

# **HCI Fitness UBE Rehab Table**

## **OWNER'S MANUAL**



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# **SAFETY PRECAUTIONS**

This product was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine.

Also, please note the following **safety precautions**:

1. Read all instructions carefully before using the machine.
2. Consult your physician or other health care professional before beginning this or any type of exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.
8. Do not operate this or any exercise equipment if it is damaged.
9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
10. Keep clothes, jewelry or loose items away from moving parts.



## **Please note:**

**Maximum weight limit for the UBE Rehab Table is 65 lbs (29 kg)**



## **WARNING**

**BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

## **HCI Fitness - UBE Rehab Table**

Thank you for your purchase!

At HealthCare International, our goal is to provide high-quality and affordable products for Health, Wellness, Fitness & Active Aging. We wish you continued success in your journey towards optimum health and fitness!

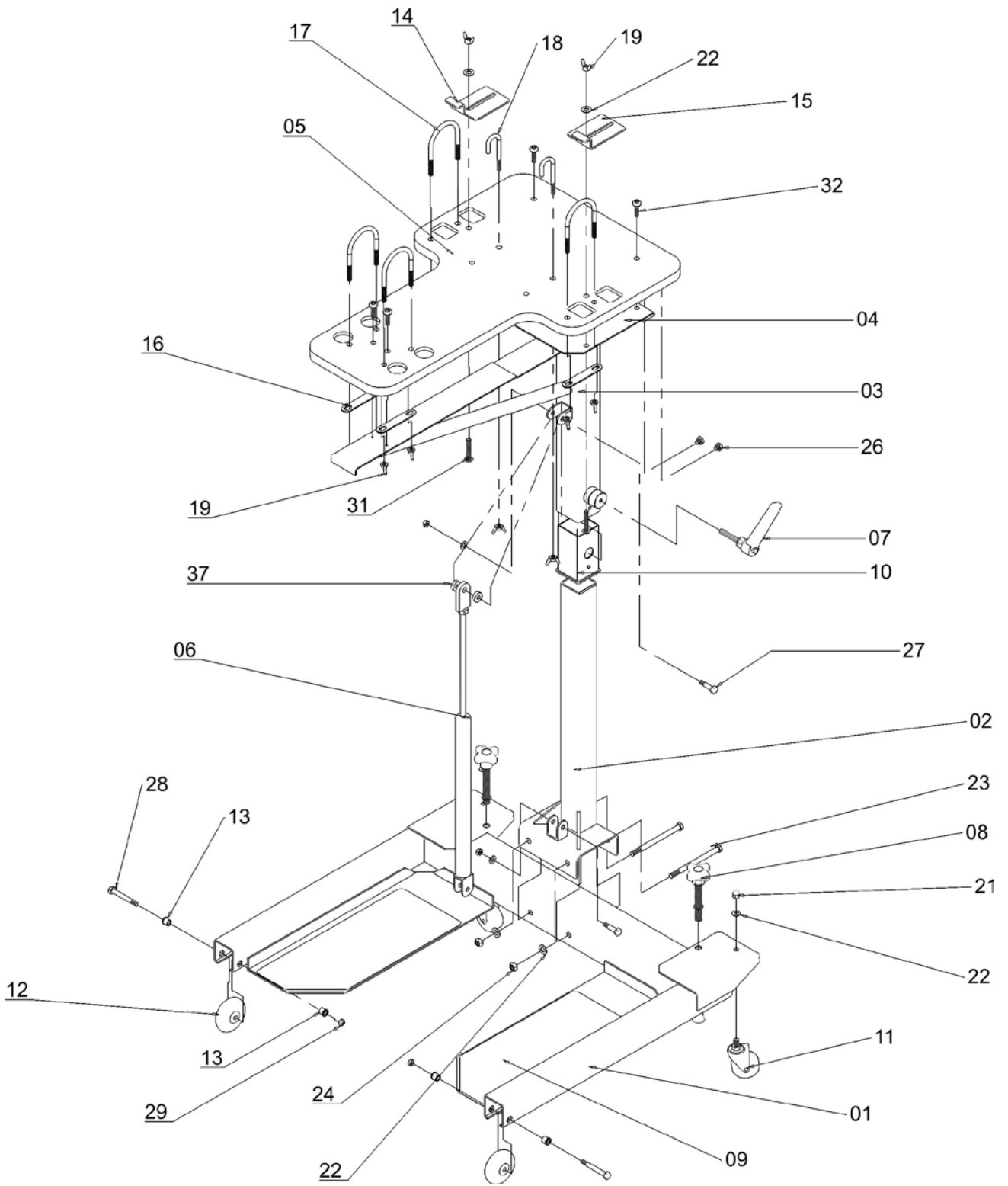
### **Assembly Overview**

When you receive your UBE Table, some assembly is required. The following instructions explain the assembly. If you need assistance during assembly please call us at 360.321.7090 or email us at [service@hcifitness.com](mailto:service@hcifitness.com).

