

How to Install Your Cactus Springtree Retrofit Kit

Your Cactus Springtrees are simple to install.
Please read the instructions completely before beginning.

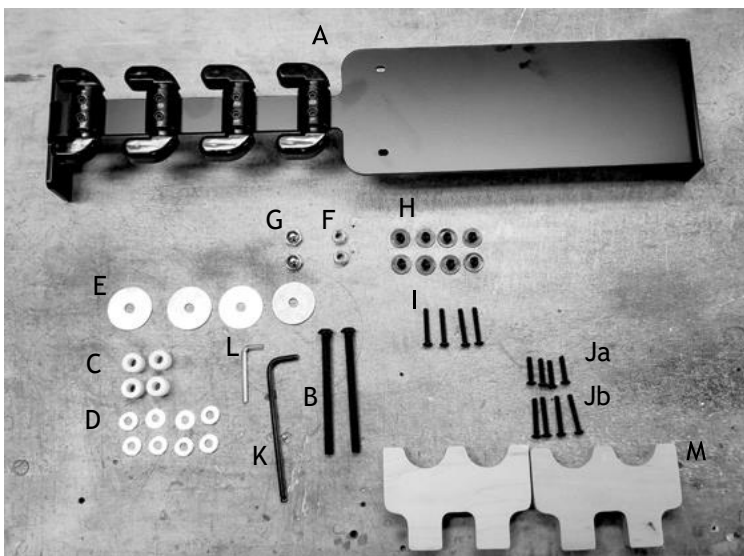
TOOLS NEEDED (NOT INCLUDED)

- » Rubber mallet
- » Drill
- » 1/2" wrench
- » 1/4" drill bit
- » 1/8" drill bit



PARTS LIST (INCLUDED)

A.	16277	Combo Chair Cactus 2.0 Assembly (2)
B.	16600	5/16" x 4" button head allen bolt (2)
C.	13970	White nylon spacer (4)
D.	13961	White nylon washer (8)
E.	13971	5/16" x 1 1/2" fender washer (4)
F.	13606	5/16" lock nut (2)
G.	13708	5/16" cap nut (2)
H.	16602	10-24 Propeller nut (8)
I.	13573	#10 x 3/4" pan head wood screw (4)
Ja.	15199	10-24 x 7/8" button head allen bolt (4)
Jb.	16599	10-24 x 1 1/2" button head allen bolt (4)
K.	13780	Small hex key, 1/8" (1)
L.	13777	Large hex key, 3/16" (1)
M.	13277	Spring cradles



PREPARING YOUR CHAIR FOR THE CACTUS SPRINGTREES

1. Remove the dowel from pedals and set aside.
2. Remove the chair handles by turning the black knob counterclockwise, then lifting the chair handles out of the brackets. Set aside.
3. Remove the springs by holding each pedal steady while you unhook the springs from both ends. Set aside.
4. Face the back of the chair. Using the large hex key provided, unscrew the six hourglass spring mounts, three on either side. If your chair has eye bolt spring attachments, remove the eye bolts.



Fig. A

INSTALLING CACTUS SPRINGTREES (BACK OF THE CHAIR)

1. Place the Cactus Springtree inside chair. Make sure the length of the Springtree butts up against the side of the chair in the corner (Fig. A).
2. Holding the Springtree securely in place, drill two 1/4" holes completely through the back of the chair, using the holes in the Springtree as a guide (Fig. B). Important: ONLY drill these two holes for now. You will drill the holes in the top and bottom later.
3. Install the two propeller nuts on each Springtree. Facing the back of the chair, fit the propeller nuts into the 1/4" holes with your fingers. Use a rubber mallet to tap the nuts flush with the chair back (Fig. C).
4. Screw in the 10-24 x 7/8" button head allen bolt into the springtree holes. Face the front of the chair. Use the small hex key to screw down the bolts (Fig. D).



Fig. B



Fig. C



Fig. D

INSTALLING CACTUS SPRINGTREES (BOTTOM OF THE CHAIR)

Drill bottom holes completely through bottom of chair with 1/4" drill bit. Use the bottom holes in the Springtree as a guide (Fig. E). Place a block of wood under your chair to protect your floor while drilling.



Fig. E

5. Install propeller nuts. Turn chair on its back, bracing the pedals with your hand. Facing the bottom of the chair, fit the propeller nuts into the 1/4" holes with your fingers. Use a rubber mallet to tap the nuts flush with the chair back (Fig. F).



Fig. F

6. Then, turn the chair upright.

7. Face the front of the chair. Screw in the 10-24 x 1 1/2" button head allen bolt into the springtree holes. Use the small hex key to screw down the bolts.

INSTALLING CACTUS SPRINGTREES (TOP OF THE CHAIR)

8. Drill a 3/4" deep pilot hole with a 1/8" drill bit into the top springtree holes (into underside of chair's upholstered seat) (Fig. G).

Tip: Use a piece of masking tape on the drill bit to mark the 3/4" depth. Screw in the #10 x 1" pan head screws into the holes using a Phillips-head screwdriver or screwdriver bit.



Fig. G

REMOVE HOURGLASS SPRING MOUNTS ON PEDALS

Use a large allen key and a 1/2" wrench to remove the hourglass springmounts from the pedals. If your chair has eyebolt attachments, remove the eyebolts. Set aside.

INSTALL NEW FIXED SPRING MOUNT

1. Holding the allen bolt, slide the following parts onto the bolt in this order:

Fender washer
Nylon washer
Heavy spring hoop
Nylon spacer
Nylon washer
(Fig. H)

Light spring

Heavy spring



Cap nut faces outside of chair

Fig. H

2. Starting at the outside of the chair, insert the bolt and fasteners through the existing top hole in the pedal bar. Now add the rest of the parts in this order:

Nylon washer
Nylon spacer
Light spring hoop
Nylon washer
Fender washer
Lock nut
Cap nut
Use the large hex key to tighten the allen bolt to the cap nut (Fig. I).



Fig. I

ATTACH SPRING CRADLES

Your springs sit in the grooves of the spring cradles to keep the springs from hitting the pedal bar while in use (Fig. J).

1. Place self-adhesive Velcro squares on pedal bar approximately 10" from the padded pedal.

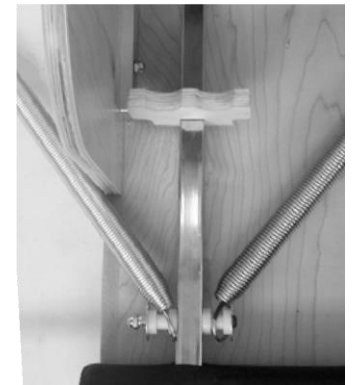


Fig. J

2. The spring cradle has a Velcro square in the bar notch. Line up the Velcro squares on the pedal bar and the spring cradle notch. Use a rubber mallet to bring the wood spacer notch flush with the pedal bar Velcro.

ATTACH SPRINGS ON SPRINGTREE

To attach the springs, select desired resistance level and place the metal ring around the cactus hook. DO NOT use the cloth loop to secure the spring before beginning an exercise. Doing so can cause injury and/or damage to your chair. Replace handles and wood dowel (if desired).