KINESIS™

THE ORIGINAL MOVEMENT

User manual

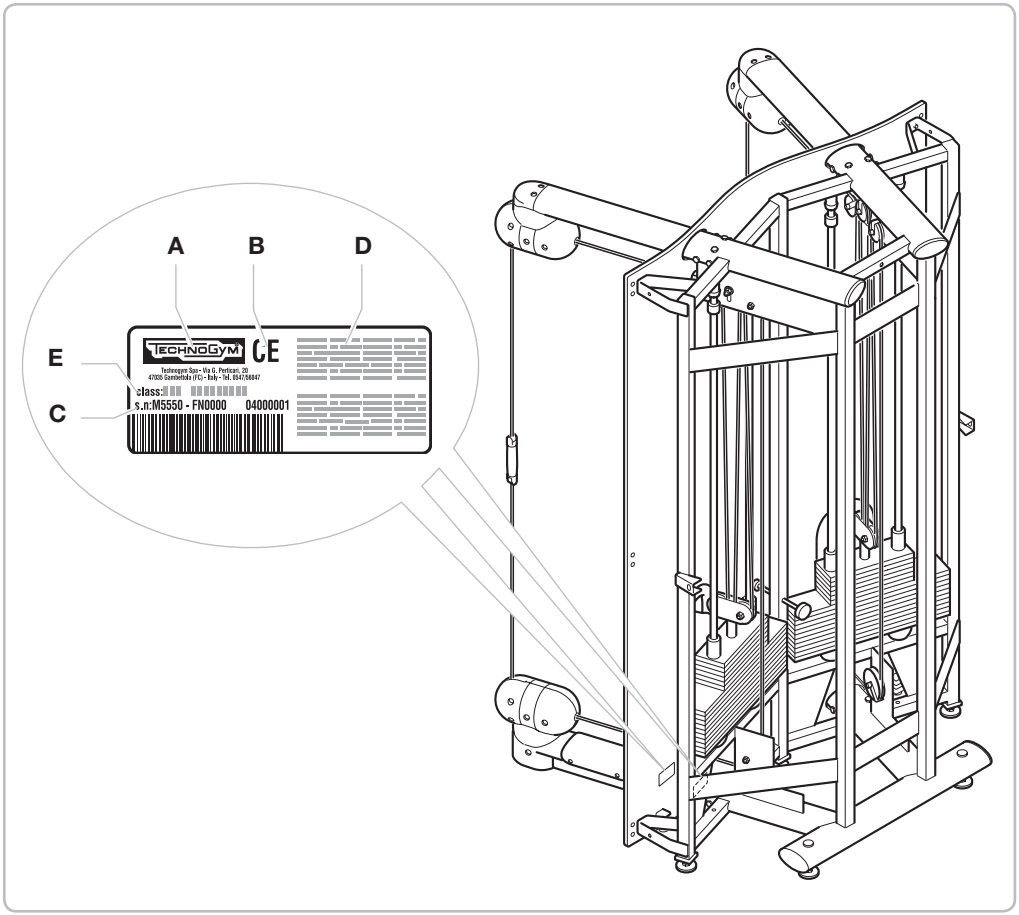
TECHNOGYM®
The Wellness Company™

Contents

1 Technical information

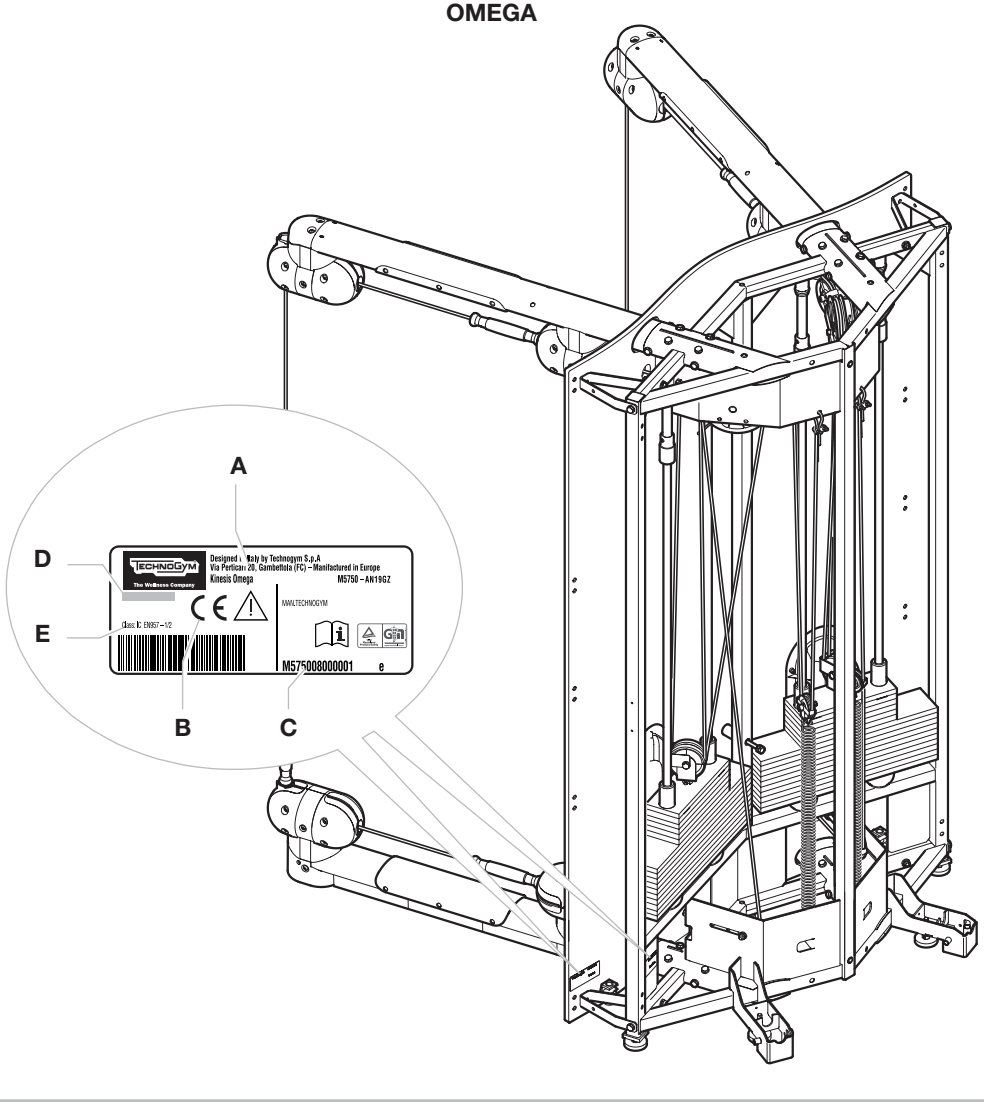
1.1 Manufacturer and equipment identification

The equipment and manufacturer identification label, affixed to the frame and the back of the protective panel, gives the following details:



A Manufacturer's name and address
B CE Mark
C Serial number
D Warnings
E Equipment classification

OMEGA



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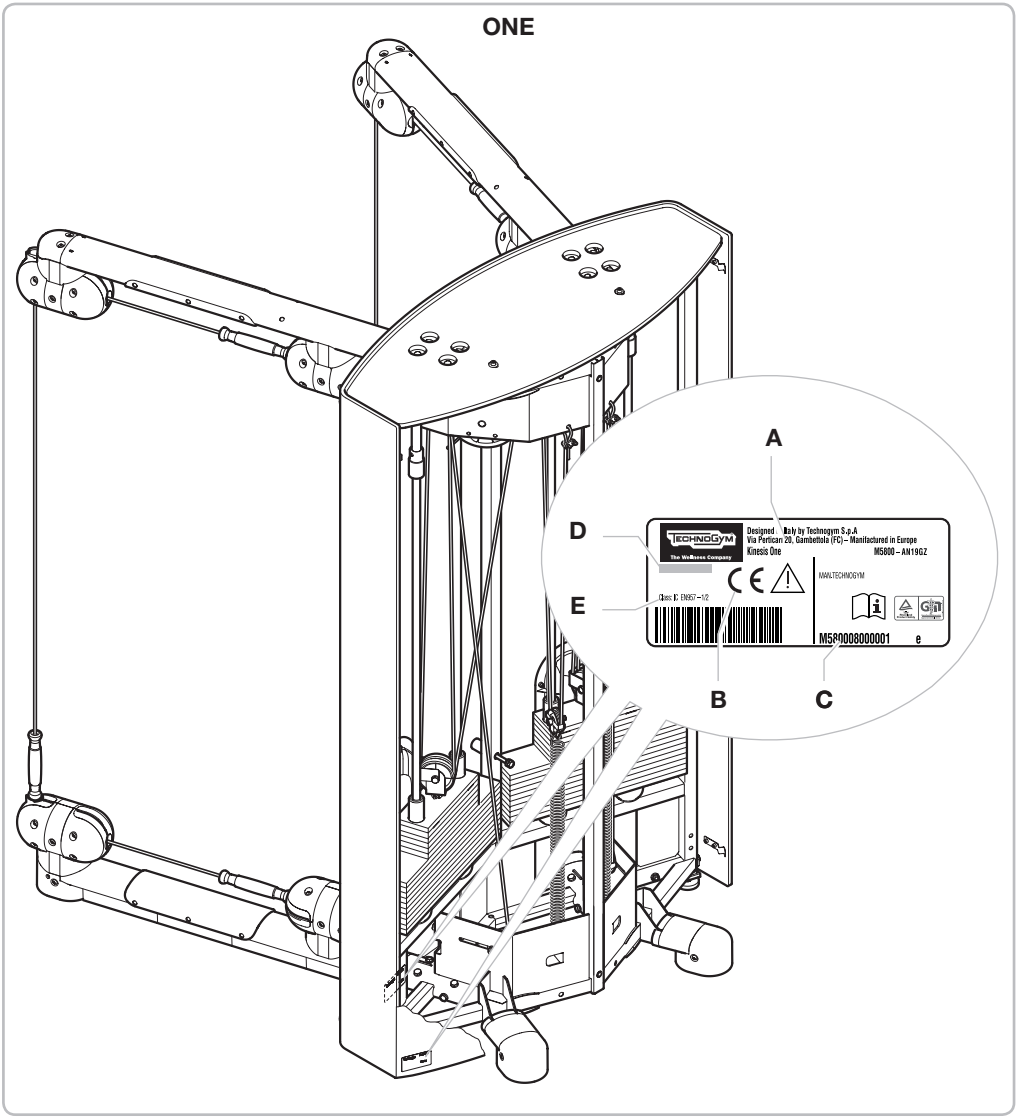

