

ANCORE



USER MANUAL

PLEASE READ BEFORE USE.

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ANCORE Limited Warranty

DEFINITIONS

ANCORE: refers to the company, ANCORE, incorporated under Anchor Health and Fitness, Inc. ANCORE may also refer directly to the products it produces and sells.

ANCORE Trainer: may be referred to as the 'Product' and includes its necessary accessories including but not limited to the cable, resistance plates, clip, pin, and handles. Also, referred to as ANCORE or ANCORE Pro.

MOUNT: refers to the products sold by ANCORE that attach the ANCORE Trainer to mounting surfaces.

MOUNTING SURFACE: refers to any surface or object at the user's discretion to which the ANCORE trainer or other products produced by ANCORE are used.

WHAT DOES THIS ADDITIONAL WARRANTY COVER?

This additional warranty covers, in addition to other statutory warranties, defects in manufacture and materials in your new and genuine ANCORE exercise products purchased directly through ANCORE or its official partners as stated on our website. This additional warranty applies to products intended solely for personal, family, household, or training facility/physical therapy practice purposes.

WHO DOES THIS ADDITIONAL WARRANTY COVER AND HOW LONG DOES IT LAST?

This additional warranty covers the initial purchaser and user only and lasts for a duration of one year or less ("Warranty Period") beginning from the date received considered as the date the product is delivered to the initial purchaser and/or user. It does not cover injuries or damages to third parties using the products.

WHAT WILL ANCORE DO UNDER THE ADDITIONAL WARRANTY?

Subject to the limitations described below, ANCORE will repair or replace any defective ANCORE Trainers covered by this additional warranty or refund the purchase price to the original purchaser at its discretion.

WHAT DOES THIS ADDITIONAL WARRANTY EXCLUDE?

The terms of this additional warranty provide an additional remedy available to you in addition to any other warranty offered by statutes or common law in the jurisdiction where you reside and use the product. ANCORE will honor any other warranty to the extent it must under the law. This additional warranty is limited as follows:

1. This additional warranty only applies to authentic ANCORE products as sold by ANCORE and its official partners.
2. Consequential and incidental damages are not recoverable under this additional warranty. Some states or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
3. This additional warranty does not cover any problems which result from accident, neglect, modification, abuse or misuse of the ANCORE product such as in ways described in the set up and use instructions (including, for example, "sawing" on the ANCORE, use of inadequate anchoring, any use as a rope, for example to tow), exposure to variations in ambient environmental conditions (including, for example, changes in heat, humidity, or moisture, including water

saturation), impact damage, normal wear and tear, defects or malfunctions experienced during or caused by use not in conformity with Product documentation and technical specifications, damage caused by misuse, accident, neglect, abuse, alteration, improper or unauthorized modification, or tampering, damage to your property, home, walls, or floors that may result from installation or removal of the Product, Product that has been resold, damage caused by improper or incorrectly performed maintenance or repair, damage caused by improper installation, relocation, or uninstallation, indentations, scratches or surface damage (including abrasions caused by failure to use, protect or maintain the product properly), product deterioration or variations in color or marking that are ordinarily expected based on ordinary use or develop over time because of natural processes such as exposure to sunlight, and damage caused to products during shipping.

4. The duration of ALL OTHER STATUTORY OR COMMON LAW WARRANTIES IN YOUR JURISDICTION, INCLUDING ANY WARRANTY OF MERCHANTABILITY, WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, OR ANY WARRANTIES ALLEGED TO ARISE FROM COURSE OF DEALING, COURSE OF PERFORMANCE, OR USAGE OF TRADE ARE NOT RESTRICTED TO THE DURATION OF THIS ADDITIONAL WARRANTY.

HOW DOES STATE LAW OR THE LAW IN OTHER JURISDICTIONS APPLY?

This additional warranty gives you specific additional legal rights in addition to any other rights given to you via other warranties, other state rights or rights granted to you in other jurisdictions. In the event you desire to make a claim under these other rights, please contact ANCORE at support@ANCOREtraining.com and provide notice of the additional right asserted.

