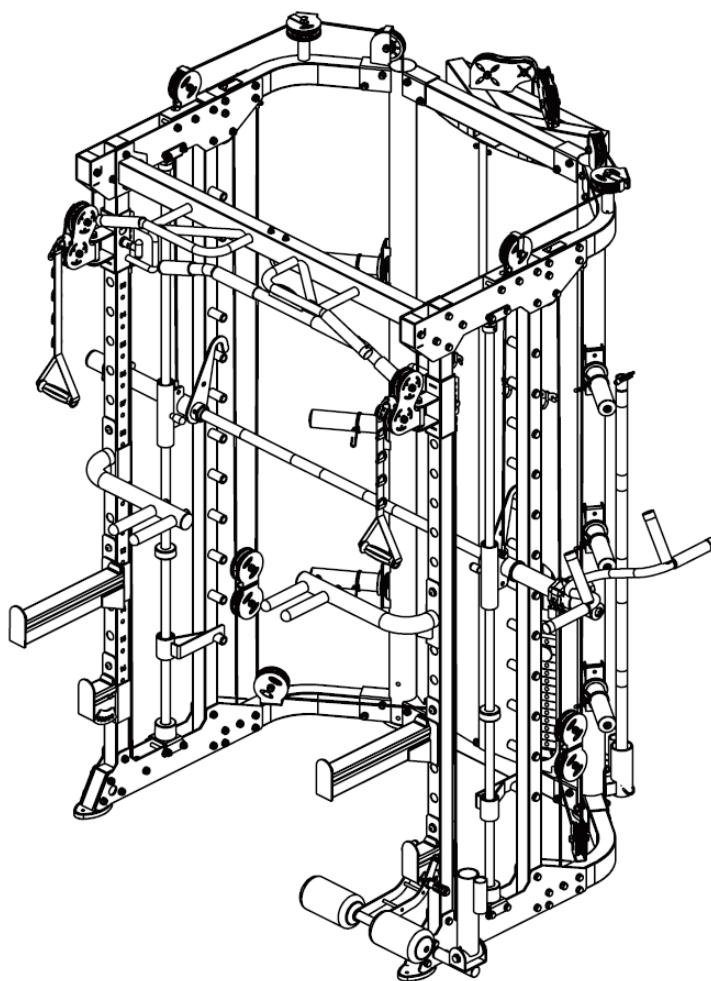




**USER MANUAL – EN**

**IN 20778 Cable power rack inSPORTline Cable Column  
CC600**



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## SAFETY INSTRUCTIONS

- Thank you for purchasing this product. Please read the manual carefully before starting the **assembly** and before using the product. Keep this manual for future reference. In case of doubt, contact a specialist **service**.
- Before **finishing** the **assembly**, check all parts for completeness and integrity. Use only original spare parts and accessories. Do not make unauthorized product modifications.
- Assembly can be only done by an adult. Check that the product is properly assembled and firm before use. The device must function properly to avoid injury to the user. If the device is not working properly, it shows signs of damage or wear, stop using it immediately. Damaged or worn parts must be replaced immediately.
- Ask your doctor for help before starting an exercise program.
- Keep the away from children and pets.
- Always do warm up exercise before starting your exercise program.
- Read and follow all instructions and warnings.
- Place the device on a flat, clean, dry surface. Keep a safe distance from another object's min 0.6 m.
- Do not use outdoors.
- Do not modify the device.
- Check the if all bolts and nuts are tightened before each exercise. Do not use the product if it is damaged.
- Exercise reasonably and carefully, do not overextend your exercise. The movements must not be too steep to avoid injury to the user.
- Do not hold your breath during exercise.
- Exercise properly and adequately. High loads can lead to health complications.
- Keep clothing and body parts away from moving parts to prevent injury. Take appropriate sportswear including sports shoes.
- Take care of your health and initially choose a slower pace. The same is useful after a longer exercise break. Over time, you can work towards a more intense pace.
- Improper exercise or failure to observe safety precautions may result in serious injury or equipment damage. In case of doubt or uncertainty, contact a specialist service or dealer.
- Never exceed the stated weight limits.
- Pay attention to body signals. In case of negative physical reactions, immediately stop exercising and contact your doctor.
- **Category:** S (according to EN 20957) – for commercial use

## PARTS LIST

No.	Description	Dimensions	Qty.
1	Base frame		1
2	Side frame – left		1
3	Side frame – right		1
4	Bottom bend frame – left		1
5	Bottom bend frame – right		1
6	Top connection frame		1
7	Top bend frame – right		1
8	Top bend frame – left		1
9	Hexagon bolt	M10*75	54
10	Nut	M10	100
11	Washer	Φ10	210
12	Chin up bar		1
13	Upper plate		4
14	Pulley frame – right		1
15	Pulley frame – left		1
16	Upright frame		2
17	Frame with hole – right		1
18	Frame with hole – left		1
19	Bottom plate		4
20	Sliding tube – right		1
21	Sliding tube – left		1
22	Foot tube		2
23	End cap		2
24	Hexagon bolt	M10*80	14
25	Lower base		2
26	Top base		2
27	Guide rod	Φ25*1850	2
28	Lock sleeve		2
29	Sliding sleeve		2
30	Rubber pad	Φ60*Φ26*45	2
31	Safety hook – right		1
32	Safety hook – left		1
33	Hexagon bolt	M10*90	8
34	Pin	M8*10	2
35	End cap	Φ51*Φ 42.5*36.6L	2

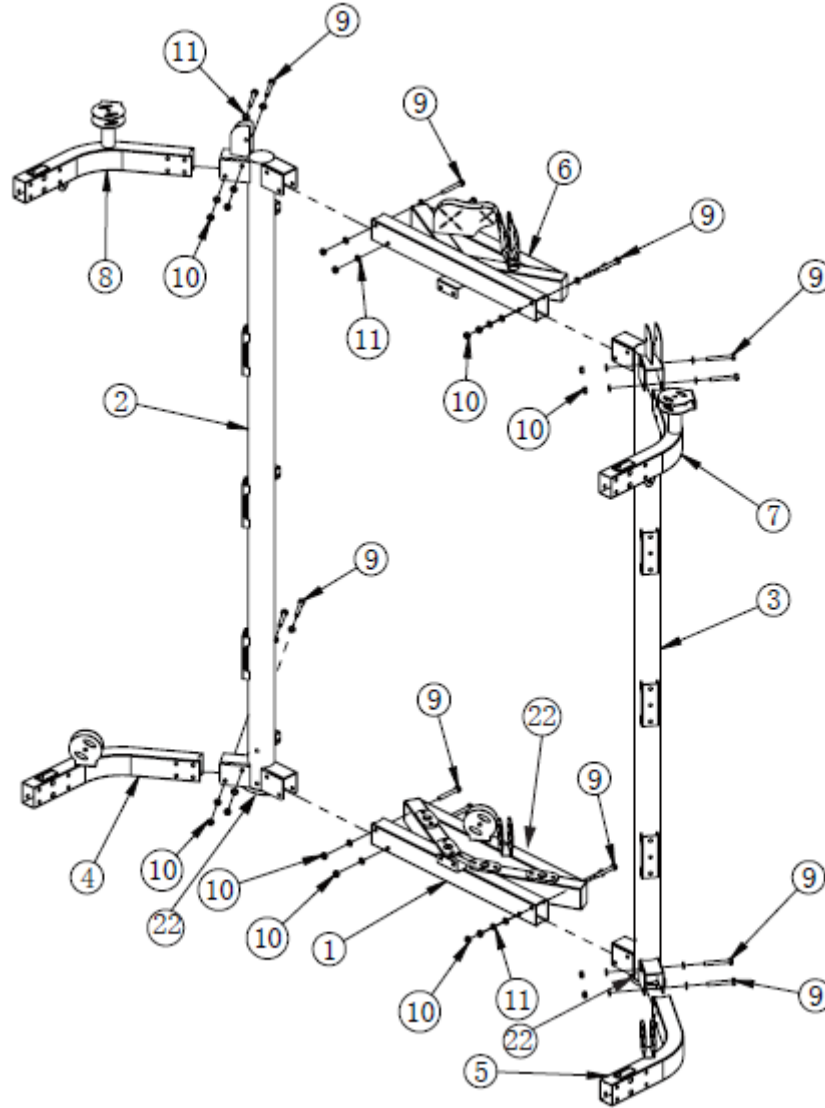
36	Safety ring	Φ60*Φ48.5*27L	2
37	Handle	Φ50*310*T0.5	2
38	Bolt	M12*40	2
39	Spring washer	Φ12	2
40	Washer	Φ12	2
41	Barbell bar		1
42	Inner bar	Φ48*298*2.5T	2
43	Rubber pad	Φ60*Φ26*25	2
44	Rubber pad	Φ60*Φ26*42	4
45	Guide rod	Φ25*1955	4
46	Reinforcing plate		4
47	Weights 90 kg	2 sets	2
48	Hexagon bolt	M10*20	8
49	Cable	Φ5*2745 mm	2
50	Pulley	Φ95	20
51	Pulley plate		6
52	Hexagon bolt	M10*45	14
53	Hexagon bolt	M10*50	4
54	Hexagon bolt	M10*25	7
55	Weights		2
56	Cable	Φ5*4185 mm	2
57	Pulley frame		2
58	Pulley spacer sleeve	Φ20*10.5*L20.5	16
59	Pulley	Φ50	6
60	Cable	5*7195 mm	2
61	Barbell plate holder		6
62	Connection strap		1
63	Cover – left		1
64	Cover – right		1
65	Hexagon bolt	M6*16	10
66	Washer	Φ6	10
67	Hook		4
68	Screw	M4*12	8
69	Nut	M4	8
70	Hexagon bolt	M8*20	12
71	Washer	Φ8	12
72	Core trainer		1
73	Metal sleeve	Φ33.2*Φ 29*Φ20*18	2

