

Warranty

We warrant the Mini-Gym exercisers Model #101, and Model #190 for 1 year and Super II for 5 years from the date of purchase on all parts except batteries, and we replace any part which may be defective under normal use. Damages caused by accident, abuse, or faulty installation are not warranted, nor will we be liable for injury because of mis-use or accident. When attaching our exerciser to the wall bracket, make sure the wall bracket is securely anchored; it is possible to injure one's self or another nearby person by pulling unit off the wall. We make no other warranty expressed or implied. **Do not return your Exerciser** to the Manufacturer as our Exerciser was designed and engineered to require little or no maintenance. Most adjustments can be made in a few minutes by the owner. **WE CAN NOT ASSUME LIABILITY OF MISUSE OF EXERCISER OR EXERCISE.**

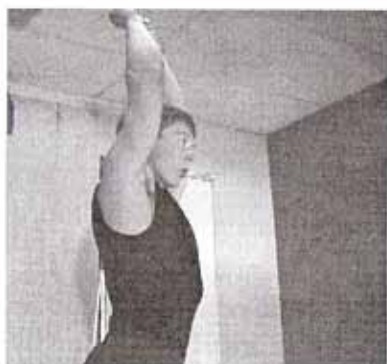
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Other Pat. Pending

Standing Triceps Extensions

Standing on exerciser foot pads, with palms facing upwards, grip bar with fingers (not palms) and keep the elbows from coming out to the sides as you press the bar upwards and behind the head. For reverse triceps extensions do the same as above except start with palms facing down. Works triceps, forearms and shoulders.



Triceps from Wall

With bar in fingers (not in palms) palms facing down, hold elbows stationary and close to body pressing straight down, trying not to pull bar towards lower body. Reverse triceps is repeated the same except the palms face upright.



Diagonal Cross

Use stirrup handle. Exerciser on wall above head, keep the legs straight, pull to opposite side of body to touch toes. Change positions and pull other arm to touch opposite toes. Works abdominals, chest, hip.



Pectoral Developer

The pectoral muscles can be firmed exercising as shown. Keep arm straight. Pull to front of chest. Can also be done from a seated position.



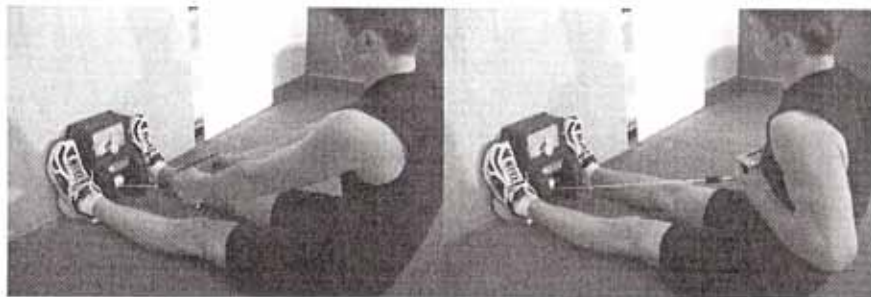
Seated Abdominal Crunch

Grasp handle behind neck, keep back straight and elbow pointing forward. Exhale as you pull chest to knees. Do not rest handle on neck. Firms midsection of body.



Rowing

With exerciser secured against wall and feet against foot pads. Do rowing exercise to mid section. Also one can continue with body reclining to floor and bring handle over head until arms lock out at full extension.



Abdominal Horizontal Pull

With exerciser secured to low wall bracket, lay on floor with head in direction of unit. With arms completely extended, grasp handle and pull to hips without bending elbows. Make sure unit is secure to wall to prevent injury.



Caution:

These exercises, as with all exercises, must be performed with care when the range of motion allows the exerciser to move up from the wall bracket. Since the exerciser “drops” into the wall bracket, care must be taken when it is possible to pull the exerciser up from its bracket.

Straight Leg Exercise

Place the exerciser on low wall bracket. Use optional foot strap. Begin exercise with leg straight and raise leg up. Pull leg to the floor, firm’s backside of calf, thigh, hip, and lower back muscles



Bent Leg Exercise

Using optional foot strap, begin exercise with knee flexed. Push leg out from body, similarly to bicycling. Firms legs and hips; do both legs.



