

BackSystem3 Assembly Instructions



1

STEP 1: **SEAT** Place seat, cushion side down, on floor. Now place seat bracket on top of seat and insert and tighten the four seat screws, with washers, with the allen wrench provided. Attach the seat with the small end of the seat toward the front upright, with the wide end toward the back of the machine. (as shown)



2



3

STEP 2: **HANDLEBARS** Hold the handlebar horizontal and place the bolt through the top bracket hole. STEP 3: Once you have the bolt through both the bracket and the handlebar, flip the handlebar up and put the other bolt through. STEP 4: When you tighten this bolt, stand in front of the machine, leaning against the handlebar so that you have pressure toward the back of the machine. (as shown) Tighten the bottom bolt first, STEP 5: followed by the top bolt.

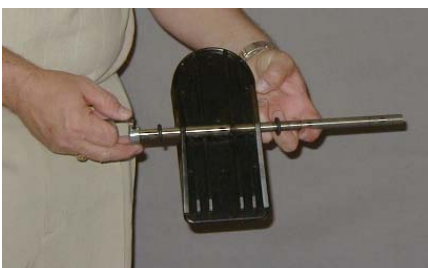


4



5

* Make sure the handlebar is tightened firmly so that the handlebar does not move when using the machine to rotate back.



6

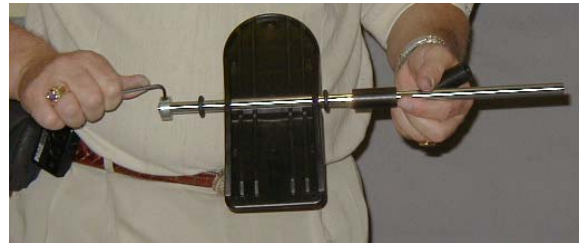
STEP 6: **FOOT PEDAL AND AXLE**

You should receive your BackSystem3™ with foot pedals on the axle as follows; Collar (tightened by allen set screw) rubber o-ring, pedal, rubber o-ring. Repeat on the other side. Before placing seat & roller unit into the base, make sure you have unscrewed the allen screws enough, allowing the axle to slide freely through the holes.

NOTE 7: For the Pro Model only

(black unit for people over 6'1")

Place the two black spacers next to the bracket and the pedal o-rings will be on the outside of each of those spacers. The spacers are not to be used on the standard unit.



7



8

STEP 8: SEAT POST When you place the long axle through the upright, if you are right handed, put it in on the left side of the machine, standing behind the machine. **DO NOT USE A HAMMER! USE A RUBBER MALLETT.** Slide or shove the axle through. Place another 0-ring, pedal, o-ring and finally the collar.



9

STEP 9: Put the allen wrench in the collar and apply pressure, squeezing together both sides, tightening with your thumb, maintaining pressure until secure. Left handed people will want to do this assembly in the opposite direction.

NOTE 9: Once you have the axle and the collars tightened, the pedals should not turn freely. Make sure the lip on the top of the pedal is toward the back of unit when top of the pedal is up. (Your heel should fit into the curved part.)



10

STEP 10: Tighten down the allens onto the axle, which will prevent the pedals from rotating as you use the machine. Make sure they are unscrewed before attempting to slide the axle into the bracket and upright.



11

STEP 11: Install the wire holder for the stretch guide (found in a separate box within the big box). Loosen the 3 allen screws, slide the holder into the cylinder and tighten the screws so that the holder is angled.

STEP 12: Shows the placement of the safety straps and stretch guide. There is a single loop on the end of each strap which fits onto each side of the handlebar and rests next to the upright.



12

YOU MUST USE SAFETY STRAPS!

**For Questions call:
800-538-4811**

BackSystems, Inc. ©2000