

---

## **Gravity Strider**

---

### *Assembly & User Manual*

**Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain for future use**



# ***Contents***

---

*Section*

*Page*

***General Information . . . . . 4***

***Before you start . . . . . 5***

***Safety . . . . . 6***

***Exercise Information . . . . . 7***

***Assembly and Operation . . . 12***

---



## General Information

### Quality

*This exercise product has been designed and manufactured to comply with the latest (BS EN 13219) British and European Safety Standards.*

### Questions

*Should you encounter any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, please DO NOT return it to your retailer but contact CUSTOMER SUPPORT, by either of the following means.*

### Customer Support

**Email:- [help@disupport.co.uk](mailto:help@disupport.co.uk)**

**Fax:- 01535 637722**

**Post: D.I. Support  
c/o Unit 8, Riparian Way,  
The Crossings, Cross Hills,  
West Yorkshire  
BD20 7BW**

### Queries

*If you do have any queries, please ensure that you include the following information*

YOUR NAME  
YOUR ADDRESS  
YOUR PHONE NUMBER  
PRODUCT MAKE OR BRAND  
PRODUCT MODEL  
PRODUCT SERIAL NUMBER  
DATE OF PURCHASE  
NAME OF RETAILER  
PART NUMBERS REQUIRED

### Guarantee

*This product is guaranteed for **DOMESTIC USE ONLY** for a period of **1 YEAR** from the original certified date of purchase. During this period we have the right to: -*

- a). Provide parts for the purchaser to effect repair.*
- b). Repair the product, returned to our warehouse (at the purchaser's cost).*

*This guarantee does not cover wear and tear on upholstery or consumables.*

*This guarantee does not cover abuse, defects caused by storage or use outside those intended.*

*If you need to advise us of a defect with your product and in order for us to service any requirement for replacement parts or repairs, we may ask for proof of purchase. Failure to do so may result in any claim for replacement parts or repairs being refused.*

*This guarantee, (both given and implied) applies to the original purchaser only, is not transferable and will be invalidated if used outside of the above criteria.*

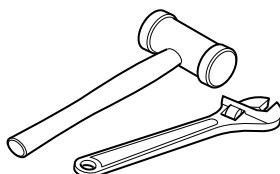
*This guarantee is valid only in the United Kingdom and Eire.*

*This does not affect your statutory rights as a consumer.*



## **Before you Start**

---



### **Tools**

*If required, all of our products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.*

### **Prepare the Work Area**

*It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.*

### **Work with a Friend**

*You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.*

### **Open the Carton.**

*Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.*

### **Unpack the Components**

*Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.*

*Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.*

*In any event, please do not return the product to your retailer before contacting us first.*



## Safety

*Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.*

- \* Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*
- \* For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
- \* Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- \* Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- \* Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.*
- \* Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*

## Storage and Use

*Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.*

## Weight Limit

*Your product is suitable for users weighing:  
264LBS / 18.8 Stones / 120KG or less.*

## Conformity

*This product conforms to:  
(BS EN 957) - PART 1 Class (H) - HOME USE - Class (C).  
It is NOT suitable for therapeutic purposes.*



## **Exercising Information**

---

### **Beginning**

*How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.*

*Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.*

### **Aerobic Fitness**

*Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.*

*Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.*

*Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.*



## **Exercising Information**

---

### **Warm Up**

*A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.*

### **Aerobic Exercise Session**

*Those new to exercise should exercise no more than every other day to start with.*

*As your fitness level increases, increase this to 2 in every 3 days.*

*When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.*

### **Exercising in your Target Zone**

*To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.*

*People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.*

### **Target Zone**

*To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.*





## Exercising Information

### Target Zone *(con't)*

USERS AGE	UNCONDITIONED TARGET ZONE - A	CONDITIONED TARGET ZONE - B
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

### Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

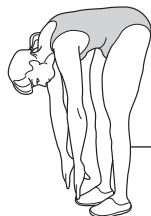
### Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



#### Head Roll

Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



#### Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

## Exercising Information

---

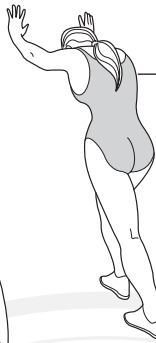


### Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3 - 4 times.

### Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2 - 3 times.



### Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3 - 4 times.

