

Instructions by Monster Shop (UK)

Wall Mounted Cable Pulley Machine

215523

Product Information

Wall Mounted Cable Pulley Machine

Description

Introducing the Wall Mounted Cable Pulley Machine – a compact yet powerful solution for full-body strength training. Featuring an 80kg weight stack and a variety of premium attachments including D-handles, lat pulldown bar, bicep bar, tricep rope, and ankle strap, this machine is designed to support a wide range of exercises from upper body pulls to lower body kick-outs. Built with a sturdy steel frame and supplied with all necessary wall fittings and fixtures, it delivers gym-quality performance while maximising space and convenience in your home or studio setup.

Product specifications

	215523
Dimensions	75x62x213cm
Gross Weight	113KG
Material	Steel, Nylon, Iron, Cement, Rubber Clad Steel Wire, Polyester, Rubber, Polypropylene

SKU
215523



Safety Advice

Ensure you have read and fully understood the instruction manual and safety advice before using this product.

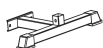
- Ensure the unit is securely mounted with appropriate wall anchors for the surface type. Consult a professional if unsure about wall strength and fixing suitability.
- Perform periodic inspections of wall fixings and bolts to ensure stability. Tighten or replace any loose or damaged components immediately.
- Inspect cables regularly for signs of wear or damage. Replace cables immediately if any wear is detected.
- Do not add extra weight to the machine as this may cause cable failure or structural damage.
- Use caution when adjusting weights and pulleys by keeping hands clear of moving parts and pinch points to prevent injury.
- Keep the workout area clear of obstacles to prevent tripping or falling. Store attachments properly when not in use.
- Use locking mechanisms to secure weight plates in place. Never operate the machine if weights are not properly secured.
- Ensure all provided attachments are securely fastened before use.
- Periodically check all fastenings, including bolts and pulleys, for wear or loosening. Replace or tighten components as necessary.
- If any part of the machine becomes damaged or defective, discontinue use immediately and contact the manufacturer for repairs or replacement.
- Do not modify or alter any part of the machine, as this may compromise safety and void the warranty.
- Only use this equipment for its intended purpose. Misuse can result in serious injury or damage.
- Ensure the machine is used in a well-lit environment with sufficient space around it for safe operation.
- Keep children and pets away from the machine when in use. Never allow unsupervised access to the equipment.
- Always maintain correct posture and technique when exercising.
- Perform an adequate warm-up and stretching routine before use to reduce the risk of muscle or joint injuries.
- If you experience any pain, dizziness, or discomfort while using the machine, stop exercising immediately and seek medical advice if necessary.
- Clean and maintain the machine regularly as per the manufacturer's guidelines to ensure long-term safety and performance.



Parts

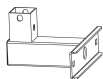
Part A1 – Feet

1 piece(s)



Part A3

1 piece(s)



Part A5 – Machine Top

1 piece(s)



Part A7 – Weight Poles

2 piece(s)



Part A9 – Pole



Part B1 – Pulley Housing with Two Pulleys

2 piece(s)



Part B3 – Large Pulley

5 piece(s)



Part B5 – Weight Pin

1 piece(s)



Part B7 – Carabiner

2 piece(s)



Part B9 – Screw Knob

1 piece(s)



Part C1 – Weight Plate

14 piece(s)



Part C3 – M10x65 Bolt

6 piece(s)



Part C5 – M10x90 Bolt

3 piece(s)



Part A2 – Feet Connector

1 piece(s)



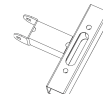
Part A4 – Wall Mounting Pole

1 piece(s)

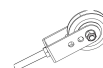


Part A6 – Weight Pole Bracket

1 piece(s)

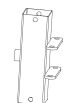


Part A8 – Rope Pulley



Part A10 – Pulley Connector

1 piece(s)



B2



Part B4 – Small Pulley

1 piece(s)



Part B6 – Feet Pole Connectors

2 piece(s)



