

## Queenax UFO assembly

### UFO

The UFO is a suspended platform that is designed to enhance motor control, balance, rhythm, body awareness, mental engagement and strength. The UFO's four anchor points accommodate suspended bodyweight training in 360 degrees. Users can sit, stand or kneel on the UFO or position just the arms and legs on it, allowing for a variety of exercise possibilities.



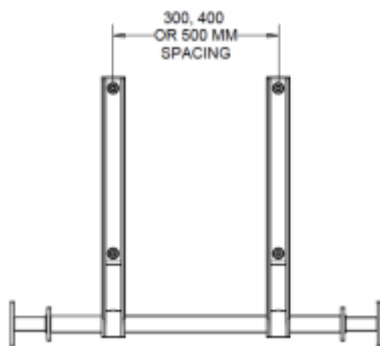
### UFO location

The UFO is best mounted in the open space centered between two training bars. Depending on configuration and space available, the UFO can also be mounted centered on a single training bar.

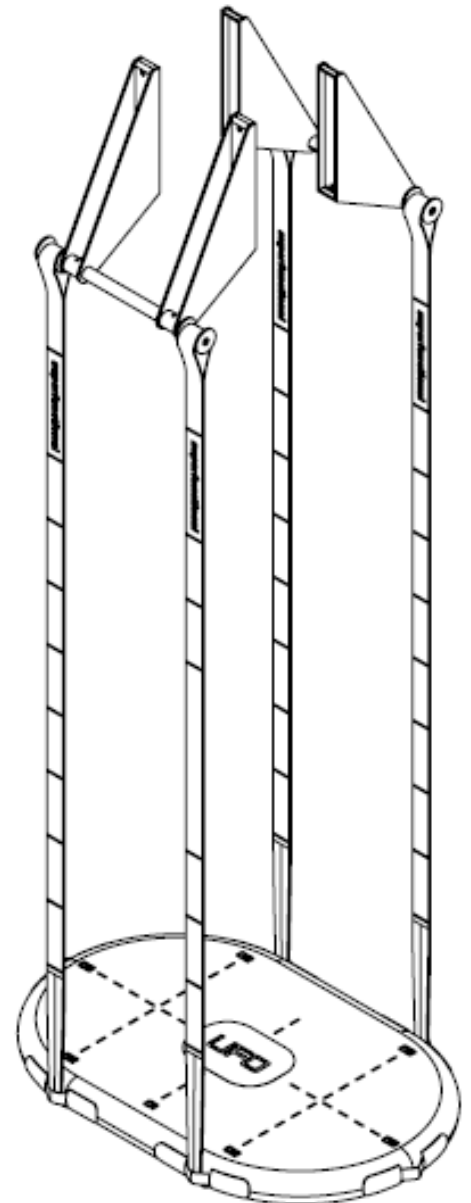
### UFO bracket assembly

The UFO hangs from four mounting brackets that are attached to the horizontal beam (see **Exploded view** below).

