



GTS[®]
GRAVITY TRAINING SYSTEM

CONGRATULATIONS

Thank you for purchasing GTS[®], the center of the GRAVITYSystem[®] and anchor for the comprehensive GRAVITY⁴Programming[®]. Your GTS is an investment that will enhance your business year after year.

Please read and save your Owner's Guide so that you may refer to it in the future.

Your GTS[®] arrives with very little required in the way of assembly. Simply follow this Guide and your GTS[®] will be operational.

In this Guide you will find tips about GTS and its component parts, operation, maintenance and care. Additionally, you will find safety tips and precautions to help ensure your safety and the safety of your clientele in a commercial setting. Also included is a description of your warranty information.

If during the course of using the GTS you have any questions about the product or you require parts or service, please write, email or call us at the address or phone number listed below.

Our goal is to support your success through the GRAVITYSystem[®], and we stand ready to help you every step of the way.

Sincerely,



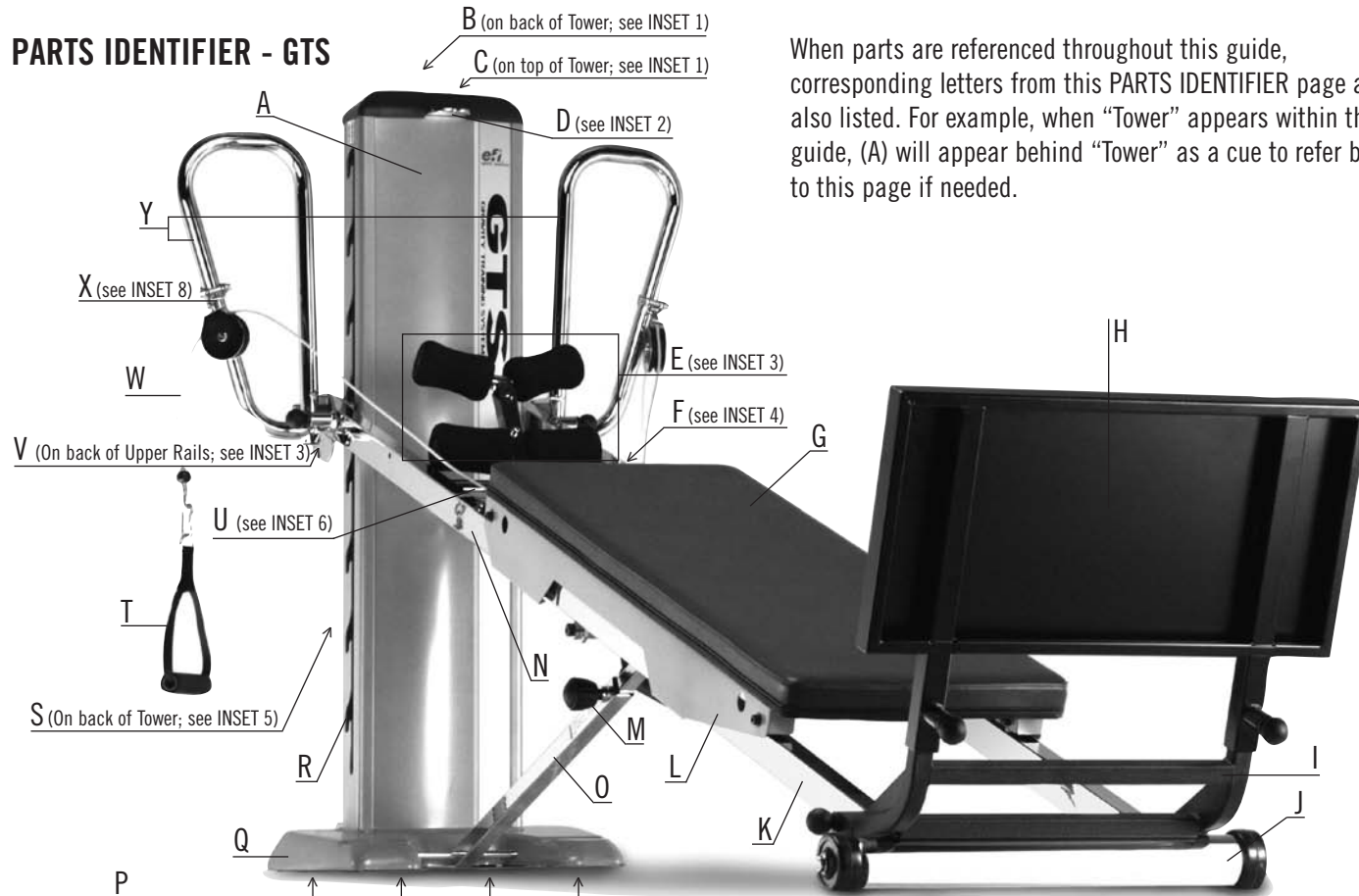
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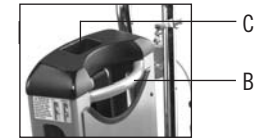
CAUTION: As with any exercise program, participants should consult a physician before starting a workout on GTS.

PARTS IDENTIFIER - GTS

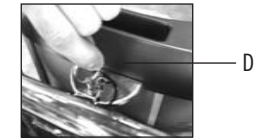


When parts are referenced throughout this guide, corresponding letters from this PARTS IDENTIFIER page are also listed. For example, when "Tower" appears within this guide, (A) will appear behind "Tower" as a cue to refer back to this page if needed.

