



# SENDER PAIN STATION ASSEMBLY AND USER GUIDE



Thank you for buying a Sender Pain Station. Please read and follow this guide carefully.

## **Important notes:**

There are many moving parts that allow the device to fold for storage, transport and for adjustment to accommodate your devices, fan and bike. These parts could entrap or pinch skin / fingers. Please exercise caution when assembling and adjusting all components. We recommend two people undertake assembly and adjustment. Children under 16 should not be allowed to touch the station at any time.

The stability and security of your station is dependent on good assembly, adjustment and securing of the bolts that hold the components together. If you do not take care to check and tighten all screws and bolts you will damage your devices, property and seriously injure yourself if they fail. You are responsible for assessing the suitability, compatibility and security of the device holders for your OWN devices. These holders and slots are generic and may not be suitable for ALL of your devices.

## **Assembly:**

This guide will help you assemble your station. You may find that some of these steps have already been completed for you. If holes have been drilled you will only need to place screws back into the holes and realign the components.

**TOP TIP:** IF the Station has predrilled holes you can place the screws into the holes and drive them through until you can just see the TIP of the screw. You can then realign components more easily with OPPOSING holes BEFORE clamping them together and fixing with the screws.

## **NEVER OVERDRIVE SCREWS**

### **Components:**

Some customers may not have purchased all the items included in this guide. The Fan and Fan shelf are components included in the full package OR can be purchased separately.

### **Features of your Pain Station:**

- Adjustable Table to sit / hold / place your devices
- 2 x Swing Arms with Bottle Holder / Fan Remote Holder / Mobile Device Holder / Towel Rail
- Adjustable Shelf to sit a fan which can be angled to direct airflow
- TV / Monitor Mount
- Fold for easy Transport and Storage

### **Tools recommended for easy assembly:**

- 1 x Drill Driver
- 1 x 4 mm Drill Bit
- 1 x 3 mm Drill Bit
- 1 x TX25 Driver Bit
- 1 x Pozi 2 Driver Bit
- 1 x 6mm Allen Key (Found on Bike Tool)
- 2 x Quick Clamps

### **Fixings:**

#### **Pain Station Main Frame**

- 6 x M10 x 50 CSK Bolt
- 2 x Hinges
- 12 x 3 x 16 Stainless Steel Screws (SS Screws are soft – beware of rounding heads of screws)
- 8 x TX25 Screws
- 5 x 4 x 30 Stainless Steel Screws

#### **Pain Station Table**

- 13 x TX25 Screws
- 2 x M10 x 50 CSK Bolts
- 2 x M10 x 40 CSK Bolts

#### **TV / Monitor Block**

- 2 x M10 x 70 CSK Bolt

## Fan Table

- 4 x M10 x 30 Button Head Bolt
- 4 x TX25 Screws
- 2 x 4 x 20 Combi Screw for fan

### Base / Vertical Support Components – Table – TV Monitor Block



### Fan Table – Remote Control Turbo Fan



## Work Space:

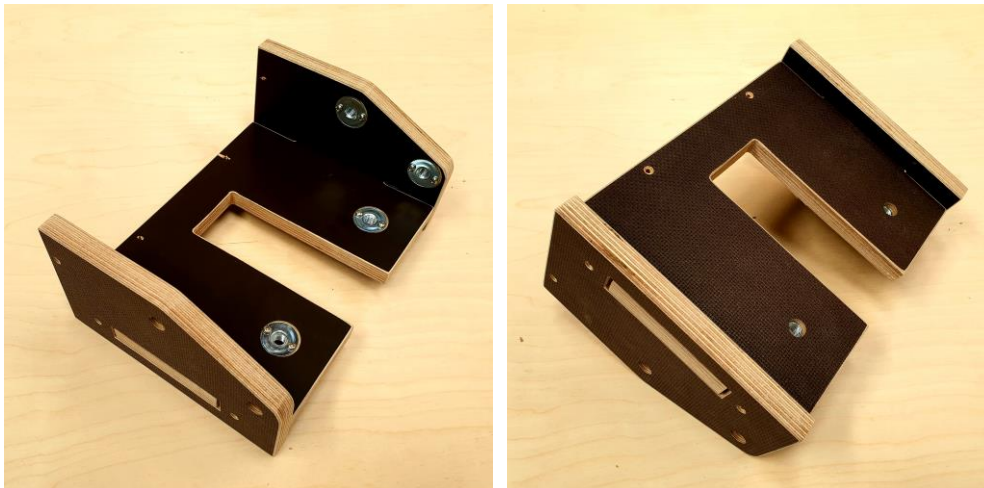
Protect all work surfaces before opening and starting assembly. Create space all around to lay components out so you can identify them.

