

Ninja Play



**G9.6 GRAVITY 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 for all the details.

WARNING

It is the sole responsibility of the purchaser of G9.6 Gravity Gym (the equipment) 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 G9.6 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 G9.6 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 the equipment without any supervision. All minors must be supervised at all times while using the equipment.
- All warnings and instructions should be read and proper instruction obtained prior to use. Use the equipment for its intended purpose ONLY.
- NEVER allow any non-Ninja Play's accessories such as resistance bands 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 your 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 the 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 Master Safety Lock (Page 25) is secured the equipment is not in use.



WARNING

Cancer and Reproductive Harm - 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 G9.6 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 or website live chat.

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 Helping 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 or website live chat.

Weight Limitation:

We do not recommend you to use G9.6 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 weights is 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 G9.6 Gravity Gym. It is the purchaser's responsibility to ensure that all users for this equipment are adequately informed of all warnings and instructions.

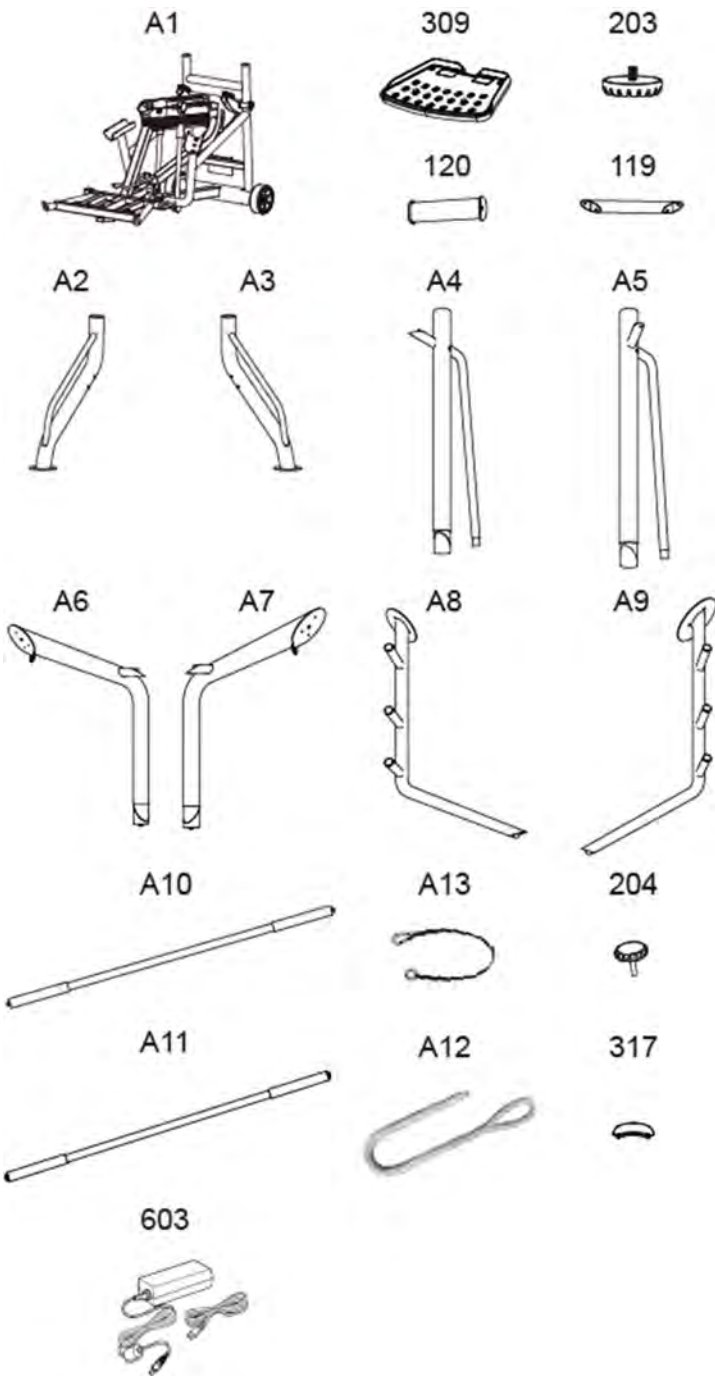
G9.6 Gravity Gym user's weight limit is no more than 309 lb (140 kg), no less than 99 lb (45 kg). G9.6 Gravity Gym uses an air shock cylinder providing floating support and loading for your training. You can adjust the floating power support electronically.

- G9.6 Gravity Gym is designed for adults, please keep children under the age of 12 and pets away from the G9.6 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 G9.6 Gravity Gym on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the G9.6 Gravity Gym.
- Keep sweat or any liquid away from the G9.6 Gravity Gym's electronic components.
- Keep the G9.6 Gravity Gym indoors, away from moisture and dust. Do not put the G9.6 Gravity Gym in a 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 feel you are about to 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 G9.6 Gravity Gym.
- Adjust stabilizer to make sure the G9.6 Gravity Gym stays stable in use.
- Make sure the caster wheels are in the correct locations. Please refer to the assembly instruction for more details.
- G9.6 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. 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. Defective components could affect the machine's functionality and is 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 the power cord/battery before performing maintenance 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
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






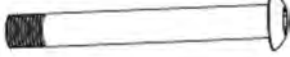





Optional Purchasing		
No.	Description	Qty.
A14	Strength Training Rope #2	1
A15	Portable Rechargeable Battery	1



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.
Ninja Play G9.6 Gravity Gym-100			
101	Base Frame	1	G9.6-101
104	Lifter Frame	1	G9.6-104
105	Gravity Adjuster Frame	1	G9.6-105
106	Knob Adjusting Holder - Front	1	G9.6-106
107	Knob Adjusting Holder - Rear	1	G9.6-107
108	Sub Safety Locker Bracket - Right #1	1	G9.6-108
109	Sub Safety Locker Bracket #2	2	G9.6-109
110	Sub Safety Locker Bracket - Right #3	1	G9.6-110
111	Sub Safety Locker Bracket - Left #1	1	G9.6-111
112	Sub Safety Locker Bracket - Left #3	1	G9.6-112
113	Upright Tube - L	1	G9.6-113
114	Upright Tube - R	1	G9.6-114
115	Top Supporting Tube - L	1	G9.6-115
116	Top Supporting Tube - R	1	G9.6-116
117	Fixed Handle Bar - L	1	G9.6-117
118	Fixed Handle Bar - R	1	G9.6-118
119	Top Connecting Tube	1	G9.6-119
120	Upright Connecting Tube	1	G9.6-120
121	Fixed Mount Bracket	4	G9.6-121
122	Safety Locker	1	G9.6-122
123	Sub Safety Locker Bushing	2	G9.6-123
124	Crossbar #1	1	G9.6-124
125	Crossbar #2	1	G9.6-125
Ninja Play G9.6 Gravity Gym -200			
201	N2 Cylinder Assembly	2	G9.6-201
202	Cylinder Bearing Set	4	G9.6-202
203	Level Adjuster	2	G9.6-203
204	Thumb Screw #1	2	G9.6-204
205	Motor Axle	1	G9.6-205
206	Motor Fixing Plate	1	G9.6-206
207	Bearing 6002	1	G9.6-207
208	Bearing 6000	1	G9.6-208
209	Knob Axis Plate	1	G9.6-209
210	Metal Bushing 0605F	2	G9.6-210
211	Spring 313mm	2	G9.6-211
212	Spring 833mm	4	G9.6-212
213	Bearing 6201	4	G9.6-213
214	Safety Rope	2	G9.6-214
215	Hook 6mm	2	G9.6-215
216	Metal Bushing 16x22.2x10.7 CH1548	4	G9.6-216
217	Bearing 608zz	6	G9.6-217
218	Thumb Screw #2	2	G9.6-218
219	Non-Slip Base	1	G9.6-219

PARTS LIST

Item No.	Description	Qty.	Part No.
Ninja Play G9.6 Gravity Gym-300			
301	Transportation Wheel	2	G9.6-301
302	Knob Roller	3	G9.6-302
303	Knob Indicator	1	G9.6-303
304	Knob POM Plate	2	G9.6-304
305	Gravity Adjusting Knob	1	G9.6-305
306	Gravity Indicating Cover - Upper	1	G9.6-306
307	Gravity Indicating Cover - Left	1	G9.6-307
308	Gravity Indicating Cover - Right	1	G9.6-308
309	Platform	1	G9.6-309
310	Clear PVC Plastic pipe 220	4	G9.6-310
311	End Cap #1	6	G9.6-311
312	Bracket Cover	4	G9.6-312
313	Wheel Cap 112x41.5mm	2	G9.6-313
314	Wheel Cap 46x12mm	2	G9.6-314
315	End Cap #2	2	G9.6-315
316	End Cap #3	2	G9.6-316
317	End Cap #4	4	G9.6-317
318	Snap Bushing	2	G9.6-318
Ninja Play G9.6 Gravity Gym-400			
401	Washer 6x16x2	10	G9.6 -401
402	Allen Head Bolt M6x16x16	1	G9.6-402
403	Allen Head Bolt M8x15x15	14	G9.6-403
404	Allen Head Bolt 12x65-M10X15	2	G9.6-404
405	Curve Washer 8x20x1.5mm	2	G9.6-405
406	Spring Washer 6x10x1	6	G9.6-406
407	Round Head Self Tapping Screw 4x19	2	G9.6-407
408	Axel Φ 8x60.2	3	G9.6-408
409	C Clip M8	6	G9.6-409
410	Screw Thread Adjuster Axle	1	G9.6-410
411	Metal Bushing 15.1x20x8.5	1	G9.6-411
412	Washer 8x23x4	1	G9.6-412
413	Round Head Screw M5x12x12	7	G9.6-413
414	Round Head Self Tapping Screw 4x12	11	G9.6-414
415	C Clip M6	1	G9.6-415
416	Spring 630mm	1	G9.6-416
417	Gasket Clips - U Type 5mm	3	G9.6-417
418	Round Head Self Tapping Screw 4.5x10	2	G9.6-418
419	Washer 10x23x2	4	G9.6-419
420	Safety Pin	2	G9.6-420
421	Allen Head Bolt M6x10x10	12	G9.6-421
422	Allen Head Bolt M6x60x15	2	G9.6-422
423	C Clip 10mm	2	G9.6-423
424	Allen Head Bolt M5x8x8	2	G9.6-424
425	Round Head Screw M4x30x30	1	G9.6-425

PARTS LIST

Item No.	Description	Qty.	Part No.
426	Nylon Nut M4	1	G9.6-426
427	Nut M6	1	G9.6-427
428	Washer 10x16x2	1	G9.6-428
429	Washer 8x18x1.5	2	G9.6-429
430	Star Push Washer 8mm	4	G9.6-430
431	Round Head Screw M6x20x20	2	G9.6-431
432	Flat Head Bolt M8x45x45mm	3	G9.6-432
433	Safety Locker Axle #1	1	G9.6-433
434	Safety Locker Axle #2	1	G9.6-434
435	Allen Head Bolt M8x10x10mm	2	G9.6-435
436	Nylon Nut M6	6	G9.6-436
437	Allen Head CAP Bolt M8x30x30mm	4	G9.6-437
438	Washer 16x25x3	4	G9.6-438
439	Allen Head Bolt M10x20x20mm	2	G9.6-439
440	Spring Washer 10x16x2	2	G9.6-440
441	Washer 6x13x1	2	G9.6-441
442	Hex Head Bolt M10x90x30	4	G9.6-442
443	Nut M8	4	G9.6-443
444	Allen Head Bolt M8x90x15	2	G9.6-444
445	Round Head Self Tapping Screw 4.5x15	1	G9.6-445
446	Washer 8x14x1.5	4	G9.6-446
447	Spring Washer 8x13.5x1.7	4	G9.6-447