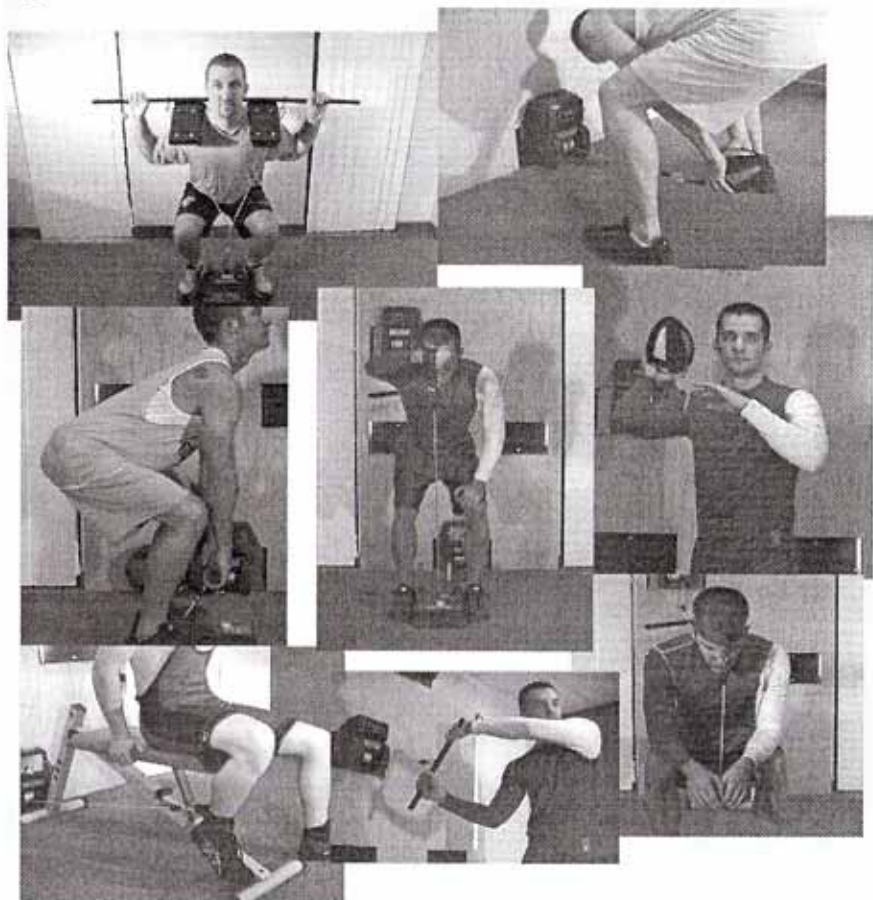
Mini-Gyms for all Sports

There are hundreds of exercises with the Mini-Gyms that strengthen the athlete's range of motion as well as developing the "Muscle Memory". All sports take strength and hand-eye coordination. The Mini-Gym can provide fast or slow speed resistance through a full range of motion developing more power for specific sports motions.



Football

Fast speeded workouts are important for most sports to develop power in legs and arms. For pure power, athletes need to use 100% of there ability for power flashes i.e.(running backs, linemen, kickers, quarterbacks). The Mini-Gym workouts are especially important during "in-season" training. Little or no muscle soreness is experienced as the blood flows between reps (rather than the muscle being constricted with both eccentric and concentric work as with weights). This high-intensity training is the optimum way to develop fast-twitch white muscle fibers, developing powerful explosive movements. White quick twitch muscle fibers can produce 30-70 twitches per second which most athletes need in games.



Mini-Gym for Basketball Training

Junior athletes to NBA pros all benefit from using the Isokinetic resistance to improve explosive power and quickness for jump shots, rebounding, passing, dunking, and changing of direction skills.



Pull Downs after Rebounding

Fast speed resistive exercise with Mini-Gyms is only possible because there is no negative resistance. This fast speed exercise develops more quickness and muscle memory, not possible with usual weight training strengthens arms, shoulders, and upper arms.



Passing/Dribbling/Shooting

An optional basketball attached to the Mini-Gym (fast speeds) develops stronger hands, wrists, and shoulders for the all important passing game.

