



Owner's manual



TORSO LINE

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Development and production of all workout machines without marking MED according to CE. Development and production of the TORSO CHECK MED according to the European Medical Device Directive 93/42/EWG. They thus show the CE marking and the number of the notified body.

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This owner's manual has been created with great care. Please inform us of any detail that does not correspond to your training tool to allow for the quickest possible remedy of any possible discrepancy.

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Dear customer,

we are glad that you have decided to purchase an ERGO-FIT training tool. You are now the owner of a sophisticated and exclusive training system that combines highest technical standards with practice oriented ease of use.

You will find important information on the operation and use of your training machine in this owner's manual. We recommend that you read this owner's manual carefully before training in order to become familiar with your training device quickly and to understand its correct and safe use.

Should you have any questions that are not answered in this manual, please contact us. The ERGO-FIT team is always there for you!

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Please note:

This owner's manual contains information on multiple gym machines.
There may be variations in detail according to the type of machine!

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1 General information

1.1 ERGO-FIT Strength training equipment at a glance

ERGO-FIT's TORSO LINE offers you circuit training for effective workout of your torso muscles. ERGO-FIT strength training machines offer you the best training possibilities, regardless of your age, gender, or state of fitness. The machines' lifetime is 6 years.

Functional aspects, the ease of use and the customisation demonstrate ERGO-FIT's only focus: A high technical standard, optimal training possibilities and precise training control, combined with customer-friendly ease of use.

However, technology alone is not all that is required to develop outstanding training machines. They also need to meet biomechanical and sports medical requirements. Priority is given to the human being. Thus, a sophisticated training system can only be developed by combining technical electronic expertise with the latest knowledge in sports medicine and coaching science. ERGO-FIT clearly met this target.

Our **TORSO LINE** is especially designed for medical targets. The measurement results are proven in clinical tests

EN 957-2: 7.2 b) Please note that the exercise machine may only be used in areas where access and supervision are controlled by the owner. The extent of this supervision depends on the users, i.e. degree of reliability, age, experience etc.

Advantages and benefits

Regular training on these machines prevents malpositions from day-to-day life, associated arthrosis of the spinal column as well as muscle tension, and will increase personal performance even at a high age. Your workout machine represents an indispensable tool in injury prevention and rehabilitation. You will feel fit, more powerful, more attractive, and more balanced.

1.2 General Information on this Manual

Whether you are already familiar with ERGO-FIT workout equipment or whether you have not used our machines yet: This manual gives you important information. You can easily find the information you are looking for by searching the table of contents. Users who are already familiar with ERGO-FIT equipment might find the Quick Reference helpful. However, if you are an experienced user and only rely on the Quick Reference please make sure that you nevertheless review the safety guidelines.

The manual contains many tips and tricks to help you get familiar with your cardio machine as quickly as possible.

Please always keep the manual at hand to avoid unnecessary and time-consuming calls at the customer service and to quickly fix problems on your own.

1.3 Parts included in the Delivery

Please check if all parts are included in the delivery and inform our sales department immediately of any missing parts.

Please ensure that the following parts are included in your delivery:

1. The correct machine (model, series)

1.4 Customer Service

Contact our customer service for troubleshooting services, technical support, spare parts delivery and information.

In case of technical questions and service orders, please call us at:

Head office: Phone: +49 (6331) 2461-0

Fax: +49 (6331) 2461-55

Maintenance and spare parts: Phone: +49 (6331) 2461-20 international

or: +49 (6331) 2461-45 international

or: +49 (6331) 2461-23 national

or: +49 (6331) 2461-27 national

or: +49 (6331) 2461-29 national

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There may be variations in detail according to the type of machine

2 Safety instructions

Before you use your new ERGO-FIT equipment, please read the following chapter attentively and observe all safety information.

Please keep this manual in a safe place in order to be able to provide it to future owners if you sell your training machine.

For evidence of ownership, please fill in the following data:




Model/product line _____

Serial number _____

Date of purchase _____

You will also need these data in case of guarantee claims.

The following symbols designate important information:

	Caution!	It is absolutely necessary to observe this warning in order to avert any danger to your life or health.
	Warning!	It is absolutely necessary to observe this warning in order to avoid any material damage.
	Tip!	Important information and hints are displayed here to improve operations.

2.1 What you need to know when using your training machine

- ⊗ Please read this owner's manual carefully before using your new ERGO-FIT equipment.
- ⊗ It's the owner's responsibility to inform the users of all hazard warnings and provide them with operating instructions.
- ⊗ Do not start the machine before being familiarised with it.
- ⊗ Please consult your physician before you start using the machine and note the contraindications (see Chapter 2.6).
- ⊗ Only use the machine after a proper function test (get more information on this in chapter 4.4). For your own safety and before every use, please check the

machine for damage (loose screws, worn parts, damaged cords etc). If the machine is damaged, do not use it until it is repaired.

- ⊗ In order to reduce any risk during training, please put on sportswear and the appropriate footwear.
- ⊗ The machine is not sterile. Do not use the machine if you suffer from skin diseases or have an open wound.
- ⊗ In case of nausea, feeling of dizziness, pain in the chest, limbs, joints or muscles, you should stop the training immediately and see a doctor.
- ⊗ In case you have a cardiac pace maker or suffer from joint or vertebral column arthrosis or orthopaedic injuries or if you have health conditions, please see your doctor before using the training machine. If this is the case, you should discuss the training program with him.
- ⊗ Do not hold your breath during training, as this causes a reduced blood flow to and from the brain and a considerable increase in blood pressure. During strength training, it is important to breathe out during strain (i.e. the phase when the weight is lifted) and to breathe in during relaxation (i.e. when the weight is lowered).
- ⊗ Your training machine is not a toy! Never leave children unattended with the machine. Children cannot always assess possible danger. Parents or other supervisors should always be aware of their responsibility because children dispose of a natural play instinct and eagerness to experiment that may produce situations and behaviour the training machine is not designed for.
- ⊗ The machine may be used after instruction of a briefed supervisor only. The machine must not be used without the presence of a briefed supervisor.
- ⊗ Make sure that persons who stand close to the machine are not hit by moving parts.
- ⊗ When adjusting the height of the seat, backrest or leg length, please make sure to retighten the fasteners after individual adjustment of the optimal position. Otherwise, there is a risk of injury. Please take care of the crushing zone in the stop of the height adjustment of the back upholstery.
- ⊗ Do not put your hands between the weight plates. Otherwise, there is a risk of injury.
- ⊗ Do an extensive warm-up before every training. Start the training slowly and gradually increase the intensity until you reach the desired degree of difficulty within your range of control.
- ⊗ Start new strength training exercises with a low strain (light weight plates) to get used to the right motion sequence and familiarise your body to the unaccustomed strain. If you set the strain too high in the beginning, you can injure or damage your musculoskeletal system.

- ⊗ Note that physical fatigue reduces coordination and increases the risk of injury.
- ⊗ During isometric strength measuring, make sure to have a stable seat position. To do so, adjust the pads properly to avoid wrong test results or even injuries.
- ⊗ Please consider further safety and operational instructions in the manual.

All safety instructions in this manual are based on many years of experience and selfconception.

2.2 Instructions for safe operation

- ⊗ After delivery, make sure that neither the packaging nor the machine has been damaged during transport. In case of doubt, do not start the machine and contact the customer service.
- ⊗ Regularly check the cable, wires, steel cable and cable clamp for damage.
- ⊗ Set up the training machine so that there is sufficient open space around it. This reduces risks to the training person as well as other people around.

2.3 Choosing the right place of installation

- ⊗ The machine can be set up on any level and stable floor. Make sure that it stands firmly on the floor.
- ⊗ Never put wood, cardboard or similar materials underneath the machine to compensate for surface unevenness. This increases the risk of an accident.

2.4 What needs to be considered in case of repair

- ⊗ Mechanical parts must be replaced by original spare parts only.
- ⊗ Repairs must be carried out by a qualified technician only. If you do not have the necessary qualification, ask the ERGO-FIT Service Centre.

2.5 Things to be avoided

- ⊗ Only use the machine for purposes it is designed for. If you use the ERGO-FIT machine improperly, you will be charged for all damages resulting from this. Any guarantee claim will be excluded!
- ⊗ Never use the machine in any other way than for those purposes described in the manual. Improper use can damage the machine and be hazardous to your health.

