



Marpo Kinetics, Inc.
258 LINDBERGH AVE, Livermore, CA 94551 • (925) 606-6919 • www.marpokinetics.com

- VMX Three60 –
IMPORTANT
INFORMATION
TO SAFELY REMOVE PRODUCT
FROM THE PACKAGE,
FOLLOW THESE INSTRUCTIONS

FOR SAFETY, TWO OR MORE PEOPLE MUST ASSIST IN THE PACKAGE REMOVAL AND PRODUCT INSTALLATION.

IT IS BEST THAT THE REMOVAL OF THE PRODUCT FROM THE PACKAGE, BE DONE NEAR THE AREA WHERE THE PRODUCT WILL BE PLACED FOR USE. THIS WILL ELIMINATE THE NEED TO MOVE THE PRODUCT AROUND AFTER IT IS ASSEMBLED. SHOULD THERE BE A NEED TO MOVE THE PRODUCT, THERE MUST ALWAYS BE AT LEAST TWO PEOPLE DOING THIS OPERATION TO AVOID ANY INJURIES. TO PROTECT THE ROPE FROM SNAGS, IT MUST BE KEPT WRAPPED UNTIL IT IS READY TO BE STRETCHED ONTO THE PULLEYS.

REMEMBER, ALWAYS KEEP ALL BODY PARTS AWAY FROM PULLEYS OR ANY MOVING PARTS AS THESE ELEMENTS CAN CAUSE SERIOUS INJURY. MINORS SHOULD NEVER BE ALLOWED TO OPERATE THE MACHINE WITHOUT THE CONSENT AND CONSTANT SUPERVISION OF AN ADULT.

Securing Equipment

All MARPO equipment must be secured to the floor to stabilize and eliminate rocking or tipping. This must be performed by a licensed contractor. DO NOT use the equipment if it is not set up and located on a solid, level surface.

DO NOT install equipment on an uneven surface.

Use fasteners having a minimum of 500 lbs. tensile capacity (3/8" grade 2 bolts or better).

If legs/frame does not contact surface, DO NOT pull down with anchors. Shim any leg or frame not in contact with surface using flat washers.



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1. Remove all wrapping material.

CAUTION: Do not use blades to cut wrapping material since it may damage the unit.

2. Remove all contents from each box:

1 MAIN UNIT

1 BOOM

1 CARRIAGE

1 BOOM CAP

1 CROSS BAR

1 SET (LEFT AND RIGHT) COVERS FOR BOOM BASE

1 JOINTING BOX/STEP (PER STATION)

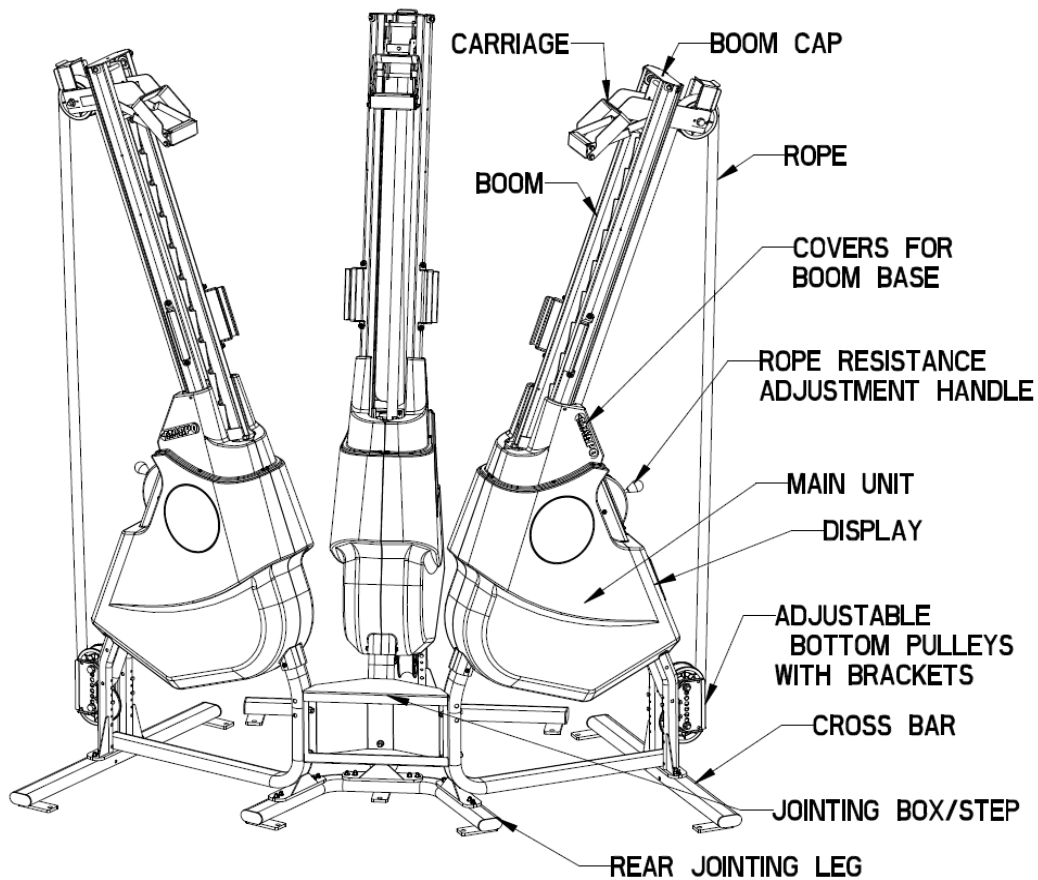
1 REAR JOINTING LEG (PER STATION)

