

RAM BOX

concept by Igor Castiglia



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Revolutionize your training area with RamBOX

The multifunctional bench developed from the concept of Igor Castiglia, to get the maximum value from the organization of spaces in the Personal Training and Small Group workout.

Manual

Model: **RamBOX**

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Table of Contents

<u>Genesis of a Brand.....</u>	<u>4</u>
<u>Product Description.....</u>	<u>5</u>
<u>1. Flat Bench.....</u>	<u>6</u>
<u>2. Adjustable Bench.....</u>	<u>6</u>
<u>3. Step Box / Jump Box.....</u>	<u>6</u>
<u>4. Sled.....</u>	<u>6</u>
<u>5. Anchoring Points.....</u>	<u>6</u>
<u>6. Rack.....</u>	<u>6</u>
<u>7. Customization.....</u>	<u>6</u>
<u>Usage Limits.....</u>	<u>7</u>
<u>1. Flat Bench.....</u>	<u>7</u>
<u>2. Adjustable Bench.....</u>	<u>7</u>
<u>3. Step Box / Jump Box.....</u>	<u>7</u>
<u>4. Sled.....</u>	<u>7</u>
<u>5. Anchoring Points.....</u>	<u>7</u>
<u>Exercises.....</u>	<u>8</u>
<u>Customization.....</u>	<u>9</u>
<u>Technical data.....</u>	<u>10</u>
<u>Common features:.....</u>	<u>10</u>
<u>Versions – Options.....</u>	<u>11</u>
<u>“Naked”.....</u>	<u>11</u>
<u>“White Pack”.....</u>	<u>11</u>
<u>“Black Pack”.....</u>	<u>11</u>
<u>“Gold Pack”.....</u>	<u>12</u>
<u>Extras: “Elastic Power Kit”.....</u>	<u>13</u>
<u>Maintenance.....</u>	<u>15</u>
<u>Dumbbell Holder regulation.....</u>	<u>15</u>
<u>Cleaning.....</u>	<u>16</u>
<u>Screws checking and tightening.....</u>	<u>16</u>
<u>Replacing the anti-noise rings in the inclination system.....</u>	<u>17</u>
<u>Replacing the wheels.....</u>	<u>21</u>
<u>Replacing the seat.....</u>	<u>27</u>
<u>Replacing the backrest.....</u>	<u>31</u>
<u>Safety instructions.....</u>	<u>34</u>
<u>Pinching and squashing risk.....</u>	<u>35</u>
<u>Warranty.....</u>	<u>37</u>
<u>Warranty limits.....</u>	<u>37</u>

Genesis of a Brand

Igor Castiglia had the first approach to the personal training bench with an international project in 2006.

That project and the experiences related to the development of equipment and training programs, led Igor to conceive RamBOX, which was then engineered by LEGION product specialists.

The genesis of the product naming and branding follows different processes, these must lead to an original result, distinctive, easy to remember and to pronounce, but above all to the "reason why" of the name itself.

With RamBOX, we focused on giving continuity to the brand that gave birth to this product, "LEGION", that well represent some of the deeper features of those who train using our equipment and solutions: the ability to face fatigue and sacrifice with pride to achieve the goal with discipline, the desire to win and create a sense of belonging.

RamBOX is designed and manufactured in Italy by Metem Srl, the company that owns "DoTile" and "LEGION Cross Training Equipment" brands.

Product Description

RamBOX is a multipurpose station developed to rationalize the working spaces, becoming the central point of the training area, including many functions in a single solution: from the jump box to the sled, it acts also as adjustable bench and anchoring point for your training with rubber bands or ropes.

The goal is to allow the Trainer to better manage the working spaces, while offering the widest range of possible exercises to the user, in order to get a complete and effective training experience.

With this project LEGION makes a step forward along the path of offering quality solutions: products that are designed with some of the best professional trainers, that are developed starting from the real needs of those who daily work in Cross Training, Fitness and Sport Performance facilities.

