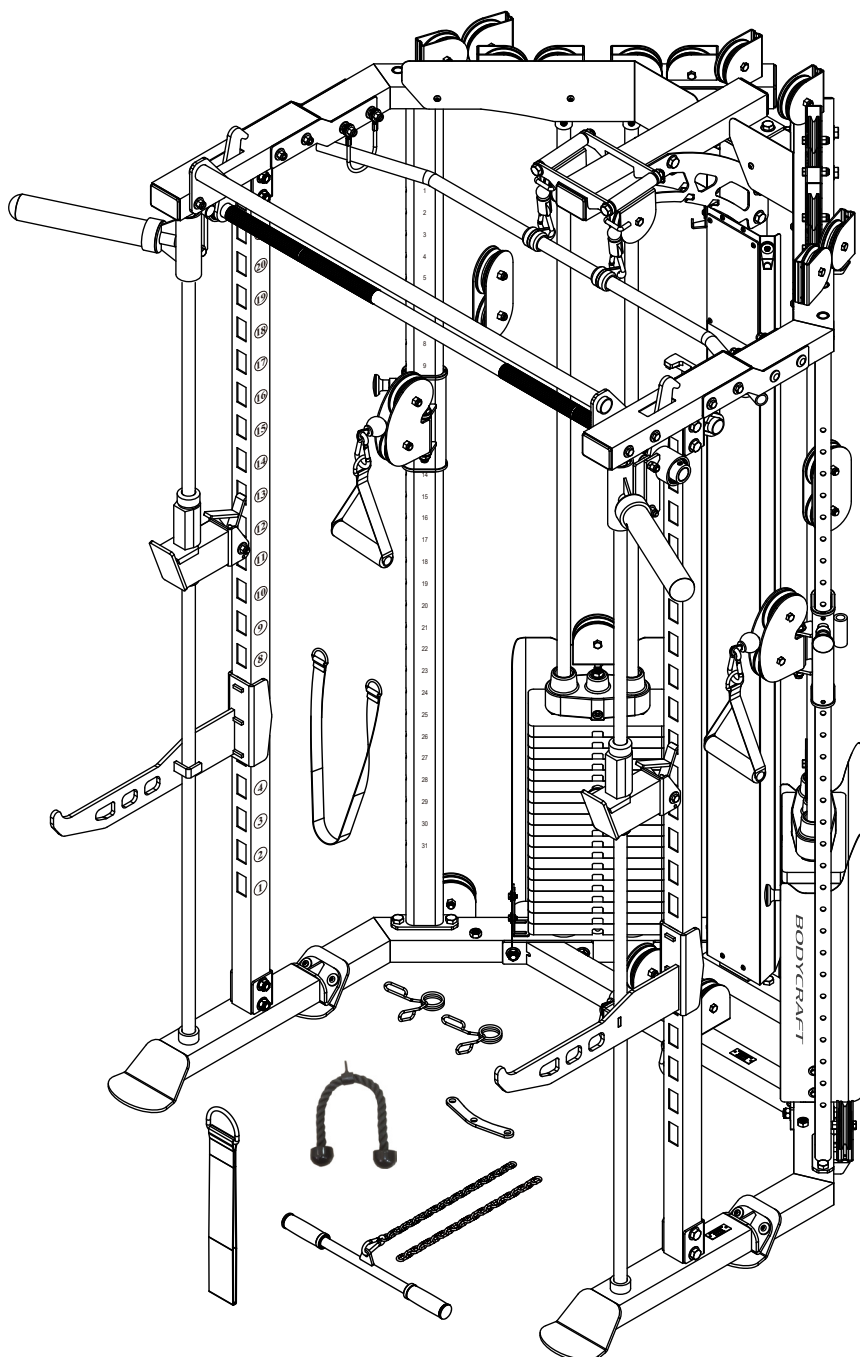


BODYCRAFT

Assembly and Operating Instructions



max. 150 kg



~ 210 Min.



290 kg

L 81 | W 129 | H 211

FSBCSG2.01.01
FSBCSG2SM.01.01

Art. No. BC-SG2 / BC-SG2-SM

Super Gym 2

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Dear customer,

Thank you for choosing BodyCraft training equipment. BodyCraft equipment inspires with its multifunctionality and excellent workmanship and is one of the highest quality fitness equipment for home use in terms of innovation and technology. BodyCraft weight stations, for example, offer a very wide range of exercise possibilities. This ranges from traditional strength training such as bench presses to rehabilitation exercises and workouts for complex sports such as golf, tennis or badminton.

Further information can be found at www.fitshop.com/bodycraft.

Intended Use

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

Legal Notice

Fitshop GmbH
Europe's No. 1 for home fitness

International Headquarters
Flensburger Straße 55
24837 Schleswig
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Management:
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Disclaimer***BODYCRAFT***

BodyCraft® is a registered brand of the company Fitness Authority Industrial Co., LTD. All rights reserved. Any use of this trademark without the explicit written permission of Fitness Authority Industrial Co., LTD is prohibited.

Product and manual are subject to change. Technical data can be changed without advance notice.

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.



This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

Accuracy classes

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

Use classes

Class S (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

Class H (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

► **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ℹ **NOTICE**

This notice indicates further useful information.

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

1.1 Technical Data

BC-SG2

Weight and dimensions:

Packaging dimensions (L x W x H) and Article weight (gross, including packaging) approx.:

Box 1:	200 cm x 41 cm x 14 cm	63.2 kg
Box 2:	127 cm x 69 cm x 18 cm	64.8 kg
Box 3:	27 cm x 21 cm x 13 cm	32 kg
Box 4:	27 cm x 21 cm x 13 cm	32 kg
Box 5:	27 cm x 21 cm x 13 cm	32 kg
Box 6:	27 cm x 21 cm x 13 cm	32 kg
Box 7:	27 cm x 14 cm x 14 cm	23 kg
Box 8:	27 cm x 14 cm x 14 cm	23 kg

Article weight (net, without packaging): 119 kg / 290 kg incl. weight blocks

Set-up dimensions (L x W x H): 81 cm x 129 cm x 211 cm

Inner dimensions: 100 cm

Footprint (L x W): 81 cm x 129 cm

Quantity of weight blocks: 2

Quantity of weight plates: 40

Weight of one weight plate: 4.5 kg

Maximum user weight: 150 kg

Cable length: 706 cm, 384 cm, 365 cm

Transmission ratio: 2:1

BC-SG2

Weight and dimensions:

Packaging dimensions (L x W x H): 197 cm x 365 cm x 165 cm

Set-up dimensions (L x W x H): 81 cm x 180 cm x 210 cm

Inner dimensions: 109 cm

Footprint (L x W): 81 cm x 180 cm

Article weight (gross, including packaging): 72 kg

Article weight (net, without packaging): 67.4 kg

Maximum user weight: 150 kg

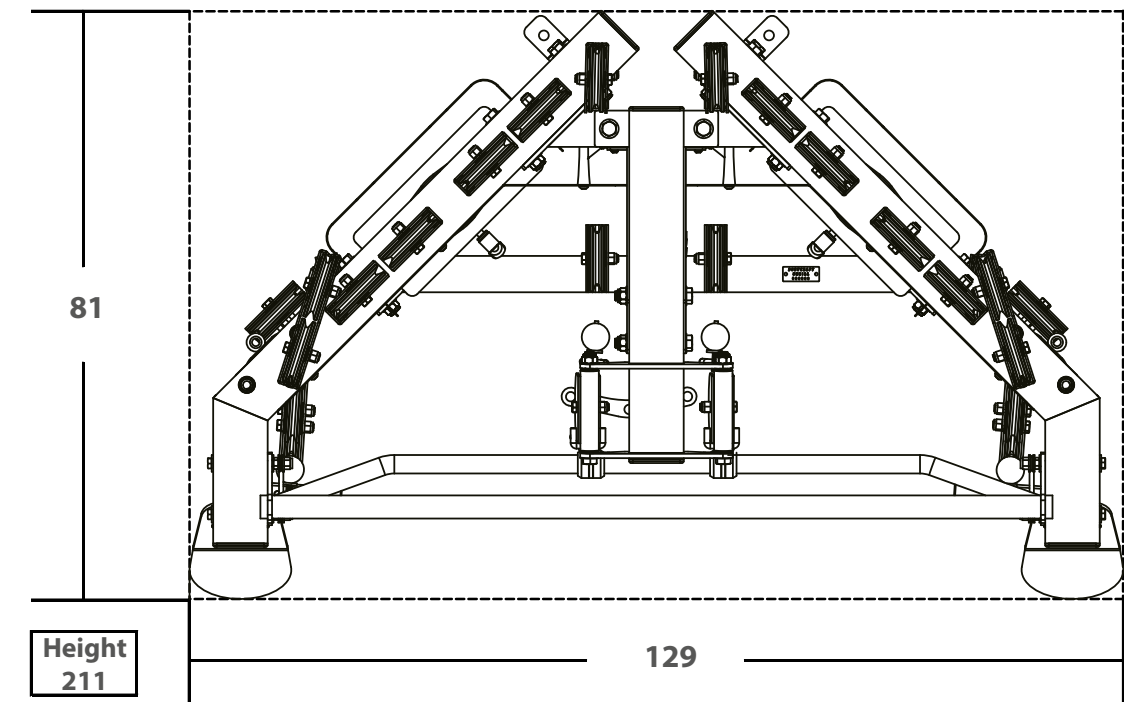
Maximum load: 400 kg

Complete set-up dimensions (L x W x H): 141 cm x 180 cm x 211 cm

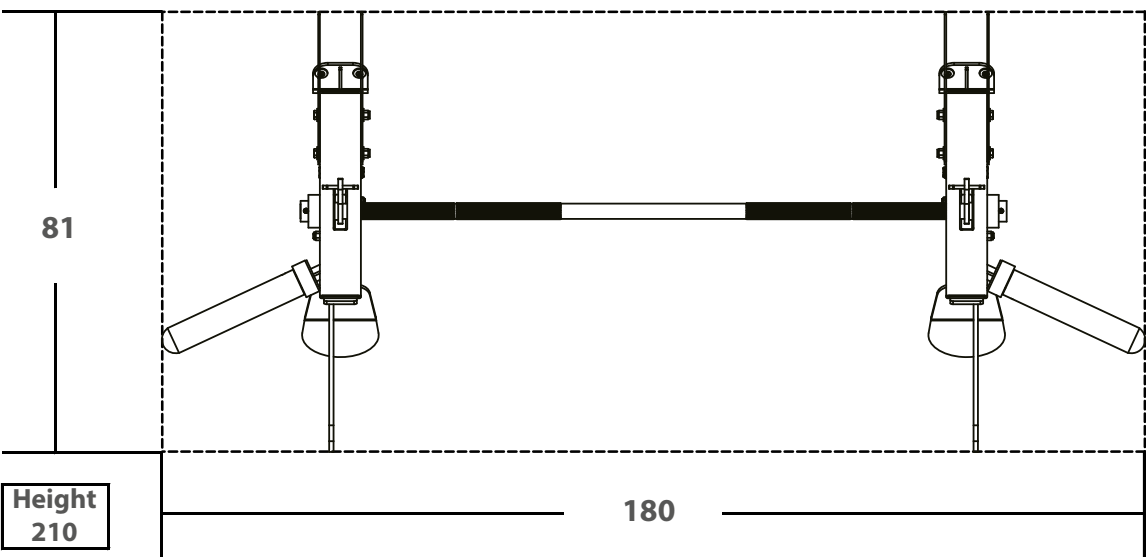
Use class: H

1.2 Technical Drawings

BC-SG2:



BC-SG2-SM:



1.3 Personal Safety

DANGER

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.
- + The owner must communicate all warnings and instructions to the user.

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.
- + Always start each workout with a light warm-up and end with a cool-down phase.
- + Using the machine as a support during stretching exercises or attaching resistance bands, ropes or other accessories to it, may cause injuries.

CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.
- + The weights should remain in the user's field of vision during the entire exercise to prevent danger to third parties.

ATTENTION

- + Do not insert any objects of any kind into the openings of the device.

1.4 Set-Up Place



WARNING

- + Do not place the equipment in main corridors or escape routes.



CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.
- + If your device is to be mounted on the wall/ceiling, make sure that you use the appropriate assembly material to avoid possible damages or personal injuries. The contractual partner accepts no liability for this.



ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

2.1 General Instructions



DANGER

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



WARNING

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



CAUTION

- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.



ATTENTION

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



NOTICE

- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

2.2 Scope of Delivery

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



CAUTION

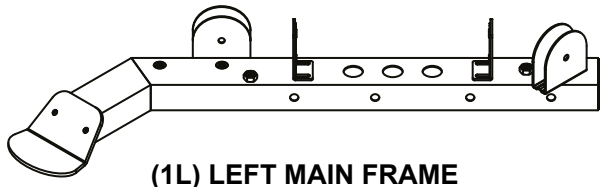
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.



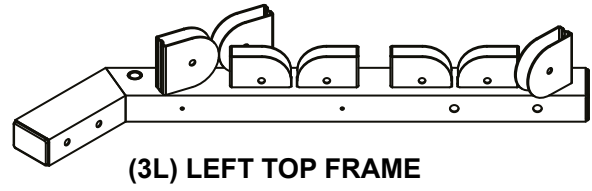
NOTICE

Required tools:

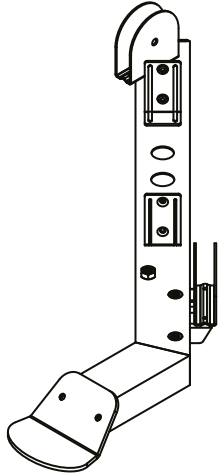
- + Ratchet
- + Socket (9/16")
- + Socket (3/4")
- + Combination Wrench (9/16")
- + Combination Wrench (3/4")
- + Adjustable Wrench
- + Rubber Mallet
- + Metric Allen Key Set
- + Silicone Spray



