

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®

RX8200 ROPE RIG
Assembly Instructions & Manual
DOC: 32-8205

Configuration subject to change

DECAL PLACEMENT (IF APPLICABLE)

The decals shown here have been placed on the equipment in indicated locations. If any of the decals are missing or illegible, call us toll-free at 650.549.5888, Monday through Friday, 9 a.m. until 5 p.m. Pacific Time, to order replacement decals. Apply replacement decals in the locations shown.



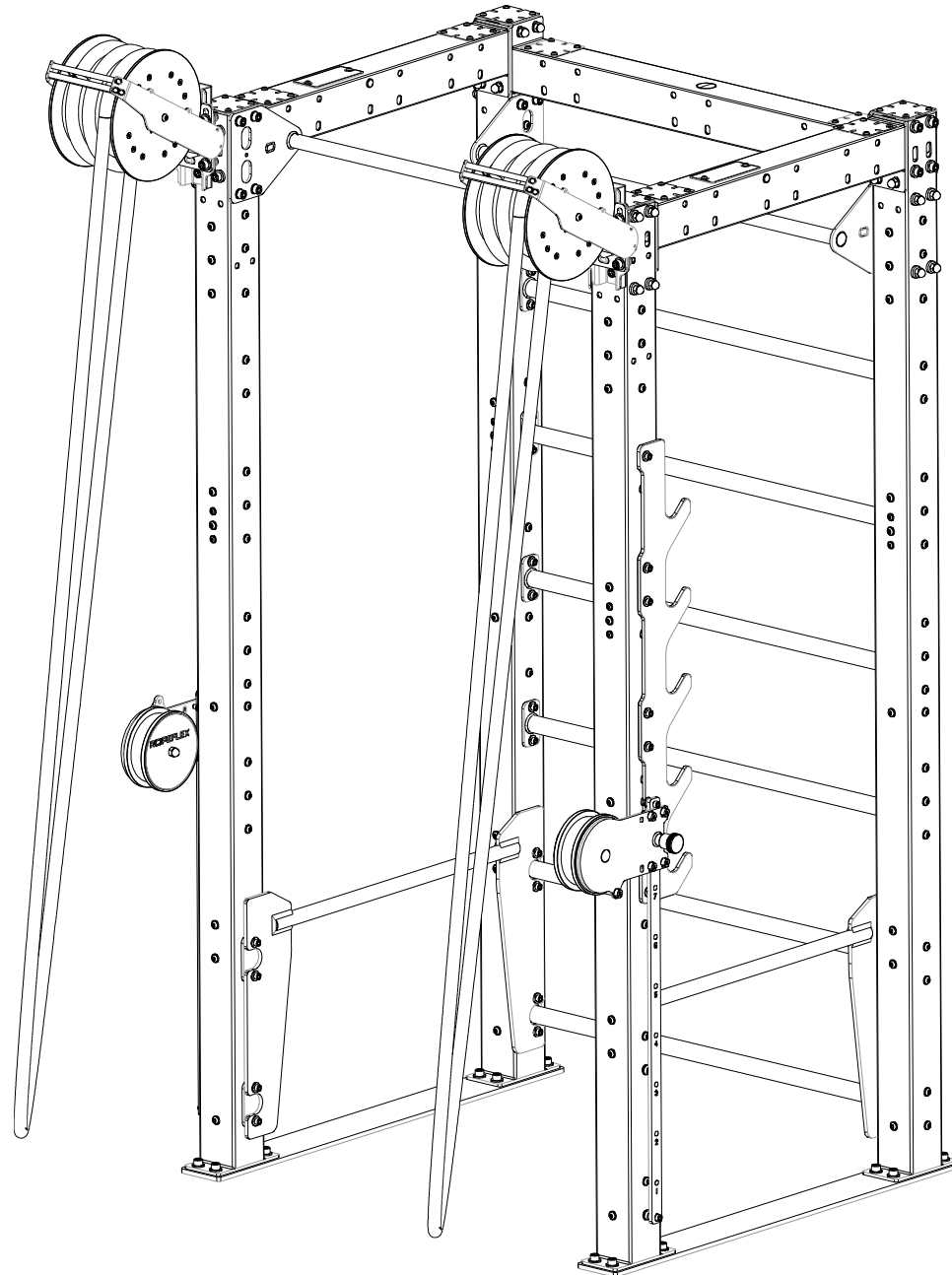
IMPORTANT PRECAUTIONS

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.

