



PRODUCT INSTALLATION AND MAINTENANCE GUIDE

2017

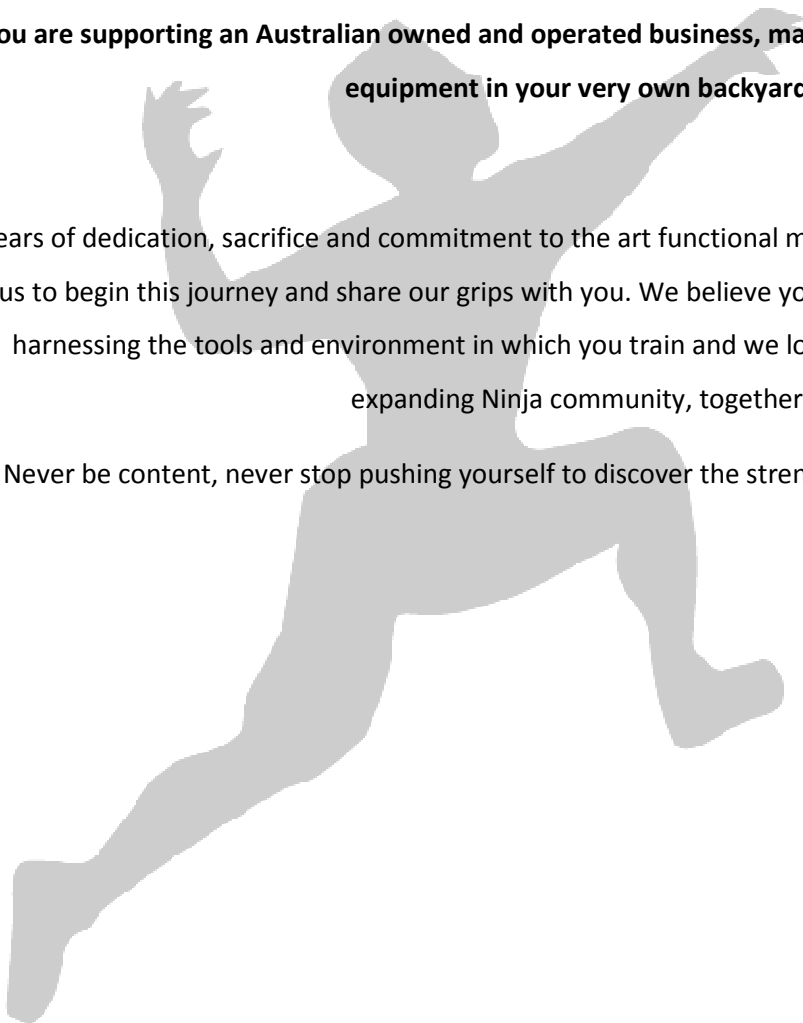


CONGRATULATIONS ON YOUR GRAVITY GRIPS PURCHASE.

You are supporting an Australian owned and operated business, manufacturing the highest quality equipment in your very own backyard.

Years of dedication, sacrifice and commitment to the art functional movement and are what inspired us to begin this journey and share our grips with you. We believe you have taken the right step by harnessing the tools and environment in which you train and we look forward to growing in the expanding Ninja community, together.

Never be content, never stop pushing yourself to discover the strength of which you are capable.





IMPORTANT SAFETY INFORMATION

We ask that all users read the following information to ensure your Gravity Grips product is maintained in a serviceable and functional condition, but most importantly you use the products for their intended use.

This document must be read in conjunction with **GG.BUS.002 Terms and Conditions**.

INSTALLATION

- Read all instructions before using any Gravity Grips products
- Do not allow children on or near the equipment unsupervised
- Use the equipment only for its intended purpose as described in this guide
- Do not use accessory attachments that do not meet the recommended Gravity Grips specifications
- Wear proper exercise clothing and shoes for your workout
- Avoid jewellery and rings that may be caught or pinched on the product or attachments
- Use care when getting on or off the product and ensure the surrounding area is clear of obstacles
- Listen to your body. Do not overexert yourself or work to exhaustion
- If you feel any pain or abnormal symptoms, stop your workout and consult your physical specialist

ATTACHMENTS

Always inspect the attachments and surrounding area before each use. Gravity Grips use and recommend either:

- a) **Steel Carabiners**, with a manual solid screw gate or lock safe mechanism only.
Snap gate or quick release Carabiners / alloy Carabiners are not recommended and may increase the risk of injury or product failure.

All Carabiners must have a kN (kiloNewton) rating engraved into the spine and must be rated at 27kN as a minimum standard.

Do not use any carabiners that do not have a kN rating;

- b) **Steel O-Ring** with a manual solid screw gate or lock safe mechanism only.
These are ideal for multi-directional loading situations and are durable when coming into contact with other steel/alloy surfaces.
All O-Rings must have a kN (kiloNewton) rating and must be rated at 27kN as a minimum standard. Do not use any O-Rings that do not have a kN rating.
See **Fig 1. Attachments** for correct suspended setup.

Fig 1. Attachments



NOTE: Equipment manuals / terms of use / product guides issued with any third party attachments or equipment used MUST take precedence over this guide. In no way does this replace or compliment any issued documentation from other third party providers. Gravity Grips does not represent or speak on behalf of any third party providers and as such, will not be involved in any event as a result of injury / death / damage to equipment or property incurred due to product failure of a third party product. Any warranty claims or lack of product performance claims from attachments should be directed to the third party provider where Gravity Grips is not the branded product.

In order to suspend your Gravity Grips product and attachment to a fixed structure, Gravity Grips use and recommend:

- Static rope 6mm minimum thickness, with a maximum breaking strength 8kN

Use a **Double fisherman knot** with the static rope to create a complete and secure loop. Place the static rope loop over the chosen apparatus as per **Fig 2. Correct application** and place the attachment through the hanging slack below the apparatus. The Gravity Grips product will hang off of the attachment through the fixed eyelet bolt.

Fig 2. Correct suspended application



INTENDED USE

Gravity Grips products are solely designed as the ultimate grip strength training tool, to challenge and inspire your training environment:

- Hang from one or multiple suspended Gravity Grips products at any time, ensuring that full inspection of the attachments and surrounding area has been completed prior to use
- Move from one suspended product to another
- Hang from one or multiple suspended products
- Use Chalk or liquid chalk product to reduce moisture
- Hang from your hands only. DO NOT attempt to hang from Gravity Grips products with any other body part or training tool
- All grips are tested up to and including 125kg. Weight belts and additional accessories to increase the difficulty can be applied at the sole responsibility of the user, based on your size and skill level. Do not exceed a combined bodyweight and accessory weight of 125kg
- DO NOT hang secondary Gravity Grips products or additional training tools from the eyelets.

Using this product does not guarantee any increase in strength or physical ability and as such, all applications and applied use of Gravity Grips products are at the discretion of the user.



CARE AND MAINTENANCE

- Store in a cool, dry place out of direct sunlight
- NEVER attempt to remove the eyelet bolt from the product. Doing so may compromise the strength and integrity and will deem the product unusable due to increase in risk of injury from product failure
- Avoid falls or drops from height onto a solid flooring surface where damage to product may occur, as this has the potential to crack or damage the integrity of cast, including the eyelet bolt. Where a drop occurs, inspect the product for any surface stress cracks or breaks and decommission immediately if identified.