Be specific...quickness is developed simulating the actions that are part of the game; shooting, dribbling, and can be simulated with Mini-Gyms.



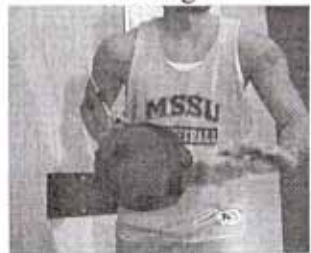
Cross court pass



Passing



Shooting



Dribbling

The Power formula for Swimming

1. Power = Work Work = Force x Distance
Therefore: Power = Force x Distance/time
Velocity = Distance/time
Power = Force x Velocity or Power = Speed x Strength
2. Technique is the foundation and starting point of any sport or exercise. Research shows that strength improvements are specific to the form and the speed of training that was used for its development. That is, fast speed isokinetic training.

Latisimus Pull/Rotator Cuff

The latisimus pull and the arm rotator exercise are the two of the best exercises for the swimmer to improve their arm strength and develop a strong and efficient pull. With Isokinetic Mini-Gyms, we measure, monitor technique and develop more power.



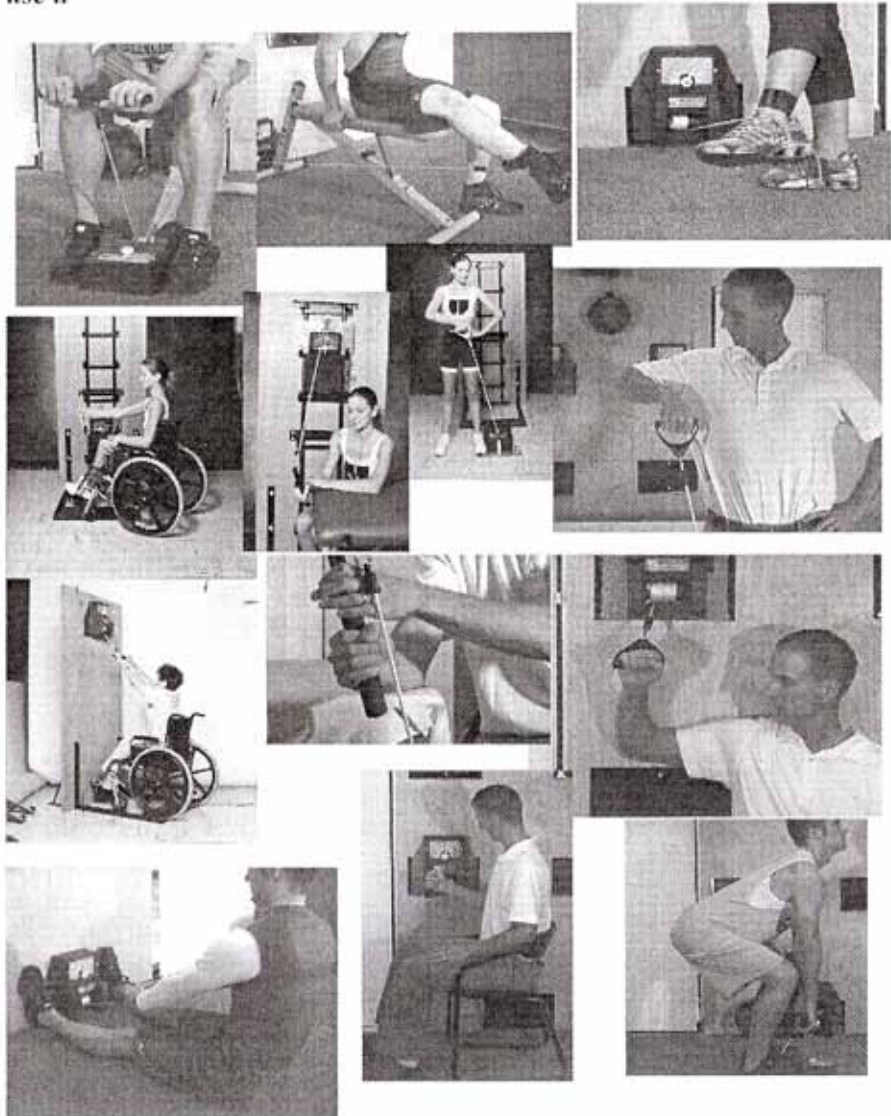
Swim Bench

By attaching 2 Mini-Gyms to a wall makes for a perfect swim bench to analyze strokes technique and develop power with endurance. The Mini-Gyms provides resistance that is similar to water resistance because with additional effort one receives proportionate exact resistance and it adjust as one fatigues. With our electronic LCD models, we measure power values on each stroke, and continue measuring work for the full workout time. Our full Swim Bench adapts to 2 #190 