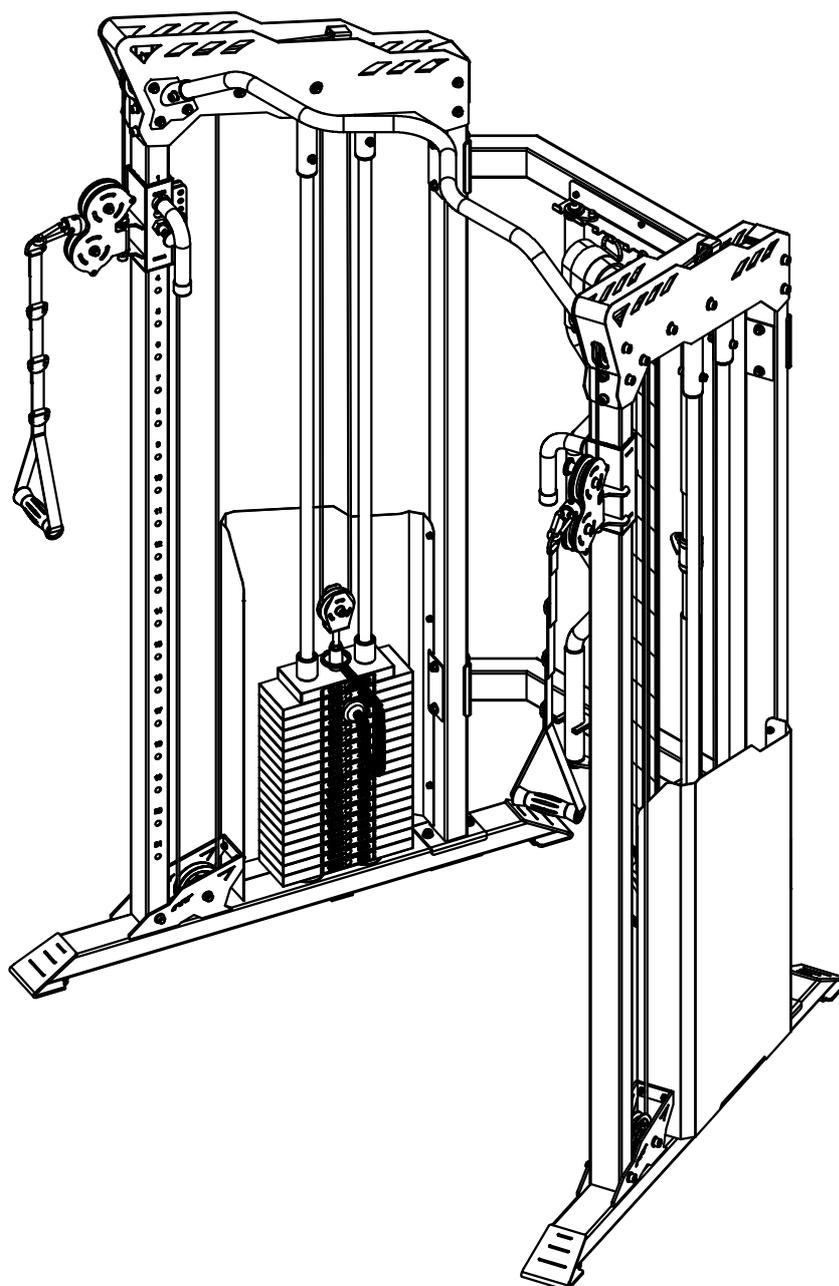


# PRO/TRAIN

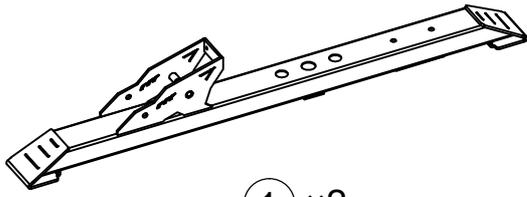
## РУКОВОДСТВО ПОЛЬЗОВАТЕЛЯ PR-FT570



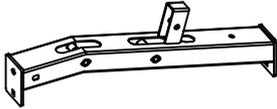
### **ВНИМАНИЕ!**

Прочитайте все инструкции и правила техники безопасности перед использованием оборудования.

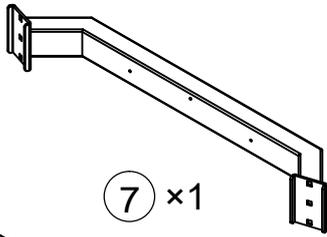
20231009-V3.0



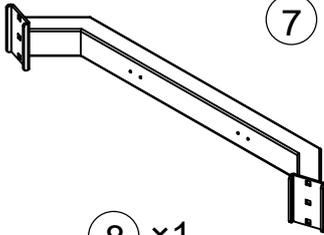
① × 2



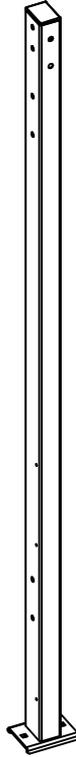
⑥ × 2



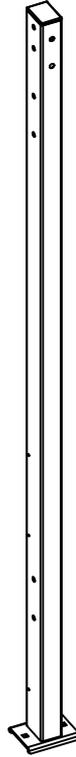
⑦ × 1



⑧ × 1



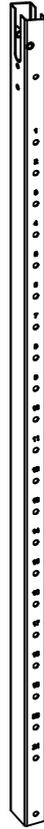
② × 1



③ × 1



④ × 1



⑤ × 1



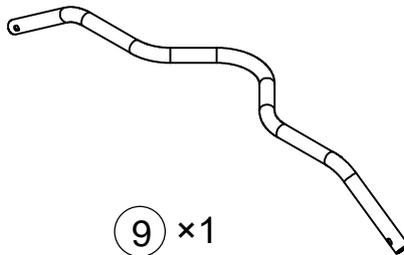
⑫ × 4



⑩ × 1



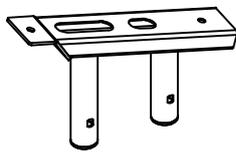
⑪ × 1



⑨ × 1



⑬ × 2



⑭ × 2



⑮ × 1



⑯ × 1



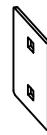
⑰ × 2



⑱ × 2



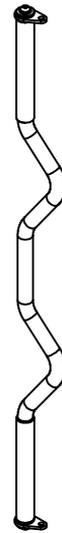
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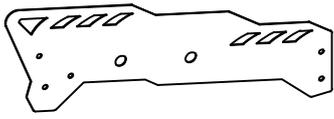
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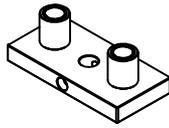
⑲ × 1



