

 **SHUTTLE** RECOVERY

WELCOME TO THE FAM

Congratulations on the purchase of your new Shuttle Recovery. 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 Recovery you can give us a call at +1 (800)-334-5633, email us at customerservice@shuttlesystems.com, or chat with us via live chat at 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 Recovery. 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 Recovery at all times.

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

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

Dimensions: 31"W x 98"L

Floor Space Required: 3'W x 10'L

Carriage Capacity: 600 lbs

Max Resistance:

Standard: 150 lbs*

Sport: 300 lbs*

Total Elasticords:

Standard: (5) Total Elasticords;

(1) 12 lb Elasticord

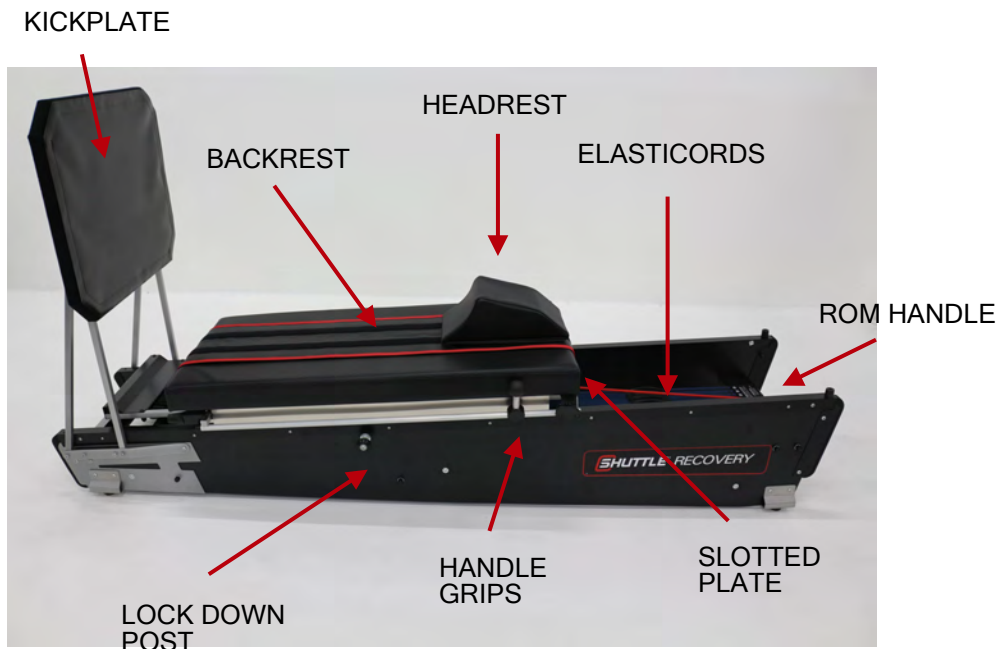
(4) 25 lb Elasticords

Sport: (8) Total Elasticords

(1) 12 lb Elasticord

(7) 25 lb Elasticords

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



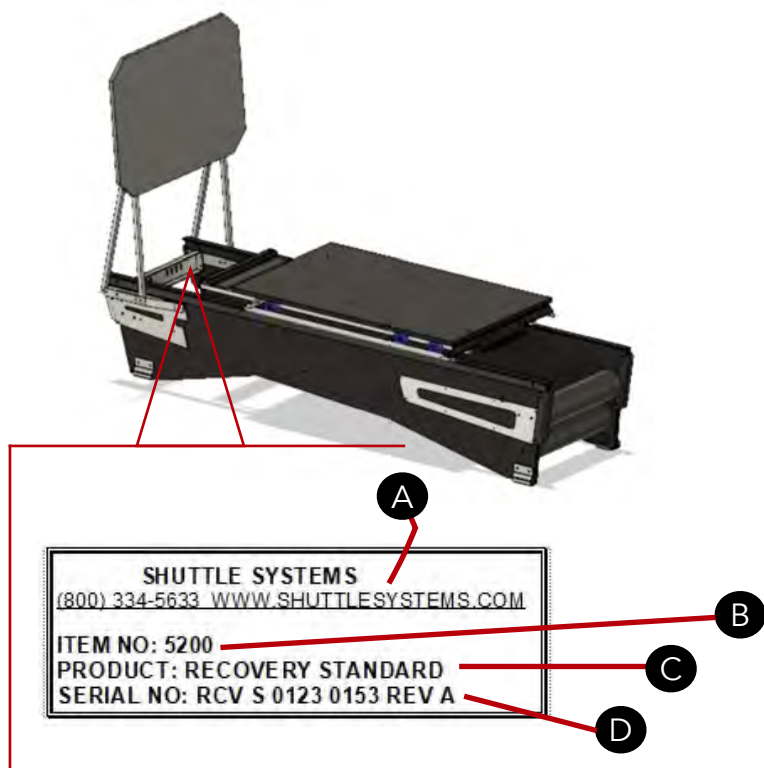
IDENTIFICATION OF MANUFACTURER

A - Manufacturer's name and contact

B - Item number

C - Description of product

D - Serial number



ASSEMBLY OF THE RECOVERY

Assembly of the Recovery requires two people

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

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

The Recovery will come in two boxes:

1. Rails and Kickplate Structure

- X-brace (Sport model)
- Kickplate structure
- Elasticcords (Standard model: 5 | Sport model: 8)
- 8-slot bracket with foam
- Elastic Lanyard Mounting Bracket
- Manual & Parts Bag
- Two rails

2. Carriage Box

- Carriage
- Kickplate board
- Three spacer tubes
- Headrest

It is important to become familiar with the expressions "foot-end" and "head-end", as they indicate orientation for the various steps and structures.

