

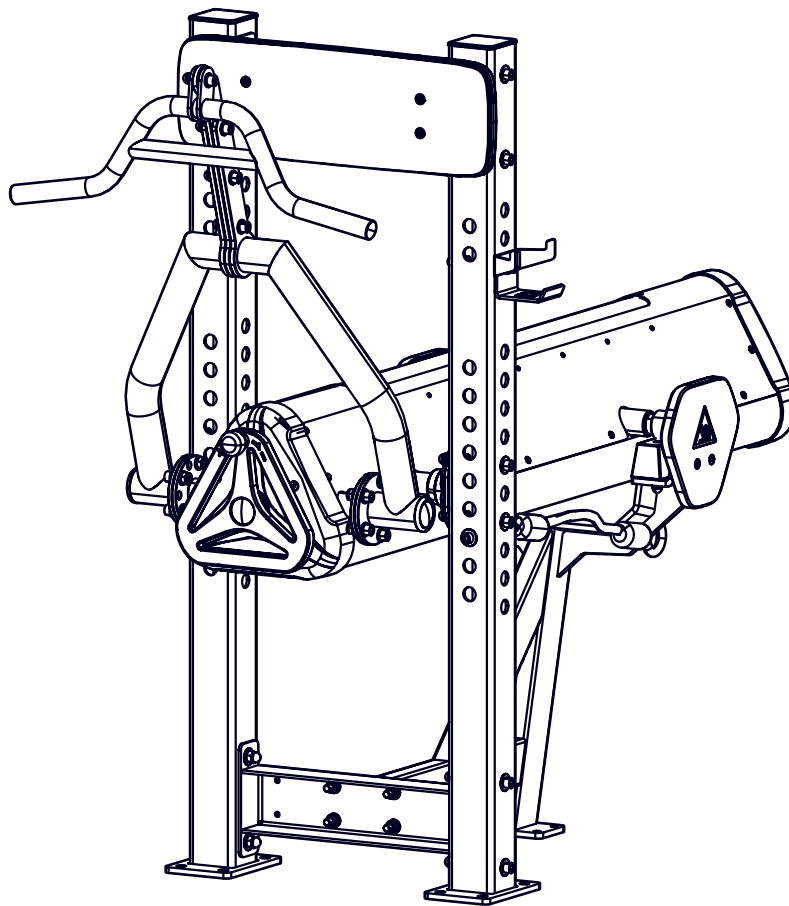
# LAPPSET® SISU

14.4.2022

081867

ASENNUSOHJE

INSTALLATION MANUAL



Laitteet on tarkoitettu nuorille ja aikuisille tai yli 1 400mm pituisille käyttäjille kohottamaan kuntoa laitteilla tehtyjen harjoitusten avulla.

These devices are intended for young people and adults or users over 1,400 mm in length to improve their fitness in the form of exercises performed with these devices.

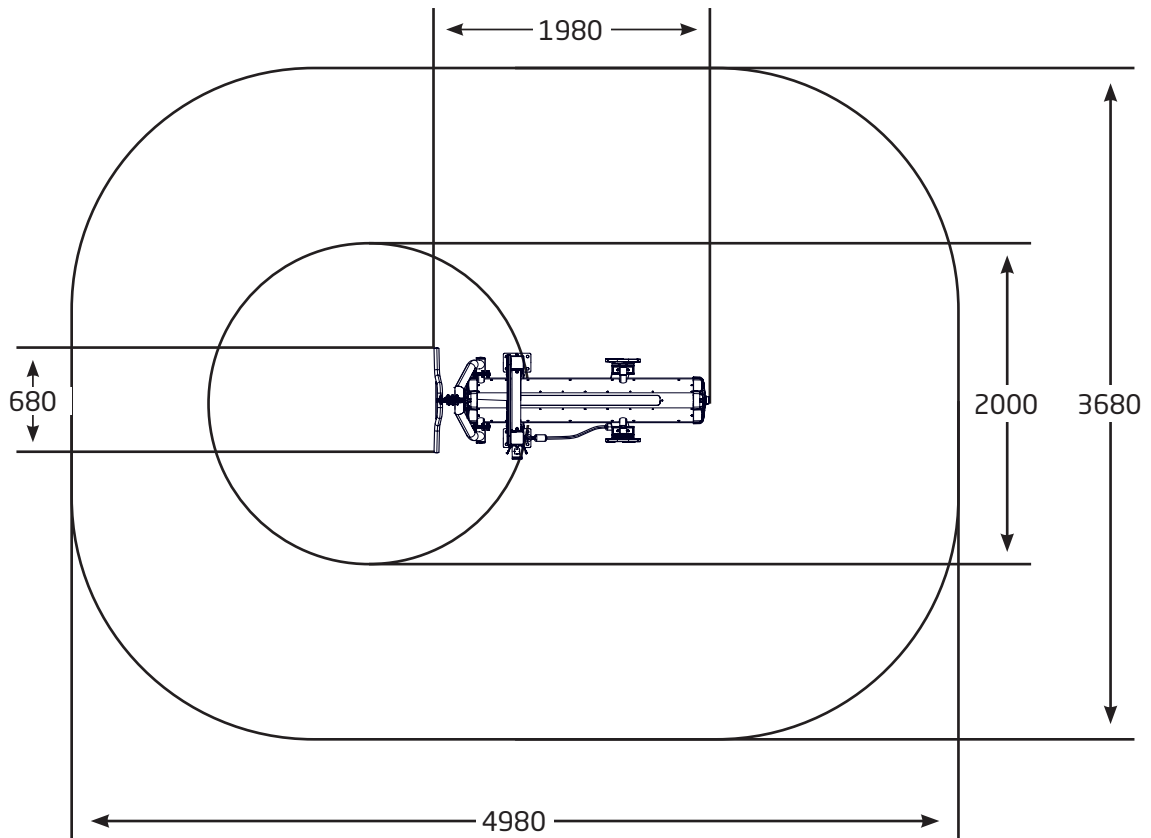
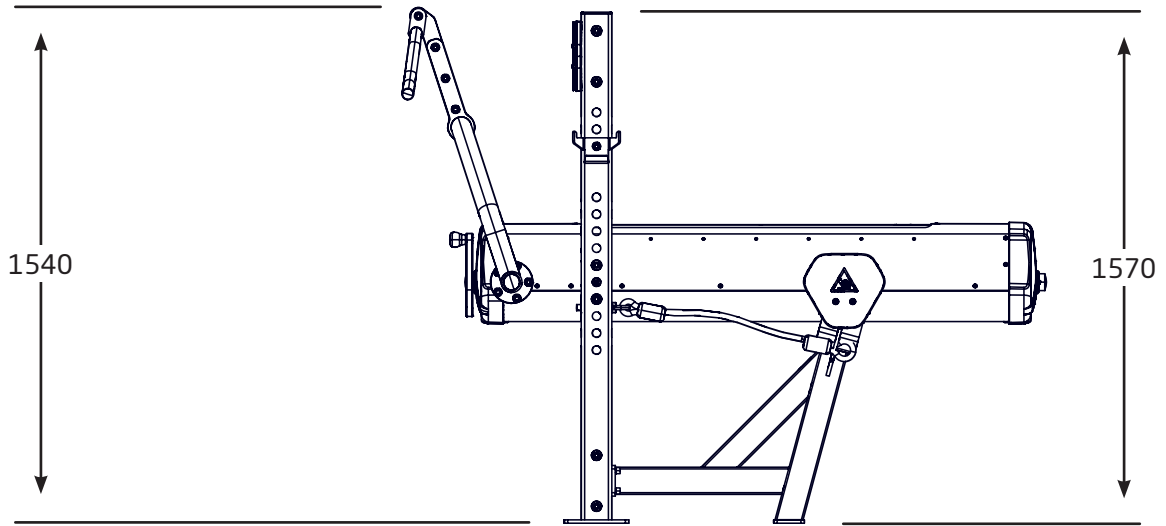
Tämä EN 16630 standardin mukainen laite ei ole leikkikenttäväline (EN 1176 -sarja), sisällä käytettävä kuntolaite (EN 957-sarja), eikä julkisen liikuntapaikan laite (EN 15312).


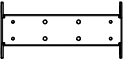

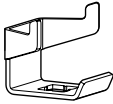
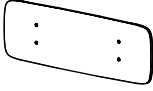
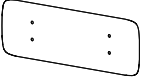
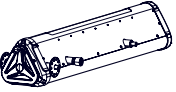


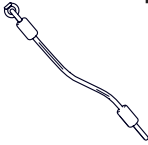
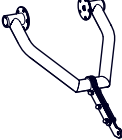















This EN 16630 standard compliant device is not children's playground equipment (EN 1176 series), an indoor fitness device (EN 957 series), or a public exercise device (EN 15312).

Kuntoilulaitteita ei ole tarkoitettu asennettaviksi standardin EN 1176 mukaisten leikkikenttävälineiden välittömään läheisyyteen.

These devices are not intended to be installed in the immediate vicinity of EN 1176 standard compliant children's playgrounds.

Area of movement 16.4 m<sup>2</sup>  
Training space 3.1 m<sup>2</sup>



1	911526	Qty	2	911546	Qty	3	Unit 1	Qty	4	911928	Qty	5	710076	Qty	6	912123	Qty
		2			2			1			1			1			1
7	Unit 1	Qty	8	911530	Qty	9	912582	Qty	10	911710	Qty	11	911772	Qty	12	911776	Qty
		1			2			2			1			1			1
13	911779	Qty	14	912127	Qty	15	909146	Qty	16	909876	Qty	17	909628	Qty	18	904450	Qty
		1			10			14			4			4			8
19	902096	Qty	20	910376	Qty	21	980165	Qty	22	980151	Qty	23	909644	Qty	24	902234	Qty
		4			27			31			4			13			15
25	980160	Qty	26	911819	Qty	27		Qty	28		Qty	29		Qty	30		Qty
		4			1												
31		Qty	32		Qty	33		Qty	34		Qty	35		Qty	36		Qty
37		Qty	38		Qty	39		Qty	40		Qty	41		Qty	42		Qty



Laitteen runkoa kasattaessa (**FRAME 3/4**): tue koottua tolppakokoonpanoa seuraavaan työvaiheeseen asti. Tolppakokoonpano voi kaatua ja aiheuttaa loukkaantumisen.

When assembling the frame (**FRAME 3/4**): support the assembled frame until the next step, the post assembly may tip over and cause an injury.



Tuotteen toimitettu painoyksikkö on painava, eikä sitä saa yrittää nostaa ilman nosturia. Mikäli nosturia ei ole apuna, pura painoyksikkö ohjeiden mukaisessa järjestyksessä ja asenna purettu painoyksikkö kiinni runkoon. Sitten voit koota painoyksikön uudelleen päinvastaisessa järjestyksessä.

The weight unit of the product delivered is heavy and must not be attempted to be lifted without a crane. If no crane is available, disassemble the weight unit in the shown order and install the disassembled weight unit on the frame. You can then reassemble the weight unit in reversed order.



Noudatathan erityistä varovaisuutta asennettaessa painoyksikköä runkotolppien väliin. Työvaiheessa on puristumisvaara.

Please take special caution when installing the weight unit between the frame posts, there is a risk of being squashed.



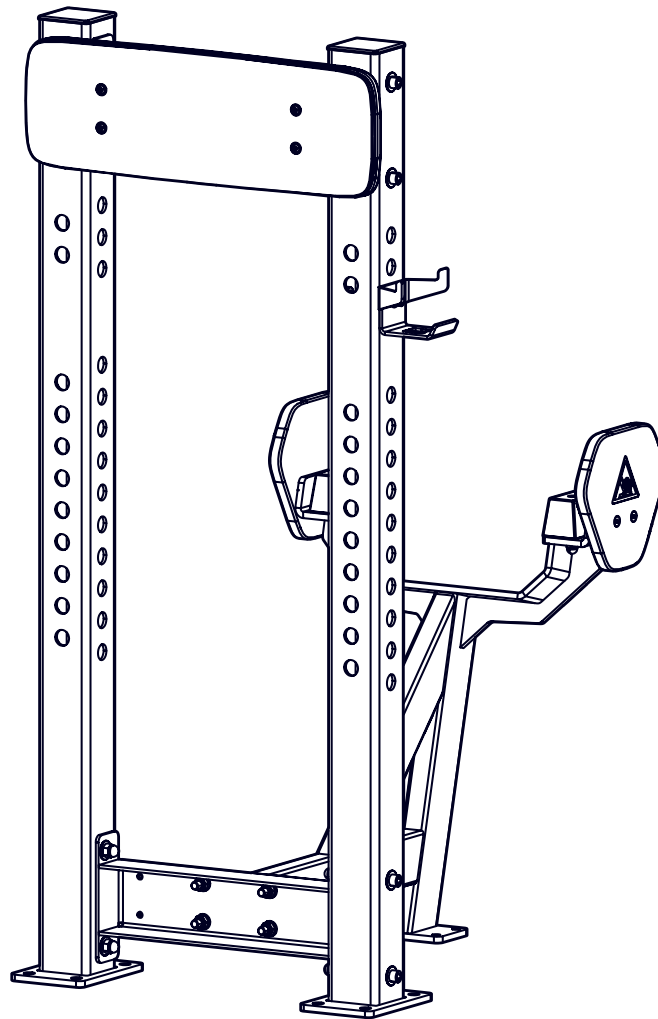
**Huom!** Käytähän laitteen asennuksen aikana turvakenkiä loukkaantumisriskin minimoimiseksi.

