
Dual Adjustable Pulley

User manual



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Important safety instructions

Always consult a qualified and licensed medical professional or healthcare practitioner before beginning any nutritional or diet regime and any stretching or training programme. Remember that it is always good practice to make full inquiries and find out about any possible effects that actions and choices you make may have on your health.

Please read all instructions before using the equipment. These instructions were written to ensure your safety and to protect the unit.

Do not allow children unsupervised access to the unit; parents and any other adults to whom the children are entrusted must take responsibility for them and prevent any situations from occurring and any behaviour for which the equipment is not intended. When children are present, they must be carefully supervised, bearing in mind their psycho-physical development in relation to the use of the equipment. The equipment is totally unsuitable for use as a toy.

The equipment may be used by or near disabled persons only under careful supervision by qualified personnel.

Use the unit exclusively for the purposes described in the user manual; only perform the exercises for which the unit has been designed, following the instructions given in the manual. Any other use should be considered incorrect and therefore dangerous.

The product Dual Adjustable Pulley is a fixed weight training equipment unit that can be used for body-building or sculpting, physical activity aimed at keeping in shape, physical education and training for specific competitions and sports.

The product must be installed and used in a place in which access and supervision are specifically controlled by the owner.

The product Dual Adjustable Pulley is intended for commercial use.

Do not use any accessories other than those recommended by Technogym.

Keep your hands away from moving parts.

Never drop or insert any object into any opening.

Do not use outdoors. Do not leave the unit outdoors, exposed to the elements (rain, sun, wind, etc.). Do not expose the unit to water jets.

SAVE THESE INSTRUCTIONS

Personal safety

Use of the unit is subject to a **medical examination** in relation to the type of workout exercise you intend to perform, and in compliance with the **conditions for use** laid down by Technogym.

Before beginning a training plan, consult a doctor to ascertain any limitations to use of the equipment.

Persons suffering from certain physical conditions may only use the unit under the strict supervision of a doctor with specific qualifications.

If you feel unwell (dizziness, chest pain, etc.) while performing the training, **immediately stop** the exercise and consult a doctor.

Before starting any workout, make sure **your position on the unit is correct**, and be careful with any components that might constitute an obstruction.

Plan the workout according to your physical characteristics and state of health, beginning with less demanding workloads.

Do not overexert yourself or work to exhaustion. If you feel pain or unusual symptoms, stop training immediately and seek medical assistance.

Incorrect or excessive workout may cause physical harm.

Wear proper workout clothing and shoes during training; do not wear loose clothing. Tie long hair back. Keep garments or towels away from moving parts.

During use other people must remain at a safe distance.

Do not use the unit when children or pets are present.

Completely assemble the unit before using it. Check the equipment before each use, and check that the cable is correctly routed inside the races of all the pulleys and the state of wear of the cable. If there are signs of wear, contact the Technogym Technical Support service. Do not continue to operate the unit when it is not working properly.

Assemble and operate the unit on a solid, level surface.

Keep the equipment in good operating condition. If you see signs of wear, contact Technogym's technical support service.

Make sure that the load selection pin is fully inserted. Use only the pin provided by the manufacturer. Contact the staff for any questions.

Only remove the pin when the weight stack is in the rest position. The weight stack is in the rest position when both the weights and the crosspiece are not in the air. If the weight stack is not in the rest position, contact floor staff and do NOT use the equipment.

Do not attempt to perform maintenance operations on the equipment other than those described in the user manual.

Personal safety

The instruction label must be applied on the equipment. Technogym declines all responsibility in the event of the equipment being used before affixing the instruction label.

The equipment is designed and constructed in compliance with the requirements for user safety and health; however, there are some areas that may give rise to risks that are not plainly evident. We therefore recommend taking particular care to avoid any risk of crushing upper and lower limbs.

The product has no sharp corners.

The maximum user weight is 180 kg (397 lb).



This symbol accompanies safety warnings and is used to draw attention to potential risks of personal injury. Pay attention to all safety warnings accompanied by this symbol to avoid possible injury.



WARNINGS

During all operations involving transport, maintenance and cleaning, pay attention to any part of the product where body parts may become trapped.

Attention must be paid to the labels attached to the product, as they provide information about possible risks and hazards.

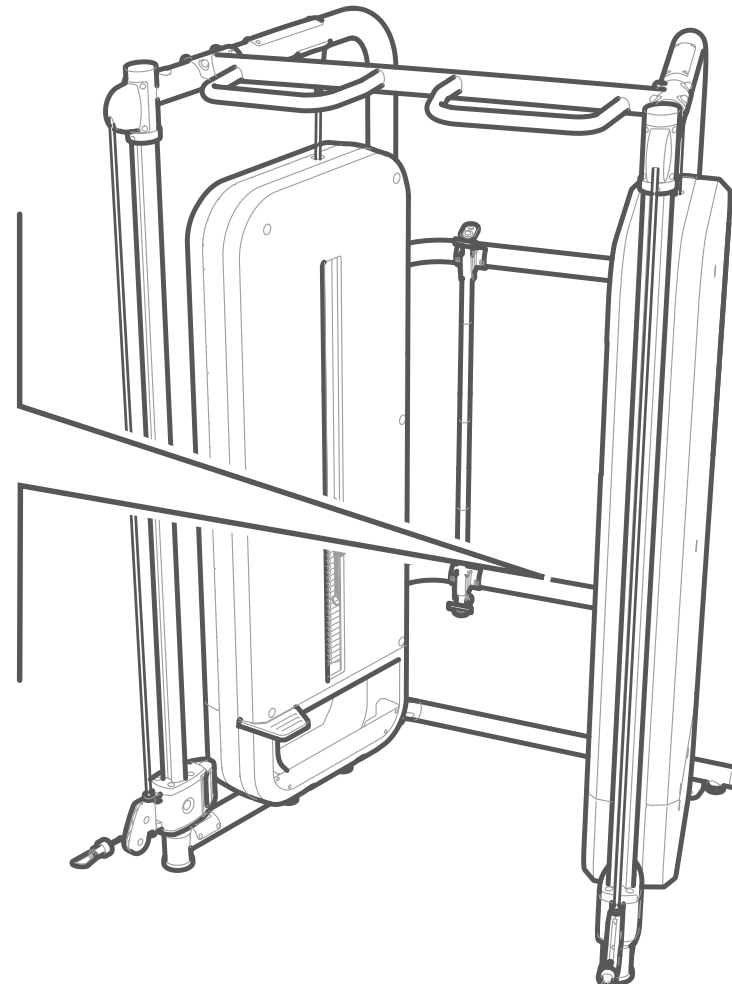
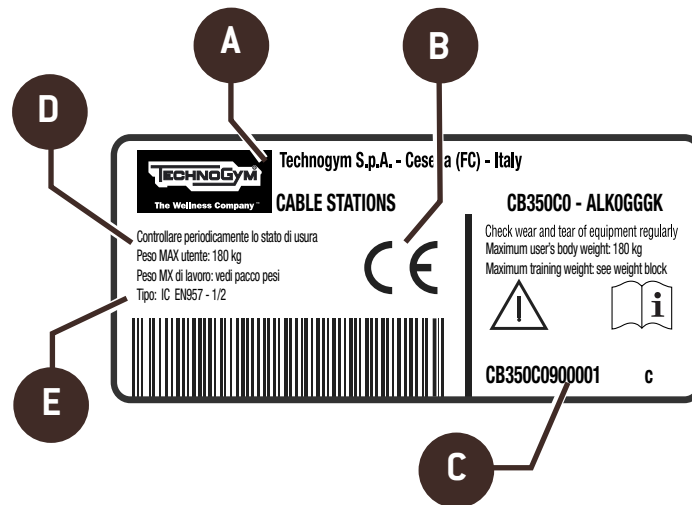
We recommend immediately replacing the labels when they become damaged or difficult to read.

Technogym is not responsible for any harm due to any failures or damage caused by unauthorized maintenance, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the area where the unit is used, rust or corrosion as a result of the product's location, alterations or modifications without Technogym's written authorization or for failure on your part to use, operate and maintain the unit as set out in this User Manual.

Identification of the manufacturer and the equipment

The identification plate of the equipment and manufacturer gives the following details:

- A Name and address of the manufacturer
- B CE Mark
- C Serial number
- D Cautions and maximum user weight
- E Equipment classification



Description of the equipment

Frames (A): the load-bearing structure of the equipment.

Crosspieces (B): elements that join the two frames.

Upper handgrips (C): held by the user to perform certain exercises.

Adjustable output cable (D): their position can be adjusted in height with the **handles (E)**.

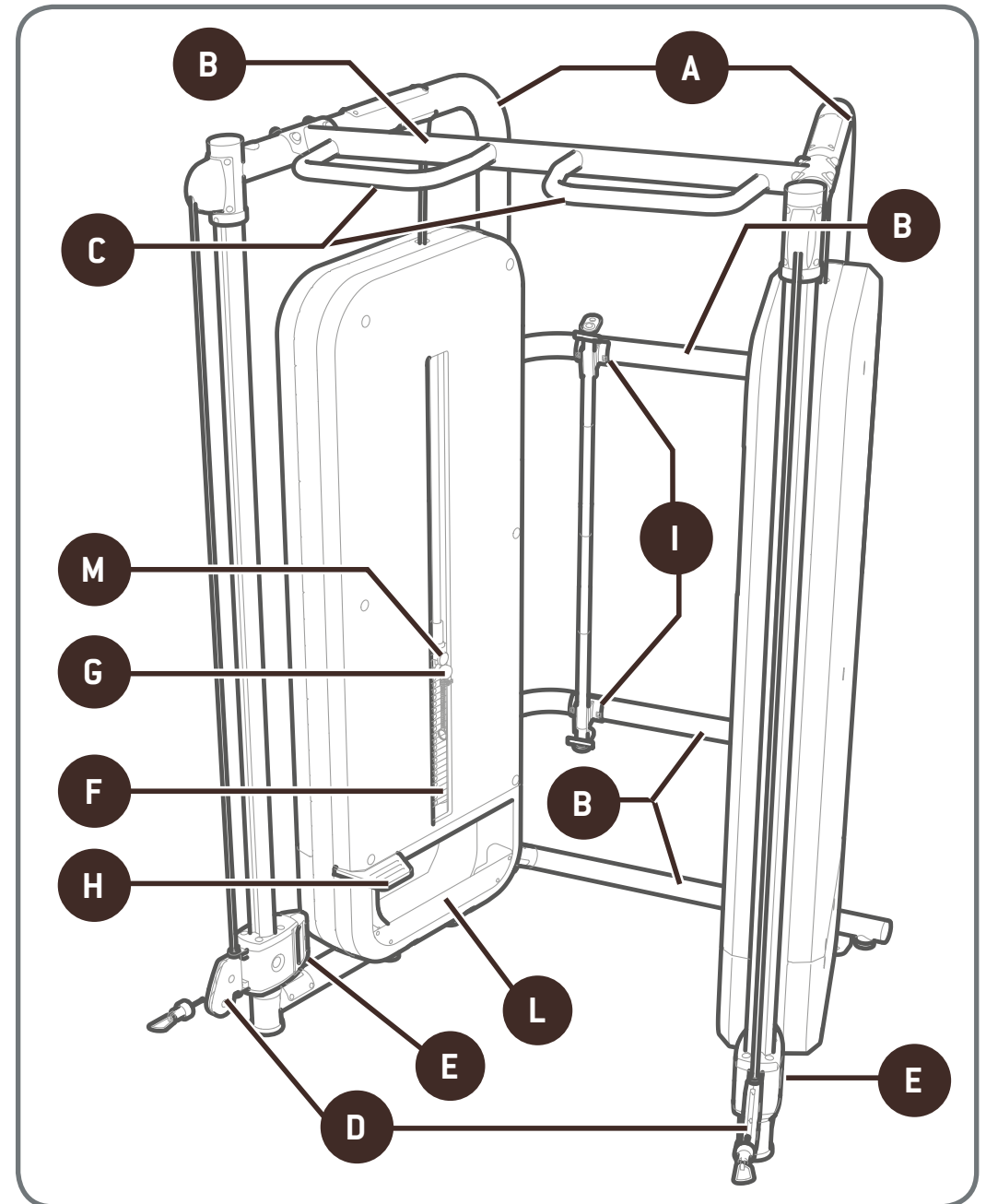
Weight stack (F): each pulley, operated by the user, moves the weights along two guides by means of a cable. A **pin (G)** is used for selecting the load in order to adjust the exercise effort level.

Foothold (H): to help climb on.

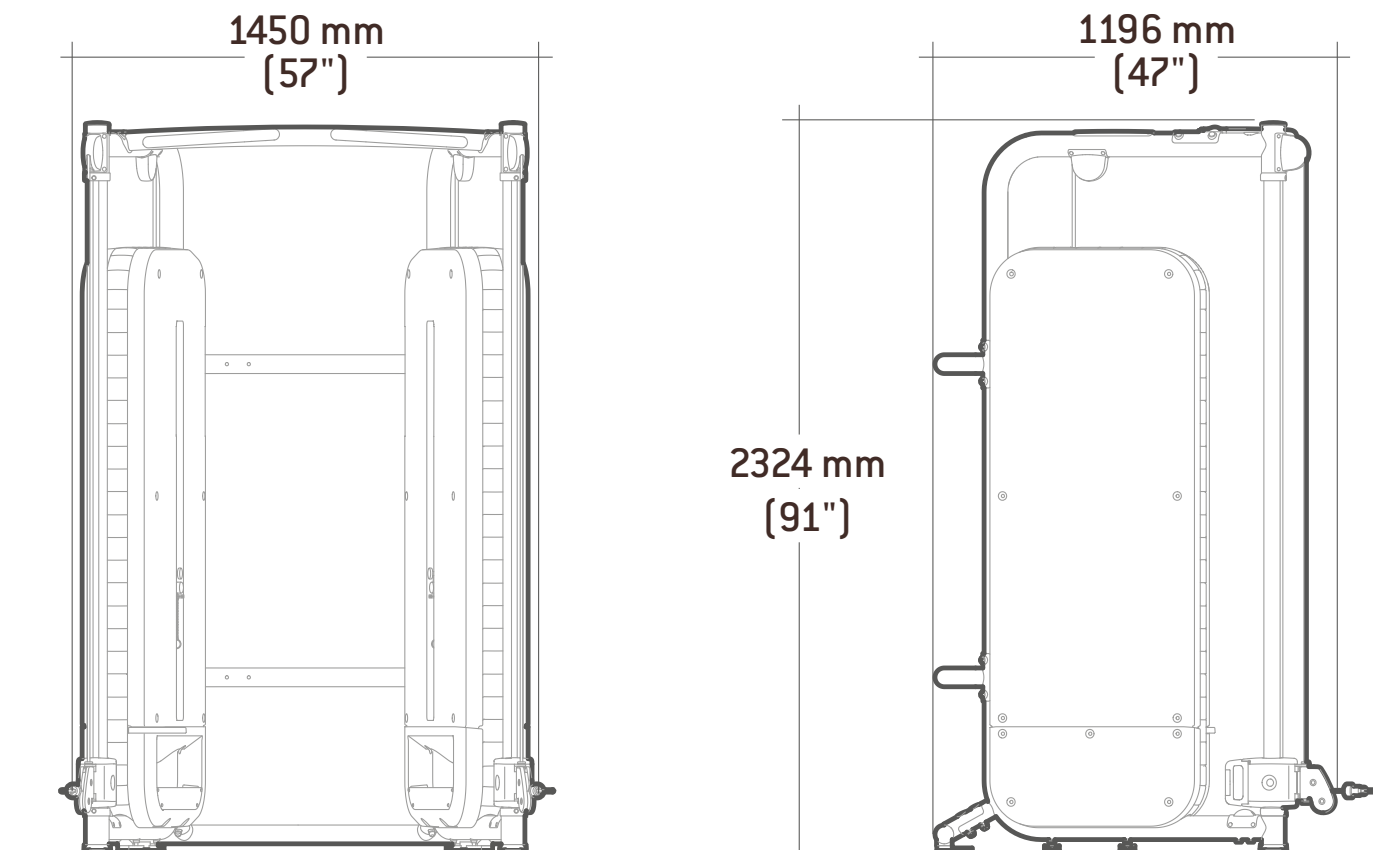
Barbell support (I): optional device used to support the barbell, when not in use.