RX8200 DUAL - ASSEMBLED PRODUCT

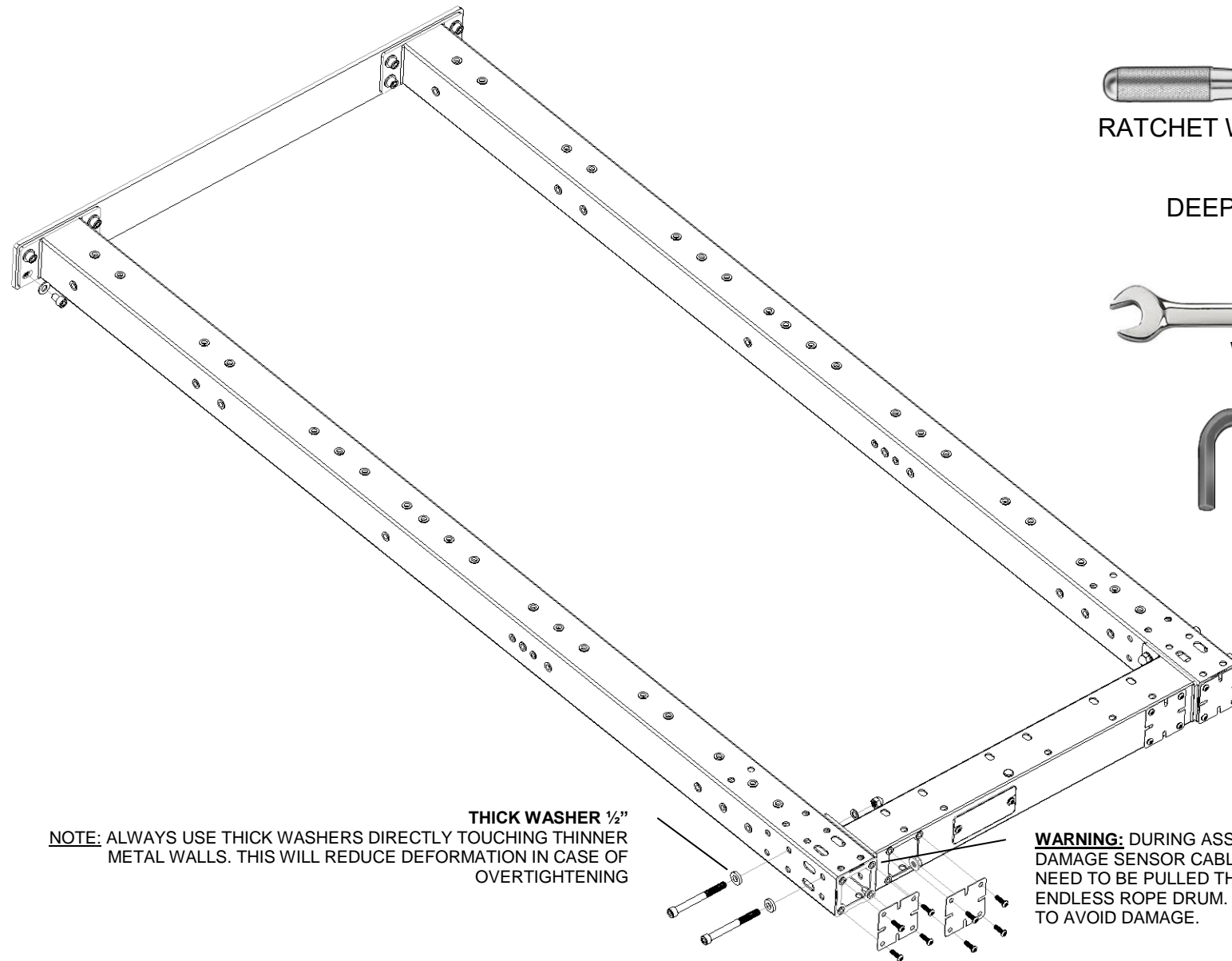


COMPONENT LIST (BILL OF MATERIALS)

1	8	38-1068-02	SPACER 0.75 x 0.38 x 0.375"
2	1	40-4115-01L	ADJUSTABLE PULLEY ASSY. LEFT
3	1	40-4115-01R	ADJUSTABLE PULLEY ASSY. RIGHT
4	166	36-91255A619	BUTTON HEAD 3/8-16" x 1/2" SCREW
5	4	38-2493-02	BLANK STALL BAR SPACER
6	2	38-3045	BRACKET, DRUM INSTALL BRACKET
7	2	38-2047	PLATE, BAR HOOKS LONG
8	2	40-8030	PLATFORM 4.5 x 45" 0.375" THICK
9	2	38-4205	PULLEY SLIDE RAIL
10	2	40-8007-32	RIG HORIZONTAL POST, 32 INCH ASSY. W/ BLE
11	1	40-8007-41	RIG HORIZONTAL POST, 41 ASSY.
12	2	40-8058	RIG PULL UP BAR WELDED ASSY.
13	4	40-8000-11	RIG VERTICAL POST, NO CONTROL, WELDED & TOP COVER
14	2	42-6031-50	RX21XX ENDLESS ROPE DRUM
15	16	40-05X13X5-01	RX8200 BEAM JOINT HARDWARE -01
16	2	40-05X13X5-02	RX8200 BEAM JOINT HARDWARE -02
17	2	40-05X13X5-04	RX8200 BEAM JOINT HARDWARE -02
18	10	40-05X13X5-03	RX8200 BEAM JOINT HARDWARE -03
19	10	40-05X13X5	RX8200 BEAM JOINT HARDWARE, GENERIC
20	6	40-8050	RX8200 STALL BAR WELDED ASSY.
21	16	CSDD397	SCREW, SOCKET HEAD 1/2-13 x 0.75"
22	2	40-6052	SQUAT RACK SAFETY BAR ASSY.
23	16	36-92949A582	SCREW, BUTTON HEAD 5/16-18 x 1"
24	8	36-94238A109	FLANGE LOCKNUT 1/2"-13 x 3/4" W
25	8	CSDD401	SCREW, SOCKET HEAD 1/2"-13 x 1.5"
26	32	WA017	WASHER 1/2", .515" ID, .875" OD
27	52	36-92503A130	WASHER 3/8", .4" x .885" x .084"
28	52	36-90128A632	SCREW, SOCKET CAP 3/8"-16 x 2"
ITEM	QTY.	PART NO.	DESCRIPTION

STEP 1

Assemble as shown in diagram and repeat steps as required. DO NOT FULLY TIGHTEN HARDWARE TO ALLOW FOR ADJUSTMENT



REQUIRED TOOLS



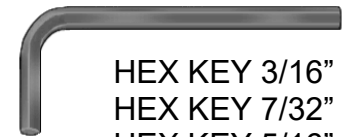
RATCHET WRENCH 3/8"



DEEP SOCKET 3/4"



WRENCH 3/4"



HEX KEY 3/16"
HEX KEY 7/32"
HEX KEY 5/16"
HEX KEY 3/8"

