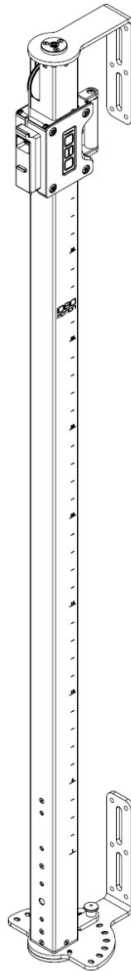


1080 POLE USER MANUAL

Version: 1.0



1080 MOTION™

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WELCOME TO 1080 POLE (ENGLISH)



Read this User Manual and follow all instructions and warnings to reduce the risk of serious injury or death.

For assistance contact www.1080motion.com

NOTE:

Manual illustrations are for demonstration purposes only.

Illustrations may not reflect exact appearance of product.

Product specifications subject to change without notice.

We reserve the right to introduce product changes to system software and hardware without notice. Such changes may not be covered in this manual.

To obtain the latest version of this manual and the User Manual visit www.1080motion.com

Congratulations on an excellent choice!

1080 POLE is a powerful accessory for training and testing system for strength, speed and power.

This User Manual explains the set-up, use and maintenance of your 1080 POLE.

Contact 1080Motion

Please refer to our website for contact information and assistance.

www.1080motion.com

IMPORTANT SAFETY INSTRUCTIONS

	Read all instructions and safety information in the Installation and Maintenance Manual and this User Manual before installing and using this product. Failure to follow all instructions and warnings may cause severe injury or death. For assistance contact www.1080motion.com SAVE THESE INSTRUCTIONS
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This is a powerful accessory to the 1080 products CABLE and SPRINT 2 for training and testing of musculoskeletal conditioning. The product is intended for commercial use. Improper use, installation and maintenance of the product can cause severe injury or death.

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this machine.

WARNING – To reduce the risk of burns, pinching or injury to persons:

- 1) Do not expose the product to outdoor environments. The 1080 POLE is an indoor product.
- 2) Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- 3) Use this appliance only for its intended purpose as described in this manual. Do not use attachments not recommended by the manufacturer.
- 4) Do not drop or insert any object into any opening.

User qualifications

Users of 1080 POLE must be physically fit to use the product. Talk to your physician prior to starting a new exercise program.

This product shall only be used by people who have undergone the required training or are under the supervision of a trained instructor.

Users should not be under the influence of drugs, alcohol, or fatigued.

This product is not intended for use by those who lack basic knowledge of how the product is used safely.

Keep children away from the product. Children must be supervised when present and never be allowed to operate the equipment on their own.

Before use

Do not attempt to fix a broken or jammed product. Notify facility staff or 1080 Motion.

Inspect product including wire, spring plungers and attachments prior to use. DO NOT use if anything appears damaged or inoperable.

During use

DANGER! All maintenance inside the product must be performed by certified service personnel.

Use the product only for the intended use. Do not modify the product.

