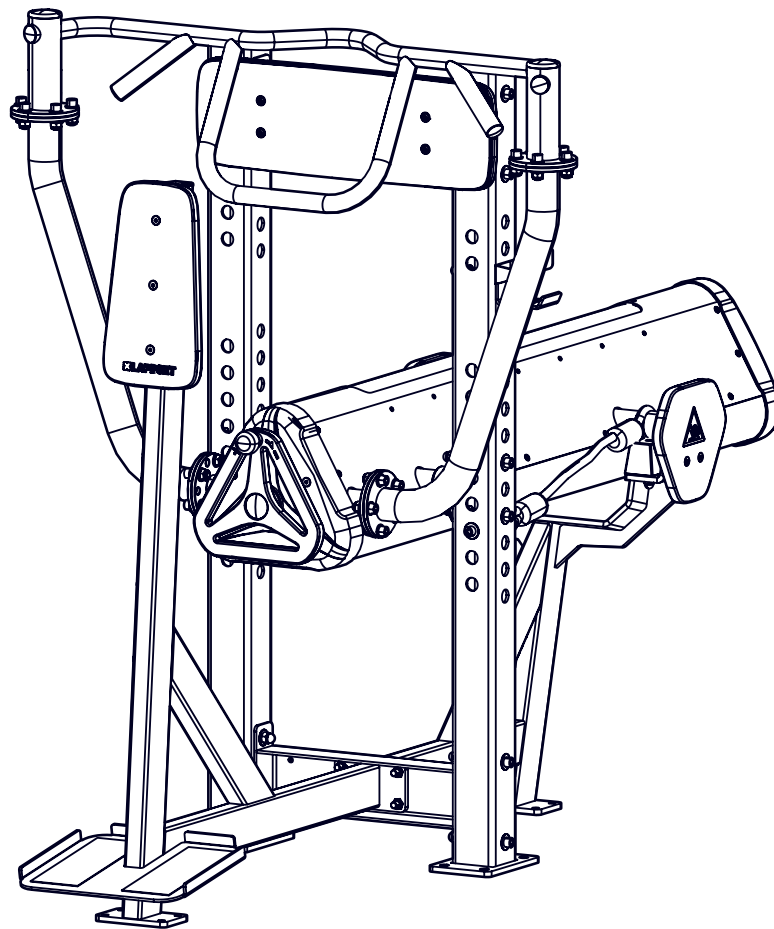


LAPPSET® SISU

14.4.2022

081863

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.

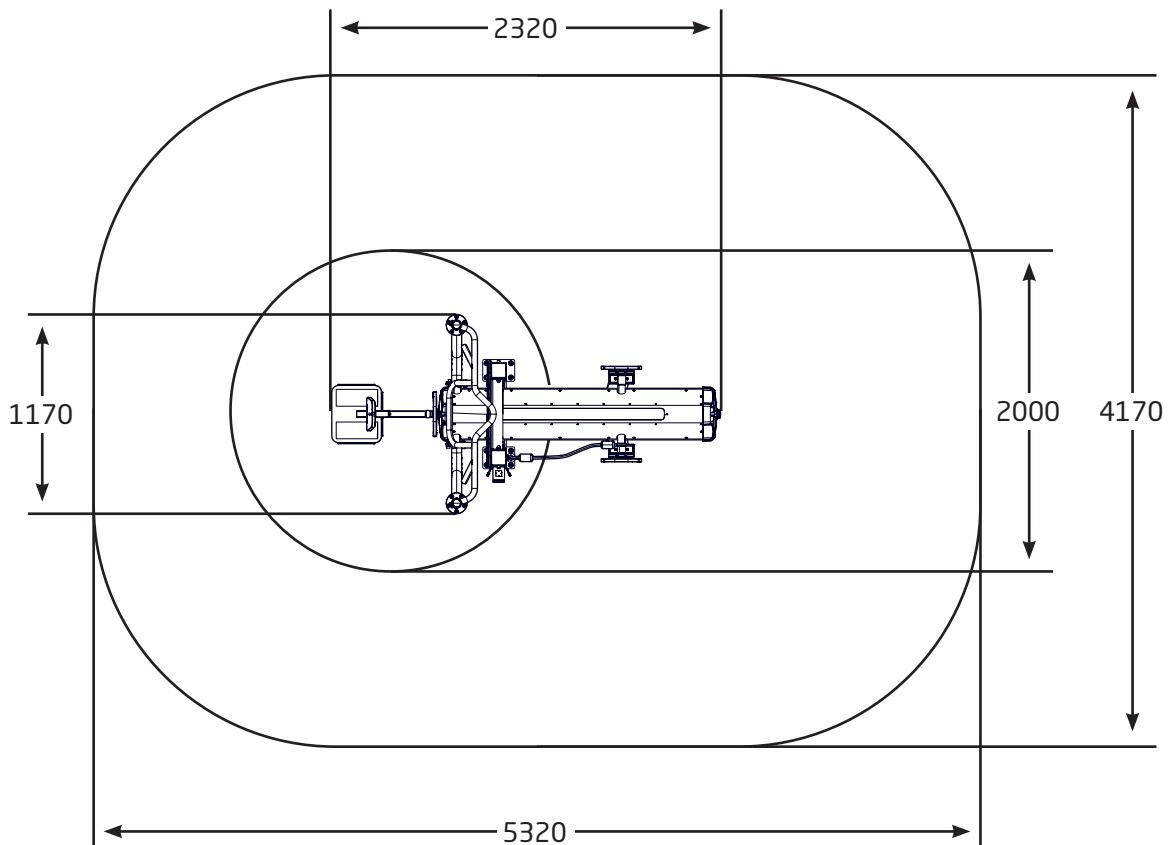
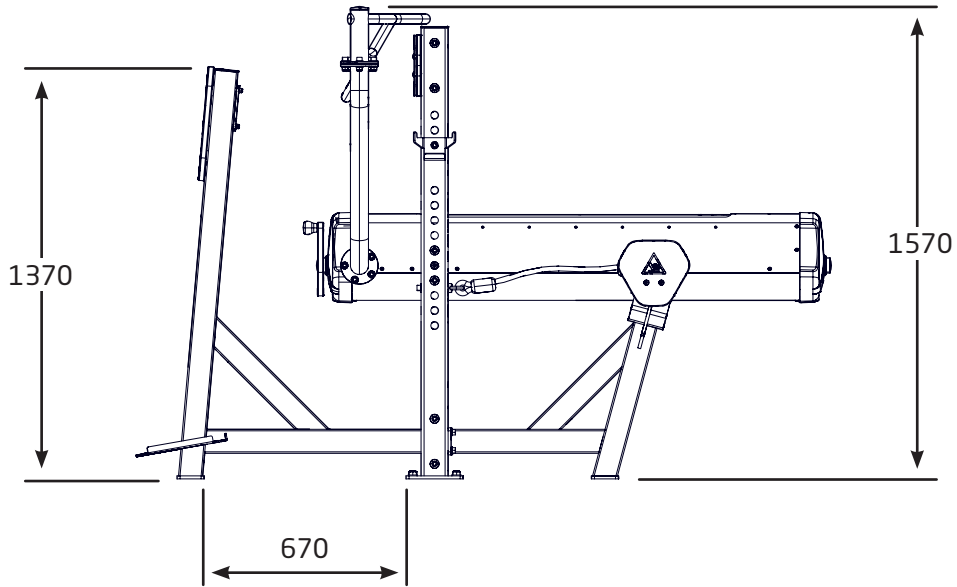
Tämä EN 16630 standardin mukainen laite ei ole leikkikenttäväline (EN 1176 -sarja), sisällä käytettävä kuntolaite (EN 957-sarja), eikä julkisen liikuntapaikan laite (EN 15312).


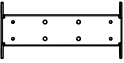


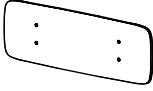
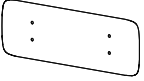

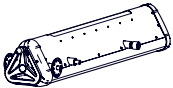


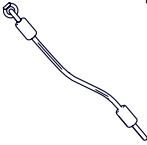














This EN 16630 standard compliant device is not children's playground equipment (EN 1176 series), an indoor fitness device (EN 957 series), or a public exercise device (EN 15312).

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 20.3 m²
Training space 3.1 m²
Max fallinf height 150 mm



| | | | | | | | | | | | | | | | | | |
|----|---|-----|----|---|-----|----|---|-----|----|---|-----|----|---|-----|----|---|-----|
| 1 | 911526 | Qty | 2 | 911546 | Qty | 3 | Unit 1 | Qty | 4 | 911928 | Qty | 5 | 710076 | Qty | 6 | 912119 | Qty |
| |  | 2 | |  | 2 | |  | 1 | |  | 1 | |  | 1 | |  | 1 |
| 7 | Unit 2 | Qty | 8 | Unit 3 | Qty | 9 | 911530 | Qty | 10 | 912582 | Qty | 11 | 911710 | Qty | 12 | 911733 | Qty |
| |  | 1 | |  | 1 | |  | 2 | |  | 2 | |  | 2 | |  | 2 |
| 13 | 911749 | Qty | 14 | 912127 | Qty | 15 | 909146 | Qty | 16 | 909876 | Qty | 17 | 909628 | Qty | 18 | 904450 | |
| |  | 1 | |  | 10 | |  | 24 | |  | 4 | |  | 12 | |  | 8 |
| 19 | 902096 | Qty | 20 | 910376 | Qty | 21 | 980165 | Qty | 22 | 980151 | Qty | 23 | 909644 | Qty | 24 | 902234 | Qty |
| |  | 4 | |  | 27 | |  | 49 | |  | 4 | |  | 13 | |  | 24 |
| 25 | 909633 | Qty | 26 | | Qty | 27 | | Qty | 28 | | Qty | 29 | | Qty | 30 | | Qty |
| |  | 4 | | | | | | | | | | | | | | | |
| 31 | | Qty | 32 | | Qty | 33 | | Qty | 34 | | Qty | 35 | | Qty | 36 | | Qty |
| | | | | | | | | | | | | | | | | | |
| 37 | | Qty | 38 | | Qty | 39 | | Qty | 40 | | Qty | 41 | | Qty | 42 | | 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.

Please take special caution when installing the weight unit between the frame posts, there is a risk of being squashed.



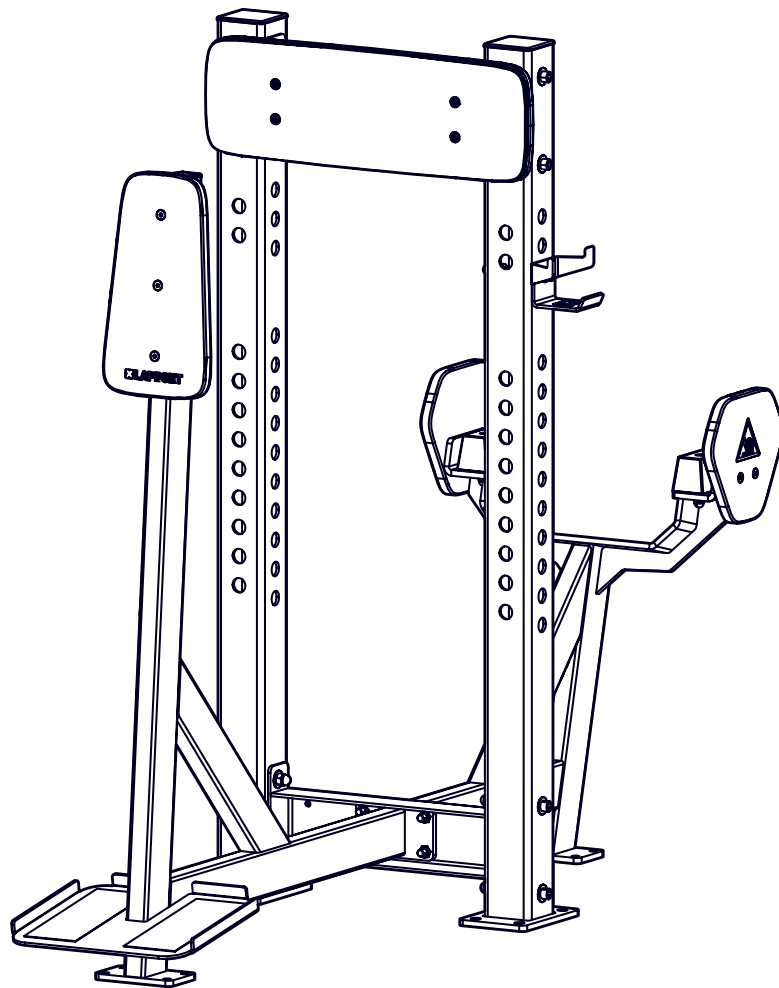
Huom! Käytäthän laitteen asennuksen aikana turvakenkiä loukkaantumisriskin minimoimiseksi.

