

Assembly Guide

for the

Contemporary Design Company

SHUTTLE MVP

Classic, Pro, and Elite



If you discover damaged or missing parts, please contact Shuttle Systems
support@shuttlesystems.com | 1-800-334-5633 9am-5pm Pacific Time

Important Note:

PDF versions of these instructions are available at:
<http://shuttlesystems.com/pages/faq>

Assembly of the Shuttle MVP requires two people.

Keep in mind that the following images pertain to just one of the three available Shuttle MVP models, your parts may appear slightly different than those in the included images but, the required steps remain the same.

If there is any shipping damage please take a photo of the damage and email to support@shuttlesystems.com or call **(800)334-5633**.

Tools Needed:

7/16 inch socket or combination wrench
1/2 inch socket or combination wrench
9/16 inch socket or combination wrench
Allen wrench (provided in Parts Bag)



Socket Wrench Set



Typical combination wrench set

MVP ASSEMBLY

The MVP will come in four boxes.

1. Head-End Stand

- Head-End Stand
- Connector Plate
- Parts Bags (1-7)
- Assembly Instructions
- Accessories (only if ordered)

2. MVP Rails

- Two 9 ft Rails

3. Kickplate Structure

- Kickplate Structure
- Backrest Extension Pad & Bib Headrest (small box)
- Elasticords (small box)
- Kickplate Board
- Four Knurled Knobs (attached to the back of the Kickplate Board)

4. Carriage

- MVP Carriage
- Three Handlebars

It is important to become familiar with the expressions “Foot-End and Head-End” as they indicate orientation for the various steps and structures.

Kickplate Structure
(Foot-End)



Head-End Stand
(Head-End)



STEP 1

ASSEMBLING THE MVP RAILS WITH THE CONNECTOR PLATE

ITEMS
REQUIRED

MVP RAILS

CONNECTOR
PLATE

PARTS BAG #1

1. Arrange the MVP Rails parallel to each other on the floor, upright, hole patterns matching and labels facing outward. (Pic 1.1)
2. Insert the Connector Plate (sticker facing up) and align the holes of the plate with those located midway along the Rails. (Pic 1.2)
3. Insert the four 5/16" x 1 3/4" long button head bolts from outside the MVP Rails and through the Connector Plate.
4. Hand tighten a 5/16" lock nut onto each bolt end on the inside of the Connector Plate.



STEP 2**ATTACHING THE HEAD-END STAND**ITEMS
REQUIREDHEAD-END
STANDCARRIAGE
BOX

PARTS BAG #2

1. Set the assembled MVP Rails, right side up, atop the Carriage box, allowing the Head-End of the Rails to overhang the box at least 18". (Pic 2.1)
2. Place the Head end of the MVP Rails to the inside of the Head-End Stand vertical tabs, and slide the Stand forward until the holes of each structure are aligned. Once aligned, move the box to where the Head-End Stand can rest against it.
3. Locate the lower bolt holes (one on each side) of the Head-End Stand. Insert the 5/16" x 1 3/4" button head bolts from outside the Head-End Stand and through the MVP Rails. Hand tighten the 5/16" lock nuts. (Pic 2.2)
4. Locate the upper bolt holes, two on each side, of the Head-End Stand. Insert the 5/16" x 5/8" button head bolts from inside the Rails and out through the Head-End Stand. Hand tighten the 5/16" lock nuts. (Pic 2.3)