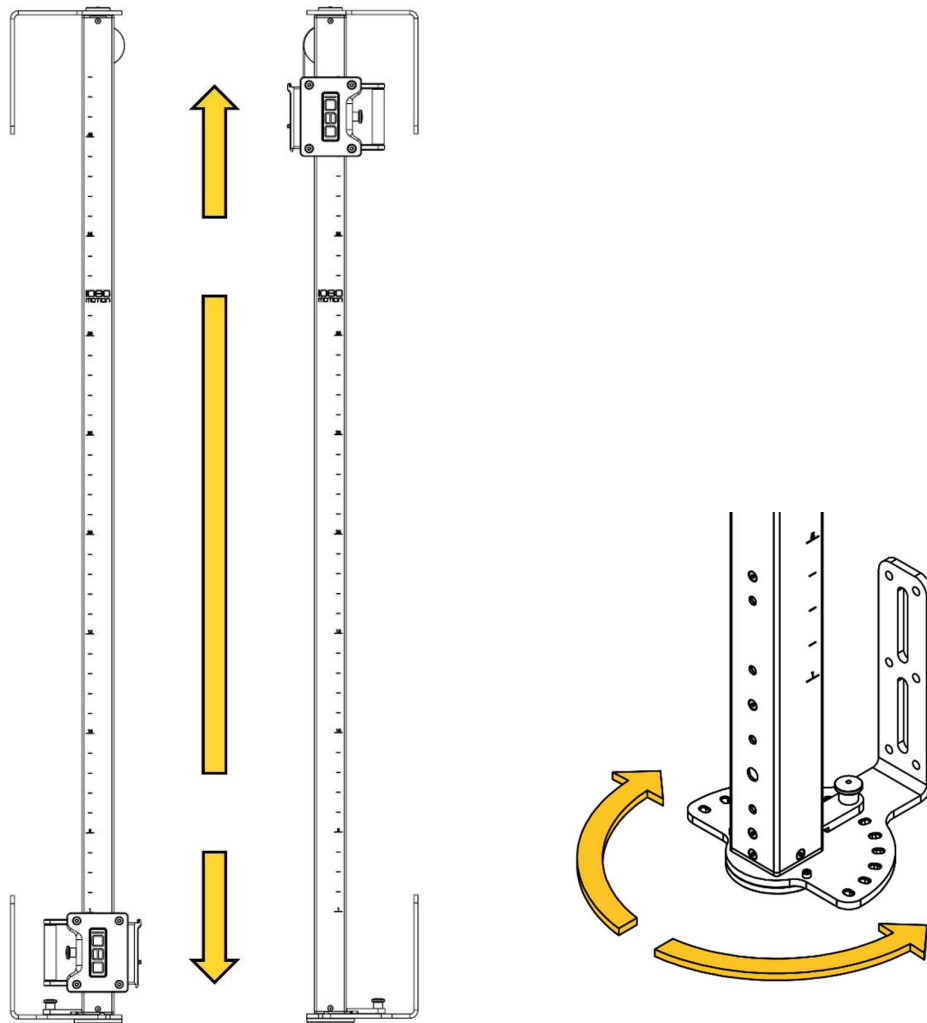
Do not insert body parts or objects into the product.

Intended Use

The product is a powerful accessory for the training and testing device 1080 CABLE and 1080 SPRINT 2 for musculoskeletal conditioning. Improper use, installation and maintenance of the product can cause severe injury or death.

This product is intended to be used for:

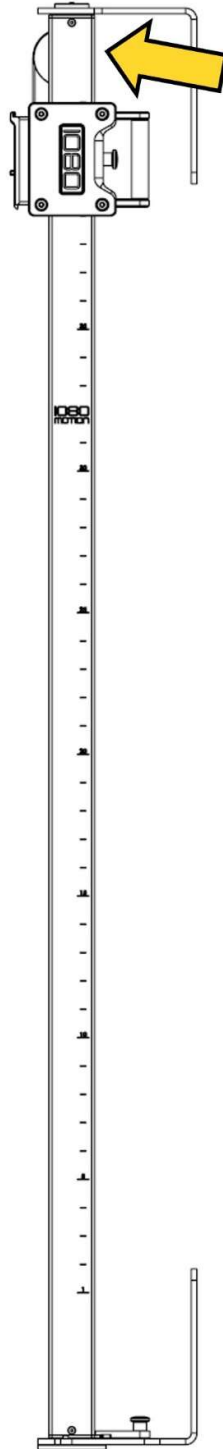
- As a moveable rack mount or wall mount for the machines 1080 CABLE and 1080 SPRINT2.
- To enable the 1080 machines (described above) to be moved, effortlessly up and down (total range of 2,1m) as well as being rotated ± 90 degrees around its vertical axis.
- Movement is enabled by pulling the spring plungers on the machine mount or the bottom rotational lever.



- To enable exercise sessions in the 1080 CABLE and SPRINT2 for both vertical, rotational and horizontal movements with the purpose of improving muscular strength and speed.
- To enable resisted training in any direction the 1080 machines allow.
- 1080 Pole is an indoor product.

Product Markings and Symbols

Product label on the upper backside of the square steel tube.



1080 POLE

1080 POLE is a versatile accessory for functional training and testing.

Parts and functions



Maintenance and inspections

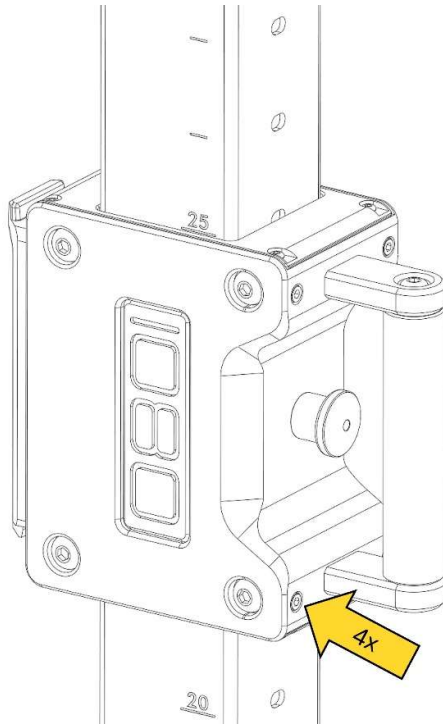
Inspection and maintenance should be performed on a regular basis to ensure safe and trouble-free operation of the product.

