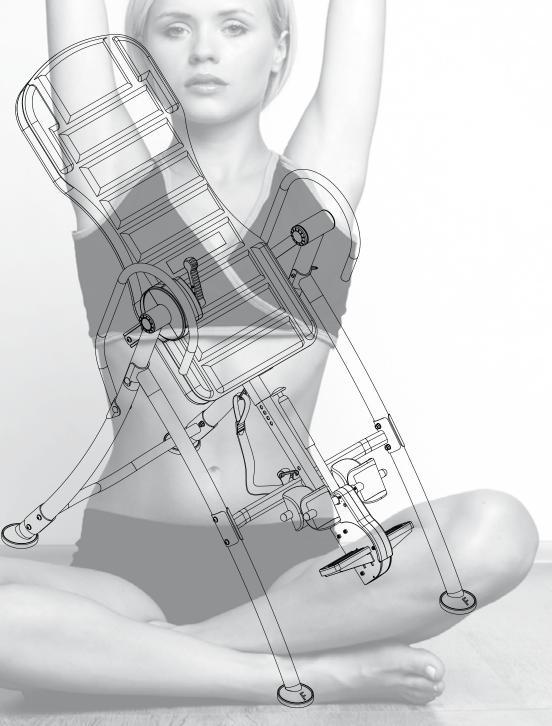


GRAVITY PRO 2.0 Inversion Table Gravity Trainer



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⚠ Safety Instructions **⚠**

Please read and observe all sections of this Operating Manual. Thorough attention should be paid to the safety, service and maintenance instructions and to the training information at all times. Please ensure that anyone using the training device is equally familiar with these instructions and that they follow them. Keep this manual in a safe place for further reference on information, maintenance and cleaning and for details on ordering of spare parts.

It is very important strictly to follow the service and maintenance and safety instructions contained in this Manual.

This training device is only to be used for its intended purpose. This means it is to be used for body workouts by adults only.

If this equipment is used for any other purposes than intended, there is a possible risk of accident, damage to health or damage to the training device. The Distributor cannot be held responsible for damages caused by improper use.

Training Environment

- Select a suitable space for your training device to provide an optimum amount of free space and highest level of safety.
- Ensure that the load capacity of the floor or ground of the chosen area is sufficient for the load.
- Make sure that the area is well ventilated and that an optimum amount of oxygen is available during training. Avoid draughts.
- It is not permitted to locate your training device in busy areas or areas near to main walkways (emergency exits, doors or passageways)
- Your training device is not suitable for outside use and so storage and training can only take place in a temperate, dry clean room.
- Operation and storage of your training device in wet areas such as in swimming pools, saunas etc. is not possible.
- Make sure that your training device is kept on flat, hard and clean ground both in operation and at standstill. Any uneven surfaces must be removed or made good.
- It is recommended that a floor covering (carpet, mat, etc.) should be placed under the device to protect damageable floors such as wood, laminates, floor tiles etc. We recommend placing MAXXUS® floor protection mats permanently under the device. Please ensure that these mats cannot slip or slide.
- Do not put this training device on pale or white coloured carpets or rugs as the feet of the device may leave marks.
- Make sure that your training device is kept out of contact with hot items and is kept at a safe distance from any sources of heat e.g. central heating, hot stoves, furnaces, ovens or open fires.

