



# SELECTION

THE STRENGTH EVOLUTION

## Lower Back Bench

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## User manual

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# Identification of the manufacturer and equipment

The identification plate of the equipment and manufacturer, affixed on the inside of the frame, over the footboard, gives the following details:

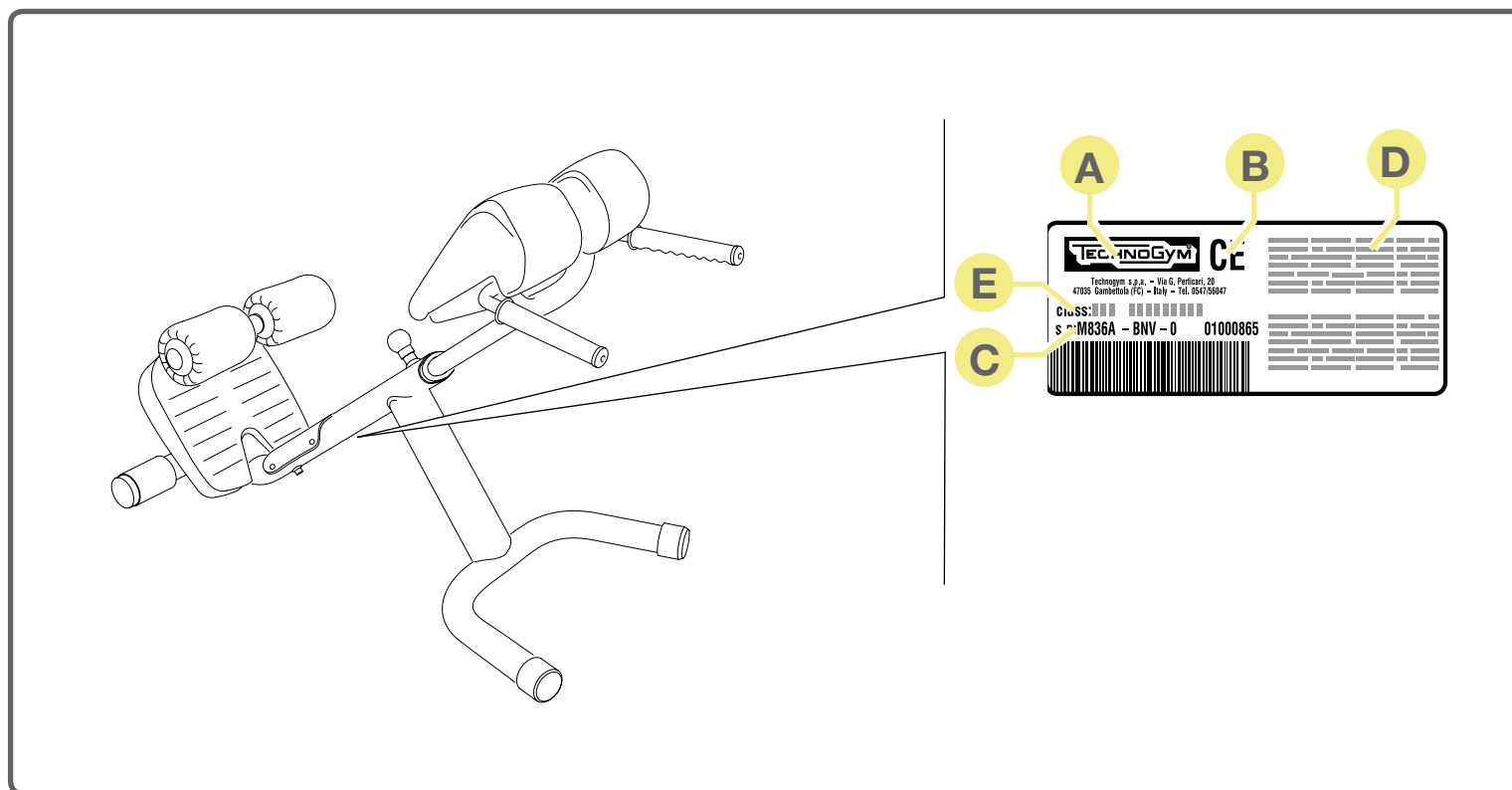
**A** Name and address of the manufacturer

