



Assembly Requirements

Precor recommends at least two (2) people for this installation. DO NOT attempt assembly by yourself.

When assembling the equipment, we recommend you:

- Follow the assembly instructions in order.
- Read the complete instructions before you begin assembly.
- Unpack the box and assemble the equipment close to where you plan to use it.
- Locate the equipment at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind or in front of the equipment.
- **Assemble the equipment on a solid, flat surface so it remains level and stable.**
- DO NOT move equipment without assistance.

Required Tools

- Open-end, adjustable wrenches
- Needle-nose pliers
- Rubber mallet
- Torque wrench 75 ft-lb (100 N-m)

Hardware Kit

	Name	Qty		Name	Qty
1	Right side frame	1	9	Adjustable foot cap	2
2	Left side frame	1	10	Flat washer 9 mm	10
3	Handlebar	1	11	M8 x 25 mm socket head cap screw (SHCS)	2
4	Wrist straps	1	12	M8 x 30 mm socket head cap screw (SHCS)	4
5	Seat bracket	1	13	M8 X 130 mm socket head cap screw (SHCS)	2
6	Alignment bracket	1	14	M8 hex nut	2
7	Seat frame	1	15	Shaft	1
8	Pedal	2	16	Snap ring	2

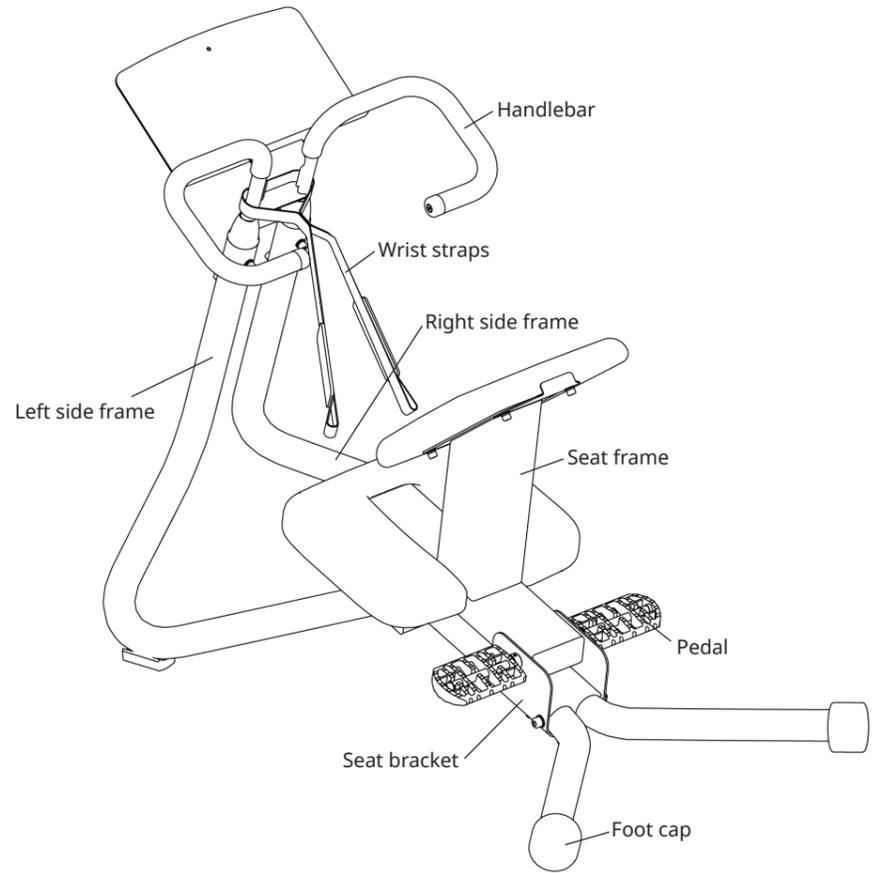


Figure 1. VBR6240 StretchTrainer

Attach handlebar to frames

1. Slide the 4 wrist straps up on to the 3 handlebar (Figure 2).
2. Have your assistant stand up the 1 right and 2 left side frames.
3. Slide the 3 handlebar assembly into the front support tubes of the left and right side frames (Figure 2).
4. Secure the handlebar from the front and back with 4 12 M8 x 30 SHCS and 4 10 9 mm flat washers (Figure 2). Hand-tighten only.