## Stage 1: Construction of the Base and Vertical Support

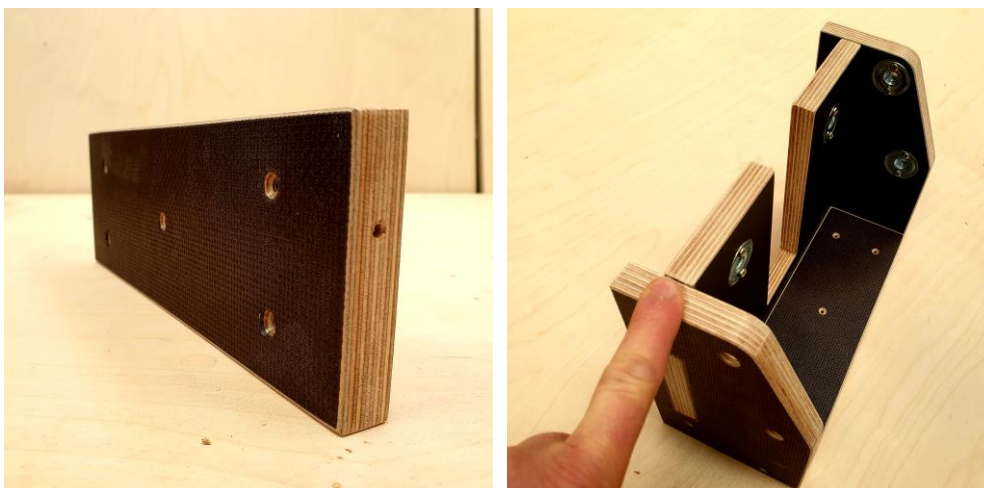
Select the components as shown in the images below:



Assemble these components as shown below. The smooth face with T nuts should all face Inside with the mesh / rough face Outside. These parts should push together.

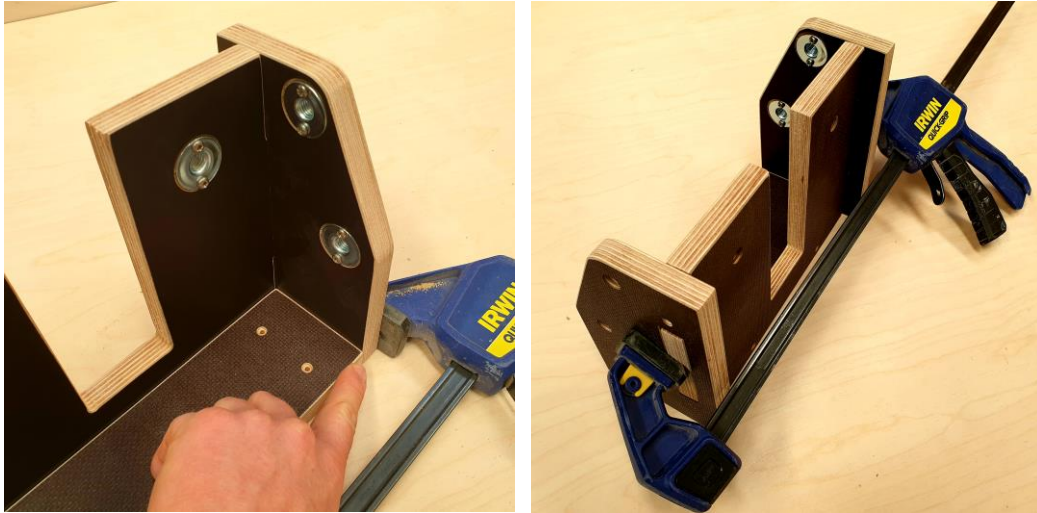


Take the rectangular base block with the marker points in the Rough / Mesh face. It is essential that this block is **ORIENTATED** so the drill hole (**if the block has been predrilled hole**) lines up with the drill marker points on the vertical side components. If the base block has **NOT** been predrilled then it can be placed either way around so that the mesh / rough faces UP as shown in the image below.



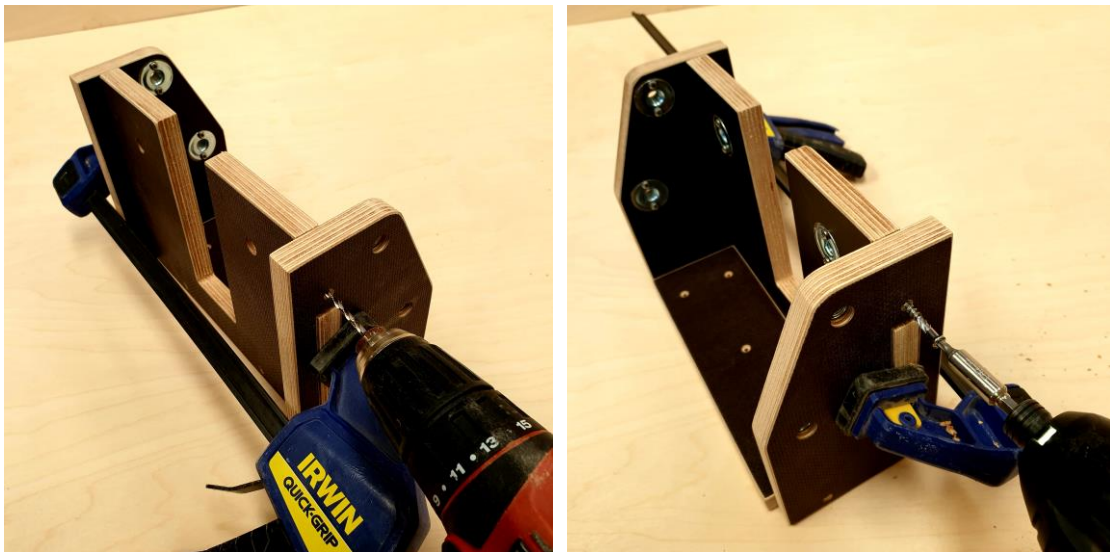
**BEWARE:** The left image shows the pre drilled hole that should line up with the holes in side block!

