

Gravity Strider

GS1

Assembly & User Manual

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General Information

Quality

This V-fit exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your V-fit exercise product or if you think that you may have parts missing, please DO NOT return it to your retailer but contact us first for help and advice, asking for CUSTOMER SUPPORT, by any of the following means.

*Tel:- 0871 222 0881 or
Fax:- 01535 637722 or
Email:- beny@benysports.co.uk*

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

Beny Sports Co. UK Ltd.
*Greenroyd Mill,
Sutton in Craven,
Keighley, West Yorkshire
BD20 7NG*

Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

*YOUR NAME
YOUR ADDRESS
YOUR PHONE NUMBER
PRODUCT MAKE OR BRAND
PRODUCT MODEL
PRODUCT SERIAL NUMBER
DATE OF PURCHASE
NAME OF RETAILER
PART NUMBERS REQUIRED*

Guarantee

Beny Sports Co. UK Ltd. guarantee's its V-fit product range for DOMESTIC USE only for a period of 2 years from certified date of purchase. During this period we have the right to: -

- a). provide parts for the purchaser to effect repair.*
- b). repair the product returned (at the purchaser's cost) to our warehouse.*
- c). replace the product if it is deemed economical to do so.*

This guarantee applies to the original purchaser only and is not transferable.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse or defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product, we may ask for proof of purchase. To enable us to service your requirement for replacement parts, you must return the enclosed Guarantee Registration Card within 14 days of purchase. Failure to do so may result in any claim for replacement parts or repairs being refused.

This does not affect your statutory rights as a consumer.

Customer Support

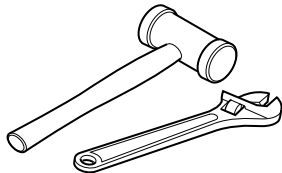
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Before you Start



Tools

All V-fit products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.

Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a Friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.

Open the Carton.

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.



Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved your doctor and proper use of your V-fit product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- *Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*
- *For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
- *Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- *Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your V-fit product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- *Before use, always ensure that your V-fit product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.*
- *Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*

Storage and Use

Your V-fit product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit

*Your V-fit product is suitable for users weighing:
264LBS / 18.8 Stones / 120KG or less.*

Conformity

*This V-fit product conforms to:
(BS EN 957) - PART 1 Class (H) - HOME USE - Class (C).
It is NOT suitable for therapeutic purposes.*



Exercising Information

Beginning

*How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.*

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.



Exercising Information

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.



Exercising Information

Target Zone *(con't)*

USERS AGE (Years)	UNCONDITIONED TARGET ZONE - A (Beats per Minute)	CONDITIONED TARGET ZONE - B (Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

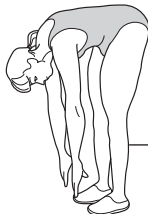
Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



Head Roll

Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



Toe Touch

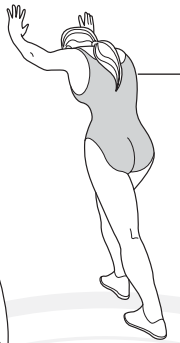
Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

Exercising Information



Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3 - 4 times.



Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2 - 3 times.



Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3 - 4 times.



Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2 - 3 times.



Exercising Information

Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

Week 1 & 2

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 4 minutes at 'A'
Rest 1 minute
Exercise 2 minutes at 'A'
Exercise slowly 1 minute

Week 3 & 4

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Rest 1 minute
Exercise 3 minutes at 'A'
Exercise slowly 2 minutes

Week 5 & 6

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 6 minutes at 'A'
Rest 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 7 & 8

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 9 & beyond

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Repeat entire cycle 2 or 3 times

This is only a suggested programme and may not suit every individual's needs.



Exercising Information

INTRODUCTION

Congratulations and thank you for purchasing the Gravity Strider which captures the easy, natural motion of walking and running, but its suspended action eliminates pounding and stress on joints.

Get the results you need by customizing your workout... adjust your speed, change your stride length and choose your resistance level.

This versatile all-in-one trainer increases flexibility and aerobic fitness while targeting the key trouble spots...hips, thighs, rear and arms. The Gravity Strider is easy to use and combines high performance with convenience and safety.

