

SHUTTLE TXT

Training 'n' Therapy Leg Press



ASSEMBLY GUIDE

MADE IN THE USA

Contemporary Design Company
SHUTTLE SYSTEMS

Visit this link to watch the Shuttle TNT Assembly Guide: goo.gl/9LNla7



The Shuttle TNT is shipped in two boxes. Unpack both boxes and use the checklist below to identify parts. 7/16" and 1/2" Wrench required for this assembly. Two people are required to complete assembly. Please

Note: *The parts have numbers to assist assembly by matching like numbers. Nuts and bolts are in the appropriate position finger tight. First you remove the respective bolts and nuts then match the parts. Reinsert the bolts in the matched parts and lightly tighten the bolts and nuts. (The bolts and nuts should be oriented as they were in the parts when received).*

BOX 1 Contains:

<ul style="list-style-type: none"> 1) Carriage 1) Rail Assembly 1) Headrest 1) 1/4" Allen Wrench 1) 5/16" Allen Wrench 1) Seat and Handle Grip Assembly 	<ul style="list-style-type: none"> 4) Plastic Nut Caps for 5/16 nuts. Several spare bolts and nuts are included. **MODELS WITH TOWERS** 1) Tower Cross Bar 2) Towers with pulleys and ropes
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BOX 2 Contains:

<ul style="list-style-type: none"> 1) Kickplate Stand 1) Head End Stand 1) Head End Stand Base Plate 	<ul style="list-style-type: none"> 1) Rail Wings 1) Kickplate
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- 1) Remove parts from both boxes, unwrap, and check for shipping damage.
- 2) Remove the two black *Rubber Bumpers* from the head end of the rail.
- 3) Disengage *Elasticord* then remove *Carriage* from Rails.



4) Turn the Rails over. (2 people recommended)

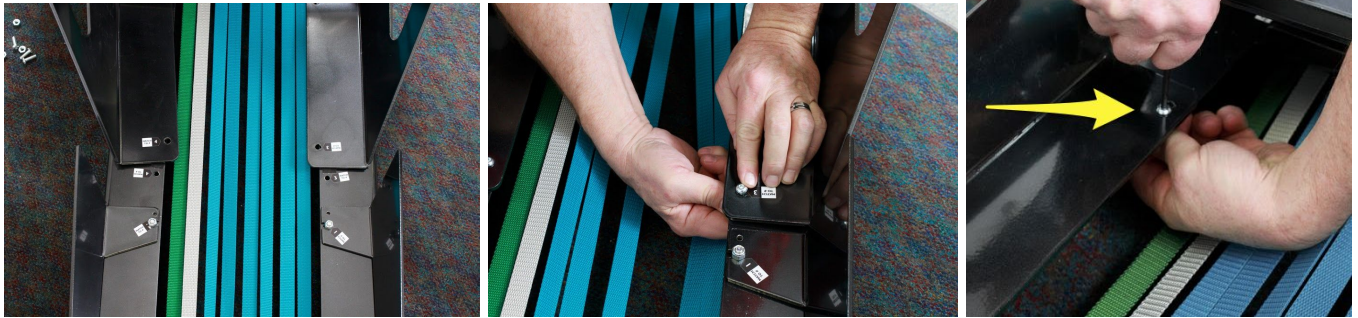


5) Add Rail Wings to Rails by matching numbered hole sets 1 & 2.