or 2 #101. Our sliding pulley permits swimmers to do a wide sweep in their training. Note: When using 2 Mini-Gyms off wall or on swim bench, make sure both exercisers are set on same speed as our speed numbers on our exerciser may vary a little.



Rehab Exercise

The Mini-Gyms accommodating resistance exerciser permits 5 lb pull to hundreds of pounds resistance. Literally hundreds of exercises can be performed through every range of motion with resistance which matches effort of the user. Amputees, stroke, hip and knee injuries can use the Mini-Gym and expect to receive results. *"If you can move it...you can use it"*



Accessories

Visit our website at www.minigym.com.

- 95 Extra wall bracket for Mini-Gym 190 & 101
200 Extra wall bracket for Super II, Achiever, & Evaluator

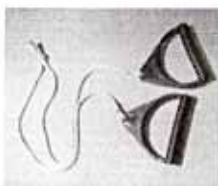
- 100 Velcro ankle strap with D ring



- 125 Basketball strapped with D ring attachment



- 130 Foam Padded 12" handle with eye bolt



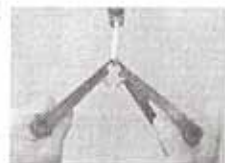
- 135 Bridle handles



- 140 18" rotating handle



- 145 36" handle (lats)



- 150 Rowing or Swim handle

155 Wide base (for Mini-Gyms 190 & 101)



160 Pulley (use with wide base for leg press, cuts speed $\frac{1}{2}$, for models 190 & 101)



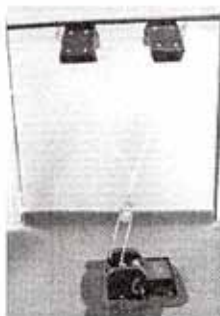
165 Swim paddle



170 Velcro single arm shiver strap with D ring



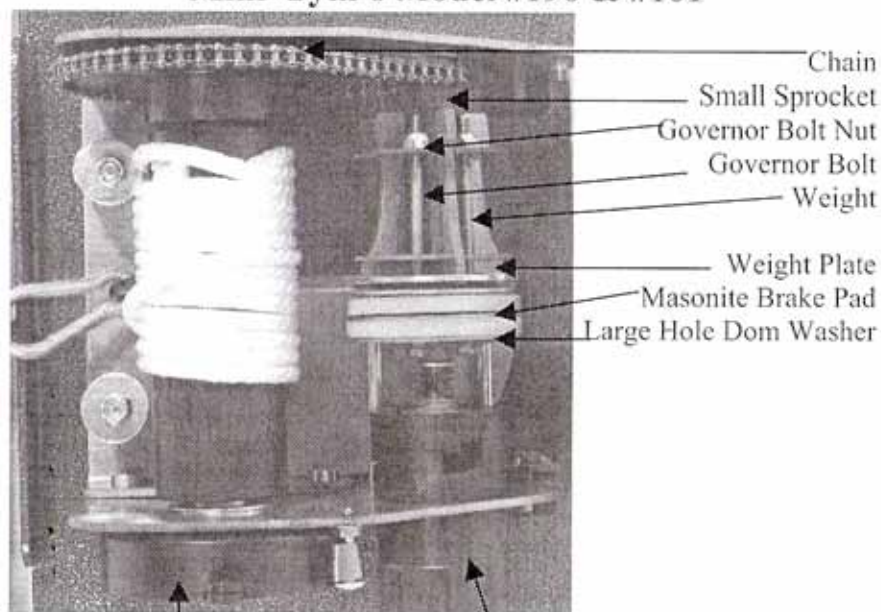
185 Leaper pads for all models
(Pulley and wide
base sold separately)