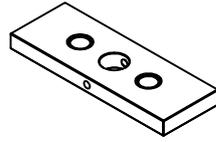
㉒ × 1



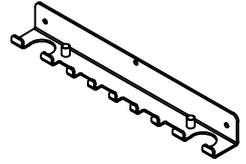
23 x4



24 x2



25 x34



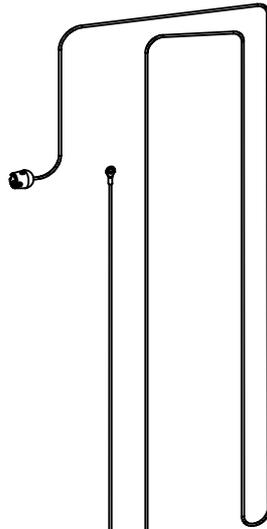
26 x1



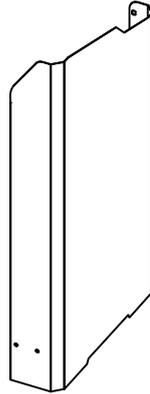
27 x2



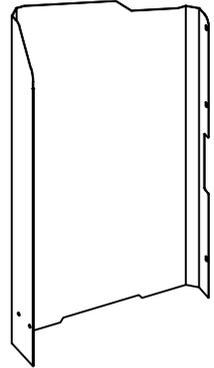
28 x2



29 x2



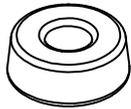
30 x1



31 x1



32 x1



37 x4



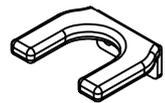
46 x2



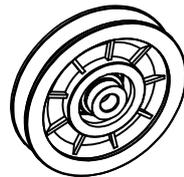
47 x1



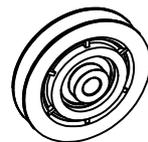
40 x2



43 x2



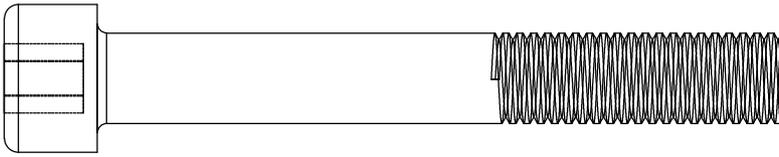
48 x8



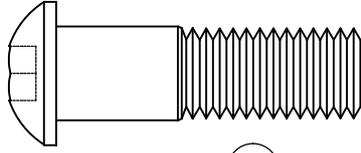
49 x8



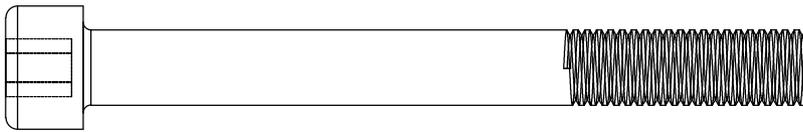
80 x2



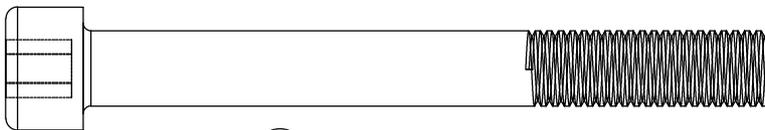
⑤⑤ × 2



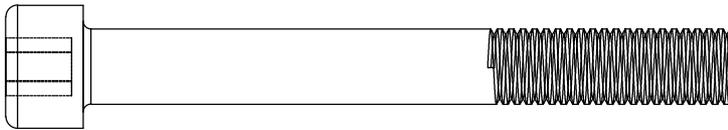
⑤⑥ × 4



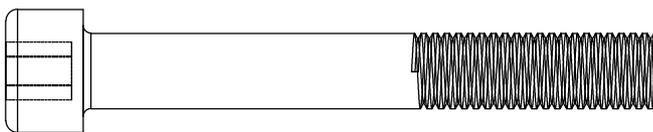
⑤⑦ × 12



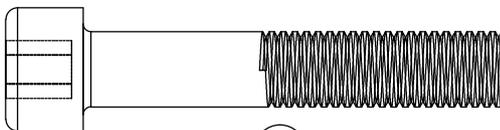
⑤⑧ × 4



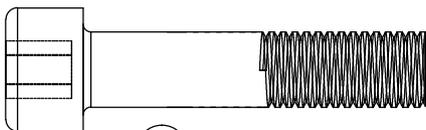
⑤⑨ × 4



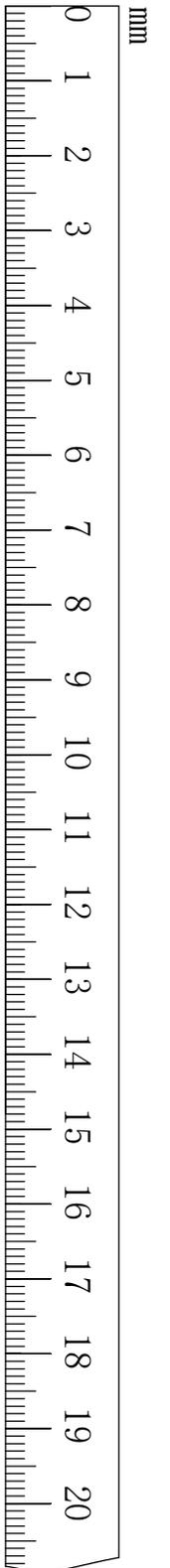
⑥⑩ × 8

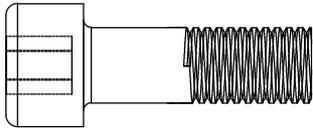


⑥① × 4

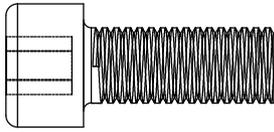


⑥② × 8

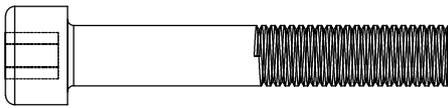




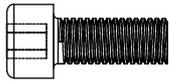
63 × 2



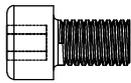
64 × 2



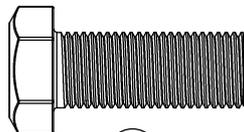
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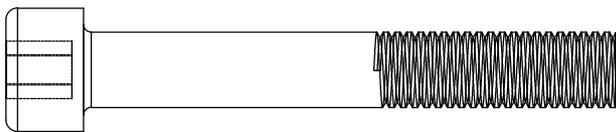
67 × 4



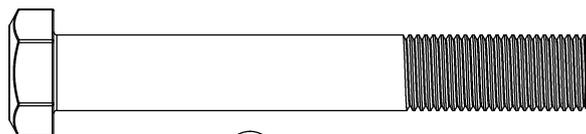
68 × 13



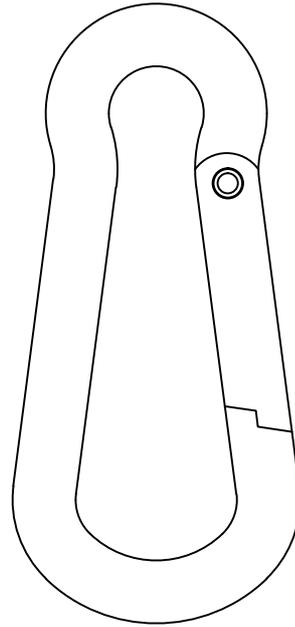
69 × 4



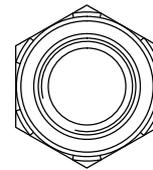
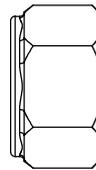
81 × 8



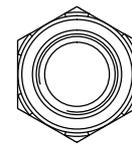
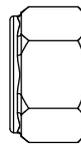
82 × 4



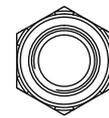
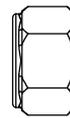
33 × 2



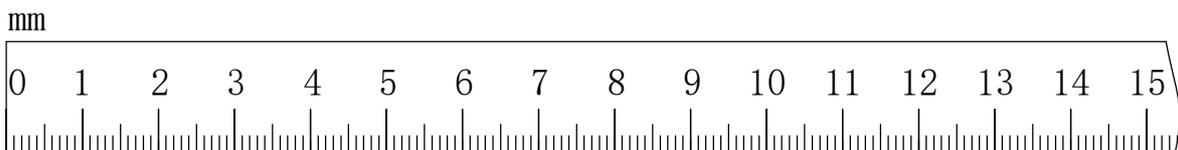
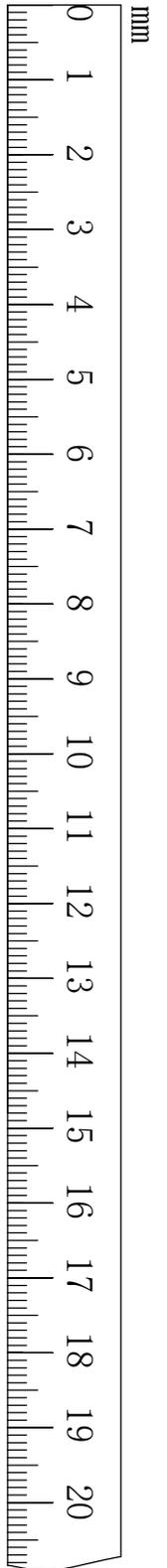
71 × 2

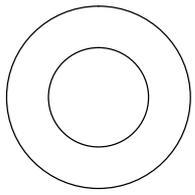


72 × 48



73 × 4

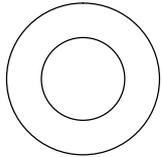
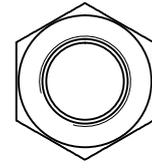




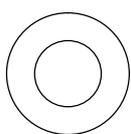
75 × 4



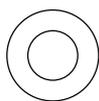
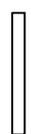
42 × 2



76 × 106



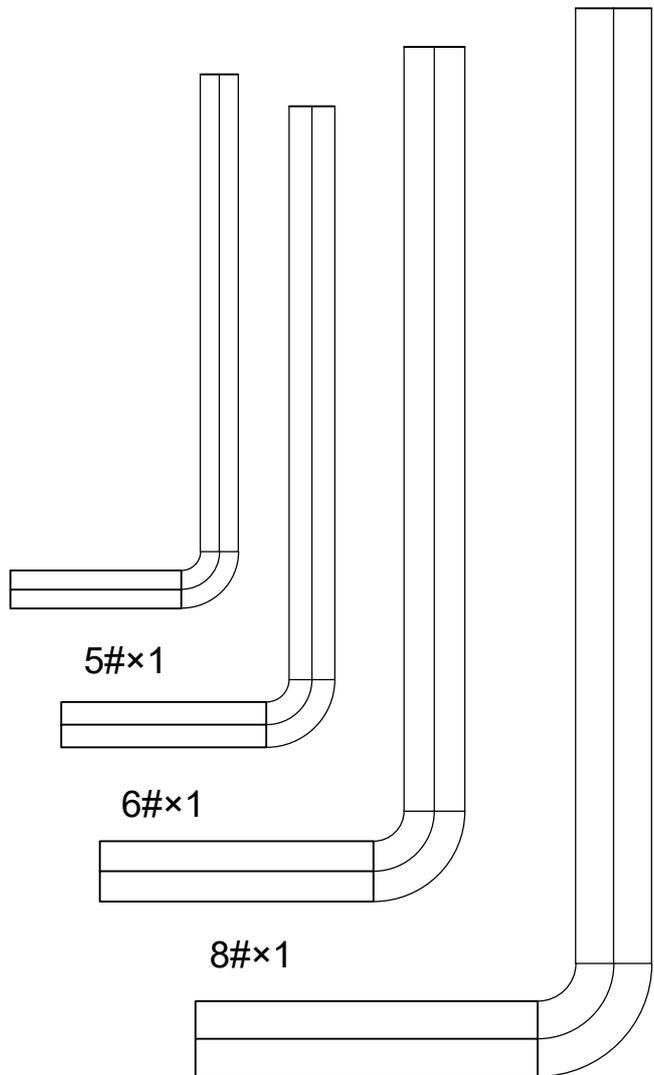
77 × 8



78 × 14



79 × 4

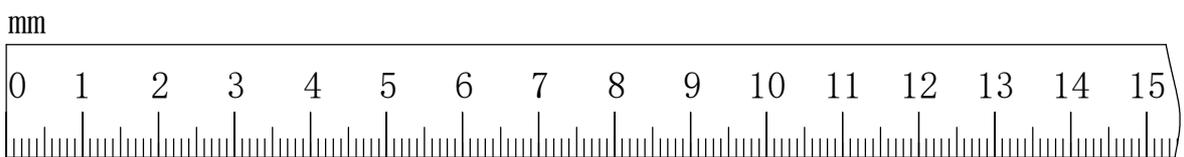
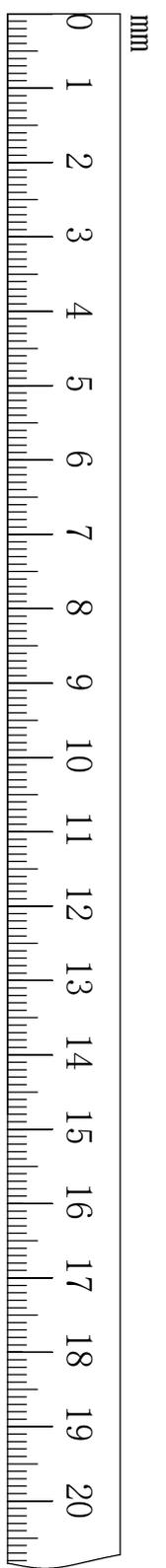