**Note!** Please use safety shoes during installation to minimize the risk of injury.

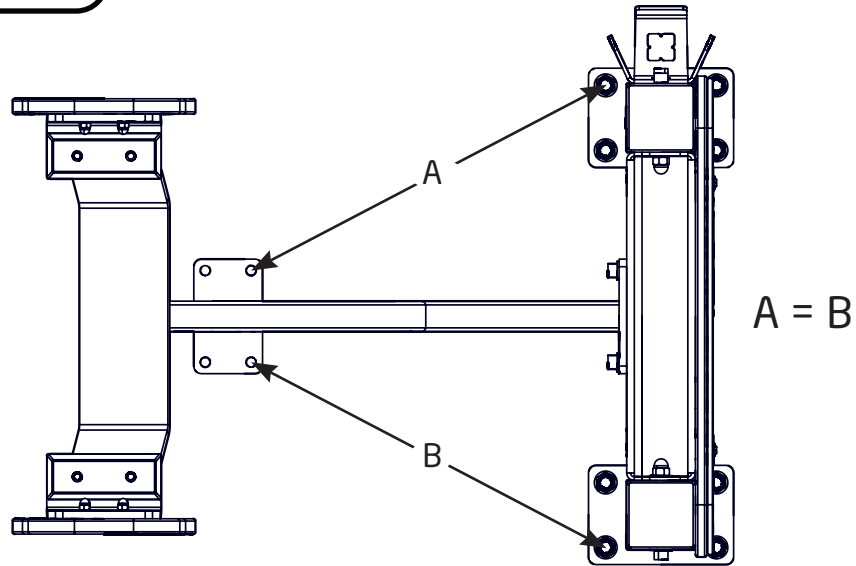


**Huom!** Ennen ensimmäistä käyttöönottoa, tarkista liitokset ja varmista, että laite on kasattu ohjeiden mukaisesti.

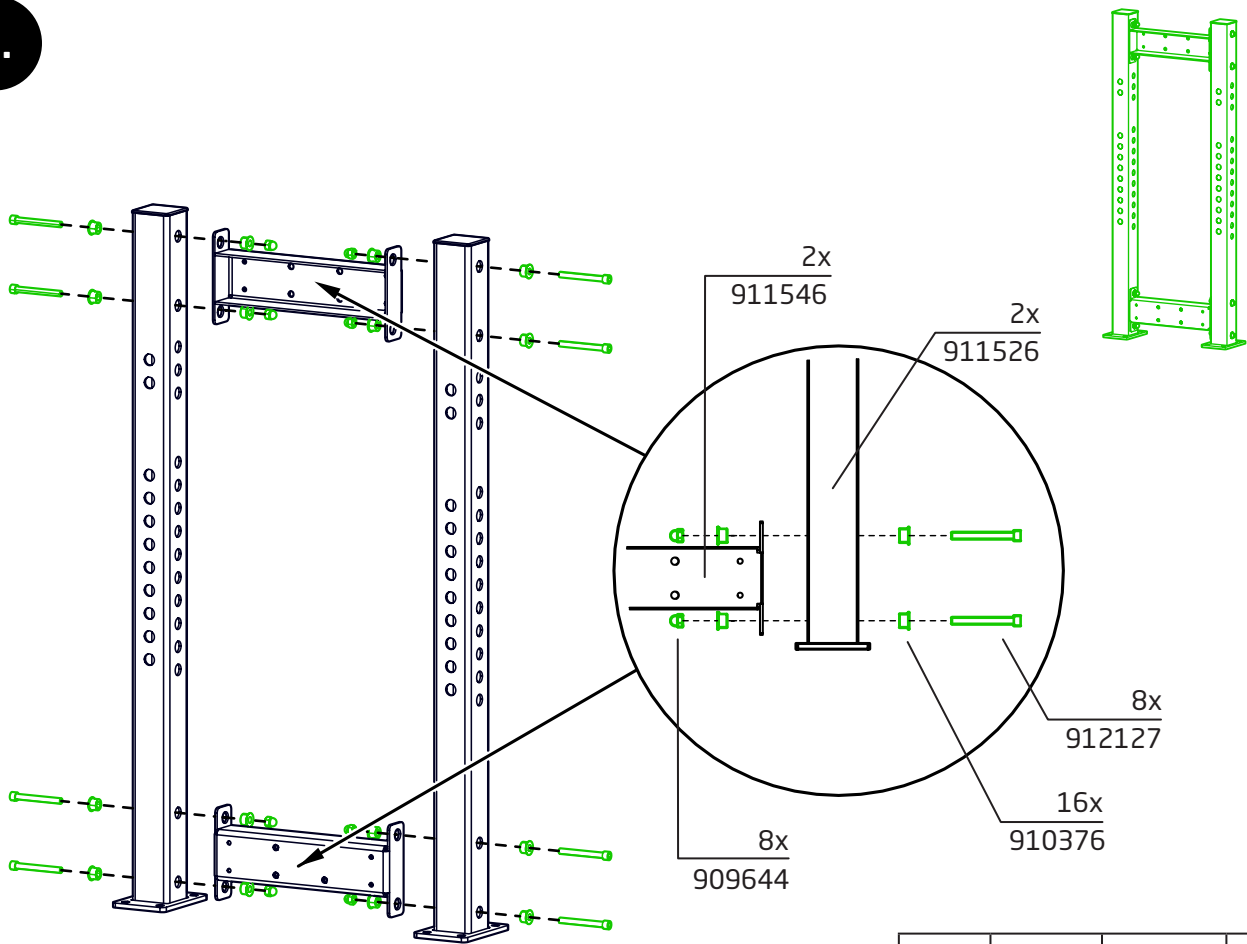
**Note!** Before using the device for the first time, check the joints and make sure that the device has been assembled according to the instructions.



Ristimitta  
Cross measurement



1.



Number	Description	Dimensions	Qty
911546	Beam		2
911526	Post		2
912127	Screw	M12x110	8
910376	Socket	Ø30x17	16
909644	Nut	M12	8



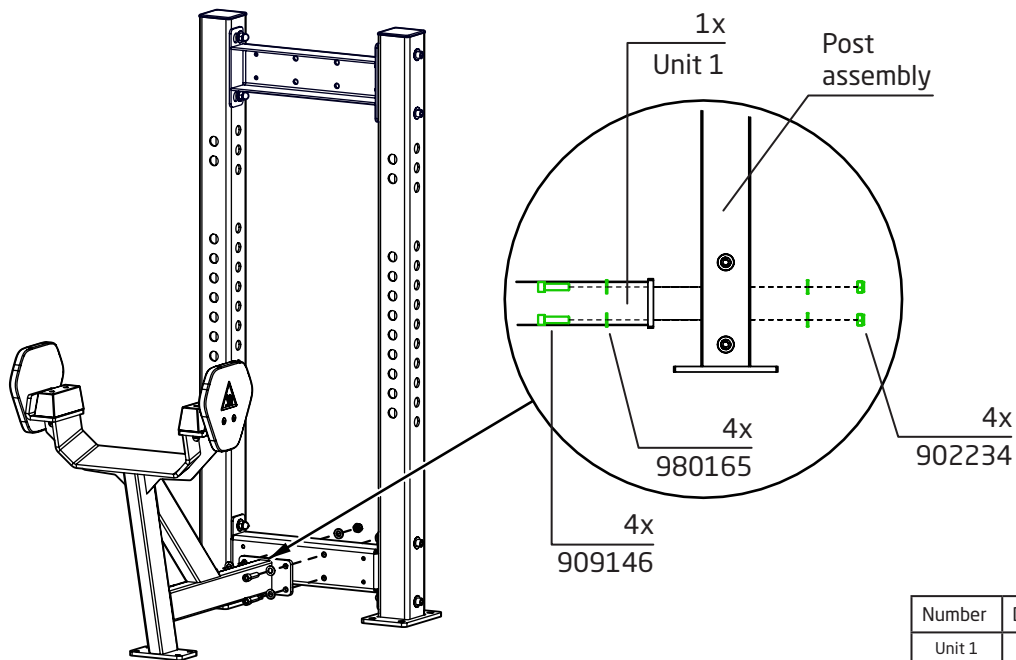
**Varo!** Tue koottua tolppakokoonpanoa seuraavaan työvaiheeseen asti. Tolppakokoonpano voi kaatua ja aiheuttaa loukkaantumisen.

**Caution!** Support the assembled frame until the next step. The post assembly may tip over and cause an injury.

**Huomioi,** että rungon puomit asennetaan päinvastoin toisiinsa nähden.

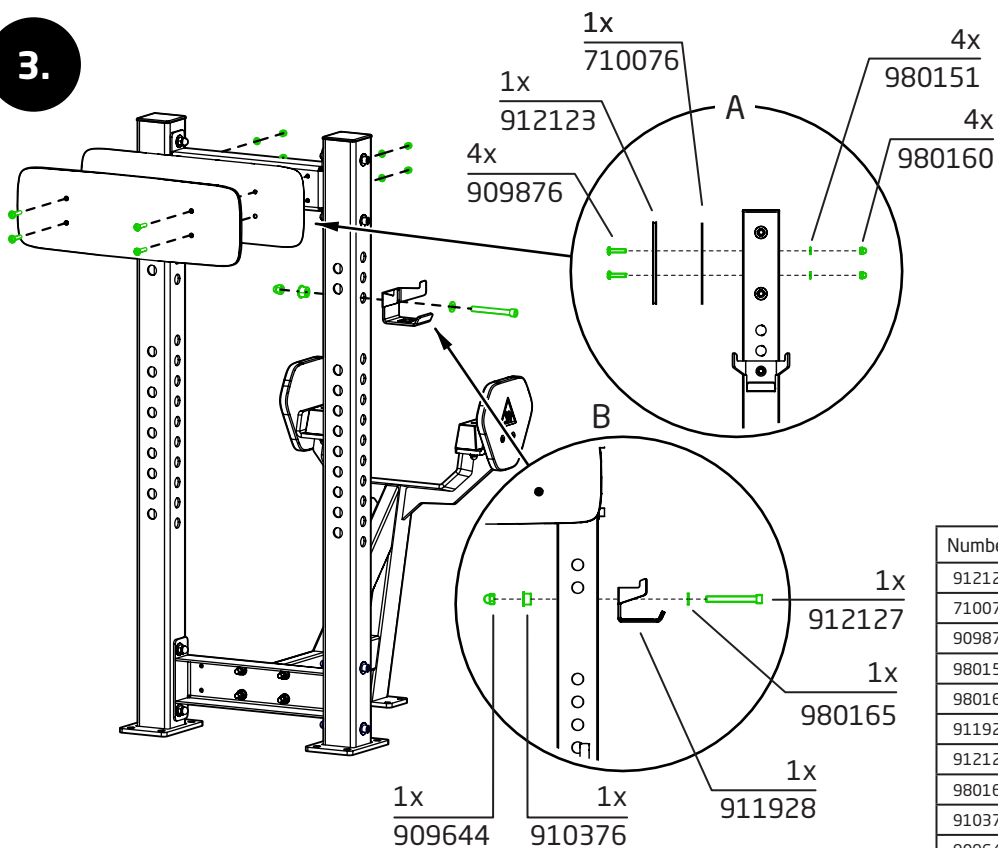
**Note** that the frame's beams are installed in the opposite direction to each other.

2.