ANCORE/ANCORE PRO

PATENT PENDING

Thank you for choosing ANCORE! We believe you've made a strong choice. Please read the manual to ensure you have a valuable and safe training experience with ANCORE.

WARNING: ALL USERS MUST READ MANUAL BEFORE USE

Please read these instructions carefully before use to understand the risks associated with using ANCORE products, which include, but are not limited to:

- Always check to ensure that the ANCORE Trainer is fully secured to the official ANCORE mounting option before use.
- Check that the mount is set up properly on its mounting surface or fixture before use. Do not use if the mount pin is not fully secured between the ANCORE Trainer and the mounting option. You should ensure that the mounting option is fully secured to a strong and stable surface before use.
- You should not use more than three resistance plates on each side of the ANCORE Trainer for a total maximum of 6 resistance plates at one time.
- Do not release the handle of the cable at any time during use. Releasing the cable of the ANCORE Trainer abruptly during use can cause personal injury or damage to the product, mount or its surroundings.
- Ensure the area around the product is clear during use. Do not use the product if any person is in close proximity to you or the product.
- The area where the cable exits the product can become hot during or directly after use - please refrain from touching this area at any time to avoid burning or pinching your hands.

- **Do not disassemble the product or any of its components** unless instructed by an authorized ANCORE service representative.
- If any components of ANCORE Trainer, cable, resistance plates, handles or mounting options appear to be damaged, **do not use.**
- The cable should be inspected before and during each use. Any signs of wear must result in a stop of use and it is recommended that you contact an ANCORE representative before any further use.
- We recommend you only use this product if you are in good physical condition to exercise and operate a cable machine such as the ANCORE Trainer. Should you have any medical conditions please consult your physician before use.
- When using the ANCORE Trainer, you should understand that there is a possibility of personal injury or property damage to mounting surfaces. By using this product, you are voluntarily doing so and you agree to these terms at your own risk.

WARRANTY DISCLAIMER

“ANCORE” (Anchor Health Fitness, Inc.) warrants its products to be free from defects in materials and workmanship for a period of 1 year from date of purchase, provided they have not been subjected to obvious abuse, neglect or misuse. ANCORE’s sole liability is limited to repairing or replacing products that are returned within 1 year, unless specific product literature specifies otherwise. Please find the ANCORE Limited Warranty details on a separate page in the package.

BEST CARE PRACTICES

Please follow the best care practices to increase the performance and lifespan of your product. Please read these best care practices carefully before use to understand how to best care for your product:

- The ANCORE Trainer is designed to be used in a variety of locations however it is recommended to flip the orientation to the desired position as indicated by the graphics to minimize wear on the rope (excludes ANCORE Pro).
- You should not use more than three resistance plates on each side of the ANCORE Trainer for a total maximum of 6 resistance plates at one time.
- Make sure to adjust plates in accordance with the instructions outlined later in this manual.
- Do not release the handle of the cable during use. Releasing the cable of the ANCORE Trainer abruptly during use can cause personal injury or damage to the product or its surroundings.
- Only adjust the resistance plates while the cable is fully recoiled. Do not add or remove resistance plates while the cable is not fully recoiled.
- Do not disassemble the product or any of its components without expressed permission of an ANCORE service representative.
- If any components of the ANCORE Trainer, cable, resistance plates, handles or mounting options appear to be damaged, do not use and contact us immediately. The cable should be inspected before and during each use.
- When not using the product, store in a dry room-temperature environment.
- The product is durable, however, please avoid dropping, throwing, or placing it under heavy items.

Please follow best practices for use to promote the lifespan of the product.
Questions? Contact us at Support@ANCOREtraining.com

CABLE REPLACEMENT PROGRAM

We understand that the cable will experience normal wear after extended periods of use. The lifespan of the cable depends on the frequency and intensity of use. Although the cable is outside of the warranty of defects, we will support you with any cable replacement services completely FREE within the first six months from the date of purchase. After this period, we will replace the cable for a fee which includes one way shipping costs.

