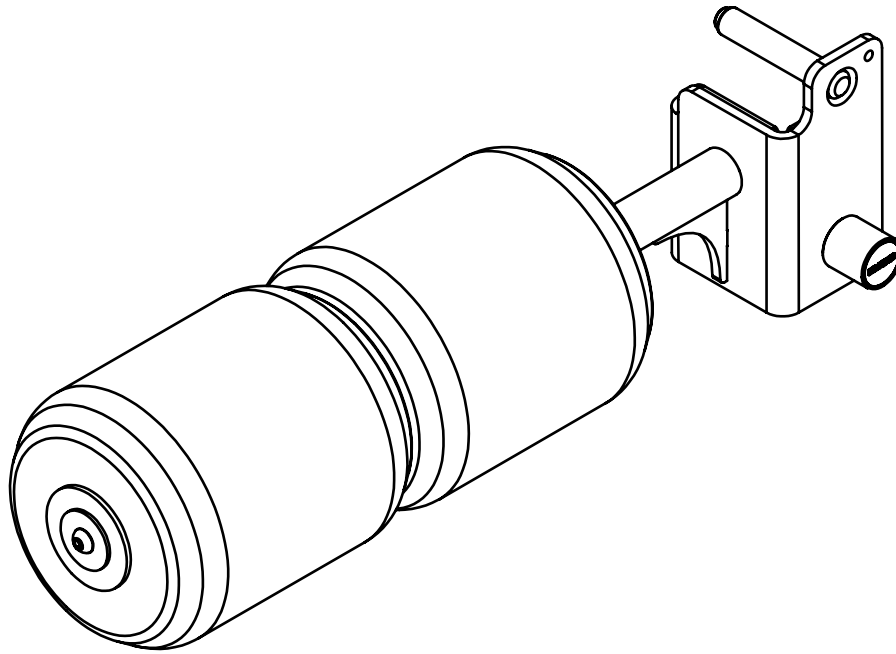


# ELEIKO PRESTERA SPLIT SQUAT/ NORDIC CURL PAD

BD-1-5516



# READ BEFORE INSTALLATION AND USE

Install and use this equipment in a place where access and supervision are specifically controlled by the owner.

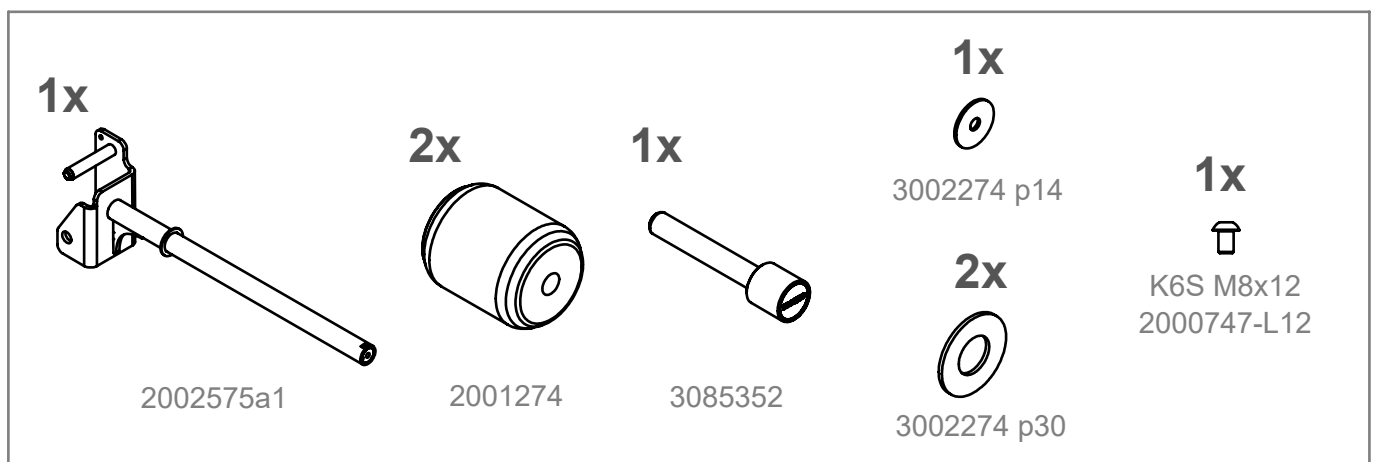
Only to be mounted on recommended Eleiko products. Consult Eleiko sales for recommendations.

