

“Movement for Every Body”

LSP-400 Assembly Instructions

LightSpeed Lift
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(218) 481-7242 info@lightspeedlift.com

Disclaimer:

LightSpeed Lift is to be used as a balance and exercise assist device. It is not designed to support more than 50#'s while exercising. Check all hardware connections regularly. Inspect the Lift Belts and Straps/shorts to assure good integrity prior to use.

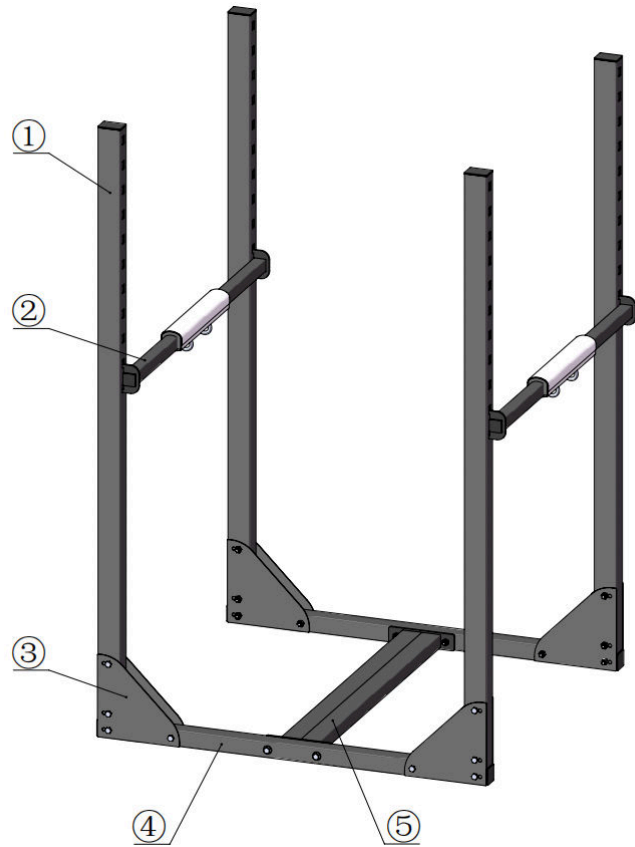
LightSpeed Lift is a patented design: Patent Number: #9,370,680,B1. Any infringement on design will result in legal action.

Any product returns must take place within 30-days of purchase. Return of the product must be in excellent condition at the expense of the shipper.

Read through instructions completely prior to installation to best understand the process.

Customer Service is available for assistance. Email Info@LightspeedLift.com

LSP-400 Anatomy:



Packing List [Two Boxes Packaging]

Part#	Part Name	Qtys
1	Uprights (with Plastic Plugs, Silkscreen Numbers) [Box 1]	4
2	Attachment Bars (with Plastic Plugs, Labels)[Box 2]	2
3	Gusset Plates [Box 1]	8
4	Floor Support Bars [Box 1]	2
5	Base Plate [Box 2]	1
Below Parts are packed in Box 2		
Hardware Pack Box	3" Hex Bolt+Steel Washer+Lock Nut[Step1]	4
	2 3/4" Hex Bolt + Lock Nut [Step2]	16
	2" Eye Bolt+Steel Washer+Lock Nut [Step 3]	4
1 Polybag	Foam, Foam Cover, Zip Ties	2
1 Polybag	Super Lift Belt (With S, M, L Leg Wraps)	1
1 Polybag	Universal Lift Belt (With S, M, L Leg Wraps)	1
1 Polybag	Lift Straps	1
1 Polybag	Ruler with Adhesive Velcro	1
	Assembly Instruction Manual	1
	Training Guide Booklet	1

**Needed equipment: Two 15/16 inch wrenches (not included)
Best if assembled with two people.**

LightSpeed Lift LSP-400 Assembly Instructions:

Note: It is easiest to assemble the unit away from your treadmill and move it into position after assembly. However, you may install around your treadmill if that is the better option.

Inspect packaging to damaged or missing goods. Contact LightSpeed immediately with any concerns.

