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.

How to Exercise

are designed to work out the various muscles of the body.

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")

Perform each of the exercises in the sequence as indicated in the

Exercise Program. For variety, from time to time, the sequence in

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

Exercise Reps & Sets - For each exercise, engage a suitable level

of resistance to enable you to perform the exercise movement

20 reps per exercise, increase the resistance level by a suitable

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

Muscles Exercised - The major muscle group(s) exercised are listed

• Exercises are grouped together into specific Exercise Programs

• There are 3 Exercise Programs. Select the program that is best

• The Programs below may be performed by both men and

are unfit

suited to your fitness level, available time, objectives and level

A total body workout

a more complete workout

Exercise Program Options

A total body workout - if you have

limited time, have been inactive or

exercising a wide range of muscles

the waist, hips, buttocks and thighs

- if you are fit, have the time and want

A workout specifically designed to target

("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

amount that will allow you to perform 15 reps.

(A), one rep. of the exercise will be completed.

designed to meet your requirements.

Resistance Bands.

for each exercise.

Express

Workout

Workout

Lower Body

Stretching

• Do not rush the stretch

• Warm up by walking in one spot or if you are fit, by jogging in one spotStretches 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

Exercises

A: Start of Exercise

B: Midpoint of Exercise

Workout

Comprehensive

the Exercise Program can be reversed. You can also alternate

between exercise programs during different exercise sessions.

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. Do not over exert yourself. If you suffer from chest 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.

Exercise Programs

Warm Up, Work Out and Cool Down. Do not skip any stage.

Begin by marching in one spot, moving arms and progress to a

pumping arms. In addition, you can also perform jumping jacks.

Each program consists of 3 groups of exercises:

Start your exercise program with a light exercise to raise

slow jog. When fitter, run in one spot, lifting knees and

• If you are unfit, start slowly and build up gradually. Once fit,

Complete the exercises in the indicated order, moving at a steady

particular exercise too strenuous, skip it and try again when you

Perform exercise movements with smooth, continuous motions,

Perform each exercise with proper form (e.g. keeping your head

and spine aligned) and do not swing or use momentum when

Maintain steady, rhythmic breathing whilst exercising – do not

Always contract your abs, core and lower back muscles whilst

performing an exercise. This will stabilise the body and help

To intensify your program, first attempt to increase the number

Do not increase reps and resistance during the same exercise

session. A further way to intensify an exercise is to increase

of repetitions per exercise and then try to increase the

the speed of motion when performing the exercise.

Run or walk in one spot gently for 1-2 minutes

Stretch slowly, holding the stretch for 20 – 30 seconds

INNER THIGH STRETCH

exercise actively so as to increase your heart rate

pace from one exercise to the next. If you find any

approximately 1 rep every 1 - 2 seconds

moving against resistance

hold your breath

prevent injury

Cool Down

Cardiovascular Exercise

End your exercise with a Cool Down

resistance per exercise.

Warm Up

Work Out

your body temperature.

Cardiovascular Exercise

Follow with stretching exercises.

- 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
- Always choose the proper intensity level that best suits your physical strength and flexibility levels. Know your limits and train within them. pains, severe shortage of breath, dizziness, nausea, back ache or joint pains during or after a session,
- Begin slowly and get used to the unique movement of the NANO GYM™ exercise machine prior to starting your Exercise Program.

stop and bring the matter to the attention of a

- 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
- 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

Cardio & Stretching

Lower Body

6

16

17

18

10

19

14

20

15

Comprehensive

2

3

4

5

8

9

10

11

12

13

14

15

Cardio & Stretching

C D E

G

Express

3

7

10

12

14

15

A B C D E

G

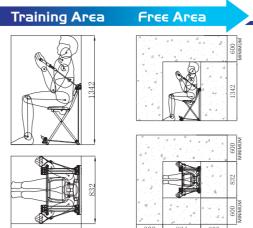
STANDING STRETCH

out, roll down to a comfortable position. Keep the back rounded and touch toes if

possible. Breathe in and out whilst maintaining the position.

- 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.



 Make sure that you have enough space around your that should be available around you while you are working out on this unit.

Exercise Resistance

 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

By engaging different color Resistance Bands and/or by engaging

• The standard Nano Gym is fitted with 2 sets of resistance bands

NANO GYM – STANDARD (GM5910)

NANO GYM – DELUXE (GM5910-2)

Setting Up & Folding

can be varied – see the accompanying Resistance Tables

different combinations of Resistance Bands, the level of resistance

The NANO GYM™ Deluxe is fitted with 3 sets of resistance bands and

resistance (weight). As you become fitter, increase resistance accordingly.

