

NANO GYM™

EXERCISE CHART

COMPACT DESIGN FOR BIG RESULTS

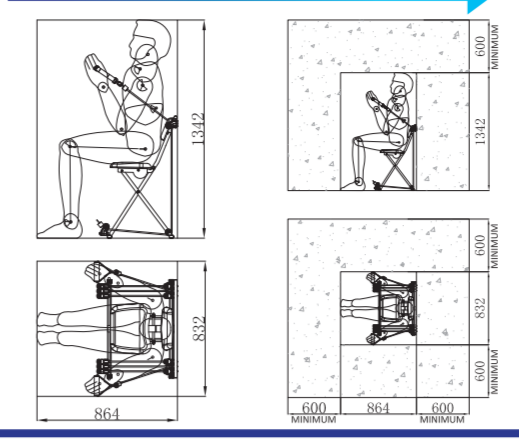
IMPORTANT MEDICAL WARNING

Carefully review the Exercise Chart and consult your physician before using this product or performing the exercises presented herein. The instructions and advice presented in this Exercise Chart are in no way intended to be a substitute for medical counseling. Not all exercises are suitable for everyone and any user of this product assumes the risk of injury resulting from performing the exercises shown. If at any time you feel you are exercising beyond your current fitness level or you feel uncomfortable, you should discontinue exercise immediately. Your physician should help you ascertain your target heart rate, as determined by your age and physical fitness. Certain training programs and types of exercise equipment may not be suitable for everyone. This is particularly important for those individuals over 35, pregnant women and individuals with existing health problems or problems with balance. If you take medication which affects your heart rate, you must seek medical advice from your doctor before starting your exercise program with this machine.

SAFETY PRECAUTIONS

- Do not start exercising before fully studying this Exercise Chart.
- This product has been tested in accordance with the requirements of EN 957-1, class H – home use only. THE MAXIMUM WEIGHT CAPACITY OF THE NANO GYM™ exercise machine is 136.4 kg/300 lbs. Persons whose body weight exceeds this limit should NOT use this machine.
- Carefully inspect the equipment prior to EVERY use. Never use the device if it is not functioning correctly, or if it is damaged.
- Use this device EXCLUSIVELY for the purpose intended and described in this Exercise Chart. Do not alter the equipment and only use those accessories which have been recommended by the manufacturer.
- Ensure that at least 10 - 13 feet (2 - 3 meters) of free space is available surrounding the entire unit. It is important that pets, furniture and other objects are kept away from the equipment during its use.
- Handicapped or disabled persons should not use the NANO GYM™ exercise machine without the presence of a qualified health professional or physician.
- The NANO GYM™ must be set up and used on a solid, level and non-slip surface.
- Wear appropriate clothing during training sessions. Training apparel should be comfortable and light, allowing freedom of movement.
- Wear comfortable training shoes which provide good support and have non-slip soles, such as running shoes or trainers.
- Always warm up and stretch before each training session.
- Always choose the proper intensity level that best suits your physical strength and flexibility levels. Know your limits and train within them.
- Do not over exert yourself. If you suffer from chest pains, severe shortage of breath, dizziness, nausea, back ache or joint pains during or after a session, stop and bring the matter to the attention of a doctor.
- Begin slowly and get used to the unique movement of the NANO GYM™ exercise machine prior to starting your Exercise Program.
- To avoid serious injury, never place any part of your body between or near any moving parts.
- DO NOT use any accessories not recommended by the manufacturer. Understand correct use of this machine.
- Refer to all of the included assembly guidelines to make certain your unit is properly assembled, and to remind yourself of all maintenance guidelines.
- Check all screws and bolts and tighten if loose.
- If you have long hair please tie it up to avoid getting caught in certain parts of the equipment.
- Do not place the unit in direct sunlight, as heat can degrade the non-steel materials on the unit.
- Take care when getting on or off the NANO GYM™.
- Close adult supervision is necessary when the NANO GYM™ is used near children.

Training Area Free Area



Make sure that you have enough space around your Nano Gym™ unit. The diagrams above demonstrate the 'training area' as well as the minimal 'free area' that should be available around you while you are working out on this unit.