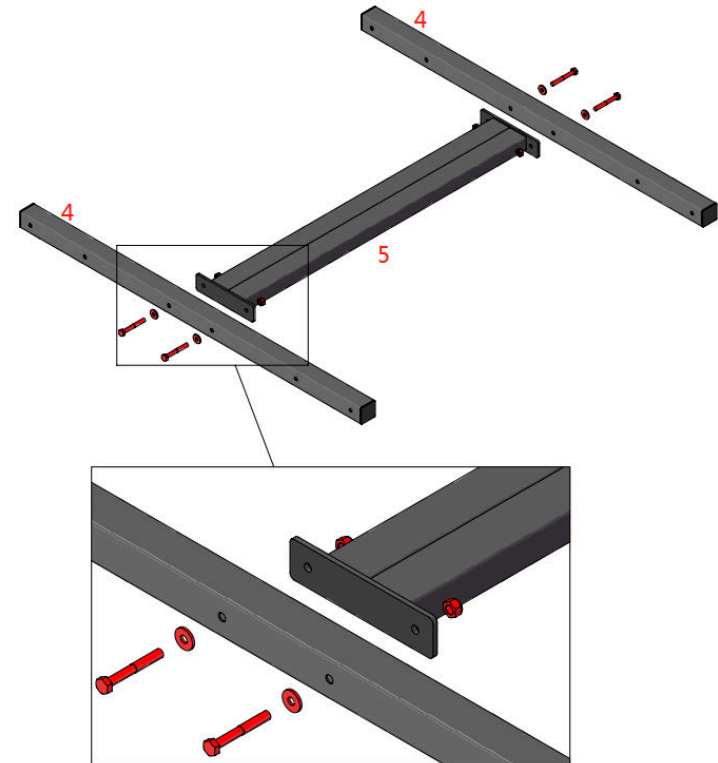
Step 1

Take out Part #4, #5 from Box.

Take out Bolt Pack Labeled "Step 1" from Hardware Pack Box.

Assemble these 2 parts by using 4pcs 3" Hex Bolt+Steel Washer+Lock Nut as shown in the right figure.

Note: Do Not Fully Tighten at this step!



Step 2

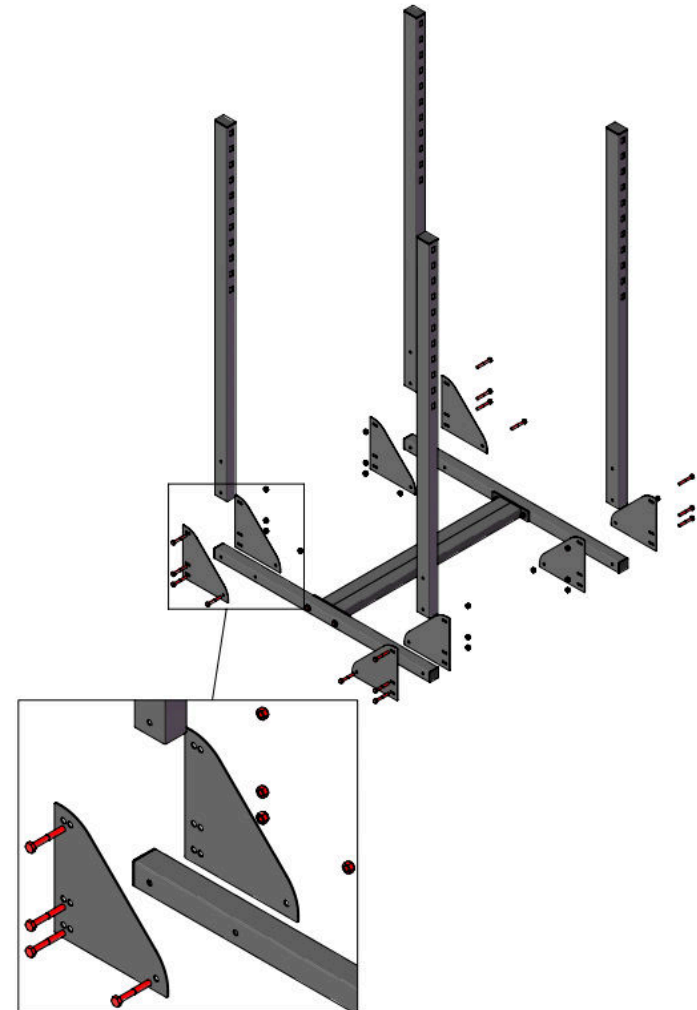
Take out Part #1, #3 from Box.

Take out Bolt Pack Labeled “Step 2” from Hardware Pack Box.