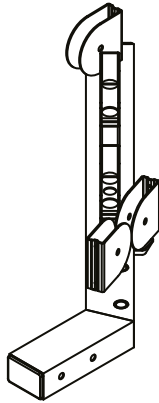
(1L) LEFT MAIN FRAME



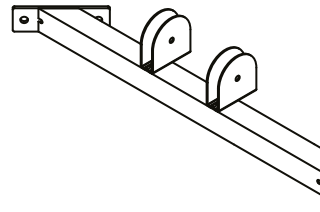
(3L) LEFT TOP FRAME



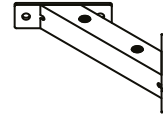
(2R) RIGHT MAIN FRAME



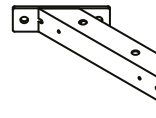
(4R) RIGHT TOP FRAME



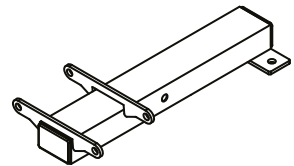
(5) CONNECTOR FRAME



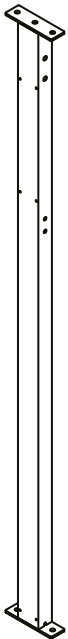
(6) CONNECTOR FRAME



(7) CONNECTOR FRAME



(8) REAR STABILIZER



(9) SUPPORT UPRIGHT FRAME



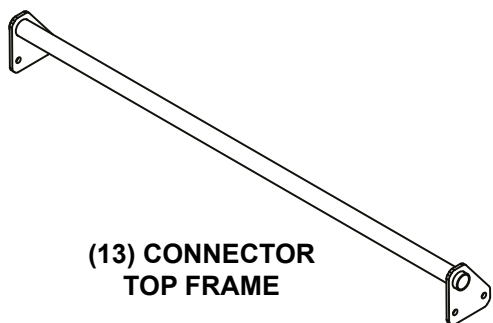
(10L) LEFT UPRIGHT FRAME



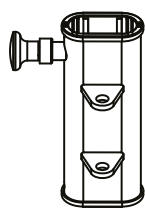
(11R) RIGHT UPRIGHT FRAME



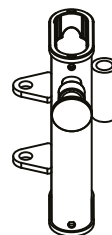
**(12) VERTICAL GUIDE ROD
X 4pcs**



**(13) CONNECTOR
TOP FRAME**



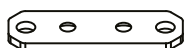
**(14L) LEFT PULLEY
HEIGHT ADJUSTER**



**(15R) RIGHT PULLEY
HEIGHT ADJUSTER**



**(16) TOP GUIDE
ROD HOLDER
X 2pcs**



**(17) LINK
PLATE X 4pcs**



**(18) DOUBLE CABLE
RETAINER PLATE
X 8pcs**



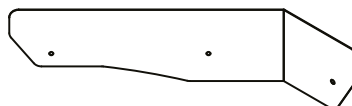
**(19) CONNECTOR
PLATE X 2pcs**



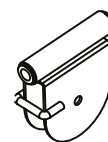
**(20) HOOK
X 2pcs**



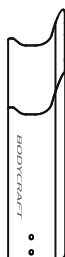
**(23) STABILIZE
PLATE X 2pcs**



(25L) LEFT TRIM



**(27) SINGLE PULLEY
BLOCK X 2pcs**



**(22) WEIGHT
PANEL X 2pcs**



(21) PANEL



(24) ACRYLIC



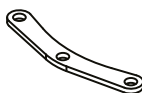
**(26R) RIGHT
TRIM**



**(28) PULLEY
BLOCK X 2pcs**



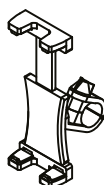
**(29) ROTATING
PULLEY
HOLDER X 2pcs**



(30) BRACKET



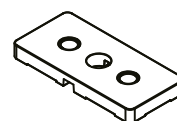
**(31) MOBILE PHONE
HOLDER**



**(32) MOBILE PHONE
TELESCOPIC STAND**



**(33) TOP PLATE
X 2pcs**



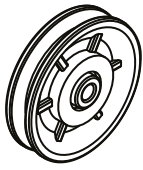
**(34) 10 LB. WEIGHT
PLATE X 38pcs**



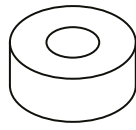
(35) SELECTOR ROD X 2pcs



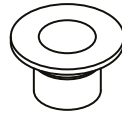
**(36) WEIGHT STACK
SPACER X 4pcs**



(40) PULLEY X 36pcs



(41) RUBBER
CUSHION X 4pcs



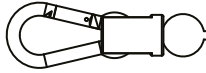
(42) PLASTIC GUIDE
ROD HOLDER X 4pcs



(50) SNAP
HOOK X 6pcs



(51) ANKLE
STRAP



(46) TOP CABLE X 2pcs



(47) HEAD OF CABLE X 2pcs



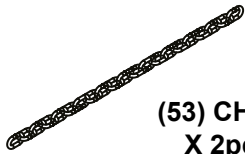
(48) LOW CABLE X 2pcs



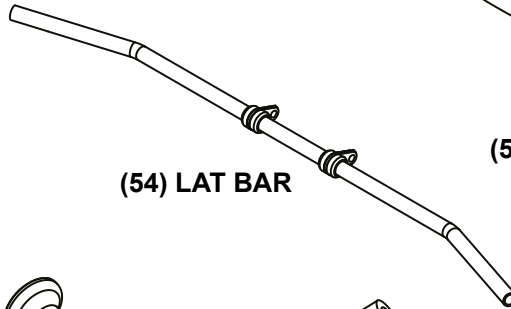
(49) CONNECT CABLE X 2pcs



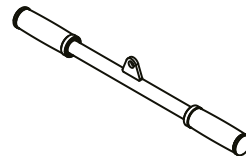
(52) SINGLE
HANDLE X 2pcs



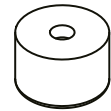
(53) CHAIN
X 2pcs



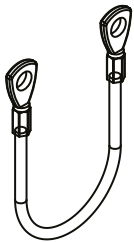
(54) LAT BAR



(55) CURL BAR



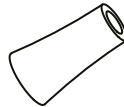
(61) RUBBER
DONUT X 2pcs



(62) CABLE
LINE X 2pcs



(64) SELECTOR
PIN X 2pcs



(65) PLASTIC
STUDS X 2pcs



(66) CHIN ASSIST
STRAP



(67) TRICEP
ROPE



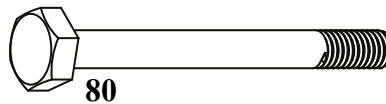
(72) SPORT
BAR



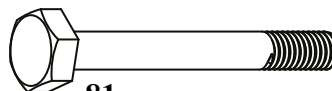
(73) LONG
BAR

NO.	DESCRIPTION	QTY.
-----	-------------	------

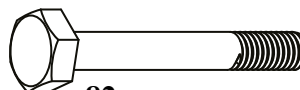
80	1/2" X 6" HEX BOLT	2
81	1/2" X 4-1/4" HEX BOLT	2
82	1/2" X 4" HEX BOLT	16
83	1/2" X 3-1/4" HEX BOLT	2
85	3/8" X 4" HEX BOLT	4
86	3/8" X 3-3/4" HEX BOLT	2
87	3/8" X 1-3/4" HEX BOLT	34
88	3/8" X 1-1/2" HEX BOLT	2
89	TOP PLATE BOLT	2
91	3/8" X 3/4" HEX SOCKEN DOME BOLT	2
93	5/16" X 1/2" HEX SOCKEN DOME BOLT	8
94	M6 X 70L HEX SOCKEN DOME BOLT	2
95	M6 X 12L HEX SOCKEN DOME BOLT	4
101	1/2" WASHER	44
102	3/8" WASHER	16
103	5/16" WASHER	8
105	1/2" NYLON NUT	22
106	3/8" NYLON NUT	42
107	3/8" THINNER NYLON NUT	2
108	M6 NYLON NUT	4



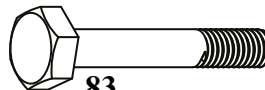
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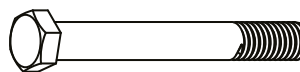
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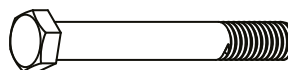
82



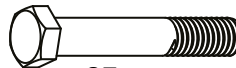
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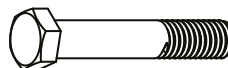
85



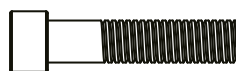
86



87



88



89



91



93



94



95



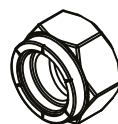
101



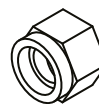
102



103



105



106



107



108

2.3 Assembly

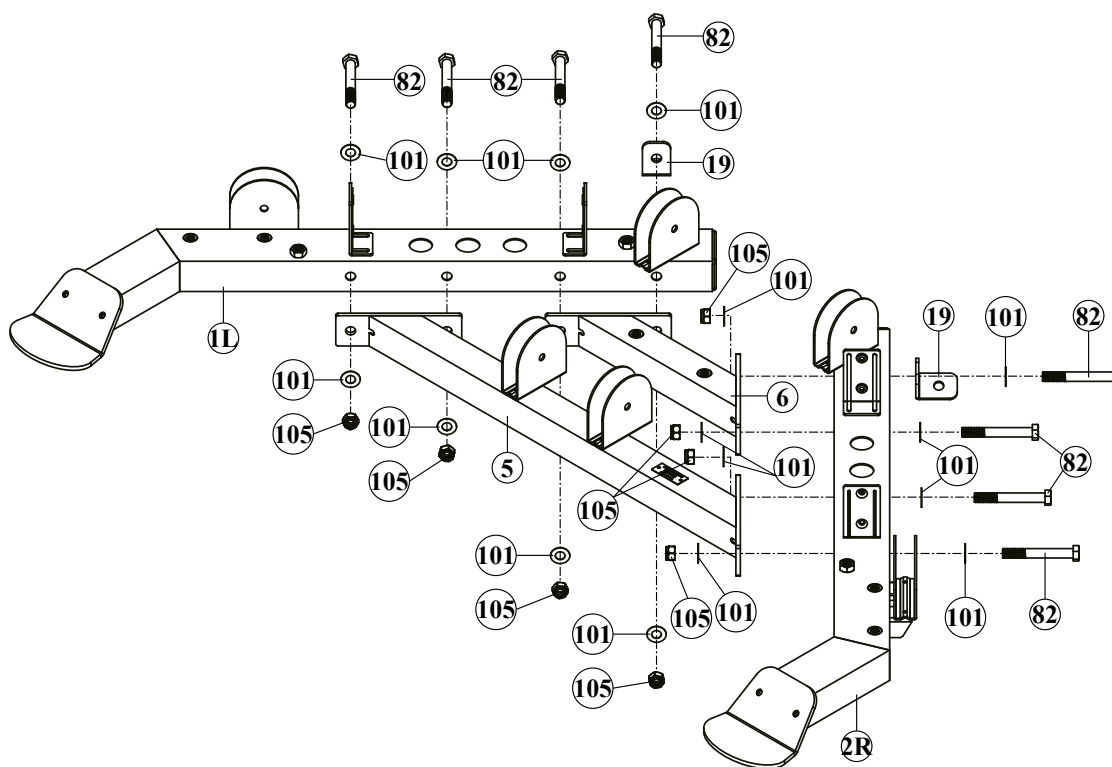
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + Do not tighten the screws and bolts with excessive force as they could be damaged.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

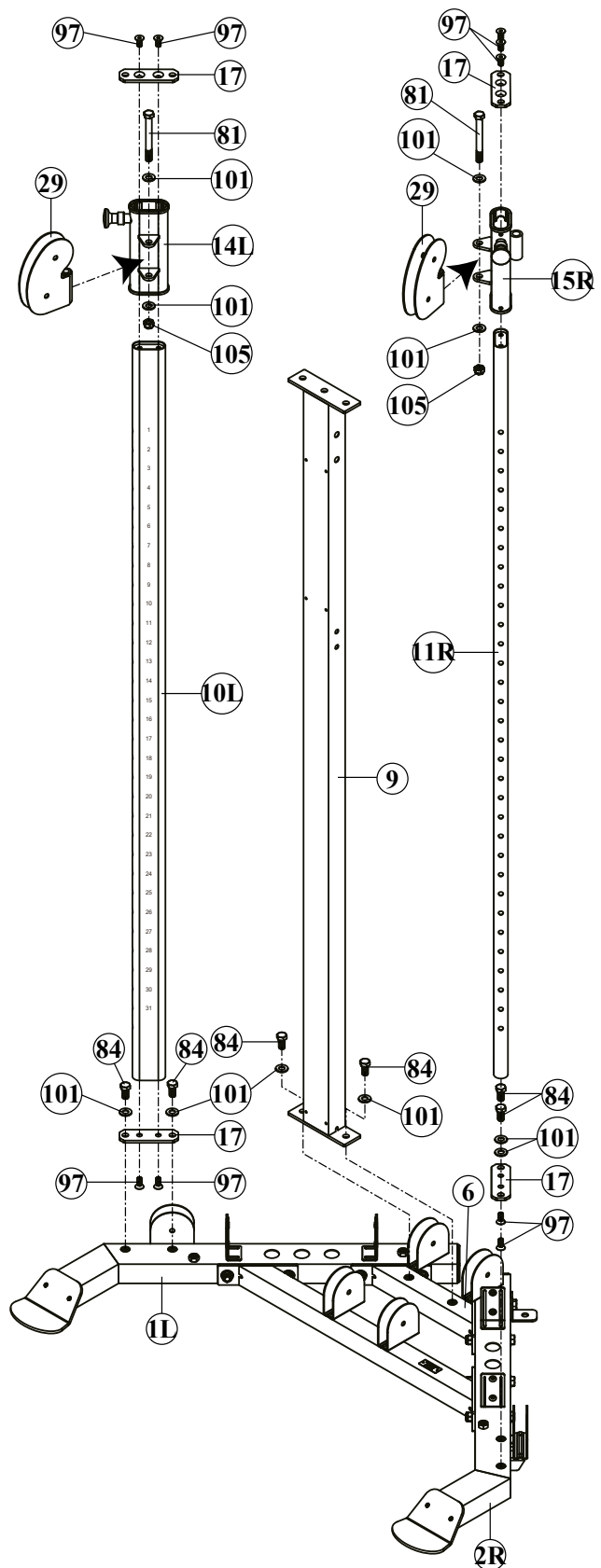
Step 1: Assembly of the Main Frames

1. Fix the connector frame (5) to the left main frame (1L) with two bolts (82), four washers (101) and two nylon nuts (105).
2. Fix the connector frame (6) to the left main frame (1L) with one connector plate (19), two bolts (82), four washers (101), and two nylon nuts (105).
3. Fix the connector frame (5) to the right main frame (2R) with two bolts (82), four washers (101), and two nylon nuts (105).
4. Fix the connector frame (6) to the right main frame (2R) with one connector plate (19), two bolts (82), four washers (101), and two nylon nuts (105).



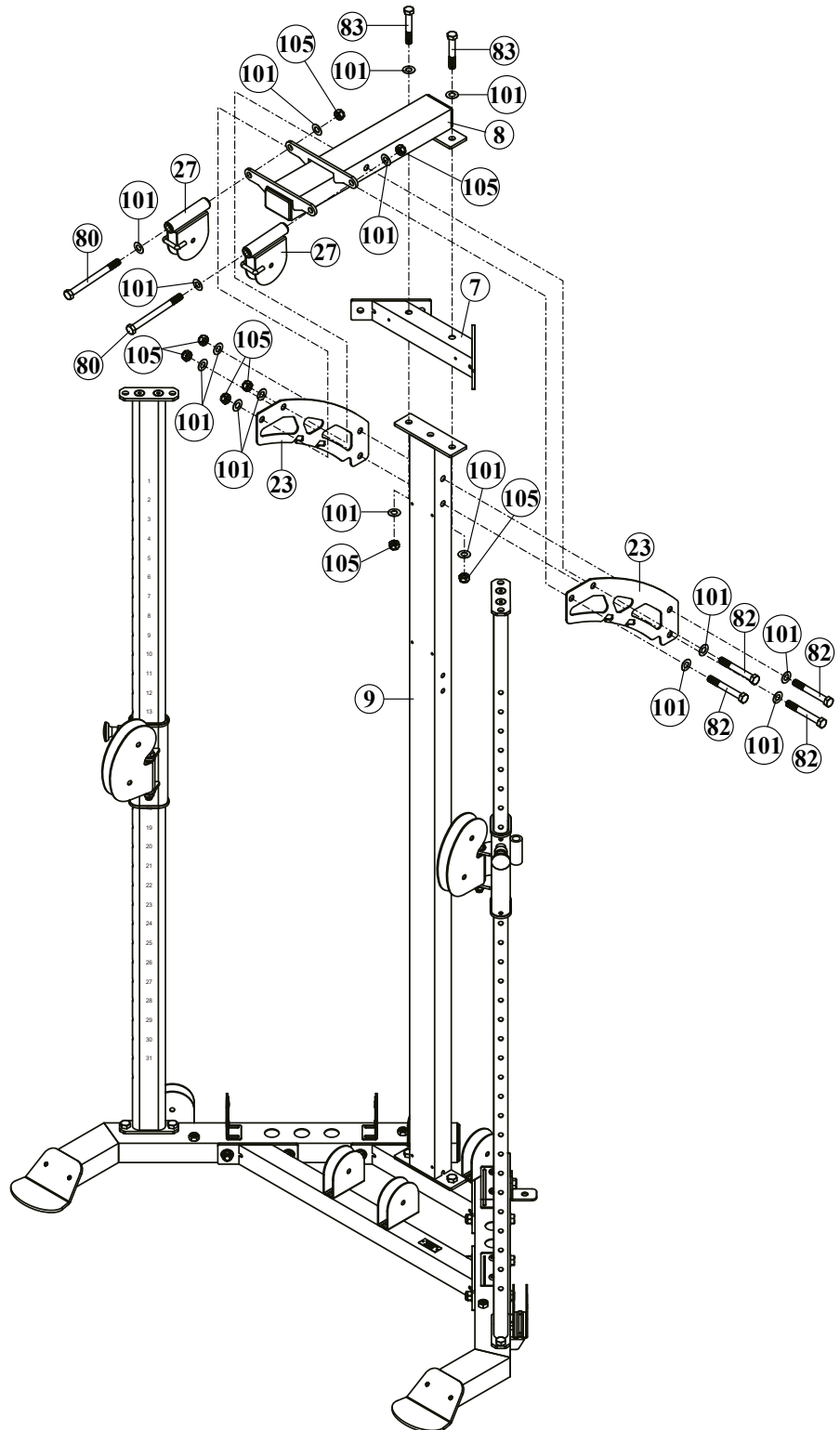
Step 2: Assembly of the Upright Frames

1. Slide the left pulley height adjuster (14L) onto the left upright frame (10L).
2. Slide the right pulley height adjuster (15R) onto the right upright frame (11R).
3. Fix the two rotating pulley holders (29) to the left (14L) and right (15R) pulley height adjusters with two bolts (81), four washers (101), and two nylon nuts (105).
4. Remove the eight preassembled screws (97) from the device.
5. Fix the four link plates (17) to the ends of the left (10L) and right (11R) upright frames with eight screws (97).
6. Fix the left upright frame (10L) to the left main frame (1L) with two bolts (84) and two washers (101).
7. Fix the right upright frame (11R) to the right main frame (2R) with two bolts (84) and two washers (101).
8. Fix the support upright frame (9) to the connector frame (6) with two bolts (84) and two washers (101).



