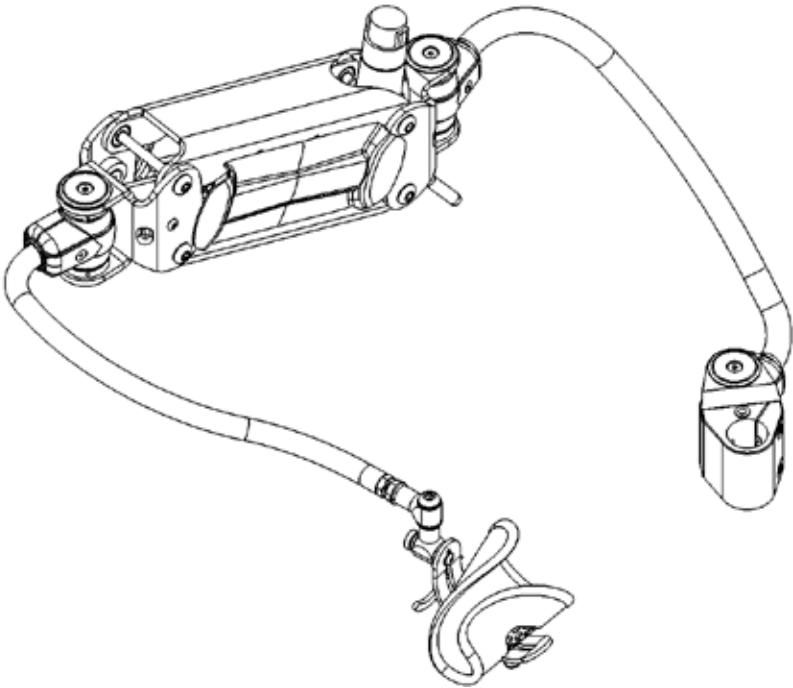


X·Ar

Quick Start Guide



X-Ar Arm

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Read Me!

NOTE: If your X-Ar Arm came with a mounting accessory, please set-up the mounting accessory before setting up your X-Ar Arm.

Tools required for assembly:

- 6 mm Allen wrench for X-Ar Arm assembly to mount (included in mount parts kit)
- 9/64 Allen wrench for cuff assembly to arm (included)
- Flat blade screw driver for cuff size change (not included)



9/64 allen
wrench
(included)



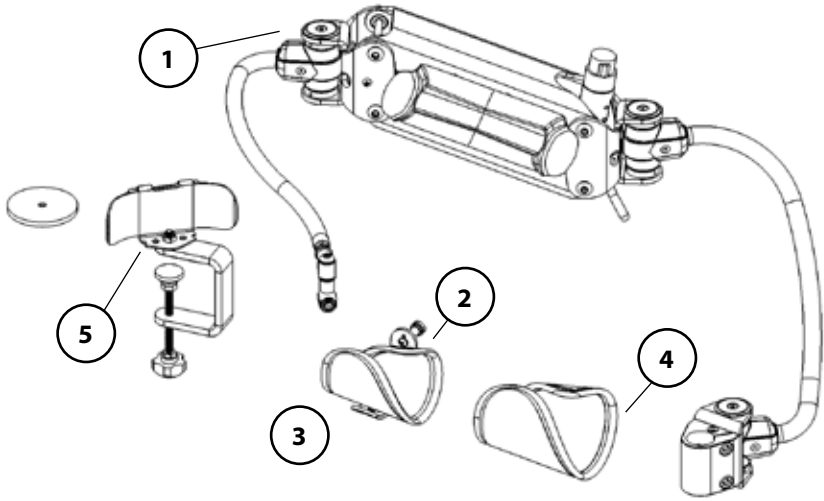
6mm allen
wrench
(included with
mount kits)



flat blade
screwdriver

Box Contents X-Ar Arm

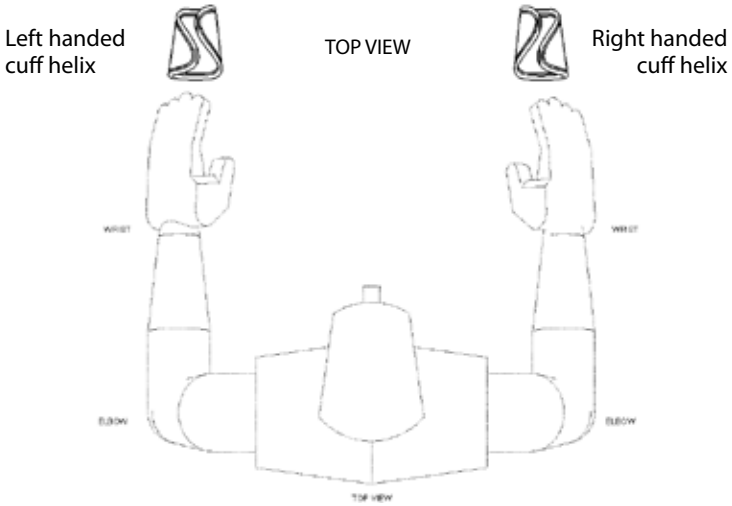
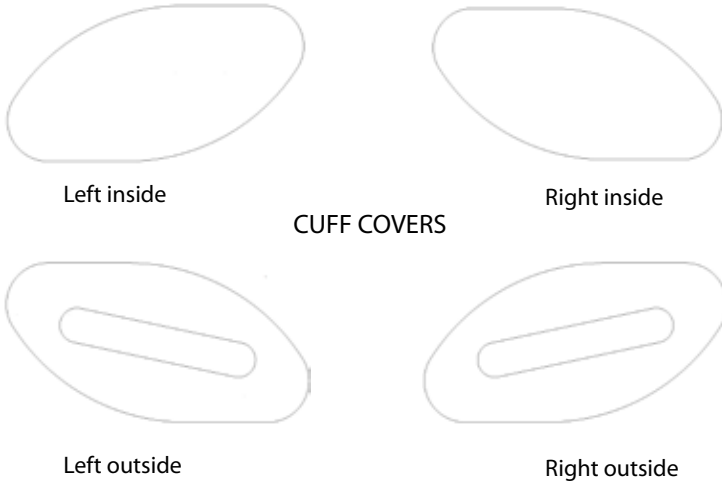
Note: Check box contents to verify delivery of all X-Ar system parts



