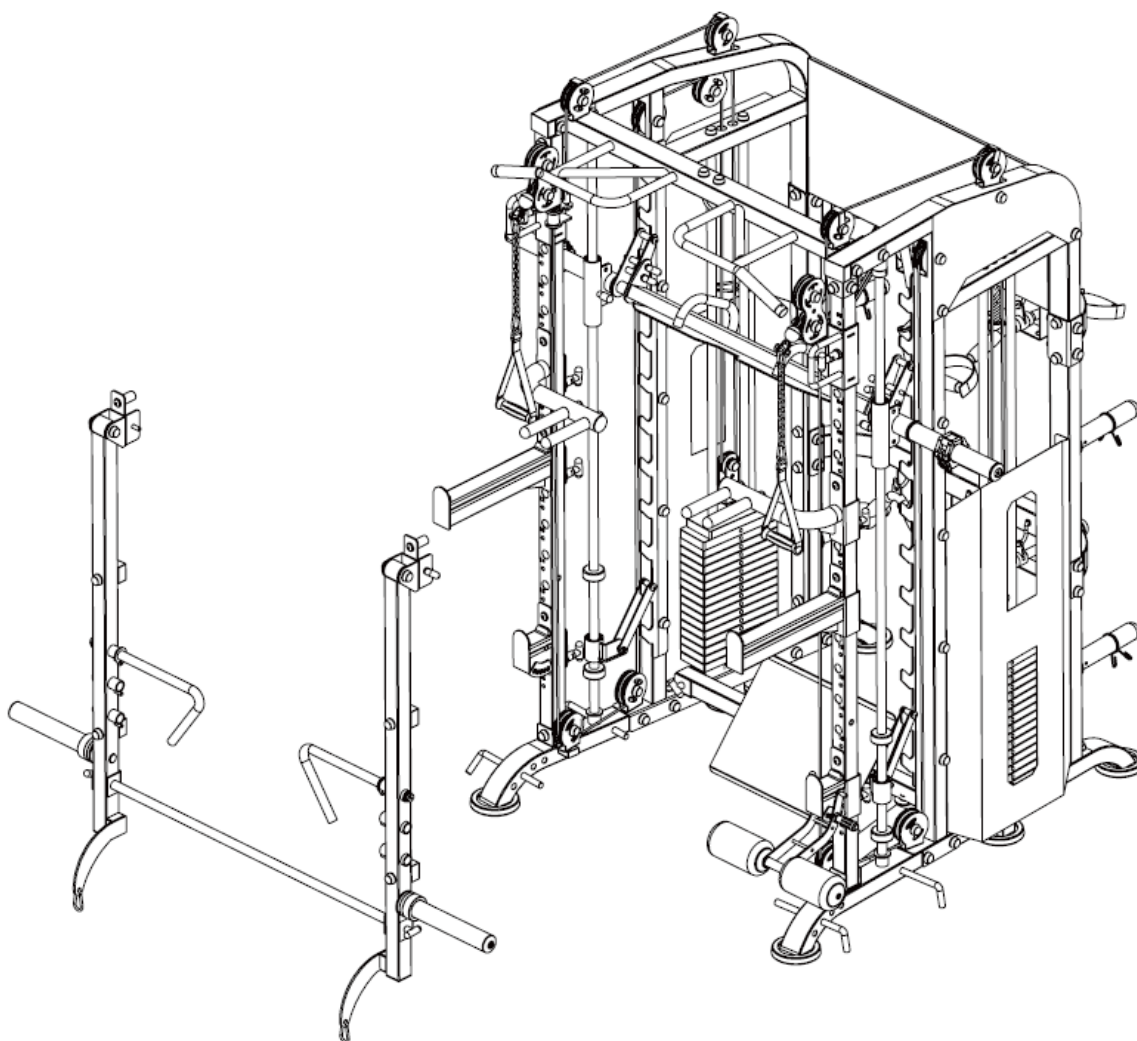




USER MANUAL – EN

IN 25846 Power rack inSPORTline Cable Column CC700



CONTENTS

- SAFETY INSTRUCTIONS..... 3
- IMPORTANT NOTES 3
- PARTS LIST 4
- ASSEMBLY 7
 - Step 1..... 7
 - Step 2..... 9
 - Step 3..... 11
 - Step 4..... 13
 - Step 5..... 15
 - Step 6..... 18
 - Step 7 20
 - Step 8..... 22
 - Step 9..... 24
 - Step 10..... 26
 - Selector rod with plate holder attachment 28
- EXERCISE INSTRUCTIONS 29
- MAINTENANCE 30
- ENVIRONMENT PROTECTION 30
- TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS..... 30

SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website www.insportline.eu where you will find the latest version of the manual.

SAFETY INSTRUCTIONS

- This manual serves for teaching efficient use of the product. Please read this manual carefully before first use and keep it for future reference.
- Be especially careful during assembly. Use the assistance of another adult for better safety.
- To ensure the best safety of the exerciser, regularly check it for damages and wearing.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure, that this person is familiar with the content and instructions of this manual.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure, that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your workout, remove all sharp- edged objects around the exerciser.
- Only use the exercise for your workout if it works flawlessly.
- Any broken, worn or defective part must be replaced immediately. Don't use this device until broken or worn parts are repaired or replaced.
- Parents and other supervisory people should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to kid's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- It is necessary to ensure enough free space around the entire device, min. 0.6 m. None of the adjustable parts must be left protruding to impede the user's movement.
- Make sure there is sufficient free space around the exerciser when you set it up.
- Please note that an improper and excessive workout may be harmful to your health.
- Please, note that levers and other adjustment mechanisms are not projecting into the area of movement during the workout.
- When setting up the exercise, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your workout on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the workout due to their form (for example length). Be sure to wear appropriate shoes, which are suitable for the workout, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your workout and sensible eating habits.
- Category: S for professional and club use

IMPORTANT NOTES

- Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the contents of the delivery are complete by referring to the parts list of the assembly and operating instructions.

- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc. It is recommended to put a suitable non-slip mat under the exerciser.
- The general rule is that exerciser and training devices are not toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your workout immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped people should use the exerciser only under supervision and presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other people are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not workout immediately after meals.
- Cables are subject of wear. It is your responsibility to prevent unexpected damage. Cables should be checked daily. Check all cables, the nylon coating on all cables and the area near the end of each cable. Replace a damaged or worn cable immediately. Do not allow the machine to be used until damaged or worn cables have been replaced. Using or allowing the machine to be used with a damaged cable can result in serious injury.

PARTS LIST

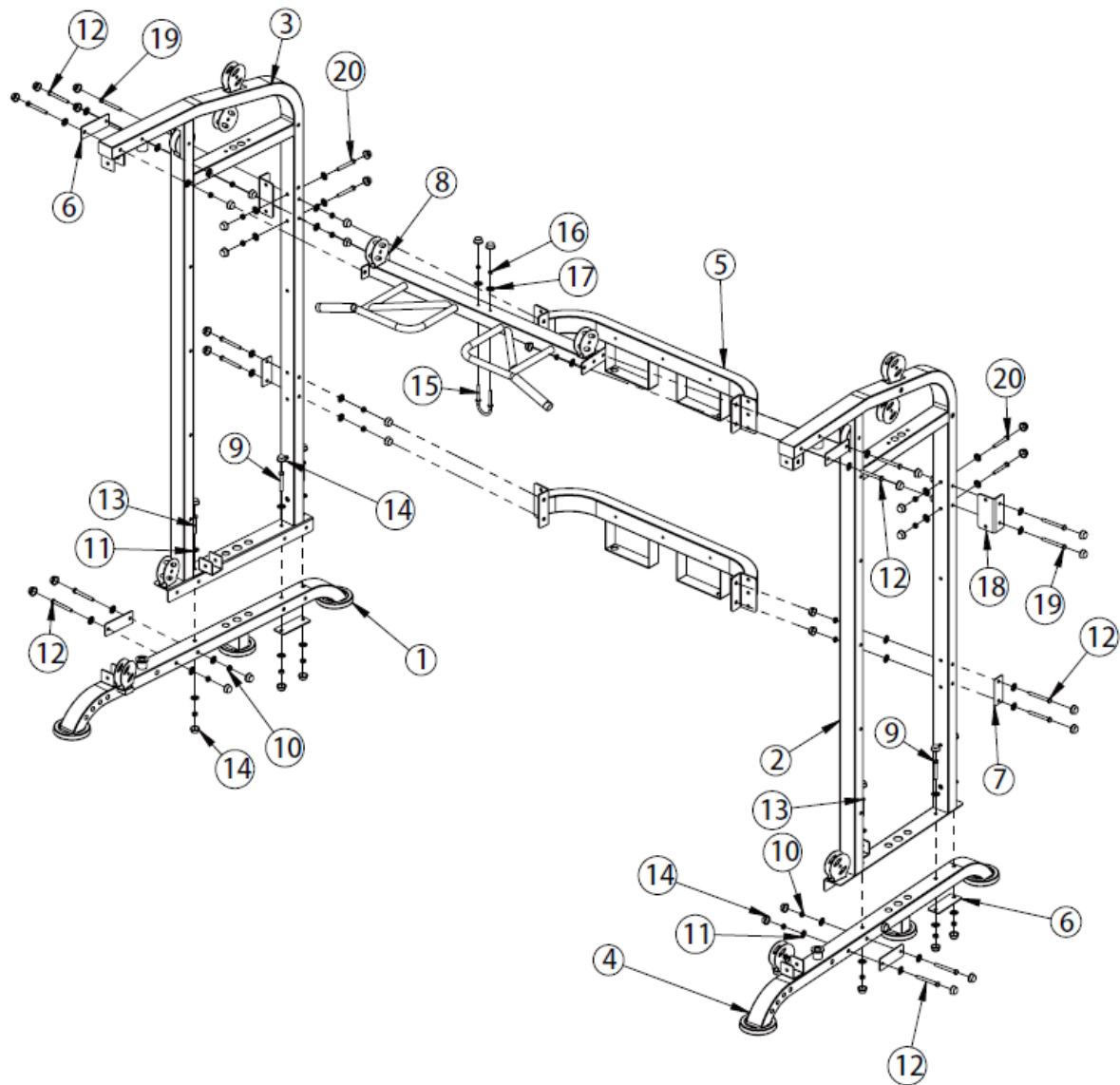
No.	Name	Specifications	Qty.
1	Left frame base		1
2	Right frame		1
3	Left frame		1
4	Right frame base		1
5	Rear connecting frame		2
6	Reinforcing plate	t4.0*50*140	6
7	Reinforcing plate	t3.0*50*110	2
8	Front frame		1
9	Hexagonal bolt	M10*70	12
10	Nut	M10	58
11	Large washer	Φ10	144
12	Hexagonal bolt	M10*90	24
13	Hexagonal bolt	M10*65	2
14	Plastic caps		160
15	Hanging eyelet		1
16	Nut	M8	8
17	Washer	Φ8	12
18	L plate		2
19	Hexagonal bolt	M10*95	4
20	Hexagonal bolt	M10*75	4

21	Left frame post		1
22	Right frame post		1
23	Left storage frame		1
24	Right storage frame		1
25	Right slider		1
26	Left slider		1
27	Barbell		1
28	Safety sleeve		2
29	Barbell loading sleeve		2
30	Hexagonal bolt	M10*50	4
31	Covers		2
32	Pulley cover	20*96*T3	4
33	Guide rod	Φ25*1850	2
34	Guide rod holder		2
35	Left safety bracket		1
36	Right safety bracket		1
37	Sliding sleeve		2
39	Bolt	M8*10	2
41	Washer	Φ12	2
42	Flexible washer	Φ12	2
43	Flat head bolt	M12*40	2
44	Rubber pad	Φ60*Φ58*Φ26*25	4
45	Weights	90 kg	2
47	The upper part of the weights	Φ60*Φ26*42	4
48	Guide rod	Φ25*1660	4
49	Load selector bar		2
50	Hexagonal bolt	M10*85	6
52	Cable	Φ5*7920 mm	2
54	Pulley	Φ95	12
55	Pulley	Φ60	2
56	Hexagonal bolt	M10*45	8
58	Weight cover		2
59	Weight covers		4
60	Hook		6
62	T-shaped pin	Φ10*85	10
63	Core trainer		1
64	Lat trainer		1
65	Right holder for trainer		1

