

**SHUTTLE 2000-1**

# WELCOME TO THE FAM

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Congratulations on the purchase of your new Shuttle 2000-1. Shuttle equipment has been trusted by physical therapists and sports training facilities around the globe for almost half a century. It is our mission to deliver the finest quality exercise devices with superior customer service. We welcome you as a valued customer.

For your safety it is crucial that you read this manual thoroughly and understand the equipment before use. If you have any questions about your Shuttle 2000-1 you can give us a call at +1 (800)-334-5633, email us at [customerservice@shuttlesystems.com](mailto:customerservice@shuttlesystems.com), or chat with us via live chat at [www.shuttlesystems.com](http://www.shuttlesystems.com) (Monday-Friday, 8 am to 5 pm Pacific Time).

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# IMPORTANT SAFETY INFORMATION

**Read all safety information before operating the 2000-1. It is the owner's responsibility to ensure that users are aware of all warnings and precautions.**

Please read all instructions before using the product. These instructions were written to ensure the safety of the user and to protect the product.

You should always consult with a physician before beginning a new fitness plan. You are advised to investigate and inform yourself about any health related actions and choices you make.

Use caution when mounting and dismounting.

Do not allow children to have unsupervised access to the product.

Keep pets away from the 2000-1 at all times.

Perform regular maintenance for optimal performance and longevity. To ensure safety, the 2000-1 must be checked for wear and damage on a regular basis.

Replace any damaged or worn parts immediately. Do not use the 2000-1 until the repair is performed.

Use only original parts from the manufacturer. Changes or modifications to this unit not expressly approved by Shuttle Systems could void the warranty.

The 2000-1 is for indoor use only. Do not store the 2000-1 outdoors, near water, or at high humidity levels.

Fully assemble the product before using it. Check the product before each use. Do not continue to use the product if it is not working.

## PERSONAL SAFETY

Use of this product is subject to medical examination to assess your suitability to the type of workout exercise you intend to perform, and in compliance with the conditions for use laid down by Shuttle Systems.

Persons suffering from certain physical conditions may only use the product under the strict supervision of a doctor with specific qualifications.

Before starting any workout, make sure your position on the product is correct, paying attention to any components that may obstruct use.

Plan the workout according to your physical characteristics and state of health, beginning with less demanding workloads.

Do not overexert yourself or work to exhaustion. Incorrect or excessive exercise may cause physical harm or sudden death. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Wear proper workout clothing and shoes during training; do not wear loose clothing. Tie long hair back. Keep hands, shoelaces, garments, and accessories away from moving parts. Do not insert objects into openings on the equipment.

When using the 2000-1, other people must remain a safe distance.

Do not use the product when children or pets are present.

The person in charge of the gym must explain proper and improper use of the equipment to users.

Assemble and use the product only on a solid and flat surface.

Keep the product in good working condition. If you see signs of wear, contact Shuttle Technical Support Service.

Do not attempt any maintenance work on the product other than the operations described in the user manual.

# SPECIFICATIONS

**Dimensions:** 31"W x 104"L

**Floor Space Required:** 3'W x 10'L

**Carriage Capacity:** 350 lbs

**Max Resistance:**  
2000-1: 2-160 lbs\*

**Total Elasticords:**  
2000-1: (8) 12 lb Elasticords

\* Elasticords are rated starting resistance, but will gain resistance up to 40% in extension



# SPECIFICATIONS (CLINICAL)

**Dimensions:** 31"W x 104"L

**Floor Space Required:** 3'W x 10'L

**Carriage Capacity:** 350 lbs

**Max Resistance:**  
2000-1: 2-160 lbs\*

**Total Elasticords:**  
2000-1: (8) 12 lb Elasticords

\* Elasticords are rated starting resistance, but will gain resistance up to 40% in extension