Tray (L): used to place accessories, or anything else, during the workout.

Power mode (M): eliminates the weight stack inertia in order to perform power and explosive strength exercises. Push the knob forward to activate the mechanism; pull the knob back to disable it.



Technical data



MB430



513 kg (1140 lb)

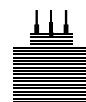


2 x 140 kg (2 x 309 lb)

MB436



648 kg (1430 lb)



2 x 200 kg (2 x 441 lb)

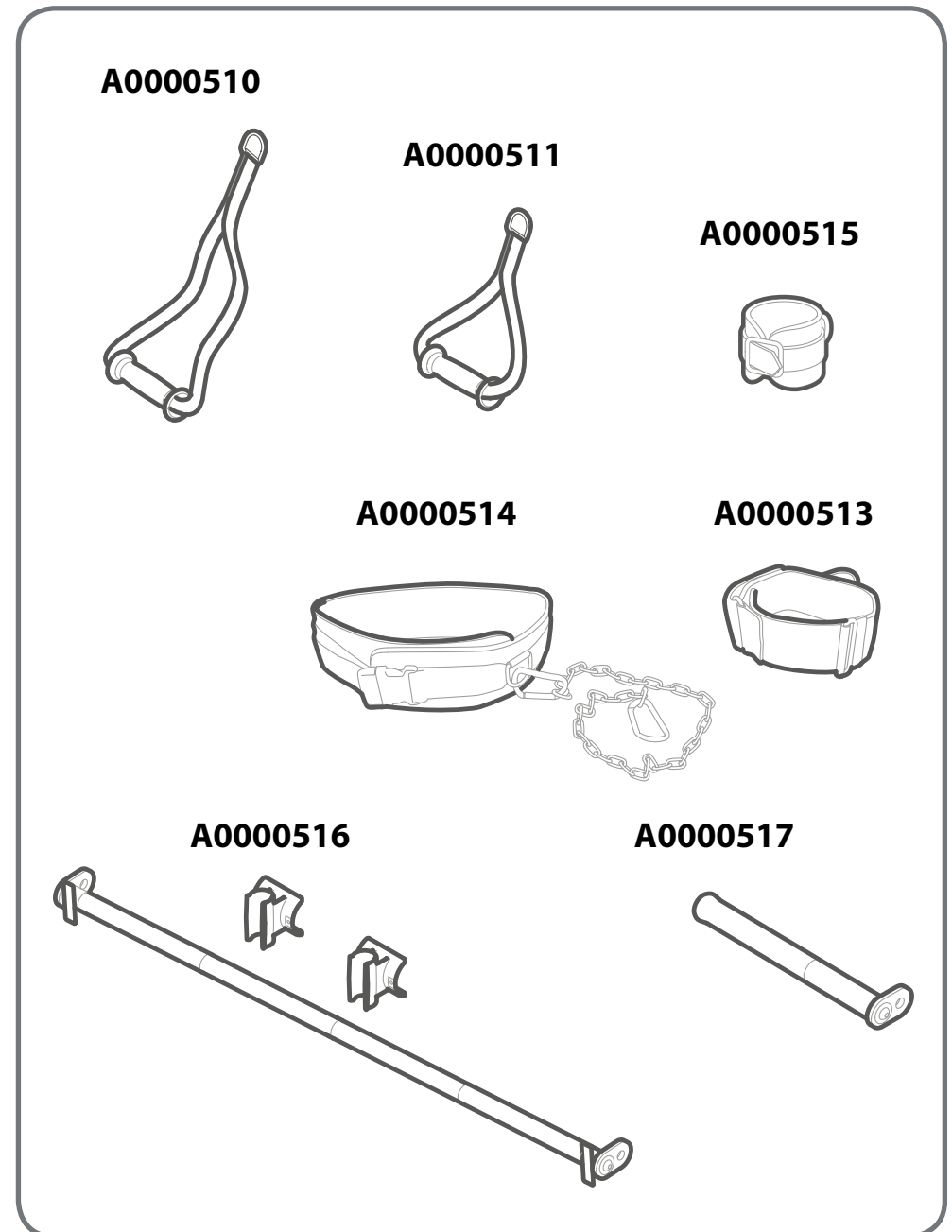
Accessories

The equipment's **standard outfit** comprises:

- user manual
- warranty certificate
- two handles **A0000510**
- two handles **A0000511**
- one ankle strap **A0000515**

The following are **optional**:

- belt **A0000514**
- thigh strap **A0000513**
- barbell with relative supports **A0000516**
- bar **A0000517**.



Place of installation

To guarantee safe, comfortable and effective use of the equipment, the place of installation must comply with certain specific requirements; in particular, before choosing where to install the equipment it is recommended to check the following:

- **temperature** between +10°C and +25°C;
- sufficient ventilation to maintain a humidity level between 20% and 90%, when the equipment is in use;
- adequate **lighting**, so that the physical exercise takes place in pleasant and relaxing conditions;
- sufficient **clearance** on all sides of the product, taking into account its maximum dimensions when in use, to ensure safety; and a space at least 60 cm wide on the side where the product is accessed;
- a flat, stable and vibration-free floor surface, with adequate carrying capacity for the equipment's weight.

If the equipment is installed in a **public recreational area**, the place must conform to all the requirements prescribed by the regulations in force.



WARNINGS

The equipment must be installed and used in a place whose access and supervision are specifically controlled by the owner.
When installing the equipment, use suitable personal protective equipment.

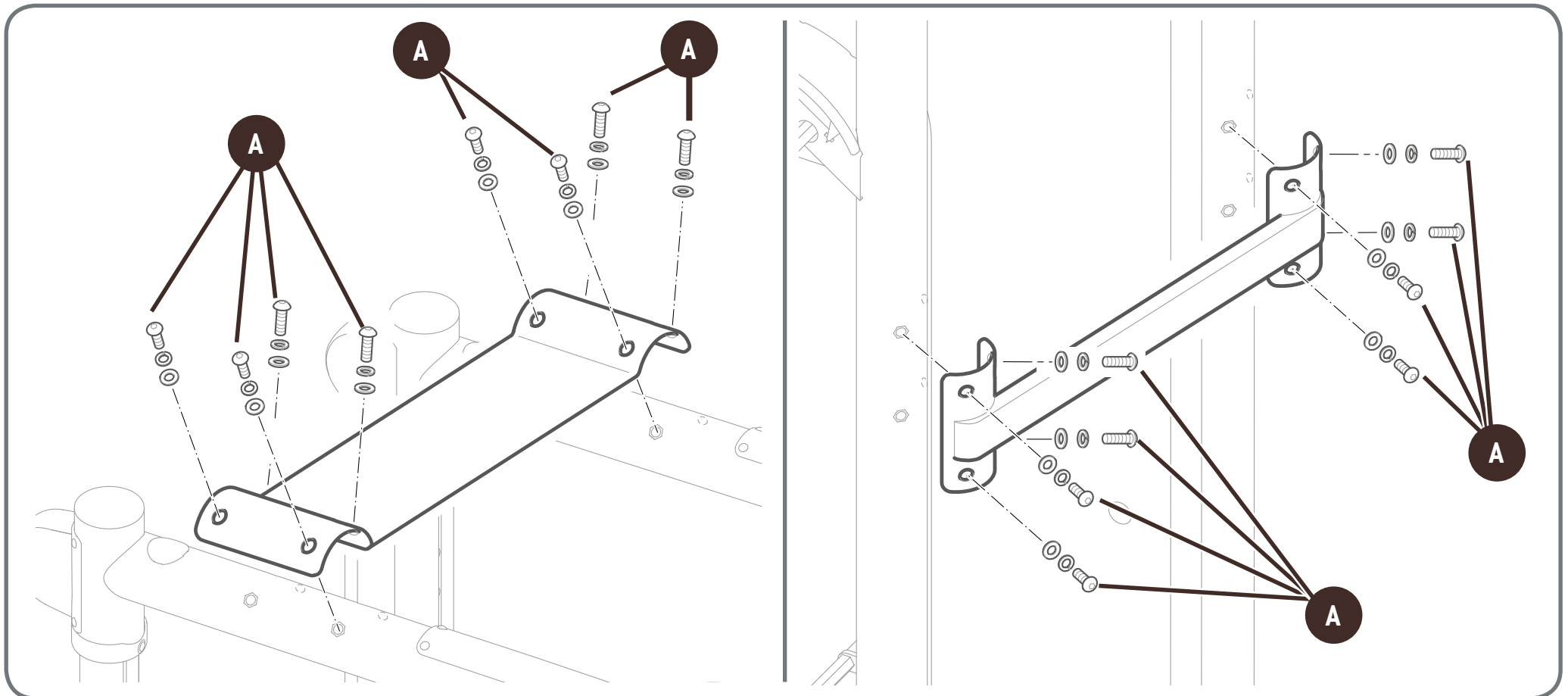
Assembling the equipment



WARNING

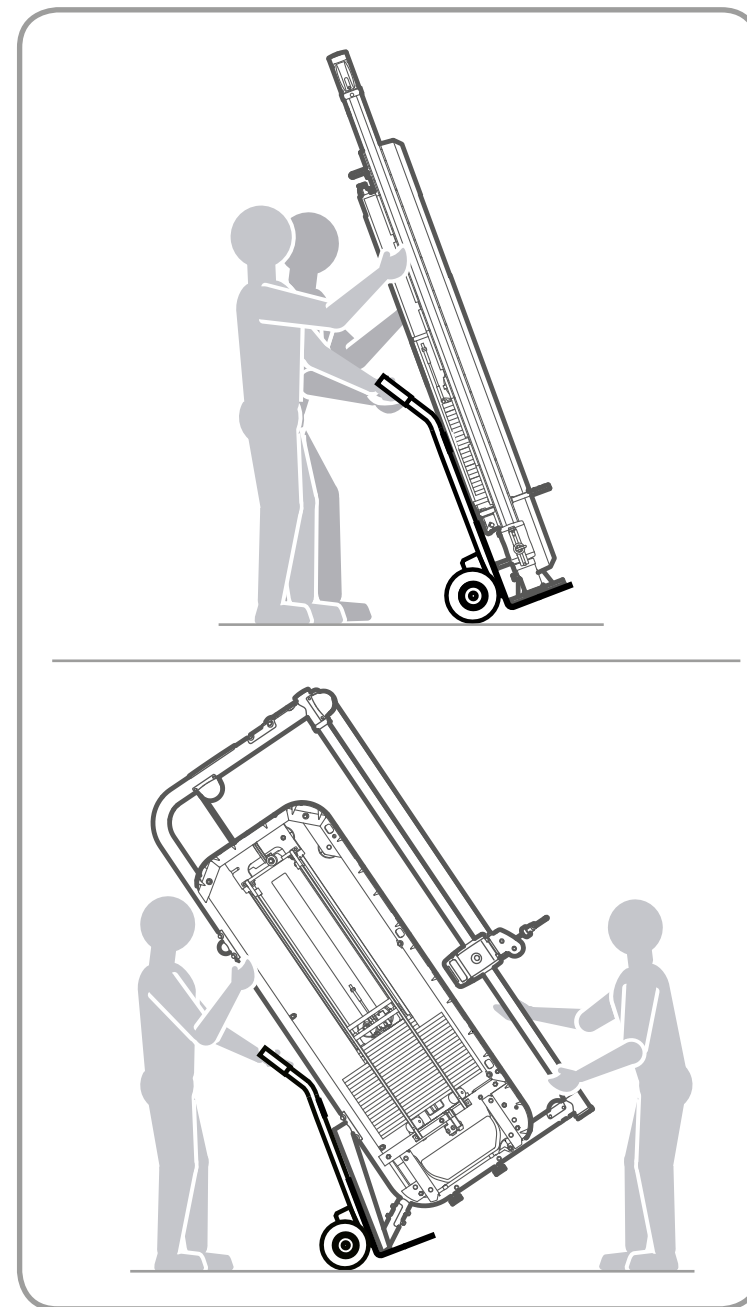
Given the weight of the equipment, we recommend that more than one person be involved in lifting and moving the modules.

Unscrew the screws [A] to remove the upper and rear brackets, that join the two modules in the packing.



Assembling the equipment

Move one module at the time to the installation location, with normal lifting and moving equipment.



To facilitate going through narrow doors, lift the equipment as shown in the figure.




