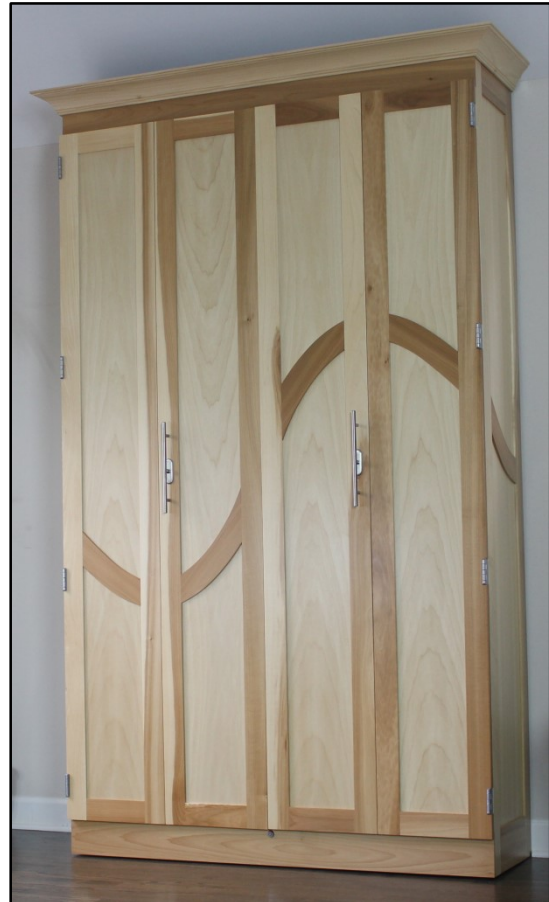




Söol Fit™ Basic - Installation Manual



Poplar



Cherry



Walnut

Installing Your Söol Fit™:

This Installation Manual is intended to guide a licensed and fully insured carpenter”Installer” through the steps necessary to safely and properly install the Söol Fit™ Basic Model.

DISCLAIMER OF LIABILITY-





YOUR SOOL FIT™ COMES COMPLETE WITH TERMS AND CONDITIONS, AN OWNERS MANUAL AND AN INSTALLATION MANUAL (THE “DOCUMENTATION”). YOUR SOOL FIT™ INCLUDES MANY MOVING PARTS, REQUIRES COMPLETE COMPLIANCE WITH ALL USE AND INSTALLATION INSTRUCTIONS AND MAY ALSO COME WITH THIRD-PARTY EXERCISE OR OTHER EQUIPMENT. SOOL CORP. HEREBY DISCLAIMS ANY AND ALL LIABILITY FOR DAMAGE TO PERSONS OR PROPERTY DIRECTLY OR INDIRECTLY RELATED TO ANY FAILURE TO COMPLY WITH ALL INSTRUCTIONS, DIRECTIVES, WARNINGS AND CAUTIONS CONTAINED IN ANY PORTION OF THE DOCUMENTATION AND FURTHER HEREBY DISCLAIMS ANY AND ALL LIABILITY FOR DAMAGE TO PERSONS OR PROPERTY DIRECTLY OR INDIRECTLY RELATED TO THE USE OF ANY THIRD-PARTY EXERCISE OR OTHER EQUIPMENT.

Quick Reference Installation Steps:

Söol Fit™ - Basic	
1	Read this Installation Manual completely and observe all safety WARNINGS and CAUTIONS throughout this manual
2	Installer to verify site space requirements and wall construction before unpacking
3	Unpack and verify contents
4	Layout strut location and find studs
5	Mount upper strut and lower strut (3-4 mounting points per strut)
6	Perform any wall prep/trim removal as needed
7	Mount frame to struts (8 mounting screws)
8	Mount Bench assembly (pivot rod push nut, shoulder screw, gas spring mount)
9	Wood cabinet assembly - Mount door assemblies right and left (16 screws)
10	Wood cabinet assembly - Mount front plates top/bottom with side panels right/left and (16 screws)

Safety:

To ensure safe and proper installation, uninstallation or reinstallation, the Söol Fit™ owner “Buyer” must have two Installers perform installation following the instructions provided.

