

Just a few minutes a day on the **Gravity Swing** will allow you to enjoy all the benefits of this great therapeutic and exercising system.

RELIEF FROM BACK PAIN...

Vertebrae separate and painfully compressed discs spread apart. Relief is almost instantaneous.

ALIGNS THE SPINE...

Back and spinal column are elongated and decompressed, realigning spinal vertebrae.

STRENGTHENS MUSCLES...

Stretches thigh and hamstring muscles. Strengthens and firms abdominal muscles.

STRESS-FREE HEAD STANDS...

Hang upside down completely relaxed, no compression on neck or back.

UNIQUE EXERCISING...

Allows upside down sit-ups, knee bends, body twists, inverted back bends.

SELF TRACTION...

Tilting back and forth provides intermittent, rhythmic traction.

EASES TENSION...

IMPROVES POSTURE...

IMPROVES BLOOD CIRCULATION...

CAUTION: Consult your physician before undertaking any exercise program

USED BY:
Chiropractors
Medical Doctors
Orthopedic Surgeons
Osteopaths
Physical Therapists

USED IN:
Canada
Colombia
Germany
Japan
Mexico
Peru
Puerto Rico
Spain
Switzerland
Venezuela
United States

A PERSONAL TESTIMONY

By Harry Henning, Dearborn Hgts., MI

Several years ago I fell 16 feet from the roof of a building and landed stiff-legged onto a cement floor. I jammed my knee and hip joints and cracked three vertebrae. Arthritis soon followed.

In 1980 I was thrown 20 feet out of a tree. I landed on a cyclone fence, hitting my back just below the shoulder blades before bouncing off onto a cement driveway. This not only intensified the arthritis pain, but also caused severe muscle spasms.

After 18 months of testing and therapy, the answer from doctors and specialists, chiropractors and therapists was the same - "there is nothing that can be done for you, go home and live with it."

Five years ago I discovered the Gravity Swing. I could feel the benefits almost immediately. Using it daily, my body did for itself what no doctor thought possible. Today I am pain free! As an added bonus, I lost 3 inches off my waist line.

The Reader's Digest "Book of Facts" states that Americans swallow more than 30 billion aspirins per year. I certainly swallowed more than my share. Now I don't take any and, more importantly, don't need any.

At 64 years of age, I am limber and agile, and feel better than I did 30 years ago. Thanks to the Gravity Swing I intend to continue enjoying life to the fullest.

AGS, INC.

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GRAVITY SWING

Relief the Natural Way



Relief from Back Pain • Stress • Tension

NATURAL BENEFITS...

Relaxation is vital to obtain the maximum benefits of the **Gravity Swing**. Completely relax the feet and legs and remove all tension from your body.

As you swing back, the pull of gravity gradually reverses, and body weight becomes its own natural traction force. Swinging slowly up and down results in *rhythmic traction* and joints gently open and close as muscles stretch and relax. Because arm movement controls the Gravity Swing, you can easily angle it to the position offering the most comfortable and beneficial traction force.

As your body stretches, pressure is removed from the joints-hips, knees, neck, and shoulders. Arthritic pain is relieved as your body literally decompresses. Along with relief, you may experience new freedom of joint movement.

While using rhythmic traction, back muscles are stretched, vertebrae separate and pressure is removed from painfully compressed and deteriorating discs. In many instances relief is almost instantaneous.

Stress and tension are major factors in today's busy world. As muscles stretch and joints are decompressed, tension and tightness ease. Remaining in a *slanted* position under a reversed force of gravity allows the body to stretch itself to a maximum degree. With the added therapy of rhythmic traction, the body further relaxes and blood circulation is enhanced-two important factors necessary for easing tension.

NATURAL BENEFITS...

Except from accidents, most problems evolve over a period of time. Likewise, it takes time for the body to respond to corrective measures. With regular use of the Gravity Swing, muscles firm and strengthen to support joints. This results in longer periods of comfort, and affected areas may be completely relieved.

Because pressure is relieved while lying horizontally and inverted, we recommend you use the Gravity Swing just prior to retiring for the night. Body joints are then separated and remain free of compression and pain for an extended period of time.

All the above benefits are accomplished without being fully inverted. It isn't necessary to hang upside down to obtain these results.

