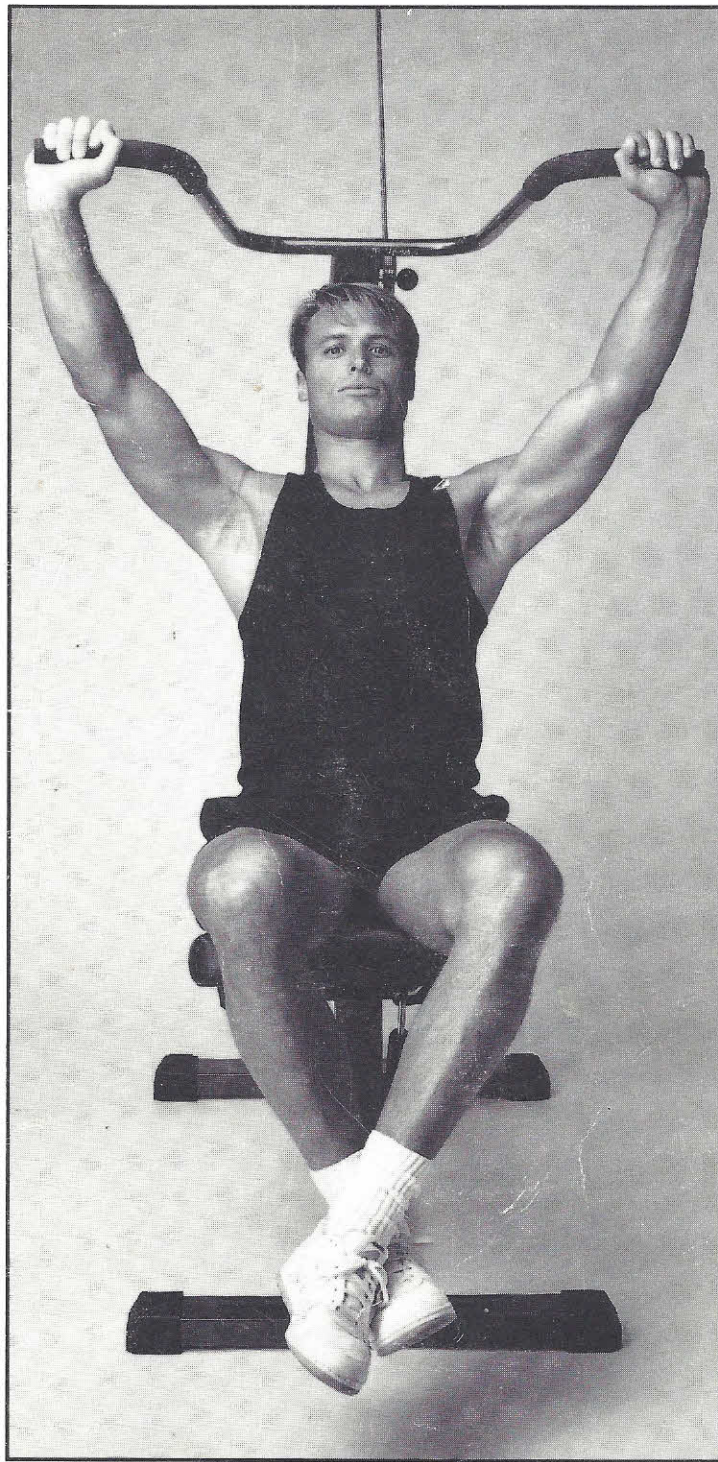


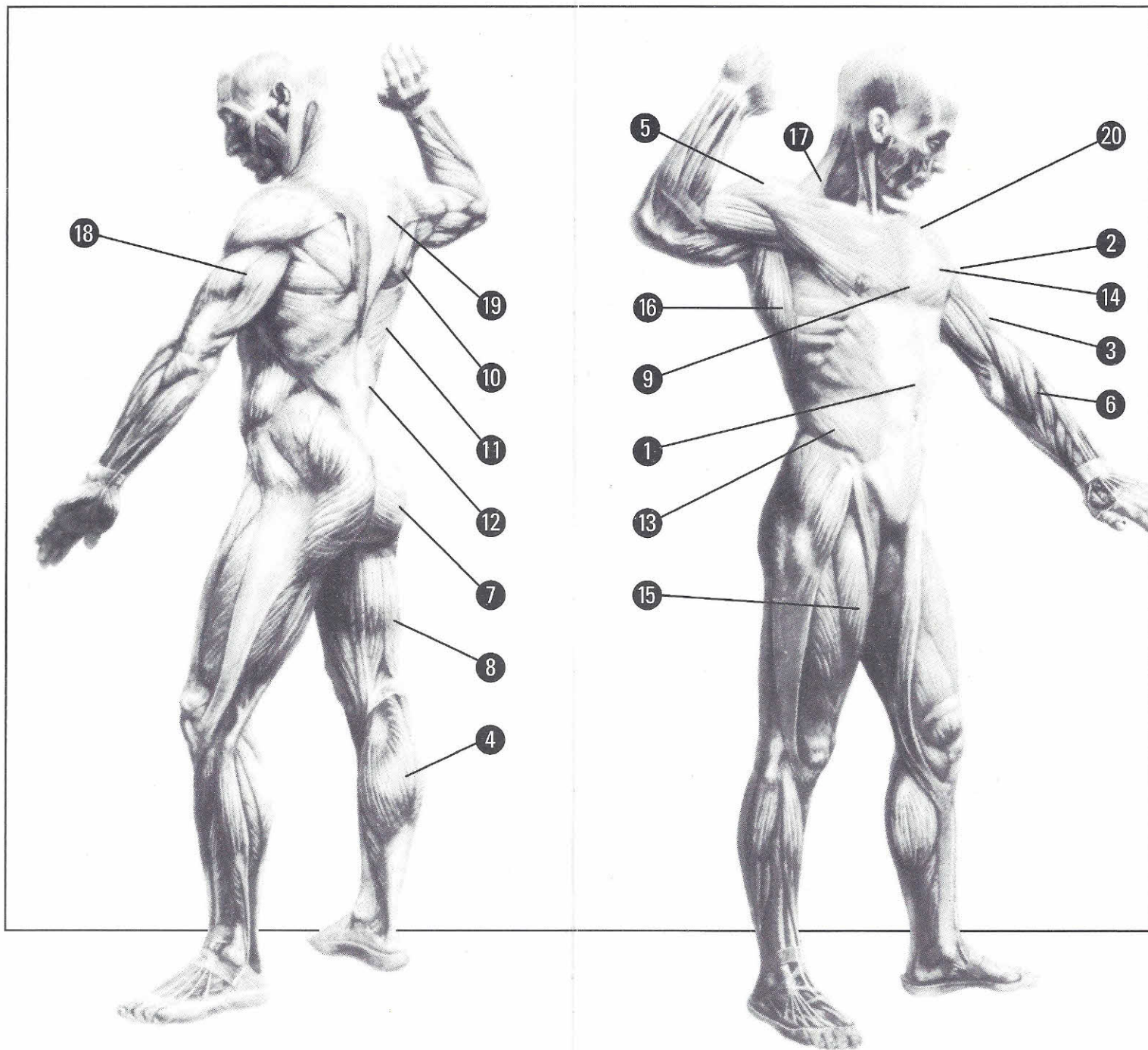
THE  
**GRAVITY  
EDGE™**



**OWNER'S MANUAL**

**SLM** FITNESS

To assist you in identifying muscle groups of the human body, please refer to the chart below.



- |                     |                   |                    |                     |
|---------------------|-------------------|--------------------|---------------------|
| ① Abdominals        | ⑥ Forearms        | ⑪ Latissimus dorsi | ⑯ Serratus anterior |
| ② Anterior deltoids | ⑦ Gluteals        | ⑫ Lower back       | ⑰ Trapezoids        |
| ③ Biceps            | ⑧ Hamstrings      | ⑬ Obliques         | ⑱ Triceps           |
| ④ Calves            | ⑨ Inner pectorals | ⑭ Pectorals        | ⑲ Upper back        |
| ⑤ Deltoids          | ⑩ Intercostals    | ⑮ Quadriceps       | ⑳ Upper pectorals   |

# CONGRATULATIONS!

You are now the proud owner of the most innovative home gym available. Unlike any other home exercise machine, the Gravity Edge™ represents the latest evolution in exercise equipment. Its bold new patent-pending design uses the body's weight and gravity to provide a complete whole-body strength-training workout. Offering 38 no-nonsense, ergonomically correct exercises, the Gravity Edge delivers true weight training in an affordable home gym.

If at any time you have any problems with your Gravity Edge DO NOT return it to the store where it was purchased. Instead, call SLM Fitness where a staff of qualified technicians are ready to answer your questions.

**Please call the toll-free number in your area between 9:00 am and 5:00 pm Eastern time.**

In the United States .....1-800-947-2969

In Canada .....1-800-463-3353

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# ASSEMBLY INSTRUCTIONS

For easy assembly of your Gravity Edge™ please refer to the printed assembly sheet or the instructional video.

## THE PRINCIPLE

The Gravity Edge™ is a unique exercise machine that will allow you to perform 38 different exercises without the use of weights, rubber bands, cables or springs. Instead it uses your body weight and nature's own system, "Gravity," to create a smooth, safe and superior workout.

The **top lever** and the **bottom lever** are connected by a metal rod called the **traction bar**. The position of the traction bar in relation to the top lever controls both the type of **exercise** and the **resistance** felt during that exercise.

The point at which the top lever pivots is called the **fulcrum**. No matter which exercise you choose, you will be placing the traction bar either in front of or behind the fulcrum point.

The Gravity Edge™ is **real weight training**. During the first few minutes you'll realize that unlike any other machine on the market, you can change resistance or move from one exercise to another in seconds. All you do is adjust the **shuttle** and **two locking pins**.

The top lever has a series of **adjustment holes** numbered 1 to 6 on both the front and back side of the fulcrum point. You control the resistance by simply increasing or decreasing the distance that the traction bar is from the fulcrum.

**REMEMBER:** The **further** away the traction bar is from the fulcrum, the **greater** the resistance. For example, hole "6" on either the front or the back of the lever bar provides the greatest resistance, while hole "1" provides the least. To find your weight resistance refer to the weight charts located on page 44. Locate the line that comes closest to your weight on the graph and line it up with the corresponding hole. This will give you the resistance and percent of body weight used during an exercise.

Exercises are determined by which side of the fulcrum the traction bar is attached. For example, the holes on the top lever in **front of the fulcrum**, closest to the handles are used with exercises that require **upward or lifting force**. The bench press, shoulder press, standing bicep curl and bent-over rows are perfect examples of exercises that use upward force.

The holes behind the fulcrum are used when a downward force is applied to the bar. Some examples are the dip, wide grip pull-up and tricep extension.

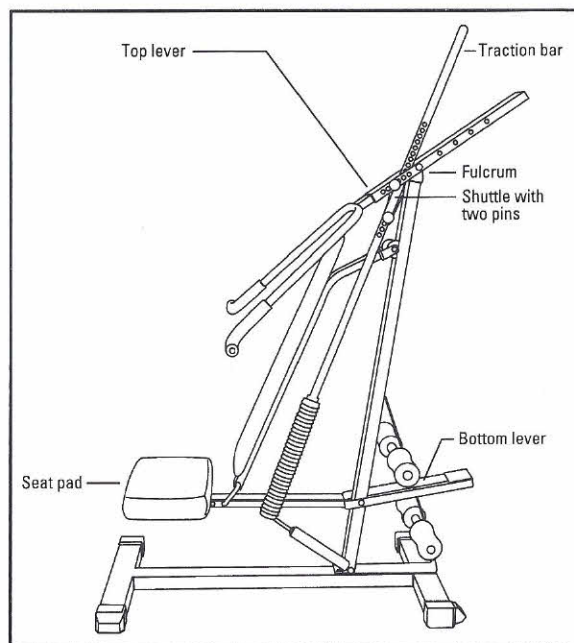
If you are unsure about how to do an exercise, please refer to the manual's catalog of exercises starting on page 7. You will see a diagram of how to position the machine, as well as your body for each exercise. In addition, you learn which muscles are worked by each exercise.

# SAFETY INSTRUCTIONS

REMEMBER, SAFETY ALWAYS COMES FIRST!

Keep the following safety points in mind at all times

- Before starting any new exercise program, consult your physician. If you experience any pain while exercising, **DO NOT CONTINUE**. Consult your physician before beginning the workout program.
- Make sure the two adjustment pins are securely in place before starting any exercise.
- Remember to remove the adjustment pins after completing your workout.
- Be aware that applying pressure to the seat or foot pedal may cause handles to rise suddenly.
- Always sit or stand firmly on the seat pad before starting any exercise.
- Perform all the exercises smoothly and with proper form. Don't jerk your body or the machine.
- If you are unsure about how to perform an exercise, refer to the catalog of exercises section of this manual. You will find information on the muscles being used and a step-by-step guide to setting up the machine for each particular movement.
- Never allow children to play on the Gravity Edge.
- Use common sense at all times.
- Know your limits and train within them.
- We recommend the use of a spotter during all workouts.



## THE SMART START FOR THE BEGINNER

There are many factors that influence the benefit you'll get from strength training with the Gravity Edge. Certainly obvious points are; diet and nutrition, lifestyle components such as training time, genetic disposition and lastly, training methods.

While it is beyond the scope of this manual to investigate many of the forementioned factors, we can give you some common sense training tips that will provide you with a good foundation.

In general beginners should concentrate on gaining strength, not on high-intensity training to build muscle mass. Strength training will give substance and support to the entire musculoskeletal system making it possible to handle greater workloads later on.

### • TRAINING TIP

Initially we recommend that you set up the resistance on the Gravity Edge at its lightest level (hole "1") to become familiar with the movements. When you are ready to start training adjust the position of the shuttle on the top lever so that you start with a resistance that allows you to achieve about 10-15 repetitions of a particular exercise. Your strength will improve dramatically when you are able to finish 3 to 4 sets of 8 repetitions per exercise.

### • TRAINING TIP

Training with a resistance that leads to muscle fatigue in less than 6 reps is counter-productive since there is increased potential for injury.

### • TRAINING TIP

For the first month of training aim for 3 to 5 sets of 10 to 15 repetitions per exercise. Rest 2 to 7 minutes between each set. After the first month begin to safely increase training intensity by performing sets at higher resistance levels.

## WEEKLY TRAINING SCHEDULE

For the first months it's recommended that you work out three times weekly, exercising each major muscle group in all three workouts.