-  WARNING** - *Take all lifting precautions and use proper body mechanics throughout entire installation process, including when moving and lifting any assembly or carton. Always use two Installers to lift and maneuver frame assembly during installation.*
-  WARNING** - *An unsecured Söol Fit™ frame is a tip hazard. Use extreme caution when frame assembly is in upright position and always have an assistant Installer securely hold frame until bolted/anchored securely and completely to the wall, failure to do so can cause serious injury or death.*
-  WARNING** - *Installer must provide and ensure proper bolts/anchors are used to secure the struts based on wall type, failure to do so may allow the Söol Fit™ to dislodge from wall and cause serious injury or death.*
-  WARNING** - *NEVER disassemble or modify the original factory configured Söol Fit™. It may cause serious injury or death.*

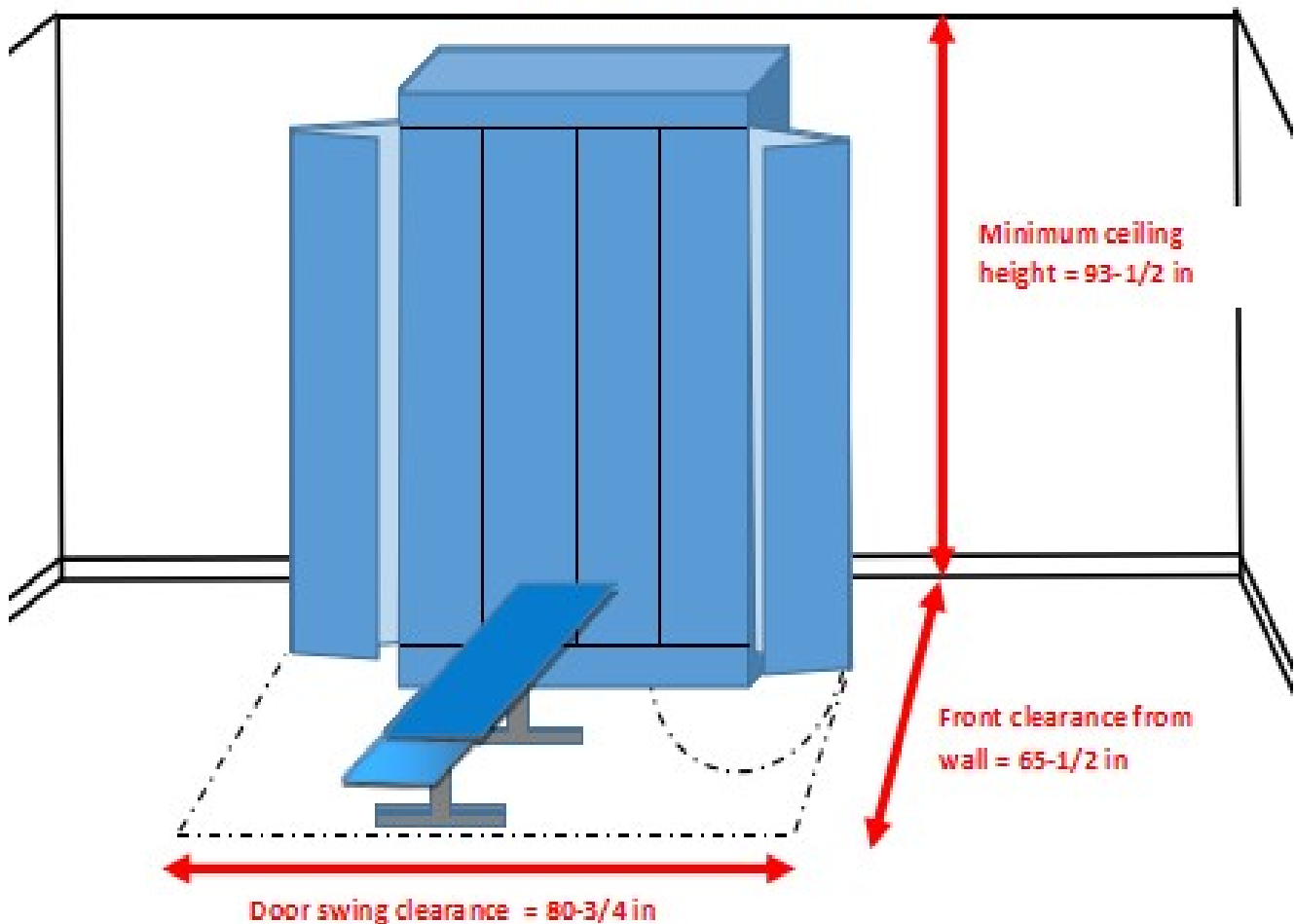
Site Requirement Verification:

During order process, the Buyer has confirmed site requirements for the Söol Fit™ model. It is recommended, prior to unpacking or performing any site preparation, the installation location is verified by the Installer.

