

# BIOSTRENGTH™

IT FITS YOU



User manual

**TECHNOGYM**

The Wellness Company



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# IMPORTANT SAFETY INSTRUCTION

You should always consult with a qualified and licensed medical professional or healthcare practitioner before starting any nutritional, diet, stretching or exercise program. You are advised to investigate and inform yourself about any health related actions and choices you make.

Please read all instructions before using the product. These instructions were written to ensure the safety of the user and to protect the product.

When using an electrical appliance, basic precautions should be always followed, including those listed below.



## **DANGER**

**To reduce the risk of electric shock, always remove the plug from the electrical socket immediately after using and before cleaning or performing any maintenance procedures.**



## **WARNING**

**To reduce the risk of burns, fire, electric shock or injury to persons, take the following precautions.**

The product should never be left unattended when plugged in. Unplug the product from the power socket when not in use, before cleaning it, and before installing or removing electrical parts.

Do not allow children to have unsupervised access to the product.

Close supervision by qualified personnel is necessary when the product is being used by or near children, invalids or disabled persons.

Use the product exclusively for the purposes described in the user manual; only perform the exercises for which the equipment has been designed, following the instructions provided in the manual. Any other use should be considered incorrect and therefore dangerous.

Do not use any accessories other than those recommended by Technogym.

Never turn on the product if it has a damaged cable or plug, if it is not working correctly, if it has been knocked over or damaged, or if it has fallen into water. In these circumstances, contact the Technogym Technical Support Service.

Do not pull the product by the power cable or use the cable as a handle.

## IMPORTANT SAFETY INSTRUCTION

Keep the power cable away from heated surfaces.

Keep your hands away from moving parts.

Never drop or insert any object into any opening.

To disconnect power, turn all controls to the off position, then remove the plug from the outlet.

## SAVE THESE INSTRUCTIONS



### **WARNINGS**

**Risk Of Electric Shock. Do Not Disconnect Under Load.**

**Do not connect to a circuit operating at more than 150V to Ground.**



# PERSONAL SAFETY

Use of the product is subject to a medical examination to assess your suitability to the type of workout exercise you intend to perform, and in compliance with the conditions for use laid down by Technogym.

Persons suffering from certain physical conditions may only use the product under the strict supervision of a doctor with specific qualifications.

Before starting any workout, make sure your position on the product is correct, paying attention to any components that may obstruct use.

Plan the workout according to your physical characteristics and state of health, beginning with less demanding workloads.

Do not overexert yourself or work to exhaustion. Incorrect or excessive exercise may cause physical harm or sudden death. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Wear proper workout clothing and shoes during training; do not wear garments that block perspiration; do not wear loose clothing. Tie long hair back. Keep garments or towels away from moving parts.

When using the product, other people must remain at a safe distance.

Do not use the product when children or pets are present.

The person in charge of the gym must explain proper and improper use of the equipment to users.

Fully assemble the product before using it. Check the product before each use. Do not continue to use the product if it is not working properly.

Assemble and use the product only on a solid and flat surface.

Keep all the components (such as the power cable and the on/off switch) away from liquid substances, to avoid all risk of electric shock.

Keep the product in good working condition. If you see signs of wear, contact Technogym's technical support service.

Do not attempt any maintenance work on the product other than the operations described in the user manual.

The installation, maintenance and setting operations must be carried out by qualified Technogym staff or persons authorised by Technogym.

The electrical system must conform to the standards and legal requirements in the country of use.

Do not place anything on the frame or control panel.

## PERSONAL SAFETY



Pay particular attention to the parts of the equipment with labels indicating “BEWARE OF CRUSHING”.



**This symbol accompanies safety warnings. It is used to draw attention to potential risks of personal injury. Pay attention to all safety warnings accompanied by this symbol to avoid possible injury.**



### **WARNINGS**

**During all operations involving transport, maintenance and cleaning, pay attention to any part of the equipment where body parts may become trapped.**

**High voltage is present inside the product, and as such, the guard must be only be removed by authorised personnel.**

**Attention must be paid to the labels attached to the equipment, as they provide information about possible risks and hazards.**

**We recommend immediately replacing the labels when they become damaged or difficult to read.**

Technogym is not responsible for any damage due to any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from construction activities in the product's environment, rust or corrosion as a result of the product's location, alterations or modifications without Technogym's written authorisation or for failure on your part to use, operate and maintain the products as set out in this User Manual.

#### **⚠ WARNING**

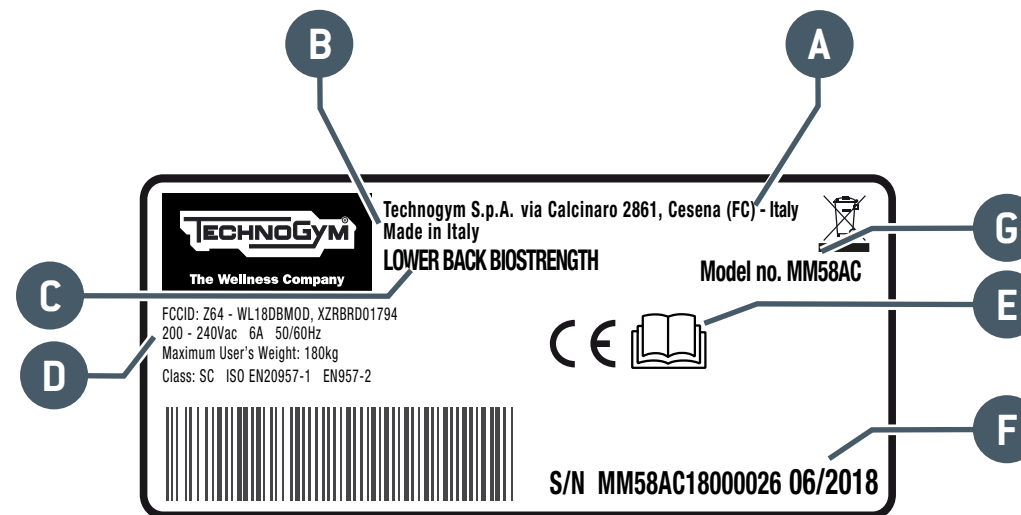
**SERIOUS INJURIES CAN OCCUR ON THIS EQUIPMENT.**  
Before using the equipment, read all the warnings and all the instructions. Refer to the user manual for additional warnings and safety information.  
Do NOT modify the equipment.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.  
Keep body, hair and clothing away from all moving parts.  
Check the equipment before use. Do not use the equipment if you see signs of wear or damages. In this case notify the staff immediately.  
For selectorized strength equipment that employ weight stack: before using the equipment check that the cables are correctly routed inside the races of all the pulleys, and check the state of wear of the cables and their connections.  
If you see signs of wear, notify the staff immediately.  
Be certain that the weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.  
Never pin the weights in an elevated position. DO NOT use the equipment if found in this condition. Seek assistance from floor staff.  
For selectorized strength equipment that employ discs: before use check that the discs are correctly and symmetrically secured. If unsure, seek assistance.  
Do not use attachments not recommended by the manufacturer.  
Do not allow children unsupervised access to the equipment. Close supervise teenagers.  
**DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

# IDENTIFICATION OF THE MANUFACTURER AND THE PRODUCT

- A** - Manufacturer's name and address
- B** - Place of manufacture
- C** - Description of product
- D** - Electrical specifications
- E** - Tells you to consult the User manual
- F** - Serial number and date of manufacture
- G** - Product model

The products in the Biostrength line are commercial devices for indoor use in residential and professional settings. They are classified as class SC devices according to ISO EN 20957-1.

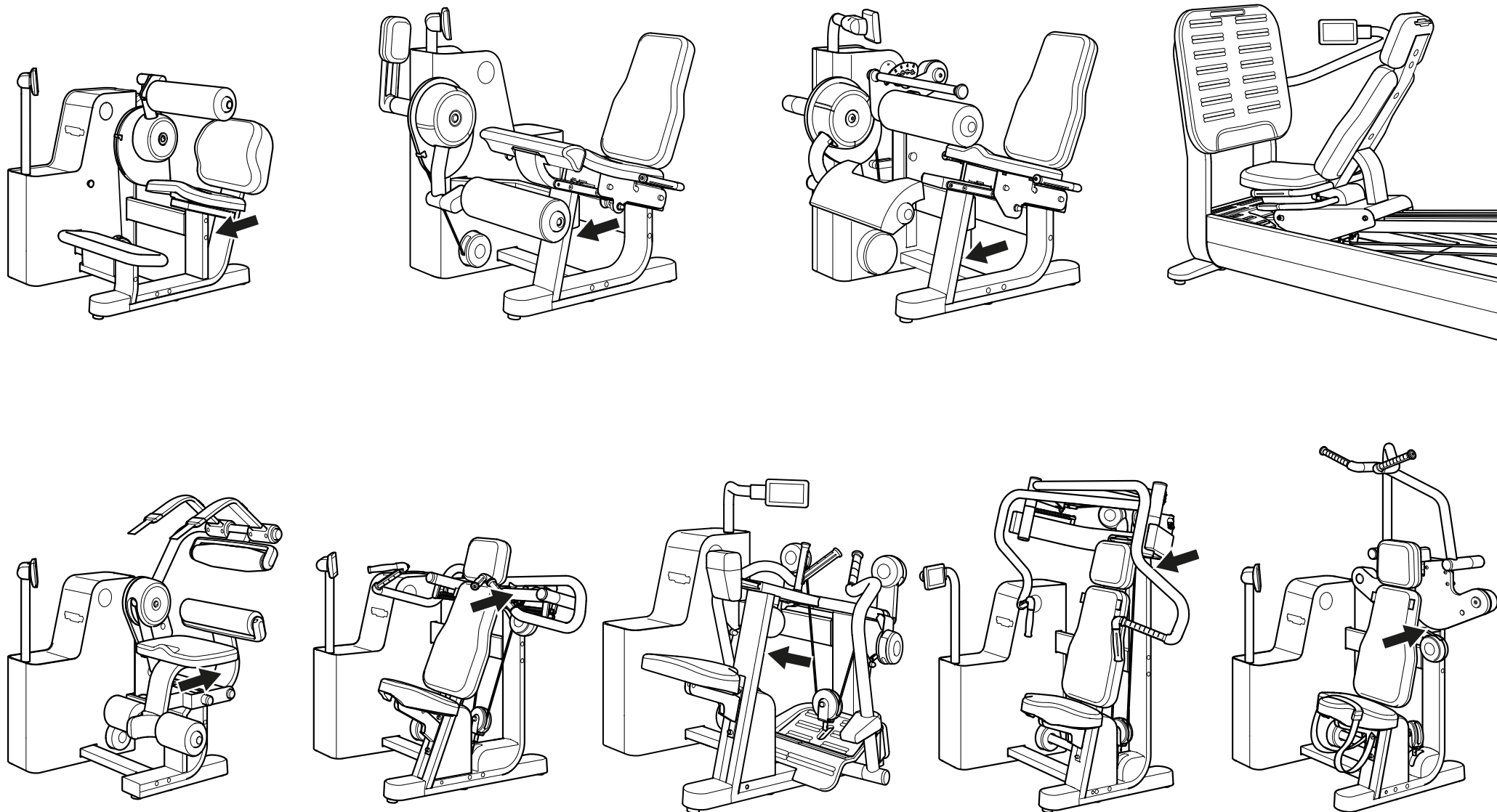
The values stated in the illustration are purely indicative; refer to the label attached to the product or the data in the “Technical characteristics” section for the correct information.





## IDENTIFICATION OF THE MANUFACTURER AND THE PRODUCT

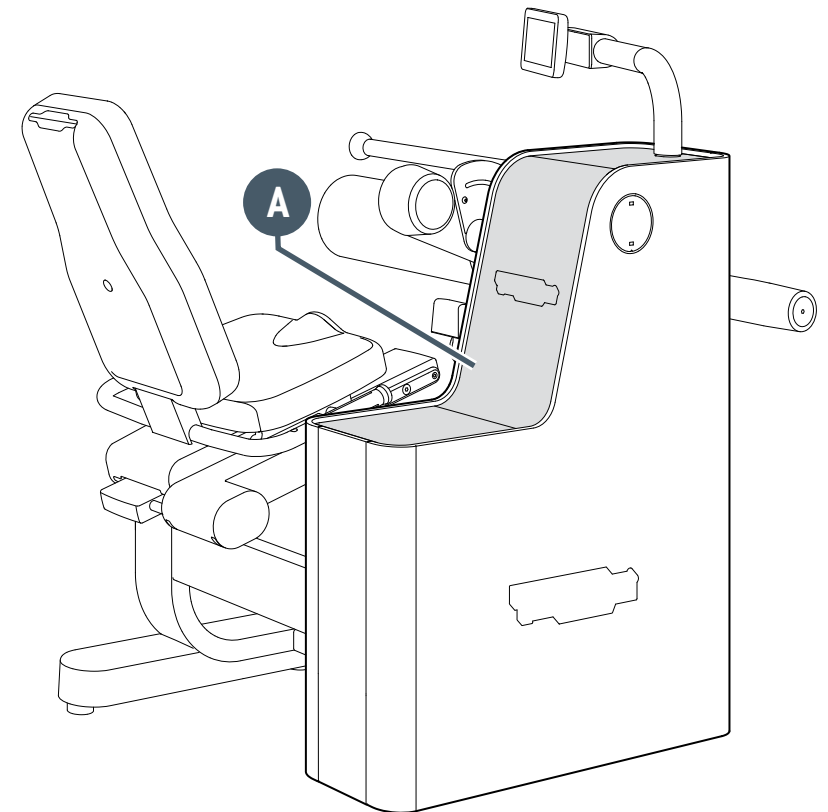
The arrows indicate the positions of the identification labels on the products.



# TECHNICAL CHARACTERISTICS

Power supply	200÷240 Vac 50/60 Hz
Motor peak power	2 kW 6 kW in Leg Press
Maximum weight of user	180 kg (397 lb)
Noise level	Less than 70 dB
Protection rating	IP 20
Operating temperature	from +5°C to +30°C (from +41°F to +86°F)
Maximum capacity of the holder (A)	2 kg (4 lb)

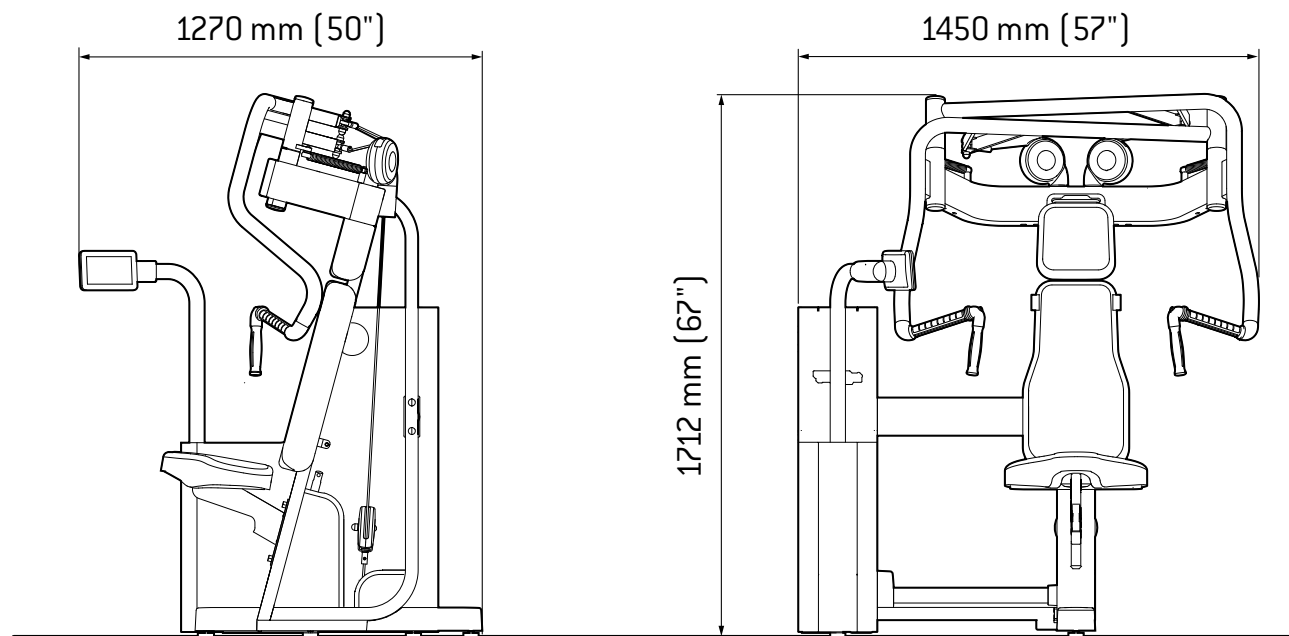
During use, the display can reach a temperature of 40°C.



