

# CABL™



# CABL

Portable Cable Trainer  
迷你多功能繩纜訓練器





9 Height Positions for every muscle training  
9個高度位置調較配合不同肌肉鍛鍊



# WALL MOUNT PULLEY

CABL™ Unit  
訓練器主機

Handle  
把手配件

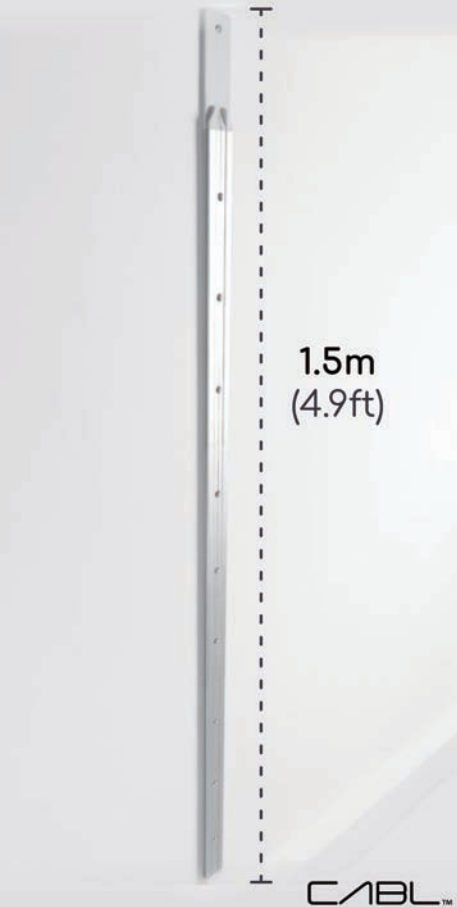
Rope  
拉繩配件

Ankle  
腳踝帶  
配件

# SPECIFICATIONS



GOOD  
DESIGN  
AWARD  
GOLD WINNER



# MINIMALIST DESIGN MAXIMUM UTILITY



170° Swivel  
170度旋轉出口滑輪



1.4m (4.6ft) Extension  
繩纜延長 1.4米 (4.6尺)



Height Lever  
自動鎖定高度桿



Portable  
隨時拆裝



# CONSTANT FORCE RESISTANCE

專利恆阻力系統，免除慣性

6 級重量設置範圍 3kg-16kg (6.5lb-35lb)

3 4 5 6

1

2

3

4

5

6

kg.

3

5

7

9

12

16

lbs.

6.5

11

15.5

20

26.5

35

# SETUP

1.



**INSTALL** 安裝  
Wall Track 軌道

2.



**ATTACH** 掛上  
Unit + Handle 配件

3.



**SELECT**  
Weight + Height  
調較

高度重量

4.



**START**  
Exercise + Workout  
開始鍛鍊



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## Portable Cable Trainer 迷你多功能繩纜訓練器

CABL™是世界首創的迷你家用多功能CABLE訓練器，可按需進行 100 多種運動組合。CABL™專為全身阻力訓練而設計，包括您改變健康所需的一切。

體積細少、易於安裝、專利的阻力為快速有效的鍛煉提供無噪音方便快捷的鍛煉！

CABL™ is a world-first, compact home gym enabling 100's of exercise combinations on demand.

Designed for full-body resistance training, CABL™ includes everything you need to transform your fitness.

Small size, easy-install, Patented resistance delivers a noiseless, constant-force for fast and effective workouts.

瀏覽所有鍛鍊視頻及詳細資料，請訪問：

For all exercise videos and information, please visit:

[www.cablfithk.com](http://www.cablfithk.com)

Scan me 



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# CABL™

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謝謝你的光顧 Thank you for your purchase

有關所有鍛煉視頻和鍛煉指南，請訪問：

For all exercise videos and workout guides please visit:

<http://www.cablfithk>



保修證 Warranty Certificate

原裝行貨 一年保養

Original Licensed One Year Warranty

請保留盒中保修證及正式發票，可享一年原廠保修服務(人為損壞及消耗品不包括在內)，  
保修期內需出示保修證及正式發票方為有效。

Please keep the warranty certificate and official invoice in the box,  
you can enjoy a one-year original factory warranty service  
(man-made damage and consumables are not included),  
and the warranty certificate and official invoice are required to be valid during the warranty period.



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