You can use RamBOX as jump box, flat and adjustable bench, thanks to the specific design and the different configurations of the backrest RamBOX allows you to efficiently develop a very large amount of exercises in very small space.

The wheels facilitate the transport of RamBOX, allowing to store everything in a small and very organized space, but always at your fingertips!

RamBOX's structure has been developed with laser cutting that grant great solidity and can easily contain the equipment and accessories needed to create a personal training station, where you can anchor battle rope, power bands and different types of elastic bands.

The top of the bench is divided on a fixed seat and an adjustable backrest can be set to 4 different angles. That makes possible to use the RamBOX also combined with a normal rack and barbell to develop all the classic bench exercises.

The material with which the back rest is composed is a high resistance rubber, printed in a single piece, with a stable elastic response and extremely resistant to knocks and abrasions.

The RamBOX wheels system is simple and allows to easily shift the station even when it's full, it makes also possible to use RamBOX as a sled for push and pull exercises, with different resistance levels thanks to the 4 independent brakes.



1. Flat Bench

The backrest provides the right comfort and support. The design of the handle allows to have a safe and easy grip while performing core-training exercises or dips.

2. Adjustable Bench

Different backrest angles allows to use it in combination with a power rack.

3. Step Box / Jump Box

The height has been studied to allow a correct use as a step box (knee angle at 90°) and a safe use of it as a jump box, thanks to the 40cm width of the landing area.

4. Sled

Push/pull mode thanks to the 4 wheels (with easy-lock brakes) and the use of the handle in combination with the battle rope.

5. Anchoring Points

10 anchoring points to work with the battle rope and the elastic kit.

6. Rack

To store Hex Dumbbells - Kettlebells - Battle rope and Sandball.

7. Customization

Customizable logo and colors

Usage Limits

1. Flat Bench

In this mode the backrest is completely closed, so that the seat and backrest are horizontal and parallel to the ground. Activate the wheel brakes in order to avoid movements during use. The "Flat Bench" mode allows all exercises and activities that require a static load within the limit of 160Kg.

2. Adjustable Bench

In this mode it is possible to adjust the angle of the backrest in different positions. Activate the wheel brakes in order to avoid movements during use. The maximum static load applicable in this mode is 160kg on the horizontal seat and 100kg on the adjustable backrest. The "Adjustable Bench" mode allows all exercises and activities that require a static load within the limits indicated above. It is forbidden to sit directly on the inclined backrest. Any other use in this mode is not permitted.

3. Step Box / Jump Box

In this mode the backrest is completely closed, so that the seat and backrest are horizontal and parallel to the ground. Activate the wheel brakes in order to avoid movements during use.

The maximum static load applicable in **Step Box** mode is 160Kg.

The maximum load applicable in **Jump Box** mode is 90Kg.

4. Sled

In this mode the backrest is completely closed, so that the seat and backrest are horizontal and parallel to the ground.

Make sure there are no obstacles along the path and that safety of people in the surrounding area is secured; make sure the surface is flat. Lock/unlock the wheel brakes depending on the desired resistance.

Push RamBOX using the front handle.

Pull RamBOX using the battle rope anchored to the front handle.

ATTENTION: during pushing or pulling movement, RamBOX accumulates inertia, directly proportional to the impressed force. So be aware that the movement of RamBOX will not cease immediately and would continue even short after the release. Any other use in this mode is not permitted.

5. Anchoring Points

At the 10 anchoring points, it is possible to connect all the types of "Power Bands" included on the "Gold Pack" and the "Covered Power Tubes" that compose the "Elastic Power Kit". The only exception is the "Covered Power Tube Heavy" that cannot be connected to the anchor point sited on the adjustable backrest.

The 4 lower anchor points, like the front handle, can also be used to anchor the "Battle Rope".

Exercises

With RamBOX each trainer can develop his own training program. Here are displayed some of the more common exercises that can be performed. Further examples can be found on www.rambox.it.