There are four E-Z Adjust Tension Control Knobs for all levels of resistance. The digital readouts on the 5-function Exercise Monitor provide accurate feedback on the status of your workout and level of exertion. After a whisper quiet workout, the Gravity Strider folds flat and rolls away for easy storage. We have designed a unique feature for a safer workout when first using your Gravity Strider. Your machine is equipped with two Footplate Safety Limiters (18), which bolt onto the Main Frame. These Safety Limiters will help prevent you from stretching too far and then losing your balance.

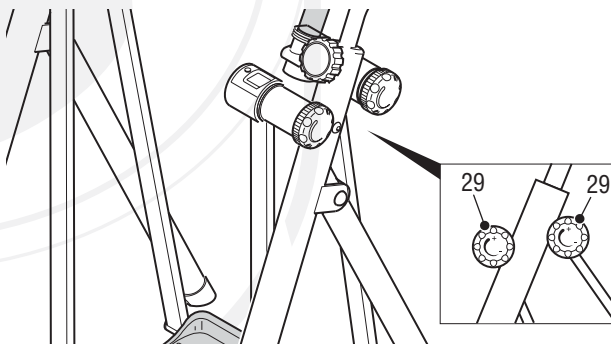


Note

If the Footplate Safety Limiters become loose, tighten them with a 5mm Allen Wrench.

TENSION CONTROL ADJUSTMENT

You can increase or decrease the walking resistance by tightening or loosening the four E-Z Adjust Tension Control Knobs (29) at the top of the Front and Rear Footplate Arms (9, 10 & 11). Turn clockwise for more tension and anti-clockwise for less. Each Footplate Arm has variable resistance so that you can customize your individual workouts. Note: - This is essentially an aerobic exercise and over-tightening of the E-Z Adjust Tension Control Knobs will lead to damage or premature wear of the Thrust Bearings and Washers.



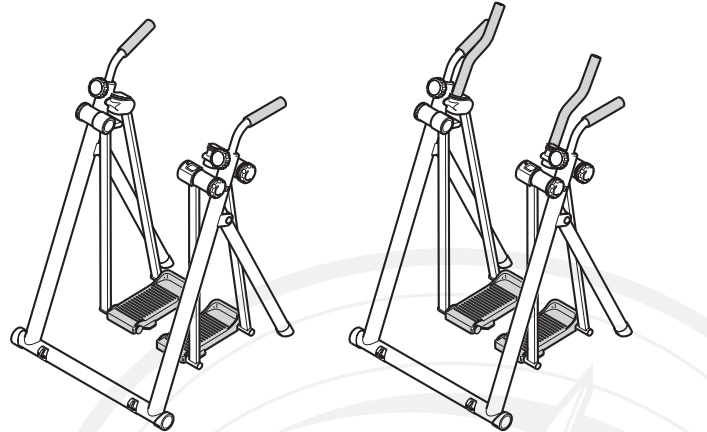


Exercising Information

TRAINING PROGRAMME

IMPORTANT SAFETY INFORMATION

As with most other exercise equipment, there is a learning curve associated with using the Gravity Strider. When you first start to exercise, we recommend that you do NOT fit the Removable Dual action Handles. You must use the Fixed Safety Handles for support and security. Do NOT use the Removable Dual action Handles alone. Once you have become Familiar with the type of exercise and the balance required to perform the exercises safely, you may progress to using the Removable Dual action Handles in full Dual Action mode.



Gravity Strider set up without the Dual Action Handles

Gravity Strider set up with the Removable Dual Action Handles



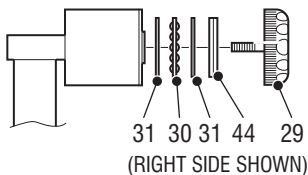
Caution

SAFE EXERCISING WITH YOUR GRAVITY STRIDER

In order for the exercises carried out on your Gravity Strider to be safe and fully effective it is important that you regularly check the E-Z Adjust Tension Control Knobs (29) both before and during use.

You may find that during prolonged use, the E-Z Adjust Tension Control Knobs (29) start to release their resistance and this will be felt by the Footplate Arms (9, 10 and 11) becoming easier to use. If this happens, please correctly re-tighten the E-Z Adjust Tension Control Knobs (29), ensuring that the Knobs (29), Thrust Bearings (30), Thrust Bearing Shims (31) and Rubber Washers (44) are fitted correctly.