66	Left holder for trainer		1
67	Barbell holder		1
68	Left safety frame		1
69	Right safety frame		1
70	T-shaped pin	Φ10*100	1
71	Left dip bar		1
72	Right dip bar		1
73	Pulley handle		2
74	Footrest		1
75	Triceps trainer		1
76	Training bar		1
77	Ankle strap		1
78	V trainer		1
79	Rowing handle		1
80	Straight handle		1
81	Lat pull bar		1
82	Abdominal harness		1
83	L-shaped pin		4
84	Hexagonal bolt	M10*20	22
85	Cover		1
86	Hexagonal bolt	M8*20	4
87	Safety sleeve		4
88	Selector rod with plate holder		2
89	Frame		1
90	Connecting frame		2
91	Right column		1
92	Left column		1
93	Handles		2
94	Small footrest		1
95	Sleeve	Φ25*56	2
96	Hexagonal bolt	M12*25	4
97	Large washer	Φ12	4
98	Handle		2

ASSEMBLY

Step 1



No.	Name	Specifications	Qty.
1	Left frame base		1
2	Right frame		1
3	Left frame		1
4	Right frame base		1
5	Rear connecting frame		2
6	Reinforcing plate	t4.0*50*140	6
7	Reinforcing plate	t3.0*50*110	2
8	Front frame		1
9	Hexagonal bolt	M10*70	4
10	Nut	M10	26

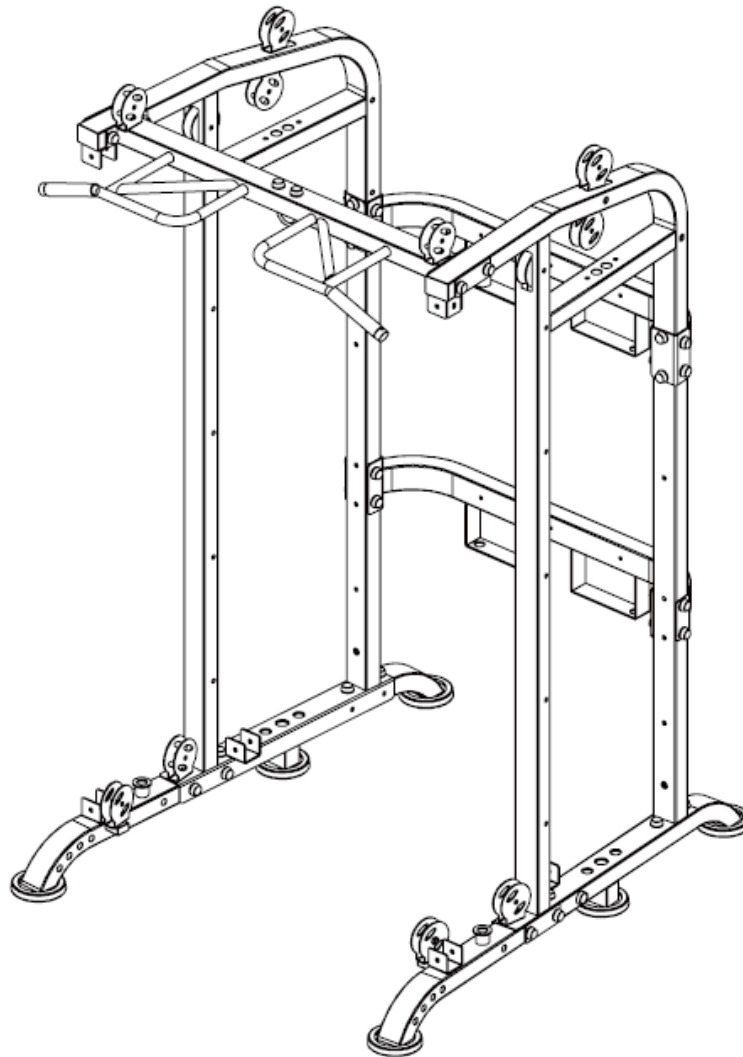
11	Large washer	Φ10	52
12	Hexagonal bolt	M10*90	12
13	Hexagonal bolt	M10*65	2
14	Plastic caps		54
15	Hanging eyelet		1
16	Nut	M8	2
17	Washer	Φ8	2
18	L plate		2
19	Hexagonal bolt	M10*95	4
20	Hexagonal bolt	M10*75	4

Connect the left frame (3) and right frame (4) to the left base (1) and right base (2) using bolts (13, 12, 9), large washer (11), reinforcing plates (6), nuts (10) and cover (14).

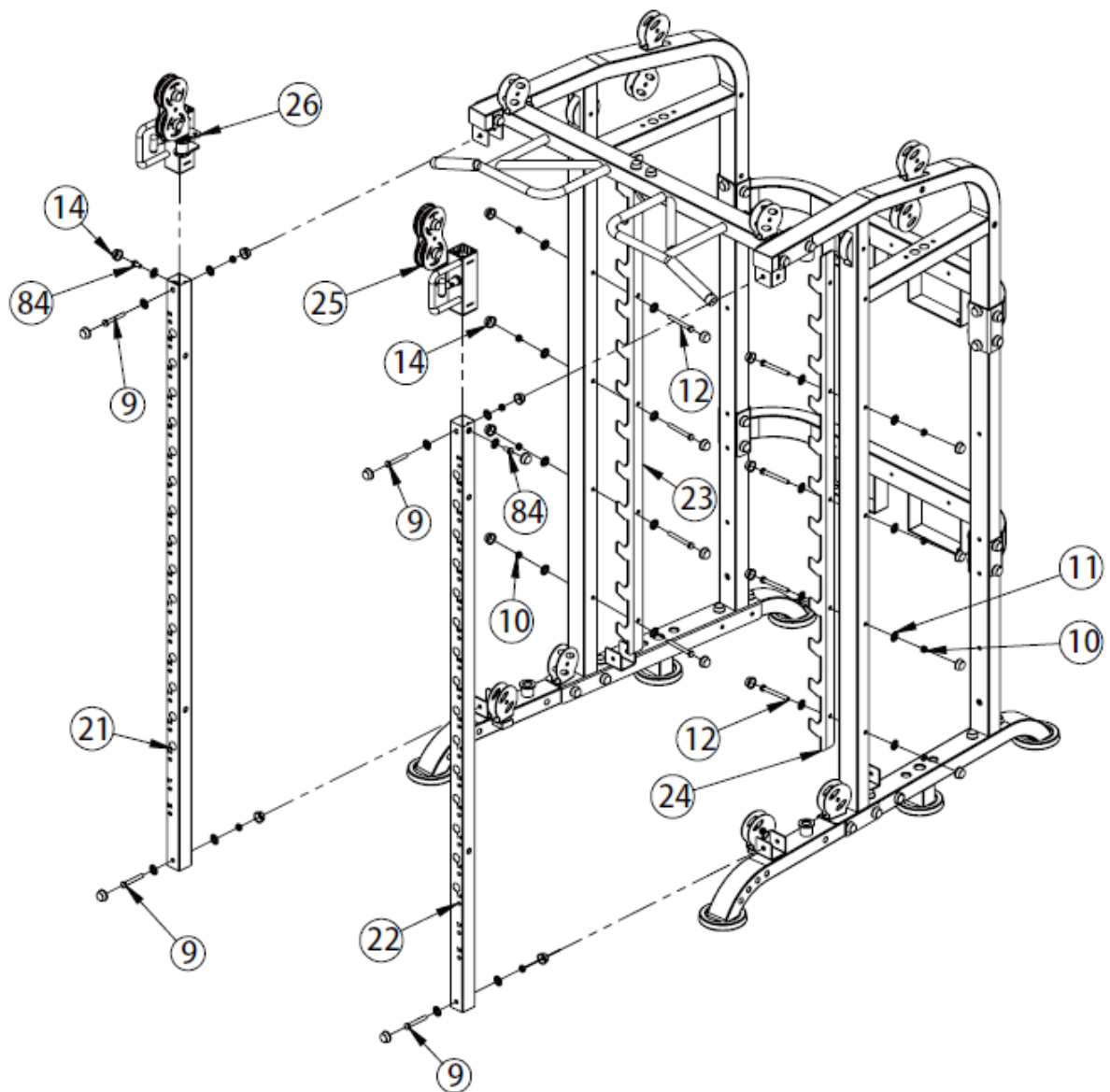
Connect the left (3) and right (2) frames with the connecting frame (5) using bolts (19, 20, 12), large washers (19), reinforcing plates (7), nuts (10), and caps (14).

Attach front frame (8) to left (3) and right (2) frames using bolts (12), large washers (11), washers (6), nuts (10), and caps (14).

Attach the eyelets (15) to the frame (8) with the nut (16) and washer (17).



Step 2



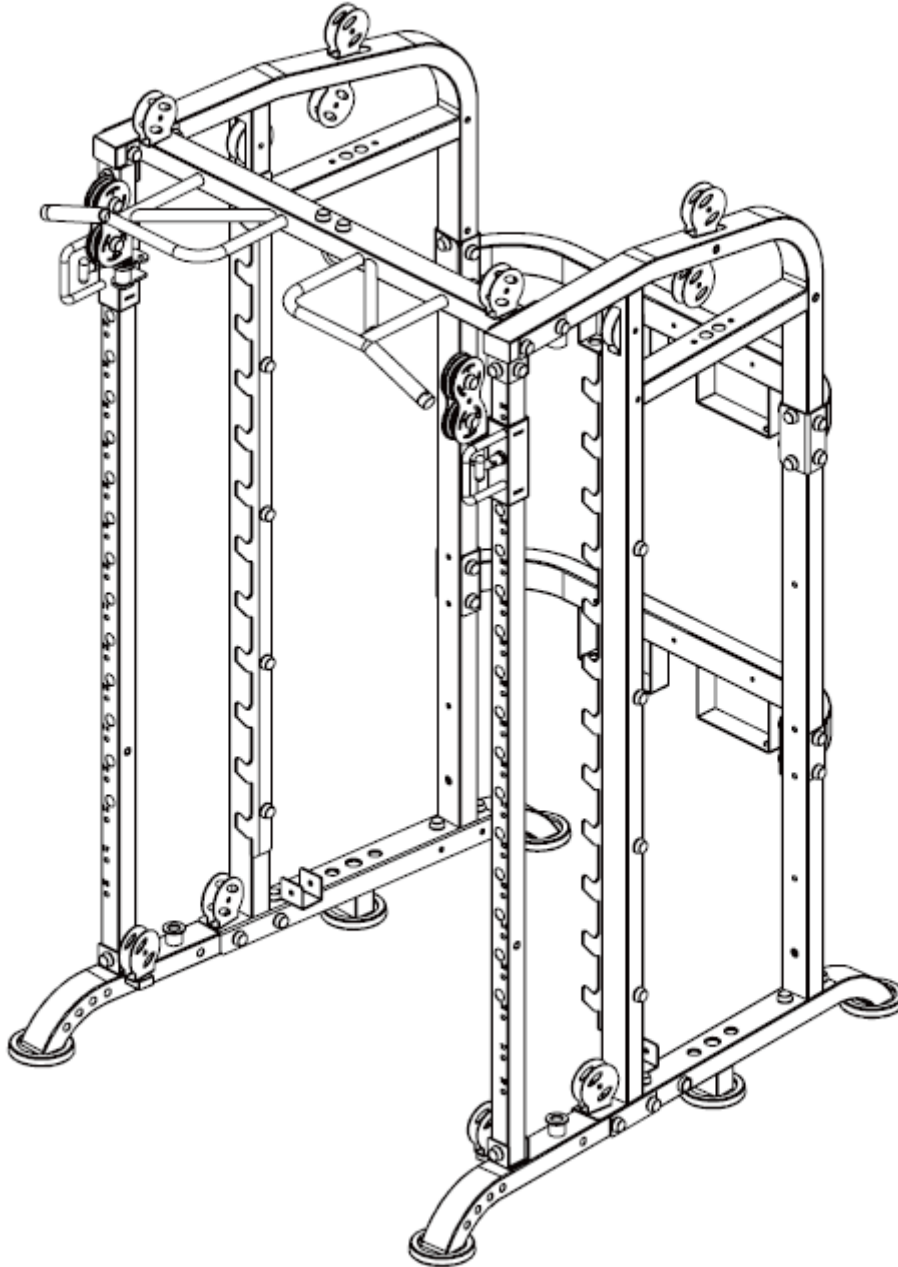
No.	Name	Specifications	Qty.
9	Hexagonal bolt	M10*70	4
10	Nut	M10	12
11	Large washer	Φ10	26
12	Hexagonal bolt	M10*90	8
14	Plastic caps		26
21	Left frame post		1
22	Right frame post		1
23	Left storage frame		1
24	Right storage frame		1
25	Right slider		1
26	Left slider		1

