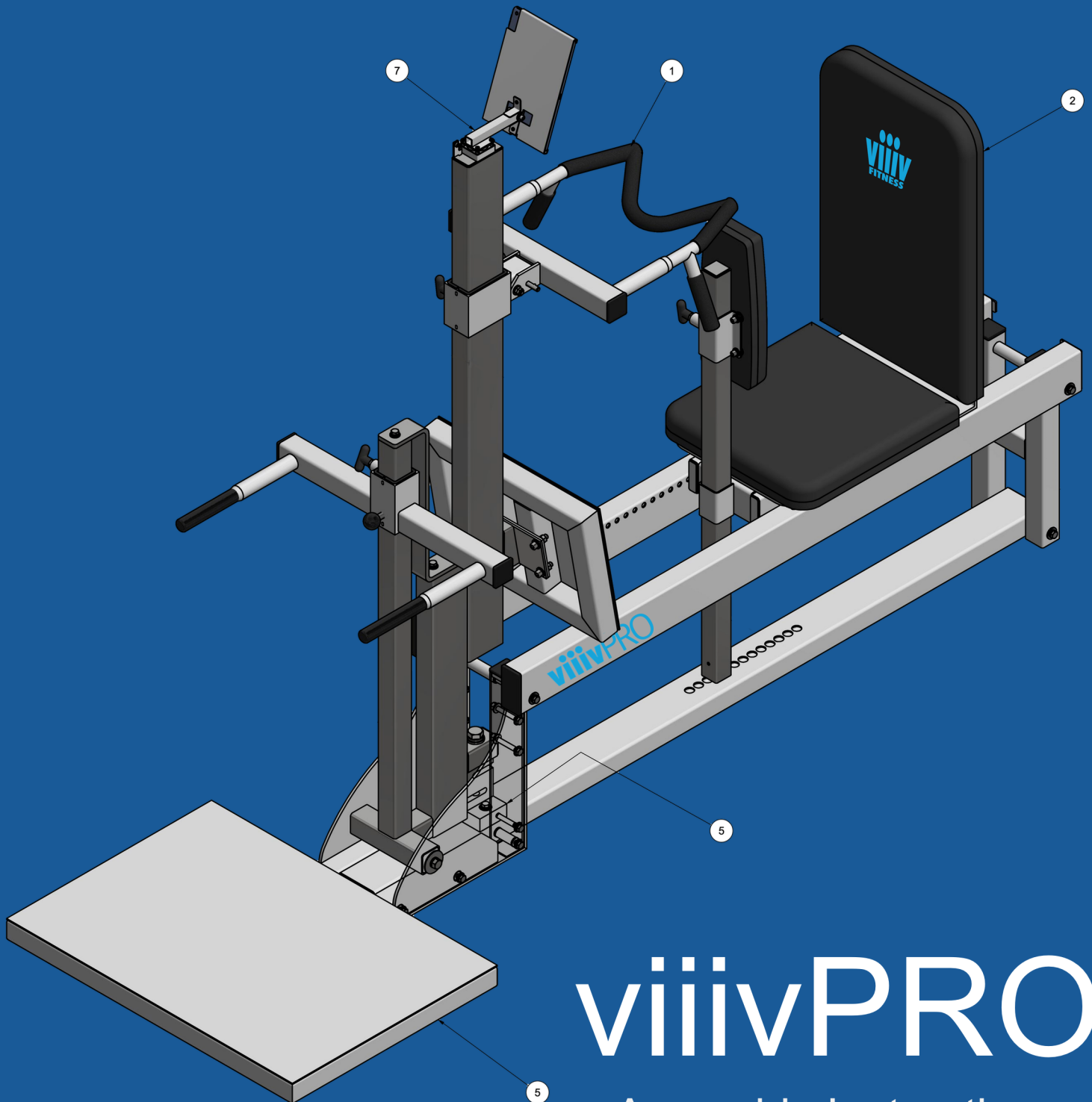


viiiv FITNESS



viiivPRO

Assembly Instructions



viiivPRO Assembly Instructions

12 Steps - Approximate 30 minutes to complete

NOTE: Always be sure the washer is up against the finish. Don't put the lock-washers against the finish. The lock-washers go BETWEEN the washers and the screw heads.

