

Thera-Band® Wall Station Assembly & Installation

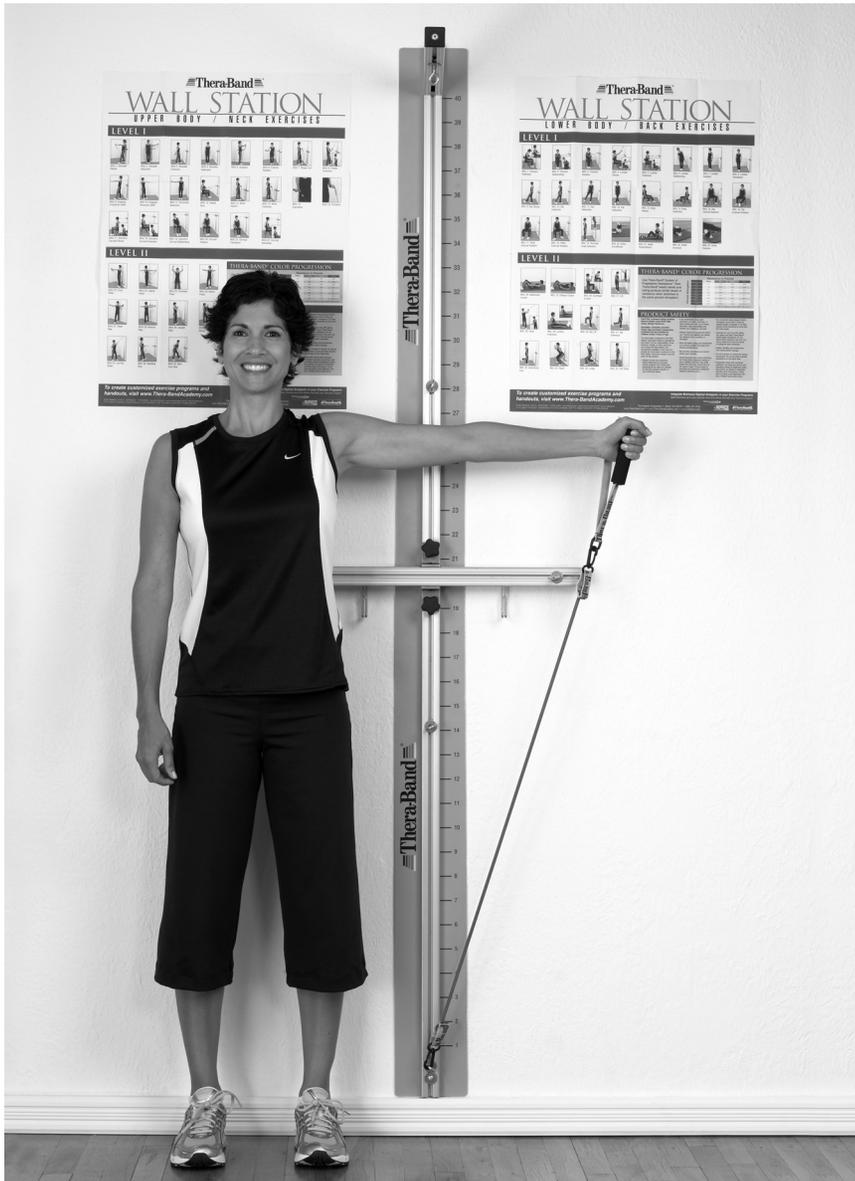


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Parts List

1. 1 ea. Upper and Lower t-track assemblies – 42" long. Cross-section is 1 1/2" wide x 3/4" thick.
 - a. The upper t-track assembly has only one eye bolt.
 - b. The lower t-track assembly has two eye bolts and two steel alignment pins on the end away from the floor.
2. Overhead extension track assembly – 18" long. The cross-section is 1 1/2" square. One end has a black steel slide loosely connected. This slide is for insertion to the upper t-track.
3. Horizontal crossbar assembly – 24" long. The cross-section is 1 1/2" square. In the middle of the track are attached two knob assemblies which will slide down into the vertical t-track assembly and be hand-tightened at desired height.
4. Upper vertical poster (numbered 21 – 40).
5. Lower vertical poster (numbered 1 – 20).
6. Exercise Instruction Posters.