## SAFETY INSTRUCTIONS

It is the responsibility of the purchaser of ELEIKO products to instruct all users and supervising personnel on proper usage of the equipment.

1. All included warnings (labels) and instructions **MUST** be read before the use of any Eleiko equipment. Only use the equipment as it is intended.
2. A user **MUST** get a medical examination and proper instructions before using any Eleiko equipment.
3. **DO NOT** let anyone, under any circumstances, use equipment that appears to be damaged. Do not try to repair any equipment before consulting an Eleiko technician.
4. **DO NOT** replace components of Eleiko equipment with other, none Eleiko, equipment (magnetic safety pin, frames, bars etc.). Do not improvise! If there are any doubts, consult an Eleiko representative prior to any intervention.
5. **DO NOT** overload the equipment and **DO NOT** try to exceed personal strength levels.
6. Children under the age of 14 must be supervised by an adult.
7. **DO NOT** remove any safety labels from the Eleiko equipment. Eleiko is not responsible if a label is removed. Replace damaged labels immediately.
8. Eleiko packaging for products can be made of wood. Be aware of splinters! You **MUST** use protective gloves and proper work wear.
9. Eleiko packaging material could be a risk when handling. Be aware of crushing! You **MUST** use work wear including protective gloves and hard shoes.

## LIST OF COMPONENTS



## TOOLS NEEDED

You need the following tools to assemble the equipment.



