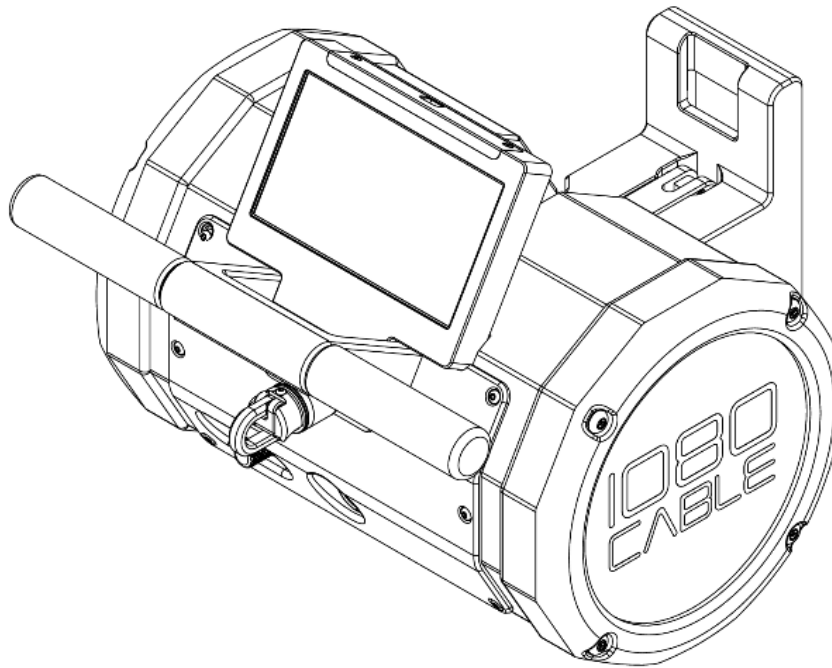


# 1080 CABLE USER MANUAL

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Version: 1.0



1080 MOTION™

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# WELCOME TO 1080 CABLE (ENGLISH)

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**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](http://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](http://www.1080motion.com)**

Congratulations on an excellent choice!

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

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

## Contact 1080Motion

Please refer to our website for contact information and assistance.

[www.1080motion.com](http://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](http://www.1080motion.com)**

**SAVE THESE INSTRUCTIONS**

**This machine is a powerful training and testing device for musculoskeletal conditioning. The machine 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.

**DANGER** – To reduce the risk of electric shock or injury to persons:

- 1) When travelling with the machine by flight, the battery must be removed. Before opening the machine and removing the battery, always power down and unplug the charging cord from the machine.
- 2) Before use, always make sure the machine is securely anchored to a 1080 POLE or a 1080 Cable approved wall/rackmount.

**WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) Risk of Electric Shock. Do not expose the machine to outdoor environments. The 1080 CABLE is an indoor product.
- 2) Do not cover the machine. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- 4) Use this appliance only for its intended purpose as described in this manual. Do not use attachments not recommended by the manufacturer.
- 5) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or submerged into water. Return the appliance to a service center for examination and repair.
- 6) Do not lift or carry this appliance by charging cord or use cord as a handle.

- 7) Ensure the charging cord is placed so that it will not be damaged. Keep the cord away from heated surfaces.
- 8) Do not operate the device if the air vents are blocked. Always keep the vents clear of dust, lint, hair, or similar debris."
- 9) Do not drop or insert any object into any opening.
- 10) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 11) To disconnect, power down the machine.

### User qualifications

Users of 1080 CABLE must be physically fit to use the machine. 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 use the machine if the transparent drum shield or the side covers are open or missing.

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

Inspect machine including charging cable, pull cord and attachments prior to use. DO NOT use if anything appears damaged or inoperable.

A broken fuse may be an indication of a serious malfunction. Do not replace the fuse until the machine has been inspected by authorized personnel.

## During use

**DANGER!** Do not operate with the transparent drum shield or side covers open as this poses an entanglement or mechanical injury to hands and fingers. All maintenance inside the machine must be performed by certified service personnel.

Do not enter or exit apps (e.g. various quick start apps) while someone is actively using the machine. The loads will automatically change for the user and can cause injury.

