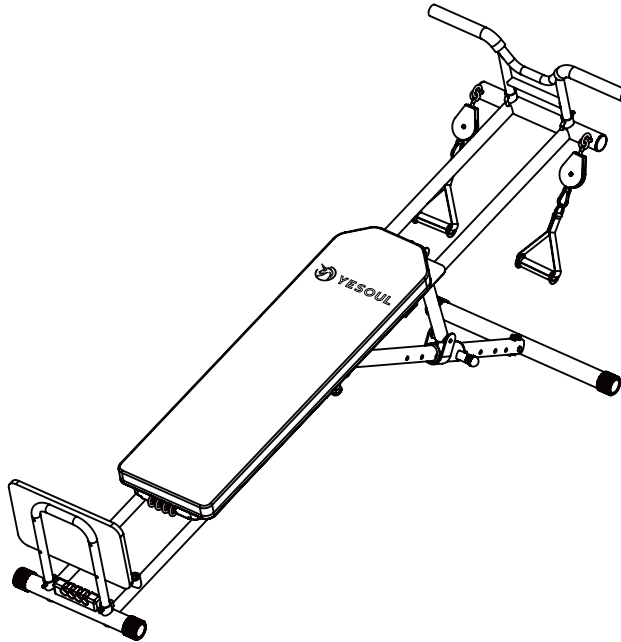




**YESOUL**

# **GRAVITY TRAINER**

## **PRODUCT MANUAL**



Model No.: YS-GGY10  
Item No.: GY10

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# IMPORTANT PRECAUTIONS

To reduce the risk of injury, read and follow all of the warnings, precautions, and instructions in this manual before you use the bench and rack. Warnings and instructions for care, maintenance, and use of this equipment are included to promote safe enjoyable use of this equipment.



## WARNING

It is the responsibility of the owner to ensure that all users of the weight training system are adequately informed of all precautions.

Always consult a physician before beginning any exercise program. This is especially important if you are over 35 or have experienced health problems before.

This product is intended for domestic use only. Do not use the product in a commercial, rental or institutional setting.

Keep body and clothing free from and clear of all moving parts.

Always wear sports shoes for foot protection while using the weight training system.

The equipment must be placed on a flat, stable surface.

Keep children and pets away from the weight training system at all times. Teenagers must be supervised.

Inspect and properly tighten all parts each time the weight training system is used. Replace any worn parts immediately.

Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain or any other abnormal symptoms, immediately stop your workout and see your doctor.

Always use locking pins to secure parts in desired positions.

# WARNING DECAL PLACEMENT

Length: 88.8 in. / 225.5cm  
 Width: 27.5 in. / 70cm  
 Height: 52.5 in. / 133.5cm

