

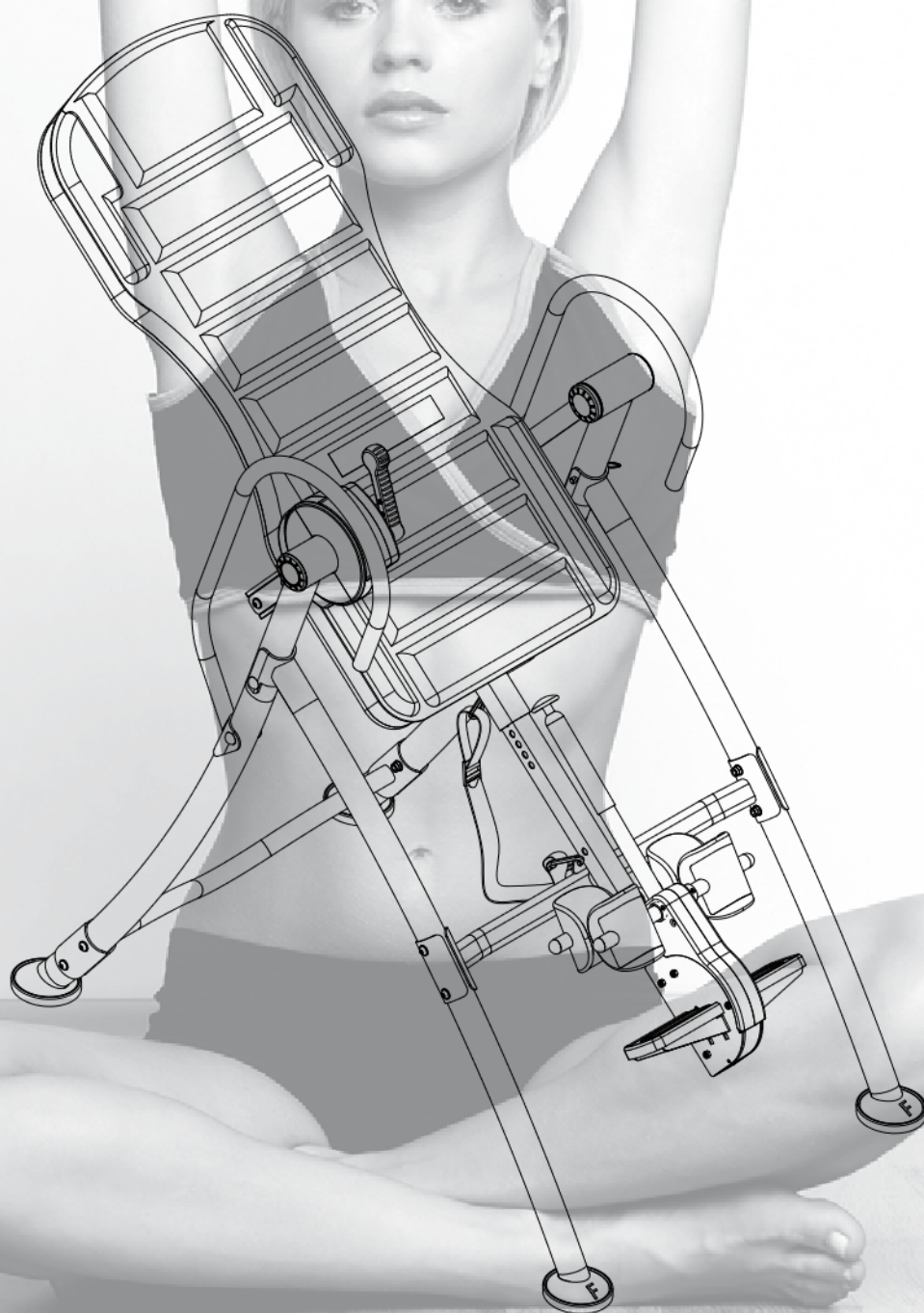
MAXXUS<sup>®</sup>

# ***GRAVITY PRO 2.0***

## **Inversion Table**

### **Gravity Trainer**

ENG



## Index

Index	2
Safety Instructions	3
Overall View of the Device	4
Assembly Material and Tools	5
Assembly	6-10
Folding Mechanism	11
Location & Storage	11
Care, Cleaning & Maintenance	11
Adjustment	12-13
Training Advice	14
Exploded Drawing	15
Parts List	16-17
Recommended Accessories	18
Disposal	18
Notes	19
Warranty	20
Repairs Contract / Notification of Damage Claim	21

