

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [ROBORE](#) /
- › [ROBORE Home Gym System SSCT Instruction Manual](#)

ROBORE SSCT

ROBORE Home Gym System SSCT Instruction Manual

Model: SSCT

1. INTRODUCTION AND OVERVIEW

Thank you for choosing the ROBORE Home Gym System SSCT. This multifunctional workout station is designed to provide a comprehensive full-body strength training experience in the comfort of your home. Featuring a 160LB weight stack and versatile exercise options, this system is built for durability and effective muscle targeting. Please read this manual thoroughly before assembly and use to ensure safe and optimal performance.



Image: The ROBORE Home Gym System highlighting its various workout stations.

2. SAFETY INFORMATION

WARNING: Failure to follow these safety instructions may result in serious injury.

- Consult a physician before starting any exercise program.
- Read all instructions carefully before assembling and using the equipment.
- Ensure all bolts, nuts, and connections are securely tightened before each use. Regularly inspect for loose parts.
- Keep children and pets away from the equipment during operation.
- Use the equipment on a flat, stable surface with adequate clearance around it.
- Do not exceed the maximum weight capacity of 160 lbs.
- Stop exercising immediately if you experience pain, dizziness, or nausea.
- Wear appropriate athletic footwear and clothing during workouts.

3. PRODUCT COMPONENTS

The ROBORE Home Gym System SSCT includes various components for a complete workout. Please verify all parts are present before beginning assembly. Refer to the detailed parts list provided in the packaging.

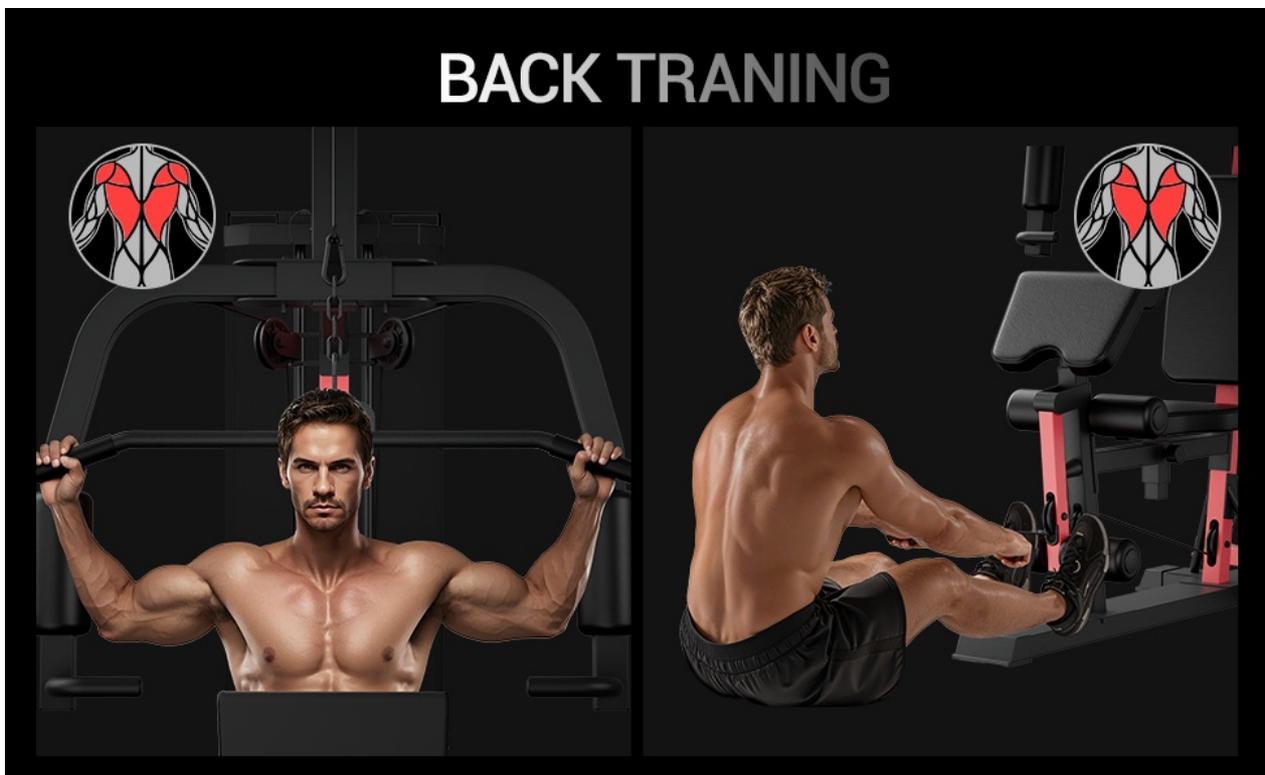


Image: Key components of the ROBORE Home Gym System, including the lat bar, ab crunch band, multi-function fly chest arms, high-strength steel rope, pivot pulleys, leg trainer, and rowing bar.

4. SETUP AND ASSEMBLY

The ROBORE Home Gym System SSCT requires assembly. Follow the steps outlined in the installation video below for a smooth setup process. Ensure you have all tools and parts ready before you begin.

Video: Official ROBORE Home Gym System Installation Guide. This video provides a step-by-step visual guide for assembling your home gym equipment.

