



THE LEADERS IN RECREATION, FITNESS, AND ABILITY!

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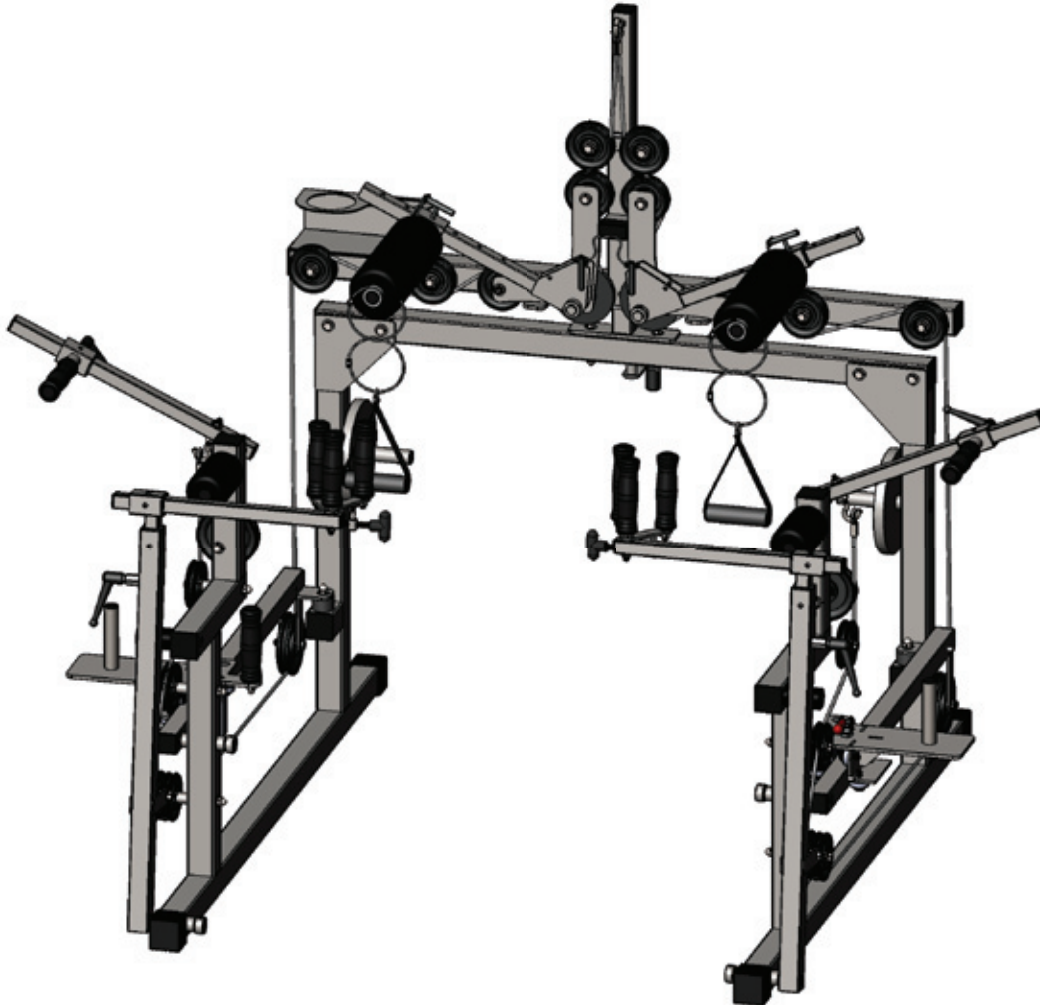
# PROTONE

## FITNESS EQUIPMENT

### FOR PEOPLE WITH DISABILITIES

**PART #: F-PTN-00**

KEEP THIS MANUAL WITH OWNER IN A SAFE PLACE



## READ CAREFULLY

Check every box and all packing materials for parts. Before beginning assembly, read the instructions and identify parts using the figures and parts listed in this document.

It is critical that all parts be carefully inspected prior to assembly. If any damage occurred in transit, Aqua Creek Products, LLC must be notified within three days of receipt of unit.

Proper assembly cannot be overstressed, as an improper assembly voids Aqua Creek's warranty and may affect the safety of the user.

Always consult with your physician or physical therapist before beginning any exercise program.