- ⊗ Caution! There is a risk of injury in case that moving parts are used improperly.
- ⊗ You should never exercise on a damaged machine.
- ⊗ When exercising, you should never try to exceed your current performance level. This may seriously damage your health.
- ⊗ You should never prop up your body on the machine and make improper movements. There is an increased risk of fall in this case.
- ⊗ Please review the contraindications listed in Chapter 1.

A summary of the most important safety instructions can be found in the appendix of this manual. You should remove this summary and display it near the machine where it is clearly visible. All users of the machine must be familiarised with the dangers and safety regulations. The manufacturer will not be liable for personal injury or material damage.

2.6 Contraindications



Do not carry out workouts or see your doctor before training on the TORSO LINE if one or more of the following aspects apply to you.

Absolute contraindications:

- ⊗ cardiac insufficiency
- ⊗ acute heart and circulatory conditions
- ⊗ severe angiopathy
- ⊗ disturbed blood flow
- ⊗ pronounced coronary heart disease
- ⊗ severe hypertension
- ⊗ spinal disc herniation with radiation, paresis
- ⊗ severe osteoporosis (bone density loss exceeding 20% in comparison to age group)
- ⊗ scoliosis with Cobb angle exceeding 30°
- ⊗ severe inflammatory-driven diseases of the spinal column
- ⊗ eye diseases (glaucoma, high intraocular pressure, retinal detachment)
- ⊗ stenosis with momentary irritations of nerve roots
- ⊗ severe spondylolisthesis

Relative contraindications:

- ⊗ tumours
- ⊗ hypertension
- ⊗ coronary heart diseases, stable during exercise
- ⊗ rheumatic diseases
- ⊗ cerebral diseases (e.g. stroke) ⊗ embolism during the last 12 months
- ⊗ diabetes
- ⊗ spinal disc herniation and protrusion, currently free of pain
- ⊗ fractures and internal surgery during the last 6 months
- ⊗ acute pain
- ⊗ pregnancy
- ⊗ Spinal stenosis with chronic irritation of nerve roots
- ⊗ fissures of the thoracic diaphragm
- ⊗ groin conditions

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Please note:

This owner's manual contains information on multiple gym machines.
There may be variations in detail according to the type of machine!

3 Destination of the product

The TORSO LINE consists of eight training machines and an isometric measuring unit. The machines of this product line are stationary exercise machines primarily dedicated to train the stabilisation of the torso muscles. They are specially designed for use in gyms and medical therapy. The machines meet almost all strain demands because of the possibility to vary the weight charge. Different machine models, whose intended purpose is described in the following, have been designed to allow for a training of individual muscles and needs.

3.1 TORSO CHECK MED

TORSO CHECK MED is designed for isometric measurement of the torso muscles and thus is a diagnostic device for analysis of the torso strength in the spinal column's most important directions of motion:

- ⊗ Bending and extension
- ⊗ Lateral bending
- ⊗ Rotation

Variations of the assessed strength maximum as well as after lateral comparison are thus directly visible. With the TORSO LINE, valuable information for a perfect health training program is thus available for you and your customers.

An accurateness of +/- 10 % can be guaranteed for the TORSO CHECK.

3.2 CRUNCH BENCH MED

CRUNCH BENCH MED is an exercise bench, which fulfils all requirements for a sustainable training of the abdominal muscles. It provides a better training posture. The back pad adjustment allows the user to have an optimal training position.

3.3 FREE HIP BENCH MED

FREE HIP BENCH MED is a training machine designed for strengthening the hip and gluteal muscles. The adjustable kneepad allows for an optimal training position. Exercise on this machine prevents pelvic malpositions.

3.4 HIP BENCH MED

HIP BENCH MED is a training machine designed for strengthening the hip and gluteal muscles. The adjustable kneepads, upper body pad and head pad allow the user to adjust the machine to any body height and to have an optimal training position.

3.5 LATERAL BENCH MED

LATERAL BENCH MED is an exercise bench to strengthen the lateral torso muscles. The adjustable hip pad provides a perfect adjustment to any body height and consequently, it allows for the right training position.

3.6 LOWER CRUNCH BENCH MED

The LOWER CRUNCH BENCH MED is an exercise bench, which fulfils all requirements for a sustainable training of the abdominal muscles. The training position allows for back-friendly exercises. The adjustable backrest and arm pads for restraining the upper body provide a stable training position.

3.7 LUMBAL BENCH MED

LUMBAL BENCH MED is a special back training machine that strengthens back and gluteal muscles. The training at an angle of 45° avoids improper stress during motion. The height adjustable leg pad allows the user to adjust the machine to any body height. The adjustable footrest allows for restraining of the legs, which provides a stable training position.

3.8 NECK BENCH MED

NECK BENCH MED is a training machine designed for strengthening the muscles of the cervical spine, which provide a better posture. The continuously adjustable seat allows the user to adopt the right training position.

3.9 RHOMBO BENCH MED

RHOMBO BENCH MED is a training machine designed for strengthening the muscles of the neck and the cervical spine. Bad posture and back pain caused by improper stress are prevented.

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4 Transport and set-up

4.1 Transport

In order to avoid damage, ERGO-FIT machines are transported by ERGO-FIT GmbH & Co. KG directly or by an authorised freight forwarding company. After delivery, packaging will be collected and disposed of professionally. If ERGO-FIT machines are delivered by a freight forwarder, the customer must dispose of the packaging himself or can send it back to ERGO-FIT GmbH & Co. KG. (The customer is responsible for the transportation costs).



The machines do not have any shipping locks!

4.2 Set-up and the right place for set-up

1. Make sure that the surface underneath the machine is flat and level.
2. The machines are mounted and set up directly by the manufacturer or an authorised service technician. Only this way a safe and proper function of the machine can be guaranteed.



Any guarantee claim will be excluded if the machine is mounted or dismounted by the purchaser or another non-authorized person.

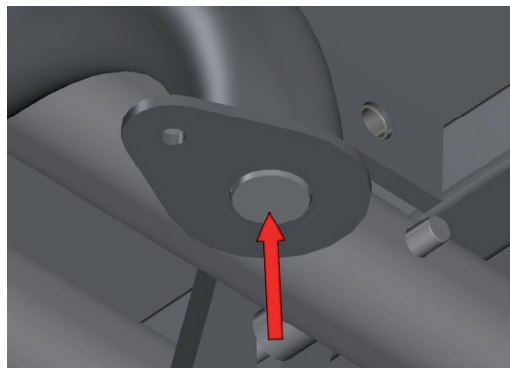
3. Perform a function test after set-up or relocation.
4. For safety reasons make sure that there is enough free space around the machine so that the user will not collide with the machine or that others will not be hit by moving parts.

Leveling:

Think about stability when setting up the device. Consider the following.

ABDOMINAL BENCH und LATERAL BENCH

The level control function is shown on the LATERAL BENCH and applicable in the same way on the ABDOMINAL BENCH:



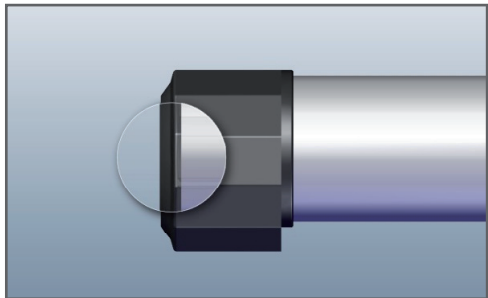
1. If the bench does not stand stable remove the foot cap. There you will find the leveling.
2. Unscrew the leveling manually until the bench has a stable stand and reattach the foot cap.

CRUNCH BENCH, FREE HIP BENCH, HIP BENCH, LOWER CRUNCH BENCH, LUMBAL BENCH, NECK BENCH and RHOMBO BENCH

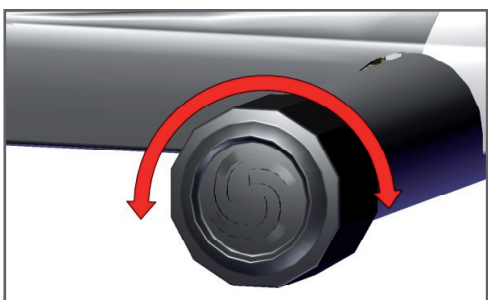
The level control function is shown on the CRUNCH BENCH and applicable in the same way on a.m. benches:



1. Attach the provided foot caps by clipping them on the corresponding tubes.



2. Push the foot caps all the way to the stop.



3. Adjust the foot caps by twisting them in either direction to avoid rocking movements of the workout equipment.

4.3 Ambient temperature

- ⊗ Your ERGO-FIT exercise machine may be used at an ambient temperature of +10°C to +40°C, a relative humidity of 30 to 75% (non condensing) and an atmospheric pressure of 700 hPa to 1060 hPa without problem.
- ⊗ The machine can be stored at a temperature between -30°C and +50°C.

