

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

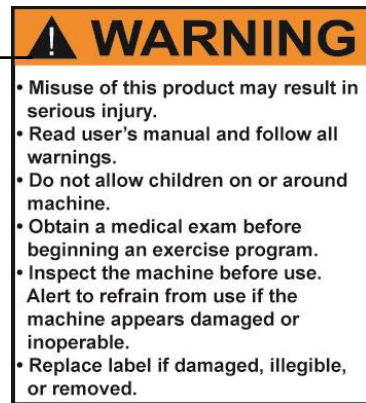
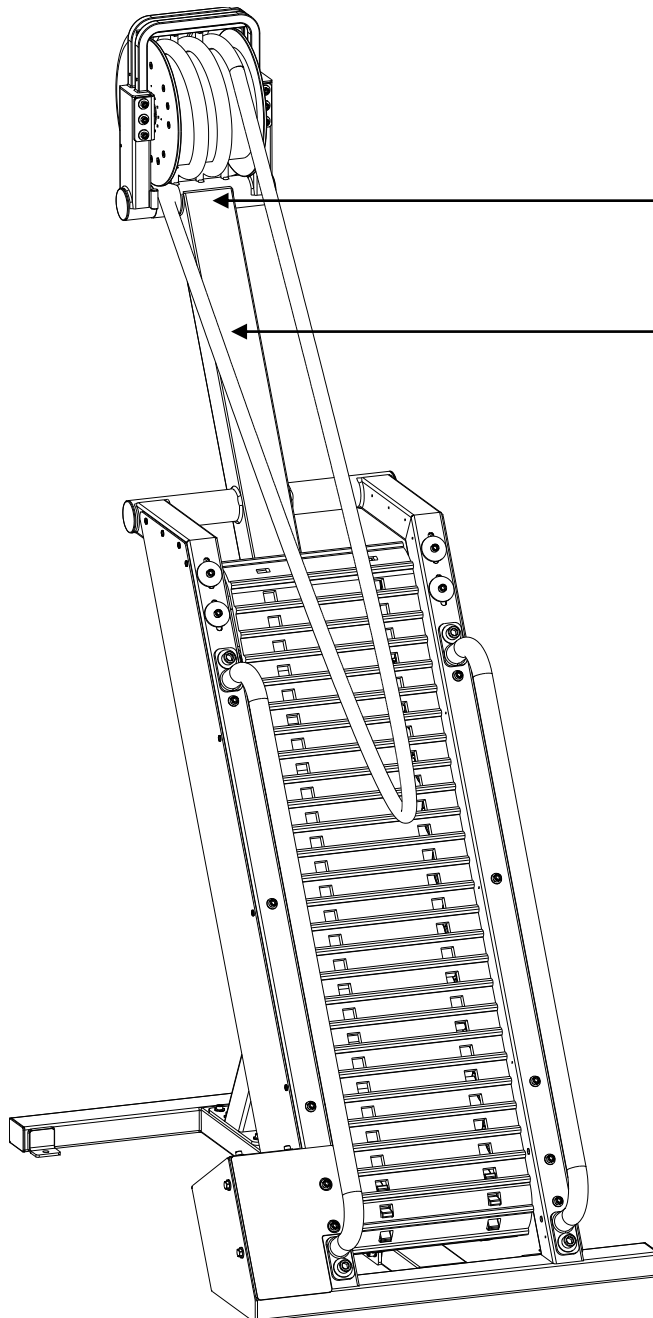
ROPEFLEX®

APEX – RX4400
Assembly Instructions & Manual
DOC: 32-1021


Configuration subject to change

WARNING DECAL PLACEMENT


The decals shown here have been placed on the equipment in indicated locations. If any of the decals are missing or illegible, call us 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. Pull rope with hands only.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

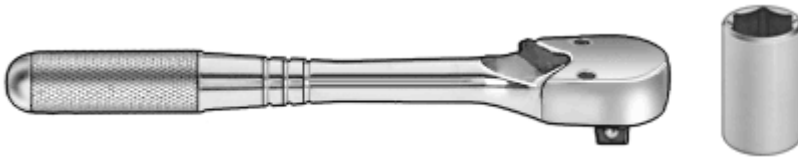
 **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ROPEFLEX assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

TOOLS REQUIRED FOR ASSEMBLY - GEN 1 AND GEN 2

7/32 Hex Key for 3/8" Button Head Screws
5/16 Hex Key for 3/8" Screws and 1/2" shoulder



