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HMS PWL8324 Multi Functional Handlebar



Product Usage Instructions

- Assemble the frame components, including the foot set and handle over as per the manual instructions.
- Adjust the height and angle of the equipment using the provided screws and nuts.
- Attach the bench and other accessories following the provided steps.
- Secure all connections by tightening the screws and nuts.
- Store the product in a cool place away from direct sunlight. Regularly wipe the surface with a non-corrosive cloth. Avoid putting heavy weights on the product during storage.

SAFETY PRECAUTIONS

1. Read this manual carefully before first use and retain it for future reference.
2. Observe all warnings and precautions, including assembly steps. Use it only for its intended purpose.
3. Assemble and use it only according to this manual to assure your safety. Inform all other users about safe usage.
4. Keep it away from children and pets. Don't let children be unattended near this device. Only an adult may assemble and use it.
5. Ask your physician for advice before starting any exercise program. It is especially necessary if you suffer from some health problems or if you take some medication

that could affect your heart rate, blood pressure or cholesterol level.

6. Observe body signals. If you feel some problems (pain, tightness in chest, irregular heartbeat, breathing shortness, dizziness or nausea), stop immediately, improper exercising can result in serious health problems or in an injury.
7. Put it only on a flat, dry, and clean surface and keep a safety clearance of at least 0.6 m from other objects for higher safety. Use a protective cover to protect the carpet or floor.
8. Wear appropriate sports clothes and sports shoes. Avoid too loose clothes.
9. Don't use it outdoors.
10. Check this device for damage or wear before each use. Regularly check all bolts and nuts. They should be well-tightened. Re-tighten, if necessary. Never use a damaged or worn device to ensure your safety.
11. If some sharp edges occur, stop using it.
12. If you hear some unusual noises coming from this device, stop using it.
13. No adjustable part should protrude and obstruct user movements. Only one person may use it at a time.
14. It is not intended for therapeutic purposes.
15. Pay attention while lifting or transporting it to avoid back injury. Use only proper lifting techniques or ask another person for help.
16. Don't do any improper modifications of this product. If necessary, contact authorized service.
17. Category: The equipment has been tested and certified according to EN ISO 20957-1 under class
H. It is not suitable for therapeutic use.

Technical data

- **Assembly size:** 105 x 96 x 185/235 cm
- **Max user's weight:** 150 kg
- **Weight net:** 30 kg
- **Weight gross:** 33 kg

Storage and Maintenance

- Store in a cool place, do not expose to the sun for a long time.

- Wipe the surface of the device regularly; do not use corrosive substances to wipe.
- When stored, do not press heavy weights on this product.

ASSEMBLING INSTRUCTION

STEP 1: Open the package to confirm the products components

A foot tube (2pcs)



B frame with cover (2pcs)



C L style tube (2PCS)



D elbow support 1 set



E foot set (4pcs)



F support column



G horizontal bar



H connecting tube



I handle cover



J main fram connecting tube



W back support tube



Tools parts

K screwM8x65mm(16pcs)



L screwM8x65mm(4pcs)



M screw driver13-17 (2pcs)

Cross screw driver (1pc)



N hex screw M8x75 (2pcs)



O screw with plastic head 8x50 (2pcs)



P nut M8 (2pcs)



Q hex screw M8x55 (4pcs)



S hex screw M8x12mm (2pcs)



T leg set



U sit up bench



V plastic washer



X hex screw M10x20mm (2pcs)



Y screw with plastic head M8x70 (1pc)



Z hex screw M8x55mm (1pc)



W bolts 8x66 (2pcs)



STEP 2: ASSEMBLING FOOT SET

PARTS:

E FOOT SET (4PCS)



A FOOT TUBE (2PCS)