## TECHNICAL CHARACTERISTICS

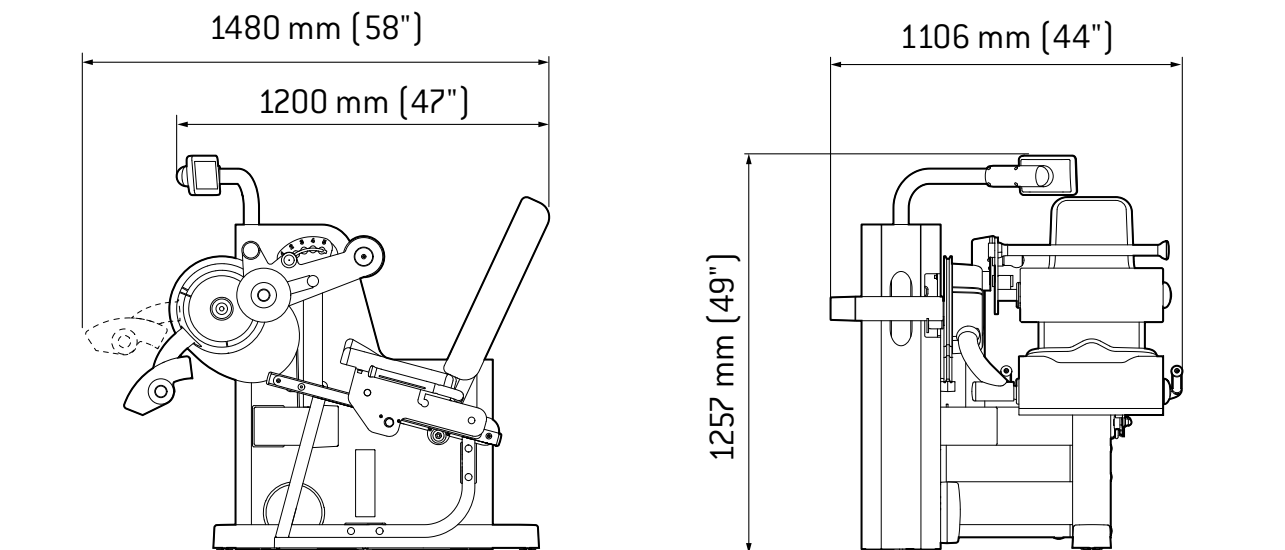
### Chest Press

237 kg (522 lb)



### Leg Curl

227 kg (500 lb)

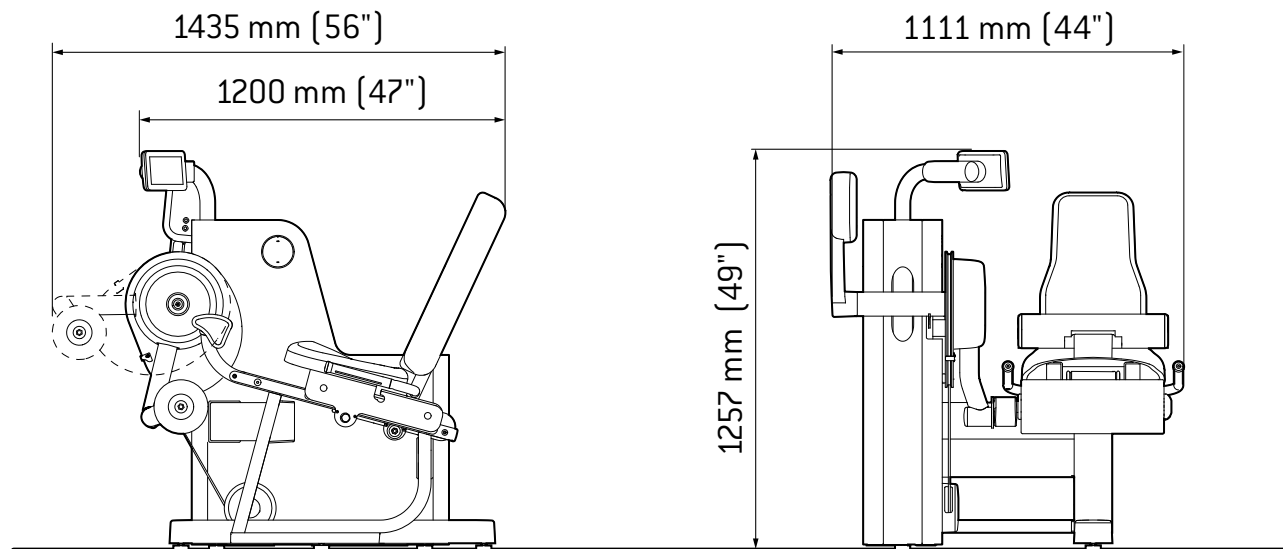




## TECHNICAL CHARACTERISTICS

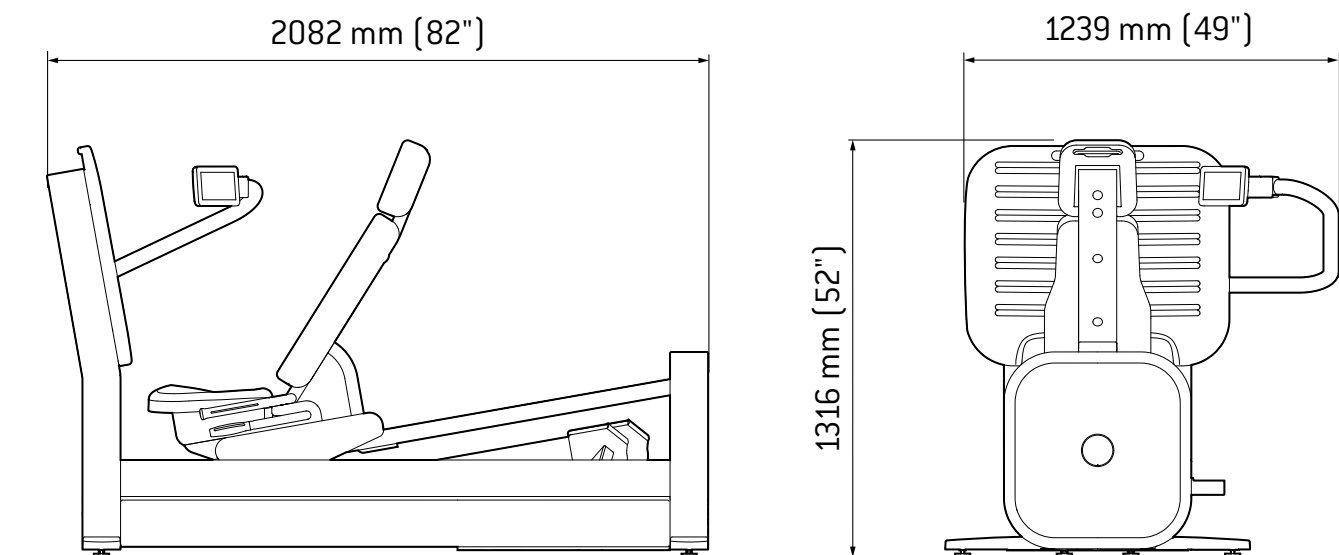
### Leg Extension

242 kg (534 lb)



### Leg Press

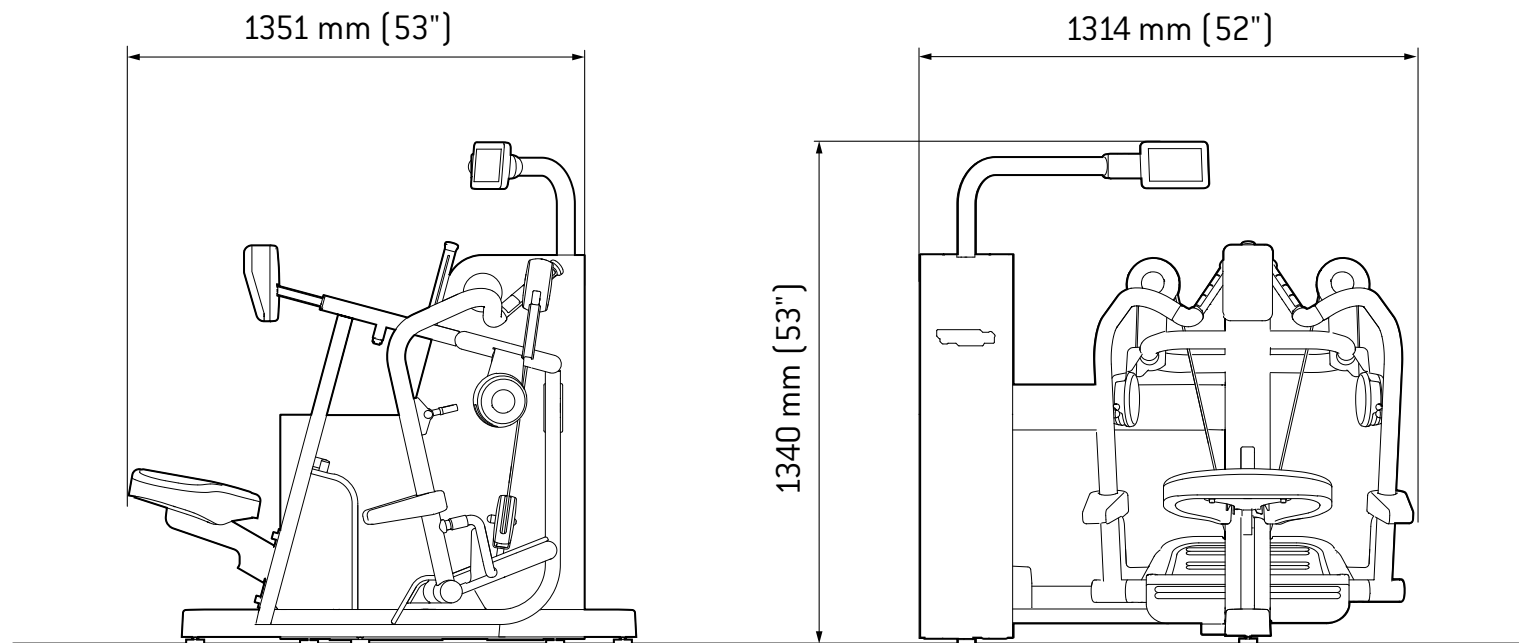
372 kg (820 lb)



## TECHNICAL CHARACTERISTICS

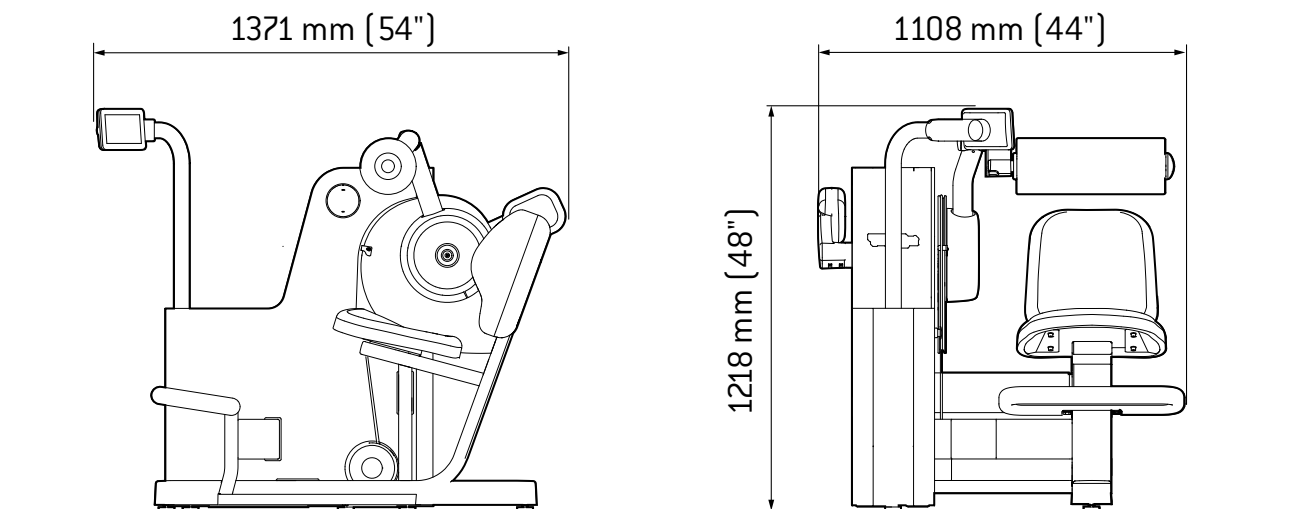
### Low Row

237 kg (522 lb)



### Lower Back

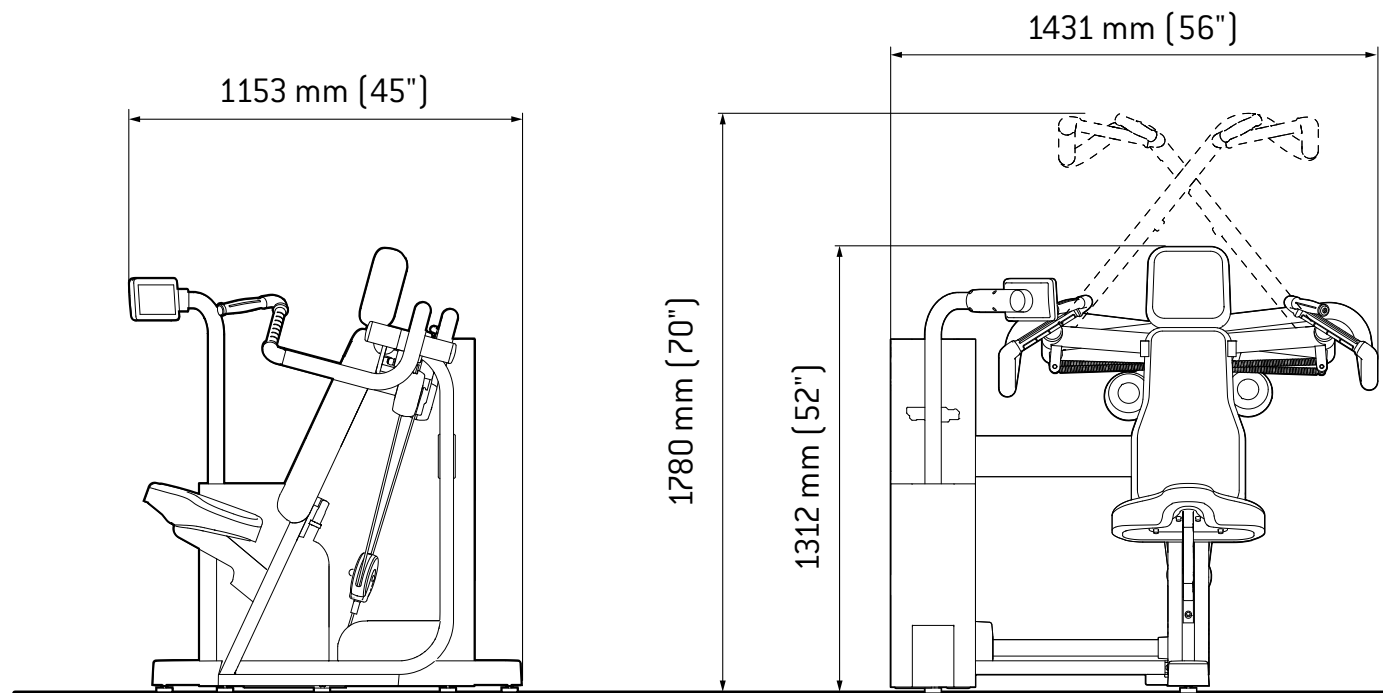
229 kg (505 lb)



## TECHNICAL CHARACTERISTICS

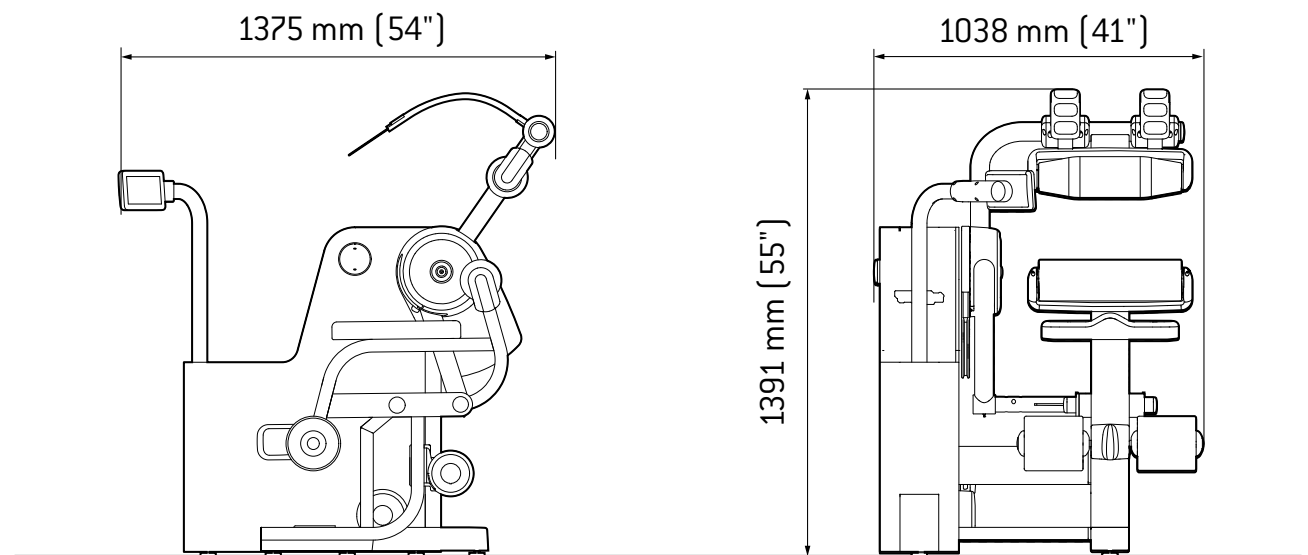
### Shoulder Press

232 kg (511 lb)



### Total Abdominal

215 kg (474 lb)

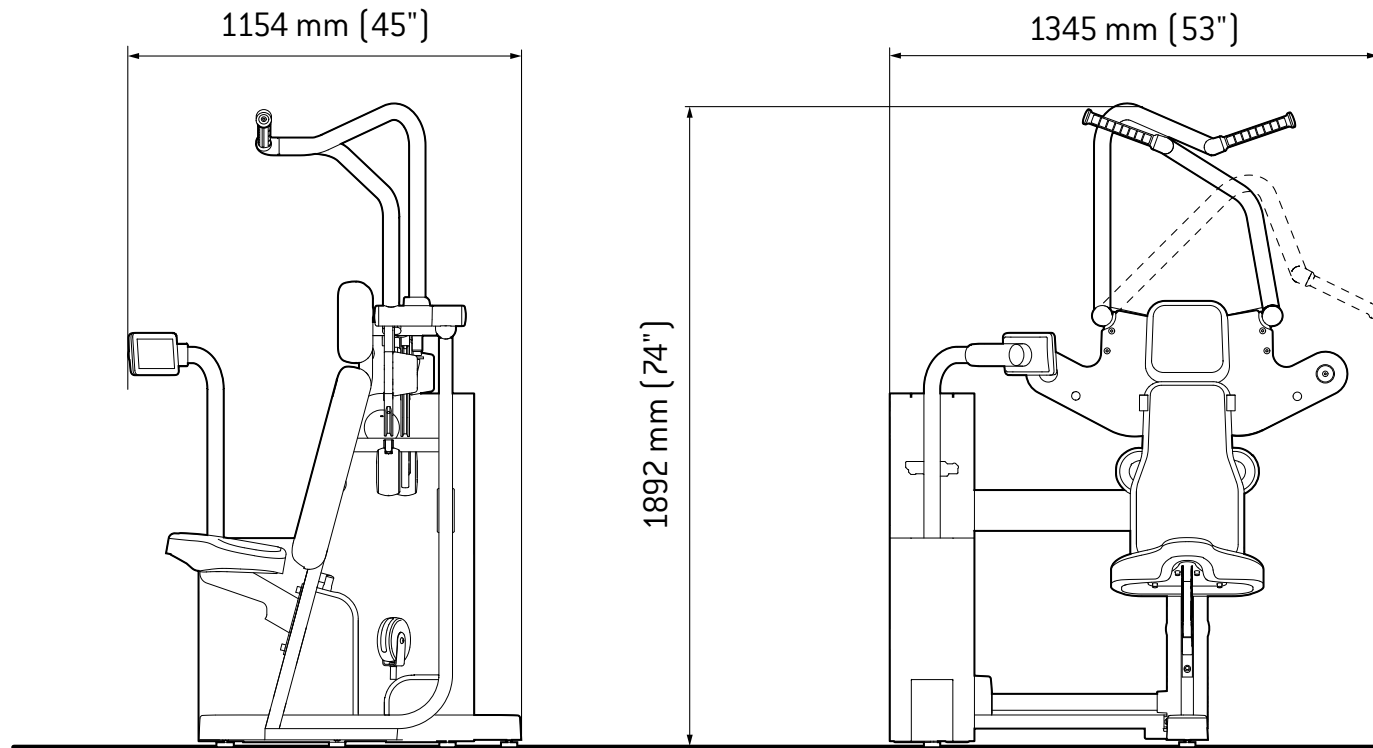




## TECHNICAL CHARACTERISTICS

### Vertical Traction

219 kg (483 lb)



# PLACE OF USAGE

To ensure that exercising with the equipment is easy, safe and effective, the place where it is used should comply with certain specific requirements; in particular, before choosing the place where the equipment will be installed, please ensure that the following conditions are satisfied:

- the temperature is between +10°C and +25°C;
- enough air is circulating to keep humidity during exercise to between 20% and 90%;
- the lighting is good enough to make the area safe and relaxing place to exercise in;
- free space of at least 60 cm around the entire perimeter of each product;
- the floor is flat, stable and vibration-free, and strong enough to bear the weight of the equipment plus user.

