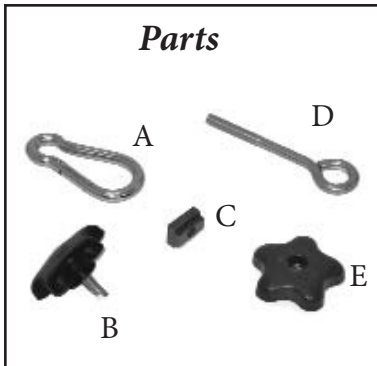


WalSlide™ Exercise Station Instructions

Assemble Vertical Wall Section (VWS)



Your WalSlide™ consists of the Vertical Wall Section (VWS) and the parts above. You might have the optional Horizontal Top Section (HTS) and accessories. Knob-screw (B) only comes with HTS.

Thread eye bolt (D) through knob (E) until unit ½ inch of eyebolt sticks out bottom of knob (see figure A). The knob and eye bolt must face the same

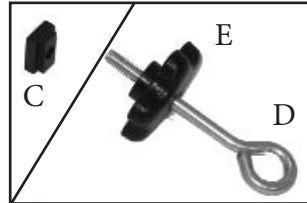


Figure a
eyeslot Assembly

direction. Place VWS in between slider (C) and eyeslot assembly (E, D). Hold (C) in center groove on backside of the VWS and insert (E,D) through center slit and screw it into (C). Tighten finished assembly by turning the top of the eye bolt (D) with pliers.

Lock pulley assembly into place along VWS by twisting knob (E). Attach hook (A) by opening clasp and inserting through eyeslot (D).

Use

To slide pulley up and down center guide, simply loosen hook assembly by twisting knob (E), move to desired height, and tighten to lock in place. Slide (optional) HTS to desired height along WalSlide™ by loosening knob-screw (B), sliding HTS to desired height, and tightening knob-screw. Attach band, tubing, tubing with handles, bow-tie, or pulley system to eye-bolt. Perform exercise by stretching band or tubing. Vary length of band/tubing or color to change resistance. Many exercises can be performed in the seated position. You can put a chair in front WalSlide™ unit.

Installation

Attach to wall by using the screws appropriate to your wall type, through the ¼ inch holes along the edges of the WalSlide™.

Warning

- Consult with physician or therapist before starting a new exercise regime.
- If band/tubing is punctured or torn, do not use; replace immediately.
- Make sure unit is firmly attached to wall.
- Make sure horizontal overhead section is securely attached to vertical wall section before each use.
- Do not hang from horizontal section.

Assemble and Attach optional Horizontal Top Section (HTS)

(1) Follow the above assembly direction for the VWS to attach the pulley assembly to the HTS.

(2) Attach HTS to VWS:

- Hold HTS flush against VWS by fitting the triangle shaped bracket into grooves on front side of VWS.
- Hold slider (C) in center groove on backside of VWS.
- Insert knob-screw (B) through hole in triangle shaped bracket, through center slit of VWS and into slider (C).
- Slide HTS along center groove to desired height and tighten by turning knob-screw (B).



4 Foot CanDo® WalSlide™

*drawing scale: 1 inch = 6 inches
holes are 1/4 inch diameter, 1/2 inch from the sides
drawing is approximate*

Complete WalSlide™ Exerciser Stations and Accessories

- 10-5096 Complete, 3 feet
- 10-5097 Complete, 4 feet
- 10-5098 Complete, 5 feet
- 10-5099 Complete, 6 feet
- Vertical Station with sliding band anchor
 - 10-5091 3 feet
 - 10-5092 4 feet
 - 10-5093 5 feet
 - 10-5094 6 feet
- 10-5095 Horizontal overhead section with band anchor and sliding attachment mechanism for height adjustable overhead section
- 10-5088 pulley attachment
- 10-5089 sliding anchor

