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Yes4All BJK6

Yes4All Cable Machine Attachment Set Instruction Manual

Model: BJK6

Brand: Yes4All

INTRODUCTION

Thank you for choosing the Yes4All Cable Machine Attachment Set. This comprehensive set is designed to enhance your home gym experience by providing versatile tools for a wide range of exercises. Built with durable materials, these attachments are engineered for stable, long-term use and optimal training versatility.

PRODUCT OVERVIEW

This 4-piece combo cable attachment set includes:

- **1 x Tricep Rope Pull Down Attachment (27 inches):** Ideal for tricep pushdowns, face pulls, and hammer curls.
- **1 x Double D Handle Cable Attachment with Rubber Grips:** Perfect for seated rows, cable curls, and various pulling exercises.
- **1 x Straight Bar:** Versatile for bicep curls, tricep pushdowns, and lat pulldowns.
- **1 x V Bar:** Excellent for tricep pushdowns and close-grip seated rows.

Each attachment is designed with secure and comfortable grips, featuring ergonomic knurled handles or rubberized surfaces to prevent slipping and enhance control during workouts.

TRICEP PRESS DOWN CABLE MACHINE ATTACHMENT

Yes4All
BETTER QUALITY. LOWER PRICE.



Image: The complete Yes4All 4-piece cable machine attachment set, showcasing the tricep rope, double D handle, straight bar, and V bar.

SETUP

All attachments are designed for quick and easy connection to most cable machines, pulley systems, lat machines, and ab machines. Each attachment features a sturdy metal loop or hook for carabiner attachment.

1. Ensure your cable machine is stable and properly secured according to its own instruction manual.
2. Select the desired attachment for your exercise.
3. Attach the carabiner (if not integrated) to the attachment's loop and then to the cable machine's pulley system.
4. Verify that all connections are secure before beginning your workout.

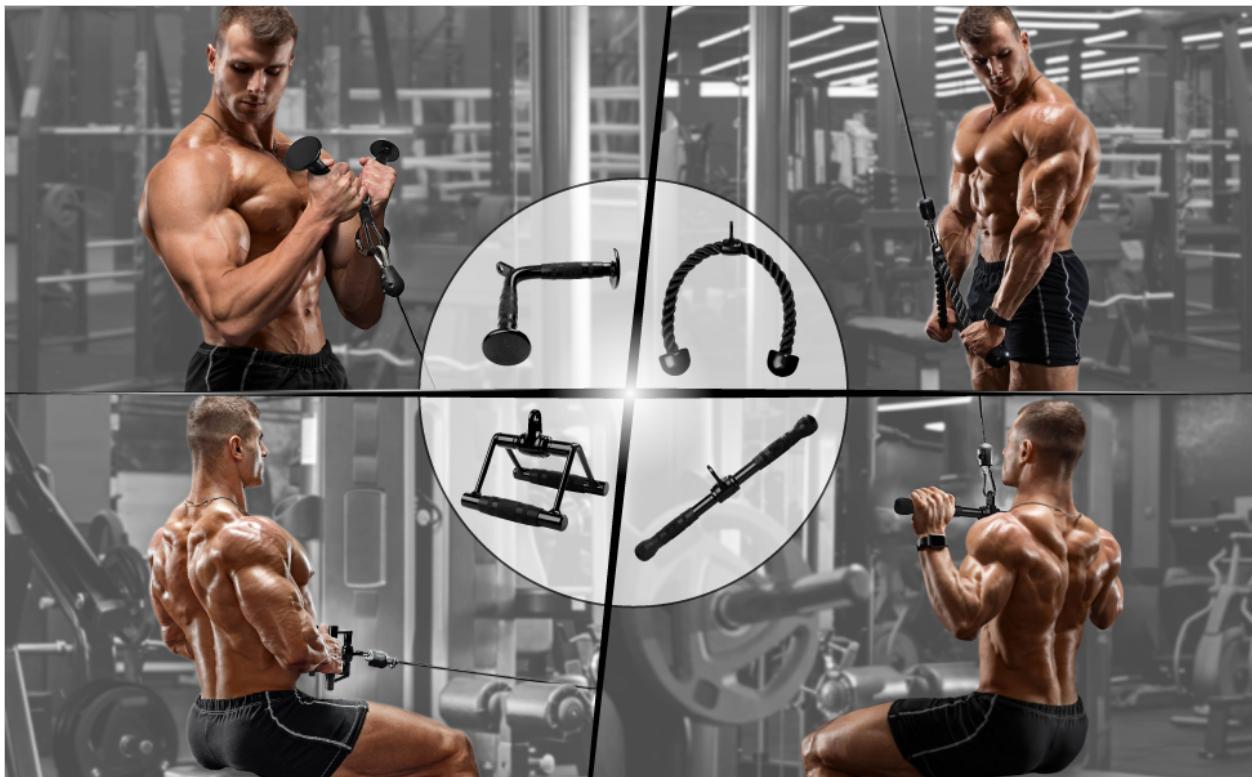


Image: A close-up view of a carabiner connecting a cable attachment to a gym machine, illustrating the secure attachment process.

