



GTS[®]
GRAVITY TRAINING SYSTEM

CONGRATULATIONS

Thank you for purchasing GTS®, the center of the comprehensive GRAVITYSystem®. Your GTS is an investment that will enhance your business and your life 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,



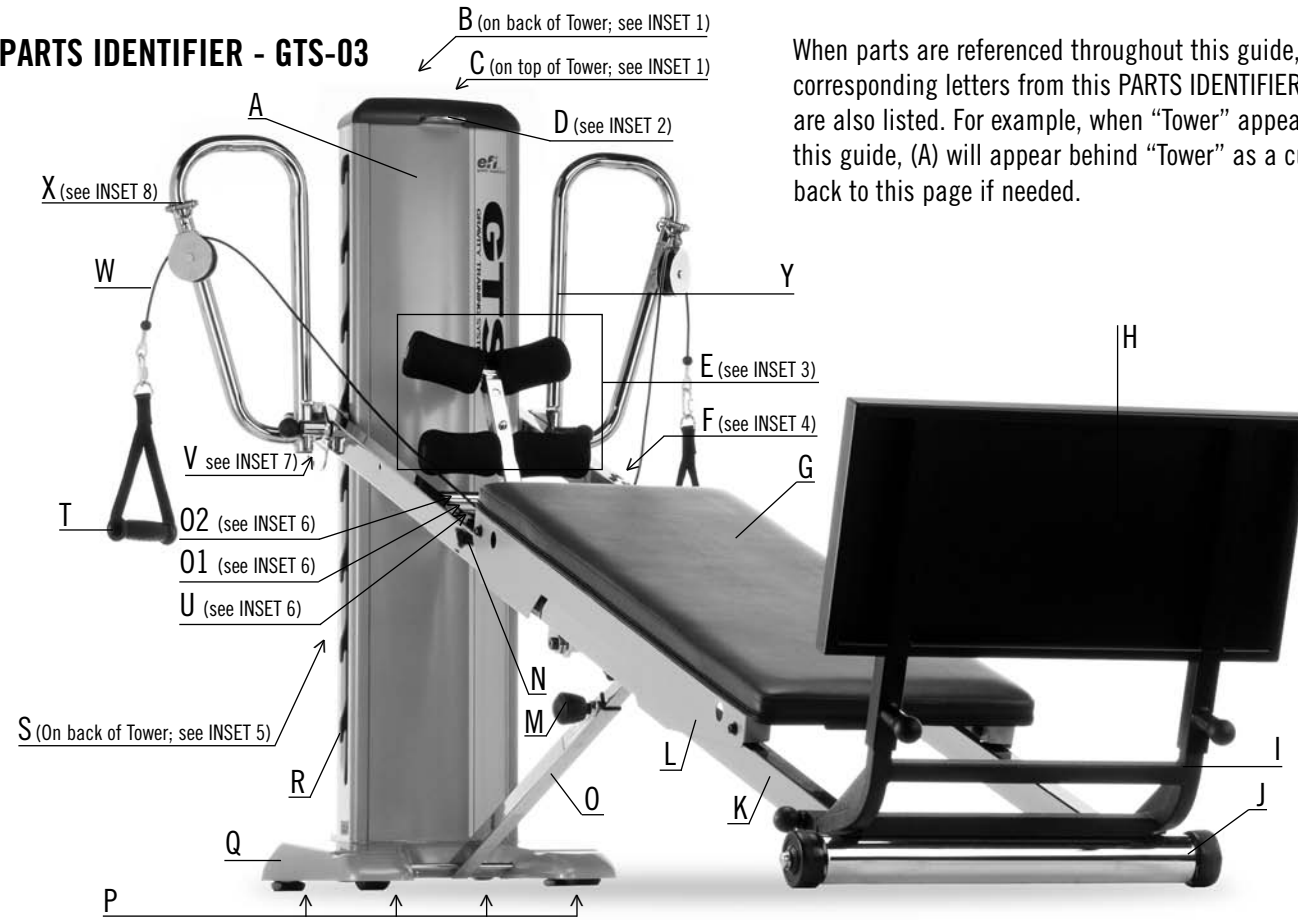
President/CEO

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7755 Arjons Drive
San Diego, CA 92126

U.S.A. area code (858) 586-6080
800 541 4900 toll-free inside U.S.A.
support@efisportsmedicine.com

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

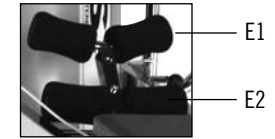
PARTS IDENTIFIER - GTS-03



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.

- | | | |
|-----------------------------|-----------------------------------|--|
| A. Tower | J. Lower Rail Base | S. Tower Back Handle |
| B. Tower Top Handle | K. Lower Rails | T. Molded Handles |
| C. Tower Pulley Pocket | L. Glideboard Wheel Housing | U. Padded Crossbar (see inset 6) |
| D. Tower Lock Pin | M. Support Strut Knob | V. Rectangular Bushings |
| E. Folding Foot Holder | N. Upper Rails | W. Dynamic Arm Pulley System |
| E1. Upper Foot Pad Assembly | O. Support Strut | X. Pulley Locator Brackets |
| E2. Lower Foot Pad Assembly | O1. Gas Spring (see inset 6) | Y. Lateral Adjustable Training (LAT) Bars |
| F. Glideboard "D" Ring | O2. Curved Crossbar (see inset 6) | Z. Tower Crossbar (see inset 9; Tower Crossbar connects the Rails through the Tower; LAT Bars not shown) |
| G. Glideboard | P. Rubber Feet | |
| H. Telescoping Squat Stand | Q. Tower Base | |
| I. Folding Platform | R. Tower Level Hooks | |

INSET 3



INSET 4



INSET 5 (REAR TOWER VIEW)



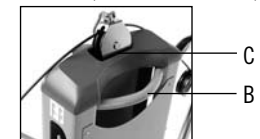
INSET 6



INSET 7 (REAR TOWER VIEW)



INSET 1 (REAR TOWER VIEW)



INSET 8



INSET 2



INSET 9





PARTS ASSEMBLY - GTS

Your GTS arrives with some assembly required.

