

**SHUTTLE TNT**

# WELCOME TO THE FAM

---

Congratulations on the purchase of your new Shuttle TNT. Shuttle equipment has been trusted by physical therapists and sports training facilities around the globe for almost half a century. It is our mission to deliver the finest quality exercise devices with superior customer service. We welcome you as a valued customer.

For your safety it is crucial that you read this manual thoroughly and understand the equipment before use. If you have any questions about your Shuttle TNT you can give us a call at +1 (800)-334-5633, email us at [customerservice@shuttlesystems.com](mailto:customerservice@shuttlesystems.com), or chat with us via live chat at [www.shuttlesystems.com](http://www.shuttlesystems.com) (Monday-Friday, 8 am to 5 pm Pacific Time).

# TABLE OF CONTENTS

IMPORTANT SAFETY INFORMATION .....	1
PERSONAL SAFETY .....	1
SPECIFICATIONS .....	2
IDENTIFICATION OF THE MANUFACTURER .....	3
ASSEMBLY OF THE TNT .....	4
- REMOVING THE CARRIAGE.....	5
- ATTACHING THE HEAD-END STAND.....	6
- ATTACHING THE KICKPLATE STRUCTURE.....	7
- INSTALLING THE SEAT.....	9
- INSERTING THE CARRIAGE.....	11
- ATTACHING THE KICKPLATE BOARD.....	12
- ATTACHING THE LOW PROFILE HEADREST.....	12
- ATTACHING THE TOWERS (TNT WITH TOWERS ONLY).....	14
- ATTACHING THE PULLEYS (TNT WITH TOWERS ONLY).....	15
USING THE PRODUCT .....	16
MAINTENANCE AND CARE .....	18
WARRANTY .....	19
SUPPORT .....	20

# IMPORTANT SAFETY INFORMATION

**Read all safety information before operating the TNT. It is the owner's responsibility to ensure that users are aware of all warnings and precautions.**

Please read all instructions before using the product. These instructions were written to ensure the safety of the user and to protect the product.

You should always consult with a physician before beginning a new fitness plan. You are advised to investigate and inform yourself about any health related actions and choices you make.

Use caution when mounting and dismounting.

Do not allow children to have unsupervised access to the product.

Keep pets away from the TNT at all times.

Perform regular maintenance for optimal performance and longevity. To ensure safety, the TNT must be checked for wear and damage on a regular basis.

Replace any damaged or worn parts immediately. Do not use the TNT until the repair is performed.

Use only original parts from the manufacturer. Changes or modifications to this unit not expressly approved by Shuttle Systems could void the warranty.

The TNT is for indoor use only. Do not store the TNT outdoors, near water, or at high humidity levels.

Fully assemble the product before using it. Check the product before each use. Do not continue to use the product if it is not working properly.

## PERSONAL SAFETY

Use of this product is subject to medical examination to assess your suitability to the type of workout exercise you intend to perform, and in compliance with the conditions for use laid down by Shuttle Systems.

Persons suffering from certain physical conditions may only use the product under the strict supervision of a doctor with specific qualifications.

Before starting any workout, make sure your position on the product is correct, paying attention to any components that may obstruct use.

Plan the workout according to your physical characteristics and state of health, beginning with less demanding workloads.

Do not overexert yourself or work to exhaustion. Incorrect or excessive exercise may cause physical harm or sudden death. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Wear proper workout clothing and shoes during training; do not wear loose clothing. Tie long hair back. Keep hands, shoelaces, garments, and accessories away from moving parts. Do not insert objects into openings on the equipment.

When using the TNT, other people must remain at a safe distance.

Do not use the product when children or pets are present.

The person in charge of the gym must explain proper and improper use of the equipment to users.

Assemble and use the product only on a solid and flat surface.

Keep the product in good working condition. If you see signs of wear, contact Shuttle Technical Support Service.

Do not attempt any maintenance work on the product other than the operations described in the user manual.



# SPECIFICATIONS

**Dimensions:** 30"W x 105"L

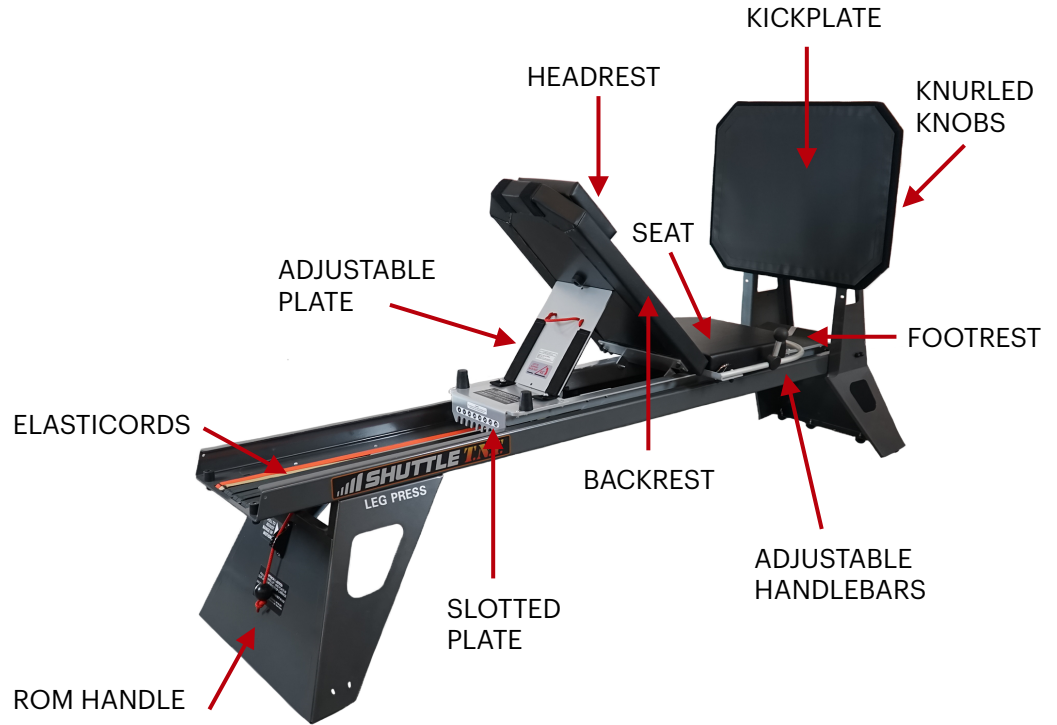
**Floor Space Required:** 3'W x 10'L

**Carriage Capacity:** 450 lbs

**Max Resistance:**  
TNT: 6-250 lbs\*

**Total Elasticords:**  
TNT: (8) Elasticords Total;  
(1) 6 lb Elasticord,  
(1) 12 lb Elasticord  
(6) 25 lb Elasticords

