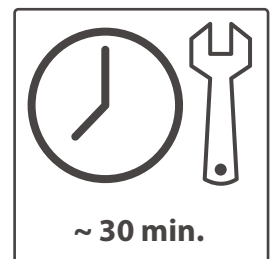
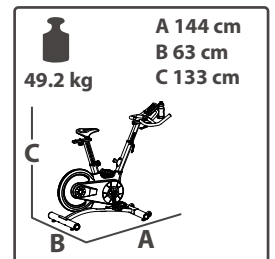
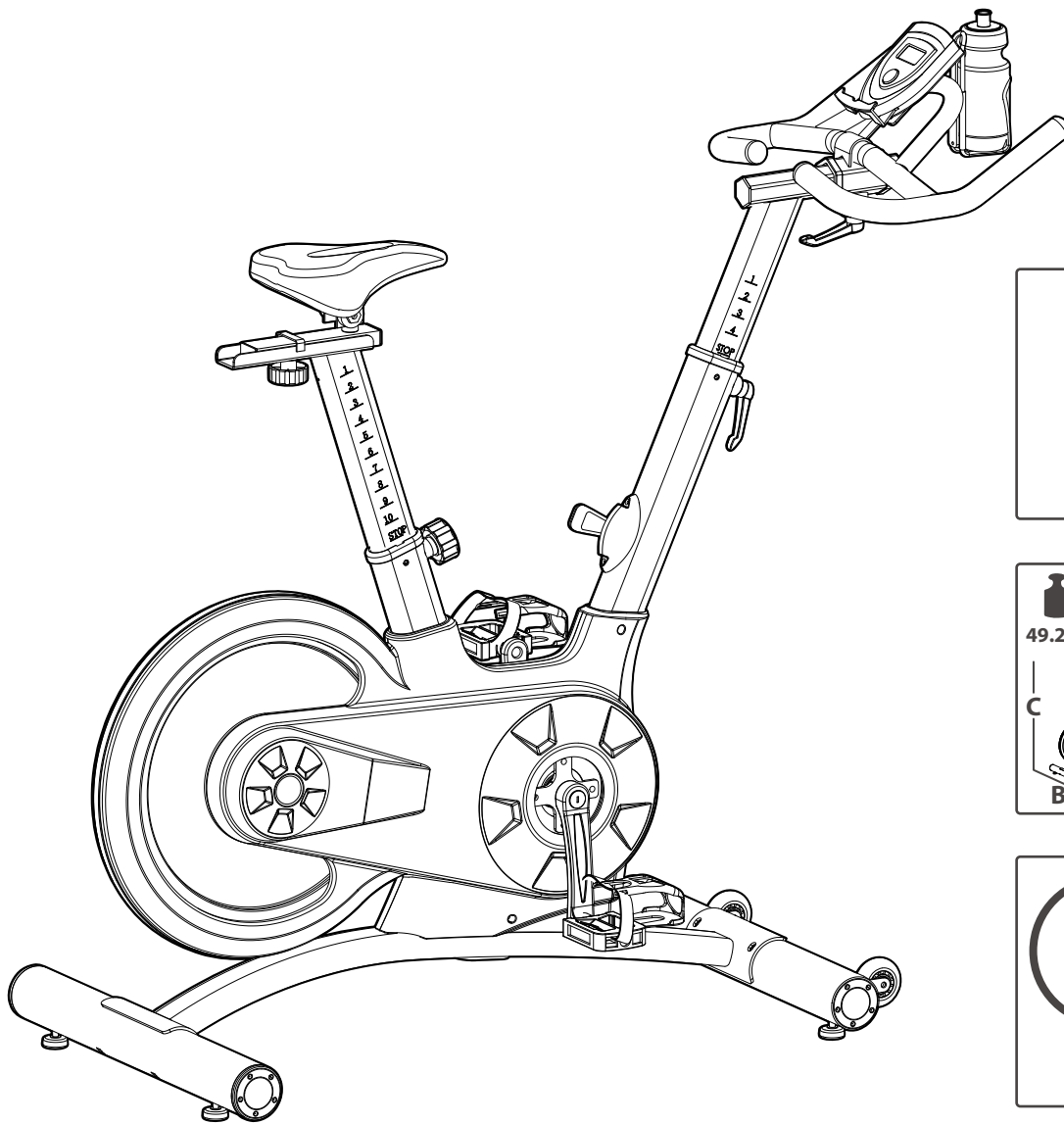




BodyMaxTM

PERFORMANCE WITHOUT COMPROMISE

Assembly and operating instructions



2017.09

Dear Customer,

Thank you for deciding for a high-quality training equipment of the brand BodyMax, the brand that makes athlete's hearts beat faster. BodyMax offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. BodyMax equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit www.powerhouse-fitness.co.uk or www.bodymax-fitness.com.

SAFETY NOTICE



Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage.

Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

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 follow the instructions carefully and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

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 equipment is only suitable for use at home. The equipment is not suitable for semiprofessional (e. g., hospitals, clubs, hotels, schools, etc.) and commercial or professional use (e. g., health clubs).

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

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Note the following precaution before assembling or operating the machine.

1. Keep children and pets away from the Spinning Bike at all times. **DO NOT** leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the Spinning Bike without the presence of a qualified health professional or a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
4. Before beginning training, remove all within a radius of 2 meters from the machine. **DO NOT** place any sharp objects around the Spinning Bike.
5. Position the Spinning Bike on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect flooring.
6. Use the Spinning Bike only for its intended use as described in this manual. **DO NOT** use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the Spinning Bike until it is repaired well.
10. NEVER operate the Spinning Bike if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. **DO NOT** use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
14. Before exercising, always do stretching first.
15. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance.



WARNING

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THE SPINNING BIKE. THANE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

2.1 Technical data

Weight and dimensions:

Article weight (gross, including packaging) : 55.3 kg

Packaging dimensions (L x W x H) : Parcel - 116 cm x 24.5 cm x 95.5 cm

Set-up dimensions (L x W x H) : approximately 146 cm x 51.5 cm x 135 cm

Maximum user weight : 130 kg (286 lbs)

2.2 Personal safety

- + **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.**
- + Please note that working out excessively can seriously damage your health.
- + The equipment may only be used for its intended purpose; this means for strength training for adults.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment may not be used by several persons at the same time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + Make sure that nobody is in the range of motion of the equipment while exercising.
- + Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
- + It is also important to take note of the information given in the workout instructions for creating a workout plan.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.
- + Before each training session, check all cables for any possible damage. Immediately replace defective cables and do not use the equipment until it has been repaired. Also pay attention to any material fatigue.

