

How to assemble your Contrology KSG/CT Ped-O-Pul

PARTS INCLUDED:

ITEM	PART NO.	QTY
Wooden Base	16890	1
Cross Arm w bushing	-	1
92" Pole	16885	1
Handles (Pair)	17115	1
Heavy Springs	17122	2
Flat Head Wood Screws	GEN9271	4
Knob	GEN9081	1
Plugs	17170	4

TOOLS NEEDED:

Power drill with #3 phillips attachment or phillips screwdriver

1. Insert the 92" Pole through the underside of the wooden base (the underside has a recess cut into it with four small screw holes and one large hole for the post). See Fig. A
2. Use 4 flat head wood screws to attach the pole flange to the wooden base. See Fig. A.
3. The cross arm assembly consists of the 19" pole, slider bushing and a black knob preassembled. Pull the black knob to get the cross arm assembly on to the long pole. Slide the cross arm assembly down the long pole. Adjust to the position desired, make sure that the pin end of the knob engages into the hole in the long pole and then tighten the knob by spinning clockwise. See Fig. B.
4. Attach the springs and handles.
5. Install the plugs into the holes in the wood base by pressing them in.
6. Note- In order to move the cross arm assembly up and down to adjust to the desired height, loosen the knob and then pull the knob outward. Always tighten the knob after moving positions.
7. The bike seat and the tilting platform are optional. Bike seat mounts on the pole in the same way as the cross arm assembly does. When installing the bike seat, the cross arm assembly would need to come off the long pole because the bike seat has to be installed first before installing the cross arm assembly. The tilting platform just fits onto the existing base. Please remove the plugs from the base before placing the tilting platform on it. It either tilts you towards the pole or away from the pole.

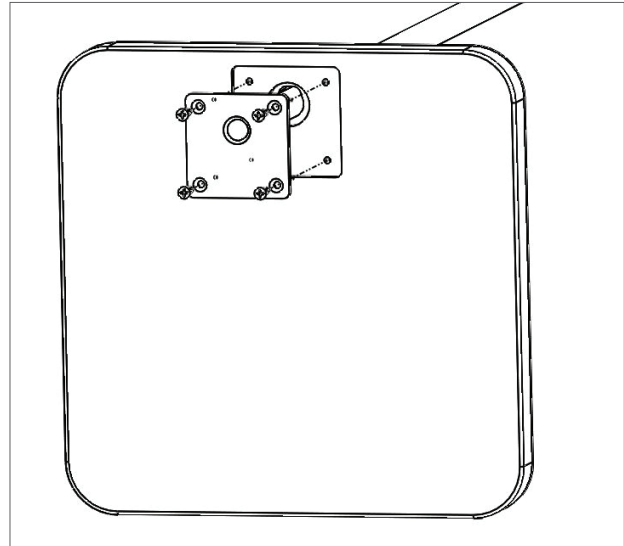


Figure A

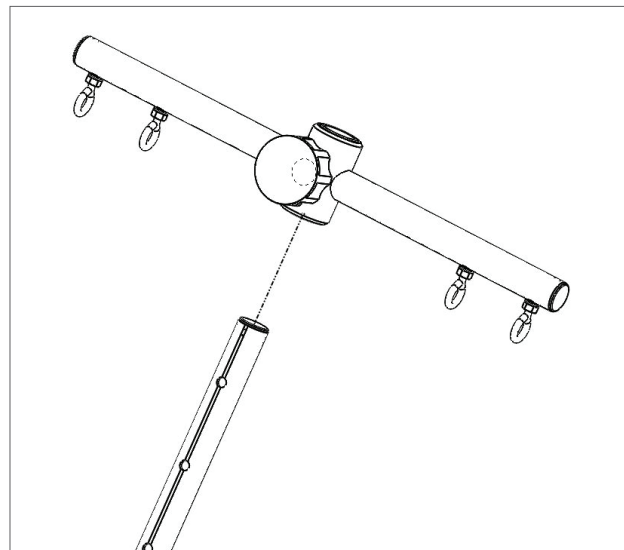


Figure B

SAFETY NOTE - The functionality of Contrology Ped-o-Puls require them to be free-standing. The designs mandate the user to either stand or sit on the Pedo-Pul, or for a second person to hold the apparatus upright during use, to prevent the Ped-o-Puls from falling over.