BOX CONTENTS

Tower, Rail & Glideboard Assembly



LAT Bars & Dynamic Arm Pulley System



Folding Platform



Telescoping Squat Stand



Empty Spacer Box



One Hardware Packet Box



HARDWARE PACKET CONTENTS

Wrenches (2)



Bronze Washers (4)



Chrome Washers (2)



Socket Head Screws (2)



Quick Links (2)



GTS Owner's Guide (1)



Molded Handles (2)



SET UP - GTS

Remove your GTS from the box. Stand the GTS upright. Never turn your GTS on its side because it will cause the gas spring to engage. Assemble and use the GTS on level ground.

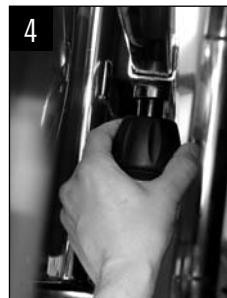
WARNING: Only install and use the GTS on a firm level surface. Minimum floor space required for operation is 3.5 ft. x 9.5 ft [1 x 3 meter] of area.

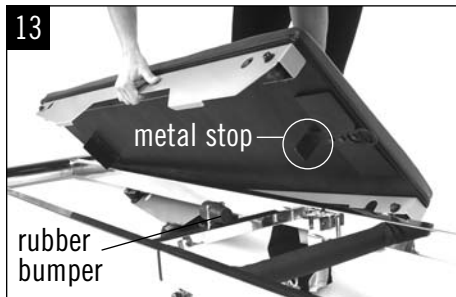
SET UP - GTS: UNFOLDING

1. Stand to the side of your GTS with your right hand on the Glideboard and your left hand on the Tower Lock Pin (D).
2. Disengage the Tower Lock Pin.
3. Store the Tower Lock Pin horizontally in the Lock Pin Bracket on the Support Strut (O) as shown.
4. Turn Support Strut Knob counter clockwise to loosen. Pull knob out and hold until it disengages.
5. Place your left foot on the Tower Base (Q). Still holding the Support Strut Knob, gently lift and pull the Lower Rails (K) away from the Tower Base.

HELPFUL HINT: You can use your right foot to give a push on the Lower Rail Base (J).

6. Continue pulling the Lower Rail Base (J) away from the Tower Base until the GTS forms an "A" frame as shown.





SET UP - GTS: UNFOLDING (CONTINUED)

7. Hold the Padded Crossbar (U) with your right hand.
8. Hold the Tower (A) with left hand, while continuing to hold the Padded Crossbar as shown.
9. Allow the Rails (K, N) to unfold away from the Tower until the Rails are fully extended. **IMPORTANT:** Continue holding the Tower and Padded Crossbar in place.
10. Grasp the Curved Crossbar (O2) or the Rail with your right hand and raise Rails to Level 3 while pulling the Tower forward until the Tower Crossbar (Z) sits securely in the Tower Level Hook (R).
11. Tilt Tower slightly backwards until the Support Strut Knob (M) pops into position. Tighten Support Strut Knob by turning clockwise.

IMPORTANT SAFETY REQUIREMENT: Support Strut Knob **MUST** be engaged and tightened while GTS is unfolded or in use.

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

REPOSITIONING GLIDEBOARD

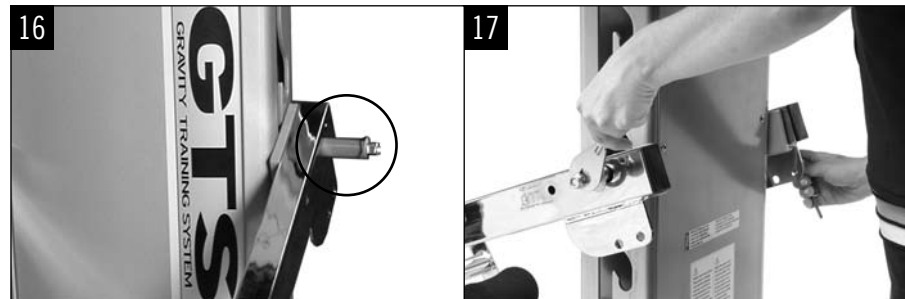
12. To reposition the Glideboard (G) for use, stand or kneel beside the Glideboard. First lift and pop one side of the metal Glideboard Wheel Housing (L) away from the Rails. The other side of the Glideboard should be free. **NOTE:** The Wheel Housing may feel tight.
13. Lift the Glideboard off the rails to reposition. Disengage the Glideboard. Move the Glideboard about 6 inches up the Rails toward the Tower until the metal stop on the underside of the Glideboard rests above the rubber bumper on the Lower Rail. Lower the Glideboard back into place.

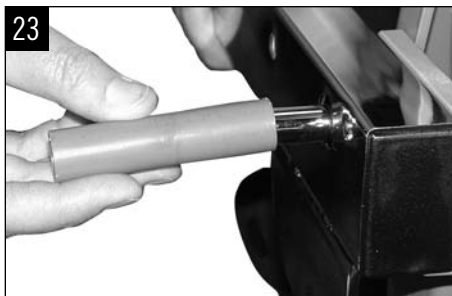
INSTALL LAT BARS

14. Raise the Rails (K, N) to Tower (A) level 5 or 6 to easily assemble the LAT Bars.
15. **SAFETY TIP:** Ensure that the Support Strut Knob (M) is engaged and tight.
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 and take the two supplied Wrenches (supplied in Hardware Packet), one in each hand.

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

18. Apply both Wrenches to the Nyloc Nuts on each side of the Tower Crossbar. Facing the Tower back, use one Wrench to immobilize the right Nyloc Nut while turning the left Nyloc Nut counter clockwise with the other Wrench.





