

Safety information

VECTOR KRAFT

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Safety information




Please read the following chapter carefully and respect all safety instructions before you start using your workout equipment. Please keep this manual in a safe place in order to pass it over to future owners if you sell your workout device.

For evidence of ownership, please complete the following form:

Model/series _____
 Serial number _____
 Date of purchase _____

You will need this information in case of warranty.

The following symbols designate important information

	Caution!	This warning draws the attention to hazards that could result in personal injury or death.
	Warning!	This warning draws attention to hazards that could result in property damage.
	Tipp!	This hint contains important information and tips to improve operation.

What you need to know when using your training machine?

- ⊗ Carefully read this manual prior to using your product.
- ⊗ It's the owner's responsibility to inform the users of all hazard warnings and provide them with operating instructions.
- ⊗ Familiarize yourself with the machine before you start your workout.
- ⊗ For safety reasons inspect the power cord for signs of damage before each use.
- ⊗ Switch off the machine after the workout and disconnect it.
- ⊗ Only use the machine after a proper function test (see chapter 6.3 for more information). For your own safety and before every use, please check the machine for damage (loose screws, worn parts, cords etc). If the machine is damaged, do not use it before it is repaired.
- ⊗ In order to reduce risk of injury please wear appropriate clothes and footwear for exercise.
- ⊗ In case of nausea, dizziness, pain in the chest, limbs or joints, stop workout

immediately and see your trainer or a doctor.

- ⊗ If you wear a cardiac pacemaker or have health problems please consult your doctor before using the machine. Discuss your workout program with him. Only use MANUAL mode.
- ⊗ Do not hold your breath during training, as this causes a reduced blood flow to and from the brain and an increase in blood pressure. When muscle 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 workout machine is not a toy! Children must be supervised if they are near the equipment. Children cannot always predict possible hazards. Parents or other supervisors should always be aware of their responsibility because the playful and adventurous nature of children may lead to situations that the workout machine is not intended for.
- ⊗ The machine is only to be used on instruction of a physician and / or a supervisor. The machine must not be used without the presence of a supervisor.
- ⊗ EN ISO 20957-2: 5.9 c) for classes S and I and if the training device is designed according to 5.5.1.2.2 (stackable weights without covering) the user should always have the training device in front of him during the exercise. The stackable weights should remain in the user's field of vision during the entire exercise in order to prevent danger to third parties.
- ⊗ If you are lying or sitting on a towel, please make sure that it does not come in contact with spinning or running parts of the machines.
- ⊗ When adjusting the height of the seat, backrest or footrest, please make sure to retighten the fasteners after individual adjustment of the optimal position. Otherwise, there is a risk of injury.
- ⊗ Do not put your hands between the snap-on weights. Otherwise, there is a risk of injury.
- ⊗ Only use the included dowel pins for adjusting the weights. Make sure to insert the dowel pins completely into the borings of the snap-on weights.
- ⊗ Warm up thoroughly before training. Start the training slowly and gradually increase the intensity until you reach the desired strain degree within your range of control.
- ⊗ Never start power training with the maximum strain. Increase its intensity slowly with light weights 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 might injure or damage your musculoskeletal system.
- ⊗ Note that physical fatigue reduces coordination and increases the risk of injury.
- ⊗ Please pay attention to the correct use of the triceps rope. Always clasp the rope with both hands. Never hold and tear at only one end of the rope due to risk of injury.
- ⊗ Carefully lower the weights during the workout. They must not be thrown since any impact may damage the weights.
- ⊗ Do not touch the USB port, RS232 port or audio port during the training.

- ⊗ Certain conditions or actions can cause static electrification of electronic devices. Using earphones can result in short minor electrostatic discharge. To reduce the risk of electrostatic discharge when using earphones touch a metal object before connecting the earphones.
- ⊗ Please review the additional safety and operational notices in this manual.
All safety instructions in this manual are based on many years of experience and self-conception.

Instructions for safe operation

- ⊗ After delivery, make sure that the machine has not been damaged during transport. In case of doubt, contact our customer service and do not start the machine.
- ⊗ Always check the power cord for damages before starting the machine.
- ⊗ Switch off the machine after the workout and disconnect it.
- ⊗ Regularly check the cable, wires, steel cable, Kevlar cable and cable clamp for damage.
- ⊗ Do not place beverages on your training machine. Instead, use the bottle holder which is specially designed for beverages.
- ⊗ Set up the training machine so that there is sufficient open space around it. This reduces risks to the trainee as well as other people around.