2.1



2.2



2.3

STEP 3

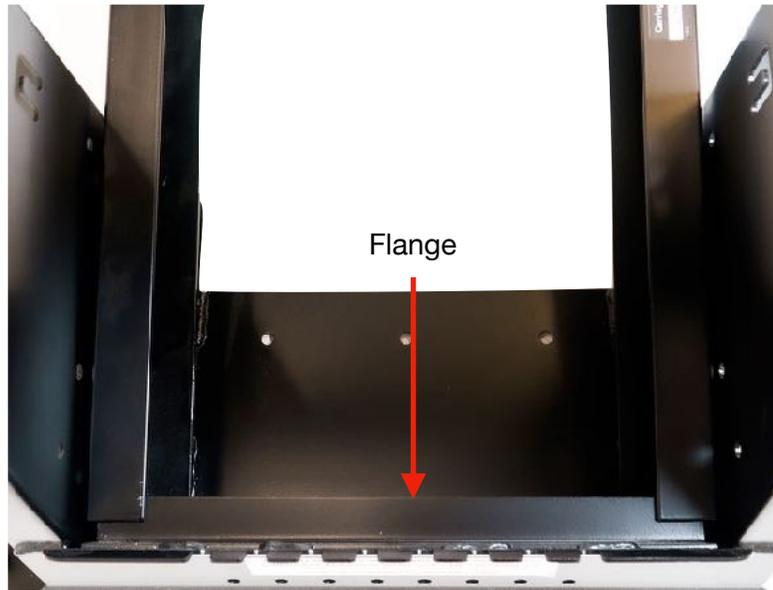
MOUNTING THE KICKPLATE STRUCTURE

ITEMS
REQUIRED

KICKPLATE
STRUCTURE

PARTS BAG #3

1. Remove the plywood attached to the bottom and back of the Kickplate Structure. Dispose of the plywood along with the nuts and bolts that held it together.
2. Position the Foot-End of the MVP Rails to the inside of the Kickplate Structure. Align the holes and place the MVP Rail ends on the flange of the structure. (Pic 3.1)
3. From outside the Kickplate Structure, insert 3/8" x 2" socket head cap bolts into the interior four bottom holes (2 on each side) and through the Rails. Gently rock the Stand to align the remaining 4 exterior bottom holes and insert the bolts. (Pic 3.2)
4. Place the 3/8" washers, then the nuts, onto the bolt ends and hand tighten.
5. From the inside of the MVP Rails, insert the 5/16" x 5/8" button head bolts into the top two parallel bolt holes and out through the Kickplate Structure. Add the lock nuts to the bolt ends and hand tighten. (Pic 3.3)
6. Tighten all the bolts of the assembled pieces including the Connector Plate, Head-End Stand and Kickplate Structure.



3.1



3.2



3.3

STEP 4

INSTALLING THE REBOUND STOP BLOCKS

ITEMS
REQUIRED

REMAINING
PARTS IN
PARTS BAG #2
AND #3

PARTS BAG #4

1. Remove the two plastic Rebound Stop Blocks from Parts Bag #4 and unscrew the lock nuts from the bolts.
2. With the bumper cones pointing towards the Head-End Stand, insert the bolts of the black plastic Rebound Blocks into the MVP Rails and through the Kickplate Structure. Tighten down fully. (Pic 4.1)
3. Place nut caps from Parts Bag #4 on the Rebound Stop Block's. Now, place the nut caps from Parts Bag #3 over the *lower* 8 lock nuts and *upper* 4 lock nuts on the Kickplate Structure. (Pic 4.2 & 4.3)
4. Place the nut caps from Parts Bag #2 over the 4 lock nuts on the outside of the Head-End Stand. (Pic 4.4)



4.1



4.2



4.3



4.4

STEP 5

INSTALLING THE ELASTICORDS

**ITEMS
REQUIRED**

ELASTICORDS
BOX

PARTS BAG #5

7/16" SOCKET
WRENCH

1. Remove the Elasticords from the box and place them on the floor between the MVP Rails, on top of the Connector Plate. (Pic 5.1)
2. Facing the Head-End Stand, insert the loop end of the red lanyard through the far right 3/4" hole, inserting the dumbbell shaped Lanyard Mounting Rod from Parts Bag #5 through the red lanyard loop. (Pic 5.2)
3. Repeat this process with the black lanyards. There will be 4 lanyards on each Lanyard Mounting Rod. (Pic 5.3)
4. Untangle the Elasticords, correcting any twists in the webbing, and lay them flat over the Connector Plate. Insert the threaded rod end of each Elasticord into the aligned holes located directly below the slots of the Kickplate Structure.
5. Take two Steel/Rubber Bonded Washers and arrange them so the steel sides are back to back. Slip them onto the threaded rod end and screw on a 1/4-20 lock nut onto the rod. Use a 7/16" socket wrench to tighten the lock nuts. When tightening the lock nuts, the rod should just protrude the opening of the lock nuts. In order to tighten the lock nuts, the Elasticord is going to have to be held in place while using a wrench. (Pic 5.4)
6. Apply the plastic nut caps over the lock nuts. If the caps do not seat properly, an adjustment of the lock nut on the rod may be necessary. (Pic 5.5)



5.1



5.2



5.3



5.4



5.5

TIPS

- Use the Head-End Elasticords (lanyards, first). When more resistance is required, engage the cords with the plastic T-Handles at the Foot-End.
- Disengage the Elasticords after each use to promote longer life.
- Use the provided Silicone Gel to lubricate the cords. Apply every 6 months, especially in overly sunny, dry and air-conditioned environments.