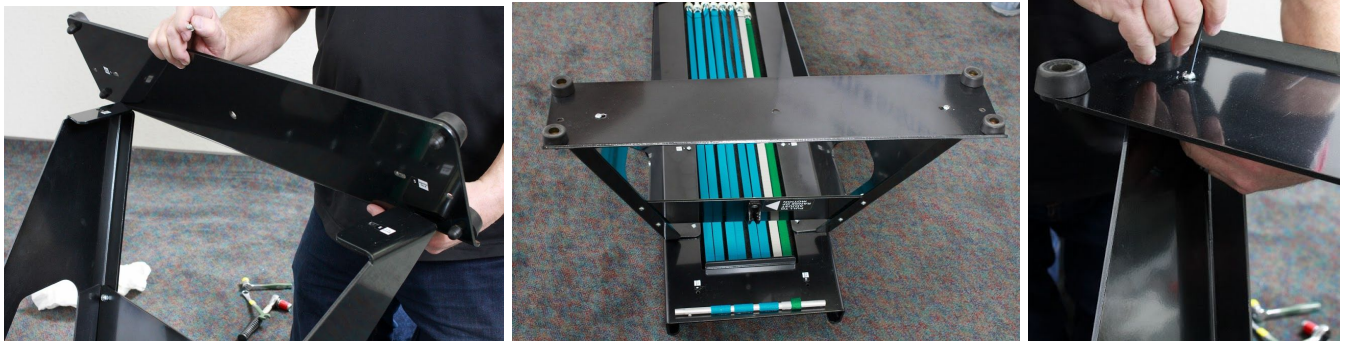
6) Secure using the small Allen wrench and a 7/16" wrench.



7) Place the Head End Stand on the Rails aligning the number 3 & 4. *The four bolts and nuts must be removed and reinstalled through the four appropriate holes. Lightly tighten bolts to be tightened in next step.*



- 8) Place the *headend stand base plate* with the rubber feet onto the the stand structure with the feet pointing up and match the 5 & 6. Tighten all nuts on the *Wings* and *Stand*.

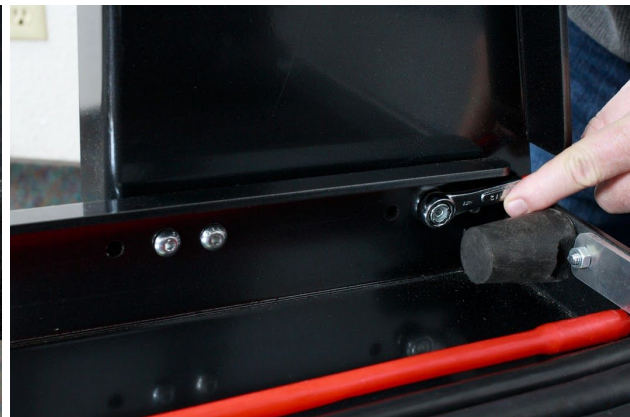
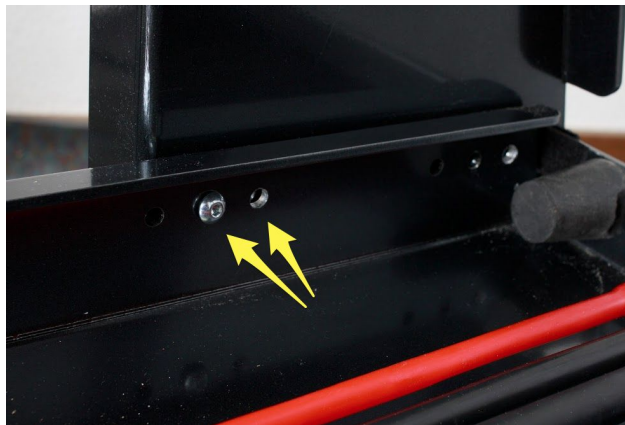


- 9) Turn the rail frame with the head end stand attached upright. **(2 people recommended)**



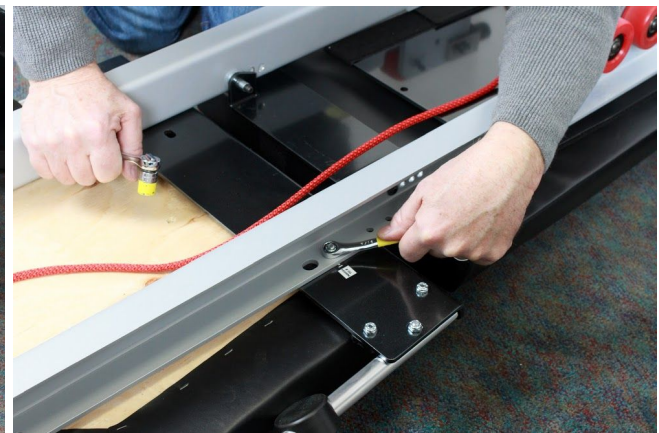
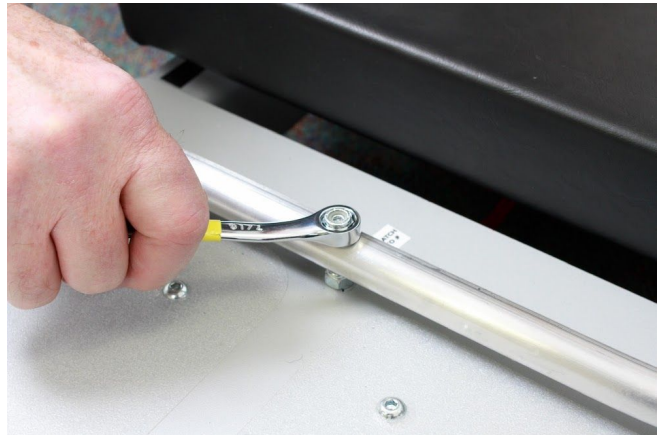


