



PlyoDyne® PRO ONE and PRO WALL

OPERATING, INSTALLATION AND SAFETY MANUAL



PRO ONE



PRO WALL

READ BEFORE USE
Keep this manual available near the equipment. Applicable to PRO ONE and PRO WALL, S and M configurations.

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How to use this manual

- Read Section 2 before installation or use.
- PRO WALL installers must also follow Section 5 and Appendix E.
- New users should follow Sections 6-8 for preparation, initial familiarisation and safe progression.
- Use the current PlyoDyne® PRO equipment records for commissioning, inspection, repairs, relocation, upgrades and ownership transfer.

KEY RULE

Before any adjustment, stop the shaft and place the handle fully in the Passive Safety Holder.

Service and current documentation

Current manuals and safety information: www.iqquip.com/support/manuals

Technical support: www.iqquip.com/contact - SERVICE & SUPPORT

Alternative email: service@iqquip.com

1. About PlyoDyne® PRO



Products covered

PRO ONE is a freestanding movement-training system for use on a stable, level indoor floor. PRO WALL is a permanently installed wall-mounted movement-training system for a suitable load-bearing wall.

Configuration	Supplied equipment
S	Standard exercise shaft, weighted handle and complete removable weight set.
M	Everything in S, plus lightweight handle and lightweight hollow aluminium exercise shaft.

Intended use

PlyoDyne® PRO is unpowered movement-training equipment. The training handle slides along the exercise shaft, rotates together with the keyed shaft and moves through multidirectional shaft tilt. These linked movements allow the user to explore and develop movement control, coordination, stability, elasticity, power, speed and endurance under adjustable conditions.

PlyoDyne® PRO is not presented as a medical device.

Intended users and user height

PlyoDyne® PRO may be used by private users as well as athletes, trainers, therapists, clinics, fitness facilities, research organisations and educational organisations. Users must understand the instructions, maintain control and use the equipment safely. Underage users require appropriate adult or professional supervision.

The equipment is designed around an approximate user-height range of 1.60 m to 2.00 m. This is a design reference, not a fixed restriction; suitability also depends on body dimensions, reach, movement control and the selected exercise.

A person with an existing injury, recent surgery, persistent pain, impaired balance or a relevant medical condition should seek advice from an appropriately qualified healthcare professional where appropriate before training.

INDOOR USE ONLY

Protect the equipment from rain, water, condensation, prolonged direct sunlight, heaters and corrosive substances.

2. Essential safety information

WARNING - MOVING SHAFT IMPACT HAZARD

The long exercise shaft can move through a large area and may cause serious injury if it strikes another person or object. Keep the complete movement area around the shaft and user clear, including behind the user. Stop immediately if another person enters the movement area. Do not release a moving handle.

Secure the handle before adjustments

The Passive Safety Holder is the only approved secure position for the training handle during adjustments. Stop the shaft completely, park the handle and confirm retention before changing weights, support-handle height, Range Control Ring position, weight-storage pin position or equipment configuration.

Maintain control

- Begin with minimal load, a small movement range, slow speed, one-handed movement and only a few repetitions.
- Stop if movement becomes unpredictable, balance is lost or movement direction can no longer be controlled.
- Stop before fatigue reduces movement control.
- Do not use the Passive Safety Holder to stop a moving handle.

Pain, symptoms and recovery

Stop immediately for	Required action
Sharp, increasing or unexpected pain	Do not continue through pain.
Dizziness, numbness, tingling or unusual weakness	Park the handle and stop the session.
Loss of coordination, balance or movement control	Stop and reassess before resuming.
Any unusual symptom that may affect safe control	Stop use until it is appropriate to resume.
Normal post-training muscle soreness	Allow sufficient recovery and reduce demand where necessary.

PRO ONE / PRO WALL

PRO ONE	PRO WALL
Use only when stable, level and not sliding or rocking. Use suitable non-slip pads where required. Do not apply strong rearward pulling forces. Remove the exercise shaft before relocation.	Installation must be completed by a competent installer using all six fixing positions. Stop use immediately if there is wall movement, cracking, crumbling, loosening or a gap between structure and wall.

The iQQuip-supplied screws and plugs are intended only for suitable concrete or solid-brick walls. Other wall constructions require a fixing system selected and obtained by the competent installer.

Weights, Ring and one-user rule

Requirement	Instruction
Approved load	Use approved PlyoDyne® weights only. Maximum removable weight: 4.975 kg.
Weighted handle	Retaining clamp below the loading slot and directly against the weight stack.
Stored weights	Locking pin in its upper locked position before training.
Range Control Ring	Fully lowered for initial/general exercise. Restricted or supported use only following appropriate professional recommendation. Secure before use. Do not use as a seat, step or impact stop.
Users	Only one person may operate the training handle at a time.

