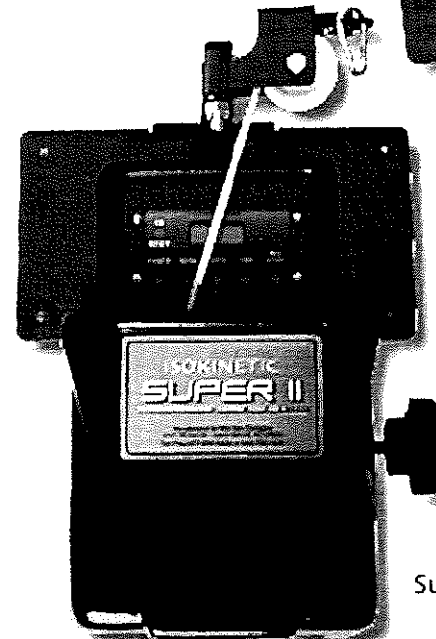
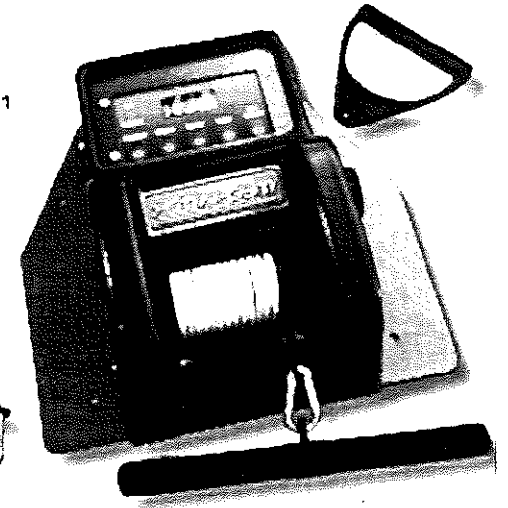


ISOKINETIC MINI-GYM

Instruction Manual

Models: 190 & 101



Super II

For Floor & Wall Exercises

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.**

Distributed & Mfg
By
Mini-Gym Company

4141 NE Port Dr
Lee's Summit, Mo 64064
Phone 816-795-1444 * Fax 816-795-9485
Toll Free 877-656-5496
minigym@gmail.com

Pat. No. 3640530
Pat. No. 3896672
Pat. No. 4041760
Pat. No. 4363480
Other Pat. Pending

Table of Contents

	Page
Warranty information	1
Table of contents	2
Introduction	3
A word about variable speed and LCDs	4
Suggestions for motivational workout	4
Mini-Gym Models 190, & 101	5
Super II, Achiever, Evaluator	5
Compare strength building principles	6-7
Specificity	8
Exercises	
Big 4 - Military Press	9
Arm curl - upright row	10
Wrist curls - reverse curls	11
Knee Extensions	11
Straight Arm Pull Down - Hip adduction	12
Neck - Leg press	13
Butterfly/Chest - Rear Deltoid - Lying Pull	14
Lats - Straight arm pull downs	15
Hamstring straight leg	15
Triceps extensions – Triceps Press down	16
Diagonal Cross - Seated abdominal crunch	17
Horizontal pulls - rowing	18
Abdominal horizontal press	18
Leg exercises	19
Mini-Gym for all sports	20
Football training	21
Basketball training	22
Pull downs - Passing	23
Swimming - Latisimus pull	24
The Power formula for swimming	24
Rehab exercises	25
Accessories	26-27
The Inner Workings	28
Trouble Shooting	29

Note: Visit our Website www.minigym.com to download: Leaper Wall Training Charts, Power Gain Charts, & Swim Bench Charts

Introduction

The exercisers detailed in this book are “Isokinetic” – a principle of fitness training that has many advantages over ordinary methods – with none of the disadvantages. Isokinetics is defined as “accommodating resistance”. In other words, the exerciser accommodates or adjusts to the individual and his or her needs. However much pressure is exerted by the user, whether it is one pound or one hundred pounds, a matching amount of resistance is developed.

The key to Isokinetics is that the speed of exercise is preset...and the actual resistance comes from the user. The only thing to change is the speed at which you want to work. To work harder, slow the speed, or for cardiovascular strengthening or simulate many sports motions, do more reps at fast speeds.

Among the many benefits created by this method is “maximum resistance throughout a full range of motion”. In other words, traditional forms of exercise don’t allow for the fact that your muscles are not uniformly strong in every position.

When the degree of resistance doesn’t change throughout a particular movement, then all muscles, regardless of strength, are put under equal stress. Isokinetic exercise devices adjust automatically to all movements and all individuals, and with every repetition. This makes your workout not only effective, but safe, fast, and efficient.

It is safe for several reasons: First, the muscle soreness that usually accompanies weight training programs is virtually non-existent. With isokinetics, muscles rest momentarily between repetitions, giving the blood time to cleanse the lactic acid from muscle cells. When lowering a weight during “isotonic” movements, muscle contraction continues to restrict the blood flow to muscle tissue, prohibiting the natural cleansing process. The result is soreness. Second, due to the accommodating nature of the equipment, it’s virtually impossible to exceed the user’s physical limitations. Isokinetic equipment adjusts to fatiguing muscle just as it adjusts to muscles building strength.

Workouts can be done rapidly because of limited warm-up time necessary with isokinetics. Again, your workout could be preceded by a child, or a professional athlete and no adjustment of the equipment is necessary. With the Mini-Gym, no changing of weights or adjustment of pulleys is required as with weight machines.

A word about the Leaper & Super II variable speeds & LCDs

It takes only a few pounds of force to energize our centrifugal brake which compresses our recording springs. This force measurement is transferred to LCD readouts from the potentiometer and combined with the distance traveled for foot pounds reading of power and work. When comparing one workout to another with LCD measurements, one can not exert the same amount of leverage or force at fast speeds as one can at slow speeds. (Thus, ALWAYS MAKE LCD READOUT COMPARISON AT SLOW SPEED.)

When you have completed your exercise, you do not need to turn off the LCD's as it will turn itself off automatically after 2 minutes of no exercise.

Suggestions for motivational workout with Leaper, Super II & #190

1. Push the "ON" button
2. To watch for your strength increase with each rep, push the power button and it will constantly show the effort you exerted on each preceding rep. As you exercise, you can see your improvement with each rep, and as you fatigue, your can see the rate of your fatigue. (Power is Force x Distance / time)
3. After you have done your 10, 20, or 30 or any number of reps, you can push your work button for your total accumulated work (force x distance)

Optional – if you would rather watch your work numbers as you workout, that too is a motivating workout.

4. Push your rep button and you will see your actual rep count.
5. Push your time button and you will see your actual exercise time.
6. Push your Ave work button and you see your total work divided by the number of reps you did. For example, 8000 work units divided by 20 reps, provides average of 400 units of work per rep.

