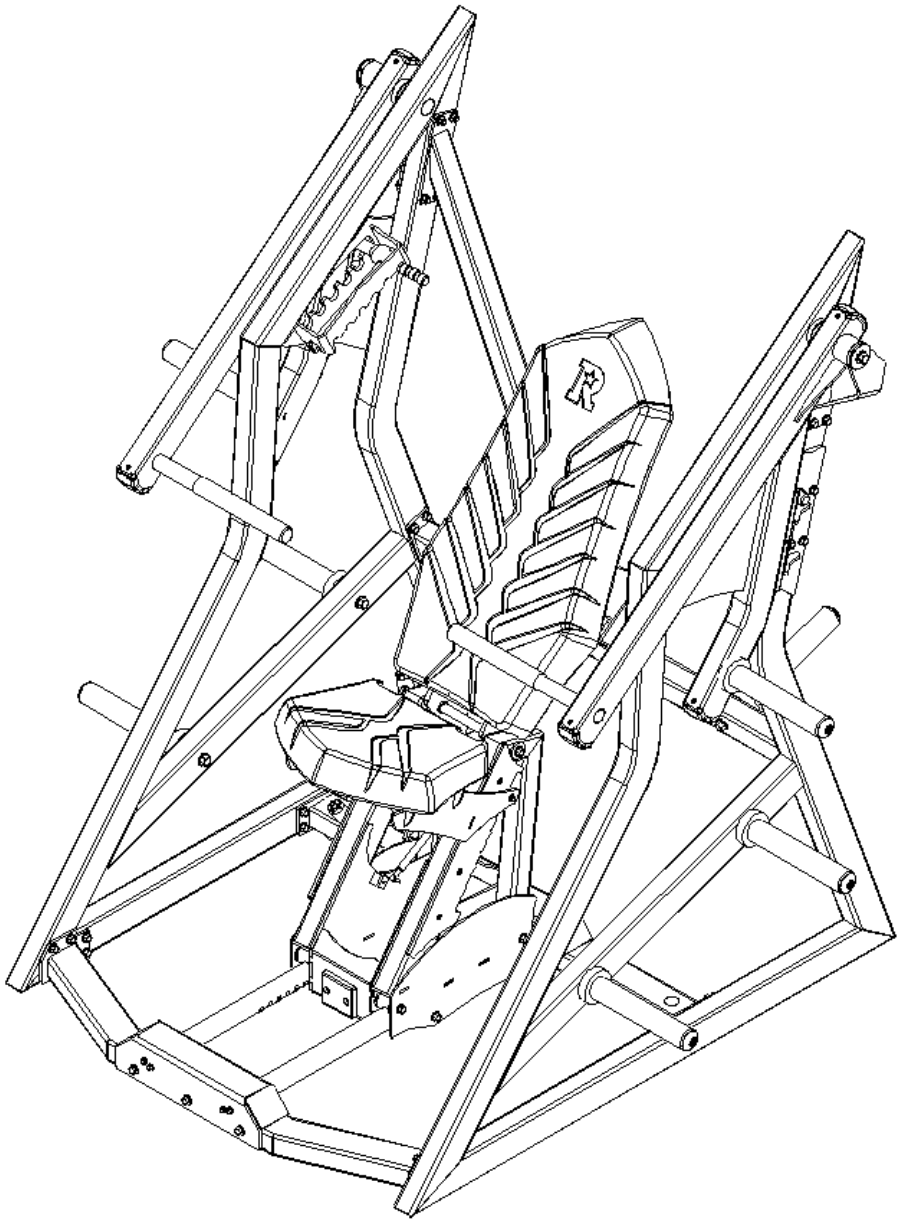
ROGERS

Product Information Packet

Product Name: Pendulum Shoulder/Incline Press

Product Part Number: 410649

Patent Pending



KEEP INFORMATION PACKET FOR FUTURE REFERENCE

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Introduction

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

The care you give your Shoulder/Incline 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 Shoulder/Incline 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.

