



Exerfly Rack-Mount Instruction Manual



Safety

The output of flywheel training depends on how much energy you put into it, so if you don't move it very quickly then it won't give you much back. In many ways it's self limiting but you should always exercise at an intensity you can manage.

If you haven't done a lot of activity then you may feel quite sore for a few days afterwards as your muscles will not be used to the constant resistance.

1. Keep away from the spinning flywheel and other moving parts when you or someone is using it.
2. Start with low inertial flywheels to learn how your body moves through the range of motion with the flywheel.
3. If you feel pain or dizziness during exercise, stop immediately. Likewise, be mindful when fatigue hits as this can affect balance and uncontrolled body movements. If you have problems with balance make sure someone can support you, or hold on to another fixed object like a wall or broomstick.
4. Keep children and pets away from the machine when in use.
5. Don't let the rope clamp or any handles hit the equipment, make sure you absorb the load before it hits the equipment.
6. Make sure the flywheel stops fully before finishing using the equipment.

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Specifications

Dimensions

Top: 480 x 210mm (19" x 8")

Height 130mm (5")

Weight

3kg (excl accessories and flywheels)

Included Accessories

2 flywheels, 1 x stirrup handles, carabiner, 2 different length mounting bolts, with plastic spacers and washers

Overview of Parts:

Aluminium 7075 shaft

20mm HDPE plastic base

Hybrid ceramic bearings

Large flywheel (0.1 kg.m²) 5kg

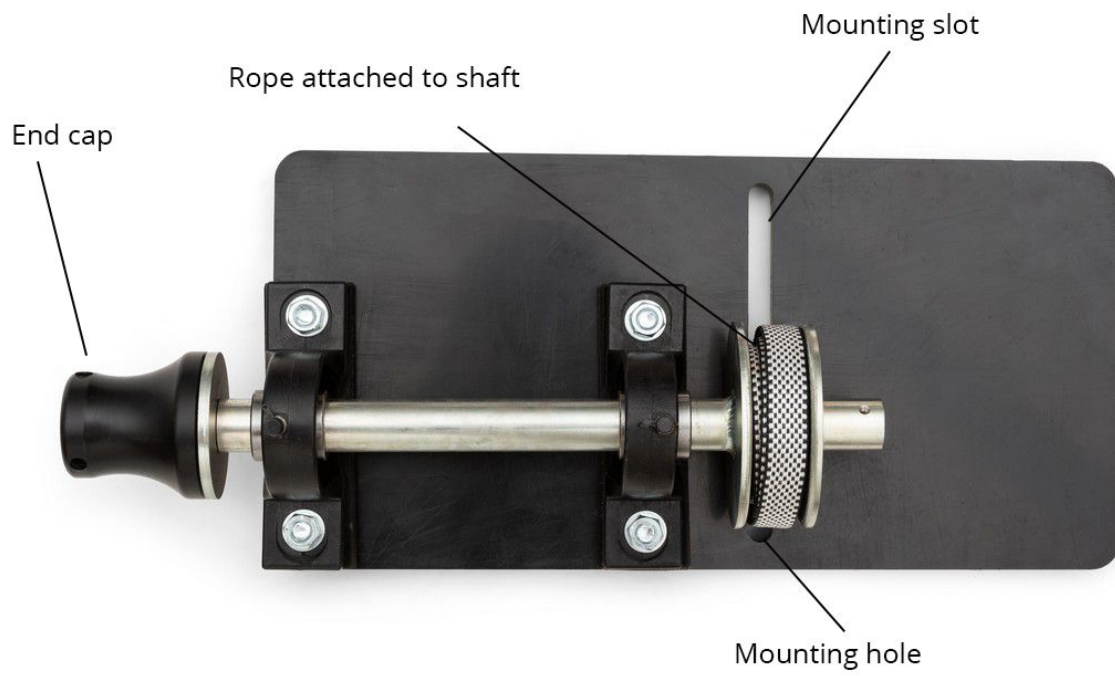
Medium flywheel (0.05 kg.m²) 3.5kg

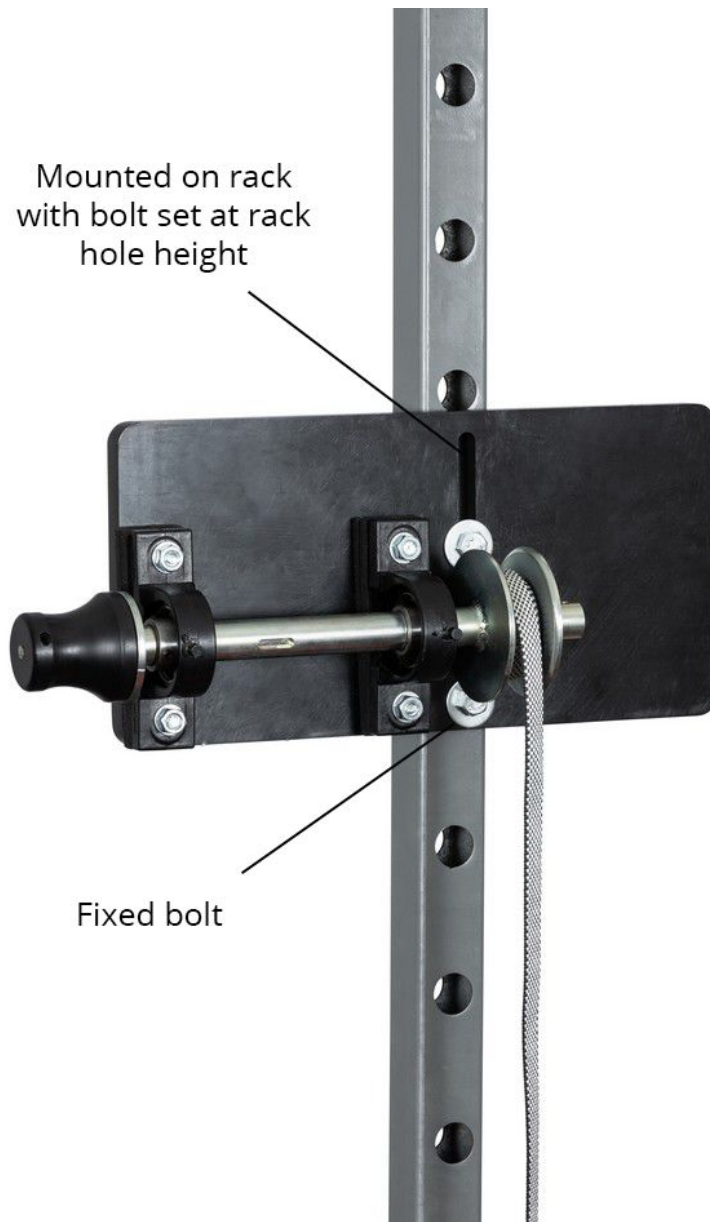
Small flywheel (0.025 kg.m²) 2.5kg

Max number of flywheels: 7 or 0.7kg.m²

Sensor - optional

Product Overview





Mounted with flywheel
attached



Introduction

Overview

The Exerfly Rack-Mount flywheel training equipment is a capable and compact piece of strength training equipment. Great for gym use due to its compact size and weight, and perfect for travelling athletes and sports teams when access to a gym is not an option. The Exerfly Rack-Mount can be quickly mounted to any Rack.

Using your muscles, you accelerate and decelerate flywheels on the Exerfly equipment to stimulate your muscles and nervous system, resulting in increased strength and muscle activation over time.

Attaching the Rack-Mount to a Gym Rack

Please see this video on how to attach to a Gym Rack.

<https://youtu.be/Uq0hJAvyZvk>

Additionally, if you need to use the plastic spacers because your gym rack has larger holes, then see the instructions below.

