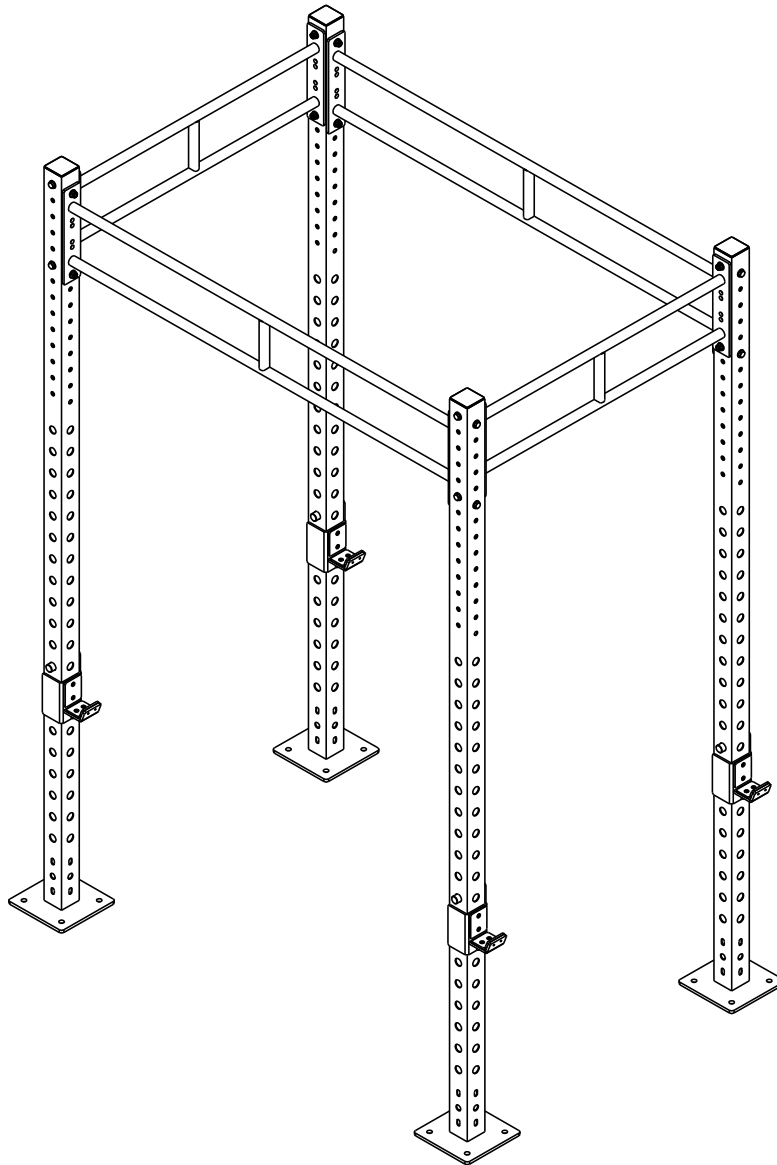


OWNER'S MANUAL

CROSSFIT CAGE (ITEM NO.:CT001)



IMPORTANT!

Please read all instructions carefully before using this *product*.
Retain this manual for future reference.

