MARPO COMPACT ROPE TRAINER X8

Experience dynamic resistance rope training with the Marpo X8 - COMPACT ROPE TRAINER.

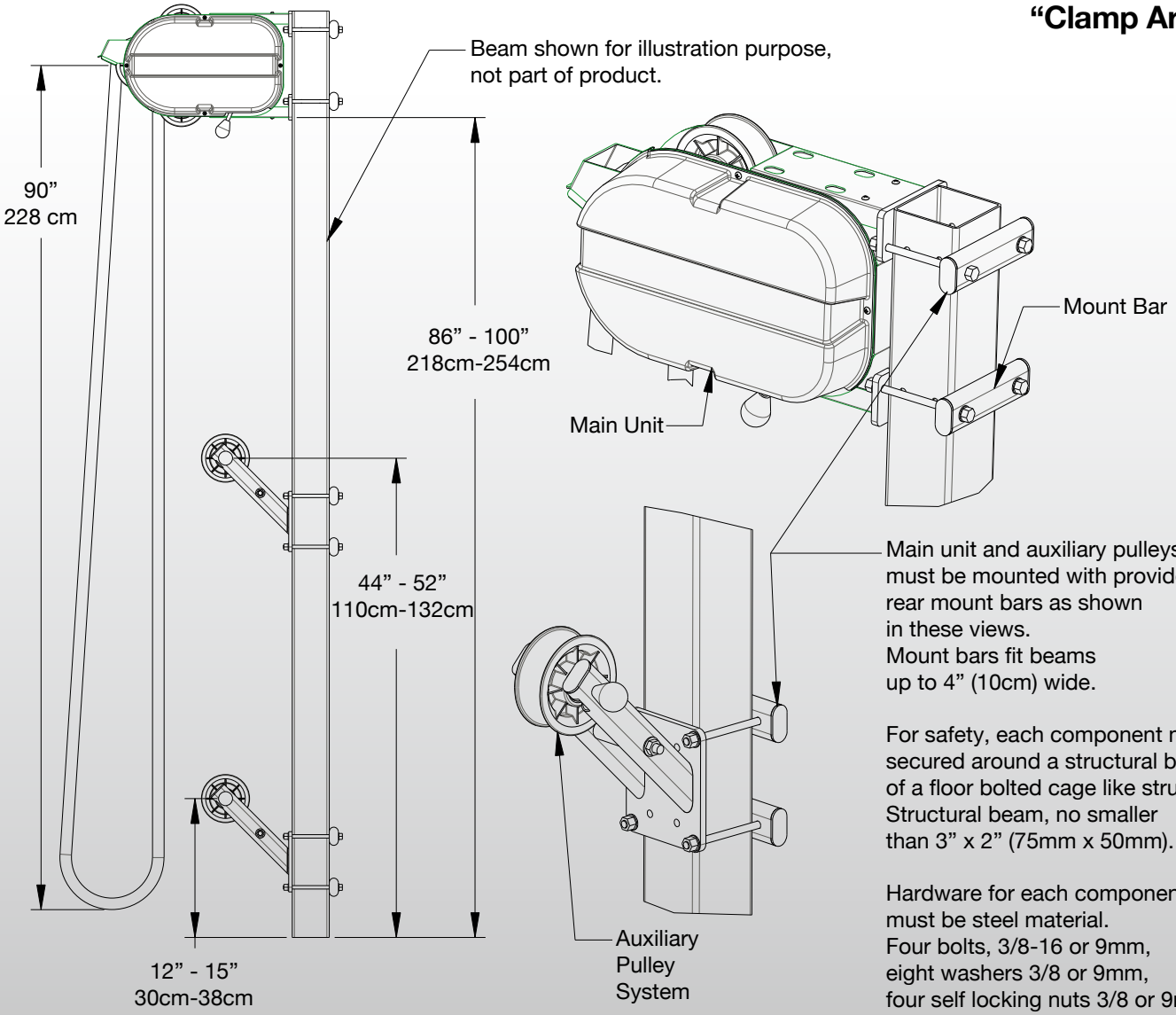
The X8 - COMPACT ROPE TRAINER also allows for multi-direction rope workouts through the use of AUXILIARY PULLEYS.

It is designed to mount on group training cages or other rack like equipment as well as on concrete walls.
It's compact design form makes it very easy to fit in small foot print areas and when installed in clusters, it is the perfect group training tool.

