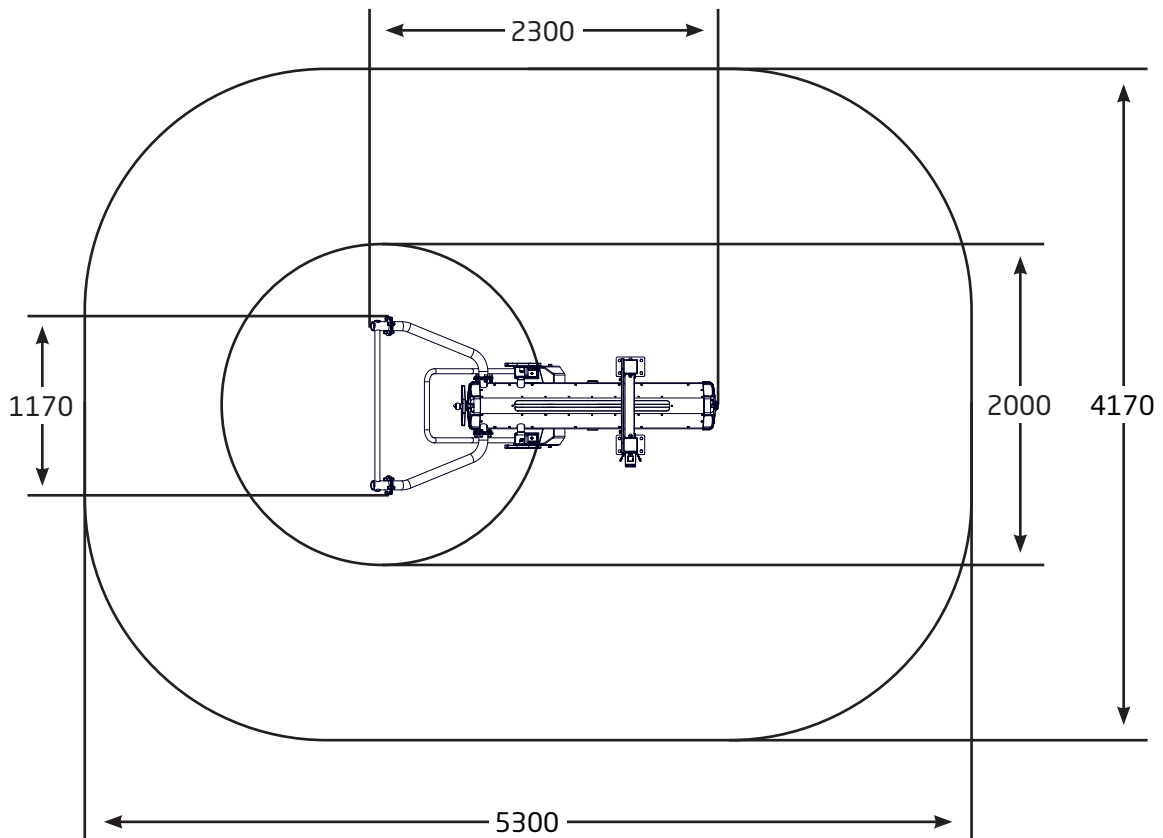
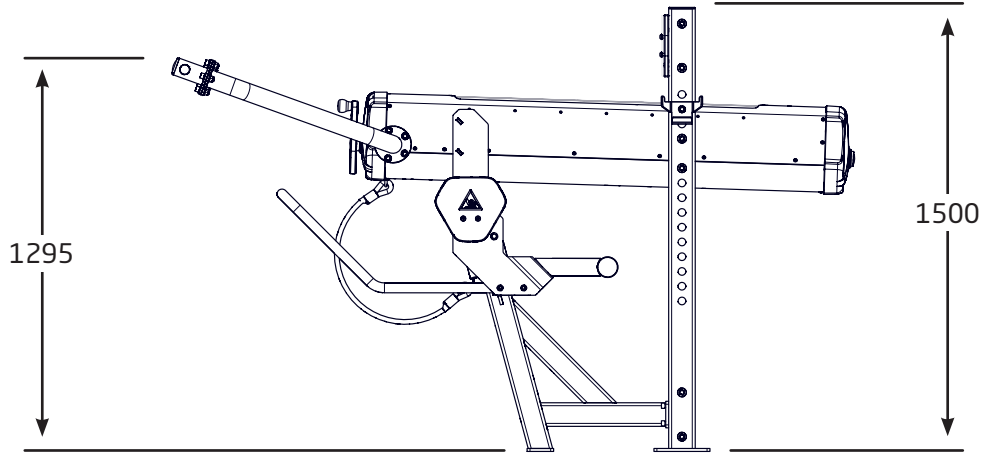
Tämä EN 16630 standardin mukainen laite ei ole leikkikenttäväline (EN 1176 -sarja), sisällä käytettävä kuntolaite (EN 957-sarja), eikä julkisen liikuntapaikan laite (EN 15312).


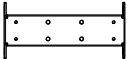

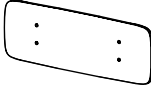
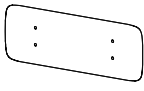
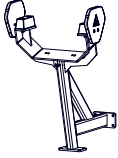
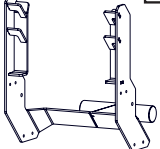

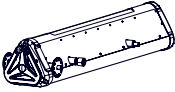



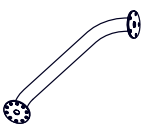
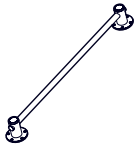
















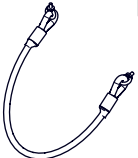


This EN 16630 standard compliant device is not children's playground equipment (EN 1176 series), an indoor fitness device (EN 957 series), or a public exercise device (EN 15312).

Kuntoilulaitteita ei ole tarkoitettu asennettaviksi standardin EN 1176 mukaisten leikkikenttävälineiden välittömään läheisyyteen.

These devices are not intended to be installed in the immediate vicinity of EN 1176 standard compliant children's playgrounds.

Area of movement 23.6 m²
Training space 3.1 m²
Max falling height 1295 mm



1	911526	Qty	2	911546	Qty	2	911928	Qty	1	710076	Qty	1	912118	Qty	1	Unit 1	Qty	1
		2			2			1			1			1			1	
7	710738	Qty	1	710740	Qty	2	Unit 2	Qty	1	911530	Qty	2	912582	Qty	2	912127	Qty	8
		1			2			1			2			2			8	
13	911733	Qty	2	912574	Qty	1	909876	Qty	4	902096	Qty	5	910376	Qty	25	980165	Qty	57
		2			1			4			5			25			57	
19	980151	Qty	12	909644	Qty	13	902234	Qty	24	980160	Qty	10	909146	Qty	24	909852	Qty	4
		12			13			24			10			24			4	
25	909638	Qty	8	913452	Qty	2	913461	Qty	2	913460	Qty	2	906032	Qty	1	909256	Qty	2
		8			2			2			2			1			2	
31	711250	Qty	1	909628	Qty	12	904450	Qty	8		Qty			Qty			Qty	
		1			12			8										
37		Qty			Qty			Qty			Qty			Qty				Qty



Laitteen runkoa kasattaessa (**FRAME 3/4**): tue koottua tolppakokoonpanoa seuraavaan työvaiheeseen asti. Tolppakokoonpano voi kaatua ja aiheuttaa loukkaantumisen.

When assembling the frame (**FRAME 3/4**): support the assembled frame until the next step. The post assembly may tip over and cause an injury.



Tuotteen toimitettu painoyksikkö on painava, eikä sitä saa yrittää nostaa ilman nosturia. Mikäli nosturia ei ole apuna, pura painoyksikkö ohjeiden mukaisessa järjestyksessä ja asenna purettu painoyksikkö kiinni runkoon. Sitten voit koota painoyksikön uudelleen päinvastaisessa järjestyksessä.

The weight unit of the product delivered is heavy and must not be attempted to be lifted without a crane. If no crane is available, disassemble the weight unit in the shown order and install the disassembled weight unit on the frame. You can then reassemble the weight unit in reversed order.



Noudatathan erityistä varovaisuutta asennettaessa painoyksikköä runkotolppien väliin. Työvaiheessa on puristumisvaara (**WEIGHT UNIT 11/12**).

Please take special caution when installing the weight unit between the frame posts. There is a risk of being squashed (**WEIGHT UNIT 11/12**).



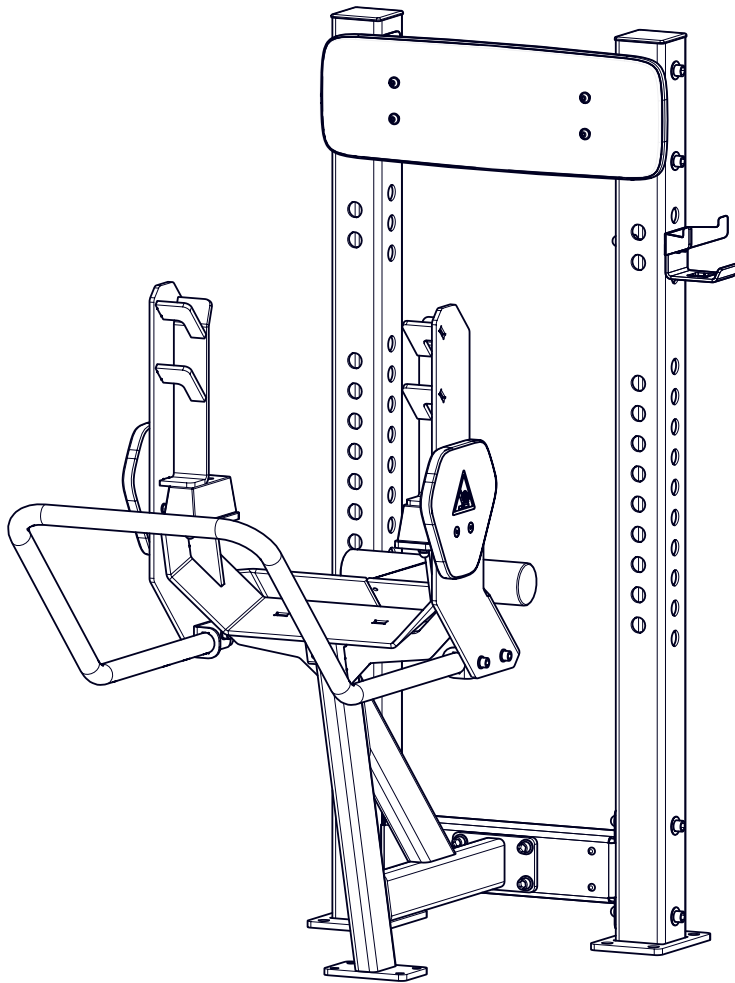
Huom! Käytähän laitteen asennuksen aikana turvakenkiä loukkaantumisriskin minimoimiseksi.

Note! Please use safety shoes during installation to minimize the risk of injury.

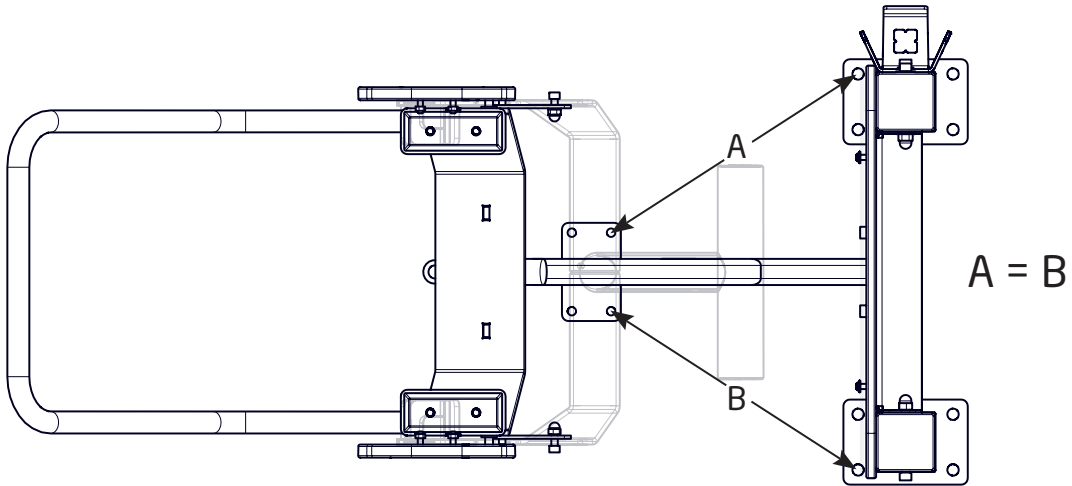


Huom! Ennen ensimmäistä käyttöönottoa, tarkista liitokset ja varmista, että laite on kasattu ohjeiden mukaisesti.

