

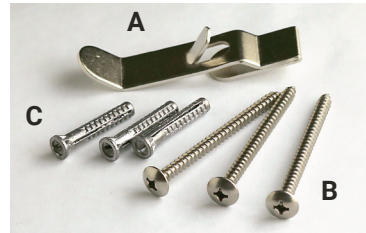
PACKAGE CONTENTS MAY VARY DEPENDING ON ITEM NUMBER ORDERED

Steel Rail - Sold Individually or Set of 3

DO NOT MOUNT IN OR AROUND POOL/SPA AREA

Each Rail has a sealed bag with the following items:

- A 1 - Safety Slide
- B 3 - 3" screws
- C 3 - 1½" lead anchors for concrete

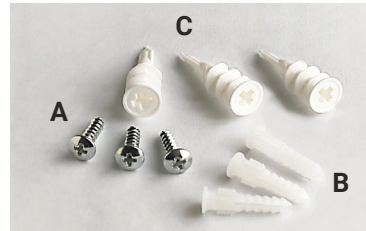


Color/Finish of metal may vary

1 - Storage Rack

Rack has a zip lock bag with the following items:

- A 3 - ¾" SMS Screws
- B 3 - 1" plastic concrete anchors
- C 3 - 1½" plastic drywall anchors

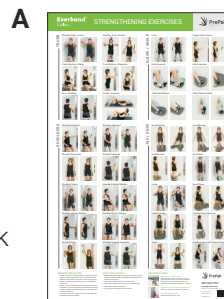


Color/Finish of metal may vary

Additional Items

NOTE: Your system may or may not include all items pictured.

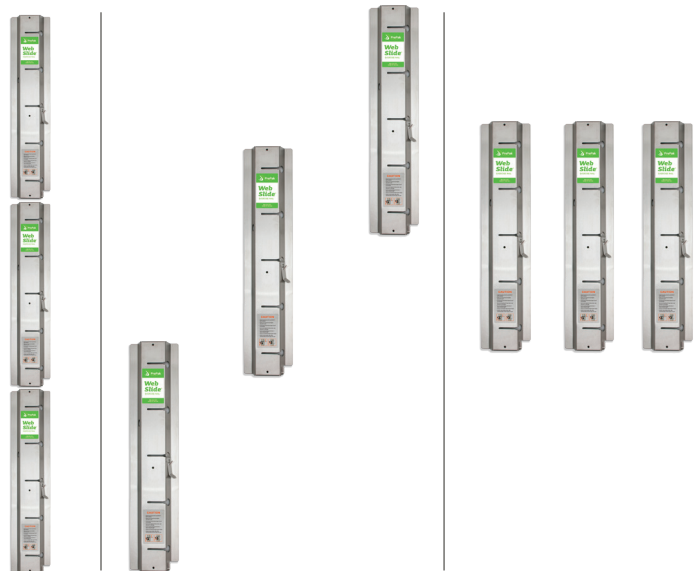
- A 1 - Exercise Poster
- B 1 - Home Ranger Shoulder Pulley
- C 1 - Extremity Strap
- D 5 Unilateral Tubes - 1 each; yellow, red, green, blue, black
- E 5 Bilateral Tubes - 1 each; yellow, red, green, blue, black OR
- F 12 - Rubber Saddle Anchor Straps

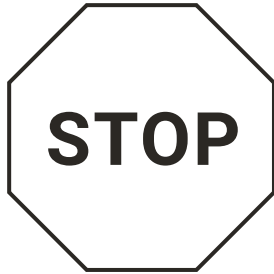


Options

Exercise Rails are modular and can be mounted in a variety of ways to meet your specific needs. Three possibilities are shown here. As the Web Slide Exercise Rail system was created for a complete body workout it is suggested to mount the bottom Rail as close to the floor as possible above any baseboards. If you choose to stagger your Rails mount the middle rail at least 28" above the floor and the top rail at least 56" above the floor. This still allows for full body exercise. Rail heights can also be determined by the population you are servicing—a high proportion of tall patients may make raising your rails 6"-12" higher beneficial to them.

Please remember if choosing to stagger or separate your rails horizontally they must still be mounted in a wall stud or concrete block.





PRECAUTIONS FOR SAFE, EFFECTIVE USE

- If any of the mounting screws are over torqued and stripped, the unit is not safe to use. Call 800.544.7257 for replacement hardware.
- The Web Slide Exercise Rail System is to be used for its intended purpose only.
- Do not install in a pool/spa area or where moisture is present.
- Prior to each exercise session, check to make sure the rails are securely fastened to the wall and show no signs of rust or corrosion. If present, do not use, remove rails immediately to avoid injury.
- Use only with PrePak's Web Anchor straps; other straps can compress and slip through the slot, causing injury.
- Do not use without the safety slides. If they are missing, call 800.544.7257 for replacements.
- All exercise equipment must be checked before each use for cuts, tears, cracks, wear or oxidation. If flaws are found, discard the equipment and replace before performing any exercises.
- If you experience pain, dizziness or shortness of breath during exercise, stop and immediately notify your physician.

SINGLE RAIL -

DRY WALL WITH WOOD OR METAL STUDS

(DO NOT MOUNT IN OR AROUND POOL/SPA AREA.)

Install Only As Directed.

Tools Required

- Electric drill
- 1/8" twist drill bit
- Level

Important: These instructions are specific to mounting on wood or steel studs. Exercise Rails must be mounted to a wood or steel stud.

If you are mounting in concrete or block please refer to the instructions specific to concrete/block.

Exercise Rails

1. Locate the center of the wood or steel stud.
2. Position Rail in desired location on the upright stud. If mounting multiple Rails begin with the bottom Rail at floor level or just above the baseboard. See mounting options on the reverse side of the Package Contents sheet.
 - a. Using level adjust the Rail until it is plumb.
 - b. Mark the wall with a pencil using the mounting holes of the Rail as guides.
3. Pre-drill marked holes 1/8" by 2" deep.
4. Attach Rail to wall with the 3" screws provided (B). To avoid injury, do not over torque. HAND TIGHTEN each screw until head of screw rests snugly against unit.
5. SAFETY SLIDE - Store Safety Slide in round holes on left side of rail. One Safety Slide per rail (A).

SINGLE RAIL -

CONCRETE/BLOCK

(DO NOT MOUNT IN OR AROUND POOL/SPA AREA.)

Install Only As Directed.

Tools Required

- Electric drill
- 5/16" concrete drill bit
- Level

Important: These instructions are specific to mounting on concrete or block.

If you are mounting to a wood or steel stud please see instructions specific to drywall.

Exercise Rails

1. Position Rail in desired location. If mounting multiple Rails begin with the bottom rail at floor level or just above the baseboard. See mounting options on the reverse side of the Package Contents sheet.
 - a. Using a level, adjust the Rail until it is plumb.
 - b. Mark the wall with a pencil using the mounting holes of the Rail as guides.
2. Drill marked holes 5/16" x 2 1/4" deep.
3. Install the 1-1/2" lead anchors provided (C).
4. Attach Rail with the 3" screws provided (B).
5. Tighten until Rail rests snugly against wall. To avoid injury, DO NOT OVER-TORQUE.
6. SAFETY SLIDE - Store Safety Slide in round holes on left side of Rail. One Safety Slide per Rail (A).