- + Never let go of the handlebars or grips as long as there is resistance in order to avoid crushing and similar injuries.
- + Make sure that the cables are always in the wheel guide. If the cables are stuck while you are training, stop training immediately and check the cable run.
- + If you adjust the seat, make sure that it fully locks in its new position, because otherwise it may slide and lead to injuries.

2.3 Set-up place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + 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 (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + 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.

3 ASSEMBLY INSTRUCTIONS, MAINTENANCE AND CARE

3.1 General instructions

- + Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).

- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original BodyMax spare parts.
- + Check the tightness of all screw connections once a month.
- + In order to be able to guarantee the constructively defined safety level of this equipment, we recommend having the equipment regularly maintained (at least once a year) by specialists (service technicians of your contract partner).
- + The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided. Also, make sure that no liquids (e. g. sweat) get into the openings of the equipment (e. g. console).

3.2 Faults and Troubleshooting

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and replacement is usually sufficient. Please use the following overview to see the six most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

Problem	Cause	Solution
Squeaking & cracking noises	Loose or too tight screw connection	Check or lubricate screw connection

3.3 Maintenance and service calendar

The equipment needs to be cleaned after every training session with a moist towel (no solvent!) in order to avoid damage caused by sweat.

The following routine work must be done in the specified time intervals:

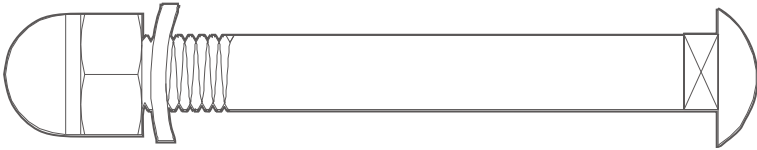
Part	Weekly	Monthly	Annually
Check screws		I	

In order to make the assembly of the equipment easier, we recommend that you do not initially fully tighten the screws and bolts. However, you should make sure that all screws and bolts are firmly tightened after assembly.

4.1 Package contents

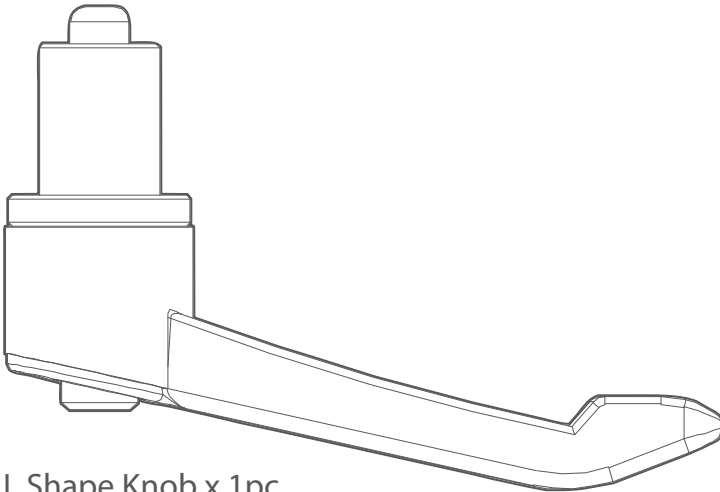
The package contains the parts represented in the illustration. If one of the illustrated parts is missing, please contact your contract partner.