**B** CE Mark

**C** Serial number

**D** Warning

**E** Equipment classification



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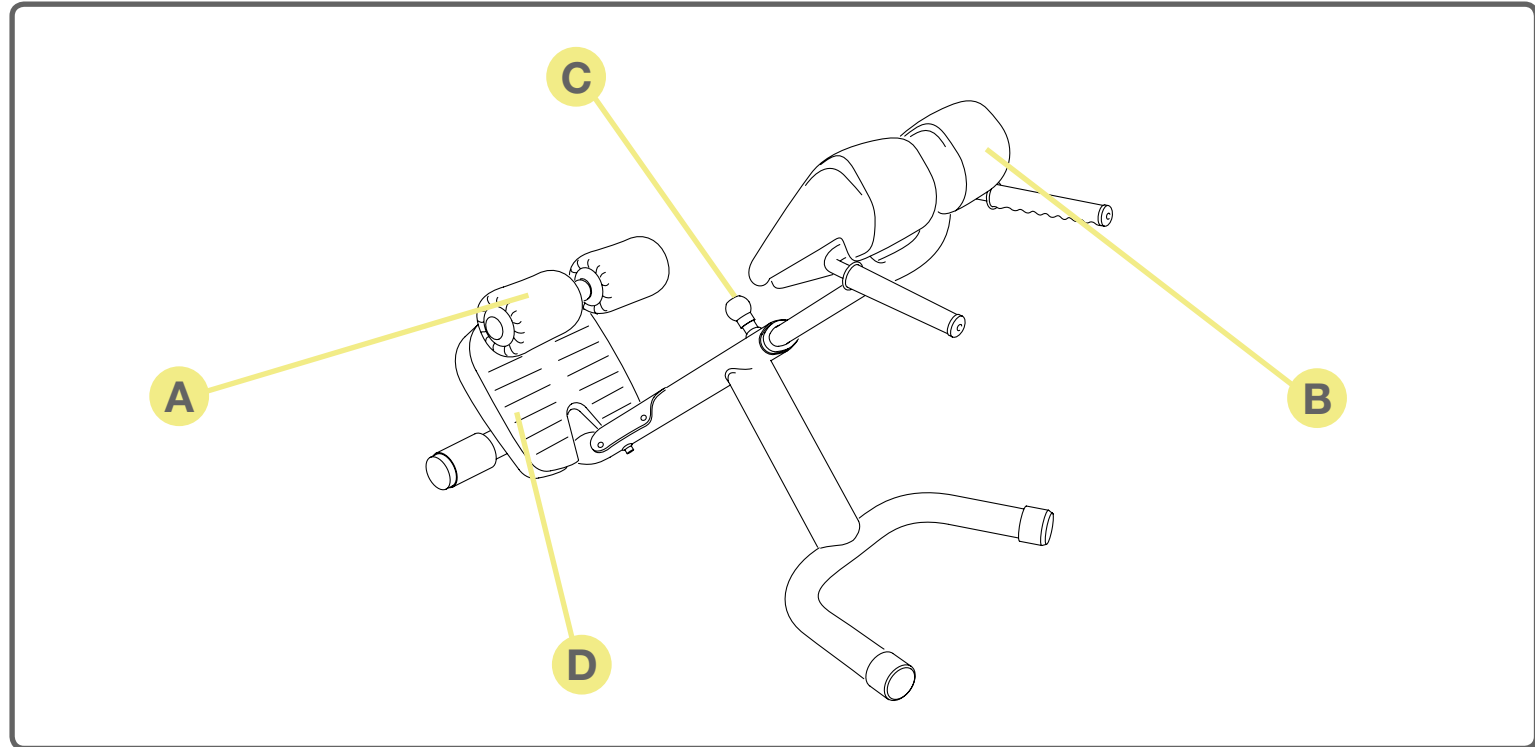
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**A Rollers:** the legs are positioned on these to carry out the exercise.

