

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®

ROPERIG | RX8100

Product Manual

DOC: 32-8100


Configuration subject to change

WARNING DECAL PLACEMENT


The decals shown here have been placed on the equipment. 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 where they have been placed originally.



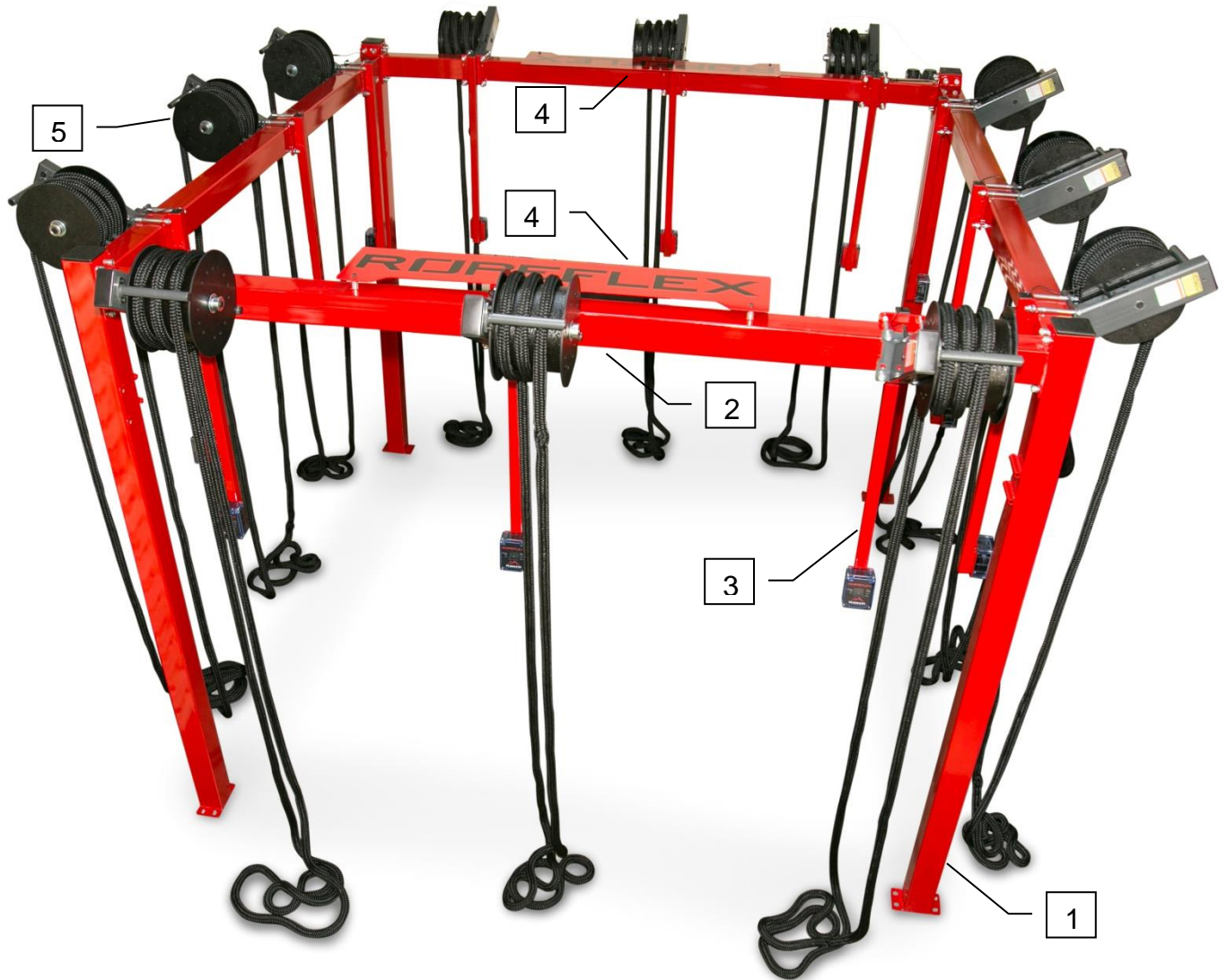
IMPORTANT PRECAUTIONS

 **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.












MAIN FRAME ASSEMBLY | 12 RX2100 CONFIGURATION



MAIN COMPONENTS

ITEM	QUANTITY	DESCRIPTION
1	4	Vertical RIG Beam
2	4	Horizontal RIG Beam
3	12	LCD Display Extension Clamping Plate (For the RX2100)
4	2	Logo Display
5	12	RX2100 Rope Trainer