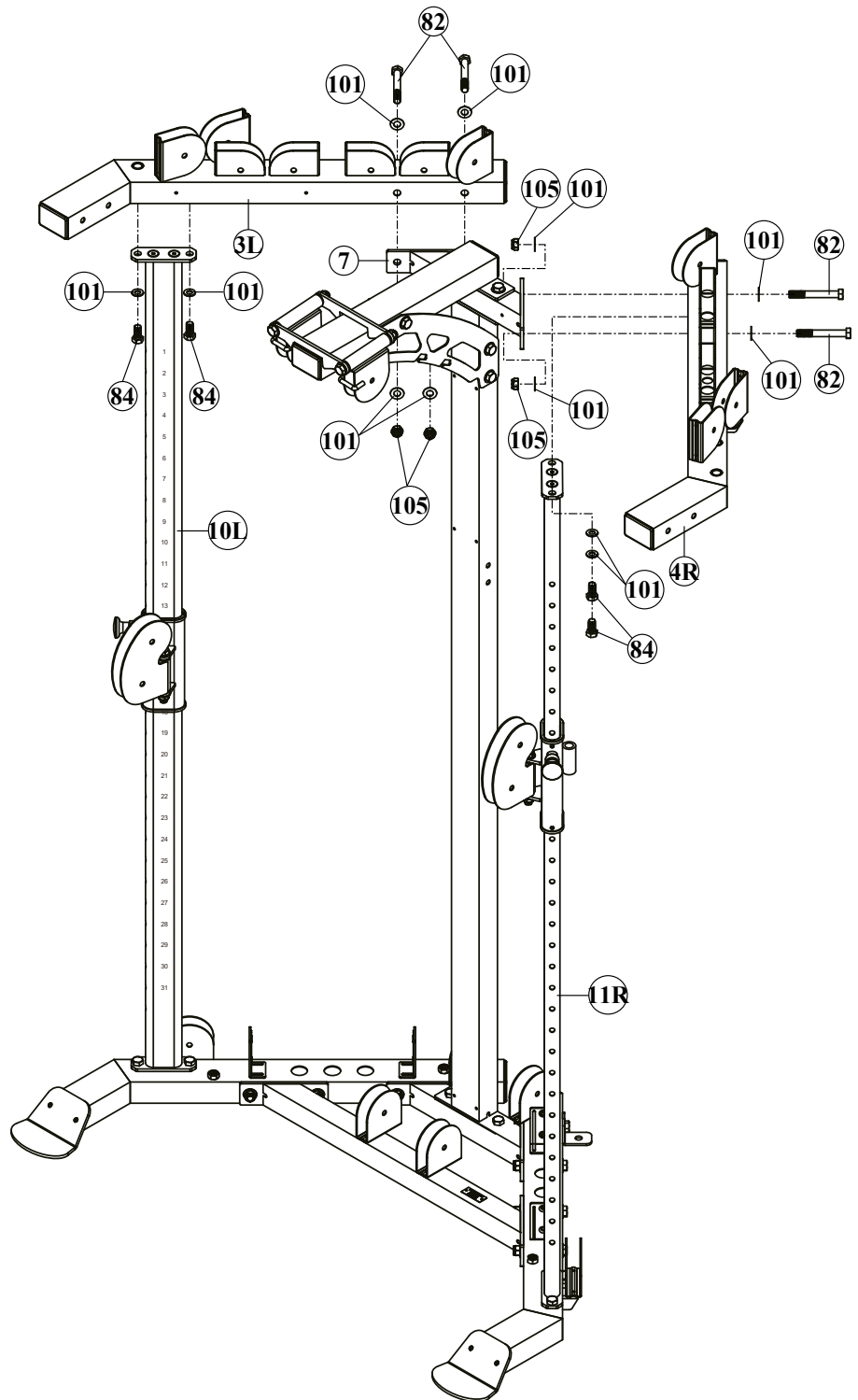
Step 3: Assembly of the Connector Frame

1. Fix the connector frame (7) to the rear stabilizer (8) and the support upright frame (9) with two bolts (83), four washers (101), and two nylon nuts (105).
2. Fix the two stabilizer plates (23) to the rear stabilizer (8) and the support upright frame (9) with four bolts (82), eight washers (101), and four nylon nuts (105).
3. Fix the two single pulley blocks (27) to the rear stabilizer (8) with two bolts (80), four washers (101), and two nylon nuts (105).



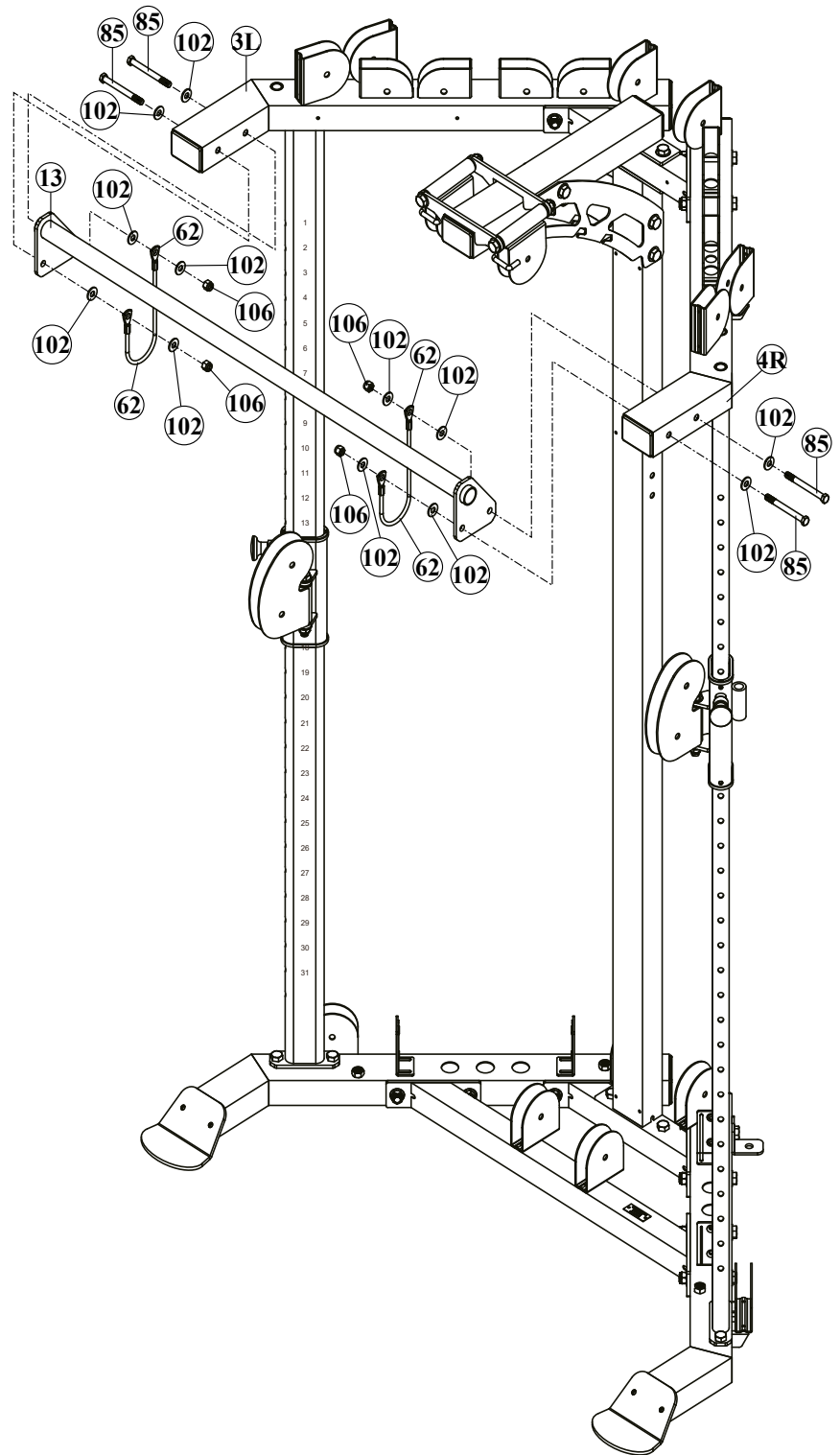
Step 4: Assembly of the Top Frames

1. Fix the left top frame (3L) to the left upright frame (10L) and the connector frame (7) with two bolts (84), two washers (101), two bolts (82), four washers (101), and two nylon nuts (105).
2. Fix the right top frame (4R) to the right upright frame (11R) and the connector frame (7) with two bolts (84), two washers (101), two bolts (82), four washers (101), and two nylon nuts (105).



Step 5: Assembly of the Connector Top Frames

1. Fix the connector top frame (13) to the left top frame (3L) and the right top frame (4R) with four bolts (85), twelve washers (102), two cable lines (62), and four nylon nuts (106).



Step 6: Assembly of the Selector Rod and Top Plate

NOTICE

- + **150 lbs / 67,5 kg Weight Plates:** If you have 14 weight plates (34) per weight stack, slide the weight stack spacers (36) on each vertical guide rod (12) (Fig. 1).
- + **200 lbs / 90 kg Weight Plates:** If you have 19 weight plates (34) per weight stack, do NOT slide the weight stack spacers on the vertical guide rods (12) (Fig. 2).

1. Fix the top plate (33) to a selector rod (35) with one bolt (89).
2. Tighten the bolt (89).
3. Attach two plastic guide rod holders (42) to the left main frame (1L).
4. Insert two vertical guide rods (12) into the left main frame (1L).

NOTICE

The weight plates (34) are aligned correctly if the weight plate openings face forward and downwards.

- 4.1. Assembly of 14 weight plates (34): Slide the two weight stack spacers (36), two rubber cushions (41) and the weight plates onto the vertical guide rods (12) (Fig. 1).
- 4.2. Assembly of 19 weight plates (34): Slide two rubber cushions (41) and the weight plates onto the vertical guide rods (12) (Fig. 2).
5. Attach one top guide rod holder (16) to the vertical guide rods (12) and adjust the vertical guide rods (12) into an upright position.
6. Fix the top guide rod holder (16) to the left top frame (3L) and the left main frame (1L) with two bolts (92).
7. Remove the two pre-assembled screws (99) from the device.
8. Tighten the two disassembled screws (99) to the vertical guide rods (12).
9. Repeat the assembly steps on the right side of the device.

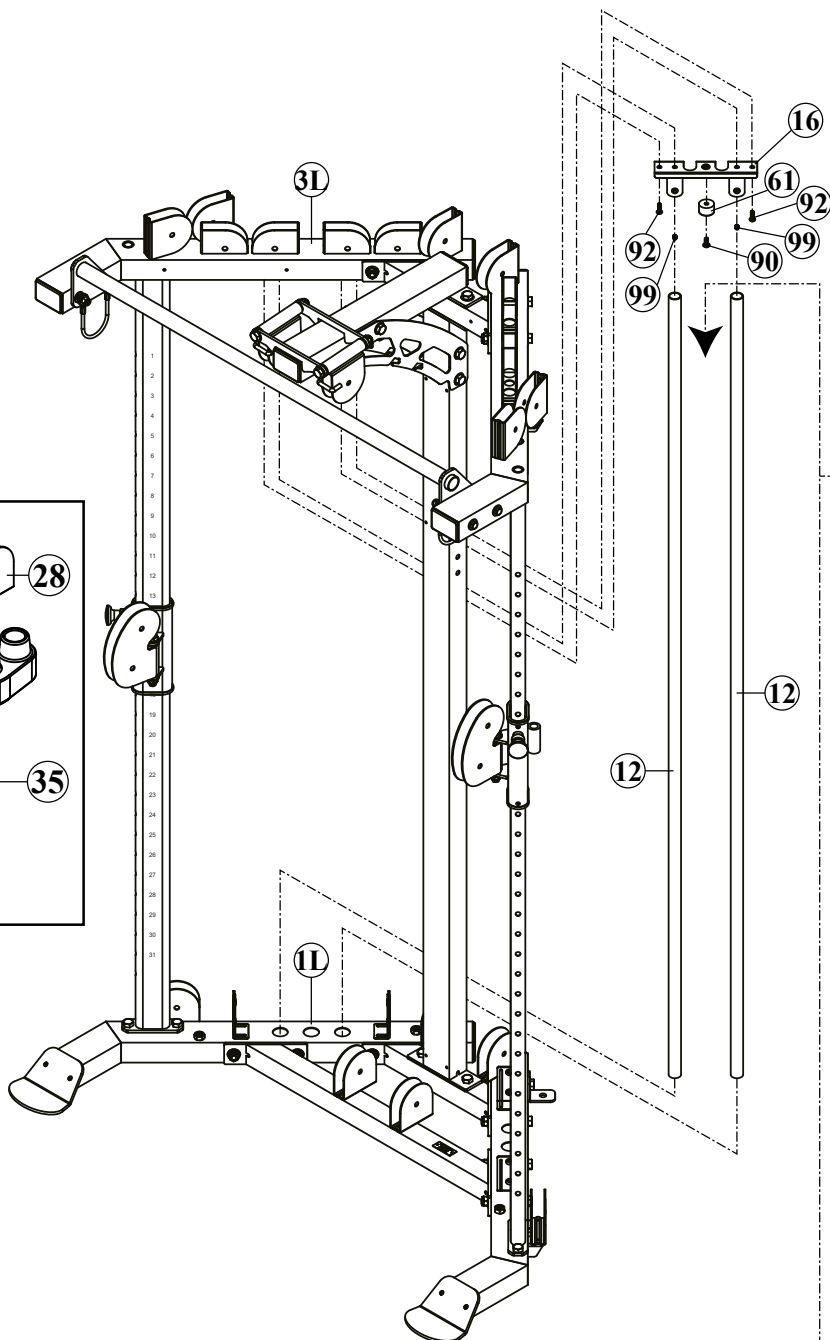
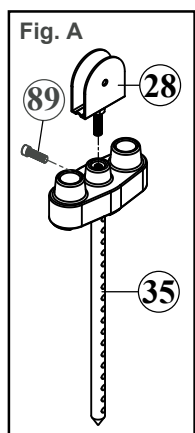
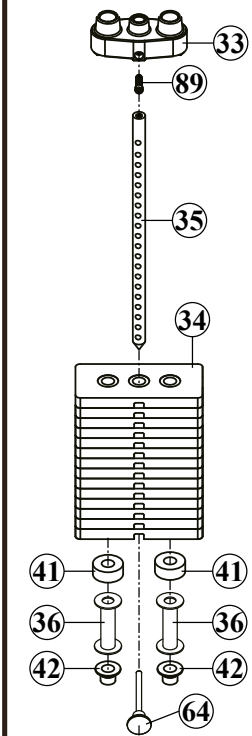
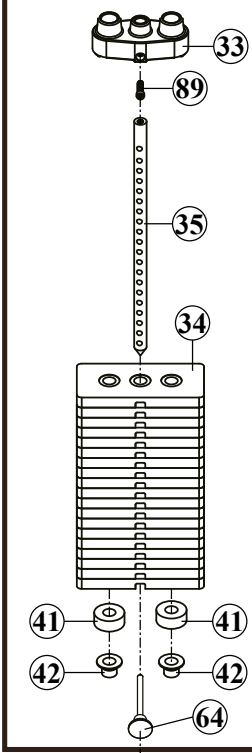


