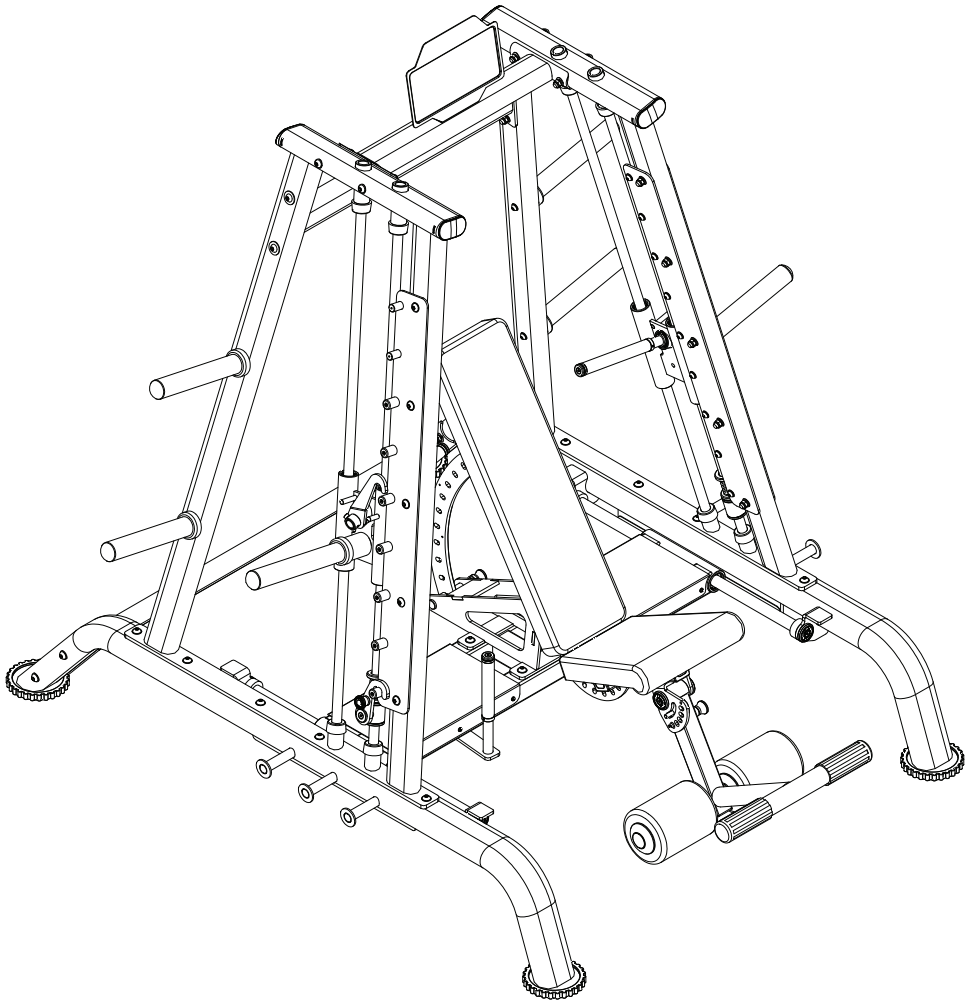
SKELCORE

PRO PLATE V2
MULTI-FUNCTION PRESS

SK-PROPLA-V2-007

USER MANUAL



TO OBTAIN THE WARRANTY OF THIS PRODUCT, WE RECOMMEND THAT A QUALIFIED TECHNICIAN CARRIES OUT THE FULL ASSEMBLY.

CAUTION

BEFORE USING THIS EQUIPMENT. READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL KEEP THIS MANUAL FORFUTURE REFERENCE.

IMPORTANT WARNINGS & SAFETY INSTRUCTIONS

PROPER INSTALLATION
The Gym facility shall ensure that all exercise equipment and machines are properly installed, anchored, and secured to the floor or wall in accordance with the manufacturer's instructions and applicable safety standards to prevent tipping, movement, or other hazards.

LIMITATION OF LIABILITY
Evolution Group LLC and its affiliates shall not be liable for any damages, injuries, or losses arising from the improper installation, maintenance, or use of the equipment. The Gym facility agrees to hold harmless and indemnify Evolution Group LLC and its affiliates against any claims, demands, or liabilities resulting from such incidents.