4.4 Function control

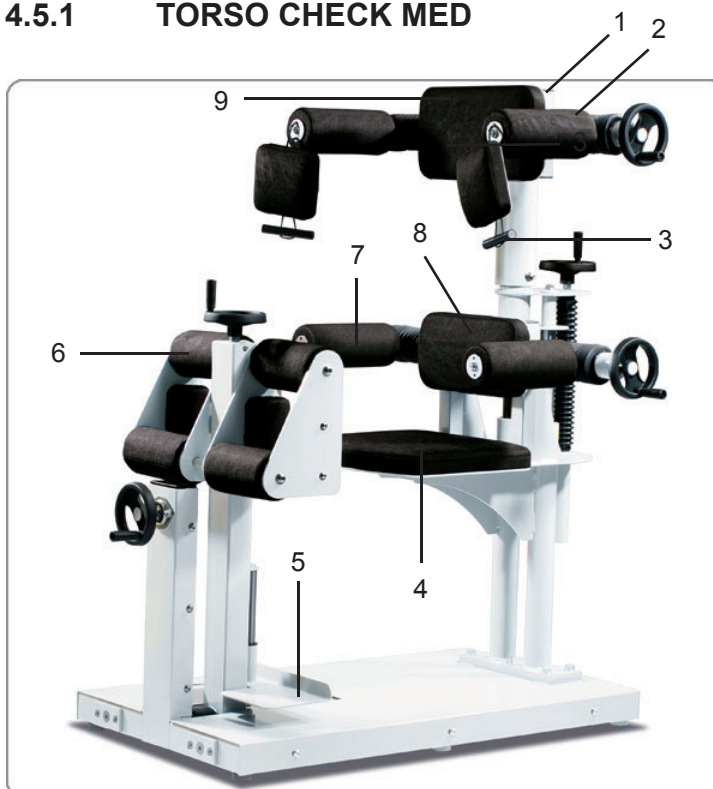
Carry out a proper function test before every use of the machines.

Function test: How to proceed:

- ⊗ Check if all handling parts are locked properly before training. Make sure there are no loose or badly mounted handling parts.
- ⊗ Check the cable and wires for damage.
- ⊗ Check moving parts (steel cables, Kevlar cables, rollers) for proper function.
- ⊗ Check the rests and pads for damage.
- ⊗ Check if all adjustable parts function properly.

4.5 Components

4.5.1 TORSO CHECK MED



- 1 Sensor
- 2 Shoulder restraint
- 3 Handle bars
- 4 Seat pad
- 5 Footrest
- 6 Leg restraint
- 7 Pelvis restraint
- 8 Lower back pad (lordosis pad)
- 9 Upper back pad

4.5.2 CRUNCH BENCH MED



- 1 Footrest
- 2 Handhold
- 3 Adjustable back pad
- 4 Pneumatic spring

4.5.3 FREE HIP BENCH MED



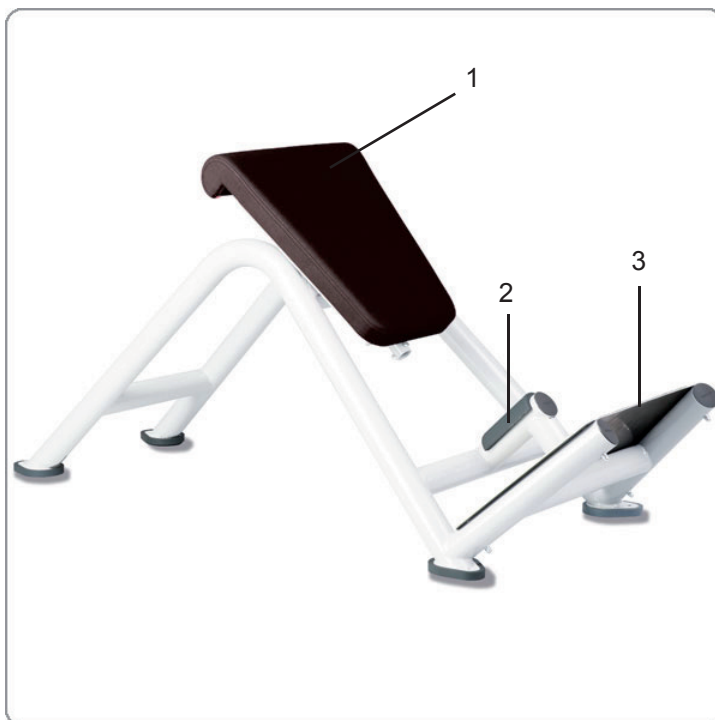
- 1 Upper body restraint
- 2 Handhold
- 3 Pneumatic spring
- 4 Height adjustable knee pad

4.5.4 HIP BENCH MED



- 1 Footrest
- 2 Height adjustable knee pad
- 3 Handle bars
- 4 Head pad
- 5 Upper body restraint

4.5.5 LATERAL BENCH MED



- 1 Hip pad
- 2 Leg restraint
- 3 Footrest

4.5.6 LOWER CRUNCH BENCH MED



- 1 Handhold
- 2 Arm pad
- 3 Adjustable backrest
- 4 Pneumatic spring
- 5 Footrest

4.5.7 LUMBAL BENCH MED 4.5.6



- 1 Hip pad
- 2 Handhold
- 3 Footrest
- 4 Height adjustable knee pad
- 5 Thigh pad

4.5.8 NECK BENCH MED



- 1 Head pad
- 2 Back pad
- 3 Height adjustable seat pad
- 4 Footrest

4.5.9 RHOMBO BENCH MED



- 1 Back pad
- 2 Arm pad
- 3 Seat pad
- 4 Footrest

Kapitel 5 Measurement

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Please note:

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5 Measurement

Effective training of the torso muscles requires a training routine adapted individually to the user. To create such training routine, the latest aspects of preventive medicine need to be considered. The TORSO CHECK MED analyses the relevant torso strength in the spinal column's most important directions of motion:

- ⊗ Bending and extension
- ⊗ Lateral bending to the left and to the right
- ⊗ Rotation

Variations of the assessed strength maximum as well as after lateral comparison are thus directly visible. With the TORSO LINE, valuable information for a perfect health training routine is thus available for you and your customers.

5.1 System requirements and software installation

The following system requirements must be met for installing the TORSO CHECK MED software:

- ⊗ 500 MHz processor
- ⊗ 256 MB RAM
- ⊗ 10 MB of hard disc memory
- ⊗ Microsoft Windows 2000 XP Vista or Linux 2.6
- ⊗ Java as from version 1.5

A CD-ROM/DVD drive is also required for the installation. We recommend to deactivate the Bluetooth adapter because it may cause problems.

Only use notebooks with a medically approved power supply!

To use the measurement and analysis software of the TORSO CHECK MED, it needs to be installed on your computer first. To do so, administrator rights are required. Insert the CD-ROM into the computer's CD/DVD drive and you will directly enter the installation menu. Gradually, you will be guided through the installation process. Start the installation menu manually if it does not open automatically. To do so, open the Windows Explorer and choose your CD drive. Now look for the file setup.exe. Double-click on it and you will enter the installation menu. Please restart your computer after finishing the installation. You can now use the software.

You may not change any programs or access the program directory. This immediately leads to loss of warranty, including consequential damages.