Make sure the base block and other components are adjusted so they are flush. Use a quick clamp to hold these components ready for drilling and fixing.



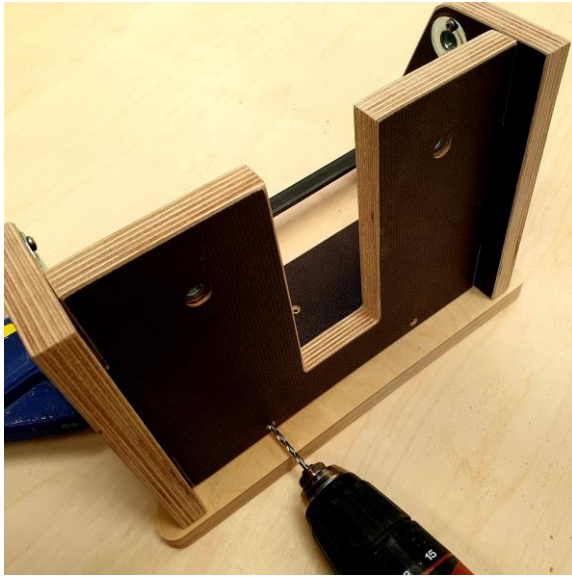
**IMPORTANT: IF you do not drill the plywood before placing screws you will SPLIT the plywood.**

There are 8 x TX25 Drill Marker Holes on this component. Drill each hole 50 mm deep with a 4 mm drill bit. You should DRILL a hole then FIX / SCREW each hole with a TX25 Screw BEFORE moving to the next hole to ensure all parts remain aligned.



You may need to move the clamp to access some holes. Drill and fix the base block checking that it remains flush with the sides and very importantly flush along the bottom so it sits flat against the base plate at the next stage.

**Top Tip:** Drill the holes into the base by elevating the structure on a sheet of plywood OR at the edge of a table. This will help you drill straight holes! But be careful not to drill into your furniture.



Take the structure you have made and the base plate. You will see two lines on the base plate. The structure sits equally between these lines and flush with the straight back edge as shown.



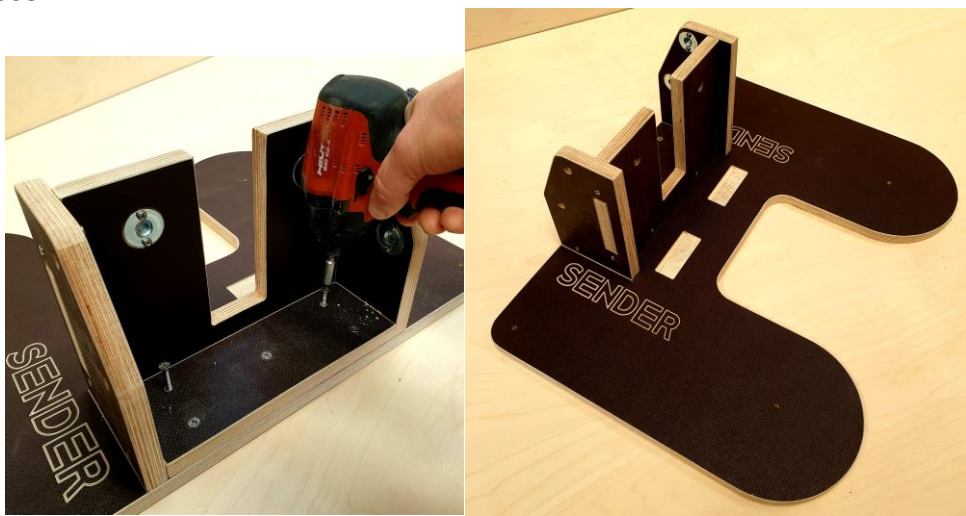
Carefully drill 25 mm through the base plate with a **3 mm** drill bit. Be careful not to drill all the way through! And into a table or floor!!!



Secure the structure to the base plate using the 5 No 4 x 30 Screws. START with the centre hole. Then the two outer holes. BEWARE of rounding Screw heads! Stainless Steel is a Soft Metal.



Next drill the two REAR holes directly behind the vertical plate. These may need to be at a slight angle as it can be difficult depending on the drill you have to make a vertical hole. Use the remaining two 4 x 30 screws. BEWARE of rounding the Screw Heads! CHECK all around the structure to make sure it has pulled flush with the base.