KEEP THE EQUIPMENT CLEAR

Do not use PlyoDyne® as a table, shelf or storage surface. Do not place cups, bottles, glasses, phones, tools, clothing or other loose objects on the equipment. Spilled liquids or loose items may interfere with moving/locking components, damage finishes or create a slip hazard.

Cleaning, lubrication and modification

Keep dry-running components clean and dry. Do not apply oil, grease, silicone spray, PTFE spray or any other lubricant to the shaft, keyway, handles, clamps, Range Control Ring or polymer sliding surfaces. The designated ball-bearing location inside the flexible joint is the ONLY lubrication exception.

Do not cut, shorten, drill, grind or otherwise modify the exercise shaft or other safety-relevant/structural components. A shortened or replacement shaft may be supplied or modified only under iQQuip control.

Stop-use conditions

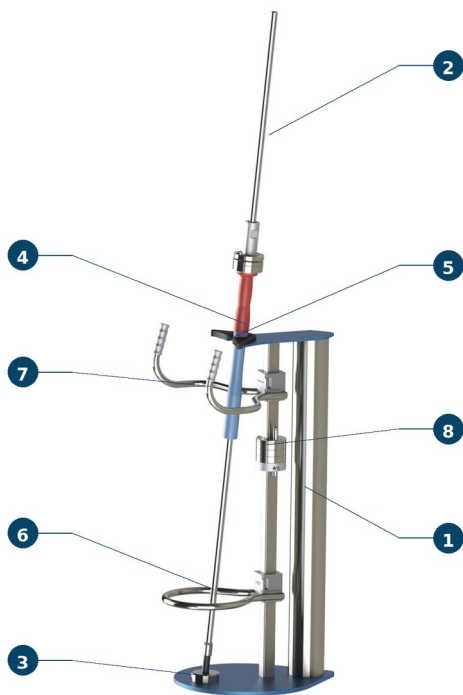
Stop use when	Required action
Shaft bent/dented/damaged; handle jams or rotates independently	Park the handle, prevent use and request support.

Stop use when	Required action
Clamp, Range Control Ring, support-handle assembly or Passive Safety Holder cannot be secured	Do not continue until corrected.
PRO ONE rocks, slides or tilts	Remove the shaft and restore a stable floor interface.
PRO WALL moves at the wall or substrate shows damage	Competent installer inspection required.
Structural cracking, unusual noise or unexplained behaviour	Mark OUT OF SERVICE - DO NOT USE.
Unauthorised modification is found	Do not use; contact iQQuip.

3. Product overview and technical data

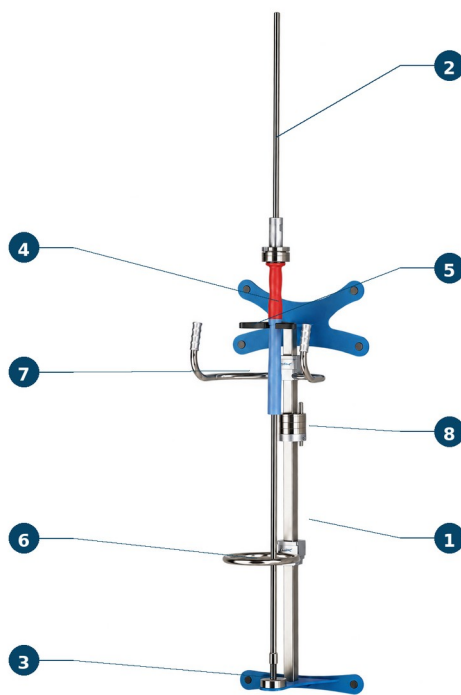
Product identification

PRO ONE and PRO WALL use the same core movement principle. The numbered schematic views identify the principal components.



PRO ONE — component identification

PRO ONE



PRO WALL — component identification

PRO WALL

Main components

No.	Component	Function
1	Supporting structure	Supports the equipment and adjustment assemblies.
2	Exercise shaft	Long moving shaft carrying the training handle.
3	Flexible joint	Allows multidirectional shaft tilt.
4	Training handle	Slides along the shaft and rotates together with the keyed shaft.
5	Passive Safety Holder	Secure parked position for adjustment and non-use.
6	Range Control Ring	Leaves tilt free, limits tilt range or supports the shaft.
7	Support handles + positioning clamp	Move vertically together and secure at selected height.
8	Weight storage + locking pin	Stores unused weights and secures them before training.