As noted in the instructions, it is important for you to inspect the cable before and after each use just like any piece of equipment. If your cable is damaged, please contact Support@ANCOREtraining.com with your name and order number as well as a photograph of the damaged cable. We will advise you on whether a replacement cable is necessary. Upon receipt of your device, we will outfit your product with a new cable and have it shipped back to you.

WITHIN 6 MONTHS OF PURCHASE

Please contact us at Support@ANCOREtraining.com to proceed with cable replacement and return instructions. A replacement during this time period will be fully covered by ANCORE.

AFTER 6 MONTHS OF PURCHASE

Please contact us at Support@ANCOREtraining.com to proceed with cable replacement and return instructions. A replacement during this time period will require a nominal fee.

HOW TO CHANGE BETWEEN MOUNTS

1. To attach the Trainer to a mount, match and insert the base of the Trainer onto the mount interface. *Note: Always follow the product orientation best practices as labeled on the product during use (not required for ANCORE Pro).*

2. Once matched, slide the silver pin fully through hole to lock the Trainer in place.

3. To detach the Trainer from the mount, locate the silver pin and loop at the base of the Trainer where it meets the mount.

4. Simply hold the Trainer with one hand and pull the loop and pin out of the hole. This will free the Trainer to relocate to a different mount.

5. Pull the Trainer away from the mount.



HOW TO CHANGE ACCESSORIES/HANDLES

1. Simply open and close the carabiner clip to remove and interchange your desired accessory or handle on the Trainer.



HOW TO ADJUST RESISTANCE LEVEL

1. To increase the resistance, match the orientation of the numbers on the plates with the logo on the ANCORE Trainer. *Note: Make sure the cable is fully retracted whenever adjusting resistance.*



2. Start by placing the resistance plate at a 45 degree angle against the side of the base. Turn the plate quarter turn back and then rotate the plate toward you while placing light pressure to the center of the Trainer. When the plate is attached, there should be no visible space between plate and the base. Repeat for up to three resistance plates on each side of the base.



3. To decrease the resistance, grasp and twist the plate away from you to remove it from the Trainer.

Note: the plates can be attached to the ANCORE Trainer asymmetrically. For example, you can have one plate on the right side and two plates on the left side of the product.



HOW TO USE THE RACK MOUNT

1. Set your desired location for the alignment shaft (pictured in the first image) by tightening the thumb screw.



2. Align the Rack Mount on your post in the desired location and send the threaded shaft into the post, ensuring the alignment shaft also goes into a post hole.



3. Take the knob, depress the button, slide the knob down the threaded shaft until the white ring rubs against the rack post.



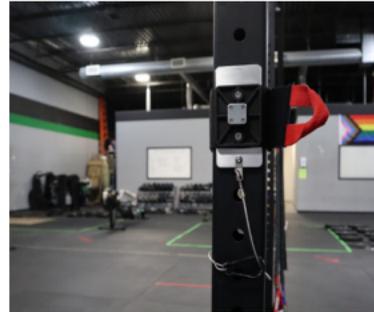
4. Once the knob is against the rack, release the button and turn the knob to tighten it.



5. Give the mount a pull to ensure you are secure and then begin training.

HOW TO USE THE STRAP MOUNT

1. Wrap the large hook and loop strap around the mounting rack.
2. Slide the end of the strap through the metal rectangle on the side of the mount and pull as far as possible.
3. Pull the strap back around the rack as tight as possible.
4. Press the outer strap firmly around the rack ensuring the hook and loop is secure.
5. Locate the carabiner safety clip and wrap it around the fixture. Connect the safety clip to the steel cable lanyard after wrapping it around the rack.
6. Check to make sure the strap and safety clip are fully secure before using.



SLIDING TRACK MOUNT INSTALLATION GUIDE

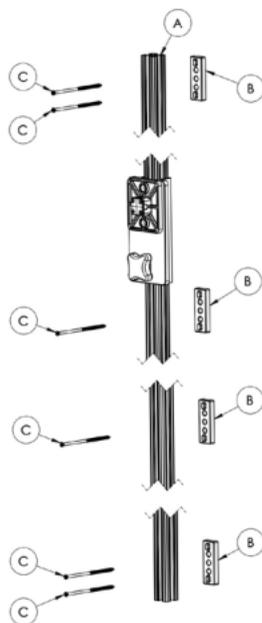
The Sliding Track Mount is designed to be installed into strong wooden studs. Do NOT try to install the Sliding Track Mount onto any other surface or fixture. We recommend consulting a professional for any installation procedure. Contact us at support@ANCOREtraining.com with questions.