**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**

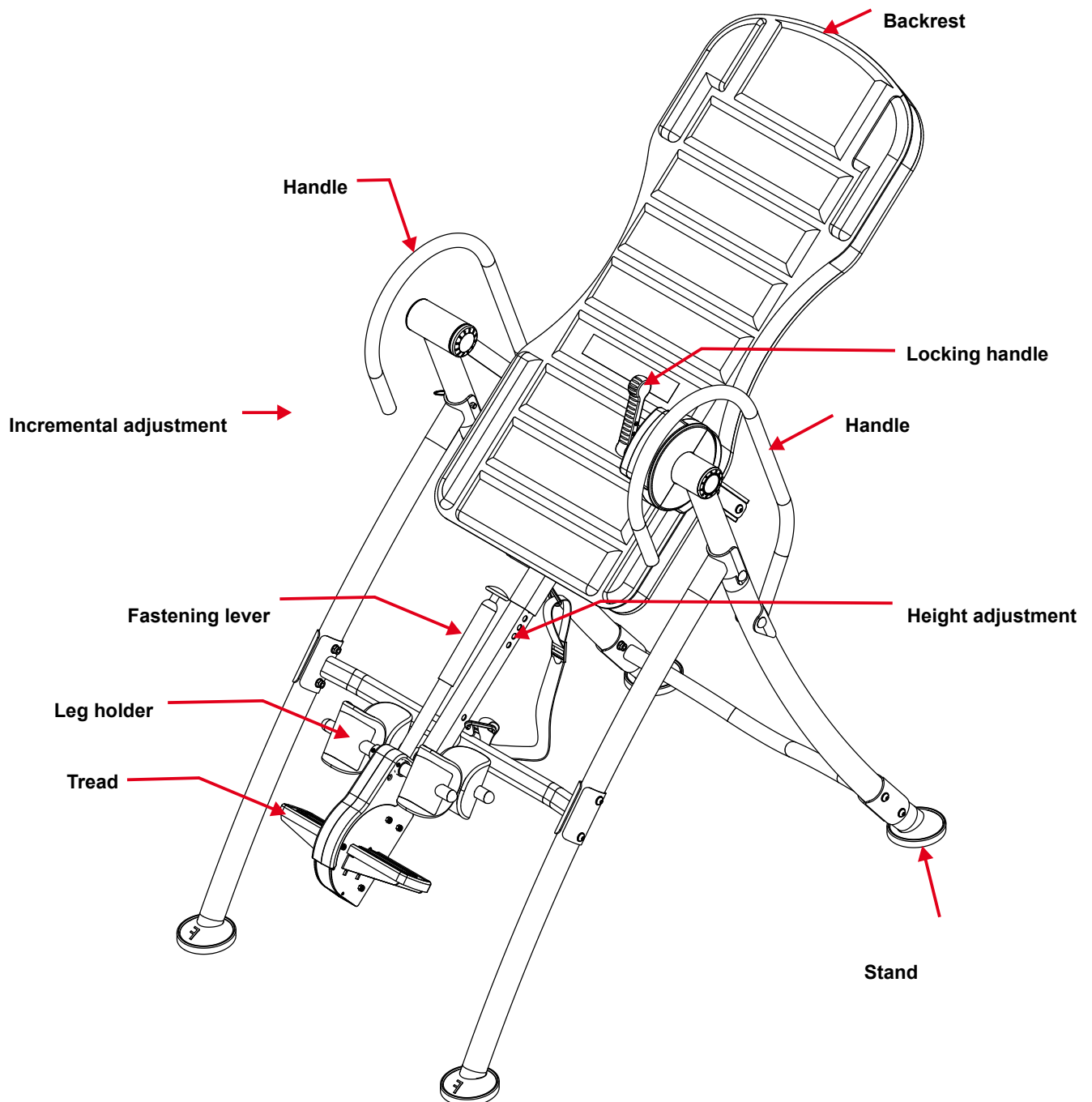
- You should go to the doctor and have a health check before you start working out.
- Stop training immediately if you feel physically unwell or are experiencing any breathing difficulties.
- Always start your training session at a low workload increasing it slowly but steadily throughout. Reduce the 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!