Kickplate Structure
(Foot-End)



Head-End

ASSEMBLY OF THE RECOVERY (STEP 1)

ASSEMBLING THE RAIL FRAME

STEP 1

ITEMS REQUIRED

RH Frame Panel (rail)
Cardboard Packing Blocks (provided)

1. Locate the right hand (RH) rail, this panel has labeled holes RH1, RH2, A & B.
2. Lay the RH Rail against one of the boxes it came in. We recommend using the lid of box 2 as it is a bit taller and easier for assembly. (Pic 1.1)

1.1



ASSEMBLY OF THE RECOVERY (STEP 2)

ATTACHING THE FOOT-END BRACKET

STEP 2

ITEMS REQUIRED

Foot-End Bracket
1/2 Inch Wrench
Allen Wrench

1. Locate the two bolt holes labeled RH1 in the foot-end of the frame panel. Remove the nuts from the bolts and set aside. (Pic 2.1)
2. Locate the foot-end bracket (aluminum bracket with keyholes). Set aside foam retainer strip located inside the bracket for later use. With the bracket oriented with the serial number sticker facing away from the frame panel. (Pic 2.2)
3. Place the two 5/16" bolts up through the lower and upper holes in the bracket and lightly reattach the 5/16" nuts with a 1/2" wrench. (Pic 2.3)

2.1



2.2



2.3



ASSEMBLY OF THE RECOVERY (STEP 3)

ATTACHING THE SPACER TUBES

STEP 3

ITEMS REQUIRED

Three Spacer Tubes
Parts Bag #1

1. Locate the three black spacer tubes labeled A, A, and B. Set them next to their corresponding location next to the rail. (Pic 3.1)
2. Open parts bag #1. Add washers to three of the six 1-1/2" x 1/4-20 bolts and slide through the outside of the board so that the bolts stick out through the inside of the RH rail. (Pic 3.2 & 3.3)
3. Grab the corresponding tube that goes with the inside letter and hand tighten the bolt into the tube. Make sure tube B (tube with velcro) is facing up when tightening. (Pic 3.4)



3.1



3.2



3.3



3.4

ASSEMBLY OF THE RECOVERY (STEP 4)

