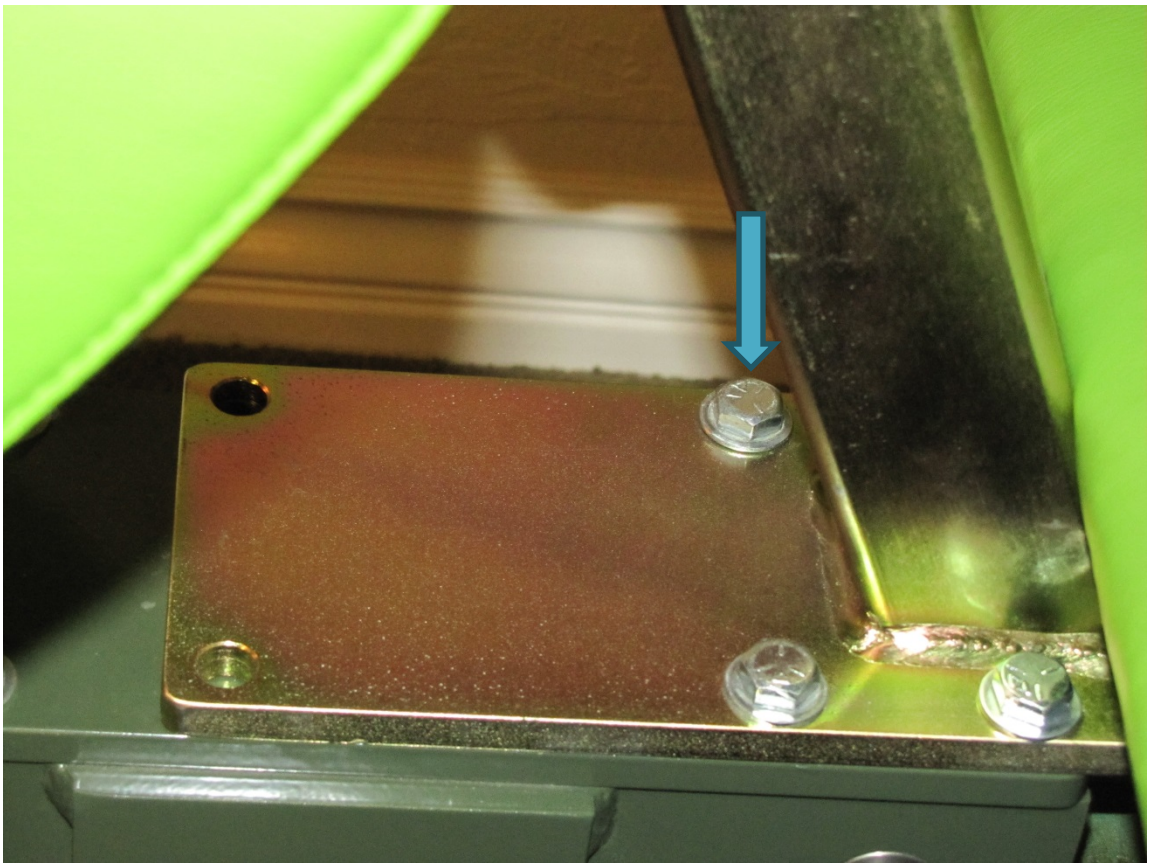
MedX Core Torso Rotation Unit without modifications