NO.3 / NO.5 / No. 6



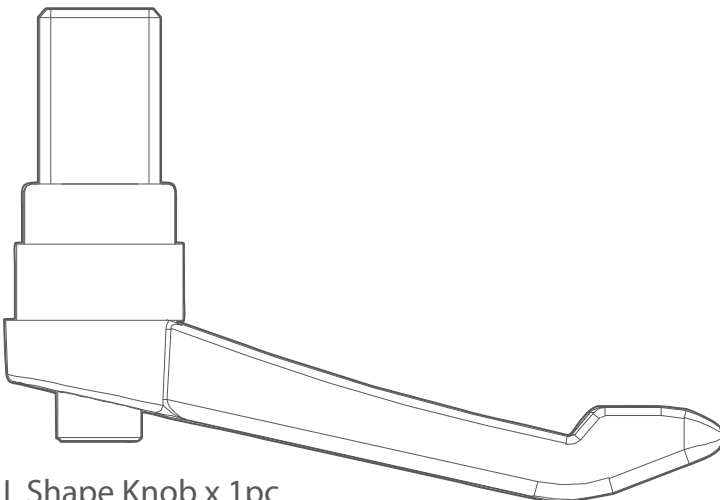
Carriage bolt Set x 4 set

No.19



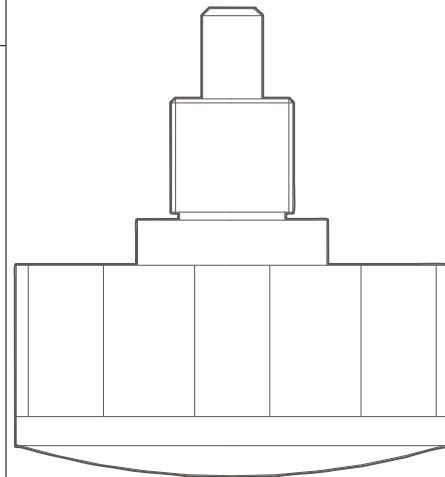
L Shape Knob x 1pc

No.22



L Shape Knob x 1pc

No.7

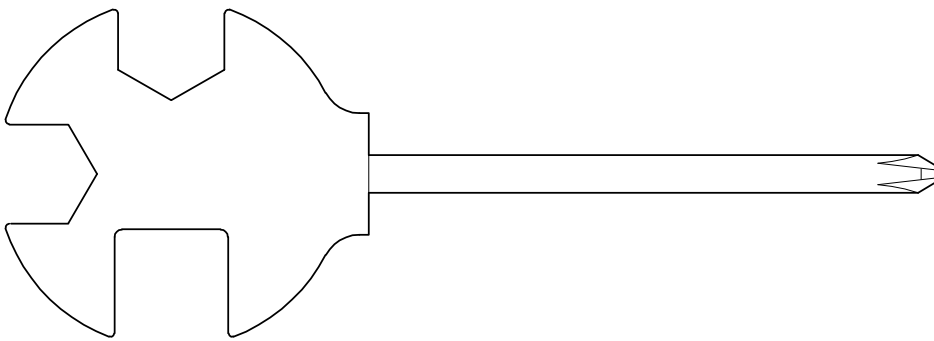


Spring Adjustment Knob x 1pc

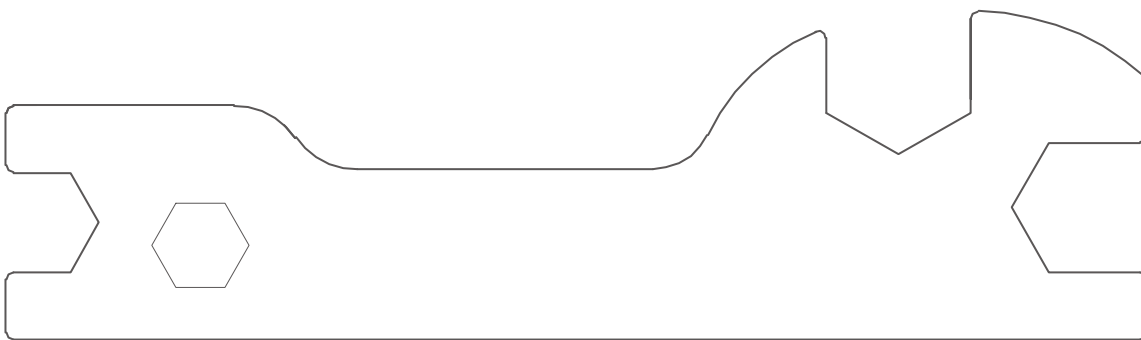
Tools



inner hexagon spanner (5#) x 1pc



Srosshead Spanner x 1pc



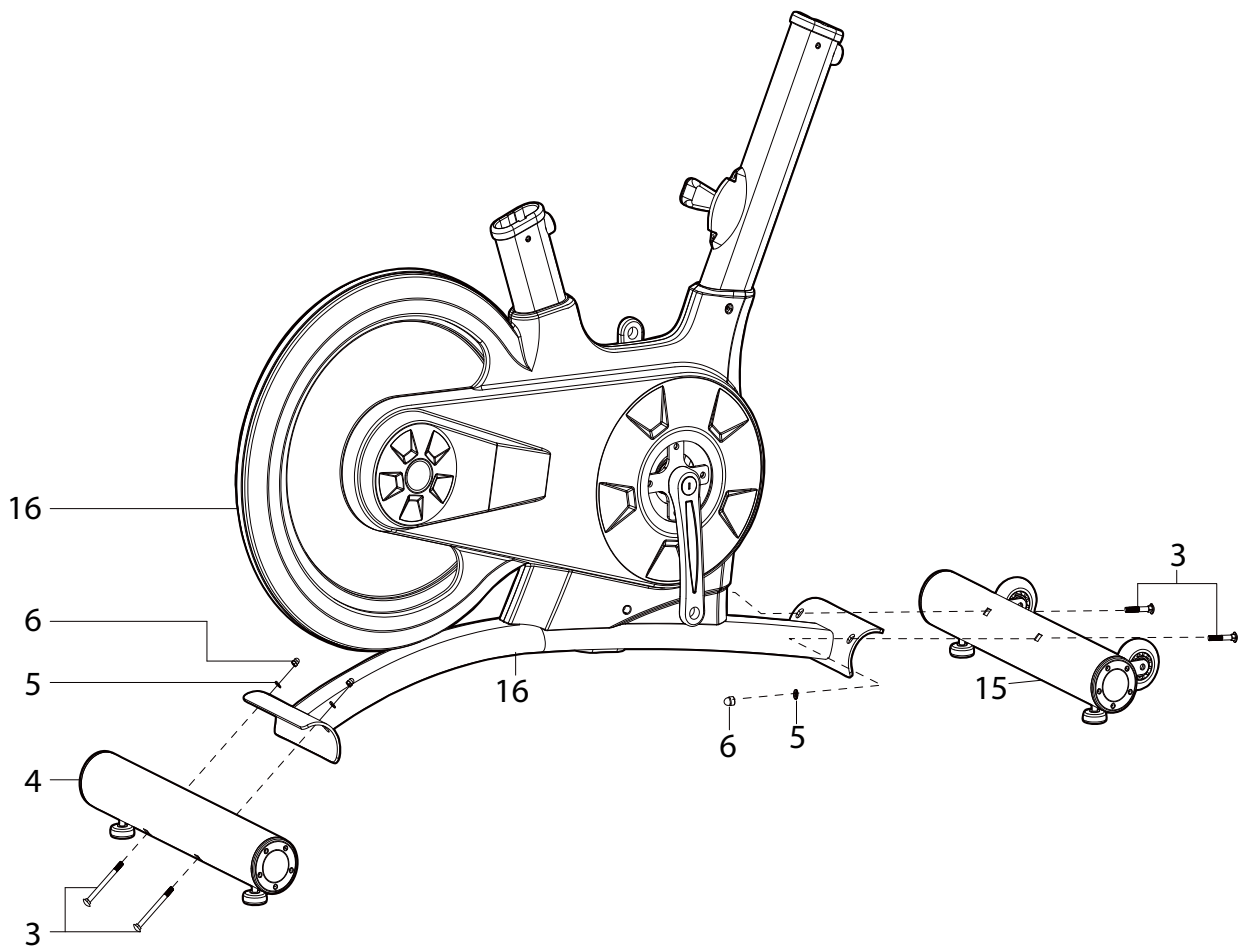
Multi Spanner x 1pc

4.2 Assembly instructions

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

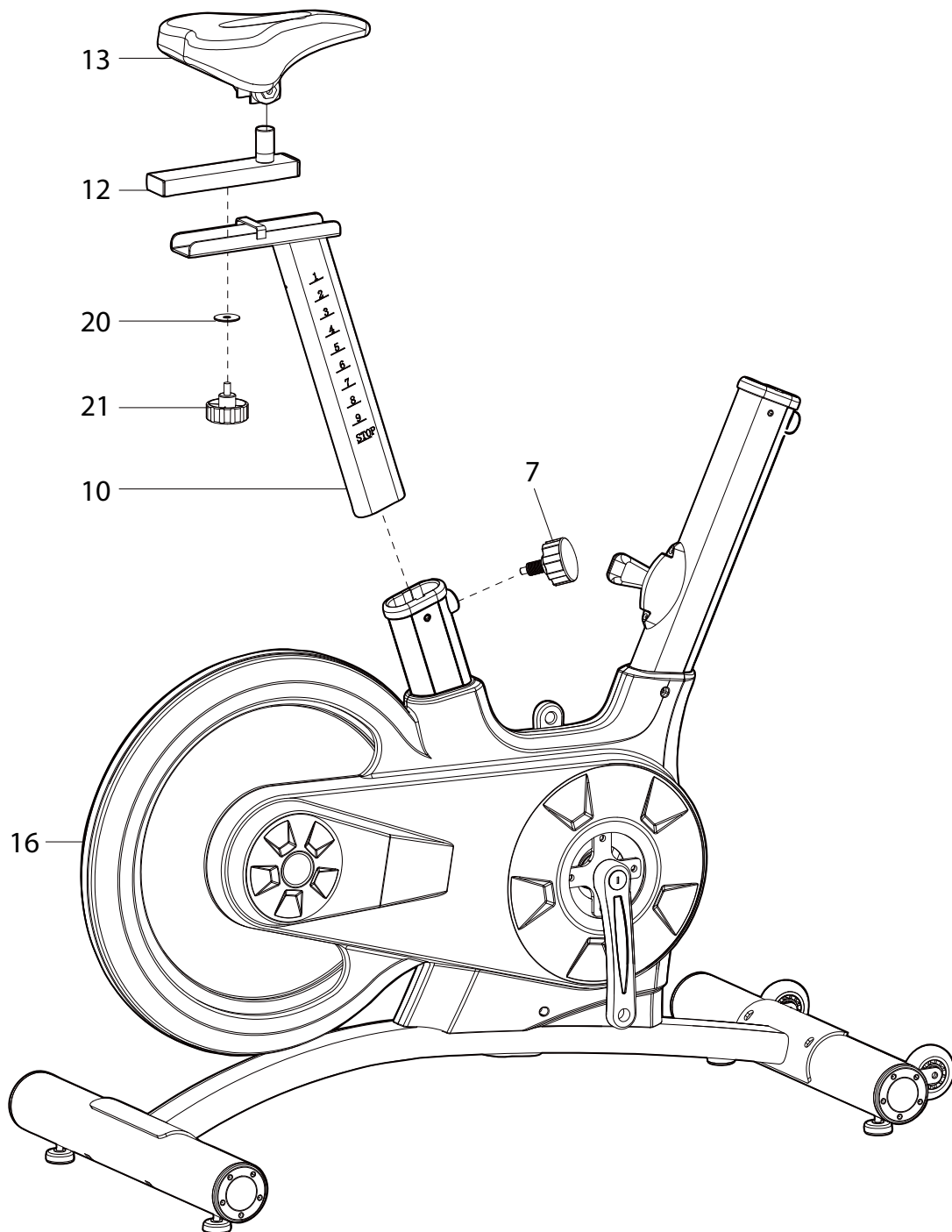
Step 1:

1. Attach the Front Stabilizer (15) to the Main Frame (16) using two sets of $\varnothing 10$ Flat Washers (5), M10 Domed Nut (6) and M10x90mm Carriage Bolt (3).