5.2 System requirements and sensor installation

To install the sensor, the following accessories are required:

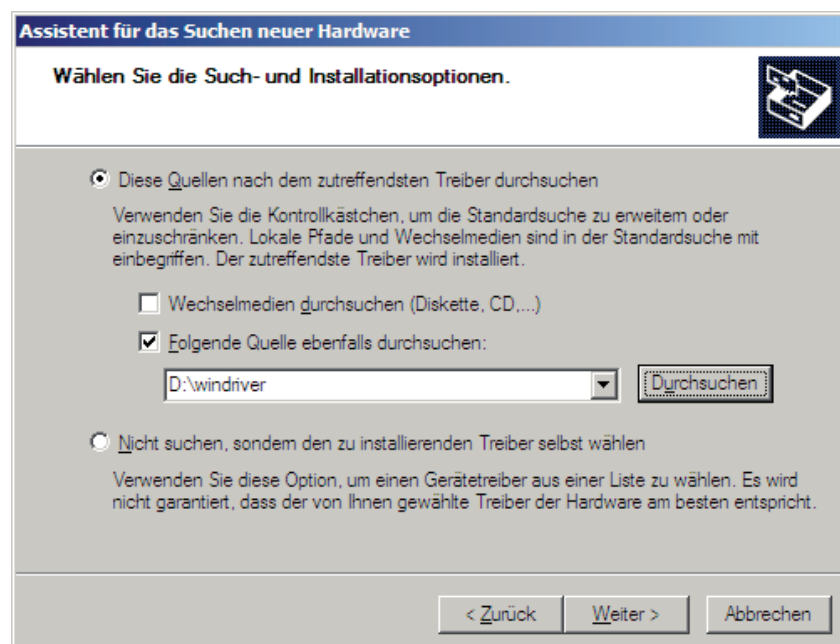
- ⊗ DMS sensor by Velomat (s-sensor connected with the measuring amplifier box via a cable)
- ⊗ USB cable A-B to connect the measuring amplifier box with the computer.
- ⊗ CD-ROM containing the Windows drivers (to be found on the TORSO CHECK CD-ROM) The installation requires the operating systems Windows 2000, XP or Vista.

If you use a non-medical computer you have to connect the sensor via a galvanic separation!

Connect the sensor to a free USB port. Make sure that the USB port is active and has an own power supply. A passive USB hub without power supply is not suitable. A USB serial interface and a USB serial port will be installed. Please note that administrator rights are required for this installation. On the task bar, the information “Found new hardware / USB <-> Serial” appears. The hardware installation wizard will now open in a separate window. Depending on the settings, the question if you want a connection with Microsoft to be established appears first. Choose „No“ and then click „Next“.

Choose the installation mode in the next window. Do not choose the automatic installation mode but the option „Install software from a list or specific location (advanced users)“. Then click “Next”.

Now set the installation source of the drivers. Choose the first option. Insert the CD-ROM containing the drivers into the drive and then choose the file „windriver“ on the CD-ROM. Confirm your choice with „Next“. The installation of the drivers begins.



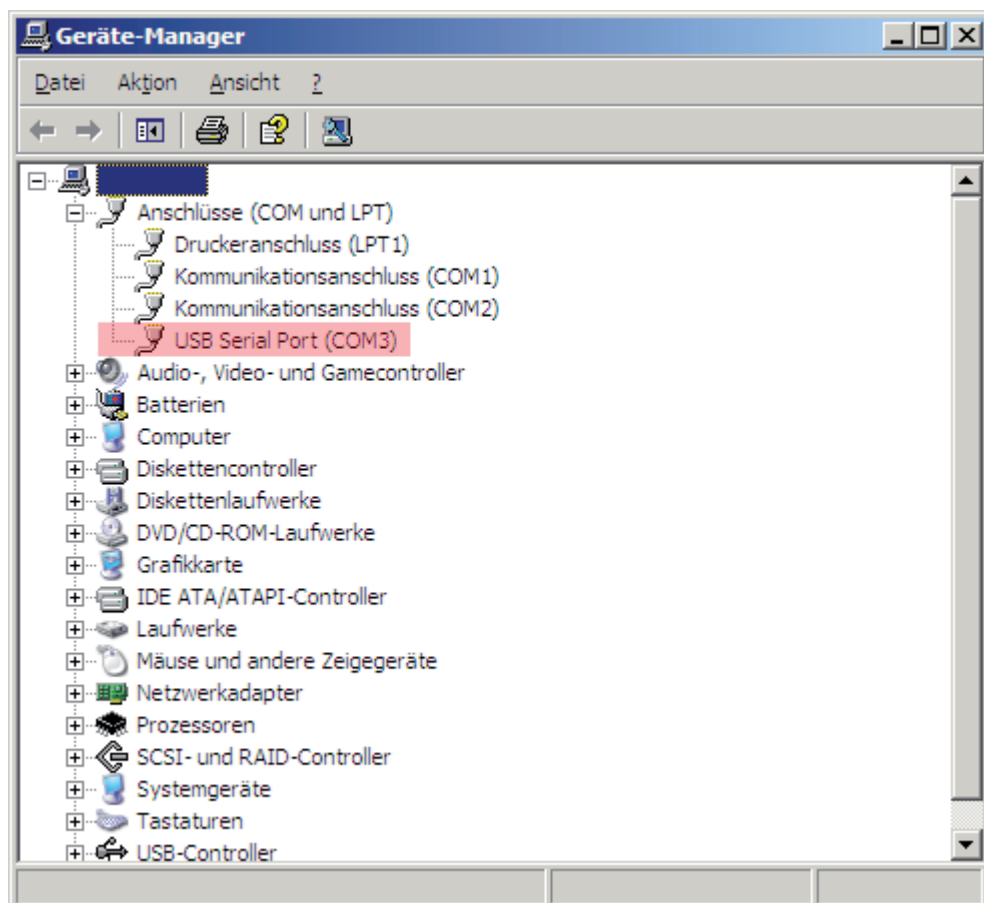
After finishing the first part of the installation process, the window “Completing the Found new hardware wizard” appears and shows the message that the USB Serial Converter Software has been installed. To finish the installation, click „Finish“.

Now start the second part of the installation process. On the task bar, the message “Found new hardware / USB Serial Port” appears. The hardware installation wizard starts anew. To install the software for the USB serial port, repeat exactly the same steps as during the first installation process.

After finishing all the required steps, the following message appears on the task bar: “Found new hardware / The new hardware has been installed and can now be used”.

Device manager

If you want to check if the sensor has been installed correctly, open the Windows device manager:



Choose the menu „Settings“ and then the menu “Control panel”. Now choose the option „System“. The window “System properties” opens. In the new window, choose the tab “Hardware” and press the button “Device manager”. Choose “Connections (COM and LPT)”. The sensor should be listed as USB serial port (COMx) device.

5.2.1 Error messages

The following errors may appear during the installation of the sensor:

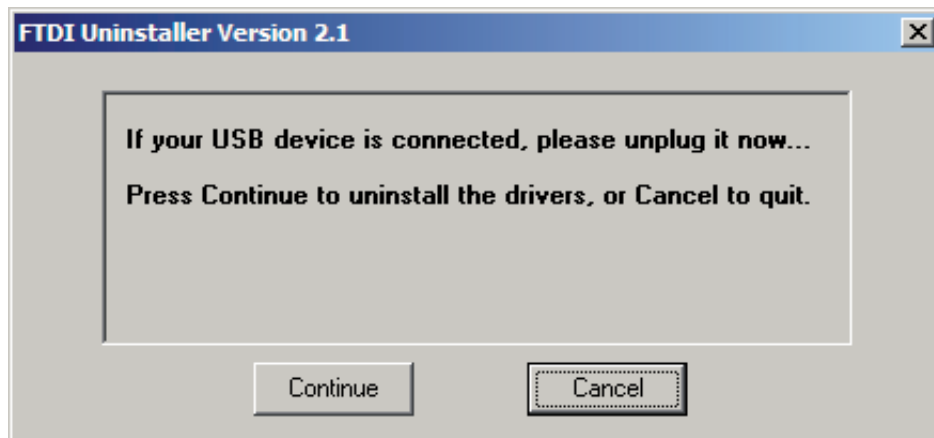
- ⊗ Yellow exclamation marks appear in the device manager
- ⊗ The sensor does not respond

In both cases, the sensor has not been installed correctly. Uninstall the sensor (see 5.2.3 Uninstallation) and try to install it again.

In case the sensor does not function correctly after a new installation, the sensor might be defective or a problem with the Microsoft Windows system exists. In this case and if you have the possibility, check the software on a different computer. If the error occurs only on the Windows system, please ask an expert in Windows to assist you. The same applies if no dialogues or messages appear on the screen during the installation process.