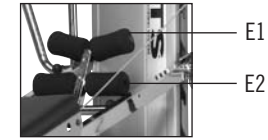
INSET 1 (REAR TOWER VIEW)



INSET 2



INSET 3



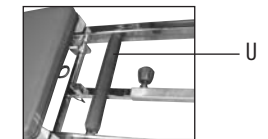
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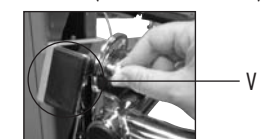
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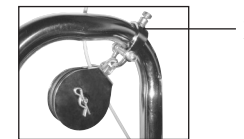
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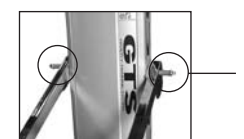
INSET 7 (REAR TOWER VIEW)



INSET 8



INSET 9



- | | | |
|-----------------------------|-----------------------------|--|
| A. Tower | I. Folding Platform | S. Tower Back Handle |
| B. Tower Top Handle | J. Lower Rail Base | T. Handles |
| C. Tower Pulley Pocket | K. Lower Rails | U. Center Rail Crossbar |
| D. Tower Lock Pin | L. Glideboard Wheel Housing | V. Rectangular Bushings |
| E. Folding Foot Holder | M. Support Strut Knob | W. Dynamic Arm Pulley System |
| E1. Upper Foot Pad Assembly | N. Upper Rails | X. Pulley Locator Brackets |
| E2. Lower Foot Pad Assembly | O. Support Strut | Y. Lateral Adjustable Training (LAT) Bars |
| F. Glideboard "D" Ring | P. Transport Wheels | Z. Tower Crossbar (see inset 9; located inside back tower cover) |
| G. Glideboard | Q. Tower Base | |
| H. Telescoping Squat Stand | R. Tower Level Hooks | |





PARTS ASSEMBLY - GTS

Your GTS arrives with some assembly required.

BOX CONTENTS

AA. Tower, Rail & Glideboard Assembly



BB. LAT Bars & Arm Pulley Cable Assembly



CC. Folding Platform



DD. Telescoping Squat Stand



EE. Empty Spacer Box



FF. One Hardware Packet Box



HARDWARE PACKET CONTENTS

GG. Wrenches (2)



HH. Bronze Washers (4)



II. Chrome Washers (2)



JJ. Socket Head Screws (2)



KK. Quick Links (2)



LL. GTS Owner's Guide (1)



MM. Handles (2)



SET UP - GTS

1. Remove your GTS from the box. Stand the GTS upright. Never turn your GTS on its side. Assemble and use the GTS on flat ground.

NOTE: Required floor space for operation of GTS:
3.5 ft. x 9.5 ft [1m x 3m] W/L

SET UP - GTS: UNFOLDING

2. Disengage the Tower Lock Pin (D).
3. Store the Tower Lock Pin (D) in the Lock Pin Bracket on the Support Strut (O) as shown.
- 4-5. Gently pull Lower Rail Base (J) away from Tower Base (Q), twist the retractable Support Strut Knob (M) to loosen it.



1



2



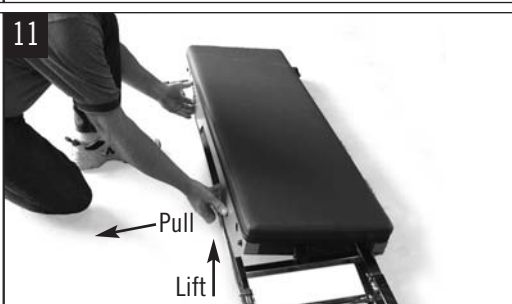
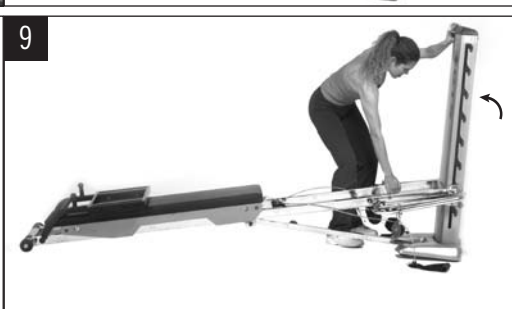
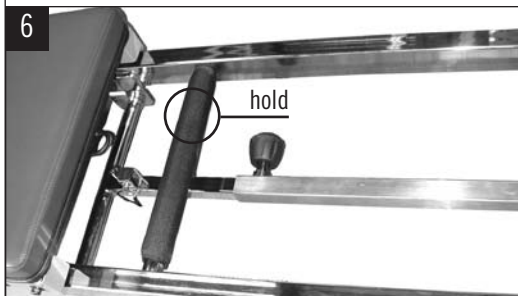
3



4



5



SET UP - GTS: UNFOLDING (CONTINUED)

6. Hold the padded Center Rail Crossbar (U).
7. Hold the Tower (A), while continuing to hold the Center Rail Crossbar (U).
8. Allow the Rails (K, N) to unfold, away from the Tower (A) until the Rails (K, N) are fully extended. Continue holding the Tower (A).
- 9-10. Raise the Rails (K, N) to level 3. Tilt Tower (A) slightly forward, until the Support Strut Knob (M) pops into position. Tighten Support Strut Knob (M).

IMPORTANT SAFETY CONSIDERATION: Support Strut Knob (M) must be engaged and tightened while GTS is unfolded or in use.

CAUTION: To avoid damage to your GTS, the Support Strut Knob (M) must be loosened and disengaged when folding.