# SPECIFICATIONS (CLINICAL PLUS)

**Dimensions:** 31"W x 104"L

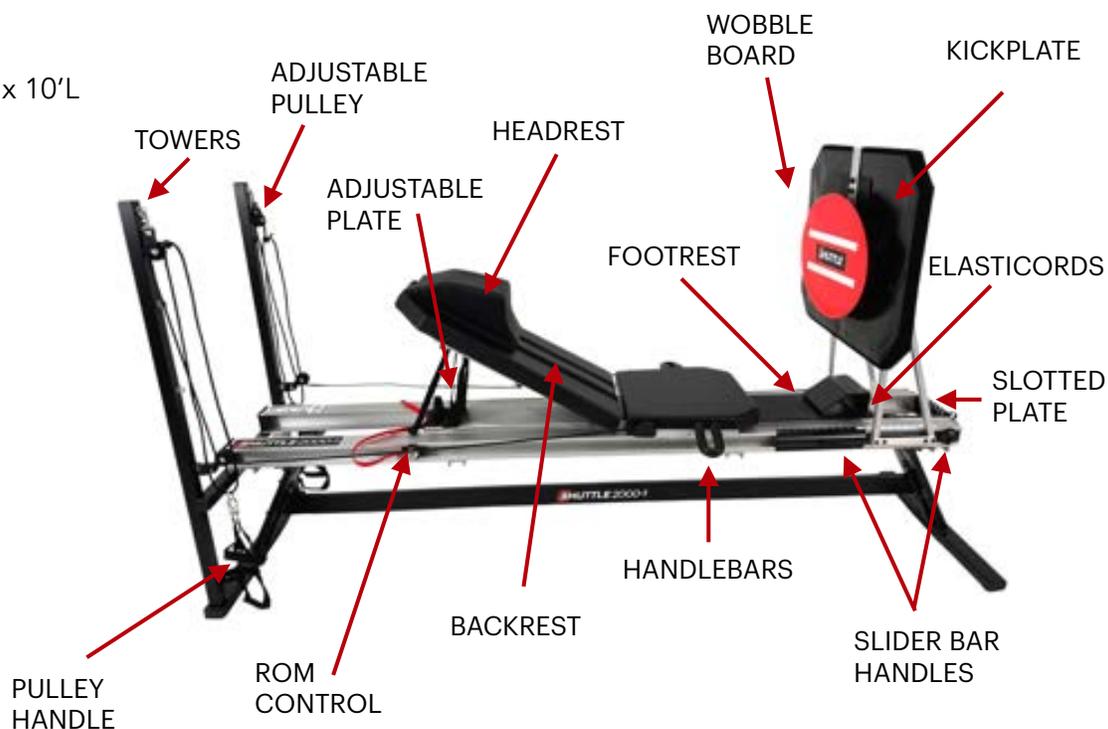
**Floor Space Required:** 3'W x 10'L

**Carriage Capacity:** 350 lbs

**Max Resistance:**  
2000-1: 2- 160 lbs\*

**Total Elasticords:**  
2000-1: (8) 12 lb Elasticords

\* Elasticords are rated starting resistance, but will gain resistance up to 40% in extension



# IDENTIFICATION OF THE MANUFACTURER

A - Manufacturer's name and contact

B - Item Number

C - Description of product

D - Serial number



# ASSEMBLY OF THE 2000-1

Assembly of the 2000-1 requires two people.

Tools Needed: 7/16 inch socket or combination wrench, 1/2 inch socket of combination wrench.

Clinical Plus model will also need a rubber mallet for tower installation.

The 2000-1 will come in three boxes:

- |  |   |   |
|--|---|---|
| <b>1. Rails and Carriage</b> <ul style="list-style-type: none"><li>- Carriage</li><li>- 2000-1 Rail System</li><li>- Kickplate Structure</li></ul> | <b>2. 2000-1 Stands</b> <ul style="list-style-type: none"><li>- Two Stand-Ends</li><li>- Connector Bar</li><li>- Parts Bag</li><li>- Wobble Board w/ Hanger (Clinical/Clinical Plus ONLY)</li><li>- Towers (Clinical Plus ONLY)</li><li>- Towers Bag (Clinical Plus ONLY)</li></ul> | <b>2. Kickplate</b> <ul style="list-style-type: none"><li>- Kickplate Board</li><li>- Parts Bag</li></ul> |
|--|---|---|

It is important to become familiar with the expressions "Foot-End and Head-End" as they indicate orientation for the various steps and structures.



# ASSEMBLY OF THE 2000-1 (STEP 1)

## ATTACHING STAND ENDS TO CONNECTOR BAR

### STEP 1

#### ITEMS REQUIRED

Stand Ends  
Connector Bar

1. Position the stand-ends and crossbar on floor with care. Stand ends across from each other with the support bar in-between.
2. Remove hardware from the support bar (four washers and four lock nuts). Place one end of the support bar against the head-end stand, making sure that the bolts on the end of the support bar sit in-between the stand-end and rest against the stand-end spacer block. (Pic 1.1, 1.2, 1.3)
3. Re-attach hardware to the support bar and hand-tighten to the head-end stand. Repeat this process to attach the foot-end stand to the support bar. (Pic 1.4 & 1.5)



