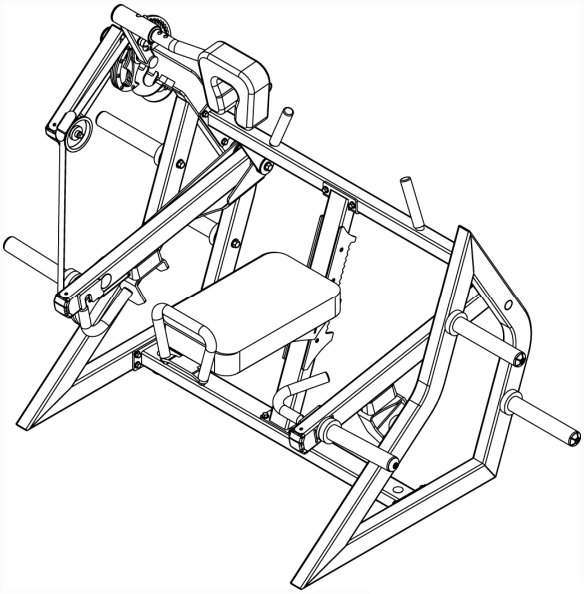
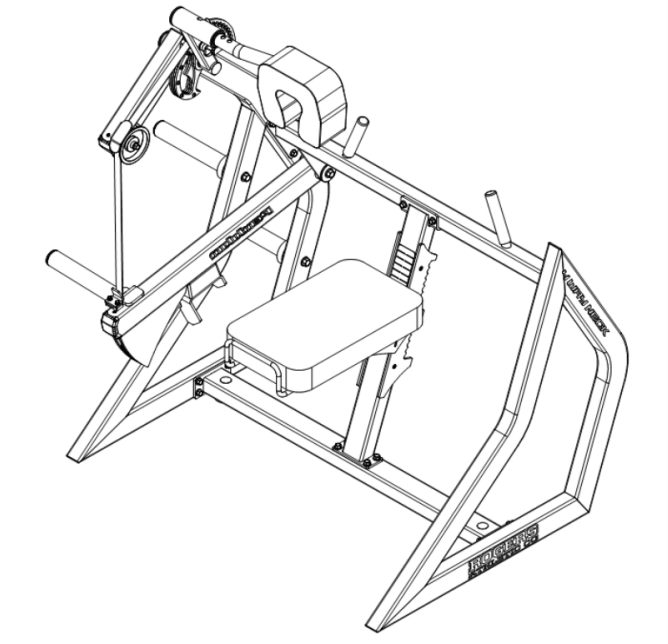
ROGERS

Product Information Packet

Product Name: Pendulum 5-Way Neck Machine (410642)

Pendulum 4-Way Neck Machine (410679)





KEEP INFORMATION PACKET FOR FUTURE REFERENCE

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INTRODUCTION

The Pendulum 5-Way Neck Machine 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 Neck Machine will greatly determine your satisfaction with its performance and service life. Careful study of this manual, as well as viewing the video at www.RogersAthletic.com, is encouraged to obtain a thorough understanding of your new Neck Machine 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

Any and all participants should:

- **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, they should 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 is an integral part of this machine.** Save these instructions. If they are lost or damaged or if you would like another copy, a copy can be downloaded from **www.RogersAthletic.com**
- **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 neck exercises with proper technique using only authorized Rogers Athletic components.** Do not use weight equipment for anything other than its approved purpose.

