



Marpo Kinetics, Inc.
258 LINDBERGH AVE, Livermore, CA 94551 • (925) 606-6919 • www.marpokinetics.com

- VMX -

IMPORTANT INFORMATION

TO SAFELY REMOVE PRODUCT FROM THE PACKAGE, FOLLOW THESE INSTRUCTIONS

FOR SAFETY, TWO OR MORE PEOPLE MUST ASSIST IN THE PACKAGE REMOVAL AND PRODUCT INSTALLATION.

IT IS BEST THAT THE REMOVAL OF THE PRODUCT FROM THE PACKAGE, BE DONE NEAR THE AREA WHERE THE PRODUCT WILL BE PLACED FOR USE. THIS WILL ELIMINATE THE NEED TO MOVE THE PRODUCT AROUND AFTER IT IS ASSEMBLED. SHOULD THERE BE A NEED TO MOVE THE PRODUCT, THERE MUST ALWAYS BE AT LEAST TWO PEOPLE DOING THIS OPERATION TO AVOID ANY INJURIES. TO PROTECT THE ROPE FROM SNAGS, IT MUST BE KEPT WRAPPED UNTIL IT IS READY TO BE STRETCHED ONTO THE PULLEYS.

REMEMBER, ALWAYS KEEP ALL BODY PARTS AWAY FROM PULLEYS OR ANY MOVING PARTS AS THESE ELEMENTS CAN CAUSE SERIOUS INJURY. MINORS SHOULD NEVER BE ALLOWED TO OPERATE THE MACHINE WITHOUT THE CONSENT AND CONSTANT SUPERVISION OF AN ADULT.

Securing Equipment

All MARPO equipment must be secured to the floor to stabilize and eliminate rocking or tipping. This must be performed by a licensed contractor. DO NOT use the equipment if it is not set up and located on a solid, level surface.

DO NOT install equipment on an uneven surface.

Use fasteners having a minimum of 500 lbs. tensile capacity (3/8" grade 2 bolts or better).

If legs/frame do not make contact with the ground, DO NOT pull down with anchors. Shim any leg or frame not in contact with surface using flat washers.



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1. Remove all wrapping material.

CAUTION: Do not use blades to cut wrapping material since it may damage the unit.