Fig 1.
14 Weight Plates



150 lbs stack

Fig 2.
19 Weight Plates



200 lbs stack

Step 7: Cable (46) Assembly

① NOTICE

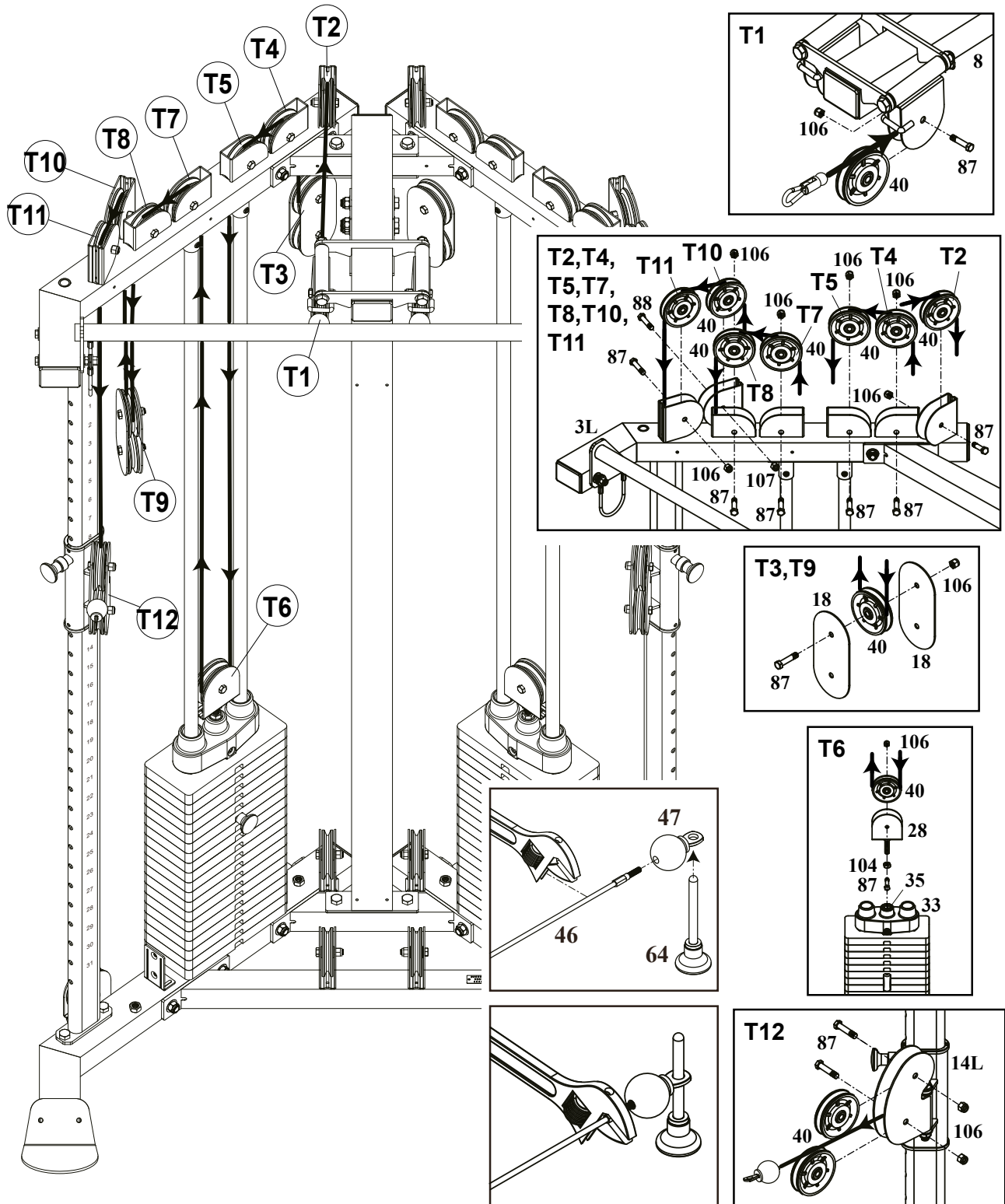
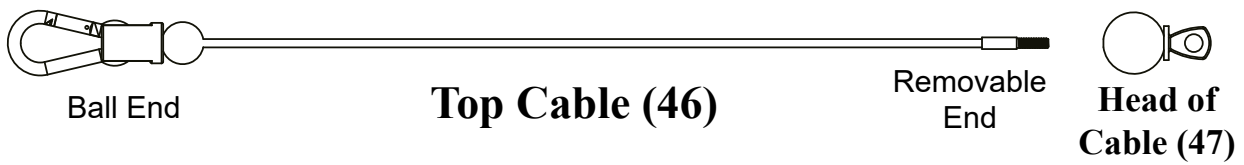
Assemble the pulleys and the cable simultaneously at each step.

1. T1: Fix a pulley (40) to the rear stabilizer (8) with one bolt (87) and one nylon nut (106).
2. Feed the ball end of the top cable (46) through the rear stabilizer (8) and pull the top cable (46) through the pulley (40).
3. T2: Fix a pulley (40) to the left top frame (3L) with one bolt (87) and one nylon nut (106).
4. T3: Fix a pulley (40) between two double cable retainer plates (18) with one bolt (87) and one nylon nut (106).
5. T3: Thread the top cable (46) underneath the pulley (40) along.
6. T4: Fix a pulley (40) to the left top frame (3L) with one bolt (87) and one nylon nut (106).
7. T5: Fix a pulley (40) to the left top frame (3L) with one bolt (87) and one nylon nut (106).

① NOTICE

In the next step, thread the pulley block (28) to one third into the device.

8. T6: Thread in the pulley block (28) into the selector rod (35) and the top plate (33) with one nylon nut (104).
9. T6: Fix a pulley (40) to the pulley block (28) with one bolt (87) and one nylon nut (106).
10. T7: Fix a pulley (40) to the left top frame (3L) with one bolt (87) and one nylon nut (106).
11. T8: Fix a pulley (40) to the left top frame (3L) with one bolt (87) and one nylon nut (106).
12. T9: Fix a pulley (40) between two double cable retainer plates (18) with one bolt (87) and one nylon nut (106).
13. T9: Thread the top cable (46) underneath the pulley (40) along.
14. T10: Fix a pulley (40) to the left top frame (3L) with one bolt (88) and one nylon nut (107).
15. T11: Fix a pulley (40) to the left top frame (3L) with one bolt (87) and one nylon nut (106).
16. T12: Fix two pulleys (40) to the left pulley height adjuster (14L) with two bolts (87) and two nylon nuts (106).
17. T12: Pull the top cable (46) along the device and underneath the two pulleys (40).
18. T12: Fix the head of the cable (47) to the removable end of the top cable (46).
19. Repeat the steps 1-16 on the right top frame (4R).

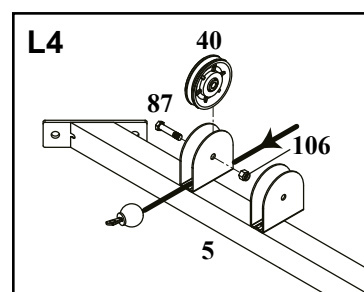
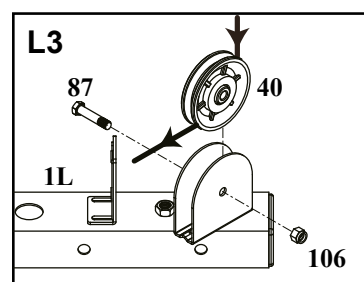
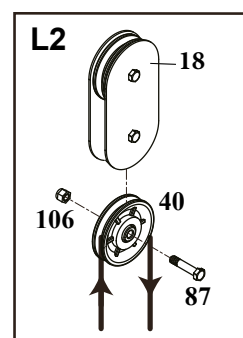
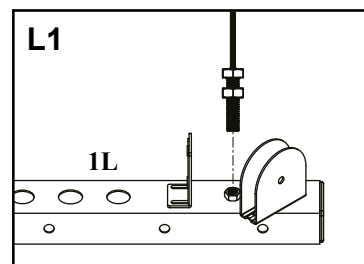
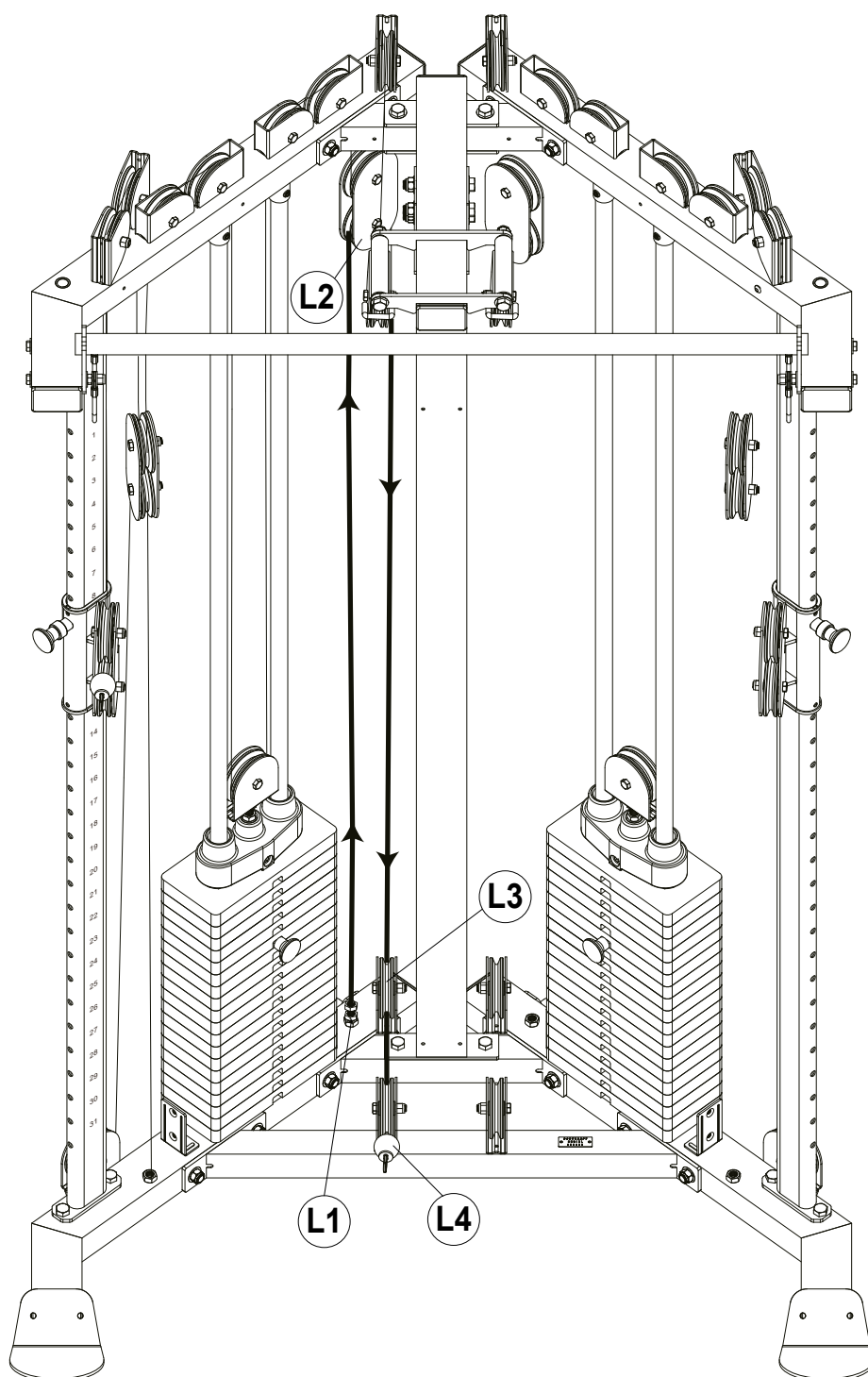


Step 8: Cable (48) Assembly

NOTICE

Assemble the pulleys and the cable simultaneously at each step.

1. L1: Thread the bolt end of the low cable (48) into the left main frame (1L).
2. L2: Fix a pulley (40) between two double cable retainer plates (18) with one bolt (87) and one nylon nut (106).
3. L2: Thread the low cable (48) above the pulley (40) along.
4. L3: Fix a pulley (40) to the left main frame (1L) with one bolt (87) and one nylon nut (106).
5. L4: Fix a pulley (40) to the connector frame (5) with one bolt (87) and one nylon nut (106).
6. L4: Pull the low cable (48) above the pulley (40) along and pull the low cable (48) out.
7. Repeat the steps 1-5 on the right main frame (2R).



Step 9: Cable (49) Assembly

NOTICE

Assemble the pulleys and the cable simultaneously at each step.

1. C1: Thread the bolt end of the connect cable (49) into the left pulley height adjuster (14L).
2. C2: Fix a pulley (40) to the left main frame (1L) with one bolt (87) and one nylon nut (106).
3. C3: Fix a pulley (40) between two double cable retainer plates (18) with one bolt (87) and one nylon nut (106).
4. C3: Thread the connect cable (49) above the pulley (40) along.
5. C4: Pull the connect cable (49) along the device and thread the bolt end of the connect cable (49) into the left main frame (1L).
6. Repeat the steps 1-4 on the right main frame (2R).

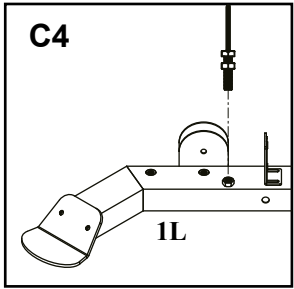
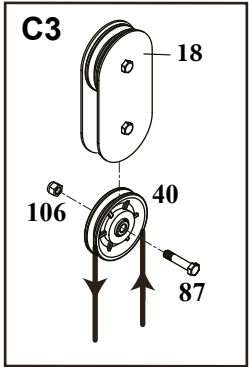
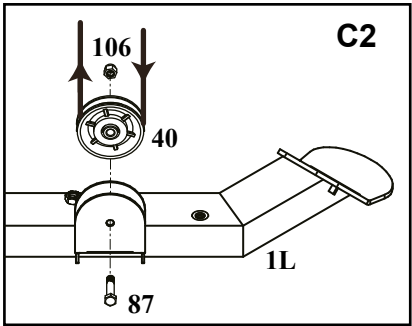
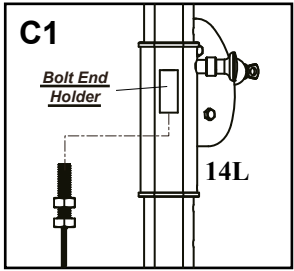
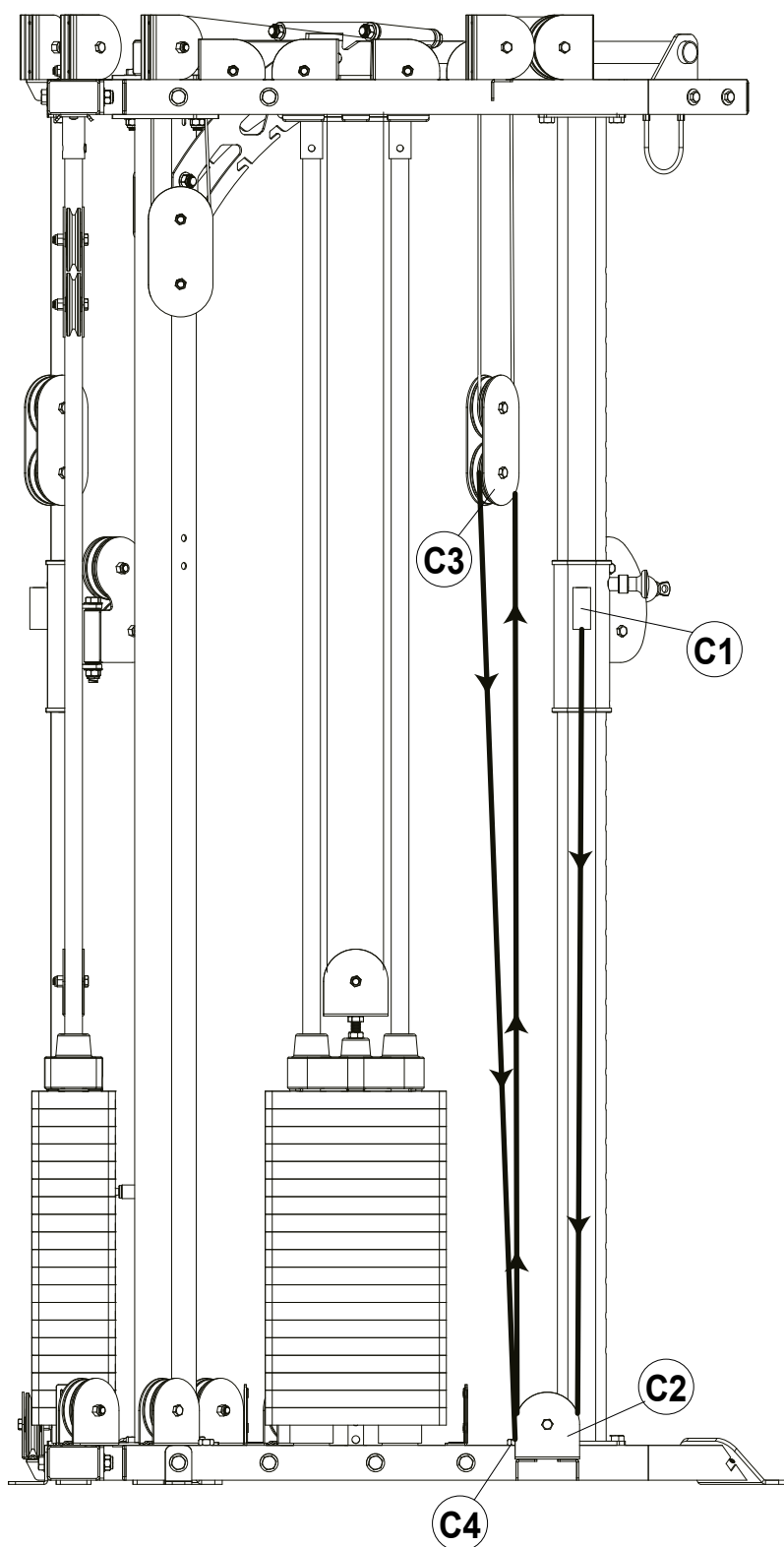


