



TYTAX[®]

INVINCIBLE



M2

INSTRUCTION OF USE

Please read all instructions carefully,
before assembling the machine.



For more information, please visit our website: www.tytax.com
or contact our support team:



support@tytax.com



(844) 438-8982

TYTAX M - exercise instructions.

THE TYTAX ARE MULTIFUNCTIONAL TRAINING MACHINES. ON EACH MACHINE MODEL, THERE IS POSSIBILITY TO PERFORM AT LEAST 250 VARIOUS EXERCISES. THEREFORE, BEFORE YOU BEGIN TO EXERCISE, GET ACQUAINTED WITH THE INSTRUCTION OF HOW TO USE THE MACHINES, WHICH IS PRESENTED ON OUR WEBSITE: **WWW.TYTAX.COM**

The information concerning the use of the TYTAX machines are presented on the web page in the form of videos. There you will find detailed descriptions, tutorial videos, information about particular exercises and optional equipment along with the general safety precautions.

Each of the exercises that can be done on TYTAX machines is presented in the form of pictures and videos. During the training, please apply

the adjustments and techniques relevant to the particular exercise as presented on the **www.tytax.com**

If you have questions concerning the use of the TYTAX machines, TYTAX support department will be able to help you.

Please contact us at: **support@tytax.com**

TYTAX® M2 INVINCIBLE



1. General safety precautions.

Before you start to exercise on one of the TYTAX models, read all the following instructions concerning the safe use of the TYTAX machines.

- 1.1 The techniques presented on the **www.tytax.com** in the form of pictures and movies cannot be performed without prior consultation with a health care practitioner or strength training instructor.
- 1.2 If you feel pain caused by the physical effort, stop the training immediately and consult your health care practitioner.
- 1.3 Watch carefully our tutorial pictures and videos before performing any exercise for the first time on the TYTAX machine. If you have any doubts about your gym setup, contact TYTAX support department to obtain all the necessary answers to your questions.

- 1.4 Keep the children away from the machine during the training!
- 1.5 When setting up the weights on the barbell, remember to keep it balanced by putting the same amount of weight on both sides and securing them with clamps to avoid sliding of the barbell.
- 1.6 Always do a technical check-up before training: check the cables and other movable parts of the machine.
- 1.7 Every exercise should be performed according to its purpose – do NOT try any other techniques than those described in our instructions!
- 1.8 Be prepared for your training – always do a warm-up prior to the training with weights!
- 1.9 Do NOT wear loose, hanging clothes and jewelry while exercising!

- 1.10 Do NOT exceed your capabilities while lifting heavy weights!

- 1.11 Always use the barbell security device (safety spotters) while training with the barbell!

The TYTAX machines give the ability to perform a vast amount of exercises and they require some time in order to learn how to prepare the machine for a particular exercise. This knowledge does not have to be learned straight away for each of the available exercises, but it can be learnt systematically.

The full list of the exercises that can be performed on each TYTAX machine can be found on the following website **www.tytax.com**

There, you will be able to create your own training program for particular training days.