2. Remove all contents from the box:

1 MAIN UNIT

1 BOOM

1 STEP

1 ADJUSTABLE REAR CROSS BAR

1 MID CROSS BAR

1 BENCH LEG

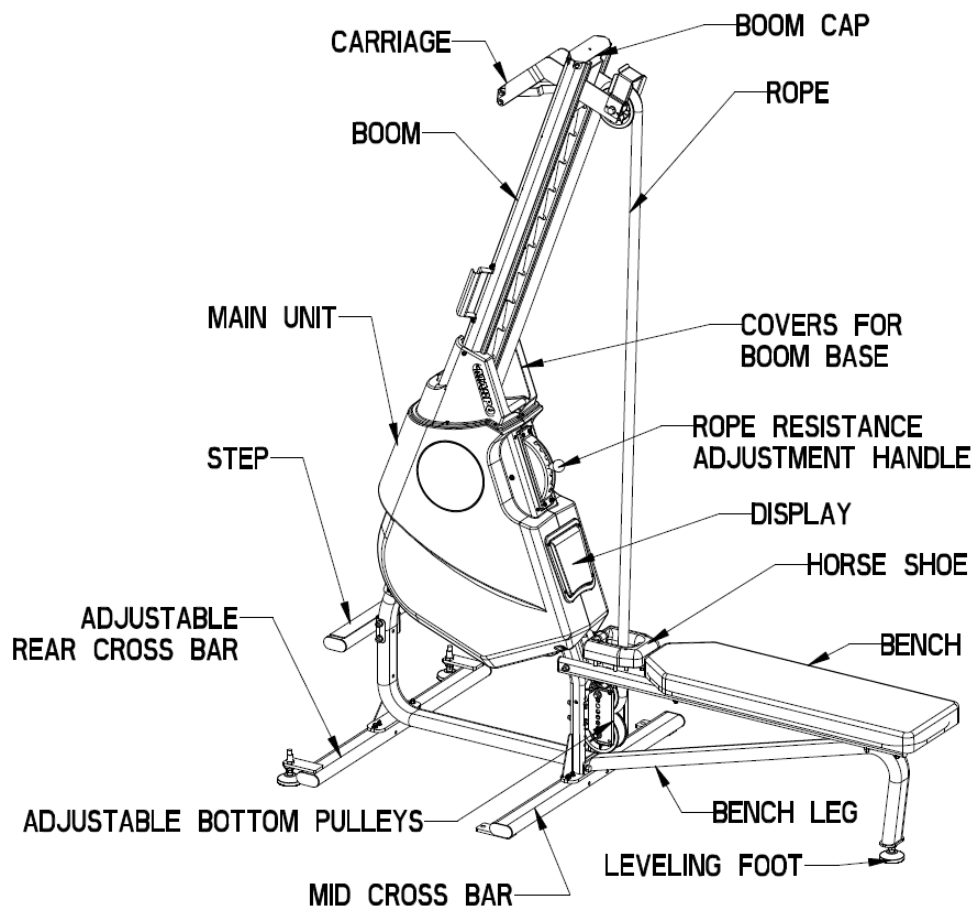
1 BENCH

1 SET (LEFT AND RIGHT) COVERS FOR BOOM BASE

1 USER MANUAL

1 PACKAGE REMOVAL INSTRUCTION

1 WORKOUT POSTER





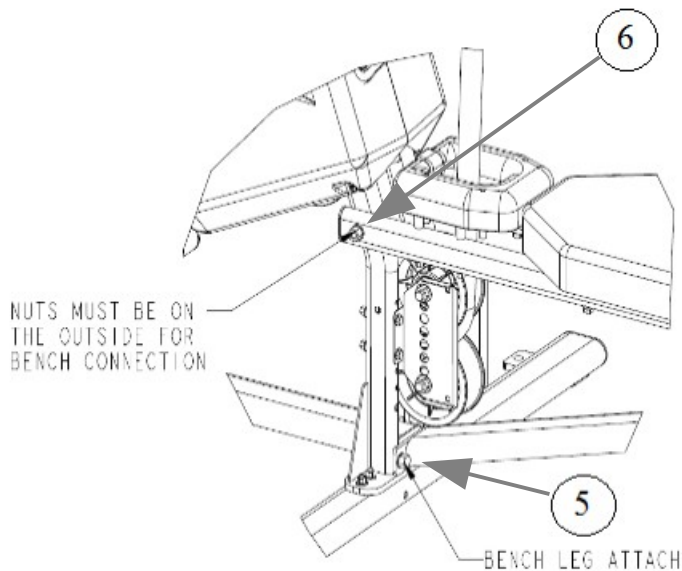
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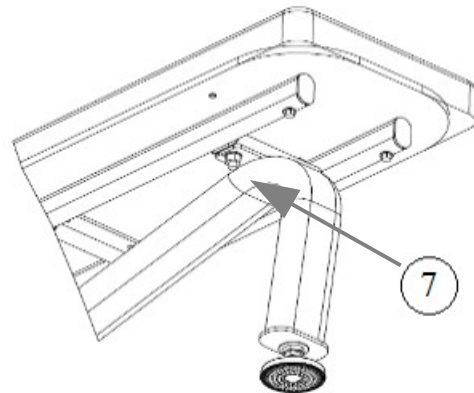
3. One person should hold on to the MAIN UNIT while a second person should attach the MID CROSS BAR to it using the provided 1/4-20 X 3" screws. Use a cardboard block provided with the unit to prop up the unit while attaching the MID CROSS BAR. Have a second person hold the unit from falling over while attaching the MID CROSS BAR. The anti-skid tape of the MID CROSS BAR should be pointing to the ground. Insert screws with 1" OD fender washer from the bottom up through the MID CROSS BAR so the threads protrude from the MID CROSS BAR upwards. Fasten provided 0.25-20 nut onto protruding thread.

CAUTION: Leaving the product unsupported before the unit is attached to the MID CROSS BAR could cause the unit to fall over and cause injury and/or product damage.

4. Attach the ADJUSTABLE REAR CROSS BAR with the anti-skid tape pointing up and adjust the two leveling feet until both touch the ground. Insert screws with 1" OD fender washer from the bottom up through the ADJUSTABLE REAR CROSS BAR so the threads protrude upwards. Fasten thread on top with 0.25" washer and 0.25-20 nylon nut. Use the cardboard block again for wrench clearance.



