

GYMFLEX[®]

FITNESS

TRANSFORM... YOUR MIND, YOUR BODY, YOUR LIFE!



GYMFLEX[®]

TRANSFORMER



OWNER'S MANUAL

MUST READ BEFORE USE!

TO REMAIN WITH MACHINE AT ALL TIMES FOR REFERENCE

TRANSFORMER DIAGRAM 1



WELCOME

CONGRATULATIONS ON MAKING THE COMMITMENT TO TRANSFORM YOUR LIFE!!! YOU ARE NOW THE PROUD OWNER OF THE MOST UNIQUE AND INNOVATIVE PIECE OF FITNESS EQUIPMENT ON THE MARKET TODAY. NO MATTER YOUR AGE, GENDER OR FITNESS LEVEL THE GYM FLEX TRANSFORMER AND PROGRAM ARE SURE TO DELIVER ON ITS PROMISE, BUT ONLY IF YOU DELIVER ON YOURS! IF YOU CAN'T GET IN SHAPE WITH THE GYM FLEX FITNESS PROGRAM, YOU CAN'T GET IN SHAPE! WE WISH YOU THE BEST ON YOUR JOURNEY TO TRANSFORM YOUR LIFE. WE ARE HERE WITH YOU EVERY STEP OF THE WAY, JUST LOG ON TO WWW.GYMFLEXFITNESS.COM TO GET STARTED.



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PARTS LIST

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EXERCISE BARS (3)



HANDLES (4)



BACKREST BAR (1)



LEG STRAPS (2)



BAR REST CLIPS (2)



BANDS (4)





WARNING



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Please read and follow all Warning and Operating Instructions provided prior to use! Consult a physician before using this equipment and starting any exercise/ rehab program. Do not overexert yourself. Stop exercising immediately and consult your doctor if you experience pain or tightness in your chest, irregular heartbeat, shortness of breath, or if you feel faint, nauseous or dizzy. Misuse of this product will void warranty and may result in injury or death. Use at your own risk.

- MAXIMUM USER WEIGHT IS 250 POUNDS.
- THIS UNIT IS INTENDED FOR HOME USE ONLY, NOT FOR COMMERCIAL OR INSTITUTIONAL USE!
- THIS MACHINE IS NOT INTENDED FOR USE WITH FREE WEIGHTS, COULD COLLAPSE AND CAUSE INJURY.
- THE GYMFLEX TRANSFORMER IS NOT A TOY, DO NOT ALLOW CHILDREN OR PETS TO USE OR PLAY ON OR AROUND UNIT.
- BEWARE OF CHOKING HAZARD WITH RESISTANCE BANDS, ALWAYS RETURN BANDS TO STOW AWAY POSITION WHEN NOT IN USE. THIS WILL ALSO PREVENT PETS FROM CHEWING ON AND DAMAGING BANDS.
- ALWAYS BEFORE USING, LOOK OVER MACHINE, BARS, ATTACHMENTS AND ACCESSORIES FOR MALFUNCTIONING, BROKEN OR WORN PARTS. DO NOT USE AND CALL FOR REPLACEMENT PARTS IMMEDIATELY.
- DO NOT USE IF RESISTANCE BANDS ARE FRAYED, CUT, CRACKED, WORN OR DISTRESSED, IF USED THEY COULD BREAK UPON STRETCHING AND CAUSE POSSIBLE INJURY. CALL FOR REPLACEMENTS IMMEDIATELY.
- ONCE RESISTANCE LEVEL IS SELECTED, MAKE SURE RESISTANCE LEVEL SELECTING PINS ARE IN LOCKED POSITION.
- WHEN CONNECTING HANDLES OR EXTENSIONS ON BAR, MAKE SURE PUSH SNAP BUTTONS ARE ENGAGED INTO SAFETY RECEIVING HOLES TO PREVENT HANDLES FROM SLIPPING OFF AND CAUSING POSSIBLE INJURY.