Personal Safety Instructions for Training

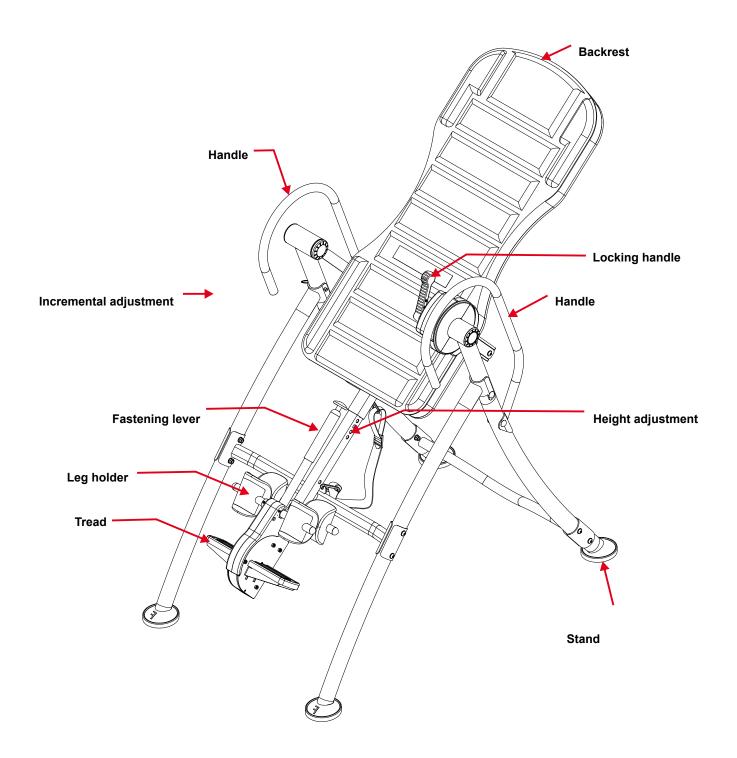
- You should go to the doctor and have a health check before you start working out.
- Stop training immediately if you feel physically unwell or are experiencing any breathing difficulties.
- Always start your training session at a low workload increasing it slowly but steadily throughout. Reduce the workload again towards the end of your training session.
- Suitable sports shoes and clothes should always be worn during training sessions. Make sure that loose clothes do not
 get caught up in any moving parts of the device.
- Your training device is only to be used by one person at a time.
- Check each time before a training session to see if your device is in perfect condition. Never use your training device if it is faulty or defective.
- You are only permitted to carry out repairs to the device yourself after having contacted our Service Department and on receipt of explicit permission to do so. Only original spare parts may be used at any time.
- Improper repairs or structural modifications (attachment of non-permissible parts, removal of original parts etc) are not permitted. This can impair the technical safety of the device and cause risk for the user.
- Your training device must be cleaned after each use. Remove all dirt including body sweat or any other liquids.
- Your training device is not suitable for use by children.
- Third parties, especially children and animals, must be kept at an appropriate safety distance during training.
- Check before each training session if there are any items underneath the training device and remove them without fail.
 Never use the training device when items are underneath it.
- Do not allow children to use your training device as a toy or climbing frame at any time.
- Ensure that no body parts of your own or of third parties ever come into contact with any of the moving mechanisms.
- Warn anyone present at your training sessions, especially children, of the possible risk. This applies to the areas where weight plates, weight stacks or barbells.
- Check all parts at regular intervals (at least once a month) and make sure that all screws and nuts are tightened properly.

The construction of this training device is based on state of the art technology and highest modern technical safety standards. This training device is to be used by adults only!

Extreme misuse and/or unplanned training can cause damage to your health!

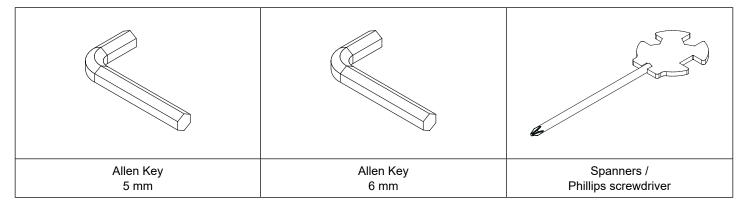
Any manipulation of or interference with the device can cause damage to the device and be a danger to people.

If you have any questions or queries contact your specialist dealer or the MAXXUS Service Team and they will be pleased to help you further.



Assembly Material and Tools

Part No.	Description	Qty
10	Bolt M8x20	4
13	Washer Ø8.5xØ20xt1.5	6
14	Curve Washer Ø8.5xØ16xt2.0	2
15	Lock Nut M8	4
27	Washer Ø12xØ6.5x1.0	4
38	Allen Bolt M8x60	2
43	Bolt M8x12	2
51	Raised Head Bolt M6x15	4
63	Spring Washer Ø8.1xØ12.3x2.1mm	2
76	Locking Pin	1
81	Flat Head Bolt M4x20	1
82	Сар	4



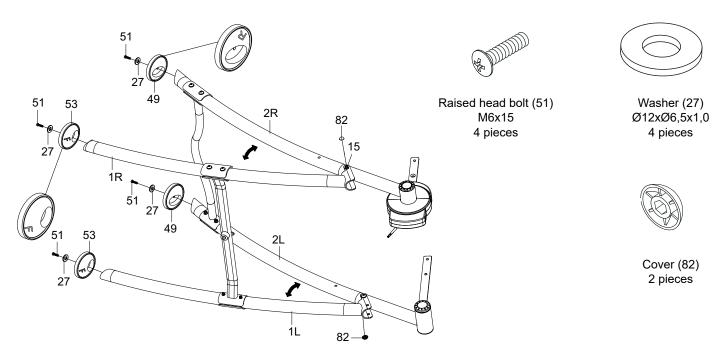
Tools may be supplemented or replaced with your own. Ensure that they are an accurate fit.

Carefully unpack all parts of the delivery. Be sure enlist the help of a second person because some parts of your exercise machine are bulky and heavy. Check the completeness of the fastening material (screws, nuts, etc.) and the components before the individual assembly steps. Carefully carry out the installation, as damage or defects that have arisen due to assembly errors are not covered by the warranty or guarantee under any circumstances. Read the instructions carefully before assembly, follow the sequence of steps exactly and follow the instructions for the individual assembly steps. The installation of the training device must be carried out by responsible adults. Carry out the installation of your exercise equipment in a location that is level, clean and free of obstructions during assembly. Carry out the assembly with two persons. Only start using your training device after assembly has been fully completed.

