

SPORTNOW A91-269V00BK

SPORTNOW Wall-Mounted Dual Pulley Cable Machine

Model: A91-269V00BK

1. INTRODUCTION

Thank you for choosing the SPORTNOW Wall-Mounted Dual Pulley Cable Machine. This equipment is designed to optimize your upper body training with adjustable pulley systems, allowing for a wide range of bilateral and unilateral exercises. Constructed from robust, premium-quality steel, this machine is built to help you achieve your fitness goals effectively and safely within your home gym environment.

Please read this instruction manual thoroughly before assembly and use to ensure proper installation, safe operation, and optimal performance of your new fitness equipment. Keep this manual for future reference.

2. SAFETY INFORMATION

Your safety is paramount. Adhere to the following safety guidelines:

- Consult a physician before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use. Regularly inspect the machine for wear and tear, especially cables and pulleys.
- Mount the machine only on a solid, load-bearing wall capable of supporting the equipment's weight and the maximum recommended load (120 kg). Professional installation is recommended.
- Keep children and pets away from the equipment during use.
- Use the machine only for its intended purpose as described in this manual.
- Wear appropriate athletic attire and footwear.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- Do not exceed the maximum recommended counterweight of 50 kg per side (100 kg total) or the maximum recommended user load of 120 kg.

3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Main frame components
- Dual pulley system

- Weight plate adapters (compatible with 1" / 2.5 cm opening plates)
- Hand strap(s)
- Assembly hardware (bolts, nuts, washers)
- Instruction Manual (this document)

If any parts are missing or damaged, do not proceed with assembly. Contact customer support for assistance.

4. ASSEMBLY AND SETUP

Follow these steps carefully for proper assembly. It is recommended to have at least two people for installation due to the size and weight of the components.

4.1 Wall Mounting

The SPORTNOW cable machine requires secure wall mounting for stability and safety. The unit must be fixed to a solid wall at both the top and bottom sections.