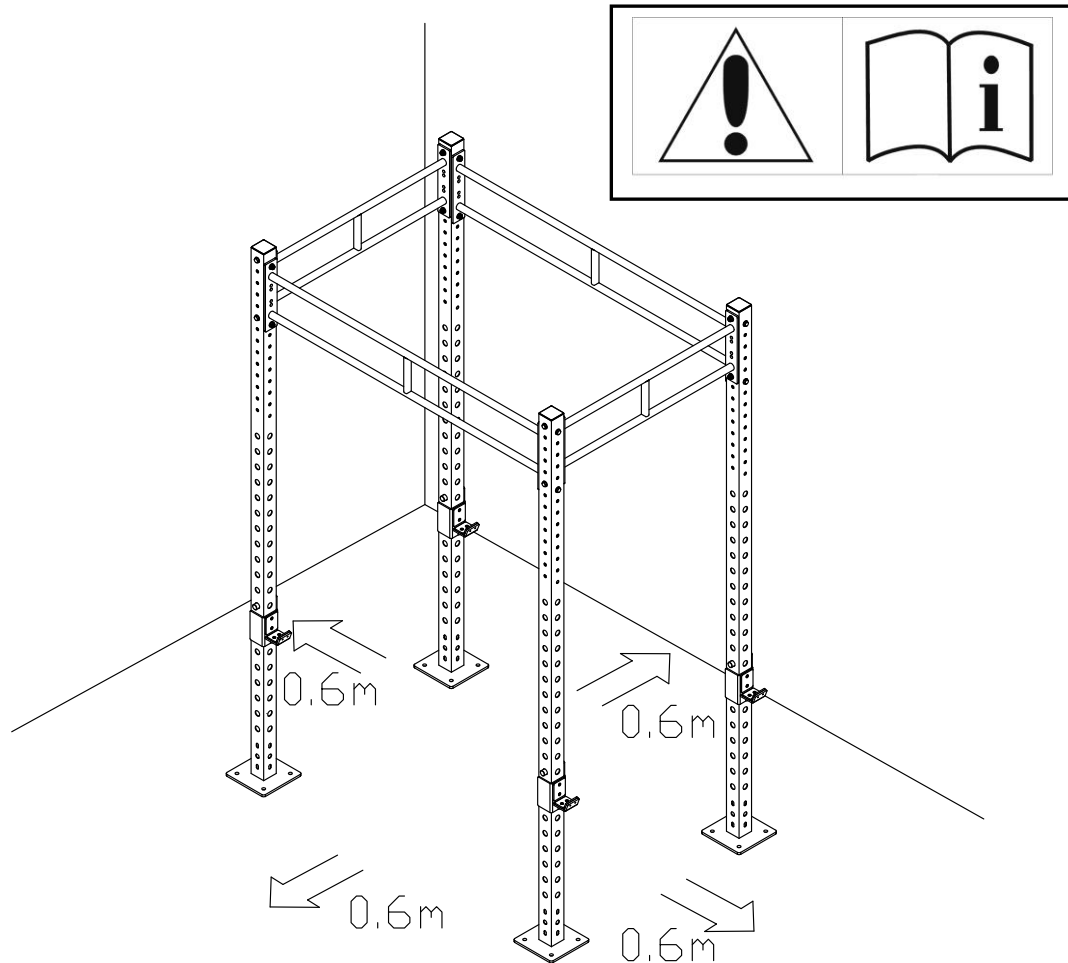
Important Safety Information

We thank you for choosing our product. To guarantee your safety and health, please use this equipment correctly, please read the information as below carefully before using this equipment.

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet.
6. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assemble, stop immediately. Do not use the equipment until the problem has been rectified.
7. Computer has a number of display function .It is based on the amount of human movement to reflect the different levels of the correspond values. Remind you in this warm , computer values maybe allowed, can only give you some reference.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- 9.This equipment is designed for indoor and family use. Maximum weight of user: **120kg.**
- 10.Care must be taken when lifting or moving the equipment so as not to injure your back.
11. Please keep this instruction manual and assembly tools at hand for quick reference.
12. The equipment is not suitable for therapeutic use.



We strongly recommend you that the equipment should have at least 0.6 meters of free space all around it. to ensure safety