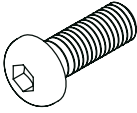
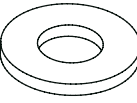

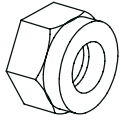
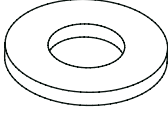
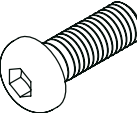

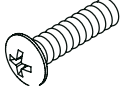

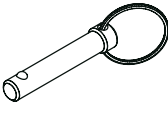
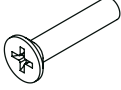

Extreme misuse and/or unplanned training can cause damage to your health!

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

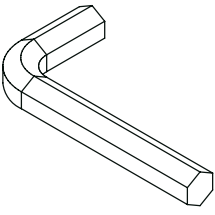
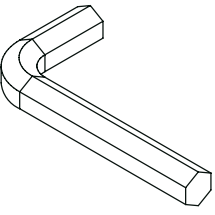
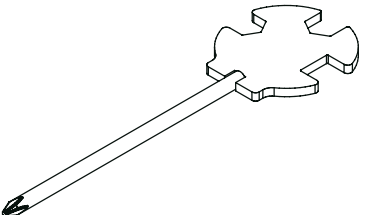
If you have any questions or queries contact your specialist dealer or the MAXXUS Service Team and they will be pleased to help you further.



## 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	Cap	4

ENG

		
Allen Key 5 mm	Allen Key 6 mm	Spanners / Phillips screwdriver

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

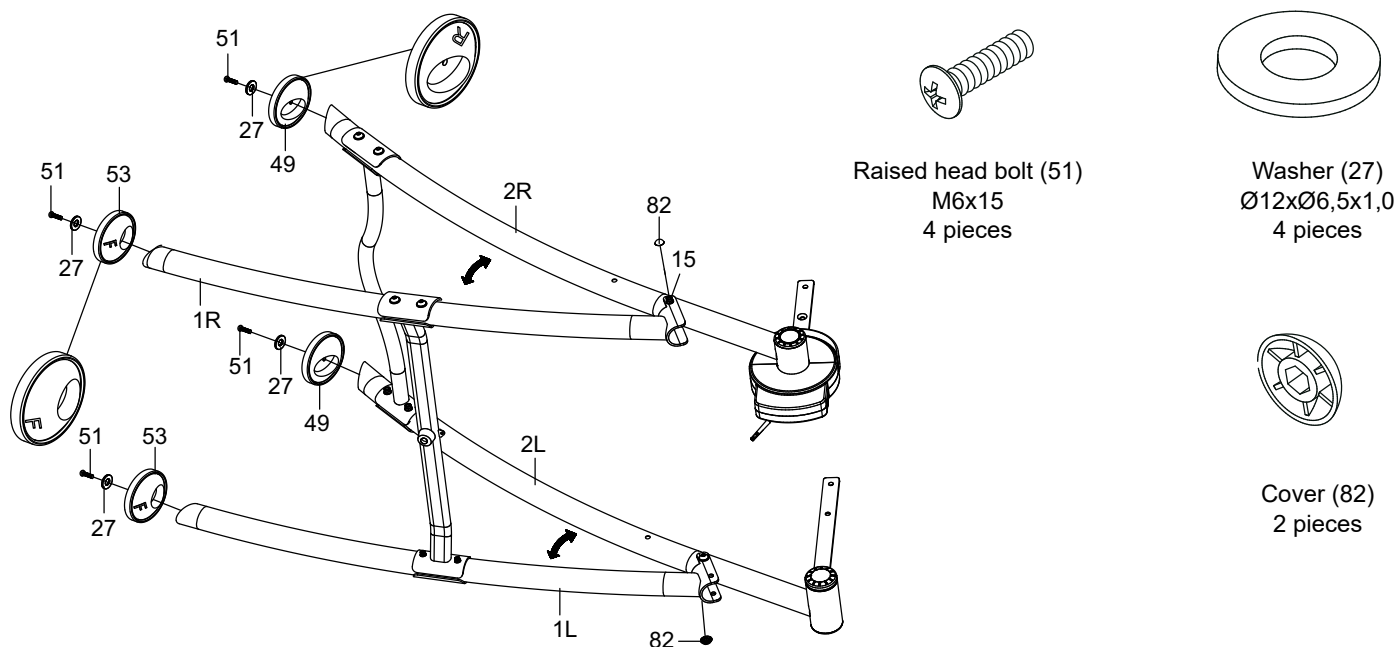
## Assembly

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.

