

***HEALTH IN MOTION* LLC™**

**Pendulum Swings**

**MODEL 440P**

**4 PERSON TWO SIDED SWING**

**INSTRUCTIONS  
AND  
OWNERS MANUAL**

**Record Serial Number Here**

**Note: Both Serial Number and Model Number are Required when Ordering Parts**  
The Serial Number is located on the round flange at the top of one of the side uprights where it bolts to the top cross beam. The Model Number is located on the label half way up on one of the side uprights.

**Customer Service**  
**(714) 744-1729**

**February 2004**

# 440P OWNERS MANUAL

## READ! VERY IMPORTANT

### RESIDENTIAL USE ONLY, FOR ADULTS ONLY

**Caution:** Make sure swing has completely stopped before entering or exiting the swing. Be careful as swing may shift while entering or exiting, and while sitting down or getting up from swing seat. Hold onto the side upright handle with one hand and the seat with the other hand while sitting down or getting up from swing seat.

This swing is for casual relaxation swinging only.

Keep your feet on the ground while swinging.

Make sure bystanders are at least 5 feet away from the swing while it is in motion.

Be cautious swinging while children are present as they may stray into the path of the swing.

Before using, the swing must be anchored to the ground, patio or deck with the holes in the base plate. See your local hardware retailer for suggestions on fasteners or stakes for your particular support surface.

Check that the finish on the wood is completely cured before sitting on the swing. Use a cloth and wipe the finish to see if any discoloration appears on the cloth. If so, let the wood cure for a few days and test again. This is natural wood which may contain slight imperfections.

It is recommended that the wood on the benches be resealed each year. See your local hardware retailer for suggestions on wood sealers for the climate in your area.

In freezing climates, the canopy option should be removed, folded and stored in a dry place before the first freeze or snow, and until the last freeze or snow has passed.

The canopy option is not designed for high winds. If high winds are expected, please remove the canopy, this requires at least 2 people.

Thank you for choosing HEALTH IN MOTION LLC. Please read the contents of this manual thoroughly. The information inside will help you in many different areas. *You will need to send in your customer registration card at the back of this manual to validate your warranty.*

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Health In Motion LLC reserves the right to alter the specifications of this product at any time.

## Positioning Your Swing

1. The swing is designed to be installed on a level surface.
2. There should be a minimum clearance of five feet around your swing and it should be placed in an area where children will not stray or walk into the path of the swing.

## Tools required for assembly

1. 3/8" socket wrench
2. 9/16" socket
3. two 3/4" box wrenches
4. 9/16" box wrench
5. 4 mm allen wrench (included)
6. two 5 mm allen wrenchs (included)
7. 6 mm allen wrench (included)

### Other helpful tools:

1. 1/2" socket wrench
2. 3/4" socket

## Helpful installation hints

1. At least 3 people are required to assemble this swing. Some parts are large and heavy. Use care when handling.
2. Identify all of the parts for your swing. Empty the box and lay out the parts for identification using the Parts List.
3. Read all the way through the instructions completely before beginning the assembly.
4. Do not tighten hardware completely until instructed. It helps to have some adjustment for bolt alignment while you are connecting parts. Follow the tightening sequence at the end of the assembly instructions. **After you have completed the assembly, recheck that all hardware is secure and tight.**

## Parts List

- 2.....Side base
- 2.....Side upright
- 1.....Top beam with bearing tube and shaft
- 2.....Swing support
- 1.....Swing cross brace
- 2.....Seat base
- 4.....Seat side support (2 left & 2 right)
- 2.....Top back board
- 2.....Bottom back board
- 2.....Front seat board
- 4.....Rear seat board

## Hardware List (use Hardware Sizing Chart for reference)

- 4.....1/2" x 4" Carriage bolts
- 4.....1/2" Curved washers
- 8.....1/2" x 1 1/2" Hex bolts
- 2.....1/2" x 1 3/4" Hex bolts
- 20.....1/2" Flat washers
- 14.....1/2" Nylon lock nuts
- 4.....3/8" x 1 1/4" Hex bolts
- 4.....3/8" x 3 3/4" Hex bolts
- 12.....3/8" x 2 1/4" Button head bolts
- 28.....3/8" Flat washers
- 20.....3/8" Nylon lock nuts
- 8.....1/4" x 2" Button head bolts
- 8.....1/4" x 1 3/4" Button head bolts
- 12.....1/4" x 1" Button head bolts
- 4.....1/4" x 3/4" Button head bolts
- 32.....1/4" Allen T nuts
- 2.....1/2" Plastic hole plugs
- 1.....4 mm allen wrench
- 2.....5 mm allen wrenches
- 1.....6 mm allen wrench

**ASSEMBLY INSTRUCTIONS** (Refer to the drawings labeled for each step)

**Step 1.** Attach **Side Base** to **Side Upright** using 2- ½" x 4" carriage bolts inserted from top down, 2- ½" curved washers, and 2- ½" nylon lock nuts. **Repeat for other side.** The warning labels on the **Side Bases** should be on opposite corners of the swing when assembled for maximum visibility. (If each side is assembled in the same direction, when they are turned facing each other in the next step, they will be correctly positioned in opposite corners.)

