

**SHUTTLE BALANCE**

# WELCOME TO THE FAM

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Congratulations on the purchase of your new Shuttle Balance. 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 Balance 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 Balance. 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 Balance at all times.

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

Replace any damaged or worn parts immediately. Do not use the Balance 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 Balance is for indoor use only. Do not store the Balance 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 properly.

## 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.

When using the Balance, other people must remain at 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 (STANDARD)

**Platform Dimensions:** 24" x 30"

**Dimensions:** 42" x 50"

**Floor Space Required:** 4.5' x 5'

**Load Capacity:** 400 lbs

**Rail Height:** 41"



# SPECIFICATIONS (PROFESSIONAL)

**Platform Dimensions:** 24" x 30"

**Dimensions:** 42" x 50"

**Floor Space Required:** 4.5' x 5'

**Load Capacity:** 400 lbs

**Rail Height:** 41"



# SPECIFICATIONS (SPORT)

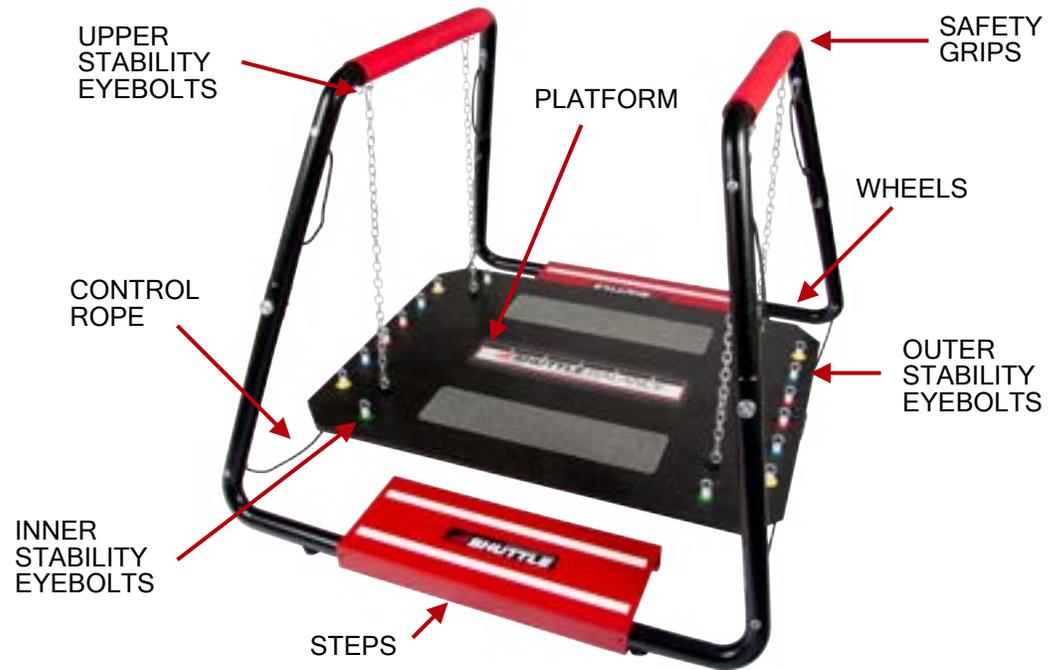
**Platform Dimensions:** 36" x 48"