- **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 5-Way Neck Machine 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.**

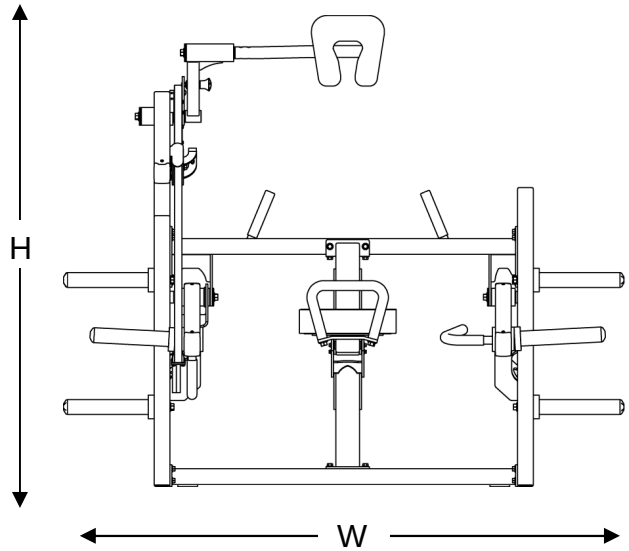
- **Questions or comments?** Please contact Rogers Athletic by phone (1-800-457-5337), or visit our website at www.RogersAthletic.com

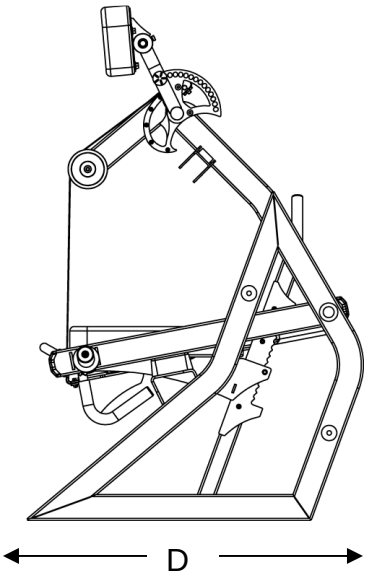
SYMBOLS

	Safety Alert: Precautions that involve your safety
	Read The Operator's Manual: To reduce risk of injury, user must read and understand operator's manual before using this product
	Pinch Point Symbol: Failure to keep hands away from pinch points will result in personal injury
	Proper Use Warning Label: Do not use without first receiving proper instruction on the use of this equipment
	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.

Rogers Athletic Weight Equipment Specifications

Pendulum 5-Way Neck Machine (410642) by Rogers Athletic





Weight:	352 lbs (160 kg) without weight plates
Height:	60” (71 cm)
Width:	71” (183.5 cm)
Depth:	39” (108.5 cm)

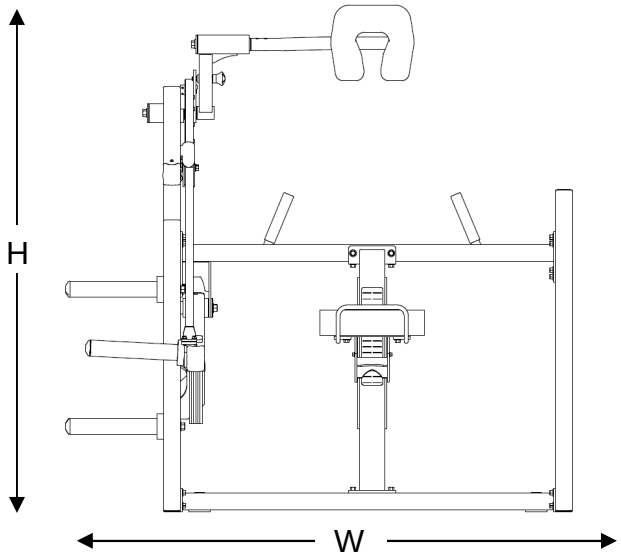
- Unique design allows 5 different neck exercises: 4-way neck motion, and shoulder shrugs
- Cam action provides best strength curve with proper ergonomics
- Shrug handles drop away for easy entry/exit
- Hands free transition from neck to shrug movement
- Grips covered with GripWorks “Softex” material
- Adjustable range of motion for rehab or set training
- 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