INSTALL LAT BARS (CONTINUED)

19. Remove the Nyloc Nut, Chrome Washer and the large Bronze Washer. Set them aside.
20. Remove the first shipping sleeve by pulling it away from the Tower Crossbar (Z). Set the first shipping sleeve aside.
21. To remove the remaining shipping sleeve, immobilize the exposed end of the Tower Crossbar by applying one of the Wrenches to the notch.
22. Use the other Wrench to loosen the remaining Nyloc Nut by turning it counter clockwise.
23. Hold the Upper Rail (N) with one hand. Remove the second shipping sleeve by pulling away from the Tower Crossbar 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)

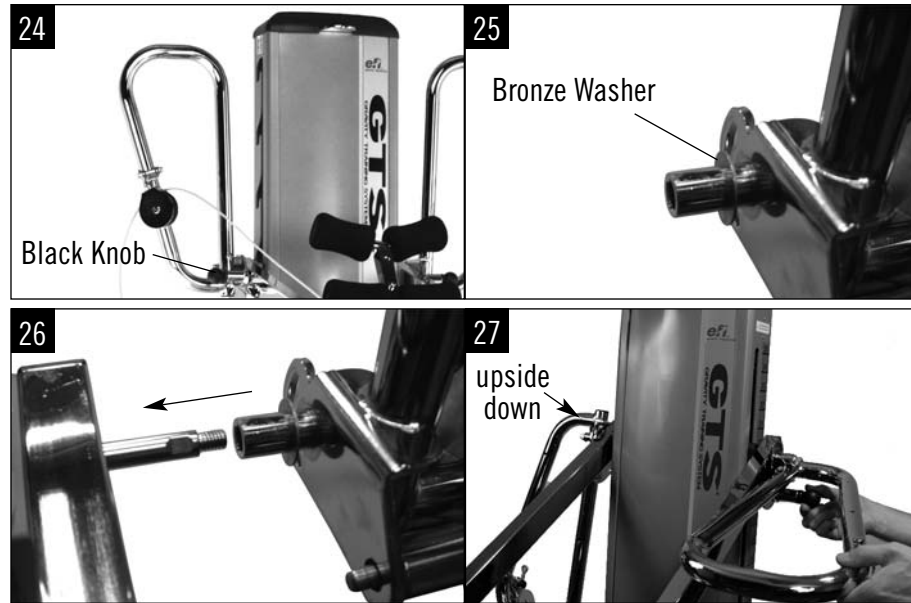
POSITION THE LAT BARS - PHASE 2

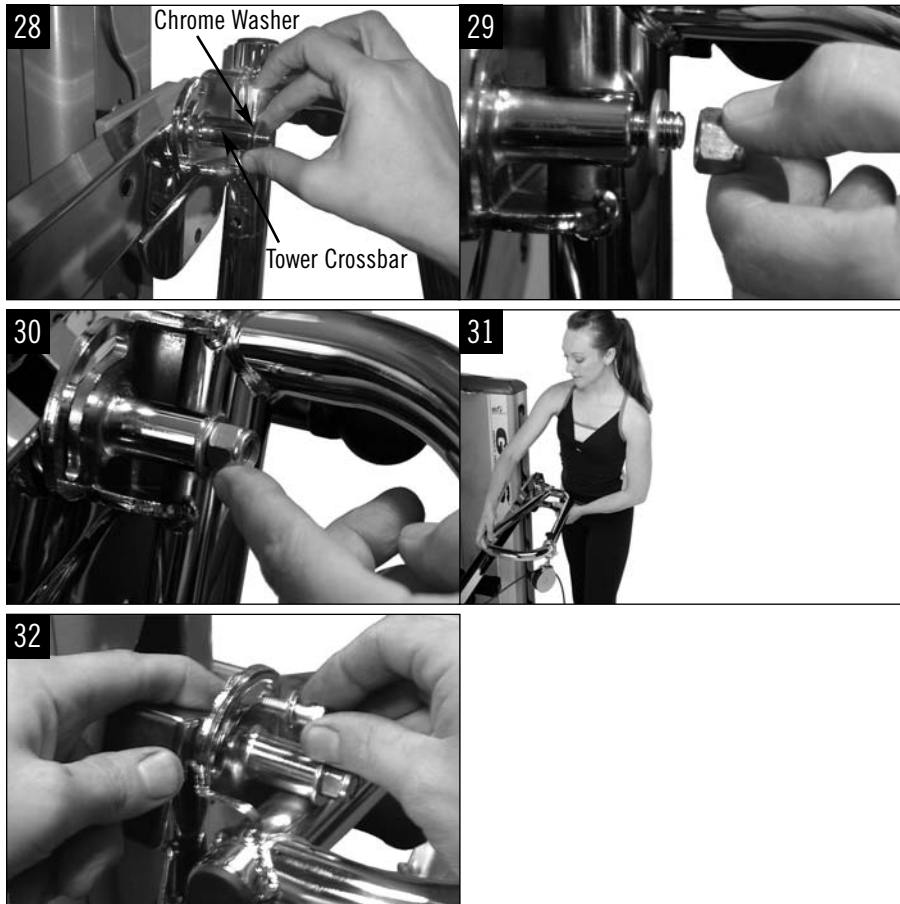
24. To position the first LAT Bar (Y) for mounting, make sure the long, vertical side of the LAT Bar aligns closest to the Tower (A).

NOTE: Six holes face the back of the GTS. The black knob is nearest the Glideboard (G).

25. Retrieve the large Bronze Washer. Slide it onto the LAT Bar Cylinder.
26. Stand beside the Tower and align the LAT Bar Cylinder with the Tower Crossbar (Z). Slide LAT Bar Cylinder onto the Tower Crossbar until it is securely seated on the Upper Rail (N). Tower Crossbar threads are exposed through LAT Bar Cylinder.
27. Rotate the LAT Bar to hang upside-down until the other LAT Bar is installed.

Install other LAT Bar by repeating steps 24-27. Then go to step 28 to position the LAT Bars and finish installation.