REPOSITIONING GLIDEBOARD

11. To reposition the Glideboard (G) for use, kneel beside the Glideboard (G). First, lift and pop one side of the metal Glideboard Wheel Housing (L) away from the Rails (K, N).
12. Disengage the Glideboard (G).
13. Move the Glideboard (G) about 6 inches up the Rails (K, N) toward the Tower (A), until the metal stop on the underside of the Glideboard (G) rests above the rubber bumper on the Lower Rail (K). Lower the Glideboard (G) and pop the Glideboard Wheel Housing (L) back into place.

INSTALL LAT BARS

14. With one hand holding the padded Center Rail Crossbar (U) and another on the Tower (A), raise the rails to Tower (A) level 5 or 6 for ease of assembly, as shown.
15. Ensure that the Support Strut Knob (M) is engaged and tight.

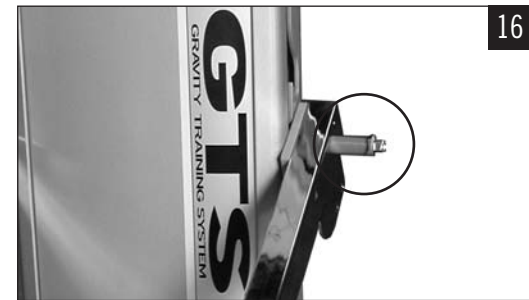


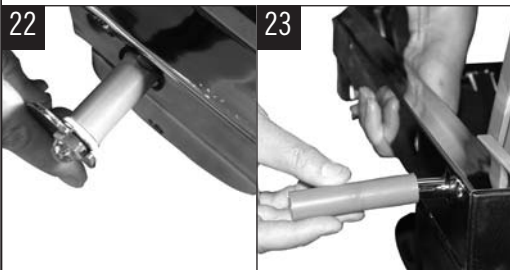
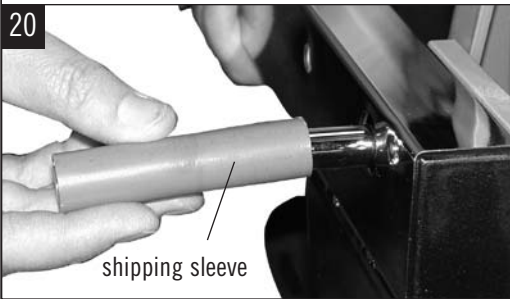
REMOVE THE SHIPPING SLEEVES - PHASE 1

16. Your GTS arrives with shipping sleeves on the ends of the Tower Crossbar (Z). The shipping sleeves serve one purpose: to protect the tower crossbar during shipping.
17. To remove the first shipping sleeve, face the back of the Tower (A) and take one of the supplied wrenches in each hand.

NOTE: For easiest assembly, keep the Tower Crossbar (Z) centered throughout the assembly process, with each end extending about equal distance from the Tower (A).

18. Apply one Wrench (GG) to the nyloc nut on one side of the Tower Crossbar (Z) to immobilize the Crossbar. Use the other Wrench (GG) to loosen the nyloc nut by turning counterclockwise.





INSTALL LAT BARS (CONTINUED)

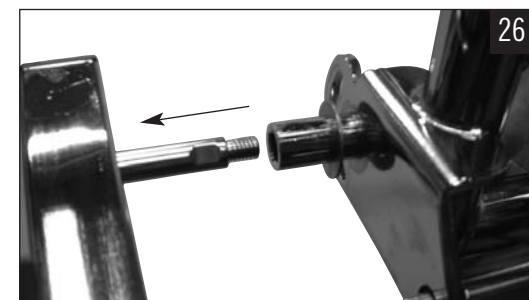
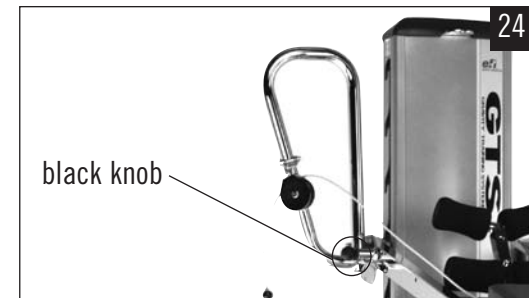
19. Remove the nyloc nut, Chrome Washer (II) and the Bronze Washer (HH). Set them aside.
20. Hold the Upper Rail (N) with one hand. Remove the first shipping sleeve from the Tower Crossbar (Z) with the other hand. Set the first shipping sleeve aside.
21. To remove the remaining shipping sleeve, immobilize the exposed end of the Tower Crossbar (Z) by applying one of the Wrenches (GG) to the notch.
22. Use the other Wrench (GG) to loosen the remaining nyloc nut by turning it counterclockwise.
23. Hold the Upper Rail (N) with one hand. Remove the second shipping sleeve from the Tower Crossbar (Z) with the other hand. Set the shipping sleeve aside. You may discard the shipping sleeves or retain them in the event you need to ship your GTS in the future.

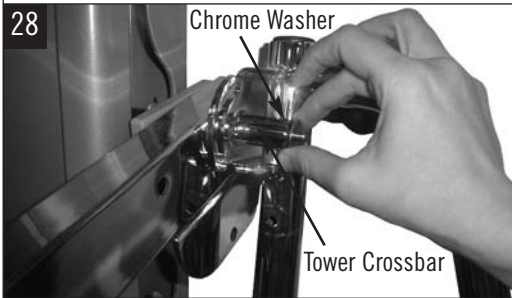
Now that the shipping sleeves have been removed, you are ready to attach the first LAT Bar (Y).