Extreme caution must be used when increasing resistance and speed settings during exercise. Do not use resistance and speed settings beyond the physical capacity of the user.

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

Do not release the handle from a distance when the machine is pulling.

Keep the line away from sharp edges. Do not place any sharp or heavy objects on top of the line.

Do not insert body parts or objects into the machine.

Power down machine before servicing.

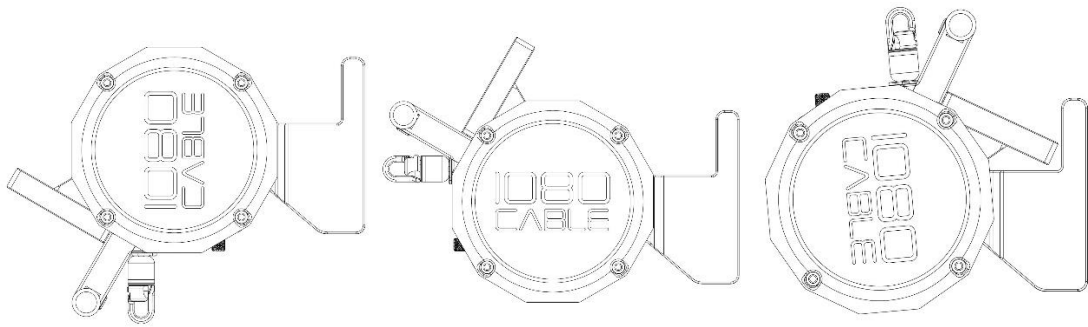
Do not remove the warning labels from the product. If the labels are missing or unreadable, refrain from using the product until replacement labels have been ordered from 1080 Motion.

## Intended Use

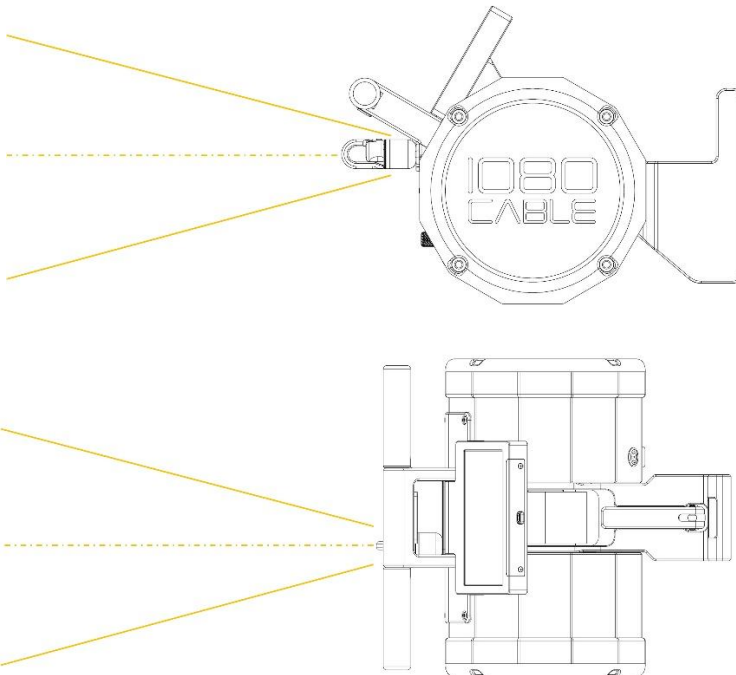
The machine is a powerful training and testing device for musculoskeletal conditioning. Improper use, installation and maintenance of the product can cause severe injury or death.

This product is intended to be used for:

- Mounted on the 1080 Pole or the 1080 approved mount.
- Performing exercise sessions for both vertical, rotational and horizontal movements with the purpose of improving muscular strength and speed.



