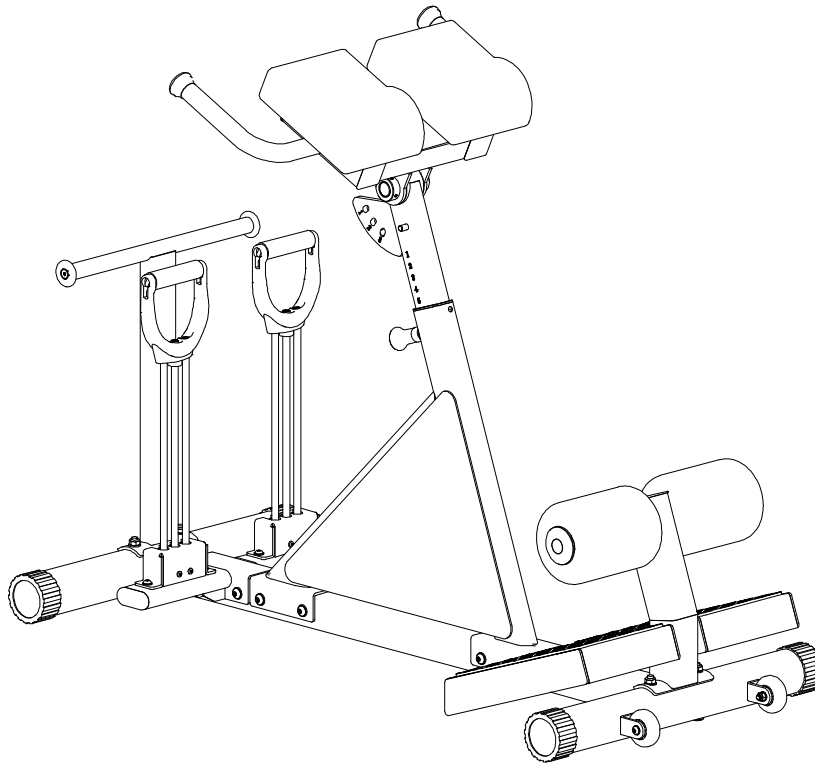




The MMI

(Multifidus Muscle Integrator)



Distributed By:

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1. Important Safety Information

i) Before You Begin

Please read this manual carefully from beginning to end before using the equipment for the first time.

This exercise equipment is designed and built for optimum safety. However, certain precautions are applied whenever you operate a set of exercise equipment. Make sure to read the entire manual before assembling and operating this machine. Also, please note the following safety precautions:

1. Always wear suitable clothing and footwear during exercise. Do NOT wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.
2. Remove all jewelry, including rings, chains and pins before commencing exercise.
3. Exercise equipment has moving parts. In the interest of safety, keep others, especially children and pets, at a safe distance while exercising.
4. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
5. Make sure your machine is correctly assembled before you use it. Make sure all screws, nuts, and bolts are tightened prior to using the machine.
6. Do not operate this or any exercise equipment if it is damaged and replace any worn parts immediately.
7. Wait a while after eating before using this machine. If you get nauseous, stop exercising immediately.
8. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. Never hold your breath while exercising.
9. Watch your body: come up slowly; dizziness after a session means you came up too fast.
10. Rest adequately between workouts. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.