UNDER PENALTY OF LAW  
 THIS TAG NOT TO BE REMOVED  
 EXCEPT BY THE CONSUMER

ALL NEW MATERIAL  
 CONSISTING OF

CEMENTED SHREDED EXPANDABLE  
 POLYURETHANE FOAM PAD ..... 37%

POLYURETHANE FOAM PAD ..... 3%

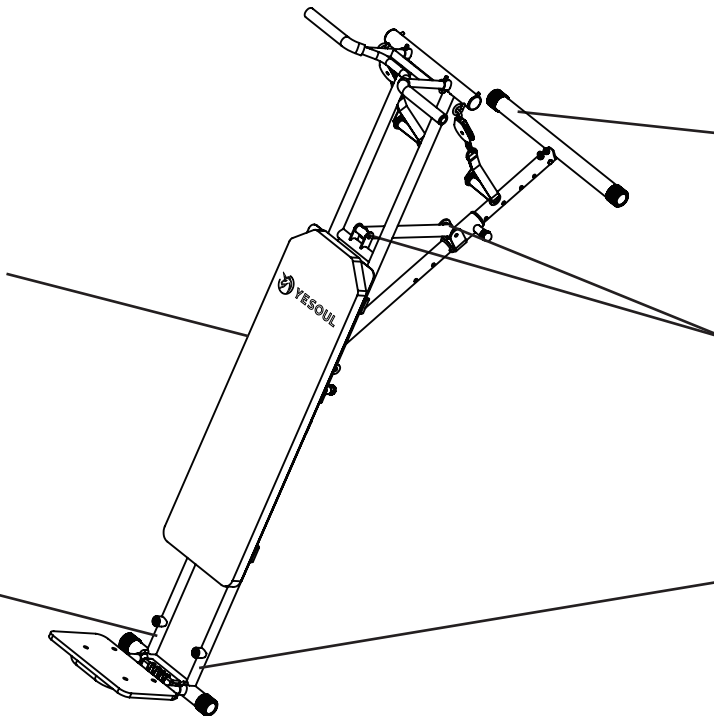
REG. NO. 3643312101

Certification is made by the manufacturer  
 that the materials in this article are  
 described in accordance with the law.

MADE BY  
 SPORTSOL CO., LTD.  
 NO. 13 SHONGHAI ER ROAD, CHENGXIANG DISTRICT,  
 QINGDAO, SHANDONG PROVINCE, CHINA

Date of Delivery: \_\_\_\_\_  
 Finished Size: \_\_\_\_\_  
 MADE IN CHINA

Company Name	YIBO (YESOUL HEALTH TECHNOLOGY) CO., LTD.
Product Name	YESOUL C800MT TRACKER
Maximum Weight Capacity	200kg
Model	YH-C800MT
Grade	HC Domestic Use
Add	240 YESOUL RD.   Building: South Economic and Trade Plaza, Pudong New Trade Zone, Pujian Roadway (Near Trade Zone)
Customer service hotline	400-1004008



**⚠ WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around the machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.
- Maximum user weight: 220 lbs.

**⚠ WARNING**

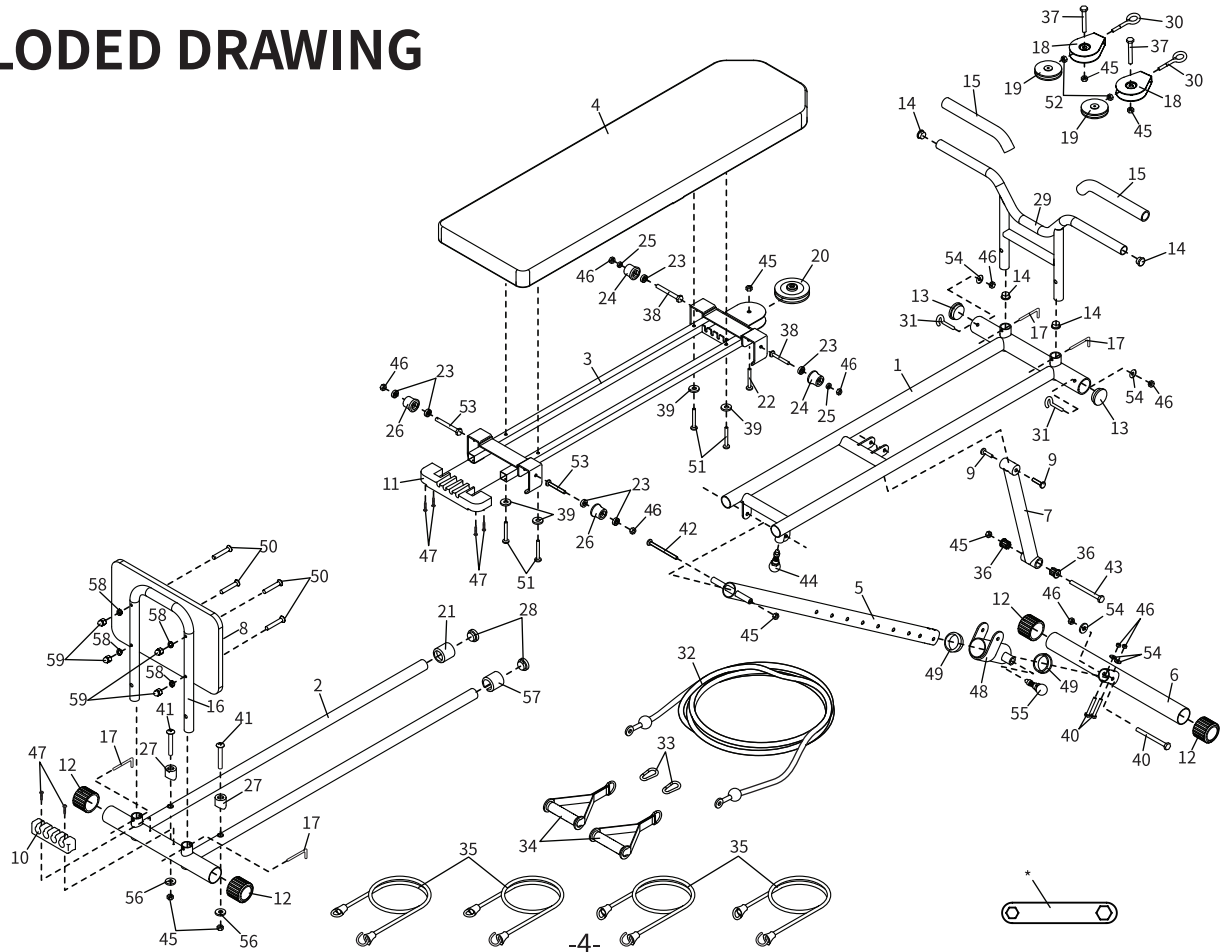
Keep hands and fingers clear of this area.

