

# KINESIS<sup>®</sup> STATIONS

INTUITIVE FUNCTIONAL MOVEMENT

User manual



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.

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

The product can be used by children as well as by handicapped or disabled persons only if carefully supervised by a qualified person.

The products in the Kinesis Stations line are fixed training equipment that can be used for physical training and for body building and modelling; for physical activity to stay in shape; for physical education; for specific training to prepare for competitions and other sports activities.

The products may only be used by one person at a time.

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 operate any product if it has damaged cable, if it is not working properly or if it fell over or is damaged. In these circumstances, contact the Technogym Technical Support Service.

Never drop or insert any object into any opening.

The maximum user weight is 180 kg (397 lb).

The products in the Kinesis Stations line are intended for commercial use.

## SAVE THESE INSTRUCTIONS

# 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 rigid and flat floor.

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.

Make sure that the workload selection pin is fully inserted. Only use the pin supplied by the manufacturer. For further information, contact your instructor. The pin must only be removed when the weight stack is in the rest position. The weight stack is in the rest position when neither the weights nor the cross are in mid-air. If the weight stack is not in the rest position, contact your instructor and do NOT use the product.





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.**

**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.

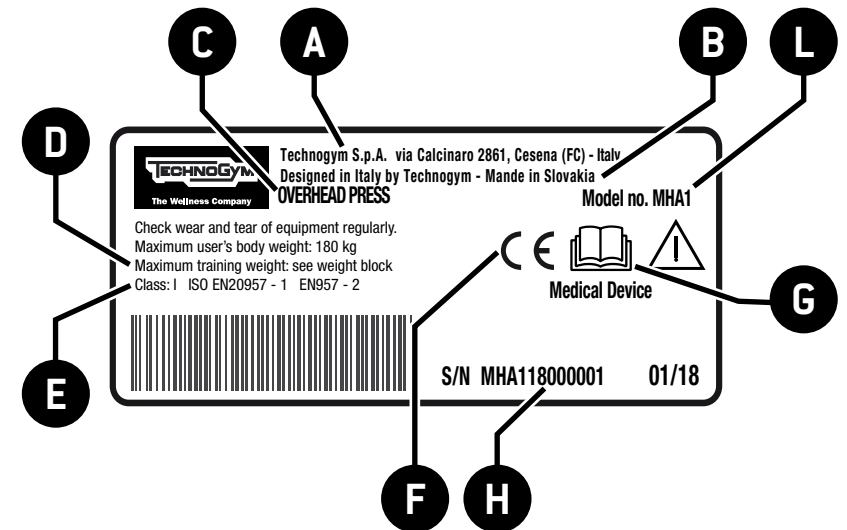
Do not allow children unsupervised access to the equipment. Close supervise teenagers.

**DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

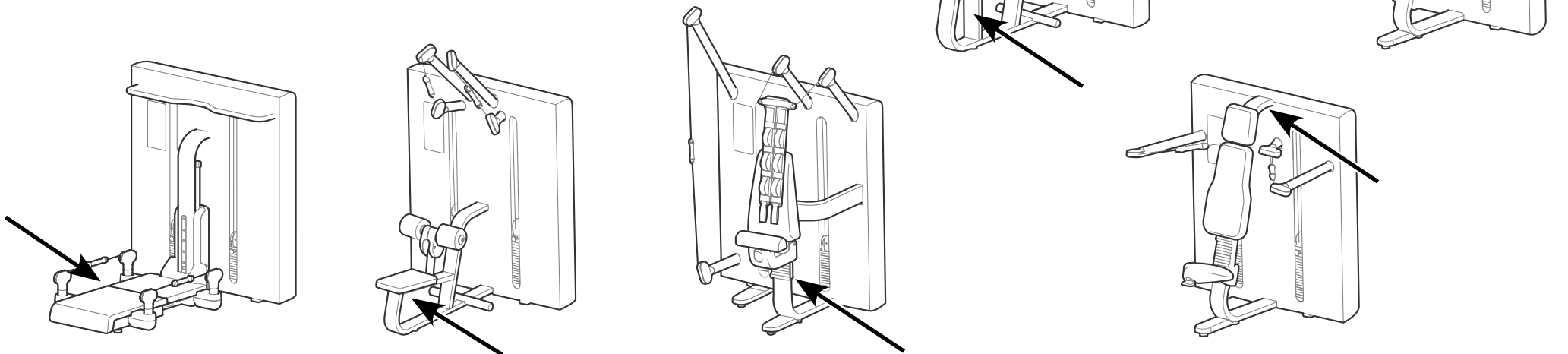
# IDENTIFICATION OF THE MANUFACTURER AND THE PRODUCT

The manufacturer and product identification label shows the following information.

- A** - Manufacturer's name and address
- B** - Place of manufacture
- C** - Description of product
- D** - Maximum weight of the user
- E** - Equipment classification
- F** - CE Mark
- G** - Tells you to consult the User Manual
- H** - Serial number and date of manufacture
- L** - Product code



The values shown in the drawing are purely indicative; check the label on the product for the correct information.



# DESCRIPTION OF THE PRODUCT

The product has no sharp corners.

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

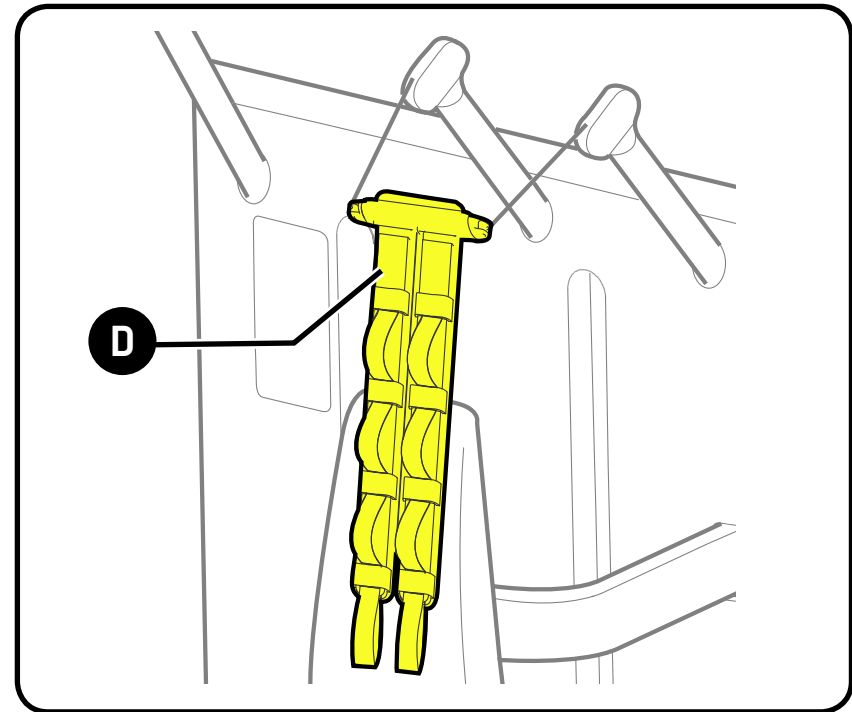
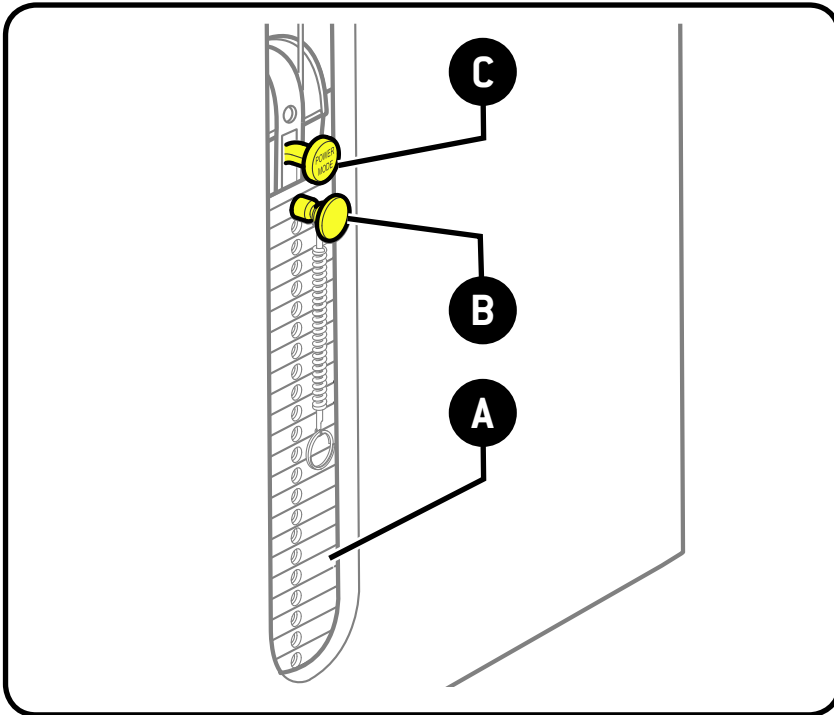
The weight stack is covered on the outside by protective panels.

**Weight stack (A).** Each handgrip, operated by the user, moves the weights along two guides by means of a cable. A pin (B) is used to select the workload, to adjust the amount of effort required.

**Power mode (C).** Eliminates the weight stack inertia in order to perform power and explosive strength exercises. Push the knob forward to activate the mechanism; pull the knob back to disable it.

The Power mode device is optional.

**Shoulder straps (D).** They must be placed on your shoulders before doing the exercise.



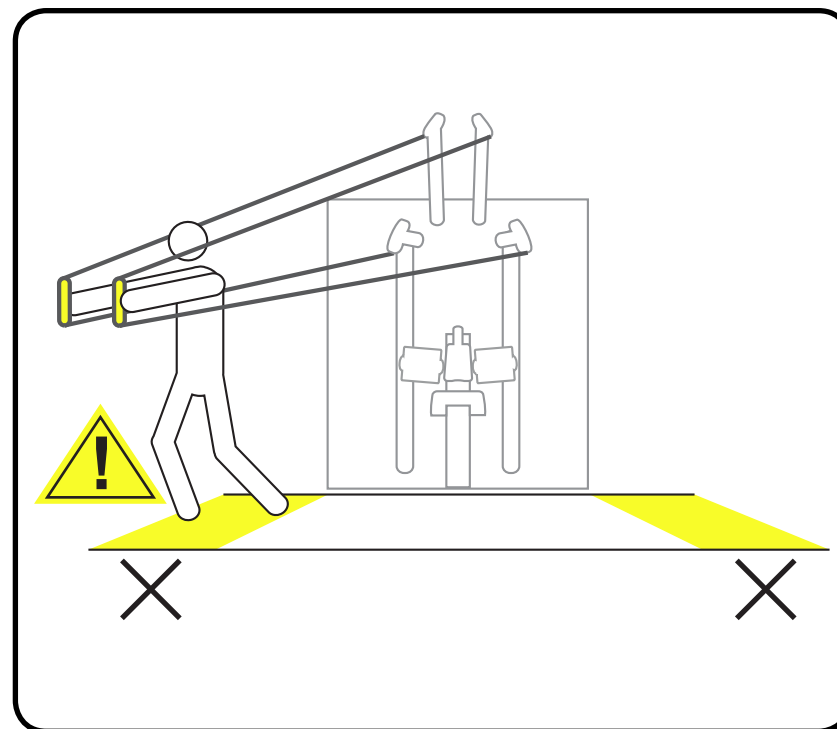
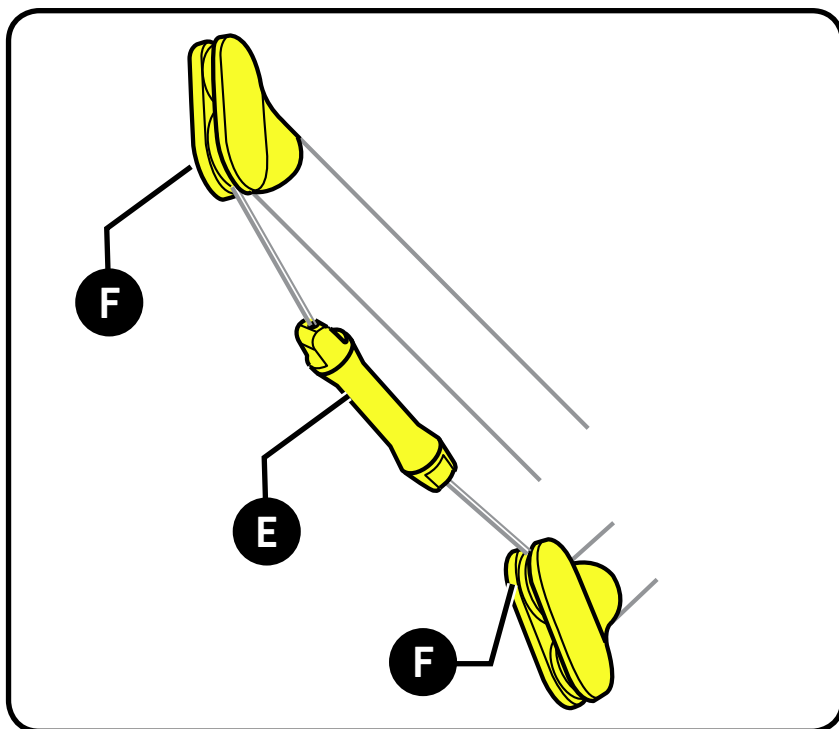
## DESCRIPTION OF THE PRODUCT

**Handgrips (E)**. Gripped to perform the exercise. They slide along the cables to adjust to each user. The **cable comes out (F)**, pivoting, to allow multiple directions of movement.



### WARNING

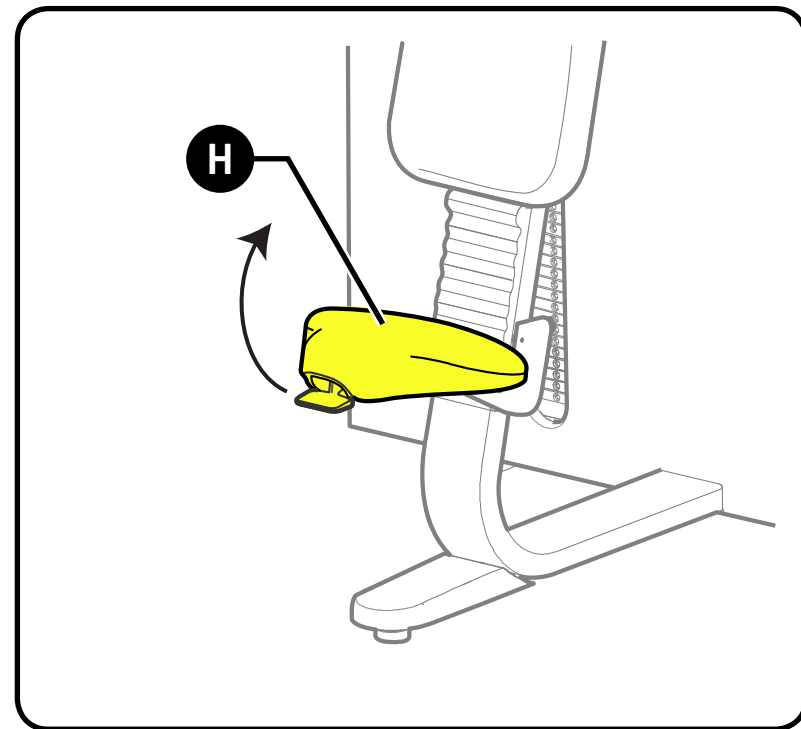
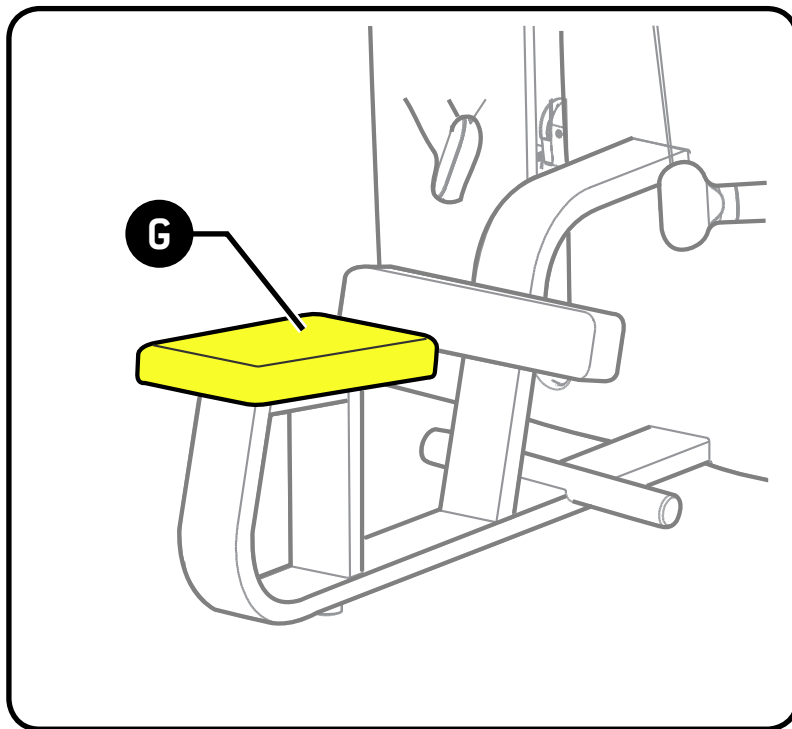
Do not move both handgrips sideways beyond the weight stack zone.