REGULAR INSPECTION

- **Inspect the wire.**
The plastic-coated wire is inspected by visually checking for excessive wear and tear along its length.
- **Ensure nuts and bolts are tight and no mechanical parts appear loose or out of position**
- **Pay attention to any liquids at the bottom of the Pole.**
Inside the product there is a gas spring to make the added machines “weightless” when moving it up and down. If the integrity of the gas spring is not kept oil will be seen in the bottom of the product.

Regular Maintenance

- The Pole machine mount is designed with 4 set screws on the back side to adjust the fit and clearance to the Pole tube. These set screws are tightened to a good fit in the manufacturing of the product. To ensure continuous smooth up and down motion over time the set screws should be continuously checked and possibly adjusted.



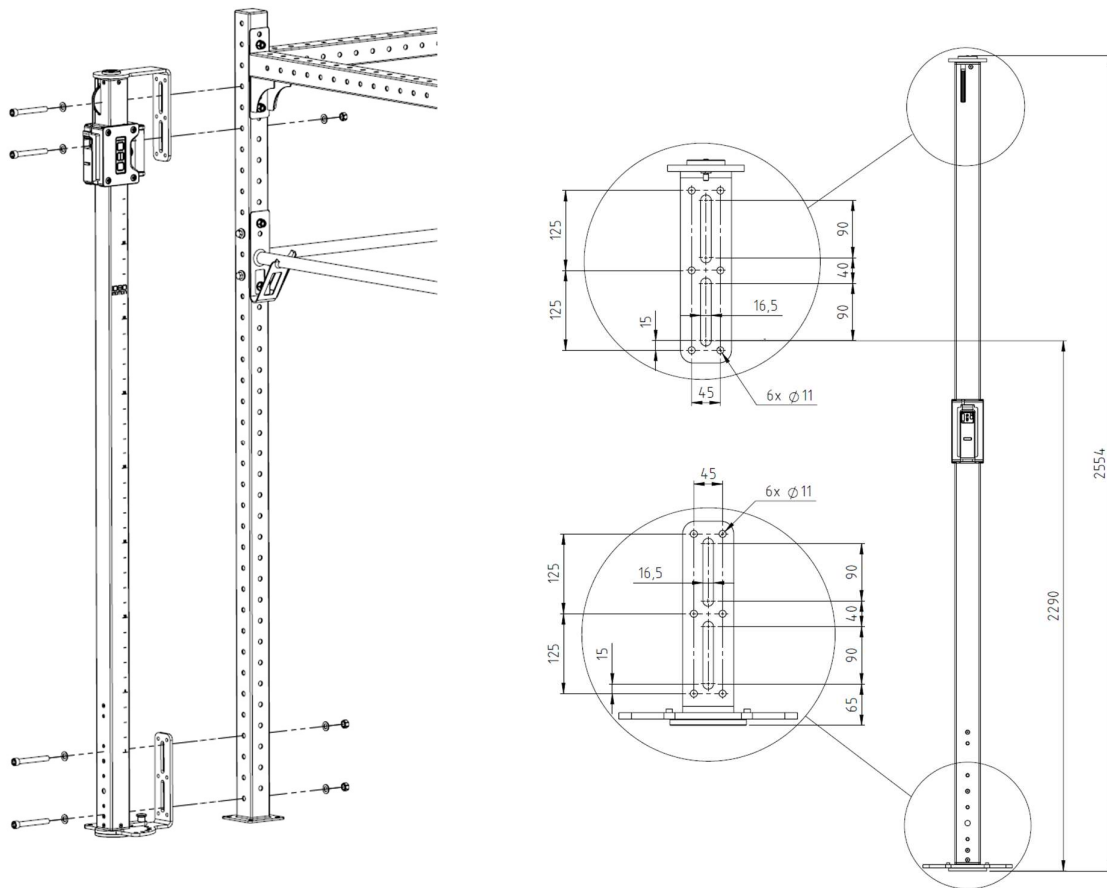
- Cleaning the 1080 Pole with a soft cloth and light alcohol detergent will preserve the look and feel.