2. Attach the Rear Stabilizer (4) to the Main Frame (16) using two sets of $\varnothing 10$ Flat Washers (5), M10 Domed Nut (6) and M10x90mm Carriage Bolt (3).



Step 2:

1. Slide the Vertical Seat Post (10) into the Seat Post Housing on the Main Frame (16). Then slide the Seat Post (12) into the Vertical Seat Post (10), then Secure using a Flat Washer 1 (20) and Locking Knob (21). You will have to slacken the knurled section of the Spring Adjustment Knob (7) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.
2. Now fix the Seat (13) to the Seat Post (12) as shown, and tighten the bolts around the screws under the seat.

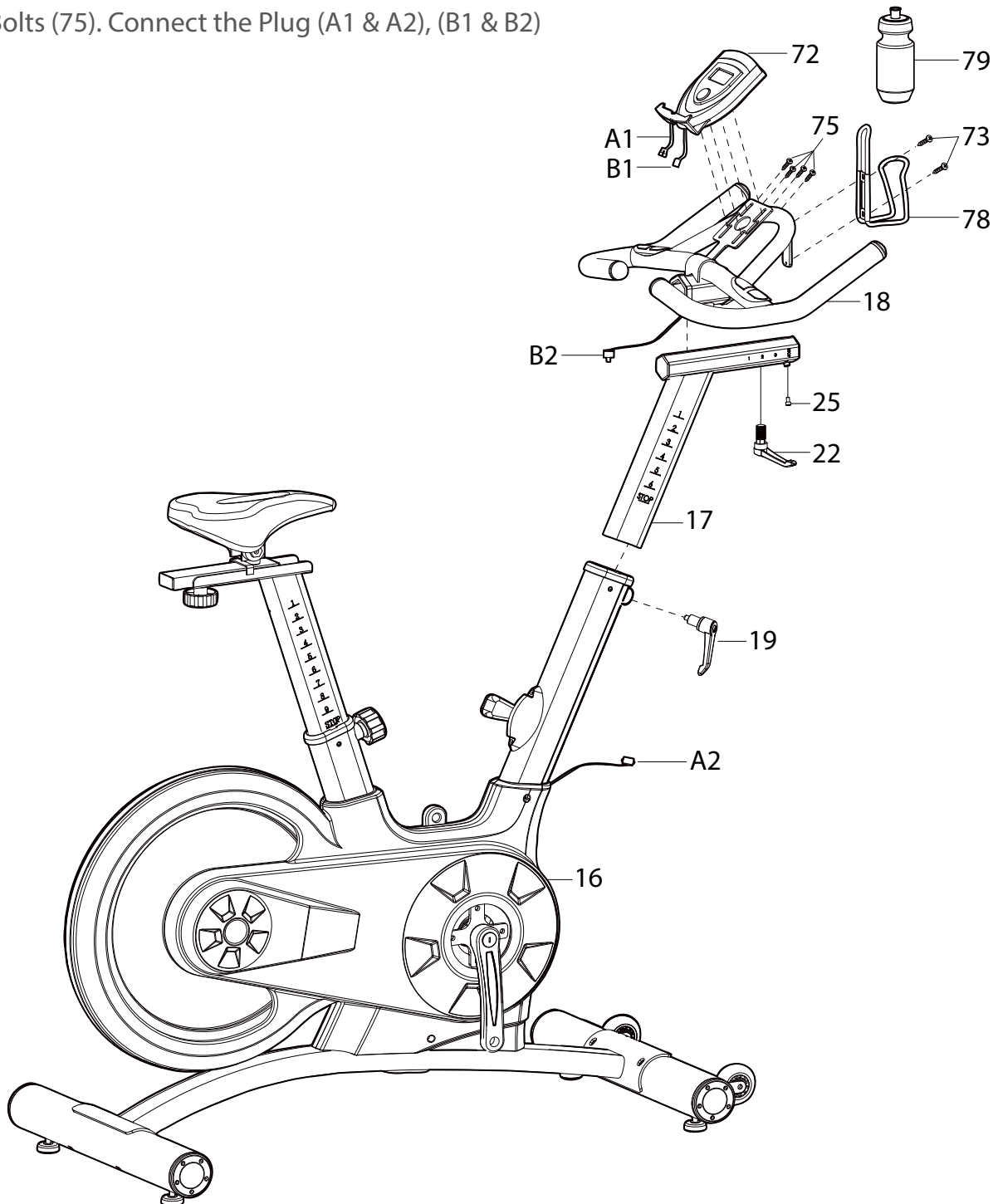


Step 3:

1. Slide the Handlebar Post (17) into the Handlebar Post housing on the Main Frame (16). You will have to slacken the knurled section of the L Shape Knob (19) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.
2. Then fix the Handlebar (18) with L Shape knob (22), and then use tool fix the Bolt (25) (removed before). Use two Screws (73) to fix Bottle Holder (78) onto Handlebar (18), slide the Bottle (79) into Bottle Holder (78).

ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY

3. Fix the Computer (72) onto the Computer Holder (18) use 4 Bolts (75). Connect the Plug (A1 & A2), (B1 & B2)



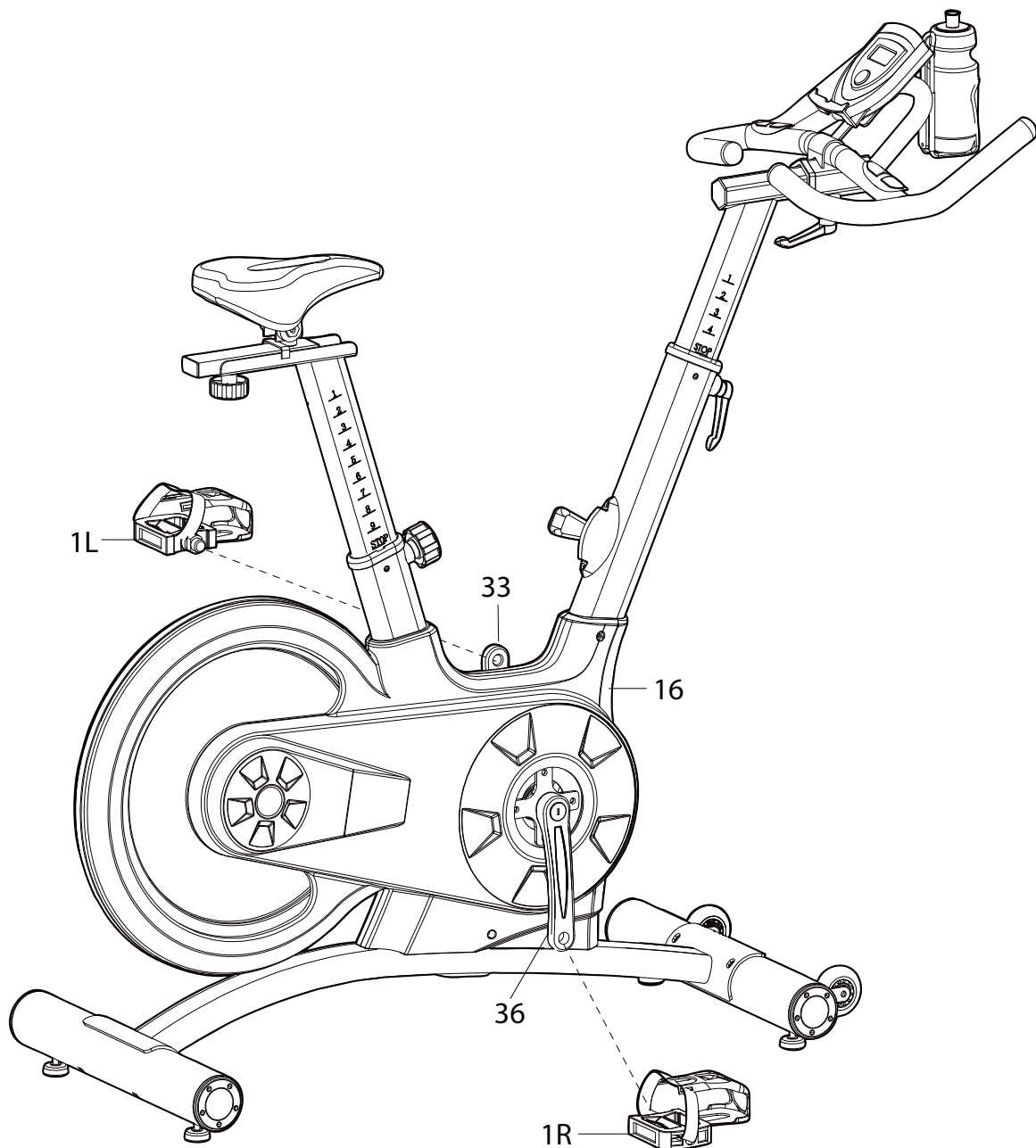
Step 4:

1. The Pedals (1L & 1R) are marked "L" and "R".
2. Attach the Left Pedal (1L) to Left Crank Arm (33).
3. Attach the Right Pedal (1R) to Right Crank Arm (36).

Note :