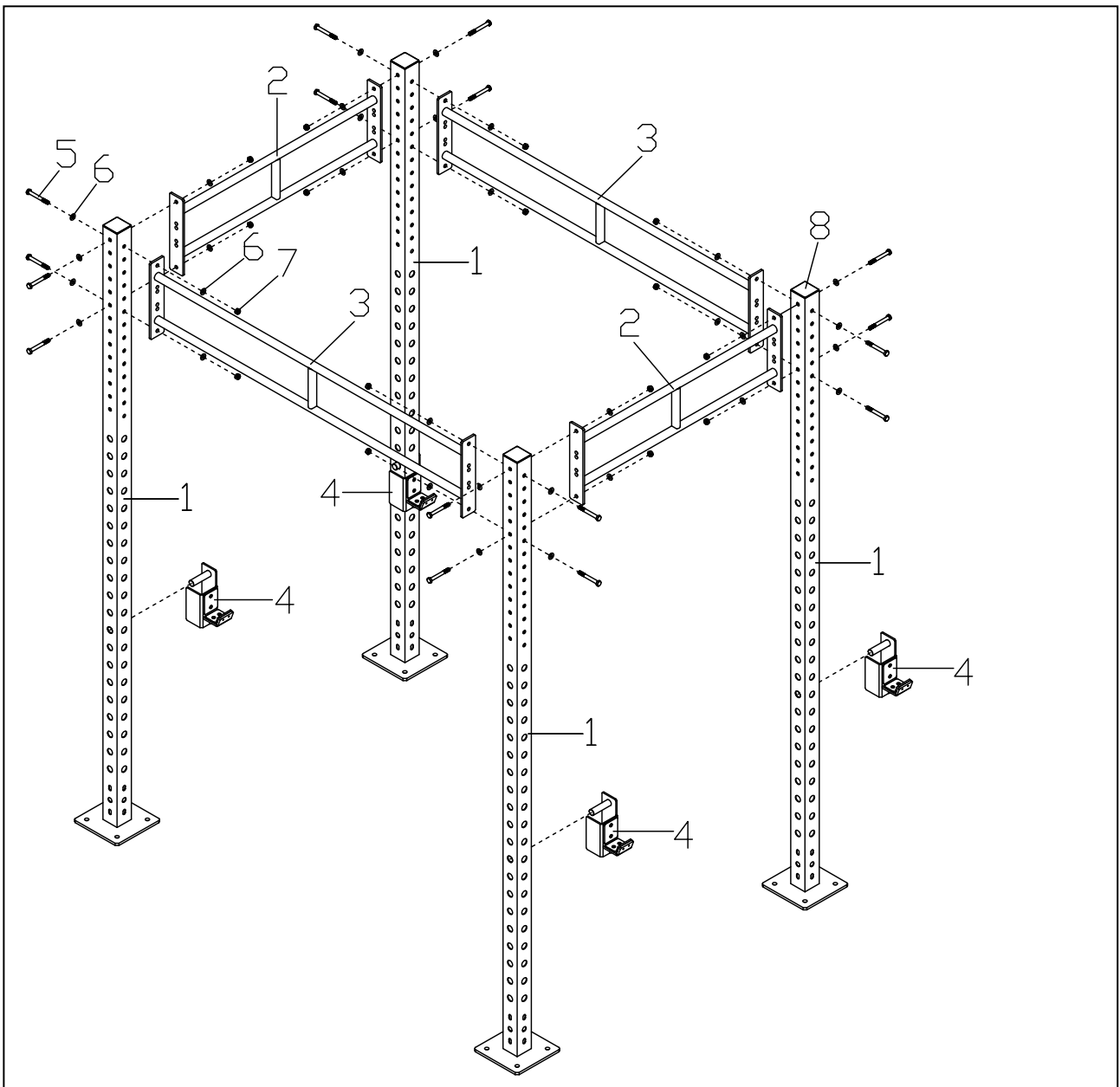


The total weight of the equipment:	146kgs
The total surface area of equipment	L1200*W1800*H2750 mm

Sen no Sen

28 rue jankelevitch
77184 Emerainville
Tel : 01.60.93.91.86
Fax : 01.72.76.06.22
email : commandes@sen-no-sen.fr

EXPLODE-VIEW:



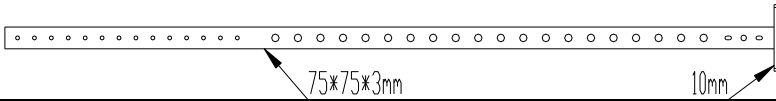
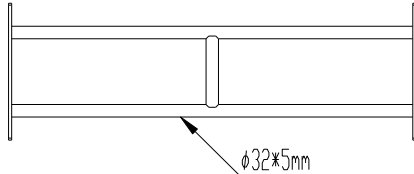
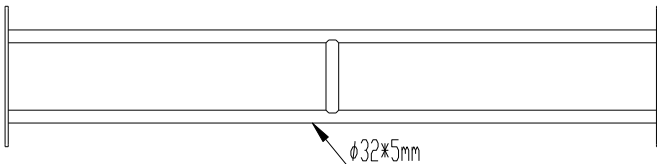
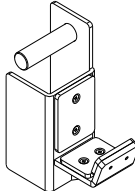
PART LIST:

NO.	DESCRIPTION	Q'TY
1	Upright frame	4
2	Short cross frame	2
3	Long cross frame	2
4	Safety hook	4
5	Hex bolt M12*100	16
6	Washer ID12	32
7	Nylon lock nut M12	16
8	End cap	4

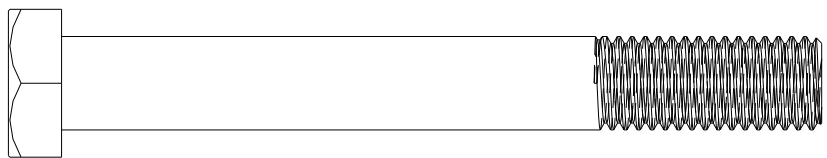
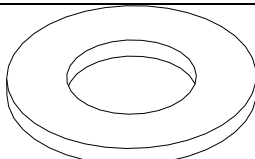
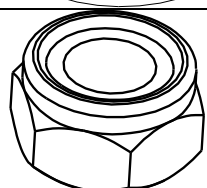
Please check all parts are present while the cross cage in the carton. To avoid injury, do not lift the magnetic rower from the carton."