WARNING



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- **DO NOT RELEASE HANDLES OR BAR WHILE RESISTANCE BANDS ARE IN STRETCHED POSITION, THEY CAN SNAP BACK AND CAUSE POSSIBLE INJURY.**
- **WHEN UNITS LEGS ARE IN OPEN POSITION, MAKE SURE SAFETY LOCKING LEVERS ARE ENGAGED TO PREVENT THE UNIT FROM INSTABILITY OR TIPPING OVER AND CAUSING POSSIBLE INJURY.**
- **WHEN UNIT IS IN FOLDED DOWN STEP POSITION, ALWAYS HOLD UNIT IN PLACE BY SITTING, LYING DOWN OR STANDING WITH ONE FOOT ON TOP OF UNIT OR IN THE FOOT SPACE PROVIDED. WHEN USING RESISTANCE BANDS, THIS WILL PREVENT UNIT FROM LIFTING OFF GROUND AND CAUSING POSSIBLE INJURY.**
- **WHEN USING IN BENCH POSITION WITH LID OPEN, MAKE SURE BACKREST SUPPORT BAR IS SECURELY FITTED INTO RECEIVING NOTCHED POSITIONS. FAILURE TO SECURE PROPERLY MAY CAUSE LID TO INADVERTENTLY COLLAPSE AND CAUSE INJURY.**
- **WHEN USING BAR IN BENCH-PRESS POSITION ALWAYS SET BAR WITH AFFIXED HANDLES ON RETAINING SET HOOKS PROVIDED TO PREVENT BAR FROM ACCIDENTALLY SLIPPING OFF THE UNIT, CAUSING POSSIBLE INJURY.**
- **WHILE WORKING OUT WITH THIS UNIT, KEEP ALL LONG HAIR TIED UP AND AWAY FROM RESISTANCE BANDS AND EGRESS HOLES TO AVOID HAIR FROM GETTING TANGLED AND CAUGHT UP IN BAND ROLLING UP MECHANISM.**
- **AFTER USE, ALWAYS FOLD LEGS BACK UP IN STOWED POSITION AND STOW ACCESSORIES, HANDLES, BARS, LEG ATTACHMENTS BACK TO STORAGE AREA PROVIDED WITHIN UNIT. THIS WILL PREVENT DAMAGE, LOSS OR INJURY.**
- **DO NOT REMOVE WARNING / SAFETY LABELS FROM UNIT! IF MISSING GO TO OUR WEBSITE WWW.GYMFLEXFITNESS.COM OR CALL 888-489-4111 EXT. 4 FOR REPLACEMENT LABEL, MANUAL & INSTRUCTIONS.**

E-TRAINERS

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PLEASE VISIT OUR WEBSITE WWW.GYMFLEXFITNESS.COM CLICK AND SIGN ON TO THE E-TRAINERS PAGE. AS A GYMFLEX MEMBER YOU WILL CREATE YOUR OWN USER NAME AND PASSCODE THAT WILL GIVE YOU ACCESS TO BOTH PHYSICAL AND EMOTIONAL SUPPORT. FITNESS IS A LIFESTYLE AND NO PROGRAM WOULD BE COMPLETE WITHOUT BOTH!! THERE YOU WILL FIND OUR ELITE, PROFESSIONAL E-TRAINER TEAM OF ALL AGES, MALE AND FEMALE WHO CAN ANSWER YOUR QUESTIONS AND GIVE YOU SPECIFIC INSTRUCTIONS ON EXERCISES, ROUTINES AND REGIMENS TO FIT YOUR OWN PERSONAL FITNESS GOALS. YOU MAY ALSO FOLLOW ALONG WITH ON DEMAND VIDEO CLASSES FOR AN OVERALL WORKOUT OR SPECIFIC TARGETED MUSCLE GROUPINGS. AS NO TWO PEOPLE'S BODIES ARE ALIKE NOR SHOULD THEIR WORKOUT. THE GYMFLEX TRANSFORMER IS AN INVALUABLE TOOL AND WILL ONLY TRANSFORM YOUR LIFE IF YOU USE IT!!! IF ITS MOTIVATION YOUR LACKING, GO TO WWW.GYMFLEXFITNESS.COM AND SIGN UP FOR DAILY MOTIVATIONAL E-MAILS SENT TO YOUR INBOX THAT WILL ENCOURAGE AND INSPIRE YOU TO STAY ON TRACK. YOU MAY ALSO CLICK ON LIFE LINKS AND YOU WILL BE REDIRECTED TO SOME OF THE BEST MOTIVATORS, INSPIRATIONAL COACHES AND DIET AND NUTRITIONAL SITES. THE GYMFLEX FITNESS PROGRAM HAS BEEN DESIGNED TO HELP ENCOURAGE AND INSPIRE YOU TO ACHIEVE REALISTIC GOALS AND TO HELP YOU EMOTIONALLY AND PHYSICALLY MOVE TOWARD YOUR TRUE DESTINY. THE NEW TRANSFORMED YOU!



DON'T FORGET TO UTILIZE OUR BURN AND LEARN FEATURE FROM OUR DVD E-TRAINER LIBRARY

HOW TO - CHANGE RESISTANCE

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SIMPLY PULL OUT SELECTOR LOCKING PIN WHILE PULLING OUT RESISTANCE BAND TO DESIRED MARKED LEVEL, THEN RELEASE LOCKING PIN MAKING SURE IT LOCKS INTO POSITION. THE SELECTED LENGTH OF THE BAND DETERMINES THE AMOUNT OF RESISTANCE.



HOW TO - CONNECT HANDLES & BARS

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SIMPLY PUSH SAFETY LOCKING PINS DOWN WITH YOUR THUMB AND SLIDE HANDLES OR CONNECTOR INTO BARS MAKING SURE SAFETY PINS SNAP UP AND LOCK INTO RECEIVING HOLES...