- I (Installer) have verified the mounting wall construction

- ✓ Correct fasteners must be selected for wood studs, metal studs or concrete walls.
- ✓ Optimum 16- inch stud centers (allows unlimited mounting location).
- ✓ Minimum 24- inch stud centers (limits mounting location - strut must be bolted to 3 studs).
- ✓ For concrete walls a minimum of four anchors/bolts must be used to secure each strut.

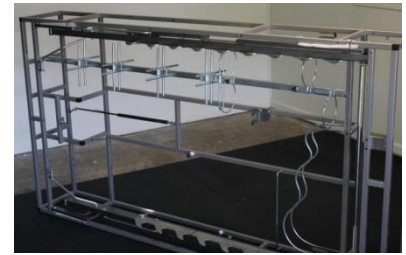
Basic Model



Verify Receipt of All Cartons and Items:

Item#	Description	Part #	Basic	
			Carton #	Qty
1A	Frame assembly BASIC	SA-0018-01	A-1	1
2	Bench assembly	SA-0302-01	B	1
3	Shoulder screw 5/16	FS-SB002-01		1
4	Washer nylon .313x.5x.031	FS-W0001-02		1
5	Bench lift pivot rod	MA-0006-01		1
6	Cap nut 3/8	FS-N0001-02		2
7	Washer nylon 375 x .570 x .031	FS-W0001-03		2
8	Wood side panel assy L	WP-0302-xx		C-x**
9	Wood side panel assy R	WP-0303-xx	C-x**	1
10	Wood door assy L	WP-0104-xx	D-x**	1
11	Wood door assy R	WP-0103-xx	E-x**	1
12	Wood front bottom plate assy	WP-0009-1x	F-x**	1
13	Wood front top plate	WP-0004-0x		1
14	Wood Crown molding assy	WP-0007-xx	G-x**	1
22	Shelf	WA-0004-03	H	1
23	Pad rubber 1" x 1 "	PP-0017-01		9
24	Strut assy upper	SA-0013-01		1
25	Strut channel Lower	MP-0011-03		2
26	Strut washer 1/4"	HW-0018-01		6
27	Strut channel nut 1/4-20	HW-0018-03		6
28	Screw BHPH 1/4-20 x 2	FS-S0006-04		10
29	Washer SS 1/4x3/4x.075	FS-W0005-02		12
30	Nut 1/4-20 w/ext lock	FS-N0003-01		4
31	Screw FHPH 8-32 x 1/4 UC	FS-S0008-01		16
32	Screw FH #10x5/8 w/ Hinge	FS-S0009-04		16

** (1= Poplar, 2=Cherry, 3=Walnut)



Carton A



Carton B



Carton C



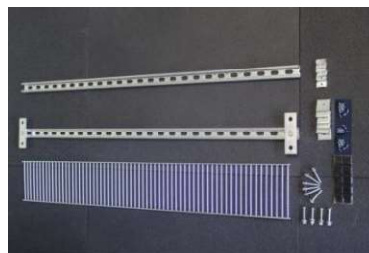
Carton D,E



Carton F



Carton G



Carton H



- Failure to properly locate the center of each wall stud can lead to an insecure installation and may cause severe injury or death.

Layout Strut Location and Find Center of Studs:

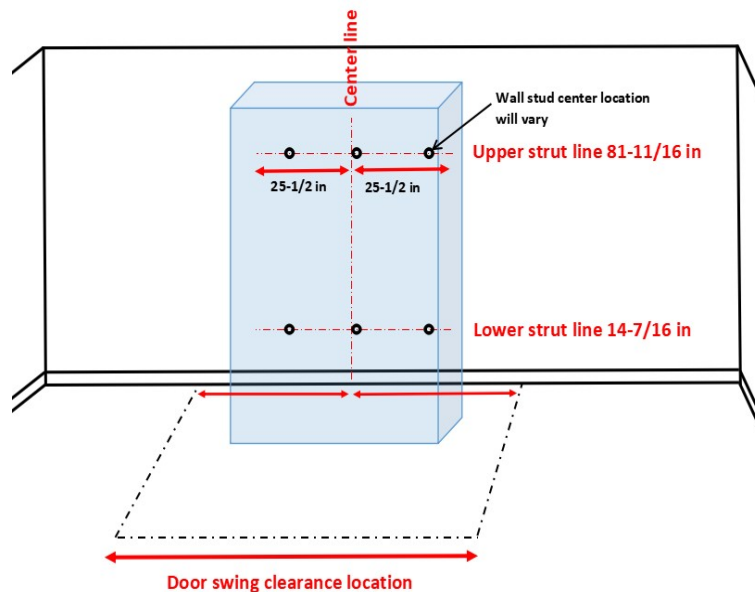
1) On the wall, mark the center line of mounting location to define its position.

Note: Verify side door swing clearance is 80-3/4 inches.

2) On the center line, mark the lower strut height of 14-7/16 inches from the floor. Then mark the upper strut height of 81-11/16 inches from the floor.

3) Using a level, extend the strut height lines, (lower and upper), 25-1/2 inches to either side of the center.

4) Locate center of each wall stud along the lower and upper strut height line using a stud finder.



Mount Upper and Lower Struts:

1) Drill the appropriate hole for the bolt/anchor to be used at the center of each wall stud as laid out.

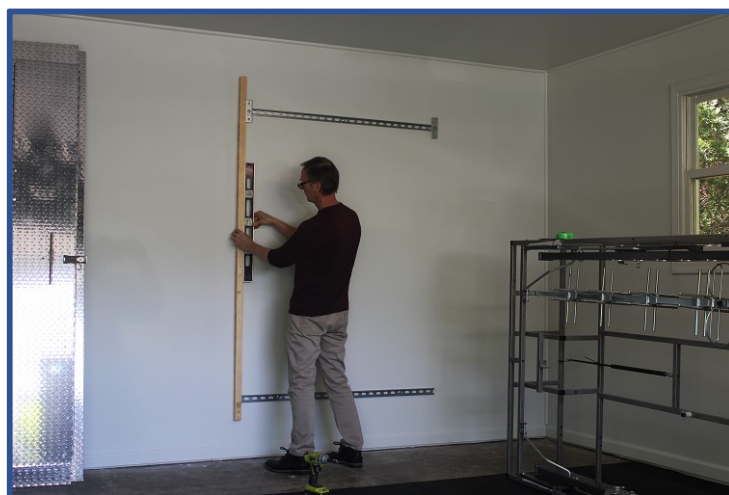
Note: Installer must select and provide the proper bolt/anchor type necessary to secure the struts to the wall.

Note: A minimum of 3 bolts/anchors are required for each strut.

2) Bolt upper and lower struts to wall.

Note: Keep struts centered on layout lines as bolts/anchors are tightened.

Note: In some cases, the strut may need to be rotated 180° for cutouts, in strut, to align with holes in wall and align with center.



Perform Wall Prep/Trim Removal as Needed:

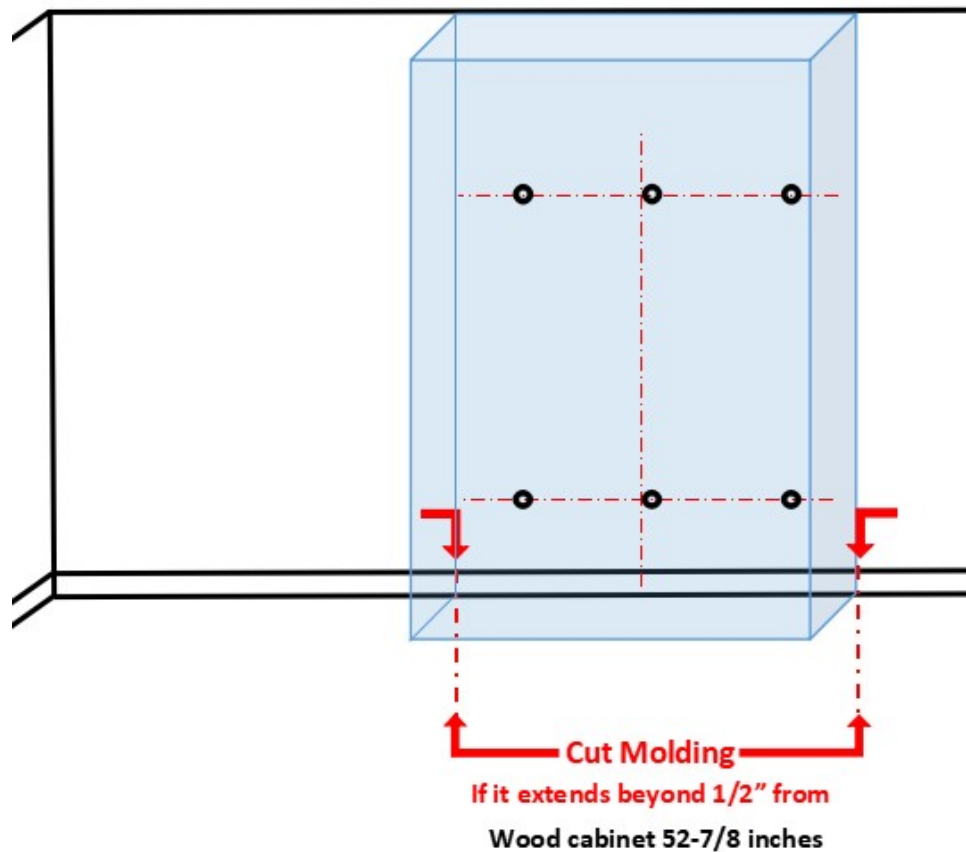
1) Verify base molding does not protrude from the wall more than 1/2".

Note: The Söol Fit™ Cabinet mounts 1/2" from the wall surface.



2) If molding protrudes more than 1/2 in from wall surface it will need to be trimmed prior to mounting frame.

- a) For Wood Cabinet trim at 26-7/16 inches to both sides of the center line.



Mount Frame to Struts:

! WARNING - An unsecured Söol Fit™ frame is a tip hazard. Use extreme caution when frame assembly is in upright position and always have an assistant Installer securely hold frame until Installer bolts/anchors frame securely and completely to the wall; failure to do so can cause serious injury or death.

! WARNING - All strut nuts must be fully seated in the vertical position.

! WARNING - A torque wrench must be used to tighten strut screws to the manufacturer's minimum torque, failure to do so could allow frame to become dislodged from the wall and cause serious injury or death.

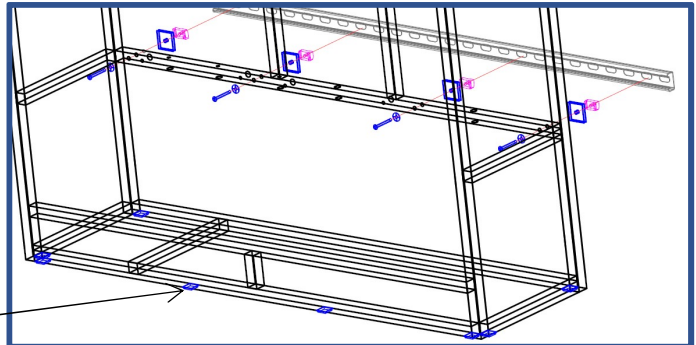
1) Prior to applying rubber pads to frame, verify floor is square to wall.



- If square to wall, apply pads in locations as shown.
- If not square, add or remove pads in locations shown so frame is level to the wall.

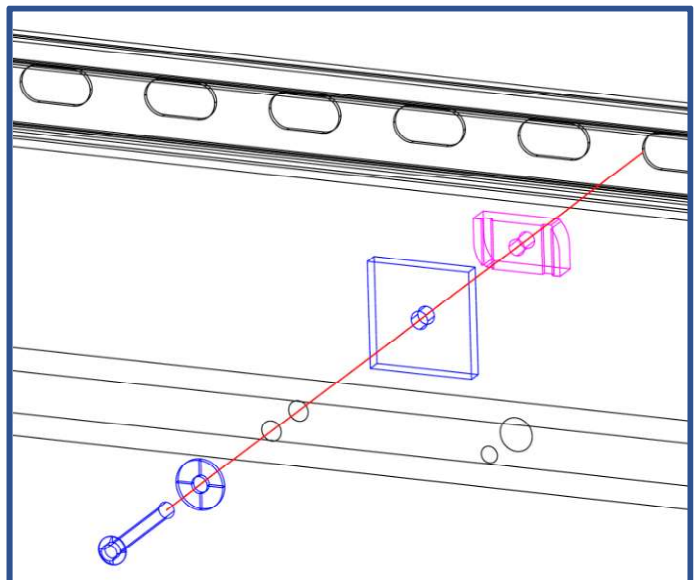
Note: Ensure front corner mounting pads are firmly touching floor to ensure proper weight transfer.