Ninja Play G9.6 Gravity Gym-600

601	PC Board	1	G9.6-601
602	Power Switch	1	G9.6-602
603	Power Adapter	1	G9.6-603
604	Adjusting Motor	1	G9.6-604
605	Micro Switch Connecting Wire-1 100mm	1	G9.6-605
606	Micro Switch Connecting Wire-2 650mm	1	G9.6-606
607	DC Power Wire #1 850mm	1	G9.6-607
608	DC Power Wire #2 700mm	1	G9.6-608
609	3PIN Power Switch Connecting Wire- 200mm	1	G9.6-609
610	Power Switch Connecting Wire 180mm	1	G9.6-610
611	2PIN Adjusting Motor Connecting Wire 170mm	1	G9.6-611

Ninja Play G9.6 Gravity Gym-A

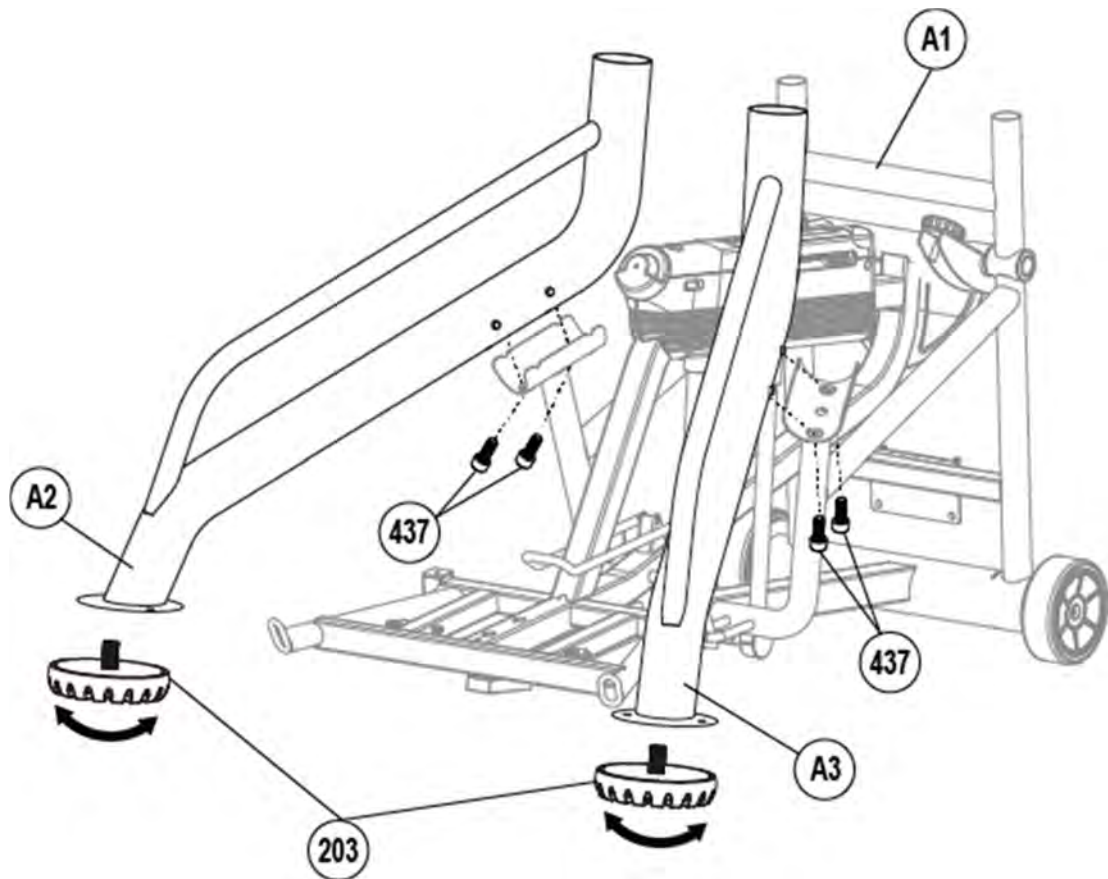
A12	Strength Training Rope #1	1	G9.6-A12
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Optional Purchasing

Item No.	Description	Qty.	Part No.
A14	Strength Training Rope #2	1	G9.6-A14
A15	Portable Rechargeable Battery	1	G9.6-A15

ASSEMBLY INSTRUCTIONS

STEP 1



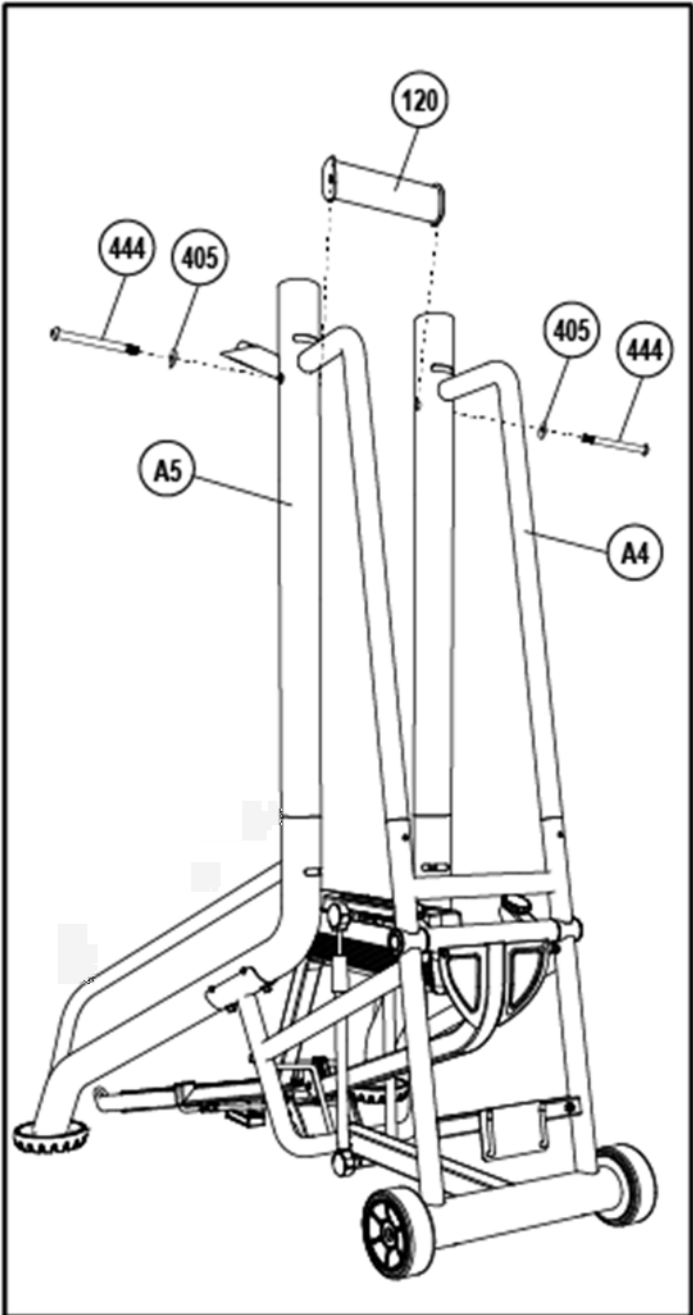
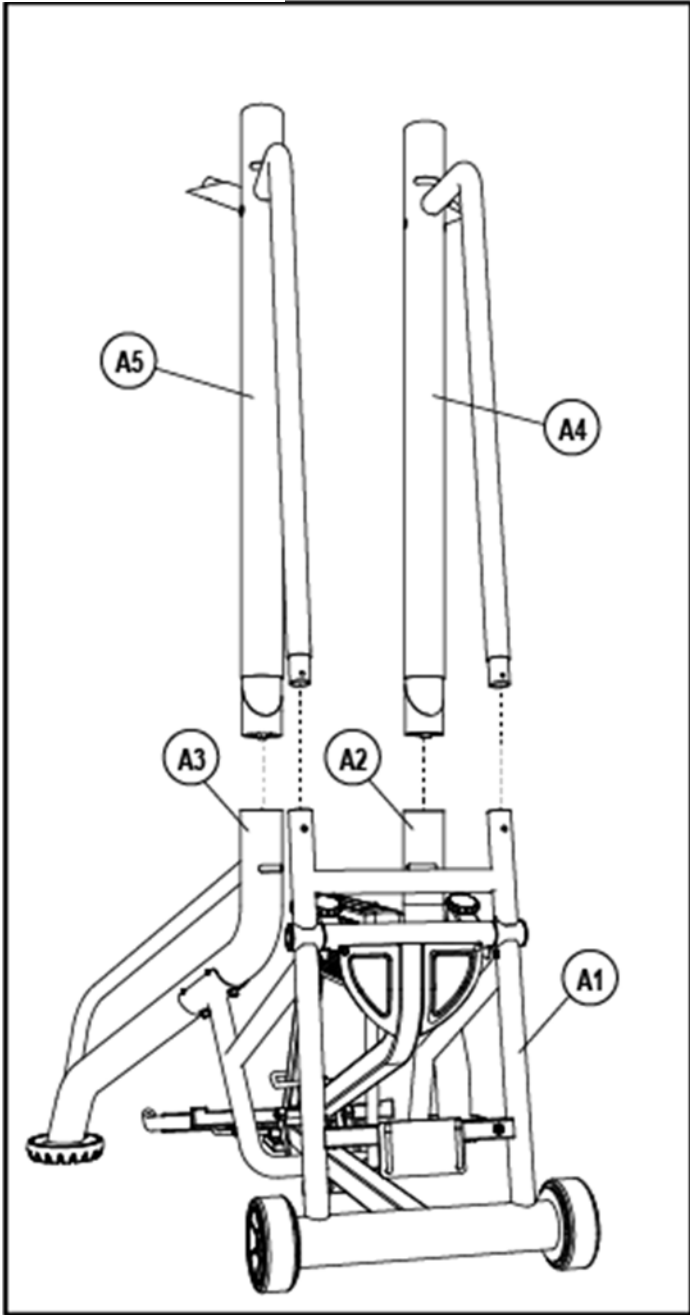
Step 1 : Assemble the Level adjuster (203) to the Bottom Supporting Tube - L & R (A2 & A3) .