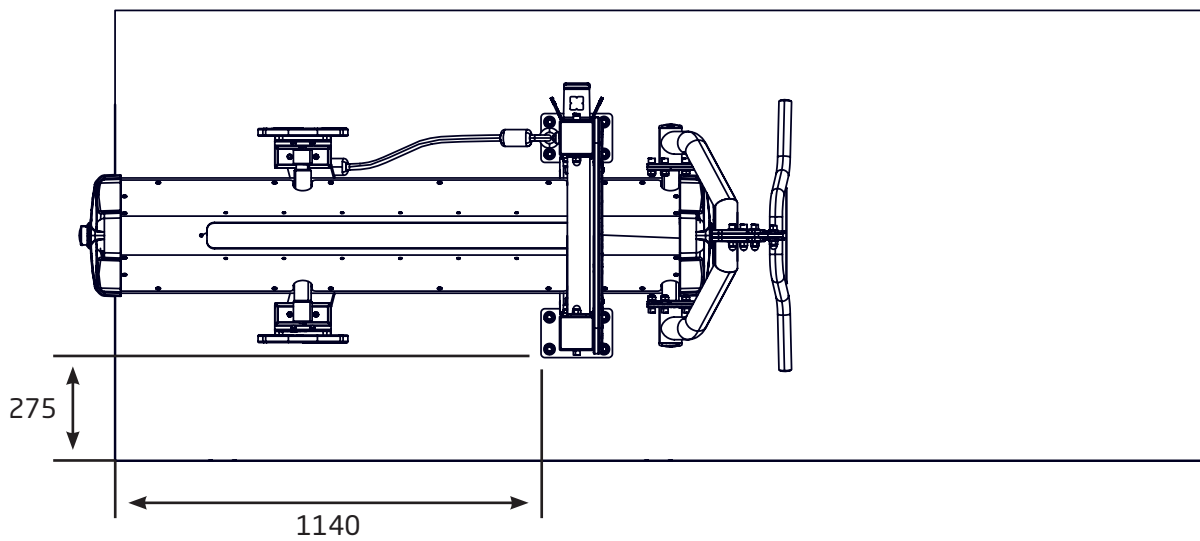
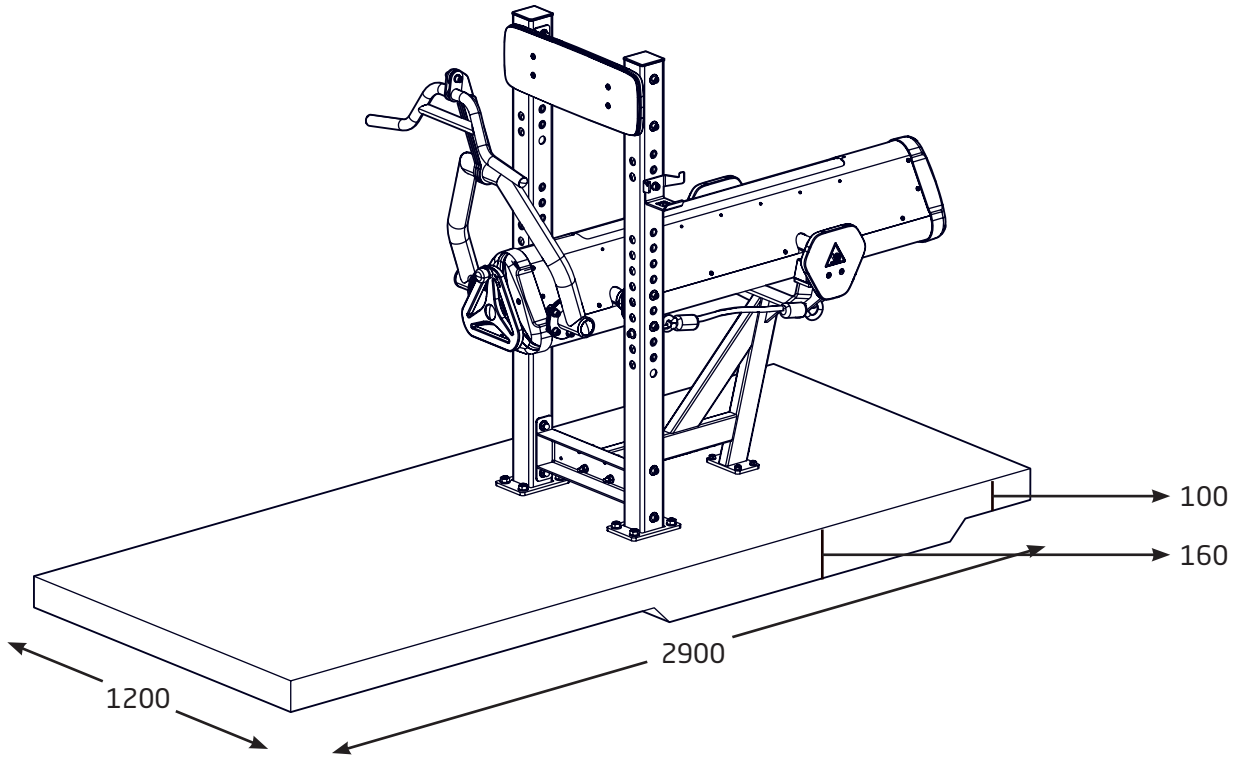
Number	Description	Dimensions	Qty
Unit 1	Body		1
909146	Screw	M12x35	4
980165	Washer	Ø24/13	4
902234	Nut	M12	4

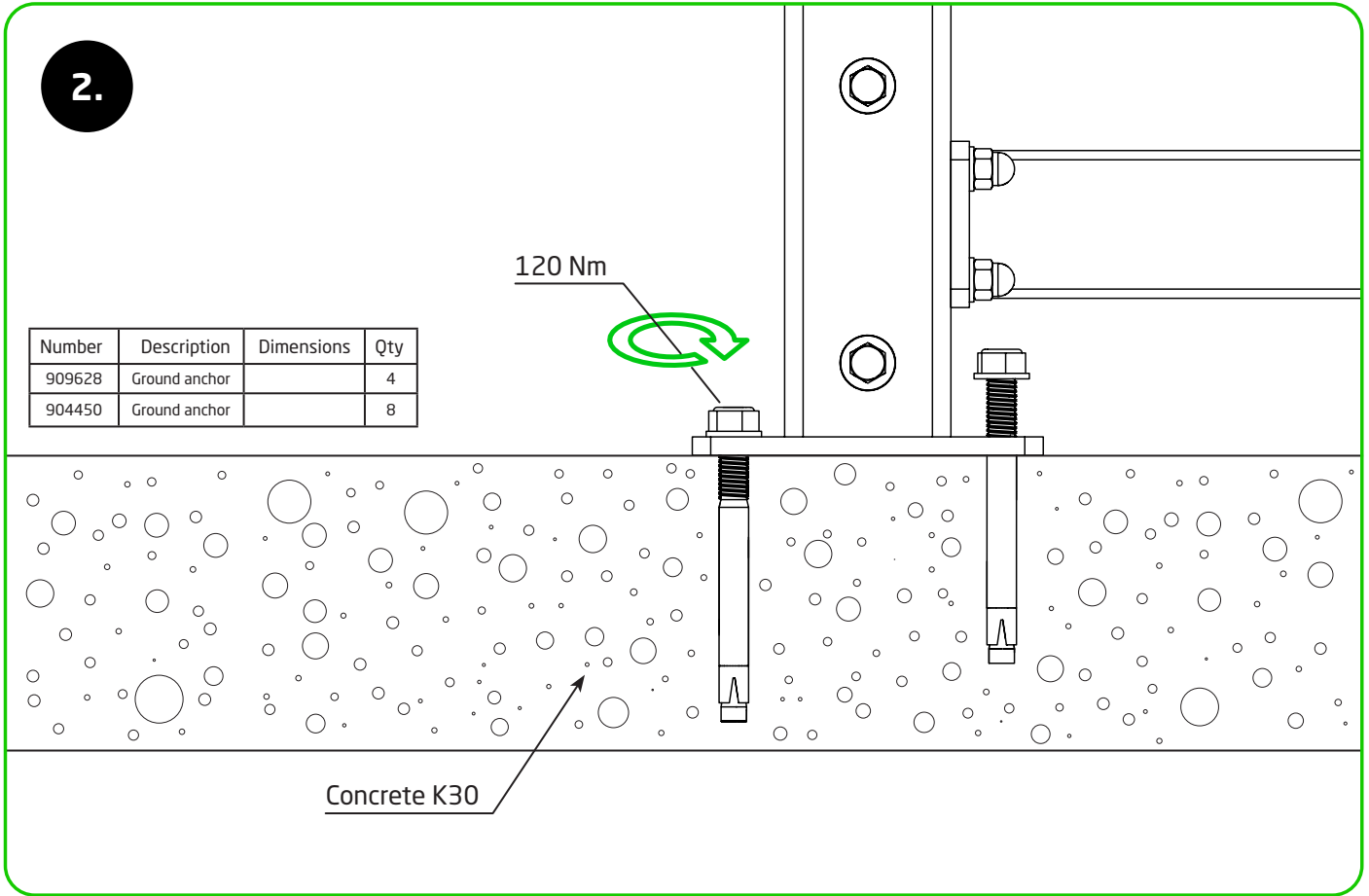
3.

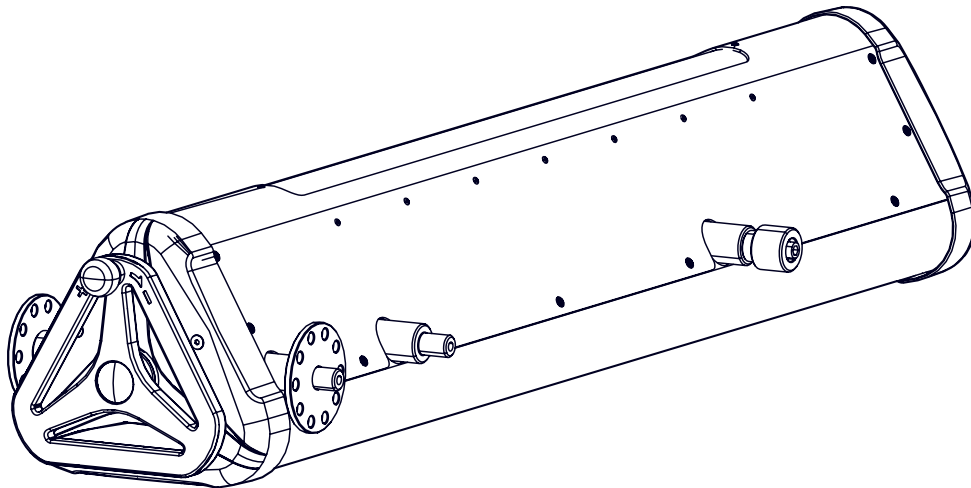


Number	Description	Dimensions	Qty
912123	Sign		1
710076	Sign plate		1
909876	Screw	M8x40	4
980151	Washer	Ø16/8.4	4
980160	Nut	M8	4
911928	Bottle holder		1
912127	Screw	M12x110	1
980165	Washer	Ø24/13	1
910376	Socket	Ø30/17	1
909644	Nut	M12	1

1.









Toimitettu osa on painava, eikä sitä saa yrittää nostaa ilman nosturia.

The supplied part is heavy and must not be attempted to be lifted without a crane.

## **OPTION 1.**

Jos sinulla on nosturi käytössäsi, voit nostaa painoyksikön nosturin avulla kokonaisuena runkoon noudattaen **OPTION 1.** kappaleen ohjeita.

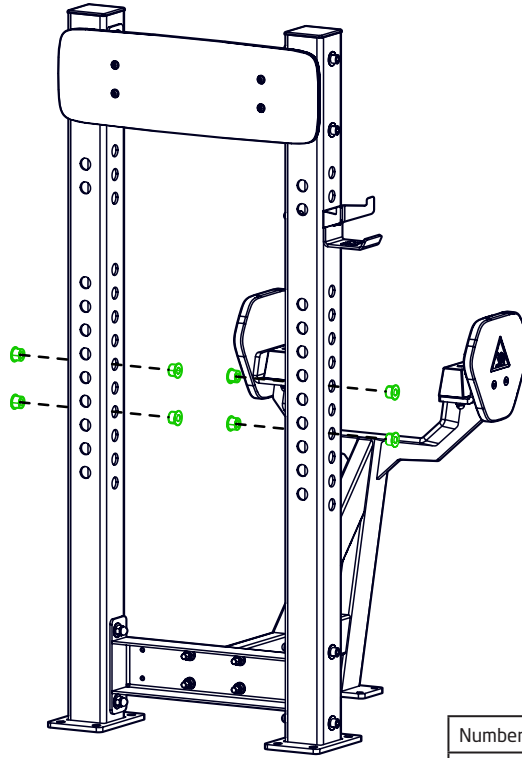
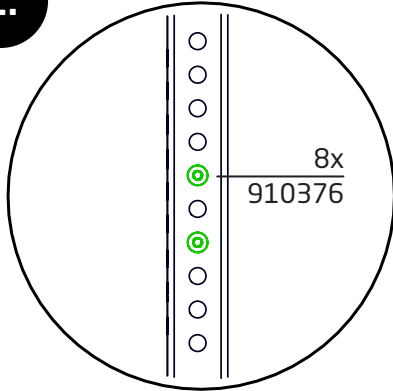
If you have a crane, you can use the crane to lift the assembled weight unit onto the frame by following the instructions of **OPTION 1.**

## **OPTION 2.**

Mikäli nosturia ei ole apuna, pura painoyksikkö ja asenna purettu painoyksikkö uudelleen runkoon noudattaen **OPTION 2.** kappaleen ohjeita.

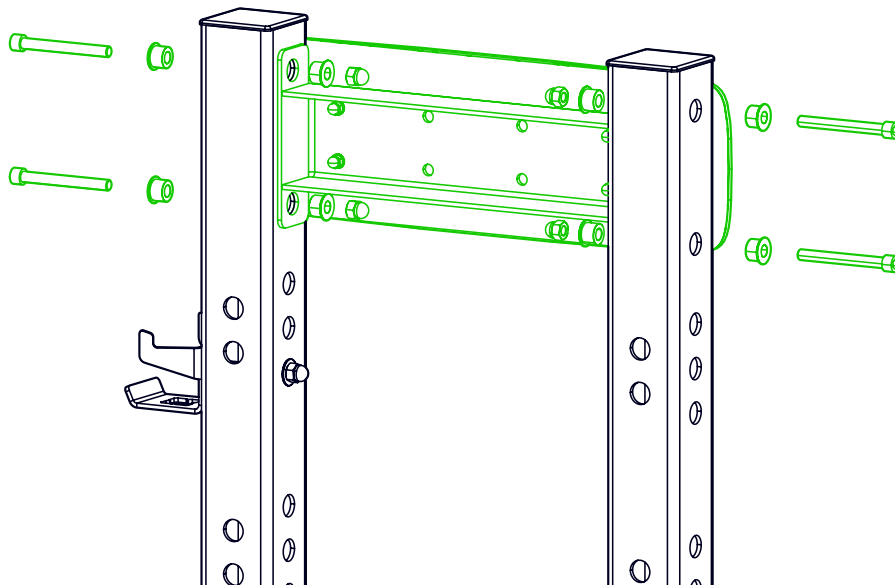
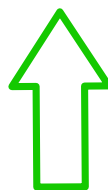
If no crane is available, disassemble the weight unit and install the disassembled weight unit back on the frame by following the instructions of **OPTION 2.**

1.



Number	Description	Dimensions	Qty
910376	Socket	Ø30x17	8

2.