**Dimensions:** 53" x 60"

**Floor Space Required:** 6' x 6.5'

**Load Capacity:** 400 lbs

**Rail Height:** 41"



# SPECIFICATIONS (SENIOR)

**Platform Dimensions:** 24" x 30"

**Dimensions:** 42" x 50"

**Floor Space Required:** 4.5' x 5'

**Load Capacity:** 400 lbs

**Rail Height:** 41"



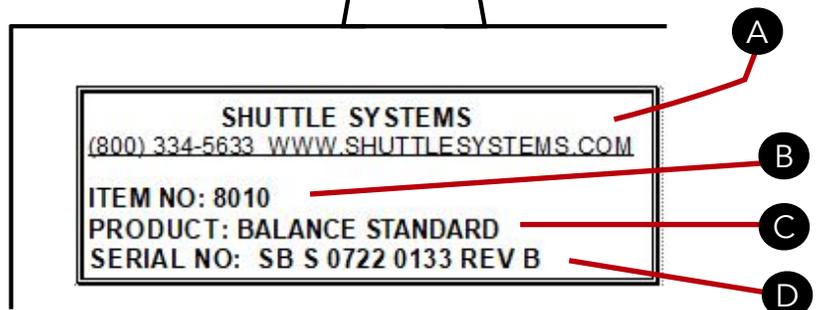
# IDENTIFICATION OF THE MANUFACTURER

A - Manufacturer's name and contact

B - Item number

C - Description of product

D - Serial number



# ASSEMBLY OF THE BALANCE

Keep in mind that the following images pertain to just one of the four available Shuttle Balance models. Your parts may appear slightly different than those in the included images, but the required steps remain the same.

The Balance Standard, Professional, and Senior will come in one box.

The Balance Sport will come in two boxes.

## 1. Balance Standard, Professional, & Senior

- Two handrail tubes
- Two bottom frame tubes
- Platform
- Four knurled knobs & four steel/rubber washers
- Two steps (Professional & Senior model)
- Manual

## 1. Balance Sport Box #1

- Two handrail tubes
- Two bottom frame tubes
- Two steps
- Manual

## 2. Balance Sport Box #2

- Platform
- Four knurled knobs & four steel/rubber washers

# ASSEMBLY OF THE BALANCE (STEP 1)

## ASSEMBLING THE HANDRAIL TUBES TO THE BOTTOM FRAME TUBES

### STEP 1

#### ITEMS REQUIRED

Handrail Tubes  
Bottom Frame Tubes

1. Remove all protective packaging from the handrail tubes.
2. Connect both handrail tubes to one bottom frame tubes, aligning the eyebolt holes. (Pic 1.1)
3. Lift both handrail tubes and attach the remaining bottom frame tube. (Pic 1.2)



1.1



1.2

# ASSEMBLY OF THE BALANCE (STEP 2)

## ATTACHING THE PLATFORM (STANDARD, PROFESSIONAL, & SPORT MODELS)

### STEP 2

#### ITEMS REQUIRED

Platform  
Knurled Knobs Bag

1. Place the platform in the middle of the frame. Remove the zip-tie and parts bag containing four knurled knobs and steel/rubber washers from the platform. (Pic 2.1)
2. Detach each chain by unclipping one carabiner from the outer eyebolt on the platform and reattach the carabiner to the outside upper stability eyebolt on the handlebar rail. Make sure not to detach the carabiners from the chain. Repeat with the remaining three chains. (Pic 2.2)
3. Remove each carabiner attached to the black control rope from the inner eyebolts on the platform. Attach the top carabiner on the control ropes to the corresponding eyebolt located on the upper side of the handrail frame. Insert the eyebolts that are attached to the control ropes, into and through the middle of the frame. Tighten down the eyebolts with a steel/rubber washer and knurled knob. The rubber end of the washers should rest against the tubes. Attach the last remaining carabiner on the black control ropes to the bottom eyebolts of the bottom frame tubes. (Pic 2.3 & 2.4)
4. Detach the carabiners that connect all four red elastics. Attach each red elastic to the bottom eyebolts on the frame. The elastic cords and control ropes should both be attached to the bottom eyebolts of the frame. (Pic 2.5)

## ATTACHING THE PLATFORM (SENIOR MODEL)

### STEP 2

#### ITEMS REQUIRED

Platform  
Parts Bag

1. Place the platform in the middle of the frame. Remove the zip-tie and parts bag containing four knurled knobs and steel/rubber washers from the platform. (Pic 2.1)
2. Detach each chain by unclipping one carabiner from the eyebolt on the platform and reattach the carabiner to the outside upper stability eyebolt on the handlebar rail. Make sure not to detach the carabiner from the chain. Repeat with the remaining three chains. (Pic 2.2)
3. Remove the carabiner attached to the black control rope from the eyebolts on the platform. Make sure not to detach the carabiners from the control ropes. Attach the carabiner on the control ropes to the corresponding eyebolt located on the bottom eyebolt of the frame tubes. (Pic 2.6)
4. Insert the eyebolts provided in the parts bag into and through the middle of the frame. Tighten down the eyebolts with a steel/rubber washer and knurled knob. The rubber end of the washers should rest against the tubes. (Pic 2.4 *without the rope going through the eyelet*)