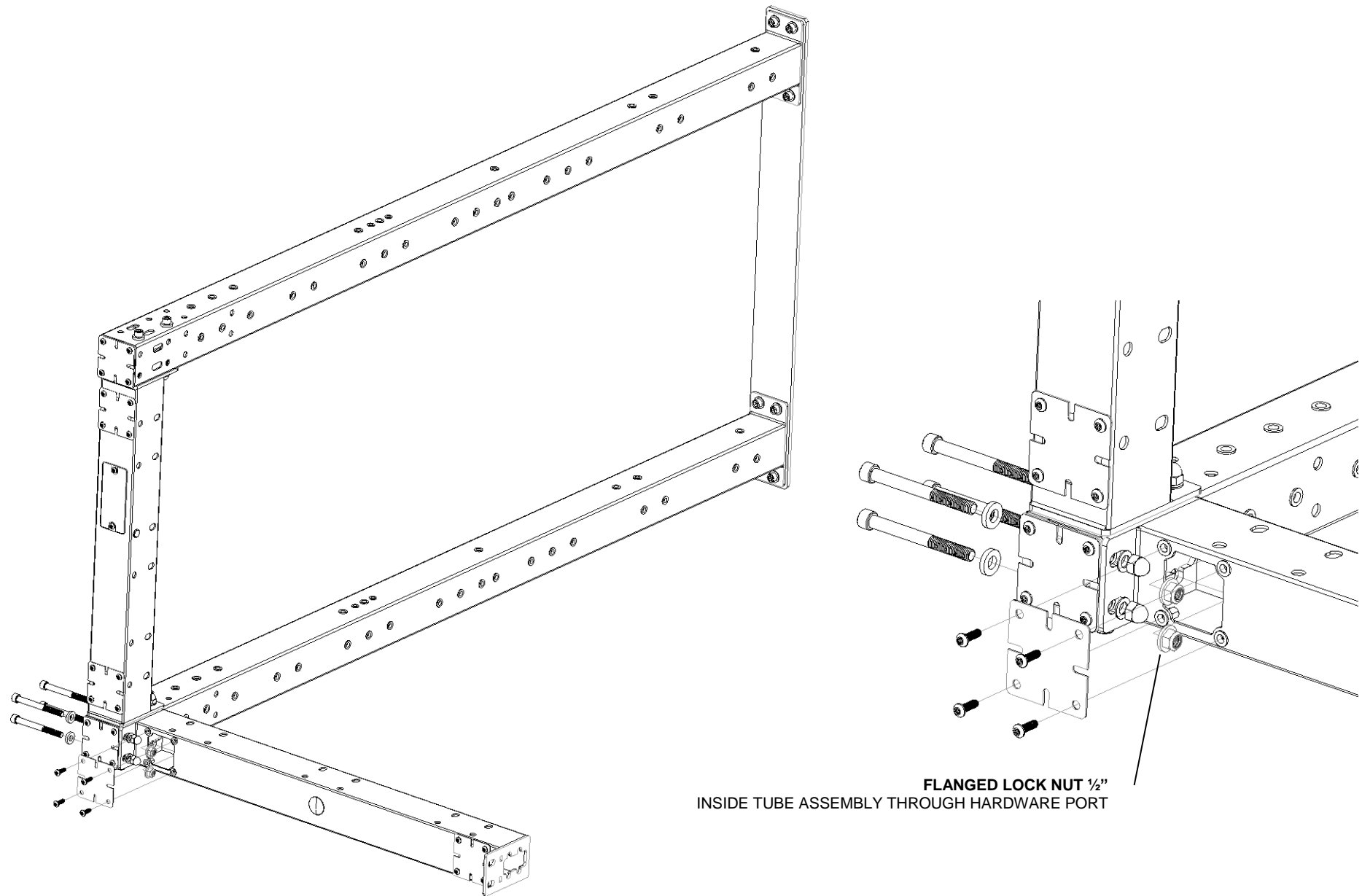
THICK WASHER 1/2"

NOTE: ALWAYS USE THICK WASHERS DIRECTLY TOUCHING THINNER METAL WALLS. THIS WILL REDUCE DEFORMATION IN CASE OF OVERTIGHTENING

WARNING: DURING ASSEMBLY BE CAREFUL NOT TO DAMAGE SENSOR CABLES. SENSOR CABLES WILL NEED TO BE PULLED THROUGH TUBING TO READ ENDLESS ROPE DRUM. DO NOT FORCE PULL CABLES TO AVOID DAMAGE.