**Tip:** Prop the Side Base on top of the main box to ease attachment of Side Upright.

**Step 2.** Ensure the shaft of the bearing tube is secure to the **Top Beam** and the set screws in the shaft collars are tight. Attach **Top Beam** (with bearing tube facing up) to the top of the **Side Uprights** using 8- ½" x 1 ½" hex bolts inserted from outside going in towards the center, 16- ½" flat washers, and 8- ½" nylon lock nuts.

**Note:** If **Canopy Option** was purchased, attach canopy brackets to top inside edges of Top Beam flanges, at this point. **See Canopy Assembly Instructions for details.**

**Step 3.** Three people and a step stool or ladder are required for this step. Attach both **Swing Supports** to the **Bearing Tube** flange (flange should be facing up) using 2- ½" x 1 ¾" hex bolts, 4- ½" flat washers, and 2- nylon lock nuts.

**Step 4.** Attach **Cross Brace** to the bottom of both **Swing Supports** using 4- 3/8" x 1 ¼" hex bolts inserted from outside going in towards the center, 8- 3/8" flat washers, and 4-3/8" nylon lock nuts.

**Step 5.** Attach **Seat Base** (with its side flanges facing up) to the vertical edge of the **Seat Flange** (at the bottom of each Swing Support) using 4- 3/8" x 3 ¾" hex bolts inserted from outside going in towards the center, 8- 3/8" flat washers, and 4- 3/8" nylon lock nuts. **Tighten these bolts at this time.**

**Step 6.** Attach **Seat Side Supports** (left and right) to the **Seat Bases** using 12- 3/8" x 2 ¼" button head bolts inserted from outside going in, 12-3/8" flat washers, and 12-3/8" nylon lock nuts.

**Step 7.** Attach the centers of the **Rear Seat Boards** (2 per seat) to the **Seat Base**, and through to the **Seat Flange** of each seat using 4- ¼" allen T nuts inserted in the center countersunk holes of the wood, and 4- 1/4" x 2" button head bolts inserted through the **Seat Flange** and the **Seat Base**.

Note: **The countersunk holes on the boards should face up.**

Insert 4- ¼" allen T nuts into the outer countersunk holes of the **Rear Seat Boards** and attach to the **Seat Base** of each seat using 4-1/4" x 1 ¾" button head bolts.

**Step 8.** Attach the outsides of the **Front Seat Board** to the bottom flange of the **Seat Side Supports** using 4- 1/4" allen T nuts inserted in the countersunk holes of the wood, and 4- 1/4" x 1" button head bolts inserted through the flange.

**Step 9.** Attach the outsides of the **Top Back Board** and **Back Board** to the flanges on the **Seat Side Supports** using 4- 1/4" allen T nuts inserted in the countersunk holes of the wood, and 4- 1/4" x 1" button head bolts inserted through the flanges.

Attach the center of the **Top Back Board** and **Back Board** to the flanges on the **Swing Supports** using 2- 1/4" allen T nuts inserted in the countersunk holes of the wood, and 2- 1/4" x 3/4" button head bolts inserted through the flanges. Do this for both seats.

Note: **The countersunk holes on the boards should face forward.**

**Step 10.** If the **Table Option** was *not* purchased, place the **Plastic Hole Plugs** in the top side only of the 2 center holes in the **Cross Brace**. If the **Table Option** was purchased, attach the table to the 2 center holes in the **Cross Brace**. See **Table Assembly Instructions** for details.

**Step 11. Tightening Sequence.**

A. Tighten **Top Beam** to **Side Uprights** using 2 -3/4" wrenches.

B. Ensure each **Side Base** is perpendicular to the ground by sliding the feet in or out. Tighten **Side Bases** to **Side Uprights**. View the front to be sure the **Side Bases** are perpendicular to the ground and parallel to each other. **Be thorough and double check all joints, bolts and hardware for tightness.**

C. View the swing between the **Side Uprights** to see if it is sitting squarely. If it is not square, hold it square while tightening in the next step (D).

D. Tighten **Swing Supports** to **Bearing Tube** flange (flange should be facing up).

E. Tighten **Cross Brace** to the bottom of both **Swing Supports**.

F. Tighten **Seat Side Supports** (left and right) to the **Seat Bases**.

G. Tighten all allen T nuts and button head bolts on the wood of each swing bench.

**Step 12.** Anchor the swing to the ground, patio or deck with the holes in the base plate. *Hardware for this is not included*, see your local hardware retailer for suggestions on fasteners or stakes for your particular support surface.

**Step 13. Be thorough and double check all joints, bolts and hardware for tightness.**

**Step 14.** Check that the finish on the wood is completely cured before sitting on the swing. Use a cloth and wipe the finish to see if any discoloration appears on the cloth. If so, let the wood cure for a few days and test again.