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

203	X2	
437	X4	



ASSEMBLY INSTRUCTIONS

STEP 2



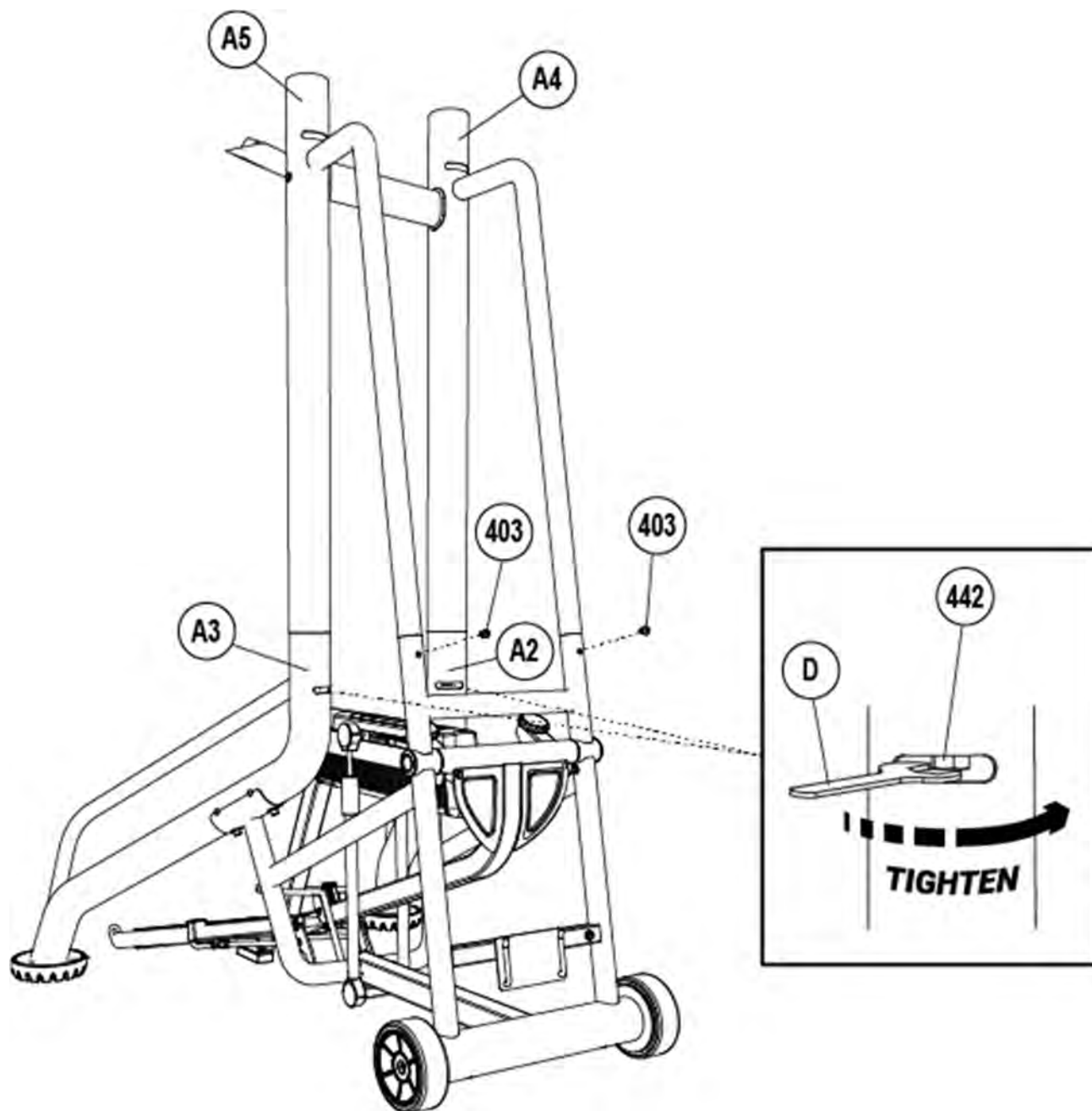
Step 2: Assemble the Upright Tube - L (A4) to the Bottom Supporting Tube- L (A2) and assemble the Upright Tube - R (A5) to the Bottom Supporting Tube- R (A3) .

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

405	X2	
444	X2	

ASSEMBLY INSTRUCTIONS

STEP 3

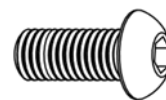


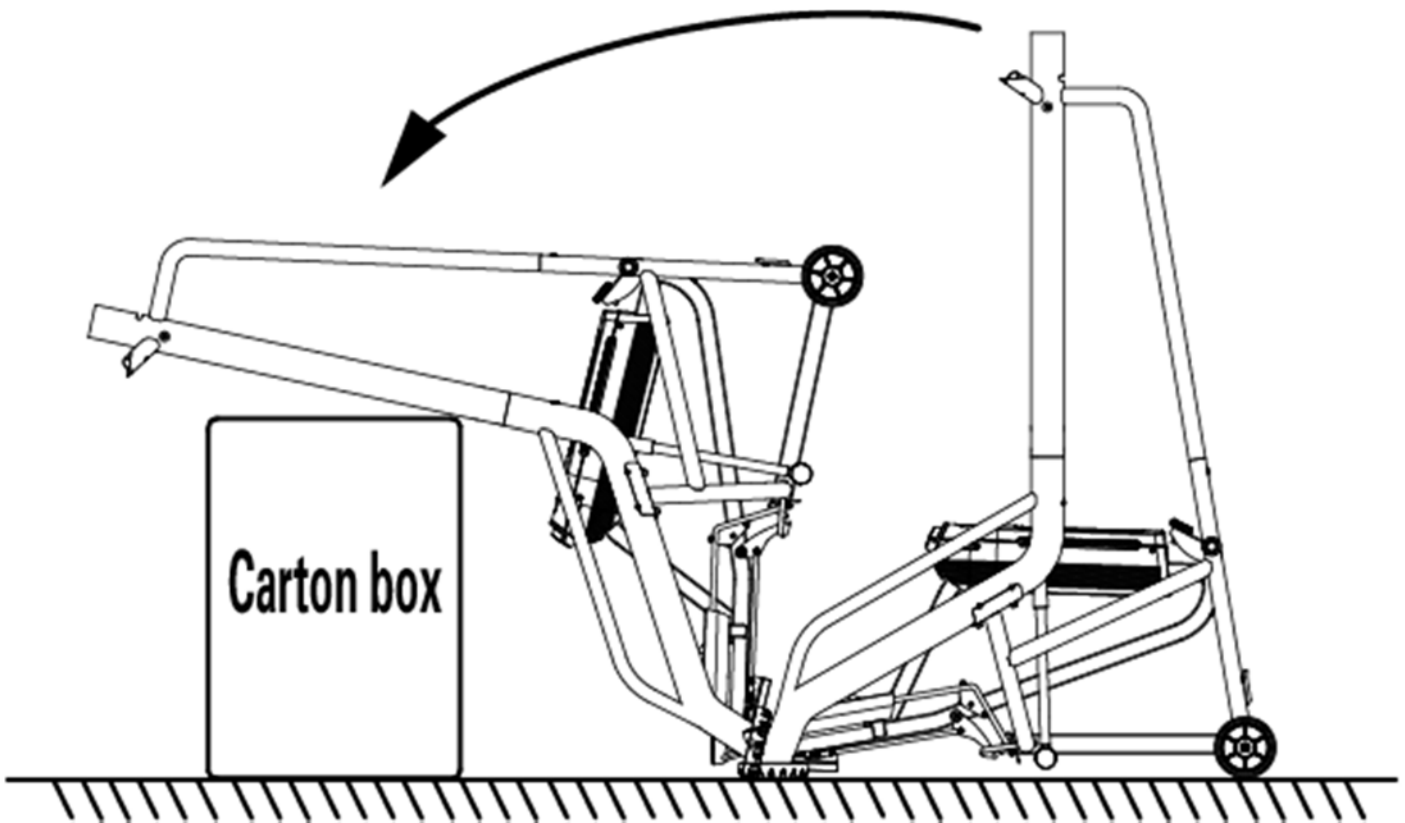
Step 3: Using Allen Head Bolt M8x15x15mm (403) to secure Upright Tube - L and R (A4 and A5) with Base Frame (A1).

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

403

X2

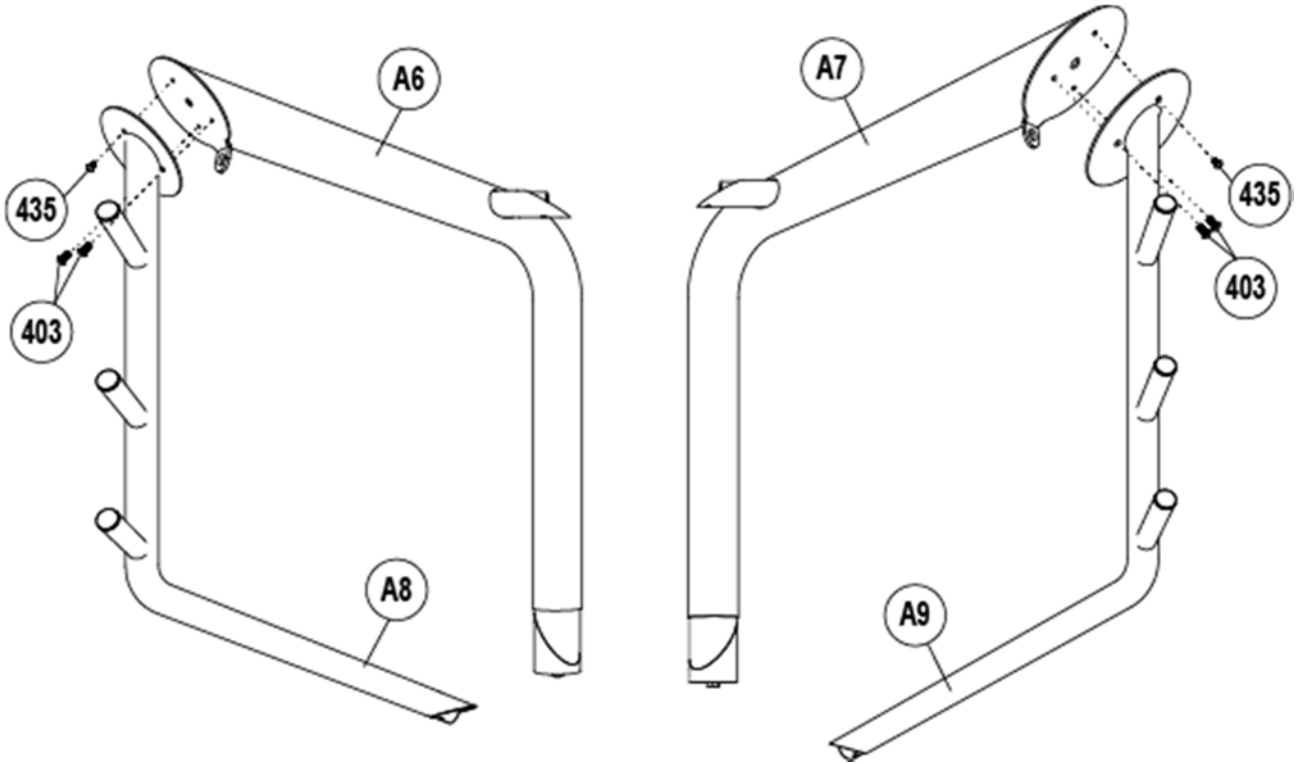


ASSEMBLY INSTRUCTIONS**STEP 4**



Step 4: Slant the machine onto the carton box

ASSEMBLY INSTRUCTIONS

STEP 5

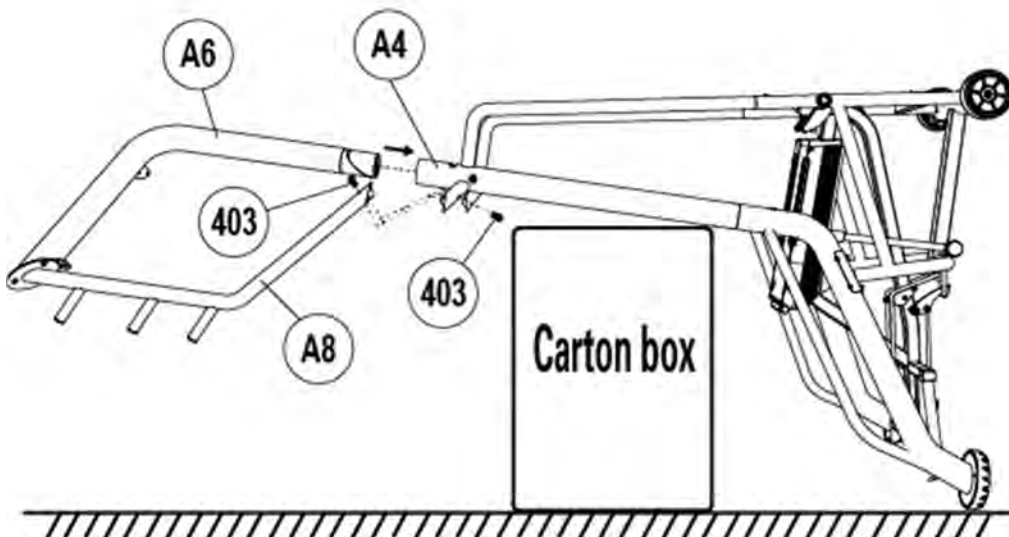
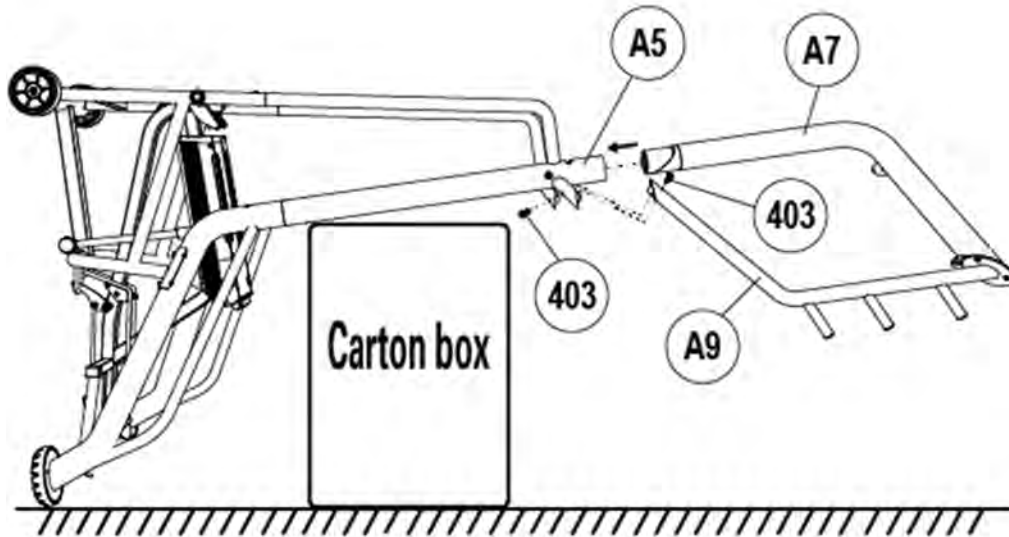