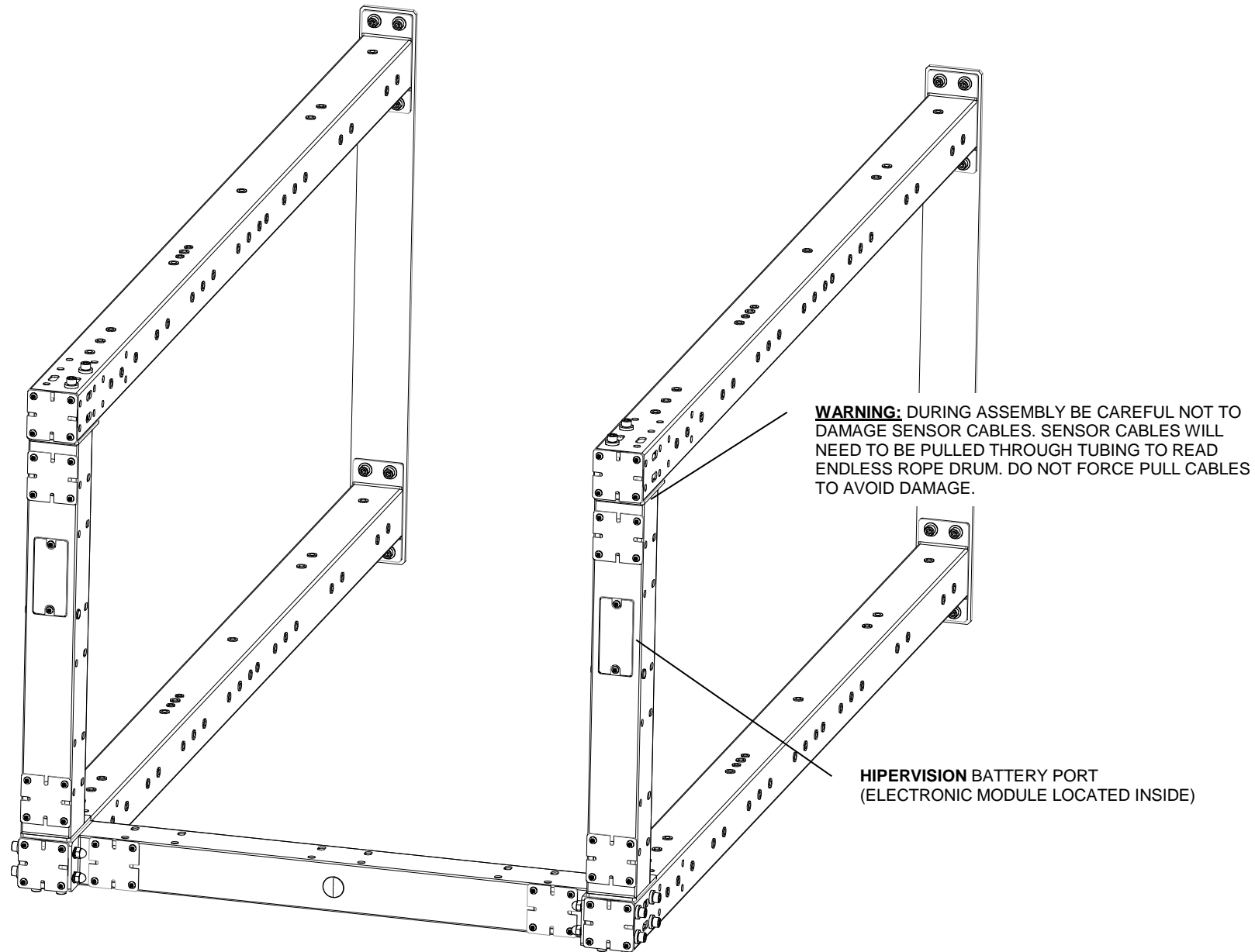
STEP 2

Assemble as shown in diagram and repeat steps as required. DO NOT FULLY TIGHTEN HARDWARE TO ALLOW FOR ADJUSTMENT



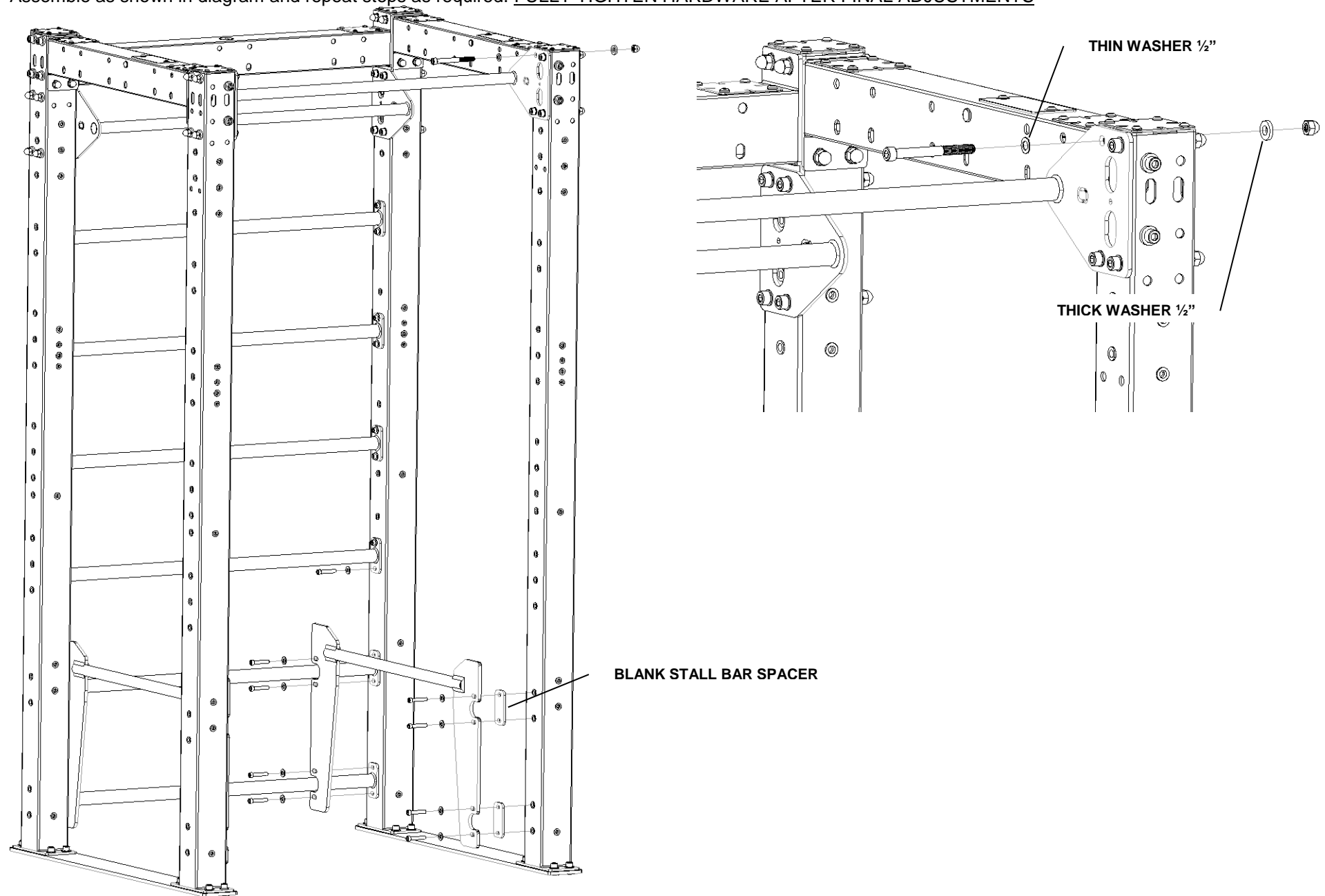
STEP 3

Assemble as shown in diagram and repeat steps as required. DO NOT FULLY TIGHTEN HARDWARE TO ALLOW FOR ADJUSTMENT



