JELENS RC01

JELENS RC01 Cable Machine User Manual

Model: RC01

1. Important Safety Information

Before operating the JELENS RC01 Cable Machine, please read and understand all instructions in this manual. Failure to follow these instructions may result in serious injury or property damage. Keep this manual for future reference.

- **Consult a Physician:** Before starting any exercise program, consult with a healthcare professional to ensure it is appropriate for your physical condition.
- **Proper Installation:** Ensure the machine is securely mounted to a solid masonry wall or compatible power rack as per installation instructions. Improper installation can lead to instability and injury.
- **Inspect Before Use:** Always inspect the machine, cables, pulleys, and attachments for wear, damage, or loose components before each use. Do not use if any part is damaged.
- **Weight Capacity:** Do not exceed the maximum recommended weight capacity of 730 lbs for dynamic load. The maximum weight recommendation for the weight plates is 86.9 pounds.
- **Children and Pets:** Keep children and pets away from the equipment during operation. This machine is not a toy.
- **Proper Form:** Use proper exercise form to prevent injury. If you experience pain or discomfort, stop immediately.
- **Clearance:** Ensure adequate clear space around the machine during use to prevent collisions.
- **Maintenance:** Perform regular maintenance as described in this manual to ensure safe and optimal performance.

2. Product Overview

The JELENS RC01 Cable Machine is a versatile 2-in-1 home gym equipment designed for both strength training and rowing. It features 16 adjustable pulley positions, a 1:1 resistance ratio, and a foldable design for compact storage. This machine allows for a wide range of exercises including lat pulldowns, rows, curls, and more.



Figure 2.1: Main view of the JELENS RC01 Cable Machine, showcasing its compact and functional design.



Figure 2.2: Key features of the RC01 machine, highlighting the extended handle, sturdy foot pedal, thickened sliding seat cushion, silent and smooth cable system, favorable tilt angle for storage, and foldable design for space-saving.

3. Package Contents

Carefully unpack all components and verify that all items listed below are present and undamaged. If any parts are missing or damaged, do not proceed with assembly and contact customer support.