For BENCH connection to MAIN UNIT, ensure the nuts are on the outside to protect rope from getting damaged by the threads on the end of the bolts

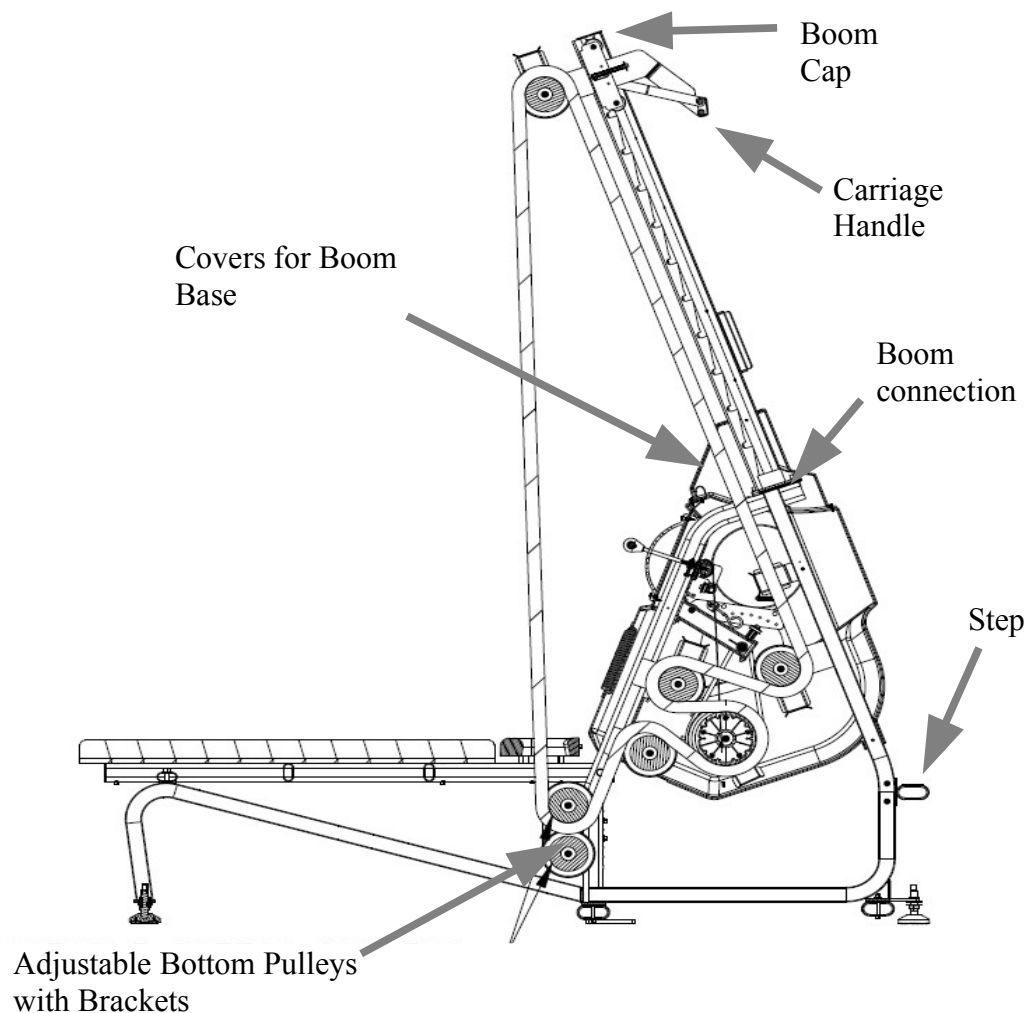


5. As shown above & left, attach the BENCH LEG to the bottom holes on the 2 uprights of the MAIN UNIT. Do NOT connect to the MID CROSS BAR. Leave the bolts loose until the BENCH gets installed in the next step.
6. Now attach the BENCH to the MAIN UNIT. Ensure the nuts for this connection are on the outside as shown above. This will protect the rope from getting snagged on the end threads of the screws.
7. Connect the back end of the BENCH to the BENCH LEG as shown above/right. After this connection is made tighten all screws for BENCH LEG and BENCH.