### Step 1:

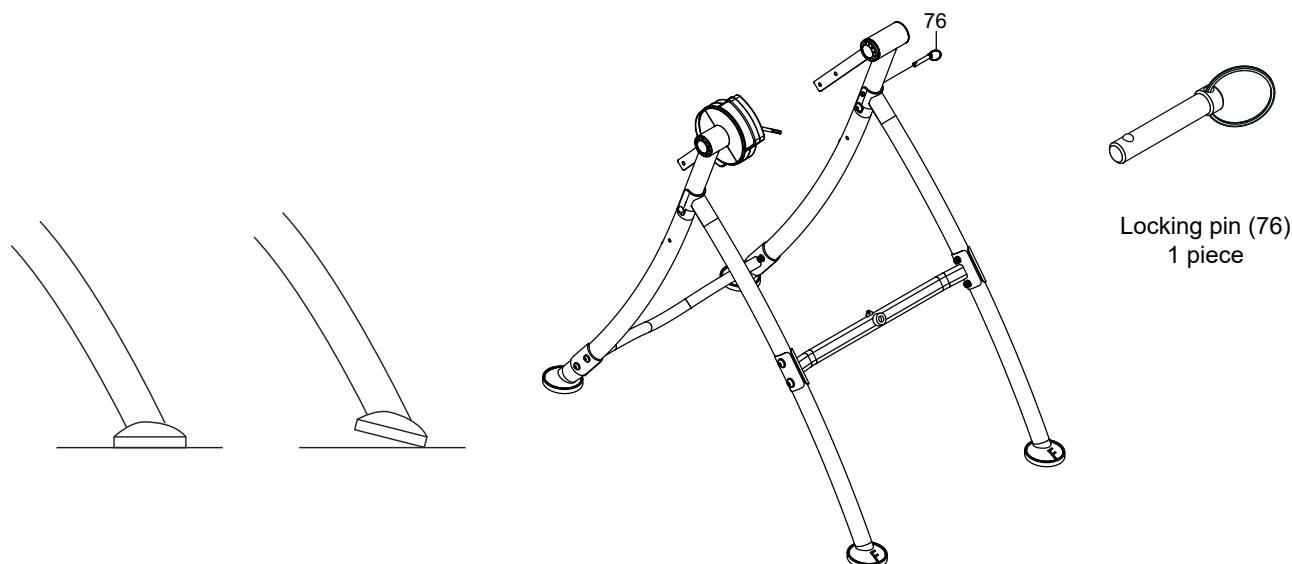
Gently lay the base frame on its side and attach the front feet (53 - marked "F") with a M6x25 raised head bolt (51) and a washer (27) to the bottom of the front two legs (1L / 1R). Then secure the rear feet (49 - marked "R") with a M6x25 bolt (51) and a washer (27) to the bottom of the rear two legs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

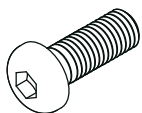


## Step 3:

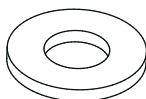
Insert the side brackets of the back frame (4) in the connection bars (5L / 5R) on the base frame. To do this, slide the brackets from below onto the connection bars (5L / 5R).

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).

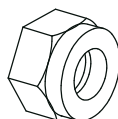
Then insert the knob (30), as shown in the circle cut-out, from the back of the lower end of the back frame.