Assemble these 2 parts by using 16pcs 2 3/4" Hex Bolt+Lock Nut as shown in the right figure.

Notes:

- The side of Gusset Plates with **three holes** lines the floor. The uprights are inserted in the outermost bolt hole pattern.
- Uprights should have all cross bar adjustment **slots facing the rear of the treadmill.**
- **Do Not Fully Tighten at this step!**



Step 3

Take out Part #2 from Box.

Take out Bolt Pack Labeled “Step 3” from Hardware Pack Box.

A. Install 2 Eye Bolts to Attachment Bars (Part#2) as shown in Figure A. 2 Sets

B. Zip ties the foam on the Attachment Bars, wrap the foam cover as shown in Figure B.

C. Place the crossbars on your desired setting as shown in Figure C.

D. Take the Ruler from the polybag, and put the side with the Adhesive Velcro to the Attachment Bar.

Note:

- Ensure the frame is square. You may now tighten all bolts.
- Ensure the attachment bars move fluidly between height options. If the changes are not fluid, loosen the 4 base plate bolts with the attachment bars at a lower height and retighten.
- Inspect bolts twice a year for tightness as basic maintenance.

Step 4

Move the LSP-400 frame into position, move the treadmill in place, and begin your movement program!

Figure A

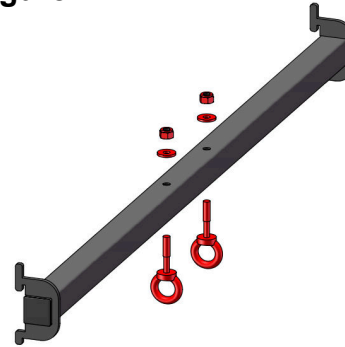


Figure B

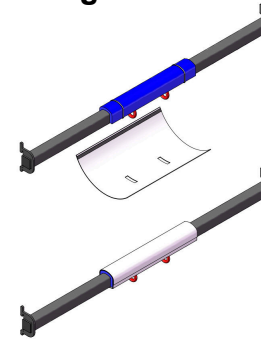
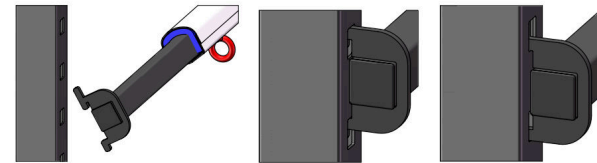


Figure D

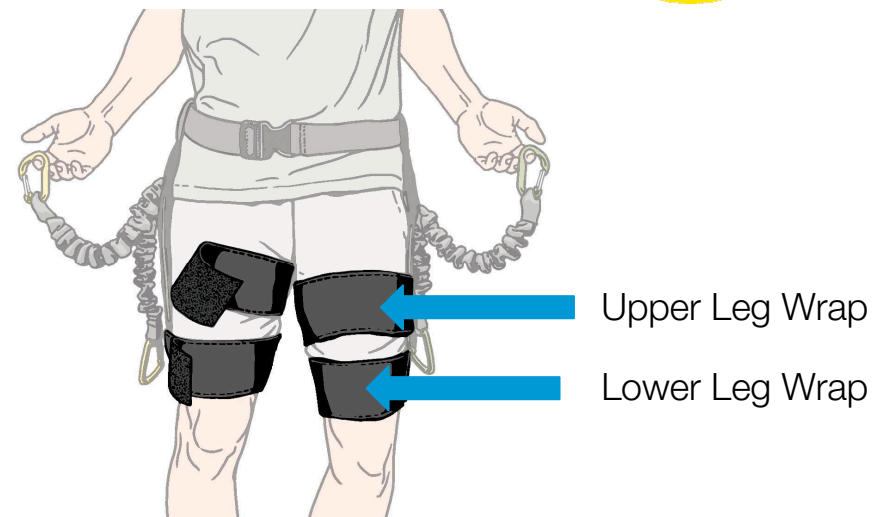
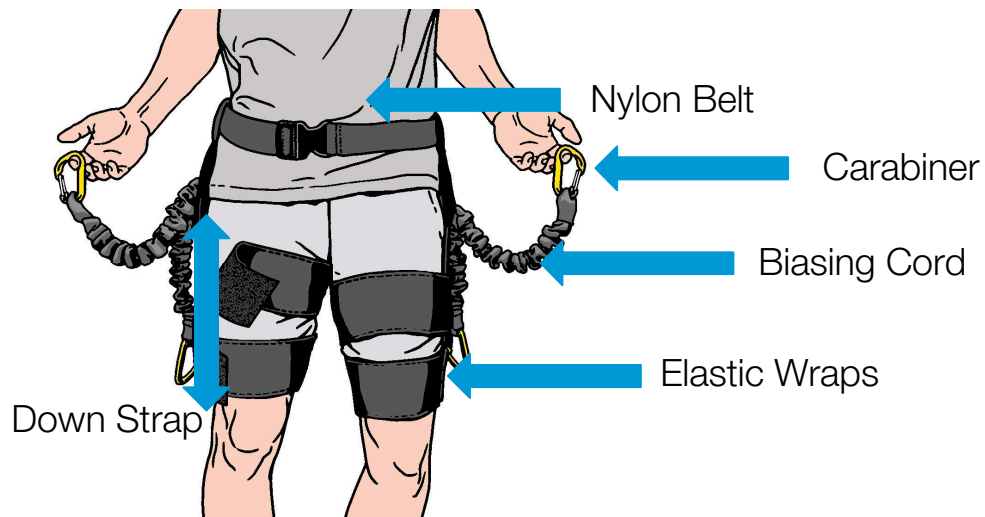
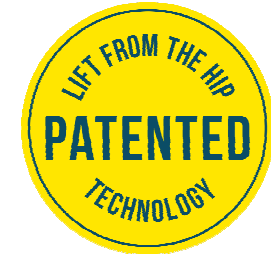