Please refer to the diagram opposite for the correct assembly sequence for the E-Z Tension Control System components.





Exercising Information

EXERCISE INSTRUCTIONS



Caution

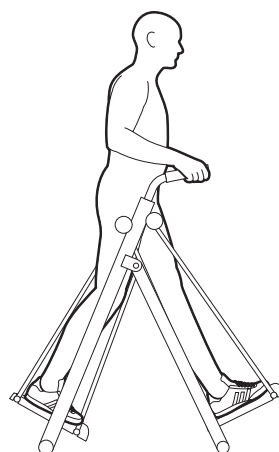
Most likely this is a new exercise for you. It will take some time for you to get used to the balance required, so please, when first starting out, use only the Fixed Safety Handles (19).

START OFF GRADUALLY

Always hold onto the Fixed Safety Handles! Stand up straight, bend your knees slightly, but do NOT lean forward.

This exercise simulates walking without the unnecessary impact to the knees and feet. Begin walking at a slow comfortable pace, alternating from one foot to the other.

Stop! When finished, stop walking and stand erect so that your legs are perpendicular to the ground. Always holding onto the Fixed Safety Handles, carefully step down off the Gravity Strider



Exercising using the Fixed Safety Handles



Exercising Information

MAKE YOUR WORKOUT MORE CHALLENGING

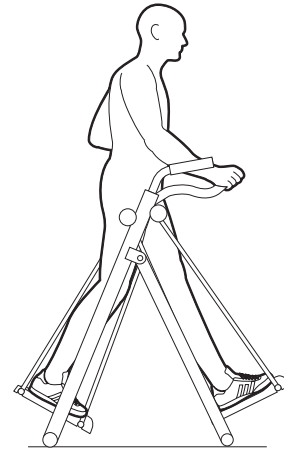
Once you feel comfortable exercising using the Fixed Safety Handles, you may choose to exercise in the dual action mode.

This action provides you with both an upper and lower body workout.

Grab hold of the Removable Dual Action Handles (24) and continue to walk using the same motion as above. Stand up straight and do not lean forward. Begin walking at a slow, comfortable pace, alternating from one foot to the other while swinging your arms. It will take some practice and coordination so don't get discouraged!