**B Padded support:** supports the pelvis whilst exercising. Its position can be adjusted using screw knob (C).

**D Footboard:** supports the feet while carrying out the exercise.

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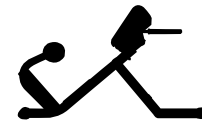
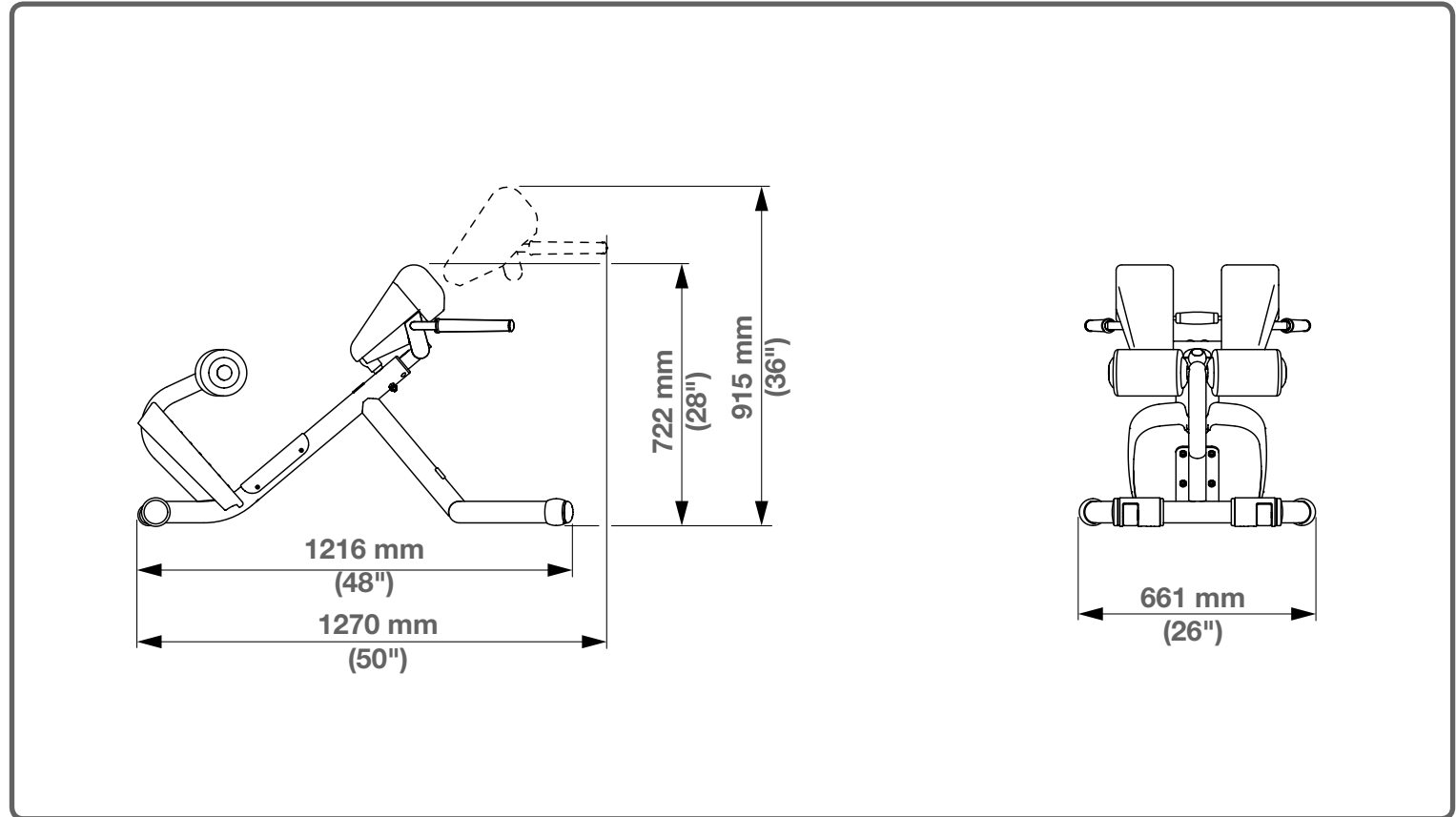
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37 kg (82 lb)