1 BOTTOM ROPE PULLEY (WITH BRACKET)

1 USER MANUAL

1 PACKAGE REMOVAL INSTRUCTION

1 WORKOUT POSTER





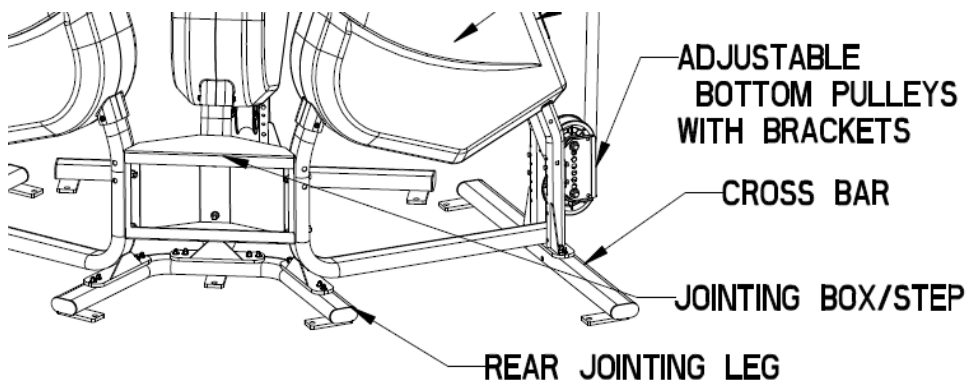
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3. One person should hold on to the MAIN UNIT while a second person should attach the CROSS BAR using the provided 1/4-20 X 3" screws. Use a cardboard block provided with the unit to prop up the unit while attaching the MID CROSS BAR. Have a second person hold the unit from falling over while attaching the MID CROSS BAR. The anti-skid tape of the MID CROSS BAR should be pointing to the ground. Insert screws with 1" OD fender washer from the bottom up through the MID CROSS BAR so the threads protrude from the MID CROSS BAR upwards. Fasten provided 0.25-20 nut onto protruding thread.

CAUTION: Leaving the product unsupported before the unit is attached to the CROSS BAR could cause the unit to fall over and cause injury and/or product damage.