A Manufacturer's name and address
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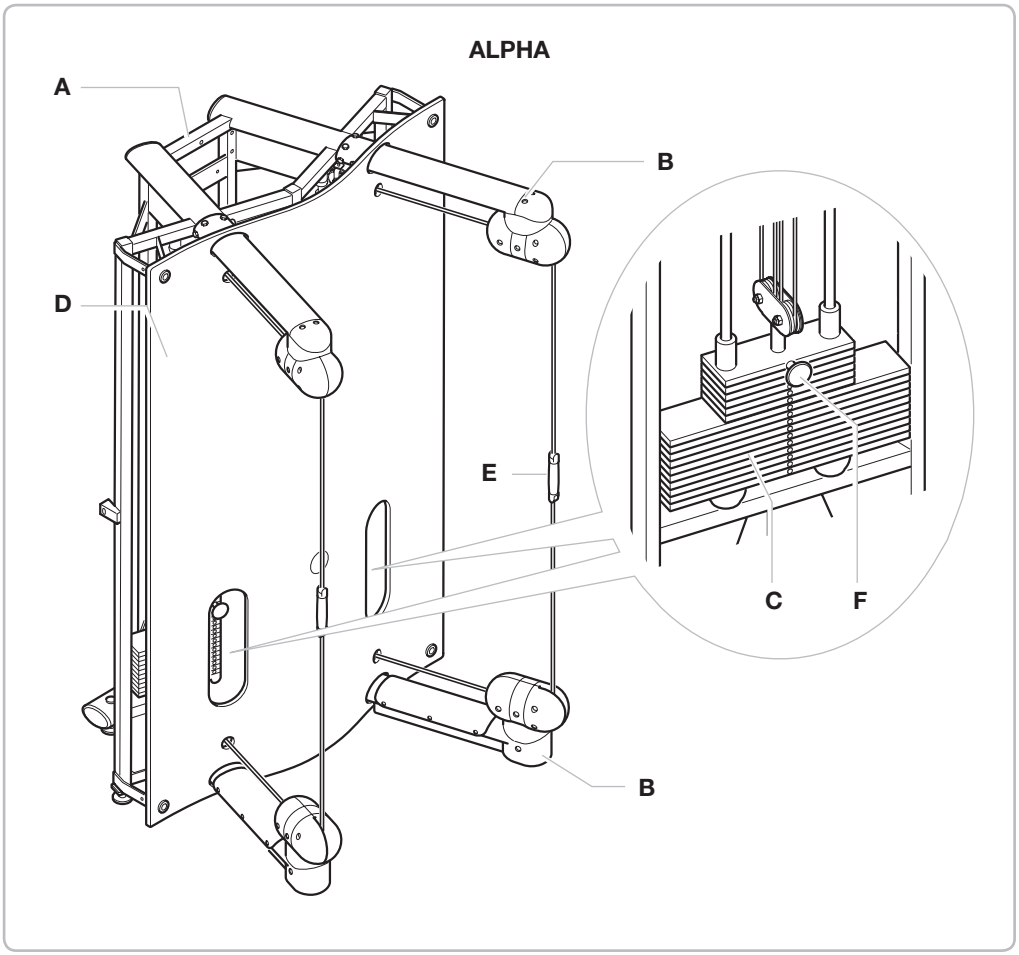
1.2 Description of the equipment

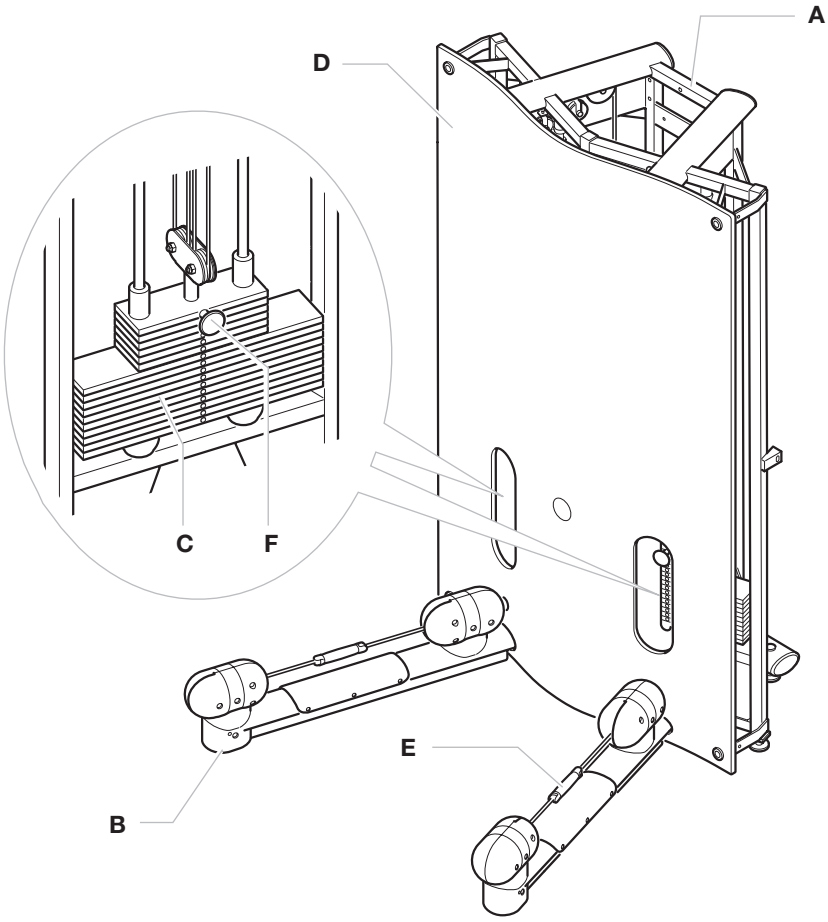
WARNING
There will be additional protective panels in combined modules.



A **Frame**: this is the equipment's supporting structure, covered by the protective panel (**D**).

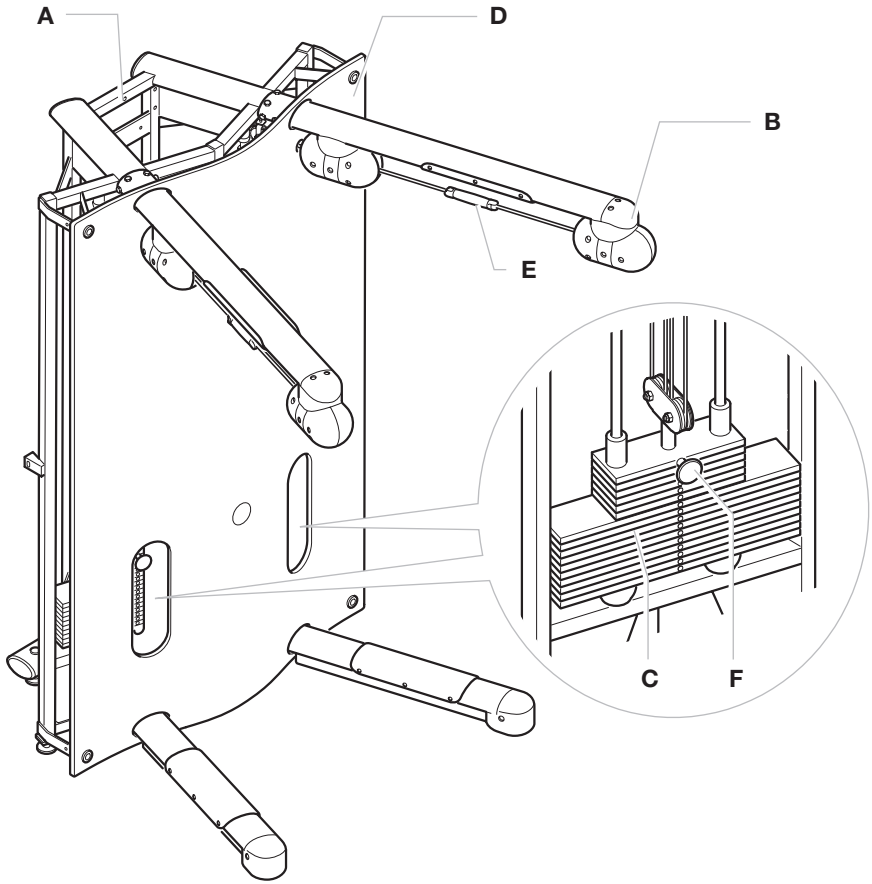
B **Upper and lower arms**: the cables with handgrips (**E**), for performing the exercises, run through the arms.

BETA



C **Weight stack**: each handgrip (**E**), when worked by the user, moves the weights along two guides by means of a cable. A pin (**F**) is used to select the workload, to adjust the amount of effort required.

GAMMA



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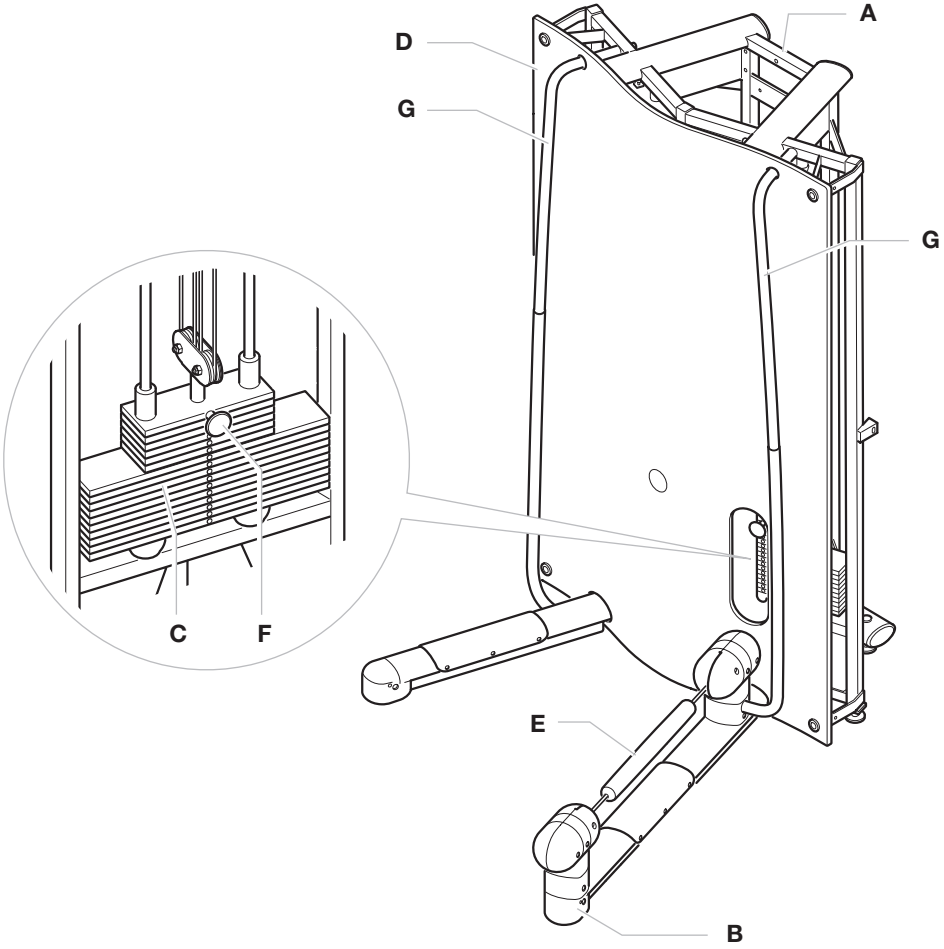
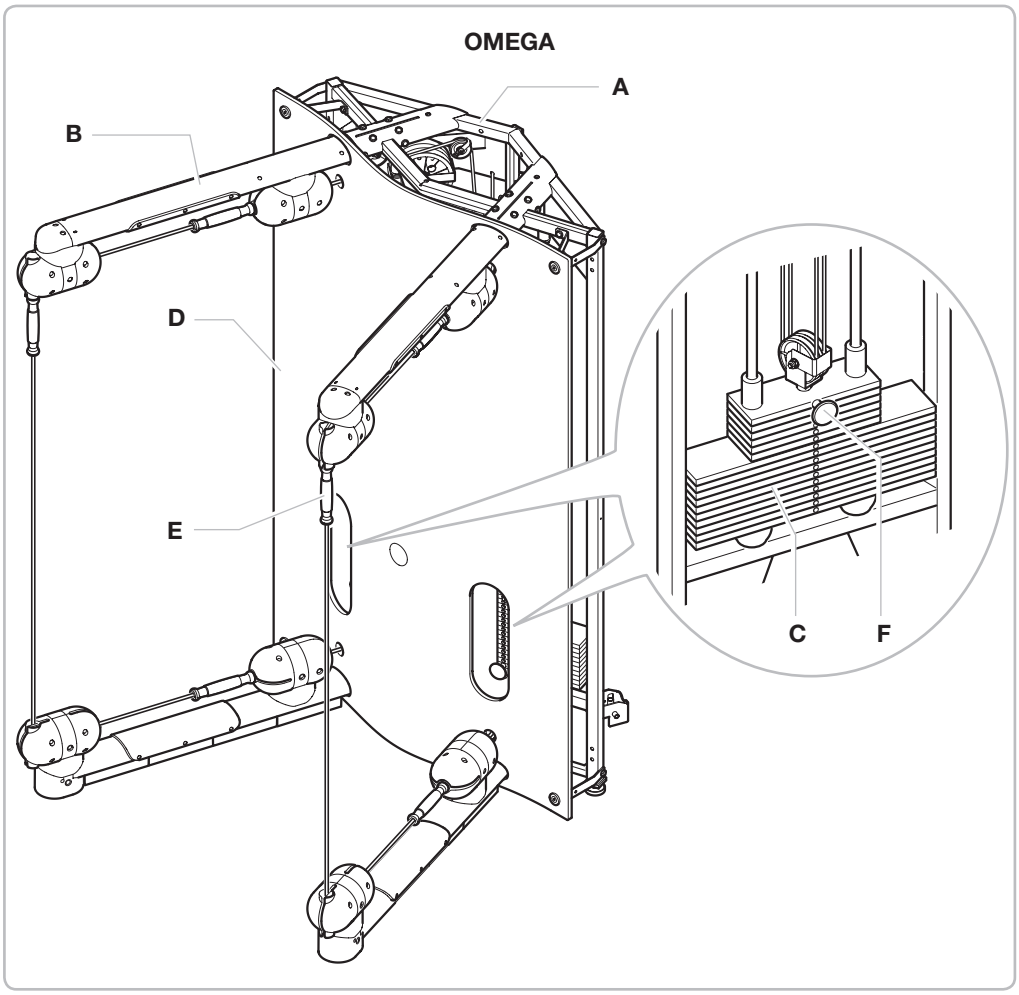
DELTA