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8. Connect HORSE SHOE as shown. Note orientation, the flat end of the horseshoe faces the MAIN UNIT.
9. If the product rocks side-to-side or front to back, adjust the nuts on the 3 threaded LEVELING FEET. Re-tighten the nuts after calibration.
10. Attach the ADJUSTABLE BOTTOM PULLEYS (WITH BRACKETS) to the MAIN UNIT. Use provided screws (screws temporarily attached to the frame of the MAIN UNIT).



11. Install the STEP to the rear of the MAIN UNIT.
12. Install the CARRIAGE on the BOOM and then attach the BOOM CAP to the BOOM. To install the CARRIAGE, slide the 4 metal rollers of the CARRIAGE inside the two

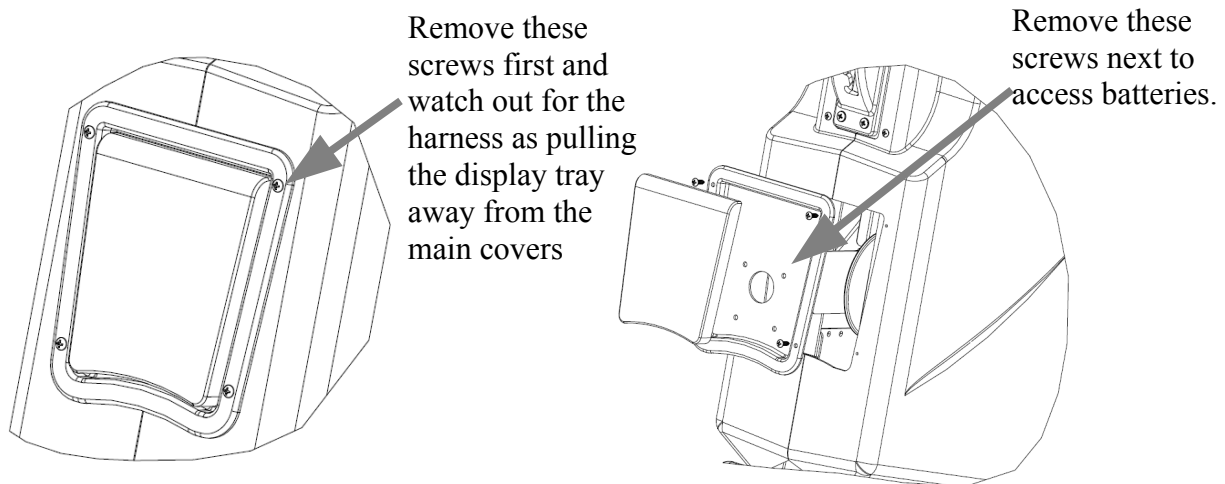


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barrels of the BOOM. Note the CARRIAGE PULLEY orients to the front of the unit. Remove the pulley from the CARRIAGE and install the rope on it. Make sure rope is not twisted when installing it on the CARRIAGE. After the BOOM CAP is attached to the BOOM, slide carriage to the bottom slot in the boom before proceeding. (*Ropes with plastic cap ends may be connected to carriage at a later time*)

13. Connect the BOOM to the MAIN UNIT with the 3/8-16 bolts, nuts and washers. .
14. Connect the two PLASTIC COVERS for Boom Base. Attach the small covers to the main covers first. Afterwards, attach the top of the small cover to the boom with provided screws on boom.
15. The electronic display works with two AAA batteries. To replace the batteries remove the 4 screws that connect the DISPLAY TRAY to the main covers. Slowly pull the DISPLAY TRAY away from the machine. Disconnect the display from the main harness. Next remove the 4 machine screws that connect the DISPLAY to the the DISPLAY TRAY to access the battery cover on the back of the DISPLAY.



16. If the unit has black plastic end caps on the rope ends, pull end of the rope through the BOOM and over the top of the CARRIAGE PULLEY and the other end of the rope, pull under and around the BOTTOM ROPE PULLEY and through the HORSE SHOE of the BENCH to connect the two ends of the rope. See illustration on previous page for rope routing diagram. Also see steps 18 and 19 for ends connection.