ATTACHING ELASTIC LANYARD MOUNT

STEP 4

ITEMS REQUIRED

Elastic Lanyard Mount
Parts Bag #2

1. Grab the elastic lanyard mount with parts bag #2 (This component will be wrapped in foam and should have the letter 'S' on it). Line up the mount so that the RH2 stickers pair up. (Pic 4.1)
2. Grab two of the 1-1/2"x 5/16 bolts and stick them through the mount and RH rail so the bolts protrudes outward. (Pic 4.2)
3. Add washers to the protruding bolts and hand tighten the two nuts. (Pic 4.3)
4. Complete RH side rail with the three tubes, lanyard mount (RH2), and keyhole bracket connected (RH1). (Pic 4.4)



4.1



4.2



4.3



4.4

ASSEMBLY OF THE RECOVERY (STEP 5)

ATTACHING LEFT HAND SIDE PANEL

STEP 5

ITEMS REQUIRED

Left Hand Rail

1/2 Inch Wrench

Allen wrench

1. Grab the remaining rail and repeat the process form steps 2-4 for attaching the LH rail to the three tubes, lanyard mount, and keyhole bracket. (Pic 5.1 & 5.2)



5.1



5.2

ASSEMBLY OF THE RECOVERY (STEP 6)

INSTALLING THE PLYOMETRIC X-BRACE (**SPORT MODEL ONLY**)

STEP 6

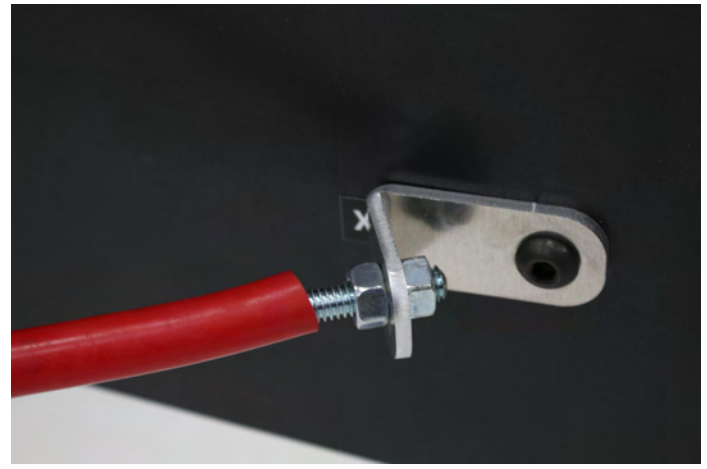
ITEMS REQUIRED

Two Red Rubber Rods

1. Locate the two red rubber coated rods that will make up the x-brace support system.
2. Remove the outermost nuts and washers from the bolt at the end of the vent metal bracket (four nuts, and four washers) and set aside.
3. Place the rods in an X configuration between the holes on each side of the rail frame. Insert the four black 1/16" oxide bolt through the labeled X-brace holes so that they protrude outwards. Grab the four washers and nuts and reattach to the bolts on the outside of the frame. Tighten the four black 5/16" oxide bolts to the outside of the frame. NOTE: It does not matter which rod crosses over the other.
4. Come back to this step after you have finished adding the kickplate structure and have tightened all the outside bolts.
5. We want the x-brace to be under tension. Therefore make sure to tighten the outer nuts first on all four ends. Ensure you have some threads sticking past the outer nut. Then make sure to tighten the inner nut against the bracket to lock the x-brace into place. (Pic 6.1 & 6.2)



6.1



6.2

Inner Nut

Outer Nut

ASSEMBLY OF THE RECOVERY (STEP 7)

ATTACHING THE KICKPLATE FRAME

STEP 7

ITEMS REQUIRED

Kickplate Frame
Allen Wrench
Parts Bag #3

1. Locate the two aluminum kickplate support bars.
2. On both sides of the frame, remove the two outermost 5/16" bolts from the external bracket. (Pic 7.1 & 7.2)
3. Place both kickplate support bars with the forked end down, and the sloped bar oriented toward the end of the rail frame.
4. Slide the kickplate support bar down between the outside of the frame and the external support plate.
5. Insert the four 5/16" bolts (two on each side) into the support plate and through the kickplate support bars and rail. Hand tighten the 5/16" nuts to the bolt.
6. Once all four bolts and nuts have been attached, tighten them down to secure the kickplate frame.
7. Now that the kickplate structure has been attached go back and tighten all the bolts that are hand tightened (some may have already been tightened). This should include the kick plate structure, footed keyhole bracket, and the x-brace bracket.
8. For tightening the x-brace, refer to Step 6 for information own correct installation.
9. Use Parts Bag #3 and add the nut caps to the remaining exposed nuts on the machine only after every bolt is tightened. (Pic 7.3)



