

# *Ninja Play*



**Xtreme 9.8Gravity Gym  
User Manual**

# DISCLAIMER

**USE AT YOUR OWN RISK:** Consult a physician before using this equipment or engaging in any exercise program. It is your responsibility to evaluate your own medical and physical condition to make sure that you are capable of using this equipment without injuring yourself. By voluntarily undertaking this form of exercise you assume the risk of any resulting injury.

**Not liable for injuries or damages:** Ninja Play Fitness and Greenmaster disclaims liability for any damages incurred by anyone resulting from the use or misuse of this equipment irrespective whether the injuries or damages result from any affirmative acts of negligence or omissions on the part of Ninja Play Fitness or Greenmaster. You assume full responsibility for any and all injuries, that you may experience as a result of the use of this equipment and waive any claims that you may have against Ninja Play Fitness or Greenmaster.

**WARRANTIES:** Please visit [www.ninjabplayfitness.com/terms](http://www.ninjabplayfitness.com/terms) for details.

## Warning

**It is the sole responsibility of the purchaser of Ninja Play Xtreme 9.8 Gravity Gym to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment. It is recommended that all users of Ninja Play Xtreme 9.8 Gravity Gym be informed of the following information prior to its use. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that Ninja Play Xtreme 9.8 Gravity Gym be used properly to avoid injury.**

- To avoid injury ensure that no one is around when working out on this product.
- NEVER allow children on strength training equipment. All minors must be supervised at all times while using this equipment.
- All warnings and instructions should be read and proper instruction obtained prior to use. Use this equipment for its intended purpose ONLY.
- NEVER allow resistance straps, ropes or other means to be attached to this equipment, as this may result in serious injury. NEVER use this equipment for support during stretching, as this may result in serious injury.
- Keep hands and feet clear at all times from moving parts to avoid injury.
- It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all warnings and precautions.
- No more than one person is allowed to operate this equipment at the same time.
- Don't jump or pull anything from this equipment, including the time when it's not operating. Do not hang on the machine.
- Always make sure the lock is secured on the safety locker before you step out from this equipment.



**WARNING** Cancer and Reproductive Harm - [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

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Enter Serial Number: \_\_\_\_\_

Enter Original Sales Order # \_\_\_\_\_

## BEFORE YOU BEGIN

### Open The Box:

Locate and open your Ninja Play Xtreme 9.8 Gravity Gym inner box, check all parts included in the box, please use the Supplied Components and Supplied Hardware lists on page 3-4 as reference. Make sure all the parts are included, if you find any parts missing or have any questions contact us directly at (213)999-0913.

### Gather Your Tools:

Before you begin, make sure that you gather all the necessary tools you need to assemble the equipment properly. This will save time and make the assembly faster and easier.

### Clear Your Work Area:

Make sure that you cleared a space for assembling the equipment properly. Make sure the space is also cleared from anything that may cause injury during assembly. After the equipment is fully assembled, make sure there is an enough amount of area around the equipment for unobstructed operation.

### Have A Help Hand If Needed:

Some steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this equipment. To schedule an assembly service, please contact us directly at (213) 999-0913.

### Weight Limitation:

We do not recommend you to use Ninja Play Xtreme 9.8 Gravity Gym if your body weight is over 309 lb (140 kg) or below 99 lb (45 kg). There is risk of injury if the user's weight over/below the weight limitation for this equipment.

## PRECAUTIONS

To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the Ninja Play Xtreme 9.8 Gravity Gym. It is the purchaser's responsibility to ensure that all users for this equipment are adequately informed of all warnings and instructions.

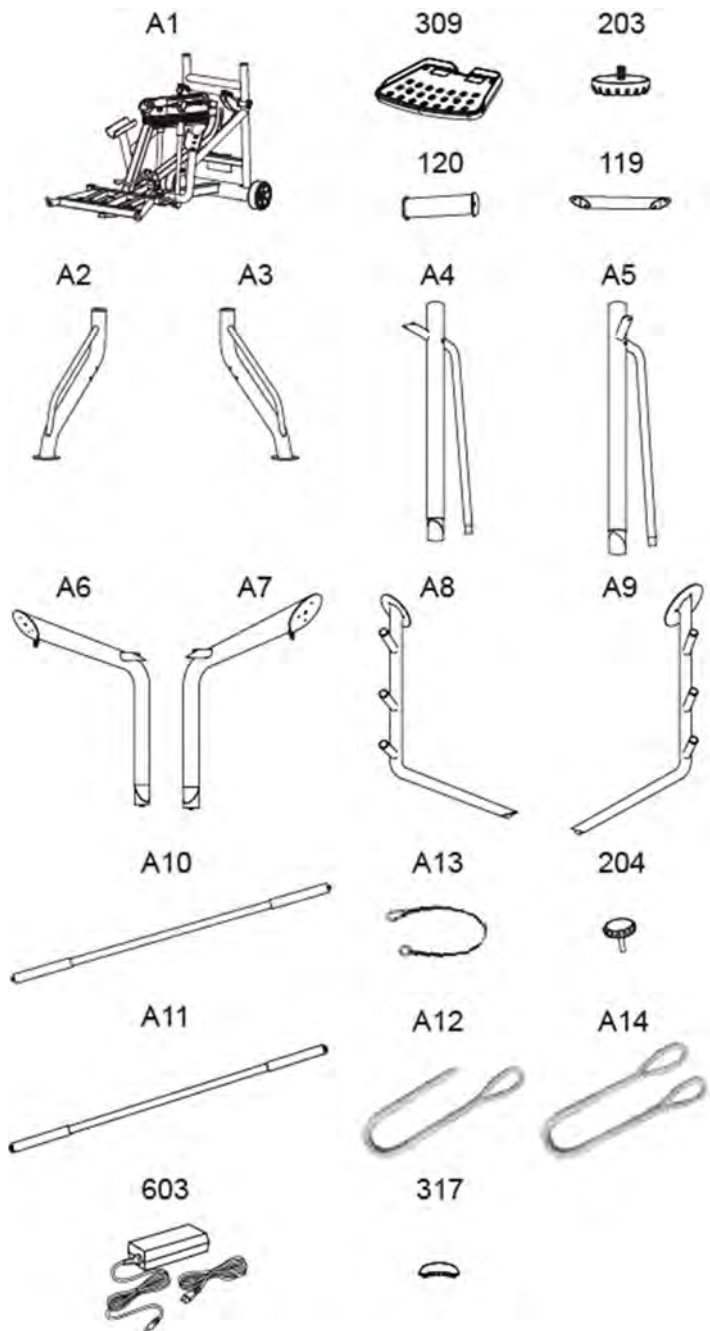
Ninja Play Xtreme 9.8 Gravity Gym user's weight limit is no more than 309 lb (140 kg), no less than 99 lb (45 kg). Ninja Play Xtreme 9.8 Gravity Gym uses an air shock cylinder providing floating support and loading for your training. You can adjust the floating power support electronically.

- Ninja Play Xtreme 9.8 Gravity Gym is designed for adults, please keep children under the age of 12 and pets away from the Ninja Play Xtreme 9.8 Gravity Gym. Minors must be supervised at all times while using this equipment.
- Make sure all users understand the risk with moving parts during operation.
- Place on a level surface, with 1.5 m of clearance around it. Do not place the Ninja Play Xtreme 9.8 Gravity Gym on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the Ninja Play Xtreme 9.8 Gravity Gym.
- Keep sweat or any liquid away from the Ninja Play Xtreme 9.8 Gravity Gym's electronic components.
- Keep the Ninja Play Xtreme 9.8 Gravity Gym indoors, away from moisture and dust. Do not put the Ninja Play Xtreme 9.8 Gravity Gym in a garage, patio, or near water.
- Please always consult with your doctor and evaluate your physical conditions for any workouts.
- Injuries to your health may result from incorrect or excessive training. Stop exercise if you faint or feel dizzy. Obtain a medical exam before beginning your exercise routine.
- All warnings and instructions should be read and obtained properly prior to use. Use this equipment for its intended purpose ONLY.
- Inspect the equipment before use. DO NOT use it if it appears damaged or inoperable.
- Use proper tools to assemble this machine and ask for technical support if needed.
- Always make sure all the parts are tightened during assembling, prevent any injuries during your workout.
- Please refer to this instruction manual to operate your equipment.
- Keep your hair, clothing, and other fitness accessories free and clear from all the moving parts.
- Always be careful with moving components while you're stepping in/out the Ninja Play Xtreme 9.8 Gravity Gym.
- Adjust stabilizer to make sure the Ninja Play Xtreme 9.8 Gravity Gym stays stable while using.
- Make sure the caster wheels are in the correct locations. Please refer to the assembly instruction for more details.
- Ninja Play Xtreme 9.8 Gravity Gym use 100V-240V/50-60Hz power, always check with power switch light to ensure power input.
- Check all components every 60 days of use. Especially check all bolts/screws/nuts are tightened on all parts.
- It's dangerous to the user if the machine is not properly maintained. Any structure change, disassembly or switching of components could be dangerous and cause injury to the user.
- Always replace the defective components if there are any. Defected components could affect the machine's functionality and it's also dangerous for users.
- Do not fix or change anything on your own. Please always make sure to fix or change components by a qualified technician.
- Do not modify this equipment in the way that differs from its original design, Ninja Play Fitness and Greenmaster are not responsible for any injuries caused by the modifications.
- Keep the power switch off and detach power cord/battery before maintaining or replacing components.

## SUPPLIED COMPONENTS

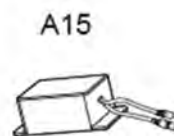
This list identifies the major components you will use to assemble this product.

No.	Description	Qty
A1	Base Frame Assembly	1
A2	Bottom Supporting Tube - L	1
A3	Bottom Supporting Tube - R	1
A4	Upright Tube Assembly - L	1
A5	Upright Tube Assembly - R	1
A6	Top Supporting Tube Assembly - L	1
A7	Top Supporting Tube Assembly - R	1
A8	Fixed Handle Bar Assembly - L	1
A9	Fixed Handle Bar Assembly - R	1
A10	Pull-Up Bar # 1	1
A11	Pull-Up Bar # 2	1
A12	Strength Training Rope #1	1
A13	Safety Rope Assembly	2
A14	Strength Training Rope #2	1
119	Top Connecting Tube	1
120	Upright Connecting Tube	1
203	Level Adjuster	2
204	Thumb Screw #1	2
309	Platform	1
317	End Cap # 4	4
603	Power Adaptor	1








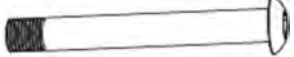
### Optional Purchasing

No.	Description	Qty.
A15	Portable Rechargeable Battery	1



## SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product.

No.	Description	Qty.	403	405	432
403	Allen Head Bolt M8x15x15mm	14			
405	Curve Washer 8x20x1.5mm	2			
432	Flat Head Bolt M8x45x45mm	3			
435	Allen Head Bolt M8x10x10mm	2			
437	Allen Head CAP Bolt M8x30x30mm	4			
444	Allen Head Bolt M8x90x15mm	2			
A	Allen Key 5mm	1			
B	Allen Key 6mm	1			
C	Wrench 17mm	1			

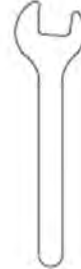
A



B



C



**PARTS LIST**

Item No.	Description	Qty.	Part No.
<b>Ninja Play Xtreme 9.8 Gravity Gym-100</b>			
101	Base Frame	1	XTREME 9.8-101
104	Lifter Frame	1	XTREME 9.8-104
105	Gravity Adjuster Frame	1	XTREME 9.8-105
106	Knob Adjusting Holder - Front	1	XTREME 9.8-106
107	Knob Adjusting Holder - Rear	1	XTREME 9.8-107
108	Sub Safety Locker Bracket - Right #1	1	XTREME 9.8-108
109	Sub Safety Locker Bracket #2	2	XTREME 9.8-109
110	Sub Safety Locker Bracket - Right #3	1	XTREME 9.8-110
111	Sub Safety Locker Bracket - Left #1	1	XTREME 9.8-111
112	Sub Safety Locker Bracket - Left #3	1	XTREME 9.8-112
113	Upright Tube - L	1	XTREME 9.8-113
114	Upright Tube - R	1	XTREME 9.8-114
115	Top Supporting Tube - L	1	XTREME 9.8-115
116	Top Supporting Tube - R	1	XTREME 9.8-116
117	Fixed Handle Bar - L	1	XTREME 9.8-117
118	Fixed Handle Bar - R	1	XTREME 9.8-118
119	Top Connecting Tube	1	XTREME 9.8-119
120	Upright Connecting Tube	1	XTREME 9.8-120
121	Fixed Mount Bracket	4	XTREME 9.8-121
122	Safety Locker	1	XTREME 9.8-122
123	Sub Safety Locker Bushing	2	XTREME 9.8-123
124	Crossbar #1	1	XTREME 9.8-124
125	Crossbar #2	1	XTREME 9.8-125
<b>Ninja Play Xtreme 9.8 Gravity Gym -200</b>			
201	N2 Cylinder Assembly	2	XTREME 9.8-201
202	Cylinder Bearing Set	4	XTREME 9.8-202
203	Level Adjuster	2	XTREME 9.8-203
204	Thumb Screw #1	2	XTREME 9.8-204
205	Motor Axle	1	XTREME 9.8-205
206	Motor Fixing Plate	1	XTREME 9.8-206
207	Bearing 6002	1	XTREME 9.8-207
208	Bearing 6000	1	XTREME 9.8-208
209	Knob Axis Plate	1	XTREME 9.8-209
210	Metal Bushing 0605F	2	XTREME 9.8-210
211	Spring 313mm	2	XTREME 9.8-211
212	Spring 833mm	4	XTREME 9.8-212
213	Bearing 6201	4	XTREME 9.8-213
214	Safety Rope	2	XTREME 9.8-214
215	Hook 6mm	2	XTREME 9.8-215
216	Metal Bushing 16x22.2x10.7 CH1548	4	XTREME 9.8-216
217	Bearing 608zz	6	XTREME 9.8-217
218	Thumb Screw #2	2	XTREME 9.8-218
219	Non-Slip Base	1	XTREME 9.8-219



