

# BOUDECH

STAZIONE FITNESS MULTIFUNZIONE



ITALIAN MANUAL



## Lista delle Parti

- 1 2 x Tubolari per la base


- 2 2 x Assi Verticali


- 3 2 x Tubolari Superiori


- 4 2 x Poggia gomiti


- 5 4 x Terminali per la base


- 6 2 x Connettore Basi Fronte/Retro


- 7 1 x Manubrio Alto


- 8 1 x Connettore Panca


- 9 1 x Schienale


- 10 2 x Supporti Bassi


- 11 2 x Viti M8x55


- 12 2 x Piastrine di Fissaggio (Piatte)  
2 x Piastrine di Fissaggio (Curve)


- 13 10 x Viti Esagonali M8x90mm


- 14 3 x Perni Bloccanti


- 15 1 x Chiavino Esagonale + 2 x Chiavi


- 16 4 x Viti M8x45mm


- 17 4 x Viti M8x30mm


- 18 2 x Manopole M8


- 19 16 x Bulloni M8x65mm


- 20 2 x Viti M8x12mm


- 21 2 x Manopole a viti


- 22 1 x Panca con Supporto Piedi


- 23 4 x Viti Esagonali M8x45mm


- 24 1 x Manopola a Vite M8x65mm



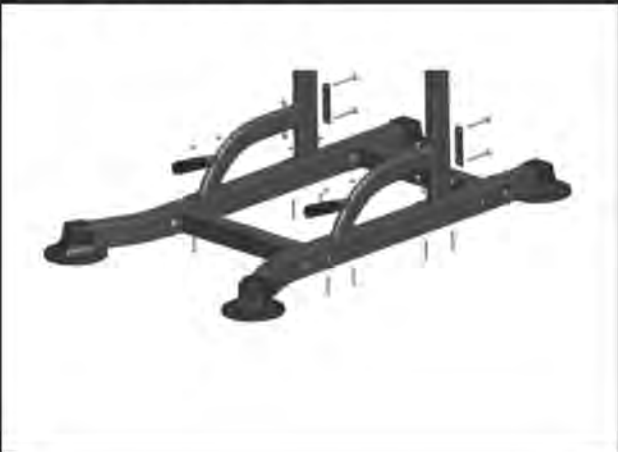
- 1** Installare i 4 terminali di plastica (#5) all' estremità delle due basi (#1)



- 2** Installare i 2 connettori della base (#6) utilizzando 8 viti M8x65mm (#19)



- 3** Installare i 2 supporti bassi (#10) con 8 bulloni M8x45 (#16) ed i 2 assi verticali (#2) con 4 viti M8x90 e 2 piastrine curve.



- 4** Assemblare il supporto della panca (#8) con 4 viti M8x45, 2 piastrine piatte e 4 dadi M8.



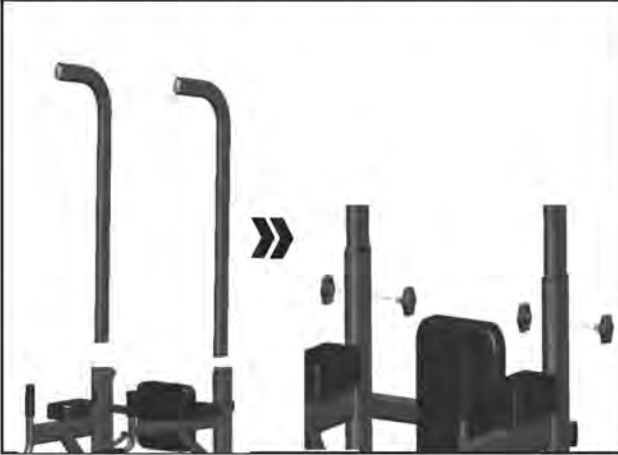
- 5** Posizionare i 2 poggia gomiti (#4) come indicato in figura e procedere al fissaggio con le 2 viti dedicate.



- 6** Allineare i fori all'estremità del poggiaschiena coi i perni del telaio e fissare il tutto con dadi M8x12



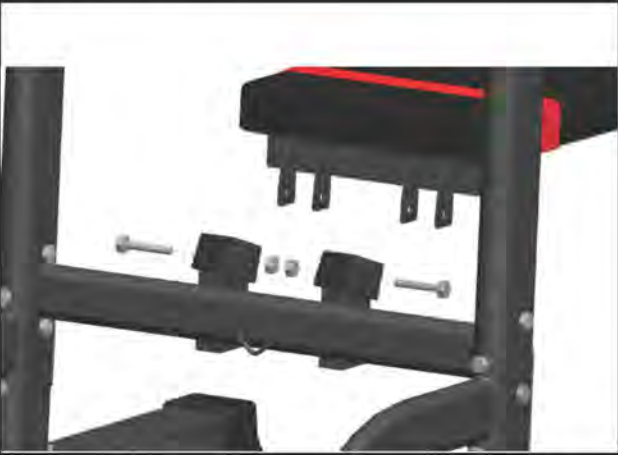
**7** Inserire i tubolari superiori (#2) nel telaio ed utilizzare le 2 coppie di manopole a viti per fissarle (#21 e #18).