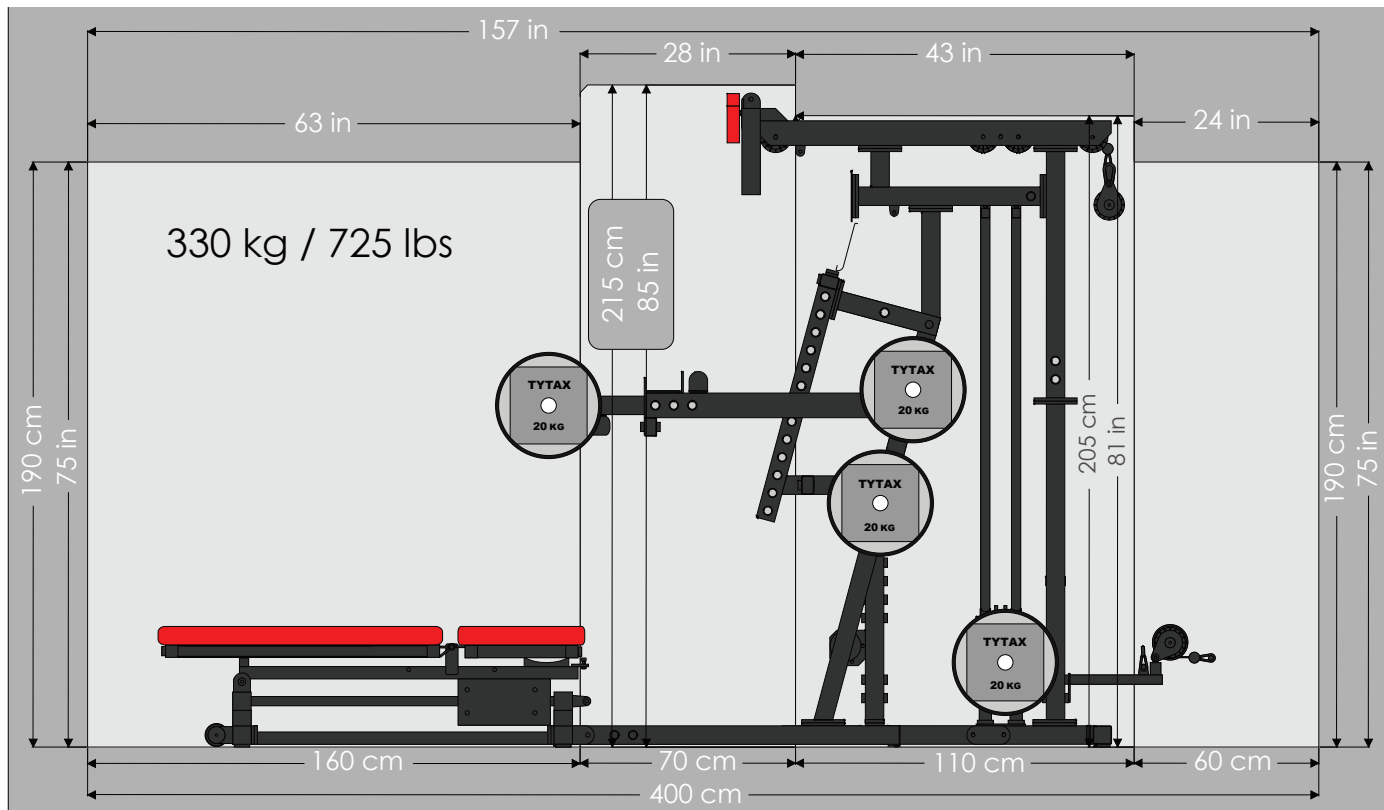
IMPORTANT SECURITY INFORMATIONS

- ① Go on www.tytax.com
- ② Choose machine model and go to INSTRUCTIONS, where you can find ASSEMBLY section. After assembling your TYTAX, before your first training, please learn about basics which you can find in BASICS section.