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

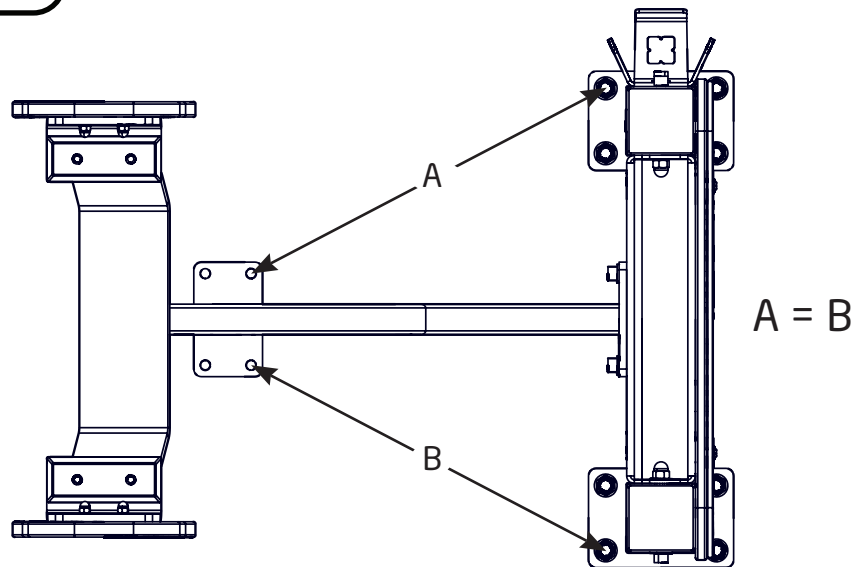


Huom! Ennen ensimmäistä käyttöönottoa, tarkista liitokset ja varmista, että laite on kasattu ohjeiden mukaisesti.

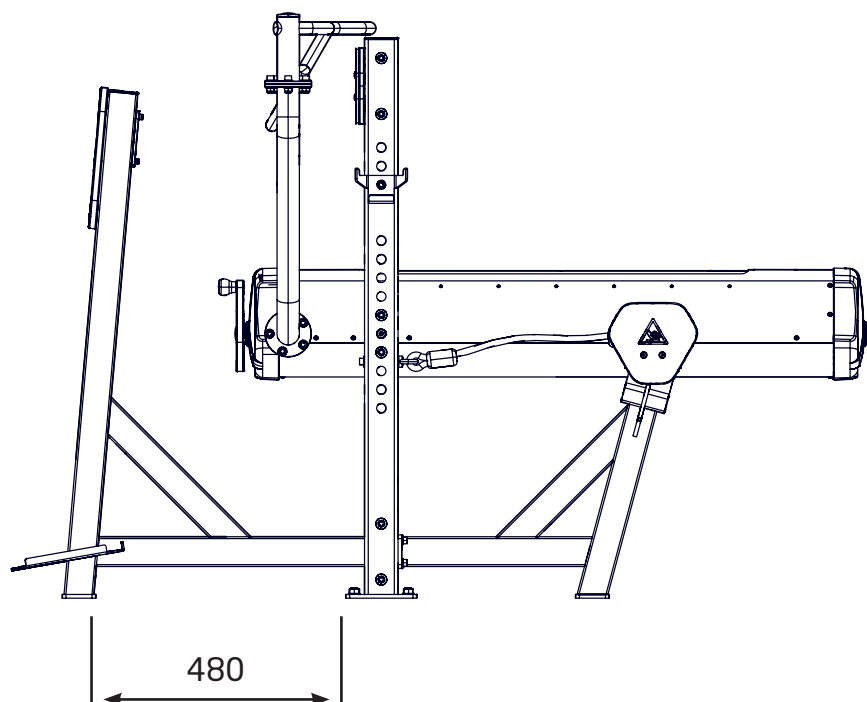
Note! Before using the device for the first time, check the joints and make sure that the device has been assembled according to the instructions.



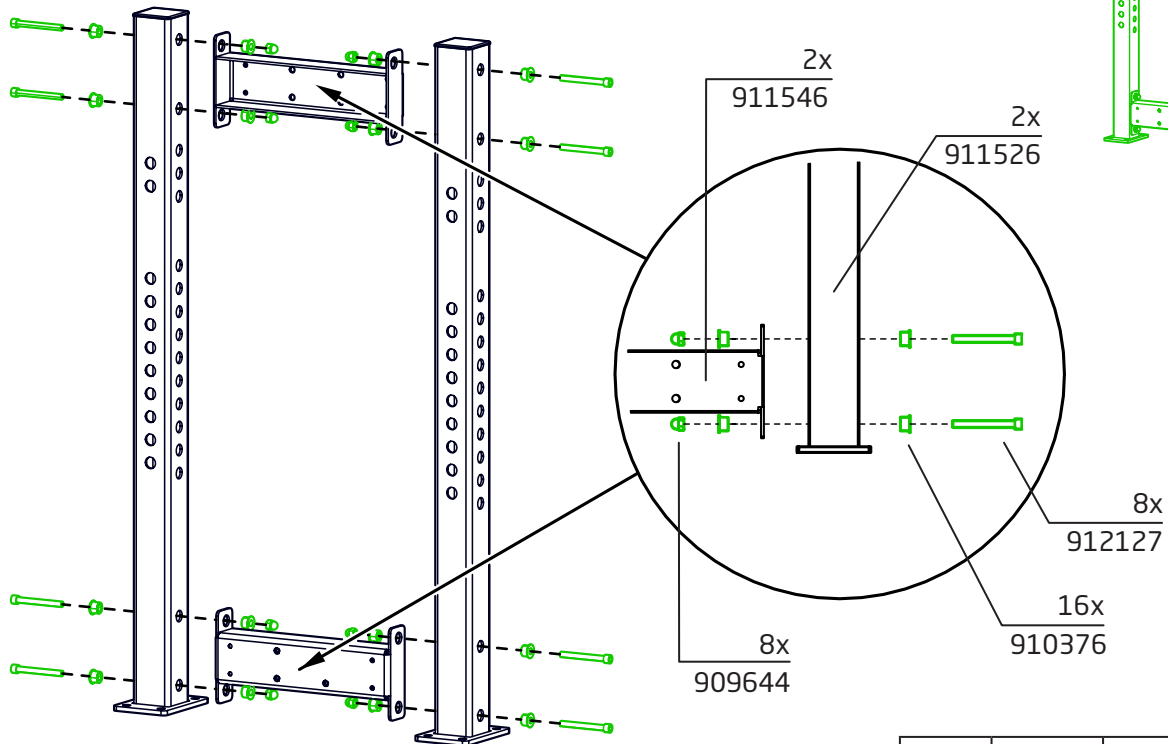
Ristimitta
Cross measurement



Penkin ja run-
gon välimitta
Distance
between the
bench
and
the frame



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 tolppakokoonpanoa seuraavaan työvaiheeseen asti. Tolppakokoonpano voi kaatua ja aiheuttaa loukkaantumisen.

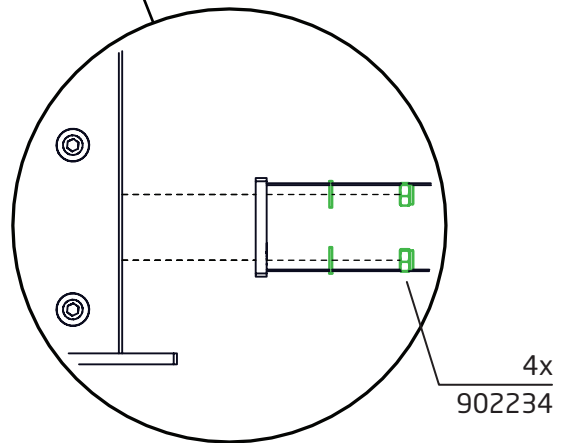
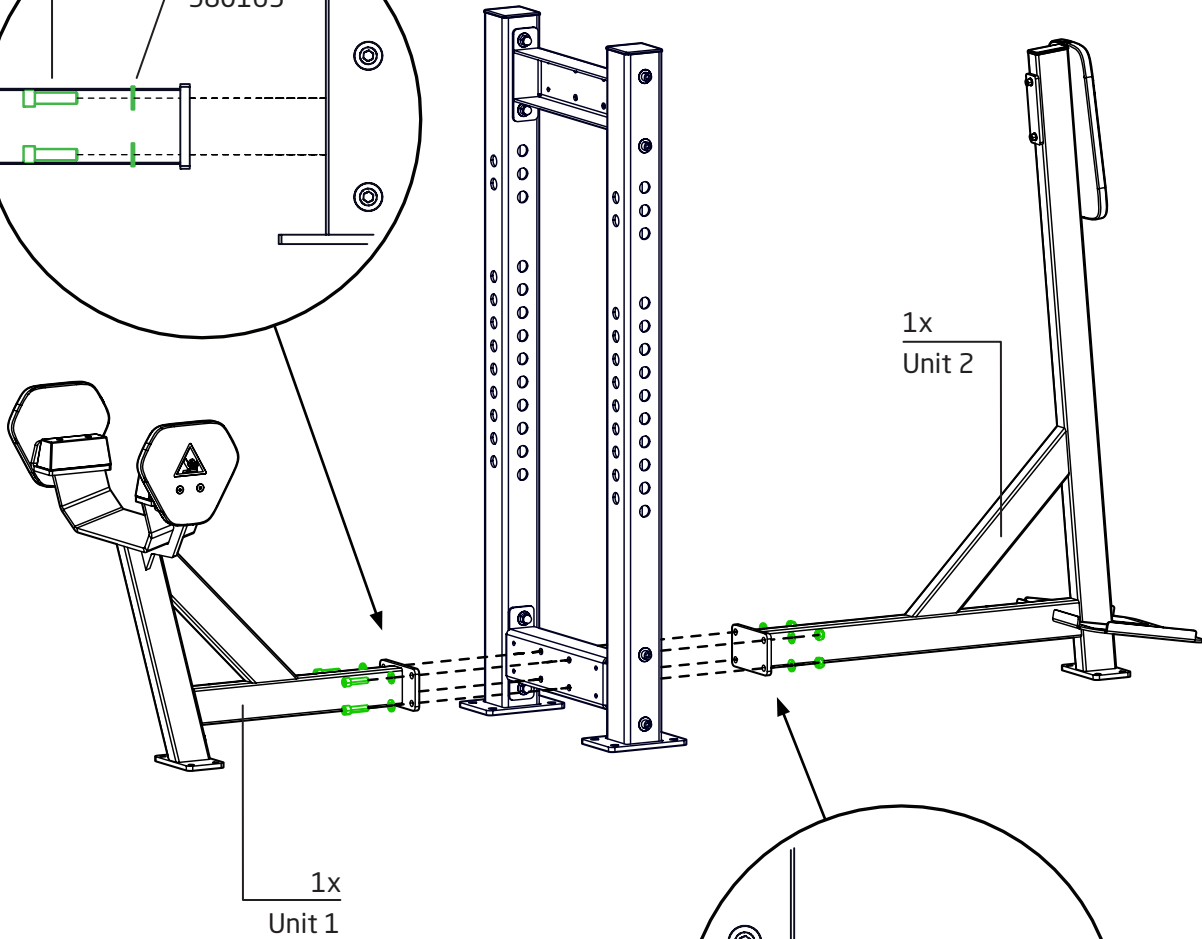
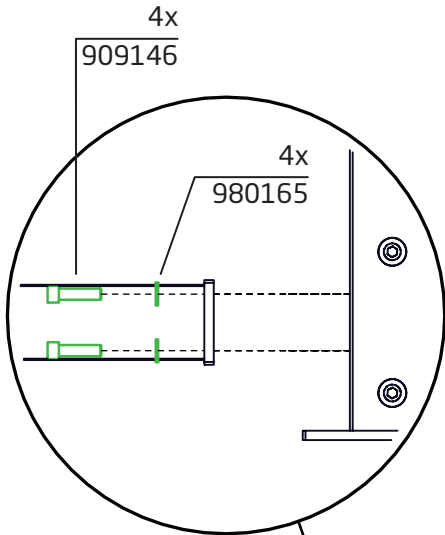
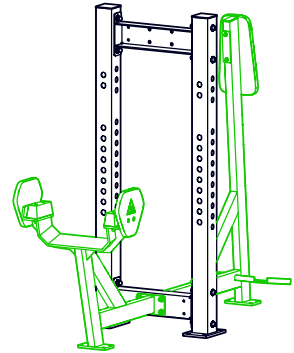
Caution! Support the assembled frame until the next step. The post assembly may tip over and cause an injury.



Huomioi, että rungon puomit asennetaan päinvastoin toisiinsa nähden.

Note that the frame's beams are installed in the opposite direction to each other.

