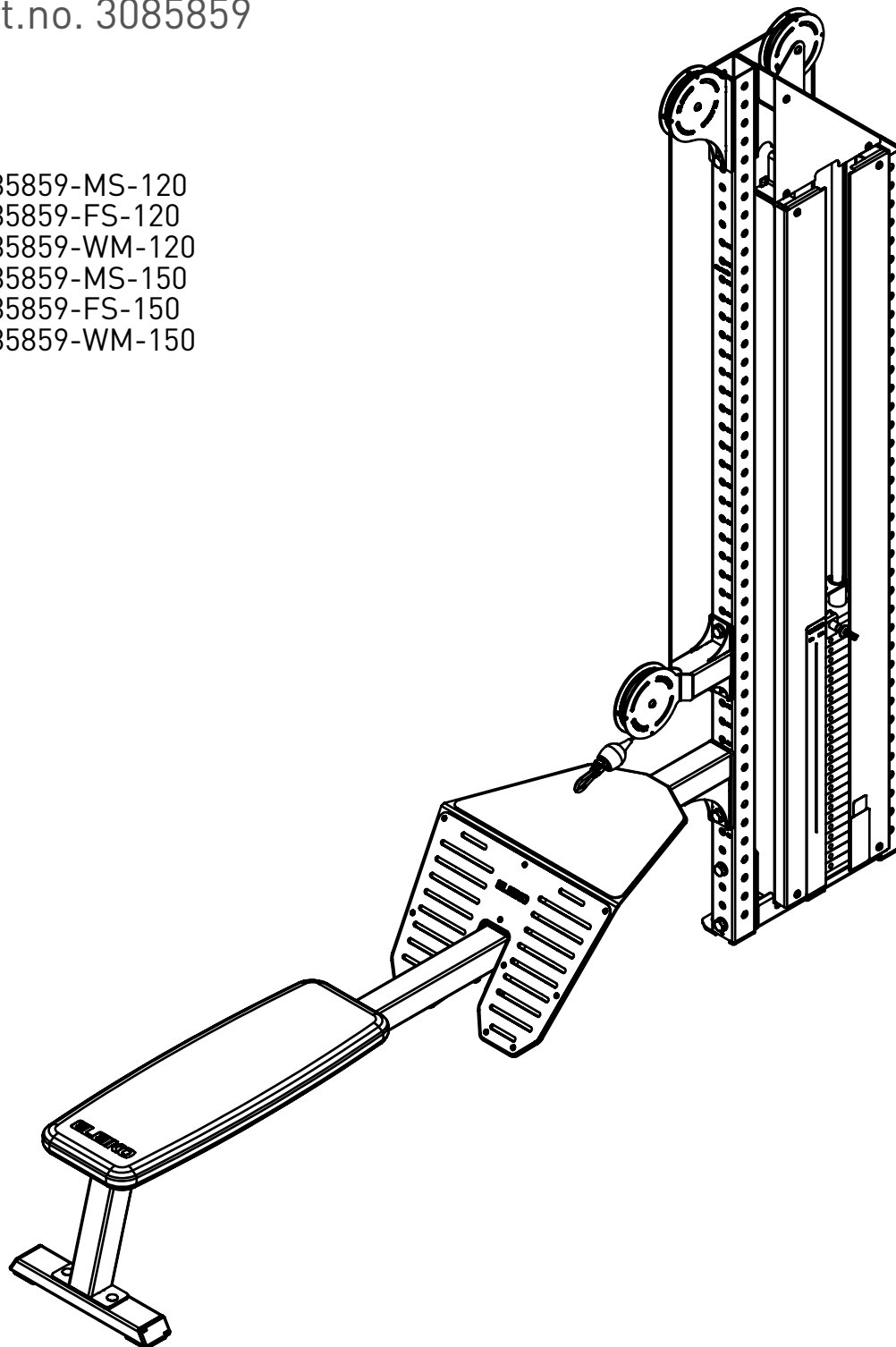


# ELEIKO CABLE LOW ROW

Art.no. 3085859

3085859-MS-120  
3085859-FS-120  
3085859-WM-120  
3085859-MS-150  
3085859-FS-150  
3085859-WM-150



**ELEIKO**



# CONTENTS

Read before installation and use	4
Safety instructions	4
Warning labels	5
List of components (seat)	8
List of components (frame)	10
List of components (cable)	18
Assembly instructions	30
Tools needed	30
User guide	30
Purpose	30
General instructions for use	30
Product specifications	30
Care and maintenance	31
Preventive maintenance and inspections	31
Spare parts and service	31
Warranty	31

NOTE! YOU WILL ONLY NEED TO USE THIS MANUAL!  
YOU WILL NOT NEED THE MANUAL THAT CAME IN THE WOODEN BOX  
TOGETHER WITH THE CABLE ATTACHMENT!

# READ BEFORE INSTALLATION AND USE

Install and use this equipment in a place where access and supervision are specifically controlled by the owner.

Be sure to install the equipment on a stable base and level the equipment properly. Eleiko recommends that all equipment is installed by a licensed contractor or an Eleiko installer.

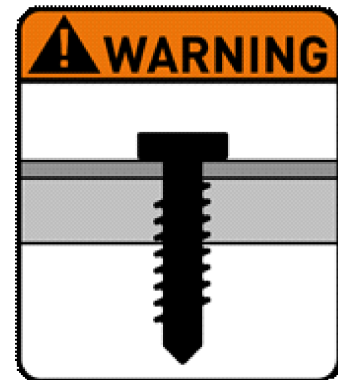
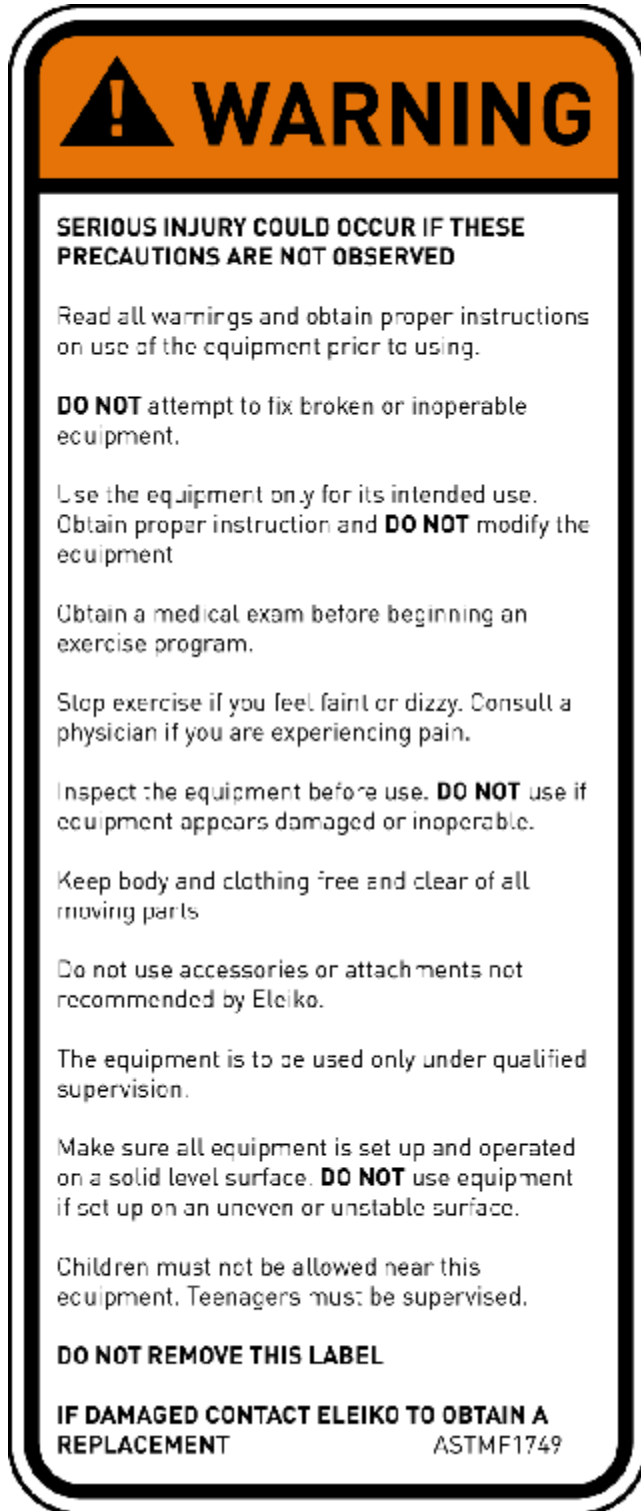
This equipment is intended for indoor use only.

## SAFETY INSTRUCTIONS

It is the responsibility of the purchaser of ELEIKO products to instruct all users and supervising personnel on proper usage of the equipment. It is also the responsibility of the purchaser of ELEIKO products to assess the suitability of the floor, and to choose appropriate fasteners depending on floor type when using ELEIKO products that needs to be bolted to the ground.

1. All included warnings (labels) and instructions MUST be read before the use of any Eleiko equipment. Only use the equipment as it is intended.
2. A user MUST get a medical examination and proper instructions before using any Eleiko equipment.
3. DO NOT let anyone, under any circumstances, use equipment that appears to be damaged. Do not try to repair any equipment before consulting an Eleiko technician.
4. DO NOT replace components of Eleiko equipment with other, none Eleiko, equipment (magnetic safety pin, frames, bars etc.). Do not improvise! If there are any doubts, consult an Eleiko representative prior to any intervention.
5. DO NOT overload the equipment and DO NOT try to exceed personal strength levels.
6. Children under the age of 14 must be supervised by an adult.
7. DO NOT remove any safety labels from the Eleiko equipment. Eleiko is not responsible if a label is removed. Replace damaged labels immediately.
8. Eleiko packaging for products can be made of wood. Be aware of splinters! You MUST use protective gloves and proper work wear.
9. Eleiko packaging material could be a risk when handling. Be aware of crushing! You MUST use work wear including protective gloves and hard shoes.
10. Eleiko products and packing material are heavy, You MUST use proper lifting techniques, work wear and hard shoes.

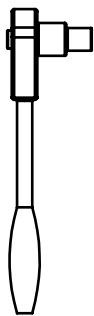
# WARNING LABELS



# ASSEMBLY INSTRUCTIONS

## TOOLS NEEDED

You need the following tools to assemble the equipment.



Socket Wrench Size 24mm



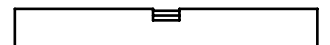
Wrench Size 24mm



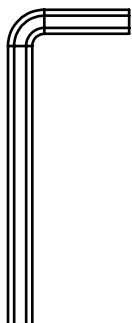
Wrench Size 17mm



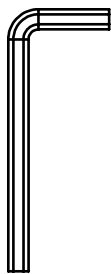
Wrench Size 17mm



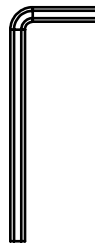
Spirit Level



Allen Key Size 8



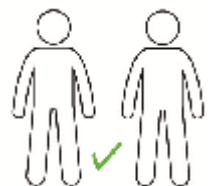
Allen Key Size 6



Allen Key Size 5



Allen Key Size 3

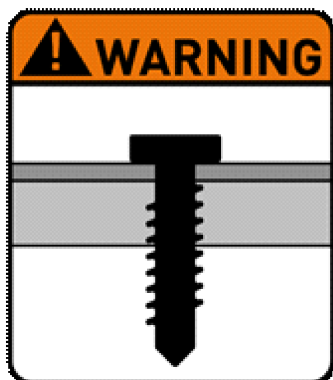


NOTE: Do not use electric power tools for assembly.