Watch Assembly Video: viiivfitness.com/assembly

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Step 1: Attach Bottom Rail Assembly to Vertical Lift Platform with Front Legs, Gussets

You'll Need:

- (1) Bottom Rail Assembly
- (1) Vertical Lift Platform
- (3) Short Spacer Rods
- (1) Long Spacer Rod
- (1) Long Spacer Rod Collar
- (2) Gussets
- (2) Front Legs
- Assembly Hardware for Step 1
- 9/16" (or 14mm) Socket/Socket Wrench and Wrench

Step 1a:

Slide Vertical Lift Platform onto Bottom Rail and align holes as indicated:



Step 1b:

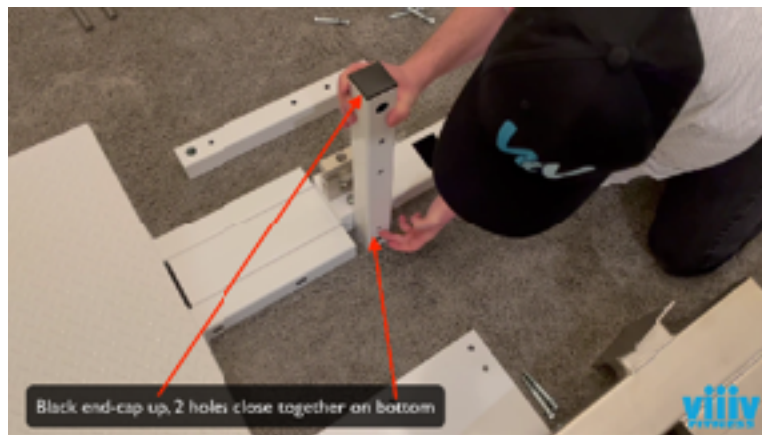
Insert first 2 short rods:



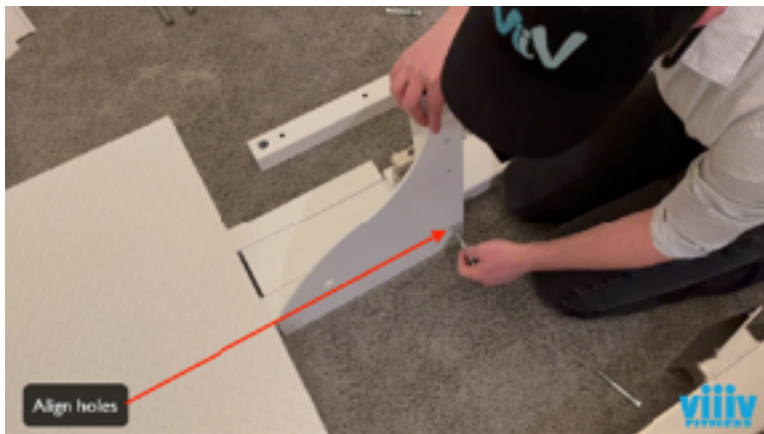
Step 1c:

Attach Front Leg and Gusset on one side

- Insert short spacer rod in remaining big hole (below Load Cell Mounting Plate)
- Attach Front Leg to Spacer Rod (black end-cap **UP**):



- Attach Gusset and align holes in Gusset, Front Leg (2nd hole from bottom) with hole in Load Cell Mount Plate
- Insert carriage bolt (with washer & lock washer) thru Gusset and Front Leg and into Load Cell Mount Plate



- Tighten carriage bolt using 9/16" (or 14mm) Socket/Socket Wrench or Wrench
(tighten enough to keep leg vertical but don't tighten all the way yet)

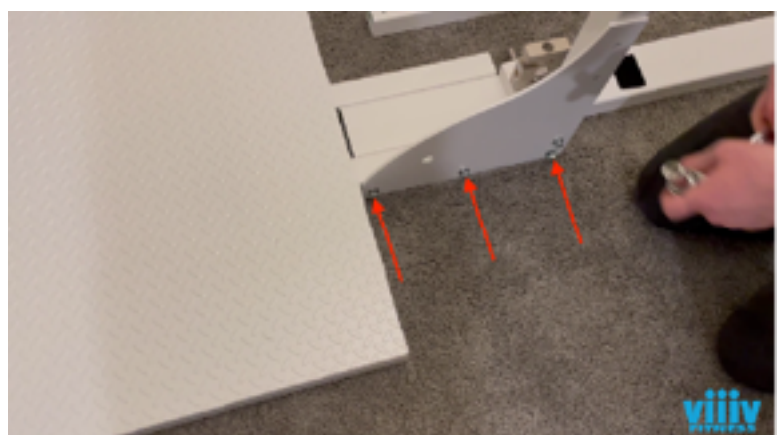


Step 1d:

Insert bottom 3 screws (with washers & lock washers)

- Push rod from other side to get screws in

- Tighten bottom 3 screws (**not all the way**) using 9/16" (or 14mm) Socket/Socket Wrench or Wrench