84	Hexagonal bolt	M10*20	2
----	----------------	--------	---

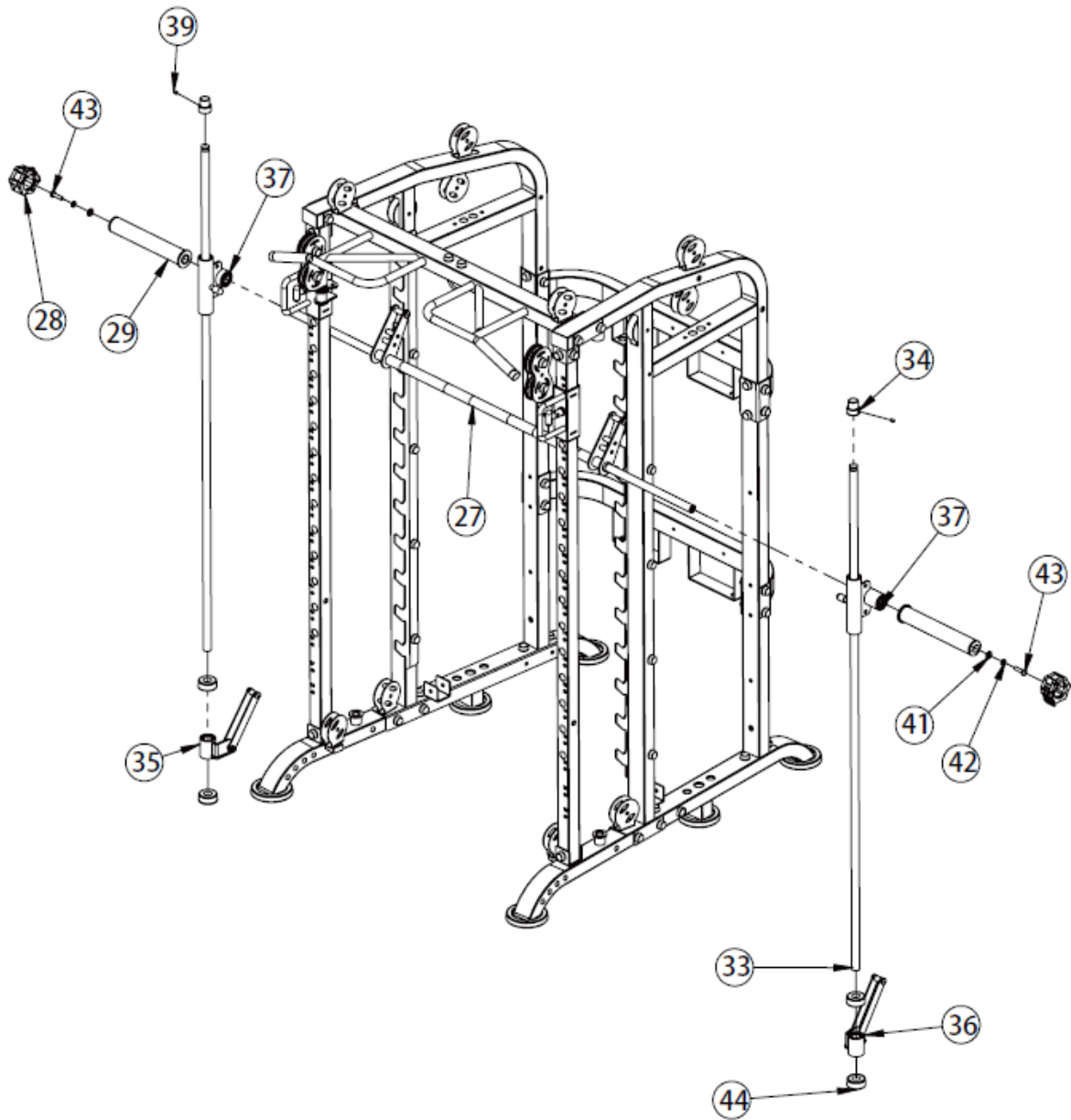
Slide the right (25) and left (26) sliders onto the left (21) and right (22) frame posts.

Attach the frame posts (21, 22) to the main structure with bolts (9, 84), large washers (11), and nuts (10).

Attach the side frame (23 and 24) to the main frame with bolts (12), large washers (11), and nuts (10).



Step 3



No.	Name	Specifications	Qty.
27	Barbell		1
28	Safety sleeve		2
29	Barbell loading sleeve		2
33	Guide rod	Φ25*1850	2
34	Guide rod holder		2
35	Left safety bracket		1
36	Right safety bracket		1
37	Sliding sleeve		2
39	Bolt	M8*10	2
41	Washer	Φ12	2

42	Flexible washer	Φ12	2
43	Flat head bolt	M12*40	2
44	Rubber pad	Φ60*Φ58*Φ26*25	4

Slide sliding sleeve (37) left safety bracket (35), rubber washer (44), and guide rod holder (34) onto guide rod (33).

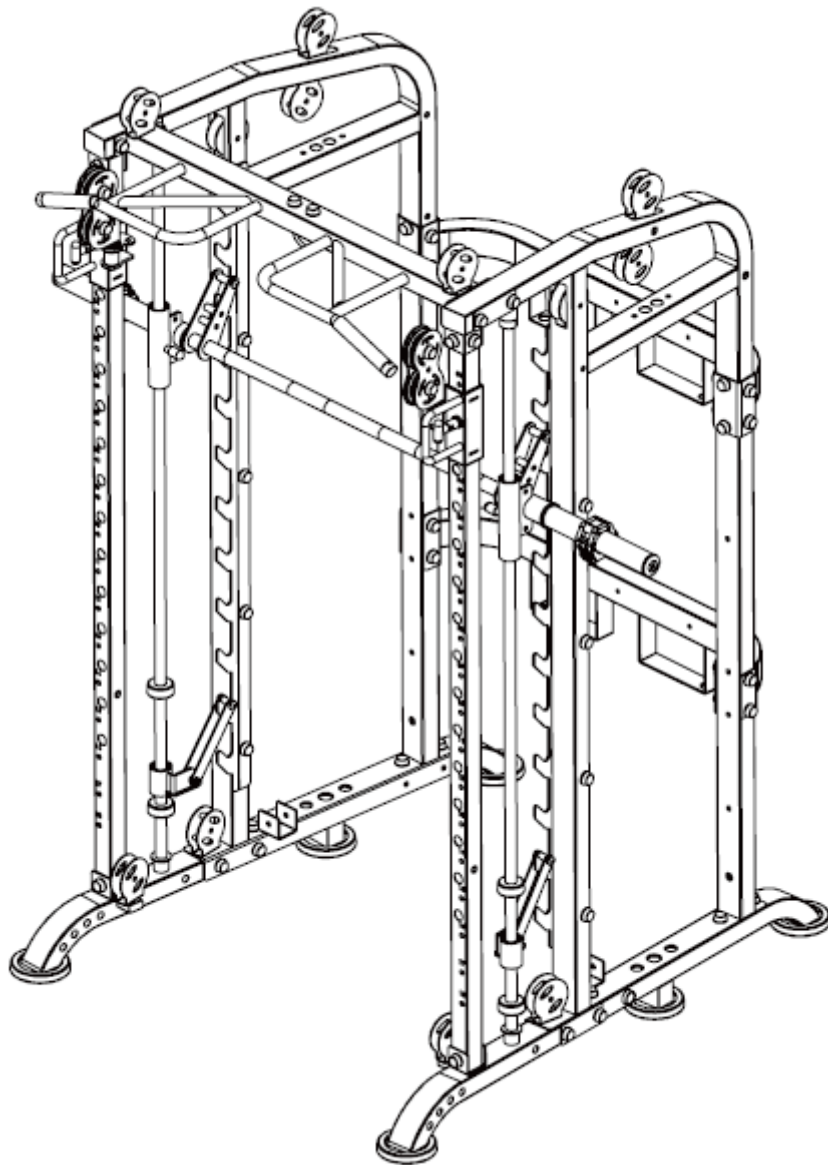
Attach the prepared guide rod to the frame using bolts (39).

Pull the barbell (27) through the sleeves (37).

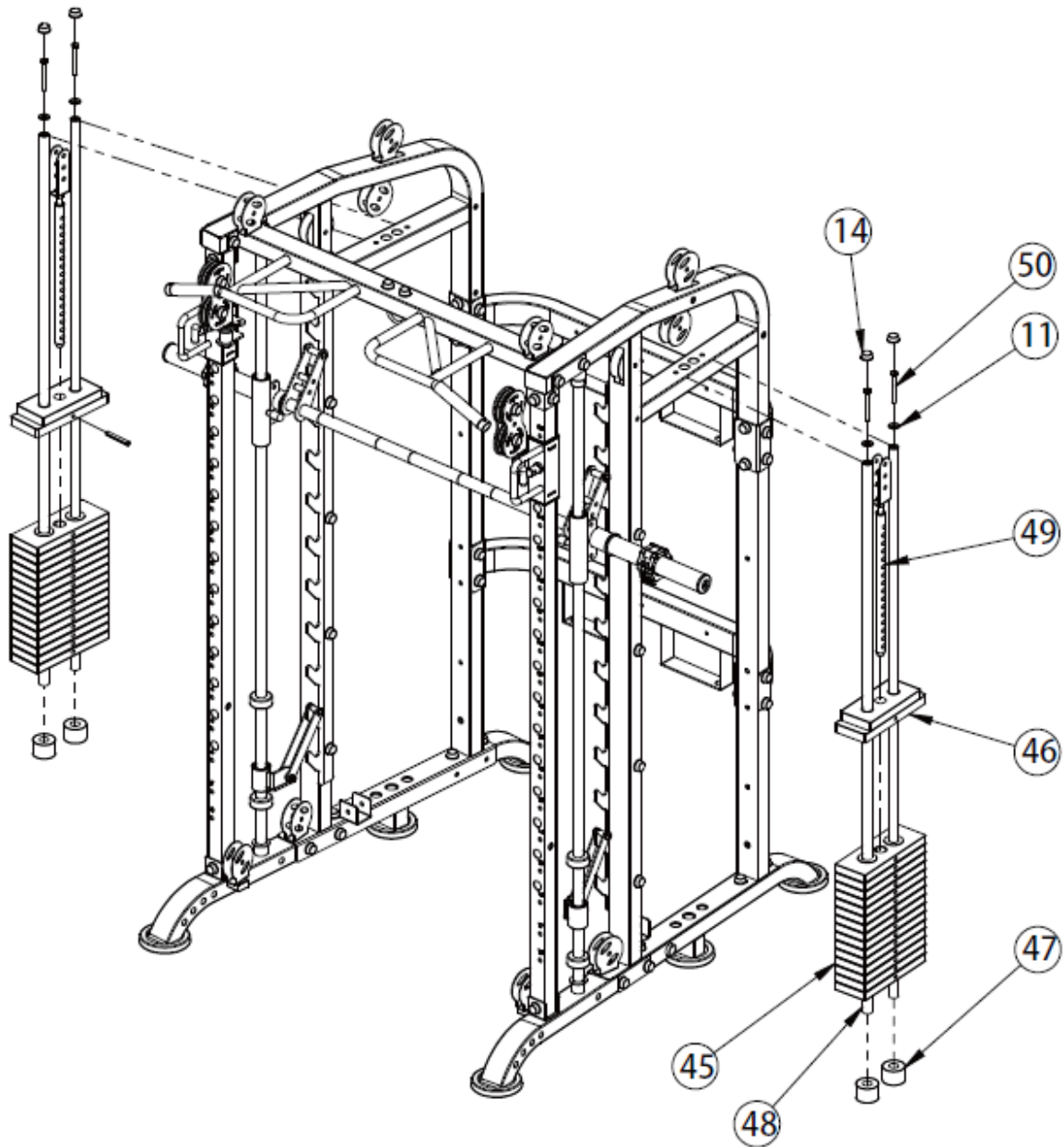
Slide sliding sleeve (37), right safety bracket (36), rubber washer (44), and guide rod holder (34) onto guide rod (33).

Attach the prepared guide rod to the frame using bolts (39).

Attach the barbell loading sleeves (29) on the barbell (27) using bolts (43), washers (41 and 42).