# BOLT TO GROUND

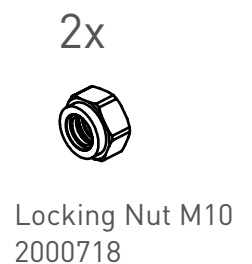
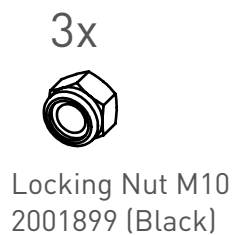
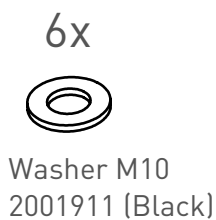
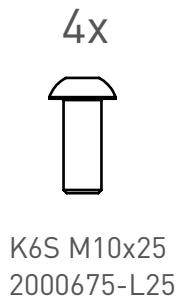
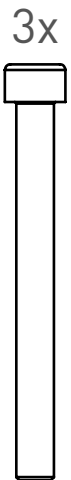
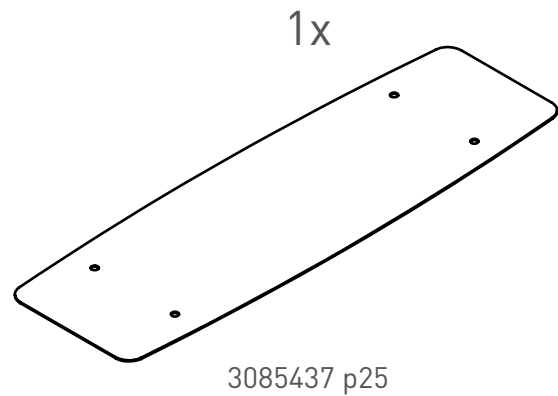
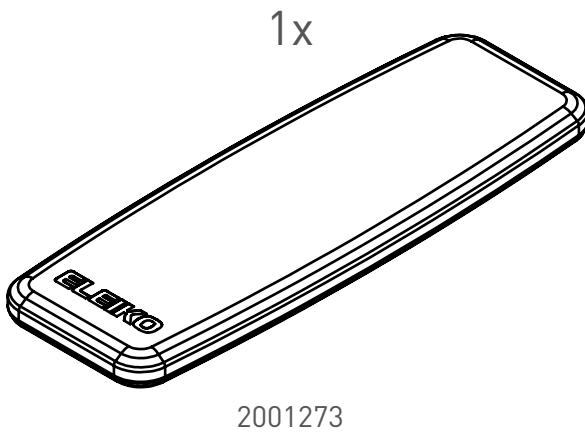
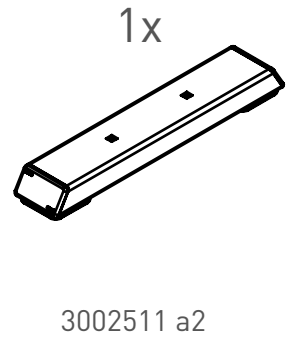
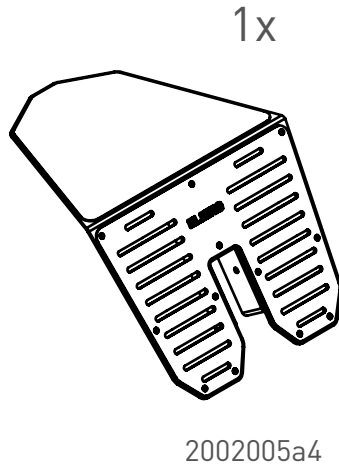
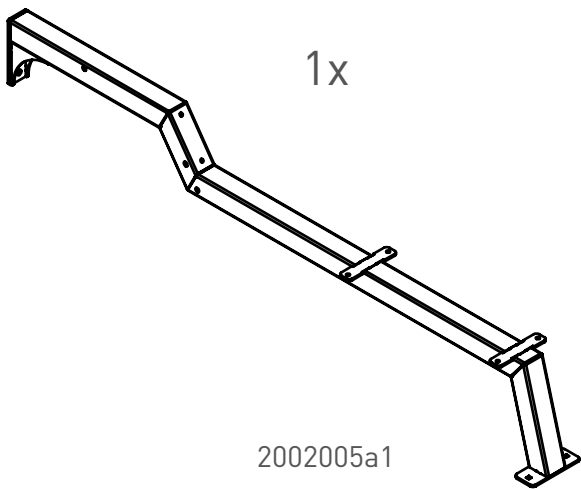
Eleiko recommends that this product should be bolted to the ground. Make sure the ground is solid and level. Consult a licensed contractor to choose the appropriate anchoring fasteners for your facility.

See assembly instructions for the position of the anchoring points.



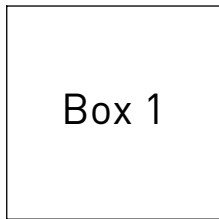
# LIST OF COMPONENTS

## SEAT Box1 + Upholstry

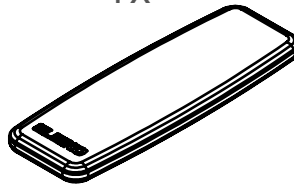




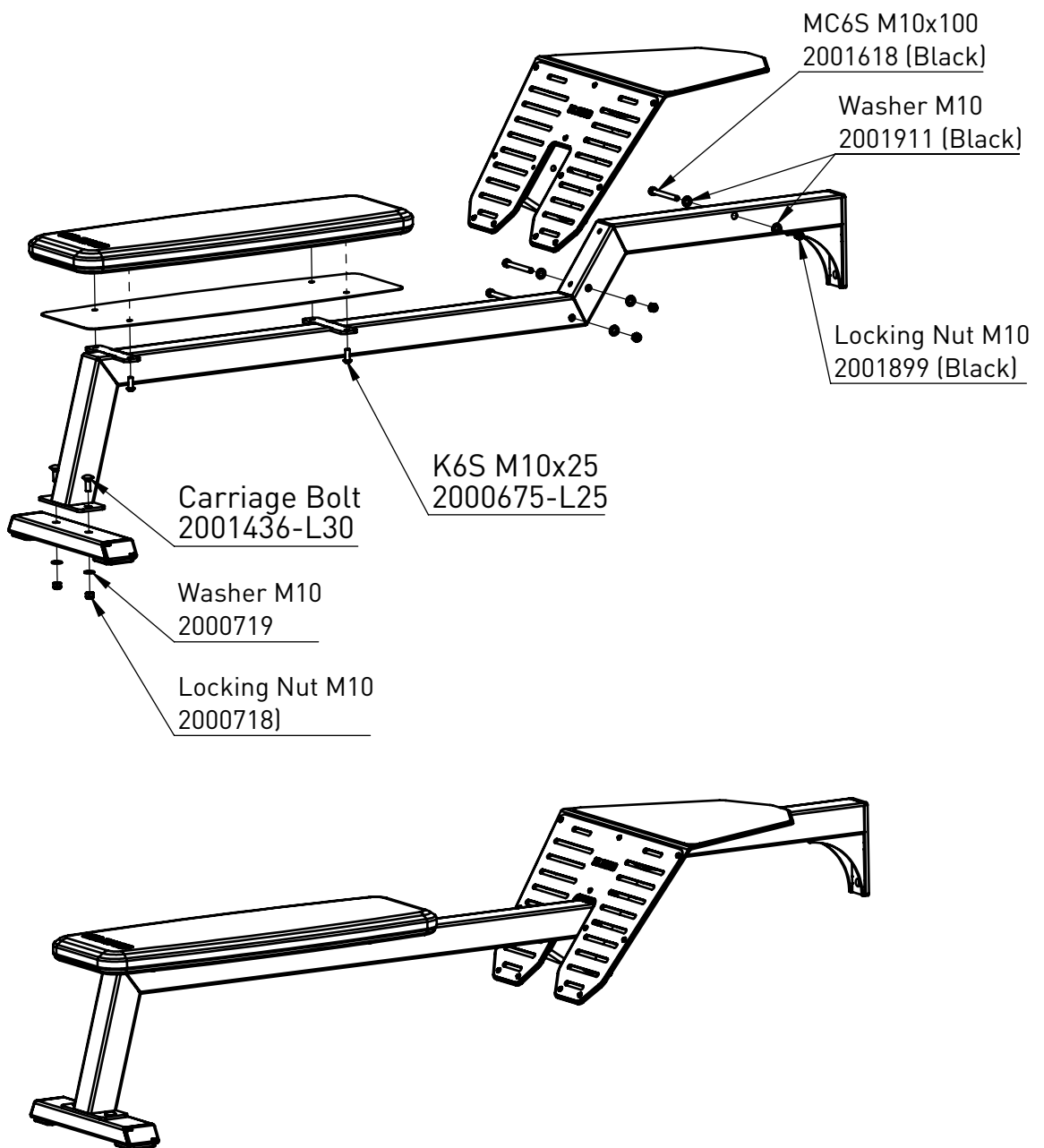
1.



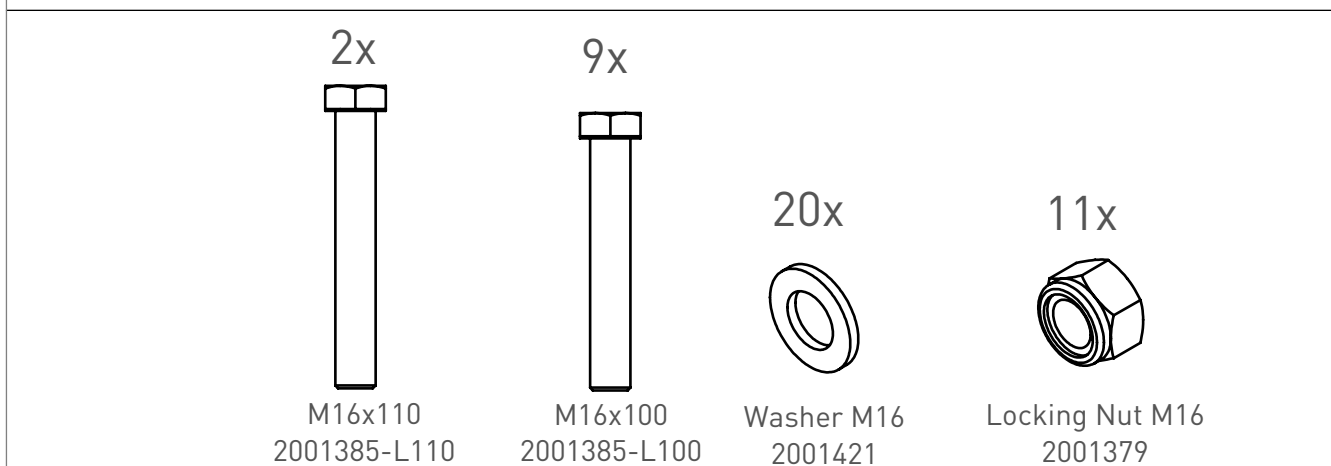
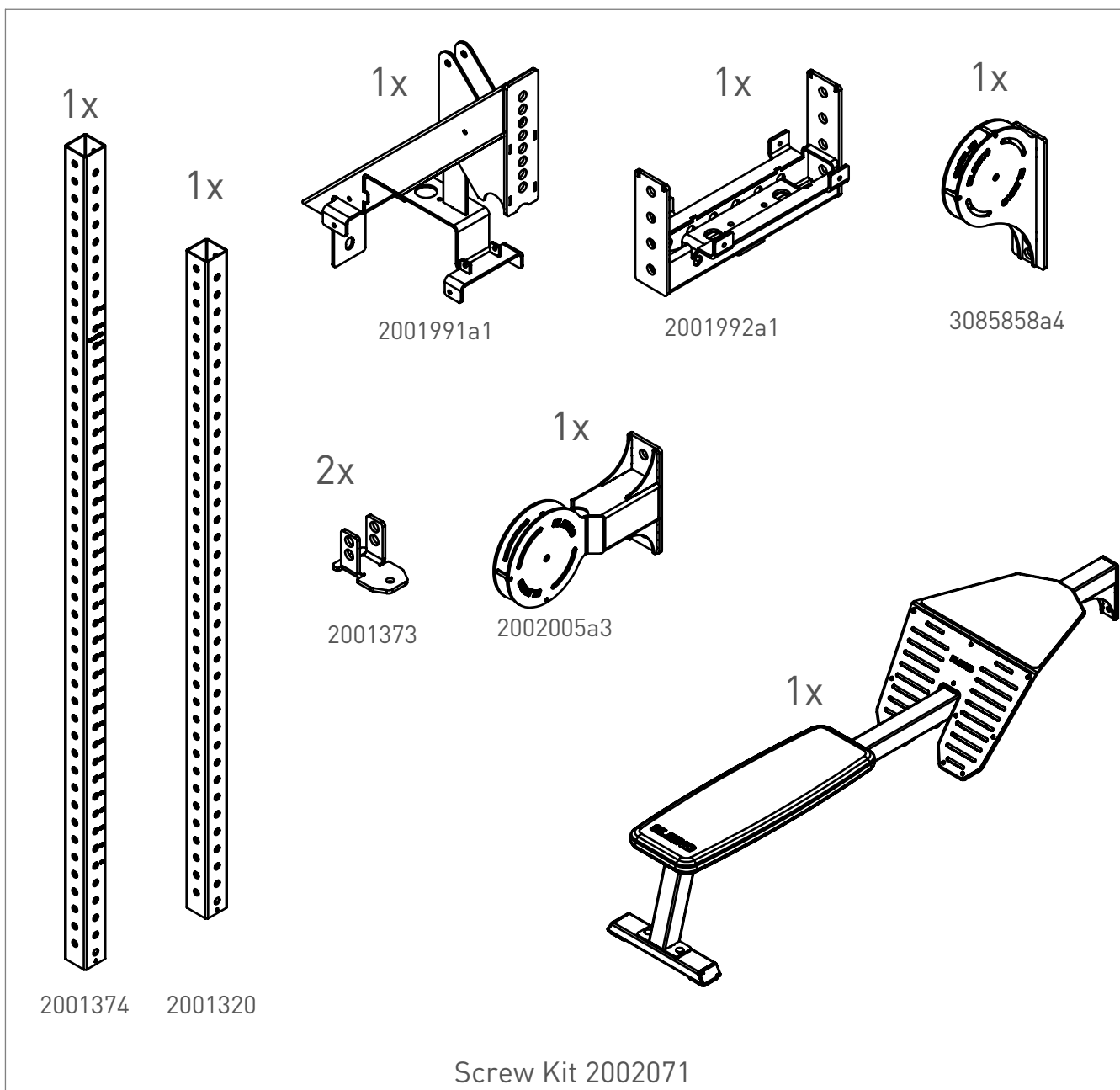
1x