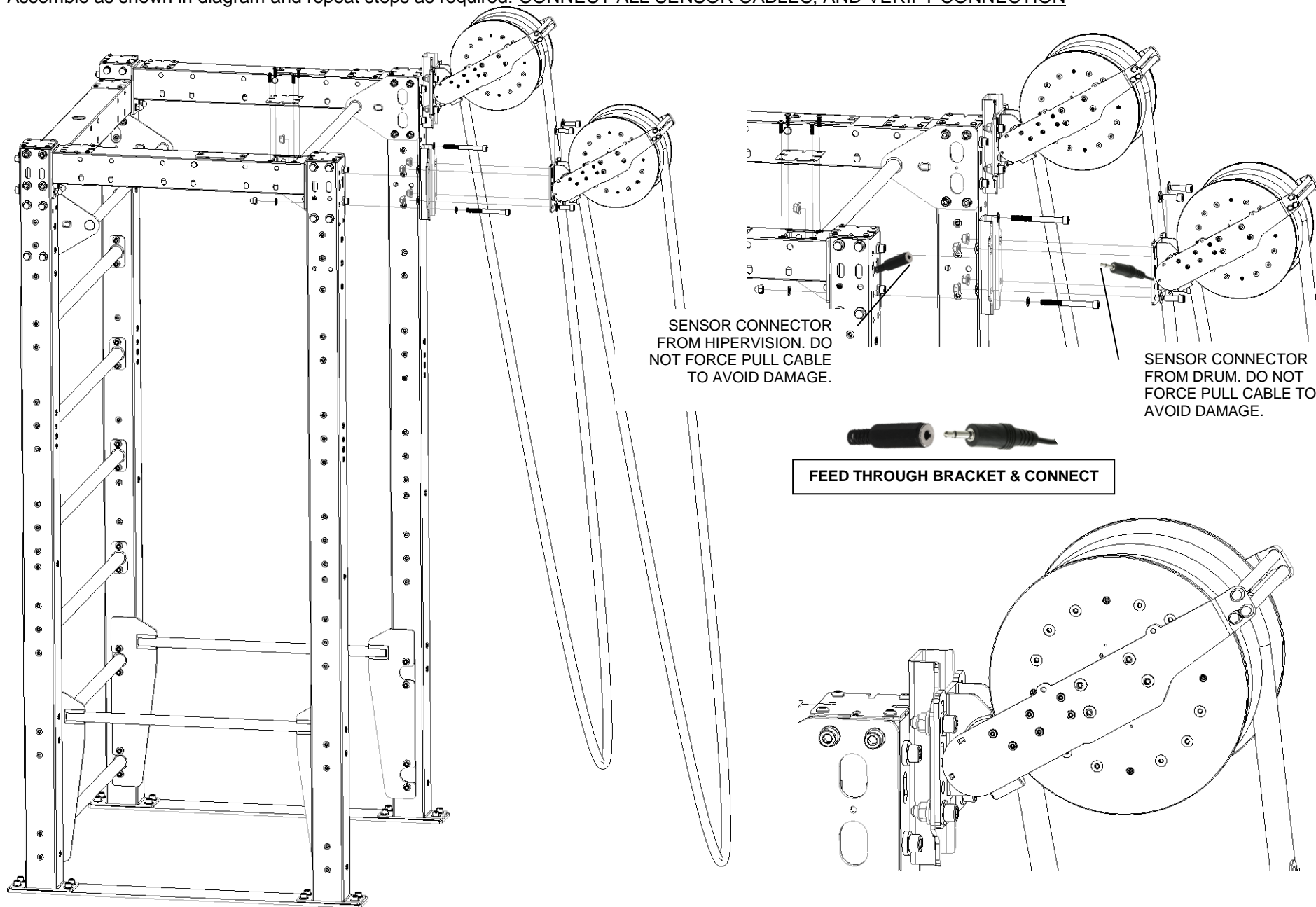
STEP 4

Assemble as shown in diagram and repeat steps as required. FULLY TIGHTEN HARDWARE AFTER FINAL ADJUSTMENTS