- 10) Place the kickplate frame up to the foot end of the rail frame.
- 11) Remove the eight bolts and set them aside being aware of orientation with the head of the bolts inboard on the rails and the nuts outboard on the four rear bolts. Use the larger Allen wrench and ½ inch wrench.

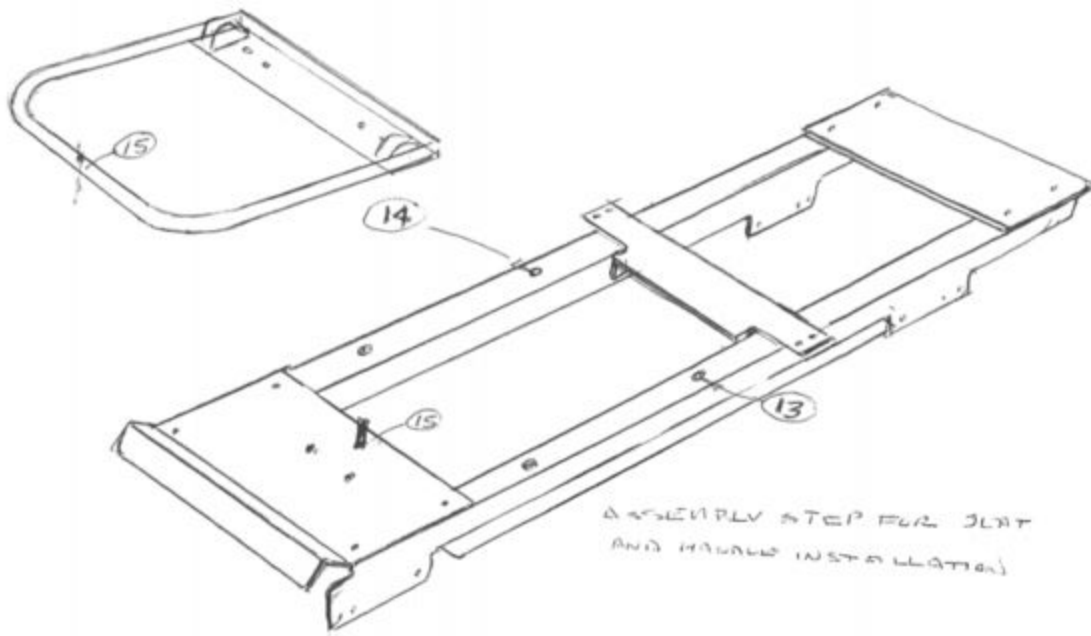


12) Place the rail frame on the horizontal plate in the middle of the kickplate assembly. **Match 7 and 8.**

13) Insert the 8 bolts and nuts and tighten. Check all bolts and nuts for tightness. Replace the four black plastic nut covers.



14) Place the seat on the carriage matching the 13 & 14. Remove the 4 nuts and washers from under the seat and secure the seat to the carriage rails through the handle bar and through the matching holes on the carriage.



ASSEMBLY STEP NUMBERING SYSTEM

- 15) The hole in the front center of the curved handle structure should be placed over the bolt on the foot rest. Add the nut, tighten, then add black nut cover.



- 16) Attach the kickplate onto the kickplate frame by removing the four aluminum knobs and reattach them after placing the kickplate at the desired height.