Handle and shaft configurations

Configuration	Handles / shafts supplied
S	Weighted handle + standard exercise shaft.
M	Everything in S + lightweight handle + lightweight exercise shaft.

Exercise shafts

Shaft	Length	Diameter	Weight / construction
Standard	2,410 mm	25 mm	10.64 kg
Lightweight	2,410 mm	25 mm	1.9 kg; hollow aluminium

Technical specifications

Specification	PRO ONE	PRO WALL
Format	Freestanding	Wall-mounted
Width	525 mm	630 mm
Main dimensional reference	650.6 mm base-plate length	390 mm wall to tip of base plate
Joint-centre reference	550.6 mm from end of base plate	380 mm from wall to centre of flexible joint
Recommended clear floor space	approx. 2.0 × 2.40 m	approx. 2.0 × 2.40 m
Exercise radius	1.75 m	1.75 m
Minimum ceiling height	2.50 m	2.50 m
Maximum removable weight	4.975 kg	4.975 kg

The recommended clear floor space is a practical room-planning allowance, not the physical footprint. Left- and right-handed exercise areas may overlap and are not separate areas to be added together.

Movement and running-in

- Axial handle travel along the exercise shaft.
- Rotation of the keyed handle-and-shaft assembly.
- Multidirectional shaft tilt through the flexible joint.

The Range Control Ring changes available shaft tilt; it does not create a separate movement axis. Slight initial resistance can be normal if movement progressively becomes smoother. Do not lubricate dry-running components to accelerate running-in; the flexible-joint bearing is the ONLY lubrication exception.

4. Delivery and setup

Check the delivery

Component	PRO ONE	PRO WALL
Main supporting structure	✓	✓
Standard exercise shaft	✓	✓
Weighted handle	✓	✓
Lightweight handle + lightweight shaft	M configuration	M configuration
Complete removable weight set	✓	✓
Operating manual	✓	✓
6 screws and plugs for suitable concrete or solid-brick walls only	-	✓
6 black screw-cover caps	-	✓

The PRO WALL technical drill-pattern layout is available from iQQuip and reproduced in Appendix E; it is not supplied as a physical drilling template.

Unpacking and inspection

Inspect packaging for transport damage and retain it until assembly and initial functional testing are complete. Use sufficient people for the shafts and main structures. Support shafts at more than one point and place them horizontally on padded supports.

Before assembly, inspect the supporting structure, shafts/keyways, flexible joint, handles, Passive Safety Holder, Range Control Ring, support handles, weight storage, removable weights and visible fasteners. Do not assemble equipment showing deformation, cracking, abnormal free play or damage affecting safe operation.

Positioning and installation sequence

PRO ONE: position the structure on a stable, level indoor floor before installing the exercise shaft. Confirm approximately 2.0 × 2.40 m clear floor space, 1.75 m exercise radius and 2.50 m minimum ceiling height. PRO ONE does not normally require permanent floor attachment.

PRO WALL: install and commission the supporting structure in accordance with Section 5 before installing the exercise shaft or training handle.

Install shaft and handle

1. Confirm the supporting structure is stable and, for PRO WALL, fully installed and accepted.
2. Check the shaft/flexible-joint connection is clean and undamaged.
3. Support the shaft at more than one point, align and install without forcing.
4. Secure the connection and confirm no unusual free play.
5. Align the training handle with the shaft keyway and slide it on without forcing.
6. Confirm free axial travel and that handle and shaft rotate together.
7. Park the handle fully in the Passive Safety Holder.

Do not drill, grind, cut or otherwise alter a shaft or its connection to make installation easier.

Initial settings and functional test

Component	Initial familiarisation position
Range Control Ring	Fully lowered - unrestricted shaft tilt.
Support handles	Suitable height; positioning clamp fully secured.
Weight storage	Unused weights stored; locking pin up and locked.
Weighted handle	No removable weight fitted; retaining clamp secured below loading slot.
Training handle	Fully parked before adjustments.

Functional check	Confirm
Equipment stable and exercise area clear	☐
Shaft connection secure; flexible joint normal	☐
Handle moves axially without jamming and rotates with shaft	☐
Passive Safety Holder retains handle	☐
Range Control Ring and support handles secure	☐
Weight-storage pin and retaining clamp secure	☐
Several slow, controlled movements completed	☐

DO NOT BEGIN NORMAL TRAINING

Correct every unchecked item before use. PRO WALL must first be installed and commissioned in accordance with Section 5.

5. PRO WALL installation

COMPETENT INSTALLER REQUIRED

The installer is responsible for confirming that the wall construction, fixing method and installation location are suitable for the loads generated during use. All six fixing positions must be used.

