



USER MANUAL



IVO TRAINER

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This user manual has been created with greatest possible diligence. Please inform us of any details that do not correspond to your training device so we can take care of this as quickly as possible.

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Dear customer,

Thank you for purchasing an ERGO-FIT training device. You are now the owner of a state-of-the-art training system that combines highest technical standards with easy-to-use functionality.

This user manual contains important information on how to operate and use your training device. We recommend that you read this user manual carefully before starting with your workout in order to become familiar with your training device quickly and to understand its correct and safe operation.

Should you have any further questions that are not answered in this manual, please contact us. ERGO-FIT will try to help as quickly as possible.

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1 General Information

1.1 ERGO-FIT Weight Training Equipment at a Glance

With ivo Trainer, ERGO-FIT offers a training device that allows for holistic weight training and promotes the cardiovascular system and high-speed strength. ivo Trainer offers you best training possibilities, regardless of your age, gender or fitness level.

Highlights of the ivo Trainer include precise adjustability of the train resistance, extra-long cable pull, as well as flexibility in the exercise orientation that provides for functional workout. Easy handling and the possibility to use the device in various fields of application also impressively demonstrate the only thing that matters with ERGO-FIT training devices: high technical standards, optimal training possibilities and precise training control with customer-friendly application.

However, technology is not the only crucial factor for outstanding workout equipment. The machines must also meet biomechanical and medical requirements: The health of our users is what matters most! Thus, a sophisticated training system can only be developed by combining technical and electronic expertise with the latest results in sports medicine and coaching science. ERGO-FIT devices clearly meet this target.

The lifetime of the device is 6 years.

EN 957-2: 7.2 b) It should be pointed out that the training device may only be used in areas where access and supervision are specifically regulated by the owner. The level of supervision depends on the user's level of reliability, age, experience, etc.

Your benefits...

When you use this device for your regular workout, it increases your personal performance in an optimal way. A training product one cannot do without when it comes to prevention and rehabilitation. You will feel fit, more powerful, more attractive, and more balanced.

1.2 General Information on this Manual

This user manual provides you with a useful reference for operating your new training device. You can easily find the information you are looking for by searching the table of contents.

The manual contains many tips and tricks to help you get familiar with your training device as quickly as possible.

Please always keep the user manual handy. This saves you from time-consuming queries and enables you to rapidly fix any possible error.

1.3 Scope of Delivery

Please check if all parts are included in the delivery and inform our sales department immediately of any missing parts.

Please ensure that the following parts are included in your delivery:

1. ivo Trainer (with assigned serial number)
2. 360° rotation strap (size L, 135 cm)
3. 2x wall mount

Weight plates are not included in the scope of delivery.

1.4 Service

Contact our customer service for troubleshooting services, technical support, spare parts delivery and information.

In case of technical questions and service orders, please contact us at:

Telephone: +49 (6331) 2461-0

Fax: +49 (6331) 2461-55

Mail: info@ergo-fit.de

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2 Safety Instructions

Please read the following chapter carefully and respect all safety instructions before you start using your workout equipment. Please keep this user 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:

Serial number _____

Date of purchase _____

You will need this information in case of warranty.

The following symbols designate important information:

	Caution!	It is absolutely necessary to observe this warning in order to avert any danger to your life or health.
	Attention!	It is absolutely necessary to observe this warning in order to avoid any material damage.
	Tip!	Important information and hints are displayed here to improve operations.

2.1 What You Need to Know When Using your Workout Equipment



Return spring is under tension. Under no circumstances may the housing be opened by untrained personnel.

- ⊗ Carefully read this manual prior to using your product.
- ⊗ It's the owner's responsibility to inform the users of all warnings and instructions provided with the equipment.
- ⊗ Familiarize yourself with the machine (e.g. course participation, DVD) before starting your workout.
- ⊗ Please consult your physician before you start using the machine and note the contraindications (see Chapter 2.7).
- ⊗ Before using the machine please perform a proper function test (you can find more detailed information on this in chapter 4.6).
- ⊗ In the interests of your own safety, check the device for damage (loose screws, worn parts, rope, etc.) before each use. If the machine is damaged do not use it until

