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> PeakPursuit Wall Mount Cable Station M(Cable Machine) Instruction Manual

PeakPursuit M(Cable Machine)

PeakPursuit Wall Mount Cable Station

MODEL M(CABLE MACHINE) USER MANUAL

1. Introduction

Thank you for choosing the PeakPursuit Wall Mount Cable Station. This dual pulley cable crossover machine is designed to provide a versatile and effective strength training experience in your home gym. With 18 adjustable positions and a compact design, it supports a wide range of exercises for full-body development. This manual provides essential information for safe installation, operation, and maintenance of your equipment.





Image 1.1: Overview of the PeakPursuit Wall Mount Cable Station, showing its main structure, cables, pulleys, and included attachments.

2. Safety Information

Before assembling or using this equipment, please read and understand all instructions and warnings. Failure to follow these instructions may result in serious injury or property damage.

- **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 unit is securely mounted to a sturdy wall structure (e.g., wall studs or a reinforced board) using appropriate hardware. Improper installation can lead to instability and injury.
- **Weight Capacity:** Do not exceed the maximum tension level of 400 lbs.

- **Inspect Before Use:** Always inspect the cables, pulleys, fasteners, and attachments for wear, damage, or loose connections before each use. Do not use the machine if any components are damaged.
- **Clearance:** Maintain adequate clear space around the machine during use to prevent accidents.
- **Children and Pets:** Keep children and pets away from the equipment during operation.
- **Proper Form:** Use proper exercise form to prevent injury. If you experience pain or discomfort, stop exercising immediately.
- **Secure Weight Plates:** Always ensure weight plates are securely loaded and retained to prevent them from falling during exercise.

3. Package Contents

Carefully unpack all components and verify against the list below. If any parts are missing or damaged, contact customer support immediately.

- Main Frame Assembly
- Dual Pulley System Components
- Cables and Pulleys
- Weight Plate Holders (for 1" and 2" plates)
- Foot Board
- Tricep Rope Attachment
- T-Bar Attachment
- LAT Pulldown Bar Attachment
- Mounting Hardware (bolts, washers, anchors)
- Assembly Tools (basic wrenches, if included)

4. Setup and Installation

Proper installation is crucial for the safety and stability of your cable station. It is recommended that two people perform the installation.

1. **Choose Location:** Select a sturdy wall in your home gym. It is highly recommended to mount the unit directly into wall studs. If studs are not available or aligned, consider mounting a 1x6 inch wooden board horizontally across multiple studs, then securing the cable station to this board.
2. **Mark Drilling Points:** Position the main frame against the wall at the desired height. Use a level to ensure it is straight. Mark the locations for the mounting holes.
3. **Drill Holes:** Using a 3/8 inch drill bit, drill pilot holes at the marked locations. Ensure the depth is appropriate for the provided wall anchors or screws.
4. **Secure Main Frame:** Attach the main frame to the wall using the provided mounting hardware. Tighten all bolts securely, but do not overtighten.
5. **Assemble Pulleys and Cables:** This step requires careful attention. Refer to the assembly diagrams provided in your product packaging. The cables must be threaded correctly through all pulleys to ensure smooth operation. Pay close attention to the path of each cable. If diagrams are unclear, seek visual guidance from the manufacturer or an experienced installer.
6. **Attach Weight Plate Holders and Foot Board:** Secure the weight plate holders and the foot board to the main frame as indicated in the assembly instructions.
7. **Final Check:** Once assembled, double-check all connections, bolts, and cable routings to ensure

everything is secure and correctly installed. Gently pull on the cables to test for smooth movement and stability before loading weights.



Image 4.1: The compact design of the cable station, highlighting its minimal footprint (4.72 sq ft) and dimensions (27.8"L x 24.5"W x 80"H), which are important for installation planning.

5. Operating Instructions

Your PeakPursuit Wall Mount Cable Station offers a wide range of exercise possibilities.

- **Adjusting Pulley Height:** The machine features 18 adjustable height positions. To change the pulley height, locate the adjustment pin on the side of the main frame. Pull the pin out, slide the pulley carriage to the desired height, and release the pin, ensuring it fully engages in a hole.

- **Loading Weight Plates:** The weight plate holders are compatible with both 1-inch and 2-inch standard and Olympic weight plates. Slide the desired number of plates onto the holder. Always use a weight collar or clip to secure the plates and prevent them from sliding off during exercise.
- **Attaching Accessories:** Use the carabiner clips at the end of the cables to attach the Tricep Rope, T-Bar, LAT Pulldown Bar, or other compatible attachments. Ensure the carabiner is securely closed before starting your exercise.
- **Performing Exercises:** The dual pulley system allows for a variety of exercises including, but not limited to, lat pulldowns, chest flys, seated rows, tricep pushdowns, bicep curls, and cable crossovers. Adjust the pulley height and select the appropriate attachment for your target muscle group.



Image 5.1: The adjustable height mechanism, illustrating the 18-19 available positions for varied exercise angles.

Try Everything



Chest fly



Seated Row



LAT pulldown



Tricep Pushdown

Image 5.2: Visual examples of common exercises that can be performed using the cable station, demonstrating its versatility for different muscle groups.