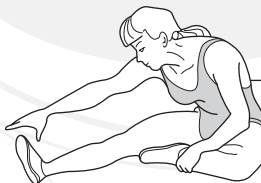
### Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



### Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2 - 3 times.





## Exercising Information

---

### Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

#### Week 1 & 2

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 4 minutes at 'A'  
Rest 1 minute  
Exercise 2 minutes at 'A'  
Exercise slowly 1 minute

---

#### Week 3 & 4

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 5 minutes at 'A'  
Rest 1 minute  
Exercise 3 minutes at 'A'  
Exercise slowly 2 minutes

---

#### Week 5 & 6

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 6 minutes at 'A'  
Rest 1 minute  
Exercise 4 minutes at 'A'  
Exercise slowly 3 minutes

---

#### Week 7 & 8

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 5 minutes at 'A'  
Exercise 3 minutes at 'B'  
Exercise 2 minutes at 'A'  
Exercise slowly 1 minute  
Exercise 4 minutes at 'A'  
Exercise slowly 3 minutes

---

#### Week 9 & beyond

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 5 minutes at 'A'  
Exercise 3 minutes at 'B'  
Exercise 2 minutes at 'A'  
Exercise slowly 1 minute  
Repeat entire cycle 2 or 3 times

---

*This is only a suggested programme and may not suit every individual's needs.*



# Assembly and Operation

## INTRODUCTION

*Congratulations and thank you for purchasing the Gravity Strider which captures the easy, natural motion of walking and running, but its suspended action eliminates pounding and stress on joints.*

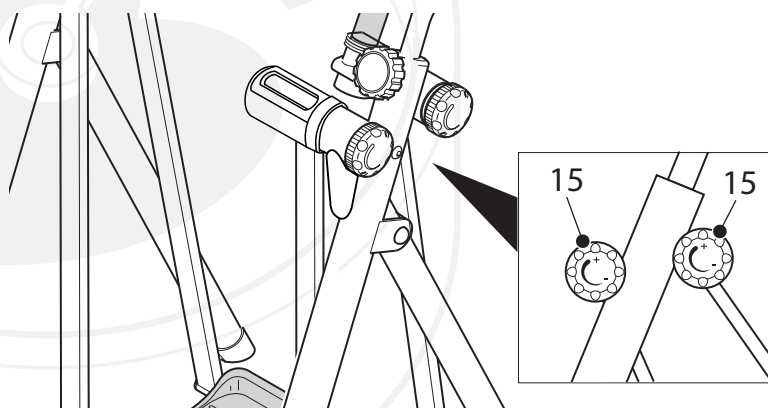
*Get the results you need by customizing your workout... adjust your speed, change your stride length and choose your resistance level.*

*This versatile all-in-one trainer increases flexibility and aerobic fitness while targeting the key trouble spots...hips, thighs, rear and arms. The Gravity Strider is easy to use and combines high performance with convenience and safety.*

*There are four E-Z Adjust Tension Control Knobs for all levels of resistance. The digital readouts on the 5-function Exercise Monitor provide accurate feedback on the status of your workout and level of exertion. After a whisper quiet workout, the Gravity Strider folds flat and rolls away for easy storage.*

## TENSION CONTROL ADJUSTMENT

*You can increase or decrease the walking resistance by tightening or loosening the four E-Z Adjust Tension Control Knobs (15) at the top of the Front and Rear Footplate Arms (35, 36 & 1). Turn clockwise for more tension and anti-clockwise for less. Each Footplate Arm has variable resistance so that you can customize your individual workouts. Note: - This is essentially an aerobic exercise and over-tightening of the E-Z Adjust Tension Control Knobs will lead to damage or premature wear of the Thrust Bearings and Washers.*





# Assembly and Operation

## TRAINING PROGRAMME

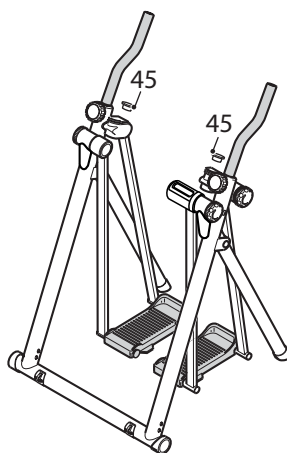
### IMPORTANT SAFETY INFORMATION

As with most other exercise equipment, there is a learning curve associated with using the Gravity Strider. When you first start to exercise, we recommend that you do NOT fit the Removable Dual action Handles. You must use the Handles in Fixed mode for support and security. Do NOT use the Removable Dual action Handles alone. Once you have become Familiar with the type of exercise and the balance required to perform the exercises safely, you may progress to using the Removable Dual action Handles in full Dual Action mode.