74	Barbell rod cup		1
75	Big washer	Φ25*Φ10*2.0	1
76	Hexagon bolt	M10*95	2
77	Dip bar - left		1
78	Dip bar - right		1
79	Barbell rod holder – right		1
80	Barbell rod holder – left		1
81	Barbell rod holder short – left		1
82	Barbell rod holder short – right		1
83	Leg curl bar		1
84	Long bar		1
85	Rod		1
86	Handles		2
87	Handles		1
88	Pin	Φ10*100	1
89	Barbell clamp collar		2
90	Selector rod		2
91	Weight pin		2

# ASSEMBLY

## STEP 1

Before tightening, prepare all bolts and nuts.



No.	Description	Dimensions	Qty.
1	Base frame		1
2	Side frame – left		1
3	Side frame – right		1
4	Bottom bend frame – left		1
5	Bottom bend frame – right		1
6	Top connection frame		1
7	Top bend frame – right		1
8	Top bend frame – left		1
9	Hexagon bolt	M10*75	16

10	Nut	M10	16
11	Washer	Φ10	32
22	Foot tube		2

Connect the left frames (4 and 2) with bolts (9), washers (11) and nuts (10).

Connect the right frames (5 and 3) with bolts (9), washers (11) and nuts (10).

Secure the right and left frame constructions (4 and 5) to the base (1) with the bolts (9), washer (11) and nut (10).

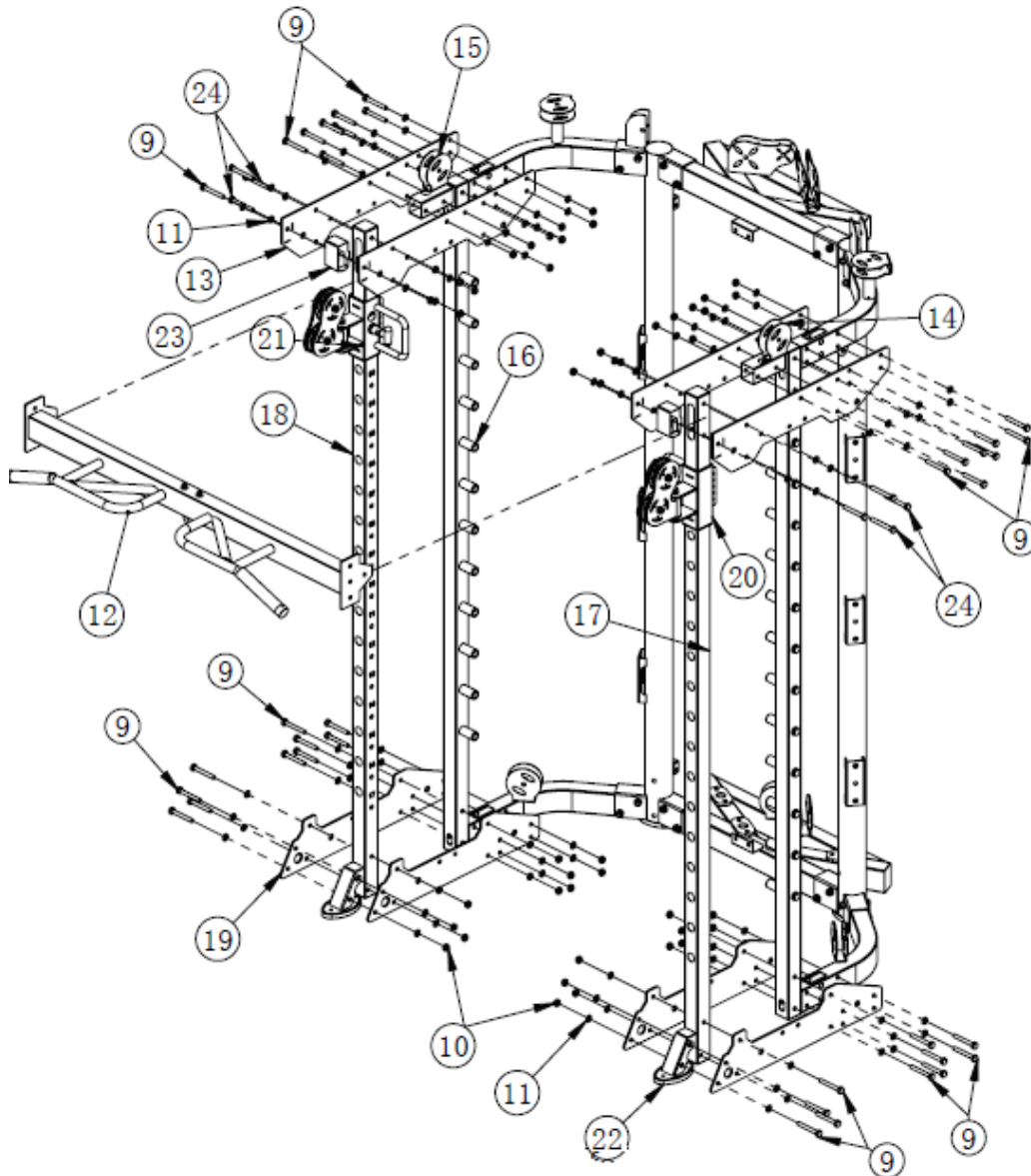
Attach the top connection frame to the frames (2 and 3) with bolts (9), washers (11) and nuts (10).

Attach the top bent frames (8 and 7) to the frames (2 and 3) with bolts (9), washers (11) and nuts (10).