COMPLIANCE WITH INSTRUCTIONS
The Gym facility confirms that it has received and understood the manufacturer's instructions and safety guidelines for the equipment. The Gym facility is responsible for ensuring that its staff and members are aware of and comply with these instructions.

NO WARRANTY FOR MISUSE
Evolution Group LLC and its affiliates do not warrant the equipment's performance or safety in cases of misuse, improper installation, or failure to maintain the equipment as recommended.

PURCHASER INSTRUCTIONS
It is the sole responsibility of the purchaser of products to read, understand, and comply with the this equipment. Use this product only for its intended purpose as described in the owner’s manual. Failure to do so may result in injury or damage . It is recommended that all users be informed of the following information prior to use.

RISK OF INJURY AND ASSUMPTION OF RISK; NO CHILDREN
- Before starting any exercise or conditioning program, you should consult your physician. This is especially important if you are new to exercise or training equipment, inactive, pregnant, or suffer from any illness or mental condition. Using training equipment can result in injury or death, and the purchaser is assuming that risk. This makes understanding the owner’s manual and instructing others particularly important.
- If at any time during exercise you feel faint, dizzy, or experience pain, stop exercising immediately and consult your physician.
- Keep children away from the equipment, and particularly moving parts. If using the product near children or pets, ensure constant supervision to prevent accidents and ensure that there is no ability for the child or pet to get near the moving parts. If authorized by a legal guardian or parent, a child should be under direct and immediate supervision at all times. Under no circumstances should a child younger than 15 years old use the equipment.

SECURE ENVIRONMENT
Skelcore equipment must:
- Be secured to or set up on a solid, level surface to stabilize and eliminate rocking or tipping over during training.
- Be set up with sufficient ventilation to ensure proper operation.

- Be set up with sufficient space around the equipment so that all exercises can be completed safely. It is recommended that there should be at least 1 meter of space around the equipment where access is required to exercise.

INSTALLATION

Risk of Injury:
- Installation of this product involves certain risks, including the risk of injury. Follow the installation instructions carefully, and if you are unsure, seek professional assistance.
- For optimal safety, professional installation is recommended. If you choose to install the product yourself, ensure that you have the necessary skills and tools.
- Before installation, verify that the installation location can support the weight and forces exerted by the product. Consult a professional if needed.

If you encounter difficulties during installation or have any questions, contact the distributor/sales person from which you purchased the equipment from for assistance.

Failure to follow these installation guidelines may result in injury or damage or void your warranty. By installing and using this product, you acknowledge and accept all associated risks. If you have questions, please contact our customer support.

USER WEIGHT LIMITATIONS

This product has a maximum weight limit. Do not exceed the specified weight capacity. Doing so may compromise the stability of the equipment and result in injury. This machine has a max. user weight of ***200 KG / 441 LB***

INSPECTION AND CLEANING

- Before any use, examine all accessories approved for use with the Skelcore equipment for damage or wear.
- Do not use or permit the use of any equipment that is damaged or has worn or broken parts. For all Skelcore equipment, use only replacement parts supplied by Skelcore.
- Always make sure that all nuts and bolts are tightened prior to each use.
- Maintain labels and nameplates – do not remove labels for any reason. They contain important information.
- Equipment maintenance – preventative maintenance is the key to smooth operating equipment. Please ensure that you follow our maintenance tips to ensure the continued correct function of your Skelcore equipment.
- If there are damages to small parts, please stop using the equipment at once and contact the purchasing company or agency for replacements. Install the new small parts properly and make sure the connected joints and working parts are fastened, avoiding danger during use.
- Should your Skelcore equipment appear damaged or worn, do not attempt to use or repair the equipment yourself.
- Do not use caustic cleansers to clean and/or wipe it.

OPERATING PROCEDURES AND WARNINGS

- It is the purchaser’s responsibility to instruct all users as to the proper operating procedures of all

Skelcore equipment.
- Do not wear loose-fitting clothing or jewelry when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.
- Ensure that anyone not using the equipment stays clear of the user, accessories, and moving parts while the machine is in operation.
- To avoid muscular pain and strain, begin each workout by stretching and warming up, and end each session by cooling down and stretching.
- If the user experiences any injury during use, they should immediately stop using the product and seek medical attention.

PROPER INSTALLATION

The Gym facility shall ensure that all exercise equipment and machines are properly installed, anchored, and secured to the floor or wall in accordance with the manufacturer's instructions and applicable safety standards to prevent tipping, movement, or other hazards.