Mounting pad



2) Prior to moving frame against the struts, pre-assemble screws, washers, square washers and strut nuts to the upper and lower frame - (6 locations) .

Note: Only thread screws partially into strut nuts to allow for proper engagement to strut..

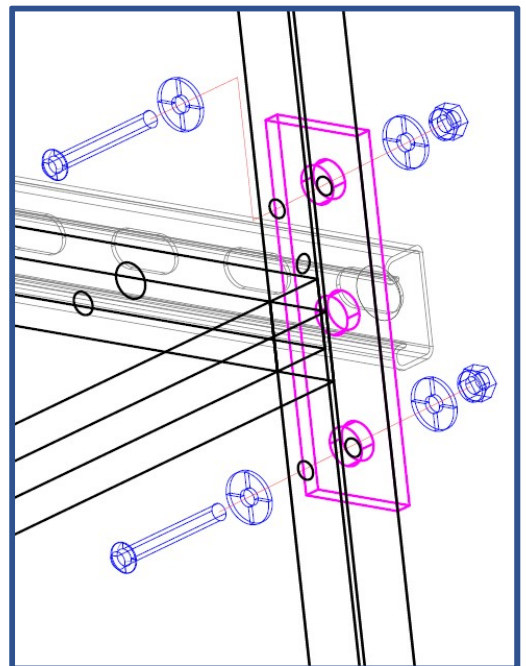


3) Move frame up to struts and position all strut nuts in horizontal position, then move frame against strut channels so all strut nuts engage into channel.



4) Assemble screws (item # 28), washers (item # 29), and nuts (item # 30) through frame into upper strut bracket.

Note: Verify outside edge of frame aligns with ends of strut channels prior to tightening screws



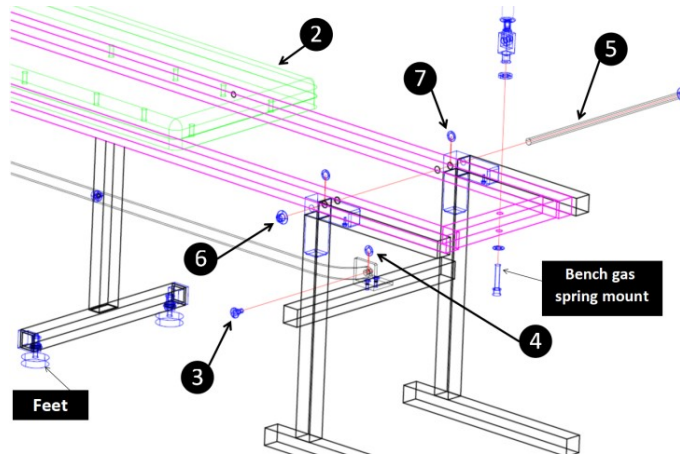
5) Torque all twelve screws (item # 28) to 6 - 8 ft/lbs (strut manufacturer's recommended torque).



Mount Bench Assembly:

1) Mount bench to support frame

- a) Position Bench Assembly between support frame, then slide nylon washer(7) between support frame and bench frame.



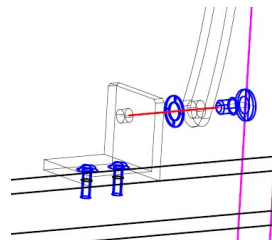
- b) Align holes and insert pivot rod (5) sliding thru to opposite side of support frame.



- c) Attach end cap (6) by securing opposite side while pressing or tapping with a hammer until fully seated.



- d) With bench in down position, align pivot bar hole to bracket with nylon washer (4), between pivot bar and bracket, then secure with shoulder screw (3).