The Mini-Gym Models 190 & 101

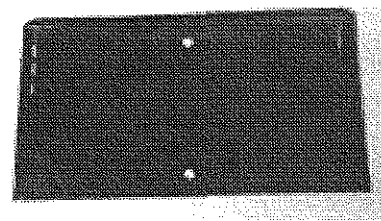
In the 1970's and 1980's this fantastic isokinetic exerciser was used by astronauts in Skylab II and III, as well as by most professional athletic trainers. Sports and athletic teams in a hundred countries have used the Mini-Gym to achieve the optimum level in their conditioning and technique. It has been designed and engineered for a quick and convenient workout that can be used by all members of the average American family. It provides exercise results in half the time of conventional weights programs and creates little or no muscle soreness which accompanies most weight training programs. Anyone from age 6 to 100 can use this machine safely as the machine adjusts to each individual's level of strength without any adjustments whatsoever.

Super II

This is basically the same as the Model 190 and 101 but has a larger governor that can be utilized by larger numbers of athletes, and has their own wind-vane pulley which allows side pulls at any angle. All models provide exact resistance in the same proportion as the effort exerted. One may exercise from fast speed to slow speeds. Basically, Super II provides a slower range of exercise for the user because of its 5" brake pads.

Wall Brackets

The pictures illustrated with the different exercises in this book, are done with all of our models. We use a single wall bracket for all models (1 location). All units can also be used from floor.



Wall bracket for all models.

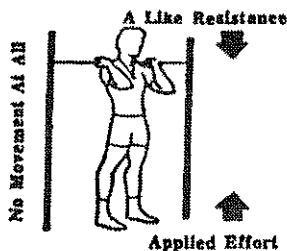
Compare the strength building exercise principles in use today.

Top coaches, trainers, athletes, doctors, and physical therapists agree that one is superior, it's called Isokinetics.

The principle of isokinetics is relatively new. It's the basis of an extraordinary new line of strength building equipment for athletics, physical therapy, and consumer use. Your body consists of hundreds of different muscles. Depending upon mechanical and skeletal leverage, some are naturally stronger than others. No matter how strong your strongest muscles are, they are not uniformly strong in every position. To continually excel and be a consistent winner in any event, one needs to develop maximum strength and power. Let's compare the different types of exercise programs.

1. Isometric Principle

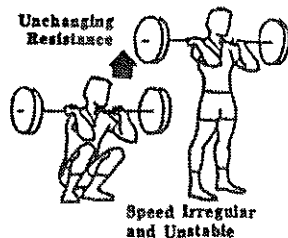
The oldest and simplest exercise principle is isometrics. It involves applying as much muscular strength as possible either pushing or pulling an immovable object. As tension is increased and maintained for short periods of time, one strengthens his muscles at that given point, but strength throughout the range of motion is impossible and lack of motivation soon terminates most individual's program.



2. Isotonic Principle

This form of exercise involves physically lifting or pulling an object to a predetermined position and then returning the object to its original position, i.e. lifting a barbell. One is limited to the maximum weight he can move at his weakest angle throughout the range of motion. This is a serious drawback. Because of variations in skeletal leverage, you do not have equal strength in all

positions throughout the full range of all exercises you perform. The exercise movement is usually erratic and unstable. Isotonic exercises do not make any allowance for fatigue.



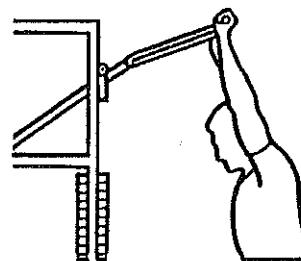
3. Variable resistance weight machines and cam devices

Because of the limitations of isotonic resistance as shown in 2, some weight machines have tried to get variable resistance by adding some mechanical features. Several weight machines add an off-center lever bar that makes the weight more as one pushes the bar through the range of motion. This has limited value as it increases resistance on only a few exercises such as squats, bench press, and sitting leg press where range of motion gets stronger throughout the extended movement. However, this principle is not good when the middle of the range is strongest as in exercises such as curls, knee extensions, and those utilizing the triceps and lats. Cam devices were

developed to try to solve this dilemma. They made only a slight increase in resistance for the middle range, but were no help in the stronger extended ranges.

In both instances, because all individuals do not have the same skeletal leverage, there can be no allowance in resistance for the fatigue factor. It is not recommended that you use HRFS (High Resistance Fast Speed) with these machines as it can be very dangerous.

Only with the Isokinetic resistance can all the factors be corrected easily and safely. Only with Isokinetic can you achieve this strength/aerobic workout.



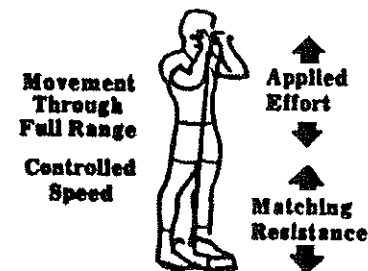
4. Isokinetic Principle

The most advanced form of strength building today involves the principle of isokinetics. When a true isokinetic exerciser such as the Mini-Gym is used, resistance equal to the force being exerted is instantly and automatically developed throughout the full range of the exercise being performed. In other words, if an exercise involving your wrist is used and you exert five pounds of pull with your hand, the Mini-Gym's patented isokinetic exercise system will automatically develop exactly five pounds of resistance. And, if during some portion of the same exercise, muscles in the arm are placed in a position so 50 pounds of pull or push is being exerted at any

given moment, a Mini-Gym Isokinetic exercise unit will instantly and automatically adjust itself to 50 pounds of resistance. With the Mini-Gym, the amount of isokinetic resistance created always equals the amount of force being applied pound-for-pound, ounce-for-ounce.

There is no other type of exercise which allows individuals to work at HRFS (High Resistance Fast Speeds). Working at fast speeds with heavy weights is very dangerous. Working with light weights at fast speeds is of little value because the resistance becomes a ballistic missile. In comparison, Mini-Gyms provide hundreds of pounds of resistance in less than one second, and one may do 20 or 100 repetitions in rapid succession without the danger of falling weights. Lowering of weights (eccentric contraction) is great for "Body Builders", but there are few, if any, athletic events where one needs the strength "coming down". Nevertheless, the same muscle groups are used positively, as well as negatively.

Isokinetic resistance will not replace weight training, but it will do much for you that weights can't do.



Specificity:

Work fast to be fast

This is the most important article for coaches and athletes to read in this instruction manual. Recently, with fast speed isokinetic resistance, some startling discoveries have come out of exercise physiology laboratories.

Everyone's muscles are made of a mixture of two types of muscles fibers: red (slow twitch) fibers and white (fast twitch) fibers. Each individual is born with a certain proportionality of these fibers and this balance cannot be changed by training or any other means, but you can develop the ones you have.

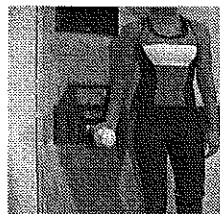
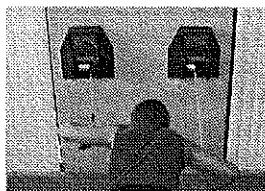
Athletes who have a large proportion of white fibers (fast twitch) are usually good sprinters whereas individuals that are good distance runners usually have large quantities of red muscle fibers (slow twitch).

The white fibers are markedly different than the red in that they are adapted for fast movements and quick energy release. They tire quickly and are used in activities such as sprints, explosion off the line in football and the vertical jump in basketball. Red fibers (slow twitch) on the other hand, are used in endurance activity such as the mile run, or arm wrestling. To increase the size (hypertrophies) of the red fibers in proportion to the white may improve endurance of the muscle, but impair its quickness qualities.