Note: This may require two or more than two people to assemble

When you open the carton, and you will find the below parts in the carton

NO.	DESCRIPTION	Q'TY
1	Upright Frame 	4PCS
2	Short cross frame 	2PCS
3	Long cross frame 	2PCS
4	Safety hook 	4PCS

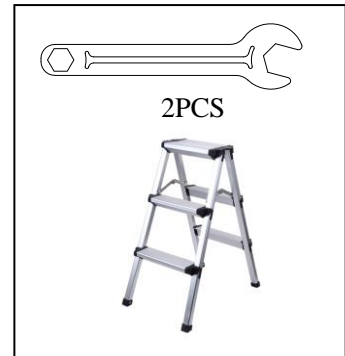
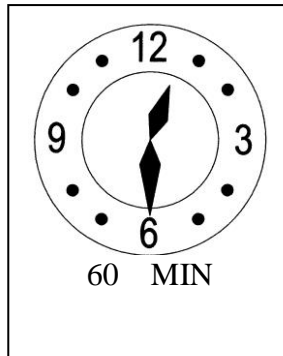
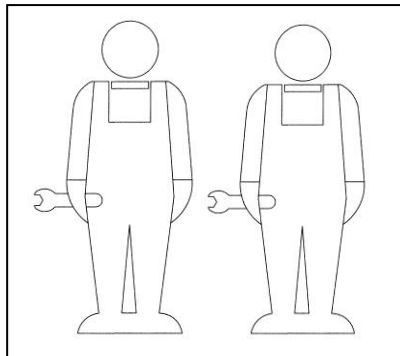
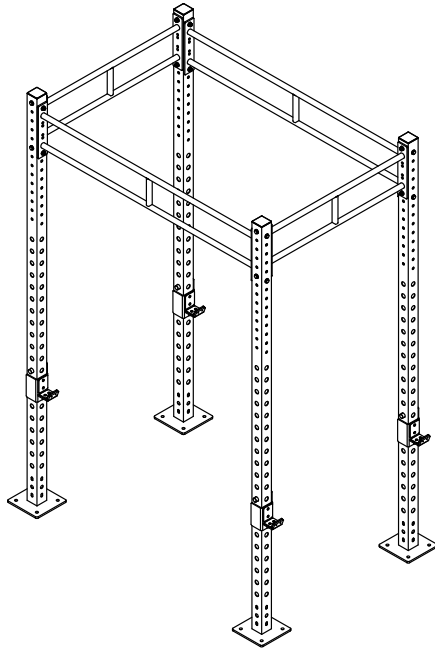
Spare parts you will need to assemble on the machine

ITEM	SIZE	Shape	Q'TY
5	M12*100		16PCS
6	ID12		32 PCS
7	M12		16 PCS

ASSEMBLY

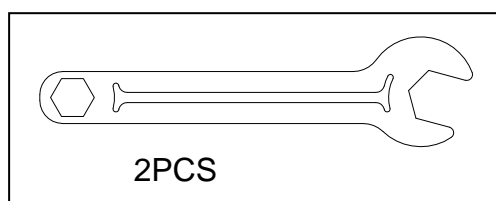
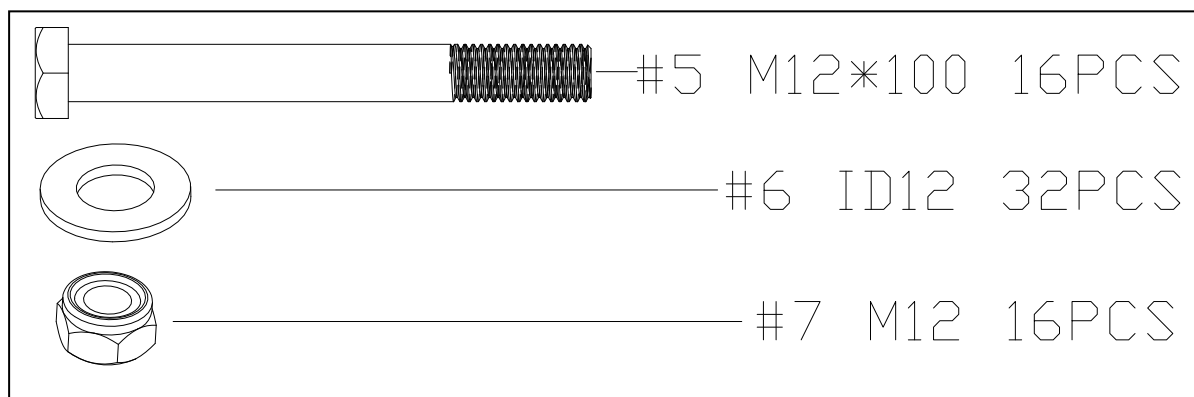
Please pay attention !!! This product is without any additional hardware, please prepare by your own


1. Two or more than two men powers are required to finish this assembly.
2. Please make sure if you have enough space to assemble the product ,
3. The product finished size is L1200*W1800*H2750 m/m.
4. Please find a high and solid chair or wall and flat ground to assemble it. The 2 pcs wrenches are required to finish the assembly.

