

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

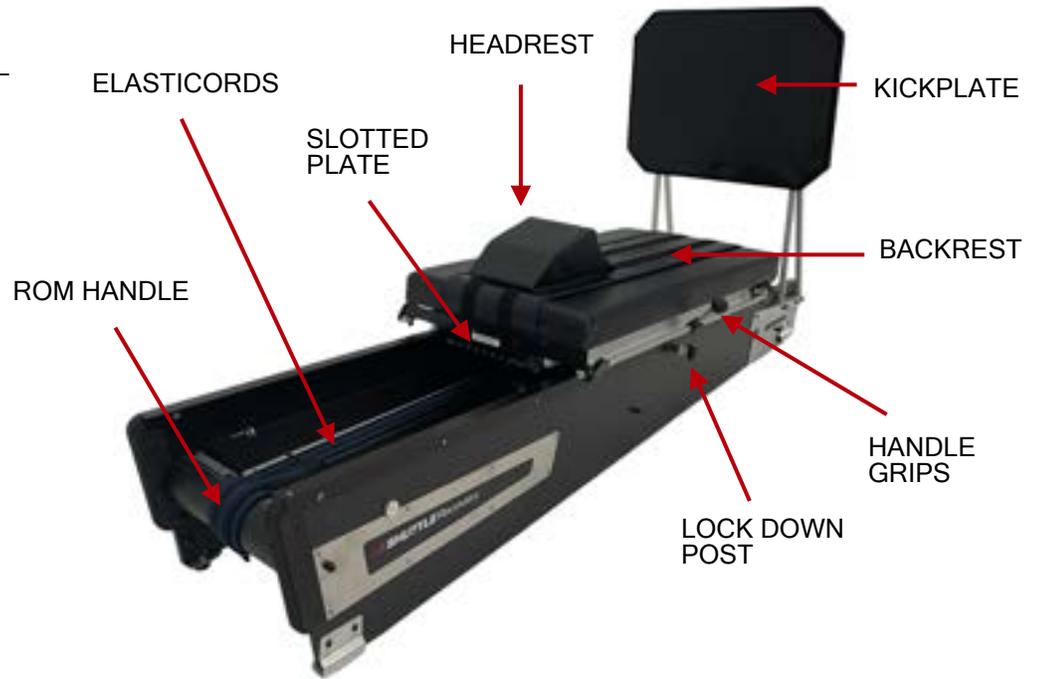
(4) 25 lb Elasticords

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



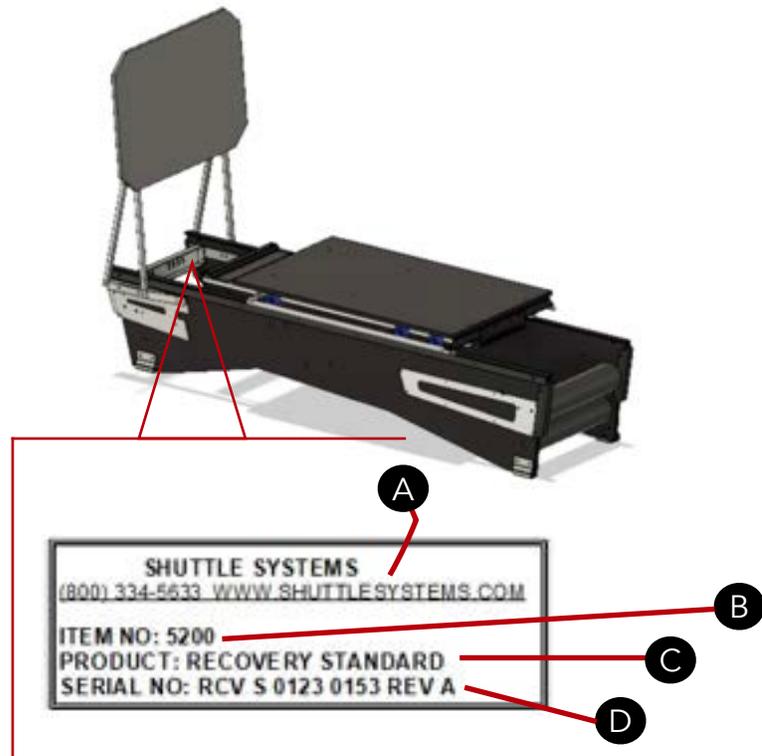
IDENTIFICATION OF MANUFACTURER

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
- Elasticords (Standard model: 5 | Sport model: 8)
- 8-slot bracket with foam
- Two rails

