

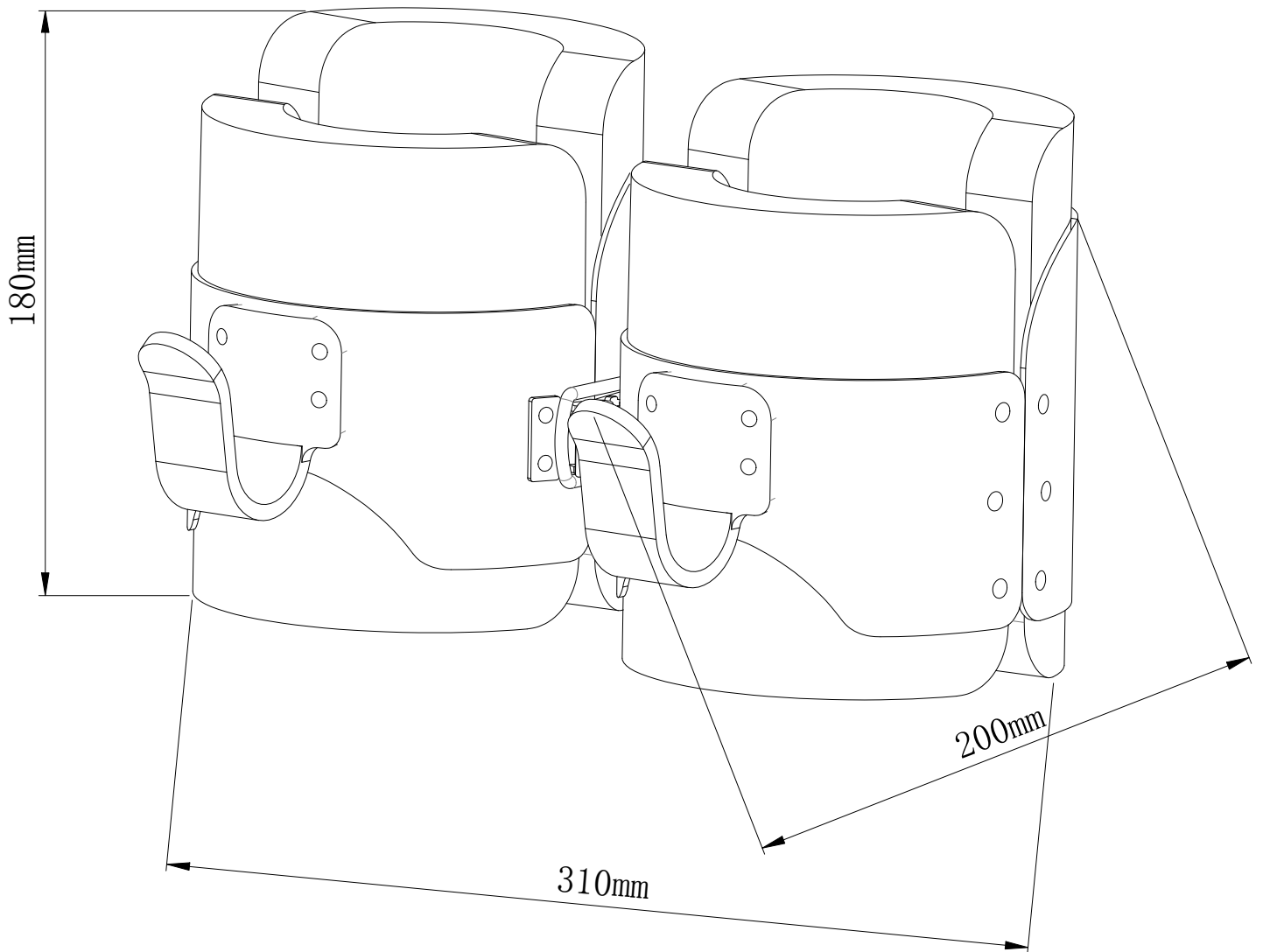
# GORILLA SPORTS

## Gravity Boots (10000810)





# GORILLA SPORTS



Maximum load 250KG

## GRAVITY INVERSION BOOTS -

### SECURE THE BOOTS TO THE ANKLE WITH HOOKS IN FRONT AND LATCHES ON THE OUTSIDE OF LEGS.

For comfort, some users require additional cushioning around the ankle. Use the supplied foam rubber pads to provide that extra support. GRAVITY INVERSION BOOTS should fit snugly and comfortably.



### Exercise

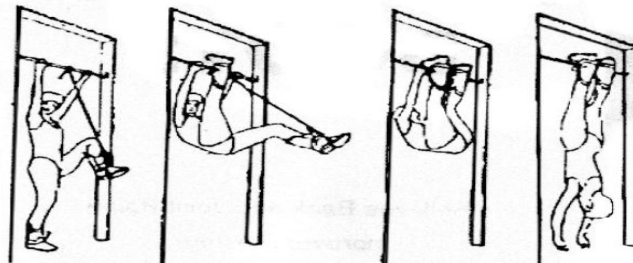
Grasp the CHINNING BAR with both hands and draw up legs until the INVERSION BOOTS can be hooked onto the Bar. Release hands to hang freely.

- 1) **Swinging:** Gently swinging back and forth is a relaxing, decompressing activity. Swinging uses gravity and centrifugal force to reverse the everyday pressures of the body.
- 2) **Twists:** Lace your fingers behind the head, bring elbows inward, and rotate the body at the pelvis. Twisting as far as possible to the left and right mobilize the lumbar portion of the spine (lower back).
- 3) **Sit-ups:** Place hands on calves and try to touch forehead to knees. This exercise tones abdominal area and decompresses the entire spinal column as it develops muscles in the stomach and back.
- 4) **Squats:** Place hands on shins and bend knees to squatting position. Relax and repeat to tone thigh muscles and decompress knee and hip joints. An alternate way to perform squats is by placing hands on the door frame and bending knees.
- 5) **Arches:** Grasp the door frame at waist height and straighten arms. Bend waist to elevate hips as high as possible with arms in place. Bend waist in the opposite direction to arch back. This exercise creates greater flexibility of the spinal column and stretches muscles in the legs and abdomen.
- 6) **Weightlifting:** Use commercially available dumbbells to tone the upper extremities and increase the decompressive effects of the exercise.

**To dismount the CHINNING bar, place both hands on the bar, unhook the Inversion Boots and place feet on floor .**

- 7) **Brachiation:** Simply grasping the CHINNING Bar and hanging by the arms is an excellent way to relieve tension in the back and to stretch shoulder and arm muscles.
- 8) **Chin-ups:** Grasp the CHINNING BAR with both hands. Palms should be toward you. Hang freely and attempt to bend arms, bringing head to CHINNING BAR. Repeat as many times as possible. Some users find the "stirrup" method easier. Tie a nonslipping loop in one end of a strong piece of rope. The loop should be large enough to slip over the toe end of your shoe. Tie the other end of the rope to the CHINNING BAR.

With one foot in the loop, place both hands on the CHINNING BAR and shift weight to foot in loop. Hook free leg onto bar, following with "looped" leg. Release hand hold.



To dismount the CHINNING BAR, raise body toward legs and place hands on bar. Pulling yourself up may be accomplished by grasping the rope and reaching bar by a hand-over-hand progression.

With both hands on bar, unhook the unlooped leg first. Unhook the remaining leg and shift weight to rope loop. Place free foot on the floor and remove other foot from loop.