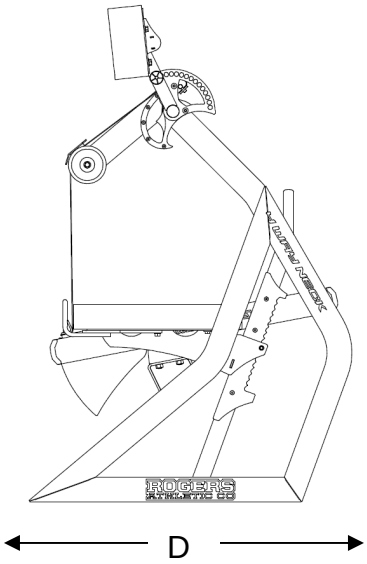
Rogers Athletic Weight Equipment Specifications

Pendulum 4-Way Neck Machine (410679) by Rogers Athletic



Weight:	300 lbs (160 kg) without weight plates
Height:	60” (71 cm)
Width:	71” (183.5 cm)
Depth:	39” (108.5 cm)

- Unique design allows 4 different neck exercises
- Cam action provides best strength curve with proper ergonomics
- Grips covered with GripWorks “Softex” material
- Adjustable range of motion for rehab or set training
- Durable urethane bumpers for long life
- Color choices available

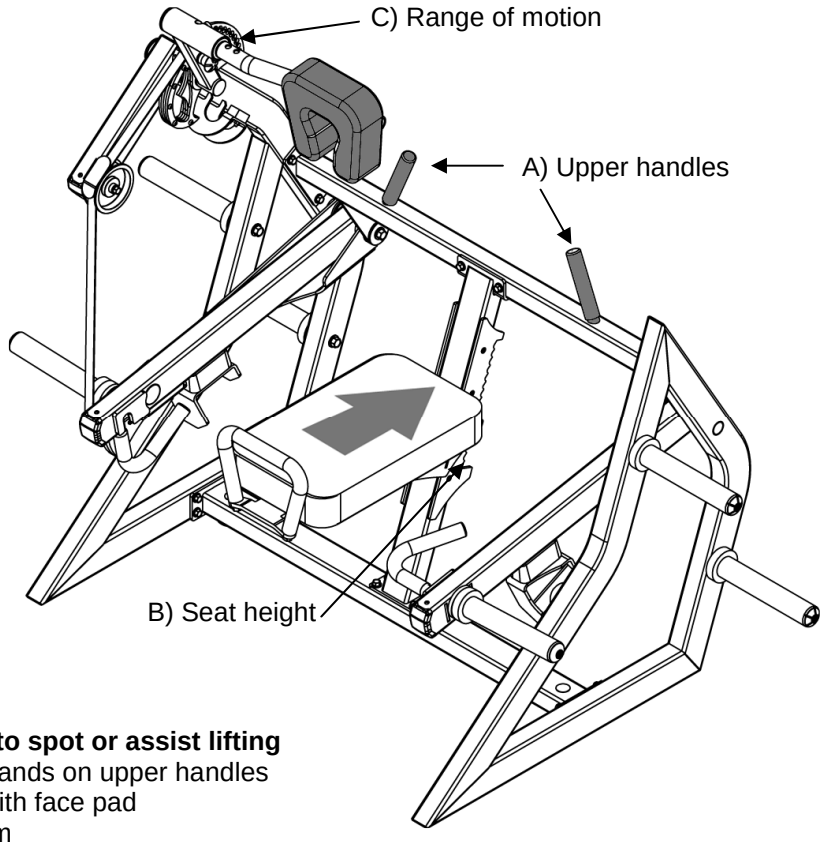


Construction, Finish, and Hardware

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

1

Forward Neck Press

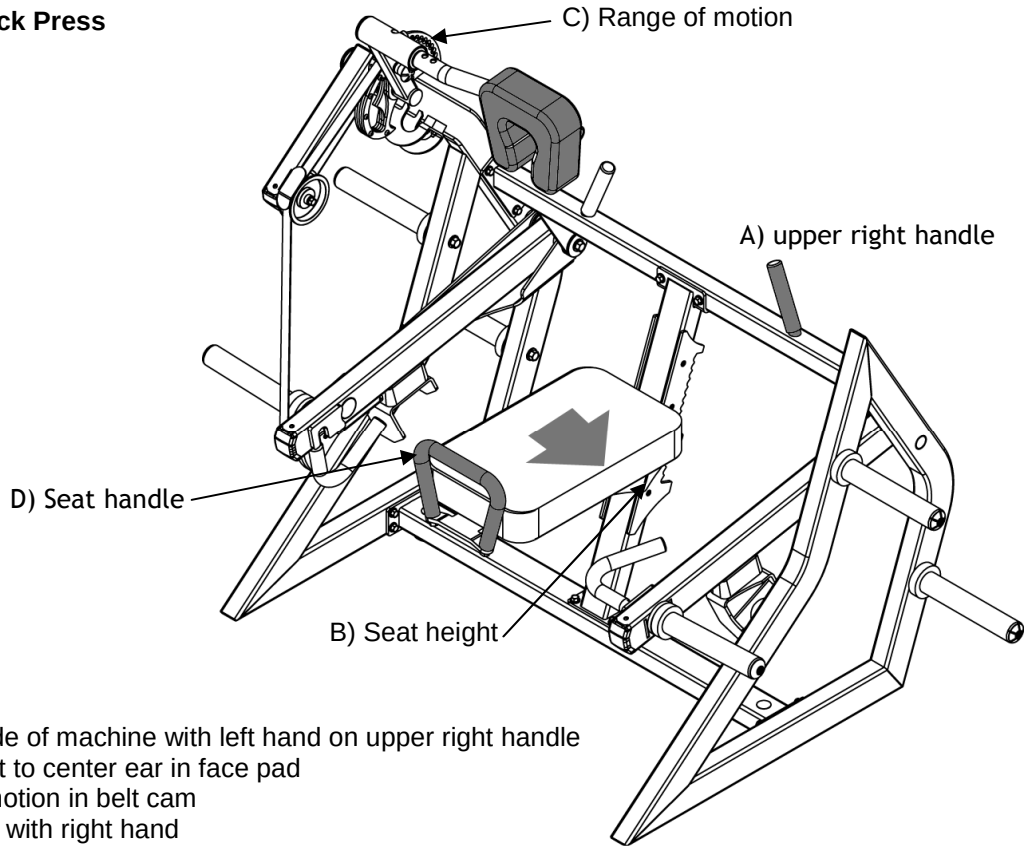


Caution: Do not use weight horns to spot or assist lifting

A) Sit facing back of machine with hands on upper handles
B) Adjust seat height to align face with face pad
C) Adjust range of motion in belt cam