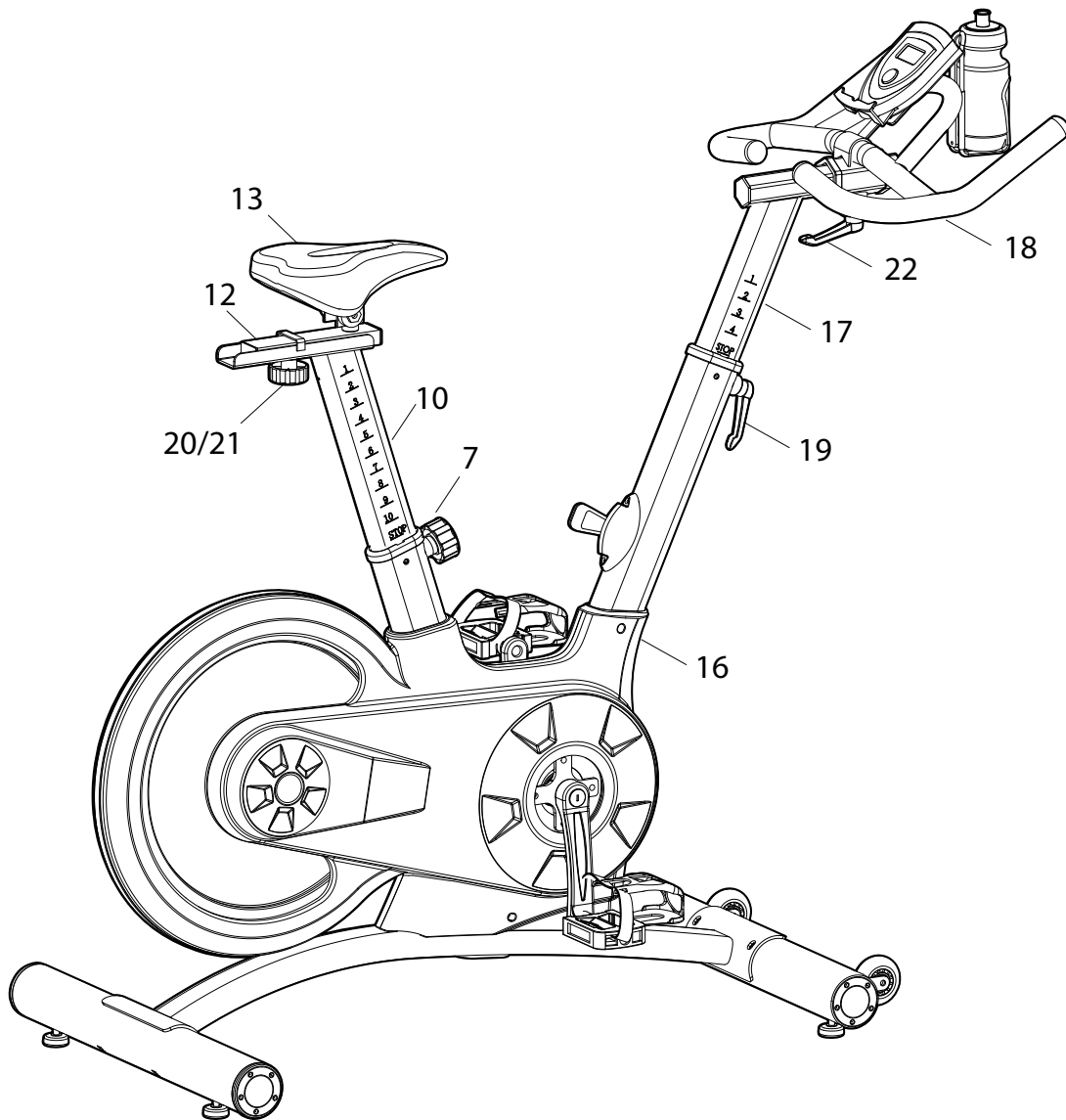
The Right Crank Arm (36) is on the right- hand side of the cycle as you sit on it.

That the Right Pedal (1R) should be threaded on clockwise and the Left Pedal (1L) anticlockwise.

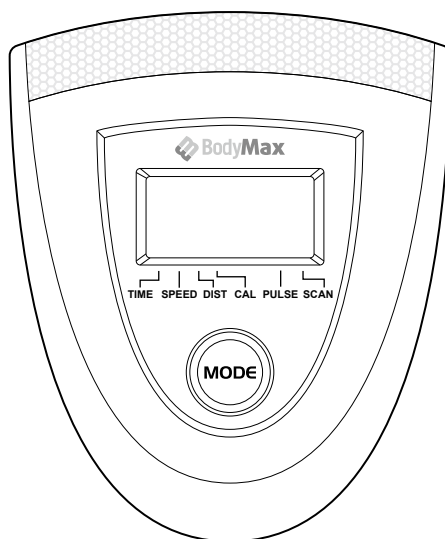


4.3 Adjustment

- * **To adjust the seat height**, slacken the Spring Knob (7) on the vertical post stem on the Main Frame (16) and pull back Spring Knob (7). Position the vertical post stem for the desired height so that holes are aligned, then release Spring Knob (7) and retighten it.
- * **To move the seat forward** in the direction of the handlebar or backwards away from it, loosen Adjusting Knob (21) and Washer (20). Slide Horizontal Seat Post (10) into desired position. Align holes and then retighten the Adjusting Knob (21).
- * **To adjust the handlebar**, slacken the L Spring Knob (19, 22) and pull both knobs back. Slide the Handlebar Post (17) along the housing on the Main Frame (16) to the desired height and, with the holes aligned correctly, tighten the both knobs.



4.4 Computer Function



FUNCTION BUTTON

MODE	<ul style="list-style-type: none"> • Choose each functions by pressing mode key, in scan mode, press mode key • Can lock the current function. • Press mode key and hold 2 seconds to reset all functions figures.
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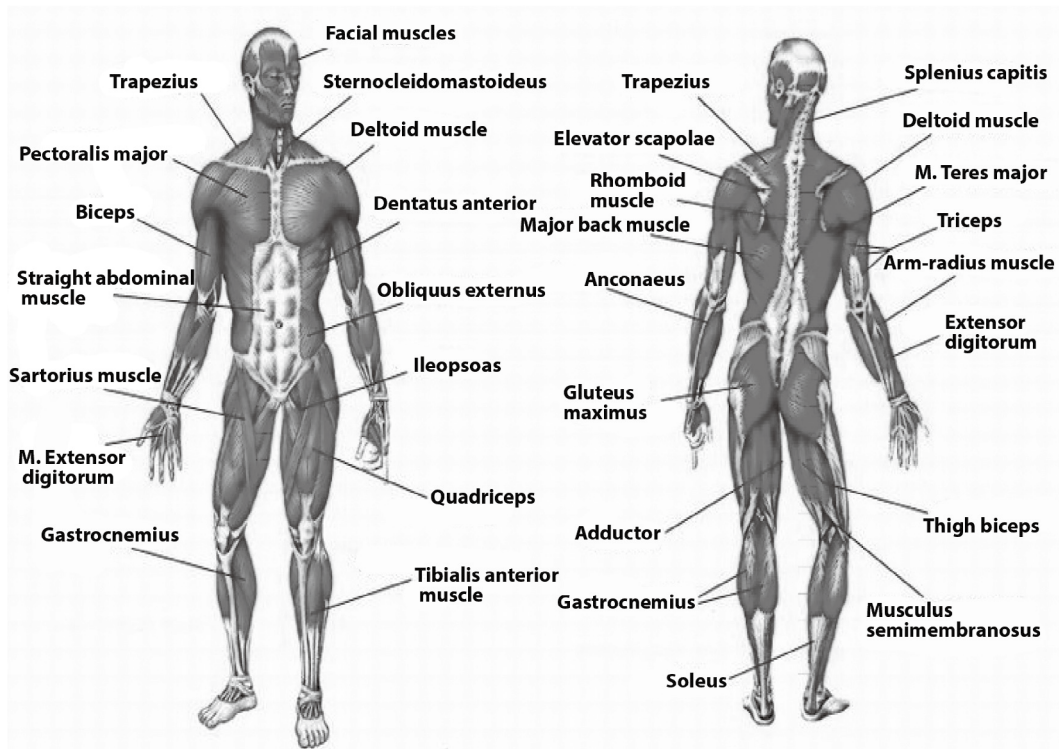
FUNCTIONS

