



**FOR MORE INFORMATION AND VIDEO SET UP**



### **Short Assembly**

1. Put on the LEVER shorts.
2. Secure straps. Tighten velcro leg wraps.

**\*WARNING\*:** Do not over tighten.

### **Short Care**

Wash inside out on cold.  
Please hang dry to extend the life of your shorts.

### **User Warnings**

- Read user manual before use
- Only use with compatible treadmill arms
- Do not use if any parts are damaged or destroyed
- Do not tighten past 45lbs
- Do not tighten the bungee or reduce weight while treadmill is in motion



# **User Manual**

**Boulder, Colorado**

**CONTACT US**



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# LEVER

MOVEMENT

## Setup Steps

1

### Setting Up the LEVER GO+ Base

Position the LEVER GO+ base on the center of the treadmill arms. Make sure the pulleys are located at the rear of the treadmill.



2

### Attach the LEVER GO+

Strap the LEVER GO+ base onto the treadmill arms securely. Use the rubber straps to connect the base bars to the treadmill arms. **\*IMPORTANT\***: Be sure the straps are securely wrapped around the treadmill arms before proceeding.



3

### Adjusting the Front Side

Locate the front angle adjustment mechanism. Open up the front side to the correct angle as indicated in your user manual or based on comfort. "Section A"



4

### Adjusting the Back Side

Similarly, locate the back angle adjustment mechanism. Open up the backside to the recommended angle. "Section A"



5

### Extending Bars

Extend both the front and rear bars until they click into place or until fully extended.



6

### Assemble the Bungee

Feed the free end of the bungee through the pulley on your right hip. Continue to feed the bungee through the two pulleys on the back crossbar and then the second pulley on your left hip. Lastly, run the bungee through the CamJam connected to the front left Cube.

7

### Ready for Use

Engage the system by pulling the end of the bungee through the CamJam. To secure the bungee make sure you pull downward to lock it into place. Pull the bungee until you reach the desired weight. **\*WARNING\***: 45lbs max.

Section A



Green circles represent standard treadmills with flat arms designed for pin placement.

Yellow circles represent the pin placement for curved treadmills, such as the Woodway 4Front.