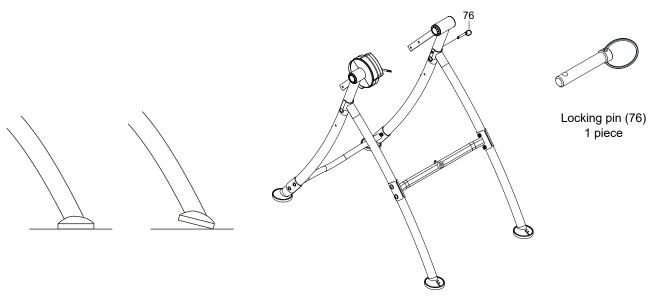
Stept 1:

Gently lay the base frame on its side and attach the front feet (53 - marked "F") with a M6x25 raised head bolt (51) and a washer (27) to the bottom of the front two legs (1L / 1R). Then secure the rear feet (49 - marked "R") with a M6x25 bolt (51) and a washer (27) to the bottom of the rear two feet (2L / 2R).

Now place the two round cover caps (82) on the heads of the lock nuts (15).



Step 2: Stand the base frame upright. Be sure to check the correct position of the feet installed in step 1. Insert the locking pin (76) into the base frame as shown.



Step 3:

Insert the side brackets of the back frame (4) in the connection bars (5L/5R) on the base frame. To do this, slide the brackets from below onto the connection bars (5L/5R).

Attach the side brackets of the back frame (4) to the respective connection bar (5L / 5R) in the top hole with an Allen bolt M8x12 (43) and in the bottom hole with an Allen bolt M8x20 (10), a washer (13) and a lock nut M8 (15).

Then insert the knob (30), as shown in the circle cut-out, from the back of the lower end of the back frame.







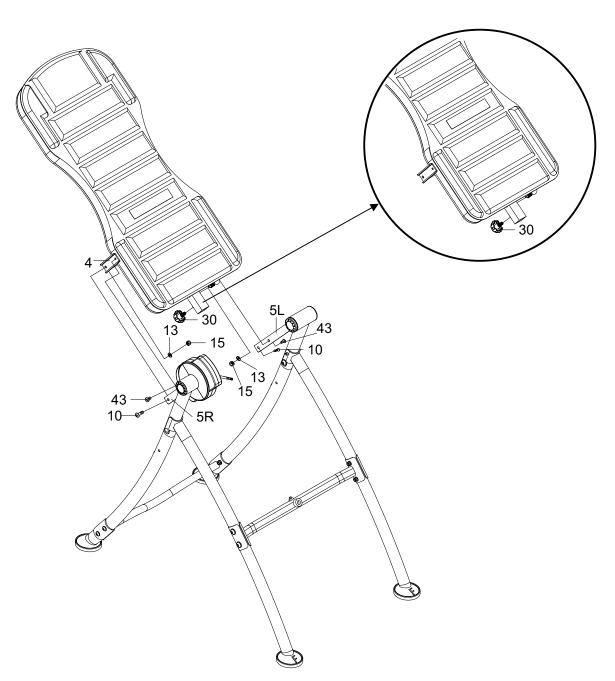


Allen bolt (10) M8x20 2 pieces

Washer (13) Ø8,5xØ20x1,5 2 pieces

Lock nut (15) M8 2 pieces

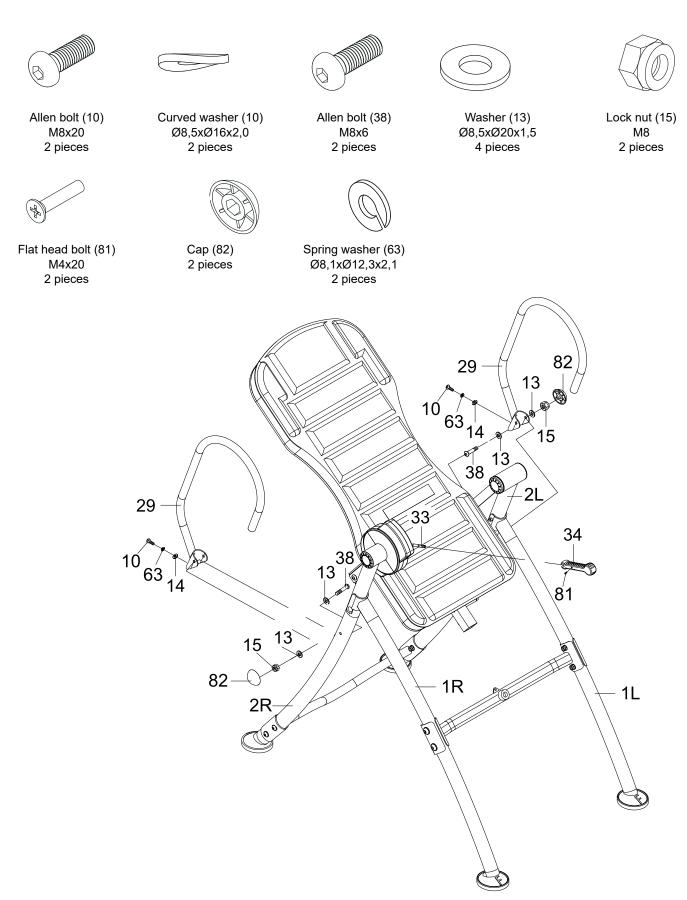
Allen bolt (43) M8x12 2 pieces



Step 4:

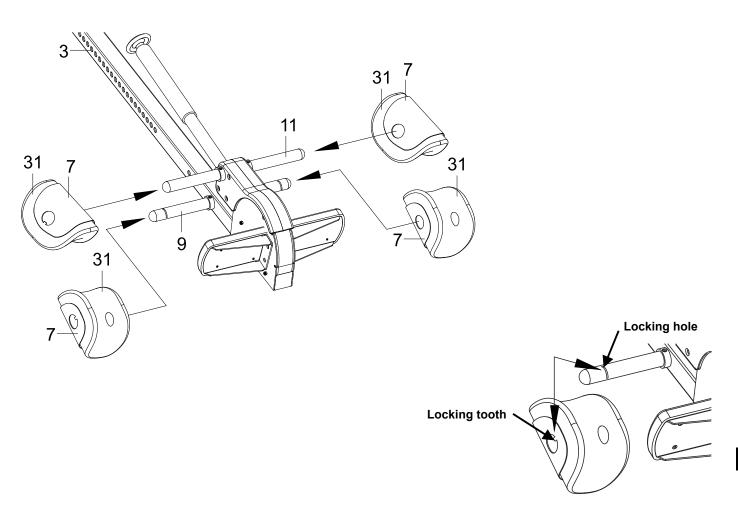
Attach the two handles (29) to the base frame. To do this, use an Allen bolt M8x60 (38), two washers (13) and one M8 lock nut (15) on each side. Then place a round cap (82) on the lock nut (15). Attach the handles from the back with an Allen bolt M8x20 (10), a spring washer (63) and a curved washer (14).

Then attach the locking handle (34) to the lock mechanism (33) with two M4x20 flat head bolts (81).



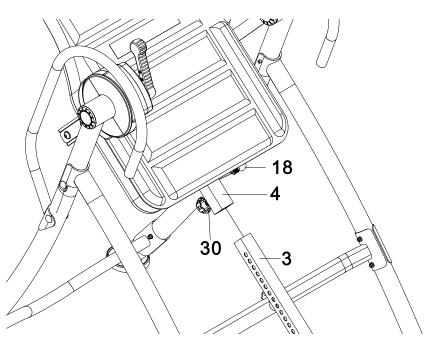
Step 5:

Slide the ankle holders (31) onto the front and rear rods of the leg holder (11 - top & 9 - bottom) as shown in the illustration. Make sure that the opening with the locking tooth on the ankle holder (31) points outwards and snaps into the locking hole on the rods (9 & 11).

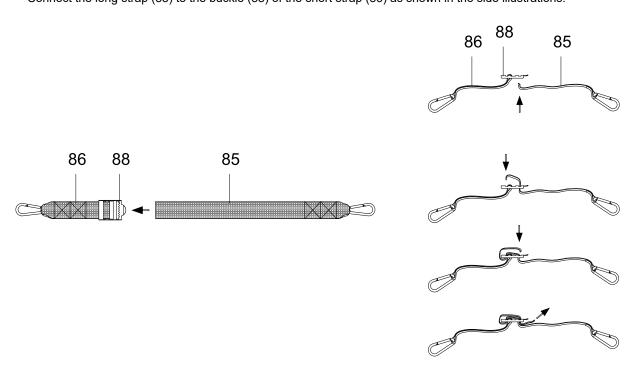


Step 6:

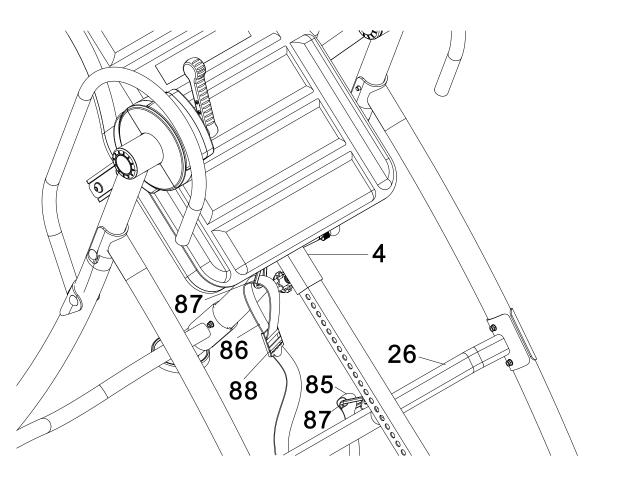
Loosen the knob (30) and pull the safety pin (18) out. Insert the guide tube of the leg frame (3) into the back frame (4). Snap the safety pin into one of the adjustment holes. Make sure that the safety pin (18) is securely engaged and tighten the knob (30) firmly.