NOTICE

- Important:** Do not start exercising before fully studying this Exercise Chart which informs you about:
- How to exercise correctly and safely
 - Exercise Program options
 - Effective execution of the Exercise Programs
 - How to engage a suitable level of resistance
 - The main parts of your NANO GYM™
 - Setting up and folding your NANO GYM™
 - Maintaining your NANO GYM™

5 Main Parts



- Seat
- Back Rest
- Grey Resistance Bands (light) (x2)
- Red Resistance Bands (heavy) (x2)
- O-Ring (x8)
- Top Pulley Bar
- Bottom Pulley Bar
- Rear Pulley Bar
- Handles (x2)
- Handle Clip
- Foot Plate (optional)
- Ankle Cuffs
- DELUXE UNIT
- Padded Seat & Back Rest
- Black Resistance Bands (x2)
- O-Rings (x4)

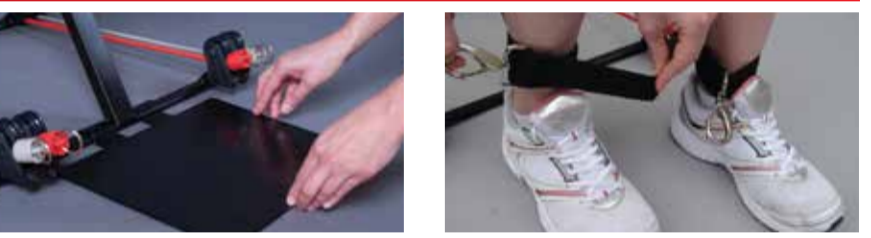
Using Bottom Pulley Bar (without Foot Plate)



To perform exercises 6, 7, 8, 15, 18, 19 & 20 place heels firmly onto the Bottom Pulley Bar.

To perform exercises 16 & 17, place ball of foot firmly onto the Bottom Pulley Bar.

Fitting Accessories



Foot Plate: Hook securely over Front Pulley Bar. Stand fully on Foot Plate.

Ankle Cuffs: Thread strap through buckle and press straps together.

1 How to Exercise

Exercise Program - Depending on your available time, select either the "Express", "Comprehensive" or "Lower Body" Exercise Program. The different exercises in the Programs (see "Exercise Programs") are designed to work out the various muscles of the body. Perform each of the exercises in the sequence as indicated in the Exercise Program. For variety, from time to time, the sequence in the Exercise Program can be reversed. You can also alternate between exercise programs during different exercise sessions.

Exercise Resistance - For each exercise, engage a suitable level of resistance (see "Exercise Resistance") by attaching the Handles or Ankle Cuffs to one or more of the O-Rings connected to the Resistance Bands.

Exercise Reps & Sets - For each exercise, engage a suitable level of resistance to enable you to perform the exercise movement ("rep" for short) 15 times (a set). During each subsequent exercise session, attempt to increase the number of reps, working towards 20 reps per exercise. Once you have reached 20 reps per exercise, increase the resistance level by a suitable amount that will allow you to perform 15 reps.

How to Perform each Exercise - Each exercise is accompanied by a brief description of how to perform the exercise with two accompanying pictures: A: The start of the exercise; and B: the mid point of the exercise. By returning to the starting position (A), one rep. of the exercise will be completed.

Muscles Exercised - The major muscle group(s) exercised are listed for each exercise.

3 Exercise Programs

Each program consists of 3 groups of exercises: Warm Up, Work Out and Cool Down. Do not skip any stage.

Warm Up

Start your exercise program with a light exercise to raise your body temperature.

- Cardiovascular Exercise**
Begin by marching in one spot, moving arms and progress to a slow jog. When fitter, run in one spot, lifting knees and pumping arms. In addition, you can also perform jumping jacks.
- Stretching**
Follow with stretching exercises.

Work Out

- If you are unfit, start slowly and build up gradually. Once fit, exercise actively so as to increase your heart rate
- Complete the exercises in the indicated order, moving at a steady pace from one exercise to the next. If you find any particular exercise too strenuous, skip it and try again when you are fitter
- Perform exercise movements with smooth, continuous motions, approximately 1 rep every 1 - 2 seconds
- Perform each exercise with proper form (e.g. keeping your head and spine aligned) and do not swing or use momentum when moving against resistance
- Maintain steady, rhythmic breathing whilst exercising – do not hold your breath
- Always contract your abs, core and lower back muscles whilst performing an exercise. This will stabilise the body and help prevent injury
- To intensify your program, first attempt to increase the number of repetitions per exercise and then try to increase the resistance per exercise.
- Do not increase reps and resistance during the same exercise session. A further way to intensify an exercise is to increase the speed of motion when performing the exercise.