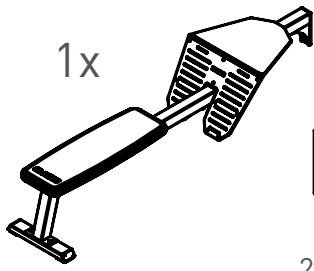
2001273



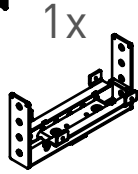
# LIST OF COMPONENTS (Frame)



2. 1x



2001374



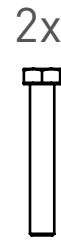
2001992a1



2001373



M16x100



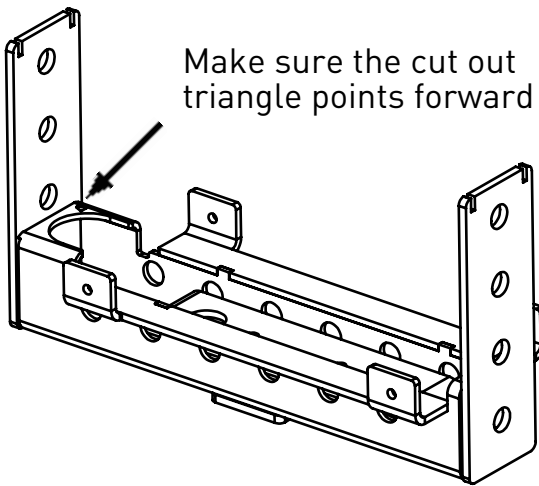
M16x110



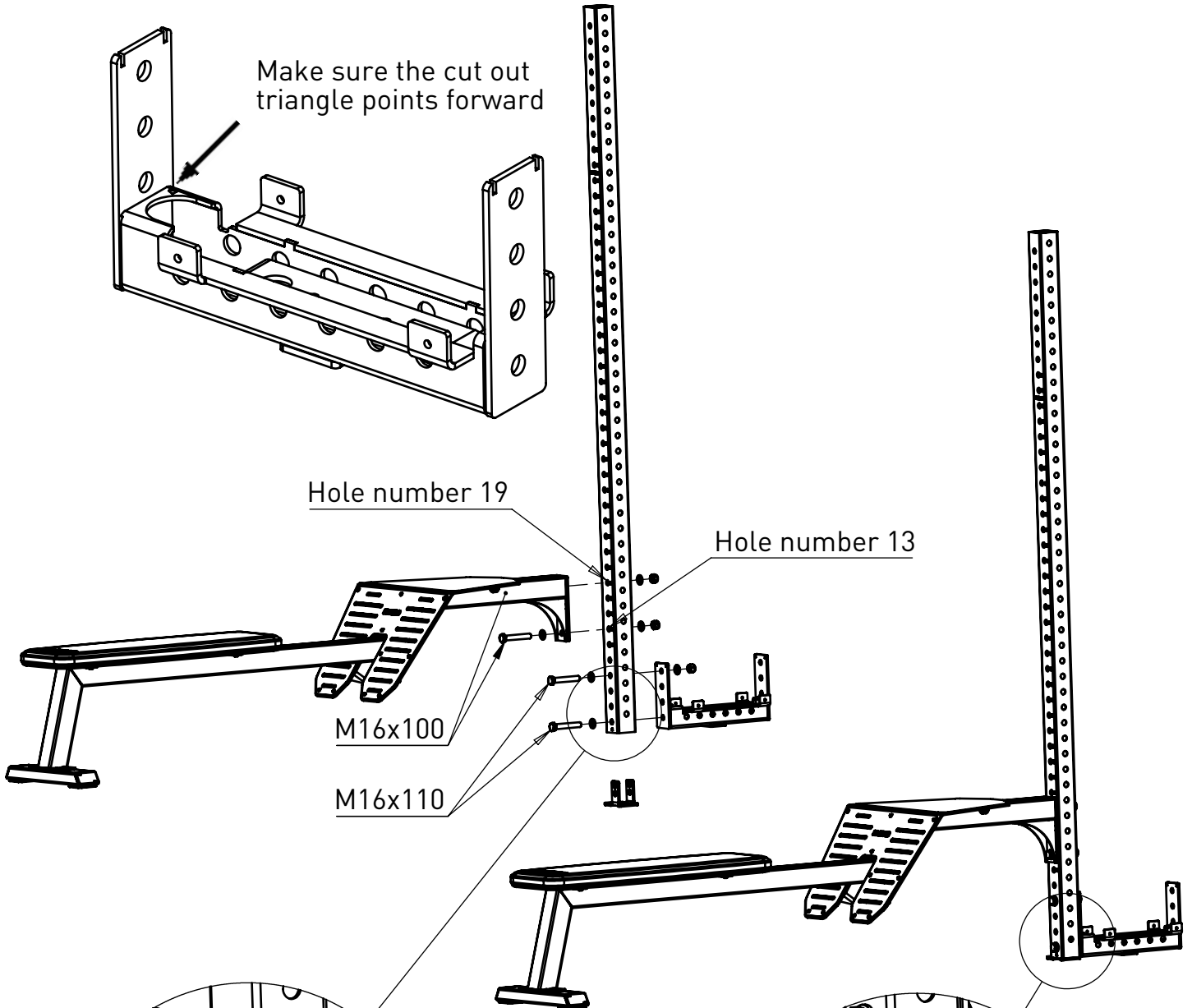
Washer M16



Locking Nut M16



Make sure the cut out triangle points forward

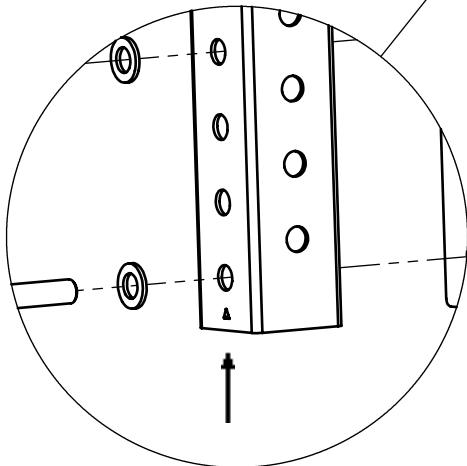


Hole number 19

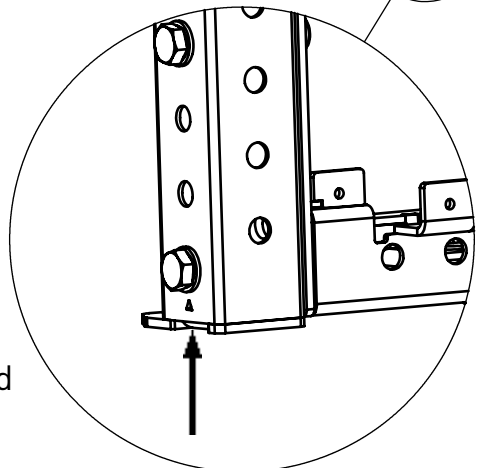
Hole number 13

M16x100

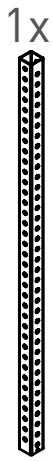
M16x110



Make sure the cut out triangle points forward

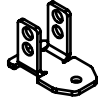


3.