\* Elasticords are rated starting resistance, but will gain resistance up to 40% in extension



# SPECIFICATIONS (TNT WITH TOWERS)

**Dimensions:** 30"W x 105"L

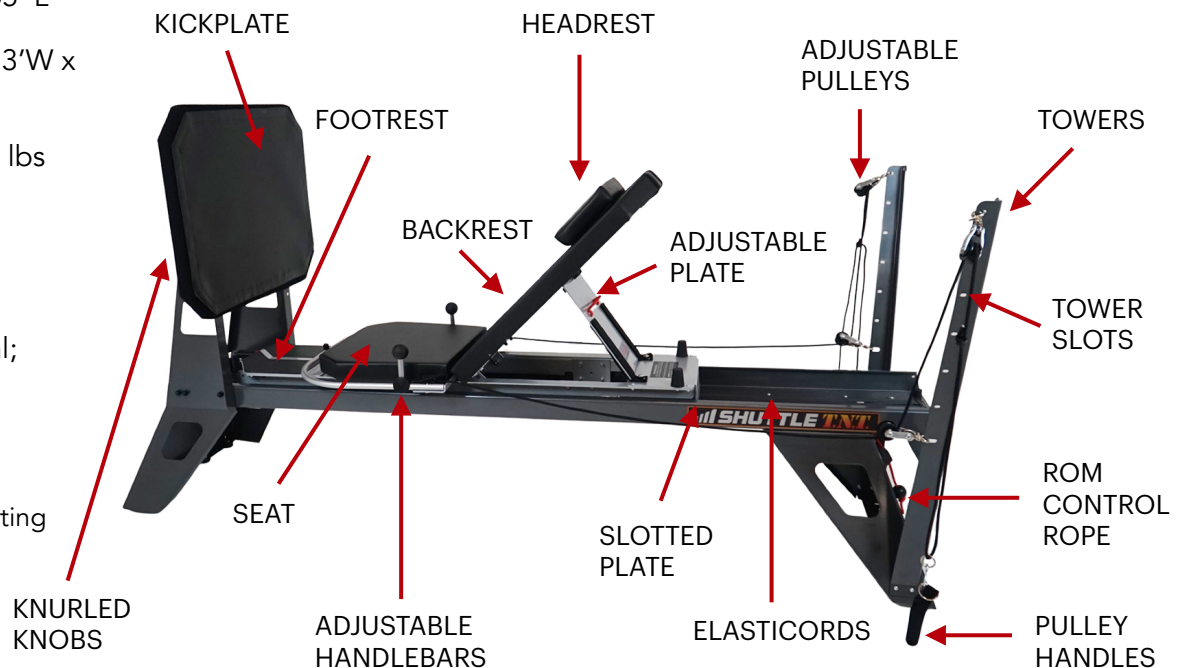
**Floor Space Required:** 3'W x 10'L

**Carriage Capacity:** 450 lbs

**Max Resistance:**  
TNT: 6-250 lbs\*

**Total Elasticords:**  
TNT: (8) Elasticords Total;  
(1) 6 lb Elasticord,  
(1) 12 lb Elasticord  
(6) 25 lb Elasticords

\* Elasticords are rated starting resistance, but will gain resistance up to 40% in extension



# IDENTIFICATION OF MANUFACTURER

A - Manufacturer's name and contact

B - Item number

C - Description of product

D - Serial number



<b>SHUTTLE SYSTEMS</b> (800) 334-5633 <a href="http://WWW.SHUTTLESYSTEMS.COM">WWW.SHUTTLESYSTEMS.COM</a>	A
<b>ITEM NO: 7200</b>	B
<b>PRODUCT: TNT</b>	C
<b>SERIAL NO: TNT 0223 0629 REV E</b>	D

# ASSEMBLY OF THE TNT

Assembly of the TNT requires two people.

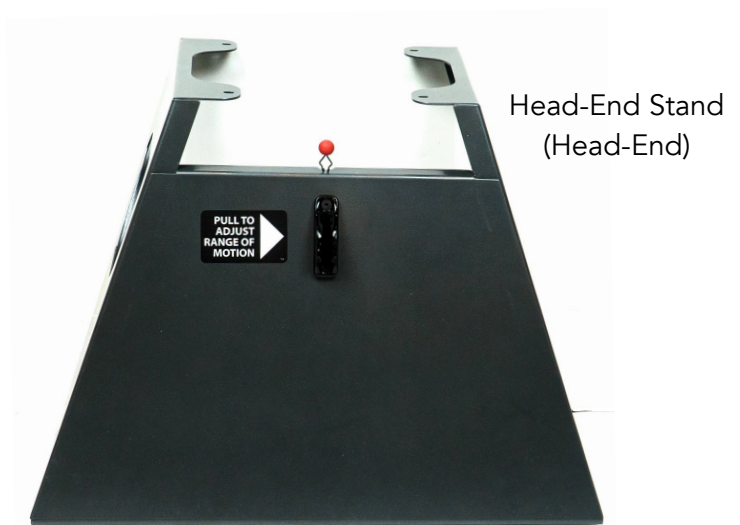
Tools Needed: 7/16 inch socket or combination wrench, 1/2 inch socket of combination wrench.

Keep in mind that the following images in Steps 1-7 pertain to the TNT without towers, if you bought the TNT with towers your parts may appear slightly different than those in the included images but the required steps remain the same.

The TNT will come in two boxes:

- 1. TNT Rails and Carriage**
  - TNT Rails
  - Carriage
  - Headrest
  - Parts Bag
  - Towers (only if ordered)
  - Accessories (only if ordered)
- 2. TNT Stands**
  - Kickplate Structure
  - Head-End Stand
  - Kickplate Board

It is important to become familiar with the expressions "Foot-End and Head-End" as they indicate orientation for the various steps and structures.