Bolt End

Connect Cable (49)

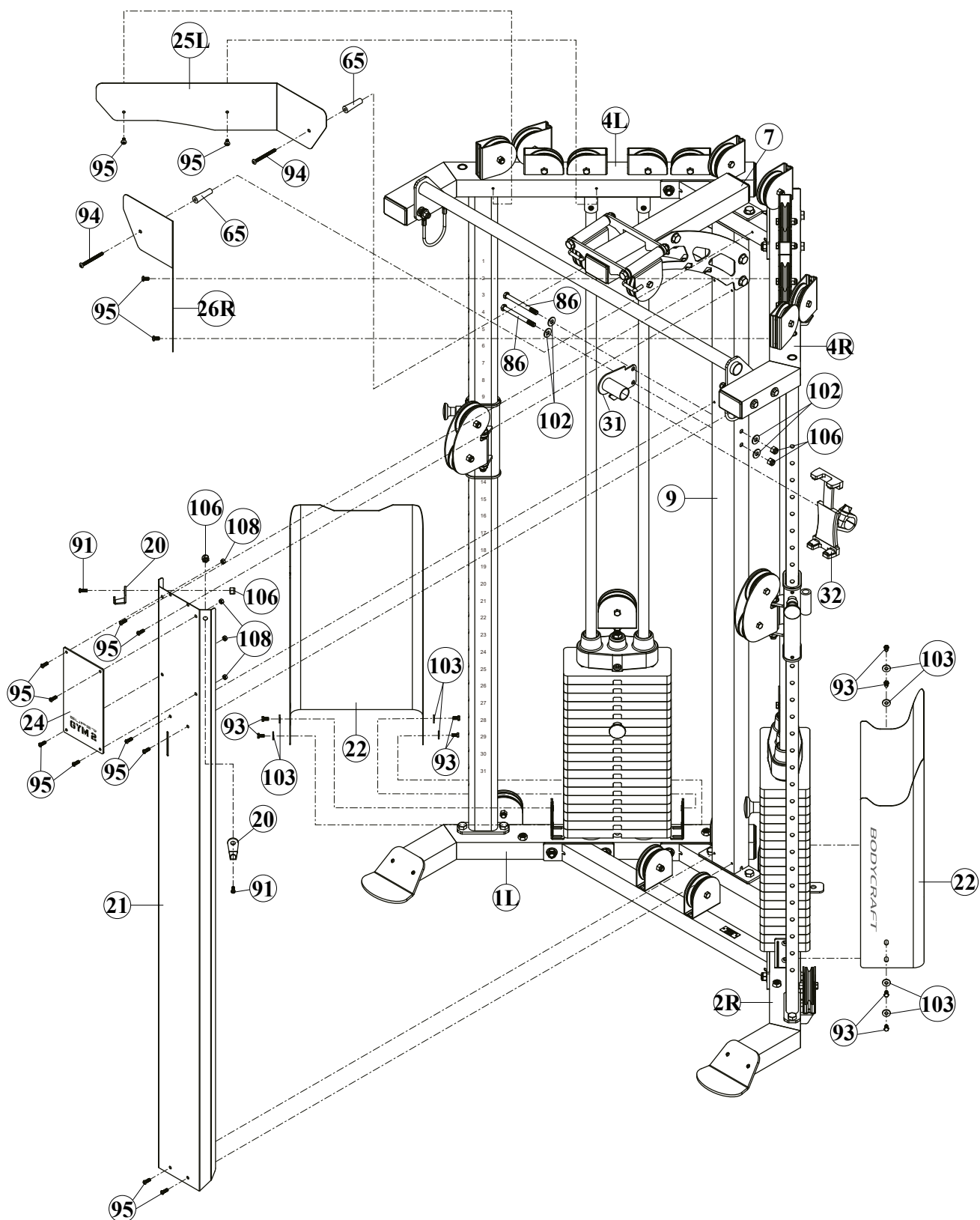


Bolt End



Step 10: Assembly of the Panels

1. Fix the left (25L) and right trims (26R) to the left (3L) and right top frames (4R) and the connector frame (7) with four bolts (95), two bolts (94), and two plastic studs (65).
2. Fix the acrylic (24) to the panel (21) with four bolts (95) and four nylon nuts (108).
3. Fix the panel (21) to the support upright frame (9) with six bolts (95), two hooks (20), two bolts (91), and two nylon nuts (106).
4. Fix the two weight panels (22) to the left (1L) and the right main frames (2R) with eight bolts (93) and eight washers (103).
5. Fix the mobile phone holder (31) to the support upright frame (9) with two bolts (86), four washers (102), and two nylon nuts (106).
6. Slide the mobile phone telescopic stand (32) onto the mobile phone holder (31).



Step 11: Assembly of the Accessories

1. Tighten the cables by tightening the bolts and nylon nuts of the left (14L) and right pulley height adjusters (15R) and the pulley blocks (28) of the top plates (33).

► **ATTENTION**

The bolts and pulley blocks should not rotate after tightening.

❗ **NOTICE**

You can change the position of the snap hooks when attaching the desired accessories to the device.

Lat Bar

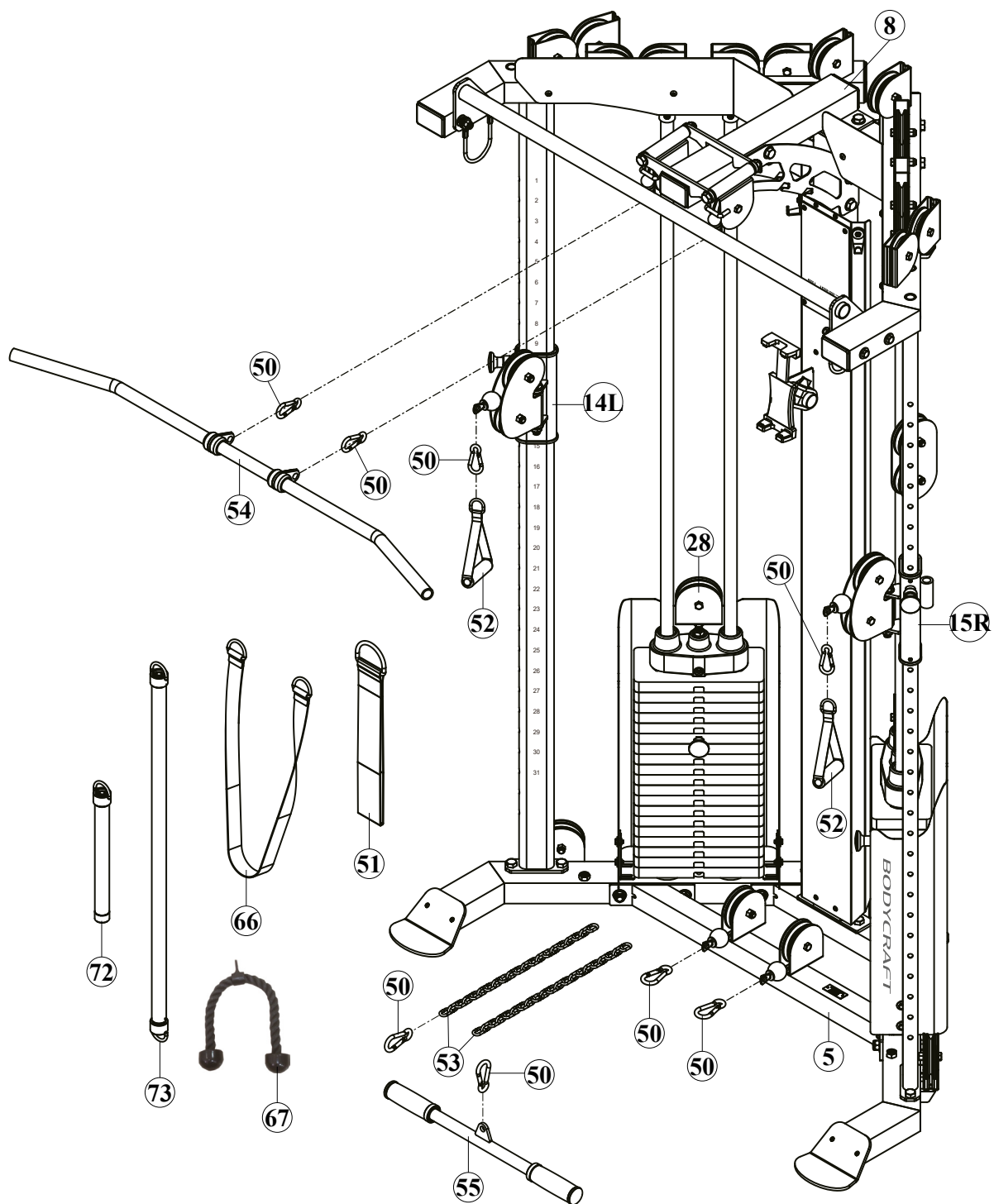
1. Attach two snap hooks (50) to the two top cables (46).
2. Attach the lat bar (54) to the two snap hooks (50).

Handle

1. Attach two snap hooks (50) to the two connect cables (49).
2. Attach the handles (52) to the two snap hooks (50).

Curl Bar

1. Attach two snap hooks (50) to the two low cables (48).
2. Attach the curl bar (55) to the two snap hooks (50).



2.4 Scope of Delivery

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



CAUTION

If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

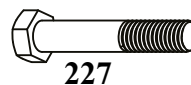


NOTICE

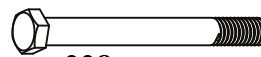
Required tools:

- + Ratchet
- + Socket (9/16")
- + Socket (3/4")
- + Combination Wrench (9/16")
- + Combination Wrench (3/4")
- + Adjustable Wrench
- + Rubber Mallet
- + Metric Allen Key Set
- + Silicone Spray

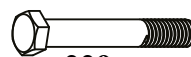
NO.	DESCRIPTION	QTY.
227	1/2" X 3" HEX BOLT	8
228	3/8" X 4" HEX BOLT	8
229	3/8" X 3" HEX BOLT	2
230	3/8" X 1-1/4" HEX THREADED BOLT	2
231	3/8" X 3/4" HEX SOCKEN DOME BOLT	4
234	1/2" WASHER	16
235	3/8" WASHER	24
236	1/2" NYLON NUT	8
237	3/8" NYLON NUT	12
238	3/8" NUT	2



227



228



229



230



231



236



234



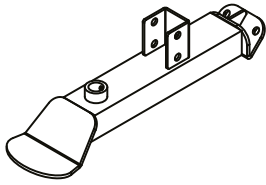
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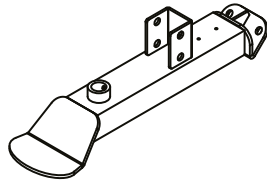
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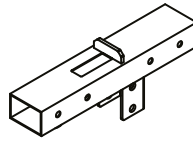
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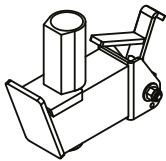
**(201L) LEFT
BASE FRAME**