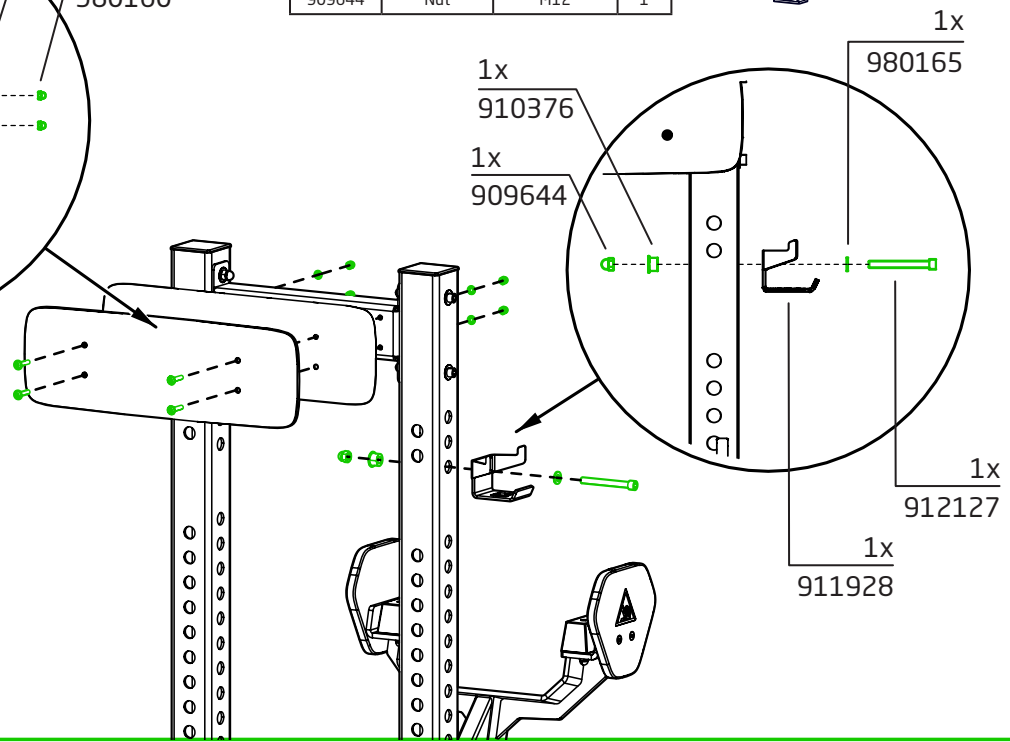
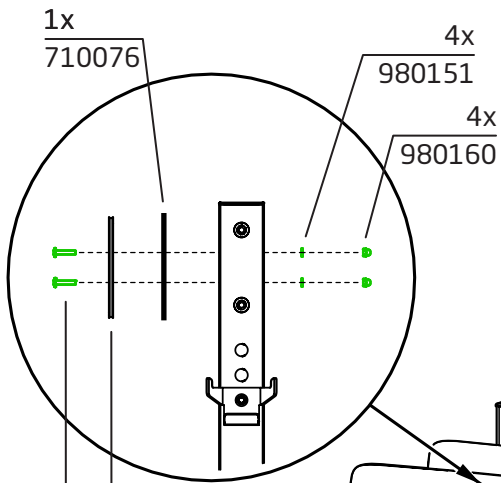
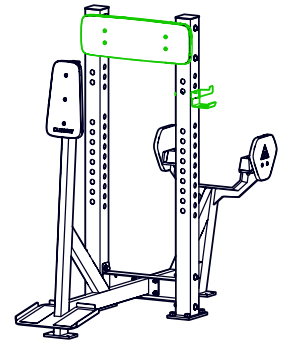
2.



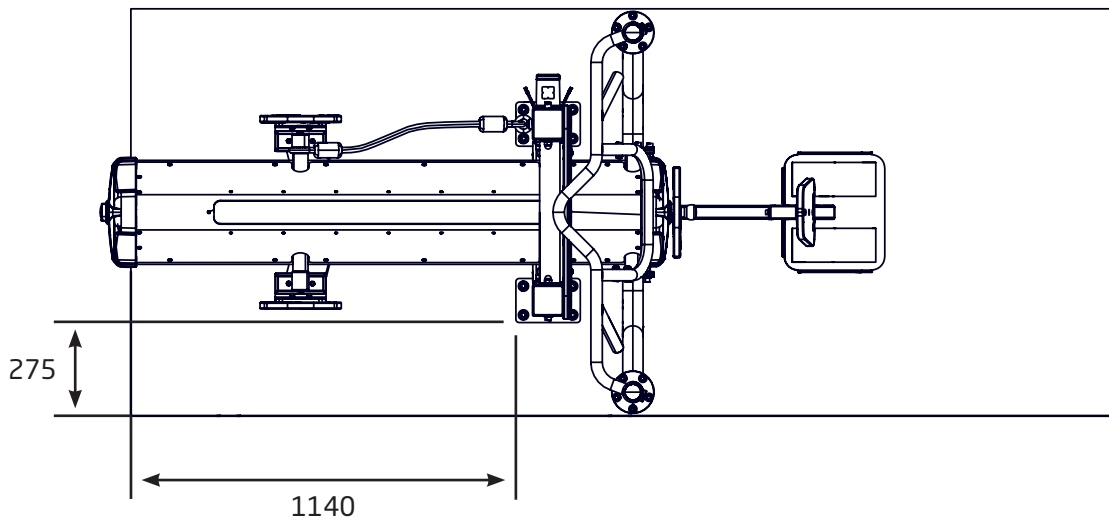
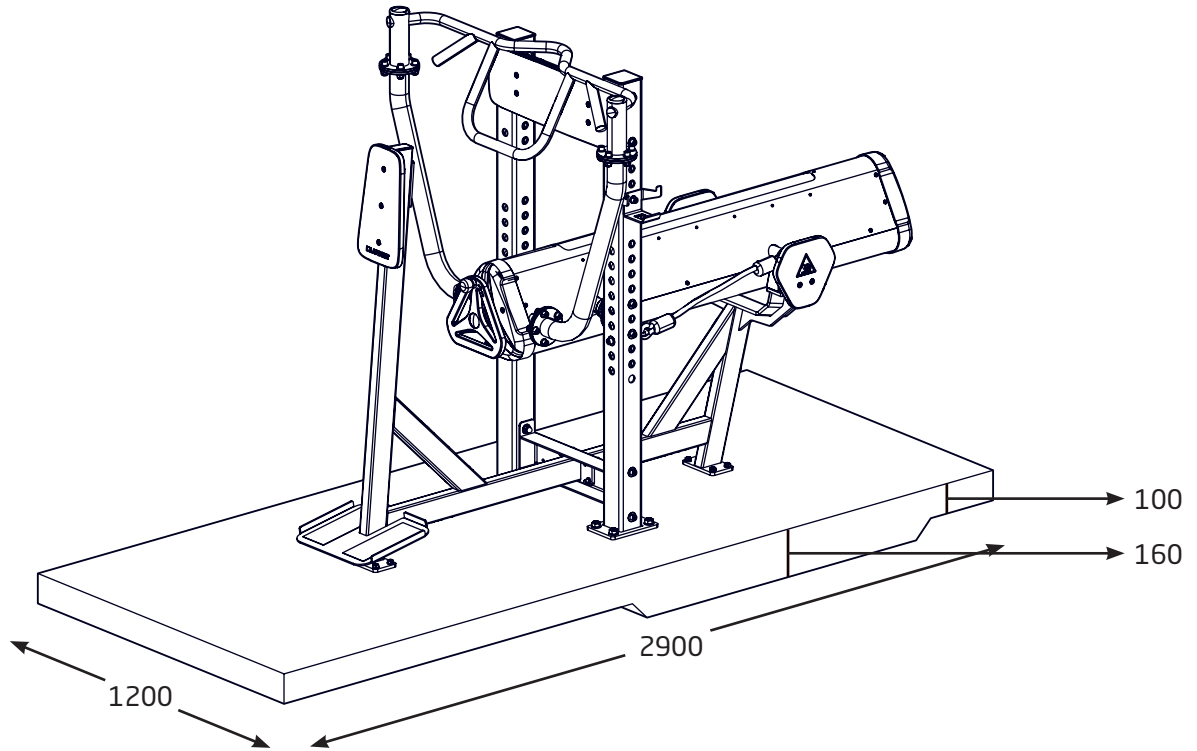
| Number | Description | Dimensions | Qty |
|--------|---------------|------------|-----|
| Unit 1 | Body | | 1 |
| Unit 2 | Chest support | | 1 |
| 909146 | Screw | M12x35 | 4 |
| 980165 | Washer | Ø24/13 | 4 |
| 902234 | Nut | M12 | 4 |

3.

| Number | Description | Dimensions | Qty |
|--------|---------------|------------|-----|
| 912119 | Sign | | 1 |
| 710076 | Sign plate | | 1 |
| 909876 | Screw | M8x40 | 4 |
| 980151 | Washer | Ø16/8.4 | 4 |
| 980160 | Nut | M8 | 4 |
| 911928 | Bottle holder | | 1 |
| 912127 | Screw | M12x110 | 1 |
| 980165 | Washer | Ø24/13 | 1 |
| 910376 | Socket | Ø30/17 | 1 |
| 909644 | Nut | M12 | 1 |



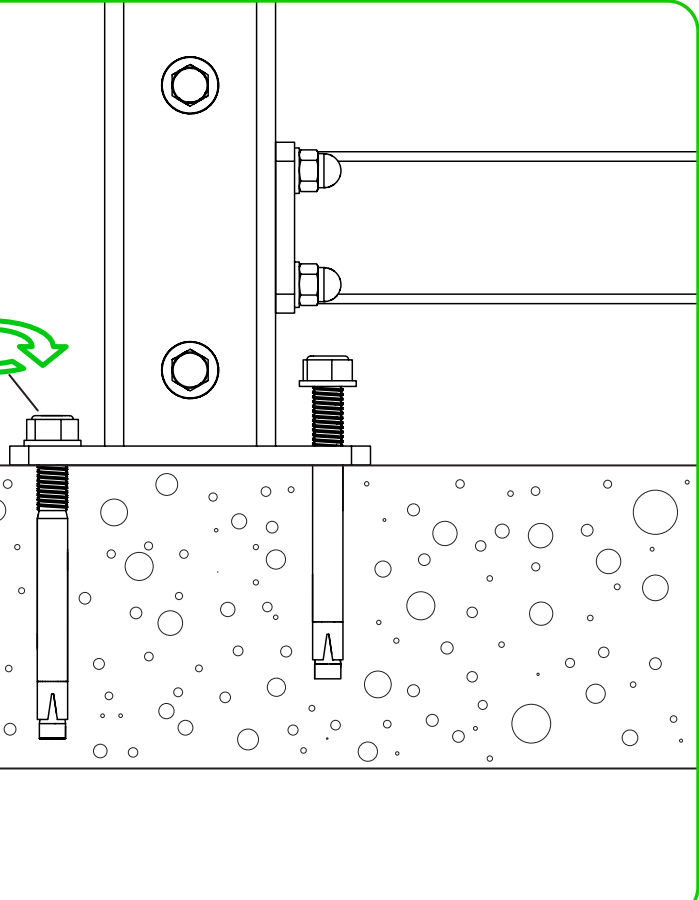
1.



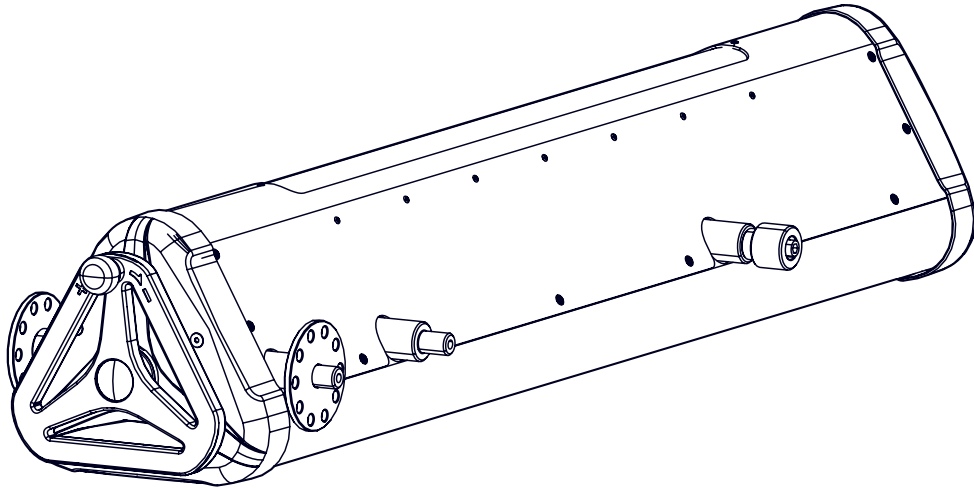
2.

| Number | Description | Dimensions | Qty |
|--------|---------------|------------|-----|
| 909628 | Ground anchor | | 12 |
| 904450 | Ground anchor | | 8 |
| Unit 2 | Bench | | 1 |

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.

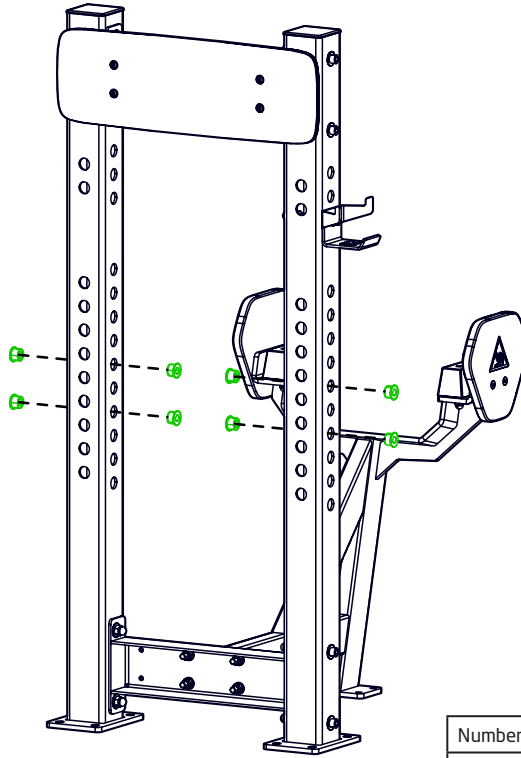
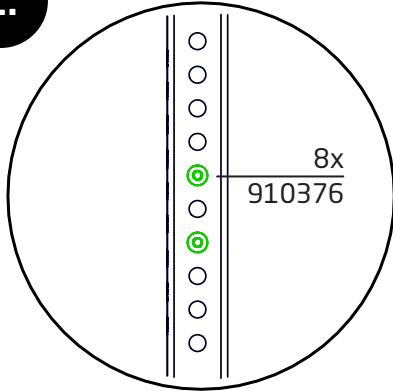
If you have a crane, you can use the crane to lift the assembled weight unit onto the frame by following the instructions of **OPTION 1.**

OPTION 2.