Mounting and setup

This chapter describes how to mount the product to a rack or a wall.

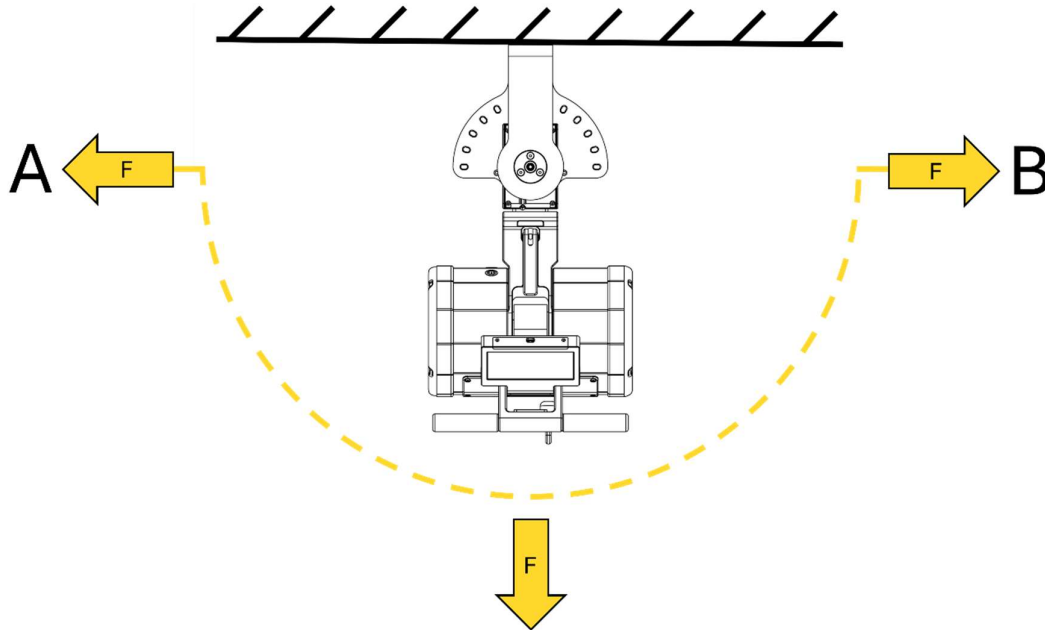
MOUNTING THE POLE ON A RACK

The 1080 Pole has different mounting possibilities to enable mounting to a rack or a wall. For rack mounting use the 16,5mm slots according to the drawing below. Minimum recommended screw size for rack mounting is M10 bolts (length depends on rack tube size), complete with suitable washers and nuts. **Bolts, washers and nuts for the rack are not included.**