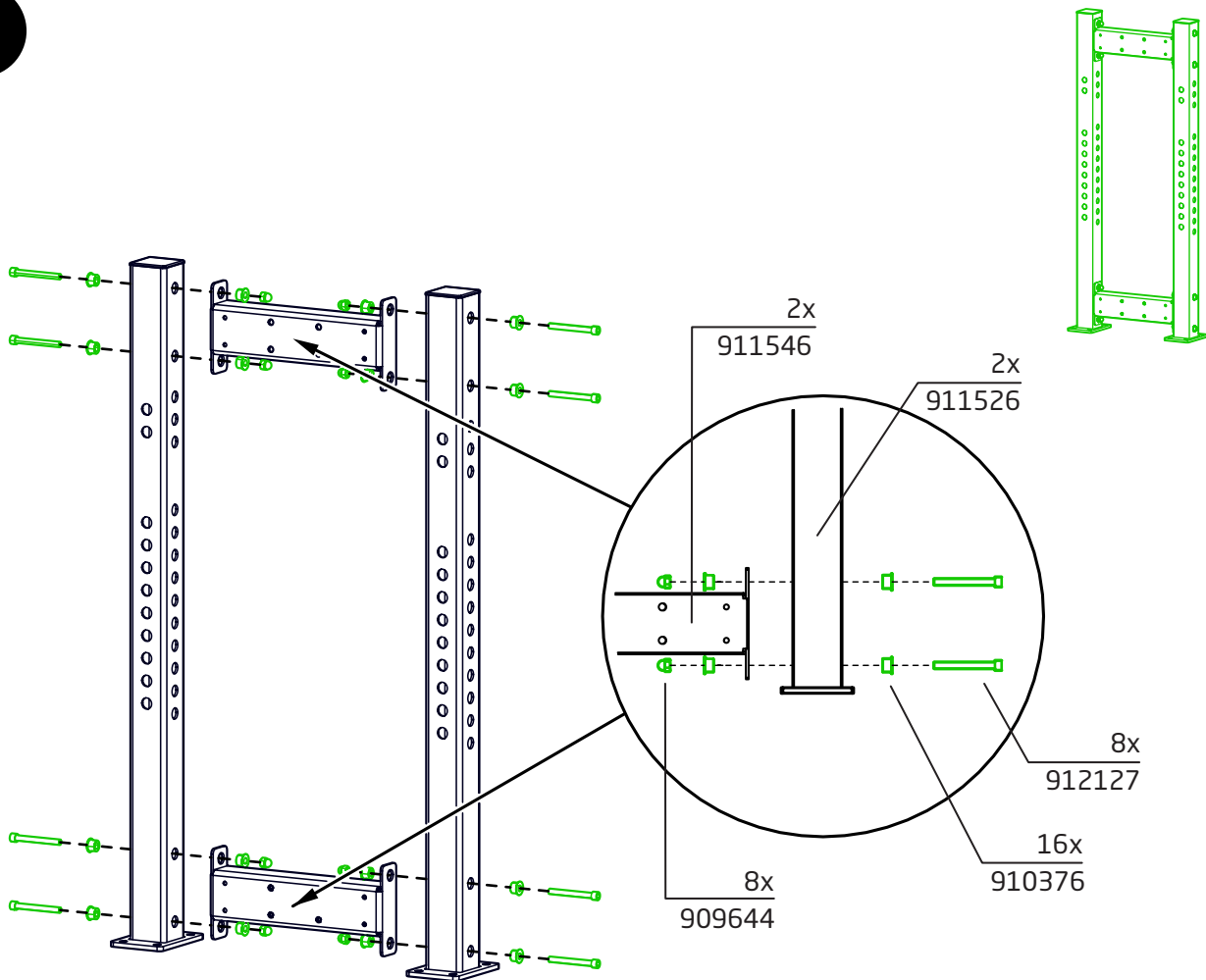
Note! Before using the device for the first time, check the joints and make sure that the device has been assembled according to the instructions.



Ristimitta
Cross measurement



1.



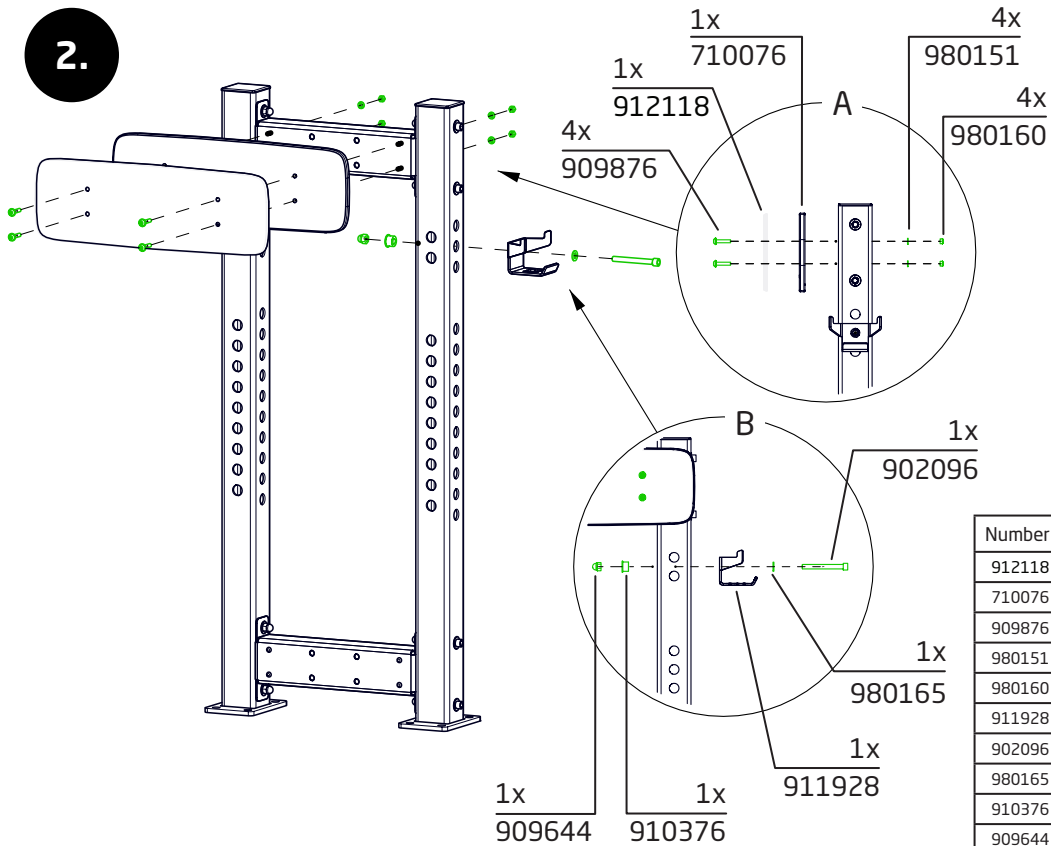
Number	Description	Dimensions	Qty
911546	Beam		2
911526	Post		2
912127	Screw	M12x110	8
910376	Socket	Ø30x17	16
909644	Nut	M12	8



Varo! Tue koottua tolppakoonpanoa seuraavaan työvaiheeseen asti. Tolppakoonpano voi kaatua ja aiheuttaa loukkaantumisen.

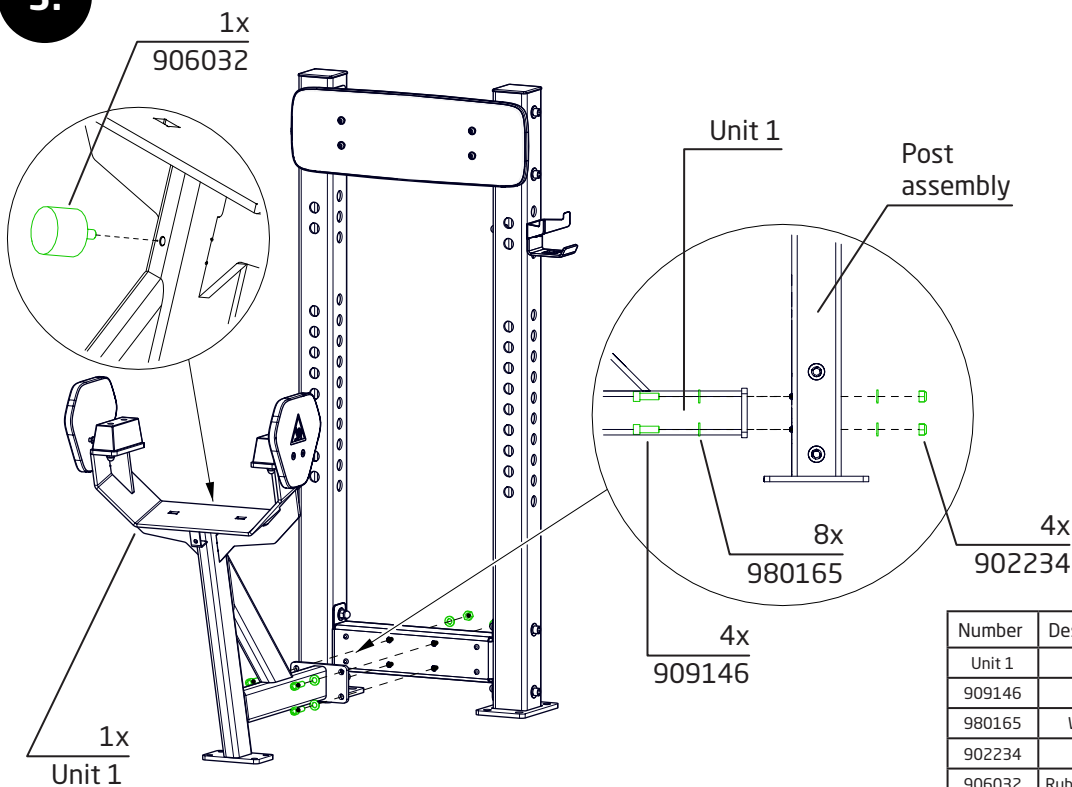
Caution! Support the assembled frame until the next step. The post assembly may tip over and cause an injury.

2.



Number	Description	Dimensions	Qty
912118	Sign		1
710076	Sign plate		1
909876	Screw	M8x40	4
980151	Washer	Ø16/8.4	4
980160	Nut	M8	4
911928	Bottle holder		1
902096	Screw	M12x120	1
980165	Washer	Ø24/13	1
910376	Socket	Ø30/17	1
909644	Nut	M12	1

3.



Number	Description	Dimensions	Qty
Unit 1	Body		1
909146	Screw	M12x35	4
980165	Washer	Ø24/13	8
902234	Nut	M12	4
906032	Rubber buffer		1

4.

2x 913460

1x 710738

4x 980165

2x 913452

2x 913461

Number	Description	Dimensions	Qty
710738	Body		1
913452	Safety pin	Ø12x35	2
980165	Washer	Ø24/13	4
913461	Washer nylon	Ø24/13	2
913460	Cutter pin	Ø4x32	2

5.

4x 909852

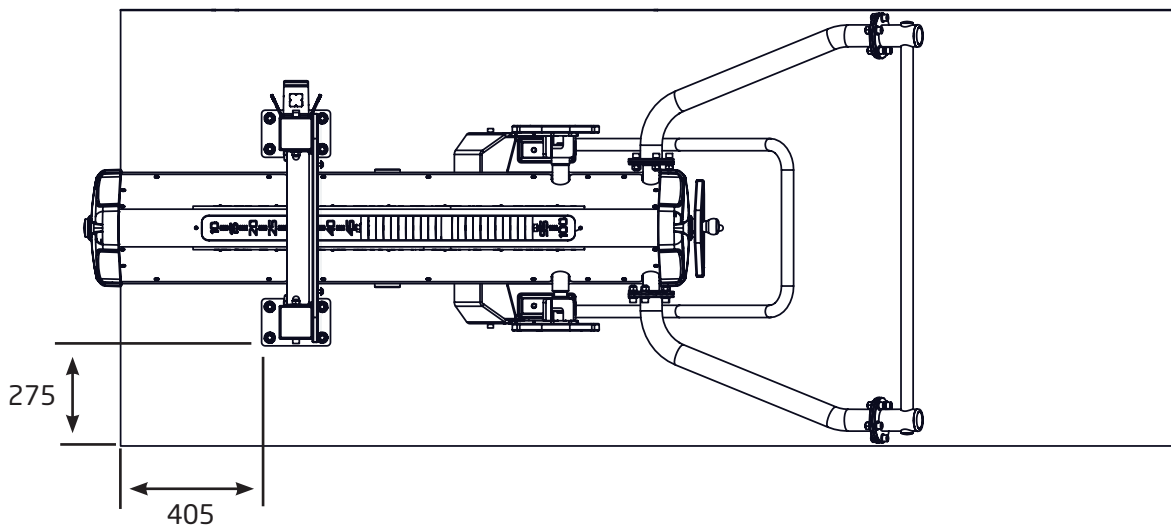
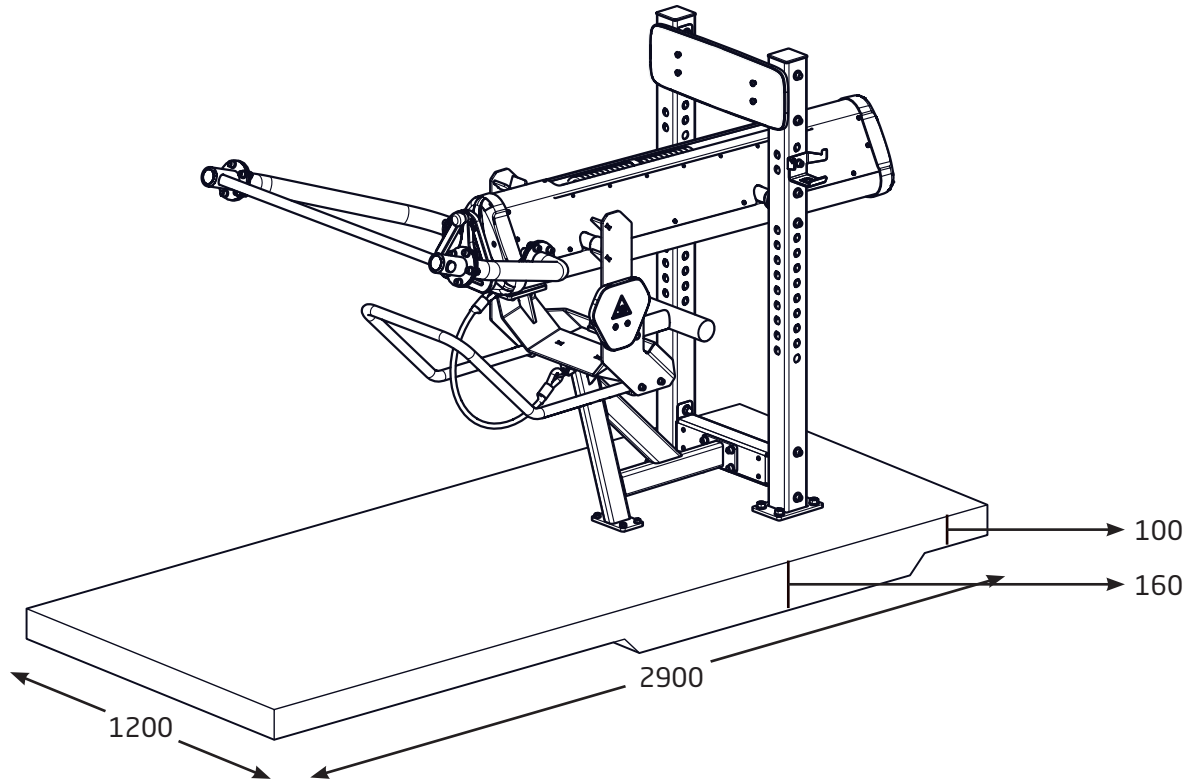
4x 980160

8x 980151

1x 710740

Number	Description	Dimensions	Qty
710740	Handle		1
980151	Washer	Ø16/8.4	8
909852	Screw	M8x30	4
980160	Nut	M8	4

1.