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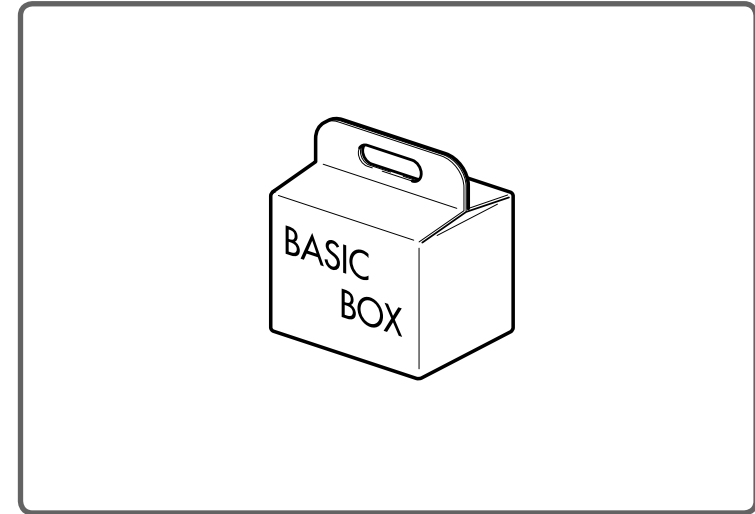
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# Accessories

The equipment's standard outfit comprises:

- User manual
- Warranty certificate

The Basic Box service kit (A0000010) is available as an option.



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# Safety devices

The equipment does not have any sharp corners.

All the parts which come into contact with the body are adequately protected with rubber coverings or padding.

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# Packing

The equipment is supplied fully assembled in a carton and protected by cellophane wrapping.

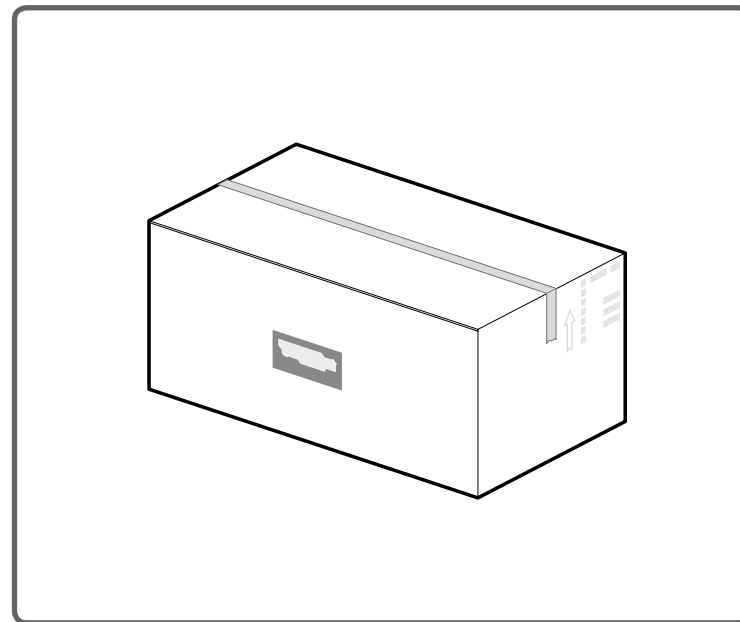
The equipment can be lifted and handled using normal lifting machine.

In order to ensure the safety of persons and property, carefully determine the lifting and handling machine used as a function of the place of installation.



## WARNING

**Given the weight of the equipment, we recommend that more than one person be involved in lifting the packed equipment by hand.**



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# Place of installation

To guarantee safe, comfortable and effective use of the equipment, the place of installation must comply with certain specific requirements; in particular, before choosing where to install the equipment it is recommended to check the following:

- the **temperature** is between +10°C and +25°C;
- sufficient ventilation to maintain a humidity level between 20% and 90%, when the equipment is in use;
- the **lighting** is good enough to make the area safe and relaxing place to exercise in;
- sufficient **clearance** on all sides of the equipment, taking into account its maximum dimensions during the movements, necessary for safety reasons;
- a flat, stable and vibration-free floor surface, with adequate carrying capacity for the equipment's weight.