# ProTone

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## Supplied Hardware

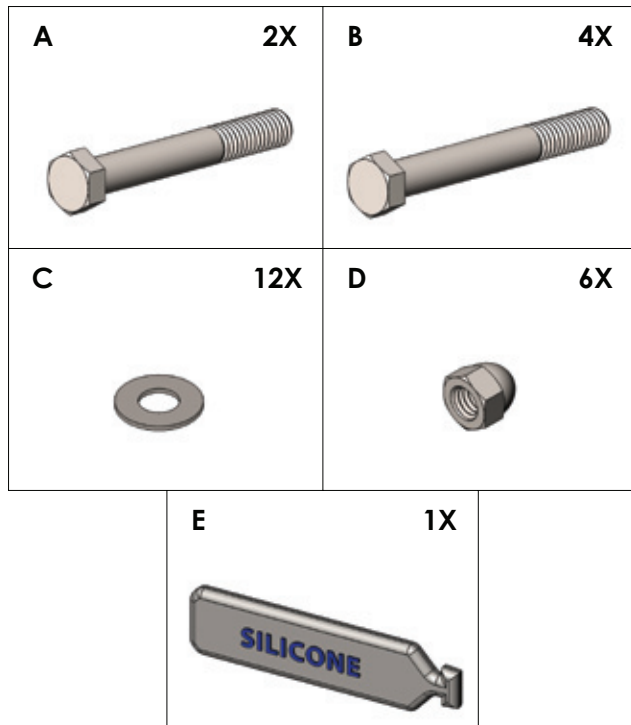
A) 3/8" X 2 3/4" HEX BOLT

B) 3/8" X 3" HEX BOLT

C) 3/8" FLAT WASHER

D) 3/8" ACORN NUT

E) SILICONE PACKET

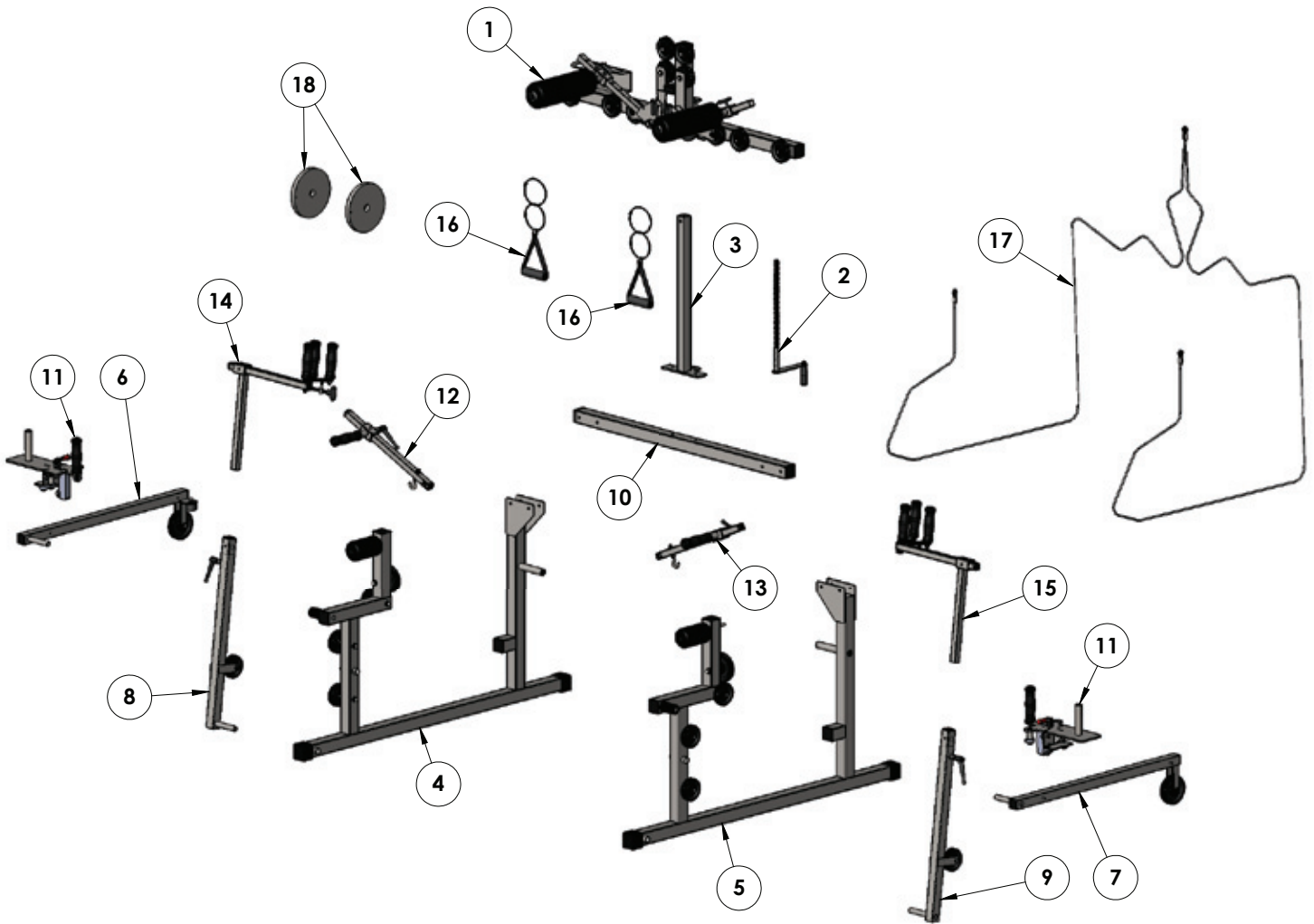


## Tools Required

A) 9/16" WRENCH (OR SOCKET)



# ProTone Exploded Parts List



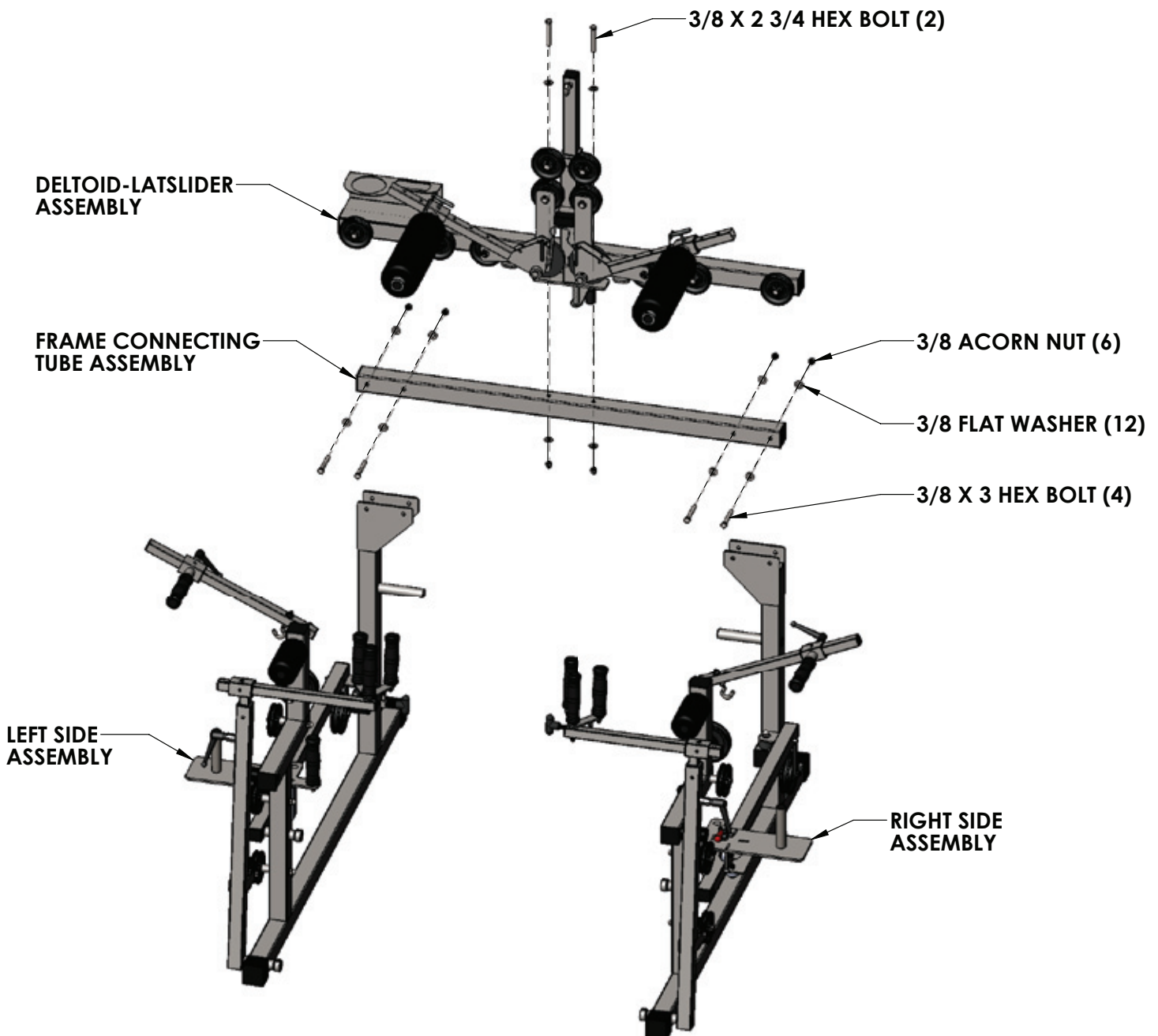
ITEM #	QTY	PART #	DESCRIPTION
1	1	PTN-100-00	DELTOID-LATSLIDER ASSEMBLY
2	1	PTN-200-00	CRANK HANDLE ASSEMBLY
3	1	PTN-300WM-00	FRAME POST WELDMENT
4	1	PTN-400-00	LEFT LEG FRAME ASSEMBLY
5	1	PTN-500-00	RIGHT LEG FRAME ASSEMBLY
6	1	PTN-600-00	LEFT WEIGHT ARM ASSEMBLY
7	1	PTN-700-00	RIGHT WEIGHT ARM ASSEMBLY
8	1	PTN-800-00	LEG FRAME VERTICAL PULL ARM LEFT HAND ASSEMBLY
9	1	PTN-900-00	LEG FRAME VERTICAL PULL ARM RIGHT HAND ASSEMBLY
10	1	PTN-1000-00	FRAME CONNECTING TUBE ASSEMBLY
11	2	PTN-1100-00	TRUCK WEIGHT ASSEMBLY
12	1	PTN-1200-00	LEFT CURL ARM ASSEMBLY
13	1	PTN-1300-00	RIGHT CURL ARM ASSEMBLY
14	1	PTN-1400-00	LEFT EXERCISE ARM ASSEMBLY
15	1	PTN-1500-00	RIGHT EXERCISE ARM ASSEMBLY
16	2	PTN-2000-00	RICKSHAW-TRICEP GRIP
17	1	PTN-3000-00	MAIN WIRE CABLE
18	2	PTNWP-00	WEIGHT PLATE