HOW TO - FOLD LEGS IN & OUT 9

PULL LEGS OUT TO THEIR FULL EXTENDED POSITION MAKING SURE THEY LOCK INTO PLACE. WHEN RETURNING LEGS BACK INTO FOLDED POSITION, PUT YOUR HAND THROUGH THE OPENING OF THE FOOT SPACE, THEN SIMPLY PULL SAFETY LOCKING LEVER BACK TO RELEASE LEGS AND SECURE THEM BACK INTO GROMMET.



HOW TO - REPLACE RESISTANCE BANDS

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SIMPLY PULL OUT SELECTOR LOCKING PIN WHILE PULLING OUT RESISTANCE BAND TO FULLY EXTENDED POSITION. **WARNING: [RELEASE SELECTOR PIN MAKING ABSOLUTLEY SURE THAT IT IS IN THE LOCKED POSTION BEFORE REMOVING RESISTANCE BAND!]** REMOVE BAND FROM KEYHOLE SLOT AND PULL OUT OF THE UNIT. INSTALL NEW BAND THROUGH GROMMET HOLE FIRST, THEN INSERT TIP INTO LARGER END OF KEYHOLE SLOT, THEN PULL IT AND SECURE IT INTO SMALLER END OF KEYHOLE SLOT. ONCE INSTALLATION IS COMPLETE YOU MAY THEN AND ONLY THEN RELEASE THE SELECTOR LOCKING PIN. THE BAND WILL RETURN TO ITS WOUND POSITION AUTOMATICALLY.



WARRANTY



GYMFLEX FITNESS, LLC. WARRANTS TO THE ORIGINAL PURCHASER THAT UNDER NORMAL RESIDENTIAL USE TO BE FREE FROM DEFECTS IN MATERIALS OR WORKMANSHIP FOR THE LIFE OF THE PRODUCT. THIS WARRANTY IS NON-TRANSFERABLE. IF YOUR PACKAGE ARRIVES DAMAGED OR WITH DEFECTIVE PARTS PLEASE CALL CUSTOMER SERVICE FOR ASSISTANCE. COST OF SHIPPING AND HANDLING IS TO BE PAID BY CUSTOMER UNLESS OTHERWISE AGREED UPON BY GYMFLEX FITNESS, LLC. GYMFLEX FITNESS, LLC. WILL NOT BE RESPONSIBLE OR LIABLE FOR DEFECTS CAUSED BY ACCIDENTAL DAMAGE, DAMAGE IN RETURN TRANSIT, VANDALISM, MISUSE, ABUSE OR ALTERATION. THERE ARE NO WARRANTIES OTHER THAN EXPRESSLY SET FORTH HEREIN. ANY IMPLIED WARRANTY OF MERCHANTABILITY OF FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THIS WARRANTY. THE LIABILITY OF GYMFLEX FITNESS, LLC. UNDER ANY SUCH IMPLIED WARRANTY AND UNDER THIS LIMITED WARRANTY SHALL BE LIMITED TO THE REPAIR OR REPLACEMENT (OR REFUND IN ITS SOLE DISCRETION) OF DEFECTIVE PARTS WITHIN STATED WARRANTY FROM DATE OF RECEIPT. GYMFLEX FITNESS, LLC. SHALL NOT BE HELD LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS AND EXCLUSIONS MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

RETURN POLICY

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WE OFFER A 30 DAY RISK FREE GUARANTEE!

THE GYMFLEX FITNESS, LLC. GUARANTEE IS AS FOLLOWS:

IF FOR ANY REASON YOU ARE DISSATISFIED, YOU MAY RETURN THE TRANSFORMER WITHIN 30 DAYS OF RECEIPT FOR A COMPLETE REFUND OF YOUR PAID PURCHASE PRICE, LESS SHIPPING AND HANDLING.

PLEASE FOLLOW THE INSTRUCTIONS BELOW.

- 1. PLEASE CALL CUSTOMER SERVICE AT 888-489-4111 EXT. 4 FOR A RETURN AUTHORIZATION NUMBER AND SHIPPING ADDRESS. IT IS REQUIRED FOR ALL RETURNS.**
- 2. RETURN MERCHANDISE IN ORIGINAL SHIPPING CARTON WITH ORIGINAL SHIPPING LABEL CARE FULLY WRAPPED TO PREVENT DAMAGE WHILE IN TRANSIT. ALL RETURNS MUST INCLUDE ALL ATTACHMENTS, PARTS, MANUALS AND POSTER INCLUDED IN ORIGINAL SHIPMENT. RETURNS WILL NOT BE ACCEPTED WITHOUT ALL ORIGINAL CONTENTS.**
- 3. RETURN VIA ANY INSURED CARRIER AND KEEP ALL SHIPPING AND INSURANCE RECEIPTS. GYMFLEX FITNESS, LLC. WILL NOT BE RESPONSIBLE FOR RETURNS DAMAGED OR LOST IN TRANSIT.**
- 4. RETURN MERCHANDISE ON A PRE-PAID BASIS. WE WILL NOT ACCEPT C.O.D. OR COLLECT DELIVERIES.**



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