The screws and plugs supplied by iQQuip are intended only for suitable concrete or solid-brick walls. For any other wall construction, the competent installer must select and obtain a suitable fixing system.

5.1 Before drilling

Check before drilling	Confirm
Wall construction identified and load-bearing/suitable	☐
Fixing method selected for actual substrate	☐
All six fixing positions can be used	☐
Area checked for concealed electrical cables, pipes and other services	☐
Required operating space and 2.50 m minimum ceiling height available	☐
Technical drill-pattern drawing in Appendix E available	☐

CHECK FOR CONCEALED SERVICES

Do not drill until all six intended fixing positions have been checked for electrical cables, water/gas pipes or other concealed installations.

5.2 Installation position and mounting height

Room-planning references: approximately 2.0 × 2.40 m clear floor space, 1.75 m exercise radius, 2.50 m minimum ceiling height, 630 mm structure width, 390 mm wall to tip of base plate and 380 mm wall to centre of the flexible joint. These are reference dimensions; use Appendix E for fixing-hole positions.

The final mounting height depends on local conditions including skirting boards, plinths, floor construction and other features. Install PRO WALL as low on the wall as reasonably practicable while maintaining sufficient clearance beneath the equipment for cleaning and normal housekeeping.

5.3 Mark and drill the six fixing positions

Use the controlled PRO WALL technical drill-pattern drawing reproduced in Appendix E to establish the six fixing-hole centres. The hole positions must be measured and marked directly on the wall. The drawing is not a drilling template.

1. Establish the required installation position and reference level.
2. Using the stated dimensions, measure and mark all six hole centres directly on the wall.
3. Check horizontal and vertical positioning and recheck all dimensions.
4. Confirm again that concealed services are absent at all six positions.
5. Drill only after the complete pattern has been verified.

Do not scale dimensions from the illustration or use a printed page as a drilling template. Drill diameter/depth must match the selected fixing system and actual substrate. Remove drilling dust and follow the fixing manufacturer's instructions.

5.4 Mount the PRO WALL structure

1. Prepare all six fixing positions.
2. With adequate assistance, position the PRO WALL structure against the wall.
3. Insert the selected fixing components without fully tightening initially.
4. Confirm the structure is correctly positioned and level.
5. Tighten fixings progressively and evenly.
6. Secure all six fixing positions and confirm the structure sits firmly against the wall.
7. Fit the 6 black screw-cover caps only after the fixing installation has been checked and accepted.

Tightening torque must be appropriate for the actual wall, fixing system and fixing manufacturer's instructions. iQQuip does not specify one universal tightening torque for all substrates.

5.5 Install shaft/handle and commission

Install the exercise shaft only after the wall-mounted structure is fully secured. Support the shaft at more than one point, align without forcing and confirm normal flexible-joint movement with no abnormal free play. Do not cut, drill, grind or shorten a shaft during installation.

Install the training handle by aligning it with the shaft keyway, confirming free axial travel and confirming that handle and shaft rotate together. Park the handle in the Passive Safety Holder.

Installation check	Confirm
All six fixing positions installed; fixing system suitable	☐
Structure level; no wall damage, gap or movement	☐
Exercise shaft/flexible joint secure and normal	☐
Handle travels freely and rotates with shaft	☐
Passive Safety Holder, Range Control Ring and support handles function correctly	☐
Exercise area clear; 6 black screw-cover caps fitted after inspection	☐

With no removable weights fitted, perform slow controlled movements. Stop immediately if the wall structure moves, a fixing loosens, unusual noise occurs or any part behaves unexpectedly. Complete the PRO WALL installation and commissioning record before release for use.

6. Preparing for use

6.1 Pre-use check

Check	Requirement
Exercise area	Complete shaft movement area clear; no other person inside it.
PRO ONE / PRO WALL	PRO ONE stable and level / PRO WALL wall connection secure.
Shaft and handle	Shaft straight and secure; handle travels freely and rotates with shaft.
Safety/adjustment components	Passive Safety Holder, Range Control Ring and support handles function and lock securely.
Weights	Fitted weights retained; unused weights stored and locking pin up/locked.
User condition	No condition or symptom affecting safe control.
Loose objects	No cups, bottles, phones, tools, clothing or unrelated objects on equipment.

6.2 Adjustments

Before any adjustment: stop the shaft completely, park the handle in the Passive Safety Holder and confirm that it is retained. Do not use the Passive Safety Holder as a brake for a moving handle.

