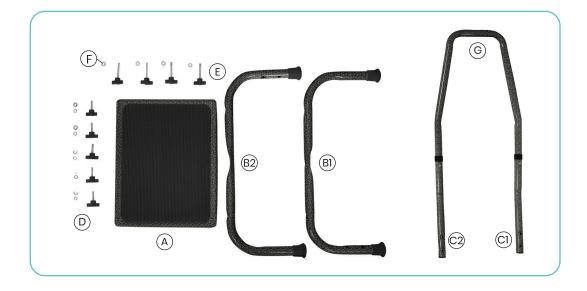


## WHAT'S INCLUDED

- 1x Slip Resistant Foot Rest (A)
- 2x Leg Sections (B1 concave, B2 convex)
- 2x Handrail Base Bars (C1, C2)
- 5x Short Hand Screws (D)
- 4x Long Hand Screws (E)
- 9x Curved Washers (F)
- 1x Handrail (G)



## **ASSEMBLY INSTRUCTIONS**



For a video of us assembling the foot stool check out **vhealth.link/8c425** 

 Turn Foot Rest (A) over with leg attachment holes facing up.



2. Fit concave leg section (BI) into groove on underside of Foot Rest (A) with screw holes aligned.



3. Fit convex leg section (B2) across concave leg section (B1) so that center screw holes overlay.

**NOTE:** B1 And B2 should interlink at the overlapping portion. If they do not, then the legs have been fastened in the wrong order.



4. Thread the Short Hand screw (D) through Curved Washer (F).



Place down through the center screw hole first. Tighten down securely.



 Repeat Step 4 with remaining Hand Screws, and Curved Washers and secure them in the remaining screw holes on all four of the legs.



7. Thread Long Hand screw (E) through Curved Washer (F).



- 8. Align a Handrail Base Bar (C1) to the outside of one of the legs with screw holes in it, so that the silver threaded nuts on each bar are point outward. Fit the long Hand Screw with the washers into the screw holes on the leg and tighten so that the tip of the screw with catch the threads on the silver nut in the base bar.
- 9. Thread another curved washer through the other hole on the handrail base and tighten until fully secured.
- Repeat steps 7, 8 and 9 to secure
  C2 to the remaining leg with the screw holes.

11. Add the Handrail by pushing down on the two locking pins located at each leg of the handrail and insert down into C1 and C2 until the pins engage with the holes to secure the hand rail.













## **WARNING (A)**

- Our new handrail design features a handrail the leans towards the user instead of away from the user for a more secure experience and a more centered focal point for placing your weight when using the handrail as older models tend to tip due to the handrail facing out.
- When using the handrail you may push down on the rail or in towards the base but never out away from the base of the rail as there is a greater possibility of tipping.
- The rail is there to use as an extra stabilizer to place your leg against.
  Never shift any weight towards the hand rail. Never lean on or over the handrail as tipping may occur.
- Stool has a maximum user weight of 300lbs.
- Always stand in the middle of the stool and avoid reaching for items that can cause your balance and weight to shift abruptly.

