



ShuffleStopper®

Safe Steps

www.shufflestopper.com

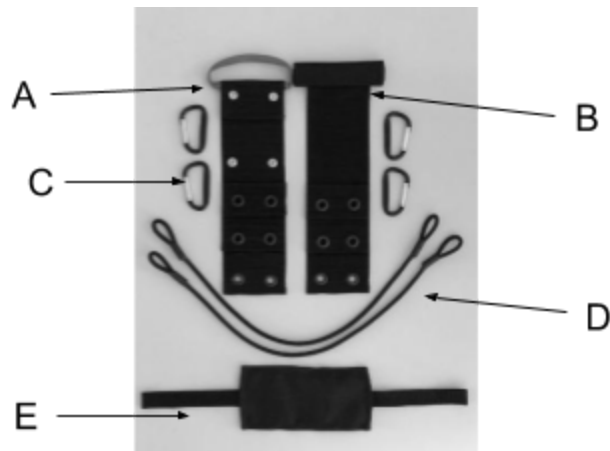
Made in the USA

Safety & Precautions:

- Read all instructions prior to assembly and use.
- Always consult your healthcare provider before participating in any physical activity.
- Inspect the product for damage before each use. **DO NOT** use if damaged. Contact ShuffleStopper® Customer Service at (480) 712-6628 for warranty/replacement information.
- Resistance cords may cause serious injury when not used properly. Please observe these precautions:
 - Inspect cords before each use, some normal wear of the black covering is normal overtime.
 - **DO NOT USE** if you see the white cord beginning to show through. Contact us to order replacement cords.
 - **DO NOT** stretch cord more than 7". Use ruler provided.
 - **DO NOT** alter the cords in any way.
- This product is for use with a Standard walker or walker with front wheels. **DO NOT USE** with 4 wheeled walker. If you are attaching the ShuffleStopper® to a walker with front wheels, place walker adjacent to a wall or piece of furniture that will to keep the walker in a secure stationary position.
- Make sure the walker is in a fully locked position with the ShuffleStopper® properly set for the specific user before each use.
- This product is equipped with a **RED** safety latch should the user have trouble getting their foot off of the foot pedal. User should place both feet securely on the floor, then pull up on the red safety latch, releasing the snaps so they can remove foot from the pedal safely.
- Keep product and accompanying bags out of reach of children. This product **IS NOT** a toy.
- This product is intended for use as described in this document only. Misuse of this product will void the warranty and could result in injury.
- Keep the product out of direct sunlight, extreme heat, humidity, and avoid water exposure. This will void the warranty.
- ShuffleStopper LLC. Assumes no liability for injuries, accidents, or damages that may occur with the use of this product.

The ShuffleStopper® exercise system contains:

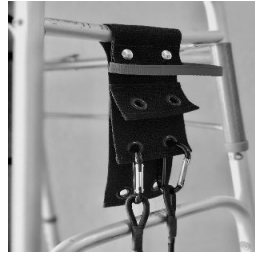
Part	Description	Quantity
A	Panel A (Two snaps and RED safety latch)	1
B	Panel B (Velcro® on one end)	1
C	Carabiner Clips	4
D	Equal Length Resistance Cords	2
E	Foot Pedal	1
F	Resistance Level Ruler (not pictured)	1
G	ShuffleStopper® Carrying Case (not pictured)	1



Assembly Instructions

Step 1: Attach Panel A

- Place on the user's stronger hand side and attach to the center of the upper side bar, with the RED safety latch and flaps facing outward.
- Secure the two snaps firmly.



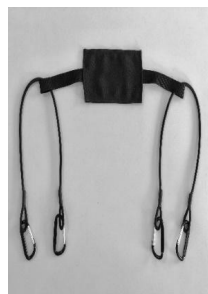
Step 2: Attach Panel B

- Attach to the upper side bar opposite of **Panel A** by securing the Velcro® strip around the bar. Ensure that the Velcro® is tightly connected and the flaps are facing outward.
- Wrap Panel B around the bar, passing the panel through the black loop above the Velcro® strip of the panel and pull down tightly.
- Pull down on the panel making sure it is securely fastened.