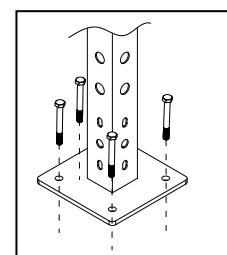


NOTICE

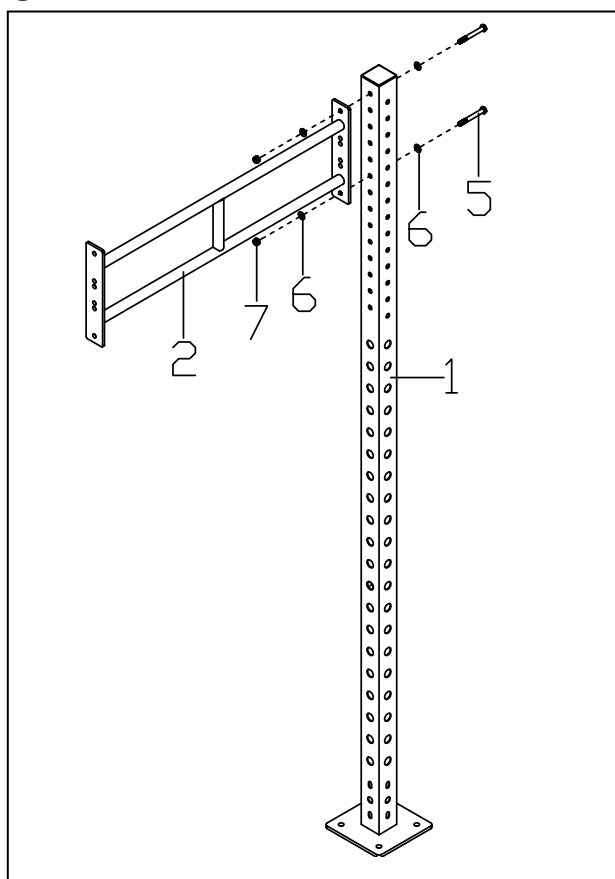
- Read this manual before assembly
- Recognize the spare parts first.
- Check the hardware.
- Ensure that you have the right tool.
- Prepare an area to assemble.
- Follow the instruction accordingly.
- Never force the joints
- Periodically tighten the joints.
- Keep this manual with you



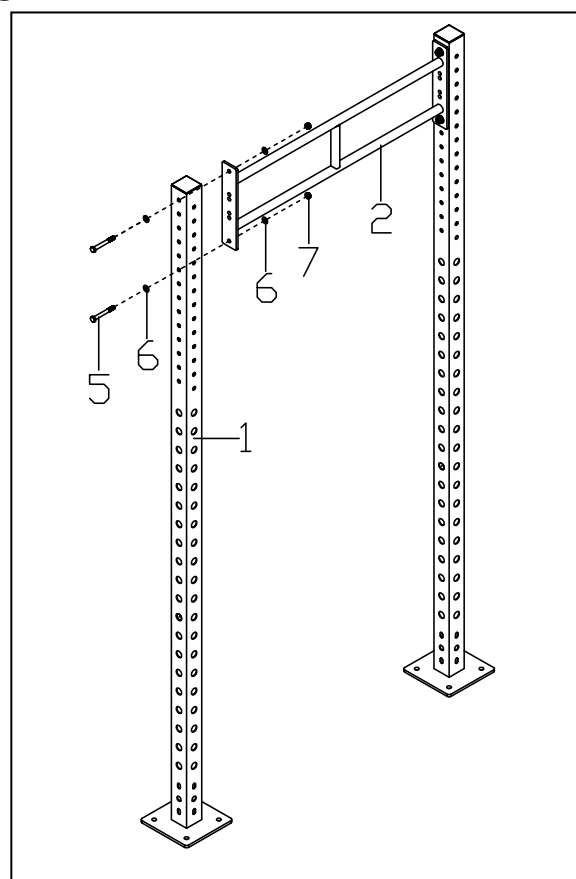
 For the safety reason, when starting the assembly, please make sure the safety place and the way to process it . **First please fix one pipe (#1) to the floor then just starting other assembly process**