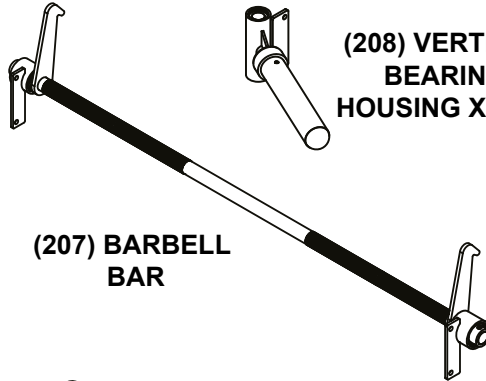
**(202R) RIGHT
BASE FRAME**



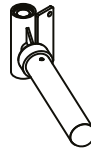
**(203) TOP FRAME
X 2pcs**



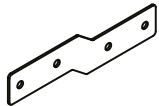
**(206) BEARING
HOUSING X 2pcs**



**(207) BARBELL
BAR**



**(208) VERTICAL
BEARING
HOUSING X 2pcs**



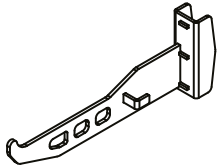
**(209) CONNECTOR
PLATE X 4pcs**



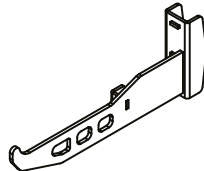
**(210L) LEFT SAFETY
CATCH**



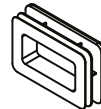
**(211R) RIGHT SAFETY
CATCH**



**(214L) LEFT SAFETY
SPOTTER**



**(215R) RIGHT SAFETY
SPOTTER**



**(217) RECT.
PLUG X 4pcs**



**(204) UPRIGHT
FRAME X 2pcs**



**(205) VERTICAL
GUIDE ROD
X 2pcs**



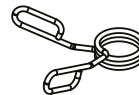
**(221) SPACER
X 2PCS**



**(222) AXLE
COLLAR
X 2PCS**



**(224) STOPPER
X 2PCS**



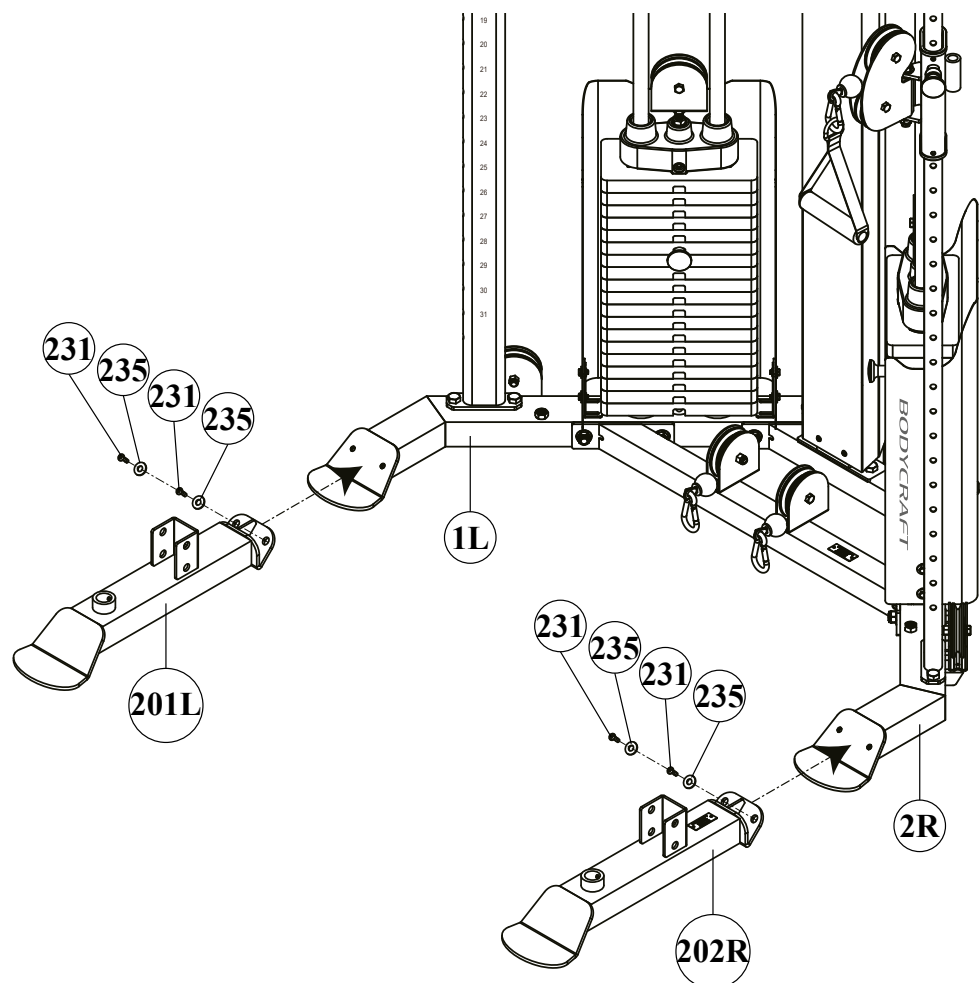
**(240) SPRING CLIP
X 2PCS**



**(242) SMALLER
RUBBER CUSHION
X 2PCS**

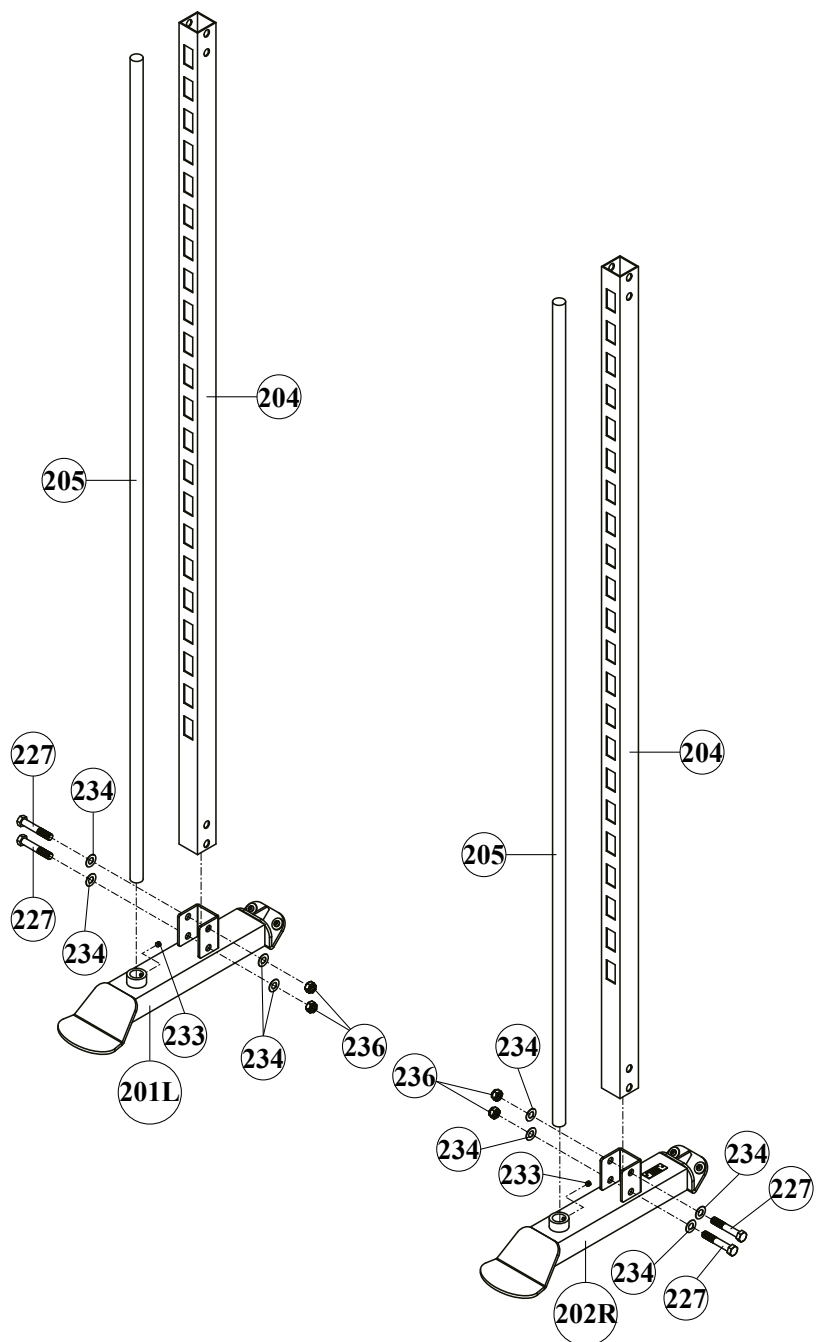
Step 1: Assembly of the Base Frames

1. Fix the left base frame (201L) to the left main frame (1L) with two bolts (231) and two washers (235).
2. Fix the right base frame (202R) to the right main frame (2R) with two bolts (231) and two washers (235).



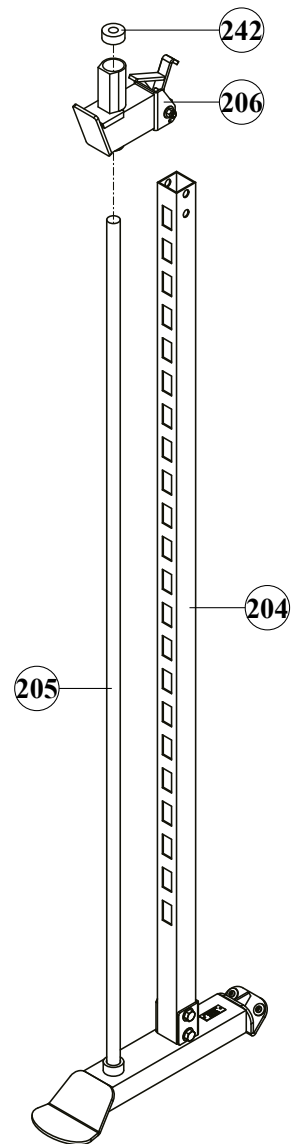
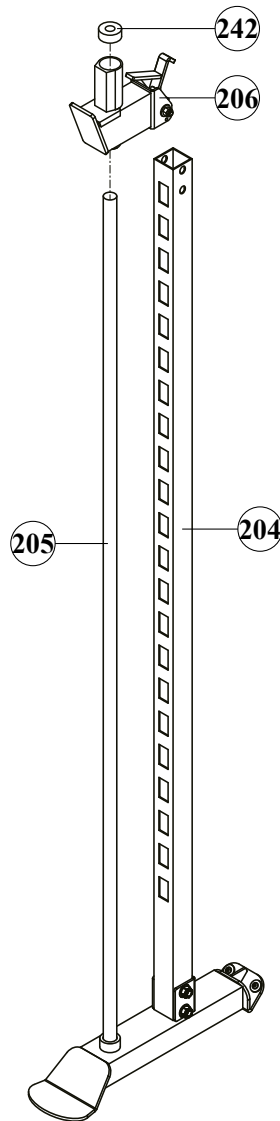
Step 2: Assembly of the Upright Frames

1. Fix one upright frame (204) to the left base frame (201L) with two bolts (227), four washers (234) and two nylon nuts (236).
2. Fix one upright frame (204) to the right base frame (202R) with two bolts (227), four washers (234) and two nylon nuts (236).
3. Remove the two preassembled screws (233) from the left (201L) and right base frame (202R).
4. Fix one vertical guide rod (205) to the left base frame (201L) with one screw (233).
5. Fix one vertical guide rod (205) to the right base frame (202R) with one screw (233).



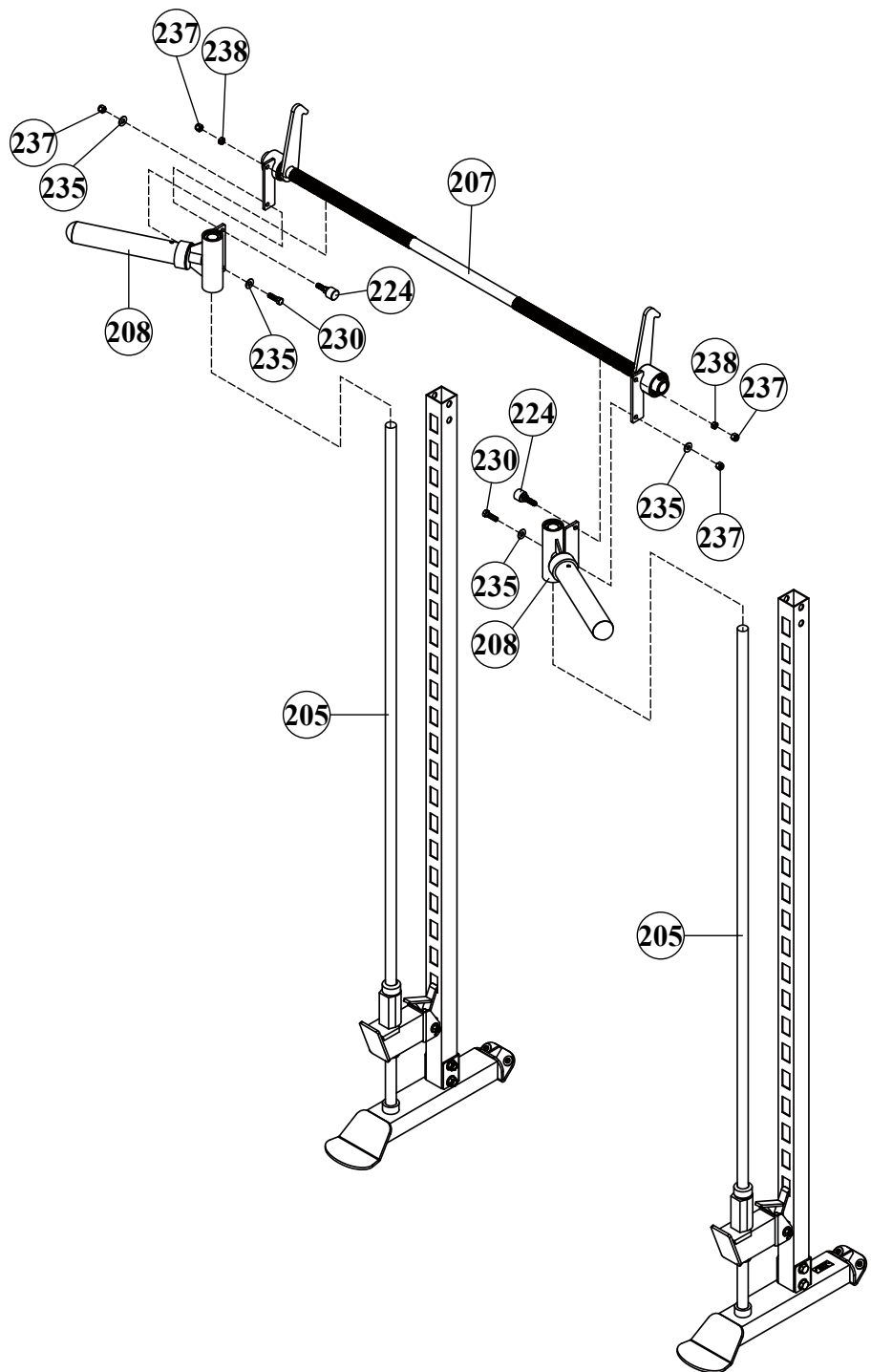
Step 3: Assembly of the Bearing Housings

1. Fix the two bearing housings (206) to the two upright frames (204) and two vertical guide rods (205).
2. Slide the two smaller rubber cushions (242) onto the two bearing housings (206) and the two vertical guide rods (205).



Step 4: Assembly of the Vertical Bearing Housings and Barbell Bar

1. Slide the two vertical bearing housings (208) over the two vertical guide rods (205).
2. Fix the barbell bar (207) to the two vertical bearing housings (208) with two stoppers (224), two nylon nuts (237), two nuts (238), two bolts (230), four washers (235) and two nylon nuts (237).



Step 5: Assembly of the Top Frames

1. Fix the four rectangular plugs (217) onto the two top frames (203).
2. Remove the two preassembled screws (233) from the two top frames (203).
3. Fix the two top frames (203) to the two upright frames (204) and two vertical guide rods (205) with four bolts (227), four washers (234) and two screws (233).
4. Fix the four connector plates (209) to the two top frames (203) with four bolts (228), eight washers (235) and four nylon nuts (236).



CAUTION

Ensure that the safety spotters are securely hooked onto the vertical guide rods.

5. Fix the left (214L) and right safety spotters (215R) to the two vertical guide rods (205) and two upright frames (204).

Step 6: Assembly of the Devices

1. Remove the connector frame (13) from the left (3L) and right top frames (4R) of the main device (Fig. 1).
2. Fix the two top frames (203) to the left (3L) and right top frames (4R) of the main device with four bolts (85), eight washers (102) and four nylon nuts (106) (Fig. 2).
3. Fix the connector frame (13) to the two top frames (203) with four bolts (228), eight washers (235) and four nylon nuts (237) (Fig. 2).