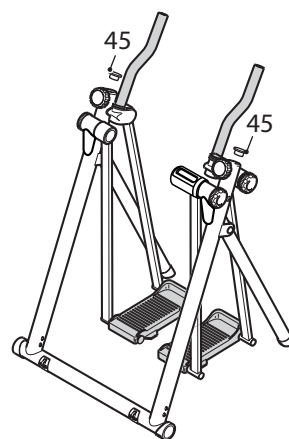


### Note

Ensure that either the Fixed or Dual Action Handle holes are capped by the End Caps(45) when not in use.



Gravity Strider set up with the Fixed mode Handles



Gravity Strider set up with the Handles in Dual Action mode

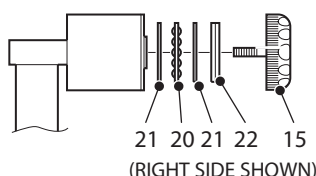


### Caution

## SAFE EXERCISING WITH YOUR GRAVITY STRIDER

In order for the exercises carried out on your Gravity Strider to be safe and fully effective it is important that you regularly check the E-Z Adjust Tension Control Knobs (15) both before and during use.

You may find that during prolonged use, the E-Z Adjust Tension Control Knobs (15) start to release their resistance and this will be felt by the Footplate Arms (35, 36 and 1) becoming easier to use. If this happens, please correctly re-tighten the E-Z Adjust Tension Control Knobs (15), ensuring that the Knobs (15), Thrust Bearings (20), Thrust Bearing Shims (21) and Rubber Washers (22) are fitted correctly.



Please refer to the diagram opposite for the correct assembly sequence for the E-Z Tension Control System components.



## Assembly and Operation



### Caution

*Most likely this is a new exercise for you. It will take some time for you to get used to the balance required, so please, when first starting out, use only the Fixed Handles (2).*

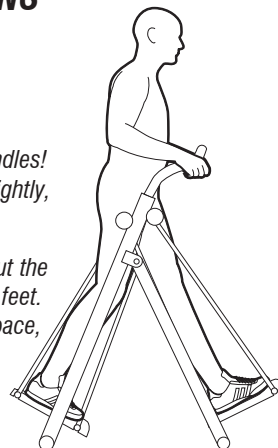
### EXERCISE INSTRUCTIONS

#### START OFF GRADUALLY

*Always hold onto the Fixed Safety Handles! Stand up straight, bend your knees slightly, but do NOT lean forward.*

*This exercise simulates walking without the unnecessary impact to the knees and feet. Begin walking at a slow comfortable pace, alternating from one foot to the other.*

*Stop! When finished, stop walking and stand erect so that your legs are perpendicular to the ground. Always holding onto the Fixed Safety Handles, carefully step down off the Gravity Strider*



*Exercising using the Fixed Safety Handles*

### Problem Solving

*“ Computer not counting ”*

Solution: *Remove and gently shake computer to see if display counts. Remove battery for one minute before re-trying.*

*“ Squeaking noise from left and right side ”*

Solution: *Check thrust bearings are greased. Remove EZ tension knobs, remove support arms and clean before applying fresh grease on pivot shafts and outer faces of support arm bushes.*

*“ There’s no resistance when I’m using it ”*

Solution: *Check thrust bearing rubber washers behind EZ Knobs are not split or perished.*



## Assembly and Operation

---

### **MAKE YOUR WORKOUT MORE CHALLENGING**

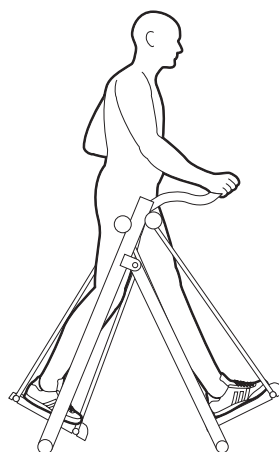
*Once you feel comfortable exercising using the Fixed Safety Handles, you may choose to exercise in the dual action mode.*

