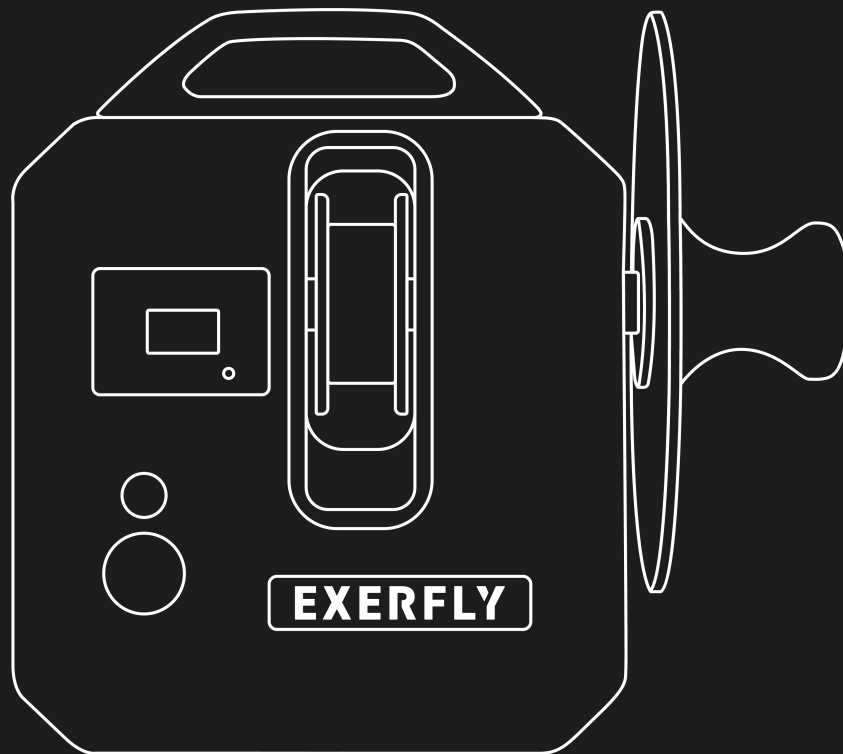


EXERFLY

RackFly User Manual

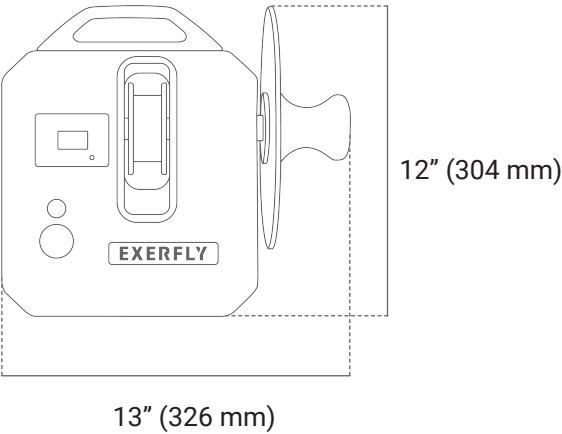


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Specifications

Dimensions	13" x 12" x 5" (326 mm x 304 mm x 119 mm)
Weight	17 lbs (7.7 kg)



Safety Guidelines

SERIOUS INJURY COULD OCCUR IF THE BELOW PRECAUTIONS ARE NOT OBSERVED.

- Read and understand all warning labels and the user manual before use.
- Keep clear of moving parts. Contact may cause serious injury.
- Inspect the machine before each use. Do not use if damaged or inoperable.
- Do not modify the machine. Use only as intended.
- Inspect all parts, including the rope, for wear or damage. Replace if necessary.
- Keep children away from the machine. Minors must be supervised.
- Exercise in a clear, safe area.
- Start slowly with warm-up reps to gain confidence in the movement of the flywheel. Always start with an appropriate inertial load for the user's ability.
- If you feel pain or dizziness during exercise, stop immediately. Likewise, be mindful when fatigue hits as this can affect balance and cause uncontrolled body movements. If you have problems with balance make sure someone can support you, or hold on to another fixed object.
- Don't let the rope clamp or any handles hit the equipment, make sure you absorb the load before it hits the equipment.
- To stop an exercise, pause at the endpoint of the movement—for example, the bottom of a squat when the rope clamp is closest to the equipment.

