

# SCRUNCH®

PARTS: SCRUNCH



## ACCESSORY IN USE



## ATTACHMENT INSTRUCTIONS

**TO BEGIN INSTALLATION:** Make sure the folding foot holder is in the lowered position or removed. Stand on one side of the unit facing the tower. **NOTE:** The SCRUNCH® accessory has attachment knobs on both sides that connect the SCRUNCH to the rails. **STEP 1.** Hold the SCRUNCH, with the curved bar facing the

tower, over the upper rails. **STEP 2.** Tilt the SCRUNCH down on the right side and fit the right pin into the hole. **STEP 3.** Pull out the retractable knob and lower the left side of the SCRUNCH until it is aligned with the hole on the rail and release the knob securing the pin in place.

**STEP 4.** Make sure the SCRUNCH is securely attached before use.

**NOTE:** The SCRUNCH can be attached at the bottom of the rails.

**SEE REVERSE SIDE** for tips on how to get on and off the machine with the SCRUNCH attached and proper technique when performing SCRUNCH exercises.

