

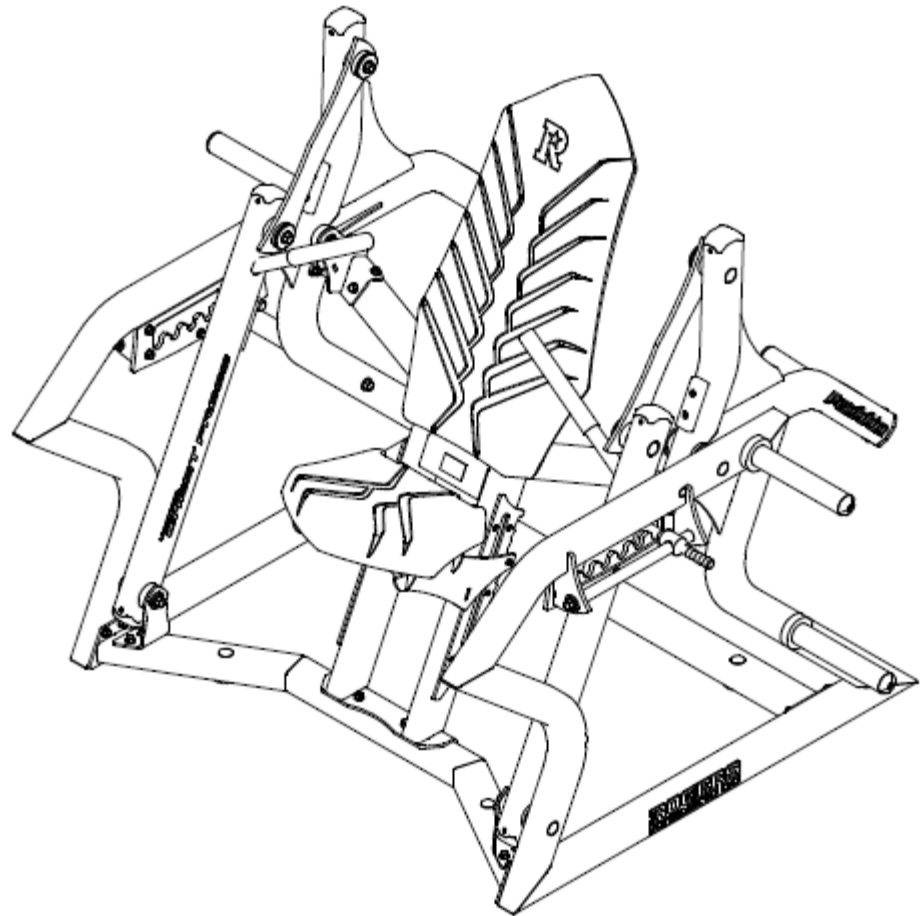


ROGERS

PRODUCT INFORMATION PACKET

PRODUCT NAME: PENDULUM VERTICAL CHEST PRESS

PRODUCT PART NUMBER: 410602



KEEP INFORMATION PACKET FOR FUTURE REFERENCE

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INTRODUCTION

The Pendulum Vertical Chest Press by Rogers Athletic has been designed and manufactured with safety, performance and dependability as top priorities, making it easy to operate and maintain.

The care you give your Chest Press will greatly determine your satisfaction with its performance and service life. Careful study of this manual is encouraged to obtain a thorough understanding of your new Chest Press and its functions.

If your manual is lost or destroyed, Rogers Athletic will gladly provide you with a new copy. Should you require additional information or assistance, please feel free to contact us at 800-457-5337.

BECAUSE ROGERS ATHLETICS MAINTAINS AN ONGOING PROGRAM OF PRODUCT DEVELOPMENT AND IMPROVEMENT, WE RESERVE THE RIGHT TO MAKE IMPROVEMENTS IN DESIGN OR CHANGES IN SPECIFICATIONS WITHOUT INCURRING ANY OBLIGATIONS TO INSTALL THEM ON UNITS PREVIOUSLY SOLD.

GENERAL SAFETY RULES



WARNING!


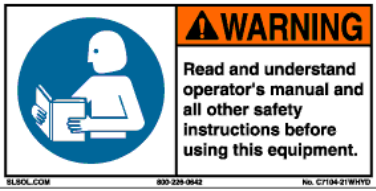



READ AND UNDERSTAND ALL INSTRUCTIONS.

Failure to follow all instructions listed below may result in serious personal injury.