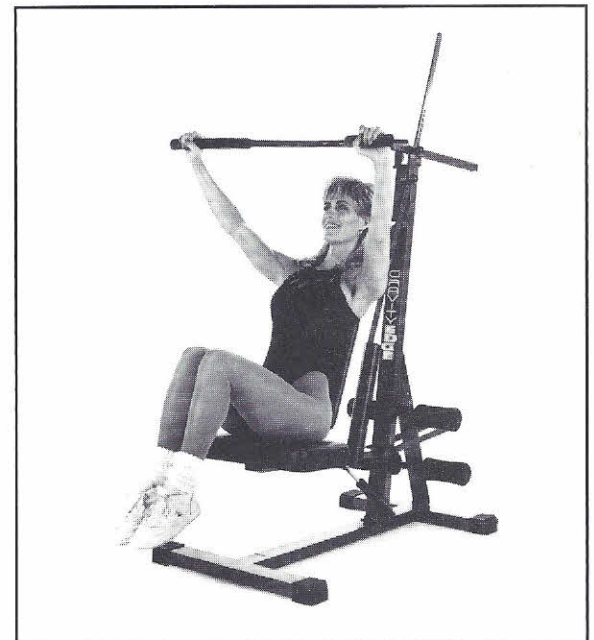
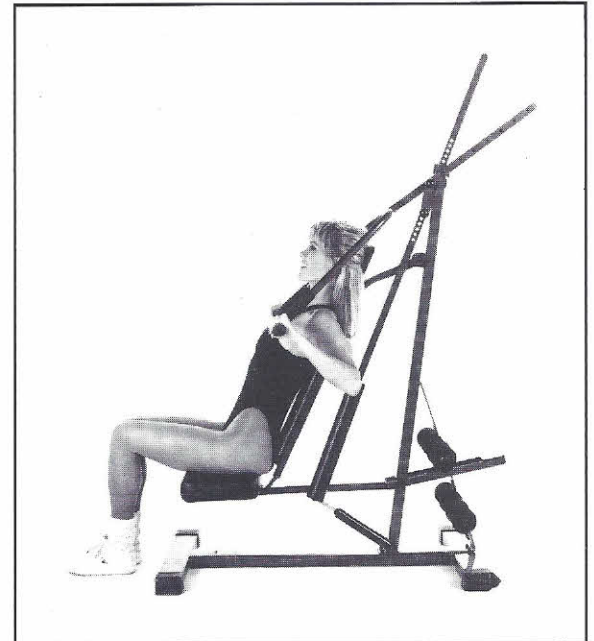
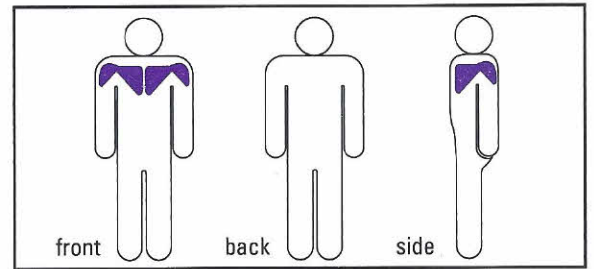
Keep your exercises basic during the first months. Basic exercises involve the major muscles and major body movements. Examples are bench presses, squats, pull-downs, shoulder presses, bicep curls, tricep extensions and calf raises. These are the same exercises we've shown on the Gravity Edge instructional video. Refer to it and the catalog of exercises to learn about how to set up the Gravity Edge for basic, intermediate and advanced exercises.

### • TRAINING TIP

Remember to perform each exercise slowly and deliberately throughout the full range of motion. For continuous progress add resistance to the level that your increased strength will allow.

### • TRAINING TIP

Avoid doing sets of only single, double or triple reps. You'll realize quicker gains by doing 6 to 10 reps and lower the risk of injury through training. Remember that strength comes with time and patience. Don't give up, consistency counts.



**Difficulty:** Beginner

**Machine set up:**

**Shuttle:** position A

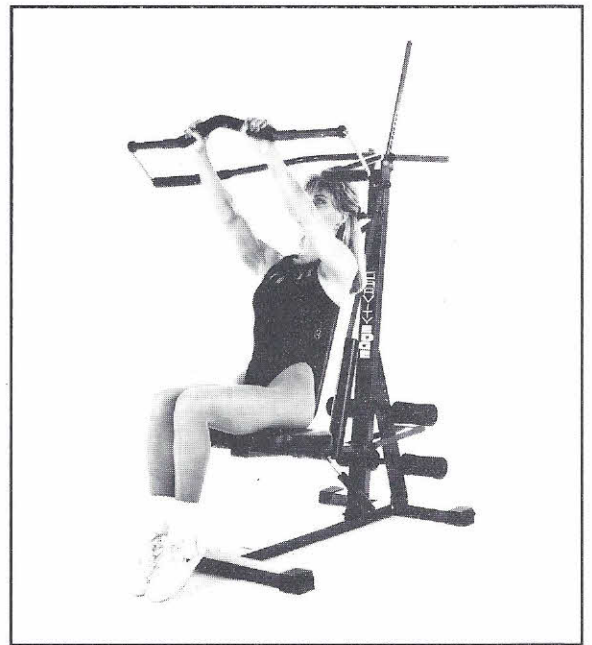
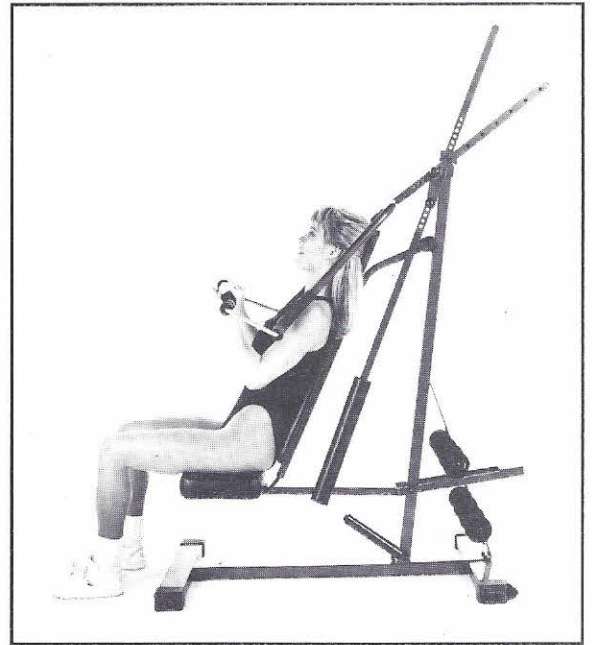
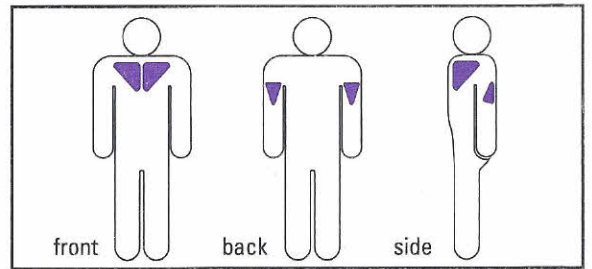
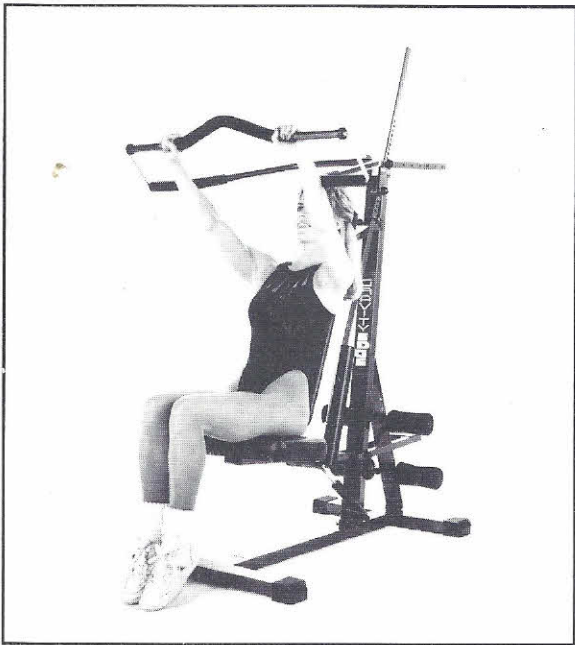
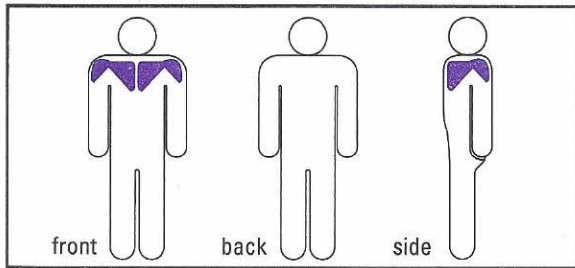
**Bottom lever:** mid position

**Top lever:** down position

**Back rest:** attached

**V-bar:** removed

**Muscles worked:** pectorals, deltoids



**INCLINED BENCH PRESS**

**SEATED CLOSE GRIP BENCH PRESS**

**Difficulty:** Intermediate

**Machine set up:**

**Shuttle:** position A

**Bottom lever:** mid position

**Top lever:** down position

**Back rest:** inclined position

**V-bar:** attached

**Muscles worked:** upper pectorals, deltoids

**Difficulty:** Intermediate

**Machine set up:**

**Shuttle:** position A

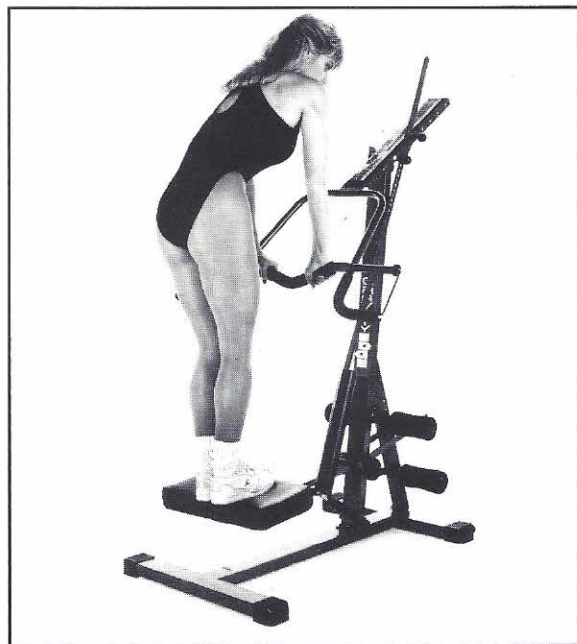
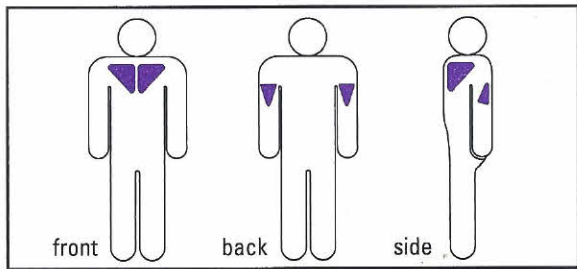
**Bottom lever:** mid position

**Top lever:** down position

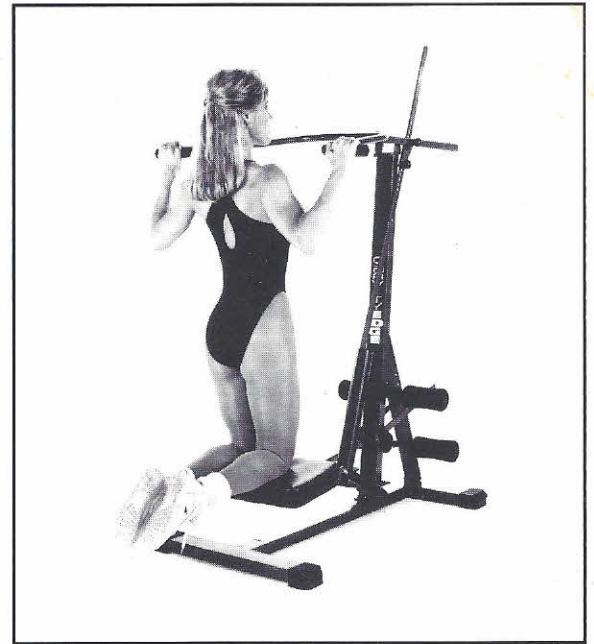
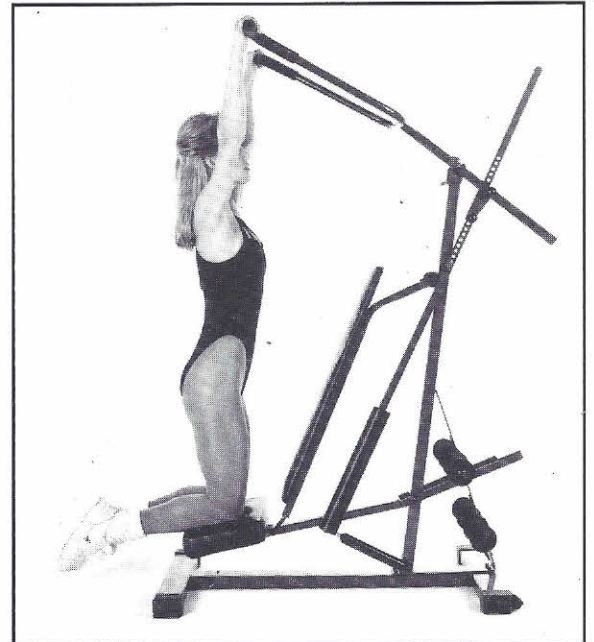
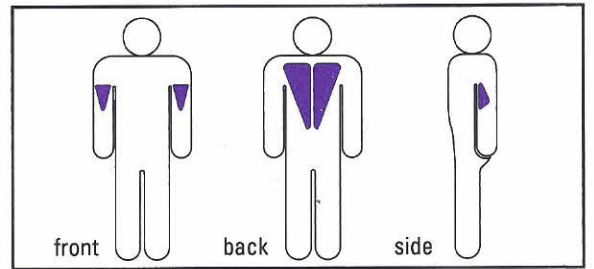
**Back rest:** inclined position

**V-bar:** attached

**Muscles worked:** inner pectorals, triceps



**Difficulty:** Intermediate  
**Machine set up:**  
**Shuttle:** position B  
**Bottom lever:** down position  
**Top lever:** mid position  
**Back rest:** removed  
**V-bar:** attached  
**Muscles worked:** pectorals, triceps