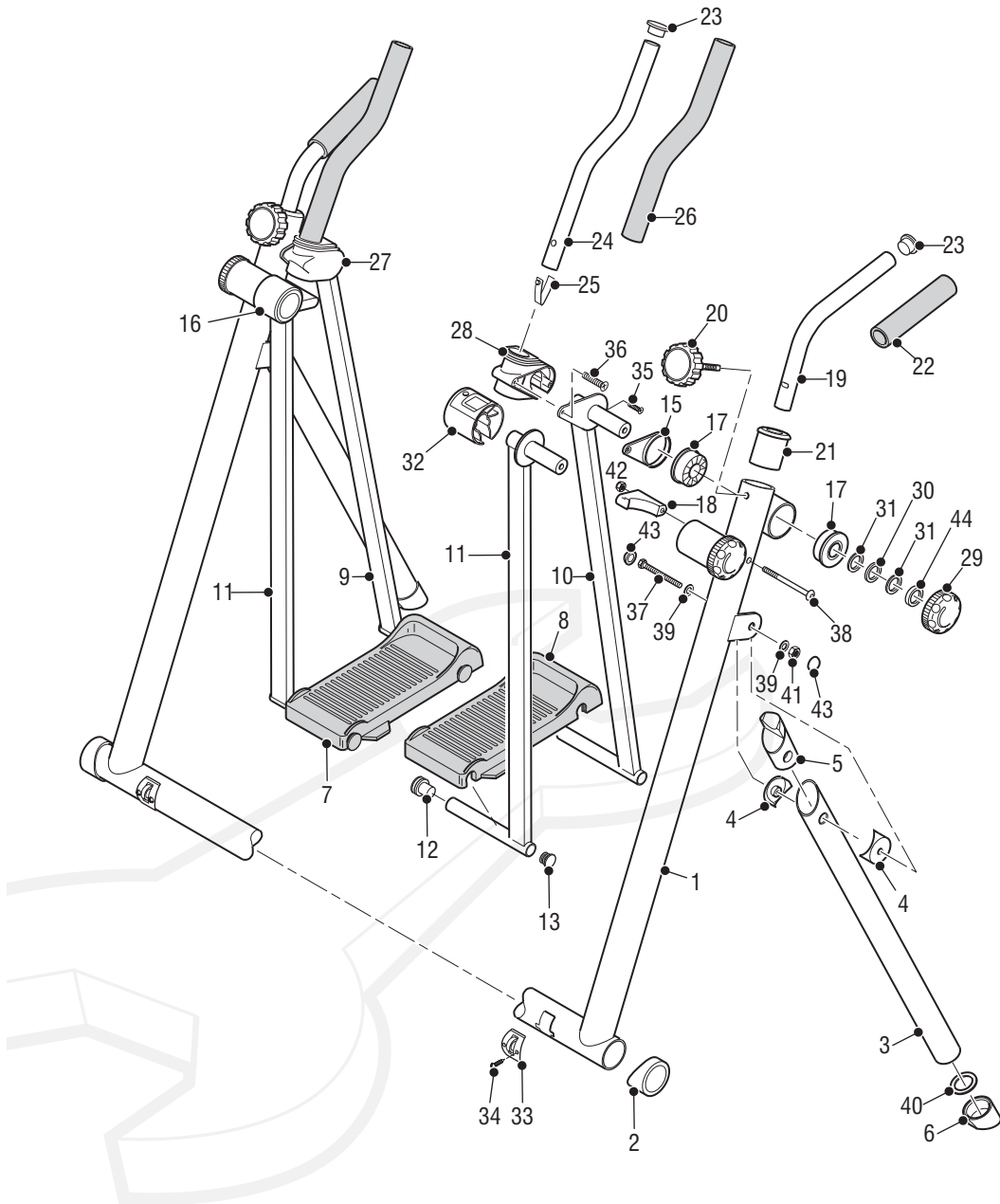
By leaning forward into your exercise, you will increase the amount of work done by your lower body.

By leaning back, you will increase the exercising of your upper body.



Exercising using the Removable Dual Action Handles

Assembly



Assembly



MASTER PARTS & ACCESSORY LIST

PART No.	DESCRIPTION	QTY
1	MAIN FRAME	1
2	MAIN FRAME RUBBER END CAP – 60mm	2
3	SUPPORT LEG (LEFT and RIGHT)	2
4	SUPPORT LEG CURVED PIVOT BUSHING – 50mm	4
5	SUPPORT LEG STOPPER	2
6	SUPPORT LEG RUBBER FOOT PAD – 50mm	2
7	FOOTPLATE (LEFT)	1
8	FOOTPLATE (RIGHT)	1
9	FOOTPLATE ARM (FRONT - LEFT)	1
10	FOOTPLATE ARM (FRONT - RIGHT)	1
11	FOOTPLATE ARM (REAR - LEFT and RIGHT)	2
12	FOOTPLATE ARM PIVOT PLUG – 25mm	4
13	FOOTPLATE ARM TUBE END CAP – 25mm	4
14	FOOTPLATE ARM PLASTIC HOOD (INNER - LEFT)	1
15	FOOTPLATE ARM PLASTIC HOOD (INNER - RIGHT)	1
16	FOOTPLATE ARM PLASTIC HOOD (OUTER)	1
17	FOOTPLATE ARM SUPPORT PLASTIC BUSHING – 62.5mm	8
18	FOOTPLATE SAFETY LIMITER	2
19	FIXED SAFETY HANDLE	2
20	FIXED SAFETY HANDLE SECURING KNOB	2
21	FIXED SAFETY HANDLE SUPPORT INSERT	2
22	FIXED SAFETY HANDLE FOAM HANDGRIP – 180mm	2
23	FIXED / DUAL ACTION HANDLE END CAP – 30mm	4
24	REMOVEABLE DUAL ACTION HANDLE	2
25	REMOVEABLE DUAL ACTION HANDLE PUSH PIN	2
26	REMOVEABLE DUAL ACTION HANDLE FOAM HANDGRIP – 365mm	2
27	DUAL ACTION HANDLE HOUSING (LEFT)	1
28	DUAL ACTION HANDLE HOUSING (RIGHT)	1
29	E-Z ADJUST TENSION CONTROL KNOB	4
30	THRUST BEARING	4
31	THRUST BEARING SHIMS	8
32	EXERCISE MONITOR WITH HOUSING	1
33	TRANSPORTATION WHEEL ASSEMBLY	2
34	M5 x 12mm SELF CUTTING SCREW	4
35	M6 x 25mm MACHINE SCREW	2
36	M8 x 30mm MACHINE SCREW	2
37	M8 x 75mm HEX BOLT	2
38	M10 x 105mm ALLEN BOLT	2
39	M8 x 22mm OD FLAT WASHER	4
40	M50 OD FLAT WASHER	2
41	M8 NYLON LOCKNUT	2
42	M10 NYLON LOCKNUT	2
43	M8 BOLT / NUT HEAD COVER	4
44	E-Z CONTROL KNOB RUBBER WASHER	4



