



- VMX -

IMPORTANT INFORMATION

TO SAFELY REMOVE PRODUCT FROM THE PACKAGE, FOLLOW THESE INSTRUCTIONS

FOR SAFETY, TWO OR MORE PERSONS 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 AROUND, THERE MUST ALWAYS BE AT LEAST TWO PERSONS 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 OTHER 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 KINETICS 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.

Make sure that each machine is set up and operated 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 does not contact surface, DO NOT pull down with anchors. Shim any leg or frame not in contact with surface using flat washers.

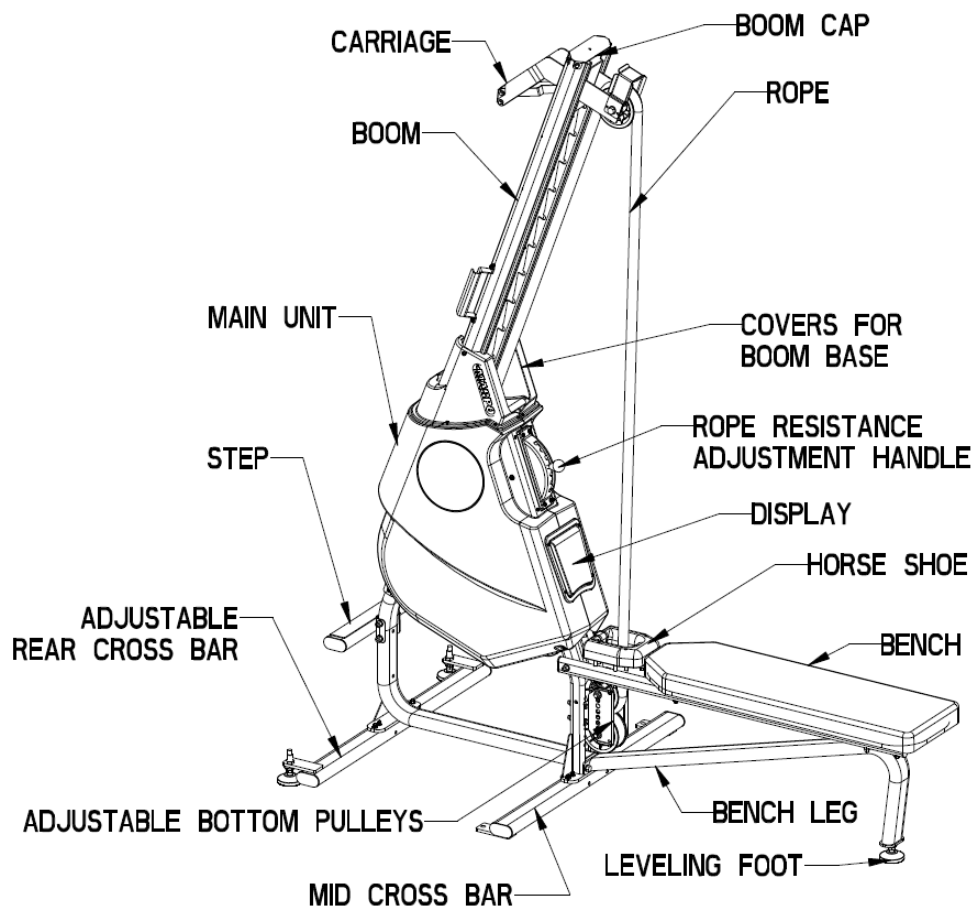


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1. Remove all wrapping material.
CAUTION: Do not use blades to cut wrapping material since it may damage the unit.

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) BOOM BASE COVERS
 - 1 USER MANUAL
 - 1 PACKAGE REMOVAL INSTRUCTIONS
 - 1 WORKOUT POSTER

