

POWERSKATER[®]

ASSEMBLY INSTRUCTIONS

1. UNBOXING

Remove all components from packaging.

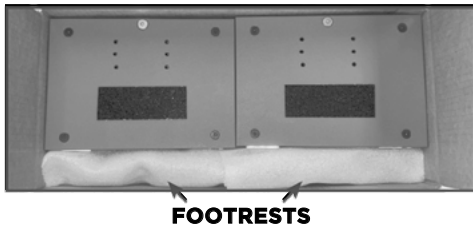
NOTES: the PowerSkater™ and accessories are shipped in one carton. Depending on the options you ordered, some cartons may be empty.

WATCH HELPFUL
ASSEMBLY VIDEO



FOOTREST INSTALL

1. REMOVE TRUCKS AND UNWRAP FOOTRESTS FROM BOX



2. ASSEMBLE FOOTREST BOLTS

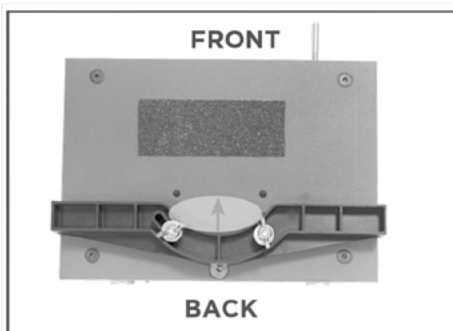
3. ATTACH FOOTRESTS TO TRUCK

Stand the Truck up and place the 1/4" bolts underneath the Truck top adjacent to each other. Slide Footrest onto bolts with oblong Footrest hole on same side of the plunger.

NOTE: Footrests are universal (not side specific). Footrests can be angled based on the hole selection.

4. SECURE FOOTREST

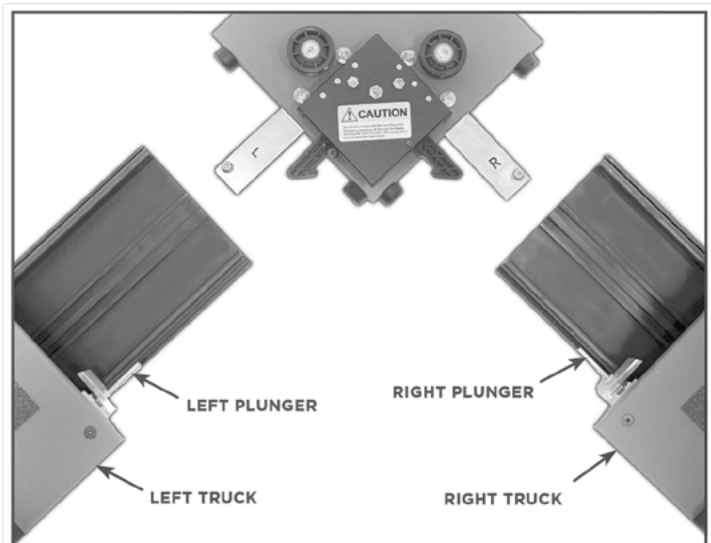
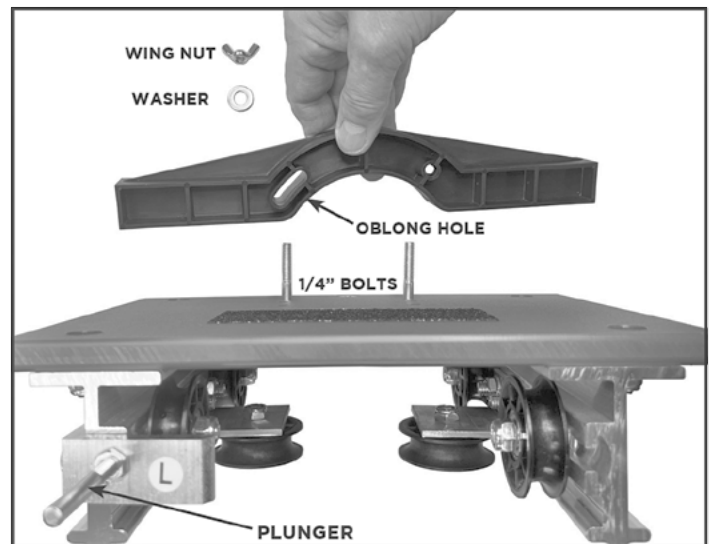
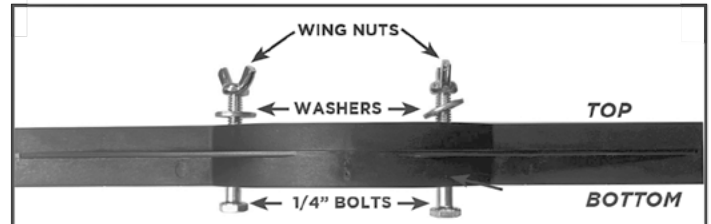
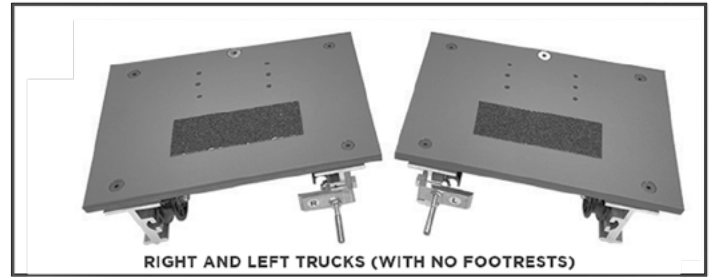
Secure the Footrest wingnut by placing a 7/16 inch wrench on the bolt underneath the truck and tightening the wingnut until hand tight. Footrest Toe Holder curve open to front.



