

Directions for KINNEBAR® 100/200/300

ADULT ASSEMBLY REQUIRED

1. Open both KINNEBAR® Scissor Legs by using the two Scissor Handles (oval shaped holes) to avoid pinching.
2. Each KINNEBAR® logo on the Scissor Legs should face outward when assembling the swing.
3. Place the metal bar in the center hole of each Scissor Leg. Make sure the bar goes all the way through the two holes on EACH Scissor Leg. (the bar is adjustable and you can chose any hole that will make the bar placement most comfortable for you)
4. Place the straight plastic crossbar securely on the bottom of the unit by pushing it upwards in the notches on the bottom of each leg. You may need to use some muscle.
5. Place the curved plastic crossbar securely across the top portion of the Scissor Legs. Use force to push the crossbar in place. The crossbars are designed to fit tightly.
6. Place the black, threaded screws on either end of the top curved plastic crossbar into the pre-drilled holes. Then tighten them with the allen wrench provided in your kit until the screw is flush with plastic. Now your KINNEBAR® should be very stable.
7. Push the rubber loop through the hole of the horseshoe, and stretch the loop over the mushroom shaped piece. Then pull the rubber foot band, and repeat on the other side. There is no need to adjust or tighten the loops, they are made to fit just right.

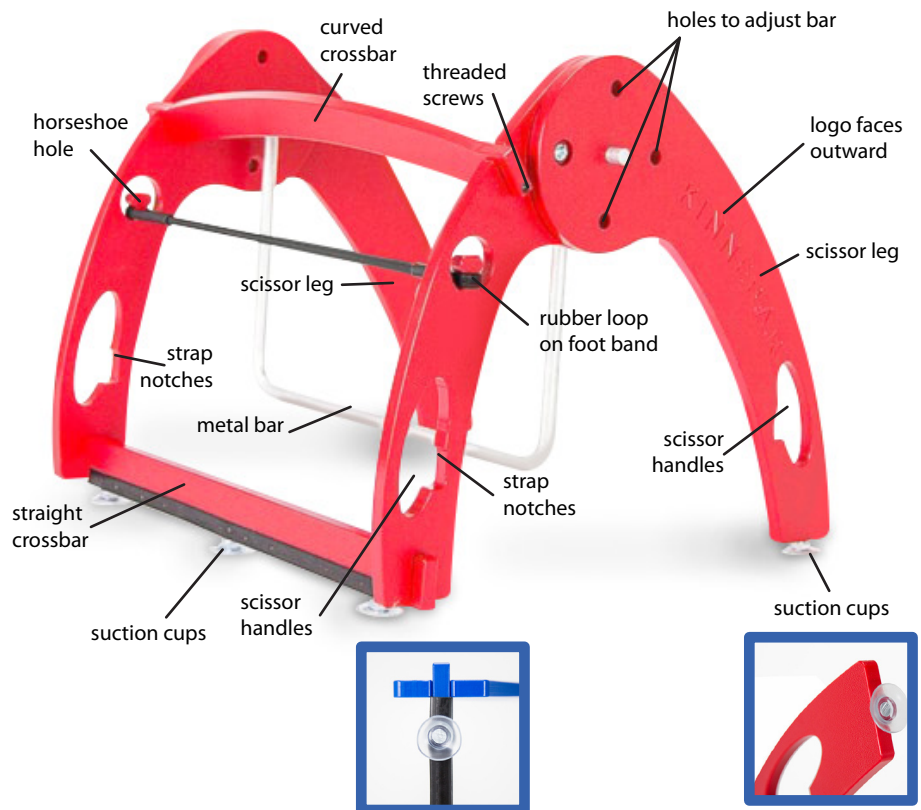
8. KINNEBAR® 100:

Place the KINNEBAR 100 under a desk and align the strap notches of the KINNEBAR® leg with the legs of the desk. Attach the hook and loop straps to each leg. Loosely secure all four legs, and then go back and tighten all four straps one more time as tightly as possible.

9. KINNEBAR® 200/300:

While the KINNEBAR 200 and 300 are designed to stand alone, two straps have been provided should you need to anchor it. The black rubber strip is designed to keep your swing in place on most flooring and rugs. If needed, you can anchor with 1 or 2 straps, whatever works best for your table or desk.

Suction cups – When to use them: If you are using a KINNEBAR® 100 under a table and only have one leg to attach the hook and loop strap and/or have linoleum tile or laminate flooring, you should use the suction cups. If you are using a KINNEBAR® 200 or 300 and have linoleum tile or laminate flooring you should use the suction cups.



NOTE: NEVER remove the long black rubber strip, each KINNEBAR® is pre-drilled – screw the suction cup into the 5 holes on the bottom. 2 in the Scissor legs and 3 in the flat crossbar.

10. Now you are ready to enjoy your KINNEBAR®! You can either use the foot swing or the rubber foot band.

We have a step-by-step video on our website if you prefer to watch it instead.



WARNING

CHOKING HAZARD – Small parts.
Not intended for children under 3 years of age.



WARNING

INJURY CAN OCCUR – Do not stand on the metal bar or rubber foot band.



WARNING

LATEX ALLERGY – The rubber foot band is made from latex.



WARNING

TO AVOID DANGER OF SUFFOCATION - keep the plastic bag away from babies and children. Do not use the bag in cribs, beds, carriages or play pens. The bag is not a toy.

A HELPFUL HINT:

If your child plans to use the KINNEBAR® in school, you can assemble the unit at home and try it. Once your child is at his/her school work station, you may need to adjust it to the position and height that feels best.

Dear KINNEBAR® customer:

Congratulations on purchasing your new KINNEBAR®! This kinesthetic tool is a great way to keep yourself engaged while doing work. It can help improve focus, keeps you in your seat longer and can increase your time on task...and well, it's also just FUN! This tool is unique because it allows children and adults to move their feet while keeping their upper body immobilized.

Here's an interesting tid-bit...the plastic in this product is the same plastic that is used to make children's playground so it is super durable and will last for many years to come. It is also made from partially recycled materials and MADE IN THE USA.

Thank you for your purchase and we hope you enjoy your KINNEBAR!

Warmly,

The KINNEBAR Team