2. Carriage Box

- Carriage
- Kickplate board
- Three spacer tubes
- Manual and parts bag
- 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, RH3, and RH4.
2. Place the RH rail on a flat surface with the assembly labels facing upward. Support each end with a large cardboard packing block (provided in box #2). (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

1. Locate the three black spacer tubes labeled RH2, RH3, RH4.
2. Starting with tube 2 (RH2; marked inside of tube end), remove the nut and washer from the RH end of the threaded rod and align respective hole in the frame panel, matching assembly sticker to assembly sticker as shown below. Replace nut (discard washers). Lightly tighten. (Pic 3.1)
3. Repeat with tube RH4.
4. Repeat with tube 3 (RH3). Use the provided washer when attaching the nut to the bolt. This is the only spacer tube that needs washers.
5. When finished, tube 4's (RH4) elasticcord lanyard plate should be oriented with the labels facing up toward the metal rails of your frame and resting against the bolt protruding from the frame. (Pic 3.2)
6. Remove just and washers from the opposite end (LH) of all tubes. (Pic 3.3)



3.1



3.1



3.2



3.3

ASSEMBLY OF THE RECOVERY (STEP 4)

ATTACHING LEFT HAND SIDE PANEL

STEP 4

ITEMS REQUIRED

Left Hand Rail

1/2 Inch Wrench

Allen wrench

1. Remove the two 5/16" bolts and nuts from the two LH1 holes in the LF frame panel.
2. Place the left side panel (rail) over the upward facing threaded rods on the spacer tubes, wiggle the RH tubes to align the three corresponding holes on the side panel.
3. Replace the nuts and washer (washer to RH3) on the upward facing threaded rods.
4. Rotate the entire frame assembly and place it on the floor with the feet down. (Pic 4.1)
5. Tighten all nuts on the outside of the frame. (Pic 4.2)



4.1



4.2

ASSEMBLY OF THE RECOVERY (STEP 5)

INSTALLING THE PLYOMETRIC X-BRACE (SPORT MODEL ONLY)

STEP 5

ITEMS REQUIRED

Two Red Rubber Rods

1. Locate the two red rubber coated rods that will make up the x-brace support system. Please note that only one end of each rod will have a washer in addition to the nut provided.
2. Remove the outermost nuts and washers from the rod ends (four nuts, and two washers) and set aside.
3. Place the rods in an X configuration between the holes on each side of the rail frame. Align the rod ends using the stickers on the right side panel as your guide.
4. Secure the rod ends closest to the head-end of the machine using the provided nuts and washers. Then secure the rod ends closest to the foot-end of the machine with nuts. (Pic 5.1)
5. The nuts attaching the angle brace to the rods may be adjusted to make the bolt threads fit into the holes exactly. Secure these nuts to lock the rods in place. (Pic 5.2)



5.1



5.2

ASSEMBLY OF THE RECOVERY (STEP 6)

INSTALLING THE ELASTICORDS

STEP 6

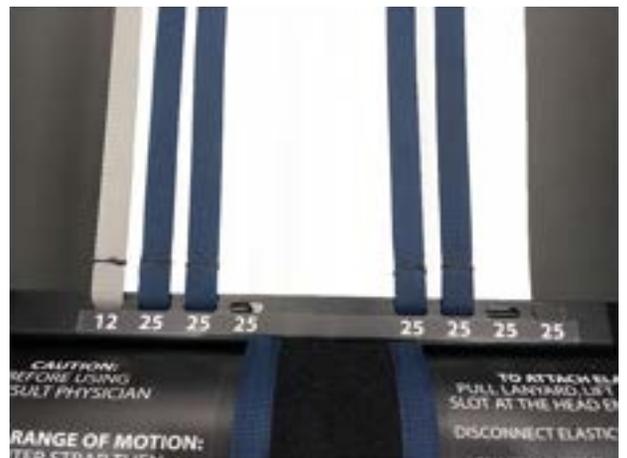
ITEMS REQUIRED

Elasticords
Two Plastic Barbells

1. Locate the elasticords and the two barbells (4.5" plastic rods with rubber caps).
2. Starting with the gray, 12 lb elasticord, thread several inches of the nylon webbing of you elasticords through the elasticord lanyard plate (RH4). (Pic 6.1)
3. Thread one barbell through the looped ends of the nylon. Standard models should have three lanyards to one barbell and the remaining two lanyards to the other barbell like shown below. All other models should have four lanyards to each barbell. (Pic 6.2)
4. Pull cords taunt so the barbells lay against the underside of the elastic lanyard plate.
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 6.3)
6. Repeat with the remaining elasticords.



