

SHUTTLE ULTIMATE+

WELCOME TO THE FAM

Congratulations on the purchase of your new Shuttle Ultimate. 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 Ultimate you can give us a call at +1 (800)-334-5633, email us at customerservice@shuttlesystems.com, or chat with us via live chat at www.shuttlesystems.com (Monday-Friday, 8 am to 5 pm Pacific Time).

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IMPORTANT SAFETY INFORMATION

Read all safety information before operating the Ultimate. 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 Ultimate at all times.

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

Replace any damaged or worn parts immediately. Do not use the Ultimate 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 Ultimate is for indoor use only. Do not store the Ultimate 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 Ultimate, 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: 36"W x 104"L

Floor Space Required: 4'W x 10'L

Carriage Capacity: 600 lbs

Max Resistance: 3-500 lbs*

Total Elasticords:

(16) Total Elasticords

- (1) 2 lb head-end elasticord
- (1) 6 lb head-end elasticord
- (1) 12 lb head-end elasticord
- (5) 25 lb head-end elasticords

(8) 25 lb foot-end elasticords

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



SPECIFICATIONS (PLUS)

Dimensions: 36"W x 104"L

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* 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



ASSEMBLY OF THE ULTIMATE

Assembly of the Ultimate requires two people

Keep in mind that the following images pertain to just one of the two available Ultimate models, your parts may appear slightly different than those in the included images but the required steps remain the same.

Tools Needed: 7/16 inch socket and/or wrench, 1/2 inch socket and/or wrench, 9/16 inch socket and/or wrench.

The Ultimate will come in three boxes:

- 1. Carriage Box**
 - Carriage
- 2. Ultimate Rail System**
 - Two Ultimate Rails
 - Stand-End Support Bar
 - Stand-end A (Range of Motion Sticker)
 - Stand-End B (no sticker)
 - Towers (Ultimate Plus ONLY)
 - Tower Crossbar (Ultimate Plus ONLY)
- 3. Kickplate Structure**
 - Kickplate Structure
 - Carriage Lockdown Slider
 - Hyperextension Stop
 - Sliderbars
 - Kickplate
 - Headrest
 - Parts Bags

(#1 Rails, #2 Stand-Ends. #3 Towers)

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 ULTIMATE (STEP 1)

ATTACHING SUPPORT BAR TO STAND-ENDS

STEP 1

ITEMS REQUIRED

Stand-End Support Bar
Stand Ends (A & B)
Parts Bag

1. Prop one stand-end and slide the bolts from the support bar into the vertical slot of the stand-end. The Shuttle Ultimate sticker on the support bar should be facing upward. Stand-ends should lean in towards each other and complement the angle of the support. Allow the support bar to rest on the inside block to ensure proper angle and fit. (Pic 1.1)
2. When the support bar is resting on the block and the bolts protrude through the stand-end, use a washer and lock nut from the parts bag to tightly secure the support bar to the stand-end. After the lock nuts and bolts are securely fastened to both stand-ends, slide the black nut caps over the exposed lock nuts. (Pic 1.2)



1.1

1.2



ASSEMBLY OF THE ULTIMATE (STEP 2)

ATTACHING RAILS TO STAND-ENDS

STEP 2

ITEMS REQUIRED

Ultimate Rails
Stand-Ends
Parts Bag

1. Place the Ultimate rail system onto the stand-ends, by allowing the protruding bolts to drop through the openings on the stand-end. Ultimate rails should be oriented so that the end
2. Secure the four bolts to the stand ends using the washers and lock nuts from the parts bag. (Pic 2.1)

Images on next page

ASSEMBLY OF THE ULTIMATE (STEP 2)



2.1



2.1



2.2



2.2

ASSEMBLY OF THE ULTIMATE (STEP 3)

MOUNTING THE KICKPLATE STRUCTURE TO THE RAILS

STEP 3

ITEMS REQUIRED

Sliderbars
Kickplate Structure
Rail System

1. Attach sliderbars to the kickplate structure. The necessary hardware is loosely attached to the attachment points on the kickplate structure. (Pic 3.1)
2. Remove the hardware and position the sliderbar so that it is perpendicular to the kickplate structure. Align the bolt holes and insert the bolts from the outside of the kickplate structure. Secure the lock nuts so that the sliderbar is immobile. (Pic 3.2)
3. Insert the sliderbars into the ends of the Ultimate Rails (over stand-end B). To do this, rotate the sliderbar lever counter-clock-wise to loosen the metal plate from the fiberglass. Carefully insert the structure making sure that the fiberglass sliderbar is on the inside of the ultimate rail structure while the metal plate is on the outside. (Pic 3.3)
4. Once the structure is inserted, drop the pins (pictured) into the desired holes and rotate the sliderbar levers clockwise so that the kickplate structure is snug. (Pic 3.4)