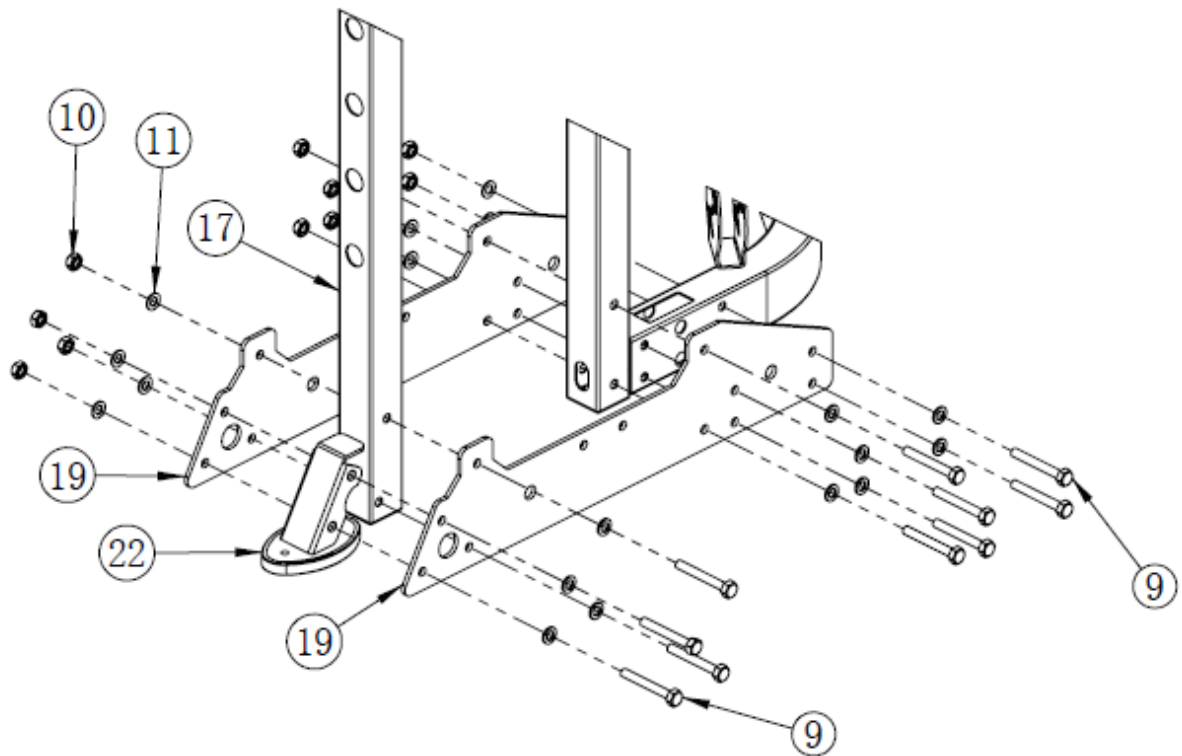
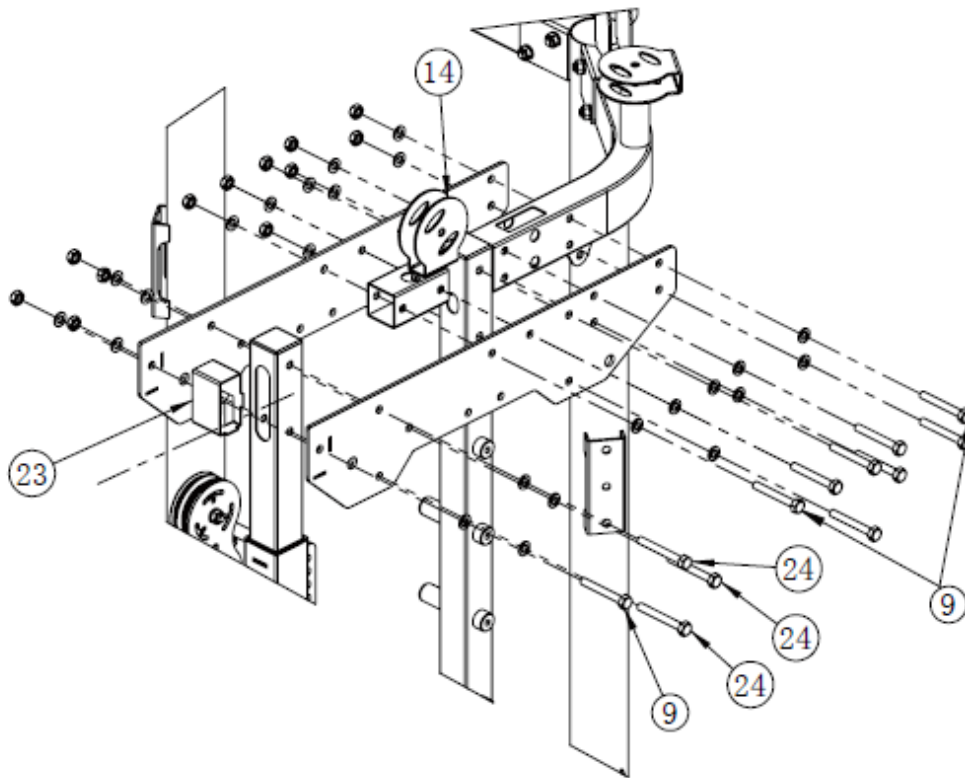
Tighten all bolts and nuts before proceeding.

## STEP 2

Before tightening all bolts and nuts, tighten all bolts and nuts by hand.







No.	Description	Dimensions	Qty.
9	Hexagon bolt	M10*75	38
10	Nut	M10	44
11	Washer	Φ10	88
12	Chin up bar		1

13	Upper plate		4
14	Pulley frame – right		1
15	Pulley frame – left		1
16	Upright frame		2
17	Frame with hole – right		1
18	Frame with hole – left		1
19	Bottom plate		4
20	Sliding tube – right		1
21	Sliding tube – left		1
22	Foot tube		2
23	End cap		2
24	Hexagon bolt	M10*80	6

Slide the sliding tube (20 and 21) onto the frames (17 and 18).

Connect the frames (16 and 18) with the plates (13 and 19), bolts (9), washers (11) and nuts (10).

Connect the frames (17 and 16) with the plates (13 and 19), bolts (9), washers (11) and nuts (10).