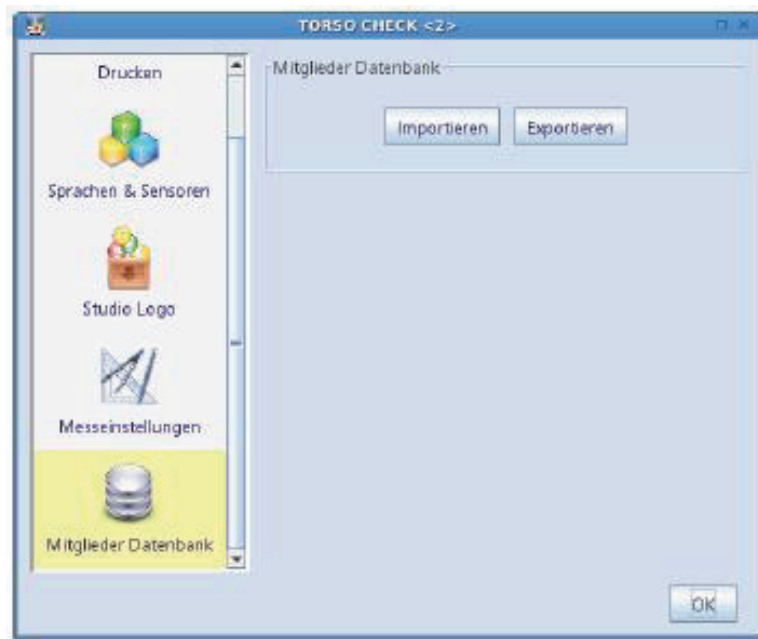
5.2.2 Uninstallation

For a proper installation of the driver software, do not use the functions offered by windows. Instead, insert the driver CD-ROM into your drive and click the file "FTDIUNIN.exe" in the folder "windriver". In the new window, press "Continue" to confirm your choice. The drivers will now be uninstalled.



5.3 Transferring Databases to Additional Computers

With the TORSO CHECK software you can import data from an existing database to another computer. This function is available in the configuration menu of the software.



In the submenu Member Database you can select Import or Export Database. But these buttons are only available if:

- ⊗ there is a connection to the internal database and you have write access to the system
- ⊗ the configuration menu has been opened in the start screen. During measuring or in the customer menu import and export is not possible.

If the buttons are not active they are greyed out.

Exporting the Database

Press the Export button. In the following screen you can enter a name and select a location for the file. A single file is created with a .tddb ending. Windows may address this file as TCDB file.

After successful export you receive a confirmation message.

Importing the Database

A database that has been exported as described above can now be imported to any other computer that has the TORSO CHECK software installed. Save the TCDB file to an external device such as a USB memory stick and insert this in the other computer. Open the configuration menu and select Import. Attention: If the target software already contains member data these will get lost during the import! Integration of an exported database into an existing database is not possible!

Therefore, if you select Import a corresponding security message is displayed.



If you select Cancel, the import is canceled. If you click OK, the import continues. A new window opens where you can check the TCDB file to be imported. The new database will now be imported to the computer and will overwrite any existing database.

After successful import you receive a confirmation message.

5.4 Measurement

Sit down on the seat so that your upper body touches the backrest completely. Turn the hand wheel (threaded spindle) to adjust the upper back pad to the height of the shoulder blades. Place your feet on the footrest and restrain your legs by adapting the thigh restraint in the height and the length of the legs. Thighs and lower legs should be perpendicular to each other. Cross your arms on your chest and grasp both handles. Turn the hand wheel (threaded spindle) to restrain the lateral shoulder and pelvis restraints to stabilise your sitting position.

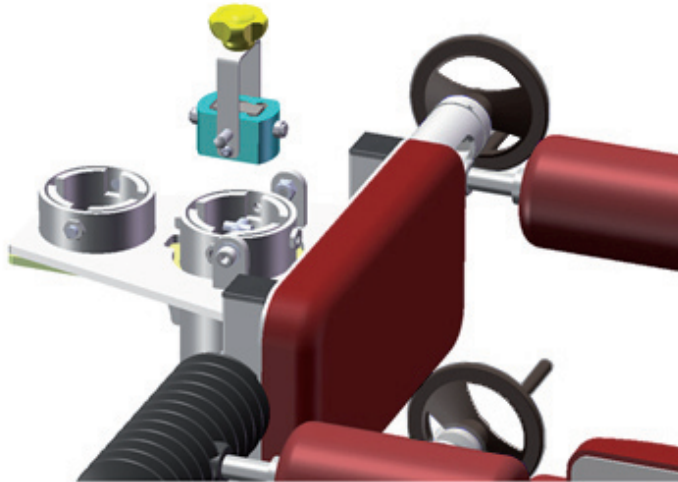


Different measuring values of one user may result from differing sitting positions. For this reason, you should make sure to have the right sitting position.

This sitting position is the start position for all exercises on the TORSO CHECK MED. The associated software will guide you gradually through the measuring process. For correct measuring results, please make sure that the sensor is always at the right position! Furthermore, make sure that the machine is in the neutral position when inserting the sensor i.e. the user should not exert any force on the machine. To change the sensor position, never pull the cord. Always grasp the sensor directly from the measuring socket.

We recommend you to calibrate the sensor before every measurement. The corresponding calibration bar is available from ERGO-FIT.

Sensor position extension:



Sensor position lateral bending:



Sensor position Rotation:



Bending and extension

The first measurement of the TORSO CHECK MED is the measurement of the abdominal and back muscles in the form of bending and extension.



Adopt the start position. Now contract the torso muscles and push your straight back backwards against the back pad. Breathe out when you exert strain against the resistance. Maintain this position for a few seconds to allow for correct measurement. Now move your upper body forwards until you reach the start position, making sure to maintain control. Breathe in during the return sequence.



For the next measurement, contract your abdominal muscles and perform a crunch-movement. Breathe out when you exert strain against the resistance. Maintain this position for a few seconds also. Move back to the start position and breathe in during the return sequence.

Lateral bending

The next measurement of the TORSO CHECK MED is the measurement of the lateral torso muscles in the form of lateral bending to the left and to the right.



Adopt the start position. Now contract your lateral torso muscles and press your upper body to the right against the shoulder and pelvis restraints. Breathe out when you exert strain against the resistance. Maintain this position for a few seconds to allow for correct measurement. Now move your upper body forwards until you reach the start position, making sure to maintain control. Breathe in during the return sequence.



For the next measurement, contract your lateral torso muscles and press your upper body to the left against the shoulder and pelvis restraints. Breathe out when you exert strain against the resistance. Maintain this position for a few seconds also. Move back to the start position and breathe in during the return sequence.

Rotation

The last measurement of the TORSO CHECK MED is the measurement of the transverse abdominal muscles in the form of rotation to the left and to the right.



Adopt the start position. Now contract your lateral abdominal muscles and turn your upper body to the right. Breathe out when you exert strain against the resistance. Maintain this position for a few seconds to allow for correct measurement. Now move your upper body back until you reach the start position, making sure to maintain control. Breathe in during the return sequence.



For the next measurement, contract your lateral abdominal muscles and turn your upper body to the left. Breathe out when you exert strain against the resistance. Maintain this position for a few second also. Move back to the start position and breathe in during the return sequence.

Chapter 6 Training

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Please note:

This owner's manual contains information on multiple gym machines.
There may be variations in detail according to the type of machine!

6 Training

6.1 The effect of training

The demands of today's lifestyle in modern societies are not enough to remain in good physical condition. Increasing automation and mechanisation involve an increasing number of activities limited to fine motor skills. This development includes everyday life. Physical inactivity inevitably leads to physical deterioration.

Muscle power allows the human being to stand up against gravity and to carry out movements. However, general prejudices against strength training have suppressed the importance of its promotion and preservation so far. However, recent studies show that physical inactivity leads to postural deficiencies, orthopaedic conditions, muscle weakness and osteoporosis. A lack of muscle power activities is the cause of this. This leads to malpositions, and these lead to overstraining of the muscles, ligaments and the skeletal system. Irreparable damage to the muscular-skeletal system is the long-term consequence.

Strength training has the potential to counteract this physical deterioration. The effect of strength training is – depending on the target and the fitness - a general increase in power in individual muscles, muscle groups or the entire skeletal muscles with and without muscle growth (muscular hypertrophy). Furthermore, it creates a physical base for the exertion of sports or physical activities, counteracts physical inactivity and related effects, and allows faster recovery of working abilities after injuries. In addition, it has a positive indirect effect on the psyche and the appearance. You will feel fit, more agile, and more attractive.