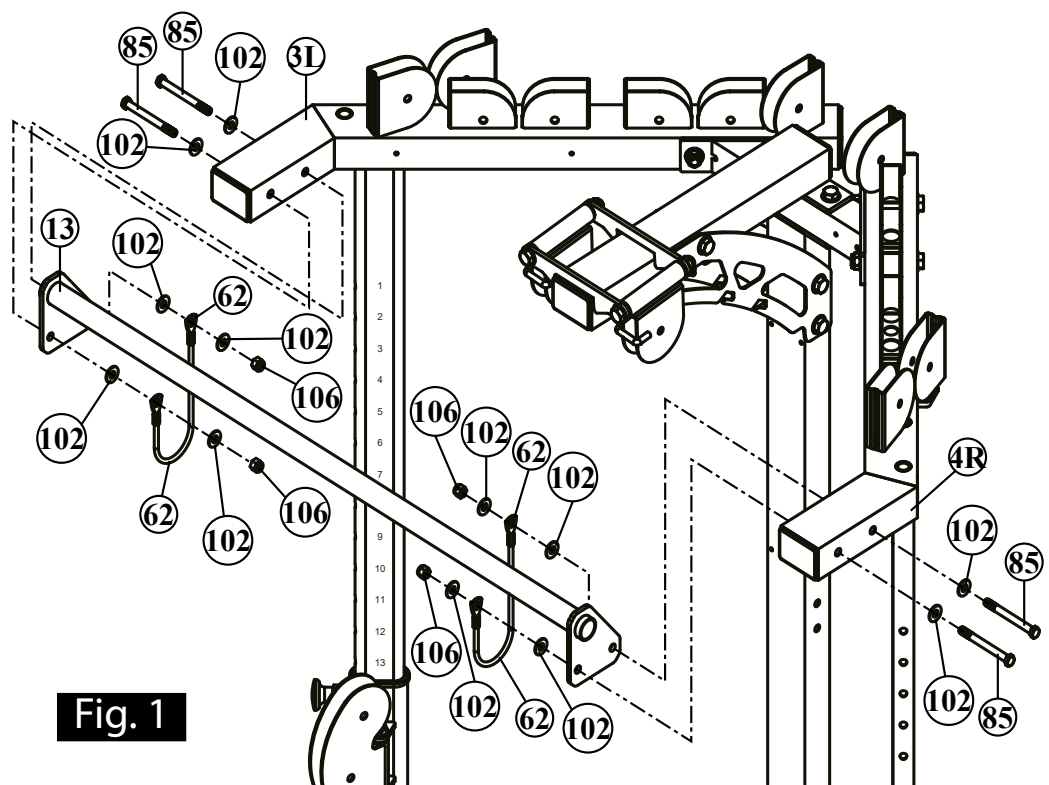
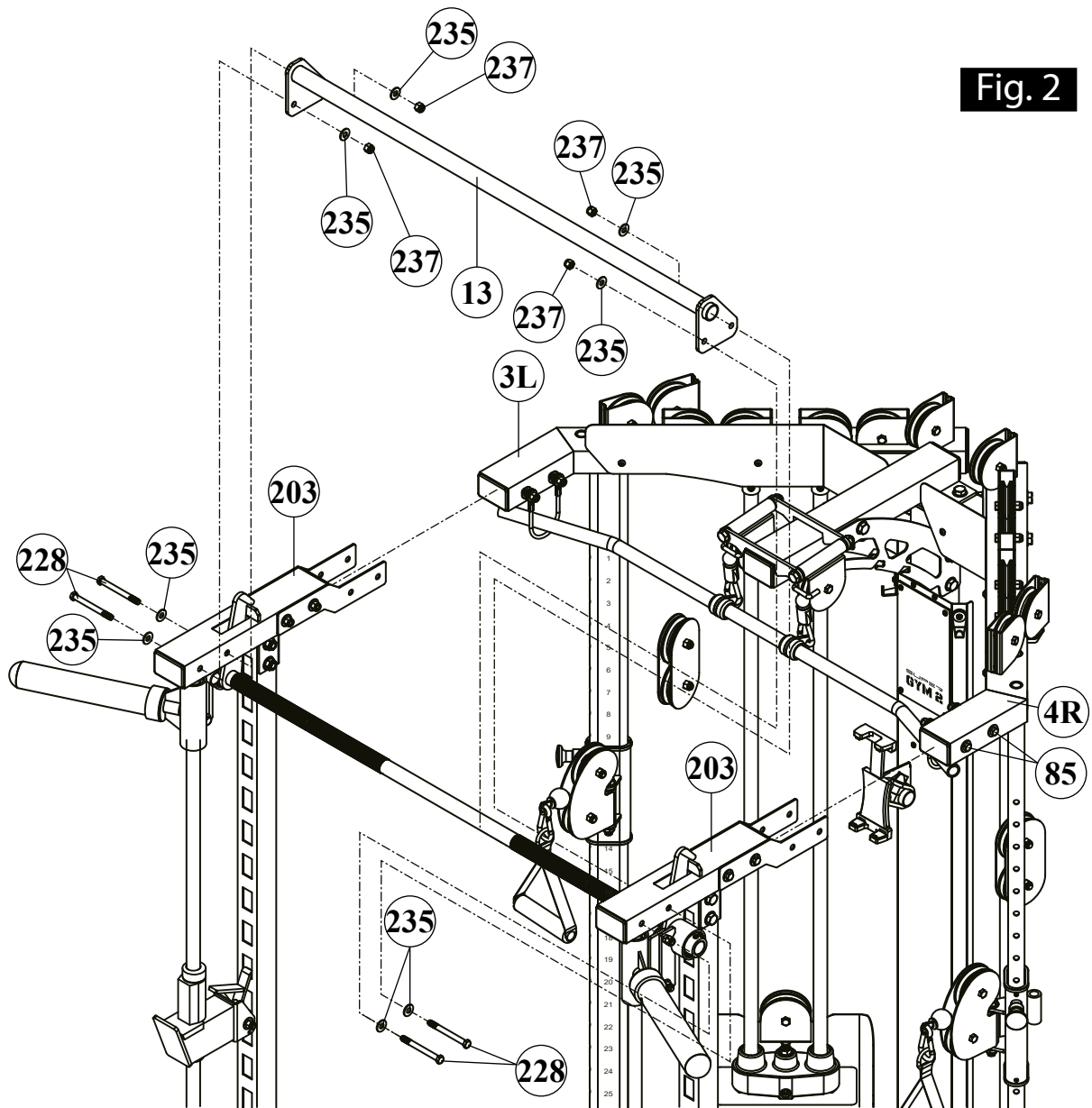
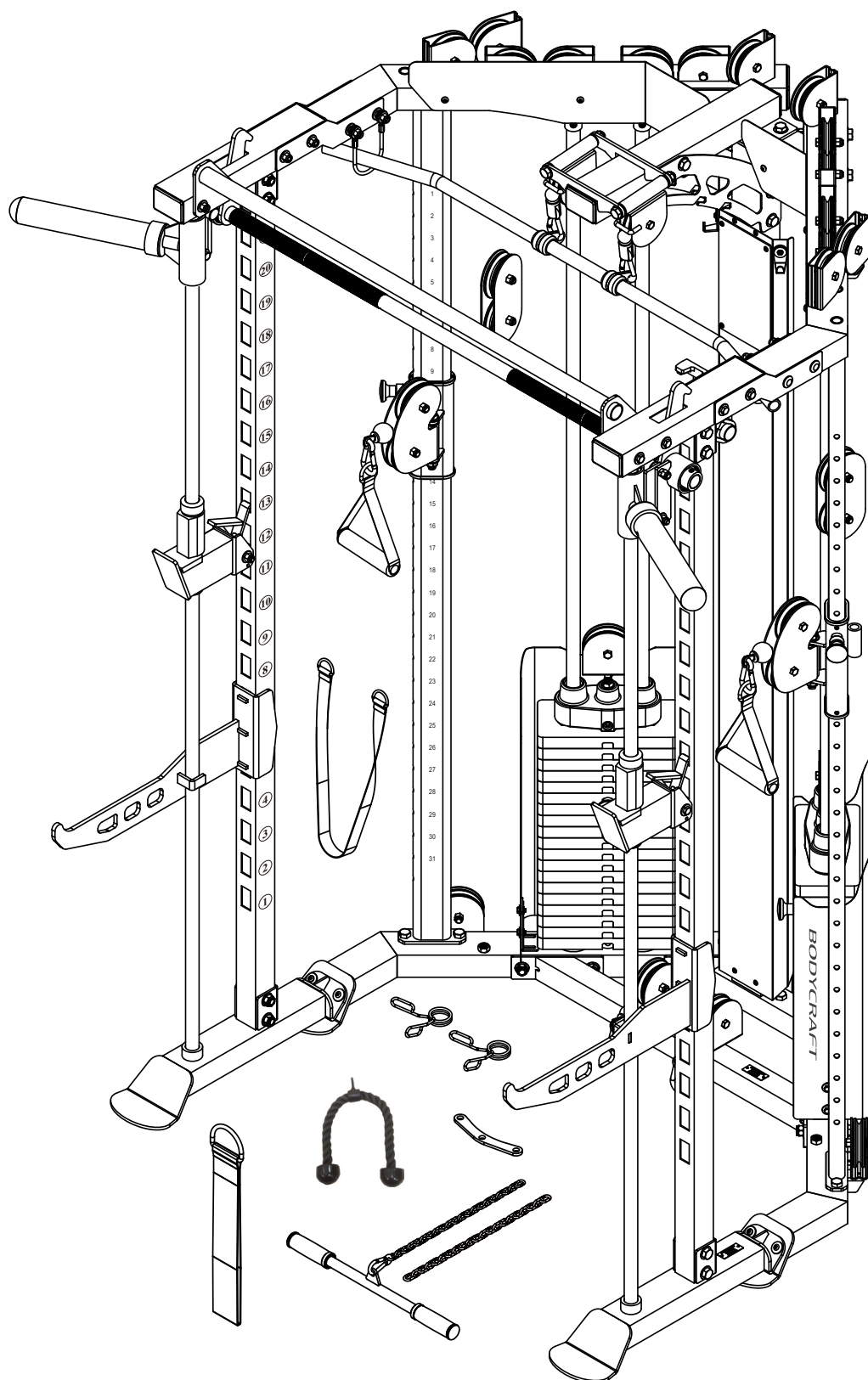


Fig. 1

Fig. 2





3.1 General Instructions

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health problems. Always start your training with a low load and increase it evenly and gently.

End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

3.1.1 Training clothes

During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

3.1.2 Warming up and stretching

It is important to warm up and stretch properly before training to avoid injury and improve performance. Stretching helps to loosen muscles and improve flexibility. Be sure to incorporate a short stretching routine before each workout.

Warm-up exercise:

1. Stand upright with your feet about shoulder-width apart.
2. Start with gentle arm circles by slowly moving your arms forwards in small circles in a controlled manner.
3. Perform arm circles backwards to loosen your shoulders and arms.
4. Do squats by slowly squatting down and then straightening up again. Make sure that your knees do not extend beyond your toes.



CAUTION

Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries.

3.1.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

3.1.4 Used muscle groups

This training uses the following muscle groups:

- + Leg muscles
- + Arm muscles
- + Pectoral muscles
- + Back muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back. Do not fully extend your legs, but keep a slight bend in the backwards movement.

3.1.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

Training with heart rate orientation

Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

Fat burning (weight management): The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

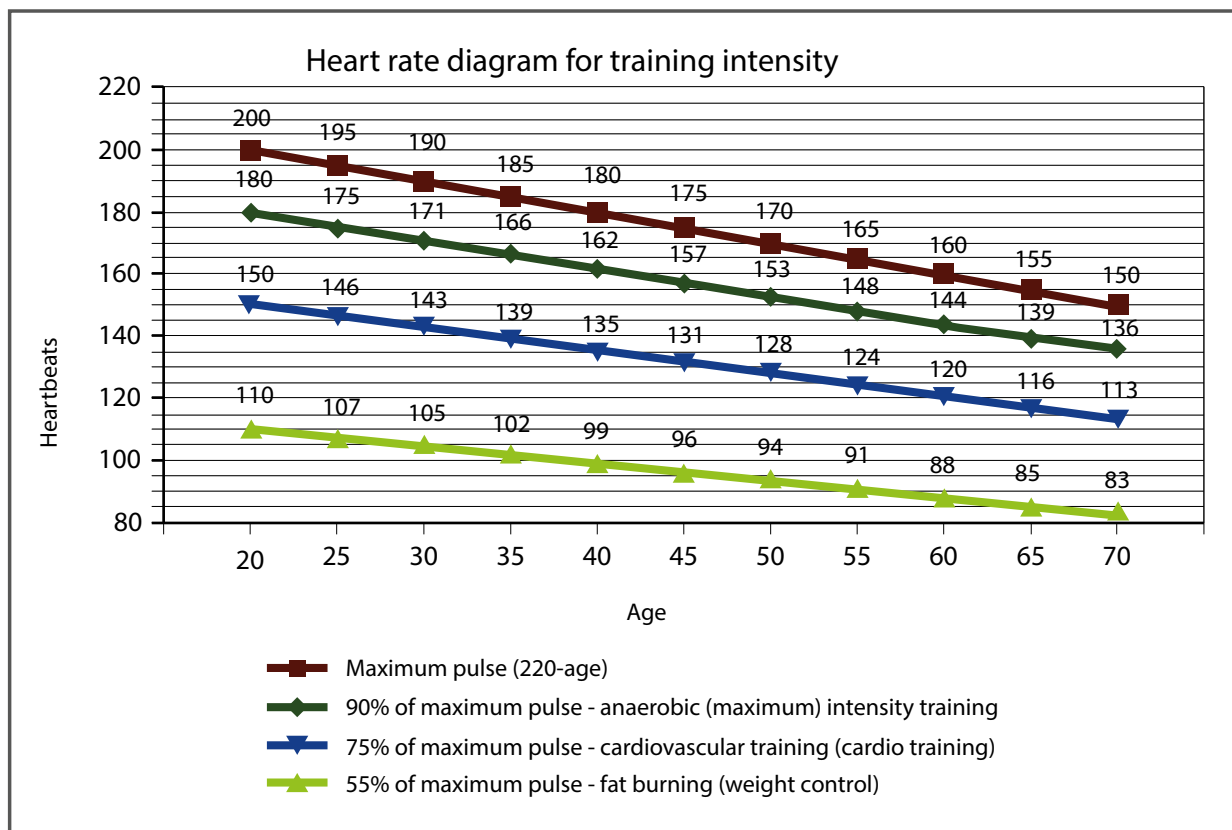
Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period is required.

Anaerobic (maximum) load training: The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

Example:

For a 45-year-old man or woman, the maximum heart rate is 175 ($220 - 45 = 175$).

- + The fat burning target zone (55%) is at approximately 96 beats/min. = $(220 - \text{age}) \times 0.55$.
- + The cardio target zone (75%) is at approximately 131 beats/min. = $(220 - \text{age}) \times 0.75$.
- + The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = $(220 - \text{age}) \times 0.9$.



3.2 Workout journal

[illegible]

Date _____



Distance



Time (min.)



Resistance level



Training weight



Ø Pulse



Calories burnt



I feel ...



Body weight

4.1 General Instructions



WARNING

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.



ATTENTION

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

5.1 General Instructions



WARNING

- + Do not make any improper changes to the equipment.



CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

► ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Grinding noises	Cables or pulleys do not run smoothly or are damaged	+ Visual inspection of the cable routing or the pulley guide + If damaged, replace the defective part
Weight hanging in the air	Cable tensioned too tight	Readjust cable tension
Cable without tension	Cable too loose	+ Check cable routing + Readjust cable tension
Squeaking & cracking noises	Screw connections loosened or too tight	+ Check or lubricate screw connections* + Check cable routing
Unit wobbles	+ Uneven ground + Loose screw connections	+ Align unit + Tighten screw connections
Heavy draught	+ Weight holders/guide rods too dry + Faulty cable routing	+ Lubricate guide rods* + Check cable routing

* With a grease-free silicone oil or silicone spray.

5.3 Maintenance and Inspection Calendar

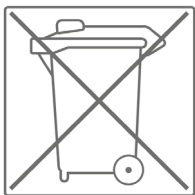
To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly
Cables	C	I	
Screw connections		I	
Pulleys and cable routing		I	
Slide rails/Guide rods		I	
Legend: C = clean; I = inspect			

6 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For training equipment like smith machines, weight benches or racks this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat but it could be also **additional weights, handles, foot straps** for leg exercises or **triceps ropes**. For some smith machines, there are also optional add-ons such as **leg presses** that make your workout even more intense and comprehensive.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



chest strap



floor mat



triceps rope

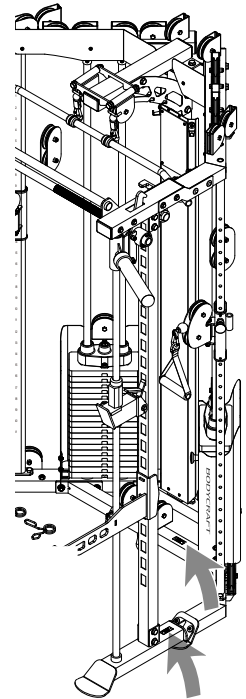
8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.

Enter the serial number in the appropriate field.



