



GR8FLEX PERFORMANCE GYM



OWNERS MANUAL

PLEASE READ this Owner's Manual **BEFORE** setting up or working out on your **GR8FLEX Performance Gym. V.7**



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Visit Us:

Website: www.GR8FLEX.com

Facebook: [@gr8flex](https://www.facebook.com/gr8flex)

Instagram: [gr8flexxl](https://www.instagram.com/gr8flexxl)

YouTube Channel: [GR8FLEX PERFORMANCE GYM](https://www.youtube.com/channel/UC...)

Congratulations!

The GR8FLEX XL PERFORMANCE GYM is the most advanced, high quality performance home gym on the market! GR8FLEX is an investment in your life, that's why it's backed by an industry leading LIFETIME WARRANTY on the ENTIRE gym, accessories included! NO OTHER GYM can make that claim!

We know you work hard for your money; you deserve a product that will last longer than any fitness fad. You want a product that will challenge you, transform you and grow with you throughout the years. The GR8FLEX is that gym. It's designed to last not years, but decades. The GR8FLEX Performance Gym adapts with your transformation every step of the way, you simply can't outgrow it, out challenge it or out last it. We're committed to your well-being, health and fitness for the long term, simply put, we're in this together.

Registered owners can leave their worries behind with the industry's BEST Warranty, "LIFETIME" on the entire machine including all parts and accessories.

All accessories included: wing bars, dip bars, leg harness/pulley system, cellphone holder, EZ BAR, AB Accessory, soft grip handles, extra-large squat stand, resistance bands and two anti-skid mats to protect your floor. The tower's body weight resistance levels range from level 1 (beginner) to level 15 (advanced). On top of your current body weight, you can add an additional 50 lbs. of resistance with the four resistance bands that are included (2=10 lbs. & 2=15 lbs.).

Instructions and videos are provided on our website (www.GR8FLEX.com) and YouTube channel (at gr8flexxl) so you will always be kept informed on how to use your GR8FLEX and get the most out of your exercises as well as new updates and add-ons.

The GR8FLEX is the perfect solution for those looking to take back their health, become leaner with a more defined sculpted body, increase your athletic capabilities and endurance or just want to look incredible on the beach!

The GR8FLEX is designed to develop results for almost any age, male or female at any fitness level, regardless of whether your primary goal is body sculpting, weight loss or health maintenance.

Men – Drop those extra pounds quickly while building strong cannon ball shoulders, a powerful chest, a lean waist and arms that will not only fill in your Tee-shirts nicely, but also give that special someone, something powerful to hold onto while walking along the beach. Build an athletic body by training like an athlete, not like a body builder.

Ladies – Drop those stubborn pounds without all that cardio. It only takes about 15/20 min's a day to get that slim, lean firm desired look. Lose weight, get sexy toned legs, defined arms, firm chest and yes...a round firm butt!

This is strength-training and body-sculpturing at its BEST! Don't be confused, the GR8FLEX was NOT designed to develop "massive" muscle size. No guy (or gal) could accomplish massive muscle size without lifting very heavy free weights over a long period of time.

However, the GR8FLEX Performance Gym is designed to transform a man's body into that superhero, athletic sculptured look (and feel) when using the GR8FLEX's TUT (Time-Under-Tension) specially designed exercises combined with a sensible meal plan. For the ladies, (GR8FLEX's specially designed Time-Under-Tension (TUT) exercises) will give you that lean, tight and toned youthful look that will knock them dead on the beach!

We've included important information regarding safety using the GR8FLEX Performance Gym and setting it up. PLEASE READ this Owner's Manual BEFORE setting up or working out on your GR8FLEX.

If you have questions about your GR8FLEX, please contact us info@gr8flex.com.

