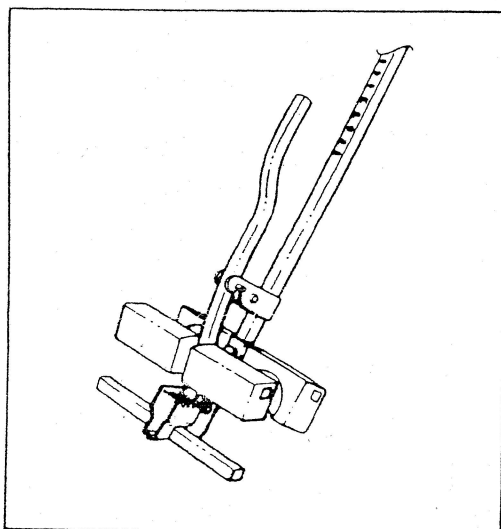


INSTRUCTIONS FOR OPERATING THE GRAVITY SWING

PLEASE READ CAREFULLY AND UNDERSTAND INSTRUCTIONS BEFORE USING

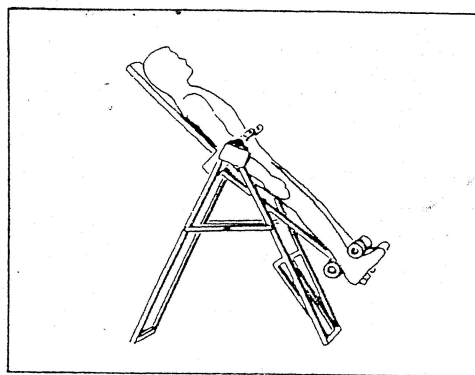
1. Set HEIGHT ADJUSTING RAIL according to your height and weight distribution and secure RAIL with DOUBLE LOCKING PIN ASSEMBLY. Persons with significant upper body weight will need to lengthen RAIL. Those with significant lower body weight will need to shorten RAIL. Begin by adding, or subtracting, three settings and adjust up or down for proper position.

2. Step on FOOTBAR.



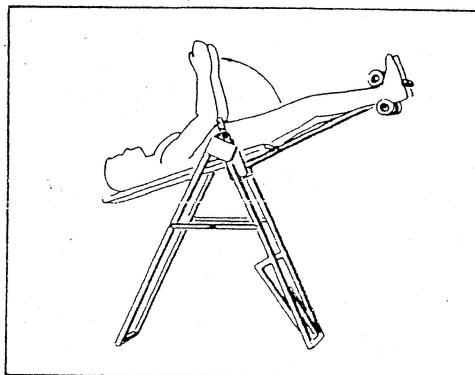
3. Secure LOCKING HANDLE by inserting flat end through ROLL PINS in BOTTOM BRACKET ASSEMBLY. Adjust the HANDLE to the most secure and comfortable position. Push down on HANDLE and bring up to secure ROLL PIN into LOCKING CLIP.

RUBBER ANKLE SUPPORTS should be firm against ankles.

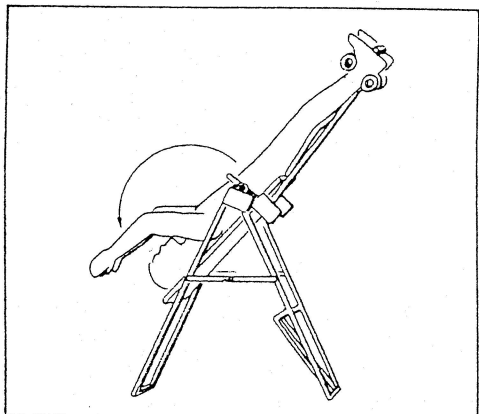


4. Lie back on BED with your arms at your sides. When properly adjusted, you will be at an approximate upright 45 degree angle.

If you are not in proper position, simply lengthen or shorten RAIL as necessary.

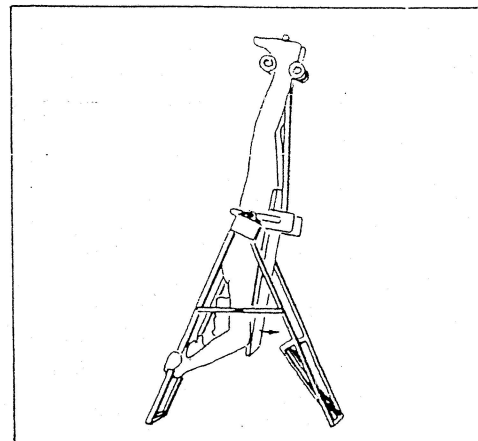


5. Keeping your hands close to your body, slowly move them up in a smooth motion...

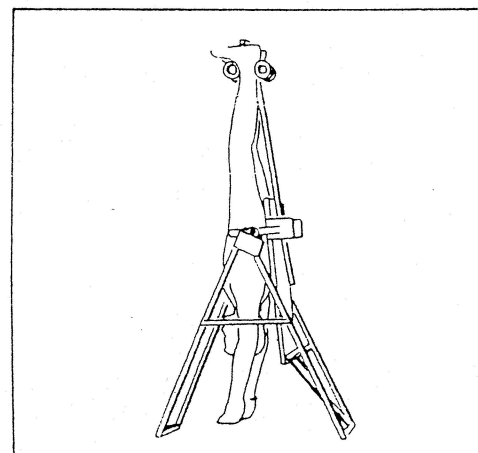


6. ...until they are over your head. You will now be at approx. a downward 45 degree angle.

7. With a gentle rhythmic motion bring your arms up to the middle of your body and back again over your head. Keep repeating this movement. As the BED rocks, your body weight acts as a natural force to create rhythmic traction. As the force of gravity is reversed you experience many additional benefits of the Gravity Swing.



8. To become fully inverted, move your arms at a slightly faster pace and the BED will then rotate past the vertical inversion position and "lock" in. Or, you may grasp the FRAME and gently push the BED back to a "locked" position.



9. You will now be hanging straight down, entirely away from the BED. You will now enjoy a headstand completely free of any compression on the spine, neck or other joints of the body.