G **Fixed handgrip**: on the Delta module; gives greater stability during the exercise.



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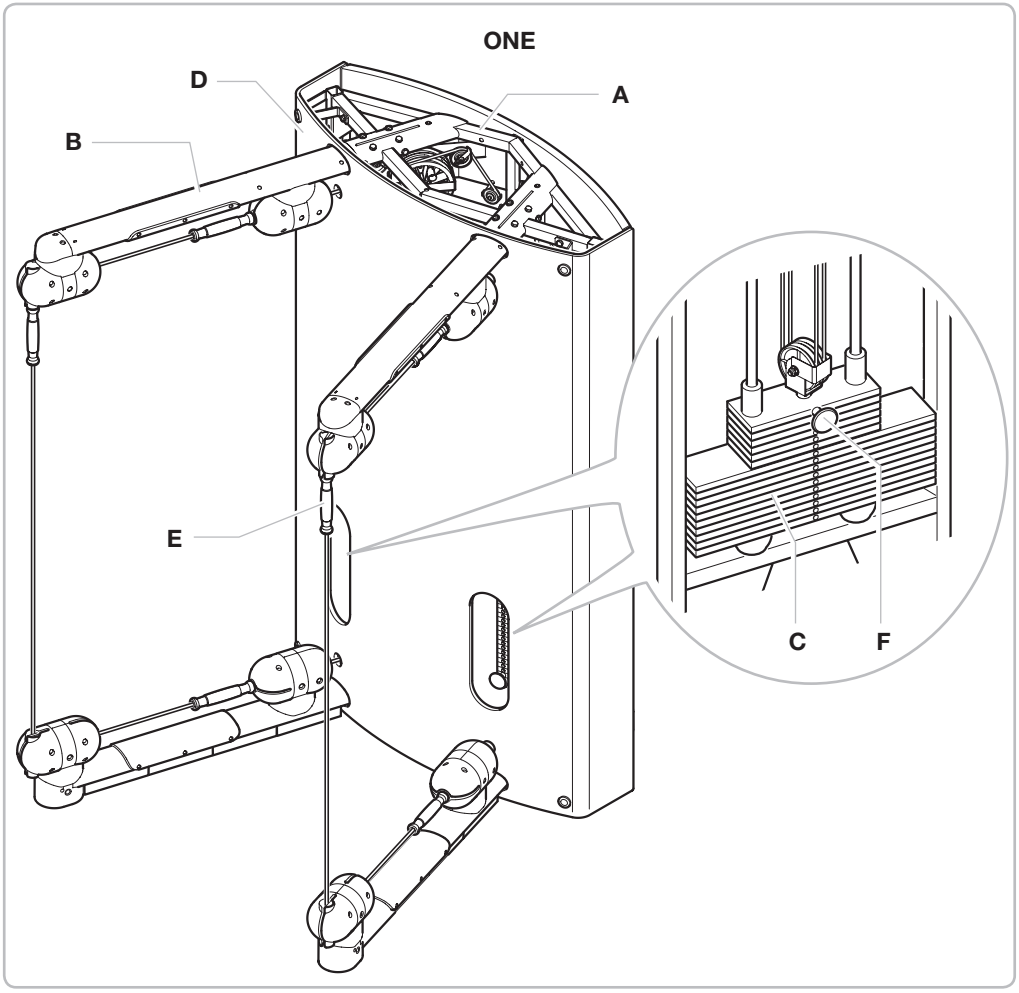

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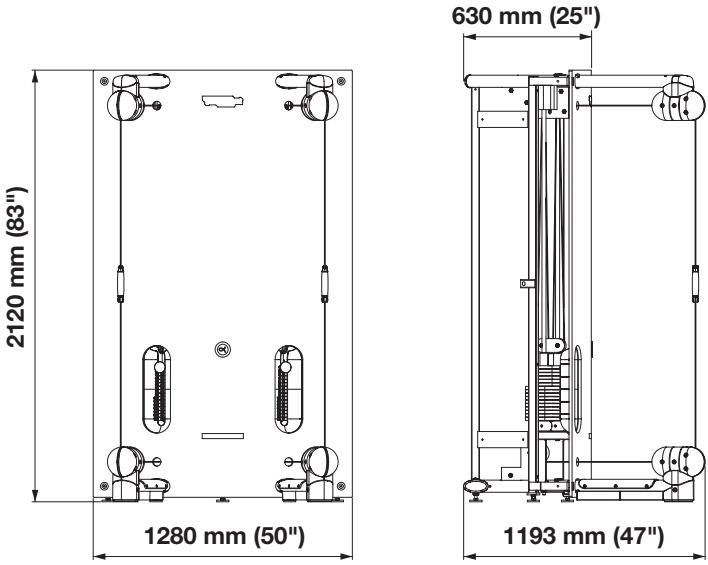
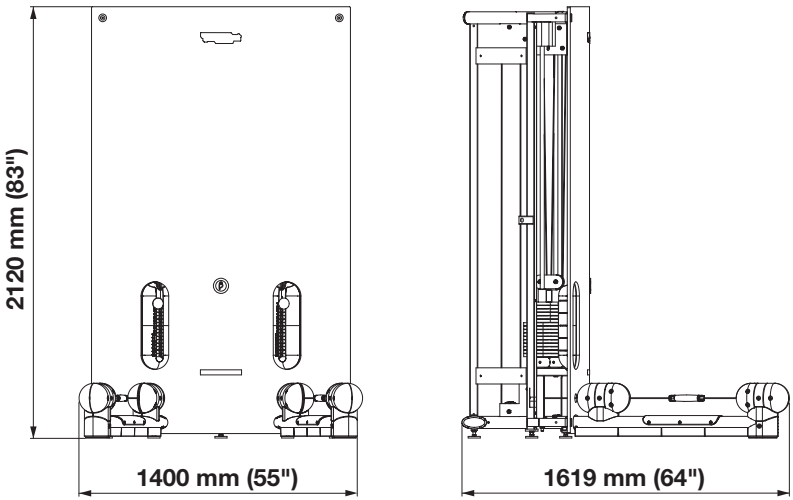
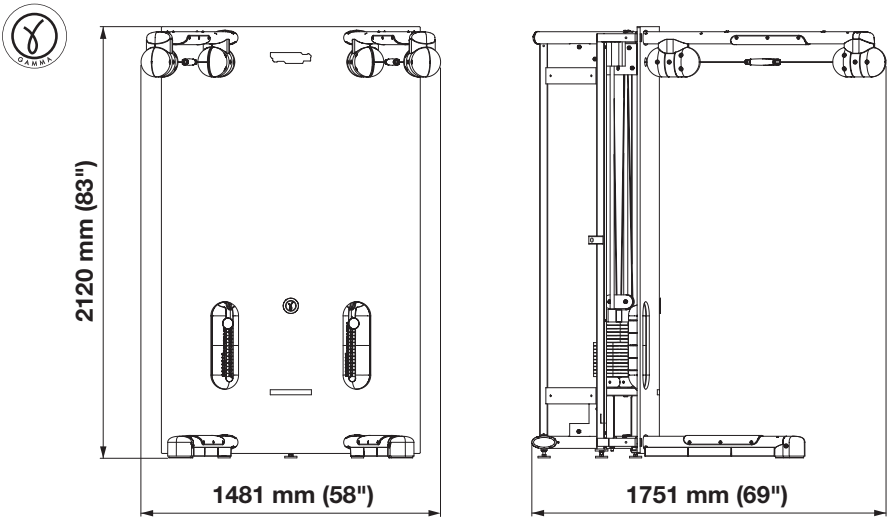
1.3 Technical data



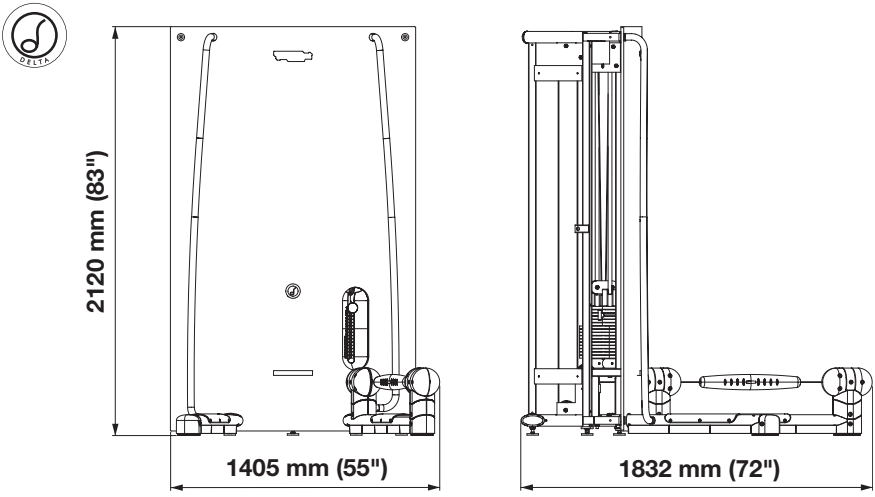
Weight	310 kg	(685 lb)
Standard weight stack	2 x 79 kg	(2 x 175 lb)