Step 7:Connect the long strap (85) to the buckle (88) of the short strap (86) as shown in the side illustrations.

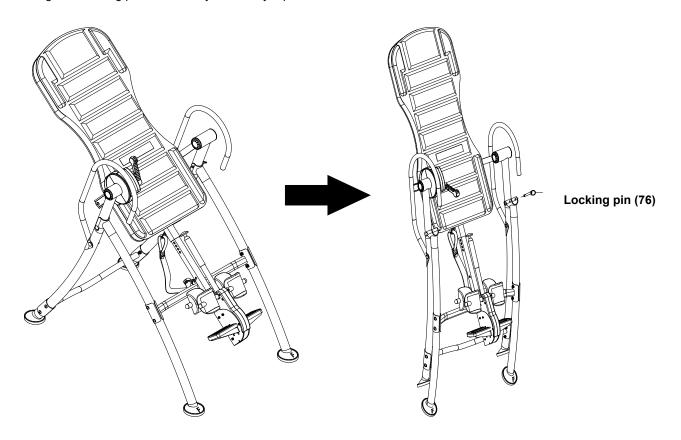


Step 8: Attach the short strap (86) with the snap hook (87) to the eyelet of the backrest (4) and the long strap (85) with the snap hook (87) to the eyelet of the cross bar (26).



Folding Mechanism

When not in use, you can fold up your training device to save space. To do this, pull out the locking pin (76) and fold the legs of the base frame together and reinstall the locking pin (76). Before each workout, check that the legs and locking pin are correctly and safely replaced.



ENG

Location & Storage

This training device was designed solely for use in dry, well-ventilated indoor areas. Use or storage in damp or wet areas, such as sauna, swimming pool, etc. and in outdoor areas, such as balconies, terraces, gardens, garages, etc. is excluded. These locations may result in electronics, corrosion and rust defects due to high humidity and low temperatures prevailing there. Warranty claims for damages of this kind will not be accepted. Please choose a dry, level and well-ventilated training or storage area for your training equipment. For your own sense, also make sure that the training site is sufficiently ventilated during exercise to allow optimal oxygenation. Before you put your training device back into operation after a long period of non-use, first make sure that all fastening parts are secure.

Care, Cleaning & Maintenance

Before first use or after a long break from training

Check if the exerciser is safe. There must be no objects on or under the device.

Maintenance & Cleaning intervals:

After each workout, clean the exerciser with a damp cloth to remove any perspiration and / or fluid residue. Under no circumstances use solvents for this purpose. Dry the cleaned areas well.

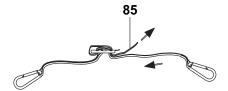
Checking the mounting material: once a month

Check all bolts and nuts at least once a month. Tighten it, if necessary.

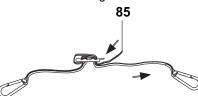
Adjustment

Additional safety is provided by the belt (85). The inclination angle can be limited by setting the desired length.

Shortening the belt:



Extending the belt:



Length adjustment

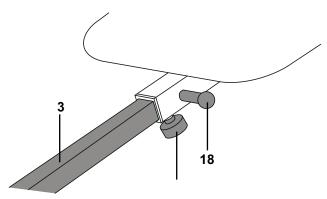
To adjust the length to the user's height, release the knob (30) and pull the safety pin (18) out. Slide the tube (3) into the desired position. Settings of 145 to 200 cm height are possible.

To make the process easier, a size scale is placed on the tube (3). Please note that people with a height of 199 or 200cm should choose the setting 198cm.

When you have the tube (3) in the correct position, snap the safety pin back into place and tighten the knob (30).

WARNING:

Before each workout, make sure that the safety pin (18) is correctly engaged and that the knob (30) has been tightened.



Correct Entry into the Gravity Trainer

Step 1:

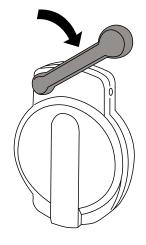
Make sure that the locking system is secured. The locking hand lever must be in the 🏚 position.

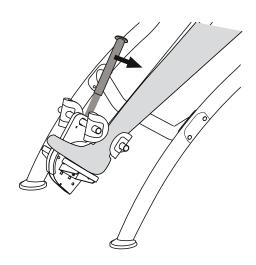
Step 2:

To secure your legs, stand with both feet on the foot plate with your calves pressing against the two rear elements of the ankle holders. Now pull the fastening lever in the direction of your legs until the two front holding elements are firmly against your shins.

WARNING:

Before each workout, make sure that the leg rest is secure.





Adjustment

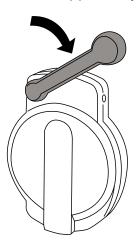
Correct Exit from the Gravity Trainer

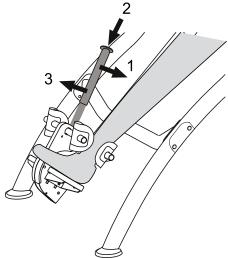
Step 1:

Make sure that the locking system is secured. The brake hand lever must be in the $\widehat{\mathbf{b}}$ position.

