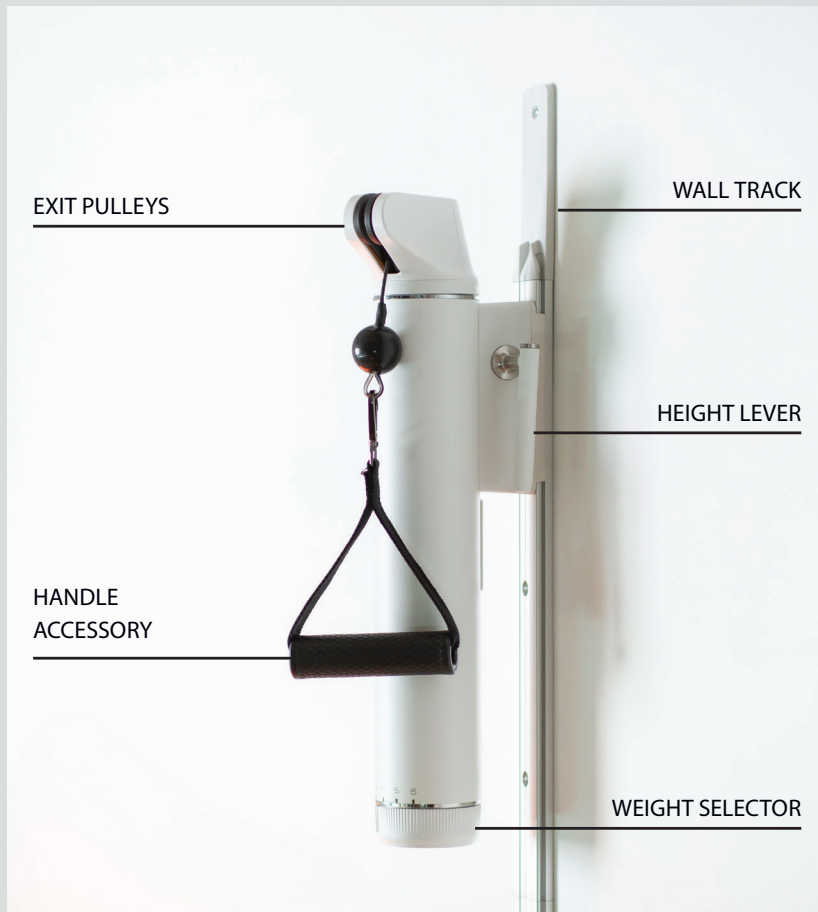


USER GUIDE

CABLE TRAINER



Weight increments represent estimated values only and exact values can vary due to manufacturing variances.

Please refer to www.cablfite.co for weight values.

Each weight increment can feel higher than the represented value due to the challenging nature of gas strut technology resistance.

SAFETY

All Safety Information

Read all safety information before operating the Cable Trainer. It is the owners responsibility to ensure that all users are aware of all warnings and precautions.

This safety information is for operation of the Cable Trainer. Please also refer to the Wall Track Installation Instructions and Safety Notice which are provided separately.

Cable Trainer Safety - Use

Consult a physician before beginning a new fitness plan. Incorrect or excessive training can result in serious injury. If you experience faintness, chest pain or shortness of breath stop exercising immediately and consult a physician.

Children under the age of 16 and persons with reduced physical or mental capabilities may not use the Cable Trainer.

Children over the age of 16 and persons with a lack of experience and knowledge must be given supervision or instruction before using the Cable Trainer.

Keep hands away from moving parts. Do not insert objects into openings in the Cable Trainer. Ensure all long hair is tied up, or tied back prior to using the Cable Trainer to avoid risk of hair getting caught in the Cable Trainer.

On a regular basis check the exercise cord fully. Part of the cord can only be seen using the Cord Inspection Panel. If the cord is damaged then do not use the Cable Trainer until a repair is performed. Refer to MAINTENANCE.

The wall track should be secured so that it does not move. If there is any movement of the wall track do not use the Cable Trainer until a repair is performed.

The Cable Trainer has been engineered to withstand a maximum weight of 25kgs (55 lbs). Do not apply a weight in excess of this maximum weight.

Do not operate the Cable Trainer with any person within 2 meters of the Cable Trainer.