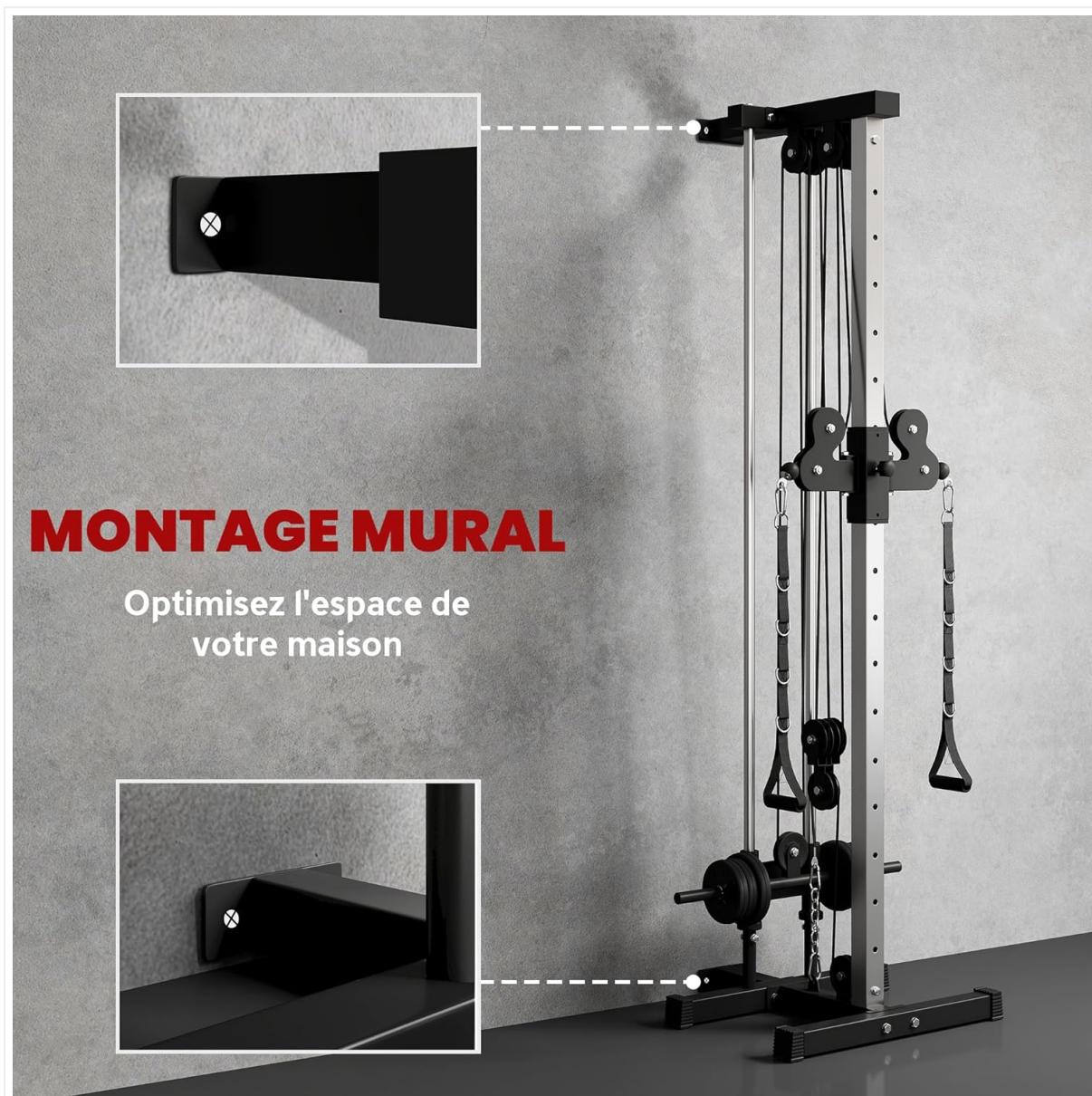


Image: Wall mounting points for secure installation.

1. Choose a suitable location on a solid, load-bearing wall. Avoid drywall or plasterboard without proper reinforcement.

2. Assemble the main frame components according to the detailed diagrams in the included assembly guide.
3. Position the assembled frame against the wall at the desired height. Mark the drilling points for the top and bottom wall brackets.
4. Drill pilot holes using an appropriate drill bit for your wall type (e.g., concrete, brick).
5. Securely fasten the top and bottom wall brackets to the wall using suitable anchors and screws (not included, as wall types vary).
6. Attach the main frame to the installed wall brackets. Ensure all connections are tight and stable.

4.2 Cable and Pulley System Setup

Route the cables through the pulley system as illustrated in the assembly guide. Ensure cables are not twisted or frayed. The dual pulley system allows for smooth operation and a wide range of motion.

5. OPERATING INSTRUCTIONS

The SPORTNOW cable machine offers versatility for a full-body workout, particularly targeting the upper body.

5.1 Adjusting Pulley Positions

The machine features 15 adjustable pulley positions, allowing you to customize the angle and height of resistance for various exercises and target specific muscle groups.



MÉCANISME DE POULIE RÉGLABLE À 15 POSITIONS

Offre une large gamme d'exercices musculaires

Image: Adjustable pulley mechanism with 15 positions.

1. To adjust the pulley height, locate the adjustment pin on the side of the main column.
2. Pull the pin out, slide the pulley mechanism to the desired height (between 25 cm and 165 cm), and release the pin to lock it into one of the 15 positions.
3. Ensure the pin is fully engaged before attaching any weight or beginning an exercise.

5.2 Loading Weight Plates

The machine is equipped with weight plate bars compatible with 1" (2.5 cm) opening weight plates. You can load up to 50 kg per side, totaling 100 kg.

INTENSITÉ D'ENTRAÎNEMENT PERSONNALISABLE



Max **50kg** for a side, **100kg** in total



Image: Weight plate loading mechanism.

1. Slide standard 1" (2.5 cm) opening weight plates onto the weight bars located at the bottom of the machine.
2. Secure the weight plates with the provided collars or clips to prevent them from sliding off during exercise.
3. Do not exceed the maximum recommended counterweight of 50 kg per side.

5.3 Exercise Options

The dual pulley system allows for a wide variety of exercises targeting your back, arms, shoulders, and chest. Examples include:

OPTIONS MULTI-EXERCICES



Image: Multi-exercise options with the cable machine.