Assembling the equipment

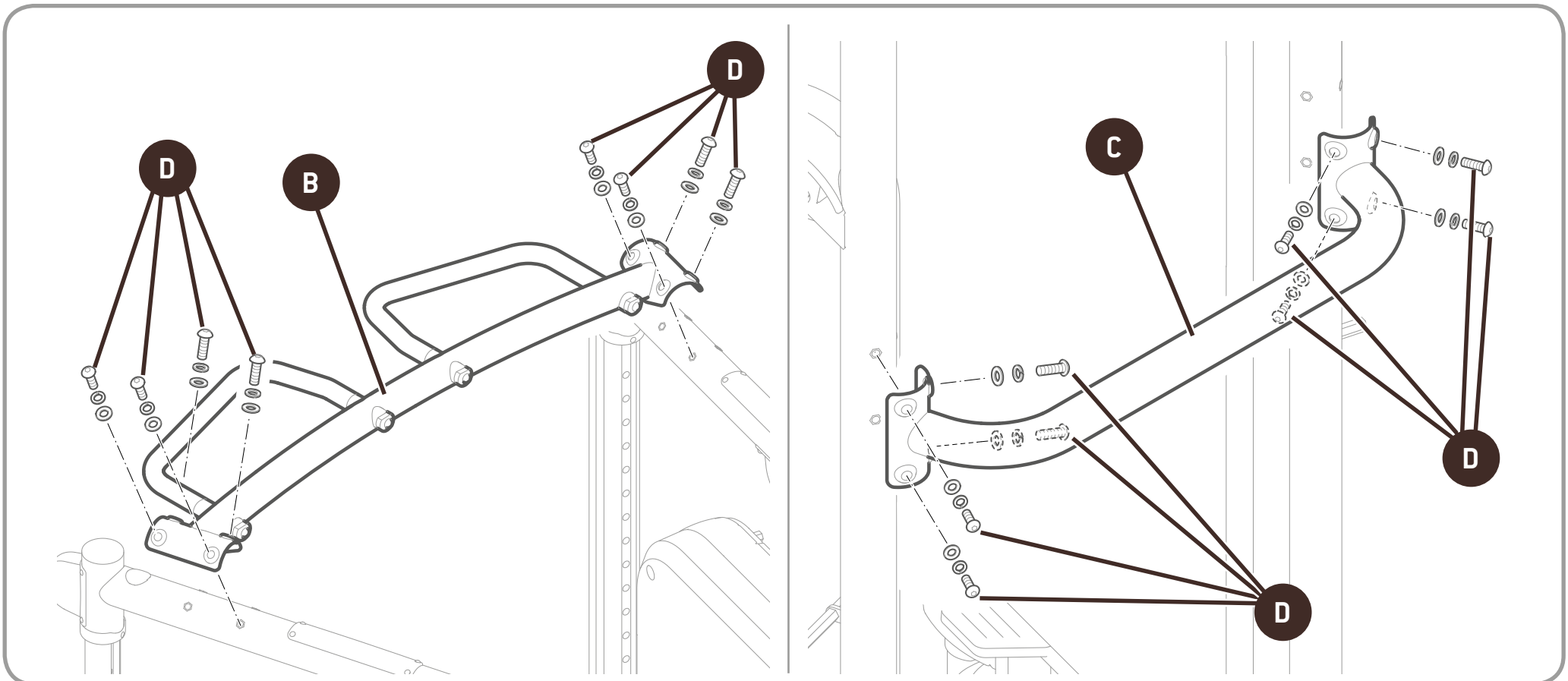
Place the modules in a diverging position and firstly secure the upper crosspiece (B), then the crosspiece (C), with the 16 screws (D), without tightening them.



WARNING

There are coloured indications on the crosspieces for their correct positioning.

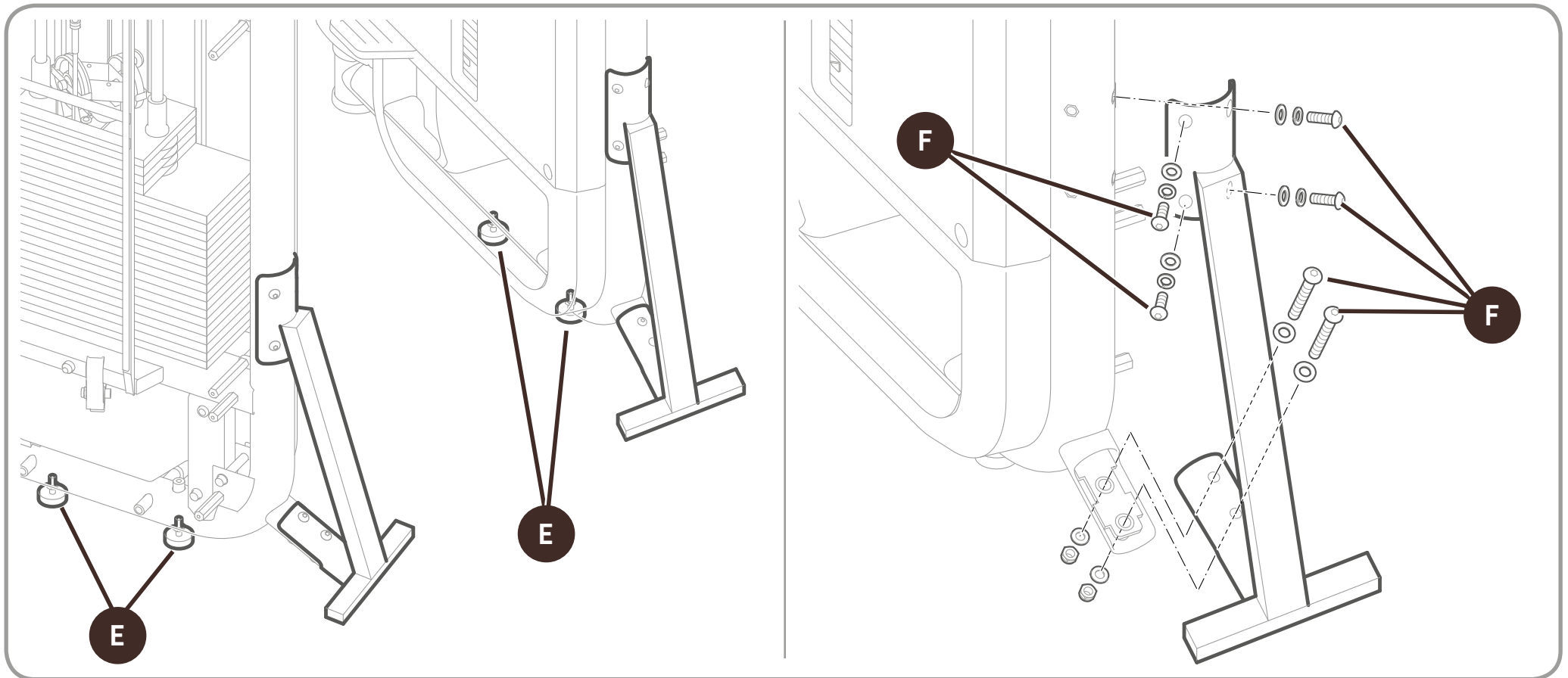
D	 M10x30 IX	16
	 10.5x17.5x2.2	16
	 10x25x3 IX	16



Assembling the equipment

Lower the adjustable feet (**E**) until they rest on the floor.




Unscrew the 6 screws (**F**) to remove the lower brackets.






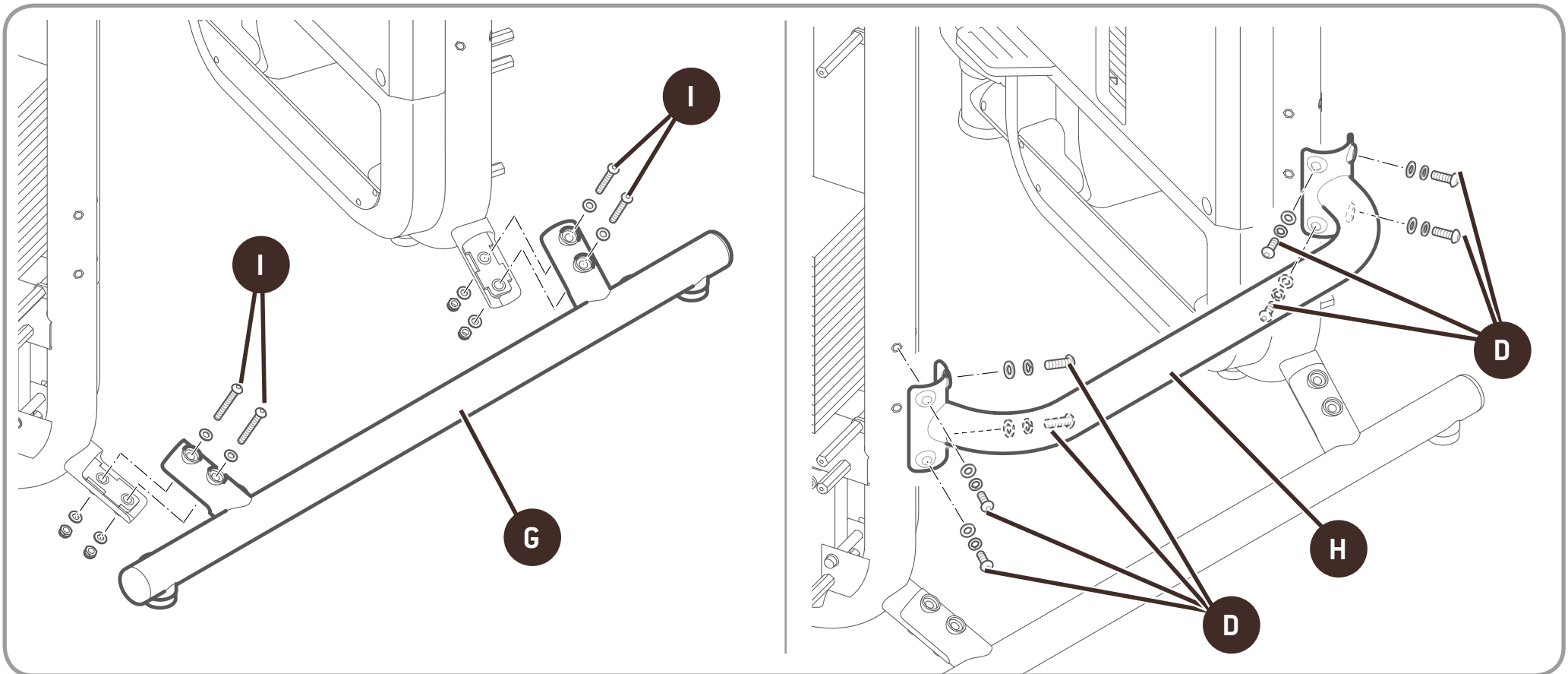
Assembling the equipment

Secure the lower crosspiece (**G**) with the 4 screws (**I**); then the crosspiece (**H**), with the 8 screws (**D**).

Tighten all the screws.

