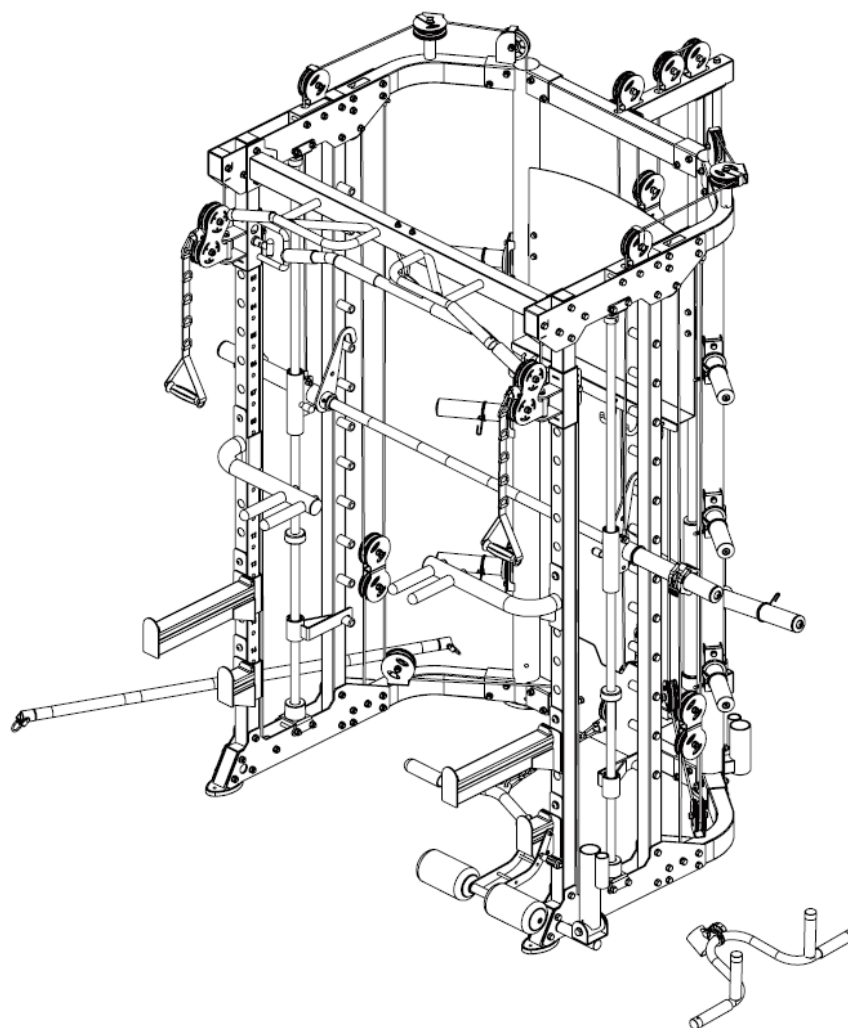




USER MANUAL – EN

IN 21393 Power Rack inSPORTline Cable Column CC410



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SAFETY INSTRUCTIONS

- Thank you for purchasing this product. Please read the manual carefully before starting the **assembly** and before using the product. Keep this manual for future reference. In case of doubt, contact a specialist **service**.
- Before **finishing** the **assembly**, check all parts for completeness and integrity. Use only original spare parts and accessories. Do not make unauthorized product modifications.
- Assembly can be only done by an adult. Check that the product is properly assembled and firm before use. The device must function properly to avoid injury to the user. If the device is not working properly, it shows signs of damage or wear, stop using it immediately. Damaged or worn parts must be replaced immediately.
- Ask your doctor for help before starting an exercise program.
- Keep the away from children and pets.
- Always do warm up exercise before starting your exercise program.
- Read and follow all instructions and warnings.
- Place the device on a flat, clean, dry surface. Keep a safe distance from another object's min 0.6 m.
- Do not use outdoors.
- Do not modify the device.
- Check the if all bolts and nuts are tightened before each exercise. Do not use the product if it is damaged.
- Exercise reasonably and carefully, do not overextend your exercise. The movements must not be too steep to avoid injury to the user.
- Do not hold your breath during exercise.
- Exercise properly and adequately. High loads can lead to health complications.
- Keep clothing and body parts away from moving parts to prevent injury. Take appropriate sportswear including sports shoes.
- Take care of your health and initially choose a slower pace. The same is useful after a longer exercise break. Over time, you can work towards a more intense pace.
- Improper exercise or failure to observe safety precautions may result in serious injury or equipment damage. In case of doubt or uncertainty, contact a specialist service or dealer.
- Never exceed the stated weight limits.
- Pay attention to body signals. In case of negative physical reactions, immediately stop exercising and contact your doctor.
- **Category:** H for home use
- **Weight limit for barbell bar:** 200 kg
- **Weight limit for pull bar:** 200 kg

PARTS LIST

No.	Name	Specifications	Qty.
1	Connection frame		1
2	Upright frame - left		1
3	Upright frame - right		1
4	Bend frame - left		1
5	Bend frame - right		1
6	Upper connection frame		1
7	Top bend frame - right		1
8	Top bend frame - left		1
9	Hexagon bolt	M10*75	54
10	Nut	M10	105
11	Washer	Φ10	217
12	Chin up bar		1
13	Upper plate		4
14	Right pulley frame		1
15	Left pulley frame		1
16	Top frame		2
17	Right adjusting frame		1
18	Left adjusting frame		1
19	Bottom frame		4
20	Right slider		1
21	Left slider		1
22	Foot tube cover		2
23	Frame end caps		2
24	Hexagon bolt	M10*80	14
25	bottom base		2
26	top base		2
27	Guide rod	Φ25*1850	2
28	Lock sleeve		2
29	Sliding sleeve		2
30	Rubber pad with groove	Φ60*Φ26*45	2
31	Safety hook - right		1
32	Safety hook - left		1
33	Hexagon bolt	M10*90	8
34	Socket set screw	M8*10	4
35	End cap	Φ51*Φ 42.5*36.6L	2

36	Ring	Φ60*Φ48.5*27L	2
37	Weight stack part	Φ50*310*T0.5	2
38	Button head socket screw	M12*40	2
39	Spring washer	Φ12	6
40	Washer	Φ12	6
41	Barbell bar		1
42	Weight stack inner part	Φ48*298*2.5T	2
43	Rubber pad		2
44	Top short connection frame		1
45	Lower connection tube		1
46	Big sliding sleeve		1
47	Hollow guide rod		2
48	Rubber pad		2
49	Hexagon bolt	M10*25	11
50	Hexagon bolt	M10*95	3
51	Hexagon bolt	M10*55	2
52	Hexagon bolt	M12*30	4
53	Double pulley bracket		1
55	Back barbell plate holder		2
56	Cable	Φ5*2745 mm	2
57	Pulley	Φ95	25
58	Pulley plate		6
59	Hexagon bolt	M10*45	17
60	Hexagon bolt	M10*50	4
61	Weight		2
62	Cable	Φ5*4740 mm	1
63	Pulley frame		3
64	Short bar		1
65	Footplate		1
66	Chain with 2 snap hooks		1
67	Cable	Φ5*4185 mm	2
68	Pulley spacer sleeve	Φ20*10.5*L20.5	16
69	Pulley frame		1
70	Cable	Φ5*1705 mm	1
71	Chain with snap hook		1
72	Cable	Φ5*9715 mm	1
73	Pulley	Φ50	4
74	Shield		1

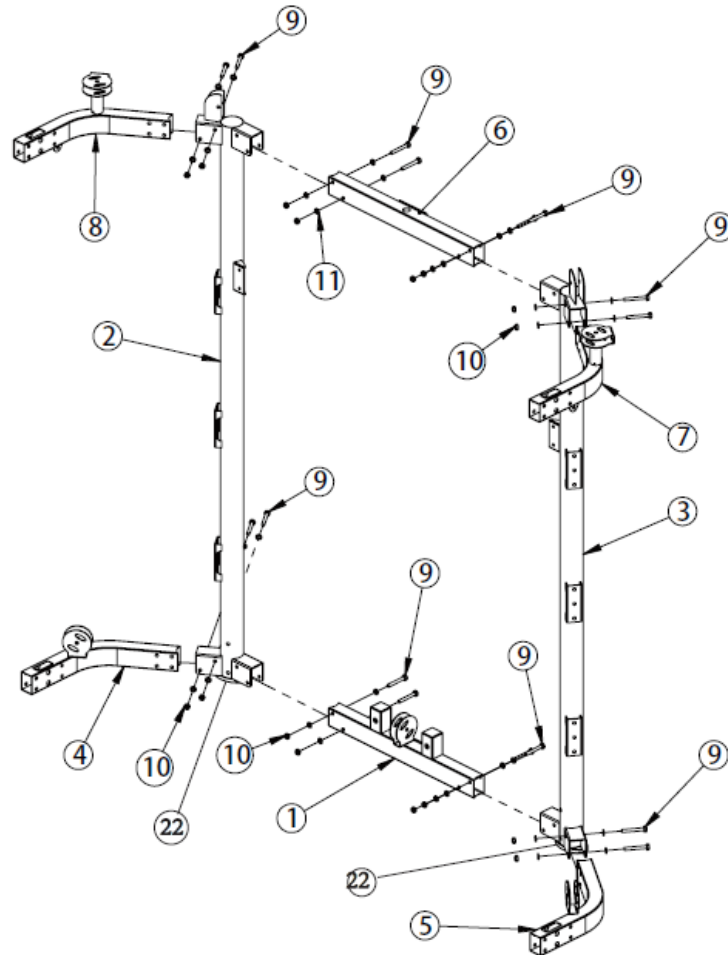
75	Barbell plate holder		6
76	Hexagon bolt	M8*20	16
77	Washer	Φ8	20
78	Nut	M8	4
79	Core trainer		1
80	Sleeve	Φ33.2*Φ 29*Φ20*18	2
81	Barbell rod holder		1
82	Big washer	Φ25*10*2.0	1
83	Dip bar left		1
84	Dip bar right		1
85	Barbell rod holder right		1
86	Barbell rod holder left		1
87	Barbell rod holder short left		1
88	Barbell rod holder short right		1
89	Barbell clamp collar		2
90	Long bar		1
91	Ship rod		1
92	Hand belt		2
93	Pull lift device		1
94	T shape pin	Φ10*100	1
95	Leg curl tube		1
96	Washer	Φ45*25.5*5	4

ASSEMBLY

STEP 1

Attach all bolts and nuts before tightening.

Do not overtighten.

