



# **Harambe System**

The Manual

# Caring for your Harambe System

- Check the rope on your slings before every use. If the tape from either tail pulls into the knot or there is any fraying, visible tears, or dramatic unevenness of rope, then you should replace the rope. Rope is sold on our store at [HarambeSystem.com](https://HarambeSystem.com).
- Knurled bars require regular maintenance: clean with a plastic bristle brush and a mild detergent. Wipe with 3:1 oil and brush oil into the knurl. Wipe off excess with towel.
- Do not try to undo the knots or customize the unit unless you accept the risk that everything might fail. The configuration sold to you was carefully chosen.
- Do not drop the bar or let it tip over and fall to the ground.
- Do not exceed 1,000 lbs while lifting with the Harambe System's bars or handles, and do not exceed 700 lbs while lifting with the Harambe System Light Bar. Please check with your band manufacturer to make sure you are not exceeding this limit.



# Harambe Assembly

Rope



1. Insert 2 of the same size rope into a rod (jiggle if stuck)

2. Loop one rope end onto pulley

Rods



Pulley



Go to <https://youtu.be/mbUYluRzZbY>  
for a video demonstration

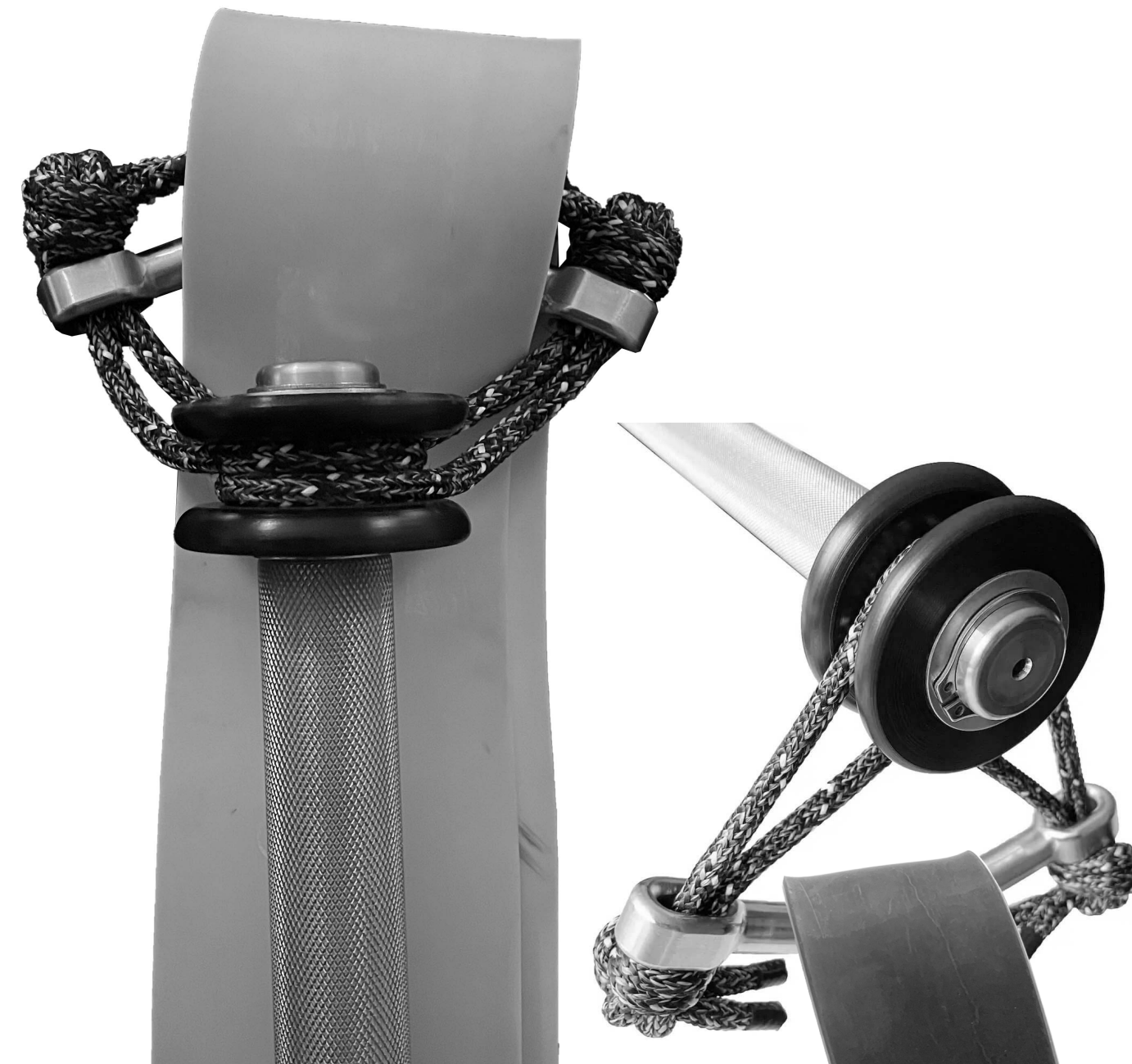


# Harambe Assembly

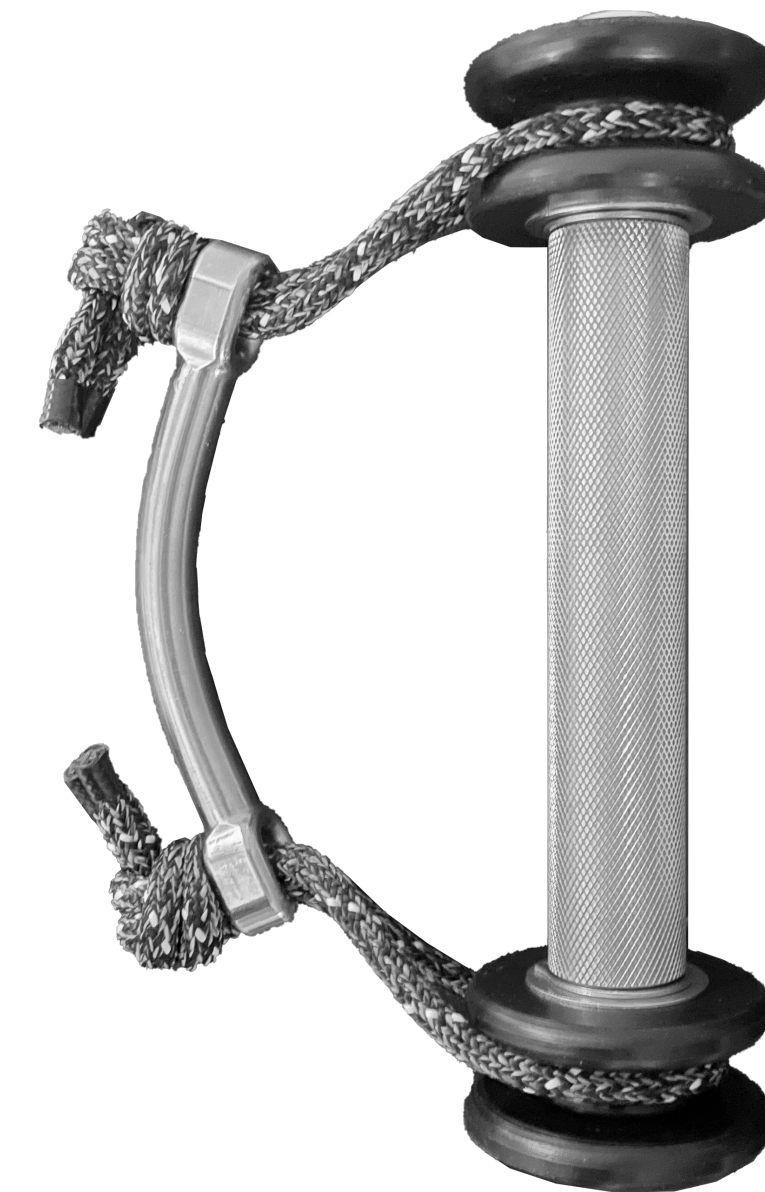
3. Pull rod through the band loop



4. Loop other rope end onto pulley so two ropes are side by side.



Handle: loop one rope per pulley as shown



*Always make sure loops are installed in the pulleys properly before starting any movement.*





## **Join the Harambe Family**

If you need help putting together an exercise routine, join us on Facebook in the Harambe System group and chat with us! There is no one-size-fits-all workout routine.

[facebook.com/groups/HarambeSystem](https://facebook.com/groups/HarambeSystem)

## **Get Support**

Have a question about your purchase or the Harambe System?  
Please get in touch with our support team.

[support@HarambeSystem.com](mailto:support@HarambeSystem.com)



# Disclaimer

Read the disclaimer at [HarambeSystem.com](http://HarambeSystem.com). If you do not agree with the disclaimer, return your Harambe System immediately. Just as with lifting weights, you risk serious injury or even death by using this device. Follow all warnings and instructions with other products (e.g. bands and footplates) while using this device. Consult with your personal physician before using the Harambe System. Never step off a foot plate when bands are in tension. Only place hands on knurling while using the device. Keep a firm grip on the bar during all movements. Latex bands can break, so please protect your eyes with glasses while using this device. This device is only to be used with 41" latex bands. Do not exceed the listed working load of your device. If you lift above this limit you risk ruining the device and/or hurting yourself. Only use this device to do the recommended exercises.



**We hope you love your  
Harambe System!**