Do not expose the equipment to direct sunlight.

Do not install the equipment in areas with high humidity levels, for example close to swimming pools, whirlpools or saunas.

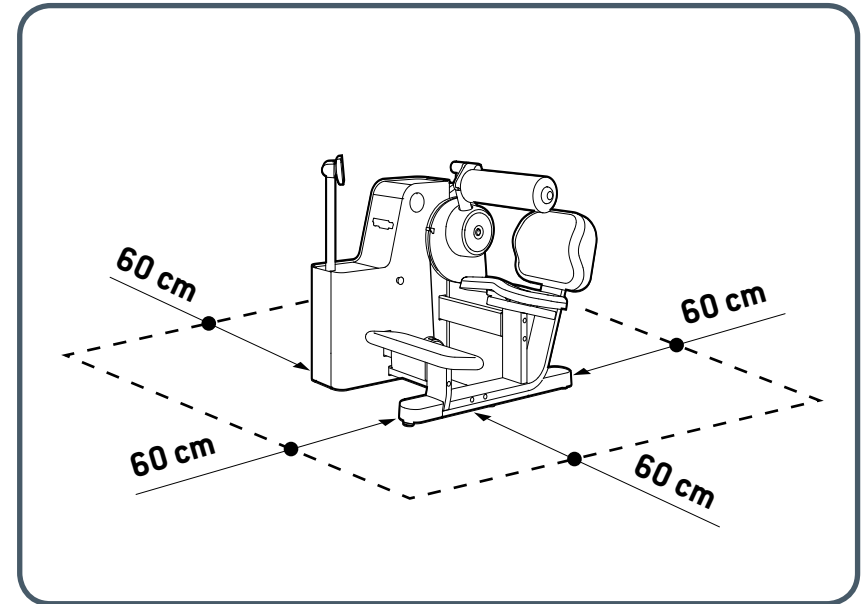
The place of installation must comply with all the suitability requirements laid down in current legislation on this matter.



## WARNINGS

**The equipment must be installed and used in a place where access and supervision are specifically controlled by the owner.**

**When installing the equipment, use suitable personal protective equipment.**



# USING THE EQUIPMENT

The equipment has no sharp corners.

All parts that come into contact with the user's body are suitably protected with rubber coverings or padding.

To adjust the position of the seat or the rollers, use the appropriate buttons on the display.

To adjust the workload, use the appropriate buttons on the display. Compared to the actual value, the workload shown on the display has a tolerance of  $\pm 3\%$ .

During exercise, do not turn off the product and do not unplug the power cable from the socket.



## USING THE EQUIPMENT

### Chest Press

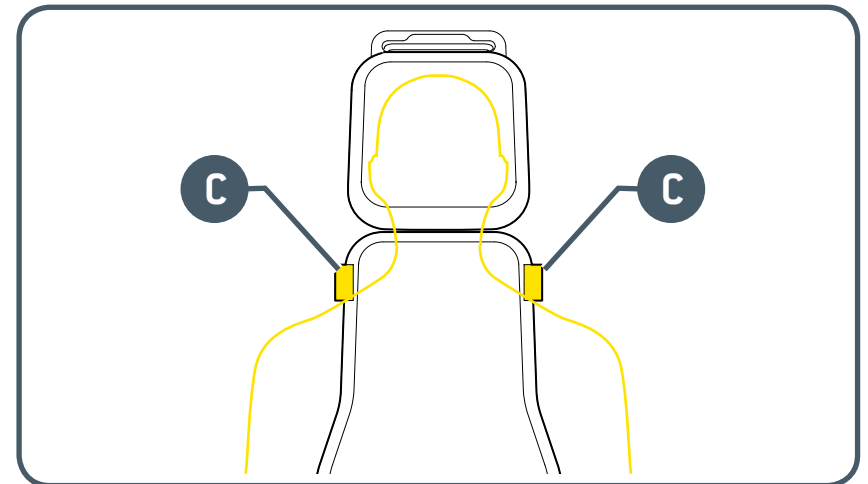
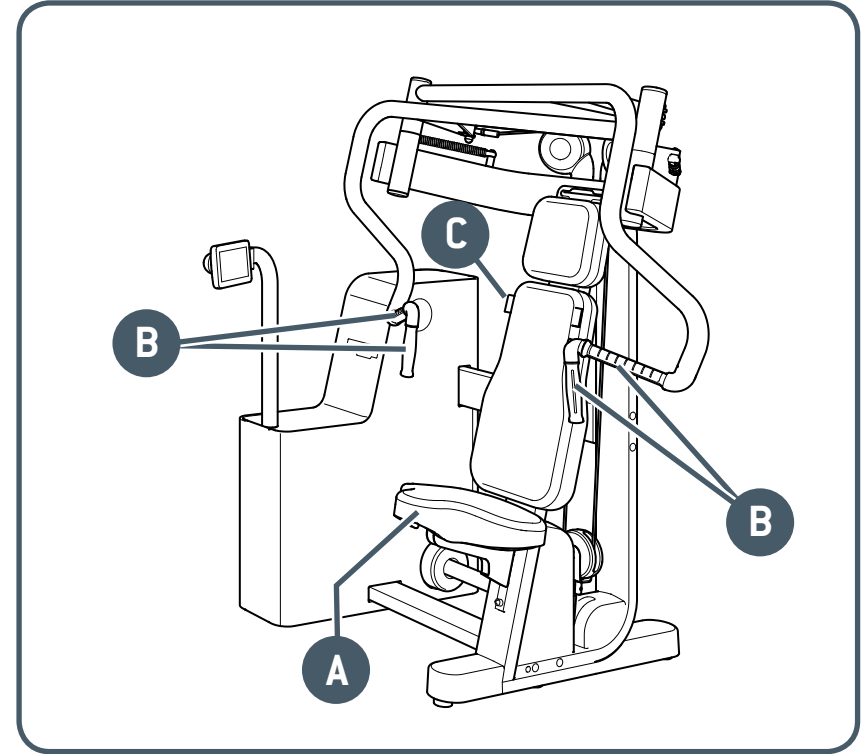
Sit down and adjust the seat height **(A)**. In the starting position, the handgrips **(B)** should be at the height of your breastbone and your shoulders should be lined up with the reference marks **(C)**.

Select the workload with the buttons on the display.

Place your back completely flat against the backrest.

Use the button on the display to move the levers **(B)** closer, then grasp them.

Use the indentations provided to ensure that you hold the handgrips symmetrically, and place your feet on the floor. Spread your legs for greater stability.



## USING THE EQUIPMENT

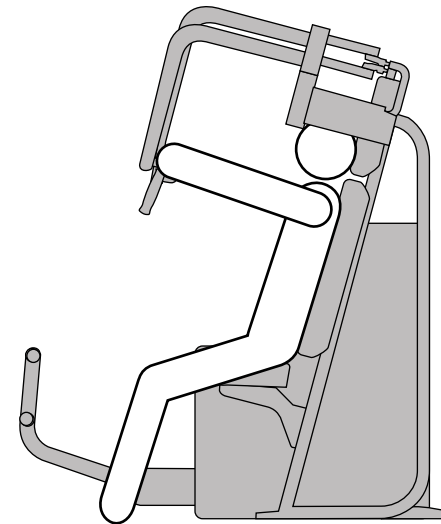
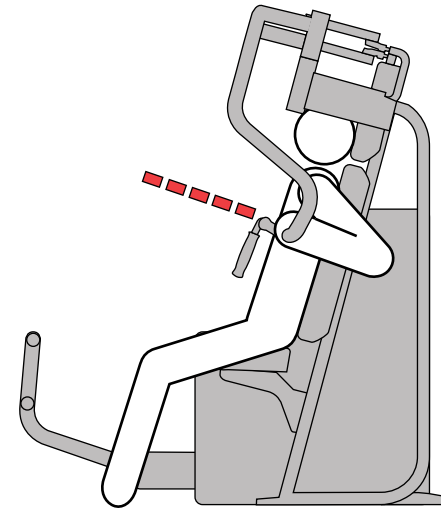
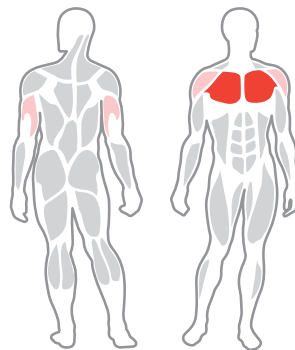
Stretch your arms forward simultaneously, without straining your elbows.

Keep your elbows, wrists and shoulders aligned while performing the exercise.

Maintain a smooth controlled speed; we recommend a slower speed during the return phase than when moving outwards.

Placing your grip closer or wider permits you to vary the trajectory of your arm movements from more convergent to more open exercises.

Muscles involved



## USING THE EQUIPMENT

### Leg Curl

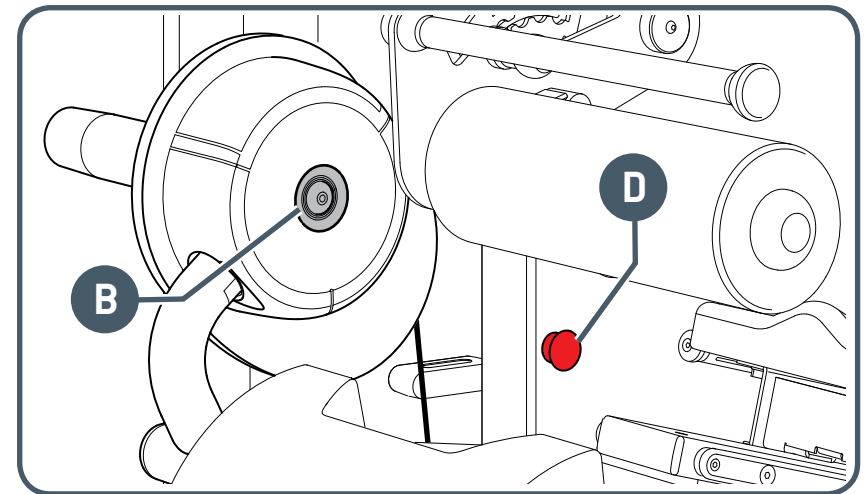
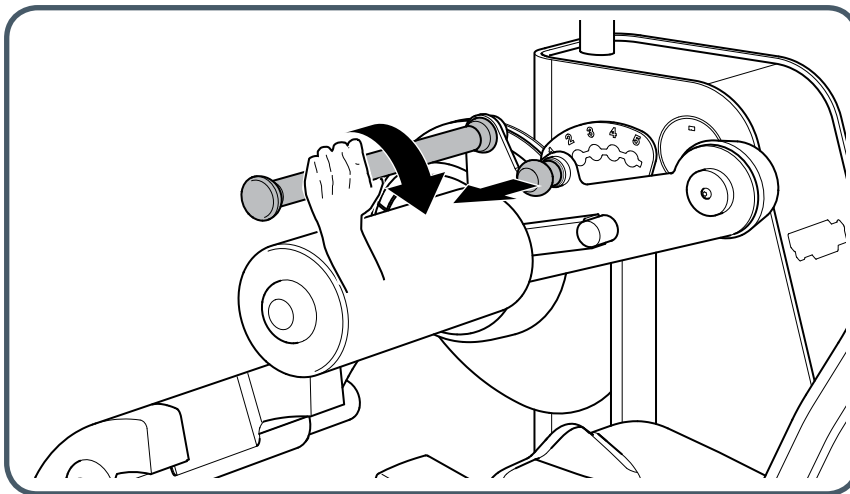
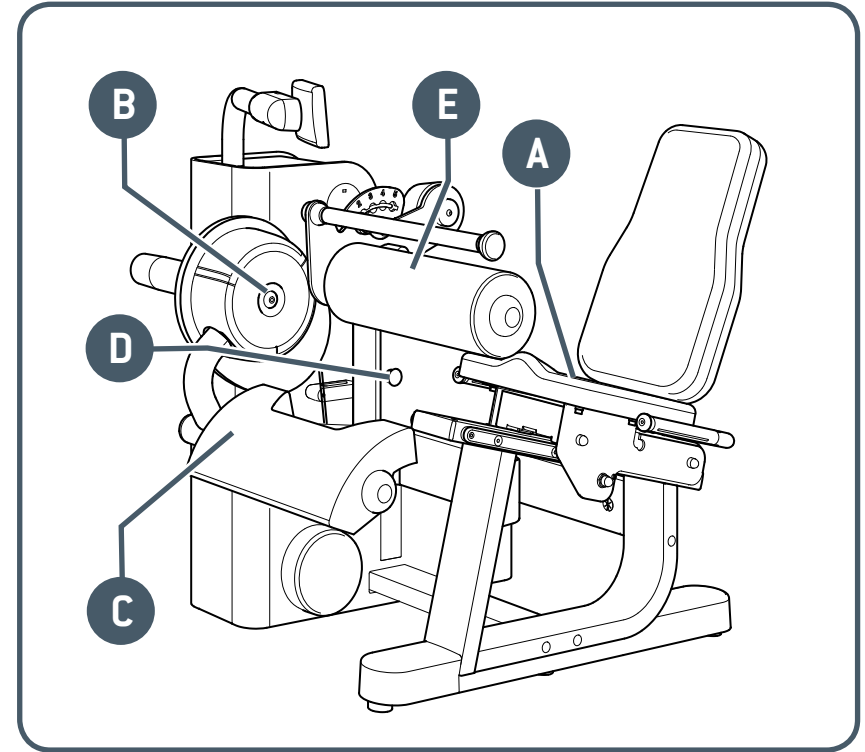
Move the rollers with the buttons on the display so that you can sit down more easily.

Move the seat **(A)** forward or backward until the fulcrum of your knee is in line with the fulcrum of the lever **(B)**. The padding **(C)** should be behind your legs.

Lower the roller **(E)** onto your legs.

Select the workload with the buttons on the display.

In the event of an emergency, press the red button **(D)**. When the button is pressed, the workload is released and the automatic movement of the padding and the seat stops.



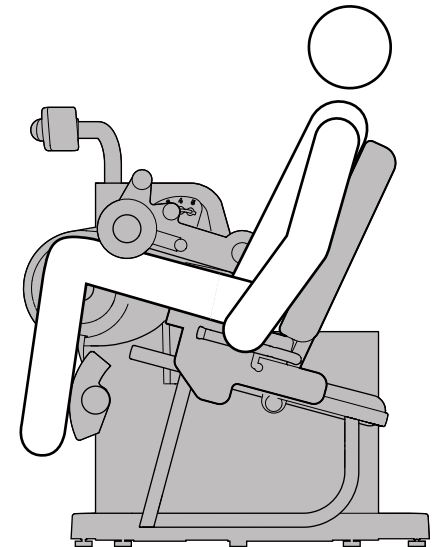
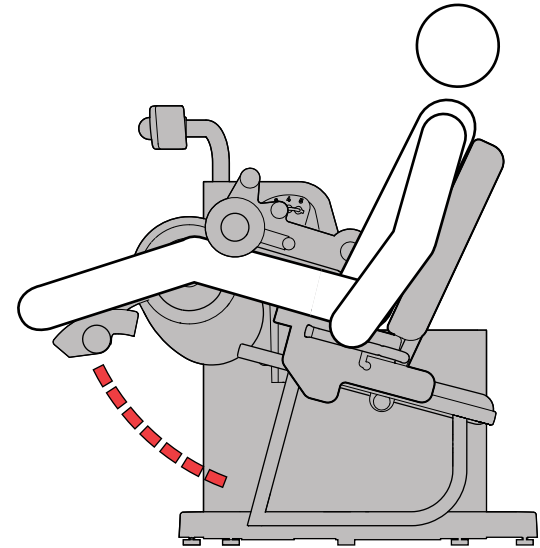
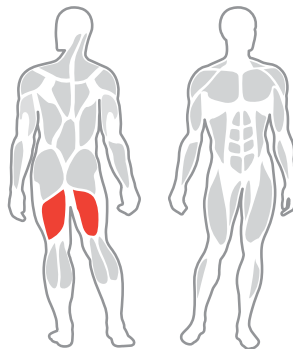
## USING THE EQUIPMENT

Bend and extend your legs at the same time with a slow and controlled movement.

Hold the side handgrips for greater stability during movement.

Maintain a smooth controlled speed; we recommend a slower speed during the return phase than when moving outwards.

Muscles involved





## USING THE EQUIPMENT

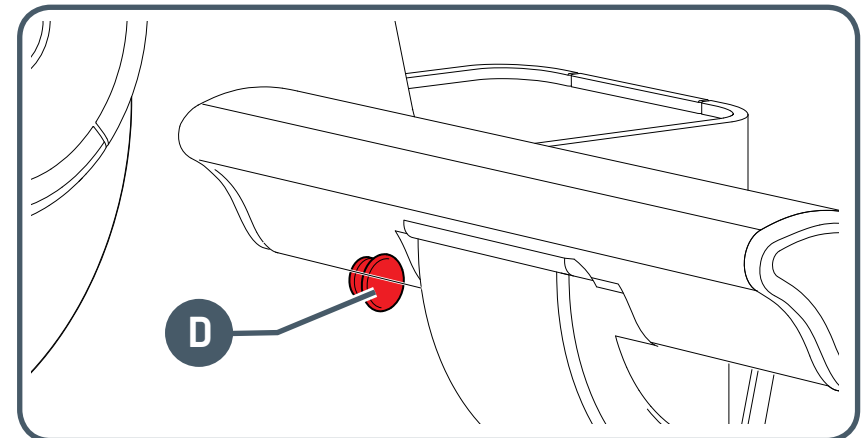
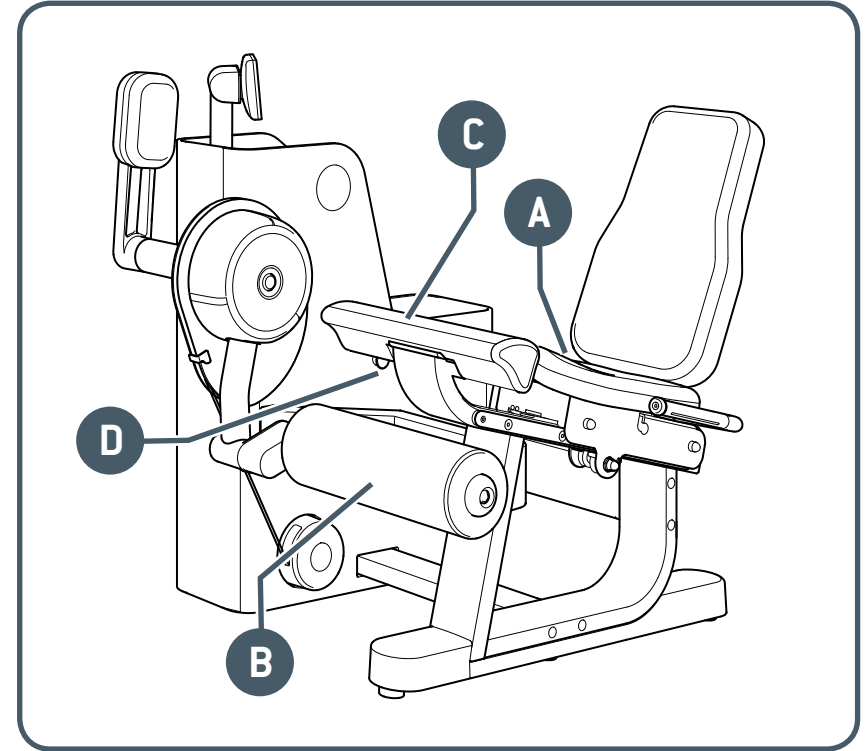
### Leg Extension

Move the roller (**B**) with the buttons on the display so that you can sit down more easily.