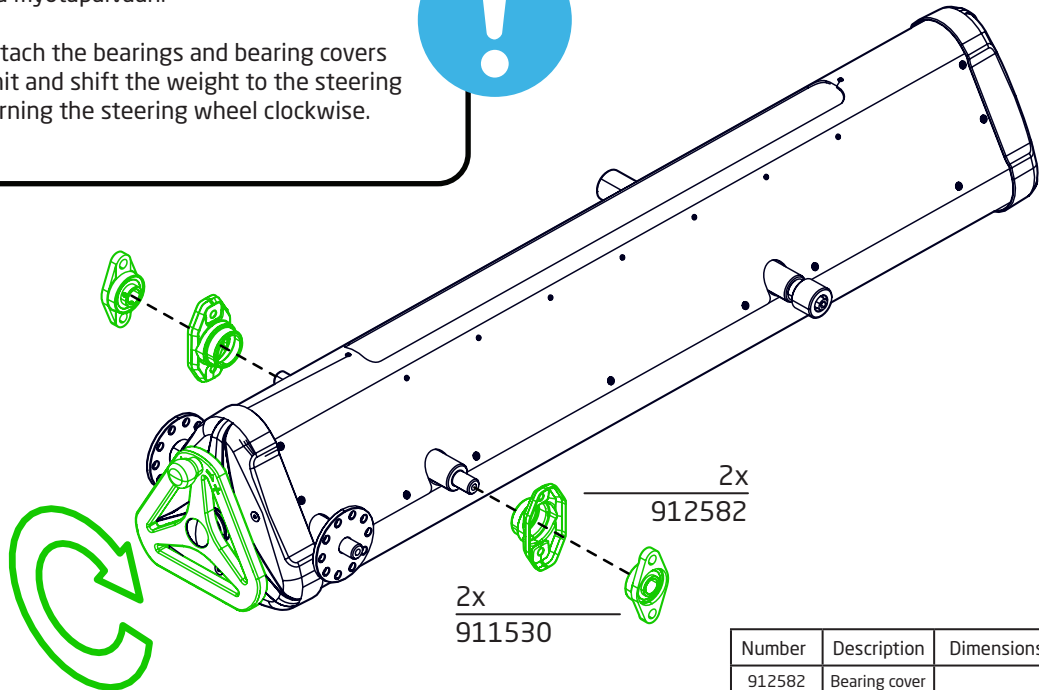


Ennen nostoa, kiinnitä painoyksikköön laakerit ja laakerinsuojat ja siirrä paino ratin puoleiseen päähän kiertämällä rattia myötäpäivään.

Before lifting, attach the bearings and bearing covers to the weight unit and shift the weight to the steering wheel end by turning the steering wheel clockwise.



3.

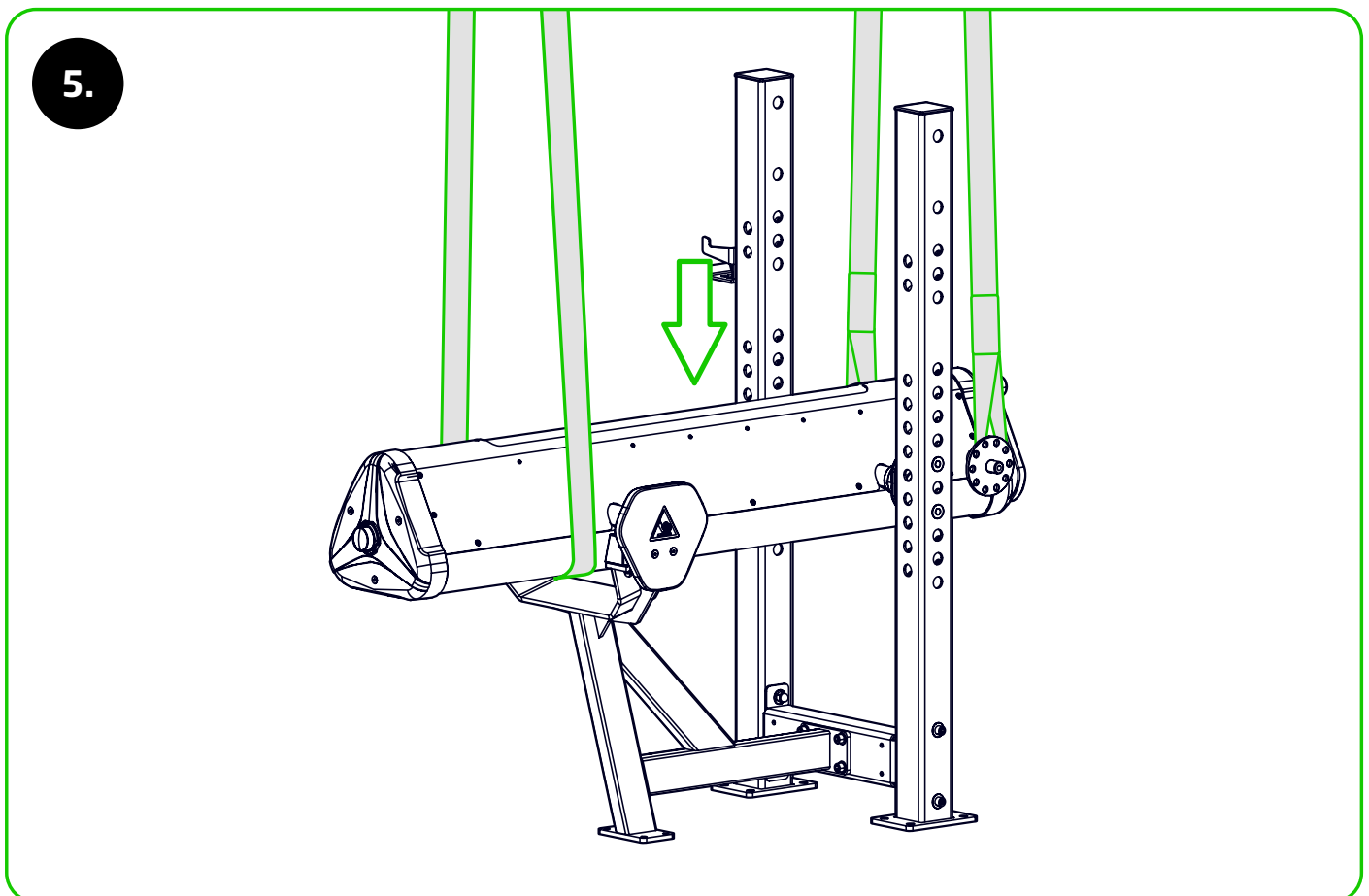
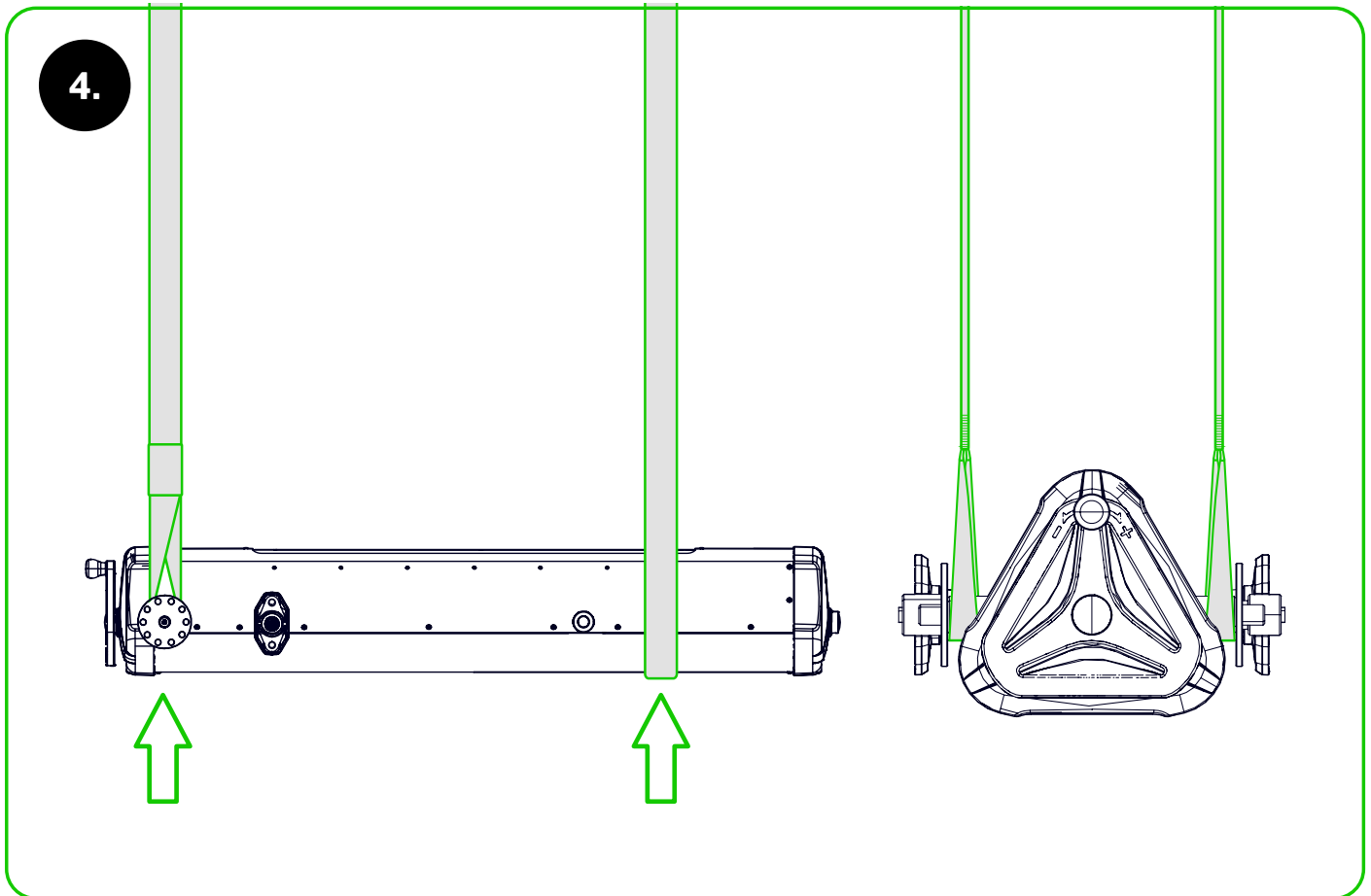


Number	Description	Dimensions	Qty
912582	Bearing cover		2
911530	Bearing		2

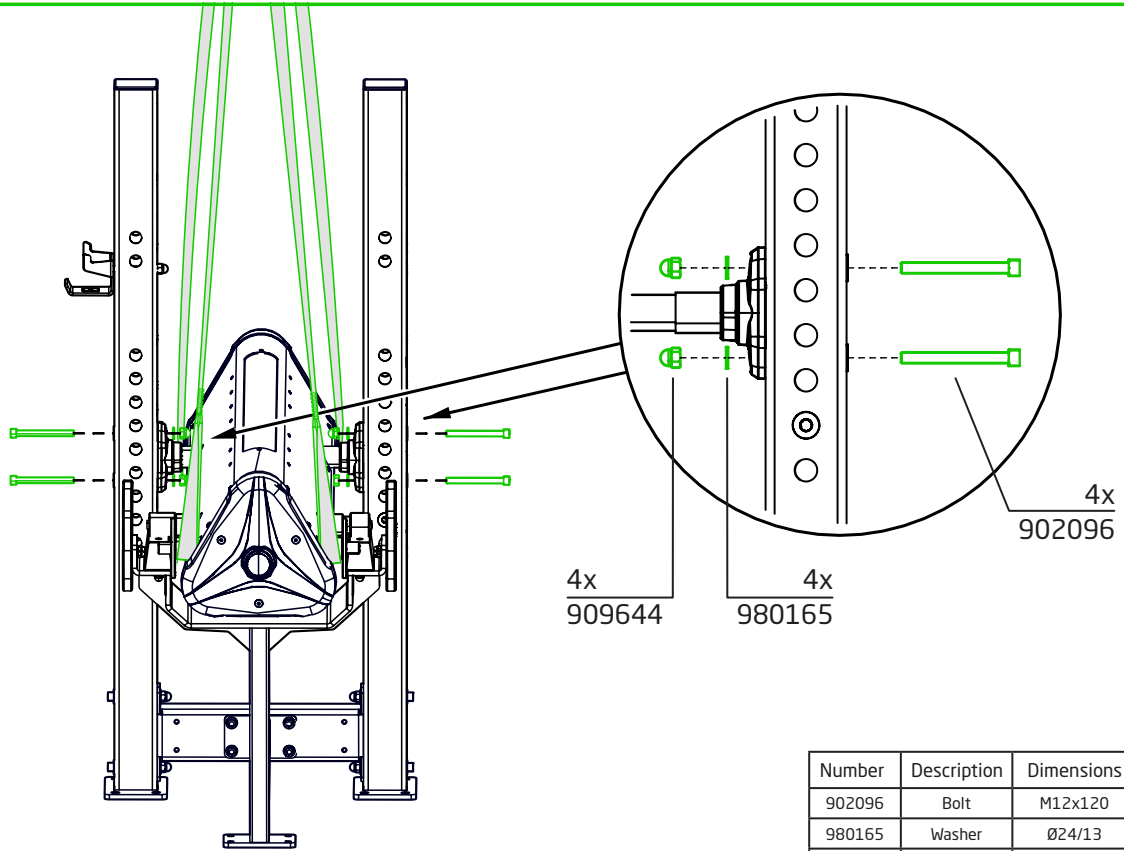


**Varo!** Noudatathan seuraavan työvaiheen aikana erityistä varovaisuutta. Painoyksikköä nostettaessa on varmistettava, että kuorma pysyy tasapainossa noston aikana.