*This action provides you with both an upper and lower body workout.*

*Change the Handles Fixed to Dual Action Position and continue to walk using the same motion as above. Stand up straight and do not lean forward. Begin walking at a slow, comfortable pace, alternating from one foot to the other while swinging your arms. It will take some practice and coordination so don't get discouraged!*

*By leaning forward into your exercise, you will increase the amount of work done by your lower body.*

*By leaning back, you will increase the exercising of your upper body.*



*Exercising using the Removable Dual Action Handles*

# Assembly and Operation



## D.I. Support

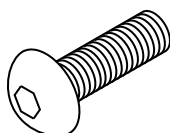
c/o Unit 8, Riparian Way,  
The Crossings, Cross Hills,  
West Yorkshire.  
BD20 7BW

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

PLEASE NOTE that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

Fax:- 01535 637722 or  
E-mail:- [help@disupport.co.uk](mailto:help@disupport.co.uk)



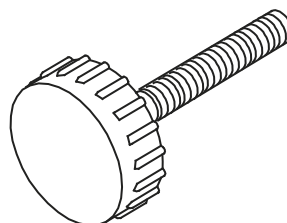
Item 30  
Qty 12



Item 47  
Qty 12



Item 31  
Qty 12



Item 46  
Qty 2

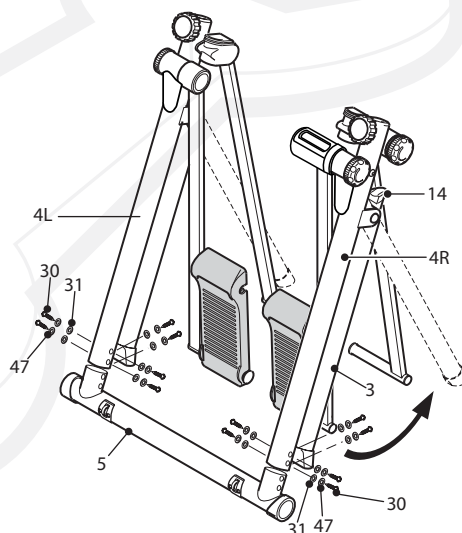


Item 49  
Qty 1

**1**

Securely attach the Main Frame Assembly (4 L & R) to the Floor Frame (5) with 12 x M8 x16 mm Pan Head Bolts (30), 12 x M8 Spring Washers (47) and 12 x M8 Curved Washers (31).

Fold open the Left and Right Support Legs (3) to set up your Gravity Strider. Make sure that the Support Legs are fully extended so the Support Leg Stoppers (14) hit against the Main Frames (4L + 4R). Allow the Gravity Strider to rest on the Main Frame and Support Legs.



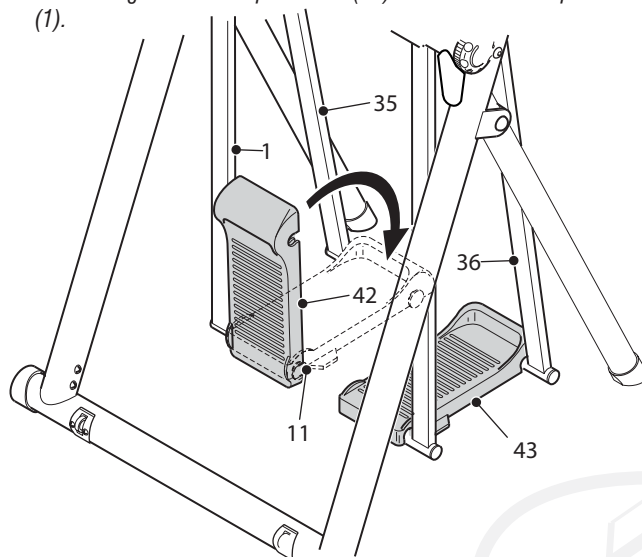


## Assembly and Operation



- 2** Connect the Left Footplate (42) into the Left Front Footplate Arm (35) and the Rear Footplate Arm (1). Make sure that the Foot Pedal snaps into the Footplate Arm Pivot Plugs (11) on both the Front and Rear Footplate Arms.

Repeat the same procedure for connecting the Right Footplate (43) into the Right Front Footplate Arm (36) and the Rear Footplate Arm (1).