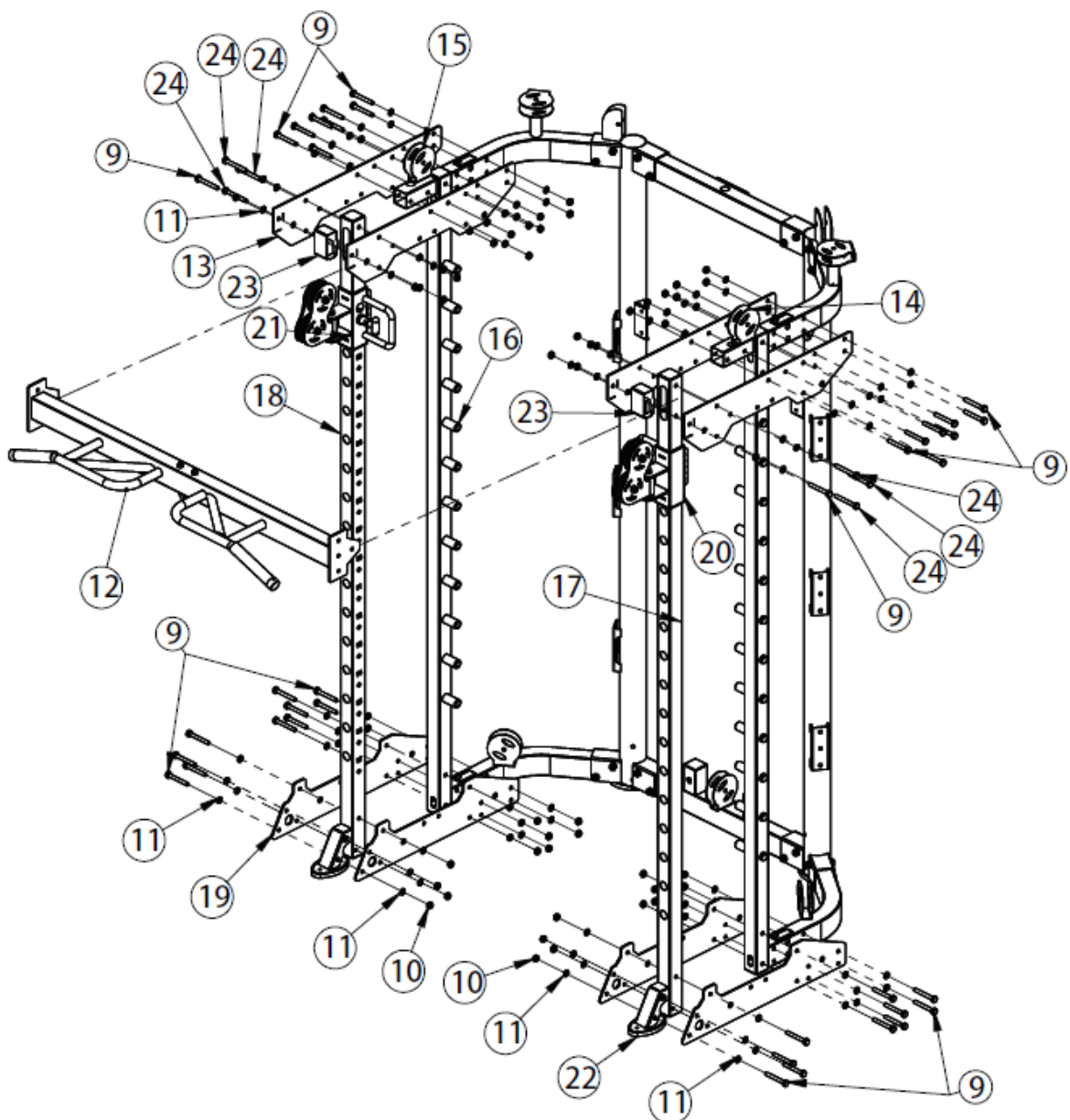


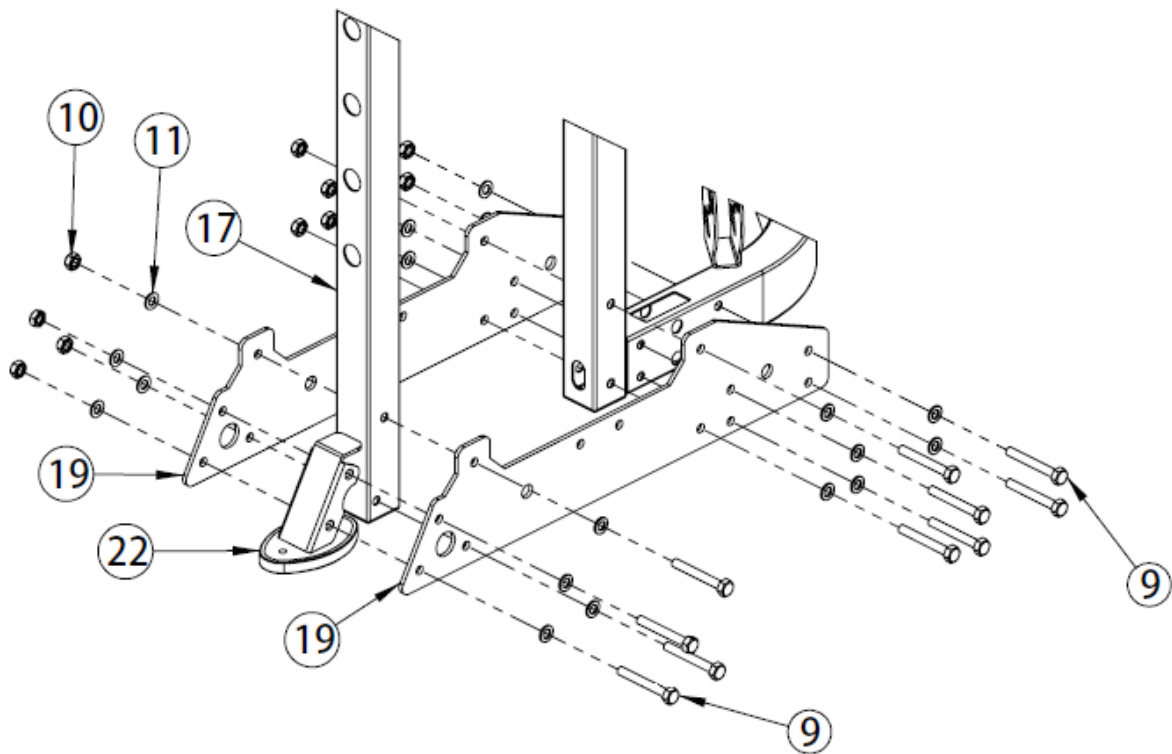
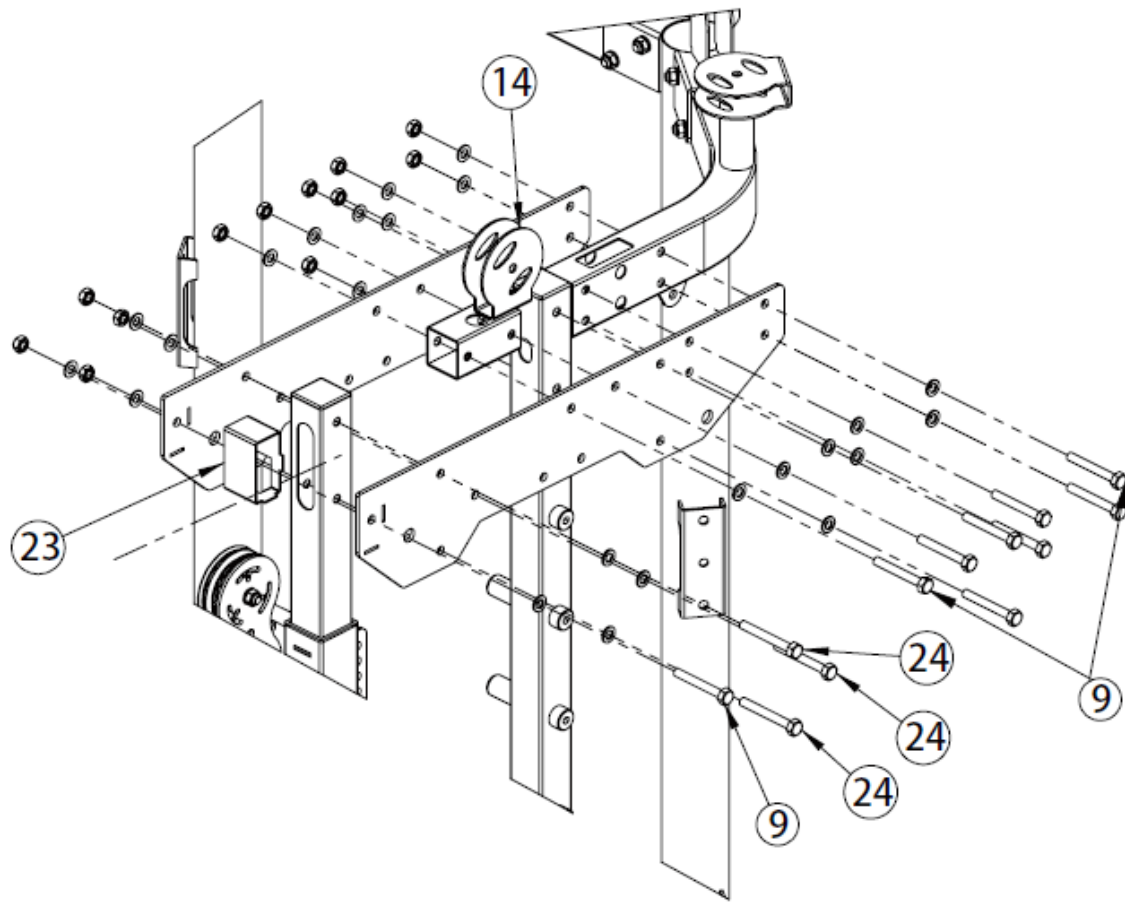
No.	Name	Specifications	Qty.
1	Connection frame		1
2	Upright frame - left		1
3	Upright frame - right		1
4	Bend frame - left		1
5	Bend frame - right		1
6	Upper connection frame		1
7	Top bend frame - right		1
8	Top bend frame - left		1
9	Hexagon bolt	M10*75	16
10	Nut	M10	16
11	Washer	Φ10	32
22	Foot tube cover		2

1. Attach bend frame - left (4) to the upright frame - left (2) with bolts (9), washers (11) and nuts (10).
2. Attach bend frame - right (5) to the upright frame - right (3) with bolts (9), washers (11) and nuts (10).
3. Attach the connecting frame (1) to the bent frames (4 and 5) with bolts (9), washers (11) and nuts (10).
4. Attach upper connection frame (6) to the frames (2 and 3) with bolts (9), washers (11) and nuts (10).
5. Attach the left top bend frame - left (8) to the left frame (2) with bolts (9), washers (11) and nuts (10).
6. Attach the top bend frame - left (9) on right frame (3) with bolts (9), washers (11) and nuts (10).