Do not wrap any body part with the exercise cord or exercise accessories.

Do not leave the Cable Trainer accessible to children.

Do not release the exercise cord if it has been pulled to extension.

There remains a high risk of personal injury and damage to the Cable Trainer.

The Cable Trainer accessories have been designed for use only with the Cable Trainer product and are not rated for use over 25kgs (55lbs).

SETUP

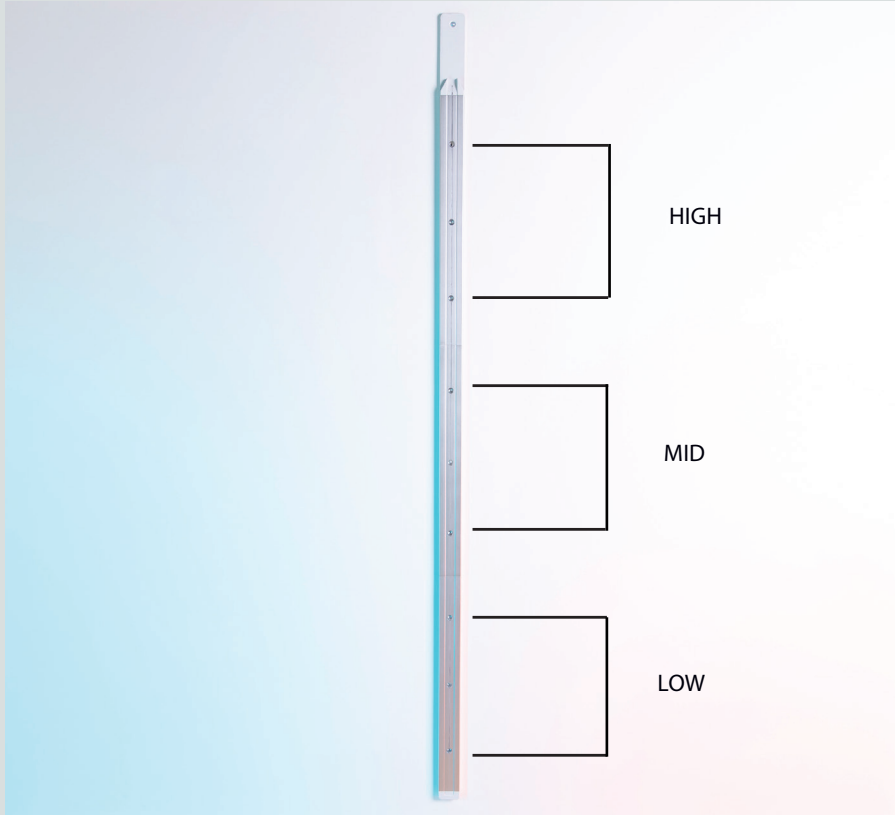
Cable Trainer setup onto the Wall Track

1. Remove the Cable Trainer carefully from the packaging.
2. Using two hands slide the Cable Trainer down from the top of the wall track onto the securely installed wall track.
3. The Cable Trainer should stop and auto-lock into the top height selection of the wall track.
4. Located on the right side of the Cable Trainer is the height lever. Holding the height lever forward will unlock the auto-lock pin on the Cable Trainer. This will allow the Cable Trainer unit to move up and down the wall track to different height selections.
5. Locate the supplied exercise handle. Secure the handle to the Cable Trainer. All accessories secure to the steel eyelet at the end of the cord.
6. Adjust the weight selector on Cable Trainer to weight selection 6. Pull on the handle accessory to ensure that the wall track is secured properly. The wall track should not pull from the wall and should remain fixed solid. (Note: Do not pull the cord out completely as this will put more weight than should be applied to the wall track)



6.





Cable Trainer Height on the Wall Track

Each exercise instructs where to position the Cable Trainer unit on the wall track using the following height guide:

HIGH – TOP wall track section

MID – MIDDLE wall track section

LOW – BOTTOM wall track section

Hold the height lever forward to release the auto-lock pin on the Cable Trainer. This will allow the Cable Trainer to move up and down the wall track.

Always ensure the Cable Trainer is locked into a wall track height selection before starting any exercise.

USAGE

Cable Trainer Weight Selection

The Cable Trainer has 6 different WEIGHT RESISTANCE levels.