Allen bolt (10)  
M8x20  
2 pieces



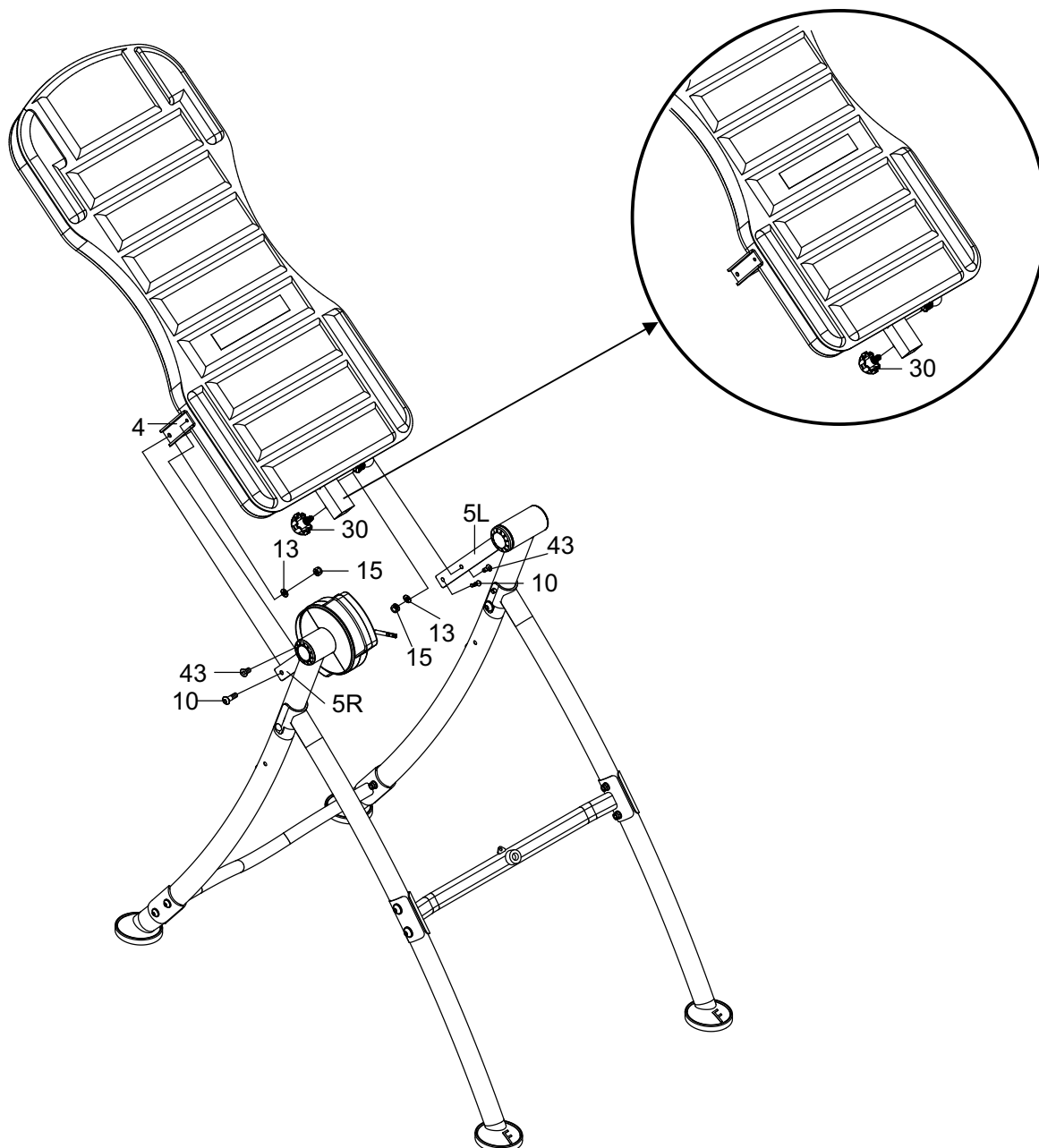
Washer (13)  
Ø8,5xØ20x1,5  
2 pieces



Lock nut (15)  
M8  
2 pieces



Allen bolt (43)  
M8x12  
2 pieces

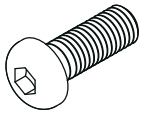




## Step 4:

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).

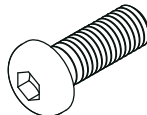
Then attach the locking handle (34) to the lock mechanism (33) with two M4x20 flat head bolts (81).



Allen bolt (10)  
M8x20  
2 pieces



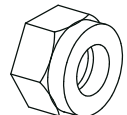
Curved washer (10)  
Ø8,5xØ16x2,0  
2 pieces



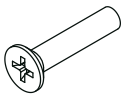
Allen bolt (38)  
M8x6  
2 pieces



Washer (13)  
Ø8,5xØ20x1,5  
4 pieces



Lock nut (15)  
M8  
2 pieces



Flat head bolt (81)  
M4x20  
2 pieces



Cap (82)  
2 pieces



Spring washer (63)  
Ø8,1xØ12,3x2,1  
2 pieces