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

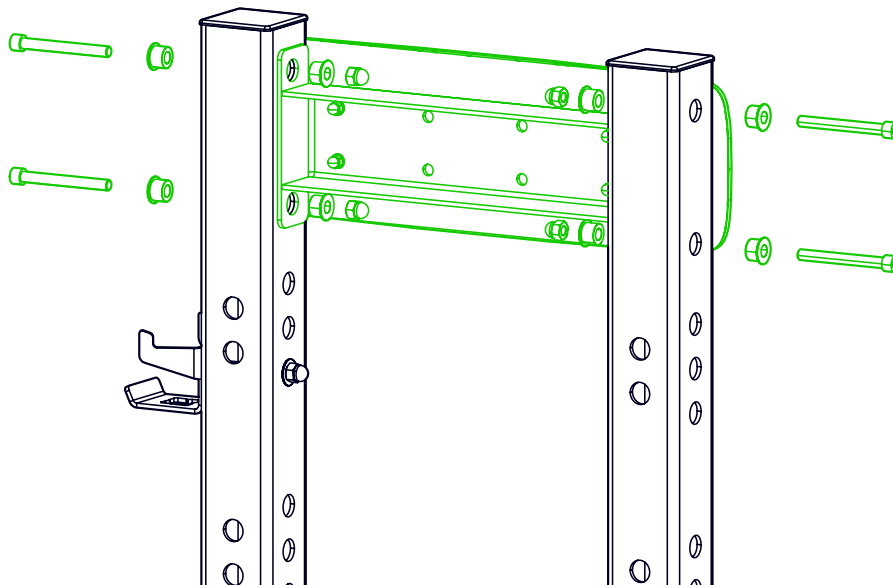
If no crane is available, disassemble the weight unit and install the disassembled weight unit back on the frame by following the instructions of **OPTION 2.**

1.



| Number | Description | Dimensions | Qty |
|--------|-------------|------------|-----|
| 910376 | Socket | Ø30x17 | 8 |

2.

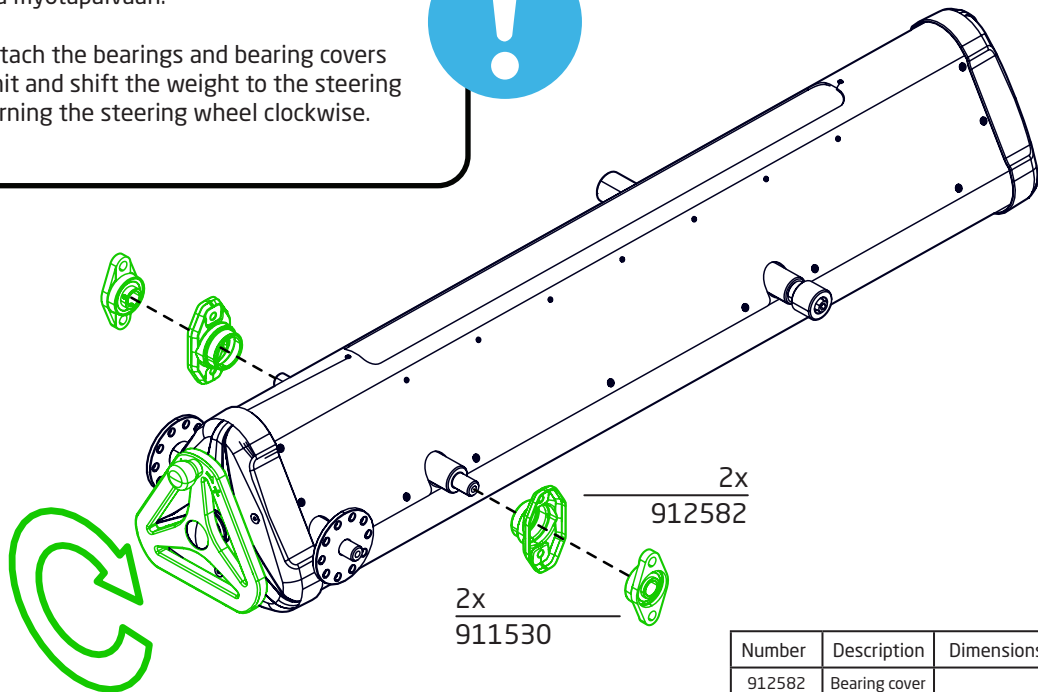


Ennen nostoa, kiinnitä painoyksikköön laakerit ja laakerinsuojat ja siirrä paino ratin puoleiseen päähän kiertämällä rattia myötäpäivään.

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.

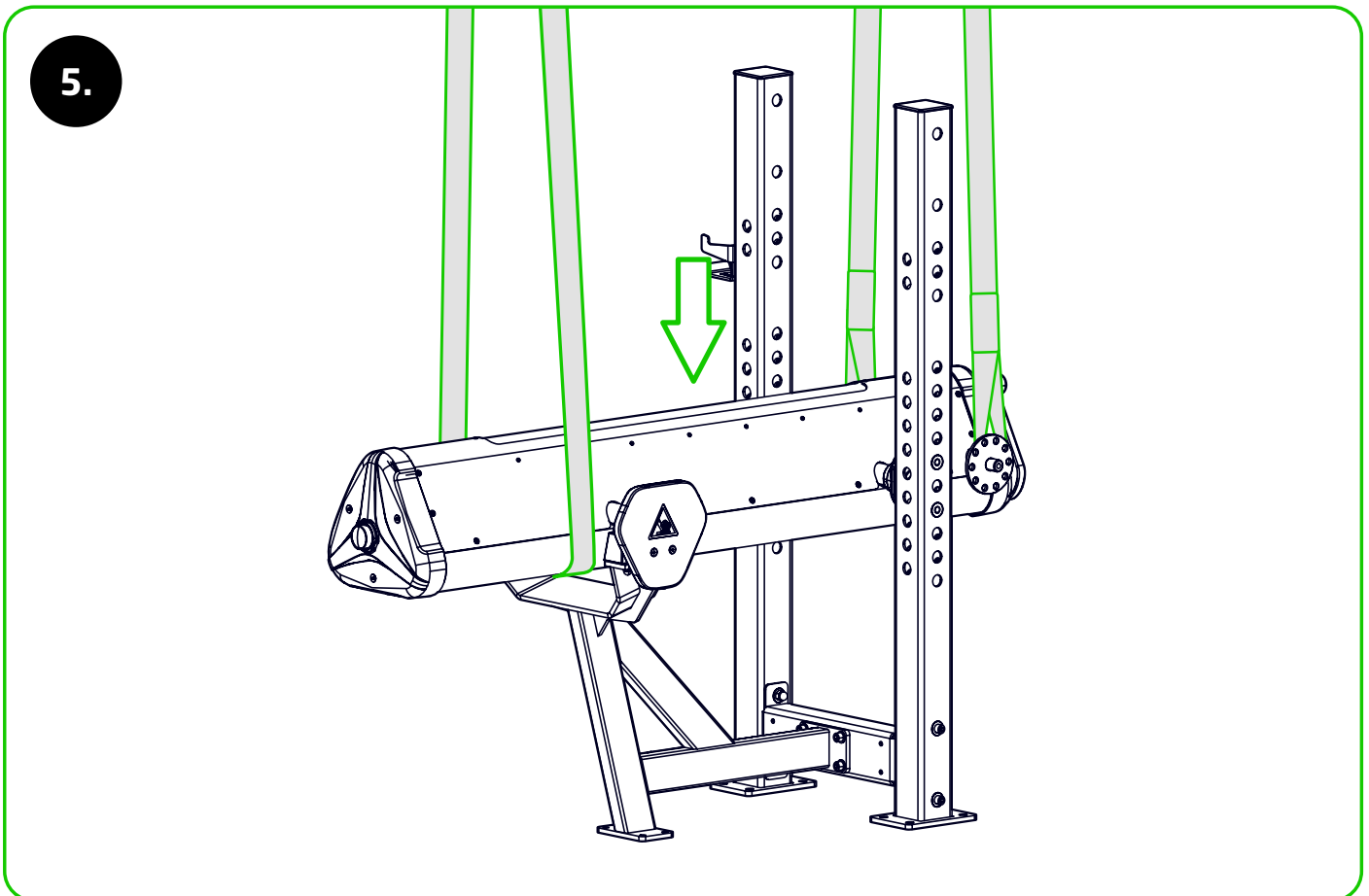
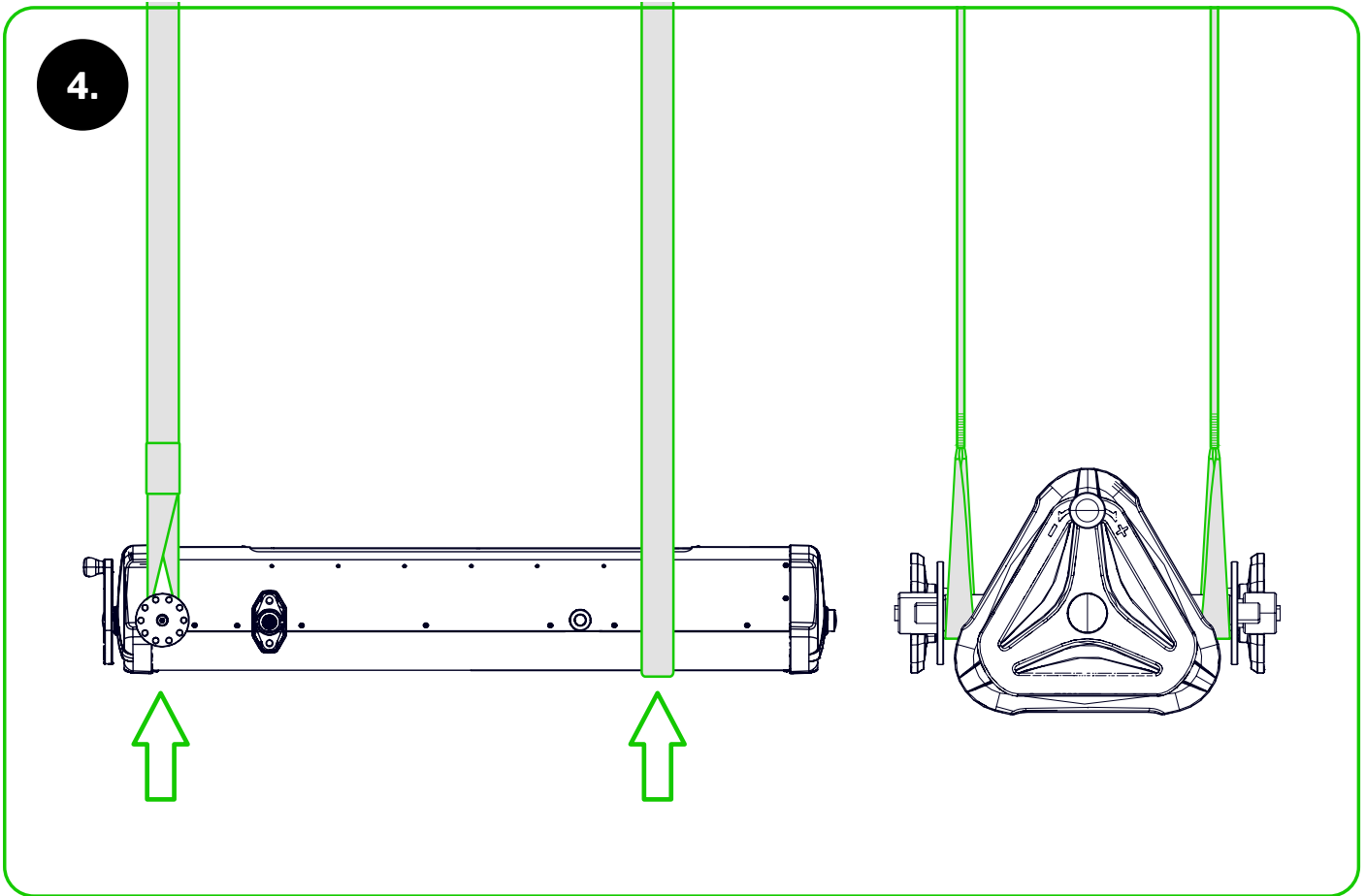


| Number | Description | Dimensions | Qty |
|--------|---------------|------------|-----|
| 912582 | Bearing cover | | 2 |
| 911530 | Bearing | | 2 |