**PARTS LIST**

Item No.	Description	Qty.	Part No.
<b>Ninja Play Xtreme 9.8 Gravity Gym-300</b>			
301	Transportation Wheel	2	XTREME 9.8-301
302	Knob Roller	3	XTREME 9.8-302
303	Knob Indicator	1	XTREME 9.8-303
304	Knob POM Plate	2	XTREME 9.8-304
305	Gravity Adjusting Knob	1	XTREME 9.8-305
306	Gravity Indicating Cover - Upper	1	XTREME 9.8-306
307	Gravity Indicating Cover - Left	1	XTREME 9.8-307
308	Gravity Indicating Cover - Right	1	XTREME 9.8-308
309	Platform	1	XTREME 9.8-309
310	Clear PVC Plastic pipe 220	4	XTREME 9.8-310
311	End Cap #1	6	XTREME 9.8-311
312	Bracket Cover	4	XTREME 9.8-312
313	Wheel Cap 112x41.5mm	2	XTREME 9.8-313
314	Wheel Cap 46x12mm	2	XTREME 9.8-314
315	End Cap #2	2	XTREME 9.8-315
316	End Cap #3	2	XTREME 9.8-316
317	End Cap #4	4	XTREME 9.8-317
318	Snap Bushing	2	XTREME 9.8-318
<b>Ninja Play Xtreme 9.8 Gravity Gym-400</b>			
401	Washer 6x16x2	10	XTREME 9.8 -401
402	Allen Head Bolt M6x16x16	1	XTREME 9.8-402
403	Allen Head Bolt M8x15x15	14	XTREME 9.8-403
404	Allen Head Bolt 12x65-M10X15	2	XTREME 9.8-404
405	Curve Washer 8x20x1.5mm	2	XTREME 9.8-405
406	Spring Washer 6x10x1	6	XTREME 9.8-406
407	Round Head Self Tapping Screw 4x19	2	XTREME 9.8-407
408	Axel $\Phi$ 8x60.2	3	XTREME 9.8-408
409	C Clip M8	6	XTREME 9.8-409
410	Screw Thread Adjuster Axel	1	XTREME 9.8-410
411	Metal Bushing 15.1x20x8.5	1	XTREME 9.8-411
412	Washer 8x23x4	1	XTREME 9.8-412
413	Round Head Screw M5x12x12	7	XTREME 9.8-413
414	Round Head Self Tapping Screw 4x12	11	XTREME 9.8-414
415	C Clip M6	1	XTREME 9.8-415
416	Spring 630mm	1	XTREME 9.8-416
417	Gasket Clips - U Type 5mm	3	XTREME 9.8-417
418	Round Head Self Tapping Screw 4.5x10	2	XTREME 9.8-418
419	Washer 10x23x2	4	XTREME 9.8-419
420	Safety Pin	2	XTREME 9.8-420
421	Allen Head Bolt M6x10x10	12	XTREME 9.8-421
422	Allen Head Bolt M6x60x15	2	XTREME 9.8-422
423	C Clip 10mm	2	XTREME 9.8-423
424	Allen Head Bolt M5x8x8	2	XTREME 9.8-424
425	Round Head Screw M4x30x30	1	XTREME 9.8-425

**PARTS LIST**

Item No.	Description	Qty.	Part No.
426	Nylon Nut M4	1	XTREME 9.8-426
427	Nut M6	1	XTREME 9.8-427
428	Washer 10x16x2	1	XTREME 9.8-428
429	Washer 8x18x1.5	2	XTREME 9.8-429
430	Star Push Washer 8mm	4	XTREME 9.8-430
431	Round Head Screw M6x20x20	2	XTREME 9.8-431
432	Flat Head Bolt M8x45x45mm	3	XTREME 9.8-432
433	Safety Locker Axle #1	1	XTREME 9.8-433
434	Safety Locker Axle #2	1	XTREME 9.8-434
435	Allen Head Bolt M8x10x10mm	2	XTREME 9.8-435
436	Nylon Nut M6	6	XTREME 9.8-436
437	Allen Head CAP Bolt M8x30x30mm	4	XTREME 9.8-437
438	Washer 16x25x3	4	XTREME 9.8-438
439	Allen Head Bolt M10x20x20mm	2	XTREME 9.8-439
440	Spring Washer 10x16x2	2	XTREME 9.8-440
441	Washer 6x13x1	2	XTREME 9.8-441
442	Hex Head Bolt M10x90x30	4	XTREME 9.8-442
443	Nut M8	4	XTREME 9.8-443
444	Allen Head Bolt M8x90x15	2	XTREME 9.8-444
445	Round Head Self Tapping Screw 4.5x15	1	XTREME 9.8-445
446	Washer 8x14x1.5	4	XTREME 9.8-446
447	Spring Washer 8x13.5x1.7	4	XTREME 9.8-447

**Ninja Play Xtreme 9.8 Gravity Gym-600**

601	PC Board	1	XTREME 9.8-601
602	Power Switch	1	XTREME 9.8-602
603	Power Adapter	1	XTREME 9.8-603
604	Adjusting Motor	1	XTREME 9.8-604
605	Micro Switch Connecting Wire-1 100mm	1	XTREME 9.8-605
606	Micro Switch Connecting Wire-2 650mm	1	XTREME 9.8-606
607	DC Power Wire #1 850mm	1	XTREME 9.8-607
608	DC Power Wire #2 700mm	1	XTREME 9.8-608
609	3PIN Power Switch Connecting Wire- 200mm	1	XTREME 9.8-609
610	Power Switch Connecting Wire 180mm	1	XTREME 9.8-610
611	2PIN Adjusting Motor Connecting Wire 170mm	1	XTREME 9.8-611

**Ninja Play Xtreme 9.8 Gravity Gym-A**

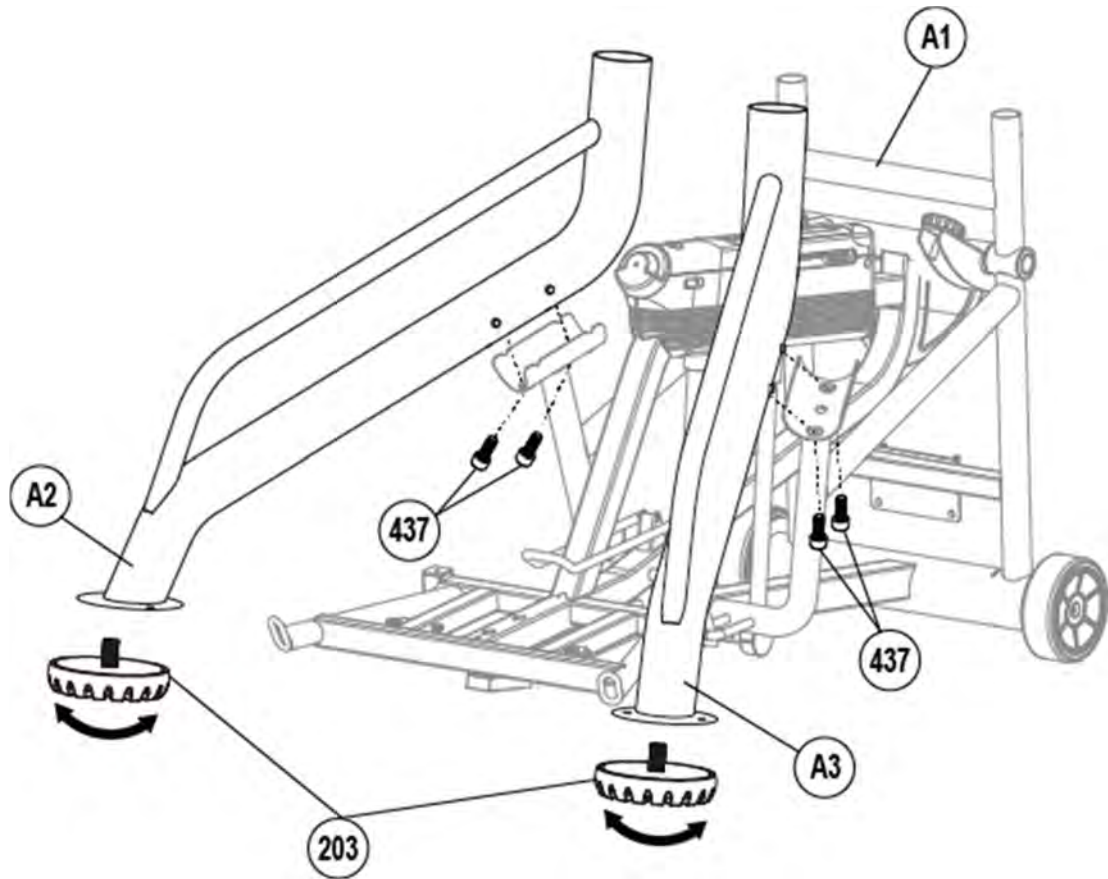
A12	Strength Training Rope #1	1	XTREME 9.8-A12
A14	Strength Training Rope #2	1	XTREME 9.8-A14

**Optional Purchasing**

Item No.	Description	Qty.	Part No.
A15	Portable Rechargeable Battery	1	XTREME 9.8-A15

## ASSEMBLY INSTRUCTIONS

### STEP 1



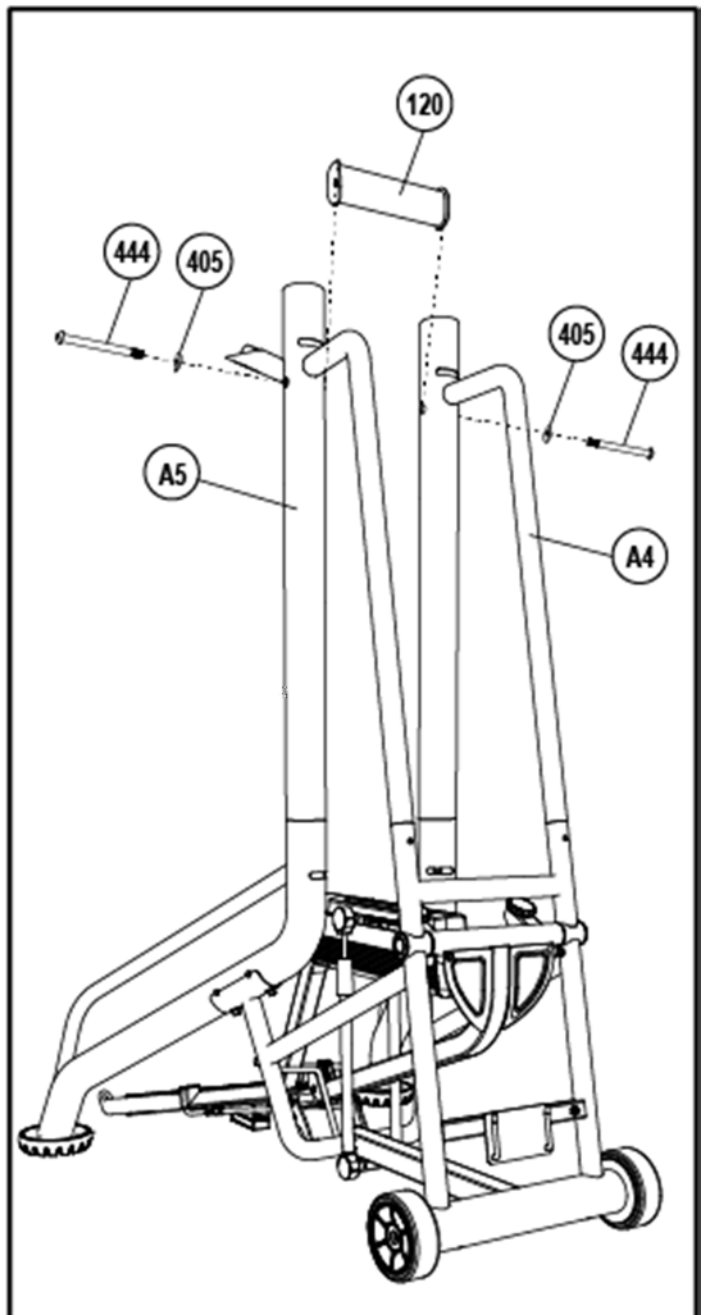
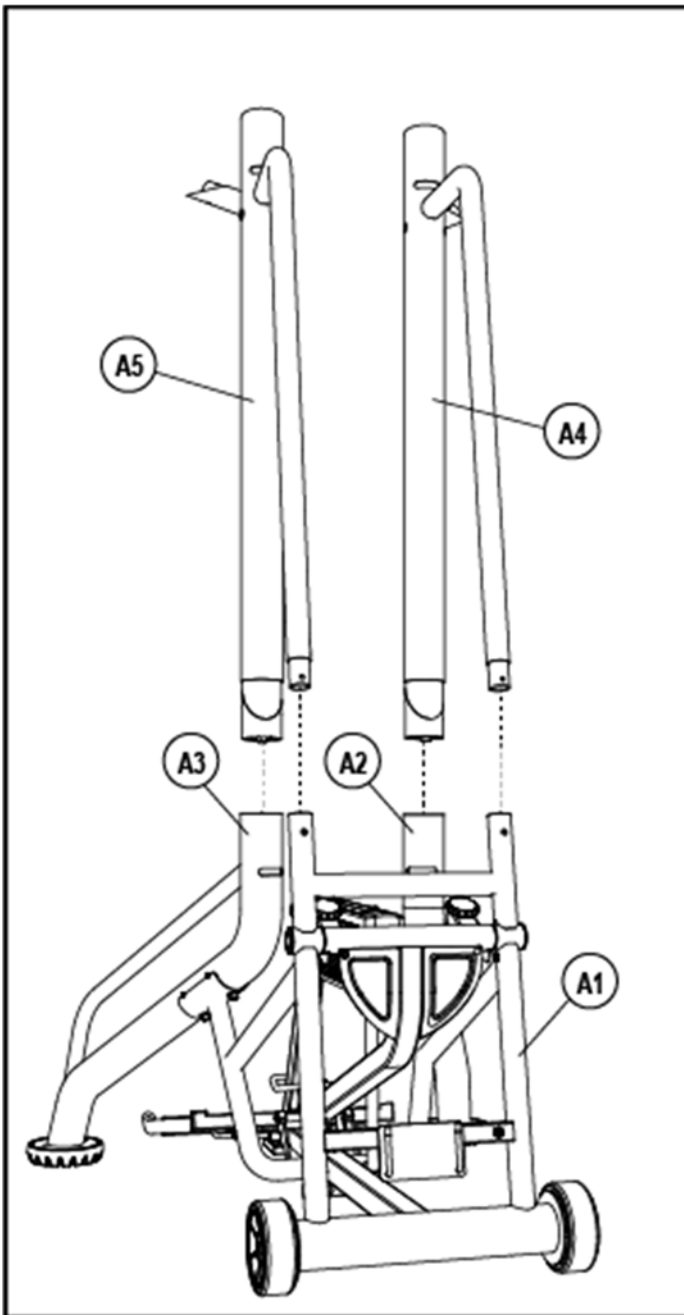
**Step 1 : Assemble the Level adjuster (203) to the Bottom Supporting Tube- L & R (A2 & A3).**