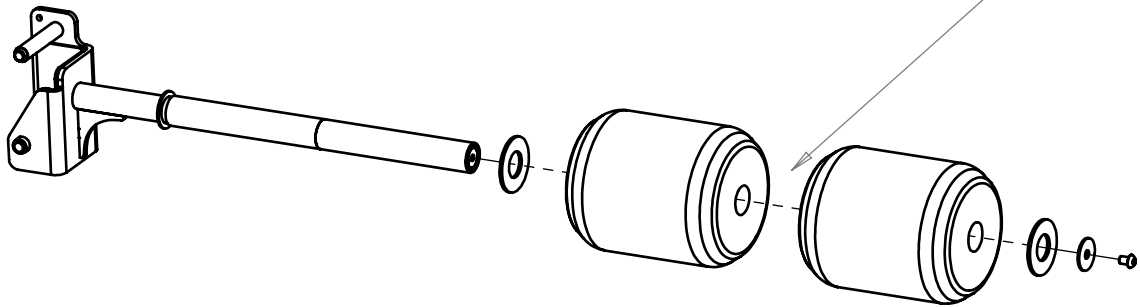
Allen Key Size 5

**NOTE:** Do not use electric power tools for assembly.

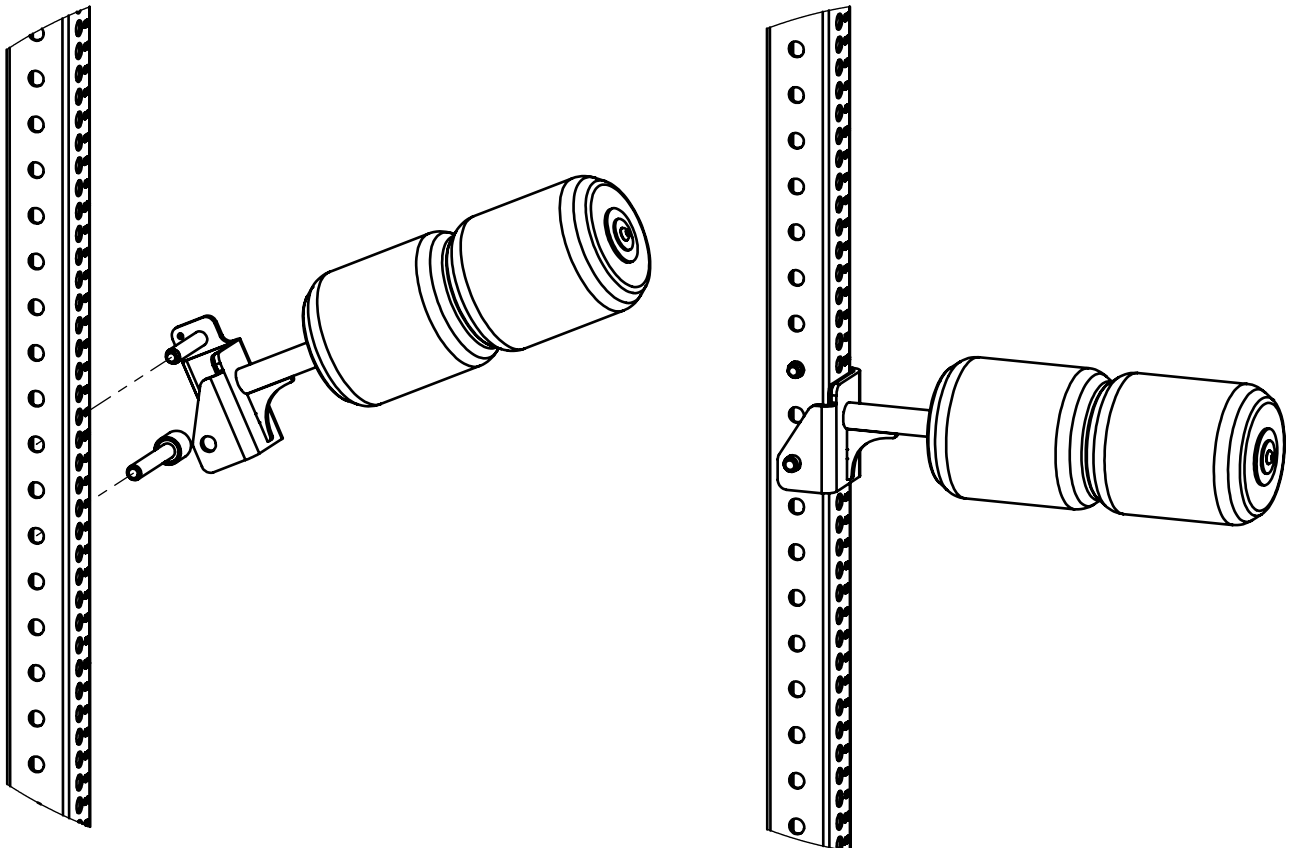
# ASSEMBLY INSTRUCTIONS

1.

Ensure the rough sides face inwards, against each other.



2.



# USER GUIDE

## PURPOSE

Attachment for split squat and nordic hamstring curl exercises.

## GENERAL INSTRUCTIONS FOR USE

1. Mount on upright
2. Insert the magnetic pin and make sure it is securely in place
3. Place foot or narrow leg on or under the attachment and start your exercise.

## PRODUCT SPECIFICATION

Max weight	100 kg / 220 lbs
Product weight	4 kg / 8,8 lbs
Dimensions (L x W x H)	557 x 150 x 150 mm 21,9 x 5,9 x 5,9"

# CARE AND MAINTENANCE

## PREVENTIVE MAINTENANCE AND INSPECTIONS

**NOTE:** The safety level of the equipment can only be maintained if it is examined regularly for damage and wear.

### Daily:

- Cleaning of upholstery.

### Regularly:

- Clean surfaces from dust and dirt.
- Check that all bolts between parts are properly tightened, according to recommendations.
- Check equipment for sharp edges. Replace parts with sharp edges.

See also [www.eleiko.com](http://www.eleiko.com).

## SPARE PARTS AND SERVICE

Contact Eleiko for spare parts and service:

Eleiko Group AB | Klastorpsvägen 18 | SE-302 62 HALMSTAD | Sweden  
E-mail: [info@eleiko.com](mailto:info@eleiko.com) | Phone: +46 35 17 70 70

## WARRANTY

All products manufactured by ELEIKO are warranted to the original purchaser to be free from defects in workmanship and / or materials under normal use or service as follows:

- 10 years on structural frame welds (NOT on moving parts)
- 1 year on wear and tear parts
- 1 year on polyurethane upholstery
- 6 months on skai-leather upholstery

Normal wear and tear do not fall under the 10-year warranty.