9/16 Hex Socket Ratchet Wrench for **Gen 1 and 2 only**



PRODUCT ASSEMBLY- GEN 1

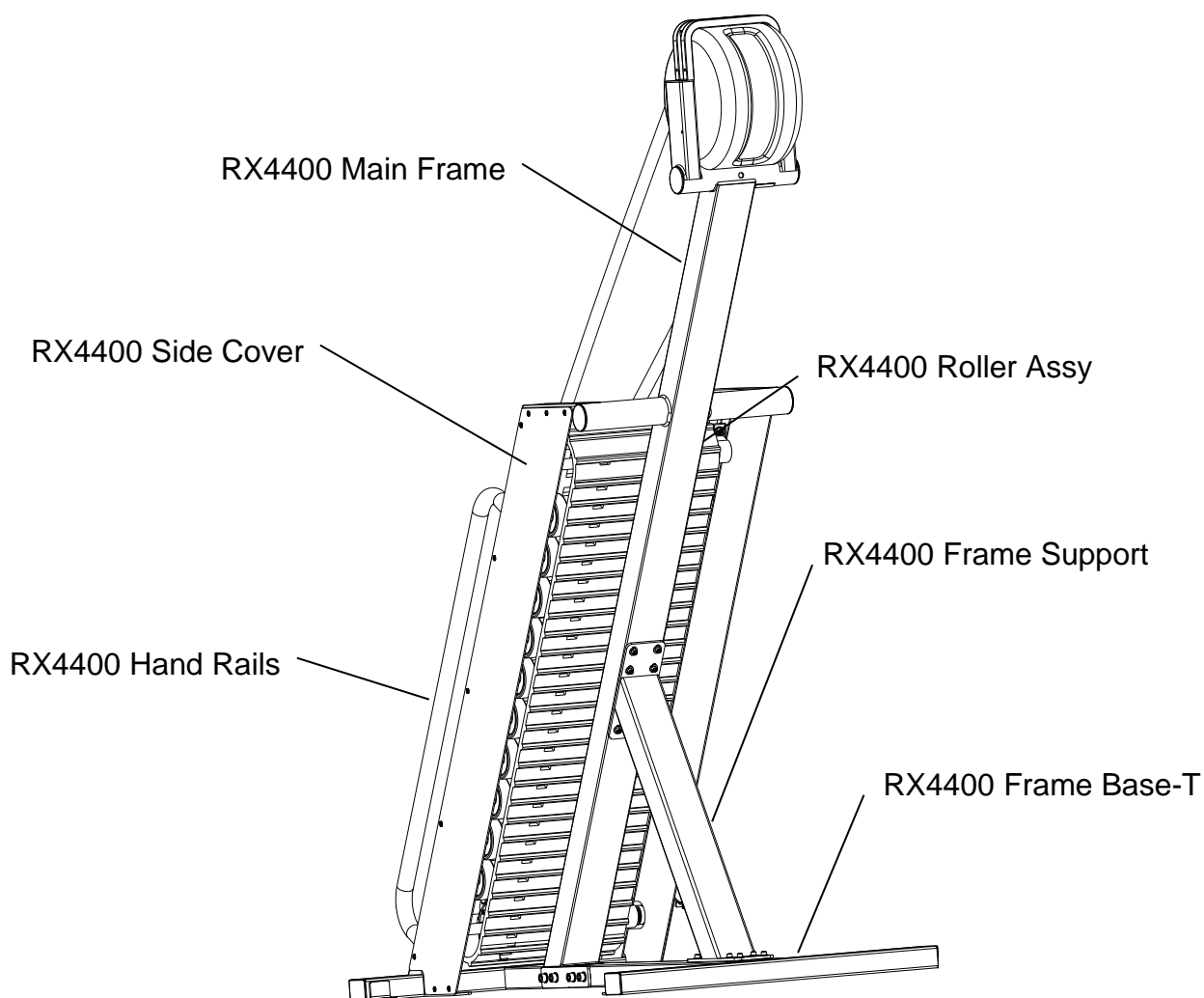
Overview

Components:

- RX4400 Main Frame
- RX4400 Frame Side Cover 1
- RX4400 Frame Side Cover 2
- RX4400 Roller Frame Assembly
- RX4400 Frame Support
- RX4400 Frame Base-T
- RX4400 Hand Rails

Hardware:

- Socket Head Screw 5/16"-18 – Qty.12
- 5/16" Washers – Qty.12
- Washer 3/8" – Qty.12
- 3/8" Lock Nut – Qty.6
- Self-Drilling screw #8 – Qty.20
- 1/2"-13 Socket Head Bolts -Qty.8
- 1/2" Washers – Qty.8
- 5/8"-11 Socket Bolts – Qty.4
- 5/8" Washers – Qty.4