ASSEMBLY OF THE RECOVERY (STEP 8)

INSTALLING THE ELASTICORDS

STEP 8

ITEMS REQUIRED

Elasticords
Two Plastic Barbells

1. Locate the elasticords and the two barbells (4.5" plastic rods with pink plastic caps).
2. Determine what model you purchased. NOTE: If you purchased a Standard Recovery model then you should have received 5 elasticords (one silver 12-lb & four navy 25-lb). To correctly install on the standard, you should have three lanyards to one barbell and the remaining two lanyards to the other barbell as shown below. (Pic 8.1)
3. Starting with the silver 12-lb elasticord, thread several inches of the nylon webbing through the elastic lanyard mount (RH2)(. Pic 8.2)
4. Going from left to right from the head-end stand, thread the barbell through four (three for Standard Recovery) of the looped end of the nylon cords, pull them in the opposite direction you threaded them into the elastic lanyard mounting. Make sure that the barbells lay against the underside of the elastic lanyard plate after being pulled taught. (Pic 8.3)
5. At the foot-end of the frame, pull the metal end of the gray elasticord through the corresponding keyholes in the foot-end bracket. (Pic 8.4)
6. Repeat with the remaining elasticords.



8.1

More pictures on the next page

ASSEMBLY OF THE RECOVERY (STEP 8)

INSTALLING THE ELASTICORDS

STEP 8



Standard model lanyard setup



8.

Sport model lanyard setup



8.3



8.4

ASSEMBLY OF THE RECOVERY (STEP 9)

INSERTING ELASTICORD FOAM RETAINER & INCREASING CORD LONGEVITY

STEP 9

ITEMS REQUIRED

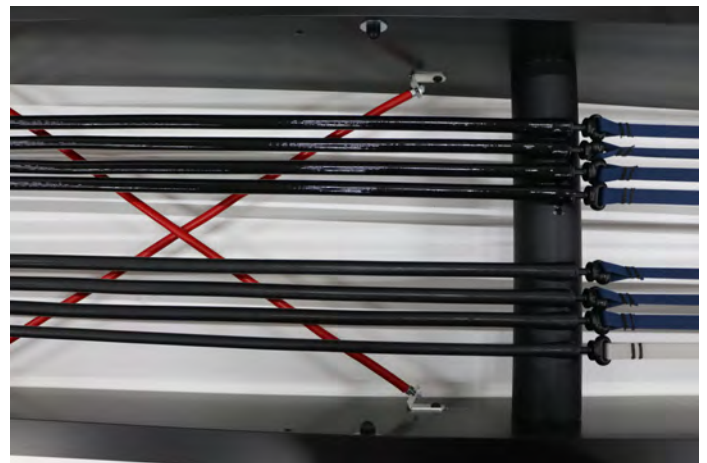
Foam Retainer
Silicone Gel
Gloves (recommended)

1. Reinstall the elasticord foam retainer into the foot-end bracket. (Pic 9.1)
2. Use the silicone gel from the parts bag and rub the rubber cords to prolong their life. Cords should look glossy after application. Tip: Use gloves. (Pic 9.2)

9.1



9.2



9.2

ASSEMBLY OF THE RECOVERY (STEP 10)

ATTACHING THE KICKPLATE BOARD

STEP 10

ITEMS REQUIRED

Kickplate
7/16 Wrench

1. Remove the nuts from the bolts on the back of the kickplate. Place the kick plate into the four holes on the upright kick plate support bars.(Pic 10.1)
2. Secure the kickplate by reattaching the nuts. Once fully tightened, cover the exposed nuts with the nut caps provided in the bag.