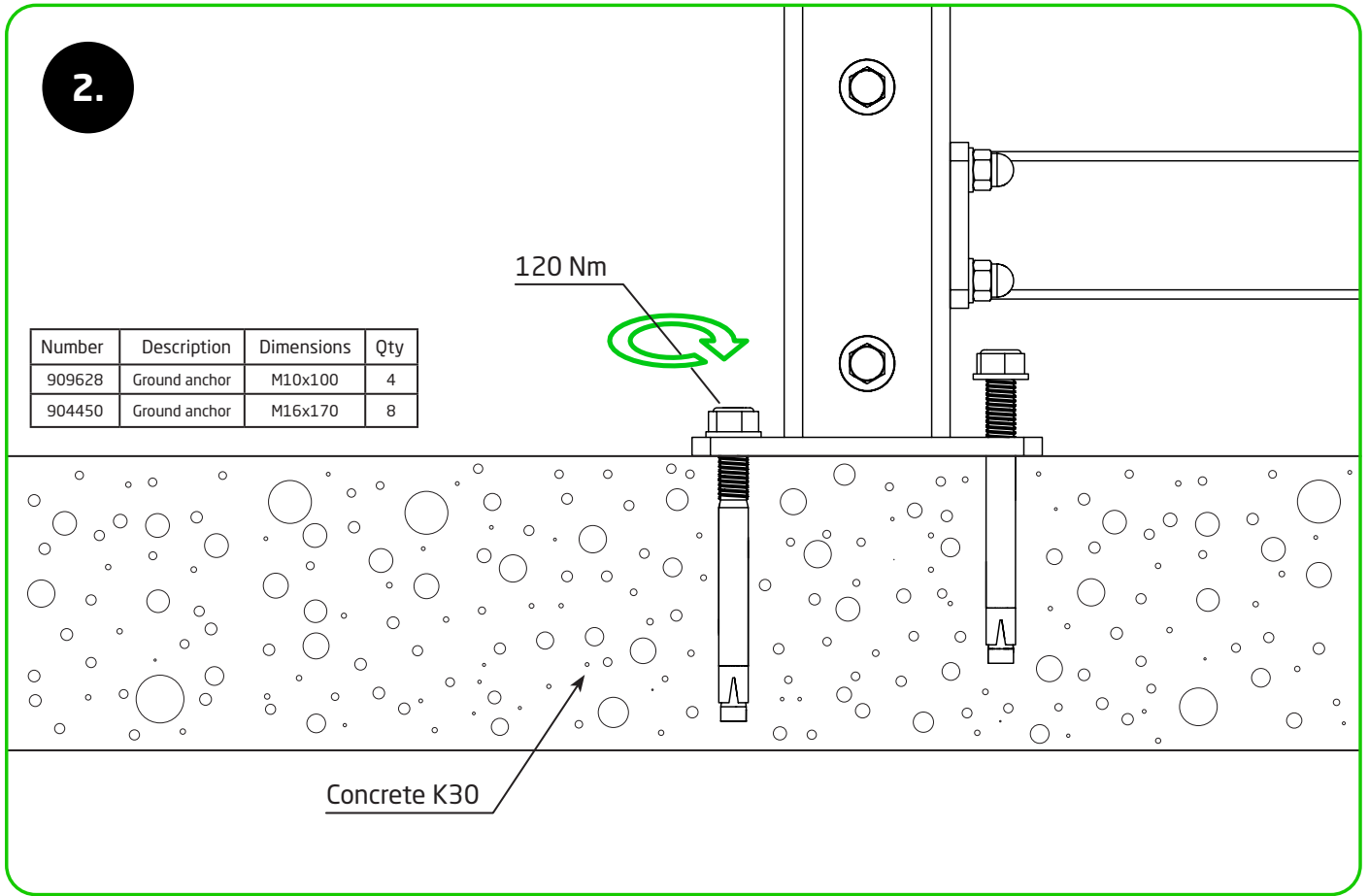
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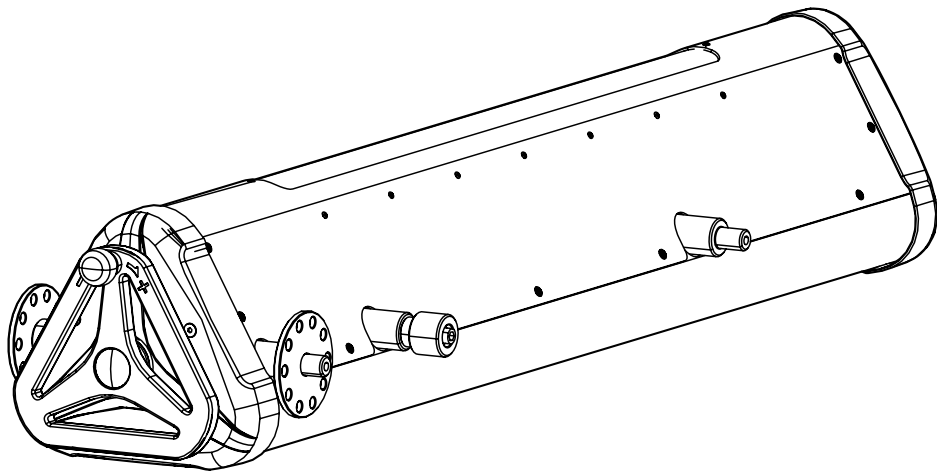
Number	Description	Dimensions	Qty
909628	Ground anchor	M10x100	4
904450	Ground anchor	M16x170	8

120 Nm



Concrete K30







Toimitettu osa on painava, eikä sitä saa yrittää nostaa ilman nosturia.

The supplied part is heavy and must not be attempted to be lifted without a crane.

OPTION 1.

Jos sinulla on nosturi käytössäsi, voit nostaa painoyksikön nosturin avulla kokonaisena runkoon noudattaen **OPTION 1.** kappaleen ohjeita.

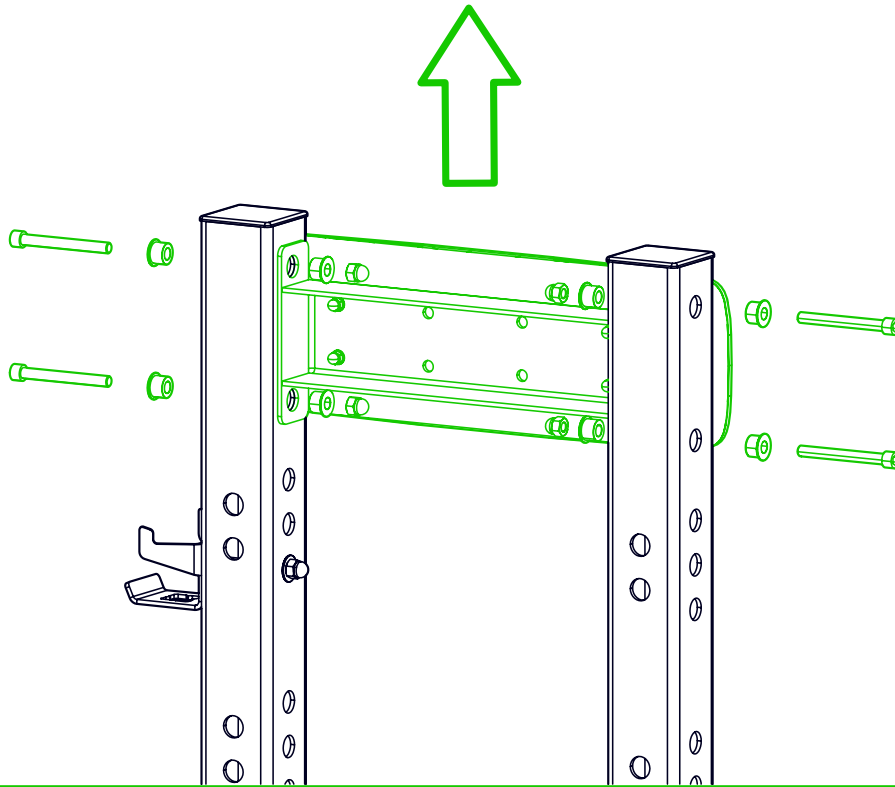
If you have a crane, you can use the crane to lift the assembled weight unit onto the frame by following the instructions of **OPTION 1.**

OPTION 2.

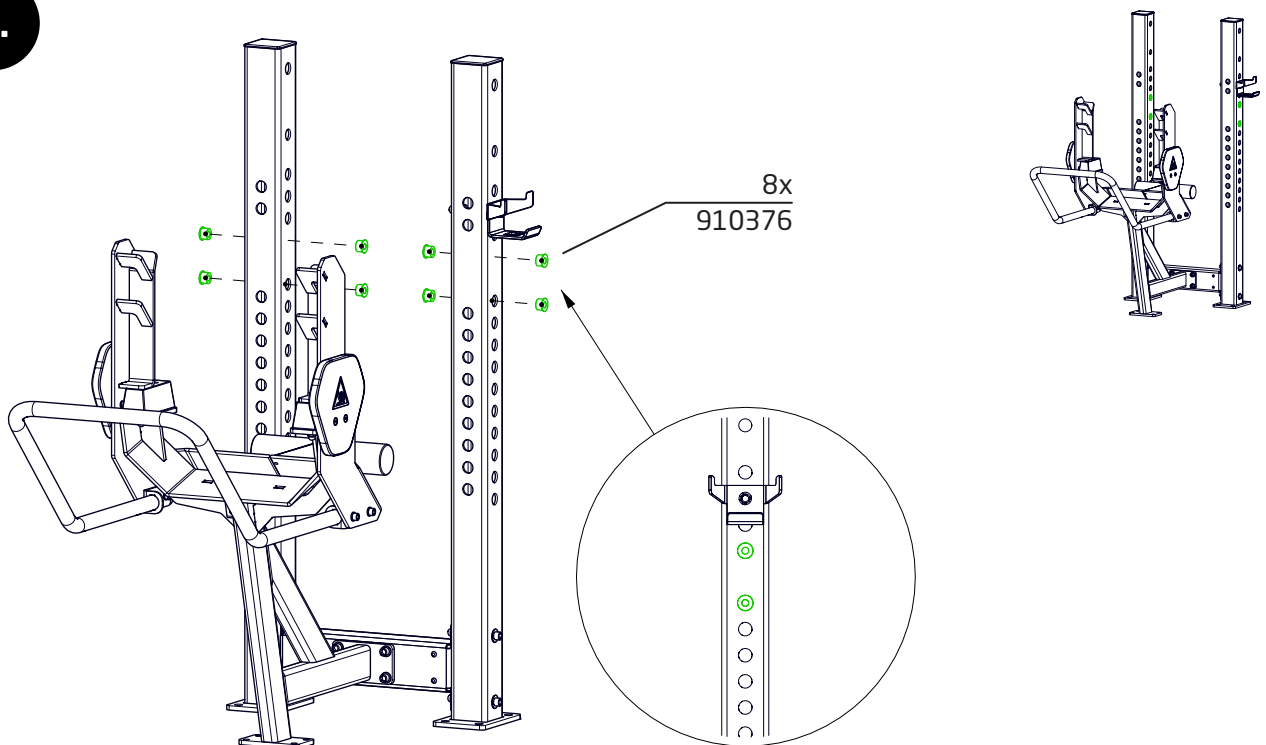
Mikäli nosturia ei ole apuna, pura painoyksikkö ja asenna purettu painoyksikkö uudestaan runkoon noudattaen **OPTION 2.** kappaleen ohjeita.

If no crane is available, disassemble the weight unit and install the disassembled weight unit back on the frame by following the instructions of **OPTION 2.**

1.



2.

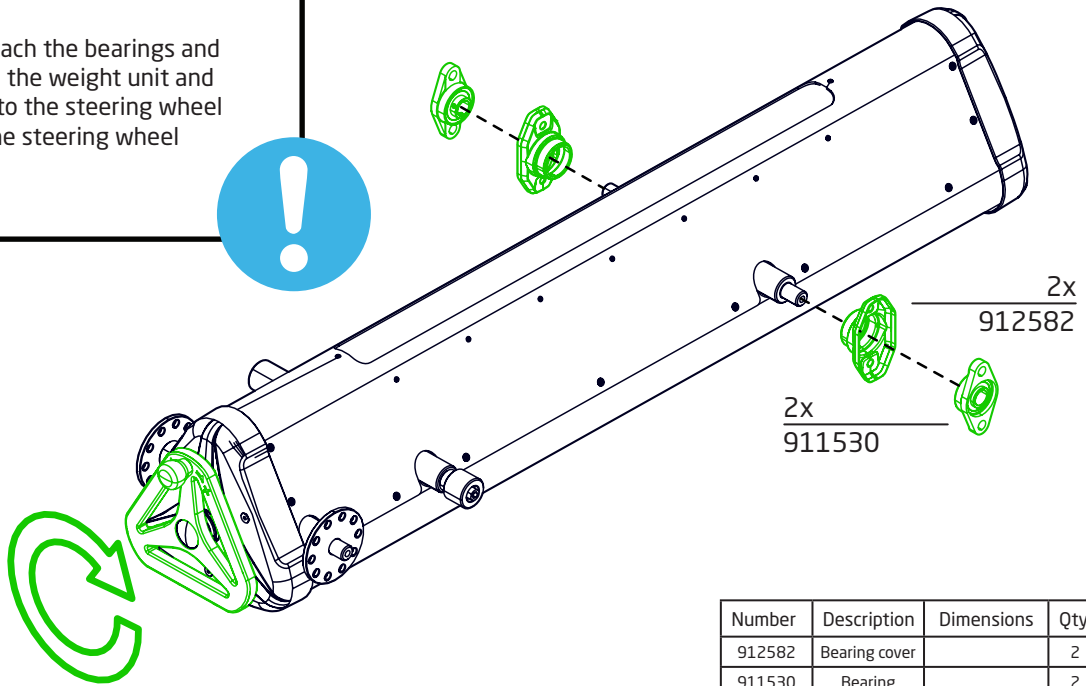


Number	Description	Dimensions	Qty
910376	Socket	Ø30x17	8

Ennen nostoa, kiinnitä painoyksikköön laakerit ja laakerinsuojat ja siirrä painoratin puoleiseen päähän kiertämällä rattia myötäpäivään.