Step 5: Assemble the Top Supporting Tube Assembly - L and R (A6 and A7) to the Fixed Handle Bar Assembly - L and R (A8 and A9) and secure with Allen Head Bolt M8x15x15mm (403) and Allen Head Bolt M8x10x10mm (435)

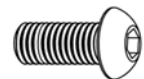
403	X4	
435	X2	

ASSEMBLY INSTRUCTIONS

STEP 6

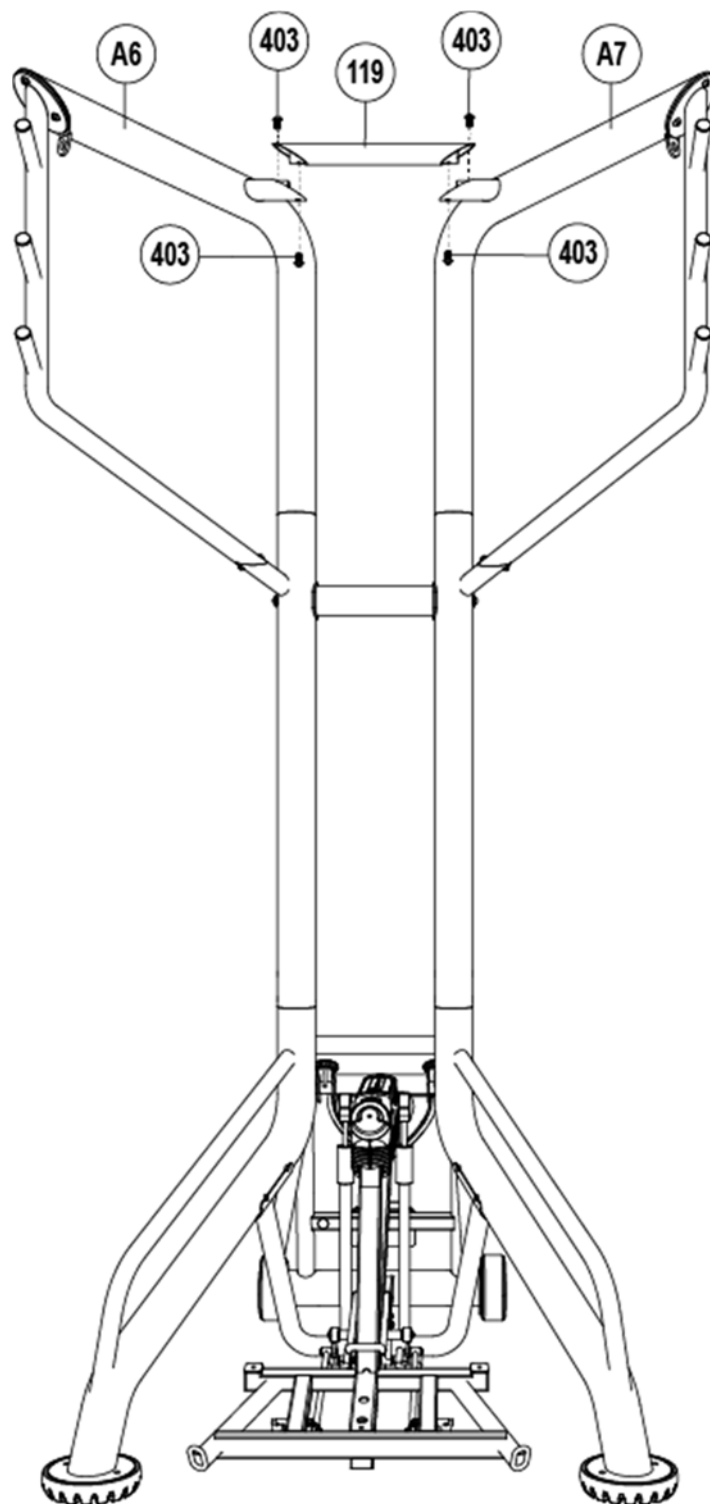


Step 6: Assemble the Fixed Handle Bar Assembly – L and R (A8 and A9) to the Upright Tube – L and R (A4 and A5) and secure with Allen Head Bolt M8x15x15mm (403), Do not fully tighten them at first.

403**X4**

ASSEMBLY INSTRUCTIONS

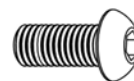
STEP 7

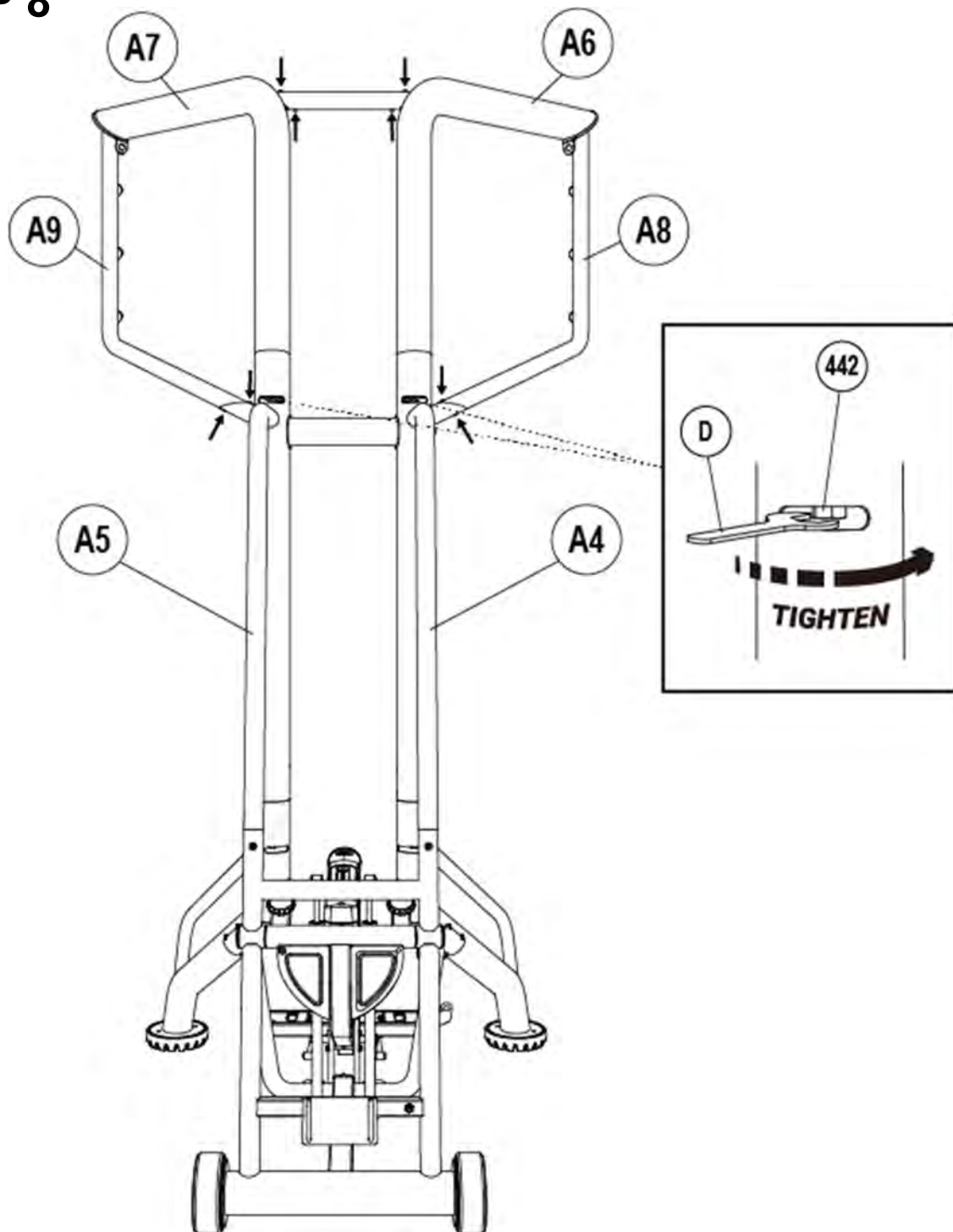


Step 7: Assemble the Top Connecting Tube (119) to the Top Supporting Tube Assembly - L and R (A6 and A7) and secure using Allen Head Bolt M8x15x15mm (403). Do not fully tighten them at first.