Lift the vertical support which is hinged in the middle and place this into the slot in the base plate. BEWARE of finger entrapment at the HINGE JOIN. Take 2 No M10 x 50 bolts and secure this to baseplate. When placing bolts you must always catch the thread with your fingers first! Tighten with a 6 mm allen key (On your bike Tool!)



Place 2 No Hinges into the slots in front of the Vertical Support and the Base Plate. Using the 3 x 16 screws fix the hinges in place. It is important that you use the MIDDLE Hole first TOP and BOTTOM to get the best alignment!



Once all the screws have been used check the movement by removing the M10 x 50 Bolts and Folding the Station forwards. Once you are sure the movement is good secure the Vertical Support in position by replacing the bolts. Take the two joining blocks plus 4 x M10 x 50 Bolts. Unfold the top section and secure with the bolts. Catch the thread by finger first then tighten using a 6 mm Allen Key. BEWARE the top section does not fall forward when you are completing this phase.



## Stage 2: Table and Swing Arm Assembly

Start by selecting the rectangular blocks shown in the image below. Orientate them as shown with the T nuts on the inside and the arrows pointing to this block.





Use a Quick Clamp to hold the four components together. Adjust them until they are flush and square on all edges. Drill 50 mm through the marker points with a 4 mm drill bit and then secure with 5 x 50 TX25 screws. If you do not pre drill these holes you will split the plywood.

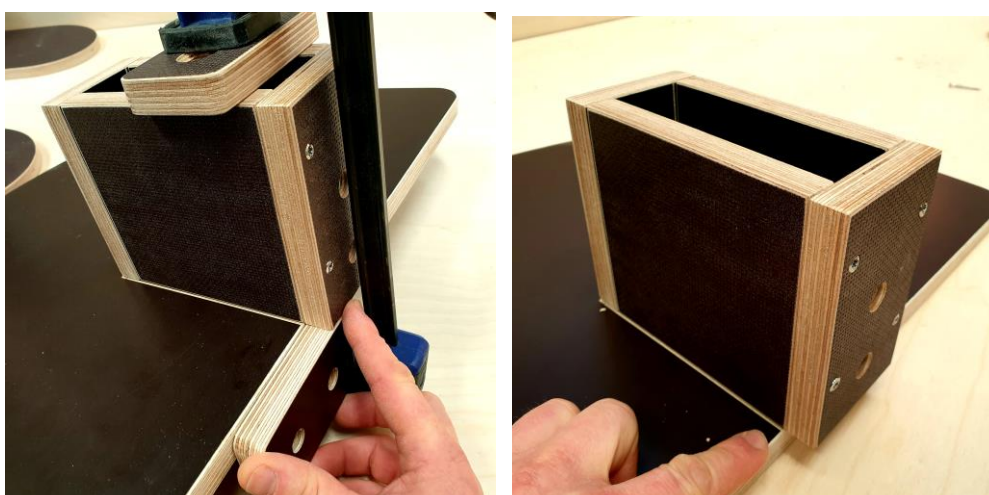
If the holes are pre drilled then realign the screw holes and drive the screws directly into the holes



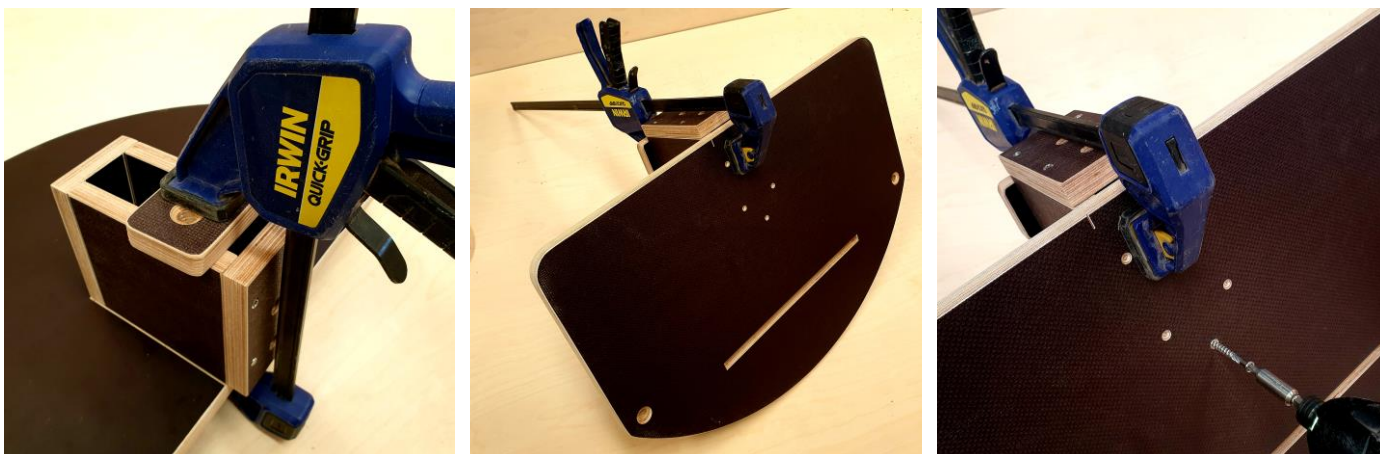
Turn the Tabletop over so you can see the bottom with the Block Marker lines. Turn the block so the t nuts are facing away from the table and the biggest gap (from T Nut to the dge of the Block) is to the top!