ATTENTION: The posters contain safety information and must be mounted on the wall in close proximity.

7. Master Accessory and Hardware Bag
 - a. Assembly and Installation Instructions
 - b. Handles (2)
 - c. Extremity Straps (2)
 - d. Head Strap
 - e. Exercise tubing packages (4)
 - f. Bag of Mounting Hardware
 - i. No. 14 (1/4") x 2 1/2" sheet-metal screws for mounting tracks to wall with wooden studs. (4)
 - ii. 1/4"-20 x 2 1/2" machine screws with 1/4"-20 wing-nuts for mounting tracks to walls with steel studs. (5)
 - iii. One washer to be used on the screw for the bottom mounting hole of the lower t-track assembly. Its purpose is to keep the eye-bolt assembly from falling out of the track.
 - iv. 1/4" L-shaped hex drive with ball on long end.

Installation

Must be professionally installed

NOTE: Installation of Thera-Band® Wall Station requires a minimum of 7 ft. from floor to ceiling, more if ceiling or floor moldings interfere. Determine whether wall is supported with wood or steel studs.

Installation On Wall With Wood Stud

NOTE: Be sure to use washer on screw for lower mounting hole of lower track. Decide where to mount the Thera-Band® Wall Station. Locate the nearest load-bearing wooden stud. Draw a plumb line down the center of the load-bearing vertical wood stud.

1. Prepare to mount the lower track (having two eye bolts and two alignment pins on top end) to the wall. Make sure the end with the black mark and alignment pins are up. Center the lower track on the plumb line with the lower (unmarked) end as close to the floor as possible and mark the two mounting hole-centers. Pre-drill 1/8" pilot holes about 1 1/2" deep.
 - a. Insert lower screw through washer, lower hole of lower vertical track and lower hole of lower (1-20) positional poster. The washer on the lower screw must be outside the front of the vertical track so that both the screw-head and the washer are on the surface of the track. Screw lower screw most of the way into the pilot hole in the wall, leaving track loose enough for side movement and later alignment.
 - b. Insert the second screw (no washer) through the upper mounting hole of the lower vertical track and then through the upper hole of the lower positional poster. Screw into pilot hole in wall.

Check plumb and increase the tightness of both screws but not to final tightness to allow for final alignment with the upper track. The head of the upper mounting screw should be below the surface of the inner track so that it does not interfere with the installation of the horizontal bar in the next step.

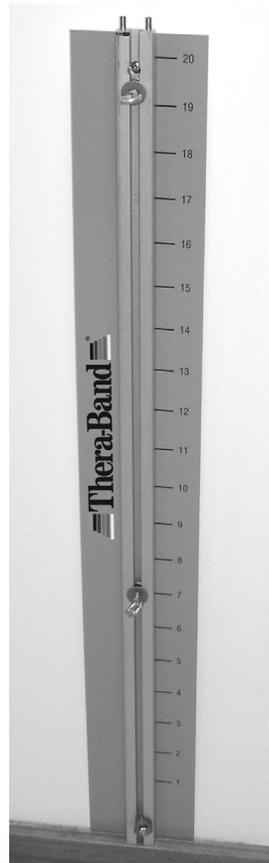


Figure 1 – Lower track (two eyebolts) mounted on wall near floor (lower hole has washer under screw-head).