INSTALL LAT BARS (CONTINUED)

POSITION THE LAT BARS - PHASE 2 (CONTINUED)

28. Retrieve the Chrome Washer. Slide it onto the end of the Tower Crossbar (Z) that extends beyond the LAT Bar Cylinder.
29. Attach and finger-tighten the Nyloc Nut onto the Tower Crossbar with the other hand.
30. Press against the Nyloc Nut to push the Tower Crossbar until it lies flush against the LAT Bar Cylinder.

Repeat steps 28-29 to the other LAT Bar (Y).

ATTACH THE LAT BAR BRACKET - PHASE 3

For steps 31 - 34, utilize parts found in the Hardware Packet. Contents of the Hardware Packet are shown on the bottom of page 2.

31. Raise the LAT Bar to the Pull-up position by pulling the retractable knob on the LAT Bar. Remove the remaining contents from your Hardware Packet.
32. First, place the small Chrome Washer on the Socket Head Screw. Then place a small Bronze Washer on top of the Chrome Washer.

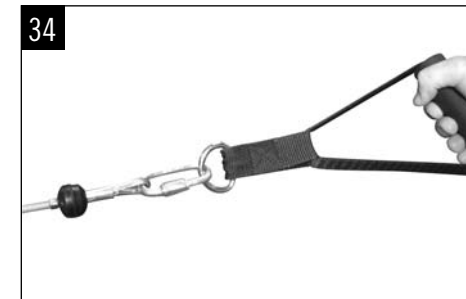
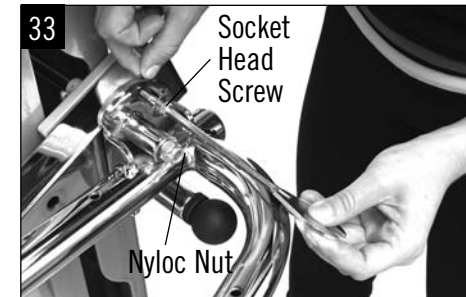
33. Place the Socket Head Screw on the end of the Wrench. With one hand, feed the Socket Head Screw partially through the elongated slot. With the other hand slide another small Bronze Washer between the Rail and LAT Bar, as shown. Feed the Socket Head Screw through washer and tighten it to the rail. Repeat on the other side.

Use both Wrenches to tighten the Nyloc Nuts on the Tower Crossbar (Z) until the nut is flush with the end of the shaft. Next, tighten the Socket Head Screw until it begins to get tight. Then loosen the screw 1/8 turn for proper LAT Bar mobility. The LAT Bars should rotate from the Pull-up Position to the Folding Position slowly by their own weight. Positions shown on the following page.

34. Attach the Molded Handles (T) to the cable ends using the Quick Links found in the Hardware Packet.

With these steps (15 - 34) completed, your LAT Bars are assembled.

35. Store the center pulley, when not in use, in the Tower Pulley Pocket (C) located at the top of the Tower (A) clearly marked by a placement label.





GTS OPERATION INSTRUCTIONS

ADJUST LAT BAR

36. To adjust the LAT Bars (Y), 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 before use.

LAT BAR ADJUSTS TO THREE POSITIONS

37. **NORMAL USE:** Parallel (upright) to the Tower (A), perpendicular to Rails (K, N).
38. **PULL-UP POSITIONS:** Angled upwards from the Rails.
39. **FOLDING POSITION:** Parallel to the Rails.

ADJUST RAIL ANGLE

To raise or lower the angle, stand alongside the Upper Rail (N), facing the Tower (A).

40. When you are raising the resistance level, lift from the Curved Crossbar (O2) or Rails (K, N) and slip the Tower Crossbar (Z) into the desired Tower Level Hook (R). The higher the Rails are on the Tower, the higher the resistance. Once the Tower Crossbar connects with the desired Tower Level Hook, lower the Rails and make sure that Tower Crossbar is securely seated inside Tower Level Hook.

IMPORTANT: Be sure the Tower Crossbar is fully secured in the Tower Level Hook on both sides before use. Always perform a visual and manual check before getting on the GTS.

41. When you are lowering the resistance level, lift the Curved Crossbar (O2) or Rails to disengage the Tower Crossbar from the Tower Level Hook. Push the Tower back and lower the Rails to the desired level, then release the Tower and it will rock forward. Once the Tower Crossbar aligns with the Tower Level Hook, pull the Tower forward and lower the Rails to ensure the Tower Crossbar is securely seated.

ATTACH & DETACH DYNAMIC ARM PULLEY CABLE SYSTEM (W)

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





FOLDING FOOT HOLDER (E)

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

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

INSTALL FOLDING PLATFORM (I)

49. Face the Tower (A) and align the bottom of the Folding Platform with the large outside holes on the Lower Rails (K) just above the Lower Rail Base (J).
50. Slide the fixed pin into the large hole in the outside left Lower Rail. You do not need to install the smaller pop-pin into its hole yet.
- 51.-52. While keeping the Folding Platform rotated toward the Tower, pull the retractable pin on the right side and move the pin over the hole. Release the pin.