**Then assemble the Bottom Supporting Tube – L & R (A2 & A3) to the Base frame Assembly (A1) and secure using the Allen Head CAP Bolt M8x30x30mm (437).**

<b>203</b>	<b>X2</b>	
<b>437</b>	<b>X4</b>	



## ASSEMBLY INSTRUCTIONS

## STEP 2



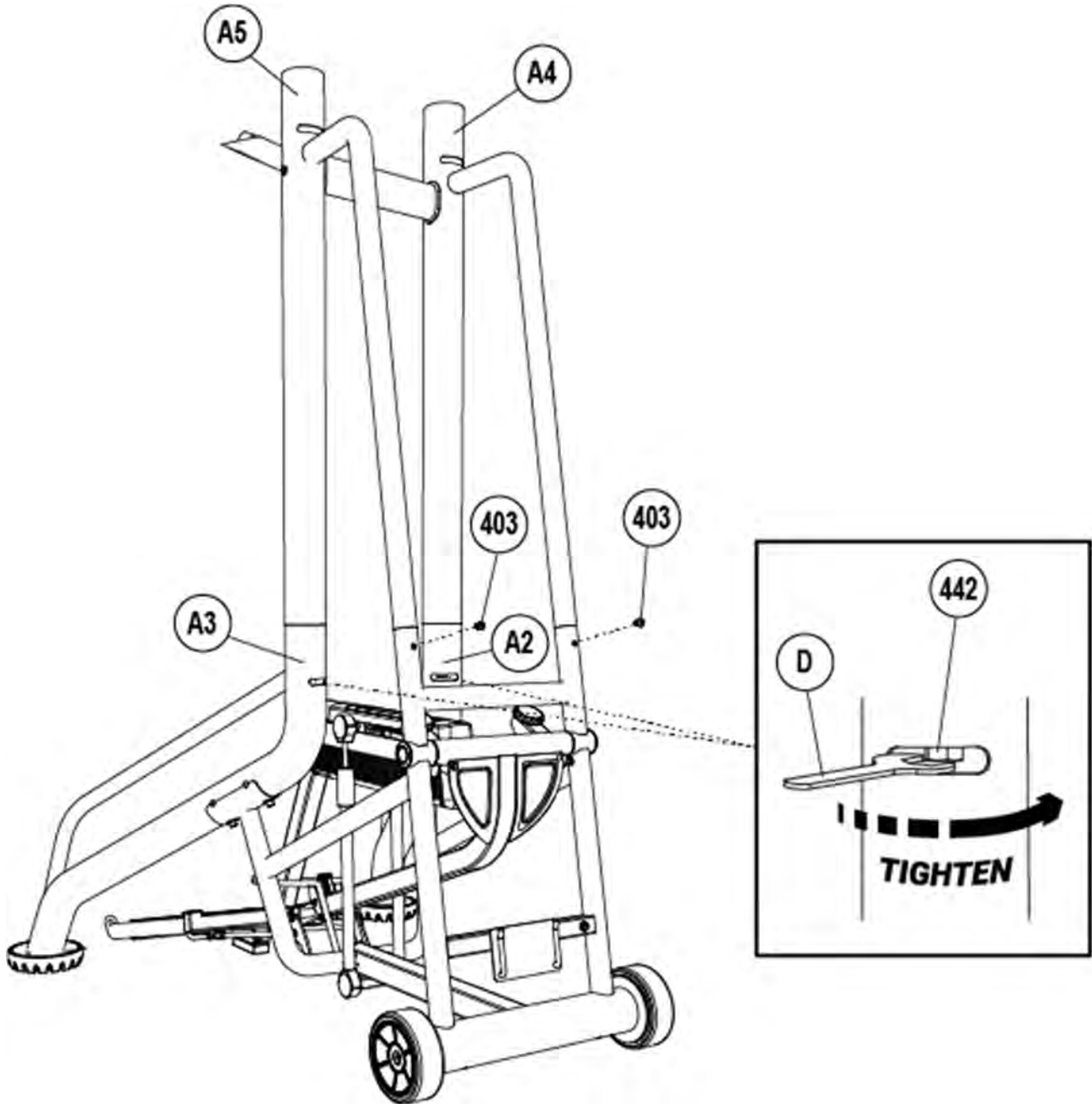
**Step 2: Assemble the Upright Tube - L (A4) to the Bottom Supporting Tube- L (A2) and assemble the Upright Tube - R (A5) to the Bottom Supporting Tube- R (A3).**

**Assemble the Upright Connecting Tube (120) to Upright Tube - L and R (A4 and A5) and secure using Allen Head Bolt M8x90x15mm (444) with Curve Washer 8x20x1.5mm (405)**

405	X2	
444	X2	

## ASSEMBLY INSTRUCTIONS

### STEP 3

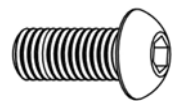


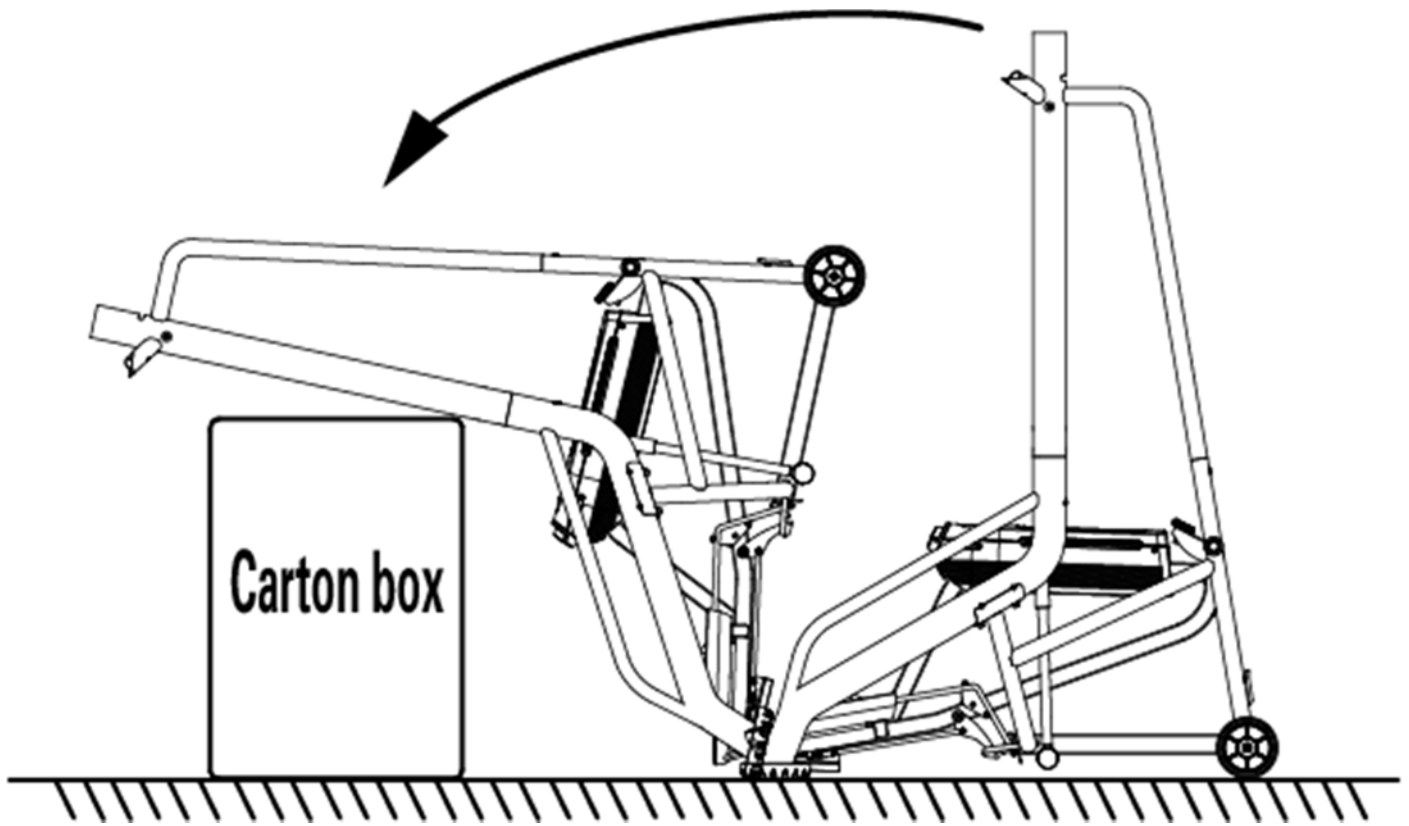
**Step 3: Using Allen Head Bolt M8x15x15mm (403) secure Upright Tube - L and R (A4 and A5) with Base Frame (A1).**

**Taking Wrench 17mm reach into the oval hole of Bottom Supporting Tube- L/R (A2/A3) to fasten inside Hex Head Bolt M10x90x30 (442).**