1 Exercise - Bench Dips



2 Exercise - High Frontal Raise



3 Exercise - Elastic Chest Press



4 Exercise - Half dragon flags



5 Exercise - Incline Dumbbell Press



6 Exercise - Step Ups

Customization

The standard color is Black, but starting from 2 units the color can be customized on request, contact us to discover the range of available colors.

RamBOX also offers the possibility of customization through magnetic panel (logos - colors etc), with dimensions 24cm x 37cm.



Versions – Options

“Naked”

- Product Code: LGRB000
- Weight (net): 85Kg – packaging not included
- Weight (gross): 100Kg – packaging included
- Packaging Dimension: 160x60x55cm
- Included equipment: --

“White Pack”

- Product Code: LGRB001
- Weight (net): 155Kg – packaging not included
- Weight (gross): 170Kg – packaging included
- Packaging Dimension: 160x60x70cm
- Included equipment: - **Hex Dumbbell (pairs):** 5kg – 7,5kg – 10kg – 12,5kg

“Black Pack”

- Product Code: LGRB002
- Weight (net): 180Kg – packaging not included
- Weight (gross): 195Kg – packaging included
- Packaging Dimension: 160x60x70cm
- Included equipment:
 - **Hex Dumbbell (pairs):** 5kg – 7,5kg – 10kg – 12,5kg
 - **Sandball X-treme:** up to 12kg
 - **Kettlebell PRO:** 8kg – 12Kg

“Gold Pack”

- Product Code: LGRB003
- Weight (net): 200Kg – packaging not included
- Weight (gross): 220Kg – packaging included
- Packaging Dimension: 160x60x70cm
- Included equipment:
 - **Hex Dumbbell (pairs):** 5kg – 7,5kg – 10kg – 12,5kg
 - **Sandball X-treme:** up to 12kg
 - **Kettlebell PRO:** 8kg – 12Kg
 - **Power Band:** black – purple – green – blue
 - **Battle Rope:** 9m x 80mm

Extras: “Elastic Power Kit”

This kit widely increases the range of exercises that can be performed on RamBOX, thanks to the 10 anchor points provided in different point of the station.

The kit, specific for body weight and core strength exercises, is easy to carry thanks to the packing bag and can be used also as a stand-alone equipment, thanks to the included anchoring loop.



- Product Code: LGRP001
- Weight (net): 2,5Kg – packaging not included
- Weight (gross): 3Kg – packaging included
- Packaging Dimension: 15x15x90cm
- Included equipment:
 - **Covered Power Tube:** Heavy - 170cm
 - **Covered Power Tube:** MEDIUM - 120cm
 - **Covered Power Tube:** Light - 120cm
 - **Light core stick:** 80cm x 3cm
 - **Handles:** pair
 - **Light Power Vest**
 - **Long Anchor**
 - **Packing Bag:** 44 x 48 cm

Maintenance

RamBOX is delivered "ready to use", therefore no assembly operation is required before using. It is advisable to place RamBOX in the training area before start using the equipment, to avoid any possible damage to fragile floorings/surfaces.

Ordinary maintenance and replacement of components subjected to wear, such as anti-noise rings, wheels, dumbbell holders, can be autonomously carried out.

Dumbbell Holder regulation

It is possible to adjust the width of the dumbbell rack to use it with different dumbbell versions. To carry out this operation, slightly unscrew the screws shown in the figure, adjust the width to the desired size and fix the screws again.

The key necessary for this operation is a 4mm Allen wrench (Allen key or hex key).



Cleaning

We recommend the use of a non-aggressive degreasing detergent diluted with hot water. Furthermore, on the seat and backrest, it is advisable to use a sanitizing product for polyurethane surfaces to remove bacteria released from sweat.

Frequency: daily

Screws checking and tightening

RamBOX is subjected to frequent vibrations that can cause the screws to loosen, it is therefore recommended to periodically check and tighten them.

- Dumbbell rack screws: 4mm Allen key.
- Backrest and Seat screws: 4mm Allen key.
- Support plate screws (behind the backrest): 3mm Allen key.
- Wheels fixing screws: 4mm Allen key + 10mm wrench.
- Pin fixing screw (behind the backrest): 2.5mm Allen key.

