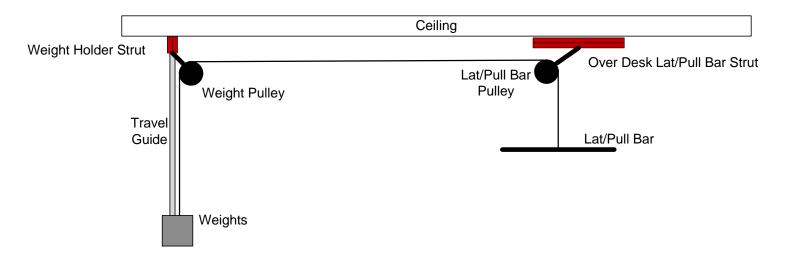# DXZ KIT

INSTALLATION MANUAL

Deskerxizer.com
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The **Desk**erxizer over desk workout kit and related hardware **is to be installed by qualified individuals**, a defective or inadequate installation and overhead anchoring of the support hardware can cause serious and life threatening body and head injuries.

By purchasing these items you agree to hold Deskerxizer.com liable only for the purchase amount. Deskerxizer.com and its resellers shall not be held liable for damages or personal body injuries.
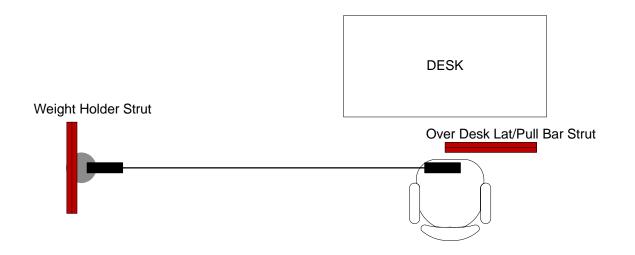
FRONT VIEW

Ceiling

Weight Holder Strut

Over Desk Lat/Pull Bar Strut

Weight Pulley

Lat/Pull Bar
Pulley

Travel
Guide

Lat/Pull Bar

Weights

TOP VIEW

DESK

Weight Holder Strut

Over Desk Lat/Pull Bar Strut

Figure 1

STRUT ANCHORING TO FRAMED CEILING

Strut Perpendicular to Frame Studs

U-Suport

U-Support

Strut

Stud

Stud

Stud

Strut Aligned with Frame Studs

Strut

Stud

Stud

Stud

Figure 2

CABLE LENGTH

Ceiling

Weight Holder Strut

B

Over Desk Lat/Pull Bar Strut
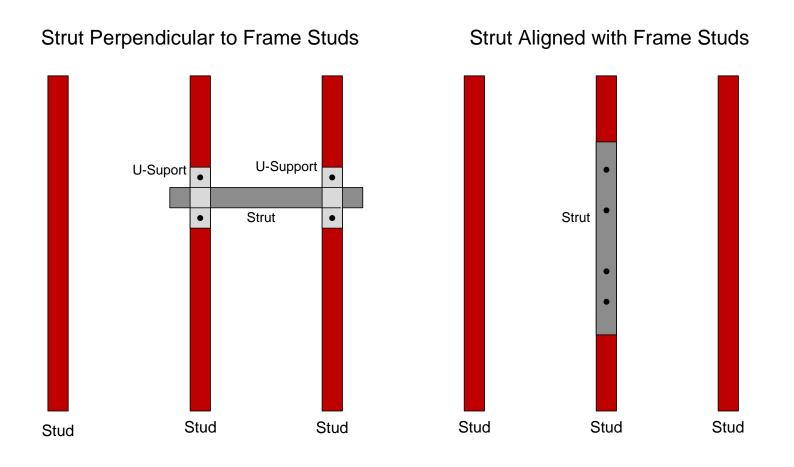
Weight Pulley

Lat/Pull Bar Pulley

A

Lat/Pull Bar

C

Weights

FLOOR
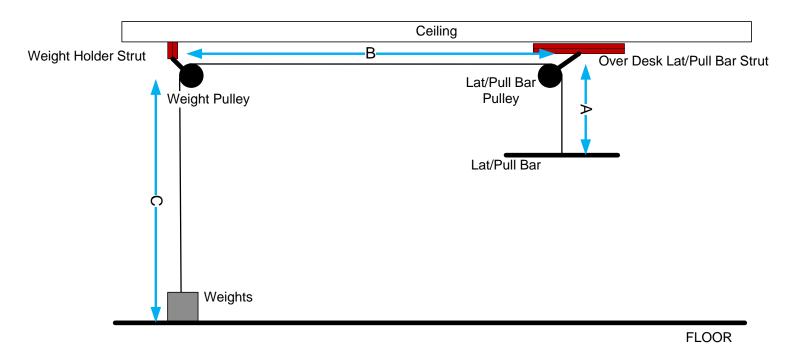
1.-Measure A, B, and C, holding pulleys at a 45 degree angle from the ceiling and towards each other.