Step 4

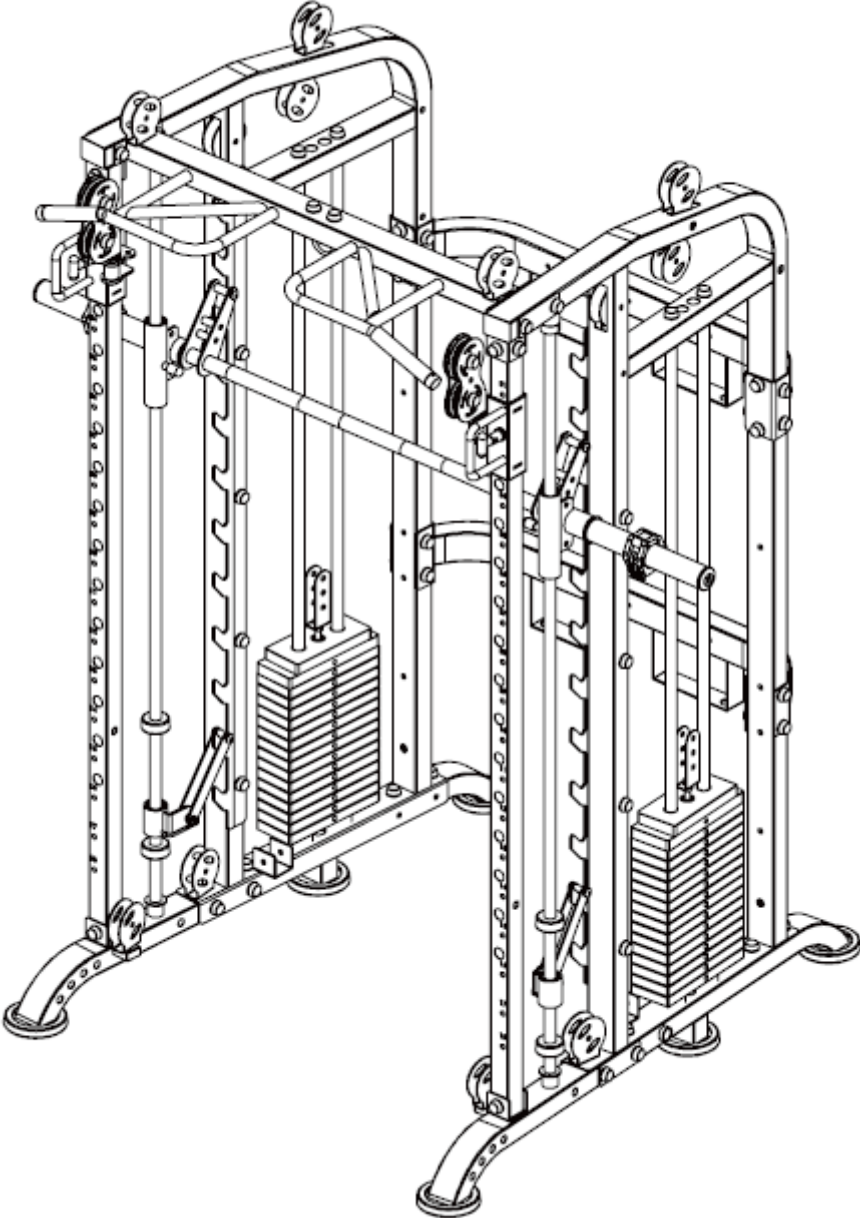


No.	Name	Specifications	Qty.
11	Large washer	Φ10	4
14	Plastic caps		4
45	Weights	90 kg	2
47	The upper part of the weights	Φ60*Φ26*42	2
48	Guide rod	Φ25*1660	4
49	Load selector bar		2
50	Hexagonal bolt	M10*85	4

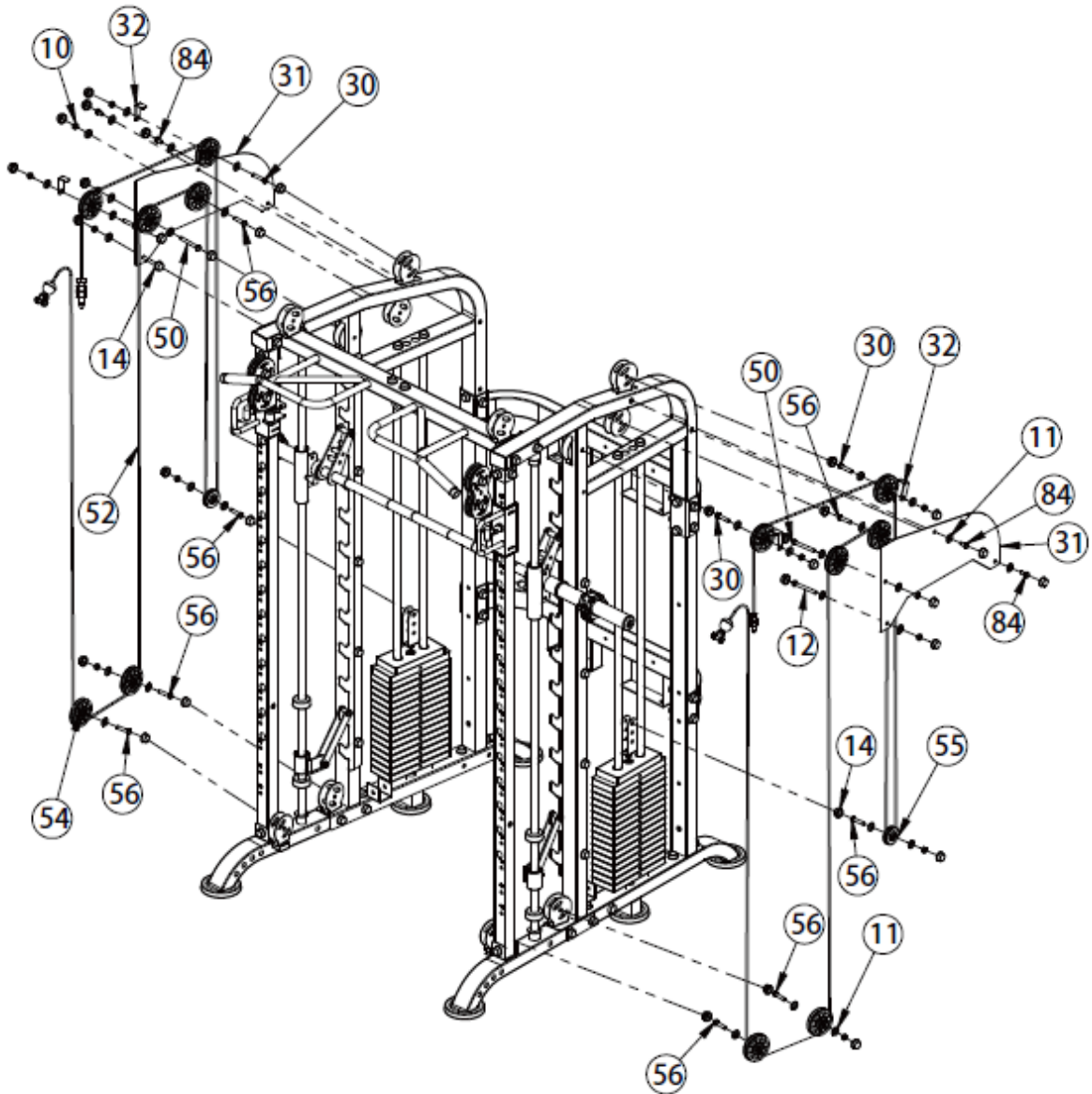
Attach the guide rods (48) to the lower frame and slide the rubber washers (47), weight (45), and upper part of the weight (46) onto them.

Secure the guide bars with bolts (50), large washers (11), and caps (14).

Note: place the weights from the largest number to the smallest.



Step 5



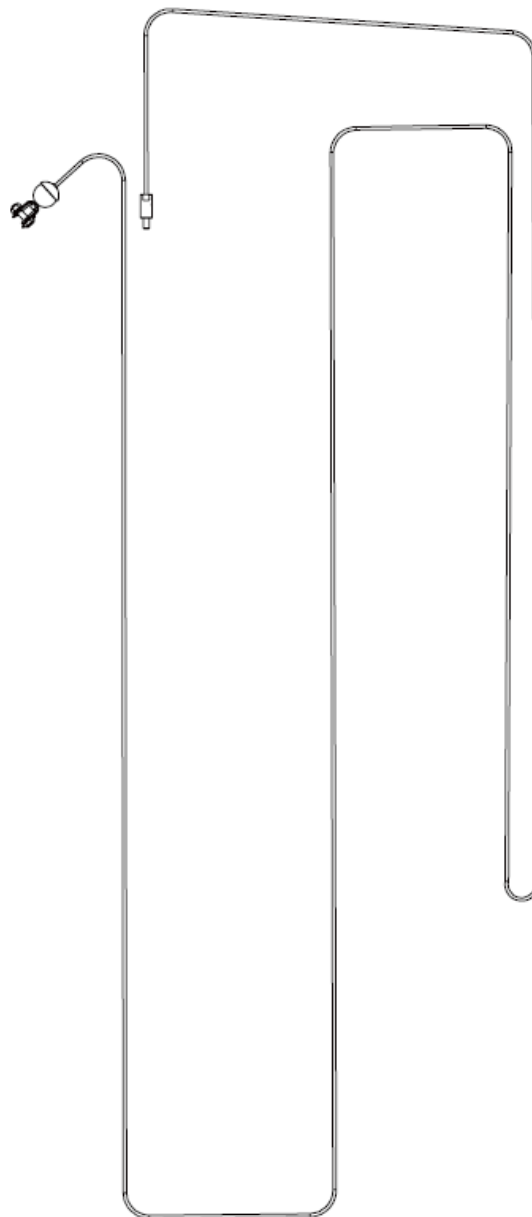
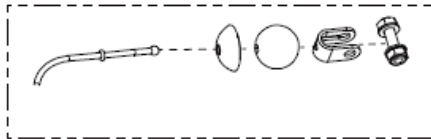
No.	Name	Specifications	Qty.
10	Nut	M10	14
11	Large washer	Φ10	34
12	Hexagonal bolt	M10*90	2
14	Plastic caps		34
30	Hexagonal bolt	M10*50	4
31	Covers		2
32	Pulley cover	20*96*T3	4
50	Hexagonal bolt	M10*85	2
52	Cable	Φ5*7920 mm	2
54	Pulley	Φ95	12

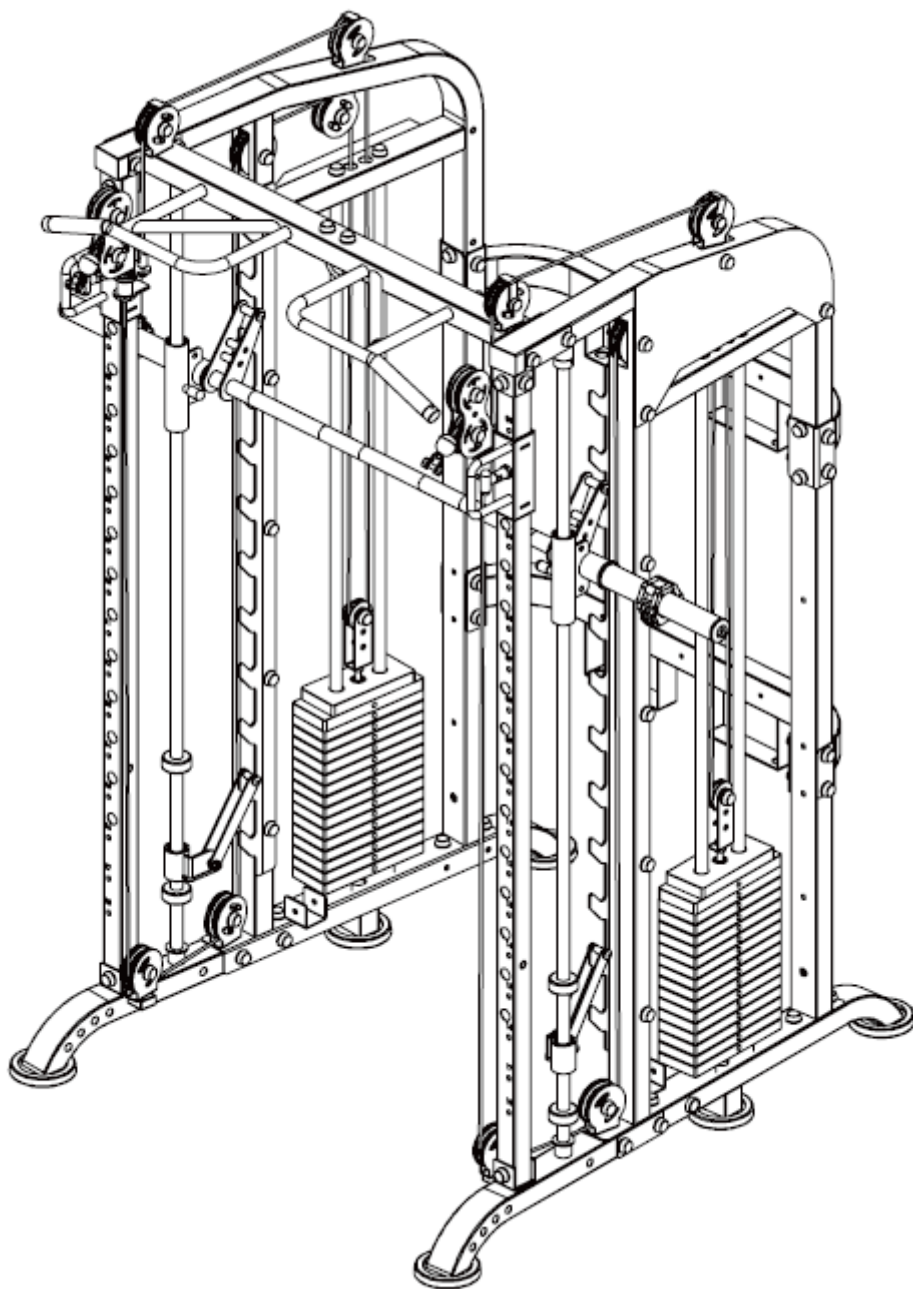
55	Pulley	Φ60	2
56	Hexagonal bolt	M10*45	8
84	Hexagonal bolt	M10*20	4

Attach pulleys (55) to left and right frames with bolts (56, 30), washers (11), nuts (10), pulley cover (32), and plastic caps (14).