- **Lat Pulldowns:** Attach a bar or handles to the high pulley.
- **Chest Presses/Flys:** Adjust pulleys to mid-height for chest exercises.
- **Bicep Curls/Tricep Extensions:** Use handles at various heights.
- **Shoulder Raises:** Perform front raises, lateral raises, or rear delt flys.
- **Rows:** Use the low pulley for seated rows.

Always maintain proper form and control throughout each exercise. Start with lighter weights to familiarize yourself with the movements.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your SPORTNOW cable machine.

- **Daily:** Wipe down the machine with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all cables for signs of fraying, kinks, or wear. Check pulleys for smooth rotation.
- **Monthly:** Verify that all bolts, nuts, and connections are tight. Lubricate moving parts (e.g., pulley axles) with a silicone-based lubricant if necessary.
- **Annually:** Conduct a thorough inspection of the entire machine, including the wall mounting, for any structural damage or excessive wear. Replace any worn or damaged parts immediately.

7. TROUBLESHOOTING

If you encounter issues with your cable machine, refer to the following common troubleshooting tips:

- **Cables not moving smoothly:** Check for obstructions in the pulley path. Ensure cables are properly routed and not twisted. Lubricate pulleys if needed.
- **Machine feels unstable:** Re-check all wall mounting bolts and frame connections. Ensure the wall itself is structurally sound.
- **Excessive noise during operation:** Inspect pulleys for debris or damage. Lubricate moving parts. Ensure weight plates are securely loaded and not rattling.
- **Adjustment pin not locking:** Ensure the adjustment holes are clear of debris. Wiggle the pulley mechanism slightly while inserting the pin to help it align.

For issues not resolved by these steps, contact customer support.

8. SPECIFICATIONS

Detailed specifications for the SPORTNOW Wall-Mounted Dual Pulley Cable Machine:

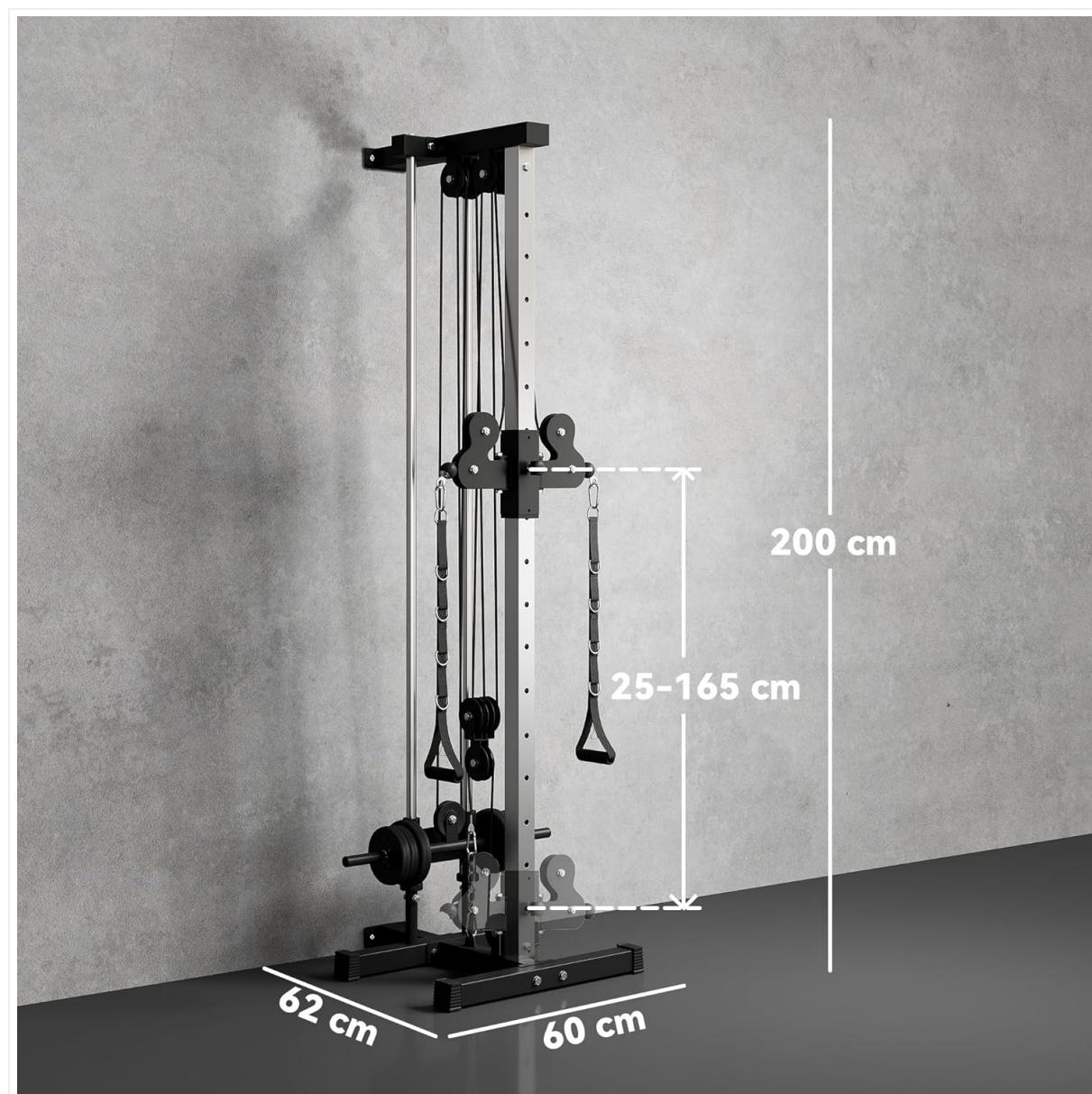


Image: Product dimensions diagram.

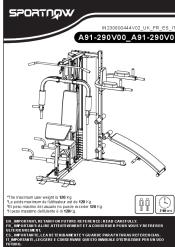
Feature	Specification
Model Number	A91-269V00BK
Color	Black
Material	Alloy Steel
Overall Dimensions (L x W x H)	62 cm x 60 cm x 200 cm
Pulley Height Adjustment Range	25 cm - 165 cm (15 positions)
Max. Recommended Counterweight	50 kg per side (100 kg total)
Max. Recommended User Load	120 kg
Weight Plate Compatibility	1" (2.5 cm) opening
Net Product Weight	27 kg
Included Components	Manual, Hand Strap

9. WARRANTY AND SUPPORT

For warranty information, please refer to the terms and conditions provided at the point of purchase or contact your retailer. If you require technical assistance, replacement parts, or have any questions regarding your SPORTNOW Wall-Mounted Dual Pulley Cable Machine, please contact SPORTNOW customer support through the contact information provided with your purchase or on the official SPORTNOW website.

Related Documents - A91-269V00BK

	<p>SPORTNOW Kettlebell User Safety and Usage Guide</p> <p>Essential safety warnings, usage instructions, and contact details for SPORTNOW Kettlebells (Models A91-340V00, A91-340V01, A91-340V02, A91-340V03). Learn how to use your kettlebell safely.</p>
	<p>SPORTNOW Weight Plates: Safety, Usage, and Product Information</p> <p>Official product information for SPORTNOW weight plates, including safety warnings, usage guidelines, warm-up advice, and product specifications (SKU, weight). Learn how to use your weight plates safely and effectively.</p>

	<p>SPORTNOW Multi Gym A91-290V00/A91-290V01 User Manual and Safety Guide</p> <p>Comprehensive safety instructions, assembly guidance, usage tips, and maintenance information for the SPORTNOW Multi Gym models A91-290V00 and A91-290V01. Includes important warnings for safe operation.</p>
	<p>SPORTNOW Pull-up Bar User Manual & Assembly Instructions (A91-352V00/A91-352V01)</p> <p>Comprehensive user manual and assembly guide for the SPORTNOW Doorway Pull-up Bar (Models A91-352V00, A91-352V01). Includes installation steps, safety precautions, and load capacity reference.</p>
	<p>Sportnow A91-383V00 Weight Bench User Manual</p> <p>This manual provides instructions and safety information for the Sportnow A91-383V00 weight bench. It covers assembly, usage, cleaning, and maintenance, along with important warnings for users.</p>
	<p>SPORTNOW A91-378V00: Third Generation Smart Music Boxing Target Instruction Manual</p> <p>This manual provides detailed instructions for the SPORTNOW A91-378V00 Third Generation Smart Music Boxing Target, covering product description, installation, troubleshooting, usage, and precautions.</p>