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 the workout immediately and seek medical attention if necessary.
- ⊗ If you are dependent on a heart pacemaker, suffering from signs of wear on the joints or spine, have an orthopedic injury, or if you are otherwise adversely affected by health, consult your physician before using the device. Discuss your workout program with him.
- ⊗ Do not pressurize the air during exercising, since the blood flow to and from the brain can be restricted and the blood pressure can be increased immensely.
- ⊗ 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 supervisor. The machine must not be used without the presence of a supervisor.
- ⊗ Make sure that third parties do not stand close to moving parts (see „Safe distance“, Chapter 2.2).
- ⊗ Do not place any drinks or food on your training device
- ⊗ Do not forget to warm up every time before you workout. Start the training slowly and gradually increase the intensity until you reach the desired level.
- ⊗ Make sure to start each new exercise with low intensity in order to become familiar with the correct sequence of movement. Excessive loads at an early stage can lead to injury or damage to the musculoskeletal system.
- ⊗ Keep in mind that physical fatigue may impair your coordination ability and therefore increase the risk of injury.
- ⊗ Ensure that the harness is properly placed and does not come in direct contact with the skin to avoid scratching or squeezing.
- ⊗ Make sure that the carabiner connection between the harness and the rope is correctly placed and locked so that the connection cannot come loose since otherwise there will be a risk of injury.
- ⊗ Your training device must be supported with sufficient weight depending on the selected traction to ensure a secure footing.
- ⊗ Attention! There are dangerous squeeze points in the pull-in area of the rope,
- ⊗ Please review the additional safety and operational instructions in this user manual.

All safety instructions in this user manual are based on many years of experience and self-conception.

2.2 Operational safety - What needs to be done

- ⊗ After delivery, make sure that the machine has not been damaged during transport. Before each training check the housing and all visible parts for damage. In case of doubt, contact our customer service and do not start the machine.
- ⊗ Rope, carabiner connection and training belt are to be inspected regularly for damage.
- ⊗ Slots and openings on the machine serve as ventilation. Do not cover these openings, because this can cause the components to overheat.
- ⊗ When using the ivo Trainer, ensure a sufficient safe distance (free space) for bystanders while using the ivo Trainer. The area of the maximum rope length, as well as the entire swivel range of 180 degrees, must not be entered while using the ivo Trainer.

We recommend that you mark the maximum training range, e.g. by means of the pylons, before using the device for the first time, pull the rope out to full length (22m long) and mark the end point of the stretch, move to the maximum angles of the swivel range and mark these points as well.

2.3 Choosing the Right Place of Installation

Leg:

- ⊗ The machine can be set up on any flat and stable surface. Make sure that it stands firmly on the floor.
- ⊗ Never put wood, cardboard or similar materials underneath the machine to compensate for unlevel surface. This increases the risk of accident.

2.4 What Needs to be Considered in Case of Repair?



Return spring is under tension. Under no circumstances may the housing be opened by untrained personnel.

- ⊗ Mechanical and electrical parts may only be replaced by original parts.
- ⊗ Repairs must be carried out by a qualified technician only. If you do not have the necessary qualifications, contact the ERGO-FIT Service Centre. Mechanical changes or modifications may not be carried out by unauthorized persons since otherwise any warranty claims will be lost.

2.5 Things to be Avoided

- ⊗ Only use the machine for the purposes it was intended for. If you use the ERGOFIT 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 user manual. Improper use can damage the machine and be hazardous to your health.
- ⊗ Caution! Improper use of moving parts may result in personal injury.
- ⊗ When exercising, you should never go beyond your current fitness level. This may cause serious health problems.
- ⊗ Never exercise on a damaged machine.
- ⊗ Never lean on the device. There is an increased risk of injury in this case.

Refer to the appendix to this user manual 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.

2.6 Contraindications

Please note: In order to avoid over-exertion of the user and to prevent serious cardiovascular problems or injuries please observe the following contraindications for workouts. If one or several of the following symptoms are known prior to workout, you should by no means perform any exercises on ivo Trainer machines:

- ⊗ Unstable Angina pectoris
- ⊗ Symptomatic heart rhythm disturbances and/or limited hemodynamic
- ⊗ Wheezing, tightness
- ⊗ Circulatory disorders with rest pain in the affected limb
- ⊗ Hypertension, i.e. in the case of a constantly elevated blood pressure (please in this case, consult with your doctor)
- ⊗ Coronary atherosclerosis
- ⊗ Pressure pain in the legs when walking less than 100 m.
- ⊗ Acute infections (respiratory tract diseases)
- ⊗ Feverish illnesses, feverish infects
- ⊗ Circulatory problems, dizziness
- ⊗ Nausea, vomiting
- ⊗ Acute coronary syndrome
- ⊗ Acute myocardial infarction
- ⊗ Severe symptomatic aortenstenose
- ⊗ Congestive heart failure
- ⊗ Acute pulmonary embolism
- ⊗ Acute carditis (myo-, endo-, pericarditis)
- ⊗ Acute phlebothrombose of lower extremities
- ⊗ Acute aortic dissection

If one of the following occurs during workout stop the workout immediately to prevent over-exertion of the body!

