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ROBORE SSCT

ROBORE Home Gym System SSCT Instruction Manual

Model: SSCT | Brand: ROBORE

INTRODUCTION

This manual provides essential information for the safe and effective assembly, operation, and maintenance of your ROBORE Home Gym System SSCT. Please read all instructions carefully before using the product to ensure proper function and user safety. Keep this manual for future reference.

IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is imperative to follow these safety guidelines to prevent injury and ensure the longevity of your equipment.

- Read all instructions in this manual before assembly and use.
- Keep children and pets away from the equipment during use.
- Place the equipment on a solid, level surface with adequate clearance around it.
- Inspect the equipment for worn or loose parts before each use. Do not use if any components are damaged.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight of 300 pounds.
- Ensure all pins, bolts, and fasteners are securely tightened before and during workouts.
- Perform exercises slowly and in a controlled manner. Avoid sudden, jerky movements.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

PACKAGE CONTENTS

Your ROBORE Home Gym System is shipped in four separate packages. Please ensure all parts are present before beginning assembly. Refer to the detailed parts list provided in the assembly instructions.



Image: Illustration showing four separate packages for the home gym system, indicating they may arrive at different times.

ASSEMBLY INSTRUCTIONS

Assembly requires careful attention to detail. It is recommended to have a second person assist with assembly. All necessary tools are included, but using your own sockets/ratchets may expedite the process. Follow the steps below and refer to the official installation video for visual guidance.

Official Installation Video

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Video: Step-by-step guide for assembling the ROBORE Home Gym System. This video demonstrates the correct procedure for connecting components and routing cables.

Key Assembly Steps:

- 1. Base Frame Assembly:** Connect the bottom tubes and rear bottom pipe using the specified bolts and gaskets. Ensure the pulley block is correctly installed.
- 2. Upright Support Installation:** Attach the backrest tube to the base frame, securing it with bolts, gaskets, and pulley blocks as indicated.
- 3. Stabilizer Bar Attachment:** Secure the left and right reinforcement tubes to the main frame using hexagon bolts, flat gaskets, and lock nuts.
- 4. Guide Rods Installation:** Insert the guide rods into their designated positions on the base frame.
- 5. Weight Stack Assembly:** Carefully place the weight pieces, weight selection sheet, and cushions onto the guide rods.
- 6. Selector Rod Placement:** Insert the selector rod into the weight stack.
- 7. Top Beam and Pulley System:** Attach the top beam pipe and protective cover fixing plates. Install the connection pieces and ensure all pulleys are correctly positioned.
- 8. Front Riser and Connecting Pipe:** Assemble the front riser and connecting pipe, securing them with bolts and gaskets.
- 9. Fixed Pulley Plate and Limit Tube:** Install the fixed pulley plate and longmen frame limit tube.
- 10. Kicking Tube Installation:** Attach the kicking tube to its designated position.
- 11. Longmen Frame Pipe and Fixed Shaft:** Assemble the longmen frame pipe and fixed shaft, ensuring all components are secure.
- 12. Butterfly Arm Assembly:** Attach the left and right butterfly arm tubes, along with the butterfly arm rotation axis.
- 13. Foam Column Installation:** Slide the foam columns onto the appropriate bars for padding.
- 14. Hand Tube Attachment:** Secure the hand tubes to the butterfly arms.

15. **Backing Pad Installation:** Attach the backing pad to the main frame.
16. **Seat Cushion Assembly:** Install the seat cushion and seat cushion tube.
17. **Elbow Pad Installation:** Attach the elbow pad and elbow pad tube.
18. **Wire Rope 2 (Upper Pulley System):** Route Wire Rope 2 through the fixed pulley system as shown in the diagram.
19. **Wire Rope 1 (Lower Pulley System):** Route Wire Rope 1 through the moving pulley U-group as shown.
20. **Final Wire Rope 2 Connection:** Connect the remaining end of Wire Rope 2.
21. **Foam Tubes and Columns:** Install the remaining foam tubes and columns.
22. **Mesh Guard Installation:** Attach the mesh shaped stamping parts and mesh fabric to enclose the weight stack for safety.
23. **Accessory Attachment:** Connect the high pull tube, ball head pin, hulu hook, low pull tube group, chain buckle, and abdominal muscle band as needed for various exercises.