1. X-Ar arm
2. X-Ar cuff assembly
3. (sm/med cuff size installed)
4. X-Ar med/large size cuff
5. Docking kit

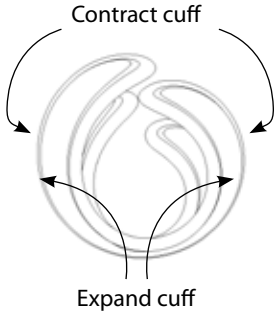
Cuff Right/Left Hand Reference

Note: The geometry of right and left handed cuffs and corresponding covers

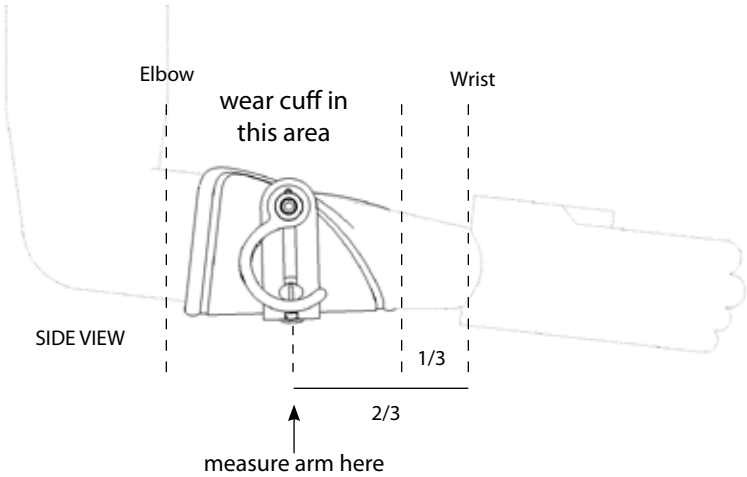


Cuff Size Reference

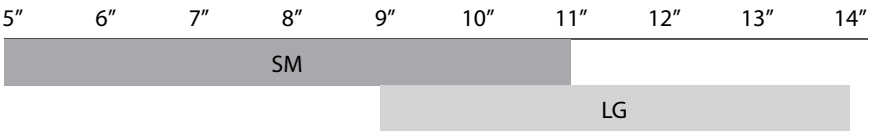
Note: Cuff fit should be snug but not uncomfortable. Use hands to expand or contract cuff helix for better fit.



Small arm circumference = 5" - 11"
 Large arm circumference = 9" - 14"

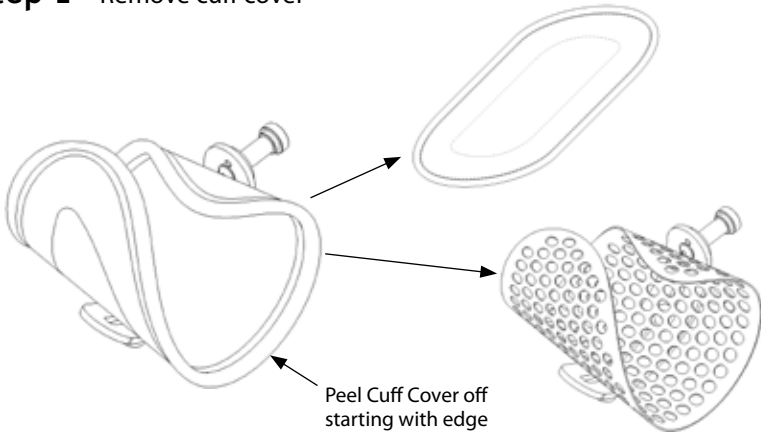


ARM CIRCUMFERENCES

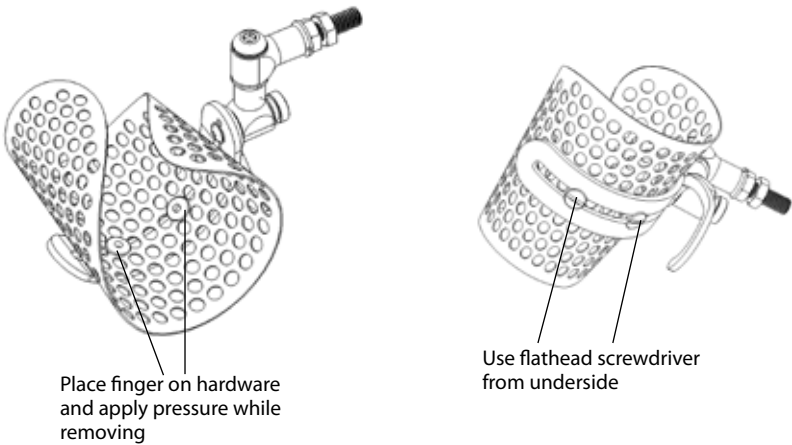


Cuff Size Change Instructions

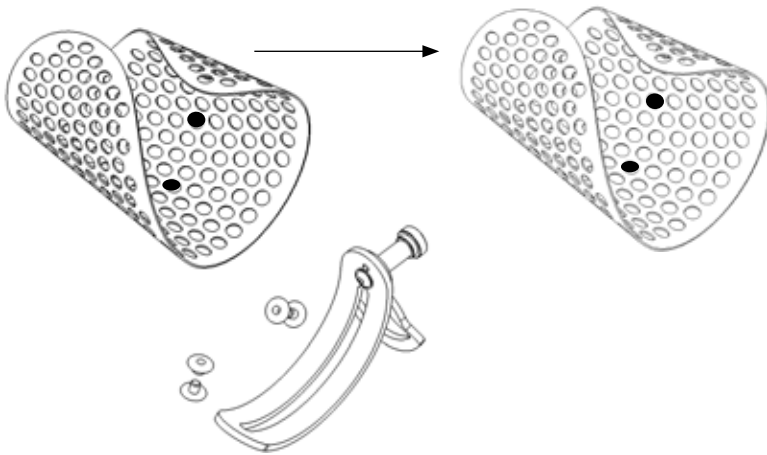
Step 1 - Remove cuff cover



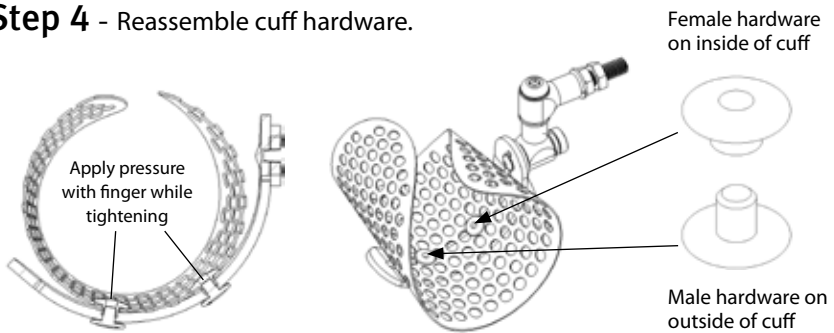
Step 2 - Remove cuff hardware with flat head screw driver



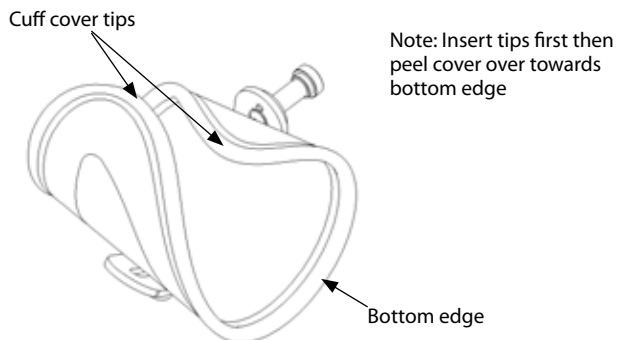
Step 3 - Replace cuff helix with alternate size. Used marked holes.
Position as shown.