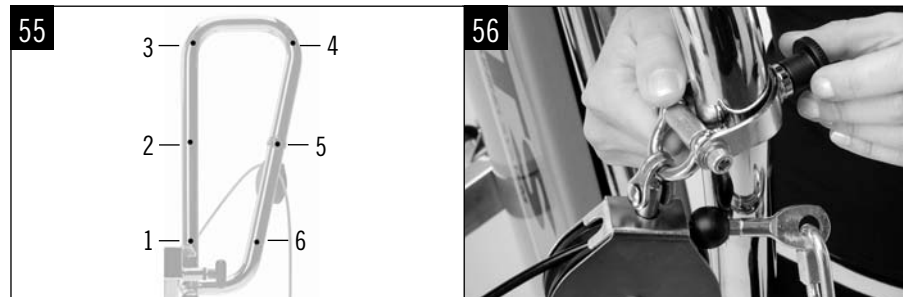
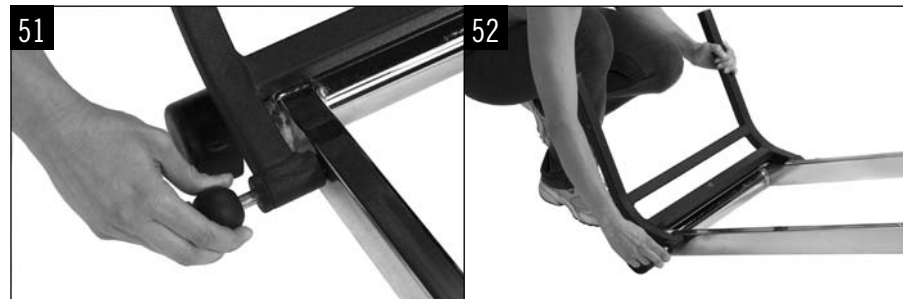
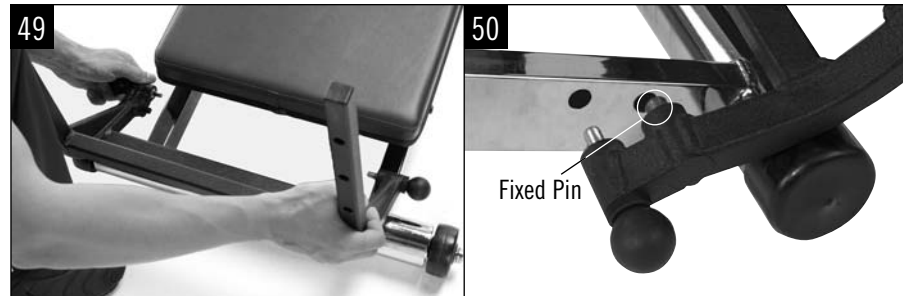
Rotate the Folding Platform back until the smaller pin on the left rail engages completely.

INSTALL TELESCOPING SQUAT STAND (H)

53. Align the Telescoping Squat Stand over the Folding Platform struts until the Telescoping Squat Stand pins contact the top of the Folding Platform struts.
54. To adjust the height of the Telescoping Squat Stand, pull both retractable pins simultaneously and raise or lower the Telescoping Squat Stand until both pins engage in one of the three adjustment sets of holes in the Folding Platform struts.

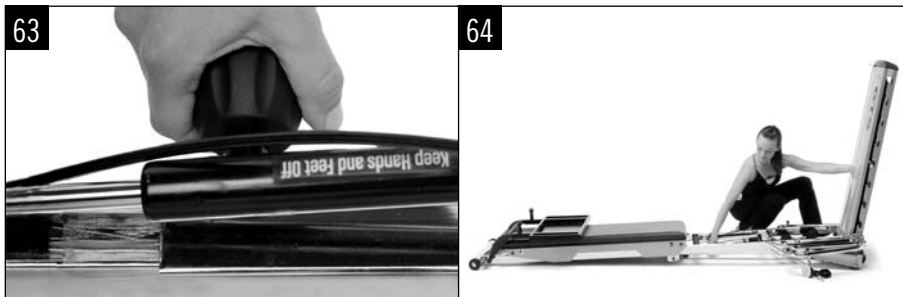
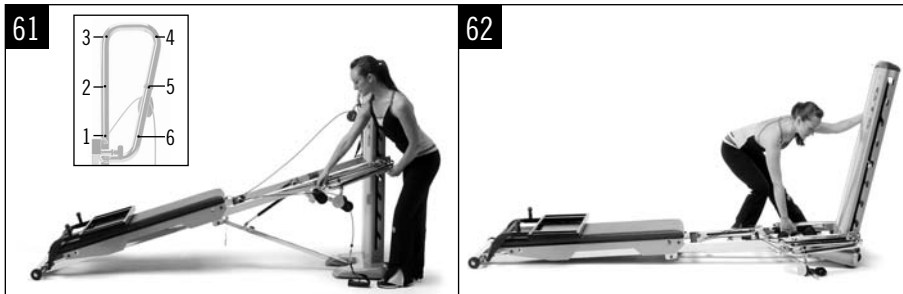
PULLEY LOCATOR BRACKETS (X)

- 55-56. The Pulley Locator Brackets are designed to adjust easily. Stand behind the Tower. Pull back on the black knob of the Pulley Locator Bracket. Then, move the Pulley Locator Bracket to the desired position on the LAT Bars (Y) and allow the pin to engage in the desired hole. When adjusting the Pulley Locator Bracket around the bends, rotate the pulley inward to make the turn.



LAT Bar Positions





FOLDING AND STORAGE

57. 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). Follow the instructions below.

TO FOLD

58. Pull the Folding Platform left side retractable pin [as you face the Tower (A)] while pushing the Telescoping Squat Stand forward until the retractable pin locks in place in the folded position against the Glideboard.

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

60. Attach the center pulley snap hook [located on the Dynamic Arm Pulley System (W)] to the 1/4 rings on the upper Support Strut. The pulley and cable should be underneath the Padded Crossbar (U).

61. Adjust the Pulley Locator Brackets (X) to the fourth position on the LAT Bars. Next, lower the LAT Bars (Y) to the folding position (parallel to the rails).

62. With one hand holding on to the Tower and one hand on the Curved Crossbar (O2), disengage the Rails from the Tower Hooks (R) and lower the Rails slowly toward the Tower Base (Q) to the folding position below the first Tower Hook (R).

63. Continue holding the Tower while you unscrew and disengage the Support Strut Knob (M) by pulling it out.

64. **HINT:** Rock the Tower backward to help loosen the Support Strut Knob. Once the Support Strut Knob has disengaged, pull the Tower forward to its full upright position.

IMPORTANT: You must disengage the Support Strut Knob during folding to avoid damage to your GTS.