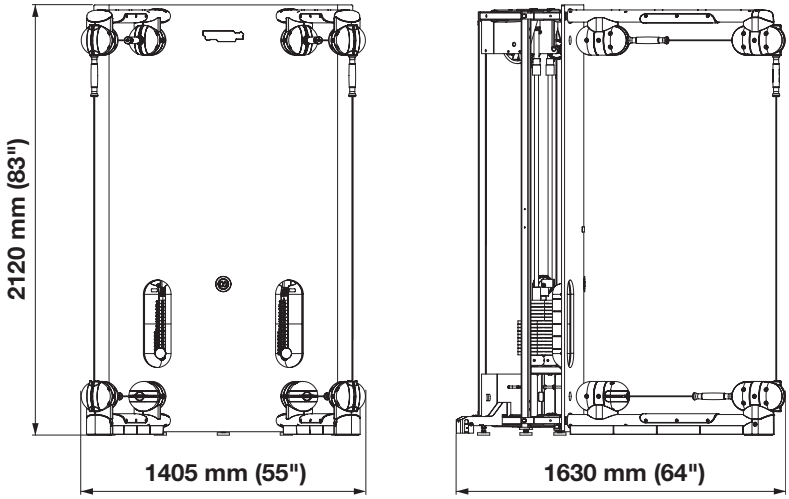
Weight	308 kg	(680 lb)
Standard weight stack	2 x 79 kg	(2 x 175 lb)



Weight	325 kg	(716 lb)
Standard weight stack	2 x 79 kg	(2 x 175 lb)

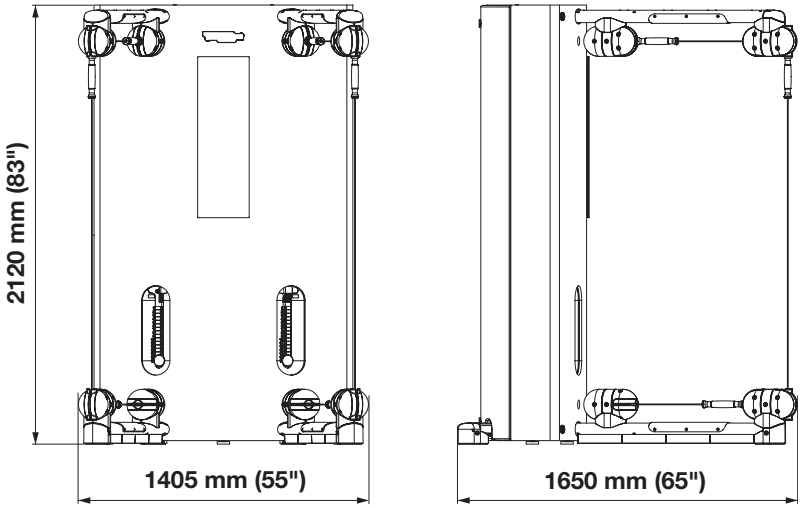


Weight	235 kg	(518 lb)
Standard weight stack	79 kg	(175 lb)



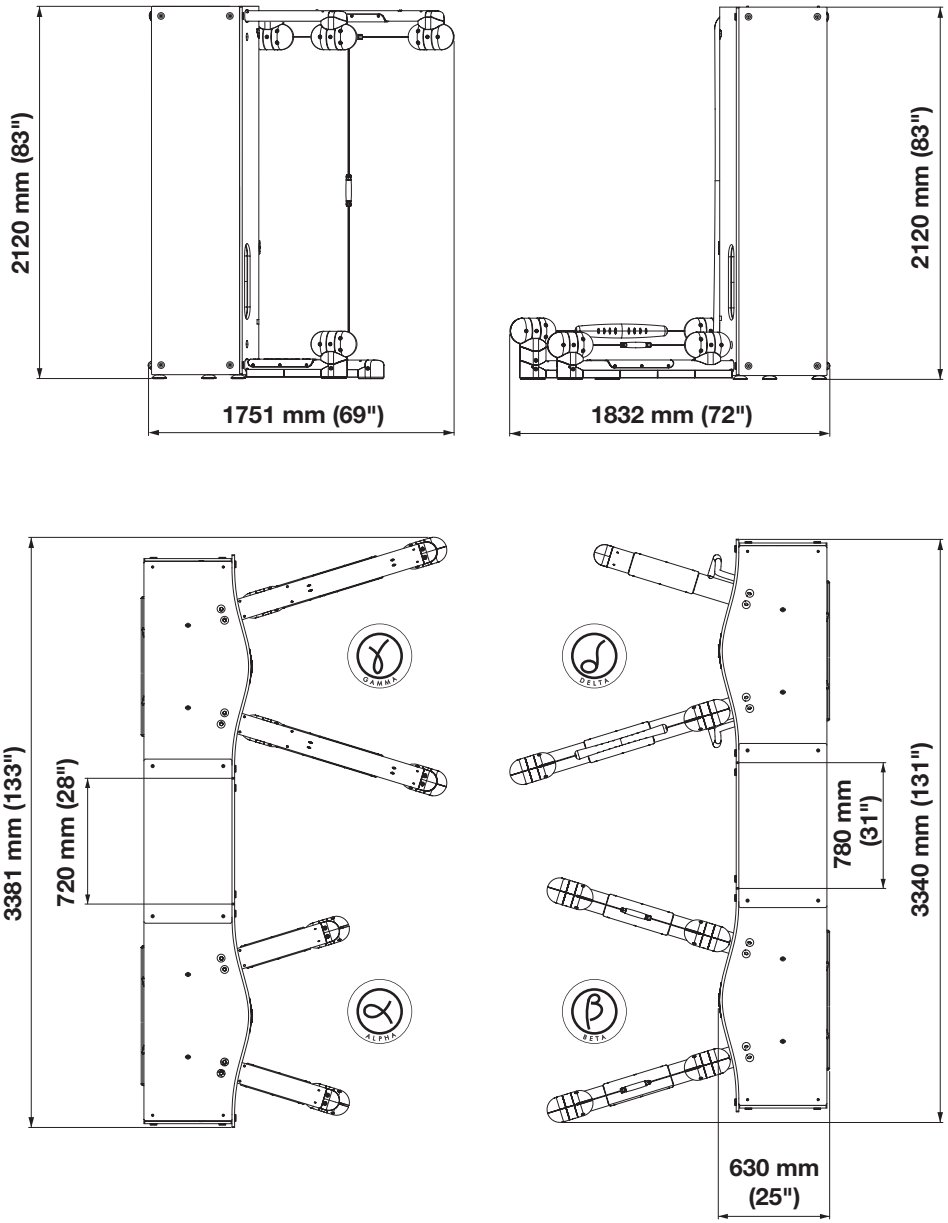
Weight	324 kg	(715 lb)
Standard weight stack	2 x 79 kg	(2 x 175 lb)

ONE

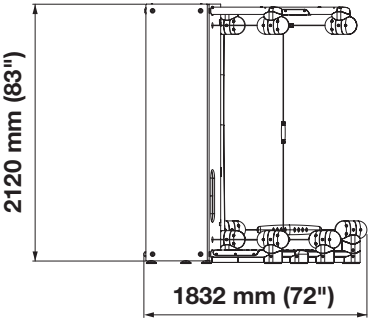


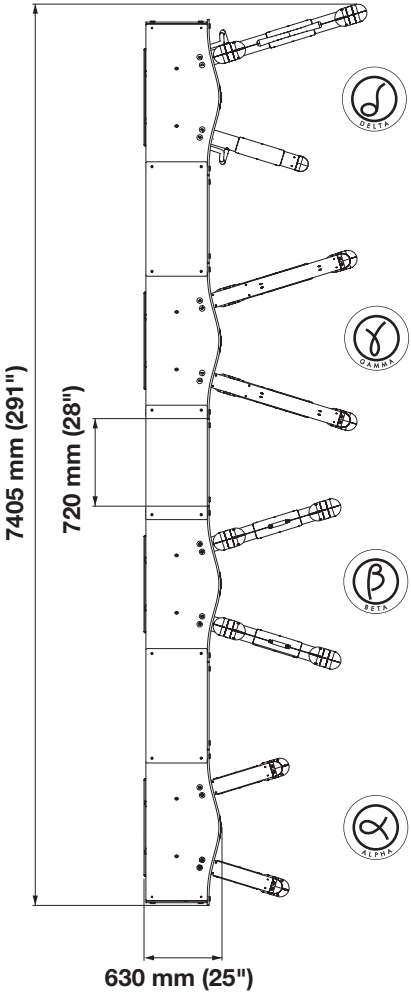
Weight	361 kg	(797 lb)
Standard weight stack	2 x 79 kg	(2 x 175 lb)

