

Assembling and Maintaining the StretchTrainer™



PRECOR®

Edition Information

ASSEMBLING AND MAINTAINING THE STRETCHTRAINER

P/N 38875-112 rev B

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Trademark Note

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Precor Incorporated
20031 142nd Ave NE, P.O. Box 7202
Woodinville, WA 98072-4002
1-800-347-4404

<http://www.precor.com>

Important Safety Instructions

Follow these guidelines to maintain proper working condition of the equipment:

Important: *Do not modify the equipment or any of its parts, or permanently remove any part from the equipment. Do not use accessory attachments that are not recommended by Precor, as such attachments might cause injuries.*

- You should not attempt to service the StretchTrainer yourself.
- Do not allow children or those unfamiliar with its operation on or near the StretchTrainer. Do not leave children unsupervised around the unit.
- Before using the StretchTrainer, examine it thoroughly. Make sure that all fasteners are securely tightened and the instructional placard is attached to the unit. Inspect the wrist straps for wear. Replace them if they are frayed, worn, or missing.
- Make sure that trainers and facility personnel advise users to always hold the handlebars while stretching and do not attempt to use only the wrist straps to perform stretches.
- Make sure that trainers, facility personnel, and maintenance technicians understand how to use the equipment, know important safety guidelines, and can recognize potential problems such as a cracked weld or worn wrist strap.
- Strength training requires a significant focus by the facility and its staff to maintain the quality of the fitness environment. If possible, the facility should provide direct supervision of the fitness equipment at all times by people knowledgeable about the safe operation of the equipment and trained to recognize potential problems.
- If any facility personnel witness unsafe use of the equipment, the staff member should address the user directly, demonstrate the proper technique, and review the *Safety Information for Users*. Precor recommends posting a copy of the *Safety Information for Users* near the equipment in a prominent location.

- Assemble and operate the StretchTrainer on a solid, level surface. Make sure that the unit is installed with enough free space for safe operation. As a general rule, allow about a 4-foot (1 meter) circle of space from the user's center.
- Check the equipment thoroughly based on the recommended maintenance schedule outlined in this manual.
- Place an "out-of-order" sign on the equipment during maintenance of the equipment or the surrounding area. Users should never be allowed to operate the equipment until it has been inspected and works properly. If a piece of equipment needs service, keep it out of use until repaired. Make sure the facility's personnel know not to allow anyone to use the equipment until it is working properly.
- Do not attempt to free any jammed assemblies alone as this may cause injury. With the help of another person, carefully return the mechanism to its proper resting position.
- Do not place the equipment outdoors or on wet surfaces.

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Safety Information for Users

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

When using exercise equipment, you should always take basic precautions, including the following:

- If you do not understand how to operate a piece of equipment, ask someone from the facility (such as a trainer) to demonstrate how to use it and explain any safety instructions.
- Do not allow children on or near the equipment. Do not leave children unsupervised around the equipment.
- Do not overexert yourself or try to do all the stretches shown on the instructional placard the first time you use the StretchTrainer. Start your stretching routine slowly and conservatively. With practice and increased flexibility, you can add more stretches and repetitions to your routine.
- Do not rock the equipment. Do not stand on the handlebars, instructional placard, or the padded seat.
- Use the equipment only for its intended purpose. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Wear proper exercise clothing and shoes for your workout—no loose clothing.
- **Do not overexert yourself or work to exhaustion.**
- Always hold the handlebars while stretching. Do not attempt a stretch using only the wrist straps.

- Use the wrist straps at all times while on the StretchTrainer. The wrist straps reduce the risk of injury by decreasing the chance of overstretching or falling if you lose your grip on the handlebar.



Figure 1: Proper placement of wrist straps

- Do not overstretch, force a stretch, or bounce during a stretch.
- If you feel pain or abnormal symptoms, stop exercising immediately and consult your physician.
- Always check the equipment before using it. If you spot a potential problem, contact someone in the facility immediately. Do not use the equipment until the facility has verified that the equipment is working properly. Do not attempt to fix broken or jammed equipment.
- Do not use the equipment outdoors or on wet surfaces.
- Do not use the equipment if an "out-of-order" sign has been placed on it.
- When you have completed your stretching routine, make sure that the seat has returned to the forward position.
- Read all posted instructions, including all safety instructions and warnings.