SAVE THESE INSTRUCTIONS

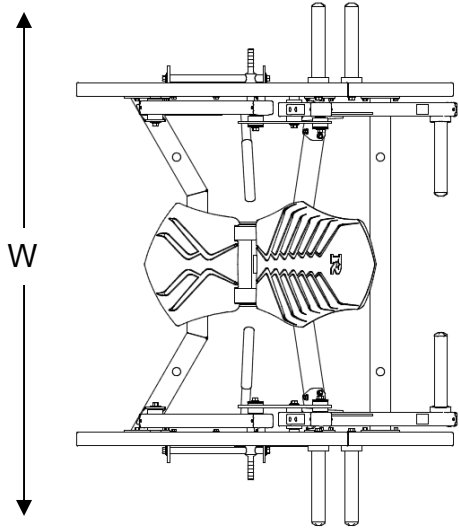
- **Obtain a medical exam prior to beginning any exercise program.** Use equipment only if properly fit to engage in a workout regimen.
- **Stop exercising if you feel faint, dizzy, or experience pain at any time while exercising and consult your physician.**
- **Exercise in a supervised environment.**
- **Keep body and clothing free from and clear of all moving parts.**
- **Inspect equipment prior to use. DO NOT use if it appears damaged or inoperable.**
- **Make sure there is enough room for safe access and operation of the equipment.**
- **Machine is designed for use by one person at a time.** All others stay clear when in use.
- **Do not use weight equipment for anything other than its functional purpose.**
- **Anchor Points.** The Pendulum Vertical Chest Press by Rogers Athletic has built-in anchor points allowing it to be bolted down. Rogers Athletic is not responsible for the installation of the anchors. Use a Professional contractor to anchor the machine(s). Use 3/8" grade 5 or better fasteners.
- **Never cover or deface caution/warning labels.**
- **Become familiar with all caution/warning labels affixed to the weight equipment before use.**
- **Save these instructions.** Refer to them frequently and use them to instruct others who may use the Chest Press.
- **Read the Product Information Packet.** Failure to read the information packet is considered a misuse of this equipment.
- **Keep workout environment clear of all unused accessories.**

SYMBOLS

	<p>Safety Alert: Precautions that involve your safety</p>
	<p>Read The Operator's Manual: To reduce risk of injury, user must read and understand operator's manual before using this product</p>
	<p>Pinch Point Symbol: Failure to keep hands away from pinch points will result in personal injury</p>
	<p>Proper Use Warning Label: Do not use without first receiving proper instruction on the use of this equipment</p>
	<p>Stay Clear Warning Label: Stay clear of weight equipment when it's in use. Only spotters should be in close proximity when the equipment is being used by someone else.</p>

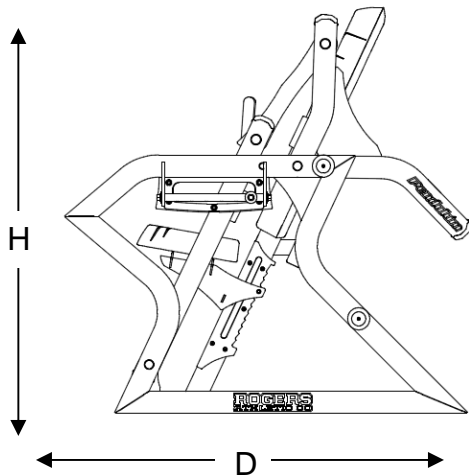
ROGERS ATHLETIC WEIGHT EQUIPMENT SPECIFICATIONS

PENDULUM VERTICAL CHEST PRESS BY ROGERS ATHLETIC



Weight:	452 lbs (205 kg)
Height:	55" (140 cm)
Width:	58" (147 cm) (without storage horns)
Depth:	56" (142 cm)