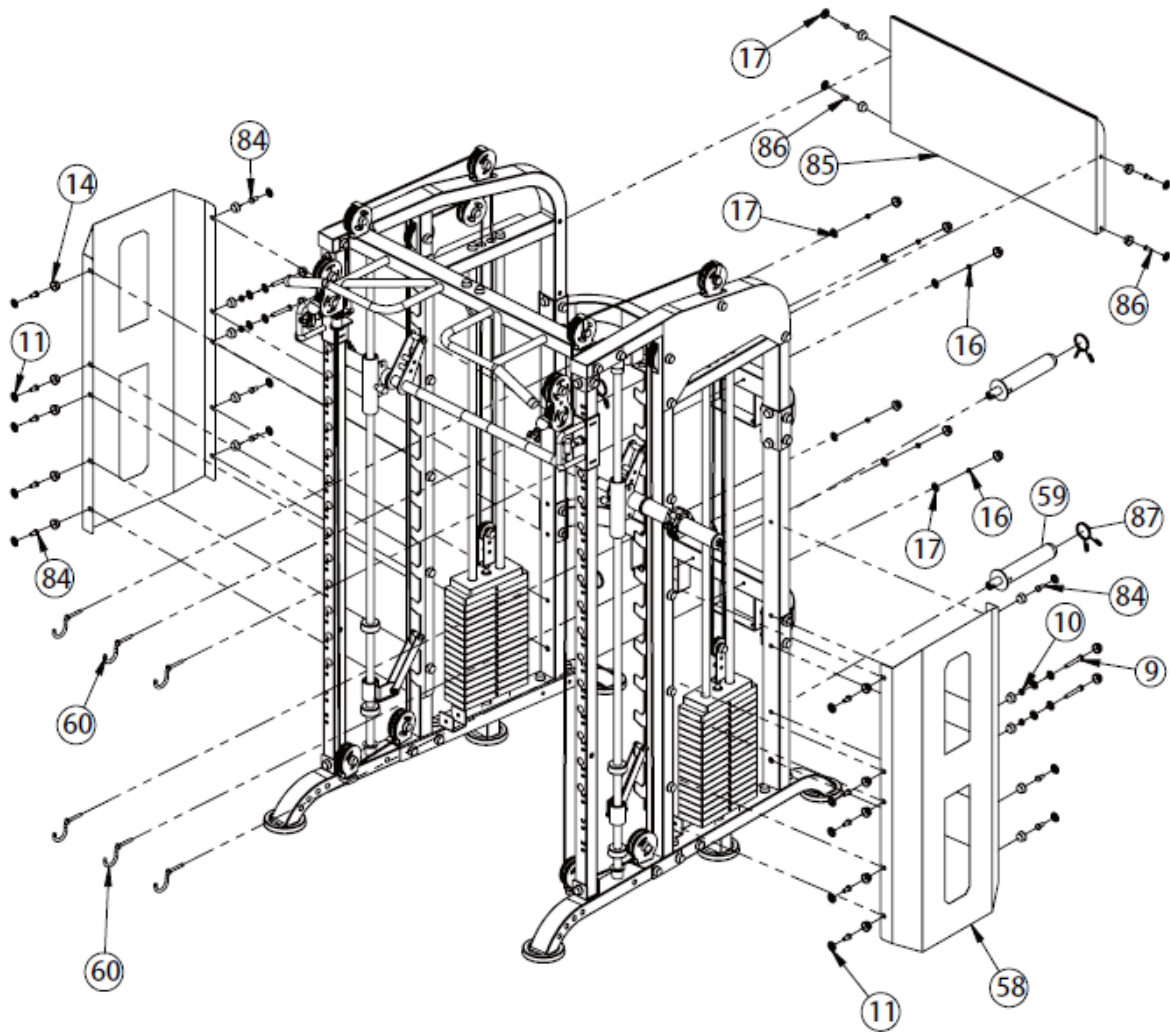
Attach the covers (31) to the left and right frames with bolts (84, 12, 50), washers (11), nuts (10), and plastic covers (14).

According to the picture, guide the rope (52) and fasten it to the sliders (25, 26).





Step 6

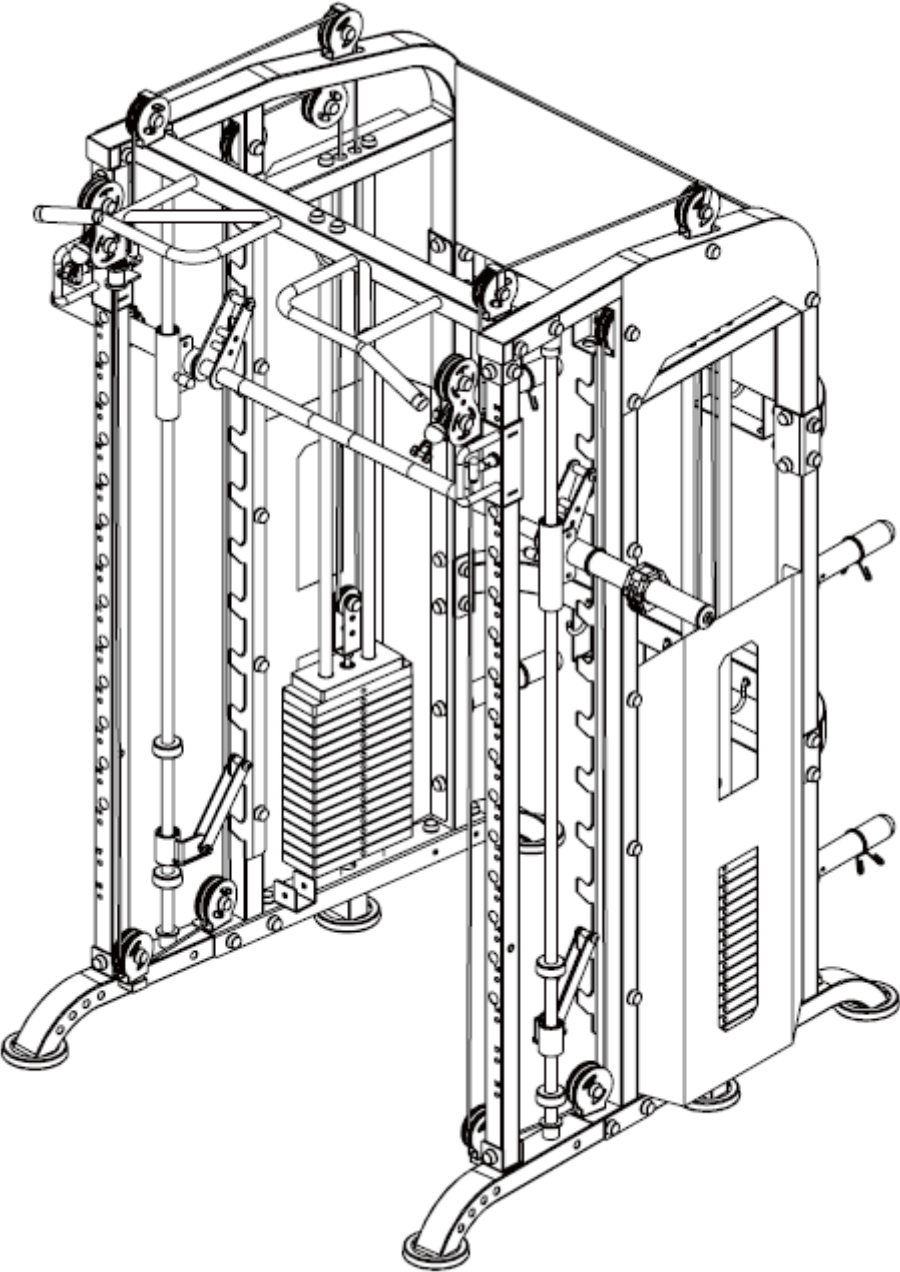


No.	Name	Specifications	Qty.
9	Hexagonal bolt	M10*70	4
10	Nut	M10	4
11	Large washer	Φ10	24
14	Plastic caps		34
16	Nut	M8	6
17	Washer	Φ8	10
58	Weight cover		2
59	Weight covers		4
60	Hook		6
84	Hexagonal bolt	M10*20	16
85	Cover		1
86	Hexagonal bolt	M8*20	4
87	Safety sleeve		4

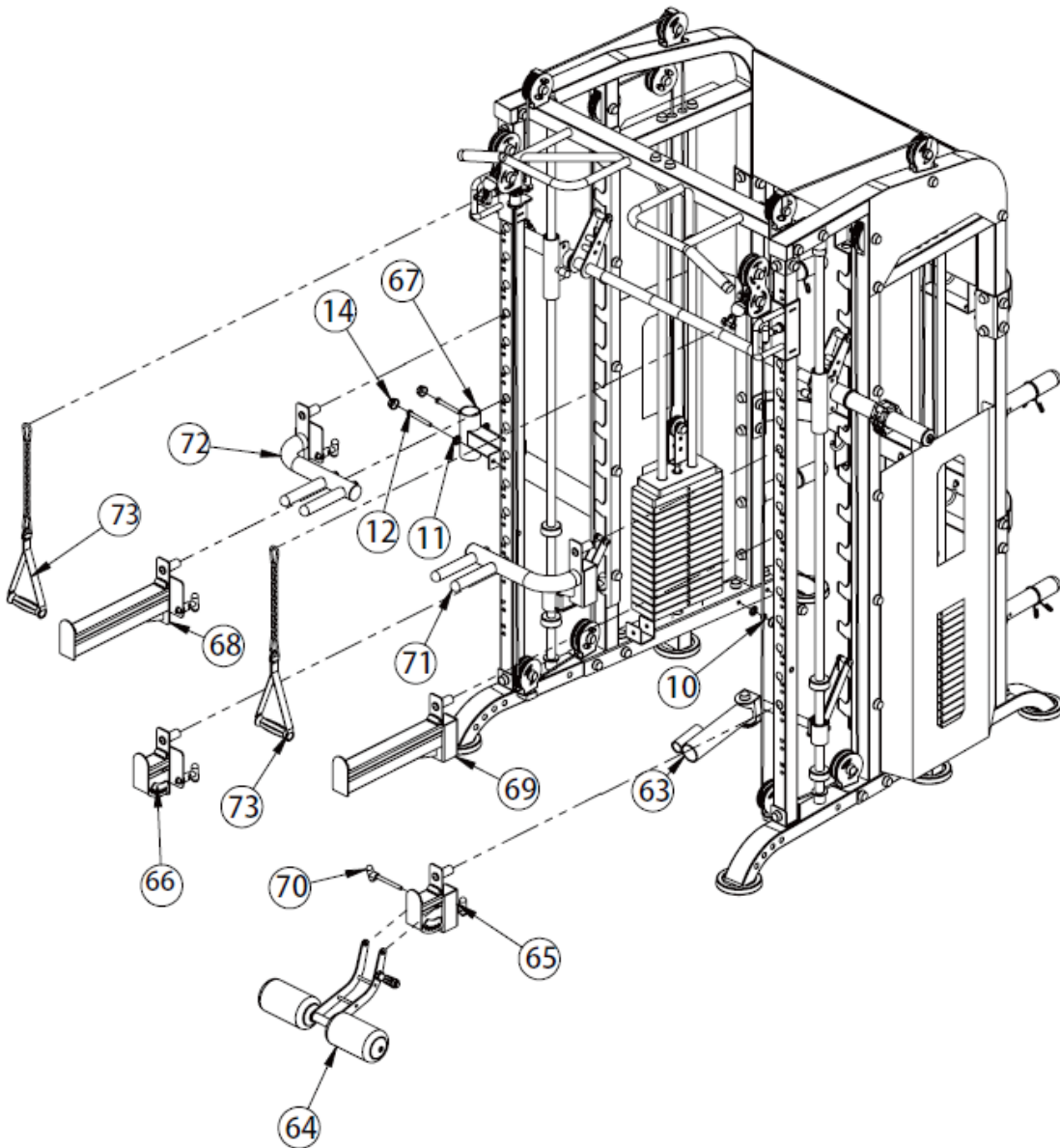
Attach hooks (60) to frame (5) using washers (17) and nuts (16).