Assembling the StretchTrainer

Unpacking the StretchTrainer

Carefully unpack the parts and lay them on the floor near the location where you plan to assemble the equipment.

If any items are missing, contact the dealer from whom you purchased the StretchTrainer or use the Precor web site at **www.precor.com** to find the dealer nearest you.

Important: Be aware that the lubrication on the fasteners can stain carpeting and clothing. Precor recommends that you set the fasteners on a piece of cardboard packaging during assembly.

The following pieces of hardware are shipped with your StretchTrainer.

- Seat frame
- Padded seat (includes 4 bolts and 4 washers)
- Knee pad (includes 4 bolts and 4 washers)
- Two base rails (includes one bolt and washer per rail)
- Handlebar (includes wrist straps)
- Instructional placard
- StretchTrainer documentation including warranty
- Two rear level adjusters
- Seat bumper
- Alignment bracket
- Seat bracket
- Hardware kit
 - 3 mm hex wrench
 - 6 mm hex wrench

- Two E-clips
- Two foot rests
- Axle
- Two 5-inch bolts
- Four 1¼-inch bolts
- Two lock nuts
- Eight flat washers
- Four lock washers

The following figure shows the names used in this manual for the major components of the equipment.

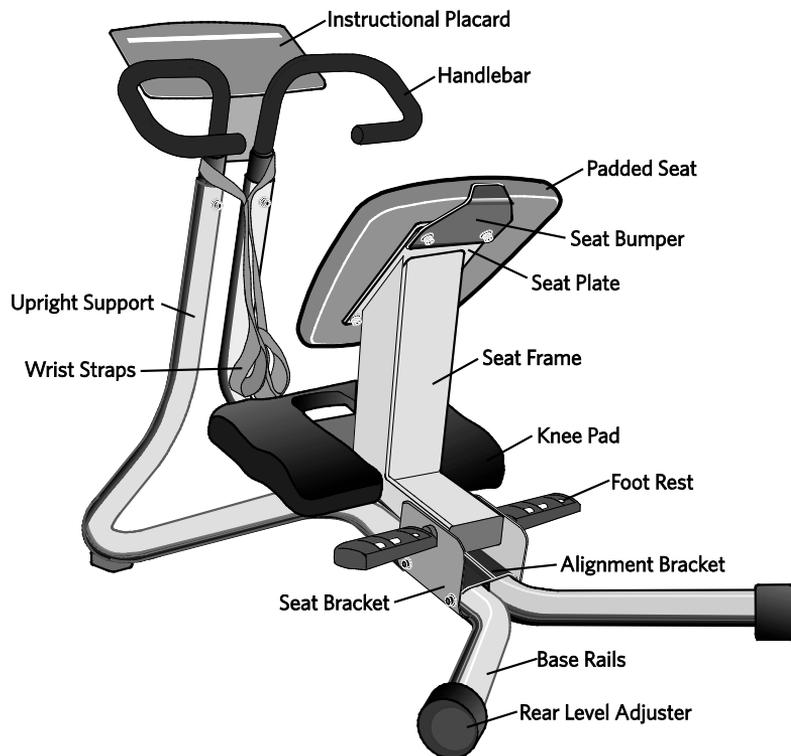


Figure 2: Parts of the StretchTrainer

Obtaining Service

Do not attempt to service the equipment except for maintenance tasks. If any items are missing, contact your dealer. For more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at <http://www.precor.com>.

Assembling the StretchTrainer

CAUTION: At least two people are required to position the parts of this equipment successfully. Do not attempt to assemble the equipment by yourself. Fully assembled, the StretchTrainer weighs over 60 pounds.

Proper alignment and adjustment of the equipment is critical. When you install fasteners, leave room for adjustments. Do not tighten the fasteners completely until you are instructed to do so.

Make sure the equipment is stable and placed on a solid surface.

Optional tools:

- Open-end adjustable wrench
- Pair of needle-nose pliers

To begin assembly:

1. Set the base rails on the floor and remove the two bolts and two flat washers on the underside of the rails.
2. While your assistant holds the upright supports, slide the seat bracket under the base rails and align the mounting holes. Place the alignment bracket in between the base rails and secure it using the two 5-inch bolts, four flat washers, and two locknuts from the hardware kit.