9.1



ASSEMBLY OF THE RECOVERY (STEP 11)

INSERTING THE CARRIAGE

STEP 11

ITEMS REQUIRED

Carriage

1. Unscrew and set aside the two black rubber bumpers located on the top of the head-end of each rail. (Pic 11.1 & 11.2)
2. Carefully slide the carriage onto the rail frame, making sure that the blue wheels slide on the top of the rails and the black wheels below the rails. Make sure the red ball and cord are hanging outside the machine. (Pic 11.3)
3. Standing at the head-end of the machine grab the loose red cord and place it into the ClamCleave. To lock the rope in place, pull the rope in the direction of the foot-end. (Pic 11.4)

Tip: When installing the carriage, make sure to leave the ROM rope as is. Do not detach it from the underside of the carriage, and do not remove the donut ring. This will create less confusion during installation



11.1



11.2



11.3



11.4

ASSEMBLY OF THE RECOVERY (STEP 12)

ATTACHING THE HEADREST

STEP 12

ITEMS REQUIRED

Headrest

1. Attach the headrest to the velcro backrest cover either with the curved shoulder supports forward, which will give the head a slight upward support, or reverse which will allow the head to be lower. (Pic 12.1)



12.1

USING THE PRODUCT

Attaching Elasticords: Located between the Recovery rails are five to eight elasticords. They are at the head-end of the machine with colored lanyards. To engage the elasticords grasp the middle of the lanyard (one at a time) and pull back towards the head-end stand preferably using your body weight. Slip the exposed plastic white knob at the end of the elasticord into at the corresponding slot at the head-end of the carriage to engage the elasticord.

Warning! If you grasp the lanyard too close to the plastic white knob you risk pinching your fingers.

Detaching Elasticords: To disengage resistance, grasp the middle of the lanyard (one at a time) and pull back towards the head-end stand and drop it down below the carriage.

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

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.

The footrest is located at the end of the carriage. It provides a surface to rest an uninvolved foot.

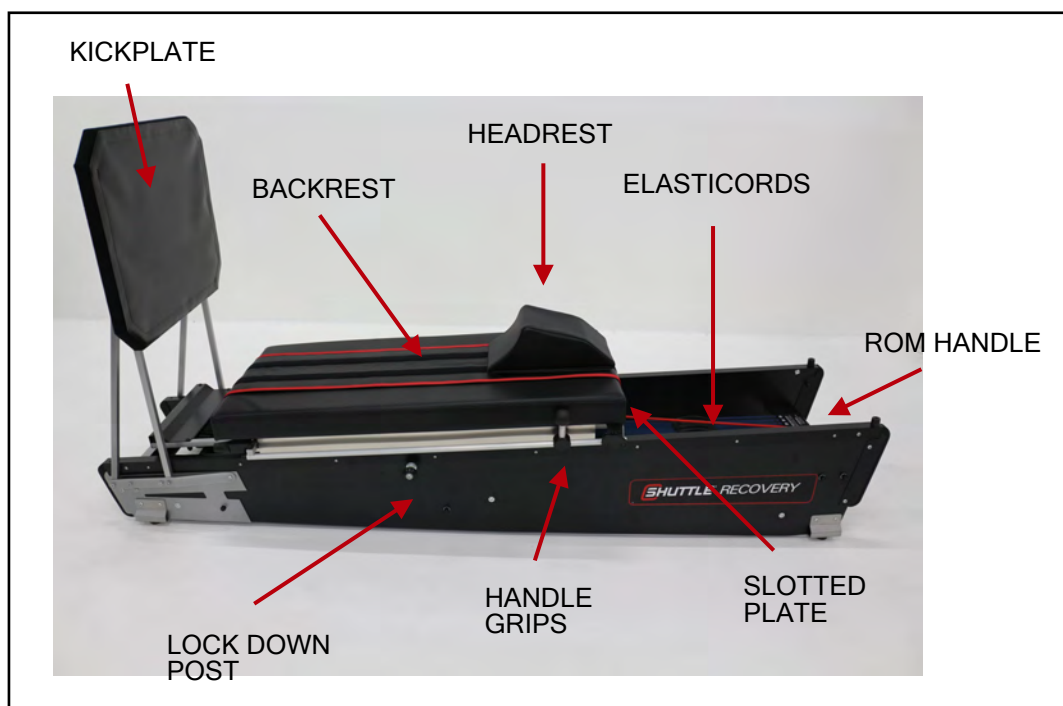
Adjusting the ROM (Range of Motion) Control: At the head-end of the carriage is the ROM control handle. To adjust the position of the carriage in relation to the kickplate pull the handle from the support tube velcro. When the carriage is in the desired position, firmly reattach the ROM handle by wrapping it around the velcro portion of the support tube. This adjustment can be used to change the flexion angle of the knee without repositioning the patient/user on the carriage. When the ROM control is engaged it will limit the total travel of the carriage, it is important to release the ROM when the machine is being used for Plyometric jumping.