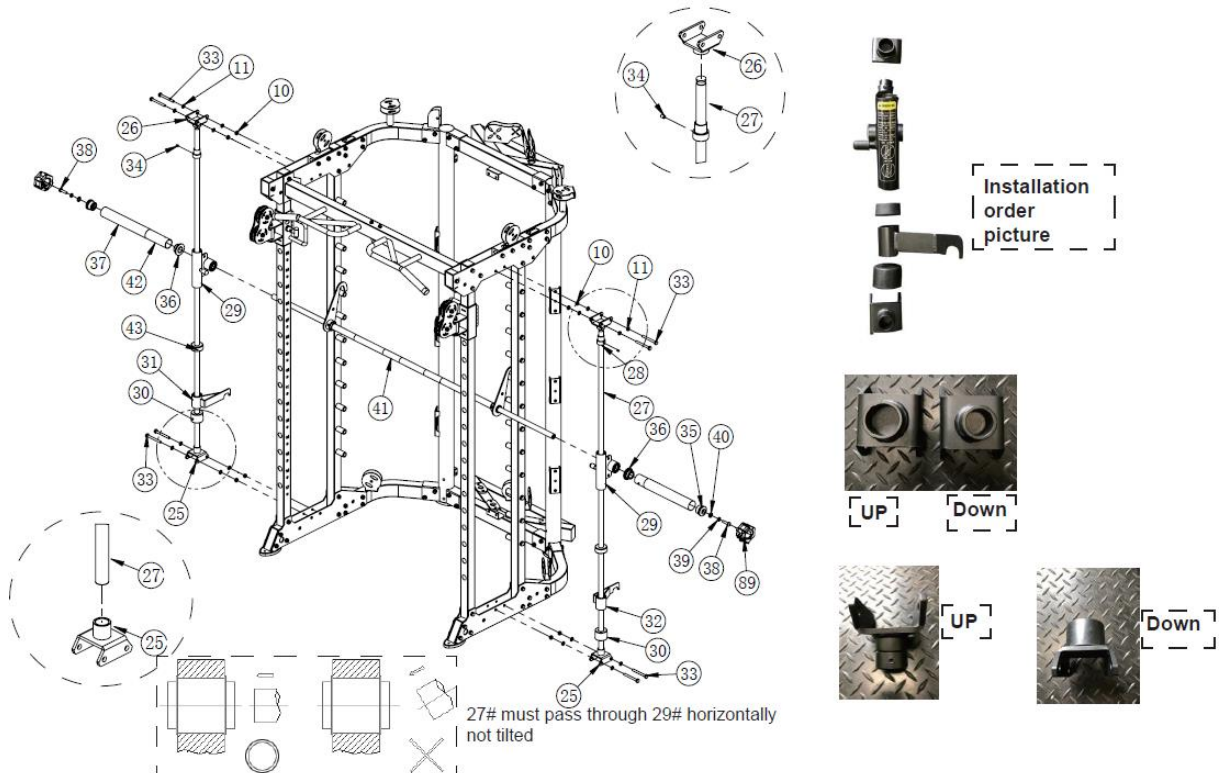
Attach the pulley frames (14 and 15) to the upper plate (13) using the bolts (9), washers (11) and nuts (10).

Attach the end caps (23) between the plates (13) using the bolts (9), washers (11) and nuts (10).

Attach the feet (22) between the plates (19) with bolts (9), washers (11) and nuts (10).

Attach the chin up bar (12) to the upper plates (13) with bolts (24), washers (11) and nuts (10).

### STEP 3



No.	Description	Dimensions	Qty.
10	Nut	M10	8
11	Washer	Φ10	16
25	Lower base		2
26	Top base		2
27	Guide rod	Φ25*1850	2
28	Lock sleeve		2
29	Sliding sleeve		2
30	Rubber pad	Φ60*Φ26*45	2
31	Safety hook – right		1
32	Safety hook – left		1
33	Hexagon bolt	M10*90	8
34	Pin	M8*10	2
35	End cap	Φ51*Φ 42.5*36.6L	2
36	Safety ring	Φ60*Φ48.5*27L	2
37	Handle	Φ50*310*T0.5	2
38	Bolt	M12*40	2
39	Spring washer	Φ12	2
40	Washer	Φ12	2
41	Barbell bar		1
42	Inner bar	Φ48*298*2.5T	2
43	Rubber pad	Φ60*Φ26*25	2
89	Barbell clamp collar		2

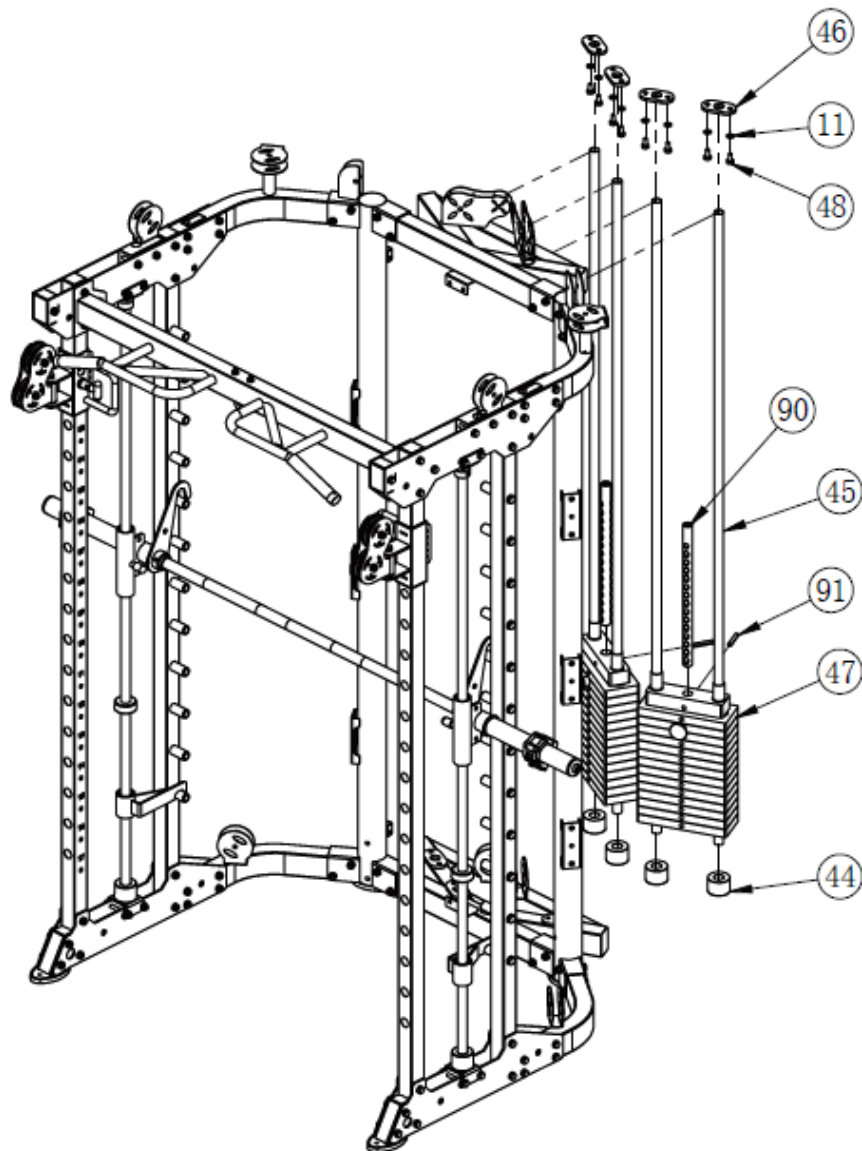
Attach the bottom bracket (25) to the bottom plates (19) with bolts (33), washers (11) and nuts (10).

Attach the upper bracket (26) to the upper plates (13) with bolts (33), washers (11) and nuts (10).

Attach the locking sleeve (28), the sliding sleeve (29), the rubber pad (43), the safety hook (32), the rubber pad (30) to the guide rod (27) and attach it to the bracket using the pin (34). Repeat for the other side.

Slide the barbell bar (41) through the sliding sleeve (29), the safety ring (36), the inner handle (42), the handle (37), the ends (35) and secure with the bolt (38), washer (39), washer (40) and safety sleeves (89).