NOTE: the rope tends to tighten up during shipping so you may need to stretch it before connecting the two ends. To do this hold the two ends of the rope and work the rope up and down with a few pulls, to stretch it until the ends can reach each other. For optimal unit performance, allow some slack in the rope after the two ends are connected. If needed, the slack in the rope can be adjusted by moving the BOTTOM ROPE PULLEY to a higher or lower set of holes.

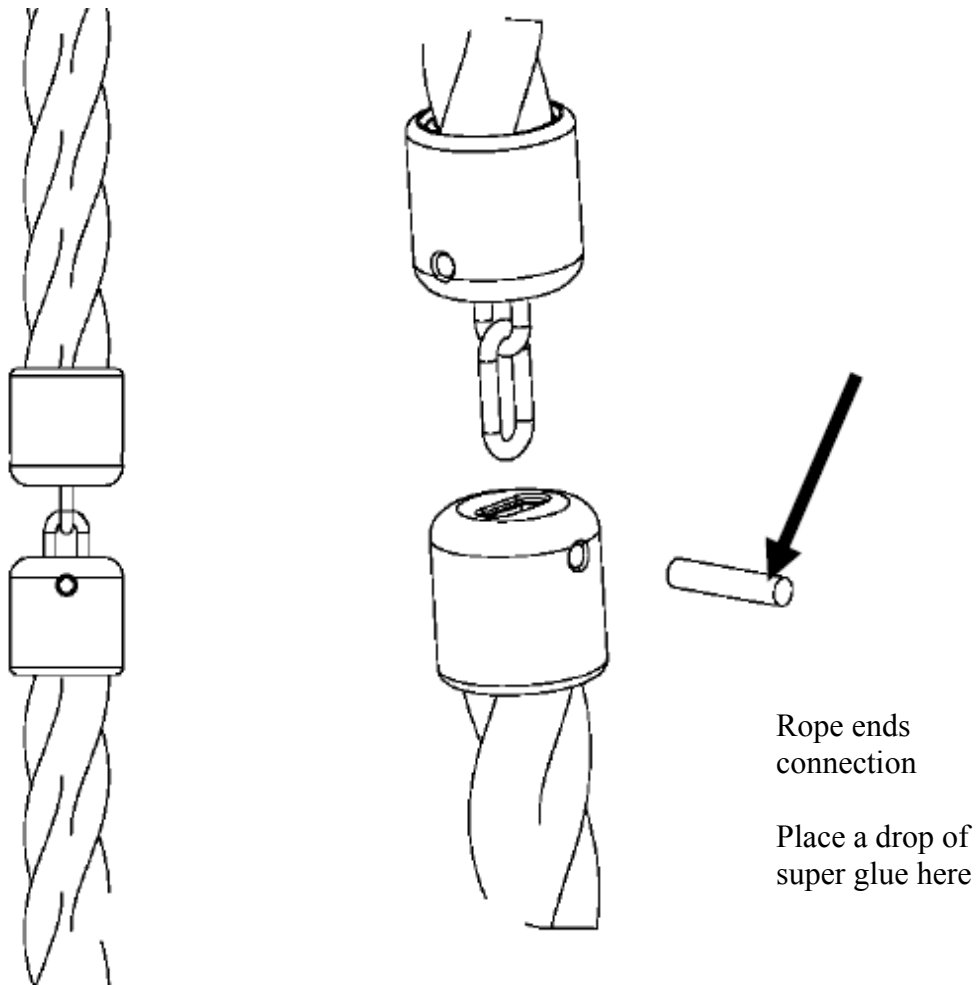


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17. If your unit has rope with plastic end cap connection follow these instructions to connect the ends of the rope. Pin the chain link in the end cap with the provided 1/4-20 set screw. Before you install this screw ensure the rope is not twisted as this will create kinks in the rope over time.

IMPORTANT: YOU MUST LOCK THE ROPE CONNECTION SET SCREW BY PLACING A DROP OF SUPER GLUE ON THE LAST 3-4 THREADS OF THE SCREW RIGHT BEFORE YOU HAVE INSERTED IT ALL THE WAY IN THE PLASTIC END CAP. (see illustration below)





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18. Once the machine has been leveled off with the ground, drill the anchor rods provided with the user manual at the specified locations in the picture below. Anchor rods must be drilled into the concrete with a minimum embedment length of 2" for optimal performance.