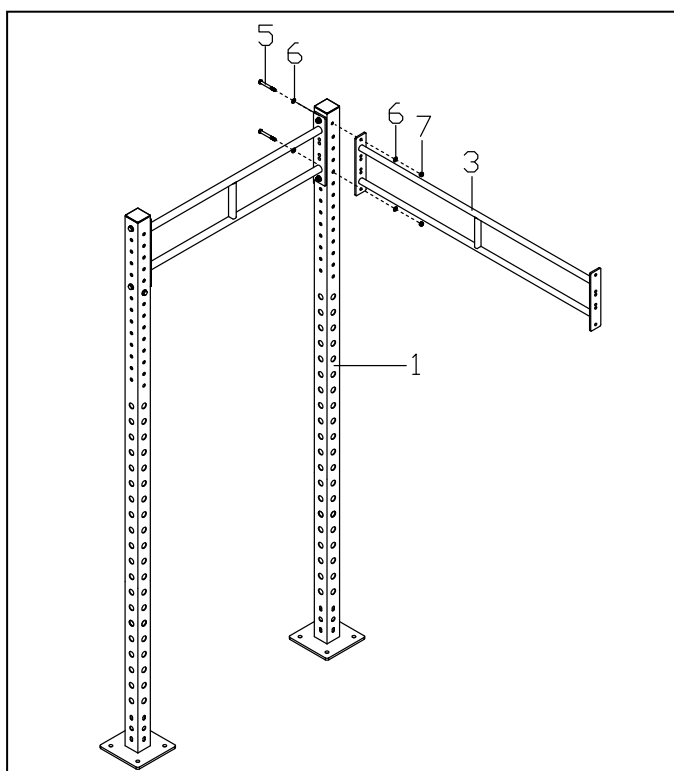
STEP 1:



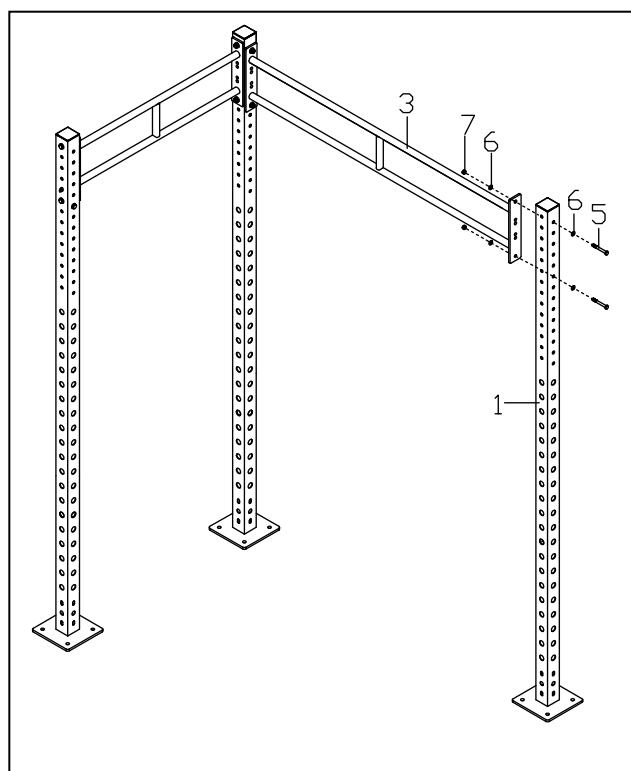
STEP 2:



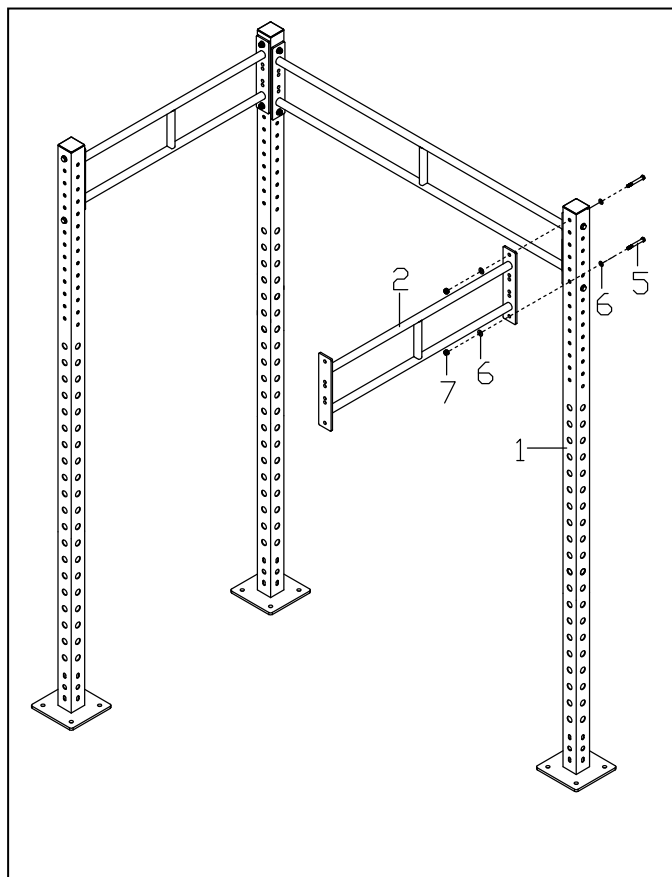
STEP 3:



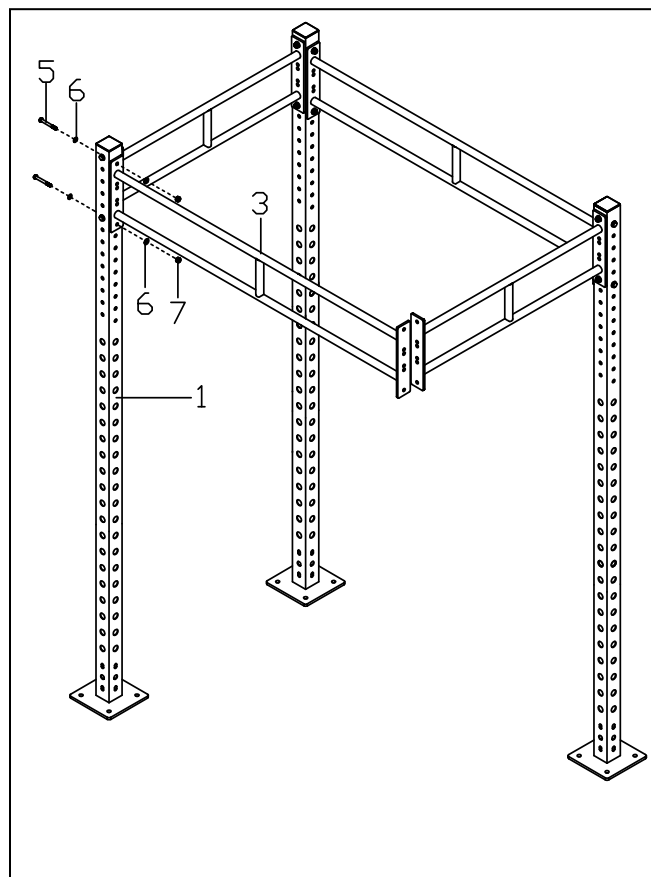
STEP 4:



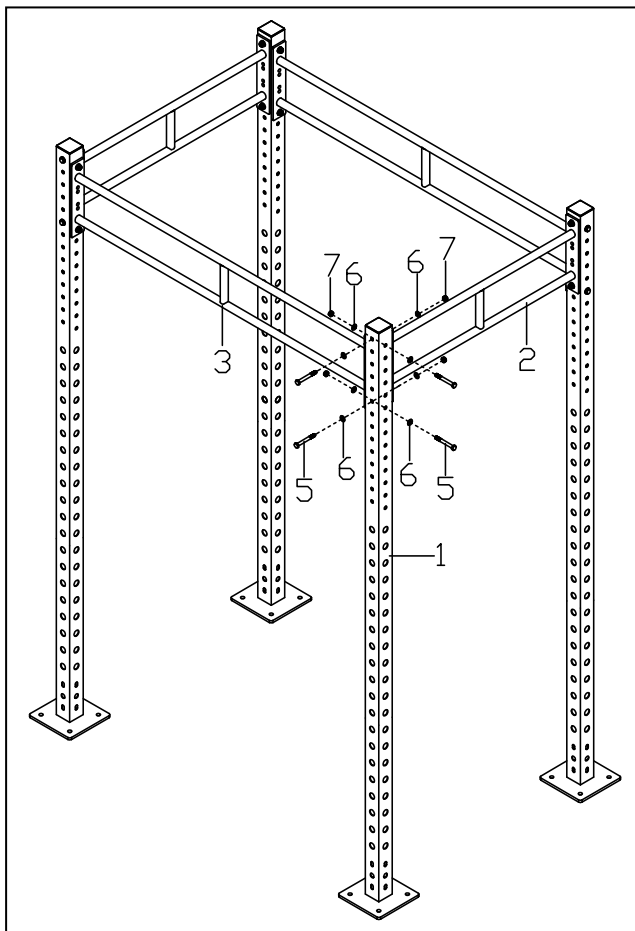
STEP 5:



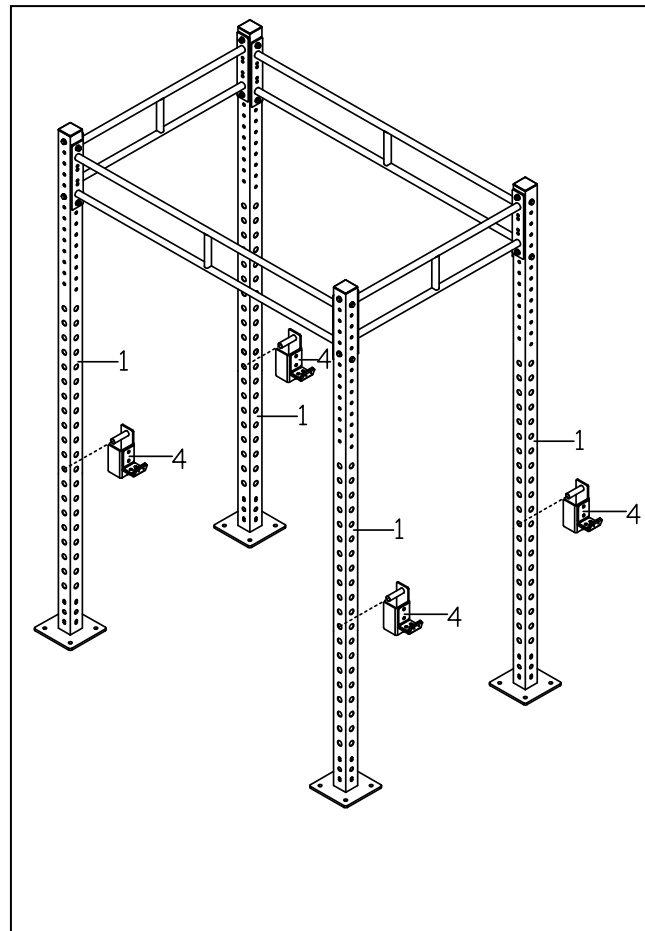
STEP 6:



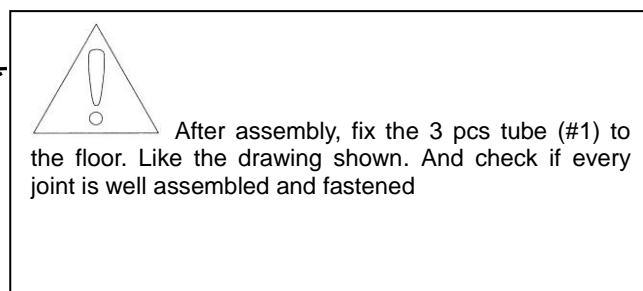
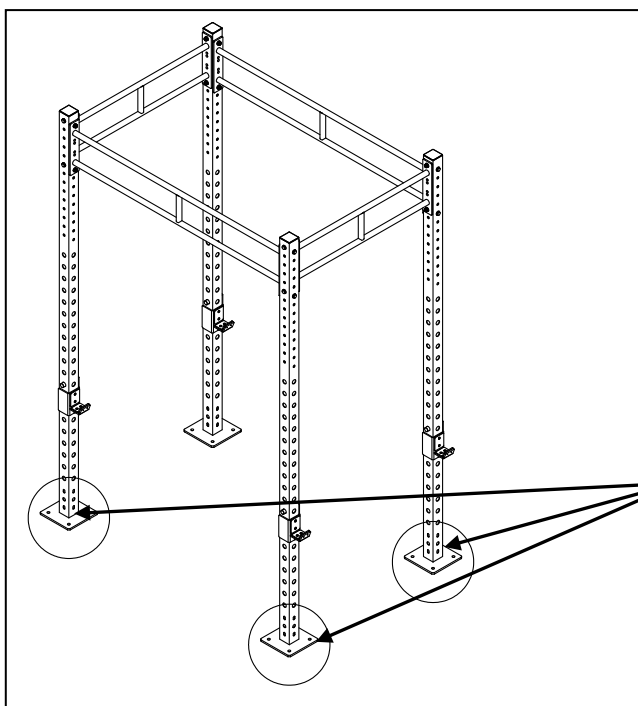
STEP 7:



STEP 8:



STEP 9:



In order to prevent any injury, you'd better check whether all the parts are well fastened or not before using.

MAINTENANCE AND CLEANING

(1) Be sure to check all parts like all nuts, bolts, screws and frame in order to be sure that they are tight and secure especially after you start to do the exercise . This is to assure that all the parts are in good condition and not suffered any long-term wear that may cause the machine break down..

(2) Periodically spray the tubes surface with cleaner to keep the dust, sweat and marks off your unit.

Advice to replace defective components immediately and/or keep the equipment out of use until repair;

EXERCISE TIPS

Warm up and cool down

Stretching routine

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lung . It will improve fitness is promoted by any activity that, uses your large muscle groups-arms legs or buttocks, for example. Your heart beats quickly and you breath deeply an aerobic exercise should be part of your entire exercise routine.

A successful exercise program consists of a warm-up, aerobic exercise. And a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts, after several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercise.

1. Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

2. Hamstring Stretch

Sit with your right leg extend. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extend.

3. Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

4. Shoulder lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

5. Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward, Keep your right leg straight and the left foot on the floor, then bend the left leg and lean forward by moving your hips toward the wall, Hold, then repeat on the other side for 15 counts.

6. Side Stretch

Open your arms to the side and continue lifting them until they are over your head, Reach your right arm as far upward toward the ceiling as you can for one count, Feel the stretch up your right side, Repeat this action with your left arm.

7. Toe Touch

Slow bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes, Reach down as far as you can and hold for 15 counts.