403

X2

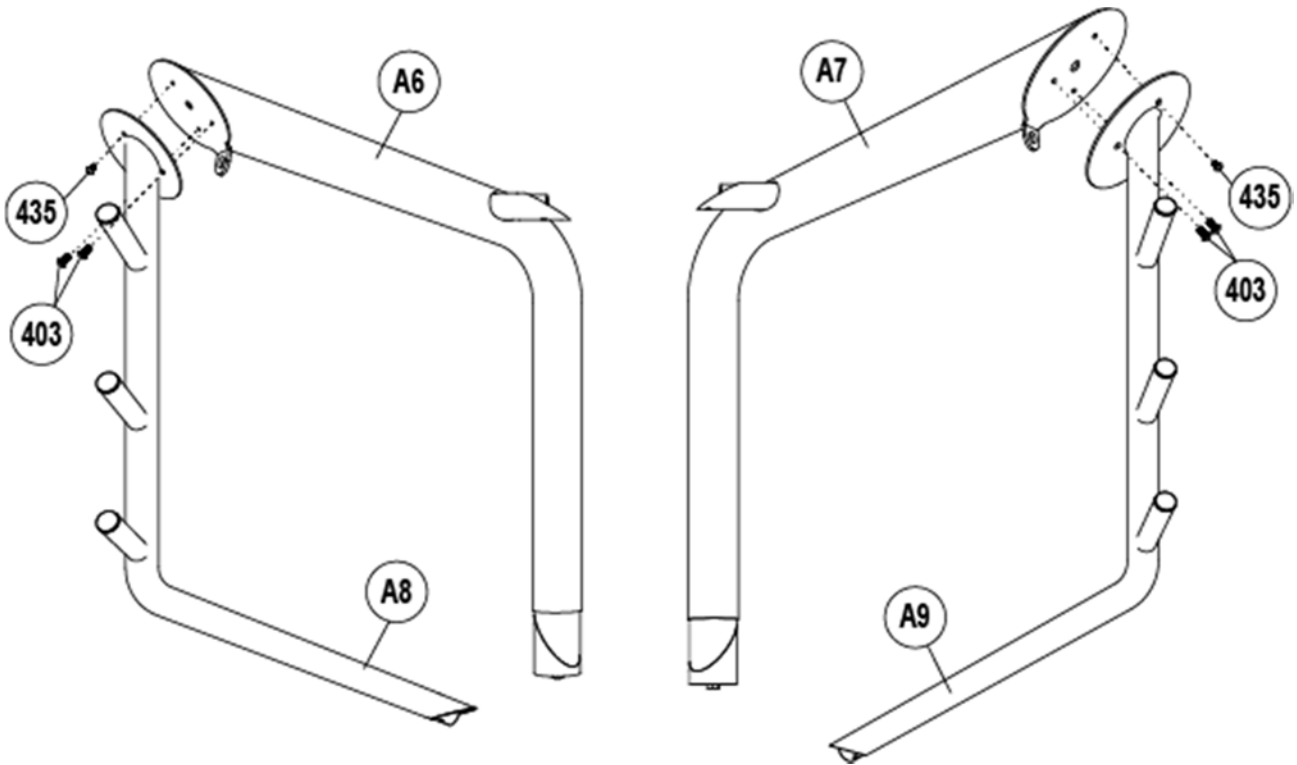


**ASSEMBLY INSTRUCTIONS****STEP 4**



**Step 4: Slant the machine onto the carton box**

## ASSEMBLY INSTRUCTIONS

### STEP 5

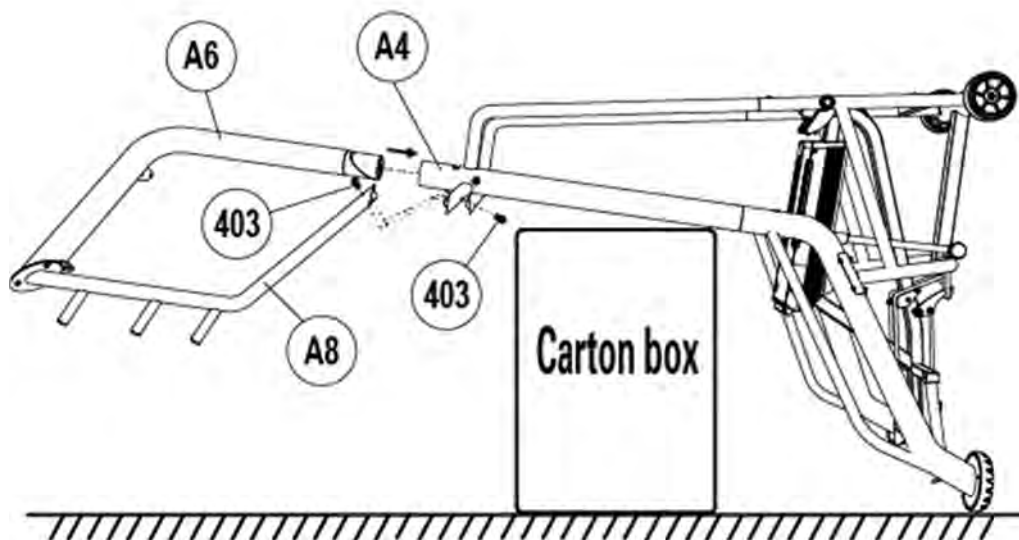
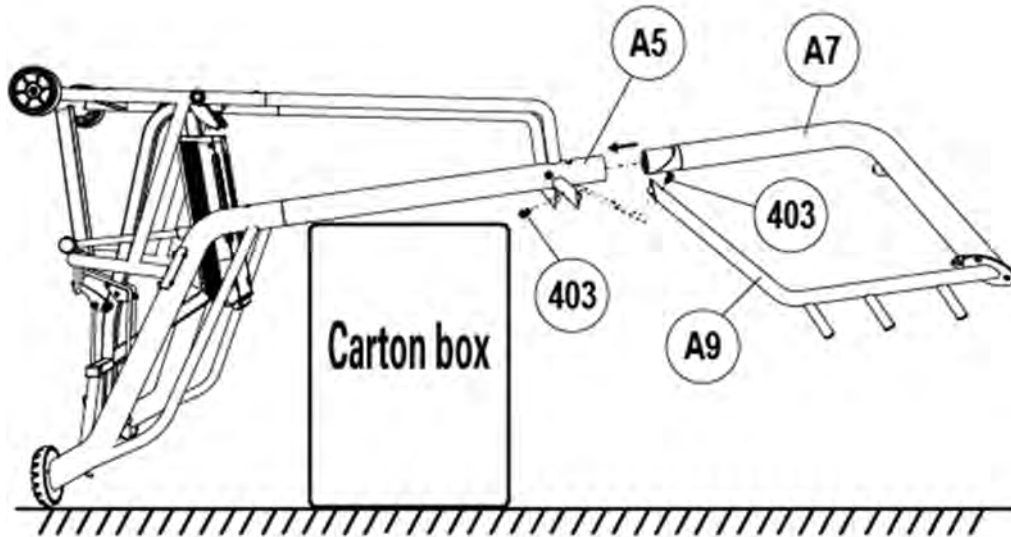


**Step 5: Assemble the Top Supporting Tube Assembly - L and R (A6 and A7) to the Fixed Handle Bar Assembly - L and R (A8 and A9) and secure using Allen Head Bolt M8x15x15mm (403) and Allen Head Bolt M8x10x10mm (435)**

<b>403</b>	<b>X4</b>	
<b>435</b>	<b>X2</b>	

## ASSEMBLY INSTRUCTIONS

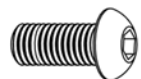
## STEP 6



Step 6: Assemble the Fixed Handle Bar Assembly – L and R (A8 and A9) to the Upright Tube – L and R (A4 and A5) and secure using Allen Head Bolt M8x15x15mm (403), Do not tighten them fully at first.

403

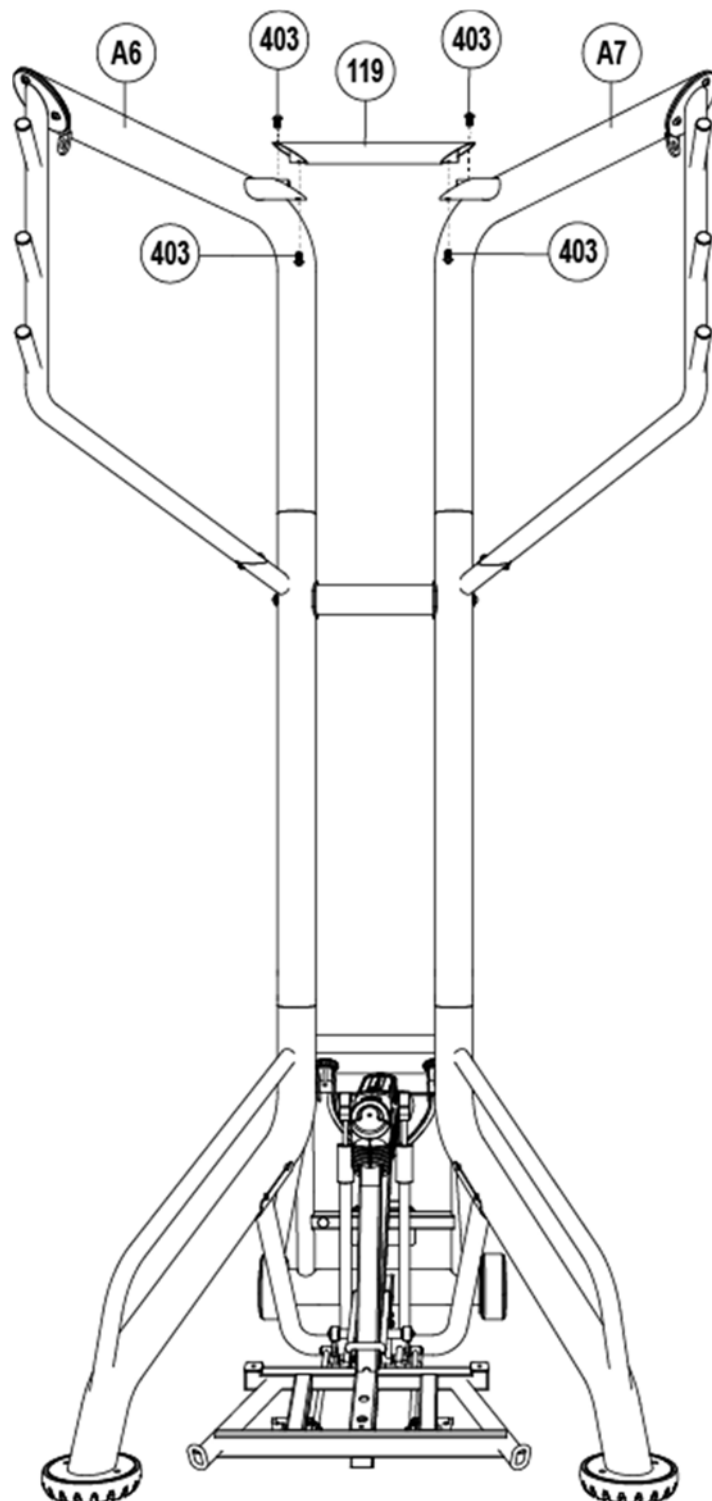
X4





## ASSEMBLY INSTRUCTIONS

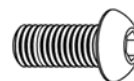
## STEP 7

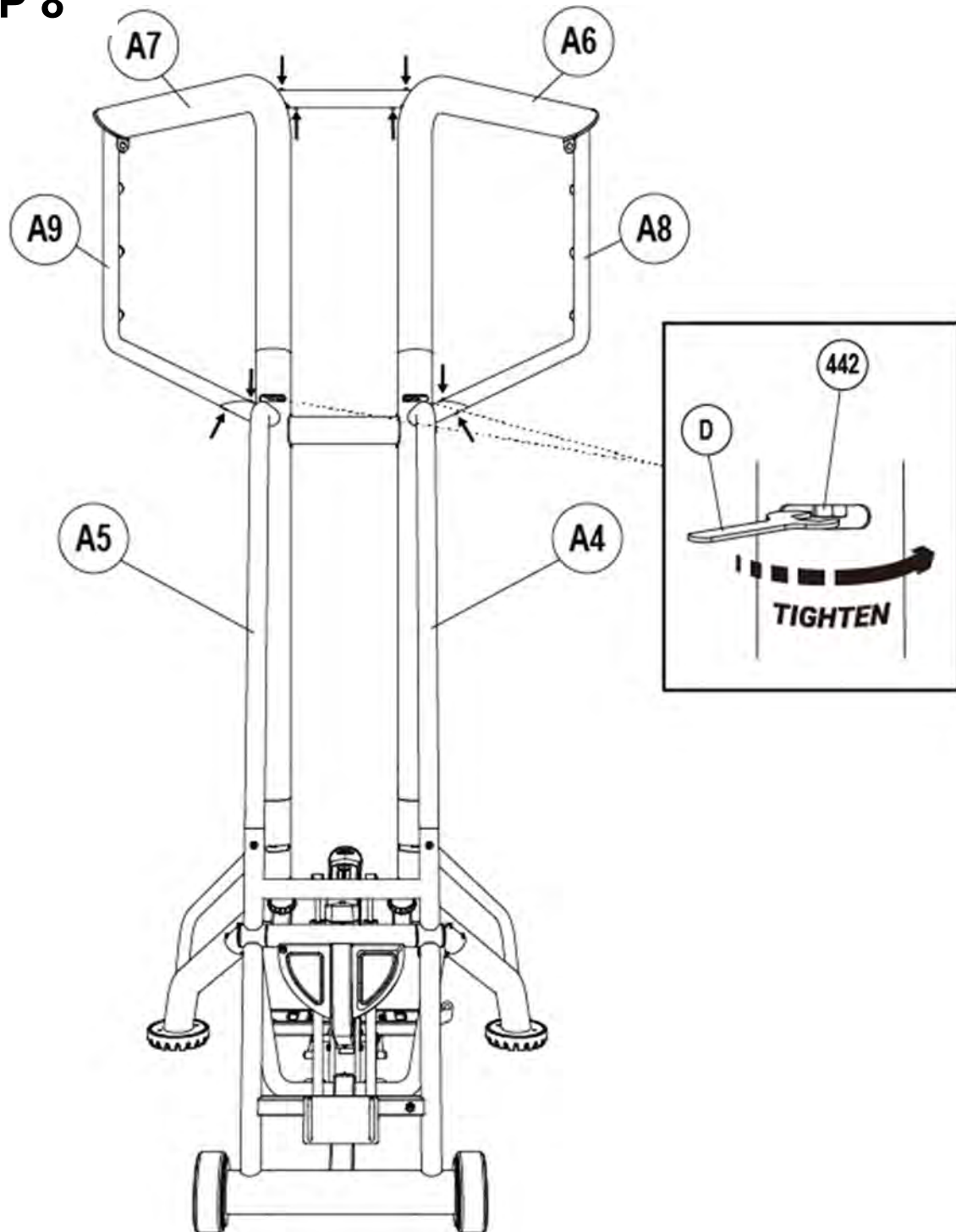


Step 7: Assemble the Top Connecting Tube (119) to the Top Supporting Tube Assembly - L and R (A6 and A7) and secure using Allen Head Bolt M8x15x15mm (403). Do not tighten them fully at first.