PRODUCT ASSEMBLY - GEN 3

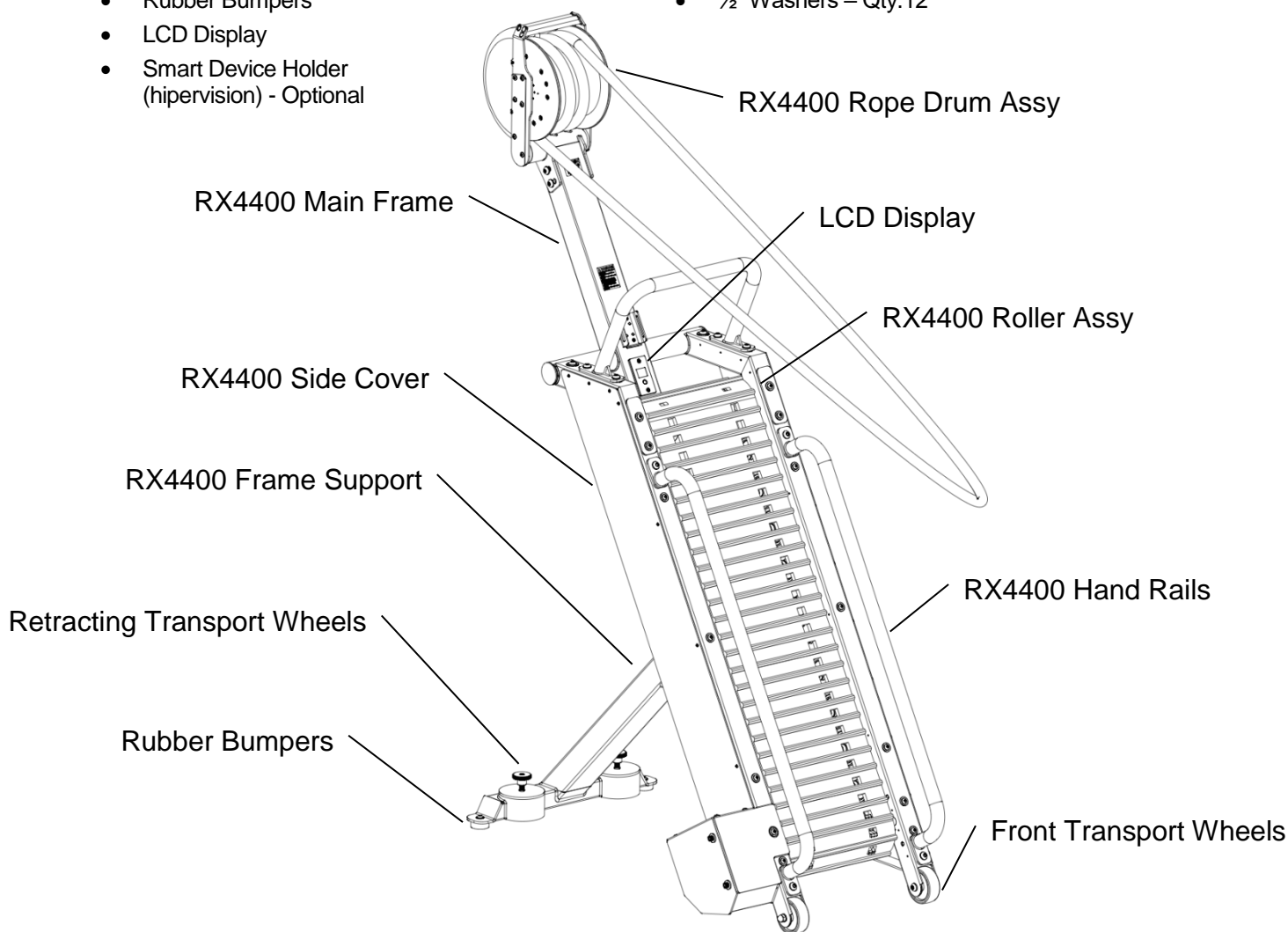
Overview

Components:

- RX4400 Main Frame
- RX4400 Frame Side Cover 1
- RX4400 Frame Side Cover 2
- RX4400 Roller Frame Assembly
- RX4400 Frame Support
- RX4400 Hand Rails
- RX4400 Rope Drum
- Rubber Bumpers
- LCD Display
- Smart Device Holder (hipervision) - Optional