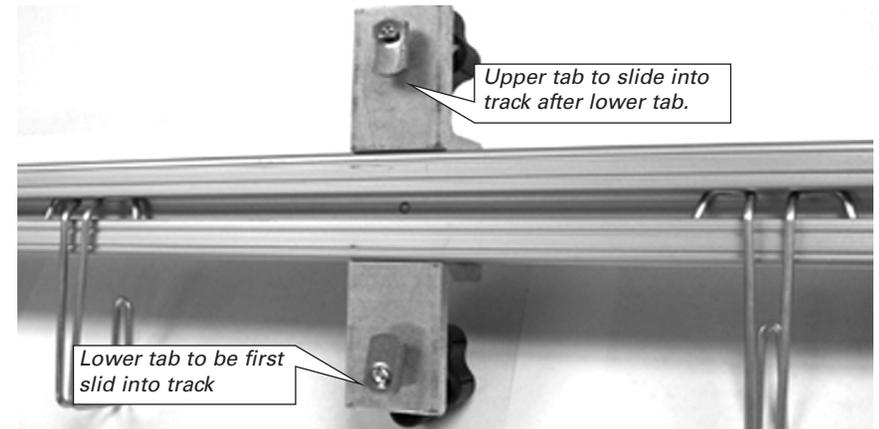


Figure 2 – Rear view of horizontal bar showing mounting tab positions.

2. Adjust the wire hook positions on the horizontal crossbar so that the hook on each side is in the middle of its side between the central brackets and the crossbar ends. The wire hooks are slid in their rear tracks most easily by gently squeezing together the upper hook near its ends in the track. This releases the “grab” of the hook in the track and makes sliding easier.
3. Install horizontal crossbar (wire hooks down, eye bolts out) by carefully sliding the tabs (Fig. 2) into the upper end of the lower t-track. Keep the long ends of the tabs pointing at each other (towards the middle of the horizontal bar). Position the crossbar so that the upper mounting screw is completely accessible to adjustment and final tightening. Tighten knobs (Fig. 3).

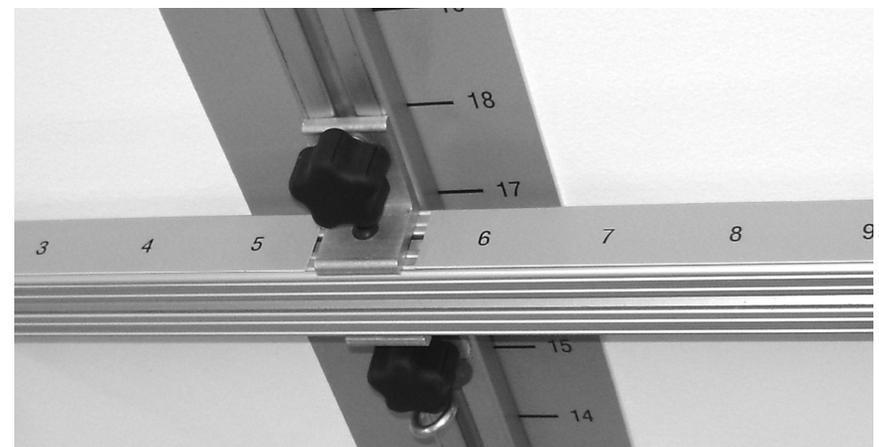


Figure 3 – Horizontal crossbar installed onto mounted lower track.

4. Mount the upper track to the wall (procedure below).
 - a. Make sure the end with the black mark is down, matching the lower t-track black mark.
 - b. Slide the upper track onto the two 1/4" alignment pins in the lower t-track.
 - c. Mark hole centers on plumb line.
 - d. Pre-drill 1/8" pilot holes about 1 1/2" deep.
 - e. Push the lower screw for the upper track through the lower track hole and the lower hole of the upper positional poster (21-40). Screw the lower screw (no washer) into the pilot hole in the wall most of the way, leaving loose enough for later alignment adjustments.
 - f. Screw in second screw (no washer) for the upper mounting hole and through the upper hole of the positional poster and into the wall at the pilot hole.
 - g. Check alignment and tighten all four mounting screws.
 - h. Similarly, insert the lower vertical poster (numbered 21 – 40), behind the right side of the lower vertical track.
 - i. Check alignment and tighten all four mounting screws.
5. Proceed to **Assembly of Overhead Extension to Upper T-Track** (page 10).

