



CONTINUING
FITNESS[®]

Freedom Flex[™]

Shoulder Stretcher Attachment to the Resistance Chair[™] System

Model No. CFC-140

Assembly and Operation Guide

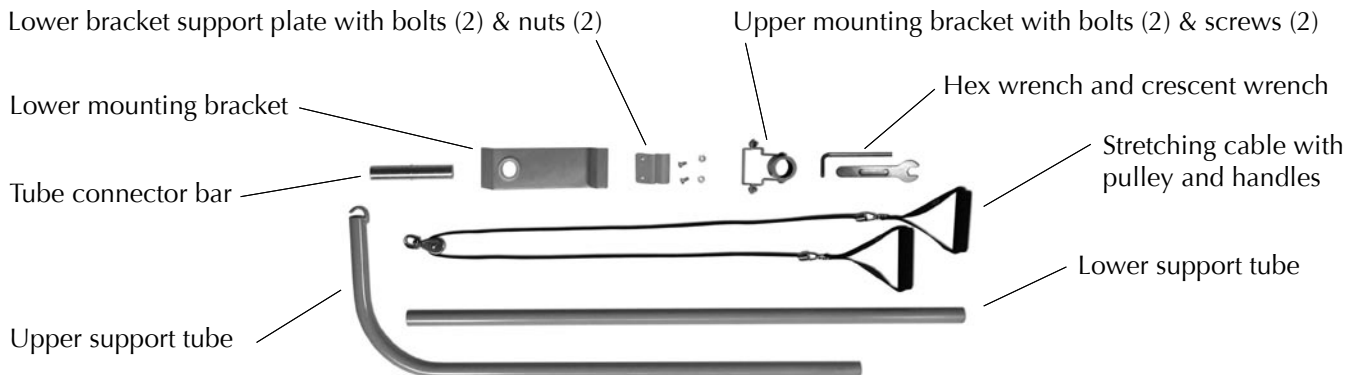
Please read this guide completely before attempting to assemble or use the Freedom Flex shoulder stretcher.

IMPORTANT: The Freedom Flex[™] shoulder stretcher is designed to be used only with the Resistance Chair[™] exercise system from Continuing Fitness. DO NOT attempt to attach this device to any chair other than the Resistance Chair[™] (Model CFC-100).



PARTS CHECKLIST

The following items are included in the Freedom Flex box:

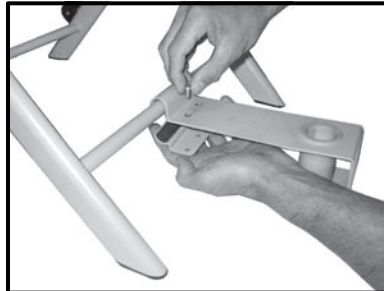


Assembly Procedure

Follow the steps outlined below to ensure the correct assembly of your Freedom Flex shoulder stretcher.



- 1** Attach the lower mounting bracket on the crossbar at the rear of the Chair. Make sure to center the bracket in the middle of the crossbar.



- 2** Using the two bolts and nuts included in the box, attach the bottom plate to the underside of the bottom mounting bracket.



- 3** Tighten the nuts with the hex wrench so that the lower mounting bracket is tightly secured to the cross bar. Use a crescent or open end wrench to secure the nut on the underside of the bracket.



- 4** Both pieces of the upper mounting bracket wrap around the center column of the balance bar at the top of the Resistance Chair backrest.



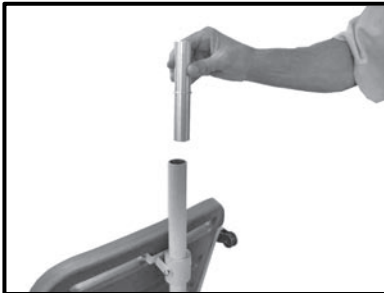
- 5** Use a hex wrench and crescent wrench to tighten the mounting bolts and make sure the upper bracket is securely attached to the Resistance Chair.



- 6** Once the upper bracket is bolted to the Chair, slide the lower support tube down through the upper mounting bracket.



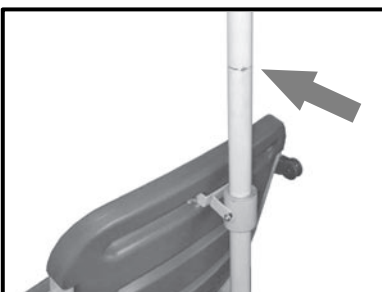
- 7** Slide the lower support tube down through the hole in the lower mounting bracket.



- 8** Install the tube connector bar into the top of the lower support tube. This should fit snugly, without too much play.



- 9** Slide the upper support tube down onto the center connector, making sure that both upper and lower support tubes slide all the way onto the tube connector bar.



- 10** When both the upper and lower support tubes are properly attached, only the thin center ridge of the aluminum connector is visible.



- 11** After the upper mounting bracket is installed, you can attach the Posture Prop to the backrest.



- 12** As the final assembly step, hang the cable and pulley onto the pulley hook at the upper end of the upper support tube.

Tips for Using the Freedom Flex Shoulder Stretcher

There are a variety of ways that you can use the Freedom Flex to stretch your shoulders and to improve and restore flexibility. The guidelines illustrated below provide some tips for the most effective use of the Freedom Flex system. Remember to avoid sudden movements when stretching the shoulder joint and keep your weight on the chair seat at all times.



For best results, the cable length should be adjusted so that your arms are just above parallel with the ground when both arms are stretched out in front (as shown above).



One method of stretching the shoulders is to raise and lower your arms directly in front of your body while keeping your elbows straight. During this movement, your lower arm will end up on the outside of your hip.



Another method is to raise and lower your arms out to your sides, like the arms of a clock.



As shown in the photo at left, you can also keep your elbows bent while raising and lowering your arms.



Use the adjustable buckles on the handles to adjust the length of the cable to suit your height.



IMPORTANT: When the Freedom Flex is attached to the Resistance Chair, remove the upper support pole from the Freedom Flex before folding the chair.

CAUTION: always consult with your physician before using this, or any other, piece of exercise equipment. If you suffer from shoulder injury, use the Freedom Flex shoulder stretcher under the supervision of your doctor or physical therapist.

IMPORTANT SAFETY PRECAUTIONS

1. Consult with your physician before using the Freedom Flex™ shoulder stretcher.
2. Set up the Freedom Flex™ shoulder stretcher on a solid, level, and preferably carpeted surface.
3. The Freedom Flex™ shoulder stretcher is designed to be used only with the Resistance Chair exercise system from Continuing Fitness. DO NOT attempt to attach the Freedom Flex™ shoulder stretcher onto any chair other than the Resistance Chair (model CFC-100).
4. Always remain seated on the Freedom Flex™ while applying any downward tension on the stretching cable. DO NOT take your weight off the seat while using the Freedom Flex shoulder stretcher. (see photo upper right)
5. Do not hang on the upper support tube.
6. The cable and pulley assembly of the Freedom Flex™ shoulder stretcher is designed to hold a maximum weight of 60 pounds. Do not attempt to pull up your body weight using this cable assembly (see photo lower right).
7. Children should only use the Freedom Flex™ shoulder stretcher under adult supervision.
8. Always check to make sure that the bolts on the upper and lower mounting brackets are securely in place and tightened before each use of the equipment.



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