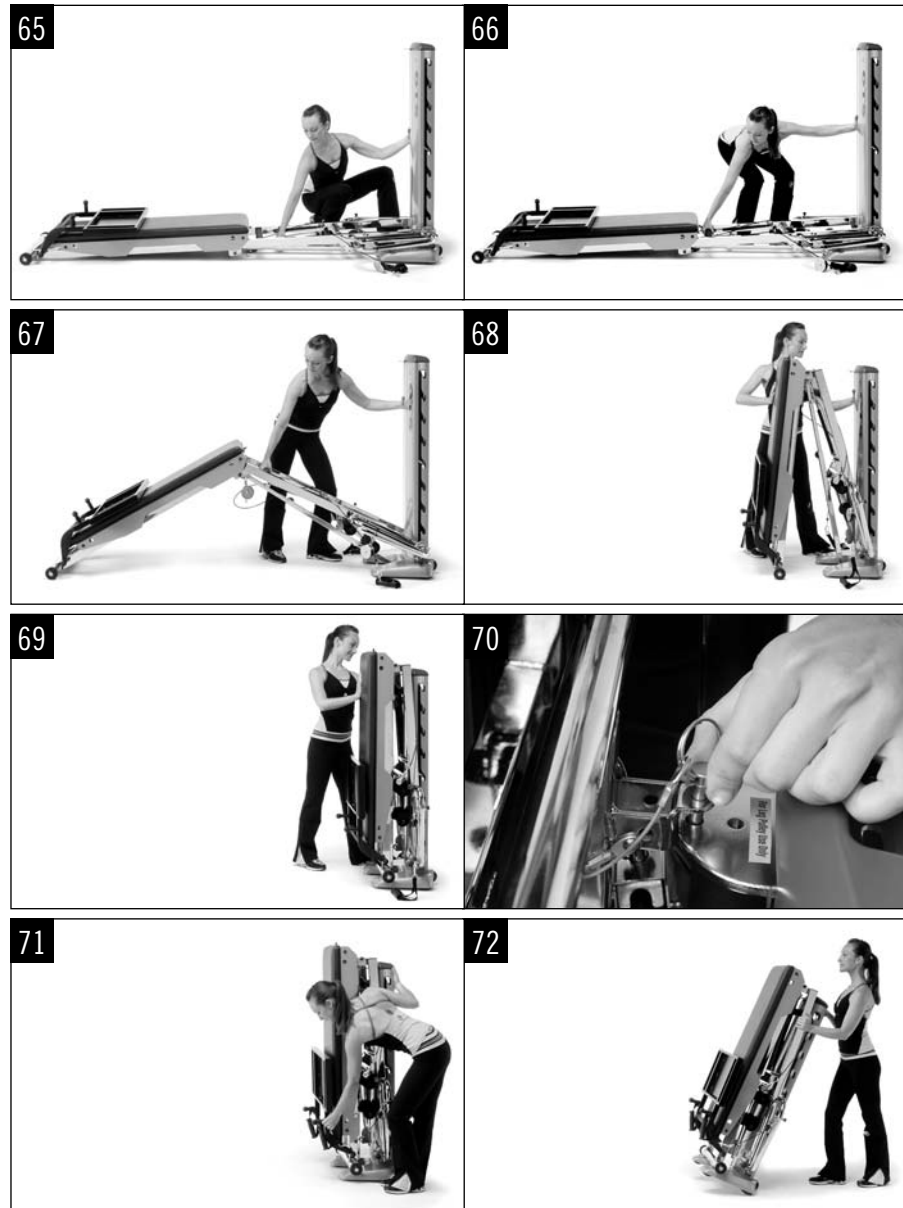
FOLDING AND STORAGE (CONTINUED)

- 65.-66. While continuing to hold the Tower (A), grasp the Padded Crossbar (U), then move into position to pull the Rails (K,N) up and toward the Tower.
67. Pull the Rails up and toward the Tower until the rails form an A-frame.
- 68.-69. Continue pulling the Rails toward the Tower until the Lower Rail Base (J) rests on the Tower Base (Q) and the GTS stands upright. You can use your foot to push the Rail Base onto the Tower Base.
70. Insert the Tower Lock Pin (D) to secure the GTS in the upright position.
- IMPORTANT:** Check to make sure the Support Strut Knob (M) has re-engaged then turn the knob clockwise to tighten it.
71. Hang the Molded Handles (T) on the knobs of the Telescoping Squat Stand (H) so that they are out of the way. To avoid cable damage, make sure the Dynamic Arm Pulley System (W) remains free from 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 GTS