403

X4

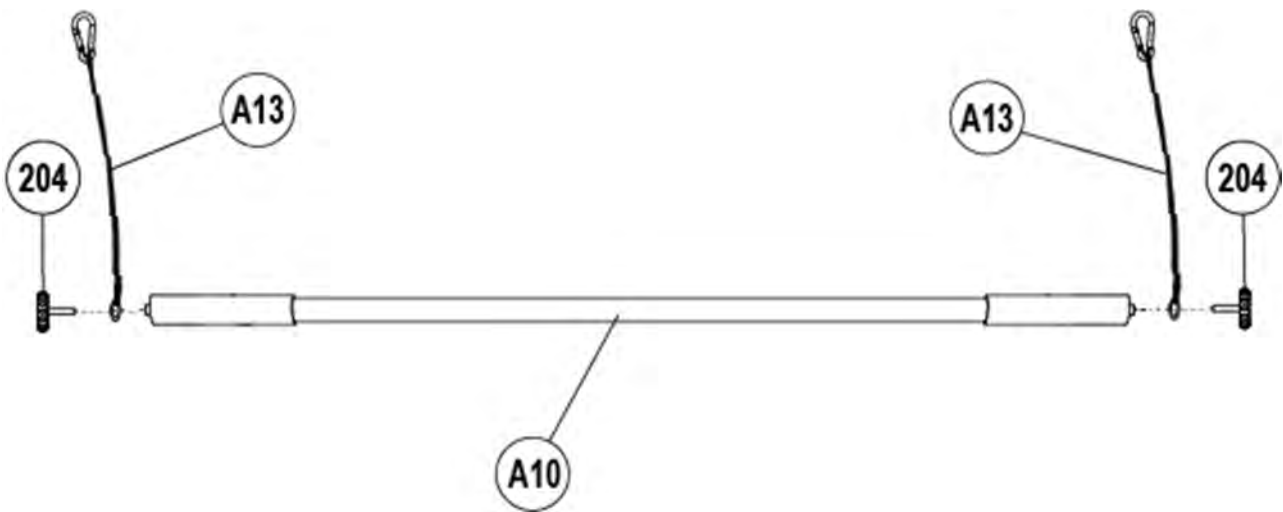


ASSEMBLY INSTRUCTIONS**STEP 8**

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

ASSEMBLY INSTRUCTIONS

STEP 9

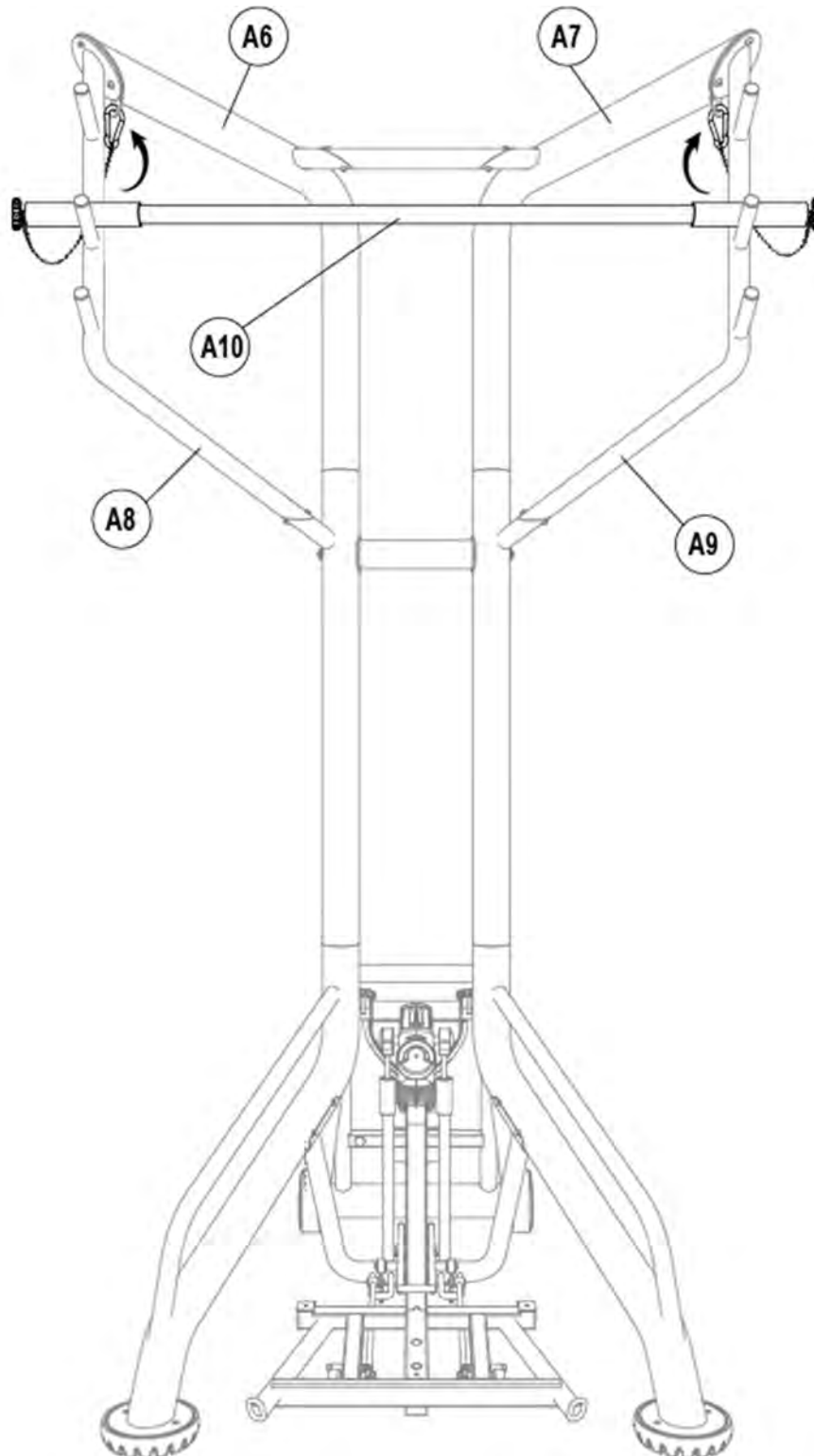


Step 9: Assemble the Safety Rope Assembly (A13) to the Crossbar Assembly (A10) and secure with Thumb Screw (204).

204

X2

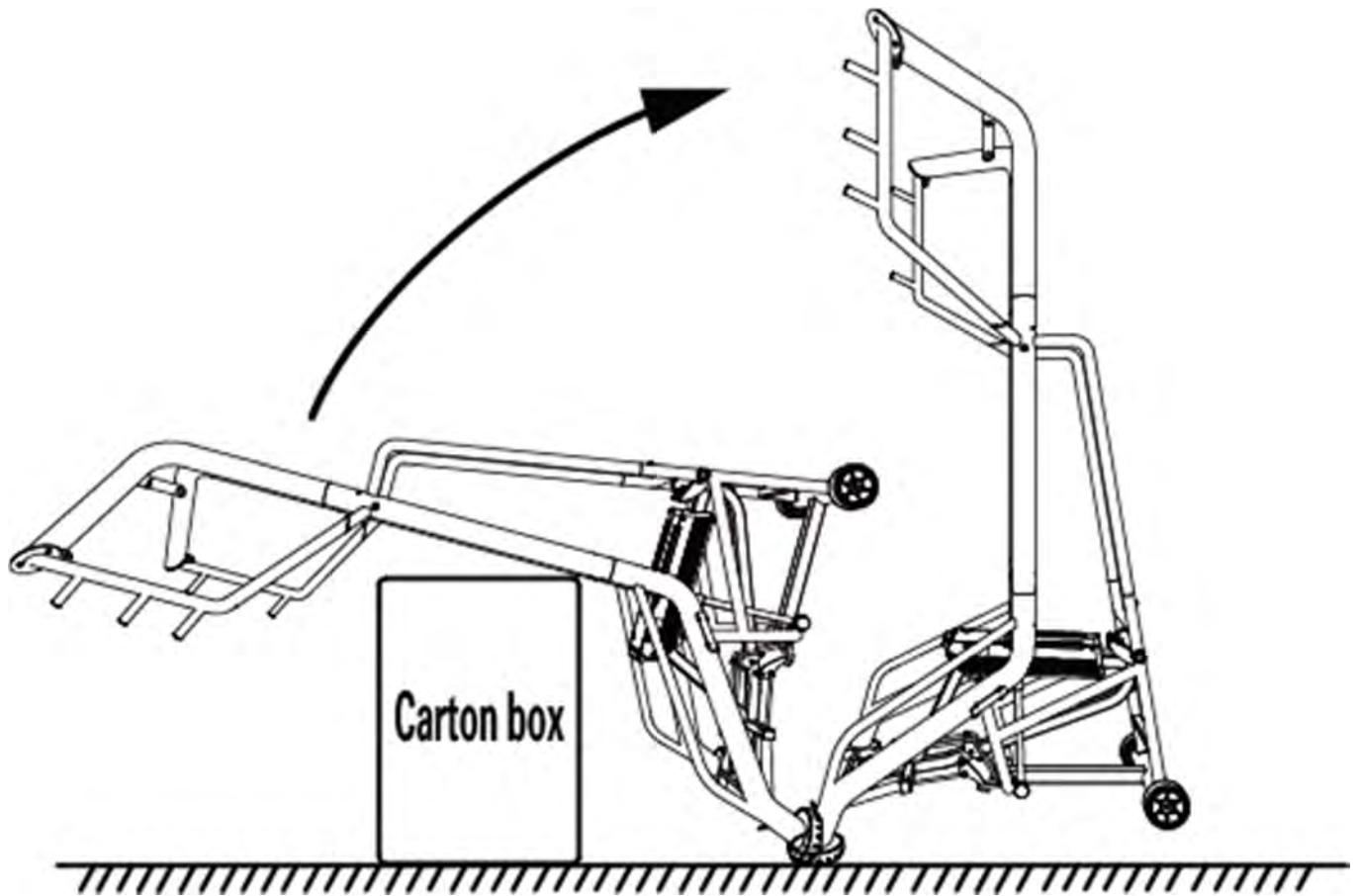


ASSEMBLY INSTRUCTIONS**STEP 10**

Step 10: Attach Crossbar Assembly of STEP 9 and take the carabiners go around the outside of Fixed Handlebars (L/R - A8 / A9) and clip on the extended panel located at the Top Supporting Tubes (L/R - A6 /A7).

ASSEMBLY INSTRUCTIONS

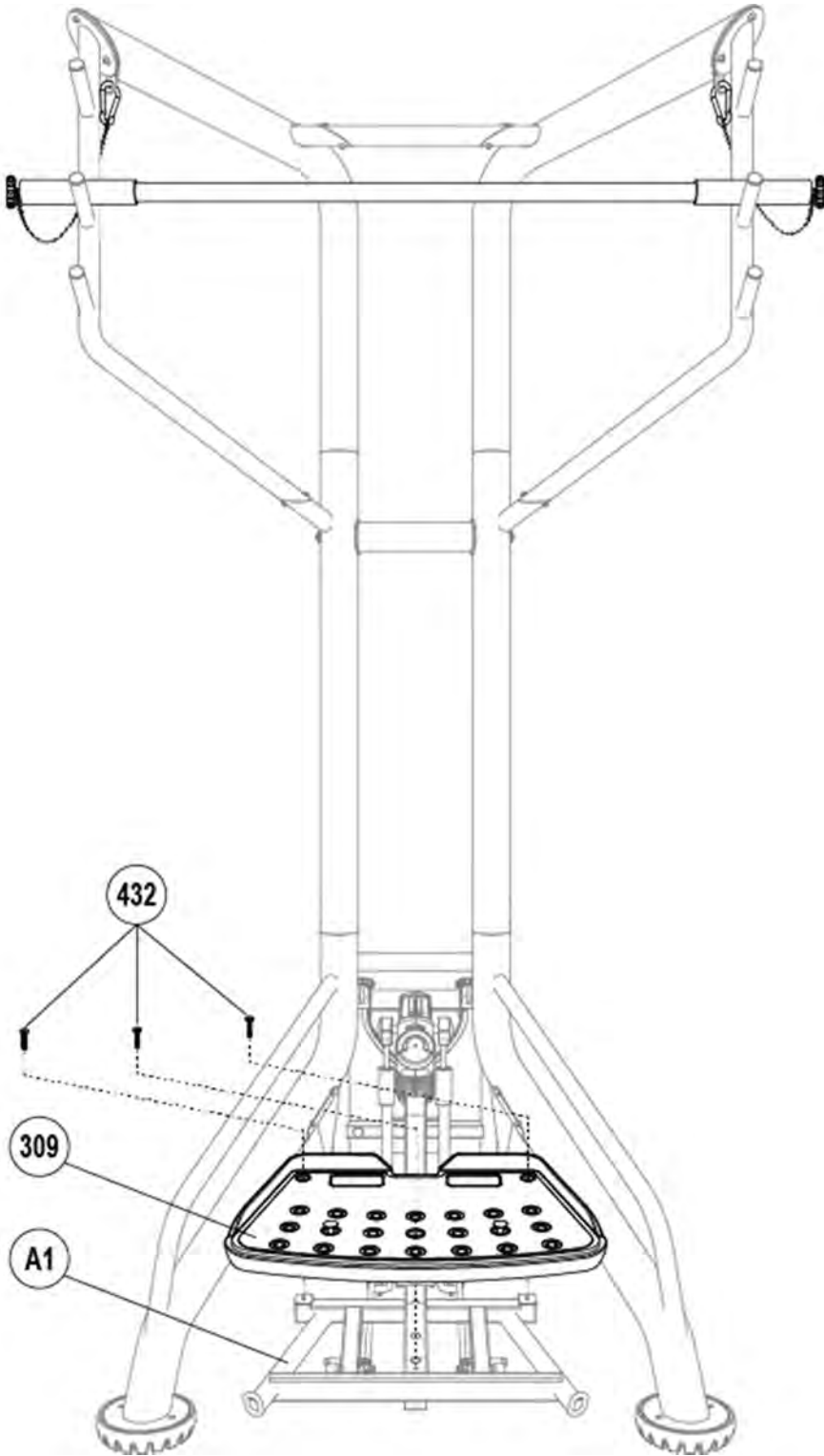
STEP 11




Step 11: Lift the machine vertically.