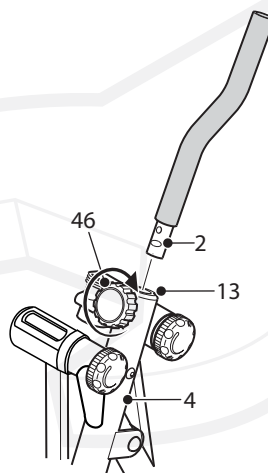


- 3** Slide one Dual Purpose Handle (2) into the Fixed Handle Support Insert (13) located near the top of the tubing on each side of the Main Frame (4). Secure each Dual Purpose Handle in place using one Fixed Handle Securing Knob (46). Firmly tighten each knob.



### Note

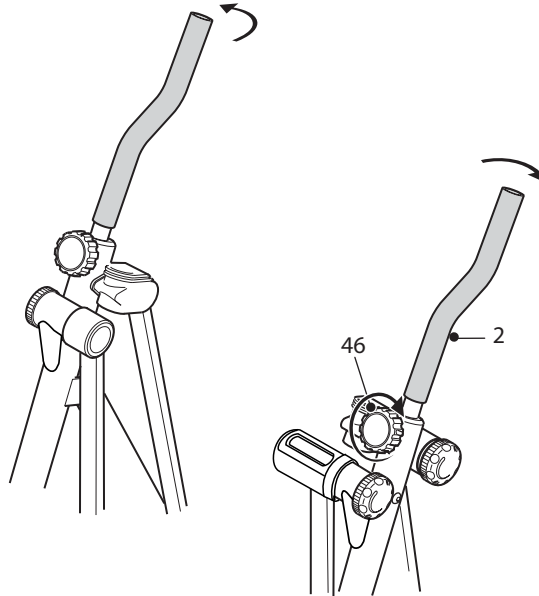
Cap the Dual Action Handle holes with the End Caps (19) when set up this way.



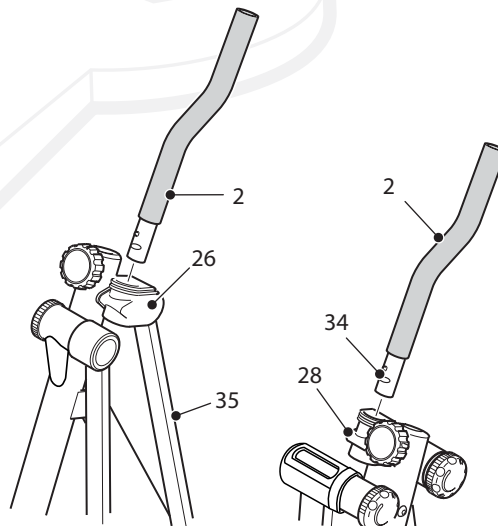
## Assembly and Operation



- 4** Before fully tightening the Fixed Handle Securing Knobs (46) rotate the Left and Right Fixed Handles (2) out to the side.



- 5** When wishing to exercise in Dual action mode, Remove the Dual Purpose Handles from its Fixed Position and fit to the Left Dual Action Handle Housing (26) located at the top of the Front Left Footplate Arm (35). Make sure that the Removable Dual Action Handle Push Pin (34) on the handle is seated fully into the hole in the plastic housing. Repeat this procedure for the Right side.



# Assembly and Operation

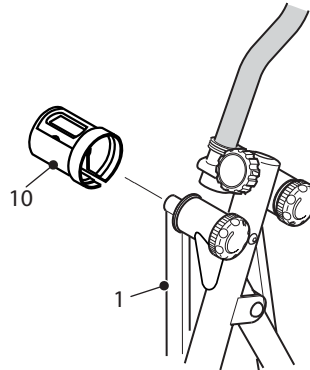


- 6** Push the Exercise Monitor with Housing (10) into the Right Rear Footplate Arm (1).



## Note

The Exercise Monitor can be fitted to the Left Rear Footplate Arm or Right Rear Footplate Arm according to your preference.



## 6 HOW TO REMOVE THE EXERCISE MONITOR BATTERY



## Note

Removing the battery will reset any accumulated values back to zero.

Slide off the Exercise Monitor with it's integral housing from the top of the Rear Footplate Arm (1).