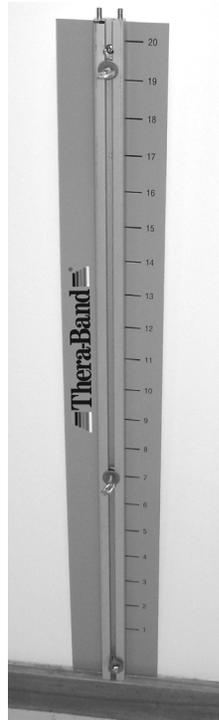


Figure 1 – Lower track (two eyebolts) mounted on wall near floor (lower hole has washer under screw-head).

Installation On Wall With Steel Stud

WARNING: Do not attempt to use the provided sheet metal screws to mount on steel studs!

1. If the wall only uses steel studs for support, the Thera-Band® Wall Station must be mounted using toggle bolts. Four 1/4"-20 x 2 1/2" toggle bolts (five are supplied) must be mounted through the center of the steel stud. The toggle bolt requires a 5/8" diameter hole. The hole must go through the center of the steel stud so that both wings of the toggle bolt spread out against the steel of the stud. The head of the 1/4"-20 screw must not exceed the height of the

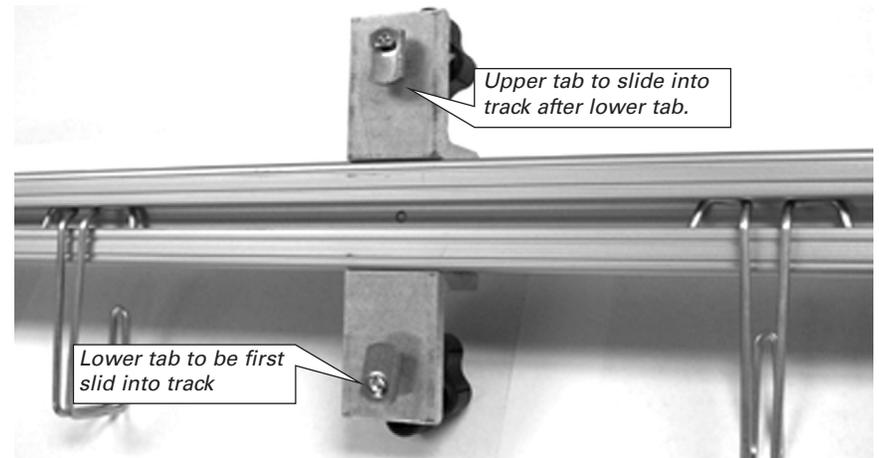


Figure 2 – Rear view of horizontal crossbar showing mounting tab positions.

counterbored mounting holes in the aluminum track when tightened down in the final procedure. Follow the mounting procedure described below.

NOTE: Be sure to use the washer on the screw for the lower mounting hole of the lower track (away from the end with two steel alignment pins).

Decide where to mount the Thera-Band® Wall Station. Locate the nearest steel stud. Draw a plumb line down the center of the vertical steel stud.

Prepare to mount the lower track (having two eye bolts and two alignment pins on top end) to the wall. Make sure the end with the black mark and alignment pins are up. Center the lower track on the plumb line with the lower (unmarked) end as close to the floor as possible and mark the two mounting hole centers. Drill 5/8"-diameter holes through wallboard and center of steel stud.



- a. Insert the 1/4"-20 machine screw into washer. Now insert machine screw with washer through the lower hole of the lower vertical track, then insert screw through the lower hole of the lower prescription poster (1-20) and screw on the toggle (wing nut) onto the screw so that the wings fold back towards the track and poster.

