

RickshawTM (a.k.a PowerFitTM) **Rehab Exerciser Instructions**

Model #3000



Thank you for Choosing Columbia

Your Columbia Rickshaw Rehab Exerciser has been built to the highest standards of quality to ensure years of superior service. Please take the time to read this informative pamphlet and pay particular attention to the safety instructions provided. Thank you again for choosing Columbia!

IMPORTANT SAFETY INSTRUCTIONS

When using your Rickshaw Rehab Exerciser, basic safety precautions should always be followed to reduce the risk of injury to persons.

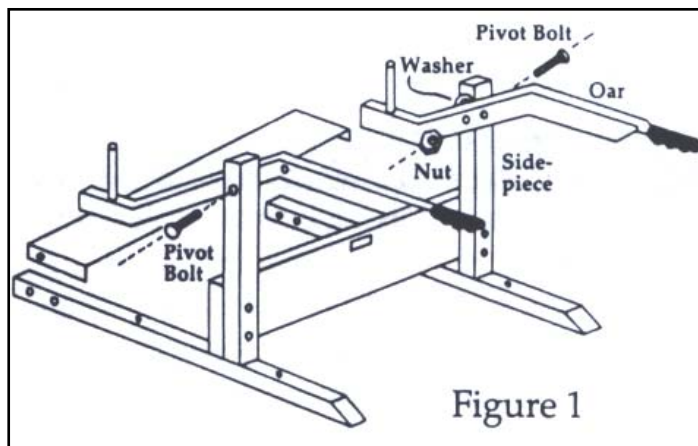
1. Read and understand all instructions.
2. Determine, with a physician or therapist, the suitability of this exerciser and your exerciser program.
3. Check that all bolts, pivots, and other parts are tight at all times.
4. Always lock your wheelchair brakes.
5. Keep fingers away from the oar pivot points.
6. Do not drop the oars with weights on them.
7. Work up the amount of weight and duration slowly, under the supervision of your therapist.

Save These Instructions

Assembly of your Rickshaw Rehab Exerciser

1. Assemble the base

Bolt the two flat plates to each side of the base, as in Figure 1. The front plate is mounted on the backside of the vertical posts, with the flat plates' flange at the top.



2. Attach the oars

Using the two large bolts supplied, bolt the two oars against the inside of the two vertical posts. Place a large washer between each oar and post. Tighten each large nut snugly, but not so tight that the oars bind when pivoting. Lubricate with oil or WD-40 lubricant.

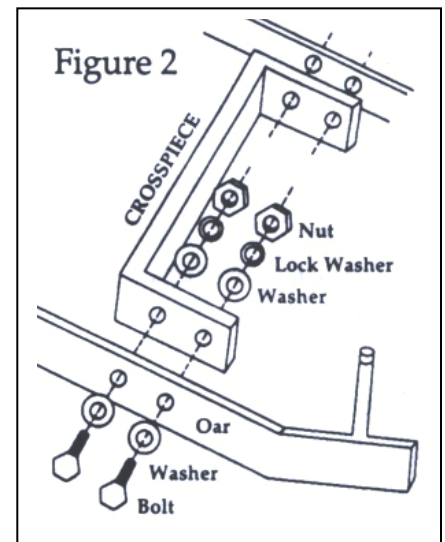
3. Attach the crosspiece (optional)

Your Rickshaw (aka PowerFit™) Rehab exerciser is supplied with a crosspiece that locks the two oars together. Consult with your therapist to see which kind of oar motion is best for your exercise needs and capabilities:

1. Without crosspiece: oars pivot independently of each other
2. With crosspiece: oars work together in a tandem motion.

If you decide it is best to have the two oars move as one, bolt the crosspiece between the oars, as in Figure 2. The warning label on the crosspiece should face forward.

Crosspiece Note: If the user has a stronger and weaker side, always place the disk weights on the oar that the stronger side will be lifting. This will avoid excess torque on the crosspiece. If the user is equally strong on both sides, place the weights equally on both oars.



Using the Rickshaw Exerciser

Stack any standard dish weights on the upright weight posts at the rear of the oars. Weights are not included. If you do not have any disk weights, they may be purchased from your Columbia Medical dealer or any sporting goods store.

Roll your wheelchair between the two oars, and lock both brakes.

Note: you may either have the Rickshaw at your back (as in the photo), or you may face the Rickshaw while your exercise.

The oars may be pumped up and down in tandem, or in opposition (i.e., letting one oar down while simultaneously raising the other). As strength develops through repeated use, additional weight may be added.

The weights used, number of repetitions per set, and the frequency of use for maximum development varies widely depending on the individual. For maximum benefit and safety, an individual exercise program should be developed under the supervision of your therapist.

Columbia Medical
13577 Larwin Circle
Santa Fe Springs, CA 90670
☎ (562) 282-0244
Fax: (310) 305-1718
Email: info@columbiamedical.com
Website: www.columbiamedical.com
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The warranty does not include cost of inconvenience, property damage, misuse, abuse, accident or similar incidents. The warranty will not apply if product has been tampered with or repaired by unauthorized individuals. This warranty gives you specific rights which vary from state to state.