### **Before You Begin**

Before you begin assembly, please take a moment to review the Hardware and Parts List on the following pages. Each part has been illustrated and numbered for easy identification.

# UBE Table Exploded Drawing



## UBE Table Parts List

No.	Description	Qty	No.	Description	Qty
01	Base Frame	1	20	Wing Nut 1/4"	10
02	Lower Frame	1	21	Hex cap nu $\frac{5}{8}$ "	2
03	Upper Frame	1	22	Flat Washer $\frac{5}{8}$ "	2
04	Stabilizer Plate	1	23	Hex bolt $\frac{3}{8}$ " L5"	4
05	Table Board	1	24	Hexagonal Nut $\frac{3}{8}$ "	2
06	Cylinder	1	25	Flat Washer	2
07	Clamp Levers	1	26	Hex head Screw 5/16"L $\frac{1}{2}$ "	10
08	Knob	2	27	Hex bolt 5/16" L1 $\frac{1}{2}$ "	2
09	Foot Sheet	2	28	Hex bolt $\frac{3}{8}$ " L2 $\frac{1}{2}$ "	2
10	Insert	1	29	Hexagonal Nut 5/16"5/16"	2
11	Moving Casters	2	30	Spring Washer SW8	4
12	Roller	2	31	Mushroom Screw 1/4"L1 $\frac{3}{4}$ "	2
13	Bushes	4	32	Allen Bolt 1/4"L 1 1/4"	2
14	Plate(L)	1	33	Flat Washer	4
15	Plate(R)	1	34	Allen Wrench 4 m/m	6
16	Plate Washer	4	35	13x15Wrench	1
17	Pipe Hanger	4	36	17x19x12x14Wrench	1
18	"J" Hooks	2	37	Plastic Washer	2
19	Wing Nut 5/16"	10			