# ProTone Assembly

TOOLS REQUIRED:  
(2) 9/16" WRENCH OR SOCKET  
SILICONE PACKET

**NOTE: The ProTone will arrive in three boxes but still mostly assembled. However, two people will be needed to complete the assembly due to the weight of the already sub-assembled parts. See below instructions on how to complete the assembly of the ProTone.**

**1.** Attach the frame connecting tube assembly to the left and right side assemblies using the supplied 3/8" x 3" hex bolts, flat washers, and acorn nuts. Once that is complete, attach the deltoid-latslider assembly to the frame connecting tube assembly using the supplied 3/8" x 2 3/4" hex bolts, flat washers, and acorn nuts. **NOTE: Apply silicone to each bolt before tightening nut.**



# ProTone Main Wire Assembly

**NOTE:** The main wire cable should be replaced every year with light usage such as by a single user at home, and every six months if the machine is in a multi user setting where it is likely to undergo heavy usage.

The ProTone main wire cable needs to be strung correctly in order for the machine to function properly. Begin by hooking the top of the wire onto the hook at the top of the Deltoid-Latslider Assembly. Now, run the cable along the pulley's as shown in FIG. 1 to the right, FIG. 2 below, and FIG. 3 on the following page. Once the cable is run through all the pulley's and the end is connected to the hook on the curl arm, repeat the process on the opposite side of the ProTone.

**TIP:**

There is also a full video on how to string the main wire cable on our website, [www.aquacreekproducts.com](http://www.aquacreekproducts.com).