PARTS INCLUDED

- 1x ANCORE Sliding Track Mount (A)
- 4x Sliding Track Mount Spacer - 2 Hole (B)
- 6x Sliding Track Mount Screw (C)
- 1x Torx (T20) Driver Bit for Screw

TOOLS NEEDED

- Power Drill
- Stud Finder
- Pencil
- A friend to help if possible
(Recommended)



INSTALLING YOUR SLIDING TRACK MOUNT

1. Locate a strong wooden stud as the install location for Sliding Track Mount (A).

2. Determine and measure the height at which each end of the Sliding Track Mount (A) (top and bottom) will sit.

3. At these two heights (top and bottom), use the Stud Finder to locate the center of the wall stud. Mark this location lightly with a Pencil.

4. With help from a friend, have someone hold the Sliding Track Mount (A) and Sliding Track Mount Spacer (B) against the wall (it is easiest to begin with the top Sliding Track Mount Screw (C) and Sliding Track Mount Spacer (B) first). While holding and confirming proper alignment to the pencil marks at the center of the stud, have the other person screw in a Sliding Track Mount



Screw (C) in the top location. DO NOT tighten all the way to allow for alignment of the bottom of the Sliding Track Mount (A) with the stud.

5. Now move to the bottom of the Sliding Track Mount (A) . Align the Sliding Track Mount (A), along with the Sliding Track Mount Spacer (B), so that it is centered on the wall stud. Screw in a Sliding Track Mount Screw (C) until tight.

6. Return to the top Sliding Track Mount Screw (C) in Step 4 and tighten fully.

7. Now screw in the remaining 3 Sliding Track Mount Screw (C). Do not forget to insert the center Sliding Track Mount Spacers (B).

8. Make sure that the mount is fully secure before using.



WALL MOUNT INSTALLATION GUIDE

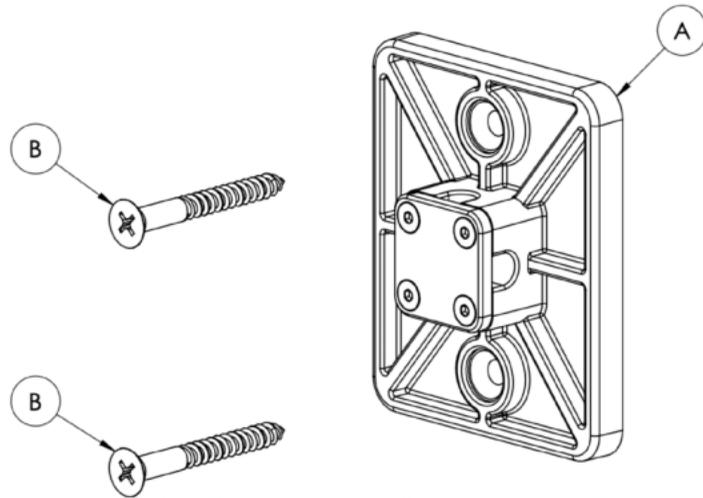
The Wall Mount is designed to be installed into strong wooden studs. Do NOT try to install the Wall Mount onto any other surface or fixture. We recommend consulting a professional for any installation procedure. Contact us at support@ANCOREtraining.com with questions.

PARTS INCLUDED

- 1x ANCORE Wall Mount (A)
- 2x Wall Mount Screw (B)
- 1x Torx (t25) Driver Bit for Screw (B)

TOOLS NEEDED

- Power Drill
- Stud Finder
- Pencil



INSTALLING YOUR WALL MOUNT

1. Locate a strong wooden stud as the install location for Wall Mount (A).
2. Use a Stud Finder to locate the center of the wall stud. Mark this location lightly with a Pencil.
3. Screw the first Wall Mount Screw (B) into the wall at the center of the stud. Tighten this most of the way, leaving wiggle room for adjustment of the Wall Mount Screw (B) before installing the second Wall Mount Screw (B).



