

PLEASE REGISTER YOUR NEW PRODUCT

To register your product online please go to:

www.ropeflex.com/warranty-and-registration

Product serial number is located on equipment or is shown in the box below

SERIAL NUMBER

If serial number is not shown
please check equipment

ROPEFLEX

RX505 WITH UPRIGHT BRACKET

Product Manual

DOC: 32-7979-02JHY

Configuration subject to change

IMPORTANT PRECAUTIONS

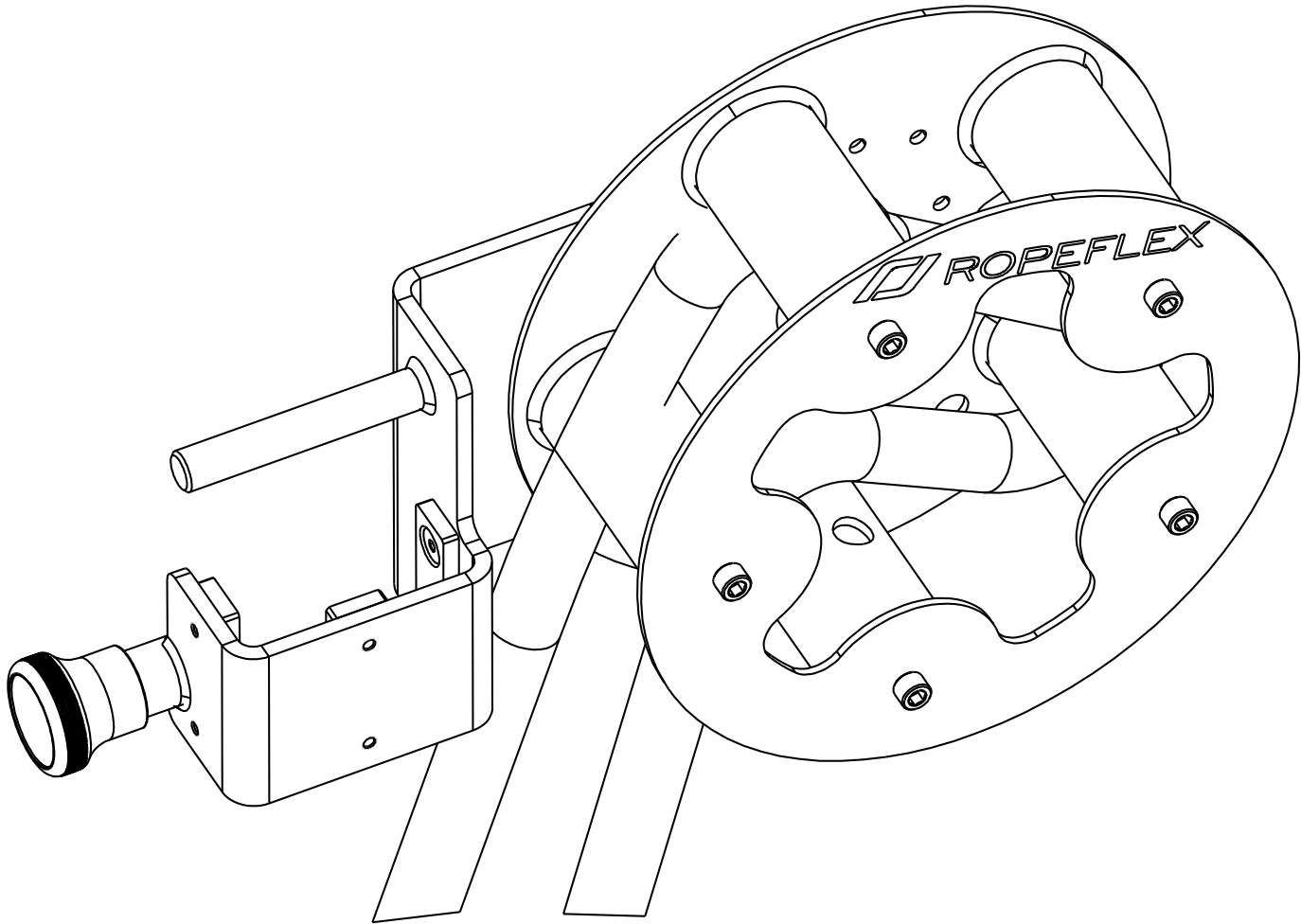
 **WARNING:** To reduce the risk of serious injury, read the following important precautions before using this equipment.