如果不遵守以下预防措施, 可能导致严重伤害。

- 使用前请阅读并理解所有警告标签和用户手册。可通过二维码获取手册。
- 远离运动部件。接触可能导致严重伤害。
- 每次使用前检查机器。如有损坏或无法操作, 请勿使用。
- 请勿修改机器。仅按预期用途使用。
- 检查所有部件, 包括绳索, 是否有磨损或损坏。如有必要, 请更换。
- 请勿让儿童接近机器。未成年人必须在监督下使用。
- 在清晰、安全的区域进行锻炼。

不遵守这些预防措施可能导致严重伤害。

SCHWERE VERLETZUNGEN KÖNNEN AUFTRETEN, WENN DIE UNTEN AUFGEFÜHRTEN VORSICHTSMASSNAHMEN NICHT BEACHTET WERDEN.

- Lesen und verstehen Sie vor der Verwendung alle Warnhinweise und das Benutzerhandbuch. Zugriff auf das Handbuch über QR-Code.
- Halten Sie sich von beweglichen Teilen fern. Kontakt kann zu schweren Verletzungen führen.

- Überprüfen Sie die Maschine vor jedem Gebrauch. Bei Beschädigung oder Funktionsunfähigkeit nicht verwenden.
- Verändern Sie die Maschine nicht. Nur bestimmungsgemäß verwenden.
- Überprüfen Sie alle Teile, einschließlich des Seils, auf Abnutzung oder Schäden. Bei Bedarf ersetzen.
- Halten Sie Kinder von der Maschine fern. Minderjährige müssen beaufsichtigt werden.
- Trainieren Sie in einem klaren, sicheren Bereich.

Die Nichtbeachtung dieser Vorsichtsmaßnahmen kann zu schweren Verletzungen führen.

DES BLESSURES GRAVES PEUVENT SURVENIR SI LES PRÉCAUTIONS CI-DESSOUS NE SONT PAS RESPECTÉES.

- Lisez et comprenez toutes les étiquettes d'avertissement et le manuel d'utilisation avant utilisation. Accédez au manuel via le code QR.
- Éloignez-vous des pièces mobiles. Le contact peut causer des blessures graves.
- Inspectez la machine avant chaque utilisation. Ne pas utiliser si elle est endommagée ou inutilisable.
- Ne modifiez pas la machine. Utilisez uniquement comme prévu.
- Inspectez toutes les pièces, y compris la corde, pour détecter l'usure ou les dommages. Remplacez si nécessaire.
- Gardez les enfants éloignés de la machine. Les mineurs doivent être supervisés.
- Exercez-vous dans une zone claire et sûre.

Le non-respect de ces précautions peut entraîner des blessures graves.

PODRÍA OCURRIR UNA LESIÓN GRAVE SI NO SE OBSERVAN LAS SIGUIENTES PRECAUCIONES.

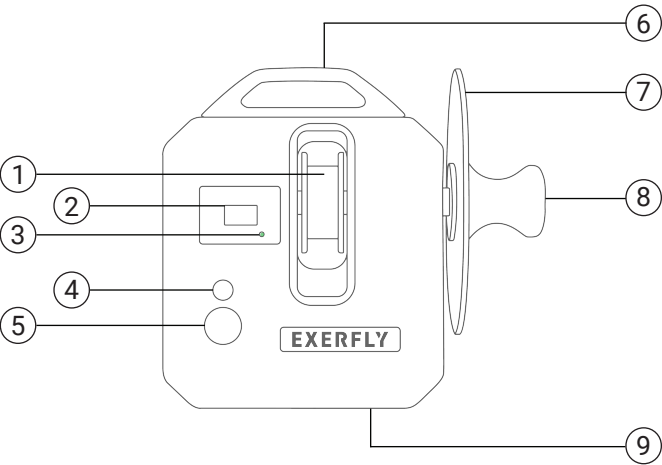
- Lea y comprenda todas las etiquetas de advertencia y el manual del usuario antes de usar. Acceda al manual mediante el código QR.
- Manténgase alejado de las partes móviles. El contacto puede causar lesiones graves.
- Inspeccione la máquina antes de cada uso. No la use si está dañada o inoperable.
- No modifique la máquina. Úsela solo según lo previsto.
- Inspeccione todas las piezas, incluida la cuerda, en busca de desgaste o daños. Reemplace si es necesario.
- Mantenga a los niños alejados de la máquina. Los menores deben ser supervisados.
- Haga ejercicio en un área clara y segura.