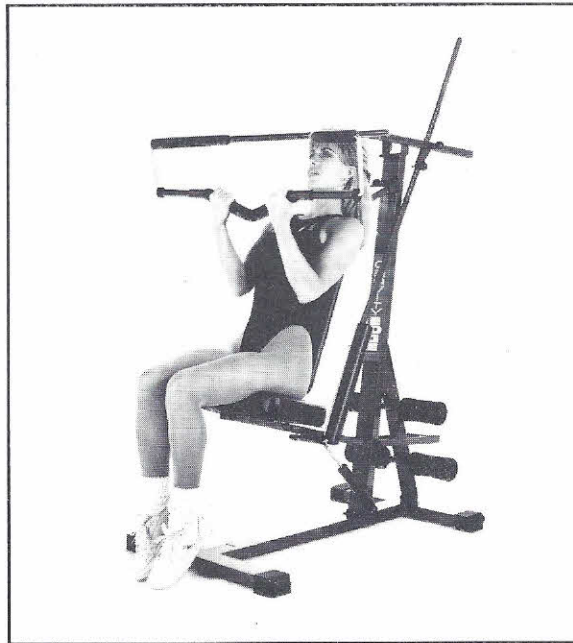
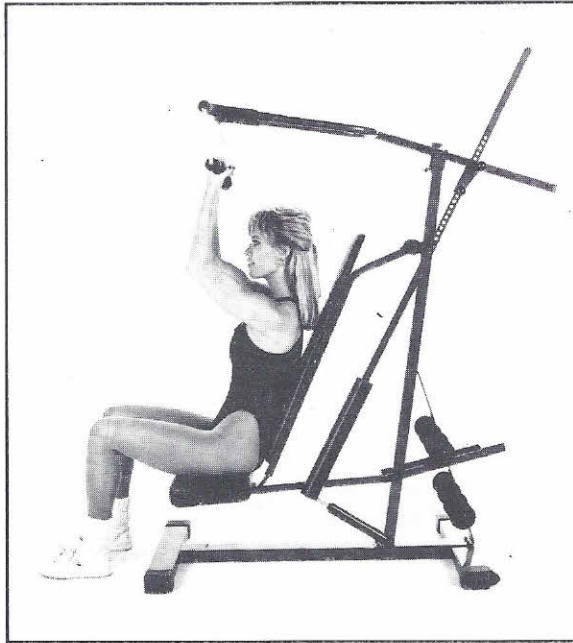
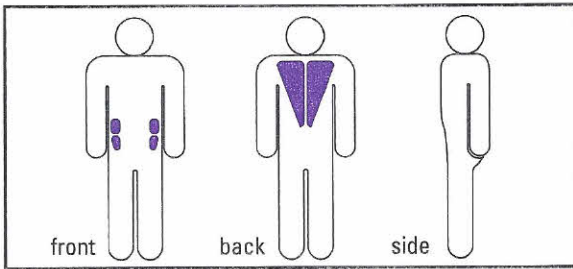


**Difficulty:** Beginner  
**Machine set up:**  
**Shuttle:** position B  
**Bottom lever:** down position  
**Top lever:** up position  
**Back rest:** removed  
**V-bar:** removed  
**Muscles worked:** latissimus dorsi, biceps

**STANDING CHEST PRESS**

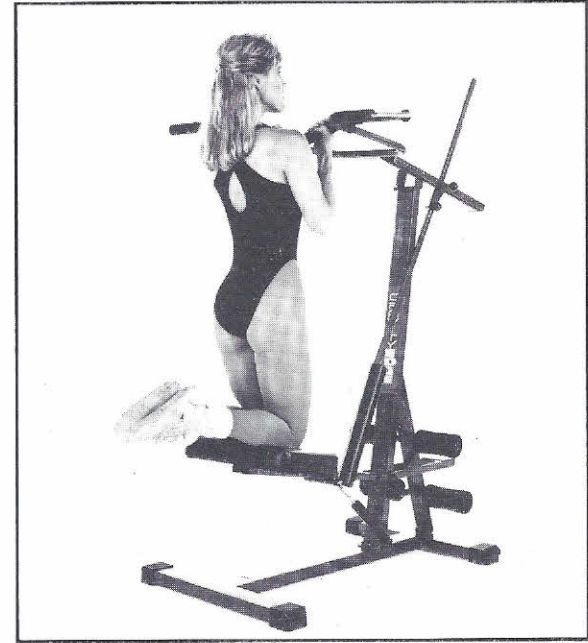
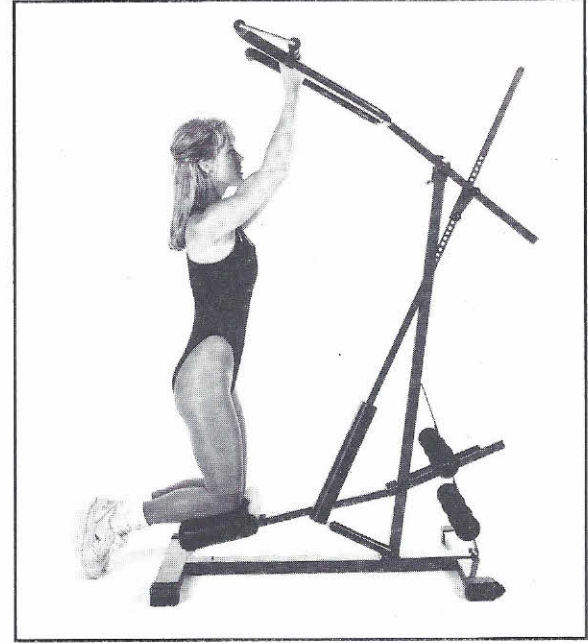
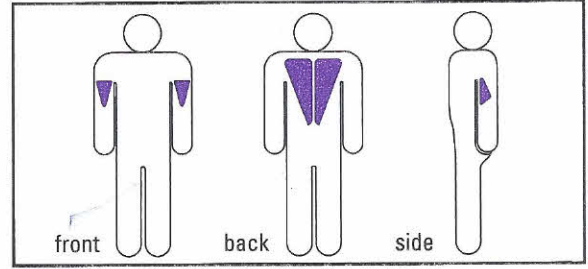
**BACK LAT PULLDOWN**

# LAT PULLOVER

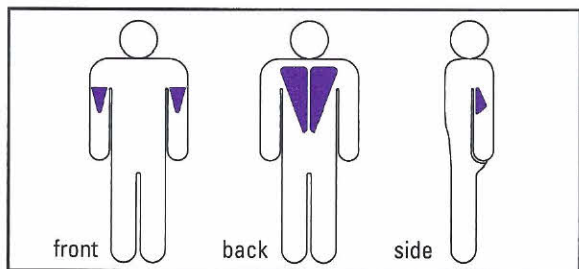


**Difficulty:** Intermediate  
**Machine set up:**  
 Shuttle: position B  
 Bottom lever: mid position  
 Top lever: up position  
 Back rest: attached  
 V-bar: attached  
**Muscles worked:** latissimus dorsi, intercostals

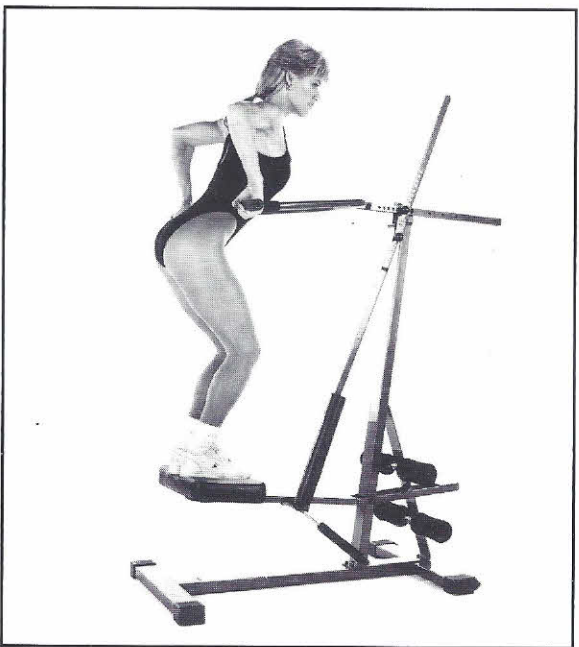
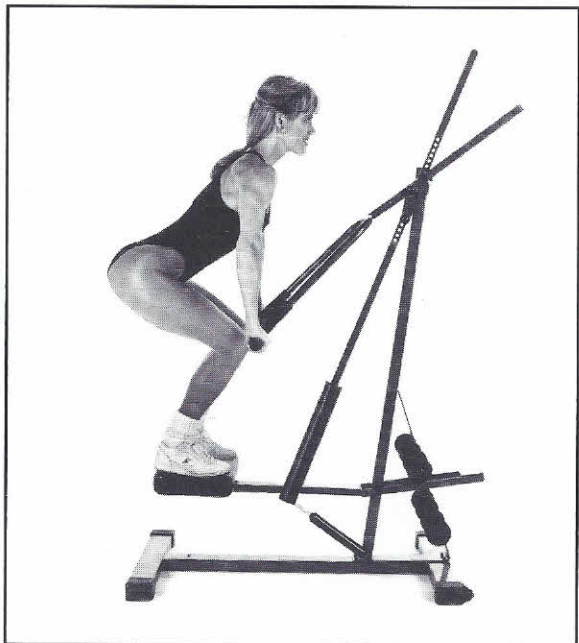
# BICEP CURL W/LATERAL PULLDOWN



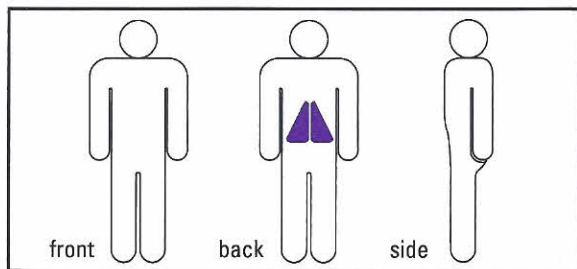
**Difficulty:** Advanced  
**Machine set up:**  
 Shuttle: position B  
 Bottom lever: down position  
 Top lever: up position  
 Back rest: removed  
 V-bar: attached  
**Muscles worked:** latissimus dorsi, biceps



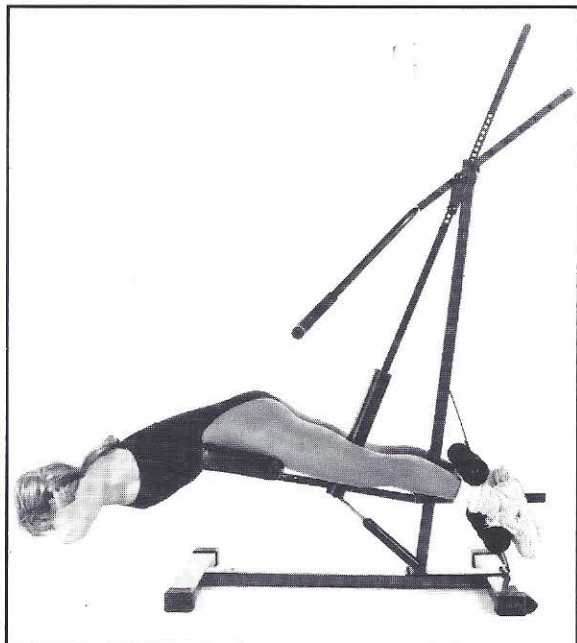
**BENT OVER ROW**



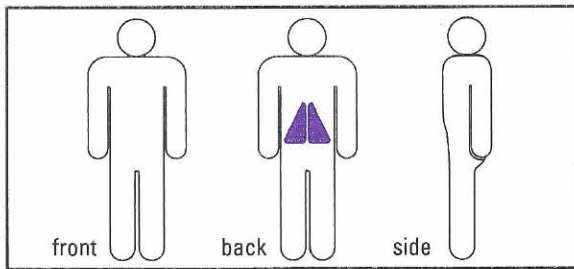
**Difficulty:** Advanced  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** mid position  
**Top lever:** down position  
**Back rest:** removed  
**V-bar:** removed  
**Muscles worked:** upper back



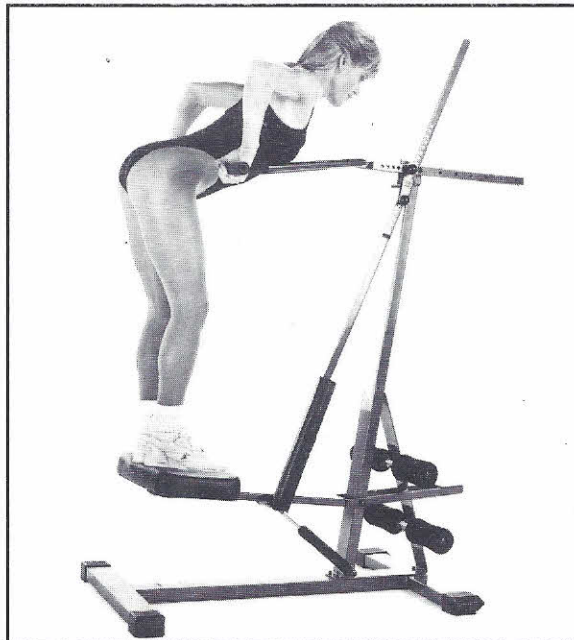
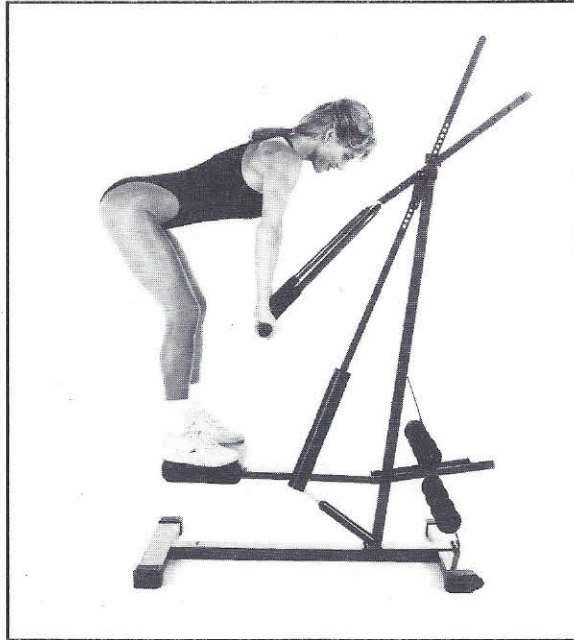
**BACK HYPEREXTENSION**



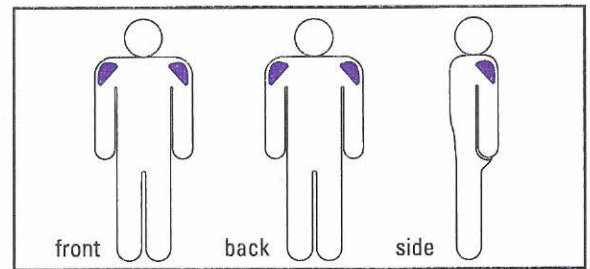
**Difficulty:** Advanced  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** up position  
**Top lever:** down position  
**Back rest:** removed  
**V-bar:** removed  
**Muscles worked:** lower back