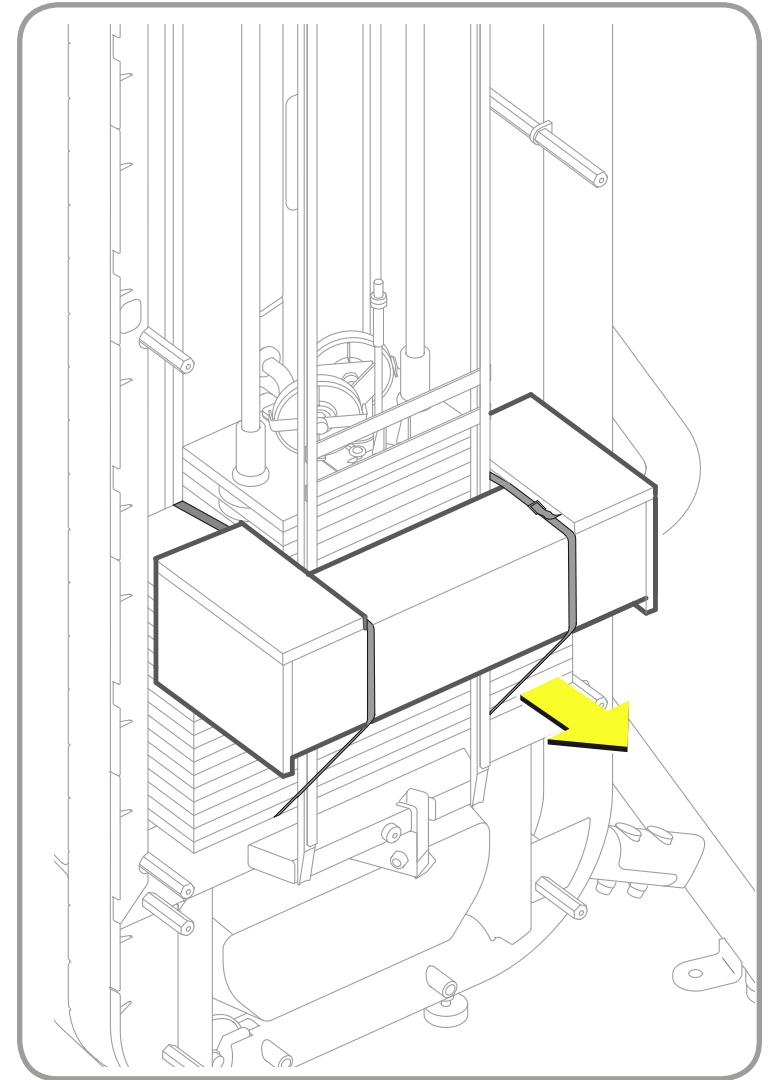
I	 M10x90 IX	4
	 10x25x3 IX	8
	 M10 Z	4

D	 M10x30 IX	8
	 10.5x17.5x2.2	8
	 10x25x3 IX	8






Assembling the equipment

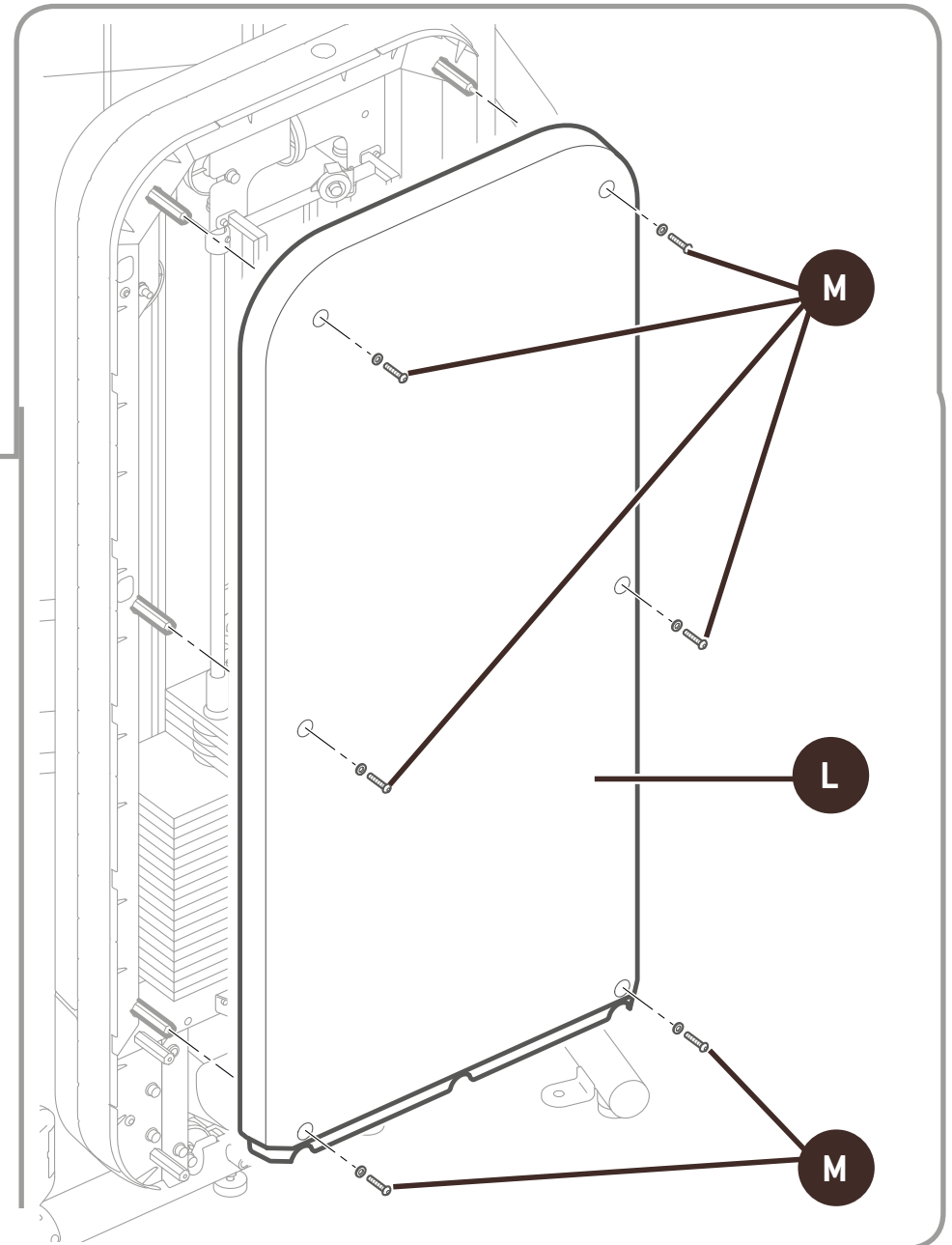
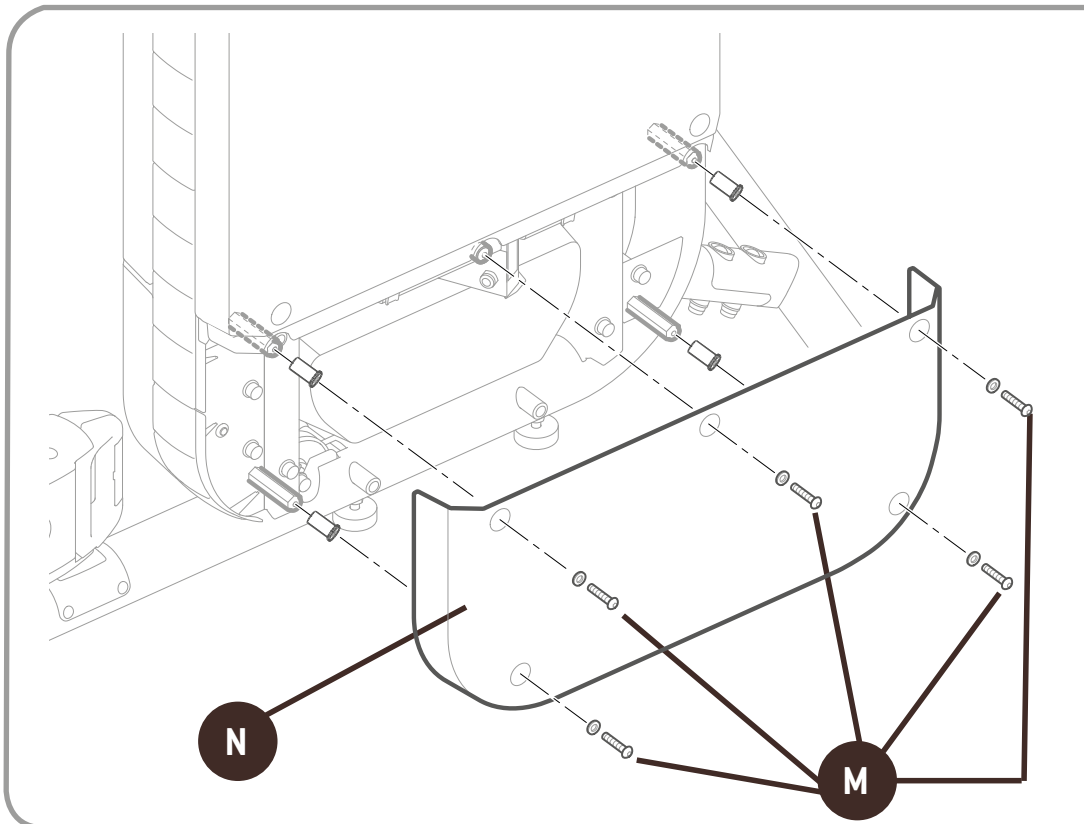
Remove the packing materials from the weight stack and check the correct operation of the equipment.



Assembling the equipment

Assemble the protection panels for the weight stack (L) with the 6 screws (M).
Assemble the tray cover (N) with the 5 screws (M).

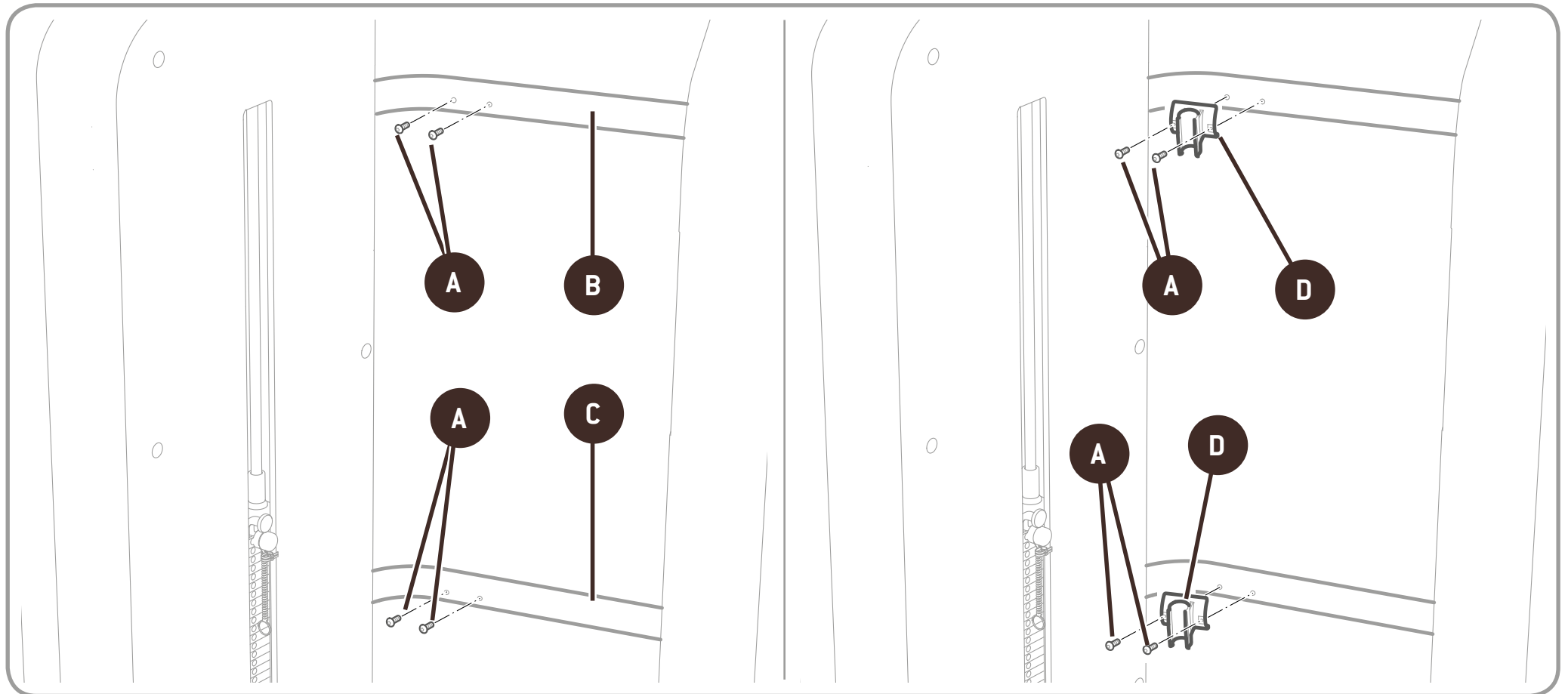
M	 M6x30 IX	11
	 6.4x12x1.6	11
	 M6 T163	11



Assembling the barbell supports

Unscrew the screws (A) on the crosspieces (B) and (C).

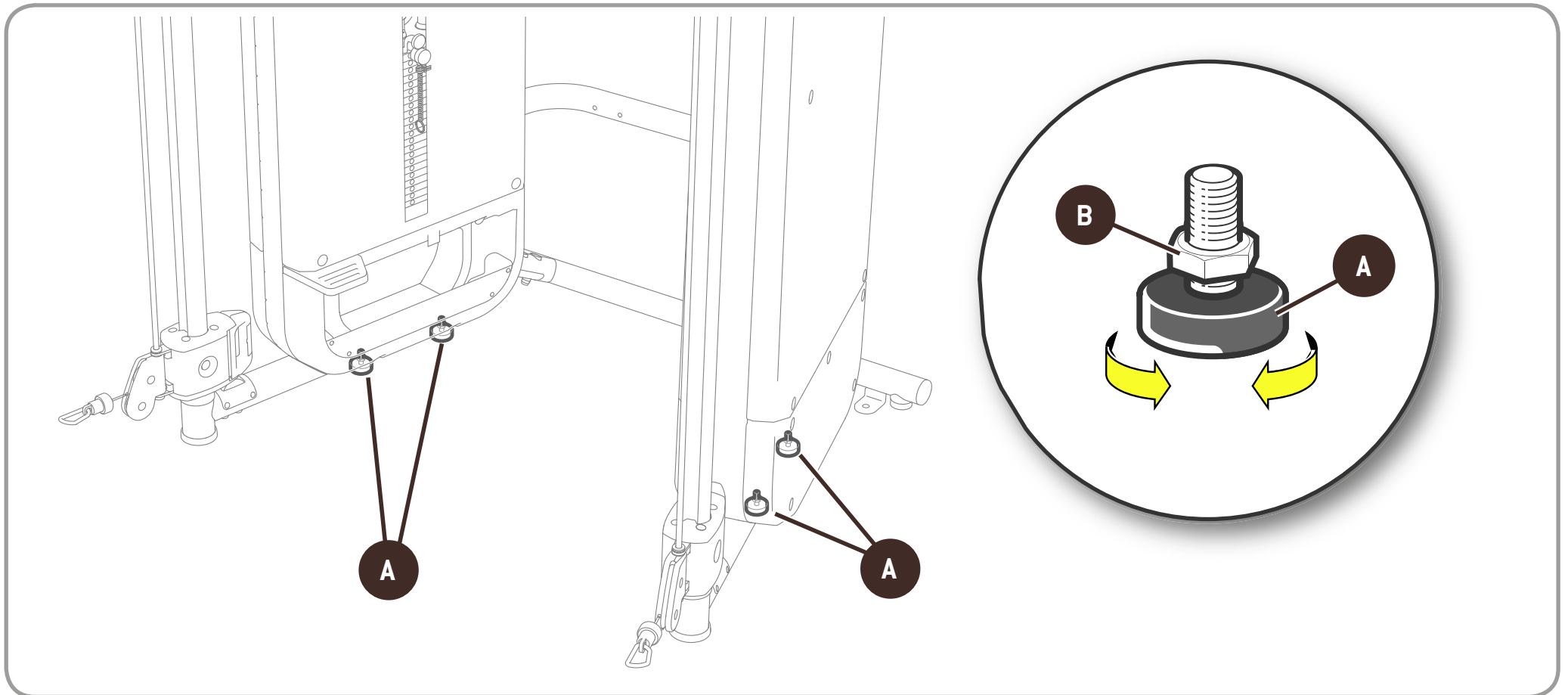
Position the 2 supports (D) for the barbell and secure them with the screws (A).



Adjusting the equipment

Once the equipment is assembled, check that it is level.

The feet **(A)** are adjustable for this purpose: loosen the lock nut **(B)** then screw or unscrew the foot **(A)** until the equipment is stable; once the adjustment is complete tighten the lock nut **(B)**.



Lifting and handling the equipment

Before moving the equipment, firstly release it from the floor-mounting and disassemble it. Follow the instructions described in the assembly section in reverse order.



WARNING

The equipment must be moved with great care, due to the risk of it tipping over.

Lift the equipment, as shown in the figure.



WARNINGS

Given the weight of the equipment, we recommend that more than one person be involved in lifting it.

It is recommended to place some padded material between the frame and the lifting machine.

After moving the equipment, it must be anchored to the floor before use.



Securing the equipment



WARNINGS

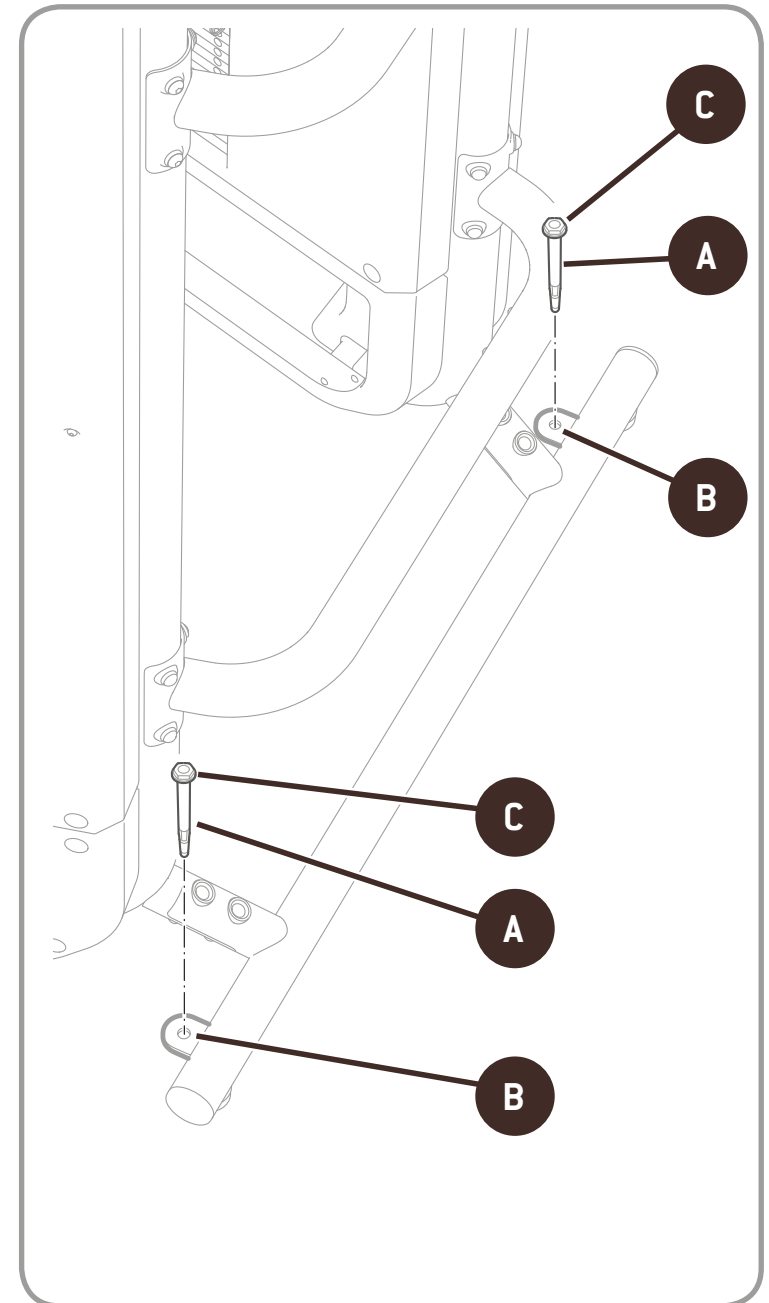
It is mandatory to secure the equipment to the floor with the specific fixing screws.