Muscle activity releases energy. This energy is converted into warmth. The body gets warmer. To avoid overheating, the body counteracts this mechanism: we will be perspiring. However, loss of liquid reduces physical capabilities. Sports physicians recommend a regular fluid intake during training to counteract this effect.

6.2 Training routine – aspects to be considered

If you exercise for the first time or restart training after a longer break, your training sequence should be composed as follows (example):

1. **Warm up:** Carry out a general cardio vascular training (e.g. walking, running, cycling) for 10-15 minutes to prepare your body for the upcoming strain.
2. **Stretching:** Then stretch those muscle groups you are going to strain during workout.
3. **Main sequence:** Now start your actual strength training and try to complete your training target. Carry out a warm-up on the exercise machine before each exercise sequence to specifically prepare the muscles for the upcoming strain (low intensity, high number of repetitions).

Recommended training method developed by Prof. Dr. Schmidtbleicher:

This strength endurance training consists of exercises carried out in the form of circuit training. It should be noted that agonist and antagonist are trained alternately. The entire training machine course should be carried out three times successively.

Please observe the following strain standards for every training unit:

1. **Sequence:** Exercise for 30 seconds on every machine and repeat the exercise as often as you can carry it out correctly. After a break of 60 seconds, proceed to the next machine.
2. **Sequence:** Exercise for 35 seconds on every machine and repeat the exercise as often as you can carry it out correctly. After a break of 60 seconds, proceed to the next machine.
3. **Sequence:** Exercise for 40 seconds on every machine and repeat the exercise as often as you can carry it out correctly. After a break of 60 seconds, proceed to the next machine.

6.3 Training tips

General

- ⊗ If you carry out an exercise for the first time, work with little or no weight to familiarise yourself with the motion sequence. Only increase the intensity when you have perfect control over the respective exercise.
- ⊗ Exercise systematically. Make up a training schedule or have somebody else do it for you.
- ⊗ Make somebody correct your training every now and then to counteract habitual mistakes.
- ⊗ Choose strains that correspond to your current performance status. Avoid

setting strains too high. This can lead to overstrain or injuries of your musculoskeletal system.

- ⊗ Modify your training routine regularly (at an interval of approx. 6 to 8 weeks). To do so, you can change parameters such as the intensity, number of repetitions, duration of the breaks, training method or the choice of exercise. Lasting training effects will only be achieved by modifying the training routine.
- ⊗ Exercise regularly. However, allow sufficiently long recreational periods. Only regular exercise combined with recovery phases leads to the desired effect.

Training mode

- ⊗ Do not hold your breath during training. Breathe out during the strain sequence and breathe in during the relaxing sequence.
- ⊗ Exercise in an upright position. Avoid over-arching (hyperlordosis) your back.
- ⊗ Always keep your head in line with your spinal column.
- ⊗ Stabilise your hand joints (do not kink your wrists!).
- ⊗ Avoid jerky movements as this might lead to overstrain or injuries.
- ⊗ Stop your workout immediately if you feel a pain during exercise.
- ⊗ Maintain the training position described here for your entire workout.

6.4 The right training technique

You should always take into account biomechanical considerations when you exercise. This is why we have listed aspects concerning this matter for each of the strength exercise machines in this chapter.

6.4.1 CRUNCH BENCH MED

1. Lay down on the bench so that your lower back (“hollow back”) rests on the curvature of the bench pad. Position your feet on the footrest (shoulder width apart) so that your lower legs are perpendicular to your thighs. Put your hands on the sides of your neck, do not exert force, your elbows are facing outwards.



2. Now contract your abdominal muscles and slightly lift your upper body upwards to the front. Avoid nodding movements and maintain your shoulders on the same level as your chest. Always keep your neck in line with your spinal column. Maintain this position momentarily and slowly move back to the start position. Repeat this exercise according to your training routine.



Exercise variations

- ⊗ Adopt the exercise position but do not put your hands on the sides of your neck. Instead, extend your arms forwards, parallel to your thighs. Kink your wrists. Your palms are facing to the footrest. The exercise is carried out in the same way as the exercise described before.
- ⊗ To train different areas of your abdominal muscles, adjust the backrest downwards (pneumatic spring).

6.4.2 FREE HIP BENCH MED

1. Kneel on the kneepad and use the pneumatic spring mechanism to adapt the height of the pad so that your hip touches the edge of the upper body restraint. Lay your upper body on the corresponding upper body pad. Grasp the handlebars with your hands. Your elbows are facing downwards.



2. Extend your left leg backwards until your hip is straight. Breathe in during the extending movement. Maintain this position momentarily and slowly return to the start position until your knee lightly touches the seat. Do not rest your knee completely on the seat. Repeat this exercise according to your training routine.



Exercise variations

- ⊗ Continue the exercise with your right leg.
- ⊗ Attach a thera band to the support on the machine to increase exercise intensity.

6.4.3 HIP BENCH MED

1. Kneel on the kneepad and use the pneumatic spring mechanism to adapt the height of the pad so that your hip touches the edge of the upper body restraint. Lay your upper body on the corresponding upper body pad and your forehead on the head pad. Grasp the handlebars, which are perpendicular to the head pad. Your elbows are facing downwards. Position your left foot on the footrest.



2. Now extend your left leg backwards against the resistance of the machine until your hip is straight and your leg in line with your back. Breathe in during the extending movement. Maintain this position momentarily and slowly return to the start position until your knee lightly touches the seat. Do not rest your knee completely on the seat. Repeat this exercise according to your training routine.



Exercise variations

- ⊗ When you extend your leg against the resistance of the machine, lift your elbows (in parallel) upwards until they are in line with your shoulder blades.
- ⊗ Maintain your elbows in parallel in the height of your shoulder blades during

the whole exercise.

6.4.4 LATERAL BENCH MED

1. Position yourself laterally on the machine. Position your outer foot on the platform and the inner one in parallel on the footrest. Use the pneumatic spring mechanism to adapt the height of the pad so that your hip touches the upper edge of the hip pad. Cross your arms on your chest.



2. Now contract your torso muscles and move your upper body downwards to the side while maintaining a straight back. Breathe out during this motion. Maintain this position momentarily and slowly move back to the start position. Repeat this exercise according to your training routine.



Exercise variations

- ⊗ Continue the exercise to the other side.
- ⊗ Choose a lower end position.
- ⊗ Attach a thera band to the support on the machine to increase exercise intensity.

6.4.5 LOWER CRUNCH BENCH MED

1. Lay down on the bench so that your lower back (“hollow back”) rests on the curvature of the bench pad. Rest your lower arms and your palms on the arm pad. Extend your legs upwards (in parallel to each other, toes extended) so that your lower legs are perpendicular to your thighs.



2. Now contract your abdominal muscles and lift your pelvis vertically upwards. Maintain this position momentarily and slowly move back to the start position. Repeat this exercise according to your training routine.

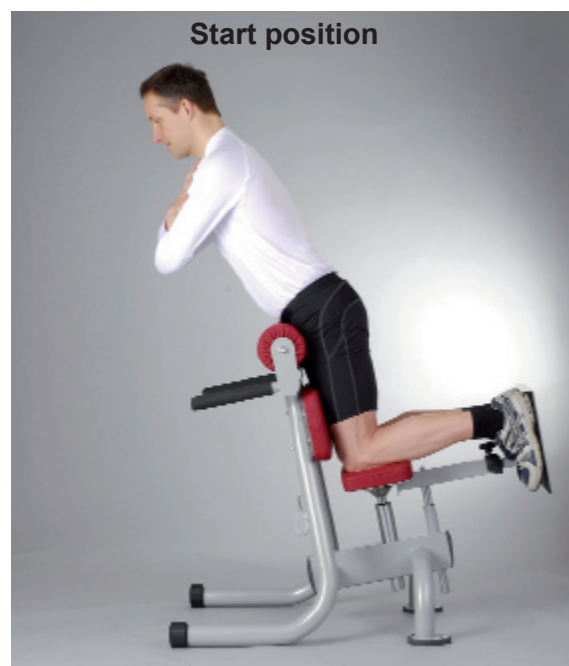


Exercise variations

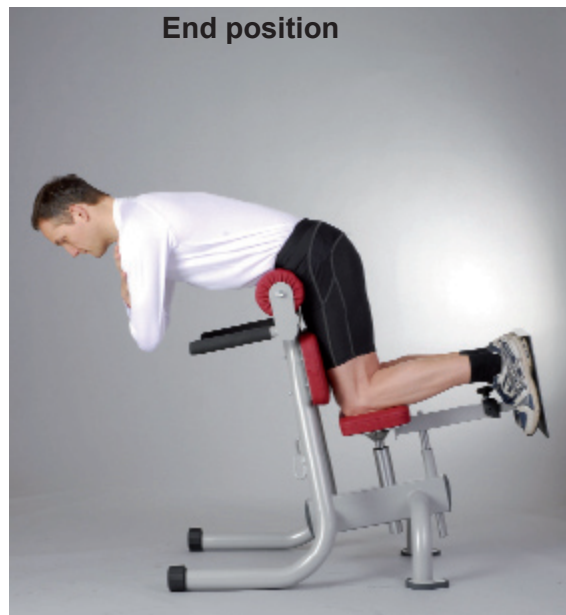
- ⊗ Cross your feet instead of maintaining them in parallel. Carry out the exercise as described above.
- ⊗ To train different areas of your abdominal muscles, adjust the backrest downwards (pneumatic spring).