## DESCRIPTION OF THE PRODUCT

**Seat [G]**, where the user sits to perform the exercise.

In Core and in Overhead Press the seat is adjustable [**H**]. Lift the front part of the seat to adjust its height so that the handgrips are at shoulder height. Your body weight is enough to lower the seat, but to raise the seat you must get up.

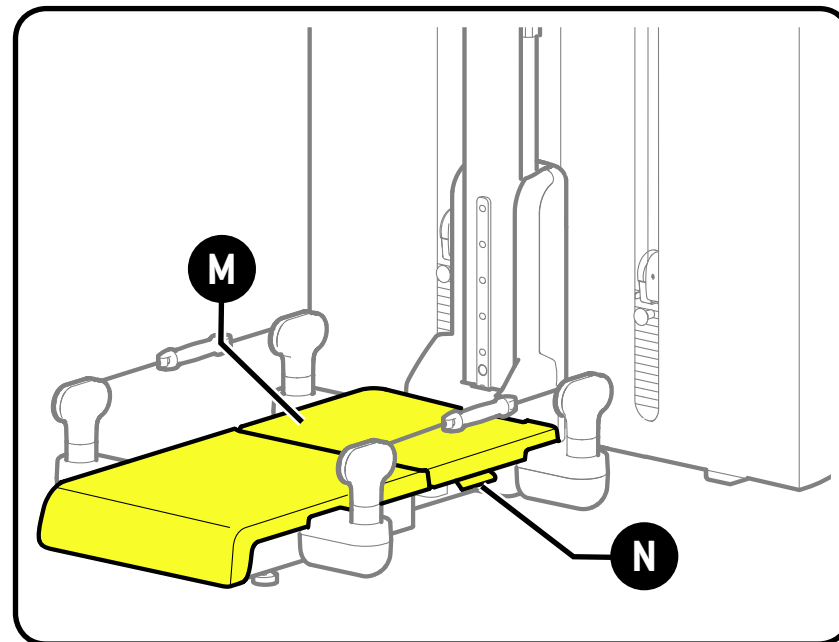
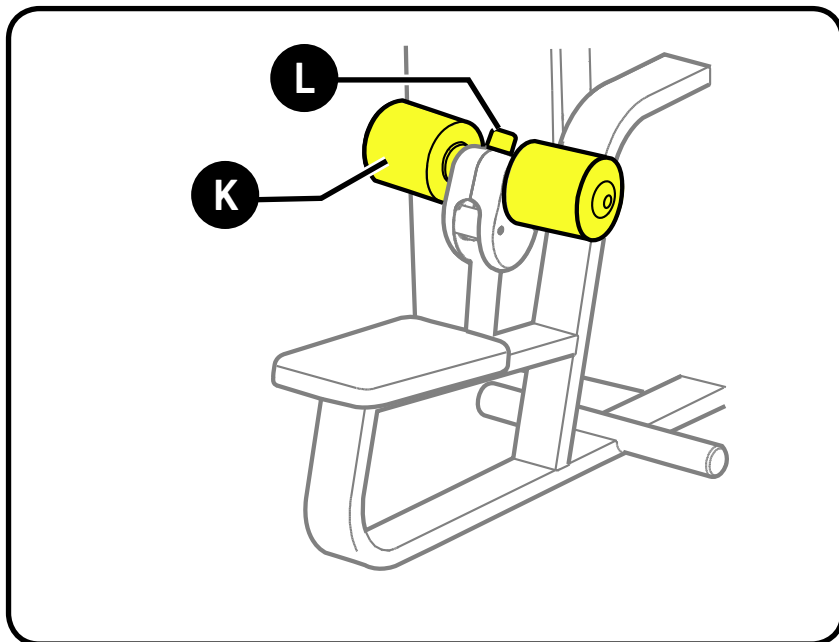


## DESCRIPTION OF THE PRODUCT

**Rollers (K).** Your legs go under the rollers to perform the exercise. Hold down the push-button (L) to adjust the position of the rollers.

**Footboards.** Place feet on the footboards to perform the exercise.

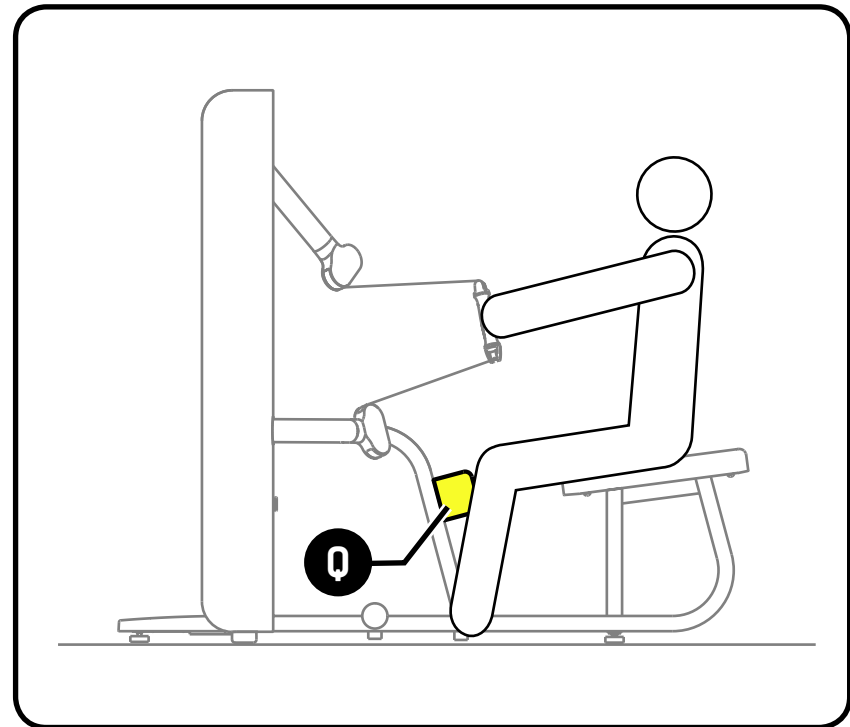
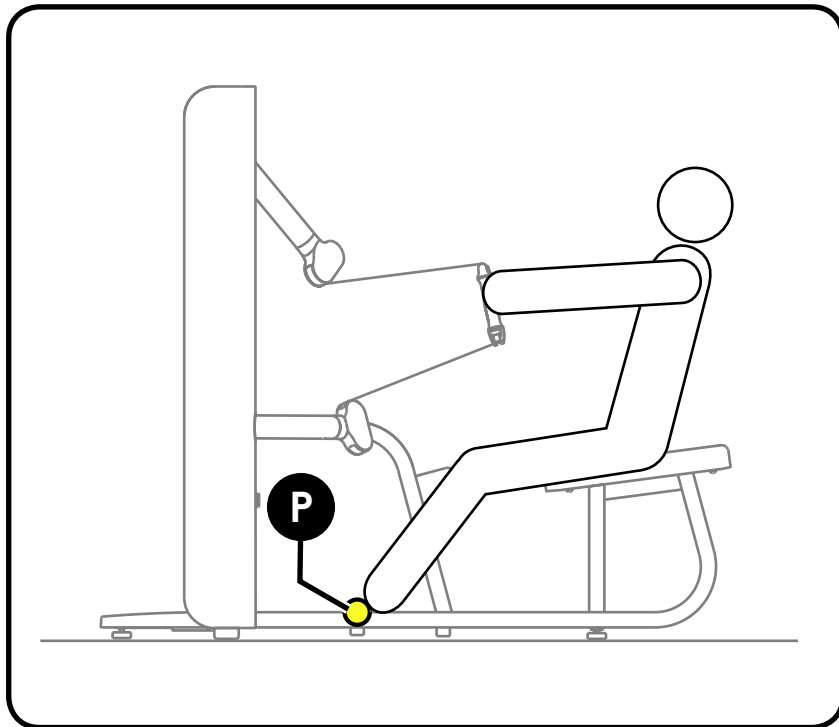
The front footboard (M) is adjustable: move over to the rear footboard; lift at the same time the levers (N) located onto the two sides of the front footboard and adjust its height.



## DESCRIPTION OF THE PRODUCT

**Footrest.** Your feet rest on the footrest during the exercise.

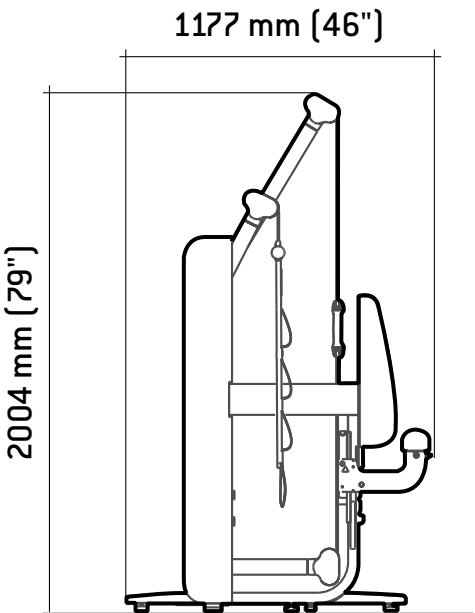
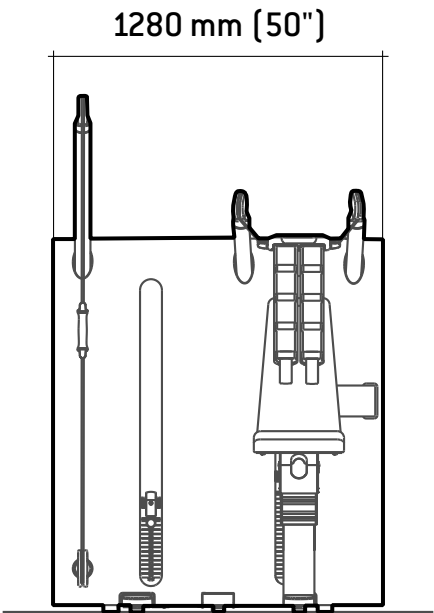
In Low Pull, place your feet on the footrest (**M**) to perform the exercise with your trunk at an angle. Keep your feet on the floor and rest the front of your legs on the **padding** (**N**) to perform the exercise with your trunk upright.



# TECHNICAL CHARACTERISTICS

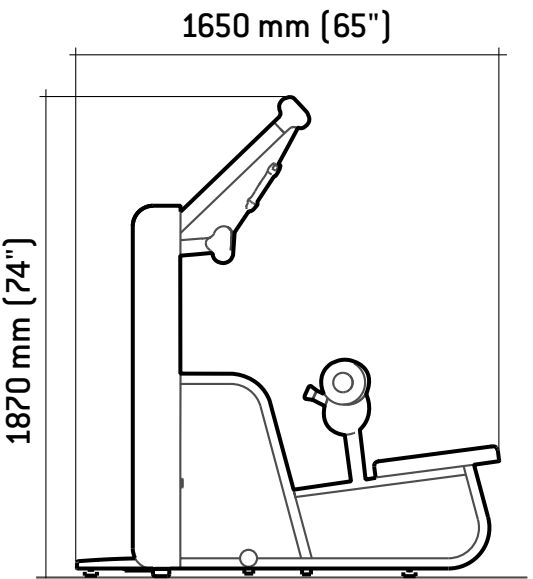
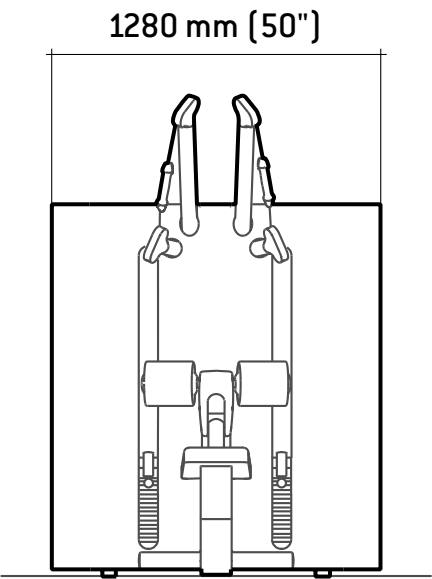
## CORE

Weight of the product with a standard weight stack	287 kg (633 lb)
Weight of the product with an enhanced weight stack	327 kg (721 lb)



## HIGH PULL

Weight of the product with a standard weight stack	285 kg (628 lb)
Weight of the product with an enhanced weight stack	335 kg (738 lb)

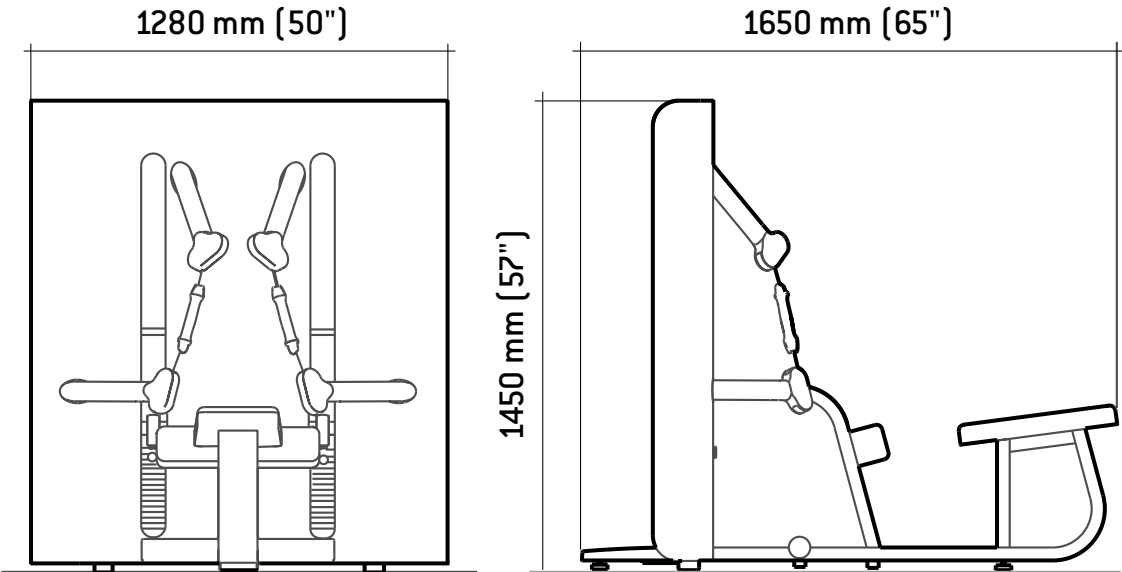




TECHNICAL CHARACTERISTICS

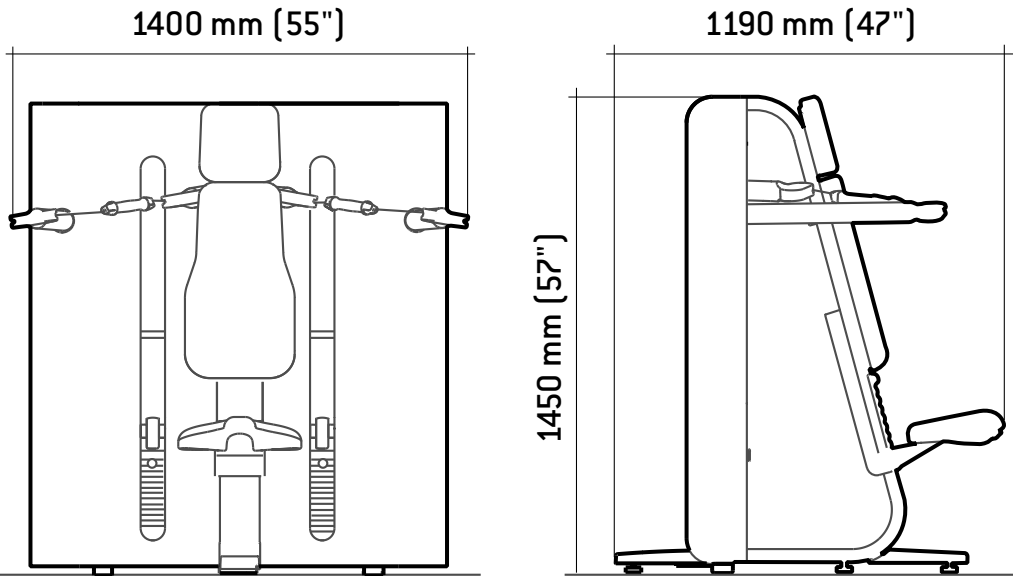
LOW PULL

Weight of the product with a standard weight stack	274 kg (604 lb)
Weight of the product with an enhanced weight stack	325 kg (716 lb)