## STEP 4

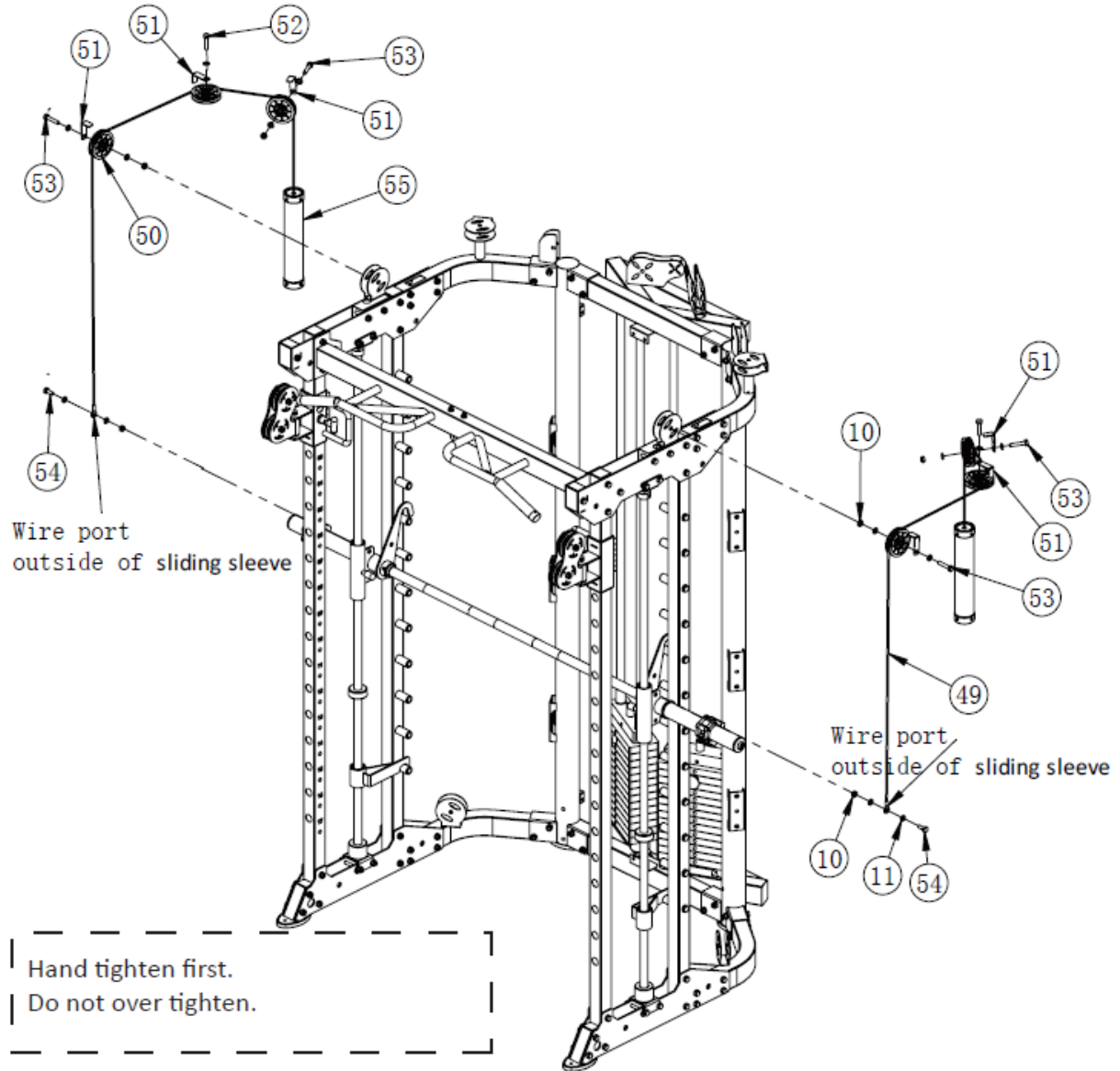


No.	Description	Dimensions	Qty.
11	Washer	Φ10	8
44	Rubber pad	Φ60*Φ26*42	4
45	Guide rod	Φ25*1955	4
46	Reinforcing plate		4
47	Weights 90 kg	2 sets	2
48	Hexagon bolt	M10*20	8
90	Selector rod		2
91	Weight pin		2

Attach the weight selection pin (91) to the weight selection bar (90).

Guide the guide rods (45) through the rubber washers (44), the weights (47) and the reinforcement plates (46). Secure the reinforcement plate to the connection frame (6) with screws (48) and washer (11).

### STEP 5



No.	Description	Dimensions	Qty.
10	Nut	M10	6
11	Washer	Φ10	14
49	Cable	Φ5*2745 mm	2
50	Pulley	Φ95	6
51	Pulley plate		6
52	Hexagon bolt	M10*45	2
53	Hexagon bolt	M10*50	4
54	Hexagon bolt	M10*25	2

55	Weights		2
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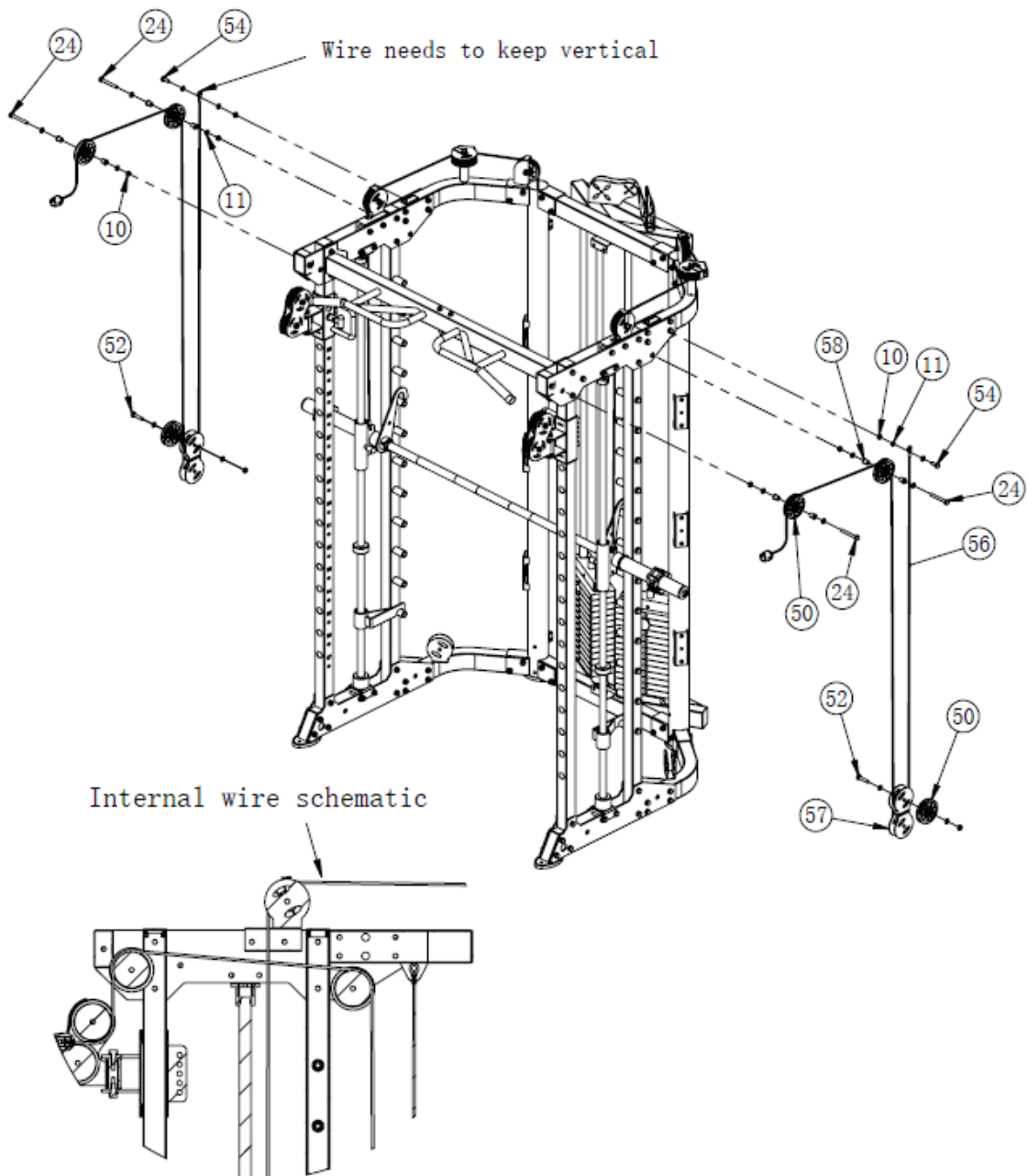
Attach the weights (55) to the cable (49).