Every sport must have a combination of both. However, most athletes are lacking in quickness rather than endurance. The way to improve upon this fast twitch or white muscle fiber is to closely simulate the particular sports activity with HRFS (High Resistance Fast Speed exercise). This is easily accomplished with the variable speed governor on every Mini-Gym.

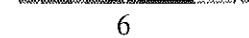
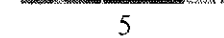
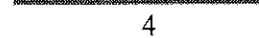
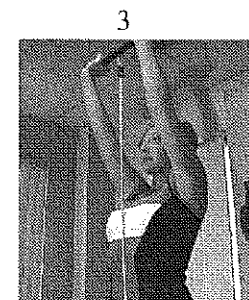
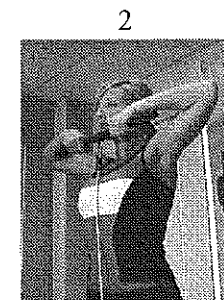
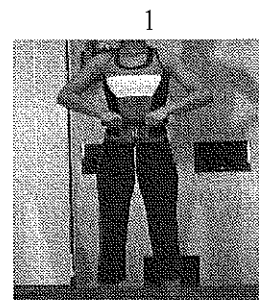
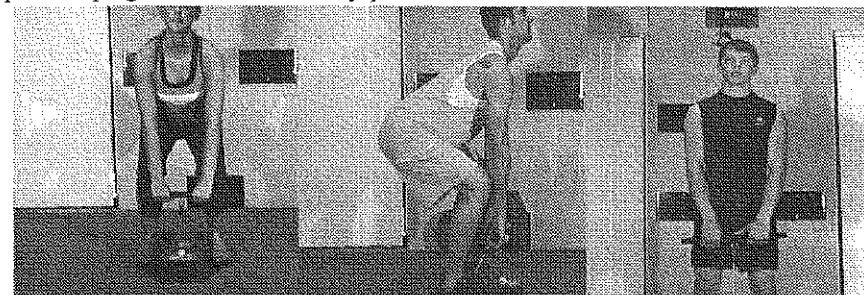
The major advantage for an athlete to exercise isokinetically is: the ability to develop power and strength throughout the full range of motion and develop those motions specifically for the exact sports motion needed by the athlete; to be able to exercise those motions with HRFS thereby enlarging the white muscle fibers, thus increasing the speed potential of the muscle.

The Mini-Gym with fast speed work, more than any other piece of training equipment, trains the muscles to react quicker and faster. Power is developed with HRFS once you have mastered the technique.



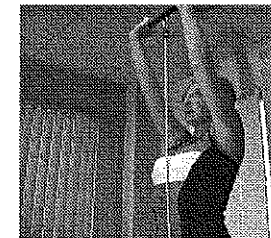
Big 4

With feet on base, in squat position, head up, arms straight, seat down, back straight (pic 1 & 2). Pull up and keep arms straight, until knees are straight (pic 3), then bend elbows (pic 4) and pull up to chin (pic 5) with elbows high and rotate handle to military press (pic 6). Go completely up on toes, then back to starting position. Back must be maintained in straight position throughout full exercise. The "Big 4", proceeds as one continuous exercise and works all four major muscle groups. This exercise can also be done as individual movement; i.e. leg press, upright row and military press.



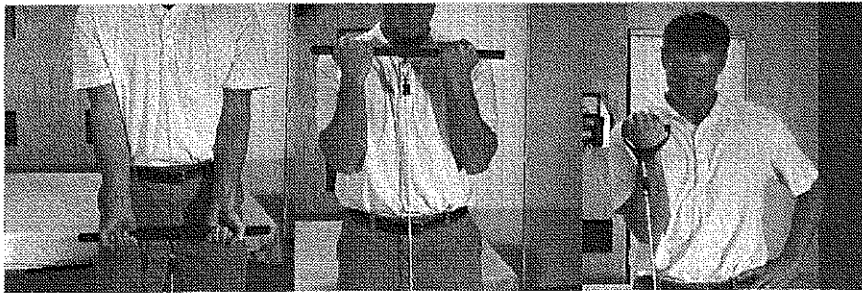
Military Press

With feet on foot pads and handle in both hands at chin level. Press directly upwards until arms are extended.



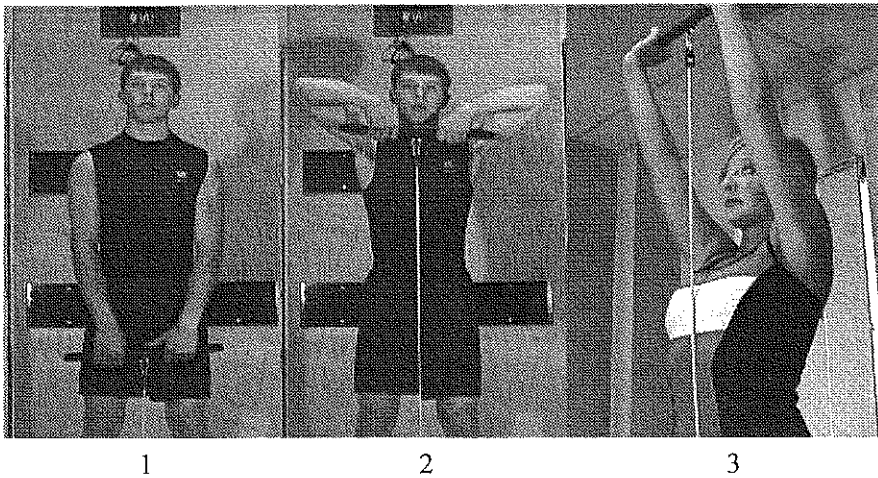
Arm Curl

With feet securely on foot pads, palms up, hold handle close to body. Bend elbows and pull handle to shoulder to complete flexion. This strengthens and firms biceps. The single arm curl exercise can be done with stirrup handle. All these exercises can be done in a fast continuous workout safely.



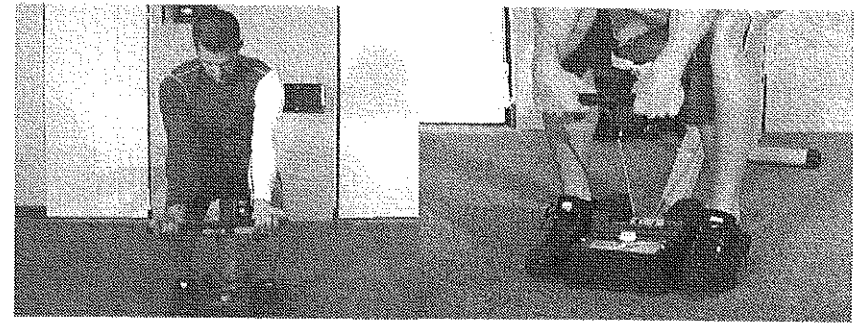
Upright Row to Military Press

With feet securely on foot pads, pull upwards, keeping handle close to the body. Complete the movement to chin with elbows high (pic2). This exercise can continue overhead to a Military Press in one continuous motion (pic 3). This strengthens, firms shoulders, arms, wrist, and upper body.