2 MODULES SIDE BY SIDE

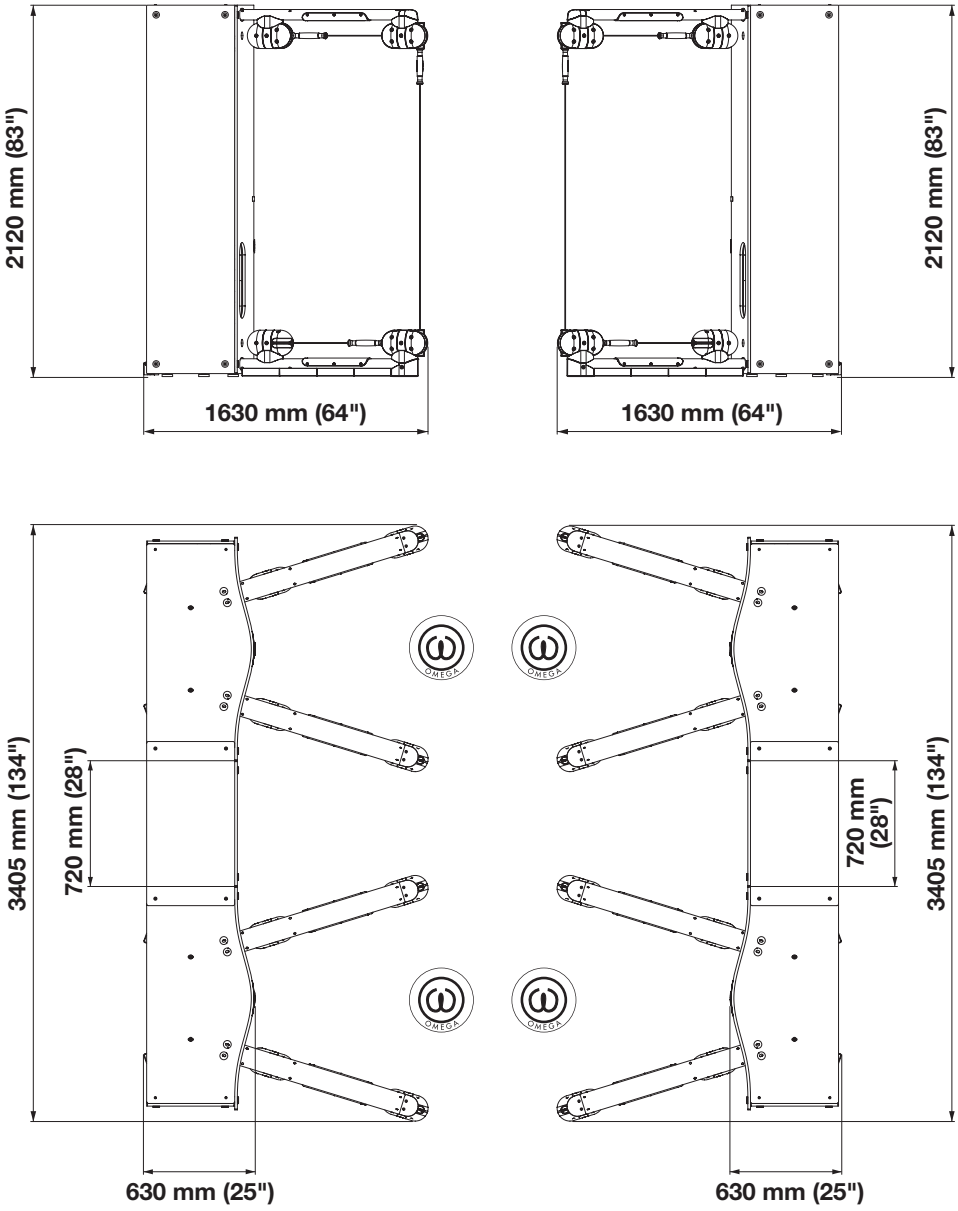


4 MODULES IN LINE, AGAINST WALL

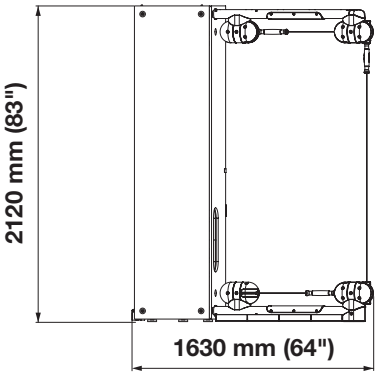


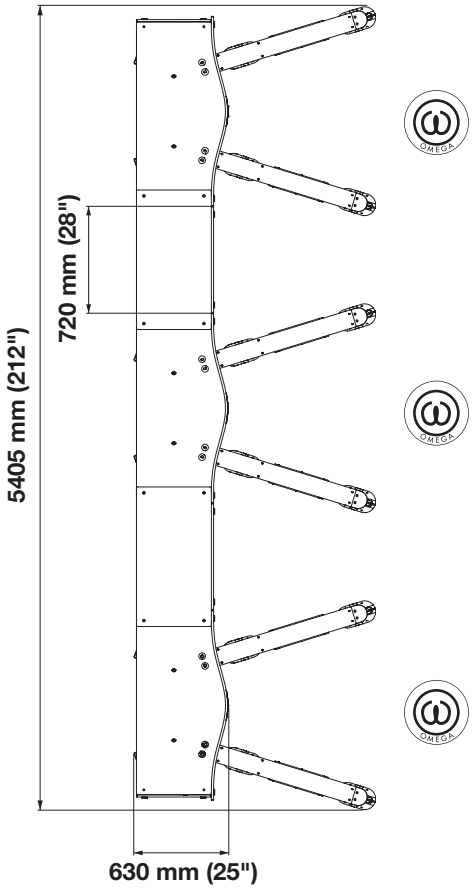


2 MODULES SIDE BY SIDE

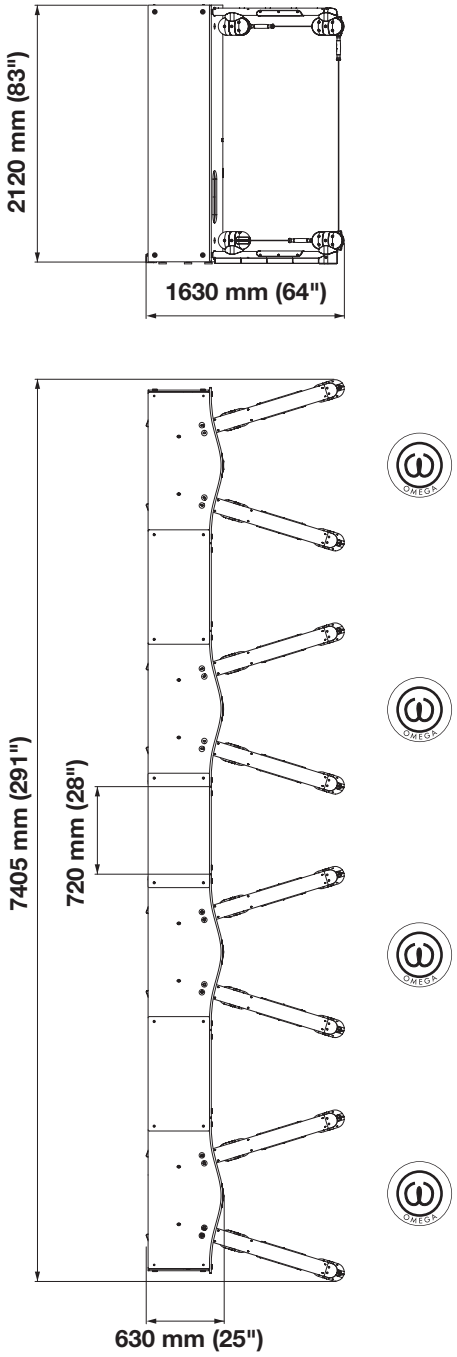


3 MODULES IN LINE, AGAINST WALL





4 MODULES IN LINE, AGAINST WALL



1.4 Accessories

The equipment comes **supplied** with the following accessories:

- User's manual
- Warranty certificate

1.5 Safety devices

The equipment has no sharp edges.

The weight stack is covered by a protective panel on the arms side.

For safety reasons, the weight stack must be protected on all sides, either by setting the equipment against the wall or by using the protective panels supplied by Technogym.

The lower arms contribute to the stability of the equipment. Avoid all situations where the lower arms are not assembled: equipment instability hazard.

1.6 Installation and packing

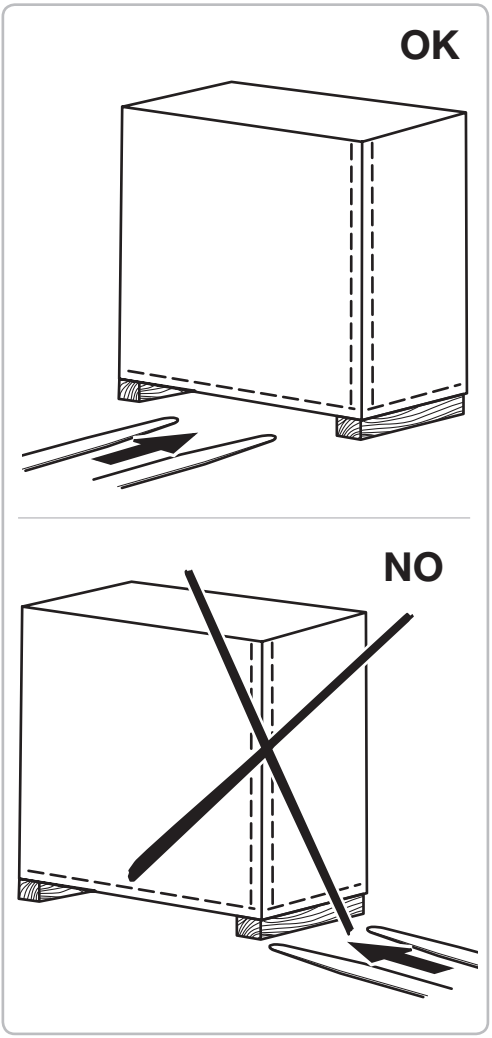
❒ **Packing**

Each module is supplied disassembled, protected by cellophane and a carton, and secured to a wooden pallet.

❒ **Lifting and transporting the pack**

The packed material can be lifted and carried with normal lifting equipment.

In order to ensure the safety of persons and property, you should think carefully about what lifting and transport equipment to use, in relation to the equipment's place of destination.

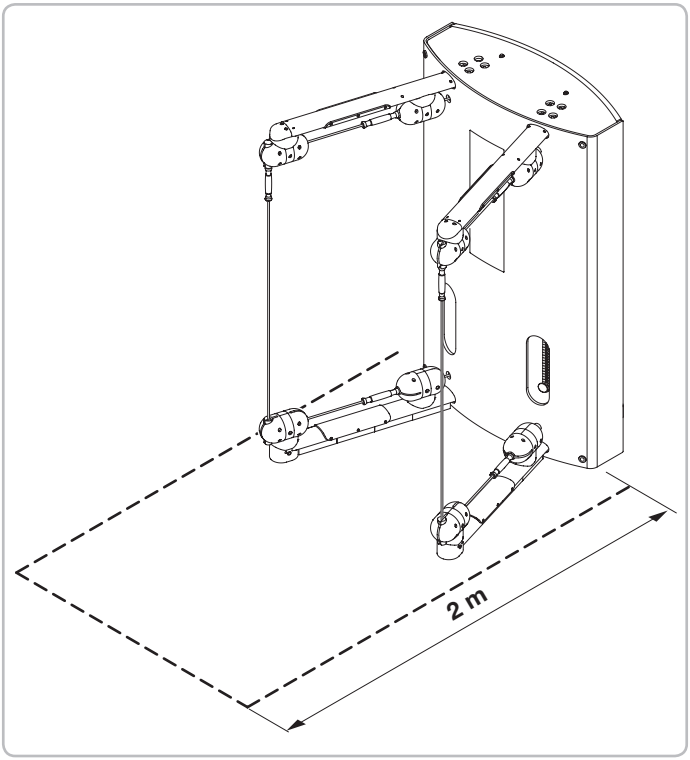


❒ Place of installation

To ensure that exercising with the equipment is easy, safe and effective, the place where it is used should comply with certain specific requirements; in particular, before choosing the place where the equipment will be installed, please ensure that:

- the **temperature** is between +10° and +25°;
- enough air is circulating to keep humidity to between 20% and 90% during exercise;
- the **lighting** is good enough to make the area a safe and relaxing place to exercise in;

- there is at least 2 metres of **free space** in front of the equipment, for correct and safe performance of exercises;
- the floor is flat, stable and vibration-free, and strong enough to bear the weight of the equipment plus user.



If the equipment is installed in a **public place of entertainment**, its location must comply with all the suitability requirements laid down in current legislation on this matter.

