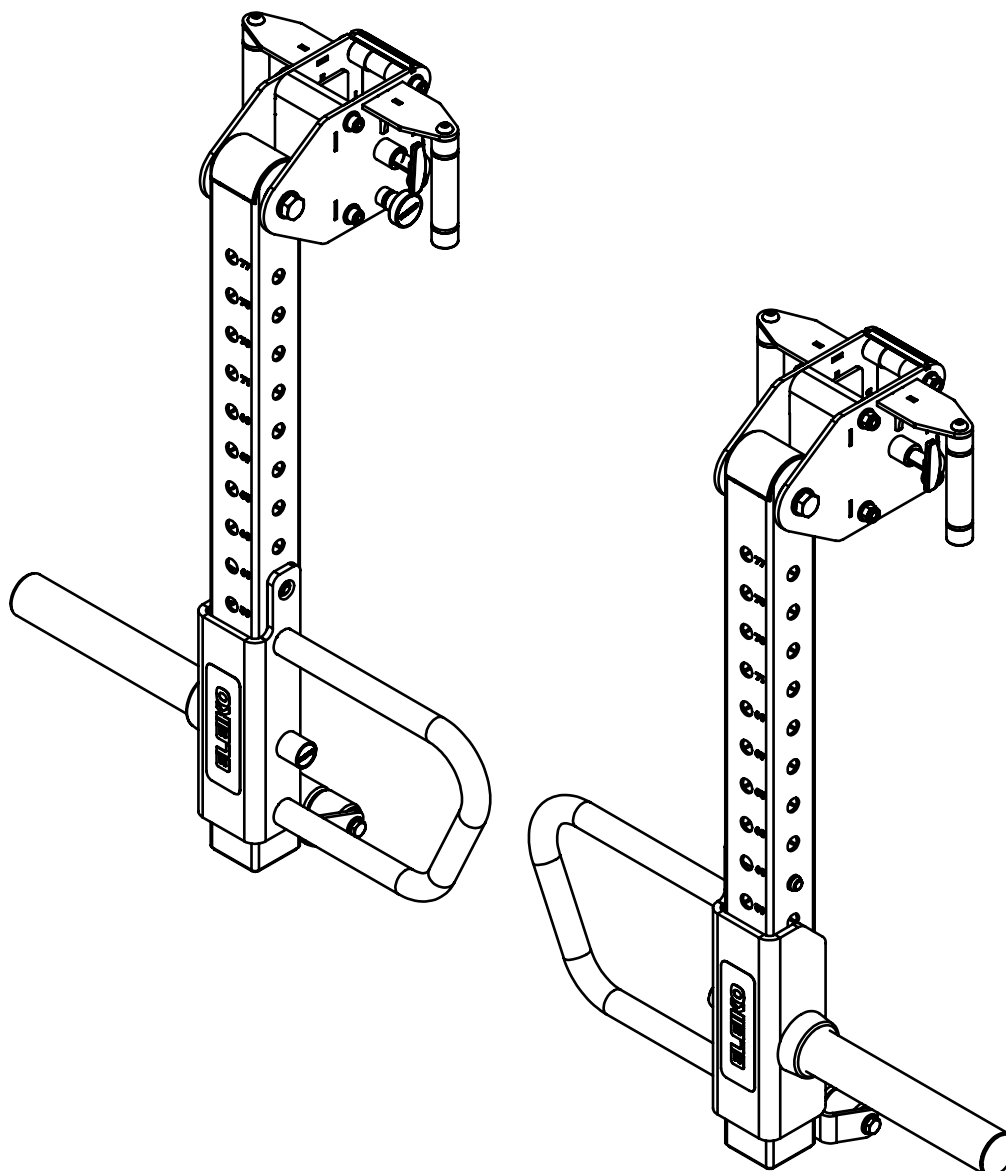


# ELEIKO PRESTERA LEVER ARMS

Art.no. 3085743 & 3085774





# READ BEFORE INSTALLATION AND USE

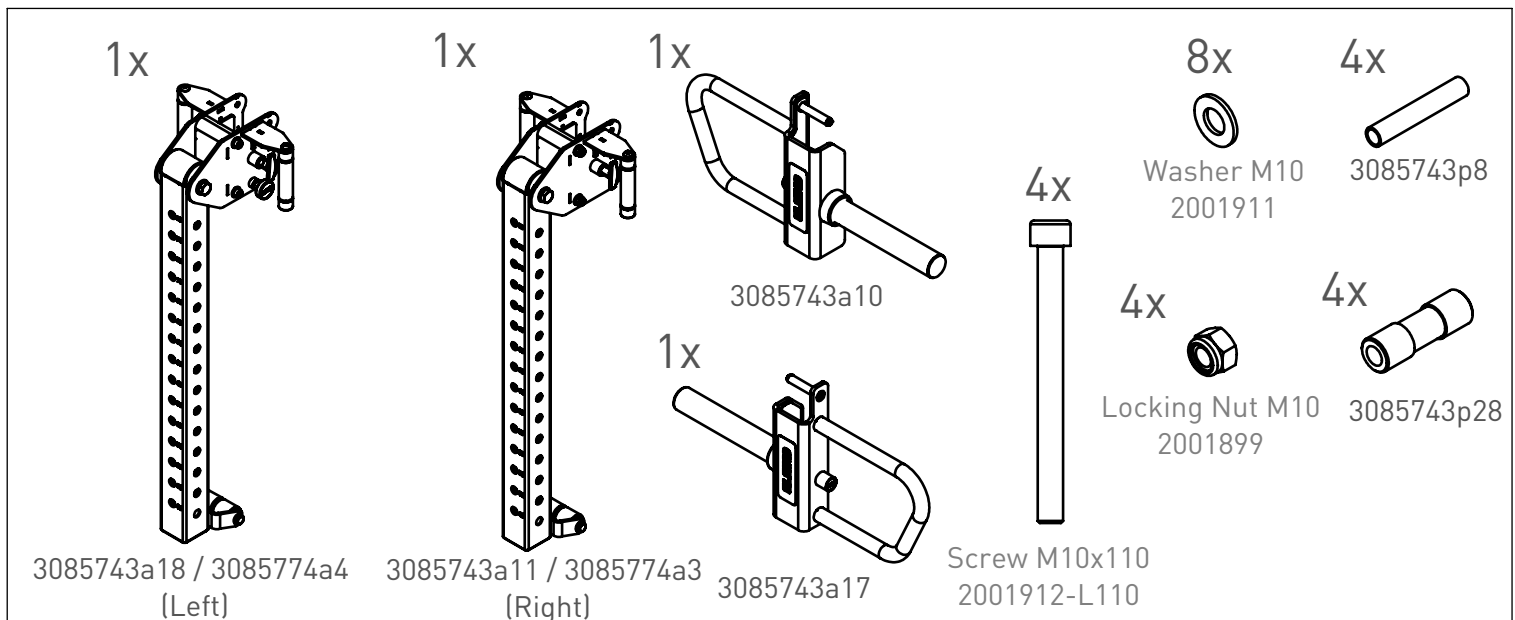
Install and use this equipment in a place where access and supervision are specifically controlled by the owner. Only to be mounted on recommended Eleiko products. Consult Eleiko sales for recommendations.