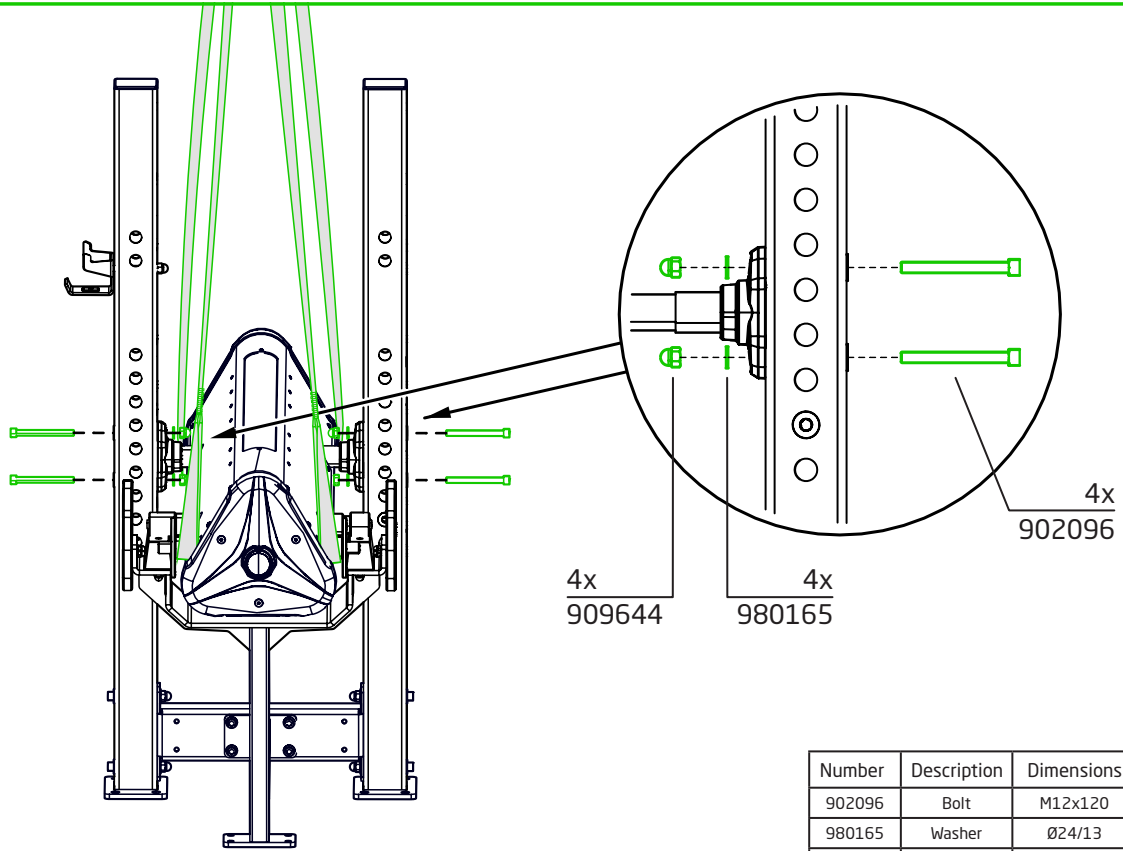


Varo! Noudatathan seuraavan työvaiheen aikana erityistä varovaisuutta. Painoyksikköä nostettaessa on varmistettava, että kuorma pysyy tasapainossa noston aikana.

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

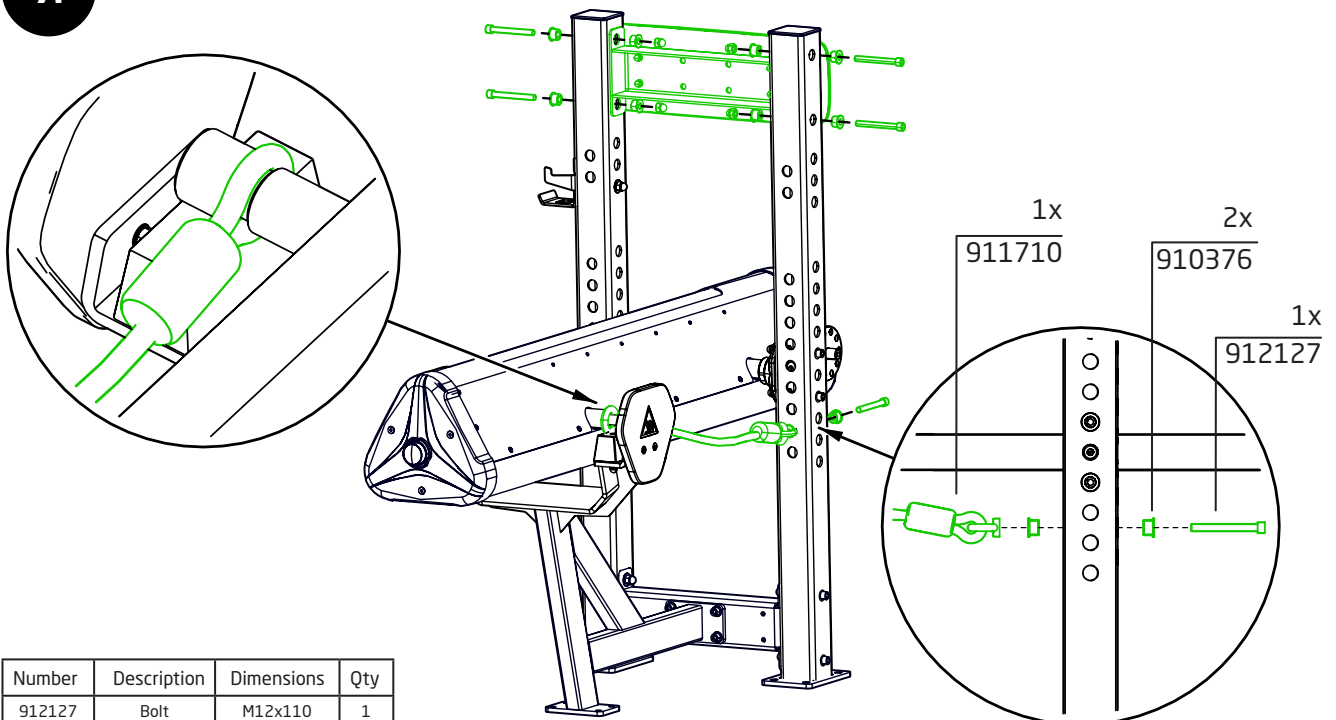


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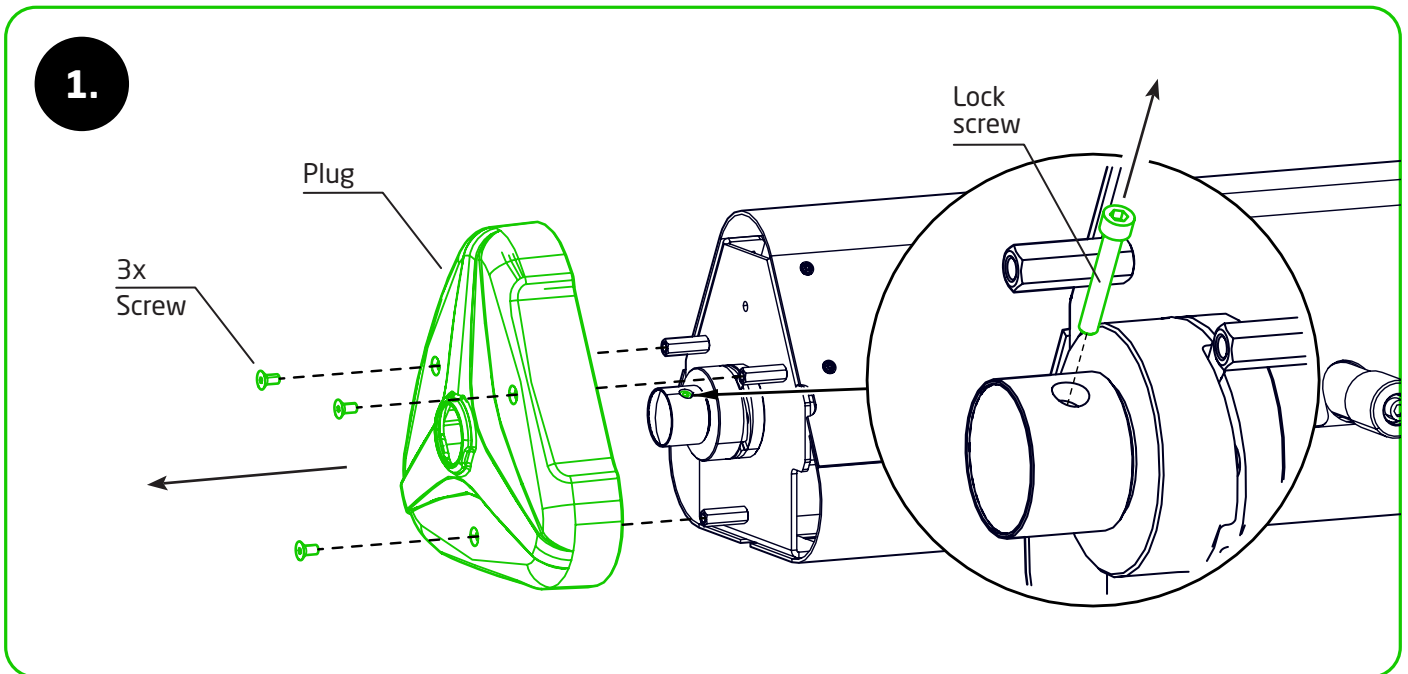
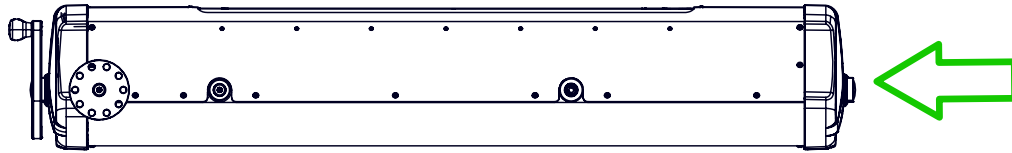


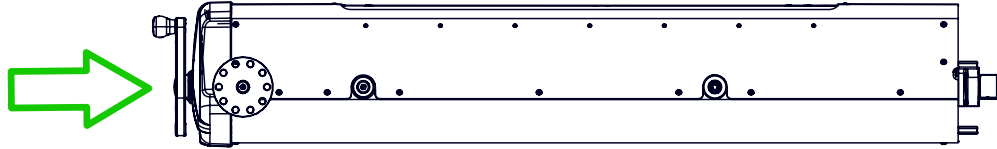
| Number | Description | Dimensions | Qty |
|--------|-------------|------------|-----|
| 902096 | Bolt | M12x120 | 4 |
| 980165 | Washer | Ø24/13 | 4 |
| 909644 | Nut | M12 | 4 |

7.

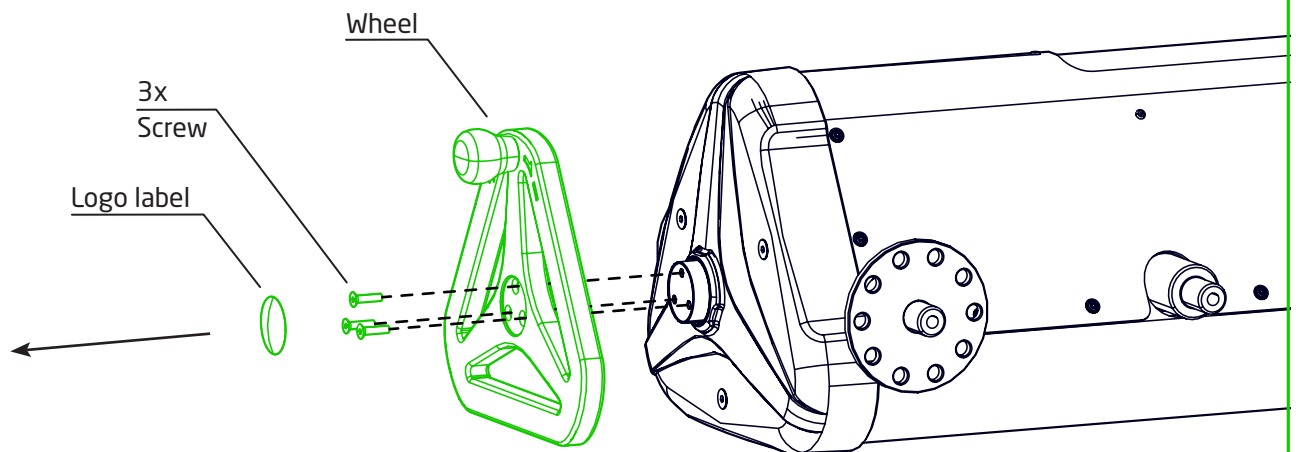


| Number | Description | Dimensions | Qty |
|--------|--------------|------------|-----|
| 912127 | Bolt | M12x110 | 1 |
| 910376 | Socket | Ø30x17 | 2 |
| 911710 | Safety cable | | 1 |