Images on next page

ASSEMBLY OF THE ULTIMATE (STEP 3)



3.1



3.2



3.3



3.4

ASSEMBLY OF THE ULTIMATE (STEP 4)

INSERTING THE CARRIAGE

STEP 4

ITEMS REQUIRED

Carriage
Rail System

1. To insert the carriage, first remove the two bumpers from the head-end of the rail system. Rotate numbers counterclockwise until they are removed. (Pic 4.1)
2. Insert the wheels of the carriage into the rail system and slide the carriage down until it makes contact at the foot-end of the rails. (Pic 4.2)
3. Slide the red rope into the rope cleat to limit the range of motion of the carriage. (Pic 4.3)
4. Reattach the two bumpers to the head-end of the rails by rotating clockwise until fully secure.

4.1



4.2



4.3

ASSEMBLY OF THE ULTIMATE (STEP 5)

ATTACHING THE KICKPLATE TO THE KICKPLATE STRUCTURE

STEP 5

ITEMS REQUIRED

Kickplate Structure
Kickplate

1. Remove the metal plate and knobs from the kickplate. Push the kickplate block through the vertical slot of the kickplate structure and reattach the metal plate and knobs to the outside of the kickplate structure. Securely tighten the two knobs by rotating them clockwise on the threaded bolts. (Pic 5.1)



5.1



ASSEMBLY OF THE ULTIMATE (STEP 6)

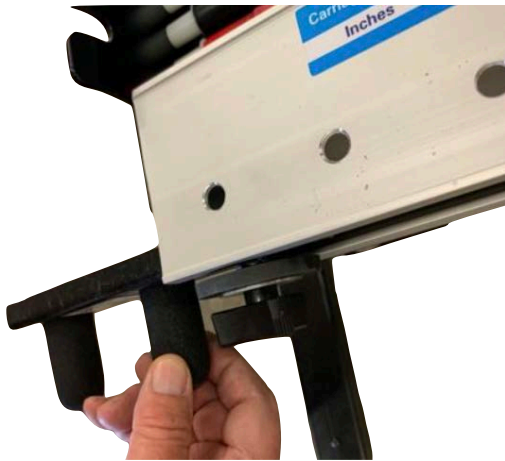
ATTACHING THE ACCESSORIES

STEP 6

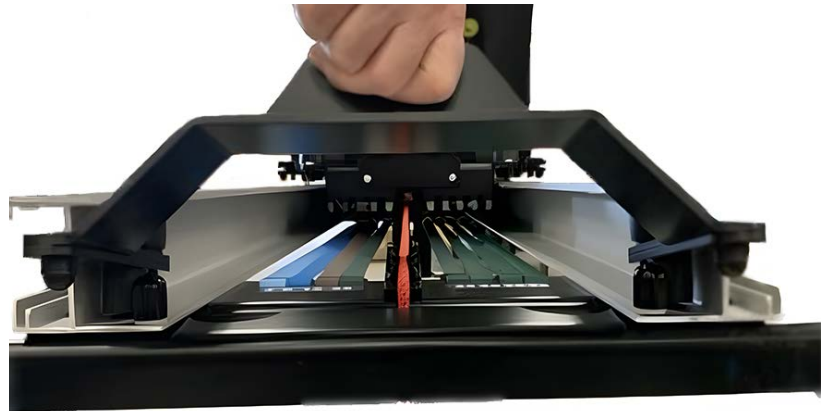
ITEMS REQUIRED

Carriage Lockdown Slider
Hyperextension Stop

1. Insert carriage lockdown slider. First, loosen the knob by turning counterclockwise so that the disk separates from the fiberglass. Then insert into the rail system so that the sticker is in the upright position. Make sure that the fiberglass slides along the inside of the rail while the disk and knob slide on the outside of the rail. When the slider is in the desired position, rotate the knob clockwise until it is securely fastened. (Pic 6.1)
2. Insert the hyperextension stop into the rail system. (Pic 6.2)



6.1



6.2



ASSEMBLY OF THE ULTIMATE (STEP 7)

ATTACHING THE TOWERS

STEP 7

ITEMS REQUIRED

Crossbar
Towers
Towers Bag

1. Align the inside bolt holes of the crossbar to the first bolt hole of each rail. Attach with the stainless steel bolts and washers provided. (Pic 7.1, 7.2)
2. Remove the bolts from the bottom of the head-end stand and use them to attach the towers. Make sure that the towers are oriented so that the bolt hole of the towers align with the bolt holes on the crossbar. (Pic 7.3)
3. Fasten the towers to the crossbar with a stainless steel bolt, washers, and lock nuts. (Pic 7.4, 7.5)
4. Attach the upper and lower PNF pulleys from the towers bag to the desired height on the towers. (Pic 7.6)
5. Run the end of the rope without handles through the pulleys. Start by feeding the rope through the top pulley and down through the bottom pulley. (Pic 7.7, 7.8)
6. 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 7.9)