- 17) Insert the Carriage into the head end of the rails. Look for loose bolts or nuts left on the rails. *Lubricate the wheels and tracks lightly with WD 40 if squeaks should occur.*



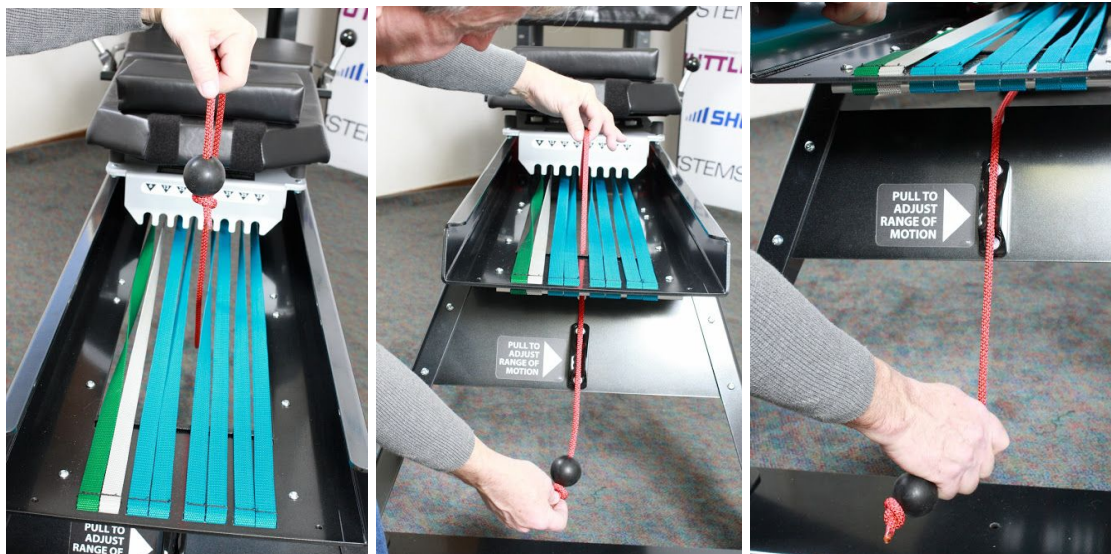
- 18) Attach the various elasticords by pulling and lifting each lanyard vertically a few inches and pulling until a white plastic disk appears. Secure each of the elasticords into the appropriate slot under the head end of the carriage.

19)



20) To use the shuttle as a leg press, lift the backrest up and rotate the black hinged support plate at the rear of the carriage up to secure it between the two black rubber stops located under the back rest. This will achieve a backrest angle of 45 degrees.

21) Add the *Headrest*.



22) Place the red *Range of Motion Control Rope* with the round ball on end in the black plastic clam cleat rope lock located at the head end stand. This rope is used to adjust the start point of the carriage travel and provides a soft stop at the foot end of the travel.

- 23) Reinstall the two black rubber carriage travel limiter stops at the end of the rail.



PNF PULLEY SYSTEM INSTALLATION: Shuttles that include the towers and pulley system the following apply.

- 1) Place the Headend Stand on a box to elevate the machine.
- 2) Orient the 32 inch long tower cross bar aligning the 9 & 10.



3) Secure with the two bolts and nuts in the same orientation as received.



4) Matching the 11 & 12 with the stand base. Secure the towers with the crossbar and the base plate with the bolts and nuts provided.



- 5) Unravel the pulley ropes and secure the free end of the pulley ropes to the black plastic clam cleat rope locks at each rear edge of the seat pad.



How to Replace Elasticords:

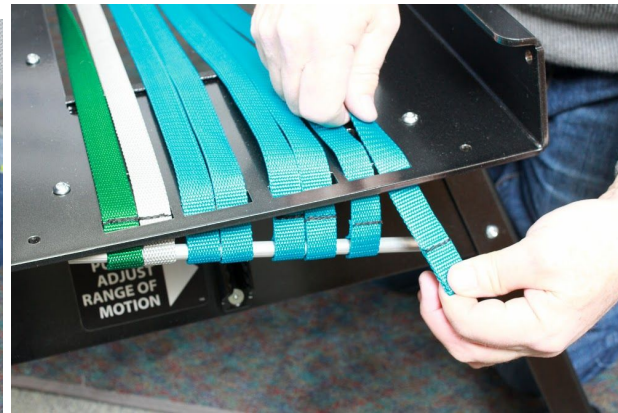
- 1) Loosen one bolt near the footend of the Shuttle TNT under the kickplate. This will release the plate holding in the elasticords.