**For Consumer Use Only**  
 SERIAL# TRACKING#  
 MM/DD/YYYY  
 SSS/0001

# PART LIST

Key No.	Qty	Description	Key No.	Qty	Description	Key No.	Qty	Description
1	1	Top Frame	21	1	Right 38/32mm Bushing	41	2	M10 x 63mm Bolt
2	1	Bottom Frame	22	1	M10 x 45mm Bolt	42	1	M10 x 175mm Bolt
3	1	Backrest Frame	23	6	Small Bushing	43	1	M10 x 80mm Bolt
4	1	Backrest	24	2	Small Wheel	44	1	Short Knob
5	1	Adjustment Leg	25	2	Big Bushing	45	7	M10 Locknut
6	1	Stabilizer	26	2	Big Wheel	46	9	M8 Locknut
7	1	Support Leg	27	2	Bumper	47	6	ST4 x 20mm Screw
8	1	Foot Plate	28	2	32mm Round Inner Cap	48	1	Adjustment Bracket
9	2	M10 x 20mm Screw	29	1	Handlebar	49	2	56/45mm Bushing
10	1	Bungee Bracket	30	2	60mm Eyebolt	50	4	M6 x 48mm Screw
11	1	Backrest Bracket	31	2	108mm Eyebolt	51	4	M6 x 42mm Screw
12	4	50mm Outer Cap	32	1	Cable	52	2	M10 Ball Head Nut
13	2	50mm Inner Cap	33	2	Cable Clip	53	2	M8 x 85mm Bolt
14	4	25mm Round inner Cap	34	2	Handle	54	5	M8 Washer
15	2	Handgrip	35	4	Bungee Cord	55	1	Long Knob
16	1	Foot Tube	36	2	Leg Bushing	56	2	M10 Washer
17	4	LPin	37	2	M10 x 30mm Bolt	57	1	Left 38/32mm Bushing
18	2	Pulley Housing	38	2	M8 x 90mm Bolt	58	4	M6 Arc Washer
19	2	70mm Pulley	39	4	M6 Washer	59	4	M6 Locknut
20	1	90mm Pulley	40	3	M8 x 52mm Bolt	*	1	Wrench

# EXPLODED DRAWING



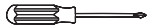
# ASSEMBLY INSTRUCTIONS

## ADULT ASSEMBLY REQUIRED

### READ THIS BEFORE YOU BEGIN

- It is recommended to assemble the product by two adults.
- Because of its weight and size, the gravity trainer should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the gravity trainer as you assemble it.
- Use gloves to protect your hands from pinch points during assembly.
- We've provided a wrench to help with assembly, but you're more than welcome to use your own tools. Assembly may be easier if you have a set of wrenches.