Attach the pulley (50) to the frame with the bolt (53), plate (51), washer (11) and nut (10).

Attach the pulleys (50) to the upper frame with bolts (52), washer (11) and nut (10).

Attach the cable (49) with screws (54), washer (11) and nut (10).

## STEP 6



No.	Description	Dimensions	Qty.
10	Nut	M10	8
11	Washer	Φ10	16

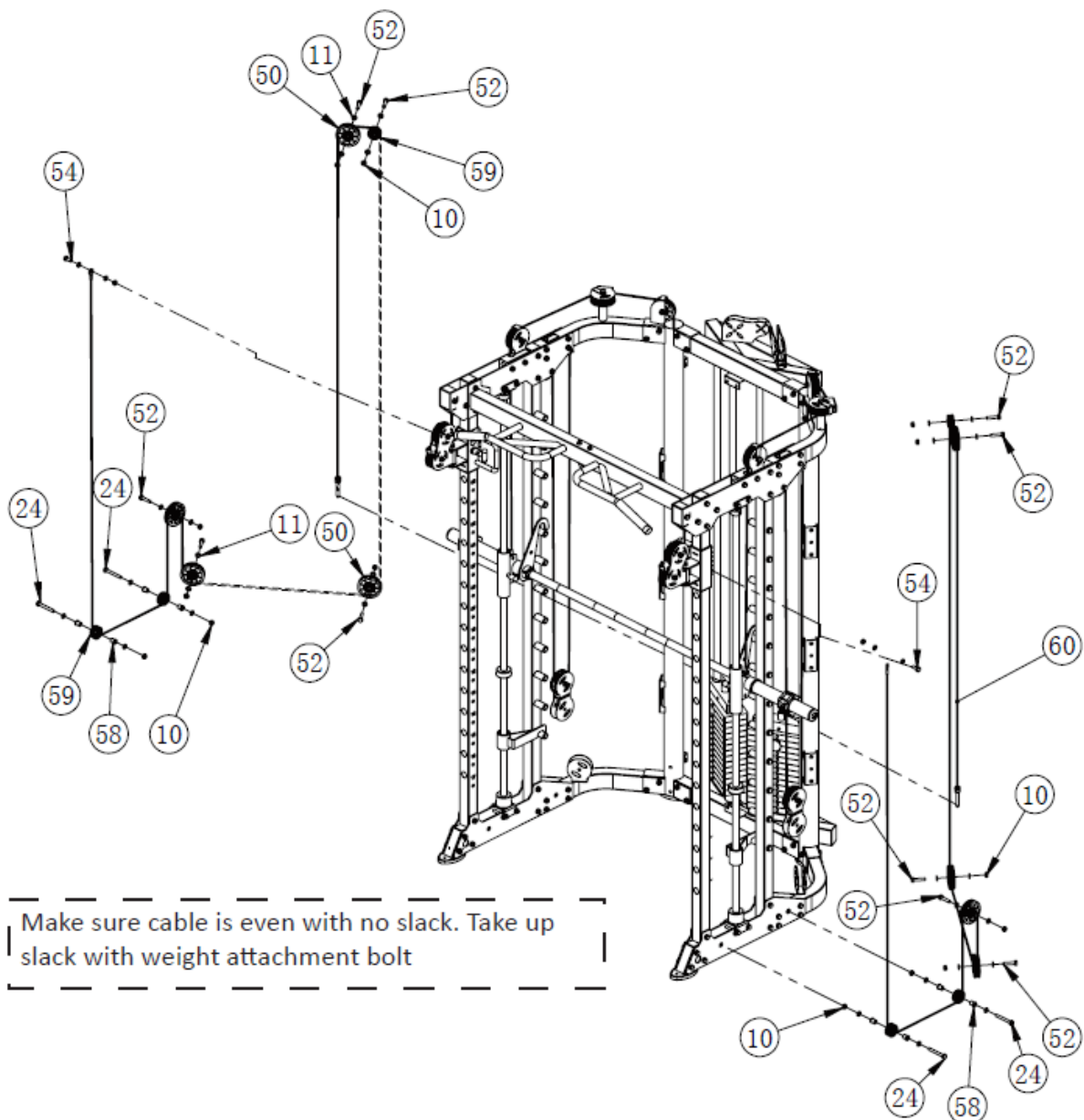
24	Hexagon bolt	M10*80	4
50	Pulley	Φ95	6
52	s	M10*45	2
54	Hexagon bolt	M10*25	2
56	Cable	Φ5*4185 mm	2
57	Pulley frame		2
58	Pulley spacer sleeve	Φ20*10.5*L20.5	8

Attach the pulley (50) with the bolt (24), washer (11), nut (10) and sleeve (58).

Attach the pulley (50) to the roller frame (57) with the bolt (52), washer (11) and nut (10).

Secure the cable (56) with the bolt (52), washer (11) and nut (10) to the bent frame as shown.

### STEP 7



No.	Description	Dimensions	Qty.
10	Nut	M10	16
11	Washer	Φ10	32
24	Hexagon bolt	M10*80	4
50	Pulley	Φ95	8
52	Hexagon bolt	M10*45	10
54	Hexagon bolt	M10*25	2
58	Hexagon bolt	Φ20*10.5*L20.5	8
59	Hexagon bolt	Φ50	6
60	Hexagon bolt	5*7195 mm	2

Attach the pulley (50) to the pulley frame (57) with the bolt (52), washer (11) and nut (10).

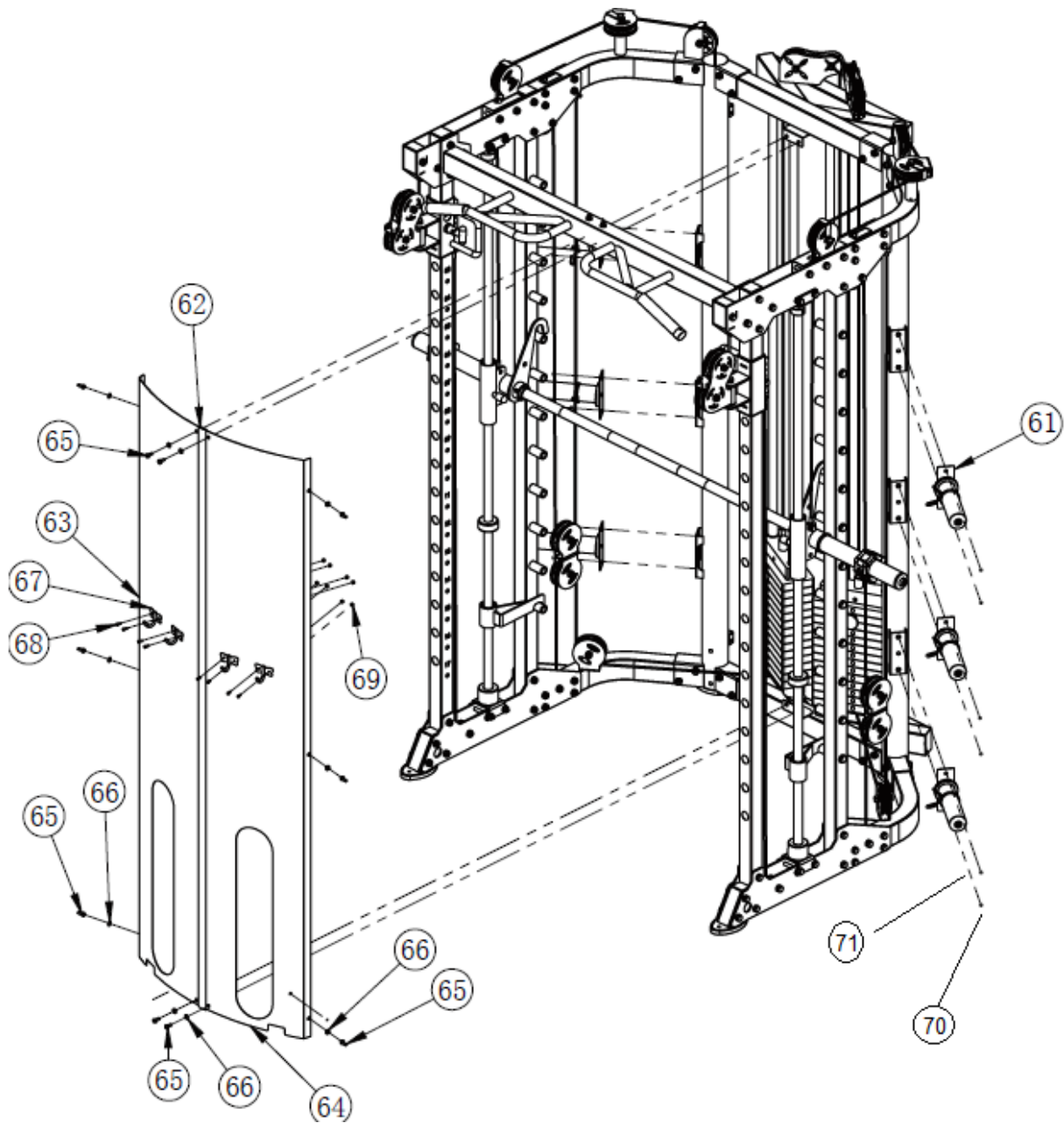
Attach the pulley (50) to the bottom plate using the bolt (24), washer (11), nut (10) and sleeve (58).