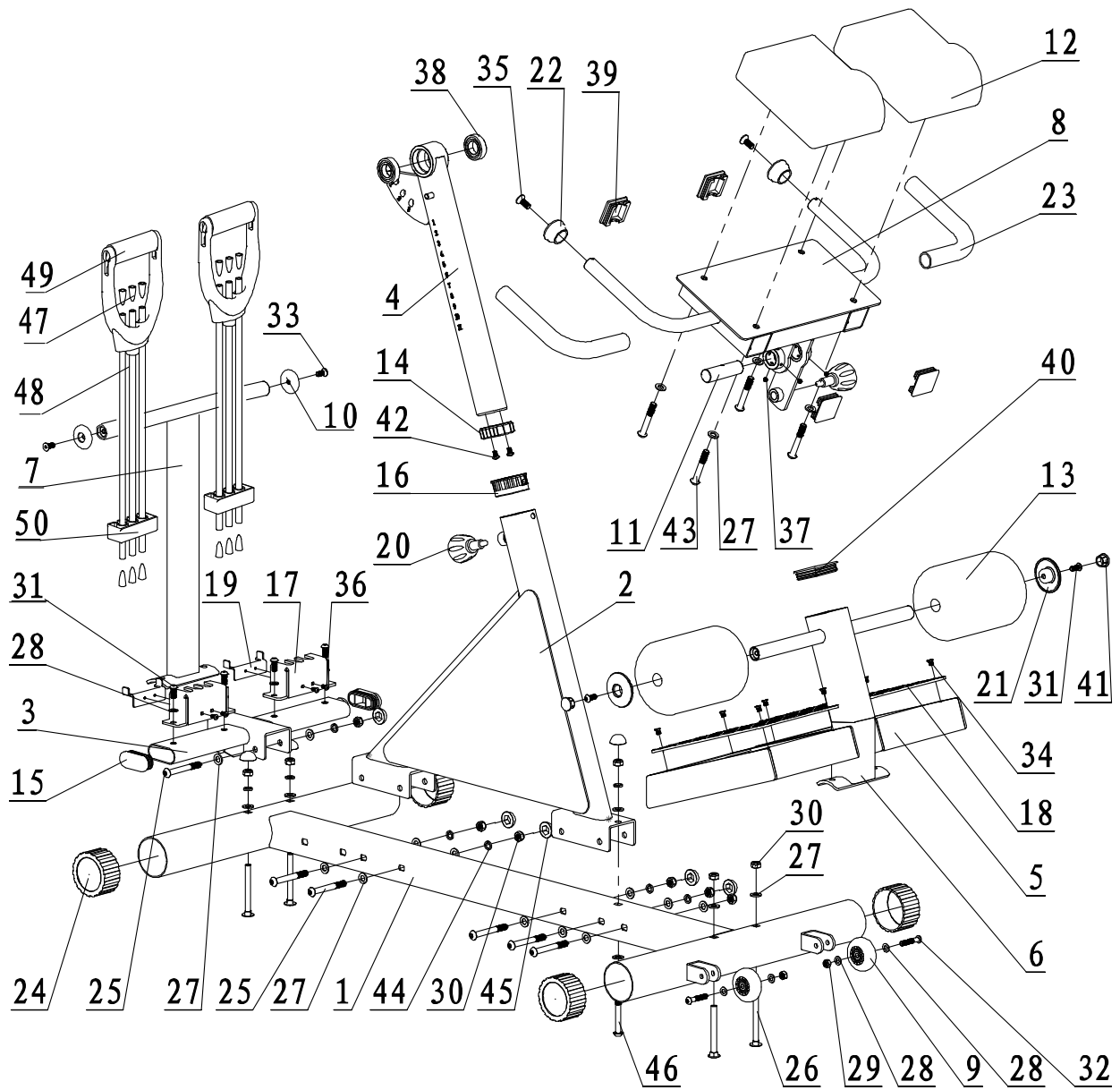
ii) Warning

1. Before beginning any exercise program, consult your personal physician. Evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.
2. If you experience any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness or other unusual discomfort while exercising, stop and consult your physician before continuing.
3. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

2. Parts List

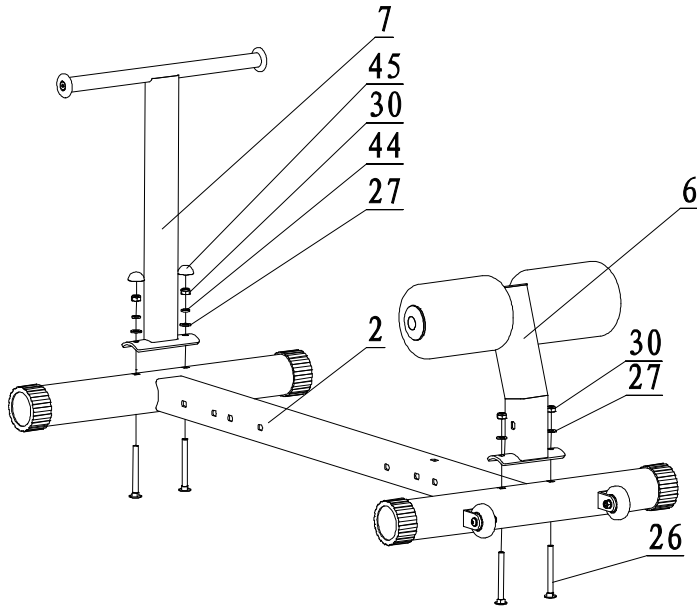
No.	Qty	Description	No.	Qty	Description
1	1	Base Frame	26	4	Carriage Bolt M10x95
2	1	Main Support Frame	27	24	Flat Washer 11x20x2
3	1	Base Frame Stabilizer	28	8	Flat Washer 9x16x1.6
4	1	Adjustable Post	29	2	Nut M8
5	1	Foot Plate Support Frame	30	12	Nut M10
6	1	Foot Plate	31	6	Allen Bolt M8x20
7	1	Elastic Strap Plate	32	2	Allen Bolt M8x50
8	1	Thigh Pad Support Frame	33	2	Allen Countersunk Bolt M8x20
9	2	PU Wheel 63x24	34	8	Allen Countersunk Bolt M6x10
10	2	Aluminum End Cap	35	2	Allen Countersunk Bolt M10x25
11	1	Foam Roller Tube	36	4	Phillips Bolt M5x10
12	2	Thigh Pad	37	8	Allen Screw Set M6x6
13	2	Foam Roller	38	2	Ball Bearing 6005
14	1	PT3070 Inner Cap	39	4	End Cap 50x50
15	2	PT3070 End Cap	40	1	End Cap 60x60
16	1	Plastic Sleeve	41	2	Plug 25x2
17	2	Elastic Strap Holder	42	2	Phillips Bolt M6x10
18	2	Foot Plate	43	4	Allen Bolt M10x70
19	2	Elastic Strap Holder Support Plate	44	9	Spring Washer M10
20	2	Knob	45	9	End Cap for Bolts M10
21	2	Foam Roller Outer Cap	46	1	Allen Bolt M10x80
22	1	Plastic End Cap	47	12	Plug
23	2	Foam Grip	48	6	Elastic Strap
24	4	End Cap	49	2	Handle
25	8	Allen Bolt M10x85	50	2	Elastic Strap Cover