OPERATING INSTRUCTIONS

These attachments support a wide array of upper body exercises. Always maintain proper form and control during your workouts.

Tricep Rope

- **Tricep Pushdowns:** Stand facing the cable machine, grasp the rope with a neutral grip, elbows tucked in. Extend your arms downwards, squeezing your triceps at the bottom.
- **Face Pulls:** Set the pulley to eye level. Grasp the rope with a neutral grip, pull towards your face, flaring elbows out. Focus on squeezing your upper back and rear deltoids.



Image: A man demonstrating tricep pushdowns using the tricep rope attachment, highlighting the muscle engagement in the triceps and biceps.

Video: An official Yes4All video demonstrating the proper use of the tricep rope attachment for various exercises, focusing on form and technique.

Double D Handle

- **Seated Cable Rows:** Sit on the bench, feet on footrests. Grasp the Double D handle with a neutral grip. Pull the handle towards your lower abdomen, squeezing your shoulder blades together.
- **Cable Curls:** Stand facing the machine, pulley set low. Grasp the handle with a neutral grip. Curl the handle upwards, focusing on bicep contraction.



Image: A man performing seated cable rows using the double D handle attachment, targeting back, lats, and shoulders.

Video: A seller video providing an honest review and demonstration of the Double D Handle for weight machines, showcasing its features and usage.

Straight Bar

- **Lat Pulldowns:** Sit on the lat pulldown machine, grasp the straight bar with an overhand grip. Pull the bar down towards your upper chest, squeezing your lats.
- **Bicep Curls:** Stand facing the machine, pulley set low. Grasp the straight bar with an underhand grip. Curl the bar upwards, keeping elbows tucked.

HUSTLE FOR THE MUSCLE



Image: A woman performing seated rows using a straight bar attachment on a cable machine, demonstrating proper form.

V Bar

- **Tricep Pushdowns:** Stand facing the cable machine, grasp the V bar with a neutral grip. Extend your arms downwards, focusing on tricep contraction.
- **Close-Grip Seated Rows:** Similar to Double D handle rows, but the V bar allows for a closer, more focused grip, targeting inner back muscles.



Image: A man performing tricep pushdowns using the V bar attachment, emphasizing the triceps workout.

Video: A seller video demonstrating tricep press downs using the cable attachment set, showing the versatility of the attachments.

MAINTENANCE

- **Cleaning:** Wipe down attachments with a damp cloth after each use to remove sweat and grime. For deeper cleaning, use a mild soap solution and dry thoroughly.
- **Inspection:** Regularly inspect all attachments for signs of wear, such as cracks, bends, or loose grips. Pay close attention to connection points and swivel mechanisms.
- **Storage:** Store attachments in a dry place away from extreme temperatures to prevent rust and material degradation.

TROUBLESHOOTING

- **Attachment feels loose:** Ensure the carabiner is fully closed and securely fastened to both the attachment and the cable machine.
- **Unusual noises during use:** Stop exercising immediately. Inspect the attachment and cable machine

for any obstructions or damage. Consult a professional if the issue persists.

- **Discomfort during exercise:** Re-evaluate your grip and body position. Ensure you are using proper form. If discomfort continues, reduce weight or consult a fitness professional.

SPECIFICATIONS

Brand	Yes4All
Model Name	Cable Attachments
Part Number	BJK6
Material	Alloy Steel, Nylon, Plastic, Polypropylene (PP)
Maximum Weight Recommendation	880 Pounds
Item Weight	16 ounces
Item Package Dimensions L x W x H	17.24 x 10.31 x 5.51 inches
UPC	810073383531

WARRANTY & SUPPORT

Yes4All offers a **1-year warranty** on this product. Additionally, a **30-day return policy** is available. For further support, product information, or to explore other fitness products, please visit the official Yes4All store:

[Visit the Yes4All Store](#)