Attach the covers (58 and 59) to the frame with bolts (84, 9) and covers (14).

Attach cover (85) to frames with bolts (86), washers (17), and caps (14).



Step 7



No.	Name	Specifications	Qty.
10	Nut	M10	58
11	Large washer	Φ10	144
12	Hexagonal bolt	M10*90	24
14	Plastic caps		160
63	Core trainer		1
64	Lat trainer		1
65	Right holder for trainer		1
66	Left holder for trainer		1
67	Barbell holder		1
68	Left safety frame		1

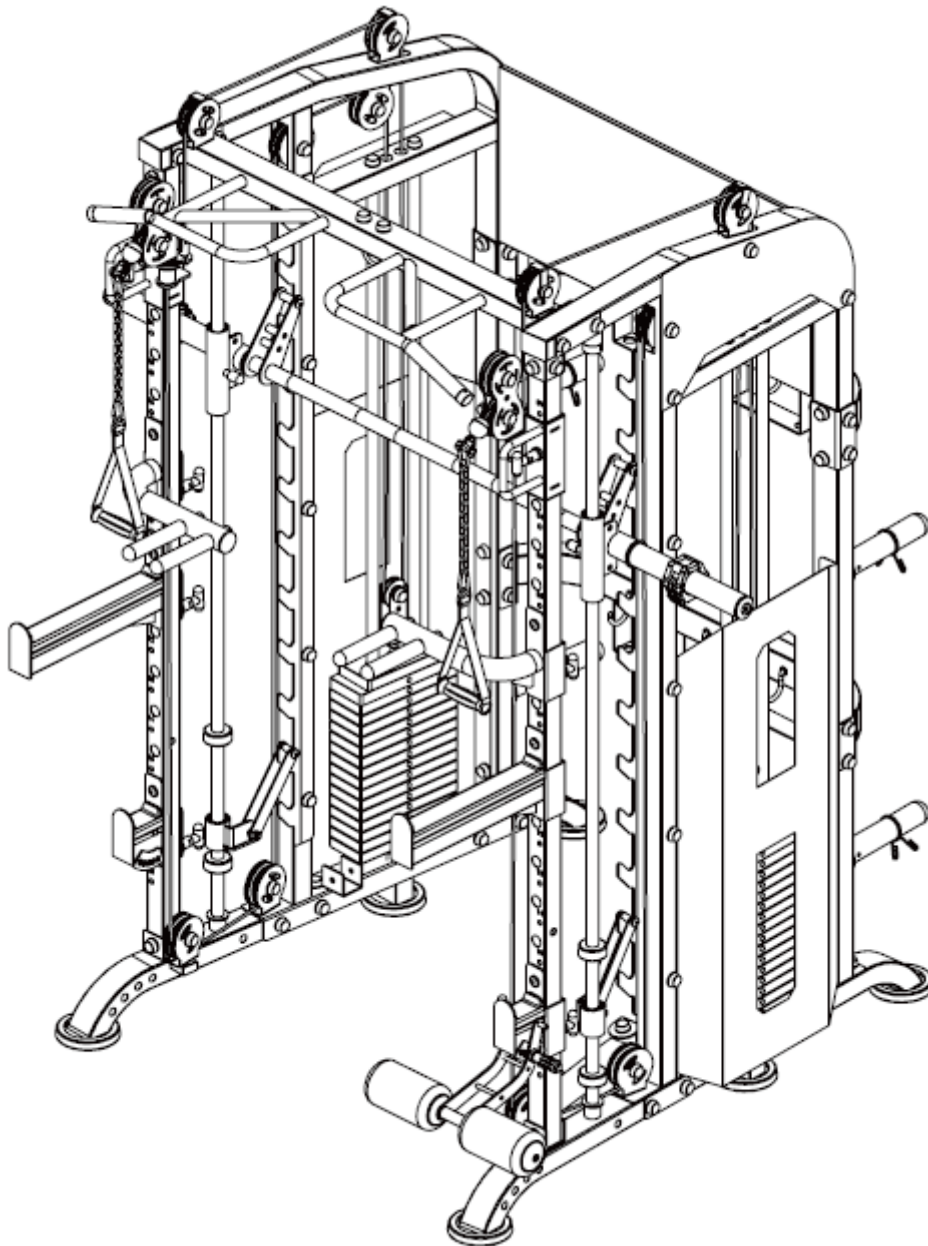
69	Right safety frame		1
70	T-shaped pin	Φ10*100	1
71	Left dip bar		1
72	Right dip bar		1
73	Pulley handle		2

Attach the barbell holder (67) to the left Frame (1) with the bolts (12), large washer (11), and nut (10).

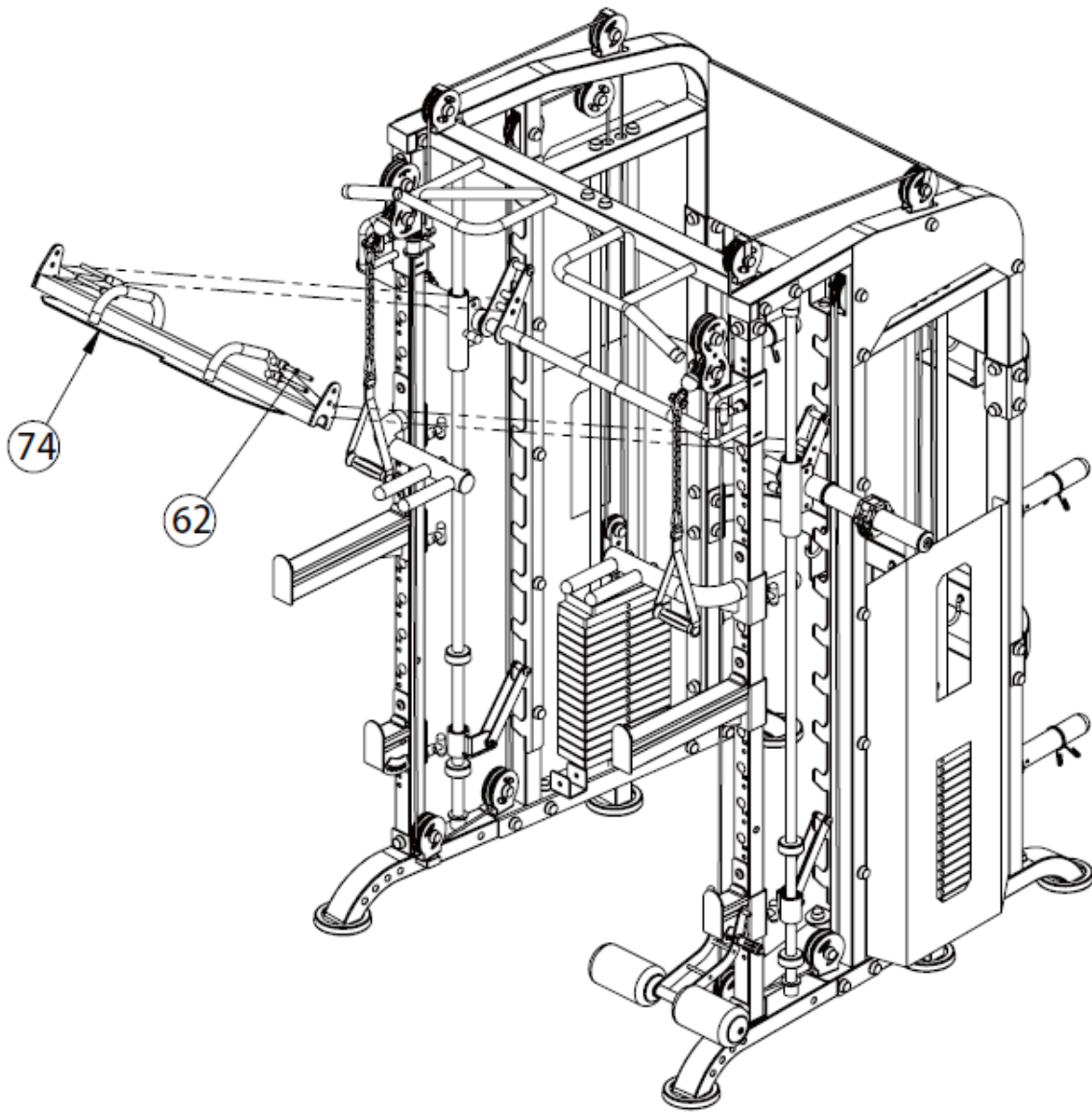
Attach the core trainer (63) to the right frame (4).

Attach the handrails (72, 71), safety frames (68, 69) and trainer holders (66, 65) to the left and right frames.

Attach the lat trainer (64) to the holder (65) with the pin (70).