STEP 6

INSTALLING THE HANDLEBARS

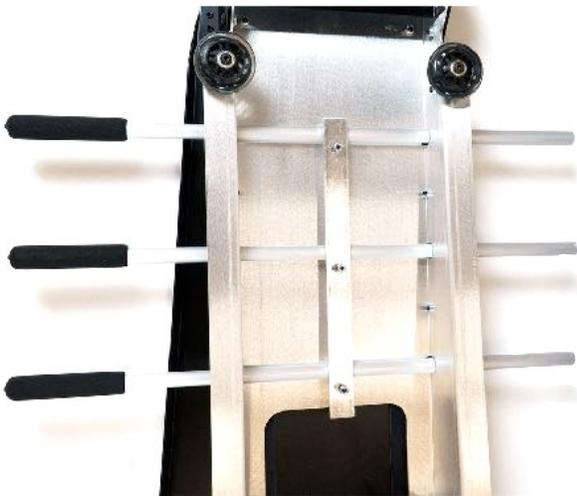
ITEMS REQUIRED

PARTS BAG #6

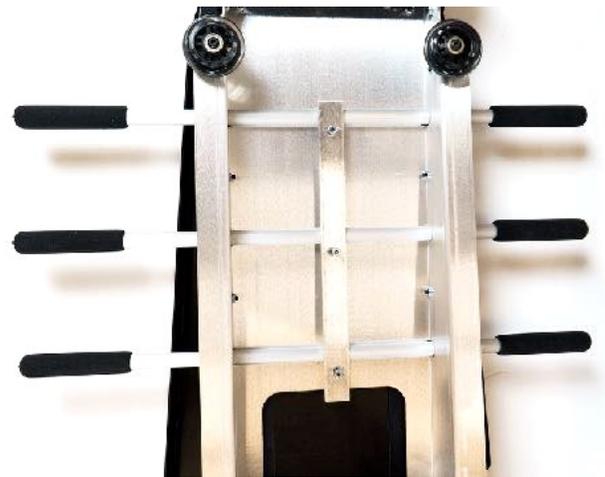
CARRIAGE

30" LONG
HANDLEBARS

1. Turn the Carriage upside down. Cut the zip-ties to remove the 3, 30" Long Handlebars. Lift up on the Retainer Plate and slide the 3 Handlebars through a side hole of the Carriage, under the Plate, and out through the corresponding hole on the other side. (Pic 6.1)
2. Apply the foam Handle Grips from Parts Bag #6. To assist with easing them onto the Handlebars, lubricate the inside of the foam Hand Grips with a little hairspray,
3. Adjust the Handlebars so they appear even on each side of the Carriage. Tighten the three lock nuts on the Retainer Plate. (Pic 6.2)



6.1



6.2

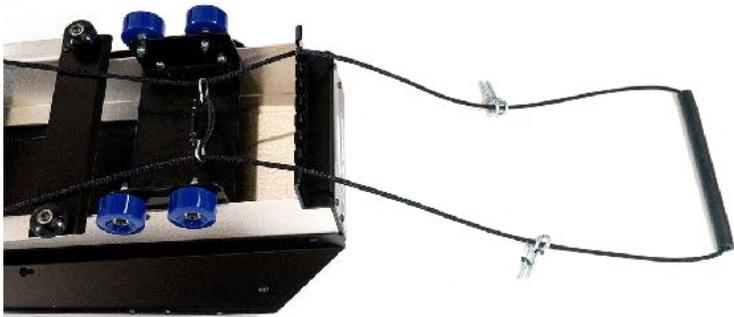
STEP 7**INSERTING THE CARRIAGE**ITEMS
REQUIRED

PARTS BAG #7

CARRIAGE

1. While the Carriage is still overturned, grasp both sides of the Range of Motion (ROM) Control Rope to the center, pull them tight, letting the ROM Control Bar, Donut and Eyebolts extend over the plate between the wheels to rest on the floor. (Pic 7.1)
2. Keeping the ROM Control Ropes to the inside of the wheels, turn the Carriage over. Insert the Foot-End of the Carriage into the MVP Rails, and let it gently slide along the track until it contacts the Rebound Blocks. *This step is easier with 2 people.* (Pic 7.2)
3. Verify the ROM Control Ropes are not crossed. With the Eyebolts on the inside insert the two forward Eyebolts (closest to the Carriage) outward through the holes of the MVP Rails, just behind the Carriage. Thread a T-Knob onto each bolt. Make sure the eyebolts are vertical so the ROM Control Ropes can move freely through the holes. (Pic 7.3 & 7.4)
4. Insert the remaining Eyebolts, following the same method through the MVP Rails just above the Head-End Stand. (Pic 7.5)
5. To apply the Noise Dampener, run an end of the Dampener over one side of the Rope, *under* the Elasticord Lanyard, up over the other side of the Rope, then join the ends of the Dampener together *under* the Elasticords. (Pic 7.6)
6. From Parts Bag #7, insert the two Knee Bumpers into the bottom slot of the MVP Rails near the Head-End Stand so they rest against the rubber cone. (Pic 7.7)

Pictures are on the next page



7.1



7.2



7.3



7.4



7.5



7.6



7.7

STEP 8

ATTACHING THE KICKPLATE BOARD

ITEMS REQUIRED

KICKPLATE
BOARD

1. The Kickplate Board is adjustable to three different heights. Once the desired position is determined, insert the four protruding bolts at the back of the Board into the desired corresponding holes in the Kickplate Structure. Secure with the Knurled Knobs. (Pic 8.1)



8.1

STEP 9

THE HEADREST

ITEMS REQUIRED

BIB
HEADREST

1. Align the Velcro strips on the back of the Headrest with those on the Carriage. With the pillow toward the head-end of the Carriage, locate the desired position and press down and into place to ensure sufficient contact. (Pic 9.1)



9.1

STEP 10

THE BACKREST EXTENSION PAD

ITEMS REQUIRED

BACKREST
EXTENSION
PAD

1. The Backrest Extension Pad can either be used as an extension of the padded center on the Carriage (supports deep squats) or as an alternative, a low profile headrest (Pic 10.1). To use an Extension, fit into the space at the foot- end of the Carriage. (Pic 10.2)



10.1



10.2

Finally, you have one of the greatest machines on earth....
Well, at least we'd like to think so - and many of our owners agree.
Therefore, enjoy it!

Leave us a review on our website!

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