5# × 1

6# × 1

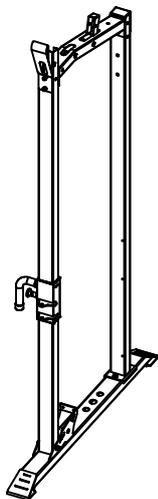
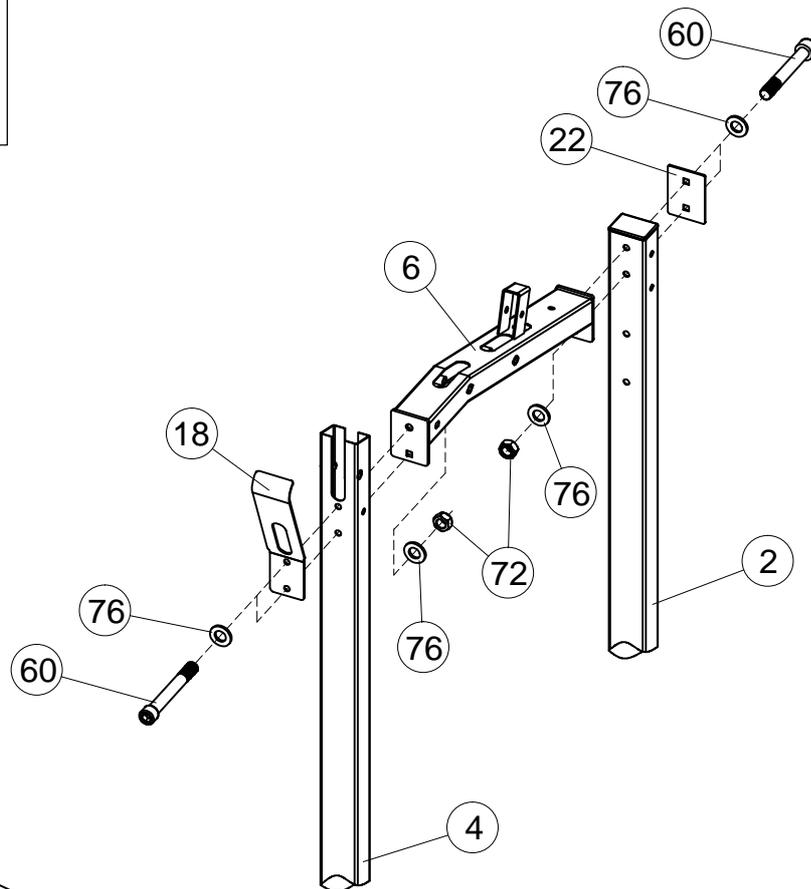
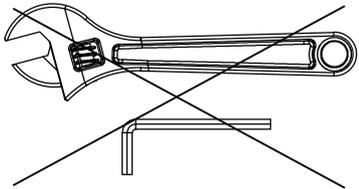
8# × 1

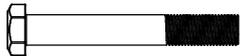
10# × 1

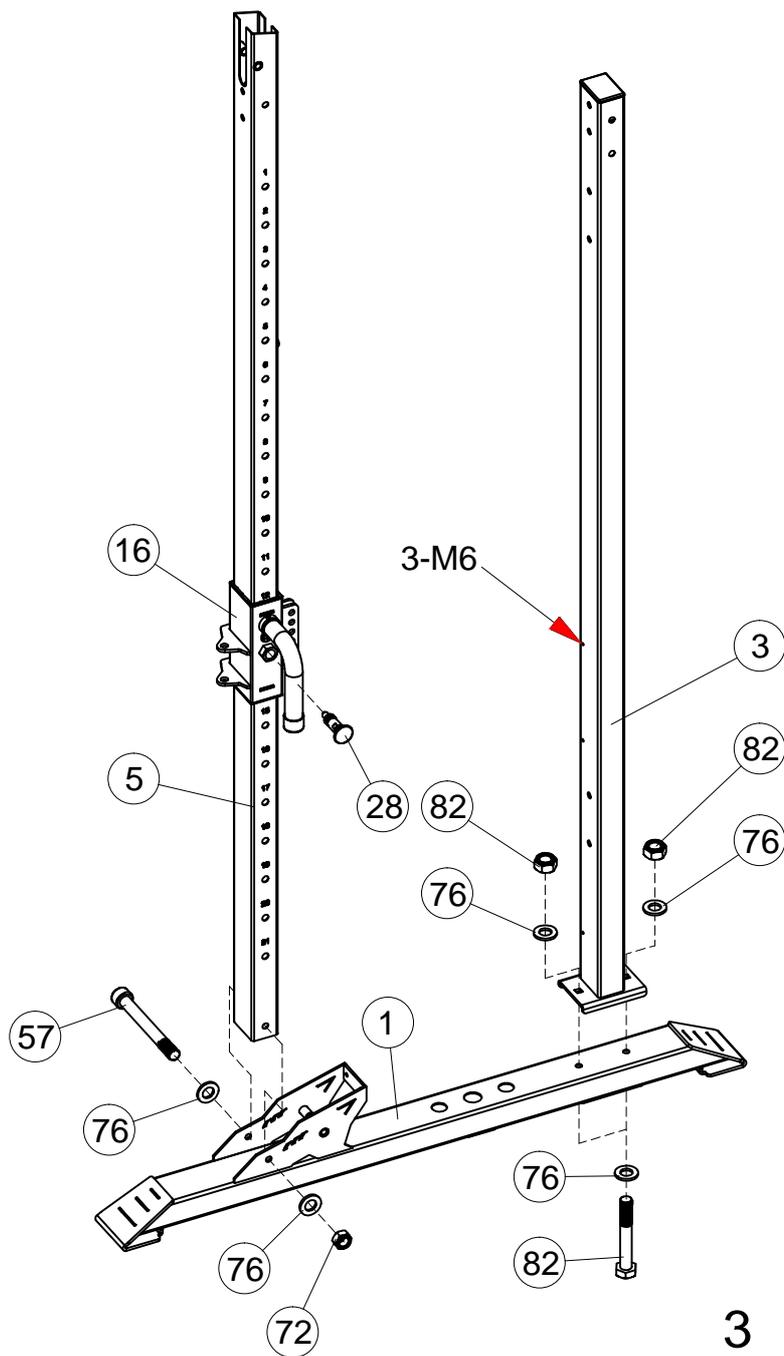
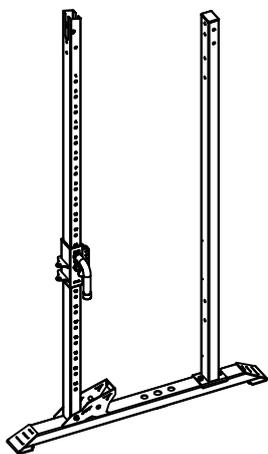
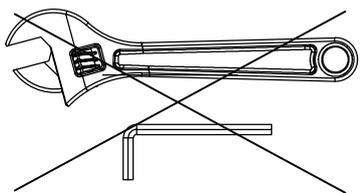




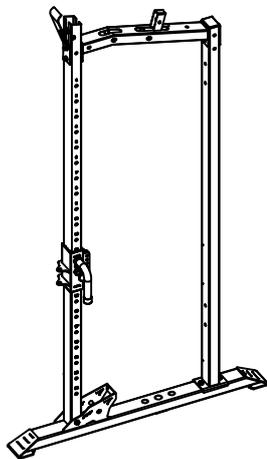
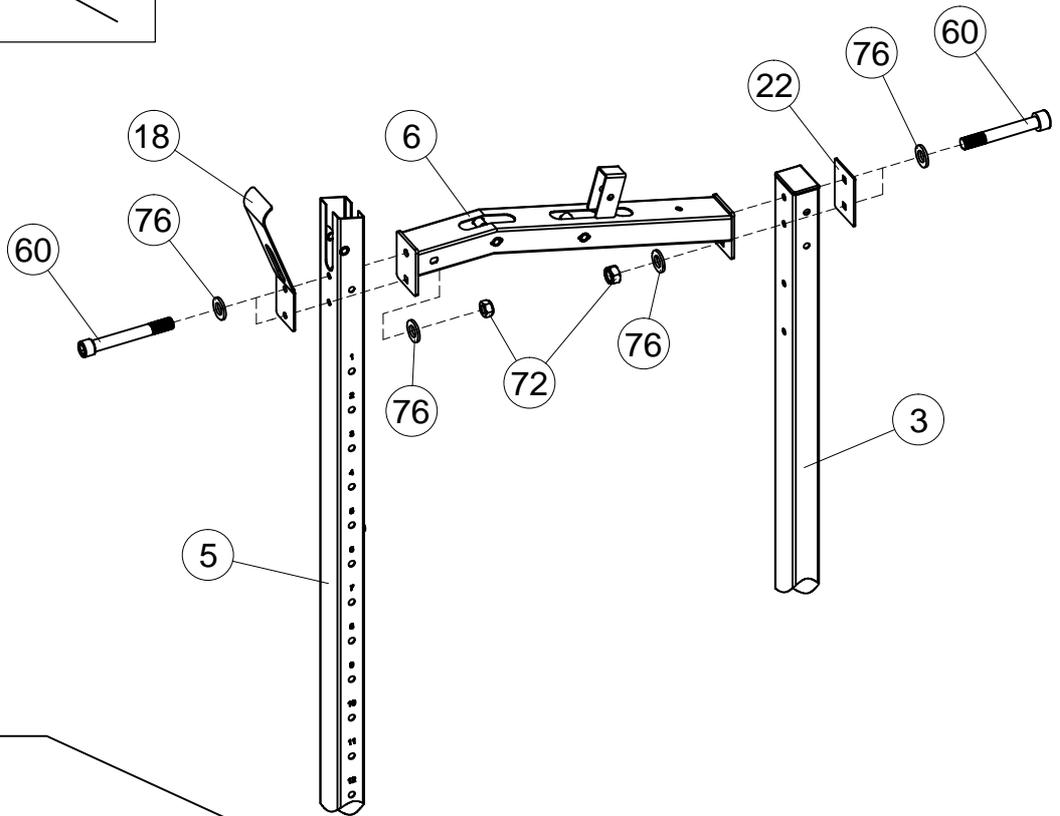
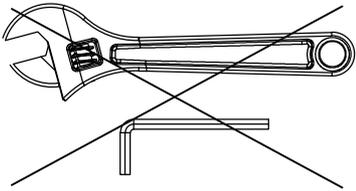
⑥0		×	4	M10×75 mm
⑦2	 	×	2	M10
⑦6	 	×	6	Φ20×Φ10.5