# ASSEMBLY OF THE 2000-1 (STEP 2)

## ATTACHING 2000-1 RAILS WITH CARRIAGE TO STAND-ENDS

### STEP 2

#### ITEMS REQUIRED

2000-1 Rails  
Carriage  
Stand-End Assembly

1. Position the carriage and rails so the four bolts fit into the bolt holes on the stand ends. (Pic 2.1)
2. Add washers and hand tighten lock nuts. (Pic 2.2)
3. Check for square alignment of the stand and rails. Nudge the bottom edge of the stand-ends to align. (Pic 2.3)
4. Tighten the eight lock nuts under the rails and on each stand-end. Once tightened add nut caps to all eight lock nuts.
5. Add handles to the carriage. (Pic 2.4)

*Images on next page*

# ASSEMBLY OF THE 2000-1 (STEP 2)

STEP 2

ATTACHING 2000-1 RAILS WITH CARRIAGE TO STAND-ENDS



2.1



2.2



2.3



2.4



# ASSEMBLY OF THE 2000-1 (STEP 3)

## MOUNTING THE KICKPLATE STRUCTURE

### STEP 3

#### ITEMS REQUIRED

Kickplate Structure

1. Release the slider bars with the torque handles. Partially slide the clamp plates out of the head-end of the rails and remove the outer four bolts to make room for the kickplate structure. (Pic 3.1)
2. Align the bolt holes on the kickplate structure with the bolt holes on the clamp plate and tighten with the hardware that was just removed. (Pic 3.2)
3. Slide the clamp plates back into the head-end of the rails and secure the slider bars with the torque handles. (Pic 3.3)



3.1



3.2



3.3

# ASSEMBLY OF THE 2000-1 (STEP 4)

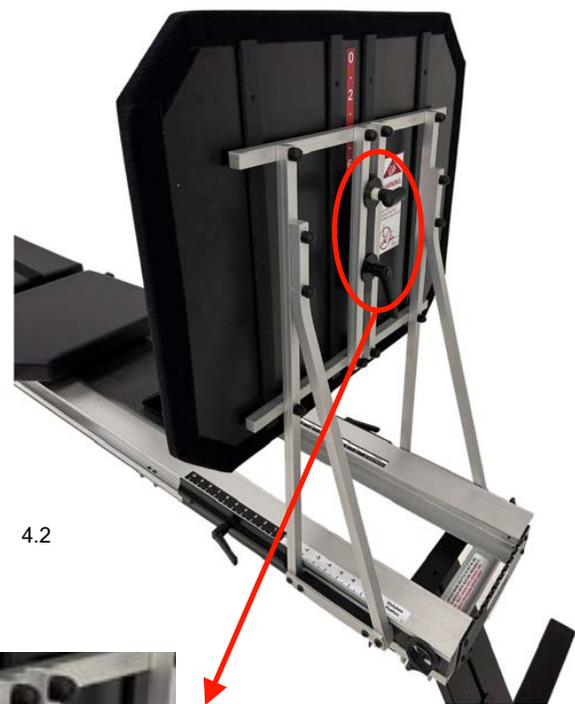
## ATTACHING THE KICKPLATE BOARD

### STEP 4

#### ITEMS REQUIRED

Kickplate Board

1. Place the kickplate into the kickplate structure with the arrow on the back, pointing up. (Pic 4.1)
2. Attach and secure the kickplate with a 2" washer and torque handle on the lower bolt, and a 2" washer, white plastic spacer, and T-handle on the top bolt. (Pic 4.2)



# ASSEMBLY OF THE 2000-1 (STEP 5)

## THE HEADREST

### STEP 5

#### ITEMS REQUIRED

Low Profile Headrest

1. Align the velcro strip on the back of the headrest with those on the carriage. Locate the desired position and press down and into place to ensure sufficient contact. (Pic 5.1)



5.1

# ASSEMBLY OF THE 2000-1 (STEP 6)

## ATTACHING THE WOBBLE BOARD (CLINICAL & CLINICAL PLUS MODELS)

### STEP 6

#### ITEMS REQUIRED

Wobble Board

1. Attach the hanger to the kickplate board and insert the wobble board into any one of the desired slots. (Pic 6.1, 6.2, 6.3)