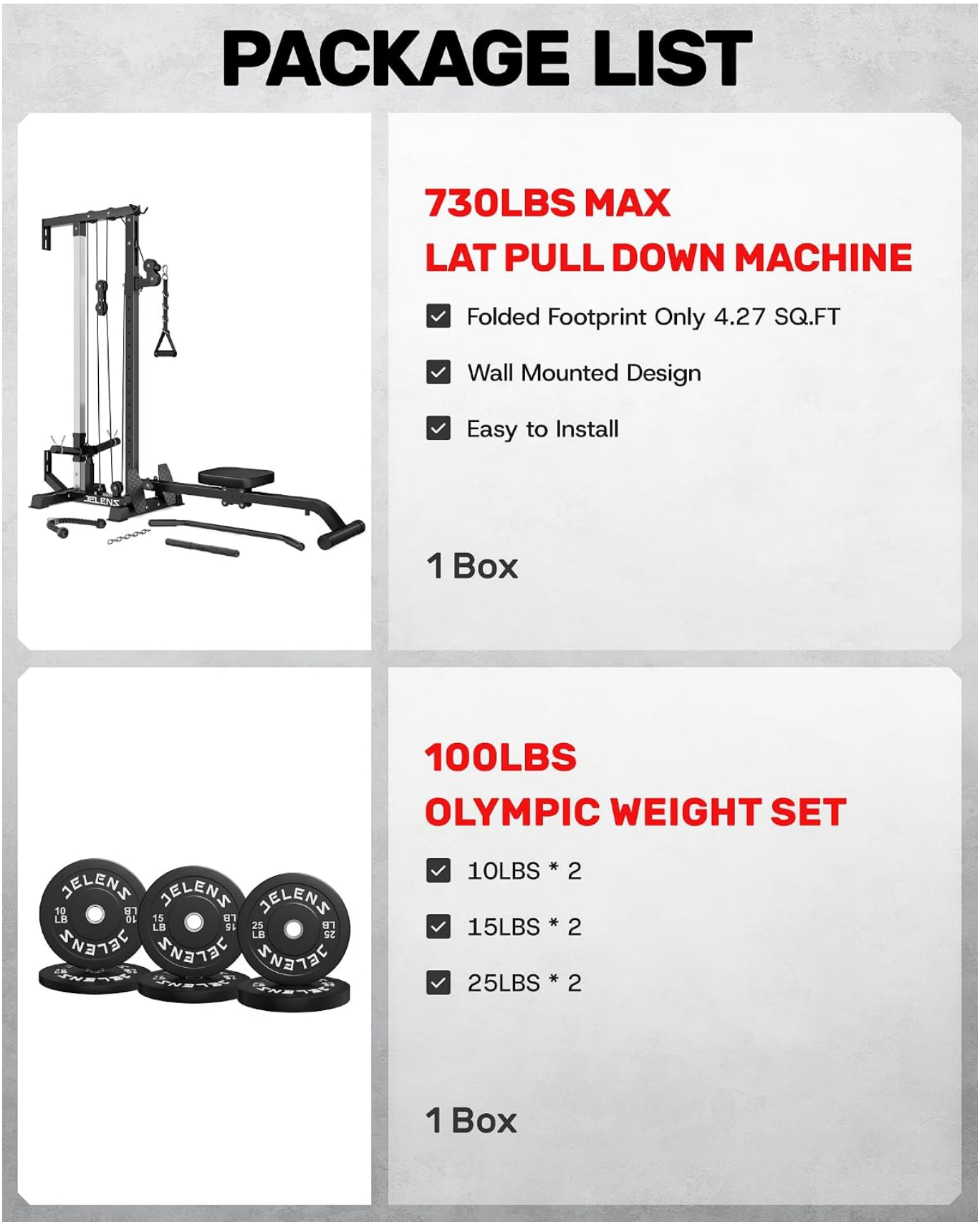


Figure 3.1: Visual representation of the package contents, including the main cable machine unit and the 100LB Olympic weight set.

Included Components:

- JELENS RC01 Cable Machine (main unit)
- Lat Pulldown Bar
- Straight Bar
- Triceps Rope

- Single D-handle (2 units)
- Extension Chain
- Carabiners
- 2-inch Olympic Spring Collars
- Masonry Expansion Bolts (for wall mounting)
- User Manual



Figure 3.2: Various attachments provided with the machine, including a lat pulldown bar, D-ring handles, cable bar, snaps, barbell clips,

and a tricep rope, enhancing exercise versatility.

4. Setup and Installation

The JELENS RC01 Cable Machine is designed for wall mounting or attachment to a compatible power rack. Proper installation is critical for safety and performance. Refer to the detailed instructions in the included user manual for step-by-step assembly.

4.1 Site Selection

- Choose a solid masonry wall or a sturdy power rack capable of supporting the machine's weight and dynamic load (up to 730 lbs).
- Ensure sufficient clearance around the machine for full range of motion during exercises and for safe operation.

4.2 Wall Mounting

Use the provided masonry expansion bolts for secure wall mounting. If mounting to a power rack, ensure compatibility and use appropriate hardware (not included unless specified).

1. Mark the drilling points on the wall according to the machine's mounting plate dimensions.
2. Drill holes of the appropriate size and depth for the masonry expansion bolts.
3. Securely attach the machine's mounting plate to the wall using the expansion bolts. Ensure all bolts are tightened to specification.
4. Verify the machine is stable and level before proceeding with further assembly.

4.3 Assembly Steps

Follow the detailed assembly diagrams and instructions provided in the separate user manual included in your package. This typically involves:

- Attaching the main frame components.
- Installing the pulley system and cables.
- Assembling the rowing seat and rail.
- Attaching the weight plate holder.

Ensure all bolts and fasteners are securely tightened. Double-check all connections before first use.



Figure 4.1: The JELENS RC01 Cable Machine fully installed and folded, demonstrating its space-saving design.

5. Operating Instructions

The JELENS RC01 offers a versatile workout experience. Understand its features to maximize your training.

5.1 Adjusting Pulley Height

The machine features 16 adjustable pulley positions, allowing you to fine-tune the cable height for various exercises and to match your body's mechanics. Each level adjusts by approximately 3.8 inches.

1. Locate the adjustable popper pin on the pulley system.
2. Pull the pin out to release the pulley.
3. Slide the pulley up or down to the desired height.
4. Release the pin, ensuring it fully engages in one of the 16 height adjustment holes.