4. Now align the Wall Mount Screw (B) vertically and screw in a second Wall Mount Screw (B) into the wall stud until tight.

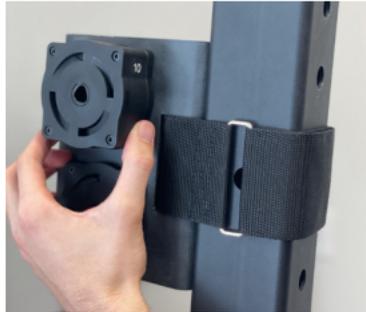
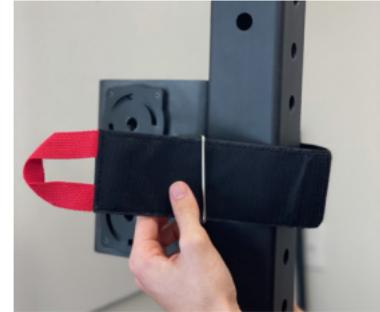
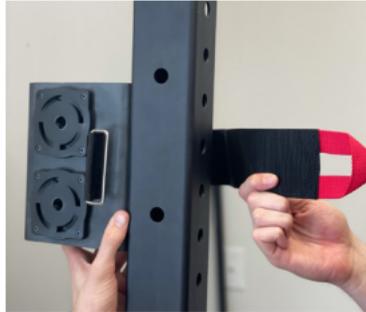
5. Return to the top Wall Mount Screw (B) from Step 3 and tighten fully.

6. Make sure that the mount is fully secure before using.



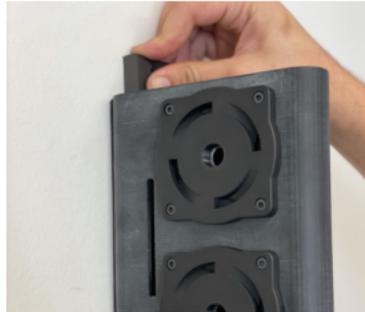
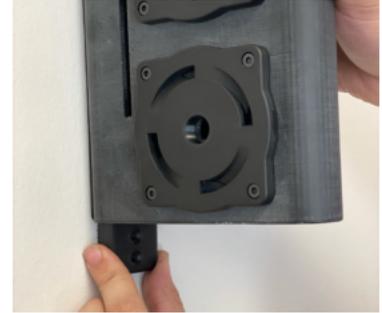
HOW TO USE THE PLATE DOCK (STRAP MOUNTED)

1. Wrap the large hook and loop strap around the mounting rack.
2. Slide the end of the strap through the metal rectangle on the side of the mount as far as possible.
3. Pull the strap back around the rack as tight as possible.
4. Press the outer strap firmly around the rack ensuring the hook and loop is secure.
5. To attach plates to the Plate Dock, simply twist them on their corresponding housings.
6. To detach plates from the Plate Dock, simply twist them off their corresponding housings.



HOW TO USE THE PLATE DOCK (WALL MOUNTED)

1. Locate the stud you want to fasten your Plate Dock to. The Plate Dock must be fastened into a wood stud.
2. Screw in your initial mooring to just below where you want the Plate Dock to rest. It is recommended you only screw in 1 screw at this time.
3. Position your Plate Dock on top of your original mooring with the lip of the mooring inside the plate harbor, ensuring you are level to the ground.
4. Position and fasten your second mooring on the top of the Plate Dock so that the mooring is resting firmly against both the top surface as well as the interior surface of the Plate Dock.
5. Fasten the two remaining screws into your two moorings and you are ready to go.



SCAN FOR MORE SET UP TIPS AND CABLE MOVEMENTS



ANCORE HOW-TO VIDEOS



MOVEMENT LIBRARY

ANCORE



TRAIN WITHOUT LIMITS