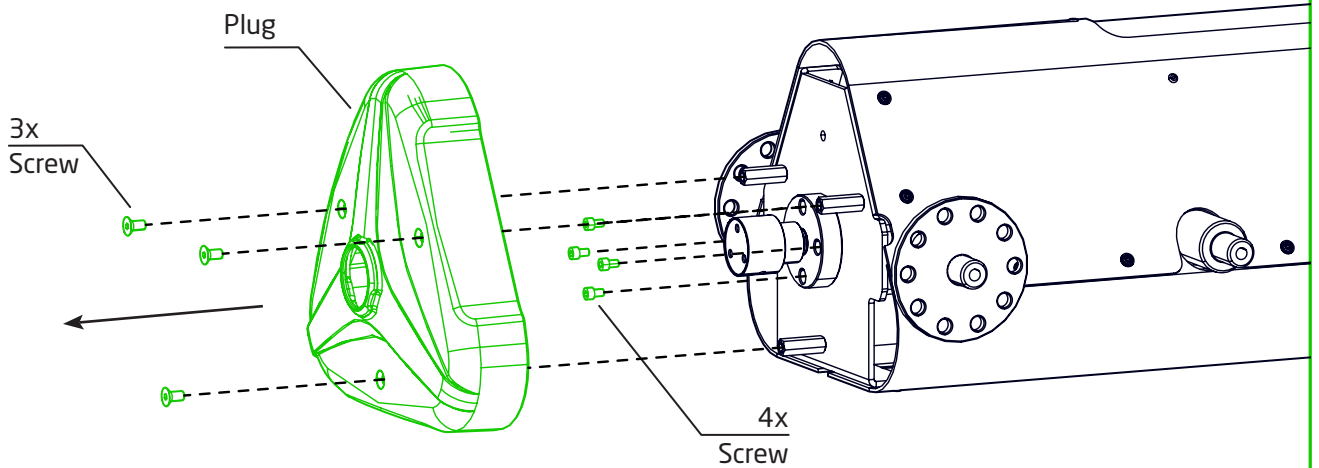


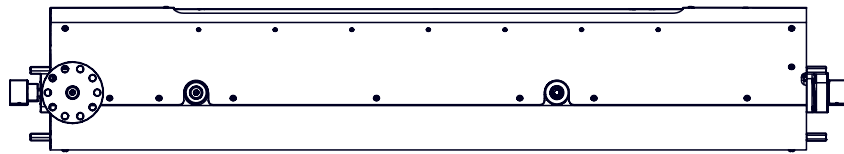
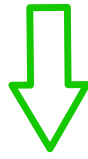


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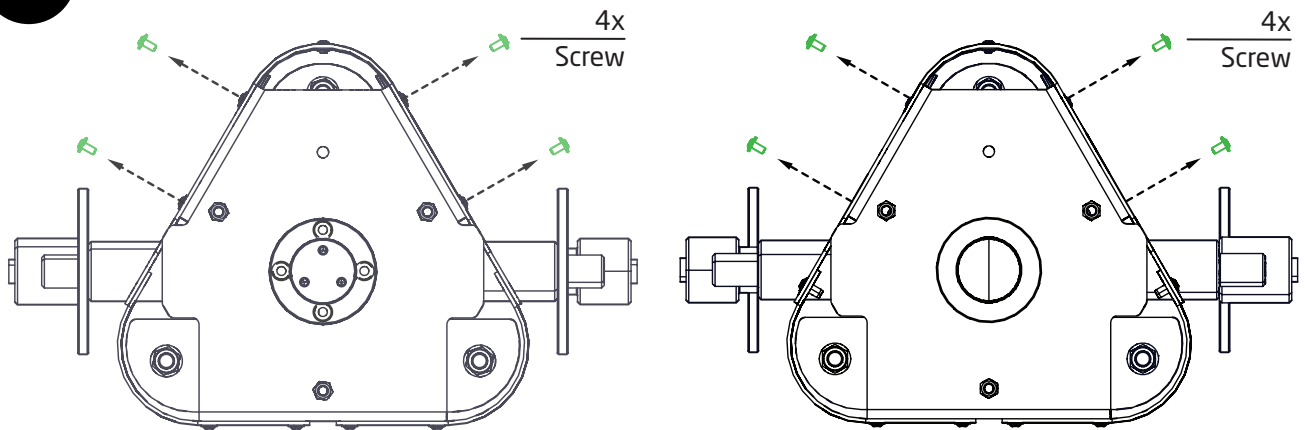


3.

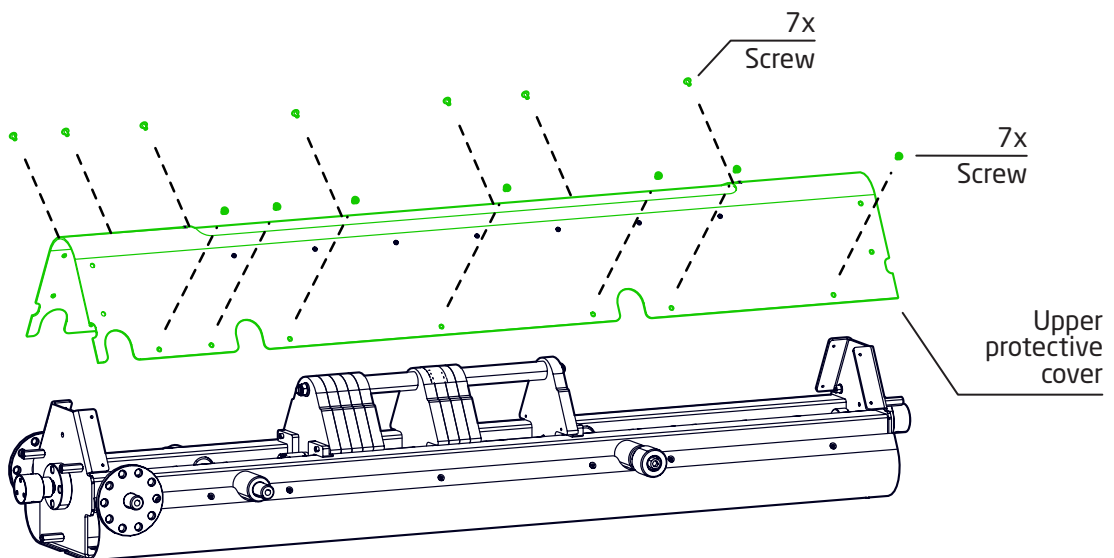


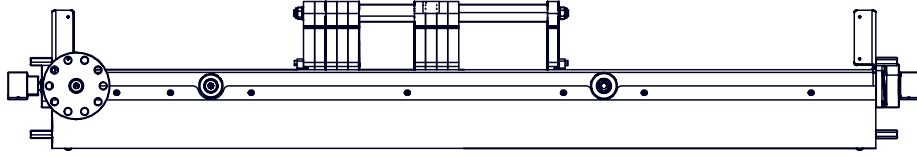


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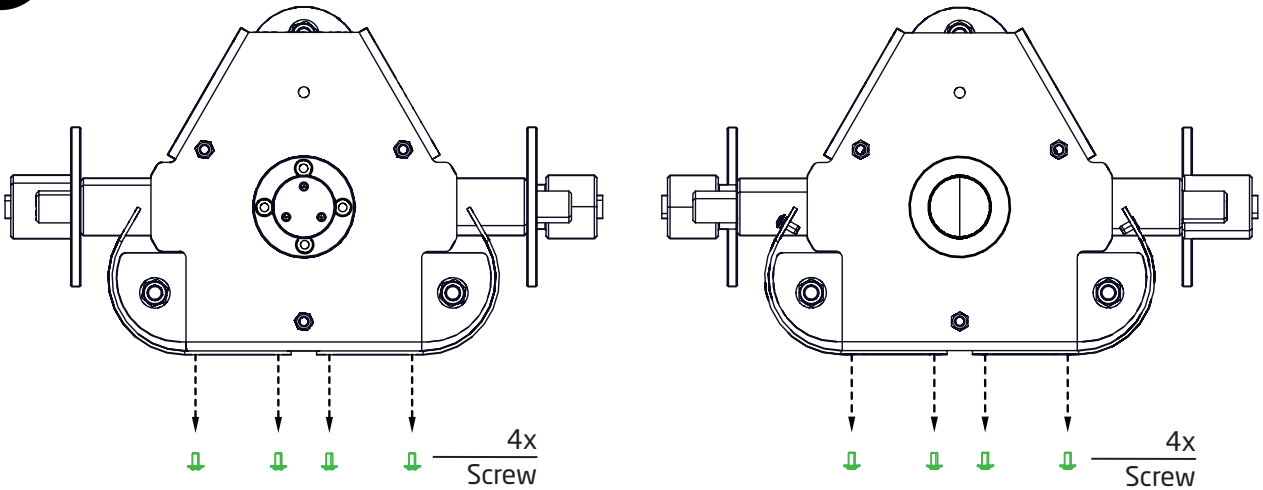


5.

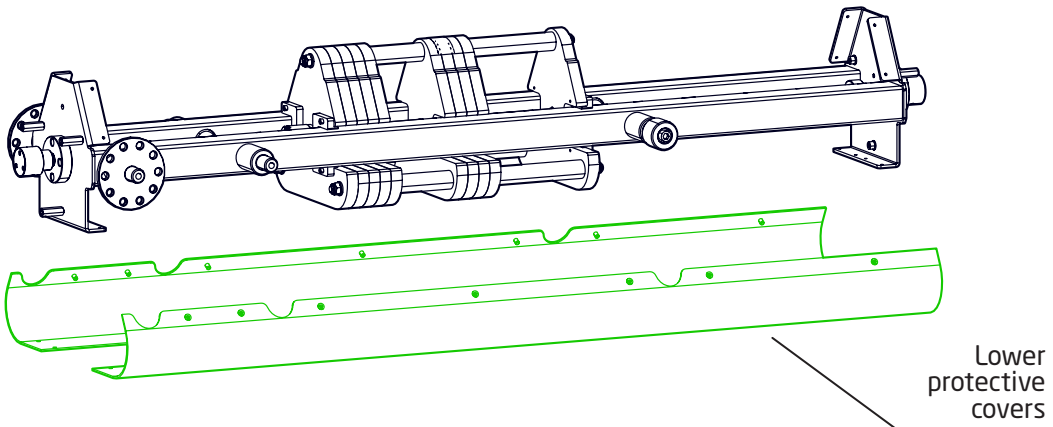




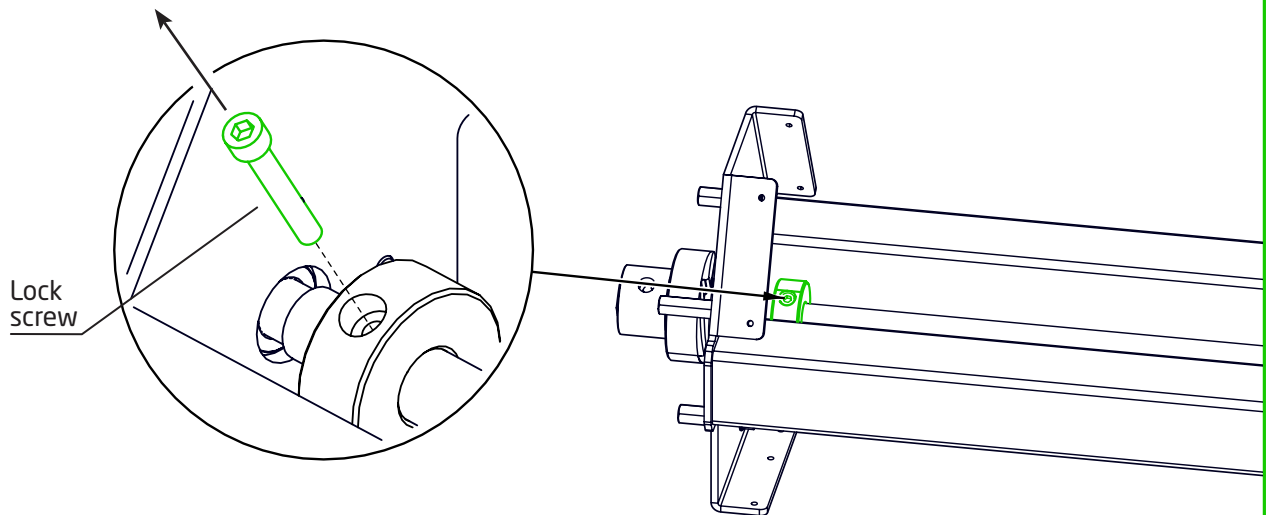
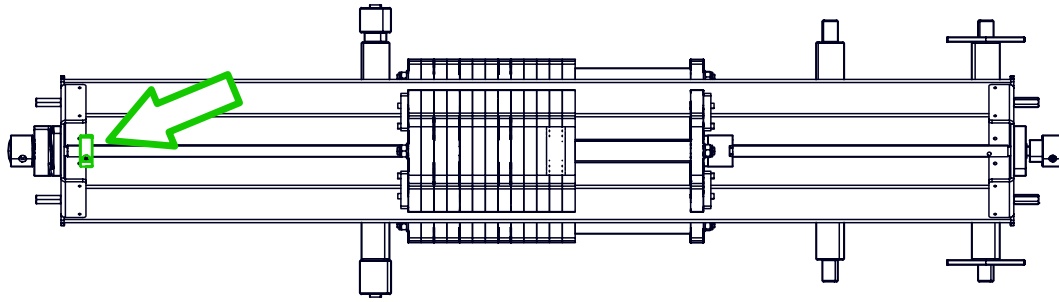
6.