SCAN	<ul style="list-style-type: none"> • The sequence of display: TMR → SPD → DST → CAL → PULSE • In scan mode, press mode key to choose other function. • Automatically scan through each mode in sequence every 6 seconds.
SPEED	Displays current training speed, the maximum is 999.9 Km/h.
TIME	Accumulates workout time from 0:00 up to 99:00.
DIST	Accumulates total distance from 0.0 Up to 999.9 Km .
CAL	Accumulates calories consumption during training from 0.0 Cal to the Maximum 999.9 Cal. (This data is a rough guide for comparison of different exercise sessions which Can not be used in medical treatment.)
PULSE	Displays your pulse rate in beats per minute during your workout.

NOTE

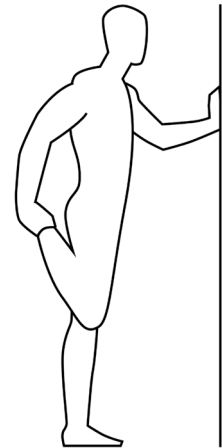
1. With no signal transmitted into the computer for 4 minutes, the computer will shut off the LCD display automatically, and all function values will be reserved
2. Monitor battery spec: 1.5V UM-3 or AA (2pcs).
3. If the computer display abnormally, please re-install the battery and try again.
4. When the display of lcd is weak, it mean the batteries need to be changed.

5.1 Stretching exercises for leg and chest muscles



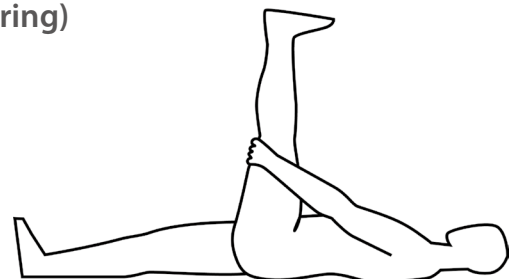
1. Exercise: Stretching of front thigh / leg extension (quadriceps)

- Stable position, grab arches of feet
- Pull heel towards buttocks, knee points downwards (no abduction)
- Straight upper body, avoid tilting the pelvic forward (hollow back) by tensing the abdominal muscles
- Change legs



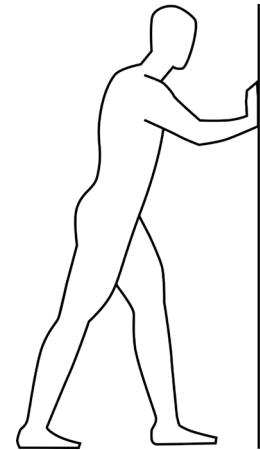
2. Exercise: Stretching the back thigh / leg curl (hamstring)

- Pull thigh towards upper body with both hands
- Stretch through increased stretching in the knee joint
- The lower leg maintains contact with the floor, keep hips bent
- Change legs



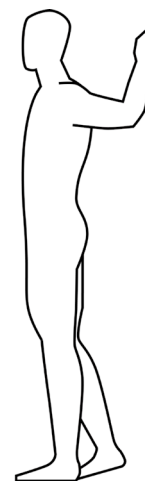
3. Exercise: Stretching the calf muscles (gastrocnemius)

- Place feet parallel to each other pointing forward, the heels touch the floor
- Support yourself on a chair coming from a lunge
- Move your body weight to the front leg, press your heel from the rear leg towards the floor and hold the contact
- Slowly stretch your knee of the rear leg until you feel the stretch in your calves
- Change legs



4. Exercise: Stretching the chest muscles (pectoralis major)










- Stand parallel to a wall
- Place your forearm at 90° to the wall with the elbow just above shoulder height
- Turn your head and upper body gradually to the opposite sides until you feel a stretch in the front chest, of the shoulder being leaned on
- Pay attention to tension in your abdominal and gluteal muscles
- Your weight is on your front leg
- Change legs



All recommendations of these instructions apply solely to healthy persons and are not suitable for those with heart or cardiovascular problems. All of the tips are intended only as a guide to help you create a workout. Your physician can offer appropriate advice for particular, personal requirements.

We hope you enjoy your workout and have a lot of success!

5.2 Workout journal

(Copy template)



Date



Time (min.)



Training weight



Calories burnt



Body weight

BodyMax training fitness equipment is subject to strict quality controls. 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.

Warrantee

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

Warranty periods

The following warranty periods begin on delivery of the fitness equipment.

Model	Use	Full warranty
B50 Tour Indoor Cycle	Home use	24 months

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 warrantee personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

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 centers, 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 centers
- unauthorized 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.

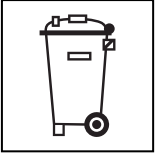
If you cannot find the serial number on your training equipment, our service employees are ready to help.

Service outside 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.



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 electricals 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.



Bodymax Dumbbell Set

9.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

SERVICE-HOTLINE

DE

☎ +49 4621 4210-0
 📠 +49 4621 4210-699
 ✉ service@sport-tiedje.de
 Mo. - Fr. 8:00 - 18:00
 Sa. 9:00 - 18:00

DK

☎ 80 90 16 50
 ☎ +49 4621 4210-945
 ✉ info@t-fitness.dk
 Ma. - Fr. 8:00 - 18:00
 Lø. 9:00 - 18:00

FR

☎ +33 (0) 172 770033
 ☎ +49 4621 4210-933
 ✉ service-france@sport-tiedje.fr
 Lun. - Ven. 8:00 - 18:00
 Sam. 9:00 - 18:00

NL

☎ +31 172 619961
 ✉ info@fitshop.nl
 Ma. - Do. 9:00 - 17:00
 Vr. 9:00 - 21:00
 Za. 10:00 - 17:00

UK

☎ +44 141 876 3972
 ✉ orders@powerhousefitness.co.uk
 Mon. - Fri. 9:00 - 17:00

INT

☎ +49 4621 4210-0
 ✉ service-int@sport-tiedje.de
 Mon - Fri 8:00 - 18:00
 Sat 9:00 - 18:00

