

Contemporary Design Company

SHUTTLE[®] MVP

Tower Installation



If you discover damaged or missing parts, please contact Shuttle Systems
support@shuttlesystems.com | 1-800-334-5633 9am-5pm Pacific Time

Important Note:

PDF versions of these instructions are available at:
<http://shuttlesystems.com/pages/faq>

Assembly of the Shuttle MVP Towers requires two people.

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

If there is any shipping damage please take a photo of the damage and email to support@shuttlesystems.com or call **(800)334-5633**.

Tools Needed:

1/2 inch socket or combination wrench
Allen wrench (provided in Parts Bag)



Socket Wrench Set



Typical combination wrench set

MVP TOWER INSTALLATION

The Towers will come in one box

1. Towers

- Towers
- Wings
- Parts Bag (Rope, Allen wrench, Pulley Systems)

It is important to become familiar with the “Head-End” of the machine as it refers to the end of the stand the Towers will be installed



Head-End Stand
(Head-End)

STEP 1**INSTALLING TOWER BASE**ITEMS
REQUIRED

TOWER BASE

1/2" SOCKET

PARTS BAG

1. Remove the Kickplate Board. This can be done by unscrewing the 4 knurled knobs from the back of the Kickplate Structure. (Pic 1.1)
2. Remove the Carriage. This can be done by unscrewing the 4 Eyebolts and removing the 2 Knee Bumpers at the Head-End of the Rails. (Pic 1.2)
3. Once the Kickplate Board and Carriage are removed, turn the Shuttle MVP on its side to get access to the two feet at the Head-End Stand. *This step is easier with two people.*
4. Remove the two feet on the Head-End stand using a 1/2" socket and the included Allen wrench in the Parts Bag. (Pic 1.4)
5. Position and secure the Tower Base to the exposed bolt holes and tighten the two feet back down. Once done flip the Machine upright and secure the Kickplate Board and Carriage. (Pic 1.5)

Pictures are on the next page.



1.1

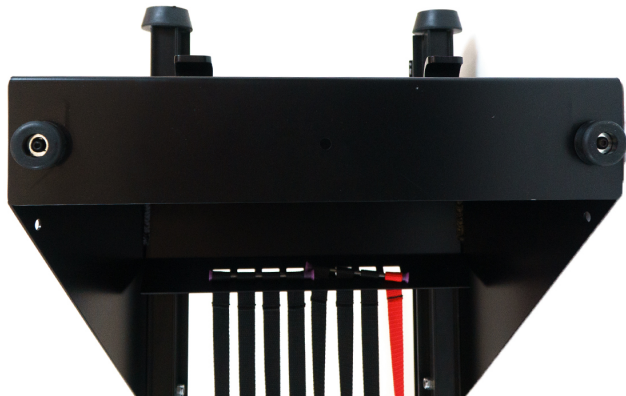


Eye Bolts

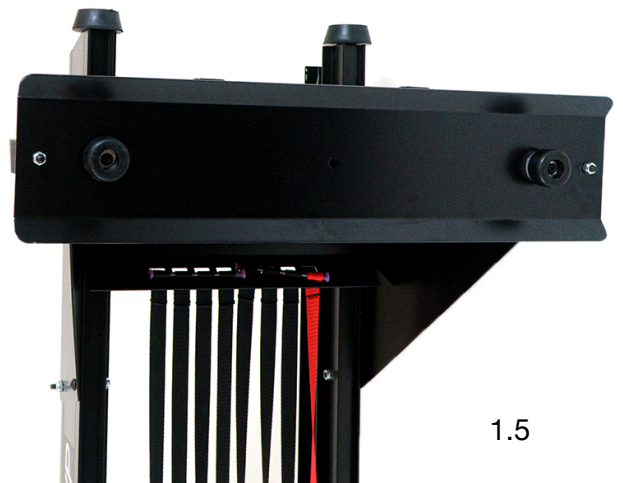
1.2



Knee Bumpers



1.4



1.5

STEP 2

ATTACHING THE WINGS

ITEMS
REQUIRED

TOWER
WINGS

PARTS BAG

1. Remove the top two bolts from the Head-End Stand and add the wings in alignment with the now exposed bolt holes. (Pic 2.1)
2. Using the hardware attached to the Wings, tighten down fully to the MVP Rails with the lock nuts facing outwards. (Pic 2.2)
3. Place the nut caps now exposed on the outside of the machine.



2.1



2.2



2.3

STEP 3

ATTACHING THE TOWERS

ITEMS
REQUIRED

TOWERS

PARTS BAG

1. Unwrap and remove the hardware from the Towers along with loosening the bottom bolt.
2. Position and attach the Towers onto the Plastic Blocks at the Head-End Stand. The Towers should go *out* from the machine. (Pic 3.2)
3. Insert the bolts that were originally attached to the Towers, through the Wings and out through the Towers. Tighten once in position. (Pic 3.3)
4. Secure the base of the Towers by tightening down the bottom bolts to the Plastic Blocks. (Pic 3.4)

3.2



3.3



3.4



STEP 4

INSTALLING THE PNF PULLEYS & ROPE

ITEMS
REQUIRED

ROPE CLEAT

PNF PULLEYS

ROPE

1. Attach the PNF Pulleys to the eyebolt at the desired height of both Towers. (Pic 4.1)
2. Feed the rope through both Pulleys leaving the handles resting on the ground. (Pic 4.2)
3. Located on the side of the carriage are two plastic hole inserts. Remove all 4 of the plastic hole inserts from the carriage (2 on each side) and insert the Rope Cleat. Tighten down fully.
4. Secure the rope by pushing the rope into the Rope Cleat. The rope should not move through the Cleat. (Pic 4.4).

4.1



4.2



4.4



Finally, you have one of the greatest machines on earth....
Well, at least we'd like to think so - and many of our owners agree.
Therefore, enjoy it!

Leave us a review on our website!

Please visit us at:
www.ShuttleSystems.com
1-800-334-5633



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