SPECIFICATION:

- Dynamic Magnetic Brake System (DMB)
- Dynamic Resistance Range 2 lbs - 165 lbs (1 kg - 75 kg)
- Brake Mechanism allows for Bidirectional Rope Pulling
- Auxiliary Pulleys System enables quick and easy rope mode changes: Vertical, Diagonal, Horizontal rope orientations.
- Specially designed rope is soft and easy to grip, durable and long-lasting.
- Can be mounted on concrete walls or on group training cages with beam size up to 4" (10 cm) wide
- Main Unit dimensions: 21" x 11" x 7", (53cm x 28cm x 18cm)
- Main Unit weight 45 lbs (20.5 kg), plus 10 lbs (4.5 kg) for each AUXILIARY PULLEY
- Shipping Weight 50 lbs (30 kg), plus 10 lbs (4.5 kg) for each AUXILIARY PULLEY
- Shipping Size Box 28" x 20" x 13" (71cm x 51cm x 33cm)

Mounting Option #1
“Clamp Around Beam”

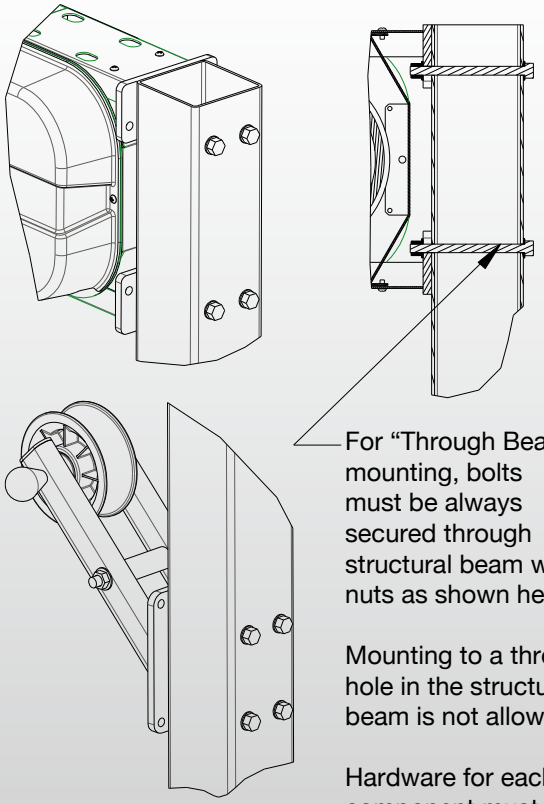


Main unit and auxiliary pulleys must be mounted with provided rear mount bars as shown in these views.
Mount bars fit beams up to 4” (10cm) wide.

For safety, each component must be secured around a structural beam of a floor bolted cage like structure.
Structural beam, no smaller than 3” x 2” (75mm x 50mm).

Hardware for each component must be steel material.
Four bolts, 3/8-16 or 9mm,
eight washers 3/8 or 9mm,
four self locking nuts 3/8 or 9mm.

Mounting Option #2
“Through Beam”

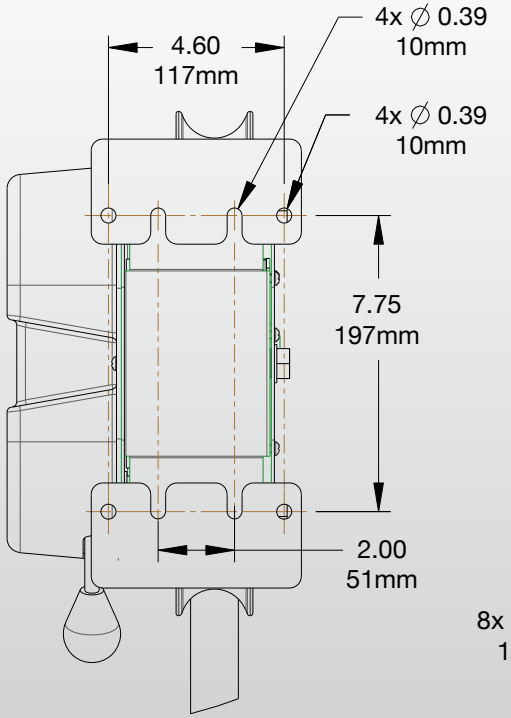


For “Through Beam” mounting, bolts must be always secured through structural beam with nuts as shown here.