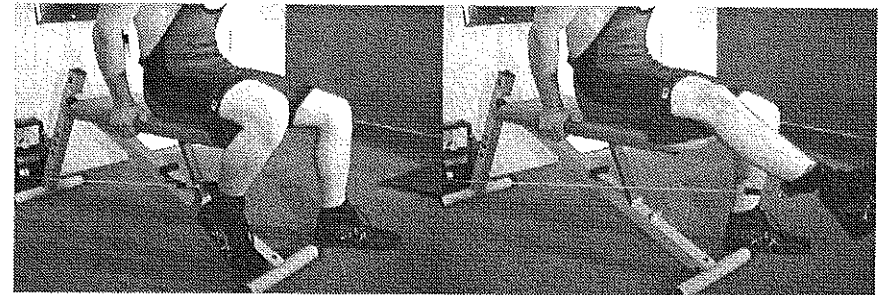
Wrist Curls and Reverse Curls

Place forearms on thighs, with underhand grip and pull to chest area. Forearms on thighs and grasp handle for reverse curls. With palms down and flex wrist far as possible.

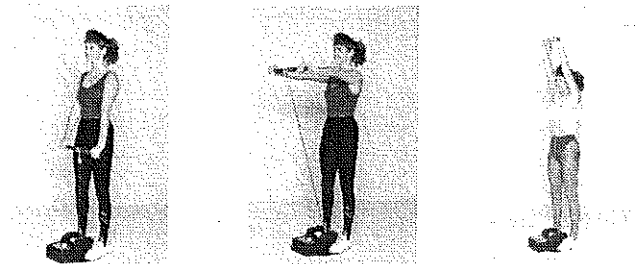


Knee Extensions

Sit erect in a chair or on a bench and place towel or pad under knee and use optional foot strap. Exercise quad from 80° to full extension of 180°. Exerciser can be anchored under a chair or to a wall, or another person standing on the Mini-Gyms foot pads.

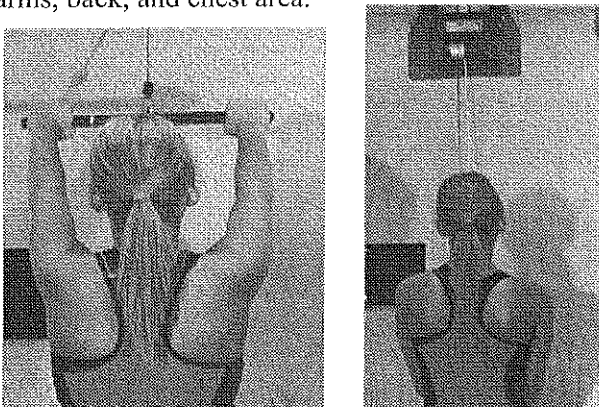


Straight Arm Pull Up



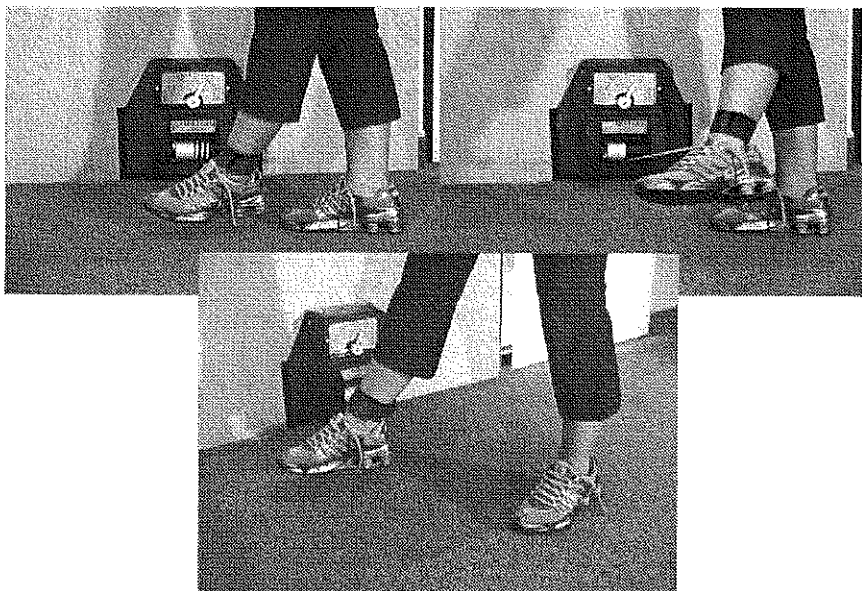
Straight Arm Pull Downs

Keep elbows straight and pull down to hip with maximum effort. Works arms, back, and chest area.



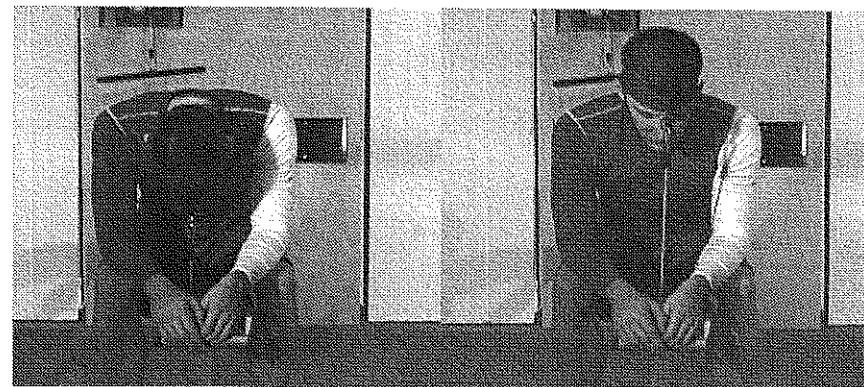
Hip Adduction and Abduction – Leg Kicks

Standing to side of exerciser, attach optional foot strap to ankle. Stabilize yourself from wall. Do one leg cross over other leg and pull to side as far as possible. Change positions and exercise other leg. Firms hip and thighs.



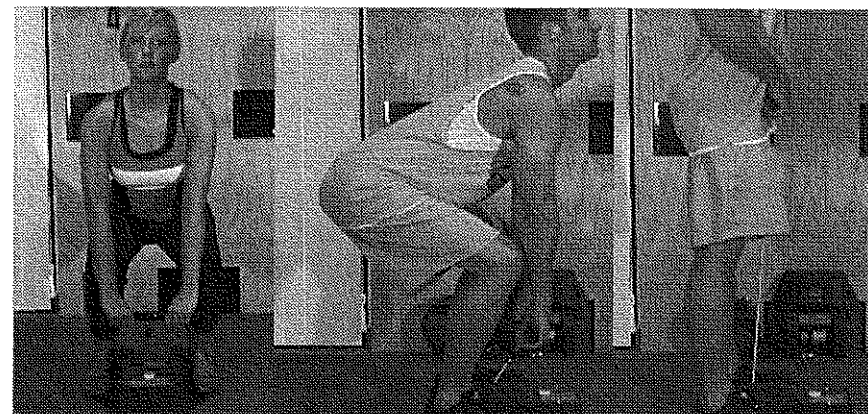
Neck Exercise

Use optional head strap; can be done in all 4 directions from floor or wall. Neck muscles are especially vulnerable to injury in football games. This exercise should be done carefully by sedentary individuals.