- b. Without the washer, repeat #1a for the upper hole of the lower track and the upper hole of the lower prescription poster and similarly attach toggle.
 - c. Insert both screw-toggle assemblies through holes in wall (make sure toggles expand behind the metal stud).
 - d. Screw lower machine screw (with washer) most of the way in, leaving loose enough for later adjustment. The washer on lower screw should be outside the track so that both the screw-head and the washer are on the surface.
 - e. Screw in second screw (no washer) for the upper mounting hole. Tighten both screws to a very loose fit to allow for final alignment with upper track. Leave about one inch of slack in the upper mounting screw of the lower track. This is needed to allow the lower mounting screw of the upper track to have enough room to pull back close to the track for insertion into the $\frac{5}{8}$ " hole in the wall.
2. Adjust the wire hook positions on the horizontal crossbar so that the hook on each side is in the middle of its side between the central brackets and the crossbar ends. The wire hooks are slid in their rear tracks most easily by gently squeezing together the upper hook near its ends in the track. This releases the "grab" of the hook in the track and makes sliding easier.
 3. Install horizontal exercise crossbar (wire hooks down, eye bolts out) by carefully sliding the tabs (Fig. 2) into the upper end of the lower t-track. Keep the long ends of the tabs pointing at each other (towards the middle of the horizontal bar). Position the crossbar so that the upper mounting screw is completely accessible to adjustment and final tightening. Tighten knobs (Fig. 3).

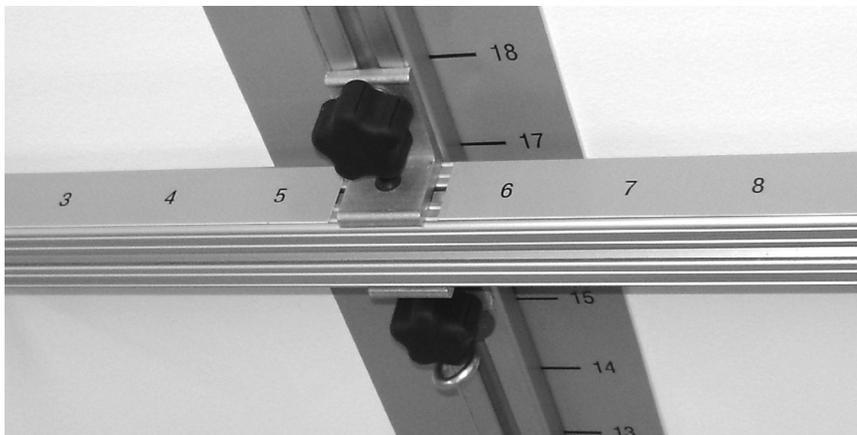


Figure 3 – Horizontal crossbar installed onto mounted lower track.

4. Mount the upper track to the wall (procedure below).
 - a. Make sure the end with the black mark is down, matching the lower t-track black mark.
 - b. Slide the upper track onto the two quarter-inch alignment pins in the lower t-track.
 - c. Mark hole centers on plumb line. Drill $\frac{5}{8}$ "-diameter holes through wallboard and steel stud.
 - d. Assemble the machine screw-toggle (wing nut) through each hole of the upper track and upper prescription poster (21-40) and attaching the toggle so that the wings fold back towards the track with the prescription poster.
 - e. Slide the upper track down onto alignment pins of lower track.
 - f. Insert screw-toggle assemblies into holes in the wall (make sure toggles expand behind the metal stud).
 - g. Screw lower mounting screw of the upper t-track (no washer) most of the way in, leaving loose enough for later adjustment.
 - h. Screw in second machine screw (no washer) for the upper mounting hole.
 - i. Prior to final tightening, align the tracks and poster vertically. Tighten all four mounting screws to wall.

Assembly of Overhead Extension to Upper T-Track

Tools needed: 1/4" L-shaped hex socket drive with ball on long end (provided) and either a 1/4" open-end wrench or a 6" or 8" adjustable wrench.

1. Mount the 18" extension bar to the upper t-track by sliding the black tab into the top of track (eye bolt down). If too tight, loosen socket bolts in cams slightly (about a quarter turn). (Figure 4)
2. Slide the extension bar to just below the upper mounting screw. Tighten using the provided ball-end hex drive. (This position allows the wall-mounting screw to be available to periodically inspect and tighten.)

