



Guide to Product selection, Installation and first time use

- Select the equipment options that best fits your readiness plan
- Evaluate your space
 - Measure length width and height of your strengthening space
 - Ensure that you have a suitable structure for mounting vertical tubes when applicable
 - Check the overall package dimensions to ensure you can get them through doorways, up stairs or in elevators
 - Check and see what application specific materials you might need for your situation that are not provided.
- Select the product option that meets the requirements for your plan and space.
- Select the right accessories
 - Purchase or acquire the accessories needed to perform the movements stated in your plan. Accessories can be purchased in product packages or A la carte
 - Ensure that the wheels selected are appropriate for the movements in your plan
- Purchase and begin preparation for arrival
 - Select a payment option that work for you
 - Prepare the area for your equipment
 - Clear and clean area
 - Identify placement by identification wall studs if applicable
 - If a baseboard spacer is needed, acquire the desired paint color if applicable.
- Round up tools
 - Make sure you have access to the common tools that are required for installation.
- Upon arrival make sure you have a friend available to help you unpack, assemble and install the product.
- Follow the installation instructions and get to know your machine
- Scan the QR Code provided to access the movement video instructions.
- Let everyone know that you have begun your journey!