403

X4

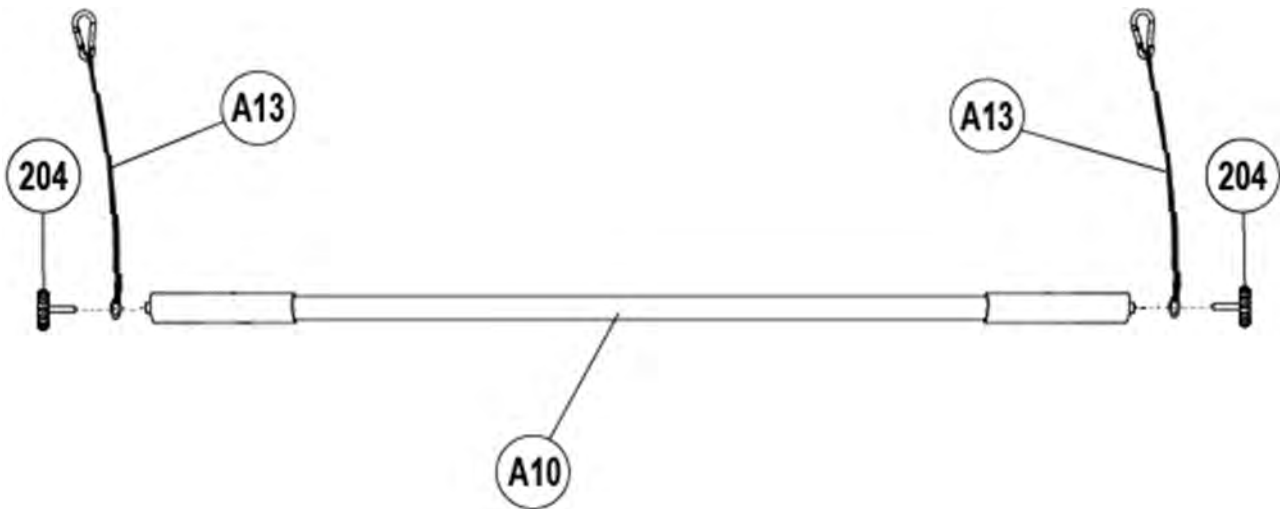


**ASSEMBLY INSTRUCTIONS****STEP 8**

**Step 8: Taking Wrench 17mm reach into the oval hole of Upright Tube Assembly - L /R (A4/A5) to fasten inside Hex Head Bolt M10x90x30 (442) and tighten all screw on the Tubes of STEP 6 and STEP 7.**

## ASSEMBLY INSTRUCTIONS

### STEP 9

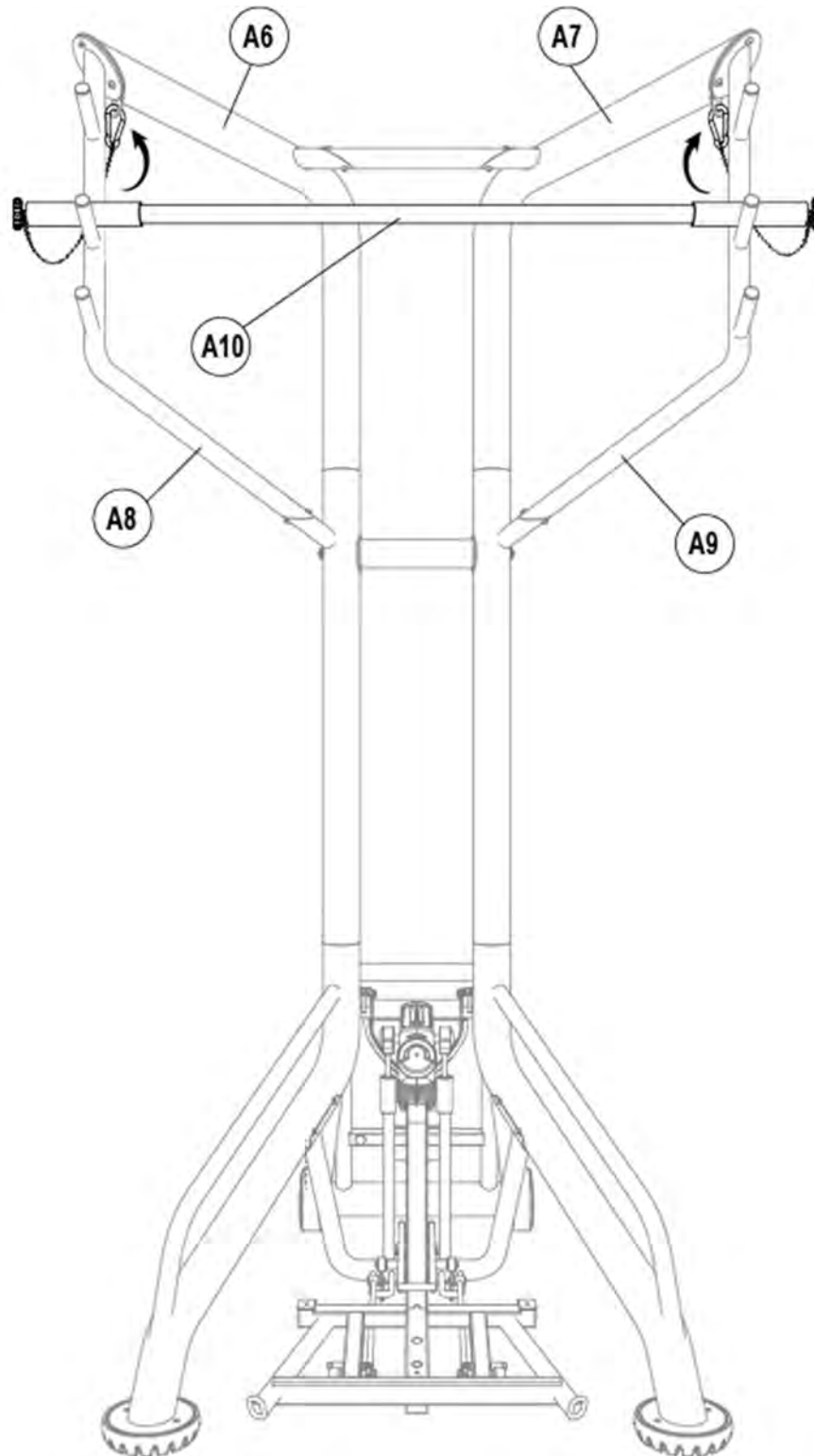


**Step 9: Assemble the Safety Rope Assembly (A13) to the Crossbar Assembly (A10) and secure using Thumb Screw (204).**

**204**

**X2**

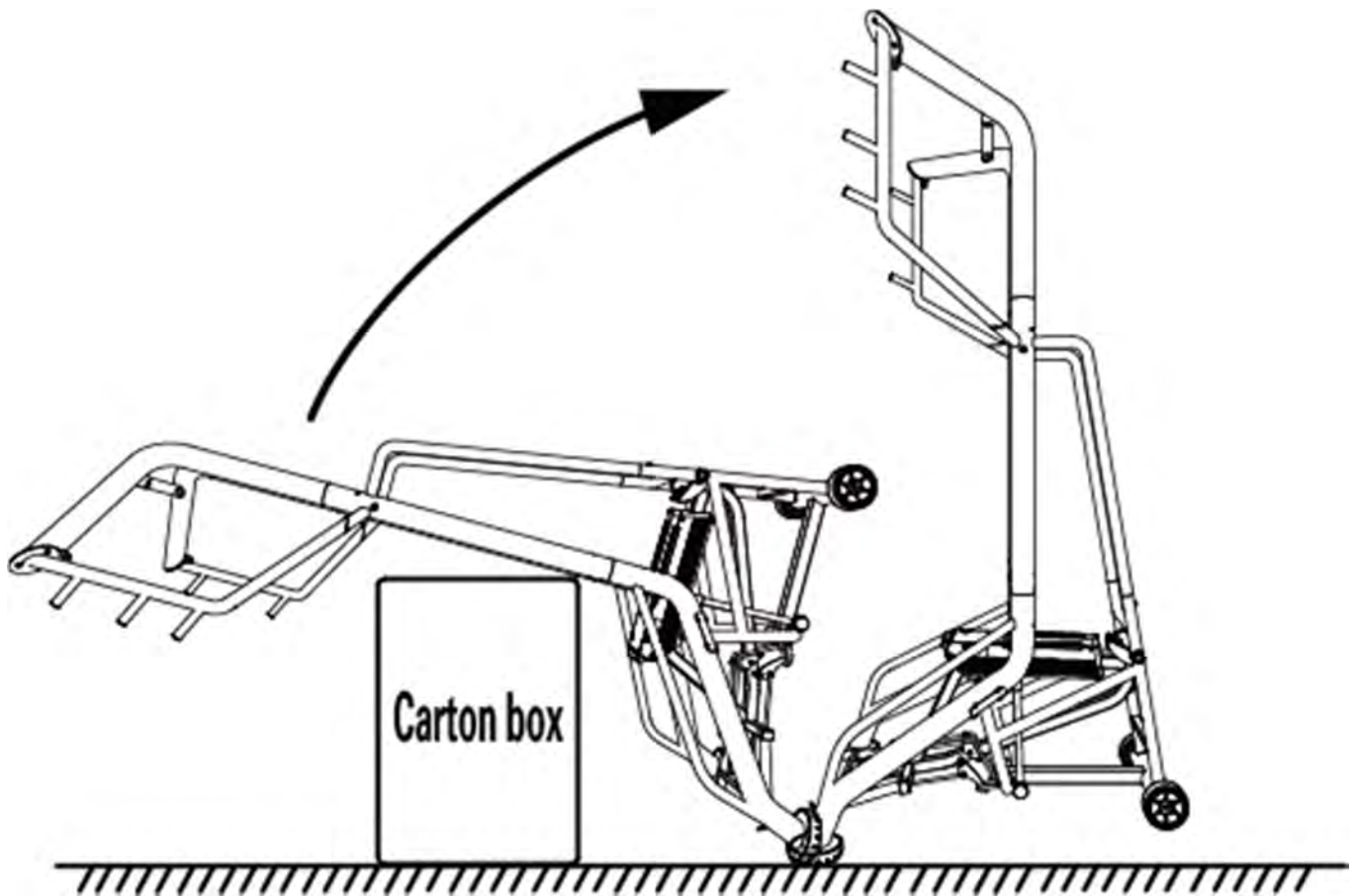


**ASSEMBLY INSTRUCTIONS****STEP 10**

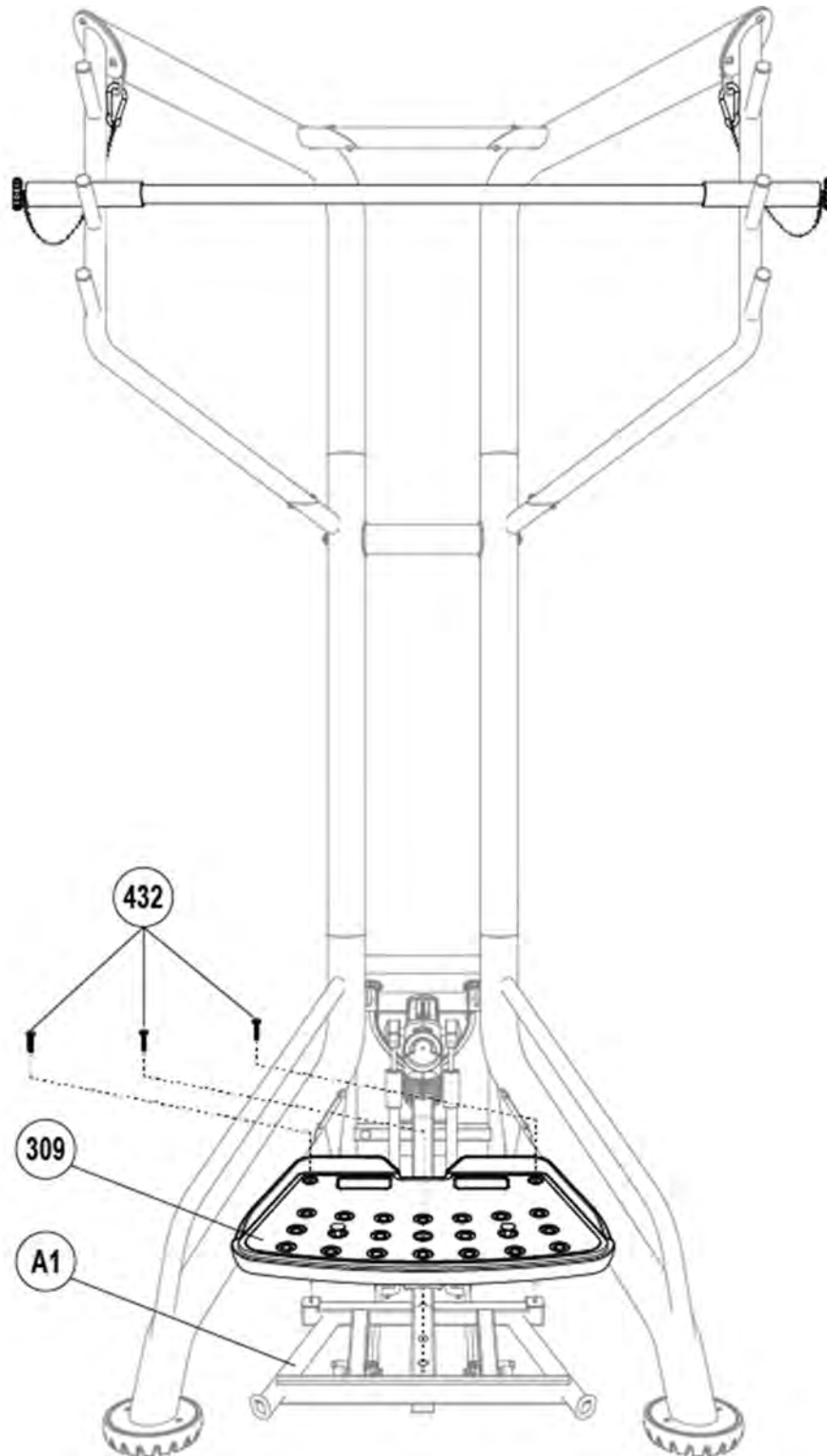
**Step 10: Attach Crossbar Assembly of STEP 9 and taking the hook move round Fixed Handle Bar Assembly – L/R (A8 / A9) to hook on Top Supporting Tube Assembly - L/R (A6 /A7).**

## ASSEMBLY INSTRUCTIONS

### STEP 11



Step 11: Erect the machine.

