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JELENS CC01

JELENS CC01 Cable Crossover Machine User Manual

Model: CC01

1. Introduction

Thank you for choosing the JELENS CC01 Cable Crossover Machine. This functional trainer is designed to provide a comprehensive full-body workout experience in your home gym. Featuring a high and low pulley system, pull-up bars, and a unique triangular structure, it offers versatility and stability for various strength training exercises. This manual provides essential information for safe assembly, operation, maintenance, and troubleshooting to ensure optimal performance and longevity of your equipment.

Image 1.1: The JELENS CC01 Cable Crossover Machine set up in a home gym.

2. Important Safety Information

Please read all warnings and instructions carefully before using this equipment. Keep this manual for future reference.

- **Consult a Physician:** Before starting any exercise program, consult with your physician to determine if you are in good physical condition to use this equipment.
- **Proper Assembly:** Ensure all parts are correctly assembled and tightened according to the instructions. Do not use the machine if it is not fully assembled or if any parts are damaged.
- **Check Before Use:** Before each use, inspect the machine for loose parts, worn cables, or damaged components. Do not use if any issues are found.
- **Weight Limits:** Adhere to the maximum weight capacities: 210 lbs for the cable pulley system, 500 lbs for the pull-up bar, and 105 lbs for single weight plate storage.
- **Proper Form:** Always use proper exercise form to prevent injury. If you experience pain or discomfort, stop immediately.
- **Children and Pets:** Keep children and pets away from the equipment during operation. This machine is not a toy.
- **Stable Surface:** Place the machine on a flat, stable surface. Ensure adequate clear space around the equipment for safe operation.
- **Wear Appropriate Attire:** Wear suitable athletic clothing and footwear. Avoid loose clothing that could get caught

in moving parts.

3. Package Contents

Before beginning assembly, ensure all parts listed below are present. If any parts are missing or damaged, please contact JELENS customer support.

- Main Frame Components (various steel tubes and connectors)
- Pulley System (pulleys, cables)
- Multi-Grip Pull-Up Bar
- 2 Cable Handles
- Lat Pulldown Bar
- Low Row Bar
- Tricep Rope
- Weight Pegs and Storage Pins
- Assembly Hardware (bolts, nuts, washers, tools)
- Installation Instructions Manual

Image 3.1: Overview of the core components included with the JELENS CC01.

4. Assembly and Setup

The JELENS CC01 Cable Crossover Machine is designed for straightforward assembly. We recommend having 2-3 people for assembly, with an estimated time of approximately 1.5 hours. Follow the detailed step-by-step illustrations and part descriptions provided in the separate installation instructions manual.

1. **Unpack Components:** Carefully unpack all parts and lay them out in an organized manner. Verify all components against the package contents list.
2. **Follow Manual:** Refer to the dedicated assembly manual for precise, illustrated instructions for each step. Ensure all bolts are securely tightened.
3. **Cable Routing:** Pay close attention to the cable routing diagrams to ensure the pulley system operates smoothly and correctly.
4. **Final Check:** Once assembled, double-check all connections and ensure the machine is stable and all moving parts operate freely without obstruction.

Image 4.1: The assembly process is designed to be straightforward with clear instructions.

5. Operating Instructions

The JELENS CC01 offers a wide range of exercises for a full-body workout. Familiarize yourself with the machine's features before beginning your routine.

5.1 Adjusting Pulley Height

The machine features 15 height adjustment levels for the side pulleys. To adjust, pull the pin, slide the pulley carriage to the desired height, and release the pin, ensuring it locks securely into place. This allows for precise targeting of different muscle groups and accommodates various user heights and exercise types.

5.2 Attaching Accessories

Easily attach the included cable handles, lat pulldown bar, low row bar, or tricep rope to the carabiners on the cable ends. Ensure the attachment is secure before starting your exercise.