**8** Assemblare il manubrio alto (#7) al telaio utilizzando 2 viti M8x90mm (#13)



**9** Installare la panca utilizzando gli alloggi nei fori e le viti M8x55 con i rispettivi dadi.



**10** Fissare le parti ripiegabili della panca utilizzando i 3 perni forniti in dotazione



# BOUDECH

FITNESS STATION



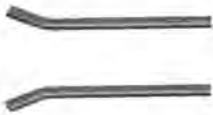
ENGLISH MANUAL



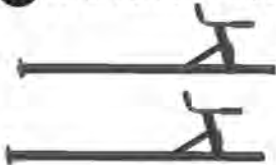


## Part List

- 1 2 x Tubulars for the base



- 2 2 x Vertical Axes



- 3 2 x Upper Tubulars



- 4 2 x Elbow Cushions



- 5 4 x Anti-scratch Pads



- 6 2 x Base Connector (Front/Rear)



- 7 1 x Upper Handlebar



- 8 1 x Bench Connector



- 9 1 x Backrest



- 10 2 x Lower Supports



- 11 2 x Screw M8x55



- 12 2 x Fixing Plate (Flat)  
2 x Fixing Plate (Curved)



- 13 10 x Hexagonal Screw M8x90mm



- 14 3 x Pin



- 15 1 x Hexagonal Wrench + 2 x Wrench



- 16 4 x Screw M8x45mm



- 17 4 x Screw M8x30mm



- 18 2 x Knob M8



- 19 16 x Nut M8x65mm



- 20 2 x Screw M8x12mm



- 21 2 x Screw Knob



- 22 1 x Bench



- 23 4 x Hexagonal Screw M8x45mm



- 24 1 x Knob M8x65mm



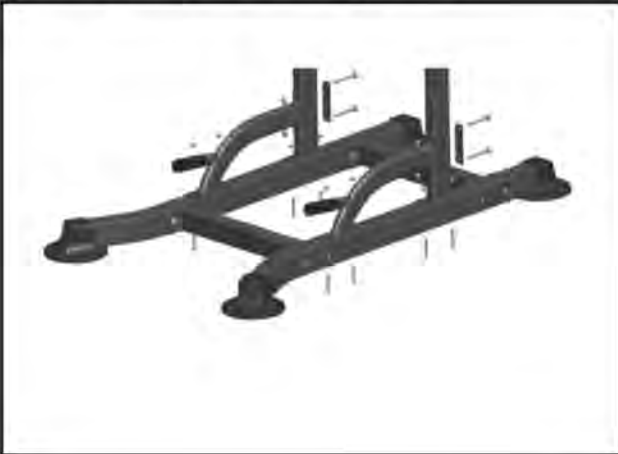
- 1** Install the 4 anti-scratch plastic pads (#5) at the ends of the two bases (#1).



- 2** Install the 2 base connectors (#6) using 8 M8x65mm screws (#19).



- 3** Install the 2 low supports (#10) with 8 M8x45 bolts (#16) and the 2 vertical axes (#2) with 4 M8x90 bolts and 2 curved fixing plates.



- 4** Assemble the bench support (#8) with 4 M8x45 screws, 2 flat plates and 4 M8 nuts.



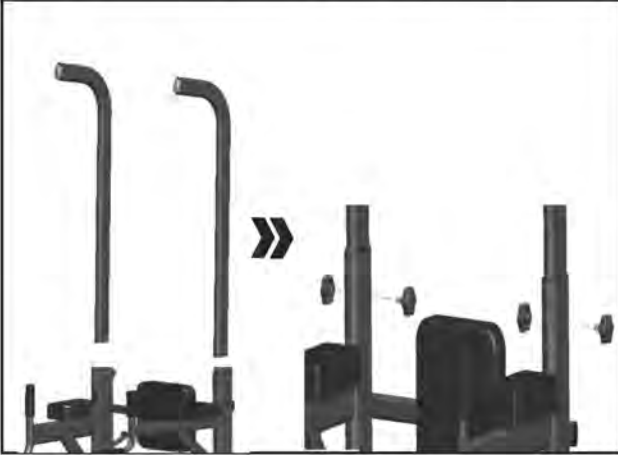
- 5** Position the 2 elbow rests (#4) as shown in the figure and fix them using the 2 dedicated screws.