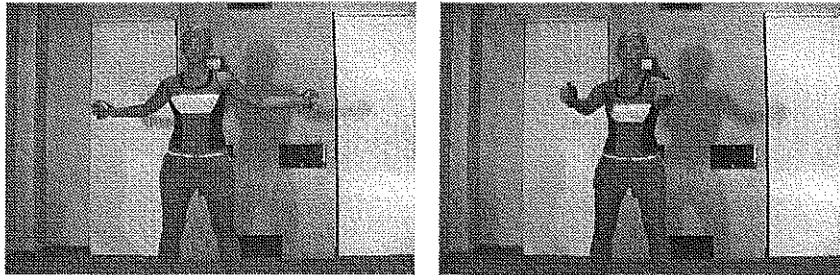
Leg Press

With feet on foot pads, squat position; head up, arms straight, seat down, back straight try to keep handle between knees. Keep arms and back straight, press with legs bringing body to a vertical position and try to keep handle between legs. Go completely up on toes, isolating leg muscles.



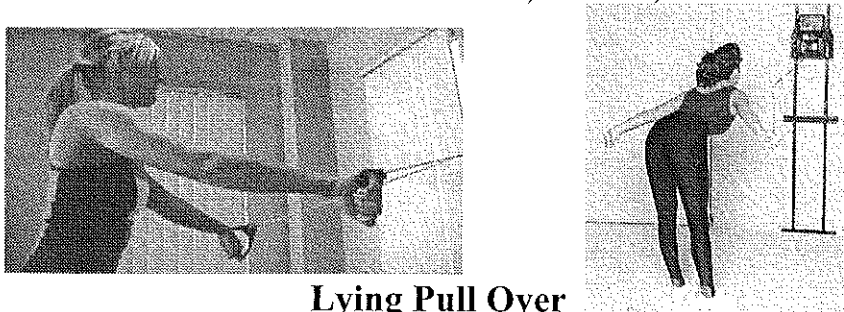
Butterfly/Chest Developer

Use optional bridle handles. Stand with back to unit so that pull is about chest high. Extend arms straight to sides with palms facing forward. Pull arms together to an arc in front. Works chest, shoulders, and arms. Can also be done bending at waist and pulling downward.



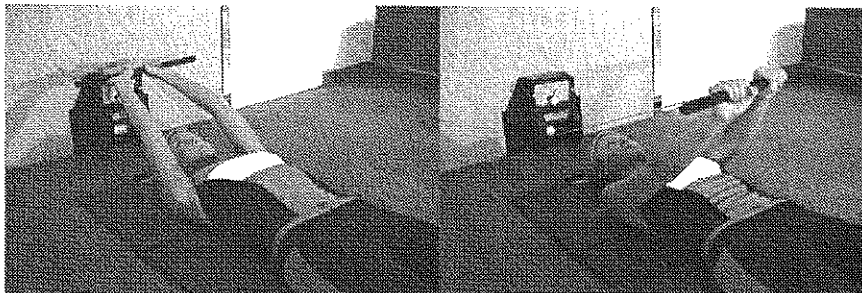
Deltoid Shoulder Developer

Use optional bridle handles. Stand facing the exerciser about chest high. Extend arms straight from shoulder width with palms facing backward. Pull hands back in arc to sides. Works back, shoulders, and arms.



Lying Pull Over

With body in a horizontal position, with palms up. Keep arms and elbows straight, pull to hips. Firms back, shoulders, and upper arms. Firmly secure exerciser to wall to prevent injury.



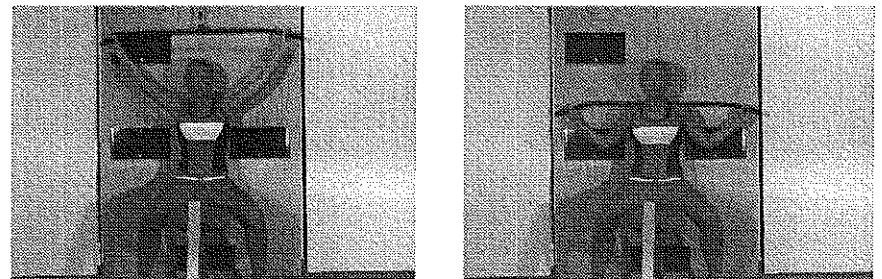
Squats with 2 Mini-Gyms

Anchoring 2 Mini-Gyms to a floor base and using our Power Bar or Leaper Pads, makes an Isokinetic Power Rack. This permits both Olympic and power lifting with the advantages of Fast Speed movements.



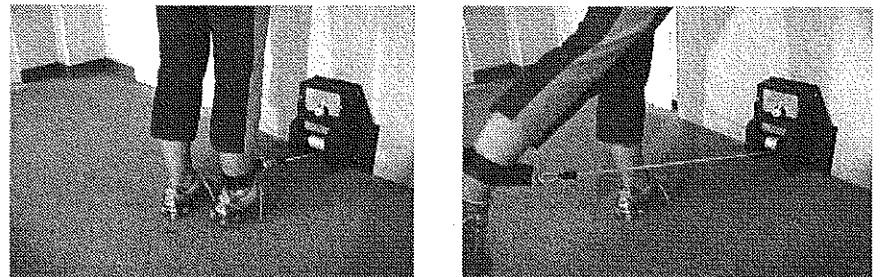
Lats Pulls

Sit below exerciser and pull optional lats bar behind head with hands completely extended. Keep body straight, pull down far as possible. Probably best to set slow governor speed on exerciser. Firms back, arms, and shoulders.



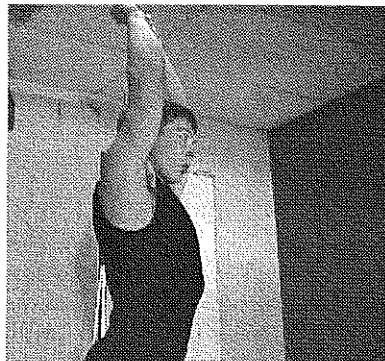
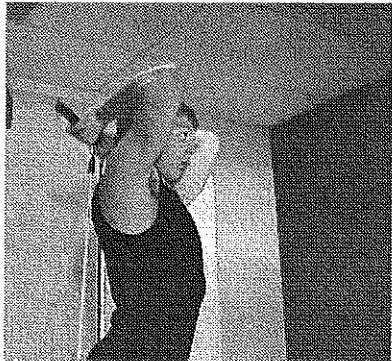
Hamstring Straight Leg

Use optional foot strap and maintain straight leg. This isolates gluteus and hamstring muscles. Do both legs.



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.



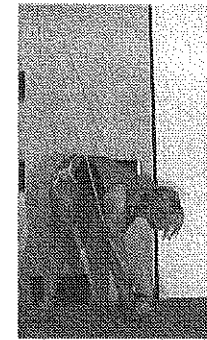
Triceps from Wall

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.