Safety Instructions

- Before beginning this or any exercise program, please consult your physician or health care professional to ensure you are healthy enough and able to begin an exercise program that is right for you, your age and your current goals. This is especially important if you are over age 40 or have pre-existing health problem(s) or physical disabilities whether they are temporary or permanent.
- Do not overexert yourself. Stop exercising immediately and consult your doctor if you experience pain, chest pain, irregular heartbeat, shortness of breath, or if you feel faint, nauseous, or dizzy.
- This product is designed for home use only. It is not intended for commercial or institutional use. Use only as instructed.
- Do not stand on the product.
- GR8FLEX is not intended for use by children. Keep this and all fitness equipment out of the reach of children.
- Keep fingers, loose clothing, and hair away from moving parts. Be sure that any pets or small animals are not in the area while using the GR8FLEX as they may get caught underneath the machine while in motion during use.
- Inspect your exerciser before each use to ensure proper operation. Do not use this equipment unless all moving parts, including cables and pulleys are working properly.
- The GR8FLEX should only be used on the included ANTI-SKID floor protection mats to prevent unexpected movement of the gym and help protect your floor's surface.
- Use ONLY the accessory/attachments provided by GR8FLEX or items specifically recommended by GR8FLEX FOR USE WITH GR8FLEX.
- To avoid serious injury, care should be taken at all times when getting on and off.
- Ensure you have plenty of room around the GR8FLEX to spread your arms when performing exercises.
- NEVER attempt to carry the GR8FLEX by yourself. The gym is very heavy and should always be moved by two or more people when available.

Set Up & Unpacking Your NEW GR8FLEX

FULLY ASSEMBLED! NO TOOLS REQUIRED!



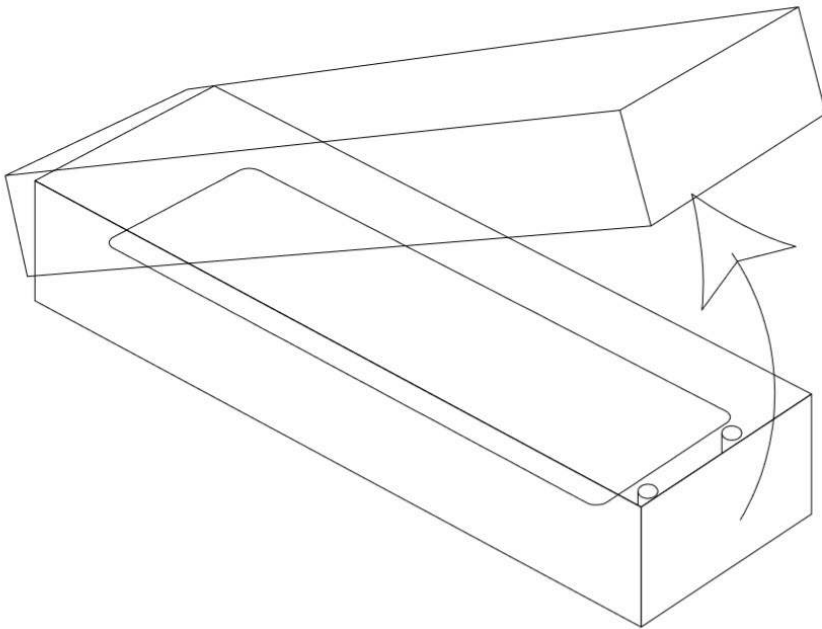
WARNING

KEEP HAIR, FINGERS, LOOSE CLOTHING, CHILDREN AND PETS AWAY FROM HINGES AND OTHER MOVING PARTS TO AVOID SERIOUS INJURY. ALSO, BE SURE TO HAVE THE YELLOW HEIGHT ADJUSTMENT PIN AND SAFETY HITCH PIN LOCKED IN PLACE BEFORE GETTING ON YOUR GR8FLEX GYM TO AVOID SEVERE INJURY.