6.4.6 LUMBAL BENCH MED

1. Kneel on the pad so that your thighs touch the vertical pads. Adjust the position of the kneepad in such a way that your hip touches the pad. Position your feet on the footrest so that your lower legs are perpendicular to your thighs. To adjust the leg length, the footrest's height can be modified via a locking screw. Cross your arms on your chest and extend your elbows forwards while maintaining your back straight.



2. Contract your torso muscles and bend your upper body forwards until it is perpendicular to your hip. Avoid nodding movements and maintain your shoulders on the same level as your chest. Always keep your neck in line with your spinal column. Breathe out during this motion. Maintain this position momentarily and slowly move back to the start position. Repeat this exercise according to your training routine.



Exercise variations

- ⊗ Grasp the handlebars with both hands. Bend your elbows and move your upper body forwards until it is perpendicular to your hip.
- ⊗ Attach a thera band to the support on the machine to increase exercise intensity.

6.4.7 NECK BENCH MED

1. Sit on the seat so that your upper body touches the vertical pad completely. Adjust the seat height so that the back of your head touches the head pad exactly. Place your feet on the footrest about shoulder width apart. Put your hands loosely on your knees.



2. Contract your neck muscles and press your head against the pad. Make sure that your upper body maintains the start position. Always keep your neck in line with your spinal column. Breathe out during this motion. Maintain this position momentarily and slowly move back to the start position. Repeat this exercise according to your training routine



6.4.8 RHOMBO BENCH MED

1. Sit down on the seat so that your upper body rests completely on the backrest. Place your feet on the footrest about shoulder width apart. Put the outer sides of your upper arms, height of your shoulders, elbows bended, on the arm pads.



2. Contract your torso muscles and pull your arms backwards until your upper arms reach the height of your shoulders. During this movement, pull your shoulder blades together. Your palms are facing forwards. Breathe out when you exert strain against the resistance. Maintain this position momentarily and slowly move back to the start position. Repeat this exercise according to your training routine:



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Please note:

This owner's manual contains information on multiple gym machines.
There may be variations in detail according to the type of machine!

7 Maintenance

Regular, thorough care and appropriate maintenance in particular help preserve the value and extend the lifetime of your exercise machine. For this reason, we recommend regular preventive maintenance.

These regular inspections are essential for compliance in case of guarantee claims.

In case of a malfunction, ERGO-FIT's technicians and engineers are pleased to assist you.

Immediate maintenance is to be carried out if:

- ⊗ the machine has undergone extreme mechanical stress
- ⊗ steel cables, rollers, handles, levers or snap-on weights are damaged

Maintenance of the machine can be carried out by ERGO-FIT's customer service department.

7.1 Care and maintenance

During manufacturing of its training machines, ERGO-FIT makes every effort to reduce future maintenance.

In the following chapters, some of the maintenance and inspections are described. You should carry out these tasks regularly.

When carrying out maintenance, consider the following:

- ⊗ This machine needs very little maintenance.
- ⊗ Moving parts need no further oiling or greasing.
- ⊗ The chrome bars need to be cleaned with a dry cloth and sprayed with teflon spray.
- ⊗ Once per week, check pads, frame, cables, handles and levers for fracture.
- ⊗ Once per month, check if all screwed connections are firmly tightened.

7.2 Cleaning

Sweat, dust particles and dirt will damage your exercise machine. This can be observed after only a few weeks. Metal and aluminium parts of your machine may alter its surfaces in combination with sweat. For this reason, you should clean your machine every day.

During cleaning, consider the following aspects:

- ⊗ Clean your machine with a damp cloth, mild cleaning agent or soapsuds only and dry it with a soft cloth.
- ⊗ To clean rollers and steel cables, use a dry and lint-free cloth. Apply talcum powder every now and then.

We recommend “Ecolab P3-steril” or “Scarabig” for cleaning. You can obtain these detergents at the following suppliers:

Ecolab Deutschland GmbH
Reisholzer Werftstraße 38-42
Postfach 13 04 06
D-40554 Düsseldorf
www.ecolab.com

SCARAPHARM chem.-pharm. Produkte GmbH
Wachmannstraße 86
D-28209 Bremen
www.scarapharm.de

Chapter A Appendix

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Please note:

This owner's manual contains information on multiple gym machines.
There may be variations in detail according to the type of machine

A Appendix

A.1 Customer service

If you cannot clear a malfunction yourself, please get in touch with our customer service.

Service:	Phone:	0049 (6331) 2461-20 international 0049 (6331) 2461-45 international 0049 (6331) 2461-23 national 0049 (6331) 2461-27 national 0049 (6331) 2461-29 national
	Fax:	0049 (6331) 2461-55
	Email:	service@ergo-fit.de

Repairs of ERGO-FIT machines are carried out by highly qualified and competent service technicians. Only original spare parts are used for repairs.

A.2 Spare parts

Spare parts and current exploded drawings are available from ERGO-FIT's service department:

Service:	Phone:	0049 (6331) 2461-20 international 0049 (6331) 2461-45 international 0049 (6331) 2461-23 national 0049 (6331) 2461-27 national 0049 (6331) 2461-29 national
	Fax:	0049 (6331) 2461-55
	E-Mail:	@ergo-fit.de

When ordering, please provide the following information:

- ⊗ Model
- ⊗ Serial number

A.3 Technical data

This chapter provides the technical specifications of your exercise machine. The specifications are listed in separate charts for each model of the TORSO LINE series.

	TORSO CHECK MED
Scope of application	medical
Dimensions (LxBxH) in cm	135x93x125 (144)
Total weight / machine	ca. 136 kg
Min. size of user	ca. 155 cm, ca. 50 kg
Max. Body weight charge	180 kg
Adjustments	adjustable to any body height
Pneumatic spring adjustment	yes
Ambient temperature / operation Ambient temperature / storage	+10°C bis +40°C -30°C bis +50°C
Relative humidity	30% bis 75% non condensing

	CRUNCH BENCH MED	FREE HIP BENCH MED
Scope of application	medical	medical
Dimensions (LxBxH) in cm	165 x 68 x 115	113 x 72 x 86
Total weight / machine	ca. 50 kg	ca. 29 kg
Max. Body weight charge	180 kg	180 kg
Adjustments	back rest	leg length
Pneumatic spring adjustment	yes	yes
Ambient temperature / operation Ambient temperature / storage	+10°C bis +40°C -30°C bis +50°C	+10°C bis +40°C -30°C bis +50°C
Relative humidity	30% bis 75% non condensing	30% bis 75% non condensing

	HIP BENCH MED	LATERAL BENCH MED
Scope of application	medical	medical
Dimensions (LxBxH) in cm	176 x 93 x 122	159 x 67 x 74
Total weight / machine	ca. 90 kg	ca. 50 kg
Max. Body weight charge	180 kg	180 kg
Adjustments	leg length, upper body pad, head pad with handles	pelvis pad
Pneumatic spring adjustment	yes	yes
Ambient temperature / operation Ambient temperature / storage	+10°C bis +40°C -30°C bis +50°C	+10°C bis +40°C -30°C bis +50°C
Relative humidity	30% bis 75% non condensing	30% bis 75% non condensing

