

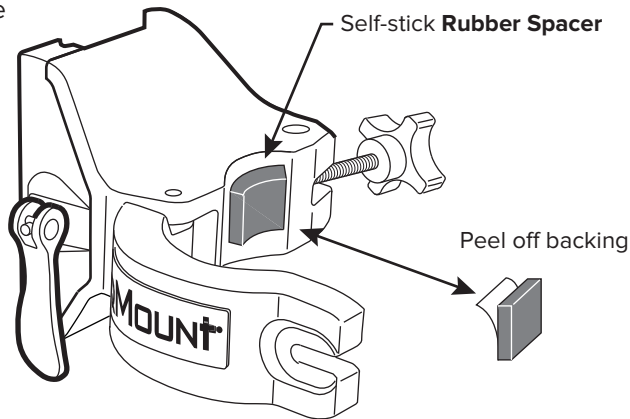
Installation Guide for Rubber Spacer

Note: Some massage guns (including the Theragun PRO and Theragun Elite) have smaller diameter handles. To accommodate these types of massage guns, you will need to add the rubber spacer (included). Follow the steps below to add the rubber spacer.

Step 1

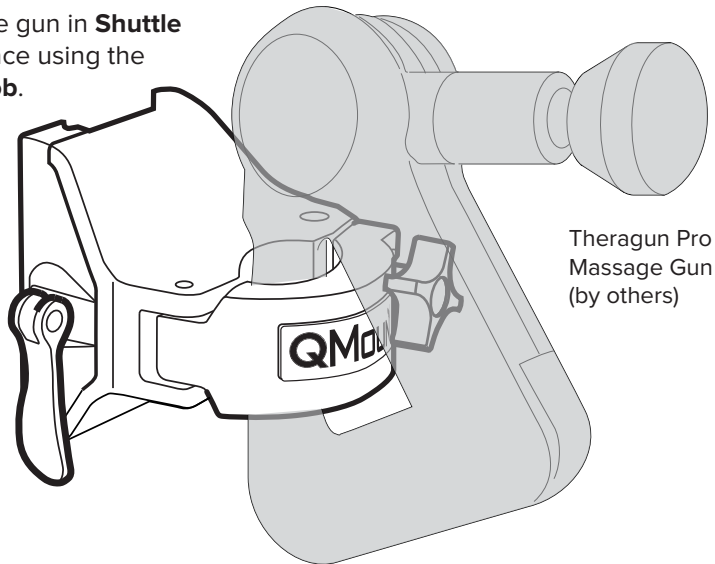
Be sure the area where the **Rubber Spacer** will be applied is clean and dry.

Peel the backing from the **Rubber Spacer** and apply onto **QMount Holder** as shown.



Step 2

Place massage gun in **Shuttle** and lock in place using the **Four-Arm Knob**.



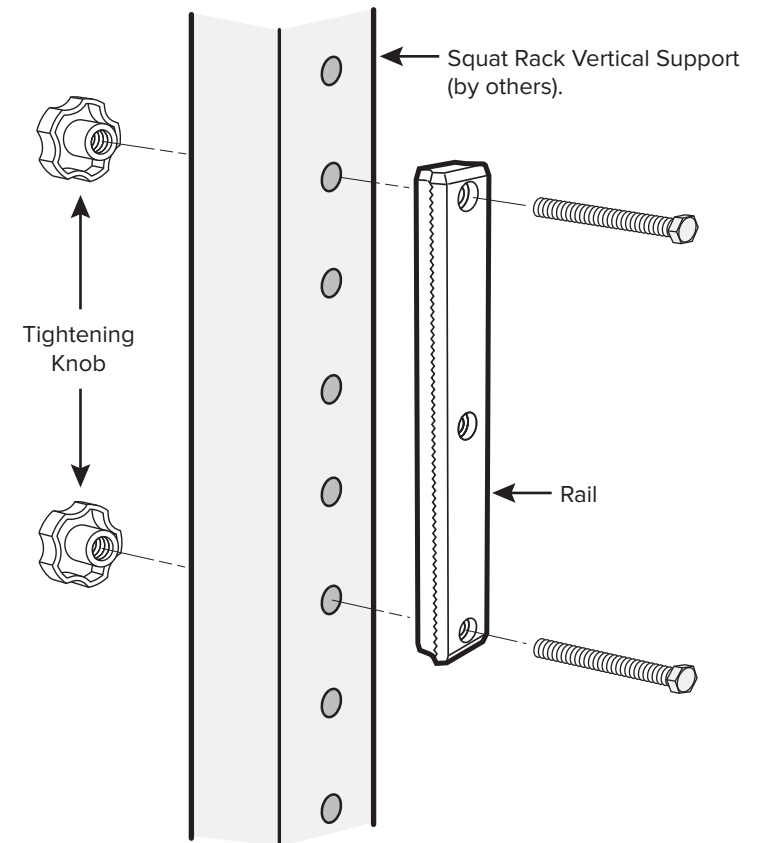
QMount™

Installation Guide

The following instructions explain how to mount the QMount directly to the vertical support on a squat rack system. No tools are required!

