

Body Weight Support Assembly Guide

Materials

[2 Metal Plates](#)

[1 Carabiner with swivels](#)

[3 1/4"-20 Bolts](#)

[6 1/4"-20 Nuts](#)

[3 1/4"-20 Wingnuts](#)

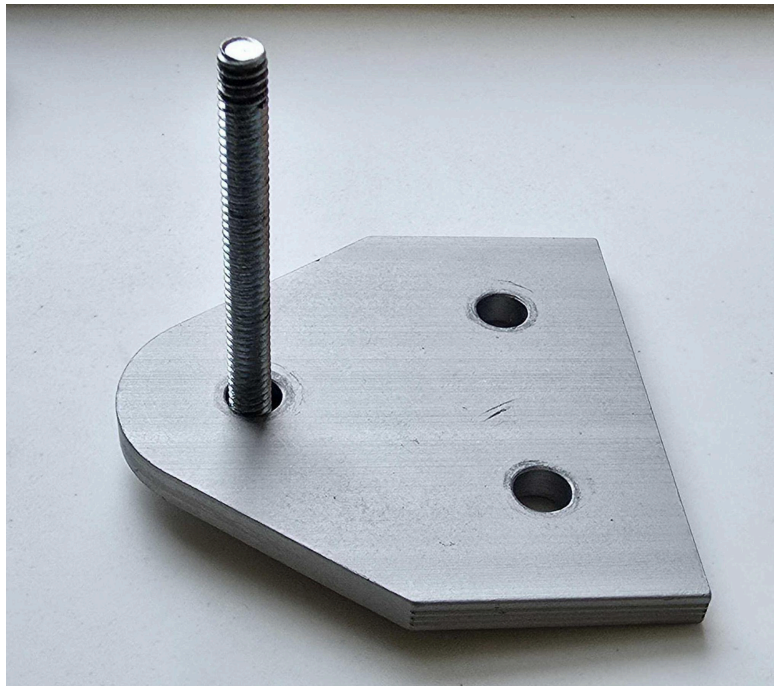
[1/4" over sized washers](#)

[1 S-hook](#)

[2 constant force springs](#)

[PVC Pipe](#) *diameter depends on spring diameter*

1. Take one of the metal plates and insert the three bolts through the holes on the plate.



2. After inserting the bolts, insert a washer through each of the bolts and then screw on the nut till it is tight against the washers.



3. Cut your PVC piping into two pieces of 1 ¼" long pieces (for 14.7 lbs. springs)
Actual length of PVC pipe depends on on the width of the springs used



4. Take the cut PVC and place it into the constant force springs that you wish to use for the system



5. Connect the constant force springs with the PVC in them with an S-Hook



6. Insert the springs with PVC on the plate between the two lower bolts. Then put the swivel carabiner on the remaining bolt



7. Screw a nut onto each of the bolts till they are just above the top of the PVC and springs, then place the washer on top of it as shown



8. Place the second metal plate on top of the washers and screw on the wing nuts