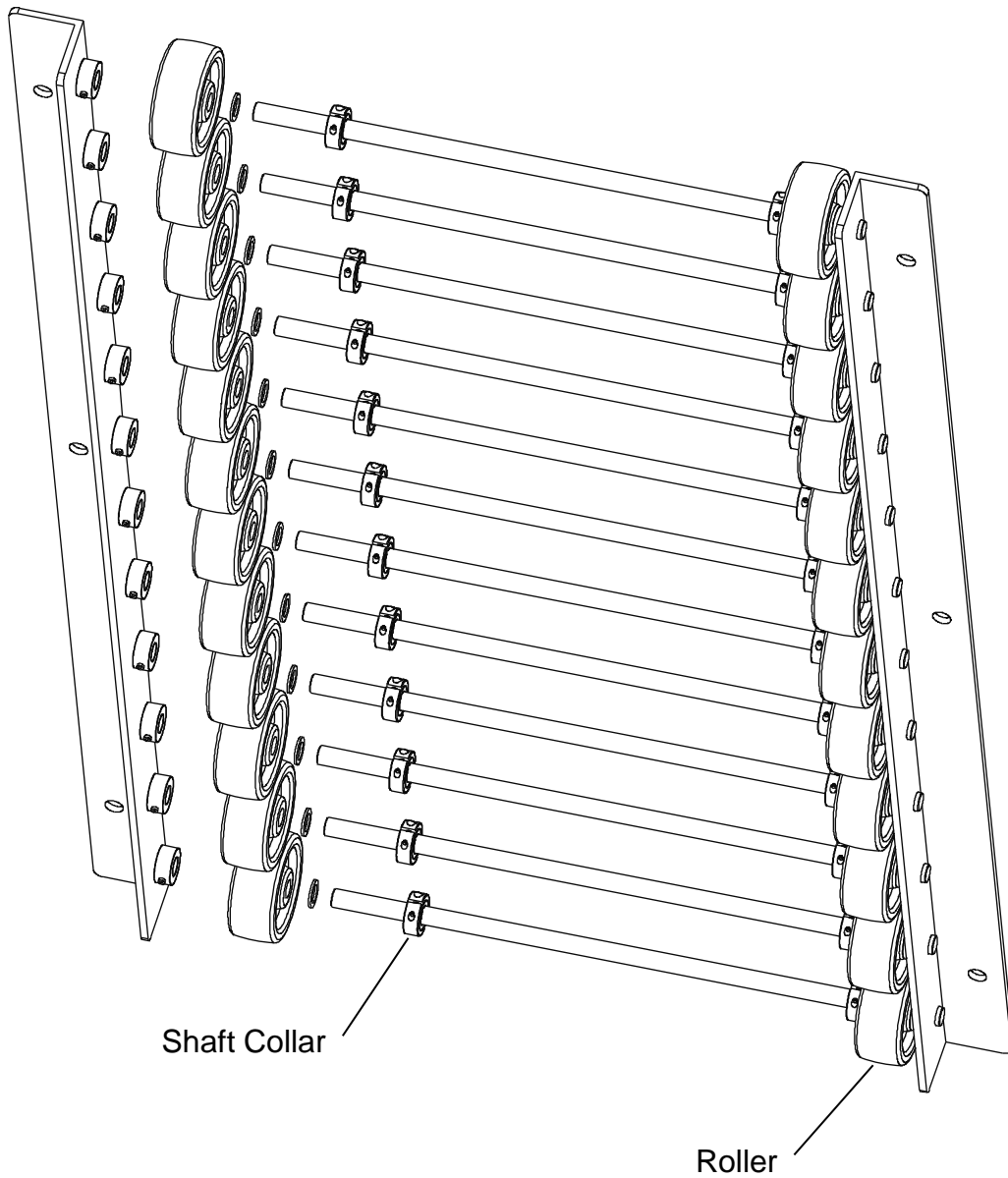
Hardware:

- Socket Head Screw 5/16"-18 – Qty.12
- 5/16" Washers – Qty.4
- Socket Screw 3/8"-16 – Qty.2
- Washer 3/8" – Qty.16
- 3/8" Lock Nut – Qty.6
- Side Panel Screws #8-32 – Qty.20
- 1/2"-13 Socket Head Bolts -Qty.12
- 1/2" Washers – Qty.12