Parts Included

- 1 Rail
- 1 Qmount holder
- 2 Hexagonal head mounting bolts with 2 Tightening Knobs
- 1 Rubber spacer for use with Theragun PRO Massage Gun



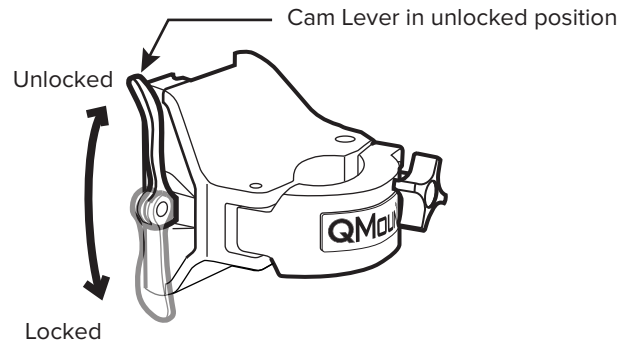
Step 1

Attach the **Rail** to desired position on the rack.

Important

The **Cam Lever** is preset at the factory so the **Holder** will be snug on the rail when the **Cam Lever** is in the locked position.

DO NOT ROTATE the **Cam Lever** Clockwise or Counterclockwise at anytime. The **Cam Lever** should only be flipped up or down as shown below.

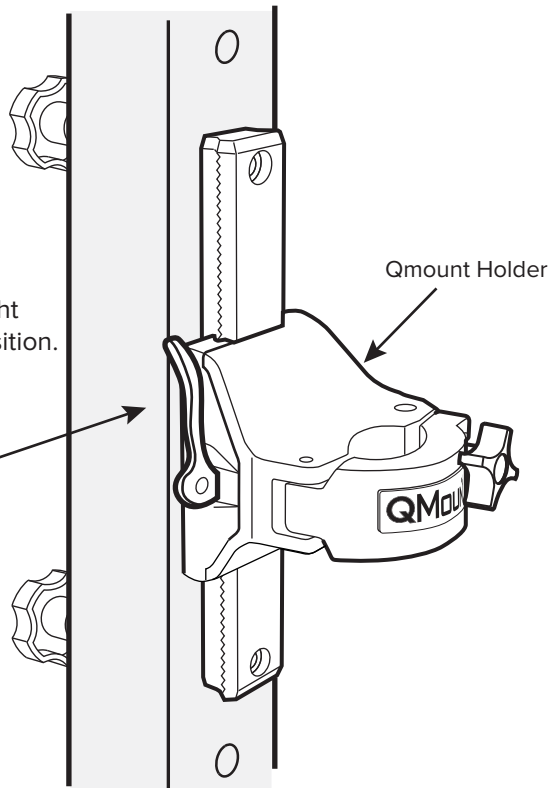


Step 2

With **Cam Lever** in full unlock position, slide the **Holder** to desired position on the rail.

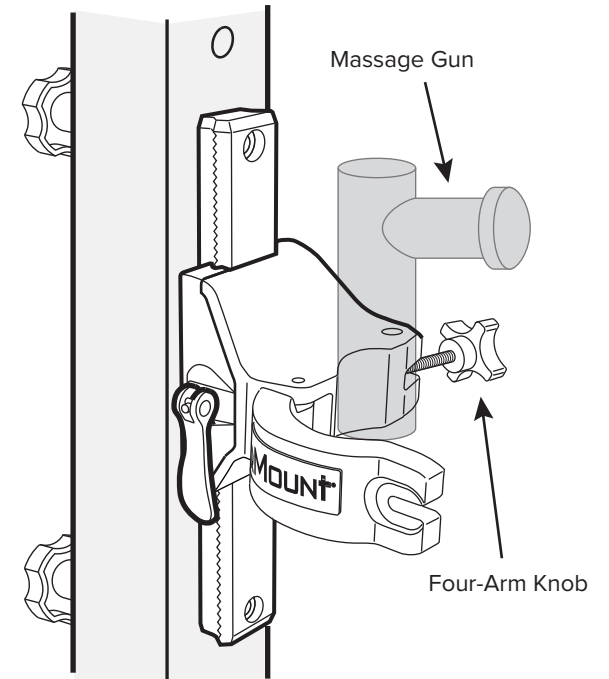
Move **Cam Lever** straight down to the locked position.

Cam Lever in unlocked position



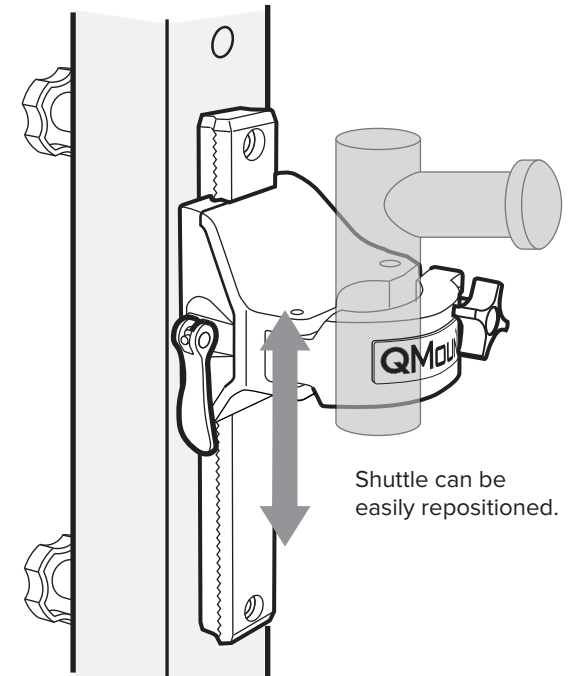
Step 3

Place your massage gun in the **Holder**. Lock in place using the **Four-Arm Knob**.



Step 4

Adjust the **Holder** to any position on the rail, lock in place with the **Cam Lever**, and enjoy a hands-free massage.



Shuttle can be easily repositioned.