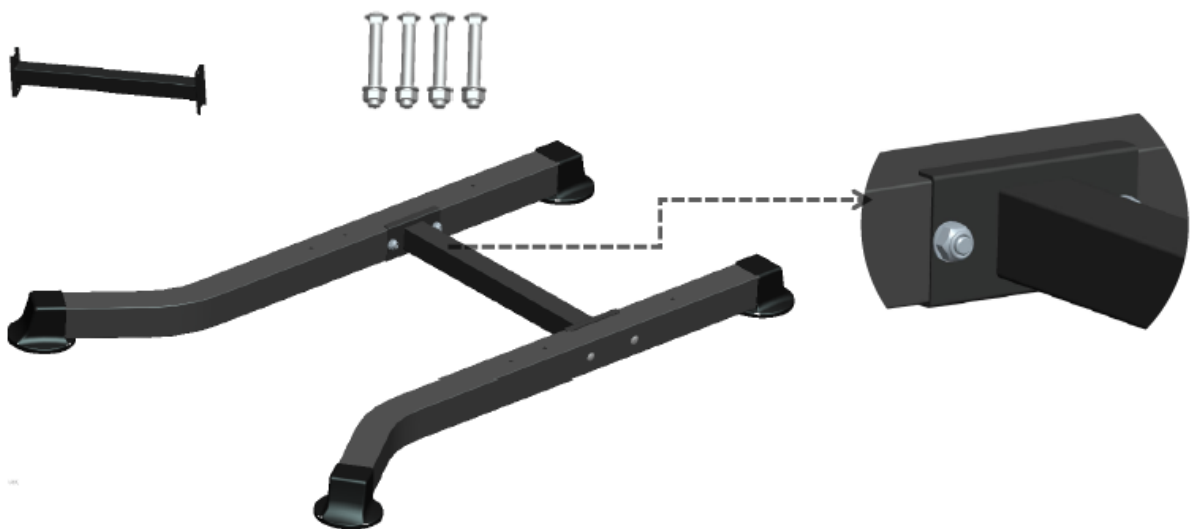


STEP 3: ASSEMBLING FRAME CONNECTING TUBE

PARTS:

H FRAME CONNECTING PIPE

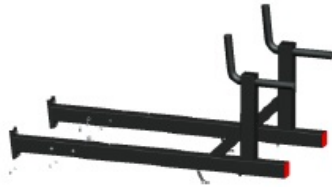
K SCREW M8x65mm(4PCS)



STEP 4: ASSEMBLING MAIN FRAME

PARTS:

B MAIN FRAME



F SUPPORT TUBE



K SCREWM8x65mm (12PCS)



I HANDLE COVER



STEP 5: ASSEMBLING MAIN FRAME WITH BACK SUPPORT, CONNECTING TUBE

L HEX SCREW M8x65mm (4PCS)

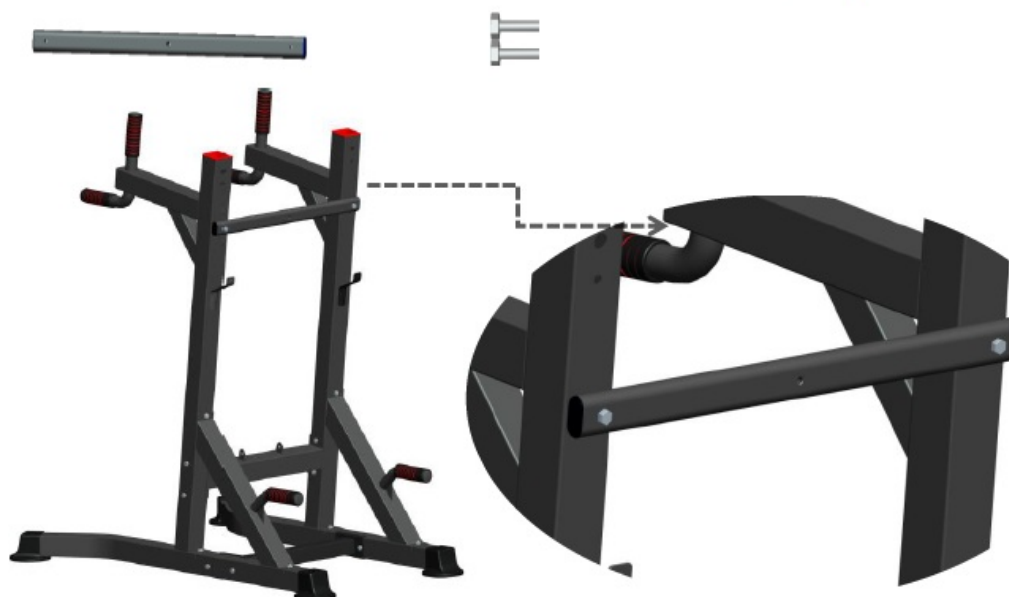
J MAIN FRAME CONNECTING TUBE



PARTS

W BACK SUPPORT TUBE

S HEX SCREW M8x12mm (2PCS)



SETP 6: ASSEMBLING ELBOW SUPPORT

Q HEX SCREW M8x55 (4 pcs.)

D ELBOW SUPPORT



Install elbow pad on main frame with M8x55mm hexagon bolt

STEP 7: ASSEMBLING L-STYLE TUBE AND TOP HORIZONTAL BAR

C L STYLE TUBE (2PCS)

G HORIZONTAL BAR (with handle cover)
M8x75 (2pcs)

N HEX SCREW



- Install the hanging bar on the upper frame with M8×75mm hex bolts. Then install the top frame on top of the main frame.

