



- VLT -

IMPORTANT

INFORMATION

TO SAFELY REMOVE PRODUCT

FROM THE PACKAGE,

FOLLOW THESE INSTRUCTIONS

FOR SAFETY, TWO OR MORE PERSONS 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 AROUND, THERE MUST ALWAYS BE AT LEAST TWO PERSONS 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 OTHER 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 KINETICS 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.

Make sure that each machine is set up and operated 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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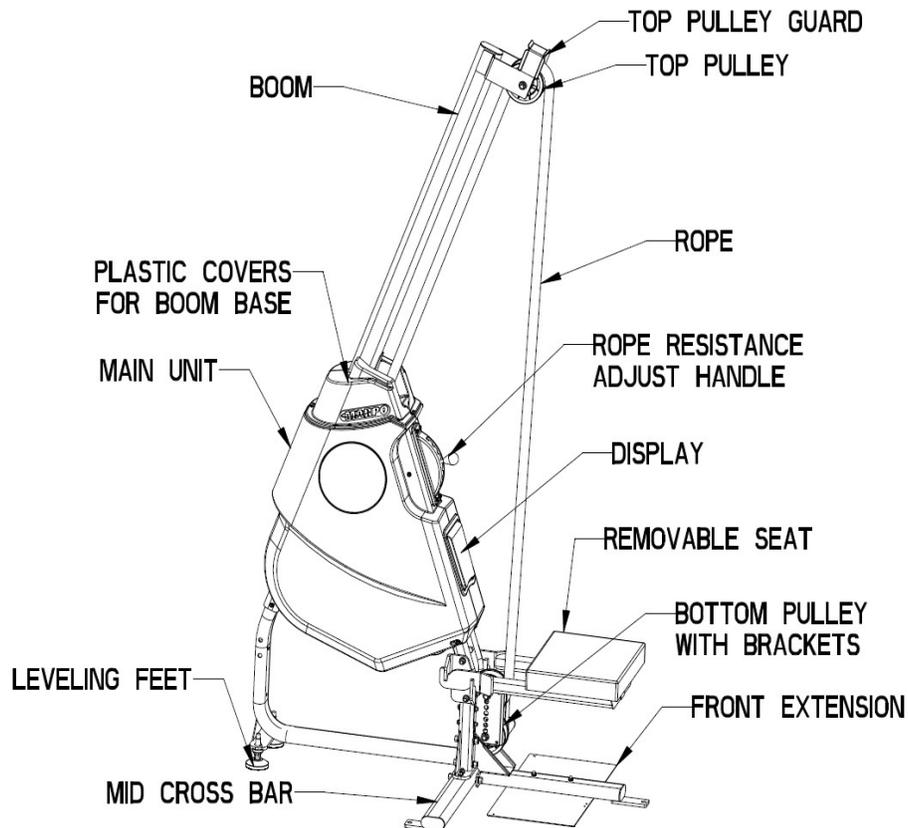
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1. Remove all wrapping material.

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

2. Remove all contents from the box:

- 1 MAIN UNIT
- 1 BOOM
- 1 FRONT EXTENSION
- 1 MID CROSS BAR
- 1 SEAT
- 1 TOP PULLEY GUARD
- 2 LEVELING FEET
- 1 SET (LEFT AND RIGHT) BOOM BASE COVERS
- 1 USER MANUAL
- 1 PACKAGE REMOVAL INSTRUCTIONS
- 1 WORKOUT POSTER