- ⊗ Wheezing, tightness
- ⊗ Angina pectoris (paroxysmal chest pain)
- ⊗ Maximum pulse > 200 - age
- ⊗ Nausea

- ⊗ Circulatory problems
- ⊗ Malaise (severe tiredness, fatigue, dizziness)
- ⊗ strongly decreasing heart rate
- ⊗ strongly decreasing / rapidly increasing blood pressure
- ⊗ Main stem stenosis
- ⊗ Inflammatory disease of moderate severity
- ⊗ Known electrolyte disturbances
- ⊗ Arterial hypertension (RR > 200/110mmHg)
- ⊗ Tachyarrhythmia or Brady arrhythmia
- ⊗ Hypertrophic obstructive cardiomyopathy and other forms of outflow tract obstruction
- ⊗ High AV blockages
- ⊗ Anemia
- ⊗ Physical and/or psychological impairments
- ⊗ Arrhythmias

Chapter 3 Intended Use

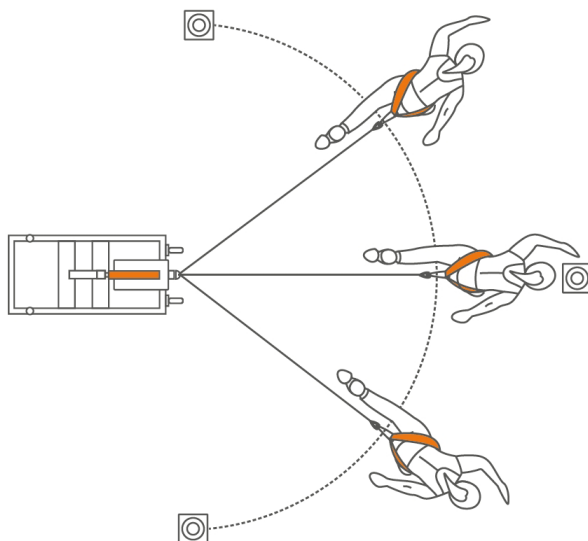
3 Intended Use

ivo Trainer is a mobile training unit. It is intended for use in fitness rooms of such facilities as sports clubs, school facilities, hotels, clubs and studios, access to and supervision of which are specifically regulated by the owner (person with legal responsibility).

The ivo Trainer is a portable pull-resistance system that enables multiple exercises for muscle build-up, high-speed power training and strengthening of the cardiovascular system. The training load can be controlled through stepless adjustment of the resistance; the pulling direction is variable in a radius of movement of 180 degrees.

The ivo Trainer allows a very high degree of flexibility in multi-dimensional training due to the rope length and wide radius of movement of 180 degrees. With the roll-mounted carabiners, the users can move forward, backward and sideways, as well as around their own axis, jump, or do various combinations of the above - all of that with constant resistance.

These variable applications offer optimal workout possibilities in the field of coordination training and improvement of endurance (e.g. performance sports), as well as in the field of rehabilitation and prevention.



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4 Transportation, Installation and Operation

4.1 Transportation

In order to avoid damage, ERGO-FIT machines are transported by ERGO-FIT GmbH & Co. KG directly or by an authorized freight forwarding company. After delivery, packaging will be collected and disposed by ERGO-FIT GmbH & Co. KG. If ERGO-FIT machines are delivered by a freight forwarder, the customer must dispose the packaging himself or may send it back to ERGO-FIT GmbH & Co. KG. (transportation costs are on behalf of the customer).



The machines do not have any shipping locks!

4.2 Location and Installation

To move the device, grasp the carry handle attached to the device and take it to the desired location. If the device is mounted on the leg, tilt the device onto the transportation rollers attached to the leg, and you can then roll it to the desired location.

1. Make sure that the surface underneath the machine is level and flat.
2. For safety reasons, please leave enough space around the machine for the user to move safely and to avoid that bystanders are hurt by moving parts: Starting from the access orientation of the training device, maintain a clearance that is at least 0.6 m larger than the required exercise area (see Chapter 2.2). Adjacent machines may use the same clearance.
3. Complete a functional check after installation or after a change of location (see Chapter 4.5).

Disassembly or assembly (excluding the supplied parts) completed by the buyer or an unauthorized person will void the warranty

4.3 Ambient temperature

- ⊗ The ivo Trainer can easily operate at an ambient temperature of +10 °C up to +40 °C, a relative humidity of 30% to 75% (non-condensing) and an air pressure of 700hPa to 1060hPa.
- ⊗ The machine may be stored at a temperature between -30°C and +50°C.

4.4 Assembly Procedure

In order to start operating the ivo Trainer, you must first install it. Here, the wall mounting, as well as the mounting on the separately provided leg stand for mobile use, are available. Ensure that the ivo Trainer is installed properly in order to avoid a possible risk of injury.