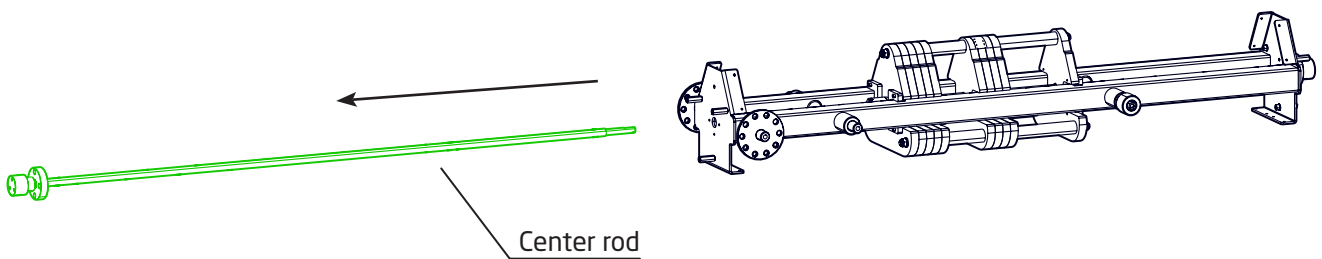
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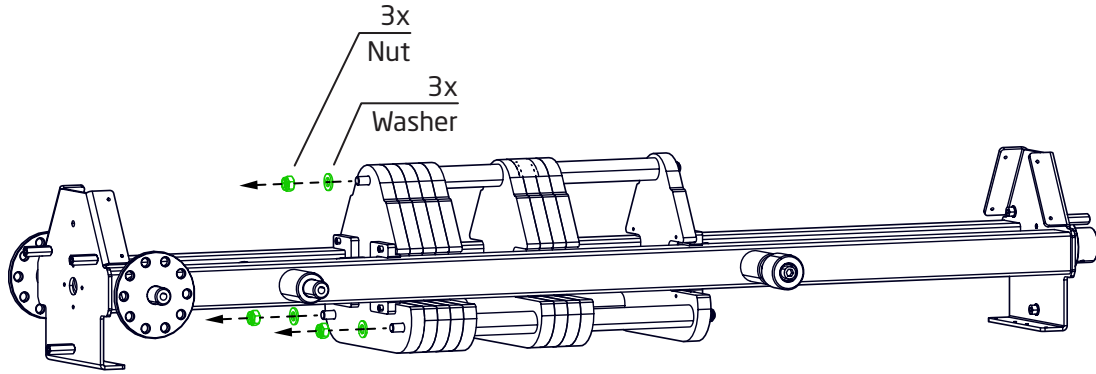
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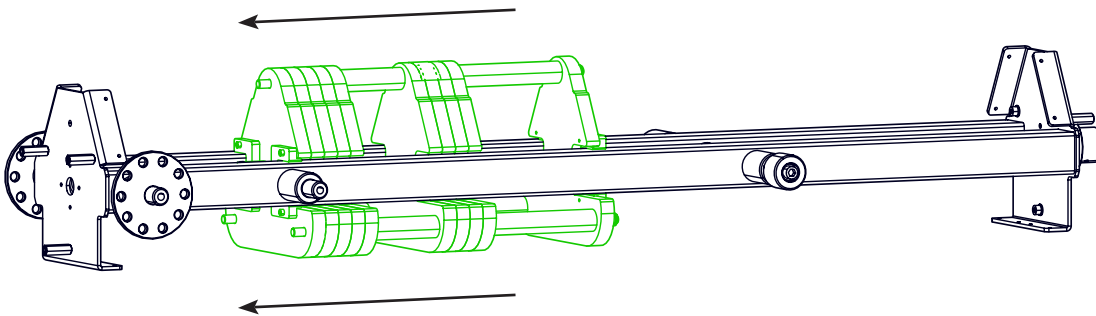
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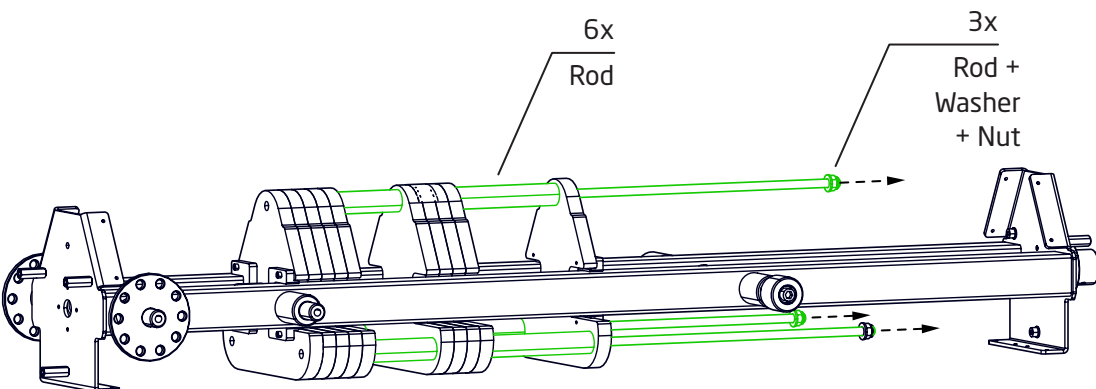
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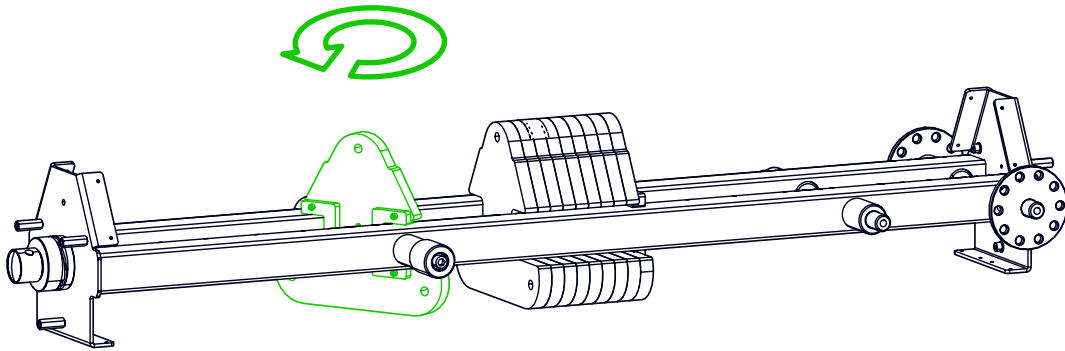
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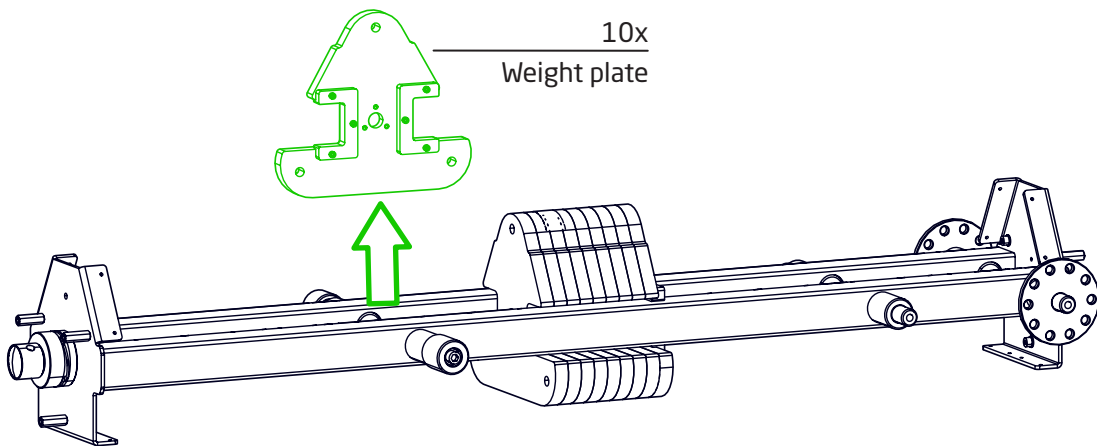
12.



13.

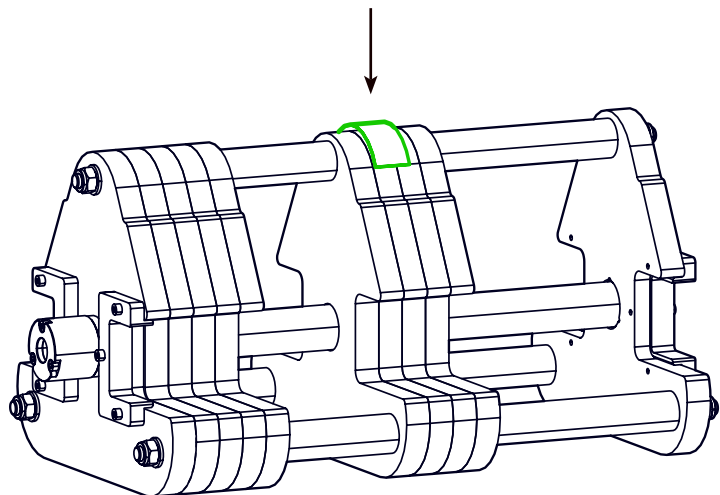


14.

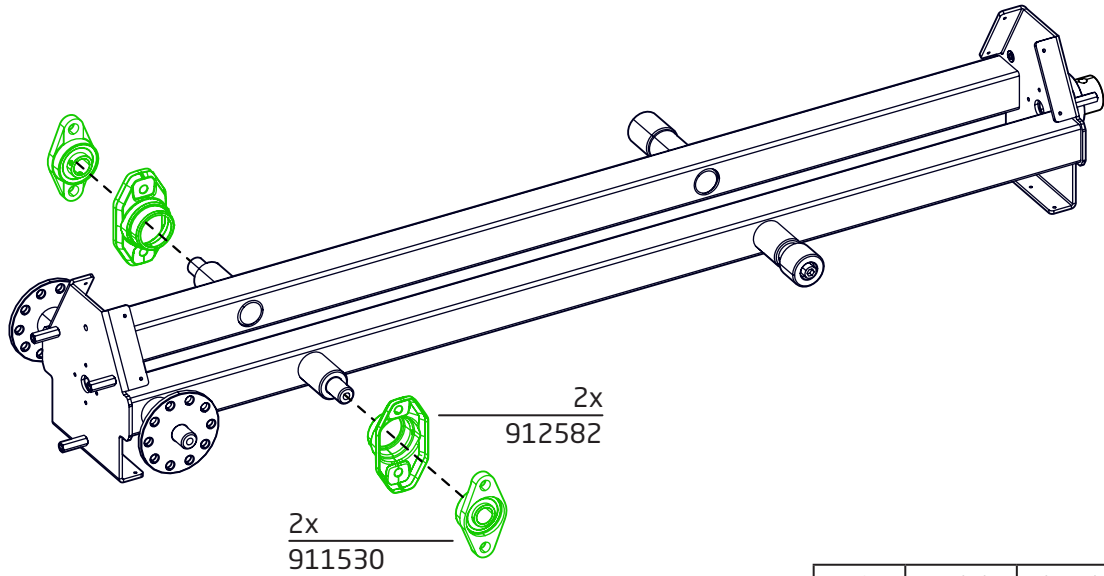


Huom! Painoyksikköä koottaessa uusi osoitintarra vaihdetaan painopakkaan.

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

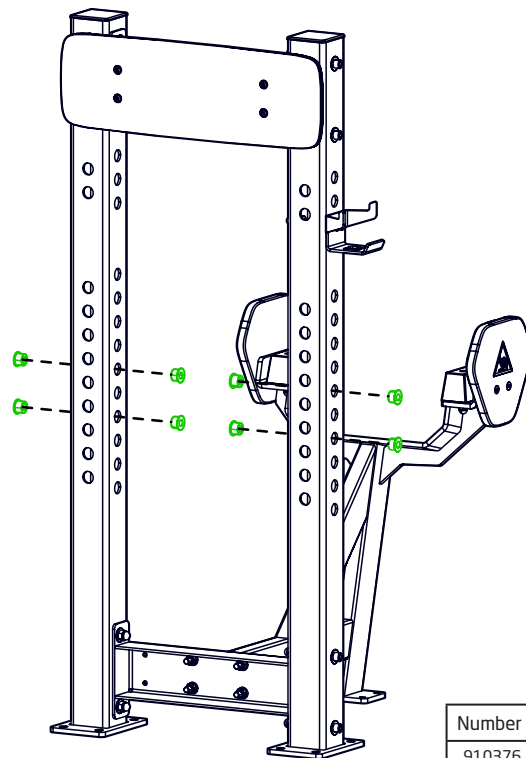
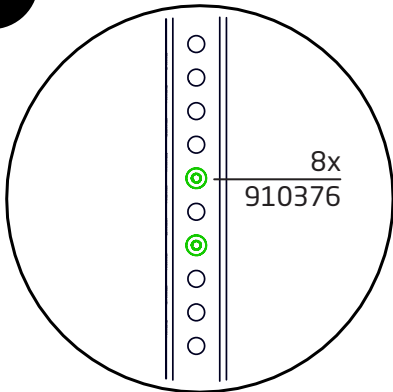


15.



| Number | Description | Dimensions | Qty |
|--------|---------------|------------|-----|
| 912582 | Bearing cover | | 2 |
| 911530 | Bearing | | 2 |

16.



| Number | Description | Dimensions | Qty |
|--------|-------------|------------|-----|
| 910376 | Socket | Ø30x17 | 8 |



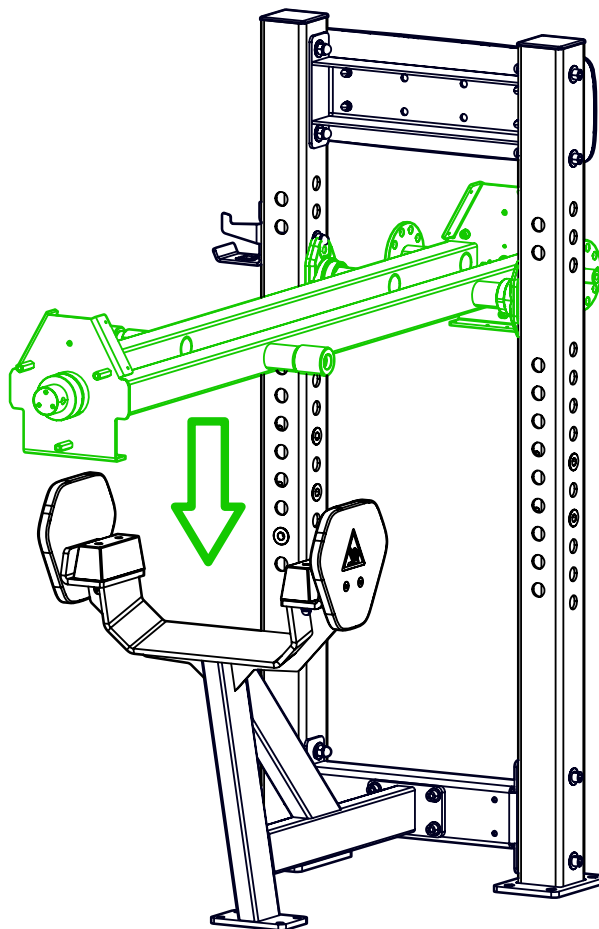
Varo! Noudatathan erityistä varovaisuutta asennettaessa painoyksikköä runkotolppien väliin. Työvaiheessa on puristumisvaara.