Schritt 2:

Pull the fastening lever slightly towards you (1) and push the lock button down (2). The lever is released and can be pushed forward (3). Carefully exit the device.





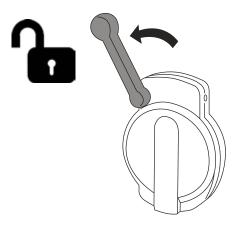
Tilting the Gravity Trainer

Once you have safely got into the exerciser and your legs are secure ly fixed, release the brake system by placing the hand lever in the position.

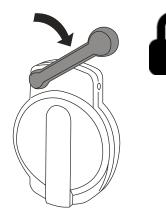
As soon as you have reached the desired tilt position and you want to hold it, lock the brake system by moving the hand lever to the position.

To return to the starting position, release the hand lever by setting the hand lever to and bring the backrest upright.

Before leaving the unit, secure the locking system again by moving the hand lever to the boosition.





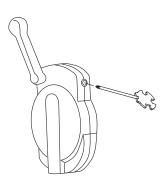


Brake system locked

Calibrating the brake system

There is a possibility that the brake system will loosen over time.

If this is the case, then recalibrate it by using a Phillips screwdriver, as shown in the picture, to tighten the fixing screw 1/4 turn clockwise. Now check the tightness of the brake system again and repeat the process until it locks properly.



Training Advice

WARNING:

Before you start exercising, it is advisable to discuss whether training with a gravity trainer is suitable for you, with your doctor. Should any of the following factors affect you, you should certainly consult your doctor:

- Pregnancy
- Diseases of the eyes, such as B. Green Star, conjunctivitis etc.
- Cardiovascular problems
- Respiratory illness
- Otitis
- Balance problems
- Spinal injuries
- Osteoporosis
- Hypertension
- Thrombosis
- Circulatory disorders

Determining the Centre of Gravity:

Hold on to the handles and swing your upper body backwards. If you're having trouble, the centre of gravity is too low, in which case try a different height setting.

Optimal rotation speed:

From the starting position, carefully tip over backwards. Ideally you should practice a smooth lowering movement which allows you to tilt easily back and forth. You should not tip backwards too fast into the hanging position, especially to start with!

Do not use your exerciser immediately after taking a meal. Wait at least 1 hour before starting your workout.

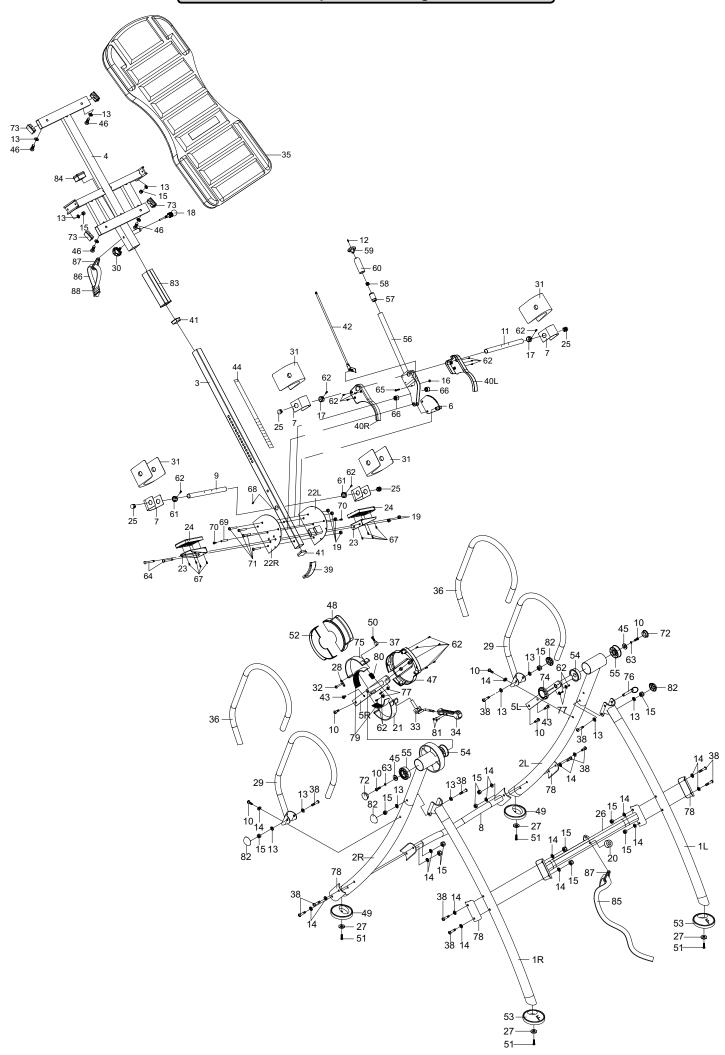
Beginners should train for the first few weeks with a 20 $^{\circ}$ incline. This gives your body the opportunity to slowly get used to the strain.

