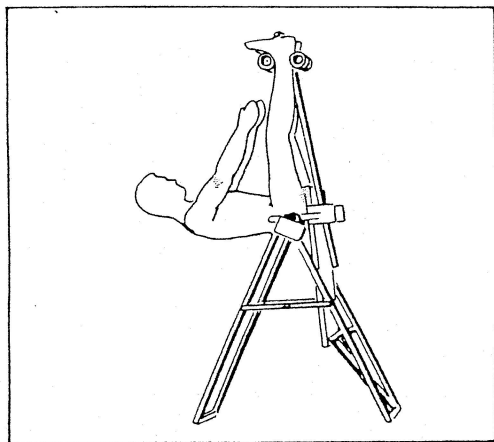
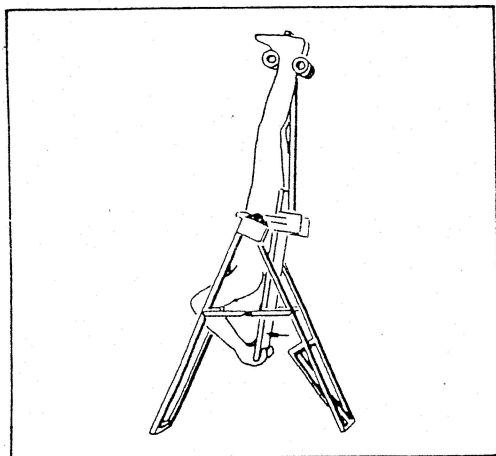


IMPORTANT POINTS



10. In this position you are able to perform such exercises as situps, leg lifts and body twists.



11. To recover from the "locked" position, put your hands behind your head and grasp the back of the BED. Move your body against the BED. As the BED comes forward, swing your arms slowly up to your sides and bring yourself to an upright position.

12. To release the LOCKING HANDLE, lean forward from the BED. Push down on HANDLE to release ROLL PIN from LOCKING CLIP and then pull HANDLE up and out of BOTTOM BRACKET ASSEMBLY. Caution: Do not lean back on BED during this procedure.

1. It is recommended that you begin your program by using the Gravity Swing no longer than five minutes at any one time. However, you may use it several times a day. As you become accustomed to the Gravity Swing, gradually increase the time to suit your particular need.
2. The Safety Strap is provided for your convenience and safety. It prevents you from becoming fully inverted while allowing you to relax and become familiar with the operation of the Gravity Swing. When you are confident and accustomed to the movement, remove the Safety Strap and proceed to expand your program.
3. Do not become fully inverted without someone present until you are able to recover from the inverted position yourself.
4. Some may experience a light-headed sensation upon complete inversion. This will normally pass as your system becomes adjusted to the reversal of the force of gravity upon the body. Begin this phase of your program by being inverted for a very short time—30 to 60 seconds—and gradually increase the time to your own comfort point.
5. Complete inversion is **not** recommended for a person weighing over 245 pounds. The Safety Strap should always be used in this instance.
6. Some persons should never become inverted. Consult your physician if there is any doubt or reason why you should not use this type of exercise or therapy equipment.
7. It is not necessary to become fully inverted to derive the many benefits provided by the Gravity Swing. The process of rhythmic traction is sufficient for most purposes.

ANTI-GRAVITY SWING INC

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