If the equipment is to be installed in a **public recreation area**, the place of installation must comply with all binding regulations.



## WARNING

The equipment must be installed and used in a place whose access and supervision are specifically controlled by the owner.



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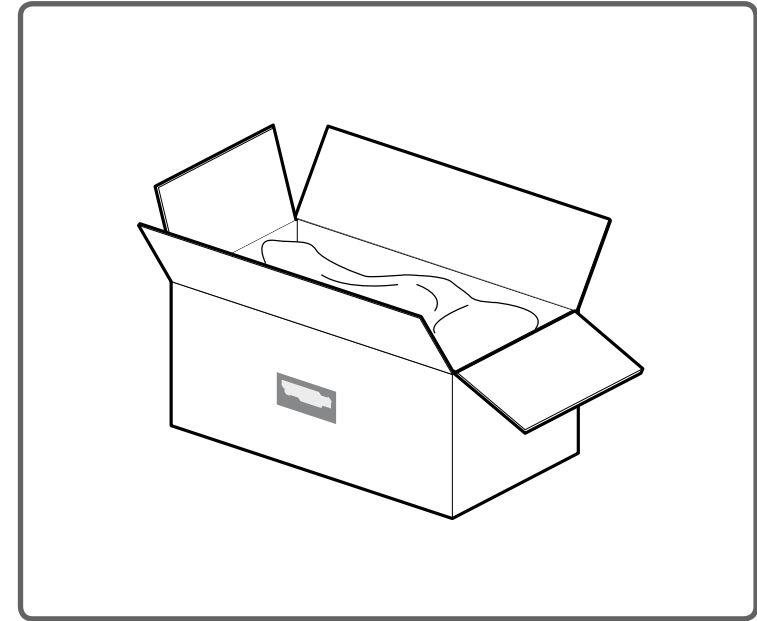
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# Unpacking

To remove the equipment from the packing:

- open the top of the carton;
- lift the equipment and place it on the ground;
- remove the cellophane.



## WARNING

Given the weight of the equipment, we recommend that more than one person be involved in lifting the packed equipment by hand.

You are advised to keep all packaging materials for re-use in case of a move.



## DANGER

The packing materials (boxes, bags, etc.) must not be left within the reach of children, as they constitute a possible hazard; nor must they be disposed of in the environment.

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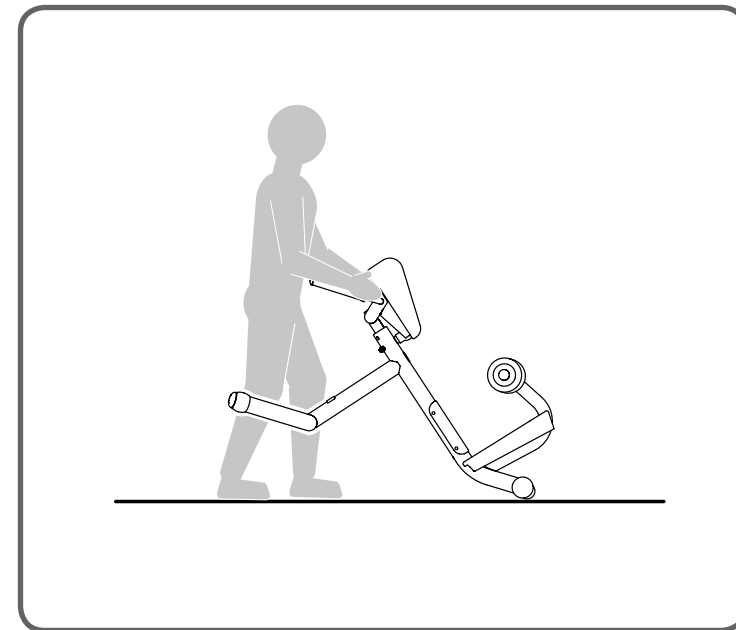
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The equipment comes with two castors. To move, lift the side without castors slightly by gripping the padding or frame and push forward or backward.



## WARNING

The equipment must be moved with great care, due to the risk of it tipping over.