3. Exploded Drawing



4. Assembly Instructions

Unpack the carton and check all parts. Verify that all components are present. Do not dispose of carton or packing material until assembly has been completed and the equipment fully tested.



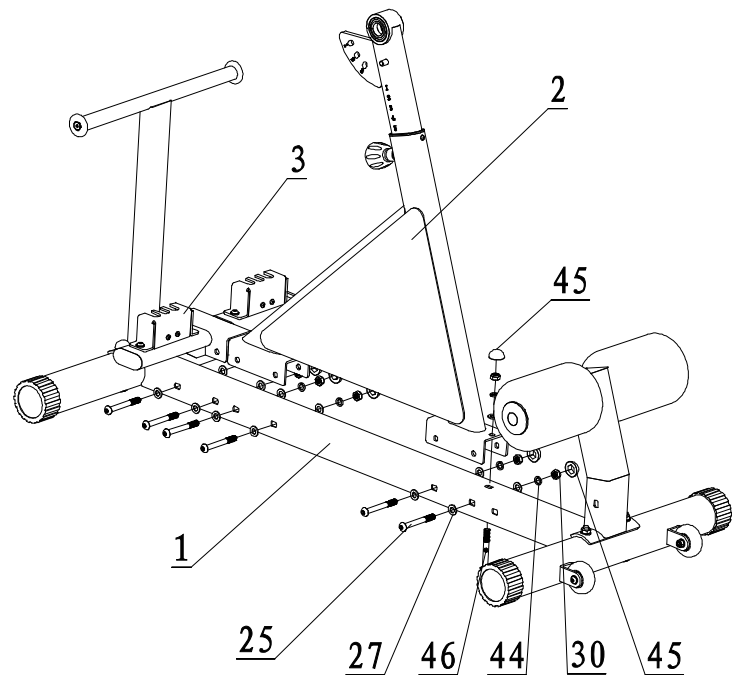
Step 1

Attach the Foot Plate (6) to the Main Support Frame (2), using Carriage Bolt (26), Flat Washers (27) and Nut (30).

Attach the Elastic Strap Plate (7) and the Main Support Frame (2), using Flat Washers (27), Nut (30) and Spring Washer (44). Then insert the End Cap for Bolt (45).