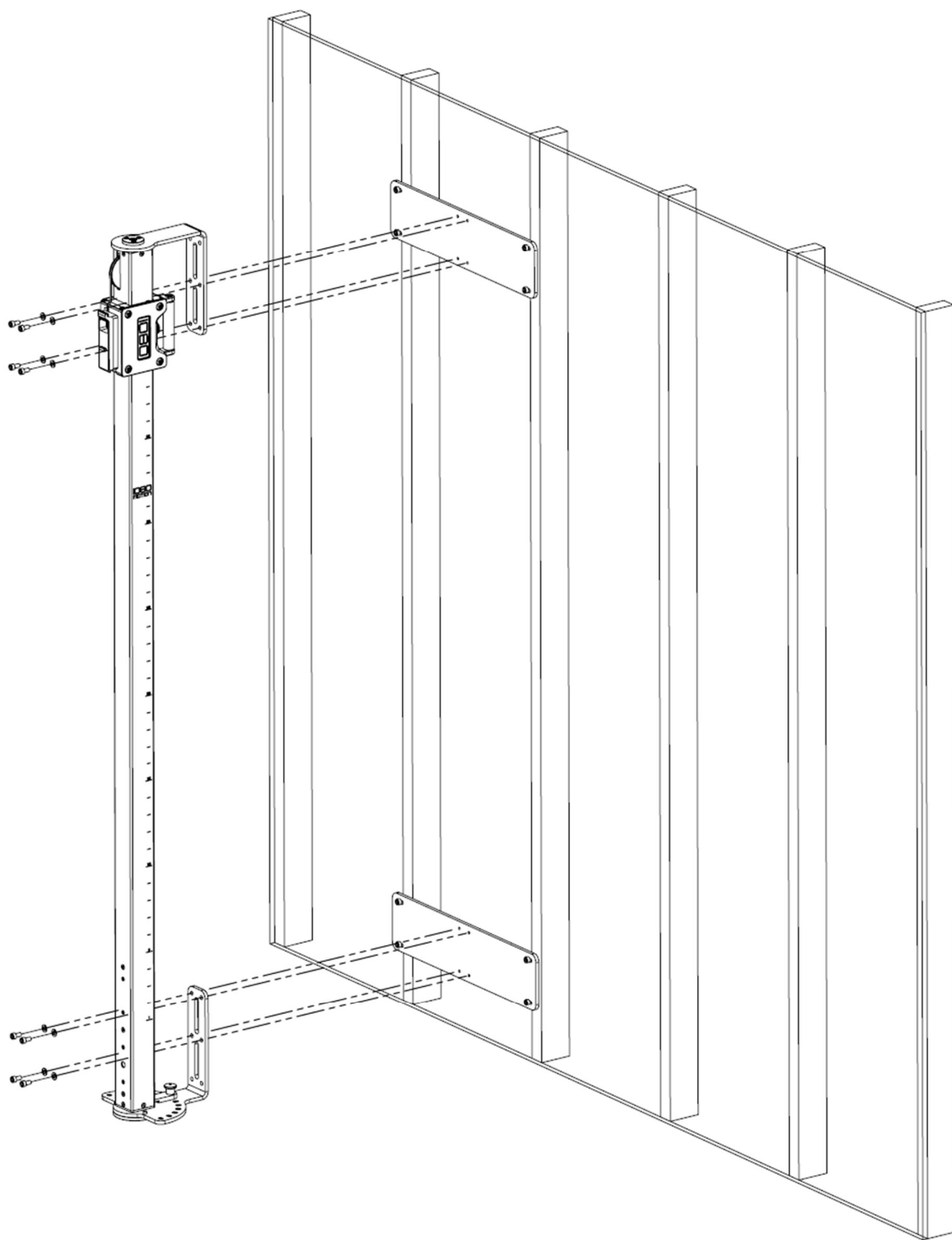


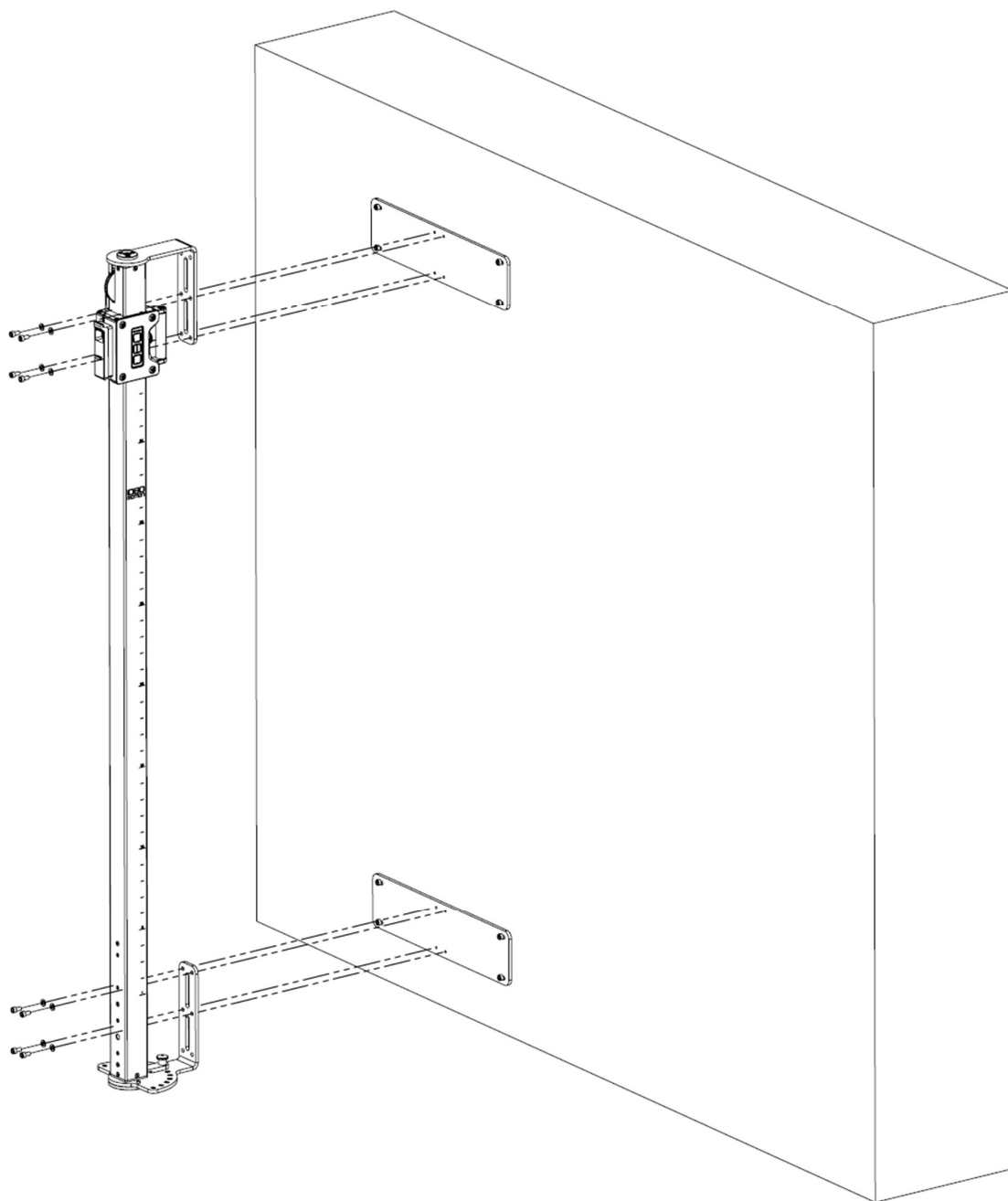
MOUNTING THE POLE ON A WALL

The worst load case for any 1080 machine mounted is when Pole is rotated to position A or B as shown in the picture below and max load is applied on the line of the machine. In the example below the 1080 CABLE is mounted on the Pole and hence the maximum load is 180kg pulling force (using a pulley and the isokinetic mode of the machine).



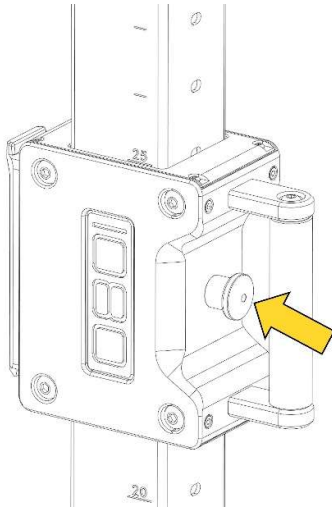
If the 1080 Pole will be mounted to a wall, assess the suitability of the wall to ensure that it will withstand the forces generated. Recommended is to use plate material to spread out the load on a larger surface of the wall (as can be seen in the example figures on the following pages). Use bolts, anchors and plates suitable for your walls and the intended load. If you are uncertain, seek professional advice. Read and follow each step of the instruction carefully. **Bolts, anchors and plates for the wall are not included.**





BEFORE ADDING A 1080 MACHINE TO THE POLE

The 1080 Pole arrives with the machine mount positioned in the top position. This machine mount is spring-loaded and will continuously push up with a force of approx. 30kg. The purpose of this is to enable easy repositioning of the machine. To position the machine mount at an accessible height (to be able to mount the machine), pull out the index plunger on the back. This is significantly easier to do if force (approx. 30kg) is applied downwards simultaneously as pulling the index plunger. Once the index plunger is pulled, keep it pulled out and overcome the spring force pulling the machine mount. Reposition the machine mount to a suitable height for mounting the machine (recommended approx. 1m above floor level).



Technical data

GENERAL

Color	Stainless steel and black
Weight	35 kg/77 lbs
Dimensions	(LxWxH) : 328xØ280x2554 mm (13xØ11x101 in)

PERFORMANCE DATA

Height range	2100mm
Vertical rotational range	± 90 deg from center position (total 180 deg)
Machine compatibility	1080 CABLE and 1080 SPRINT2
Max horizontal moving speed	0,3m/s