STEP 2

Attach all bolts and nuts before tightening.

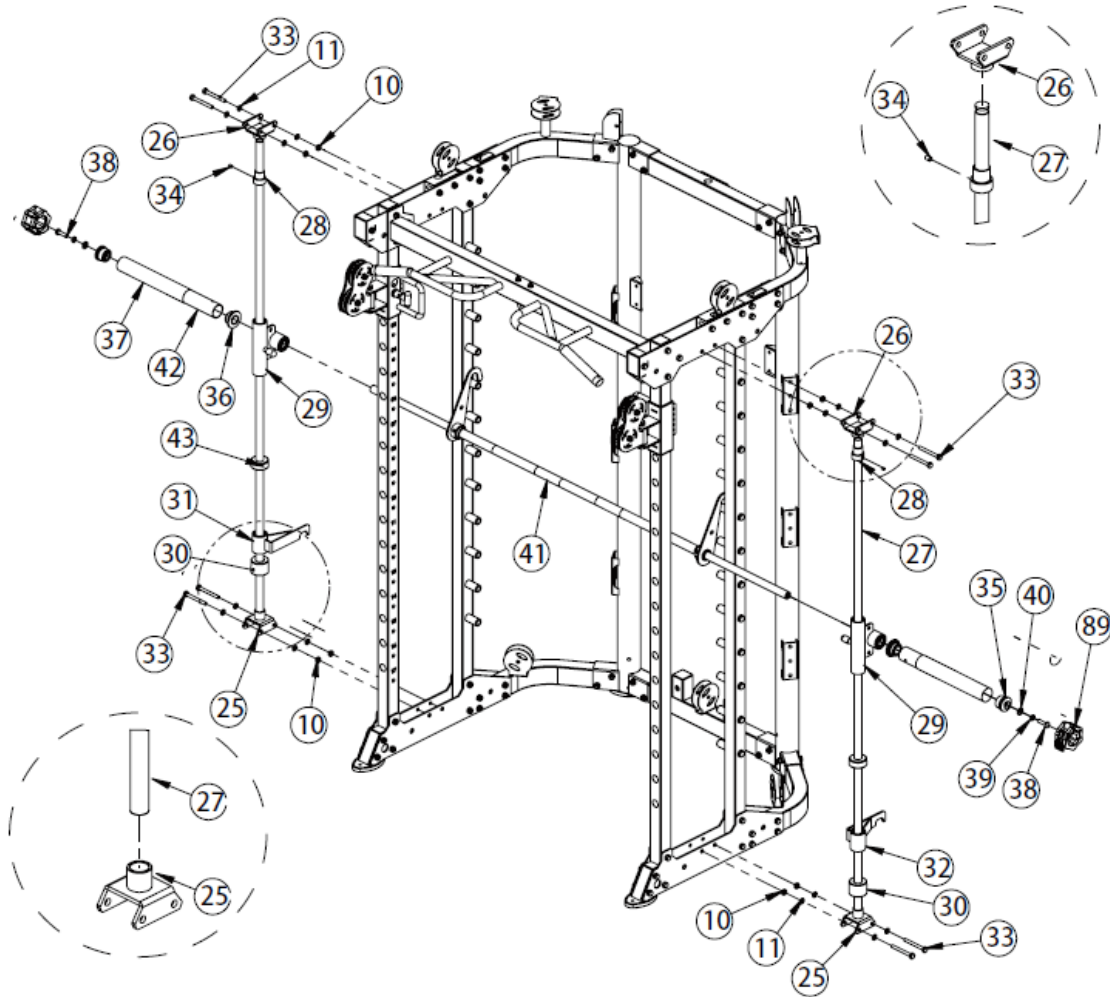




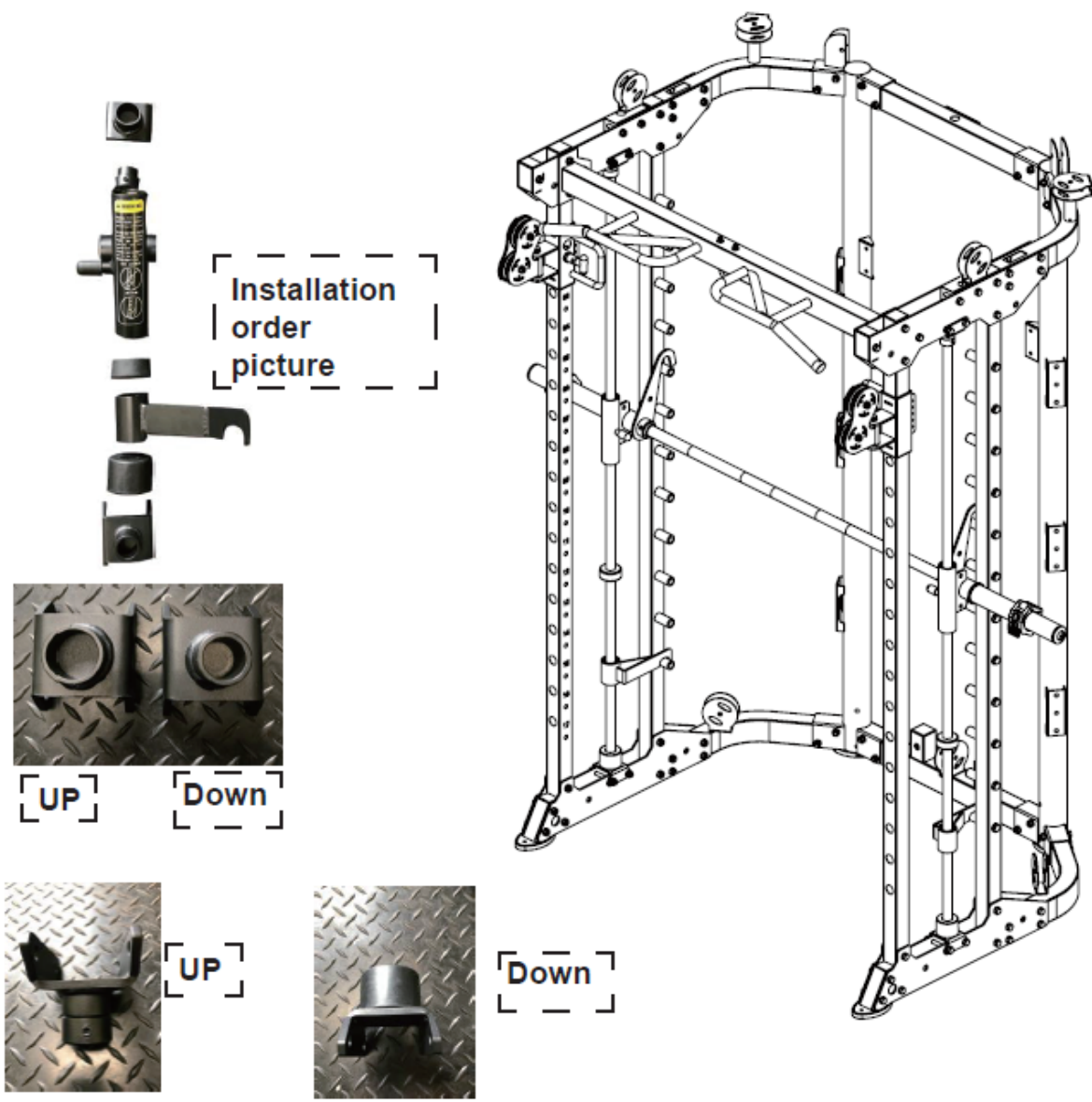
No.	Name	Spec.	Qty.	No.	Name	Spec.	Qty.
9	Hexagon bolt	M10*75	38	17	Right adjusting frame		1
10	Nut	M10	44	18	Left adjusting frame		1
11	Washer	Φ10	88	19	Bottom frame		4
12	Chin up bar		1	20	Right slider		1
13	Upper plate		4	21	Left slider		1
14	Right pulley frame		1	22	Foot tube cover		2
15	Pulley frame tube left		1	23	Frame end caps		2
16	Top frame		2	24	Hexagon bolt	M10*80	6

1. Attach the left slider (21) to the left adjusting frame (18).
2. Attach the right slider (20) to the right adjusting frame (17).
3. Attach the top frame (16) and the adjusting frames (17 and 18) to the structure assembled in Step 1 with bolts (9), washers (11), nuts (10), top plate (13), and bottom frame (19).
4. Attach the right pulley frame (14) and the left pulley frame (15) to the top plate (13) with bolts (9), washers (11) and nuts (10).
5. Attach the frame end caps (23) to the top plate (13) with bolts (9), washers (11) and nuts (10).
6. Attach the Foot tube cover (22) to the bottom frame (19) with bolts (9), washers (11), and nuts (10).
7. Attach the Chin up bar (12) to the top plate (13) with bolts (24), washers (11) and nuts (10).