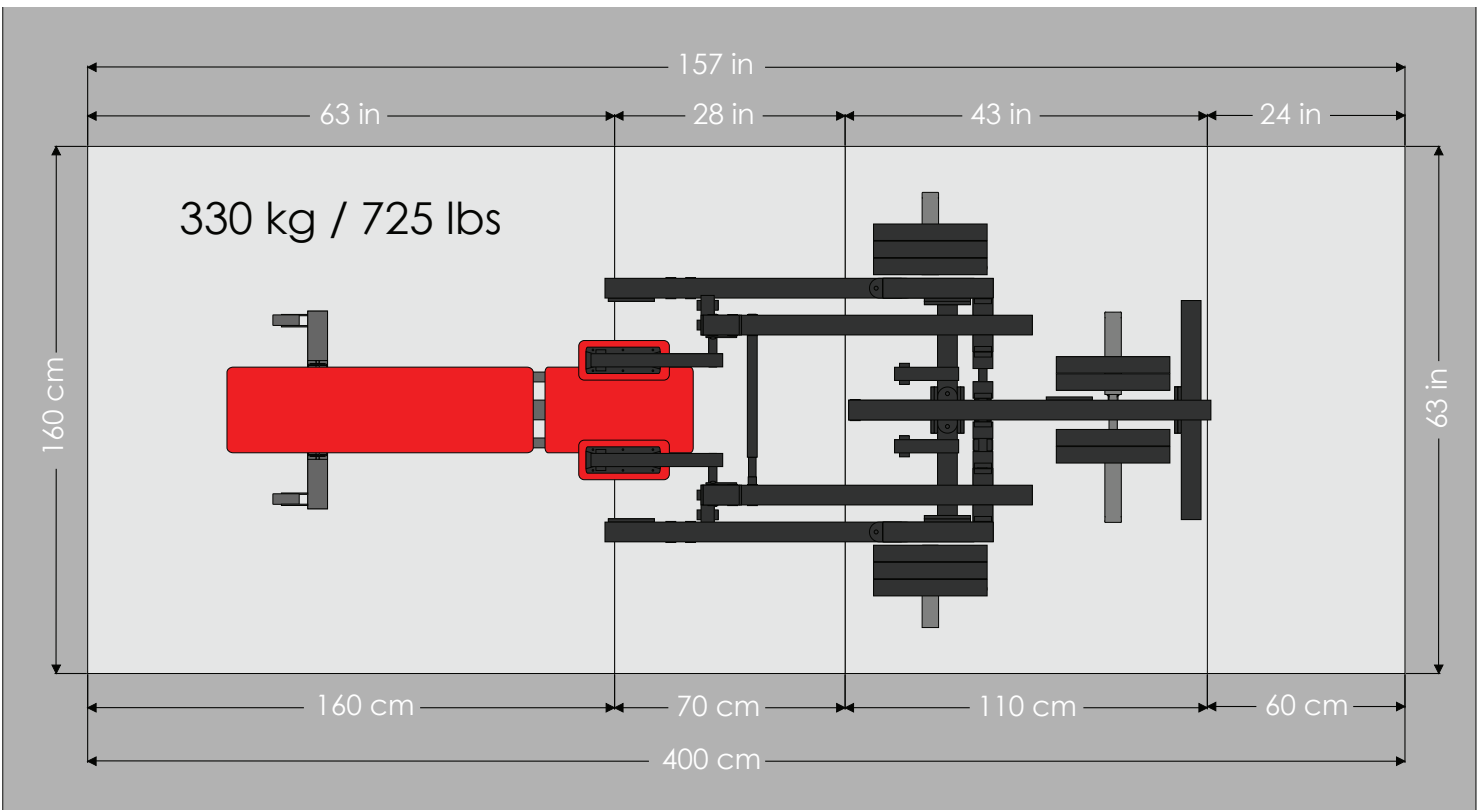
The quality of TYTAX machines is guaranteed by TYTAX® brand.