How to avoid electrical shocks

- ⊗ Do not use damaged power cords.
- ⊗ Do not unplug by pulling on the cord.
- ⊗ Switch off and unplug the machine before you open it.
- ⊗ If liquid gets inside the machine, unplug the machine immediately and call the customer service.
- ⊗ Do not insert any objects in the ventilation slots. This may cause a short circuit.
- ⊗ Don't run the supply cable under the machine, neither between the mobile parts or devices of the machine. The insulation could be damaged unconsciously.

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 surface unevennesses. This increases the risk of an accident.

What needs to be considered in case of repair

- ⊗ Mechanical and electric parts must be replaced with original equipment only.
- ⊗ Repairs must be carried out by a qualified technician only. If you do not have the necessary qualifications, ask the ERGOFIT Service Center. Electrical or mechanical modifications or alterations performed by unauthorizes personnel may void the warranty.

Things to be avoided

- ⊗ Only use the machine for the purposes it was intended for. If you use the ERGOFIT machine for other than the intended purpose, you will be charged for all damages resulting from this. In this case any warranty is void!
- ⊗ Never use the machine in any other way than for those purposes described in this manual. This may damage the machine and can cause serious health problems.
- ⊗ Caution! There is a risk of injury if moving parts are used improperly.
- ⊗ Caution! Laser radiation! All ERGOFIT devices are equipped with a laser sensor above the weight stack. Do not look directly into the laser beam!
- ⊗ Never try to train above your current level of performance in training. This can cause significant damage to health.
- ⊗ Never exercise on a defective device.
- ⊗ Never operate the device without a power connection.
- ⊗ Never support yourself on the device or perform improper movements on the device. In this case, there is an increased risk of falling.

Refer to the appendix for a list of the most important safety guidelines. Attach this list near the machine where it is clearly visible. All users of the machine must familiarize themselves with the dangers and safety regulations. The manufacturer will not be liable for personal injury or property damage.

Contraindications

Please consider: In order to avoid over-exertion of the user and to prevent serious cardio-vascular problems please observe the following contraindications for cardio-vascular workouts. If one or several of the following symptoms are known prior to workout you should by no means perform any exercises on VECTOR strength machines:

Relative contraindications:

In such cases your physician decides whether you should perform any strength training!

- ⊗ osteoporosis with increased risk for fractures, taking into consideration the severity and stage of the disease
- ⊗ after disc prolapse with chronic sensimotoric dysfunction
- ⊗ high blood pressure, depending on stage of the disease
- ⊗ after any heart disease, depending on the capacity
- ⊗ in-born or acquired heart defect
- ⊗ stroke
- ⊗ respiratory diseases
- ⊗ other chronic diseases
- ⊗ subjective discomfort

Absolute contraindications:

No training allowed!

- ⊗ acute inflammatory processes and/or pain
- ⊗ acute infections with or without fever
- ⊗ acute neurological dysfunctions
- ⊗ severe depression
- ⊗ untreated or poorly controlled high blood pressure
- ⊗ after heart diseases (e.g. coronary heart diseases, heart attack, bypass surgery, transplantation, heart failure, severe cardiac arrhythmia) that indicate physical activity in cardiac rehab groups only.
- ⊗ acute thrombosis

Specific Safety Indications VECTOR Kraft

- ⊗ Do not start the machine before carefully reading this owner's manual.
- ⊗ Only use the machine after performing a proper function test.
- ⊗ Before starting the exercise please check the power supply cord (T,T MED, CVT, CVT MED only)
- ⊗ 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.
- ⊗ Never start training with the maximum strain. Increase its intensity slowly.
- ⊗ Check if the rests are secured before getting on the machine.
- ⊗ Never lean on the panel pc and do not make inappropriate movements.
- ⊗ 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 pacemaker, orthopaedic disabilities or a health condition, see your doctor before using the training machine.
- ⊗ When adjusting rests or restraints, please make sure to retighten them properly.
- ⊗ Do not put your hands between the snap-on weights. Make sure that the dowel pins are inserted completely into the borings and are not jammed.
- ⊗ Check the machine for damaged moving parts and paddings regularly (once per week). If the machine is damaged, have it repaired immediately.
- ⊗ Do not hold your breath during training. Breathe out during the strain sequence and breathe in during the relaxing sequence.
- ⊗ 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.
- ⊗ Switch off the machine after the workout and disconnect it (T,T MED, CVT, CVT MED only).
- ⊗ Only use the machine for the purposes it is designed for.
- ⊗ Please consider further safety and operational notices in this manual.

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