OVERHEAD PRESS

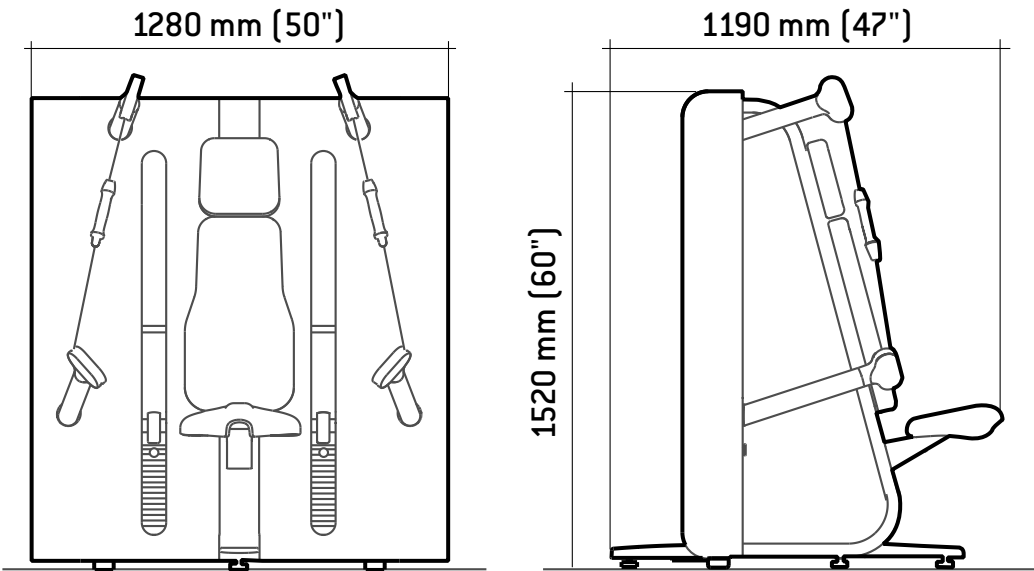
Weight of the product with a standard weight stack	227 kg (500 lb)
Weight of the product with an enhanced weight stack	267 kg (589 lb)



TECHNICAL CHARACTERISTICS

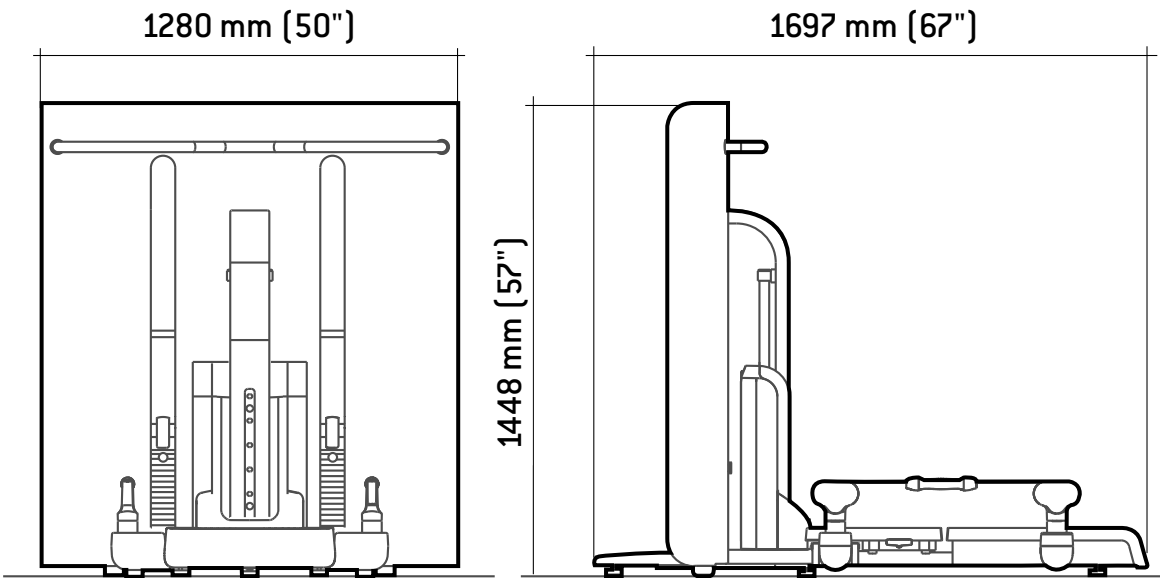
PRESS

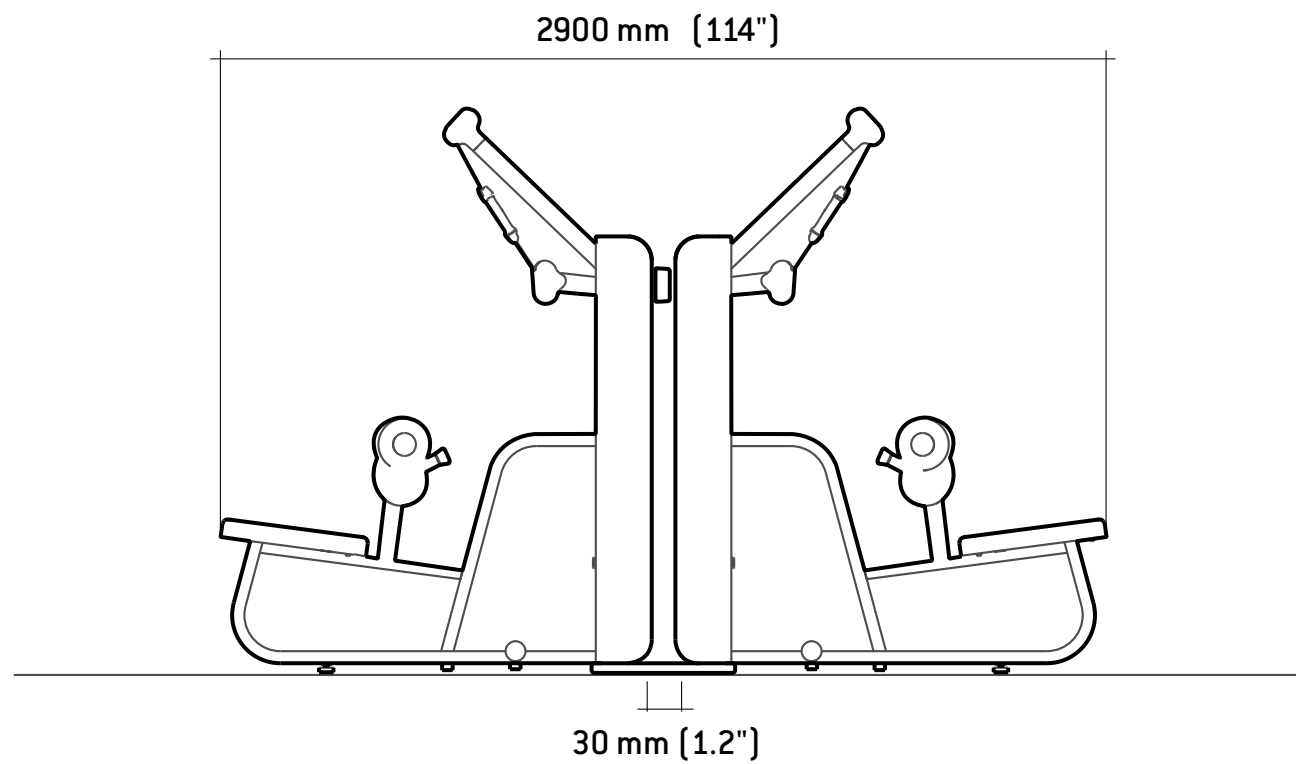
Weight of the product with a standard weight stack	267 kg (589 lb)
Weight of the product with an enhanced weight stack	307 kg (677 lb)



STEP / SQUAT

Weight of the product with a standard weight stack	329 kg (725 lb)
Weight of the product with an enhanced weight stack	400 kg (882 lb)





If fitting in pairs, the distance between the two modules is 30 mm.

# PLACE OF USE

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 where to install the unit we recommend that you check that the following conditions are available:

- 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 a safe and relaxing place to exercise in;
- ample range of free space measuring at least 60 cm all around each piece of equipment;
- the floor is flat, stable and vibration-free, and strong enough to bear the weight of the equipment plus user.

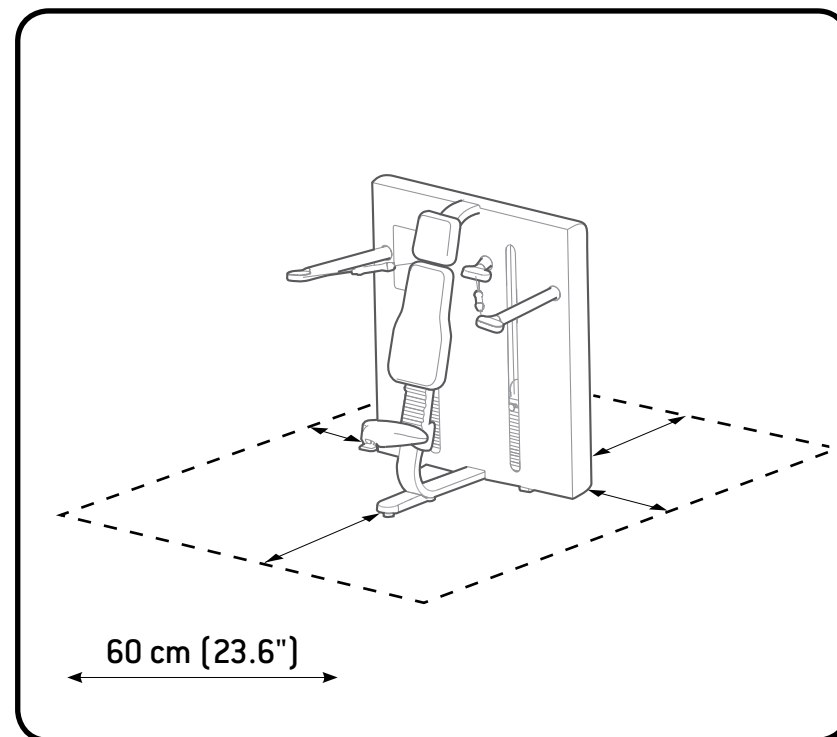
The place of installation must comply with all binding regulations.

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

Do not expose the product to direct sunlight.

Do not use outdoors. Do not leave the product outdoors, exposed to the elements (rain, sun, wind, etc.). Do not expose the product to water jets.

Do not position the product in humid areas, such as near pools, hydromassage tubs, saunas.



# ANCHORING TO THE FLOOR

The equipment is anchored to the floor by qualified personnel during installation.



## **WARNING**

**The equipment must be anchored to the floor. Technogym accepts no responsibility for injury caused by failure to anchor it to the floor.**

**To anchor the equipment, use anchor screws suited to the kind of floor, and which strictly comply with the following minimum requirement: minimum guaranteed load of 50 kg.**

If two equipment modules are coupled together, both units must be anchored to the floor.

If two equipment modules that have been coupled are separated for maintenance operations, they must be taken out of use.

If two equipment modules coupled together during installation are later separated, it is essential that each of them are anchored to the floor; additionally, the rear supporting foot must be fitted.

## ANCHORING TO THE FLOOR

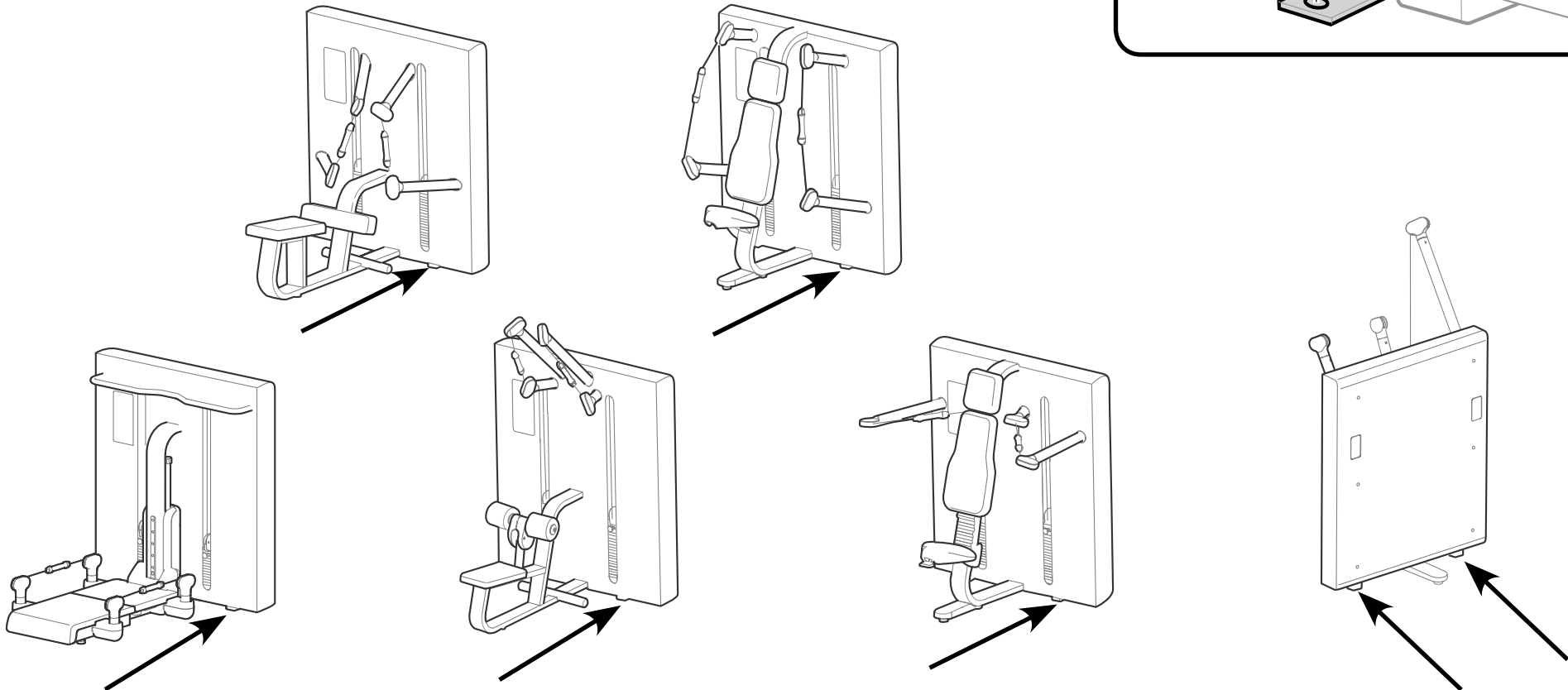
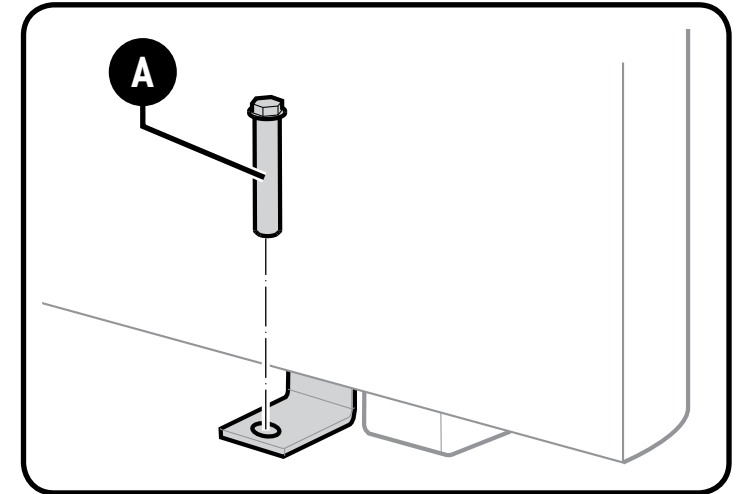
To anchor the equipment to the floor, follow the same procedure for both sides of the equipment.

The brackets are already attached to the equipment, fitted during initial installation.

Mark the positions of the two holes to be drilled in the floor.

Drill the holes in the floor.

Insert anchor screw **(A)** and screw it tightly to the floor.