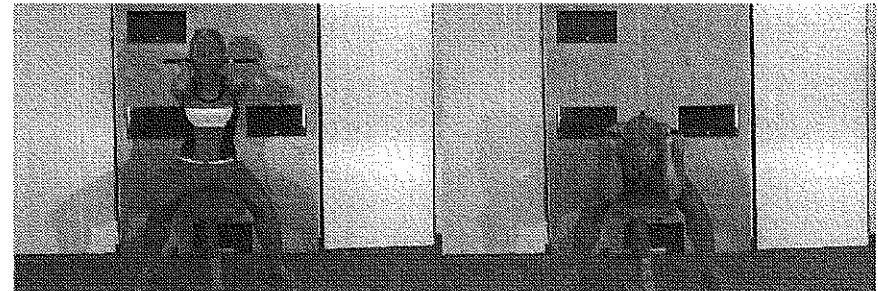
Pectoral Developer

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.



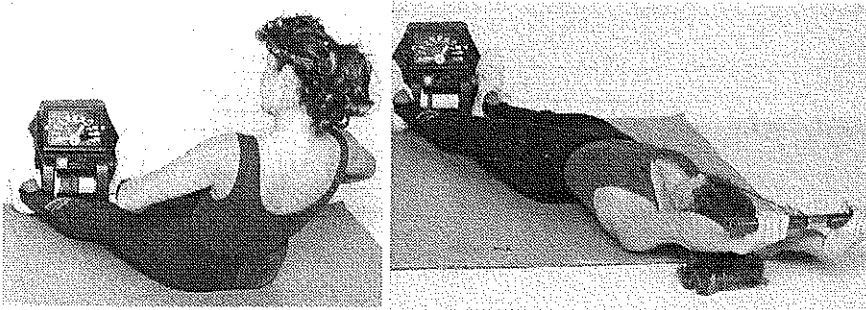
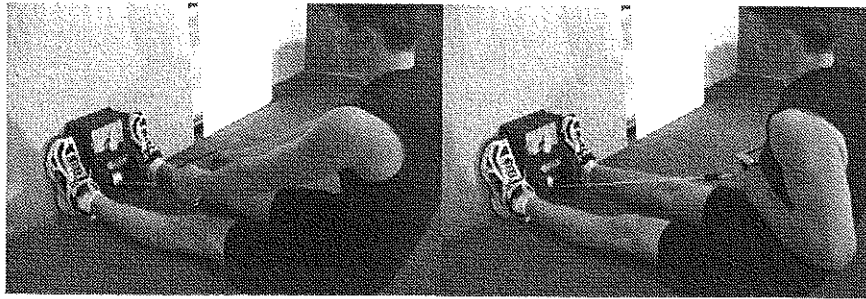
Seated Abdominal Crunch

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.



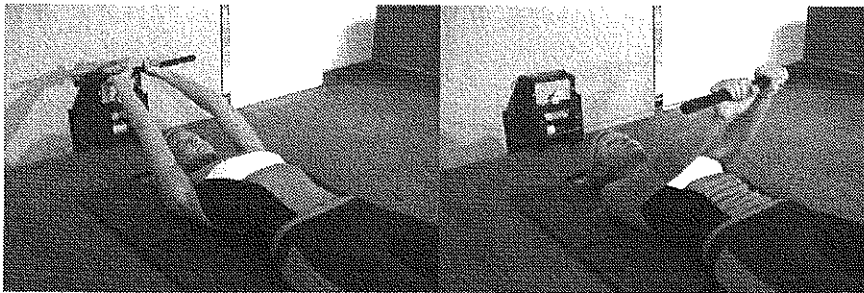
Rowing

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.

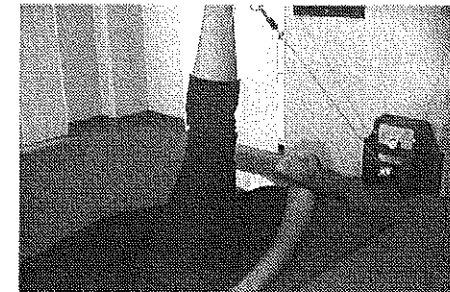
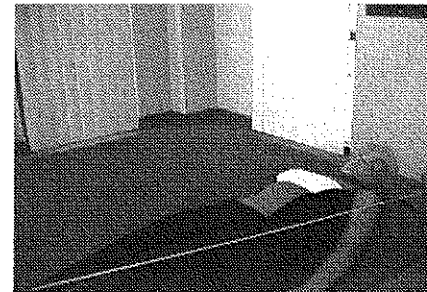


Caution:

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.

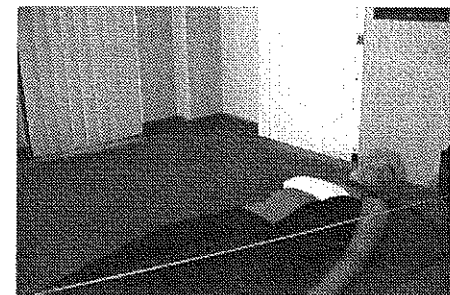
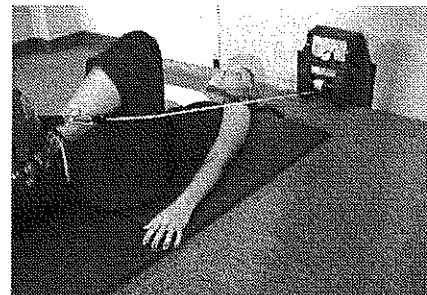
Straight Leg Exercise

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.



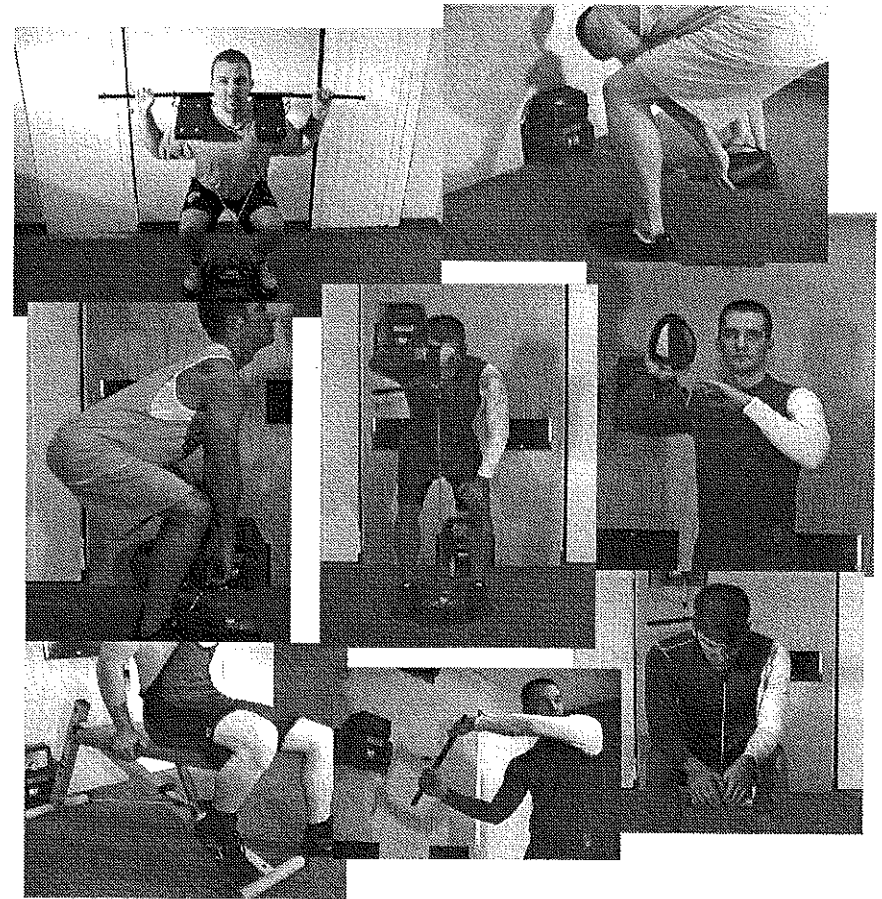
Mini-Gyms for all Sports

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.