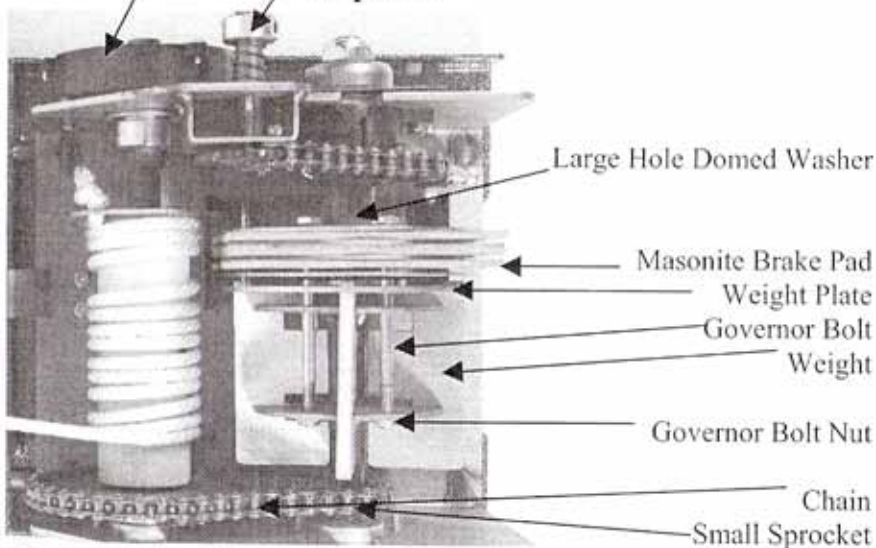
195 Padded strap for head or foot with D ring



Mini-Gym's Model #190 & #101



Recoil Spring
Speed Control
Super II



Trouble Shooting/Maintenance

We have manufactured our Mini-Gym exercisers for 40 years that require little or no adjustment what-so-ever. But, in the event you feel like you have developed a problem, best to call us Toll Free 877-656-5496 or email info@minigym.com. Our 40 years has given us these suggestions for users.

1. The ultimate resistance/wear factor ends at our masonite brake pads. Our steel washers are spinning against these pads, but the amount of wear on these pads is little to none. But, only in the event you ever have vibration in our centrifugal brake mechanism, do only 2-3 drops of transmission oil or cutting oil on the top of brake pads. This may happen because of dirt accumulating, but this oil always smoothes out the excessive governor vibration. Do not use lubricating oil.
2. Our cartridge clock spring that returns the rope requires no maintenance and usually last a lifetime.
3. After some use, the speed control knob on Model #101 and #190 can slightly move (as you exercise) from fast to slow speed. In this event,, turn unit on its side with speed knob up, with Phillips screw driver, turn both screws inside speed control knob ¼ turn clockwise, then try exerciser again to see if exercise speed holds. If not, do only ¼ turn again. Tightening these screws too much, will lock exerciser totally. In that event, back off the screws slightly and try exercise again.
4. Batteries usually last 2-3 years, but when changing the AA batteries, take 4 screws off of metal face plate and batteries are exposed and can be easily replaced. It is not necessary to take cover off exerciser to do this.
5. Should you take cover off of Super II model, un-screw speed control knob (counter-clockwise), then spread cover and remove. It's also necessary to take the 2 bottom screws on each side from metal foot plate.
6. Our rope is 900lbs test nylon rope, and should last most users a lifetime. In the event it needs to be replaced, it can be ordered from us. If purchasing at a hardware store try and get soft solid braid polyester ¼ x 8ft long. (not cotton rope)
7. When attaching wall brackets to wall, make sure to use long enough screws to anchor to wood studding. It's usually best to use flat headed screws on bracket of Model #101's and #190. If anchoring bracket to concrete block wall, it is best to go thru wall with long bolts and lock on back side of wall.
8. To change speed on Super II exerciser, push in on speed control knob and turn.
9. Speed adjustments. When using 2 Mini-Gyms #101 or #190 on a Swim Bench or a wall, it is sometimes necessary to adjust the speed control knobs. It maybe necessary to adjust the speed settings on one unit to mach the other unit. Each units speed is true within itself, but they may not match another unit's exact speed setting.