



CABLE PULLEY



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General information

Ensure that everyone using this device has thoroughly read and understood the assembly and operating instructions. These instructions are integral to the product and must be stored safely for easy reference.

Strictly adhering to the safety and maintenance guidelines provided. Any deviation from these instructions may lead to health risks, accidents, or damage to the device, for which the manufacturer and distributor disclaim all liability.

Personal safety

Before using this device, consult your doctor to ensure the training is medically appropriate for you. This is particularly crucial for individuals with a family history of heart disease or high blood pressure, smokers, those with high cholesterol, overweight individuals, and anyone who hasn't exercised regularly in the past year. If you are taking medications that affect your heart rate, seeking medical advice is essential. Be aware that excessive exercise can pose serious health risks. Stop exercising immediately and seek medical help if you experience weakness, nausea, dizziness, pain, shortness of breath, or any other unusual symptoms during training. Generally, sports equipment is not a toy and should only be used by one person at a time, as intended, and only by those who are properly informed and instructed. Children, individuals with disabilities, and those physically or mentally impaired should only use the device under supervision. Ensure that unsupervised children cannot access the device and avoid all contact with moving parts while the device is in use.

Ensure you wear fitness-appropriate clothing and shoes when using this device. Clothing should be form-fitting to prevent it from catching in the device. Choose training shoes that provide a firm grip and feature non-slip soles to match the equipment's requirements.

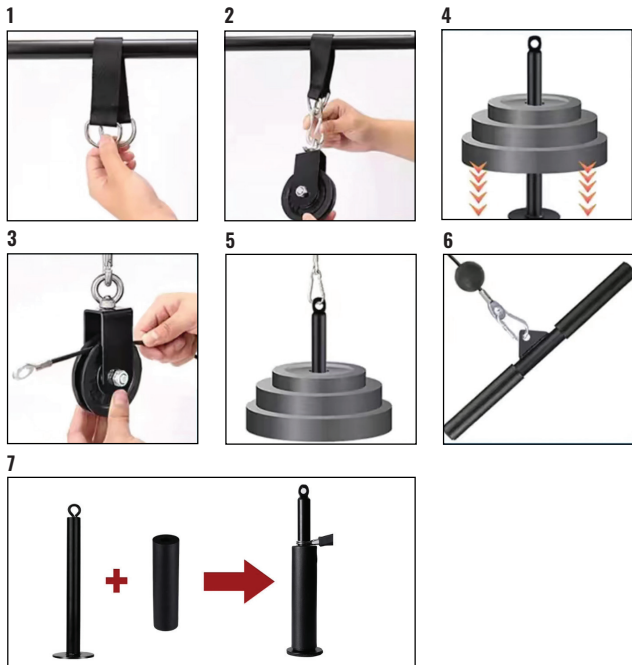
Assembly

Before assembling, verify that all parts and tools listed in the parts list are included. Note that some components may be pre-assembled. Keep children and pets away from the assembly area to avoid risks of injury or suffocation from tools and packaging materials like foil. Ensure you have ample space to maneuver during assembly. Before the initial use and regularly thereafter, check the tightness of all screws, nuts, and connections to maintain the device's safe operating condition.

Location

Install the device on a flat, stable, and dry surface. If available, use adjustable parts of the device to compensate for any unevenness. To prevent pressure marks and dirt on sensitive surfaces, place a protective mat underneath. Clear all objects from the training area before beginning your workout. Avoid using the device outdoors or in rooms with high humidity.







Cleaning Guidelines

Use only a slightly damp cloth to clean the device. Attention! Avoid using gasoline, thinner, or any aggressive cleaning agents as they can damage the surface. The device is designed for private, indoor use only. Keep the device clean and moisture away from the device. Note that damage from body sweat or other liquids is not covered under warranty.

Maintenance Recommendations

Regularly check screws and moving parts to ensure the device is in proper working condition. Use the device only if it is functioning correctly. For repairs or replacement parts, contact our customer service.

WARNING: The device must only be used after it has been successfully repaired.

