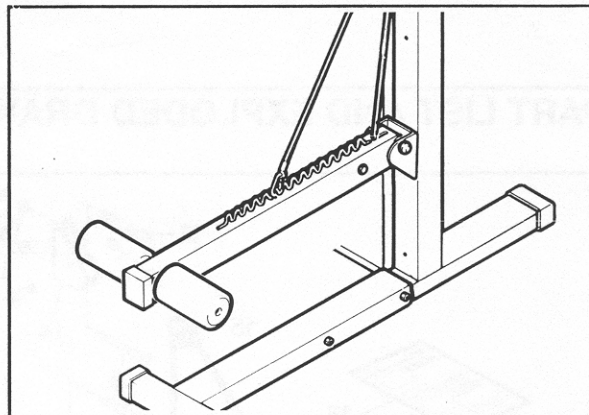


Congratulations for purchasing the CONNEXION BODY LIFT for your system. Please read these instructions carefully before assembling the BODY LIFT. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number (WL065310) when calling.



ASSEMBLY

Remove all parts from the packing carton. **Make sure that all parts are included before disposing of the packing materials.** Assembly can be completed using two adjustable wrenches and a hammer (not included).

IMPORTANT: If the CONNEXION STEPPER is attached to your system, it must be removed temporarily while the CONNEXION BODY LIFT is attached. The BODY LIFT is designed to be used with the CONNEXION VKR, and should be attached on the same side as the VKR. The BODY LIFT fits on a variety of systems. Your system may differ slightly from the system shown in the drawings below.

1. Turn the Body Lift Bracket (10) so that the holes in the sides of the Bracket are toward the top. Attach the Bracket to the frame of your system with two Bolts (13), Washers (11) and Nuts (12).

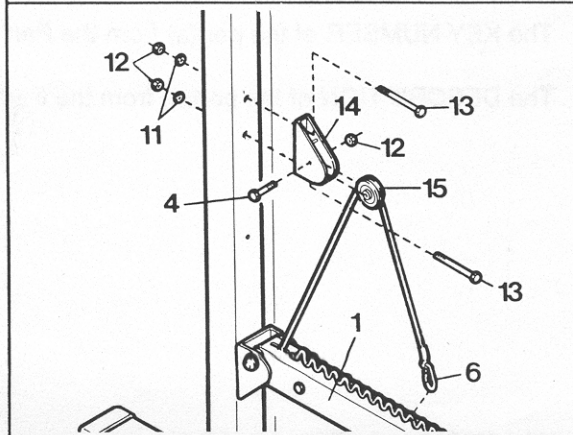
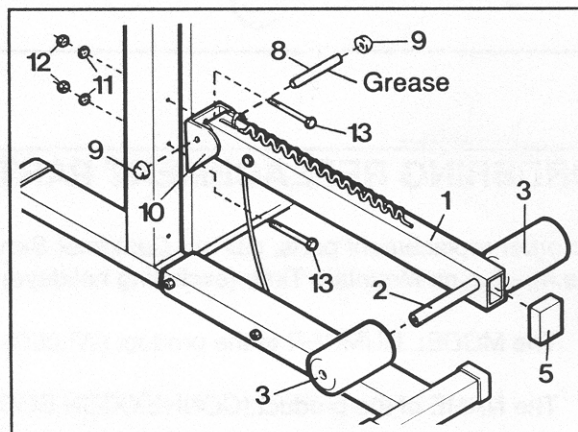
Liberal grease the Axle (8). Tap an Axle Cap (9) onto one end of the Axle. Turn the Body Lift Arm (1) so that the loops are on top, and align the holes in the Arm with the holes in the Body Lift Bracket (10). Insert the Axle through the Bracket and Arm. Tap the other Axle Cap onto the end of the Axle.

Center the Foam Mount Tube (2) in the Body Lift Arm (1). Slide a Pad (3) onto each end of the Tube. Slide the Body Lift Endcap (5) onto the Arm.

2. Attach the Pulley Bracket (14) to the frame of your system with two Bolts (13), Washers (11) and Nuts (12).

Wrap the cable protruding from the Body Lift Arm (1), around the Pulley (15). Attach the Pulley to the Pulley Bracket (14) with the Short Bolt (4) and a Nut (12). Clip the Cable Clip (6) onto the end of the cable, and then clip the Cable Clip onto one of the loops on the Arm.

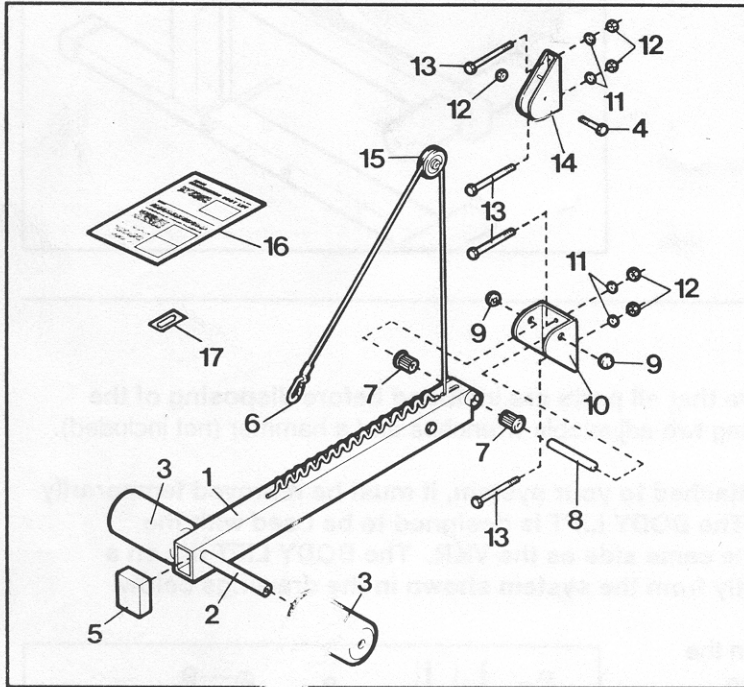
If you have a CONNEXION STEPPER, it can now be attached to your system.



RESISTANCE ADJUSTMENT

The resistance (amount of lift) of the CONNEXION BODY LIFT can be adjusted as desired. To change the resistance, simply move the cable clip to a different loop on the body lift arm. The farther away from the frame the link is moved, the greater the resistance will be.

PART LIST AND EXPLODED DRAWING - Model No. WL065310



Key No.	Qty.	Description
1	1	Body Lift Arm
2	1	Foam Mount Tube
3	2	Foam Pad
4	1	Short Bolt
5	1	Body Lift Endcap
6	1	Cable Clip
7	2	Bushing
8	1	Axle
9	2	Axle Cap
10	1	Body Lift Bracket
11	4	Washer
12	5	Nut
13	4	Bolt
14	1	Pulley Bracket
15	1	Pulley
16	1	Owner's Manual
17	1	Grease

ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday -Friday, 6 a.m. - 6 p.m. Mountain Time (excluding holidays). When ordering parts, please give the following information:

1. The MODEL NUMBER of the product (WL065310).
2. The NAME of the product (CONNEXION BODY LIFT).
3. The KEY NUMBER of the part(s) from the Part List.
4. The DESCRIPTION of the part(s) from the Part List.