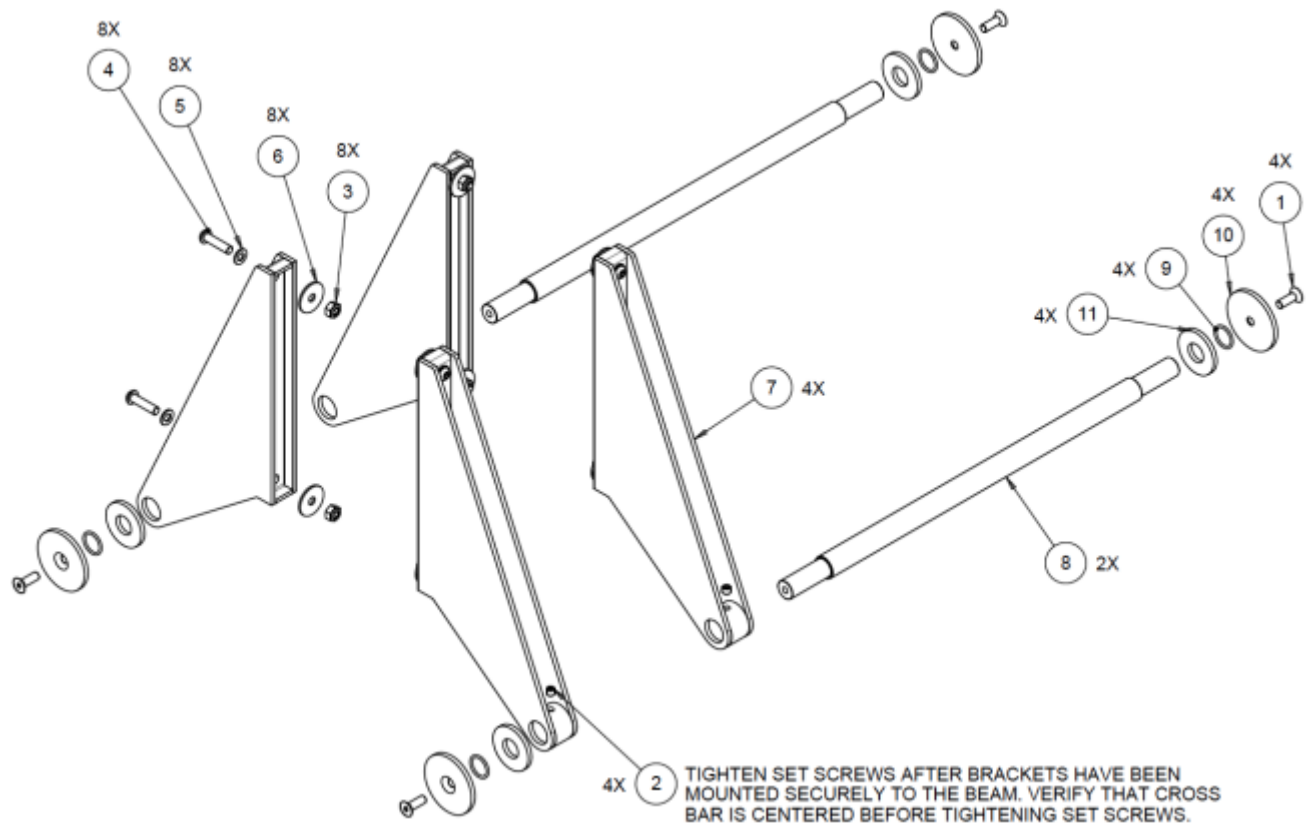
1. Mount each bracket loosely to the beam. Space the brackets 30 cm apart (2 open holes in between brackets). If space is constrained the brackets can be mounted 40 cm or 50 cm (3 or 4 open holes in between brackets) apart.



2. Insert the Cross Bars.
3. Attach the Strap Guards.
4. Fully tighten all hardware.
5. Tighten the four set screws that secure the Cross Bars.
6. Inflate and setup UFO (see **UFO setup** steps below).



## Exploded view and parts list



Item	QTY	Description
1	4	SCREW, FHC, M10X1.5X30, STL, CZ
2	4	SCREW, SET, HEX SOCKET, M10 1.25X10, STL, BZ
3	8	NUT, LOCK, FULL, M10X1.5, NYLON INSERT, STL, CZ
4	8	SCREW, BHC, M10 1.5X40, STL, ZN, BZ
5	8	WASHER, FLAT, STEEL, M10 X 2.0mm THICK, BZ
6	8	WASHER, FLAT, STEEL, M10 X 40 OD X 2.5T, CZ
7	4	WELDMENT, UFO BRACKET
8	2	CROSS BAR, UFO BRACKET
9	4	O RING, 23.7 ID X 3.5mm WIDTH, BUNA-N
10	4	STRAP GUARD, OUTER, CROSS BAR
11	4	STRAP GUARD, INNER, CROSS BAR

## UFO setup

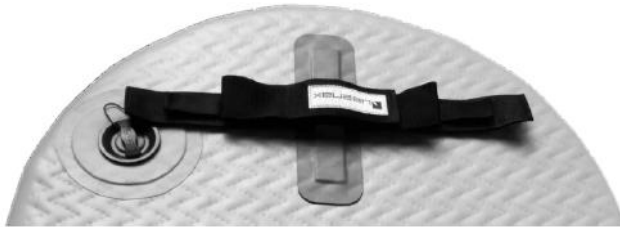
### *Inflation*

Use the included pump and valve adaptor to inflate the UFO to approximately 18 PSI (120 kPA). UFO should be firm and have almost no flex or bend when a user is standing on it.



### *Suspension*

1. Secure the UFO bands onto the loops on the bottom.
2. Run four Superfunctional straps through the four outside loops (strap numbers should face outward).



3. Connect strap #9 of the Superfunctional strap to the UFO band.



4. Hang the four Superfunctional bands from the UFO bracket.



5. Place one Superfunctional bar in front and one in back for user balance control.