6.1



6.2



6.3

# ASSEMBLY OF THE 2000-1 (STEP 7)

## ATTACHING THE TOWERS (CLINICAL PLUS ONLY)

### STEP 7

#### ITEMS REQUIRED

Towers  
Tower Crossbar

1. Before installing the towers make sure the red ROM (range of motion) control is placed above the rails. (Pic 7.1)
2. Remove the two bolts and two lock nuts from the tower crossbar. Align the two bolt holes in the tower crossbar with the two bolt holes at the head-end of the rail, making sure that the velcro on the tower crossbar faces away from the machine.. Secure the tower crossbar to the 2000-1 rails with the hardware. (Pic 7.2 & 7.3)
3. Loosen the bolts at the bottom of the towers and then place the towers over the black plastic blocks at the stand-ends, making sure the upper eyebolts face the kickplate. (Pic 7.4 & 7.5)
4. Remove the four washers, two bolts, and lock nuts from the towers. Line the velcro of the towers with the tower crossbar and secure with the hardware. Add nut caps to lock nuts after securing. (Pic 7.6, 7.7, 7.8)
5. Install the two rail caps from the parts bag into the head-end of the rails. It can be done with a rubber mallet. (Pic 7.9)



7.1



7.2



7.3

*More images on next page*

# ASSEMBLY OF THE 2000-1 (STEP 7)

## STEP 7

## ATTACHING THE TOWERS

7.4



7.5



7.6



7.7



7.8



7.9



# ASSEMBLY OF THE 2000-1 (STEP 8)

## ATTACHING THE PULLEYS

### STEP 8

#### ITEMS REQUIRED

Towers Bag

1. Attach the upper PNF pulleys from the towers bag to the desired height on the towers.
2. Run the end of the rope without handles through the pulleys. Start by feeding the rope through the top pulley and down through the bottom pulley. (Pic 8.1 & 8.2)
3. Locate the rope cleat on both sides of the carriage and secure the end of the rope by pushing it down and back into the rope cleat. (Pic 8.3)



8.1



8.2



8.3

# USING THE PRODUCT (ALL MODELS)

Located inside the 2000-1 carriage are 8 elasticcords at the foot-end of the machine with handles. Once the elasticcords are attached to the slotted plate at the foot-end of the carriage they engage resistance.

**Always detach the Elasticcords when the machine is not in use. This prevents premature stretching of the Elasticcords and greatly extends their life.**

Attaching Elasticcords: To increase the resistance, attach elasticcords one-by-one at the foot-end of the machine to the slotted plate on the rails.

Detaching Elasticcords: To decrease resistance, detach Elasticcords from the slotted plate and gently retract them back to the carriage.

Adjusting the Height of the Kickplate: The kickplate board can be adjusted by turning the torque handle and T-handle on the back side of the kickplate a few times to the left. Utilizing the T-handle, pull or drop the kickplate into it's desired position. Once the kickplate board is at the desired height, tighten the torque handle while continuing to hold the T-handle that way the kickplate board can be held at the desired height. Then re-tighten the T-handle to fully lock the kickplate board into the chosen position.

When the kickplate board is positioned: High- This is the best position for 90° flexion of taller individuals and unsupported heel activities. Low- This position is best for direct body alignment activities.

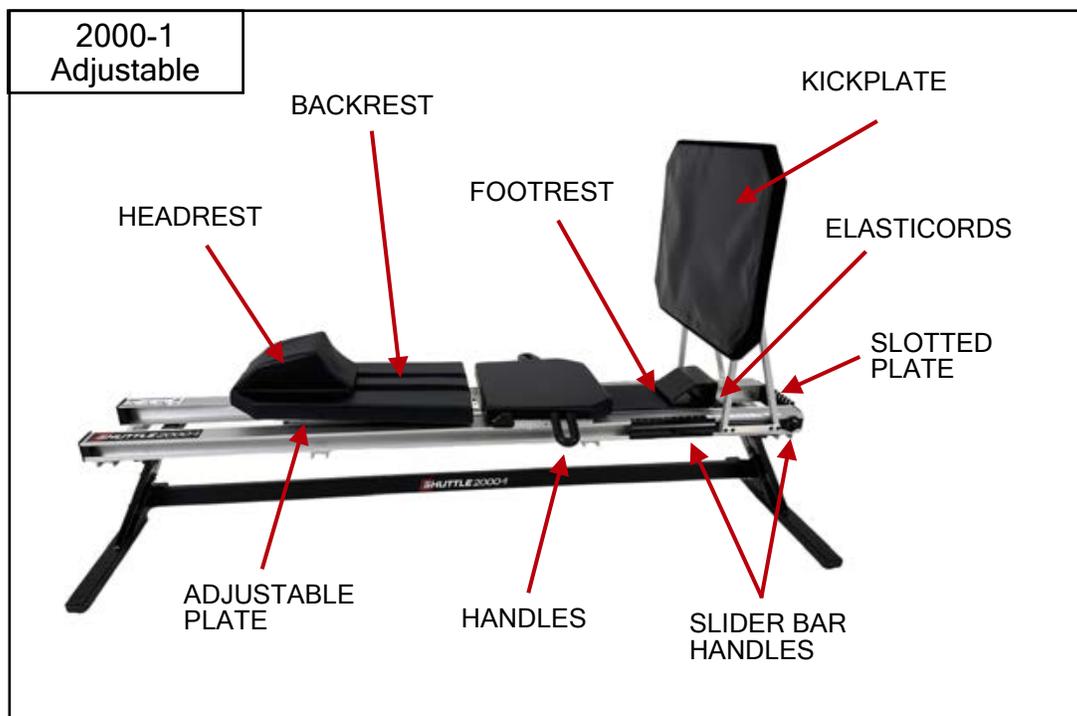
Adjusting the Position of the Kickplate: The kickplate may be adjusted closer/further from the carriage. This can be done by releasing the slider bars with the tri-knobs and torque handles found on each side of the rails. Make sure when loosening the torque handles and tri-knobs that they're not turned more than one or two turns to the left. Once both knobs and handles are loose, push or pull the kickplate structure to the desired position in the rails. Once the kickplate structure is in the desired position, re-tighten the torque handles and tri-knobs on both sides of the rails.

