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> Mikolo CC08 Cable Crossover Machine Instruction Manual

Mikolo CC08

Mikolo CC08 Cable Crossover Machine Instruction Manual

Model: CC08 | Brand: Mikolo

1. INTRODUCTION

This manual provides essential information for the safe assembly, operation, and maintenance of your Mikolo CC08 Cable Crossover Machine. Please read all instructions carefully before use to ensure proper function and to prevent injury. Keep this manual for future reference.

Product Features:

- **Stability and Compact Design:** Designed for home gyms, occupying approximately 20 sq.ft. Constructed with 50mm x 50mm 16 gauge steel, supporting a weight capacity of 350 lbs. Dimensions: 52 x 56 x 82 inches (L x W x H).
- **Ultra-Smooth Pulley System:** Features high-quality pulleys with 17 adjustable height positions on each side. Includes 4 rolling bearings on the weight holder for smoother and quieter operation.
- **High Storage Capacity:** Equipped with a top bar hook and 3 storage hooks for organizing attachments. Two weight storage poles provide accessible plate storage and enhance stability.
- **Versatile Attachments:** Includes a Lat Pulldown Bar, Row Bar, and two Strap Cable Handles for full-body workouts, including pull-ups, lat pulldowns, and low pulley exercises.

2. SAFETY INFORMATION

Always consult with a healthcare professional before starting any new exercise program. Ensure all components are securely fastened before each use. Do not exceed the maximum weight capacity of 350 lbs. Keep children and pets away from the equipment during operation. Inspect cables and pulleys regularly for wear and tear.

3. SETUP AND ASSEMBLY

The Mikolo CC08 Cable Crossover Machine requires assembly. Please follow the detailed instructions provided in the included instruction manual. Ensure all parts are present and undamaged before beginning assembly.

Your browser does not support the video tag.

Video: Mikolo CC08 Cable Fly Machine Assembly Guide. This video provides a visual guide for assembling your cable crossover machine.

Key Assembly Steps:

1. Unpack all components and verify against the parts list.
2. Assemble the main frame structure, ensuring all bolts are tightened securely.
3. Install the pulley system, carefully routing the cables as shown in the diagram.
4. Attach the multi-grip pull-up bar and storage hooks.
5. Place weight storage poles and ensure they are stable.



Image: Overview of the Mikolo Cable Crossover Machine components, highlighting the Lat Bar Storage Hooks, Multi Grip Pull Up Bar, Lat Pull System, Adjustable Side Pulleys, Multi-Functional Storage Hooks, Weight Pegs, Weight Storage Pins, and Low Pulley.

4. OPERATING INSTRUCTIONS

The Mikolo CC08 Cable Crossover Machine offers a wide range of exercises. Adjust the pulley height and select appropriate attachments for your desired workout.

Adjusting Pulley Positions:

Each side pulley features 17 adjustable height positions. To adjust, pull the pin, slide the pulley bracket to the desired height, and release the pin to lock it into place. Ensure the pin is fully engaged before applying weight.

UPGRADED PULLEY ATTACHMENT

QUIETER AND SMOOTHER



Image: Detail of the upgraded pulley attachment, illustrating the 17 height adjustable positions for versatile exercise options.

Using the High and Low Pulley System:

The machine includes both high and low pulley systems. The high pulley is ideal for exercises like lat pulldowns and triceps pushdowns. The low pulley is suitable for seated cable rows, bicep curls, and glute kickbacks.



Image: Demonstrating exercises using the high pulley for lat pulldowns and the low pulley for seated cable rows.

Sample Exercises:

- **Lat Pulldowns:** Attach the lat pulldown bar to the high pulley. Sit on a bench or the floor, grasp the bar with a wide grip, and pull down to your upper chest.
- **Seated Cable Rows:** Attach the row bar to the low pulley. Sit on the floor with feet braced, grasp the bar, and pull towards your abdomen.
- **Cable Flies:** Attach strap handles to the side pulleys at chest height. Stand in the center, grasp handles, and bring them together in front of your chest.
- **Bicep Curls:** Attach a strap handle or bar to the low pulley. Stand facing the machine, grasp the handle, and curl upwards.
- **Triceps Pushdowns:** Attach a strap handle or rope to the high pulley. Stand facing the machine, grasp the handle, and push downwards.

Your browser does not support the video tag.

Video: Mikolo CC08 Cable Crossover Machine in Use. This video demonstrates various exercises and the machine's functionality.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Mikolo CC08 Cable Crossover Machine.

- **Daily:** Wipe down the machine with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all cables, pulleys, and connection points for any signs of wear, fraying, or loosening. Tighten any loose bolts.
- **Monthly:** Lubricate moving parts, such as pulley axles, with a silicone-based lubricant to ensure smooth operation.
- **Storage:** Utilize the integrated storage hooks for attachments and weight plate storage poles to keep your workout area tidy and prevent tripping hazards.



Image: Storage features of the machine, including upper hooks, multiple storage hooks, and weight plate storage.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Cables feel stiff or noisy	Lack of lubrication, debris in pulleys, worn cables.	Apply silicone lubricant to pulley axles. Clean pulleys. Inspect cables for damage; replace if necessary.
Machine feels unstable	Loose bolts, uneven surface.	Check and tighten all assembly bolts. Ensure the machine is on a flat, stable surface.
Difficulty adjusting pulley height	Pin not fully disengaged, mechanism dirty.	Ensure the adjustment pin is pulled out completely. Clean the adjustment mechanism.