1. Read all instructions in this manual and assemble as described before using this equipment.
2. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all precautions.
3. Use this equipment only on a level surface. Cover the floor beneath to protect the surface.
4. Keep children under 12 and pets away from the equipment at all times.
5. Make sure all parts are properly tightened each time you use this machine. Replace any worn parts immediately.
6. Make sure the adjustment knobs are fully engaged / disengaged before using the equipment.
7. Always wear athletic shoes for foot protection while exercising.
8. This equipment is designed to support a maximum user weight of 300 pounds.
9. Pull on one the rope only and never grab a rope in a way that prevents the drum from rotating. Never attempt to hang on the rope or frame. Pull rope with hands only.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

 **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ROPEFLEX assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

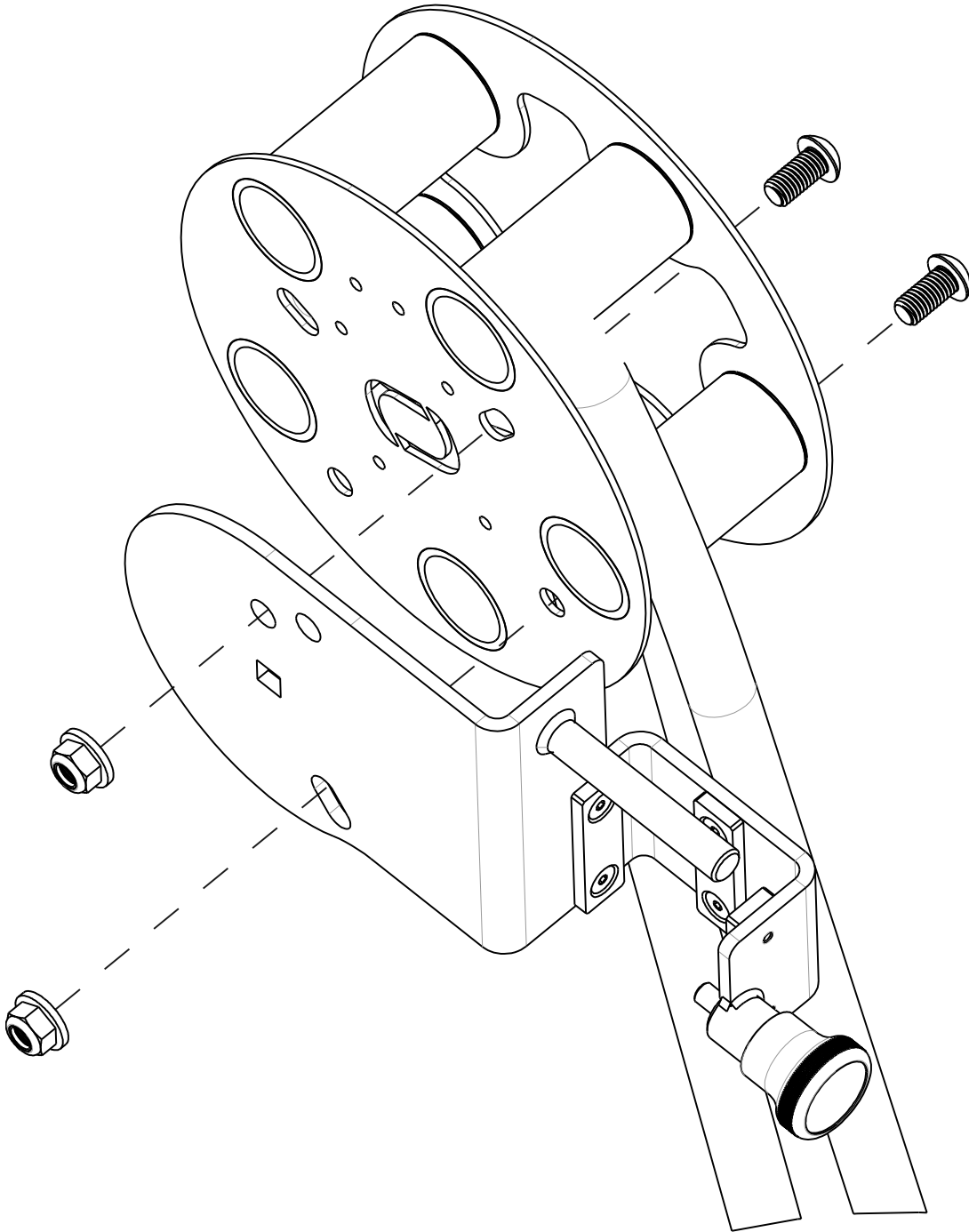
RX505 AND UPRIGHT BRACKET CONFIGURATION

ASSEMBLED CONFIGURATION



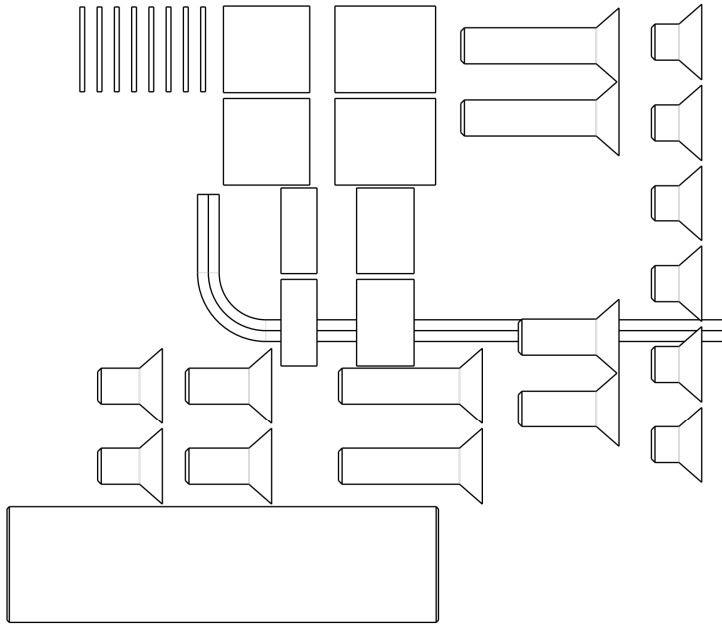
RX505 AND UPRIGHT BRACKET CONFIGURATION

ASSEMBLING RX505 TO UPRIGHT BRACKET
(1/2-13 SCREWS AND LOCK-NUTS)