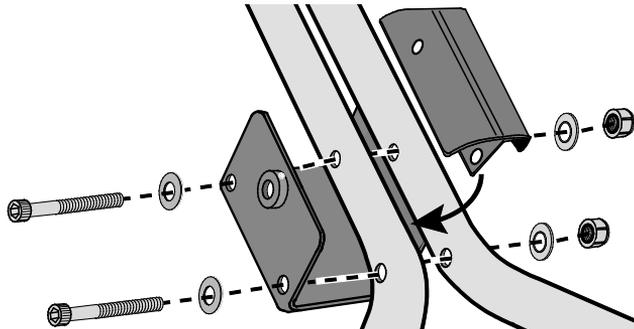


Figure 3: Alignment bracket and base rail assembly

3. Attach the seat bracket on the underside of the rails using the hardware removed from the base rails. Secure the seat bracket using the two bolts and two flat washers removed in step 1. Partially tighten the bolts.

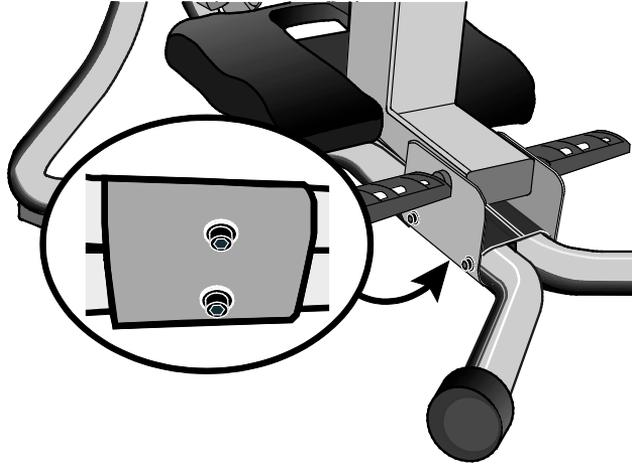


Figure 4: Position of bolts on underside of base rails

4. Position the handlebar over the upright supports and slide it into place.
Note: The wrist straps on the handlebars should face toward the rear of the equipment (see figure 2).
5. Align the holes in the front and back of the handlebar with the holes in the upright supports. Secure them using four 1¼-inch bolts, four lock washers, and four flat washers from the hardware kit.

Note: Do not fully tighten the bolts at this time. This will make it easier to install the seat frame.

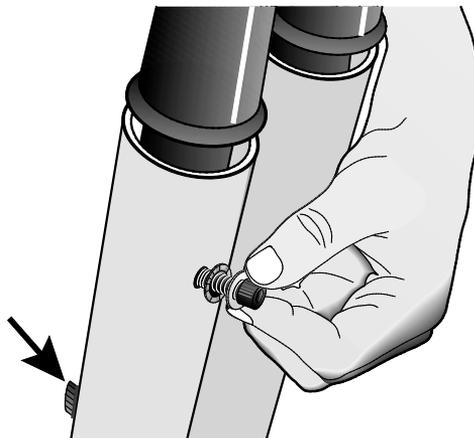


Figure 5: Bolt locations on upright supports

Assembling the Seat Frame and Pads

Put the seat frame assembly (seat frame, padded seat, seat bumper, and knee pad) together before you attach it to the base rails.

To attach the padded seat:

1. Remove the four bolts and four flat washers from the underside of the padded seat.
2. Position the padded seat on the seat plate with the narrow end of the seat toward the floor. Secure the lower end of the padded seat to the seat plate using two bolts and two washers removed in step 1.