Use the adjuster block (with 2 x bolt holes) for the Table and a quick clamp to hold the components together. Adjust the block to sit within the lines. It should OVERHANG the straight back edge of table by 18 mm. You can use the remaining adjuster block (comes with the TV / Monitor mount) as a guage / guide to ensure you have 18 mm of OVERHANG. Secure this position by tightening the clamp. The Table will not pass the joining blocks on the vertical support if there is less than 18 mm!



Carefully turn the components over so you can see the top of the table and the screw marker points on the top of the table. Pre Drill a 4 x 50 mm hole through the lowest marker point and fix this with a 5 x 50 TX 25 Screw.



Drill through the remaining marker points ENSURING the block below has NOT moved!



Take the two swing arms and place these under the table top securing these with 2 x M10 x 40 Bolts. You will need to loosen OR tighten them to swing and hold them in position.



It is safer and easier to mount the table to the Vertical support with two people. Lift and hold the table against the Vertical Support. It is easiest to do this between the blocks at the hinge joint that secure the upper and lower section.

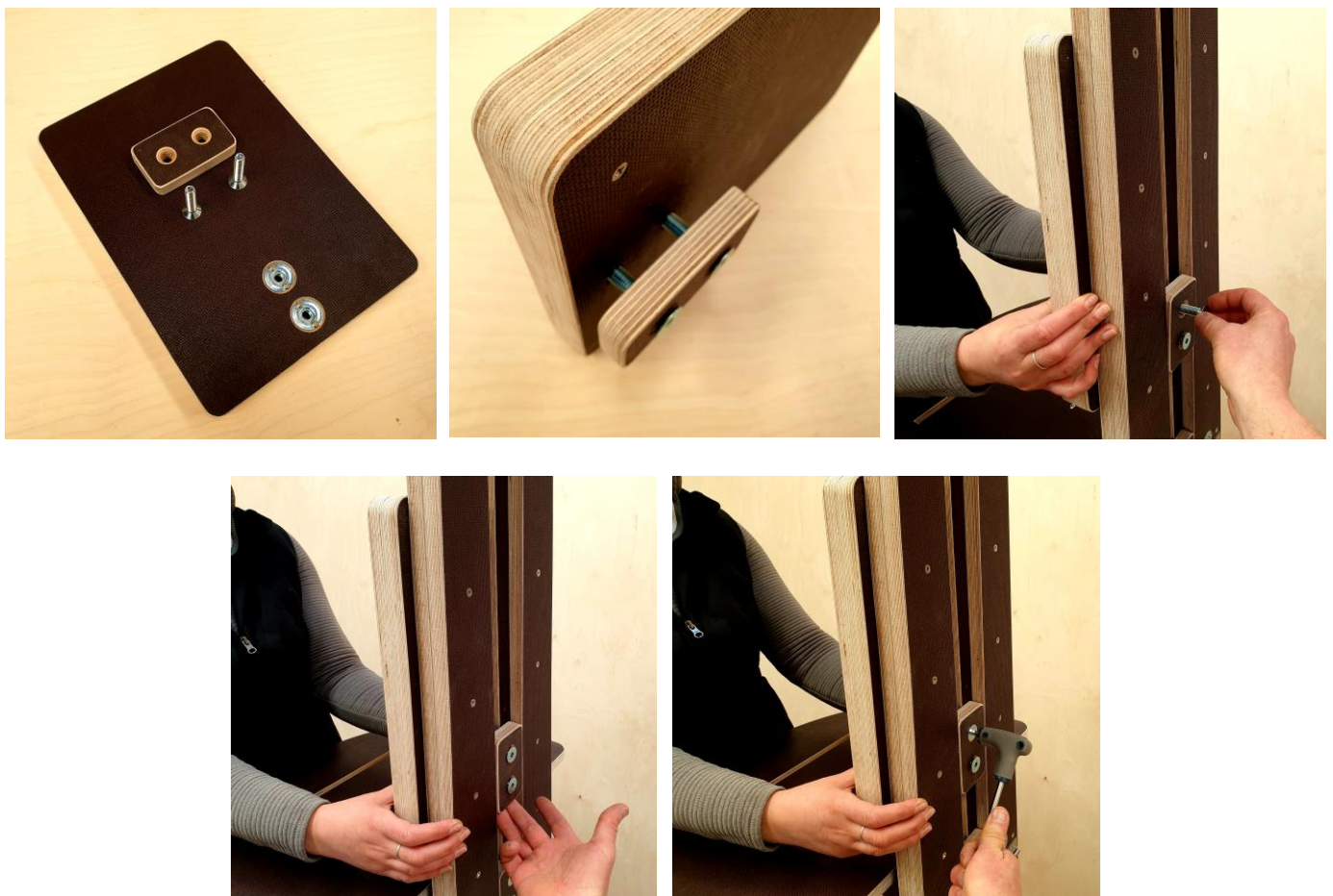
Take the Adjuster Block and place this in the running gap / slot behind the Support. Use two M10 x 50 Bolts through the block and into the table to hold the components together. Slide the table up or down the rail until at the correct height and tighten the bolts using a 6 mm allen Key.