**Warning! Never attempt to adjust the height and position of the kickplate structure when the machine is in use. This could cause serious damage to the machine as well as the persons.**

Positioning the kickplate closer to the head-end of the rails will shorten the distance the carriage travels.

Adjusting the Headrest: The headrest is easily adjusted depending on patient size and desired exercise type. This can be done by pulling the headrest up and away from the backrest.

Adjusting the Handles: The handlebars can easily be adjusted by lifting up and securing into any of the five holes drilled next to the rope cleat.



# USING THE PRODUCT (ALL MODELS\*)

The Footrest: The footrest is located at the end of the carriage. It provides a surface to rest an uninjured foot and prevents the body from sliding on the carriage during plyometrics.

Adjusting the Backrest: The backrest adjusts to supine, 15°, and 30°. To adjust the backrest to 15° or 30°, pull up on the backrest and locate the desired plate depending on its label. Attached to each tilt plate is an operational strap at the tilt plate brace near the top of the backrest. These straps have a small grip that can be easily pulled through the brace. As you pull the chosen strap away from the backrest, the tilt plate will rise into place and the backrest will lower into place, allowing the tilt plate to catch the brace. To ensure the tilt plate sits snug against the brace, pull the connected strap taut and latch onto the velcro loop on the back of the carriage.

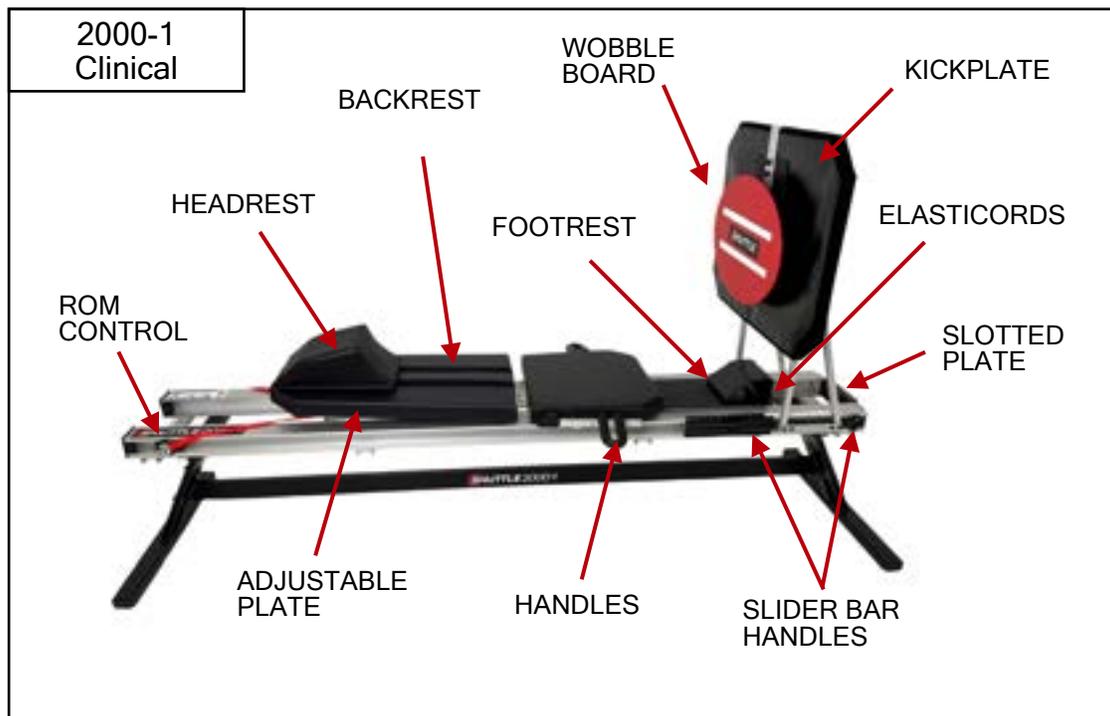
**Warning!** Never attempt to adjust the backrest when the machine is in use.