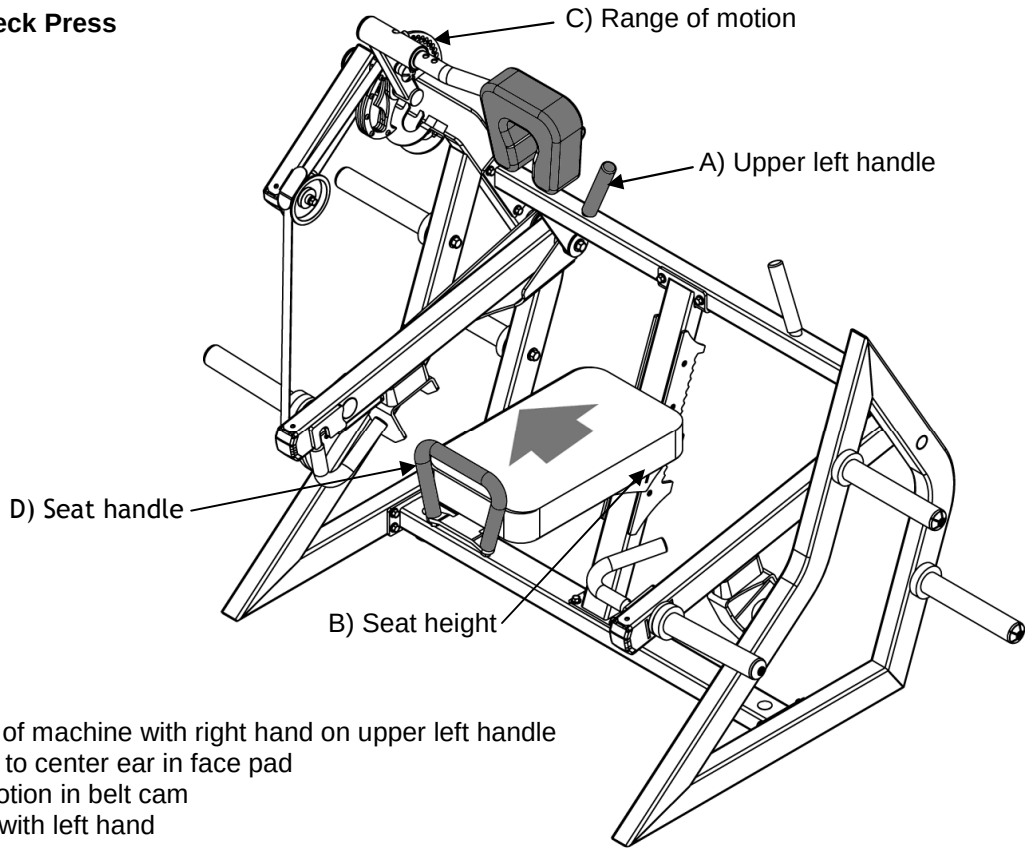
2

Left Side Neck Press



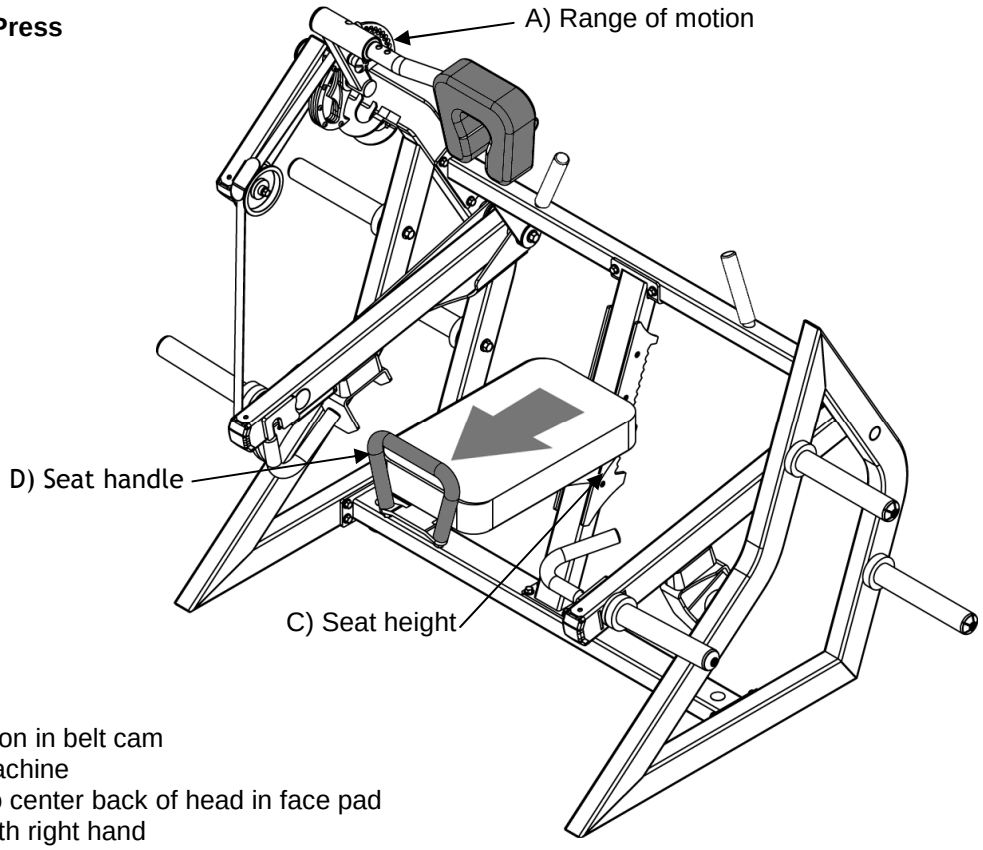
A) Sit facing right side of machine with left hand on upper right handle
B) Adjust seat height to center ear in face pad
C) Adjust range of motion in belt cam
D) Grab seat handle with right hand