Adjustment	Procedure / rule
Support handles	Release positioning clamp, set required height, secure clamp and check that the assembly does not move under moderate manual force.
Range Control Ring	For initial/general use keep fully lowered. Restricted or supported use requires appropriate professional recommendation. Stop/park before repositioning; secure and check before resuming.
Weight storage	Store unused weights on the designated position; locking pin must be in its upper locked position before training.
Weighted handle	Add/remove approved weights only while parked. Retaining clamp must be below loading slot and directly against weight stack. Maximum removable weight 4.975 kg.

6.3 Changing handles and shafts - M configuration

M configurations include the standard shaft/weighted handle and the lightweight shaft/lightweight handle. Change handles or shafts only when the system is stationary. Support the shaft, do not force connections, align the handle with the keyway,

confirm free axial travel and confirm that handle and shaft rotate together before use. Use only iQQuip-approved handle/shaft combinations; do not modify a component to make it fit.

READY TO USE

Begin only when the pre-use check is complete, all adjustments are secure, the exercise area is clear and several slow test movements can be completed under full control.

7. Using PlyoDyne® PRO

7.1 Starting and controlling movement

PlyoDyne® PRO movement is created and controlled by the user. The handle can travel along the shaft, rotate together with the keyed shaft and move through multidirectional shaft tilt, separately or simultaneously. The equipment does not automatically guide or return the user's movement.

1. Complete the Section 6 pre-use check.
2. Confirm the Range Control Ring is fully lowered unless professional guidance specifies otherwise.
3. Take a stable starting position and remove the handle from the Passive Safety Holder under control.
4. Begin with several slow movements before increasing range, speed or demand.

7.2 One-handed and two-handed use

Begin one-handed on the side that feels most natural and comfortable. For a right-handed user, right-handed exercise will normally be the most obvious starting point; for a left-handed user, the opposite may feel more natural. Start with a small range and slow speed.

Two-handed movement may be used when stable posture and full control can be maintained. If movement pulls the user backwards, stop under control, park the handle and move slightly farther away before resuming. Do not hang backwards from the handle or use body weight to generate uncontrolled movement.

7.3 Range, speed and added weight

Increase movement range, speed or added weight only while balance, coordination and control remain satisfactory. Higher speed increases dynamic demand even when removable weight is unchanged. Added weight changes the mass and inertia of the moving system; a numerical change in weight is not equivalent to the same change in force experienced by the user.

Where practical during familiarisation, change one variable at a time. Stop before fatigue causes movement quality or equipment control to deteriorate.

7.4 Stopping and end of session

1. Reduce movement range and speed.
2. Bring the shaft and handle completely under control.
3. Guide the handle into the Passive Safety Holder and confirm retention.
4. Never release a moving handle or use the Safety Holder as a brake.
5. At the end of the session, secure unused weights and leave the equipment clear and safe for the next user.

STOP - PARK - SECURE - ADJUST - CHECK - RESUME SLOWLY

Use this sequence before changing weights, Range Control Ring position, support-handle height, handle/shaft configuration or another equipment setting.

8. Initial familiarisation and training principles

Initial familiarisation helps the user understand the equipment and maintain control before increasing movement demand. It is not a prescribed training or rehabilitation programme.

8.1 Recommended starting configuration

Setting	Recommended starting point
Range Control Ring	Fully lowered - unrestricted shaft tilt.
Handle / shaft	M: lightweight shaft + lightweight handle where appropriate. S: standard shaft + weighted handle. No added removable weight.
Starting movement	One hand on the side that feels most natural; small comfortable range, slow speed and only a few repetitions.

8.2 Learn the movements

1. Explore slow axial handle travel along the shaft.
2. Explore slow coupled handle-and-shaft rotation.
3. Explore a small amount of multidirectional shaft tilt.
4. Combine the movements gradually once they feel predictable and controllable.

8.3 Movement characteristics

Characteristic	Practical meaning
Balance	Maintaining body position and control while interacting with a moving system.
Coordination	Organising arm, trunk and body movement while controlling handle and shaft.
Elasticity	Controlled dynamic movement involving acceleration, deceleration and reversal.
Stability	Maintaining controlled posture/joint positioning as movement conditions change.
Power	Producing controlled force and acceleration through movement.
Speed	Moving more rapidly while retaining control.
Endurance	Maintaining movement quality and control over time or repeated movements.

8.4 Progression

Stage 1 - Movement Control & Foundation emphasises Balance, Coordination, Elasticity and Stability under relatively low-demand conditions. Stage 2 - Performance Development adds greater emphasis on Power, Speed and Endurance once movement can be performed reliably under control.