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## WARNING

The safety of the equipment is assured only on the 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.

The equipment should always be kept clean and free of dust, in compliance with good hygiene practice, especially if it is used in a gym or by more than one person.

To clean the padded parts, use a moist cloth or a sponge and mild soap.

Every week clean the outer parts of the equipment using a damp sponge.



## WARNING

Be careful not to rub with excessive force on the drawings and instructions shown on the labels.

For maintenance actions not described in this manual, call in the Technogym Technical Support Service.

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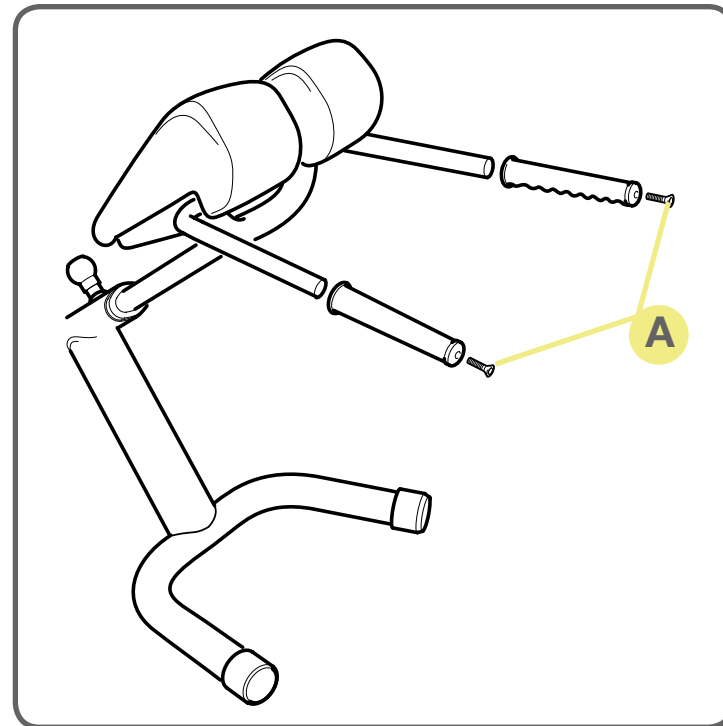
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## Replacing the padded components

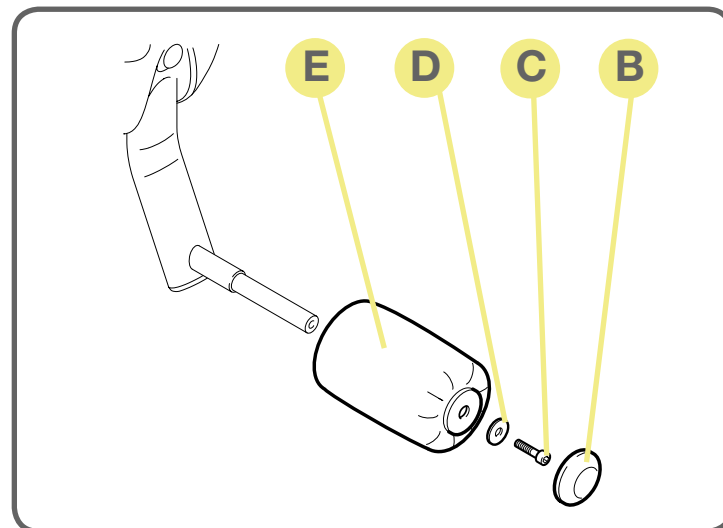
If any of the padded components show signs of wear, it is advisable, especially in the interests of hygiene, to replace them completely.

In order to replace the **padding** loosen the screws on the opposite side to the padding.

**Handgrips** are removed after unscrewing the screws **(A)**.



To replace the **rollers** remove the cover **(B)** and unscrew the screw **(C)**; then remove the washer **(D)** and the roller **(E)**.



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# Technical Service

The Technogym Technical Support Service provides:

- telephone assistance;
- definition of service calls covered and not covered by warranty;
- on-site assistance;
- sending of original spare parts.