Assembly Steps Overview:

1. **Base Assembly:** Connect the bottom tube and rear bottom pipe using the specified bolts and gaskets.
2. **Backrest Tube Installation:** Attach the backrest tube to the main frame, securing it with bolts and pulleys.
3. **Reinforcement Tubes:** Install the left and right reinforcement tubes to enhance stability.
4. **Guide Rods:** Insert the guide rods into the designated slots.
5. **Weight Stack Placement:** Carefully place the weight pieces onto the guide rods, followed by the weight selection sheet and cushions.
6. **Select Rod:** Insert the select rod into the weight stack.
7. **Top Beam Pipe:** Attach the top beam pipe, ensuring all pulleys are correctly aligned.
8. **Front Riser and Connecting Pipe:** Secure the front riser and connecting pipe to the main structure.
9. **Fixed Pulley Plate:** Install the fixed pulley plate and longmen frame limit tube.
10. **Kicking Tube:** Attach the kicking tube.
11. **Longmen Frame Pipe:** Connect the longmen frame pipe.
12. **Butterfly Arm Tubes:** Install the left and right butterfly arm tubes with their rotation axes.
13. **Foam Column 1:** Add the foam columns to the butterfly arms.
14. **Hand Tube:** Attach the hand tubes.
15. **Backing:** Secure the backing pad to the main frame.
16. **Cushion and Seat Cushion Tube:** Install the seat cushion and its tube.
17. **Elbow Pad:** Attach the elbow pad and its tube.
18. **Fixed Pulley System and Wire Rope 2:** Route wire rope 2 through the fixed pulley system as shown in the video.
19. **Moving Pulley U-group and Wire Rope 1:** Install the moving pulley U-group and route wire rope 1.
20. **Wire Rope 2 Attachment:** Connect wire rope 2 to the appropriate attachment point.
21. **Foam Tube and Foam Column 2:** Add remaining foam tubes and columns.
22. **Mesh Shaped Stamping Parts and Mesh Fabric:** Install the protective mesh fabric and its supporting parts around the weight stack.
23. **Accessories:** Attach the high pull tube, low pull tube group, abdominal muscle band, and other accessories using the provided hooks and buckles.

For detailed visual instructions, please refer to the embedded installation video.

5. OPERATING INSTRUCTIONS

The ROBORE Home Gym System SSCT offers a wide range of exercises to target various muscle groups. Adjust the weight stack by inserting the pin into the desired weight plate. Ensure the pin is fully inserted before beginning any exercise.

CHEST TRAINING



Image: The 160LB adjustable weight stack, showing the pin for weight selection.

Adjusting the System:

The system features a customizable adjustment system for arm pads and back pads, allowing for a tailored fit for your body. Adjust these components to ensure proper form and comfort during your workout.



Image: The customizable adjustment system for arm and back pads.

Performing Exercises:

The following are examples of exercises you can perform. Always maintain proper form and control throughout each movement.

Video: Official ROBORE Home Gym System workout demonstration. This video showcases various exercises that can be performed on the equipment.

- **Chest Press:** Sit with your back against the pad, grasp the handles, and push forward, extending your arms.
- **Butterfly Exercise:** Sit with your back against the pad, place your forearms against the pads, and bring them together in front of your chest.
- **Lat Pulldown:** Grasp the lat bar with an overhand grip, sit down, and pull the bar down towards your upper chest.
- **Bicep Curl:** Use the lower pulley with a curl bar. Stand or sit, keeping your elbows tucked, and curl the bar upwards.
- **Standing Curl Pull:** Stand facing the machine, grasp the handle, and perform a bicep curl motion.
- **Leg Extension:** Sit on the seat, place your shins behind the leg pads, and extend your legs forward.
- **Seated Rowing:** Sit on the floor or bench, grasp the rowing bar, and pull it towards your abdomen, squeezing your shoulder blades.
- **Core Training:** Utilize the ab crunch band or other attachments for abdominal exercises.

Always ensure smooth, controlled movements and avoid sudden jerks. Breathe properly during exercises.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your ROBORE Home Gym System SSCT.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically lubricate moving parts, such as pulleys and guide rods, with a silicone-based lubricant to ensure smooth operation and prevent wear.
- **Inspection:** Regularly inspect all cables, pulleys, bolts, and nuts for signs of wear, damage, or looseness. Replace worn parts immediately.
- **Storage:** Store the equipment in a dry, clean environment away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

If you encounter any issues with your ROBORE Home Gym System SSCT, refer to the following common troubleshooting tips:

- **Squeaking Noises:** Check for loose bolts or parts. Apply lubricant to pulleys and moving joints.
- **Rough Cable Movement:** Inspect cables for fraying or damage. Ensure pulleys are clean and lubricated. Check for any obstructions in the cable path.
- **Weight Stack Sticking:** Ensure guide rods are clean and lubricated. Check if the weight selection pin is

bent or obstructed.

- **Unstable Equipment:** Verify that the equipment is on a flat surface and all base stabilizers are properly adjusted. Re-tighten all assembly bolts.

If the issue persists, please contact customer support.

8. SPECIFICATIONS

Feature	Detail
Model Name	SSCT
Brand	ROBORE
Color	Black
Material	Alloy Steel
Product Dimensions (LxWxH)	66"D x 38"W x 66"H
Tension Level	160 pounds (weight stack)
Package Weight	160 Pounds
Number of Items	4 (packages)
Included Components	All parts

9. WARRANTY AND SUPPORT

The ROBORE Home Gym System SSCT comes with a manufacturer's warranty. For specific details regarding your warranty coverage, please refer to the warranty information included with your product packaging or contact ROBORE customer service.

For any questions, technical assistance, or to report missing/damaged parts, please contact ROBORE customer support through the retailer where the product was purchased or visit the official ROBORE website.