Opening / Extending your GR8FLEX

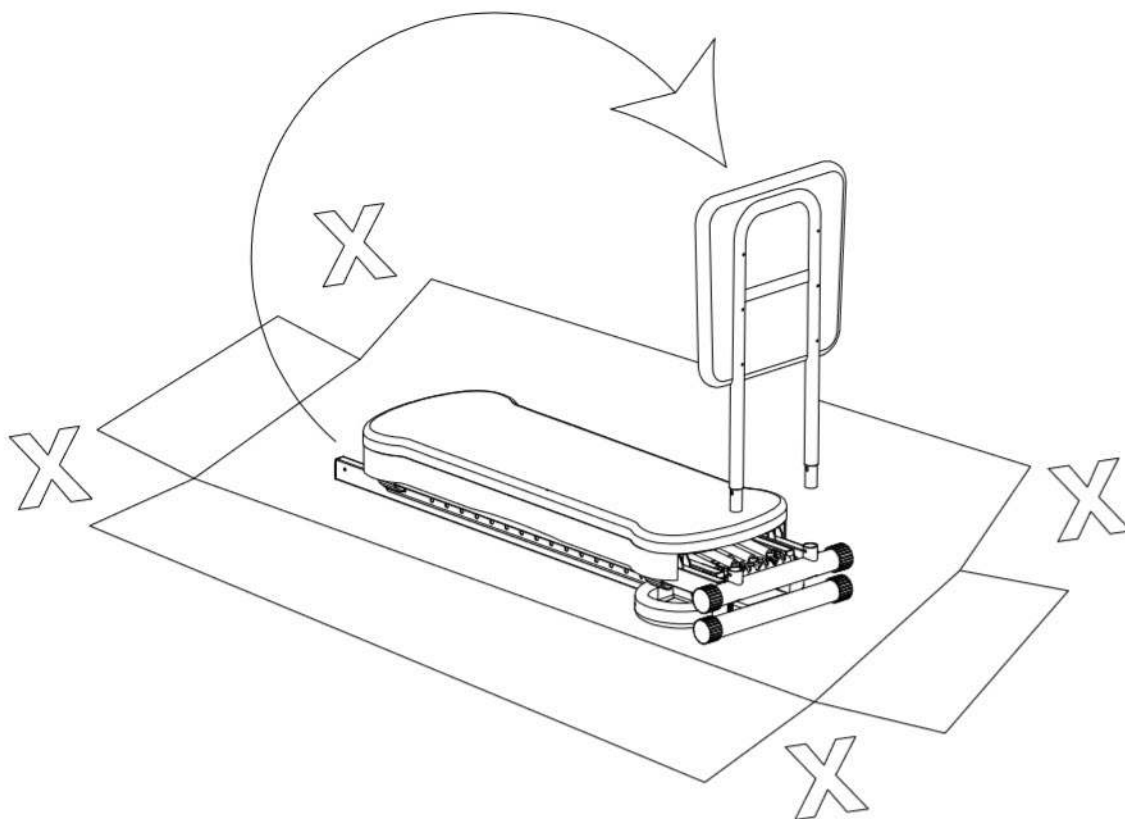
The GR8FLEX IS VERY HEAVY. Be sure to have help laying it down and setting it up. Once you have the box lying flat, remove the cover and place it to the side. Don't discard any packaging until you have completely setup your GR8FLEX and have been using for it at least a few days.

STEP 1



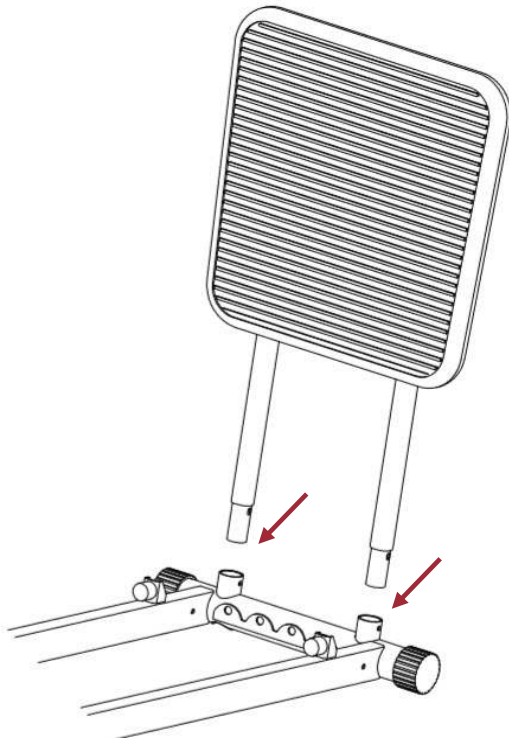
STEP 2

Carefully cut the four corners of the remaining box so you can completely flatten the box and remove the GR8FLEX and its accessories more easily.