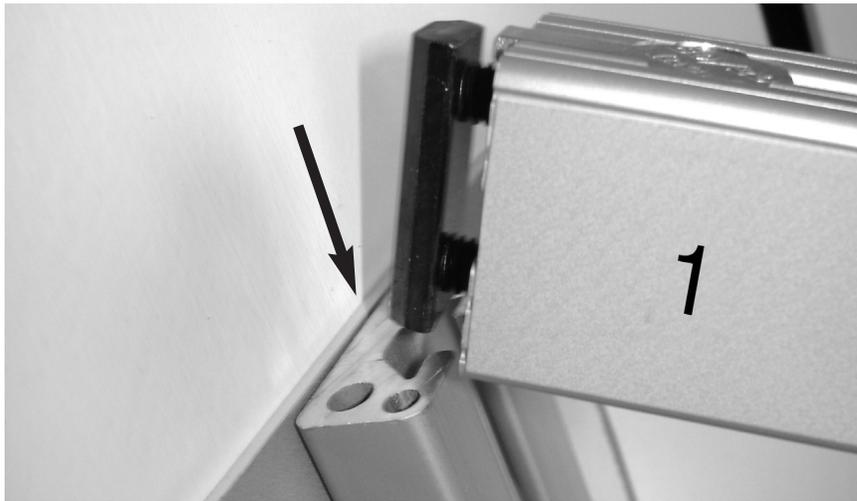


Figure 4 – Positioning slide to insert into T-track

Tightening Bolt with Wrench on 1/4" Hex Drive

When cap bolts are finger tight, check track alignment, and then tighten each bolt using either a 1/4" open-end wrench or an adjustable wrench to finish tightening (Fig. 5). (The wrench is needed to increase the torque on the cap bolts more than the hand can provide on the short leg of the hex drive.)

Maintenance Requirements

1. Frequently (weekly, at the minimum) check both overhead extension cap bolts and all four wall mounting screws for tightness. Use wrench with ball-end hex driver as shown in Figure 5. Check wall mounting screw tightness with No. 2 Phillips head screwdriver.
2. Eye bolts need not be rigidly tightened to hold attachments in place. Just slide eye bolts to desired height and attach accessories.

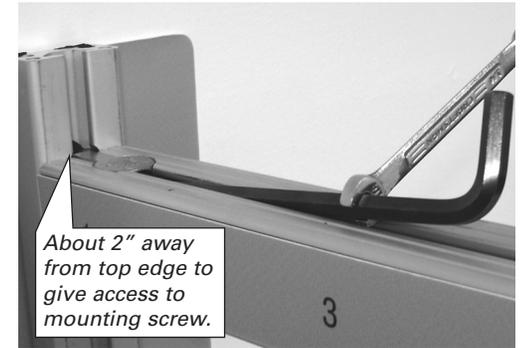


Figure 5 – Tightening Bolt with Assist from Wrench



Figure 6 – Wall Station with Accessories on Hooks

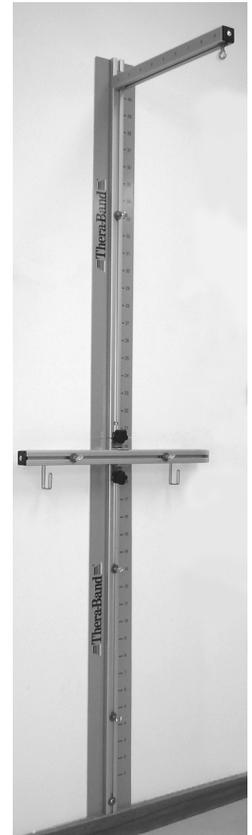


Figure 7 – Completely mounted Thera-Band® Wall Station

PerformanceHealth

The Hygenic Corporation • 1245 Home Avenue • Akron, OH USA
(330) 633-8460 or (800) 321-2135

www.thera-band.com • www.Thera-BandAcademy.com



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