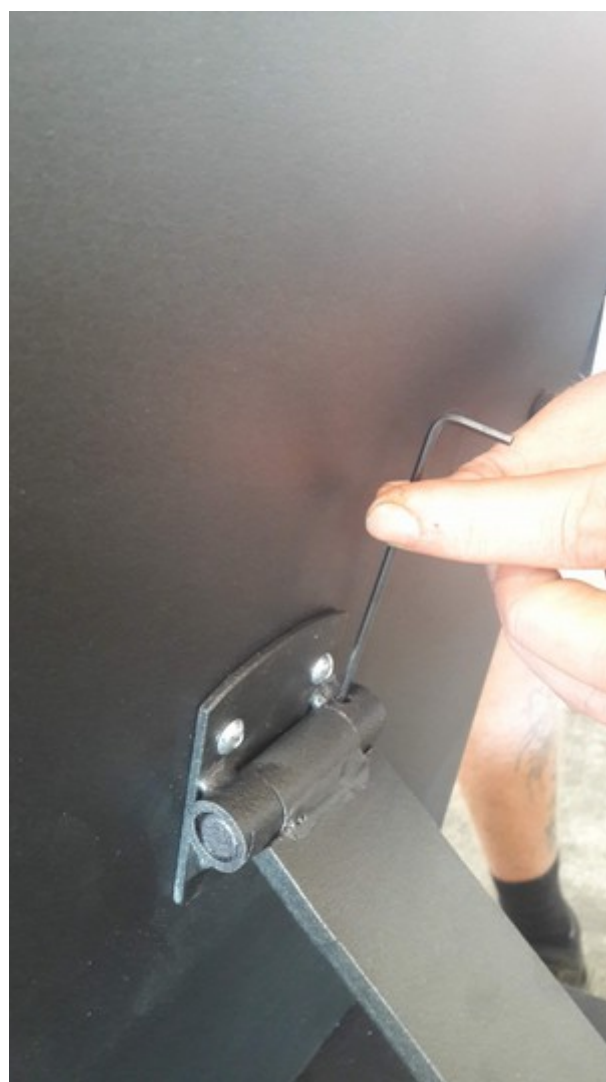
Frequency: monthly

Replacing the anti-noise rings in the inclination system

If it is necessary to replace the anti-noise rings, it is possible to carry out the operation following this procedure. The deterioration of these components has no effect on RamBOX and does not limit its use in any way.

ATTENTION: use adequate hands protection.

1- Lock the backrest to the desired inclination, making sure it cannot accidentally close. Loosen the screw on the upper pin of the inclination system, through the use of a 2.5mm Allen key.



2- Remove the pin from its housing



3- Remove the inclination arm from the frame



4- Replace the anti-noise rings and then proceed to securing the inclination arm again.



Replacing the wheels

If it is necessary to replace the wheels, it is possible to carry out the operation following this procedure.

ATTENTION: use adequate hands protection.

1- Turn RamBOX upside down so that you have easy access to the wheels fixing screws



2- Remove the screws using a 4mm Allen key, loosen the screws on the outer side by using the 10mm wrench.



3- Lift the inner side of the wheel support and remove the entire block from the frame. Then remove the 2 outer side screws.



4- Take the replacement kit and place the 2 screws with hexagonal head on the outer holes using the 10mm wrench (without tighten them completely).



5- Insert the wheel by orienting the external part (with brake lever) downwards and slide it till it is in place to fix the outer screws.



6- Fully tighten the screws with hexagonal head using the 10mm wrench. Insert the screws on the inner part (round head) and screw them using a 4mm Allen key.