Use the gravity trainer for a maximum of one to two minutes a day at the beginning.

Stop exercising immediately if you feel uncomfortable being upside-down.

Advanced users should slowly increase the angle of inclination to 60 °.

Training time should be slowly increased to 10 minutes. Ideally workout every two days.



Parts List

Nr.	Description	Qty
001L	Front Left Frame	1
001R	Front Right Frame	1
002L	Rear Left Frame	1
002R	Rear Right Frame	1
003	Leg Frame	1
004	Back Frame	1
005L	Left Pivot Arm	1
005R	Right Pivot Arm	1
006	Gear Plate	1
007	Heel Holder Bracket	4
800	Inversion Bar	1
009	Rear Rod	1
010	Allen Bolt M8x20	6
011	Front Rod	1
012	Bolt M4x16	1
013	Washer Ø8.5xØ20xt1.5	14
014	Curved Washer Ø8.5xØ16xt2.0	18
015	Lock Nut M8	14
016	Lock Nut M6	1
017	Blocking Bush Ø28.5xØ23x14	2
018	Safety Pin	1
019	Lock Nut M8	6
020	Rubber Pad	1
021	Right Brake Pad Plate	1
022L	Left Adjustable Boom Plate	1
022R	Right Adjustable Boom Plate	1
023	In-Step Frame	2
024	In-Step Foot Pad	2
025		i .
020	Round End Cap	4
026	Round End Cap Cross Bar	1

Nr.	Description	Qty
028	Fixed Plate	1
029	Handle	2
030	Knob	1
031	Rubber Ankle Holder	4
032	Cross Recessed Pan Head Bolt M6x30	1
033	Lock Mechanism	1
034	Locking Handle	1
035	Foam Bed	1
036	Handlebar Foam Grip	2
037	Metal Sleeve	1
038	Allen Bolt M8x60	12
039	Front Plastic Cover	1
040L	Left Plastic Cover	1
040R	Right Plastic Cover	1
041	Square End Cap	2
042	Lock Pin	1
043	Allen Bolt M8x12	2
044	Height Scale	1
045	Washer Ø8.5xØ24x2mm	2
046	Bolt M8x40	4
047	Brake Bracket	1
048	Upper Plastic Cover	1
049	Rear Foot Cap	2
050	Bolt M6x25	1
051	Raised Head Bolt M6x15	4
052	Lower Plastic Cover	1
053	Front Foot Cap	2
054	Pivot Arm Rotation Cap I Ø60x- Ø19.5x18	2
055	Pivot Arm Rotation Cap II Ø60x- Ø19.5x21	2

Parts List

Nr.	Description	Qty
056	Adjustable Handle	1
057	Handle Cap	1
058	Handle Spring	1
059	Button	1
060	Handle Tip	1
061	Blocking Bush Ø28.5xØ22.5x10	2
062	Screw ST3.5x10	19
063	Spring Washer Ø8.1xØ12.3x2.1mm	2
064	Carriage Bolt M8x60	2
065	Bolt M6x30	1
066	Spacer Ø22xØ8.4x16.6	2
067	Screw ST4.2x12	8
068	Screw ST6x20	1
069	Shaft Nut Ø8	1
070	Bolt M5x10	2
071	Bolt M8x50	4
072	Pivot Arm Ring	2

Nr.	Description	Qty
073	Rectangle End Cap i 1/450x25	4
074	Rotor Cover Ø60xØ19.5x13.5	1
075	Left Brake Pad Plate	1
076	Locking Pin	1
077	Washer Ø4.3xØ9xt0.3	4
078	Curve Plate	4
079	Brake Pad	2
080	Spring	1
081	Flat Head Bolt M4x20	2
082	Сар	4
083	Lower Bed Frame Bushing	2
084	Upper Bed Frame End Cap	1
085	Long strap	1
086	Short Strap	1
087	Safety Hook	2
088	Strap Lock	1

Recommended Accessories

These accessories are the perfect supplement for your training device. All products are available in our online shop at www.maxxus.de or directly in our showroom in Groß-Gerau.



MAXXUS® Floor Protection Mat

Extremely high density 0.5 cm thick floor protection mat. Optimally protects the floor or the floor covering against damage, scratches and contamination due to body sweat. Running and movement noises are greatly reduced.

Available in the following sizes:

- 160 x 90 cm
- 210 x 100 cm



CFC-free special spray against static charges on the frame, trim parts and training computer. Devices that stand on carpets or plastic substrates build up static charge. MAXXUS® antistatic spray prevents this. Treated plastic surfaces do not attract the dust so quickly and stay clean longer.



CFC-free special spray with citrus fragrance for regular cleaning of your fitness equipment. Plastic covers and metal frames can be maintained perfectly with the MAXXUS® foam cleaner. Chest belts and other exercise equipment are clean and fragrant again.