Attach the pulley (50) to the lower bent frame using the bolt (52), washer (11) and nut (10).

Thread the cable (60) as shown.



## STEP 8



No.	Description	Dimensions	Qty.
61	Barbell plate holder		6
62	Connection strap		1
63	Cover – left		1
64	Cover – right		1
65	Hexagon bolt	M6*16	10
66	Washer	Φ6	10
67	Hook		4
68	Screw	M4*12	8
69	Nut	M4	8

70	Hexagon bolt	M8*20	12
71	Washer	Φ8	12

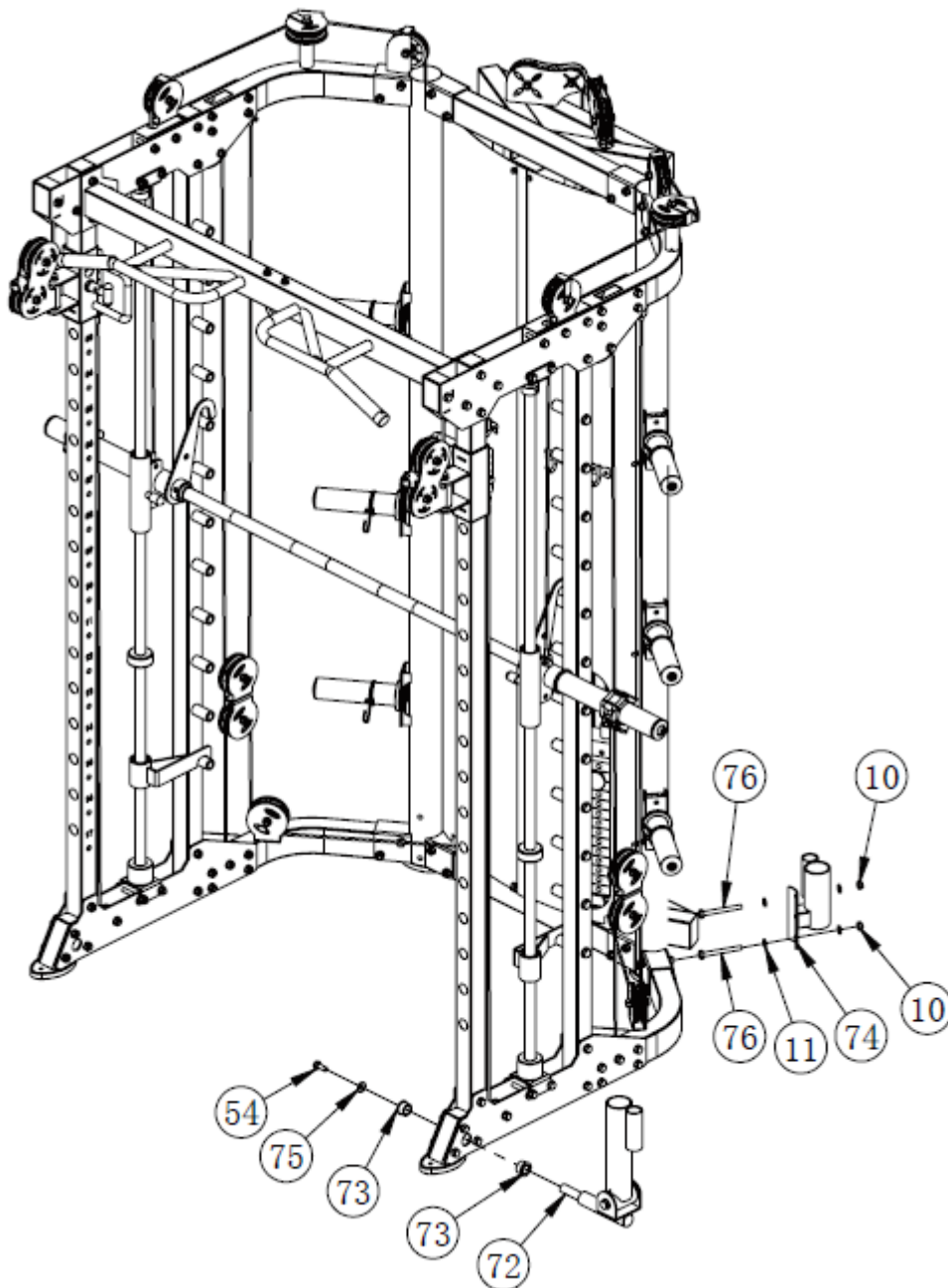
Connect the left cover (63) the connecting plate (62) and the right cover (64).

Attach the hooks (67) to the cover with the bolts (68) and the nut (69).

Attach the cover to the main frame with bolts (65) and washer (66).

Attach the weight bracket (61) to the main frame with screws (70) and washer (71).