## GENERAL MAINTENANCE INFORMATION

**Wood:** Once a year sand the wood with 220 grit sandpaper to roughen the sealer, then apply a new coat of sealer. Spar Urethane for outdoor use is recommended, or see your local hardware retailer for suggestions on wood sealers for the climate in your area. **This is required to maintain the 5 year warranty on the wood.**

**Canopy:** In freezing climates, the canopy option should be removed, folded and stored in a dry place before the first freeze or snow, and until the last freeze or snow has passed.

The canopy option is not designed for high winds. If high winds are expected, please remove the canopy, this requires 2 people.

**Frame:** Wash the frame with a mild solution of soap and water. Rinse with clean water and dry thoroughly. Treat the frame with a liquid wax for maximum protection against UV light and salty air.

**Nuts and Bolts:** Inspect all nuts and bolts for any loosening and tighten if needed.

Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.

**Decals:** Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

## SAFETY TIPS

**Make sure swing has completely stopped before entering or exiting the swing. Be careful as swing may shift while entering or exiting, and while sitting down or getting up from swing seat.**

**This swing is for casual relaxation swinging only.**

**Keep your feet on the ground while swinging.**

**Make sure bystanders are at least 5 feet away from the swing while it is in motion.**

**Be cautious swinging while children are present as they may stray into the path of the swing.**

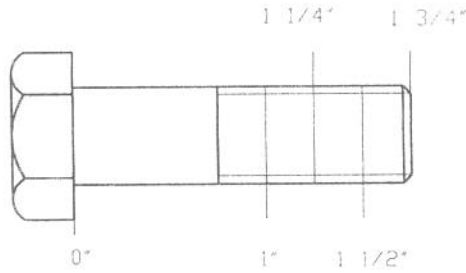
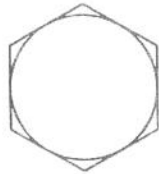
**PLEASE KEEP THIS FOR YOUR RECORDS.**



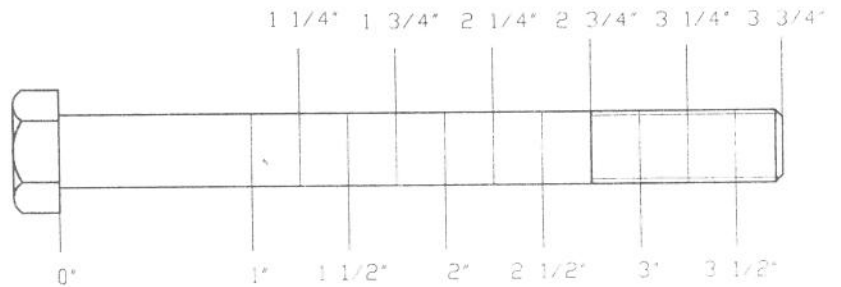
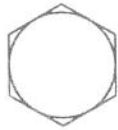
# #440 (2-Sided Swing) Hardware List

1 of 3

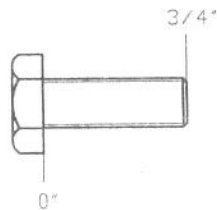
## 1/2" HEX BOLT



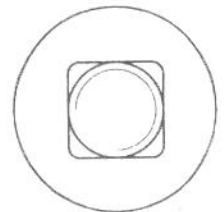
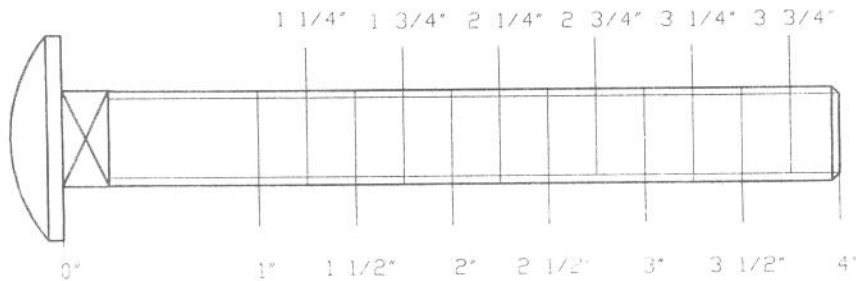
## 3/8" HEX BOLT