Adjusting the ROM Control: At the head-end of the carriage is a ROM control (Clinical & Clinical Plus models). To adjust the ROM control, release the silver handle and move to the desired position in the rails. Make sure to secure the ROM control handle into place before operating the machine. Moving the ROM control down the head-end of rails draws the carriage head-ward up the rails. This adjustment will decrease the angle of the user.

**Warning!** Never attempt to move the ROM control rope while the Elasticords are attached or the machine is in use, as it may move too quickly to control.

Adjusting the Wobble Board: The wobble board (Clinical & Clinical Plus) can be adjusted to three different heights on the kickplate. This can be done by lifting up on the red wobble board with one hand and holding the wobble board hanger down onto the kickplate. Once detached from the hanger, reattach the wobble board to any of the three slots in the hanger, making sure that the bolt on the back of the wobble board is secured in the hanger slot.

**Warning!** Never attempt to adjust the wobble board when the machine is in use. Never attempt to remove or attach the wobble board to the kickplate.



\* Some adjustments are only applicable to the Clinical and Clinical Plus models.

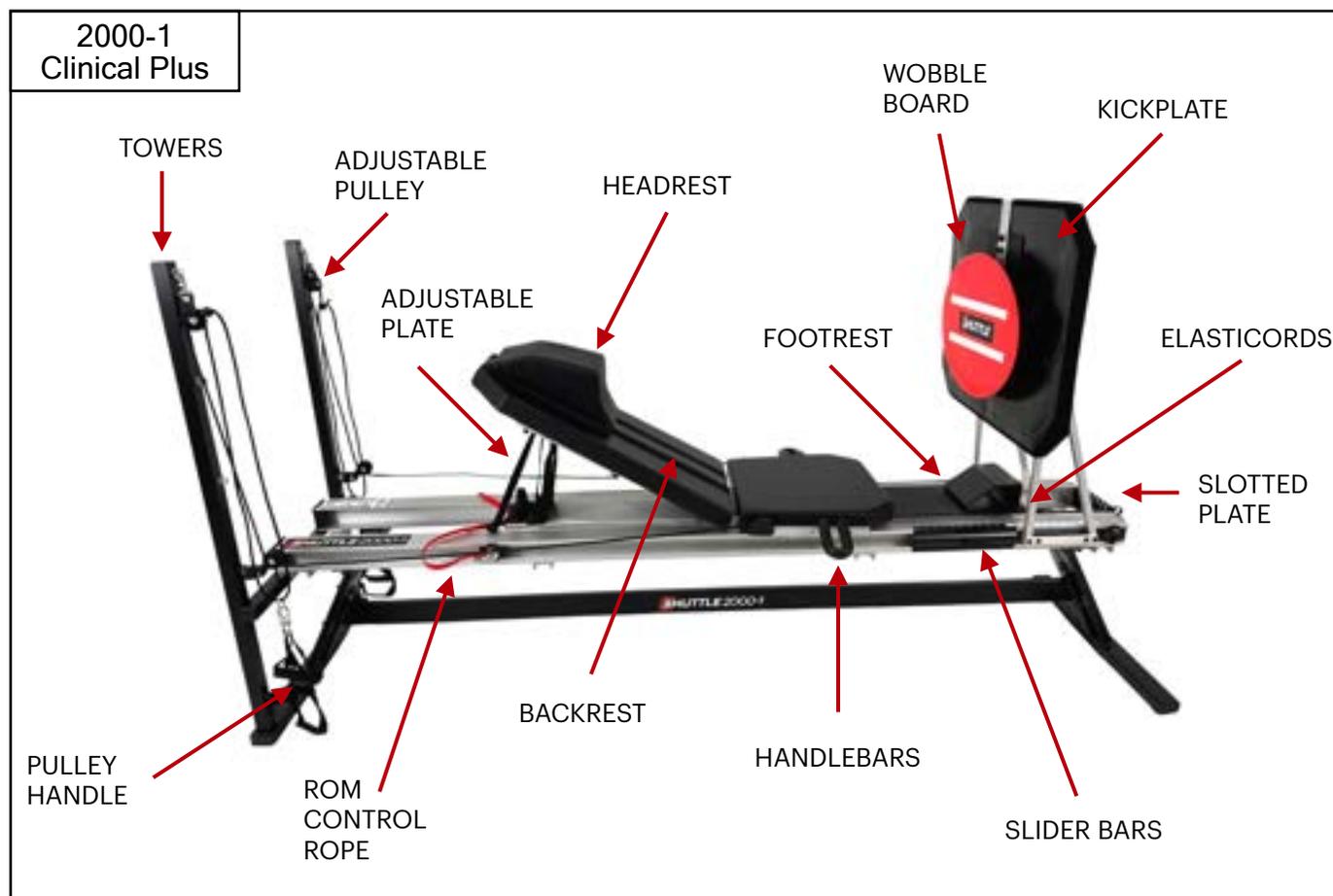
# USING THE PRODUCT (CLINICAL PLUS)