INSTALL LAT BARS (CONTINUED)

POSITION THE LAT BARS - PHASE 2

24. To position the first LAT Bar (Y) for mounting, make sure the long, vertical side of the LAT Bar (Y) aligns closest to the Tower (A). **NOTE:** The slotted holes face the back of the GTS, the black knob faces the Glideboard (G).
25. Slide a Bronze Washer (HH) onto the LAT Bar cylinder.
26. Stand beside the tower and align the LAT Bar cylinder with the Tower Crossbar (Z). **REMINDER:** Keep the Tower Crossbar (Z) centered during assembly. Slide the LAT Bar cylinder onto the Tower Crossbar (Z) until it is securely seated on the Upper Rail (N).
27. Rotate the LAT Bar upside-down until the other LAT Bar is installed, and both nuts on the Tower Crossbar (Z) have been tightened.





INSTALL LAT BARS (CONTINUED)

POSITION THE LAT BARS - PHASE 2 (CONTINUED)

28. Return the Chrome Washer (II) to the end of the Tower Crossbar (Z) that extends beyond the LAT Bar cylinder.
29. Hold the LAT Bar (Y) steady with one hand. Attach and finger-tighten the nyloc nut onto the Tower Crossbar (Z) with the other hand.
30. Press against the nyloc nut to push the Tower Crossbar (Z) until it lies flush against the LAT Bar cylinder. This will help seat the LAT Bar (Y) against the rail.

ATTACH THE LAT BAR BRACKET - PHASE 3

31. Lower the Lat Bar (Y) to the pull-up position. Remove the remaining contents from your Hardware Packet (contents of Hardware Packet shown on bottom of page 4).
32. Place a Chrome Washer (II) followed by a Bronze Washer (HH) on a Socket Head Screw (JJ). Feed the Socket Head Screw (JJ) partially through the elongated slot .

Place another Bronze Washer (HH) on the screw on the other side of the bracket. Thread the screw into the hole in the rail. Align the screw with the hole in the rail inside the LAT Bar bracket and finger-tighten the screw.



INSTALL LAT BARS (CONTINUED)

ATTACH THE LAT BAR BRACKET - PHASE 3 (CONTINUED)

33. Place another Bronze Washer (HH) on the screw on the other side of the bracket. Thread the screw into the hole in the rail. Align the screw with the hole in the rail inside the LAT Bar bracket and finger tighten the screw.
34. Tighten the Socket Head Screw (JJ) with the hex end handle of the Wrench (GG).

REPEAT PHASE 2 - Position the LAT Bar (Y) on the opposite side.

REPEAT PHASE 3 - Attach the LAT Bar bracket on the opposite side.

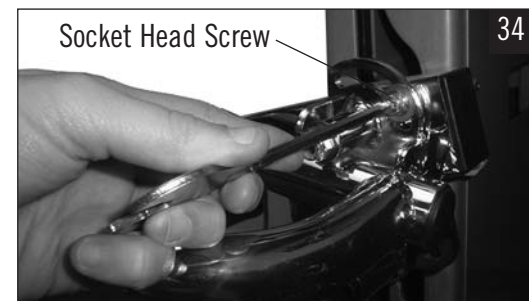
Then use both Wrenches (GG) to tighten the nuts on the Tower Crossbar (Z) until the nut is flush with the end of the shaft.

35. A counterweight system is housed inside your GTS Tower (A). After installing the LAT Bars (Y) and before exercising on your GTS, be sure to raise the rails to level 8 to re-center the counterweight strap on the Tower Crossbar (Z).

Then check that the plastic Rectangular Bushings (V) are not tight against the Tower (A) sides. Hold the Rails (K, N) above the Tower Hook at level 8 and push the Tower (A) back with one hand, then let go. The Tower (A) should rock forward immediately. If the Tower (A) does not rock forward by itself, loosen the nyloc nuts on the Tower Crossbar (Z) and repeat the process. If this doesn't correct the problem call efi Sports Medicine Customer Service.

With these steps (14 - 35) completed, your LAT Bars (BB) are assembled.

36. Attach the Handles (MM) to the cable ends using the Quick Links (KK).
37. Store the center pulley, when not in use, in the Tower Pulley Pocket (CC), located at the top of the Tower (A).





ADJUST THE LAT BAR

38. To adjust the LAT Bars (BB), pull the retractable knob on the LAT Bar to disengage the Lat Bar from the Upper Rail (N) and rotate LAT Bars to the desired position. Ensure that the pin on the retractable knob is properly engaged.

LAT BAR ADJUSTS TO THREE POSITIONS.

39. **NORMAL USE:** parallel (upright) to the Tower (A), perpendicular to Rails (K,N)

40. **PULL-UP POSITION:** angled upwards from the Rails (K,N)

41. **FOLDING POSITION:** parallel to the Rails (K,N)

ADJUST THE RAIL ANGLE

To raise or lower the rail angle, stand alongside the Upper Rail (N), facing the Tower (A). Always have one hand on the Tower (A) and one on the Upper Rail (N); lift the Rails (K, N) using proper lifting methods.

42. When you are raising the resistance level, lift the Rails (K, N) and slip the Tower Crossbar (Z) into the desired Tower Hook (R). The higher the Rails (K,N) are on the Tower (A), the higher the resistance. Once the Tower Crossbar (Z) connects with the desired Tower Hook (R), lower the Rails (K, N) and make sure that the Tower Crossbar (Z) is securely seated inside the Tower Hook (R).