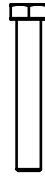
2001320

1x



2001373

2x



M16x100

4x

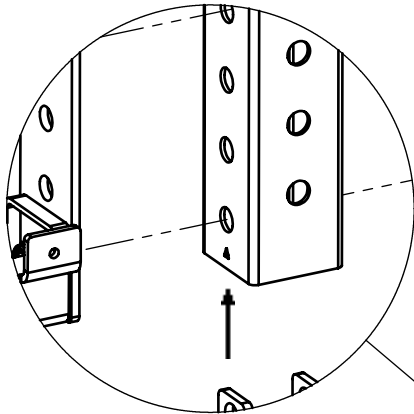


Washer M16

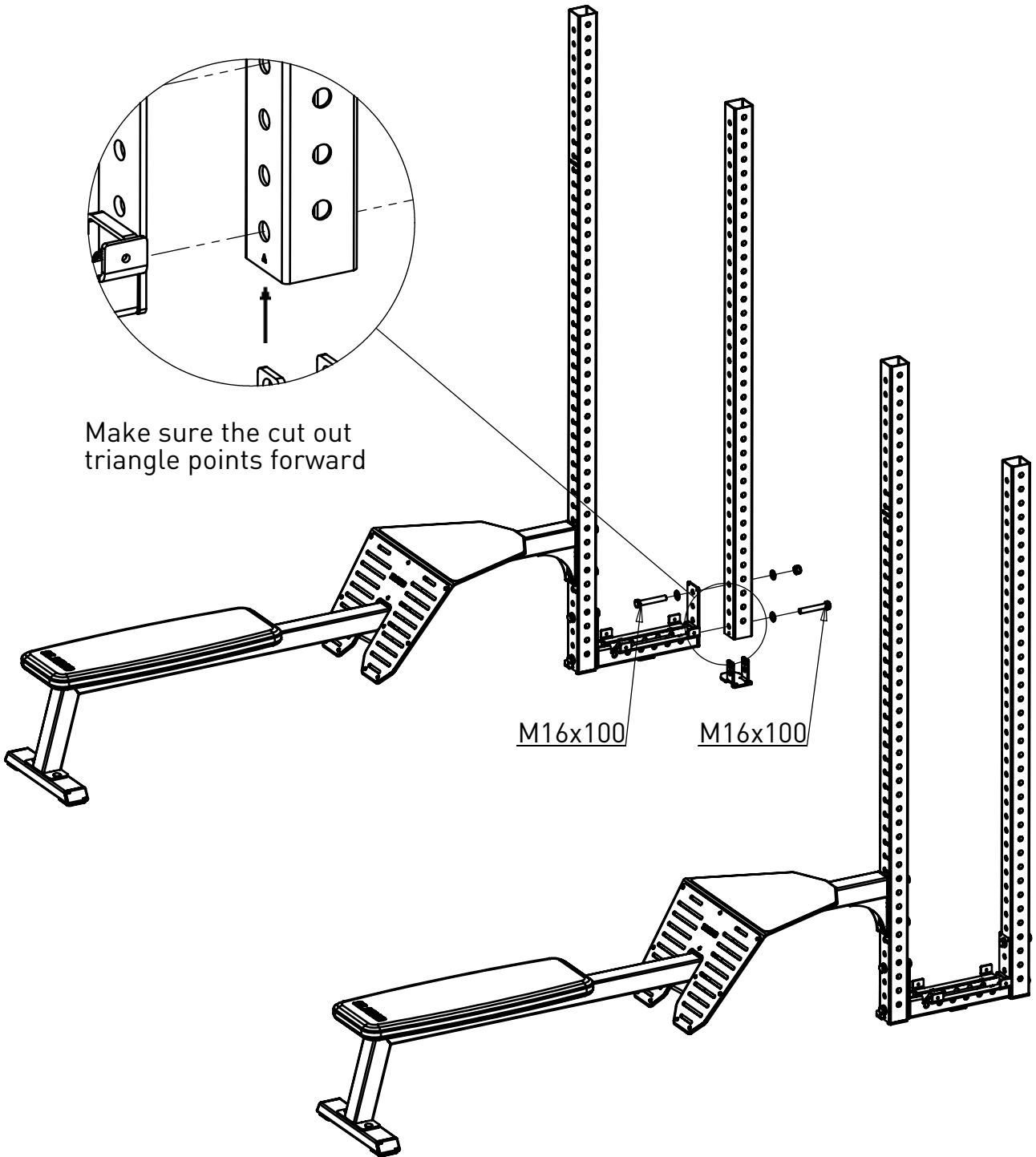
2x



Locking Nut M16

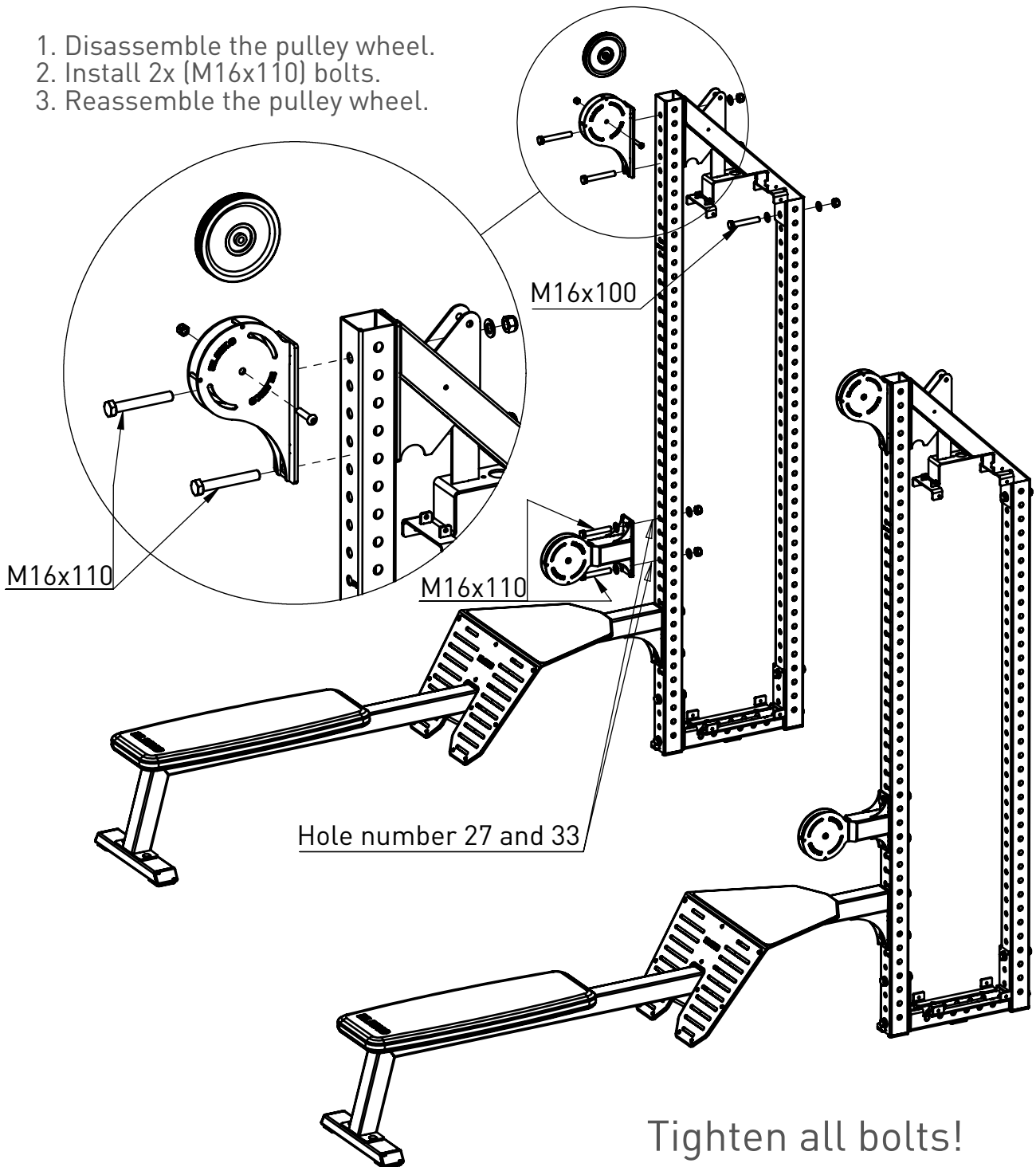


Make sure the cut out triangle points forward

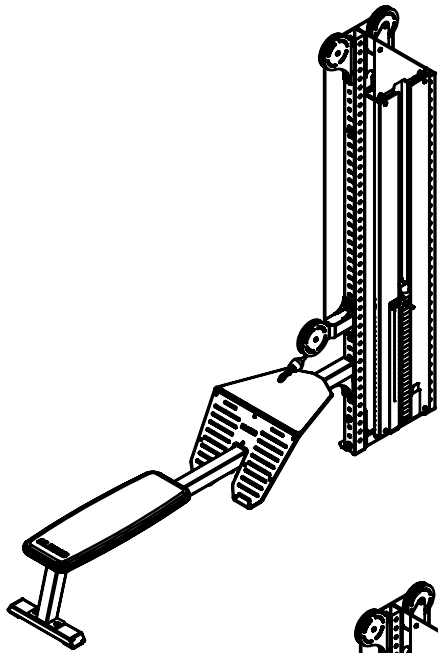


- 4.
- |           |           |           |         |         |            |                 |
|-----------|-----------|-----------|---------|---------|------------|-----------------|
| 1x        | 1x        | 1x        | 2x      | 3x      | 8x         | 5x              |
|           |           |           |         |         |            |                 |
| 2002005a3 | 3085858a4 | 2001991a1 | M16x110 | M16x100 | Washer M16 | Locking Nut M16 |

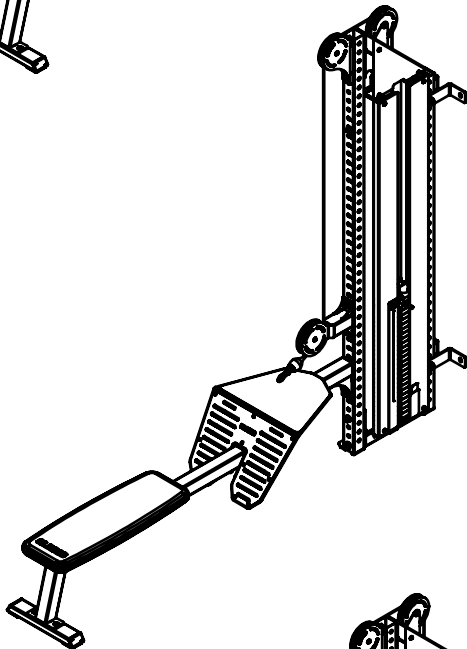
1. Disassemble the pulley wheel.
2. Install 2x (M16x110) bolts.
3. Reassemble the pulley wheel.



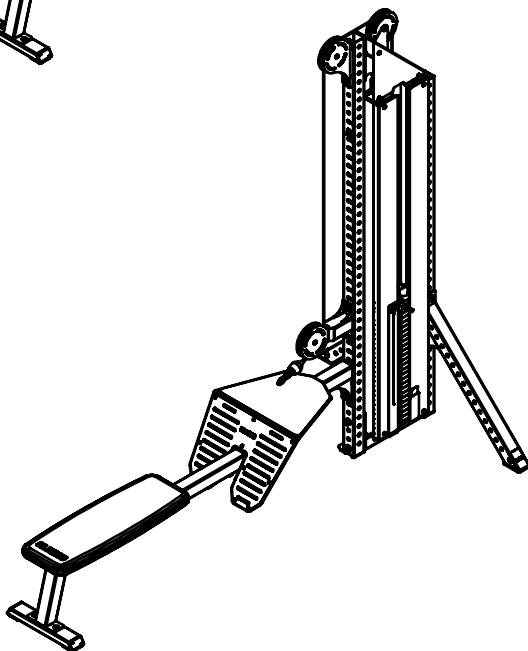
Below you see different options of "low row" down, continue on the indicated page depending on which device you want to assemble.



Multi Station  
3085859-MS  
Continue on page 18.



Wall Mounted  
3085859-WM  
Continue on page 15.

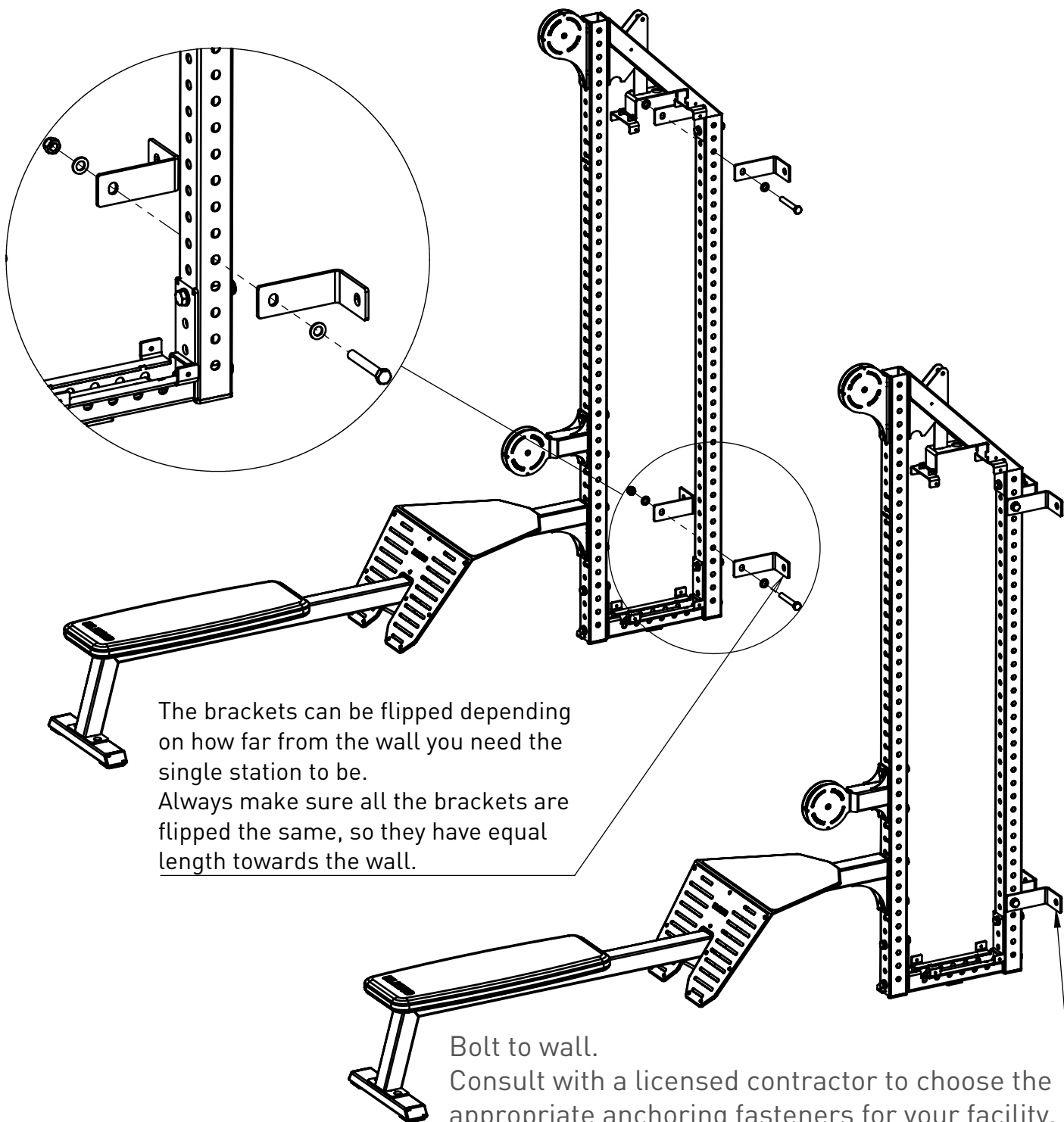
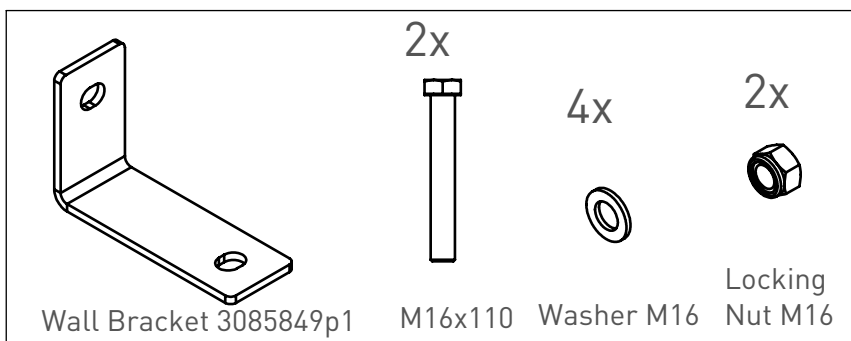


Free Standing  
3085859-FS  
Continue on page 16.

3085878-WM  
(Wall Mounted)

5.