STEP 3

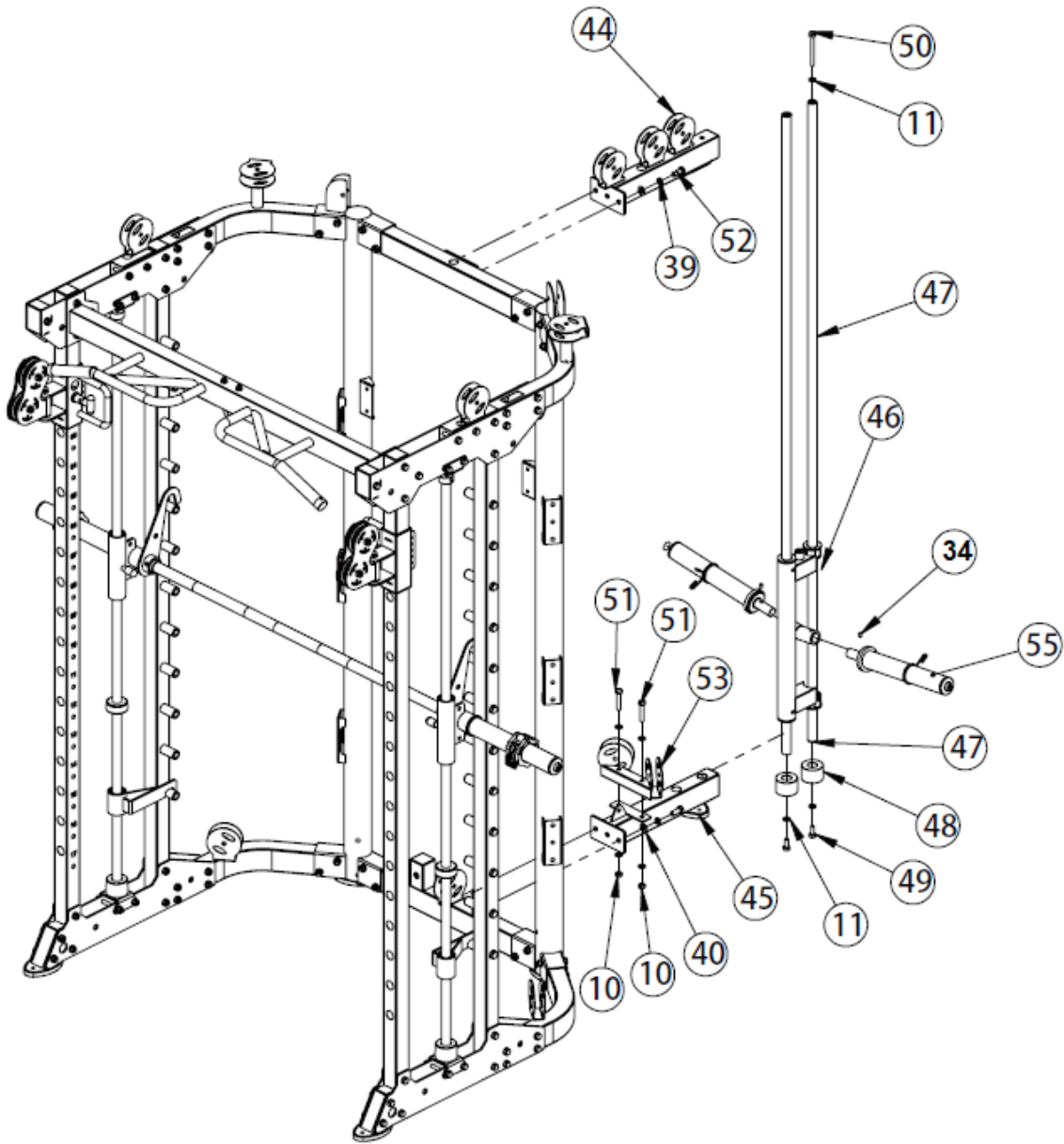


No.	Name	Spec.	Qty.	No.	Name	Spec.	Qty.
10	Nut	M10	8	34	Socket set screw	M8*10	2
11	Washer	Φ10	16	35	End cap	Φ51*Φ 42.5*36.6L	2
25	bottom base		2	36	Ring	Φ60*Φ48.5*27L	2
26	top base		2	37	Weight stack part	Φ50*310*T0.5	2
27	Guide rod	Φ25*1850	2	38	Button head socket screw	M12*40	2
28	Lock sleeve		2	39	Spring washer	Φ12	2
29	Sliding sleeve		2	40	Washer	Φ12	2
30	Rubber pad with groove	Φ60*Φ26*45	2	41	Barbell bar		1
31	Safety hook - right		1	42	Weight stack inner part	Φ48*298*2.5T	2
32	Safety hook - left		1	43	Rubber pad		2
33	Hexagon bolt	M10*90	8	89	Barbell clamp collar		2



1. Attach the bottom base (25) to the bottom plate with bolts (33), washers (11) and nuts (10).
2. Attach the top base (26) to the top plate with bolts (33), washers (11) and nuts (10).
3. Slide the rubber pad (30), safety hook (32), sliding sleeve (29) onto the guide rod (27), and then attach the guide rod to the sleeves (28) and secure with Socket set screw (34).
4. Attach the barbell bar (41) to the sleeve (29) and secure with ring (36), weight stack inner part (42), weight stack part (37), end cap (35), button head socket screw (38), spring washer (39), washers (40) and clamps (89).
5. Slide the rubber pad (30), safety hook (31), sliding sleeve (29) onto the guide rod (27), and then attach the guide rod to the sleeves (28) and secure with socket set screw (34).

STEP 4



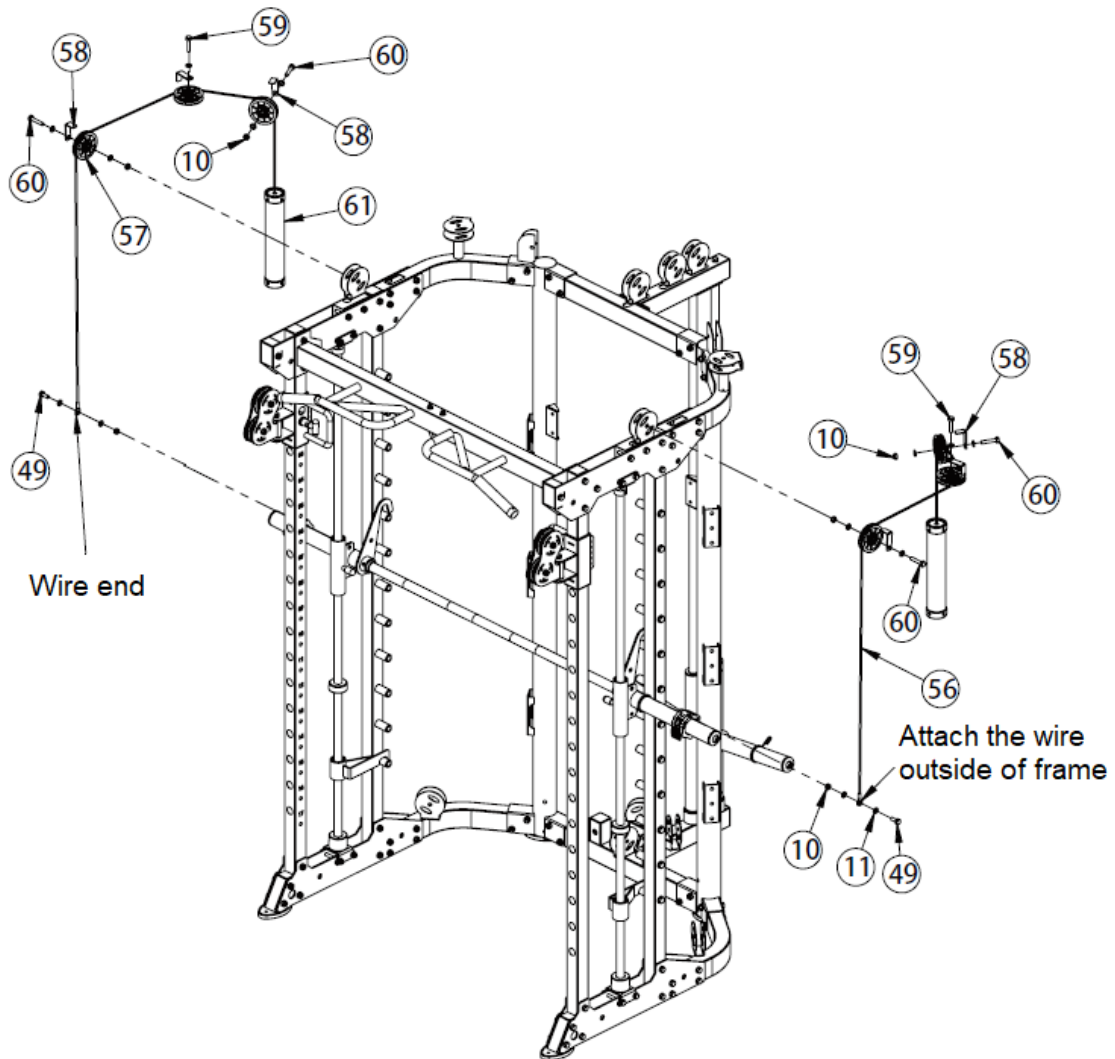
No.	Name	Spec.	Qty.	No.	Name	Spec.	Qty.
10	Nut	M10	2	48	Rubber pad		2
11	Washer	Φ10	7	49	Hexagon bolt	M10*25	2
39	Spring washer	Φ12	4	50	Hexagon bolt	M10*95	1
40	Washer	Φ12	4	51	Hexagon bolt	M10*55	2
44	Top short connection frame		1	52	Hexagon bolt	M12*30	4
45	Lower connection tube		1	53	Double pulley bracket		1
46	Big sliding sleeve		1	34	Socket set screw	M8*10	2
47	Hollow guide rod		2	55	Back barbell plate holder		2

1. Attach the top short connection frame (44) to the main frame with the bolts (52), washers (39) and nuts (40).
2. Attach lower connection tube (45) to main frame with bolts (52), washers (39) and nuts (40).
3. Attach double pulley bracket (53) to frame (45) with bolts (51), washer (11) and nut (10).
4. Slide hollow guide rod (47) into the big sliding sleeve (46), rubber pad (48) and secure with bolts (50), washers (11) and bolt (49).
5. Attach the back barbell plate holder (55) to the sleeve (46) with bolts (34).

STEP 5

Tighten with hand.