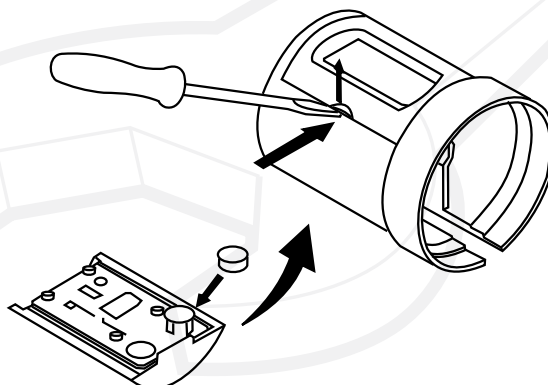
Place 1 pc alkaline manganese battery (LR44) into the battery housing on the back of the upper case.

Ensure the battery is correctly positioned and that the battery retaining spring is in proper contact with the battery.

Replace upper case and insure it is tightly closed.

Battery life is approx. 1/2 year under normal usage.

If the display is illegible or only a partial segment appears, remove the battery and wait 15 seconds before reinstalling.



# Assembly and Operation



## 7 EXERCISE MONITOR SPECIFICATION



### Note

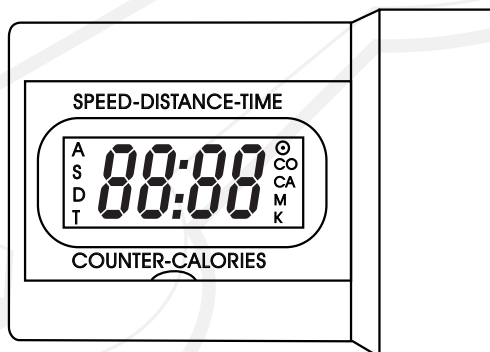
This Exercise Monitor is equipped with an auto on / auto off function. The Exercise Monitor will start automatically if your Gravity Strider is in use. If exercising has been stopped for over 4 minutes, the Exercise Monitor will turn itself off. If exercising is restarted the Exercise Monitor will accumulate all functional values. To reset the accumulated values to zero, remove the battery for one minute.

### FUNCTION

Auto Scan	Every 4 seconds
Current Speed	The maximum signal that can be picked-up is 1000 RPM.
Trip Distance	0.00 - 999.9 Kms
Elapsed Time	00 : 00 - 99 : 59 Minutes & Seconds
Count	0 - 9999 Strides
Calorie	0.0 - 999.9 Kcal

### PART

Display	Liquid crystal Type
Controller	4 bit. 1 chip microprocessor
Sensor	Mercury Switch
Power source	Alkaline manganese battery A76, AG13 or LR44
Operating Temperature	0°C / +40°C (32°F / 104°F)
Storage Temperature	-20°C / +50°C (-4°F / 122°F)



### FUNCTION

1	A: SCAN
2	S: SPEED
3	D: TRIP DISTANCE
4	T: TIME ELAPSED
5	CO: COUNT
6	CA: THEORETICAL CALORIE CONSUMPTION
7	K: KILOMETER
8	⊙: SIGNAL MARK



## Assembly and Operation



### Note

In the interest of safety, do NOT use polish or any lubricant on the Footplates or foam handgrips.

### LUBRICATION and MAINTENANCE

The moving parts in your Gravity Strider are all pre-lubricated at assembly and should not require further attention. However, to preserve the smooth action of your Gravity Strider, we recommend that you periodically grease all Footplate Arm Pivot Shafts with a silicone or lithium grease.

We strongly recommend, that the Gravity Strider is used inside and stored in a dry condition. To clean the metal and plastic components, a general household cleaner can be used, but please be sure to dry the Gravity Strider and any attachments before use.



### Note

When folding the Gravity Strider ensure that the four E-Z Adjust Tension Control Knobs are fully tightened to ensure the footplate arms remain between the Footplate Arms.

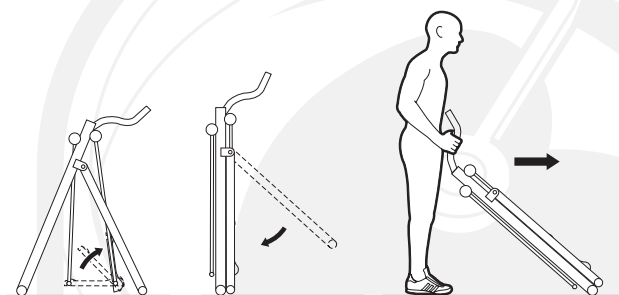
### FOLDING AND STORAGE INSTRUCTONS

Disconnect the toe end of each Footplate (42 & 43) from its respective Footplate Arm (35 & 36).