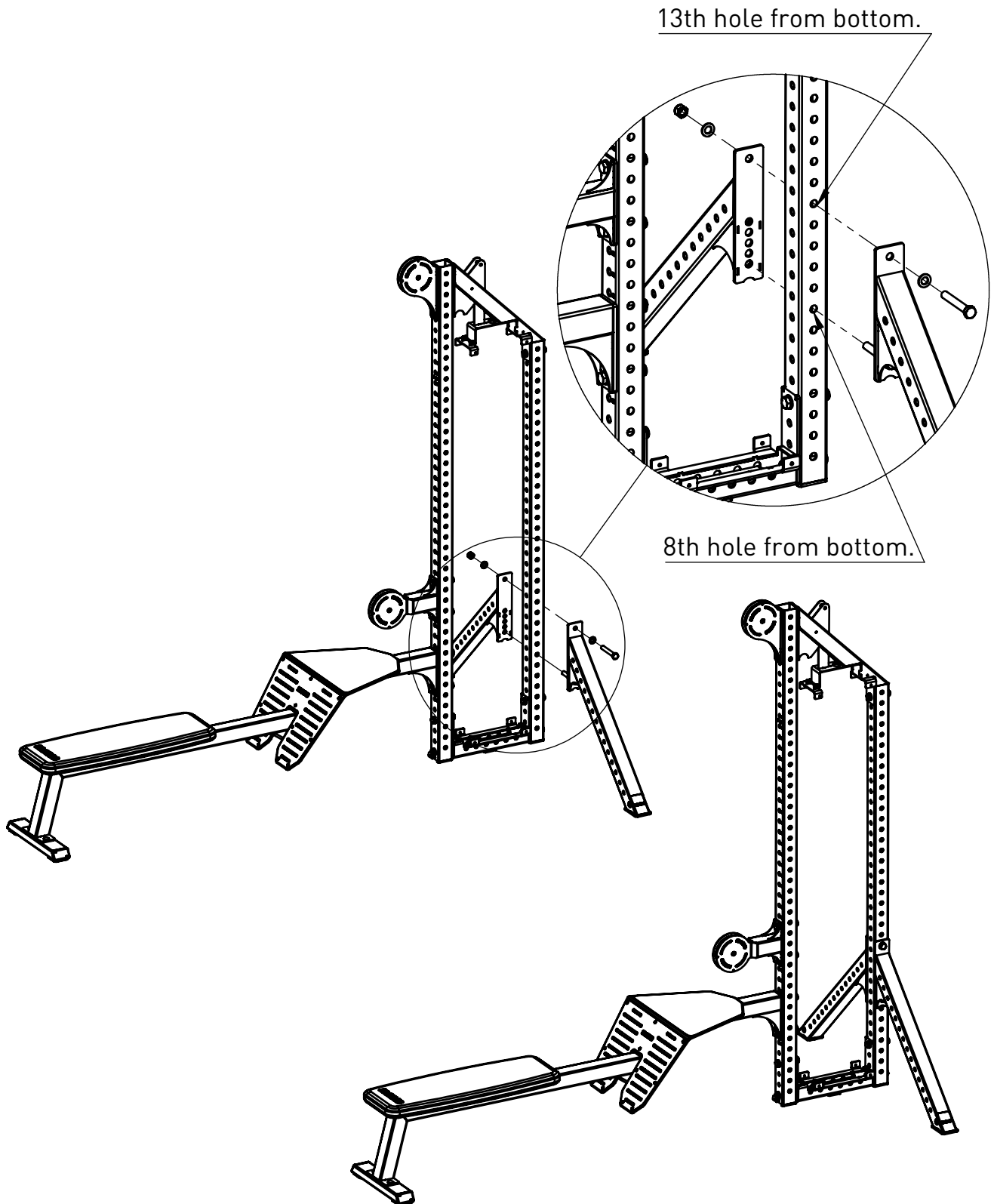
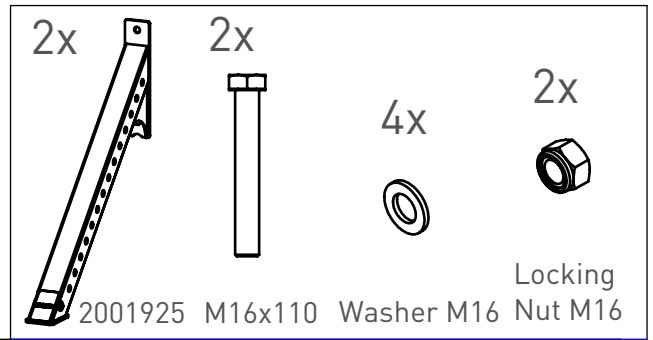
Wall Bracket Kit  
2002074



The brackets can be flipped depending on how far from the wall you need the single station to be. Always make sure all the brackets are flipped the same, so they have equal length towards the wall.

Bolt to wall.  
Consult with a licensed contractor to choose the appropriate anchoring fasteners for your facility. A pre-attached glulam beam is also recommended to use between the brackets and the wall.

6.

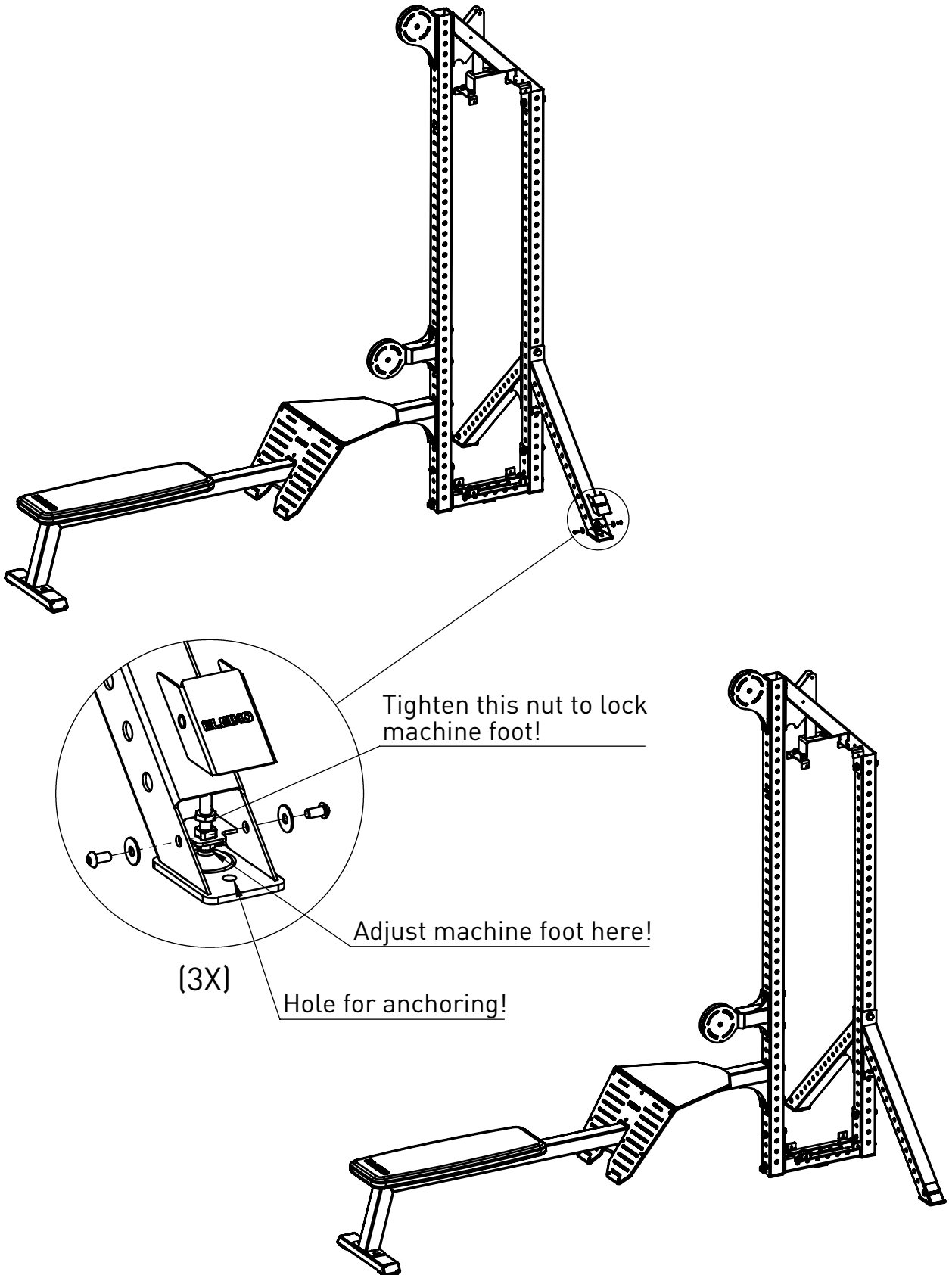






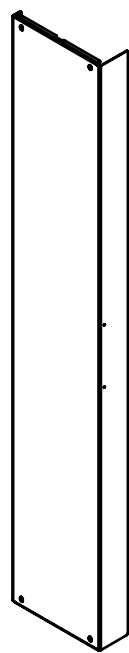
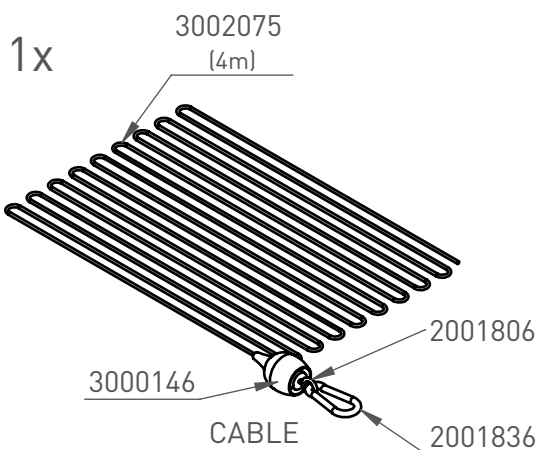


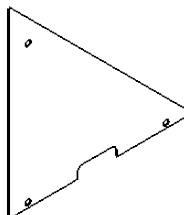
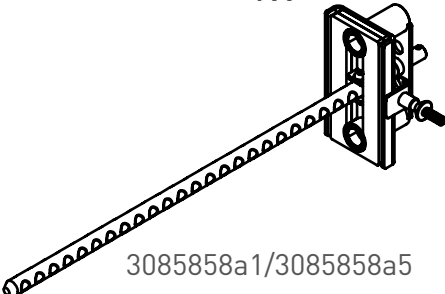
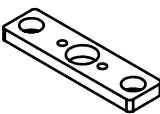
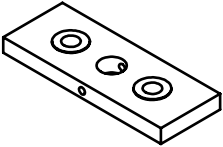
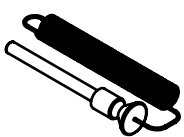






3085859-FS  
(Free Standing)

7.

For anchoring to floor or adjusting height, first remove the cover plates on all support beams! Use a spirit level when adjusting the height!



# LIST OF COMPONENTS (Cable)

2x  3085858p13	2x  3085858p2	1x  3085858p1	1x  3002075 (4m) 3000146 CABLE 2001806 2001836
			1x  3085858a3
			1x  2002006
		1x 	
		1x  3085858a1/3085858a5	
		1x  3085858p12	19x (120 kg) 24x (150 kg)  2001590
		1x  2001483	
2x  3085570 p33	1x  Nut M10 (Black) 2001624	1x  K6S M10x50 2001619-L50	2x  K6S M8 x 30 2000747-L30
			14x  K6S M8 x 12 2001620-L12
			14x  Washer M8 2001422

8.

2x

3085858p13

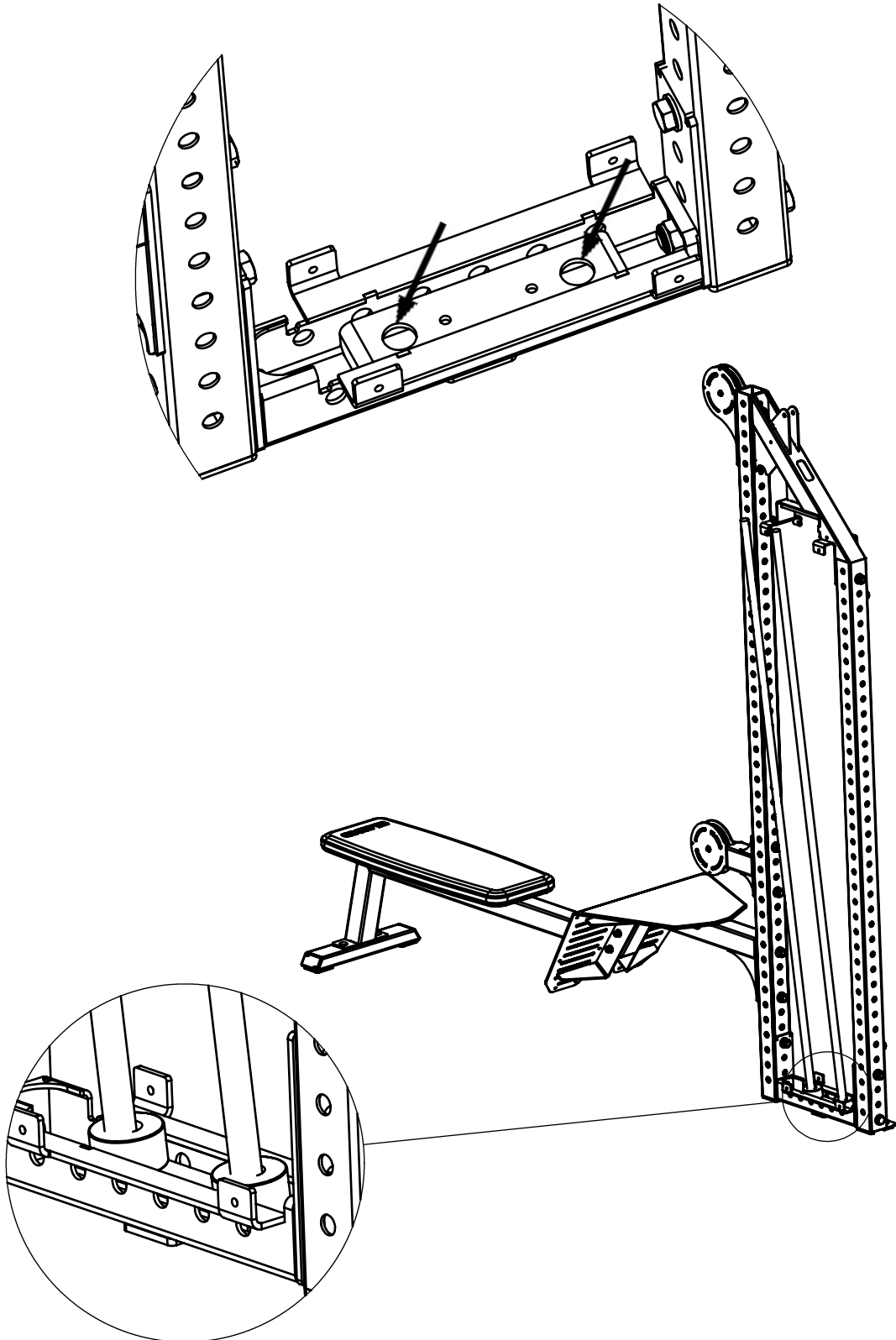
2x



3085570 p33

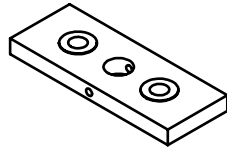
PLACE RODS IN TILTED POSITION IN THESE HOLES.  
RUBBER DAMPERS DOWN!