**Caution!** Please take special caution during the next work phase. When lifting the weight unit, make sure that the load remains balanced during lifting.

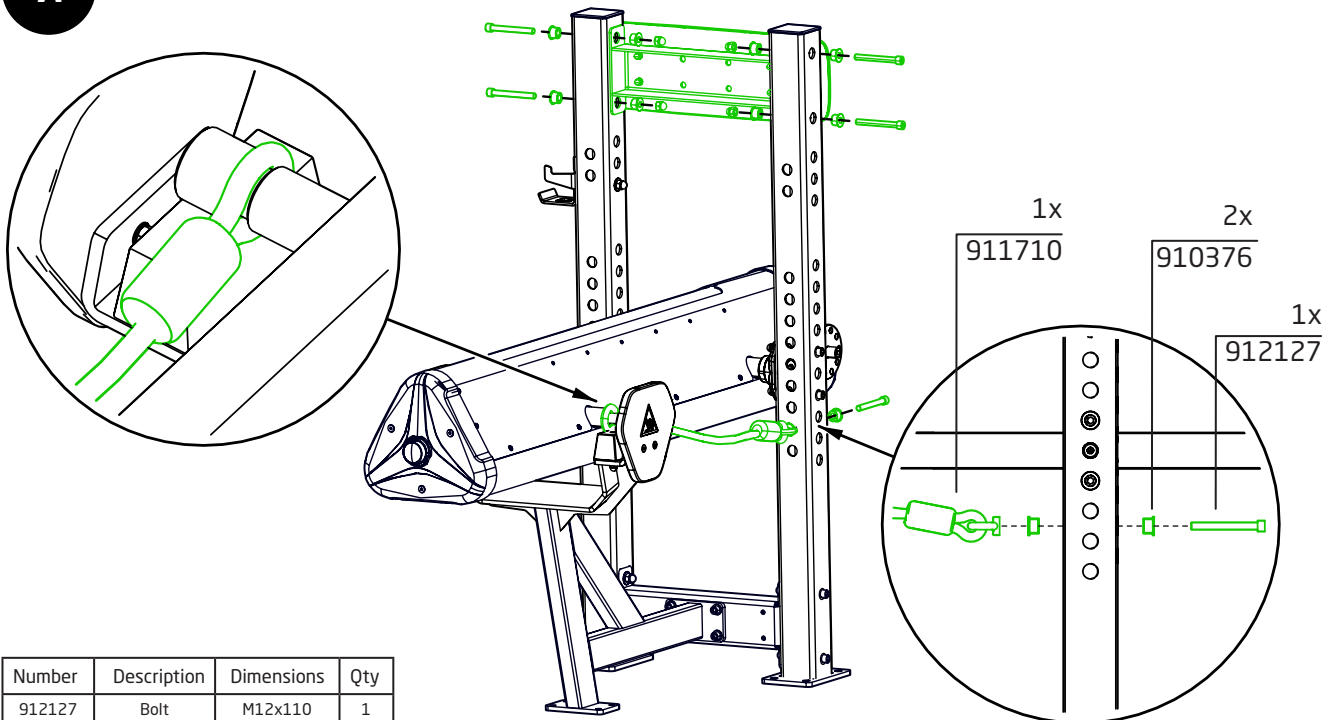


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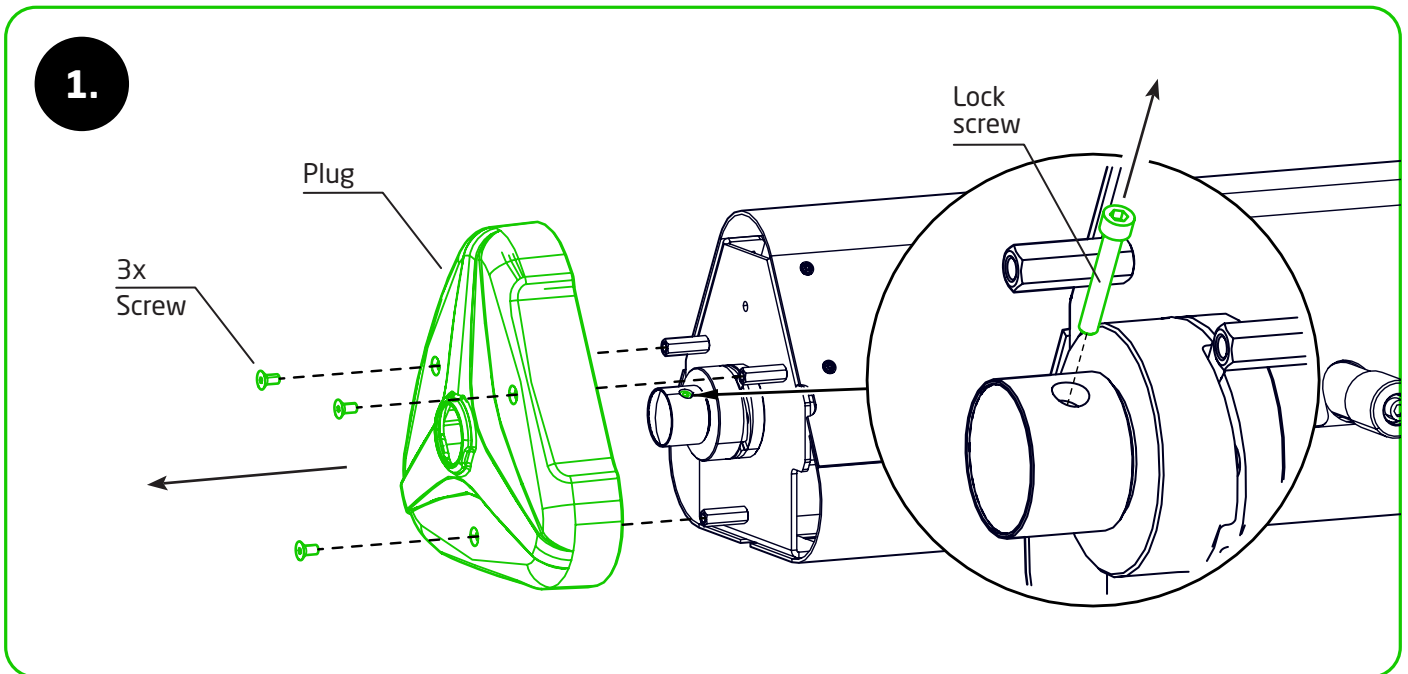
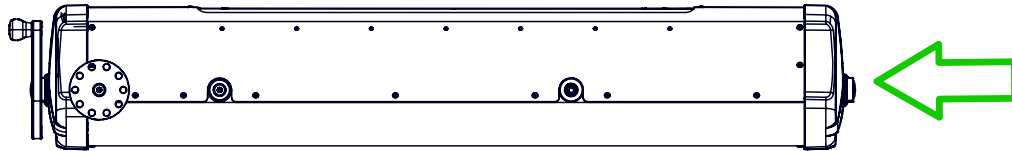


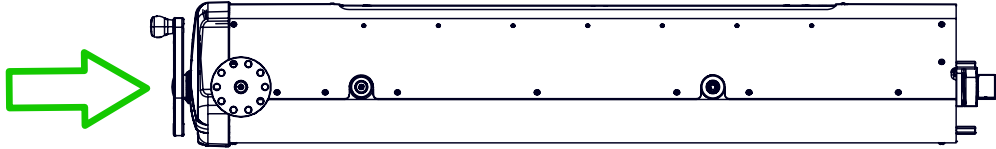
Number	Description	Dimensions	Qty
902096	Bolt	M12x120	4
980165	Washer	Ø24/13	4
909644	Nut	M12	4

7.

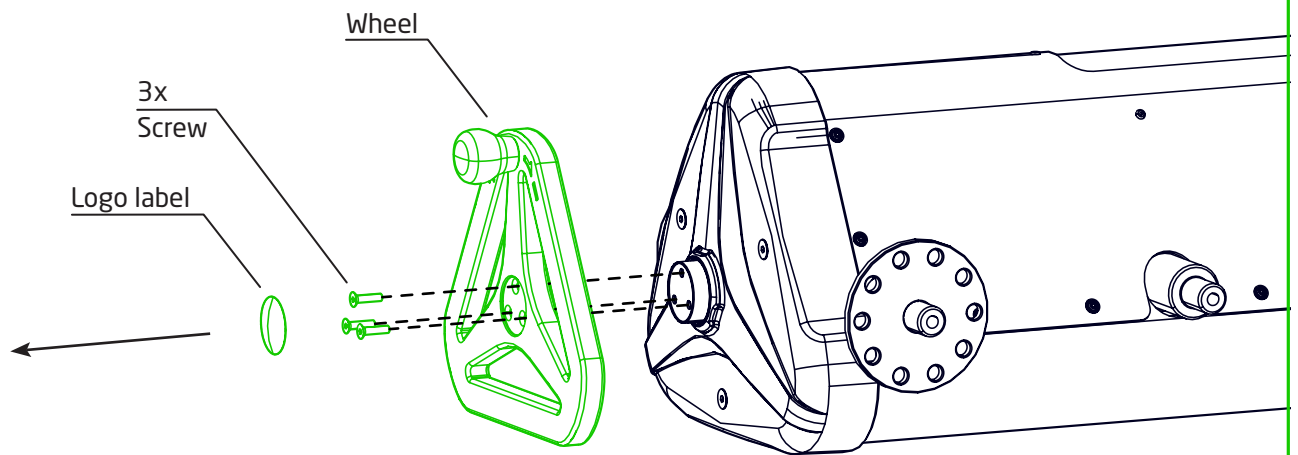


Number	Description	Dimensions	Qty
912127	Bolt	M12x110	1
910376	Socket	Ø30x17	2
911710	Safety cable		1

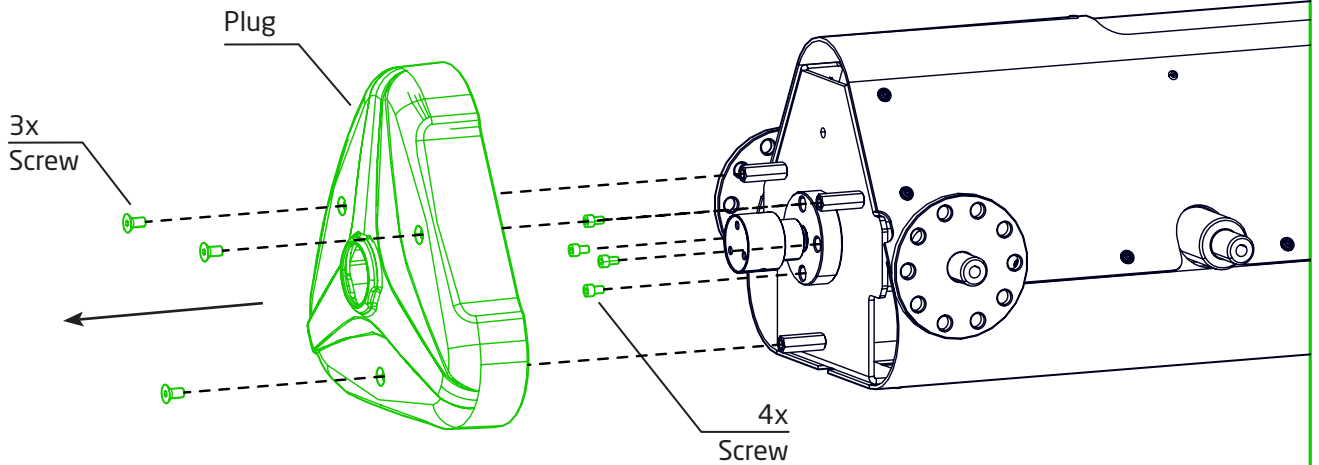


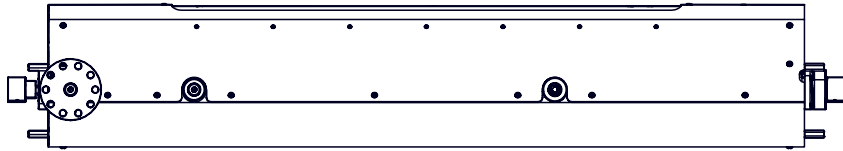
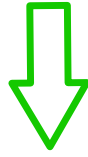


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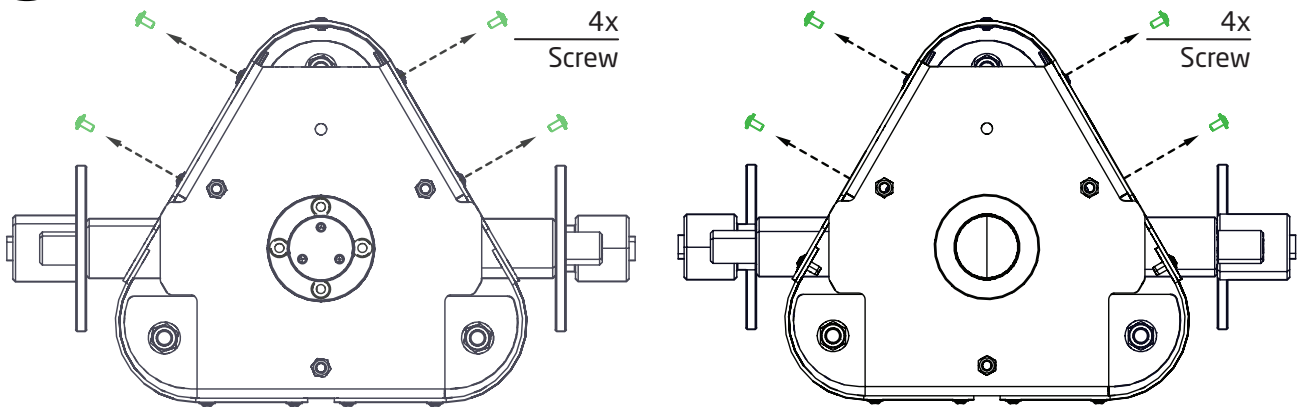