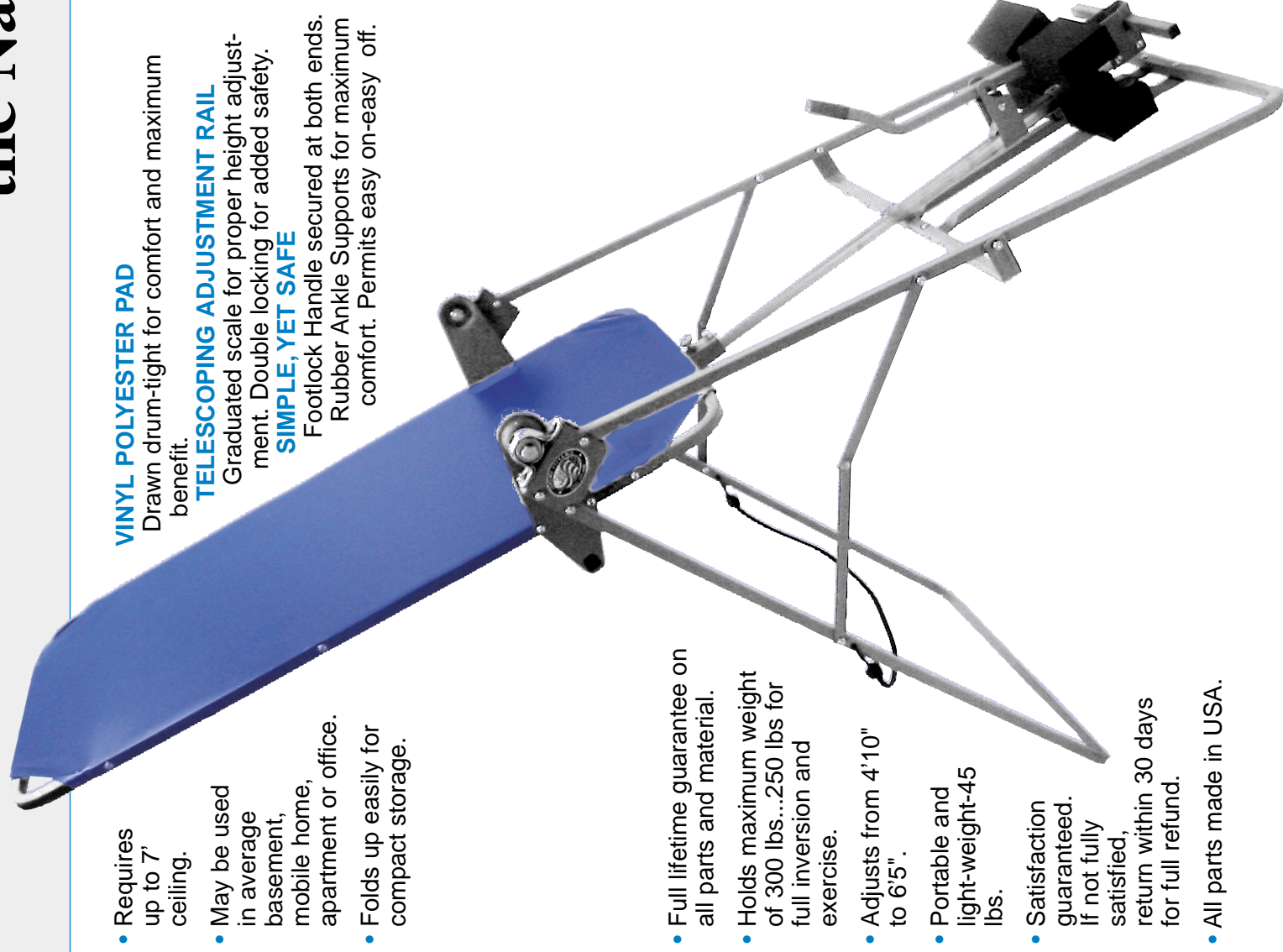
If you wish to *fully invert*, relax completely and hang free. Gently twist and turn the body for further stretching. Move your head side to side and rotate your shoulders to ease pressure and tension.

While "locked" in this position, try some sit-ups. Touching your toes. Don't be concerned if you aren't able to pull and stretching is great for tightening and strengthening your back and stomach muscles. After exercising, relax your body with a short session of rhythmic traction.

Some people experience a head pressure when going back. This is normally caused by poor blood circulation. If this happens, go back slowly until you feel pressure, then return to upright. Keep repeating this process. As veins and arteries are exercised, improved circulation should clear this problem. It may take longer for some to overcome this, depending upon the individual condition, however, the benefits derived from using the Gravity Swing are well worth the effort and time of adjustment.

GRAVITY SWING

Relief the Natural Way



- Requires up to 7' ceiling.

- May be used in average basement, mobile home, apartment or office.
- Folds up easily for compact storage.

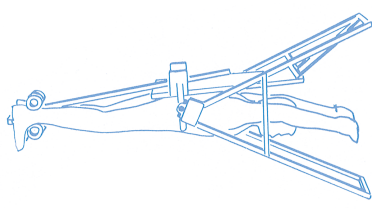
VINYL POLYESTER PAD

Drawn drum-tight for comfort and maximum benefit.

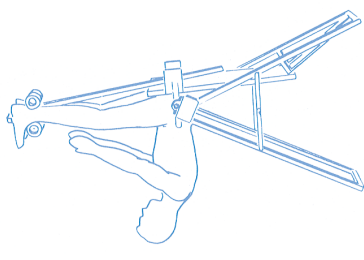
TELESCOPING ADJUSTMENT RAIL

Graduated scale for proper height adjustment. Double locking for added safety. **SIMPLE, YET SAFE**

Footlock Handle secured at both ends. Rubber Ankle Supports for maximum comfort. Permits easy on-easy off.



Enjoy comfortable head-stand.
Firms back and stomach muscles.
Stretches thigh and hamstring muscles.



Perform various exercises while in "locked-in" inverted position.
Allows upside down sit-ups, knee bends, body twists, and inverted backbends.

- Full lifetime guarantee on all parts and material.

- Holds maximum weight of 300 lbs...250 lbs for full inversion and exercise.

- Adjusts from 4'10" to 6'5".

- Portable and light-weight-45 lbs.

- Satisfaction guaranteed. If not fully satisfied, return within 30 days for full refund.

- All parts made in USA.