

BOUNCE BACK

THE FITNESS CHAIR™

DIVISION OF:

Allfit Enterprises

2189 W. 390 N. Provo, UT 84601

(801) 376-1043

www.allfit.com doug@allfit.com

SPRING SAFETY NOTE

PLEASE READ CAREFULLY:

We have been asked by our health professionals AND FOR YOUR SAFETY to provide you with instructions regarding spring safety. The spring covers serve many safety purposes.

- 1- The spring covers prevent someone from holding on to the bare springs and possibly pinching their skin.
- 2- If a spring should break, the covers contain the pieces.
- 3- If a spring should break, the covers are tied to the frame and to the seat to help keep the seat suspended.

This last item is the most important. We secure the covers to the seat strap. We depend on you, the customer, to secure the spring covers to the frame. We have seen some chairs in use where the ties are loose or tied with a simple bow. Below are some rules and guidelines for *safely* securing the spring covers.

IT IS ABSOLUTELY IMPERATIVE THAT YOU:

- 1- **DO NOT USE** the chair unless **all 4 springs are hooked into the metal frame. There are three (3) holes for short, medium and tall individuals on each corner. Each spring should be in the same hole, one in each corner, the two longer straps in the back two shorter straps in the front. Then make sure the “D” (eye) rings of the seat are attached to springs. (Check this closely. There is a slim chance a “D” (eye) ring might have become unhooked from the spring during shipping).** The spring covers should also be secured to the top frame and to the seat. **TIE THE SPRING COVERS TO THE FRAME WITH A TRIPLE KNOT OR BETTER.** Do not use a bow tie. Four elastic bands have been included and should be wound tightly around ends to help prevent top ties from untying during use. Bottom ties have been staples together at the factory.
- 2- **DO NOT TIE SPRING COVERS IN THE SAME HOLE** that the spring is hooked. The spring hook will chafe the tie and weaken it.
- 3- **DO NOT REMOVE** spring cover ties. **All four spring covers must be securely tied, at both top and bottom,** to help prevent the seat from falling to the ground in the event that a spring should stretch or break.
- 4- **AVOID EXCESSIVE BOUNCING.** **At the top of each bounce your seat should stay in contact with your seat.** If you are bouncing out of the seat, you are bouncing too high. This type of bouncing may put too much stress on your body or on the springs. Review the video or web page, www.allfit.com, for correct bouncing techniques. Recommended spring replacement is every 3-4 years.
- 5- **CHECK SPRING COVERS EVERY WEEK.** Check spring covers and straps for wear or damage. **Make sure the spring cover covers the entire spring. Check the ties for tightness.** (A triple knot seems to work best.)
- 6- **FOR ADJUSTABLE SEAT PURCHASERS make sure that back straps are adjusted (in or out) so that your back fits tightly against the back straps.** Factory settings are - top strap is set at 16” inside to inside of strap, bottom strap 15” inside to inside of strap. **IF IT IS TOO WIDE AND NOT SNUG AGAINST YOUR BACK IT COULD CAUSE STRESS TO YOUR BACK.**

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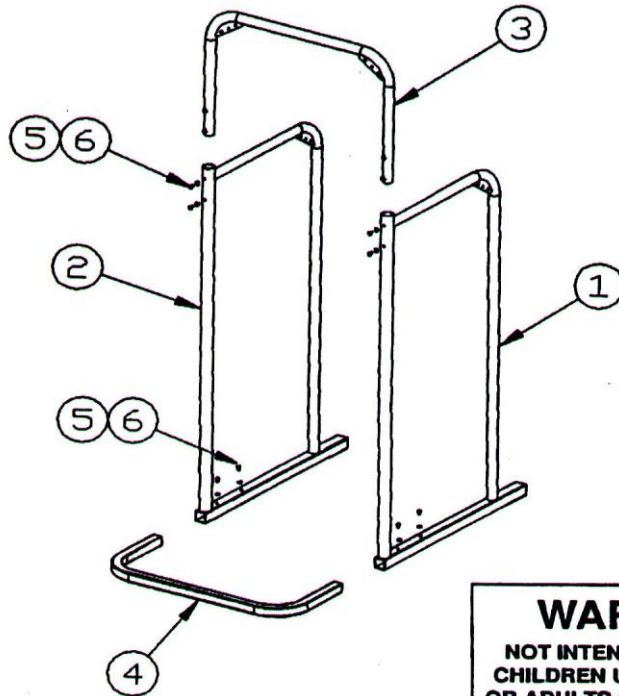
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WRITTEN ASSEMBLY INSTRUCTIONS ON REVERSE SIDE