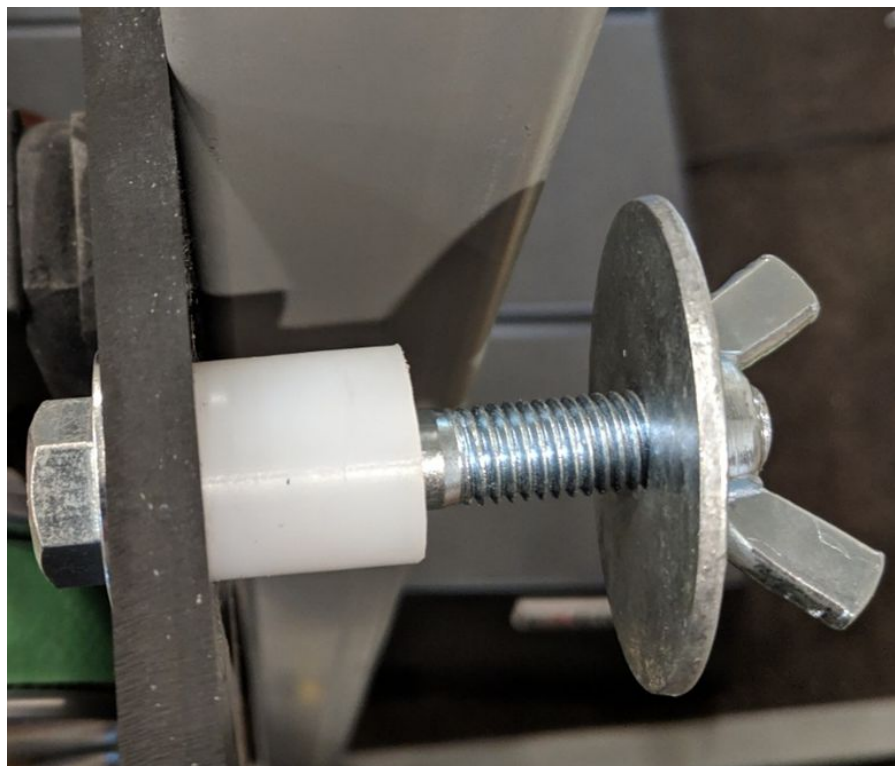
Bolts with plastic spacers



These fit into the back of the Rack-Mount board like so.



And are mounted on to a rack like below (with the bolt and spacer inside the rack obviously)



Flywheels

The flywheels are available in three sizes - small, medium and large. Small flywheels are easier to move and spin faster, whereas large flywheels are harder to move and spin slower but have more energy and momentum and are more difficult to stop.

You can stack the flywheels to make your workouts more difficult as you progress.

If you are first starting out with flywheel training, then start with smaller flywheels while you become familiar with the movements. Although, larger muscles like the leg muscles can handle extra resistance with larger flywheels.

Mounting and removing flywheels is easy, just unscrew the end cap and slot a flywheel on to the square shaft. Then screw the end cap on. You can optionally use the end cap tool to tighten or loosen the grip on the flywheels.

Features

Variable resistance

Since you are only using your muscles to accelerate and decelerate the flywheel(s), the more effort you put into moving the flywheel, the more it will provide resistance. If you put less effort in, the flywheel will resist less.

Every repetition is maximal, so exercising with flywheel equipment can be intense, but it results in more training efficiency and earlier strength and hypertrophy gains.

Eccentric loading

Your muscles are about 40% stronger in the eccentric phase (sometimes called negative phase) of a movement. This is when your muscles are undergoing lengthening. It's difficult to train your muscles eccentrically with traditional gym equipment because the weights always weigh the same and people tend to let the weights drop with gravity. Often a 2nd person is required to add force to the eccentric movement.