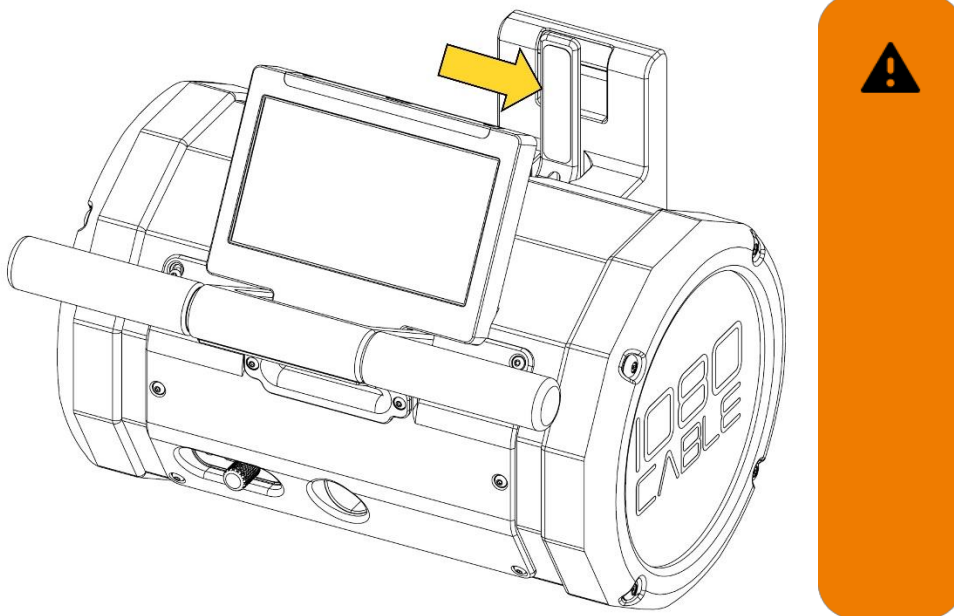
- Attaching handles, belts or other accessories (such as standard gym handles or ankle cuffs) to the end of the machine line.
- Resisted training in the direction perpendicular to the line outlet surface in the front of the machine. Within a maximum angle of  $\pm 15$  degrees.



- Resisted training with the line end connected to the machine and a pulley doubling the possible load for the user when required.
- Evaluating concentric and eccentric strength, speed, and power output during different movements and at various levels of resistance.
- Detecting output imbalances when comparing left vs. right sided unilateral movements.
- Monitor progress over time for a user following a training program.
- The product is NOT intended to provide medical diagnoses or therapy.

## Product Markings and Symbols

Warning label on the underside of the locking lever of the Machine mount:



General warning label on backside of the machine:



## 1080 CABLE

1080 CABLE is a versatile system for functional training and testing.

It is ideal for human performance conditioning including reconditioning efforts offering easy and accurate evaluation of the muscular function.





## Parts and functions

7" TOUCH SCREEN

REAL-TIME DISPLAY OF TIME,  
DISTANCE, SPEED, FORCE, POWER

PADDED CARRYING  
HANDLE

ANGLE ADJUST  
BUTTON

3,9 m (128 ft) LINE

RECHARGEABLE  
99 WH BATTERY

GEAR 2 ANCHOR FOR  
RESISTANCE UP TO  
100 KG/220 LBS



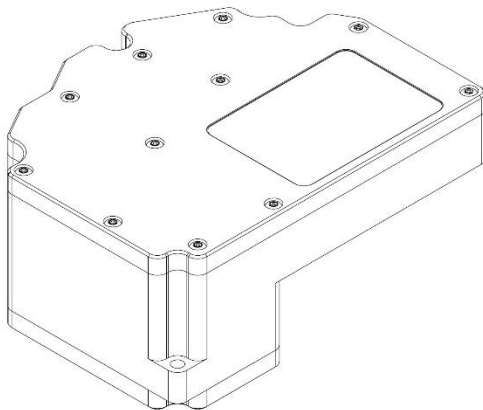
⏻ <10 SECOND START-UP TIME

💎 DUST & WEATHER PROTECTED

🚀 SMART SELF-GUIDED FEATURES FOR  
EASE OF USE

📶 WIFI CONNECTED FOR DATA  
TRANSFER & SOFTWARE UPDATES

The removable battery sits inside the machine. It is a type LFP (lithium iron phosphate) and has a longer life span than standard lithium-ion (NMC, NCA) and meets FAA requirements for air travel meeting the requirement of <100 Wh. For travel with the machine by air, this battery needs to be removed and carried in hand luggage. The machine comes with a complete document of battery specification to show airport personnel/security.