WIPE OFF BOTH RODS WITH A CLEAN CLOTH!



9.

19x / 24x

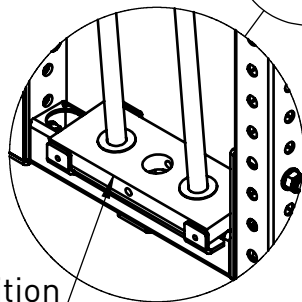
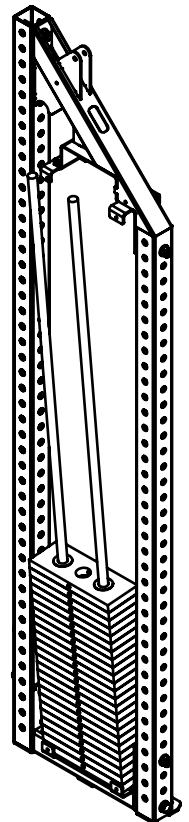
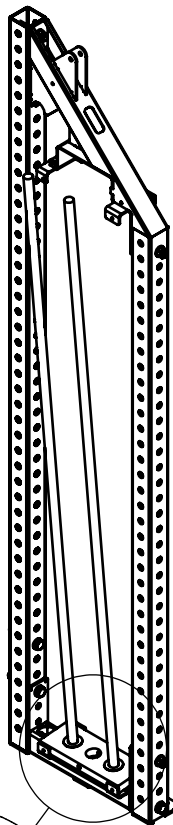
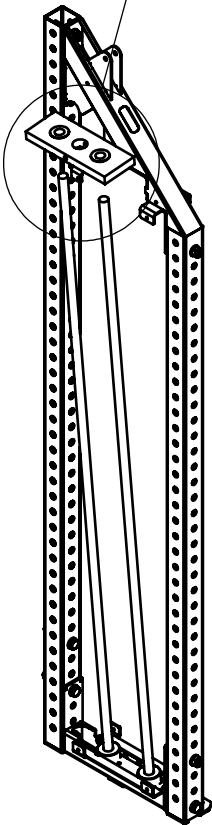
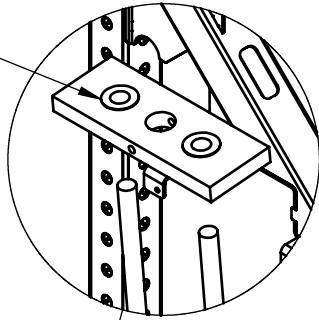


2001590

ASSEMBLE THE WEIGHT STACK PLATE BY PLATE!

MAKE SURE THE FIRST PLATE IS PUSHED ALL THE WAY DOWN AND LOCKED IN POSITION!

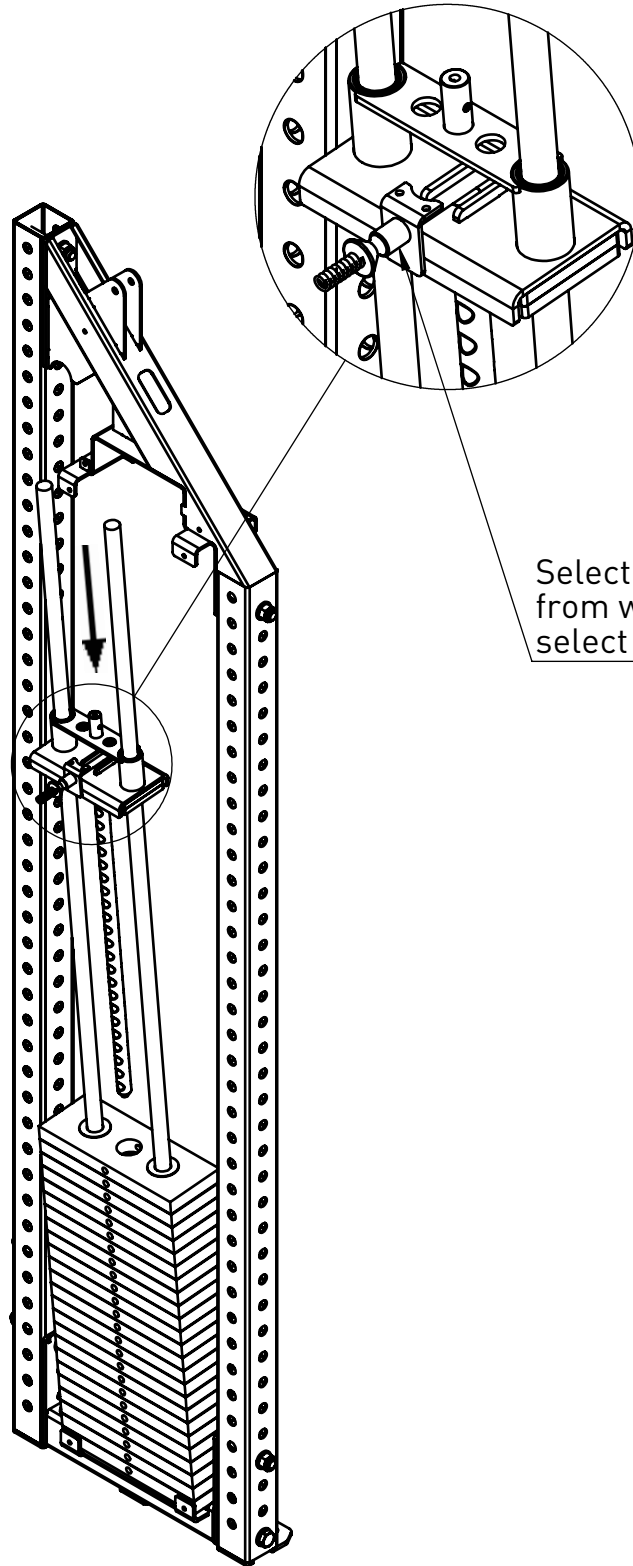
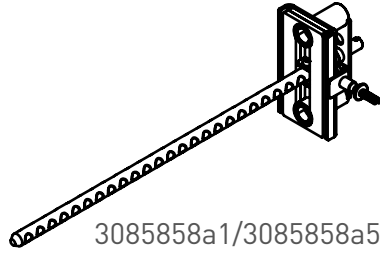
This side up!



Make sure the first plate is pushed down and locked in position

10.

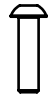
1x



Selector pin will determine from which side you will select your weights.

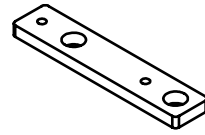
11.

2x



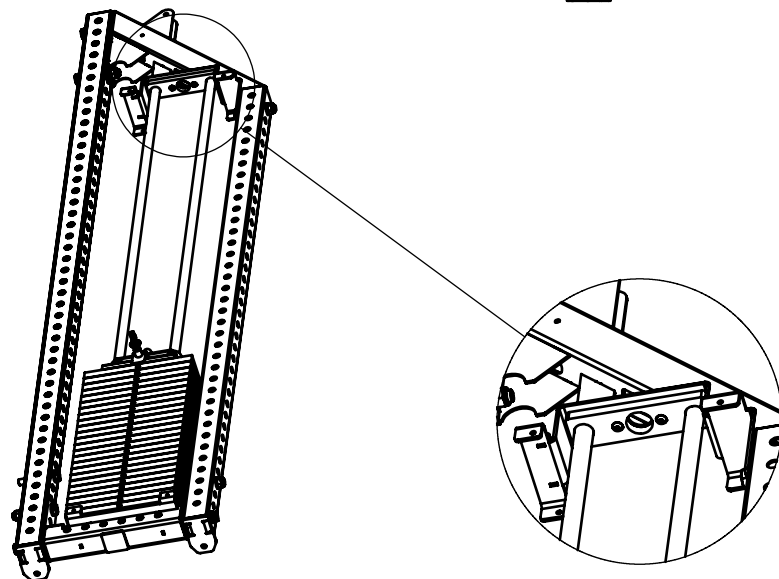
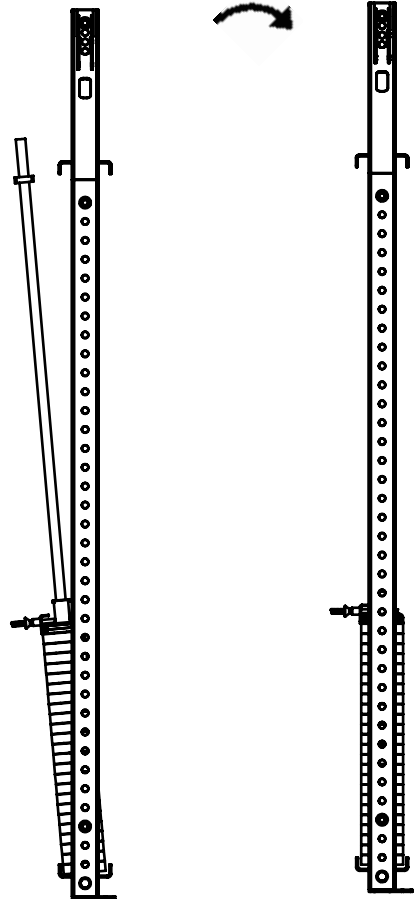
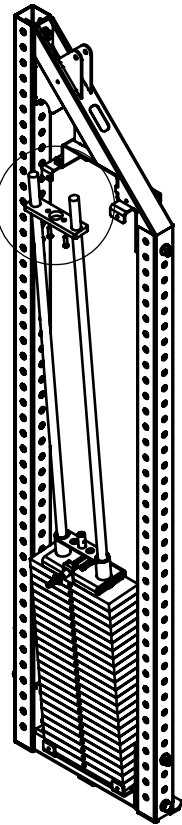
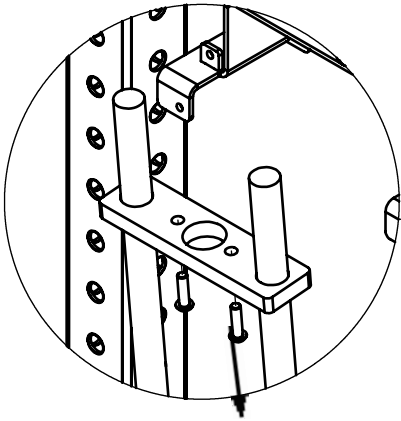
K6S M8 x 30

1x



3085601 p9

MOUNT PLASTIC TOP SUSPENSION!  
PUSH TO VERTICAL POSITION!



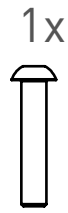
12.



3085858a3



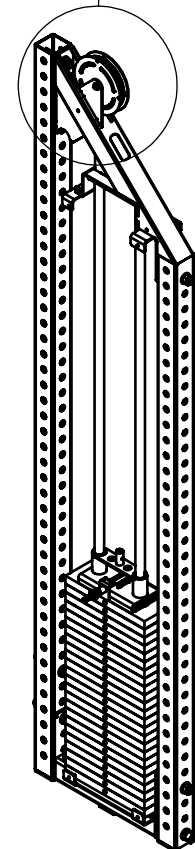
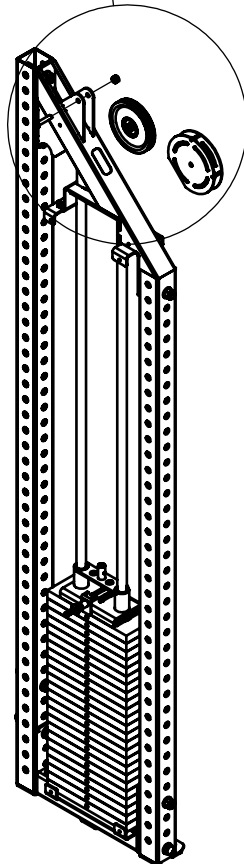
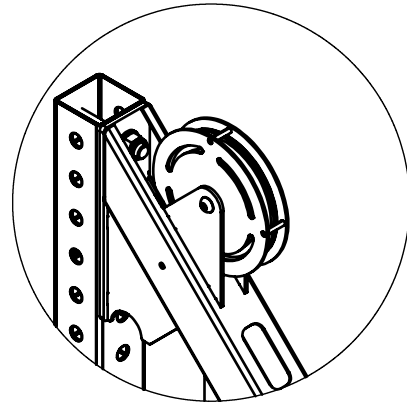
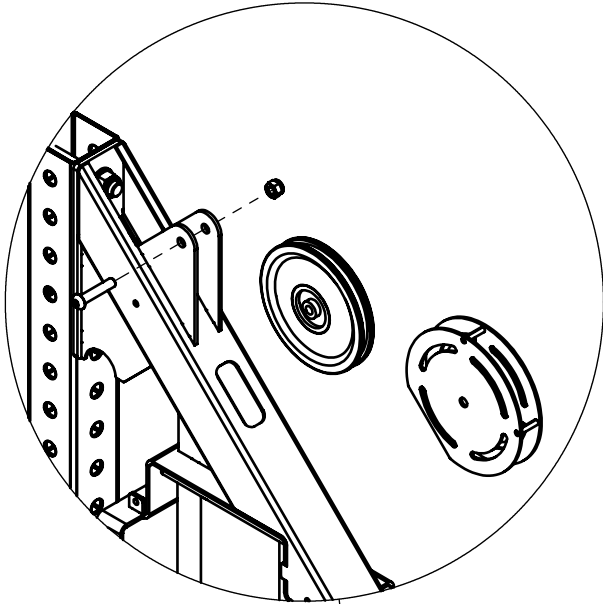
2002006



