





ROPE MAINTENANCE & REPAIR

Service Guide 940-4002

IMPORTANT PRECAUTIONS

 **WARNING:** To reduce the risk of serious injury, read the following important precautions before using this equipment.

1. Read all instructions in this manual and assemble as described before using this equipment.
2. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all precautions.
3. Use this equipment only on a level surface. Cover the floor beneath to protect the surface.
4. Keep children under 12 and pets away from the equipment at all times.
5. Make sure all parts are properly tightened each time you use this machine. Replace any worn parts immediately.
6. Make sure the adjustment knobs are fully engaged / disengaged before using the equipment.
7. Always wear athletic shoes for foot protection while exercising.
8. This equipment is designed to support a maximum user weight of 300 pounds.
9. Pull on one the rope only and never grab a rope in a way that prevents the drum from rotating. Never attempt to hang on the rope or frame. Pull rope with hands only.
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

 **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. HiPEQ assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Tools Required for Maintenance and Repair

Butane Gas Igniter or Lighter



Tapered Alignment Punch with a rounder end
Tip diameter: 0.15 – 0.25 inches (3.8 – 6.3 mm)



Light Duty Scissors



Rope Conditioning and Care

All HiPEQ double braided ropes are made using high quality polyester or nylon fibers. Unless stated otherwise or requested by the client polyester is material of choice for rope construction due to its high tensile strength and low moisture absorption when compared to nylon. Below is a list of important guidelines to follow when using either open-ended or closed-ended (looped) ropes:

- 1-1** Double-Braided Polyester and Nylon ropes constructed in a closed loop will shrink by as much as 15 to 25% in length throughout the life of the rope. In most cases with moderate daily use our ropes will achieve final length within 3 months.
- 1-2** Rope diameter, softness and texture will change in the first weeks of use. As the rope length shrinks, rope diameter will increase slightly. The rope will also firm up.
- 1-3** Some fiber fraying is normal. (Figure 1)
- 1-4** Wipe rope only with a very mild detergent solution and do not use acids, bases or solvents. Avoid using alcohol. Wet rope should be wiped dry before use.



Figure 1: Polyester Black Rope with some signs of frayed fibers and strands

Rope Use, Maintenance & Repair

In some cases minor maintenance or repair maybe required. Closed-end (looped) ropes undergo a special joining process which involves gluing and stitching rope ends together. Below is a list of guidelines that should be followed during maintenance and repair of the rope:

- 2-1** In some cases rope joint may need to be softened up and compressed to reduce its size. Squeeze or press the joint using your hands on all sides, while avoiding excessive bending around and at the joint. (Figure 2)
- 2-2** Protective leather gloves should be worn during repair of damaged rope strand. Carefully melt the strand using gas igniter or lighter, and apply pressure to flatten. (Figure 3)

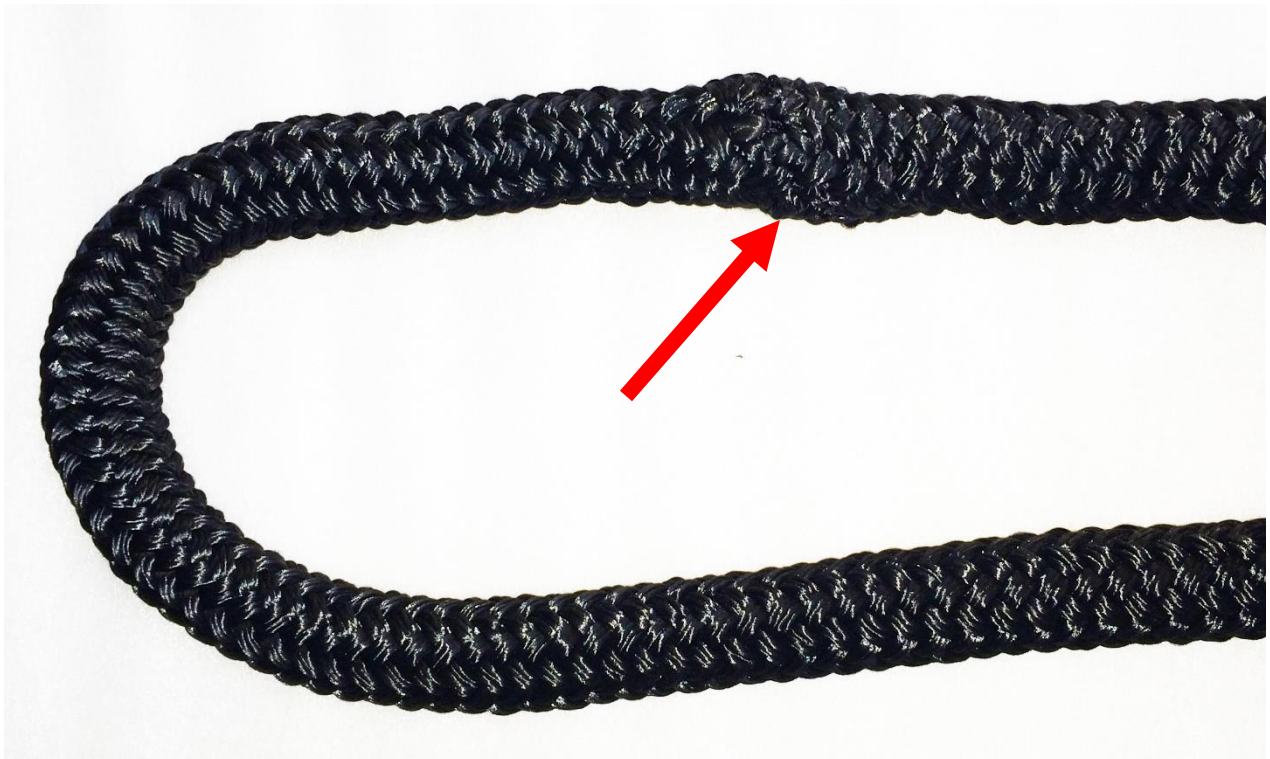


Figure 2: Closed-End (Looped) Rope Joint

Rope Use, Maintenance & Repair



Figure 3: Repairing Damaged Rope Strands - 01

- 2-3** Loose rope strands can also be repaired by pushing them inside the rope with a tapered alignment punch. (Figure 4)



Figure 4: Repairing Damaged Rope Strands - 02

Rope Use Repair

- 3-1** Figure 5 shows an example of a several month old rope that has shrunk in length with a slight increase in outside diameter. Long strands of fiber can be trimmed using scissors.



Figure 5: Example of a 3 Month Old Rope

If you have any questions regarding HiPEQ
equipment or any instruction found in this document
please call 650.549.5888 for assistance.

HIPEQ LLC.
80 Glenn Way STE 8
San Carlos, CA 94070
U.S.A