3 Right Side Neck Press



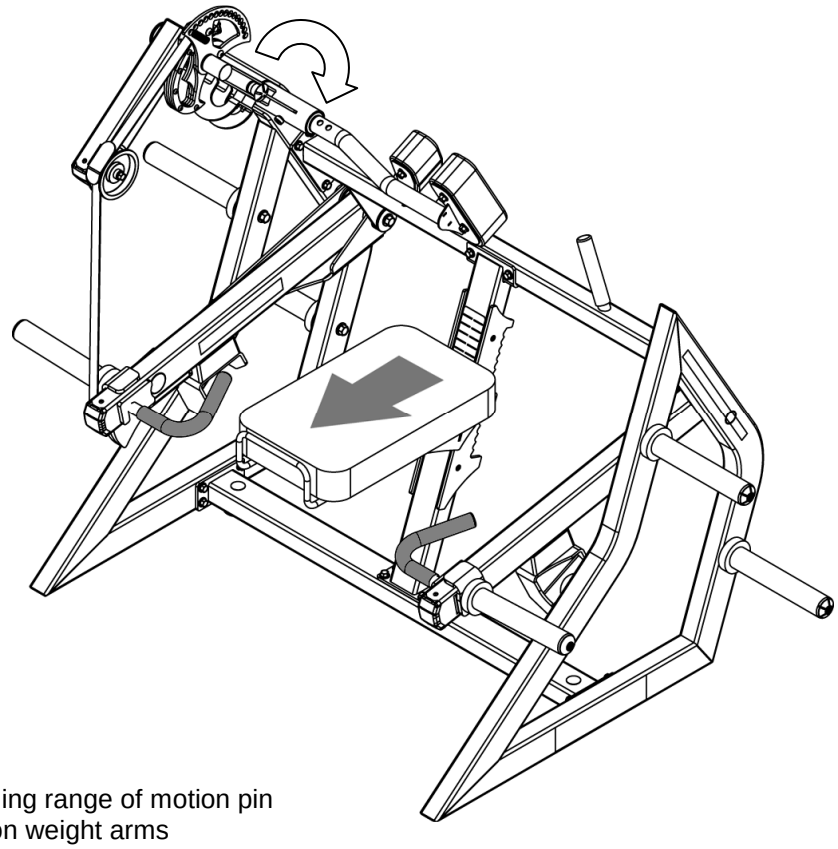
A) Sit facing left side of machine with right hand on upper left handle
B) Adjust seat height to center ear in face pad
C) Adjust range of motion in belt cam
D) Grab seat handle with left hand