4.4.1 Wall mounting

To mount the ivo Trainer on the wall, place the fixture perpendicular to the desired location on the wall and mark the four holes (see Fig. 1), then attach the fixture to the wall. Keep in mind that each screw has to withstand a tensile force of 250 N in order to ensure a secure hold of the ivo Trainer. Then hang the training device as shown in Figure 2 in the arrow direction shown on the holding fixture.

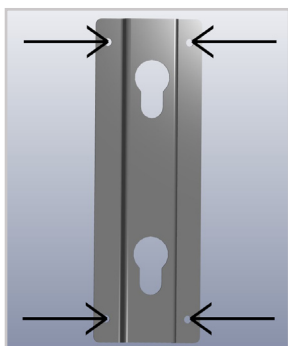


Fig. 1: Holding fixture with drill holes

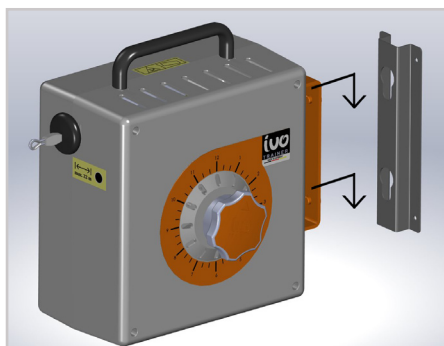


Fig. 2: Hanging in the direction of the arrow

I

4.4.2 Mounting Leg

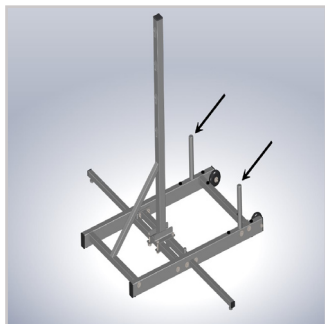


Fig. 1: Slide the weight plates

Distribute the weights evenly on the brackets provided to ensure a stable stand; please note that you should always load the stand with a total weight of 80 kg.

Then hang the training device as shown in Figures 2 and 3 in the arrow direction shown on the holding fixture.

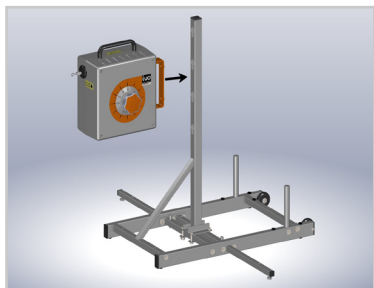


Fig. 2: Hang the ivo Trainer

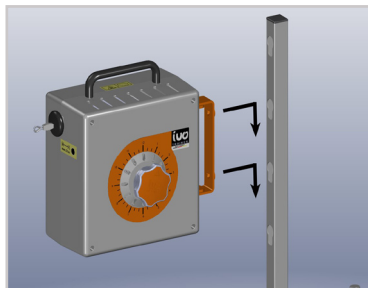


Fig. 3: Hanging in the direction of the arrow

Note:

Swivel base without a plastic spacer is used for height adjustment.

4.5 Setup

No precautions have to be taken when first operating the ivo Trainer. Training on the device can be started immediately after completion of the functional test.

4.6 Functional test

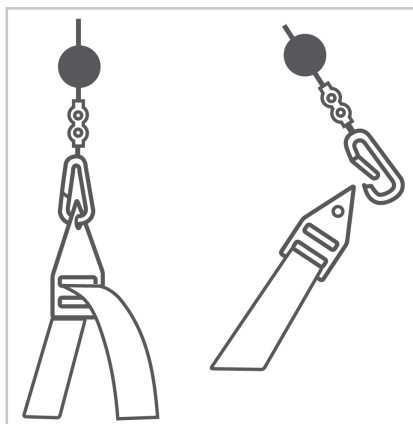
For a functional test please proceed as follows:

- ⊗ Before each workout, make sure that the fixing carabiner is correctly fitted and properly locked in place.
- ⊗ Check rope and training belt for damage.
- ⊗ Check that all of the functions (e.g. swivel of the housing) work.
- ⊗ Pay attention to loose or incorrectly mounted control panels, loose screws, etc.
- ⊗ Make sure that the device is adequately fitted with weight plates during the workout session in order to ensure a secure stand.

4.7 Attaching the Training Belt

In order to start operating the ivo Trainer, you must attach the training belt to the device. To do this, use the attachment carabiner on the traction cable of the device and connect it to the fastening lug of the training harness/training vest.

Make sure that the carabiner is properly locked, otherwise there is an increased risk of injury.