Note

Some of the above accessories are pre-fitted to the master component. They may not be supplied separately

Assembly

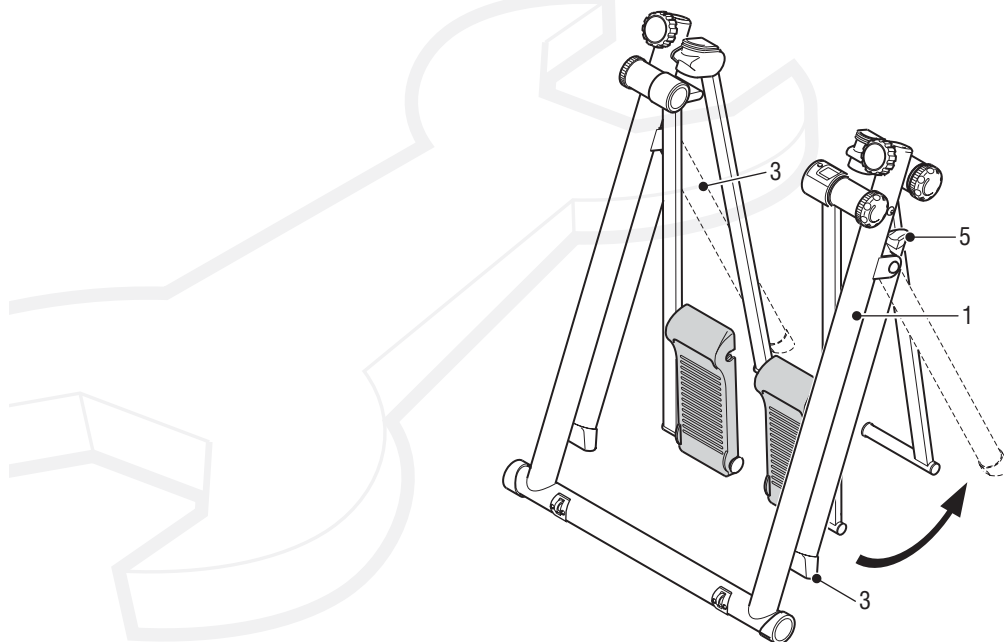


1 PRE-SET UP CHECK LIST

As your Gravity Strider is almost fully assembled by the factory for your convenience, there are very few parts to check prior to commencing assembly. Note: - ALL other parts will have been pre-fitted to the master part or component. They will NOT be supplied separately.

PART No.	DESCRIPTION	QTY
1	MAIN FRAME ASSEMBLY	1
7	FOOTPLATE (LEFT)	1
8	FOOTPLATE (RIGHT)	1
19	FIXED SAFETY HANDLE	2
20	FIXED SAFETY HANDLE SECURING KNOB	2
24	REMOVABLE DUAL ACTION HANDLE	2
32	EXERCISE MONITOR WITH HOUSING	1

Fold open the Left and Right Support Legs (3) to set up your Gravity Strider. Make sure that the Support Legs are fully extended so the Support Leg Stoppers (5) hit against the Main Frame (1). Allow the Gravity Strider to rest on the Main Frame and Support Legs.