ASSEMBLY INSTRUCTIONS

STEP 12

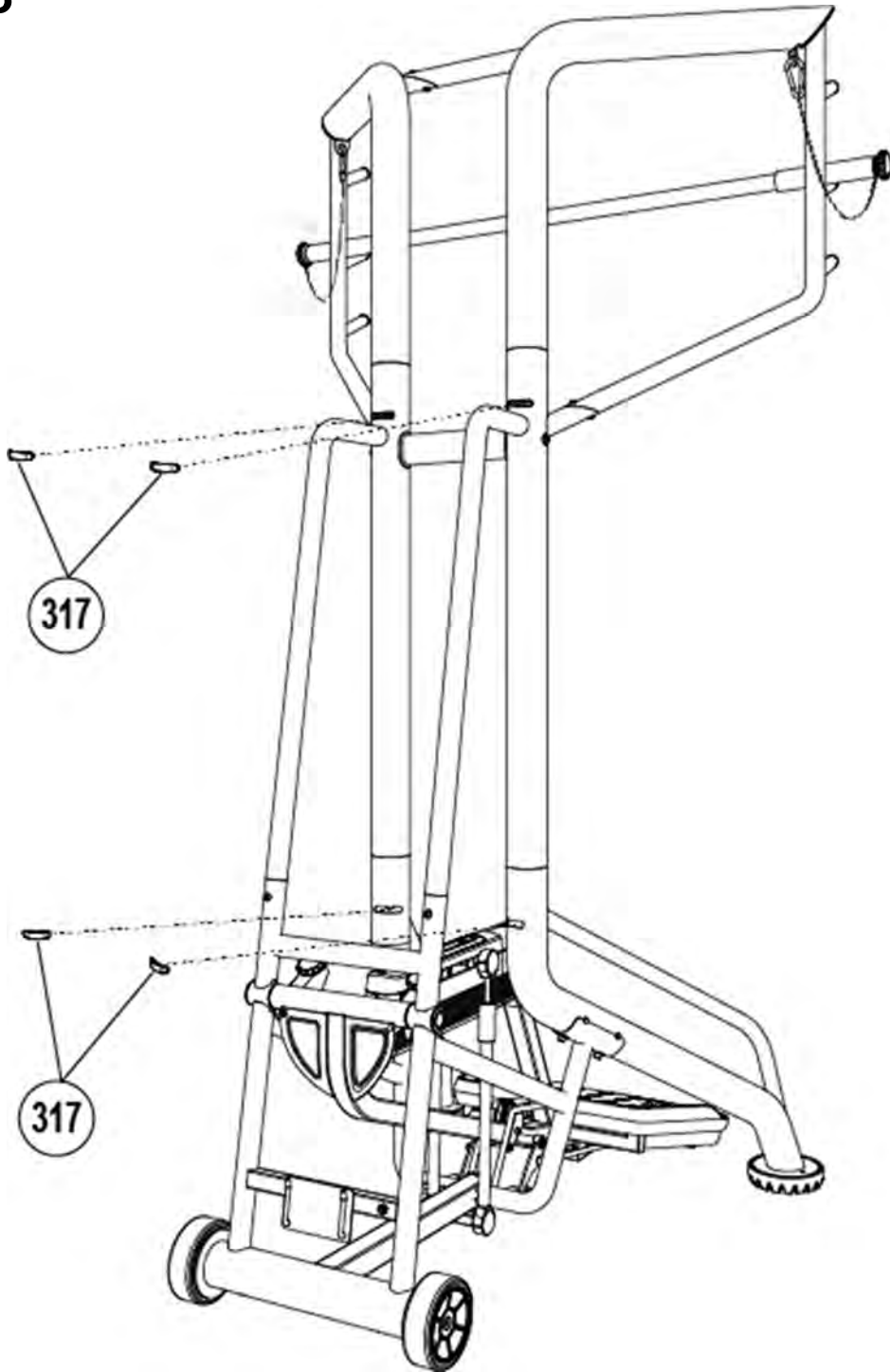


Step 12: Attach the Platform (309) to the Base Frame (A1) and secure with Flat Head Bolt M8x45x45mm (432).

432	X3	
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ASSEMBLY INSTRUCTIONS

STEP 13



Step 13: Attach the End Cap #4 (317) on oval holes of Upper Tubes Assembly - L/R (A4/A5) and Bottom Supporting Tubes - L/R (A2/A3)

317

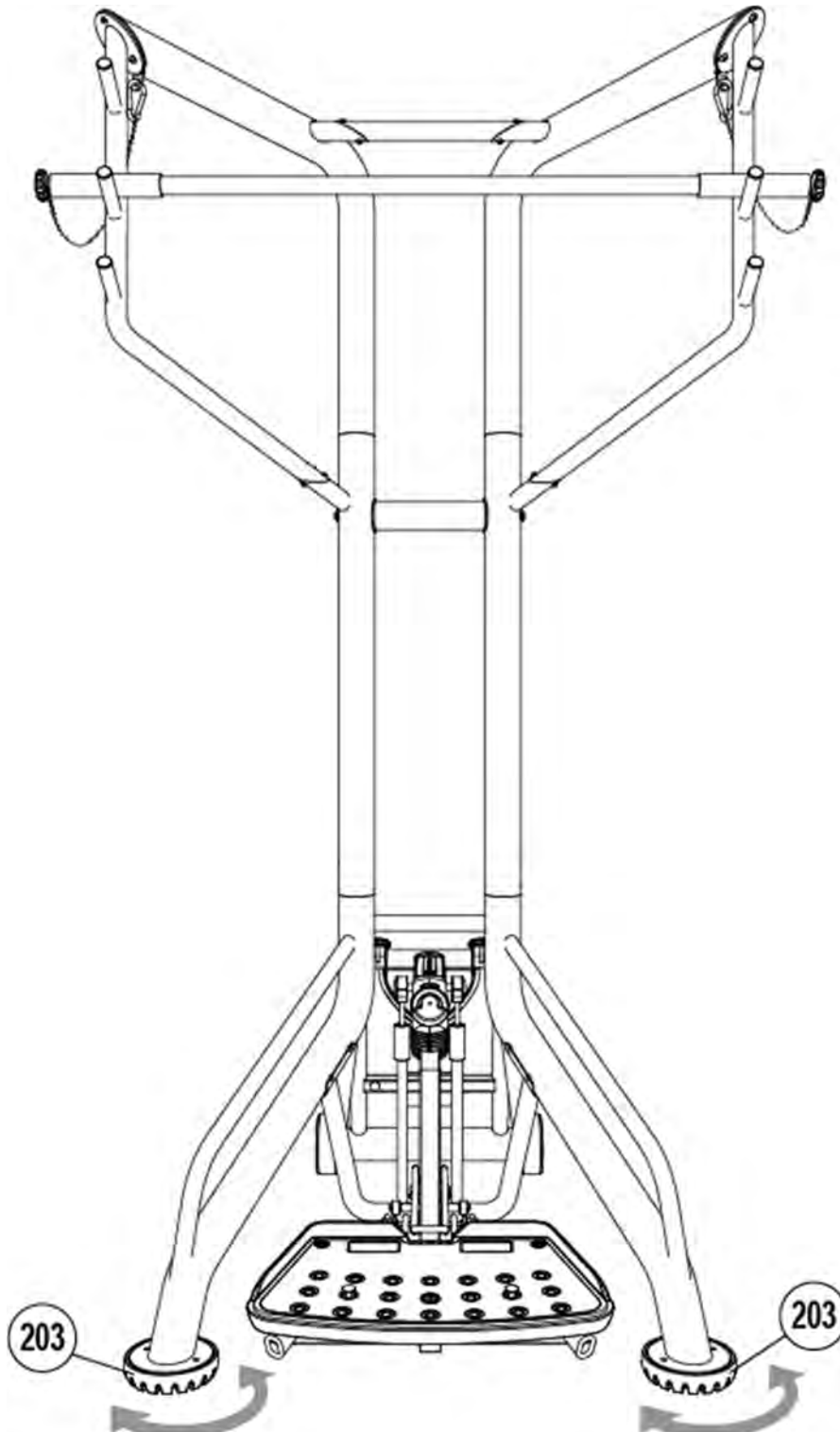
X4



STABILIZER ADJUSTMENT

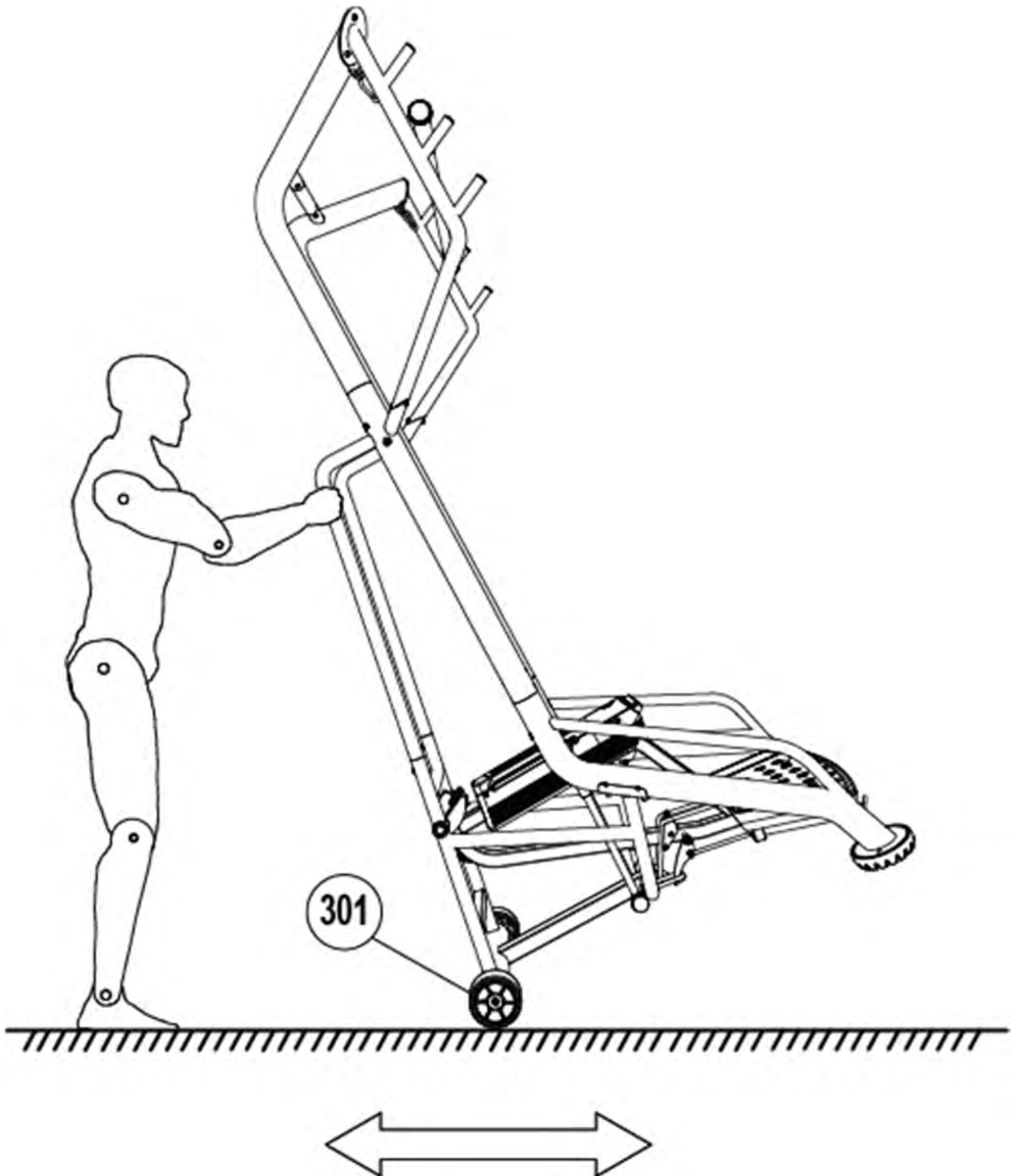
LEVEL ADJUSTMENT

To adjust the level of the G9.6 Gravity Gym, you can simply rotate the Level Adjusters clockwise or counterclockwise. Tilt the G9.6 Gravity Gym against a wall to access the base Level Adjusters.