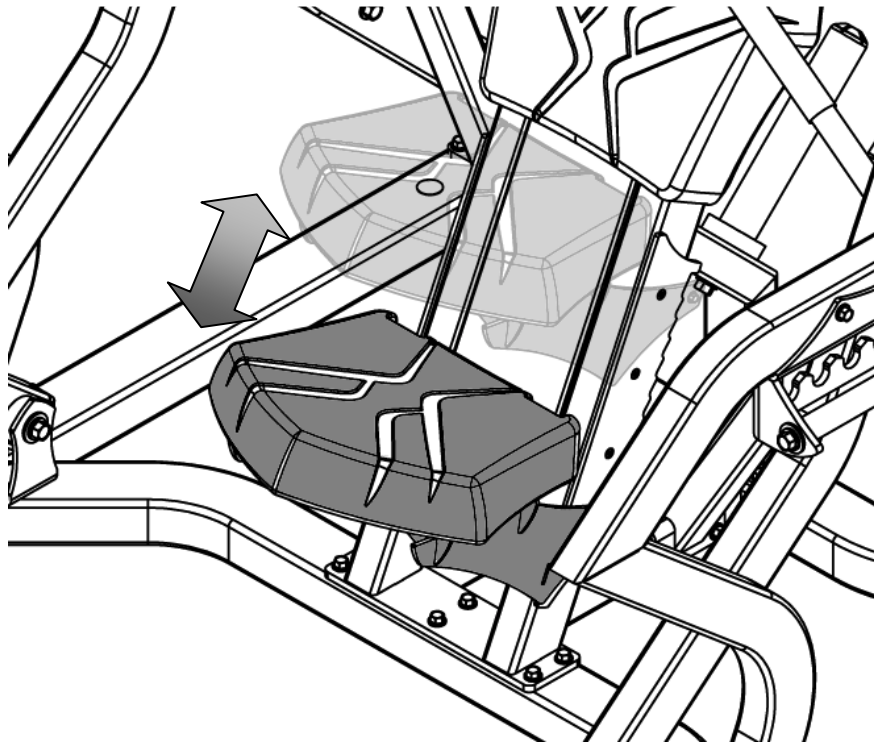
- The Vertical Chest Press provides a workout that targets core areas using motions designed to maximize results
- Weight horns constructed of steel insert with urethane sleeve for long life and ease of weight placement
- Adjustable seat for comfort and/or for technical difficulty
- Variable range of motion for rehab or set training
- Grips covered with GripWorks "Softex" material
- Equipped for floor anchorage
- Durable urethane bumpers for long life
- Color choices available



Construction, Finish, and Hardware

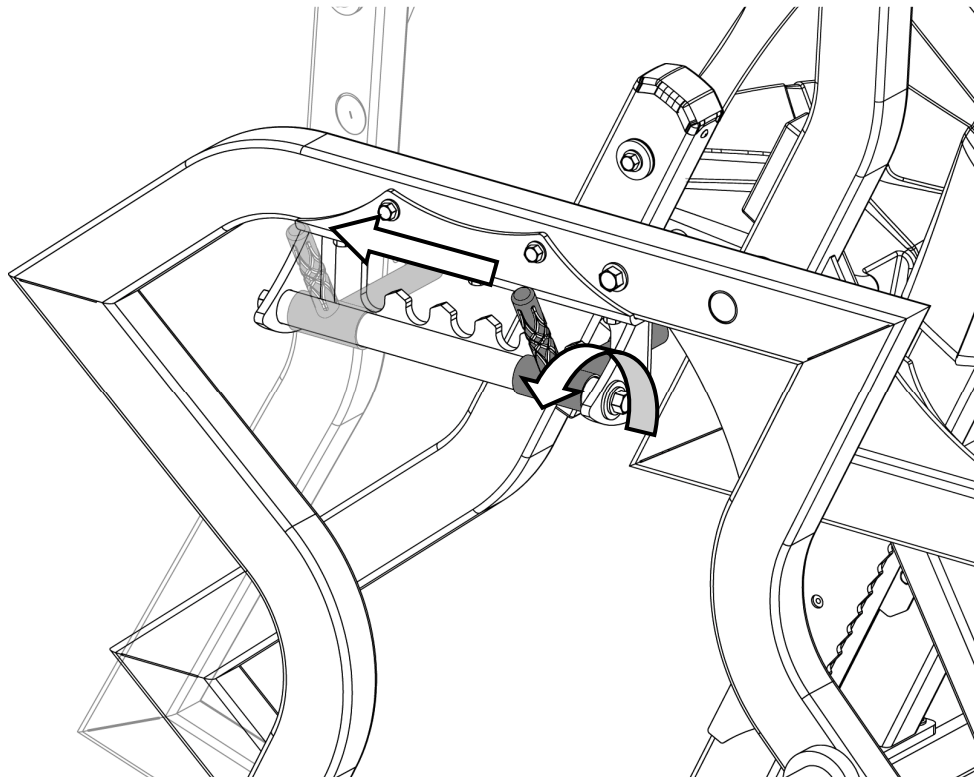
- Constructed of ASTM specified steel.
- Baked-on powder coat finish
- Zinc plated hardware of Grade 5 or equivalent