4.8 Resistance regulation

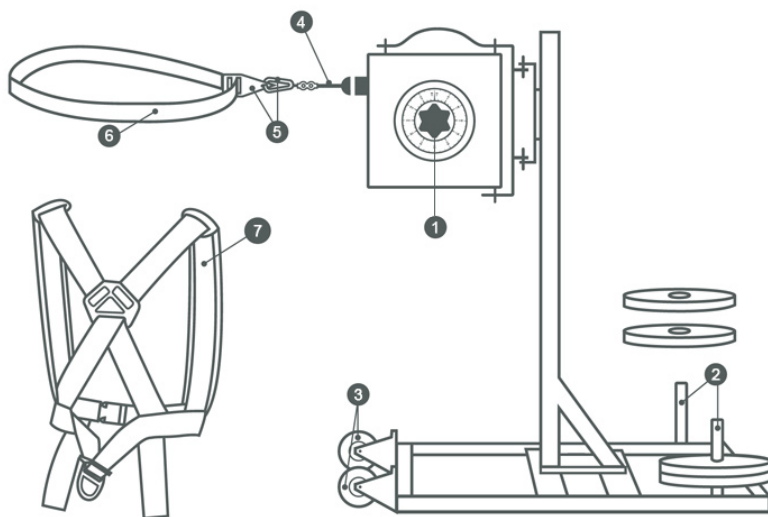
Resistance is regulated with the ivo Trainer by means of the centered rotary knob for weight adjustment on the device (for position see Chapter 4.8 Components). The resistance of the rotary knob increases when the values are set.



To increase the resistance during workout, turn the knob clockwise to decrease the resistance, move the knob counterclockwise.

Please note the following: Do not allow the traction rope to retract into the device during and after the workout. Always ensure that the traction rope is guided back in a controlled manner.

4.9 Components



- 1 Rotary knob for resistance adjustment
- 2 Storage for weight plates (stabilization/secure stand of the device)
- 3 Transportation rollers
- 4 Traction rope
- 5 Fastening lug and corresponding mounting carabiner
- 6 Training belt
- 7 Training vest

Chapter 5 Workout

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5 Workout

Resistance to stress is seen as an ideal addition to conventional strength training not only in performance sports - in particular, because application-specific, sports-specific coordination or force training can be carried out depending on the type of sport. It is also imperative for many game sports to significantly improve the hand-eye or foot-eye coordination, as well as sprint abilities. In addition, it is necessary to train linear and lateral acceleration for many game sports.

However, you should also take into account biomechanical considerations when exercising. The workout intensity should be adapted to your performance.

5.1 Workout with the ivo Trainer

The ivo Trainer allows a very high degree of flexibility in multi-dimensional training due to the rope length and wide radius of movement of 180 degrees. With the roll-mounted carabiners, the users can move forward, backward and sideways, as well as around their own axis, jump, or do various combinations of the above - all of that with constant resistance. These variable applications offer optimal workout possibilities in the field of coordination training and improvement of endurance (e.g. performance sports), as well as in the field of rehabilitation and prevention.

When you start working out on the ivo Trainer, you should ensure that your muscles are sufficiently warmed up; moving around a little for a few minutes will prepare your body well for the workout, for example, using some „go-ABC“ exercises. Also, incorporate functional exercises into your warm-up program to optimally prepare the muscle groups that you will exercise during your workout. Then you can start with your workout on the device.

What to do before each workout: Attach the training belt to the device as described in Chapter 4.7. The rope pulley needs to be adjusted to the user size – roughly hip height. Then attach the training belt to the body, ensuring that the belt does not rest directly on the skin and does not provide an area for crushing or chafing. Now set the desired training resistance on the ivo Trainer, as described in Chapter 4.8, and ensure that the training device is adequately secured or that there is sufficient counterweight in the form of weight plates on the stand. With a clearance of 1m to the system, you can now begin with actual exercising. This distance is necessary to avoid external damage to the outer case.

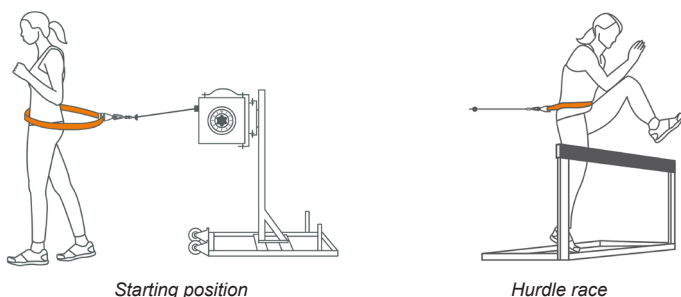
5.2 Training options

With the ivo Trainer, you have a wide variety of training options (sports-specific movement patterns), in particular, the entire running or sprint ABCs are available here. In this chapter, we would like to talk about some exercises.