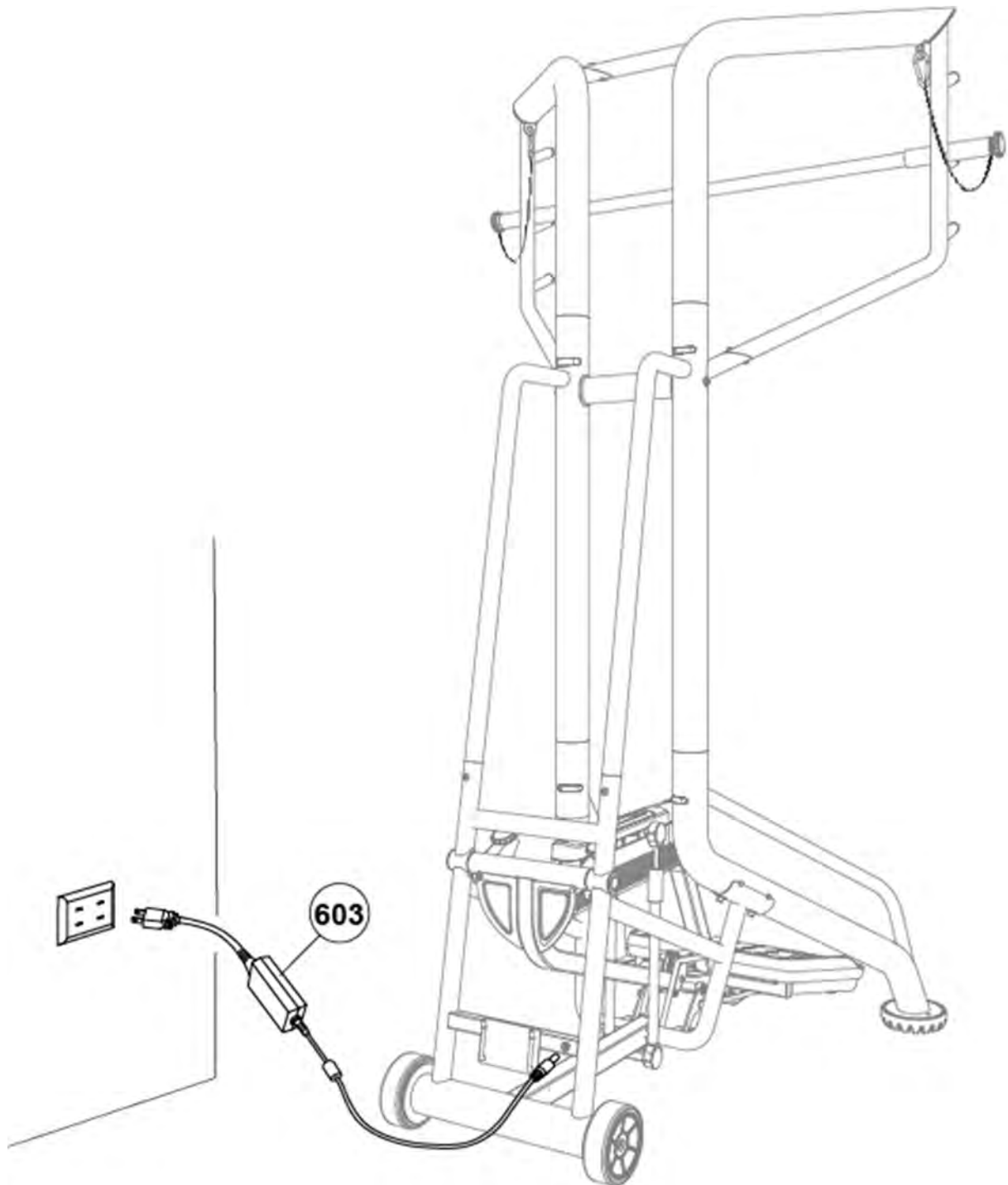
TRANSPORTING INSTRUCTION

The caster wheels are located on the rear end of the equipment, providing easy transport. Simply pull down the bars located on the back of this equipment until the Level Adjusters (Page 21) departed from the floor. Then roll the equipment to the desired location.



POWER INSTRUCTION

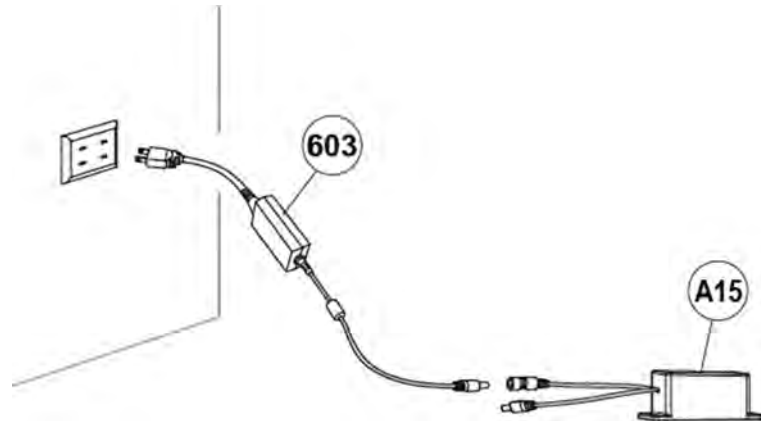
Plug Power Adapter (603) into the wall outlet and connect to G9.6 Gravity Gym in the back of the equipment. Turn the power switch on when ready to use. Portable Rechargeable Battery is available for purchase on Ninja Play website www.ninjabplayfitness.com



PORTABLE RECHARGEABLE BATTERY

CHARGING PORTABLE RECHARGEABLE BATTERY

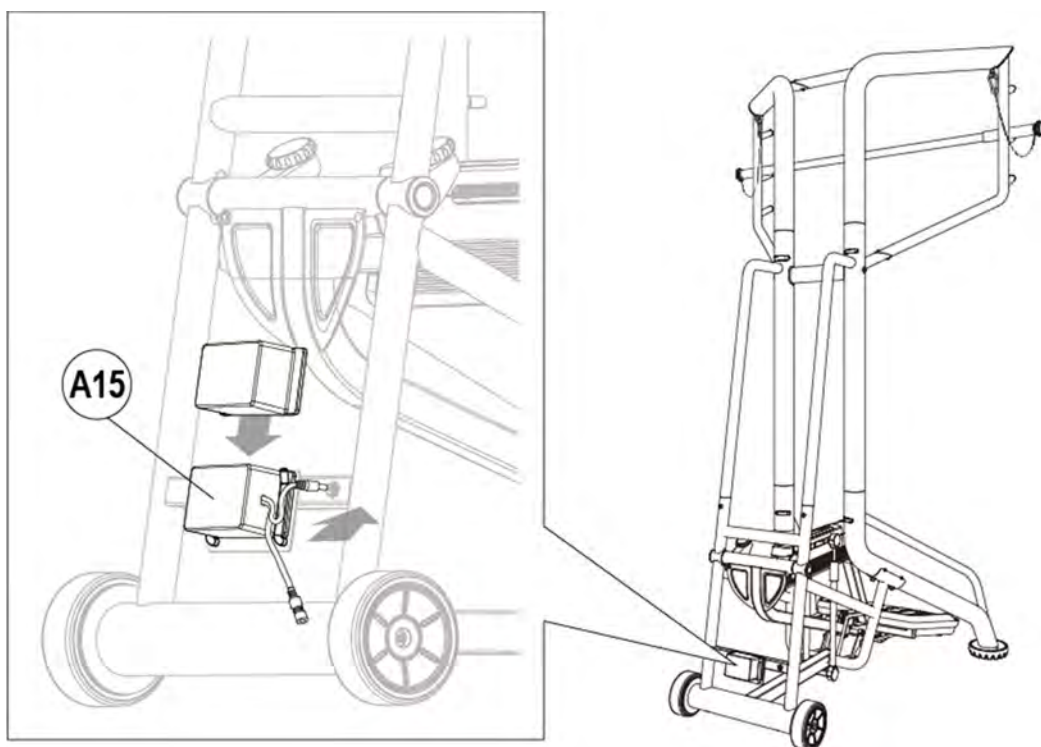
Plug Power Adapter (603) into the wall outlet and connect to the Portable Rechargeable Battery (A15). Charge until the charging indicator light on the Power Adapter (603) turns green, then the battery is ready to use.



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 G9.6 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 when it's ready to use.



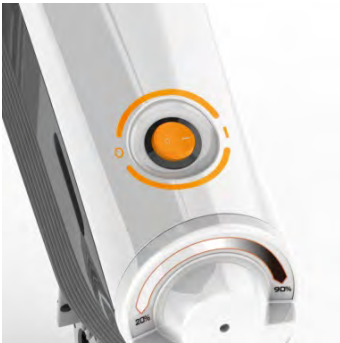
OPERATING INSTRUCTION



1. Master Safety Lock (orange latch) :

Lift the Master Safety Lock up to unlock the machine before starting any exercise. Always put the Master Safety Lock down to secure the whole equipment after your exercises.

Note: Do not use the machine if the Master Safety 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 has landed and touches the floor. To lower the Master Safety Lock (orange latch), the platform needs to be fully touching the floor. You may need to increase the Gravity Load (towards 90%) if it exceeds your bodyweight for the platform to touch the floor.



2. Power Switch :

Press this button to ON/OFF the G9.6 Gravity Gym.

I = ON and O = OFF.

Always make sure to turn off the power switch after all your workout sessions.



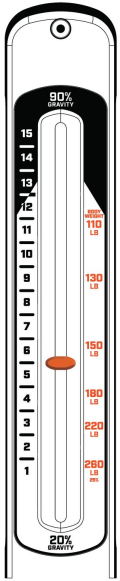
3. Gravity Load Adjustment Knob:

Gravity Load Adjustment Knob is located in front of the Gravity Load Indicator. Adjust your suitable gravity load(s) by pressing the knob clockwise/counterclockwise.

CLOCKWISE : Towards 90% Gravity Loads.

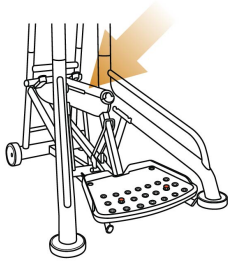
COUNTERCLOCKWISE : Towards 20% Gravity Loads.

OPERATING INSTRUCTION (Adjust The Gravity Loads)



GRAVITY LOAD INDICATOR

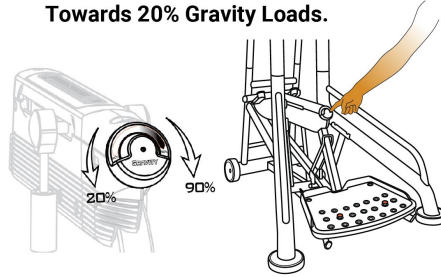
Select a proper range of gravity loads based on your own weight. Please pay attention to this step. If your selected gravity load exceeds your bodyweight it will cause safety issues.



GRAVITY LOAD ADJUSTMENT KNOB

Gravity Load Adjustment Knob is located in front of the Gravity Load Indicator. Adjust your suitable gravity load(s) by pressing the knob clockwise/counterclockwise.

CLOCKWISE : Towards 90% Gravity Loads. / COUNTERCLOCKWISE : Towards 20% Gravity Loads.



NOTE

To lower the Master Safety Lock (orange latch), the platform needs to be fully touching the floor. You may need to increase the Gravity Load (towards 90%) if it exceeds your bodyweight for the platform to touch the floor.

20% GRAVITY LOAD :
Your bodyweight x 20% = your minimum training weight (resistance).

90% GRAVITY LOAD :
Your bodyweight x 90% = your maximum training weight (resistance).