LIMITATION OF LIABILITY

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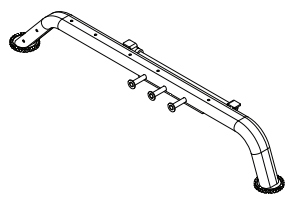
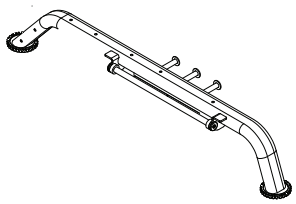
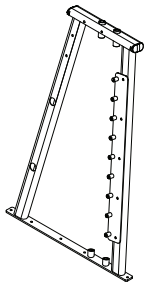
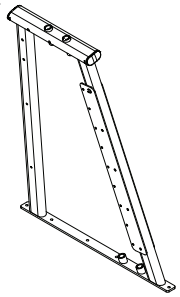
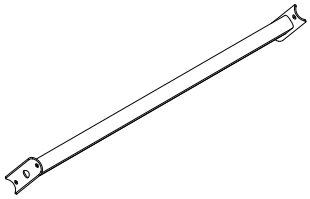
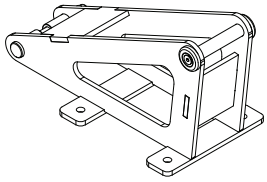
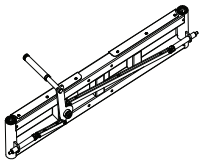
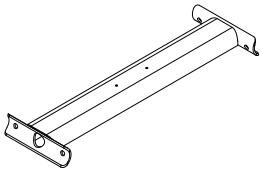
SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

ASSEMBLY LIST

Right chassis assembly			Left chassis assembly			Right side frame			Left side frame		
											
1		1PCS	2		1PCS	3		1PCS	4		1PCS
Post-connection group			Seat fixing kit			Sliding adjustment group			Upper connection group		
											