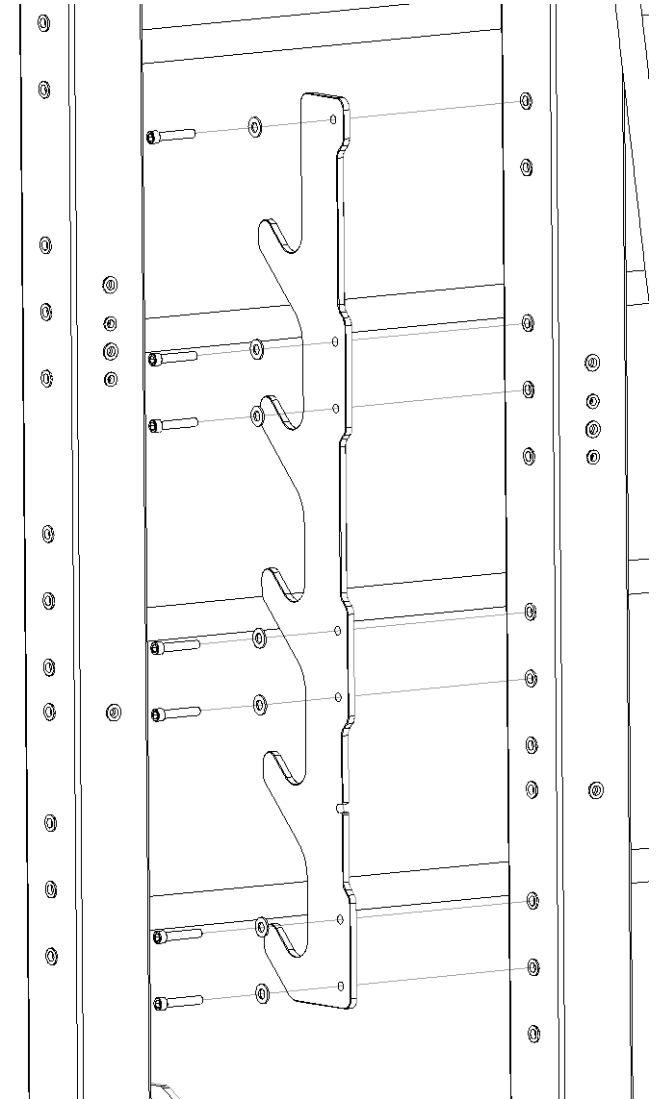
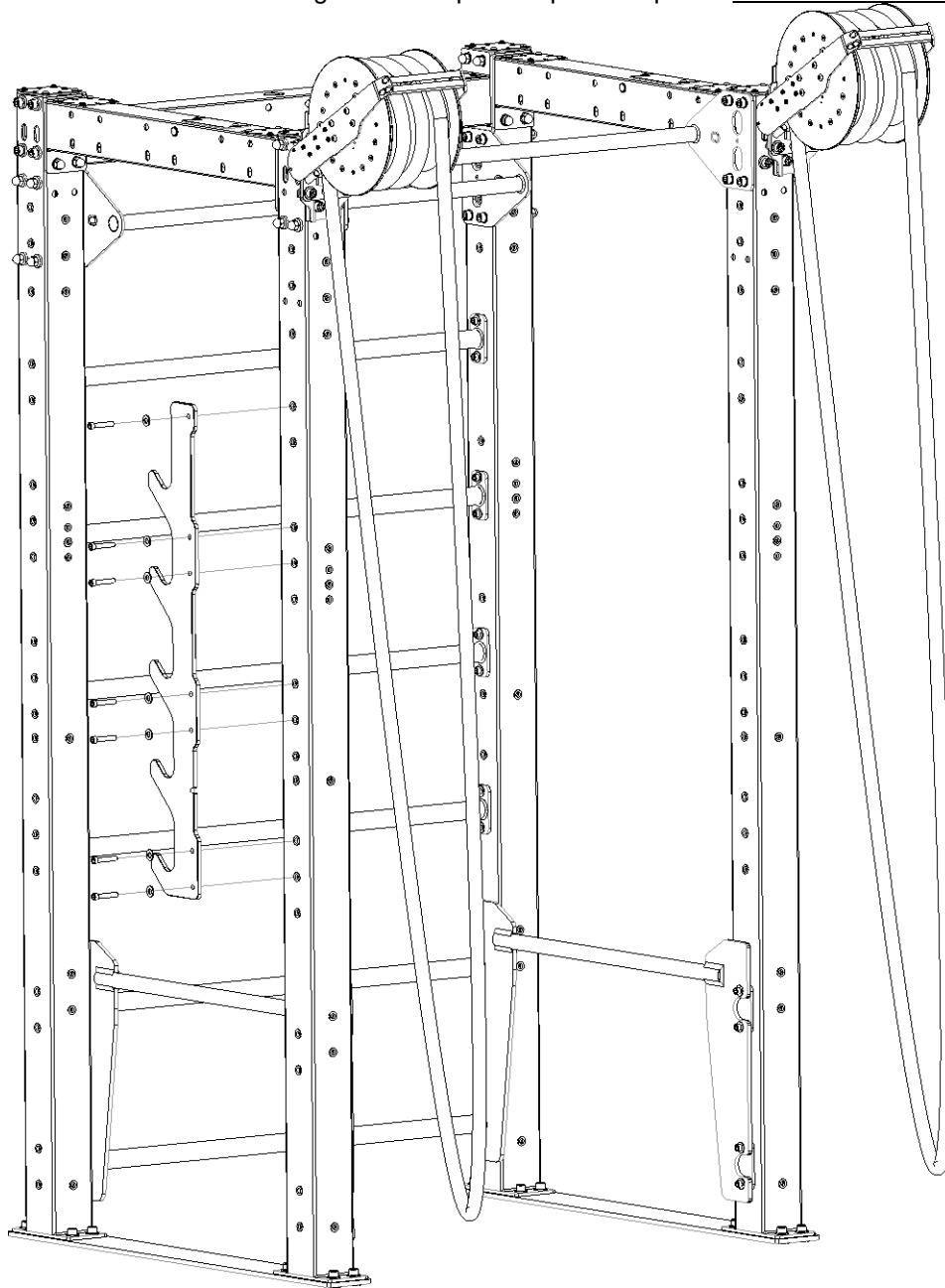
STEP 5

Assemble as shown in diagram and repeat steps as required. **CONNECT ALL SENSOR CABLES, AND VERIFY CONNECTION**



