

SPECIFICATIONS

Height:	Raised:	45 inches
	Lowered:	33 inches
Length:		62 inches
Width:		39 inches
Weight:		285 lbs.

Materials

Housing:	ABS Plastic
Rails:	Extruded Aluminum
Cars:	Extruded Aluminum
Trucks:	Extruded Aluminum
V-Section:	Cast Aluminum
Handles:	Aluminum Tubing with Plastic Grips
Strut Assembly:	Steel
Base Assembly:	Steel

Resistance Assembly

Friction Brake	
Brake Wheel:	Stainless Steel
Brake Arms:	Aluminum
Brake Pads:	Composite Brake Lining Material (non-asbestos)
Resistance Lever:	Steel
Timer/Pulse Monitor	Powered by (3) AAA Batteries
Timer	Range: 0-60 minutes
Pulse Monitor	Compatible with Polar Equipment
Receiving	Signal: 5 khz

MAINTENANCE

General Maintenance

Keep the unit clean.

Check all connections at least once a month to insure tightness.

Clean pulleys at least once a month using compressed air.

Cars

The cars may become loose over a period of time. Loose cars can damage the rails. If the cars become loose, tighten the set screw, located in the center hole on the bottom of the car. Be careful not to overtighten the set screw.