Technical Details

Dimensions - training configuration: approx. 1.420x745x1.435mm
Dimensions - folded: about 2.040x735x575mm

Weight: about 35.5kg
Maximum user weight: 160kg
Maximum user height: 200cm
Application: Home use

Disposal



European Disposal Directive 2002/96 / EC

Never dispose of your exercise equipment in the normal household waste. Dispose of the device only via a municipal or authorized disposal company. Please observe the currently applicable regulations. If in doubt, enquire at your city or local government offices about proper and environmentally sound disposal options.

Warranty*

For MAXXUS® Support Team to help you as quickly as possible with service, we will require certain information about your fitness device and about you. To find the exact spare parts required, we will need the product name, date of purchase and serial number. If necessary, please fill out completely the Repairs Contract/Damage Report form attached to this User Manual and send it to us by post or by fax.

Areas of Application & Warranty Periods

Depending on the model, fitness devices from MAXXUS® are suitable for use in different areas. Find the appropriate area of use for your fitness device from the "Technical Data" in this User Manual.

Home Use:

Exclusively for private use Warranty Period: 2 Years

Semi-Professional Use:

Use under instruction in hotels, physiotherapy practices, etc.

Use in a fitness studio or similar establishment is hereby excluded!

Warranty Period: 1 Year

Professional Use:

Use in a fitness studio or similar establishment under supervision by trained personnel.

Warranty Period: 1 Year

Use of your training device in an area which is not suitable for your device will cause immediate expiry of its guarantee and cancel your right to claim warranty!

Sole private use and warranty period of 2 years assumes that the purchase invoice is made out to the end user.

Proof of Purchase and Serial Number

To claim your right to service works within the warranty period we will in each case require proof of purchase. Keep your proof or purchase or purchase invoice in a safe place and in warranty cases send us a copy together with your Repairs Contract/Damage Notification. This will ensure that we can process the service work as quickly as possible. So that we can identify which model version requires to be serviced correctly, we will require; Product Name, Serial Number and Date of Purchase.

Terms and Conditions of Warranty:

The warranty period for your training device starts on the date of purchase and applies solely to products which were purchased directly from the MAXXUS Group GmbH & Co. KG, or one of the MAXXUS Group GmbH & Co. KG direct and authorised distribution partners.

The warranty covers defects caused by production or material faults and only applies to devices purchased in Germany. The warranty does not apply to damages or defects caused by culpable improper use, negligent or purposeful destruction, lack or failure to carry out maintenance and/or cleaning measures, force majeure, operational causes and to normal wear and tear, damages caused by penetration of liquids, damage caused by repairs or modifications made with spare parts from a different supplier. The warranty also does not apply for damages due to faulty assembly or damages which occur because of faulty assembly. Certain component parts will wear out during use or from normal wear and tear. This includes for example:

Ball Bearings

Bushings

Bearings

Drive Belts

Switches and buttons - Running belts (treadmills)

Running plates (treadmills)

Track rollers

Signs of wear and tear on wearing parts are not items covered under the warranty.

If your training device requires to be collected from your address, you will be required to dismantle and make available the device and receive and re-assemble the device yourself. These works are not in any way covered by the warranty. Prior to sending any component parts to our service address, please contact the service department and ensure the parts are well packed.

Service Outside the Warranty and Ordering Spare Parts

The MAXXUS® Service Team is happy to be of assistance to help solve any problems with faults which may arise following expiry of the warranty period, or in cases of defects arising which are not covered by the warranty.

In this case please contact us by email direct to: service@maxxus.de

Orders for Spare Parts or Worn Parts should be sent along with information on the Product Name, spare part description and number and the quantity required to: **spareparts@maxxus.de**

Please be informed that additional fixing materials such as screws, bolts, washers etc are not included in the scope of delivery for component spare parts. These should be ordered separately.

*Version: Juni/2016

MA∑US[®] Repair order / damage report

Device Details		
Product Name: GRAVITY PRO 2.0	Product Group: Gravity	/ Trainer
Serial Number:	Invoice Number:	
Date of Purchase:	Where Purchased:	
Accessories:		
Type of Use:		
☐ Private Use	☐ Commercial Use	
Personal Details		
Company:	Contact Person:	
First Name:	Second Name:	
Street:		
Post Code / Town/City:	Country:	
E-Mail:		
Fax. No.*:	Mobile No.*:	
* The fields marked with an asterisk are optional. The remaining fields a	are mandatory fields that must be completed.	
A copy of the proof of purchase / invoice / receipt is	s attached.	
I accept the General Terms and Conditions of MAX	(XUS® Group GmbH & Co. KG.	
I hereby instruct the company MAXXUS® Group GmbH for the cost. The costs for repairs which are excluded from immediately. In cases of repairs carried out on site, our my signature.	om liability for defects in quality will be	e charged to me and must be settled
Date	Location	Signature
Please be aware that contracts can only be processed i invoice. Send the fully completed Repairs Contract / No		Be sure to attach a copy of your purchase

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