## ANCHORING TO THE FLOOR

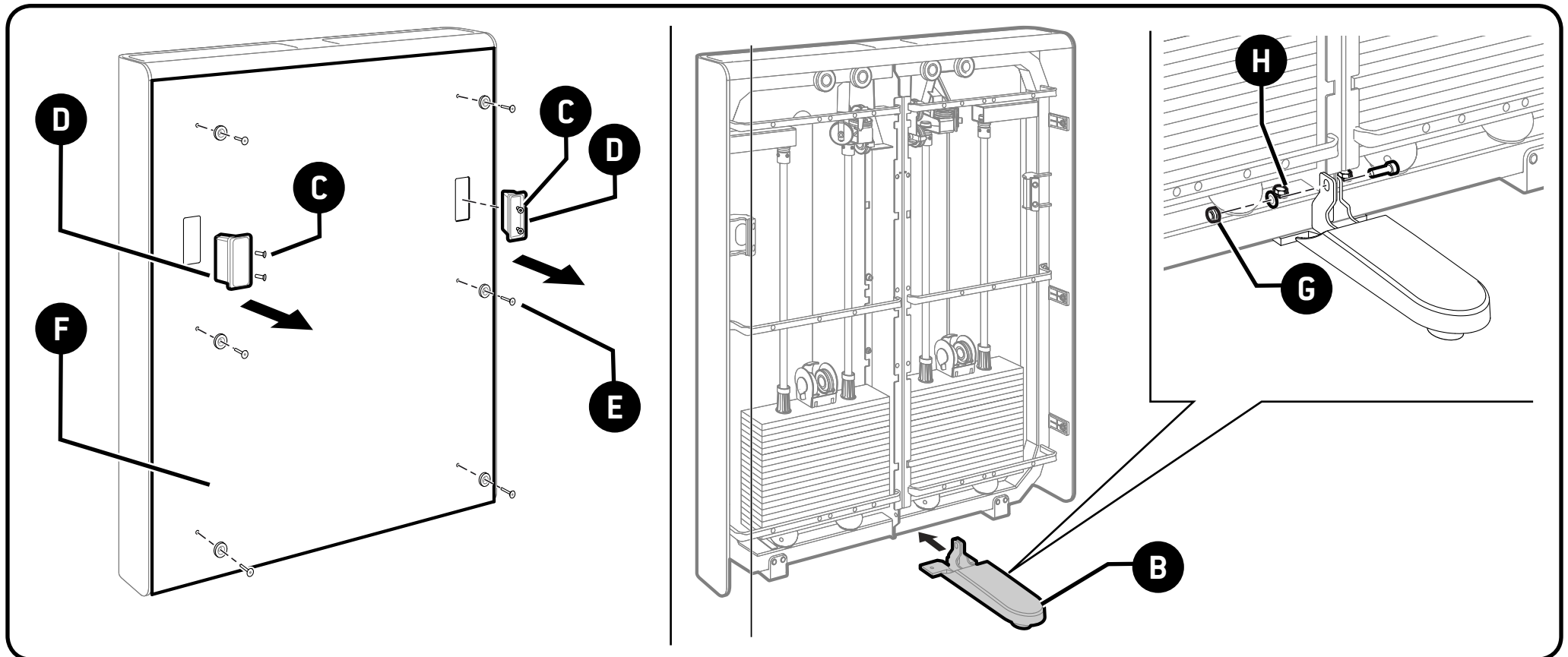
To assemble the support feet, it is necessary to remove the rear protection panel.

Unscrew the screws **(C)**, two on each side, and remove the handgrips **(D)**.

Unscrew the screws **(E)**, and remove the panel **(F)**.

Fasten the support foot **(B)** to the module using the screw and washer **(G)**, and tighten both screws **(H)**.

Reassemble the panel **(F)** carrying out the above steps in reverse order.



# LIFTING AND MOVING THE PRODUCT

If the product has already been anchored to the floor, it needs to be released from the anchorage follow the instructions in the paragraph describing anchoring to the floor in reverse order.

The product can be moved using normal lifting and carrying machines.

It is recommended to place some padded material between the frame and the lifting machine.

When lifting the product, do not exert pressure against the weight stack guards.

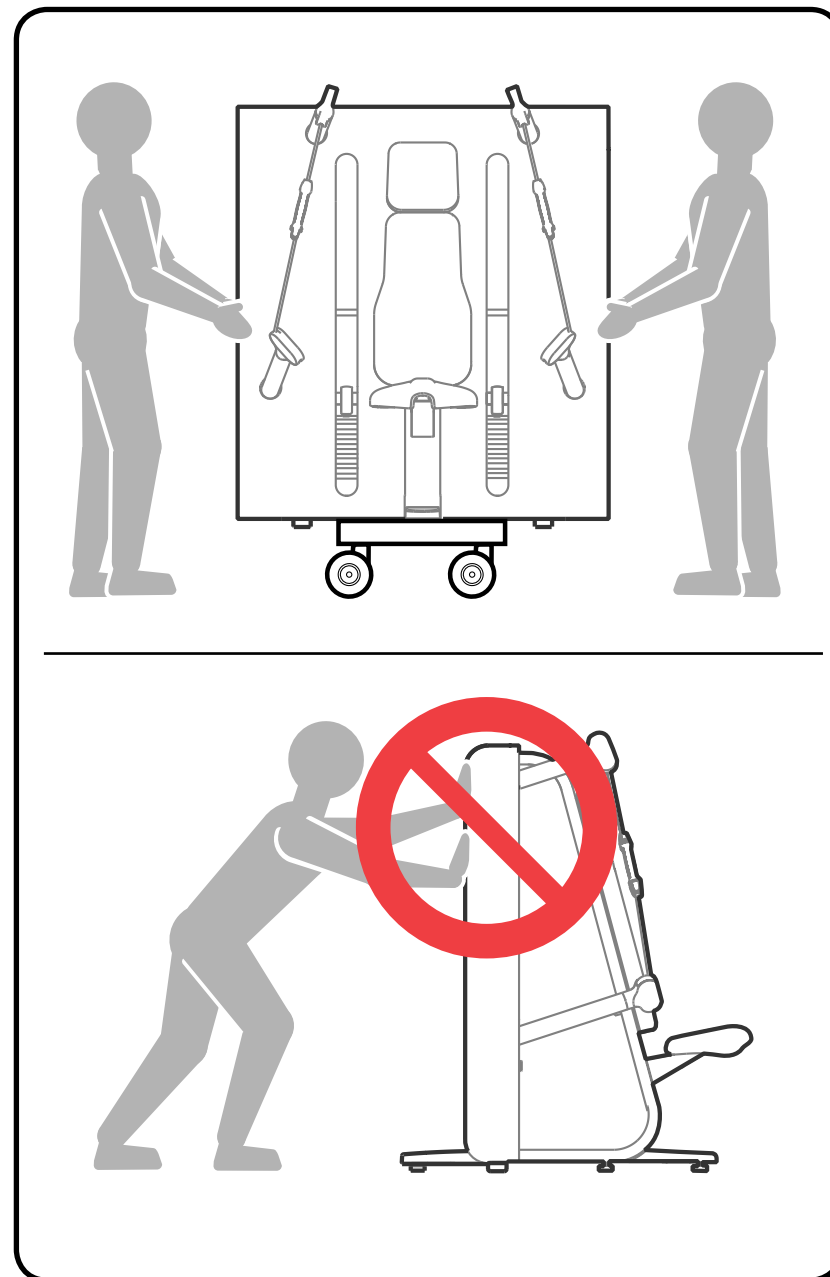


## WARNINGS

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

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

**After moving the product, it must be anchored to the floor before use.**





# LEVELLING

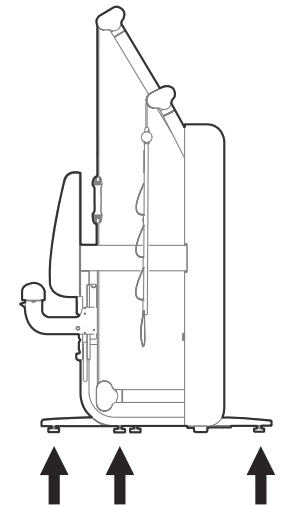
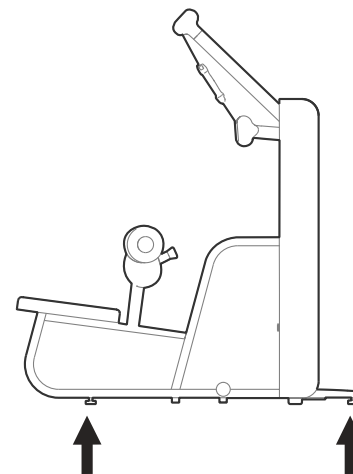
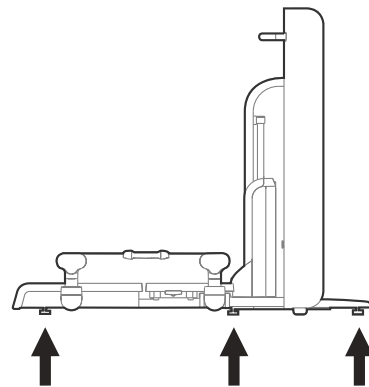
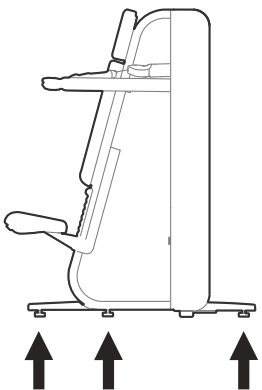
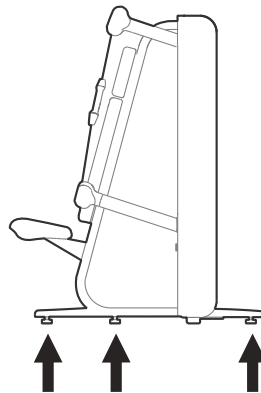
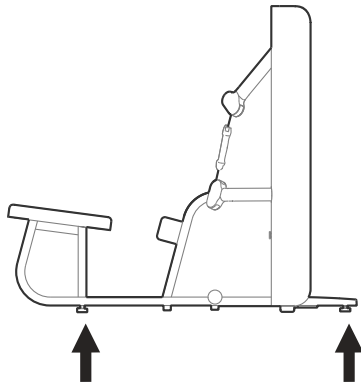
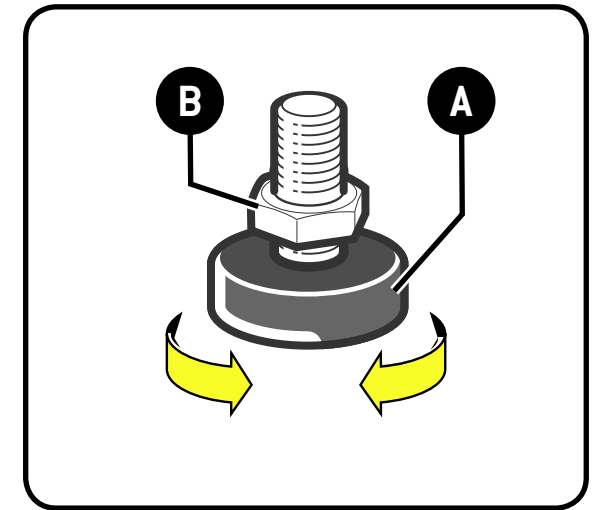
In order to function correctly, the equipment must be level.

Use one of the feet shown in the illustration to level the equipment.

Loosen the locknut **[B]**.

Screw or unscrew the foot **[A]** until the frame is in a stable position.

After adjusting, tighten the lock nut **[B]**.



# 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.

To oil the weight stack guide rails:

- use a soft cloth to remove any dust and oil residues from the guide rails;
- slightly moisten the cloth with the supplied oil;
- using the cloth, apply a very thin film of oil to the guides, avoiding any excess.

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

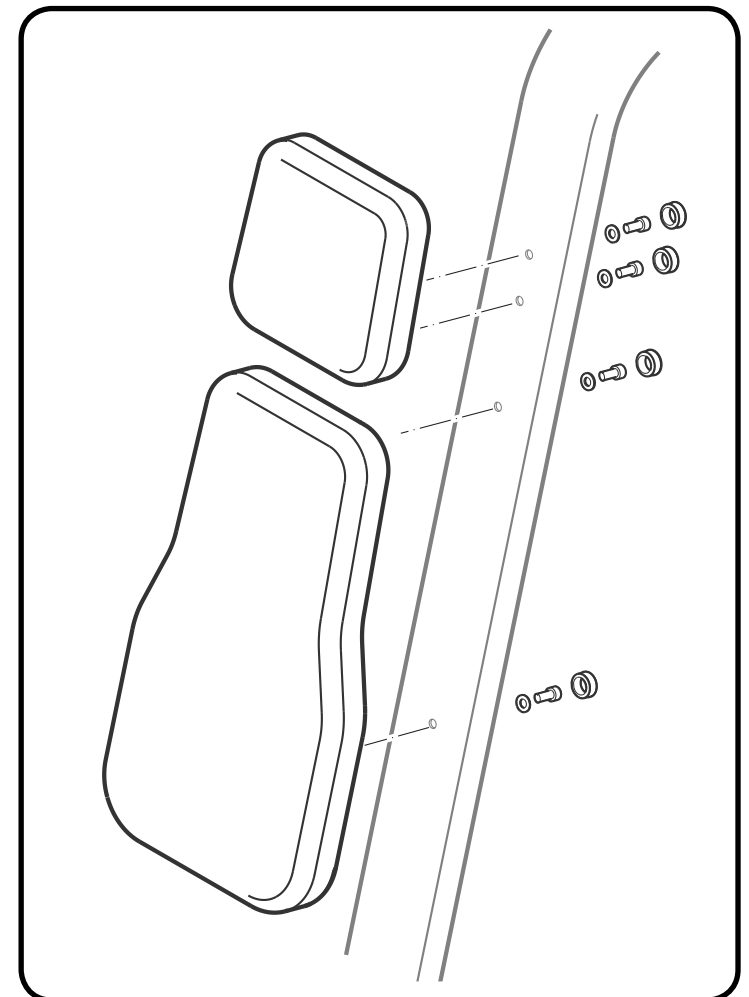
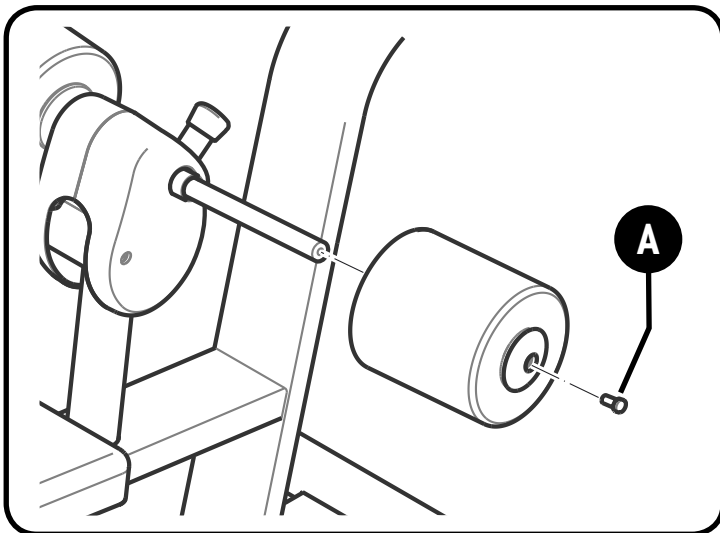
# REPLACING SPARE PARTS

Request the spare parts from the Technogym Technical Support Service. Use only original Technogym spare parts

If any of the padded components show signs of wear, it is advisable, especially in the interests of hygiene, to replace them completely.

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

To substitute the High Pull rollers unscrew the screw **(A)** and take off the roller.



# REPLACING THE CABLE

Cables must always be replaced at the first sign of wear, even if only the outer rubber protection is worn.



## WARNINGS

Carefully check the state of the cables once a month.

**ALWAYS** use cables supplied directly by Technogym.

To replace the cable, remove the rear protection panel as described in the paragraph **Anchoring to the floor**.

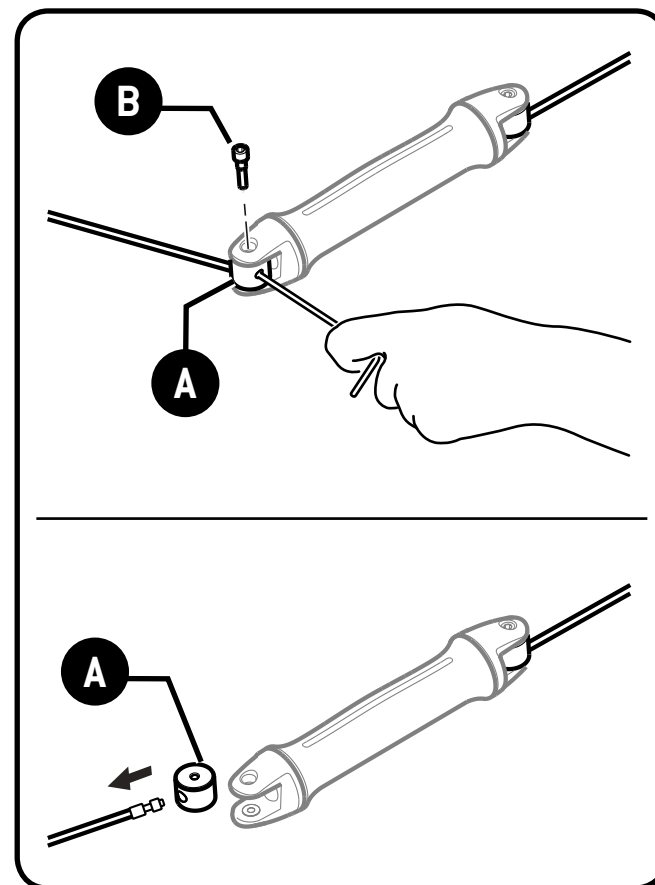
In High Pull, Low Pull, Overhead Press and Press, both weight stacks are operated by the handgrips.

Lock pawl **(A)** by inserting a spanner in the hole provided.

Loosen screws **(B)** on both ends of the handgrip.