*Images on next page*

# ASSEMBLY OF THE BALANCE (STEP 2)

## STEP 2

## ATTACHING THE PLATFORM

2.1



2.2



2.3



2.4



2.5



Blance Senior  
2.6



# ASSEMBLY OF THE BALANCE (STEP 3)

## SECURING THE STEPS TO THE FRAME

### STEP 3

#### ITEMS REQUIRED

Two Steps

1. Align the velcro strips on the bottom frame tube with the velcro on the bottom of the steps. Press the steps down firmly to secure them to the frame. The Shuttle Logo should be facing out from the platform. The steps can be placed on the inside of the frame or the outside of the frame depending on patient use. (Pic 3.1 & 3.2))



3.1



3.2

# USING THE PRODUCT (STANDARD)

Adjusting the degree of stability: The stability of the balance platform is achieved by the positioning of the chains on the platform. The chains can be positioned with the chain carabiners to the corresponding color coded stability eyebolts located on the platform.

Attaching the chains to the stability eyebolts on the utmost corners of the platform will give the patient the most stable surface.

Attaching the chains to the stability eyebolts near the center of the platform (red washers) will give the patient the most instability. This position will give the platform a “tipping” motion.

The radius of the motion may be adjusted by moving the chain carabiners on the upper stability eyebolts located underneath the safety grips.

**Warning! Never attempt to adjust the degree of stability when the equipment is in use.**

Adjusting the height and angle of the platform: Shortening the chains can create an unstable “step up” for users/patients. This can be done by moving the upper carabiners down the chain to raise the platform. The platform can then be used for an unstable “box” jump. The platform may also be raised to a “seat height” to perform core strengthening exercise.

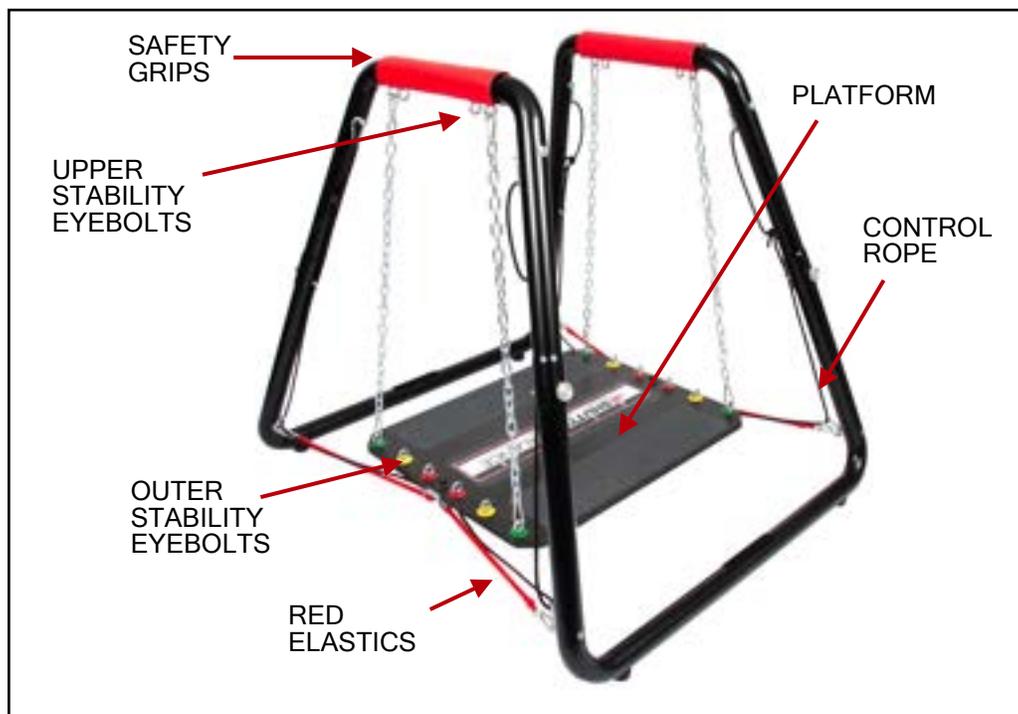
By shortening only two of the chains the platform can create an incline angle.