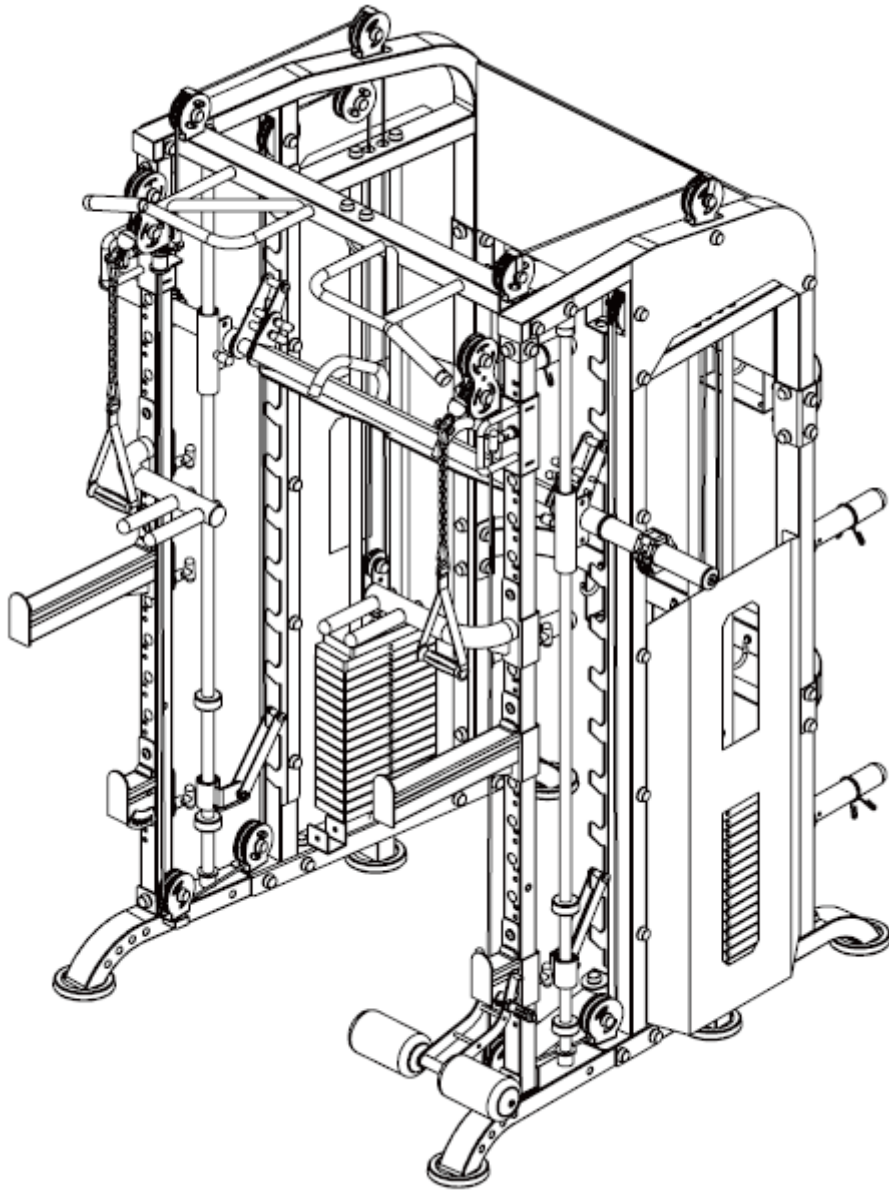


Step 8

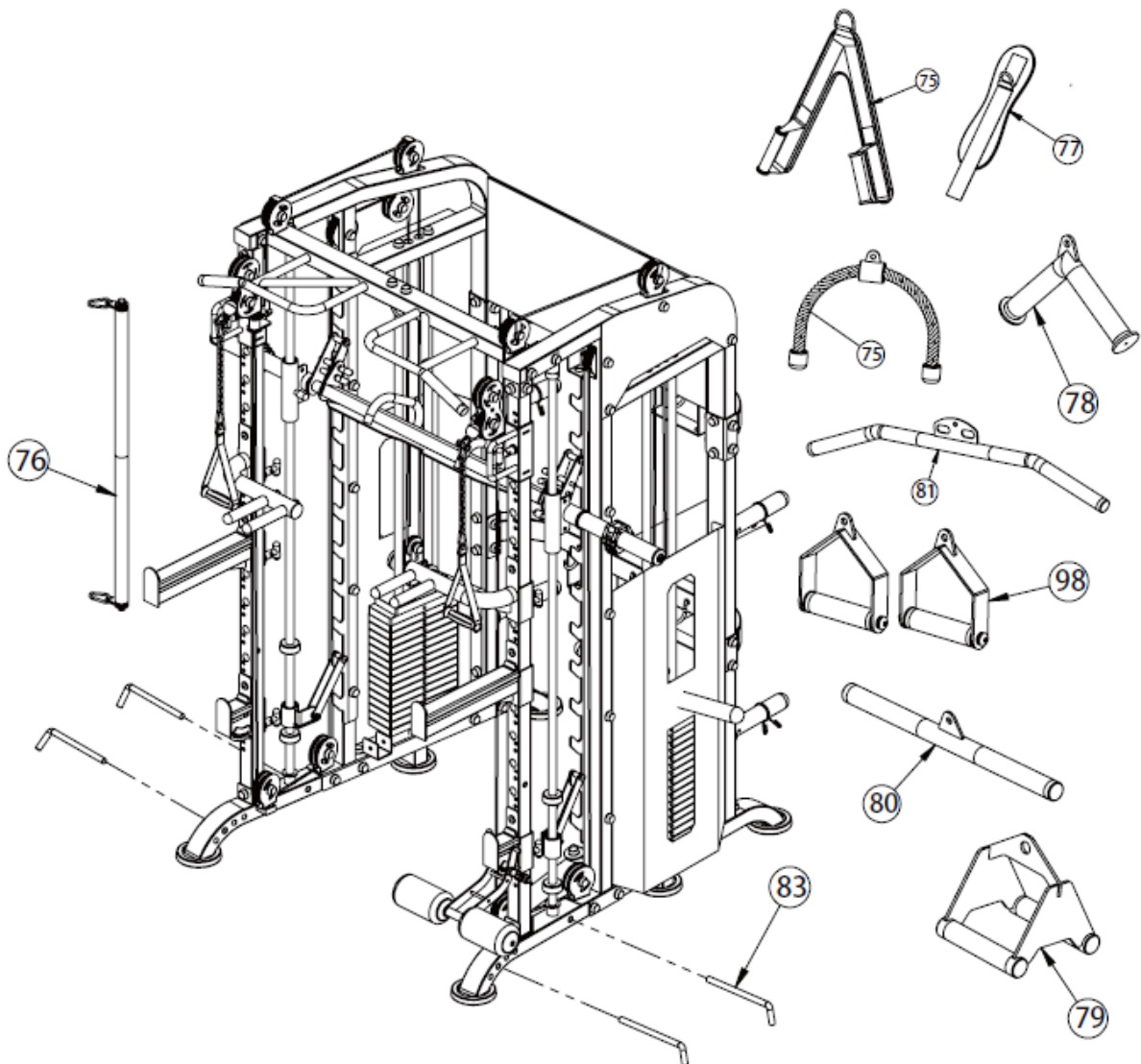


No.	Name	Specifications	Qty.
62	T-shaped pin	Φ10*85	4
74	Footrest		1

Attach the footrest to the frame with pins (62).



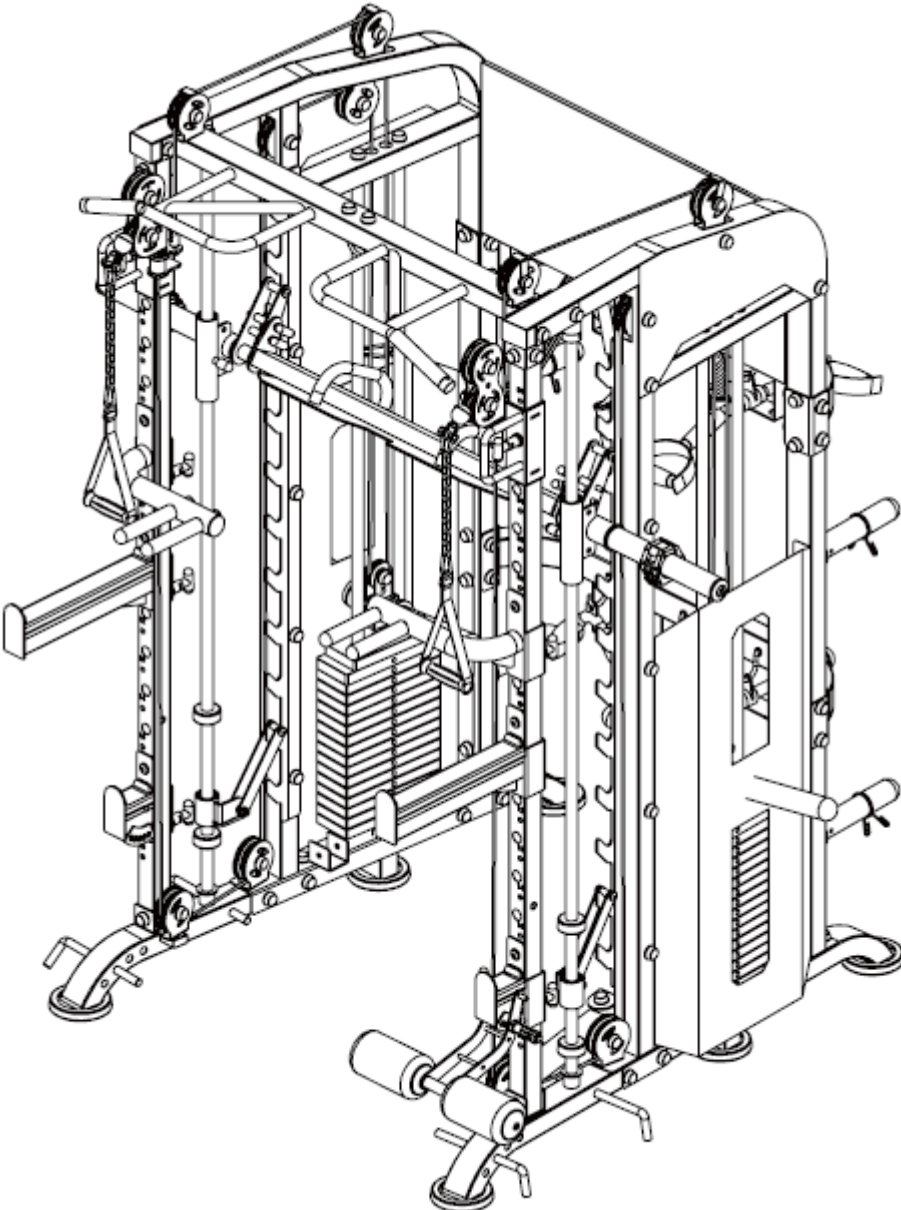
Step 9



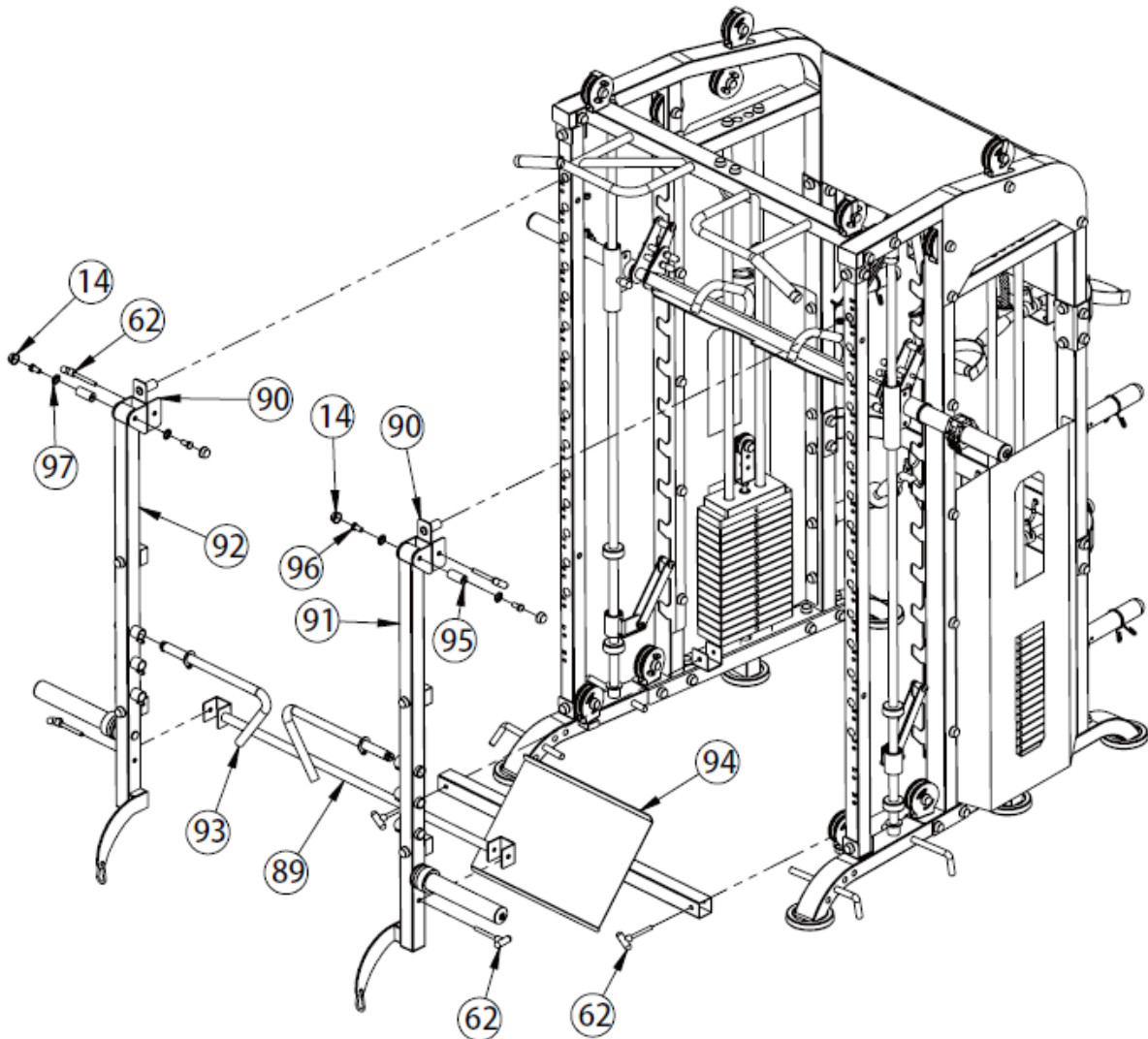
No.	Name	Specifications	Qty.
75	Triceps trainer		1
76	Training bar		1
77	Ankle strap		1
78	V trainer		1
79	Rowing handle		1
80	Straight handle		1
81	Lat pull bar		1
82	Abdominal harness		1
83	L-shaped pin		4
98	Handles		2

Optional accessories (75, 77, 78, 79, 80, 81, 82, 76) can be hung on hooks (60)

Fasten the pins (83) to the frame.