HINT: At lower resistance levels, pulling the Tower (A) forward will help seat the Tower Crossbar (Z), and you can push downward on the Rails (K, N) to insure the Tower Crossbar (Z) is seated.

IMPORTANT: Be sure the Tower Crossbar (Z) is fully secured in the Tower Hooks (R) on both sides before use. Always perform a visual and manual check before getting on the GTS.

43. When lowering the resistance level, lift the Rails (K, N) to disengage the Tower Crossbar (Z) from the Tower Hook (R). Push the Tower (A) back, and lower the Rails (K, N) to the desired level. Once the Tower Crossbar (Z) aligns with the Tower Hook (R), pull the Tower (A) forward and lower the Rails (K, N) until the Tower Crossbar (Z) is securely seated in the Tower Hook (R). Push down on the Rails (K, N) to insure the Tower Crossbar (Z) is seated.

ATTACH AND DETACH DYNAMIC ARM PULLEY CABLE SYSTEM (W)

44. To attach the Dynamic Arm Pulley System (W) to the Glideboard (G), remove the center pulley from the Tower Pulley Pocket (C) and connect the snap hook to the Glideboard "D" Ring (F).
45. To free the Glideboard (G) from the Dynamic Arm Pulley System (W), simply unfasten and release the snap hook on the pulley, and store the center cable pulley in the Tower Pulley Pocket (C).





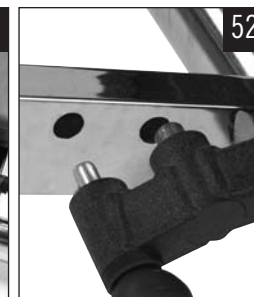
FOLDING FOOT HOLDER (E)

46. Your GTS arrives with the Folding Foot Holder (E) attached. Remove the packing material. The Folding Foot Holder (E) must be rotated to the upright position for certain exercises.
47. To raise the Folding Foot Holder (E), simply pull up until the adjustment knob engages in the upright position.
48. To adjust the height of the Folding Foot Holder (E), push in the center post snap button and raise the Upper Foot Pad Assembly (E1). This allows individuals with longer feet to more easily position themselves in the Folding Foot Holder (E).
49. To begin using the Folding Foot Holder (E), sit at the top of the Glideboard (G) and place your heels past the pads of the Lower Foot Pad Assembly (E2).
50. If you have adjusted the Upper Foot Pad Assembly (E1) for easy positioning, Lower Foot Pad Assembly (E2) by pushing it down until the center post snap button has re-engaged.

NOTE: After you are finished with the Folding Foot Holder (E), remember to pull the knob and lower it to avoid interference with the Glideboard (G) during other exercises.

INSTALL THE FOLDING PLATFORM (I)

51. Align the bottom of the Folding Platform (I) with the Lower Rails (K) just above the Lower Rail Base (J).
52. Using the two holes just above the bottom of the Lower Rails (K), slide the fixed pin into the large hole in the outside left Lower Rail (K).
- 53-54. While keeping the Folding Platform (I) rotated toward the Tower (A), pull the retractable pin on the right side and move the pin over the hole. Release the pin.
Rotate the Folding Platform (I) back until the pin on the left rail engages completely.



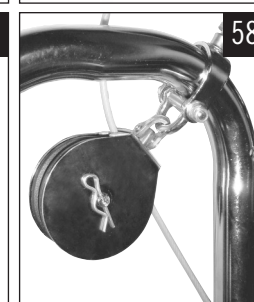
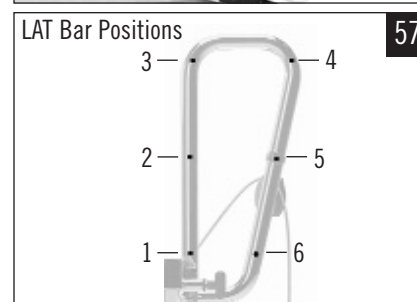
INSTALL THE TELESCOPING SQUAT STAND (H)

55. Align the Telescoping Squat Stand (H) over the Folding Platform (I) struts until the Telescoping Squat Stand (H) pins contact the top of the Folding Platform (I) struts.
56. To adjust the height of the Telescoping Squat Stand (H), pull both retractable pins and raise or lower the Telescoping Squat Stand (H) until both pins engage in one of the three adjustment holes in the Folding Platform (I) struts.



PULLEY LOCATOR BRACKETS (X)

- 57-58. The Pulley Locator Brackets (X) are designed to adjust easily. Standing behind the Tower (A), pull back on the Pulley Locator Bracket (X) pin. Then, move the Pulley Locator Bracket (X) to the desired position on the LAT Bars (Y), and allow the pin to engage in the desired hole. You should rotate the Pulley toward the center of the LAT Bar (Y) when moving the Pulley Locator Brackets (X) around the LAT Bar bends.





FOLDING AND STORAGE

The GTS is easily folded for storage. Whenever you move or store the GTS, fold the Telescoping Squat Stand (H) and Folding Platform (I) toward the Glideboard (G).

59-60. Pull the Folding Platform (I) left side retractable pin (as you face the Tower (A) while pushing the Telescoping Squat Stand (H) forward until the retractable pin locks in place in the folded position against the Glideboard (G).