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

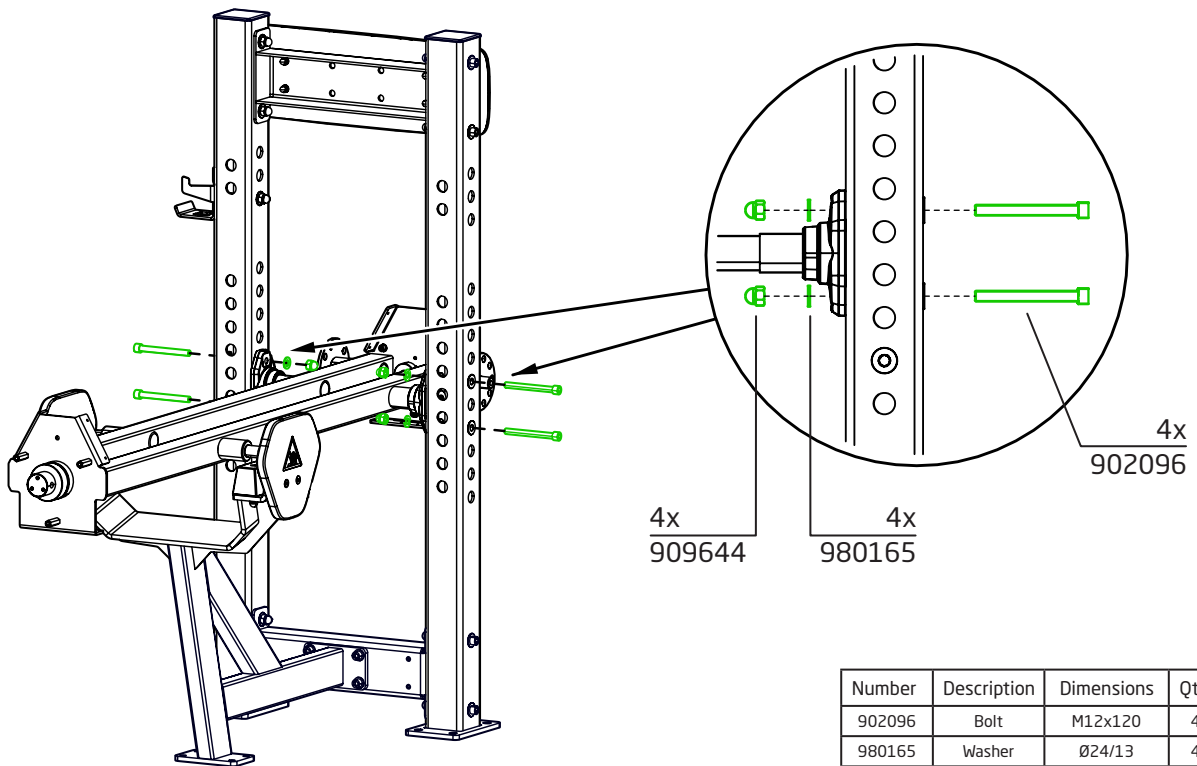
Viimeisen vaiheen jälkeen voit koota painoyksikön päinvastaisessa järjestyksessä ja sen jälkeen siirtyä seuraavaan kappaleeseen: **HANDLE**S.

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

17.

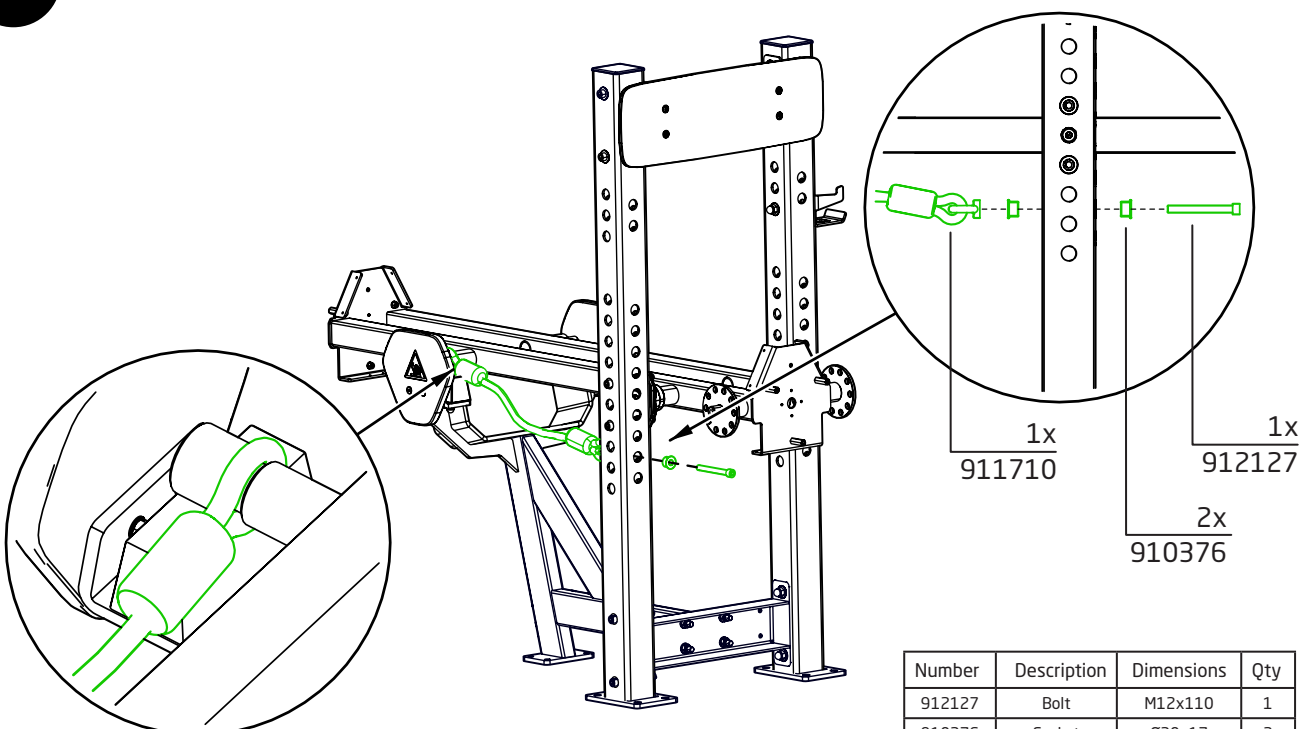


18.

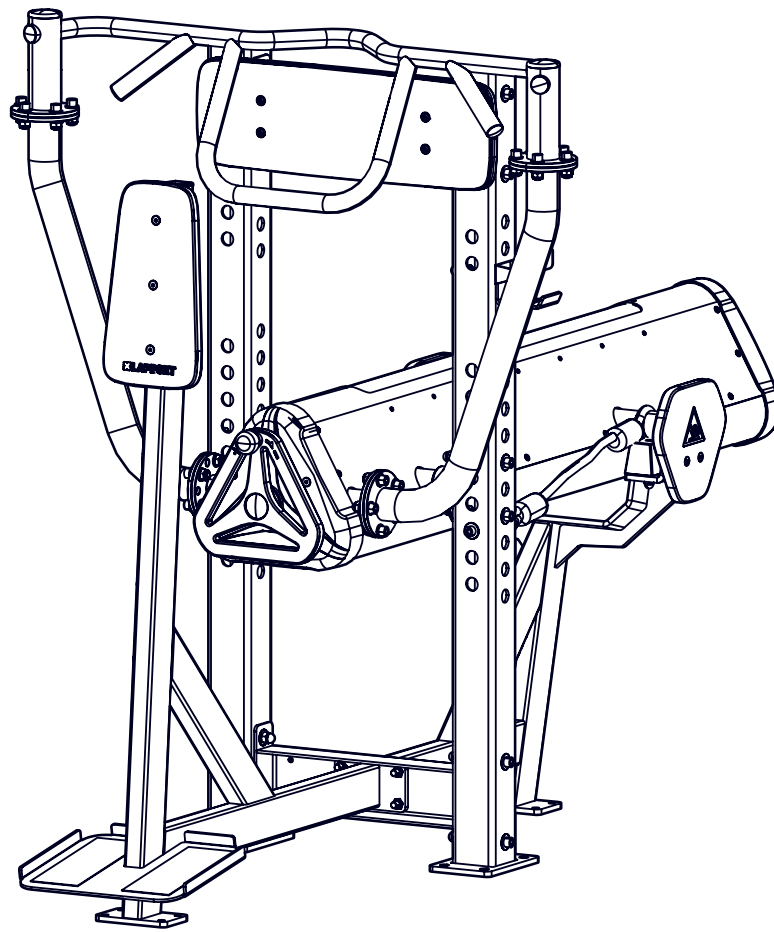


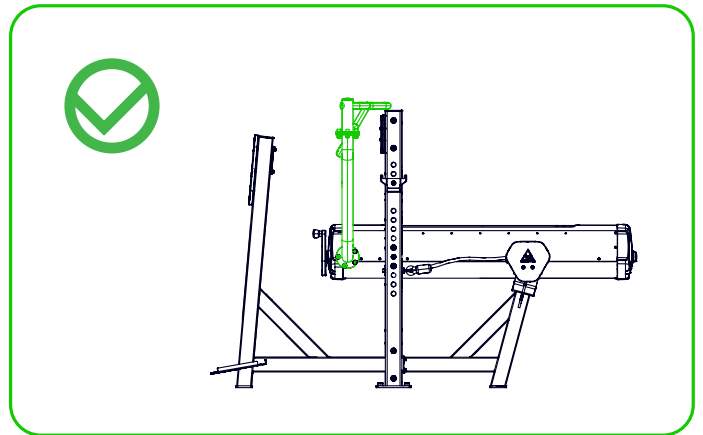
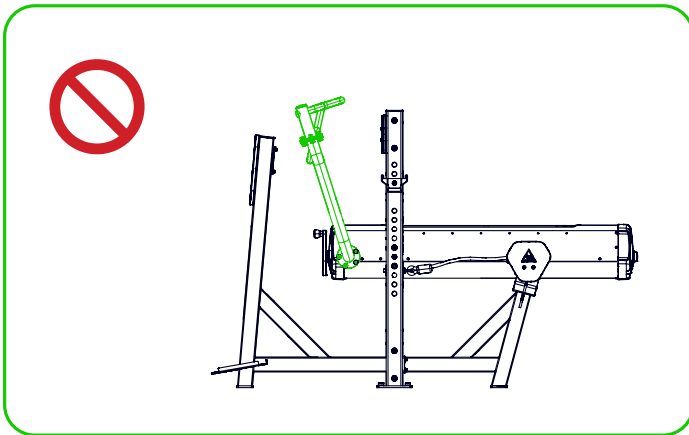
| Number | Description | Dimensions | Qty |
|--------|-------------|------------|-----|
| 902096 | Bolt | M12x120 | 4 |
| 980165 | Washer | Ø24/13 | 4 |
| 909644 | Nut | M12 | 4 |

19.



| Number | Description | Dimensions | Qty |
|--------|--------------|------------|-----|
| 912127 | Bolt | M12x110 | 1 |
| 910376 | Socket | Ø30x17 | 2 |
| 911710 | Safety cable | | 1 |





1.

| Number | Description | Dimensions | Qty |
|--------|-------------|------------|-----|
| 911702 | Arm | | 2 |
| 909146 | Screw | M12x35 | 10 |
| 980165 | Washer | Ø24/13 | 20 |
| 902234 | Nut | M12 | 10 |

2.

| Number | Description | Dimensions | Qty |
|--------|-----------------|------------|-----|
| 911749 | Handle assembly | | 1 |
| 909146 | Screw | M12x35 | 10 |
| 980165 | Washer | Ø24/13 | 20 |
| 902234 | Nut | M12 | 10 |



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.