## 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.



WRENCH  
17 mm



Allen Key  
Size 8

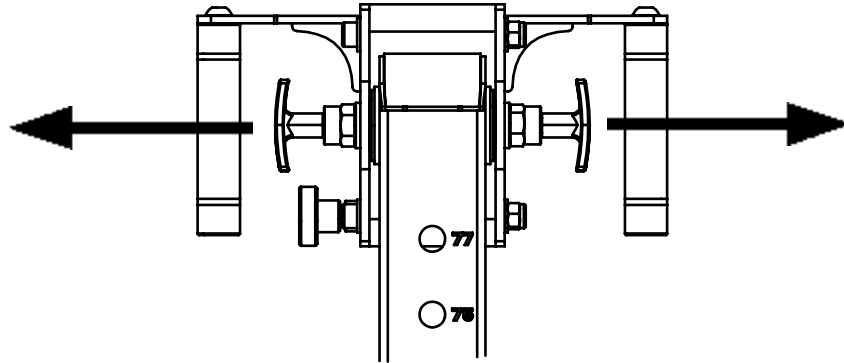


40 Nm



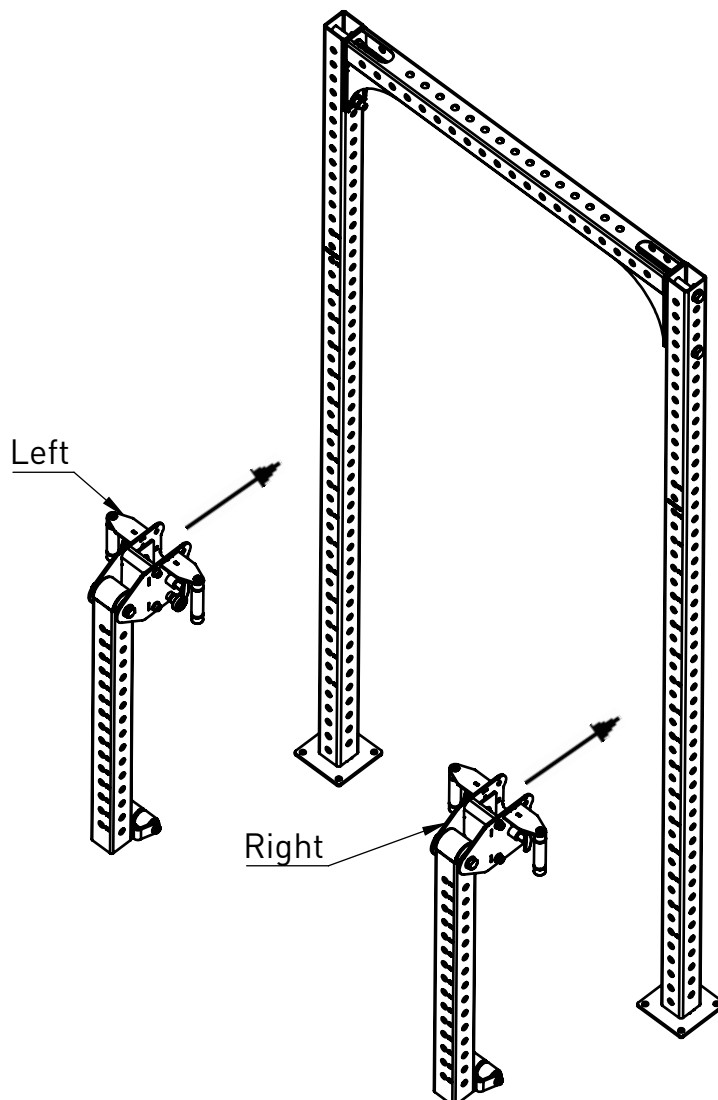