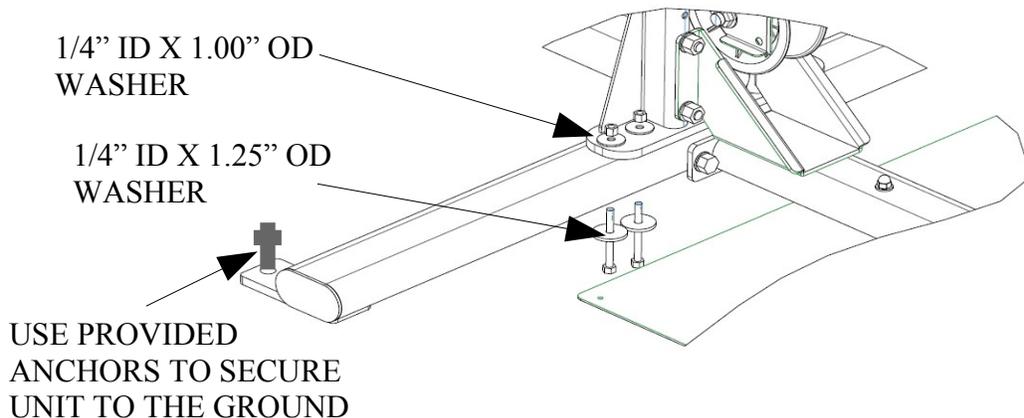
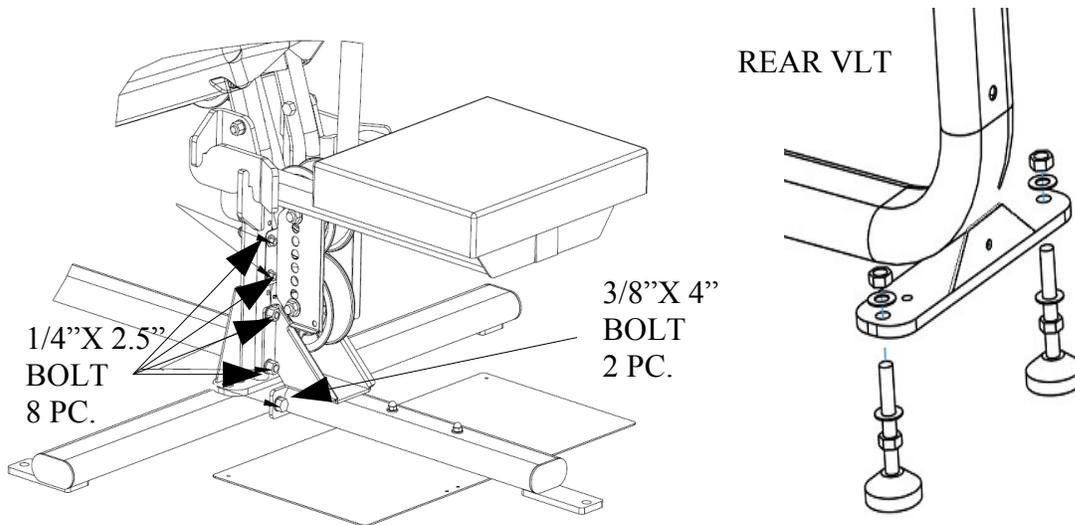




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3. One person should hold on to the MAIN UNIT while a second person attaches it to the MID CROSS BAR using the provided 1/4-20 X 2.5" screws. The foot pads of the MID CROSS BAR should be touching to the ground. The bigger diameter washers (1.25" OD) go next to the head of the screws, under the MID CROSS BAR. Insert screws from the bottom up through the MID CROSS BAR so the nuts end up on top. The 1" OD washers go on top where the nuts are. Tip ... use small pieces of tape to keep the bolts from falling off when connecting the MID CROSS BAR to the MAIN UNIT. Have a second person hold the unit from falling over while attaching the MID CROSS BAR. **CAUTION: Leaving the product unsupported before the unit is attached to the MID CROSS BAR could cause the unit to fall over and cause injury and/or product damage.**
4. If the product rocks side-to-side or front to back, adjust the nuts on the 2 threaded LEVELING FEET at the back of the unit. When done, re-tighten the nuts well.
5. Attach the ADJUSTABLE BOTTOM PULLEYS (WITH BRACKETS) to the MAIN UNIT. Use provided screws (screws temporarily attached to the MAIN UNIT).
6. Attach the FRONT extension