Step 1e:

Insert 2 carriage bolts into top 2 holes in Gusset

- One washer on the outside, with a washer, lock-washer and nut on the inside
- Hand-tighten the nuts



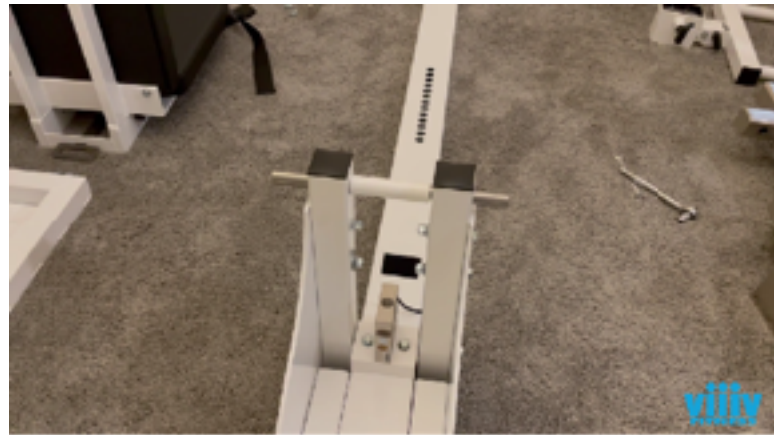
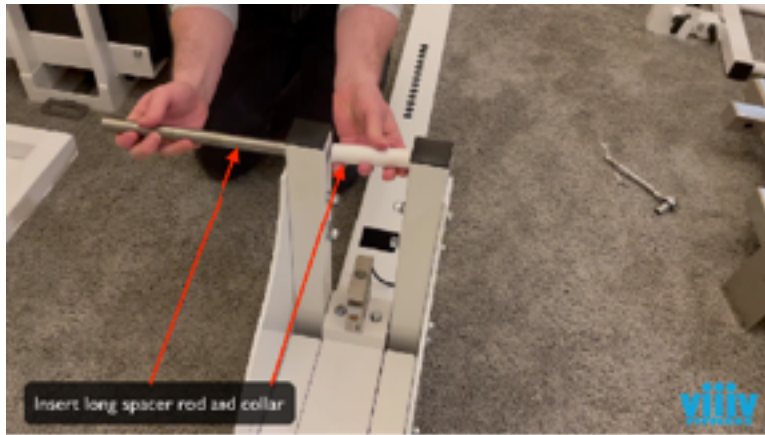
Step 1f:

Attach Front Leg and Gusset on the other side (repeat steps 1c through 1e):



Step 1g:

Insert long spacer rod and collar into holes at top of legs with collar around the rod in the center:



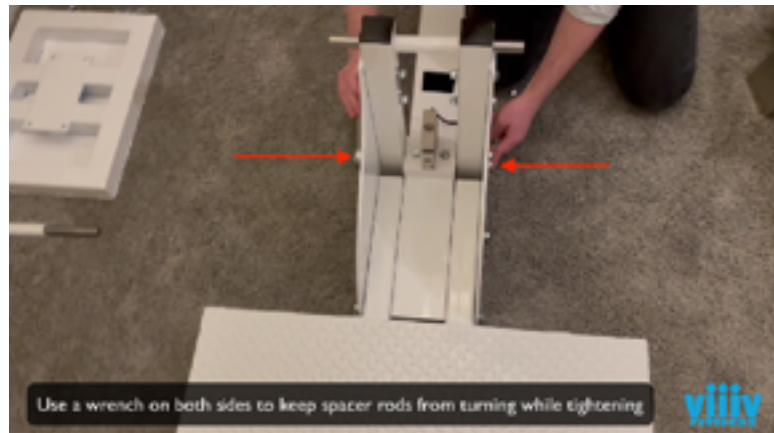
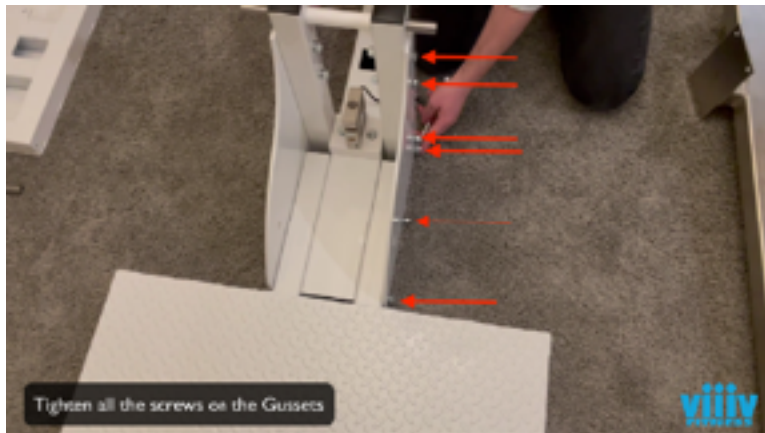
Step 1h:

Tighten **all of the screws on the Gussets** that were just installed in the previous steps using 9/16" (or 14mm) Socket/Socket Wrench and Wrench

- **Use a wrench on both sides** to keep spacer rods from turning while tightening
- Tighten both sides

(For the 2 carriage bolts near the bottom of the legs, 2nd hole up from bottom, you don't need a wrench on both sides to tighten because there's no spacer rod to turn)

- **Don't over-tighten any of these screws/nuts:**



Step 2: Attach Rear Leg Welded Assembly

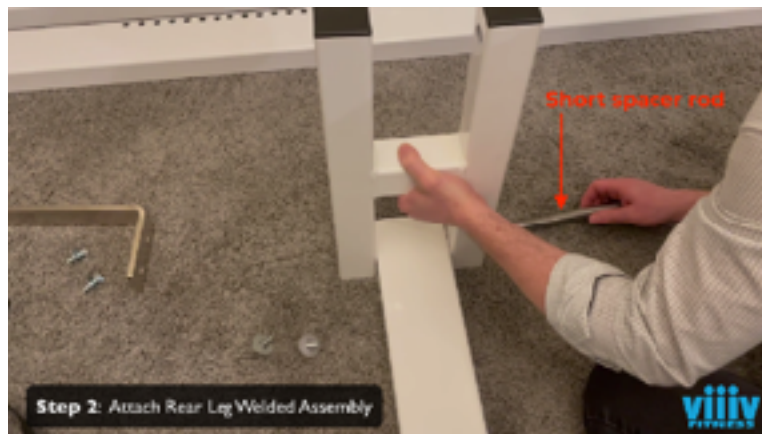
You'll Need:

- (1) Rear Leg Welded Assembly
- (1) Short Spacer Rods
- (1) Long Spacer Rod
- (1) Long Spacer Rod Collar
- Assembly Hardware for Step 2
- 9/16" (or 14mm) Socket/Socket Wrench and Wrench

Step 2a:

Attach rear leg to rear end of bottom rail using short spacer rod

(it's easier if you lay the Rear Leg down flat and then insert the spacer rod)



Step 2b:

Insert screws with washer and lock-washers into ends of spacer rod on both sides
- Hand-tighten each screw on both sides before tightening with wrenches

(it's easier if you lay the Rear Leg down flat and then insert the screws)



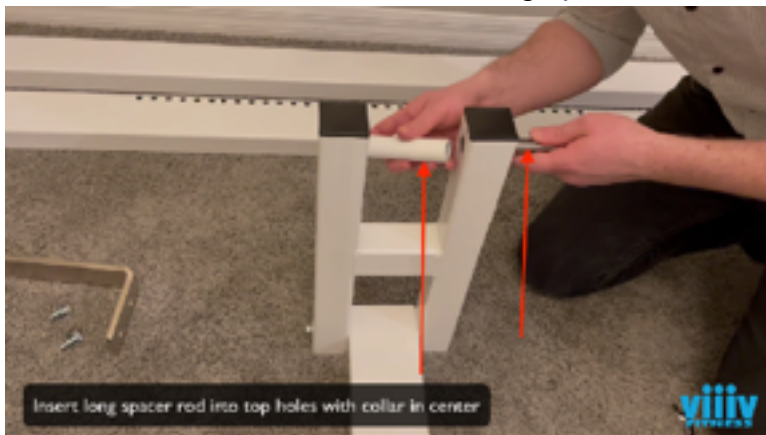
Step 2c:

- Now tighten with wrenches on both sides so Rear Leg remains standing vertical
- Use 9/16" (or 14mm) Socket/Socket Wrench and Wrench
 - Tighten both sides



Step 2d:

Insert long spacer rod into top holes with collar in center



Step 3: Attach Chair Rails

You'll Need:

- (2) Chair Rails (Left Rail has numbers 1-34 on top side)
- Assembly Hardware for Step 3
- 9/16" (or 14mm) Socket/Socket Wrench and Wrench

Step 3a:

- Attach the Chair Rails to the ends of the long Spacer Rods
- Chair Rails should be oriented with black end-caps towards FRONT, with chair stopper tabs in the rear and UP, with numbers on Left Rail UP
 - Hold spacer rod from opposite side to keep it from sliding out