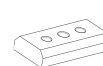
Part B8 – Handle

2 piece(s)



Part B10 – Top Weight

1 piece(s)



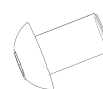
Part C2 – M10x70 Bolt

3 piece(s)



Part C4 – M10x20 Bolt

4 piece(s)



Part C6 – M10x120 Bolt

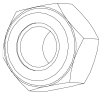
1 piece(s)



Part C7 – M10x85 Bolt
2 piece(s)



Part C8 – M10 Nut
15 piece(s)



Part C9 – M10 Washer
31 piece(s)



C10



Part D1 – Lat Pulldown Bar
1 piece(s)



Part D2 – Bicep Bar
1 piece(s)



Part D3 – Tricep Rope
1 piece(s)

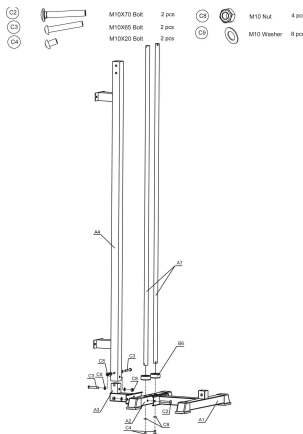


Part D4 – Ankle Stap
1 piece(s)



Steps (6)

1. Assembly of Wall Mounted Cable Pulley Base



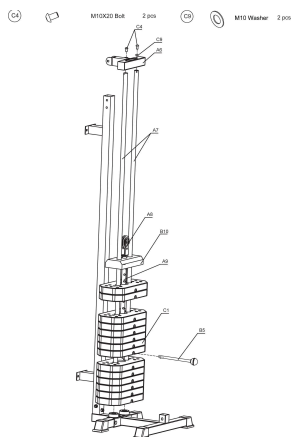
To assemble the base and support structure of the Wall Mounted Cable Pulley Machine, follow these steps:

1. Attach the **Feet (Part A1)** to the **Feet Connector (Part A2)** using the **M10X20 Bolt (Part C4)**, **M10 Nut (Part C8)**, and **M10 Washer (Part C9)**. Ensure all bolts are securely tightened.
2. Connect the **Wall Mounting Pole (Part A4)** to the **Feet Connector (Part A2)** using the **M10X65 Bolt (Part C3)**, **M10 Nut (Part C8)**, and **M10 Washer (Part C9)**. Tighten the bolts to ensure stability.
3. Secure the **Weight Poles (Part A7)** to the **Feet Pole Connectors (Part B6)** using the **M10X70 Bolt (Part C2)**, **M10 Nut (Part C8)**, and **M10 Washer (Part C9)**. Make sure the poles are aligned and firmly attached.

Ensure all components are properly aligned and securely fastened to maintain the stability and safety of the machine.



2. Assembly of Cable Pulley System



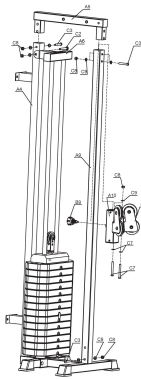
To continue assembling the Wall Mounted Cable Pulley Machine, follow these steps:

1. Attach the **Weight Pole Bracket (Part A6)** to the top of the **Weight Poles (Part A7)** using two **M10X20 Bolts (Part C4)** and two **M10 Washers (Part C9)**. Ensure the bolts are securely tightened.
2. Install the **Rope Pulley (Part A8)** onto the **Weight Pole Bracket (Part A6)**.
3. Place the **Top Weight (Part B10)** onto the **Pole (Part A9)** and align it with the **Weight Plates (Part C1)**.
4. Insert the **Weight Pin (Part B5)** into the desired weight plate to select the appropriate resistance level.

Ensure all components are properly aligned and securely fastened to maintain the stability and safety of the machine.