# ASSEMBLY OF THE TNT (STEP 1)

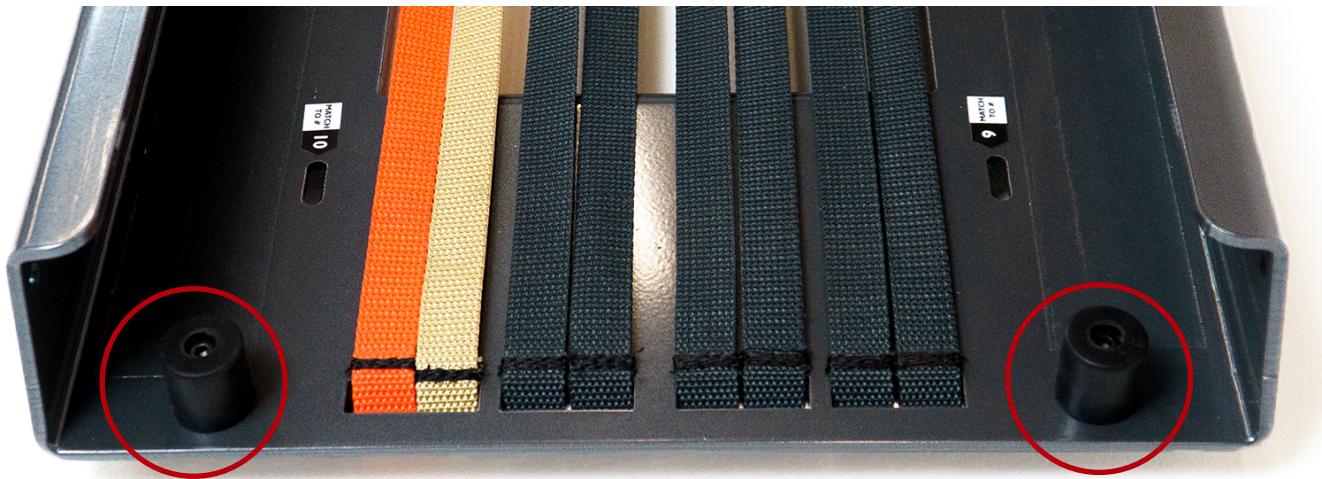
## REMOVING THE CARRIAGE

### STEP 1

#### ITEMS REQUIRED

Carriage

1. Remove the two rubber bumpers at the head-end of the TNT rails. Set them aside for Step 5. (Pic 1.1)
2. The carriage can now be removed by pulling it out through the head-end of the rails. Gently set the carriage to the side for now. (Pic 1.2)



1.1



1.2



# ASSEMBLY OF THE TNT (STEP 2)

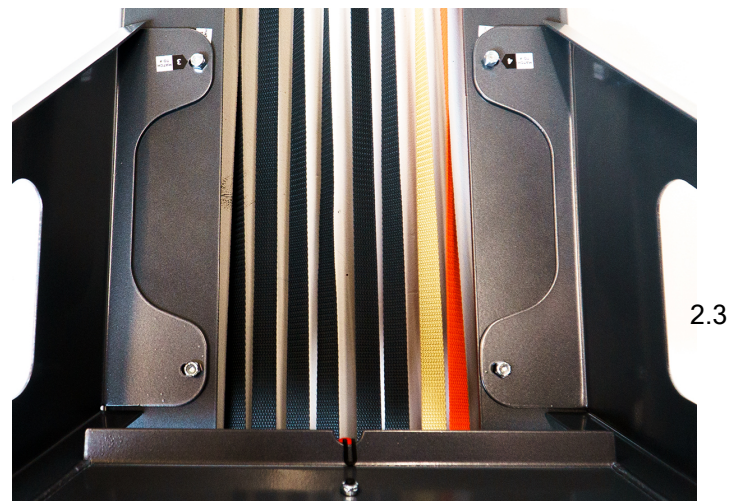
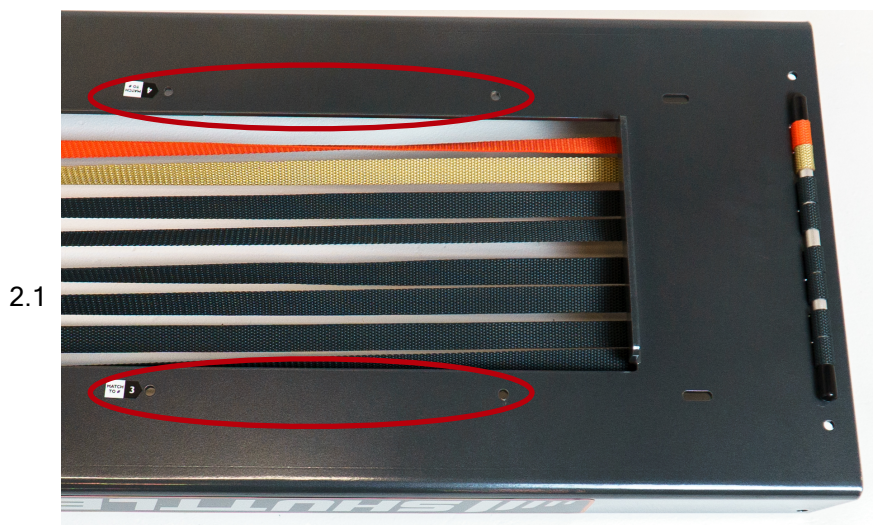
## ATTACHING THE HEAD-END STAND

### STEP 2

#### ITEMS REQUIRED

TNT Rails  
Head-End Stand

1. Flip the rails upside down, exposing four lock nuts at the head-end of the TNT rails. Remove the four bolts (two on each side) from the rails. (Pic 2.1)
2. Align the holes of the head-end stand with the now exposed bolt holes on the TNT rails. The head-end stand should be flipped upside down so the rubber feet are facing up. (Pic 2.2)
3. From the underside of the TNT rails, insert the four bolts up into and through the head-end stand. Hand tighten the lock nuts. It is important to make sure the lock nuts are against the head-end stand as they will interfere with the carriage if they are along the TNT rails. (Pic 2.3)