Cool Down

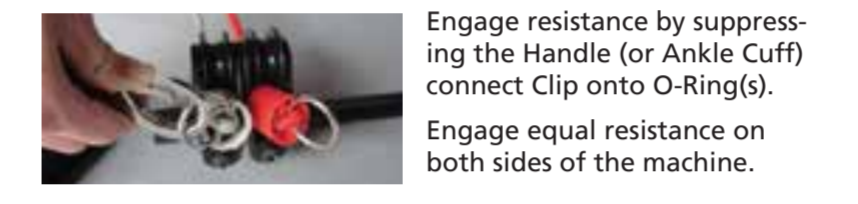
End your exercise with a Cool Down

- Cardiovascular Exercise**
Run or walk in one spot gently for 1-2 minutes
- Stretching**
Stretch slowly, holding the stretch for 20 - 30 seconds

	Express	Comprehensive	Lower Body
A	1	1	1
B	2	2	6
C	3	3	16
D	4	4	17
E	5	5	18
F	6	6	19
G	7	7	8
	8	8	10
	9	9	11
	10	10	12
	11	11	13
	12	12	14
	13	13	15
	14	14	20
	15	15	15

4 Exercise Resistance

- For your exercise to be effective, the body must move against resistance (weight). As you become fitter, increase resistance accordingly.
- To obtain exercise resistance, clip the Handles or Ankle Cuffs to one or more of the O-Rings attached to the Resistance Bands fitted to your machine.
- Initially, experiment to find a level of resistance for each exercise to match your level of fitness and that will enable you to perform approximately 15 reps per exercise.
- By engaging different color Resistance Bands and/or by engaging different combinations of Resistance Bands, the level of resistance can be varied – see the accompanying Resistance Tables
- The standard Nano Gym is fitted with 2 sets of resistance bands providing 3 levels of resistance.
- The NANO GYM™ Deluxe is fitted with 3 sets of resistance bands and provides 7 levels of resistance.



NANO GYM – STANDARD (GM5910)		
Resistance Level	Band(s) Engaged	
	Grey	Red
Low	●	
Medium	●	●
High	●	●

NANO GYM – DELUXE (GM5910-2)			
Resistance Level	Band(s) Engaged		
	Grey	Black	Red
1	●		
2	●	●	
3	●	●	●
4	●	●	●
5	●	●	●
6	●	●	●
7	●	●	●

6 Setting Up & Folding

TO OPEN - Hold Top Pulley Bar & pull front of seat forwards to open legs

TO FOLD - Hold Top Pulley Bar with one hand & pull back of seat upwards with other hand to fold legs



7 Maintenance

- The NANO GYM™ is intended for indoor home use only and not for institutional use.
- Inspect the NANO GYM™ each time you exercise & check for any loose parts & tighten.
- If a pulley squeaks, spray silicon onto the pulley shaft (not the pulley wheel).
- If the band(s) become loose or worn, replace with new band(s) by unscrewing the pulley wheel(s).

Stretching

- Warm up by walking in one spot or if you are fit, by jogging in one spot
- Stretches should be gradual and gentle
- Hold each stretch for 10 - 20 seconds
- Do not bounce in the stretch. Once in a comfortable position hold the stretch
- Do not over stretch. Stretching should not hurt
- Do not hold your breath whilst stretching
- Do not rush the stretch

Exercises

A: Start of Exercise
B: Midpoint of Exercise



A CALF STRETCH Face the wall with one leg in front of the other, feet flat and toes facing forward. Bend the knee of the front leg whilst keeping the back leg straight. Repeat with the other leg.

B INNER THIGH STRETCH Sit on the floor with knees bent and soles of the feet touching. Lean forward holding ankles or feet.

C STANDING STRETCH Inhale. Tuck your chin in and breathing out, roll down to a comfortable position. Keep the back rounded and touch toes if possible. Breathe in and out whilst maintaining the position.

D SIDE STRETCH Stand with feet apart, knees slightly bent and one arm at side. Reach the other arm above the head and bend sideways taking the raised arm over and to the side. Repeat with other arm.

E KNEES TO CHEST STRETCH Lie on your back. Bend knees and lift feet off the floor. Hug knees to chest.

F THIGH STRETCH In the standing position, reach one hand behind the body and grasp the top of the foot. Pull the heel towards the buttocks. Keep the standing leg's knee slightly bent. Repeat on the other leg.

G TRICEP STRETCH Place right hand behind the head, elbow bent with palm facing just below the head on the neck. With the left hand hold the right elbow and pull the arm towards the head. Repeat with the other arm.