## Maintenance and inspections

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

### REGULAR INSPECTION

- **Look for malfunctions of any kind.**

The inspection must be made when the machine is being used. Signs of a malfunction could be a strange noise or a jerky feeling when using the machine. See the troubleshooting section if unsure of what the problem is.

- **Inspect the line.**  
The line is inspected by visually checking for excessive wear and tear along its full length. Inspect the attachment/anchoring of the line in both ends.
- **Inspect charging cord.**  
The charging cord must not have any visible damage to prevent electric shock.
- **Ensure nuts and bolts are tight and no mechanical parts appear loose or out of position.**

## **REGULAR MAINTENANCE**

The following maintenance must be performed on a regular basis:

- **Cleaning**  
Clean the touch screen only using a soft cloth and cleaning agent designed for PC touch screens. Use of any other cleaning material may cause permanent damage to the screen. Suitable cleaning cloths and liquids are available in stores selling computers and office supplies.  
Clean all other surfaces with a soft cloth and detergents suitable for painted surfaces. Do not use any strong chemical detergents that may damage the paint or plastic components. Use only disinfectants suitable for cleaning gym equipment.

## Start and stop

This chapter describes how to start the machine and how to turn it off.

### BEFORE STARTING UP THE MACHINE

#### **1) Placement and Anchoring**

Mount the 1080 Cable on a 1080 Pole or 1080 approved wall or rack mount. This product is intended for indoors use only and not to be exposed to outdoor elements. The machine has a built-in temperature sensor and will shut off automatically if it becomes too hot.

#### **2) Wear and Tear**

Ensure there is no visible damage to the machine and that the line is not entangled.

### STARTING THE MACHINE

The below sequence must always be followed when starting the machine:

- 1) Press the start button on the front side of the machine.**
- 2) Use the built in screen to start working with the quick start software or use a windows device to connect the Control App software to the machine.**

### TURN OFF THE MACHINE

#### **1) Rewind the line.**

Press "Set Zero Position" on the touch screen to rewind the line into the machine.

#### **2) Press the start button to power down the machine**

## Technical data

### GENERAL

|            |                                        |
|------------|----------------------------------------|
| Color      | Black                                  |
| Weight     | 24,5 kg/54 lbs                         |
| Dimensions | (LxWxH) : 405x369x306 mm (11x12x12 in) |

### PERFORMANCE DATA

|                                              |                                                                                                                                                            |
|----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Continuous resistance range both directions  | 3-50kg                                                                                                                                                     |
| Max resistance, assisted direction           | 75kg (using eccentric overload)                                                                                                                            |
| Max resistance, resisted direction           | 90kg (using resisted speed limit)                                                                                                                          |
| Gear 2                                       | Using a pulley max resistance can be doubled at half maximum speed                                                                                         |
| Maximum speed                                | 5m/s (16,5 ft/s)                                                                                                                                           |
| Resistance types                             | Normal – simulates a normal physical weight<br>No Flying Weight – reduces line slack when accelerating or decelerating quickly<br>Isotonic – constant load |
| Length of line                               | 3,9 m (128 ft)                                                                                                                                             |
| Line type                                    | 1430 kg/3152 lbs., 3,5 mm/0.138" diameter                                                                                                                  |
| Motor                                        | 2.2kW                                                                                                                                                      |
| Recorded frequency of force, speed and power | Up to 200 Hz                                                                                                                                               |
| User interface                               | Built in 7" adjustable touchscreen with 1300 Lumen Brightness                                                                                              |
| Wi-fi                                        | Wi-fi connected with unique IP Address                                                                                                                     |
| Port                                         | USB-C port interface                                                                                                                                       |
| Speaker                                      | Built-in 40 W speaker                                                                                                                                      |

## Charging

|          |                                                          |
|----------|----------------------------------------------------------|
| Charging | 41.4 V, 160 W Universal charger with 2m/6 ft cord length |
|----------|----------------------------------------------------------|