Demand may be changed through movement direction, range, speed, duration/repetitions, one- or two-handed use, handle/shaft configuration and removable weight. A larger range, faster movement or more weight is not automatically better; progress only while control is maintained.

8.5 Professional guidance and training resources

Professional guidance is particularly appropriate when the Range Control Ring is used to restrict/support shaft movement, the user has an injury/recent surgery/relevant medical condition, movement causes pain or unusual symptoms, balance/coordination is impaired, or a structured rehabilitation, clinical or performance programme is intended.

Detailed exercise examples, introductory schedules and advanced progressions are provided separately in the current PlyoDyne® Training Guide and iQQuip training resources.

9. Inspection, cleaning and maintenance

9.1 Inspection

Component	Check
Supporting structure / installation	No cracking, deformation, looseness, rocking, wall movement or substrate damage.
Standard shaft	Straight; no damage to surface, keyway/groove or connection.
Lightweight shaft	Straight; no dents, local flattening, bending, cracking, deep scratches/gouges or connection damage.
Handle / keyed coupling	Free axial movement; no jamming or abnormal free play; rotates together with shaft.
Flexible joint	Smooth movement; no unusual noise or excessive/new free play.
Safety/adjustment components	Passive Safety Holder, Ring, support handles, clamps and locking pin engage and hold securely.
Weights	No cracking/deformation; 25 g weight not bent or distorted.

Perform a visual/functional check before each use. Shared or professional installations should also receive documented periodic inspections at intervals appropriate to utilisation, environment and user population.

9.2 Cleaning and lubrication

Clean exposed surfaces with a soft cloth lightly dampened with water or a mild neutral cleaning solution, then dry. Do not use abrasive pads, aggressive solvents, high-pressure water or steam. Keep shaft, keyway and handle sliding surfaces clean and dry; do not polish, sand or abrade the lightweight aluminium shaft.

ONLY LUBRICATION EXCEPTION

Do not lubricate dry-running components. The designated ball-bearing location inside the flexible joint is the ONLY stated lubrication exception. Do not allow bearing lubricant to contaminate the shaft or sliding components.

9.3 Damage, parts and records

Do not straighten a bent shaft or repair dents/structural damage by hammering, pressing, heating or machining. Damaged shafts must be removed from service. Use only iQQuip-approved replacement parts for safety-relevant and movement-related components.

For professional/shared installations, record significant inspections, repairs, component replacement and maintenance against the equipment serial number.

10. Troubleshooting

If the cause of abnormal behaviour is not clear, stop using the equipment. Do not continue training to see whether it improves. Mark the equipment OUT OF SERVICE - DO NOT USE until the cause is identified and corrected.

Observation	Action
Handle does not slide smoothly / jams	Stop. Clean shaft/handle surfaces and inspect for damage or misalignment. Do not lubricate.
Handle rotates independently of shaft	Stop use immediately; keyed coupling/guide must be assessed.
Shaft movement unusually stiff, rough or noisy	Stop. Inspect for contamination, loose connection, joint/bearing issue or damage.
New/excessive free play	Stop until loose/worn connection or joint issue is assessed.
Passive Safety Holder or clamp does not retain securely	Do not use until corrected.
Range Control Ring/support-handle assembly cannot be secured	Do not continue until corrected.
PRO ONE rocks/slides	Restore a stable, level floor interface before resuming.
PRO WALL moves / wall cracks, crumbles or gaps develop	Stop immediately; competent installer assessment required.
Shaft bent/dented/cracked/deeply gouged	Remove shaft from service; do not straighten or repair locally.
Weight or locking system damaged	Remove affected component from use until corrected.
Movement suddenly feels different / unusual noise	Stop and inspect all adjustment and structural points before further use.

The user should also stop for pain, dizziness, numbness/tingling, unusual weakness, loss of balance/coordination or fatigue that reduces control.

Do not improvise repairs with tape, cable ties, additional clamps, locally manufactured parts, replacement tubing, non-approved weights or modified fasteners. Return equipment to service only after the fault is corrected and relevant functional checks pass.

11. Storage, relocation and transport

11.1 Storage

Store indoors in a clean, dry environment. Park the installed handle in the Passive Safety Holder, secure unused weights and keep the equipment clear of unrelated objects. Store unused handles and shafts clean, dry and protected from impact; support shafts horizontally at more than one point where practical. Protect the lightweight shaft from concentrated loads, dents and bending.

11.2 PRO ONE relocation

REMOVE THE SHAFT BEFORE MOVING PRO ONE

Bring the equipment to rest, remove weights as required, remove the handle where appropriate, remove the exercise shaft with sufficient assistance, and move the supporting structure separately. Do not lift/pull using the shaft, support handles, Range Control Ring, Passive Safety Holder, weight storage or clamps.