# ASSEMBLY OF THE TNT (STEP 3)

## ATTACHING THE KICKPLATE STRUCTURE

### STEP 3

#### ITEMS REQUIRED

Kickplate Structure  
Parts Bag

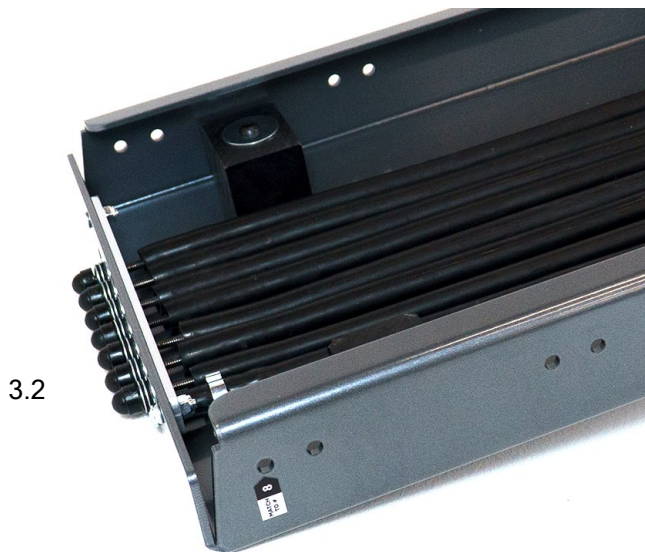
1. Flip the TNT rails and head-end stand over with the foot-end resting on the ground. (Pic 3.1)
2. Remove the eight bolts (four on each side) at the foot-end of the TNT rails. (Pic 3.2)
3. Position the foot-end of the TNT rails to the inside of the kickplate structure. Align the holes and insert the eight bolts into the rails and through the kickplate structure. (Pic 3.3)
4. Tighten down all bolts at the kickplate structure and head-end stand. (Pic 3.4)
5. Place the eight nut caps (four on each side) from the parts bag, onto the eight lock nuts at the kickplate structure.

*Images on next page*

# ASSEMBLY OF THE TNT (STEP 3)

STEP 3

MOUNTING THE KICKPLATE STRUCTURE





# ASSEMBLY OF THE TNT (STEP 4)

## INSTALLING THE SEAT

### STEP 4

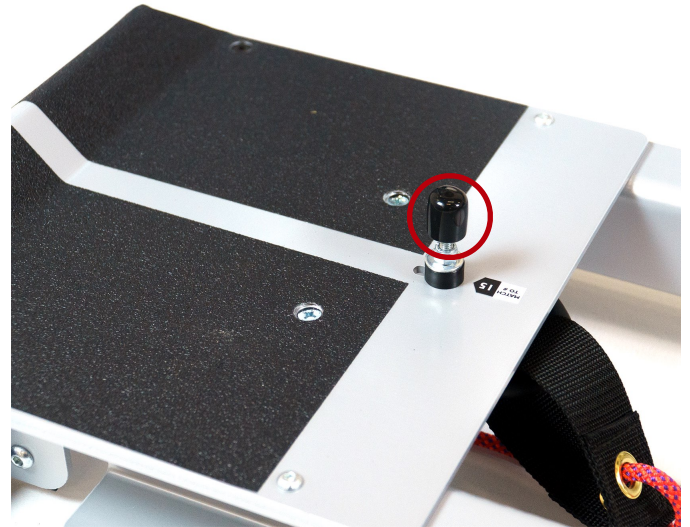
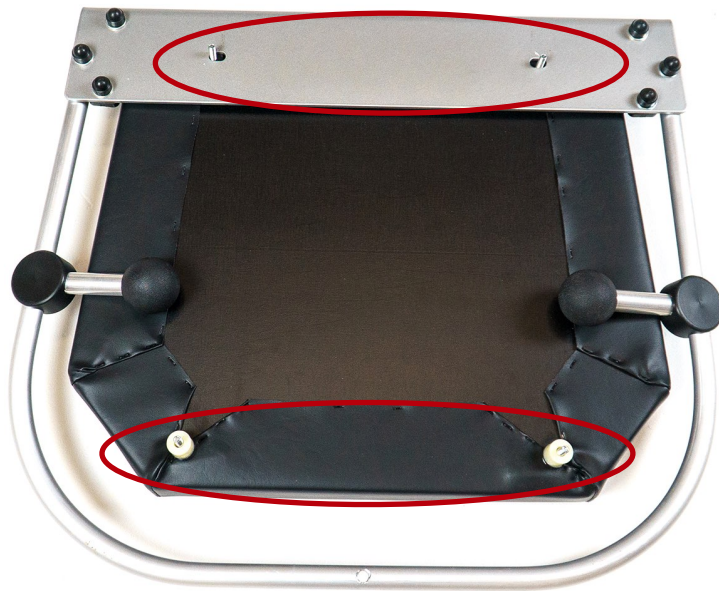
#### ITEMS REQUIRED

Carriage

Seat

1. Turn the seat upside down with the cushion resting on the ground. Remove the four lock nuts and washers from the bolt studs. (Pic 4.1)
2. Unscrew and remove the barrel nut from the carriage. Lift the handle bar frame from the cushion and align bolt holes "13", "14", and "15". (Pic 4.2)
3. Place the seat cushion into the corresponding holes of the carriage and handle bar frame. (Pic 4.3)
4. Tighten down the barrel nut to bolt "15". Tighten two thick lock nuts with washers to the rear bolt studs on the seat cushion. Tighten two shallow lock nuts with washers to the last two remaining bolt studs on the seat cushion. (Pic 4.4)

Adjusting Handlebars: Twist the knobs counter-clock-wise to loosen. Adjust to desired position and tighten by twisting clockwise.



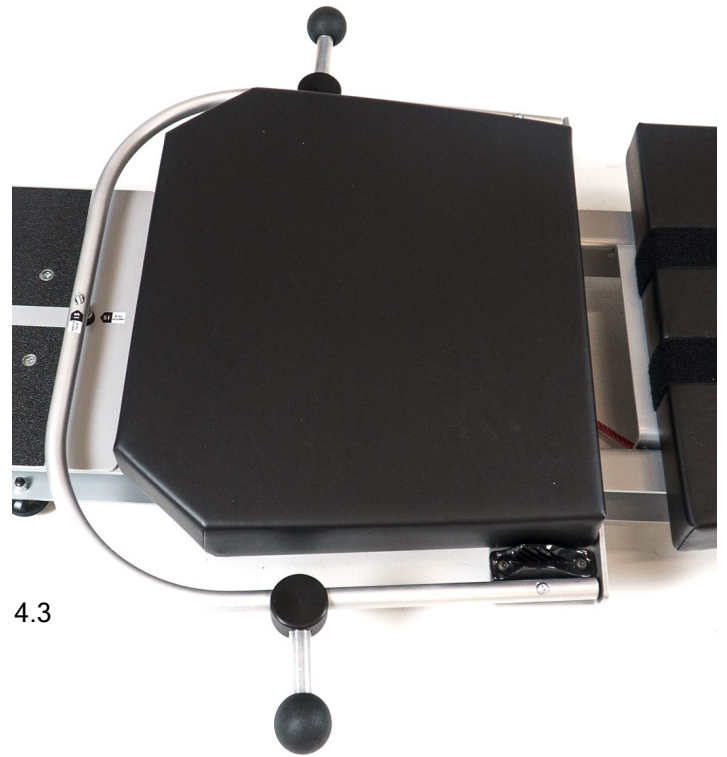
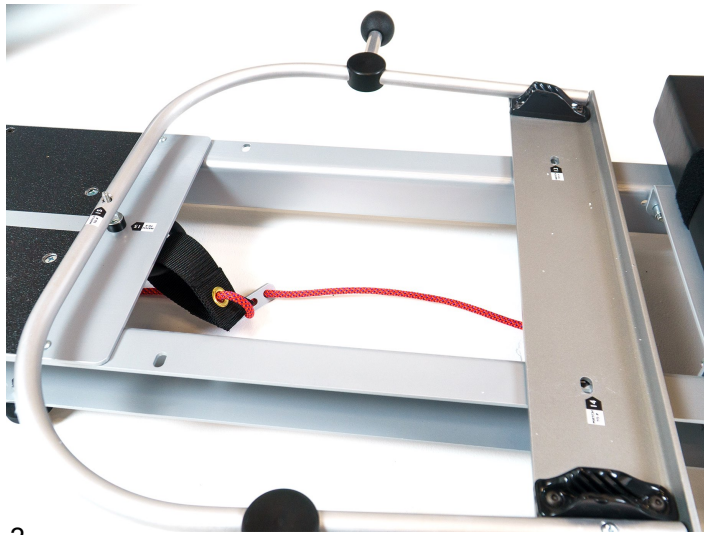
*More images on next page*