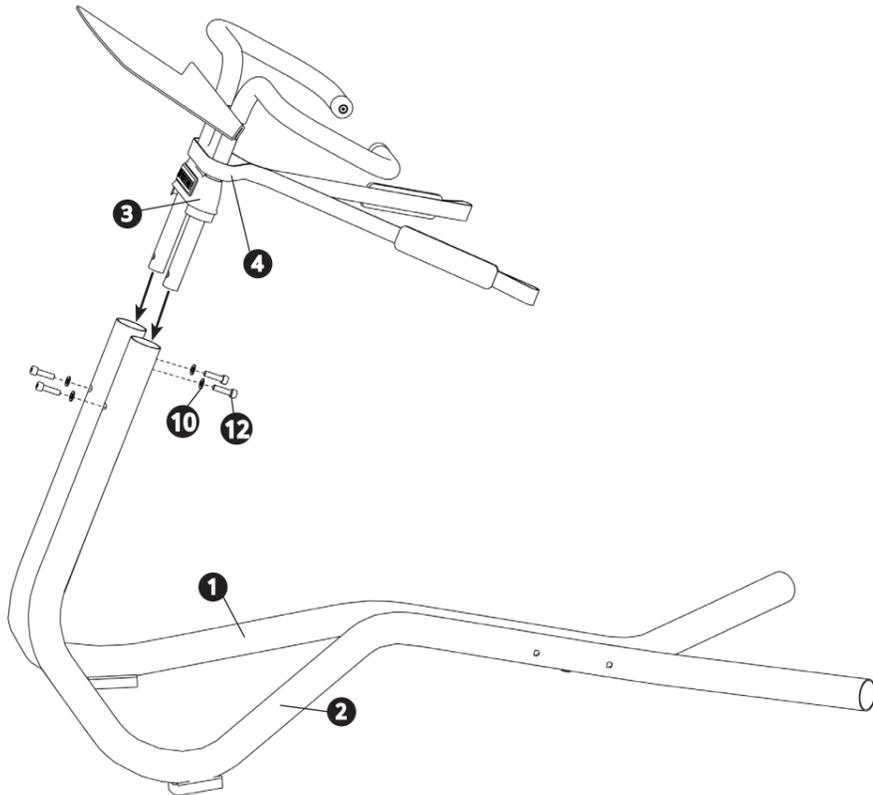


Figure 2. Handlebar to frame assembly

Connect seat bracket to frames

1. Have your assistant lift the back of the side frames. Align the left and right side frames in the middle. Slide the 5 seat bracket up from the bottom to encase the frames. Align to holes on bottom of frames and secure with 2 11 M8 x 25 mm SHCS and 2 10 9 mm flat washers (Figure 3). Hand-tighten only.
2. Place the 6 alignment bracket over the frames into the 5 seat bracket. Tap gently with mallet to fully seat the alignment bracket into the seat bracket (Figure 4).
3. With the alignment bracket in place, secure the 5 seat bracket to the sides of the frames with 2 13 M8 x 130 mm SHCS, 4 10 9 mm flat washers, and 2 14 M8 hex nuts (Figure 4). Hand-tighten only.
4. Square the handlebar and frame pieces. **Tighten all M8 fasteners to 19 ft-lb (25 N-m) of torque.**