For your exercise to be effective, the body must move against

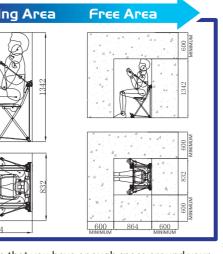
approximately 15 reps per exercise.

providing 3 levels of resistance.

provides 7 levels of resistance.

Medium

High



Nano Gym™ unit. The diagrams above demonstrate the 'training area' as well as the minimal 'free area'

Engage resistance by suppress-

ing the Handle (or Ankle Cuff)

connect Clip onto O-Ring(s).

Engage equal resistance on

both sides of the machine.

Main Parts DELUXE UNIT STANDARD UNIT Back Rest Grey Resistance Bands (light) (x2) 11. Foot Plate (optional)

Red Resistance Bands (heavy) (x2) 12. Ankle Cuffs O-Ring (x 8)

NOTICE

Exercise Chart which informs you about:

3.

5.

Exercise Program options

Important: Do not start exercising before fully studying this

Effective execution of the Exercise Programs

How to engage a suitable level of resistance

Setting up and folding your NANO GYM™

How to exercise correctly and safely

The main parts of your NANO GYM™

Maintaining your NANO GYM™

- Top Pulley Bar **Bottom Pulley Bar**
 - **DELUXE UNIT:**
- 13. Padded Seat & Back Rest 14. Black Resistance Bands (x2 Rear Pulley Bar 15. 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.



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 wheel(s).

- the pulley shaft (not the pulley wheel).
- If the band(s) become loose or worn, replace with new band(s) by unscrewing

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



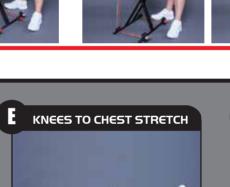
SIDE STRETCH

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







Lie on your back. Bend knees and lift feet off the floor. Hug knees to chest.



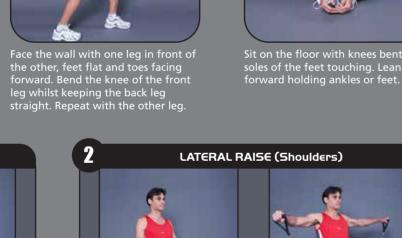
In the standing position, reach one hand behind the body and grasp the top of the foot. Pull the heel towards the buttocks. Keep the standing leg's knee slightly bent. Repeat on the other leg.



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.

BICEP CURL (Biceps)

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.



CALF STRETCH

LATERAL RAISE (Shoulders)

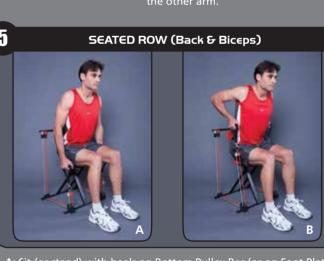
A: Sit and hold Handles, palms facing downwards with arms slightly bent.



A: Sit and hold Handles, palms facing downwards and arms slightly bent. **B:** Pull Handles to chin level while lifting the elbows and return.



A: Sit and hold Handles, palms facing downwards with arms slightly bent. B: Lift Handles in front to shoulder height and return.



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.

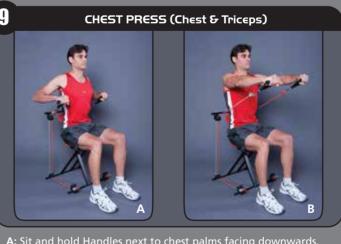


knees slightly bent and hold Handles at waist level with arms slightly bent. **B:** Bend knees, keeping back straight and return.

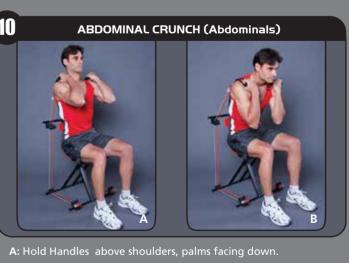


Bend forward, holding Handles with bent arms, palms facing inwards or backwards. **B:** Stand upright with bent arms, keeping back straight and aligned with neck and return.





A: Sit and hold Handles next to chest palms facing downwards. B: Push out away from chest to chest height and return.



Crunch forward, keeping lower back against backrest and moving elbows toward knees and return.



A: Sit and hold Handles with arms slightly bent in front of chest, **B:** Move slightly bent arms to the front of chest and return.



B: Push straight upwards and return.



B: Bring right elbow towards left leg and return. Repeat for other side.



A: Sit and hold handles above shoulders, elbows pointing **B:** Extend arms upwards and return.



B: Simultaneously lower body and raise arms to shoulder height & return.



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.



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.



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.



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.



B: Pull knee up to waist, keeping hips parallel, back straight and return. Complete one set and repeat with other leg.