61. Lower the Folding Foot Holder (E). Pull the Folding Foot Holder (E) knob on the inside of the right rail to rotate the Folding Foot Holder (E) to the down position.

62. Attach the center pulley snap hook (located on the Dynamic Arm Pulley System (W)) to the lock pin bracket located on the Support Strut (O). The pulley and cable will be underneath the padded Center Rail Crossbar (U).

63. Lower the LAT Bars (Y) to the folding position (parallel to the rails). Next, adjust the Pulley Locator Brackets (X) to the fourth position on the LAT Bars (Y).

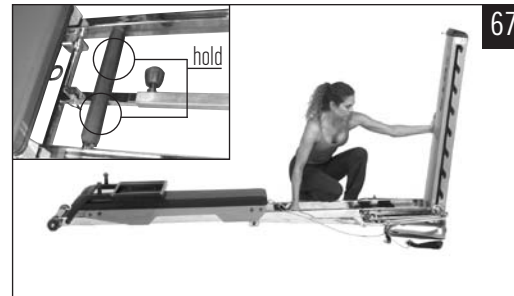
64. Hold the Tower (A). Lower the Rails (K, N) to the lowest level. With one hand on the Tower (A) and one hand on the Upper Rail (N), disengage the Rails (K, N) from the Tower Hooks (R) and lower the Rails (K, N) slowly towards the Tower Base (Q).

65. While holding the Tower (A), unscrew and disengage the Support Strut Knob (M) by pulling it out.

66. **HINT:** Rock the Tower (A) backward to help release tension on the Support Strut Knob (M). Once the Support Strut Knob (M) has disengaged, pull the Tower (A) forward to its full, upright position. **IMPORTANT:** Disengage the Support Strut Knob (M) during folding to avoid damage to your GTS.

FOLDING AND STORAGE (CONTINUED)

67. While continuing to hold the Tower (A), grasp either side of the padded Center Rail Crossbar (U).



68. While continuing to hold both the Tower (A) and either side of the padded Center Rail Crossbar (U), move into position to pull the Rails (K, N) up and towards the Tower (A).



69. Pull the Rails (K, N) up and toward the Tower (A) until the rails form an A-frame.



70-72. Continue pulling the Rails (K, N) toward the Tower (A) until the Lower Rail Base (J) rests on the Tower Base (Q) and the GTS stands upright.



73. Insert the Tower Lock Pin (D) to secure the GTS in the upright position. Check to make sure the Support Strut Knob (M) has re-engaged and screw in the Support Strut Knob (M).



Hang the Handles (T) out of the way and make sure the Dynamic Arm Pulley System (W) remains free from contact with the center hinge, floor or Transport Wheels.

To unfold the GTS and return it to use, follow the unfolding directions at the beginning of this guide.

TO MOVE THE THE GTS

74. Stand behind the Tower (A), grasp the Tower Top Handle (B) and lean the Tower (A) back toward you. You can now wheel the GTS, similar to how you would move a hand cart.





GETTING STARTED

Keep hands, fingers, hair, etc. away from all moving parts. Avoid touching hinges.

Participants using GTS should wear athletic shoes and comfortable lightweight clothing. Long hair should be tied back to avoid contact with the center pulley, center hinge or rollers. Before use, check to ensure that all GTS parts are in place and working properly and the Support Strut Knob (M) is engaged.

Begin the exercise program at a level where participants can perform the exercise with good form throughout the exercise set. As participants' fitness level progress, raise the incline to increase the load and level of resistance. Build gradually to higher resistance levels, always keeping form and control. Avoid using momentum during cable exercises.

Remember to control the glideboard at all times, particularly when getting on or off the GTS. The following tips will help you stabilize the glideboard as you approach the unit for mounting in various positions.

PROPER FORWARD ANCHORING SEQUENCE WITH DYNAMIC ARM PULLEY SYSTEM (W) ATTACHED TO THE GLIDEBOARD (G)

75. Grasp both Handles (T) in the hand closest to the Tower (A) as you stand to one side of the GTS.
76. Pull the Glideboard (G) up the Rails (K,N) and sit in the proper position for the specific exercise you will perform. If you are performing a sitting exercise, sit at the top of the Glideboard (G).
- 77-78. If the exercise requires you to lie back, pull the Glideboard (G) up so you can sit at the bottom of the Glideboard (G) with one pulley Handle (T) in each hand.

- 79. When lying on your back, be sure your head is supported on the Glideboard (G). Securely tie-up long hair to avoid getting caught in moving parts. If the Glideboard (G) travels all the way to the top or bottom of its rolling distance during the exercise, adjust your body up or down on the Glideboard (G).

PROPER BACKWARD ANCHORING SEQUENCE WITH DYNAMIC ARM PULLEY SYSTEM (W) ATTACHED TO GLIDEBOARD (G)

- 80. Grasp Handles (T), then make a fist and place your knuckles at the top of the Glideboard (G) to anchor it in place. Now it is safe to sit, straddle or kneel on the Glideboard (G).
- 81. When kneeling on the Glideboard (G), place knees one at a time just behind your fists as you face the Glideboard (G).
- 82. Move to the starting position of the exercise and begin by using controlled movements.



⚠ WARNING

*Always control the Glideboard (G) while mounting or dismounting your GTS.
Do not exceed 650 pounds (295 kg) of weight-bearing on GTS.*



MAINTENANCE AND CARE

Your GTS will offer your health and fitness or wellness facility and your clientele years of easy operation if you follow these simple tips for maintenance and care. With periodic cleaning, moving parts and rolling surfaces will maintain their smooth function.