Step 4 - Reassemble cuff hardware.



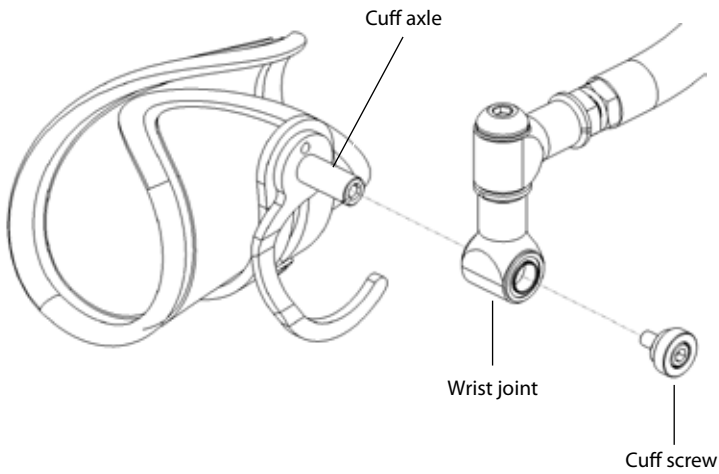
Step 5 - Assemble cuff cover over cuff helix as shown.



Cuff Assembly to X-Ar Arm

Note: Use 9/64 allen wrench (included) to remove and replace cuff screw.

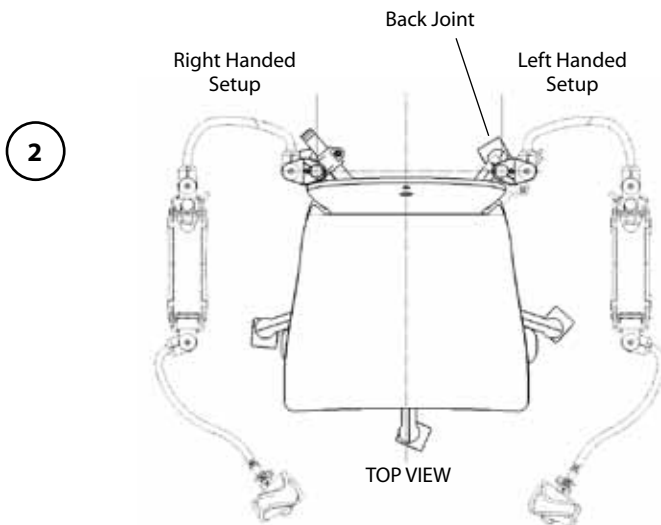
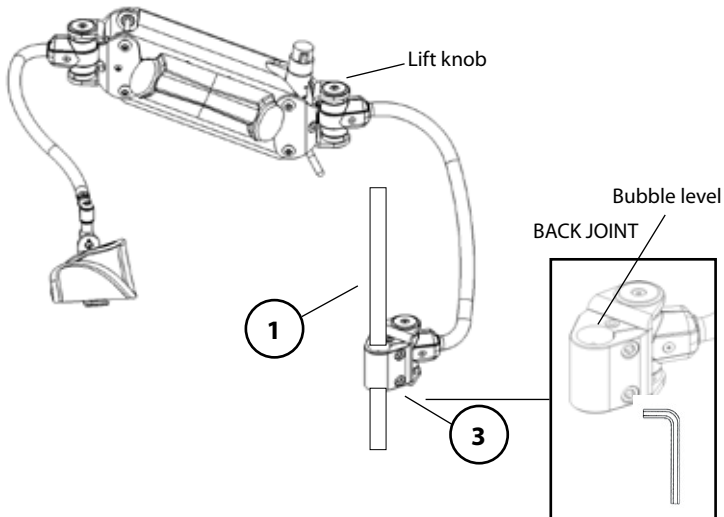
1. Remove cuff screw
2. Place cuff axle through wrist joint
3. Replace and retighten cuff screw



Assembly of X-Ar to Chair Mount

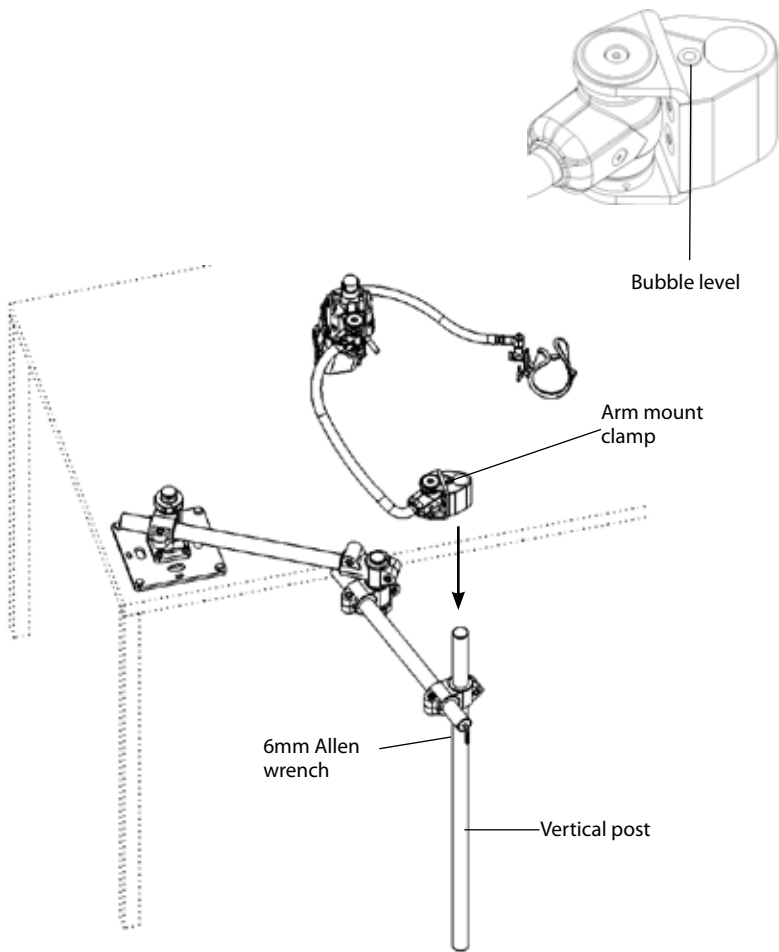
Note: Lift knob and bubble level are on top side of X-AR arm.