The PNF (Proprioceptive Neuromuscular Facilitation) pulley system is designed to allow upper body exercises while laying, sitting, or kneeling on the 2000-1 carriage. It can also be used while standing or sitting next to the 2000-1.

The system is designed to be adjusted in the following ways:

1. To adjust the height of the upper pulleys, release the clip and move to any of the three slots found on each tower.
2. To adjust the position of the handle, adjust the length of the rope. Do this by securing the rope in the rope cleat located on either side of the carriage. Make sure to snug the rope down into the rope cleat before use.
3. The position on the handle can also be adjusted by sliding the black plastic rope lock (found on the rope adjacent to the handle) away from or closer to the handle.

**Warning!** Never attempt to adjust the PNF pulley system when the machine is in use.



# MAINTENANCE

## Inspect Elasticords

1. Dry Elasticords - Lubricating elasticords is suggested every 6 months. A well maintained elasticord should last 3-5 years.
2. Sagging Elasticords - resulting from standard use and/or Elasticords being hooked up for long periods of time when not in use.
3. Resistance - if your elasticords feel like they are not providing the same amount of resistance

## **Part #1011 - Silicone Gel - 5.3 oz tube**

## **Part #2407 - Set of 8 Elasticords**

## Lubricate Elasticords

1. Remove the carriage.
  - Remove the plastic bumpers at the head-end of the rails.
  - Loosen and slide the ROM Control (Clinical & Clinical Plus) from both sides of the rails found at the head-end of the machine out of the rails.
  - Remove the carriage.
2. Lubricate elasticords located under the 2000-1 carriage.
  - Rub silicone gel into the elasticords. Avoid getting silicone gel on handles.
3. Re-insert carriage into the rail system.
  - Re-insert the two plastic bumpers into the rails.
  - Re-insert the ROM Control (Clinical & Clinical Plus) into the rails and secure into place by locking the quick release handles on both sides.

## Inspect Carriage Wheels

1. Remove the carriage.
  - Remove the plastic bumpers at the head-end of the rails.
  - Loosen and slide the ROM Control (Clinical & Clinical Plus) from both sides of the rails found at the head-end of the machine out of the rails.
  - Remove the carriage.
2. Flip the carriage over.
3. Visually inspect wheels for any damage (flat surfaces, damaged bearings, cracks). After visually inspecting the wheels, test them by individually rolling them. All wheels should operate smoothly.

## Inspect Upholstery

1. Make sure seams are all intact and that there is no ripping in the fabric of the backrest as well as the seat.
2. Velcro located on the bottom of the headrest and on top of the backrest should still be attached. The velcro is what holds the headrest in place and can become a safety issue if not secured.
3. Foam insert located in the headrest should still hold form. This is what creates a comfortable position when performing exercises on the 2000-1.
4. The rubber cover on the kickplate is attached with Velcro and is easily removed and replaced if it should become excessively worn. The Velcro around the edge of the kickplate allows for easy attachment of the kickplate cover and accessories such as the foot supports and proprioceptive disk. The recommended cleaning product for the kickplate cover is Simple Green.

## **Part #1410 - Universal Headrest**

## **Part #2445 - Replacement Backrest**

# MAINTENANCE (CONTINUED)

## Part #2444 - Replacement Seat

### Part #1436 - Kickplate Cover Replacement

#### Inspect Slider Bars:

1. Make sure the torque handles on each slider bar are tightening fully and securing the kickplate structure into place.
2. Make sure the tri-knobs on each slider bar are tightening fully and securing the kickplate into place.