# ASSEMBLY OF THE TNT (STEP 4)

## STEP 4

## INSTALLING THE SEAT



# ASSEMBLY OF THE TNT (STEP 5)

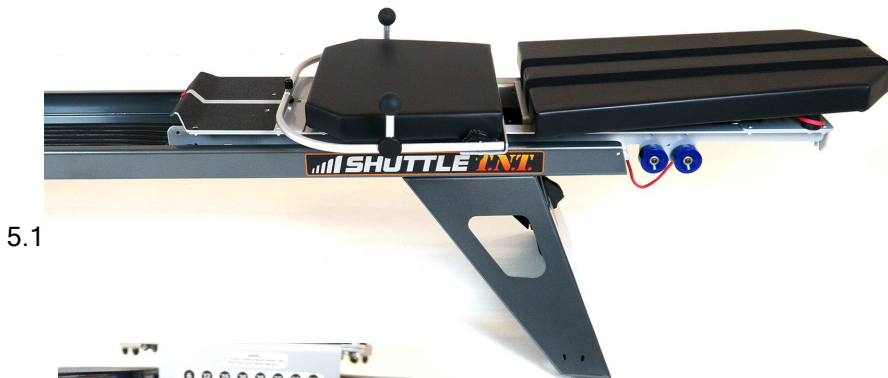
## INSERTING THE CARRIAGE

### STEP 5

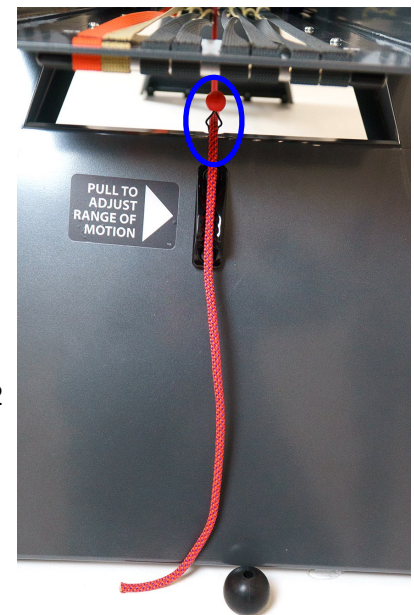
#### ITEMS REQUIRED

Carriage  
TNT Rails  
Rubber Bumpers

1. Insert the foot-end of the carriage into the TNT rails, and let it gently slide along the track until it contacts the rebound blocks. (Pic 5.1)
2. Remove the rubber ball from the Range of Motion (ROM) Control Rope by untying the knot at the end of the ROM Control Rope. (Pic 5.2)
3. Guide the ROM Control Rope through the red rope guide at the head-end stand and push the rope into the black rope cleat. Once the ROM Control Rope is secured, place the rubber ball back onto the rope and tie a knot at the end of it. (Pic 5.3)
4. Insert and tighten down the two rubber bumpers removed from the two holes at the head-end of the rails in Step 1. (Pic 5.4)



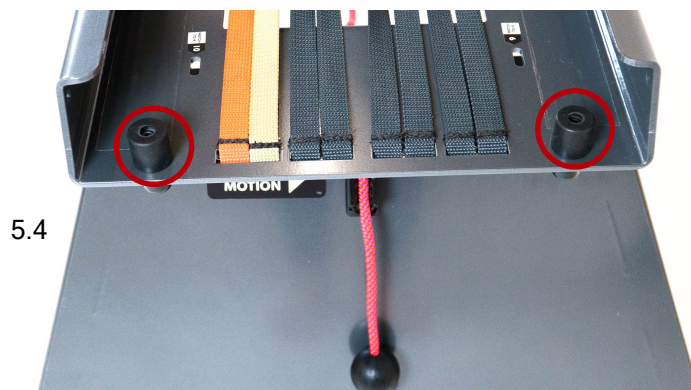
5.1



5.2



5.3



5.4



# ASSEMBLY OF THE TNT (STEP 6)

## ATTACHING THE KICKPLATE BOARD

### STEP 6

#### ITEMS REQUIRED

Kickplate Board

1. The kickplate board is adjustable to three different heights. Once the desired position is determined, insert the four protruding bolts at the back of the kickplate board into the desired corresponding holes in the kickplate structure. Secure with the knurled knobs. (Pic 6.1)



# ASSEMBLY OF THE TNT (STEP 7)

## ATTACHING THE LOW PROFILE HEADREST

### STEP 7

#### ITEMS REQUIRED

Low Profile Headrest

1. Align the velcro strip on the back of the low profile headrest with those on the carriage. Locate the desired position and press down and into place to ensure sufficient contact. (Pic 7.1)