# ASSEMBLY INSTRUCTIONS

1.



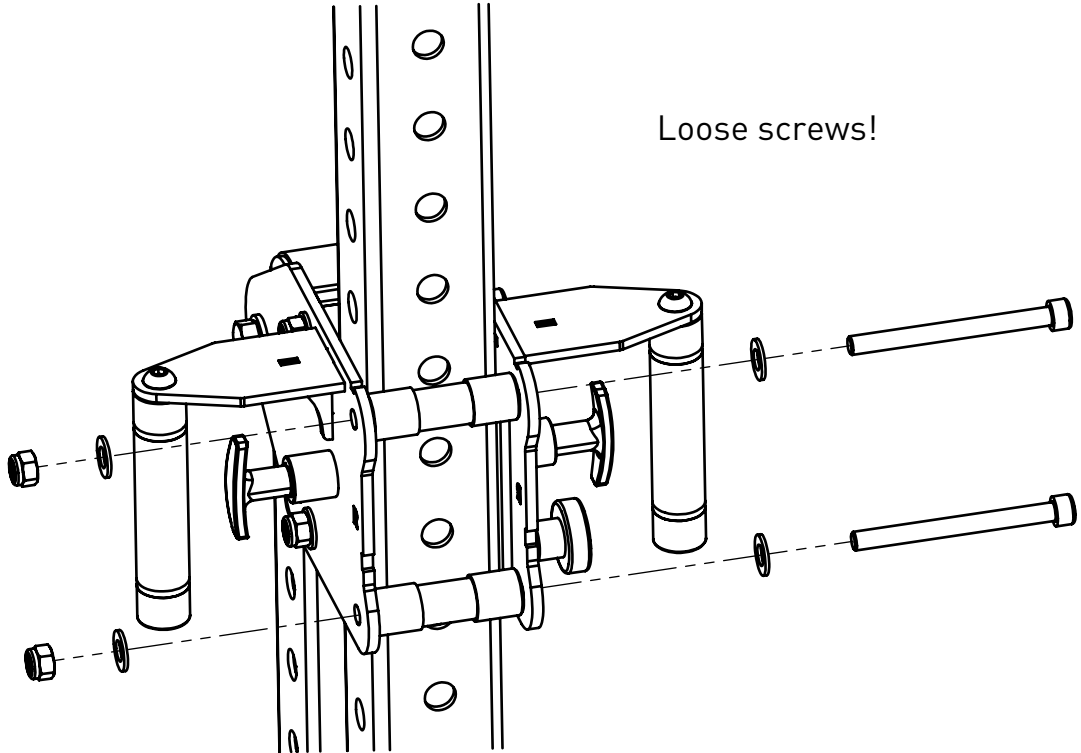
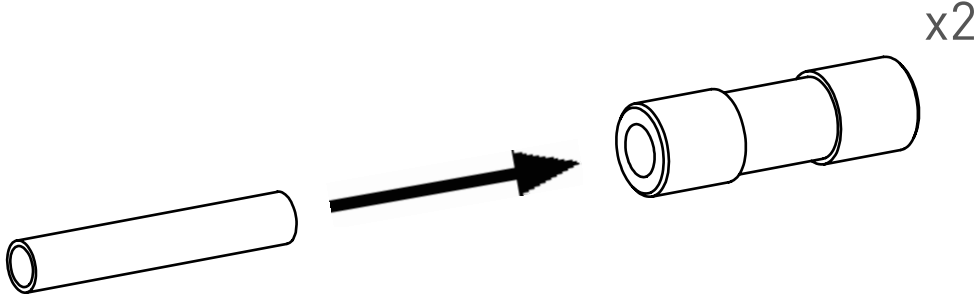
Mount arms on uprights by pulling both pop-pins.