### Stage 3: TV / Monitor Block

The TV Block comes with 2 x 70 mm Bolts. The face with the T Nuts is the face you mount your TV or Monitor. They have been recessed to allow a plate to sit in front of them.

With a partner take an adjuster block and place this in the rail behind the vertical support. Place the M10 x 70 mm bolts through the block and into the TV / Monitor block. Slide the block to the correct height and tighten the bolts until secure.



The TV / Monitor mount has been designed so it is large enough to place a variety of TV Mounts onto the block and use screws to hold it in place as recommended by the mount manufacturer. Please follow the

instructions they provide and please ENSURE the mount (**you buy**) is suitable for the TV / Monitor and will fit on the block.

You will need to decide, measure and place the TV / Monitor mount on the block in the best position.



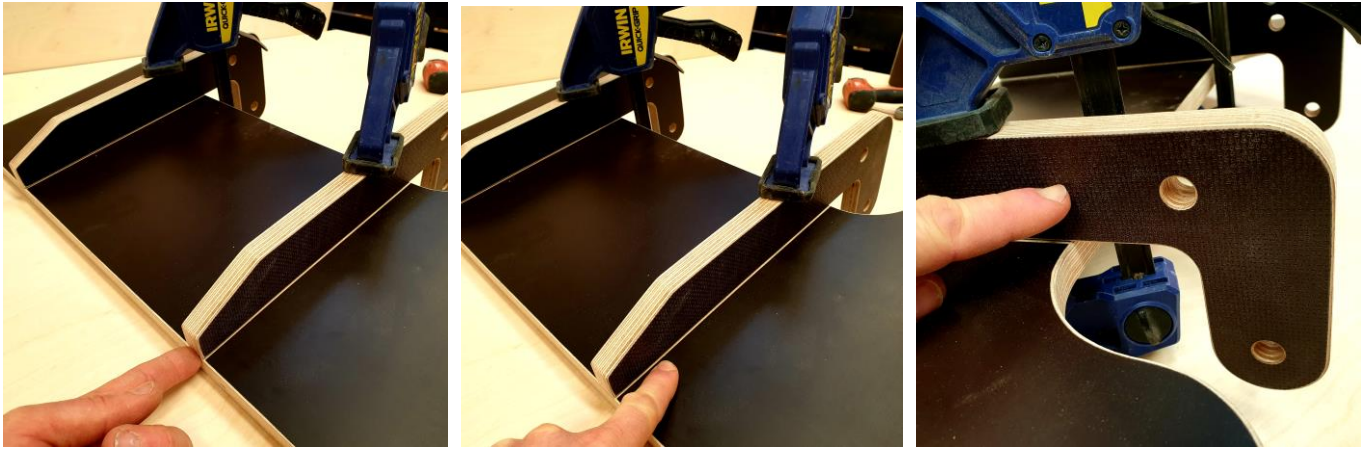
#### Stage 4: Fan Shelf and Fan Mounting

The shelf has been specifically designed for our own remote control fan. However it is big enough to accommodate other fans. You will need to work out the best method of locating and fixing your fan to the shelf.

Turn the Fan Shelf over so you can see the marker lines on the smooth face. Place the arms as shown in the image below. Orientate them so the ROUGH / MESH face is to the outside. The hook on the arms must also be on the side of the table with the two bulges.



Clamp the the arms to the shelf checking that they remain within the lines. The pointed end of the arms should be flush with the straight edge of the shelf.



Carefully turn the shelf over and CHECK the arms are in line and the pointed arm end is flush. Drill a 4 mm x 50 mm deep hole carefully through the marker points and secure with 2 x TX25 Screws.



Remove one of the clamps and check that the arms remains within the lines. Drill and fix this with a TX25 screw. Remove the second clamp and repeat. The Shelf is now ready to mount to the station.



Lift the shelf into position so you can use 2 x M10 x 30 button head bolts to secure the shelf to the top two T nuts. Tighten these so there is enough movement to swing the shelf or up or down to locate the 2 lower T nut holes securing the shelf in the horizontal position.



You can quickly and easily undo the bolts to remove the shelf completely. You can take out the lower bolts and swing the table up for storage OR angle the shelf down which changes the direction of airflow when using a fan. When the fan shelf is angled you will need to tighten the top bolts to create enough friction to hold the shelf in the desired position.



## MOUNTING THE FAN

Carefully remove the Remote Control Turbo fan from the packaging. Assemble the Fan following the instructions in the box. Place the fan on the shelf when it is locked in the horizontal position otherwise it could fall off.



Line the front edge of the fan with the front edge of the shelf. It should be approx 3 to 4 mm back from the edge. Ensure the feet are balanced with a gap of approx 5 mm at either end. Take the two 4 x 20 Combi Head screws and secure the base to the shelf. It will help if you tilt the fan to allow better access for the drill. You may need batteries for the Fan Remote Control.