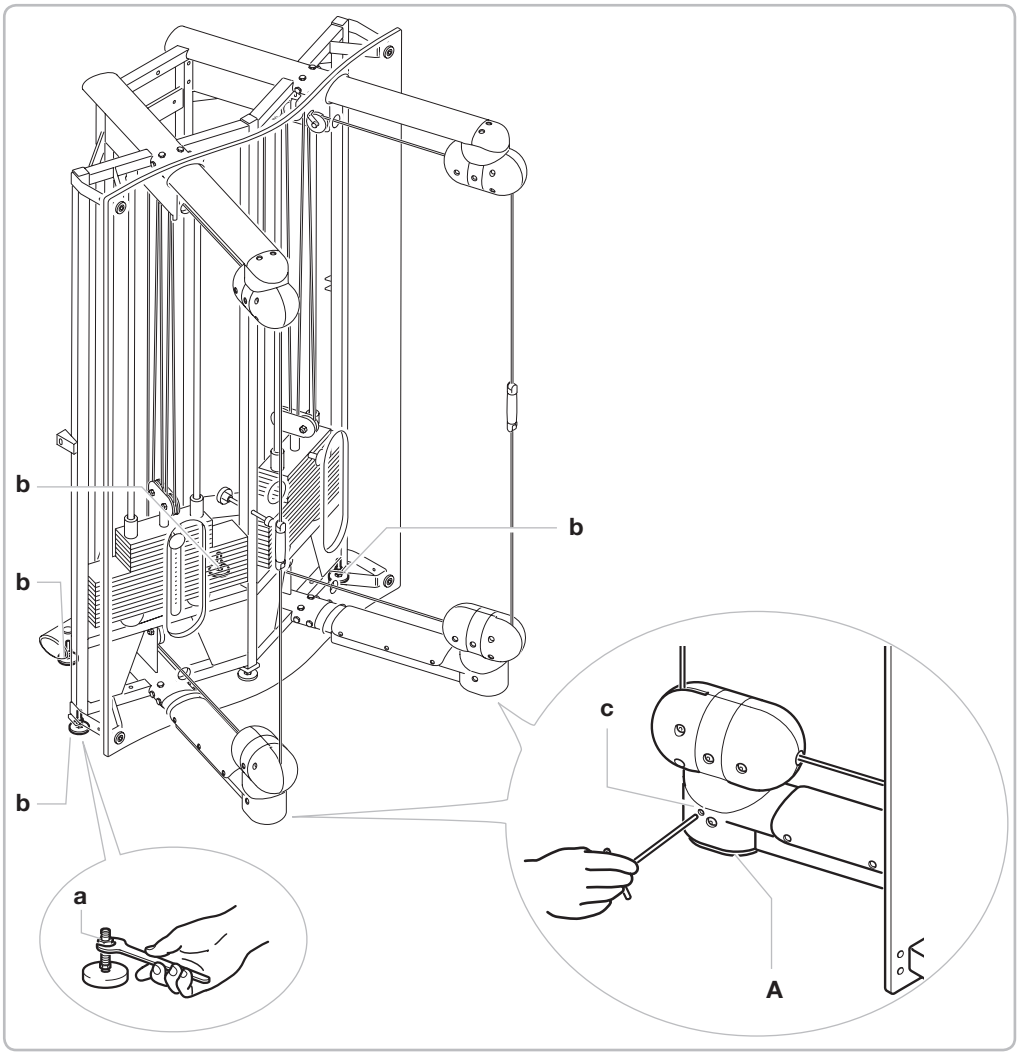
WARNING
The equipment must be installed and used in an area to which access is specifically controlled and supervised by the owner.

1.7 Adjusting the equipment

If the frame is not level, level it by adjusting the four feet shown in the figure:

- slacken the locknut (**a**);
- screw the foot (**b**) in or out until the frame is in a stable position;
- tighten up the locknut after adjusting (**a**).

After assembly, unscrew the screw (**c**) in the feet (**A**) on the lower arms until the feet rest on the ground.



1.8 Lifting and moving the equipment

Before moving the equipment you must take off the side, upper and intermediate protective panels, next, release the frame from the wall or floor mounting: follow the instructions described in the assembly manual, in reverse order.

The modules can only be moved one at a time and therefore all double units have to be separated: follow the instructions described in the assembly manual, in reverse order.

The equipment can be moved using normal lifting and carrying machines.
To avoid damaging the panel and for greater stability, the equipment must be lifted from the weight stack side, after moving it away from the wall to allow access to the weight stack.

DANGER
Move the equipment very carefully to avoid overbalancing.

WARNING
Move the equipment by holding the frame only: do not put any strain on the protective panel.

If you can't get access to the weight stack, remove the equipment's arms and protective panel, following the instructions described in the assembly manual, in reverse order. In these circumstances you are advised NOT to withdraw the cable completely from the arms:

- in the Alpha, Beta, Omega and One modules the cable should remain inserted in the lower arm;
- in the Gamma module the cable should remain inserted in the upper arm;
- in the Delta module the cable should remain inserted in the lower arm and handgrip.

1.9 Maintenance

WARNING
The safety of the machine is assured only on condition that it is carefully inspected every two weeks for any signs of damage and/or wear.
Replace defective and worn components immediately, or alternatively remove the equipment from service.

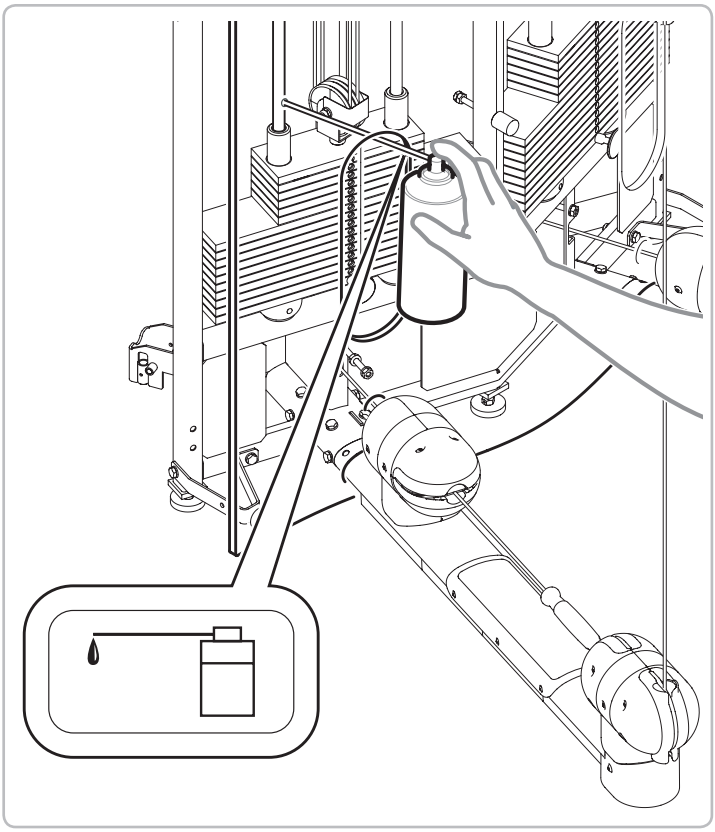
For maintenance operations not described in this manual, consult the Technogym Technical Support Service.

1.9.1 Routine maintenance

The equipment should always be kept clean and free of dust, in accordance with normal hygiene and sanitary rules, particularly if it is used in a sports centre or by more than one person.

Clean the exterior of the equipment every week using a damp sponge. Do not use solvents or detergents of any type.

Use the oil supplied to lubricate the weight stack guides. Insert the straw in the special hole in the panel and spray oil on the guides, avoiding excesses.



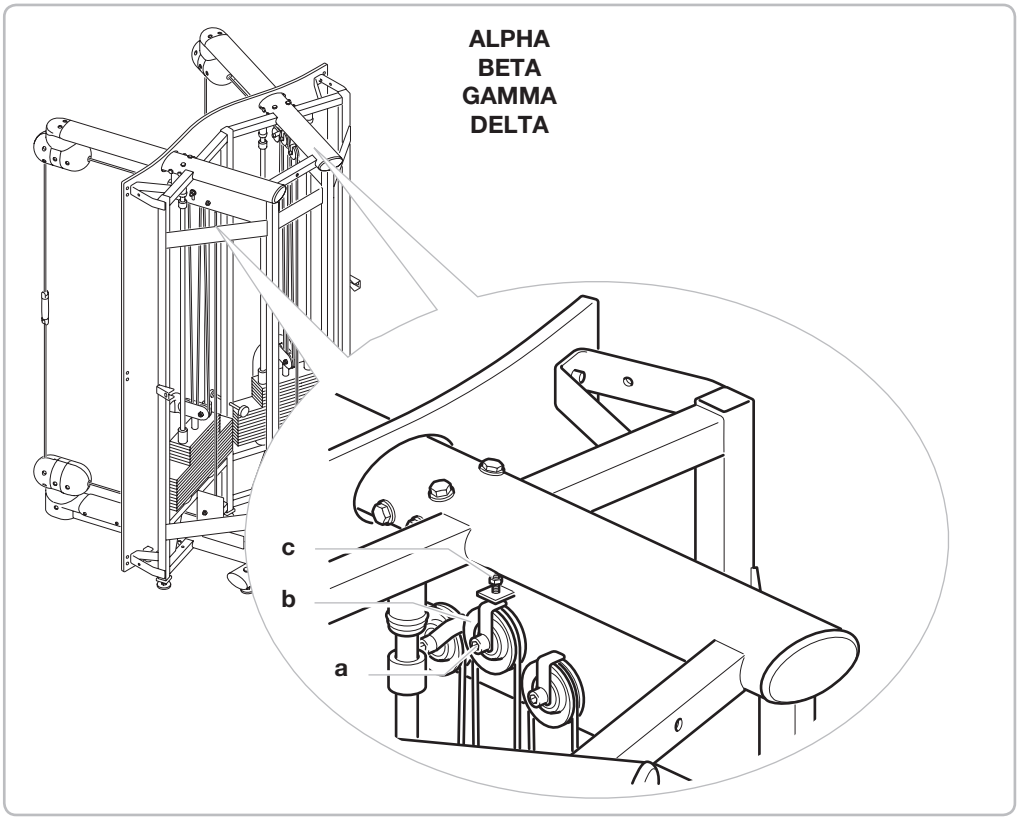
WARNING
Carefully inspect the condition of the cables.
The cables must always be replaced at the first sign of wear; contact the Technogym Technical Support Service for making the replacement.

1.9.2 Adjusting the cable tension

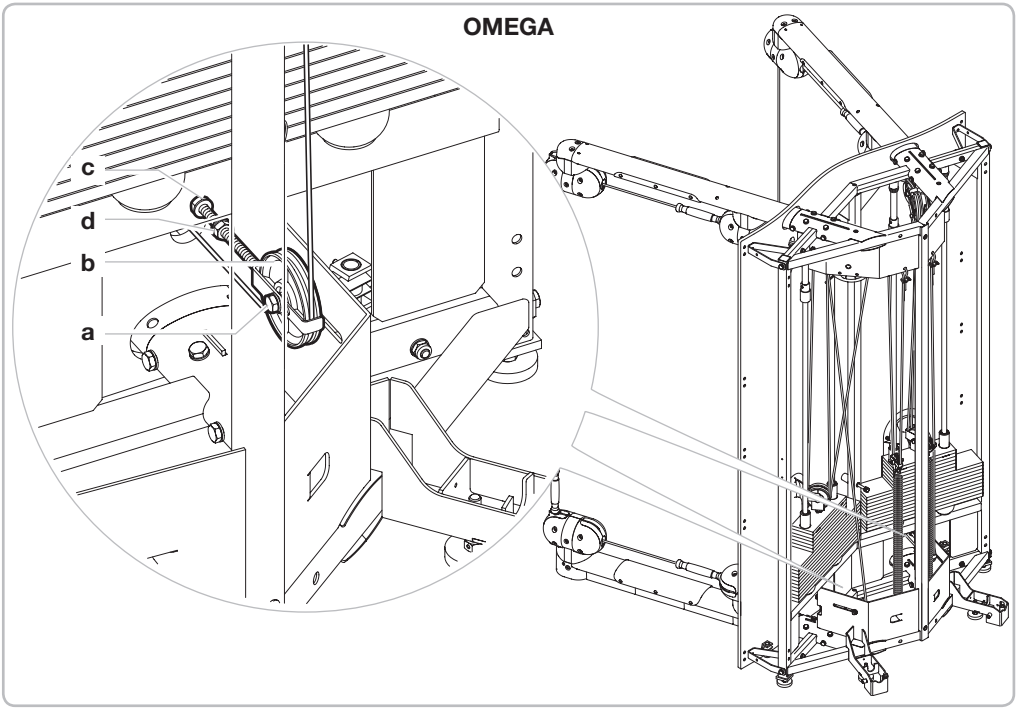
In the Alpha, Beta, Gamma, Delta and Omega modules to access the frame, remove the side or intermediate protective panel: follow the instructions described in the assembly manual, in reverse order.
In the One module, to access the frame, remove the back protective panel: follow the instructions described in the assembly manual, in reverse order.

