

BC STRENGTH

Thruster 3.0

ASSEMBLY INSTRUCTIONS



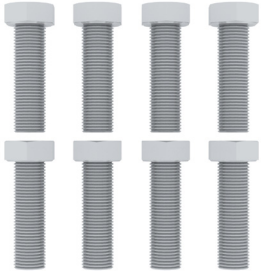
Thank you for your recent purchase. Please read these instructions carefully prior to assembling the Thruster 3.0.

This document includes assembly instructions for the Thruster 3.0, as well accessories, including the Rotating Back Pad, please note this accessory is optional.

PARTS

BC STRENGTH

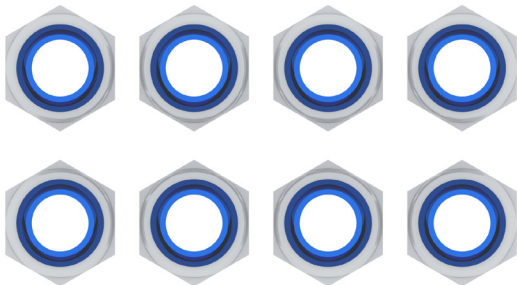
Tools Required (not included): 19 mm Crescent Wrench and 19 mm Socket Wrench



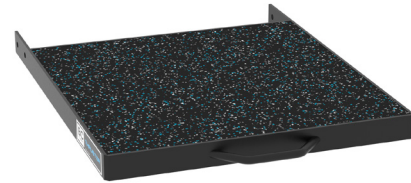
A BOLTS (x8)



B WASHERS (x16)



C LOCK NUTS (x8)



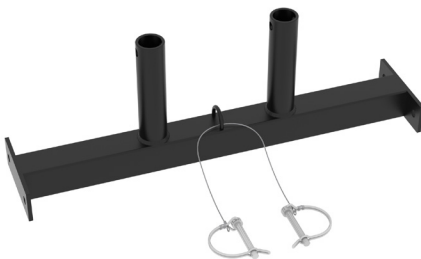
D FOOT BASE (x1)



E SIDE SUPPORTS (x2)



F ROUND BACK PAD (x1)



G BACK FRAME (x1)



H ROTATING BACK PAD (optional)

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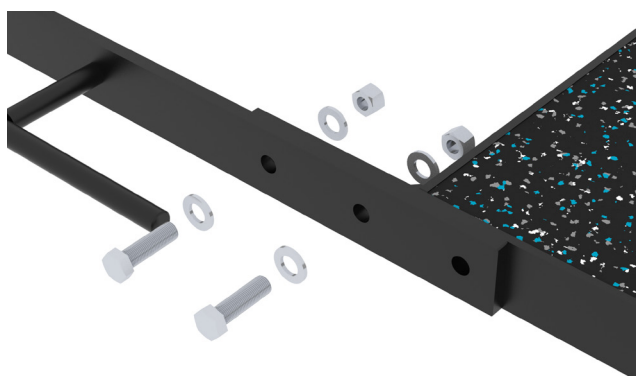
STEP 1



a) Place Foot Base (Part D) flat on the floor and attach Side Support (Part E). Make sure the band pegs are facing outwards, and wheels are towards the back of the unit. Align holes at selected height range (*see height guide).

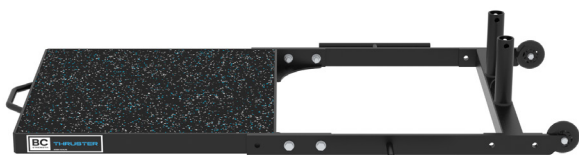
*Height Guide

We recommend that most users use the shorter base position. However, individuals over 6'6" may find the longer base position more comfortable.

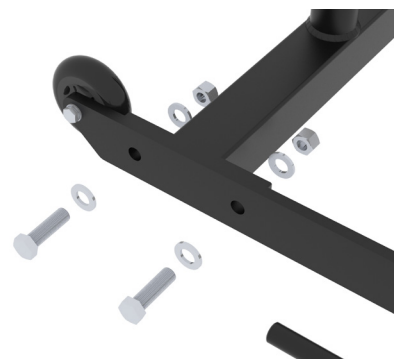


b) Insert Bolt and Washer (Part A & B) through holes and place Washer and Locknut (Part B & C) and loosely tighten. Repeat for the second hole. Now repeat with other side support.

STEP 2



a) Align Back Frame (Part G) to the holes at the back of the side supports.



b) Insert Bolt and Washer (Part A & B) through holes and place Washer and Locknut (Part B & C) and loosely tighten. Repeat for the second hole. Now repeat on the other side.

ASSEMBLY INSTRUCTIONS

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STEP 3



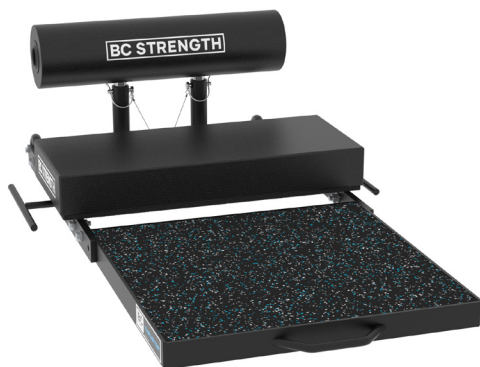
a) Insert Round Back Pad (Part F), select and pin at desired height. Tighten all hardware. Your Thruster is now ready to use.

STEP 4 (OPTIONAL)



a) If using the Rotating Back Pad (Part H), insert, select and pin at desired height.

STEP 5 (OPTIONAL)



a) If using the Rotating Back Pad for Nordic Ham Curls, securely place this on the Side Supports at the desired position, as shown in the picture.

Disclaimer

Warning: misuse of this equipment can result in severe injury or even death. Your use of this equipment is done so at your own risk, and you warrant that you are both fit and competent to undertake physical activity and the use of this equipment. Do not overload the equipment or try to exceed your strength levels. You assume all risks and responsibilities for all damage, injury and death which may occur during or following incorrect use of this equipment in any manner whatsoever. Regularly check that the maintenance of surfaces and stability of the equipment is secure, stable and safe.