Move the seat (**A**) forward or backward until the back of your knee is in contact with the padding (**C**). The roller (**B**) should be in front of your ankles.

Select the workload with the buttons on the display.

In the event of an emergency, press the red button (**D**). When the button is pressed, the workload is released and the automatic movement of the roller and the seat stops.



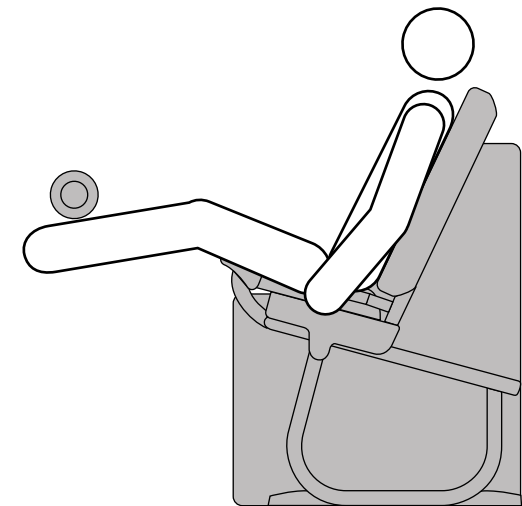
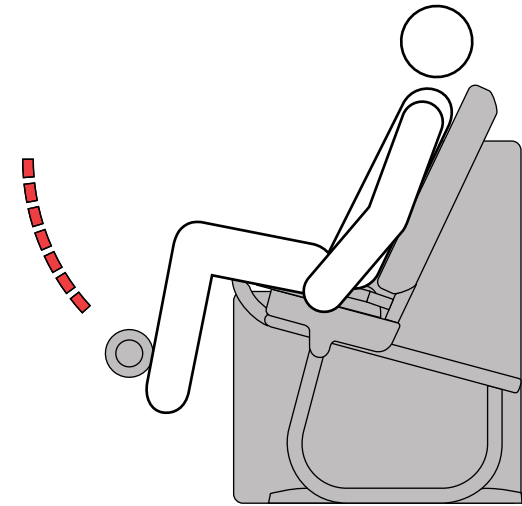
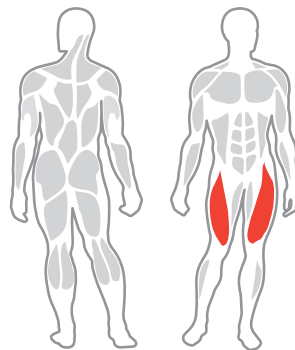
## USING THE EQUIPMENT

Extend and bend your legs at the same time with a slow and controlled movement.

Hold the side handgrips for greater stability during movement.

Maintain a smooth controlled speed; we recommend a slower speed during the return phase than when moving outwards.

Muscles involved



## USING THE EQUIPMENT

### Leg Press

Move the seat (A) with the buttons on the display so that you can sit down more easily.

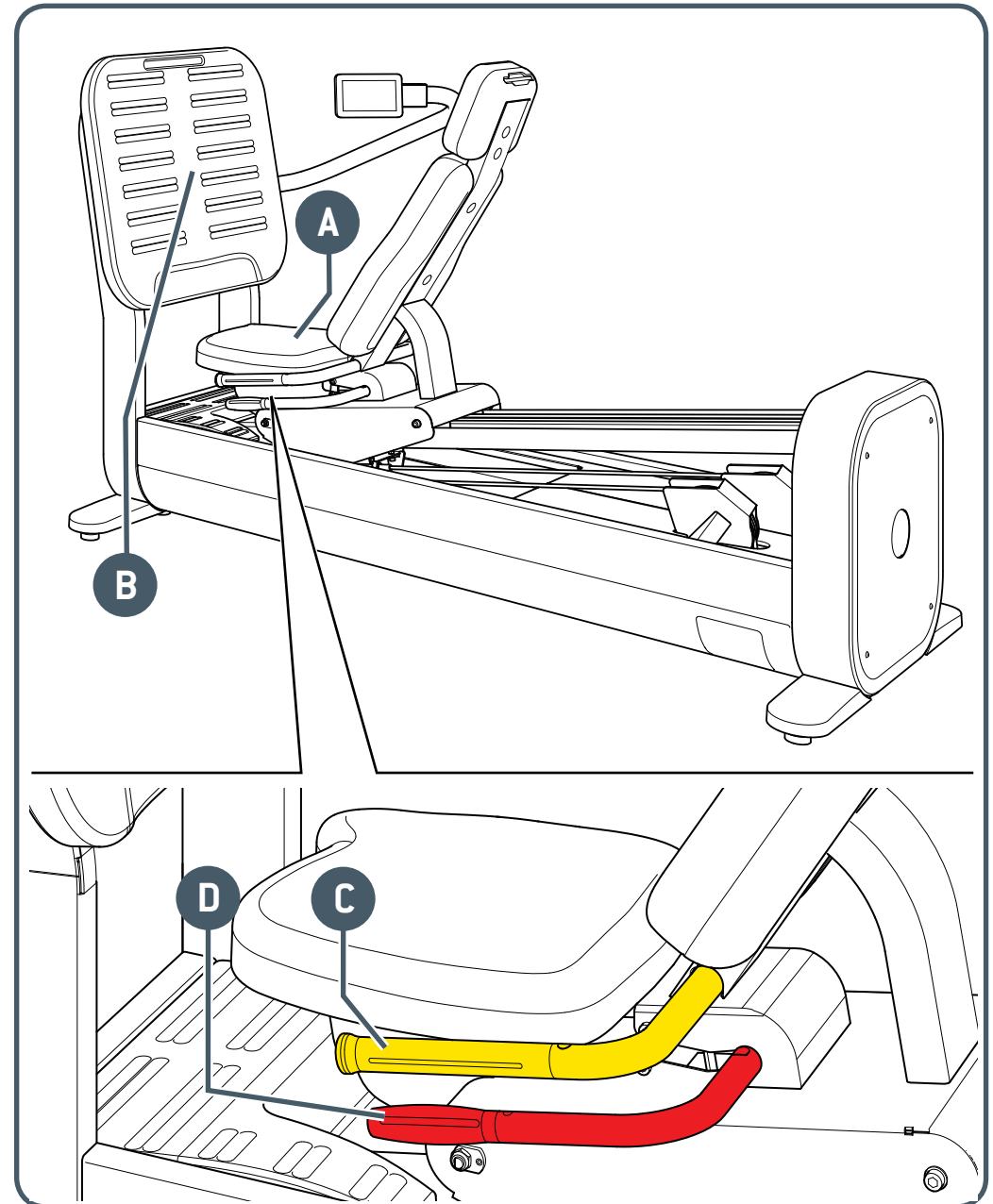
Select the workload with the buttons on the display.

Place your back completely flat against the backrest.

Position your feet on the thrust surface (B) approximately 7.8 in (20 cm) apart, at the same height (using the horizontal lines as a reference) and with your toes pointing slightly outwards. Your knees should be bent, with your quadriceps near your torso.

Hold the side handgrips (C) for greater stability during movement.

In the event of an emergency, pull the red lever (D) on the side of the seat. The workload will be released and the automatic movement of the seat will stop.



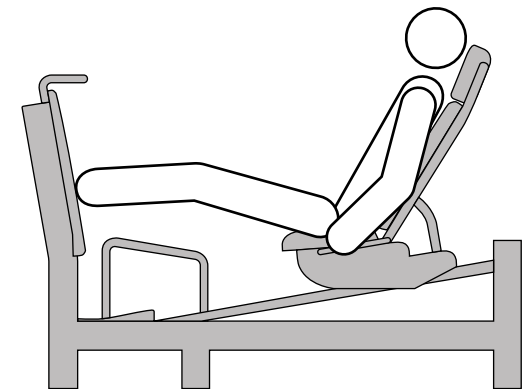
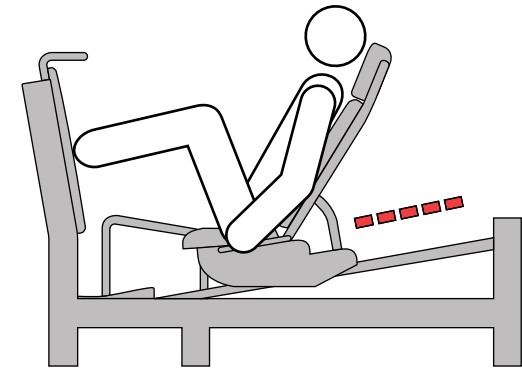
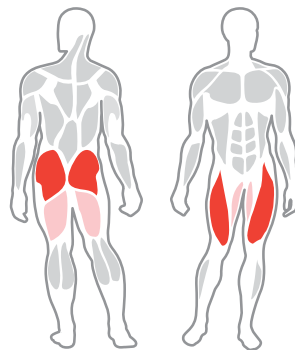
## USING THE EQUIPMENT

Extend and bend your legs at the same time with a slow and controlled movement.

Maintain a smooth controlled speed; we recommend a slower speed during the return phase than when moving outwards.

During the outward movement of the exercise, do not extend your legs completely. This will help to prevent your knee joints from being harmed and ensure that your muscles remain contracted.

Muscles involved



## USING THE EQUIPMENT

### Low Row

Sit down facing the handgrips (C).

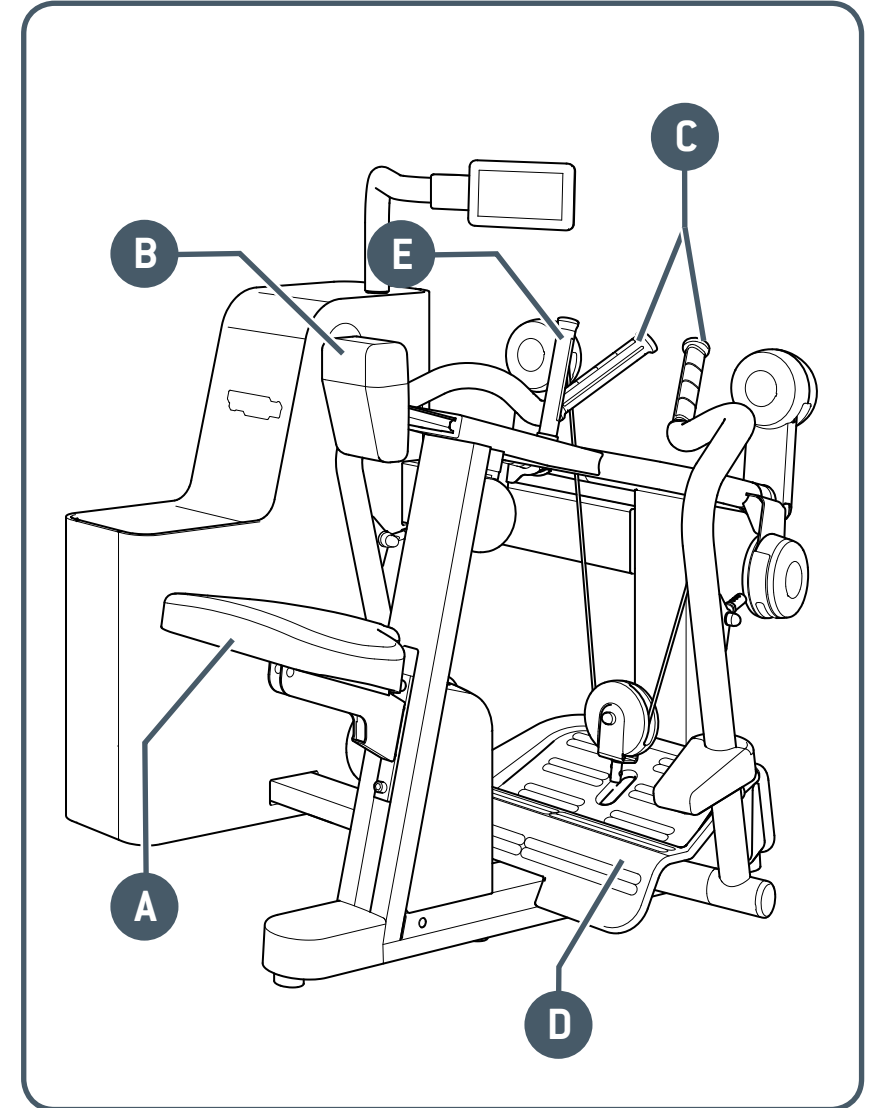
Adjust the height of the seat (A) so that the chest pad (B) is halfway up your breastbone.

Select the workload with the buttons on the display.

Stand up and take hold of the handgrips (C) symmetrically.

In the starting position, your feet should be on the footrest (D) and your arms should be extended.

If you do the exercise with only one arm, grab the handgrip (E) with the resting arm for greater stability during movement.



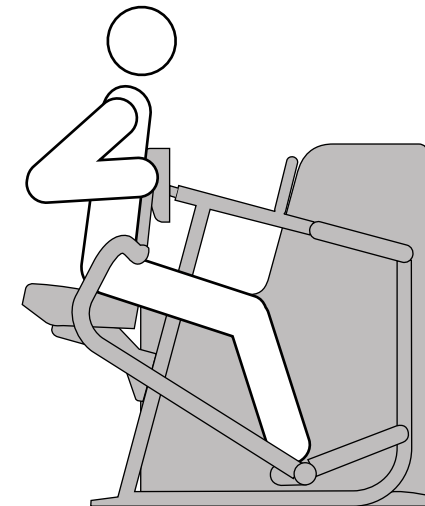
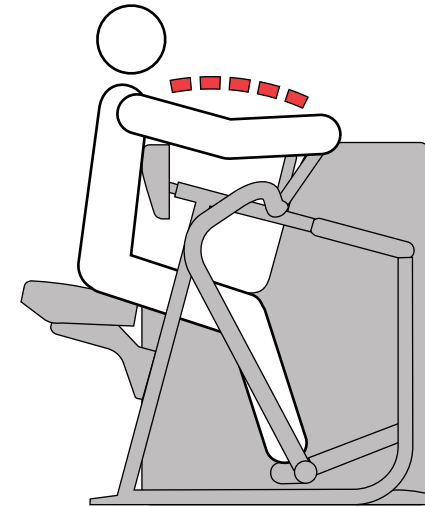
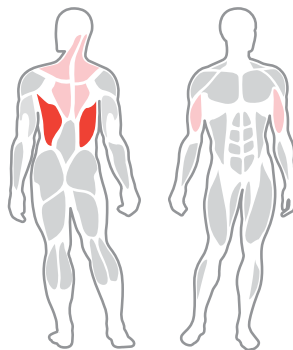
## USING THE EQUIPMENT

Pull with both arms simultaneously until they are fully bent, then extend both arms at the same time.

Maintain a smooth controlled speed; we recommend a slower speed during the return phase than when moving outwards.

During the return movement of the last repetition, stand up and let go of the handgrips, lowering the load down slowly.

Muscles involved



## USING THE EQUIPMENT

### Lower Back

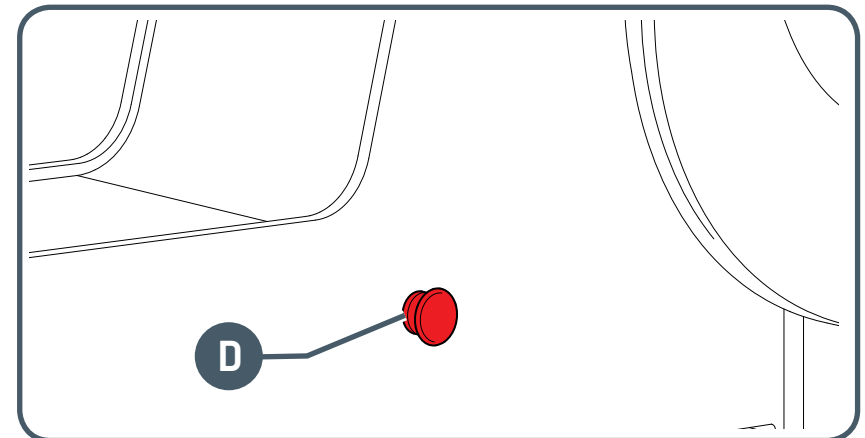
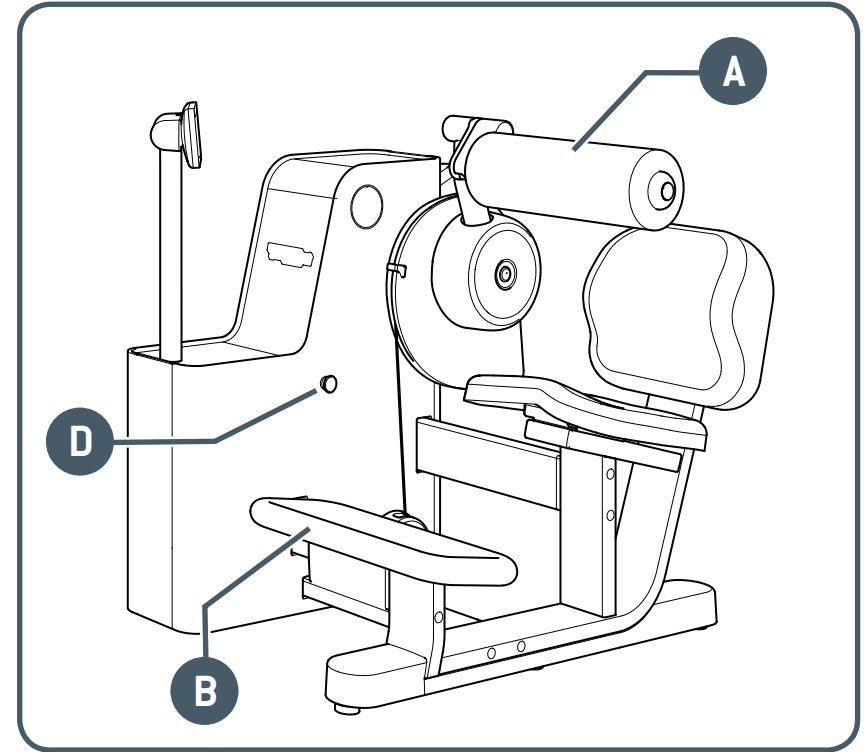
Move the roller (A) with the buttons on the display so that you can sit down more easily.