Step 10



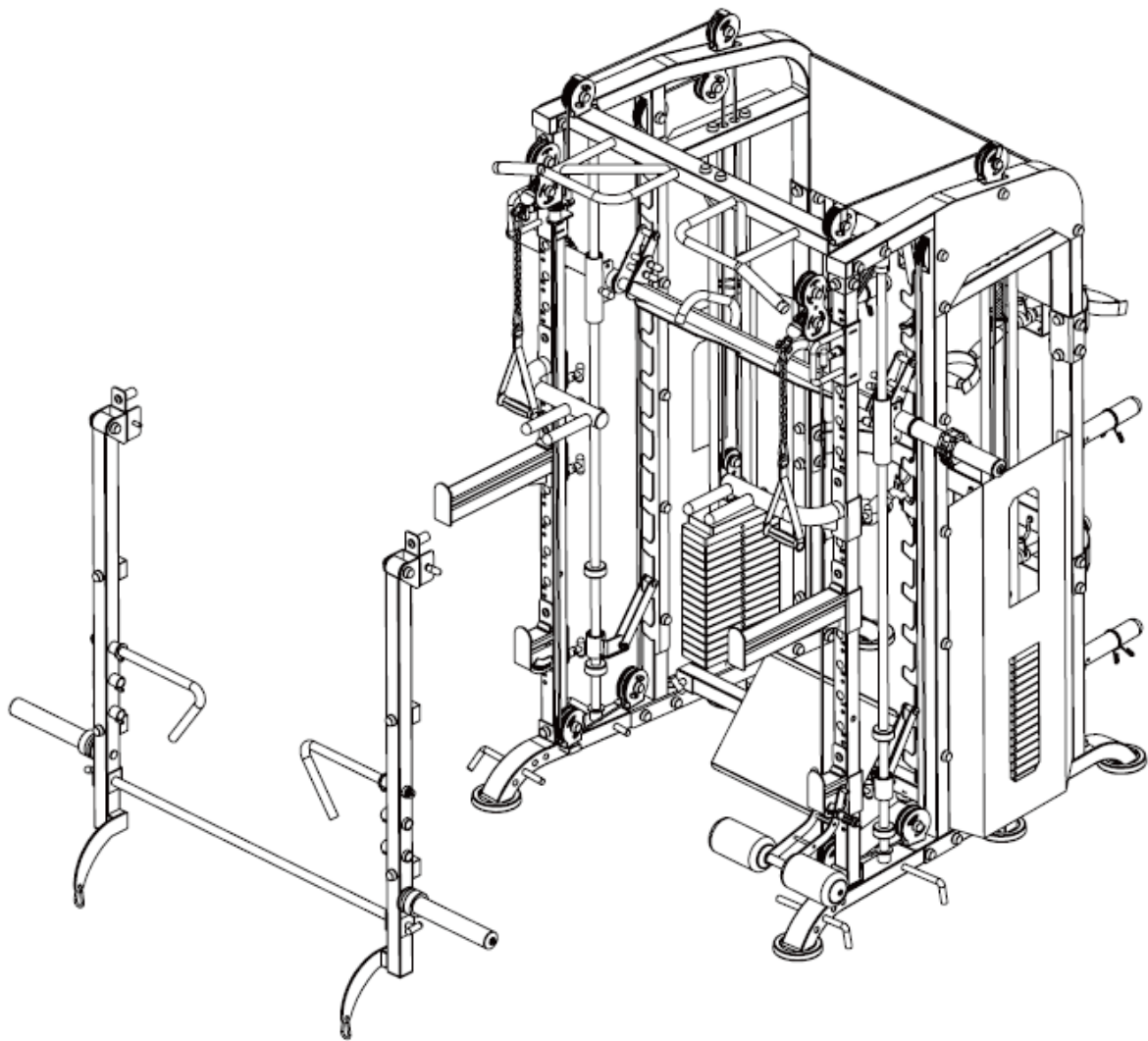
No.	Name	Specifications	Qty.
14	Plastic caps		4
62	T-shaped pin	Φ10*85	6
89	Frame		1
90	Connecting frame		2
91	Right column		1
92	Left column		1
93	Handles		2
94	Small footrest		1
95	Sleeve	Φ25*56	2
96	Hexagonal bolt	M12*25	4
97	Large washer	Φ12	4

Attach the handles (93) to the posts (91, 92) and then connect the posts with bolts (96), washers (97) and a sleeve (95).

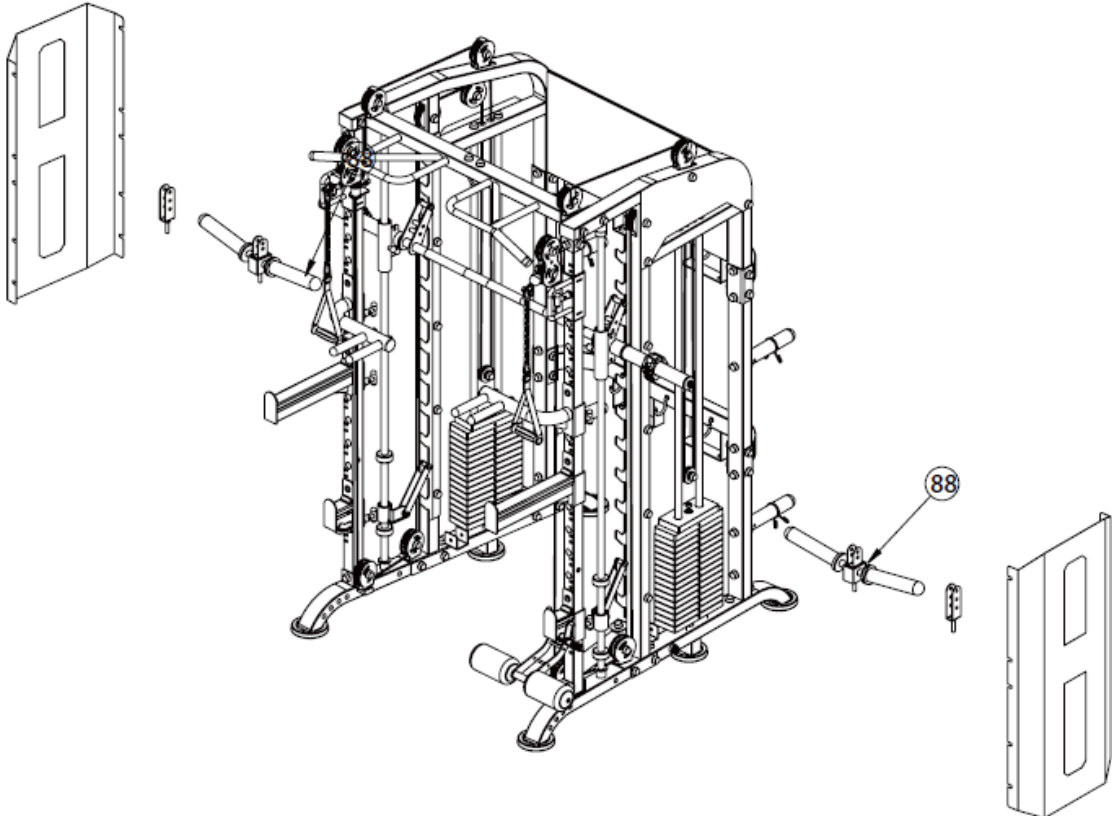
Attach the footrest (94) to the main frame with pins (62).

Attach the assembled structure with handles to the main frame.

Attach the frame (89) to the posts (92, 91) with pins (62).

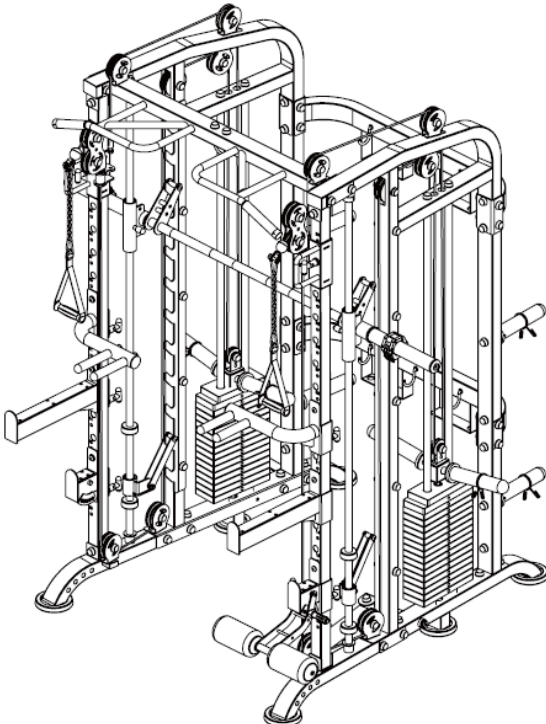


Selector rod with plate holder attachment



No.	Name	Specifications	Qty.
88	Selector rod with plate holder		2

Remove weight selector rod (49) and cover (58) and attach the holder (88).

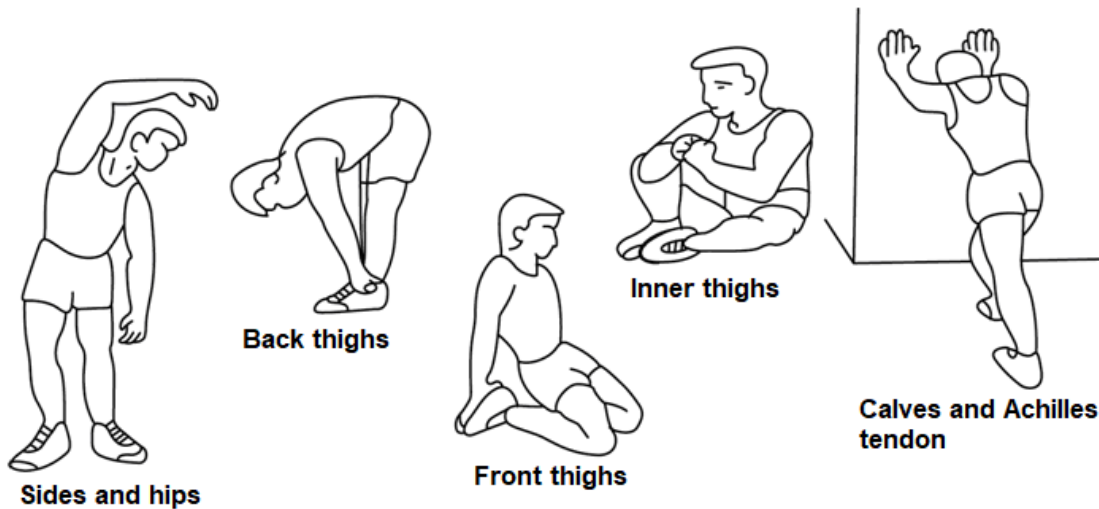


EXERCISE INSTRUCTIONS

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

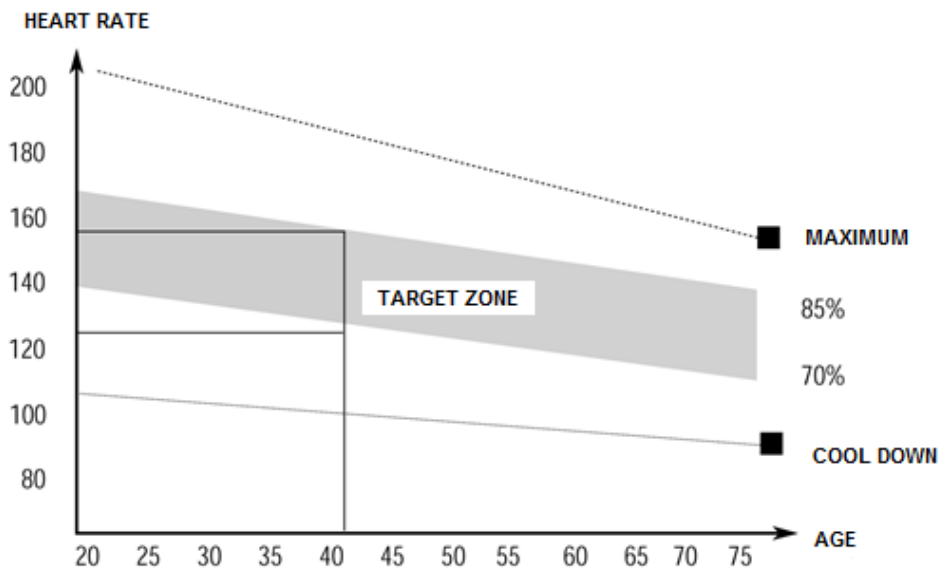
1. WARM UP

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.

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
- 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
Stores inSPORTline SK, s.r.o.

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

CRN: 46259317
VAT ID: SK2023299729

Phone: +421(0) 917 700 098
E-mail: objednavky@insportline.sk
reklamacie@insportline.sk
servis@insportline.sk

Web: www.inSPORTline.sk

About shipping

