



We are sure you will be pleased with your new RopeFit. Please take a few minutes to familiarize yourself with your new equipment by reading the information contained in the Owners Manual. We are proud of the quality of each of our products.

RopeFit is the first commercial rope climber providing a full chain exercise for every athlete. Self-powered and easy to add in any gym space, the RopeFit offers the first cleanable rope on the market with a unique two-rope system that makes it easy to switch exercises. Plus, with five different resistance levels, RopeFit delivers a serious workout for athletes of all fitness and strength levels.

Contact us:
Jacobs Ladder LLC
6292 Walmore Rd
Niagara Falls, NY 14304
1.866.697.4100(toll free number)
1.716.692.1780(fax)
1.716.930.1285(service)
info@jacobsladderexercise.com
service@jacobsladderexercise.com

Included in your package:

- RopeFit
- Owners Manual
- Concrete Sleeve Anchors(4)
- AC Power Adapter (for recharging only)

Product Specifications

- Frame: Welded Tubular Steel
- Length: 45”
- Width: 30.5”
- Height: 96”
- Weight: 285 lbs
- Rope: Pliable Polymer Covered Rope
- Case: ABS Plastic
- Power: Self-Powered
- Ceiling Height Requirement: 8.5 Feet
- Digital Readouts: Elapsed Time, Resistance Level, Feet Climbed, Rate(Feet/Min)
- Warranty: 4 Years Parts / 1 Year Labor

Table of Contents

Safety.....4

Proper Use Instructions.....4

Assembly Instructions.....5

Operation.....

Display.....6

Maintenance.....

Care and Cleaning.....7

Troubleshooting.....7

Preventative Maintenance.....7

How to Obtain Service.....8

Product Warranty and Disclaimer.....9

Maintenance Log.....11

Important Safety Information

Warning: Before beginning any fitness program you should have a complete physical examination by your physician. Exercising on RopeFit may cause rapid heart rate increase. If you feel faint, develop chest pain, experience severe musculoskeletal discomfort or have difficulty breathing, terminate the exercise session immediately and consult a physician. Failure to do so may result in serious bodily injury or death.

Ropefit is a self-paced workout so the faster you pull, the faster you climb. You control the intensity of the workout at your desired pace and desired resistance. The resistance of the unit is controlled using the UP and DOWN arrows on the display console.

Start out slowly and increase intensity and resistance carefully.

Advanced Exercise: Always read and understand Operating Instructions before use.

Never allow small children to operate machine. Keep small children away from machine while in operation.

Never place towels or other objects at the bottom of the machine.

Proper Use Instruction

- 1.) Press the START button to light the display.
- 2.) Use the toggle switch on the frame to select a VERTICAL PULL workout or a HORIZONTAL PULL workout.
- 3.) Use the UP and DOWN arrows to control the resistance of the rope.
- 4.) Stop pulling the rope to stop the workout.
- 5.) Press the RESET button to reset the display.

The AC Adapter is only used in the event that the battery becomes discharged. You will know that the battery needs to be charged if the display does not come on.

Assembly Instructions

Take the following steps to assemble the RopeFit

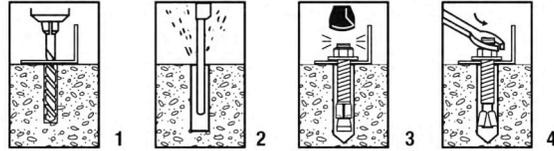
- 1.) Remove the packing materials from the unit.
- 2.) Using a ½" wrench or socket, remove the 4 bolts securing the unit to the shipping pallet.

CAUTION: To avoid injury and ensure your safety, be sure to get the appropriate number of people to help you move the climber to its final location. A fully assembled RopeFit is very heavy and you might injure yourself if you move the unit improperly.

- 3.) Slide the unit off the side of the pallet and on to the floor.
- 4.) Roll the unit on its rear transport wheels to its new location by slowly tipping the unit back to engage the wheel. Be sure to have assistance as unit is heavy.
- 5.) Extend the Vertical Rope Pulley arm up and secure it in place with the BOLT and LOCKNUT provided. You will need a ¾" wrench to tighten the locknut.
- 6.) Adjust the TWO leveling footpads at the rear of the unit near the transport wheels to add stability to the unit.
- 7.) Install the 4 Sleeve Anchors provided in the Owners Packet to secure unit to the floor.



IMPORTANT: Anchor Installation Procedure



1. Select a carbide drill bit with a diameter equal to the nominal anchor diameter. Drill hole at least 1/4" deeper than nominal anchor embedment.
2. Clean hole with pressurized air or vacuum to remove any excess dust/debris.
3. Using the washer and nut provided, assemble the anchor, leaving nut one half turn from the end of anchor to protect threads. Drive anchor through fixture to the specified embedment. Fasten nut and washer flush to surface of fixture.
4. Expand anchor by tightening nut to the specified setting torque.

Display



- 1.) Press the START to turn display on
- 2.) Use TOGGLE SWITCH to choose Vertical or Horizontal Pull. Indicator light on display will show which rope is currently selected
- 3.) Use UP or DOWN buttons to choose resistance

4.) Pull the selected rope to begin workout

5.) Display will show Workout Duration, Total Distance Climbed(feet) and Current Rate of Climb(Feet/Minute)

6.) Press Reset to reset the workout

Maintenance

Care & Cleaning

The RopeFit ropes can be cleaned using any mild household cleaner that you use on other cardio machines.

