

## About Us

LEVER was founded in 2019 by two competitive athletes in Boulder, Colorado. Cofounders Brad and Ryan believe that body weight support should be an essential element in every competitive athlete's training to minimize, prevent, and heal from injury as well as continually performing at one's best.



# LEVER

M O V E M E N T



## 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

CHANGING THE WAY THE WORLD MOVES

**BOULDER, COLORADO**

**CONTACT US**



[www.levermovement.com](http://www.levermovement.com)



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## Setup Steps

1

### Connect the Bars

Place the two short base bars on the ground and connect the cross bars and base bars together. Lock push pins into place.



2

### Attach the LEVER

Set the four feet of the LEVER flat on the treadmill arms with the pulleys in the rear.

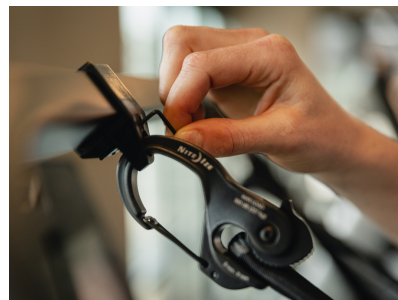


3

### Secure the LEVER

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.



4

### Cube

Adjust the cube on the front bar with the allen key for a more comfortable arm swing. Connect the CamJam onto the front left cube. Take the bungee carabiner and connect it to the front right cube.

5

### 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.

6

### LEVER in 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. Each mark on the bungee is separated at 8lb increments. Pull the bungee until you reach the desired weight off.

**\*WARNING\***: 45lbs max.

### 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.



For more information