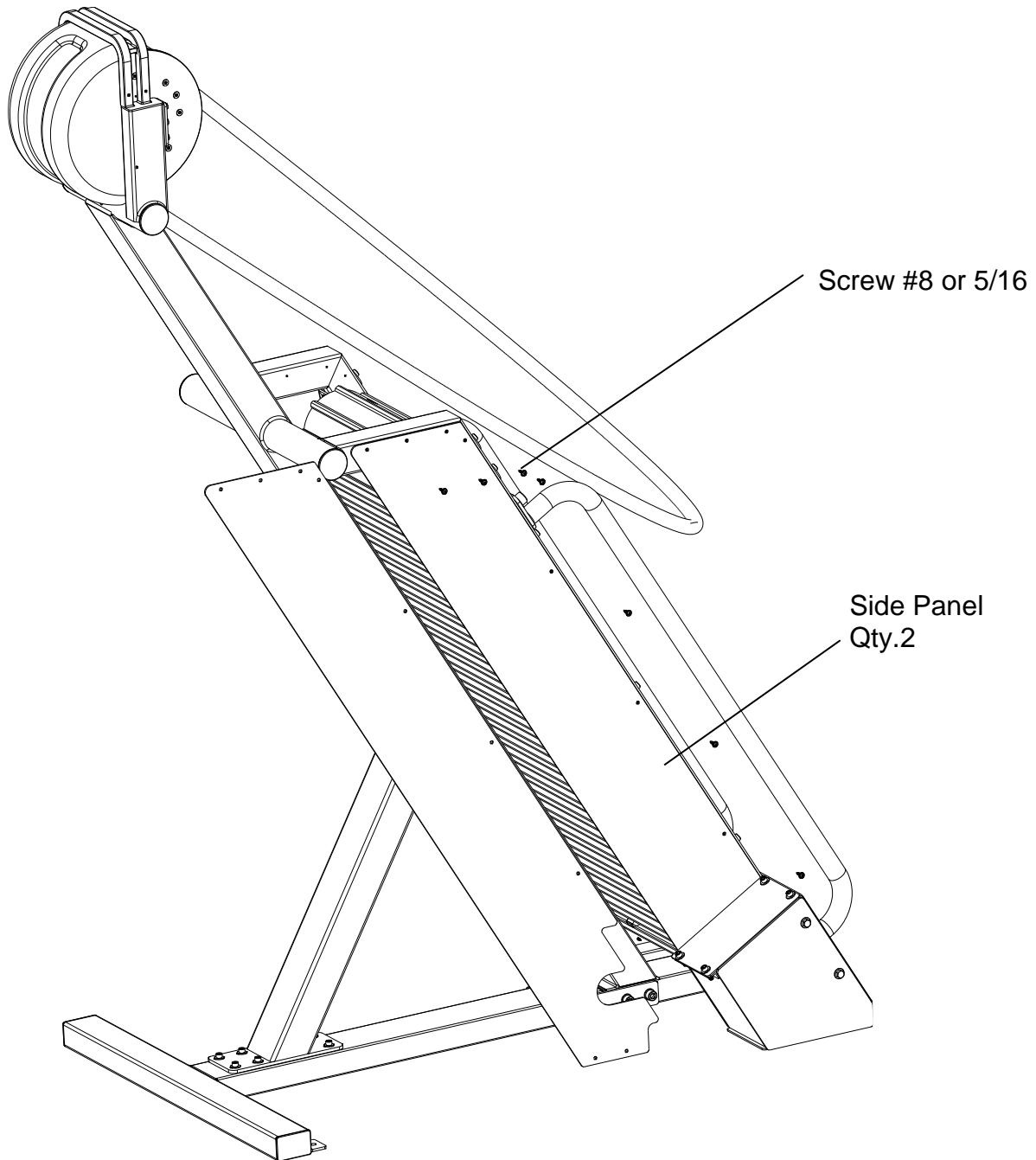
PRODUCT ASSEMBLY

Roller Frame Assmsembly (24 or 20)



PRODUCT ASSEMBLY – GEN 1 AND GEN 3

Side Panel Installation



TOOLS REQUIRED FOR ASSEMBLY - GEN 3

3/32 Hex Key for #8 Button Head Screws

7/32 Hex Key for 3/8" Button Head Screws

5/16 Hex Key for 1/2" Button Head Screws or 3/8" Socket Cap Screw

3/8 Hex Key for 1/2" Socket Head Screws



LCD DISPLAY – GEN 3

How to Read the Display

There are numbers displayed on the monitor, one on the top and one on the bottom.

Top Number:

The top number always displays rope speed, in feet per minute.

Bottom Number:

The bottom number can display Distance, Calories or Time.

The Function Button

Press this button to change what is displayed by the bottom number. Each time you press the *Function Button* the *Indicator Arrow* moves between,

- TIME (total Time pulling rope)
- DIST (total climbed Distance in feet)
- CAL (total Calories burned)
- SCAN

The *Indicator Arrow* points to the function that is being displayed. For example, in the picture the *Indicator Arrow* is pointing to DIST, so the lower number displays the total distance rope has been pulled.

What is SCAN?