The following two steps are  
for the  
**TNT WITH TOWERS ONLY**

# ASSEMBLY OF THE TNT (STEP 8)

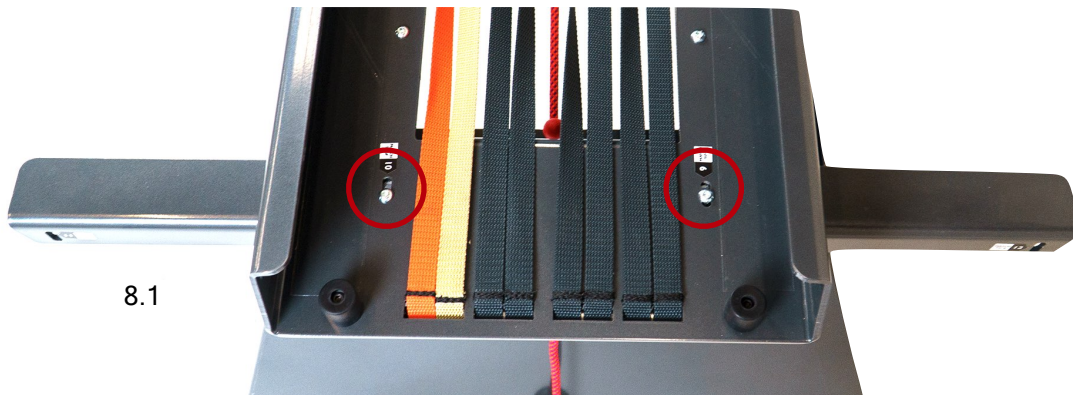
## ATTACHING THE TOWERS

### STEP 8

#### ITEMS REQUIRED

Towers  
Tower Crossbar

1. Align the tower crossbar underneath the head-end of the TNT rails to bolt holes "9" and "10". Insert two bolts into the TNT rails and through the crossbar. Hand tighten for now. (Pic 8.1)
2. Align the "11" and "12" bolt holes on the towers with the crossbar. Insert the longer bolts with a washer into the tower and through the crossbar. Place another washer on the bolt and hand tighten the lock nuts for now. (Pic 8.2)
3. Insert four bolts (two on each side) into the lower four bolt holes on the towers and through the bolt holes at the base of the head-end stand. Tighten down all lock nuts. (Pic 8.3)



# ASSEMBLY OF THE TNT (STEP 9)

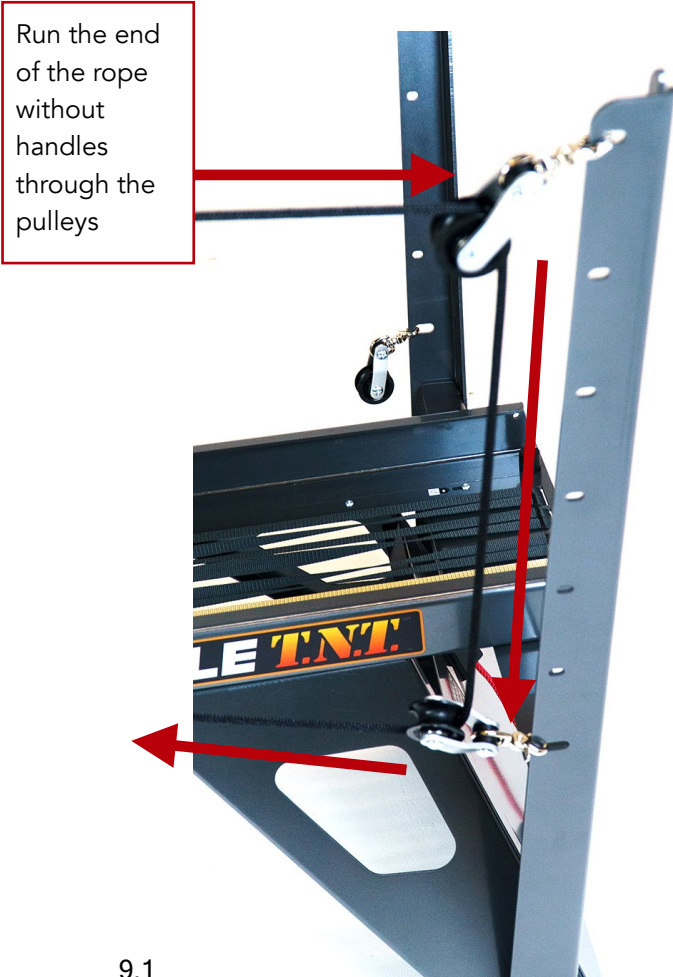
## ATTACHING THE PULLEYS

### STEP 9

#### ITEMS REQUIRED

Towers Bag

1. Attach the PNF pulleys (two on each side) from the towers bag to the eyelet at the desired height on the towers.
2. Feed the rope through both pulleys. (Pic 9.1)
3. Locate the rope cleat on both sides of the carriage and secure the end of the rope by pushing it down and back into the rope cleat. (Pic 9.2)



# USING THE PRODUCT

Located between the TNT rails are eight elasticords. They are at the head-end of the machine attached to the gray, orange, and tan lanyards.

**Warning!** If you grasp the lanyard too close to the plastic white knob you risk pinching your fingers.

**Always detach the elasticords when the machine is not in use. This prevents premature stretching of the elasticords and greatly extends their life.**

Attaching Elasticords: To engage the head-end elasticords grasp the middle of the lanyard (one at a time) and pull back towards the head-end stand preferably using your core. Slip the exposed plastic white knob at the end of the elasticord into at the corresponding slot at the head-end of the carriage to engage the elasticord.

Detaching Elasticords: To disengage resistance, grasp the middle of the lanyard (one at a time) and pull back towards the head-end stand and drop it down below the carriage.

Adjusting the Kickplate: The kickplate adjusts to three vertical positions. To adjust the height, begin by removing the four knurled knobs from the back of the kickplate. Move the kickplate board to the desired vertical position. Line up the bolts on the back of the kickplate board with the appropriate holes in the kickplate structure and secure by tightening the four knurled knobs down.

The vertical position of the kickplate can be positioned as follows: High- This is the best position for 90° flexion of taller individuals and unsupported heel activities. Middle- Majority of users will enjoy this position to achieve 90° flexion. Low- This position is best for direct body alignment activities.

Adjusting the Headrest: The headrest is easily adjusted depending on patient size and desired exercise type. This can be done by pulling the headrest up and away from the backrest and repositioning with the velcro strips.

The footrest is located at the end of the carriage. It provides a surface to rest an uninvolved foot.