- 6** Align the holes at the end of the backrest with the frame pins and secure with M8x12 nuts.



**7** Insert the upper tubes (#2) into the frame and use the 2 pairs of screw knobs to secure them (#21 and #18).



**8** Assemble the high handlebar (#7) to the frame using 2 M8x90mm screws (#13).



**9** Install the bench using the housings in the holes and the M8x55 screws with the respective nuts.



**10** Fasten the foldable parts of the bench using the 3 pins provided





# BOUDECH

STATION DE FITNESS



FRENCH MANUAL



## Lista de Partes

- 1 2 x Tubes pour la base  

- 2 2 x Axes verticaux  

- 3 2 x Tubulaires supérieurs  

- 4 2 x Coussins de coude  

- 5 4 x Terminaux anti-rayures  

- 6 2 x connecteur de base (avant/arrière)  

- 7 1 x guidon supérieur  

- 8 1 x Connecteur de banc  

- 9 1 x Dossier  

- 10 2 x Supports inférieurs  

- 11 2 x Screw M8x55  

- 12 2 x plaque de fixation (plate)  
2 x plaque de fixation (courbée)  

- 13 10 x vis hexagonale M8x90mm  

- 14 3 x Pin  

- 15 1 x Clé hexagonale + 2 x Clé  

- 16 4 x Vis M8x45mm  

- 17 4 x Vis M8x30mm  

- 18 2 x Bouton M8  

- 19 16 x Noix M8x65mm  

- 20 2 x Vis M8x12mm  

- 21 2 x Bouton  

- 22 1 x Banc  

- 23 4 x vis hexagonale M8x45mm  

- 24 1 x Bouton M8x65mm  


- 1** Installez les 4 terminaux en plastique anti-rayures (#5) aux extrémités des deux bases (#1).



- 2** Installez les 2 connecteurs de base (#6) à l'aide de 8 vis M8x65mm (#19).



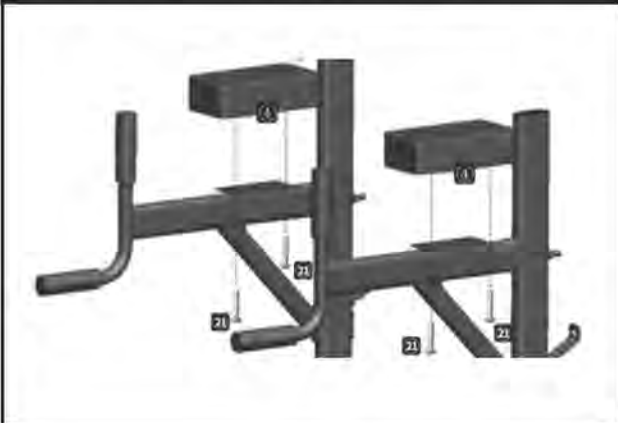
- 3** Installez les 2 supports bas (#10) avec 8 boulons M8x45 (#16) et les 2 axes verticaux (#2) avec 4 boulons M8x90 et 2 plaques de fixation



- 4** Montez le support du banc (#8) avec 4 vis M8x45, 2 plaques plates et 4 écrous M8.



- 5** Positionnez les 2 coudières (#4) comme indiqué sur la figure et fixez-les à l'aide des 2 vis dédiées.



- 6** Alignez les trous à l'extrémité du dossier avec les axes du châssis et fixez-les avec des écrous M8x12.



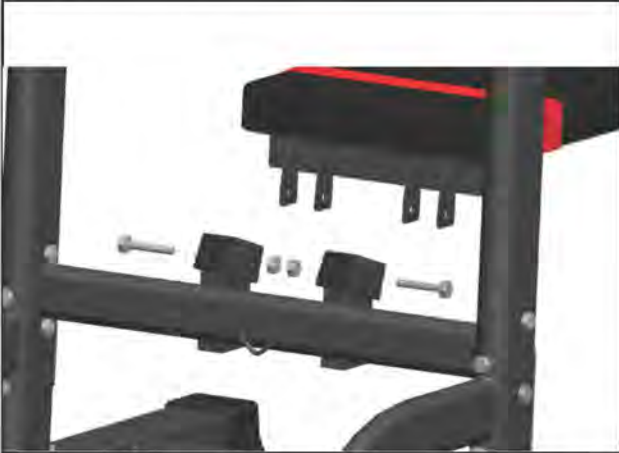
**7** Insérez les tubes supérieurs (#2) dans le cadre et utilisez les 2 paires de boutons à vis pour les fixer (#21 et #18).