STEP 2

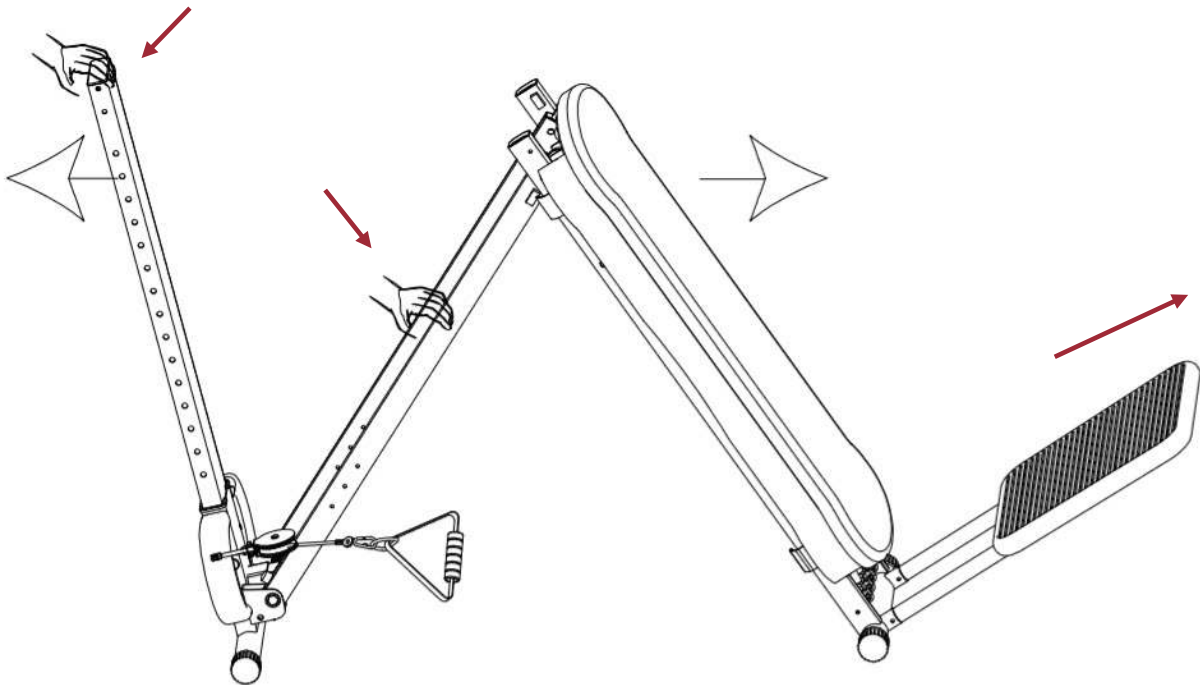
Attach the Squat Stand before attempting to extend the GR8FLEX.



Remove the Squat Stand and slide it into the two female holders located at the base of the GR8FLEX. Once it is in place, secure it with the safety pins that are attached next to the two female holders by sliding them from the outside through the holes until you see the pin displays on the inside of the stand female holders.

Visit our **YOUTUBE** Channel at **(GR8FLEX Performance Gym)** to see how to attach this accessory.