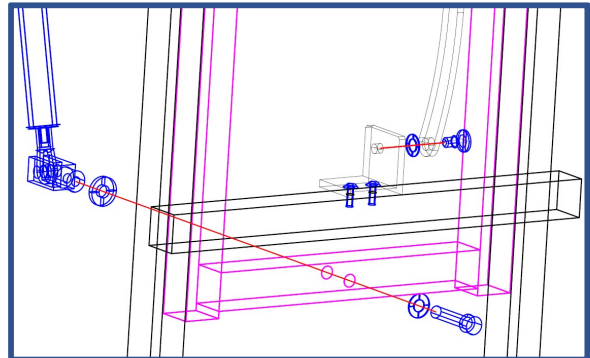
**CAUTION**

- When mounting gas spring to bench, have an assistant Installer hold the bench in vertical position until gas spring is mounted, to avoid bench from falling down.

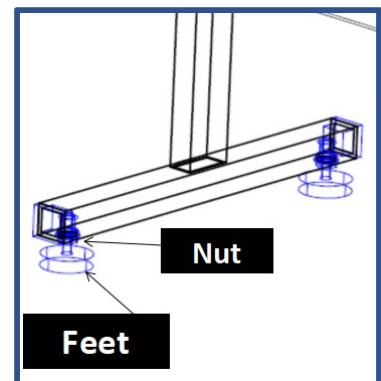
**2) Mount bench gas spring**

- a) Rotate bench to full upright position.

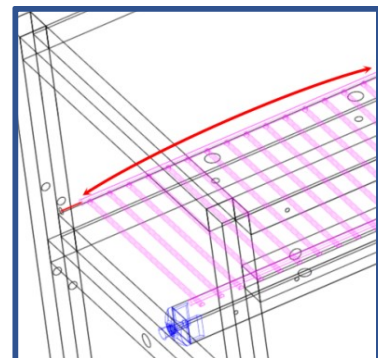
- b) Screw in place with hardware attached, keeping large washer between gas spring and frame, and lock washer under screw head.

**3) Bench feet adjustment**

- a) All four feet should touch the floor surface. Adjust feet by loosening lock nut and turning feet, until all feet contact floor surface, then re-tighten lock nuts.

**4) Shelf mounting**

- a) Mount shelf by inserting right rear pin into hole in frame, then slightly bow shelf and insert left rear pin into hole on frame.



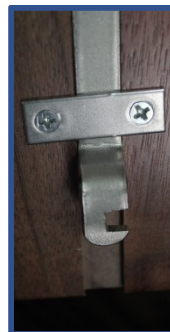
Wood Cabinet Assembly:

CAUTION - Take care when opening cartons and handling wood doors and panels to avoid scratches and dents - DO NOT use knife or sharp object to unpack doors and panels.

1) Mount door assemblies

Note: Door assemblies are mounted before side panels.

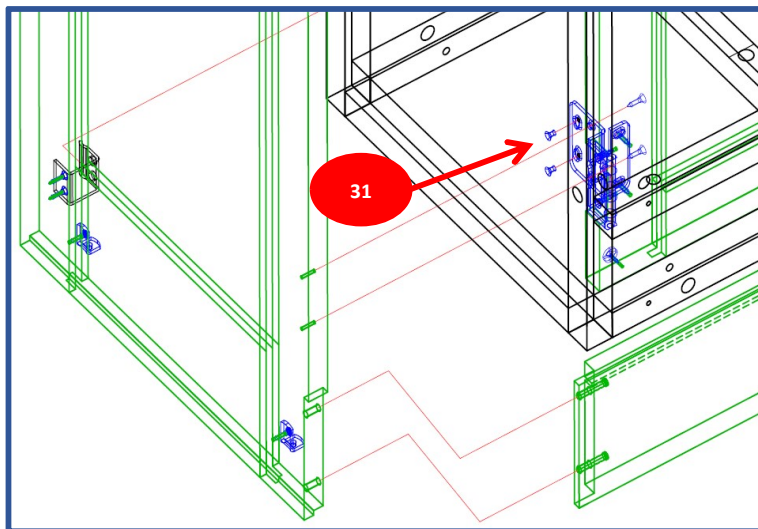
Note: Observe left and right door assemblies, (latch should be to the bottom).



- a) Support door assembly for correct height to align hinge holes with frame holes, then hand tighten eight mounting screws. (#31)
 - i. Repeat for opposite door assembly.