**3.**

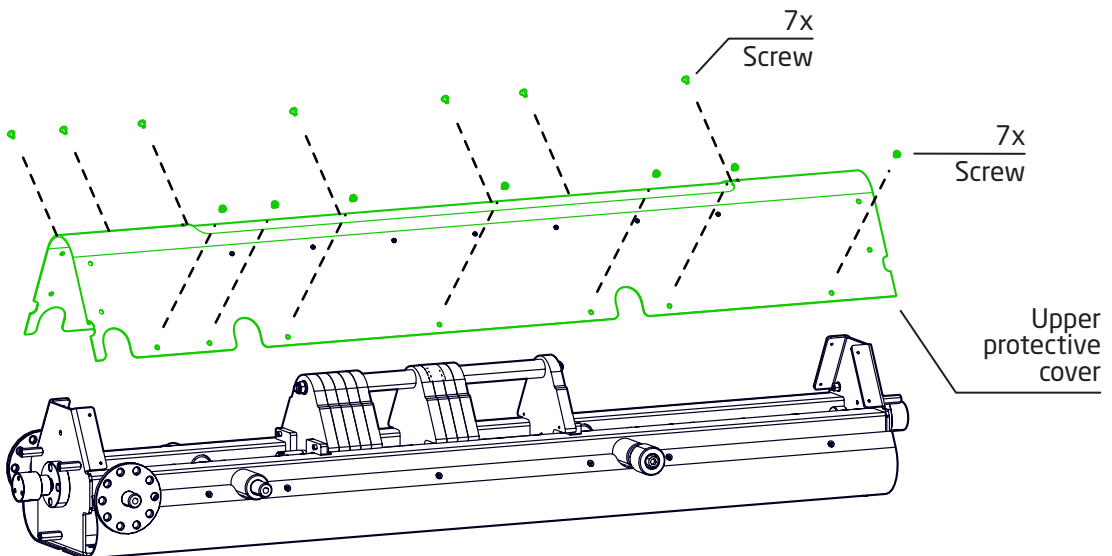


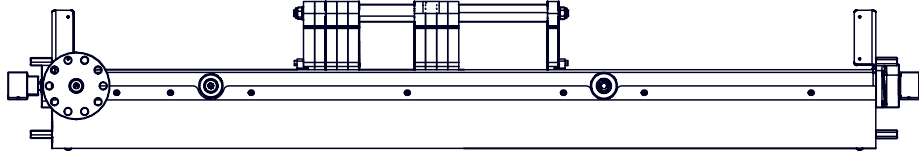


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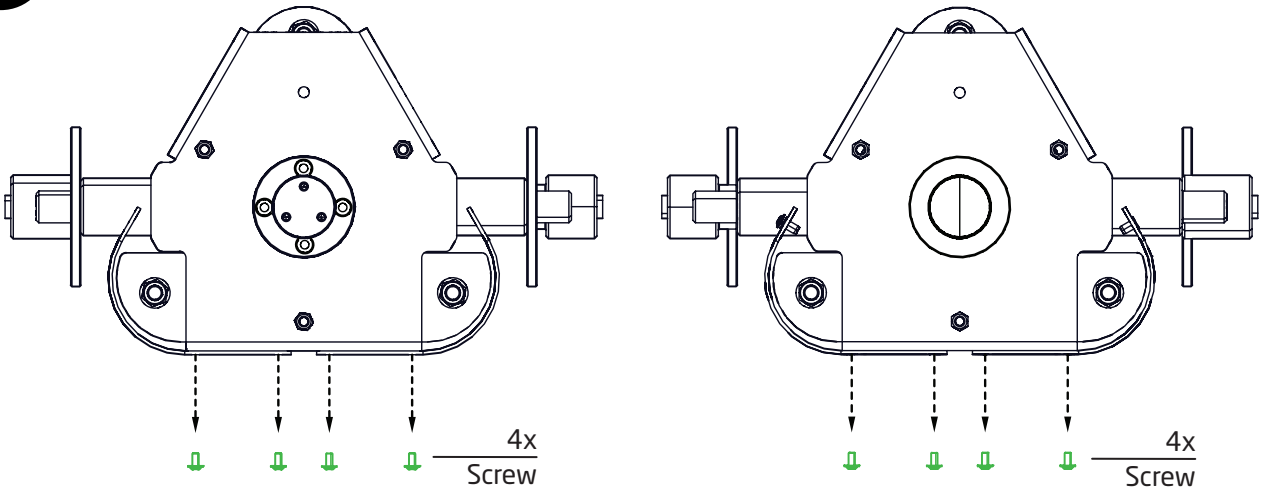


5.

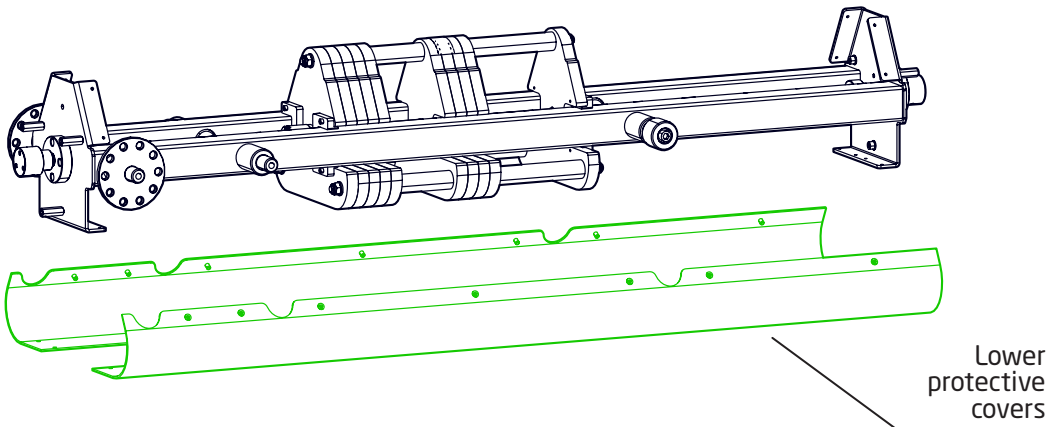




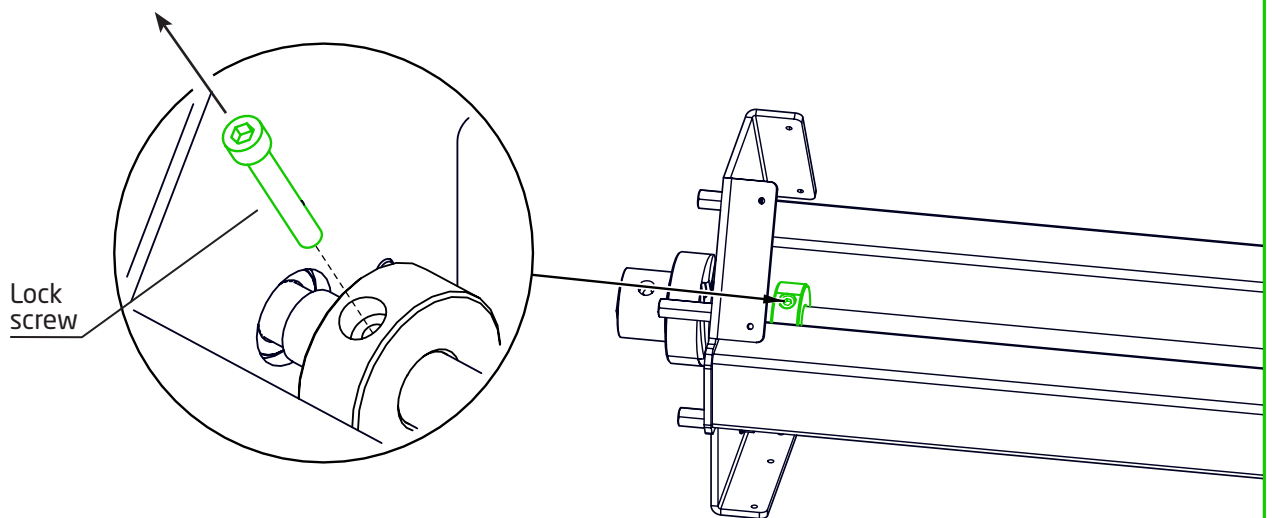
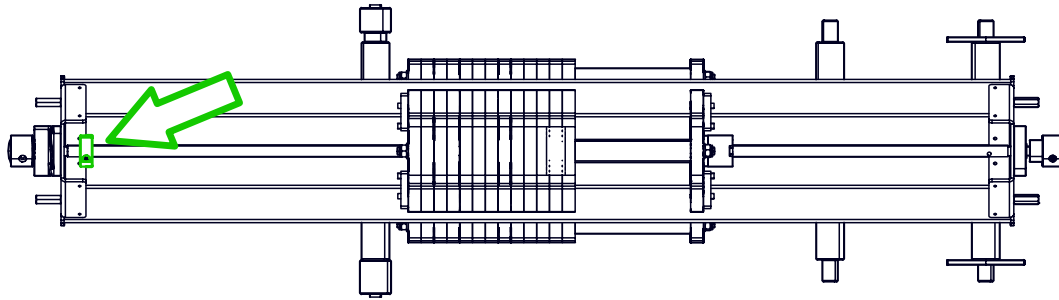
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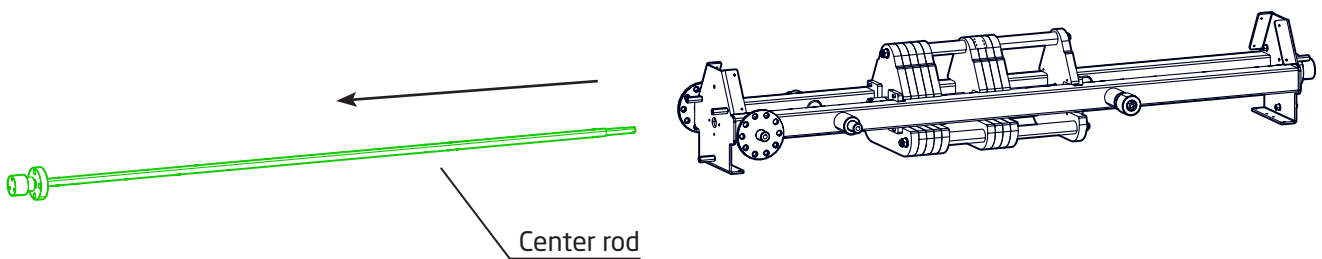
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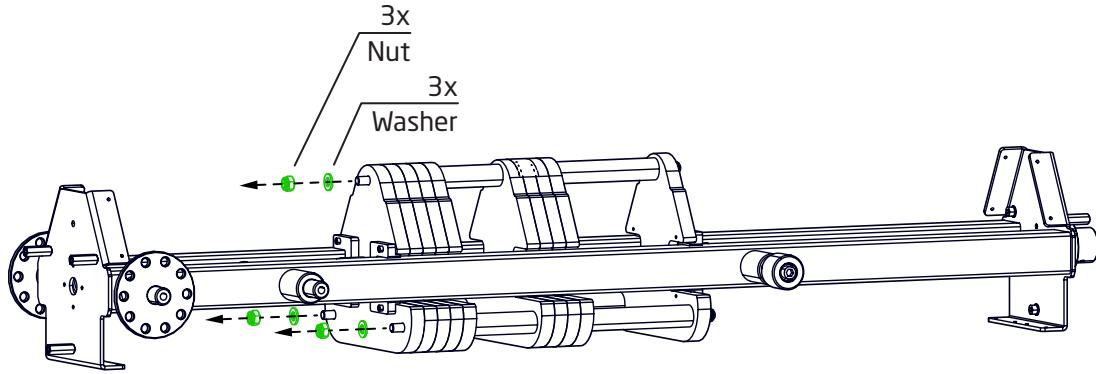
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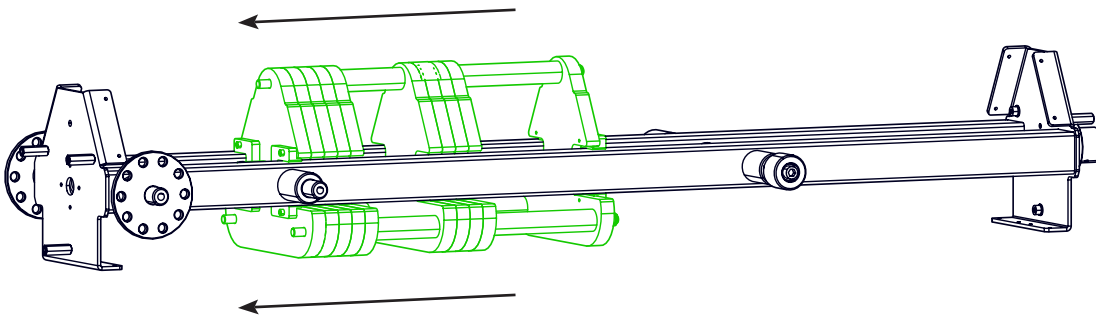
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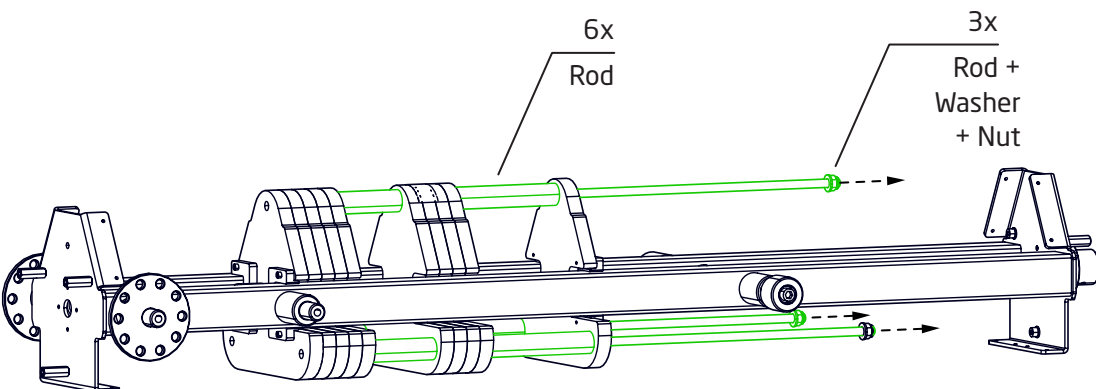
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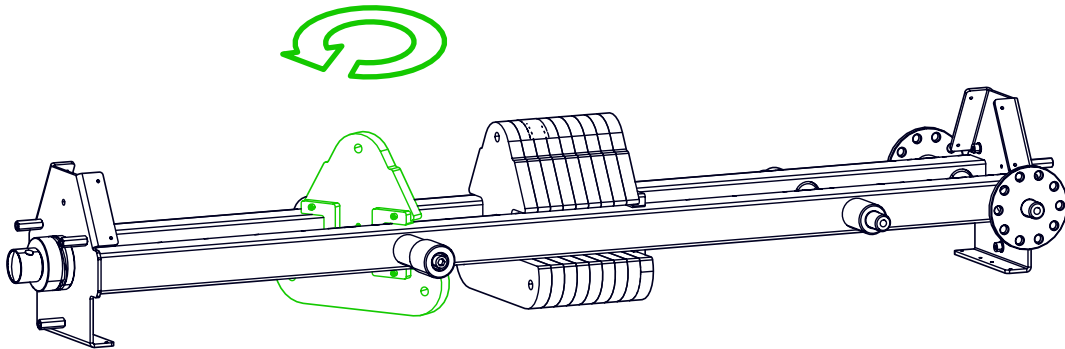
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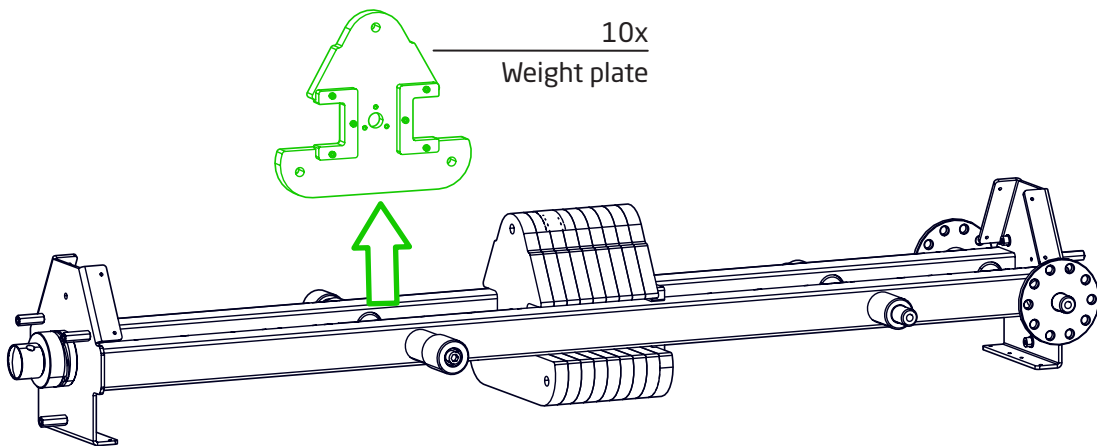
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13.