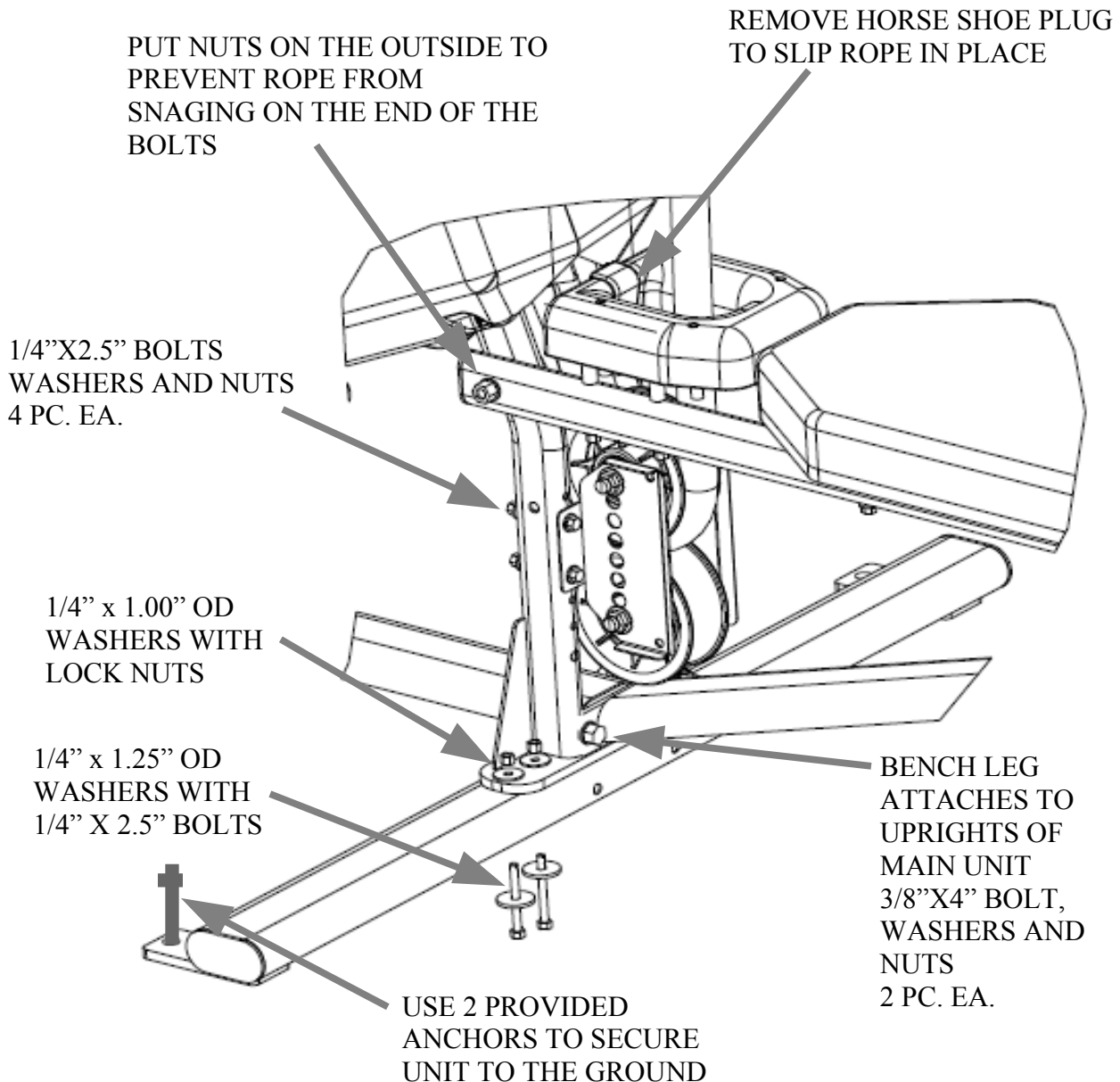




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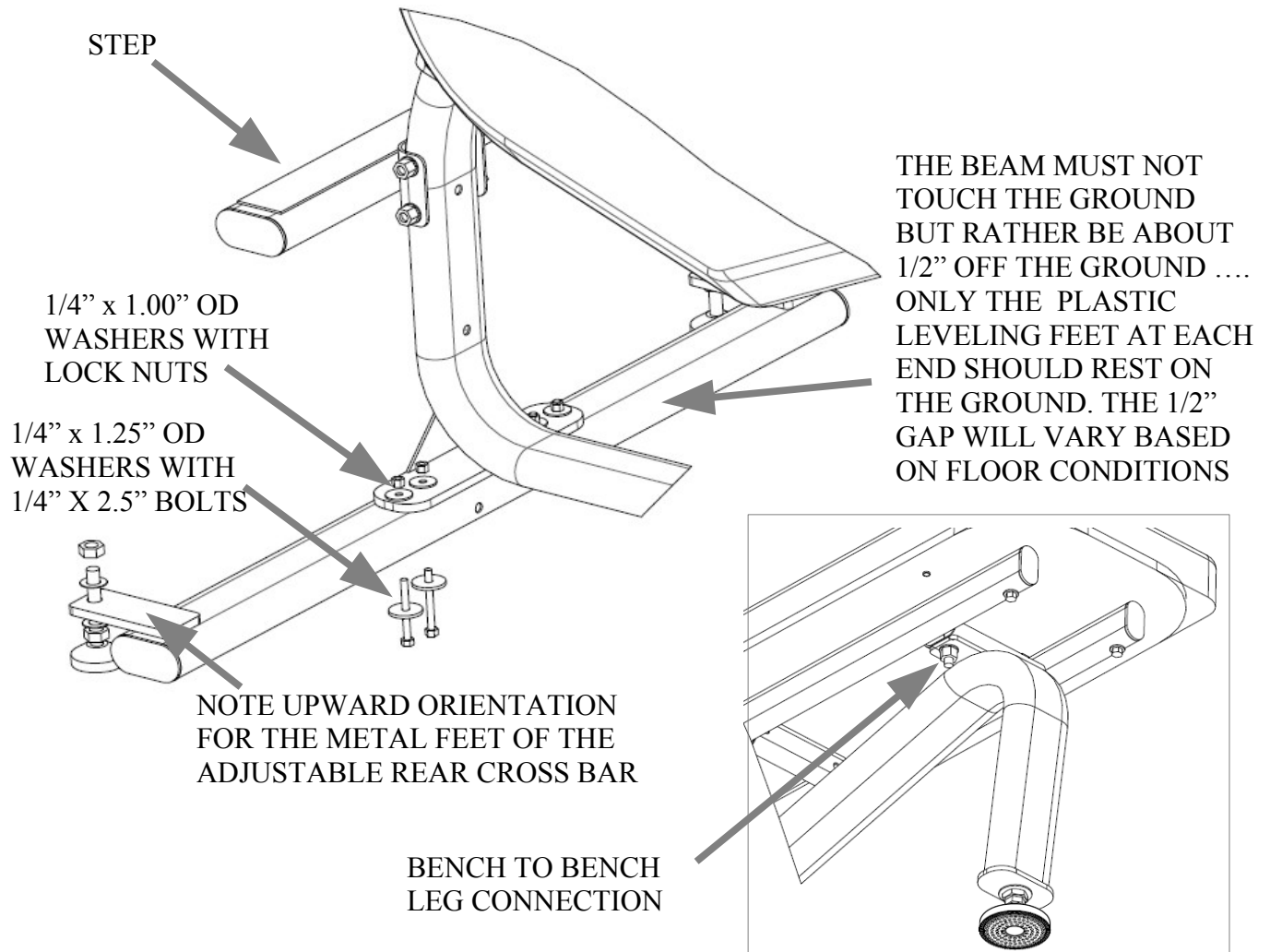
3. One person should hold on to the MAIN UNIT while a second person attaches it to the MID CROSS BAR using the provided 1/4X 2.5” screws. The foot pads of the MID CROSS BAR should be sitting on the ground. The bigger diameter washers go next to the head of the bolts, under the MID CROSS BAR. Insert bolts from the bottom up through the MID CROSS BAR so the nuts end up on top. Use tape to keep the bolts from falling out of the MID CROSS FOOT while attaching to the frame. Have a second person hold the unit from falling over while attaching the MID CROSS BAR.
4. FOR BENCHLESS UNIT use image at the very end to secure the back end of the unit.
5. **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.**