**Warning! Never attempt to adjust the height and/or angle of the platform when the equipment is in use.**

Adjusting the red elastics: The red elastic dampeners provide resistance to the platform when attached to the frame. If the patient desires to have a completely free swaying platform, disengage the red elastic dampeners from the frame by unclipping the carabiner from the eyebolt.

**Warning! Never attempt to adjust the elastic dampeners when the equipment is in use.**

Adjusting the range of motion: The black control ropes allows the patient to adjust the range of motion of the platform. This can be done by sliding the black plastic rope lock (found on the control rope adjacent to the safety grips) to tighten or loosen the black ropes. The main purpose is to reduce the sway for patients getting acquainted with the balance motion.



# USING THE PRODUCT (PROFESSIONAL)

Adjusting the degree of stability: The stability of the balance platform is achieved by the positioning of the chains on the platform. The chains can be positioned with the chain carabiners to the corresponding color coded stability eyebolts located on the platform.

Attaching the chains to the stability eyebolts on the utmost corners of the platform will give the patient the most stable surface.

Attaching the chains to the stability eyebolts near the center of the platform (red washers) will give the patient the most instability. This position will give the platform a “tipping” motion.

The radius of the motion may be adjusted by moving the chain carabiners on the upper stability eyebolts located underneath the safety grips.

**Warning! Never attempt to adjust the degree of stability when the equipment is in use.**

Adjusting the height and angle of the platform: Shortening the chains can create an unstable “step up” for users/patients. This can be done by moving the upper carabiners down the chain to raise the platform. The platform can then be used for an unstable “box” jump. The platform may also be raised to a “seat height” to perform core strengthening exercise.

By shortening only two of the chains the platform can create an incline angle.

**Warning! Never attempt to adjust the height and/or angle of the platform when the equipment is in use.**

Adjusting the red elastics: The red elastic dampeners provide resistance to the platform when attached to the frame. If the patient desires to have a completely free swaying platform, disengage the red elastic dampeners from the frame by unclipping the carabiner from the eyebolt.

**Warning! Never attempt to adjust the elastic dampeners when the equipment is in use.**

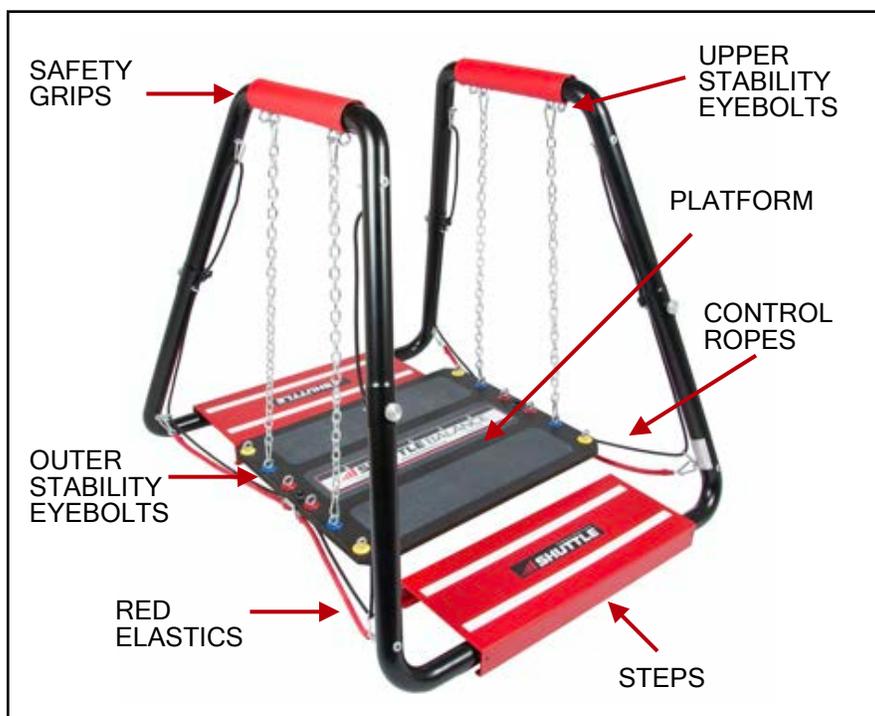
Adjusting the range of motion: The black control ropes allows the patient to adjust the range of motion of the platform. This can be done by sliding the black plastic rope lock (found on the control rope adjacent to the safety grips) to tighten or loosen the black ropes. The main purpose is to reduce the sway for patients getting acquainted with the balance motion.