Daily

- Wipe down padded surfaces with antibacterial cleanser after each use.
- Move Glideboard (G) up and down Rails (K,N) to ensure smooth tracking. If Glideboard (G) does not roll smoothly, clean Rails (K, N) and rollers/wheels thoroughly with DRY cloth.
- Ensure that Support Strut Knob (M) is secure before use (tighten clockwise).
- Ensure that the Tower Crossbar (Z) is securely seated into Tower Level Hooks (R) after each level change.

Weekly

- Inspect Dynamic Arm Pulley System (W) for wear or damage. If plastic outer cable cover is compromised in any way, replace damaged cable.
- Wipe down rails with dry cloth and use chrome polish when necessary to remove dust buildup.
- Clean and dry all surface areas for aesthetics.

- Check all Screws, Fasteners and Knobs to ensure that they are installed correctly and tightened.
 - a. LAT Bars screws
 - b. Folding Foot Holder (E) screws
 - c. Pull Pins/Retractable Knobs
 - d. Glideboard Wheel Housings (L) on the Glideboard (G)
 - e. Shoulder Bolt on the Rail Center Hinge
- Check for ease of use when changing levels on the GTS Tower (A). Report any difficulty in changing levels or seating the Tower Crossbar (Z) in the Tower Level Hooks (R). Discontinue use if customers cannot seat the Rails (K, N) properly and contact efi Sports Medicine Account Coordinator. Check the looseness of the Rectangular Bushings (V) by holding the Tower Crossbar (Z) above the Level 7 hook. Push the Tower (A) back and release. If the Tower (A) does not rock forward by itself, check the tightness of the nyloc nuts on the Tower Crossbar (Z) or contact efi Sports Medicine.
- Visually and functionally check all pulleys for smooth operation. Clean as needed.
- Check all pads, fabric or foam for wear and replace as needed.
 - a. Folding Foot Holder (E) pads
 - b. Glideboard (G) upholstery
 - c. Counter Weight Strap in Tower (A)
 - d. Handles (T)

Monthly

- Remove all Glideboards (G) for visual inspection of rollers/wheels. Clean any debris accumulated on the roller assembly.
- Ensure that the rubber stoppers located on the Center Rail Crossbar (U) are tight. Replace damaged stoppers.
- Inspect and clean rubber pads located beneath the tower base to ensure good “gripping” on wood floors.
- Visually inspect all double leg pulley assembly kits to ensure they are secure and tightened on the Tower (A). (This is an optional accessory). Tighten and secure as necessary.
- Check function of the Support Strut Knob (M). For safety, secure all Support Strut Knobs (M) clockwise before use.
- Visually inspect all Glideboards (G) for tearing or punctures.
- Check all additional accessories for proper function and wear.
- For long-term storage or high humidity environments, WD40 can be applied to a cloth and wiped lightly to all chrome surfaces. Wipe dry before use.



SAFETY PRECAUTIONS

WARNING: Failure to read and follow the safety instructions in this Owner's Guide may result in serious injury or death. Hazards include but are not limited to falling, overexertion, strained muscles, pinched fingers or pulled hair.

KEEP HANDS, FINGERS AND HAIR AWAY FROM ALL MOVING PARTS. AVOID TOUCHING HINGES.

Before starting this or any exercise program, the participant should consult his or her physician, who can assist in planning a program for the individual's age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people.

Do not over exert with this or any exercise program. If any pain or tightness in the chest is experienced, or an irregular heartbeat, shortness of breath, or faintness, nausea or dizziness, stop exercising immediately and consult your physician before resuming any exercise program. (Clinicians should follow these recommendations if these symptoms are observed in patients.)

This product is designed and intended for commercial use. Use only as instructed. Do not leave anyone unattended on the GTS. Do not permit anyone to stand on your GTS or use it as furniture. Children should only use GTS when closely attended and supervised by an adult.

Appropriate exercise attire should be worn.

Inspect your GTS before each use to ensure proper operation. Do not use your GTS if it is not completely assembled or has been damaged in any manner. All parts should be checked for wear before each use. Cables and handle webbing showing signs of wear should be replaced immediately. Contact efi Sports Medicine Customer Service for replacement parts or repairs.

Use only accessory items recommended by the manufacturer. Only use accessories in the manner specified by the manufacturer.

Make sure participants take care getting on and off the unit. Falling on or off could result in severe or fatal injury.

Place your GTS on a flat solid surface with nonskid material underneath.

Follow the instructions that are outlined in this Owner's Guide for operating your GTS.

RESISTANCE CHARTS (SEE NEXT PAGE)

How GTS works:

GTS uses a variable angle incline plane to create exercise resistance by modifying the user's body weight—the steeper the angle, the more resistance. To determine amount of resistance being used during an exercise, simply multiply the user's body weight by the appropriate percentage indicated in the chart. The result of this calculation is the resistance (force) in pounds or kilograms required to move the glideboard. When figuring exercises that incorporate the pulley cables, use 50% of the charted numbers. Note: Chart is accurate within a 4% margin of error.

Example:

A 200 lb person using level 3 would be lifting 44 lbs. or 22% of total body weight.

A 95 kg person using level 3 would be lifting 21 kg. or 22% of total body weight.

SAFETY COMPLIANCES

Product	GTS: GRAVITY TRAINING SYSTEM
Directive	prEN-957-1, EN-957- 2, EN-957-7
Class	S



WARNING:

The GTS should only be used in a supervised area where access and control is specifically regulated by the owner. The extent of control depends on the user e.g. degree of reliability, age, experience, etc.