	LOWER CRUNCH BENCH MED	LUMBAL BENCH MED
Scope of application	medical	medical
Dimensions (LxBxH) in cm	153 x 86 x 96	100 x 66 x 100
Total weight / machine	ca. 60 kg	ca. 50 kg
Max. Body weight charge	180 kg	180 kg
Adjustments	back rest, arm pad	leg length, footrest
Pneumatic spring adjustment	yes	yes
Ambient temperature / operation Ambient temperature / storage	+10°C bis +40°C -30°C bis +50°C	+10°C bis +40°C -30°C bis +50°C
Relative humidity	30% bis 75% non condensing	30% bis 75% non condensing

	NECK BENCH MED	RHOMBO BENCH MED
Scope of application	medical	medical
Dimensions (LxBxH) in cm	170 x 80 x 145	170 x 65 x 120
Total weight / machine	ca. 64 kg	ca. 90 kg
Max. Body weight charge	180 kg	180 kg
Adjustments	seat height	-
Pneumatic spring adjustment	yes	yes
Ambient temperature / operation Ambient temperature / storage	+10°C bis +40°C -30°C bis +50°C	+10°C bis +40°C -30°C bis +50°C
Relative humidity	30% bis 75% non condensing	30% bis 75% non condensing

A.4 Warranty clauses

Warranty of 2 years, 4-years-complete warranty optional*

The seller shall be liable, to the exclusion of other liability, for deficiencies of the delivery, of which the absence of expressly affirmed properties is part, as follows:

1. All parts that are found to be unusable or restricted in use in consequence of a circumstance dated before the transfer of risk – notably because of faulty design, bad manufacturing material or faulty workmanship - shall be repaired or replaced during a period of 24 months after delivery. The decision if the fault will be repaired or should be replaced will be at the seller's discretion. The supplier shall only be liable for deficiencies of drawings and materials delivered or chosen by the seller if he would have been able to recognise the deficiency when applying professional accuracy unless the seller notified the purchaser of the recognised deficiency immediately.
2. The purchaser's right to claim ends in all cases after 24 months after transfer of the object.
3. No guarantee shall be assumed for damage as a result of inappropriate or improper use, faulty assembly or faulty start-up carried out by the purchaser or a third party, natural wear, faulty or careless handling, inappropriate equipment or exchange work material, faulty construction works, chemical, electrochemical or electric influences, except in the event that they can be traced to the fault of the seller. The purchaser will assume all risks in connection with the delivery, even in case of free freight ex-factory.
4. Initially, the seller has the right to two rectifications or replacements. Should these fail, the purchaser has the right of abatement or rescission within the scope of valid legislation. The seller will have a period of six weeks as from communicating the notice of defect for rectification.
5. Improper modifications or repairs carried out on behalf of the purchaser or a third party without prior permission of the seller will abrogate warranty claims.
6. If goods are exported, warranty will be restricted to the availability of loose spare parts ex-factory within the warranty period. Packing costs, freight charge and

*see general terms and conditions

labour will be at the expense of the purchaser. In case the purchaser demands on-site repair by a technician of the factory or another service address, the purchaser will assume the costs of travelling expenses and labour.

7. All merchandise that has not been produced by the seller is subject to legal provisions.

Wear parts are excluded from warranty specifications, e.g.:

- ⊗ Steel cables, Kevlar cables and rollers
- ⊗ Pads
- ⊗ Adjustment levers

Warranty is voided if maintenance instructions are not observed!

A.5 Entry in the Registry of medical devices

In compliance with Art. 11 para. 7 and Art. 7 of the regulation on the erection, operation and use of medical devices ("MPBetreibV") as of June 29, 1998 (BGBt 1. S. 1762), the person who carries out metrological controls must immediately record the measured values, the measuring method as well as other evaluation results into the registry of medical devices. As during metrological control of your medical device the registry of medical devices was not available, you are asked to use the following data for your documentation.

Operator:

Company: _____

Contact person: _____

Street: _____

Post code, place: _____

Manufacturer:

ERGO-FIT GmbH & Co. KG, Blocksbergstraße 165, D-66955 Pirmasens

Device identification

Device designation: _____

Model: _____

Serial number: _____

Measuring method and evaluation:

- Leitfaden zu messtechnischen Kontrollen (LMK)
- Appendix 15 or appendix 23 of calibration regulations (EQ 15 or EQ 23)
- Remarks: _____

Applied perpendicular: _____

Entry of measured results: see following page(s)

- Metrological control o.k.; annual designation of sealing:
- Metrological control **not** o.k.; **old sealing obliterated**

Signature

Measuring method and evaluation:

- Leitfaden zu messtechnischen Kontrollen (LMK)
- Appendix 15 or appendix 23 of calibration regulations (EQ 15 or EQ 23)
- Remarks: _____

Applied perpendicular: _____

Entry of measured results: see following page(s)

- Metrological control o.k.; annual designation of sealing:
- Metrological control **not** o.k.; **old sealing obliterated**

Signature

Measuring method and evaluation:

- Leitfaden zu messtechnischen Kontrollen (LMK)
- Appendix 15 or appendix 23 of calibration regulations (EQ 15 or EQ 23)
- Remarks: _____

Applied perpendicular: _____

Entry of measured results: see following page(s)

- Metrological control o.k.; annual designation of sealing:
- Metrological control **not** o.k.; **old sealing obliterated**

Signature

Registry of medical devices add-in card

Operator: _____

1. Designation of the medical device:

2. Functional test and introduction:

(including a note about the use of the equipment only after an extensive anamnesis of the patient also with regard to an existing osteoporosis or other contraindications)

Functional test carried out

on: _____ by: _____

Introduction carried out

on: _____ by: _____

Introduced person:

3. Metrological inspection: at least every two years

Next inspection: _____

by (person's name): _____

4. Safety inspection: at least every 12 monthse

Next inspection: _____

by (person's name): _____

5. Date, type and consequence of the defect and repeated identical operating fault: _____

6. Reports of incidents to authorities and manufacturer:

We recommend recalibrating the machines every 2 years.

Safety indications TORSO LINE

- ⊗ Do not start the machine before carefully reading the owner's manual.
- ⊗ Do not start the machine before being familiarised with it.
- ⊗ Only use the machine after performing a proper function test.
- ⊗ Please consult your physician before you start using the machine and note the contraindications (see Chapter 1.1).
- ⊗ Wear only appropriate sportswear and footwear during training.
- ⊗ The machine may be used after instruction of a supervisor only. The machine must not be used without the presence of a supervisor.
- ⊗ The machine is not sterile. Do not use the machine if you suffer from skin diseases or have an open wound.
- ⊗ Never start training with the maximum strain. Increase its intensity slowly.
- ⊗ Check if the rests are secured before getting on the machine.
- ⊗ Never leave children unattended with the machine.
- ⊗ Make sure that persons who stand close to the machine are not hit by moving parts.
- ⊗ In case of nausea, dizziness, pain in the chest, limbs or joints, stop training immediately and see a doctor.
- ⊗ If you have a cardiac pace maker, orthopaedic disabilities or a health condition, see your doctor before using the training machine.
- ⊗ Do not put your hands between the weight plates. Otherwise, there is a risk of injury.
- ⊗ Check the machine for damaged moving parts and paddings regularly (once per week). In case of damage, get it repaired immediately.
- ⊗ Do not hold your breath during training. Breathe out during the strain sequence and breathe in during the relaxing sequence.
- ⊗ Do not forget to warm up before any workout. Start the training slowly and gradually increase the intensity until you reach the desired level.
- ⊗ Start new power training exercises with a low strain. If you set the strain too high in the beginning, you might get injured.
- ⊗ Note that physical fatigue reduces coordination and increases the risk of injury.
- ⊗ Before training, check if all handling parts are locked properly or damaged.
- ⊗ During isometric strength measuring, make sure to have a stable seat position. To do so, adjust the pads properly to avoid wrong test results or even injuries.
- ⊗ Only use the machine for purposes it is designed for.
- ⊗ Please consider further safety and operational notices in the manual.
- ⊗ If you adjust the seat height, the back pad, the leg length etc. make sure that they are properly locked. Otherwise there is a risk of injury. Pay special attention to the pinching area at the height adjustment stop of the back pad.

All safety instructions in this manual are based on many years of experience and selfconception

These safety precautions must be displayed where they are visible from the strength exercise machine! All users of the machine must inform themselves of the dangers and safety regulations. The manufacturer will not be liable for personal injury or material damage.



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