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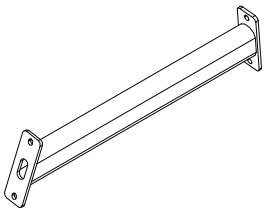
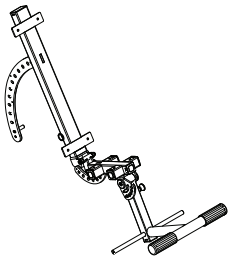
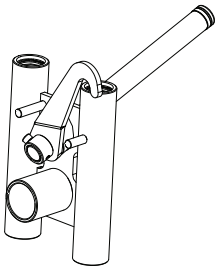
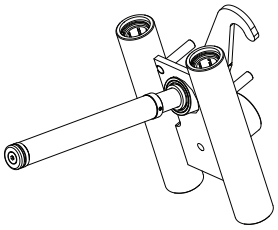
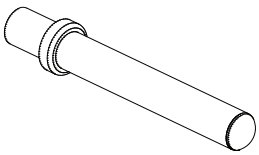
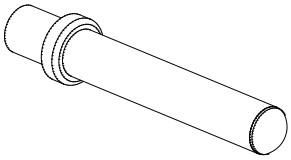
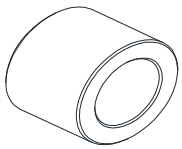
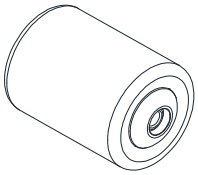
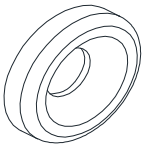
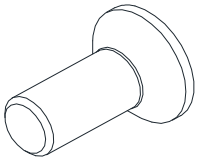
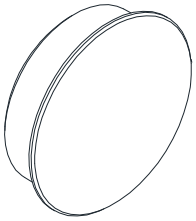
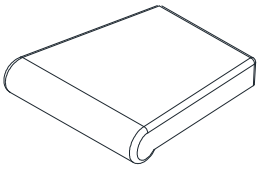
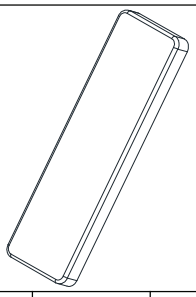
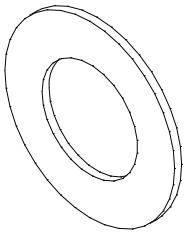
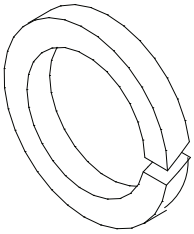
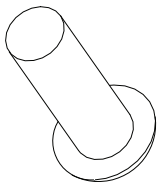
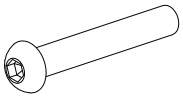
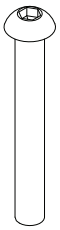
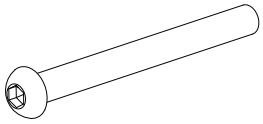
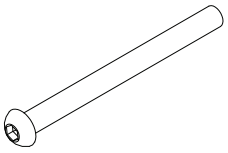
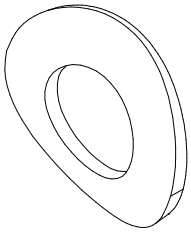
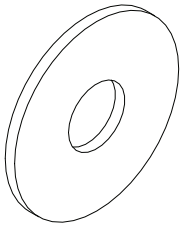
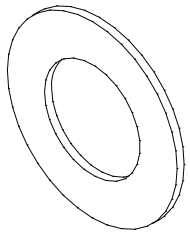
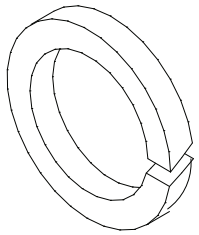
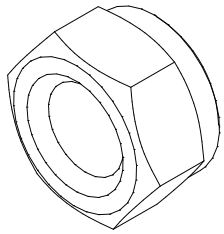
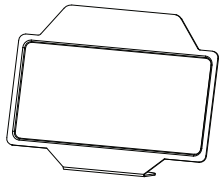
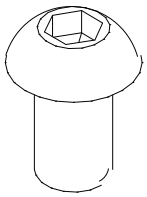
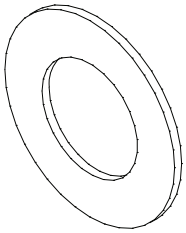
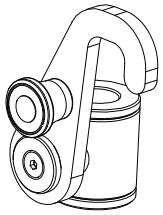
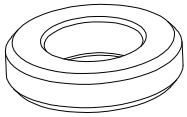
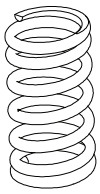
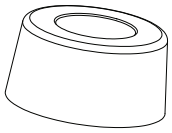
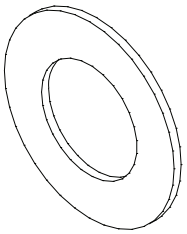
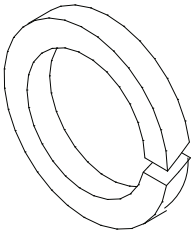
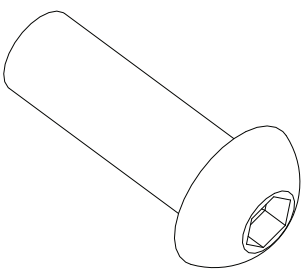
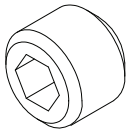
connection group			Seat			Right moving part			Left moving part		
											
9		1PCS	10		1PCS	11		1PCS	12		1PCS
Boom hanging rod 415mm			Hanging rod 415mm			Foam retaining ring			Short foam		
											
13		2PCS	14		4PCS	15		2PCS	16		2PCS

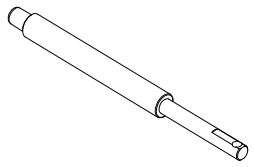
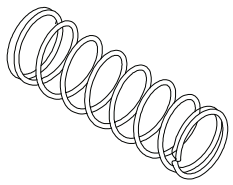
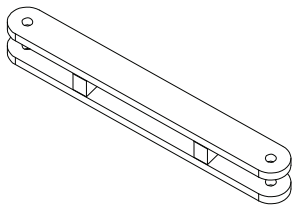
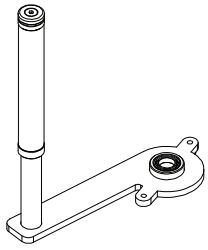
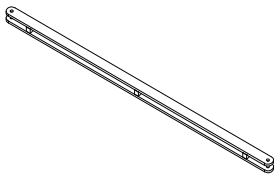
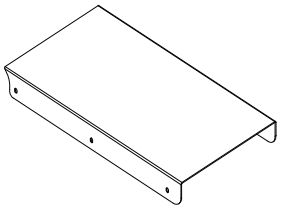
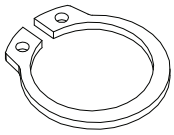
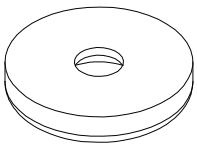
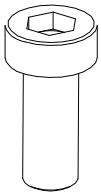
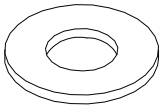
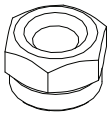
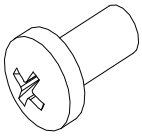
ASSEMBLY LIST