WARRANTY CLAIMS

efi Sports Medicine treats warranty claims as a priority. To process these quickly, a Return Merchandise Authorization (RMA) number is required to properly link your merchandise with your claim.

efi Sports Medicine does not accept returned merchandise without an accompanying RMA number.

Contact efi Sports Medicine Customer Service Department at 800-541-4900 if you are making a warranty claim. A representative will issue you an RMA number and instructions for proper packaging of the equipment for shipping.

IMPORTANT! - Save your invoice. Please retain packaging instructions.

Shipping Damage: FOB origin, unless otherwise specified. efi Sports Medicine accepts no responsibility for damage in shipping.

efi Sports Medicine does, however, make every effort to facilitate the satisfactory resolution of claims made against delivery agents for damage during shipping.

If the GTS appears to have sustained damage in shipping, or if the GTS appears to have shifted in delivery but no damage is evident, retain the shipping boxes until the GTS has been fully assembled to assure there is no functional damage that is not initially visible. In the event of damage during shipping, retaining the shipping boxes helps to facilitate your claim against the shipper.

Take photographs of damaged boxes or contents before opening.

GTS® PURCHASE RECORD

Date Purchased _____

Purchased From _____

Model Number _____

Serial Number _____

Retain this form for your records.

OWNER'S GUIDE GTS®
800 541 4900 EFISPORTSMEDICINE.COM

efi Sports Medicine
7755 Arjons Drive
San Diego, CA 92126

efisportsmedicine.com



LIMITED WARRANTY GTS®

Subject to the exclusions and other terms and conditions set forth below, Engineering Fitness International Corp. ("EFI") warrants the following components to be free from defects in materials and workmanship under normal usage for the period(s) specified below. This limited warranty is your exclusive remedy and applies to new products purchased in the United States, which are accompanied by this written warranty.

EFI, at its option, will repair, replace or refund the purchase price of any product that does not conform to this warranty. Repairs or replacement will be made at no charge to the customer for parts or labor, provided that the customer shall be responsible for any transportation and shipping costs. EFI may use functionally equivalent reconditioned/refurbished/pre-owned or new products, accessories and parts.

This warranty is valid only for the original purchaser, and proof of purchase will be required. This warranty will be valid only if the Ownership Registration Certificate is completed and received by EFI no later than 30 days after the date of purchase. This warranty extends only to the first purchaser, and is not transferable.

Warranties outside the United States may vary. Ask for details.

Exclusions from Coverage

Normal Wear and Tear. Periodic maintenance, repair and replacement of parts due to normal wear and tear are excluded from coverage.

Ornamental Decorations. Ornamental decorations such as emblems, graphics and other decorative elements, are excluded from coverage.

Abuse and Misuse. Defects or damage that result from improper operation, storage, misuse or abuse, accident or neglect, subjecting the product to abnormal usage or conditions or other acts which are not the fault of EFI are excluded from coverage. Use of the product in any manner that is inconsistent with the instructions provided by EFI is considered misuse and any defects or damage that result from such misuse are excluded from coverage.

(continued on reverse side...)

↓ TEAR AT PERFORATION ↓



To register for ownership, complete form on reverse side and return by mail, in envelope, to:

efi Sports Medicine
7755 Arjons Drive
San Diego, CA 92126

If you have any questions about your model or if you need service, please contact Customer Service at 800 541 4900.

↓ TEAR AT PERFORATION ↓

LIMITED WARRANTY GTS® (...contined from reverse side)

[Commercial Use. Defects or damage that result from use of the product for commercial purposes are excluded from coverage.]

Use of Non-EFI Accessories. Defects or damage that result from the use of Non-EFI branded or certified accessories are excluded from coverage.

Unauthorized Service or Modification. Defects or damages that result from service, maintenance, repairs, adjustment, installation or alteration conducted by anyone other than EFI or its authorized representatives are excluded from coverage.

Limitation of Liability

THE WARRANTIES AND REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, WHETHER EXPRESS, IMPLIED OR STATUTORY, INCLUDING ANY LIABILITY ARISING UNDER ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, STATUTORY OR OTHERWISE.

IN NO EVENT SHALL EFI BE LIABLE FOR ANY INCIDENTAL, SPECIAL, INDIRECT OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT OR FROM DEFECTS IN THE PRODUCT.

EFI retains the exclusive right to repair or replace the product or offer a full refund of the purchase price at its sole discretion. SUCH REMEDY SHALL BE YOUR SOLE AND EXCLUSIVE REMEDY FOR ANY BREACH OF WARRANTY.

NON-COMMERCIAL WARRANTY:

Frame: Limited Lifetime (excluding coatings)

Wear items: 2 years

(includes moving parts and items not listed)

Foam, rubber, upholstery, straps and webbing:

6 months

COMMERCIAL WARRANTY:

Frame: 5 years (excluding coatings)

Wear items: 1 year

(includes moving parts and items not listed)

Foam, rubber, upholstery, straps and webbing:

90 days

↓ TEAR AT PERFORATION ↓

OWNERSHIP REGISTRATION CERTIFICATE

Purchase Date ____/____/____ Product Name _____

Purchaser's Name (print) _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

SERIAL NUMBER(S) _____

Signature _____

Complete this form and return by mail, in envelope, to register ownership.

↓ TEAR AT PERFORATION ↓