TYTAX M2 - minimal room size

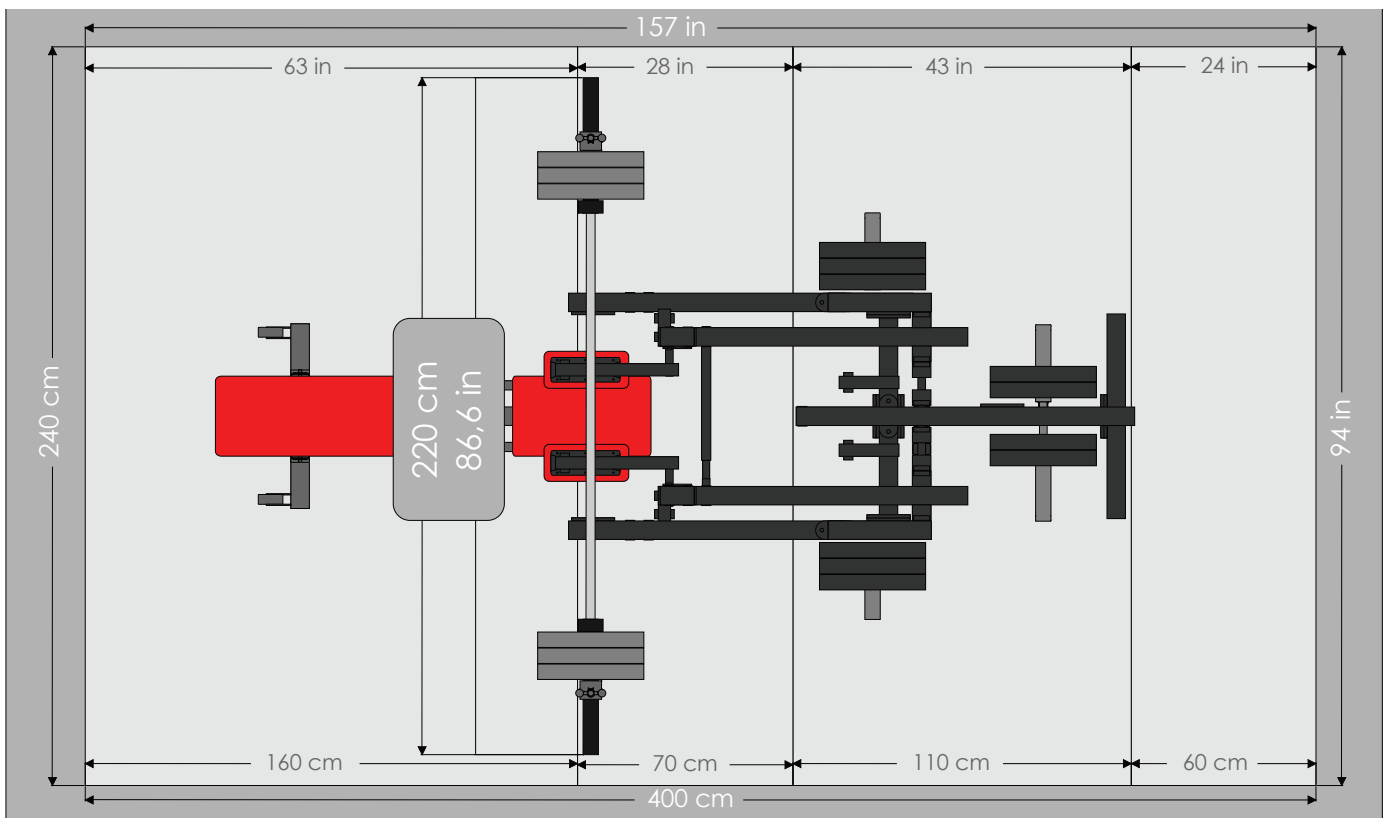
TYTAX M2 standard - side view



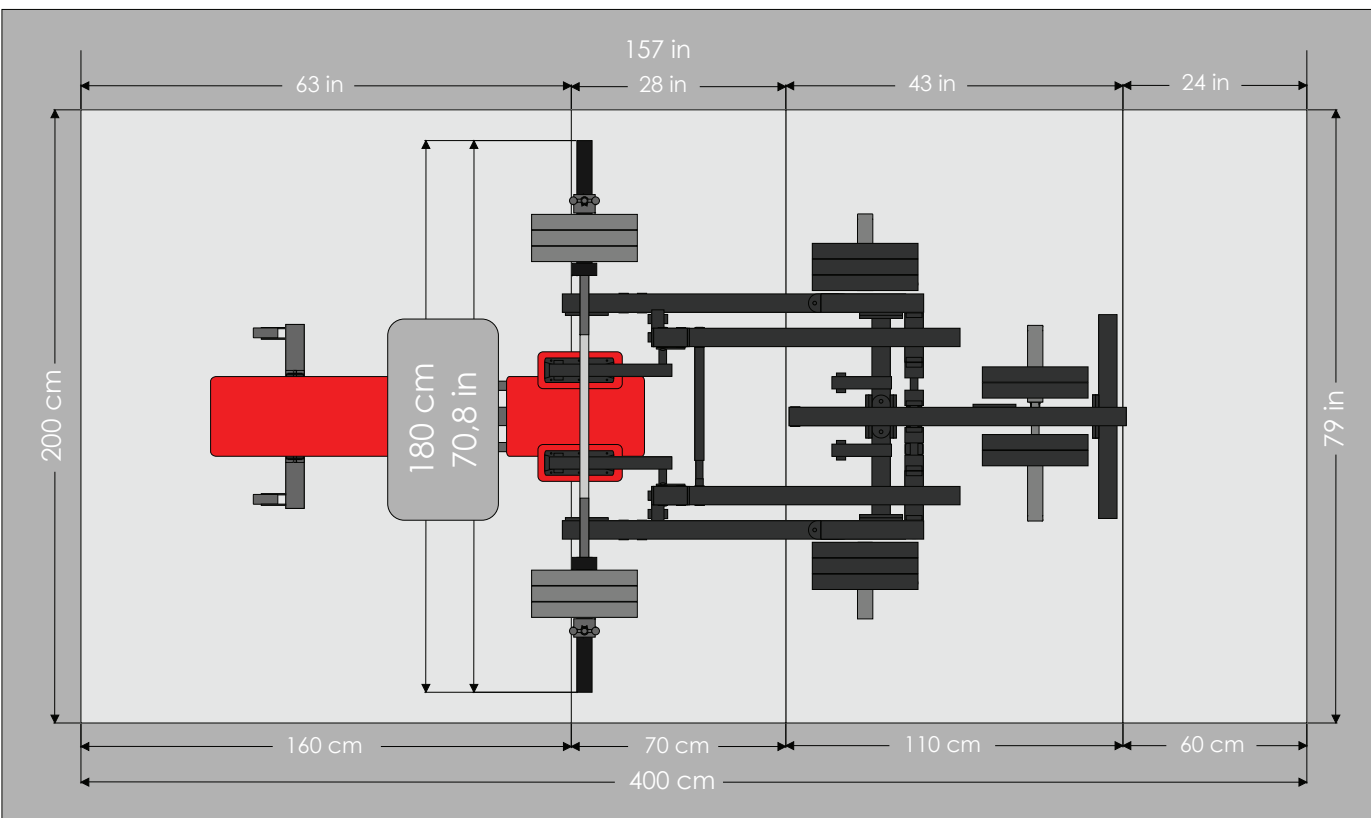
TYTAX M2 standard - top view



TYTAX M2 standard + Option OB - top view



TYTAX M2 - top view





IMPORTANT INFORMATION

IF YOU HAVE AN ACCESS TO THE INTERNET, USE THE PICTURES AND THE VIDEO MATERIAL TO UNPACK THE CRATE AND TO ASSEMBLE THE TYTAX MACHINE. THE INFORMATION CAN BE FOUND ON **WWW.TYTAX.COM**

1. Each of the TYTAX machines is prepared for the shipping in such a way, so it can withstand the harsh condition during the sea and land transportation to reach the destined place undamaged.
2. Despite the fact that the crates that store the TYTAX machines are very strong, when the machine is delivered and unloaded at your place, carefully check if the crate of the machine is damaged. If it is, please make sure to describe it in the presence of the driver from the forwarding company and take photographs of the damaged crate. Then, in the presence of the driver, disassemble the crate and check whether the machine is undamaged. If the machine is damaged, you have to describe it and take the relevant photographs and the driver has to write a protocol with the description of the damage.

The protocol document is the base to claim the compensation for the damage that happened during the transport. Such situations where the crates become damaged are extremely rare.