Disposal Instructions

Do not discard packaging materials, empty batteries, or device components with household waste in the spirit of environmental responsibility. Instead, dispose of them in designated recycling bins or at appropriate collection points, adhering to current regulations.

The warranty lasts for 24 months (about 2 years) from the invoice or delivery date, applicable only to new goods purchased initially. During this period, any defects are repaired free of charge. If a defect is detected, it must be reported immediately to the seller. The seller may choose to fulfill the warranty obligations by providing spare parts or a replacement. The right to replace spare parts without affecting the warranty remains with the seller. Repairs at the installation site are not covered.

This warranty is exclusively for home use devices and does not apply to commercial or industrial use. Misuse or violation may lead to a reduction or void of the warranty. The warranty covers only defects resulting from faulty materials or craftsmanship. It does not cover wear parts, damage due to misuse, force, or unauthorized modifications. Consult our service department before any interventions.

Please retain the original packaging during the warranty period to protect the goods in case of a return. Goods returned must not be sent by carriage to our address. The warranty term is not extended by a warranty claim. Compensation for incidental damage outside of the device is excluded, unless liability is mandated by law.

Manufacturer:

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For an overview of our international partners, please visit
www.gorillasports.eu

Training Preparations

Before commencing your training, ensure both you and the equipment are adequately prepared. If you haven't engaged in strength or endurance training recently, consult with your doctor for a fitness check-up. This is especially important for individuals over 35, those who are overweight, or have cardiovascular issues. Discuss your training objectives with your doctor to receive valuable tips and guidance.

Workout Planning

Effective and motivating training relies heavily on careful planning. Integrate your fitness training as a consistent part of your daily routine to avoid it becoming a disruption or being indefinitely postponed. Plan your training months in advance, rather than day-to-day or week-to-week. To keep motivation high during workouts, consider listening to music and setting achievable goals, like losing 1 kg in four weeks or increasing your training weight by 10 kg in six weeks. Reward yourself upon achieving these goals to maintain motivation.

Training Frequency

Experts recommend engaging in endurance or strength training 3 to 4 times per week to achieve your training goals more quickly. However, ensure to incorporate sufficient rest days, ideally taking at least one day off after each session, to allow your body adequate time for recovery and regeneration.

Hydration

Maintaining adequate hydration is crucial both before and during your workout. In a 60-minute session, you can lose up to 0.5 liters of fluid. To replenish this, a mixture of one-third apple juice to two-thirds mineral water is ideal, as it replenishes the electrolytes and minerals lost through sweat. Drink approximately 330 ml for about 30 minutes before starting your workout to ensure balanced hydration throughout.

Warm-Up

Always begin your training with a warm-up. Spend 5 - 7 minutes engaging in light activities such as jumping rope, using a cross trainer or something similar. This is the best way to prepare yourself for the upcoming workout.

Cool-Down

Conclude your workout with a cool-down phase, like your warm-up. Continue for another 5 - 7 minutes at a reduced intensity using equipment like an exercise bike or cross trainer. Follow this by thoroughly stretching your muscles to help prevent stiffness and promote flexibility.

**Front Thigh Muscles**

Support yourself with your right hand against a wall or exercise equipment. Lift your left foot backward and grasp it with your left hand, ensuring your knee points straight down. Gently pull your thigh back until you feel a slight stretch in the muscle. Hold this position for 15-20 seconds. Slowly release your foot and lower your leg. Repeat this exercise with your right leg.

**Leg and Lower Back**

Sit on the floor with your legs extended in front of you. Attempt to grasp the tops of your feet with both hands, extending your arms and bending your upper body slightly forward.

Hold this position for 15-20 seconds. Then, gently release your feet and gradually straighten your upper body back to a sitting position.

**Triceps and Shoulder**

Reach behind your head towards your right shoulder with your left hand and use your right hand to gently pull on your left elbow until you feel a slight stretch.

Hold this position for 15-20 seconds. Then, switch sides and repeat the exercise with your right hand.

**Upper Body**

Extend your left arm across your body at shoulder level and use your right hand to gently pull on your upper left arm until you feel a slight stretch. Hold this position for 15-20 seconds. Then, switch and repeat the stretch with your right arm.



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