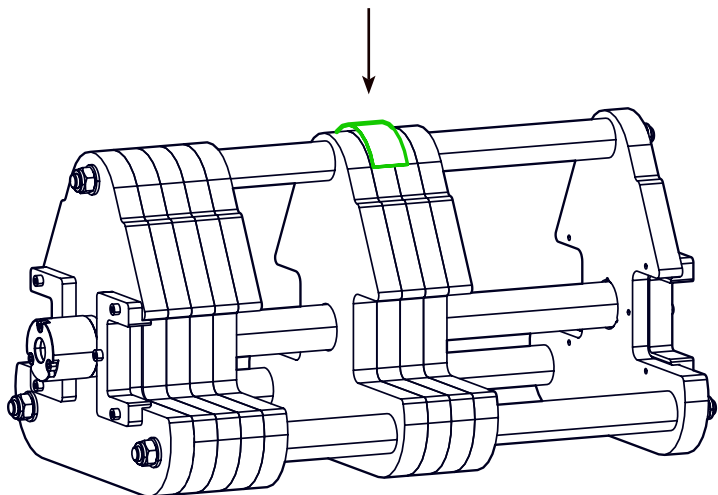


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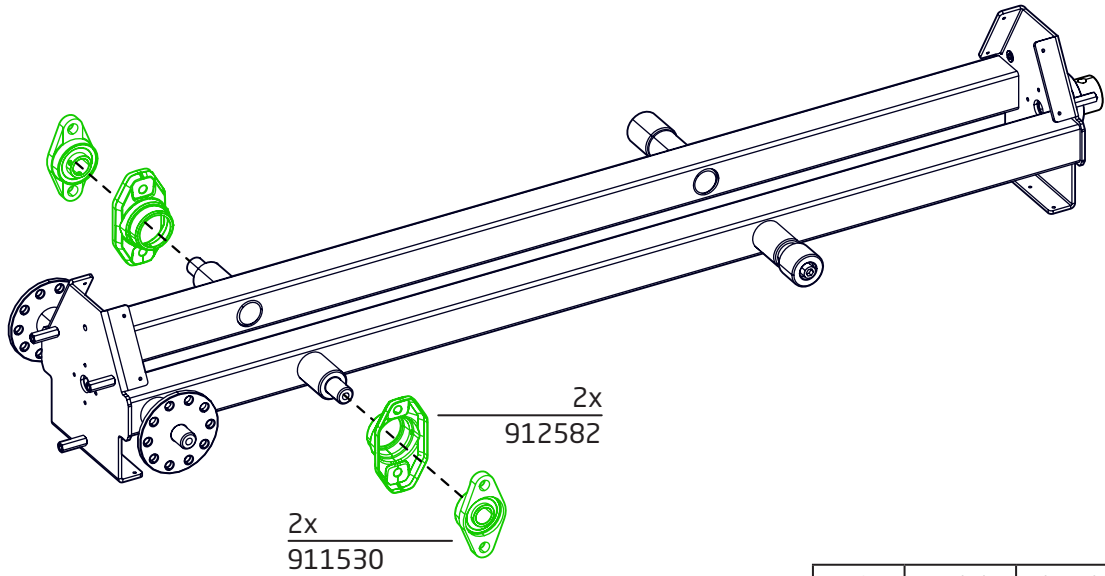


**Huom!** Painoyksikköä koottaessa uusi osoitintarra vaihdetaan painopakkaan.

**Note!** When assembling the weight unit, a new pointer label is replaced on the weight stack.

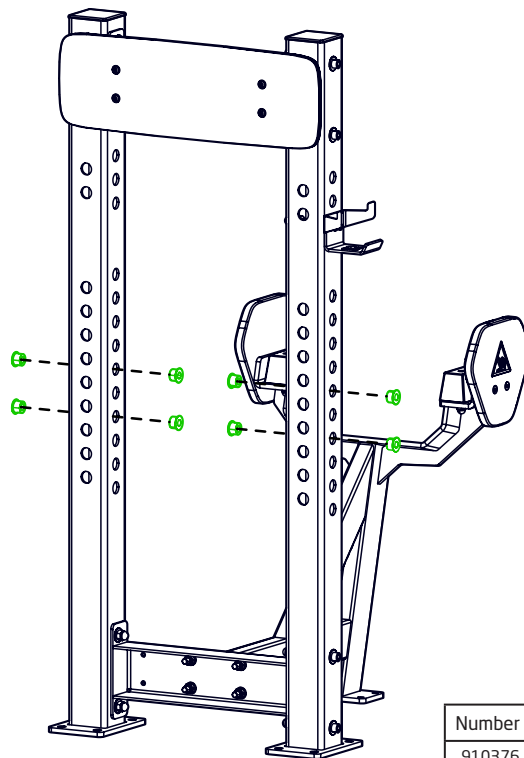
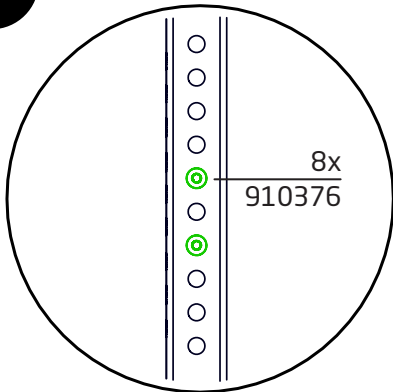


15.



Number	Description	Dimensions	Qty
912582	Bearing cover		2
911530	Bearing		2

16.



Number	Description	Dimensions	Qty
910376	Socket	Ø30x17	8



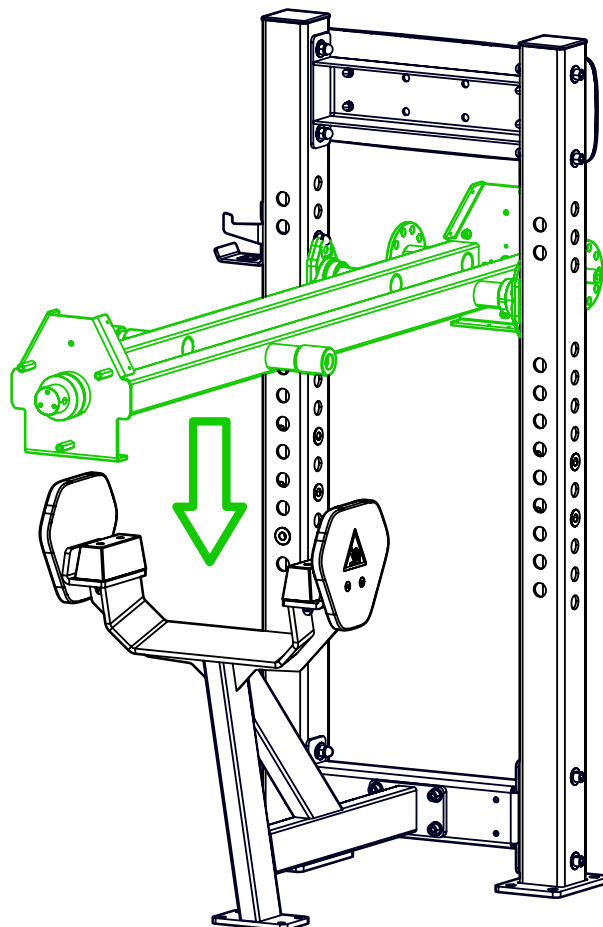
**Varo!** Noudatathan erityistä varovaisuutta asennettaessa painoyksikköä runkotolppien väliin. Työvaiheessa on puristumisvaara.

**Caution!** Please take special caution when installing the weight unit between the frame posts. There is a risk of being squashed.

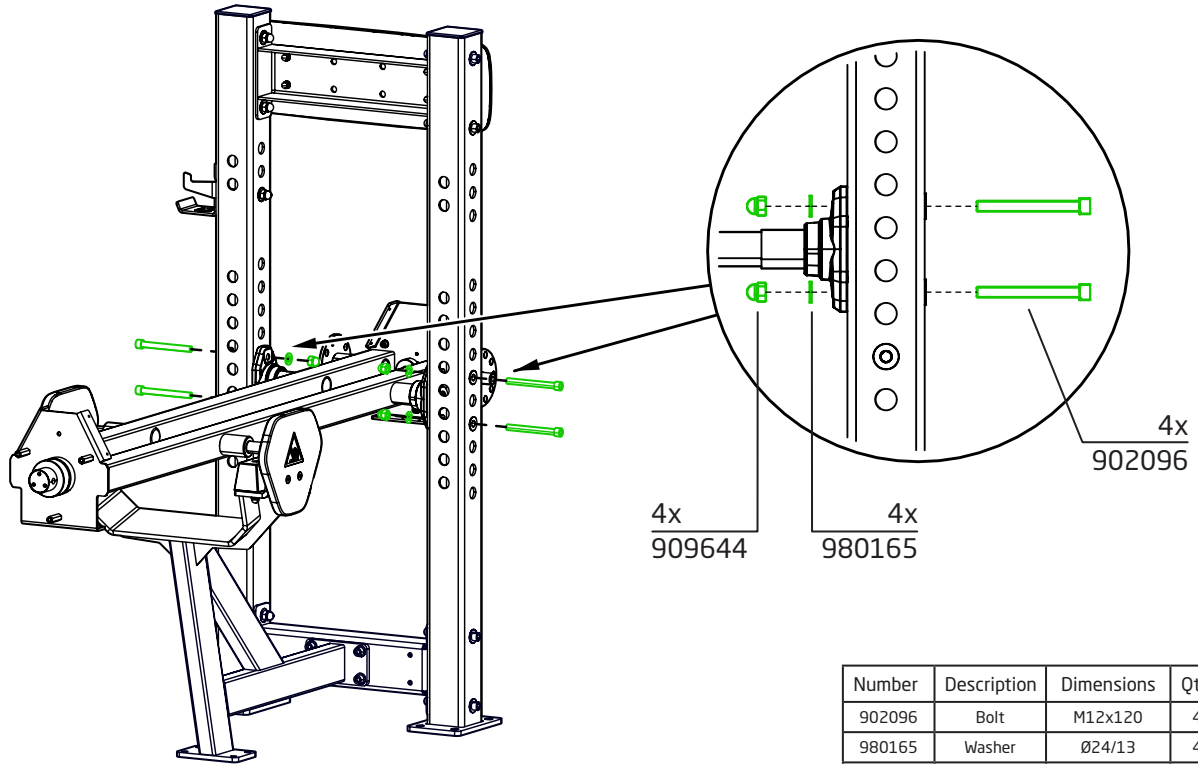
Viimeisen vaiheen jälkeen voit koota painoyksikön päinvastaisessa järjestyksessä ja sen jälkeen siirtyä seuraavaan kappaleeseen: **HANDLES.**

After the last step you can assemble the weight unit in a reverse order and after that move on to step: **HANDLES.**

17.