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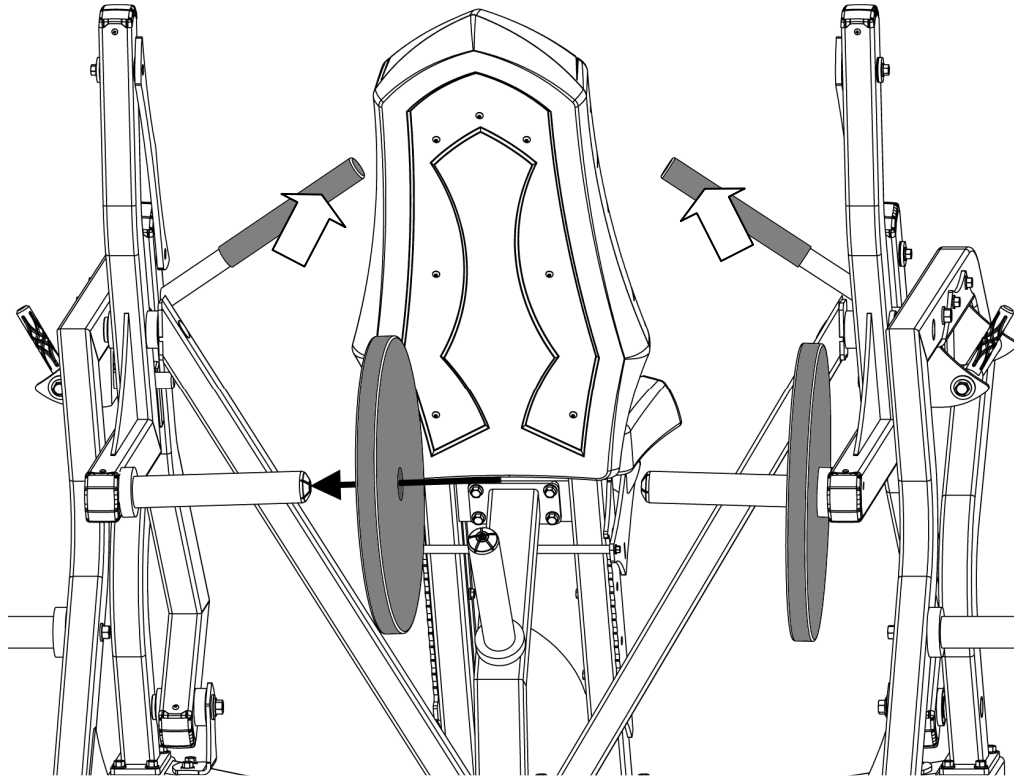
The seat is adjustable in height to accommodate users of differing sizes and to create an incline or decline chest press exercise. Change the seat position by lifting the seat and tilting it slightly toward the back to release it, then move to desired height.

2



To adjust range of motion, pull lever down and slide adjuster left or right into the desired slot.

3



Load the weight plates and press forward on the handles to begin exercising.

MAINTENANCE



WARNING!

READ AND UNDERSTAND ALL MAINTENANCE PROCEDURES.

Failure to follow all procedures listed below may cause serious injury and decrease the equipment's functional existence.

- **Frequently check to see that all bolts are securely fastened**
- **Touch up paint can be used to cover any scratches or blemishes sustained through use.**
- **A silicone based lubricant may be used on moving parts to maintain proper function.**
- **Mild detergent or disinfectant may be used to clean weight equipment.** For Naugahyde covered pads, use a solution of 10% household liquid dish soap with warm water applied with a soft damp cloth, or soft bristle brush if necessary.
- **Replace any damaged equipment with genuine Rogers Athletic parts.** Failure to do so may result in unsafe equipment and/or personal injury.
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CUSTOMER SERVICE

For parts or service contact Rogers Athletic Company. When ordering parts be sure to provide all relevant information available including the name and part number of the equipment purchased. This information is located on the cover of this product information package. Hours of phone service are Monday through Friday from 8:00 a.m. to 5:00 p.m. Eastern Standard Time. Customers can phone (989) 386-2950 or toll free at (800) 457-5337. Fax toll free at (888) 549-9659 or mail:

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