57		× 1	M10×95 mm
82		× 2	M10×70 mm
72	 	× 3	M10
76	 	× 6	Φ20×Φ10.5

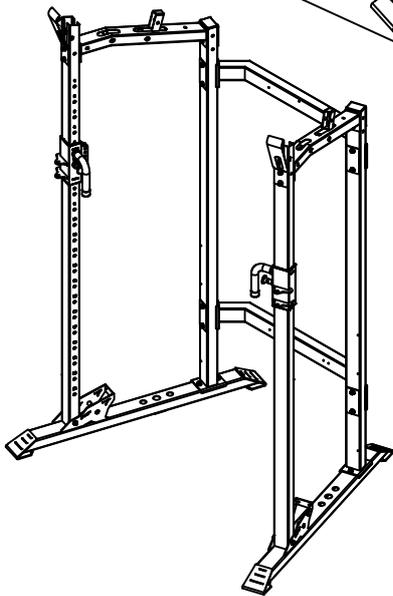
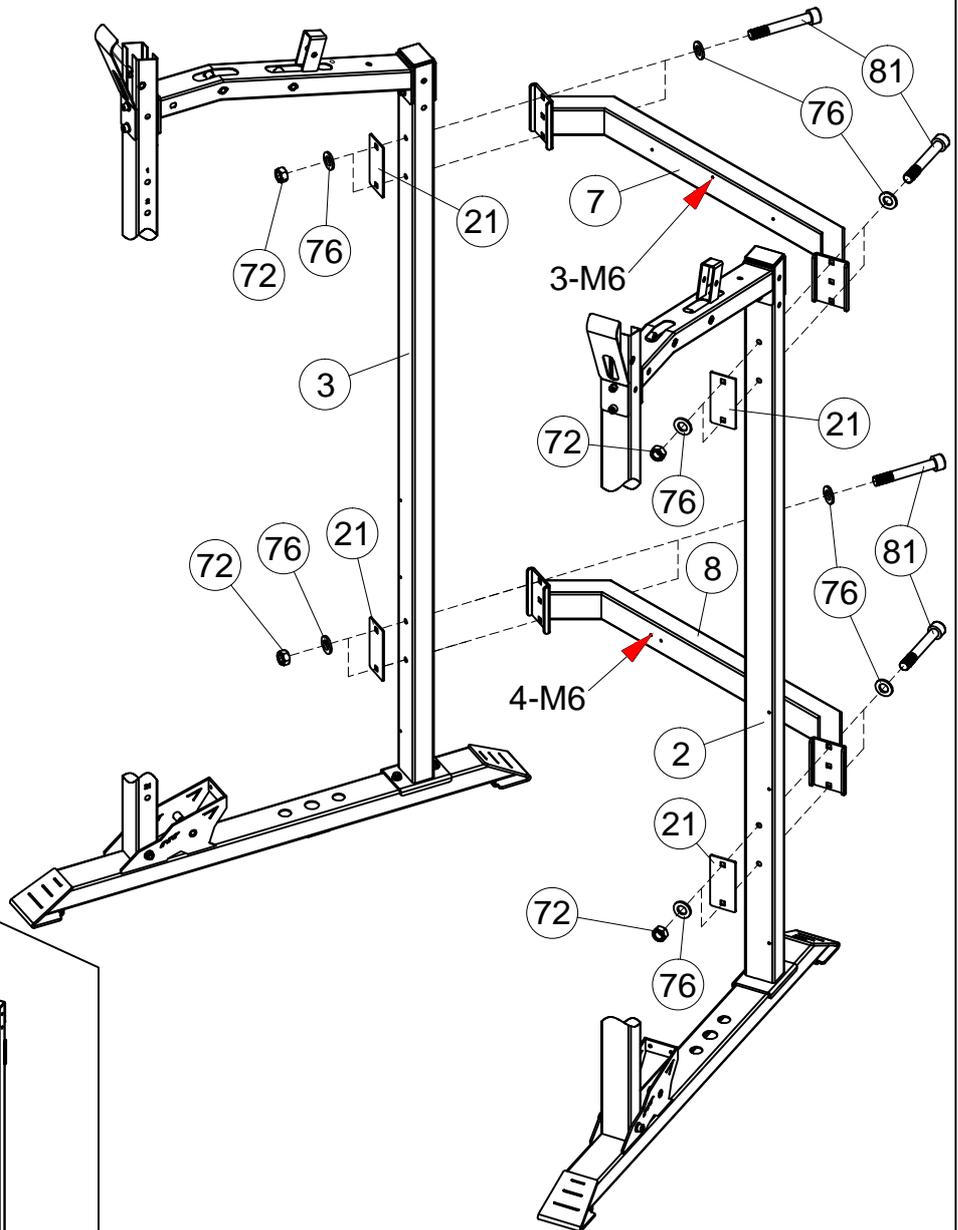
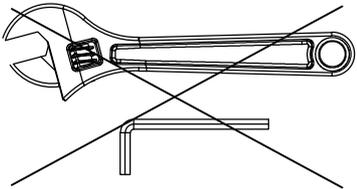


⑥0		×	4	M10×75 mm
⑦2		×	2	M10
⑦6		×	6	Φ20×Φ10.5

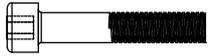
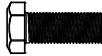


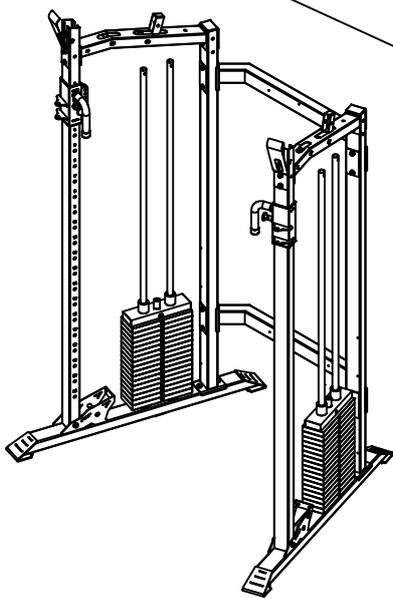
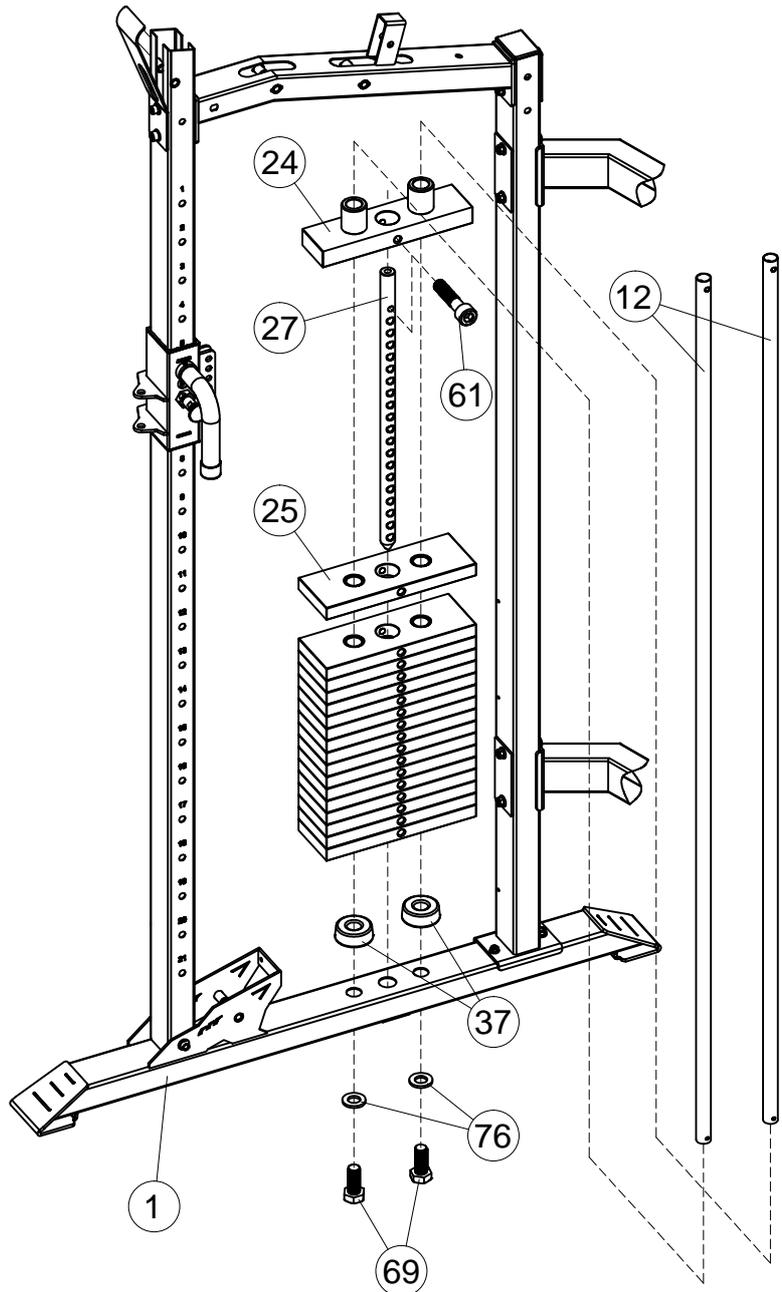
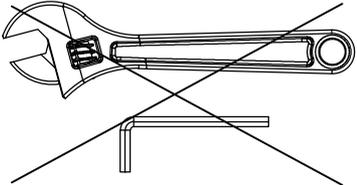
4

(81)		× 8	M10×70 мм
(72)		× 8	M10
(76)		× 16	Φ20×Φ10.5

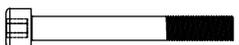


5

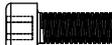
(61)		× 2	M10×55 mm
(69)		× 4	M10×25 mm
(76)		× 4	Φ20×Φ10.5