# Hardware Kit



(08) Knob 1/2" x 4" -2pcs



(16) Plate washer 18x96x2T -4pcs



(19) Wing nut 5/16" -10pcs



(20) Wing nut 1/4" -2pcs



(21) Hex cap nut 3/8" -2pcs



(22) Flat washer 3/8" -4pcs



(23) Hex bolt 3/8" -2pcs



(24) Hexagonal nut 3/8" -2pcs



(25) Flat washer 5/16" -10pcs



(26) Hex head screw 5/16" x 1/2" -2pcs



(27) Hex bolt 5/16" x 1 1/2" -2pcs



(28) Hex bolt 5/16" x 2 1/2" -2pcs



(29) Hexagonal nut 5/16" -4pcs



(30) Spring washer SW8 -2pcs



(31) Mushroom screw 1/4" x 1 3/4" -2pcs



(32) Allen bolt 1/4" x 1 1/4" -4pcs



(33) Flat washer 1/4" -6pcs



(34) Allen wrench 4 m/m -1pcs



(35) 13x15 Wrench -1pcs



(36) 17x19x12x14 Wrench -1pcs

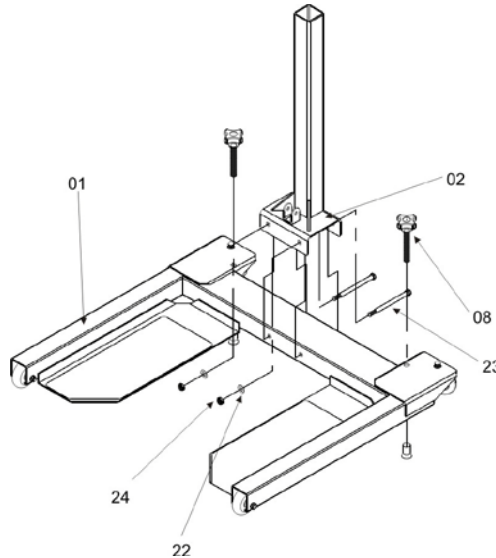


(37) Plastic Washer -2PCS

# Assembly Instructions

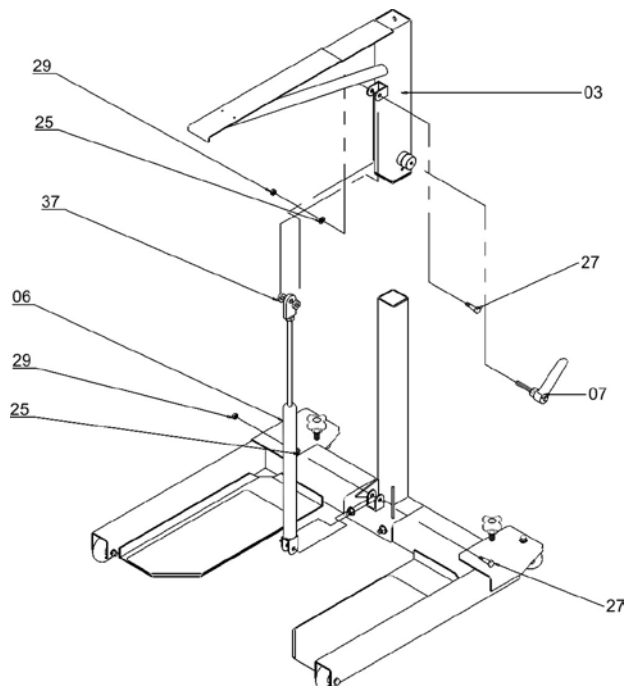
## Step 1:

- a. Attach the Lower Frame (02) to the Base Frame (01). Insert the front two sets of Hex Bolts (23), Flat Washers (22) and Nuts (24) as shown in the illustration below.
- b. Insert the two Knobs (08) into the Base Frame. Tighten the Knobs until the rubber ends come in contact with the floor. This will help secure the base while assembling the rest of the table.



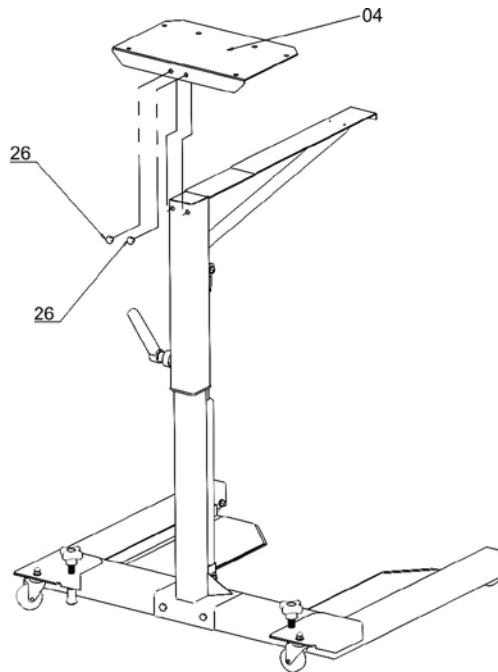
## Step 2:

- a. Insert the Upper Frame (03) into the Lower Frame (02) with the plastic Insert (10) that is “already in place”. Securely tighten using the Clamp Lever (07).
- b. Attach the Cylinder (06) to the Frames (02 & 03) with two plastic Washers (37) using two Hex Bolts (27), Flat Washers (25), and Nuts (29) as illustrated below. Securely tighten the bolts.



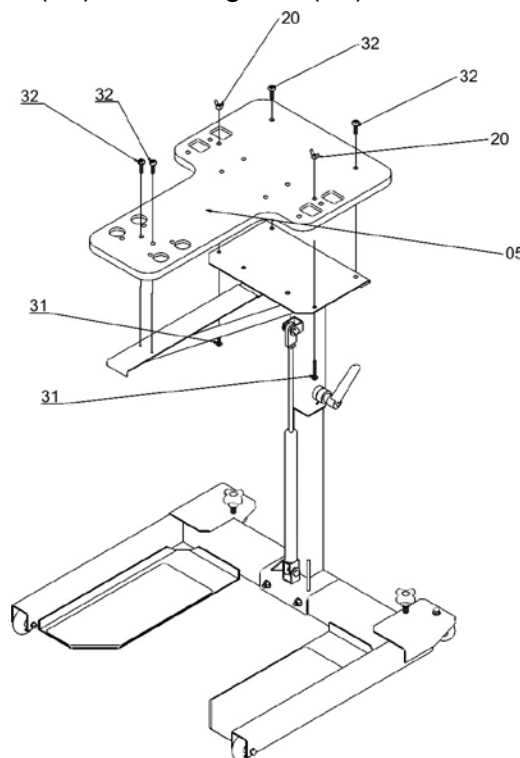
**Step 3:**

- a. Connect the Stabilizer Plate (05) to the Frame (03) with two Hex Head Screws (26) as illustrated below. Securely tighten the bolts.



**Step 4:**

- a. Attach the Table Board (05) onto the Plate (04) using 4 Bolts (32) and two Mushroom Screws (31) with Wing Nut (20) as shown in the illustration below.



**Please note:** Periodically retighten all screws, nuts and bolts.