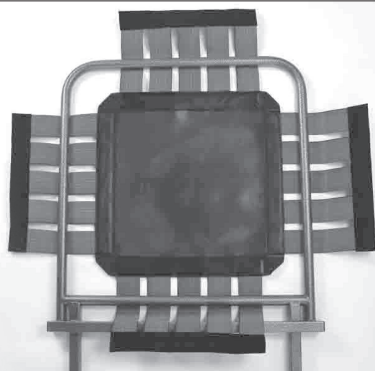
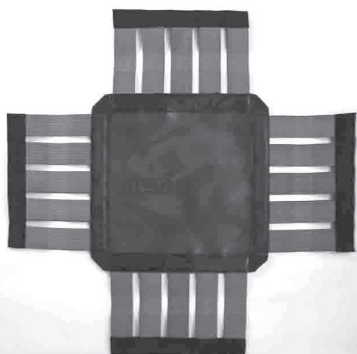


How to... Replace Cardio-Tramp Webbing

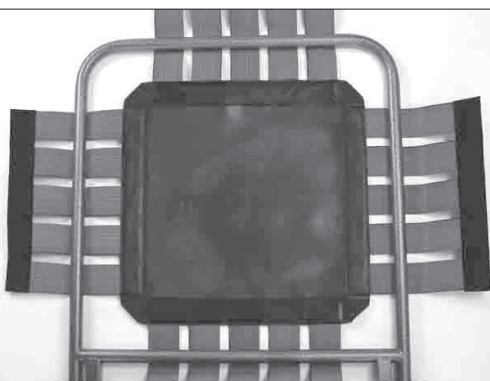
Step 1



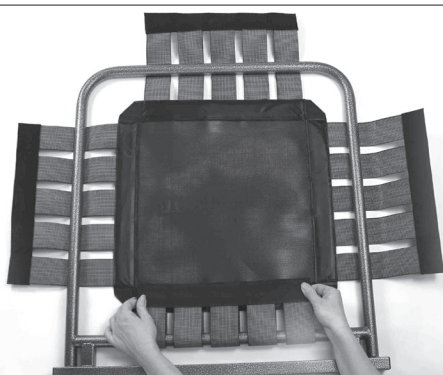
Step 2



Step 3



Step 4



Remove and Replace

1. Remove webbing from Cardio-Tramp by detaching all four Velcro strips around the metal frame.
2. To ensure correct positioning of replacement webbing, place webbing on a flat, solid surface with the logo face-down. Ensure straps on all four sides are open with Velcro strips facing upward.

NOTE: Surface must be strong and stable enough to support firm tapping from a rubber mallet or similar tool.

3. With rounded corners at top, place metal frame of Cardio-Tramp on straps of webbing. Align frame with middle of each strap.

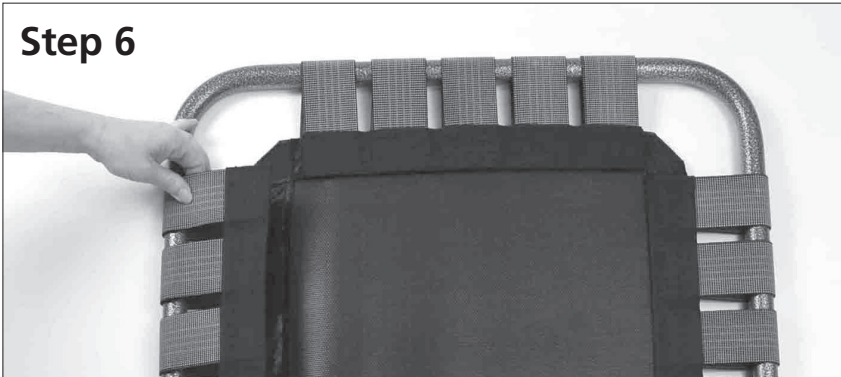
NOTE: When securing Velcro, press it together from the middle outwards, ensuring that ends and side of Velcro is lined up exactly. If necessary, remove entire length of Velcro and reposition until it lines up exactly. Using a rubber mallet or similar tool without sharp edges, strike entire length of Velcro strip to ensure Velcro is fully attached, specifically at the ends.

4. Start by securing bottom edge of replacement webbing. At the bottom of the frame, there is a square rod and a rounded bar. Straps should be wrapped over rounded bar only. Attach Velcro securely as outlined above.

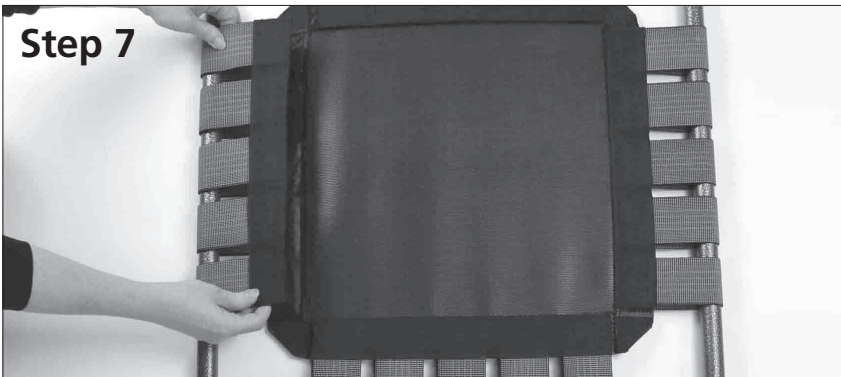
Step 5



Step 6



Step 7



5. Next, wrap straps around top of frame. Press Velcro from middle outwards, pulling down firmly on each strap until Velcro strips line up exactly. Then strike entire length of Velcro strip with mallet.

6. Then, wrap straps around one side of frame. Press Velcro from middle outwards, pulling down on each strap until Velcro strips line up exactly. Then, strike entire length of Velcro strip with mallet.

7. Finally, wrap straps around remaining side of frame. Press Velcro from middle outwards, pulling down on each strap until Velcro strips line up exactly. Then strike entire length of Velcro strip with rubber mallet.

Jump test for solid velcro interlock before use.



For more information contact our Customer Service

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