



EXIGO DUAL ADJUSTABLE PULLEY

USER GUIDE

This guide explains how to set up, use and look after the Exigo Dual Adjustable Pulley (DAP) safely. For exercise instructions, see the accompanying exercise manual.

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PARTS OF THE MACHINE

The machine has two independent towers, one on each side, joined by a top frame.

- Weight stacks (x2) – One independent stack per tower, in 5 kg steps marked in kg and lbs
- Magnetic selector pin – Slots into the stack to set how much weight you lift
- Pulley carriage – The moving pulley on each tower that the cable runs through
- Quick-change height adjuster – Releases and locks the carriage at one of 17 positions per tower
- Height scale – Numbered positions down each tower so you can repeat a set-up
- Cable and clip – Connects the weight stack to the attachment
- Multi-grip pull-up bar – Fixed across the top frame for pull-ups and hanging exercises
- Storage hooks – Hold the handles you are not using
- Instructional placard – Shows exercises and the muscles each one targets

SPECIFICATION

Weight stacks	2 × 100 kg standard (2 × 125 kg or 2 × 150 kg options)
Increments	5 kg / 11 lbs
Pulley positions	17 per tower
Handles	38 mm ribbed rubber grips with aluminium ends
Footprint	1,153 mm long × 1,659 mm wide × 2,332 mm high
Machine weight	397 kg
Standards	EN957 / EN ISO 20957; lifetime main-frame warranty

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BEFORE YOU START

Take 30 seconds to check the machine before every session. If anything looks wrong, don't use it and tell a member of staff.

- ☐ Cables are smooth, with no fraying, kinks or exposed wire.
- ☐ Both clips close fully and spring shut on their own.
- ☐ Both selector pins are fully inserted in their stacks.
- ☐ Both pulley carriages are locked in position and don't slide when pulled gently.
- ☐ Weight stacks sit fully at rest, not hanging or stuck partway up.
- ☐ The floor around the machine is clear of kit, water bottles and bags.

You must have completed a health questionnaire (PAR-Q) and your induction before using the functional trainer unsupervised.

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ADJUSTING PULLEY HEIGHT

Only adjust the height when the weight stack is fully at rest and nothing is attached to the cable.

1. Unclip any attachment and hang it on the storage hooks.
2. Hold the pulley carriage firmly with one hand.
3. Pull and hold the quick-change adjuster with the other hand.
4. Slide the carriage to the position you need (1 to 17), using the numbered scale.
5. Release the adjuster and move the carriage slightly until you feel it click into place.
6. Tug the carriage gently to confirm it is locked.
7. Set the other tower to the same number if the exercise uses both pulleys.

Note the position number you use for each exercise so you can repeat the set-up next time.

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ATTACHING AND CHANGING HANDLES

1. Make sure the weight stack is fully at rest.
2. Take the attachment you need from the storage hooks.
3. Press open the clip gate and hook it through the attachment's metal ring.
4. Let the gate spring shut and check it is fully closed.
5. Give the attachment a firm tug before you load it.

To change attachments, reverse the steps and return the old one to storage straight away.

D-handle	Single-hand presses, rows, flies and raises
Rope	Pushdowns, face pulls, crunches and pull-throughs
Straight or EZ bar	Curls, pulldowns and two-hand rows
V-handle	Seated rows
Ankle strap	Kickbacks, hip abduction and leg curls

When using an ankle strap, fasten it snugly around the ankle, above the ankle bone, before clipping it on. Never clip a cable directly to your body, a belt or clothing.

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SELECTING THE WEIGHT

1. Check the stack is fully at rest.
2. Pull the magnetic pin out of the stack.
3. Push it fully into the slot under the plate you want. The magnet holds it in place.
4. Lift the attachment slightly to confirm the stack rises together.
5. For two-pulley exercises, set both stacks to the same weight.

Each stack goes up in 5 kg steps, marked in both kg and lbs.

Never change the pin while the stack is raised, and never put your fingers between the plates.

WHY THE WEIGHT FEELS LIGHTER THAN THE NUMBER

Adjustable pulleys usually use a pulley ratio, so the number on the stack is not the same as lifting that weight as a dumbbell. The cable also travels further than the stack, which allows long, smooth movements. Track progress against the stack number on this machine rather than comparing it with free weights.

HOW HEAVY TO GO

Choose a weight you can move through the full range with control for every rep. The last two or three reps should be hard but still clean. If you need to swing, twist or lean to finish, reduce the weight.

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POSITIONING YOURSELF

GETTING INTO POSITION

- Take the handle, then step away until the stack lifts slightly off its rest. This keeps tension on the cable from the first rep.
- Set your stance before you start: feet hip-width for most exercises, or a split stance for presses and rows.
- Keep the cable path clear of your face, neck and head.

USING ONE OR BOTH PULLEYS

- Single pulley: stand side-on, facing or facing away, as the exercise needs. Expect the cable to pull you off balance, so brace before each rep.
- Both pulleys: stand centrally between the towers so both cables pull evenly. Pick up one handle, then the other, and step forward or back together.

FINISHING A SET

Walk back towards the machine until the stack returns fully to rest before letting go. Never drop or release a handle under load; the stack will crash and the cable can whip back.

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AFTER USE

Leave the machine ready for the next person.

1. Return both stacks to rest under control.
2. Unclip all attachments and hang them on the storage hooks.
3. Set both pulley carriages back to the high position (or your gym's default position).
4. Leave both selector pins in the lightest plate.
5. Wipe down handles, the bar and any padding with the sanitiser provided.
6. Clear any kit you used from the floor.

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TROUBLESHOOTING

If the fix doesn't work, or you're unsure, stop using the machine and tell staff.

Pulley carriage won't move	Cause: Height adjuster still engaged.	Fix: Pull the adjuster fully out while supporting the carriage.
Carriage slips during a set	Cause: Adjuster not fully locked.	Fix: Stop, rest the stack, reset the height and check it clicks in.
Stack won't lift or feels stuck	Cause: Pin not fully inserted, or cable caught.	Fix: Rest the stack, reseal the pin, check the cable runs freely.
Only part of the stack lifts	Cause: Pin in the wrong slot or not fully through.	Fix: Reseat the pin fully under the plate you want.
Stack doesn't return to rest	Cause: Cable snagged or carriage too far from the stack.	Fix: Walk back towards the machine; if it persists, report it.
Cable feels jerky or noisy	Cause: Cable off a pulley wheel, or debris.	Fix: Stop and report; do not try to refit the cable yourself.
Clip won't close	Cause: Damaged spring or gate.	Fix: Don't use that cable; report it.
Cable visibly frayed or kinked	Cause: Wear.	Fix: Stop immediately; report it and leave the machine unloaded.

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REPORTING A FAULT

A fault may be spotted when no staff are on site. If you find a problem:

1. Stop using the machine and return the stacks to rest.
2. Leave the "Out of order" tag on the machine if one is provided.
3. Report it to gym staff with the problem, the tower (left or right) and the time.