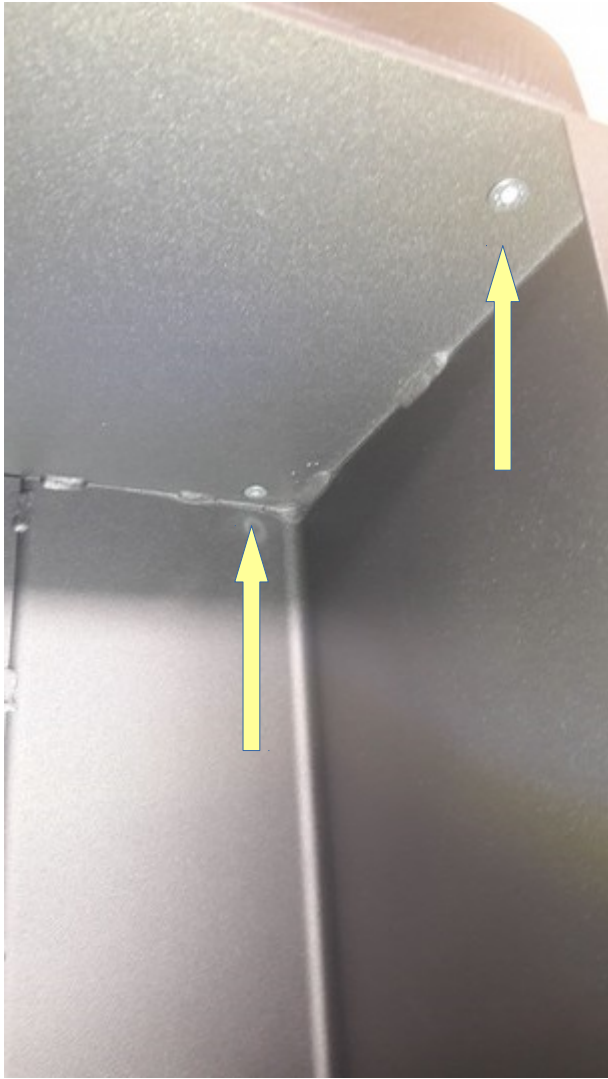
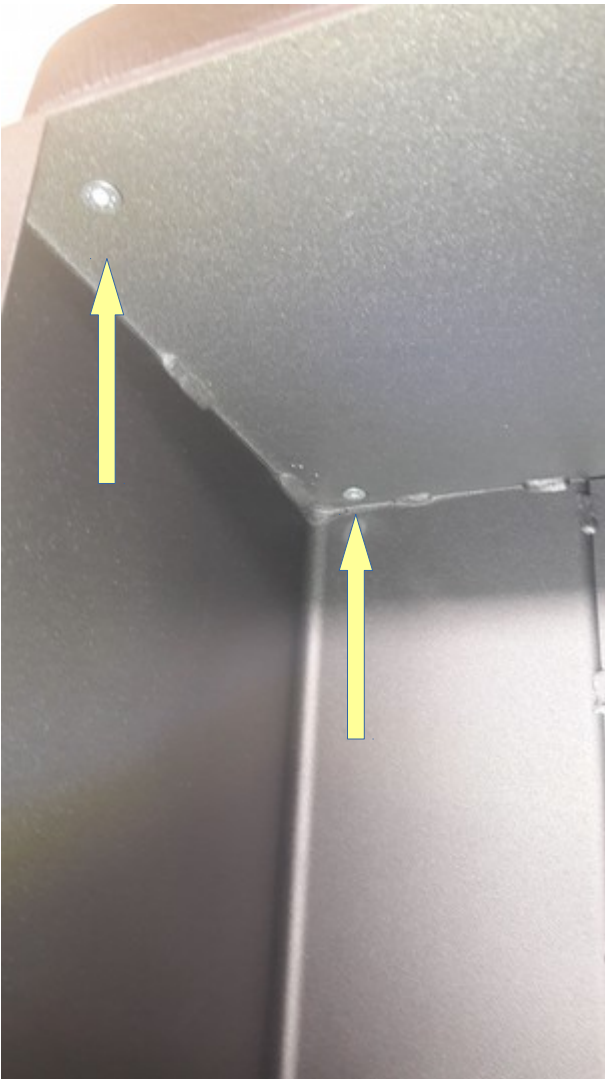
Replacing the seat

If it is necessary to replace the wheels, it is possible to carry out the operation following this procedure.