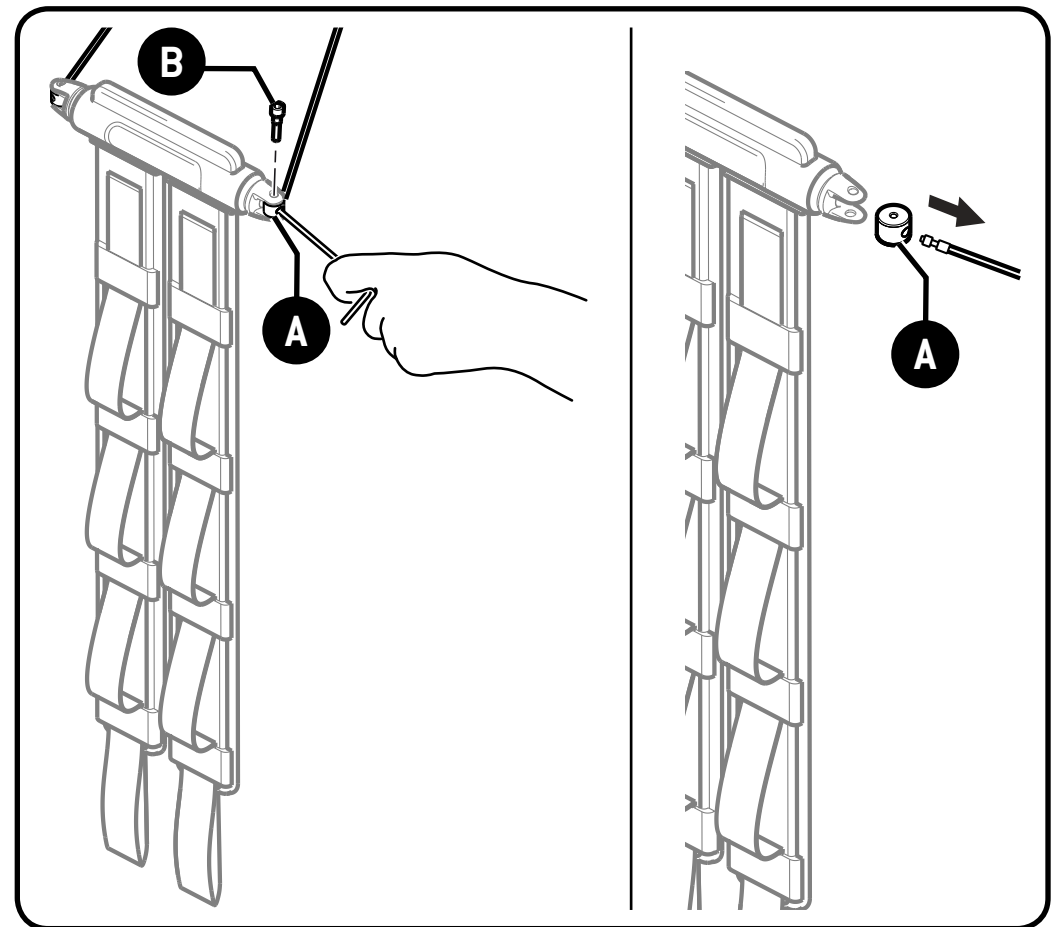
Remove pawl **(A)** and pull out the cable.

**Lock pawl (A) to avoid damaging the cable.**



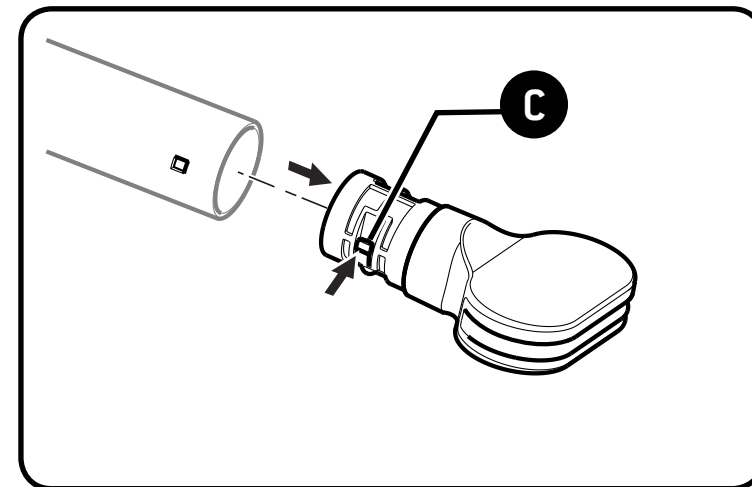
## REPLACING THE CABLE

In Core a weight stack is operated by the shoulder straps. Release the cable from both ends of the shoulder straps.

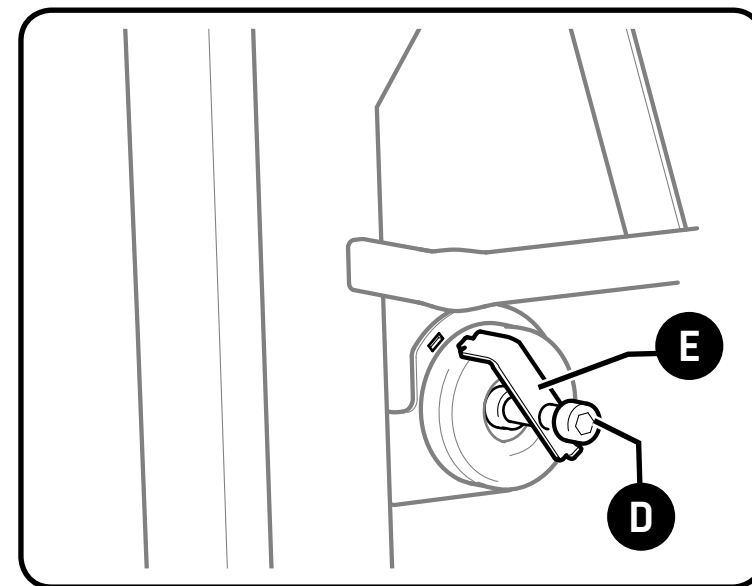


## REPLACING THE CABLE

Remove the pivoting cable outlet by pressing on locking device (C).



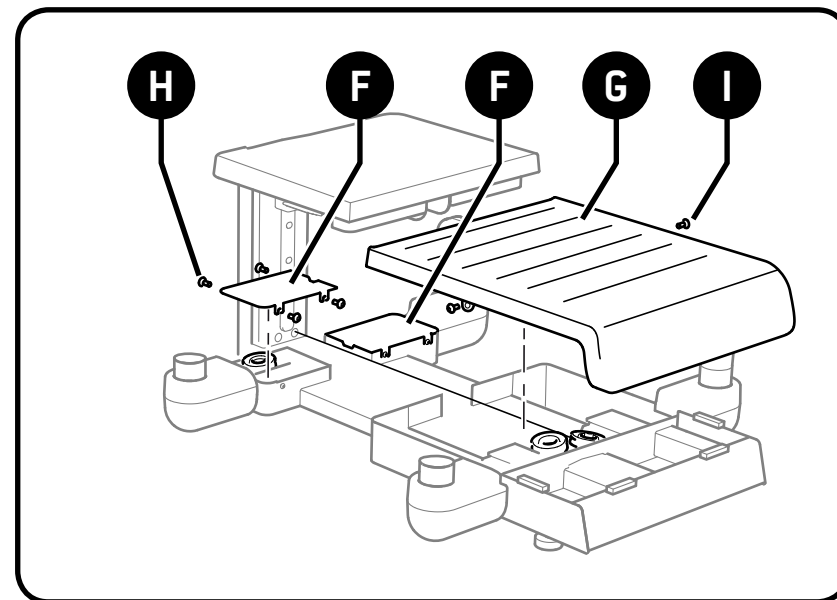
Screws (D) that hold cable fasteners (E) in their respective slots can be loosened to facilitate removal of the cable.



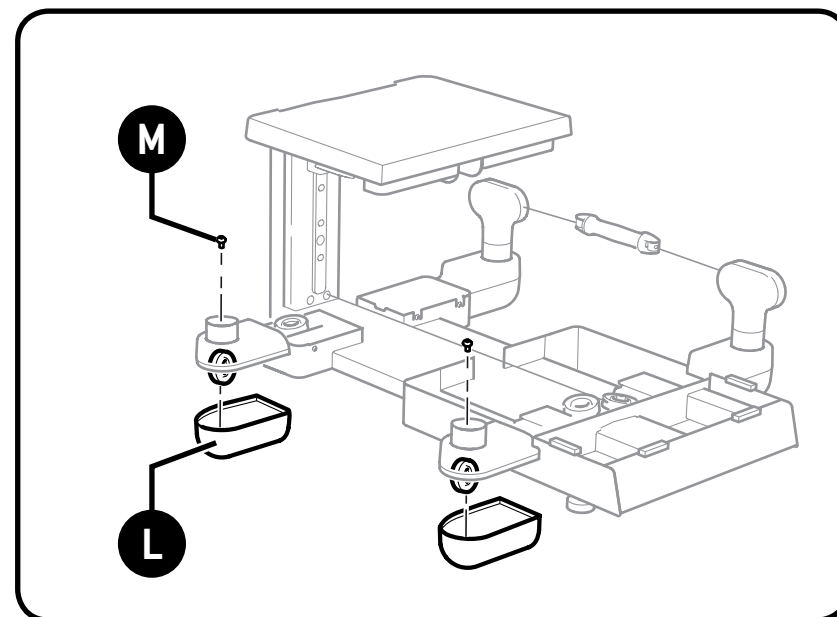
## REPLACING THE CABLE

In Step / Squat to access all the pulleys, it is necessary:

- to raise the front footboard with the two levers on the sides;
- loosen the screws **(H)** to remove the panles **(F)**;
- loosen the screws **(I)** to remove the footboard **(G)**;



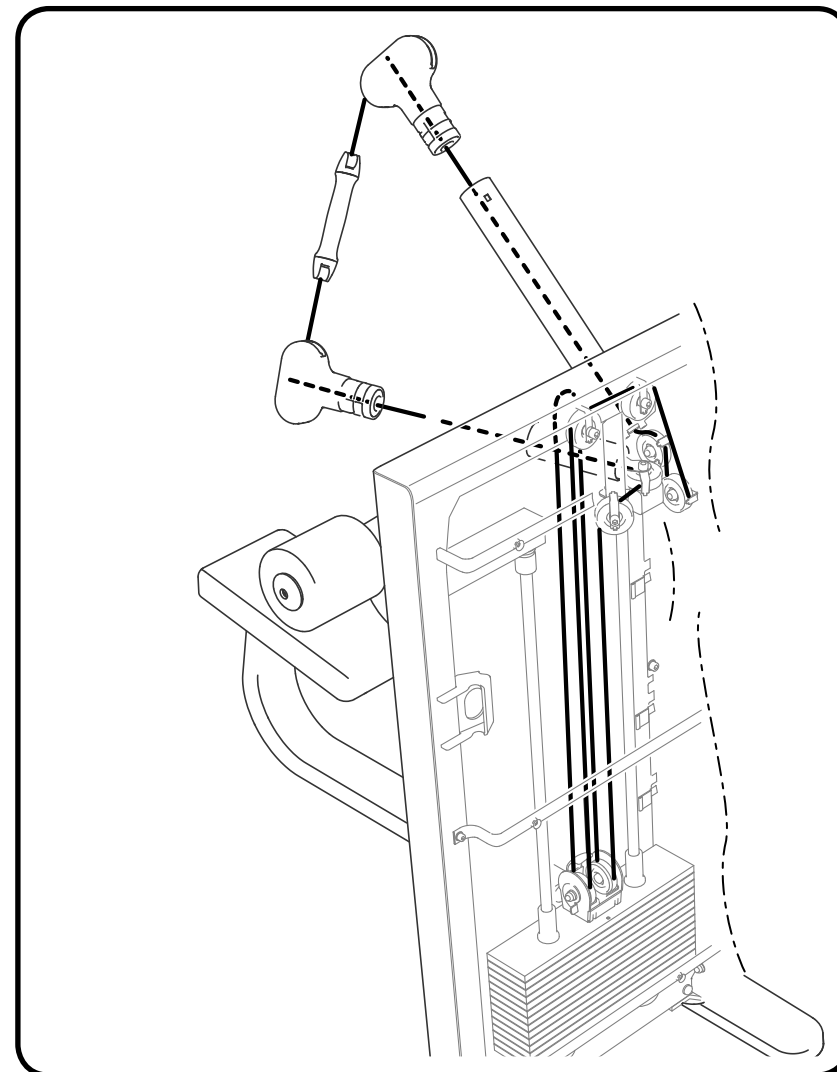
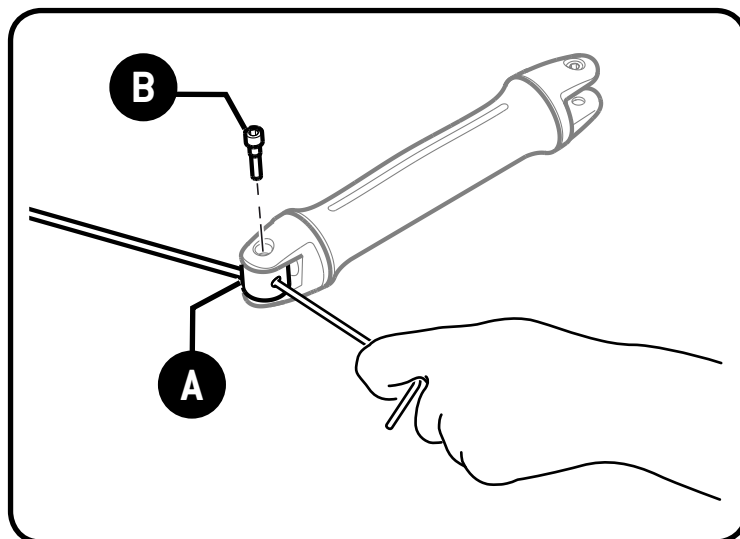
- loosen the screws **(M)** to remove the covers **(L)**.