**Technogym Technical  
Support Service**  
**via G. Peticari, 20**  
**47035 Gambettola (FC) ITALY**

**tel: 0547 650650**  
**fax: 0547 650150**  
**email: [service@technogym.com](mailto:service@technogym.com)**

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

- equipment model,
- date of purchase,
- serial number,
- precise description of the problem.



## **WARNING**

**Any operations on the equipment carried out by persons not authorized by Technogym will invalidate the warranty.**

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Handle  
**0V2071-GB**

Support adjustment sticker  
**0E000115**

Roller  
**0I030-(1)**

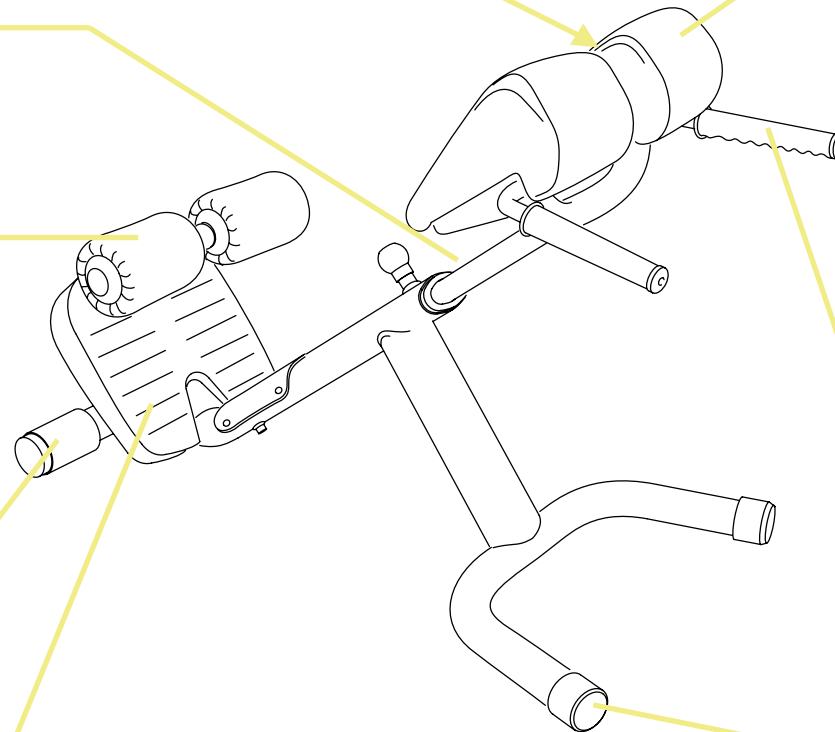
Right castor  
**W0000655**  
Left castor  
**W0000656**

Footboard  
**0G000080**

Right support  
**0I048D-(1)**  
Left support  
**0I048S-(1)**

Right handgrip  
**0G358**  
Left handgrip  
**0G359**

Plug  
**H0003203**



## ATTENTION

(1) Append the colour code.

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# Storage

If the equipment will not be used for a prolonged period, it is recommended to store it:

- in a clean and dry place, covered with a cloth to protect it from dust;
- in an environment with a temperature between +10°C and +25°C and a humidity between 20% and 90%.

For better storage, use the original packing materials.

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It is always good practise to ensure that the equipment can never constitute a hazard; therefore do not leave the equipment where children might use it as a toy.

Do not dispose of the equipment in the environment, or in public or private accessible to the public.

The equipment is made from recyclable materials such as steel, aluminium and plastic, which must be disposed of in the manner prescribed by the urban refuse collection regulations in force, by specialist environmental firms.



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# Using the equipment

Turn and pull knob **(A)** to adjust padded rest height. Retighten to lock at this height.

Rest your feet on the footboards and lock your calves under the padded rollers.

Rest your pelvis on the padding:

- to train your lumbar muscles only, rest your body on the padding up to the upper part of the pelvis to keep it still while exercising;
- to train the gluteus and ischiocrural muscles, rest your body on the padding up to the lower part of the pelvis to allow it to move while exercising.

Use the handgrips for support at the beginning and end of the exercise.

Curl your trunk downwards while keeping your hands behind your neck.

Extend your trunk.

Maintain a constant, controlled speed.