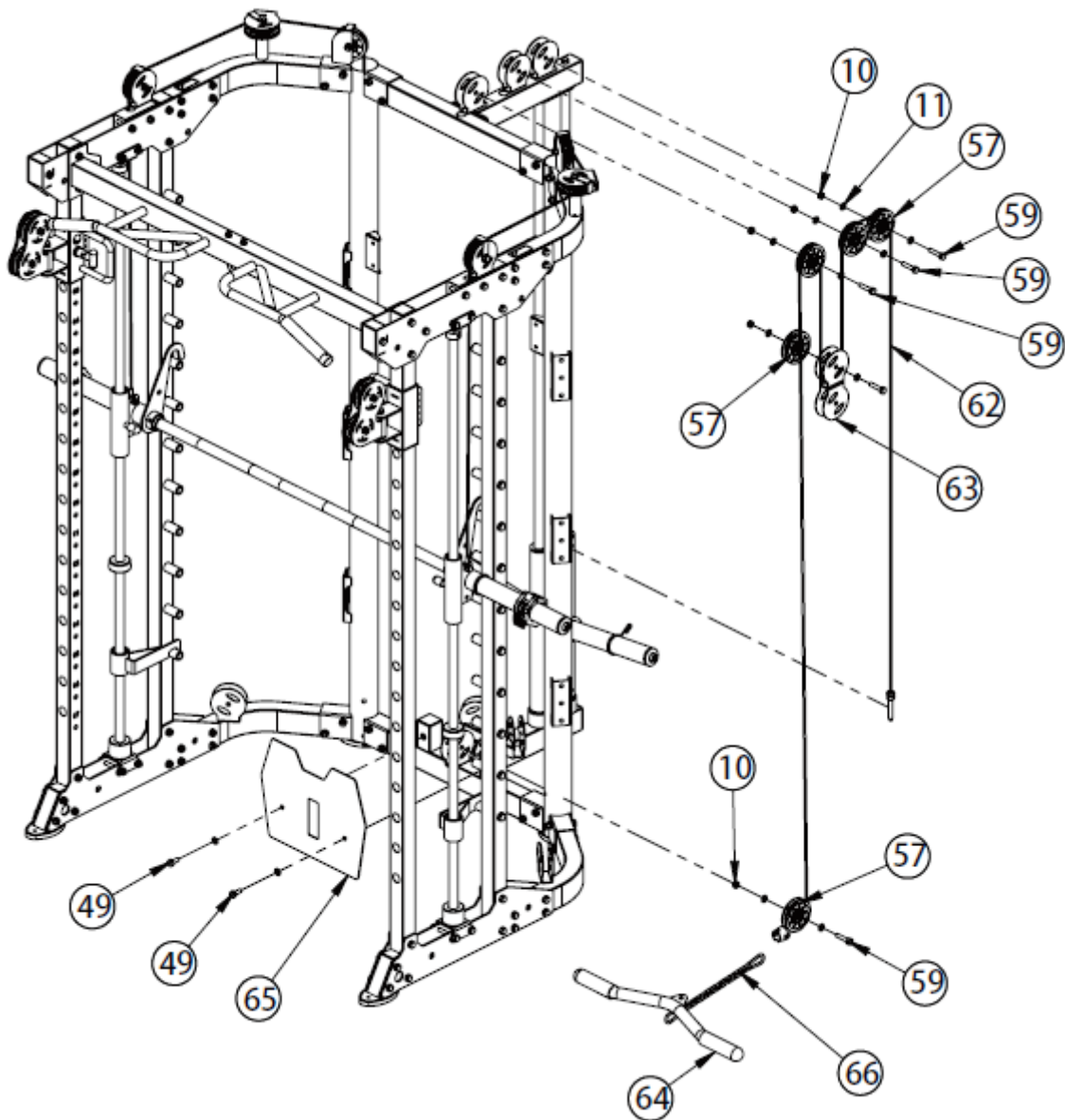
Do not overtighten.



No.	Name	Spec.	Qty.	No.	Name	Spec.	Qty.
10	Nut	M10	6	58	Pulley plate		6
11	Washer	Φ10	14	59	Hexagon bolt	M10*45	2
49	Hexagon bolt	M10*25	2	60	Hexagon bolt	M10*50	4
56	Cable	Φ5*2745 mm	2	61	Weight		2
57	Pulley	Φ95	6				

1. Attach weight (61) to cable (56).
2. Attach pulleys (57) to upper bent frame with bolts (60), pulley holder (58), washer (11) and nut (10).
3. Attach the pulley (57) to the upper bent frame with bolts (59), pulley holder (58), washer (11) and nut (10).
4. Attach the cable (56) to the outside of the carriage with bolts (49), washer (11) and nut (10).

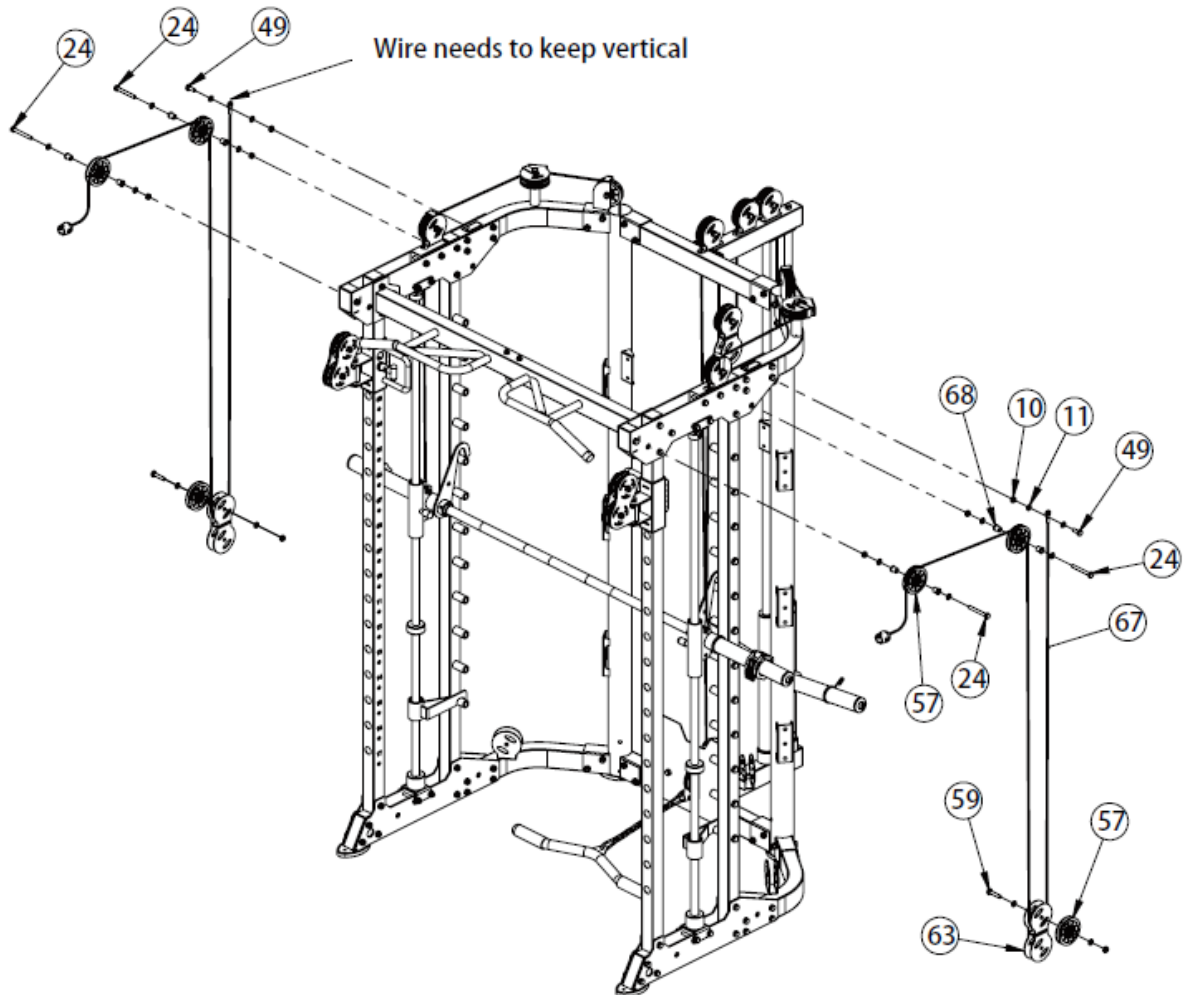
STEP 6



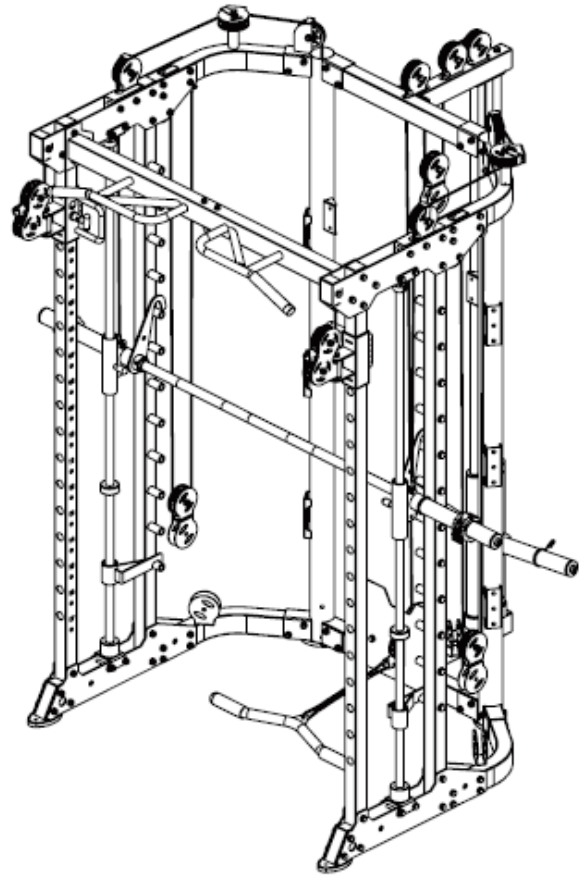
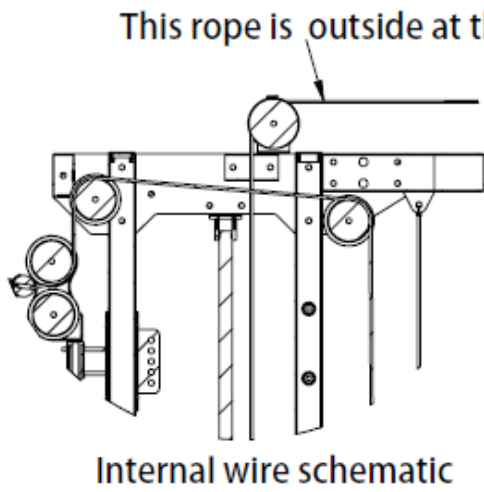
No.	Name	Spec.	Qty	No.	Name	Spec.	Qty
10	Nut	M10	5	62	Cable	Φ5*4740 mm	1
11	Washer	Φ10	12	63	Pulley frame		1
49	Hexagon bolt	M10*25	2	64	Short bar		1
57	Pulley	Φ95	5	65	Footplate		1
59	Hexagon bolt	M10*45	5	66	Chain with 2 snap hooks		1

1. Attach pulleys (57) to main frame and pulley frame (63) with bolts (59), plate (58), washer (11) and nut (10).
2. Route the cable (62) as shown.
3. Attach the short handle (64) to the cable with the chain (66).
4. Attach the footrest (65) to the main frame with bolts (49), washers (11) and nuts (10).