4 Reverse Neck Press



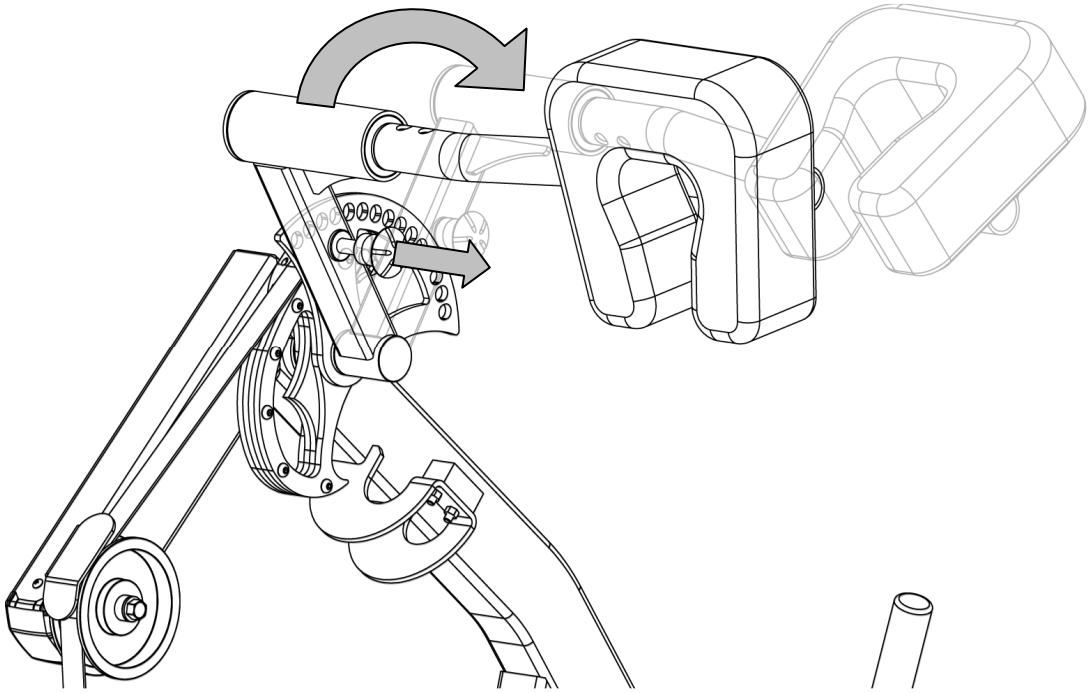
A) Adjust range of motion in belt cam
B) Sit facing front of machine
C) Adjust seat height to center back of head in face pad
D) Grab seat handle with right hand