El incumplimiento de estas precauciones puede resultar en lesiones graves.

Overview of Parts

RackFly	
Figure 1	
1	Rope on Stainless Steel Shaft
2	Display Screen
3	Status Light
4	Reset Button
5	Scroll Button
6	Carry Handle
7	Flywheel
8	End Cap
9	USB-C Input

Figure 1



Rope Clamp	
Figure 2	
1	Pull to Open Tab
2	Accessories Latch
3	Rope Clamp

Figure 3

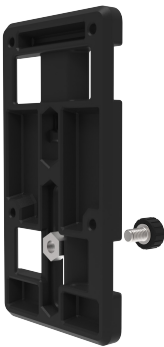


Mounting Options

Rack Attach Plate

	M10x16 Socket Head Screw		Hex Key (4 mm and 8 mm)
	M10 Nut		M10 Hex Bolt x3 (Various lengths)
	4 x M6x16 Hex Screws		Wing Nut

Step 1
Place the Socket Head Screw into the vertical slot on the Rack Attach Plate and secure with the M10 Nut.



Step 2
Using the 4 mm Hex Key, screw 4 x M6x16 Hex Screws to secure the plate to RackFly.



Step 3
Choose the Hex Bolt that fits through your uprights. Lock the Bolt into the hex slot on the plate.



Step 4
Slot the bolt through the uprights and align the Socket Head Screw to the hole below, tighten with the 8 mm Hex Key. Screw the wing nut onto back of the Hex Bolt.



Mounting Options

J-Hook

Follow this quick video guide to secure the RackFly to an upright using the J-Hook.
Video: <https://vimeo.com/1026341134?share=copy>



	4 x M6x16 Hex Screws		4 mm Hex Key
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Step 1
Align the J-Hook to the 4 screw holes on the back of the Rack-Fly.



Step 2
Place the 4 x Hex Screws into the screw holes and tighten using the supplied Hex Key.



Step 3
Pull out the lock pin and thread the J-Hook through the upright hole.



Step 4
Rotate the RackFly to the upright position and release the lock pin into place.



Rope Clamp

The Rope Clamp is designed to ensure there is no slippage on the rope between the user and the flywheel. Secure any accessory to the Rope Clamp using the accessories latch. Ensure the latch is locked in the closed position before performing an exercise.

Video: <https://vimeo.com/1026333907?share=copy>



Step 1

Holding the top and bottom of the Rope Clamp, push the ends together to open the clamp.



Step 2

Thread the end of the rope through the open Rope Clamp from the opposite side to the attachment latch.



Step 3

Keep the Rope Clamp open as you slide it up or down the rope. Release to lock in place. Position the Rope Clamp at the point where your movement switches from concentric to eccentric.



Flywheels

The RackFly holds a maximum load of 8 large flywheels (0.8 kgm²). For first-time users, we recommend starting with moderate movement speeds with moderate to heavy inertial loads to get comfortable with the equipment. For lower-body exercises, start with one large flywheel (0.1 kgm²). For upper-body movements, begin with one medium flywheel (0.05 kgm²)



Video: <https://vimeo.com/1026325276?share=copy>

Size	Inertial Load	Recommended Use
Large	0.1 kgm ²	The large flywheel is best for low velocity, strength based lower body exercises.
Medium	0.05 kgm ²	The medium flywheel provides a good balance of force and velocity, best for power development, and upper body exercises.
Small	0.025 kgm ²	Useful for light rehab movements, or high velocity movements.
X Small	0.0125 kgm ²	Useful for light rehab movements, or high velocity movements.
XX Small	0.00625 kgm ²	Useful for light rehab movements, or high velocity movements.