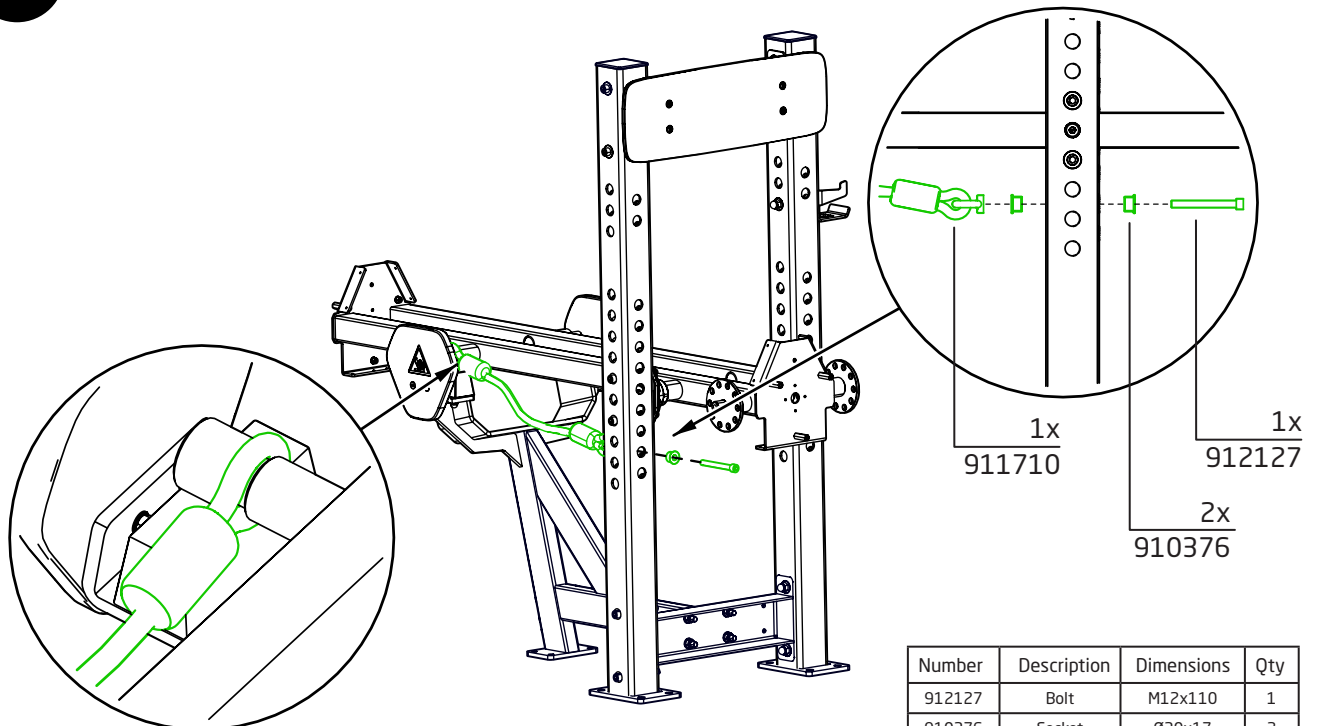


18.

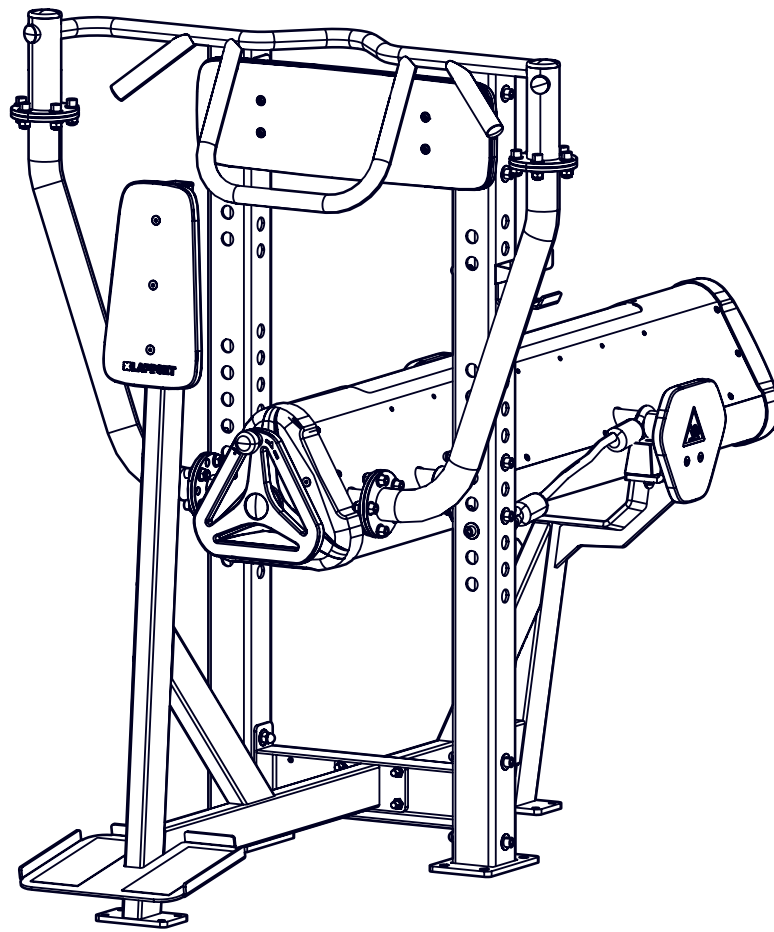


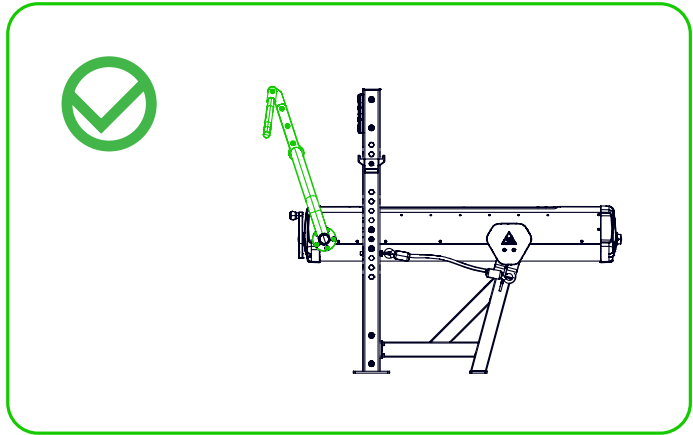
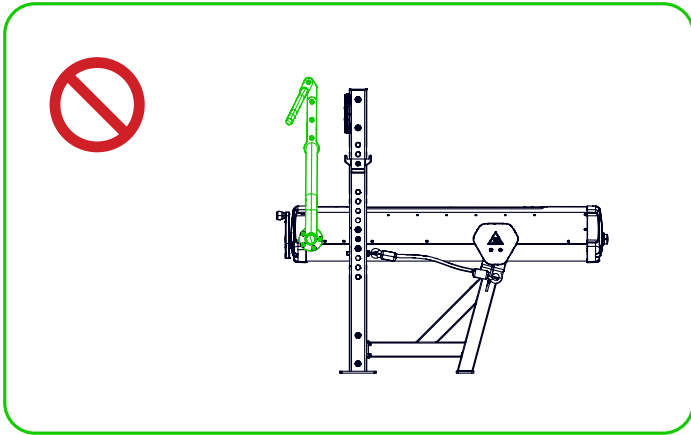
Number	Description	Dimensions	Qty
902096	Bolt	M12x120	4
980165	Washer	Ø24/13	4
909644	Nut	M12	4

19.



Number	Description	Dimensions	Qty
912127	Bolt	M12x110	1
910376	Socket	Ø30x17	2
911710	Safety cable		1



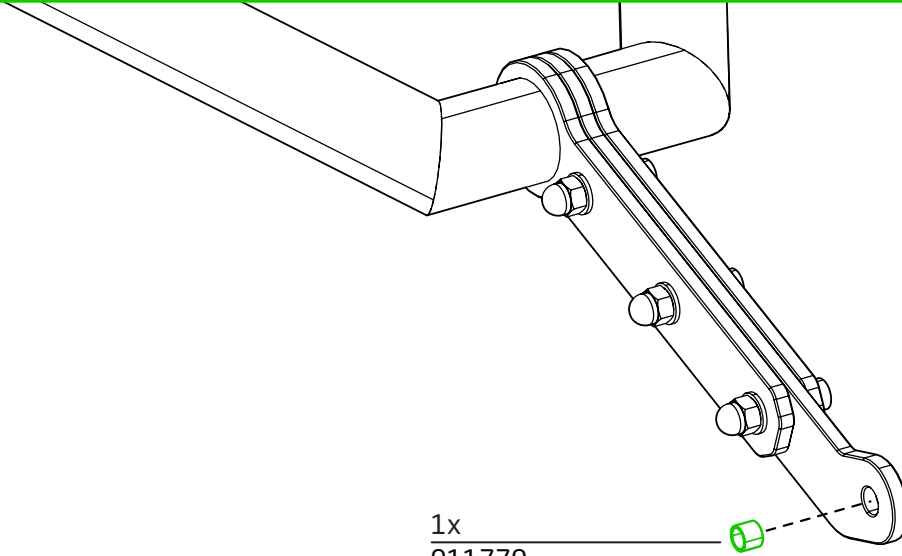


**1.**

Number	Description	Dimensions	Qty
911772	Arm		2
909146	Screw	M12x35	10
980165	Washer	Ø24/13	20
902234	Nut	M12	10

**2.**

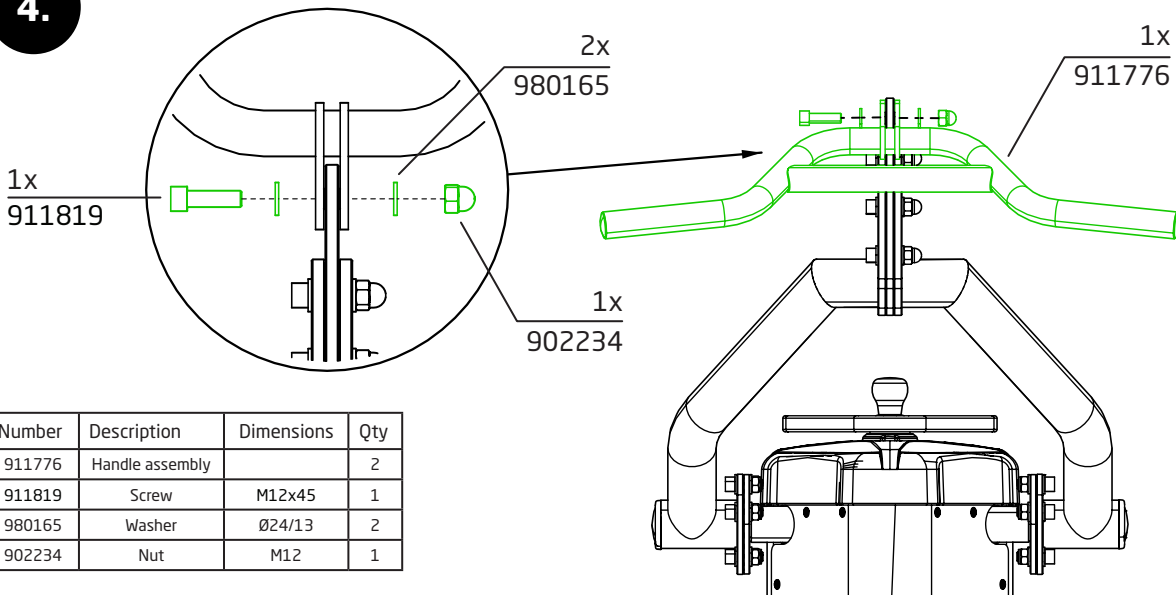
3.



1x  
911779

Number	Description	Dimensions	Qty
911779	Bushing		1

4.



Number	Description	Dimensions	Qty
911776	Handle assembly		2
911819	Screw	M12x45	1
980165	Washer	Ø24/13	2
902234	Nut	M12	1