K6S M10x50  
2001619-L50

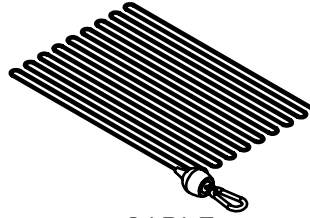


Nut M10 (Black)  
2001624

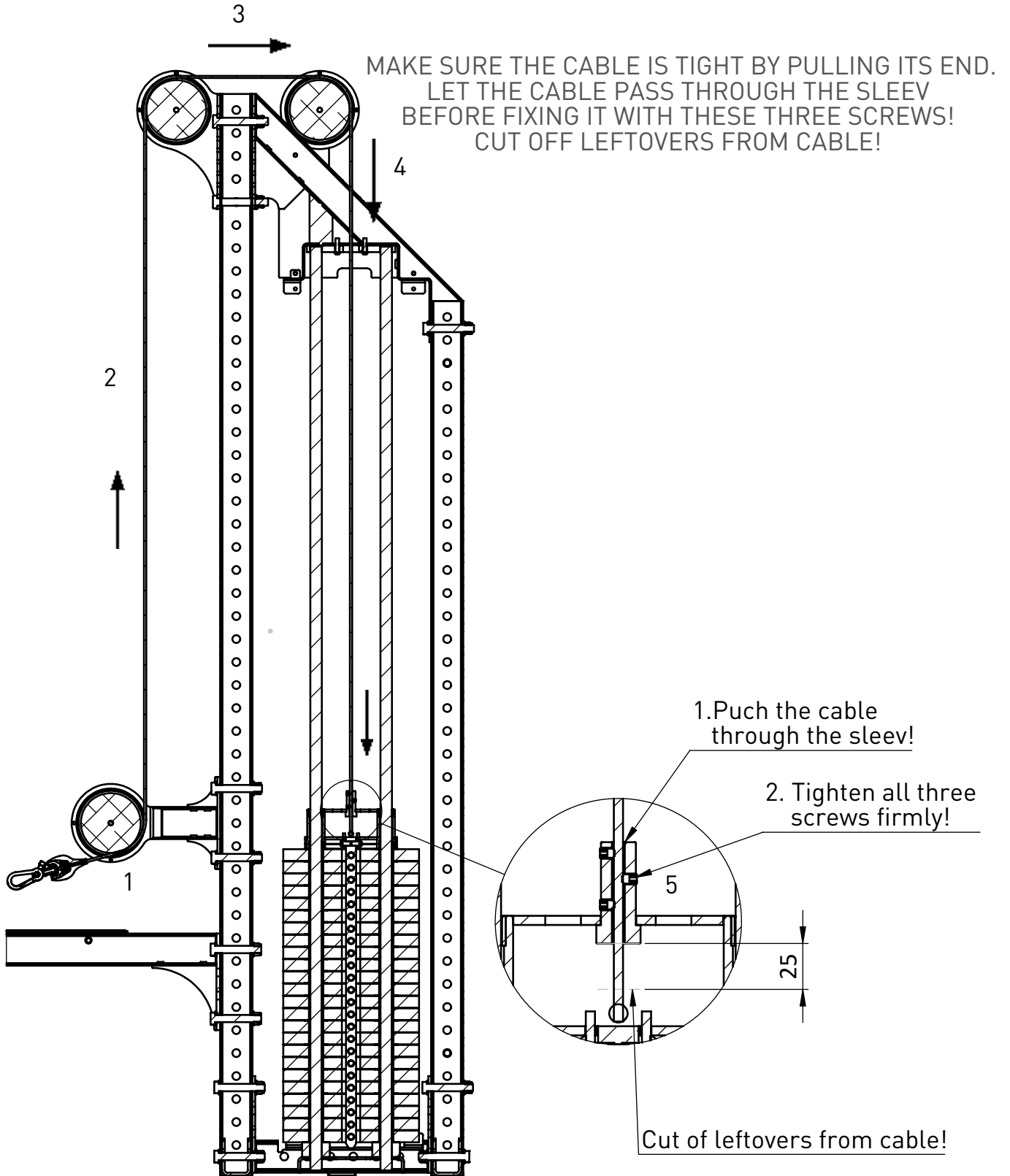


13

1x



CABLE

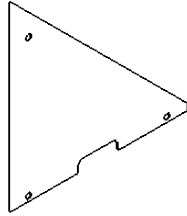


Section View (1 : 12)



14.

2x



3085858p3

6x

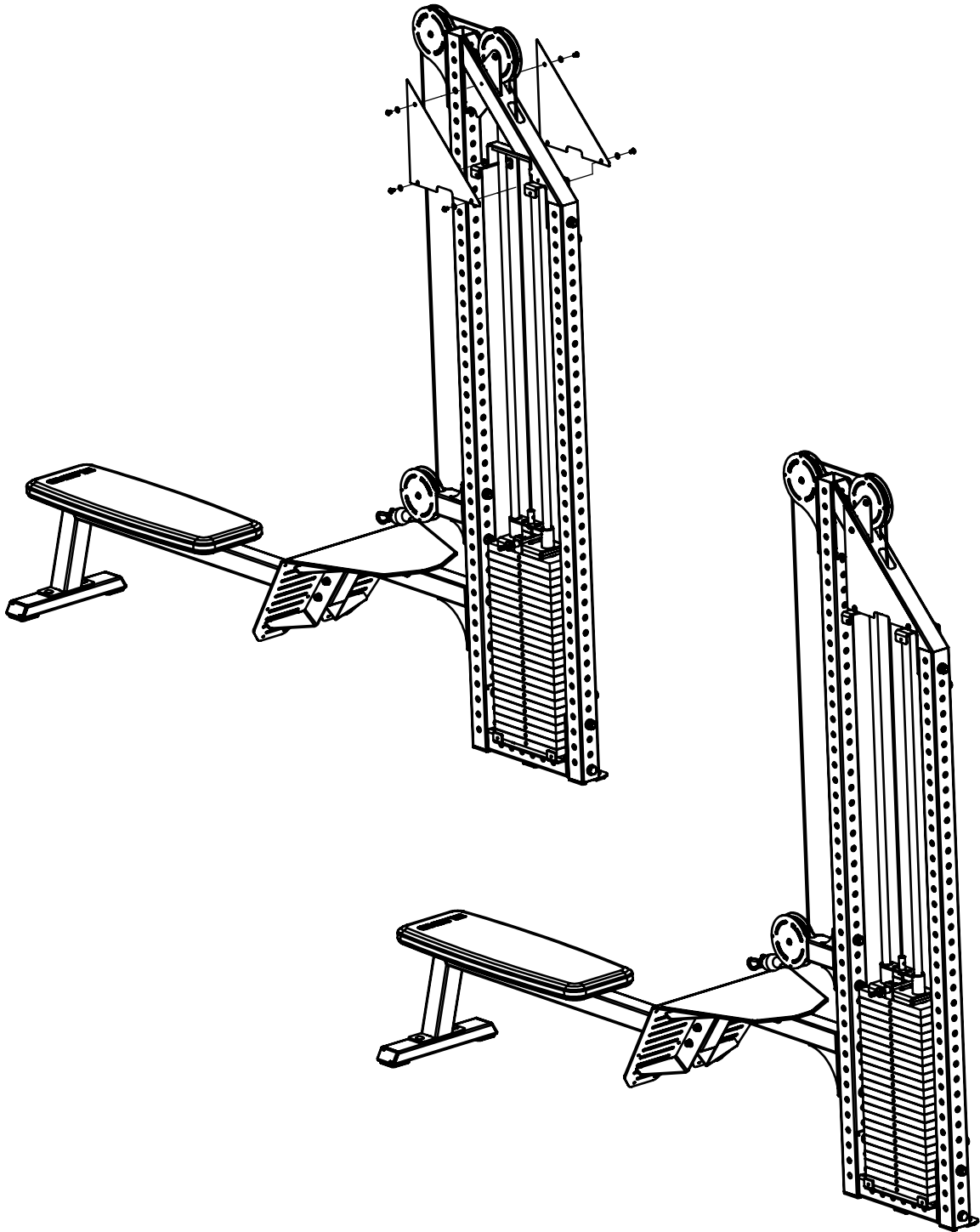


K6S M8 x 12

6x



Washer M8



15.



1x

3085858p1

4x



K6S M8 x 12

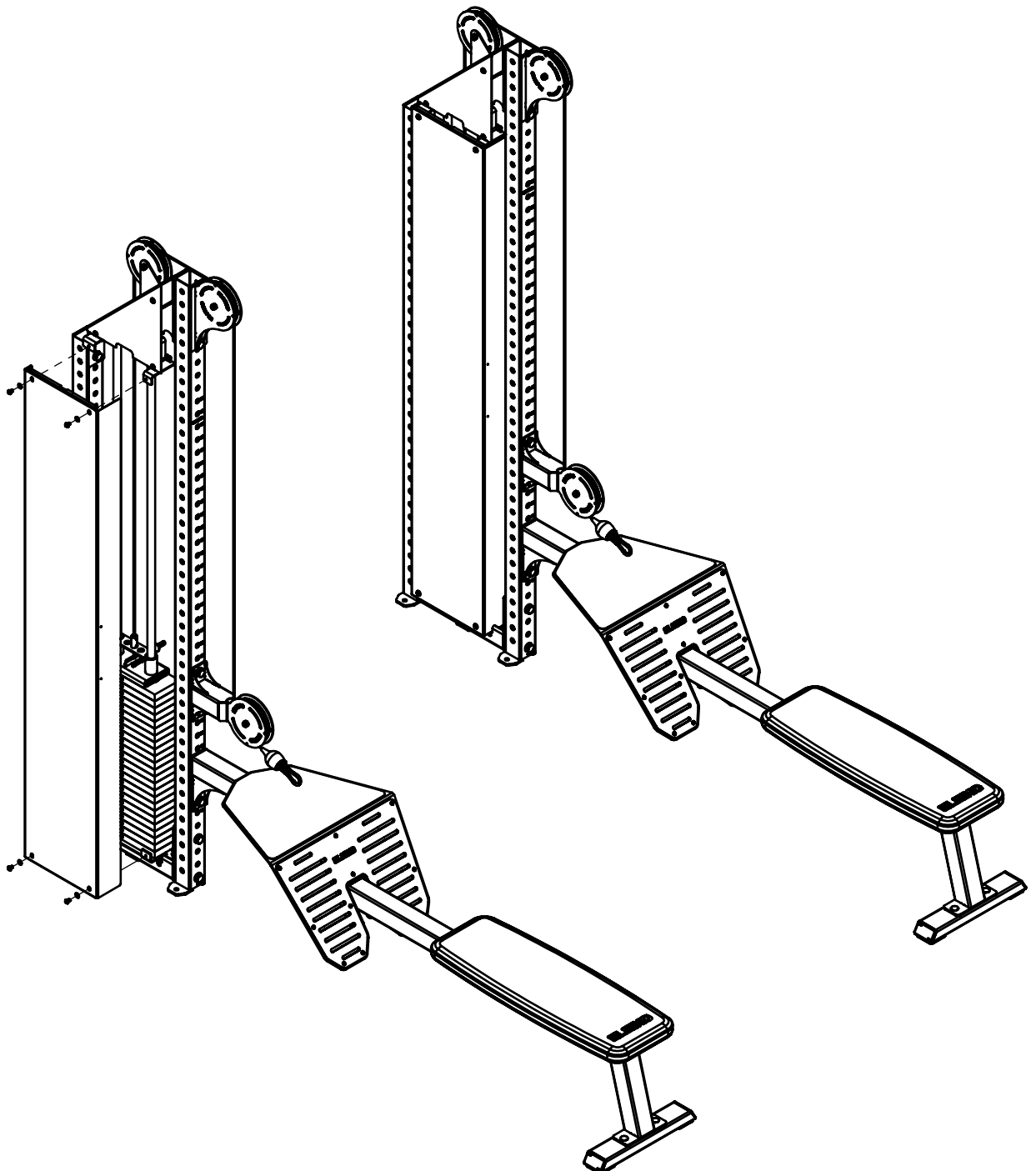
4x



Washer M8

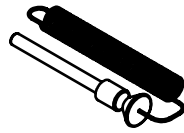
WIPE OFF BOTH RODS AGAIN WITH A CLEAN CLOTH  
BEFORE MOUNTING COVER PLATE!

NOW YOU MUST DECIDE FROM WHICH SIDE YOU WOULD LIKE TO HAVE SELECTOR PIN!  
THE COVER PLATE MUST BE MOUNTED ON THE OPPOSITE SIDE OF THE SELECTOR PIN!