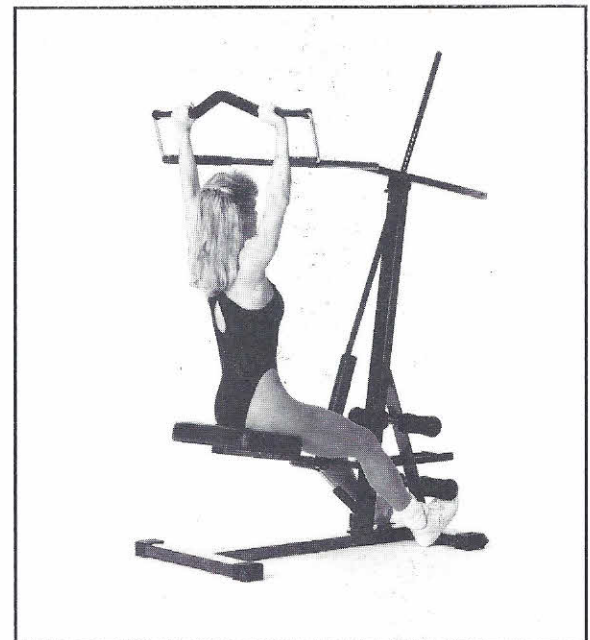
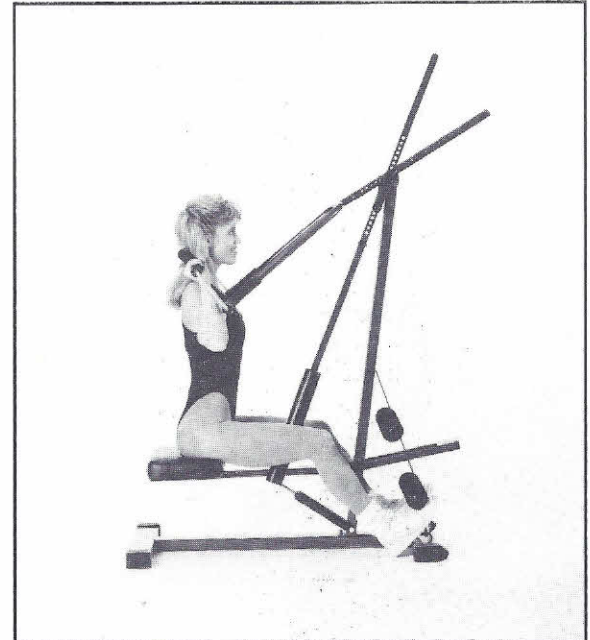
**STRAIGHT-LEG DEAD LIFT**



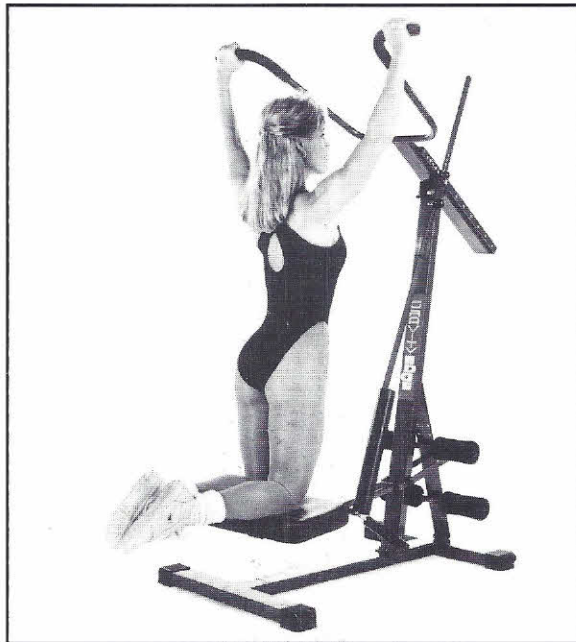
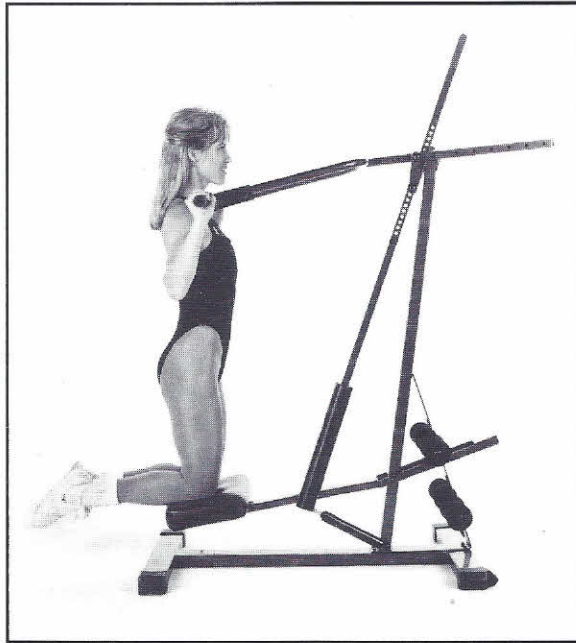
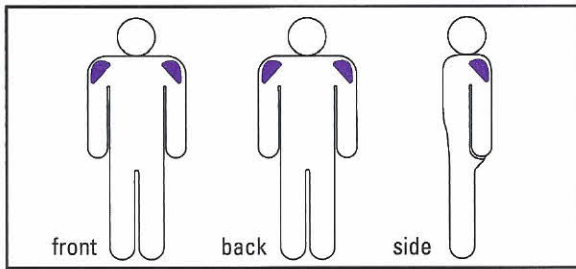
**Difficulty:** Advanced  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** mid position  
**Top lever:** down position  
**Back rest:** removed  
**V-bar:** removed  
**Muscles worked:** lower back



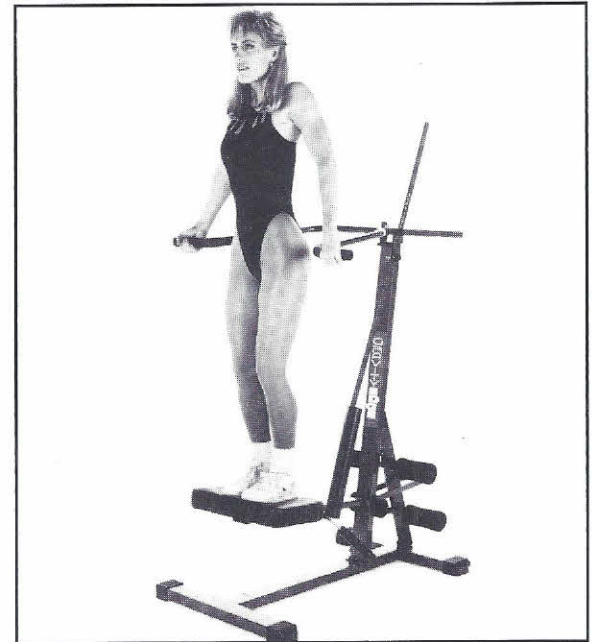
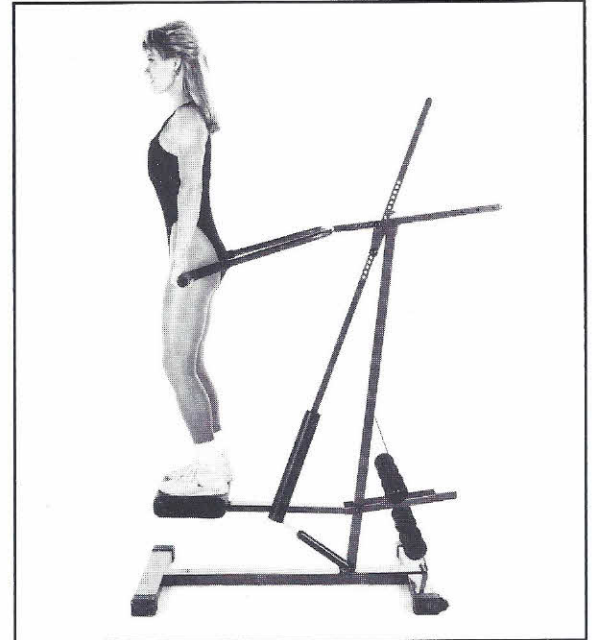
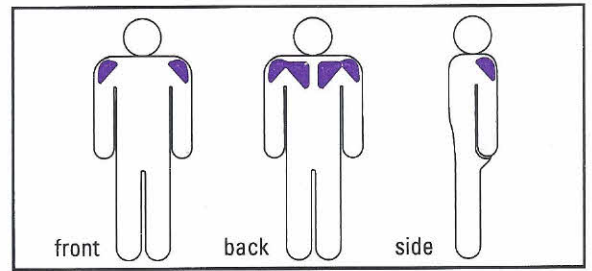
**SHOULDERS SEATED MILITARY PRESS**



**Difficulty:** Beginner  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** mid position  
**Top lever:** down position  
**Back rest:** removed  
**V-bar:** attached  
**Muscles worked:** deltoids, trapezoids



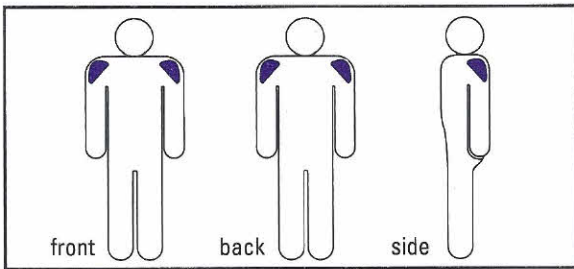
**Difficulty:** Intermediate  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** down position  
**Top lever:** mid position  
**Back rest:** removed  
**V-bar:** removed  
**Muscles worked:** deltoids



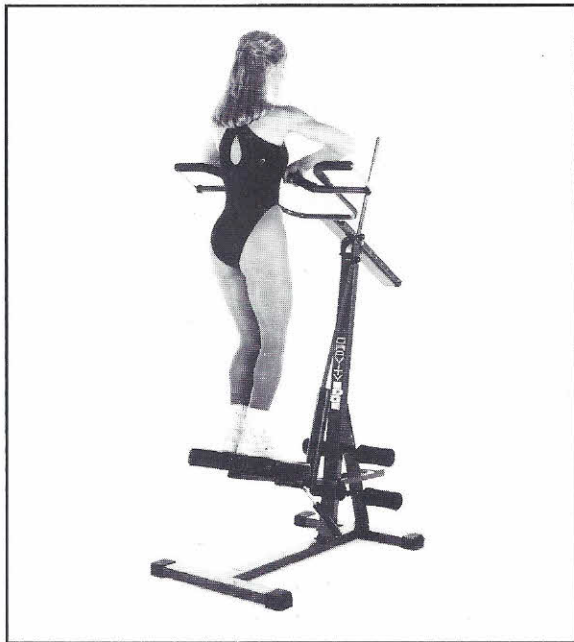
**Difficulty:** Intermediate  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** mid position  
**Top lever:** down position  
**Back rest:** removed  
**V-bar:** removed  
**Muscles worked:** trapezioids, deltoids

**KNEELING MILITARY PRESS**

**SHOULDER SHRUG**



## UPRIGHT ROW

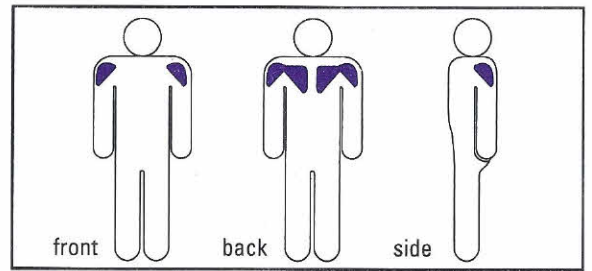


**Difficulty:** Intermediate

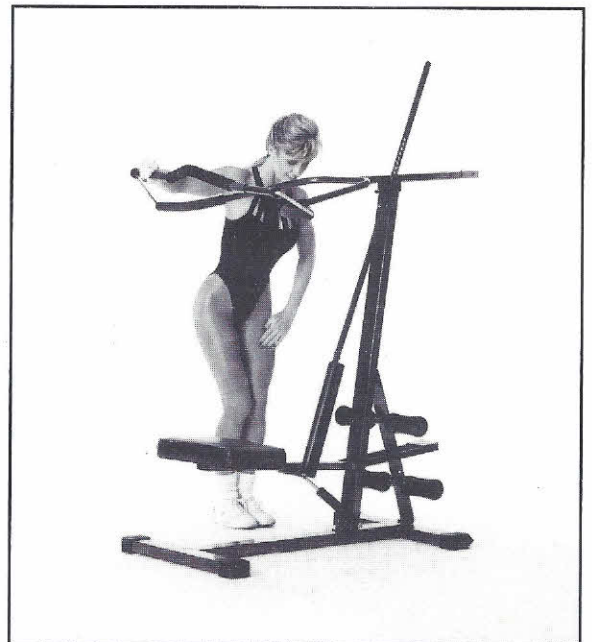
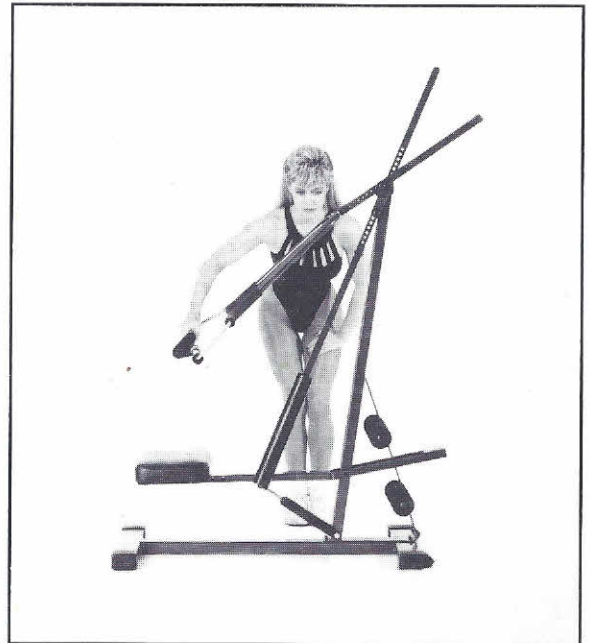
**Machine set up:**

- Shuttle:** position A
- Bottom lever:** down position
- Top lever:** down position
- Back rest:** removed
- V-bar:** attached