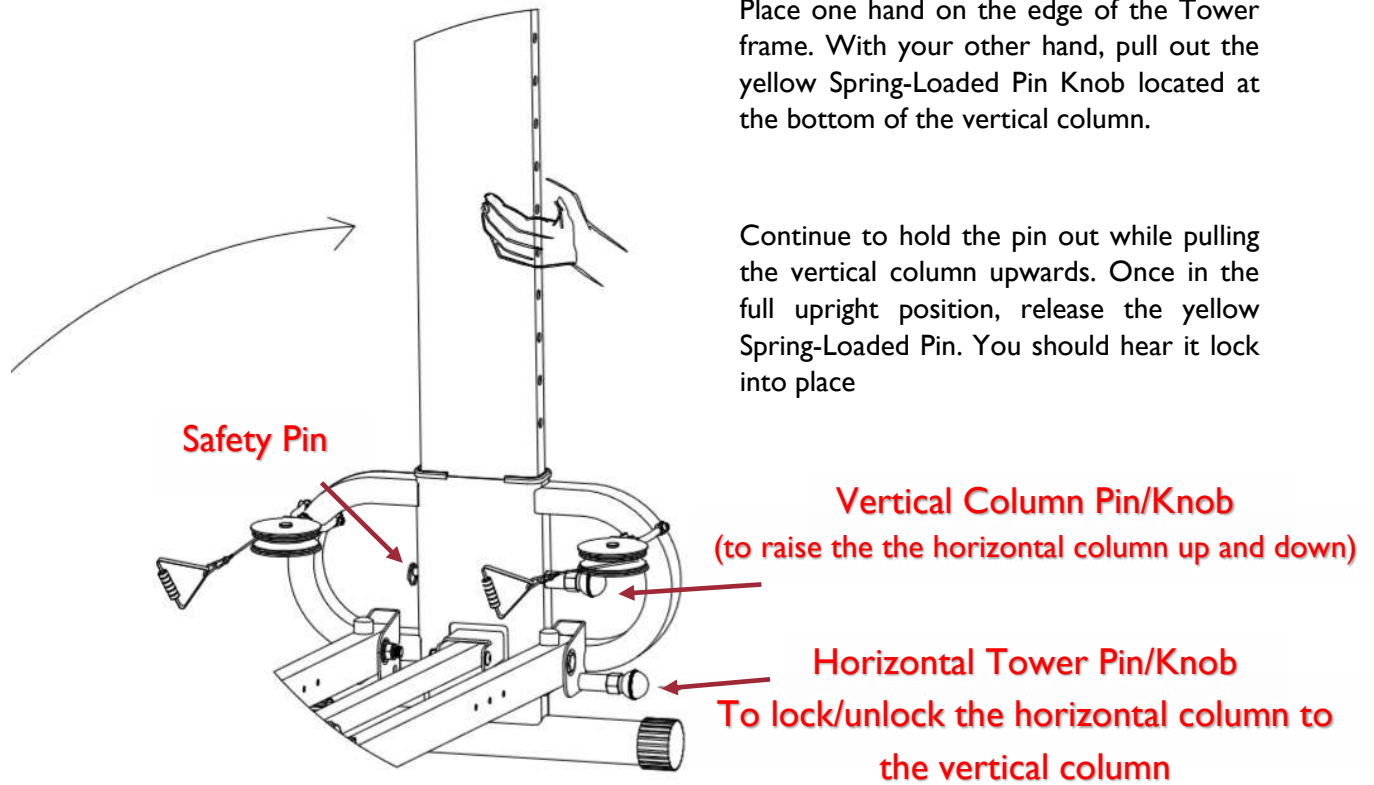
STEP 3



Open the GR8FLEX in the shape of a “W”. Carefully lift the Tower up and away from the Squat Stand while pulling the Squat Stand in the opposite direction.

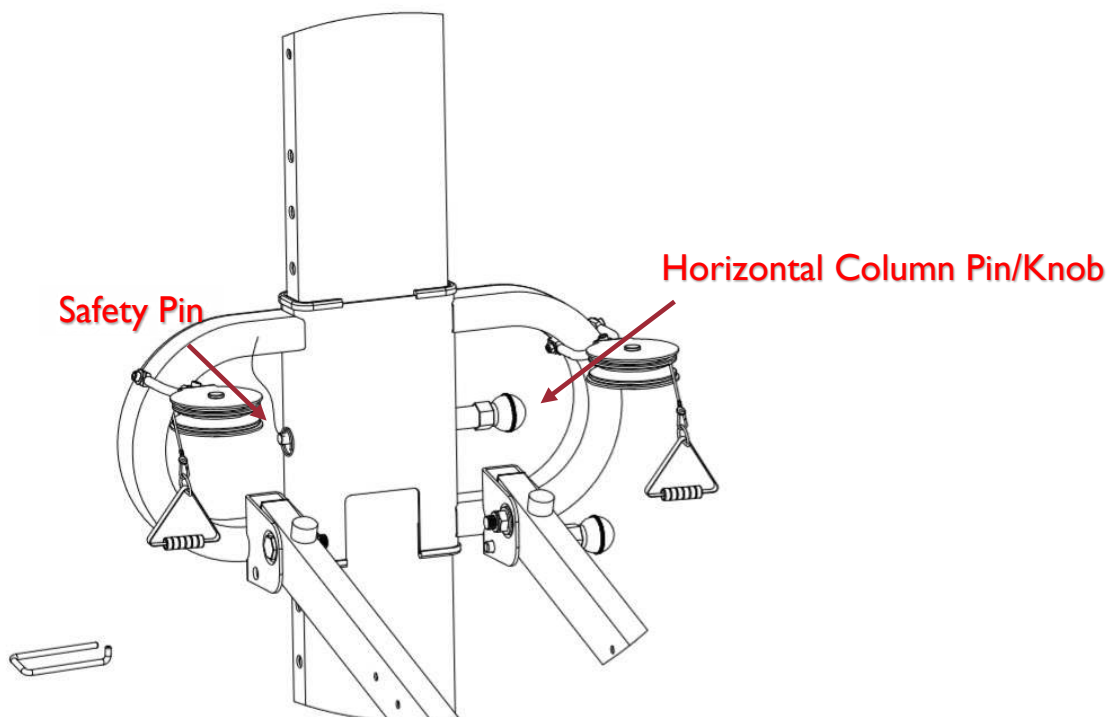
Visit our **YOUTUBE** Channel at **(GR8FLEX Performance Gym)** to see how to attach this accessory.