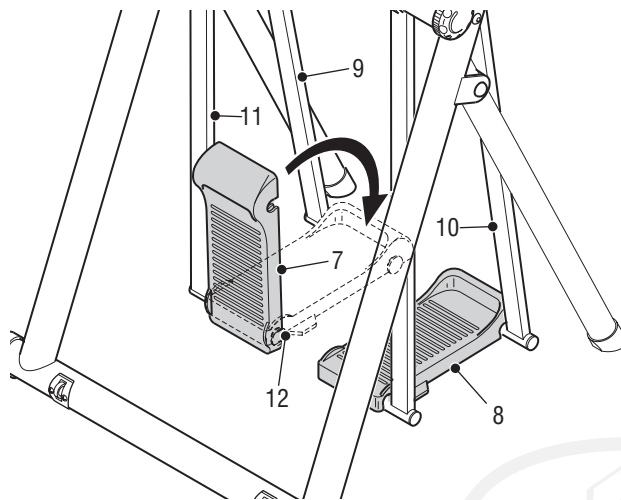


Assembly

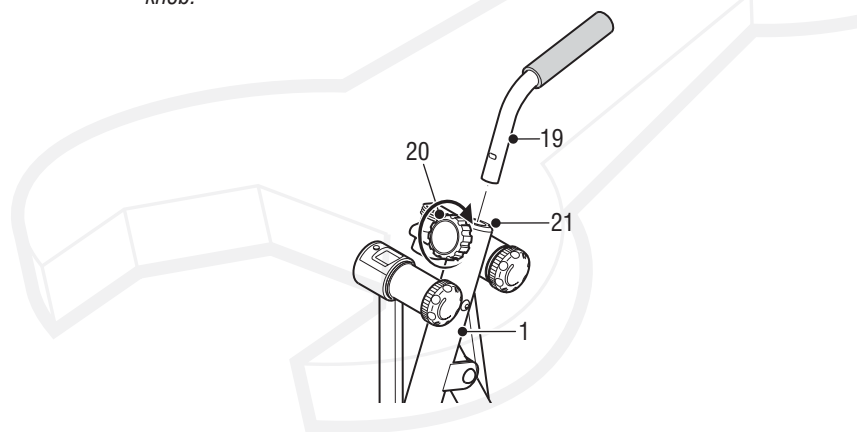


- 2** Connect the Left Footplate (7) into the Left Front Footplate Arm (9) and the Rear Footplate Arm (11). Make sure that the Foot Pedal snaps into the Footplate Arm Pivot Plugs (12) on both the Front and Rear Footplate Arms.

Repeat the same procedure for connecting the Right Footplate (8) into the Right Front Footplate Arm (10) and the Rear Footplate Arm (11).



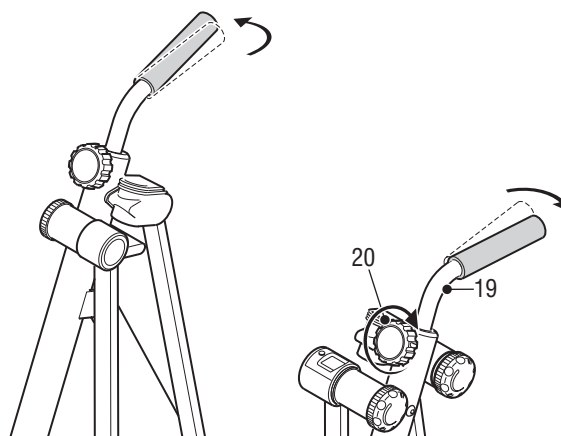
- 3** Slide one Fixed Safety Handle (19) into the Fixed Safety Handle Support Insert (21) located near the top of the tubing on each side of the Main Frame (1). Secure each Fixed Safety Handle in place using one Fixed Safety Handle Securing Knob (20). Firmly tighten each knob.