**Muscles worked:** deltoids, trapezoids



## REAR DELTOID RAISE

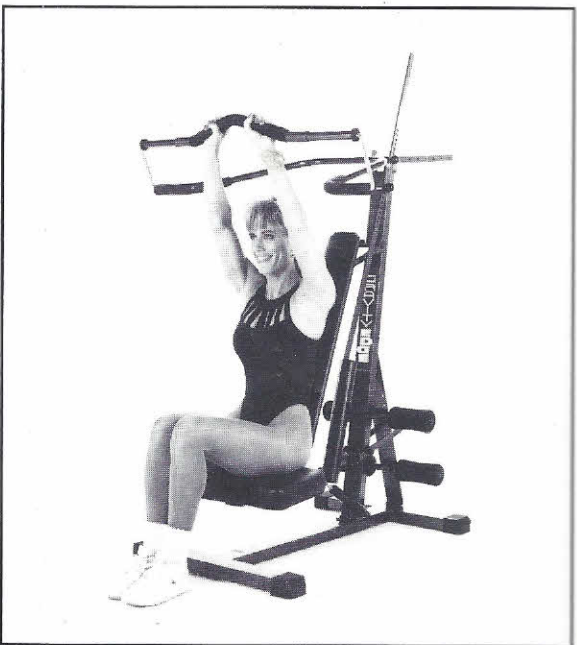
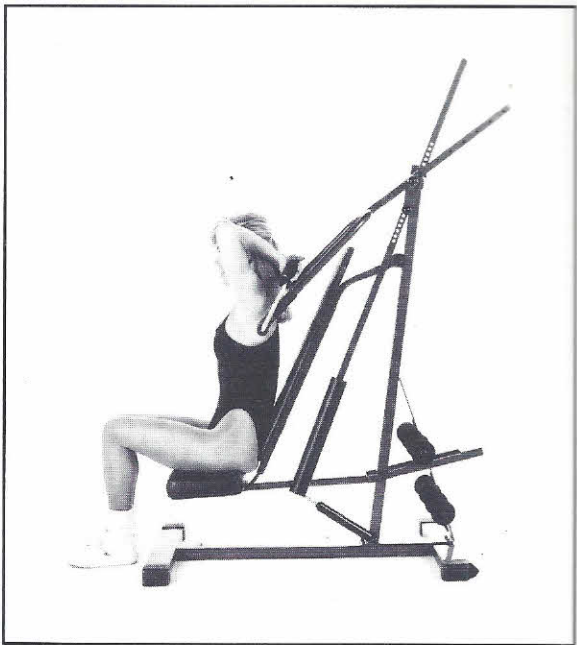
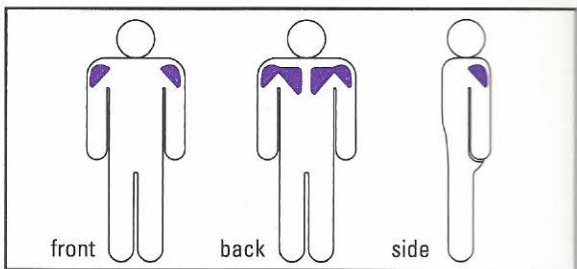


**Difficulty:** Intermediate

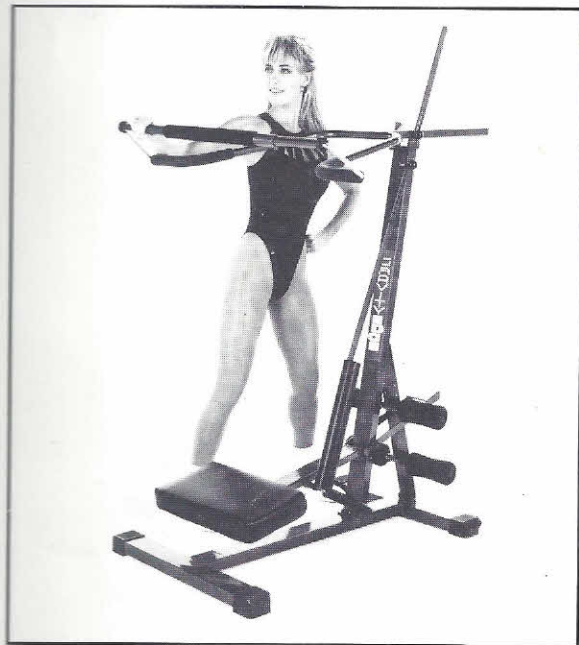
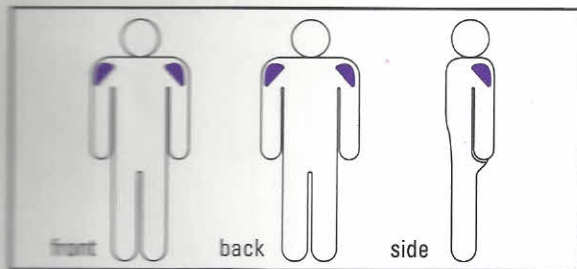
**Machine set up:**

- Shuttle:** position A
- Bottom lever:** down position
- Top lever:** down position
- Back rest:** removed
- V-bar:** attached

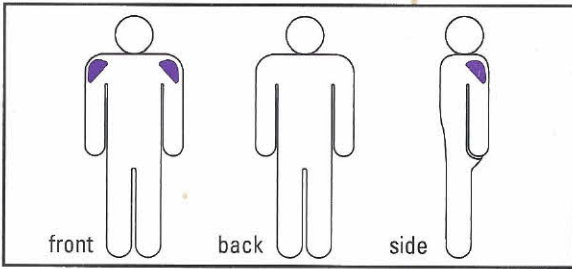
**Muscles worked:** shoulders



**Difficulty:** Advanced  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** mid position  
**Top lever:** down position  
**Back rest:** attached  
**V-bar:** attached  
**Muscles worked:** deltoids, trapezoids



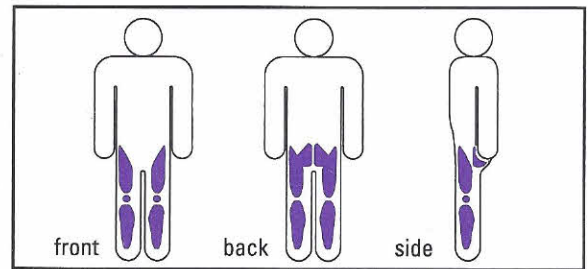
**Difficulty:** Advanced  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** down position  
**Top lever:** down position  
**Back rest:** removed  
**V-bar:** attached  
**Muscles worked:** deltoids, trapezoids



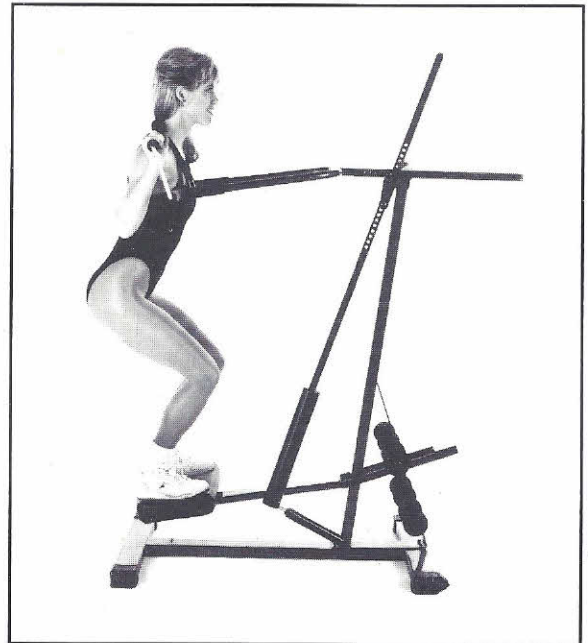
**FORWARD RAISE**



**Difficulty:** Advanced  
**Machine set up:**  
 Shuttle: position A  
 Bottom lever: down position  
 Top lever: down position  
 Back rest: removed  
 V-bar: attached  
**Muscles worked:** anterior deltoids, trapezoids



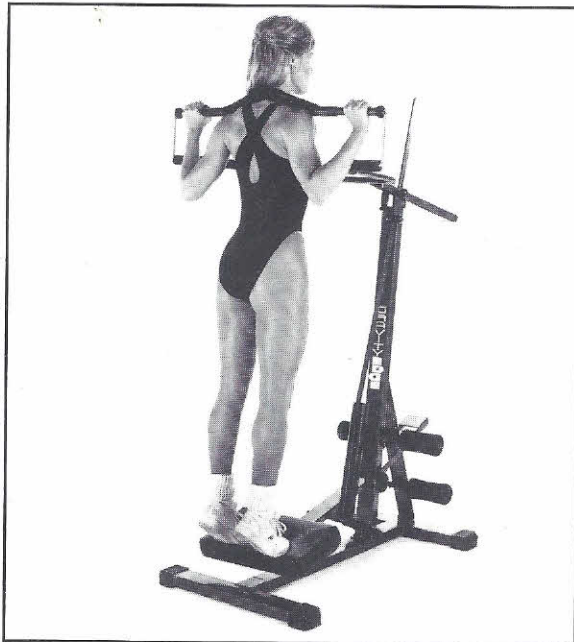
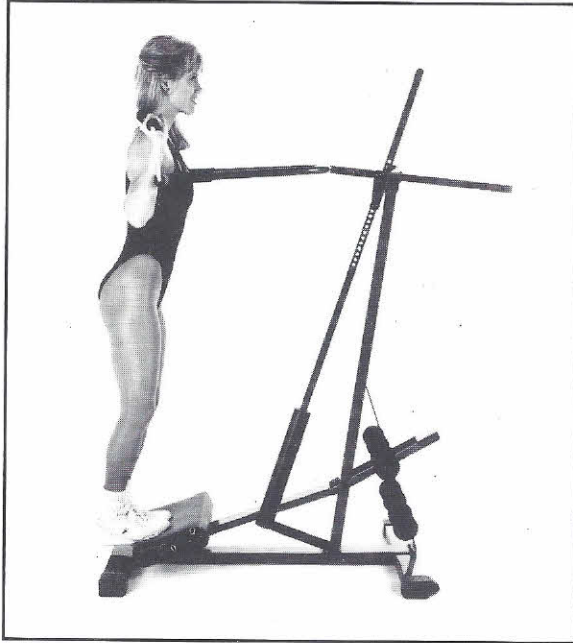
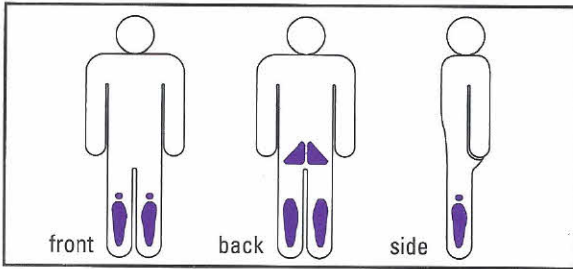
**FRONT SQUAT**



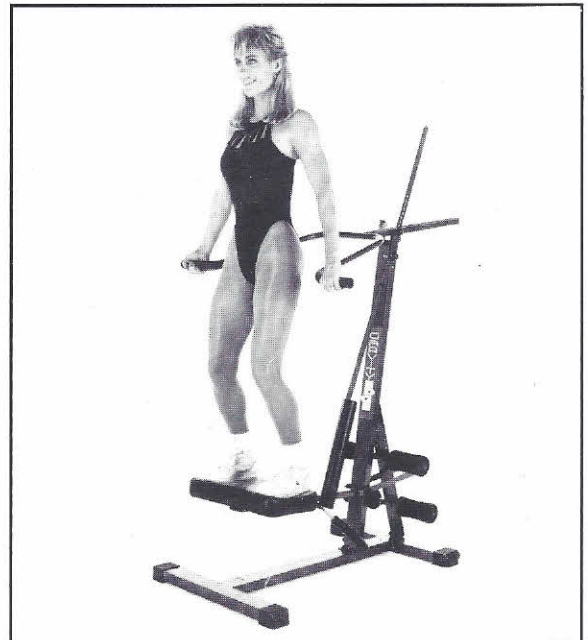
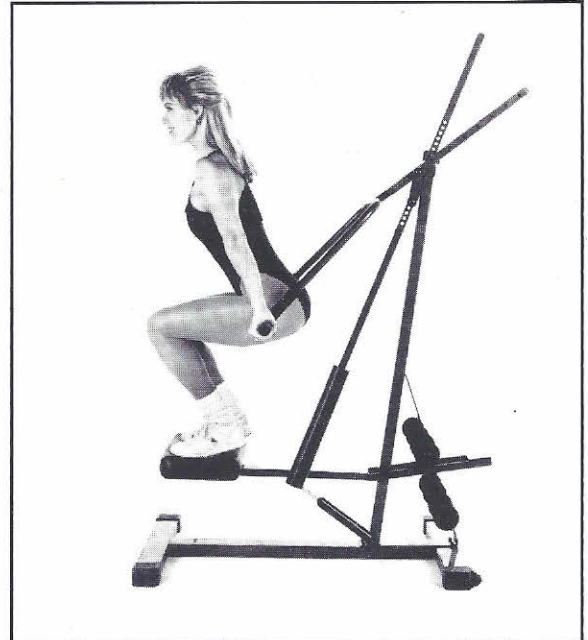
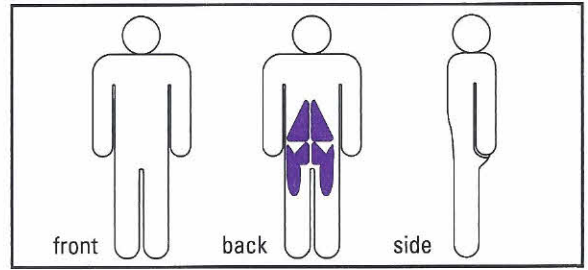
**LEGS**

**Difficulty:** Intermediate  
**Machine set up:**  
 Shuttle: position A  
 Bottom lever: down position  
 Top lever: mid position  
 Back rest: removed  
 V-bar: attached  
**Muscles worked:** quadriceps, gluteals

**CALF RAISE (3 POSITIONS - TOES POINTED STRAIGHT, OUT AND IN)**



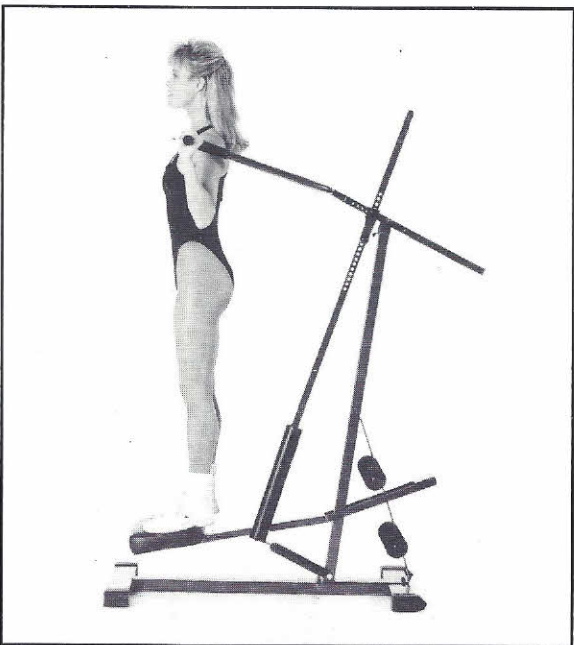
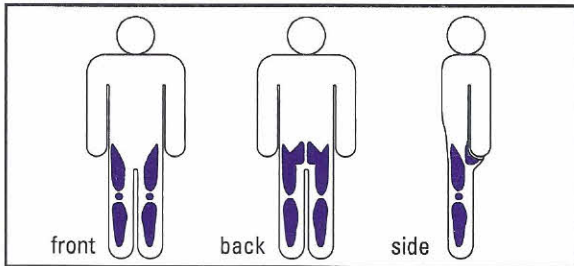
**Difficulty:** Intermediate  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** down position  
**Top lever:** mid position  
**Back rest:** removed  
**V-bar:** attached  
**Muscles worked:** calves, gluteals