Short foam inner cover			Flat countersunk hexagon socket screw M8*16			**Short foam Screw cover**			Seat		
											
17		2PCS	18		2PCS	19		2PCS	20		1PCS
Back cushion			Φ8 Flat washers			Φ8 Spring washers			M8X70 Hexagon socket head screw		
											
21		1PCS	22		8PCS	23		8PCS	24		4PCS
M8X25 Hexagon socket head screw			M12X80 Hexagon socket head screw			M12X85 Hexagon socket head screw			M12X95 Hexagon socket head screw		
											
25		4PCS	26		4PCS	27		4PCS	28		10PCS
M12X125 Hexagon socket head screw			M12X140 Hexagon socket head screw			Arc gasket			Φ12 Large gasket		
											
29		4PCS	30		4PCS	31		16PCS	32		8PCS

ASSEMBLY LIST

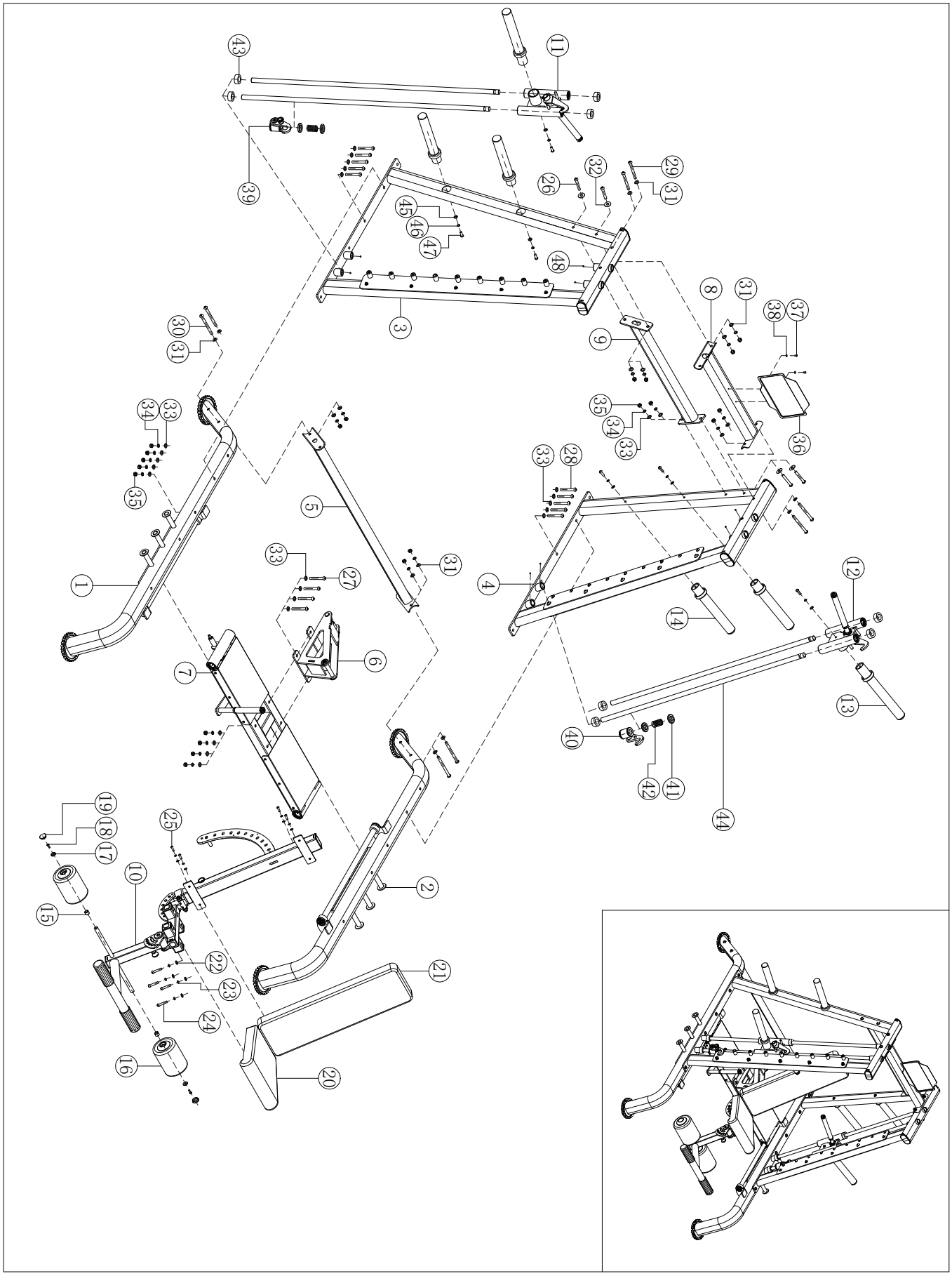
Φ12 Flat washers			Φ12 Spring washers			M12 Lock nut			Signage		
											