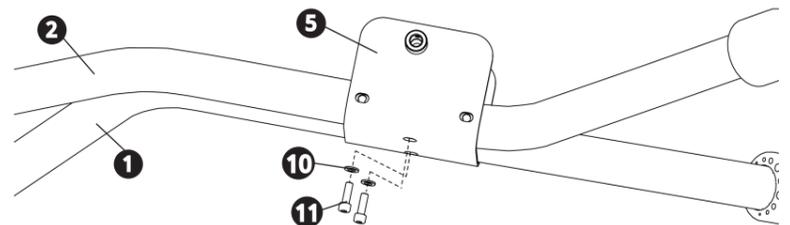


Figure 3. Seat bracket

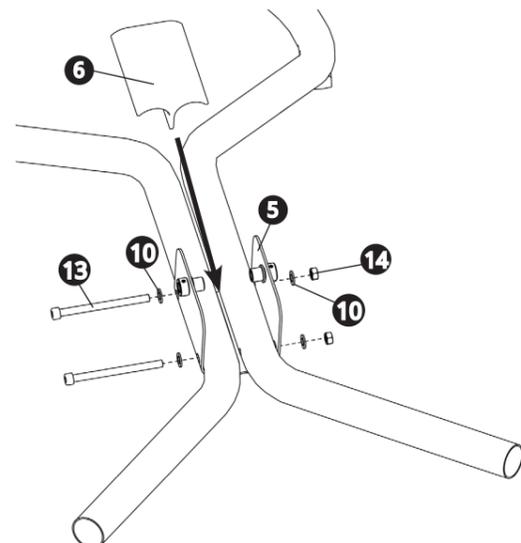


Figure 4. Alignment bracket and side connections

Attach seat frame and pedals

1. Have your assistant hold the **7** seat frame over the **5** seat bracket and align the holes (Figure 5).
2. Insert the **15** shaft through the seat bracket and frame (Figure 5).
3. Slide a **8** pedal onto each end of the shaft (Figure 6). Note the notch on each end of the shaft. Use the needle-nose pliers to push a **16** snap ring inside each pedal over the shaft notches as shown (Figure 6) to secure the pedals.
4. After attaching the pedals, check that the shaft is centered through the seat frame. Tighten the 2 small set screws that hold the shaft in position using a 3 mm hex wrench (Figure 7). Do not over tighten.

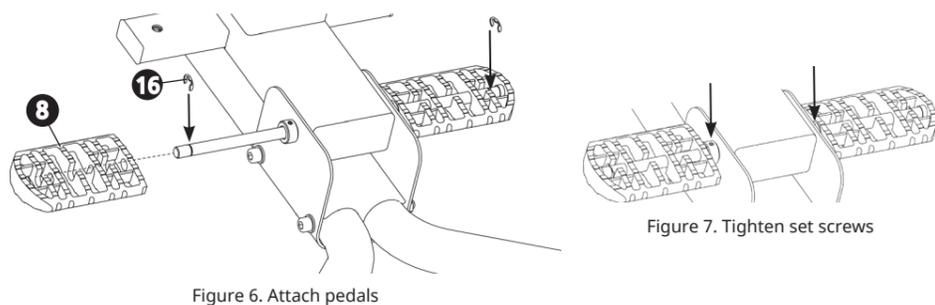
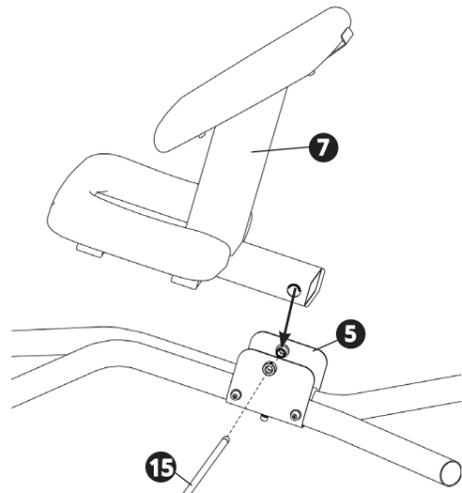
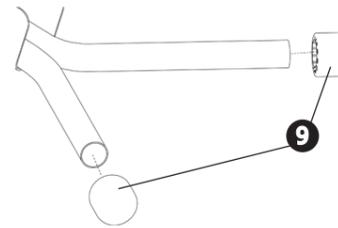


Figure 7. Tighten set screws

Attach adjustable foot caps

1. Slide an **9** adjustable foot cap on to each frame end (Figure 8). Tap gently with mallet if needed. While on the flat surface where the unit will be used, adjust the feet by turning in or out to keep the unit level.
2. Fully tighten all the fasteners.