2.-Subtract the Weight Holder and fittings length (-15") then add both Cable Turn Backs (+10"+10")

3.-Add a tolerance of approx. 10", once secured and tested the cable can be trimmed

Figure 9

Over Desk Pulley & Strut

Curl, Lat, or Press-Down Bar

3'-30'

Weight Holder
Pulley & Strut

Travel Guide

8'-12'

Weight Sensor

Weight Holder

Deskerxizer Kit Components

1. - Anchor Over Desk Strut: Place the strut overhead positioned slightly opposite to where the Weight Strut will be located, approximately 12 inches off-center (Figure 1). For wood framing, screw the strut to the most convenient stud if it runs aligned; otherwise use the U-supports if the studs run perpendicular to the intended strut location. See Figures 1, 2, 3 and 4. For concrete ceilings use proper concrete anchoring.

Use the provided 1/4' x 3' lag screws with 3/8' washers, make sure you drive the screws into the stud right at the centerline; failure to do this can cause serious damage and physical injuries. Install strut end caps at both ends.
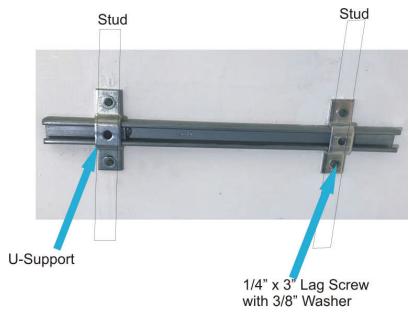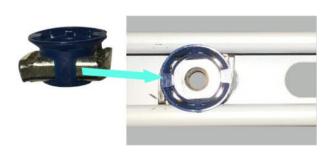

Figure 3

Figure 4

2. - Anchor Weight Holder Strut: Place the strut overhead positioned above where the Weight Holder will be located, (Figure 1). For wood framing, screw the strut to the most convenient stud, if it runs aligned; otherwise use the U-supports if the studs run perpendicular to the intended strut location. See Figures 1, 2, 3 and 4. For concrete ceilings use proper concrete anchoring.

Use the provided 1/4' x 3' lag screws with 3/8' washers. Make sure you drive the screws into the stud right at the centerline; *failure to do this can cause serious damage and physical injuries. Install strut end caps at both ends.*

3. - Insert Strut Back Nuts into Over Desk and Weight Holder Struts: Simply push the cone nut into the strut channel and use the two inner tabs to turn 90 degrees and lock it in place; the nylon cone will hold the nut where it was inserted and, if it needs to be adjusted, simply slide the nut along the inside of the channel. The rounded nut ends make it easy to insert into the channel. The grooves in the nut must align with the in-turned edges of the channel. See Figure 5 and 6

Figure 5

1/4 Turn Clockwise to Lock into the Strut

Figure 6

4. - Install Eyebolts: Screw Eyebolts into the Strut Back Nuts by hand then, using a wrench, tighten the 3/8' hex nuts with the 3/8' square washers as shown in Figure 7 and 8
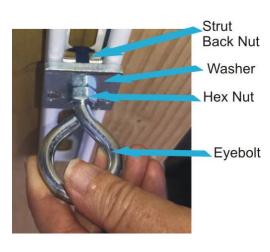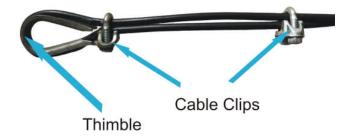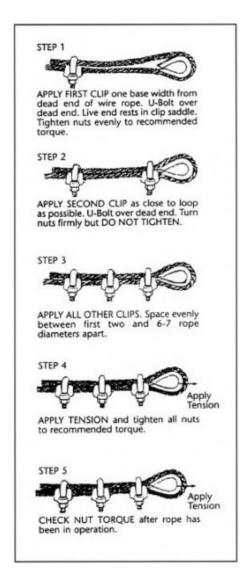

Strut
Back Nut

Washer

Hex Nut

Eyebolt

Figure 7

Figure 8

5. - Cut to Length, Terminate and Install Cable. See Figure 9 to calculate the cable length, extra slack can be cut at the end of the installation. You can use 8' electrician pliers and a hammer as a cutting tool, or simply a hacksaw. Insert cable through both Pulleys as shown in Figure 10 then use the 5 step procedure below to Terminate. Apply and tighten the clips; use the provided Thimbles. For 3/16' Clips, use a cable turn back of 4' and a torque of 7.5 Ft-Lbs. Only 2 clips are necessary. Use the plastic cable ties to hold cable slack in place.