33		28PCS	34		26PCS	35		26PCS	36		1PCS
M6X10 Hexagon socket head screw			Φ6 Flat washers			Right hook group			Left hook group		
											
37		2PCS	38		2PCS	39		1PCS	40		1PCS
Limiting ring			Spring			Rubber shock pads			rob		
											
41		4PCS	42		2PCS	43		8PCS	44		4PCS
Φ10 Flat washers			Φ10 Spring washers			M10X30 Hexagon socket head screw			M8X8 top screw		
											
45		6PCS	46		6PCS	47		6PCS	48		8PCS

ASSEMBLY LIST

magnetic pin			spring			Short connecting rod			adjustment handle		
											
49		2PCS	50		2PCS	51		1PCS	52		1PCS
Long connecting rod			Metal guard cover			lock			End cover		
											
53		1PCS	54		2PCS	55		1PCS	56		1PCS
Hexagon socket head screws M6*35			Φ6 Flat washers			M6 Lock nut			Round head cross screw M5*10		
											
57		4PCS	58		8PCS	59		4PCS	60		12PCS

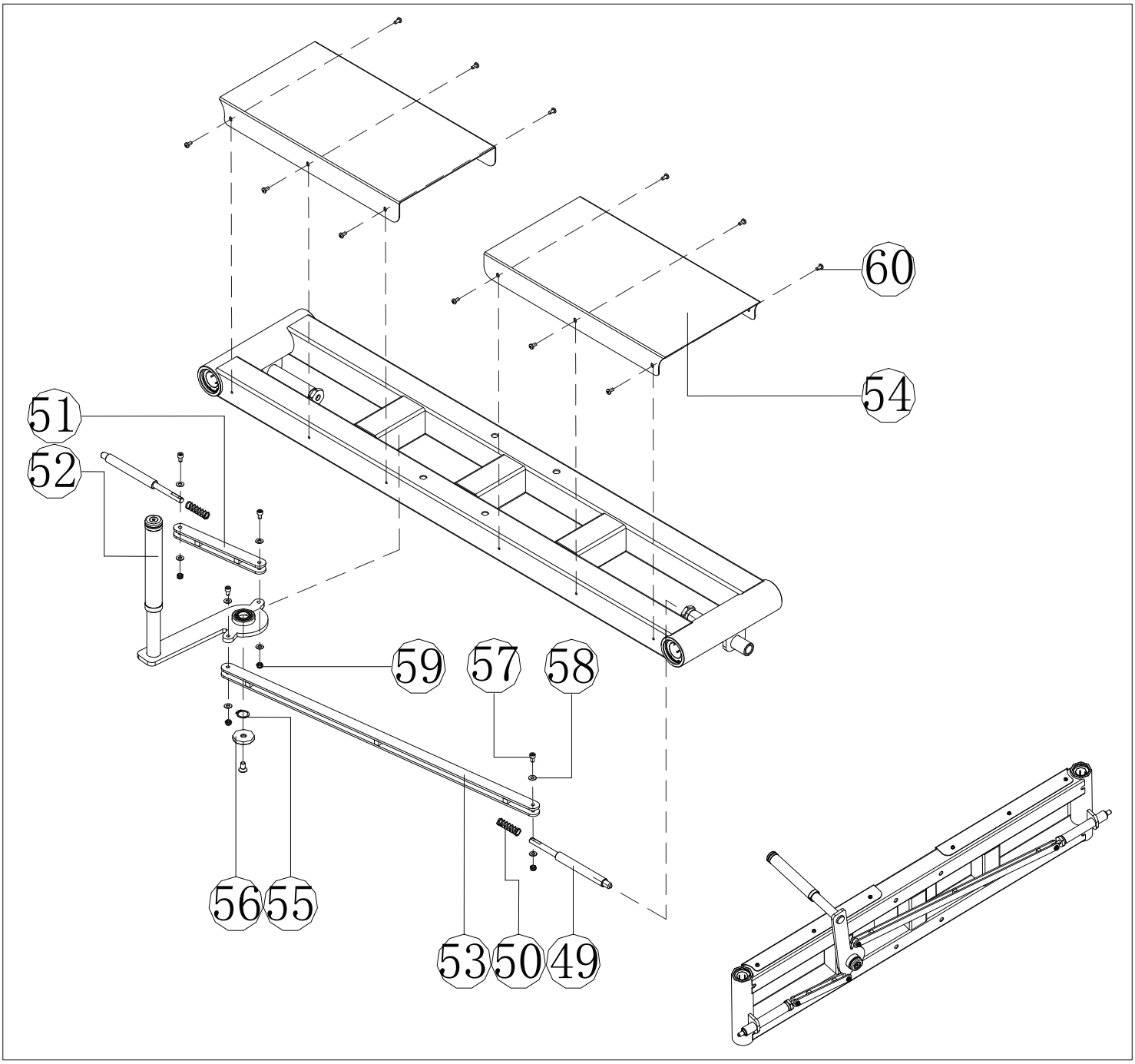
ASSEMBLY STEPS

STEP 1



ASSEMBLY STEPS

STEP 2



WARRANTY

For a period of either 120 days or 24 months after the purchase date (the “Warranty Period”), a warranty will apply on moving parts, pully's, cables, buttons, upholstery, hydraulic seats and cables for a period of 120 days, with the balance of the machine being a 24 month warranty. Skelcore warrants that the equipment for materials and workmanship such that, when installed and used in accordance with the owner’s manual, will operate for its intended purpose. The warranty applies to equipment installed in air conditioned and temperature controlled environments and will be null and void if used outdoors or in an environment with no air conditioning. Skelcore will, at its expense and as its sole obligation and your exclusive remedy for any breach of this warranty, repair or replace the equipment or any parts, in its discretion, provided that such malfunction or defect is reported to Skelcore by you in writing during the Warranty Period and that you provide all information that may be necessary or requested to assist Skelcore in resolving the malfunction. If Skelcore determines that it is