

“Movement for Every Body”

LSX-500 Assembly Instructions

LightSpeed Lift
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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.

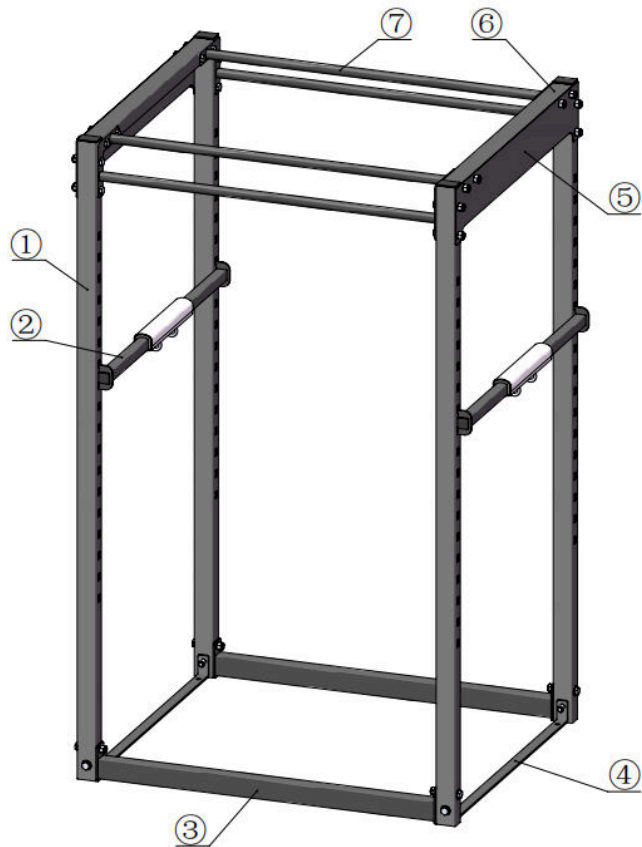
LightSpeed Lift is a patented design: Patent Number: #9,370,680,B1. Any infringement on design will result in legal action.

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

LSX-500 Anatomy:



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

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	Floor Support Bars [Box 1]	2
4	Floor Stabilizing Bar[Box 2]	2
5	Banner [Box 2]	1
6	Top Cross Supports [Box 1]	2
7	Tubular Front-Back Supports [Box 2]	2
Below Parts are in Box 2		
Hardware Pack Box	4" Hex Bolt+Steel Washer+Lock Nut[Step1]	4
	3 1/4" Hex Bolt + Lock Nut [Step2]	4
	4" Hex Bolt+Lock Nut[Step3]	16
	2" Eye Bolt+Steel Washer+Lock Nut [Step 4]	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	Overhead Safety Harness	1
1 Polybag	Ruler with Adhesive Velcro	1
	Assembly Instruction Manual	1
	Training Guide Booklet	1

LightSpeed Lift LSX-500 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 & Step 2

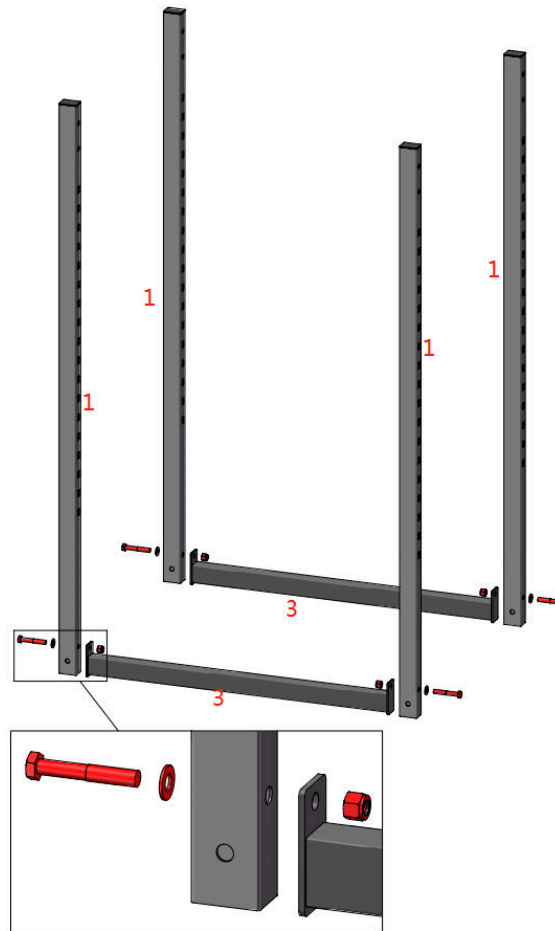
Take out Part #1, #3, #4 from Box 1 and Box 2

Take out Bolt Packs Labeled “Step 1” & “Step 2” from Hardware Pack Box.