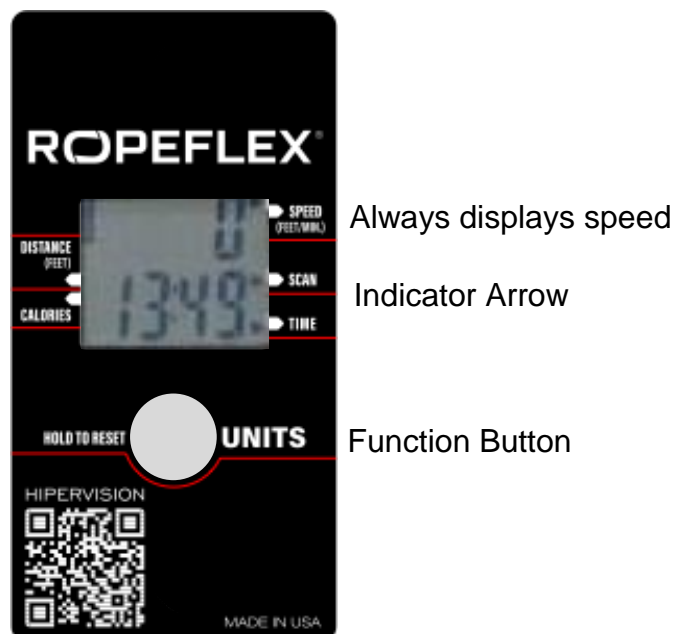
When SCAN is selected, the lower number will cycle between displaying Time, Distance and Calories. Each will be displayed for about 6 seconds. A second *Indicator Arrow* will point to the function (Time, Distance or Calories) that is being displayed.

How to Reset Total Time, Total Distance and Calories

Time, Distance and Calories are accumulated as you pull the rope. To reset these all to zero, press and hold the *Function Button* for at least 3 seconds.