## 1/4" HEX BOLT



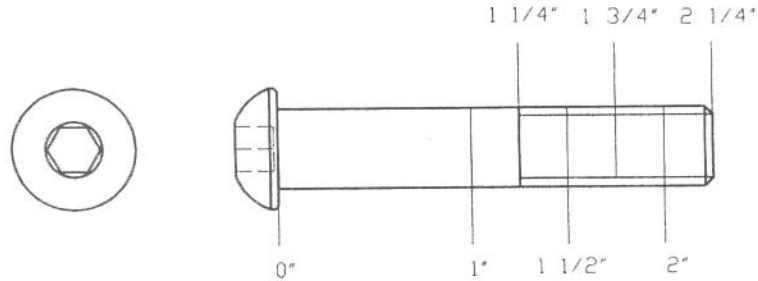
## 1/2" CARRIAGE BOLT



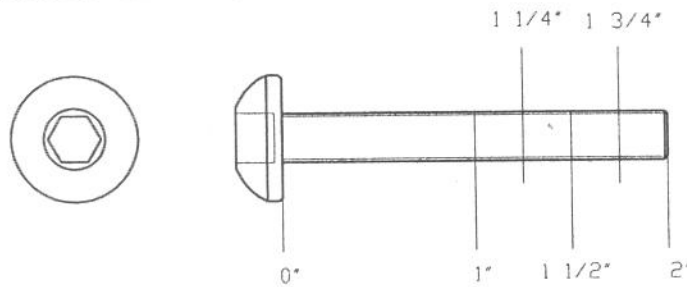
# #440 (2-Sided Swing) Hardware List

2of3

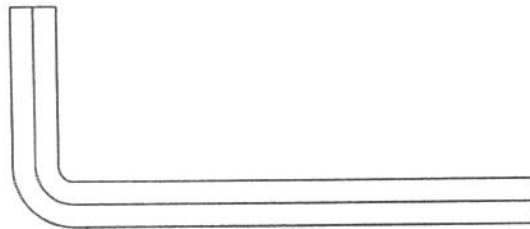
3/8" BUTTON HEAD BOLT



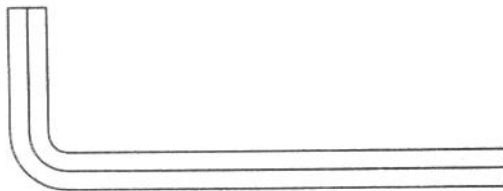
1/4" BUTTON HEAD BOLT



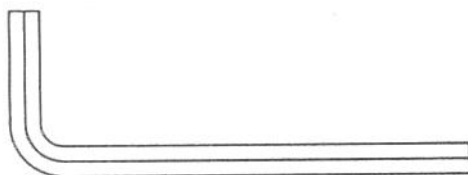
M6 ALLEN WRENCH



M5 ALLEN WRENCH



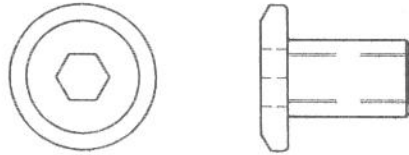
M4 ALLEN WRENCH



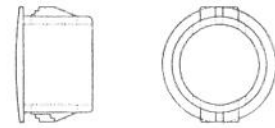
# #440 (2-Sided Swing) Hardware List

3 of 3

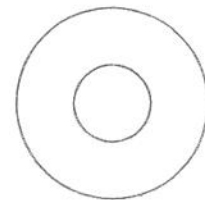
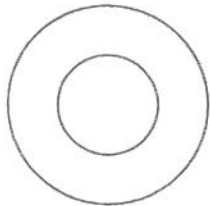
1/4" ALLEN T NUT