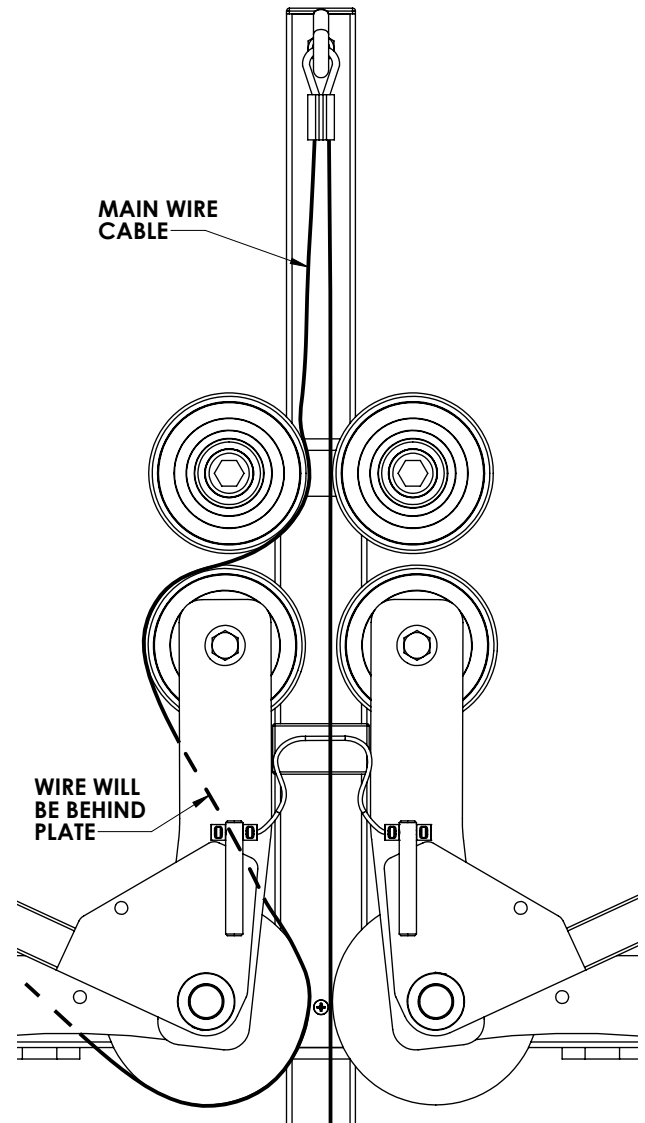


FIGURE 1

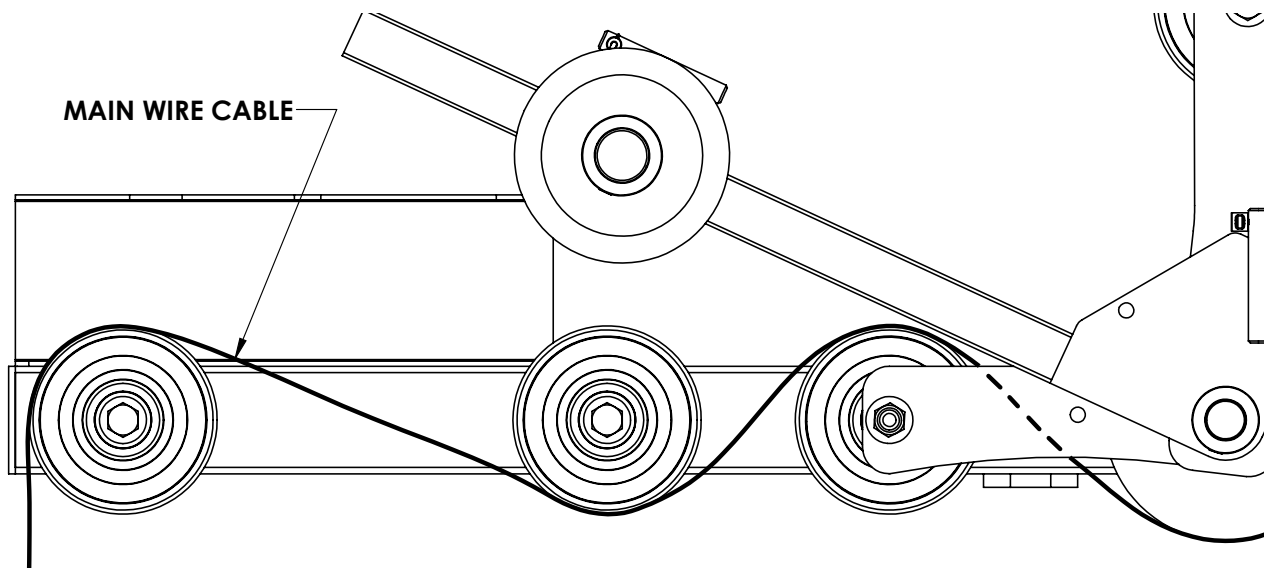