- one Phillips screwdriver



- two Adjustable wrenches

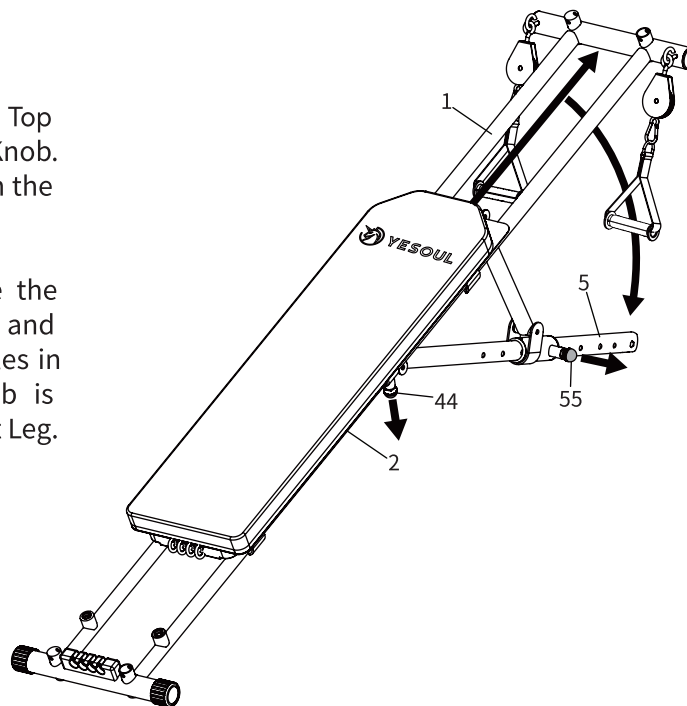


# ASSEMBLY INSTRUCTIONS

1

Pull the Short Knob (44) outward, extend the Top Frame (1) as far as possible, and then release the Knob. Make sure that the Knob is engaged in the hole in the Bottom Frame (2).

Then, pull the Long Knob (55) outward, move the Adjustment Leg (5) outward as far as possible and release the Knob into one of the adjustment holes in the Adjustment Leg. Make sure that the Knob is engaged in an adjustment hole in the Adjustment Leg.

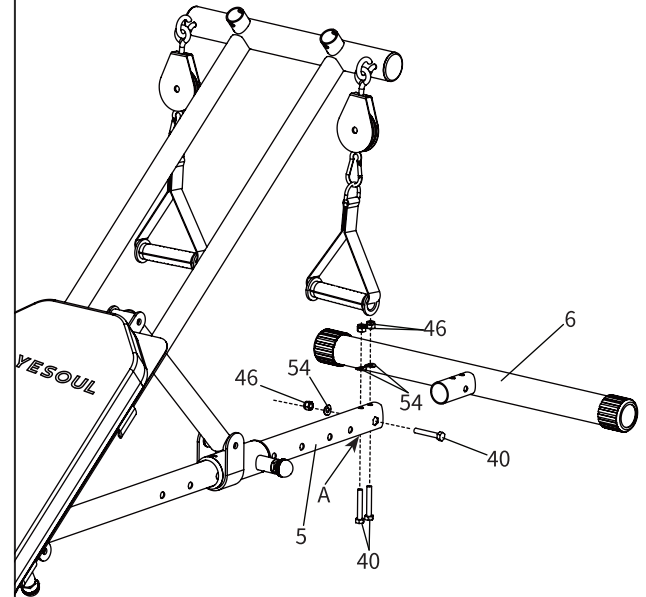




# ASSEMBLY INSTRUCTIONS

2

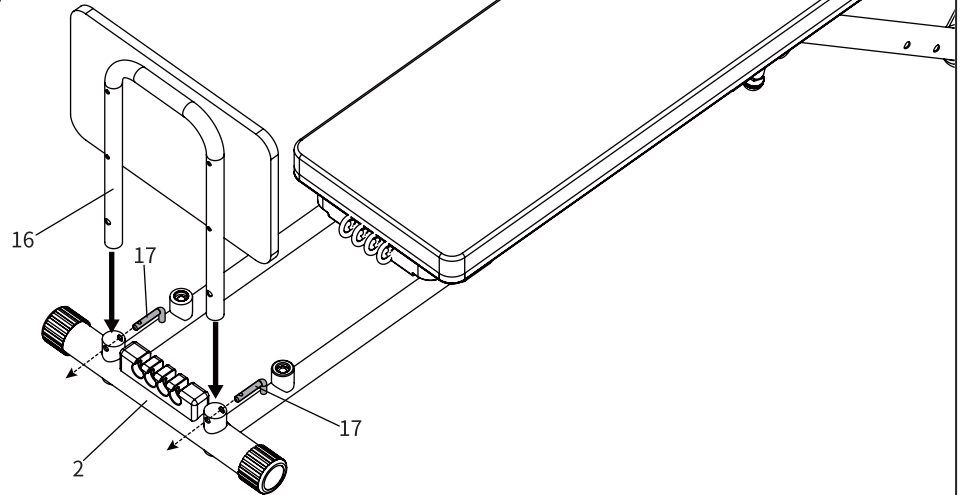
Attach the Stabilizer (6) to the Adjustment Leg (5) with three M8 x 52mm Bolts (40), three M8 Washers (54), and three M8 Locknuts (46). Make sure that the Bolts are in the hexagonal holes (A).