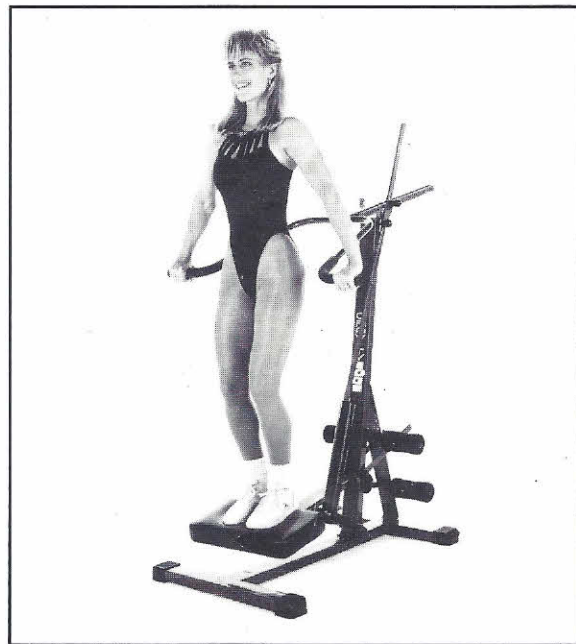
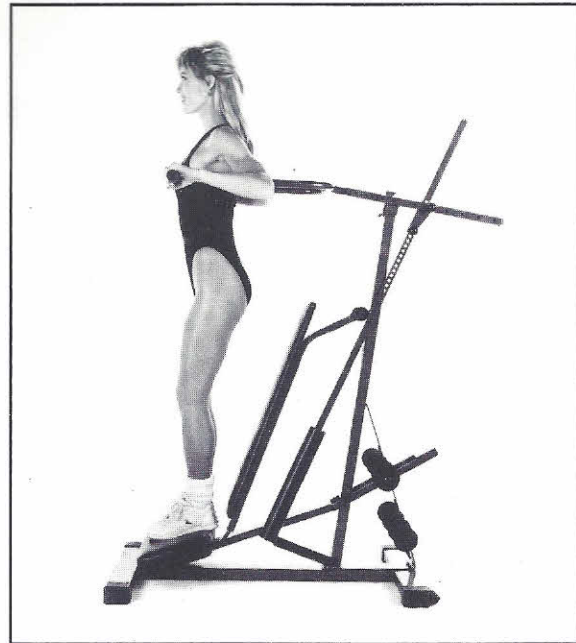
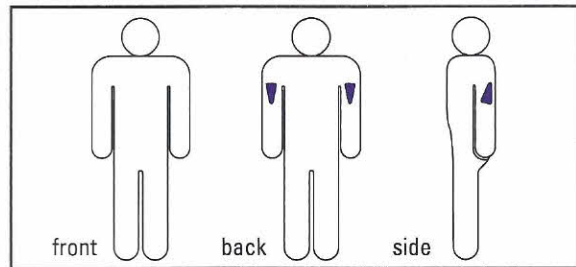
**Difficulty:** Advanced  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** mid position  
**Top lever:** down position  
**Back rest:** removed  
**V-bar:** removed  
**Muscles worked:** lower back, hamstrings

**DEAD LIFT**

# REAR SQUAT



**Difficulty:** Advanced  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** down position  
**Top lever:** mid position  
**Back rest:** removed  
**V-bar:** removed  
**Muscles worked:** quadriceps, gluteals, calves

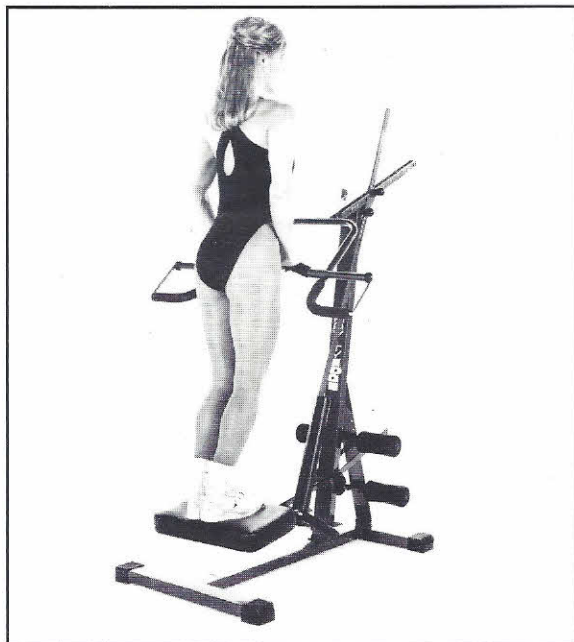
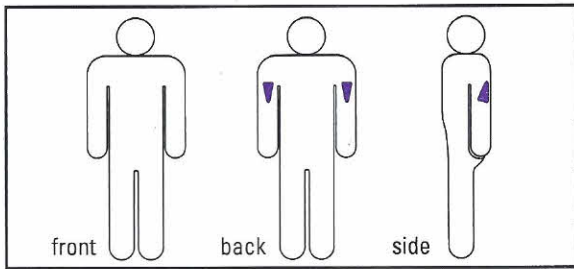


**Difficulty:** Beginner  
**Machine set up:**  
**Shuttle:** position B  
**Bottom lever:** down position  
**Top lever:** mid position  
**Back rest:** removed  
**V-bar:** removed  
**Muscles worked:** triceps

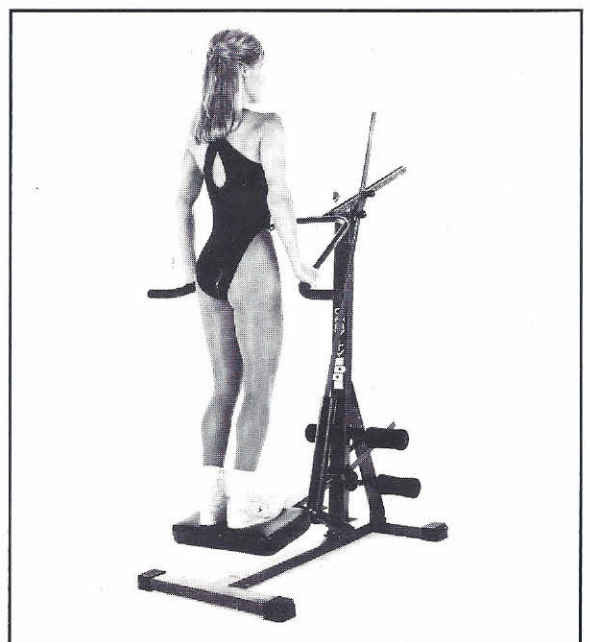
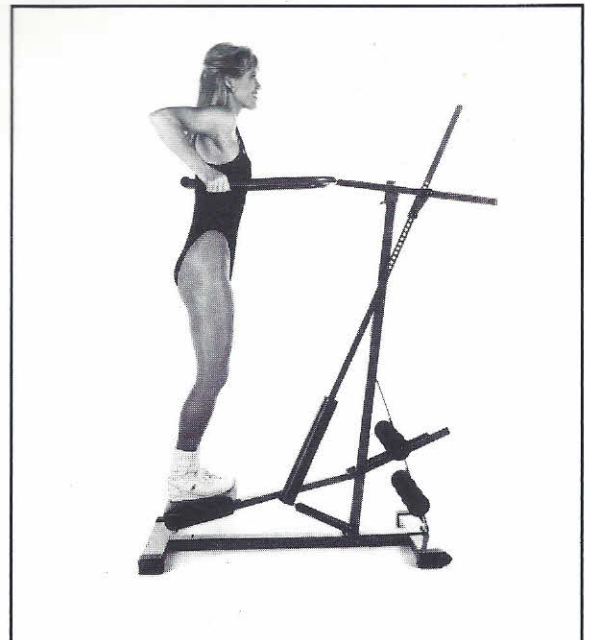
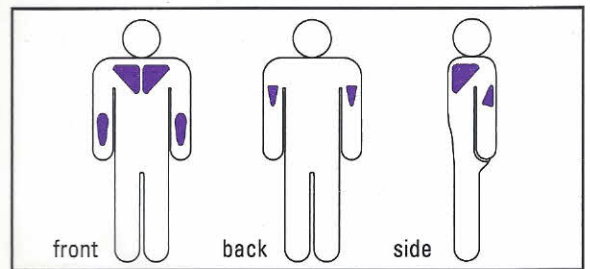
# TRICEP PUSHDOWN (FACING AWAY FROM THE MACHINE)

# ARMS

**ADVANCED TRICEP PUSHDOWN (FACING MACHINE)**

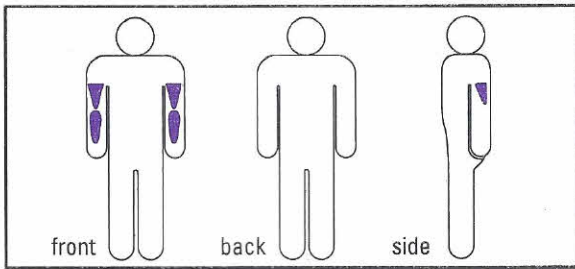


**Difficulty:** Beginner  
**Machine set up:**  
 Shuttle: position B  
 Bottom lever: down position  
 Top lever: mid position  
 Back rest: removed  
 V-bar: attached  
**Muscles worked:** triceps

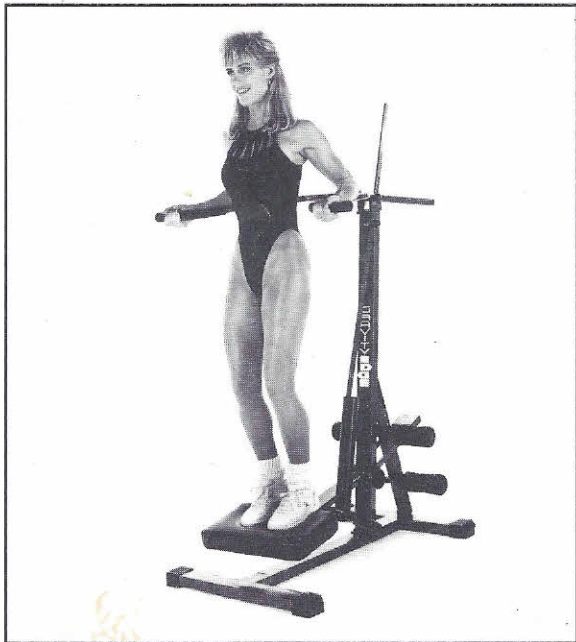
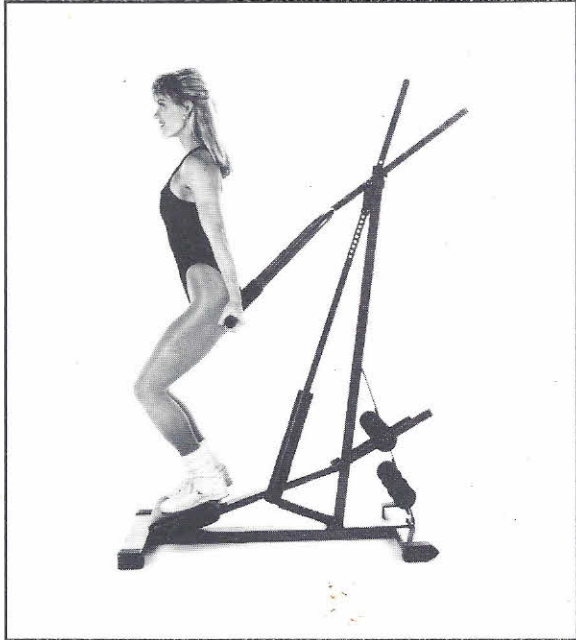


**Difficulty:** Beginner  
**Machine set up:**  
 Shuttle: position B  
 Bottom lever: down position  
 Top lever: mid position  
 Back rest: removed  
 V-bar: removed  
**Muscles worked:** pectorals, triceps

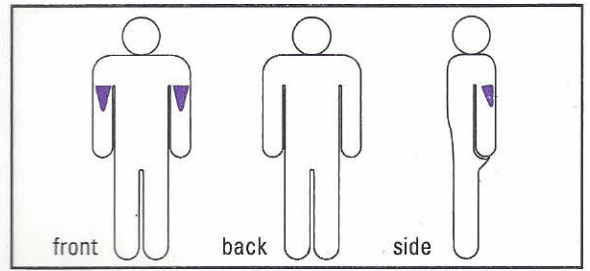
**CLASSIC DIP**



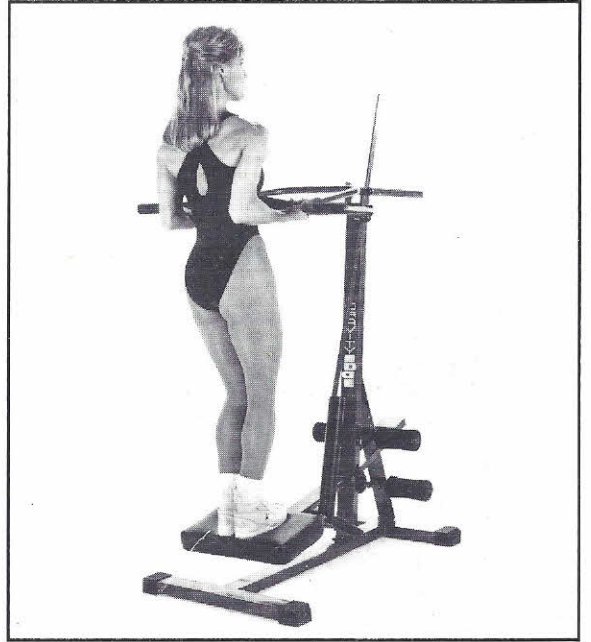
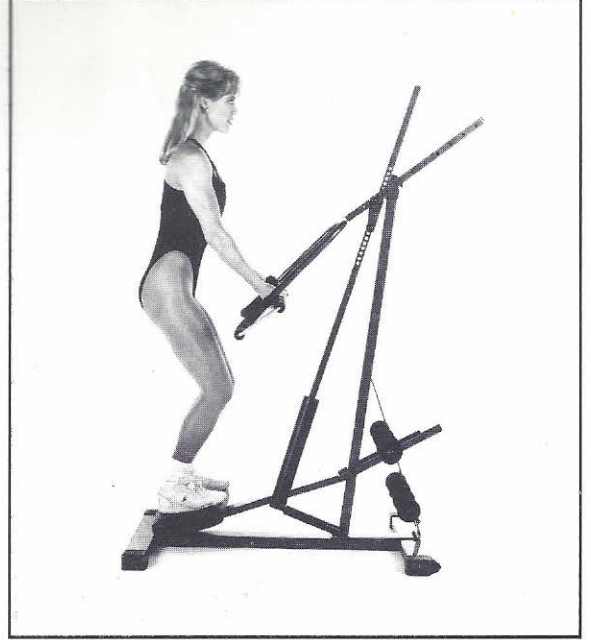
## BICEP CURL