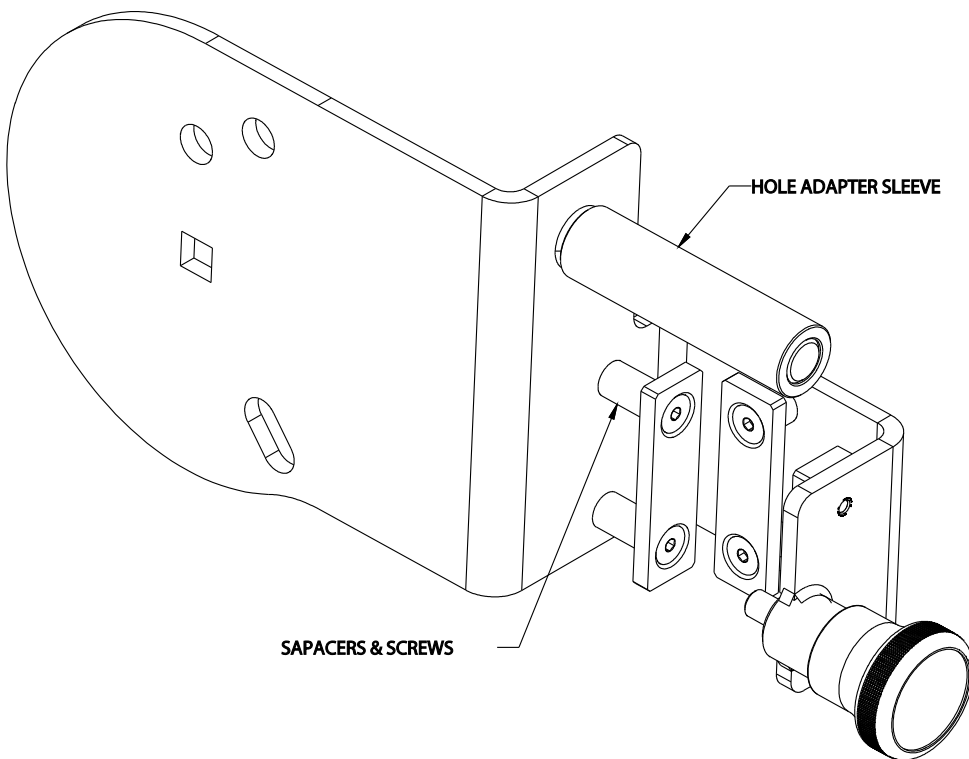
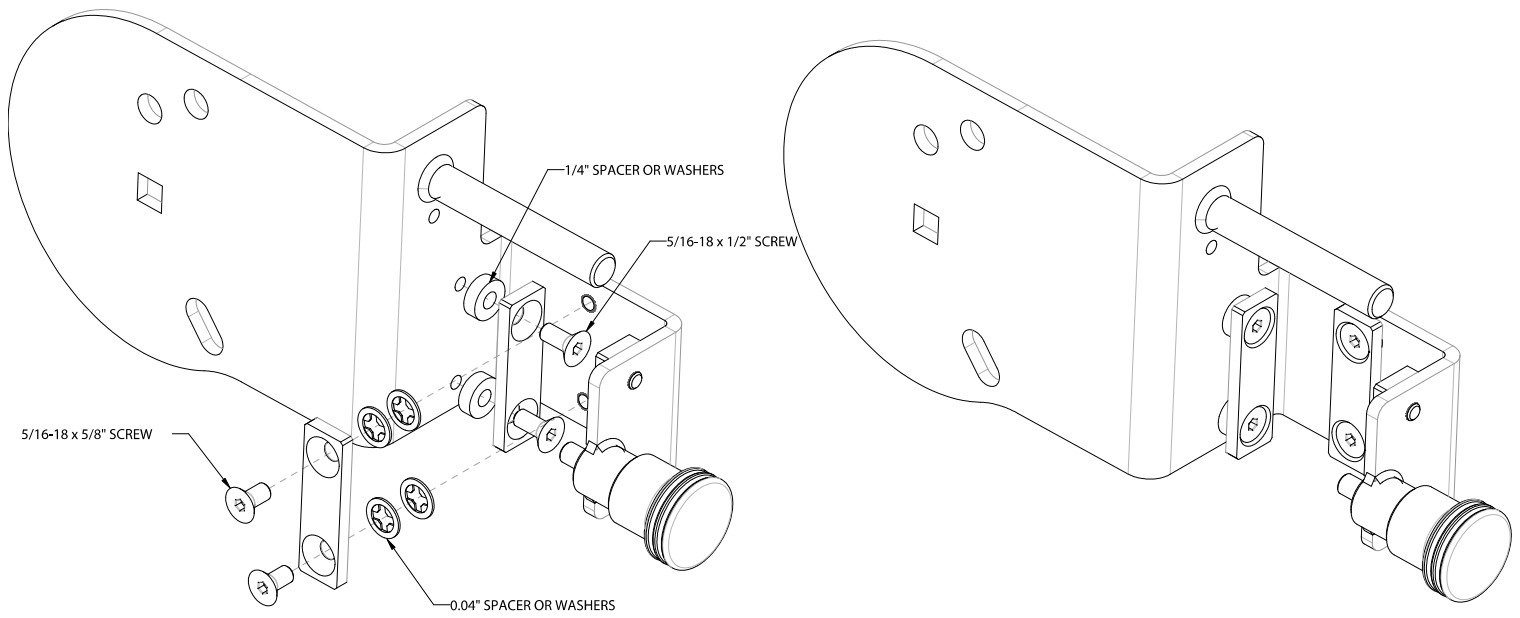
CONFIGURING ADAPTER TO YOUR UPRIGHT