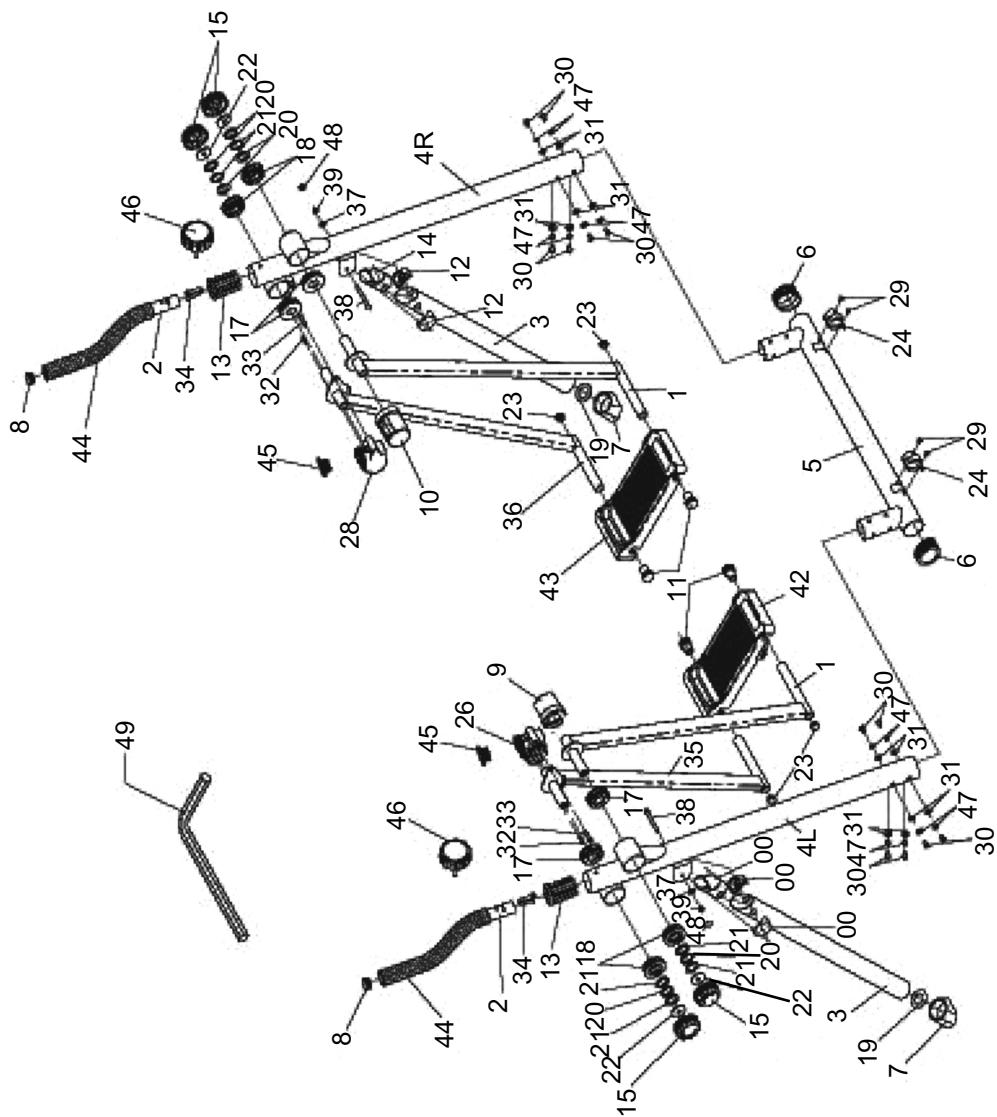
Fold the Front and Rear Footplate Arms (35, 36 & 1) so they are in alignment with the Main Frame (4). The Footplates (42 & 43) should automatically end up sandwiched between the Footplate Arms.

Fold the Support Legs (3) in towards the Main Frame (4).