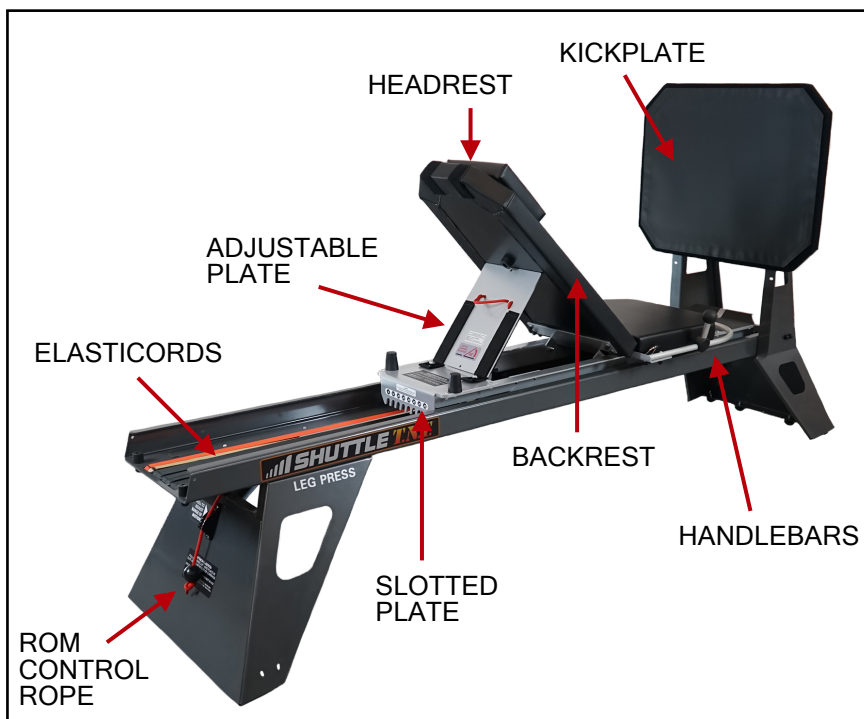
Adjusting the ROM (Range of Motion) Control: At the head-end of the carriage is a ROM control handle (red rope). The handle may be adjusted toward or away from the machine and secured in the rope cleat at the head-end stand. Moving the ROM control allows the positioning of the carriage in relation to the kickplate. This will adjust the knee flexion.

**Warning!** Never attempt to move the ROM control rope while the elasticords are attached or the machine is in use.

Adjusting the Handlebars: The handlebars are easily adjusted by twisting the knobs counter-clock-wise and moving to desired position. Secure by twisting clockwise.

Adjusting the Backrest: The backrest adjusts to supine and 45°. To adjust the backrest from supine to 45°, pull up on the backrest and grasp the red handle located on the adjustable plate. Secure it by inserting the plate firmly between the two bumpers on the backrest.

**Warning!** Never attempt to adjust the backrest when the machine is in use or when a patient is supporting their weight on it.





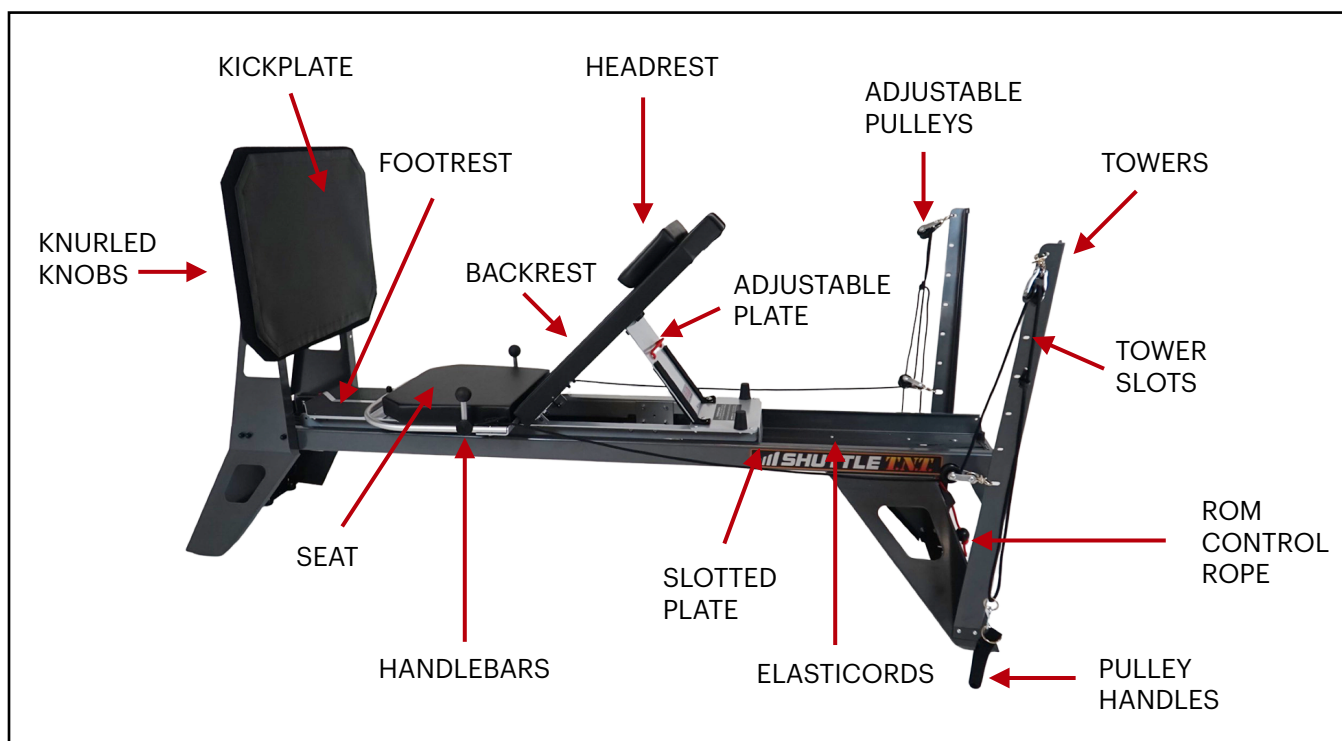
# USING THE PRODUCT (TNT WITH TOWERS)

The PNF (Proprioceptive Neuromuscular Facilitation) pulley system is designed to allow upper body exercises while laying, sitting, or kneeling on the TNT carriage. It can also be used while standing or sitting next to the TNT.

The system is designed to be adjusted in the following ways:

1. To adjust the height of the upper pulleys, release the clip and move to any of the six slots found on the towers.
2. To adjust the position of the handle, adjust the length of the rope. Do this by securing the rope in the rope cleat located on either side of the carriage. Make sure to snug the rope down into the rope cleat before use.
3. The position on the handle can also be adjusted by sliding the black plastic rope lock (found on the rope adjacent to the handle) away from or closer to the handle.