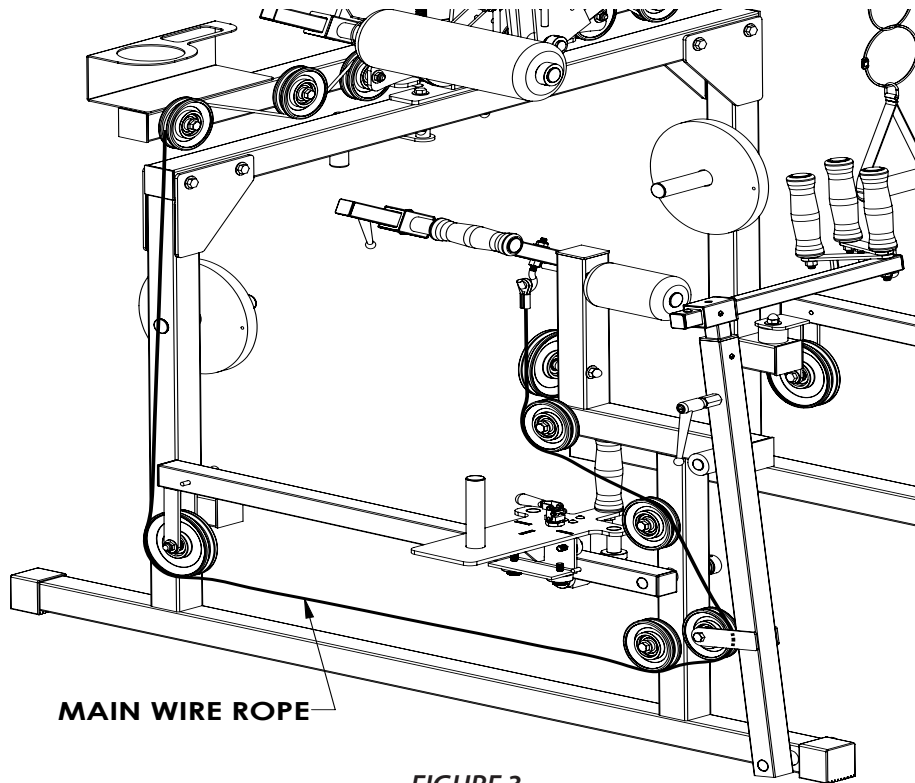
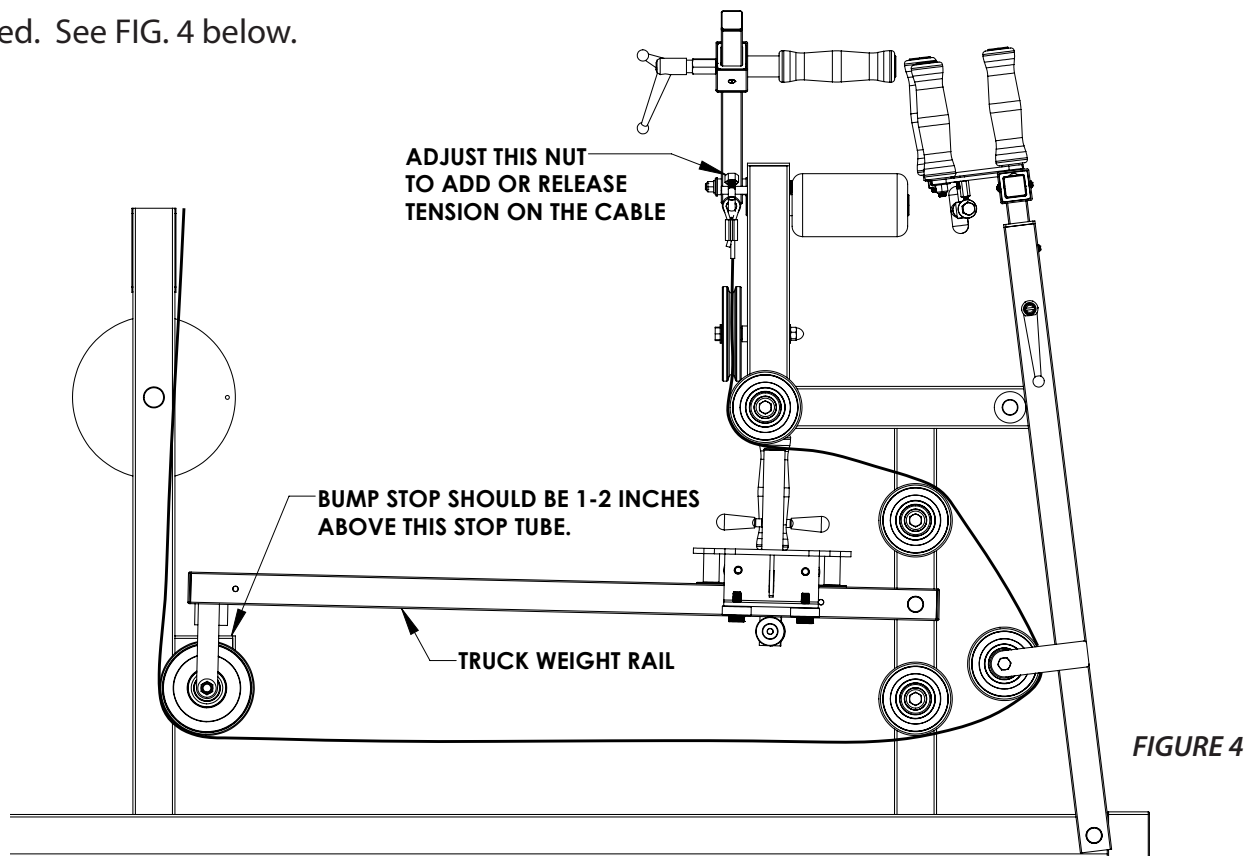