OPERATING INSTRUCTIONS

The ROBORE Home Gym System offers a variety of exercises for a full-body workout. Adjust the weight stack and machine components to suit your fitness level and target muscle groups.

Adjusting the Weight Stack

To adjust the resistance, insert the selector rod into the desired weight plate in the stack. The system features a 160 lb weight stack with 12 plates, each weighing 14 lbs, offering adaptive resistance.

Build Strength at Your Own Pace

14-Level Adjustable Weight Stack
(up to 160 lbs)



Image: Detailed view of the 160LB weight stack, showing the selector pin used to choose the desired weight for exercises.

Performing Exercises

The system supports a wide range of exercises. Here are some examples:

Chest Press & Butterfly Exercise

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Video: Demonstrates various exercises including chest press, butterfly exercise, lat pulldown, bicep curl, leg extension, seated rowing, and core training using the ROBORE Home Gym System.

- **Chest Press:** Sit on the seat, grasp the handles, and push forward to engage chest muscles.
- **Butterfly Exercise:** Adjust the arms to the butterfly position, sit, and bring the arms together in a controlled motion.

Lat Pulldown & Seated Rowing

- **Lat Pulldown:** Use the upper pulley with the lat bar. Sit facing the machine, grasp the bar, and pull down towards your chest.
- **Seated Rowing:** Use the lower pulley with the rowing bar. Sit on the floor or bench, brace your feet, and pull the bar towards

your abdomen.

Leg Extension & Bicep Curl

- **Leg Extension:** Sit on the seat, place your shins behind the leg pads, and extend your legs upwards.
- **Bicep Curl:** Use the lower pulley with a curl bar or handle. Stand or sit, and curl the weight upwards towards your shoulders.

For a comprehensive list of exercises and proper form, consult a certified fitness professional or additional exercise guides.

MAINTENANCE

Regular maintenance ensures the safety and longevity of your ROBORE Home Gym System.

- **Daily:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all cables, pulleys, and connections for signs of wear, fraying, or looseness. Tighten any loose bolts or nuts.
- **Monthly:** Lubricate moving parts, such as guide rods and pulley axles, with a silicone-based lubricant to ensure smooth operation.
- **Annually:** Have a thorough inspection performed by a qualified technician if you notice any significant issues or unusual noises.

TROUBLESHOOTING

If you encounter issues with your home gym system, refer to the following common solutions:

- **Squeaking or Grinding Noises:**
 - Check for loose bolts and tighten them.
 - Lubricate pulleys and guide rods.
 - Inspect cables for fraying or damage; replace if necessary.
- **Cable Snagging or Sticking:**
 - Ensure cables are properly routed through all pulleys and not rubbing against any frame parts.
 - Check pulleys for obstructions or damage.
 - Lubricate cables and pulleys.
- **Weight Plates Not Moving Smoothly:**
 - Ensure the selector rod is fully inserted into the desired weight plate.
 - Clean and lubricate the guide rods.
 - Check for any debris between the weight plates.
- **Missing or Damaged Parts:** If you received your product with missing or damaged parts, please contact customer support immediately for assistance.

SPECIFICATIONS

Brand	ROBORE
Model	SSCT
Item Weight	220 Pounds

Product Dimensions (D x W x H)	66"D x 38"W x 66"H
Color	Black
Material	Alloy Steel
Tension Supported	160 lbs
Maximum Weight Recommendation	300 Pounds
Included Components	All parts
UPC	797445262550

WARRANTY AND SUPPORT

Your ROBORE Home Gym System comes with a return policy allowing for a refund or replacement within 30 days. For specific warranty details, please refer to the warranty description provided with your product or contact ROBORE customer support. If you have any concerns regarding shipping, parts, product usage, installation, or maintenance, ROBORE customer support is available to provide customized solutions. Please reach out to them for assistance.



Image: ROBORE support information, highlighting commitment to quality, shipping, and customer service.

