



## Replacing Resistance Bands

**Note:** These instructions are applicable to both the the Total Flex™ S and Total Flex™ M units. The images in the instructions below are showing the Resistace Bands that come with the Total Flex™ M unit. That is why there are three sets of Resistance Bands (gray, red and black). The Total Flex™ S unit will have only two sets of Resistance Bands (gray and red).

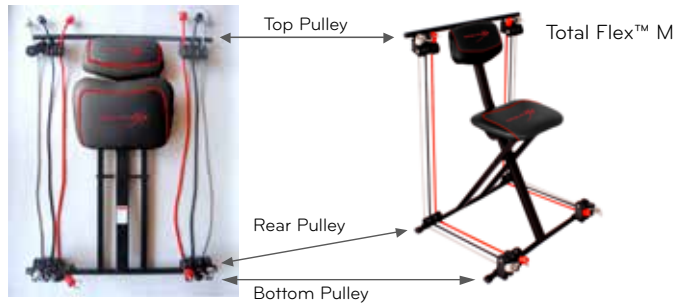
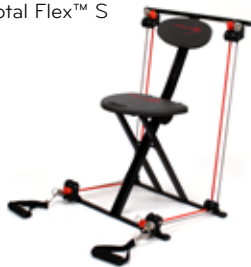
**Tools Required:** 2 Phillips screwdrivers (not supplied)

### A. Removing a Damaged/Worn Resistance Band

With the Total Flex™ S or Total Flex™ M unit in the folded, storage position, lay it down on the floor or prop it up against a wall.

#### Storage Position

Total Flex™ S



#### 1. Rear Pulley Bar



a. Using two Phillips screwdrivers, unscrew one or both screws at the ends of the Roller Axle.



b. Pull and remove the Axle from the Brackets to remove the Rollers (and the Spacers between the Rollers).

#### 2. Top Pulley Bar



a. Unscrew the Pulley Axle from one side of the Pulley Bracket.



b. Pull out the Pulley Axle (see "i") and remove the Pulley Roller (see "ii").

#### 3. Bottom Pulley Bar



a. Unscrew the Pulley Axle from one side of the Pulley Bracket.



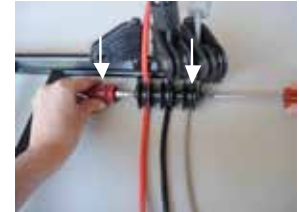
b. Pull out the Pulley Axle (see "i") and remove the Pulley Roller (see "ii").

#### 4. Remove the damaged/worn resistance Band

## B. Fitting New Resistance Band

1. Position a new Resistance Band in place of the removed Resistance Band

### 2. Rear Pulley Bar



a. Install the Axle, Rollers and Spacers by pushing the Axle through the first metal Bracket, then through the first Roller and Spacer (making sure that the Resistance Bands are behind the Roller) (see "i"). Continue pushing the Axle through the second Roller and Spacer (see "ii") and then the third Roller (checking that the Resistance Bands are behind the Rollers) (see "iii") Finally push the Axle through the second metal Bracket (see "iiii").

b. Complete installation of the Axle by tightening the screw(s) at the end(s) of the Axle.

**Important:** Check that the Axle ends are protruding through both metal Brackets.

### 3. Top Pulley Bar



a. With the Resistance Band placed in the Pulley Bracket (see "i"), insert the Roller into the Pulley Bracket (see "ii").

b. Insert and push the Pulley Axle through the one side of the Pulley Bracket (see "i"), then through the Roller and finally through the other side of the Pulley Bracket (see "ii").

**Important:** Make sure that the Nut of the Pulley Axle is fully pushed into the one side of the Pulley Bracket – it must not protrude and must be flush with the side of the Pulley Bracket (see "ii" above).



c. Secure the Pulley Axle by tightening the screw onto the end of the Pulley Axle.

### 4. Bottom Pulley Bar

Fit the new Resistance Band by repeating the same procedure as per 3 above.

5. This completes replacement of the Resistance Band. If more Resistance Bands require replacement, repeat the above procedure.