Step 3b:

- Insert and hand-tighten 2 screw (each side) with large washer and lock-washer
- Hold rod from other end to keep it from moving



Step 3c:

Attach Chair Rail on other side

- Hold chair rail just attached so it doesn't move



Step 3d:

Hand-tighten all 4 screws on Chair Rails first

- Tighten 4 screws on Chair Rails with wrenches (**don't over-tighten**)
 - Use 9/16" (or 14mm) Socket/Socket Wrench and Wrench
- Use a wrench on both sides to tighten so spacer rods don't rotate



Step 4: Attach Main Column

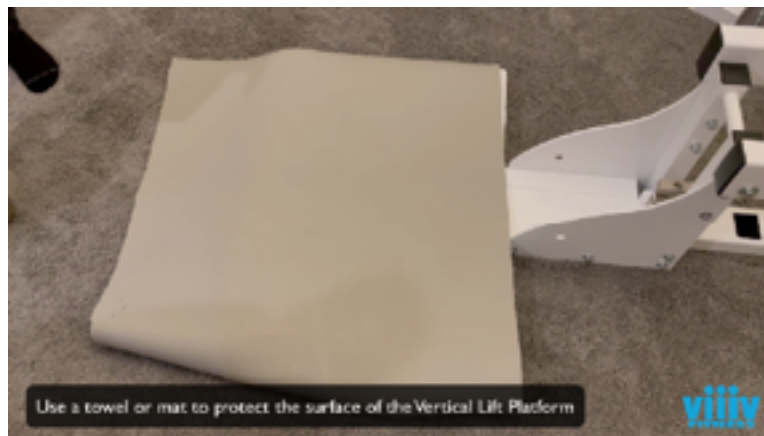
You'll Need:

(1) Main Column

- Assembly Hardware for Step 4
- 3/4" (or 19mm) Socket/Socket Wrench (**or** Wrench)
- 1-1/8" (or 29mm) Socket/Socket Wrench (**or** Wrench)

Step 4a:

Use a towel, mat or blanket to protect the surface of the Vertical Lift Platform



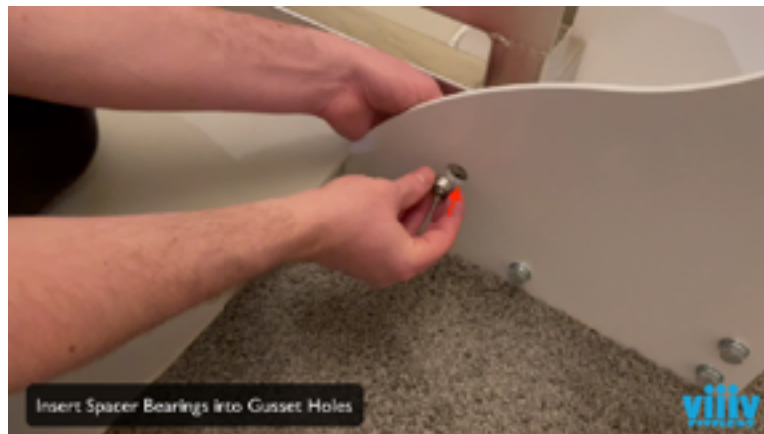
Step 4b:

- Orient the Main Column so the Foot Plate attachment plate is facing UP
- Lay the Main Column down on the Vertical Lift Platform
 - Gently slide bottom end of Main Column between Gussets as shown



Step 4c:

Align holes at base of Main Column with big holes in Gusset
- Insert Spacer Bearings into Gusset hole



Step 4d:

Keep holes aligned and keep the column from tilting while inserting screw with large washer and lock-washer
- Hand-tighten this side



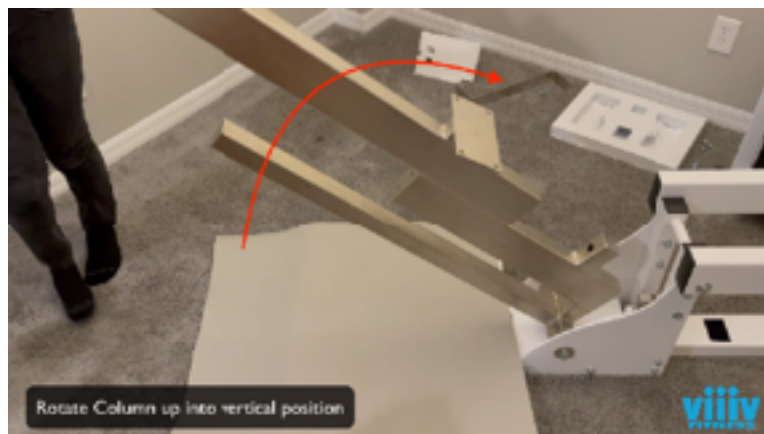
Step 4e:

- On other side, insert Spacer Bearing with screw, washer and lock-washer
- First insert Spacer Bearing into Gusset hole
 - Align hole and keep Column from tilting - **MUST BE COMPLETELY STRAIGHT**
 - May need to lift up on Column to keep pressure off screw threads while tightening



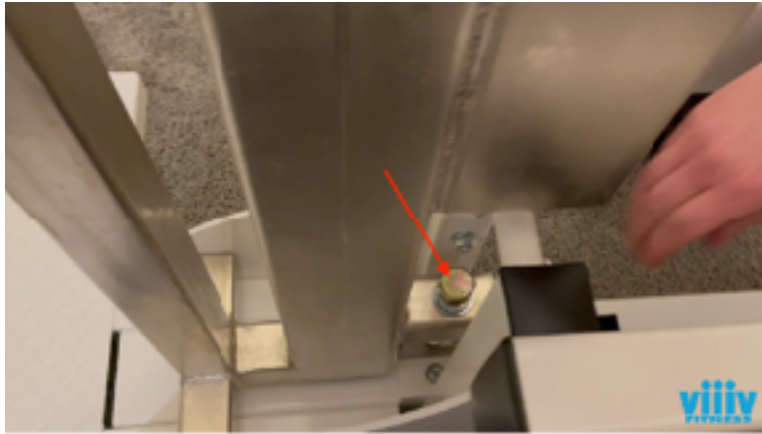
Step 4f:

Rotate Column up into vertical position



Step 4g:

Insert big bolt with washer and lock-washer thru top hole into Load Cell
- Tighten big bolt **all the way** using 1-1/8" (29mm) socket or wrench



Step 4h:

Now tighten 2 screws on Gussets - *****AS TIGHT AS YOU CAN*****
- Use 3/4" (or 19mm) Socket/Socket Wrench (or Wrench)
- Tighten both sides



Step 5: Attach Foot Plate

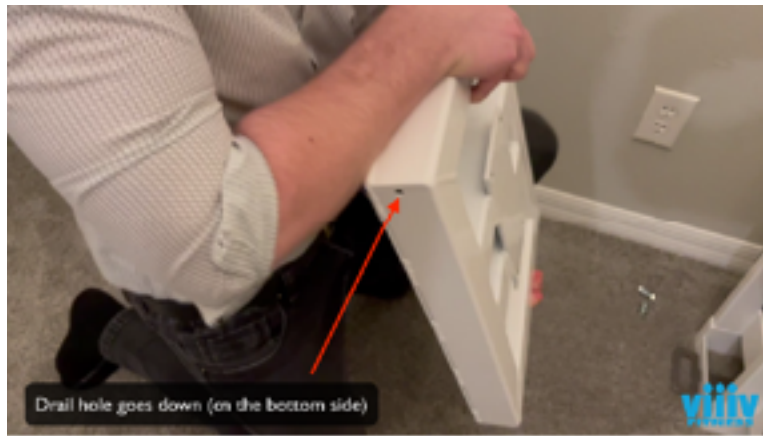
You'll Need:

(1) Foot Plate

- Assembly Hardware for Step 5
- 9/16" (or 14mm) Socket/Socket Wrench and Wrench

Step 5a:

Orient the Foot Plate with the drain hole side down (on bottom side)



Step 5b:

Insert screws with washers in 2 opposite corners (top first)



Step 5c:

Now put washers, lock-washers and nuts on the inside and hand-tighten



Step 5d:

Insert other 2 screws same way (with washers, lock-washers and nuts)



Step 5e:

- Tighten all 4 screws with a wrench on both sides
- Use 9/16" (or 14mm) Socket/Socket Wrench and Wrench
 - Easiest with open side of crescent wrench **on inside** as shown
 - Don't over-tighten



Step 6: Attach Vertical Lift Handle and Z-Bracket

You'll Need:

- (1) Vertical Lift Handle Assembly
- (1) Z-Bracket
- Assembly Hardware for Step 6
- 9/16" (or 14mm) Socket/Socket Wrench and Wrench

Step 6a:

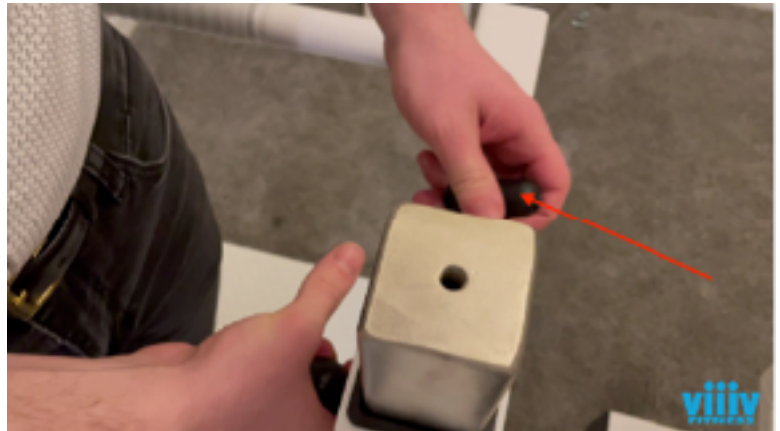
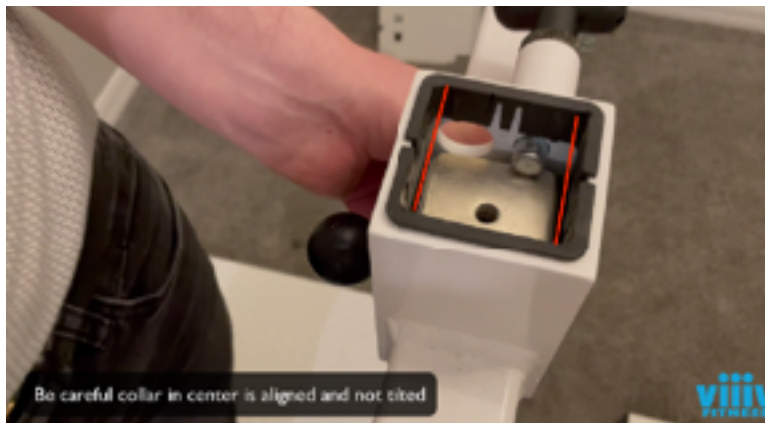
Orient Vertical Lift Handles so the Pull-Pin is on the top side of the handles



Step 6b:

Be careful collar centered/aligned and **not tilted** so you don't break the plastic bushing

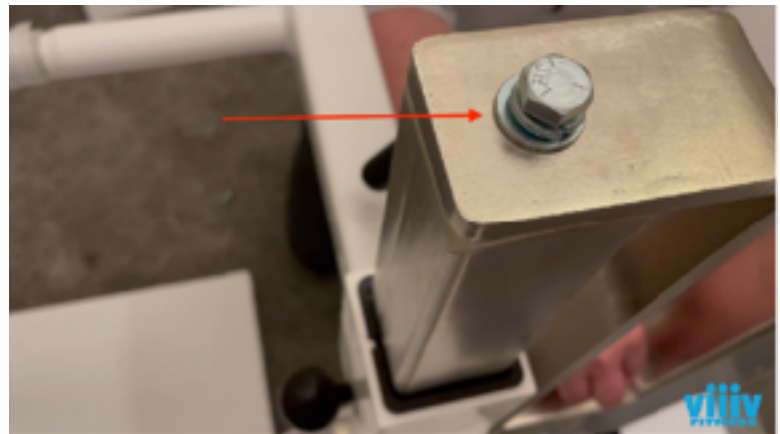
- Pull the Pin to clear the top of the column as you gently lower the handles
- Hold the handles using the ball knob on the front of the handles
- Carefully slide it on the column and engage the pin into one of the holes





Step 6c:

- Attach Z-Bracket with 2 holes on the bottom
- Insert 3 screws with washers and lock-washers
- Hand-tighten screws



Step 6d:

- Tighten all 3 screws using 9/16" (or 14mm) Socket/Socket Wrench or Wrench
- Don't over-tighten



Step 7: Attach Multi-Handle

You'll Need:

(1) Multi-Handle Assembly

Be careful to keep collar vertical and not tilted when sliding onto column

*** **Be very careful** *** you don't break the plastic bushings

- Gently guide it over the top
- Don't let the plastic bushings get snagged on the top of the column
 - Disengage Pull-Pin to clear top of collar
- Gently lower it over the top of the Main Column and engage the pin in one of the holes