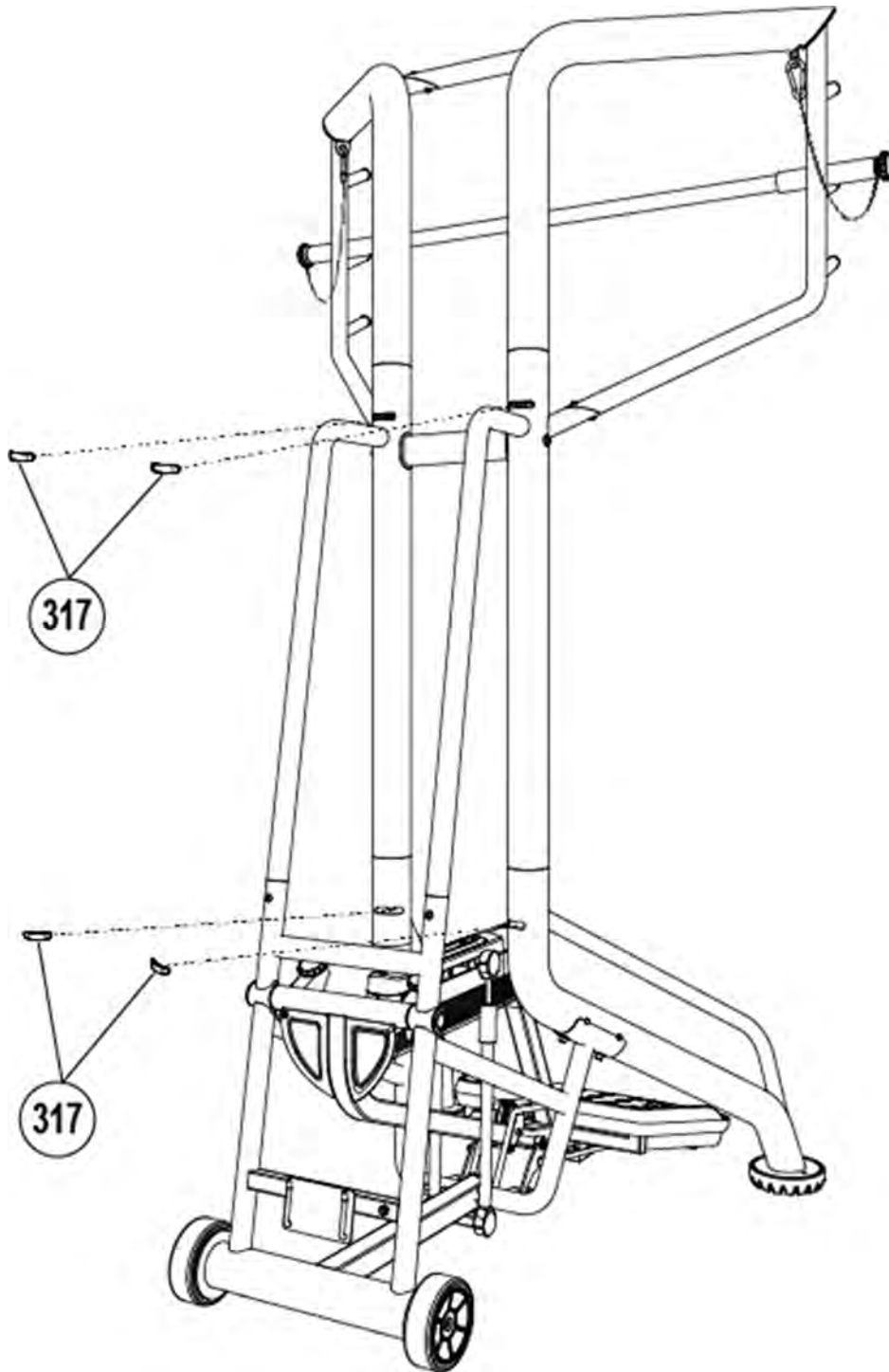
**ASSEMBLY INSTRUCTIONS****STEP 12**

**Step 12: Attach the Platform (309) to the Base Frame (A1) and secure using Flat Head Bolt M8x45x45mm (432).**

**432****X3**

## ASSEMBLY INSTRUCTIONS

### STEP 13



**Step 13: Attach the End Cap #4 (317) on oval hole of Upright Tube Assembly - L /R (A4/A5) and Bottom Supporting Tube-L/R (A2/A3).**

**317 X4**

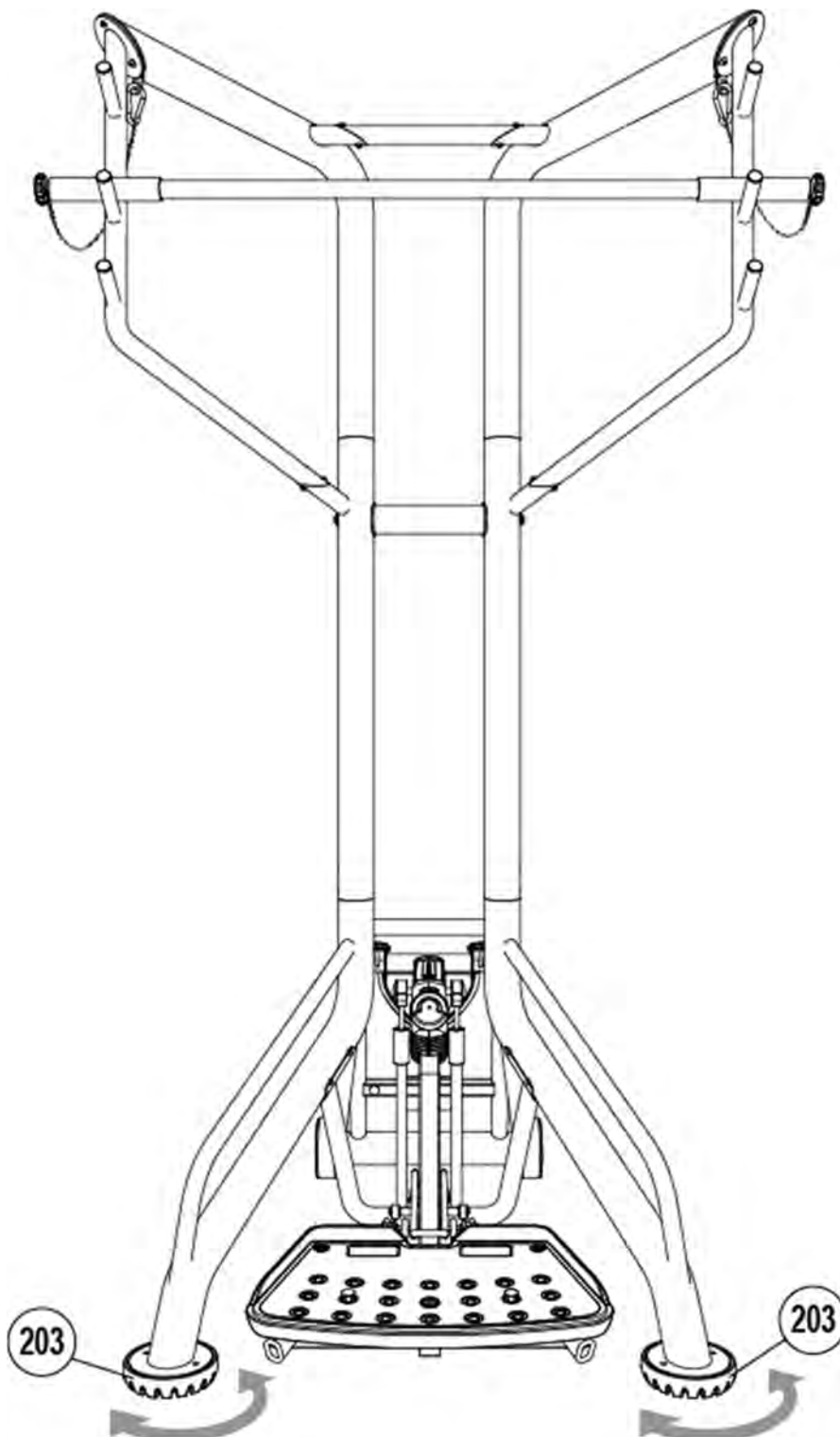


## STABILIZER ADJUSTMENT

### LEVEL ADJUSTMENT:

To adjust the level of the Ninja Play Xtreme 9.8 Gravity Gym simply rotate the Level Adjusters clockwise or counter clockwise.

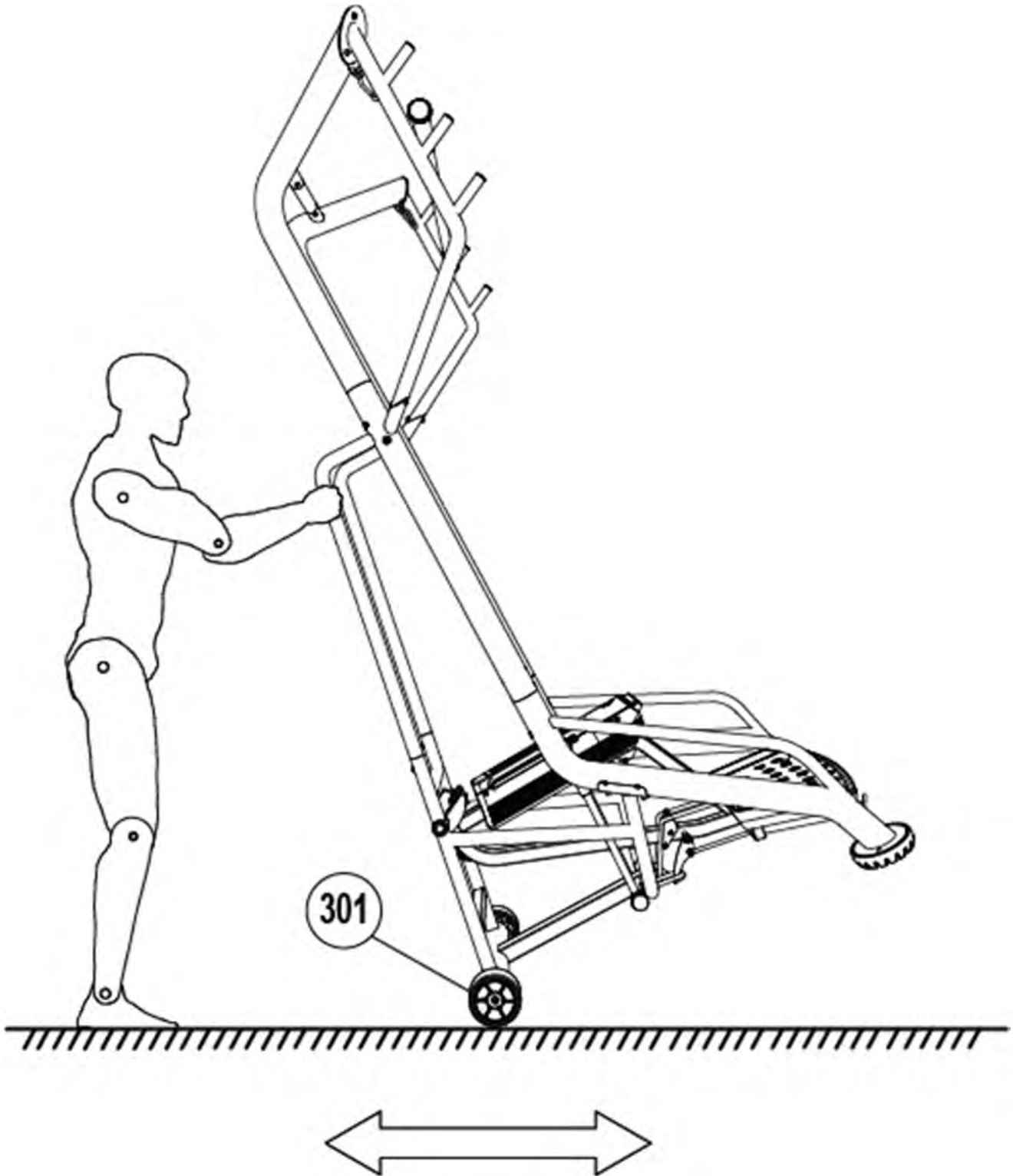
Tilt the Ninja Play Xtreme 9.8 Gravity Gym to the side to access the base levelers.