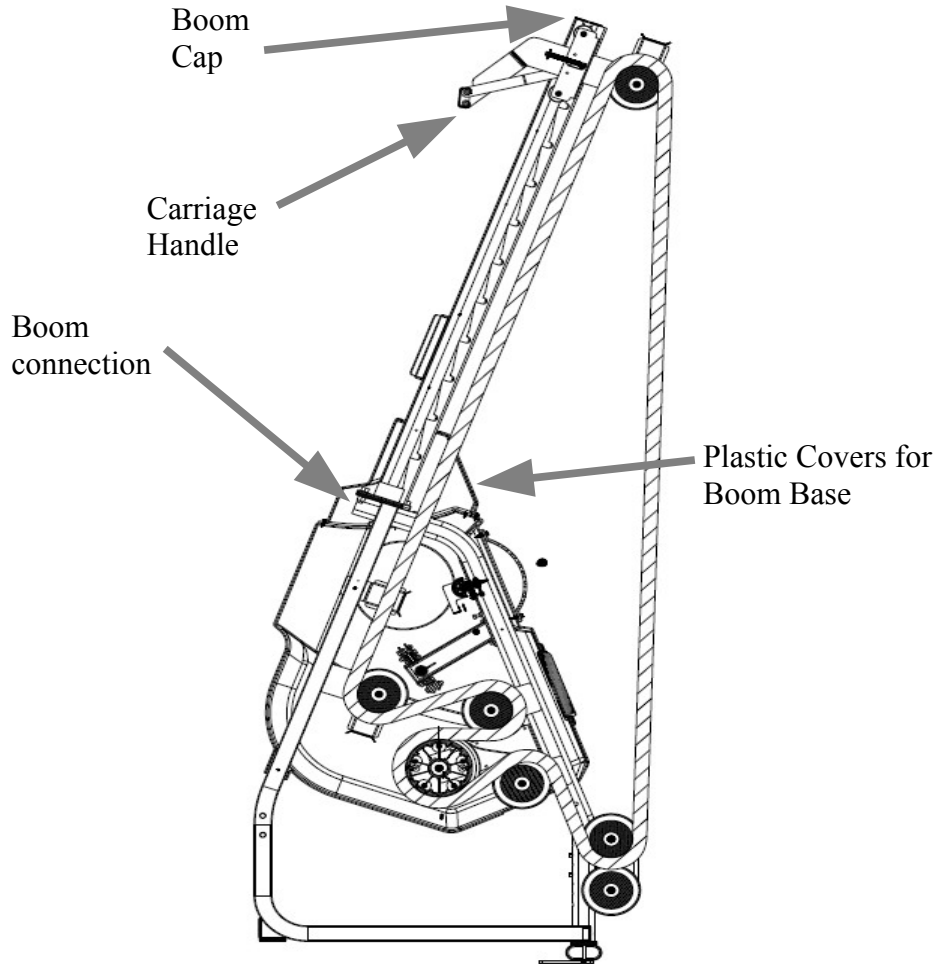
4. For all three units attach the BOTTOM ROPE PULLEY (WITH BRACKETS) to the MAIN UNIT. Screws are temporarily attached to the frame of the MAIN UNIT.
5. Attach the units to the REAR JOINTING LEG. The 1" OD fender washers go up against the head of the screws. Insert screws from the bottom up so the threads protrude upwards. Do not fully tighten the screws for now.
6. Attach the JOINTING BOX to all 3 units starting with the center unit. The black and yellow safety tape on the JOINTING BOX must point up to serve as a step on surface. When attaching the two outside units to the JOINTING BOX you may need to reposition the center unit until all three units touch the wall of the box. Afterwards, tighten all screws on JOINTING BOX and REAR JOINTING LEG.



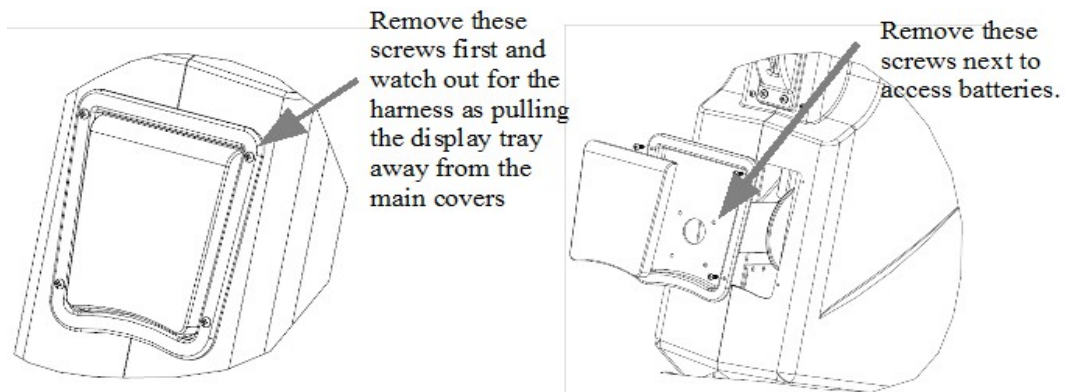
7. Install the CARRIAGE in the BOOM. To install the CARRIAGE, slide the 4 metal rollers of the CARRIAGE inside the two barrels of the BOOM. Note the CARRIAGE PULLEY orients to the front of the unit. Remove the pulley from the CARRIAGE and install the rope on it. Make sure rope is not twisted when installing on the CARRIAGE. Afterwards, attach BOOM CAP to BOOM and slide carriage to the bottom slot in the BOOM before proceeding.
8. Connect the BOOM to the MAIN UNIT with the 3/8-16 bolts, nuts and washers.



9. Connect PLASTIC COVERS for Boom Base. Using provided hardware, fasten small covers to the main covers, then fasten the top of the small cover to the boom.



The electronic display works with two AAA batteries. To replace the batteries, remove the 4 screws that connect the DISPLAY TRAY to the main covers. Slowly pull the DISPLAY TRAY away from the machine. Disconnect the display from the main harness. To access the battery cover on the back of the DISPLAY remove the 4 machine screws that connect the DISPLAY to the the DISPLAY TRAY.





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10. Once the machines have been leveled off with the ground, drill the anchor rods provided with the user manual at the specified locations in the picture below. Anchor rods must be drilled into the concrete with a minimum embedment length of 2" for optimal performance.