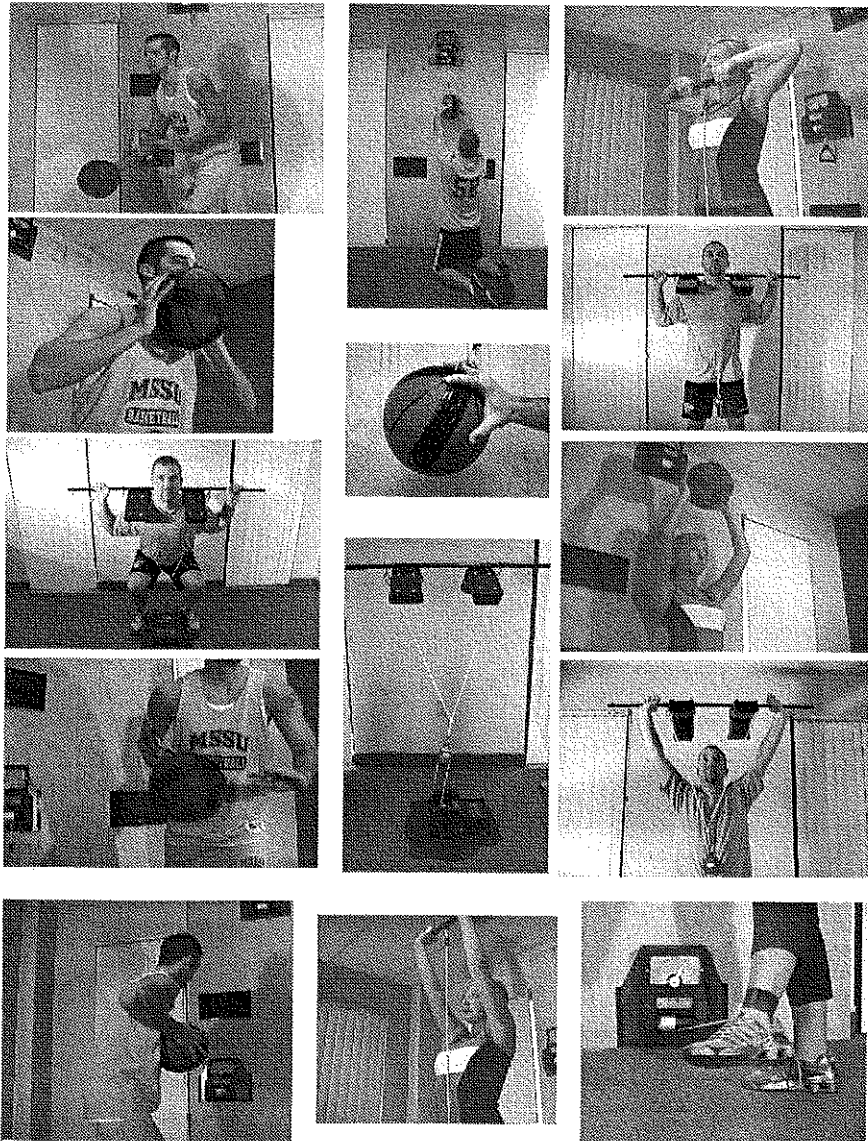
Football

Fast speeded workouts are important for most sports to develop power in legs and arms. For pure power, athletes need to use 100% of their 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.



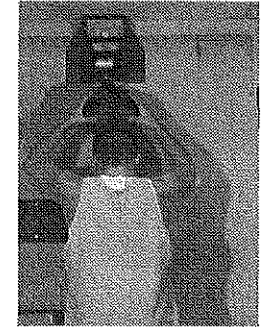
Mini-Gym for Basketball Training

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.



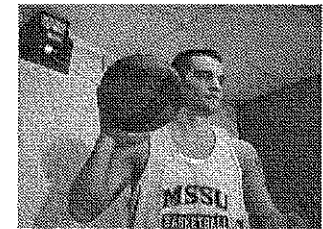
Passing/Dribbling/Shooting

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.

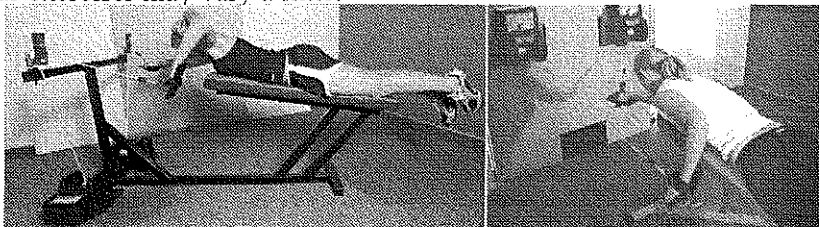
Latisimus Pull/Rotator Cuff

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.