Select the workload with the buttons on the display.

Place your feet on the footrest (B).

In the starting position, your torso should be bent forward, with the roller (A) resting just below your shoulders at shoulder blade height.

In the event of an emergency, press the red button (D). When the button is pressed, the workload is released and the automatic movement of the roller stops.



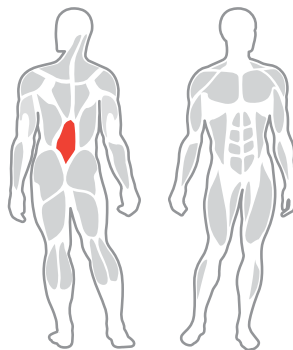


## USING THE EQUIPMENT

Fold your arms across your chest, and press back without pushing with your feet and without going past the 90° position to avoid overloading your muscles.

Maintain a smooth controlled speed; we recommend a slower speed during the return phase than when moving outwards.

Muscles involved



## USING THE EQUIPMENT

### Shoulder Press

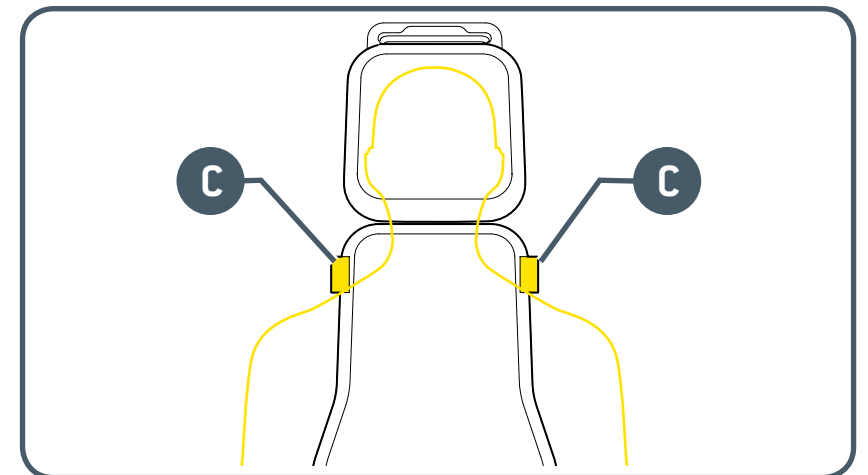
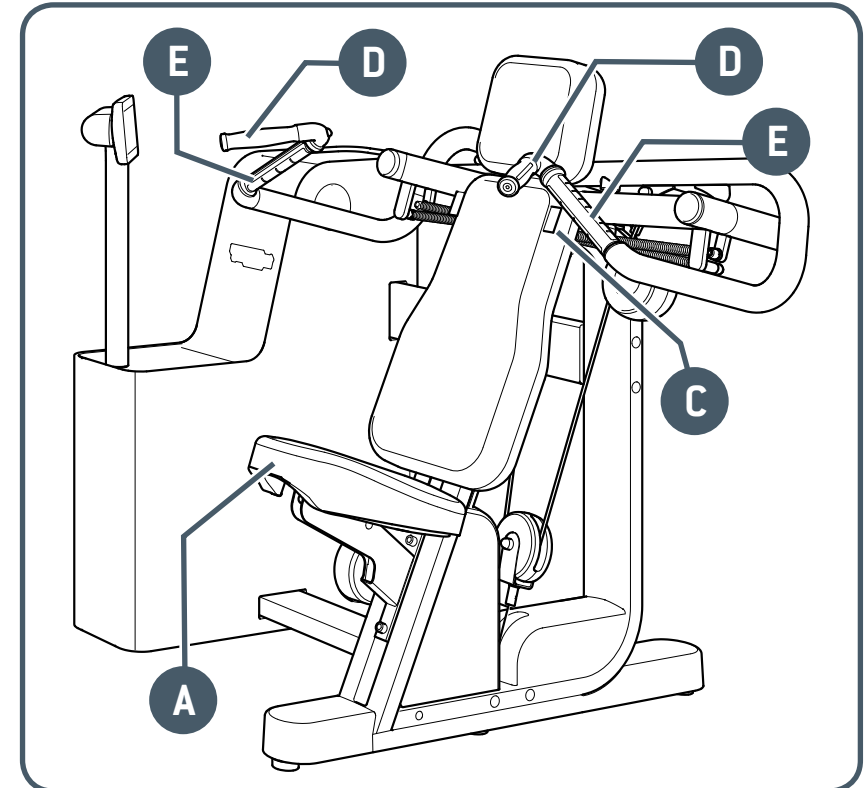
Sit down and adjust the seat height (A) with the buttons on the display. In the starting position, your shoulders should be lined up with the reference marks (C).

Do a repetition without a load to check that the levers do not reach the end of stroke when your arms are completely extended. If they do, lower the seat.

Select the workload with the buttons on the display.

Place your back completely flat against the backrest.

Select the handgrips that are most suitable for your articular mobility: (D) or (E).



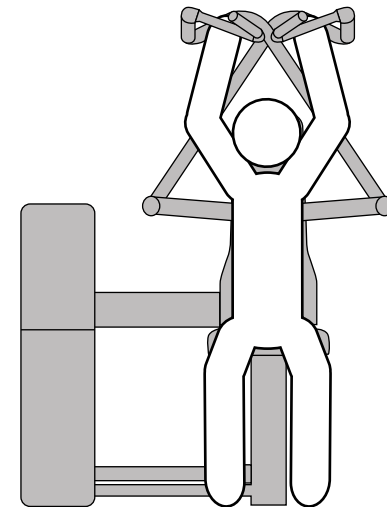
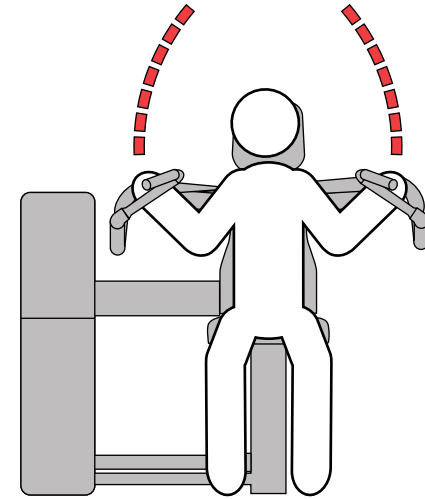
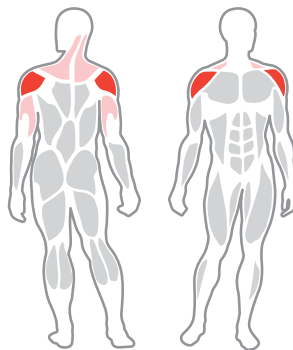
## USING THE EQUIPMENT

Extend your arms upward at the same time, keeping your shoulders, elbows and wrists at the same level.

Maintain a smooth controlled speed; we recommend a slower speed during the return phase than when moving outwards.

Placing your grip closer or wider permits you to vary the trajectory of your arm movements from more convergent to more open exercises.

Muscles involved



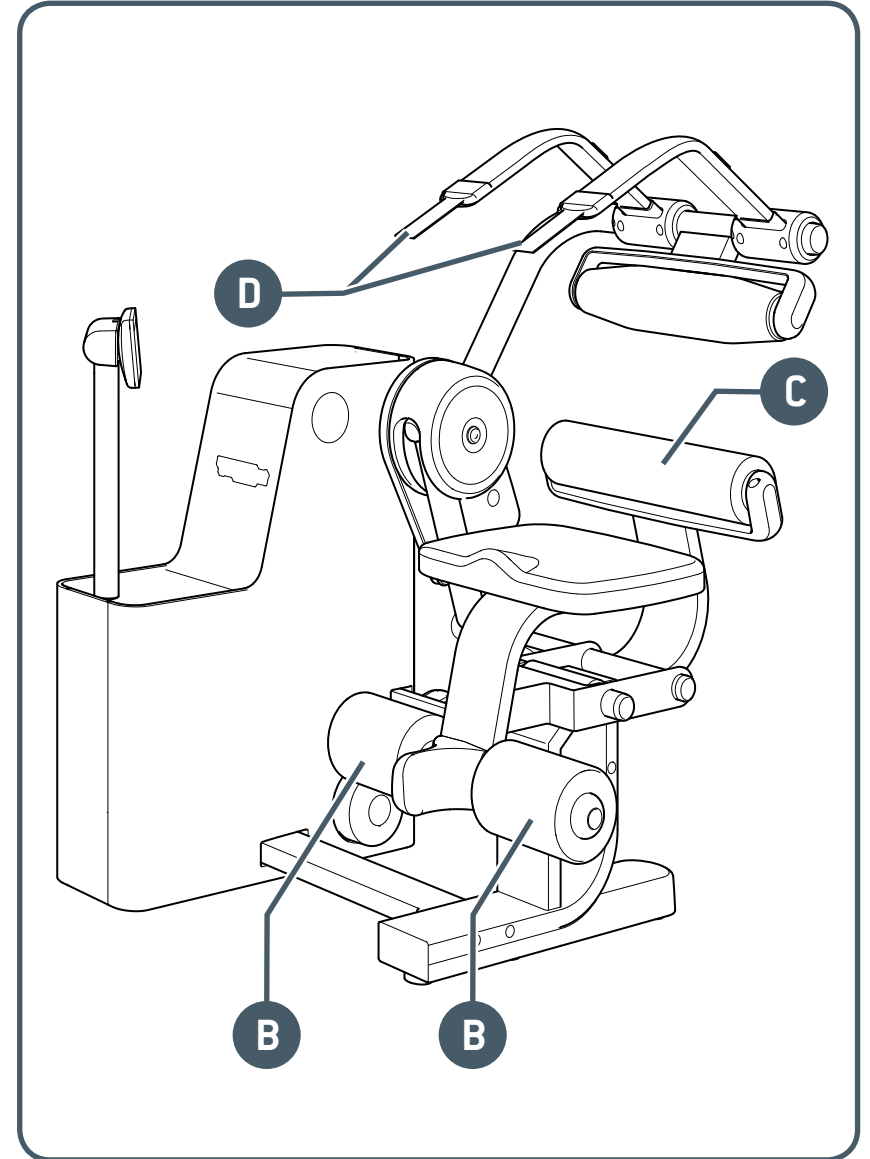
## USING THE EQUIPMENT

### Total Abdominal

Select the workload with the buttons on the display.

Sit, place your feet under the two lower rollers (B) and place the lower part of your back up against the padded roller (C).

Pull the padding (D) down over the front of your shoulders.



## USING THE EQUIPMENT

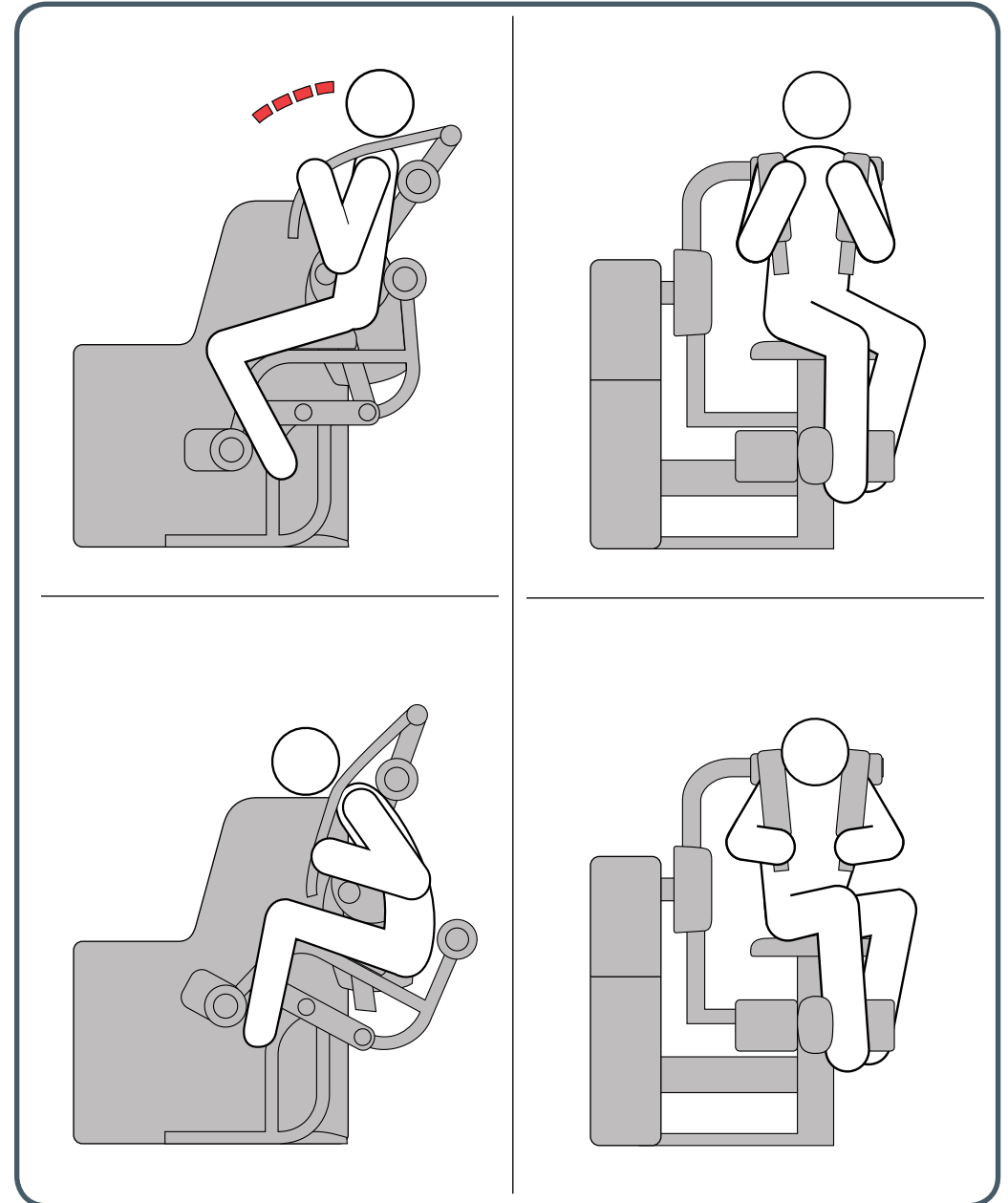
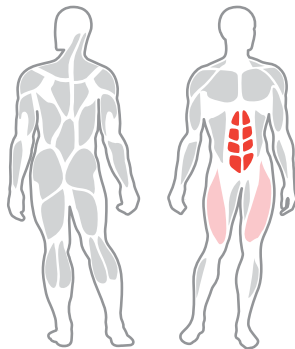
Crunch forward and at the same time, bring your knees up to your chest.

Maintain a smooth controlled speed; we recommend a slower speed during the return phase than when moving outwards.

Maintain control of the workload during the movement.

To also activate the obliques, position one foot in front of a roller and the other foot behind it.

Muscles involved



## USING THE EQUIPMENT

### Vertical Traction

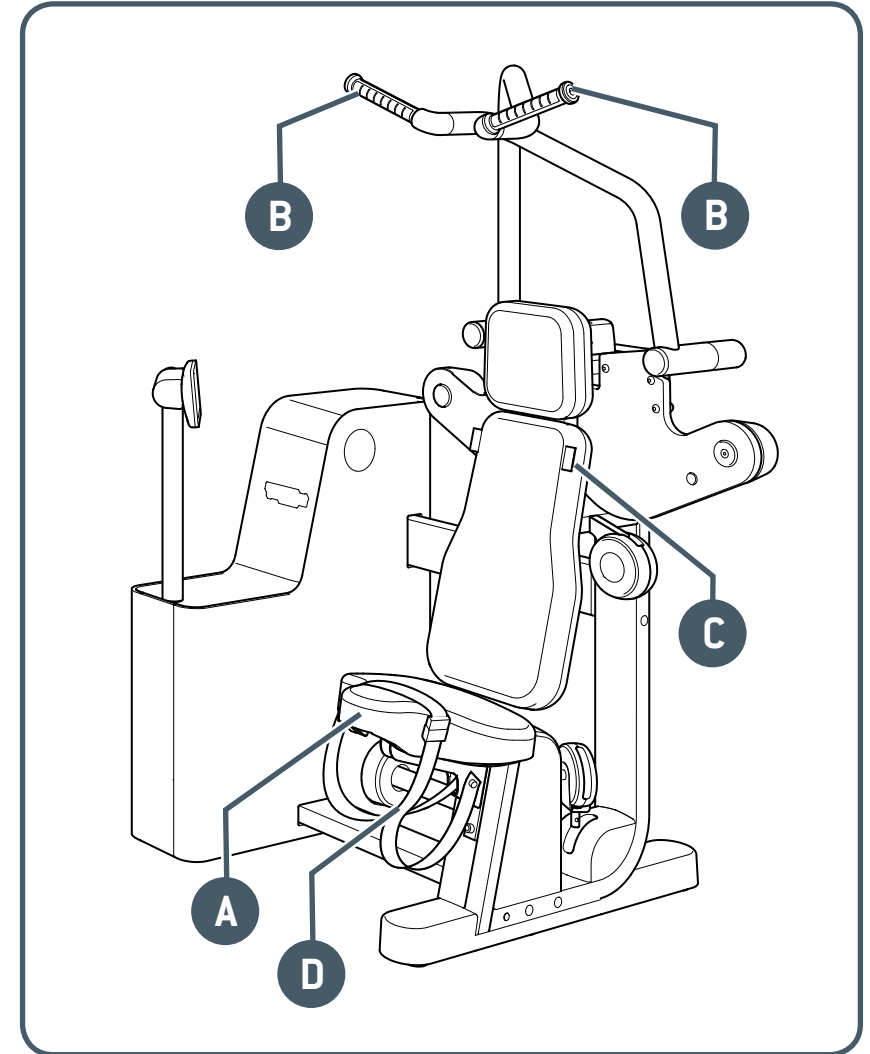
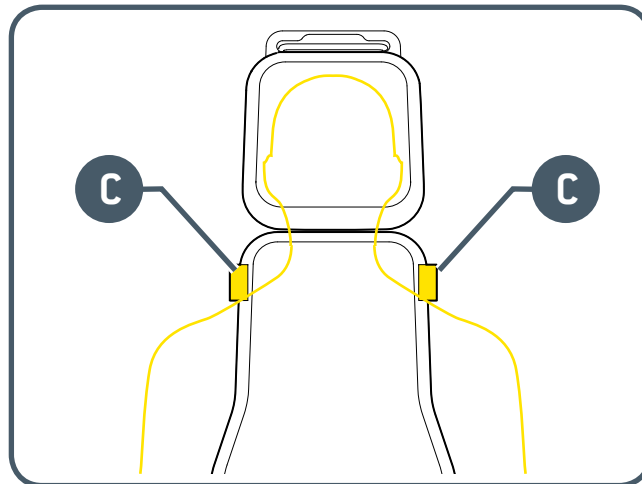
Sit down and adjust the seat height (A) with the buttons on the display. In the starting position, your shoulders should be lined up with the reference marks (C), your arms should be extended and the levers (B) should be lowered slightly.