Before lifting, attach the bearings and bearing covers to the weight unit and shift the weight to the steering wheel end by turning the steering wheel clockwise.

3.

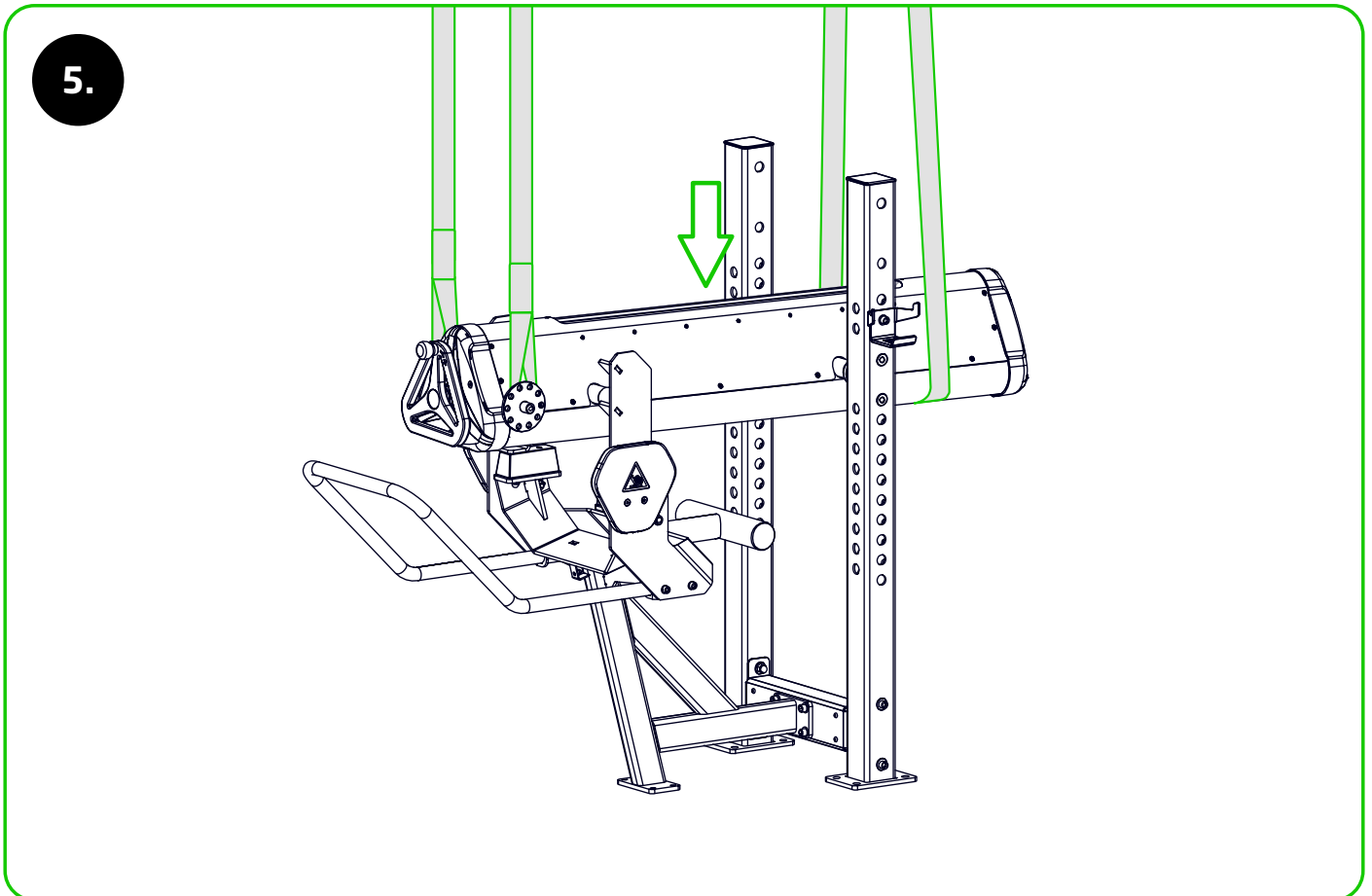
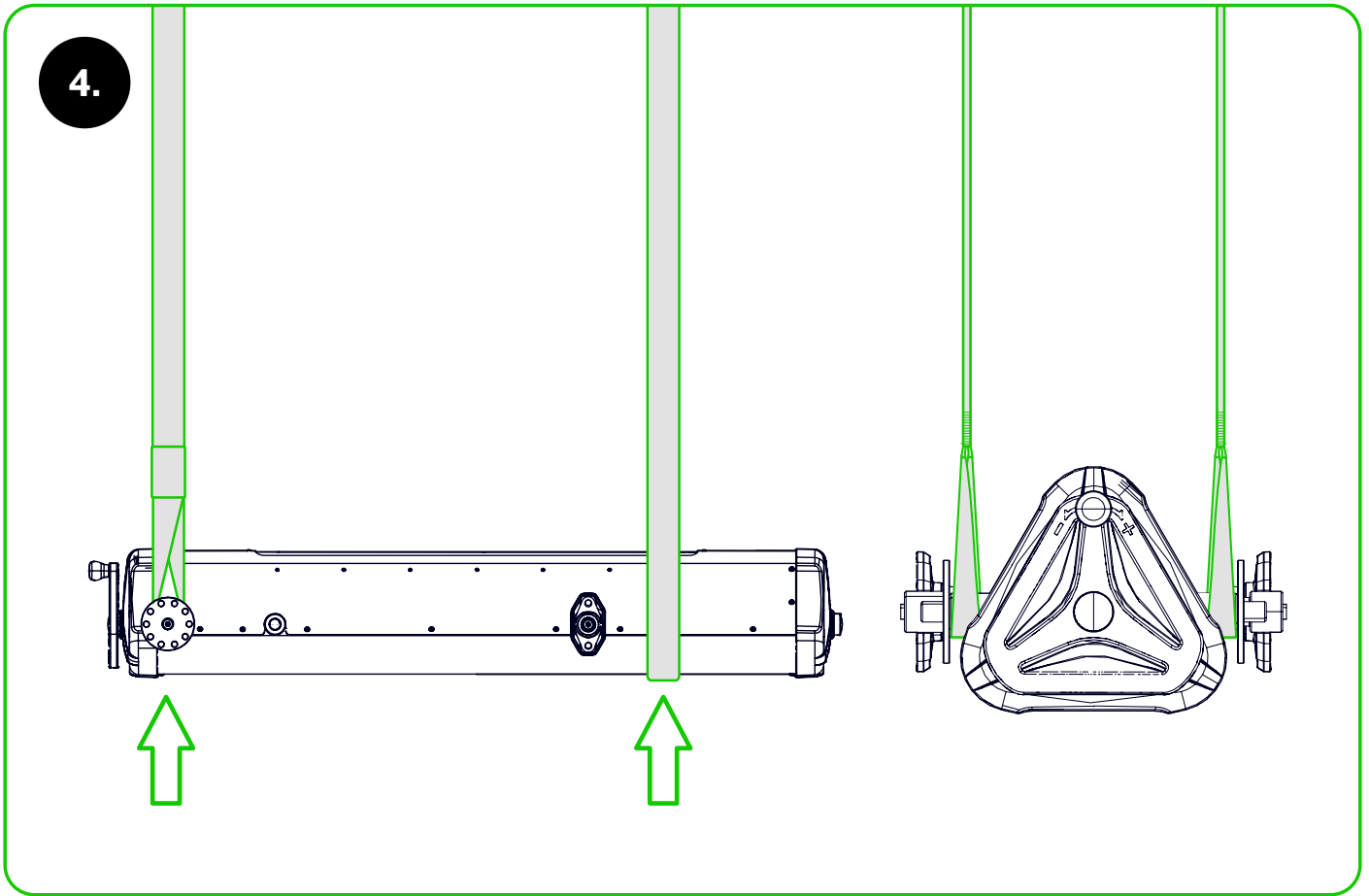


Number	Description	Dimensions	Qty
912582	Bearing cover		2
911530	Bearing		2

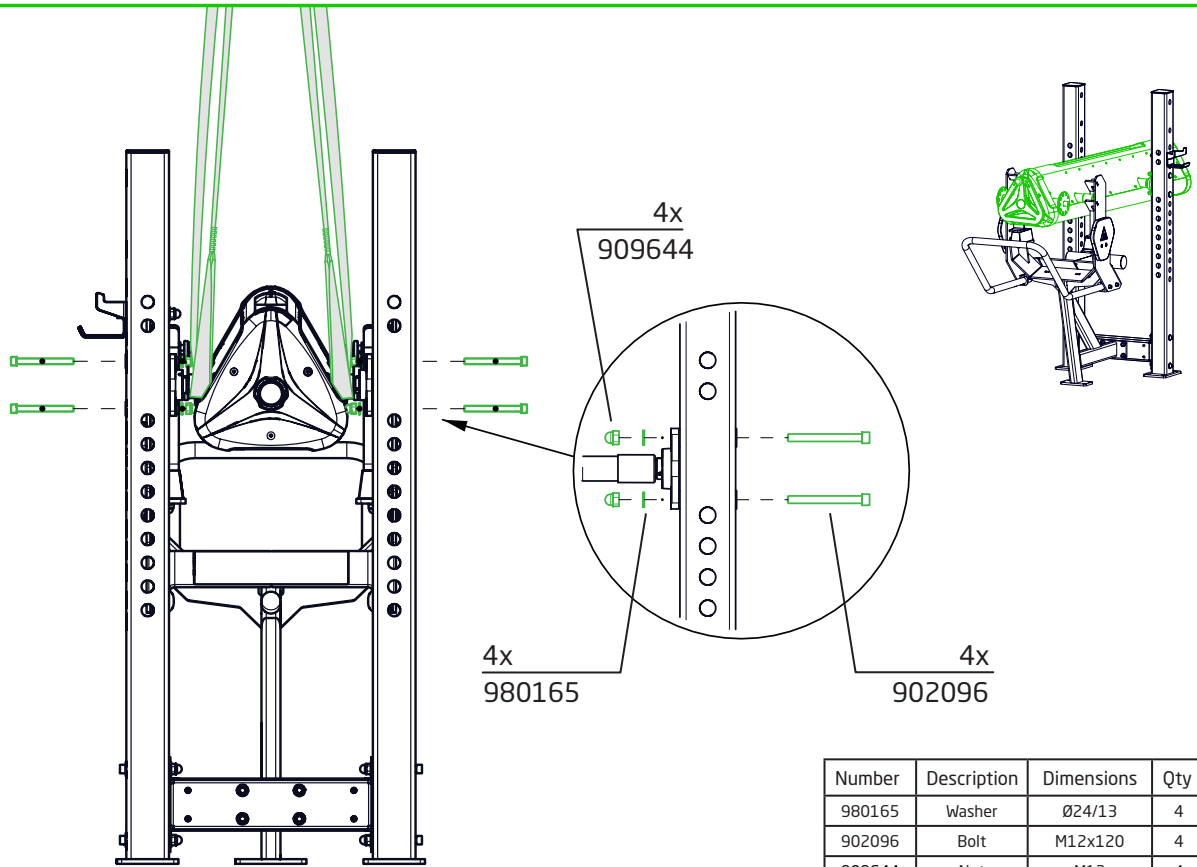


Varo! Noudatathan seuraavan työvaiheen aikana erityistä varovaisuutta. Painoyksikköä nostettaessa on varmistettava, että kuorma pysyy tasapainossa noston aikana.

Caution! Please take special caution during the next work phase. When lifting the weight unit, make sure that the load remains balanced during lifting.