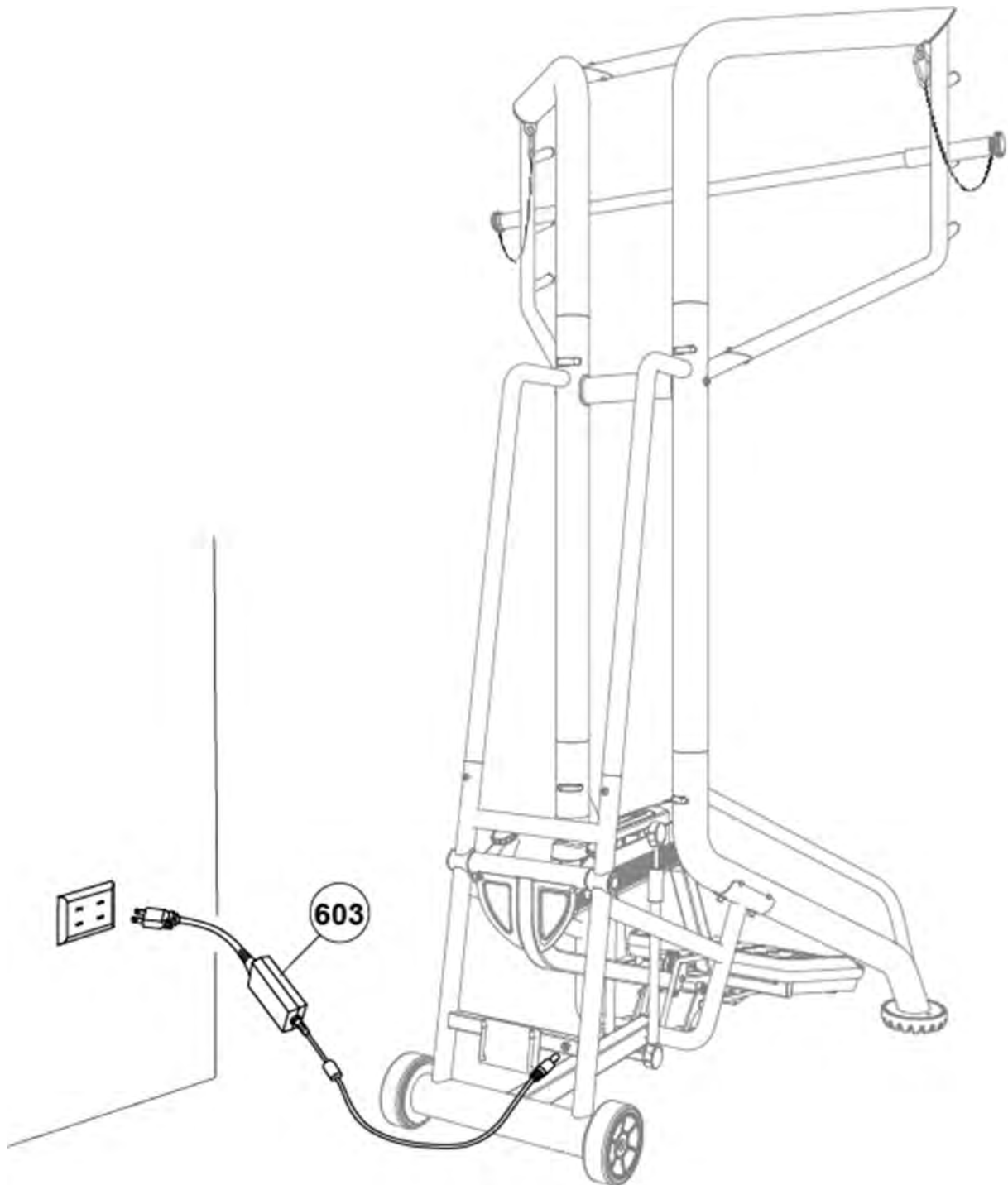
## TRANSPORTING INSTRUCTION

The caster wheels are located on the rear end of this equipment, providing easy transport. Simply lift the bars located on the back of this equipment until the wheels touch the floor. Then roll the unit to the desired location.



## POWER INSTRUCTION

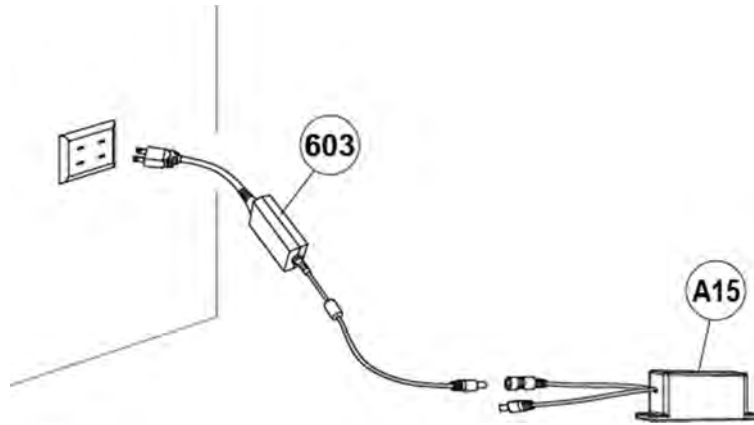
Plug Power Adaptor (603) into the wall outlet and connect to Ninja Play Xtreme 9.8 Gravity Gym in the back of the equipment. Turn the power switch on and it's ready to use. Portable Rechargeable Battery is also available for purchase on Ninja Play Fitness website.



## PORTABLE RECHARGEABLE BATTERY

### CHARGING PORTABLE RECHARGEABLE BATTERY

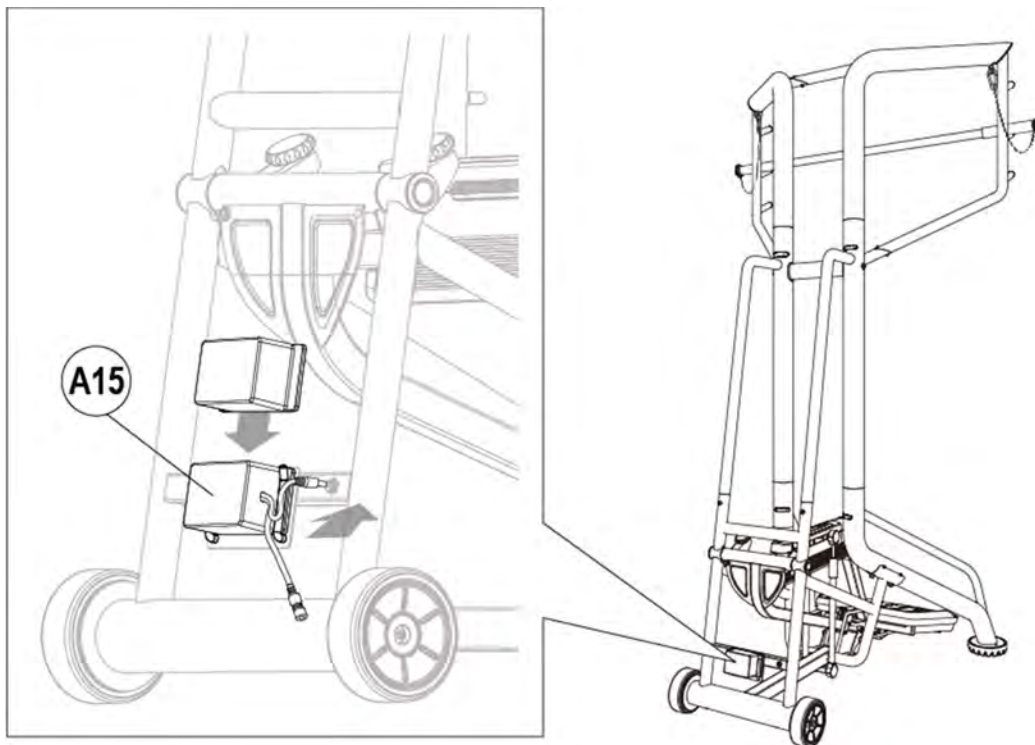
Plug Power Adaptor (603) into the wall outlet and connect to the Portable Rechargeable Battery (A15). Charge until the charging indicator light on the Power Adaptor (603) turns green, then the battery is ready to use.



### USING PORTABLE RECHARGEABLE BATTERY

Make sure the Portable Rechargeable Battery (A15) is charged to the full capacity before use.

The Portable Rechargeable Battery Holder is located in the bottom back of Ninja Play Xtreme 9.8 Gravity Gym. Place the Portable Rechargeable Battery (A15) onto the battery holder, plug Portable Rechargeable Battery (A15) into the connector on the right side of the battery holder. Turn on the power switch in the front, then it's ready to use.



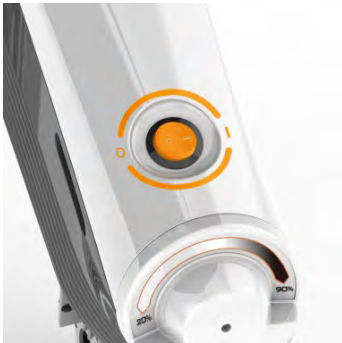
## OPERATING INSTRUCTION



### 1. Safety Locker:

Pull the safety locker up to release the master lock before starting any setups for exercise. Always pull the master lock down to lock up the whole equipment after your workout sessions.

Note: Do not use the machine if the master lock is not able to pull all the way up to release. In this case please step on the platform and make sure the platform landed and touched the floor. If the platform is not touching the floor, please adjust the knob for less floating. If the safety locker is still not able to release, please contact us.



### 2. Power Switch:

Press this button to ON/OFF the Ninja Play Xtreme 9.8 Gravity Gym. I = ON and O = OFF.

Always turn off the power switch after your workout session.



### 3. Gravity Adjustment Knob:

You can press the knob to the right or left to adjust your own gravity from 20% to 90% to achieve suitable load/resistance for your training. Press knob on the left for lighter resistance loads, press knob on the right heavier resistance loads.

## OPERATING INSTRUCTION

### Gravity Load Indicator:

Select a proper range of gravity loads based on your own weight. Please pay attention to this setup, if you select gravity load exceeds your bodyweight range, it will cause safety issues.

#### Note:

The platform should be able to land and touch the floor, lock with the safety lock in the bottom. If you select the Gravity Load (orange pointer) that exceeds your bodyweight range, you need to adjust the Gravity Load (orange pointer) toward 20% by using the Gravity Adjustment Knob. Then the platform will be able to land and touch the floor.

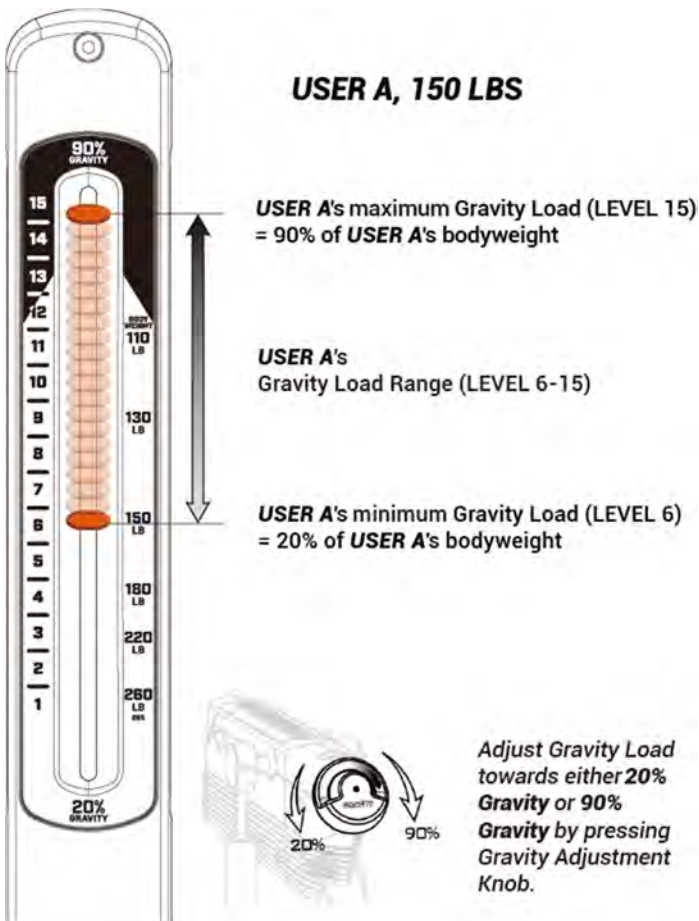
**20% Gravity** - your bodyweight x 20% = your minimum training weight (resistance)

**90% Gravity** - your bodyweight x 90% = your maximum training weight (resistance)

### Example 1: User A, weight 150 lb

On the right side of the Gravity Load Indicator, you can find 150 lb reflects Level 6. The Gravity Load Range for User A starting from Level 6 to Level 15. If User A selects any Gravity Load Range outside of Level 6~15 (as selects Level 5~1), it will cause safety issues.