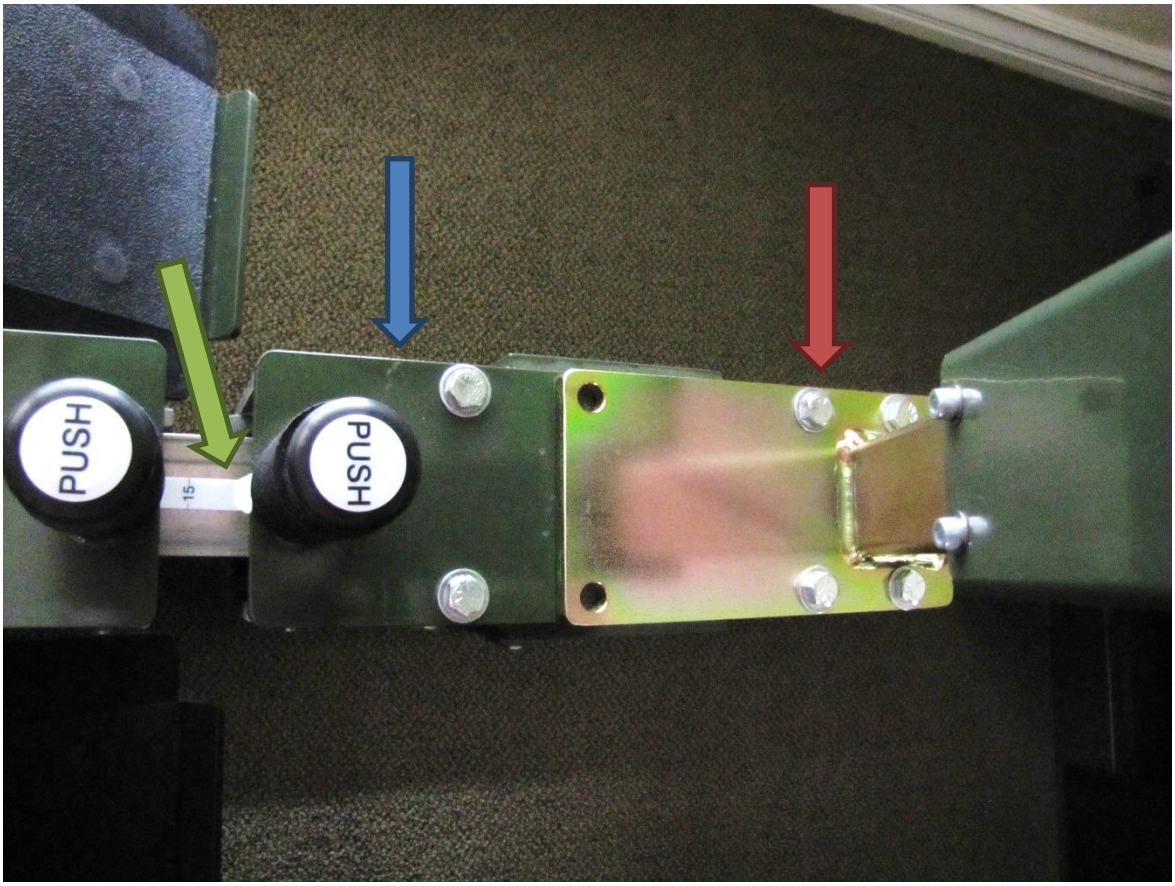
BackStrong Variable Angle Roman Chair

1. Rolling Restraint system BEFORE it has been rotated. Note how far the **tower** is from the seat.

2. Rolling restraint system AFTER it has been rotated. Rotating the system brings it closer to the seat. Drilling **two new holes** and sliding the tower plate toward the seat cushion brings it another couple of inches closer to the seat cushion.

