



Throwing Chair – “Launch”

Thank you for your purchase!

What is included?

- Throwing frame
- One foot hook bar
- Vertical Grab Pole
- 1" and 2" height adjustment inserts (Four Each)
- Transport wheels
- Allen key

What options are available?

- Second foot hook bar
- Footrest
- Adjustable Height Backrest
- U-Bolts for attaching straps

What is required for set up?

- Flat head screw driver to pop off plastic caps
- One 3/4" wrench for installing the transport wheels

Overall Height Adjustment

The Launch is built to be able to go to the maximum allowable seat height of 75cm. Each frame has 1" and 2" inserts on the four feet that can be removed to reduce the height if a cushion is required. Remove both to drop the height by 3", use only the 1" insert to drop by 2", use only the 2" insert to drop by 1", or leave them both in to remain at the maximum allowable height.



The transport wheels should also be adjusted if you drop the height. Do so by removing the bolt and reinstalling the wheel in the appropriate hole for the height you chose. Top hole for lowest setting, second from the top for 1" insert, third from the top for 2" insert and bottom hole when using both inserts. Wheels should be installed from the outside of the frame. On the bolt, from the outside, you should have a silver washer, the wheel, another silver washer, the black bushing, the frame, another washer and the nut. The bolt threads through the hole on the throwing frame until it is moderately tight. Add the nut and tighten it against the inside of the frame. Do not over tighten.



Vertical Grab Pole

The pole can be installed on any of the four corners. The pole is threaded at the bottom and screws into only one of the feet. This foot needs to be moved to the appropriate corner.

The black plastic cap at each corner of the seat can be removed carefully using a flat head screw driver and reinstalled where the opening for the pole used to be.

Foot Hook Bars

Use the provided Allen key that is attached under the seat to adjust the foot hook bar. The bar can be installed at any height, on any of the four sides of the frame. If using two foot hook bars, they can be installed at the same height by flipping one of the bars upside down so the hardware stacks on top of the other. The hardware is offset on the bar for this purpose.



Footrest

Use the provided Allen key that is attached under the seat to adjust the footrest. The footrest can be installed at any height, on any of the four sides of the frame. If using two footrests or a footrest/foot hook combination, the two can be installed at the same height by stacking the hardware. The footrest hardware is already offset; there is no need to flip the footrest.



Backrest

The backrest is adjustable in height from 6-14". To adjust the height, remove and replace the straps through the appropriate slots in the upright posts. To adjust the height of the posts, use the Allen key provided to release the black clamps on the seat. Slide the post up or down to the desired height and re-tighten the clamps. For lower heights, pull the excess fabric in between the straps to rest behind the backrest.