Select the workload with the buttons on the display. If the load is close to or higher than your body weight, fasten the abdominal belt (D).

Place your back completely flat against the backrest.

Use the button on the display to move the levers (B) closer, then grasp them.

Use the indentations provided to ensure that you hold the handgrips symmetrically and place your feet on the floor. Spread your legs for greater stability.



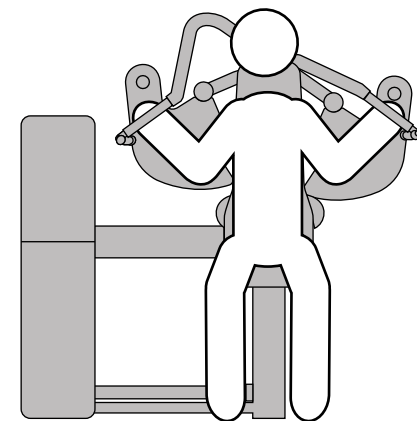
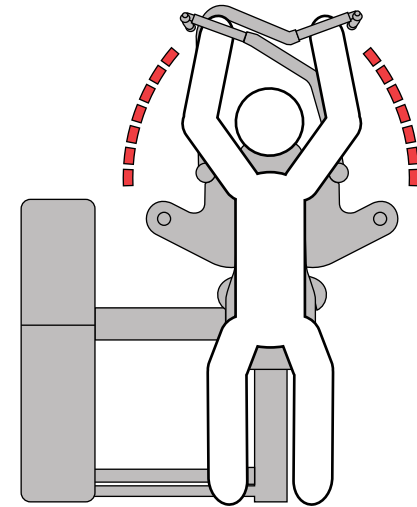
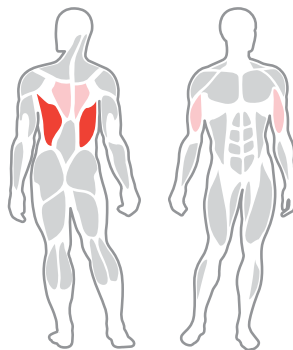
## USING THE EQUIPMENT

Bend and extend your arms at the same time, keeping your shoulders, elbows and wrists in line.

Maintain a smooth controlled speed; we recommend a slower speed during the return phase than when moving outwards.

Placing your grip closer or wider permits you to vary the trajectory of your arm movements from more convergent to more open exercises.

Muscles involved





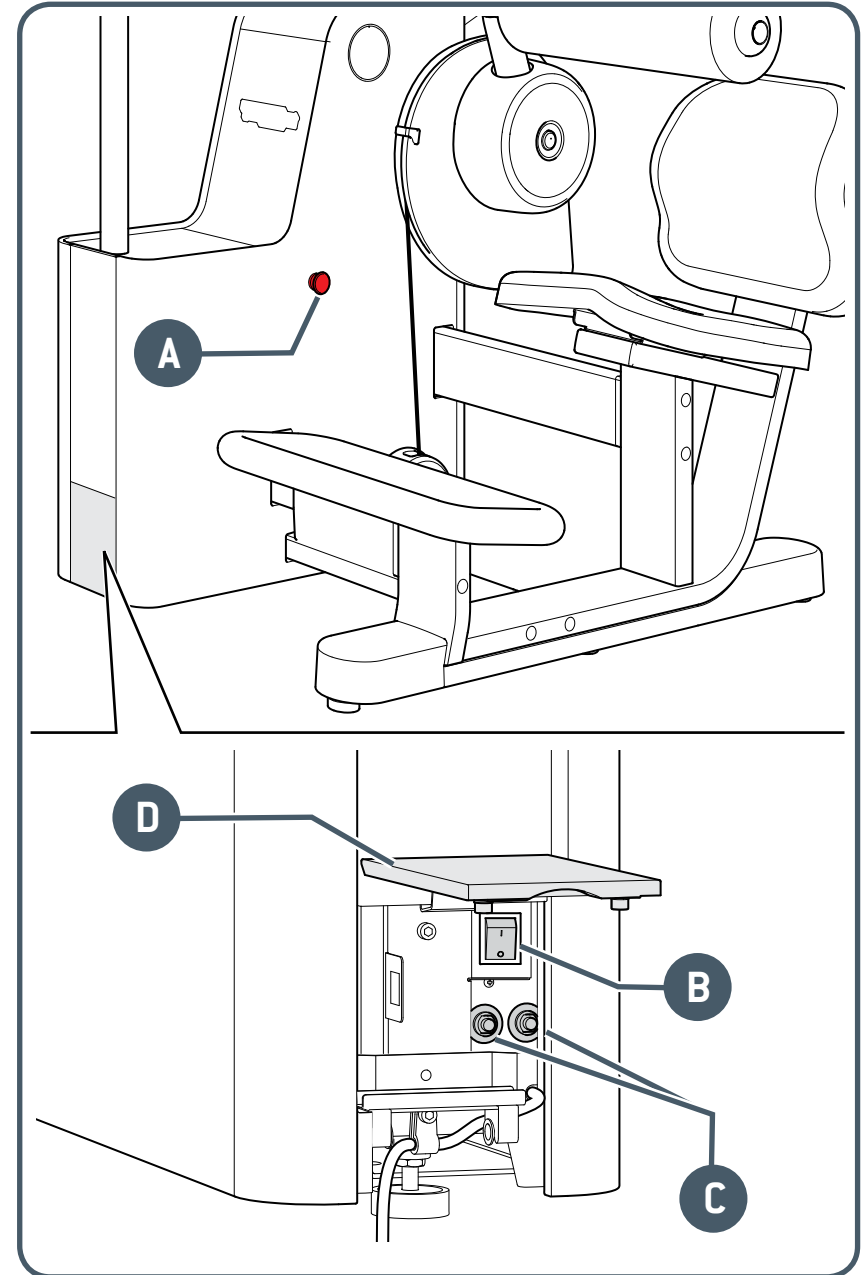
# SAFETY DEVICES

**Emergency switch (A).** This device stops all motorized actions. When it is switched, the workload is released and the automatic movement of the seat, rollers and levers stops. The emergency switches are red and they can be found on the Leg Curl, Leg Extension, Lower Back and Leg Press. The display stays on when they are switched.

**Main switch (B).** Turns the power to the product on and off.

**Circuit breaker (C).** Protects the electrical components of the product. When a power surge occurs, the protection device opens, thus preventing damage to the electronics inside.

To access to the main switch and circuit breaker, open the panel (D).



# ELECTRICAL CONNECTION

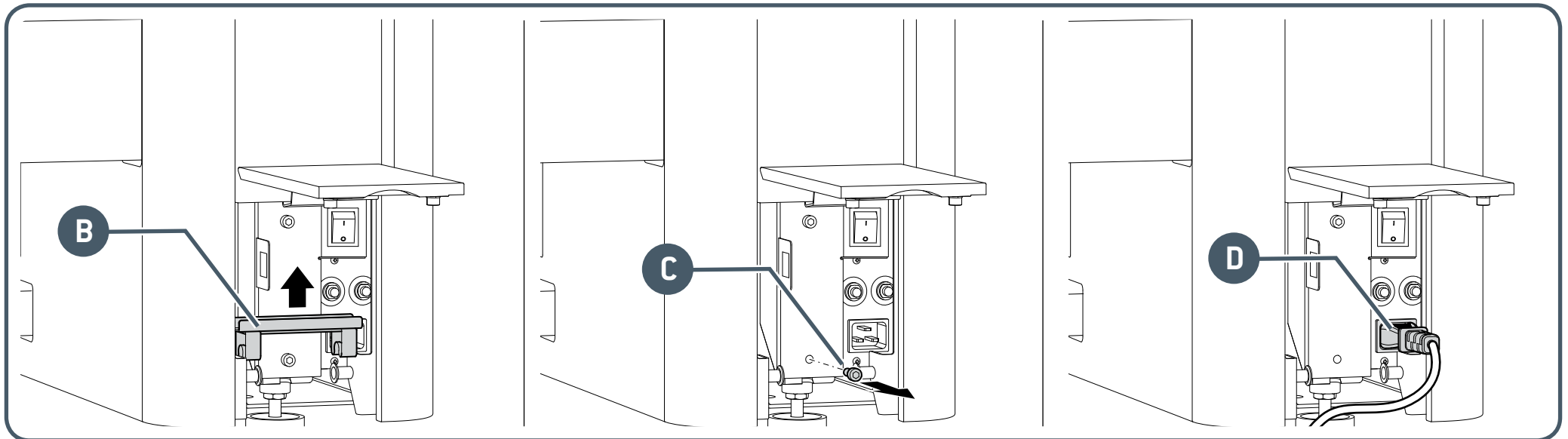
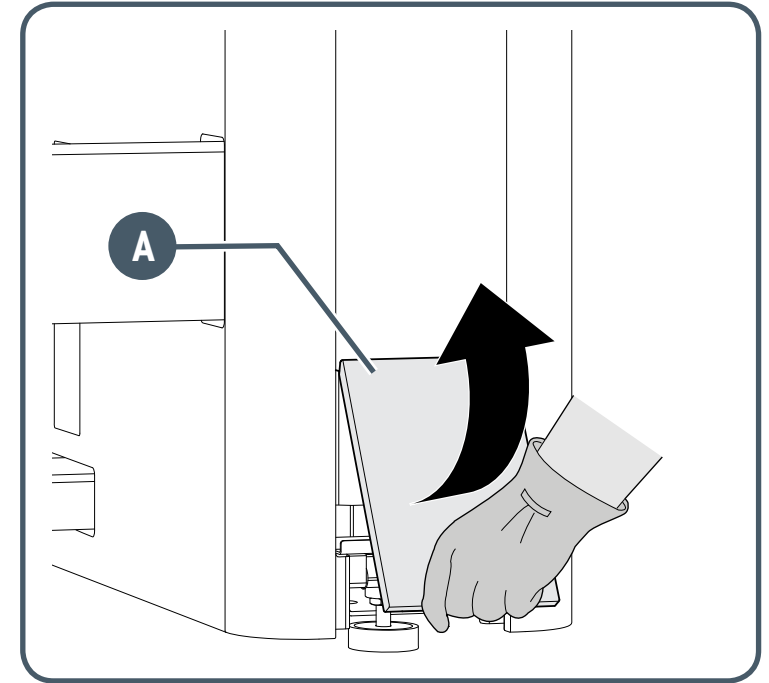
Before connecting the product to the mains power supply, ensure that the electrical system specifications comply with current regulations. Check the mains power supply specifications on the identification label.

To access the connector, open the panel (A).

Remove the spacer (B).

Remove the screw (C).

Connect the power cable (D) first to the product connector and then to the wall socket.



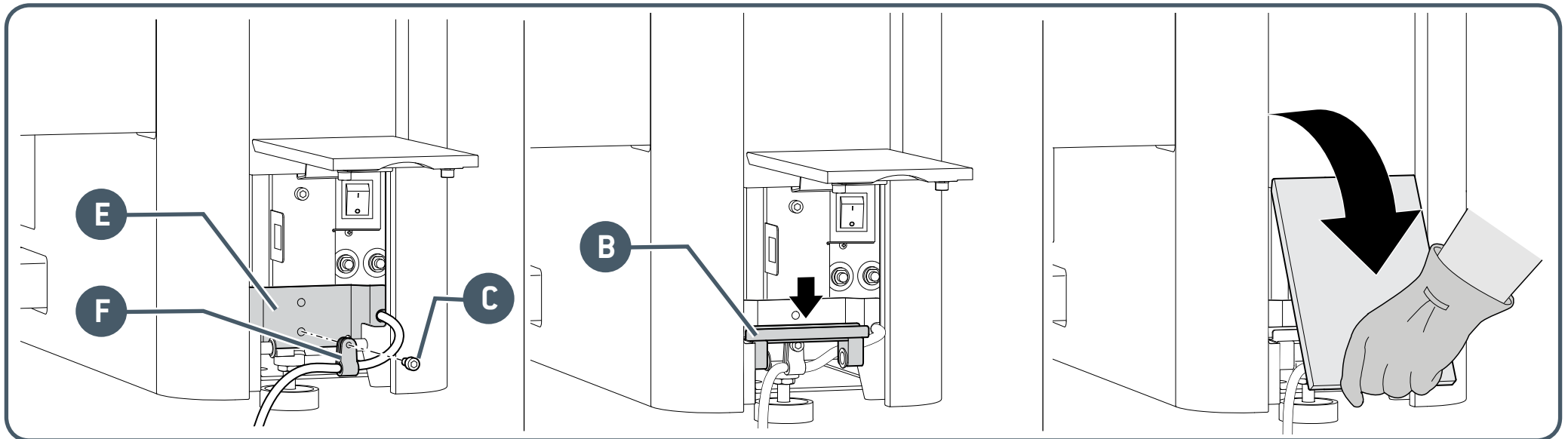
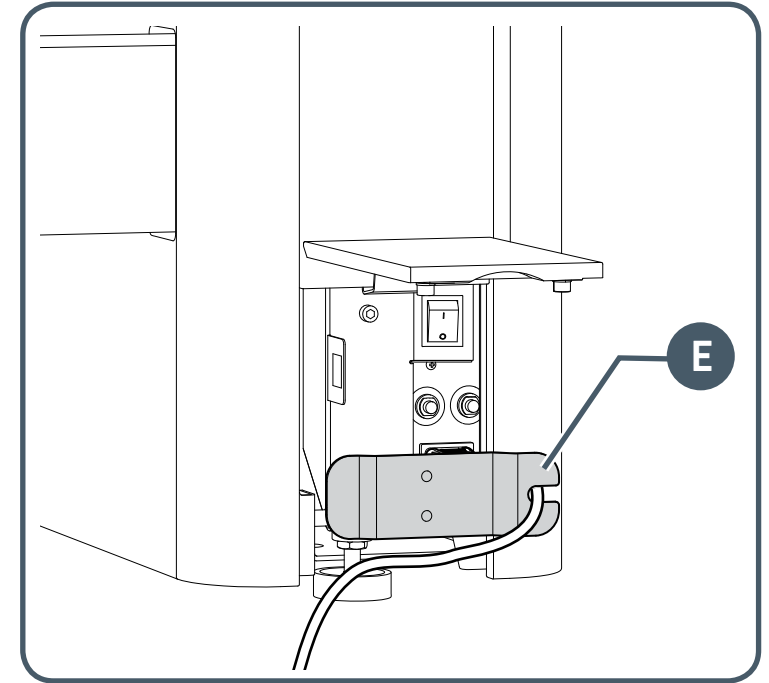
## ELECTRICAL CONNECTION

Put the holding piece provided (**E**) in place. Run the cable through the slot.

Put the cable in the clip (**F**). Secure the holding piece (**E**) and the clip (**F**) with the screw (**C**) that you removed previously.

Put the spacer (**B**) back in place.

Close the panel (**A**) again.






### **WARNINGS**

**Check the state of the power cable periodically.**

**The wall socket must be located in a place where the unit may be easily and safely plugged in and unplugged.**

**When plugging in, the power supply switch must be in the OFF (0) position (the equipment must be switched off).**

The power supply socket must be grounded . If not, a ground connection must be installed by a qualified electrician before connecting the equipment to the electricity mains.

The product must be grounded. If the unit malfunctions or breaks down, earthing provides a minimum resistance path for electric current thus reducing the risk of electric shock. The product is equipped with a cable that includes an earth wire and an earthing plug. The plug must be connected to an appropriate socket that is properly installed and earthed in accordance with all local codes and ordinances.



### **WARNING**

**Improper connection of the earth wire may result in risk of electrical shock. Check with a qualified electrician or maintenance operator if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product; if it does not fit the socket, have a suitable socket installed by a qualified electrician.**

# TURNING ON AND OFF

To turn the equipment on, move the switch to the ON (I) position. After a quick system check (reset), the equipment is ready for use.

Some of the parts move during the automatic checking process, so keep away from the product.

To turn the equipment off, move the main switch to the OFF (O) position.

The equipment must be switched off only at the end of the exercise, when in standby.

After you have turned off the product, wait 10 seconds before turning it on again.

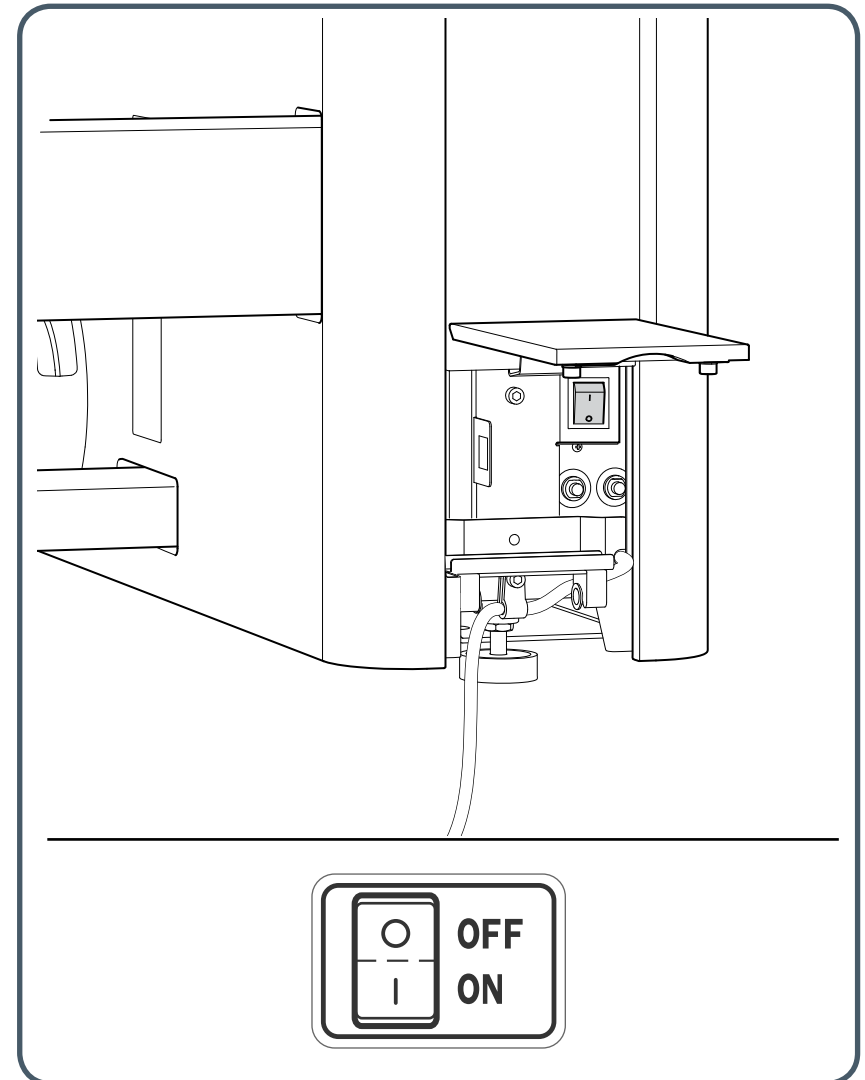
If the product is not expected to be used for a long time, as well as turning it off, the plug should also be removed from the wall socket.