Maintenance

Refer to the VBR Maintenance Guide at www.precor.com for details on maintaining the equipment in accordance with the warranty.

Dimensions Length 52 in. (132 cm); Width 28 in. (71 cm); Height 36 in. (91 cm)
Weight 60 lbs (27 kg)

Max User Weight 300 lbs (136 kg)

User Safety

Follow these guidelines to maintain proper working condition of the equipment:

IMPORTANT Do not modify the equipment or any of its parts, or permanently remove any part from the equipment. Do not use accessory attachments that are not recommended by Precor, as such attachments might cause injuries.

- You should not attempt to service the StretchTrainer yourself.
- Do not allow children or those unfamiliar with its operation on or near the StretchTrainer. Do not leave children unsupervised around the unit.
- Before using the StretchTrainer, examine it thoroughly. Make sure that all fasteners are securely tightened and the instructional placard is attached to the unit. Inspect the wrist straps for wear. Replace them if they are frayed, worn, or missing.
- Make sure that trainers and facility personnel advise users to always hold the handlebars while stretching and do not attempt to use only the wrist straps to perform stretches.
- Make sure that trainers, facility personnel, and maintenance technicians understand how to use the equipment, know important safety guidelines, and can recognize potential problems such as a cracked weld or worn wrist strap.
- Strength training requires a significant focus by the facility and its staff to maintain the quality of the fitness environment. If possible, the facility should provide direct supervision of the fitness equipment at all times by people knowledgeable about the safe operation of the equipment and trained to recognize potential problems.
- If any facility personnel witness unsafe use of the equipment, the staff member should address the user directly, demonstrate the proper technique, and review the Safety Information for Users. Precor recommends posting a copy of the Safety Information for Users near the equipment in a prominent location.
- Assemble and operate the StretchTrainer on a solid, level surface. Make sure that the unit is installed with enough free space for safe operation. As a general rule, allow about a 4-foot (1 meter) circle of space from the user's center.
- Check the equipment thoroughly based on the recommended maintenance schedule outlined in this manual.
- Place an "out-of-order" sign on the equipment during maintenance of the equipment or the surrounding area. Users should never be allowed to operate the equipment until it has been inspected and works properly. If a piece of equipment needs service, keep it out of use until repaired. Make sure the facility's personnel know not to allow anyone to use the equipment until it is working properly.
- Do not attempt to free any jammed assemblies alone as this may cause injury. With the help of another person, carefully return the mechanism to its proper resting position.
- Do not place the equipment outdoors or on wet surfaces.

Using the StretchTrainer

CAUTION Before beginning any fitness program, see your physician for a thorough medical examination.

Stretching is an important component in a proper warm up and cool down at the start and end of each workout. Before you begin your stretching routine, review the following guidelines.

- Always use the wrist straps during your stretching routine.
- Warm up and start slowly. Warm muscles are easier to stretch and are less prone to injury.
- Follow all instructions on the instructional placard. Read all text and warnings before you begin.
- Learn how to perform each stretch correctly. Always keep your arms straight. Pay close attention to the position of each body part.
- For most stretching positions, make sure that your knees rest on the knee pads, your lower legs are parallel to the knee pads, and your feet are properly positioned in the foot rests (pedals).
- Do not overstretch. Pay attention to exactly how your body feels. The amount of movement should be determined by your comfort level. Stop when you feel tension in the muscle.
- Do not bounce while stretching. The stretching routines should always be done in a controlled manner, using slow, smooth movements.
- Use your abdominal and gluteal muscles to move into and out of each stretch. Do not use your arms to pull yourself to the starting position.
- Do not hold your breath. Remember to relax and breathe normally while stretching.

You can find workout and training videos at www.precor.com/product-education.