

Gym Cable Wire Rope Identification

Please note: that for the ease of placing your order we will use a **Wire Rope Type** to simplify the identification of your Gym Wire Rope. If you are still at all unsure then please **Tel:** +44 (0) 1656 729846 or **Email:** technical@expertfitnessuk.com

Wire Rope: Primarily we supply four types of Wire Rope although only three are suitable for usage on Gym Cable Pulley Wheel Systems.

Type A and B is a **Black PVC Coated Galvanised Wire Rope** and is used to connect between terminations where it does not have to travel over Pulley Wheels. Although the inner wire has the same strength as some of our other wire ropes, it is the outer PVC Coating that has a less hardwearing specification and its primarily purpose is to offer a protective coating only for the inner wire. It is not recommended for weight stack loaded Pulley Wheel usage otherwise damage may occur to the PVC

Type A

4mm Steel Wire Rope Coated in Black PVC to 5mm
Minimum breaking load 960Kgs

Type B

5mm Steel Wire Rope Coated in Black PVC to 6mm
Minimum breaking load 1500Kgs



Type C and D is a **Plain Galvanised Wire Rope** and is used for Gym Cable applications where a protective coating is not important. The wire has a Galvanised finish and can be used for travel on Nylon or Aluminium Pulley Wheels. It is Primarily found used on older PowerSport MultiGym equipment

Type C

4mm Steel Plain Galvanised Wire Rope
Minimum breaking load 960Kgs

Type D

5mm Steel Plain Galvanised Wire Rope
Minimum breaking load 1500Kgs



Type E is a Black Nylon Coated Galvanised Wire Rope and is recommended for Gym Applications where a very strong and hardwearing outer coating is required. Used for mainstream Gym Cable usage it is highly flexible and best suited for multiple Pulley system usage. The Nylon Coating additionally offers ultra smooth operation. The 4mm Wire type is used on many Home Use Gyms plus many well known brands of Commercial Gym Strength Equipment products

Type E

4mm Steel Wire Rope Black Nylon Coated to 5mm
Minimum breaking load 960Kgs



Type F and G is a Clear Nylon Coated Galvanised Wire Rope and is our best selling Gym Cable Wire Rope mainly due to its outer Clear Coating. We always recommend the use of Clear Nylon Coated Wire Rope especially in a Commercial environment due to the ease of visual inspection of the internal wire through the clear coating when carrying out daily Gym Wire Rope Checks, Service Work or Gym Safety Inspections. Our Engineers use this Wire Rope type as standard protocol for our Gym Cable Manufacture and Repair due to its strong, highly flexible, hard wearing and ultra smooth operation

Type F

4mm Steel Wire Rope Clear Nylon Coated to 5mm
Minimum breaking load 960Kgs

Type G

5mm Steel Wire Rope Clear Nylon Coated to 6.3mm
Minimum breaking load 1500Kgs



Wire Rope Type A, B, C and D are the lower priced Wire. Type E, F and G cost a fraction more due to the fact that being Nylon Coated they offer high durability, excellent flexibility, are extremely long lasting and offer a visual safer operation