5. TRUCK MOUNTING

Line up truck wheels on the front of the (opposite of the rear pulley) track and slide on. Ensure that the plunger is located on the inside of the track.

Repeat on both sides.

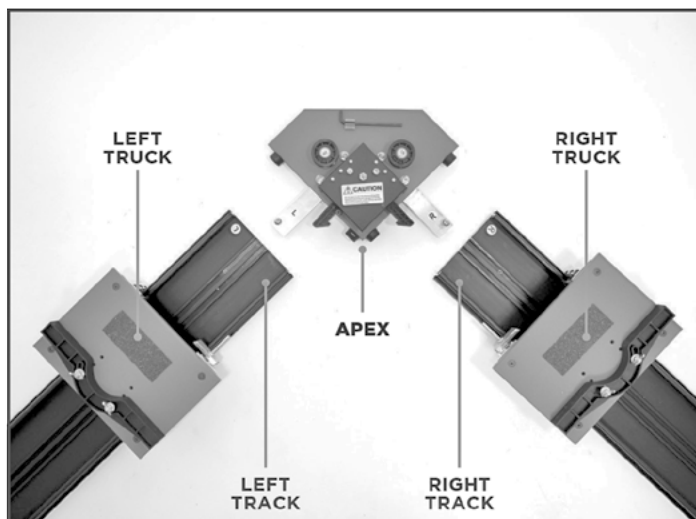


ASSEMBLY INSTRUCTIONS

1. INITIAL SET UP

Position the tracks at a 90 degree angle pattern, with the mounting plate as the APEX. The unit comes with left and right trucks for each track.

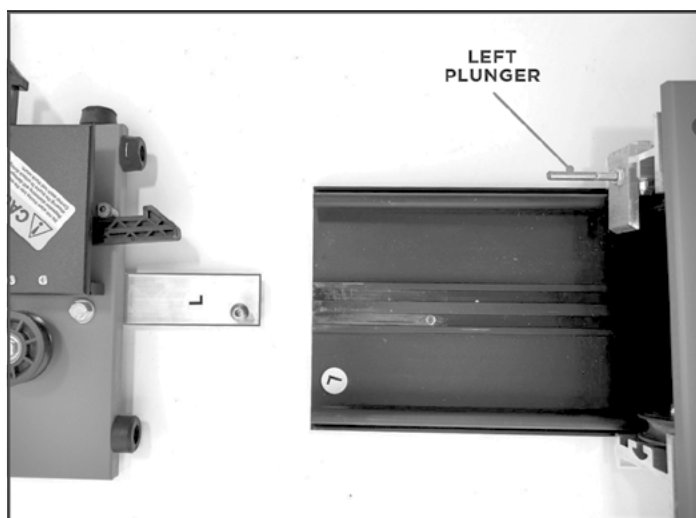
NOTE: when we use “left” or “right” we are standing inside the triangle looking at the apex.