FIGURE 2

# ProTone Main Wire Assembly



Once the cable has been completely strung on both sides, check that the bump stop on the truck weight rails is 1-2 inches above the stop tube. This is to ensure there is proper tension on the cable so that it does not pop out of any of the pulleys while in use. If adjustment is needed on either or both sides, tighten or loosen the nut that is part of the hook where the end of the cable is attached. See FIG. 4 below.





# Using the ProTone

**CAUTION: PLEASE CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING A NEW EXERCISE PROGRAM. REMEMBER TO ALWAYS LOCK YOUR WHEELCHAIR BRAKES PRIOR TO DOING ANY EXERCISES.**

The physician or physical therapist can help you design and develop the most appropriate and SAFE exercise program for your level of injury and/or needs. While we give some general guidelines on proper posture and exercising methods, we strongly recommend that you consult a professional to help you develop the exercise habits that will provide the most benefit and least likelihood of injury.

Please refer to the exercise videos on our website, [www.aquacreekproducts.com](http://www.aquacreekproducts.com), for instructions on how to use the ProTone.

While the videos show the various exercises, we do strongly suggest that you consult a physician or physical therapist before beginning any exercise program.

In addition, while the videos show and describe many exercises that can be done using the ProTone, the particular exercises you will be able to do will depend on your individual capabilities.

Finally, **DO NOT exceed 40 pounds on each truck.**

## Maintaining the ProTone

The ProTone is manufactured with high quality components. Minimal maintenance is required. Although all bearings are self-lubricating, a light application of general purpose lubricant can be applied to any moving metal parts which become dry.

The ProTone has a powder coated finish, which can be wiped down occasionally with a damp cloth or mild cleaning solution. WD-40 also does a good cleaning job.

**Regular Checkup:** You should regularly check the ProTone for parts that are becoming loose or noisy, and the cable for fraying etc. Any parts which are showing wear should be replaced, and any parts that are coming loose should be tightened. In any case, we recommend replacing the cable every year with light usage such as at home, and every six months if the machine is in a multi user setting where it is likely to undergo heavy usage.