Serial number:

Brand / Category:

Model Name:

Super Gym SG2
Smith Machine for SG2

Article Number:

BC-SG2
BC-SG2-SM

8.2 Parts List: SG2

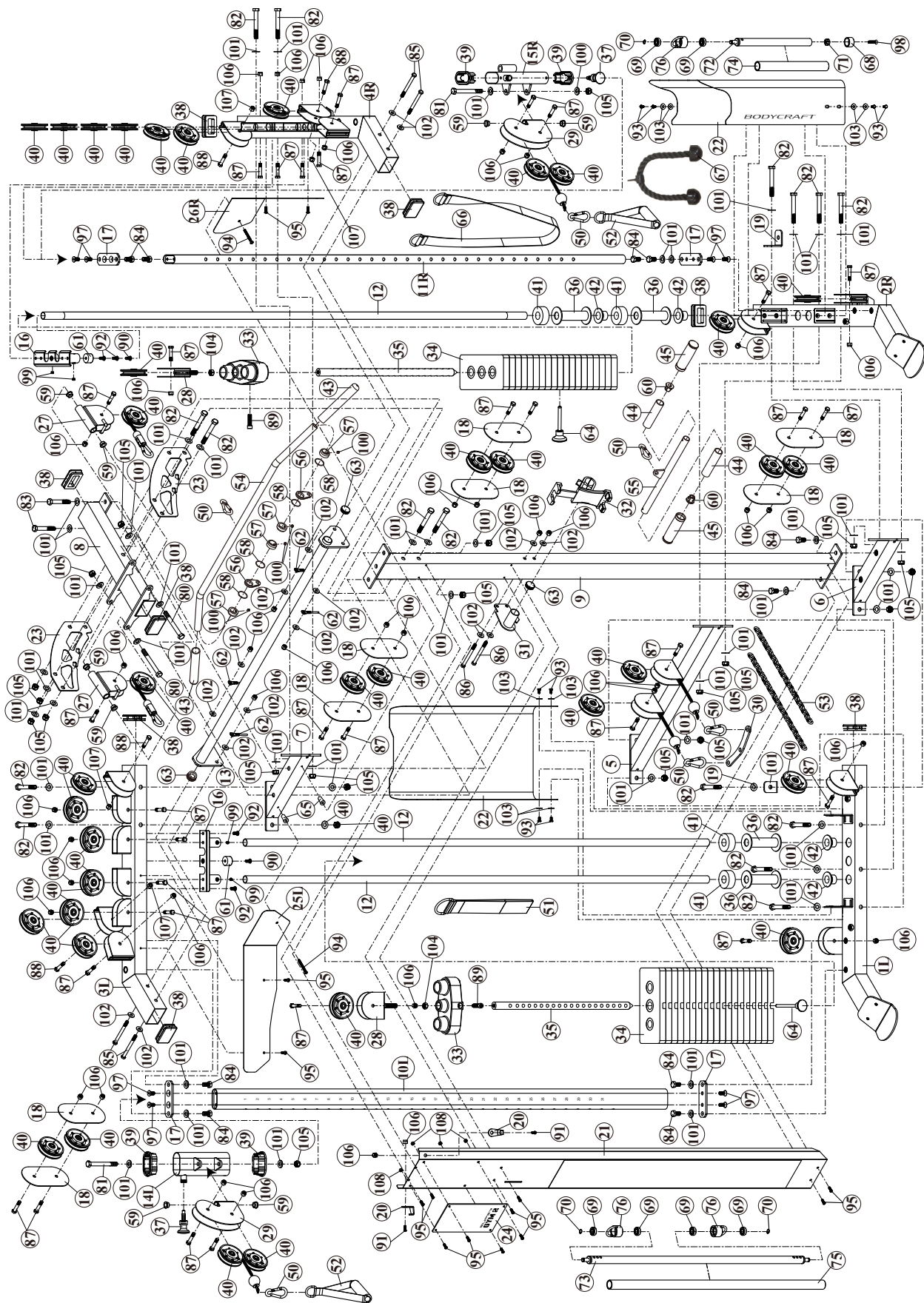
No.	Name	Qty.	No.	Name	Qty.
1L	LEFT MAIN FRAME	1	32	MOBILE PHONE TELESCOPIC STAND	1
2R	RIGHT MAIN FRAME	1	33	TOP PLATE	2
3L	LEFT TOP FRAME	1	34	10 LB. WEIGHT PLATE	38
4R	RIGHT TOP FRAME	1	35	SELECTOR ROD	2
5	CONNECTOR FRAME	1	36	WEIGHT STACK SPACER	4
6	CONNECTOR FRAME	1	37	KNOB	2
7	CONNECTOR FRAME	1	38	50 X 75mm RECT. PLUG	8
8	REAR STABILIZER	1	39	PLASTIC BUSHING	4
9	SUPPORT UPRIGHT FRAME	1	40	PULLEY	36
10L	LEFT UPRIGHT FRAME	1	41	RUBBER CUSHION	4
11R	RIGHT UPRIGHT FRAME	1	42	PLASTIC GUIDE ROD HOLDER	4
12	VERTICAL GUIDE ROD	4	43	1" X 200mm ROUND HAND GRIP	2
13	CONNECTOR TOP FRAME	1	44	1-1/4" X 135mm ROUND HAND GRIP	2
14L	LEFT PULLEY HEIGHT ADJUSTER	1	45	1-1/4" HAND GRIP	2
15R	RIGHT PULLEY HEIGHT ADJUSTER	1	46	TOP CABLE	2
16	TOP GUIDE ROD HOLDER	2	47	HEAD OF CABLE	2
17	LINK PLATE	4	48	LOW CABLE	2
18	DOUBLE CABLE RETAINER PLATE	8	49	CONNECT CABLE	2
19	CONNECTOR PLATE	2	50	SNAP HOOK	6
20	HOOK	2	51	ANKLE STRAP	1
21	PANEL	1	52	SINGLE HANDLE	2
22	WEIGHT PANEL	2	53	CHAIN	2
23	STABLIZE PLATE	2	54	LAT BAR	1
24	ACRYLIC	1	55	CURL BAR	1
25L	LEFT TRIM	1	56	HOOK PLATE	2
26R	RIGHT TRIM	1	57	AXLE COLLAR	4
27	SINGLE PULLEY BLOCK	2	58	1"ID SEAL RINGLET	4
28	PULLEY BLOCK	2	59	BUSHING	8
29	ROTATING PULLEY HOLDER	2	60	32mm ROUND END PLUG	2
30	BRACKET	1	61	RUBBER DONUT	2
31	MOBILE PHONE HOLDER	1			

62	CABLE LINE	2	97	3/8" X 1" SCREW	8
63	1-1/4" ROUND CAP	3	98	5/16" X 1-1/4" SUNKEN HEAD BOLT	1
64	SELECTOR PIN	2	99	5/16" X 1/4" INNER HEX SCREW	4
65	PLASTIC STUDS	2	100	M6 X 6L INNER HEX SCREW	4
66	CHIN ASSIST STRAP	1	101	1/2" WASHER	54
67	TRICEP ROPE	1	102	3/8" WASHER	16
68	SPACER	1	103	5/16" WASHER	8
69	BEARING	6	104	1/2" NUT	2
70	C - RING	3	105	1/2" NYLON NUT	22
71	5/16" SMALLER NUT	1	106	3/8" NYLON NUT	42
72	SPORT BAR	1	107	3/8" THINNER NYLON NUT	2
73	LONG BAR	1	108	M6 NYLON NUT	4
74	1" X 295L FOAM GRIP	1			
75	1" X 900L FOAM GRIP	1			
76	SPORT BAR COLLAR	3			
80	1/2" X 6" HEX BOLT	2			
81	1/2" X 4-1/4" HEX BOLT	2			
82	1/2" X 4" HEX BOLT	16			
83	1/2" X 3-1/4" HEX BOLT	2			
84	1/2" X 1" HEX THREADED	10			
85	3/8" X 4" HEX BOLT	4			
86	3/8" X 3-3/4" HEX BOLT	2			
87	3/8" X 1-3/4" HEX BOLT	34			
88	3/8" X 1-1/2" HEX BOLT	2			
89	TOP PLATE BOLT	2			
90	3/8" X 3/4" BOTTOM HEAD BOLT	2			
91	3/8" X 3/4" HEX SOCKEN DOME BOLT	2			
92	5/16" X 5/8" HEX SOCKEN DOME BOLT	4			
93	5/16" X 1/2" HEX SOCKEN DOME BOLT	8			
94	M6 X 70L HEX SOCKEN DOME BOLT	2			
95	M6 X 12L HEX SOCKEN DOME BOLT	14			

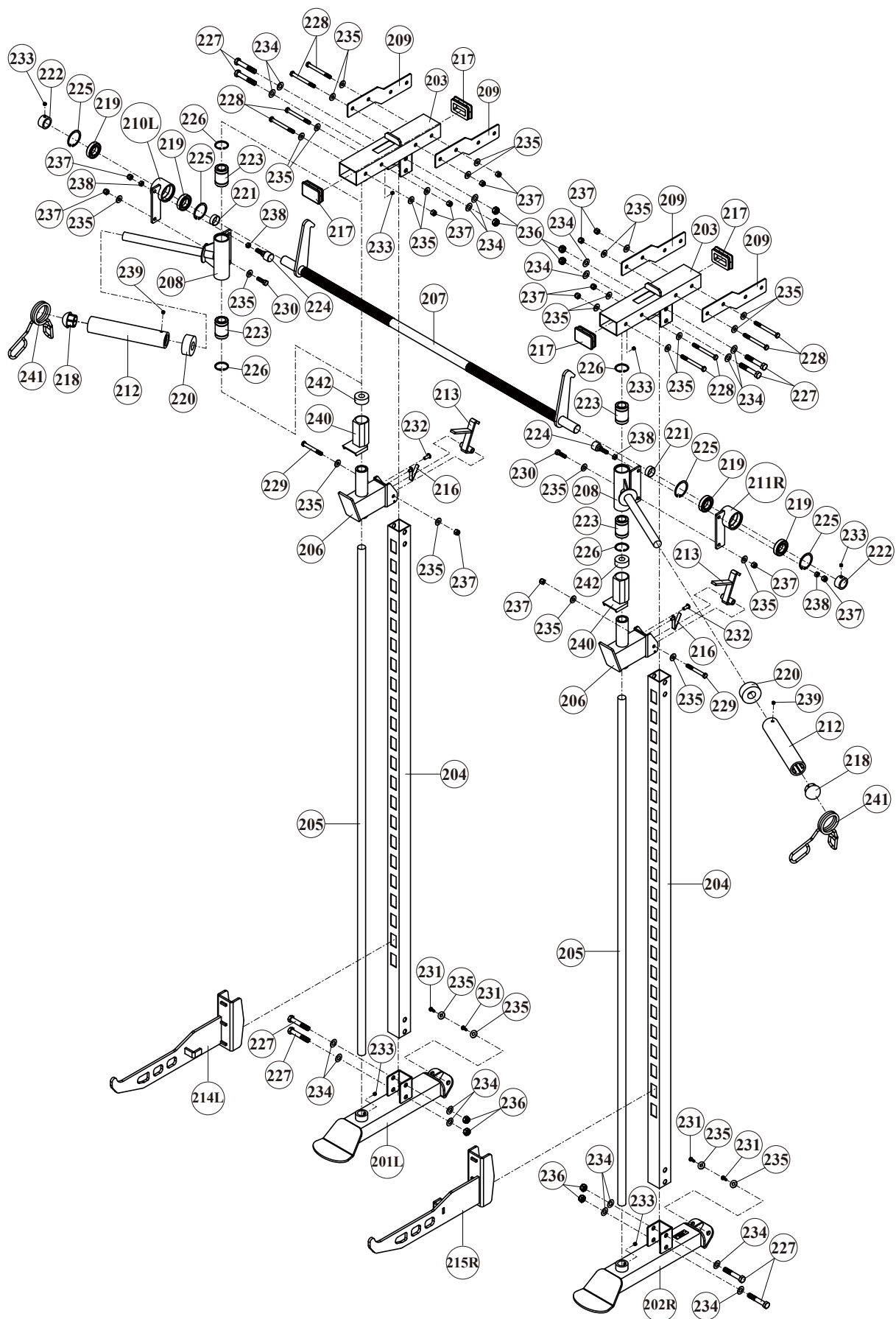
8.3 Parts List: SG2 Smith

201L	LEFT BASE FRAME	1	232	M8 X 16L SCREW	2
202R	RIGHT BASE FRAME	1	233	5/16" X 1/4" INNER HEX SCREW	6
203	TOP FRAME	2	234	1/2" WASHER	16
204	UPRIGHT FRAME	2	235	3/8" WASHER	28
205	VERTICAL GUIDE ROD	2	236	1/2" NYLON NUT	8
206	BEARING HOUSING	2	237	3/8" NYLON NUT	14
207	BARBELL BAR	1	238	3/8" NUT	2
208	VERTICAL BEARING HOUSING	2	239	5/16" X 3/8" INNER HEX SCREW	2
209	CONNECTOR PLATE	4	240	RUBBER TUBE	2
210 L	LEFT SAFETY CATCH	1	241	SPRING CLIP	2
211 R	RIGHT SAFETY CATCH	1	242	SMALLER RUBBER CUSHION	2
212	WEIGHT BAR SLEEVE	2			
213	LARGER SPRING	2			
214 L	LEFT SAFETY SPOTTER	1			
215 R	RIGHT SAFETY SPOTTER	1			
216	SMALLER SPRING	2			
217	RECT. PLUG	4			
218	END CAP	2			
219	BEARING	4			
220	LARGER RUBBER CUSHION	2			
221	SPACER	2			
222	AXLE COLLAR	2			
223	BEARING	4			
224	STOPPER	2			
225	R52mm C PIN	4			
226	R40mm C PIN	4			
227	1/2" X 3" HEX BOLT	8			
228	3/8" X 4" HEX BOLT	8			
229	3/8" X 3" HEX BOLT	2			
230	3/8" X 1-1/4" HEX THREADED BOLT	2			
231	3/8" X 3/4" HEX SOCKEN DOME BOLT	4			

8.4 Exploded Drawing: SG2



8.5 Exploded Drawing: SG2 Smith



Products from BodyCraft® are subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Error Descriptions

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

Your statutory rights are not affected.

Warranty

The warranty is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

Warranty period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Repair Costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warranty holder personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

The terms of use are defined as follows:

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty Service

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

Warranty Conditions

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- + misuse or improper handling
- + environmental influences (moisture, heat, electrical surge, dust, etc.)
- + failure to follow the current safety measures for the equipment
- + failure to follow the operating instructions
- + use of force (e. g. hitting, kicking, falling)
- + interventions which were not carried out by one of our authorized service centres
- + unauthorised repair attempts

Proof of Purchase and Serial Number

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

Service outside of the Warranty Period

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

DE	DK	UK
TECHNIK  +49 4621 4210-900  +49 4621 4210-698  technik@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage.	TEKNIK OG SERVICE  80 90 16 50 +49 4621 4210-945  info@fitshop.dk  Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7	CUSTOMER SUPPORT  00800 2020 2772 +494621 4210 944  info@fitshop.co.uk  You can find the opening hours on our homepage: https://stg.fit/statitc
	FR	BE
SERVICE  0800 20 20277 (kostenlos)  04621 4210 - 0  info@fitshop.de  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita	TECHNIQUE & SERVICE  +33 (0) 189 530984 +49 4621 42 10 933  info@fitshop.fr  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4	TECHNIQUE & SERVICE  02 732 46 77 +49 4621 4210 933  info@fitshop.be  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8
ES	NL	INT
TECNOLOGÍA Y SERVICIOS  911 238 029  info@fitshop.es  Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5	TECHNISCHE DIENST & SERVICE  +31 172 619961  service@fitshop.nl  De openingstijden vindt u op onze homepage: https://stg.fit/statit3	TECHNICAL SUPPORT & SERVICE  +49 4621 4210-944  service-int@fitshop.de  You can find the opening hours on our homepage: https://stg.fit/statita
PL	AT	CH
DZIAŁ TECHNICZNY I SERWIS  22 307 43 21 +49 4621 42 10-948  info@fitshop.pl  Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6	TECHNIK & SERVICE  0800 20 20277 (Freecall) +49 4621 42 10-0  info@fitshop.at  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb	TECHNIK & SERVICE  0800 202 027 +49 4621 42 10-0  info@fitshop.ch  Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9

Please find a detailed overview including address and opening hours for all stores of the Fitshop Group in Germany and abroad on the following website:

www.fitshop.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Fitshop is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

Fitshop offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!

	www.fitshop.co.uk www.fitshop.de/blog
	www.facebook.com/fitshopgroup
	www.instagram.com/fitshopgroup/
	www.youtube.com/@fitshop_uk
	
	
	
	
	
	
	

BODYCRAFT