**8** Assemblez le guidon haut (#7) au cadre à l'aide de 2 vis M8x90mm (#13).



**9** Installez le banc en utilisant les logements dans les trous et les vis M8x55 avec les écrous respectifs.



**10** Fixer les parties repliables du banc à l'aide des 3 goupilles fournies



# BOUDECH

ESTACIÓN DE FITNESS MULTIFUNCIONAL



SPANISH MANUAL





## Lista de partes

- 1 2 x Tubulares para la base



- 2 2 x Ejes verticales



- 3 2 x Tubulares superiores



- 4 2 x Descanso para el codo



- 5 4 x Terminales de la base



- 6 2 x Conector de las bases delanteras/traseras



- 7 1 x Manillar alto



- 8 1 x Conector de banco



- 9 1 x férula



- 10 2 x Medios de comunicación bajos



- 11 2 tornillos M8x55



- 12 2 x Placas de fijación (planas)  
2 x Placas de fijación (Curvas)



- 13 10 x Tornillos hexagonales M8x90mm



- 14 3 x Clavijas de bloqueo



- 15 1 x Llave hexagonal + 2 x Llaves



- 16 4 x Tornillos M8x45mm



- 17 4 x Tornillos M8x30mm



- 18 2 x Pomos M8



- 19 16 x Pernos M8x65mm



- 20 2 x Tornillos M8x12mm



- 21 2 x Perillas de tornillo



- 22 1 x Banco con soporte de pie



- 23 4 x Tornillos hexagonales M8x45mm



- 24 1 x Perilla de tornillo M8x65mm



- 1** Instale los 4 terminales de plástico (#5) en los extremos de las dos bases (#1).



- 2** Instale los 2 conectores de la base (#6) usando 8 tornillos M8x65mm (#19).



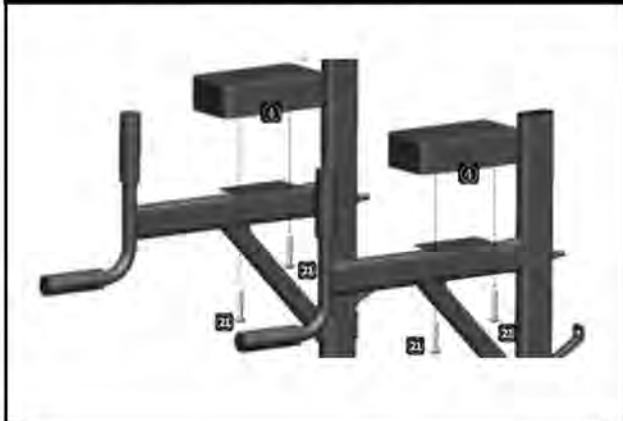
- 3** Instale los 2 soportes bajos (#10) con 8 pernos M8x45 (#16) y los 2 ejes verticales (#2) con 4 pernos M8x90 y 2 placas curvas.



- 4** Ensamblar el soporte del banco (#8) con 4 tornillos M8x45, 2 placas planas y 4 tuercas M8.



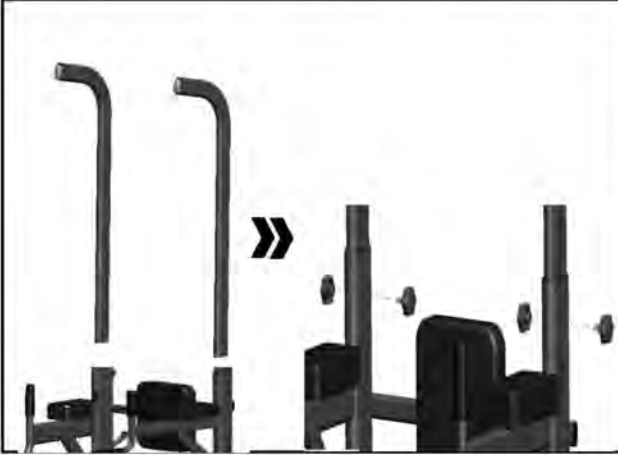
- 5** Coloque los dos apoyos para los codos (#4) como se muestra en la figura y proceda a la fijación con los dos tornillos dedicados.



- 6** Alinee los agujeros del extremo del respaldo con los pasadores del marco y asegúrelos con tuercas M8x12.



**7** Inserte los tubos superiores (#2) en el marco y use los 2 pares de perillas de tornillos para asegurarlos (#21 y #18).



**8** Ensamblar el manillar alto (#7) al marco usando 2 tornillos M8x90mm (#13).



**9** Instale el banco usando las carcasas en los agujeros y los tornillos M8x55 con las respectivas tuercas.



**10** Fijar las partes plegables del banco usando las 3 clavijas provistas



**BOUDECH**  
EMPOWERING EQUIPMENTS