Perfect compatibility

Fit 1" & 2" weight plates

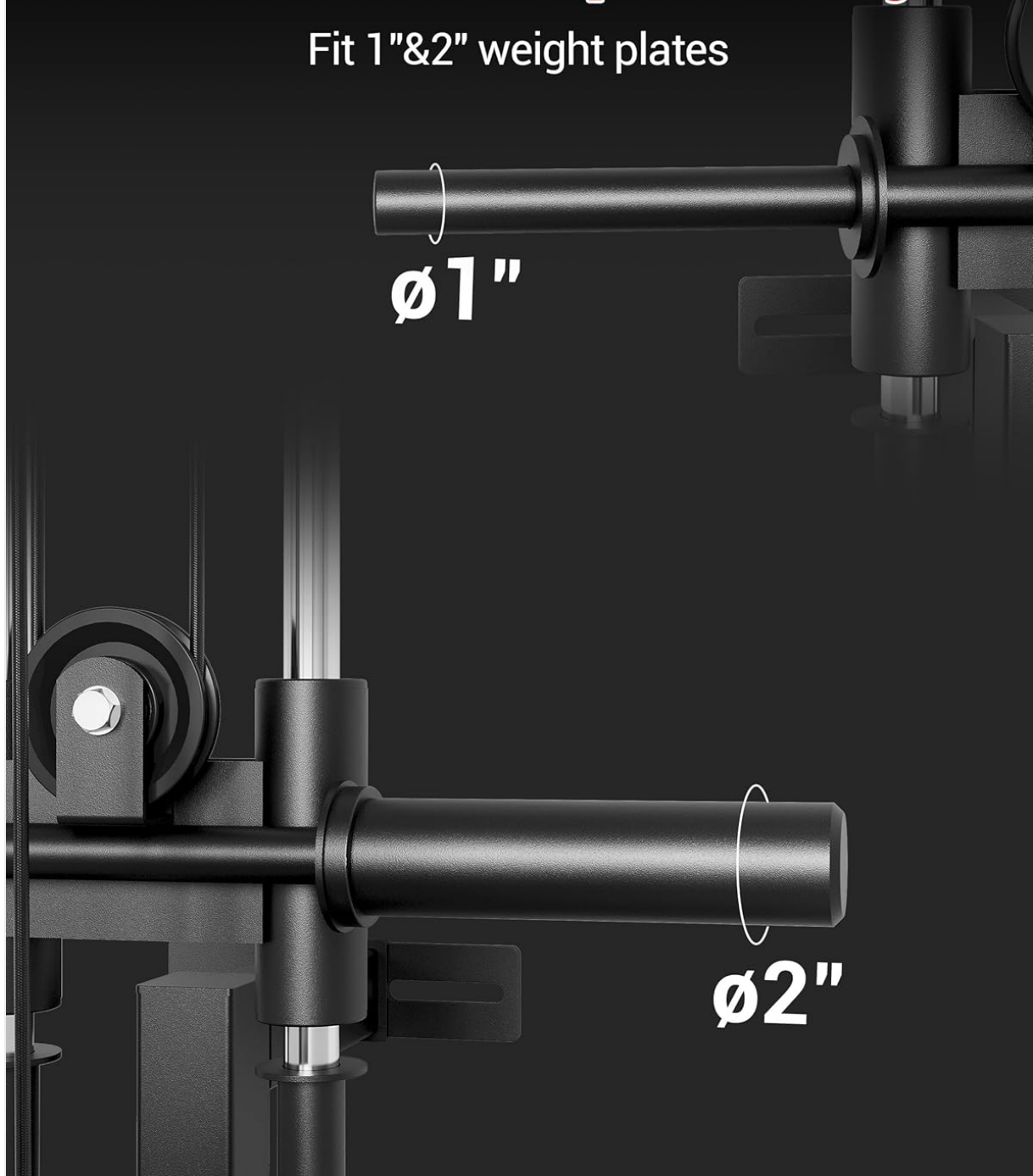


Image 5.3: Detail showing the compatibility of the weight plate holders with both 1-inch and 2-inch diameter weight plates.

6. Maintenance

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

- **Routine Inspection:** Periodically check all bolts, nuts, and fasteners to ensure they are tight. Inspect cables for fraying, kinks, or wear. Examine pulleys for smooth rotation and any signs of damage.
- **Lubrication:** Apply a silicone-based lubricant to the pulley axles and cable pathways every few months, or as needed, to ensure smooth and quiet operation. Avoid using oil-based lubricants that can attract dust.
- **Cleaning:** Wipe down the frame and components with a damp cloth after use to remove sweat and dust. Avoid abrasive cleaners.

- **Storage:** If the machine will not be used for an extended period, ensure it is clean and stored in a dry environment.

7. Troubleshooting

If you encounter issues with your cable station, refer to the following common solutions:

- **Cables Sticking or Rough Movement:**
 - Check if cables are properly threaded through all pulleys. Refer to assembly diagrams.
 - Inspect pulleys for debris or damage. Clean or replace if necessary.
 - Apply lubricant to pulley axles and cable pathways.
- **Machine Instability:**
 - Ensure all wall mounting bolts are securely tightened.
 - Verify that the unit is mounted into solid wall studs or a reinforced backing board.
 - Check that all frame connections are tight.
- **Noise During Operation:**
 - Lubricate pulleys and cable pathways.
 - Check for loose components or attachments that may be rattling.

If problems persist after attempting these solutions, please contact PeakPursuit customer support for further assistance.

8. Specifications

| | |
|---------------------------------------|---------------------------|
| Model | M(Cable Machine) |
| Brand | PeakPursuit |
| Product Dimensions (L x W x H) | 27.8" x 24.5" x 80" |
| Item Weight | 71.7 Pounds |
| Material | Carbon Steel |
| Maximum Tension Level | 400 lbs |
| Adjustable Positions | 18 |
| Weight Plate Compatibility | 1" and 2" diameter plates |
| Color | Black |

9. Warranty and Support

For warranty information, please refer to the documentation included with your purchase or contact PeakPursuit customer support directly. If you require assistance with assembly, operation, or troubleshooting that is not covered in this manual, please reach out to our support team.

Contact Information: Please visit the official PeakPursuit website or refer to your purchase receipt for the most current customer support contact details.