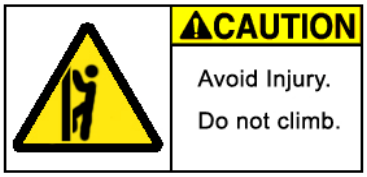
SAVE THESE INSTRUCTIONS

- **Supervision of athletes while using the equipment is recommended.** Horse play such as climbing on the machine or using the machine for unintended purpose can result in injuries.
- **Athletes should be oriented in the proper use of the equipment.**
- **Athletes should be properly fit to engage in a workout regimen. Obtaining a medical exam prior to beginning any exercise program is recommended. If an Athlete feels faint, dizzy, or experiences pain at any time while exercising; stop exercising and consult a physician.**
- **Athletes should wear close fitting clothing to keep the clothing free from and clear of all moving parts.**
- **Inspect equipment prior to use. DO NOT use if it appears damaged or inoperable.**
- **This Product Information Packet ("Packet") is an integral part of this machine.** Save this Packet of instructions. If this Packet is lost or damaged or you would like another copy, a copy can be downloaded from the website (www.rogersathletic.com). Refer to them frequently and use them to instruct others who may use the Shoulder/Incline Press.
- **Reading the Product Information Packet is recommended.** Failure to read this Packet is considered a misuse of this equipment.
- **Warning labels are an integral part of this machine.** Become familiar with all caution/warning labels and never cover or deface caution/warning labels.
- **Install the equipment allowing sufficient room for safe access to the machine, adequate room for the spotters to stand and to ensure that the machine does not collide with a wall or another machine through the entire range of motion.**
- **Use of a spotter is recommended.** Spotters should stand behind the athlete using the machine or to either side of the athlete.
- **Stay clear of all pinch points.** Instruct all athletes to keep fingers away from the weight arm and away from moving parts that may present danger of pinching.
- **Unit is designed for performing the traditional shoulder and chest exercises using only authorized Rogers Athletic components.** Do not use weight equipment for anything other than its approved purpose or with weight lifting devices.
- **Equipment is designed for use by one person at a time.** Keeping other athletes and spectators away from the machines during use is recommended.

- **Anchoring the machine in place is recommended.** The Pendulum Shoulder/Incline 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.

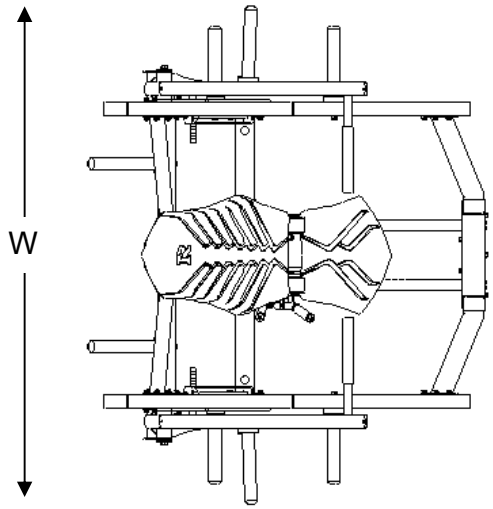
- **A clean workout environment is recommended to avoid trip hazards.** Use storage racks to keep the area neat and the equipment from damage.

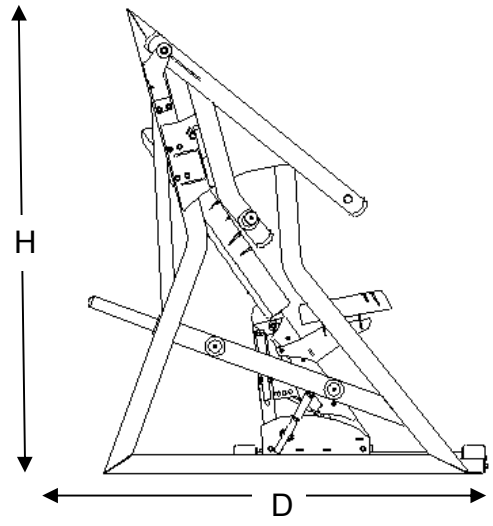
Symbols

	Safety Alert: Precautions that involve your safety
	Athletes must be properly trained before using equipment. Failure to train athletes may result in personal injury.
	Pinch Point Symbol: Failure to keep hands away from pinch points will result in personal injury
	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.
	**Do Not Climb Caution Label:** To reduce risk of injury, do not climb on weight racks.