After repositioning, reconfirm a stable level floor, approximately 2.0 × 2.40 m clear floor space, 1.75 m exercise radius and 2.50 m minimum ceiling height, then complete the relevant functional checks.

11.3 PRO WALL relocation and transport

PRO WALL is a permanent installation and is not intended for routine relocation. Removal and reinstallation require a competent installer and a new assessment of wall construction, fixings, installation height, concealed services and operating space. Removed wall anchors/fixings must not be assumed suitable for reuse.

For transport, remove shafts and handles where appropriate, remove/separately secure weights, protect projecting parts and painted/anodised/sliding surfaces, and protect each shaft against bending and impact. Do not allow straps or packaging to crush the hollow lightweight shaft. Inspect and function-test before returning equipment to use.

12. Product identification and equipment records

12.1 Product identification and serial number

Each PlyoDyne® PRO system has a unique product identification and serial number. Keep the identification legible; do not remove, cover or alter it. Quote the complete serial number when contacting iQQuip for technical support, replacement parts, service or product history.

Example: IQ-PD0S-20/26-0/0/0/1

The letter O and numerical zero are visually distinguished by the slashed-zero style used for numerical zeros. The serial number remains unchanged throughout the service life of the equipment, including after an approved S-to-M upgrade.

12.2 Equipment records

Where applicable, record commissioning, inspections, maintenance, repairs, component replacement, relocation/reinstallation, configuration upgrades, significant stop-use events and ownership transfer against the equipment serial number. For PRO WALL, the installation record should include location, wall substrate, fixing system, confirmation that all six positions were used, installer, date and commissioning result.

When ownership changes, the current manual and available safety-relevant records should accompany the equipment. The serial number remains unchanged.

13. Service, repair and replacement parts

13.1 User maintenance and repair boundaries

Normal user activities include visual inspection, cleaning, changing approved weights, adjusting support-handle height, adjusting the Range Control Ring where professionally recommended, changing between approved handles/shafts supplied for the equipment, securing stored weights and reporting faults.

Do not dismantle, repair or modify safety-relevant, structural or movement-critical components unless specifically authorised by iQQuip. Internal flexible-joint repair/replacement must be carried out by iQQuip or according to an iQQuip-approved service procedure.

13.2 Shafts and unauthorised modification

Do not straighten, weld, machine, drill, grind, press, hammer, fill, sleeve or locally repair a damaged exercise shaft. Do not shorten a shaft yourself. A different finished shaft length must be supplied or modified under iQQuip control. Neither shaft may be replaced by commercially available tubing even where nominal dimensions appear identical.

13.3 Replacement parts, fasteners and colours

Use only iQQuip-approved replacement parts for structural, safety-related and movement-related components. Safety-relevant equipment fasteners must match the specified type, dimensions and strength. PRO WALL building fixings are selected for the actual substrate and fixing system.

IQQUIP COLOUR SCHEME

The colours of PlyoDyne® equipment must not be changed, repainted, recoated or otherwise altered without prior written approval from iQQuip. Any approved cosmetic repair must reproduce the specified iQQuip colour and finish as closely as practicable.

Do not paint or coat exercise-shaft sliding surfaces, handle guides, bearings, keyways, locking interfaces or the lightweight aluminium shaft.

13.4 Return to service

After significant repair, inspect the work, perform relevant functional checks with no removable weight and slow movement, confirm normal shaft/handle/joint and safety-component operation, and confirm PRO WALL mounting stability where affected. Record significant repairs before return to service.

14. Technical support, warranty and end of service life

14.1 Technical support

Contact iQQuip when the correct repair method is uncertain, structural damage is present, a shaft is damaged, the flexible joint requires internal repair, an approved replacement part/different shaft length is required, equipment behaviour cannot be explained by Section 10, or unauthorised modification/repair is discovered. Provide model, complete serial number, configuration, issue description, photographs and relevant installation/service history where available.

14.2 Statutory rights and commercial warranty

Applicable statutory rights remain unaffected. Unless otherwise agreed by iQQuip in writing, the commercial warranty term corresponds to the period required under applicable local regulations and is not extended beyond that period. Any additional or extended commercial warranty must be expressly agreed in writing by iQQuip.

Damage caused by misuse, unauthorised modification/repair, non-approved components, unauthorised colour changes, incorrect PRO WALL installation or failure to follow the operating and maintenance instructions may fall outside an applicable commercial warranty, subject to applicable law.