If you encounter issues not listed here or require further assistance, please contact Mikolo customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	Mikolo
Model	CC08
Item Weight	154 Pounds
Product Dimensions (L x W x H)	52"D x 56"W x 82"H
Material	Alloy Steel
Color	RED
Maximum Weight Recommendation	350 Pounds
Pulley Adjustment Positions	17 per side
Included Components	Cable machine, instruction manual, Lat pull-down Bar, Row Bar, 2*Strap Cable Handles

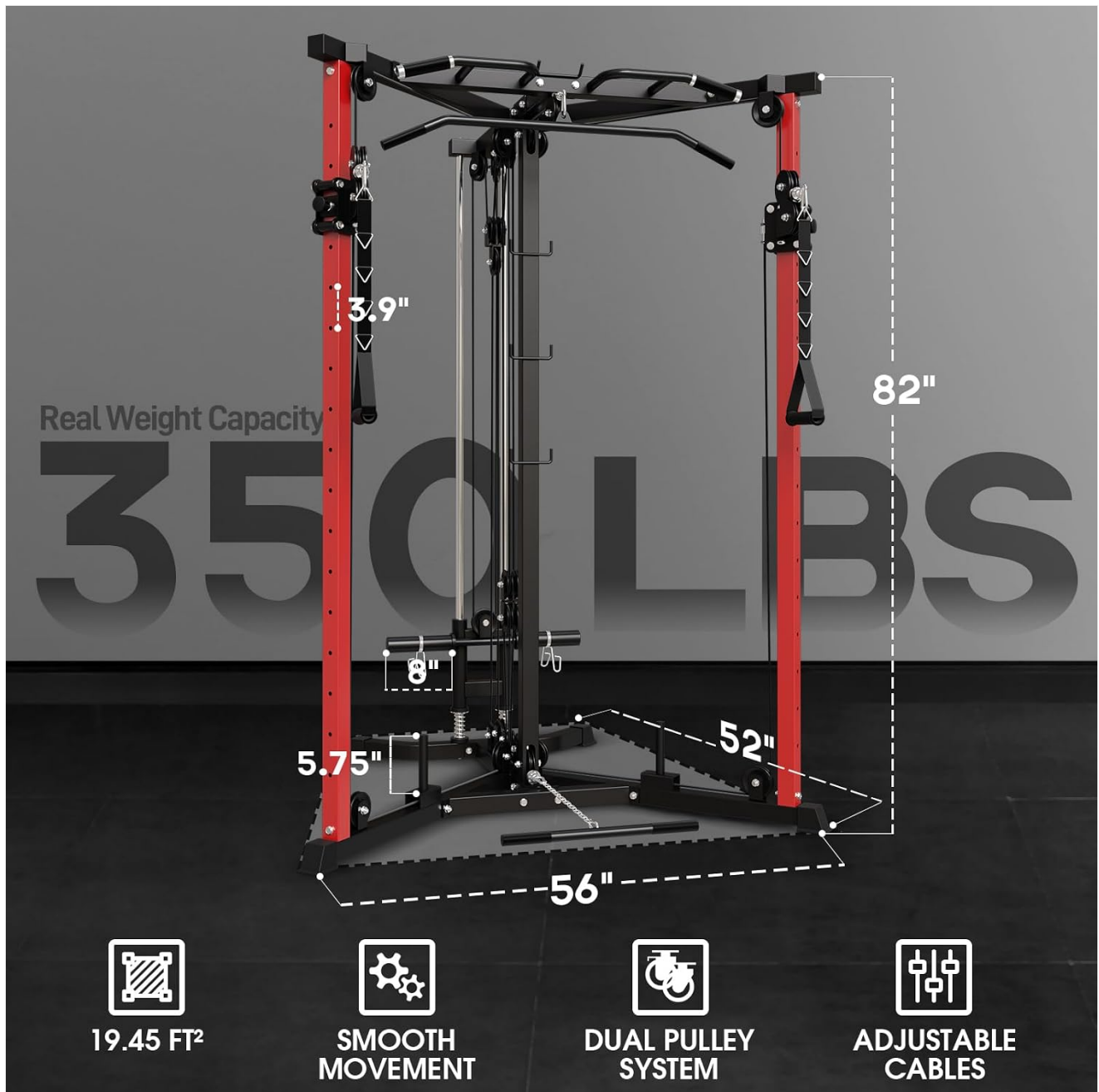


Image: Product dimensions and weight capacity of the Mikolo Cable Crossover Machine.

8. WARRANTY AND SUPPORT

Warranty Information:

The Mikolo CC08 Cable Crossover Machine comes with a **2-year warranty**. This warranty covers manufacturing defects and replacement parts. For specific terms and conditions, please refer to the warranty documentation included with your product.


Customer Support:

For any questions, concerns, or assistance with your product, please contact Mikolo customer support. Our team is available to help with installation, troubleshooting, and parts replacement.

- **Fast Shipping:** Products may arrive in multiple packages; delivery times may vary slightly.
- **Installation Support:** Detailed paper instructions and a step-by-step 3D video guide are available.
- **24/7 Support:** Our expert team aims to respond within 24 hours.


- **Replacement Parts:** If quality issues arise, affected parts will be replaced within 2 years.

WE ARE HERE TO HELP




Fast Shipping

Some products may arrive in multiple packages, so **delivery times might vary slightly**. Rest assured, we'll keep you informed every step of the way.




Installation Made Easy

Each product comes with detailed **paper instructions** and a step-by-step **3D video guide** available online. We've got you covered!



Mikolo Support

Our expert team is here to help! Count on us to respond **within 24 hours** with the best solution tailored to your needs.



2 Years Replacement Parts

We've got your back! If any quality issues arise, we'll **replace the affected parts within 2 years**-no hassle, no worries.

Image: Overview of Mikolo's customer support and warranty services.