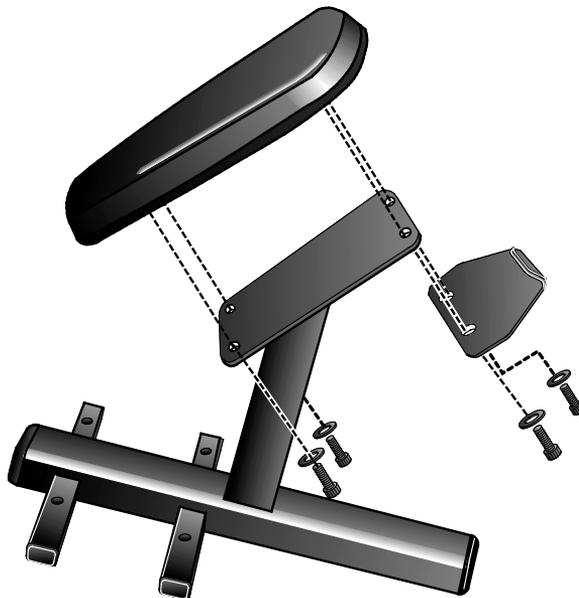


Figure 6: Padded seat attachment

3. Position the seat bumper against the back of the seat plate so that the holes align with the holes in the seat plate and padded seat. Secure it using two bolts and two washers removed in step 1. To keep the padded seat aligned properly, alternately partially tighten each bolt.

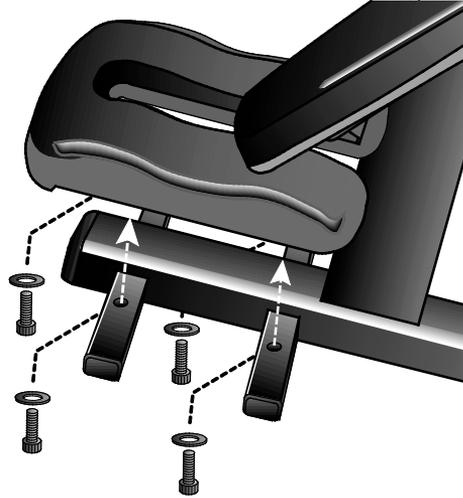
Note: There will be a small space (about $\frac{1}{8}$ inch) between the bumper and the padded seat.

4. After the padded seat is secured and properly aligned, tighten each bolt using a 6mm hex wrench.

Important: Do not overtighten the bolts.

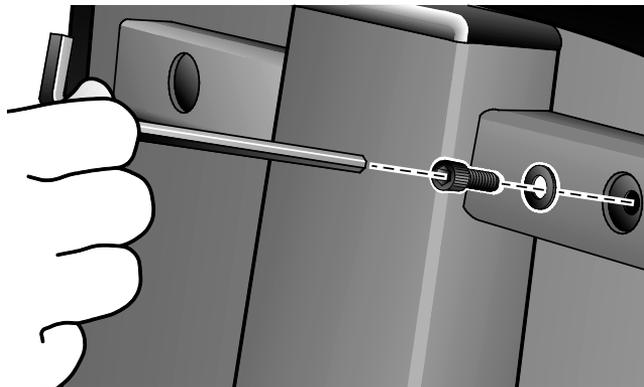
To attach the knee pad:

1. Remove the four bolts and four flat washers from the underside of the knee pad.
2. Align the holes on the bottom of the knee pad with the mounting holes in the crossbar.

**Figure 7: Knee pad attachment to crossbar**

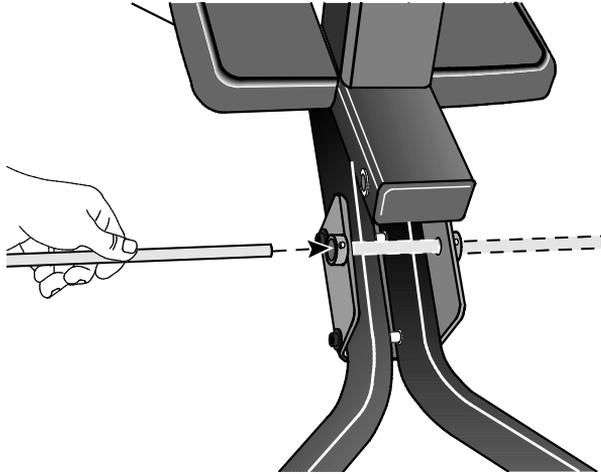
3. To attach the knee pad, slide a washer onto each of the four bolts removed in step 1. Place a bolt and washer on the end of the 6mm hex wrench and insert it through the crossbar.
4. To keep the knee pad properly aligned, thread all four bolts, then alternately tighten each bolt securely.

Note: If you lose a bolt in the crossbar, tip the seat frame on its side and shake it until the bolt drops out of the hole.

**Figure 8: Knee pad attachment**

To attach the axle:

1. Position the seat frame between the seat bracket and align the axle mounting hole. Slide the axle half way through the bracket and seat frame.