2. TRACK MOUNTING

Ensure that the plunger is located on the inside of the track.

Repeat on both sides.

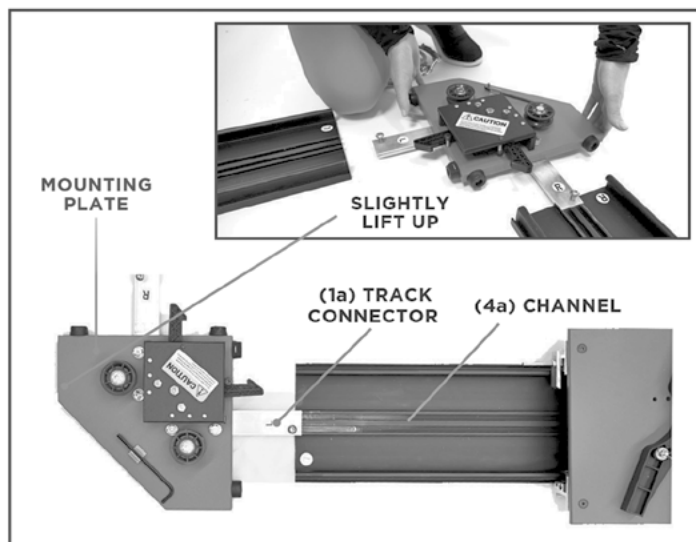


3. CONNECTING THE TRACK

Slide the left track connector (1a) onto the track connection channel (4a) all the way up to fully seat to the track.

TIP: to attach the first track, it helps to slightly lift up on the mounting plate so the track connector is tilted.

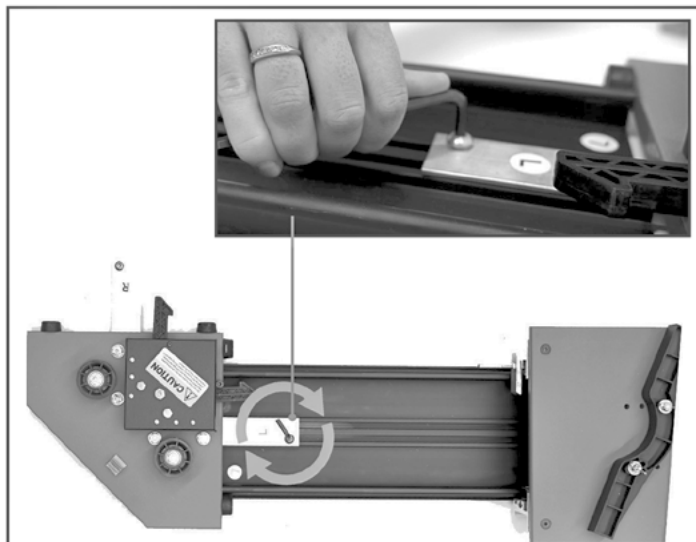
NOTES: when attaching opposite track, it is not necessary to lift mounting plate. Loosen the bolt so that it does not interfere as the connector slides onto the track.



4. TIGHTENING THE BOLTS

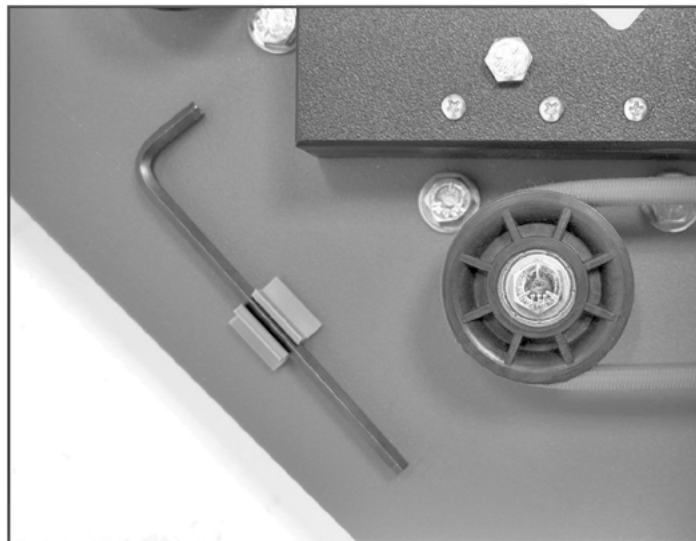
Now tighten the bolt with provided allen wrench until snug. Do not over-tighten!