Adjusting the steps: The steps should be secured to the inside of the frame tubes, unless specified below. This provides more security when performing exercises and a place to step when walking on and off the platform.

The steps should be secured to the outside of the bottom frame tube when the platform is adjusted to the center (red) stability eyebolts.

When performing upper body exercises the steps may be fully removed from the frame, giving room for a patient to rest their knees on the ground.

**Warning! The steps must be firmly secured to the frame tubes before beginning a workout that involves stepping onto the platform.**



# USING THE PRODUCT (SPORT)

Adjusting the degree of stability: The stability of the balance platform is achieved by the positioning of the chains on the platform. The chains can be positioned with the chain carabiners to the corresponding color coded stability eyebolts located on the platform.

Attaching the chains to the stability eyebolts on the utmost corners of the platform will give the patient the most stable surface.

Attaching the chains to the stability eyebolts near the center of the platform (red washers) will give the patient the most instability. This position will give the platform a “tipping” motion.

The radius of the motion may be adjusted by moving the chain carabiners on the upper stability eyebolts located underneath the safety grips.

**Warning! Never attempt to adjust the degree of stability when the equipment is in use.**

Adjusting the height and angle of the platform: Shortening the chains can create an unstable “step up” for users/patients. This can be done by moving the upper carabiners down the chain to raise the platform. The platform can then be used for an unstable “box” jump. The platform may also be raised to a “seat height” to perform core strengthening exercise.

By shortening only two of the chains the platform can create an incline angle.

**Warning! Never attempt to adjust the height and/or angle of the platform when the equipment is in use.**

Adjusting the red elastics: The red elastic dampeners provide resistance to the platform when attached to the frame. If the patient desires to have a completely free swaying platform, disengage the red elastic dampeners from the frame by unclipping the carabiner from the eyebolt.

**Warning! Never attempt to adjust the elastic dampeners when the equipment is in use.**

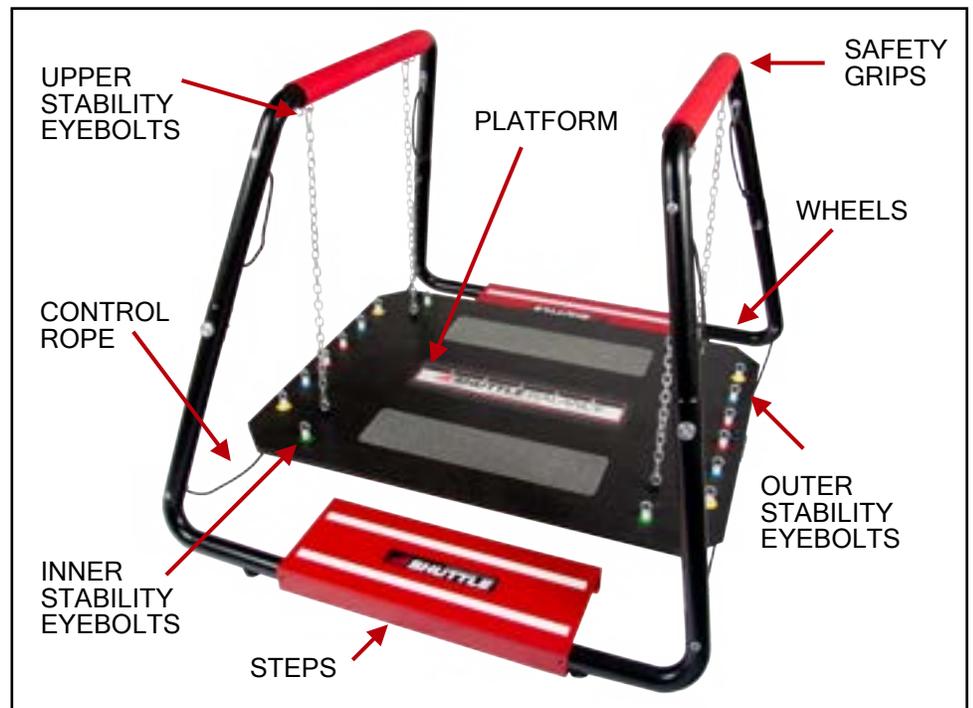
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Adjusting the steps: The steps should be secured to the inside of the frame tubes, unless specified below. This provides more security when performing exercises and a place to step when walking on and off the platform.