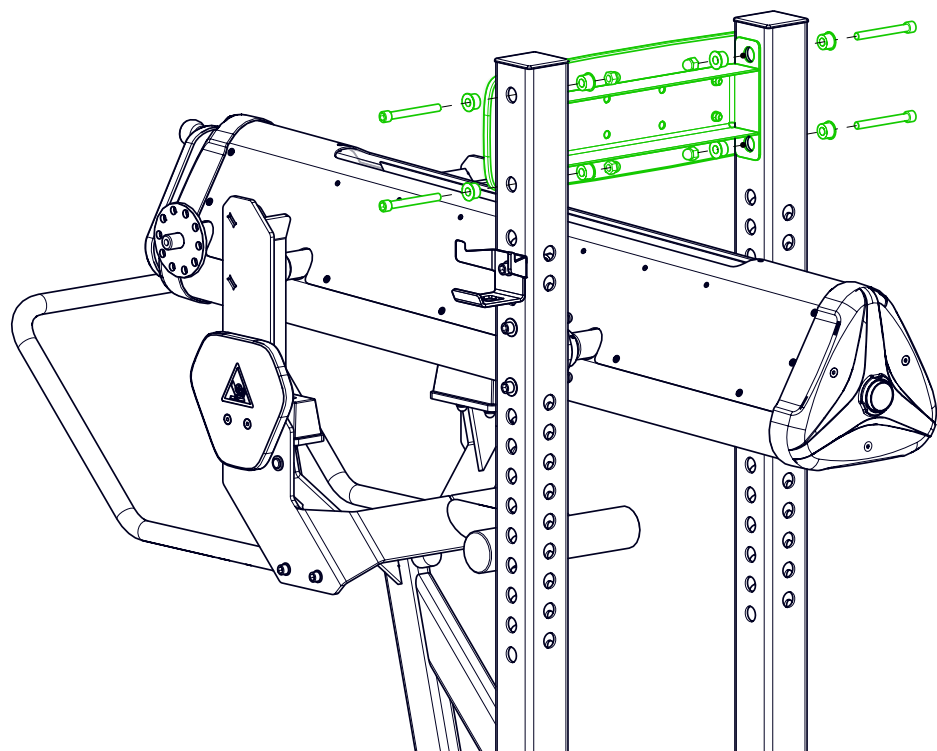


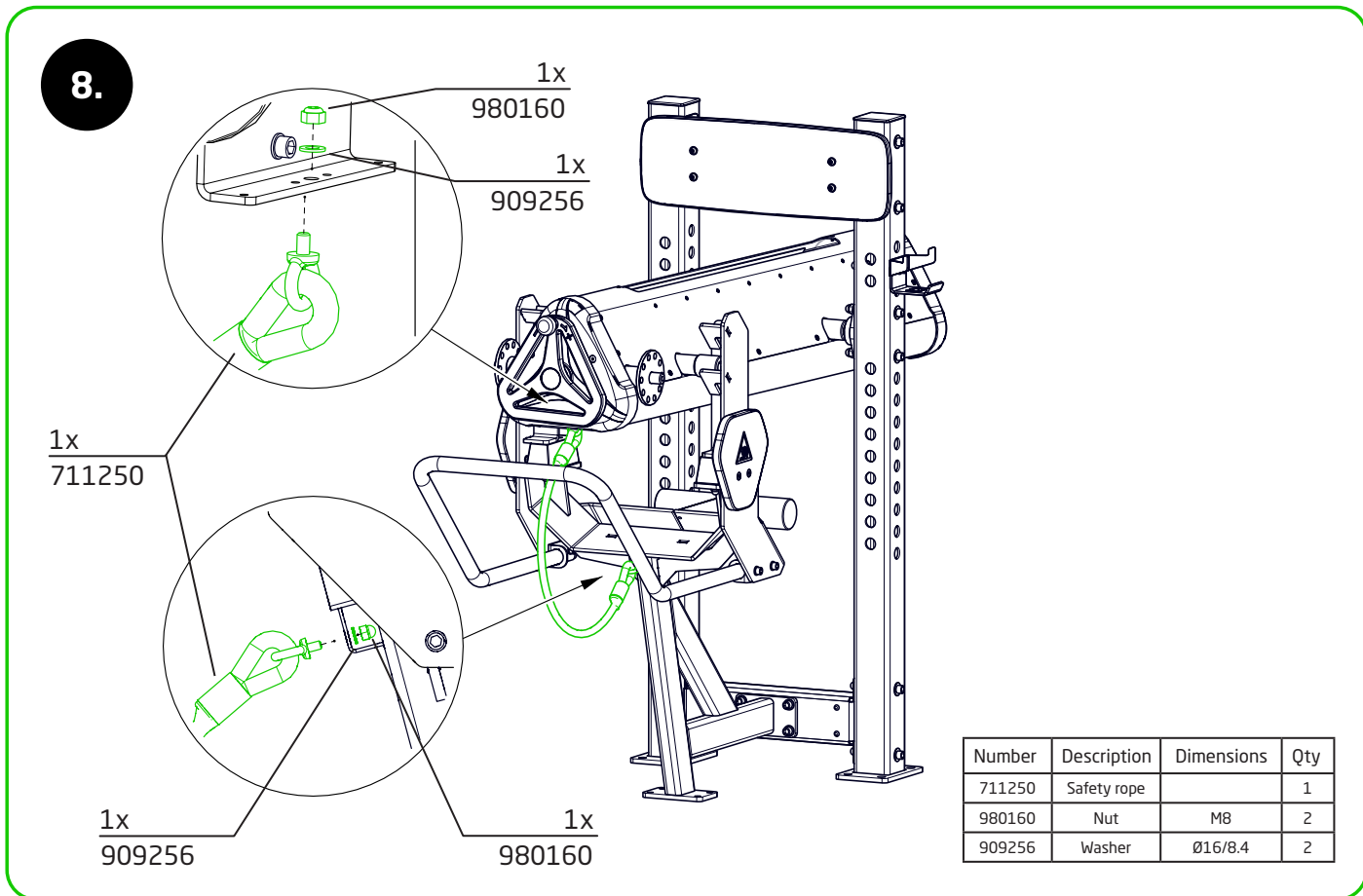
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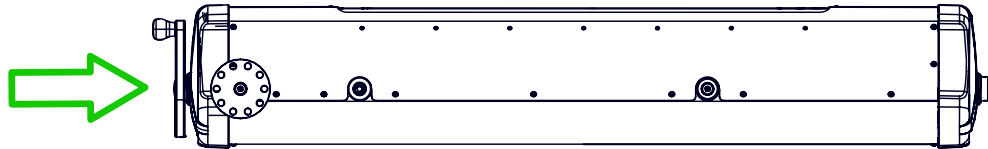


Number	Description	Dimensions	Qty
980165	Washer	Ø24/13	4
902096	Bolt	M12x120	4
909644	Nut	M12	4

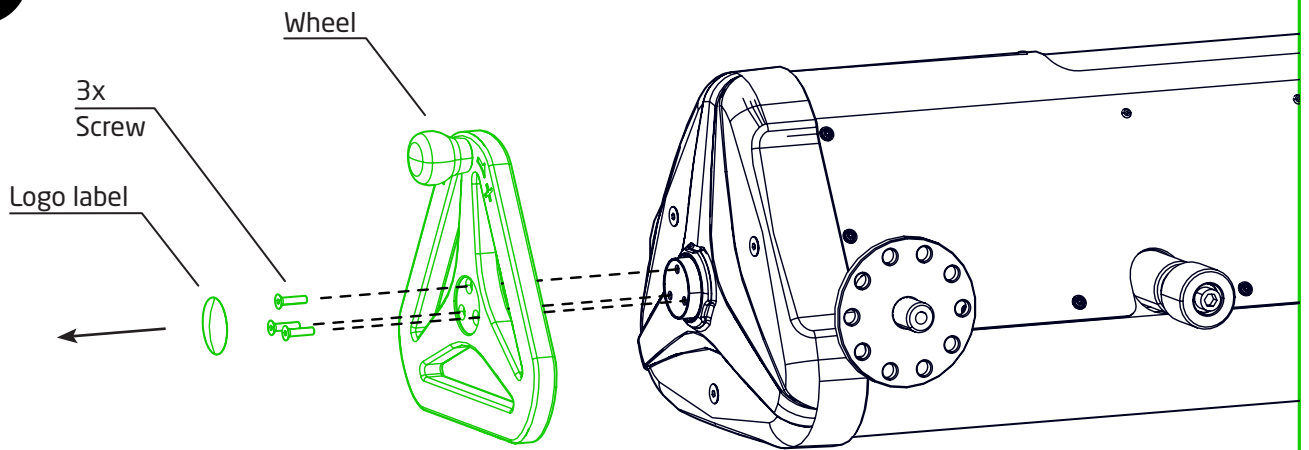
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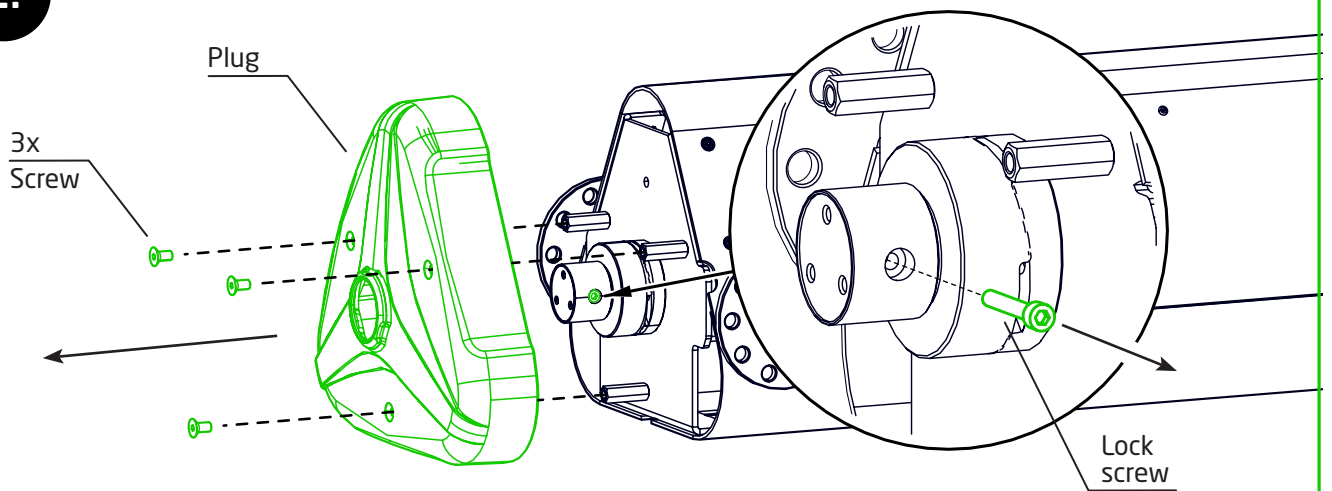


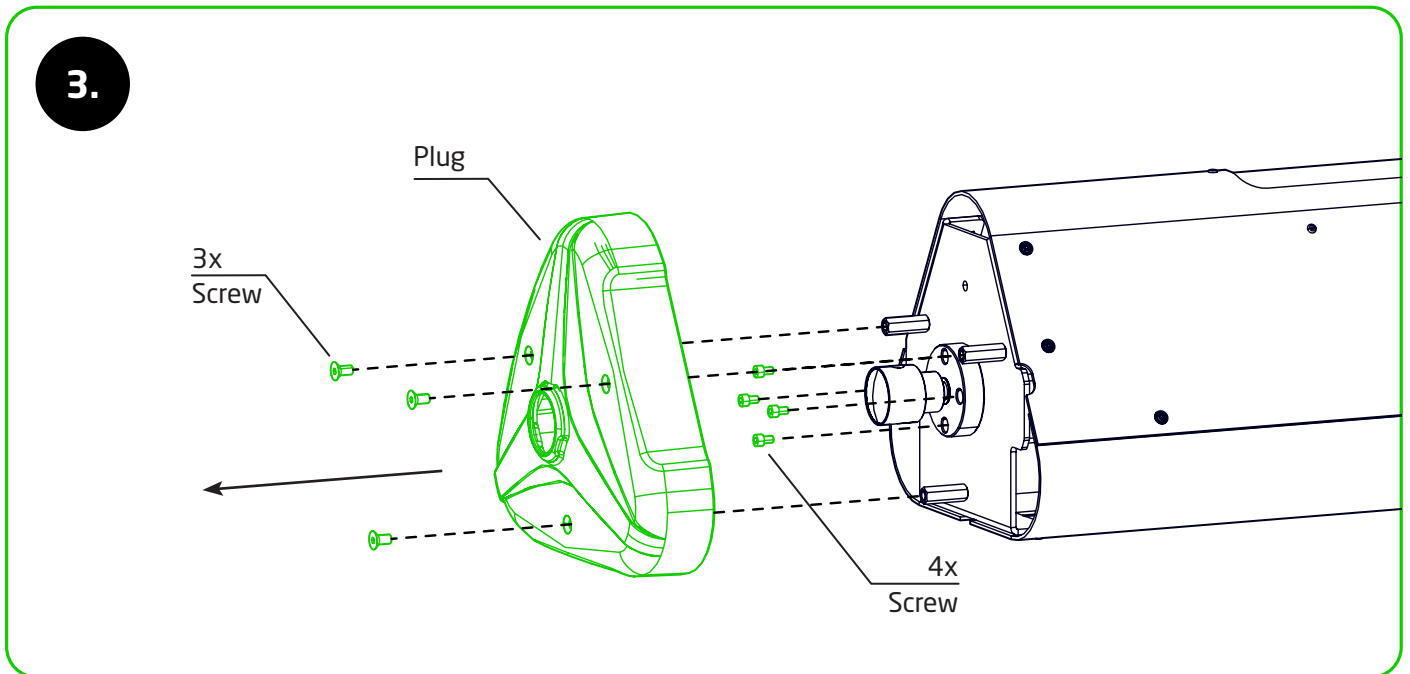
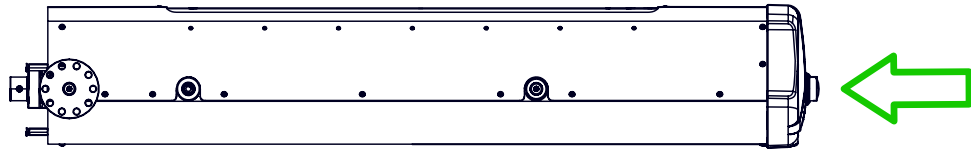


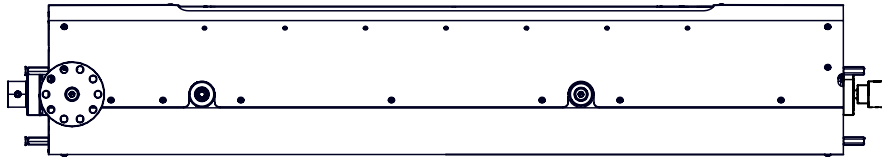
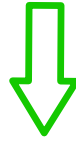
1.