How to Add Flywheels

Step 1

Holding the top and bottom of the Rope Clamp, push the ends together to open the clamp.



Step 2

Thread the end of the rope through the open Rope Clamp from the opposite side to the attachment latch.



Connect to the Exerfly App

Step 1

Download the Exerfly app on IOS or Android, or scan the QR code to use the desktop version.

<https://app.exerfly.com/>



Step 2

Plug the supplied Power Adapter into a wall socket and the USB-C connection in to the bottom of the RackFly. The power must be connected to enable Bluetooth pairing.



Step 3

In the app, select the Bluetooth button and pair your Exerfly unit. You will hear three beeps once connected.



Not connected



Connected

Step 4

To disconnect your Bluetooth connection and allow others to connect, press the Reset Button.

Calibrate

Calibration allows the device to precisely detect the point where concentric switches to eccentric. It is important to calibrate the unit each time it is turned on for the accuracy of live data tracking and the Motorized Technology.

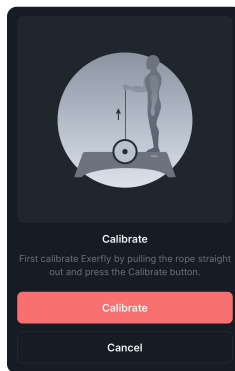
Step 1

Pull the rope out completely and hold it at horizontal. Continue to hold the rope in this position while you complete the next step.



Step 2

From the Exerfly app, select Calibrate. The Status Light will flash and you will hear a beep, calibration is complete.



Getting Started

Important Reminders

- Flywheel training is user-defined, meaning the more force you apply, the more the resistance it provides in return. Start slow while you become familiar with this unique resistance.
- Be prepared to control the eccentric phase of the movement, and try to prevent the rope clamp from colliding with the unit.
- To stop the motion of the flywheel, stop the exercise at the end of the eccentric phase, or nearest the equipment.



Video: <https://vimeo.com/1026345438?share=copy>

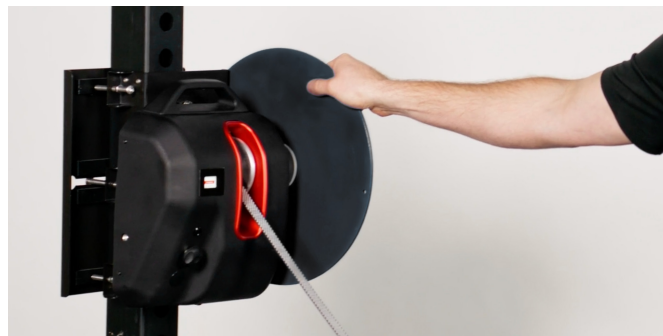
Step 1

Adjust the Rope Clamp to the “end” of your movement—the point where your exercise switches from the concentric to the eccentric phase. See page 10 for how to adjust the Rope Clamp.



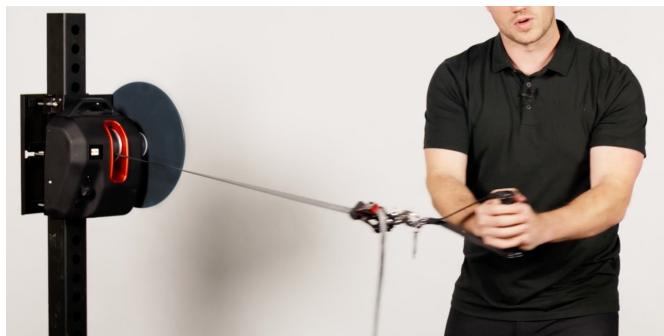
Step 2

Spin the Flywheel to wind the rope back onto the shaft. Stop before the Rope Clamp reaches the equipment.



