

Gravity



Disclaimer

These products are not intended for treating any medical conditions. You are solely responsible for how you use them. We are not liable for any damage, embarrassment, or economic losses that may or may not occur while using them. By putting the devices together and/or start using them you forfeit any claims on the company, the owner, employees, or vendors. Once you have received your products, we will not refund you. Parts that are damage upon arrival will be replaced. We reserve the right to judge what constitutes a damaged part.

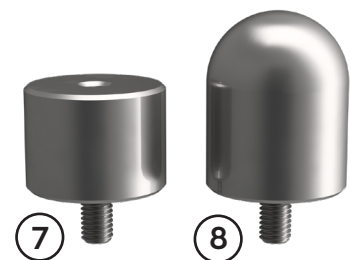
Parts

Inspect all parts and contact us if any parts are damaged or missing. If you are unsure about parts or their status, please do not hesitate to contact us at the store for further support.



Additional weights you may have orderd include:

- 7. Extension weight ~ 200 g (~7 oz)
- 8. End weight ~ 300 g (~10,5 oz)



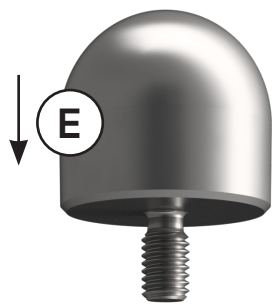
By alternating the end weights and adding extension weights you can gradually add more weight in 100 g (~3,5 oz) increments.

Maintenance

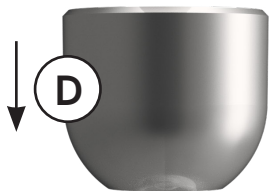
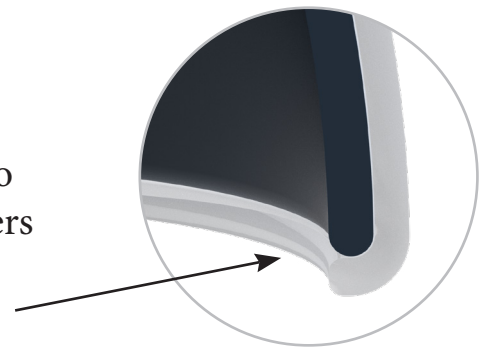
Clean all the parts when you find it appropriate. We suggest at least once or twice a week. Do not use any chemicals or other toxic materials. Clean with regular soap and lukewarm water.

Assembly instruction

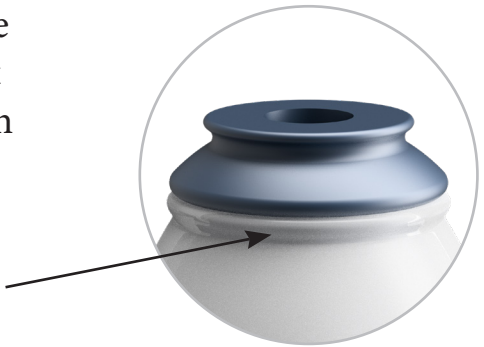
If you would prefer you can find an instructional video at the store, on how to assemble the device. The image on the left of the page shows the correct orientation of the parts relative to each other. Before you start the assembly, clean all the plastic and silicone parts with regular soap and lukewarm water.



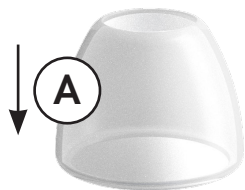
A. Pull the cover down on to the frame. Adjust it so that the silicone lip covers the bottom of the frame evenly around.



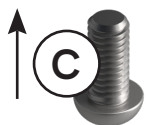
B. Pull the gripper over the cover and frame. Adjust it so that it sits evenly on the device and that the top ring of the gripper is located beneath the dominant edge of the frame.



C. Push the bolt up into the frame. Keep the bolt in place with your thumb while you continue with the next step.



D. Fasten the start weight to the frame by screwing it on to the bolt. Usually, the friction between the bolt and your thumb is enough to ensure that the weight is properly secured on to the frame.



E. Attach the desired amount of weight to the device by screwing it on to the start weight.

Flip up the gripper and you are ready to go!



The above image shows a rendering of the assembled device with the gripper in its natural state and with the gripper flipped up, ready to use.

When using the device, do not swing it, start light and gradually work your way up to your desired weight. If dropped, the steel weights can cause injury and or damage to your floor. Therefore, it is utmost important that you make sure that they cannot unscrew during usage. A good tightening is usually sufficient, but you can also use a piece of tape to make sure that they do not unscrew. Do not continue to use the device if you feel any pain. Immediately contact your doctor if you believe that you have suffered any injuries while using the products.

Thank you for purchasing our products!