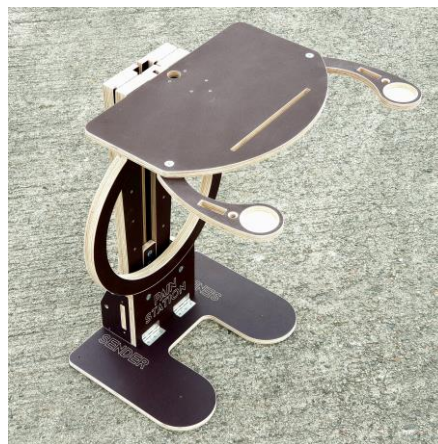
By tilting the fan AND / OR the shelf you have a huge range of airflow options to cool your session.



Your Station is now ready to accept you electronic devices and start training.

## Features of your Pain Station

The Pain Station can be used with the top section folded over if you do not have a TV or Monitor.

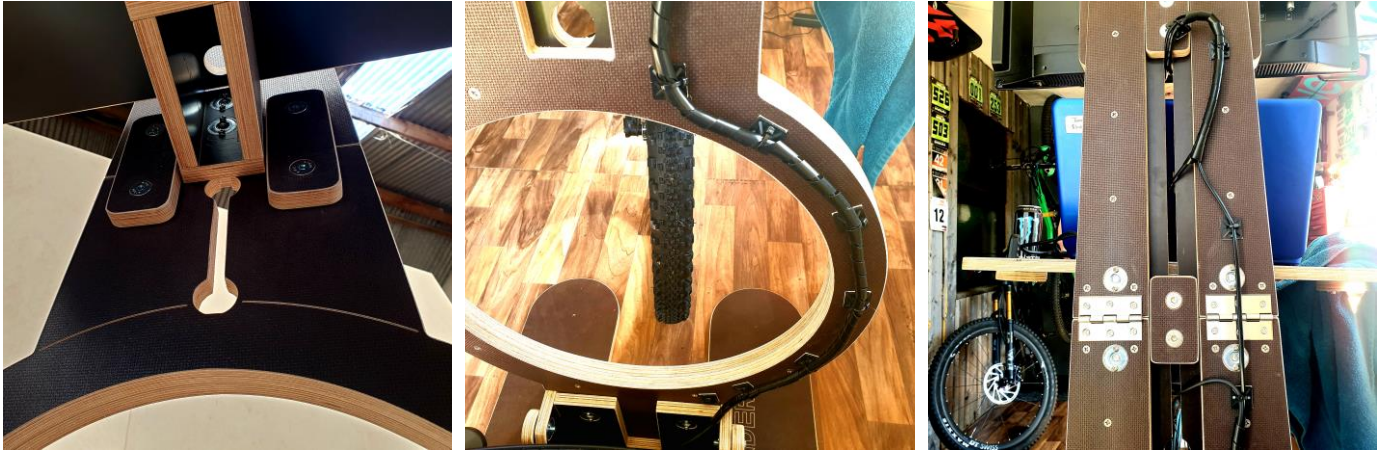


## Cable Management:

We have provided multiple locations for your to run cables neatly out of view behind the Station. You will need to spend time setting your station up in the correct order to get the best result.



A combination of self adhesive blocks and cable tidies will help you direct and fix the cables around the back of the station. These can easily be purchased online.



### **Stability:**

The Station is designed to be freestanding. However we recommend that you screw the Station to the floor. In the base plate we have provided 4 points where you can use the best fixings for your floor. This is especially important with large screens and where children could pull the station over.



### **Device Locations:**

We have designed the station so you have your favourite devices at your fingertips. It is your responsibility to satisfy yourself that they work with your device without falling off. We cannot guarantee the security of any device on the market.

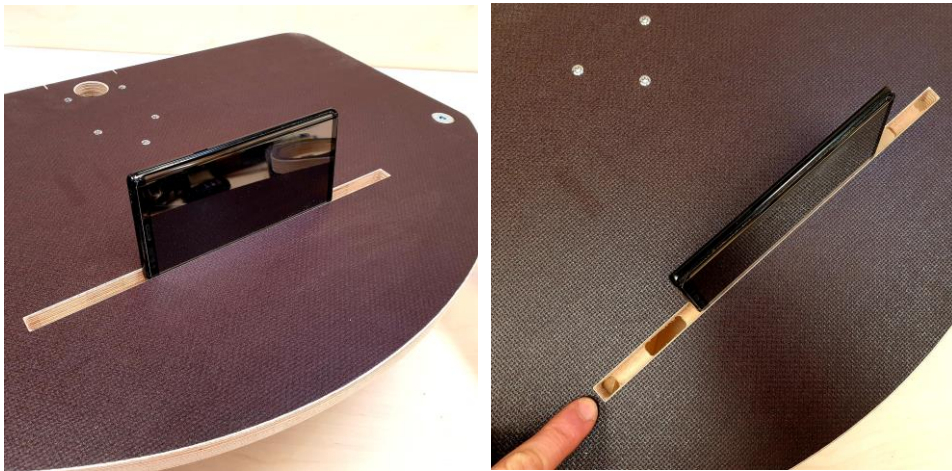
The swing arms have two water bottle holders. You can place a towel over the arms. There is a Turbo Fan remote control holder in each of the water bottle holders. You may need to point the control at the fan to get it to operate.