6.1



6.2

Standard model lanyard setup



6.2

Sport, Senior, Senior+ lanyard setup



6.3

ASSEMBLY OF THE RECOVERY (STEP 7)

INSERTING ELASTICORD FOAM RETAINER

STEP 7

ITEMS REQUIRED

Foam Retainer

1. Reinstall the elasticord foam retainer into the foot-end bracket. (Pic 7.1)



7.1

ASSEMBLY OF THE RECOVERY (STEP 8)

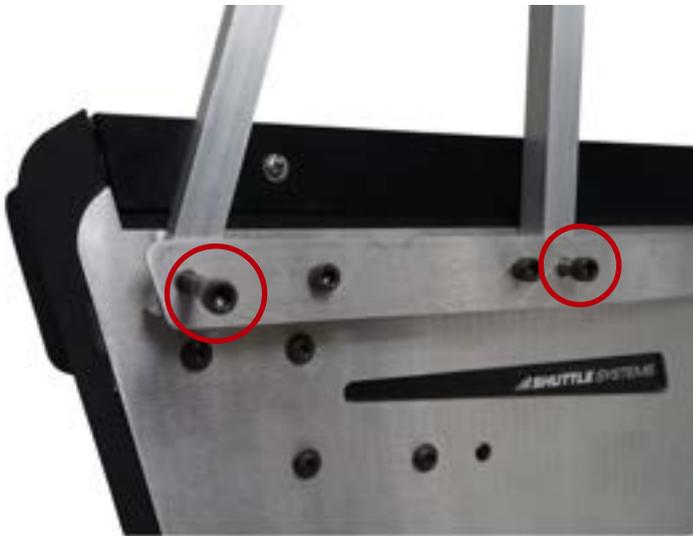
ATTACHING THE KICKPLATE FRAME

STEP 8

ITEMS REQUIRED

Kickplate Frame
Allen Wrench

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.
3. Place one kickplate support bar 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. (Pic 8.1)
6. Once all four bolts and nuts have been attached, tighten them down to secure the kickplate frame. (Pic 8.2)



8.1



8.2

ASSEMBLY OF THE RECOVERY (STEP 9)

ATTACHING THE KICKPLATE BOARD

STEP 9

ITEMS REQUIRED

Kickplate

1. Place the kickplate into the four holes on the upright kickplate support bars. (Pic 9.1)
2. Secure the kickplate with the nuts provided in the bag attached to the kickplate. Once fully tightened, cover the exposed nuts with nut caps.

9.1



ASSEMBLY OF THE RECOVERY (STEP 10)

INSERTING THE CARRIAGE

STEP 10

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 10.1)
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. (Pic 10.2)
3. Standing at the head-end of the machine (opposite the kickplate) detach the ROM rope from the velcro located on the carriage, and attach it to the velcro on spacer tube RH4. (Pic 10.3, see next page)
4. Working from either side of the head-end, locate the eyebolts (attached to ROM rope) and remove the aluminum knurled knobs. Thread the eyebolts through each rails designated eyebolt hole to the outside of the machine and secure with the knurled knobs. (Pic 10.4, see next page).
5. Pull the carriage toward the head-end of the rail frame, exposing the next two eyebolt holes at the foot-end of the frame. (Pic 10.5)
6. Insert the two remaining eyebolts in the designated eyebolt holes of each rail and secure with knurled knobs.
7. When complete, the rebound elastic (Pic 10.5) should be attached to the back ropes with the carabiners. It is important to make sure they are attached to the rope between the carriage and the first set of eye bolts. The ropes should not cross but go from the carriage attachment point, through the rebound elastic and then to the eyebolts on the side of the frame. The ROM ropes should not impede the movement of the elasticords, and the carriage should glide easily in the rails. (Pic 10.7, see next page)

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



10.1



10.2

More pictures on next page

ASSEMBLY OF THE RECOVERY (STEP 10)