**AQUA CREEK PRODUCTS, LLC LIMITED THREE (3) YEAR WARRANTY:**  
**PROTONE FITNESS MACHINE**  
**(ITEM # F-PTN)**

Aqua Creek Products, LLC (a.k.a. Aqua Creek) warrants to the original end user purchaser that products manufactured by Aqua Creek, when properly installed in accordance with assembly and installation instructions, and properly used and maintained, shall be free from defects in material and workmanship for a period of **three (3) years from the date of original purchase**, provided that Aqua Creek receives prompt notice in writing of any defect or failure and satisfactory proof thereof, with the following exception(s):

**Exceptions:**

- All non-structural components and parts, i.e. pulleys, straps, pads, grips, etc... shall have a warranty period of **one (1) year from the date of original purchase**.
- Pulley cable shall have a warranty period of **ninety (90) days from the date of original purchase**.
- Powder coat finish scratches, scrapes, corrosion, or dents from customer's normal use, negligence, or abuse are not covered under this warranty.

This warranty specifically excludes reimbursement for labor to remove, repair, or install the product and any shipping charges. These warranties do not cover any damages due to accident, force majeure, act of nature, misuse, abuse, negligence or failure to properly maintain any products, or normal wear and tear from day to day operations. In the event that any products are altered, repaired, or improperly installed or improperly used by anyone without the prior written approval by Aqua Creek, all warranties are void. Non-payment for product to Aqua Creek may void warranty.

To initiate a warranty claim, the owner of an Aqua Creek product must provide the place of purchase, in writing, with a full description of the product, its serial number, the dates of purchase and installation, and the exact nature of the defect. Within thirty (30) days after receipt of a written warranty claim by Aqua Creek, and barring any unforeseen delays, the place of purchase will be notified of Aqua Creek's decision regarding the claim.

If requested by Aqua Creek, any defective product must be returned, freight prepaid by customer, to Aqua Creek's designated factory location or duly appointed distributor for inspection and/or repair. Aqua Creek will, at its option, repair or replace the failed or defective item, and deliver the repaired product or replacement to the customer. All freight charges are the responsibility of the customer. Products returned to Aqua Creek for which Aqua Creek provides replacement under this limited warranty shall become the property of Aqua Creek. A new warranty period shall **NOT** be established for the repaired or replaced products. Such products shall remain under warranty only for the remainder of the original warranty period on the original products purchased.

This written limited warranty constitutes the final, complete and exclusive statement of warranty terms. No person or organization is authorized to make any other specific or implied warranties or representations on behalf of Aqua Creek.

**WARNING: Consult with a physician or a physical therapist before beginning any exercise program.**

**THE WARRANTIES SET FORTH HEREIN ARE IN LIEU OF ALL OTHER WARRANTIES, EXPRESSED OR IMPLIED, WHICH ARE HEREBY DISCLAIMED AND EXCLUDED, INCLUDING WITHOUT LIMITATION ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE OR USE.**

**THE SOLE AND EXCLUSIVE REMEDIES FOR BREACH OF ANY AND ALL WARRANTIES WITH RESPECT TO THE PRODUCTS SHALL BE LIMITED TO REPAIR OR REPLACEMENT AT AQUA CREEK'S DESIGNATED FACTORY LOCATION, OR DULY APPOINTED DISTRIBUTOR, OR IN PLACE AT AQUA CREEK'S OPTION. IN NO EVENT SHALL AQUA CREEK'S LIABILITY EXCEED THE ENTIRE AMOUNT PAID TO AQUA CREEK BY THE ORIGINAL PURCHASER FOR THE FAILED OR DEFECTIVE PRODUCT.**

**IN NO EVENT SHALL AQUA CREEK PRODUCTS, LLC BE LIABLE FOR ANY INCIDENTAL, CONSEQUENTIAL, SPECIAL, INDIRECT, PUNITIVE OR EXEMPLARY DAMAGES OR LOST PROFITS FROM ANY BREACH OF THIS LIMITED WARRANTY OR OTHERWISE.**

**THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS, WHICH MAY VARY FROM STATE TO STATE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL, SPECIAL OR CONSEQUENTIAL DAMAGES, SO SOME OF THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU.**

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