Technogym cannot be held liable for any damage caused by failure to secure the equipment.

To secure the equipment, use anchor screws which strictly comply with the following minimum requirement: minimum guaranteed load of 50 kg.

Proceed as follows to secure each frame to the floor:

- mark the position of two 14 dia. holes on the floor;
- drill the holes in the floor;
- insert the rawl plugs (A) in the holes in the brackets (B);
- screw and tighten the screws (C) in the floor.



Routine maintenance



WARNINGS

The safety of the equipment is assured only on condition that it is carefully inspected for signs of damage and/or wear every two weeks.

Replace defective and worn components immediately, or alternatively remove the equipment from service.

The equipment should always be kept clean and free of dust, in compliance with good hygiene practice, especially if it is used in a gym or by more than one person.

Every week, clean the outer parts of the equipment using a damp sponge.

Do not use chemicals or solvents.



WARNING

Be careful not to rub with excessive force on the drawings and instructions shown on the labels.

To lubricate the weight stack guides:

- use a soft cloth to remove any dust and oil residues from the guides;
- slightly moisten the cloth with the oil supplied;
- using this cloth, apply a very thin layer of lubricant over the guides, being careful not to apply too much.

For maintenance actions not described in this manual, call in the Technogym Technical Service.

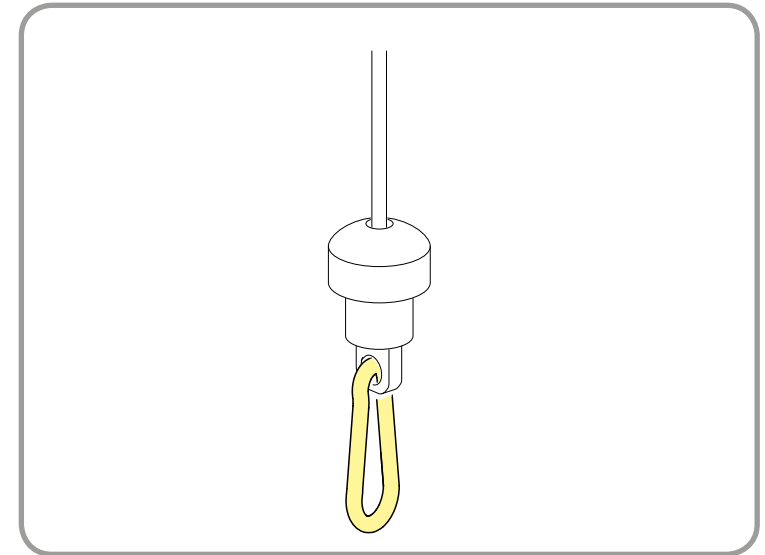
Replacing the spring hook



WARNING

Once a month, carefully check the conditions of the spring hook.

Always replace the spring hooks as soon as you notice the slightest signs of wear, deformity, difficulty closing, or anything else that may interfere with its robustness.



When replacing, always use a spring hook supplied directly by Technogym. If it is impossible to obtain an original part, use a spring hook that strictly meets the following minimum requirements:

- materials used: AISI 316 stainless steel;
- maximum capacity on main axis: 800 kg (1764 lb).



WARNING

Do not alter the spring hooks in any way.

Technical Service

The Technogym Technical Support Service provides:

- telephone assistance;
- definition of service calls covered and not covered by warranty;
- on-site assistance;
- sending of original spare parts.

**Technical Support Service
Technogym s.p.a.**

**Via Calcinaro 2861, 47521 Cesena Italy
tel: +39 0547 56047
<http://www.technogym.com/Support>**

When contacting the Technogym Technical Support Service, please specify the following details:

- equipment model,
- date of purchase,
- serial number,
- precise description of the problem.

 **WARNING** Any operations on the equipment carried out by persons not authorized by Technogym will invalidate the warranty.

Storage

If the equipment will not be used for a prolonged period, it is recommended to store it:

- in a clean and dry place, covered with a cloth to protect it from dust;
- in an environment with a temperature between +10°C and +25°C and a humidity between 20% and 90%.

For correct storage, use the original packing materials.

Disposing of the equipment

It is always good practice to ensure that the equipment can never constitute a hazard; therefore do not leave the equipment where children might use it as a toy.

Do not dispose of the equipment in the environment, or in public or private areas accessible to the public.

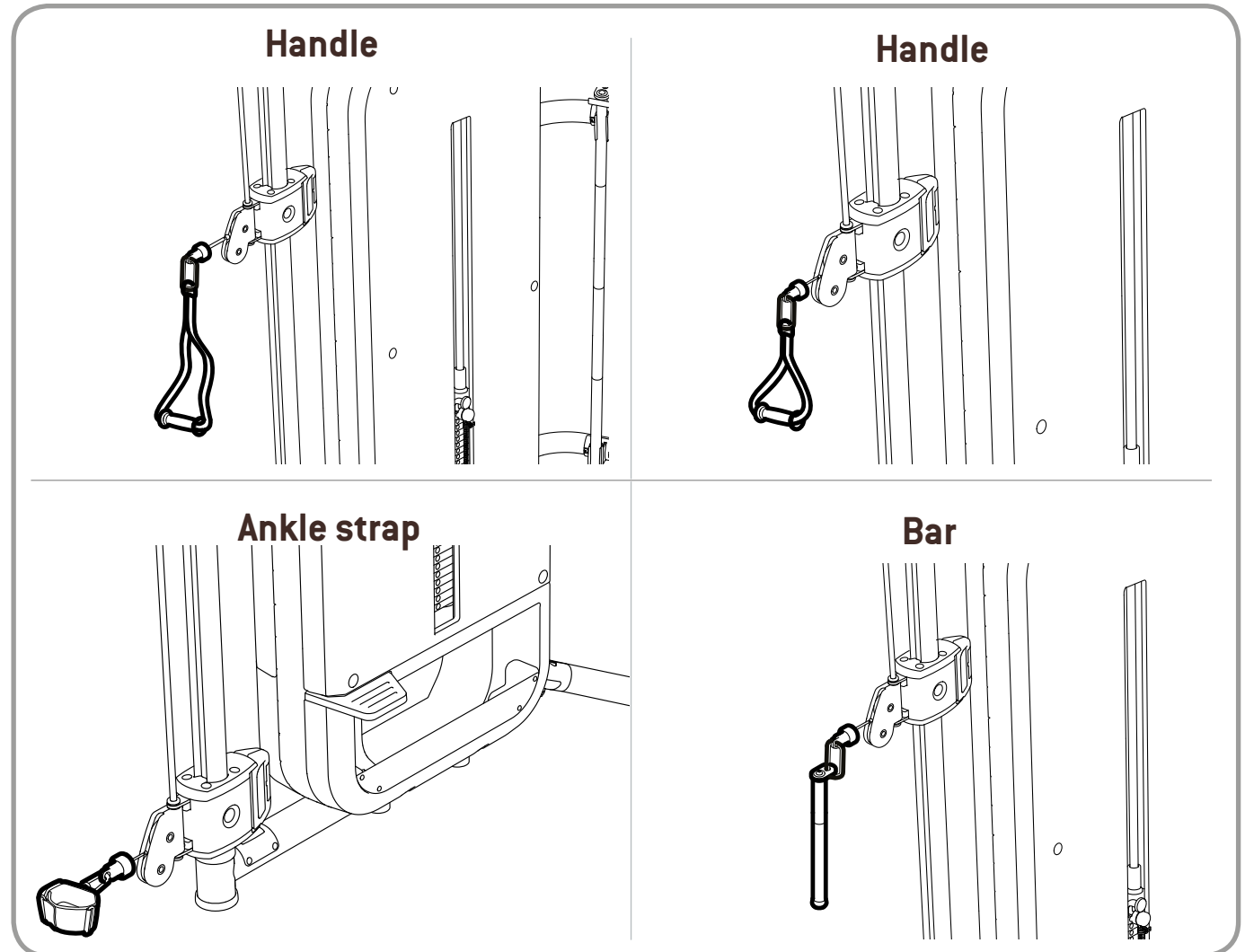
The equipment is made from recyclable materials such as steel, aluminium and plastic, which must be disposed of in the manner prescribed by the urban refuse collection regulations in force, by specialist environmental firms.

Using the equipment



Pay particular attention to the parts of the equipment with labels indicating the “DANGER OF SQUASHING”.

Only some of the many examples of how the accessories can be installed and only some of the exercises that can be performed with Dual Adjustable Pulley are described below.



Using the equipment

Use the QR code or the NFC sensor to connect to the cloud.
For further information on use of the product, connect to the Technogym cloud.

NFC sensor

Activate the Internet connection on your device (for example, on your smartphone).
Identify the position of the NFC sensor on your device.
Place your personal device on the equipment, with its sensor over the NFC logo. In this way, the personal device will connect to the Technogym cloud.
To connect using NFC you must have installed the Technogym application on your personal device.

QR code

Activate the Internet connection on your device (for example, on your smartphone).
Open the QR code reader on your device and point the camera of the device at the code on the product.
In this way, the personal device will connect to the Technogym cloud.
To connect using the QR code, you must have installed the Technogym application on your personal device.



Using the equipment

Chest press

Hook the handles at shoulder height.

Select the load with the pins, the same for both arms.

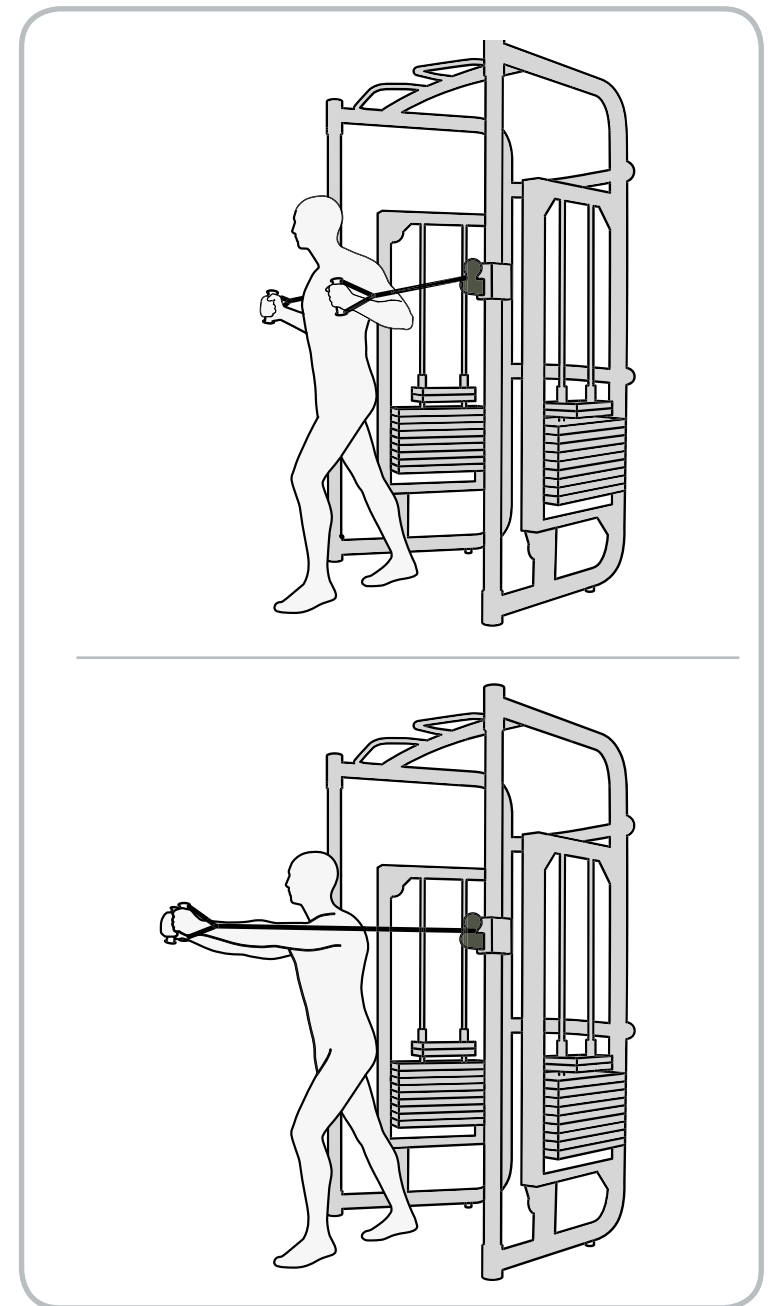
Spread your legs slightly and, for greater stability, put one in front of the other.

Grip the handles with your arms bent and your palms facing your chest; legs slightly bent and cables in tension.

Straighten your arms forwards simultaneously, keeping your trunk still.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to rest position during the return stage.



Using the equipment

Chest press with forward lunge and alternating arms

Hook the handles at shoulder height.

Select the workload with the pins, the same for both arms.