Now, using the Fixed Handles (45) at the top of the Main Frame (4) and the Transportation Wheels (24) at the bottom, move the Gravity Strider as a unit to the desired location.



# Assembly and Operation



# Assembly and Operation



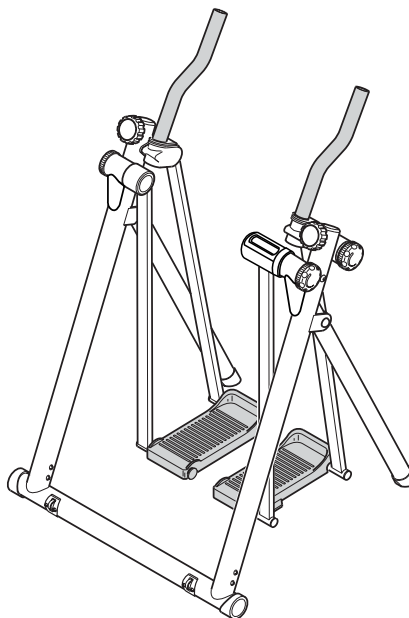
## MASTER PARTS & ACCESSORY LIST

PART No.	DESCRIPTION	QTY
1	Foot Plate Arm (Rear Left and Right) . . .	2
2	Removeable Dual Purpose Handle . . . .	2
3	Support Leg . . . . .	2
4	Main Frame (L & R) . . . . .	2
5	Floor Frame . . . . .	1
6	Floor Frame Rubber End Cap 60mm . . .	2
7	Support Leg Rubber Foot Pad . . . . .	2
8	Fixed Dual Action Handle End Cap . . . .	2
9	Foot Plate Arm Plastic Hood . . . . .	1
10	Exercise Monitor With Housing . . . . .	1
11	Foot Plate Arm Pivot Plug . . . . .	4
12	Support Leg Curved Pivot Bushing . . . .	4
13	Fixed Handle Support Insert . . . . .	2
14	Support Leg Stopper . . . . .	2
15	E-Z Adjust Tension Control Knob . . . .	4
16	N/A	
17	Foot Plate Arm Support Plastic Bushing 62.5mm . . . . .	4
18	Foot Plate Arm Support Plastic Bushing 62.5mm . . . . .	4
19	M50 OD Flat Washer . . . . .	2
20	Thrust Bearing Shims . . . . .	4
21	Thrust Bearing . . . . .	8
22	E-Z Control Knob Rubber Washer . . . .	4
23	Foot Plate Arm Tube End Cap 25mm . . .	4
24	Transportation Wheel Assembly . . . . .	2
25	N/A	
26	Dual Action Handle Housing (Left) . . . .	1
27	N/A	
28	Dual Action Handle Housing (Right) . . .	1
29	M6 x 16mm Self Cutting Screw . . . . .	4
30	M8 x 16mm Pan Head Bolt . . . . .	12
31	M8 Curved Washer . . . . .	12
32	M6 x 18mm Machine Screw . . . . .	2
33	M8 x 26mm Machine Screw . . . . .	2
34	Removeable Dual Purpose Handle Push Pin	2
35	Foot Plate Arm (Front - Left) . . . . .	1
36	Foot Plate Arm (Front - Right) . . . . .	1
37	M8 x 19mm OD Flat Washer . . . . .	2
38	M8 x 75mm Carriage Bolt . . . . .	2
39	M8 Nylock Nut . . . . .	2
40	N/A	
41	N/A	
42	Foot Plate (Left) . . . . .	1
43	Foot Plate (Right) . . . . .	1
44	Removeable Dual Purpose Handle Foam Handgrip L300mm . . . . .	2
45	End Cap 32mm . . . . .	2
46	Fixed Handle Securing Knob . . . . .	2
47	M8 Spring Washer . . . . .	12
48	M8 Nut Head Cover . . . . .	2
49	Allen Key . . . . .	1



### Note

Some of the above accessories  
are pre-fitted to the master component.  
They may not be supplied separately



### ***D.I. Support***

*c/o Unit 8, Riparian Way,  
The Crossings, Cross Hills,  
West Yorkshire.  
BD20 7BW*



*Fax: 01535 637722*



*E-mail: [help@disupport.co.uk](mailto:help@disupport.co.uk)*

*Copyright BSCL 2007*

*Printed May / 2007*