



**SPIRIT** FITNESS

*A Heritage of Quality | The Spirit of Innovation*

## Инструкция по сборке скамьи прямой



Руководство пользователя



*A Heritage of Quality | The Spirit of Innovation*  
**SPIRIT**  
FITNESS

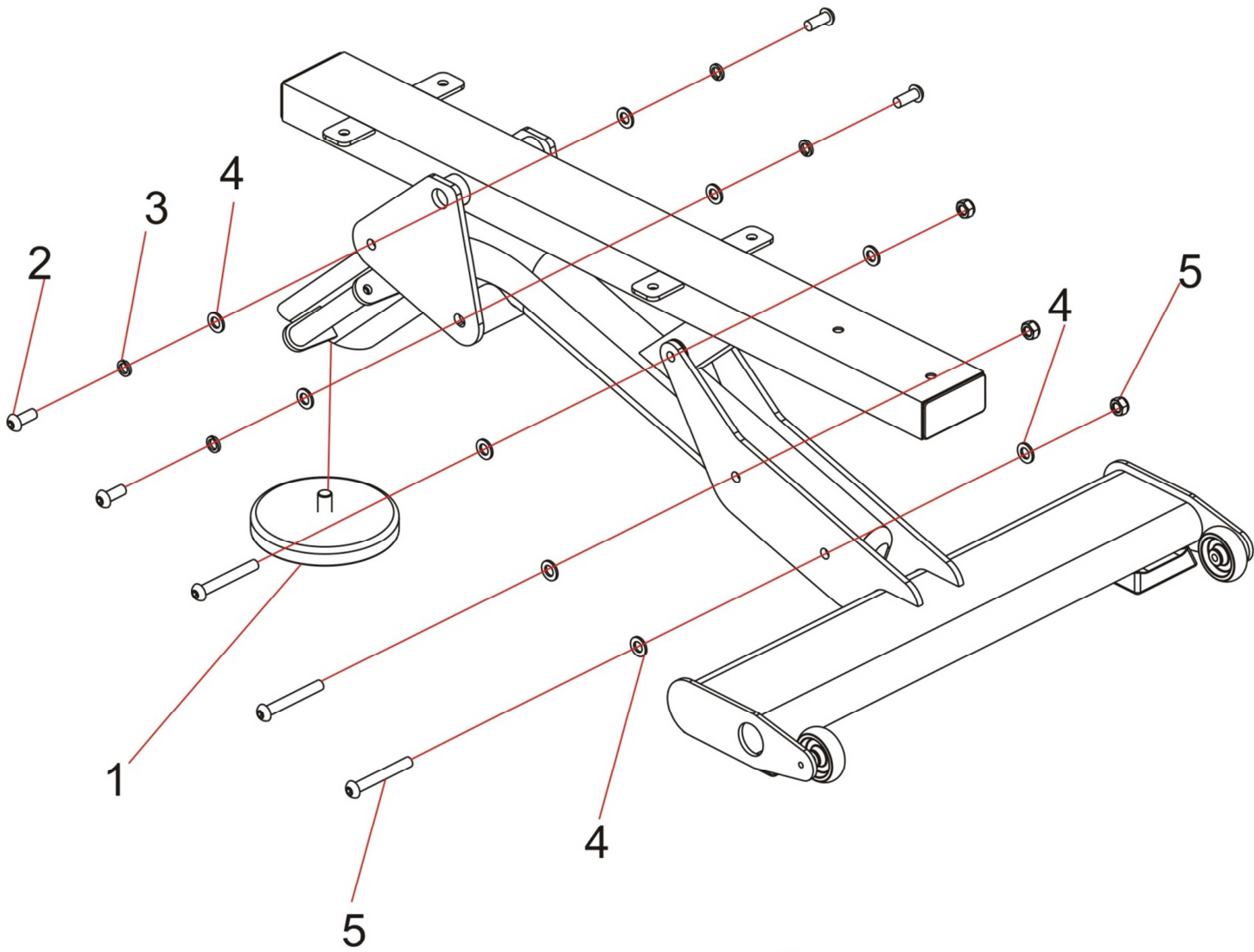



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**SPIRIT**  
FITNESS

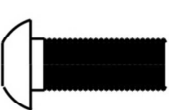





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**SPIRIT**  
FITNESS



# 1





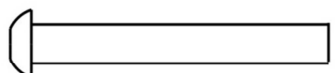

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Φ170X20

2  X4  
M12X30 

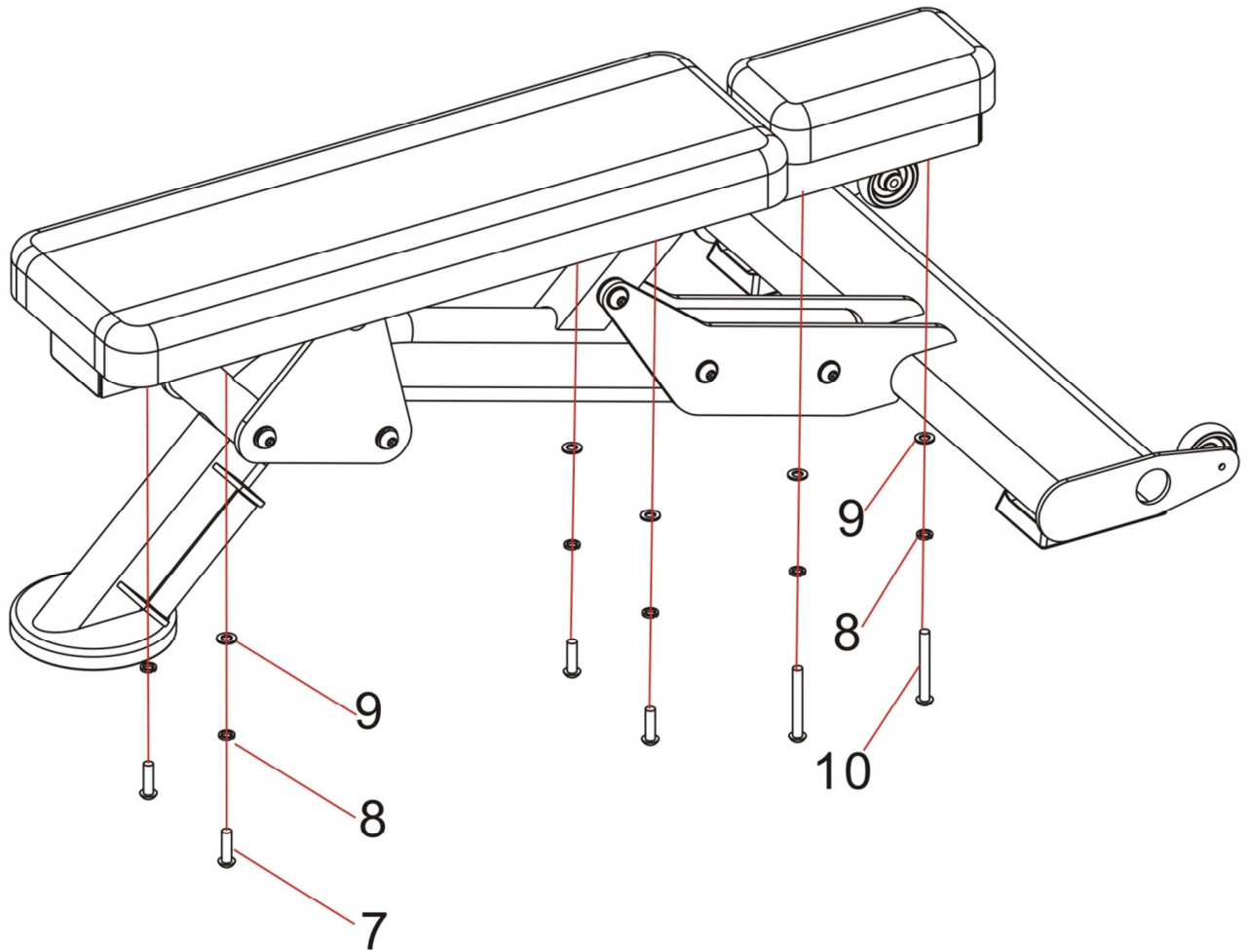
3  X4  
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4  X10  
M12 

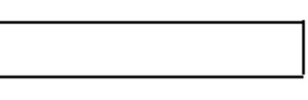
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M12 


6  X3  
M12x90 



# 2







7  X4    8  X6    9  X6  
M10X35     M10     M10 



10  X2  
M10X80

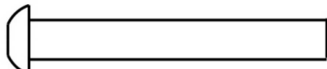

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Φ 170X20



2  X4  
M12X30 

3  X4  
M12 



4  X10  
M12 

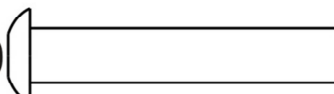
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M12 

6  X3  
M12x90 

7  X4  
M10X35 

8  X6  
M10 

9  X6  
M10 

10  X2  
M10X80