Level 1 is lightest and used more for TONE workouts

Level 6 is heaviest and used more for STRENGTH workouts.

To change the WEIGHT RESISTANCE level:

1. Place your hand at the base of the Cable Trainer on the weight SELECTOR.
2. Grip and turn the SELECTOR left or right to choose your desired weight selection.
3. The SELECTOR will then LOCK into the chosen weight and will be ready to begin the exercise.



Cable Trainer REVERSED

Where you see this instruction please remove the Cable Trainer from the wall track and carefully slide the Cable Trainer back onto the wall track UPSIDE DOWN.

Warnings

Do NOT attempt to turn the weight SELECTOR when product is in use. This could result in unit damage and void of the warranty.



ROUTINES

Content

For all exercise routines and video please go to www.cablfit.co

At www.cablfit.co we provide detail and video instructions on 3 recommended routines TONE SCULPT and STRENGTH.

TONE

The TONE exercises are designed to increase core strength, activate and create light muscle definition.

TONE routines are designed to develop and improve the tone and shape of muscle without building muscle bulk.

SCULPT

The routines under SCULPT are designed to firm, define and build muscle.

SCULPT exercises will provide a muscle burn and a greater challenge.

STRENGTH

The routines under STRENGTH are designed to significantly develop whole body strength and function.

STRENGTH exercises are advanced in nature.





STONE – WORKOUT 1

All exercises should be started at weight selection 1. If you complete the repetitions with ease – increase the weight selection higher.

Core / Shoulders / Arms

- 2 sets per exercise
- 15 repetitions per set
- 45 seconds rest per set
- 20 minutes total workout time

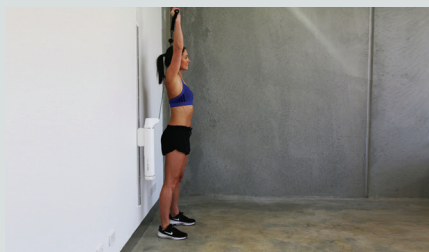
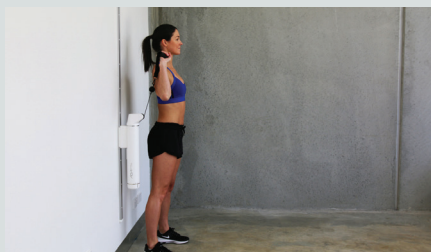
Perform exercise for both sides of the body.

Use handle accessory unless otherwise specified.

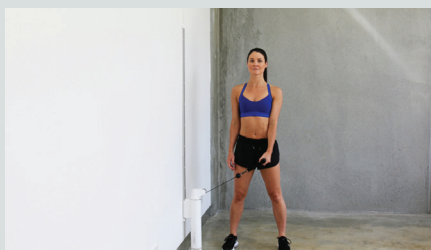
Ab Woodchop / Height - MID



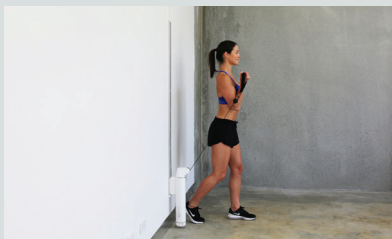
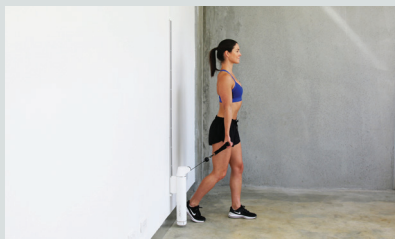
Standing Shoulder Press / Height - MID



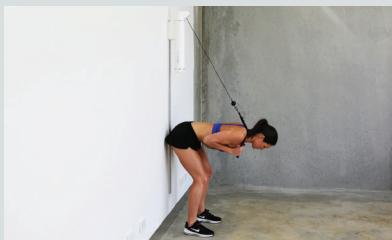
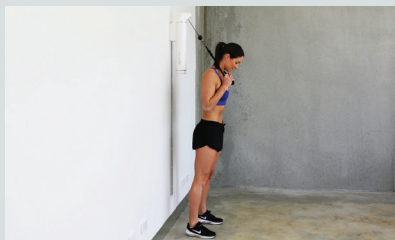
Shoulder Side Raise / Height - LOW