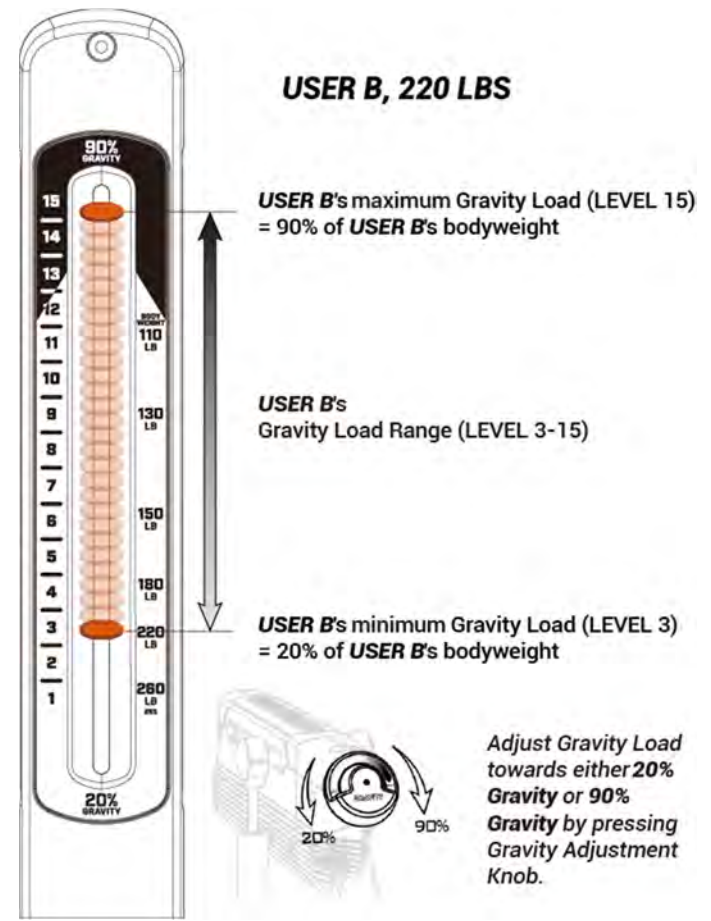
On Level 6, pull-up training weight is 20% of User A's bodyweight. When the orange pointer moves up to a higher level, the pull-up training weights will increase (if User A selects Level 15, the pull-up training weight is 90% of User A's bodyweight).



### Example 2: User B, weight 220 lb

On the right side of the Gravity Load Indicator, you can find 220 lb reflects Level 3. The Gravity Load Range for User B starting from Level 3 to Level 15. If User B selects any Gravity Load Range outside of Level 3~15 (as selects Level 2~1), it will cause safety issues.

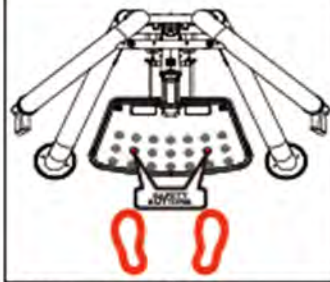
On Level 3, pull-up training weight is 20% of User B's bodyweight. When the orange pointer moves up to a higher level, the pull-ups training weight will increase (if User B selects Level 15, the pull-up training weight is 90% of User B's bodyweight).



## OPERATING INSTRUCTION

**WARNING FOR SAFETY CARE****STEP IN** machine

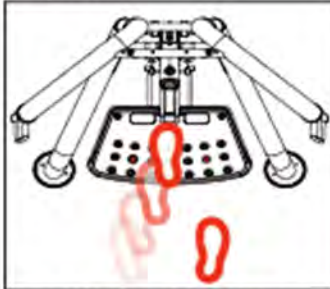
1



Make sure you find those TWO orange safety buttons on platform.



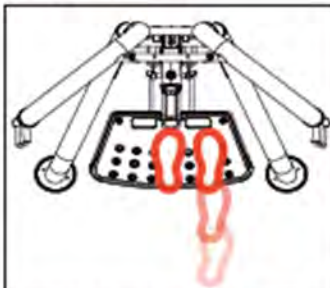
2



One foot step on the center of platform (in between the two orange safety buttons).



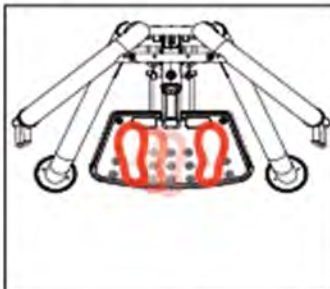
3



Another foot step on the orange safety button.



4



Move feet on both orange safety buttons. Then begin your workouts.

**STEP OUT** machine

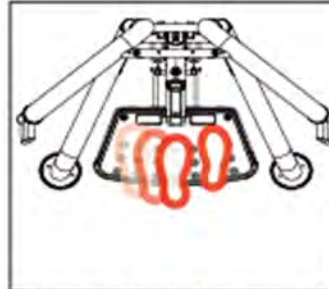
1



Hands off and make sure platform down on floor.



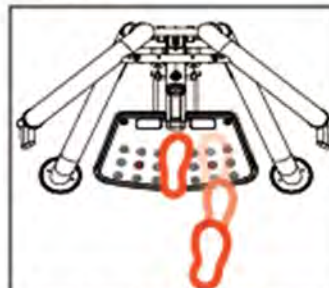
2



Move one foot to the center of platform (in between the two orange safety buttons).



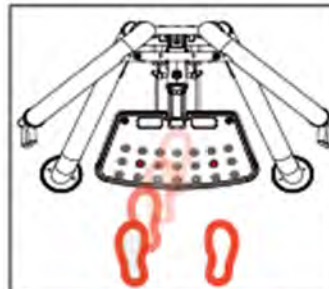
3



Move another foot out from orange safety button to floor.



4



Step out from the center of Platform to floor.

## WARNING

### Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children and pets away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could get caught during exercising.

Make sure that all bolts and nuts are securely tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

### Preparation:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. Remember these essentials:

- Contact your physician before starting a workout or training routines. Have your doctor review your training and diet programs to advise you of a workout routine you should adapt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of water during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

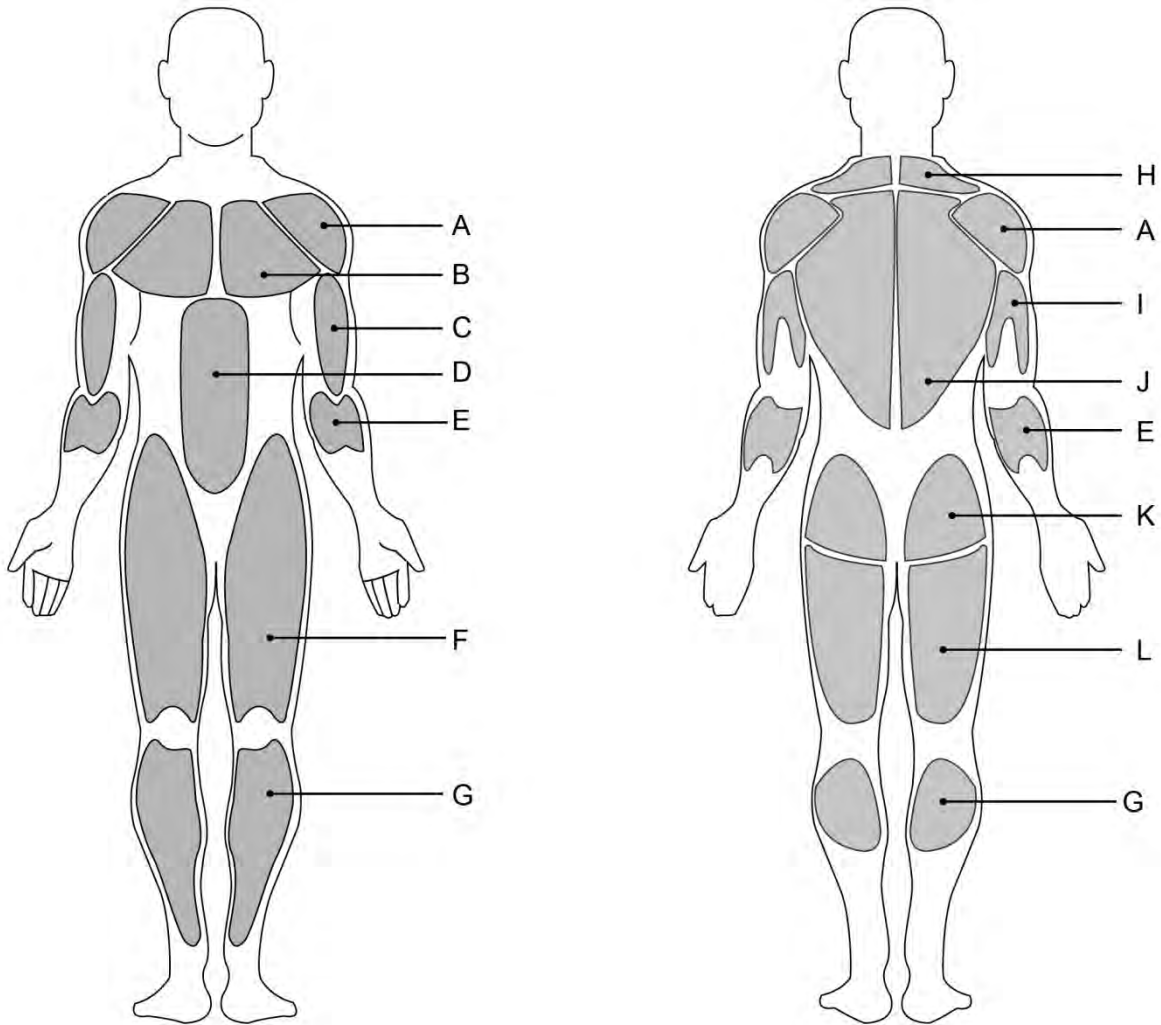


The Surgeon General  
has determined that lack  
of physical activity is  
detrimental to your health.™

# MUSCLE CHART

## Targeted Muscle Groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below:



### MUSCLE GROUPS

<b>A</b>	<b>Shoulder muscles</b>	<b>Calf muscles</b>	<b>G</b>
<b>B</b>	<b>Pectoral muscles</b>	<b>Trapezius</b>	<b>H</b>
<b>C</b>	<b>Biceps</b>	<b>Triceps</b>	<b>I</b>
<b>D</b>	<b>Abdominal muscles</b>	<b>Back muscles</b>	<b>J</b>
<b>E</b>	<b>Forearm muscles</b>	<b>Gluteus muscles</b>	<b>K</b>
<b>F</b>	<b>Quadriceps femoris muscle</b>	<b>Hamstring muscles</b>	<b>L</b>



## STRETCHING ROUTINE

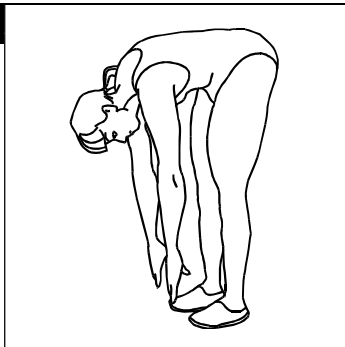
### Warm Up and Cool Down:

A successful exercise routine consists of a warm-up, aerobic exercise, and a cool-down. Do the entire routine at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workout routines to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following:

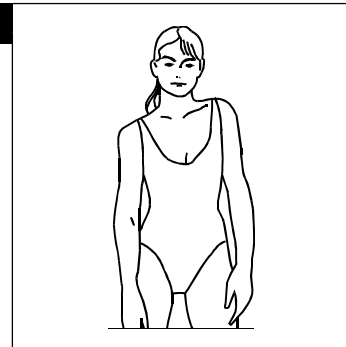
### Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



### Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



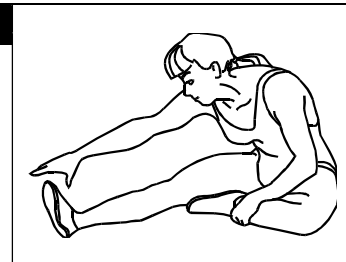
### Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



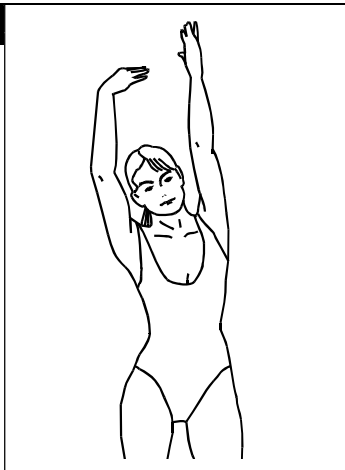
### Hamstring Stretch:

Sit with only your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as you can handle. Hold for 15 counts. Relax and then repeat with only your left leg extended.



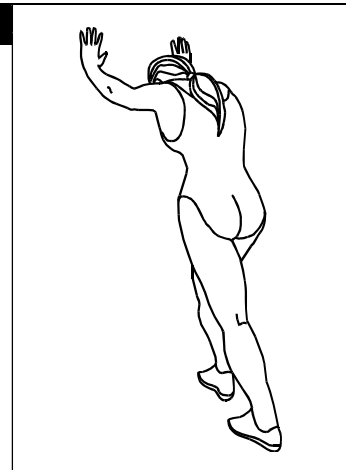
### Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



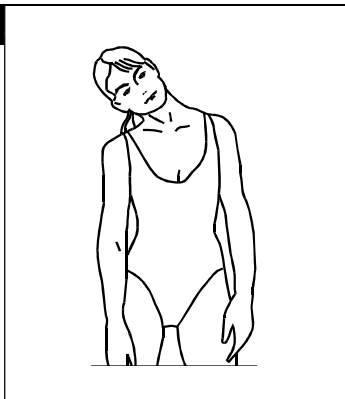
### Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right leg with your arms straight and holding against the wall. Keep your right leg straight and the left foot on the floor, then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



### Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



[www.ninjabplayfitness.com](http://www.ninjabplayfitness.com)



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