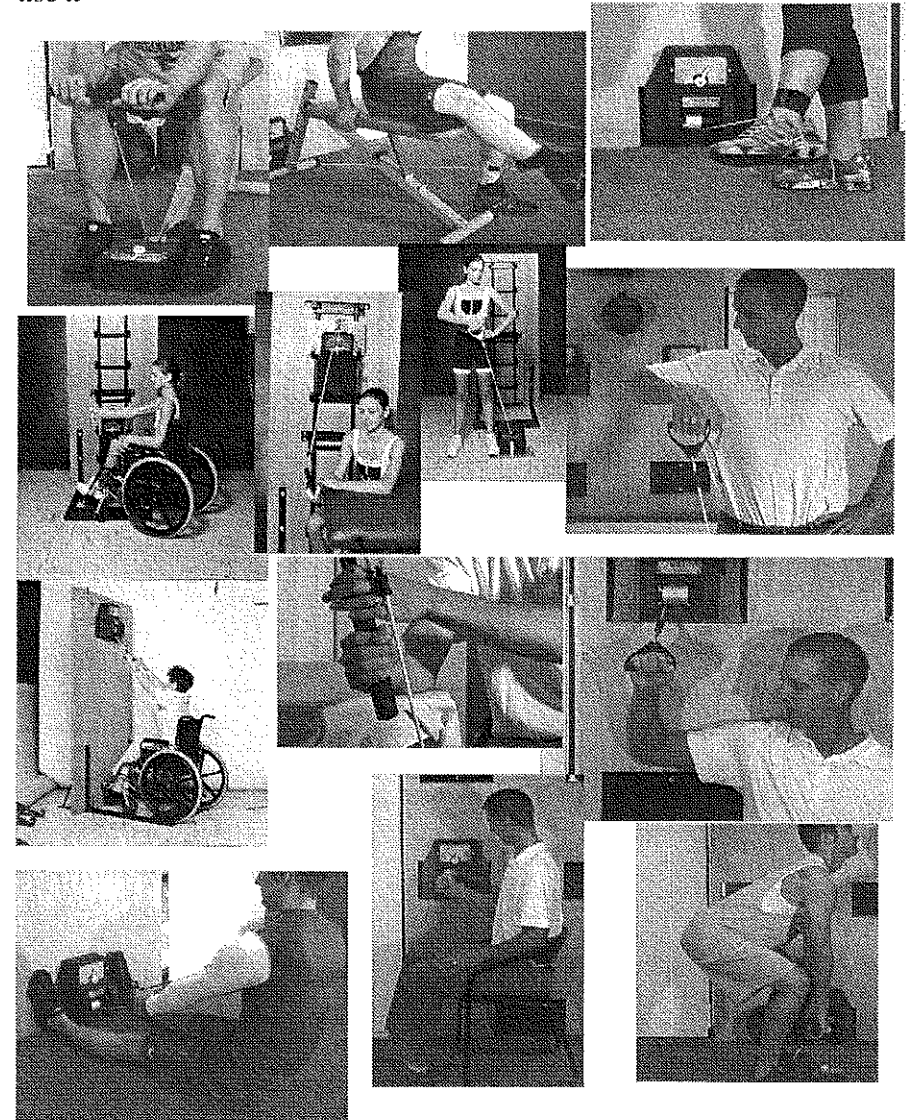
Swim Bench

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"*

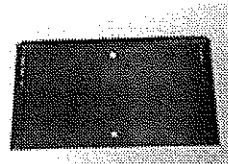
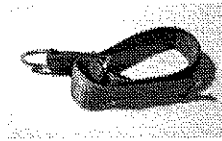


Accessories

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



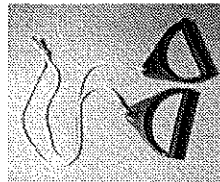
- 125 Basketball strapped with D ring attachment



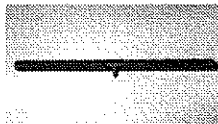
- 130 Foam Padded 12" handle with eye bolt



- 135 Bridle handles



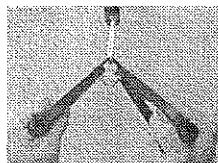
- 140 18" rotating handle



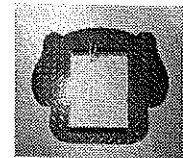
- 145 36" handle (lats)



- 150 Rowing or Swim handle



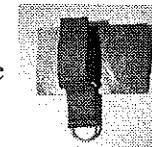
- 155 Wide base (for Mini-Gyms 190 & 101)



- 160 Pulley (use with wide base for leg press, cuts speed 1/2, for models 190 & 101)



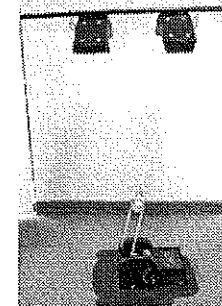
- 165 Swim paddle



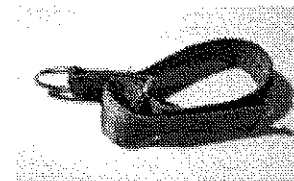
- 170 Velcro single arm shiver strap with D ring



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

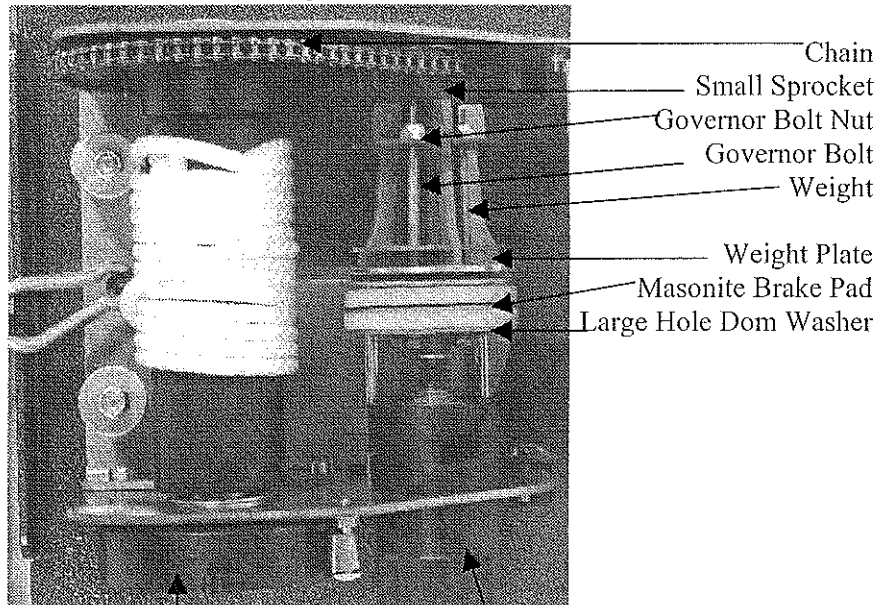


- 195 Padded strap for head or foot with D ring



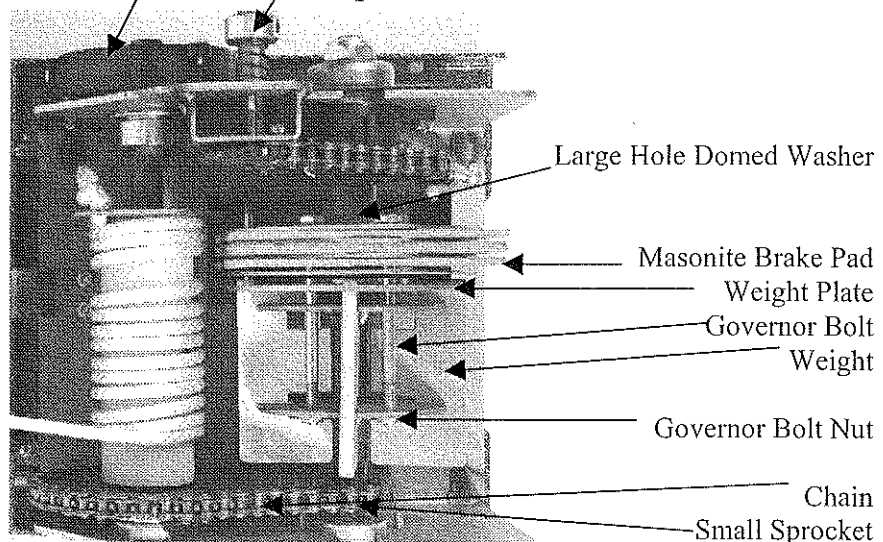
The Inner Workings of:

Mini-Gym's Model #190 & #101



Chain
 Small Sprocket
 Governor Bolt Nut
 Governor Bolt
 Weight
 Weight Plate
 Masonite Brake Pad
 Large Hole Dom Washer

Recoil Spring
 Speed Control
Super II



Large Hole Domed Washer
 Masonite Brake Pad
 Weight Plate
 Governor Bolt
 Weight
 Governor Bolt Nut
 Chain
 Small Sprocket

Mini-Gym Users

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.