3. The truck that delivers the machine has to be equipped with the cargo lift in order to unload the machine at the front of your place (If there is no cargo lift and you have no means to take the crate of the truck, it is necessary to unpack the crate while it is still on the truck).
4. When the TYTAX M2 machine is unloaded of the truck in its huge crate, do not be scared of its size. Leave the box on the spacers in the place where you want to unpack it. The spacers are attached at the top of the crate. The spacers will allow you to take off the side panels of the crate.
5. Now, begin the unpacking process of the TYTAX M2 machine. Open one of the sides, and take the elements from the inside to the place where you are going to assemble the machine. Then, take of the rest of the boards that build the crate.

6. The room in which you are going to set up the machine has to meet the minimal dimensions as presented on the technical pictures of a particular model that you purchased.
7. The floor in the room has to be flat, even and leveled.
8. The assembly process of the TYTAX machine has to be done by 2 adult persons. The estimated time of assembly takes 3-6 hours, depending on the machine's model. During the process, however, it is better to avoid being in a hurry.
9. The assembly of the TYTAX machines can be conducted according to the scheme, which you received in the printed form or according to the detailed instructions on our website: **www.tytax.com**
10. ATTENTION! During the assembly of the TYTAX machines, it is obligatory to match the elements labeled with the same numbers. The direction of the arrows on the labels is also important. The connections have to be done according to the