3. Wall Mounted Cable Pulley Machine Assembly



To continue assembling the Wall Mounted Cable Pulley Machine, follow these steps:

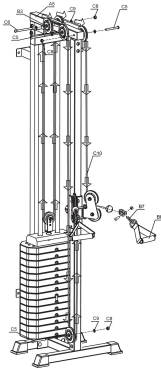
1. Attach the **Machine Top (Part A5)** to the **Wall Mounting Pole (Part A4)** using the **M10X65 Bolt (Part C3)**, **M10 Nut (Part C8)**, and **M10 Washer (Part C9)**. Ensure all bolts are securely tightened.
2. Secure the **Pulley Housing with Two Pulleys (Part B1)** to the **Pole (Part A9)** using the **M10X85 Bolt (Part C7)**, **M10 Nut (Part C8)**, and **M10 Washer (Part C9)**. Tighten the bolts to ensure stability.
3. Attach the **Pulley Connector (Part A10)** to the **Pole (Part A9)** using the **M10X85 Bolt (Part C7)**, **M10 Nut (Part C8)**, and **M10 Washer (Part C9)**. Make sure the connector is aligned and firmly attached.
4. Insert the **Screw Knob (Part B9)** into the **Pole (Part A9)** to secure the assembly.

Ensure all components are properly aligned and securely fastened to maintain the stability and safety of the machine.



4. Assembly of Cable Pulley Machine

	M10X120 Bolt	1 pc		M10 Nut	4 pcs
	M10X90 Bolt	2 pcs		M10 Washer	8 pcs



To finalise the assembly of the Wall Mounted Cable Pulley Machine, follow these steps:

1. Attach the **Large Pulley (Part B3)** to the **Machine Top (Part A5)** using the **M10X90 Bolt (Part C5)**, **M10 Nut (Part C8)**, and **M10 Washer (Part C9)**. Ensure the bolt is securely tightened.
2. Secure the **Small Pulley (Part B4)** to the lower section using the **M10X90 Bolt (Part C5)**, **M10 Nut (Part C8)**, and **M10 Washer (Part C9)**. Tighten the bolt to ensure stability.
3. Connect the **Carabiner (Part B7)** to the cable and attach the **Handle (Part B8)** to the carabiner. Ensure the carabiner is securely fastened.

Ensure all components are properly aligned and securely fastened to maintain the stability and safety of the machine.



5. Maintenance

- Use a soft, damp cloth with mild detergent to wipe down all metal surfaces, including the frame, pulleys, and weight stack. Avoid abrasive cleaners that may damage the finish.
- Clean rubber and plastic components, such as grips and cable coatings, with a damp cloth and mild soap. Ensure they are thoroughly dried to prevent deterioration.
- Wipe down cables regularly to remove dust, sweat, and debris. Avoid using excessive water to prevent moisture damage.
- Lubricate pulleys and moving parts with a silicone-based lubricant as recommended by the manufacturer to maintain smooth operation. Do not use oil-based lubricants, as they may attract dirt.
- Inspect and clean weight pins and locking mechanisms to ensure they are free from dust and debris, allowing them to function correctly.
- Regularly check and wipe down the wall-mounted areas to prevent dust buildup that could affect the stability of the fixings.
- Store attachments in a clean, dry area when not in use and wipe them down periodically to maintain hygiene and longevity.
- Never use harsh chemicals, bleach, or solvent-based cleaners, as they may damage coatings, rubber parts, or metal surfaces.
- Regularly inspect all cables, pulleys, and attachments for signs of wear, fraying, or damage. Replace any worn or damaged components immediately.
- Check wall fixings and bolts periodically to ensure the machine remains securely mounted. Tighten any loose bolts as necessary.

6. Troubleshooting

- **WHAT DO I DO IF THERE ARE MISSING PARTS FROM MY ORDER?**

If there appears to be any part missing from your order, contact our friendly and helpful Customer Support Team within 7 days of receipt.

- **FOR ALL OTHER ISSUES, PLEASE CONTACT OUR CUSTOMER SUPPORT TEAM.**

Terms of Service: <https://monstershop.co.uk/policies/terms-of-service>