Carriages are marked with "L" and "R" for Left and Right



# ASSEMBLY INSTRUCTIONS

2. Same procedure for both arms!

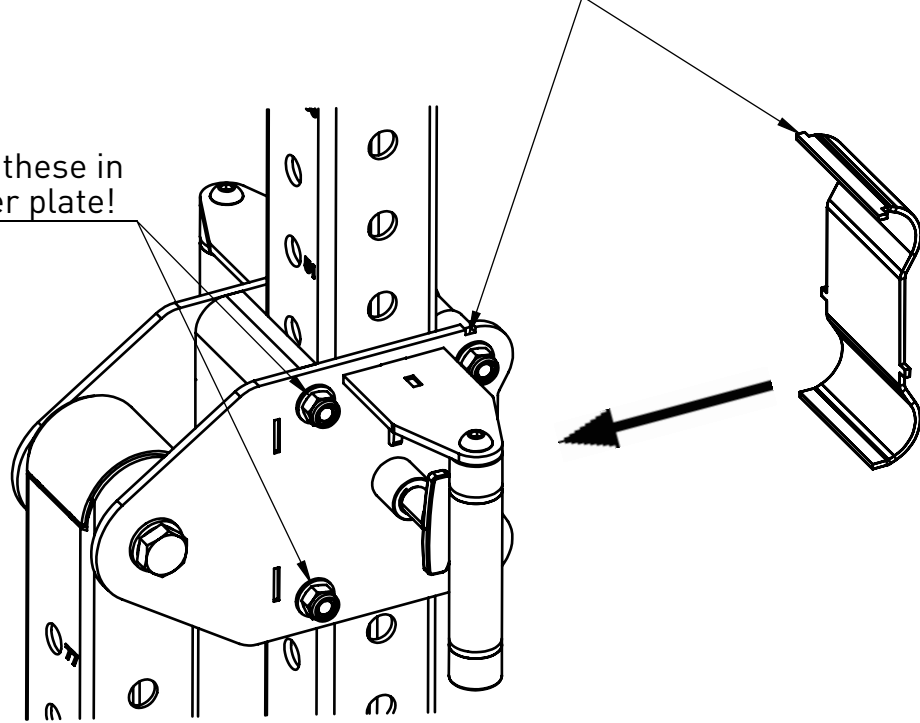


# ASSEMBLY INSTRUCTIONS

## 3. Same procedure for both arms!

These tabs goes into the cutouts in the carriage!