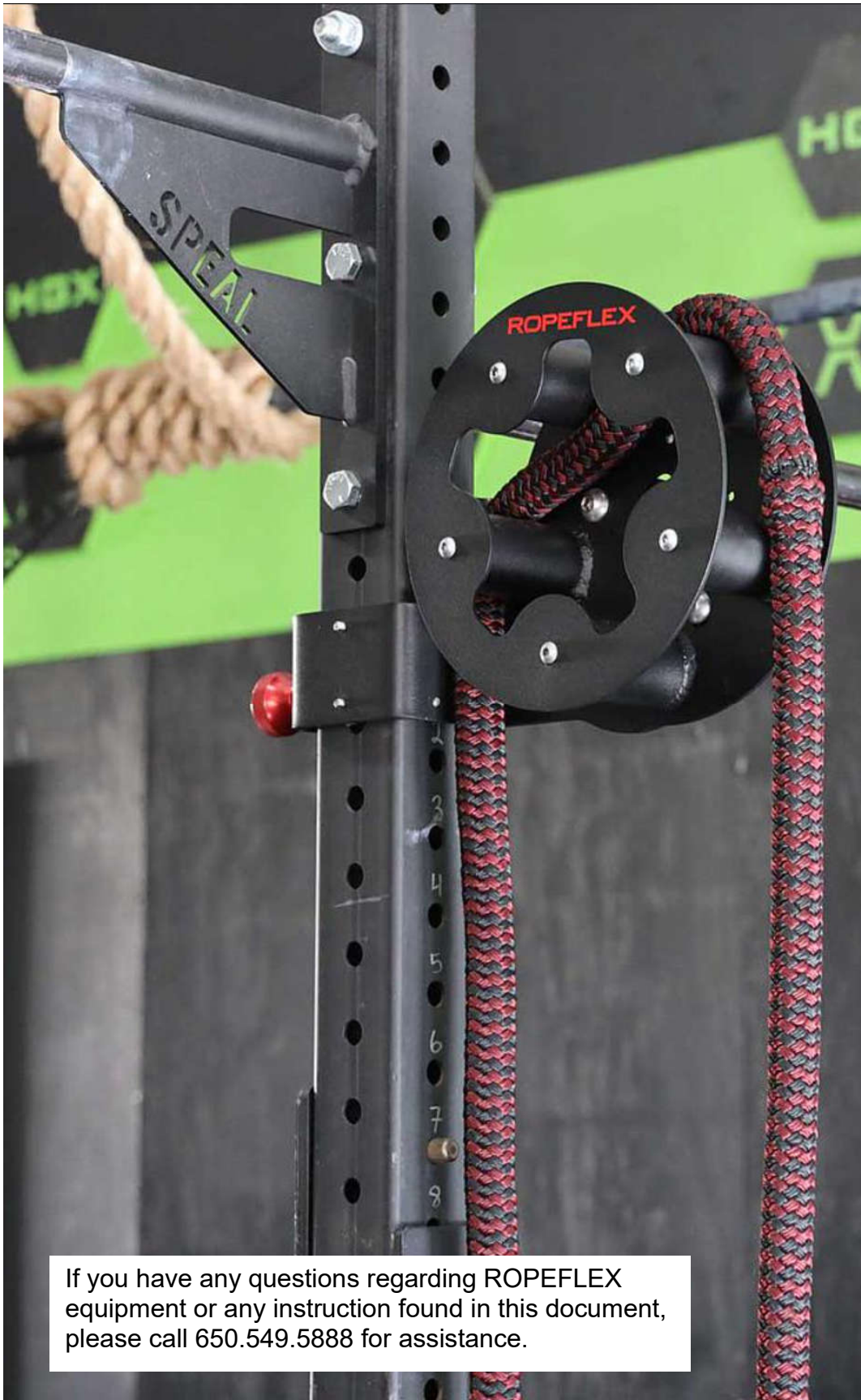
Use included screws and spacers to adjust upright adapter opening to fit properly. Make sure there is at least a 1 mm (0.03 inch) clearance on each side. Locking pull pin may not work on all upright configurations and could require drilling. Please consult with original manufacturer before doing any modifications.



Quantity	Description
1	Hex L-Key 3/16" Size, 4" Length
8	Nylon Round Spacer 1/32" thick – Self Retaining
2	Nylon Round Spacer 3/4" Long
2	Nylon Round Spacer 5/16" Long
2	Nylon Round Spacer 1/2" Long
2	Nylon Round Spacer 7/8" Long
2	SS Hex Drive Flat Head Screw 5/16"-18 Thread Size, 1-1/4"
2	SS Hex Drive Flat Head Screw 5/16"-18 Thread Size, 1-3/8"
2	SS Hex Drive Flat Head Screw 5/16"-18 Thread Size, 3/4"
2	SS Hex Drive Flat Head Screw 5/16"-18 Thread Size, 7/16"
2	SS Hex Drive Flat Head Screw 5/16"-18 Thread Size, 7/8"
2	SS Hex Drive Flat Head Screw 5/16"-18 Thread Size, 9/16"
1	UPRIGHT POST ADAPTER SLEEVE FOR 1" HOLE

3 INCH UPRIGHT SPACER CONFIGURATION





If you have any questions regarding ROPEFLEX equipment or any instruction found in this document, please call 650.549.5888 for assistance.