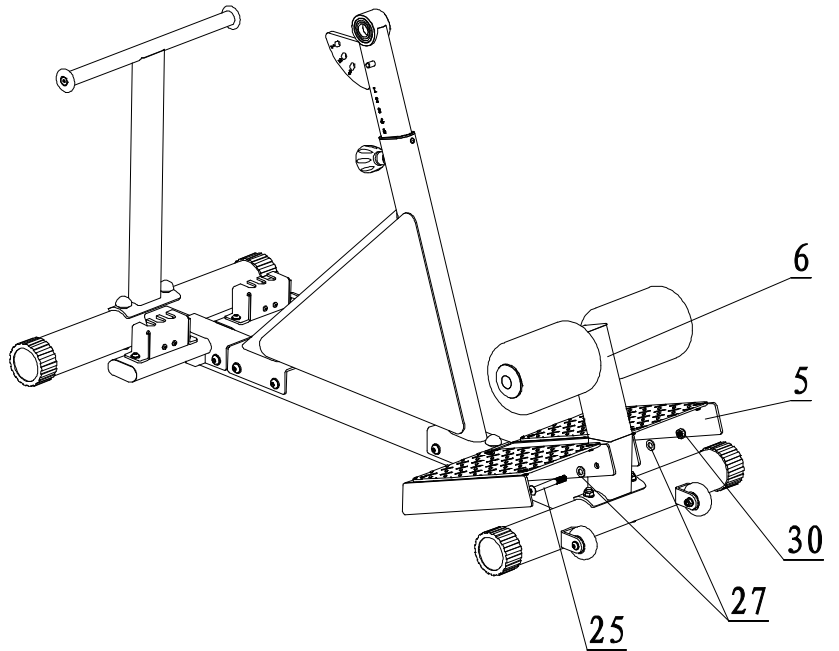
Step 2

Attach the Main Support Frame (2) and the Base Frame Stabilizer (3) to the Base Frame (1), using Allen Bolts (25), Flat Washers (27), Nut (30), Spring Washer (44), and Bolt (46). Then insert the End Cap for Bolt (45).



Step 3

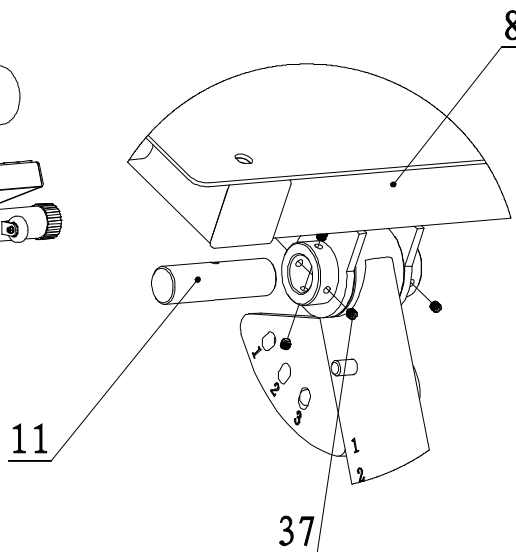
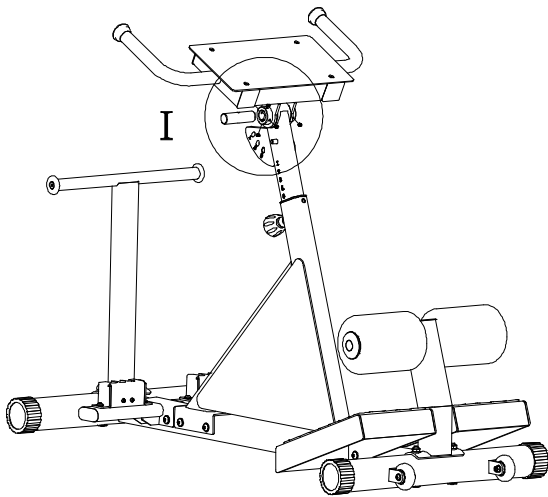
Attach each side of the Foot Plate Support Frame (5) to the Foot Plate (6), using Allen Bolts (25), Flat Washers (27) and Nut (30).

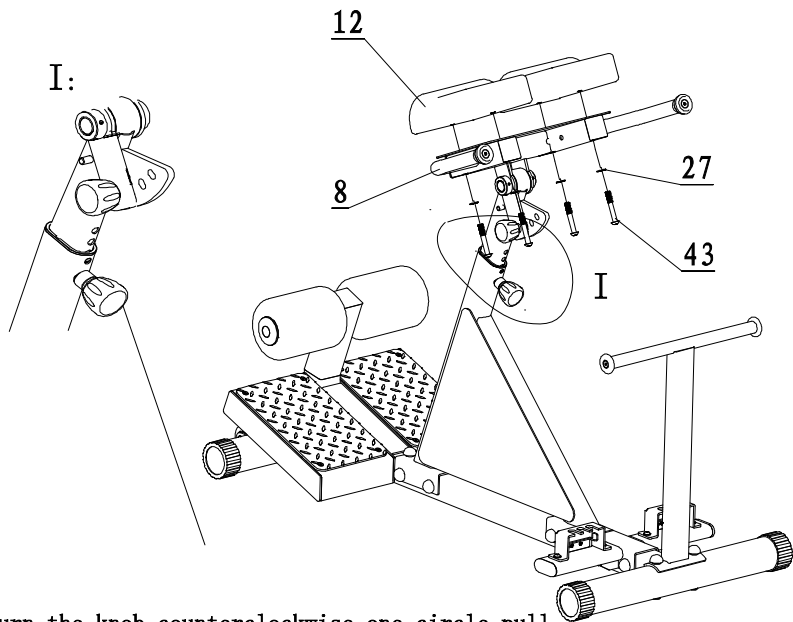


Step 4

Insert the Foam Roller Tube (11) to the Thigh Pad Support Frame (8),

Then tighten Allen Screw Set (37) securely with wrench.