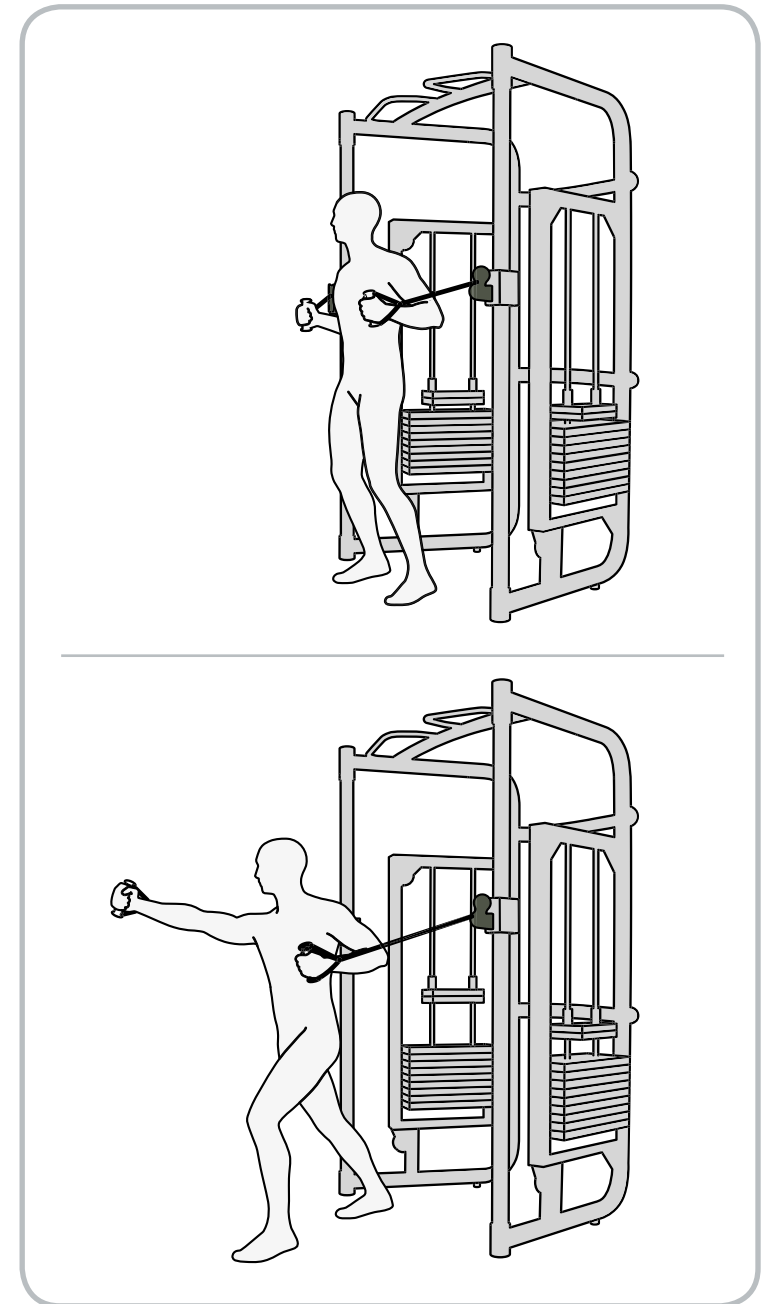
Spread your legs slightly.

Grip the handles with your arms bent and your palms facing your chest; legs slightly bent and cables in tension.

Straighten one arm forwards and simultaneously lunge forward with the opposite leg, keeping your trunk still.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to rest position during the return stage.



Using the equipment

High row

Bring the cable output fully to the top and hook the handles.

Select the workload with the pins, the same for both arms.

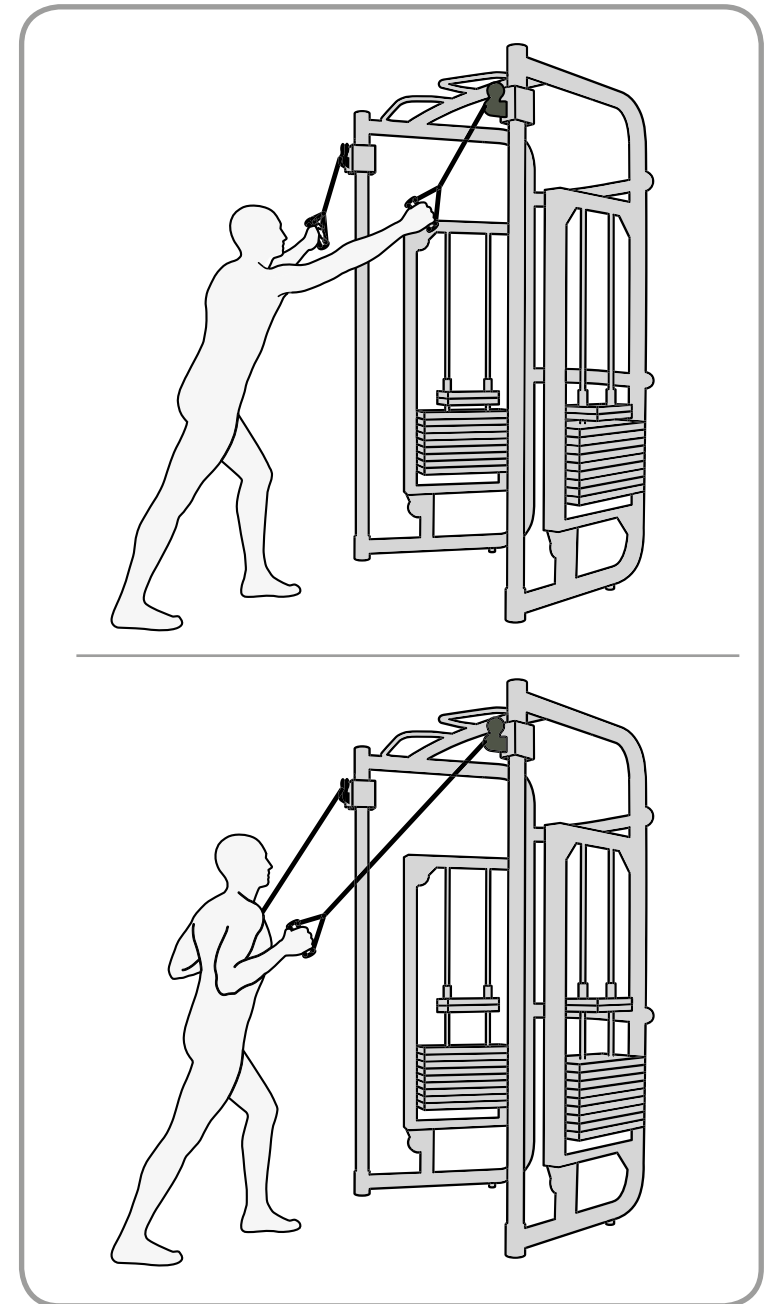
Spread your legs slightly and, for greater stability, put one in front of the other.

Grip the handles with your arms bent and your palms facing your chest; legs slightly bent and cables in tension.

Bend your arms simultaneously, keeping your trunk still.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to rest position during the return stage.



Alternated high row with backward lunge

Bring the cable output fully to the top and hook the handles.

Select the workload with the pins, the same for both arms.

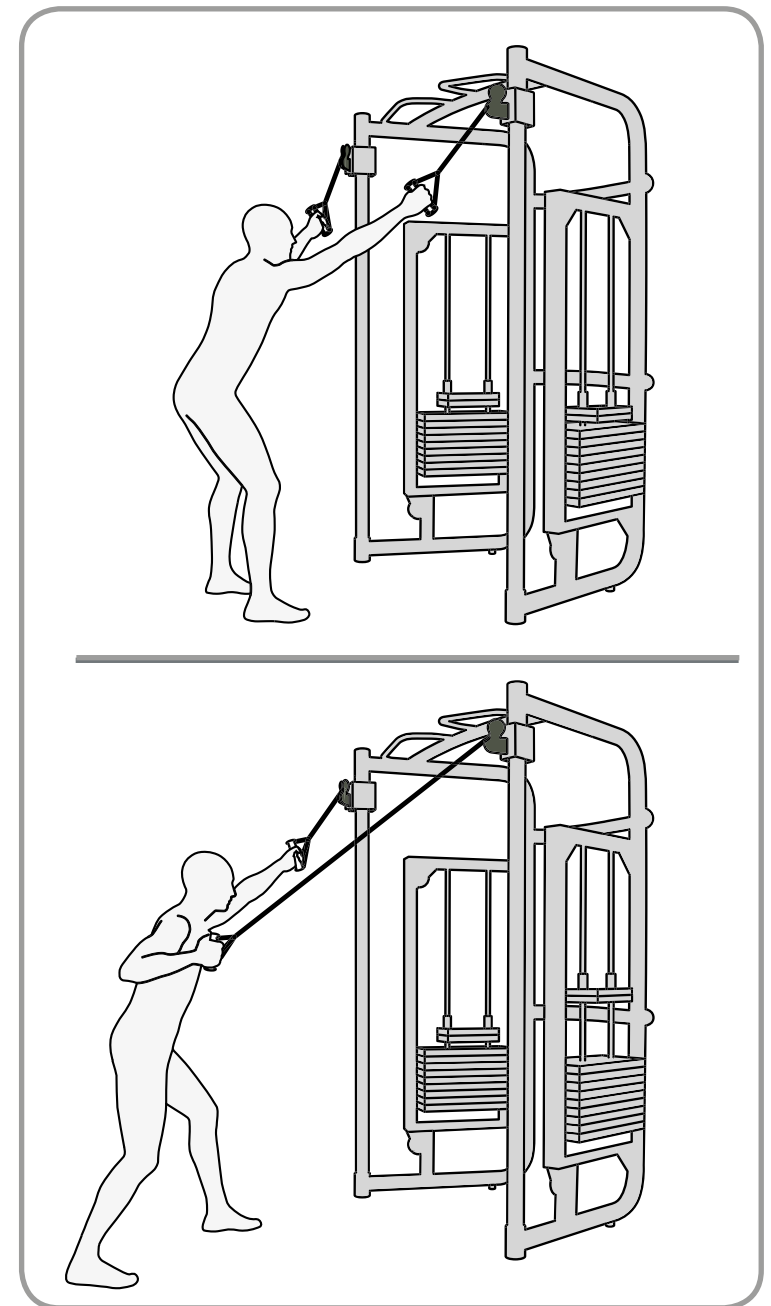
Spread your legs slightly.

Grip the handles with your arms slightly bent and your palms facing your chest; legs slightly bent and cables in tension.

Bend one arm and simultaneously lunge backward with the opposite leg, keeping your trunk still.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to rest position during the return stage.



Shoulder press standing

Bring the cable output fully to the bottom and hook the handles.

Select the workload with the pins, the same for both arms.

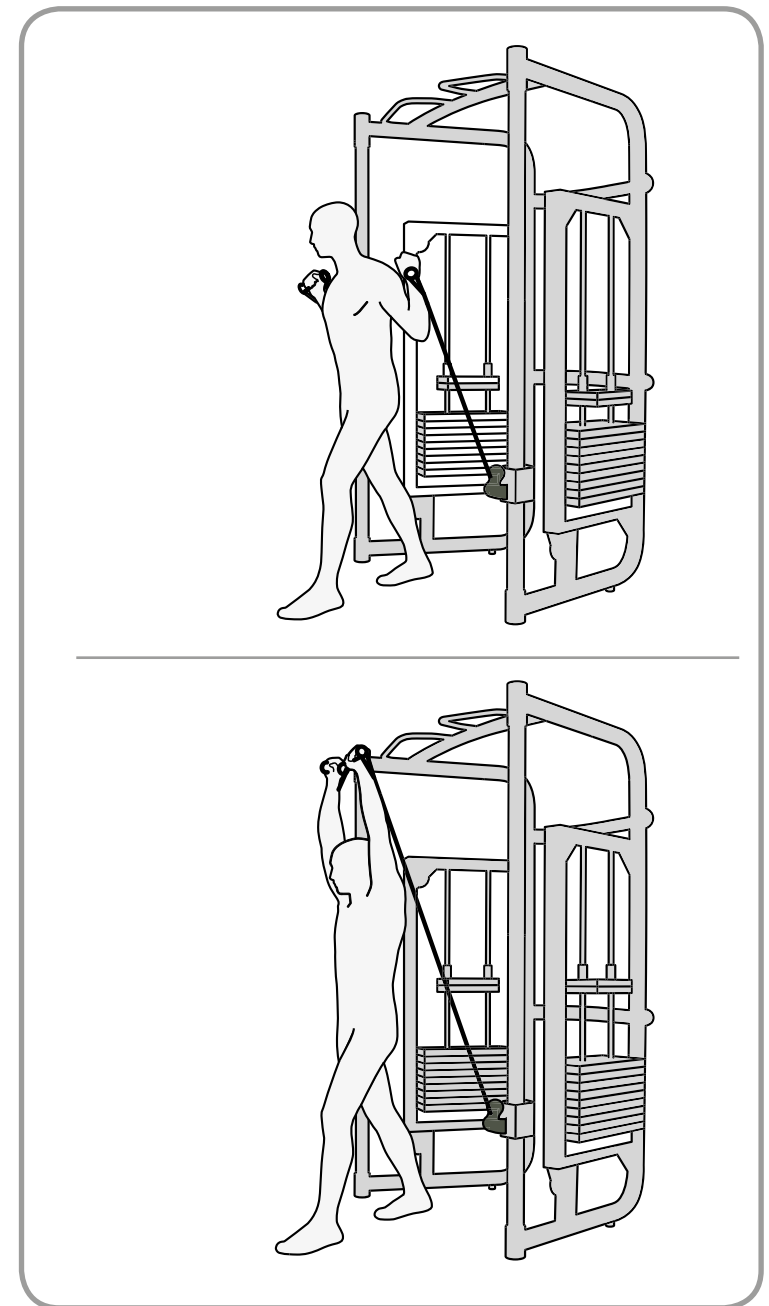
Spread your legs slightly and, for greater stability, put one in front of the other.

Grip the handles with your arms bent; legs slightly bent and cables in tension.

Straighten your arms upwards simultaneously, keeping your trunk still.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to rest position during the return stage.



Using the equipment

Alternating shoulder press, from squat to standing

Bring the cable output fully to the bottom and hook the handles.

Select the workload with the pins, the same for both arms.