6

⑤⑦  × 2 M10×95 MM

⑦③   × 4 M8

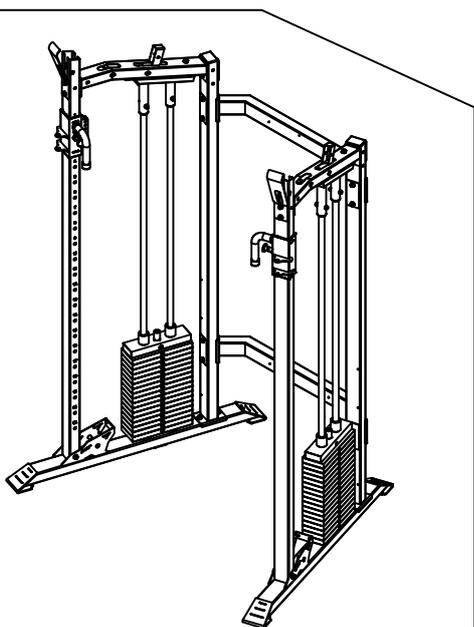
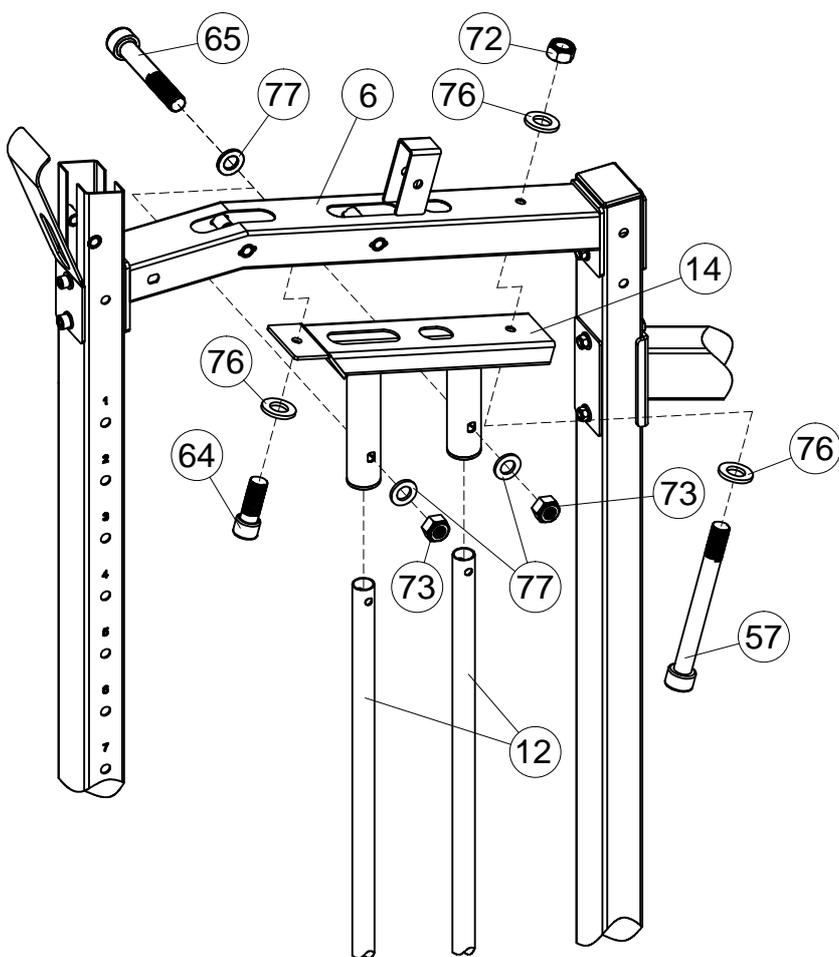
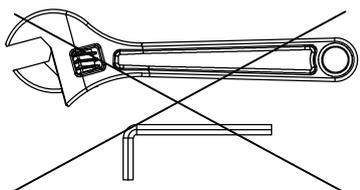
⑥④  × 2 M10×25 MM

⑦⑥  | × 6 Φ20×Φ10.5

⑥⑤  × 4 M8×50 MM

⑦⑦  | × 8 Φ16×Φ8.4

⑦②   × 2 M10



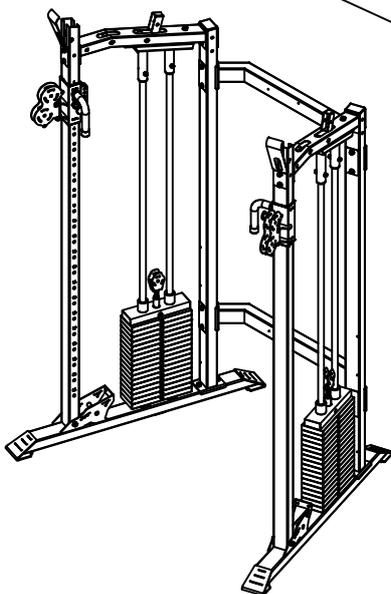
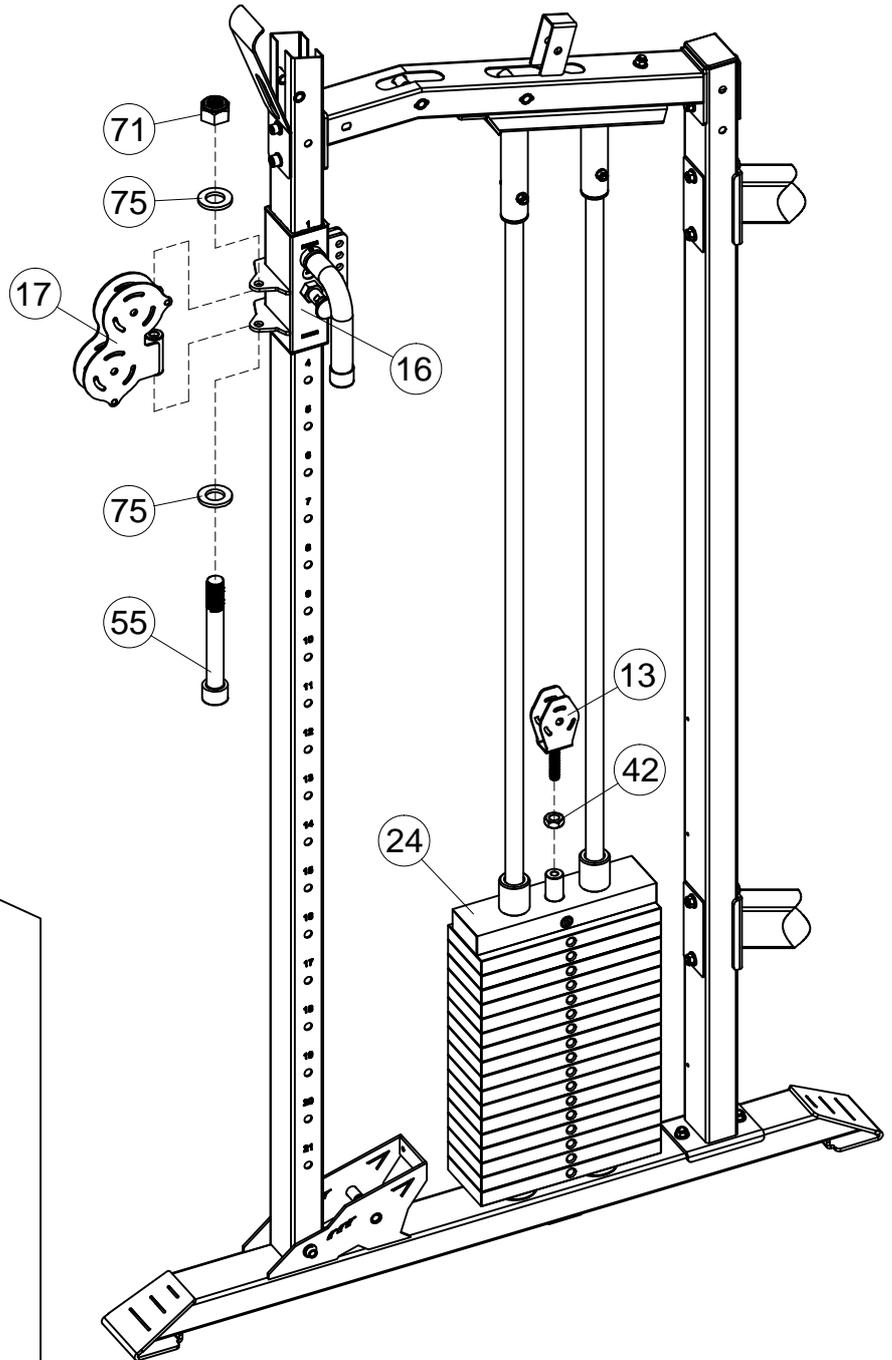
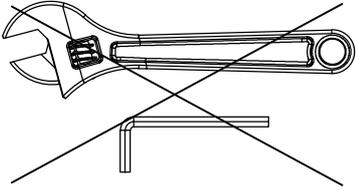
7

55  × 2 M12×95 MM

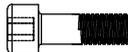
42   × 2 M12

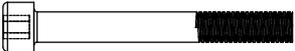
75   × 4 Φ24×Φ13

71   × 2 M12

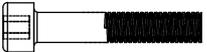


57  × 2 M10×95 mm

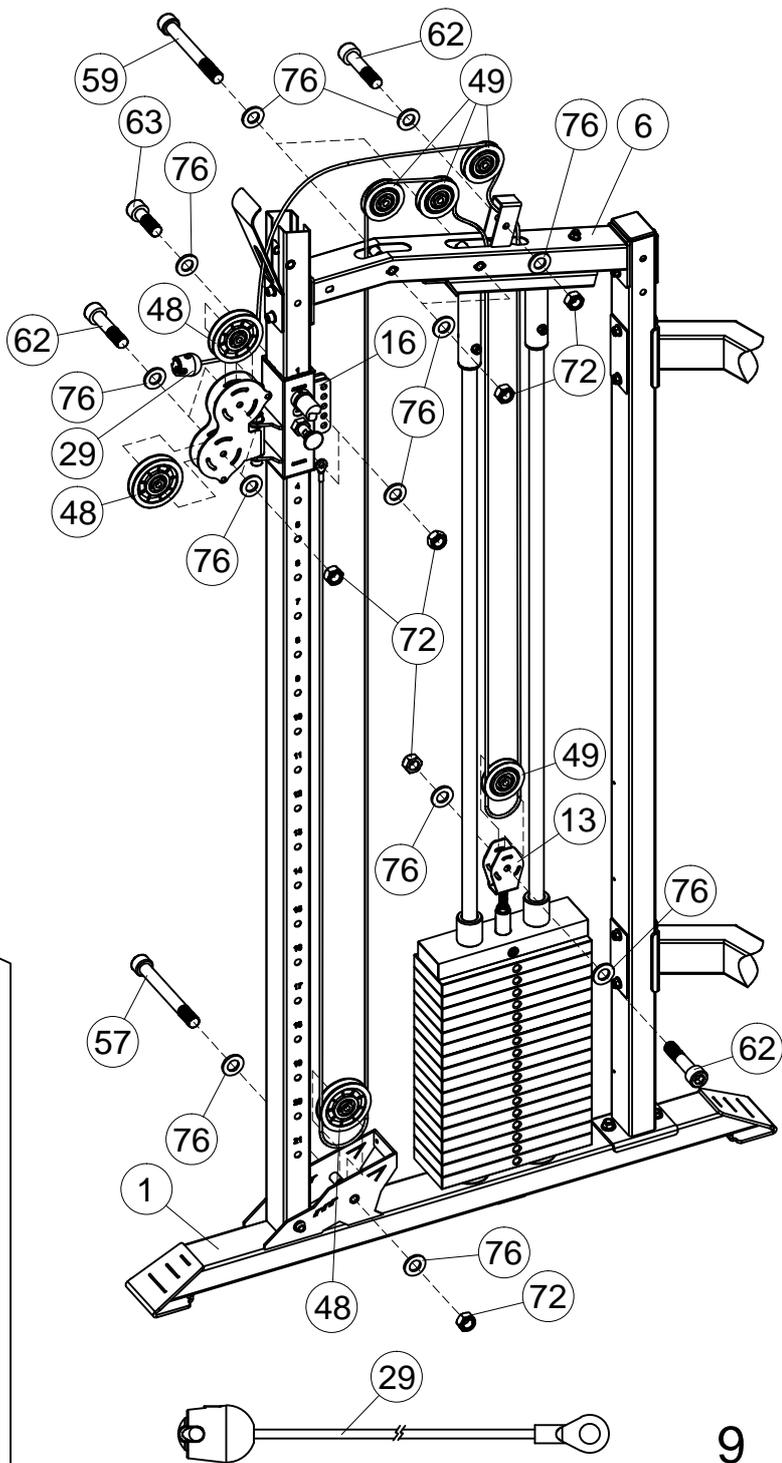
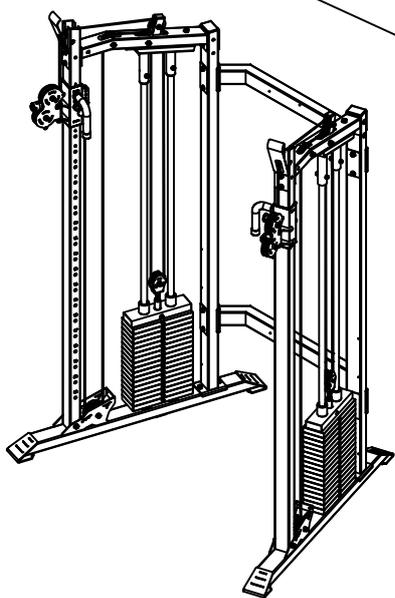
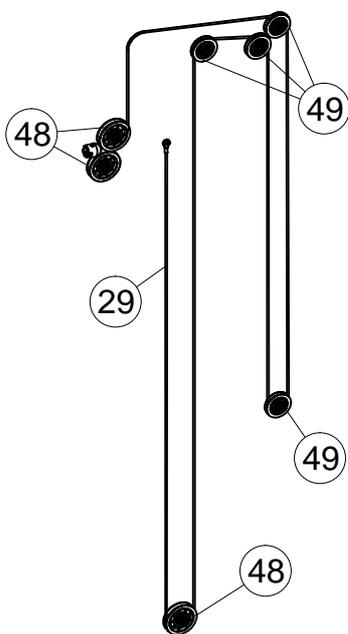
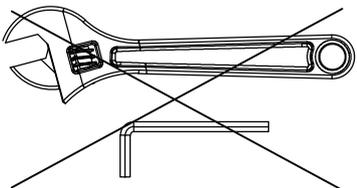
63  × 2 M10×30 mm