Assembly

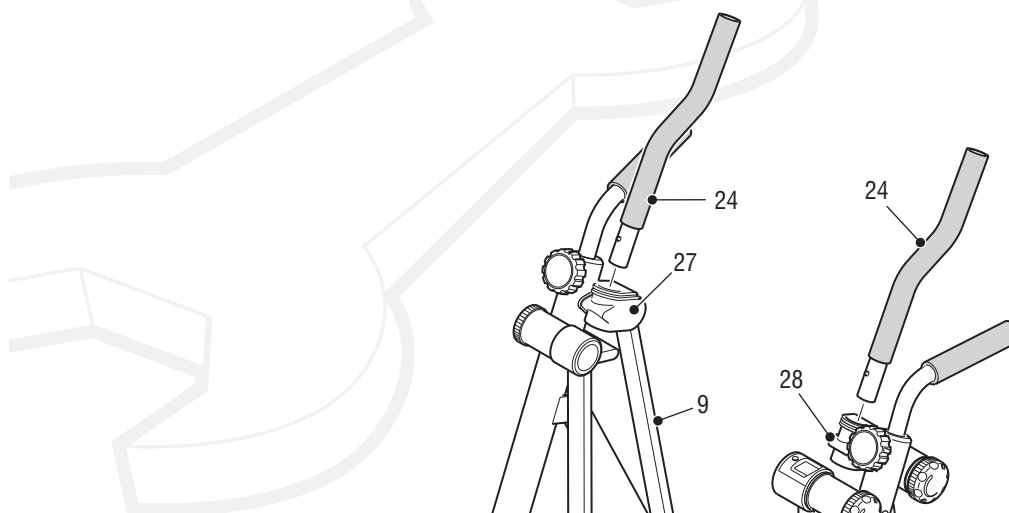


- 4** Before fully tightening the Fixed Safety Handle Securing Knobs (20) rotate the Left and Right Fixed Safety Handles (19) out to the side. (This is to allow sufficient clearance for your hands when using the Removable Dual Action Handles (24))



- 5** Slide a Removable Dual Action Handle (24) into the Left Dual Action Handle Housing (27) located at the top of the Front Left Footplate Arm (9). Make sure that the Removable Dual Action Handle Push Pin (25) on the handle is seated fully into the hole in the plastic housing.

Repeat the same procedure for fitting the remaining Removable Dual Action Handle (24) into the Right Dual Action Handle Housing (28) located at the top of the Front Right Footplate Arm (10).



Assembly

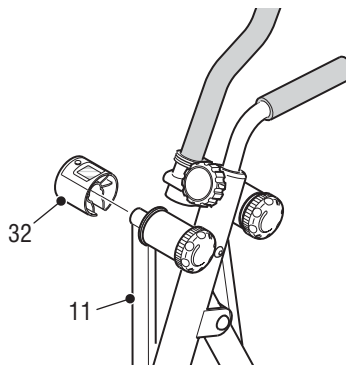


- 6** Push the Exercise Monitor with Housing (32) into the Right Rear Footplate Arm (11).



Note

The Exercise Monitor can be fitted to the Left Rear Footplate Arm or Right Rear Footplate Arm according to your preference.



6 HOW TO REMOVE THE EXERCISE MONITOR BATTERY



Note

Removing the battery will erase the Exercise Monitor memory.

Slide off the Exercise Monitor with it's integral housing from the top of the Rear Footplate Arm (11).

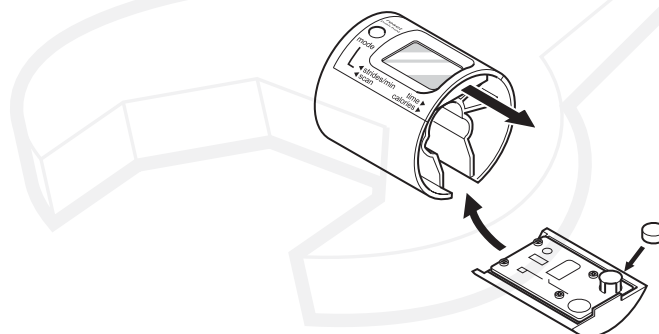
Place 1 pc alkaline manganese battery (LR44) into the battery housing on the back of the upper case.

Ensure the battery is correctly positioned and that the battery retaining spring is in proper contact with the battery.

Replace upper case and insure it is tightly closed.

Battery life is approx. 1/2 year under normal usage.

If the display is illegible or only a partial segment appears, remove the battery and wait 15 seconds before reinstalling.