Depending on the version of the product, the ON (I) and OFF (O) position may vary; check the illustration above the switch for the exact position.



## WARNING

**The switch is used to turn the unit on and off, but does not fully disconnect it from mains power, even when set to the OFF (O) position. For complete isolation you must unplug the power supply plug.**



# LIFTING AND MOVING THE PRODUCT

Use a pallet truck or a forklift truck to lift the product, with the forks on the motor side.

We recommend that you place some padded material between the frame and the lifting equipment.

Tie the Chest Press, Low Row, Shoulder Press and Vertical Traction levers together or to the frame to prevent sudden, uncontrolled movement.

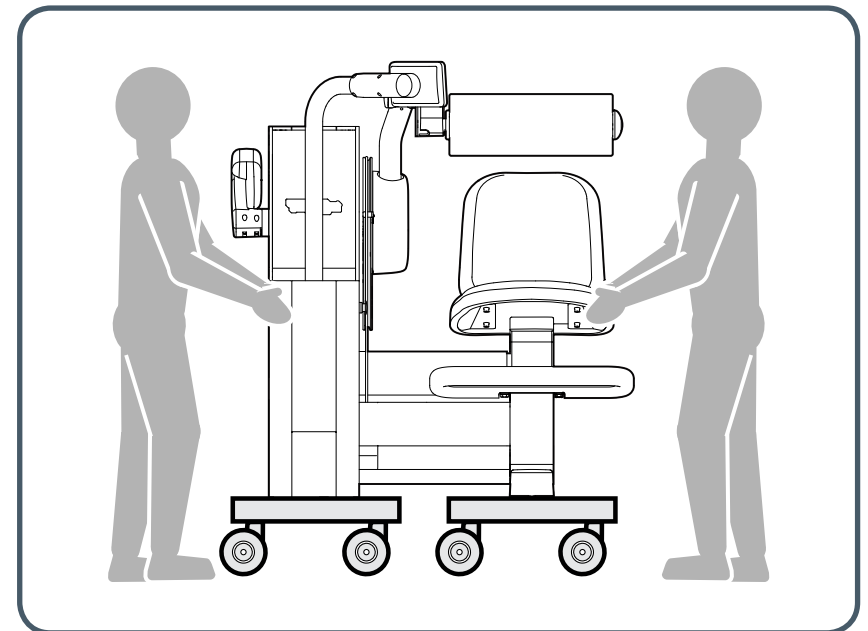
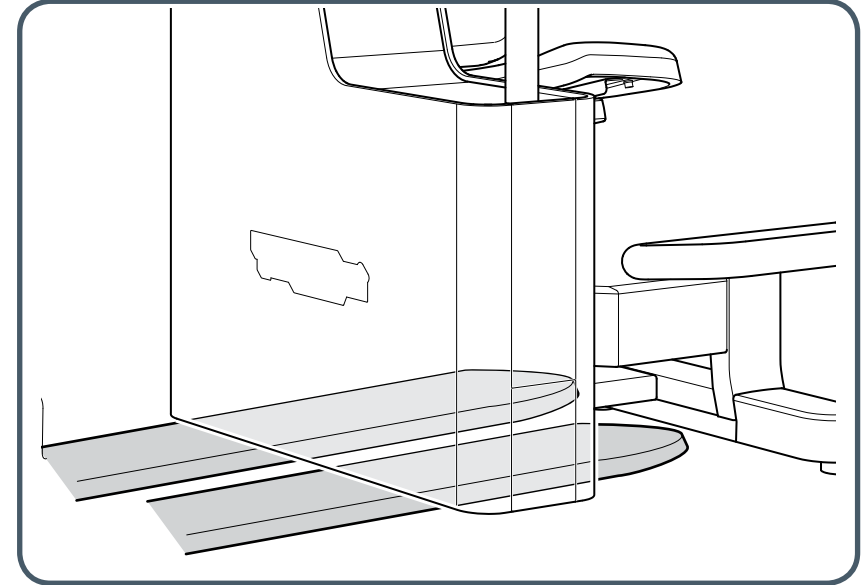
Tie the Leg Press seat to one of the ends of the frame to prevent sudden, uncontrolled movement.



## WARNINGS

**Move the product very carefully, because it may become unstable and tip over.**

**Considering the weight of the product, we recommend that it should always be lifted by more than one person.**



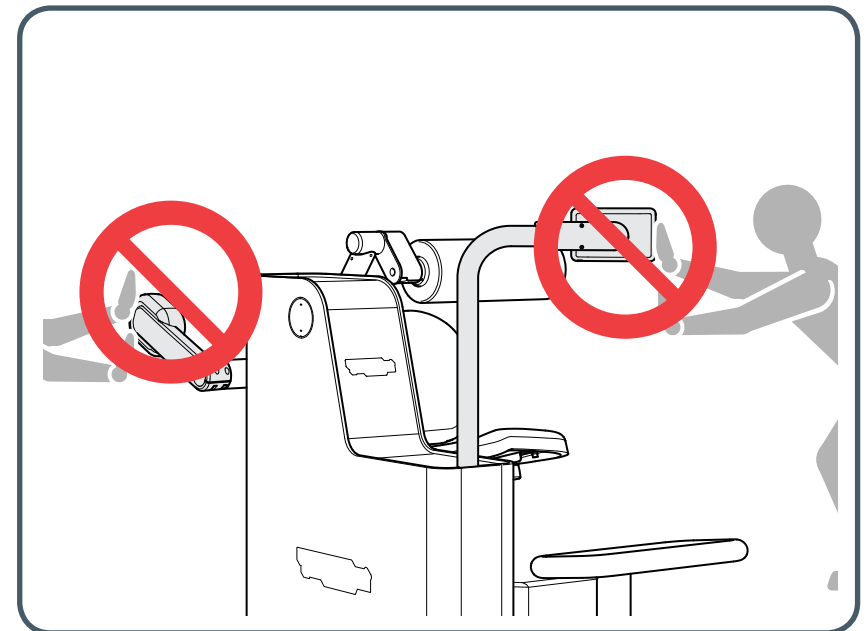
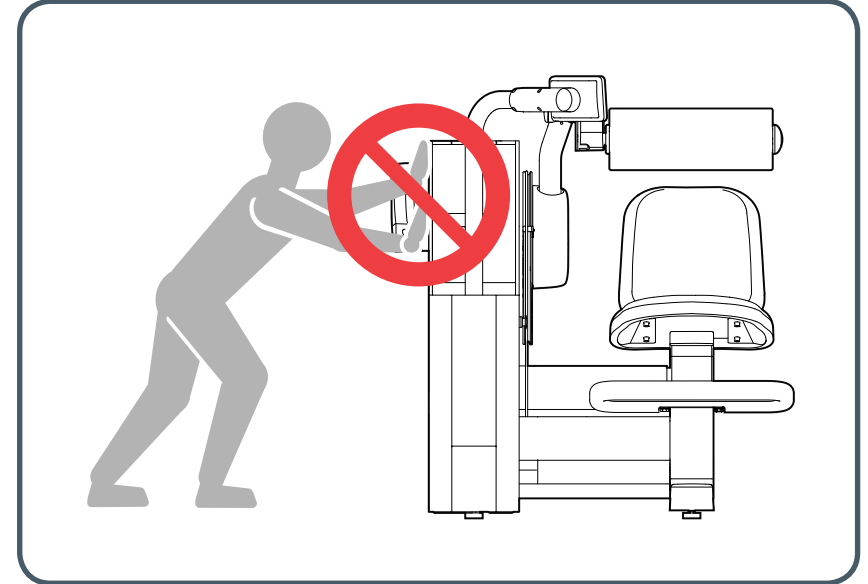
## LIFTING AND MOVING THE PRODUCT



### WARNINGS

When moving the product, do not exert pressure against the protective panels.

Do not try to move the product with the display support arm or the levers. This could cause **DAMAGE** and instability.





# ROUTINE MAINTENANCE



## WARNINGS

The safety of the product is assured only on the condition that it is carefully inspected every two weeks for any signs of damage and/or wear.

**Replace defective and worn components immediately, or alternatively remove the product from service.**

The product should always be kept clean and free of dust, in compliance with common health and hygiene standards.

Use neutral soap and a damp cloth or sponge to clean the padded parts.

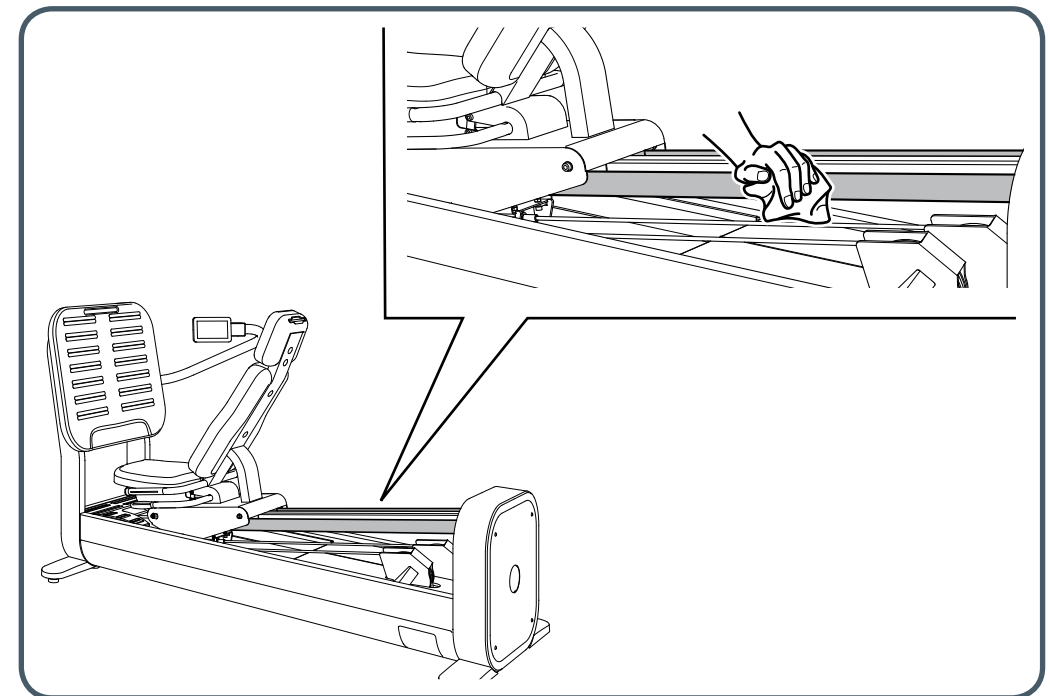
Clean the outside of the product with a damp sponge every week.

Do not use chemical products or solvents.

Call the Technogym Technical Support Service for information about any maintenance operations not described in this manual.

Lubricate the guides every month or if the seat squeaks.

- Slide the seat all the way along the guide rails to one of the ends.
- Use a soft cloth to remove any dust and oil residues from the guide rails.
- Slightly moisten the cloth with synthetic oil with PTFE (not supplied).
- Using this cloth, apply a very thin layer of lubricant over the guide rails, taking care not to apply too much.
- Slide the seat along the guide rails to the other end and repeat the procedure.



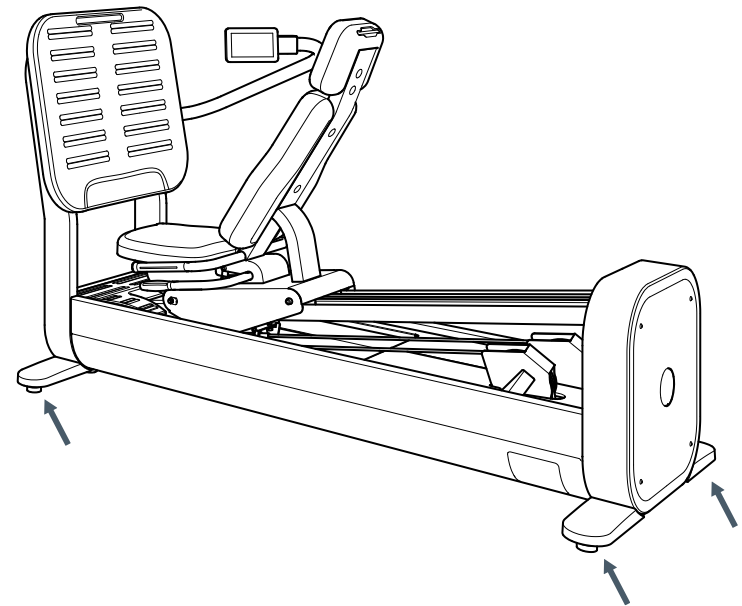
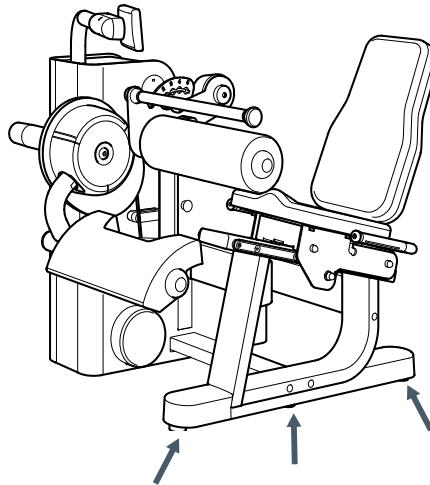
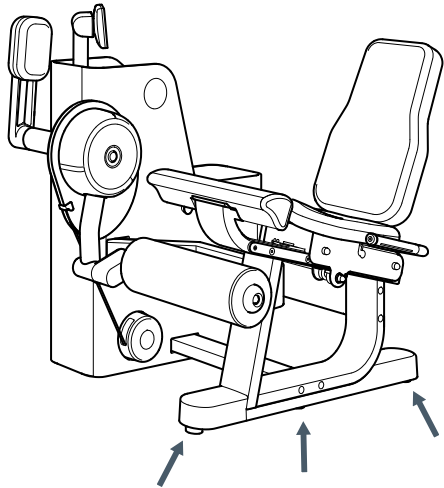
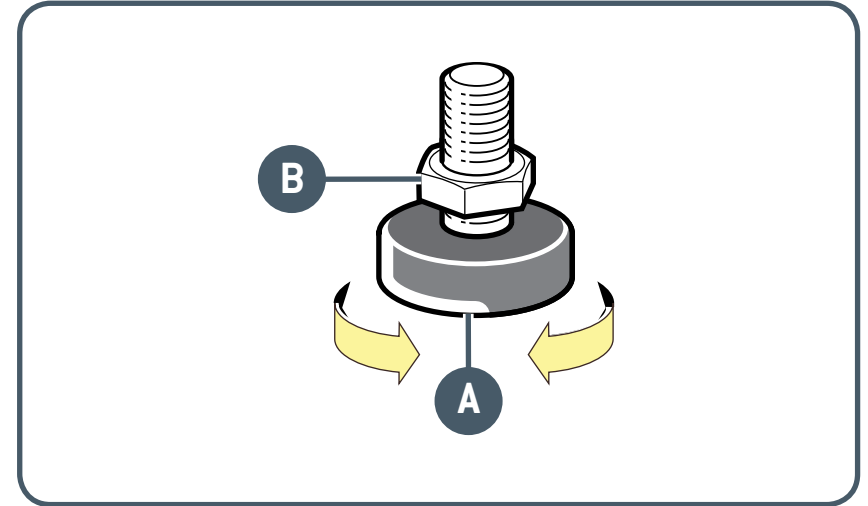
# LEVELLING THE PRODUCT

The product must be level for proper operation.

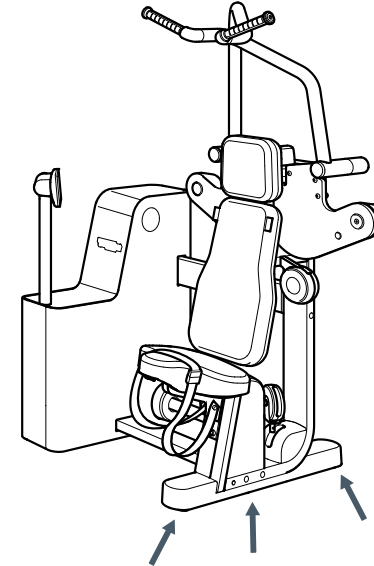
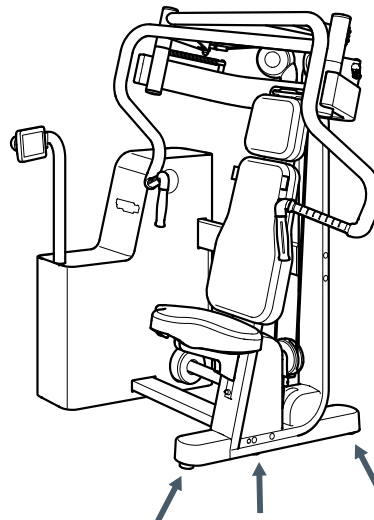
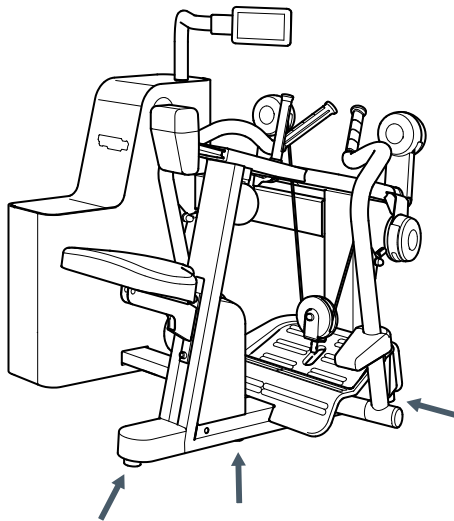
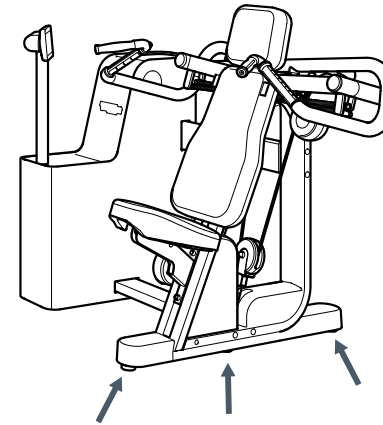
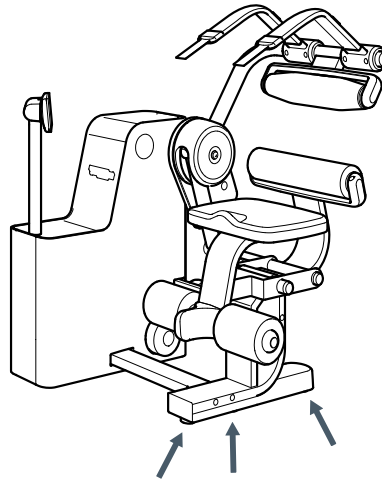
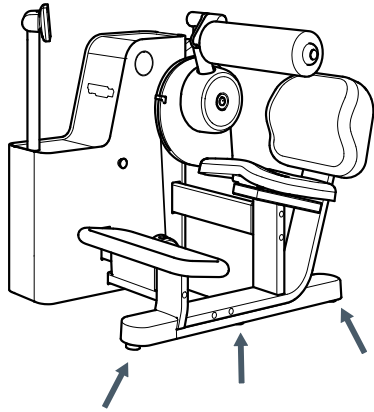
The product must only be levelled by adjusting the feet shown in the diagram.