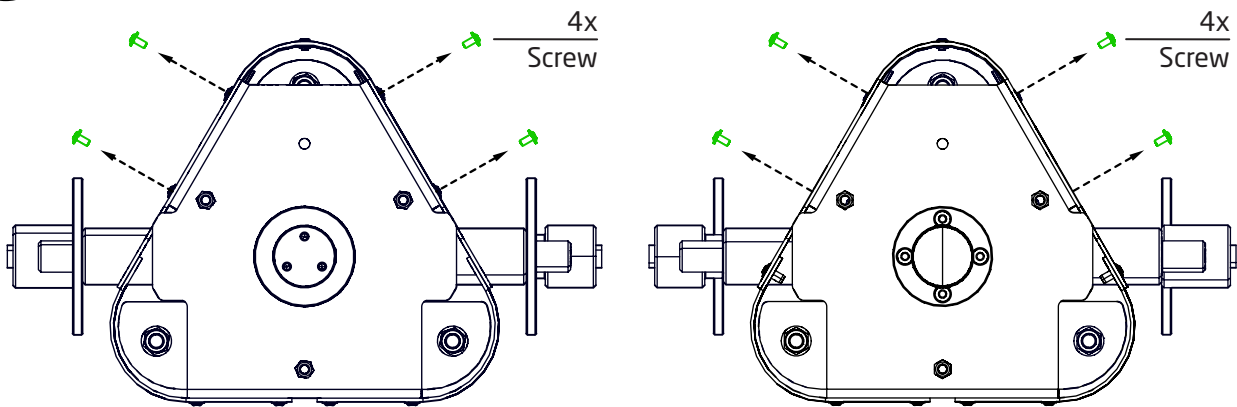
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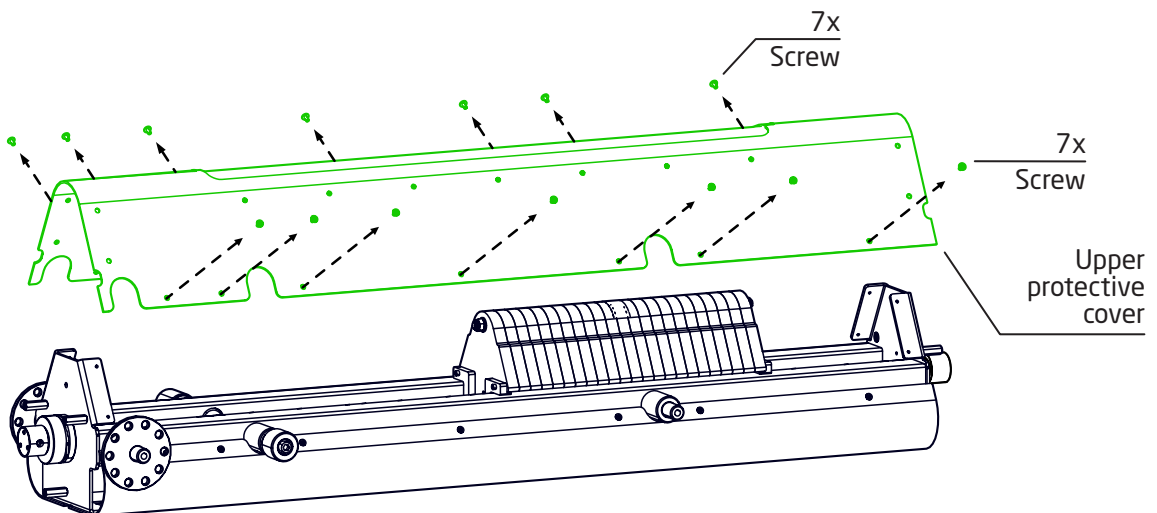


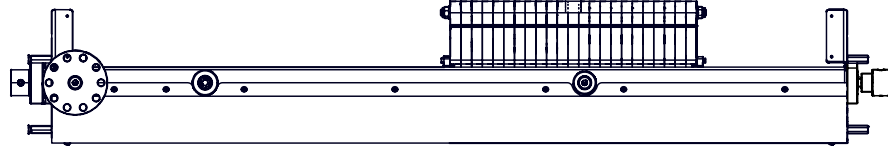


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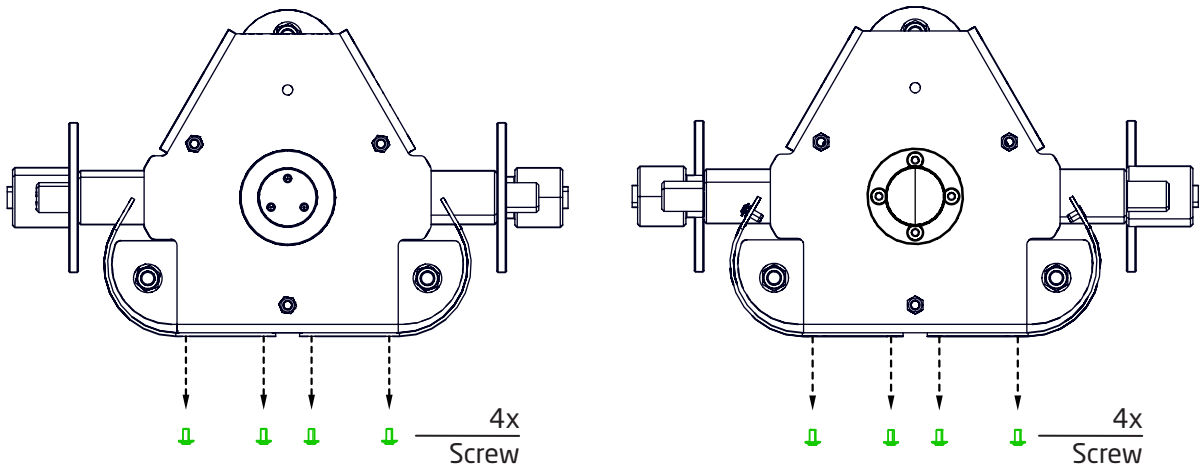


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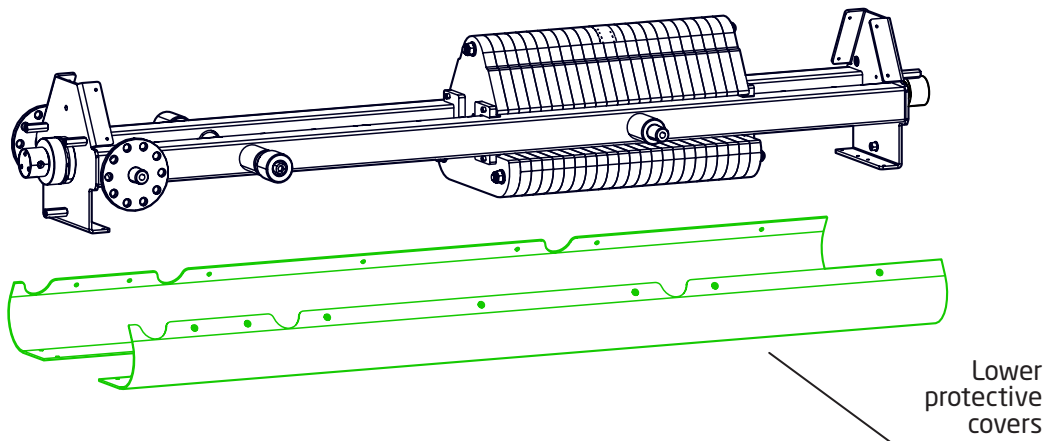




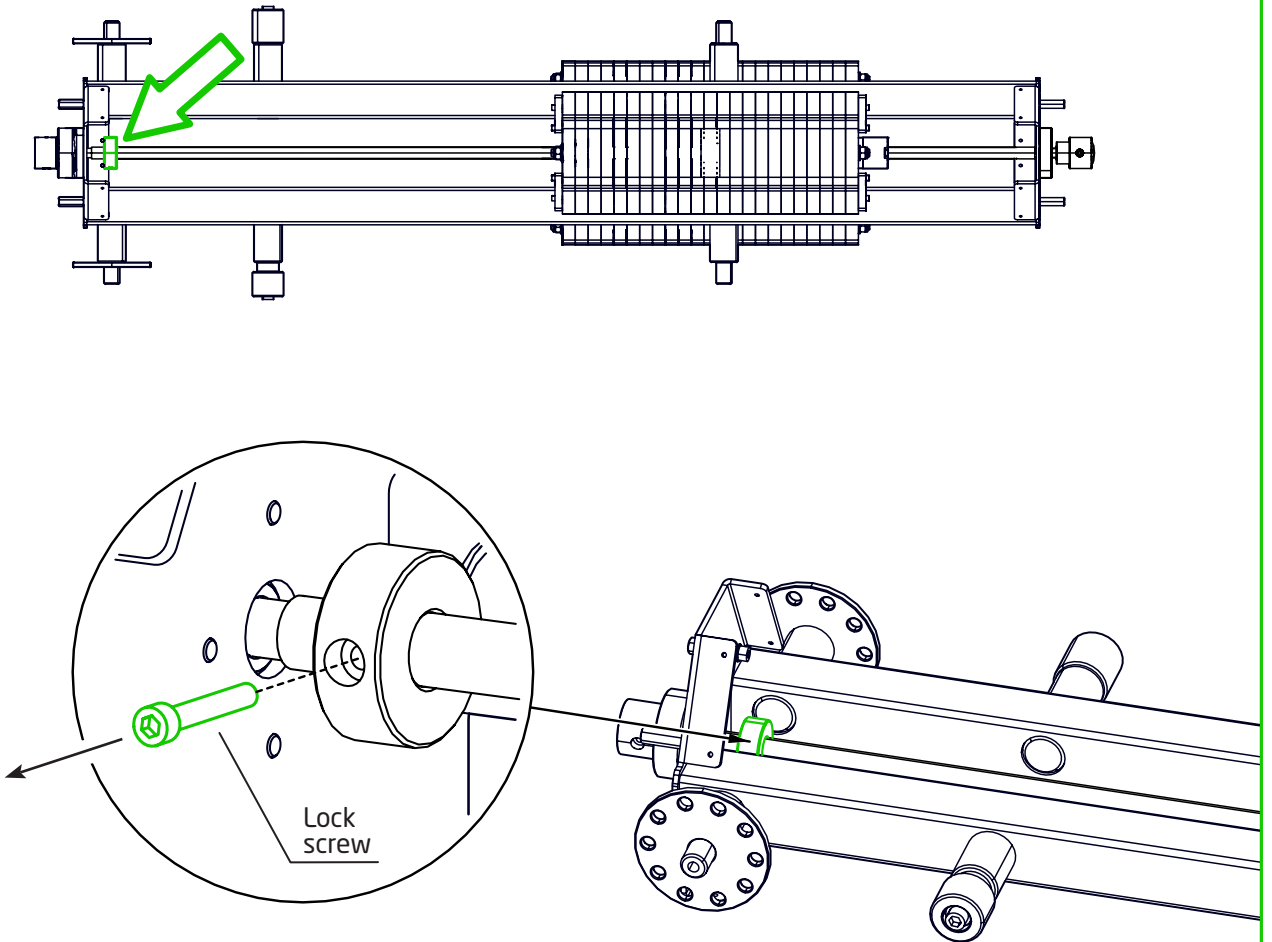
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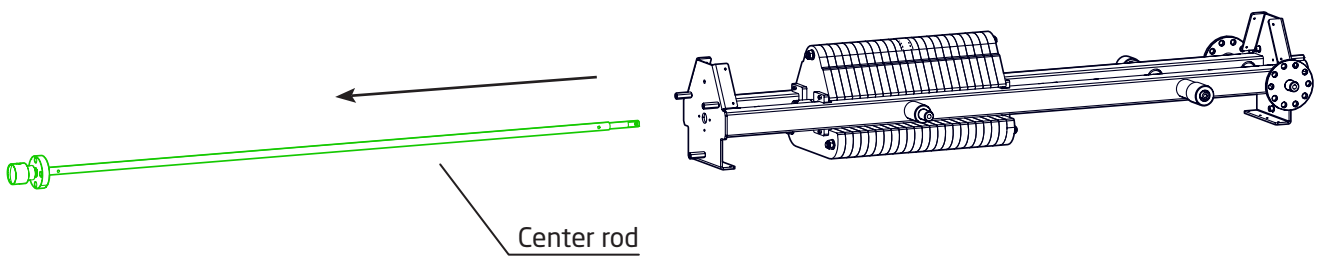
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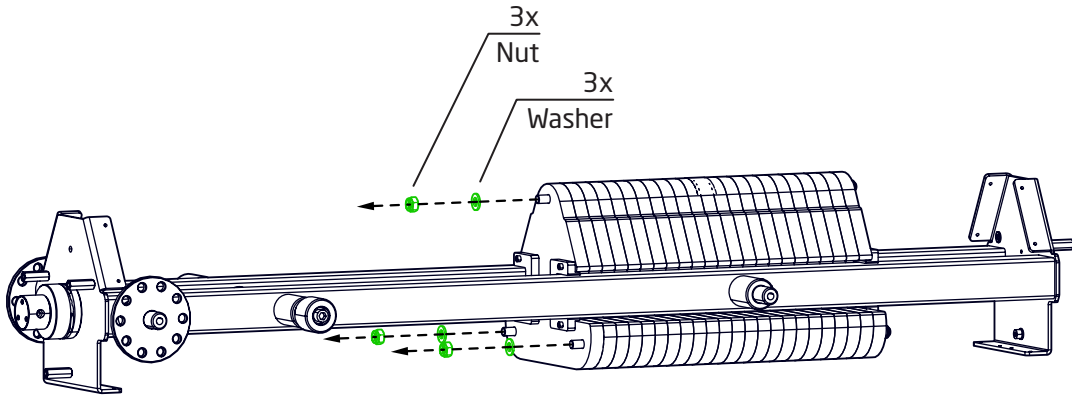
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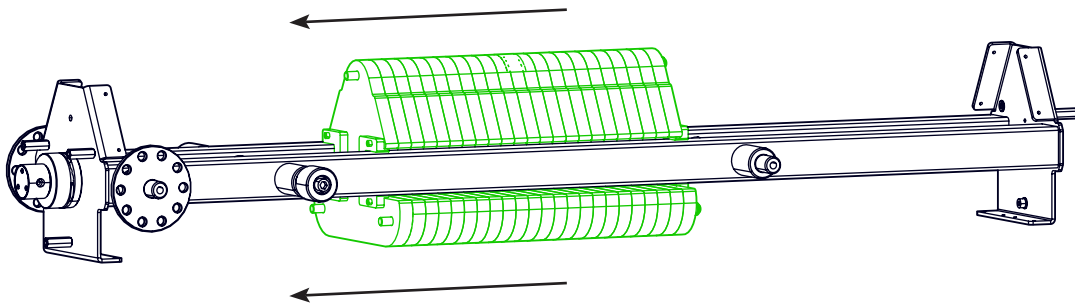
9.