**Figure 9: Axle placement**

2. Slide a foot rest onto one end of the axle.
3. Position an E-clip from the hardware kit on the foot rest as shown in the following figure and push it into position.

Note: A notch has been cut into the axle to position the E-clip. You may need pliers to push the E-clip into position.

**Figure 10: Position of E-clip on the foot rest**

4. Slide a foot rest onto the other side of the axle and repeat step 3.
5. After the foot rests are securely fastened to the axle, check that the axle is centered through the seat frame. Then tighten the two small set screws that hold the axle in position using a 3mm hex wrench.

Note: Do not overtighten the screws.

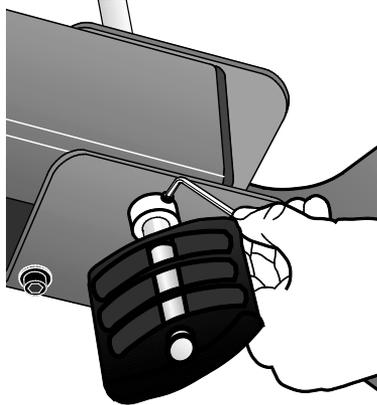


Figure 11: Tighten set screws on axle

To complete the assembly:

1. Slide the handlebar caps onto the upright supports, then fully tighten the handlebar bolts using a 6mm hex wrench.

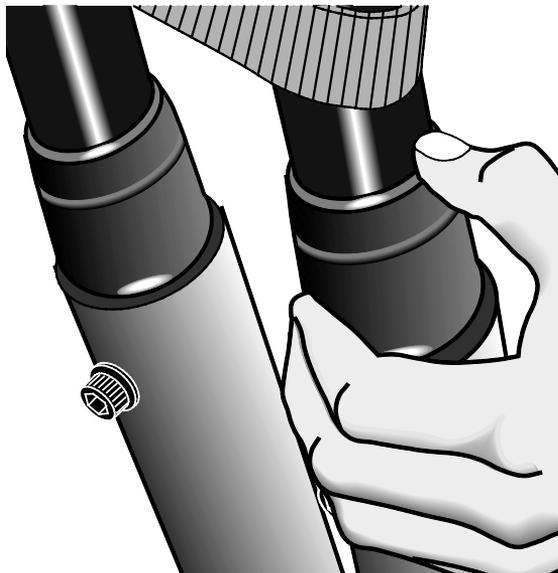


Figure 12: Handlebar cap attachment

2. Fully tighten all seat bracket bolts.
Important: Do not overtighten the bolts. Doing so may compress or crack the plastic alignment bracket.
3. Remove the paper backing from the adhesive tape on the placard mount.