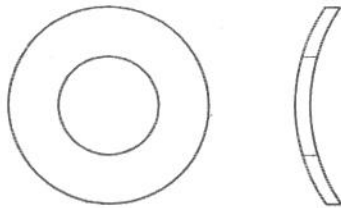
1/2" PLASTIC HOLE PLUG



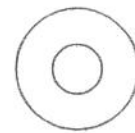
1/2" FLAT WASHER



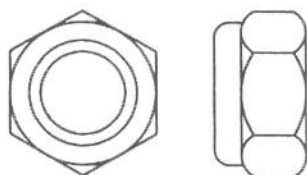
1/2" CURVED WASHER



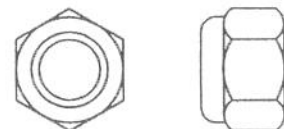
1/4" FLAT WASHER

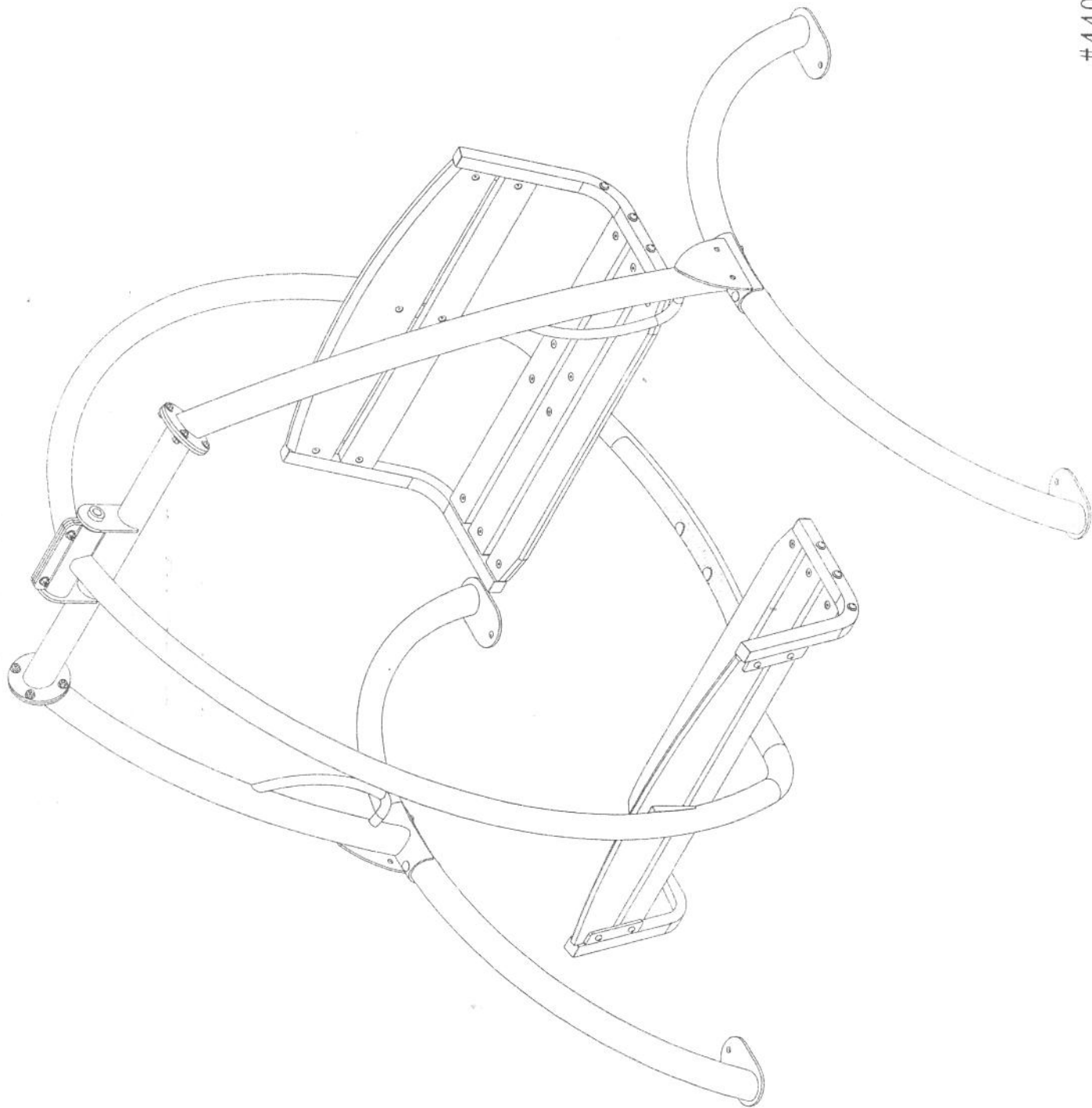


1/2" NYLOCK NUT



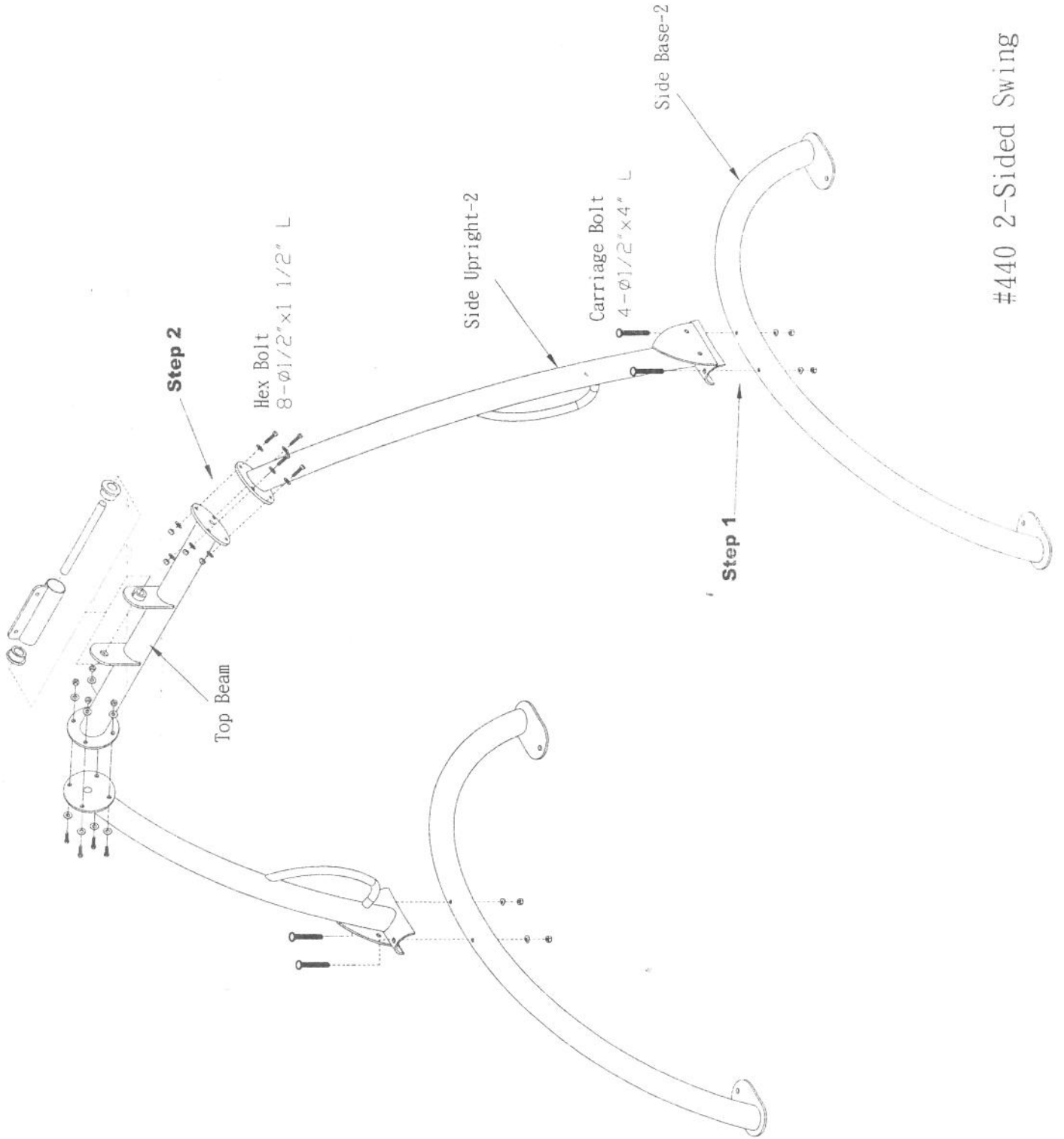
3/8" NYLOCK NUT

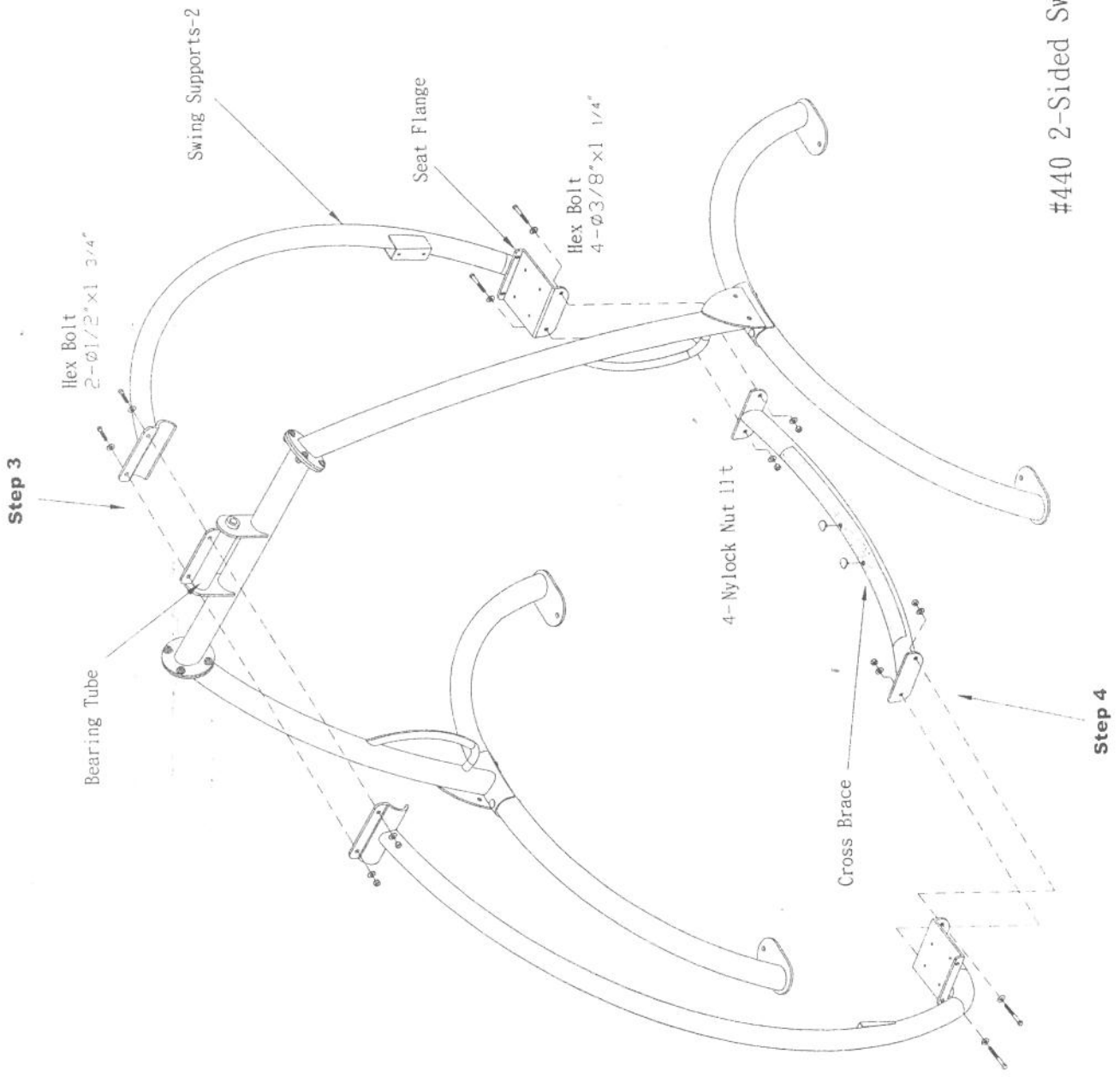




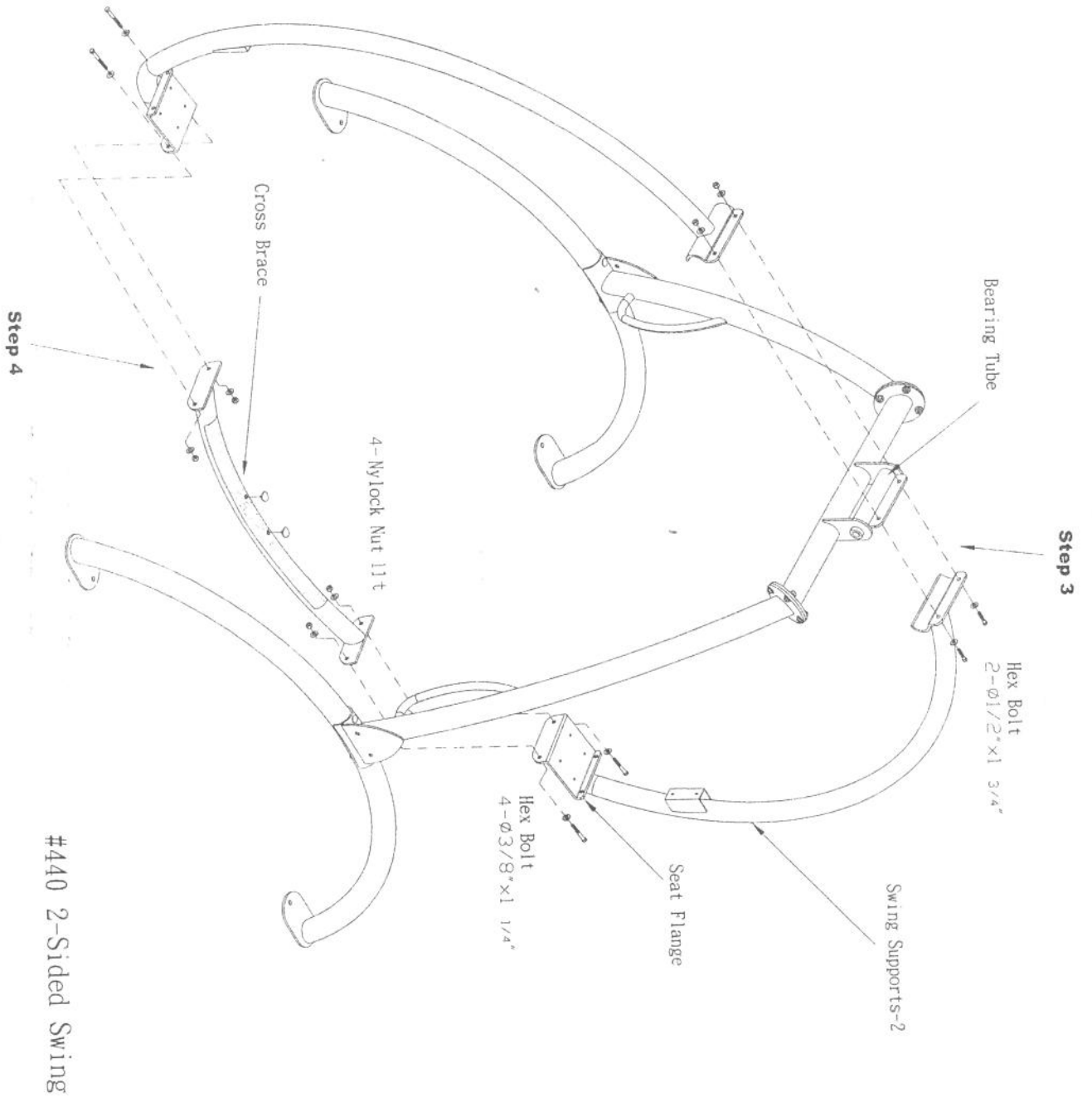
#440 2-Sided Swing

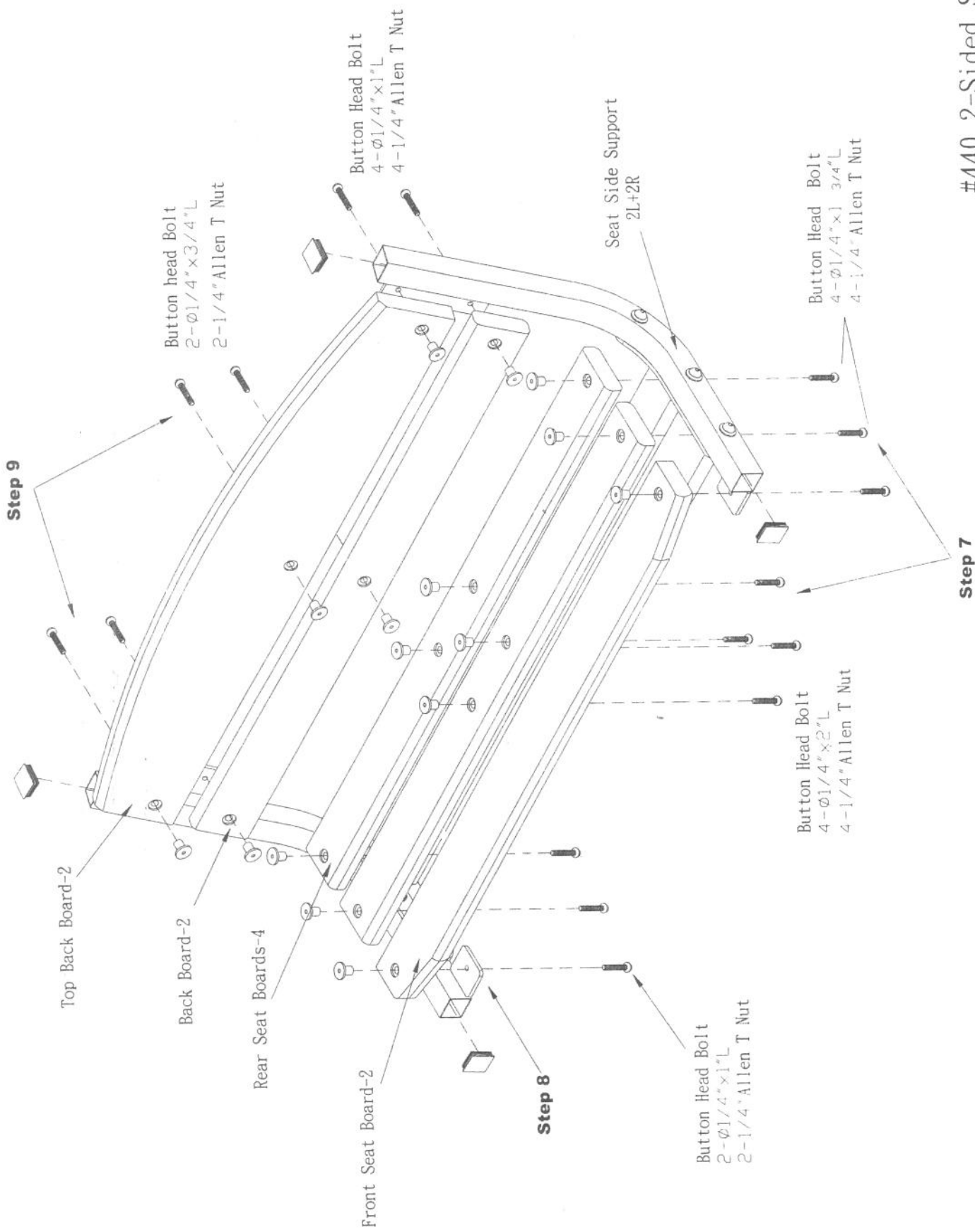
# #440 2-Sided Swing





#440 2-Sided Swing







## **Health In Motion LLC** **LIMITED TEN YEAR WARRANTY**

Health In Motion LLC warrants this product to the original purchaser to be free