unable to repair the malfunction or replace the equipment, Skelcore or its authorized reseller may refund you the fees you actually paid for the defective equipment, in which case you agree to immediately cease using and to destroy, throw out, or otherwise take steps to ensure no one can use the equipment ever again.

If there are any problems or malfunctions with the Skelcore equipment you purchased, please contact your sales manager promptly. They will help you identify the cause of the problem and assist you in resolving it. If the issue involves parts that cannot be quickly addressed, the company’s professional after-sales service personnel will provide specialized support.

COST OF REPAIRS

UNDER WARRANTY

Any items still under warranty will be repaired free of charge, if the repair complies with the terms and conditions of the warranty (refer to the “warranties” section in this manual). Any items that need to be repaired that are not covered under the warranty will be at your expense. A quote for the repair or replacement of these items will be provided to you for approval prior to any repairs being conducted.

OUT OF WARRANTY

Any items that need to be repaired once the warranty has expired will be at your expense, including call-out fees. A quote for the repair or replacement of these items will be provided to you for approval prior to any repairs being conducted.
Save this instruction manual for future use and reference.

SAVE THIS INSTRUCTIONAL MANUAL FOR FUTURE USE AND REFERENCE.

WARRANTY

To maintain your warranty, please complete the form below upon receiving your machine and email it back to the representative who sold you the goods.

Failure to do so will result in the loss of warranty.

SKELCORE ATTACH RECEIPT

CLIENT DETAILS

- **NAME:**
- **EMAIL:**
- **CELL:**
- **TEL(H):**
- **TEL(W):**
- **FAX:**
- **ADDRESS:**

PRODUCT DETAILS

- **DATE OF PURCHASE:**
- **SERIAL NUMBER:**
- **TILL SLIP NUMBER:**
- **DESCRIPTION OF PURCHASE:**

Signature: _____

Date: _____