

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®

DIGITAL DISPLAY

Operating Manual

DOC: 32-2178

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. HIPEQ assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Using the Display

How to Read the Display

There are numbers displayed on the monitor, one on the top and one on the bottom.

Top Number:

The top number always displays rope speed, in feet per minute.

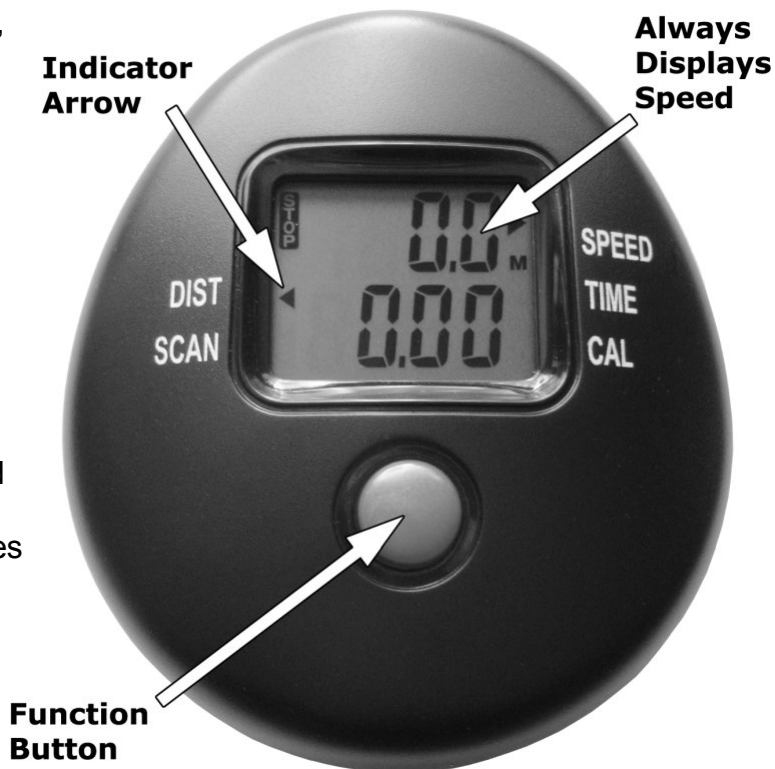
Bottom Number:

The bottom number can display Distance, Calories or Time.

The Function Button

Press this button to change what is displayed by the bottom number. Each time you press the *Function Button* the *Indicator Arrow* moves between,

- TIME (total Time pulling rope)
- DIST (total climbed Distance in feet)
- CAL (total Calories burned)
- SCAN



The *Indicator Arrow* points to the function that is being displayed. For example, in the picture the *Indicator Arrow* is pointing to DIST, so the lower number displays the total distance rope has been pulled.

What is SCAN?

When SCAN is selected, the lower number will cycle between displaying Time, Distance and Calories. Each will be displayed for about 6 seconds. A second *Indicator Arrow* will point to the function (Time, Distance or Calories) that is being displayed.

How to Reset Total Time, Total Distance and Calories

Time, Distance and Calories are accumulated as you pull the rope. To reset these all to zero, press and hold the *Function Button* for at least 3 seconds.

How to Turn the Display On and Off

The display turns on automatically when you start pulling the rope. You can also turn the display on by pressing the *Function Button*. You do not need to turn the display off. It will turn off automatically a few minutes after you stop pulling the rope.

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