## REPLACING THE CABLE

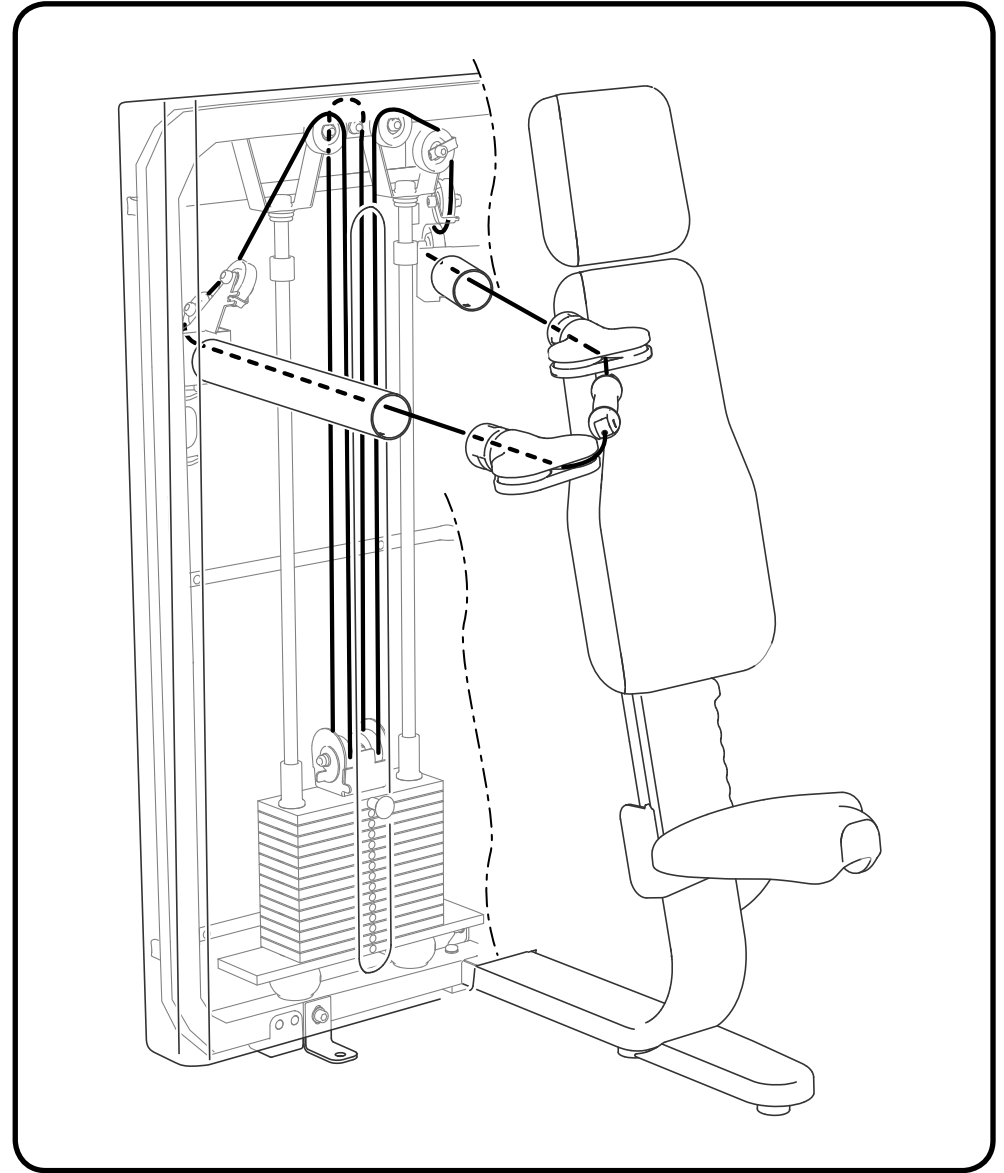
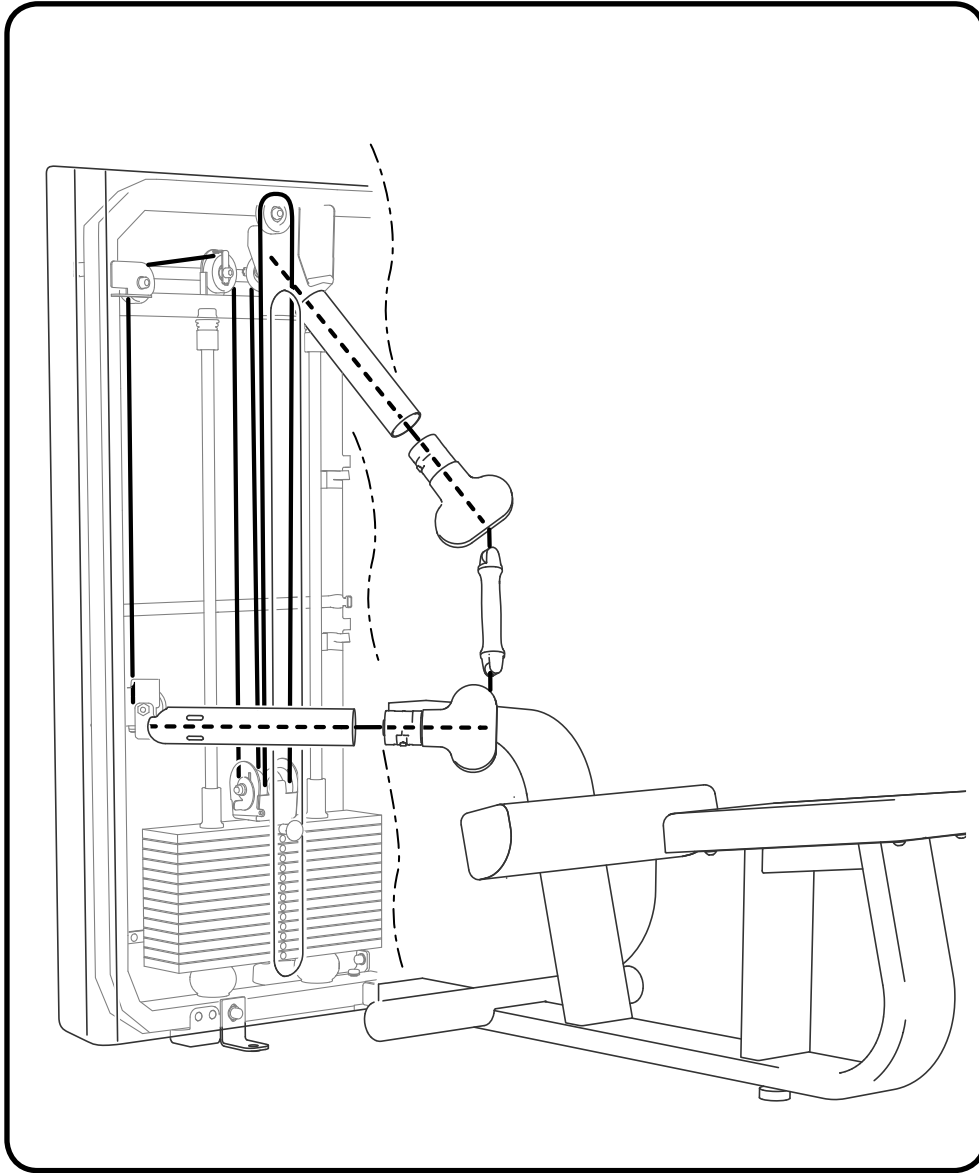
Insert the new cable, ensuring that it follows the same route as the original cable, as shown in the illustration.

Insert one end only of the cable into pawl **(A)** and use screw **(B)** to secure it.

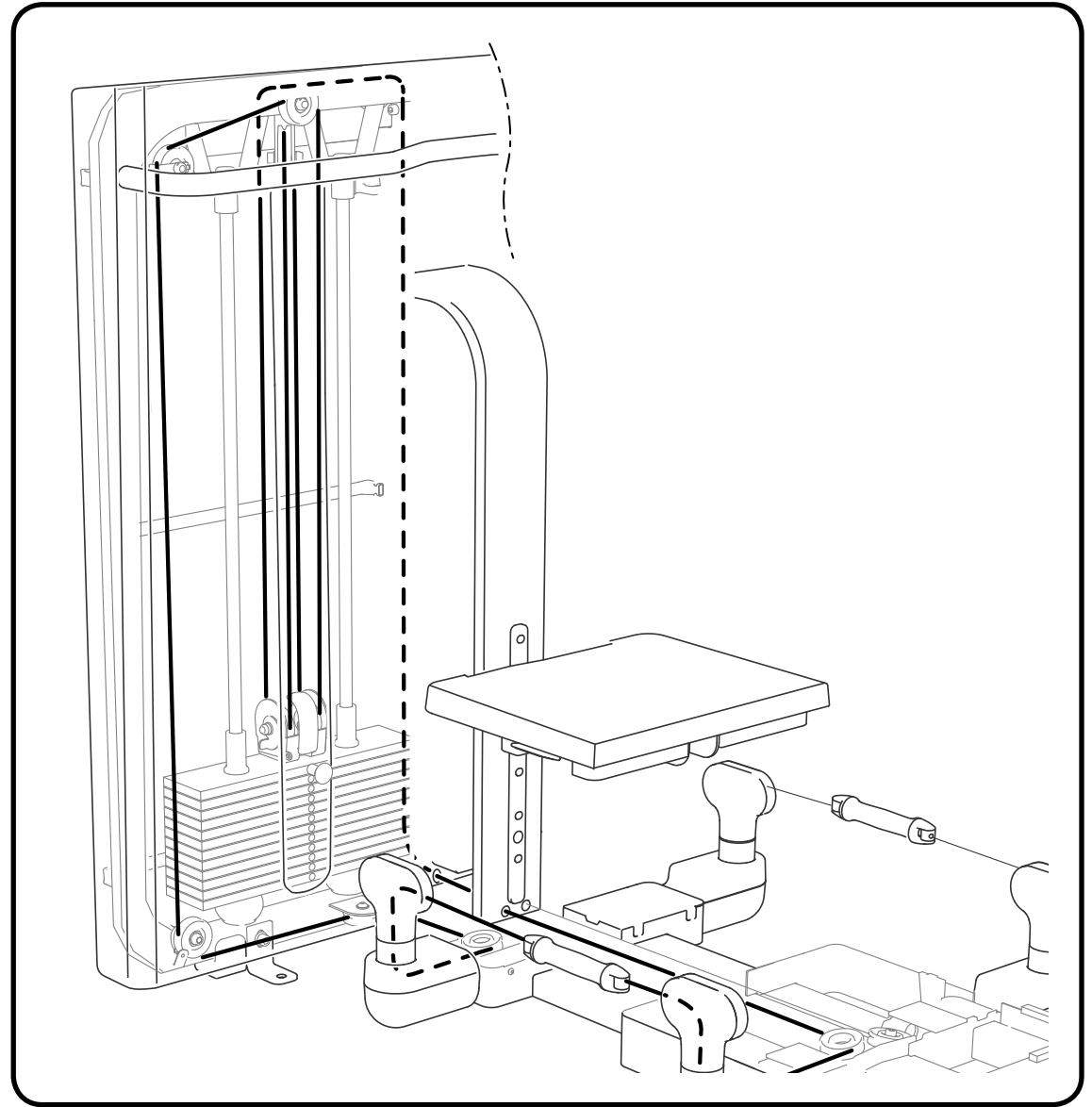
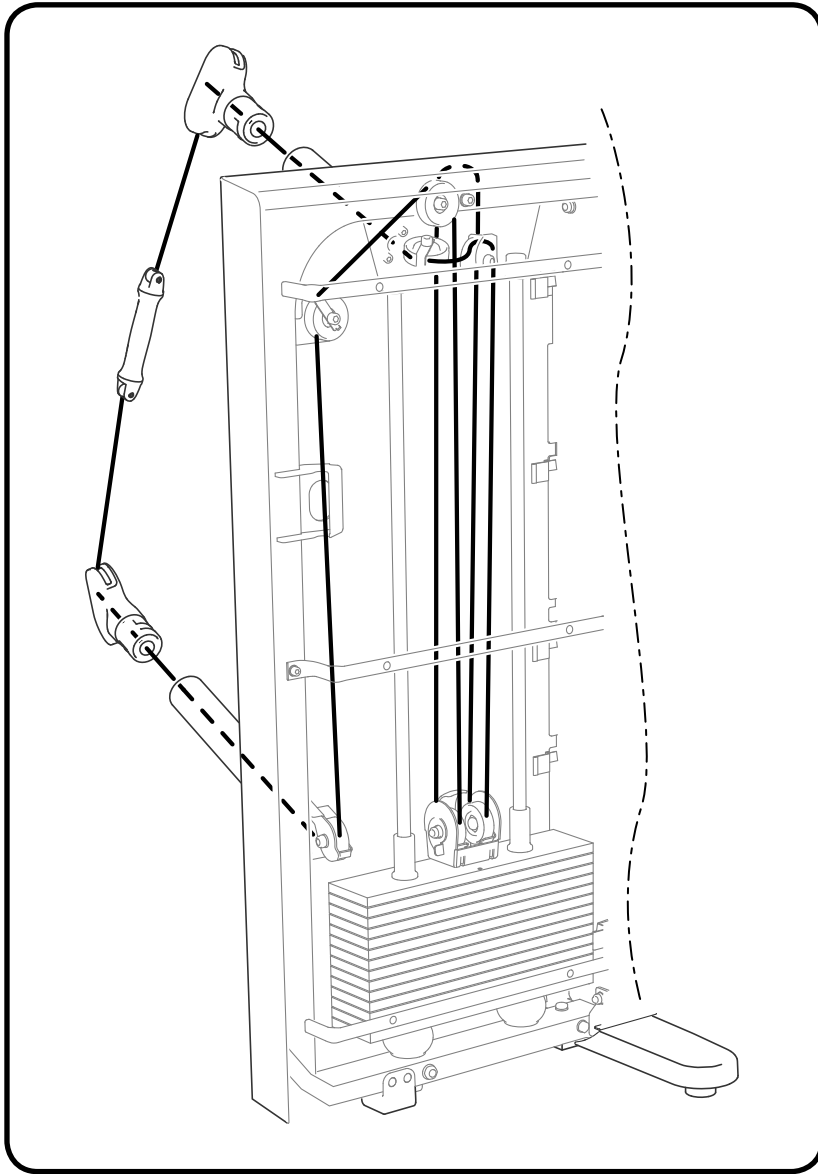




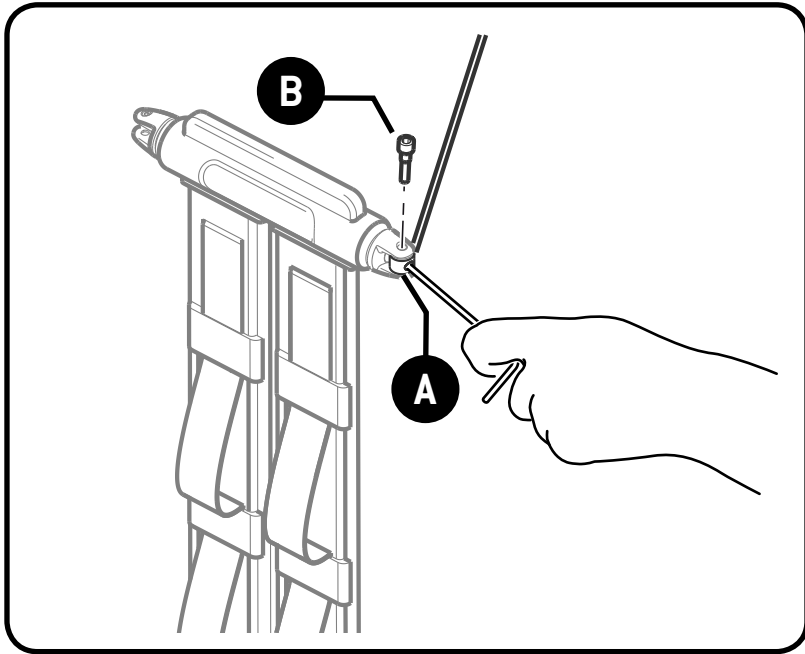
## REPLACING THE CABLE



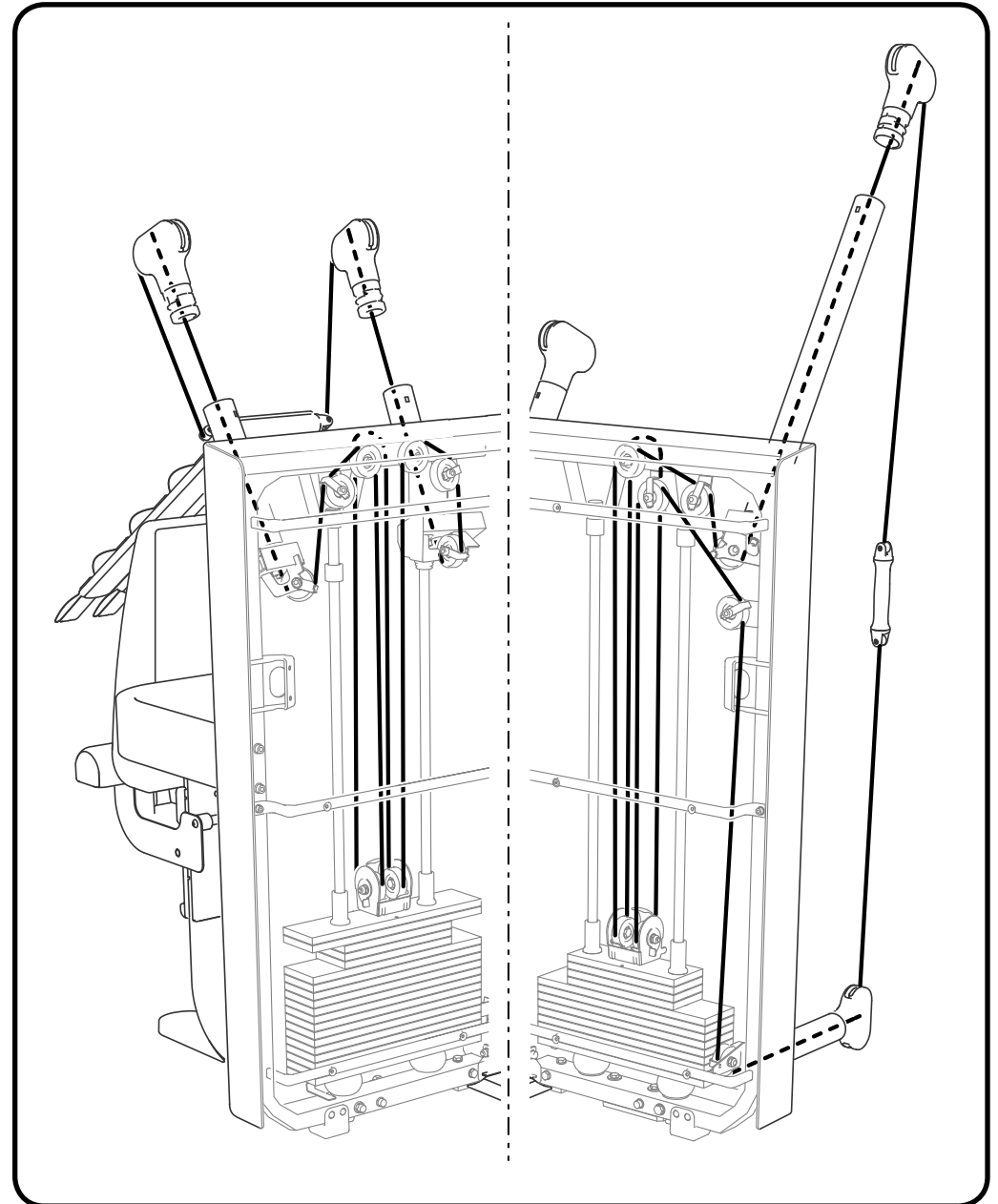
## REPLACING THE CABLE



## REPLACING THE CABLE



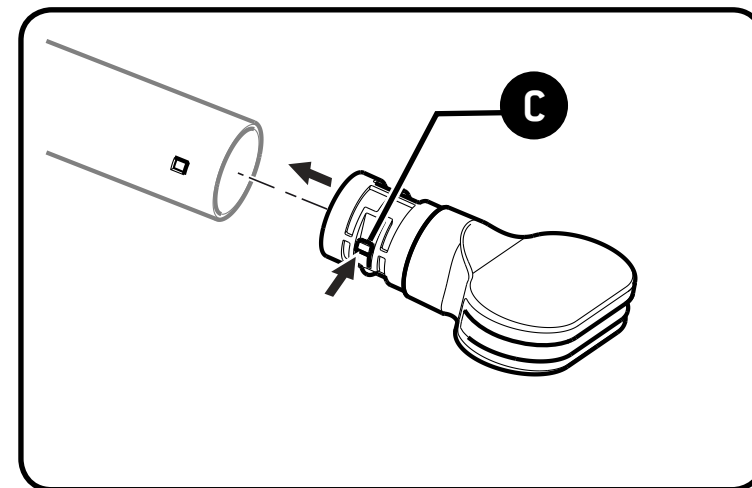
Insert one end only of the cable into pawl **(A)** and use screw **(B)** to secure it.