STEP 7

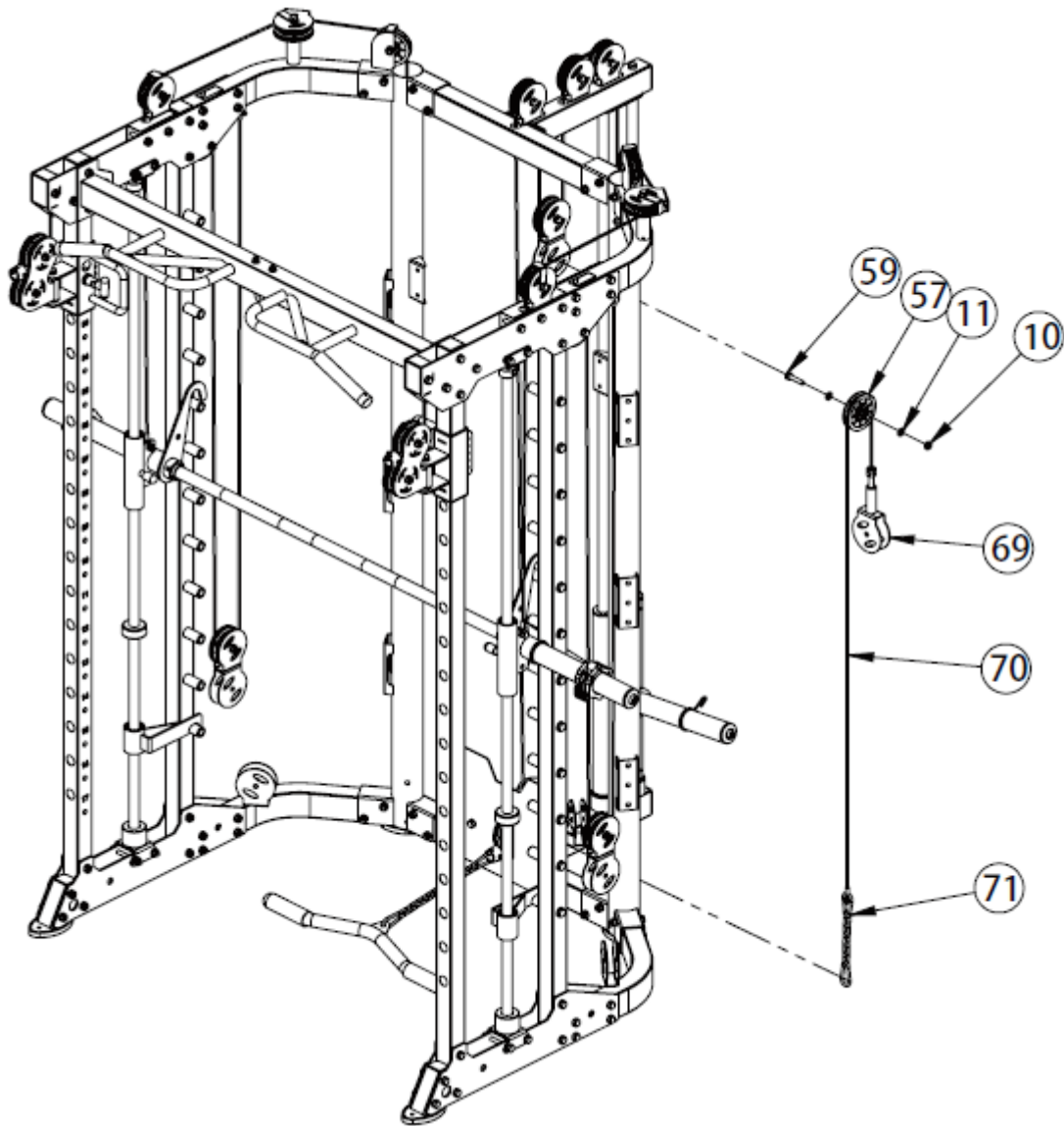


No.	Name	Spec.	Qty.	No.	Name	Spec.	Qty.
10	Nut	M10	8	59	Hexagon bolt	M10*45	2
11	Washer	Φ10	16	63	Pulley frame		2
24	Hexagon bolt	M10*80	4	67	Cable	Φ5*4185 mm	2
49	Hexagon bolt	M10*25	2	68	Pulley spacer sleeve	Φ20*10.5*L20.5	8
57	Pulley	Φ95	6				



1. Attach pulleys (57) to upper frame with bolts (24), washers (11), nuts (10) and bushing (68).
2. Attach pulley (57) to pulley frame (63) with bolts (59), washers (11) and nuts (10).
3. Secure cables (67) with bolts (59), washers (11) and nuts (10). The cable must be attached vertically.

STEP 8

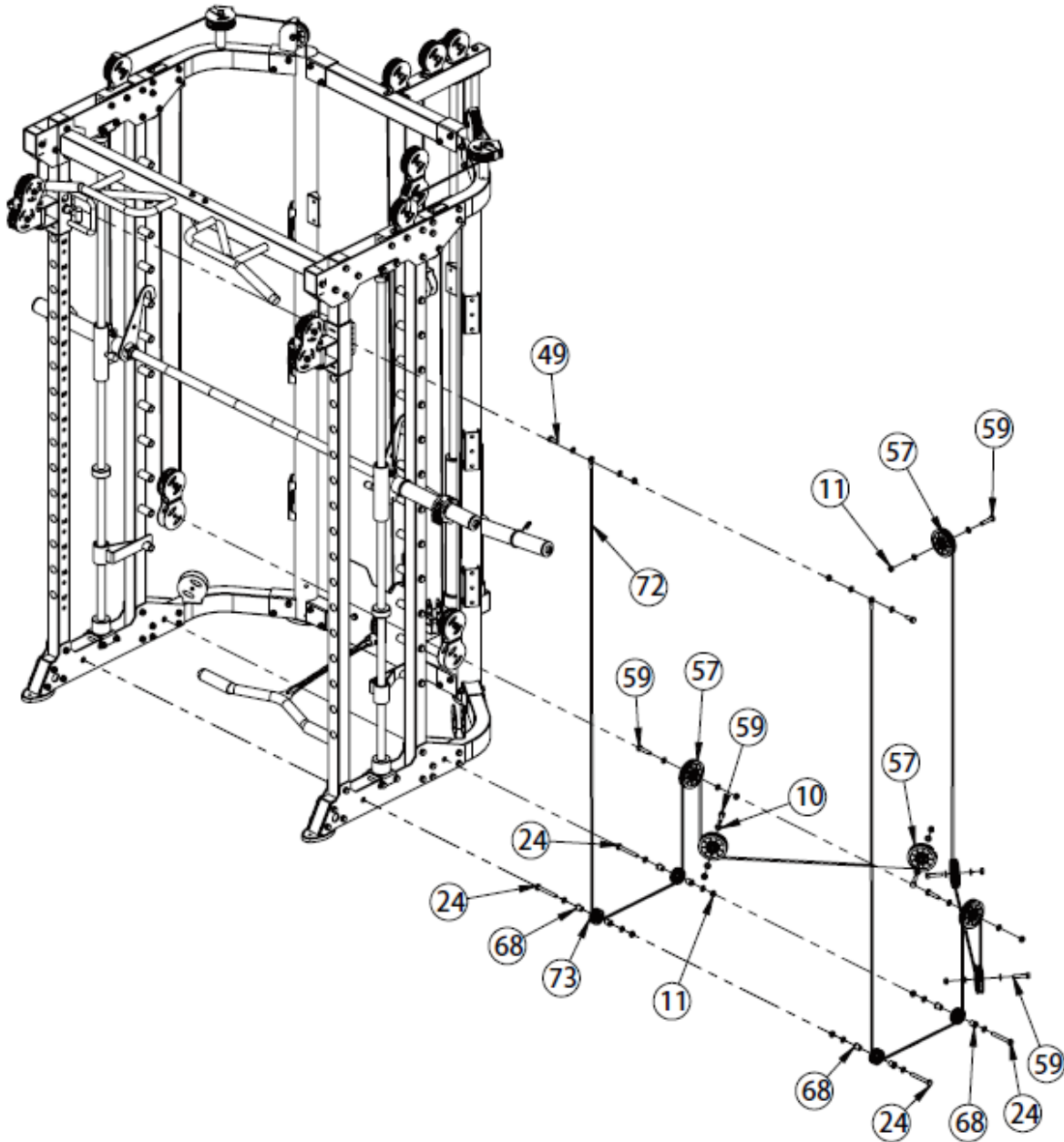


No.	Name	Spec.	Qty.	No.	Name	Spec.	Qty.
10	Nut	M10	1	69	Pulley frame		1
11	Washer	Φ10	2	70	Cable		1
57	Pulley	Φ95	1	71	Chain with snap hook		1
59	Hexagon bolt	M10*45	1				

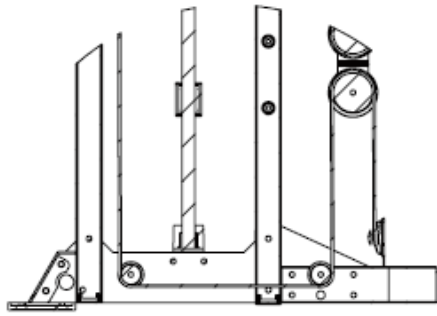
1. Attach pulleys (57) to pulley frame (63) with bolts (59), washers (11) and nuts (10).
2. Pass cable (70) through frame (69) and secure to main frame with carabiner chain (71).