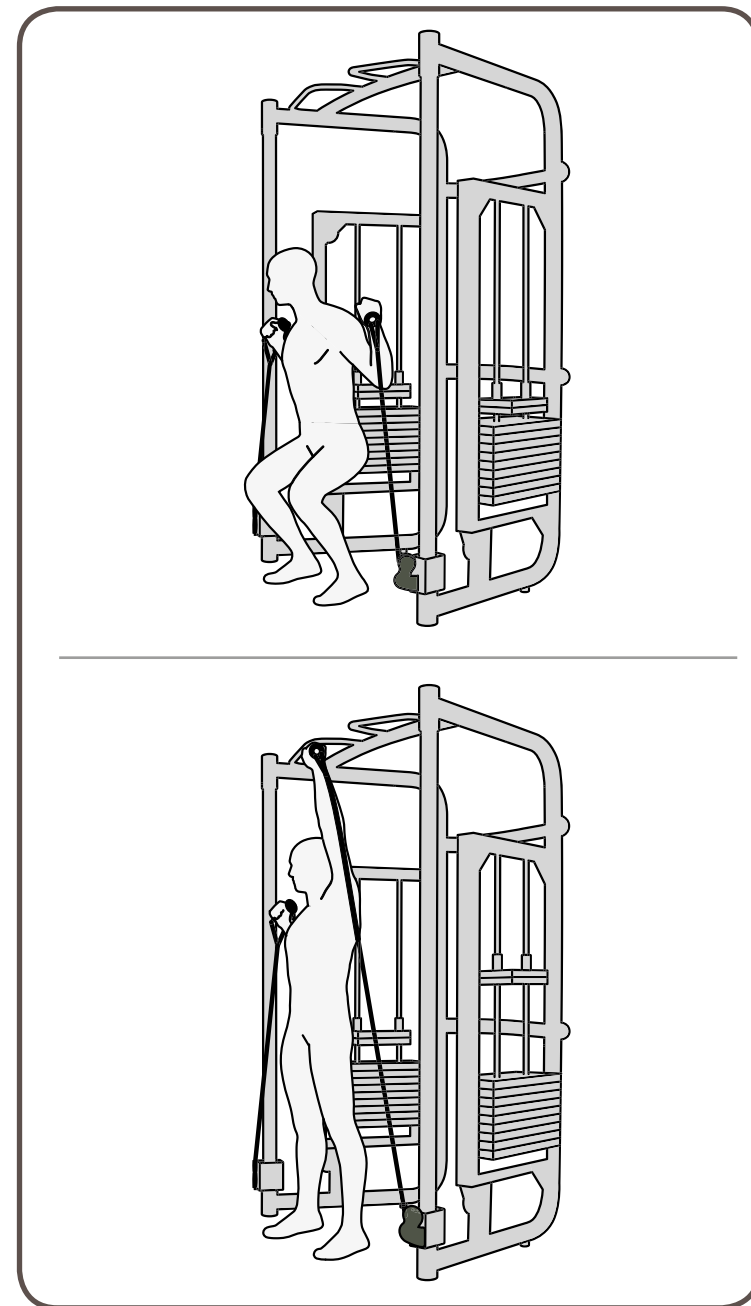
Spread your legs slightly .

Grip the handles with your arms bent; legs slightly bent and cables in tension.

Keeping your trunk still, straighten one arm upwards and simultaneously straighten your legs.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to rest position during the return stage.



Using the equipment

Low row

Bring the cable output fully to the bottom and hook the handles.

Select the workload with the pins, the same for both arms.

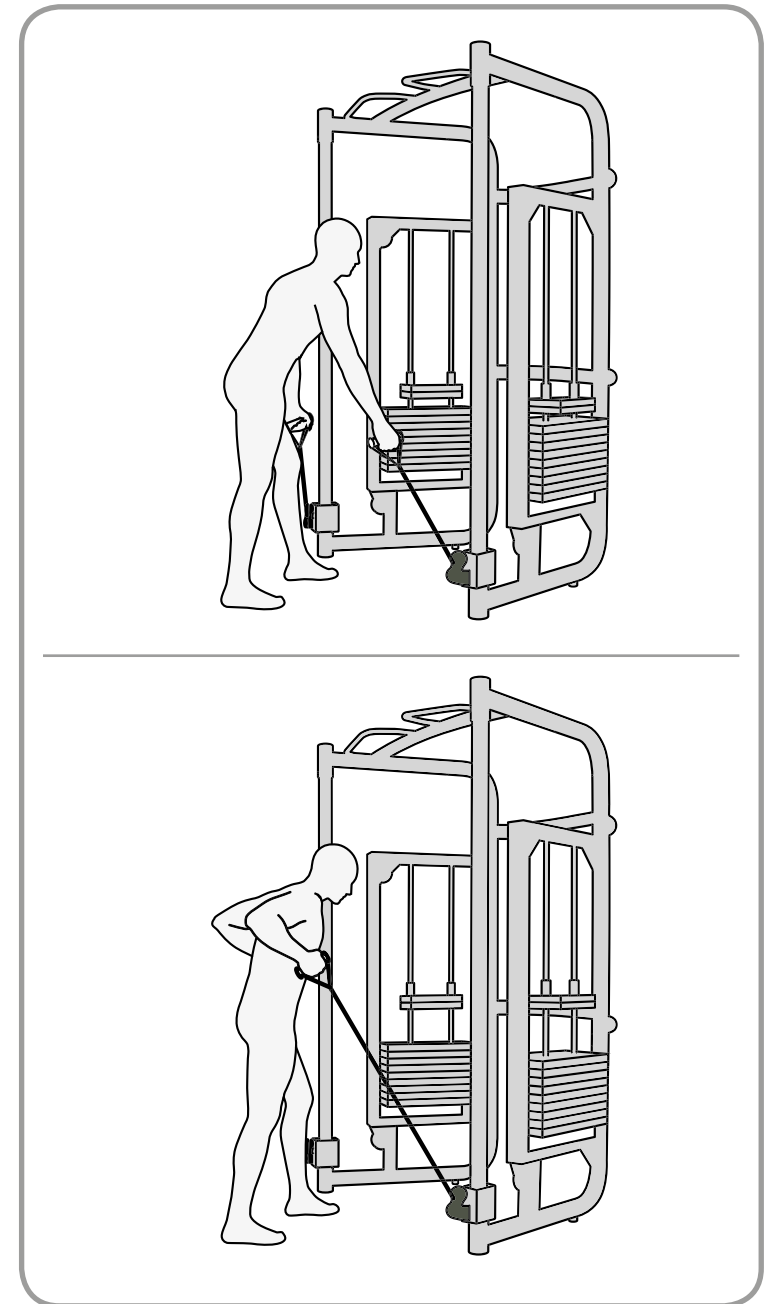
Spread your legs slightly and, for greater stability, put one in front of the other.

Grip the handles with your arms slightly bent and the palm of your hands inwards; legs slightly bent and chest slightly bent forwards. The cables are in tension.

Bend your arms simultaneously to your chest while keeping your trunk still.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to rest position during the return stage.



Using the equipment

Alternating low row with backward lunge

Bring the cable output fully to the bottom and hook the handles.

Select the workload with the pins, the same for both arms.

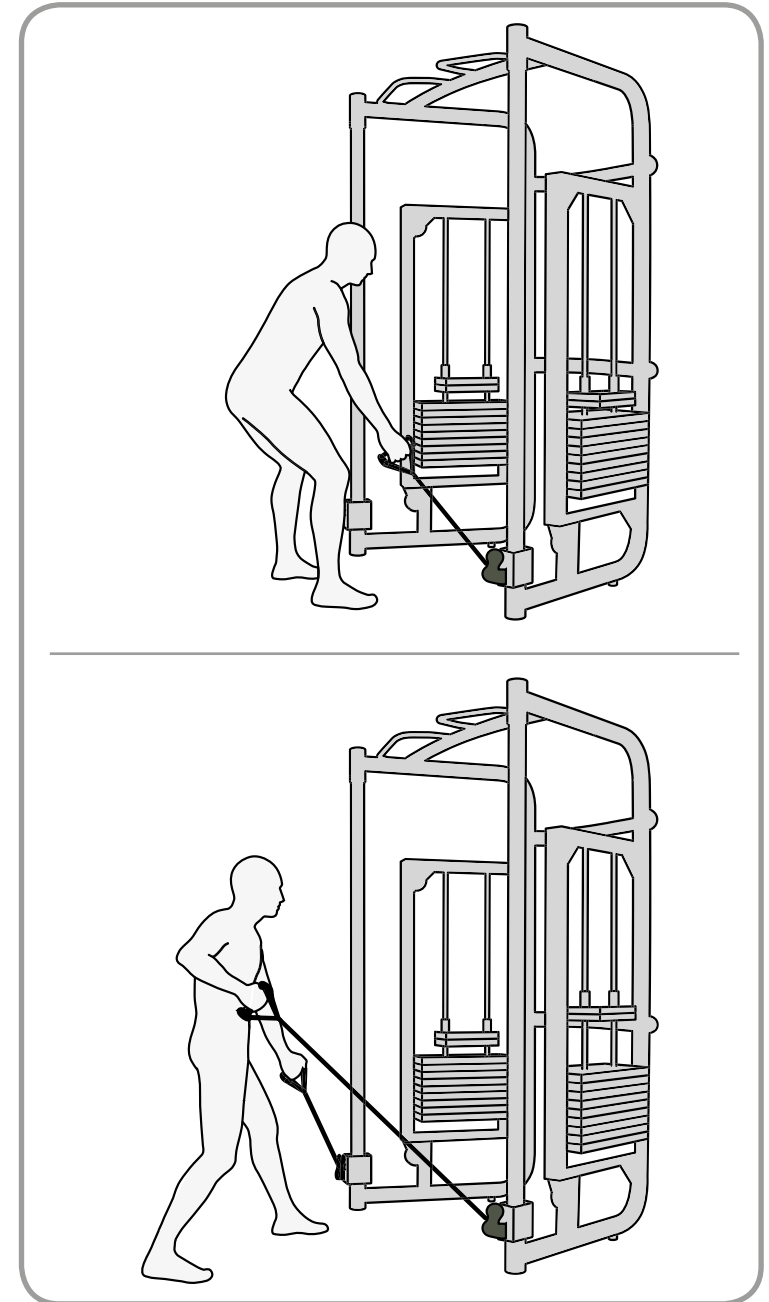
Spread your legs slightly.

Grip the handles with your arms slightly bent and the palm of your hands inwards; legs slightly bent and chest slightly bent forwards. The cables are in tension.

Bend one arm to your chest and simultaneously lunge backward with the leg, keeping your trunk still.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to rest position during the return stage.



Using the equipment

Hip abduction standing

Bring the cable output fully to the bottom and hook the ankle strap.

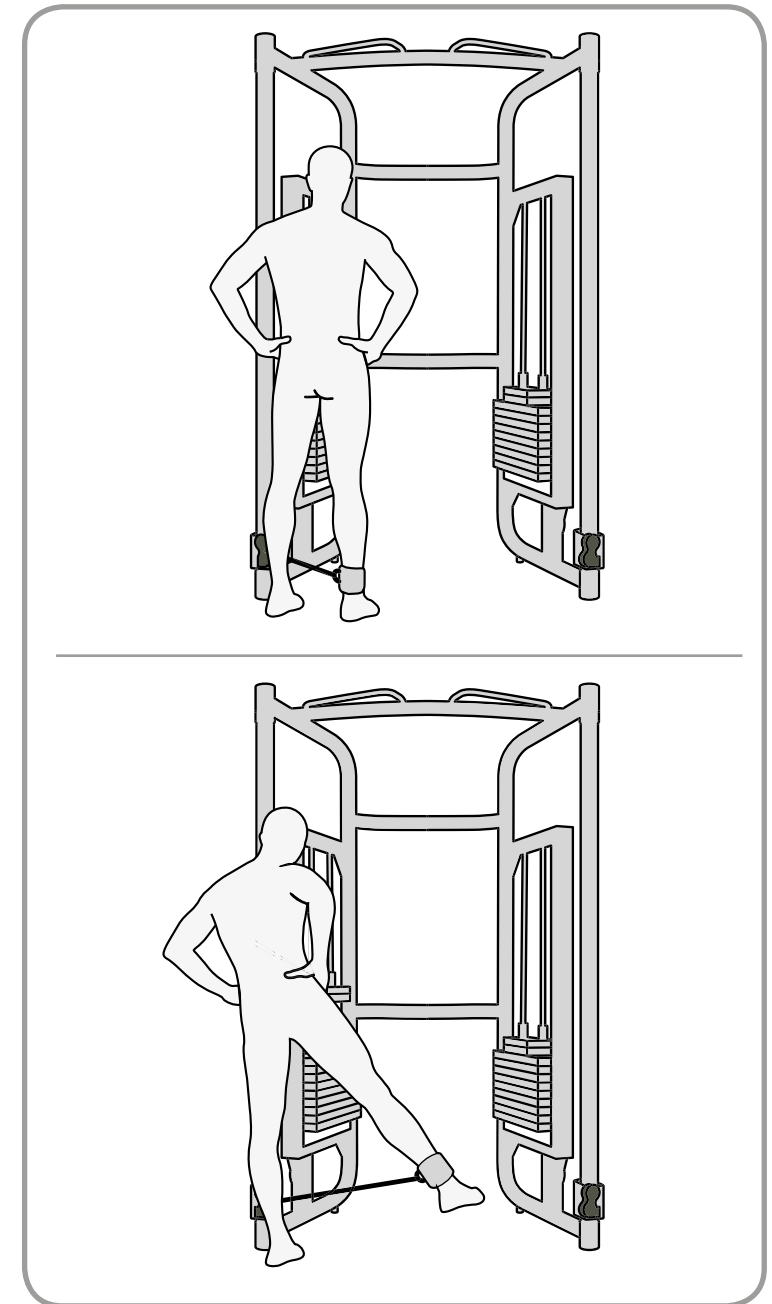
Select the workload with the pin.

Stand with the side to be exercised away from the weight stack, put on the ankle strap.

Swing your leg outward without making contralateral movements with your torso.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to rest position during the return stage.



Using the equipment

Hip abduction standing

Bring the cable output fully to the bottom and hook the ankle strap.

Select the workload with the pin.

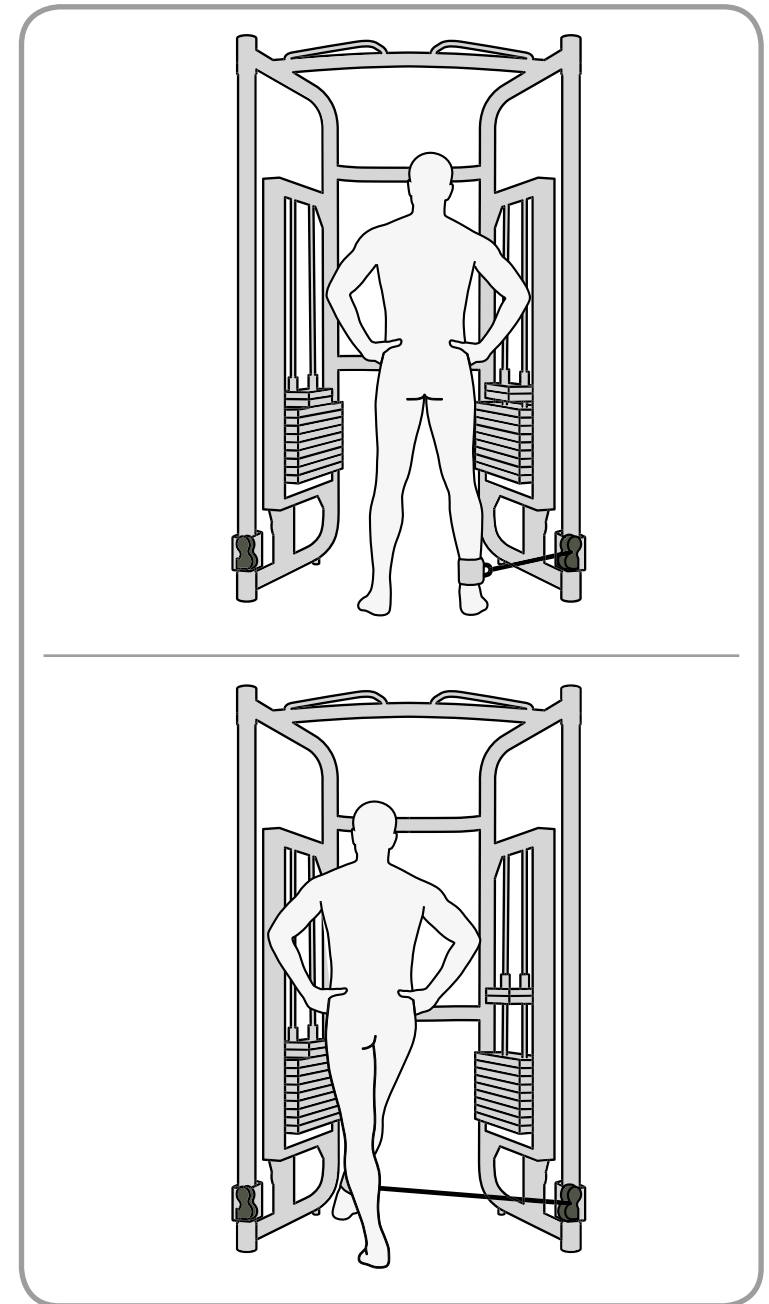
Stand with the side to be exercised toward the weight stack, put on the ankle strap.