Figure 5.1: Illustration of the 16 adjustable pulley heights, demonstrating how to use the popper pin for precise cable positioning.

5.2 Weight Loading

The JELENS RC01 features a true 1:1 resistance ratio, meaning the weight you load is the weight you pull. The machine supports standard 1-inch and 2-inch Olympic weight plates. The maximum weight capacity for plates is 86.9 pounds, with a dynamic load capacity of 730 lbs for the machine structure.

1. Slide desired weight plates onto the weight post.
2. Secure the plates with the provided 2-inch Olympic spring collars.
3. Ensure weights are balanced and securely fastened before beginning your workout.



Figure 5.2: Demonstrates loading weight plates onto the machine, highlighting compatibility with both 1-inch and 2-inch diameter plates.

5.3 Exercise Modes (Lat Pulldown & Rowing)

The RC01 functions as both a lat pulldown machine and a rowing machine. The sliding seat can be locked for stable cable exercises or released for dynamic rowing.

- **Lat Pulldown/Cable Exercises:** Lock the sliding seat in place. Attach the desired handle (lat pulldown bar, triceps rope, D-handle) to the upper or lower cable. Perform exercises such as lat pulldowns, triceps pushdowns, cable curls, and more.

- **Rowing Machine:** Release the sliding seat. Attach a D-handle or cable bar to the lower cable. Sit on the seat and perform rowing movements, engaging your legs, core, and upper body. The 38-inch rail supports a full leg extension for a natural rowing stroke.



Figure 5.3: Examples of various exercises possible with the RC01, including seated rows, cable curls, and lateral raises, demonstrating its versatility.

5.4 Folding for Storage

The machine features a foldable design, reducing its footprint to approximately 4.26 sq. ft. for compact storage.

1. Remove any attached weights and accessories.
2. Follow the specific folding mechanism instructions in your detailed manual to safely fold the machine.
3. Ensure all locking pins are engaged to secure the folded position.

6. Maintenance

Regular maintenance ensures the longevity and safe operation of your JELENS RC01 Cable Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Cable Inspection:** Periodically inspect cables for fraying, kinks, or wear. Replace damaged cables immediately.
- **Pulley Inspection:** Check pulleys for smooth operation and ensure they are free of debris.
- **Fastener Check:** Regularly check all bolts, nuts, and fasteners to ensure they are tight. Retighten as necessary.
- **Lubrication:** Apply a silicone-based lubricant to the rowing rail and any moving parts as needed to maintain smooth operation.

7. Troubleshooting

If you encounter issues with your JELENS RC01 Cable Machine, refer to the following common troubleshooting tips.

- **Cables Not Smooth:** Check for any obstructions in the pulley path. Ensure cables are properly routed. Apply lubricant to pulleys if necessary.
- **Unusual Noises:** Inspect all connections for looseness. Tighten any loose bolts. Check for friction points between moving parts.
- **Seat Not Sliding Smoothly:** Clean the rowing rail and apply a silicone-based lubricant. Check for any debris obstructing the seat rollers.
- **Machine Instability:** Re-check all wall mounting bolts and frame connections. Ensure the machine is on a level surface.

If problems persist, contact JELENS customer support for assistance.

8. Specifications

Detailed specifications for the JELENS RC01 Cable Machine.



Figure 8.1: Detailed dimensions of the JELENS RC01 Cable Machine, indicating its height, width, and depth.

Feature	Specification
Brand	JELENS
Model	RC01
Color	Black
Material	Alloy Steel
Product Dimensions (D x W x H)	82.68" x 24.8" x 79.76"
Dynamic Load Tension Supported	730 lbs
Maximum Weight Plate Recommendation	86.9 lbs

Pulley Adjustment Positions	16
Rowing Rail Length	38 inches (Full ROM)
Folded Footprint	4.26 sq. ft.
Strap Type	Cable/Pulley straps

9. Warranty and Support

9.1 Warranty Information

The JELENS RC01 Cable Machine comes with a**1-year warranty** from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use. It does not cover damage resulting from misuse, accidents, unauthorized modifications, or failure to follow the instructions in this manual.

9.2 Customer Support

JELENS has a professional after-sales team dedicated to providing assistance. If you have any questions regarding assembly, operation, maintenance, or warranty claims, please contact our customer support team. Refer to the contact information provided on the product packaging or the official JELENS website.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question