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



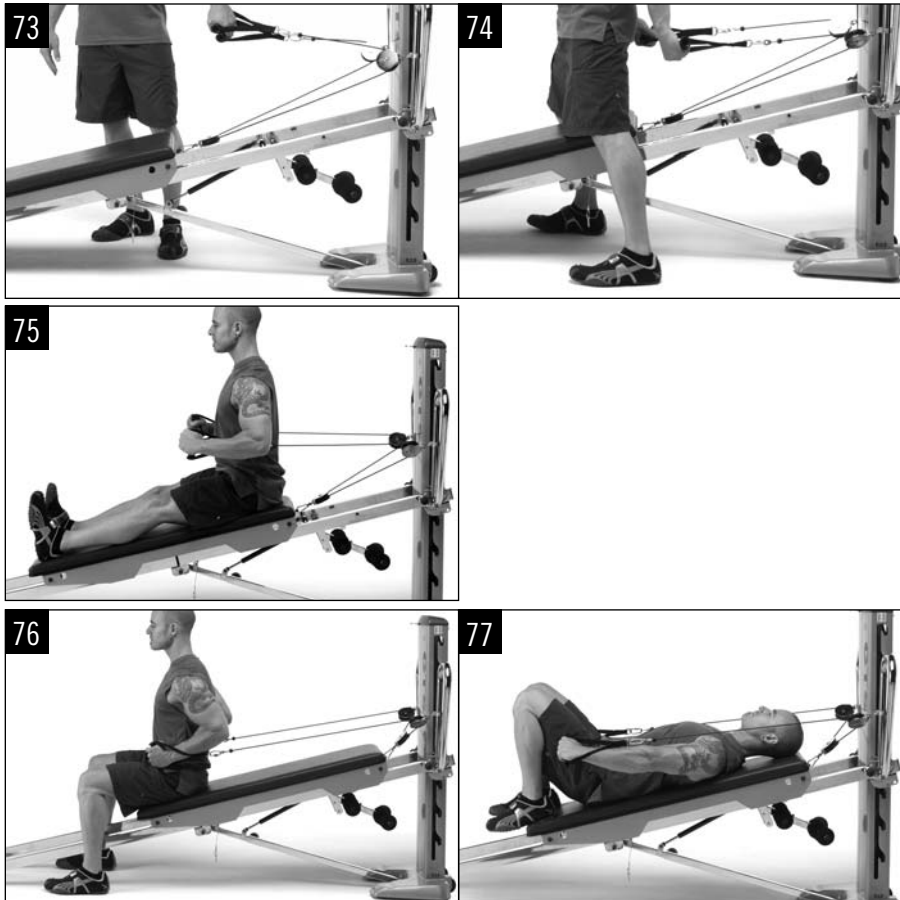


GETTING STARTED

KEEP HANDS, FINGERS, HAIR, ETC. AWAY FROM ALL MOVING PARTS.

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 you or your session participants can perform the exercise with good form throughout the exercise set. As fitness levels progress, raise the incline to increase the load and level of resistance. Build gradually to higher resistance levels, always staying aware of form and control. Control the speed of movement during cable exercises and control the Glideboard at all times, particularly when getting on or off the GTS. The following coaching tips will help you or your session participants stabilize the Glideboard as you approach the unit for mounting in various positions.



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

73. Grasp both Molded Handles (T) in the hand closest to the Tower (A) as you stand to one side of the GTS.
74. Straddle the Glideboard facing the Squat Stand and separate Molded Handles into each hand. Ensure cables are not crossed.
75. 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.

PROPER LYING SUPINE SEQUENCE WITH DYNAMIC ARM PULLEY SYSTEM (W) ATTACHED TO THE GLIDEBOARD (G)

76. If the exercise requires you to lie back, pull the Glideboard up the Rails and sit towards the bottom edge.
77. 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 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, so that the Glideboard does not top or bottom out during the exercise.

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

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

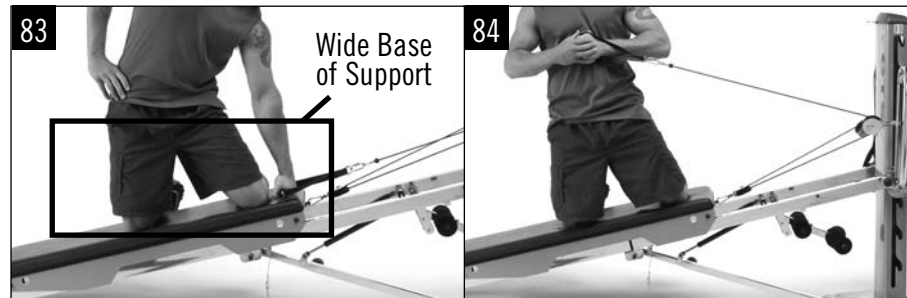
PROPER LATERAL ANCHORING SEQUENCE WITH DYNAMIC ARM PULLEY SYSTEM (W) ATTACHED TO GLIDEBOARD (G)

81. Stand to the side of the Glideboard and grasp the Molded Handle on the opposite side with the hand closest to the Tower (A).
82. Place the hand that holds the Molded Handle knuckles-down at the top of the Glideboard to anchor it in place. Now it is safe to sit or kneel on the Glideboard.
83. **IMPORTANT:** Maintaining your anchored fist, kneel on the Glideboard with a **WIDE BASE OF SUPPORT**. Never attempt this position with knees together.
84. Slowly remove your anchored fist from the Glideboard, keeping your body weight evenly distributed through both knees. Kneel upright and grasp Molded Handle with both hands.

NOTE: Reverse this sequence when dismantling from a kneeling lateral position.

⚠ WARNING

Always control the Glideboard while mounting or dismantling your GTS. Do not exceed 650 pounds (295 kg) of total weight-bearing on GTS, including body weight, weight bar and added weights. Maximum user body weight is 350 pounds (159 kg).





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

- 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.
- Wipe down padded surfaces with antibacterial cleanser after each use.
- Move Glideboard (G) up and down Rails to ensure smooth tracking. If Glideboard does not roll smoothly, clean Rails and rollers thoroughly with DRY cloth.

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.

HINT: As an alternative to polish, steel wool (0000 grade) and cleaner can be gently used to remove build-up from the rails and rollers.

- 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 Bar screws
 - b. Folding Foot Holder (E) screws
 - c. Pull Pins/Retractable Knobs
 - d. Glideboard Wheel Housings (L) on the Glideboard
 - 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 in the Tower Level Hooks. Discontinue use if customers cannot seat the Rails (K, N) properly and contact efi Sports Medicine Account Coordinator.
- 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 pads
 - b. Glideboard upholstery
 - c. Molded Handles (T)

Monthly

- Remove all Glideboards for visual inspection of rollers/wheels. Clean any debris accumulated on the roller assembly.
- Ensure that the rubber stoppers located on the Lower Rail (L) are tight. Replace damaged stoppers.
- Inspect and clean rubber pads located beneath the tower base to ensure good “gripping” on wood floors.
- Check function of the Support Strut Knob. For safety, secure all Support Strut Knobs clockwise before use.
- Visually inspect all Glideboards 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.
- Check Gas Spring (O1) for lift assist without noise or stiffness. Replace if needed. Call efi Sports Medicine for the parts and replacement procedure.

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.)

The maximum user's body weight is 350 lbs (160 kg). Additional resistance can be achieved by purchasing an optional weight bar that slides through the holes in the Glideboard. See the instructions included with

the Weight Bar accessory. The total load applied to the Glideboard, including body weight and added plate weight, must not exceed 650 lbs (295 kg).