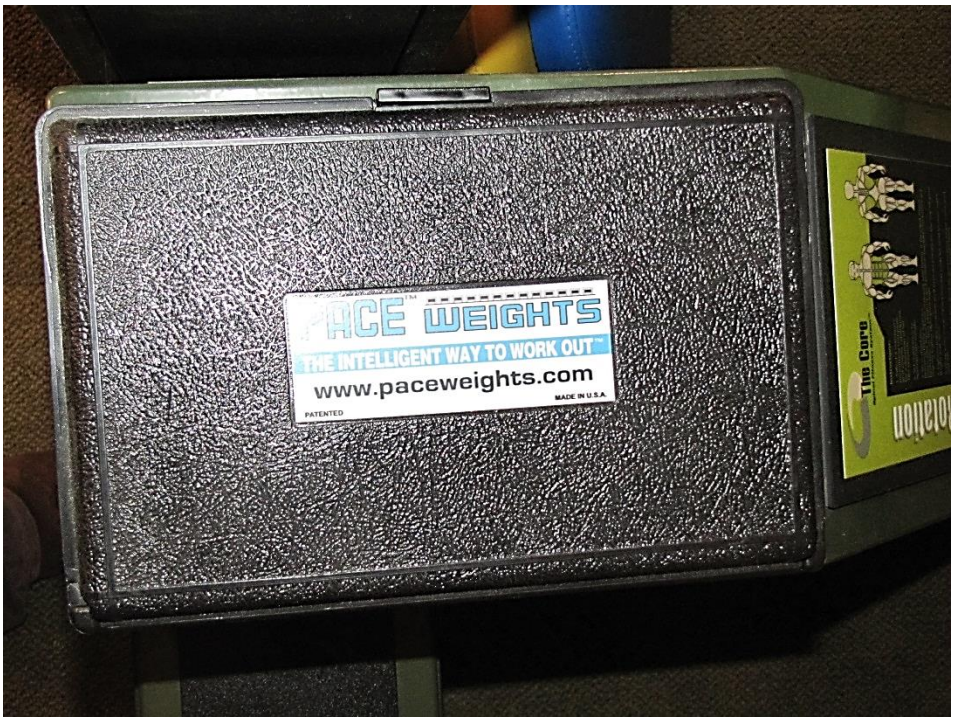


3. This is what the rotated rolling restraint system looks like now. The **GREEN** arrow points to the silicon bumper added. The **BLUE** arrow points to the faint line showing where the tower used to be located prior to the newly drilled holes. The **RED** arrow points to the newly drilled holes. As you can see, the entire tower has been shifted several inches closer to the seat.

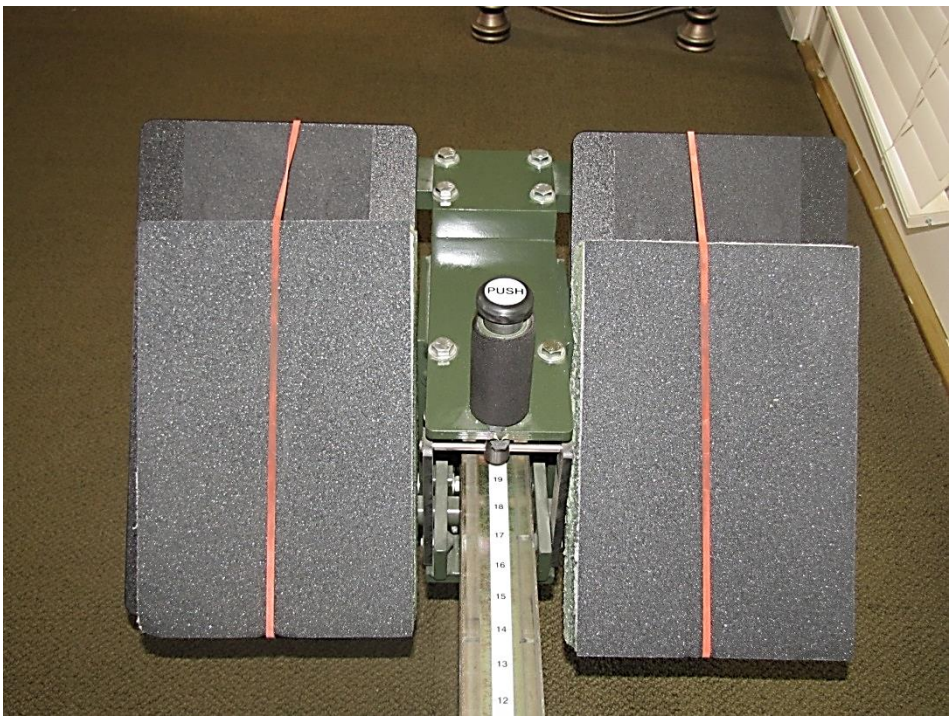


4. The counter weight was added to make it easier for smaller users to lift the weight.

5. MedX's weight increase in 2lbs increments. Some of the smallest users may prefer 0.5lbs increments. If that is the case, it is easy enough to find magnetic weights on the internet like those seen below.



6. The footrest extensions provided by MedX can be seamlessly added to the unit, however, for many of the smaller users, they are not tall enough to address **A)** the new difference in distance from seat to footrest and **B)** the fact the smaller users have legs shorter than those of adults. Therefore, I put together some simple (yes, I know they are ugly!) footrest extensions using skateboard non-skid tape and giant rubber bands to keep them from shifting when the user takes a seat.