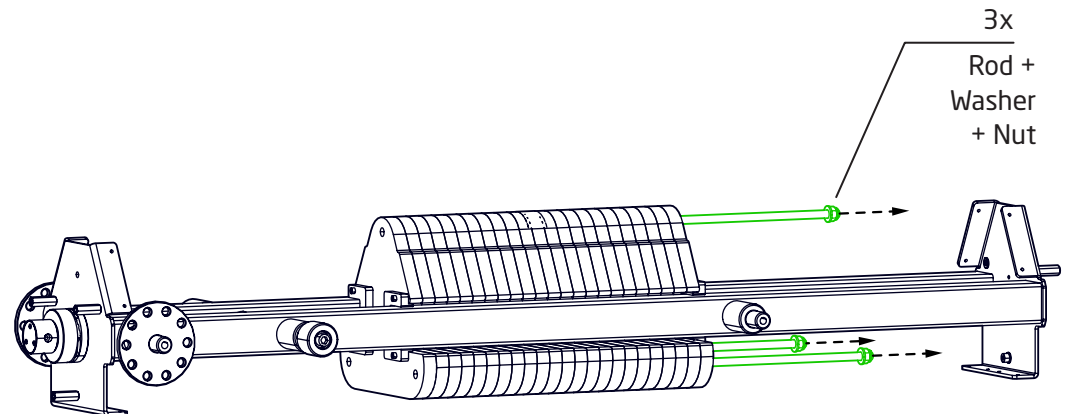
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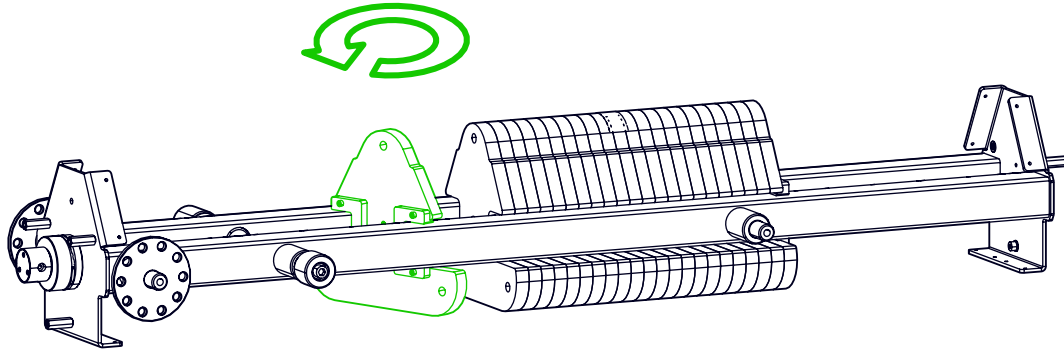
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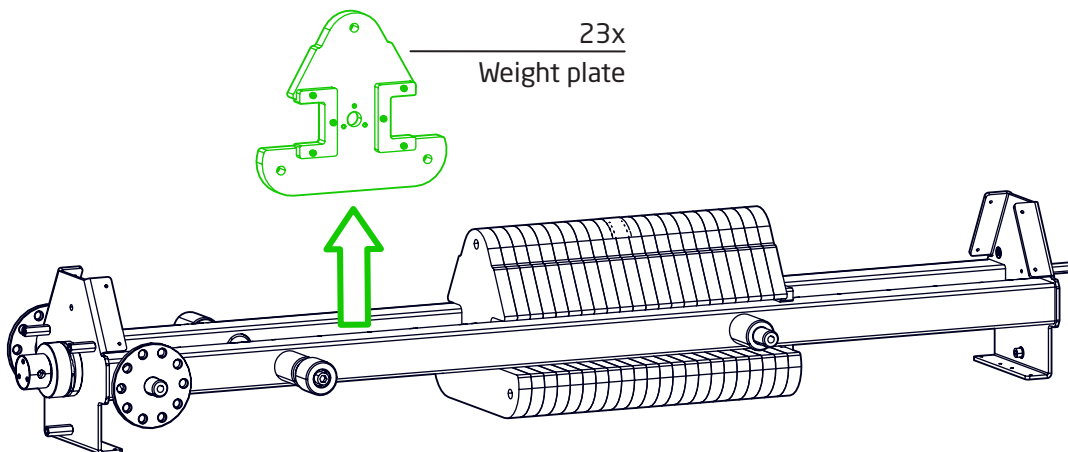
12.



13.

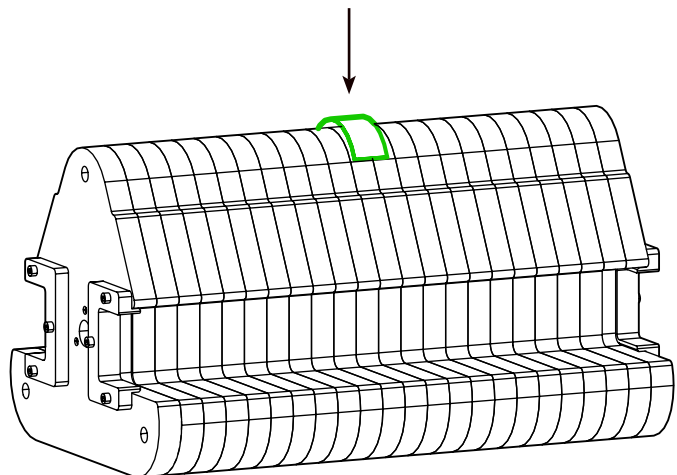


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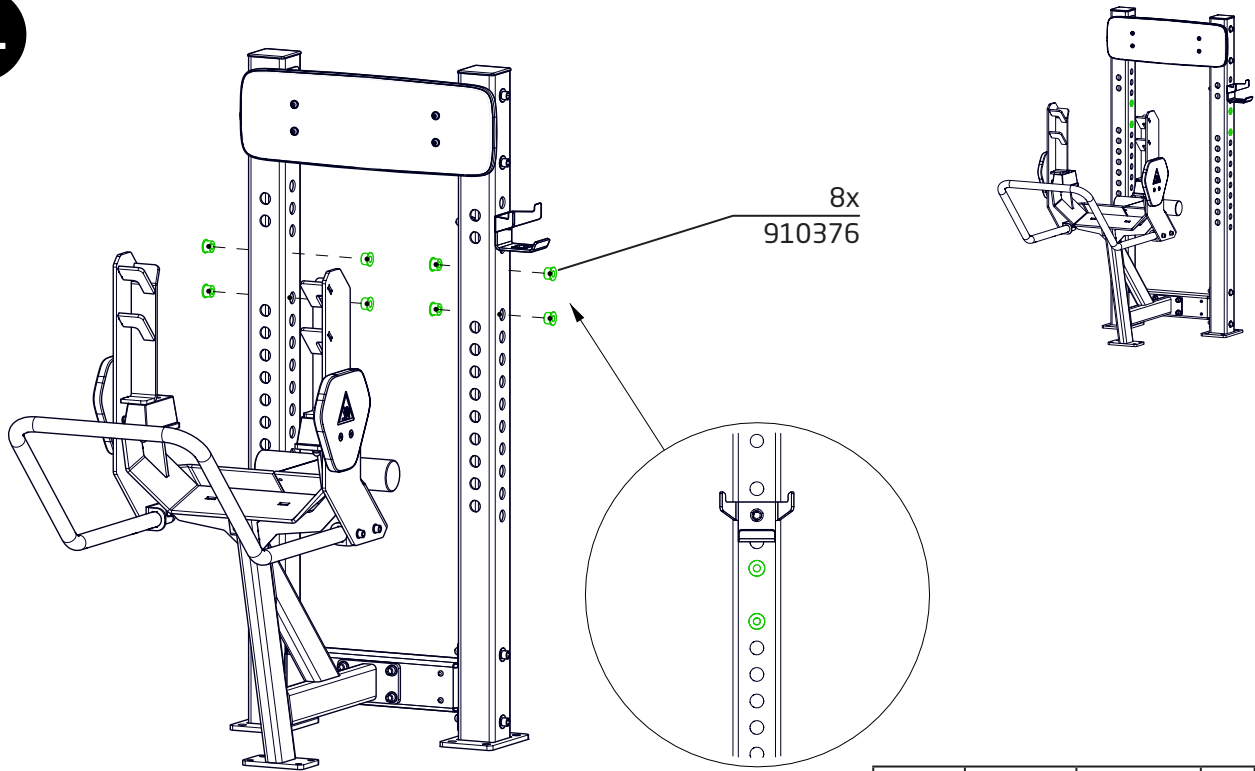


Huom! Painoyksikköä koottaessa uusi osoitintarra vaihdetaan painopakkaan.

Note! When assembling the weight unit, a new pointer label is replaced on the weight stack.

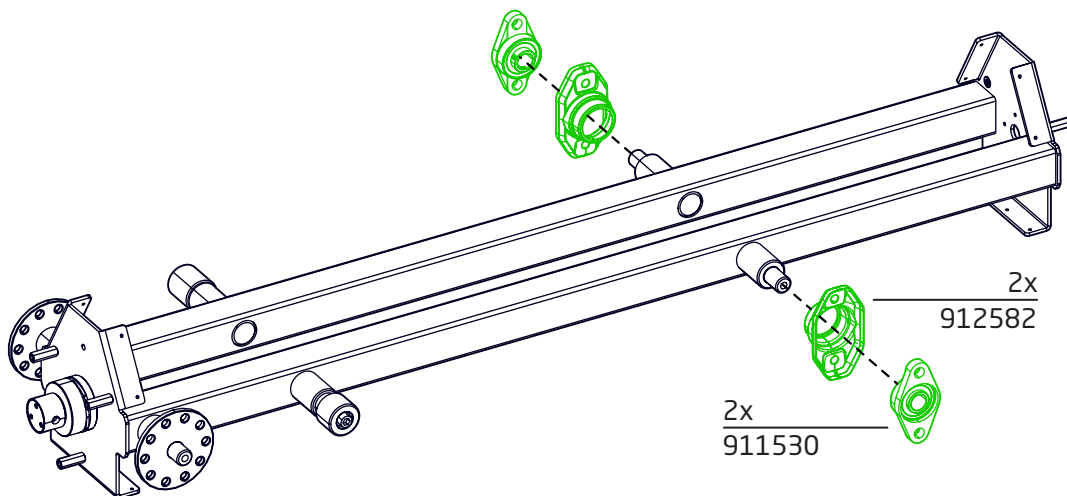


15.



Number	Description	Dimensions	Qty
910376	Socket	Ø30x17	8

16.



Number	Description	Dimensions	Qty
912582	Bearing cover		2
911530	Bearing		2



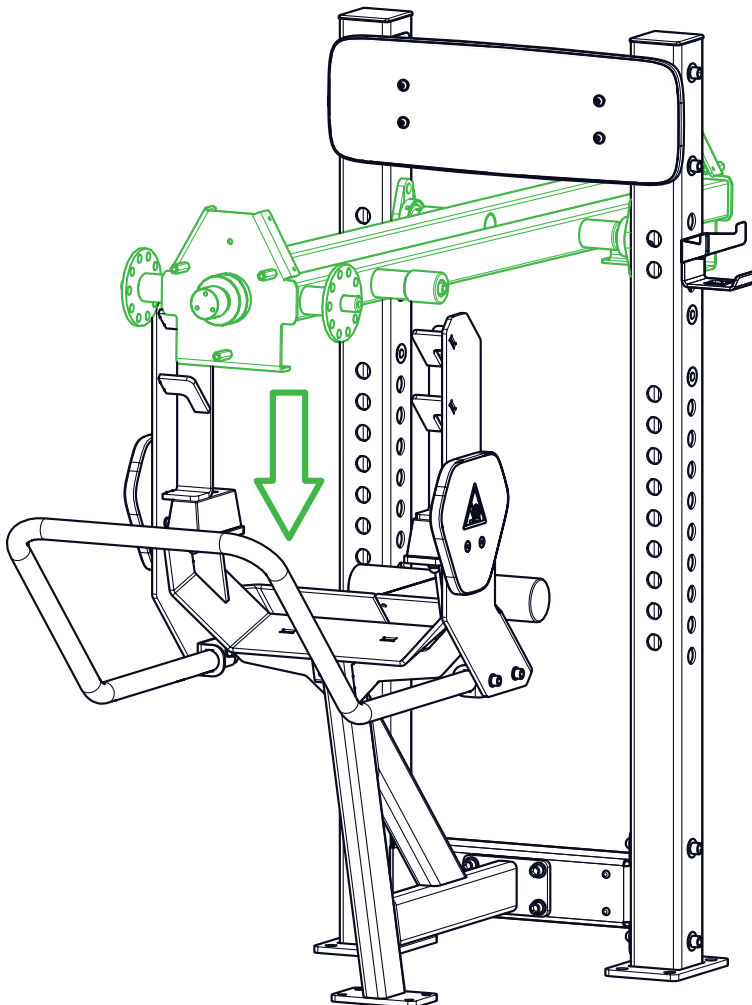
Varo! Noudatathan erityistä varovaisuutta asennettaessa painoyksikköä runkotolppien väliin. Työvaiheessa on puristumisvaara.

Caution! Please take special caution when installing the weight unit between the frame posts. There is a risk of being squashed.