Step 3

Begin with a number of warm-up repetitions. Increase your speed as you become more confident with the movement.



Step 4

To stop the motion of the Flywheel, stop the exercise at the end of the eccentric phase, or nearest the equipment.



Maintenance

Replacing the Rope

The rope should be replaced when signs of wear appear. Spare Rope is included in your equipment package.

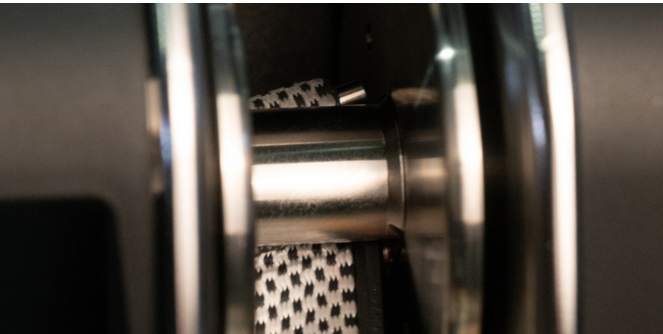
Video: <https://vimeo.com/1066751604?share=copy>



	1 x Spare Rope (Looped)		1 x Dowel Pin
	1 x Flat Head Screwdriver		

Step 1

Insert a small screwdriver through the narrow slot in the shaft and push the rope through to the other side to dislodge the Dowel Pin.



Step 2

Insert the new rope into the narrow slot in the shaft. Pull the rope through the other side.



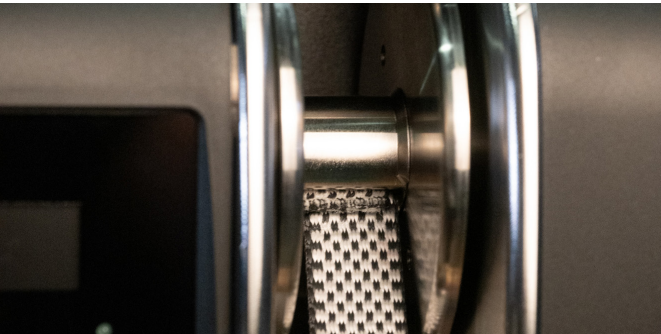
Step 3

Fold the end of the rope over the Dowel Pin.



Step 4

Insert the folded rope with the Dowel Pin through the large slot on the shaft and pull the rope firmly to secure.



Warranty

Exerfly offers a 2-year warranty on all equipment and a lifetime warranty on all steel frames and welded parts from the date of receipt. If you experience an issue, submit a claim to support@exerfly.com for assessment.

Exclusions

This warranty does not cover:

- Damage caused by improper use, accidents, or continued use after a defect is noticed.
- Repairs or servicing not performed according to Exerfly's instructions.
- Use of non-OEM parts or unauthorized repairs.
- Opening the unit or modifying internal components without Exerfly's authorization.

Shipping

All shipments are insured until delivery. Orders ship from the United States. International shipments are sent DDP (Delivery Duty Paid). Customers within the European Union must provide an EORI number.

Limitation of Liability

To the fullest extent permitted by law, Exerfly is not liable for any direct, indirect, incidental, or consequential damages related to the use or performance of the product, including personal injury, property damage, or financial loss.

Statement of Compliance

Exerfly hereby confirms that the following products, manufactured by Exerfly, comply with the relevant EU Directives:

2014/53/EU on Radio Equipment

2014/30/EU on Electromagnetic Compatibility

2011/65/EU on Restriction of Hazardous Substances in Electrical and Electronic Equipment (RoHS)

2014/35/EU on Low Voltage

2006/42/EC on Machinery

Description of Goods:

- Exerfly Ultimate
- Exerfly Rack-Fly
- 3 x 3 Base Model
- 3 x 3 7 Foot
- 3 x 3 9 Foot
- All Exerfly Accessories

Manufacturer Details:

Exerfly
2020 Prairie Lane
Eau Claire, Wisconsin 54703
USA



Online Download
support@exerfly.com