To adjust the cable tension:
- slacken screw (**a**) to free the pulley (**b**);
- turn nut (**c**) to adjust the cable. In the Omega and One modules loosen the lock nut (**d**) before turning the nut (**c**);
- retighten screw (**a**);
- in the Omega and One modules, at the end of the operation, tighten the lock nut (**d**) on the nut (**c**).

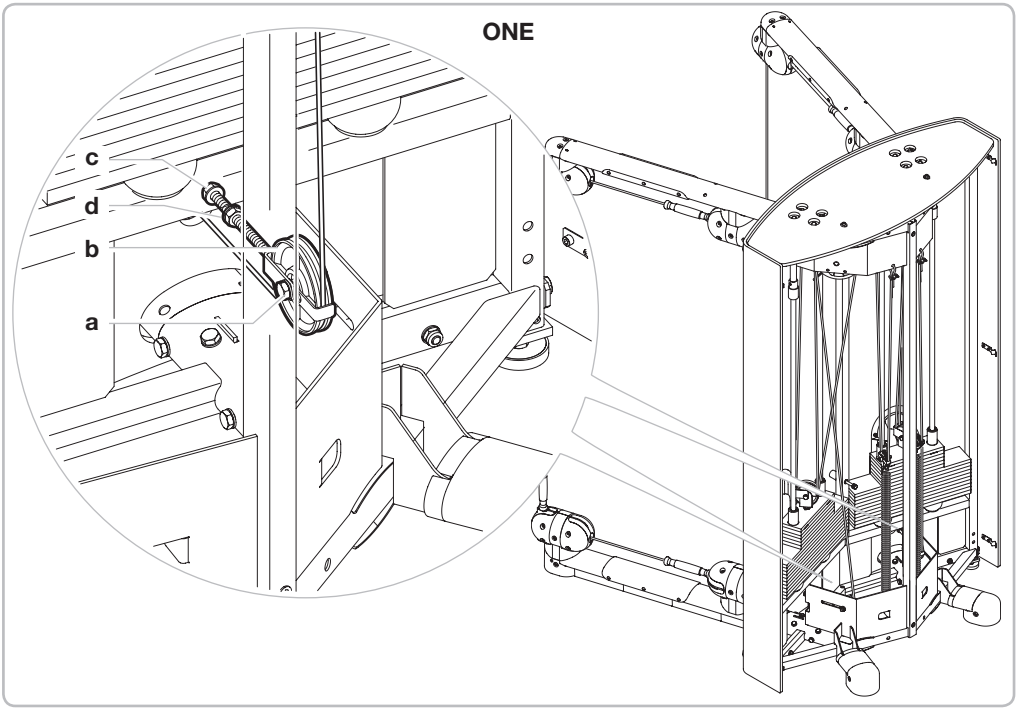
If the cable is too tight, the crosspiece will stay up and the holes will not be aligned with the ones in the weight stack plates; check that the pin fits properly into all the weight stack holes.



OMEGA



ONE



1.10 Technical support

The Technogym Technical Support Service provides:

- telephone consultation;
- information about maintenance provided under warranty or chargeable;
- on-site support service;
- supply of original spare parts.

Technogym Technical Support Service

via G. Perticari, 20

47035 Gambettola (Forlì) ITALY

tel: + 39 0547 650650
fax: + 39 0547 650150
email: service@technogym.com

When contacting the Technogym Technical Support service, please specify the following details:

- model,
- date of purchase,
- serial number,
- details of the problem you are experiencing.

WARNING
Any operations on the equipment carried out by persons not authorised by Technogym will invalidate the warranty.

1.11 Storage

If the equipment is going to be out of action for a long time, you are advised to store it in the following way:

- in a clean dry place, with a dust cover;
- at an ambient temperature between +10°C and +25°C and at an ambient humidity between 20% and 90%.

Storage in the original packaging is recommended.

1.12 Disposing of the equipment

Always make sure that the equipment cannot become a hazard in any way, and do not leave it in places where children play.
Disposing of the equipment on open ground, in public areas, or in private areas used by the public is prohibited.

The equipment is made of recyclable materials, such as steel, aluminium and plastics, which must be disposed of according to the method laid down in current legislation relating to urban and similar waste, with the help of firms specialising in urban and environmental hygiene.

2 Instructions for use

A small selection (three for each module) of the many exercises and movements that can be performed on the equipment are described below.

2.1 Exercises and movements with the Alpha

❒ **Flyes**

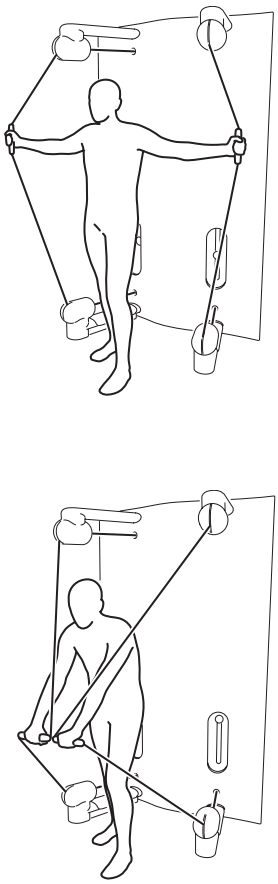
Select the workload with the pins. The workload should be the same for both arms.

Stand with your legs slightly apart, with one leg in front of the other for greater stability. Hold your arms outstretched at shoulder-height.

Move both arms forward and down at the same time and bring your hands together in front of your torso.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to the rest position during the return stage.



❒ Rowing

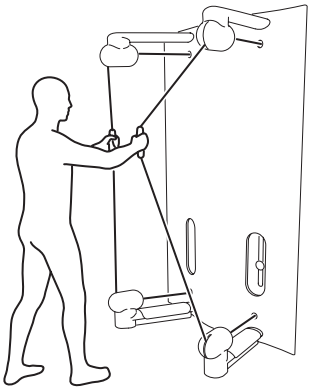
Select the workload with the pins. The workload should be the same for both arms.

Stand with your legs slightly apart, with one leg in front of the other for greater stability. Hold your arms outstretched at shoulder-height, holding the cables stretched.

Pull, keeping your elbows tucked in.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

Do not unbend your elbows completely in the return movement; the weight stack should not return completely to the rest position during the return stage.



❒ **Standing front kinetic chain**

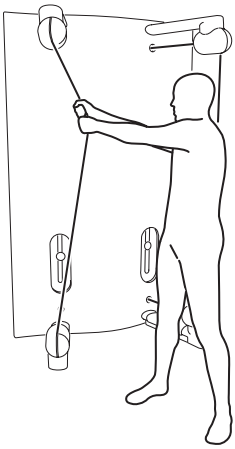
Select the workload with the pin.

Stand with your legs slightly apart for greater stability, feet parallel. Grip the cable with both hands at head height with your arms partially outstretched and your torso turned towards the weight stack; hold the cable stretched.

Rotate your torso away from the weight stack whilst taking your arms downward in a parabola movement.

Control the speed of movement constantly, being careful not to arch your back.

The weight stack should not return completely to the rest position during the return stage.



2.2 Exercises and movements with the Beta

❒ **Half squat**

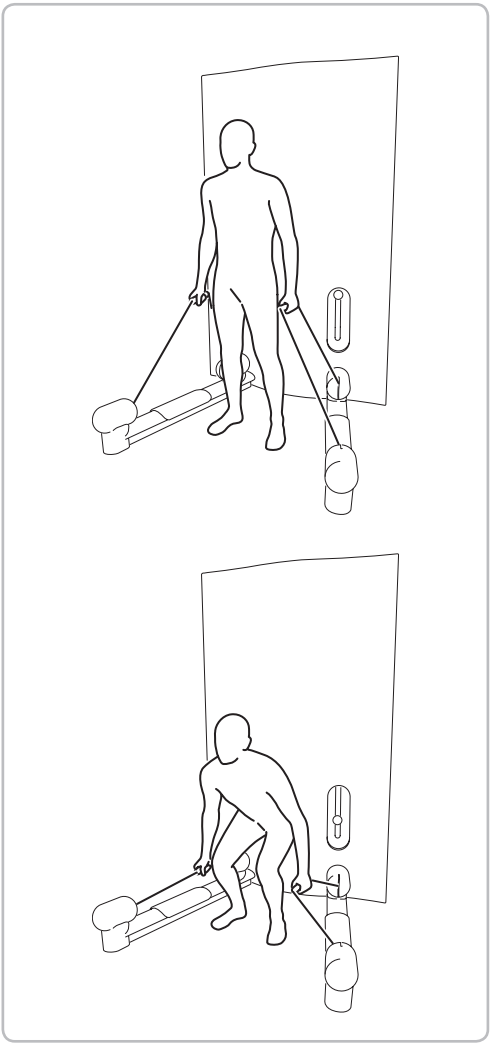
Select the workload with the pins. The workload should be the same for both arms.

Spread your legs so that your feet are in line with your hips, pointing slightly outwards; torso slightly bent and arms by your sides, holding the cables stretched.

Bend your knees to an angle of 120°.

Control the speed of movement constantly; the return speed should be slower than the outward speed. Do not arch your back during the exercise.

The weight stack should not return completely to the rest position during the return stage.



❒ Standing front kinetic chain

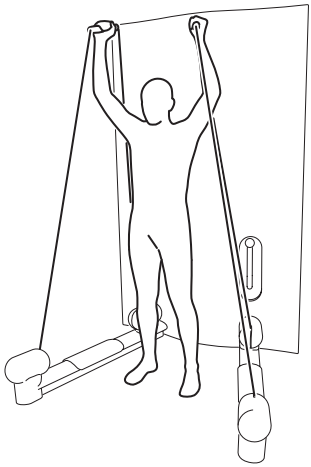
Select the workload with the pins. The workload should be the same for both arms.

Spread your legs so that your feet are in line with your hips, pointing slightly outwards, and grip the cables with the palms of your hands facing outwards; knees bent at an angle of 120° and torso slightly bent, holding the cables stretched.

Straighten your legs and flex your arms at the same time, then reach upwards with your arms but without stretching them fully.

Control the speed of movement constantly, being careful not to arch your back.

The weight stack should not return completely to the rest position during the return stage.



❒ Military press

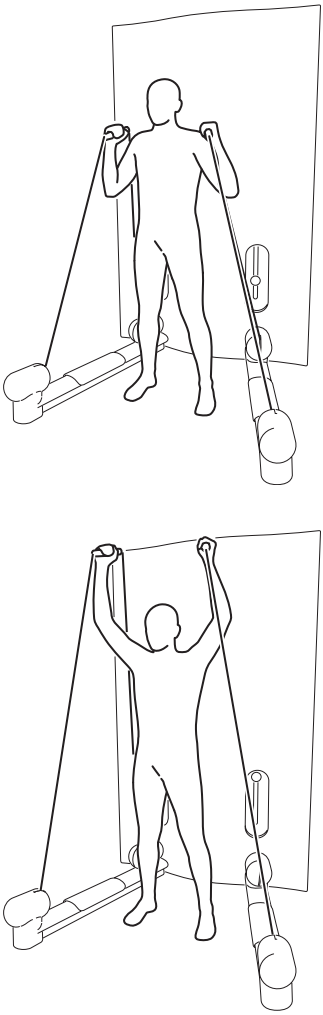
Select the workload with the pins. The workload should be the same for both arms.