EXAMPLE #1 : USER A, 150 LB

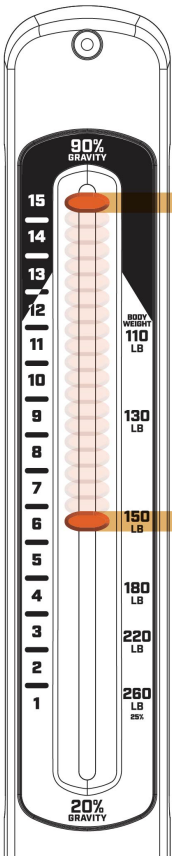


MAX LEVEL **15**
MIN LEVEL **6**

EXAMPLE #2 : USER B, 220 LB

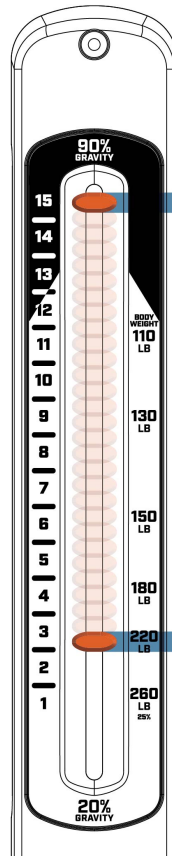


MAX LEVEL **15**
MIN LEVEL **3**



USER A's Maximum Adjustable Gravity Load : LEVEL 15
[Use 90% of **USER A's** bodyweight for training. Provides 10% of **USER A's** bodyweight as assistance.]

USER A's Minimum Adjustable Gravity Load : LEVEL 6
[Use 20% of **USER A's** bodyweight for training. Provides 80% of **USER A's** bodyweight as assistance.]

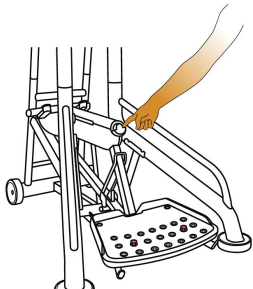
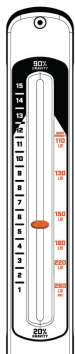


USER B's Maximum Adjustable Gravity Load : LEVEL 15
[Use 90% of **USER B's** bodyweight for training. Provides 10% of **USER B's** bodyweight as assistance.]

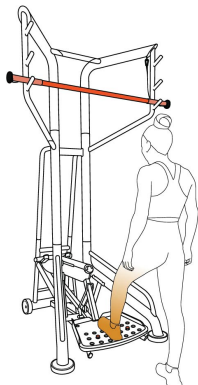
USER B's Minimum Adjustable Gravity Load : LEVEL 3
[Use 20% of **USER B's** bodyweight for training. Provides 80% of **USER B's** bodyweight as assistance.]

OPERATING INSTRUCTION (Before You Begin)

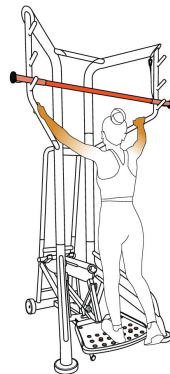
STEP IN



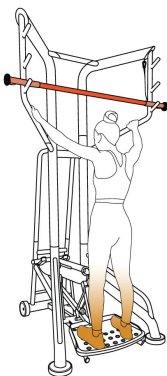
Adjust the Gravity Load.
*No more than your own bodyweight.



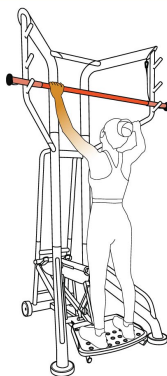
Place one step in the center of platform.



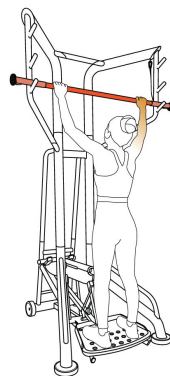
Put both of your arms on the handle bars.



Place both feet on the orange buttons.



Put one arm on the pull-up bar.

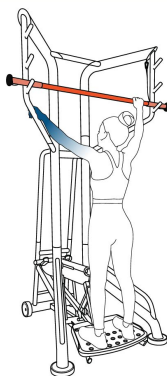


Now grab the pull-up bar.

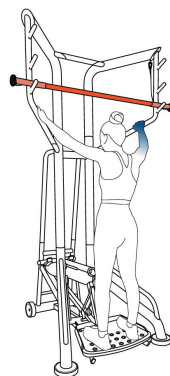
EXIT OUT



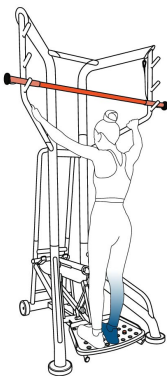
Start your training.



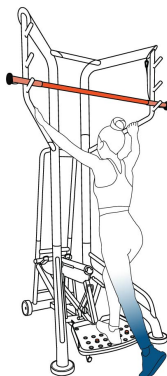
Put one arm on the handle bar.



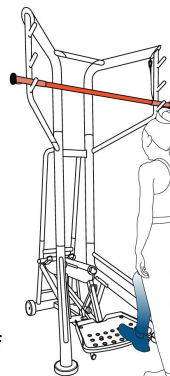
Put both of your arms on the handle bars.



Move one foot onto the center of platform.



Take the other foot off the platform.



Now exit out.

WARNING

Warning:

Before using G9.6 Gravity Gym, 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 exercise.

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 exercise duration 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. Eventually you will be able to last your exercise continuously for more than 30 minutes. 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.

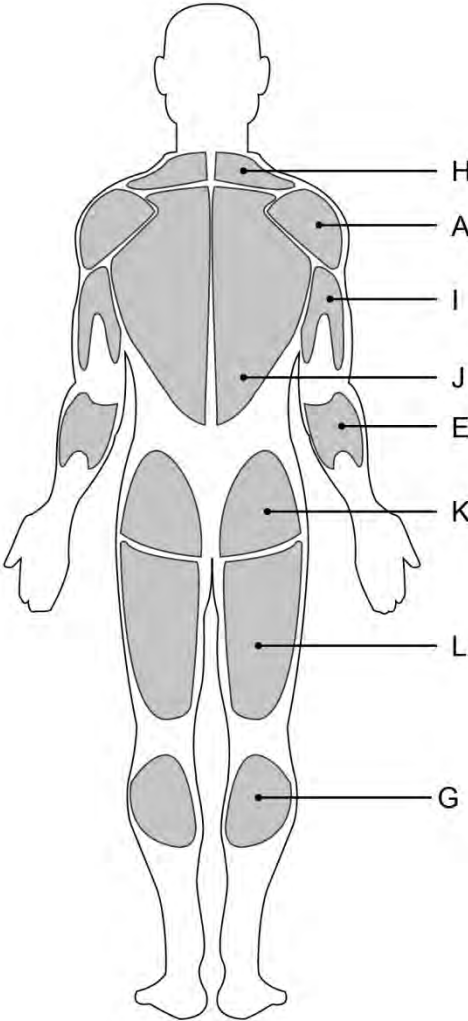
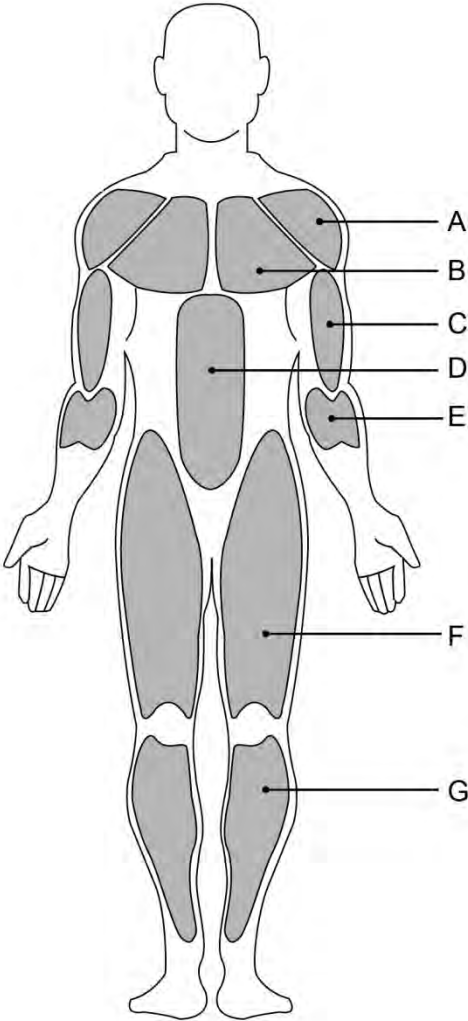


The Surgeon General
has determined that lack
of physical activity is
detrimental to your health.™

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

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

STRETCHING ROUTINE

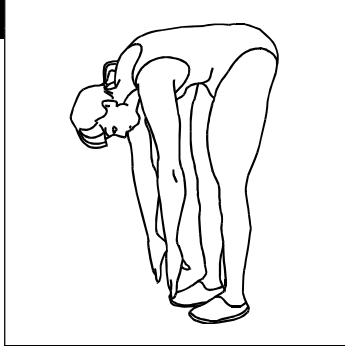
Warm Up and Cool Down:

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:

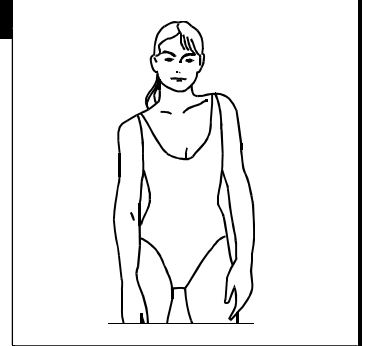
Toe Touch:

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.



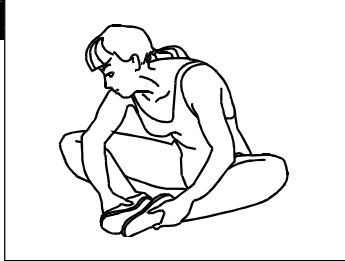
Shoulder Lift:

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.



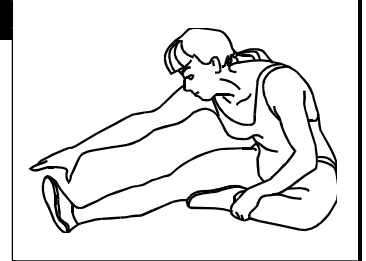
Inner Thigh Stretch:

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.



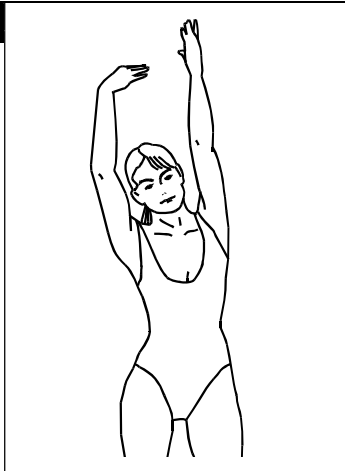
Hamstring Stretch:

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.



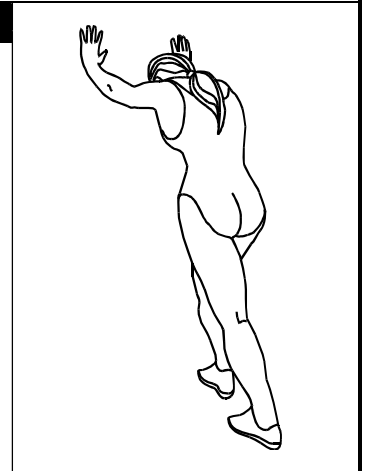
Side Stretch:

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.



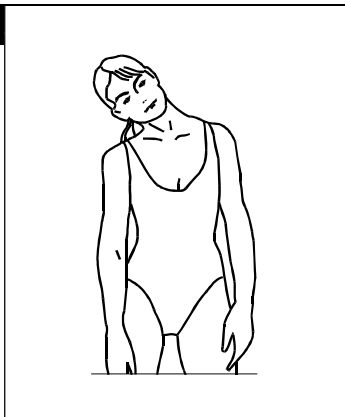
Calf-Achilles Stretch:

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.



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