59  × 4 M10×85 mm

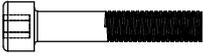
72  × 16 M10

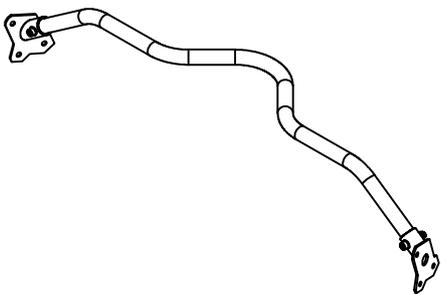
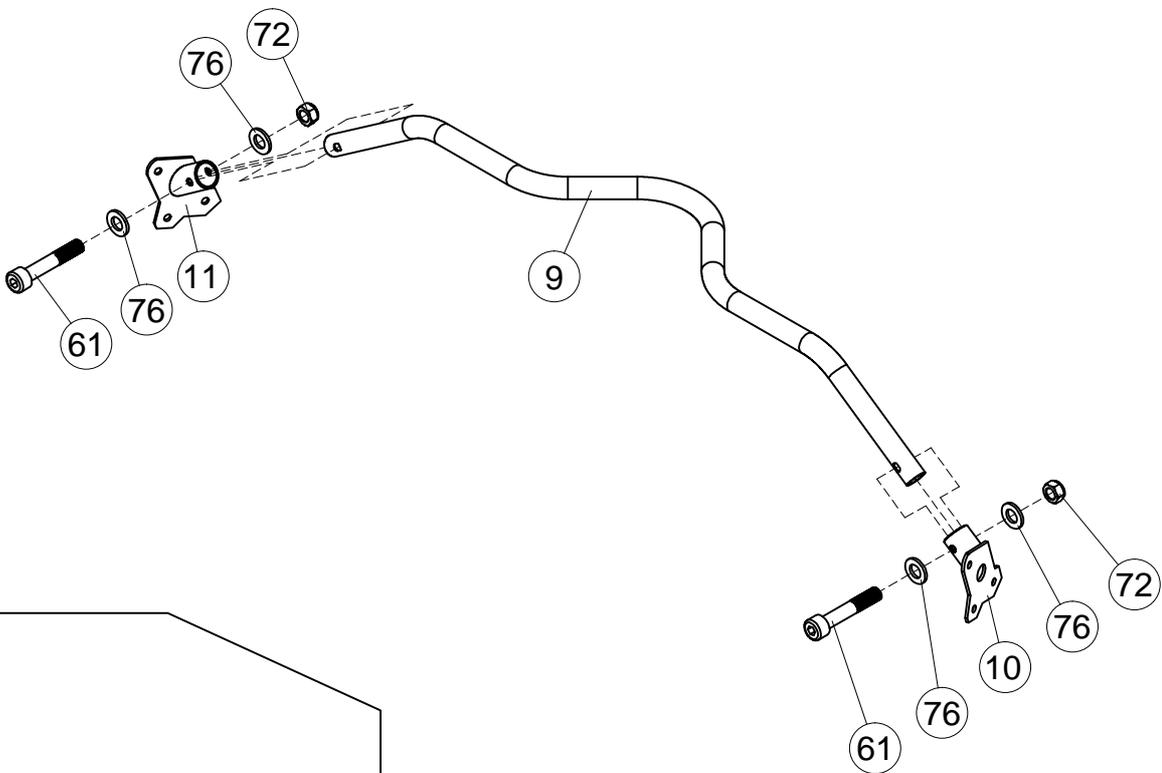
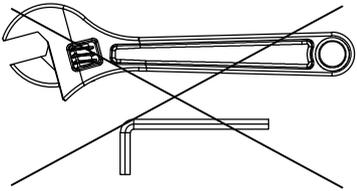
62  × 8 M10×45 mm

76  | × 32 Φ20×Φ10.5

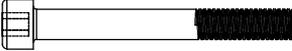


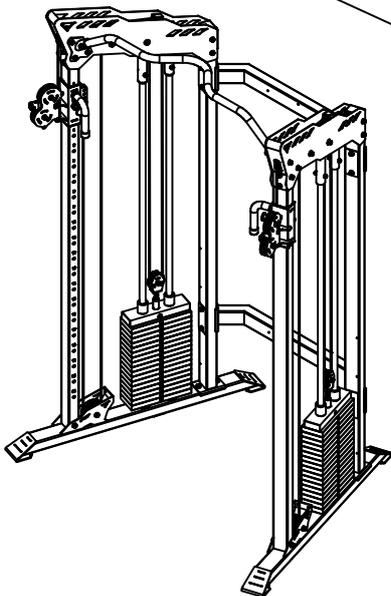
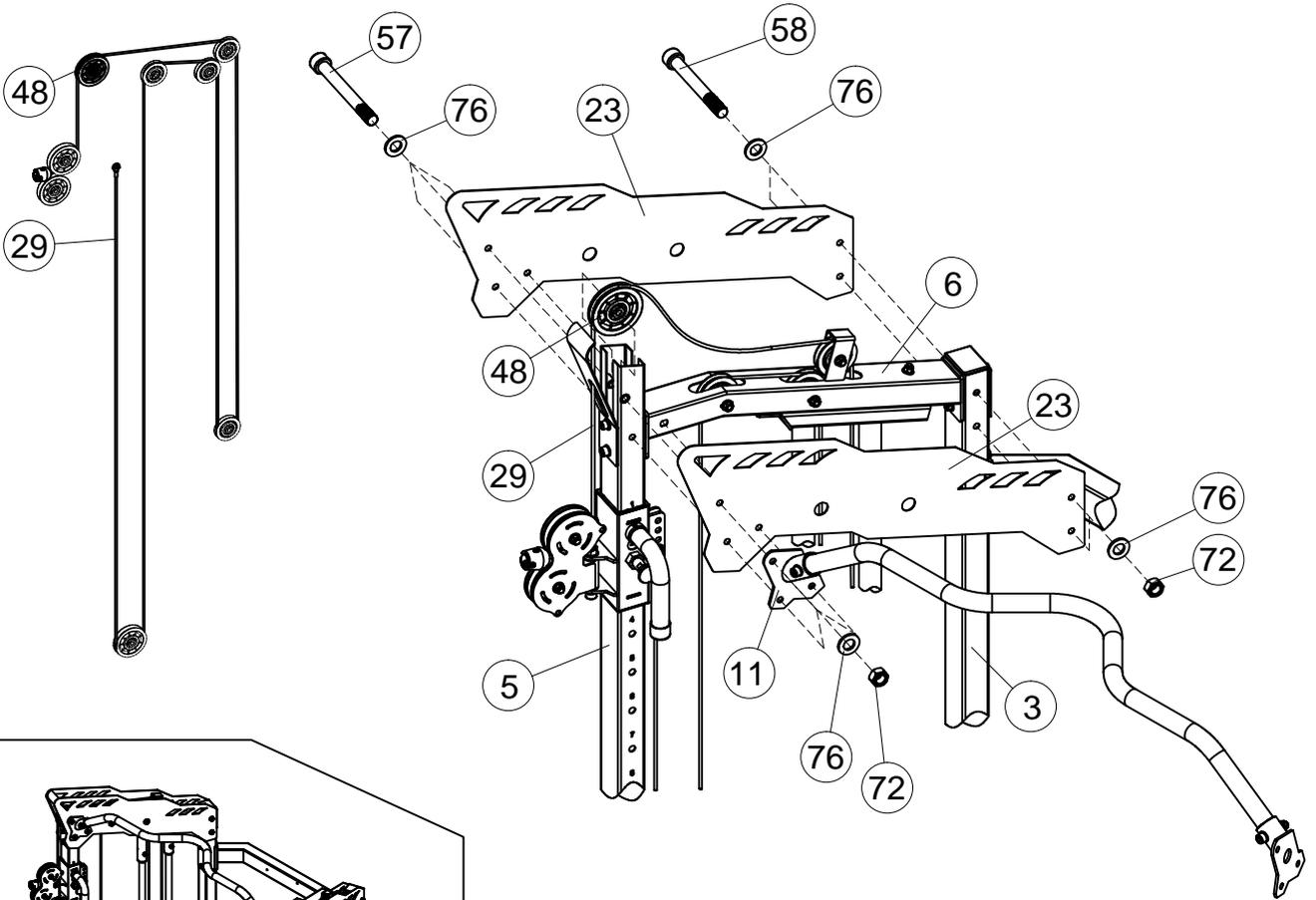
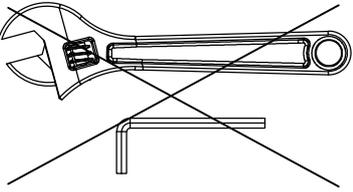
9