The steps should be secured to the outside of the bottom frame tube when the platform is adjusted to the center (red) stability eyebolts.

When performing upper body exercises the steps may be fully removed from the frame, giving room for a patient to rest their knees on the ground.

**Warning! The steps must be firmly secured to the frame tubes before beginning a workout that involves**



# USING THE PRODUCT (SENIOR)

Adjusting the range of motion: The black control ropes allows the patient to adjust the range of motion of the platform. This can be done by sliding the black plastic rope lock (found on the control rope adjacent to the safety grips) to tighten or loosen the black ropes. The main purpose is to reduce the sway for patients getting acquainted with the balance motion.

The radius of motion may be adjusted by moving the chain carabiners on the upper stability eyebolts located underneath the safety grips.

**Warning!** Never attempt to adjust the chain carabiners when the equipment is in use.

Adjusting the steps: The steps should be adjusted to the inside of the frame tubes. This provides more security when performing exercises and a place to step when walking on and off the platform.

When performing upper body exercises the steps may be fully removed from the frame, giving room for a patient to rest their knees on the ground.

**Warning!** The steps must be firmly secured to the inside of the frame tubes before beginning a workout that involves stepping onto the platform.



# MAINTENANCE

## Inspect Upholstery

1. Make sure seams are all intact and that there is no ripping or cracks in the fabric of the safety grips as well as the chain covers (if applicable).
2. Velcro is located on the bottom of the steps. The velcro is what holds the steps in place. The velcro loop on the frame tubes will lose grip over time and become a safety issue if the steps are not firmly secured.
3. The recommended cleaning product for all upholstery: common household and antibacterial cleaners. Avoid alcohol based cleaners.

### **Part #8031A - Vinyl Chain Covers**

### **Part #8012A - Balance Steps (Set of 2)**

## Inspect Wheels\*

There are two wheels located on the outside of one of the bottom frame tubes. Visually inspect wheels for any damage (flat surfaces, damaged bearings, cracks). After visually inspecting the wheels, test them by individually rolling them. Both wheels should operate smoothly for easier transportation of the machine.

\*Wheels are original equipment on the Balance Sport. They may be purchased as an accessory for the other Balance models.

### **Part #8024 - Balance Wheel Kit**

## Elastic Dampener Maintenance

1. Lubricating elastic dampeners is suggested every 6 months. A well maintained elastic dampener should last 3 to 5 years.
2. Sagging Elastics - This can result from normal wear and tear and only needs to be replaced if you are not receiving the resistance you require.
3. Cracked, dry, or pitted elastics - This is a sign that your elastic dampeners are worn-out which could result in an elastic breaking when in use and should be replaced immediately.

### **Part #1011 - Silicone Gel**

### **Part #8016A - Red Elasticords for Balance Standard & Professional (Set of 4)**

### **Part #8062 - Red Elasticords for Balance Sport (Set of 4)**

# TREATMENT PROGRESSION



Step onto the balance platform facing forward, feet shoulder width apart.

Release hold on the safety grips while keeping the platform still.



Move eyes and head, looking at different fixed points.

Reach and touch a feed point: Catch a ball, pull a therapy band, throw a ball against a rebounder, or move free weights.



Foot Positions: Feet-in-line, one behind the other.

Single leg balancing



# TREATMENT PROGRESSION



Rotate on the balance board one complete turn (360°)



Repeat the last protocol facing the handrail.



Rotate a complete turn with eyes closed.



Perturbation: Standing behind the patient, gently rocking or moving the platform.



Use a therapy band to provide resistance.



Jump on, stick landing, and then jump off. (Remove Balance Steps)

# 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.

# 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
- Serial number
- 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

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**Made in the  
USA**



Scan code to view our Balance  
Parts



Scan code to view our Balance  
YouTube Playlist