Warning! Never attempt to move the ROM handle while the elasticords are attached or the machine is in use, as the handle may move too quickly to control.

Adjusting the Handle Grips: The hand grips are easily adjusted by twisting the knobs counter-clock-wise and moving to desired position. Secure by twisting clockwise.

Engaging Carriage Lock Down:

The hand grips also serve as the carriage lock down. To engage, loosen the handle grips and rotate them down to engage on the head-end lock Down post located on either Side of the frame. This post is Located mid-frame. You will want to position the hand grips so the carriage is positioned at the midpoint of the rails. This will allow for a comfortable transfer of your patient.



MAINTENANCE

Elasticord Maintenance

1. Lubricating elasticords is suggested every 6 months. A well maintained elasticord should last 3 to 5 years.
2. Sagging Elasticords - 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 elasticords - This is a sign that your elasticords are worn-out which could result in an elasticord breaking when in use and should be replaced immediately.

Part #1011 - Silicone Gel

Part #5209 - Set of 8 Elasticords

Lubricate Elasticords

1. Remove the carriage.
 - Remove four eyebolts from inside the Recovery rails.
 - Remove knee bumpers from the end of the the Recovery rails.
 - Remove the carriage.
2. Lubricate elasticords located in the Recovery rails.
 - Apply silicone gel to the rubber portion of the Recovery elasticords
3. Re-insert carriage into the Recovery rails.
 - Gently glide the carriage onto the rails, making sure that the blue wheels sit on top of the rails and that the black wheels go inside the rail frame.
 - Re-insert four eyebolts into the inside of the MVP rails. For more help refer to Step 10 (Page 13 & 14).
 - Re-insert knee bumpers to the end of the Recovery rails.

Inspect Carriage Wheels

1. Remove the carriage.
 - Remove four eyebolts from inside the Recovery rails.
 - Remove knee bumpers from the end of the the Recovery 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 Rebound Elastic

As the carriage rolls to either end of the track, the rebound elastic provides a soft stop by resisting the two black rebound ropes from separating. If the rebound elastic becomes damaged, it can easily be replaced by unclipping the two mini carabiners from the black rebound ropes. It is important to note the placement of the rebound elastic is on the black ropes between the attach point on the carriage and the first eye bolts.

Replacing Handles

Release Recovery handles by twisting counter-clock-wise until fully released from the frame. Make sure to keep the spacer located inside the black puck. The spacer is *not included* with the purchase of a new Recovery lateral handle. When replacing the handle, insert the spacer back into the black puck. The spacer should lay flat before twisting the handle clockwise to secure it in place. Make sure when securing the new handle, that it doesn't strip the threads in the plastic black puck.

Inspect Upholstery

1. Make sure seams are all intact and that there is no ripping or cracks in the fabric of the backrest as well as the headrest.
2. Velcro is located on the bottom of the headrest and on the backrest. The velcro is what holds the headrest in place. The velcro loop on the backrest will lose grip over time and become a safety issue if the headrest is not firmly secured.

MAINTENANCE (CONTINUED)

3. The foam insert located in the headrest should still hold form.
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.
5. The recommended cleaning product for all upholstery: common household and antibacterial cleaners. Avoid alcohol based cleaners.

Part #1410 - Universal Headrest Complete with foam

Part #5305 - Replacement Backrest Cover

Part #1436 - Kickplate Cover Replacement

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

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

We are closed for all major Holidays

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parts



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