# ASSEMBLY INSTRUCTIONS

3

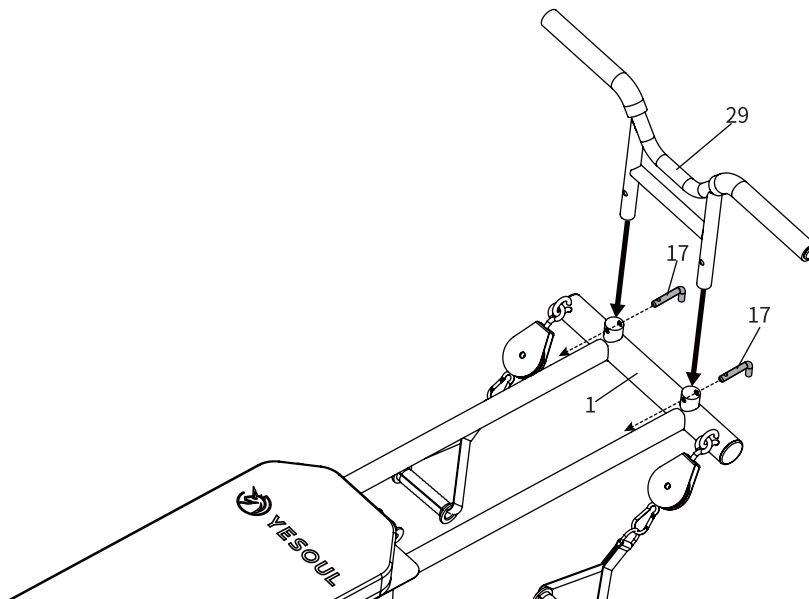
Insert the Foot Tube (16) into the Bottom Frame (2) and secure it with two L-pins (17).



# ASSEMBLY INSTRUCTIONS

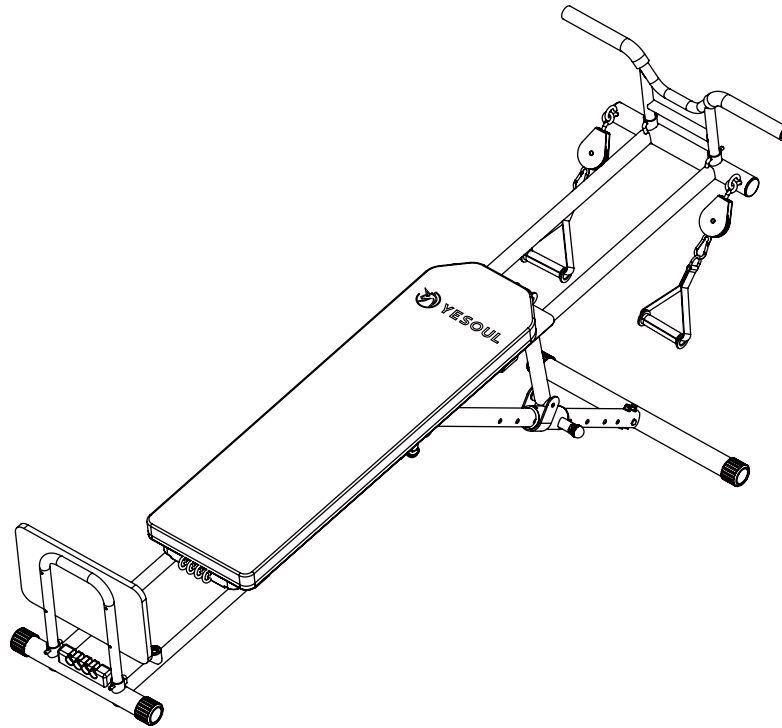
4

Insert the Handlebar (29) into the Top Frame (1) and secure it with two L-pins (17).