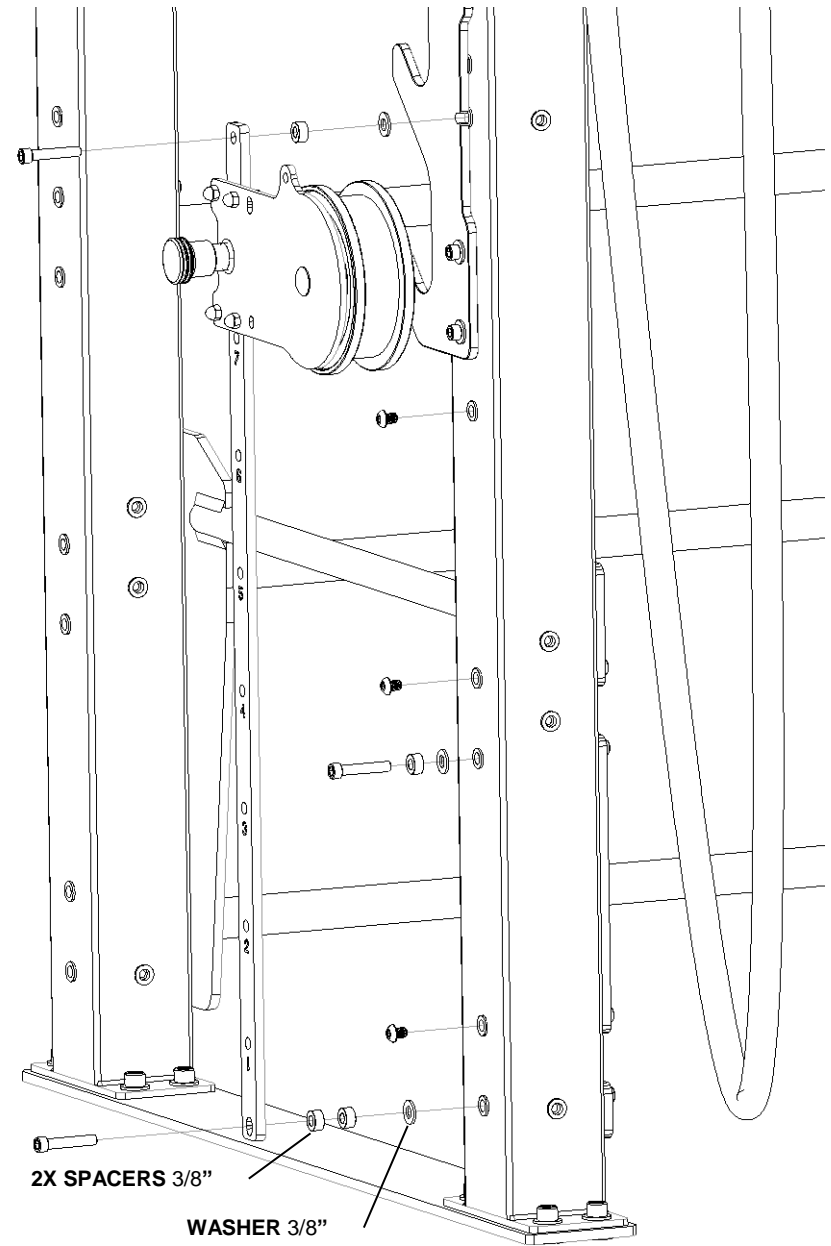
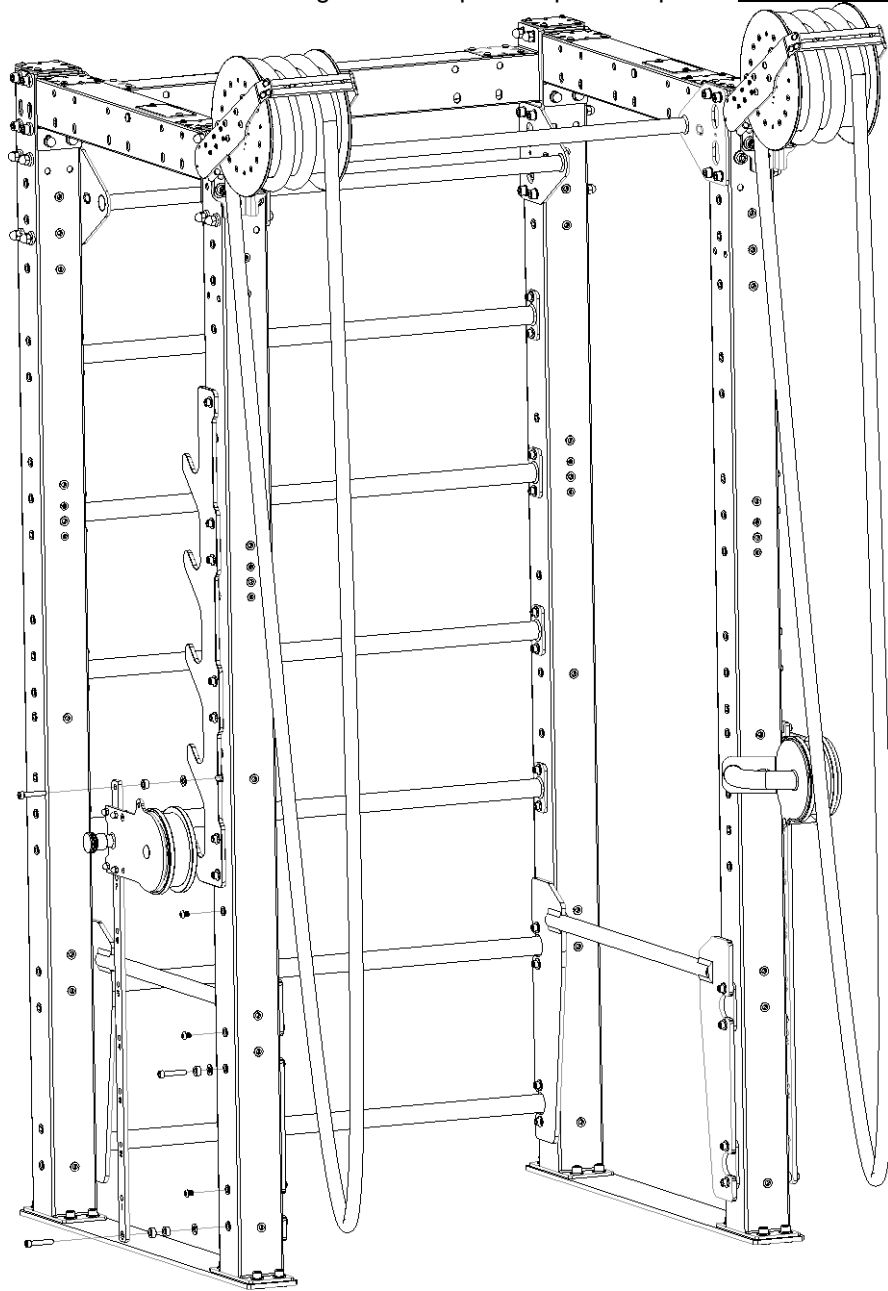
STEP 6

Assemble as shown in diagram and repeat steps as required. FULLY BAR HOOKS FASTENERS