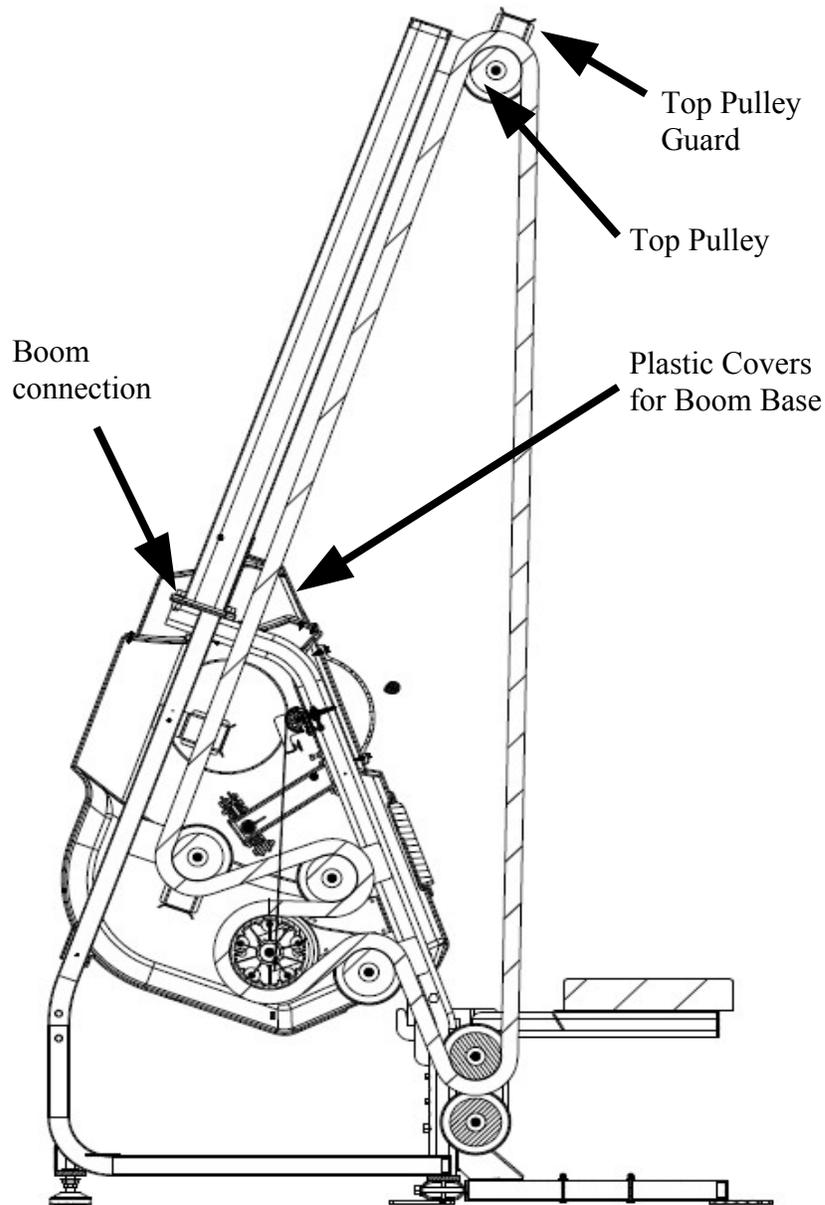


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7. Connect the BOOM to the MAIN UNIT with the 3/8-16 bolts, nuts and washers. .
8. Attach the COVERS FOR THE BOOM BASE first to the main cover flange and then to the BOOM with the one screw at the top of the cover.

NOTE: IT IS NORMAL FOR THE ROPE TO HAVE SLACK AS IT ALLOWS FOR WRIST AND ARM FREEDOM DURING USE.





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9. 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. Next remove the 4 machine screws that connect the DISPLAY to the the DISPLAY TRAY to access the battery cover on the back of the DISPLAY.

