



www.workoutandrecovery.com

INSTALLATION MANUAL

Customer Service:

www.workoutandrecovery.com
or call 216-970-3711.



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Copyright © 2019 Ultimate Workout and Recovery All rights reserved. Ultimate Workout and Recovery strongly recommends that you consult with your physician before beginning any exercise program or the use of any of our products. Additionally, we strongly recommend that the product is assembled using construction gloves while the product is lying down and by someone that specializing in assembling products. It is also suggested to use WD40 lubricating oil for adjusting of the system. Please seek advice from a trusted professional therapist or personal trainer on the workouts and fitness routines. This product is intended for adults and for children 10 years of older, under adult supervision, and the gym should never be left unattended around small children 5 years old or under. The Ultimate Workout and Recovery System MUST be installed correctly using the thresholds as its base goes directly under the legs of a chair or bed for stationary function and security AT ALL TIMES. The gym can be drilled into the ground using concrete screws of Tapcon® screws; once the unit is anchored into the ground, it can be used while standing up, and only then can it be used while standing up. The warranty on the steel/aluminum structure/gym is good for 5 years. Please contact us regarding the warranty on accessories. Structure/Gym manufactured in the USA.



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ASSEMBLY INSTRUCTIONS

We at Ultimate Workout And Recovery wish you a congratulations friends on your purchase of the most unique and adaptive workout and recovery complete home gym on earth! Here are your assembly instructions: The total weight of the frame is approximately 50 pounds. Once secured, the static load on the frame can accept up to 1000 pounds of pull down pressure. An Allen wrench (included) should be on hand for special adjustments. 8-10 bullet lock pins are included. Bed frame attachments plus J hooks are optional and may not be included. A product like WD40 might be necessary to lubricate some parts and make movement easy at all times. For disinfecting and cleaning the frame after use, a product like Green Clean Multi-Surface & More is recommended to kill germs between users. The UWAR System can also be wheeled around as necessary or kept in place via the "feet" on top of thresholds provided.

This Patented System is shipped in two boxes. The larger box will contain much of the steel and aluminum frame and legs. The smaller box will contain multiple colored cords, triple-cord grip state-of-the-art handles, typical paperwork, instructional and assembly guides, and demonstrations; sleek gloves, hand and forearm strengthening exercise kit, tension release massage roller, and a special edition speed bag for boxing which is an added option.



As can be seen in this photo, the triangular bases are identical. Two vertical bars are connected to the triangular bases and the two "shoulders". The shoulder pieces also connect to the horizontal bar. The horizontal bar, (which can be used a chin up or pull-up bar if done correctly) has the

cardio fitness peddler attached with custom brackets or square u bolts. These brackets can be removed with the included Allen wrench, if needed.



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To construct the main frame, lay down all the pieces on the floor in front of you. Then connect both triangular bases to the vertical bar, using the set screws to tighten. The holes on the shoulder pieces should be vertical to accept the vertical parts of the triangular bases. The set screws should be horizontal.



Now the vertical part of the shoulder should have a vertical bar from the triangle base inserted, for each side, evenly, so the horizontal bar is level once both verticals are in place.

The push pins are slid into place to secure the vertical bars. Height is adjustable from 40 to 66 inches approximately by changing pin location

on the shoulders and on the vertical bars.



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Thresholds (up to 42 inches wide) are placed beneath the bases and the screws, and wing nuts are threaded from the bottom, through the threshold, then through the base of the triangle. These will secure the System when a chair or wheelchair or bed is in place over and securely on top of the thresholds. Tapcon attachments (strongly recommended for facility use) into the floor may be used for secure and permanent installation. The width can be up to 60 inches, depending on the top bar minus thresholds, once installed into the floor. . (For bariatric furniture needs for example).



Next, connect the vertical bars that extend from the top of the triangular bases to the vertical ends of the shoulders, using the included push pins. Remember to adjust to the needed height, and keep everything symmetrical.

Lastly, connect the main horizontal bar to both ends of the horizontal ends of the shoulders.





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There are also horizontal legs that extend from the bases of the triangles. These can be extended for added stability. These may be removed and rotated 90 degrees, then re-inserted to allow either wheels or feet to contact the floor.

We have included a video on our website www.workoutandrecovery.com showing a quick, easy step-by-step assembly and takedown which for first time set up should not take more than 5-7 minutes.

Attach cords and handles as desired to allow multiple exercises for strength training, a sport-specific range of motion training or rehab, endurance/cardio, toning and much more for anyone of the millions worldwide needing adaptive exciting workouts and recovery from their bed, chair or wheelchair at any age and any stage! Enjoy a zero impact yet highly engaging and very unique workout anywhere, anytime, for anyone-questions are always welcome.



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Visit our website: <https://www.workoutandrecovery.com> for more information or email: info@workoutandrecovery.com with any questions or support requests.

[Click Here](#) to find a handyman or contractor in your area to assemble the Ultimate Workout And Recovery System!

[handymanwire](#)

[Click Here](#) to find a fitness trainer the Ultimate Workout And Recovery System!

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