- Loosen the locknut **(B)**.
- Unscrew or screw the foot **(A)** until the frame is stable.
- After adjusting, tighten the locknut **(B)**.

The arrows indicate the position of the adjustable feet on the products.



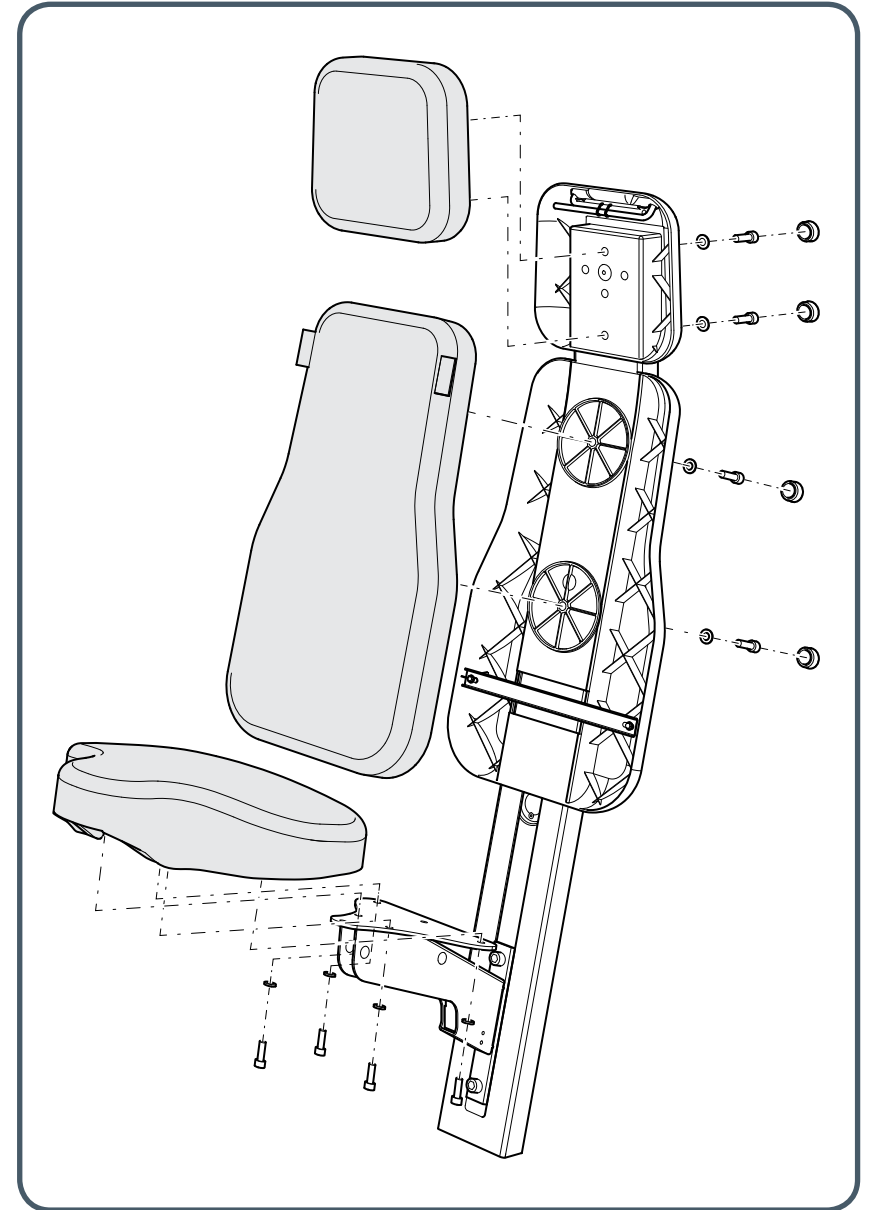
## ADJUSTING THE PRODUCT



# REPLACING THE PADDED PARTS

If any of the padding shows signs of wear, especially for reasons of hygiene, we recommend replacing it completely.

To replace the seat padding, unscrew the screws located on the opposite side of the padding.



## REPLACING THE PADDED PARTS

### Total Abdominal

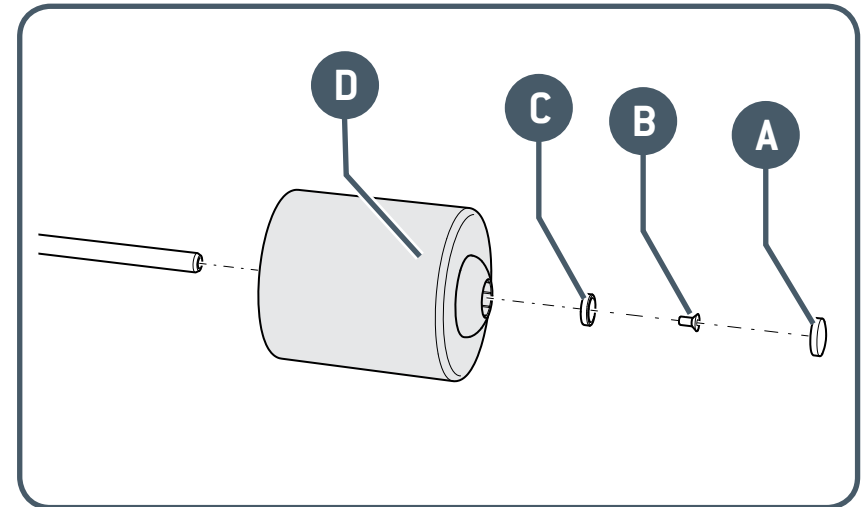
To replace the rollers, proceed as follows.

Remove the cover (A).

Unscrew the screw (B).

Slide off the washer (C).

Slide off the roller (D).



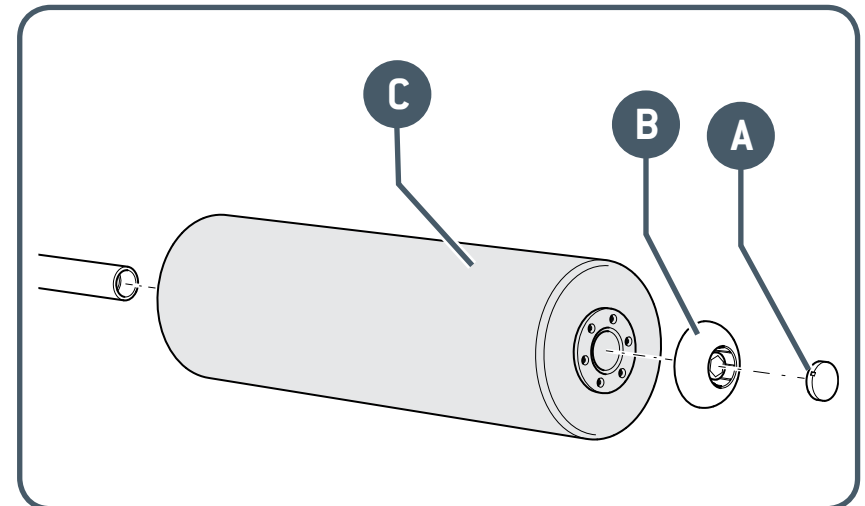
### Leg Curl, Leg Extension, Lower Back

To replace the rollers, proceed as follows.

Remove the cover (A).

Unscrew the cap (B).

Slide off the rollers (C).



## REPLACING THE PADDED PARTS

### Total Abdominal

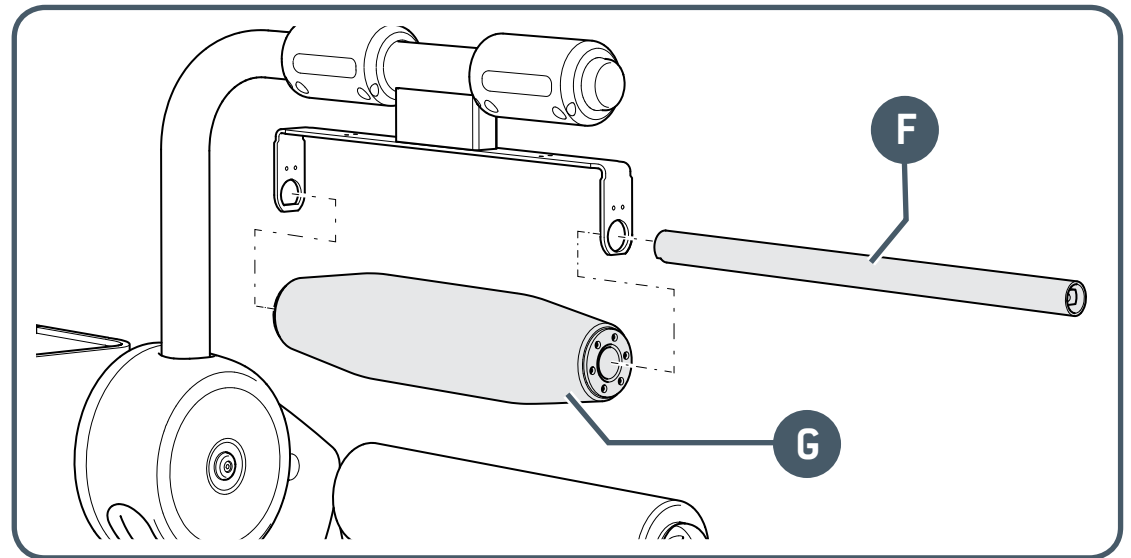
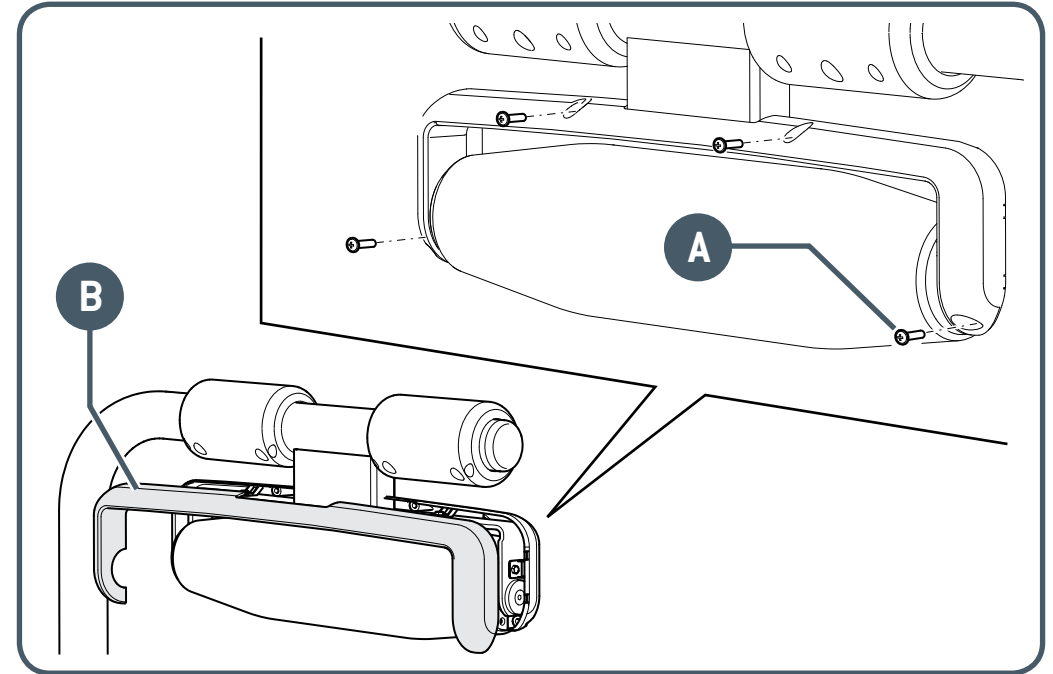
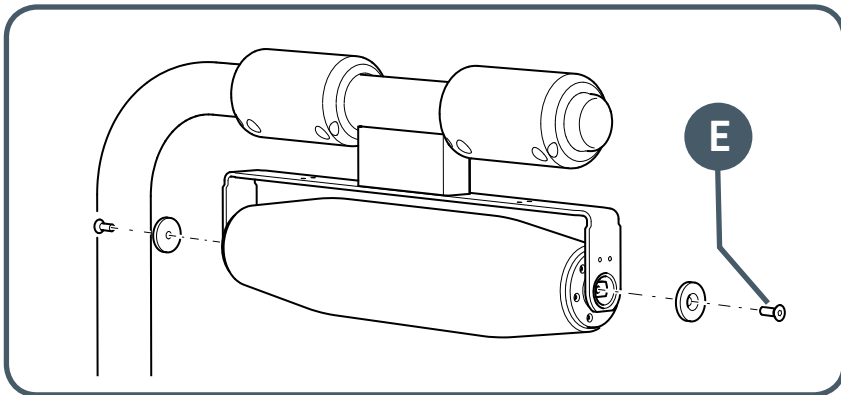
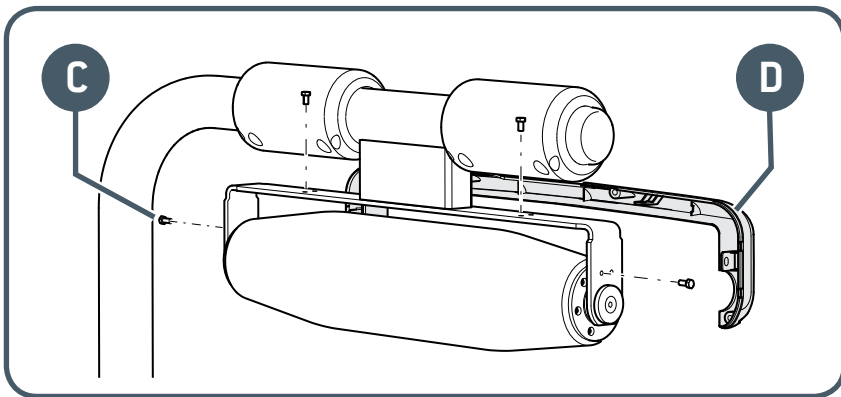
To replace the upper roller, proceed as follows:

Unscrew the 4 screws **(A)** and remove the cover **(B)**.

Unscrew the 4 screws **(C)** and remove the cover **(D)**.

Unscrew the 2 screws and washers **(E)**.

Remove the pin **(F)** and the roller **(G)**.



# TECHNICAL SERVICE

The Technogym Technical Support Service provides:

- telephone assistance;
- information about which service calls are covered and not covered by the warranty;
- on-site assistance;
- sending of original spare parts.

When contacting the Technogym Technical Support Service, please specify the following information.

- Product model **(A)**
- Date of purchase
- Serial number **(B)**
- Precise description of the problem

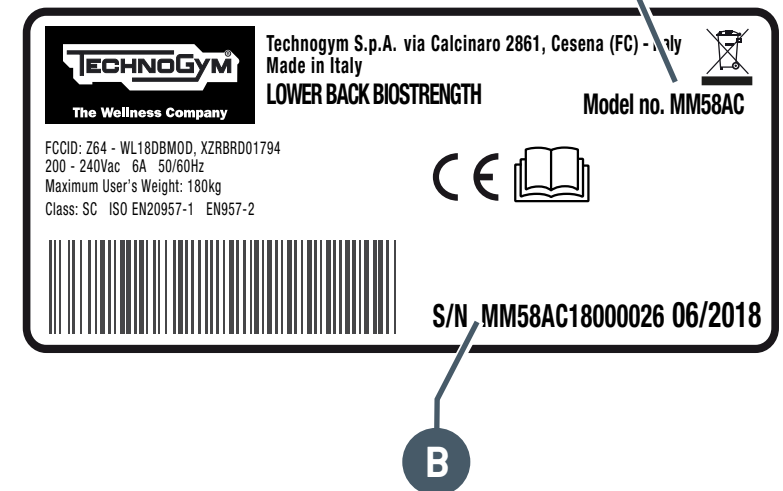


## WARNING

**Any operations carried out by persons not authorised by Technogym on the equipment will invalidate the warranty.**

### Technical Support Service Technogym s.p.a.

**Via Calcinaro 2861, 47521 Cesena Italy**  
**tel: +39 0547 56047**  
**[www.technogym.com/Support](http://www.technogym.com/Support)**



# STORING THE PRODUCT

If a long period of non-use is expected, you are advised to store the equipment in the following way:

- in a clean dry place, with a dust cover;
- at a room temperature between -10°C and 70°C and relative humidity between 20% and 90%.

For better storage, use the original packing materials.

# DISPOSING OF THE PRODUCT

It is always advisable to check that the product does not create any type of hazard, and therefore it should not be left for children to play with. For this reason, when it is not used for long periods it must be turned off by disconnecting the power cable.

The product must not be disposed of in the environment, in public areas, or private areas used for public purposes.

The product is made from recyclable materials such as steel, aluminium and plastic, which must be disposed of in the manner prescribed by the urban refuse collection regulations in force, by firms specialised in urban and environmental hygiene.

Waste deriving from electrical and electronic equipment must not be disposed of as urban waste. A specific disposal system involving suitable processing, recovery and recycling in compliance with the regulations in force, is provided for this kind of waste.

Illegal dumping or improper use of electrical and electronic equipment waste may cause serious damage to the environment and have repercussions on people's health.

Under the provisions put into effect by the European Union Member States, private citizens resident within the European Community may take used electrical and electronic equipment to authorised collection centres.

If the product is used for commercial purposes, contact your reseller or the Technogym Customer Service, in the various Countries, to arrange for collection and disposal of waste from electrical and electronic equipment.

For disposal of electrical and electronic equipment in Countries outside the European Union, contact your local authorities.

Average life of the product: 10 years.



Biostrength\_en-AD  
OSM01091



The Wellness Company