Complete a warm-up set on the training device (low intensity, average repetition) before starting with actual training sessions in order to prepare the muscles specifically for the load that will follow.

5.2.1 Linear run (run/sprint ABC)

In order to improve your conditional and coordinative abilities, you can complete various running exercises, which, in addition to fundamental coordination aspects, can also optimize your running technique. This is where the entire Running ABC is suitable, since complex movements can be divided into parts and performed at a slower movement speed.



Exercise examples:

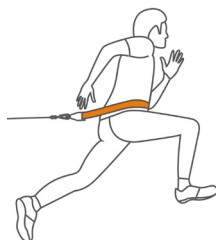
- ⊗ Easy run: to get used to running with resistance, you should complete two to three easy runs over about 20 meters. The arm swing provides support for all exercises. The initial position should be done at a slow trot to provide the body with a short, but important, regeneration, and the traction rope should be retracted in a controlled manner.
- ⊗ Hot steps: movement forward is done exclusively with ankle joints. In this case, the ground is only touched by the forefoot (or the metatarsus), and after the contact with the ground, the tips of the toes are immediately pulled back, resulting in a small jumping movement. The steps should not be bigger than half of your own foot length. The movement should be performed at medium speed, the knee joints should be stretched as far as possible during the exercise.
- ⊗ Knee lifts: at each step, the knee is lifted upwards, until the hip and knee angle is approximately 90 degrees. Keep the upper body upright and swing your arms actively. The movement can be performed when walking or jumping.
- ⊗ Skippings: Fastest possible movement of the knee lever (jumping), but with a flatter knee stroke.
- ⊗ Lunges: alternating lunges forward, with a maximum possible knee lift in upright position and forward movement of the lower leg while the weight is shifted forward. In the end position, the knee located at a right angle.

From this position, perform the next lunge in a flowing movement by coming back on the leg in an upright position and thereby initiating movement with the new swing leg.

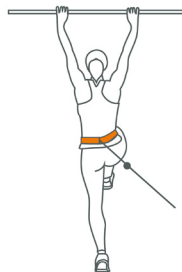
- ⊗ Shock run: The basic movements are the hot steps. The swing leg is guided forward with the knee joint extended and initiates the forward movement. The movement is performed at maximum speed so that a maximum flight phase is achieved. During this flight phase, the tips of the toes are also pulled up (active footrest).
- ⊗ Backward running: Some exercises can also be performed backwards, which also trains both cognitive and motor skills.
- ⊗ Multi-Training: for example, hold a training ball with extended arms to simultaneously train upper body muscles.



Skipping



Sprint Run



Multi-Training

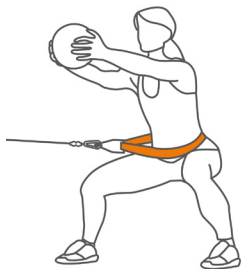
5.2.2 Sideways Run

The „sideways run“ also promotes endurance and coordination. Get into the starting position where you are facing the device sideways. Spread the legs apart in lateral shoulder-width steps, the knee joints should remain stretched as far as possible. Then pull the swing leg to the standing leg. Repeat this step combination to move sideways.

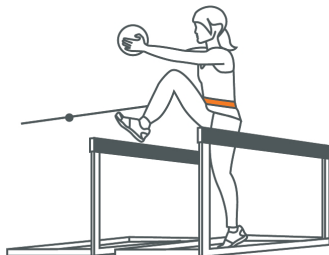
Exercise examples:

- ⊗ Squat steps: perform a lunge, larger than shoulder width, to the side and move the body weight to the new standing leg downwards (squat) and back into the upright position. Then pull the swing leg to the standing leg. Make sure that the knee angle in the deep squat does not fall below a 90° angle.
- ⊗ Replacement steps: Run sideways and cross the legs alternately in front of and behind the body, holding the arms sideways, shoulder height, stretched out. The movement of the swinging leg originates only from the hip, the upper body should not turn with it.

- ⊗ Multi-side training: the sideways run training also allows for a simultaneous workout of upper body muscles with the help of a training ball (see Linear Run).



Squat steps with training ball



Hurdle sideways run



Skipping sideways

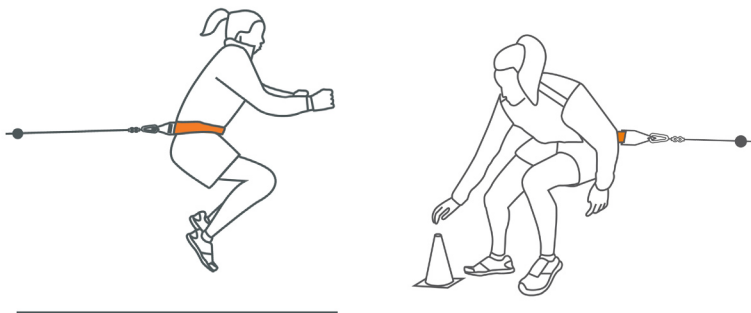
5.2.3 Sprint starts

The ivo Trainer can also be used for sprint start exercises, with or without a start block.



