



SV-330

Ref. 86330









## Important: Read these instructions before using the equipment!

## Safety

- Read this user manual and keep it in a safe place. Use this product exclusively in the manner indicated.
- This equipment must be assembled and used by adults.
- The equipment complies with the EN-957 standard, classification H for use in the home. It must not be used in a sports center or any other public, associative or rented space.
- For totally safe use, a stable, level surface is required. Protect your floor covering with a mat. Do not use the equipment in damp areas (swimming pool, sauna, etc.).
- Do not allow children to play with this equipment. Energetics declines all responsibility for any injuries they may incur. Do not allow children close to this equipment when you are training.
- Energetics declines all responsibility if technical modifications are made to any of its products by the user.
- Maximum weight of user: 110 kg.
- Before you start training, it is essential that you consult your doctor to determine the intensity level of the program you use.
- Excessive or badly programmed training can damage your health.
- Keep your back straight when exercising.
- It is strongly recommended that your wear suitable clothing and footwear.
- For adjustable parts, bear the maximum positions in mind.

## **Maintenance**

- Regularly check that elements fastened with nuts and bolts are correctly tightened.
- To maintain the level of safety, the equipment must be regularly checked. It is vital that any faulty parts
  are replaced and that it is not used until completely repaired. Remember regularly to grease moving
  parts.
- As sweat is very corrosive, do not allow it to come into contact with the enameled or chromed parts of the equipment, particularly the computer. Immediately wipe the equipment after training. The enameled parts can be cleaned using a damp sponge. All aggressive or corrosive products should be avoided.

**Guarantee**: the chassis is guaranteed for 5 years. Moving parts are guaranteed for 2 year. The guarantee applies to normal use by a private individual in his home.

Recycling: The « crossed out dustbin » sign means that this product and its batteries cannot be thrown out with domestic waste. They should be treated apart. When you have finished with them, drop them at an authorised collection point so they can be recycled. This gesture will go towards protecting the environment and your health.

## To order spare parts

To guarantee an efficient service, make sure you have the following items before you contact our After Sales Service:

The name or reference of the product.

The **manufacturing number** shown on the main chassis and on the packing box.

The number of the missing or faulty part shown on the exploded view of the

Product described in this manual.