### STEP 9

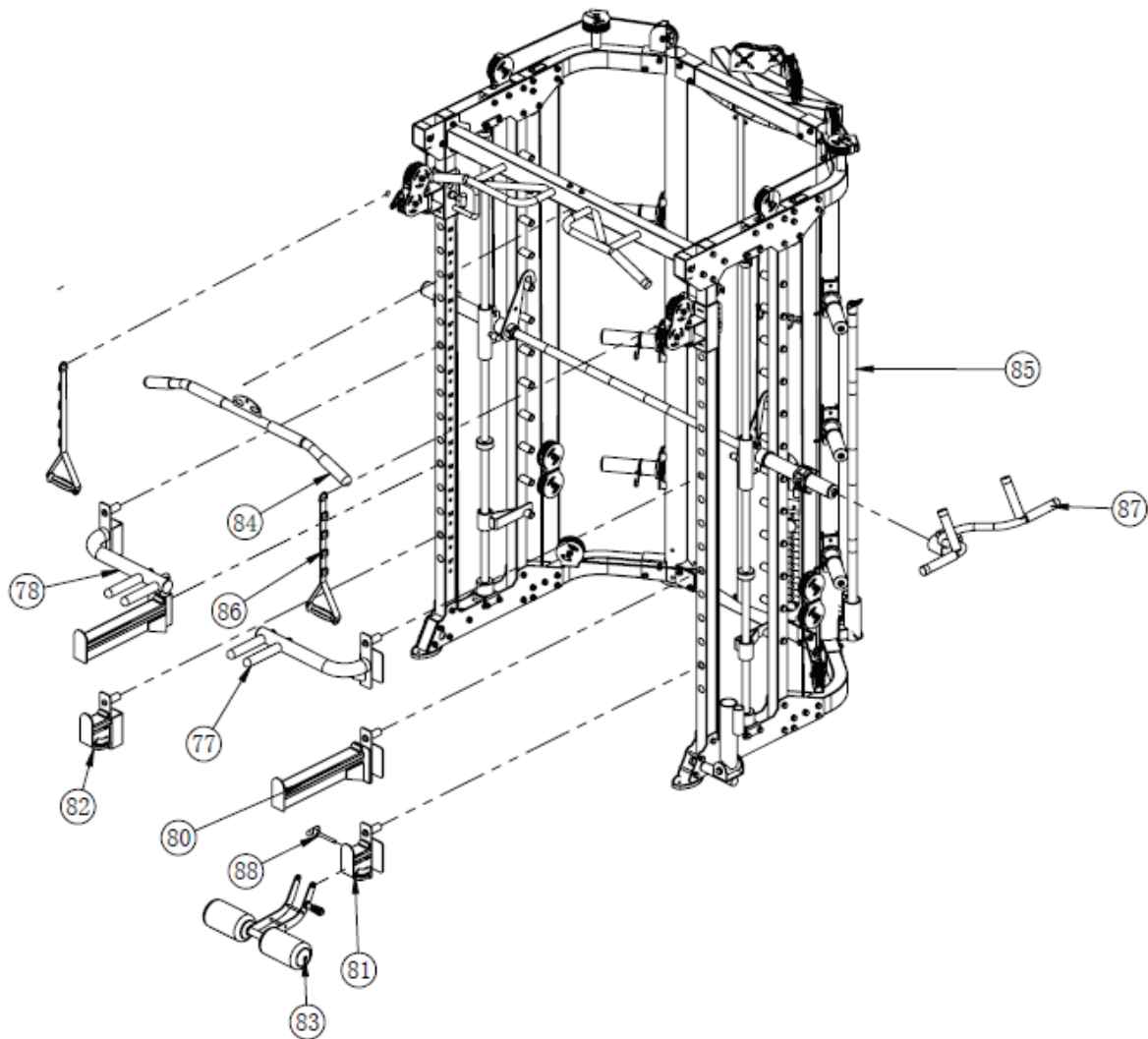


No.	Description	Dimensions	Qty.
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10	Nut	M10	2
11	Washer	Φ10	4
54	Hexagon bolt	M10*25	1
72	Core trainer		1
73	Metal sleeve	Φ33.2*Φ 29*Φ20*18	2
74	Barbell rod cup		1
75	Big washer	Φ25*Φ10*2.0	1
76	Hexagon bolt	M10*95	2

Attach the core trainer (72) to the main frame with the bolt (54), large washer (75) and sleeve (73).  
 Attach the rod holder (74) to the frame with the bolt (76), washer (11), and nut (10).

### STEP 10



No.	Description	Dimensions	Qty.
77	Dip bar - left		1

78	Dip bar - right		1
79	Barbell rod holder – right		1
80	Barbell rod holder – left		1
81	Barbell rod holder short – left		1
82	Barbell rod holder short – right		1
83	Leg curl bar		1
84	Long bar		1
85	Rod		1
86	Handles		2
87	Handles		1
88	Pin	Φ10*100	1

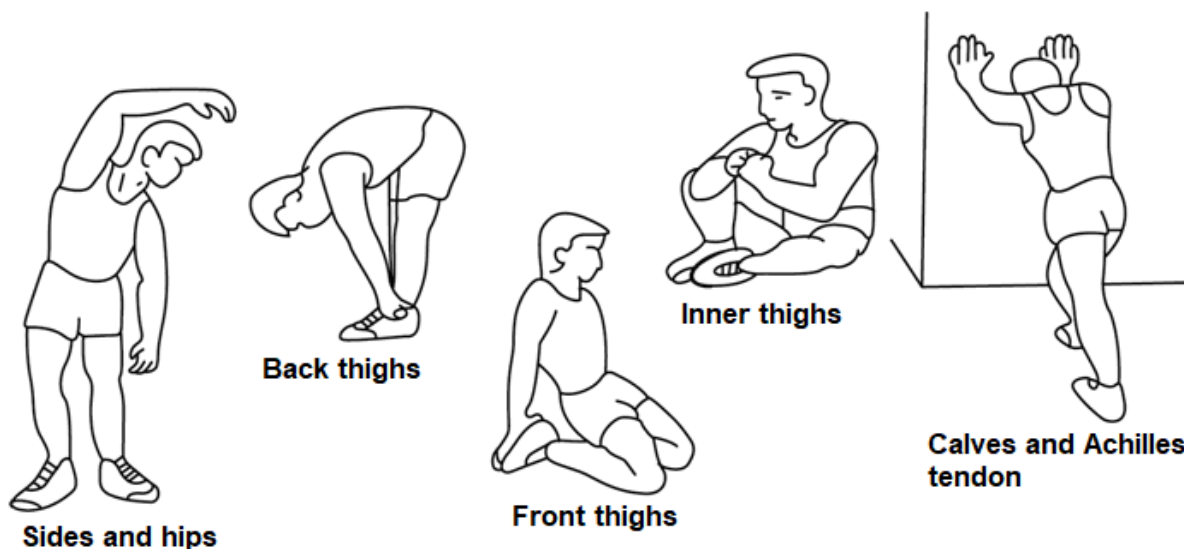
Attach the leg curl bar (83) and the pole holder (81) with the pin (88).

## 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.

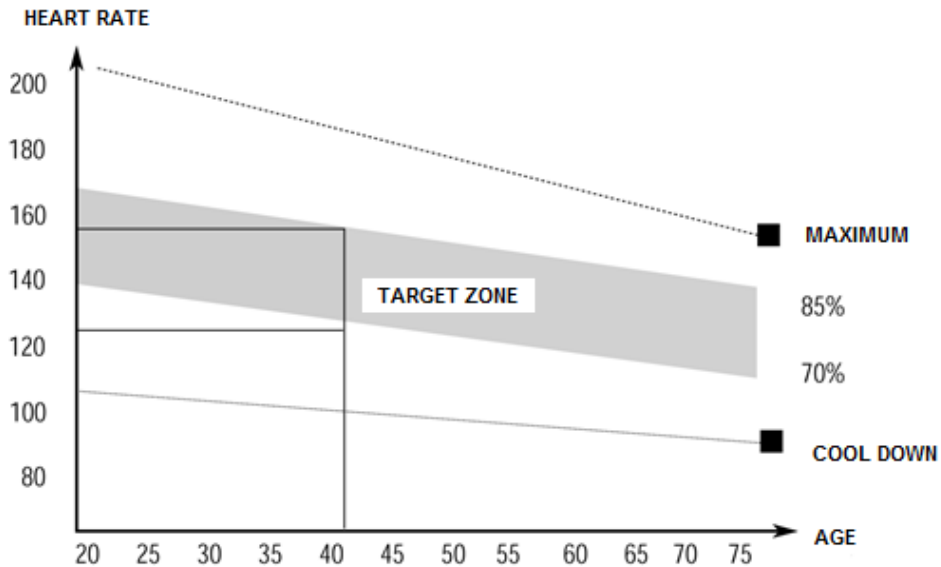
### 1. WARM UP

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 scrapyards.

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.

Don't put the batteries among house waste but hand them in to the recycling place.

## **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, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- 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.**

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