Assembly



7 EXERCISE MONITOR SPECIFICATION



Note

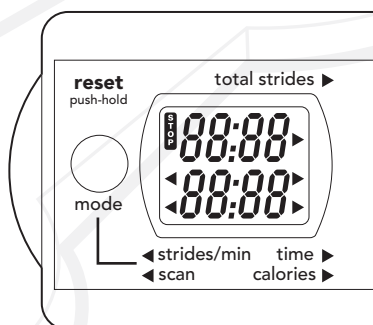
This Exercise Monitor is equipped with an auto on / auto off function. The Exercise Monitor will start automatically if your Gravity Strider is in use. If exercising has been stopped for over 4 minutes, the Exercise Monitor will turn itself off & reset all data functions back to zero. If exercising is restarted within 4 minutes, the Exercise Monitor will accumulate all functional values

FUNCTION

Auto Scan	Every 4 seconds
Current Speed	The maximum signal that can be picked-up is 1000 RPM.
Trip Distance	0.00 – 999.9 Kms or Miles
Elapsed Time	00 : 00 – 99 : 59 Minutes & Seconds
Count	0 – 9999 Strides
Calorie	0.0 – 999.9 Kcal

PART

Display	Liquid crystal Type
Controller	4 bit. 1 chip microprocessor
Sensor	Mercury Switch
Power source	Alkaline manganese battery A76, AG13 or LR44
Operating Temperature	0 °C / +40 °C (32 °F / 104 °F)
Storage Temperature	-20 °C / +50 °C (-4 °F / 122 °F)



FUNCTION

1	TOTAL STRIDES
2	STRIDES / MIN
3	SCAN
4	TIME
5	CALORIES



Exercising Information



Note

In the interest of safety, do NOT use polish or any lubricant on the Footplates.

LUBRICATION and MAINTENANCE

The moving parts in your Gravity Strider are all pre-lubricated at assembly and should not require further attention. However, to preserve the smooth action of your Gravity Strider, we recommend that you periodically grease all Footplate Arm Pivot Shafts with a silicone or lithium grease.

We strongly recommend, that the Gravity Strider is used inside and stored in a dry condition. To clean the metal and plastic components, a general household cleaner can be used, but please be sure to dry the Gravity Strider and any attachments before use.



Note

When folding the Gravity Strider ensure that the four E-Z Adjust Tension Control Knobs are fully tightened to ensure the ensure that the footplate arms remain between the Footplate Arms.

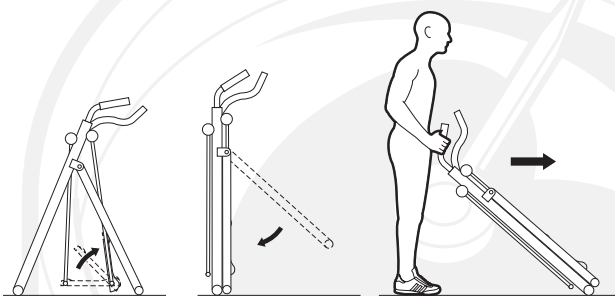
FOLDING AND STORAGE INSTRUCTONS

Disconnect the toe end of each Footplate (7 & 8) from its respective Footplate Arm (9 & 10).

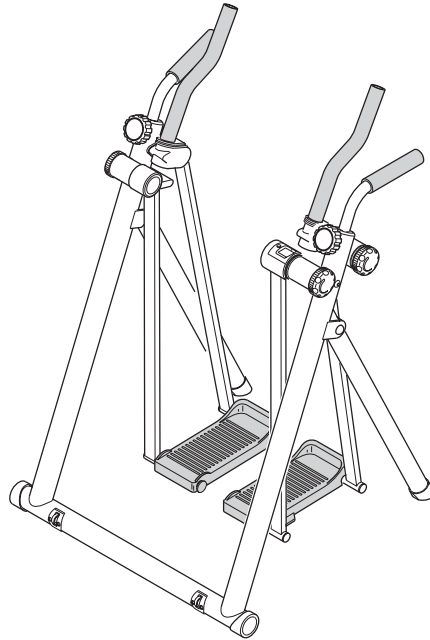
Fold the Front and Rear Footplate Arms (9, 10 & 11) so they are in alignment with the Main Frame (1). The Footplates (7 & 8) should automatically end up sandwiched between the Footplate Arms.

Fold the Support Legs (3) in towards the Main Frame (1).

Now, using the Fixed Safety Handles (19) at the top of the Main Frame (1) and the Transportation Wheels (33) at the bottom, move the Gravity Strider as a unit to the desired location.



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