STEP 9

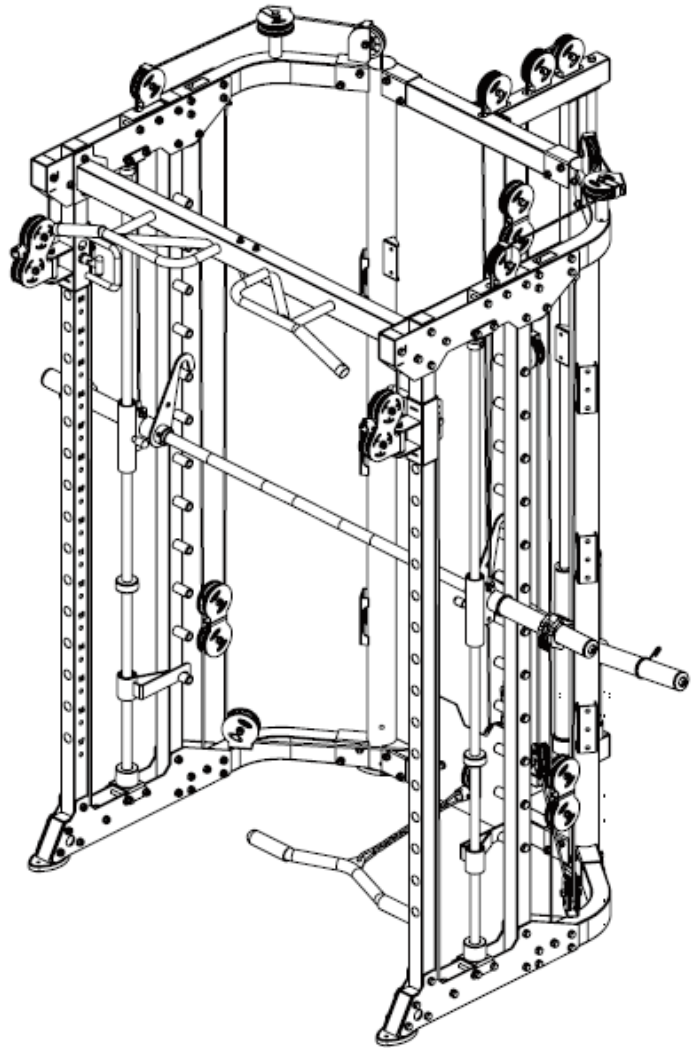
Hand tight the bolts and nuts.



No.	Name	Spec.	Qty.	No.	Name	Spec.	Qty.
10	Nut	M10	13	59	Hexagon bolt	M10*45	7
11	Washer	Φ10	26	68	Pulley spacer sleeve	Φ20*10.5*L20.5	8
24	Hexagon bolt	M10*80	4	72	Cable	Φ5*9715 mm	1
49	Hexagon bolt	M10*25	2	73	Pulley	Φ50	4
57	Pulley	Φ95	7				



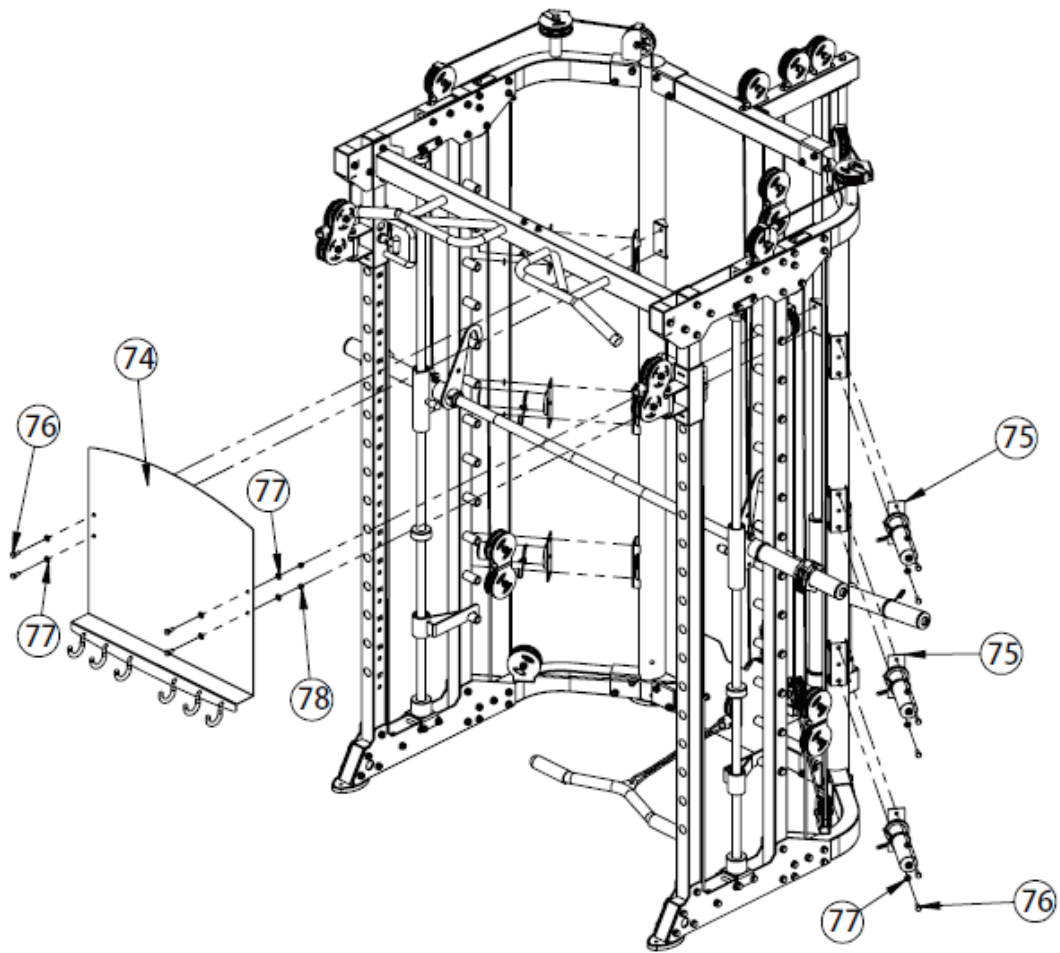
Internal wire schematic



1. Attach pulleys (57) to frame with bolts (59), washers (11) and nuts (10).
2. Attach the pulleys (73) to the bottom plate with bolts (24), washer (11), nut (10) and bushing (68).
3. Route the cable (72) as shown.

STEP 10

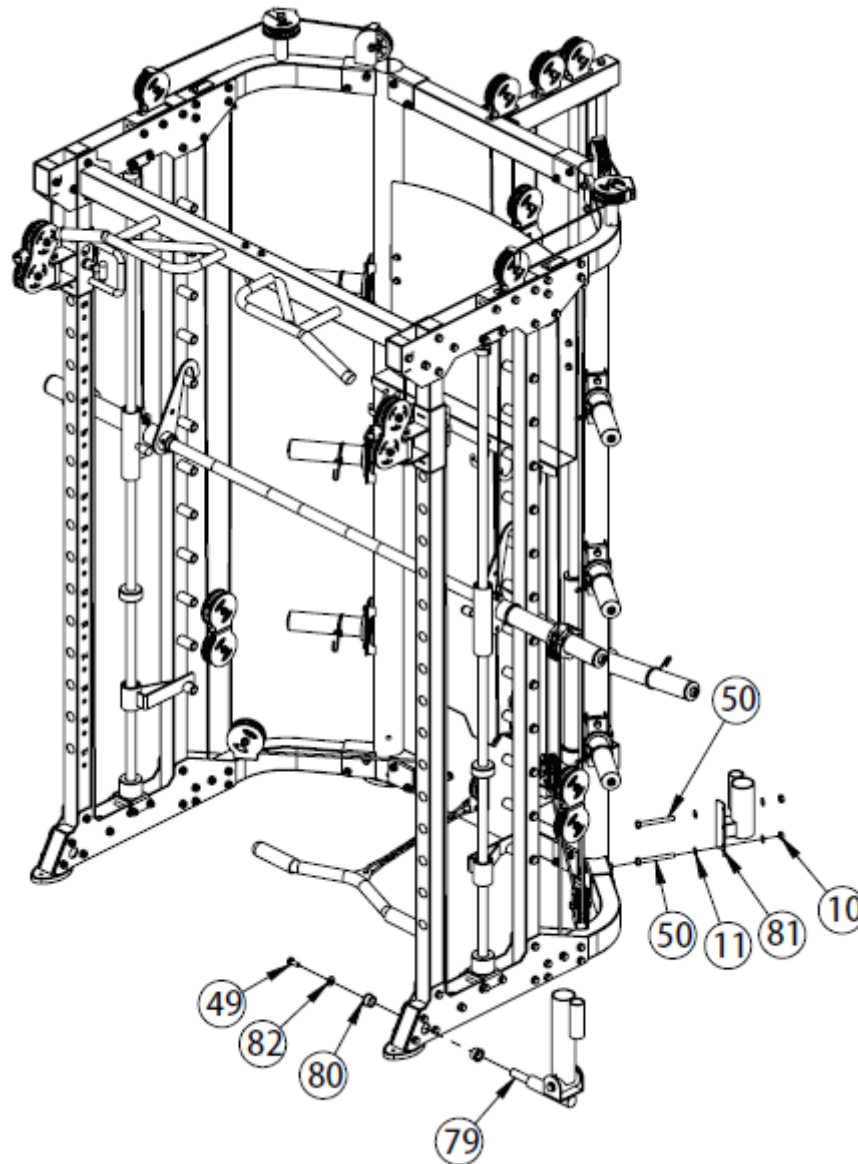
Attach all bolts and nuts before tightening.



No.	Name	Spec.	Qty.	No.	Name	Spec.	Qty.
74	Shield		1	77	Washer	Φ8	20
75	Barbell plate holder		6	78	Nut	M8	4
76	Hexagon bolt	M8*20	16				

1. Attach shield (74) to main frame with bolts (76), washer (77) and nut (78).
2. Attach the bar holder (75) to the main frame with bolts (76) and washer (77).