#### Inspect Kickplate Board:

1. Make sure that the t-knob on the back of the kickplate board is securing the kickplate into place.
2. Make sure the torque handle below the t-knob is tightening fully down and that it is adding additional security to the kickplate board.

# SUPPORT

Shuttle Technical Support Service provides:

- telephone consultation
- information about which parts are covered by the warranty and which must be paid for
- supply of original spare parts.

When you contact Shuttle Technical Support Service you must give the following information:

- Product model [A]
- Date of purchase
- Serial number [B]
- Precise description of the problem

#### **Customer Service:**

##### Hours of Operation

Monday : **8 am - 5 pm** Pacific Time  
Tuesday : **8 am - 5 pm** Pacific Time  
Wednesday : **8 am - 5 pm** Pacific Time  
Thursday : **8 am - 5 pm** Pacific Time  
Friday : **8 am - 5 pm** Pacific Time

Phone: +1 (800)-334-5633

*We are closed for all major Holidays*

#### **Technical Support:**

##### Hours of Operation

Monday : **8 am - 5 pm** Pacific Time  
Tuesday : **8 am - 5 pm** Pacific Time  
Wednesday : **8 am - 5 pm** Pacific Time  
Thursday : **8 am - 5 pm** Pacific Time  
Friday : **8 am - 5 pm** Pacific Time

Phone: +1 (800)-334-5633

*We are closed for all major Holidays*

# 5 YEAR ORIGINAL EQUIPMENT WARRANTY

**REPLACEMENT PARTS:** Replacement parts from SHUTTLE SYSTEMS cardio-muscular conditioning equipment are available directly from SHUTTLE SYSTEMS. To place an order, call 1-800-334-5633. Please have the following information ready: model name and number, serial number, shipping address, and authorized payment information.

**REPLACEMENT PART WARRANTY:** SHUTTLE SYSTEMS makes every effort to assure that operating parts meet high quality and durability standard and warrants to the original retail consumer/purchaser of our parts that each such part(s) be free from defects in materials and workmanship for a period of two years from the date of parts purchase.

Wear-parts (Elasticords, rebound elastics, lock knobs, and torque handles) are warranted for one year.

**PROOF OF PURCHASE:** Please retain your dated sales receipt as proof of purchase to validate the warranty period. SHUTTLE SYSTEMS may require reasonable proof of purchase and we suggest you keep your invoice.

**LIMITED ORIGINAL EQUIPMENT WARRANTY:** SHUTTLE SYSTEMS makes every effort to assure that its products meet high quality and durability standards and warrants to the original retail consumer/purchaser of our products that each product be free from defects in workmanship and materials under normal and reasonable use and correct assembly (if assembly by consumer/purchase), as follows. Warranty does not apply to defects due directly or indirectly to misuse, abuse, negligence or accidents, repairs or alterations outside our facilities or to a lack of maintenance.

1. **LIMITED LIFETIME WARRANTY:** Bolted metal frames, stands, towers, kickplate frame and board, and carriage frame.
2. For a period of **FIVE YEARS:** Pulley systems, carriage handles, and wheels.
3. For a period of **TWO YEARS:** Upholstery, headrest, kickplate cover, harnesses, and grips.
4. For a period of **ONE YEAR:** Elasticords, rebound elastics, lock knobs, torque handles, and all other parts.

SHUTTLE SYSTEMS LIMITS ALL IMPLIED WARRANTIES THE PERIOD SPECIFIED ABOVE FROM THE DATE THE PRODUCT WAS PURCHASED AT RETAIL. EXCEPT AS STATED HEREIN, ANY IMPLIED WARRANTIES OR MERCHANTABILITY AND FITNESS EXCLUDED. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG THE IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU.

SHUTTLE SYSTEMS shall in no event be liable for death, injuries to persons or property or incidental, contingent, special or consequential damages arising from the use of our products. In administration of this warranty, SHUTTLE SYSTEMS may at its discretion request that the product or part must be returned for examination, postage prepaid, to our Bellingham facility. If such inspection discloses a defect, SHUTTLE SYSTEMS will either repair or replace the product with a comparable replacement. Neither SHUTTLE SYSTEMS dealers nor retail establishments selling this product have any authority to make any warranties or to promise remedies in addition to or inconsistent with those stated above. SHUTTLE SYSTEMS maximum liability, in any event, shall not exceed the purchase price of the product paid by the original consumer/purchaser. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.



Scan code to view our 2000-1 Parts



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YouTube Playlist