The benefits of eccentric training are well understood, and the Exerfly equipment makes it easy to train your muscles eccentrically. If you can speed up the movement in the concentric phase of a movement, you'll produce a lot of energy in the flywheel, and decelerate in a shorter amount of time, then you'll experience an eccentric overload.

Eccentric overload training is very beneficial but also very fatiguing, so you will likely exhibit muscle soreness over a few days if you are not used to it. This is called delayed onset muscle soreness (DOMS).

Mobility

The small size of the Exerfly Rack-Mount allows for a robust workout in a small area. It's quick to move around.

Range of exercises

One of the main features of the Exerfly Rack-Mount is it allows a large range of exercises at different intensities. Because the resistance is variable based on how many flywheels you use and how hard you pull, you can get a range of muscle stimulus to suit professional athletes and teams, or more pedestrian movements and rehab.

Noise reduction

Usage of the Exerfly Rack-Mount is virtually silent, so it's perfect for home or gym use. Additionally there's no need to constantly change weights, or risk dropping weights and making a lot of noise.

Usage

General

Ensure that you absorb all the energy when the rope is being pulled in, and come to a complete stop before pulling up again.

There are videos of many different exercises at

https://www.youtube.com/playlist?list=PLS1odDFP_iHpovIXZCD6cEJoN2rFo_ac9

Most gym attachments can be attached to the included carabiner.

Attaching the (optional) rope clamp

The rope clamp can be used to vary the length of the rope used instead of the person moving their position.

Slide the rope through the clamps of the rope clamp like so.



The clamp will grip and tighten when force is exerted, and loosen for length adjustment when there is no force.

This video shows how this works in more detail

<https://youtu.be/kigYqee621E>

Most available gym attachments can be used with the rope clamp.

Attaching Flywheels

Mounting and removing flywheels is easy, just unscrew the end cap and slot a flywheel on to the square shaft. Then screw the end cap on. You can optionally use the end cap tool to tighten or loosen the grip on the flywheels.

See https://youtu.be/kKc0exN_TLw for more details.

Stirrup grip

The Stirrup grip is a hand grip which can be attached to the rope clamp or carabiner for single arm workouts.



Long bar

The optional long bar can be used to assist with rotational movements and can be attached to the rope clamp or carabiner.



Accessories

Carabiner

Need to attach hand grip or other accessories when doing rotational or horizontal exercises, and when not using the rope clamp.



End cap tool

Used for tightening to loosen the end cap if needed.



Maintenance

Some moving parts may require periodic maintenance depending on the level of use.

Bearings

These are ceramic bearings so require little maintenance but a spray of WD-40/CRC or similar every 6 months can help with smooth running.

Webbing/rope

The rope is very strong and wear resistant, but over a long period of time you may see wear and tear. To replace the rope, please see the video at <https://youtu.be/uWLhM5tKcYA>

Rope Clamp

If after repeated use the rope clamp doesn't grip as much, use a few swipes with some light sandpaper on the rubber surface to restore it.

Support

Exerfly Sport technicians will attempt to rectify the defect by any methods available, such as Phone, Email, Instant Messaging, Video, service center and if needed, will ship a replacement or replacement part, subject to availability within a reasonable time after the buyer has contacted Exerfly Sport.

Warranty

The warranty on all Exerfly products is one year from purchase date.

Exceptions

Parts through normal wear and tear such as belts, webbing, non-slip surface and other parts subject to wear. Defects in coatings. Additionally, where the customer has misused or abused the product, repair or service was not done in accordance with Exerfly Sport instructions, OEM products were not used, use of the product continued after the defect was first noticed.

Support

Exerfly Sport technicians will attempt to rectify the defect by any methods available, such as Phone, Email, Instant Messaging, Video, service centre and if needed, will ship a replacement or replacement part, subject to availability within a reasonable time after the buyer has contacted Exerfly Sport.

Transportation

Customer will ship or bring the product to/from a local service centre at their expense and risk.

Limitation of liability

The customer is not entitled to compensation for personal injury or property damage.

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