1. Place arm mount clamp onto vertical post.
2. Bubble level on arm mount clamp can be used to fine tune level of vertical post
3. Note orientation of Back joint and chair in "Top view"
4. Secure screws tightly once properly positioned

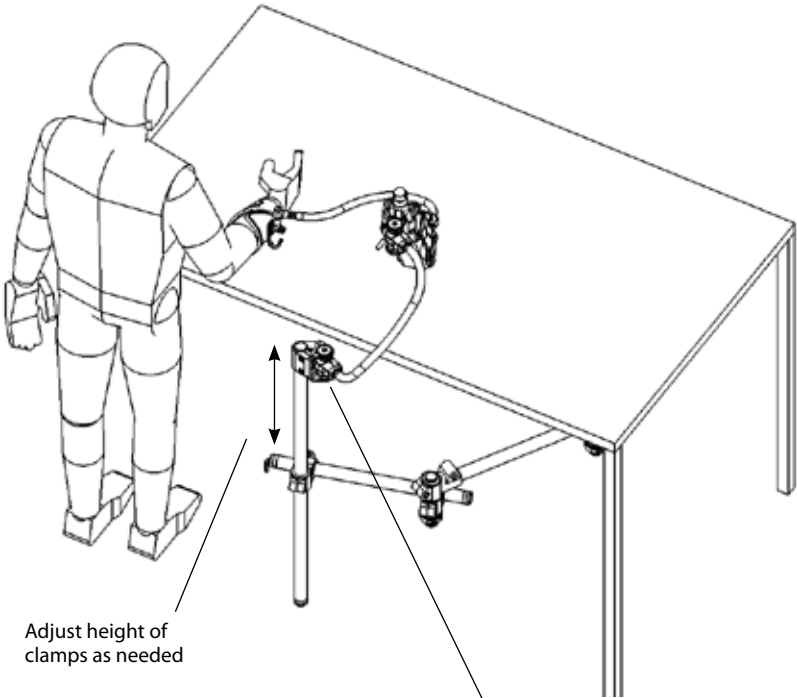


Assembly of X-Ar to Workstation Mount

- Place arm mount clamp onto vertical post
- Bubble level on arm mount clamp can be used to fine tune level of vertical post
- Adjust arm mount clamp angle and height as shown on next page

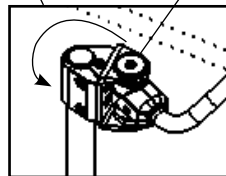


Continued...



Adjust height of clamps as needed

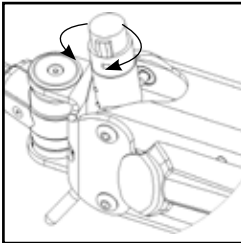
Adjust Arm clamp angle as needed



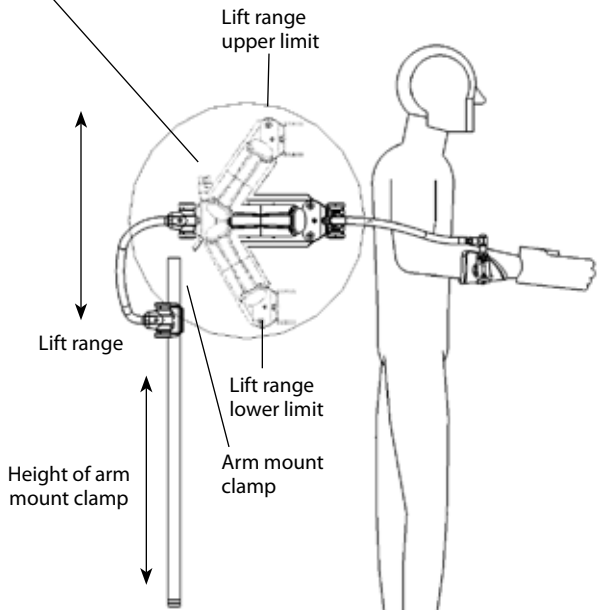
Lift Adjustment

- Shoulder muscles should feel relaxed when X-Ar lift is adjusted to properly to balance weight of forearm and tool.
- "Floating feeling" occurs in arm when lift knob has been properly adjusted for arm weight, arm should neither rise nor fall.
- Height of X-Ar arm mount clamp should be adjusted to keep relaxed forearm in middle of lift travel.

Lift knob



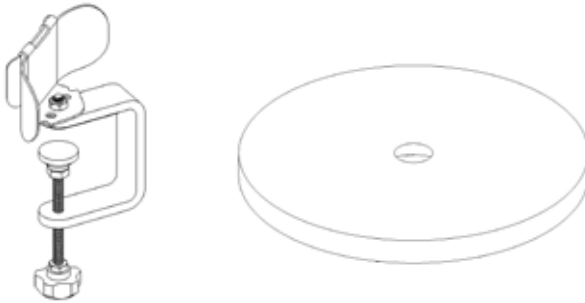
- *Adjust knob clockwise for added lift.*
- *Counterclockwise diminishes lift force.*
- *Knob tracks lift force with numerical value*



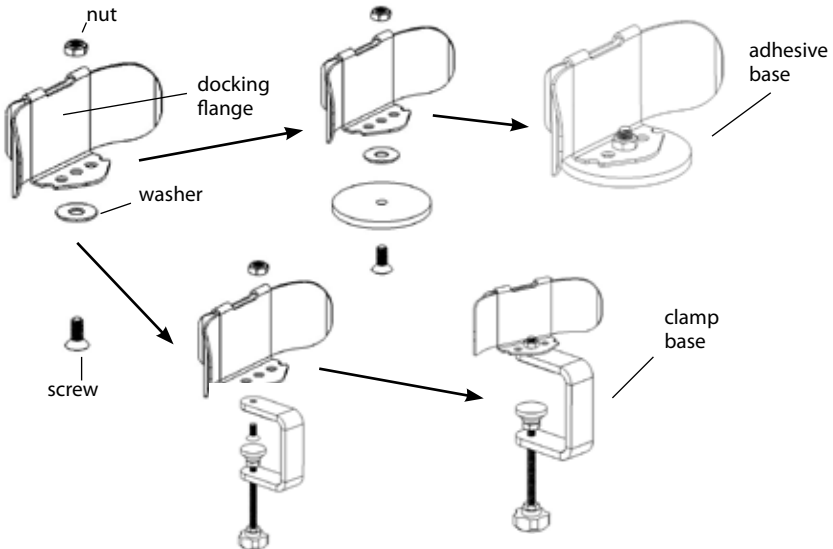
Cuff Docking Kit

1. Selection of Docking Kit parts

- There are two different configurations of the cuff docking kit
 - Docking flange is pre-assembled to clamp base as shown
 - Adhesive base mount is included but not assembled