STEP 4

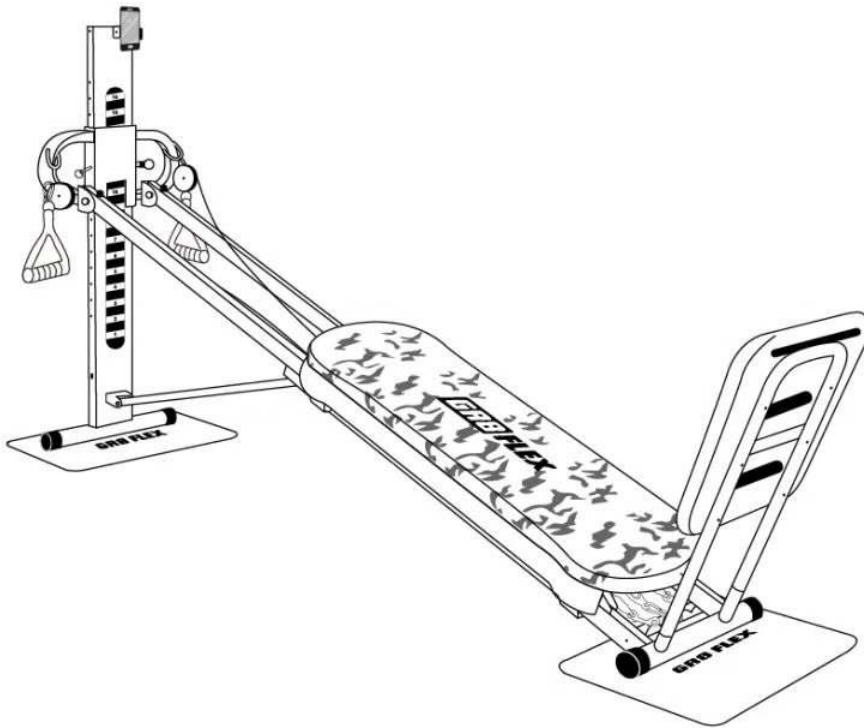


STEP 5

This Spring Load Pin/Knob releases the horizontal column so you can slide it up the vertical tower to the resistance level you desire. Once you release the Pin/Knob (pull it outward) and hear it click in (set), be sure to “slightly tug” the horizontal column up and down to ensure the Pin/Knob is SET (the yellow knob should be flush against the vertical column). Don’t forget to secure it from the other side by sliding the Safety Pin in for added security and safety.