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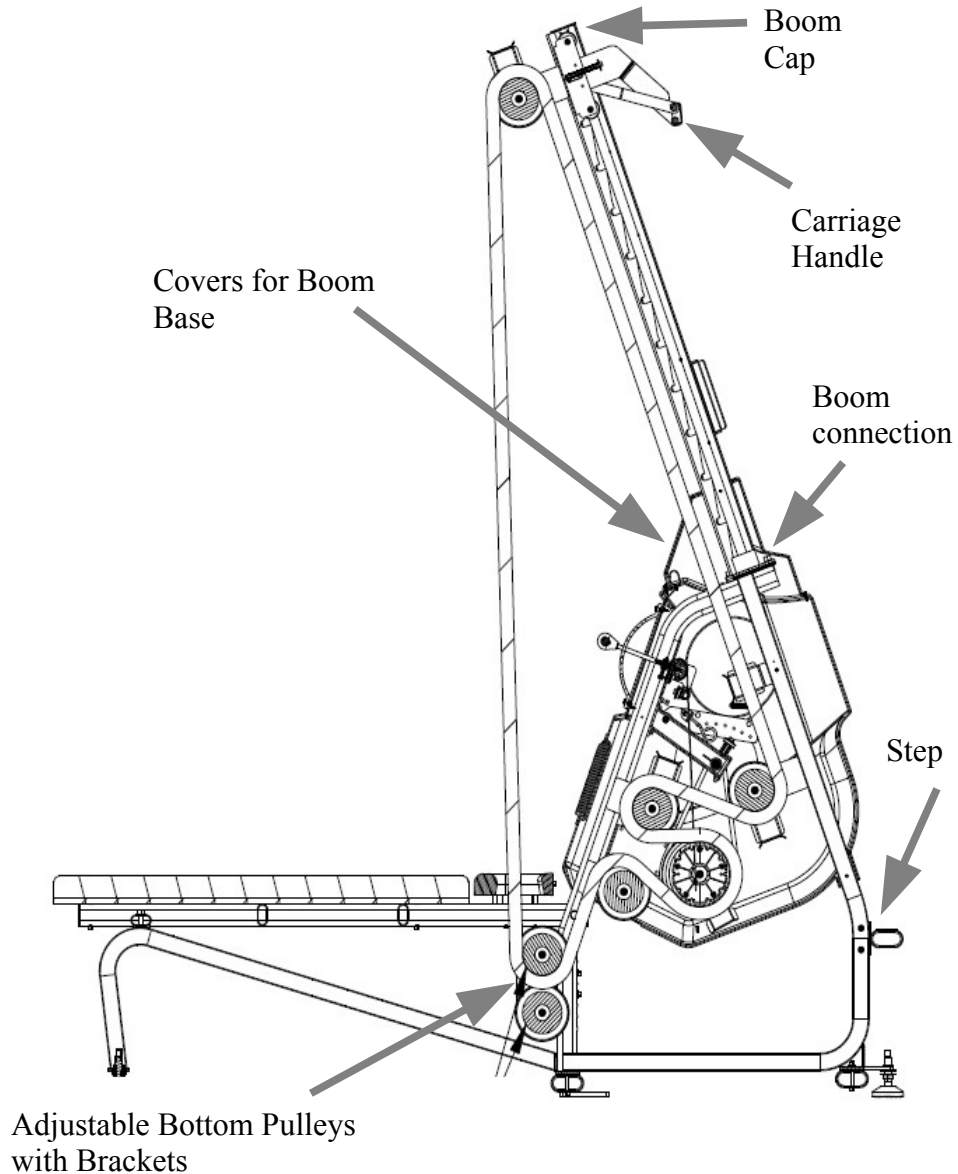
6. Attach the ADJUSTABLE REAR CROSS BAR with the METAL FOOT PADS pointing up and the 2 ROUND LEVELING FEET touching the ground.
7. As shown on previous page, attach the BENCH LEG to the bottom holes on the 2 uprights of the frame. Do NOT connect to the holes in MID CROSS BAR. Leave the bolts loose until the BENCH gets installed in the next step.
8. Now attach the BENCH to the MAIN UNIT. Ensure the nuts for this connection are on the outside as shown on previous page. This will protect the rope from getting snagged on the end threads of the screws.
9. 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.
10. Remove the HORSE SHOE PLUG to slip rope in place. Secure it back in with screws.
11. If the product rocks side-to-side or front to back, adjust the nuts on the 3 threaded LEVELING FEET. When done, re-tighten the nuts well.



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12. Attach the ADJUSTABLE BOTTOM PULLEYS (WITH BRACKETS) to the MAIN UNIT. Use provided screws attached to the frame of the MAIN UNIT.



13. Install the STEP to the rear of the unit.

14. Install the CARRIAGE on the BOOM as illustrated above and then attach the BOOM CAP to the BOOM. To install the CARRIAGE, slide the 4 metal roller bearings of the CARRIAGE inside the two barrels of the BOOM.

15. Connect the BOOM to the MAIN UNIT with the 3/8-16 bolts, nuts and washers.



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16. Attach the COVERS FOR THE BOOM BASE first to the main cover flange and then to the BOOM with the one screw at the top of the cover.
17. NOTE: For optimal unit performance, allow some slack in the rope. If needed, the slack in the rope can be adjusted by moving the BOTTOM ROPE PULLEY to a higher or lower set of holes. If your unit has rope with already stitched connection, remove the rope pulley on the CARRIAGE, position the rope on the pulley of the CARRIAGE and secure the pulley back on the CARRIAGE. Ensure the rope is not twisted while you install it on the CARRIAGE.
18. 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.

