



Store these instructions in a safe place with the enclosed maintenance checklist. You may also access them on our website.

Instruction Sheet

Flexion Disc Swing 1909 Deluxe Flexion Disc Swing 1910



Take time to familiarize yourself with the use and maintenance of this equipment before using. Please file this Instruction Sheet in an accessible location: the Instruction Sheet must be read and familiar to anyone who is using Southpaw Enterprises Equipment.

IMPORTANT: Please check equipment immediately for any damage that may have resulted during shipping. If any damage has occurred, please contact Southpaw Enterprises, Inc. immediately.

Warning: Failure to properly install a Southpaw forged steel eyebolt (1/2" or 5/8") may result in serious injury or death. If you have any questions about the installation of the Southpaw forged steel eyebolt, please contact Southpaw Enterprises Customer Service at 1-800-228-1698.

MATERIALS LIST

1909

- 1 - Carpeted Base
- 1 - Padded Body
- 4 - Washers
- 4 - Locking Washers
- 4 - 1" Button Head Bolts
- 1 - 1 Allen Wrench
- 1 - Detachable Control Strap
- 1 - Safety Snap
- 1 - Instruction Sheet
- 1 - Maintenance Checklist
- 1 - Safety Snap Instruction Sheet

1910

- 1 - Carpeted Base
- 1 - Padded Body
- 4 - Washers
- 4 - Locking Washers
- 4 - 1" Button Head Bolts
- 1 - Allen Wrench
- 1 - Detachable Control Strap
- 1 - Safety Snap
- 1 - Vertical Stimulation Device
- 1 - Instruction Sheet
- 1 - Maintenance Checklist
- 1 - Safety Snap Instruction Sheet
- 1 - V.S.D. Instruction Sheet

A SAFETY ROTATIONAL DEVICE MUST BE USED TO PREVENT DAMAGE TO YOUR FLEXION DISC SWING

MINIMUM HEIGHT REQUIREMENT: 8 ft.

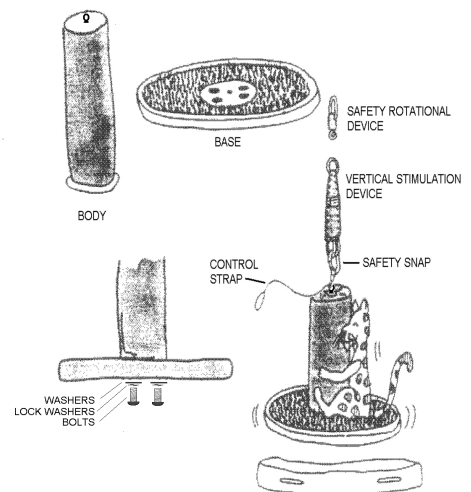
Use care to assure a clear distance of 6 ft. from walls and other obstacles.

WORKING LOAD: 300 lbs.

TOOLS NEEDED FOR ASSEMBLY: Included allen wrench.

ASSEMBLY PROCEDURES

- Put the body on a table laying on it's side with the small, wood disc on the end sticking off the table.
- Remove the washers, lock washers, and bolts from the bag which is tied onto the padded body.
- With the carpeted side of the base facing the body, line up the holes in the base with the holes on the body (The center hole on the base is a clearance hole for the welded nut only).
- Onto each Button head bolt place a lock washer, followed by a flat washer (see illustration). Put each bolt through a hole the base, into the padded body, and hand tighten.
- Tighten each nut securely with the included allen wrench.
- Turn the Flexion Disc Swing over and hang from your Southpaw Safety Rotational Device (item #2000), that is attached to your suspension system, using a Safety Snap attached to the cable at the top of the swing. (Note: insert Stimulation Device between the swing and rotational device with 1910 deluxe model).
- The Detachable Control Strap can be attached to the Flexion Disc Swing either at the top or bottom. Attach the control strap to the eye nut at the top if desired, or to the attachment ring on the bottom of the base.



MAINTENANCE CHECKLIST

All of the following wear points should be checked on a monthly basis and recorded in the checklist enclosed.

- Frequently check the base attachment bolts for tightness. If loose, tighten securely before use. **Extensive use will loosen bolts.**
- Check safety snap for wear where it contacts the rotational device and the top “eye-nut” of the swing. (See Safety Snap Instruction Sheet for maintenance checklist).
- A Southpaw Safety Rotational Device **must** be used at all times. Rotational Device must be checked before each use. (See Safety Snap Instruction Sheet for maintenance checklist).
- On the Disc Swing, check the top “eye nut” for wear. Discontinue use if the eye nut is worn more than 30% of its thickness. CONTACT SOUTHPAW FOR A USER-REPLACEABLE EYE-NUT KIT.
- Check the Control Strap to see that both ends are securely stitched. If stitches do not look secure, return to Southpaw for repair.
- Check for torn cover or ripped seams. If torn cover or ripped seams are found, discontinue use until repaired.
- Check carpet for loose staples. Remove any staples that are loose.
- Check padded edges for loose spots.

STORAGE PROCEDURES

- Store out of direct sunlight.
- Store where not accessible by clients without proper supervision.

CLEANING INSTRUCTIONS

- Check with your infectious disease department before using these procedures.
- Check for client allergies first.
- Do not immerse in water. Carpet is not machine washable.
- Clean with a damp cloth, using soap and water or disinfectant.
- Vacuum carpet often, and clean with foam carpet cleaner.
- Dry before using.

CAUTION

- ◆ **Check ceiling eye bolt for wear and movement. Use a Southpaw Safety Rotational Device to prevent abnormal wear.**
- ◆ **Floor mats of proper thickness should be positioned properly under and around all suspended equipment.**

Safety Precautions - The safety of your clients is dependent on the appropriate choice of activity to match, yet challenge their physical abilities. Use appropriate spotting / safety techniques. In addition, the layout of your activity area, proper installation and maintenance of your equipment is critical. Southpaw equipment is not intended for recreational or outdoor use. Under no condition should this equipment be used without proper supervision.

This sheet is for example only. It is not meant to, in any way, replace local, county, state, or Federal standards. Be aware - it is your responsibility to find all pertinent safety information that pertains to your facility.

If you have any questions or comments, please call or write

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Please visit us at southpaw.com

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