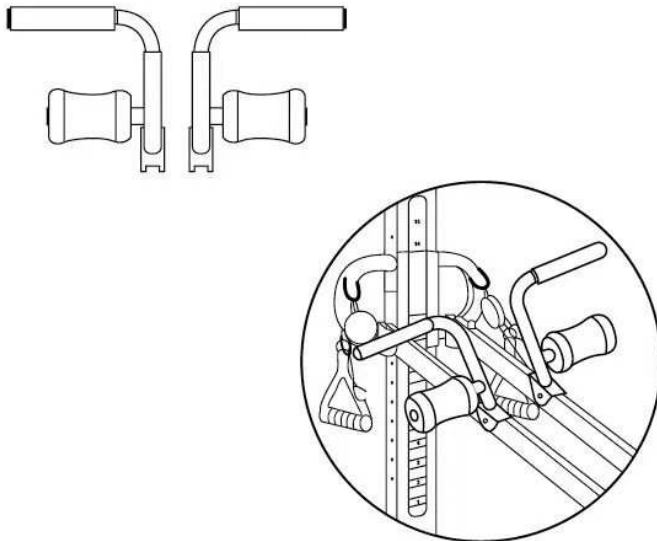


STEP 6



After the GR8FLEX is setup (be sure to use the included NON-SKID/FLOOR PROTECTORS) when setting your GR8FLEX into place.

Attaching the **WING BARS (Pull-Up/Chin-Up/Push Up) Accessory:**



Each handle is marked with a “R” for right hand (side) and “L” for left hand (side). There are three resistance holes located at the top of the horizontal column. The higher you select, the harder the resistance will be. Use the attached Safety pin to secure it in the desired resistance hole. Be sure the pin goes all the way through and out the other side of the frame. The WING BARS can also be mounted at the bottom of the GR8FLEX (where the Squat Stand goes) to perform declined Push-Ups!

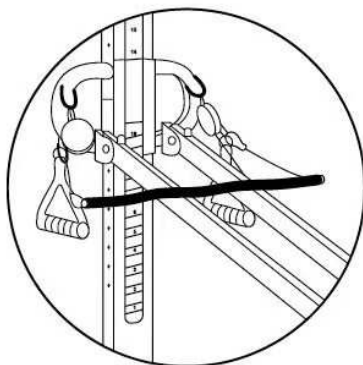
Visit our **YOUTUBE** Channel at **(GR8FLEX Performance Gym)** to see how to attach this accessory.

Attaching the **EZ BAR:**

Clip the attachment rings (from the EZ BAR) onto the “same rings” the hand straps are attached to (NOT THE HAND STRAP RINGS). No need to remove the hand straps, both the hands straps and the EZ BAR attach to the same holder ring



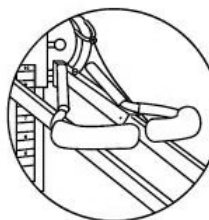
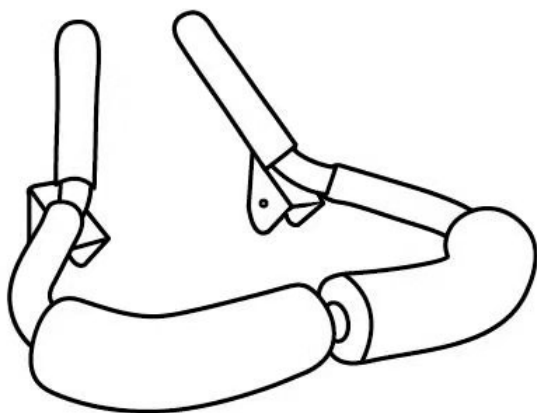
Visit our **YOUTUBE** Channel at **(GR8FLEX Performance Gym)** to see how to attach this accessory.



Attaching the AB Accessory:

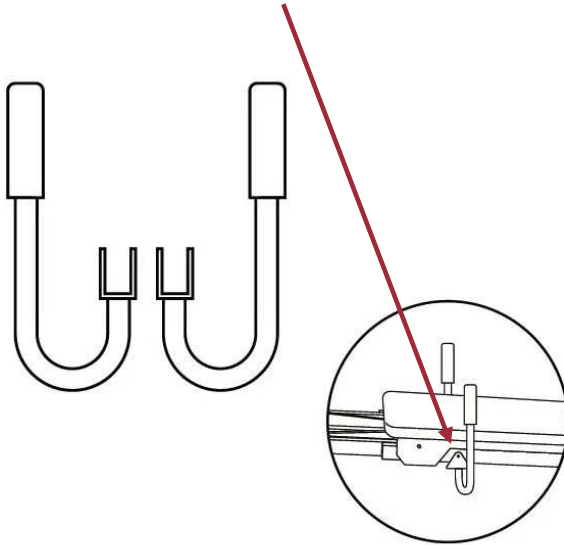
The **AB Accessory** attaches the same way as the Wing Bars attach. **ONLY** use the AB accessory at the top of the GR8FLEX, **never** at the bottom where the squat stand goes. **ONLY** the **Wing Bars** can be used at the bottom for performing declined push-ups.