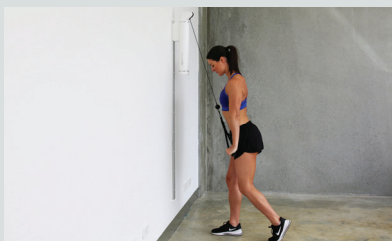
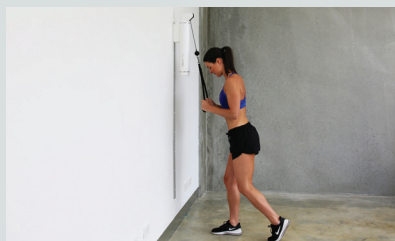
Bicep Curl / Height - LOW



Standing Crunches / Height - HIGH (Rope Accessory)



Tricep Pushdown / Height - HIGH (Rope Accessory)



TONE – WORKOUT 2

All exercises should be started at weight selection 1. If you complete the repetitions with ease – increase the weight selection higher.

Legs / Back / Chest

- 2 sets per exercise
- 15 repetitions per set
- 45 seconds per set
- 20 minutes total workout time

Perform exercise for both sides of the body.

Use handle accessory unless otherwise specified.

Chest Press / Height - HIGH



Standing Row / Height - MID



Chest Fly / Height - MID



Cable Squats / Height - LOW + REVERSED



Glute Kickback / Height - LOW + REVERSED (Ankle Accessory)



Lat Pulldown / Height - HIGH



MAINTENANCE

Cleaning

1. Use a soft cloth and a mild detergent.
2. Do not spray water or cleaner directly onto the Cable Trainer unit.
3. Make sure to spray just enough water or cleaner onto a dry cloth to wipe down the Cable Trainer.

Storage

1. If the Cable Trainer is stored on the wall track then ALWAYS ensure that it is positioned at the top wall track height selection.
2. If the Cable Trainer is stored off the wall track then store in a dry place like a wardrobe.
3. Do not store Cable Trainer upside down.

Safety Check

1. Once every month we advise to check for any wear or damage on the length of cord in the Cable Trainer.
2. Select weight 1 and slowly pull the cord out to its full length and hold it at full length.
3. Carefully inspect the length of cord for signs of excessive wear or any damage points. Pay particular attention to the length of cord near the exit pulleys.
4. If you see any signs of wear on the cord then we advise you to open the 'Cord Inspection Panel' on the rear of Cable Trainer to do a further check.
5. Keeping weight 1 selected, carefully pull out and inspect the length of cord inside the Cable Trainer unit for any wear or damage.
6. If you see any signs of wear or damage then stop using the Cable Trainer unit and contact the support team at www.cablfit.co





Um Ihnen optimal helfen zu können, halten Sie bitte
 Artikel-Nummer, Seriennummer, Explosionszeichnung und
 Teileliste bereit.

S E R V I C E - H O T L I N E

Tel.: 0731-97488 -62 oder -68

Fax: 0731-97488-64

Montag bis Freitag

von 09.00 Uhr bis 16.00 Uhr

E-Mail: service@hammer.de

An
 Hammer Sport AG
 Abt. Kundendienst
 Von-Liebig-Str. 21
 89231 Neu-Ulm

Art.-Nr.:
 Serien Nr.:

Ort: Datum:

Ersatzteilbestellung
 (Bitte in Druckbuchstaben ausfüllen!)

Kaufdatum: Gekauft bei Firma:
 (Garantieansprüche nur in Verbindung mit einer Kopie des Kaufbeleges!)

Bitte liefern Sie mir folgende Ersatzteile (Bitte leserlich schreiben!):

| Position | Bezeichnung | Stückzahl | Bestellgrund |
|----------|-------------|-----------|--------------|
| | | | |
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| | | | |
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Käufer:

 (Name, Vorname)

 (Strasse, Hausnr.)

 (PLZ, Wohnort)

 (Telefon, Fax)

 (E-Mail-Adresse)

Lieferadresse: (wenn abweichend von Käuferadresse)

 (Firma)

 (Ansprechpartner)

 (Strasse, Hausnr.)

 (PLZ, Wohnort)

 (Telefon, Fax)

 (E-Mail-Adresse)