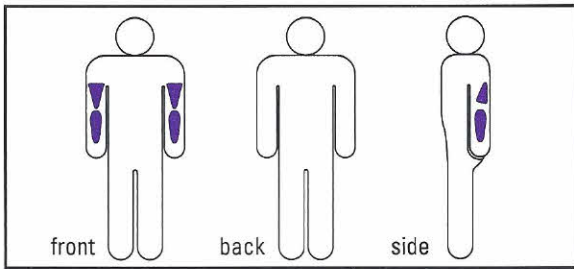
**Difficulty:** Beginner  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** down position  
**Top lever:** down position  
**Back rest:** removed  
**V-bar:** removed  
**Muscles worked:** biceps



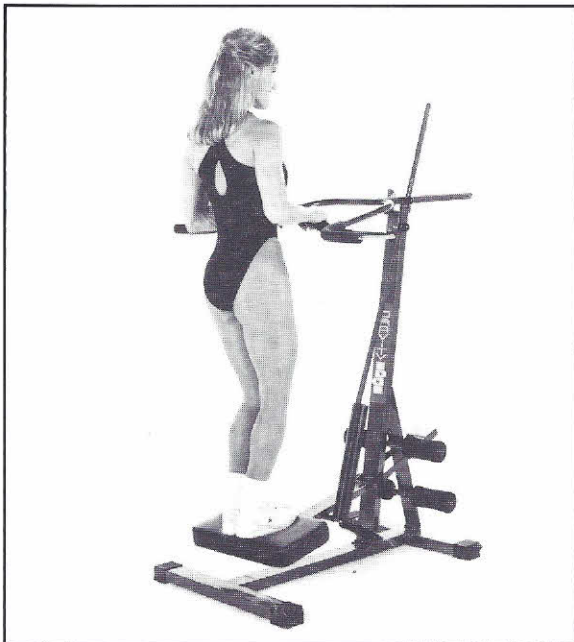
## CONCENTRATION CURL



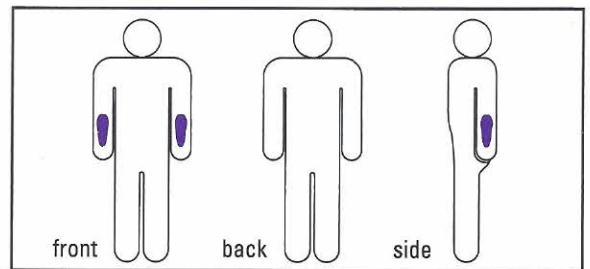
**Difficulty:** Intermediate  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** down position  
**Top lever:** down position  
**Back rest:** removed  
**V-bar:** attached  
**Muscles worked:** biceps



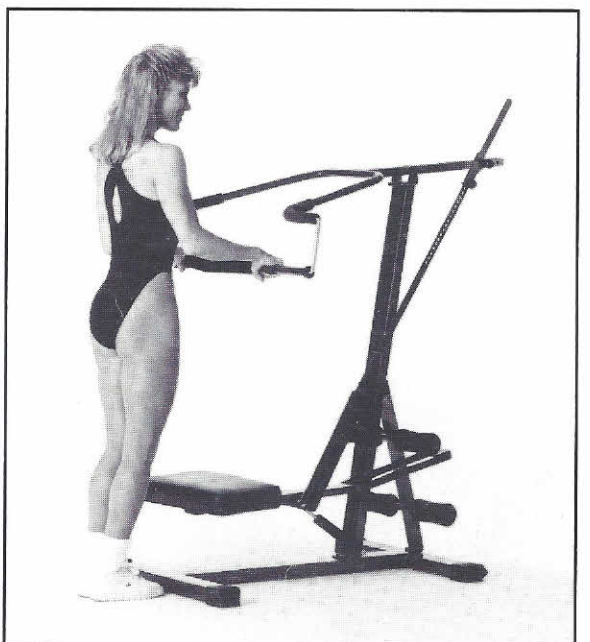
**REVERSE CURL**



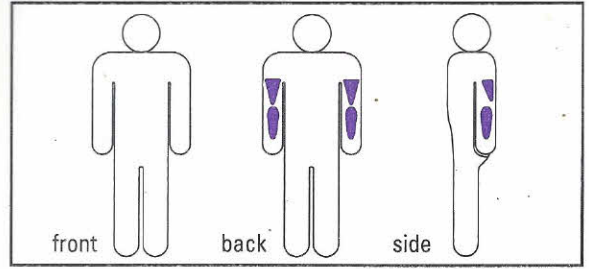
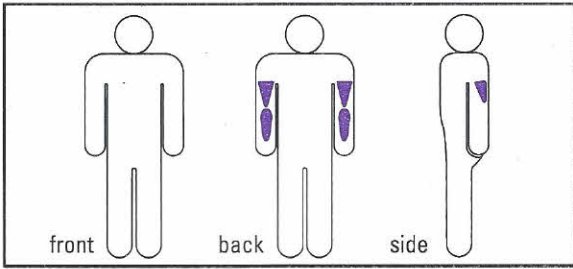
**Difficulty:** Intermediate  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** down position  
**Top lever:** down position  
**Back rest:** removed  
**V-bar:** attached  
**Muscles worked:** forearms, biceps



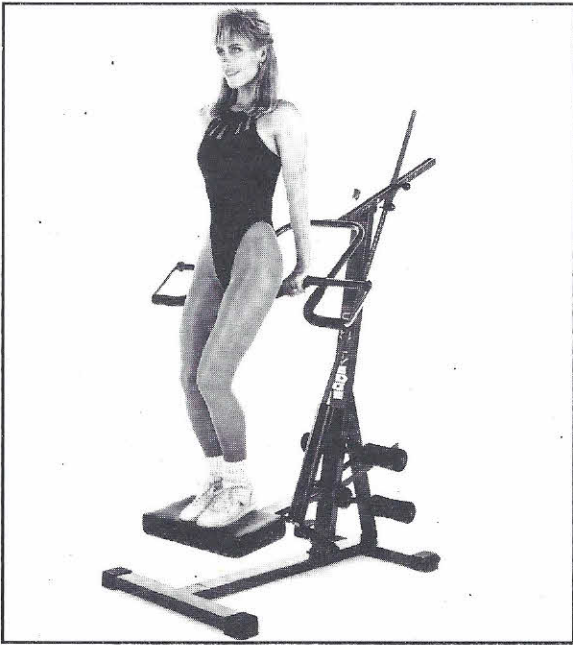
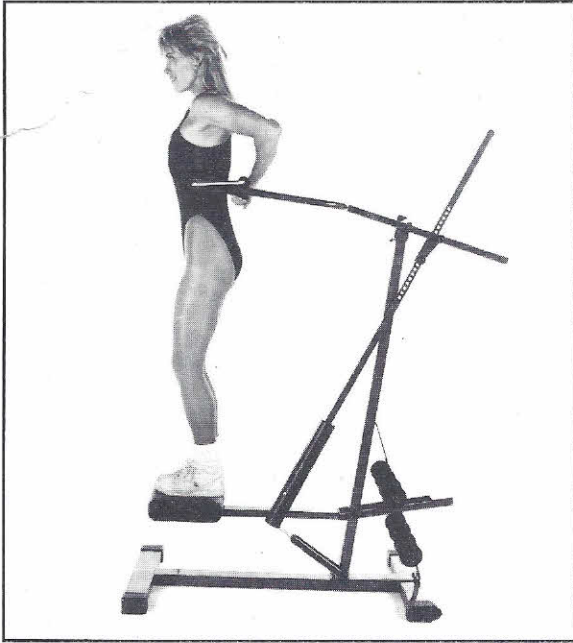
**WRIST CURL**



**Difficulty:** Intermediate  
**Machine set up:**  
**Shuttle:** position B  
**Bottom lever:** down position  
**Top lever:** mid position  
**Back rest:** removed  
**V-bar:** attached  
**Muscles worked:** forearms

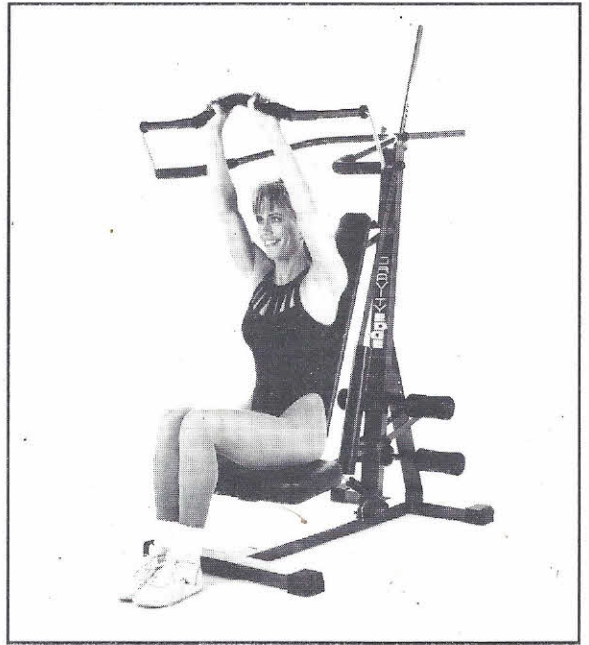
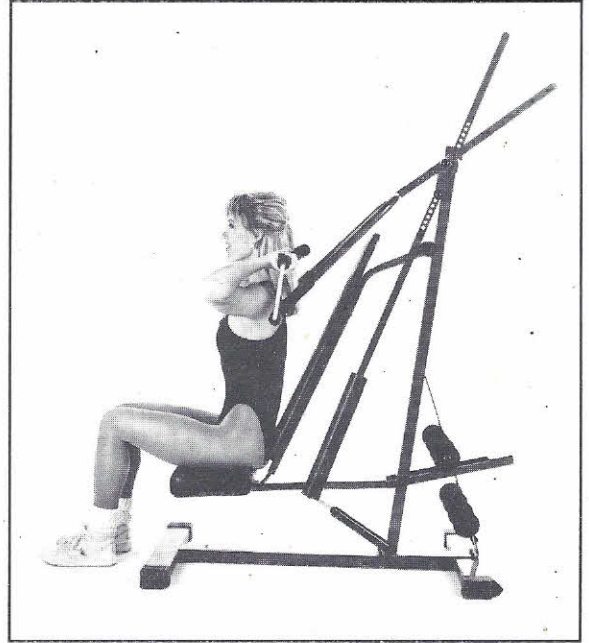


**TRICEP EXTENSION**

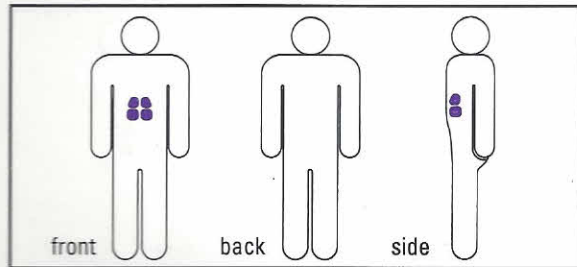
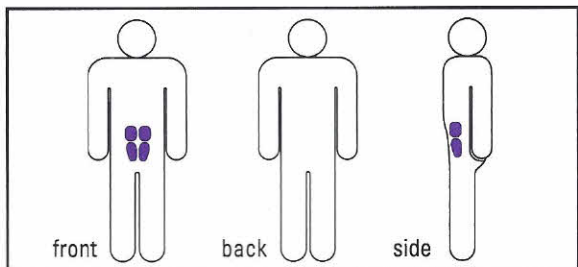


**Difficulty:** Advanced  
**Machine set up:**  
**Shuttle:** position B  
**Bottom lever:** down position  
**Top lever:** mid position  
**Back rest:** removed  
**V-bar:** attached  
**Muscles worked:** triceps

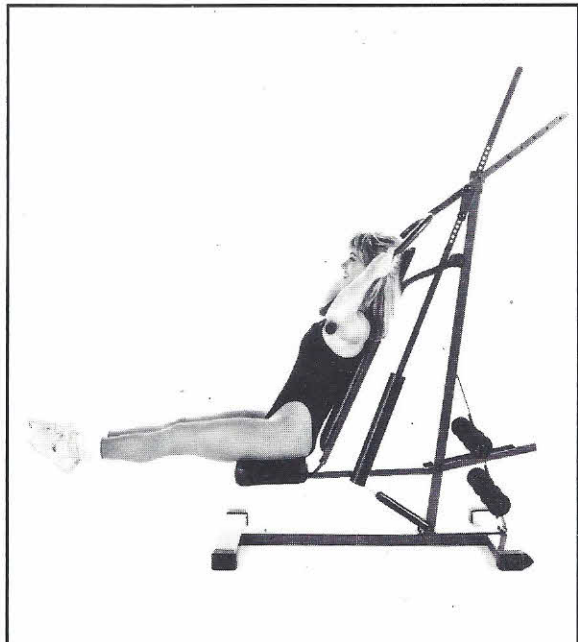
**FRENCH CURL**



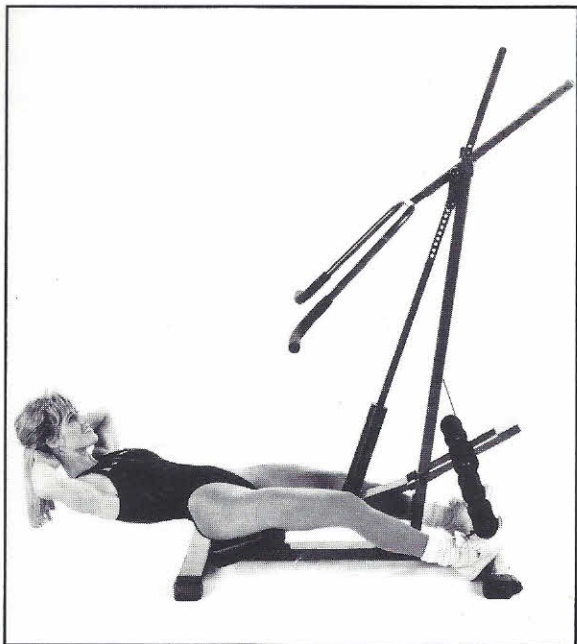
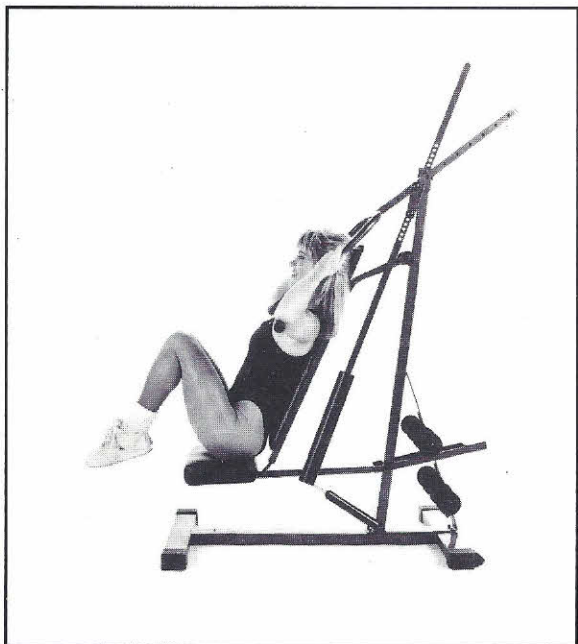
**Difficulty:** Advanced  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** mid position  
**Top lever:** down position  
**Back rest:** attached  
**V-bar:** attached  
**Muscles worked:** triceps