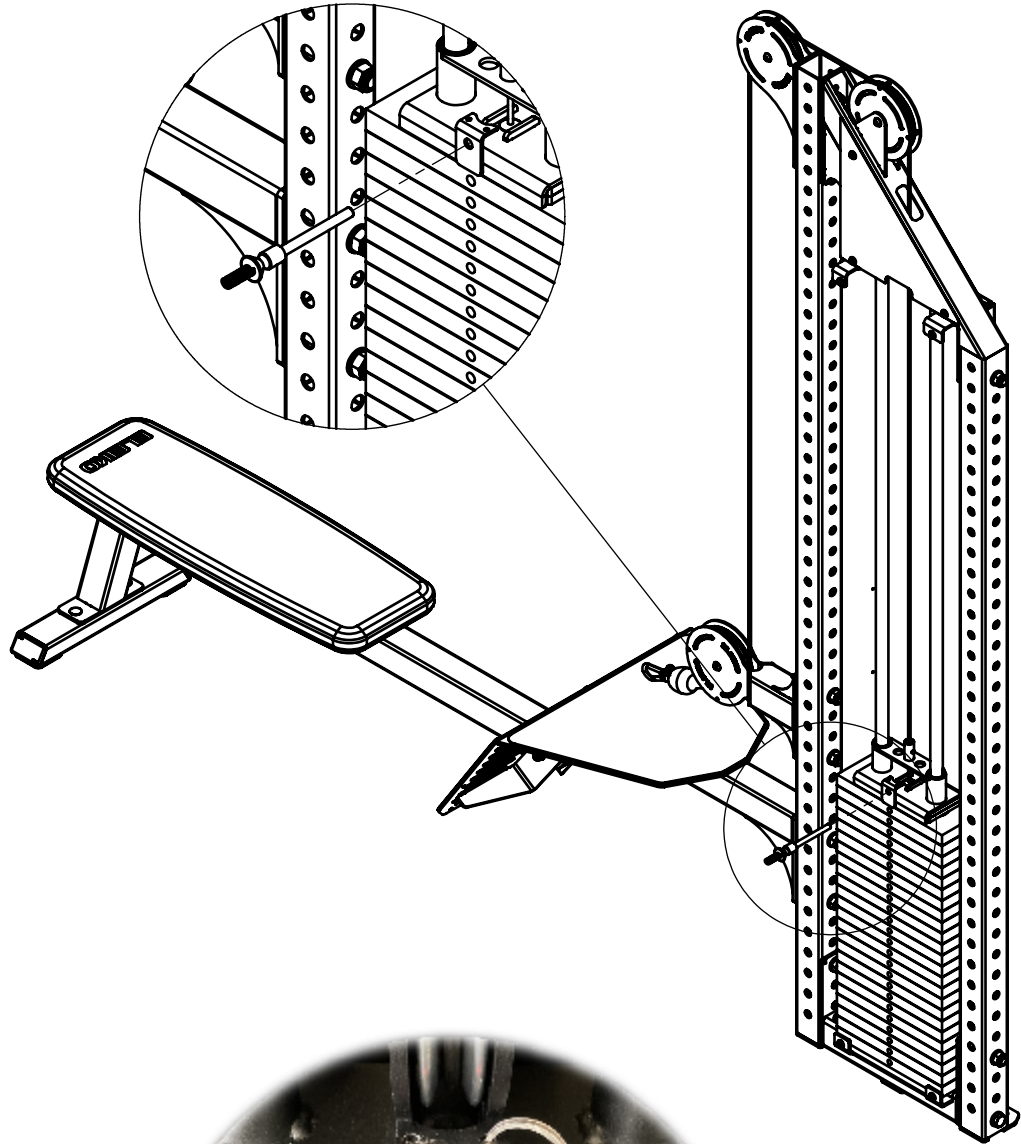


16.

1x



2001483



SECURE SELECTOR PIN BY THREADING THE METAL RING INTO THE RIGHT HOLE!

17.

2x



3085858p2

4x

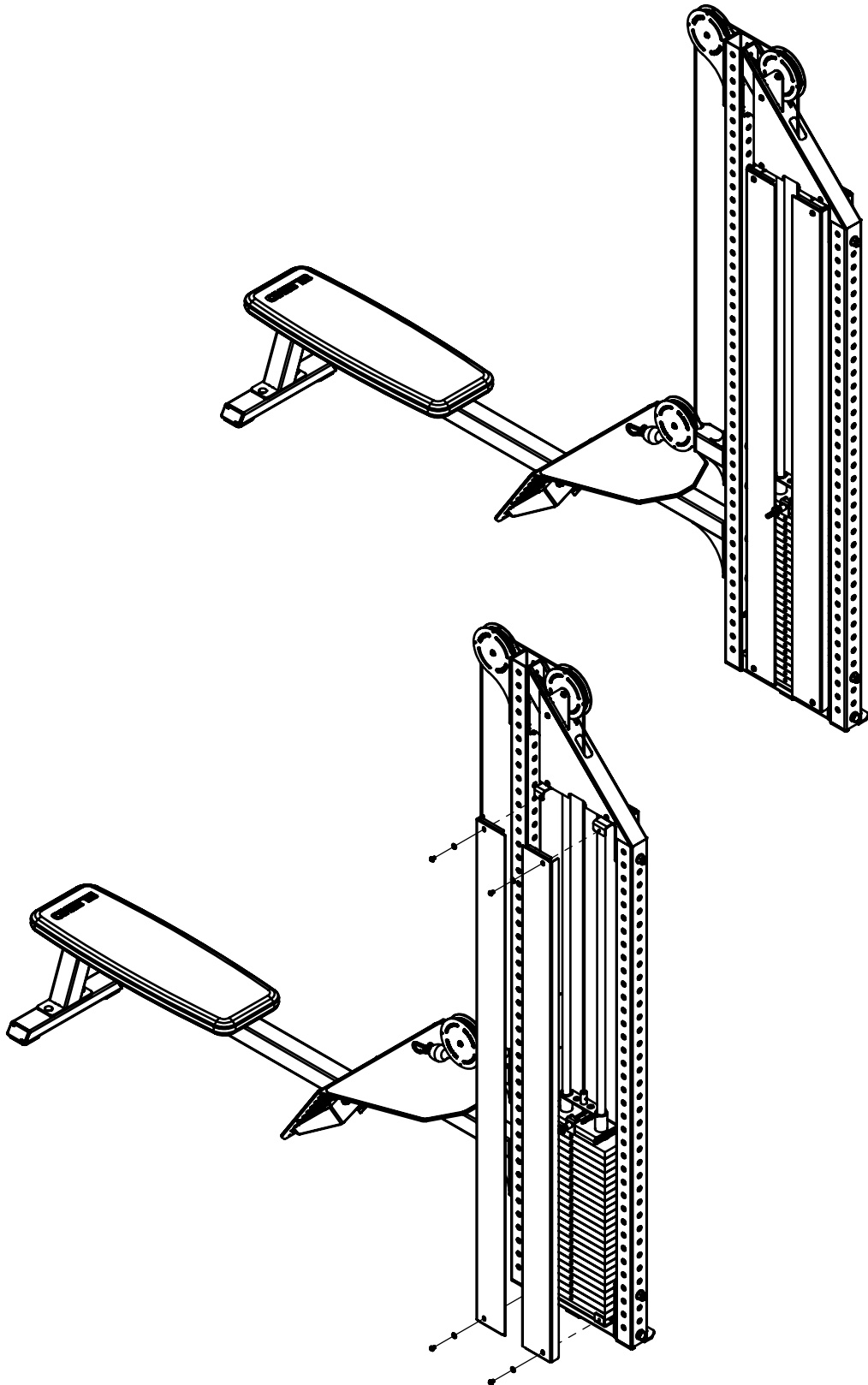


K6S M8 x 12

4x



Washer M8



# USER GUIDE

## PURPOSE

The Eleiko cable low row provides users with a wide range of exercises that target all muscle groups. All with a small foot print.

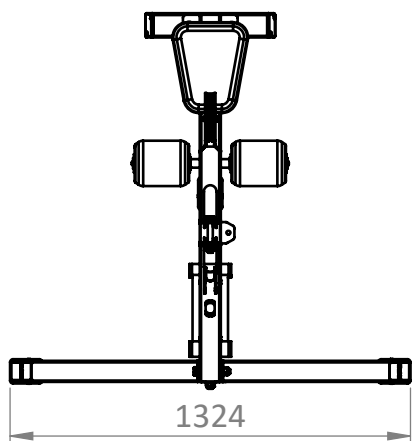
## GENERAL INSTRUCTIONS FOR USE

1. Use the selector pin to select training weight.
2. Switch to different handles depending on exercise.

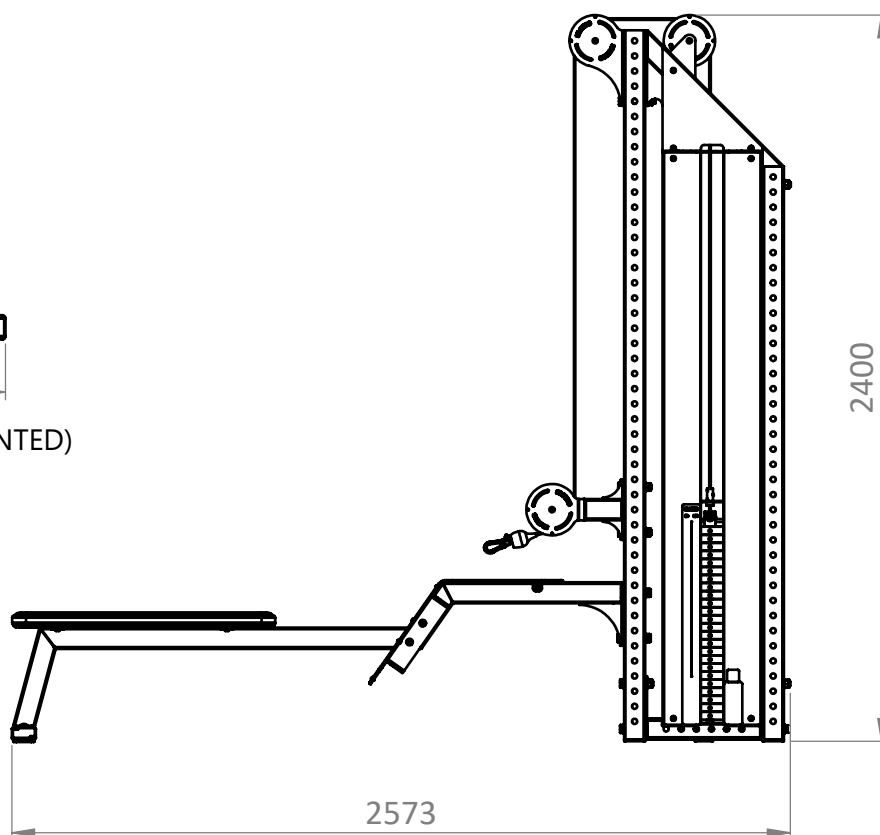
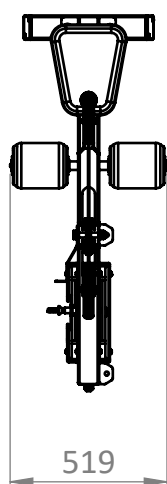
## PRODUCT SPECIFICATION

Max user weight	N/A
Max training weight	120 kg / 265 lbs (120 kg weight stack) 150 kg / 330 lbs (150 kg weight stack)
Product weight	225 kg / 496 lbs (120 kg weight stack) 255kg / 562 lbs (150 kg weight stack)
Dimensions (L x W x H)	1240 x 519/1324 x 2400 mm 49 x 20/52 x 94"

(FREE STANDING)



(MULTI STATION & WALL MOUNTED)



# CARE AND MAINTENANCE

## PREVENTIVE MAINTENANCE AND INSPECTIONS

NOTE: The safety level of the equipment can only be maintained if it is examined regularly for damage and wear.

Regularly:

- Clean surfaces on the frames and tubes from dust and dirt.
- Check that all bolts between parts, walls and floors are properly tightened, according to recommendations.
- Check equipment for sharp edges. Replace parts with sharp edges.

See also [www.eleiko.com](http://www.eleiko.com).

## SPARE PARTS AND SERVICE

Contact Eleiko for spare parts and service:

Eleiko Group AB | Klastorpsvägen 18 | SE-302 62 HALMSTAD | Sweden  
E-mail: [info@eleiko.com](mailto:info@eleiko.com) | Phone: +46 35 17 70 70  
[www.eleiko.com](http://www.eleiko.com)

## WARRANTY

All products manufactured by ELEIKO are warranted to the original purchaser to be free from defects in workmanship and / or materials under normal use or service as follows:

- 5 years on structural moving parts.
- 3 years on bearing, bushings and pulleys.
- 1 year on cable and accessories.



# ELEIKO

Eleiko Group AB | Klastorpsvägen 18 | SE-302 62 HALMSTAD | Sweden  
E-mail: [info@eleiko.com](mailto:info@eleiko.com) | Phone: +46 35 17 70 70

[www.eleiko.com](http://www.eleiko.com)