STEP 8: Adjust the height and angle

○ SCREW WITH PLASTIC HEAD 8x50 (2PCS)



P NUT M8 (2PCS)



- Adjust the height of the suspension bar with shockproof bolts and nuts M8.
- At this point, the assembly of the large frame is over.
- Please fix the bolts and nuts properly.

STEP 9: Install the supine board (and use)

V plastic washer X hex screw M10x20mm(2pcs)

U sit up bench

W bolts 8x66(2pcs)

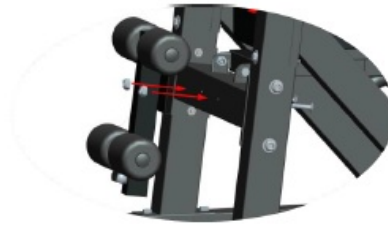


- Use the M10X20 external hexagon screw with a plastic gasket

Mounting tube

STEP 10

K screwM8x65mm (2pcs) **T** leg set



- The bolt adjusts the back of the back folding

STEP 11: Folding storage



- Screw with plastic handle (fixed supine board for backrest)

GUARANTEE CARD

- Article name:.....
- EAN code:.....
- Date of sale:

GUARANTEE TERMS

1. The Seller provides guarantee on behalf of the Guarantor within the territory of the Republic of Poland for the period of 24 months from the date of sale: electric power assisted booster 24 months, charger 6 months.
2. The Guarantee will be recognised by the shop or service centre after the client provides:
 - clearly and correctly filled-in guarantee card with the sale stamp and the seller's signature

- valid purchase confirmation for the equipment, including the date of sale/bill, the complained product.
3. Possible defects and damages revealed during the guarantee period shall be remedied free of charge within not more than 21 days from the delivery of the product to the shop or service.
 4. Should it be necessary to import some components, the guarantee term can be extended by the period required to import such part; however, such period shall not be longer than 90 days.
 5. The guarantee does not cover:
 - mechanical damages and subsequent defects,
 - damages and defects resulting from incorrect storage and usage of the equipment against its purpose,
 - incorrect assembly and maintenance,
 - damages and consumption of such elements as: cables, straps, rubber parts, pedals, sponge grips, wheels, bearings, etc.
 6. The guarantee expires in the event of:
 - expiry of the validity term,
 - self-repairs,
 - Failure to follow the rules of correct operation.
 7. The product handed over for repair should be complete and clean. If some parts are missing, the service is entitled to refuse to accept the product for repair. The service may refuse to accept a dirty product or clean it on the expense after the client's written permission.
 8. The guarantee does not cover activities related to assembly, maintenance, which, according to the instruction, the user is obliged to perform themselves.
 9. The Guarantor also informs that they offer post-guarantee service.
 10. The product should be provided in its original packaging and should be secured for shipment.
 11. To exercise the guarantee, follow the procedure posted on the website:

<https://serwis.abisal.pl/>

In case of non-conformity of the sold thing with the contract, the buyer is entitled by law to legal remedies from and at the expense of the seller. The guarantee does not affect such remedies.

THE EQUIPMENT IS NOT INTENDED FOR REHABILITATION AND THERAPY

NOTES ON THE COURSE OF REPAIRS

Item	Date of notification	Date of provision	Course of repairs	Signature of the recipient (shop, owner)

CONTACT

- Abisal Sp. z o.o.
- ul. Pyskowicka 17
- 41-807 Zabrze
- www.abisal.pl

IMPORTER: ABISAL SP. Z. O.O., ul. Pyskowicka 17, 41-807 Zabrze, Polska


DISTRIBUTOR: ABISTORE SPORT S.R.O, U Cihelny 230/3, 74801 Hluein, Česká Republika abisal@abisal.pl. www.abisal.pl



FAQ

- **Q: Can children use this equipment?**
 - **A:** No, children should not use this equipment unsupervised. Only adults are allowed to assemble and use it.
- **Q: What is the maximum weight capacity?**
 - **A:** The maximum user weight for this equipment is 150 kg.
- **Q: How should I clean the equipment?**
 - **A:** Use a non-corrosive cloth to wipe the surface regularly. Do not use harsh chemicals for cleaning.

Documents / Resources

	<p>HMS PWL8324 Multi Functional Handlebar [pdf] Instruction Manual</p> <p>PWL8324, PWL8324-HMS, PWL8324 Multi Functional Handlebar, PWL8324, Multi Functional Handlebar, Functional Handlebar, Handlebar</p>
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References

- [ABISAL Sp. z o.o. Importer sprzętu sportowego HMS NILS EXTREME SPURT](#)
- [ABISAL Sp. z o.o. Importer sprzętu sportowego HMS NILS EXTREME SPURT](#)
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