5.2.4 Jumps and twists

With the ivo Trainer, you can also do jumping and twisting exercises. This will help you work on your high-speed strength.



Chapter 6 Maintenance

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6 Maintenance

Regular, thorough care and appropriate maintenance in particular help to maintain the safety level, value of your exercise machine and to extend its lifetime. For this reason, we recommend regular inspections of the machines. Check the device for damage before each use and if necessary, have it repaired immediately. These regular inspections are essential in case of guarantee claims. If the machine is damaged, do not use it until it is repaired.

Please note that maintenance and cleaning of the device should only be carried out with the traction rope fully retracted and when the device is not used!

In case of a malfunction please contact our service team. Technicians and engineers at ERGO-FIT are pleased to assist you. Maintenance of the machine may also be carried out directly by the ERGO-FIT customer service. We also offer maintenance contracts.

The following situations make immediate maintenance necessary:

- ⊗ excessive mechanical stress (sharp impact, defect cabling, inappropriate tension)
- ⊗ traction rope, mounting carabiner, device cover show signs of damage

6.1 Maintenance and Care

ERGO-FIT machines are low-maintenance products.

The following are some of the maintenance and inspection tasks. You should carry out these tasks regularly.

Please note the following when performing maintenance tasks:

- ⊗ This model requires very little maintenance.
- ⊗ Moving parts need no further oiling or greasing.
- ⊗ Check the traction rope, mounting carabiner and cover before every workout session for possible damage.
- ⊗ Inspect the training belt for damage.

6.2 Cleaning

Sweat, dust and dirt can damage your exercise equipment even after a few weeks. Metal and aluminum surfaces may deteriorate when getting into contact with sweat. Therefore you should clean the equipment every day.

We recommend "Ecolab P3-steril" or "Scarabig" for cleaning your training device. You can obtain these detergents at the following suppliers:

Ecolab Deutschland GmbH
Reisholzer Werftstraße 38-42
Postfach 13 04 06
40554 Düsseldorf
www.ecolab.com

SCARAPHARM chem.-pharm. Produkte GmbH
Wachmannstraße 86
28209 Bremen
www.scarapharm.de

Consider the following aspects for cleaning:

- ⊗ Clean your machine with a damp cloth, mild cleaning agent or soap and dry it with a soft cloth.
- ⊗ Do not apply oil or grease to the external parts of the machine.

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A Appendix

A.1 Customer Service

If you cannot resolve a malfunction yourself please contact our customer service.

Service: Telephone: 06331/2461-20, -45, (international)
Telephone: 06331/2461-23, -27 or -29 (national)
Telefax: +49 6331/2461-55
E-mail: service@ergo-fit.de

ERGO-FIT machines are repaired by highly qualified service technicians. Only original spare parts are used for repairs.

If the product must be sent off, please send it directly to the manufacturer at the following address:

ERGO-FIT GmbH & Co. KG
Blocksbergstraße 165
D-66955 Pirmasens

A.2 Spare Parts

For Spare parts and up-to-date exploded views please contact the customer service at ERGO-FIT.

Service: Telephone: 06331/2461-20, -45, (international)
Telephone: 06331/2461-23, -27 or -29 (national)
Telefax: 06331/2461-55
E-Mail: ersatzteile@ergo-fit.de

Please remember that you should indicate the serial number of the device when placing your order.

A.3 Technical Specifications

This chapter lists the technical specifications of your workout equipment. The data are listed in tabular form.

	IVO TRAINER
Area of application	Fitness
Standards and directives	EN 957
Dimension in cm (L/W/H)	41.5 x 24 x 33
Total weight of machine	appr. 12 kg
Length of cable	22 m
Weight transfer	Traction rope
Resistance range	3 - 25 kg
Increments of resistance	infinitely variable
Max user weight	200 kg
Ambient temperature Operation	+10°C to +40°C
Ambient temperature Storage	-30°C to +50°C
Relative air humidity	30% to 75% non-condensing

A.4 Warranty Information

2-year warranty*

The supplier shall be liable for defects of the supply, among them the lack of expressly assured properties, but excluding further claims as follows:

1. All those parts showing to be unserviceable or to be essentially restricted in their usability within a period of 24 months after delivery, by circumstances to be traceable prior to the transmission of risks - especially due to faulty design, bad quality of the material or faulty manufacture - shall be repaired or replaced, at the own discretion of the supplier. The supplier is liable for defects of the drawings or materials delivered or selected by the seller only if such deficiencies were identified by applying professional diligence unless the seller immediately notified the buyer of the defects.
2. The limitation of the purchaser's right to claim for defects shall be 24 months after transfer of the object in every and each case.
3. No warranty shall be assumed for damage caused by the following reasons: inappropriate or improper use, faulty assembly or faulty startup carried out by the purchaser or a third party, natural wear, faulty or careless handling, inappropriate equipment or replacement materials, faulty construction works, chemical, electrochemical or electric influences, except in the event that they are due to the suppliers fault. Purchaser shall bear the expense and the risk of the delivery even if delivery freight paid has been agreed.
4. The supplier reserves the right of two reworks or replacements. Should these fail, the purchaser has the right of reduction or conversion within the framework of legal provisions. The seller will have a period of six weeks for reworks, beginning with the notice of defect.
5. Improper modifications or repairs carried out by the purchaser or a third party without prior permission of the supplier will void the warranty.
6. If goods are exported, warranty will be restricted to the availability of loose spare parts ex factory within the warranty period. Packaging costs, freight charges and labor will be at the expense of the purchaser. In case the purchaser demands on-site repair by a technician of the factory or another service center, the purchaser will bear the travelling expenses and labor costs.
7. All merchandise that has not been produced by the supplier is subject to legal provisions.

Wear parts such as those listed below are excluded for warranty:

- ⊗ Traction rope
- ⊗ Rotary knob
- ⊗ Rope guide pulley
- ⊗ Brake pads (incl. washer)
- ⊗ Return spring
- ⊗ Formica plate
- ⊗ Rotation strap and vest

Improper maintenance will void the warranty!

* see general terms and conditions

In order to be able to guarantee the stated manufacturing guarantee of 24 months, maintenance on the ivo Trainer must be completed by trained personnel within the first year. Unless maintenance of the workout equipment is completed, the warranty expires after 12 months.

The costs of the maintenance depend on the individual effort, as well as the cost of postage and packaging.

The serial number must be both legible and non-defective to ensure that the warranty is granted. The manufacturer's warranty expires should there be any manipulations with the serial number.

ivo Trainer safety guidelines

- ⊗ Carefully read this manual prior to using your product.
- ⊗ Familiarize yourself with the machine (e.g. course participation, DVD) before starting your workout.
- ⊗ Please consult your physician before you start using the machine and note the contraindications (see Chapter 2.7).
- ⊗ Before using the machine please perform a proper function test (you can find more detailed information on this in chapter 4.5).
- ⊗ In the interests of your own safety, check the device for damage (loose screws, worn parts, rope, etc.) before each use. If the machine is damaged do not use it until 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 the workout immediately and seek medical attention if necessary.
- ⊗ If you are dependent on a heart pacemaker, suffering from signs of wear on the joints or spine, have an orthopedic injury, or if you are otherwise adversely affected by health, consult your physician before using the device. Discuss your workout program with him.
- ⊗ Do not pressurize the air during exercising, since the blood flow to and from the brain can be restricted and the blood pressure can be increased immensely.
- ⊗ 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 supervisor. The machine must not be used without the presence of a supervisor.
- ⊗ Make sure that third parties do not stand close to moving parts (see „Safe distance“, Chapter 2.2).
- ⊗ Do not place any drinks or food on your training device
- ⊗ Do not forget to warm up every time before you workout. Start the training slowly and gradually increase the intensity until you reach the desired level.
- ⊗ Make sure to start each new exercise with low intensity in order to become familiar with the correct sequence of movement. Excessive loads at an early stage can lead to injury or damage to the musculoskeletal system.

- ⊗ Keep in mind that physical fatigue may impair your coordination ability and therefore increase the risk of injury.
- ⊗ Ensure that the harness is properly placed and does not come in direct contact with the skin to avoid scratching or squeezing.
- ⊗ Make sure that the carabiner connection between the harness and the traction rope is correctly placed and locked so that the connection cannot come loose since otherwise there will be a risk of injury.
- ⊗ Your training device must be supported with sufficient weight depending on the selected traction to ensure a secure footing.
- ⊗ Attention! There are dangerous squeeze points in the pull-in area of the steel cable, which means that there is an increased risk of accidents.
- ⊗ Please review the additional safety and operational instructions in this user manual.

*These safety instruction must be visible on the workout equipment!
All users must be informed of warnings and safety instructions.
The manufacturer will not be liable for personal injuries or property damage.*



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