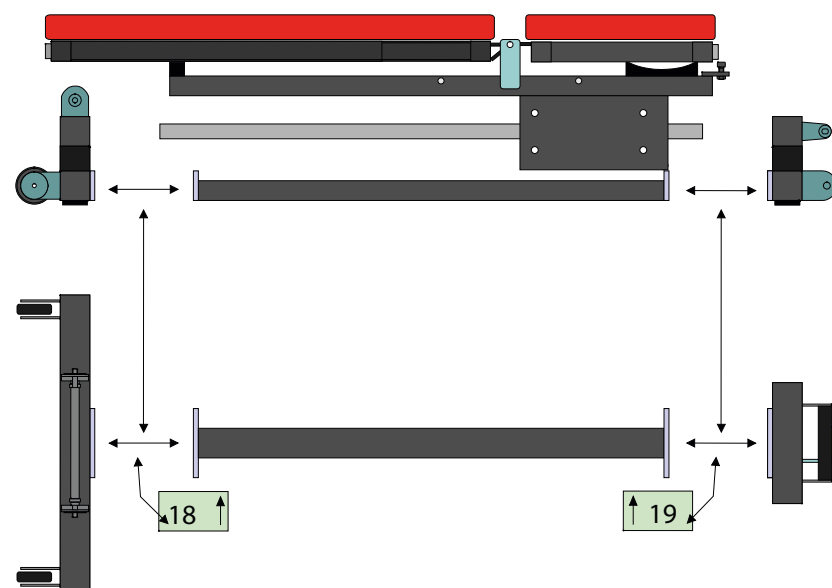
number and the arrows have to point the same direction.

11. REMEMBER! At the beginning, the connections have to be tightened slightly by hand. When the rest of the elements is put together, tighten all the connections.
12. TYTAX SUPPORT DEPARTMENT can give you a quick help on each of the assembly stages by sending the relevant pictures or movies. If you have any questions concerning the assembly process of the TYTAX machines, do not hesitate and contact us!