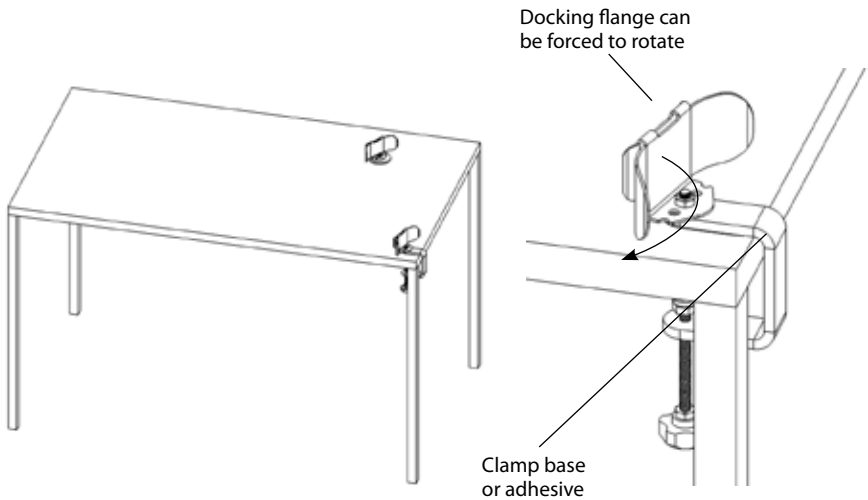


2. Configurations of docking kit:



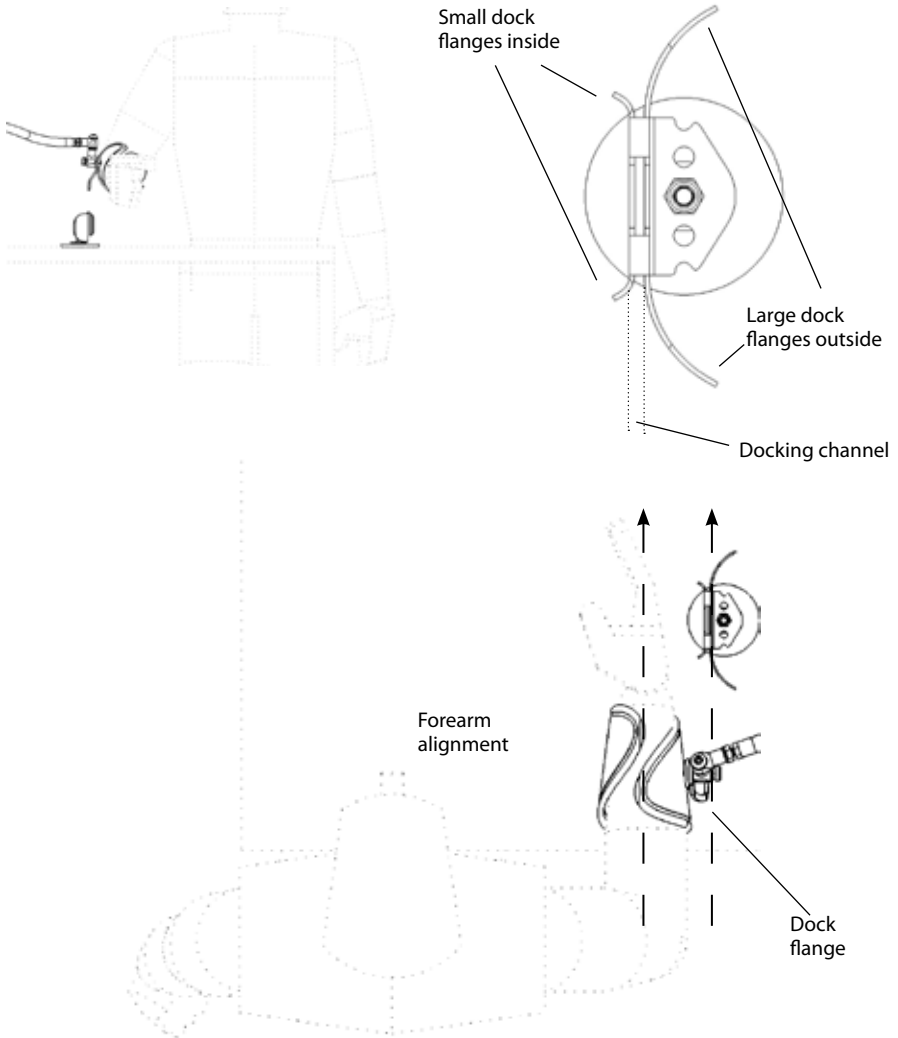
- Use washer, screw and nut to transfer docking flange from clamping style to adhesive base style.
- Tighten screw such that washer is clamped tightly between base and dock flange.
- Docking flange should still be repositionable with respect to the clamp base or adhesive base.

3. Placement of Docking Parts:



- Place dock to the right of right-handed arm cuff or left of left-handed arm cuff
- Dock should be placed near the edge of the work table so it is not an obstacle when the arm is not in use.
- Clamp mount is designed to quickly and easily mount to the edge of a workbench.
- Adhesive plate mount should be used in situations where the dock is best placed in the interior of a workbench.
- NOTE:
 - Adhesive dock mount must be used on a clean flat surface to function properly.
 - Adhesive plate mount will not properly adhere to textured, dirty or non-level surfaces.
 - Clean and dry area for dock to be placed.
 - Remove covering on PSA adhesive on bottom of docking plate and place firmly onto table.

4. Alignment of Cuff Dock:

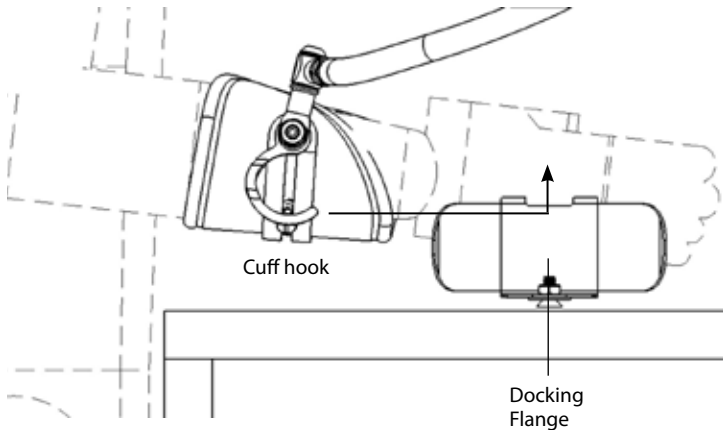


- Docking flange should be rotated to align with human forearm as shown.
- Small flanges on inside closest to the cuff should be parallel with forearm.
- Dock will work with right and left handed cuffs.
- Note that the small tabs of docking base are facing inward toward forearm.

5. Use of Cuff Docking:

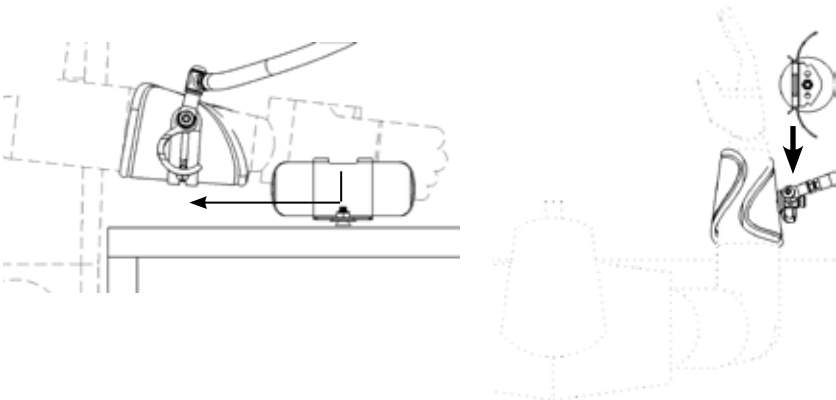
To engage cuff hook into docking mount:

- Align forearm with docking flange channel.
- Use a strait, then upward motion to guide the cuff hook into the dock channel.
- The upward motion secures the arm rest in the dock.