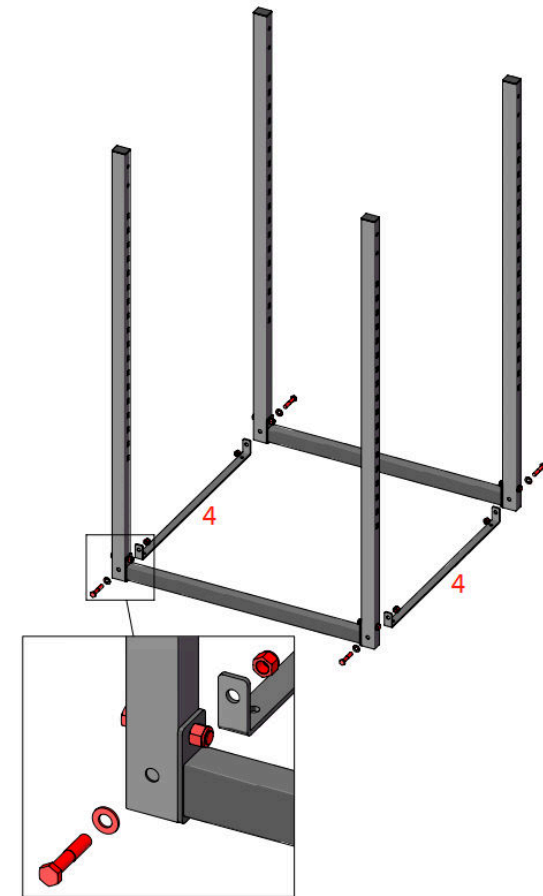
Step 1: Assemble part #1 & #3 by using 4pcs 4" Hex Bolt+Steel Washer+Lock Nut as shown in the right figure.

Step 2: Assemble part #4 to the Assembled Vertical Tubes by using 4pcs 3 1/4" Hex Bolt+Steel Washer+Lock Nut as shown in the right figure.

Note: Do Not Fully Tighten at this step!



Step 1



Step 2

Step 3

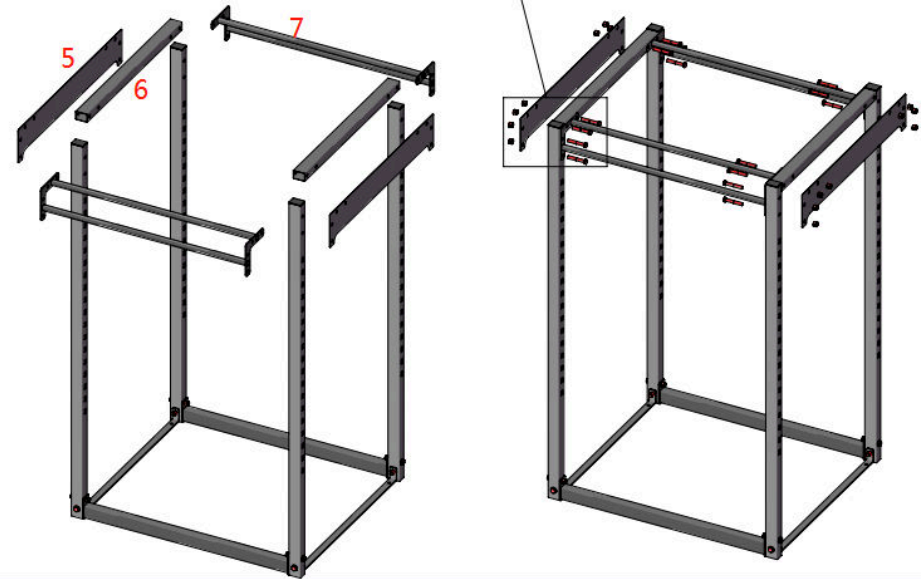
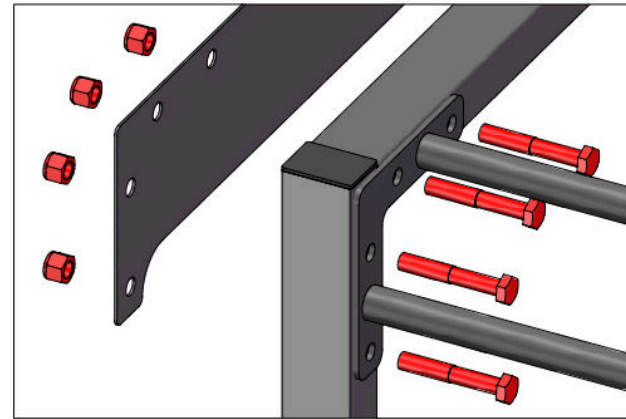
Take out Part #5, #6, #7 from Boxes.