RECOMMENDED TOOLS

	Ratchet Wrench, 3/8" Square Drive
	3/8" Square Drive Flex Socket Adapter
	1/4 in. x 3/8 in. Steel Square Socket Adapter
	Hex Bit Socket 3/8" Square Drive, 3/8" Size, 2-3/4" Long
	6-Point Standard Socket, 3/8" Drive, 3/4" Size
	Ball-End Hex Key, 3/8"
	Ball-End Hex Key, 1/4"
	3/4" Combination Wrench
	Screwdriver, #2 Phillips
	Soft Rubber Hammer
	Torque driver, 3/8" Square Drive
	Cordless Impact Driver

HARDWARE

ITEM	QUANTITY	DESCRIPTION
1 	32	Zinc-Plated Alloy Steel Socket Head Screw 1/2"-13 Thread Size, 1" Long TORQUE: lubricated 55 ft-lb
2 	6	Alloy Steel Socket Head Screw 5/16"-18 Thread Size, 2" Long, Partially Threaded
3 	6	Aluminum Unthreaded Spacer 3/4" OD, 1-1/4" Long, for 5/16" Screw Size
4 	48	Alloy Steel Socket Head Screw 1/2"-13 Thread Size, 5" Long
5 	48	Steel Nylon-Insert Flange Locknut, Zinc-Plated, 1/2"-13 Thread Size
6 	56	SS Washer .515" ID,.875" OD
7 	6	SS WASHER 5/16", .344x.75x.05"

ASSEMBLY | STEP 1

1. Assemble RIG as shown following assembly photos
2. Connect RIG members using Item 1 (hardware table)
3. Torque as specified



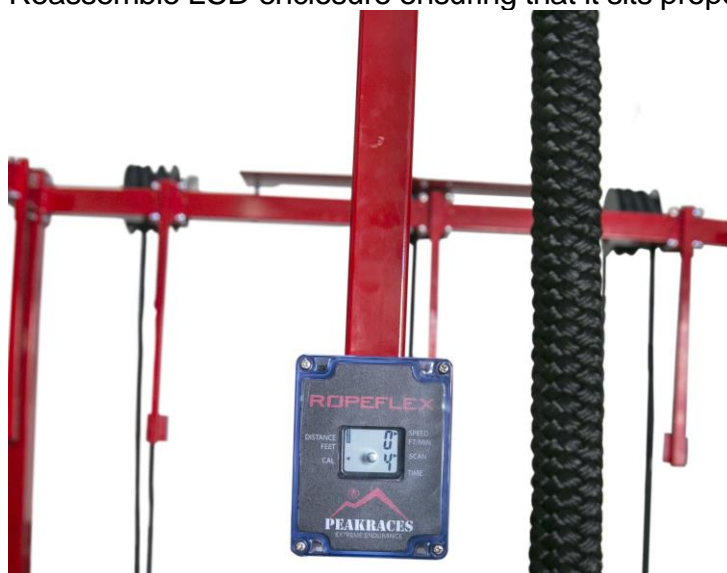
ASSEMBLY | STEP 2

1. Using Item 3 – LCD Display Extension Clamping Plate (main components table), install RX2100 Rope trainers as shown, spacing them equally.
2. Torque as specified
3. Connect 3.5mm sensor cable from each RX2100 unit to the corresponding LCD display cable coming from top of Item 3



DISPLAY VERIFICATION

1. Pull the rope all RX2100 to verify that display turns on and is counting
2. To reset display open the enclosure (4 screws on the front) and located the RED button. Long pressing RED buttons will reset the counter
3. Reassemble LCD enclosure ensuring that it sits properly in order to seal it properly



ASSEMBLY | STEP 3

1. Attach Logo Plates Item 4 (component table) as shown, using Items 2, 3 & 7 (hardware table).
2. Note: it is important to make sure that the horizontal beams are placed properly in ASSEMBLY STEP 1, to make sure that Logo Plates threaded holes are facing up, and are on opposite ends as shown.



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