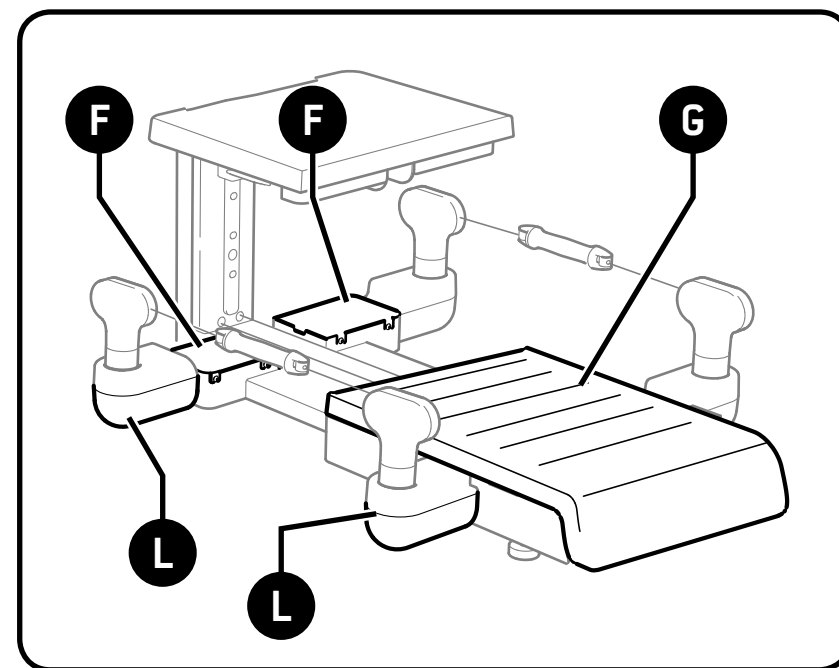
## REPLACING THE CABLE

Refit the pivoting cable outlet by pressing locking device (C).

**Take care to avoid damaging the device (C) and make sure that it is correctly snapped into its slot.**



In Step / Squat assemble the panels (L), the covers (F) and the footboard (G) previously removed.



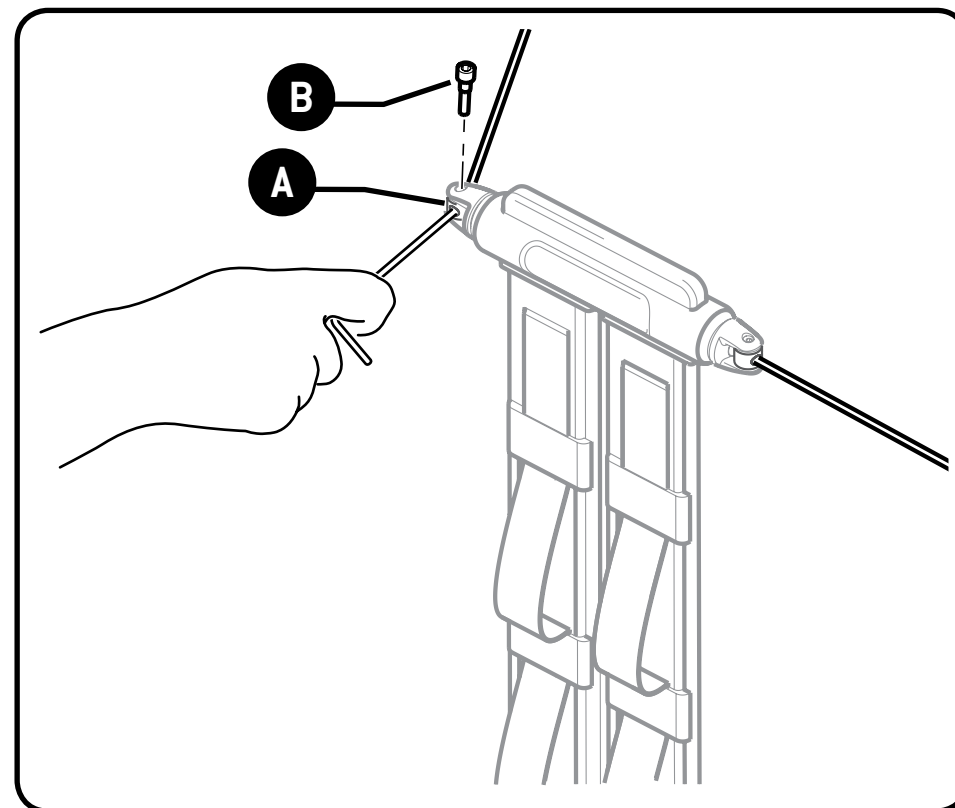
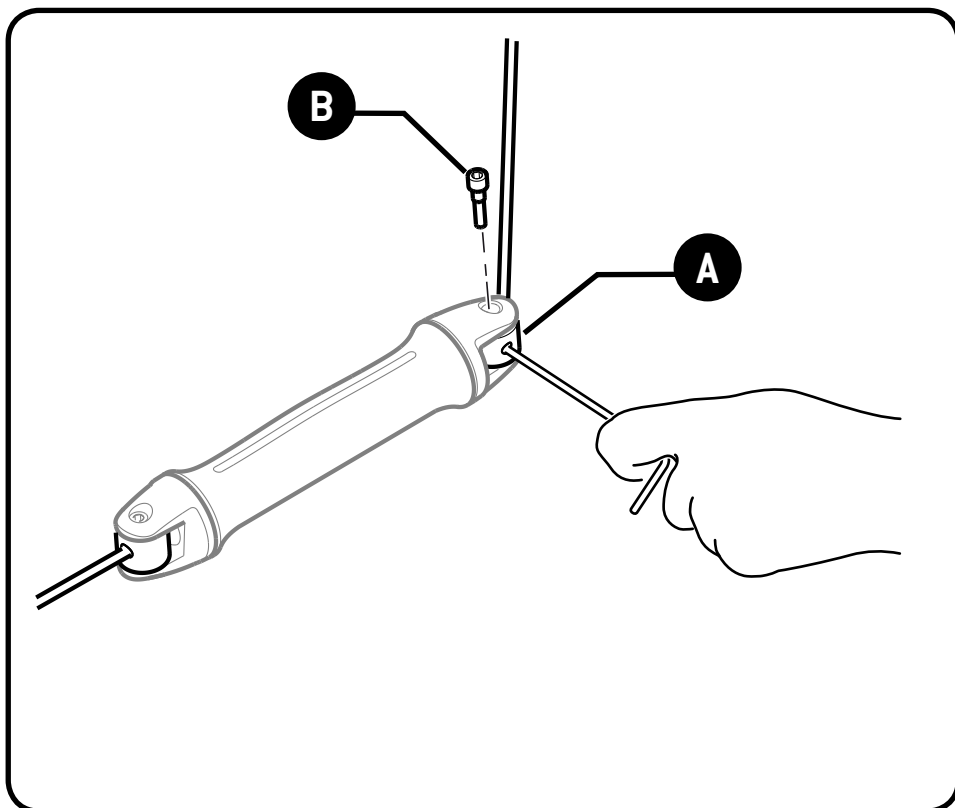
## REPLACING THE CABLE

Insert the other end of the cable into pawl **(A)** and use screw **(B)** to secure it.

Adjust the cable tension.

Fit the cable fasteners into their respective slots, if they have been loosened.

Reassemble the rear protection panel.



# ADJUSTING CABLE TENSION

To adjust the cable tension, remove the rear protection panel as described in paragraph **Anchoring to the floor**.

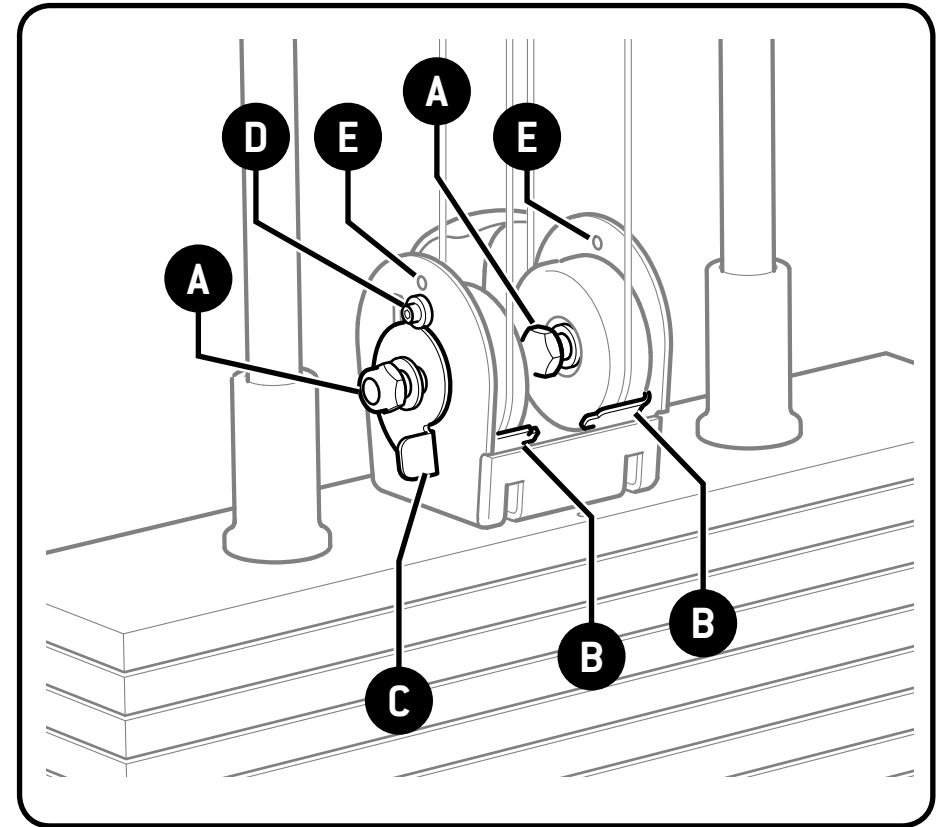
Loosen screws (A) holding cable fasteners (B) in their respective slots.

Adjust the cable tension by turning eccentric adjusters (C).

It is also possible to move the pulleys upwards: holding the pulleys down, move screws (D) into holes (E).

After this has been done, secure the cable fasteners in their respective slots again.

Reassemble the rear protection panel.



# TECHNICAL SUPPORT SERVICE

The Technogym Technical Support Service provides:

- telephone consultation
- information about which services are covered by the warranty and which must be paid for
- on-site servicing
- supply of original spare parts.

**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)**

When you contact the Technogym Technical Support Service you must give the following information:

- model,
- date of purchase,
- serial number,
- precise description of the problem.



## **WARNING**

**Work on the equipment by persons unauthorised by Technogym invalidates the warranty.**

Technogym supplies the electrical and wiring diagrams to companies with technical support.

# STORING THE PRODUCT

If a long period of non-use is expected, you are advised to store the product 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.

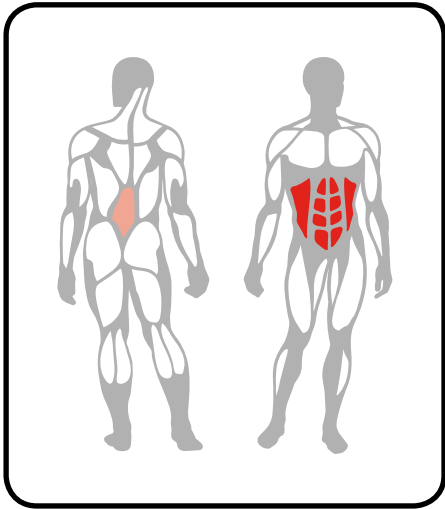
The product is made from recyclable materials such as steel, aluminium and plastic, which must be disposed of in the manner prescribed by the urban refuse collection regulations in force, by firms specialised in urban and environmental hygiene.

Average life of the product: 10 years.