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

Assemble these parts to the assembled Vertical by using 16pcs 4" Hex Bolt+Lock Nut as shown in the right figure.

Notes:

- Uprights should have all cross bar adjustment **slots facing the rear of the treadmill.**



Step 4

Take out Part #2 from Box.
Take out Bolt Pack Labeled “Step 4” from Hardware Pack Box.

- Install 2 Eye Bolts to Attachment Bars (Part#2) as shown in Figure A. 2 Sets
- Zip ties the foam on the Attachment Bars, wrap the foam cover as shown in Figure B.
- Place the crossbars on your desired setting as shown in Figure C.
- Take the Ruler from the polybag, and put the side with the Adhesive Velcro the Attachment Bar.

Note:

- Ensure the frame is square. You may now tighten all bolts. Check to see that each bolt is secure and tight twice.
- Ensure the attachment bars move fluidly between height options.
- Inspect bolts twice a year for tightness as basic maintenance.

Figure A

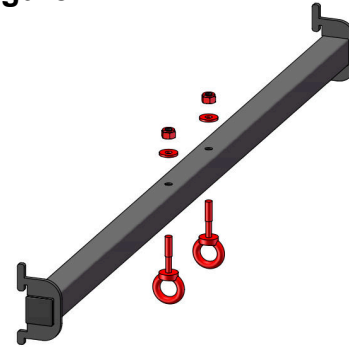


Figure B

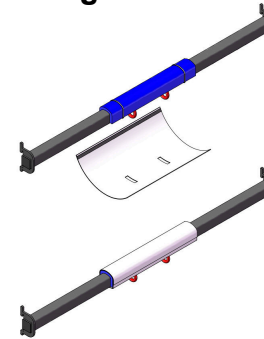
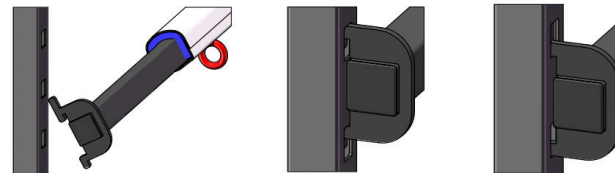


Figure D



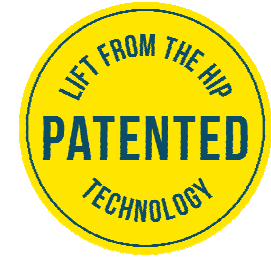
Figure C



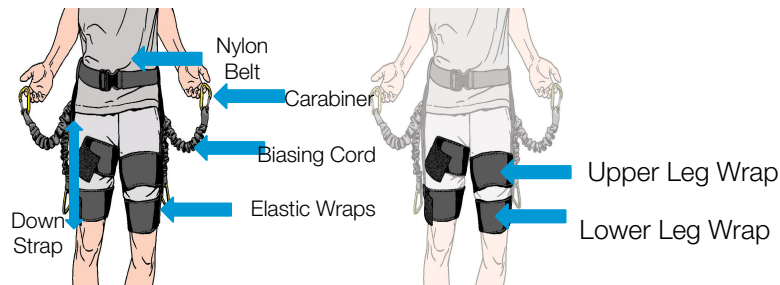
Step 5

Move the LSX-500 frame into position, move the treadmill in place, and begin your movement program!
When placed around a treadmill have the attachment holes facing toward the back of the treadmill

LightSpeed Anatomy: Lift Systems



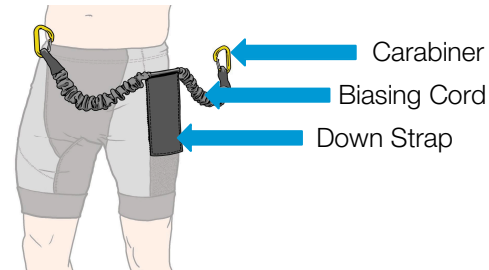
Universal Lift Belt



Elastic Band Lengths:

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

Lift Strap



Magic Shorts