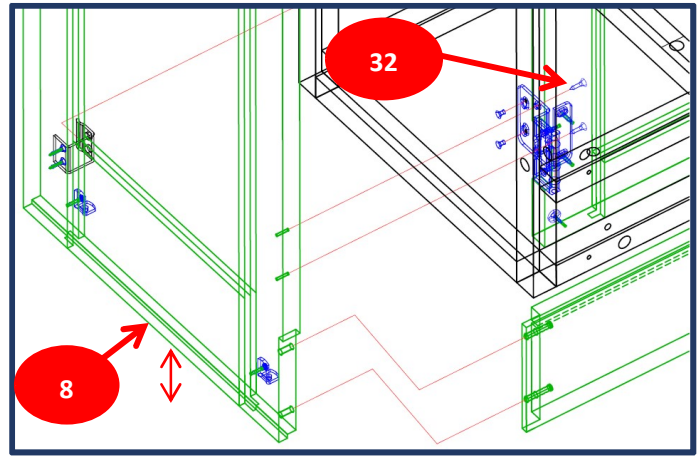
CAUTION - Do not over torque mounting screws to avoid stripping threads in frame. (#31).



2) Mount side panels

a) Mount left side panel

- i. Support left side panel (#8) 1/2 inch off of floor with a small spacer block.



- ii. Align and push the panel clips over the rear frame until the front edge of the panel fits into the sides of the door hinges.



- iii. Remove 1/2- inch support so panel can drop onto the the support angles on the inside of the panel. Secure panel with eight wood screws (Item #32).



b) Mount right side panel

- i. Support right side panel 1/2 inch off of floor with a small spacer block, then align and push the panel clips over the rear frame, until the front edge of the panel fits into the sides of the door hinges. Remove 1/2 inch support so panel can drop onto the support angles on the inside of the panel.

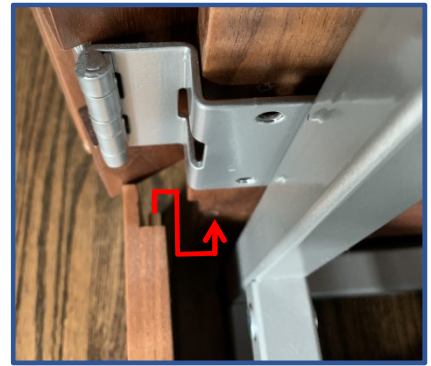


Note: Bottom plate gets mounted prior to screwing right side panel to hinges. See bottom plate mounting.

3) Top and bottom plate mounting

a) Mount bottom plate

i. Insert the two dowel pins of bottom plate into the left panel.



ii. Rotate the right panel out only far enough to insert the dowel pins.



iii. Push right panel onto bottom plate until side panel seats against door hinge and drive only the bottom screw to hold panel from sliding off the dowel pins.



b) Mount top plate

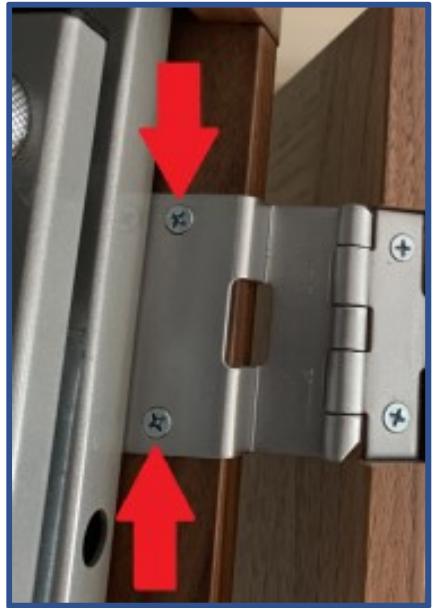
i. Insert the two dowel pins into the left panel.



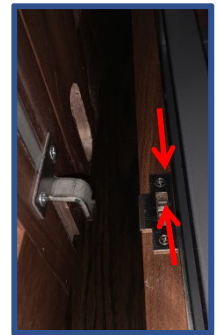
- ii. Rotate the right panel only far enough to insert the dowel pins into it.



- iii. Push right panel onto top plate until side panel seats against door hinge. Secure panel with remaining seven wood screws.



Note: Bottom plate has a slight gap from side to side to allow final adjustments for the door lock alignment. Take care not to damage the cabinet when tapping the end of the bottom plate while making this adjustment.



- 4) Slide crown molding over the top of the cabinet and secure with turn buttons on the molding frame.