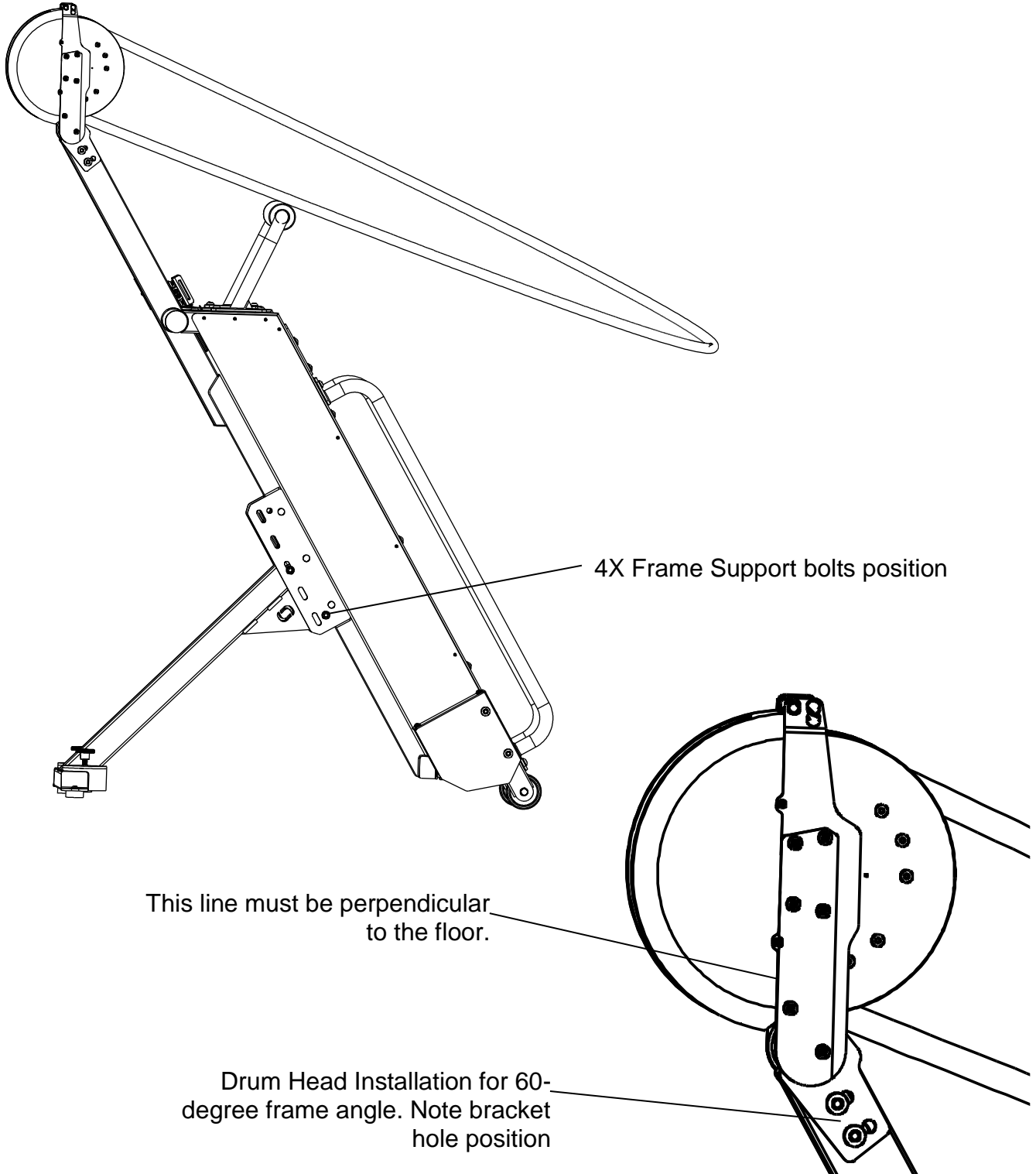
How to Turn the Display On and Off

The display turns on automatically when you start pulling the rope. You can also turn the display on by pressing the *Function Button*. You do not need to turn the display off. It will turn off automatically a few minutes after you stop pulling the rope.