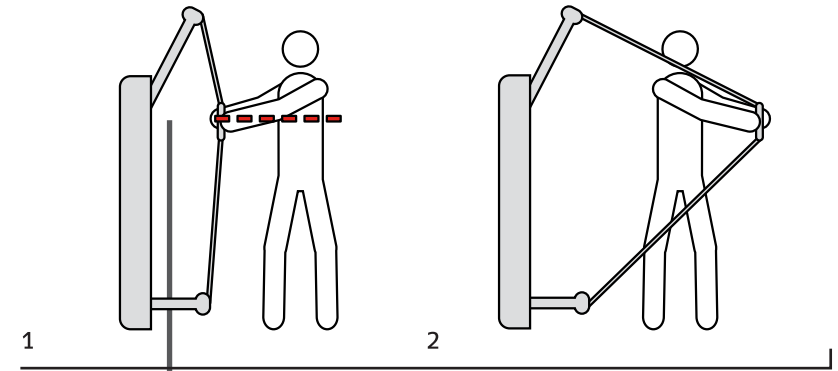


# USING THE PRODUCT

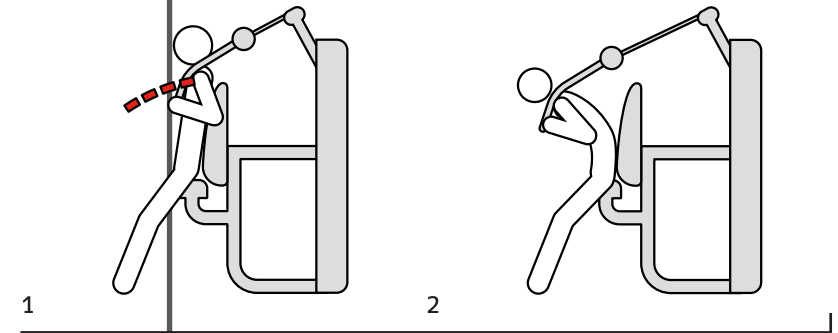
## CORE



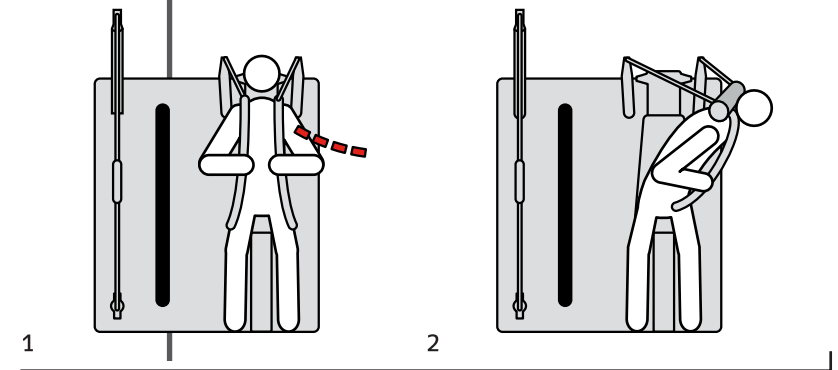
Trunk rotation - both sides



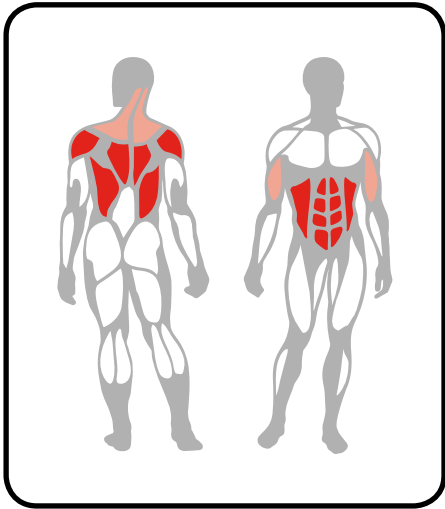
Crunch - supported seat



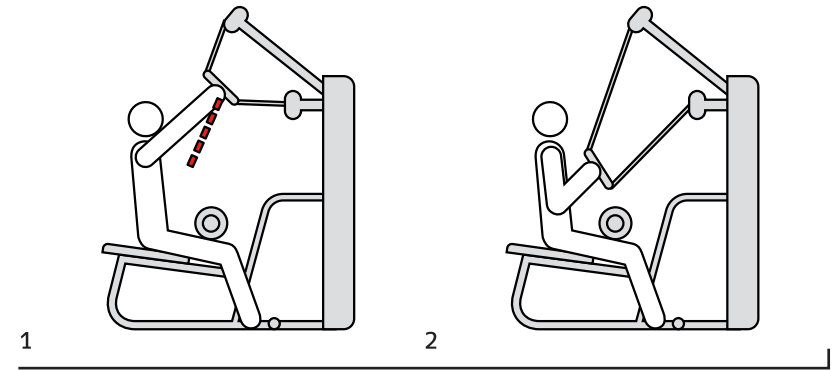
Oblique crunch - supported seat



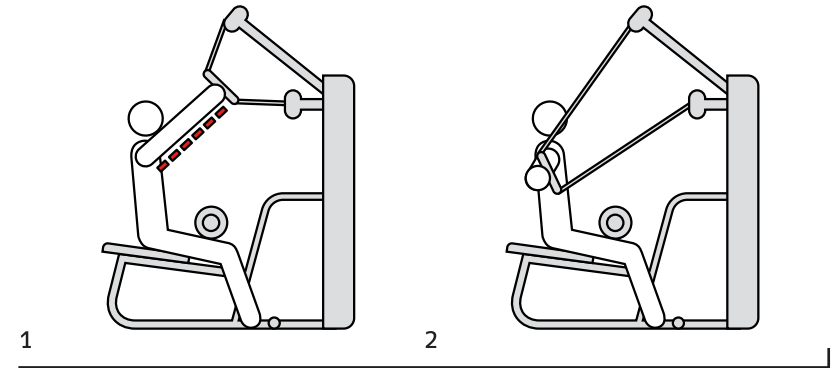
## HIGH PULL



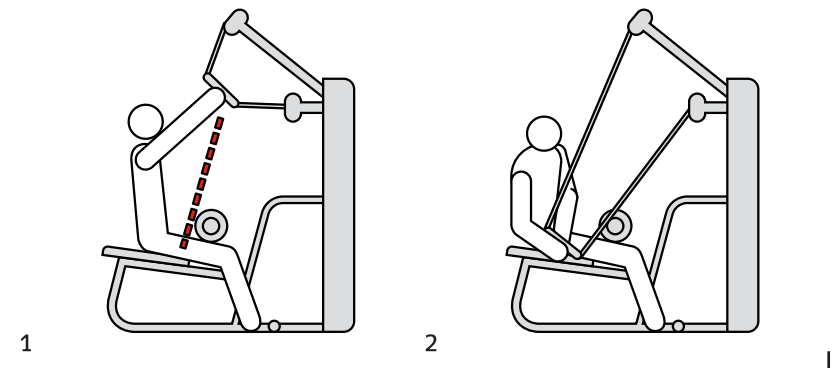
Row



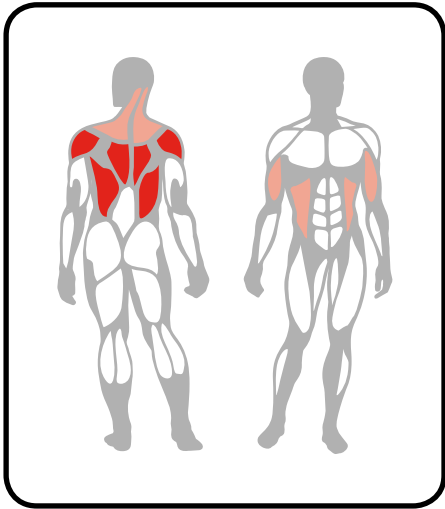
Reverse fly seated - crossed cables



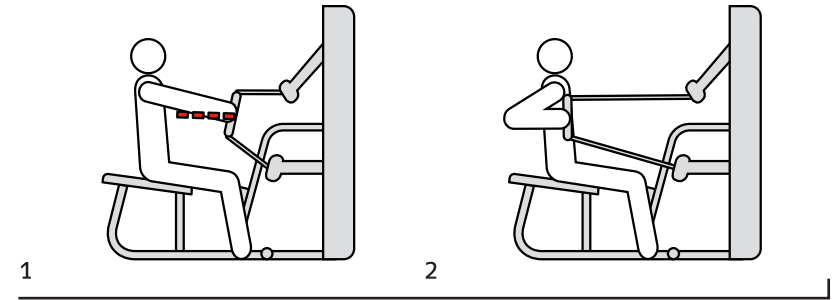
Downward trunk rotation - one cable



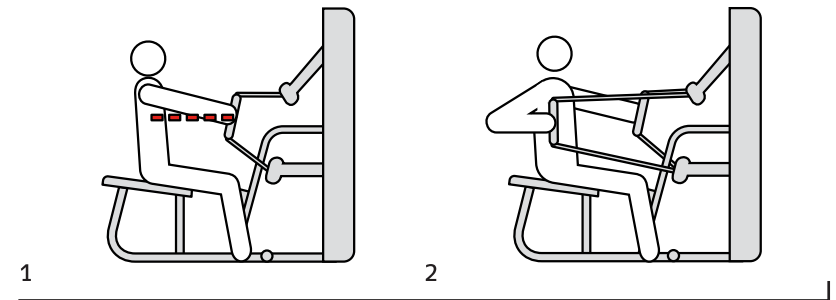
## LOW PULL



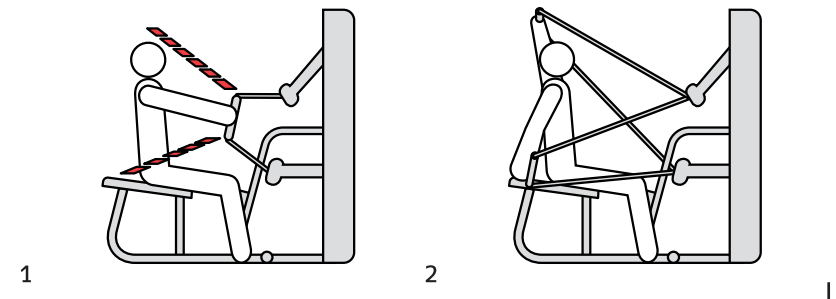
Low row seated



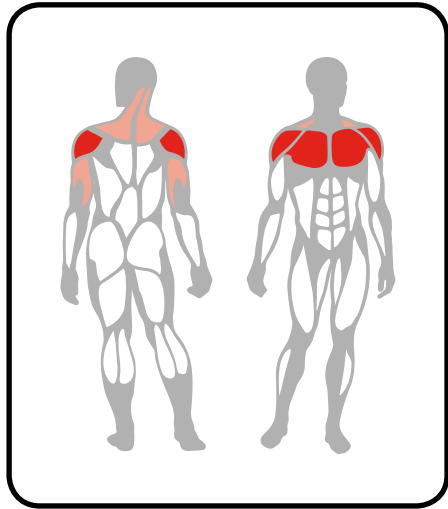
Low row - reciprocal - seated



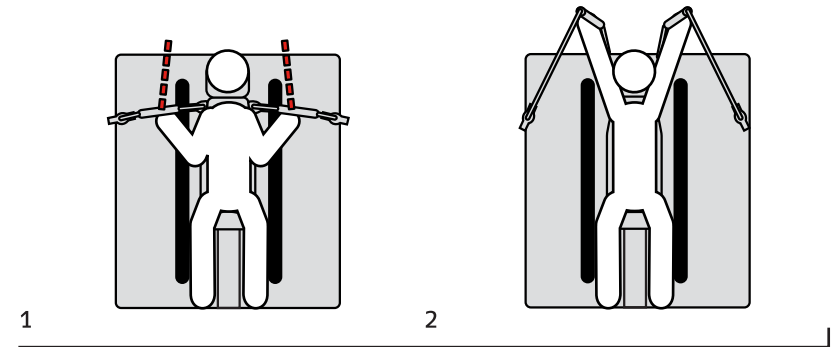
Combo reverse fly - alternating arms incline and decline



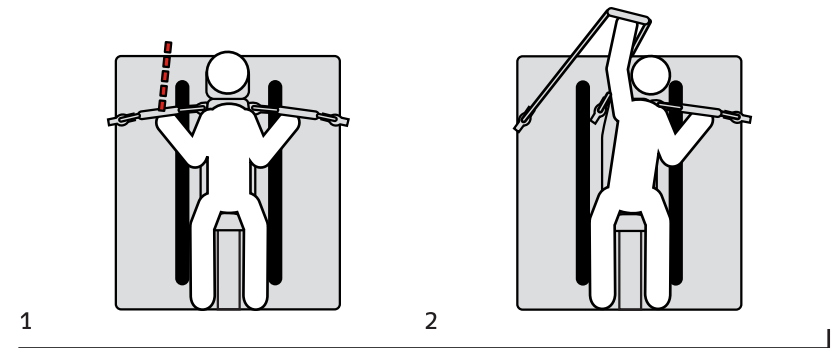
## OVERHEAD PRESS



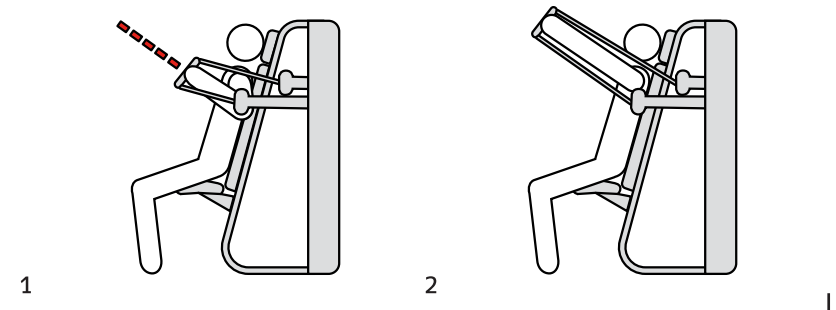
Overhead press



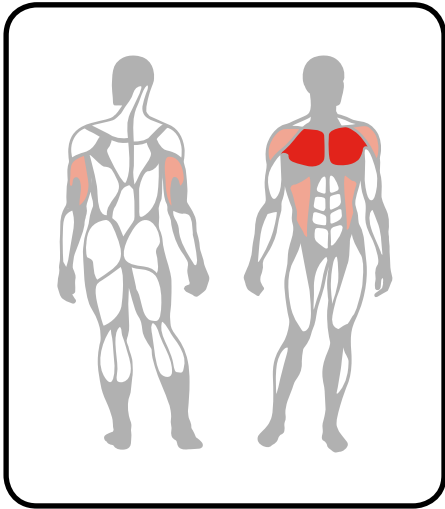
Alternate overhead press



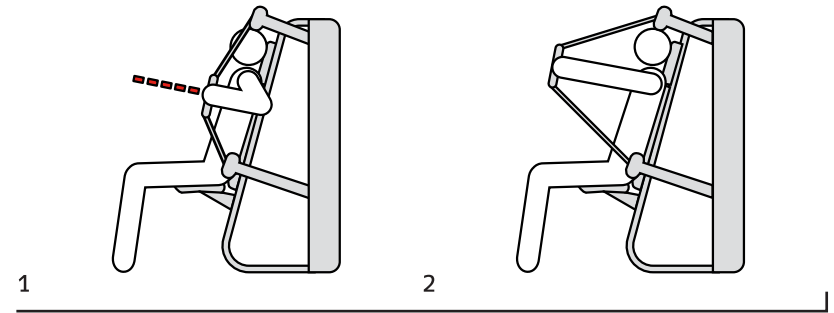
Incline press



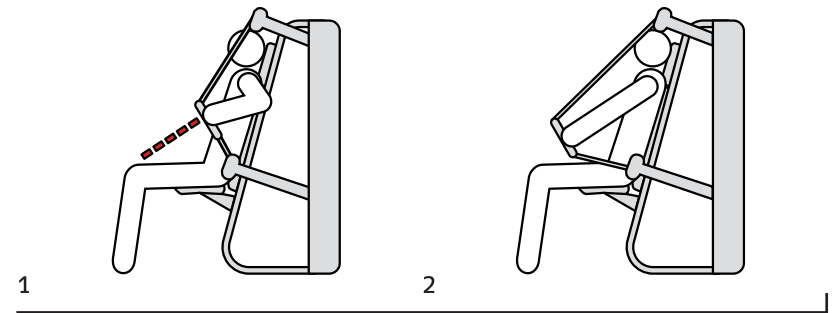
## PRESS



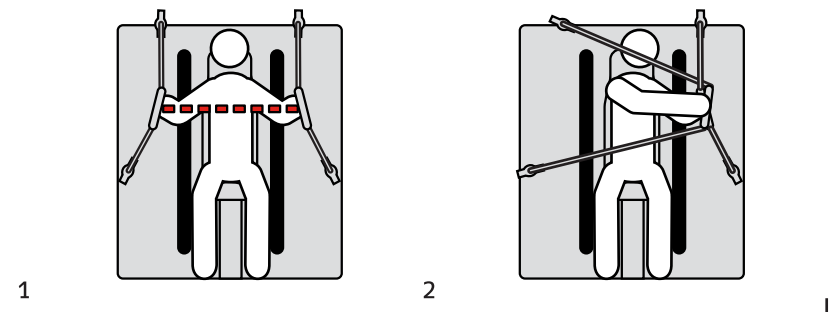
Chest press



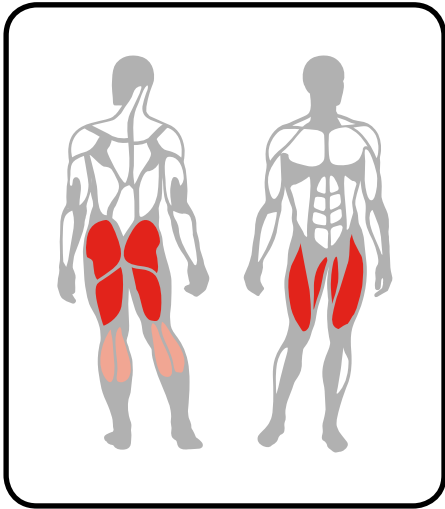
Decline chest press



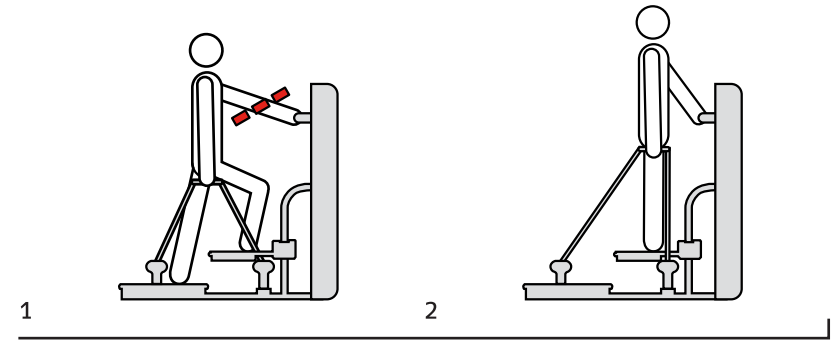
Cross body press -  
alternating arms



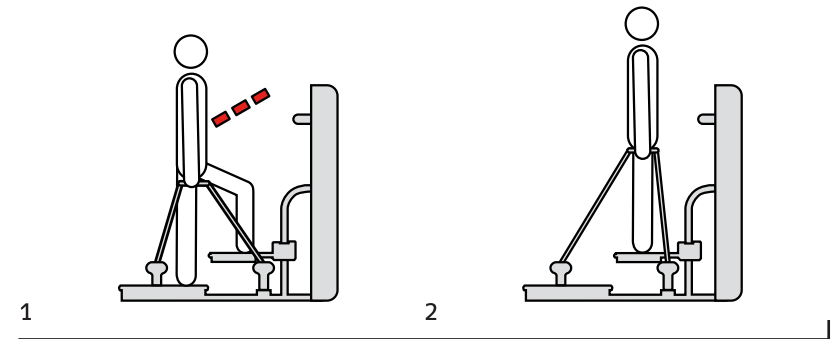
## STEP / SQUAT



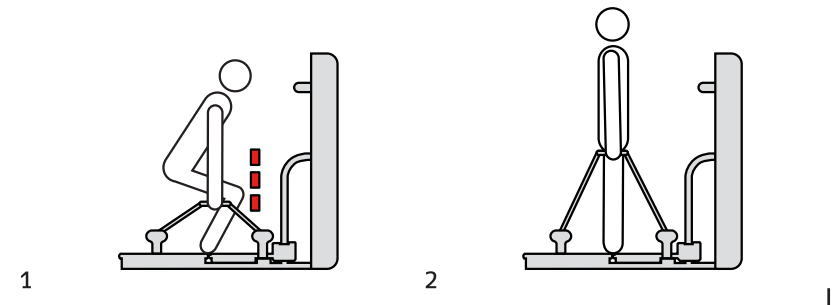
Step up - one cable -  
other arm holding support bar



Step up



Squat



KinesisStations\_en\_AA  
OSM01094



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