Rogers Athletic Weight Equipment Specifications

Pendulum Shoulder/Incline Press by Rogers Athletic





Weight:	424 lbs (192.3 kg)
Height:	70” (177.8 cm)
Width:	75” (190.5 cm)
Depth:	60” (152.4 cm)

- The Shoulder/Incline Press provides a workout that targets core areas using motions designed to maximize results
- Adjustable seat for both chest and shoulder exercises to fit all size athletes
- Weight horns constructed of steel insert with HDPE sleeve for long life and ease of weight placement
- Variable range of motion for rehab or set training
- Diamond Rubber grips for greater grasp and comfort
- Seat and back cushions made of self skinning urethane foam
- 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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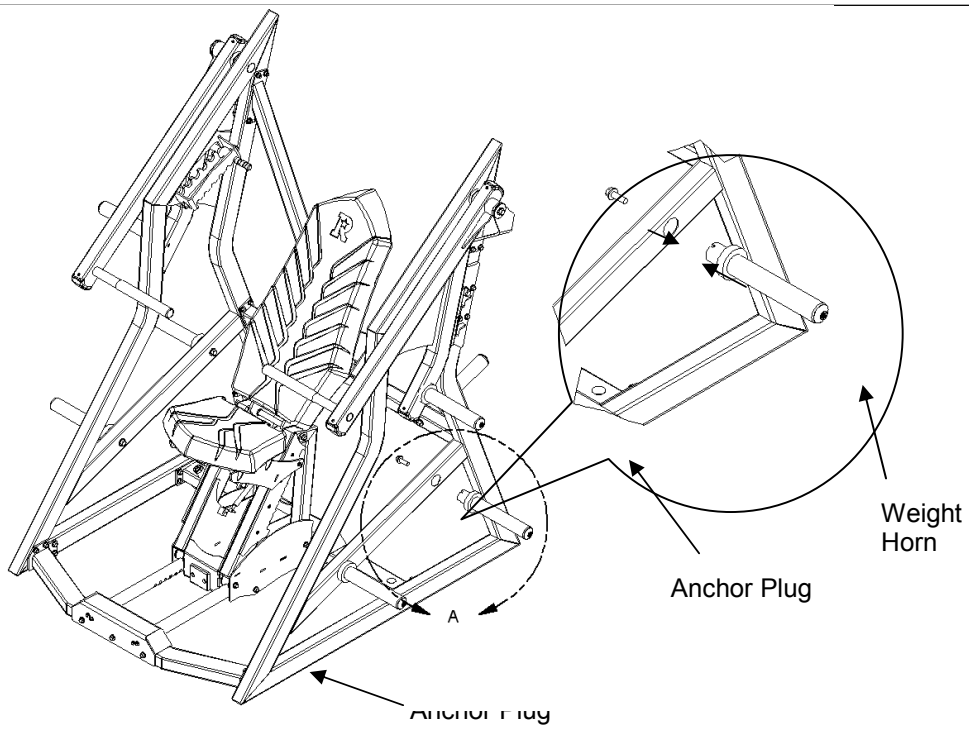
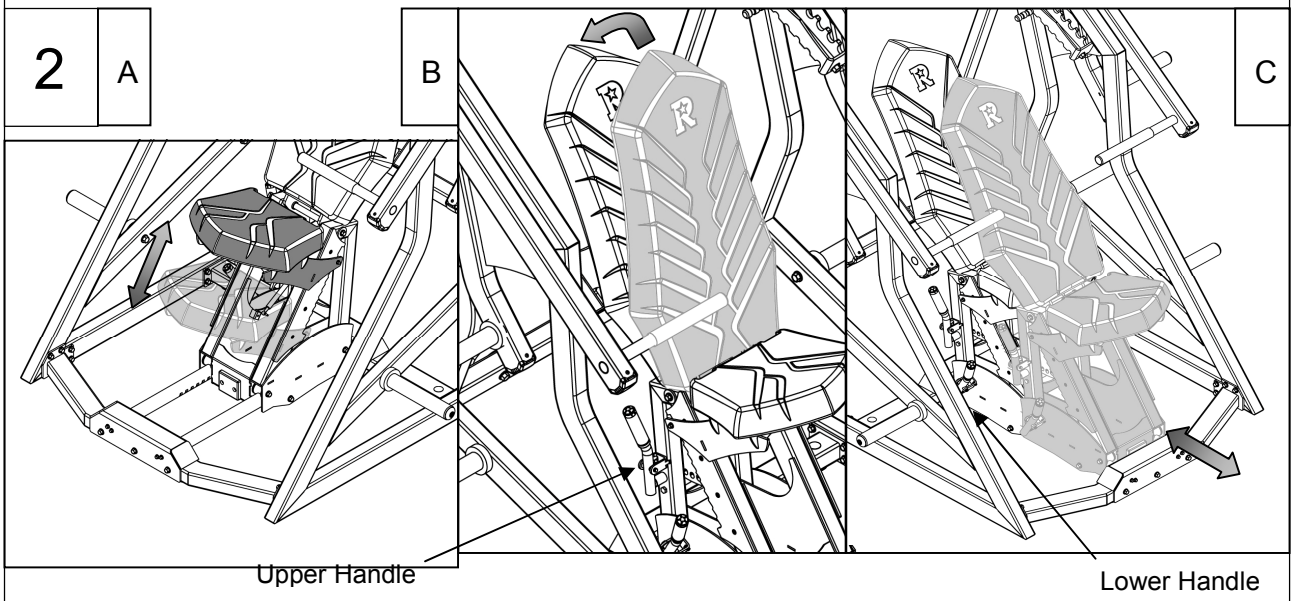