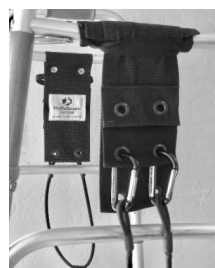
Step 3: Attach Foot Pedal

- Thread each resistance cord through the opening on each side of the foot pedal evenly.
- Attach one carabiner clip to each of the four loops on the resistance cords.
- Lay foot pedal, with resistance cords attached, on the ground in the center of the walker.
- Attach each carabiner clip to the corresponding black metal eyelet on panel flaps. **The cords wrap UNDER the bottom sidebar on each side of the walker.**



Step 4: Set Height/Resistance

- Use the ruler provided to identify where user's resistance level would be.
- For a small increase in resistance, adjust walker height incrementally by 1 inch. For a larger increase in resistance, move carabiner clips up to the next highest panel. The height from the floor to the middle of the foot pedal should NOT exceed 7 inches, as indicated on the ruler.



Instructions for Use:

Setting Your Resistance Level: First use the ShuffleStopper Ruler to set your resistance level. Start at Resistance Level 1 and then increase if that level is too easy. DO NOT exceed 7" from the floor to foot pedal. If necessary, sit down while adjusting for your correct resistance level.

Exercise #1 Legs and Hips: Strengthens leg and hip muscles, improves hip and knee flexion & balance.

1. Align the balls of your feet with the back legs of the walker.
2. Stand up straight/tall on one foot as you place the middle of your opposite foot on the foot pedal.
3. Push the foot pedal straight down to the floor.
4. Then let the assistance of the bands bring your knee back up and foot off of the floor, providing assisted knee and hip flexion. Keep a slow steady pace.
5. Repeat until you have done 10-15 repetitions (1 set).
6. Then switch legs and repeat the same as you did on the other leg. Repeat again until you have done 2 or 3 sets on each leg.
Note: If you have trouble getting your foot off of the foot pedal, place both feet securely on the floor, then pull up on the red safety latch, releasing the snaps so you can remove your foot from the pedal safely.

Exercise # 2 Foot and Ankle: Strengthens feet and ankles, provides assisted ankle flexion and helps with reducing foot, ankle and leg swelling.

1. Align the balls of your feet with the back legs of the walker.
2. Stand up straight/tall on one leg as you place the ball of your opposite foot on the foot pedal.
3. Keep your heel on the ground and leg very straight at all times, while pushing the foot pedal down to the floor.
4. Then let the assistance of the bands bring your toes back up, providing ankle flexion. Keep a slow steady pace.
5. Repeat until you have done 10-15 repetitions (1 set).
6. Then switch legs and repeat the same as you did on the other leg. Repeat again until you have done 2 or 3 sets on each leg.

The level of resistance, number of times (sets) and repetitions may vary for each person. Use the following as a **general guide** for the ShuffleStopper Exercises #1 & 2. Start out using the ShuffleStopper 3-4 times per week. Progress at your own pace.

Week # 1: Do 10 to 15 repetitions and repeat 2 times.

Week # 2: Do 10 to 15 repetitions and repeat 3 times.

Week # 3: Do 10 to 20 repetitions and repeat 3 times.

Week # 4: Do 15 to 20 repetitions and repeat 3 times.

Note: As you feel stronger you can increase the resistance, repetitions or sets as tolerated. You can record your progress and resistance level with the exercise chart provided. Send us an email at reviews@shufflestopper.com and let us know how you are doing with the ShuffleStopper.

