OPERATIONAL INSTRUCTIONS

MOUNTING: The IFT MUST be mounted on a structure that can hold 250 lbs/113 kg, the maximum, fully suspended rated weight, for this device. Make sure there is sufficient space to move while using the IFT.

WARNING: ***Use secure and robust mounting points able to support the dynamic force of your body weight or added weights.***

Releasing the brakes: To allow the strap to move freely across the flywheel, grasp the release tabs and pull down until the jaws open. ***Figure 1***

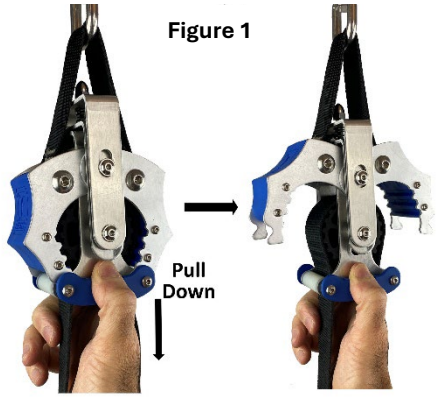


Figure 1

Engaging the brakes: To lock the strap in place so it cannot move across the flywheel:

A. Push the jaws down with a forceful motion until the jaws are locked in a closed position. ***Figure 2***
   NOTE: The jaws must be closed enabling the locking bars to seat in the locking bar hooks.
   WARNING – Pinch Hazard: Avoid placing any body part between the jaw and locking bars.

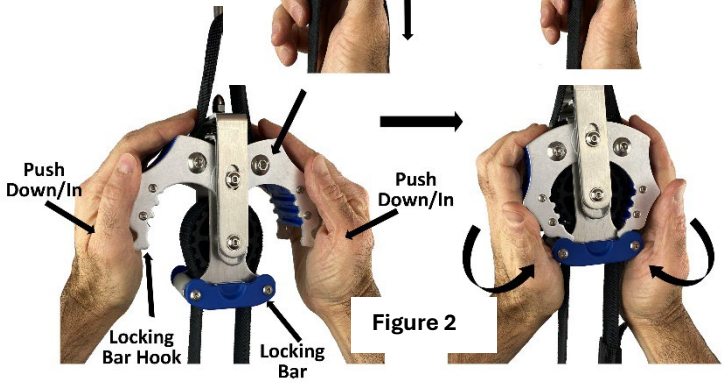


Figure 2

B. While continuing to push the jaw closed, push up on the release tabs with the heel of your hands until the locking bars are securely in the locking bar hooks. ***Figure 3***
   IMPORTANT: Tug forcefully on the strap to ensure it is securely locked in place and the brakes are securely engaged. If not, move the flywheel and repeat until the brakes are securely engaged.

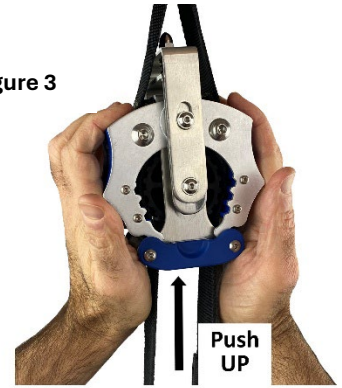


Figure 3

Changing the strap length:

A. Press down on the cam buckle tab, releasing the strap.
B. While keeping the cam buckle tab depressed pull the strap through the cam buckle to lengthen or shorten as needed.
C. When the strap is at the desired length, release the cam buckle tab and adjust the collar to secure any loose strap.

IMPORTANT: Tug forcefully on the strap to ensure the cam buckle is fully engaged.

Maintenance: Like all mechanical devices, a break-in period may be required. After extended use, if the IFT feels as though its movements are becoming rough or starting to stick, apply white lithium grease to the areas indicated. ***Figure 4***

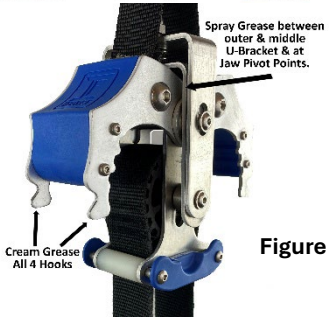


Figure 4