Standing, hold your leg outstretched and slightly raised.

Swing your leg inward without making contralateral movements with your torso.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to rest position during the return stage.



Squat

Bring the cable output fully to the bottom and hook the handles.

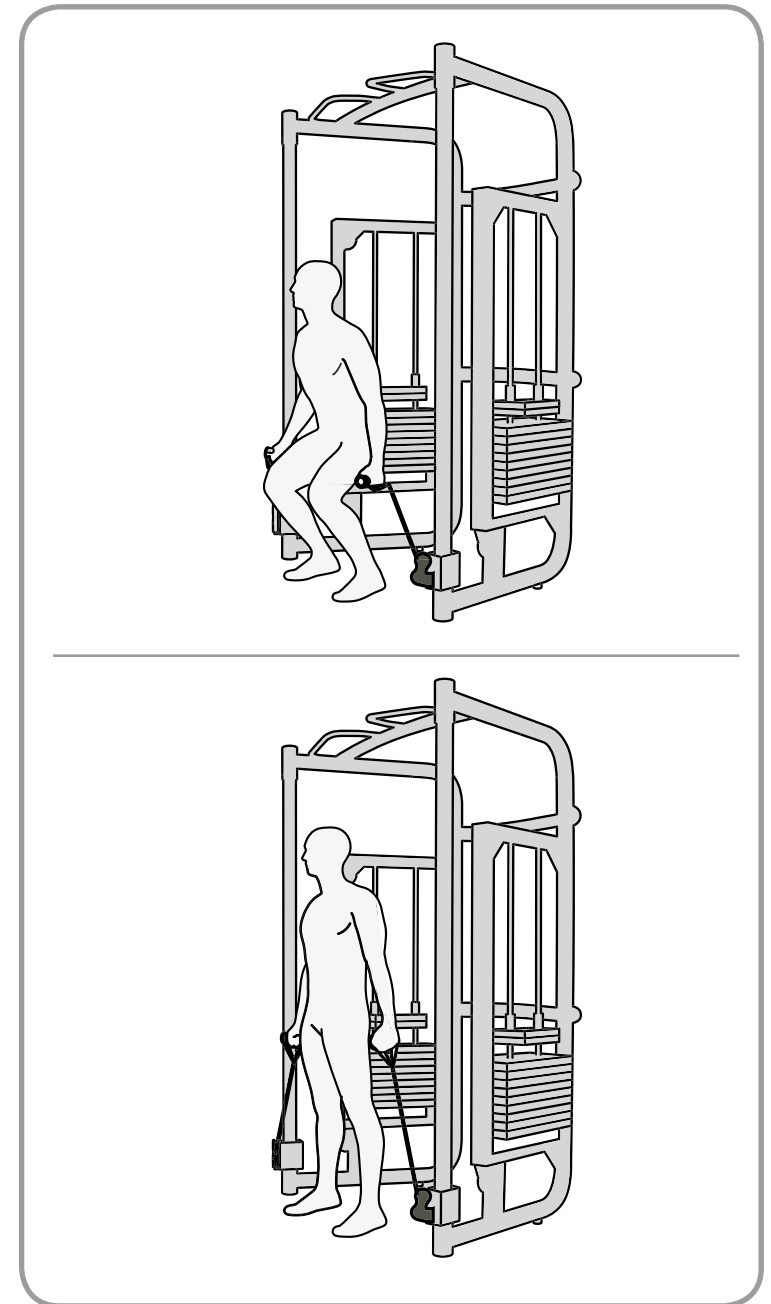
Select the workload with the pins, the same for both arms.

Spread your legs, so that your feet are in line with your hips, and your toes slightly spread. Grip the handles, with the cables in tension.

Bend your legs until your thighs are parallel with the floor, then return to the start position, without bending your back.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to rest position during the return stage.



Using the equipment

Abdominal crunch

Bring the cable output fully to the top and hook the handles.

Select the workload with the pins, the same for both arms.

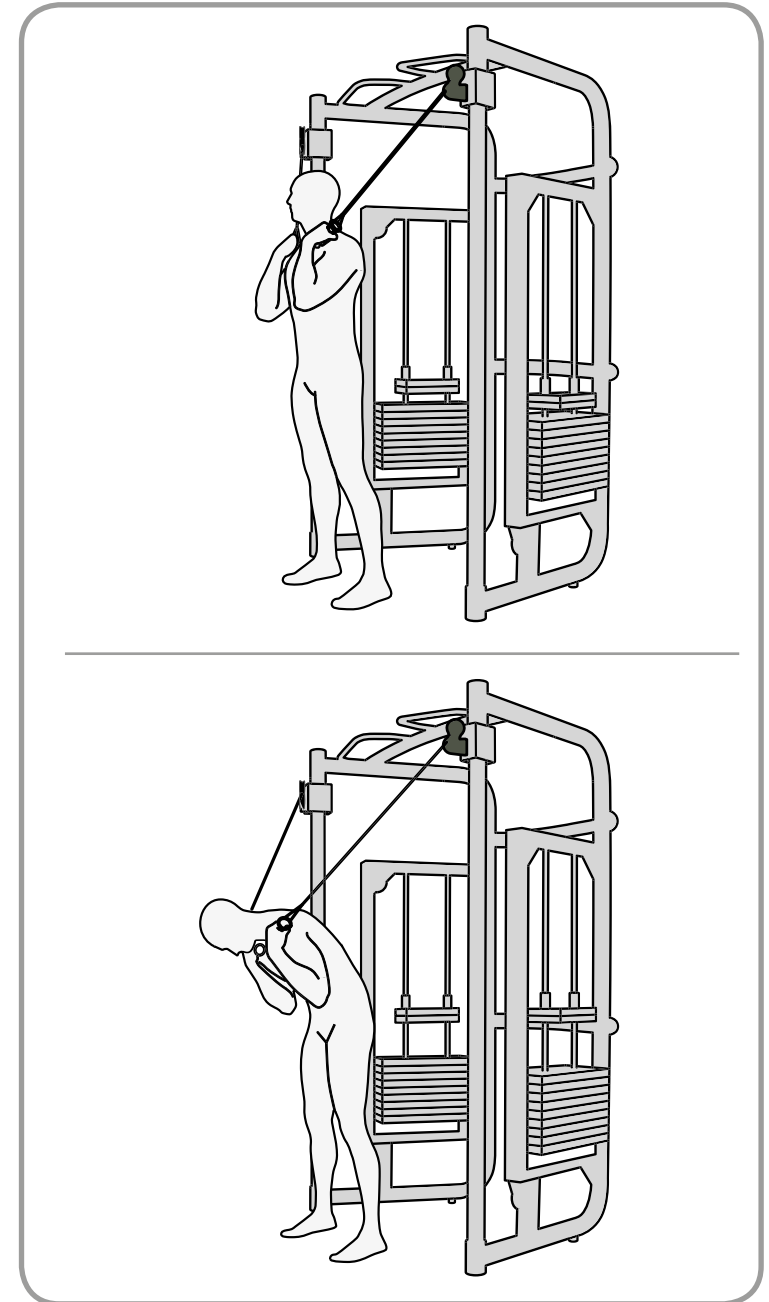
Spread your legs slightly.

Grip the handles with your arms bent to your chest; legs slightly bent and cables in tension.

Curl your torso forward and try to bring your breastbone down to your pelvis.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to rest position during the return stage.



Using the equipment

Trunk extensions

Bring the cable output fully to the bottom and hook the handles.

Select the workload with the pins, the same for both arms.

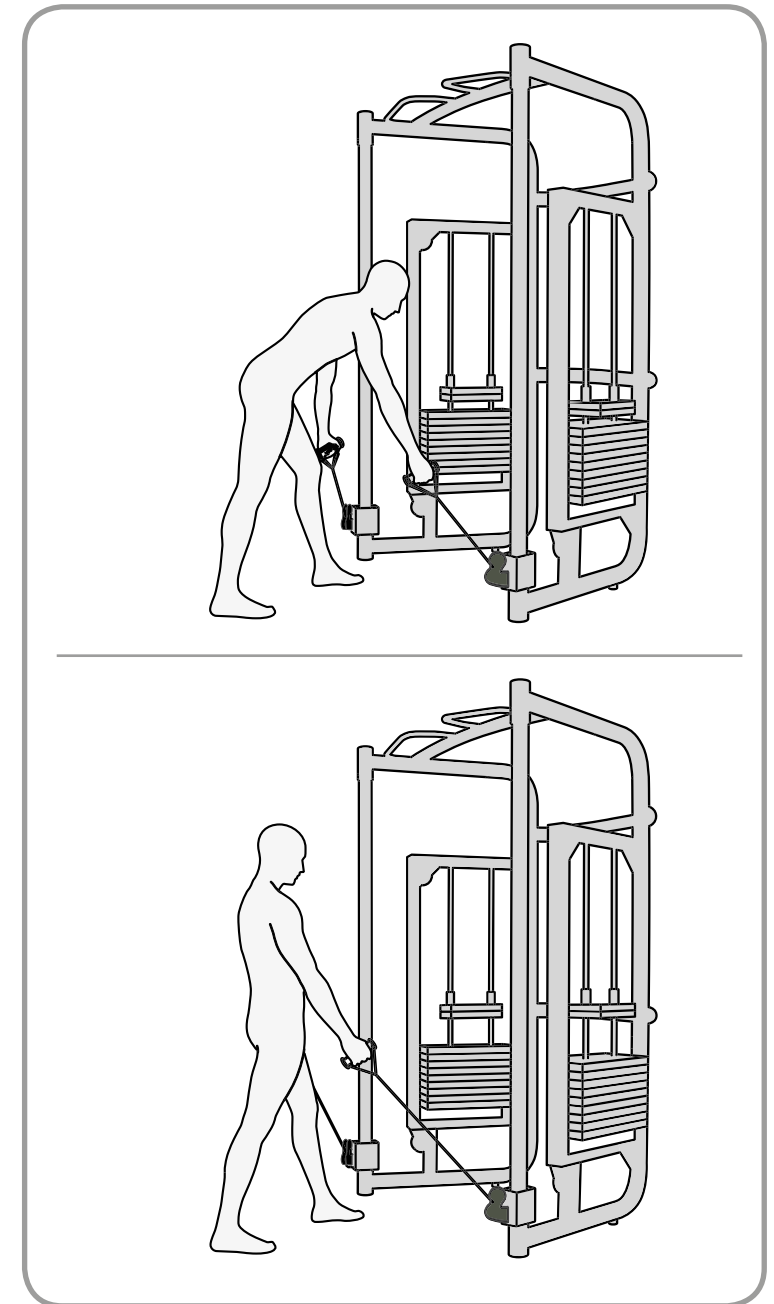
Spread your legs slightly and, for greater stability, put one in front of the other.

Grip the handles with your trunk bent forwards; legs bent and cables in tension.

Straighten your trunk.

Control the speed of movement constantly; the return speed should be slower than the outward speed.

The weight stack should not return completely to rest position during the return stage.



Using the equipment

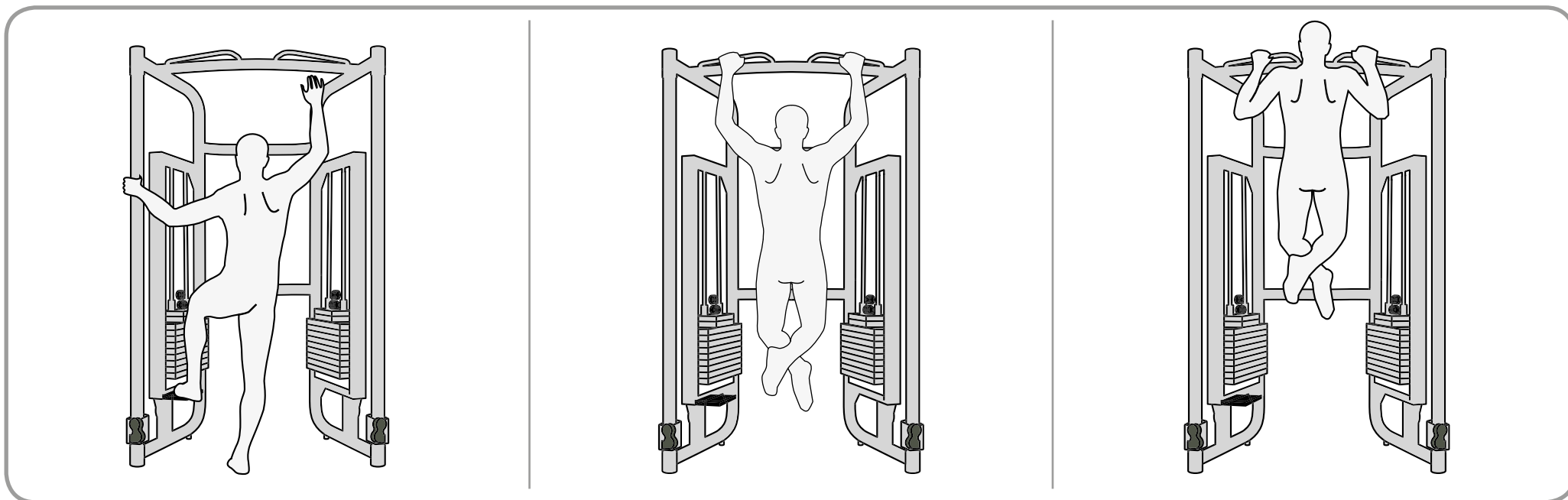
Chin-up

Place your left foot on the foothold to help you get on.

Grip the handgrips.

Bend your arms to lift your body keeping your back straight; then return to the start position.

During the exercise make sure that you don't bend your back.



Dual Adjustable Pulley_en_AF
OSM00936