Repeat steps 4 & 5 for the right side.



5. STORE ALLEN WRENCH

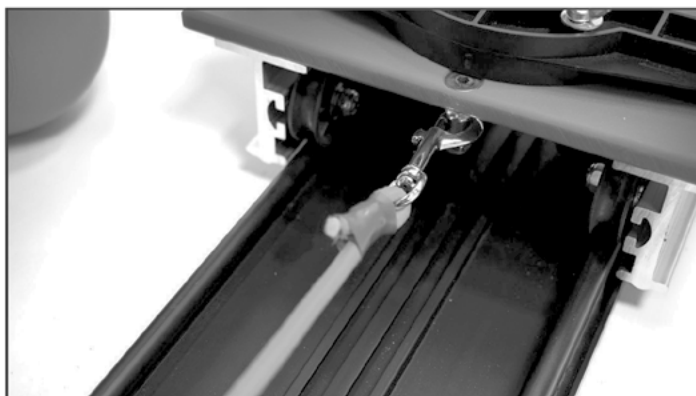
Ensure you do not lose your install tool by returning it to the holder on mounting plate.



6. CLIP CORD TO TRUCK

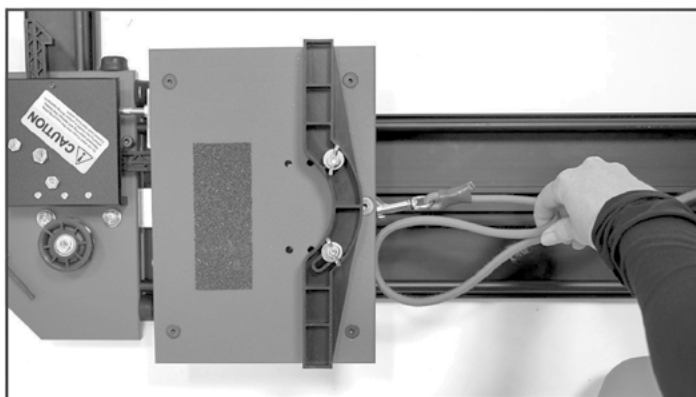
To attach a cord, pull one of the trucks backwards about 12" (1 foot). Release the hook.

Use the snap at the end of the cord and attach the snap to the cord bolt on the bottom of the truck top.



7. LOOP CORD

Make a loop as shown at the end of the cord.



8. ATTACH CORD TO PULLEY

Feed the loop under the truck, loop cord around the pulley keeping your fingers away from the pulley to prevent pinching your hands.



9. CLIP TO REAR CORD BOLT

Clip snap end to rear cord bolt located near the pulley at the far end of the track.



10. BACK PULLEY SETUP

Step your foot on the track to stabilize before pulling around back pulley.

Grab cord about 12" from the end. Stretch cord, making another loop to attach around the pulley. Keeps hands & fingers away from the pulley.



11. REPEAT STEPS

Repeat steps 7-11 on the other side.



FINAL INSTALL TIPS

REMINDER: After complete install of the band, ensure that it runs along the **outside** of the track.

Ensure the hook mechanisms are locking properly.

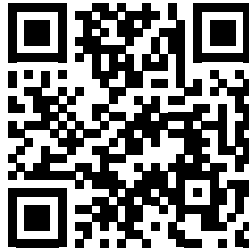
Now your PowerSkater® is ready for use!



WARNING: BEFORE STARTING ANY EXERCISE OR CONDITIONING PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR INDIVIDUALS WITH PRE-EXISTING HEALTH PROBLEMS.

NOW THAT YOUR INSTALL
IS COMPLETE IT'S TIME TO

UPDATE YOUR GAME



**BEGIN THE INTRO
SERIES HERE**



MODEL:

POWERSKATER® BASIC
POWERSKATER® PLUS+

SKU:

PS100 | PS101

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White Bear Lake, Minnesota 55110

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powerskater.com