Visit our **YOUTUBE** Channel at **(GR8FLEX Performance Gym)** to see how to attach this accessory.



Attaching the DIP BARS:

The DIP BARS attach the same way described for the Wing Bars accessory; **HOWEVER**, the placement holes are located in the **MIDDLE** of the horizontal column near the top of the bench.



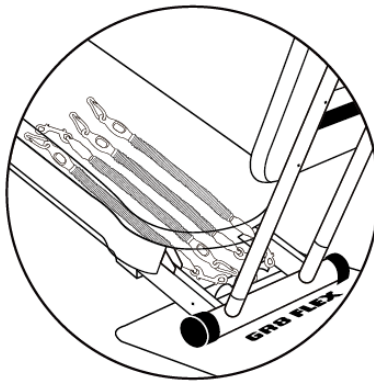
Visit our **YOUTUBE** Channel at **(GR8FLEX Performance Gym)** to see how to attach this accessory.

Attaching the **RESISTANCE BANDS**:

The **RESISTANCE BANDS** attach underneath, at the base of the horizontal column and align within the “band channels” and connect to the holes at the plate located at the top (underneath) of the bench. The bands are labeled near the clip ring / 2 =10lbs. and 2 =15 lbs. bands, providing a total of 50 lbs.

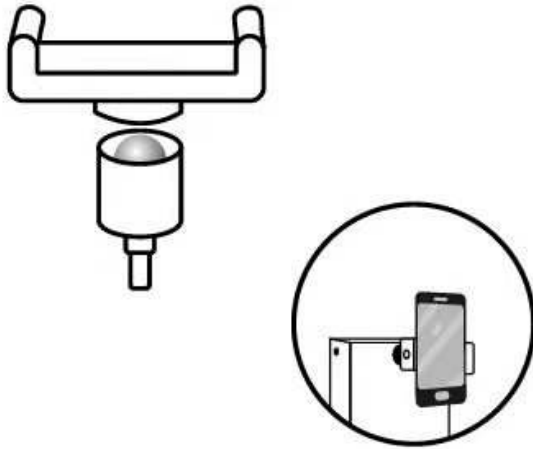


Visit our **YOUTUBE** Channel at **(GR8FLEX Performance Gym)** to see how to attach this accessory.



Attaching the **Phone Mount**:

Screw in the phone mount holder into the front facing part of the tower using the wrench that comes with it. The hole is located at the top and center of the tower. Be sure to tighten the ball screw on the back after your phone has been secured to the front of the holder.



We recommend you use our GR8APP (located on our website) to view all the GR8FLEX exercise videos while working out on your GR8FLEX.

Visit our **YOUTUBE** Channel at **(GR8FLEX Performance Gym)** to see how to attach this accessory.

STARTING OUT

Always check with your doctor before starting any exercise routine.

The GR8FLEX has a learning curve to how it feels, take a little time in learning how the bench glides, how the cables work independently (or together) of each other and therefore, we highly recommend that you set your GR8FLEX to a very low level (2 or 3) to get “THE FEEL” of how the gym works, moves and how to mount and unmount the gym properly and safely.

INSPECTION AND MAINTENANCE

Always check your GR8FLEX before working out to ensure all the accessories are working properly and the safety pins are attached. If you have a damaged accessory, Safety Pin or Set Knob, **DO NOT USE THE GR8FLEX UNTIL YOU HAVE CONTACTED US AT INFO@GR8FLEX.COM**

LIFETIME – WARRANTY

To ensure we can warranty your GR8FLEX for LIFE, you **MUST** register your GR8FLEX on our website within 5 business days of receiving your GR8FLEX. Go to www.GR8FLEX.com and click on “Register Your GR8FLEX.”

GETTING STARTED

As mentioned above, it’s important to start at a very low level and perform some reps to get the feel of the gym. As you progress, you can raise the level.

WORKOUT LOG & EXERCISE CHART

Download our **FREE** Workout Log and Exercise Chart on our website located at www.GR8FLEX.COM – Videos & Guides.