- (61)  × 2 M10×55 mm      (76)  |  × 4 Φ20×Φ10.5  
 (72)   × 2 M10



10

- (57)  × 6 M10×95mm    (72)  × 10 M10  
 (58)  × 4 M10×90mm    (76)  × 20 Φ20×Φ10.5



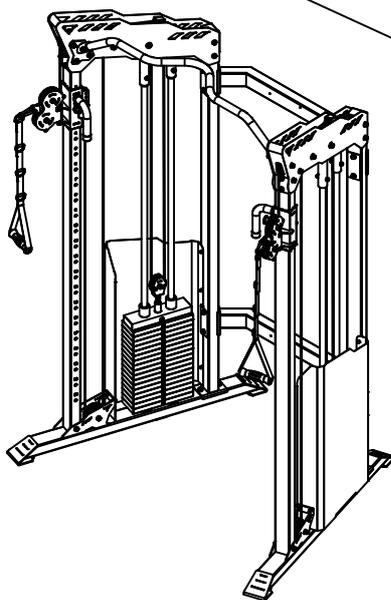
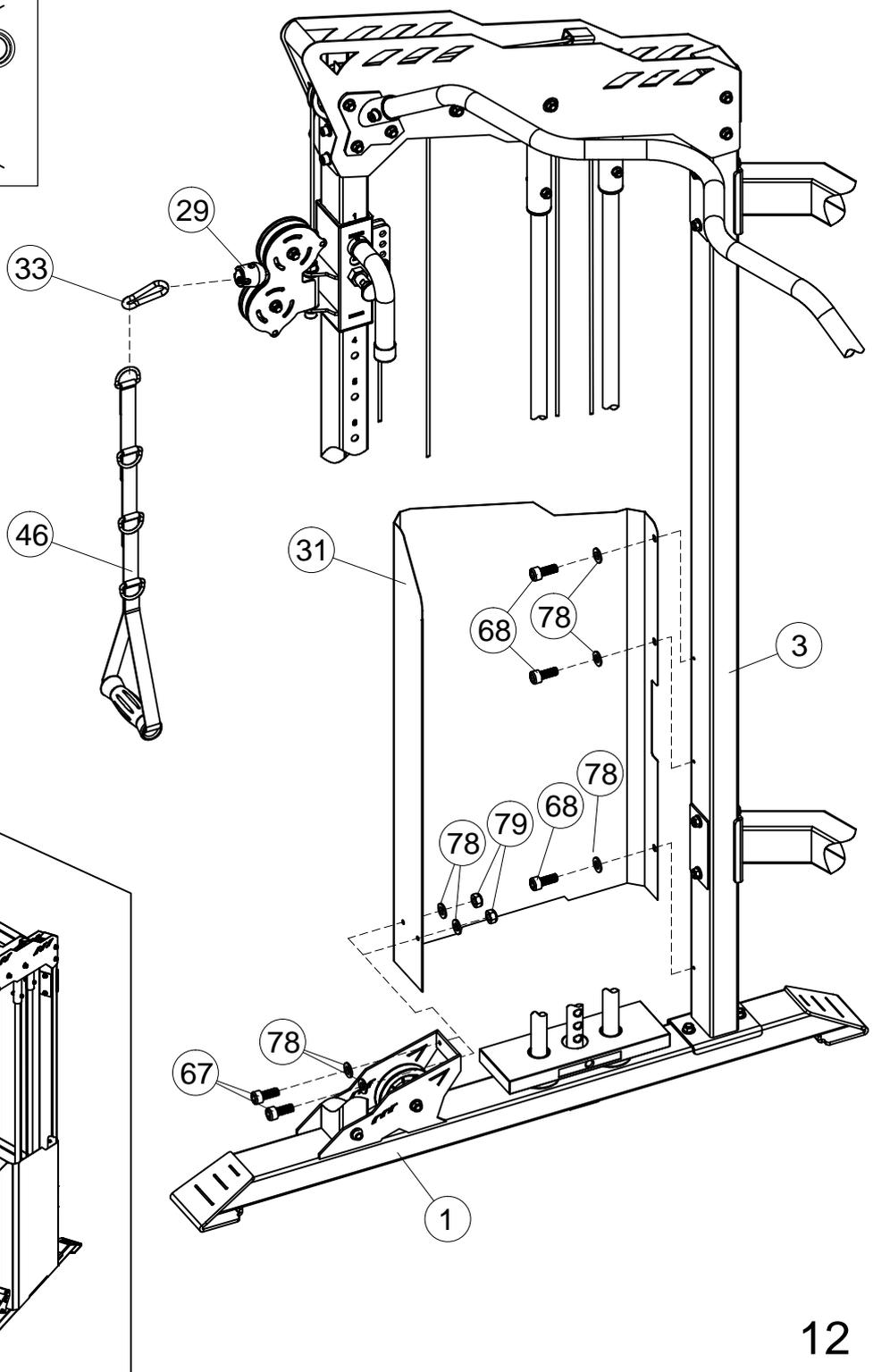
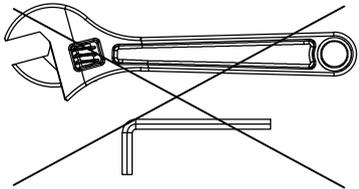
33  × 2 Φ8

78  | ×14 Φ12×Φ16.4

67  × 4 M6×15 mm

79   × 4 M6

68  × 6 M6×10 mm

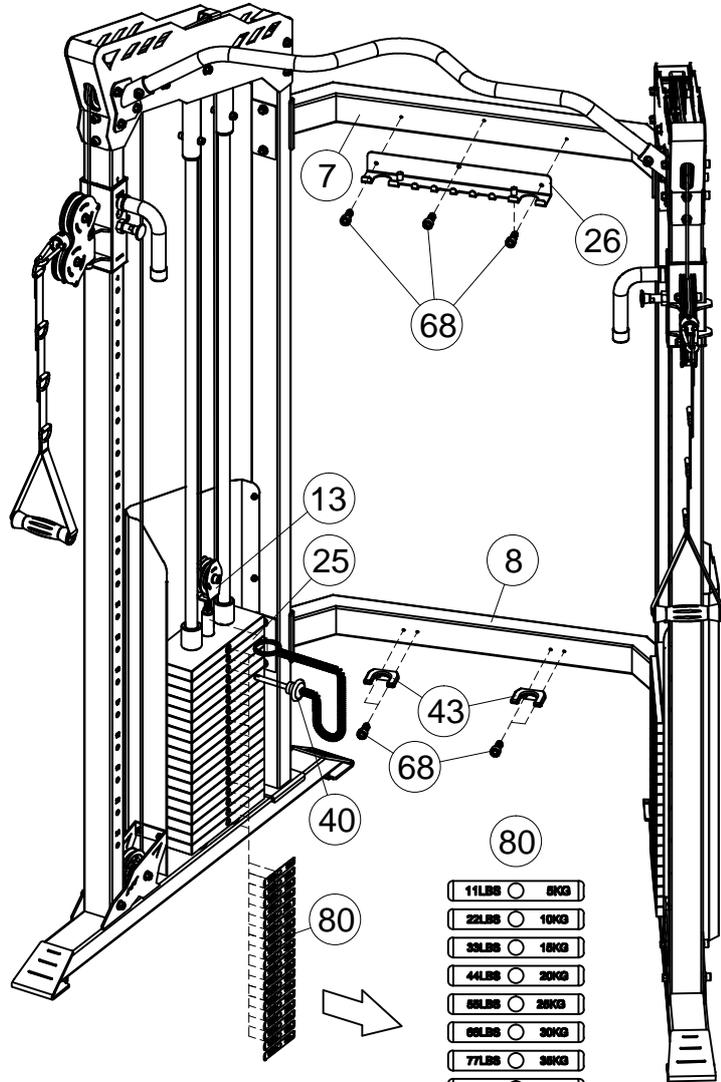
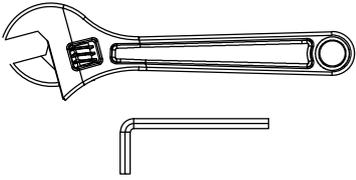