Grip the cables, stand up and spread your legs so that your feet are in line with your hips, pointing slightly outwards; arms bent upwards with hands at shoulder height and palms facing inwards.

Extend your arms upwards without straightening them fully.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to the rest position during the return stage.



2.3 Exercises and movements with the Gamma

❒ **Arm extensions**

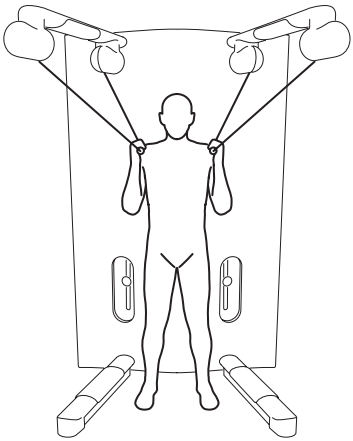
Select the workload with the pins. The workload should be the same for both arms.

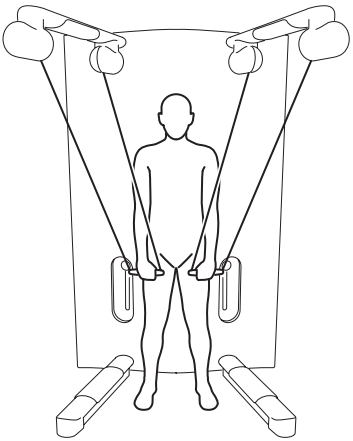
Grip the cables with the palms of your hands facing inwards and go back against the weight stack protective panel. Spread your legs so that your feet are in line with your hips, pointing slightly outwards; knees slightly bent and arms bent with elbows tucked in.

Extend both arms downwards at the same time, rotating the palms of your hands inwards and keeping your elbows tucked in.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to the rest position during the return stage.





❒ Arm adductions

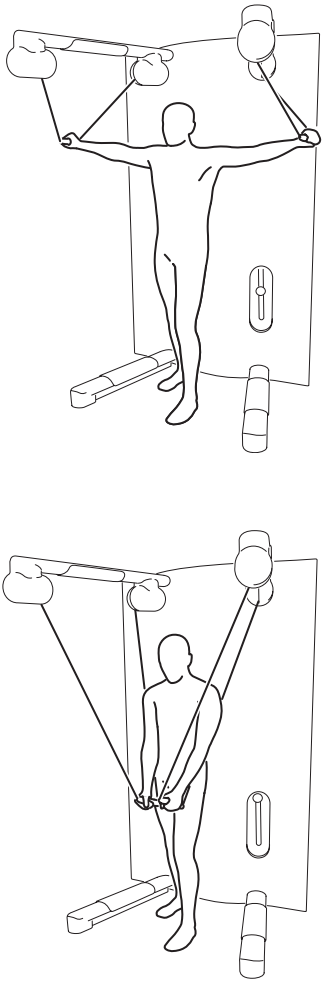
Select the workload with the pins. The workload should be the same for both arms.

Stand with your legs slightly apart, with one leg in front of the other for greater stability; grip the cables with the palms of your hands facing downwards and your arms outstretched at shoulder height; legs slightly bent, holding the cables stretched.

Move both outstretched arms downward at the same time and bring your hands together in front of your torso.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to the rest position during the return stage.



❒ **Standing front kinetic chain**

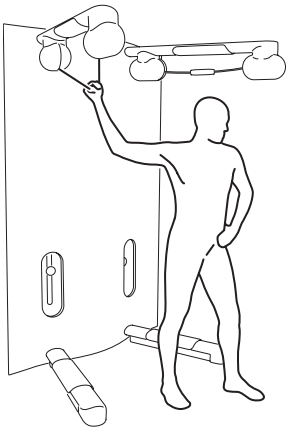
Select the workload with the pin.

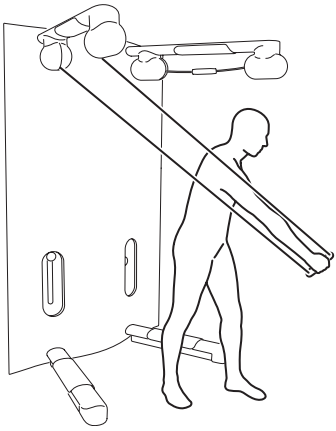
Stand in front of the module with the cables behind you; stand with your legs slightly apart, with one leg in front of the other for greater stability. Grip the cable over your shoulder with your arm bent to 120° and the palm of your hand facing outwards.

Extend you arm upwards and then pull forwards, twisting your torso slightly.

Control the speed of movement constantly, being careful not to arch your back.

The weight stack should not return completely to the rest position during the return stage.





2.4 Exercises and movements with the Delta

❒ **Back leg swings**

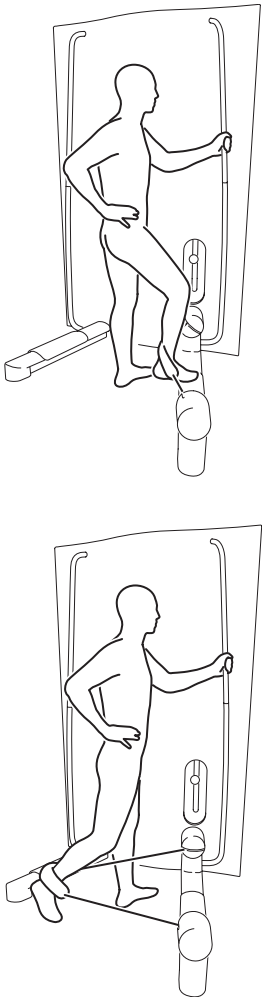
Select the workload with the pin.

Stand with the side to be exercised at 45° to the cable. Hold on to the fixed handgrip to steady your torso. Raise the leg to be exercised slightly off the ground in front of the other leg, holding the cable stretched.

Swing your leg back holding your torso still.

Control the speed of movement constantly; the return speed should be slower than the outward speed. Do not arch your back during the exercise.

The weight stack should not return completely to the rest position during the return stage.



❒ **Leg curls**

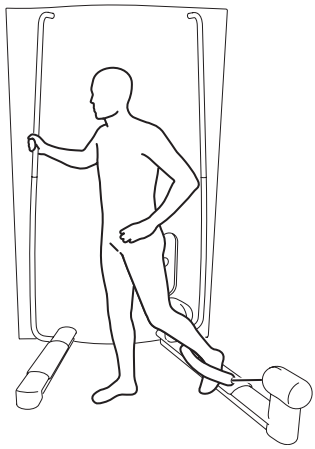
Select the workload with the pin.

Stand with the side to be exercised at 45° to the cable. Hold on to the fixed handgrip to steady your torso. Raise the leg to be exercised slightly off the ground behind the other leg, holding the cable stretched.

Swing your leg forward holding your torso still.

Control the speed of movement constantly; the return speed should be slower than the outward speed. Do not arch your back during the exercise.

The weight stack should not return completely to the rest position during the return stage.



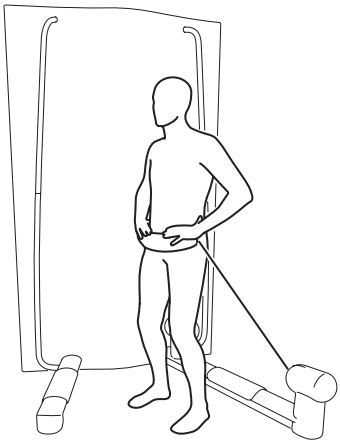
❒ **Forward lunges**

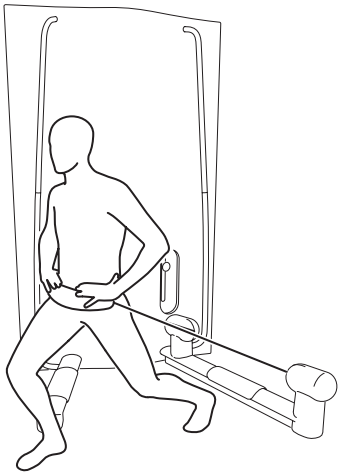
Select the workload with the pin.

Stand with the cable arm behind you and bring the cable in front of your waist. Spread your legs so that your feet are in line with your hips, pointing slightly outwards; knees slightly bent.

Lunge forward, keeping the forward leg bent and moving the torso forward with the leg movement, with the other leg outstretched behind.

Control the speed of movement constantly; the return speed should be slower than the outward speed. Do not arch your back during the exercise.





2.5 Exercises and movements with the Omega and the One

❒ Arm adductions

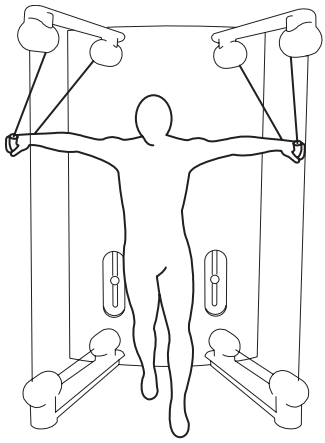
Select the workload with the pins. The workload should be the same for both arms.

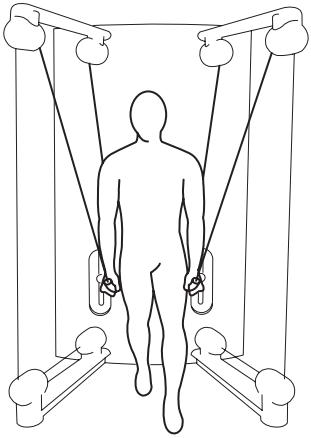
Stand with your legs slightly apart, with one leg in front of the other for greater stability; grip the cables with the palms of your hands facing downwards and your arms outstretched at shoulder height; legs slightly bent, holding the cables stretched.

Move both outstretched arms downward at the same time and bring your hands together in front of your torso.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to the rest position during the return stage.





❒ **Arm press**

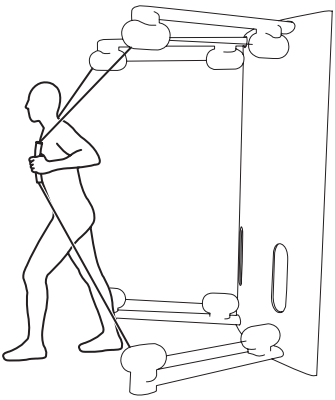
Select the workload with the pins. The workload should be the same for both arms.

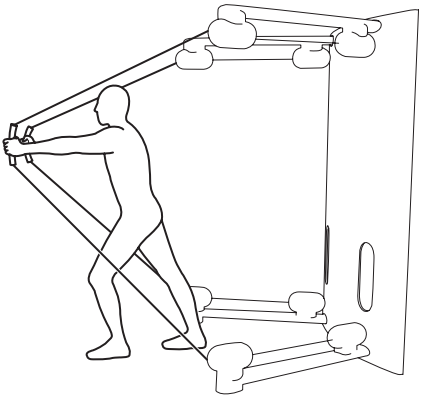
Stand with your legs slightly apart, with one leg in front of the other for greater stability; grip the cables with your arms bent and the palms of your hands facing your chest; legs slightly bent, holding the cables stretched.

Extend your arms forwards at the same time whilst keeping your torso still.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to the rest position during the return stage.





❒ **Forearm curls**

Select the workload with the pins. The workload should be the same for both arms.

Stand with your legs slightly apart, with one leg in front of the other for greater stability; grip the cables with the palms of your hands facing your body and your arms stretched; legs slightly bent, holding the cables stretched.

Bend your forearms at the same time, rotating your wrists towards your chest and keeping your arms still.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to the rest position during the return stage.