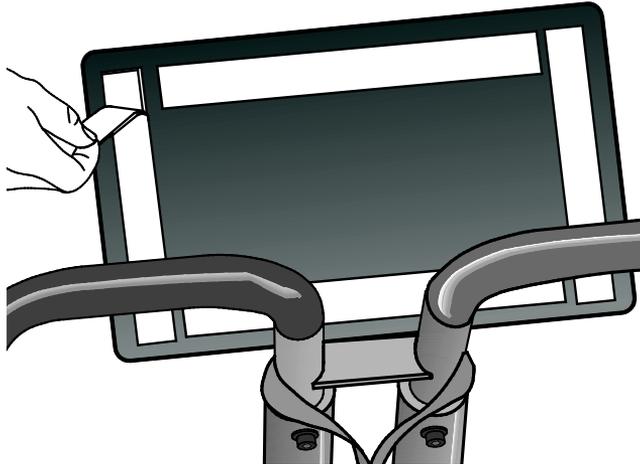


Figure 13: Adhesive tape removal

4. Carefully center the instructional placard on the placard mount and press firmly into place.

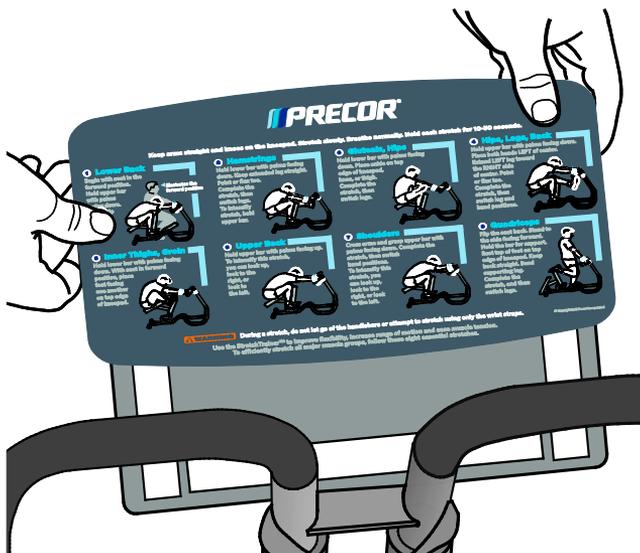


Figure 14: Placard attachment

5. To attach the rear level adjusters, raise the rear end of the StretchTrainer slightly off the floor. Slide a rubber level adjuster onto one side of the rear base rail.

6. Slide the other level adjuster onto the opposite base rail.
7. Carefully lower the equipment onto the floor. Avoid pinching your fingers.

Important: *If the equipment is placed on a slightly, uneven surface, rotating the rear level adjusters can help, but will not compensate for extremely uneven surfaces. The maximum height that you can compensate for using the rear level adjusters is about ¼ inch (6 mm).*

8. To level the equipment, sit on the StretchTrainer. If it wobbles slightly, rotate the rear level adjusters until the equipment is stable.



Figure 15: Rear level adjuster

9. Use a cloth dampened with a non-abrasive degreaser to clean any parts of the equipment that have been blackened by grease from the bolts.

Important: *Do not discard the hex wrenches supplied with the equipment. Maintain the integrity of the StretchTrainer by occasionally checking and tightening the hardware. Use the hex wrenches to tighten any bolts that become loose.*

Using Your StretchTrainer

Stretching is an important component in a proper warm up and cool down at the start and end of each workout.

Refer to this section to learn more about muscle groups and how to use the StretchTrainer to help you achieve your workout goals.

Before you begin your stretching routine, review the following guidelines.

- Always use the wrist straps during your stretching routine.
- Warm up and start slowly. Warm muscles are easier to stretch and are less prone to injury.
- Learn how to perform each stretch correctly. Always keep your arms straight. Pay close attention to the position of each body part.
- For most stretching positions, make sure that your knees rest on the knee pads, your lower legs are parallel to the knee pads, and your feet are properly positioned in the foot rests.
- Do not overstretch. Pay attention to exactly how your body feels. The amount of movement should be determined by your comfort level. Stop when you feel tension in the muscle.
- Do not bounce while stretching. The stretching routines should always be done in a controlled manner, using slow, smooth movements.
- Use your abdominal and gluteal muscles to move into and out of each stretch. Do not use your arms to pull yourself to the starting position.
- Do not hold your breath. Remember to relax and breathe normally while stretching.

The numerical callouts on the following figure correspond to the eight stretches on the instructional placard.

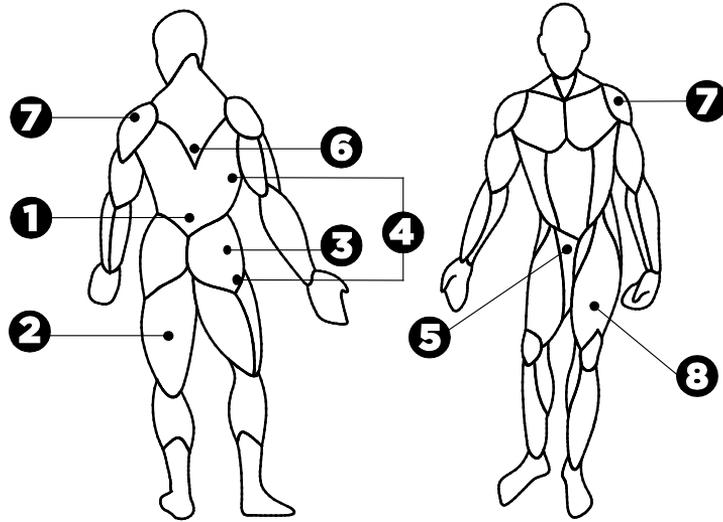


Figure 16: Targeted muscles

Table 1. Targeted muscle group names

Number	Muscle Group	Number	Muscle Group
1	Lower Back	5	Inner Thighs, Groin
2	Hamstrings	6	Upper Back
3	Gluteals, Hips	7	Shoulders
4	Hips, Legs, Back	8	Quadriceps

For example, callout 1 refers to the muscles that are targeted in the first stretch (Lower Back) on the instructional placard.