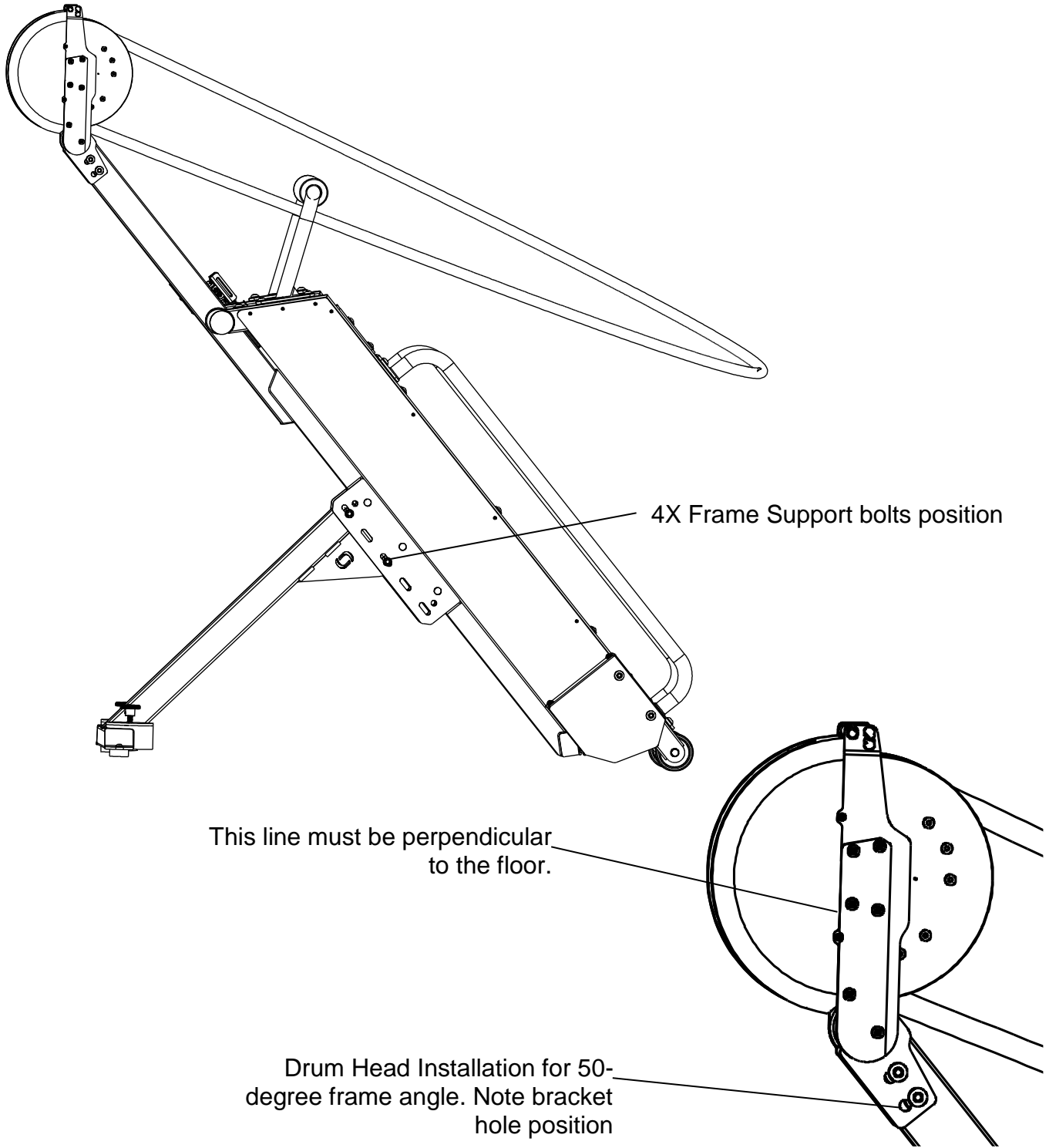
RX4400 ASSEMBLY – GEN 3

60 Degree Angle Configuration



RX4400 ASSEMBLY – GEN 3

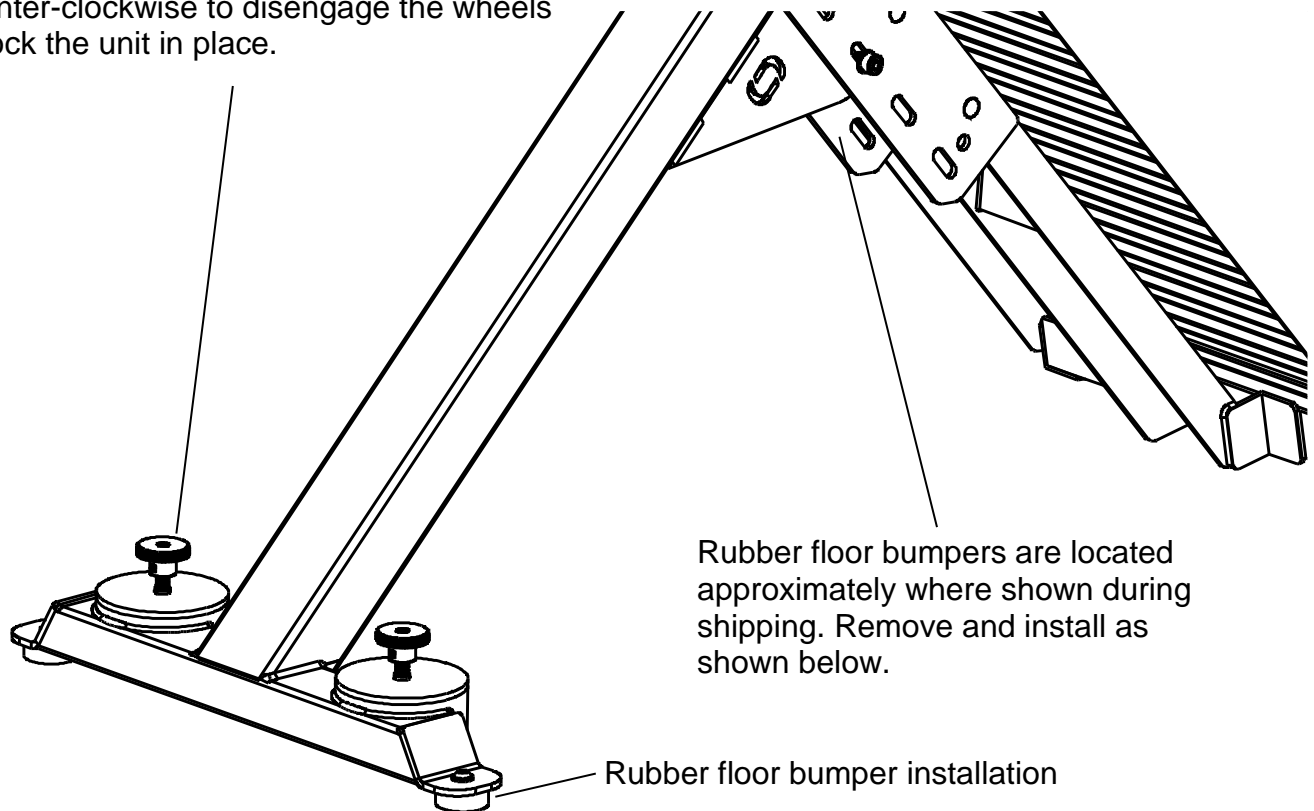
50 Degree Angle Configuration



RX4400 ASSEMBLY – GEN 3

Transport wheels and rubber floor bumpers

To transport, spin the knobs clockwise. This will engage the wheels onto the floor. When machine is in position, spin the knobs counter-clockwise to disengage the wheels to lock the unit in place.



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.

6. Lubrication

Periodic lubrication of seat slides and bearings is required. Use WD-40 or engine oil with cloth to wipe all slide and bearing surfaces.

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.

PRODUCT 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.

| WARRANTY | |
|----------------------|----------|
| Frame (not coatings) | 10 years |
| Structural parts | 10 years |
| Pulleys | 5 years |
| Bearings | 5 years |
| Labor | 1 year |
| Electronics | 1 year |
| Rope / Upholstery | 6 months |
| Accessories | 6 months |

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

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