5.3 Performing Exercises

The CC01 enables a variety of exercises, including but not limited to:

- **Chest:** Cable Chest Flyes, Cable Press
- **Back:** Lat Pulldowns, Seated Rows, Cable Pullovers
- **Shoulders:** Cable Lateral Raises, Cable Front Raises, Face Pulls
- **Arms:** Triceps Pushdowns, Bicep Curls, Cable Hammer Curls
- **Legs/Glutes:** Cable Kickbacks, Cable Leg Abductions, Cable Hamstring Curls
- **Core:** Cable Crunches, Cable Wood Chops
- **Bodyweight:** Pull-ups, Chin-ups (using the multi-grip pull-up bar)

Refer to the exercise chart located on the machine for visual guidance on various movements. Always maintain proper form and control throughout each exercise.

Image 5.1: The JELENS CC01 supports a wide array of exercises for a complete body workout.

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Video 5.1: Official product video demonstrating various exercises and features of the JELENS CC01 Cable Crossover Machine.

6. Maintenance

Regular maintenance will ensure the safety and longevity of your JELENS CC01 Cable Crossover Machine.

- **Cleaning:** After each use, wipe down the machine with a damp cloth to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Cable Inspection:** Periodically inspect all cables for fraying, kinks, or wear. If any damage is observed, replace the cable immediately.
- **Pulley Inspection:** Check pulleys for smooth operation and ensure they are free from debris.

- **Hardware Check:** Regularly check all nuts, bolts, and screws for tightness. Tighten any that have become loose.
- **Lubrication:** If any moving parts begin to squeak, apply a small amount of silicone-based lubricant.

7. Troubleshooting

If you encounter any issues with your JELENS CC01, refer to the following common solutions:

Problem	Possible Cause	Solution
Cables feel rough or sticky	Debris in pulleys, dry cables, misaligned cables	Clean pulleys, apply silicone lubricant to cables, check cable routing
Machine is unstable or wobbly	Loose bolts, uneven floor	Tighten all assembly bolts, ensure machine is on a flat, level surface
Squeaking noise during use	Lack of lubrication, loose parts	Lubricate moving parts, check and tighten all bolts
Pulley adjustment pin sticks	Debris in adjustment holes, pin mechanism needs lubrication	Clean adjustment holes, apply light lubricant to the pin mechanism

If you cannot resolve the issue using the above table, please contact JELENS customer support for assistance.

8. Specifications

Feature	Detail
Brand	JELENS
Model	CC01
Material	Alloy Steel (50x50mm commercial steel square tubing, 1.5mm wall thickness)
Product Dimensions (L x W x H)	64.17"D x 53.94"W x 81.89"H
Footprint Area	Approx. 12.1 sq ft (21.25 sq ft as per image)
Cable Pulley System Capacity	210 lbs
Pull-Up Bar Capacity	500 lbs
Weight Plate Storage Capacity (Single)	105 lbs
Pulley Adjustment Levels	15

Feature	Detail
Included Components	2 Cable Handles, Lat Pulldown Bar, Low Row Bar, Tricep Rope, Installation Instructions
Product Weight	146 lbs (main frame)

Image 8.1: Detailed dimensions and weight capacities of the JELENS CC01.

9. Warranty and Customer Support

9.1 Warranty Information

The JELENS CC01 Cable Crossover Machine comes with a**1-year warranty** from the date of purchase. This warranty covers manufacturing defects in materials and workmanship under normal use. It does not cover damage caused by misuse, abuse, accident, unauthorized modifications, or normal wear and tear. Please retain your proof of purchase for warranty claims.

9.2 Customer Support

JELENS is committed to providing high-quality gym equipment and excellent customer service. Our professional after-sales team is available to assist you with any questions, concerns, or issues you may encounter. Whether you need help with assembly, replacement parts, or troubleshooting, we are here to provide specific solutions based on your needs.
For support, please visit the official JELENS website or contact us through your purchase platform. Have your model number and purchase details ready for faster service.

Image 9.1: JELENS is dedicated to providing comprehensive customer support.

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