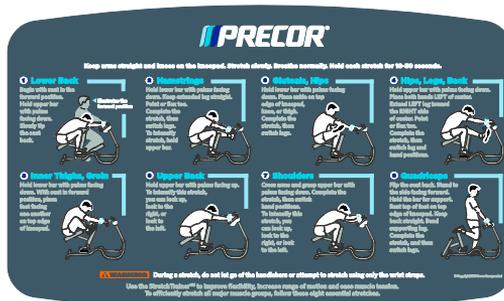


Figure 17: Instructional placard

Guidelines for Stretching

Two popular types of stretching include static and active stretching. Static stretching helps to restore muscle imbalances, increase range of motion and release tension in the body. In contrast, active stretching prepares the muscles for a workout by gently engaging muscle groups as you move through a path of motion.

Static Stretching

Static stretching is best performed when the body is warmed up, and should be done immediately following a workout. Those with muscle tightness can also perform static stretching before the workout, and at various points throughout the day.

For static stretching, hold the stretch for approximately 30 seconds. Pay attention to exactly how your body feels. The amount of movement should be determined by your comfort level. Stop when you feel tension in the muscle.

Active Stretching

Active stretching prepares your muscles for a workout and should be completed after a warm-up but prior to the training session.

For active stretching, perform 1-2 sets of 5-10 repetitions of 1-2 seconds each. Control your movement speed and range for each stretch, and do not stretch past the point where you feel tension in your muscle.

Maintenance

You will need to perform the following tasks each day to maintain the equipment and keep it operating smoothly:

- Clean any upholstery on the equipment.
- Inspect pads for wear.
- Clean and inspect frames.
- Check warning and instructional labels.
- Check that all fasteners are properly secured.

Clean and Inspect Pads

To remove surface dirt and perspiration, clean upholstery daily with a mild soap and water solution in a spray bottle. Spray upholstered surfaces lightly and wipe dry with a clean cloth.

Important: *To clean the upholstery, do not use cleaning products that have any of these ingredients: solvents, alcohol, ammonia, or petroleum. Use a mild detergent-based cleaner instead.*

Inspect pads for cracks in the upholstery, broken and loose stitching, loose staples, and loose mounting bolts. Replace pads as needed (refer to *Obtaining Service* to purchase new pads).

Important: *Do not reupholster pads or use pads not approved by Precor.*

Clean and Inspect Frames

To remove grease and dirt, clean frames daily with a mild soap and water solution in a spray bottle. Wipe the equipment down with a damp cloth and dry completely. Be sure to wipe down both painted parts and chrome or plated parts.

To restore and maintain the luster of chrome parts, use a commercial chrome cleaner. As you clean, inspect the frames for cracks, rust, or other damage. Make sure welds are solid and fasteners are properly secured.

Inspect Warning Labels

Inspect warning and instructional labels daily to make sure that the information can be clearly read. If any portion is not visible or part of the label is not adhered properly, replace the label immediately (refer to *Obtaining Service* for purchase information). Clean labels as needed with a mild soap and water solution in a spray bottle and dry thoroughly with a soft cloth.

Inspect all Fasteners

Fasteners can loosen with normal use. Inspect all nuts, bolts, screws, and other fasteners to make sure they are tight and installed correctly.

Be sure to check fasteners at bolted joints to make sure the connections are secure. If a fastener is loose but in good condition, retighten it. If you are concerned about the integrity of the fastener, remove it, clean the threads, and inspect it for any damage such as cracks, bad threads, corrosion, or rust. Reinstall the fastener if it appears to be in good condition. Otherwise, remove the equipment from service until a new fastener can be installed properly. You can order new fasteners from Customer Support. For additional information, refer to.

Important: *Fastener quality and specifications vary considerably. Replace only with the Precor approved fastener specifically engineered for the precise application. Failure to do so will void the Precor Limited Warranty.*



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P.O. Box 7202
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