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 solid, level 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 the 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. If the cable is attached to the Glideboard, the resistance would be 22 lb. and 11% of the user's body weight.

The same person (90 kg) using level 3 would be lifting 20 kg or 22% of total body weight. If the cable is attached to the Glideboard, the resistance would be 10 kg. and 11% of the user's 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.



RESISTANCE CHARTS

BODY WEIGHT (WT.)
- Lbs.

LEVEL	SLOPE	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350
8	28	59 59	58 63	57 68	56 73	55 78	55 82	54 87	54 92	54 96	53 101	53 106	53 111	52 115	52 120	52 125	52 130	52 134	52 139	51 144	51 149	51 153	51 158	51 163	51 167	51 172	51 177
7	25	52 52	51 56	50 60	49 64	49 68	48 73	48 77	48 81	47 85	47 89	47 94	47 98	46 102	46 106	46 110	46 114	46 119	45 123	45 127	45 131	45 135	45 135	45 139	45 144	45 148	45 152
6	21	45 45	44 49	43 52	43 56	42 59	42 63	42 67	41 70	41 74	41 77	41 81	40 85	40 88	40 92	40 96	40 99	40 103	39 106	39 110	39 114	39 117	39 121	39 125	39 128	39 132	39 135
5	18	38 38	37 41	37 44	36 47	36 50	36 53	35 56	35 59	35 63	35 66	34 69	34 72	34 75	34 78	34 81	34 84	34 87	33 90	33 93	34 96	33 99	33 102	33 106	33 109	33 112	33 115
4	15	31 31	31 34	30 36	30 39	29 41	29 44	29 46	29 49	28 51	28 54	28 56	28 59	28 61	28 64	28 66	28 69	27 71	27 74	27 76	27 79	27 81	27 84	27 86	27 89	27 91	27 96
3	11	24 24	24 26	23 28	23 30	23 32	23 34	22 36	22 38	22 40	22 42	22 44	22 46	22 48	22 50	22 52	21 54	21 56	21 58	21 59	21 61	21 63	21 65	21 67	21 69	21 71	21 73
2	8	17 17	17 19	17 20	17 22	16 23	16 24	16 26	16 27	16 29	16 30	16 31	16 33	16 34	16 36	15 37	15 38	15 40	15 41	15 43	15 44	15 45	15 47	15 48	15 50	15 51	15 53
1	5	11 11	10 11	10 12	10 13	10 14	10 15	10 16	10 16	10 17	10 18	10 19	9 20	9 21	9 22	9 22	9 23	9 24	9 25	9 26	9 27	9 28	9 28	9 29	9 30	9 31	9 32

If you are looking for a more detailed chart, please visit www.efisportsmedicine.com/support/downloads/charts/

BODY WEIGHT (WT.)
- Kgs.

LEVEL	SLOPE	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170
8	28	59 26	58 29	57 31	56 34	55 36	55 38	54 41	54 43	53 45	53 48	53 50	52 52	52 55	52 57	52 60	52 62	51 64	51 67	51 69	51 71	51 74	51 76	51 78	51 81	50 83	50 86
7	25	52 23	51 25	50 28	49 30	49 32	48 34	48 36	47 38	47 40	47 42	47 44	47 46	46 48	46 50	46 53	46 55	45 57	45 59	45 61	45 63	45 65	45 67	45 69	45 71	45 73	44 76
6	21	45 20	44 22	43 24	43 26	42 27	42 29	41 33	41 33	41 35	41 37	40 38	40 40	40 42	40 44	40 46	39 47	39 49	39 51	39 53	39 55	39 56	39 58	39 60	39 62	39 64	39 66
5	18	38 17	37 19	37 20	36 22	36 23	35 25	35 26	35 28	35 29	34 31	34 32	34 34	34 36	34 37	34 39	33 40	33 42	33 43	33 45	33 46	33 48	33 49	33 51	33 52	33 54	33 55
4	15	31 14	31 15	30 17	30 18	29 19	29 20	29 22	29 23	28 24	28 25	28 27	28 28	28 29	28 30	28 32	27 33	27 34	27 35	27 37	27 38	27 39	27 40	27 42	27 43	27 44	27 45
3	11	24 11	24 12	23 13	23 14	23 15	23 16	22 17	22 18	22 19	22 20	22 21	22 22	22 23	21 24	21 25	21 26	21 27	21 28	21 29	21 30	21 30	21 31	21 32	21 33	21 34	21 35
2	8	17 8	17 8	17 9	17 10	16 11	16 11	16 12	16 13	16 13	16 14	16 15	16 16	15 16	15 17	15 18	15 18	15 19	15 20	15 20	15 21	15 22	15 23	15 23	15 24	15 25	15 25
1	5	11 5	10 5	10 6	10 6	10 6	10 7	10 7	10 8	10 8	10 9	10 9	9 9	9 10	9 10	9 11	9 11	9 12	9 12	9 12	9 13	9 13	9 14	9 14	9 15	9 15	9 15

If you are looking for a more detailed chart, please visit www.efisportsmedicine.com/support/downloads/charts/



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 materials (the boxes and the inserts).

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 and contents when opening.

GTS® PURCHASE RECORD

Date Purchased _____

Purchased From _____

Model Number _____

Serial Number _____

Retain this form for your records.

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

efi Sports Medicine
7755 Arjons Drive
San Diego, CA 92126

efisportsmedicine.com



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Manufactured in Taiwan and sold under USA Design Patent No. 6,921,355.

Also covered by one or more of the following patents: D493,853; D405,132; 4,004,801; 5,169,363; 5,967,955; 7,270,682; 4,004,801; 5,169,363

THIS AREA DOES NOT PRINT.

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. This limited warranty is your exclusive remedy and applies to new products purchased from or through EFI, 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 or licensed distributor, 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® (...continued from reverse side)

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

THIS AREA DOES NOT PRINT.

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OWNERSHIP REGISTRATION CERTIFICATE

Purchase Date ____/____/____ Product Name _____ **GTS** _____

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 ↓