STEP 10

INSERTING THE CARRIAGE



10.3



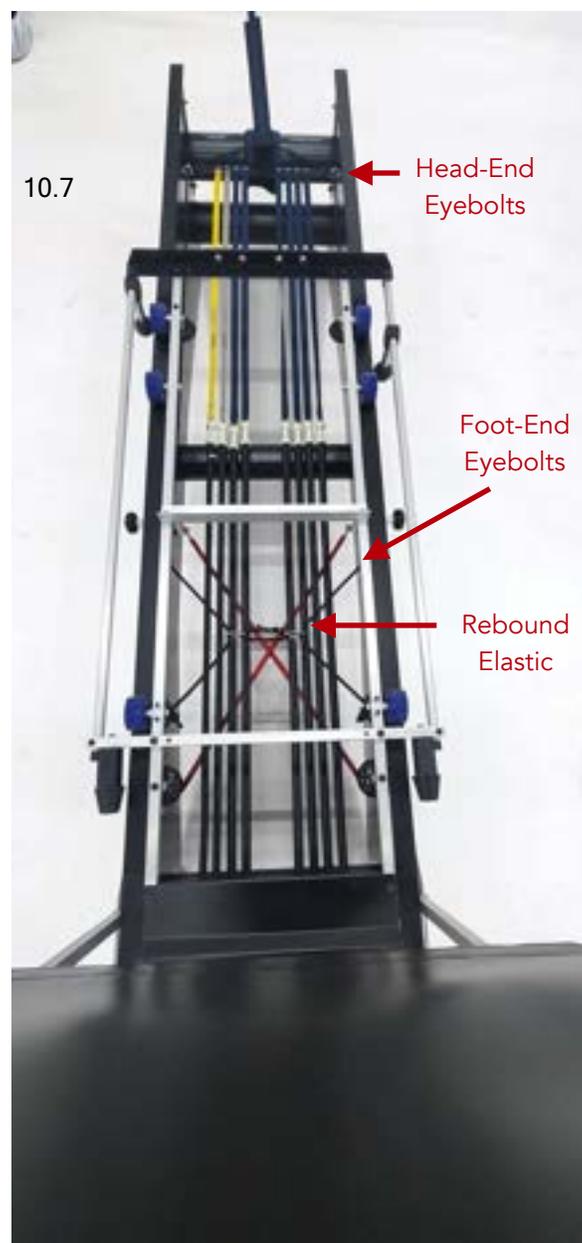
10.4



10.5



10.7



ASSEMBLY OF THE RECOVERY (STEP 11)

ATTACHING THE HEADREST

STEP 11

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 11.1)



11.1

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.

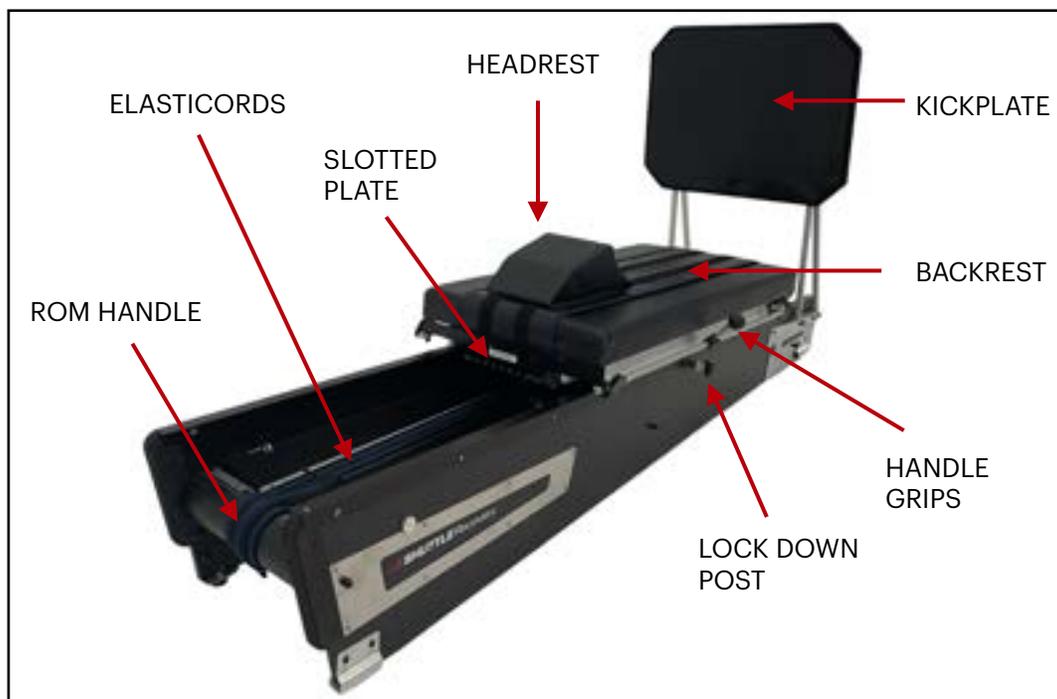
Adjusting the ROM (Range of Motion) Control: At the head-end of the carriage is the ROM control handle. To adjust the position of the carriage in relation to the kickplate pull the handle from the support tube velcro. When the carriage is in the desired position, firmly reattach the ROM handle by wrapping 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.

MAINTENANCE (CONTINUED)

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.
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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USA



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