

Compare the exact cable system

Keep the current manual, model drawing and delivered quote with this sheet.

Exact model / revision / seller / current manual:

Loading style / independent sources / included components:

Outlet / approved connection / label basis / documented ratio:

Minimum / effective increments / maximum under stated conditions:

Usable travel / trolley heights / intended handles and bench:

Frame plus working area / ceiling / loading and delivery access:

Required mount, floor or rack / installer questions / confirmation:

Complete quote / delivery / parts contact / return freight terms:

A loading capacity is not a recommended training load or measured outlet force.

Use manufacturer-approved connections; do not infer independence from handle count.

Record your exercise transitions

Planning record only. Follow the exact manual; do not prescribe loads from this sheet.

First exercise / user / trolley setting / handle / body or bench position:

Next exercise / required trolley, grip, resistance and position changes:

Entered label / units / source or outlet basis / documentation:

Minimum resistance and effective increment demonstrated:

Required resistance / exact source, outlet and approved connection:

Full controlled travel / clearance / unresolved movement limits:

Inspection findings / cable and pulley maintenance / parts contact:

Unanswered questions / configuration to skip / next demonstration:

Keep independent outlet figures separate; do not add them into one handle value.

Stop for pain, damaged equipment or uncontrolled movement.