**Warning!** Never attempt to adjust the PNF pulley system when the machine is in use.





# MAINTENANCE

## Elasticord Maintenance

1. Lubricating elasticords is suggested every 6 months. A well maintained elasticord should last 3 to 5 years.
2. Sagging Elasticords - This can result from normal wear and tear and only needs to be replaced if you are not receiving the resistance you require.
3. Cracked, dry, or pitted elasticords - This is a sign that your elasticords are worn-out which could result in an elasticord breaking when in use and should be replaced immediately.

### **Part #1011 - Silicone Gel - 5.3 oz tube**

### **Part #7004 - Set of 8 Elasticords**

## Lubricate Elasticords

1. Remove the carriage.
  - Remove the rubber bumpers at the head-end of the rails.
  - Pull the ROM Control Rope from the rope cleat at the head-end stand and out of the rope guide.
  - Remove the carriage.
2. Lubricate elasticords located in the TNT rails.
  - Apply silicone gel to the rubber portion of the TNT rail elasticords.
3. Re-insert carriage into the TNT rails.
  - Re-insert the two rubber bumpers into the rails.
  - Re-insert the ROM Control Rope through the rope guide and into the rope cleat.

## Inspect Carriage Wheels

1. Remove the carriage.
  - Remove the rubber bumpers at the head-end of the rails.
  - Pull the ROM Control Rope from the rope cleat at the head-end stand and out of the rope guide.
  - Remove the carriage.
2. Flip the carriage over.
3. Visually inspect wheels for any damage (flat surfaces, damaged bearings, cracks). After visually inspecting the wheels, test them by individually rolling them. All wheels should operate smoothly.
4. Re-insert carriage into the TNT rails

## Inspect Upholstery

1. Make sure seams are all intact and that there is no ripping or cracks in the fabric of the backrest as well as the headrest.
2. Velcro is located on the bottom of the headrest and on the backrest. The velcro is what holds the headrest in place. The velcro loop on the backrest will lose grip over time and become a safety issue if the headrest is not firmly secured.
3. The foam insert located in the headrest should still hold form.
4. The rubber cover on the kickplate is attached with Velcro and is easily removed and replaced if it should become excessively worn. The Velcro around the edge of the kickplate allows for easy attachment of the kickplate cover and accessories such as the foot supports and proprioceptive disk.
5. The recommended cleaning product for all upholstery: common household and antibacterial cleaners. Avoid alcohol based cleaners.

### **Part #1408 - Low Profile Headrest**

### **Part #7445 - Replacement Backrest**

### **Part #1436 - Kickplate Cover Replacement**

# 5 YEAR ORIGINAL EQUIPMENT WARRANTY

**REPLACEMENT PARTS:** Replacement parts from SHUTTLE SYSTEMS cardio-muscular conditioning equipment are available directly from SHUTTLE SYSTEMS. To place an order, call 1-800-334-5633. Please have the following information ready: model name and number, serial number, shipping address, and authorized payment information.

**REPLACEMENT PART WARRANTY:** SHUTTLE SYSTEMS makes every effort to assure that operating parts meet high quality and durability standard and warrants to the original retail consumer/purchaser of our parts that each such part(s) be free from defects in materials and workmanship for a period of two years from the date of parts purchase.

Wear-parts (Elasticords, rebound elastics, lock knobs, and torque handles) are warranted for one year.

**PROOF OF PURCHASE:** Please retain your dated sales receipt as proof of purchase to validate the warranty period. SHUTTLE SYSTEMS may require reasonable proof of purchase and we suggest you keep your invoice.

**LIMITED ORIGINAL EQUIPMENT WARRANTY:** SHUTTLE SYSTEMS makes every effort to assure that its products meet high quality and durability standards and warrants to the original retail consumer/purchaser of our products that each product be free from defects in workmanship and materials under normal and reasonable use and correct assembly (if assembly by consumer/purchase), as follows. Warranty does not apply to defects due directly or indirectly to misuse, abuse, negligence or accidents, repairs or alterations outside our facilities or to a lack of maintenance.

1. **LIMITED LIFETIME WARRANTY:** Bolted metal frames, stands, towers, kickplate frame and board, and carriage frame.
2. For a period of **FIVE YEARS:** Pulley systems, carriage handles, and wheels.
3. For a period of **TWO YEARS:** Upholstery, headrest, kickplate cover, harnesses, and grips.
4. For a period of **ONE YEAR:** Elasticords, rebound elastics, lock knobs, torque handles, and all other parts.

SHUTTLE SYSTEMS LIMITS ALL IMPLIED WARRANTIES THE PERIOD SPECIFIED ABOVE FROM THE DATE THE PRODUCT WAS PURCHASED AT RETAIL. EXCEPT AS STATED HEREIN, ANY IMPLIED WARRANTIES OR MERCHANTABILITY AND FITNESS EXCLUDED. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG THE IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU.

SHUTTLE SYSTEMS shall in no event be liable for death, injuries to persons or property or incidental, contingent, special or consequential damages arising from the use of our products. In administration of this warranty, SHUTTLE SYSTEMS may at its discretion request that the product or part must be returned for examination, postage prepaid, to our Bellingham facility. If such inspection discloses a defect, SHUTTLE SYSTEMS will either repair or replace the product with a comparable replacement. Neither SHUTTLE SYSTEMS dealers nor retail establishments selling this product have any authority to make any warranties or to promise remedies in addition to or inconsistent with those stated above. SHUTTLE SYSTEMS maximum liability, in any event, shall not exceed the purchase price of the product paid by the original consumer/purchaser. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

# SUPPORT

Shuttle Technical Support Service provides:

- telephone consultation
- information about which parts are covered by the warranty and which must be paid for
- supply of original spare parts.

When you contact Shuttle Technical Support Service you must give the following information:

- Product model
- Serial number
- Precise description of the problem

## **Customer Service:**

### Hours of Operation

Monday : **8 am - 5 pm** Pacific Time

Tuesday : **8 am - 5 pm** Pacific Time

Wednesday : **8 am - 5 pm** Pacific Time

Thursday : **8 am - 5 pm** Pacific Time

Friday : **8 am - 5 pm** Pacific Time

Phone: +1 (800)-334-5633

## **Technical Support:**

### Hours of Operation

Monday : **8 am - 5 pm** Pacific Time

Tuesday : **8 am - 5 pm** Pacific Time

Wednesday : **8 am - 5 pm** Pacific Time

Thursday : **8 am - 5 pm** Pacific Time

Friday : **8 am - 5 pm** Pacific Time

Phone: +1 (800)-334-5633

Made in the  
**USA**



Scan code to view our TNT Parts



Scan code to view our TNT YouTube  
Playlist