7.1



7.2



7.3

Images on next page

ASSEMBLY OF THE ULTIMATE (STEP 7)



7.4



7.5



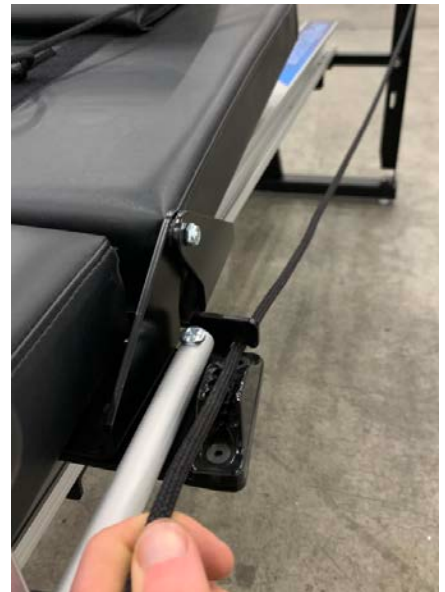
7.6



7.7



7.8



7.9

USING THE PRODUCT

Located between the Ultimate rails are eight elasticords. They are at the head-end of the machine attached to the lanyards. There are also eight additional elasticords attached to the foot-end of the carriage with black handles.

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.

To engage the foot-end elasticords pull the black handle (one at a time) towards the foot-end to engage with the slotted plate at the bottom of the kickplate structure. Engage the elasticords with lanyards before engaging the elasticords with black handles.

Detaching Elasticords: To disengage resistance, grasp the middle of the lanyard and pull back towards the head-end stand and drop it down into the carriage. To disengage resistance of the elasticords with black handles, grasp the handle and gently pull it back towards the kickplate structure and back into the carriage.

Adjusting the Height of the Kickplate: The kickplate board can be adjusted by turning the torque handle and T-handle on the back side of the kickplate a few times to the left. Utilizing the T-handle, pull or drop the kickplate into it's desired position. Once the kickplate board is at the desired height, tighten the torque handle while continuing to hold the T-handle that way the kickplate board can be held at the desired height. Then re-tighten the T-handle to fully lock the kickplate board into the chosen position.

When the kickplate board is positioned: High- This is the best position for 90° flexion of taller individuals and unsupported heel activities. Low- This position is best for direct body alignment activities.

Adjusting the Position of the Kickplate: The kickplate may be adjusted closer/further from the carriage. This can be done by releasing the slider bars with the tri-knobs and torque handles found on each side of the rails. Make sure when loosening the torque handles and tri-knobs that they're not turned more than one or two turns to the left. Once both knobs and handles are loose, push or pull the kickplate structure to the desired position in the rails. Once the kickplate structure is in the desired position, re-tighten the torque handles and tri-knobs on both sides of the rails.

Warning! Never attempt to adjust the height and position of the kickplate structure when the machine is in use. This could cause serious damage to the machine as well as the persons.

Positioning the kickplate closer to the head-end of the rails will shorten the distance the carriage travels.

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. It can be covered with the butt pad provided to accommodate small adults or children.

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 handle while the elasticords are attached or the machine is in use, as the handle may move too quickly to control.

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

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

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

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 to 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 AND CARE

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

Part #9446 - Set of 8 Head-End Elasticords

Part #9452 - Set of 8 Foot-End Elasticords

Lubricate Elasticords

1. Remove the carriage.
 - Remove the hyperextension plate from the Ultimate rails
 - Remove knee bumpers from the end of the the Ultimate rails.
 - Remove the carriage.
2. Flip the carriage over.
 - With the carriage flipped over apply silicone gel to the carriage elasticords with gloves.
3. Lubricate elasticords located in the Ultimate rails (All models)
 - Apply silicone gel to the rubber portion of the Ultimate rail elasticords
4. Re-insert carriage into the Ultimate rails.
 - Re-insert the carriage
 - Re-insert hyperextension plate into the rails.
 - Secure the two rubber bumpers to the head-end of the Ultimate rails.

Inspect Carriage Wheels

1. Remove the carriage.
 - Remove the hyperextension plate from the Ultimate rails
 - Remove knee bumpers from the end of the the Ultimate rails.
 - 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.

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.

MAINTENANCE AND CARE (CONTINUED)

Part #1410 - Universal Headrest Complete with foam

Part #1410A - Universal Headrest Cover Only

Part #9445 - 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

We are closed for all major Holidays

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

We are closed for all major Holidays

Made in the
USA



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