**KNEE IN**



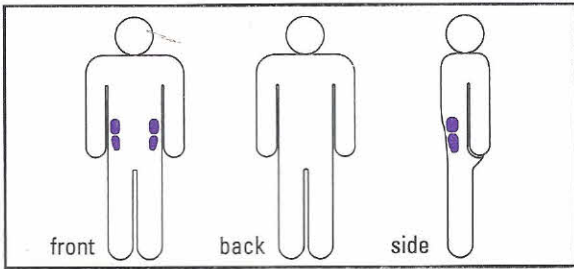
**ABDOMINAL CRUNCH**



**ABDOMINALS**

**Difficulty:** Beginner  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** mid position  
**Top lever:** down position  
**Back rest:** attached  
**V-bar:** removed  
**Muscles worked:** abdominals

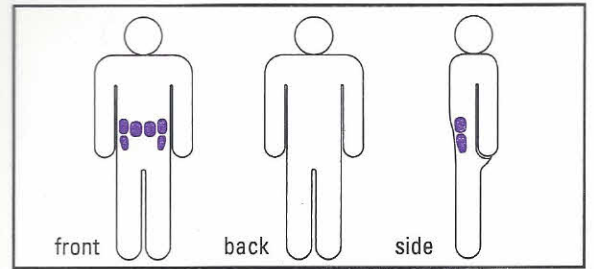
**Difficulty:** Beginner  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** down position  
**Top lever:** down position  
**Back rest:** removed  
**V-bar:** removed  
**Muscles worked:** abdominals



**SIDE BEND**



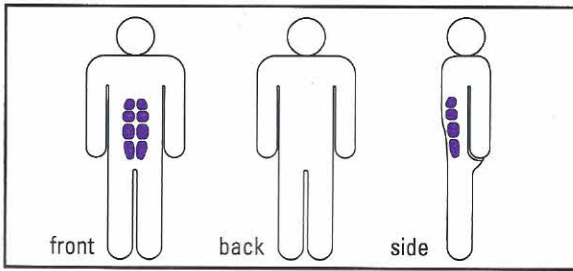
**Difficulty:** Beginner  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** mid position  
**Top lever:** down position  
**Back rest:** removed  
**V-bar:** removed  
**Muscles worked:** obliques, serratus anterior



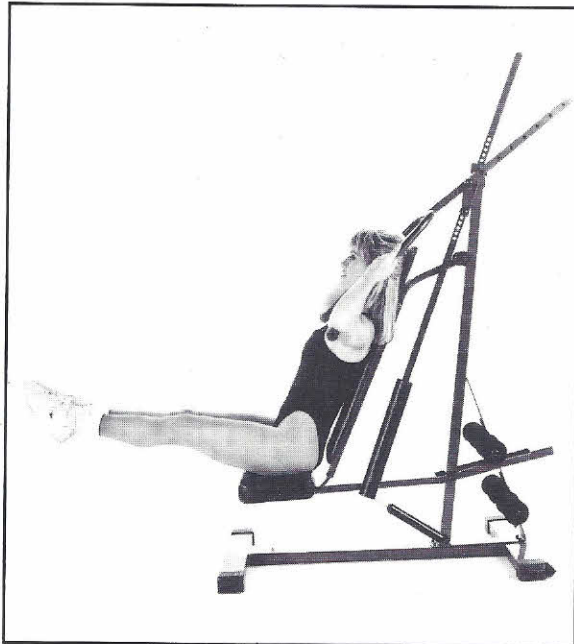
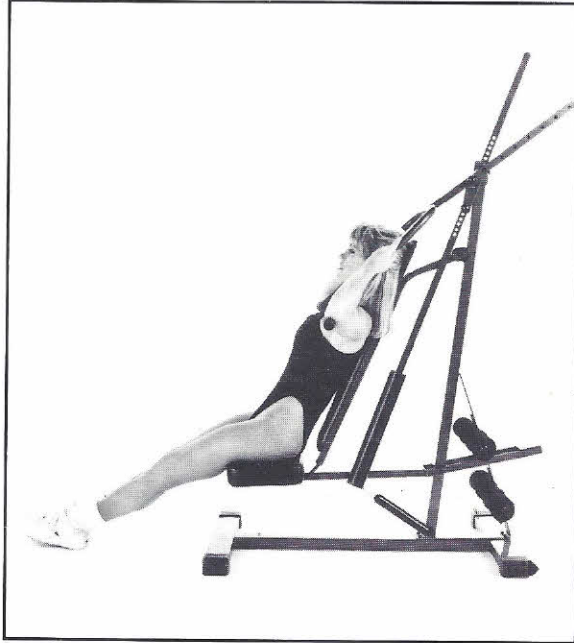
**TWISTS**



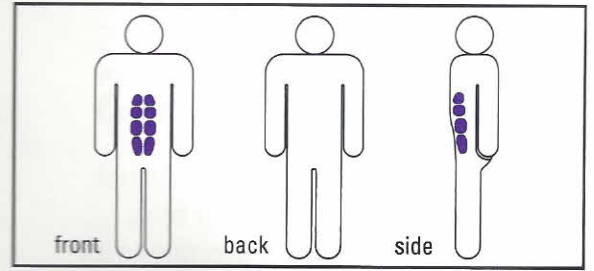
**Difficulty:** Beginner  
**Machine set up:**  
**Shuttle:** position B  
**Bottom lever:** mid position  
**Top lever:** up position  
**Back rest:** removed  
**V-bar:** removed, but used on back of neck, remove V-bar plugs  
**Muscles worked:** abdominals and intercostals



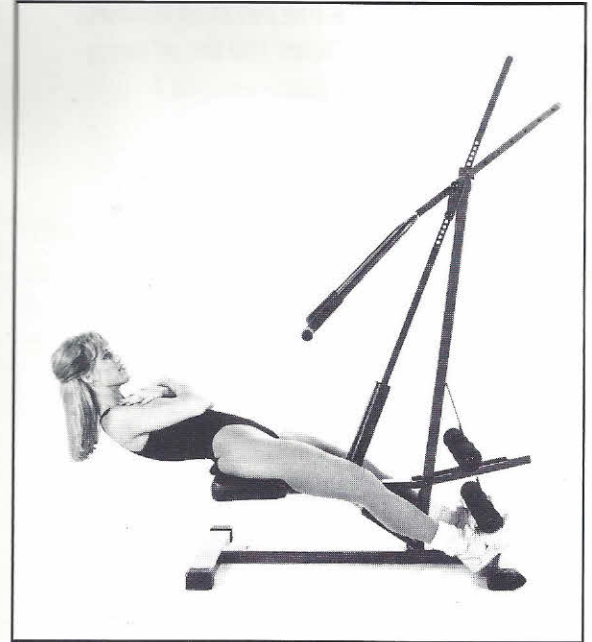
## ADVANCED LEG RAISE



**Difficulty:** Intermediate  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** mid position  
**Top lever:** down position  
**Back rest:** attached  
**V-bar:** removed  
**Muscles worked:** abdominals



## ROMAN CHAIR SIT-UP



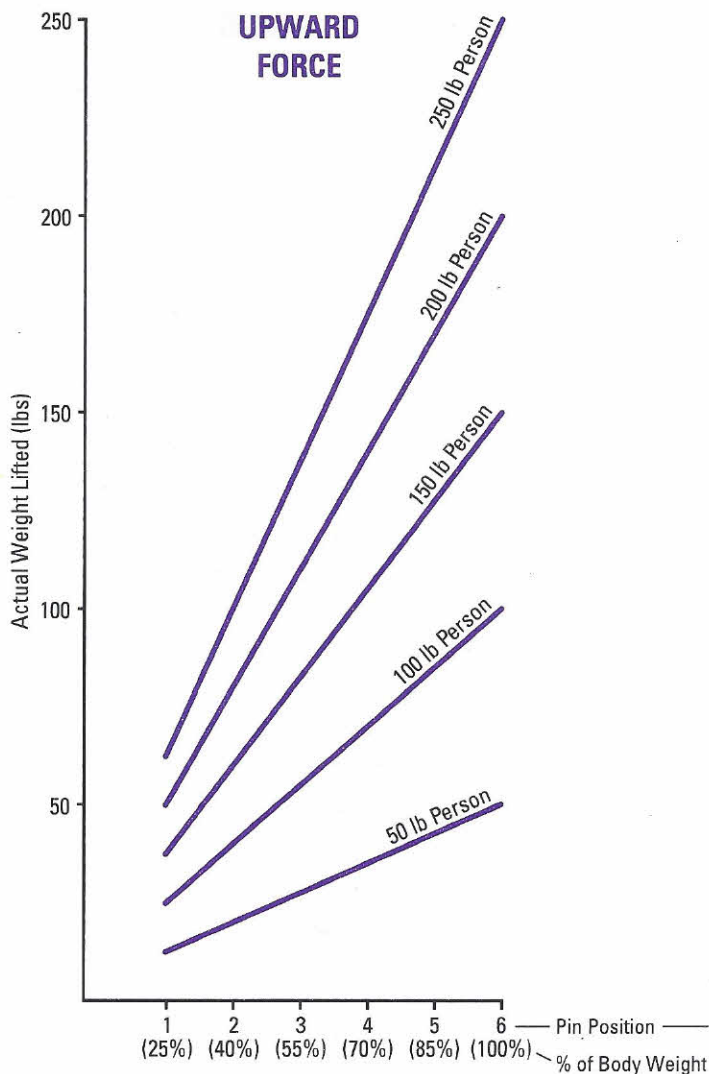
**Difficulty:** Advanced  
**Machine set up:**  
**Shuttle:** position A  
**Bottom lever:** mid position  
**Top lever:** down position  
**Back rest:** removed  
**V-bar:** removed  
**Muscles worked:** abdominals

# GRAVITY EDGE™ RESISTANCE CHARTS

The following charts illustrate the actual weight resistance based on your body weight and where the pin is positioned on the top lever from holes #1 to #6. (i.e.: if you weigh 150 lbs and the pin is in hole #6, then you are working with 150 lbs of resistance or 100% of your body weight.)

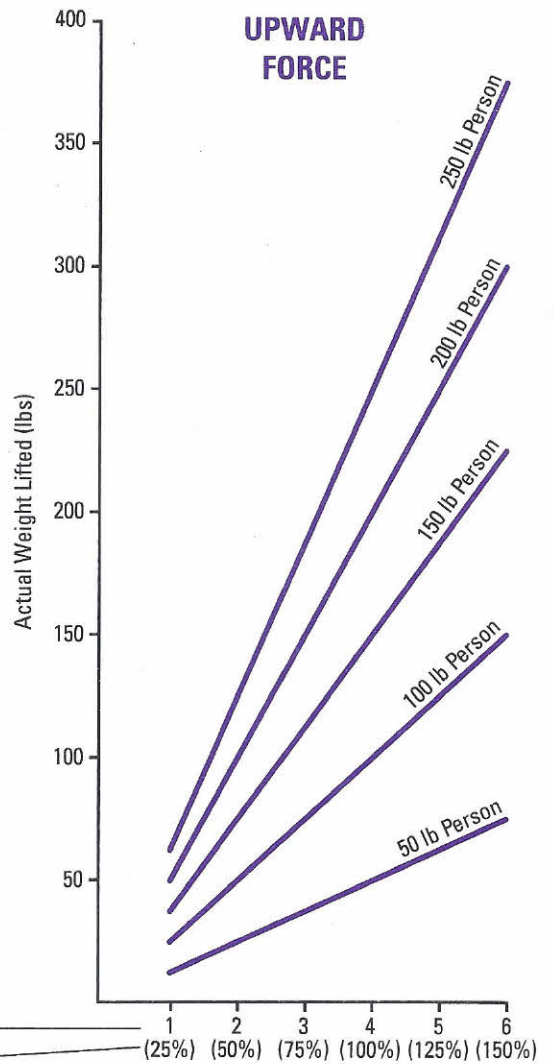
## Shuttle Position "A"

The following chart should be used to determine the resistance level (amount of weight used) for the bench press, inclined bench press, french curl, seated military press and seated press behind neck.



## Shuttle Position "A"

This chart should be used to determine the resistance level (amount of weight used) for other upward force exercises except those listed in on page 44.



# THE GRAVITY EDGE™

## STATEMENT OF LIMITED WARRANTY

TWO YEAR LIMITED WARRANTY FOR GRAVITY EDGE™ BY SLM INC. THIS LIMITED WARRANTY APPLIES TO THE ORIGINAL REGISTERED OWNER PROVIDED THE WARRANTY REGISTRATION CARD IS RECEIVED BY SLM INC. LIMITED WARRANTY DOES NOT COVER INSTITUTIONAL, CLUB OR SIMILAR MULTI-PERSON USE.

This limited warranty covers normal use and does not cover the Gravity Edge™ if it has been damaged by unreasonable use, neglect, accident, abuse, misuse, improper service or other causes not arising out of defects in materials or workmanship. This limited warranty does not cover, and is intended to exclude, any liability on the part of SLM Inc. whether under this warranty or implied by law for any indirect or consequential damages for breach of any warranty. Some states do not allow this exclusion or limitation, so this limitation may not apply to you.

This limited warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

Should you need service or assistance with your Gravity Edge™ during the warranty period, DO NOT RETURN THE MACHINE TO THE STORE.

INSTEAD FOR SERVICE OR ASSISTANCE CALL:  
TOLL FREE IN THE U.S. 1-800-947-2969,  
IN CANADA 1-800-463-3353 OR WRITE:

SLM Consumer Services  
RD #1, Patch Rd.  
P.O. Box 1070  
Gloversville, N.Y. 12078

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SLM Inc. is a subsidiary of SLM International, Inc.  
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### Shuttle Position "B"

This chart should be used to determine the resistance level (amount of weight used) for all downward force exercises (i.e.: tricep extension, classic dip)