<p>1 BICEP CURL (Biceps)</p> <p>A: Sit and hold Handles with palms facing up and arms slightly bent. B: Curl arms and bring Handles to chest level keeping elbows in at sides and in same position and return.</p>	<p>2 LATERAL RAISE (Shoulders)</p> <p>A: Sit and hold Handles, palms facing downwards with arms slightly bent. B: Lift Handles sideways to shoulder level and return.</p>	<p>3 UPRIGHT ROW (Shoulders, Back & Biceps)</p> <p>A: Sit and hold Handles, palms facing downwards and arms slightly bent. B: Pull Handles to chin level while lifting the elbows and return.</p>	<p>4 FRONT RAISE (Shoulders)</p> <p>A: Sit and hold Handles, palms facing downwards with arms slightly bent. B: Lift Handles in front to shoulder height and return.</p>	<p>5 SEATED ROW (Back & Biceps)</p> <p>A: Sit (or stand) with heels on Bottom Pulley Bar (or on Foot Plate), leaning slightly forward and hold Handles, palms facing inwards with arms slightly bent. B: Pull towards lower part of chest, keeping elbows in and return.</p>
<p>6 SQUATS (Quadriceps, Hamstrings & Buttocks)</p> <p>A: Stand with heels on Bottom Pulley Bar (or on Foot Plate) with knees slightly bent and hold Handles at waist level with arms slightly bent. B: Bend knees, keeping back straight and return.</p>	<p>7 BACK EXTENSION (Lower Back)</p> <p>A: Stand with heels on Bottom Pulley Bar (or on Foot Plate). Bend forward, holding Handles with bent arms, palms facing inwards or backwards. B: Stand upright with bent arms, keeping back straight and aligned with neck and return.</p>	<p>8 REVERSE FLY (Upper Back & Shoulders)</p> <p>A: Stand with heels on Bottom Pulley Bar (or on Foot Plate) and hold Handles, palms facing inwards with arms slightly bent. B: Pull outwards to shoulder height and return.</p>	<p>9 CHEST PRESS (Chest & Triceps)</p> <p>A: Sit and hold Handles next to chest palms facing downwards. B: Push out away from chest to chest height and return.</p>	<p>10 ABDOMINAL CRUNCH (Abdominals)</p> <p>A: Hold Handles above shoulders, palms facing down. B: Crunch forward keeping lower back against backrest and moving elbows toward knees and return.</p>
<p>11 CHEST FLY (Chest)</p> <p>A: Sit and hold Handles with arms slightly bent in front of chest, palms facing inwards. B: Move slightly bent arms to the front of chest and return.</p>	<p>12 SHOULDER PRESS (Shoulders, Back & Triceps)</p> <p>A: Sit and hold Handles at shoulder height, palms facing forward. B: Push straight upwards and return.</p>	<p>13 OBLIQUES TWIST (Abdominals)</p> <p>A: Hold Handles above shoulders, palms facing downwards. B: Bring right elbow towards left leg and return. Repeat for other side.</p>	<p>14 TRICEP EXTENSION (Triceps)</p> <p>A: Sit and hold handles above shoulders, elbows pointing upwards, palms facing up or down. B: Extend arms upwards and return.</p>	<p>15 SQUAT & REACH (Quadriceps, Hamstrings, Buttocks & Shoulders)</p> <p>A: Stand with heels on Bottom Pulley Bar (or on Foot Plate) and hold Handles by sides, feet slightly apart and knees slightly bent. B: Pull knee up to waist, keeping hips parallel, back straight and return. Complete one set and repeat with other leg.</p>
<p>16 HIP EXTENSION (Buttocks)</p> <p>A: Attach Ankle Cuffs to both legs. Stand with feet on Bottom Pulley Bar (or on Foot Plate) and engage resistance onto one leg. B: Pull one leg back, keeping hips parallel and back straight and return. Complete one set and repeat with other leg.</p>	<p>17 SINGLE LEG CURL (Hamstrings)</p> <p>A: Attach Ankle Cuffs to both legs. Stand with feet on Bottom Pulley Bar (or on Foot Plate) and engage resistance onto one leg. B: Curl leg upwards, keeping knee in same position and return. Complete set and repeat with other leg.</p>	<p>18 HIP ABDUCTION (Outer Thigh)</p> <p>A: Attach Ankle Cuffs to both legs. Stand with feet on Bottom Pulley Bar (or on Foot Plate) and engage resistance onto one leg at a time. B: Pull leg sideways, keeping hips aligned. Complete one set and repeat with other leg.</p>	<p>19 HIP ADDUCTION (Inner Thigh)</p> <p>A: Attach Ankle Cuffs to both legs. Stand with feet on Bottom Pulley Bar (or on Foot Plate) and engage resistance onto one leg at a time. B: Pull leg across body, keeping hips aligned. Complete one set and repeat with other leg.</p>	<p>20 HIP FLEXION (Hip Flexors)</p> <p>A: Attach Ankle Cuffs to both legs. Stand with feet on Bottom Pulley Bar (or on Foot Plate) and engage resistance onto one leg. B: Pull knee up to waist, keeping hips parallel, back straight and return. Complete one set and repeat with other leg.</p>