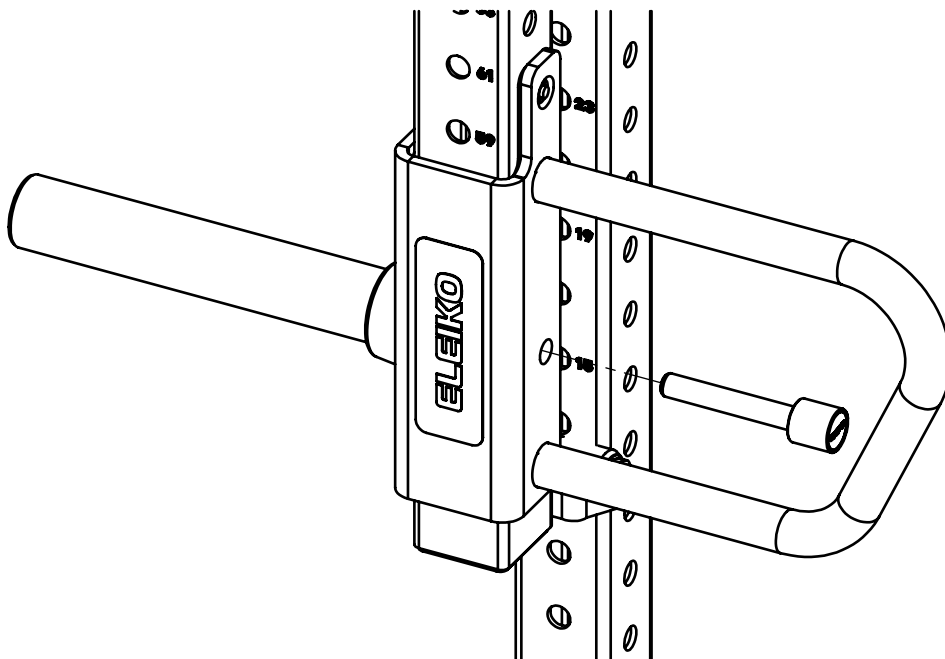
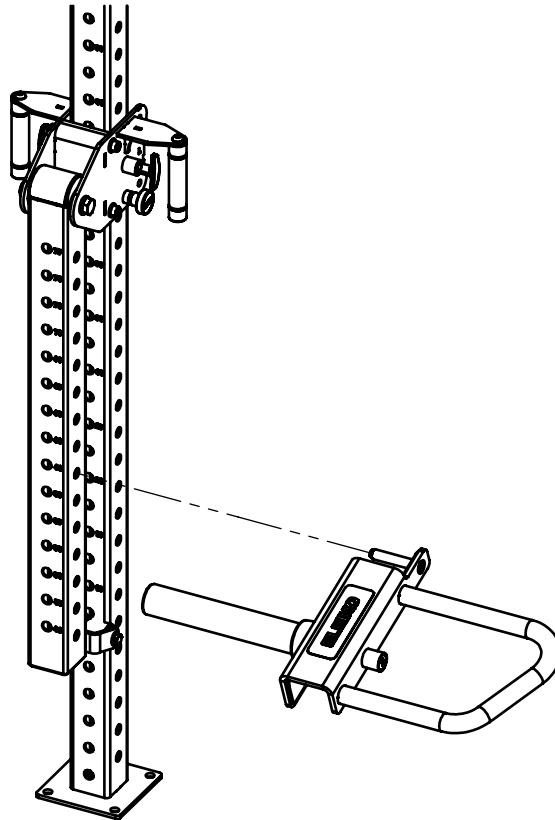
You might need to loosen these in order to fit the back cover plate!



Tighten ALL screws! Carriage should still be easy to slide up and down!

# ASSEMBLY INSTRUCTIONS

4. Same procedure for both arms!



# USER GUIDE

## PURPOSE

This product can be used for a wide range of exercises, from presses, pulls and deadlifts to bench presses, rows and shrugs. The arms also works as uprights, so you can mount your j-cups and use them for squats as you would with a regular upright.

## GENERAL INSTRUCTIONS FOR USE

1. Pull both pop-pins to adjust the carriage up and down.
2. Remove handles for even easier adjustments.
3. **DO NOT ADJUST THE CARRIAGE WHILE LOADED WITH WEIGHTS!**
4. Once at desired height, tighten the carriage with the knurled knob.

## PRODUCT SPECIFICATION

Max weight for each handle 75 kg / 165 lbs

### Product weight

3085743 (one complete arm + handle) 20,5 kg / 45,2 lbs

3085774 (one complete arm + handle) 22 kg / 48,5 lbs

### Dimensions (L x W x H)

3085743 (one complete arm + handle) 953 x 692 x 262 mm / 37,5 x 27,2 x 10,3"

3085774 (one complete arm + handle) 1203 x 692 x 262 mm / 47,4 x 27,2 x 10,3"

# 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.

### Regularly:

- Clean surfaces on the frames and tubes from dust and dirt.
- Check that all bolts between parts, walls and floors 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

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

## 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

Normal wear and tear do not fall under the warranty.