

Sit N' Shape

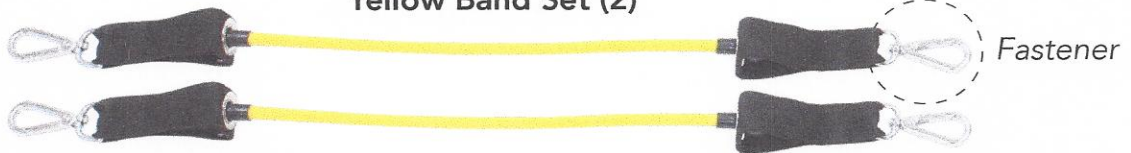
WARNING: If using a wheelchair, LOCK both wheel breaks before beginning.

Items Included in Box: *Part names shown in italics.*

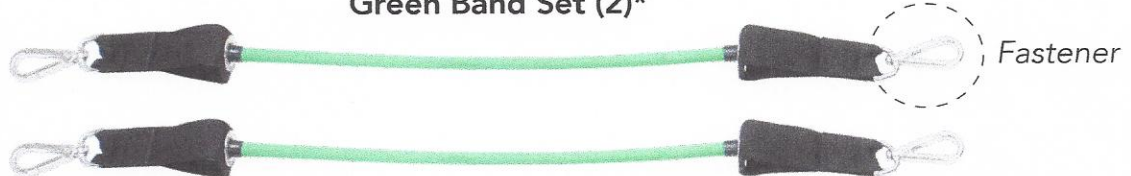
Steel Bar Assembly (1)



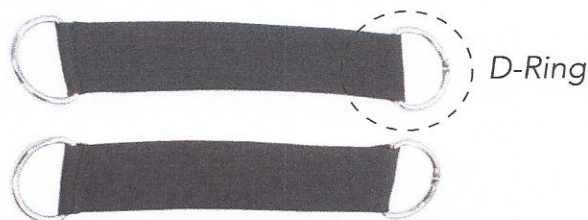
Yellow Band Set (2)



Green Band Set (2)*



Wheelchair Connection Straps (2)



*Green Band Set (2) is included with the Sit N' Shape 2 and offers a higher level of resistance as compared to the Yellow Band Set.

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Figure 1



Possible Attachment Points



Figure 2

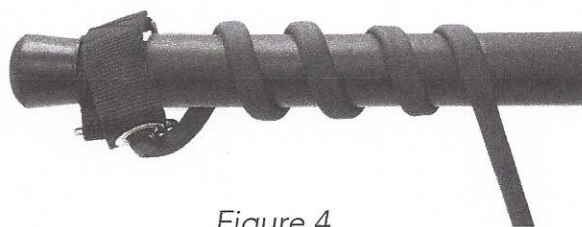


Figure 4

- 1** Using the fastener, attach one yellow band to a D-ring on the assembly bar (Figure 1). Attach the second yellow band to the second D-ring on the assembly bar.
- 2** While seated, wrap one wheelchair connection strap around a secure location on the side of the wheelchair (see *Possible Attachment Points*). Connect the two D-rings of the wheelchair strap with a fastener from the yellow band set (Figure 2).
- 3** Repeat step 2 on the opposite side of the wheelchair.
- 4** To adjust the length and resistance of the bands, simply roll the bar forward in your fingers to the proper adjustment (Figure 3).
- 5** The Sit N' Shape is now secure and ready to use.