Figure 10

Thimble   Cable Clips

STEP 1

APPLY FIRST CLIP one base width from dead end of wire rope. U-Bolt over dead end. Live end rests in clip saddle. Tighten nuts evenly to recommended torque.

STEP 2

APPLY SECOND CLIP as close to loop as possible. U-Bolt over dead end. Turn nuts firmly but DO NOT TIGHTEN.

STEP 3

APPLY ALL OTHER CLIPS. Space evenly between first two and 6-7 rope diameters apart.

STEP 4

Apply Tension

APPLY TENSION and tighten all nuts to recommended torque.

STEP 5

Apply Tension

CHECK NUT TORQUE after rope has been in operation.

6. - Install Pulleys. Connect both Pulleys to the Eyebolts using the provided 5/16″ Quick Links, see Figures 11 and 12.

Figure 11	Figure 12

6B. - (Optional) Connect Pulley Extension. Use Pulley Extensions, if needed, to clear ceiling objects from the cable path such as fans and lamps. Pulley extensions increase cable distance from the ceiling up to 8′; you might need only one to clear an obstacle. See Figures 13 and 14.

Figure 13   Figure 14

7. - Connect Weight Holder. Connect Weight Holder to the weight end of the cable (terminated per step 5); use the Connector Swivel Jaw. See Figure 15

Figure 15

8. - Install Travel Guide Strut Back Nut and Pressure Rod. The Pressure Rod should look like Figure 16. Cut the threaded rod, as necessary, to cover the distance between the travel guide aluminum square pipe

and the Weight Strut; add an extra 4'-6' inches. Insert the strut back nut in the strut at the side opposite to the weight pulley, approximately 7-1/2 inches away from the Eyebolt. Simply push the cone nut into the strut channel and use the two inner tabs to turn 90 degrees and lock it in place. Tighten the 3/8' hex nut with the square washer to secure the Pressure Rod to the Weight Strut. See Figures 16 and 17.
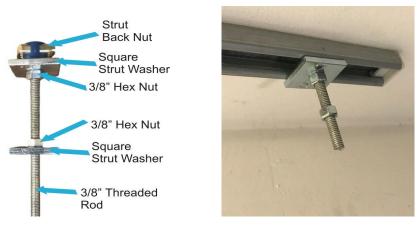

Figure 16   Figure 17

9. - Install Travel Guide. Put a 7 to 10 Lbs weight on the Weight Holder to give it stability, then insert the 3/8' Square Washer into the Pressure Rod, then the Pressure Rod into the Travel Guide Aluminum Square Pipe (Figures 18 and 19), then insert the Travel Guide in the Weight Holder slot; the Weight Holder will be at an angle with the projected Weight Strut centerline of approximately 20-25 degrees, if you pay attention to Figure 20, the Weight Holder is not aligned with the wall, but at an angle. Use a leveler on two perpendicular sides of the square pipe to make it as vertical as possible then put pressure force on the pipe by loosening the 3/8' hex nut; you will need a second 3/8' wrench to hold the nut that secures the pressure rod to the strut above. Turn the nut until the pipe is firmly installed.

Figure 18   Figure 19

Figure 20   Figure 21

Leave a 1/4′ gap between the travel guide and the bottom side of the Weight Holder slot (Figure 21).

10. - Connect Exercise Bar. Connect the desired Lat, Curl, or Press-Down Bar to the over desk end of the cable using a Quick Link. See Figures 22 and 23.

Figure 22   Figure 23

11. - Adjust Exercise Bar Position. Crack loosen the hex nut that holds the over desk Eyebolt on the overhead strut and slide left or right, as needed, to center the exercise bar. Tighten the nut again. Adjust cable length (bar height), if necessary, by repositioning the cable clips; you can also use quick links or carabineer snap link hooks for small tweaks.   See Figure 24.

Figure 24

12. - Changing Weight. Use one hand to hold the weight end of the cable, and with your other hand, unscrew the Weight Holder Top Cap; the Swivel Jaw will allow the top cap to rotate freely. While still holding

the cable with one hand, use your other hand to put or remove weights onto the Weight Holder, then screw the top cap back until secured. See Figure 25.

Figure 25

13. - (Optional) Weight Sensor and Transducer. If you purchased the Windows Workout App Kit, you need to install the Weight Sensor and Transducer. Simply connect the Weight Sensor between the Swivel Jaw Connector and the cable using the Carabineer Clip Snap Hook and the Eyebolts provided with the Weight Sensor. See figure 26.

