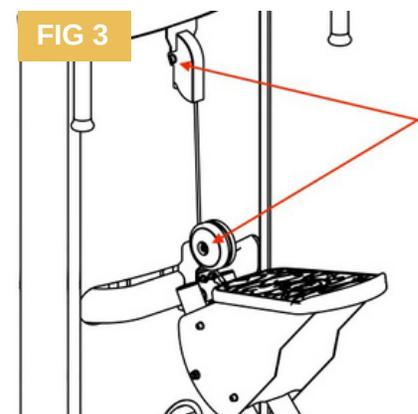
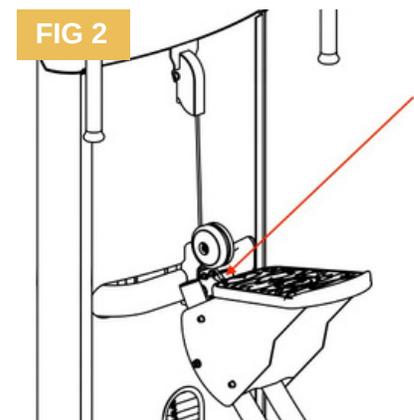
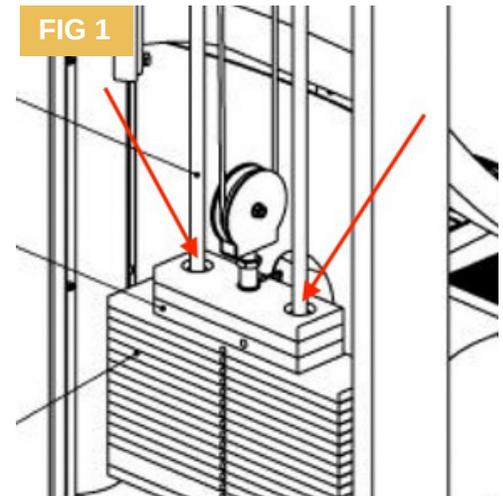


TROUBLESHOOTING THE BOOTY COASTER / GLUTE COASTER CARRIAGE NOT MOVING SMOOTHLY

There are several factors that can play into a stiff or sticking carriage on both the Booty Coaster and the Glute Coaster and we have detailed them here in ascending easy of correction.

- **Guide Rods for the weight stack is ‘sticking’ to the rubber pass-through grommets on the counterweight stack.** To resolve this, lift up the back shroud until you have cleared the weight stack. Apply some silicone lubricant to the guide rods just above the counterweight assembly. Work the carriage to get the lubrication inside the rubber sleeve. Close the back shroud. **(Fig.1)**
- **Carriage anchor point has been tightened too tight.** The spacers and the anchor point on the cable need to be able to move smoothly and freely as the carriage changes angle during travel. Make sure the nut is securely on the carriage anchor bolt but there does not need to be more than 1-2 mm of thread showing through the nylon locking nut. **(Fig.2)**
- **Pulleys have been over tightened during assembly and cannot turn freely.** This situation, in addition to causing vibration and ‘sticking’ in the motion of the carriage, will also destroy the outer coating on the cable. Starting with the pulley closest to the resting carriage, back out the nylon lock nut until it sits with just 1-2mm of threading showing beyond the end of the nut. Repeat this process with the upper pulley set into the top front shroud. **(Fig.3)**
- **The Carriage Rollers are binding.** Inspect the carriage rollers and determine if the bearings on the bottom rollers are still intact. If not, please reach out to our offices with a serial number, date of purchase, who the unit was purchased through, and photos of the state of the rollers and we will provide more detailed assistance.



Call for details: 1-866-219-5335 Outside the US: 1-908-879-2713

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