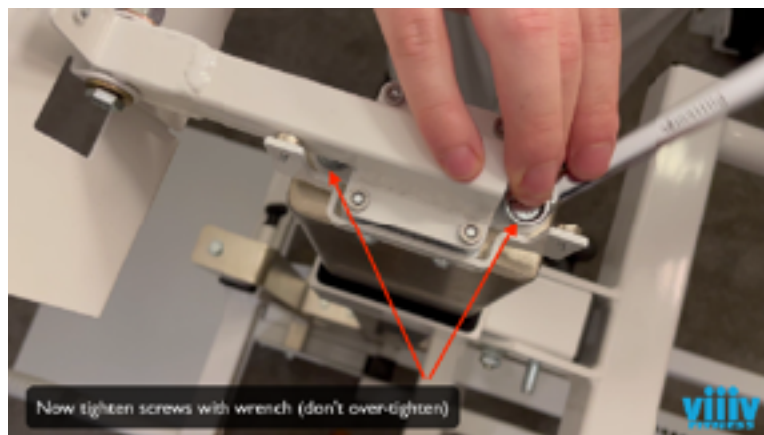


Step 8: Attach iPad Holder

You'll Need:

- (1) iPad Holder
- Assembly Hardware for Step 8
- 7/16" (or 11mm) Wrench

- Align holes and insert 2 screws with washers and lock-washers
- Hand-tighten each screw
 - Rotate iPad holder to access other hole to insert other screw
 - Now tighten screws using 7/16" (or 11mm) Wrench
 - Don't over-tighten

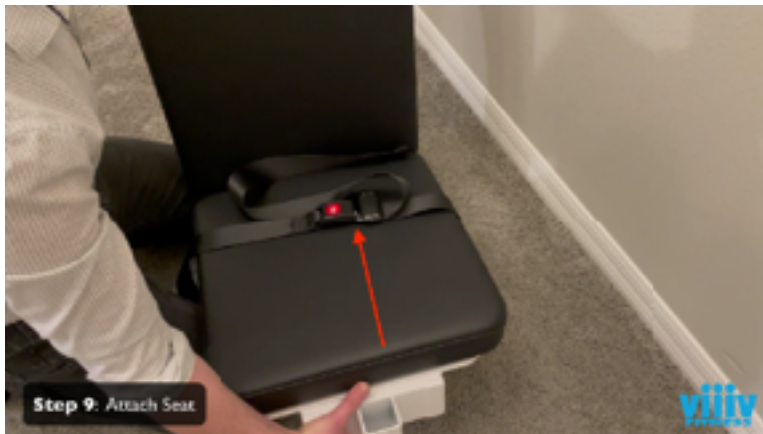


Step 9: Attach Seat

You'll Need:

(1) Seat Assembly

Clip seatbelt together to keep straps clear (use 2 people if possible)
- Gently place between Chair Rails



- Pull handle at rear of seat to engage



Step 10: Attach Seated Row Chest Pad (OPTIONAL)

You'll Need:

(1) Chest Pad Assembly

- Gently insert Chest Pad column into receptacle at front of seat
- Insert round pin at bottom of column into the hole in the bottom rail

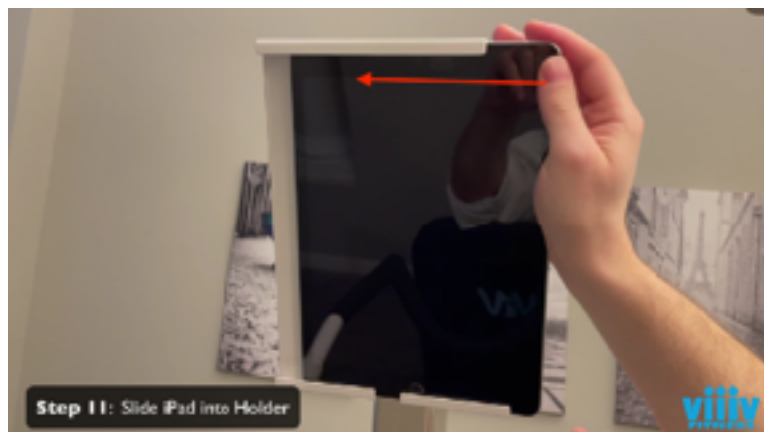


Step 11: Slide iPad into Holder

You'll Need:

(1) iPad

- Be sure the iPad is not angled and is perfectly straight
 - Gently slide the iPad into the grooves in the holder
 - **If it doesn't slide in easily, do not force it!**
- Be sure it is oriented straight so it doesn't get jammed up



Step 12: Attach Module

You'll Need:

(1) Bluetooth Module

Attach the Module to the bottom rail onto the Velcro

- Be sure the Module is oriented so the connector is facing the Load Cell
 - **The connector will only go on one way**
- Flip the connector over if it is not oriented correctly