5 Neck Shrug



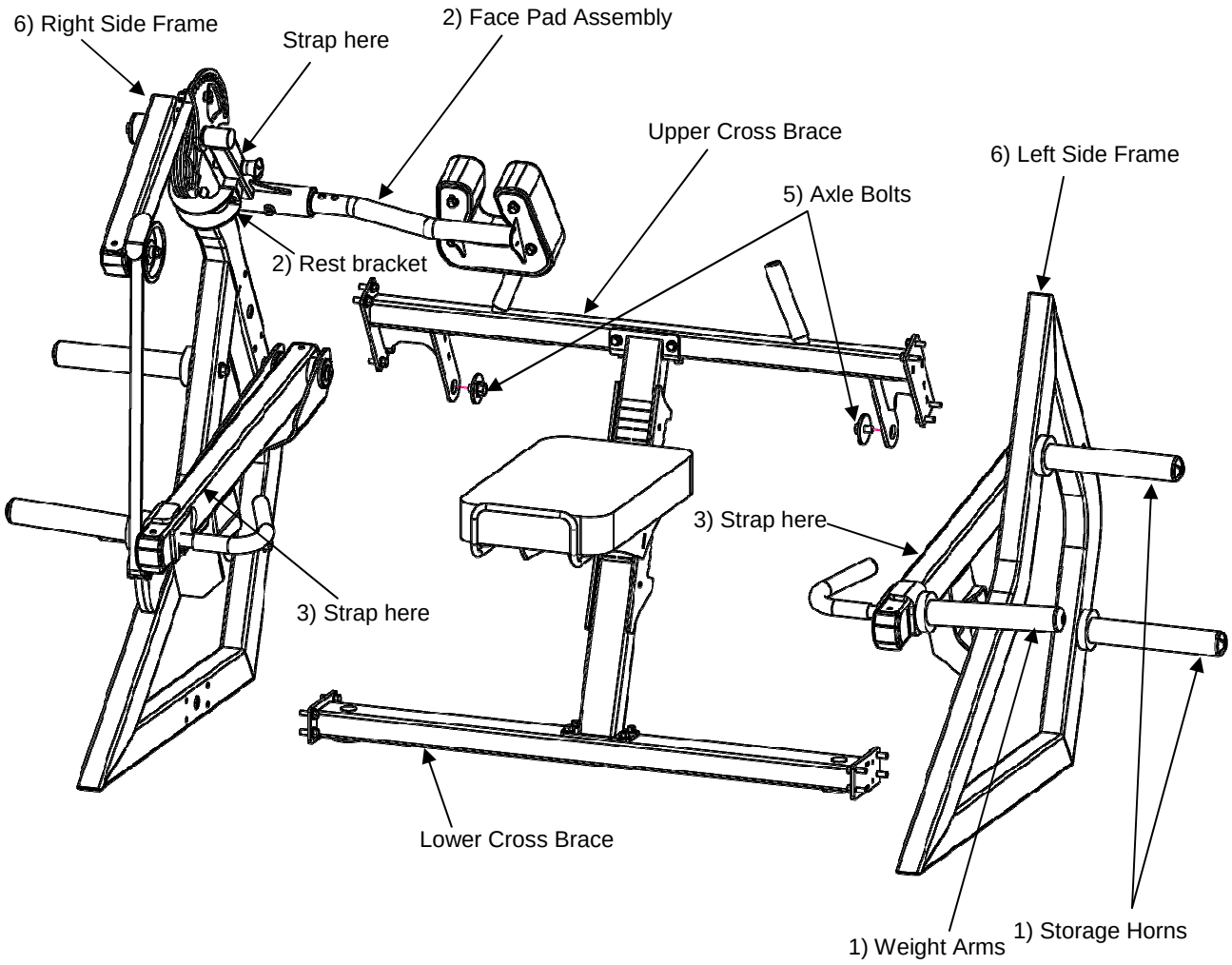
A) Sit facing front of machine
B) Rotate face pad to the rear by pulling range of motion pin
C) Lift weight using fold-up handles on weight arms

6 Range of Motion



To adjust range of motion, pull the adjustment knob out (toward the face pad), rotate the arm to the desired position and release the knob, locking the arm in place.

Disassembly to Move Unit



CAUTION: AVOID INJURY BY TYING DOWNWEIGHT ARMS AND FACE PAD ASSEMBLY SO THEY DON'T FLAIL LOOSELY IN TRANSPORT

1. Remove all weight plates from Storage Horns and Weight Arms.
2. Pull pin and rotate Face Pad to stored position and strap or tie to rest bracket.
3. Strap or tie Weight Arms to bracket with bumper.
4. Remove Seat by removing bolt from one side of pin behind adjustment plates.
5. Remove axle bolts.
6. Remove one Side Frame at a time by removing the 4 bolts on Upper and Lower Cross Braces. Have a helper hold the Side Frame while removing the bolts.
7. Neck Machine can now be moved through any side door or hallway.
8. To reassemble, reverse process but do not tighten bolts until all assemblies are reassembled. Tighten bolts, remove straps, replace Seat Assembly and rotate Face Pad to location of choice. Unit is ready to operate.

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.**
- **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.
- **Inspect cam belt every two weeks for wear (cracks, nicks, damage, fraying, stretching, etc).**
- **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:

Rogers Athletic Company
3760 W. Ludington Drive
Farwell, Michigan 48622

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www.rogersathletic.com
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(800) 457-5337
Fax toll free (888) 549-9659

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