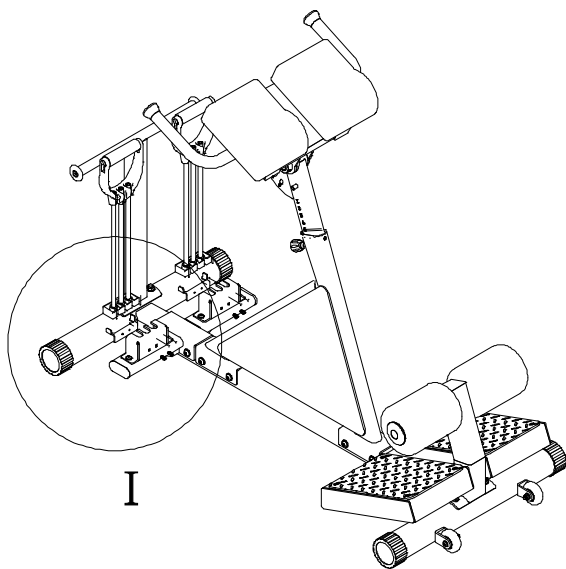


Step 5

Attach the Thigh Pad (12) to the Thigh Pad Support Frame (8), using Flat Washers (27) and Allen Bolt (43).

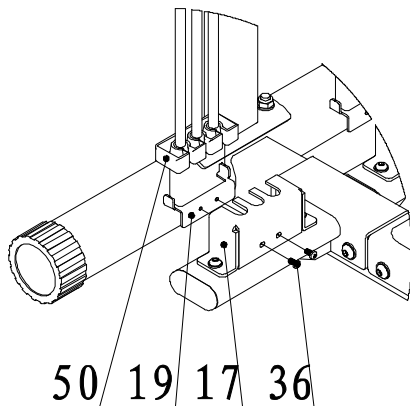
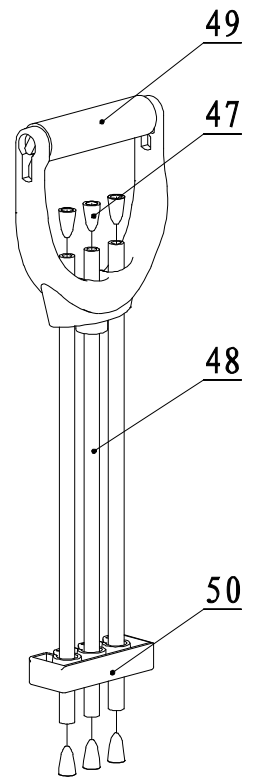
Then securely tighten Bolts with wrench.

Turn the knob counterclockwise one circle, pull the yellow part and plug it in the selected hole, then turn the knob clockwise, fasten the knob.



Step 6

Fix each side of the Elastic Strap (48) to the Handle (49) and the Elastic Strap Cover (50) with the Plug (47).



Step 7

Insert the Elastic Strap Cover (50) to the Elastic Strap Holder Support Plate (19).

Attach the Elastic Strap Holder (17) to the Base Frame Stabilizer (3), using Philips Bolt (36).

Then tighten Bolts with wrench.

5. Maintenance

- i) Keep the product clean and free from dust, dirt and foreign substances. A mild cleaner can be used to clean the frame, pads and handles.
- ii) Inspect pads and foot roller to make sure that there are no rips or tears.
- iii) Inspect product regularly for any damage and general wear and tear.
- iv) Replace worn, broken or damaged parts immediately by contacting:-
Wellness Supply Group
800-653-8037, Option 2
service@wellnessSG.com
www.wellnessSG.com

6. Storage and Moving

- i) Keep product in a clean, dry environment.
- ii) Should be kept on a flat surface.
- iii) Never drop or roughly handle the product.

7. Product Warranty

- i) 5 years on the frame,
1 year on the push pins and grips,
6 months on lifeline resistance and handles.
- ii) Product warranty does not cover damage or equipment failure resulting from mis-use, abuse, or external impact.
- iii) Product warranty will not apply if there is any modification to the product outside the manufacturer's recommendations.

8. Product Specifications

Dimensions:	54" x 25" x 48"
Unit Weight:	110lbs.
User Weight:	280lbs.
Power:	Self-generated

For detailed information about the MMI and to watch a video demonstration of the MMI experience please go to <http://www.exclusivept.com/index.php>