WARNING!!
NOT INTENDED FOR USE BY
CHILDREN UNDER 75 POUNDS
OR ADULTS OVER 250 POUNDS

FRAME ASSEMBLY

Number	Part No.	Name	Quantity
1, 2	960111	Side Frame	2
3	961311	Head Tube	1
4	960411	Stabilizer	1
5	1/4-20 ILW	Lock Washer	8
6	1/4-20 PPBO	Bolt	8

HEAVY SPRINGS WARNING:

HEAVY WEIGHT SPRINGS HAVE A LIMIT OF 200 LBS. TO 350 LBS.

EXTRA HEAVY WEIGHT SPRINGS HAVE A LIMIT OF 300 LBS. TO 450 LBS.

RECOMMENDATION

SPRINGS SHOULD BE REPLACED EVERY 3-4 YEARS.

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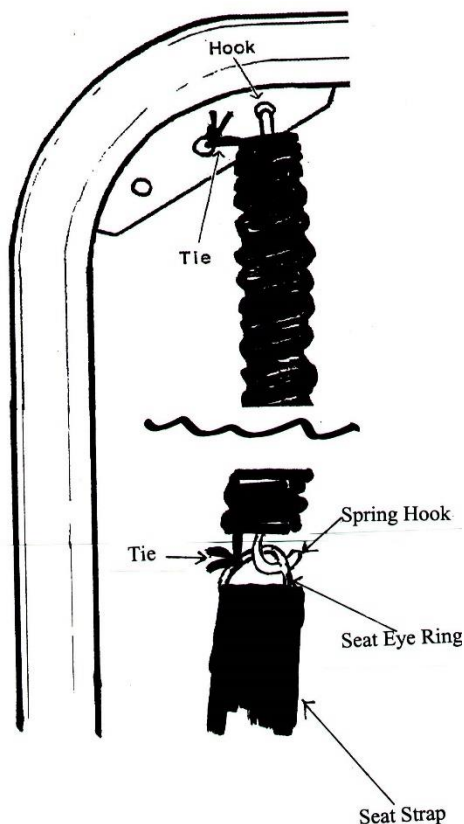
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Frame Assembly and Spring & Tie Attachment

Welcome to the road to increased fitness! For this brief assembly you will need a Phillips screwdriver. If you follow the directions carefully, one person can assemble "Bounce Back" The Fitness Chair in a few minutes.

1. Verify contents of the shipping container: Frame components (see reverse side), Seat and Springs, Bag of Bolts and Washers. Check the box for damage.
2. Lay one side frame (1) on the floor. Insert the Head Tube (3) into the top of the side frame. Align the holes and start both bolts (6) with one lock washer each (5). **DO NOT TIGHTEN BOLTS YET.**
3. Lean the other side frame (2) against a wall or piece of furniture. Bring up the Head Tube to near vertical position, and without letting go, take the other side frame and lean it toward the Head Tube. Insert the end of the Head Tube into the top of the second side frame and straighten both to a vertical position.
4. Align the bolt holes and start both bolts (6) with one lock washer each (5). **DO NOT TIGHTEN BOLTS YET.**
5. Insert both sides of the Stabilizer (4) into the Square Tubing. Align the boltholes and start both bolts (6) with one lock washer each (5).
6. Tighten all 8 bolts. The Frame is now complete. Check the bolt tightness after one hour of use, and again after one week.



HANGING THE SEAT

The seat may be hung from any set of the three holes in the four hangers. In general, a taller or heavier person will use the upper holes, while a shorter or lighter weight person will use the lower holes. The center holes may be used if more than one person will use Bounce Back The Fitness Chair.

After hooking the spring ends into the appropriate holes (use the same position hole on all four hang points), **TIE THE SPRING COVER STRING SECURELY INTO THE ADJACENT HOLE FOR SAFETY.** Make sure the tie and spring are not in the same hole. Also, make sure the spring covers are **triple-tied**. (An elastic band should be wound around the tie ends to prevent them from untying, **four bands included**). Check the seat position for comfort. Adjust to a different set of holes if necessary.

On the seat check under the 4 spring covers and make sure the springs are hooked to seat "D" (eye) ring. If any spring has come loose in shipment, reattach to the "D" (eye) ring. **Bottom ties have been stapled to prevent them from untying.**