1- Accessing from the front compartment, remove the screws using a 4mm Allen key.





2- Remove the seat, replace it and tighten the screws.



Replacing the backrest

If it is necessary to replace the wheels, it is possible to carry out the operation following this procedure.

ATTENTION: use adequate hands protection.



1- Lock the backrest to the desired inclination, making sure it cannot accidentally close. Remove the indicated screws using a 4mm Allen key.



2- Remove the backrest, replace it and tighten the screws.



Safety instructions

Before using RamBOX it is necessary to consult a doctor and be sure of having a state of health that allows physical efforts. A complete physical examination is recommended, in accordance with a doctor, before starting a training program.

Although RamBOX is an easy-to-use equipment, it is useful to follow the basic precautions listed below.

If something is not clear or if you have any questions please contact us through the official channels indicated below.

- Read and understand the RamBOX Instruction Manual;
- Use RamBOX only for proper uses for which it was designed, that are indicated in this manual;
- Be sure to always activate the wheel brakes when RamBOX is not used as a Sled;
- Use RamBOX only on a flat surface, if it has to be temporarily moved through an inclined surface, activate the parking brakes of the wheels to prevent any unwanted motion;
- Use RamBOX only with accessories provided and described in this manual;
- While training with RamBOX, use clothing that cannot snag on RamBOX's mobile elements;
- Check weight loads and training performances to avoid any danger to the users. Should muscle, abdominal, chest, pain or other physical issues occur during or after training with RamBOX, immediately stop the activity and consult a doctor;
- Unaccompanied minors are not allowed to use RamBOX;
- Keep an adequate free area around the RamBOX, necessary to safely train;
- There is a pinching and squashing risk, so it is necessary to be aware of the correct use of all mobile parts (see next chapter) and to pay attention to hands, limbs, long hair and loose clothing;
- Always inspect RamBOX before use to verify structural integrity. Do not use RamBOX in case of any structural damage.

Pinching and squashing risk

All areas where pinching and squashing could occur are clearly indicated by warning stickers.

The squashing danger is mainly related to the adjustable backrest.

The system is self-locking, but it is always mandatory to regulate the inclination of the adjustable backrest with 2 hands (see image): one hand supports the backrest and the other accompanies the inclination arm.

The danger of hands pinching is also related to the use of the dumbbell racks on the sides of RamBOX.

Being aware of the danger is very important to become familiar with the procedures of opening and closing the backrest and to safely store the dumbbells.





Warranty

The warranty is valid only and exclusively in accordance with the following points:

1. The warranty covers structural, manufacturing and components defects of RamBOX;
2. Damages on frame and components has to be reported on the delivery note. Any hidden defect has to be reported during the warranty period, within 15 days from its identification;
3. The warranty does not cover damage to persons or things;
4. The warranty is not valid on components subject to normal wear;
5. The warranty is not valid in case of improper uses, or any use beyond the limits provided in this manual;
6. It is not possible to activate the warranty without any proof of purchase;
7. The warranty is not valid in case of improper use, incorrect maintenance, unauthorized modifications, external events;
8. Repair, replacement or refund are possible in case of valid warranty, each solution is evaluated by the manufacturer that will take the final decision on the specific action to take in order to solve the reported problem;
9. If a warranty replacement of any component is needed, the manufacturer can choose to repair RamBOX directly in an authorized centers or to ship the new components to the customer, who will proceed with the replacement. In both cases, any transport cost will be in charge of the customer;
10. RamBOX's warranty limits are expressed below;

Warranty limits

Steel frame:	7 years;
Powder coating:	8 years from drilling due to rust;
Powder coating:	5 years from abrasion (except anchoring points, front handle and rack compartments that are subjected to intense wear);
Adjustable backrest system:	1 year;
Anchoring points:	2 years;
Front Handle:	2 years;
Wheels:	1 year;
Seat and backrest:	1 year;