Cut the Weight Sensor multi-conductor signal cable, if necessary, depending on the desired location of the Transducer. Remove the plastic cover from the Transducer box, insert the sensor multi-conductor cable through the gland connector, then tighten the plastic nut of the connector. Strip it and connect it to the transducer screw terminals, as shown on figure 27, carefully matching the wire colors (shield/yellow, green, white, black, red) with the screw terminal labels; the yellow color is used for the signal cable shield. If you ordered the transducer with the Bluetooth option, you need to remove the Bluetooth PC board to gain full access to the terminal block and screw terminals; just pull it out from the header pin connector. Carefully reinsert the Bluetooth card once finished.
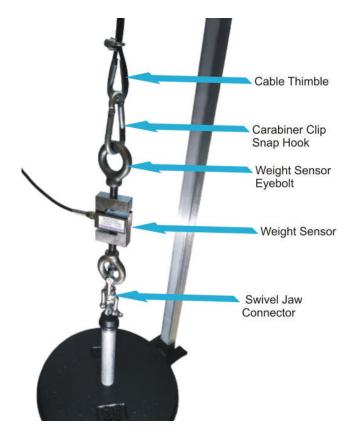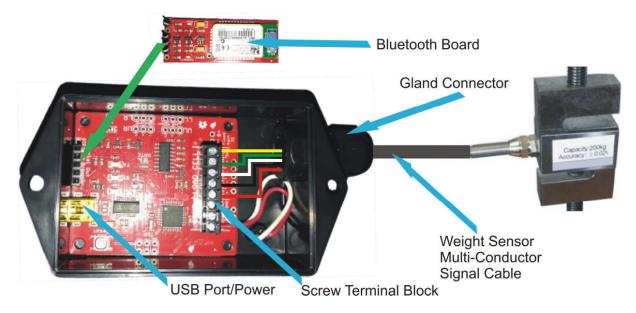
Figure 26

Figure 27

The USB port powers the Transducer. Even if using the Bluetooth option, you still need to connect the Transducer to a USB power adaptor, 0.5 Amps or more is recommended. Windows will automatically install the necessary drivers for the transducer to communicate with the DXZ app (it will be seen by Windows as a COM port); however, if you run across USB driver issues, you can download the necessary driver from https://www.ftdichip.com/Drivers/VCP.htm

 For Bluetooth communication, simply add the Transducer as a Bluetooth Device: In the Windows Search Box type "Bluetooth", "Bluetooth and other devices" will be shown, select it, then simply click on "[+] Add Bluetooth & other devices" and follow the prompts. The Transducer will be discovered as RNBT, enter PIN 1234, if prompted.

Once detected by Windows both the USB and Bluetooth Transducers, will be detected by the DXZ App in the Settings window.

You can watch the DXZ App How To video here:

http://www.deskerxizer.com/DXZ/product.asp?pid=100

Warranty Returns:

- If you have a defective product, you must obtain an RMA number prior to returning the product
- To obtain an RMA Number you must identify the failure to our support department
- Please provide a complete description of the problem as well as an EMAIL address and telephone numbers where you can be reached
- All included hardware, structural components, bars, and accessories must be returned, i.e. cables, screws, clips, hooks, nuts, washers, manuals, etc.
- All RMA products must be received within the time span of the warranty
- The original Manufacturer's Warranty applies to all individual components
- Return shipping charges are the responsibility of the customer.
- Domestic Ground Return Shipping within the continental U.S.A. will be paid by Deskerxizer.

DXZ-KIT PARTS LIST

ITEM	DESCRIPTION	QTY	
1	3/16in. Black Aircraft Cable - 7 x 19 - 1 FT	20-30 ft	
2	Wire Rope Clips 3/16"	4	
3	Thimbles Zinc Plated Commercial	2	
4	zinc plated quick Link 5/16"	2	
5	Eyebolt,1/4-20	2	
6	Carabiner Clips Steel Snap Link Hooks-Spring Loaded Quick Release	1	
7	3 Hole U Shape for 13/16 Strut	2	
8	Strut Back Nut	3	
9	13/16 End Cap Gray	4	
10	Pulley Strut 2 feet	2	
11	3/8 in. x 5 ft. Galvanized Threaded Electrical Support Rod	1	
12	3/8 in. Zinc-Plated Flat Washer	10	
13	3/8" Square Washer	3	
14	3/8 in. Zinc Plated Hex Nut	4	
15	PULLEY, 87MM with bearing	2	
16	1/4" x 3" Powerlag Hex Drive Washer Head Coating Lag Screw	10	
17	1" x 1" x 1/16" 8 FT ALUMINUM TUBE SQUARE	1	
18	1/4" 316 Stainless Steel Boat Anchor Connector Swivel Jaw	1	
19	DXZ-WH Weight Holder	1	