Figure C



LightSpeed Anatomy: Lift Systems

Universal Lift Belt

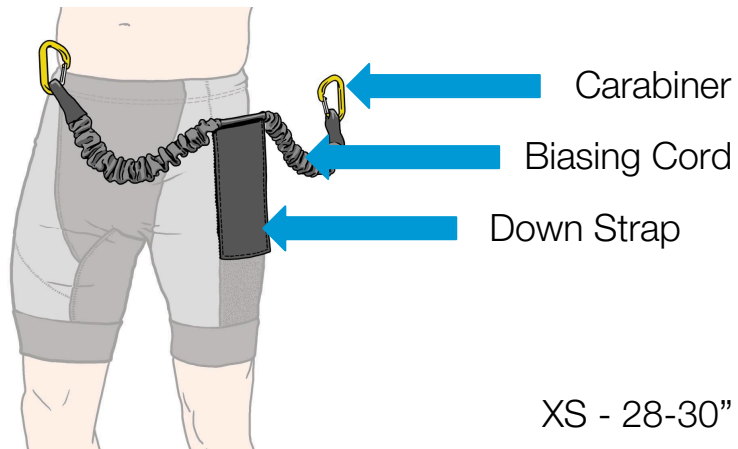


Elastic Band Lengths:

Small: 18" Medium: 24" Large: 30"

LightSpeed Anatomy: Lift Systems

Lift Strap



Carabiner

Biasing Cord

Down Strap

XS - 28-30"

S - 31-33"

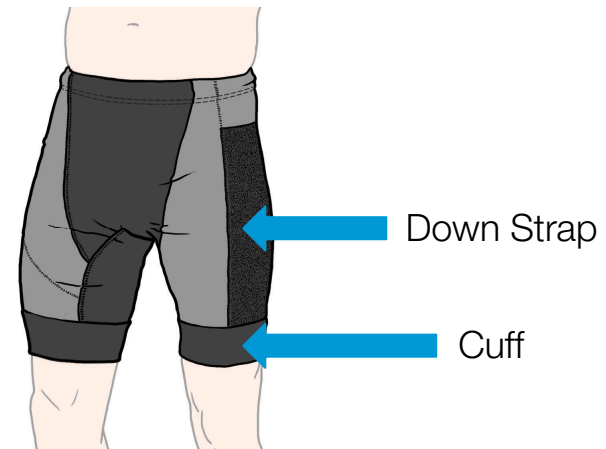
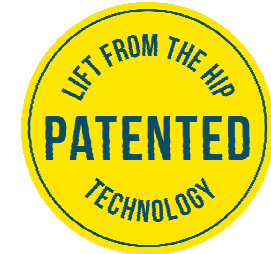
M - 34-36"

L - 36-39"

XL - 39-42"

XXL - 43-46"

Magic Shorts



Down Strap

Cuff