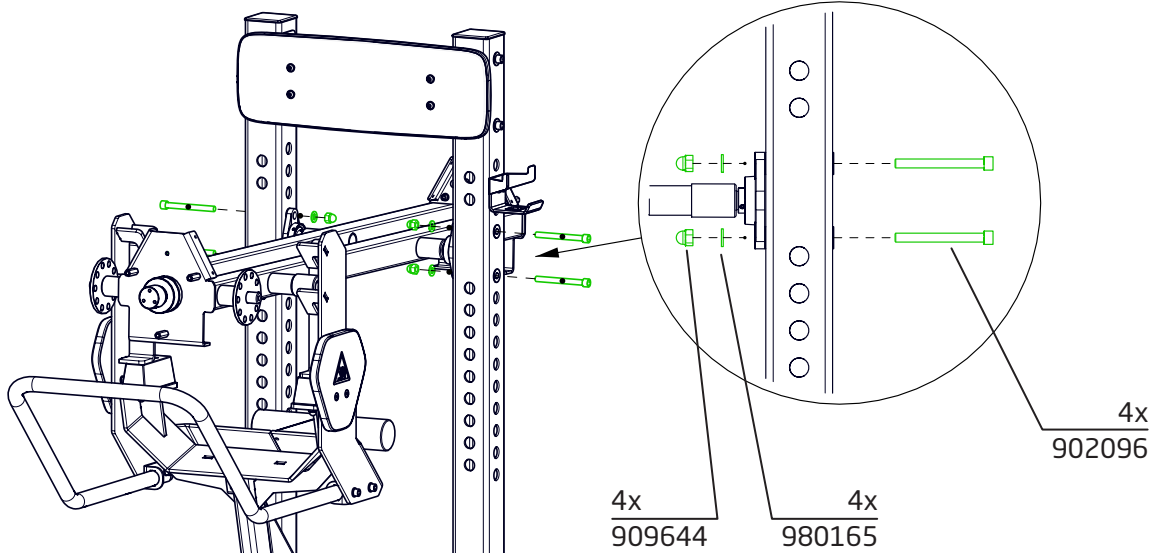
Viimeisen vaiheen jälkeen voit koota painoyksikön päinvastaisessa järjestyksessä ja sen jälkeen siirtyä seuraavaan kappaleeseen: **HANDLES.**

After the last step you can assemble the weight unit in a reverse order and after that move on to step: **HANDLES.**

17.

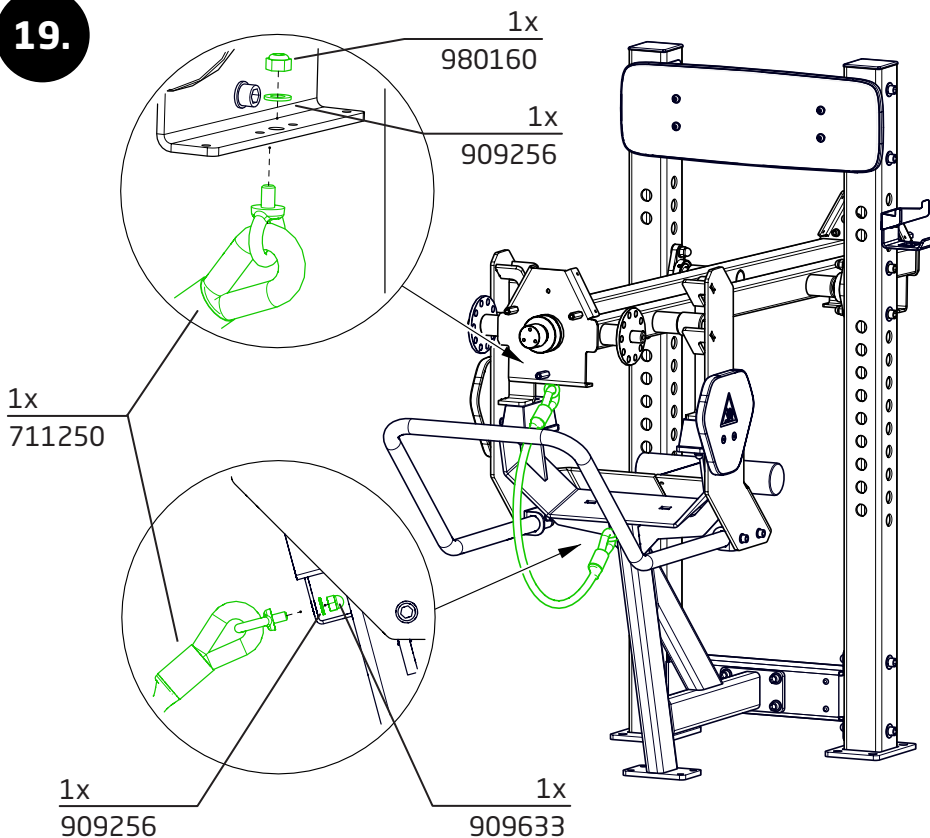


18.

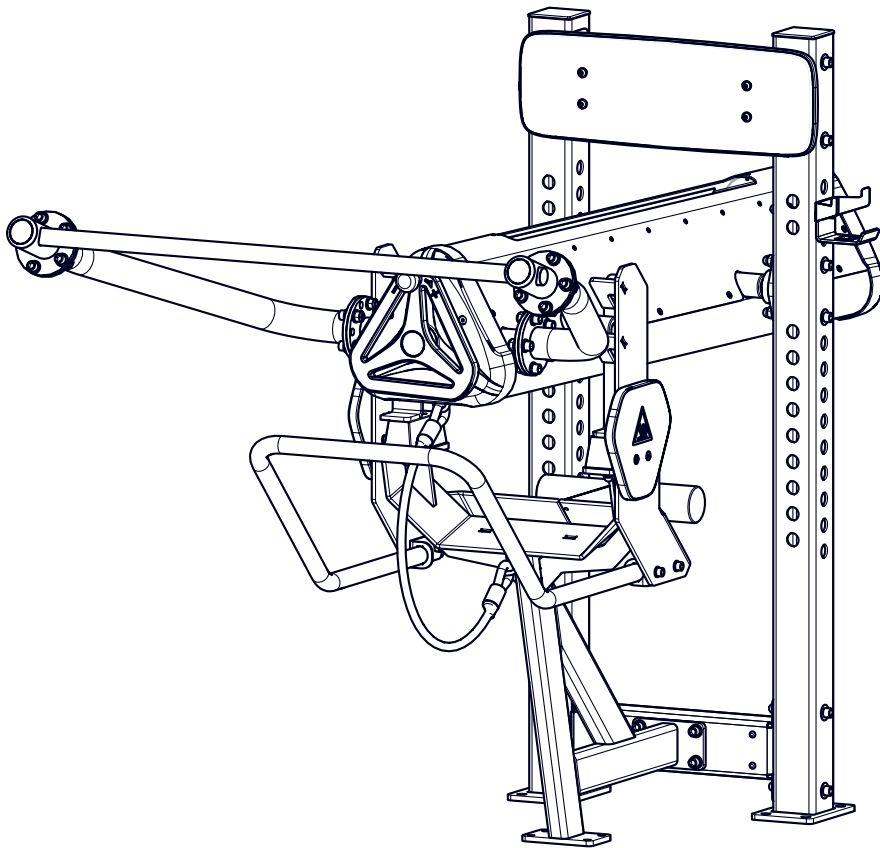


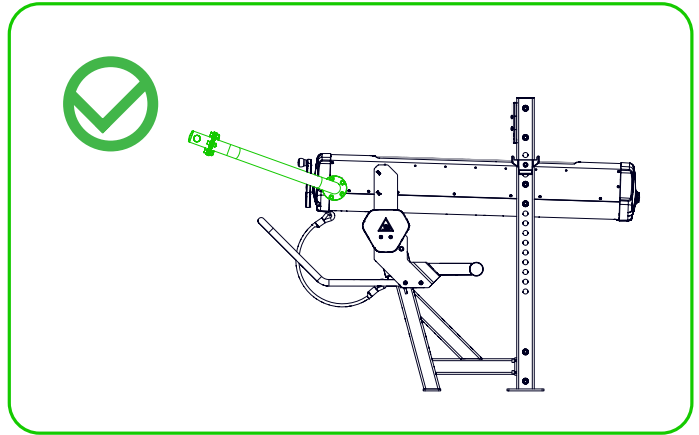
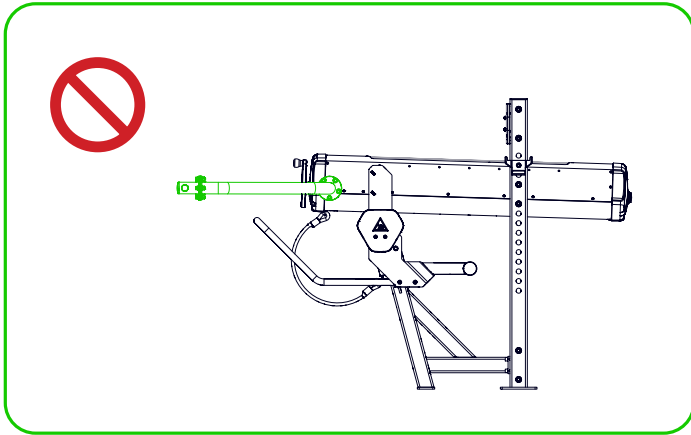
Number	Description	Dimensions	Qty
902096	Bolt	M12x120	4
980165	Washer	Ø24/13	4
909644	Nut	M12	4

19.



Number	Description	Dimensions	Qty
711250	?		1
980160	Nut	?	1
909633	?	?	1
909256	?	?	2





1.

Number	Description	Dimensions	Qty
911733	Arm		2
909146	Screw	M12x35	10
980165	Washer	Ø24/13	20
902234	Nut	M12	10

2x
911733

10x
902234

20x
980165

10x
909146

2.

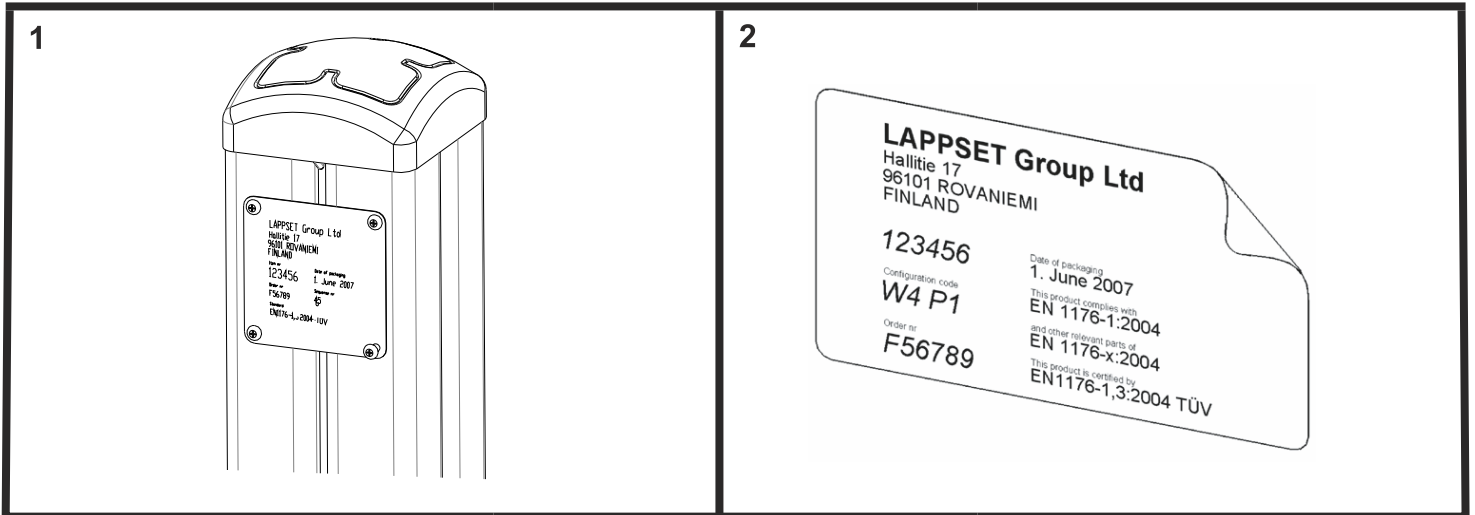
Number	Description	Dimensions	Qty
912574	Handle assembly		1
909146	Bolt	M12x35	10
980165	Washer	Ø24/13	20
902234	Nut	M12	10

1x
912574

10x
909146

10x
902234

20x
980165



Tuotekyltti tulee tuotteen mukana yhdellä seuraavista tavoista:

1) Metallinen tuotekyltti ja kiinnitysruuvit

- Kiinnitä tuotekyltti ruuveilla tolppaan noin 2 metrin korkeuteen kuvan 1 mukaisesti.

2) Tuotekylttitarra

- Puhdista maalattu metalli- tai vaneripinta pölystä ja kosteudesta. Liimaa tarra kuvan 2 mukaisesti.
- Huom. Älä kiinnitä tarraa karheapintaiseen laminaattiin tai maalattuun puuhun.

Vår produktmärkning levereras på ett av följande sätt:

1) Produktskylt i metall

- Fäst skylten med de medföljande skruvarna

2) Självhäftande produktetikett

- Rengör den pulverlackerade metallytan eller laminatyten så att den blir fri från smuts och fukt. Fäst etiketten enligt fig. 2.
- Obs! Fäst ej etiketten på detaljer med skrovlig yta eller på målat trä.

Product label is delivered by one of following ways:

1) Metal product label and screws

- Fasten the label with screws.

2) Label sticker

- Clean the painted metal or plywood surface from dirt and moisture. Fasten the sticker as shown in the figure 2.
- Note. Do not attach the sticker to rough surfaced laminate or painted wood.

La plaque d'informations produit est livrée sous l'une de ces 3 formes :

1) Plaque métallique et vis

- Fixez la plaque à l'aide des vis.

2) Etiquette autocollante

- Avant de coller l'étiquette, nettoyez le composant métallique peint ou la plaque de contreplaqué, de toute saleté. La surface doit être sèche (voir image 2).
- Attention, ne pas coller l'étiquette sur une surface lamellé-collée irrégulière ou sur du bois peint.

Die Auslieferung des Produktaufklebers erfolgt auf eine dieser Arten:

1) Produkt-Schild aus Metall incl. Schrauben

- Die Befestigung des Schildes erfolgt mittels der Schrauben.

2) Aufkleber

- Entfernen Sie zunächst Schmutz und Feuchtigkeit vom lackierten Metall bzw. von der Holzoberfläche und bringen Sie den Aufkleber wie im Bild oben rechts beschrieben auf den gesäuberten Untergrund auf.
- Beachten Sie: Bringen Sie den Aufkleber nicht auf raues laminiertes oder lackiertes Holz an.