7. Entire unit with: **A)** 2 seat cushions (yellow & blue) of different thicknesses, **B)** extra holes drilled into rolling restraint system, **C)** rolling restrain system rotated, **D)** tiny silicon bumper (see pix #3 near the bottom of the plunger), **E)** counter weight hanging from the top of the weight stack, and **F)**

footrest extensions (the ones provided by MedX look and work great, but were not tall enough so the photo shows home-made footrest extensions)

FYI:

MedX now makes a **notched seat cushion** which allows the user's legs to be an additional 2" shorter (Not an option when this unit was purchased, therefore not shown).

While MedX now provides two seat cushions, these are ones we had made locally before this was an option.

The black binder under the blue seat cushion leaning against the weight stack is where the 2x per week exercise records are kept (binder purchased locally).

If user needs smaller weight increments (less than 2lbs.), magnetic half pound weights may be purchased on the internet (Case of weight seen to rear/ right of weight stack)

Sample: One month record keeping form

Name: _____ **Height**: _____ **Weight**: _____	**x-ray** ___° & ___° ___ - ___-15	**x-ray** ___° & ___° ___ - ___-15	**x-ray** ___° & ___° ___ - ___-15	**x-ray** ___° & ___° ___ - ___-16	**x-ray** ___° & ___° ___ - ___-16	**x-ray** ___° & ___° ___ - ___-16	**x-ray** ___° & ___° ___ - ___-17
April **BackStrong VARC**	_____, ____ **2015** _____ @ _____° _____ reps			_____, ____ **2015** _____ @ _____° _____ reps			

MedX CTR	Left & Right ____ lbs. @ ___ peg _____ reps **Eccentric**: Left ____ Right ____ @ ____lbs.	Left & Right ____ lbs. @ ___ peg _____ reps **Eccentric**: Left ____ Right ____ @ ____lbs.
Week 2	_____, ____ **2015**	_____, ____ **2015**
BackStrong VARC	_____ @ _____° _____ reps	_____ @ _____° _____ reps
MedX CTR	Left & Right ____ lbs. @ ___ peg _____ reps **Eccentric**: Left ____ Right ____ @ ____lbs.	Left & Right ____ lbs. @ ___ peg _____ reps **Eccentric**: Left ____ Right ____ @ ____lbs.
Week 3	_____, ____ **2015**	_____, ____ **2015**
BackStrong VARC	_____ @ _____° _____ reps	_____ @ _____° _____ reps
MedX CTR	Left & Right ____ lbs. @ ___ peg _____ reps **Eccentric**: Left ____ Right ____ @ ____lbs.	Left & Right ____ lbs. @ ___ peg _____ reps **Eccentric**: Left ____ Right ____ @ ____lbs.
Week 4	_____, ____ **2015**	_____, ____ **2015**
BackStrong VARC	_____ @ _____° _____ reps	_____ @ _____° _____ reps
MedX CTR	Left & Right ____ lbs. @ ___ peg _____ reps **Eccentric**: Left ____ Right ____ @ ____lbs.	Left & Right ____ lbs. @ ___ peg _____ reps **Eccentric**: Left ____ Right ____ @ ____lbs.
Week 5	_____, ____ **2015**	_____, ____ **2015**
BackStrong VARC	_____ @ _____° _____ reps	_____ @ _____° _____ reps
MedX CTR	Left & Right ____ lbs. @ ___ peg _____ reps **Eccentric**: Left ____ Right ____ @ ____lbs.	Left & Right ____ lbs. @ ___ peg _____ reps **Eccentric**: Left ____ Right ____ @ ____lbs.
Week 6	_____, ____ **2015**	_____, ____ **2015**
BackStrong VARC	_____ @ _____° _____ reps	_____ @ _____° _____ reps
MedX CTR	Left & Right ____ lbs. @ ___ peg _____ reps **Eccentric**: Left ____ Right ____ @ ____lbs.	Left & Right ____ lbs. @ ___ peg _____ reps **Eccentric**: Left ____ Right ____ @ ____lbs.