from defects in workmanship and/or materials under normal use. If at any time a component part is defective, Health In Motion LLC shall repair or replace it (at Health In Motion LLC's option) within a reasonable period of time.

This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following: All malfunctions of the rubber, foam, polyester fabric and paint that occur after 90 days, all malfunctions of acrylic canopy fabric that occurs after 3 years, all malfunctions of wood (with yearly maintenance as suggested), bearings bushings or hardware that occur after five years. The frame and all welded components are warranted for ten years.

Health In Motion LLC's sole responsibility shall be to repair or replace the component within the terms stated above. Health In Motion LLC shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

### WHAT IS NOT COVERED BY THIS WARRANTY

Health In Motion LLC's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

**NO CONSEQUENTIAL DAMAGES.** Health In Motion LLC is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

**WARRANTY IS NOT TRANSFERABLE.** This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, express, implied or statutory. There are no warranties which extend beyond the description on the face hereof.

**ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR AND TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION, FIRE, FLOOD, ACTS OF GOD.** Health In Motion LLC is not responsible for the repair or replacement of any parts that Health In Motion LLC determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear and tear, accident, damage during transit or installation, fire, flood, or an ACT OF GOD.

**TRANSPORTATION COSTS.** Health In Motion LLC will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Health In Motion LLC is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

**WARRANTY CLAIM PROCEDURE.** All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect. Please call for approval of shipment of warranty parts.

Health In Motion LLC  
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PLEASE KEEP THIS FOR YOUR RECORDS