68

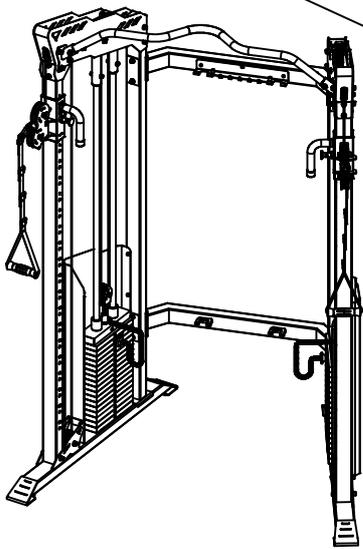


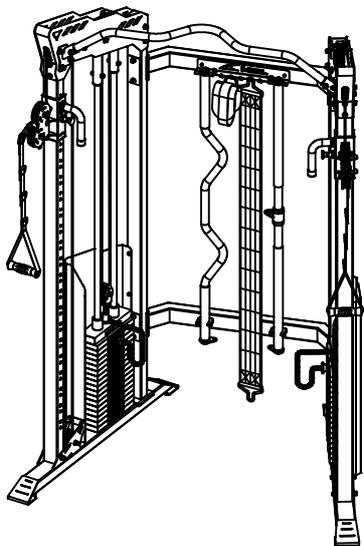
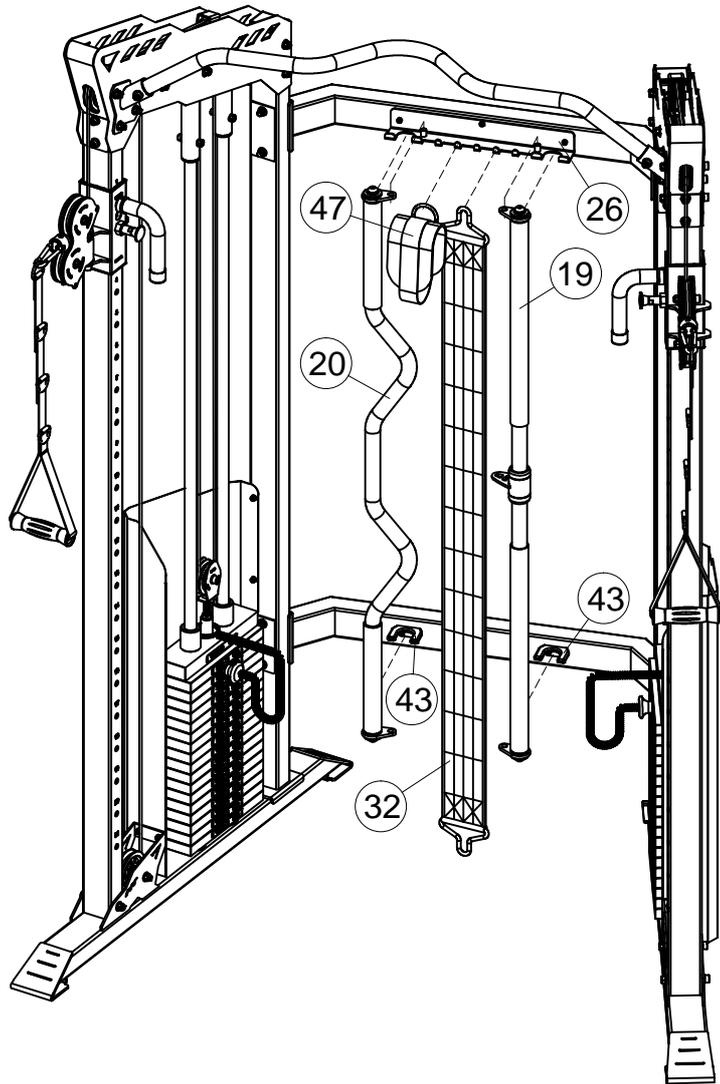
× 7

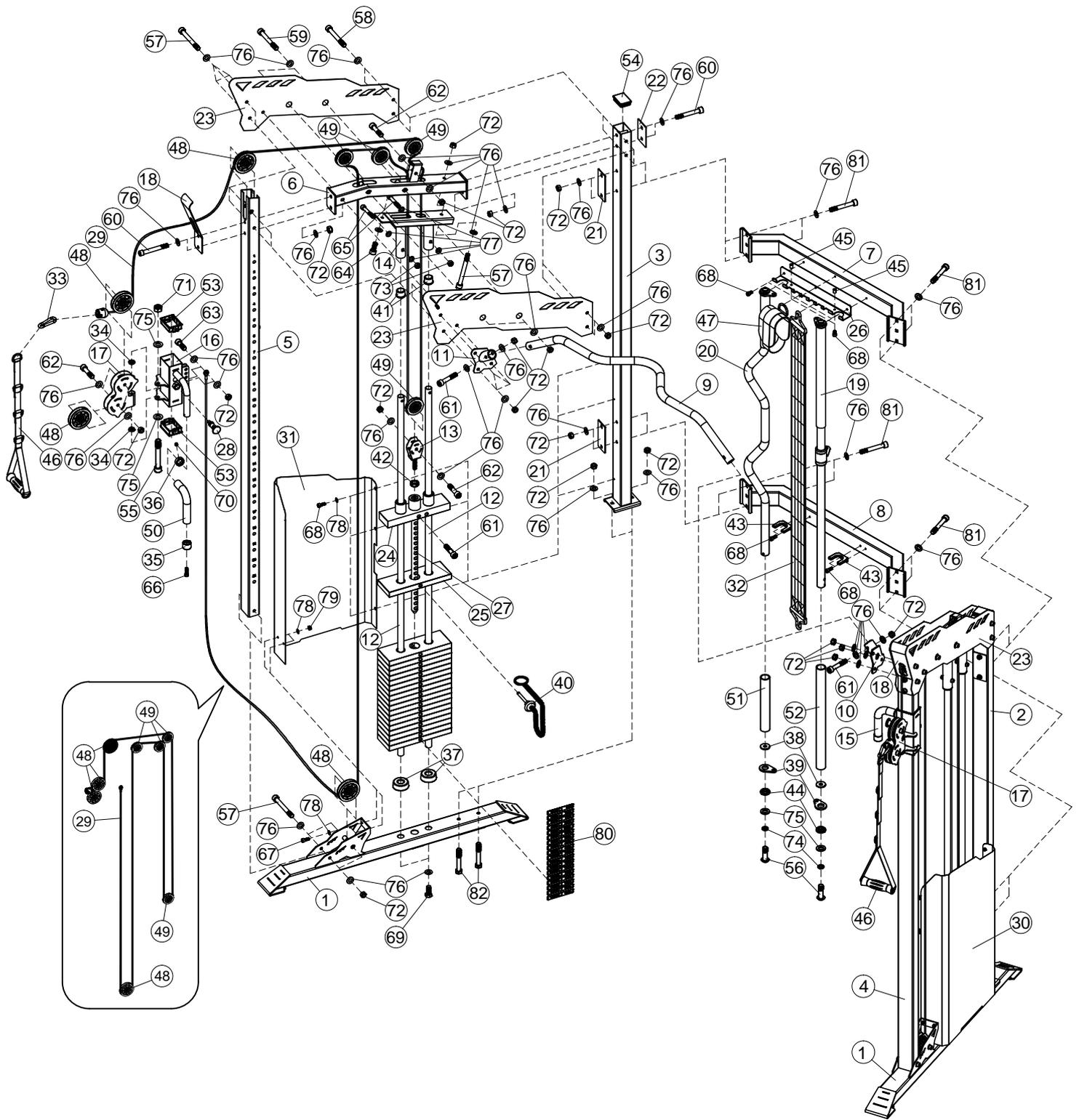
M6×10 MM



- 80
- 11LBS ○ 5KG
  - 22LBS ○ 10KG
  - 33LBS ○ 15KG
  - 44LBS ○ 20KG
  - 55LBS ○ 25KG
  - 66LBS ○ 30KG
  - 77LBS ○ 35KG
  - 88LBS ○ 40KG
  - 99LBS ○ 45KG
  - 110LBS ○ 50KG
  - 121LBS ○ 55KG
  - 132LBS ○ 60KG
  - 143LBS ○ 65KG
  - 154LBS ○ 70KG
  - 165LBS ○ 75KG
  - 176LBS ○ 80KG
  - 187LBS ○ 85KG
  - 198LBS ○ 90KG







## СПИСОК ДЕТАЛЕЙ

№	ОПИСАНИЕ ДЕТАЛИ	ХАРАКТЕРИСТИКИ	КОЛ-ВО
1	Основная рама		2
2	Задняя стойка, левая		1
3	Задняя стойка, правая		1
4	Направляющая, левая		1
5	Направляющая, правая		1
6	Верхняя соединительная рама		2
7	Задняя соединительная рама		1
8	Задняя соединительная рама		1
9	Турник		1
10	Фиксирующая рама, левая		1
11	Фиксирующая рама, правая		1
12	Задний короткий направляющий стержень		4
13	Кронштейн шкива		2
14	Фиксирующая рама		2
15	Левый скользящий блок		1
16	Правый скользящий блок		1
17	Вращающийся кронштейн для шкива		2
18	База для подушки		2
19	Прямой гриф (аксессуар)		1
20	Изогнутый гриф (аксессуар)		1
21	Кронштейн	130×60×3	4
22	Кронштейн	100×70×3	2
23	Верхняя пластина	859×255×2	4
24	Соединительная деталь	205×100	2
25	Плита	280×100×25.4	34
26	Крючок	400×50×50×3	1
27	Фиксирующий вес стержень	φ25×5	2
28	Движущийся стопорный штифт		2
29	Трос	Д = 7550 мм	2
30	Левая крышка грузоблока	850×445×117×65×1	1
31	Правая крышка грузоблока	850×445×117×65×1	1
32	Подтягивающий вспомогательный ремень		1
33	Карабин	φ8	2
34	Втулка	φ25×φ20×φ12.2×10	4
35	Декоративная крышка	φ33.5×φ6.6×25	2

## СПИСОК ДЕТАЛЕЙ

№	ОПИСАНИЕ ДЕТАЛИ	ХАРАКТЕРИСТИКИ	КОЛ-ВО
36	Стопорное кольцо	Ф34.5×Ф26.5×14×М6	2
37	Резиновая накладка	φ62×φ24.5×25	4
38	Втулка	φ38×φ9×8	4
39	Вращающаяся пластина	φ45×φ25.5×68×6	4
40	Фиксатор	φ10	2
41	Втулка	φ38×φ34×φ25.5×26	4
42	Шестигранная гайка	М12	2
43	Ограничительный кронштейн	55×45×23×3	2
44	Втулка	φ38×φ13×12	4
45	Стойка с крючками	φ11.5×15×М6	2
46	D-образная рукоять, регулируемая		2
47	Ремень на лодыжку		1
48	Шкив с подшипником	φ96	8
49	Малый шкив с подшипником	φ75	8
50	Рукоятка	φ23×200	2
51	Рукоятка	φ30×3×250	2
52	Рукоятка	φ30×3×500	2
53	Направляющая скольжения	□60×80×2×□50×70	4
54	Заглушка	□70×□50	2
55	Болт с шестигранной головкой	М12×95	2
56	Болт с шестигранной головкой	М12×40	4
57	Болт с шестигранной головкой	М10×95	12
58	Болт с шестигранной головкой	М10×90	4
59	Болт с шестигранной головкой	М10×85	4
60	Болт с шестигранной головкой	М10×75	8
61	Болт с шестигранной головкой	М10×55	4
62	Болт с шестигранной головкой	М10×45	8
63	Болт с шестигранной головкой	М10×30	2
64	Болт с шестигранной головкой	М10*25	2
65	Болт с шестигранной головкой	М8×50	4
66	Болт с шестигранной головкой	М6×20	2
67	Болт с шестигранной головкой	М6×15	4
68	Болт с шестигранной головкой	М6×10	15
69	Болт с шестигранной головкой	М10*25	4
70	Фиксирующий винт	М6×6	2

## СПИСОК ДЕТАЛЕЙ

№	ОПИСАНИЕ ДЕТАЛИ	ХАРАКТЕРИСТИКИ	КОЛ-ВО
71	Гайка	M12	2
72	Гайка	M10	48
73	Гайка	M8	4
74	Шайба	12	4
75	Шайба	12	4
76	Шайба	10	106
77	Шайба	8	8
78	Шайба	6	14
79	Гайка	M6	4
80	Наклейка на плиту (90 кг)	119×17.5	2
81	Болт с шестигранной головкой	M10×70	8
82	Болт с шестигранной головкой	M10×70	4
	Шестигранный ключ	10#	1
	Шестигранный ключ	8#	1
	Шестигранный ключ	6#	1
	Шестигранный ключ	5#	1