There are two Mobile Phone holder slots.





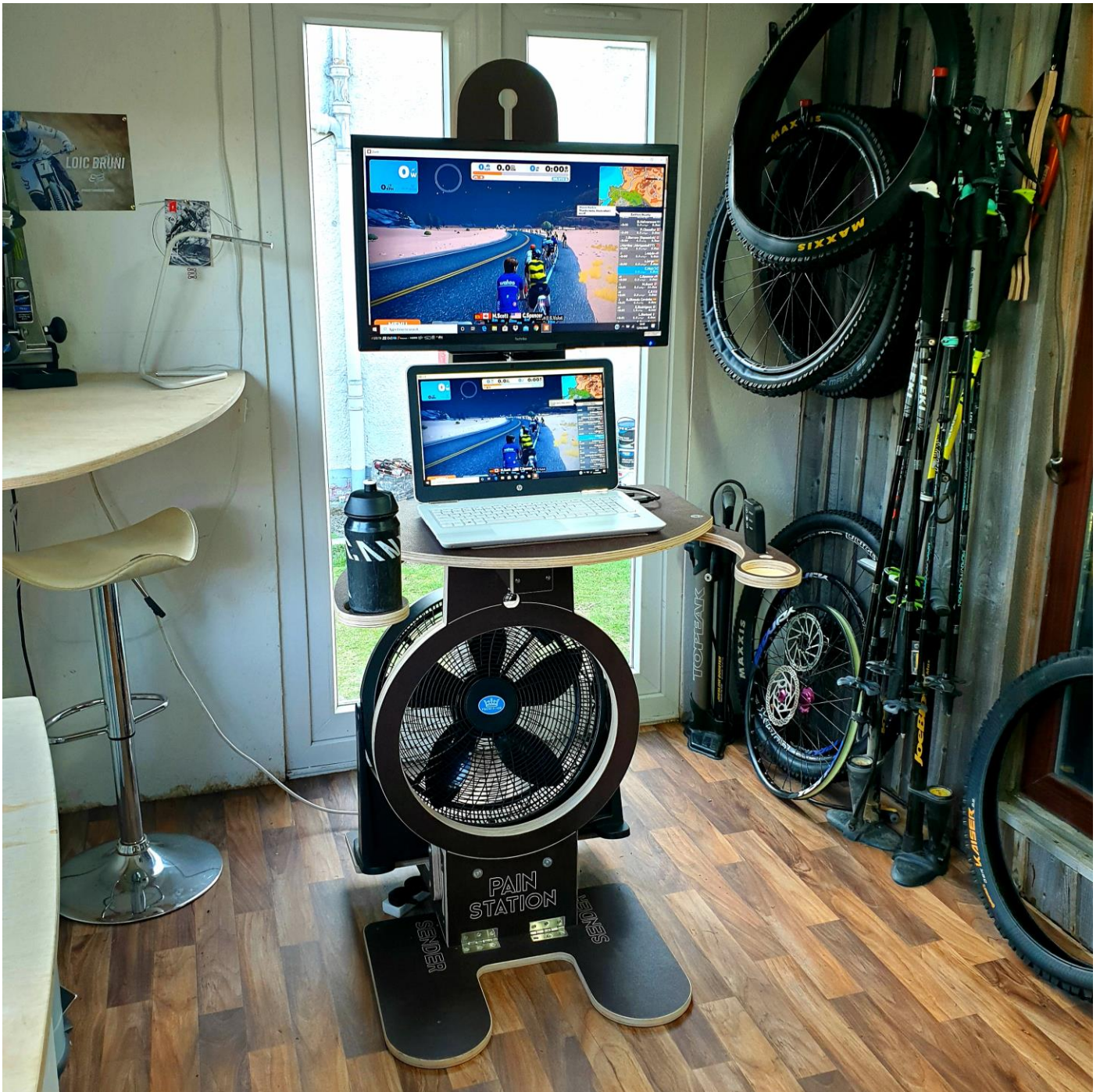
The slot on the top of the table will accommodate a tablet and there are holes in the slot to pass a charging cable.



**The Full Station folds in minutes for easy Storage and Transportation**



Set up in the Gym – Garage or in you're house. Be ready for action anytime – all the time.



## NO PAIN NO GAIN

We hope this Pain Station helps you focus on your training with all your devices and training equipment at your fingertips. Wishing you many happy and painful session – Beast On.

If you need help or advice please contact [support@sender-ramps.com](mailto:support@sender-ramps.com) – 07719 309214

You must regularly check the station for wear and tear and retire components that are no longer safe. Always check Shelf / Table and Monitor Bolts are tight. Please get advice from a doctor and / or coach before undertaking any physical activity or training programmes.