Level the machine by loosely bolting side frames together with 3 connecting braces. Let the machine settle on the floor then tighten. Next remove plugs and anchor the machine to the floor with bolts. Add Weight Horns by bolting thru side frame.

2 A B C



A.) The seat is adjustable in height to accommodate users of differing sizes and to move from incline chest press to shoulder 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. B.) The seat can also tilt forward and backward to allow more leverage when performing either chest or shoulder exercises by engaging the Upper Handle. C.) The seat platform can translate forward and backward to provide more room when lifting the pectoral and deltoid muscle groups by employing the Lower Handle.

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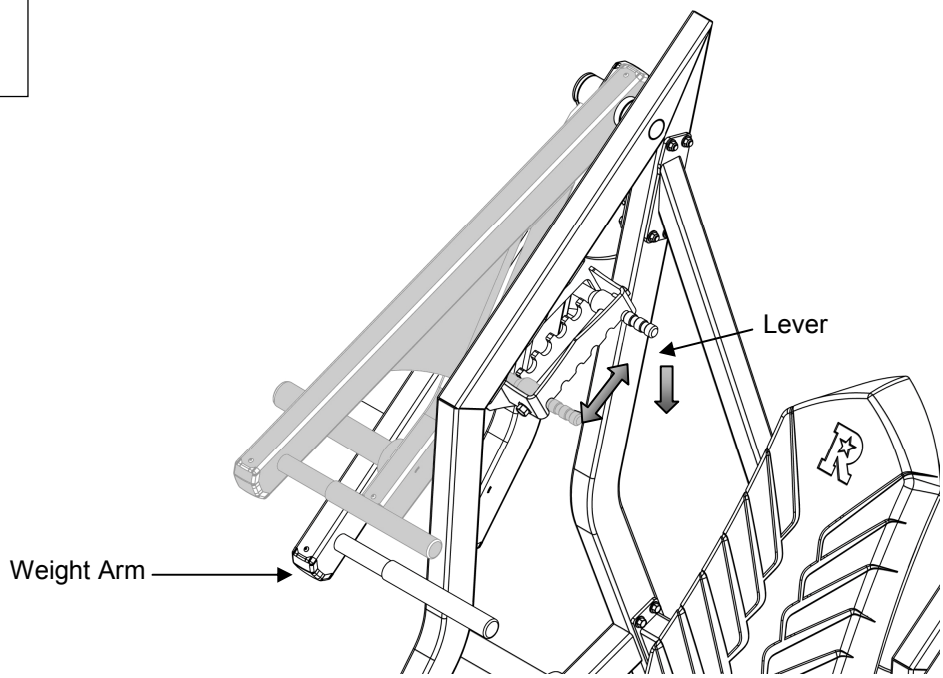
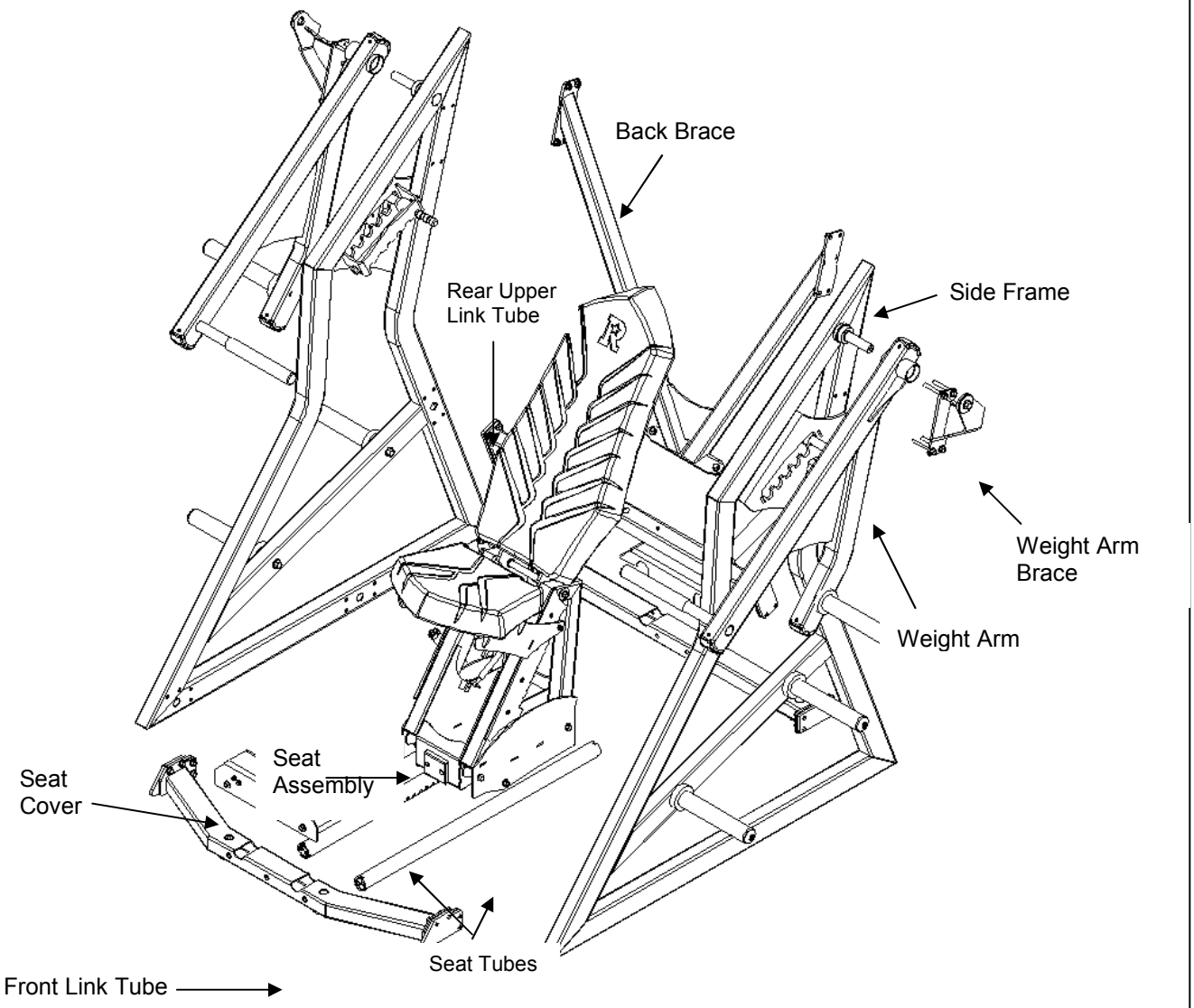


To adjust range of motion, pull lever down and slide adjuster left or right into the desired slot. This now can restrict or allow more weight arm movement.

Disassembly to Move Unit



CAUTION: AVOID INJURY BY TYING DOWNWEIGHT ARMS AND ASSEMBLIES SO THEY DON'T FLAIL LOOSELY IN TRANSPORT. ALWAYS DISSEMBLE WITH PARTNER.

1. Remove all weight plates from storage horns and weight arms.
2. Unbolt the Weight Arm Braces on Both Side Frames.
3. Remove the Weight Arms off both Side Frames.
4. Disassemble the Front Link Tube by removing the bolts from the Side Frame and keep the tube in place.
5. Remove the fasteners from the Rear Link Tube connected to the Side Frame and keep the tube in place.
6. Carefully unfasten the bolts from the seat tube covers and seat tubes. Set the seat cover aside while keeping the seat tubes in place. With a partner, carefully remove the seat tubes from the seat assembly and set all aside.
7. Disassemble the Back Brace by removing the bolts and set aside.
8. With a partner, remove the Rear Upper Link Tube by unfastening their respective bolts from each Side Frame one at a time and carefully removing each Side Frame once disassembled.
9. Each assembly can now be moved through any side door or hallway.

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.**
- **Frequently check to see that weight equipment is functioning properly.**
- **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.

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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