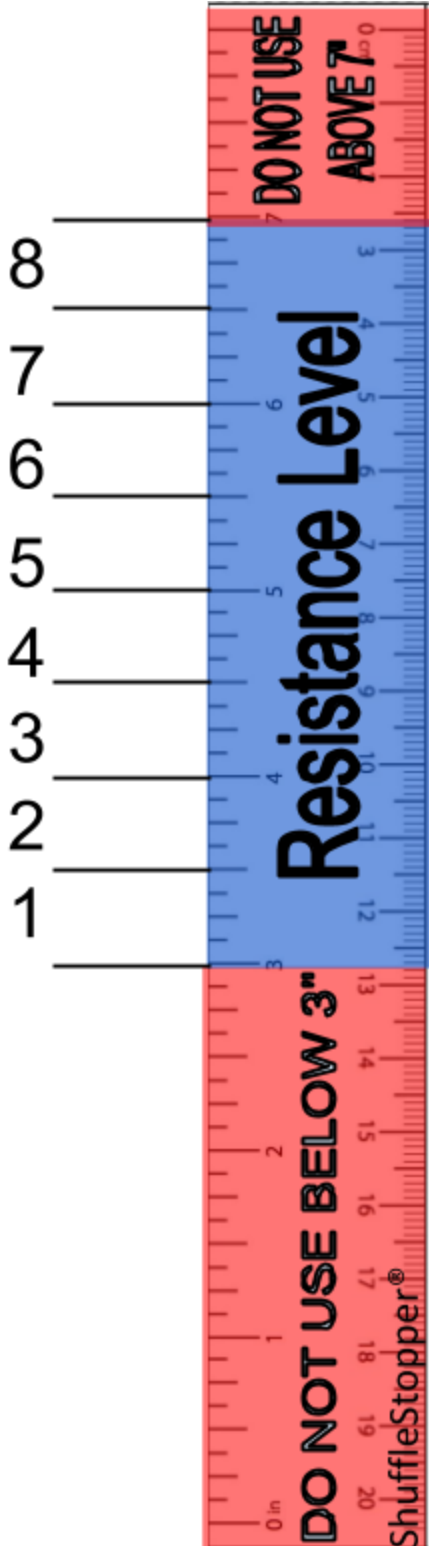
Limited Warranty

ShuffleStopper LLC. Warrants that the ShuffleStopper® manufactured by ShuffleStopper LLC. are free from defects in workmanship and material for a period of one year on the side and foot panels and 90 days for the tension bands and clips from the invoice date. Should your products show signs of defective workmanship or material upon initial receipt or prior to the expiration of the defined warranty dates, please call our customer service department at (480) 712-6628 to receive directions on returning the product. This warranty is limited to the replacement of the product by ShuffleStopper LLC. This warranty does not extend to any defect or problem caused by the negligence or acts of you or others, failure to maintain the product in accordance with instructions furnished with the product, unreasonable use, accidents, alterations, or ordinary wear and tear.

SHUFFLESTOPPER LLC. SHALL NOT BE RESPONSIBLE OR LIABLE FOR INDIRECT OR CONSEQUENTIAL DAMAGES OF ANY KIND, INCLUDING BUT NOT LIMITED TO OF USE OF ANY PRODUCT, PERSONAL INJURY, LOSS OF TIME, INCONVENIENCE, OR OTHER INCIDENTAL OR CONSEQUENTIAL DAMAGES WITH RESPECT TO PERSONS, BUSINESS, OR PROPERTY, WHETHER AS A RESULT OF BREACH OF WARRANTY, NEGLIGENCE, OR OTHERWISE, SHUFFLESTOPPER LLC.'S PRODUCTS LIABILITY SHALL BE LIMITED SOLELY TO THE REPLACEMENT OF THE GOODS NOT MEETING THE QUALITY AND SPECIFICATIONS WARRANTED, NO OTHER WARRANTY, EXPRESSED OR IMPLIED, SHALL APPLY, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, AND ANY SUCH IMPLIED WARRANTIES ARE EXPRESSLY DISCLAIMED. IN THE EVENT APPLICABLE LAW PREVENTS THE DISCLAIMER OF ANY IMPLIED WARRANTIES, THEN SUCH IMPLIED WARRANTY SHALL BE LIMITED TO THE DURATION OF EXPRESSED WARRANTIES ABOVE.

Note: Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply to you. Some states do not allow the exclusion on limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

ShuffleStopper LLC.
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THIS SIDE DOWN

