

## INTRODUCTION

Thank you for purchasing the C2 Slide Bracket Kit for use with *Shox-Box™*.

The C2 Slide Brackets are designed specifically to mount the *Shox-Box™* to the C2 horizontal slides enabling the rower to benefit from the horizontal motion of the slides and the vertical compliance of the *Shox-Box™*.

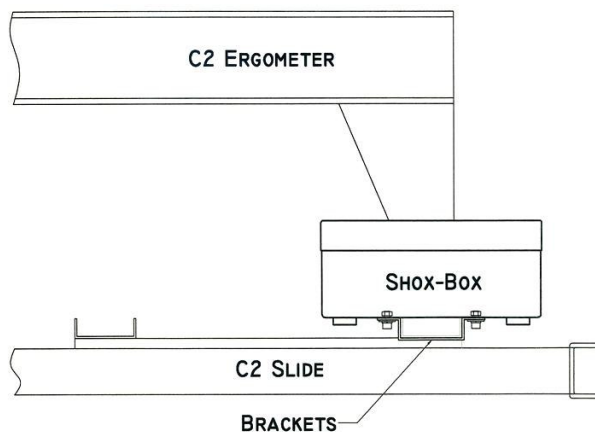


Figure 1: *Shox-Box™* and C2 Slide Bracket Assembly Side View

***Before using your Shox-Box™ and C2 Slide Brackets, please read these instructions carefully.***

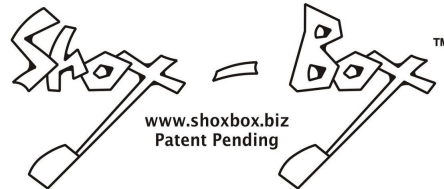
## FOR SAFE OPERATION

For safe use, always observe the following rules.

1. Consult your physician. Be sure it is safe for you to undertake a strenuous exercise program.
2. If you feel sick or sense something is wrong with your body during exercise, stop immediately.
3. This accessory is only for use with Concept2 Indoor Rowers Models B, C, and D.

## IMPORTANT SAFETY WARNINGS

1. Use this accessory only for its intended use as described in this instruction sheet.
2. Close supervision is necessary when this accessory is used by or near children or disabled persons.
3. Never insert any object or body part into the opening. Do not under any circumstances remove the cover.
4. The accessory should be used on a stable, level surface.
5. Maximum user weight limit is 270 pounds.
6. Initially, the rear end of the indoor rower will be somewhat less stable after placing it in the *Shox-Box™* cradle. Use caution when sitting on the indoor rower once the *Shox-Box™* is in place.
7. Make sure that the C2 slide brackets are tightly secured to the *Shox-Box™* as instructed, prior to use.



## ATTACHING THE *SHOX-BOX™* TO THE C2 SLIDES WITH THE C2 SLIDE BRACKET KIT

1. Remove the C2 Slide Bracket Kit contents from its packaging and set aside.
2. Place the *Shox-Box™* upside down on the floor.
3. Turn the C2 slides upside down and position the appropriate cross bar of the C2 Slide\* so that it is centered over the threaded holes in the bottom of the *Shox-Box™* as shown in Figure. 2.

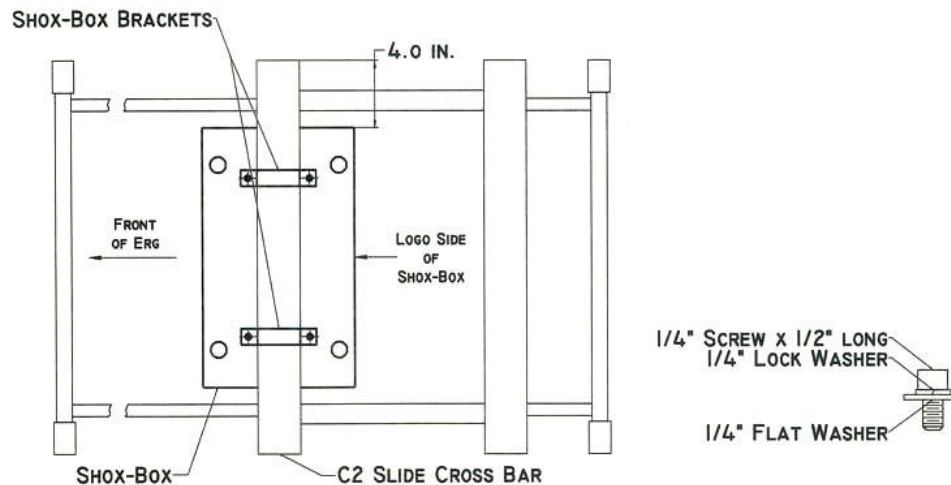


Figure 2: *Shox-Box™* C2 Slide Bracket Assembly with Frame and Box upside down

4. Place each bracket over the cross bar so that the threaded holes in the *Shox-Box™* are aligned with the holes in the brackets. Be sure not to pinch the elastic cords on the slide.
5. Insert the screw, with a lock washer, then flat washer as shown in Figure 2 though the bracket and into the threaded hole. Fasten both brackets loosely by hand.
6. Position the *Shox-Box™* to the center of the cross bar. When centered the *Shox-Box™* side will measure approximately 4 inches from either end of the cross bar as shown in Figure 2. With the *Shox-Box™* centered and clear of the elastic cords, fasten both brackets securely with the allen wrench provided.
7. Turn the C2 slide with *Shox-Box™* right side up. Place the rear leg of the C2 Erg in the cradle of the *Shox-Box™* so that the *Shox-Box™* logo can be read when standing directly behind the Erg.
8. Position the front leg of the Erg in the cross bar of the front slide and begin rowing.
9. To remove, turn the slide with the *Shox-Box™* upside down. Remove the fasters and brackets with the allen wrench provided.
10. Please contact us using the information below if you require any assistance.

\* Follow the standard C2 cross bar selections for either single or team use.

**Thank you for purchasing a *Shox-Box™* product!**