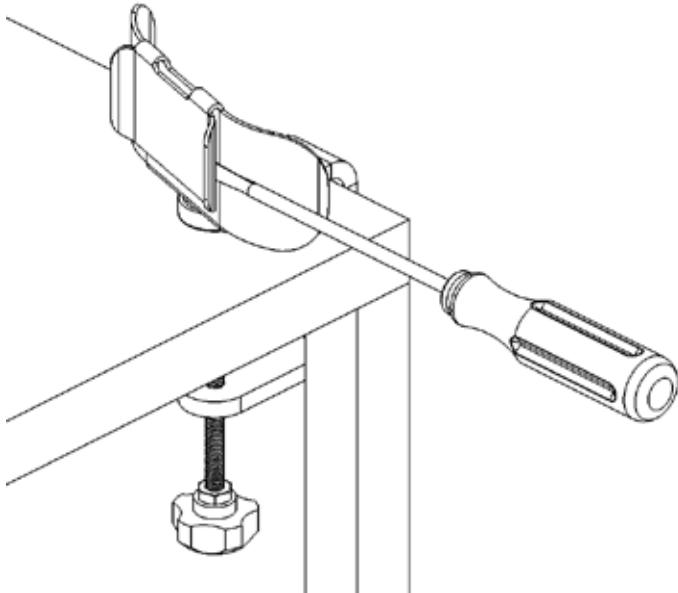
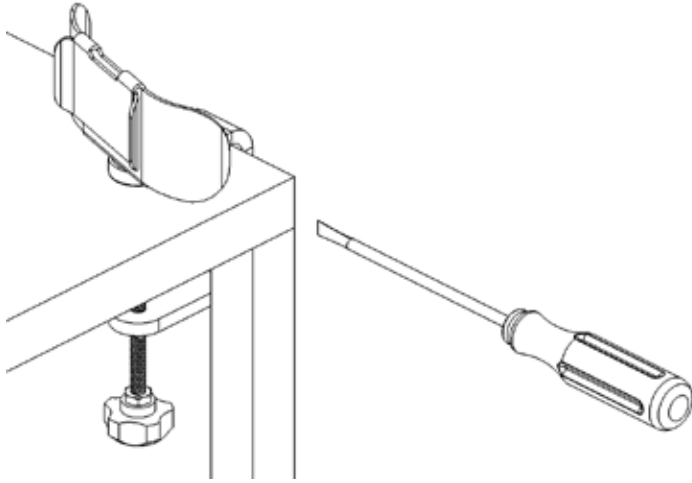
To disengage cuff hook from docking mount:

- Thrust arm into arm rest with forward motion until arm is captured in arm rest at proper location along forearm.
- Use downward pressure to release hook from hook bracket.
- Retract arm with attached arm rest in strait motion back out of docking channel.



6. Adjust Docking Flange:

- If docking flange is difficult to enter or remove with cuff hook, expand docking channel with a flat head screw driver.
- Expand channel a small amount at a time and test fit.



Thank you for your X-Ar purchase

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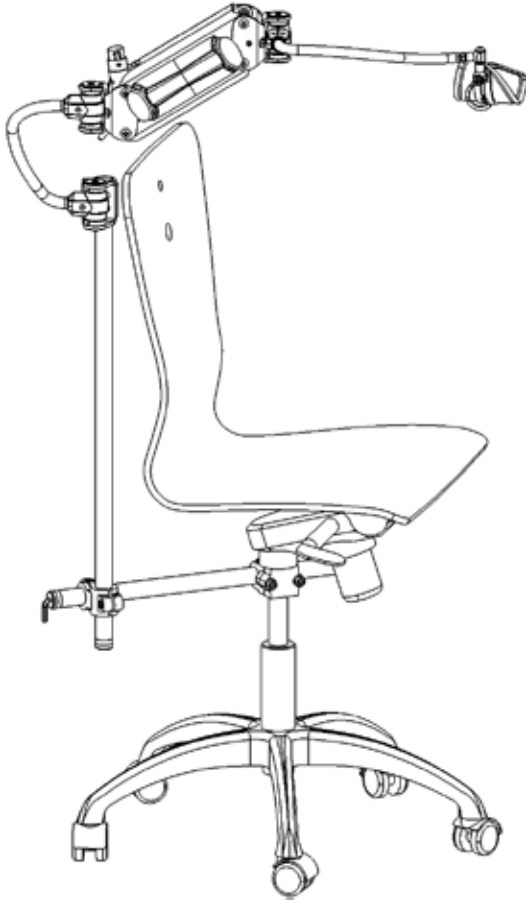
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X·Ar

Quick Start Guide



Chair Mounted Configuration of X-Ar

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Box Contents X-Ar Chair Mount 1
Chair Mount Assembly 2

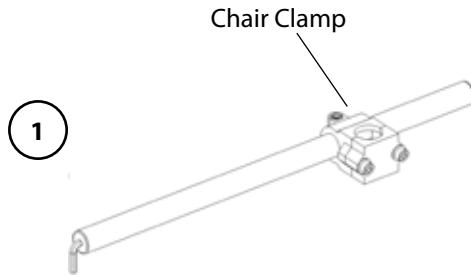
Read Me!

Tools required for assembly:

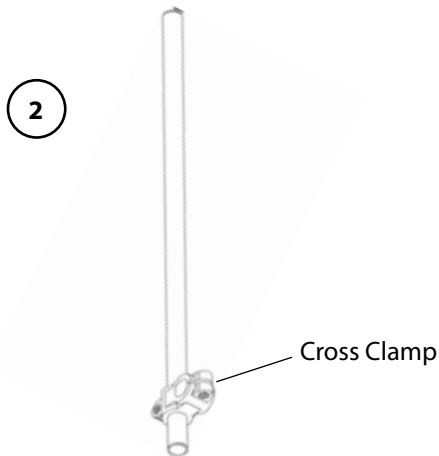
- 6 mm Allen wrench (included)