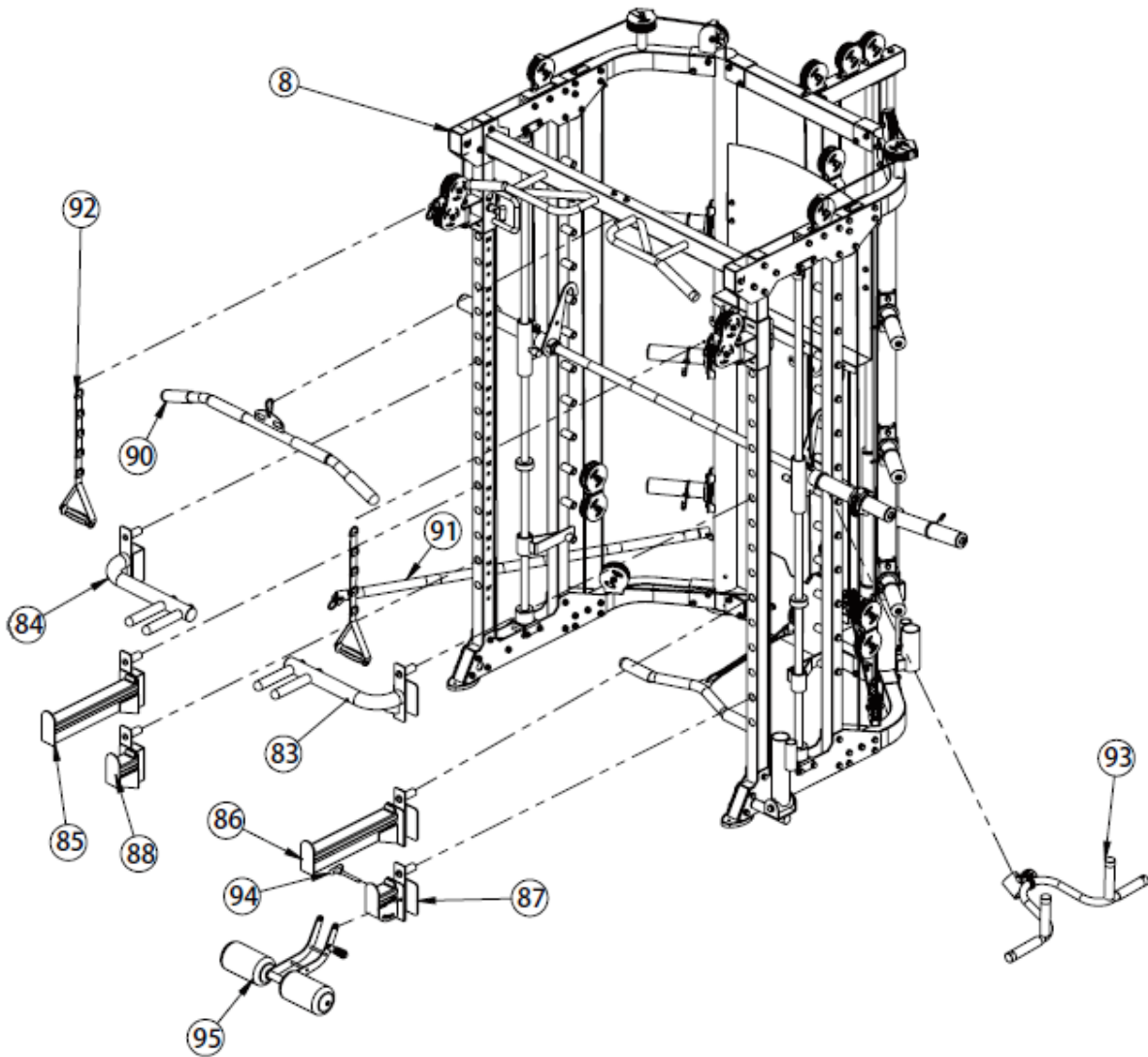
STEP 11



No.	Name	Spec.	Qty.	No.	Name	Spec.	Qty.
10	Nut	M10	2	79	Core trainer		1
11	Washer	Φ10	4	80	Sleeve	Φ33.2*Φ 29*Φ20*18	2
49	Hexagon bolt	M10*25	1	81	Barbell rod holder		1
50	Hexagon bolt	M10*95	2	82	Big washer	Φ25*10*2.0	1

1. Attach the core trainer (79) to the main frame with bolts (49), large washer (82) and bushing (80).
2. Attach the barbell bar holder (81) to the frame with bolts (50), washer (11) and nut (10).

STEP 12



No.	Name	Spec.	Qty.	No.	Name	Spec.	Qty.
83	Dip bar left		1	90	Long bar		1
84	Dip bar right		1	91	Ship rod		1
85	Barbell rod holder right		1	92	Hand belt		2
86	Barbell rod holder left		1	93	Pull lift device		1
87	Barbell rod holder short left		1	94	T shape pin	Φ10*100	1
88	Barbell rod holder short right		1	95	Leg curl tube		1

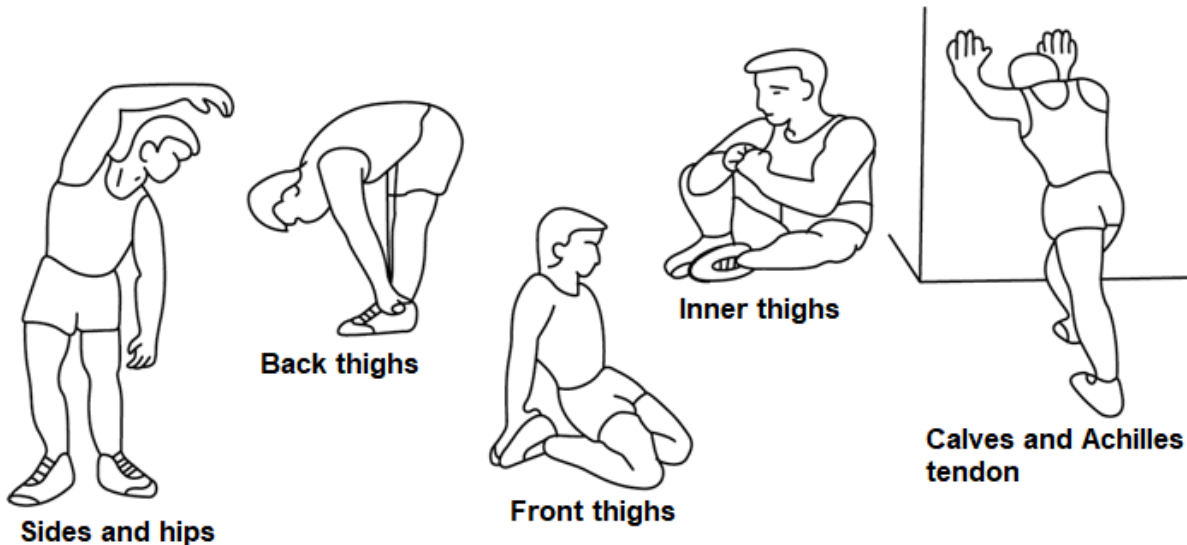
1. Attach the leg curl frame (95) and barbell bar holders with the pin (94).

EXERCISE INSTRUCTIONS

Exercise is beneficial to your health, improves physical condition, shapes muscles and, in combination with a calorie-balanced diet, leads to weight loss.

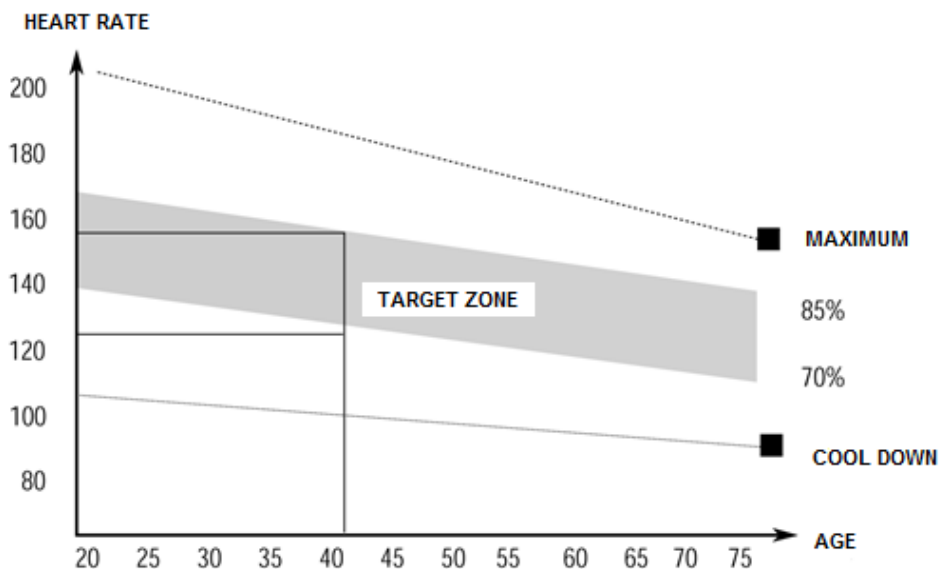
1. WARM UP

This phase serves to improve the blood circulation of the whole body and to warm up the muscles, to reduce the risk of convulsions and muscle injury. We recommend performing the stretching exercises below. When dragging, stay in the end position for approximately 30 seconds, do not make sudden movements and do not vibrate.



2. EXERCISING

This phase is the most physically demanding part. Regular exercise strengthens the muscles. You can determine the tempo yourself, but it is very important that it is the same throughout the exercise. Heart rate should be within the target zone (see figure below).



This phase should last at least 12 minutes. Most people exercise for 15-20 minutes.

3. COOLDOWN

This phase serves to soothe the cardiovascular system and relax the muscles. It should take approximately 5 minutes. You can repeat warming up exercises or continue exercising at slower pace. Stretching your muscles after exercise is extremely important - you need to avoid sudden movements and vibrations.

With improved fitness, you can lengthen and increase exercise intensity. Train regularly, at least three times a week.

SHAPING MUSCLES

For muscle shaping, it is important to set a high load. The muscles will be more stressed, which may cause that you will not be able to exercise as long as usual. If you are trying to improve your condition at the same time, you need to adjust your training. Exercise in the usual way during the warm-up and final stages of training but increase the resistance of the device at the end of the exercise. You may need to slow down the speed to keep the heart rate in the target area.

WEIGHT LOSS

The number of calories burned depends on the length and intensity of the exercise. The essence is the same as in fitness exercise, but the goal is different.

MAINTENANCE

1. After exercising, wipe off any sweat to avoid corrosion. Clean the device with a soft cloth and mild detergents. Do not use abrasive cleaners or solvents on plastic parts.
2. In case of increased machine noise, all bolts and joints must be checked and tightened properly.
3. The product must be placed in clean, ventilated and dry areas.
4. Do not expose the device to direct sunlight.

ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

Don't put the batteries among house waste but hand them in to the recycling place.

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated here under determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Strakonická street 1151/2c, Prague 150 00, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from (if applicable):

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints, wear of brake pads/blocks, chain, tires, cassette/multi wheel etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

CZ
SEVEN SPORT s.r.o.

Registered Office: Strakonická 1151/2c, Praha 5, 150 00, ČR
Headquarters: Dělnická 957, Vítkov, 749 01
Warranty & Service: Čermenská 486, Vítkov 749 01

CRN: 26847264
VAT ID: CZ26847264

Phone: +420 556 300 970
E-mail: eshop@insportline.cz
reklamace@insportline.cz
servis@insportline.cz

Web: www.inSPORTline.cz

SK
inSPORTline s.r.o.

Headquarters, warranty & service center: Električná 6471, Trenčín 911 01, SK

CRN: 36311723
VAT ID: SK2020177082

Phone: +421(0)326 526 701
E-mail: objednavky@insportline.sk
reklamacie@insportline.sk
servis@insportline.sk

Web: www.inSPORTline.sk