

## User manual



### INTRODUCTION

Gravity is a compressive force which is constantly affecting the upright human frame. Since the beginning of time people have suffered the ill effects of gravity. They have felt the compressive force on their spines causing them to have back problems and poor posture. Science has recently paid close attention to the joints of the spine. They have found that the force of gravity is a major factor in vertebral misalignments. These tiny misalignments, along with the narrowing of a compressed disc, put pressure on the spinal nerves existing between them. This pressure is the cause of many health problems and pain.

- Relieves Back and Joint Pain.	- Decompresses Discs and Joints.
- Helps Prevent and Relieve Common Athletic Injuries.	- Improves Circulation and Helps Provide Nutrition to Poor Circulation Areas Such as Discs, Joints and all Parts of the Head.
- Improves Posture.	- Increases Flexibility of the Spine and Joints.
- Great Exercise Aid.	- Relieves Stress and Tension.

**WARNING!** *If you suffer from high blood pressure, obesity, heart disease or any other health condition, consult your doctor before use or when beginning any new exercise.*

**NOTE!** *Secure the boots to the ankle with hooks in front and latches on the outside of legs.*

#### **Outsmarting gravity**

Today modern technology has allowed us to outsmart gravity and make it work for us. With the use of VirtuFit Gravity Inversion Boots one can enjoy hanging by the ankles allowing gravity to stretch and relax the entire body. Hanging in this way allows your body weight to traction your spine decompressing the joints and discs.

#### **Desire to hang**

Many people experience an innate desire to hang. Perhaps this is due to our suspension in the uterus. VirtuFit Gravity Inversion Boots allow this to be done safely and with amazing comfort.

## Reported benefits of inversion

-	Relieves back, shoulder and neck pain caused by the compressive force of gravity.	-	Promotes lymphatic drainage in assisting the body to remove waste products.
-	Improves circulation. Relieves the discomfort of varicose veins and venous stasis. Eases the stress on the heart.	-	Natural face lift. Revitalizes and tones facial tissue. Aids in offsetting the effects of gravity on wrinkles. Improves complexion. The increased blood flow to the face promotes a blushing effect that enhances natural beauty.
-	Improves posture. Counteracts the downward pull of gravity	-	Enriches brain and eyes with oxygen rich blood. Improves intellectual processes.

## VirtuFit Gravity Inversion Boots

Secure the boots to the ankle with hooks in front and latches outside of legs. For comfort, some users require additional cushioning around the ankle. Use the supplied foam rubber pads to provide that extra support. VirtuFit Gravity Inversion Boots should fit snugly and comfortably.

## Exercise

*Grasp the chinning bar with both hands and raw up legs until the VirtuFit Inversion Boots can be hooked into the bar. Release hands to hang freely.*

- 1. Swinging:** Gently swinging back and forth is a relaxing, decompressing activity. Swinging uses gravity and centrifugal force to reverse the everyday pressures of the body.
- 2. Twists:** Lace your fingers behind the head, bring elbows inward and rotate the body at the pelvis. Twisting as far as possible to the left and right mobilize the lumbar portion of the spine (lower back).
- 3. Sit-ups:** Place hands on calves and try to touch forehead to knees. This exercise tones abdominal area and decompresses the entire spinal column as it develops muscles in the stomach and back.
- 4. Squats:** Place hands on shins and bend knees to squatting position. Relax and repeat to tone thigh muscles and decompress knee and hip joints. An alternate way to perform squats is by placing hands on the door frame and bending knees.
- 5. Arches:** Grasp the door frame at waist and straighten arms. Bend waist to elevate hips as high as possible with arms in place. Bend waist in the opposite direction to arch back. This exercise creates greater flexibility of the spinal column, and stretches muscles in the legs and abdomen.
- 6. Weightlifting:** Use commercially available dumbbells to tone the upper extremities and increase the decompressive effects of the exercise.
- 7. Brachiation:** Simply grasping the Chinning Bar and hanging by the arms is an excellent way to relieve tension in the back and to stretch shoulder and arm muscles. Read on to mount and dismount the Chinning Bar.
- 8. Chin-ups:** Grasp the Chinning Bar with both hands. Palms should be toward you. Hang freely and attempt to bend arms bringing head to Chinning Bar. Repeat as many times as possible.

Some users find the "stirrup" method easier. Tie a nonslipping loop in one end of a strong piece of rope. The loop should be large enough to slip over the toe end of your shoe. Tie the other end of the rope to the Chinning Bar with one foot in the loop, place both hands on the Chinning Bar and shift weight to foot in loop.

**To mount the Chinning Bar:** Place both hands on the bar, unhook the VirtuFit Inversion Boots and place feet on the floor.

**To dismount the Chinning Bar:** Raise body toward legs and place hands on the bar. Pulling yourself up may be accomplished by grasping the rope and reaching bar by a hand-over-hand progression. With both hands on the bar, unhook the unlooped leg first. Unhook the remaining leg and shift weight to rope loop. Place free foot on the floor and remove other foot from loop.