Box Contents Chair Mount Kit



1. Horizontal post with chair clamp



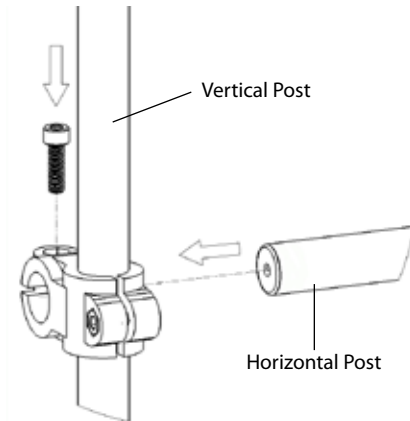
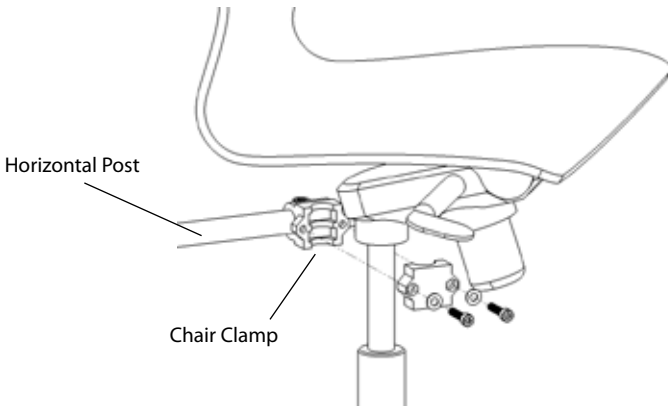
2. Vertical post with cross clamp

Chair Mount Assembly

Note: Do not fully tighten screws at this step as adjustments to chair mount position will be made when arm is mounted.

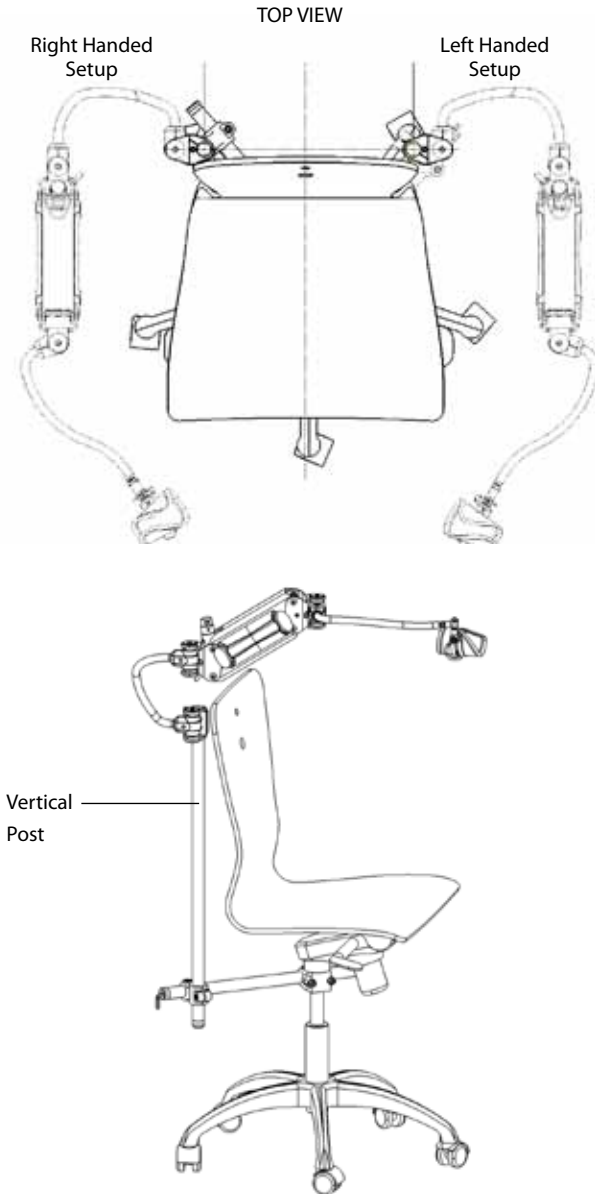
Step 1

- Assemble chair clamp to cylinder (use included 6mm allen wrench)
- Place clamp as high as possible to allow for natural chair height adjustment
- Assemble cross clamp to horizontal post



Step 2

- Adjust posts into position as shown in "Top view"
- Make sure vertical post is straight up, bubble level on arm mount will help final positioning



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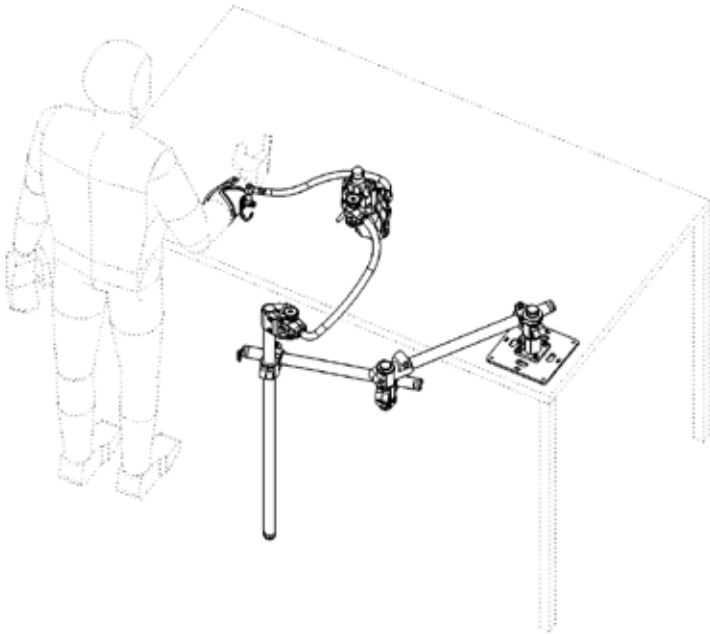
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X·Ar

Quick Start Guide



Workstation Mounted X-Ar shown

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Table of Contents

Box Contents X-Ar Workstation Mount 1

Workstation Mount Assembly 2

Placement of Workstation mount 3

Bolting workstation mount 4

Read Me!

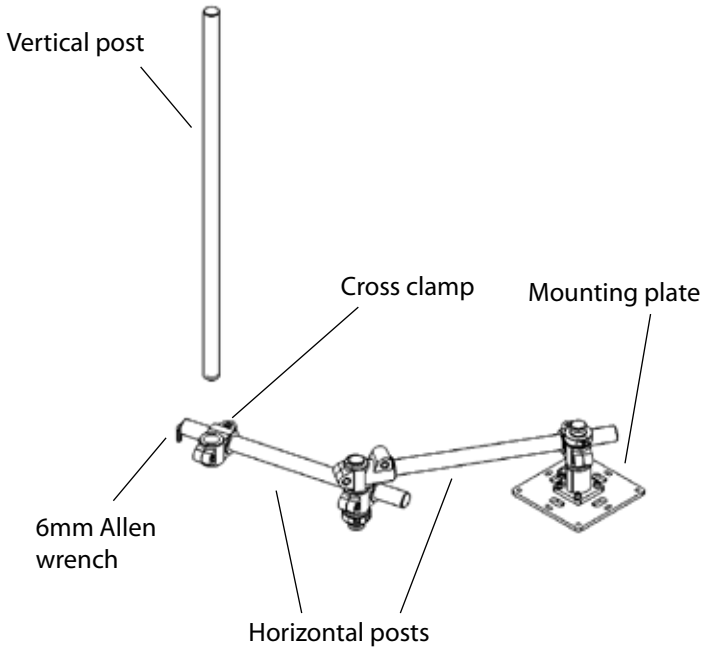
Tools required for assembly:

- 6 mm Allen wrench for (included)



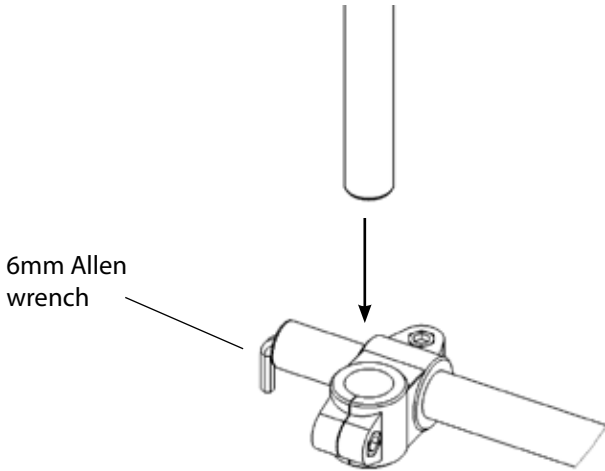
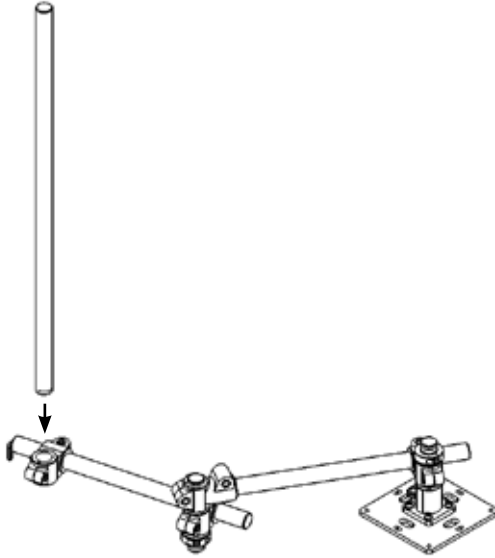
Box Contents of Workstation Mount

Note: Check box contents to verify delivery of all X-Ar system parts



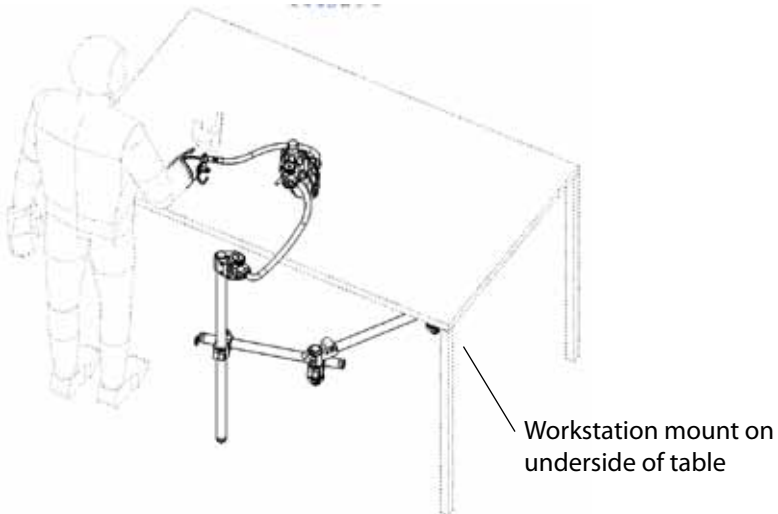
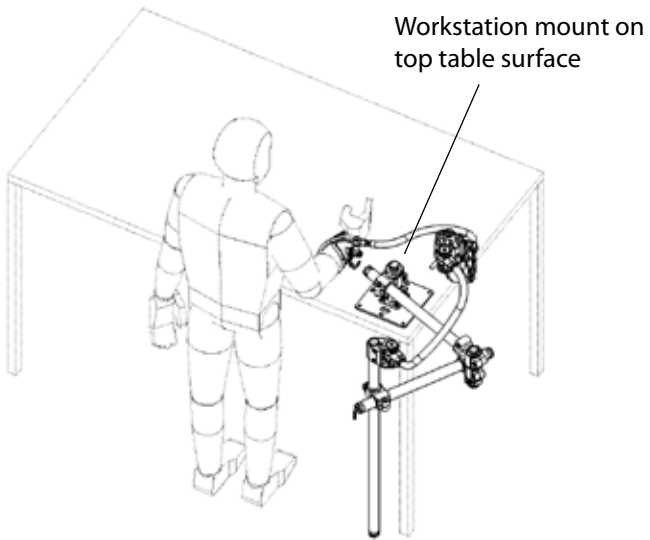
Workstation Mount Assembly

- Place vertical post into cross clamp
- Tighten cross clamp
- Use 6mm allen wrench



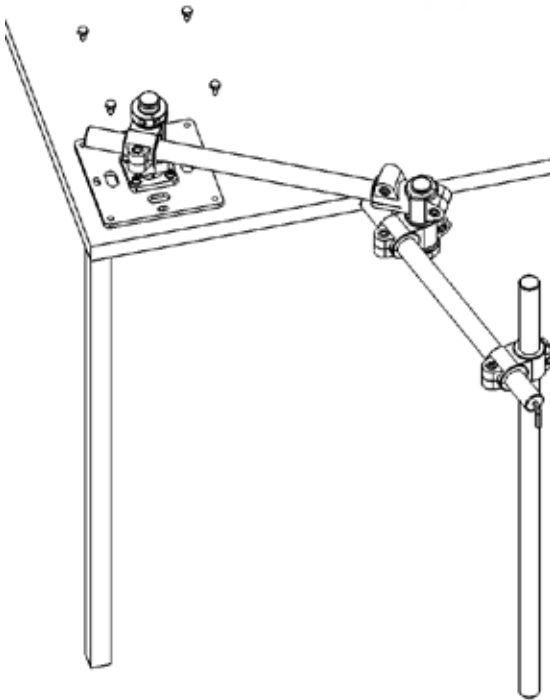
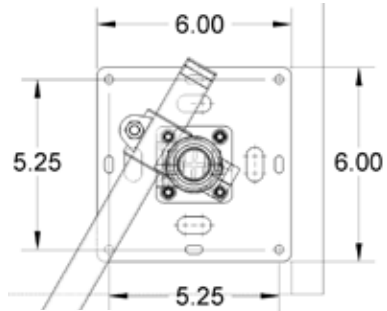
Placement of Workstation Mount

- Mounting plate is best located at either the far right or far left of a workstation to provide the greatest range of motion.
- Mount plate can be bolted on top or underneath a table surface.



Bolting Workstation Mount

- Before bolting down workstation mount, test location utilizing a common C clamp.
- Once satisfied with a final position of the mounting plate, the X-Ar workstation mount can be set-up with a variety of hardware
- It is recommended that ¼" or larger size bolts be used.



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