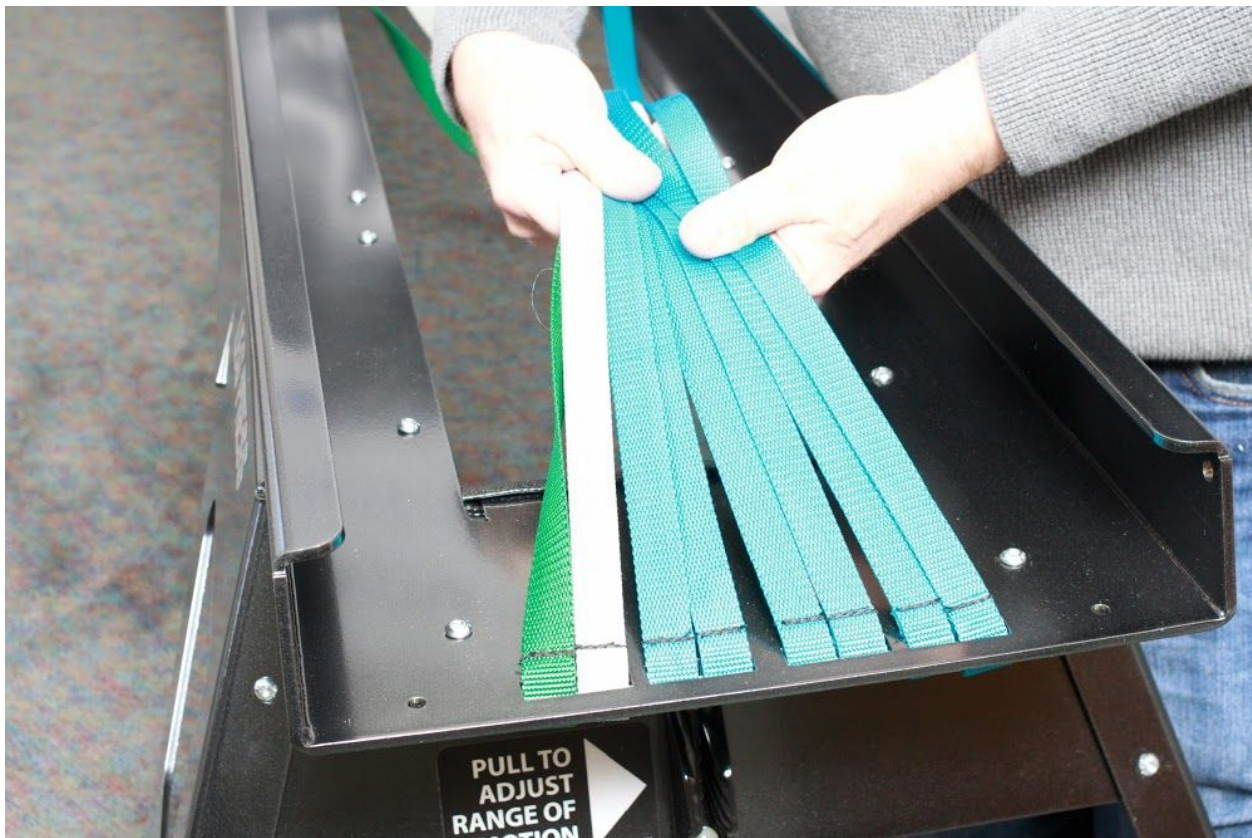
- 2) Once the bracket has been loosened elasticords can be removed from the slotted plate.



- 3) To completely remove elasticcord move to the headend of the machine and loosen the rod holding the loop end of the elastic in place.



4) Once you string the new elasticcord through the rod, pull all 8 elasticords tight.



Please call us if you have any questions.

(800)334-5633 - Shuttle Systems