# ASSEMBLY INSTRUCTIONS

5



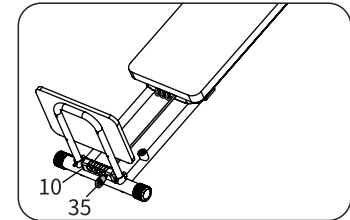
# ADJUSTMENT

This section explains how to adjust the weight system.

## ADJUSTING THE RESISTANCE

To increase the resistance of the weight training system, pull a Bungee Cord (35) and insert it into the Bungee Bracket (10).

For more resistance, insert additional Bungee Cords into the Bungee Bracket.



## ADJUSTING THE INCLINE

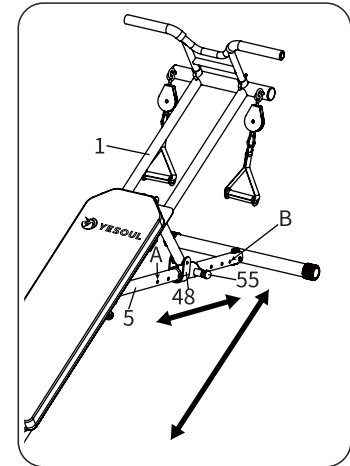
To change the resistance of the weight training system, you can adjust the incline.

To adjust the incline, first lift the Top Frame (1) and pull the Long Knob (55).

Slide the Adjustment Bracket (48) to the desired position, and release the Long Knob (55) into one of the adjustment holes (A) in the Adjustment Leg (5).

Make sure that the Long Knob is engaged in an adjustment hole.

The indicated hole (B) is intended only for storing the weight training system; do not exercise on the weight training system when it is adjusted to this position.



## ADJUSTING THE POSTURE

Training can be done in both directions.

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# EXERCISE GUIDELINES

**Muscle Building**—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

**Toning**—Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

**Weight Loss**—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

## WORKOUT GUIDELINES

Beginners should do series of 10 to 15 repetitions, usually in 4 series per exercise, with a minimum breather between each series. Do not exercise all your muscles every day but spread your various exercises over several days.

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. Warm up before each session with a cardiovascular workout, sets without weights or warm-up and stretching ground exercises. Increase repetitions and sets gradually.

**Working Out**—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

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# MAINTENANCE

Be careful not to hurt yourself at the edges when moving the product.

Read the ASSEMBLY INSTRUCTIONS to assemble your equipment.

Inspect and properly tighten all parts regularly. Replace any wore parts immediately.

Keep the weight system indoors, away from moisture and dust. Do not put the weight bench on a covered patio, or near water.

Components supplied by the manufacturer only should be used to maintain or repair the product.

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# WARRANTY

Yesoul warrants its products to be free from defects in material and workmanship under normal use and service conditions. The steel frame is warranted for one year after the date of purchase, All other parts are warranted for 90 days after the date of purchase. Warranty coverage extends only to the original consumer purchaser from the date of original purchase. THIS WARRANTY IS VOID IF THE PRODUCT HAS BEEN DAMAGED BY ACCIDENT, UNREASONABLE USE, NEGLIGENCE, IMPROPER SERVICE, FAILURE TO FOLLOW INSTRUCTIONS PROVIDED WITH THE PRODUCT OR OTHER CAUSES NOT ARISING OUT OF DEFECTS IN MATERIAL OR WORKMANSHIP.

What is not covered?

- Merchandise not intended to be in places of public assembly, such as, but not limited to schools, Parks, public or private recreational facilities.
- Any merchandise subjected to Non-residential abuse, negligence, improper installation, vandalism acts of God, alteration of product. Or any other events beyond the control of Yesoul.
- Paint or rusted parts. If rust should appear, remove loose paint, sand lightly, primer and paint with exterior flat matte finish enamel paint.

MADE IN CHINA