14.3 End of service life, recycling and transfer

Remove equipment permanently from service when it can no longer be maintained or repaired to an approved safe condition. Prevent incomplete/damaged equipment from returning to use, record withdrawal where records are maintained and prevent product identification from being reused on another system.

Where practicable, separate metal, polymer, packaging and other materials for appropriate local recycling/disposal. Separate the lightweight aluminium shaft from steel components where recycling systems permit. If equipment is sold or transferred instead, provide the current manual and available safety-relevant records to the new owner.

FINAL SAFETY STATEMENT

Safe use depends on the combined condition of the equipment, installation, operating environment and user control. Where there is doubt, stop use and obtain appropriate technical support before returning PlyoDyne® PRO to service.

Appendix A - Product and configuration summary

Item	PRO ONE	PRO WALL
Installation	Freestanding	Wall-mounted
S configuration	Standard shaft + weighted handle + weight set	Standard shaft + weighted handle + weight set
M configuration	Everything in S + lightweight handle + lightweight shaft	Everything in S + lightweight handle + lightweight shaft
Standard shaft	2,410 mm × Ø25 mm; 10.64 kg	2,410 mm × Ø25 mm; 10.64 kg
Lightweight shaft	2,410 mm × Ø25 mm; hollow aluminium; 1.9 kg	2,410 mm × Ø25 mm; hollow aluminium; 1.9 kg
Maximum removable weight	4.975 kg	4.975 kg
Exercise space	R 1.75 m; approx. 2.0 × 2.40 m clear floor space; 2.50 m minimum ceiling height	R 1.75 m; approx. 2.0 × 2.40 m clear floor space; 2.50 m minimum ceiling height
Product dimensions	525 mm width; 650.6 mm base-plate length; 550.6 mm from end of base plate to joint centre	630 mm width; 390 mm wall to tip of base plate; 380 mm from wall to joint centre

Appendix B - Weight set

Weight	Quantity
25 g	1
50 g	1
100 g	4
0.5 kg	1
1 kg	4
Total removable weight	4.975 kg

Use approved PlyoDyne® weights only.

Appendix C - Warning and safety terminology

Term	Meaning
WARNING	Potential situation that may result in serious injury if the instruction is not followed.
CAUTION	Potential situation that may result in minor injury or equipment/property damage.
NOTICE	Important information concerning correct operation, equipment protection or documentation.
OUT OF SERVICE - DO NOT USE	The equipment must not be operated until the identified issue has been corrected and the relevant checks have been completed.

Appendix D - Quick pre-use checklist

Before every session	Confirm
Exercise area clear / no other person inside movement area	☐
No cups, bottles, phones, tools or other loose objects on equipment	☐
PRO ONE stable / PRO WALL mounting secure	☐
Shaft straight, secure and undamaged	☐
Handle travels freely and rotates with shaft	☐
Passive Safety Holder, support handles and Ring secure	☐
Ring fully lowered for general/initial use unless professionally recommended otherwise	☐
Weights correctly secured; stored weights locked	☐
User feels fit to exercise	☐

Start slowly and confirm full control before increasing movement demand.

INSTALLATION REFERENCE - NOT A DRILLING TEMPLATE

Do not scale dimensions from the image and do not place the printed page against the wall as a drilling template. Measure every fixing position from the stated dimensions and verify the complete pattern before drilling.

Mounting height depends on local conditions including skirting boards, plinths, flooring and other obstructions. Install PRO WALL as low on the wall as reasonably practicable while maintaining sufficient clearance beneath the equipment for cleaning and normal housekeeping.

Appendix F - Equipment records

Separate PlyoDyne® PRO equipment-record forms are available for delivery/product registration, PRO WALL installation and commissioning, periodic inspections, maintenance/repairs, relocation, configuration upgrades, ownership transfer and withdrawal from service. Records should reference the equipment serial number.

Current records and documentation: www.iqquip.com/support/manuals

Appendix G - Contact and document control

Manufacturer / supplier

Moofit B.V., trading as iQQuip®

The Netherlands

www.iqquip.com

service@iqquip.com

Document	Value
Document title	PlyoDyne® PRO ONE and PRO WALL - Operating, Installation and Safety Manual
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Revision history

Revision	Date	Status	Description
Revision 1.0	2026-08-10	Released	First released English edition.
Revision 1.1	2026-08-11	Released	Terminology update: lightweight shaft material description simplified.
Revision 1.2	2026-08-12	Released	Appendix E drill-pattern drawing updated to current released standard.

DOCUMENT STATUS

RELEASED. Controlled document. Always use the latest applicable revision.