Wipe down the display with a damp cloth.

Do not use cleaning sprays, large amounts of soap or water, abrasive or sharp objects on the display.

Please refer to the Preventative Maintenance Section.

Troubleshooting

Problem	Possible Cause	What To Do
Horiz./Vert. Selector unresponsive	Low Battery Charge	Use AC Adapter provided to plug machine in overnight

Preventative Maintenance

Operation	Frequency
Clean Ropes	After use
Re-Charge Battery	As needed

How to Obtain Service

Do not attempt to service the unit yourself except for the maintenance and diagnostic tasks described in the PREVENTATIVE MAINTENANCE section of this manual. The unit does not contain any user-serviceable parts. For information about the product, contact the following:

Jacobs Ladder LLC
6292 Walmore Rd
Niagara Falls, NY 14304
USA

Tel: 1 866.697.4100
Fax: 1 716.692.1780
Email: service@JacobsLadderExercise.com

To help customer service expedite your call, have the serial number of your unit readily available as well as Customer information and an accurate description of the state of the unit. The serial number is located on the users right side of the unit near the ac adapter port.

Product Warranty

4 YEARS ON ALL PARTS; 1 YEAR ON LABOR FROM THE DATE OF PURCHASER INVOICE.

JACOBS LADDER LLC EXPRESSLY WARRANTS ALL NEW PRODUCTS TO BE FREE FROM DEFECTS IN MATERIALS AND MANUFACTURE FOR THE WARRANTY PERIODS SET FORTH ABOVE. THE WARRANTY PERIODS COMMENCE ON THE INVOICE DATE ON THE ORIGINAL PURCHASE. THIS WARRANTY APPLIES ONLY AGAINST DEFECTS DISCOVERED WITHIN THE WARRANTY PERIOD AND EXTENDS ONLY TO THE ORIGINAL PURCHASER OF THE PRODUCT. ONLY PARTS, REPAIRS, MODIFICATION AND/OR MAINTENANCE SUPPLIED BY JACOBS LADDER LLC REPRESENTATIVE, UNDER THE TERMS OF THIS WARRANTY, WILL BE WARRANTED FOR THE REMAINDER OF THE ORIGINAL WARRANTY PERIOD. TO PROCESS A CLAIM UNDER THIS WARRANTY, THE PURCHASER MUST NOTIFY JACOBS LADDER LLC IN WRITING OR BY FAX WITHIN 30 DAYS AFTER THE DISCOVERY OF THE ALLEGED DEFECT AND MAKE THE PRODUCT AVAILABLE FOR INSPECTION BY A JACOBS LADDER LLC REPRESENTATIVE. FAILURE TO TIMELY AND PROPERLY NOTIFY JACOBS LADDER LLC IN WRITING OR BY FAX WILL RESULT IN NULLIFICATION OF THIS WARRANTY.

ANY PARTS, REPAIRS, MODIFICATION AND/OR MAINTENANCE SUPPLIED BY A NON-JACOBS LADDER REPRESENTATIVE VOIDS THE ENTIRE WARRANTY FOR THIS EXERCISE MACHINE.

NO OTHER EXPRESS WARRANTY IS GIVEN WITH THE PURCHASE ORDER AND JACOBS LADDER LLC DISCLAIMS ANY AUTHORITY FOR ANY EMPLOYEE TO PROVIDE OR MAKE ANY OTHER WARRANTY OF ANY KIND WHETHER IN WRITING OR ORALLY.

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Jacobs Ladder LLC product only while
 - a. Title and possession remain in the original purchaser and proof of purchase is demonstrated,
 - b. It has not been subjected to casualty, misuse, abuse, service or modification performed and not authorized by Jacobs Ladder LLC representative,
 - c. Claims are made timely and properly within the warranty period by written notice or fax (30 days notice).
2. This warranty does not cover damage or equipment failure caused by any type of electrical surge and/or failure to adhere Jacobs Ladder LLC Operating Instructions and Care and Cleaning Instructions.
3. Except in Canada, Jacobs Ladder LLC does not pay labor outside of the United States.
4. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details

This limited warranty shall not apply to:

1. Software version upgrades
2. Cosmetic items, including, but not limited to the following: transport wheels, seats, and labels.
3. Repairs performed on Jacobs Ladder LLC equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct the owners on how to use the equipment
5. Pickup, delivery, or freight charges involved with repairs
6. Any labor costs incurred beyond the applicable labor warranty period.

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JACOBS LADDER LLC DISCLAIMS AND DOES NOT PROVIDE ANY EXPRESS WARRANTIES OR IMPLIED WARRANTIES OF MERCHANTABILITY AND/OR WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE of the Power Supply Cord.

EXCLUSIVE REMEDIES:

For any product described above that fails to conform to its warranty, Jacobs Ladder LLC Representative will exclusively provide repairs provided the equipment has not been subject to casualty, misuse, abuse, service or modification performed and not authorized by Jacobs Ladder LLC representative. Service must be obtained by calling Jacobs Ladder LLC at 1 (866) 697 4100. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

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