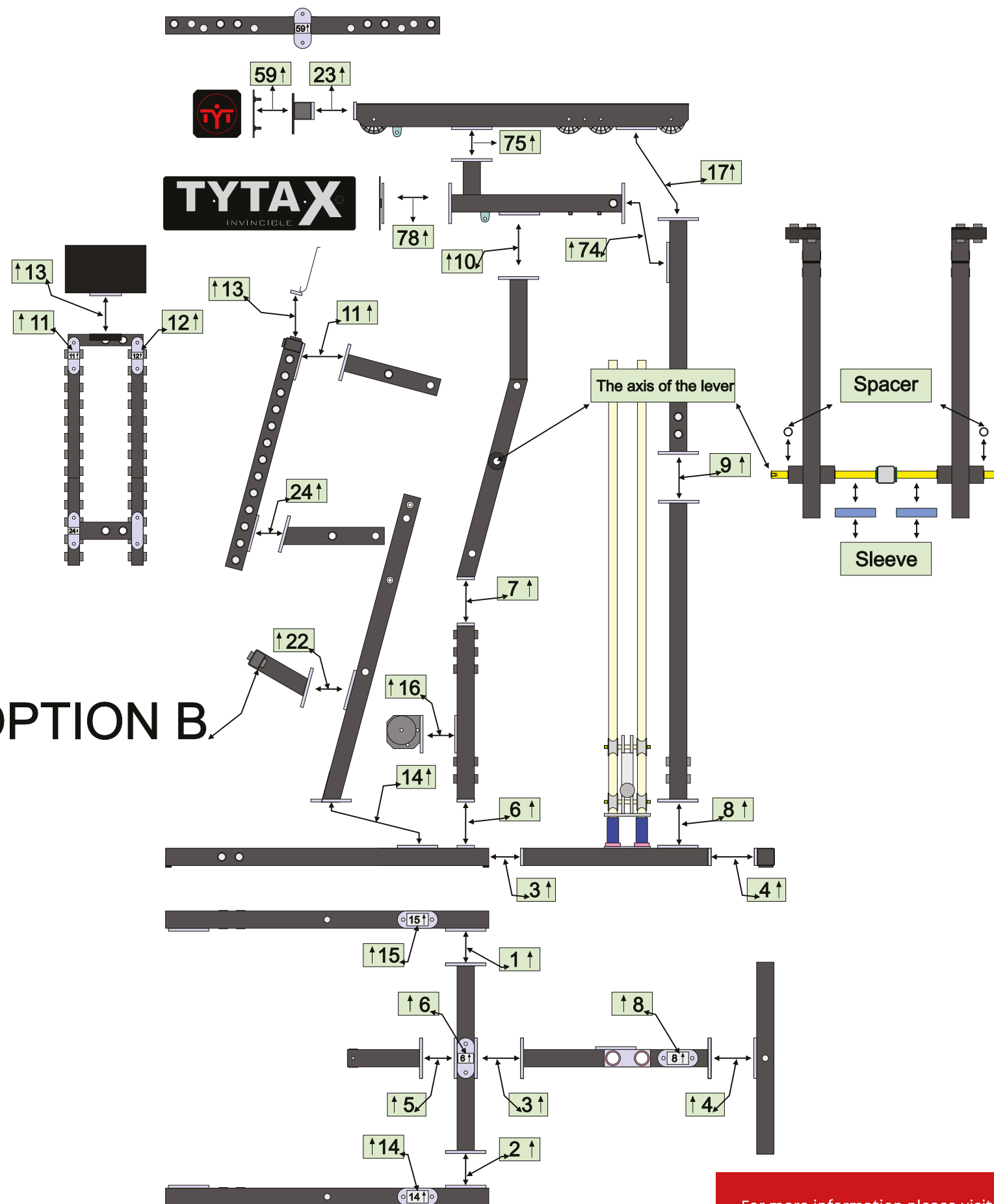
TYTAX M2

Step 1

BENCH



OPTION B



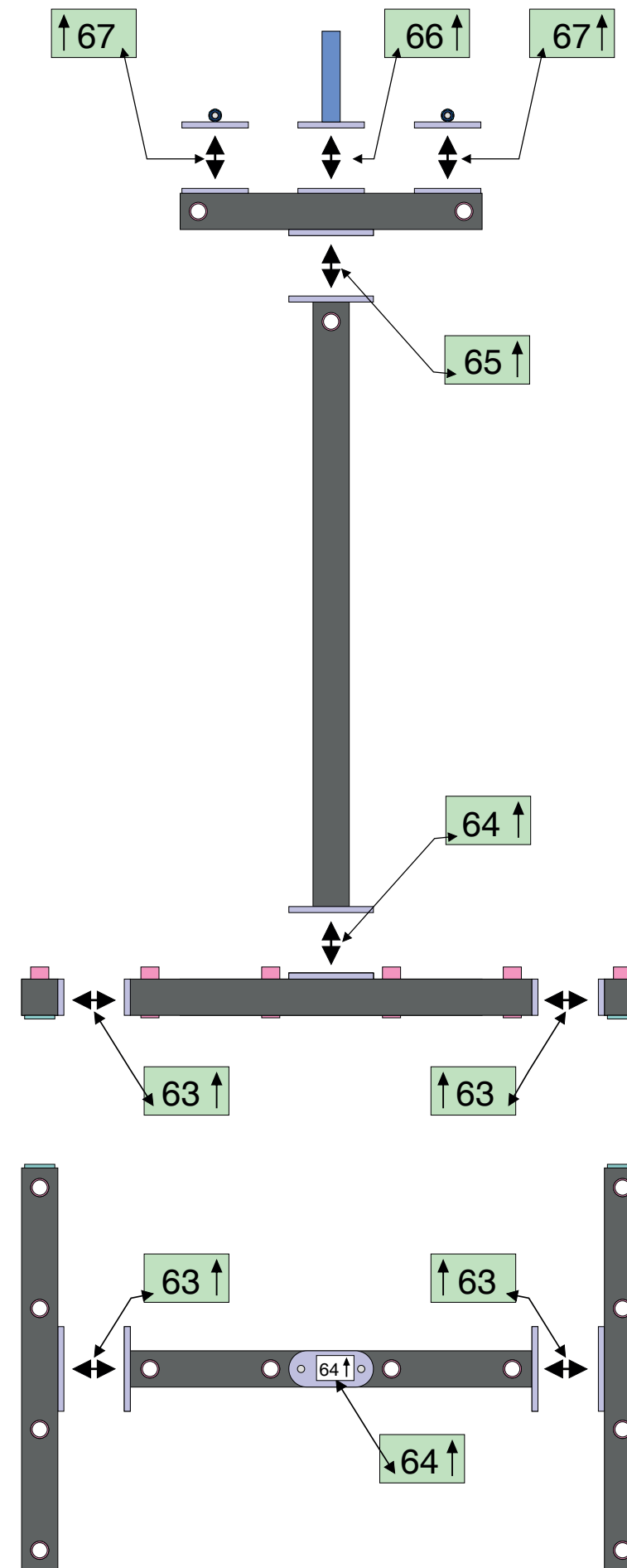
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TYTAX M2

AR - Accessory rack



Additional option 0