STEP 7

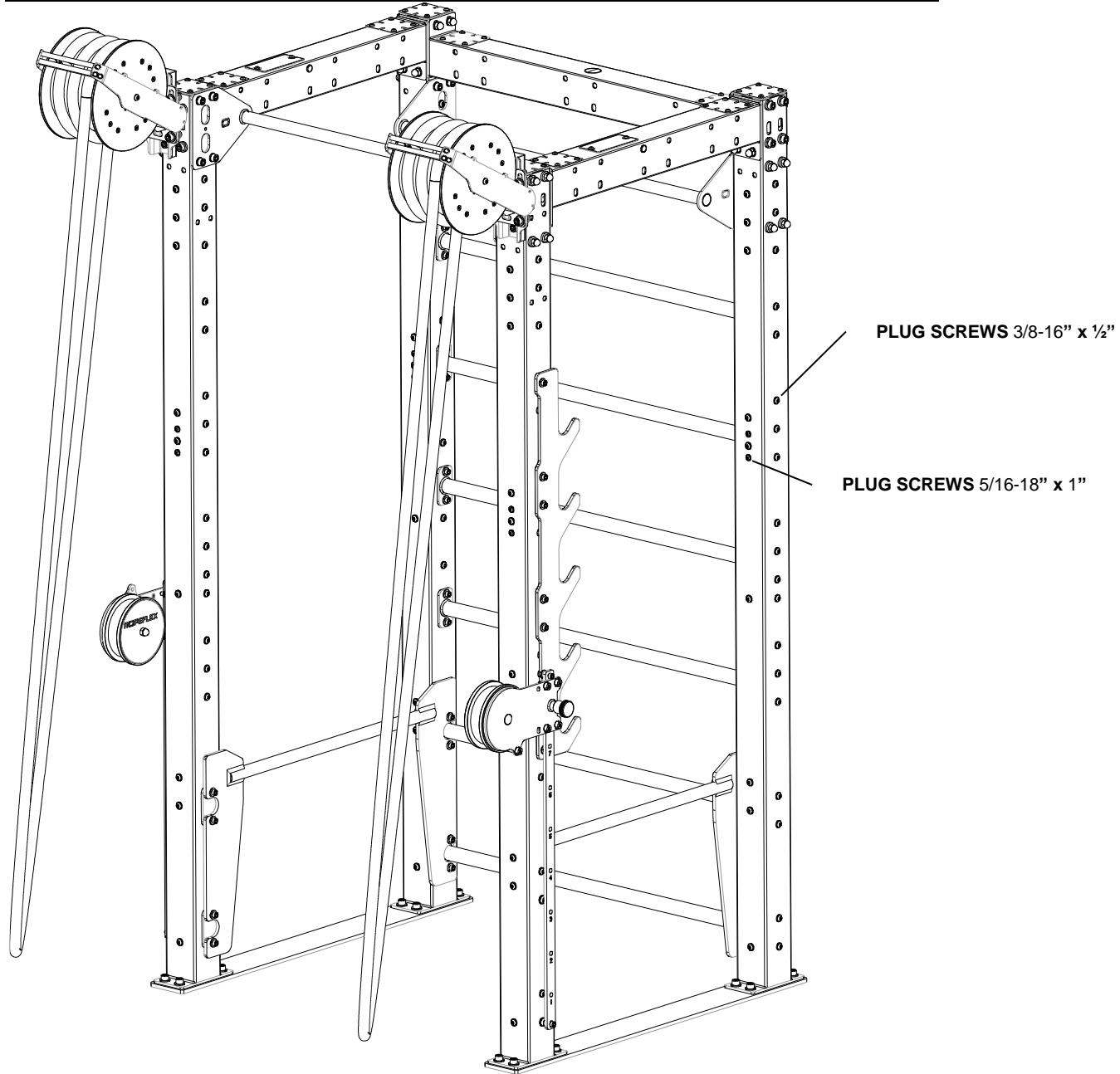
Assemble as shown in diagram and repeat steps as required. FULLY TIGHTEN PULLEY RAIL FASTENERS



STEP 8

Assemble as shown in diagram and repeat steps as required.

PLUG ALL OPEN THREADED HOLES WITH SCREWS & FULLY TIGHTEN ALL FASTENERS



EQUIPMENT MAINTENANCE

WARNING: Routine inspection and maintenance is of critical importance to ensure maximum safety and performance. We use the highest quality materials available, but wear is inevitable. Be advised that dangerous conditions can arise even during a warranty period. A warranty does not negate the owner's responsibility to thoroughly, carefully and daily inspect the machine. Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

1. Check Rope

While the machine is not in use carefully inspect the rope for damage and tears. Carefully inspect connection of rope ends and make sure that stitching (threads) are not torn or damaged. Do not use equipment until damaged rope has been replaced.

2. Upholstery

Wipe down after every workout. Periodically take the time to use a mild soap or mild vinyl upholstery cleaner. Avoid using any abrasive cleaner not intended for use on vinyl. Keep sharp or pointed objects out of your pockets and clear of all upholstery.

3. Nuts/Bolts/Fasteners

Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically, use Loctite 242 for a long-term cure. Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned.

4. Adjustments / Locking Pins / Tightening Knobs

Check all pieces for signs of visible wear or damage.

Check springs in Snap Links and Pop Pins for proper tension and alignment.

If the spring sticks or has lost its rigidity, replace it immediately.

5. Anti-Skid Surfaces

Replace if they appear worn or become slippery.

7. Warning Instruction Labels

Inspect and familiarize yourself with all safety warnings and other user information on decals. Replace decals if damaged, illegible, or removed.

WARRANTY

We strive to offer the simplest and fastest resolution to all product related concerns. Our warranty service program gives its customers the option to return the product for repair, exchange or refund if the product is determined to be defective.

- All products are warranted to the original purchaser
- Warranties apply and cover all defects in material and workmanship.

Frame (excluding coating): Lifetime

Rope, Sheaves, Bearings and Labor: One-Year

- Customer is responsible for the cost of shipment to ROPEFLEX. Company “ship to” address for product returns and service will be provided once the RMA has been issued. It will be at ROPEFLEX’s discretion to determine the party responsible for cost of shipment back to customer.
- Out-of-Warranty Products are repaired only with the customer’s prior approval.
- **ON SELECT ITEMS ONLY** a 15 Day 100% Satisfaction Guarantee includes full refund of purchase price, less shipping, handling and restocking fee equaling 15% of price during purchase. Email for more details. If you decide to return a ROPEFLEX product, simply email us within 15 days to ask for a return authorization number (RMA). Items must be returned in original condition and packaging and postmarked no later than 2 weeks after the date of return authorization.

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