9.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand / category:

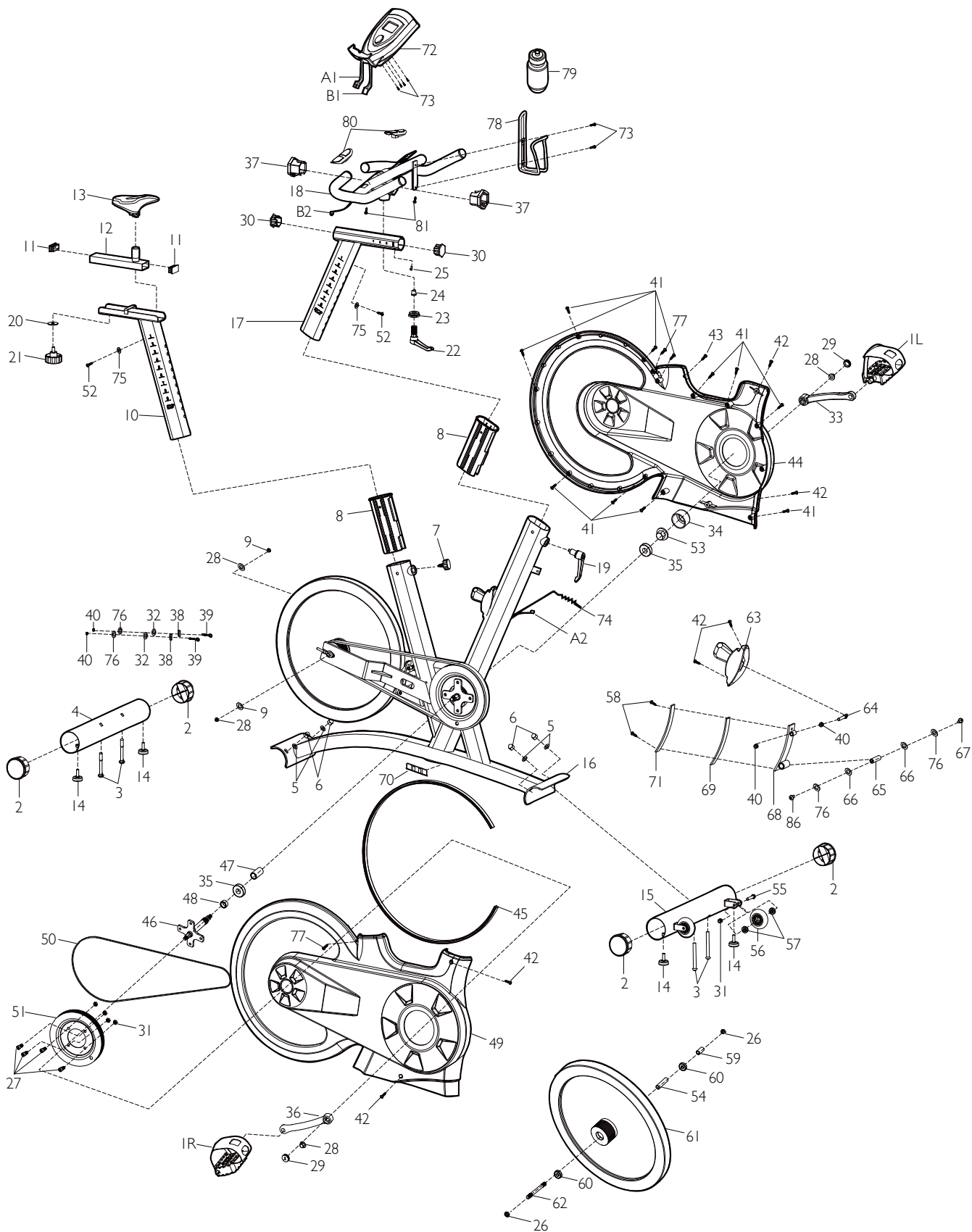
Model name:

9.3 Parts list

No.	Description	Qty.
1	Pedal	1
2	End Cap 1	4
3	Carriage Bolt	4
4	Rear Stabilizer	1
5	Flat Washer	4
6	Domed Nut	4
7	Spring Adjustment Knob	1
8	Plastic Sleeve 1	2
9	Flat Washer	2
10	Vertical Seat Post	1
11	End Cap 1	2
12	Seat Post	1
13	Seat	1
14	Stopper	4
15	Front Stabilizer	1
16	Main Frame	1
17	Handlebar Post	1
18	Handle Bar	1
19	L Shape Knob	1
20	Flat Washer 1	1
21	Locking Knob	1
22	L Shape Knob	1
23	Fixing Nut	2
24	Fixing Shaft	2
25	Bolt 3	1
26	Fixing Nut 2	2
27	Bolt	4
28	Fixing Nut 1	4
29	Crank End Cap	2
30	End Cap 2	2
31	Lock Nut	6
32	Big Gasket	2
33	Left Crank	1
34	Crank Cover	1
35	Bearing	2
36	Right Crank	1
37	Plastic Sleeve	2
38	Pull Out The Fixed Piece	2
39	Fixing Bolt	2
40	Nut	4
41	Screw 1	11
42	Screw 2	6

No.	Description	Qty.
43	Screw4	1
44	Outer Chain Cover	1
45	Little Chain Cover	1
46	Axis	1
47	Long Fixing Tube	1
48	Short Fixing Tube	1
49	Inner Chain Cover	1
50	Belt	1
51	Belt Wheel	1
52	Screw5	2
53	Nut	1
54	Fixing Tube	1
55	Bolt	2
56	Wheel	2
57	Bearing	4
58	Bolt 2	2
59	Fixing Tube	1
60	Bearing	2
61	Flywheel	1
62	Flywheel Shaft	1
63	Six Fine-Tuning	1
64	Fine-Tuning Pull Block	1
65	The Brake Fixed Axis	1
66	Flat Washer 2	2
67	Bolt 2	2
68	The Brake Block Assembly	1
69	Rubber Mat	1
70	End Cap 2	1
71	Woolly Block	1
72	Computer	1
73	Bolt 3	6
74	Sensor	1
75	Spring Washer 1	2
76	Spring Washer 2	4
77	Screw 3	2
78	Bottle Holder	1
79	Bottle	1
80	Pulse	2
81	Screw 2	2
A2	Sensor Wire	1
B2	Pulse Sensor Wire	1

9.4 Exploded drawing



10.1 Head office

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10.2 Disclaimer



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www.sport-tiedje.com/en/stores

Notes