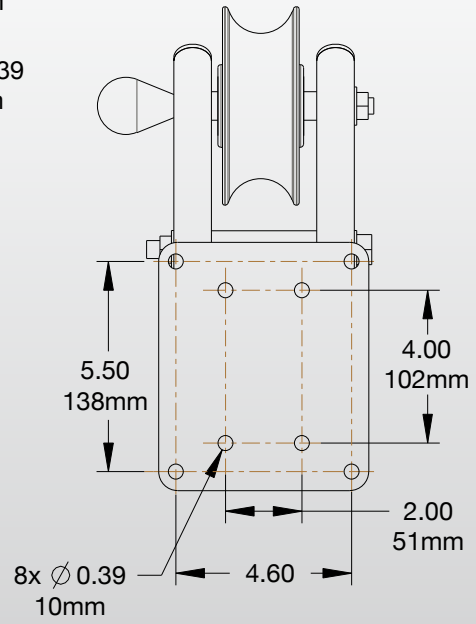
Mounting to a threaded hole in the structural beam is not allowed.

Hardware for each component must be steel material.
Four bolts 3/8-16 or 9mm, eight washers 3/8 or 9mm, four self locking nuts 3/8 or 9mm.

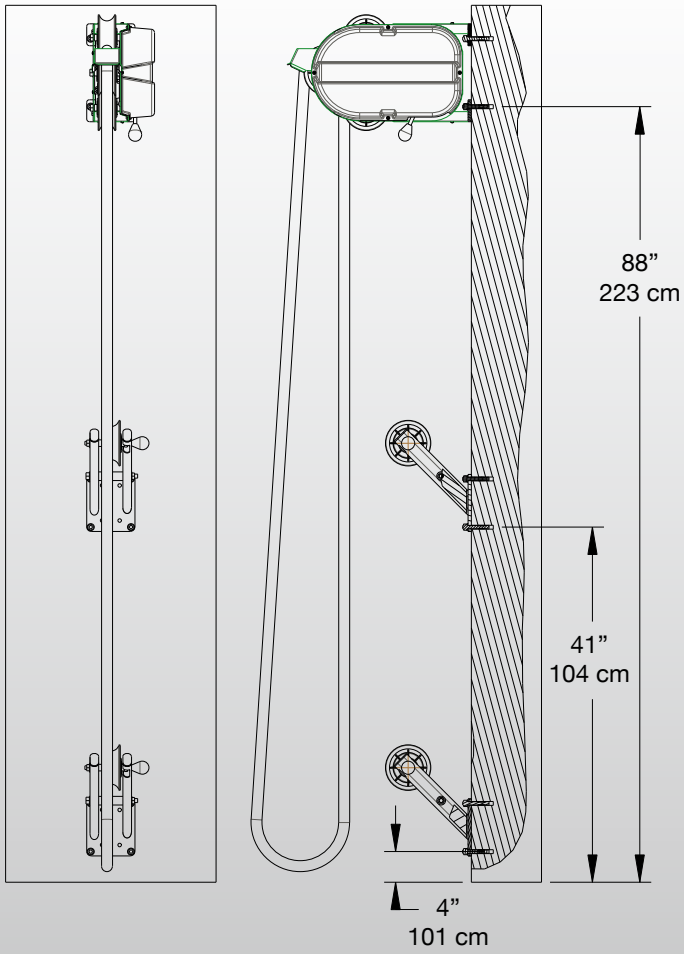
Main Unit
Hole Pattern

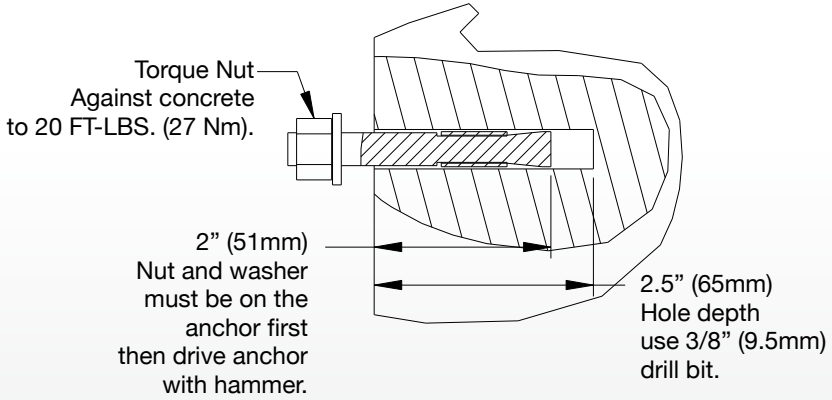


Auxiliary Pulley
Hole Pattern



Concrete Wall Mounting





Must use provided concrete anchors (3/8” x 3” long).
Do not install on walls that are not made of solid concrete.

1. Drill four holes in concrete for each component using 3/8” (9.5mm) bit per pattern shown below.
2. With nuts installed on the steel anchors, hammer them to proper depth as shown above.
3. Remove nut and install unit on the steel anchor using nut and washer.