



INSTRUCTION MANUAL



HANDY GYM™

PORTABLE PLATFORM



EXTENDED MANUAL
STARTER GUIDE

www.handygymfit.com/starterguide





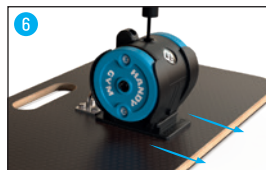
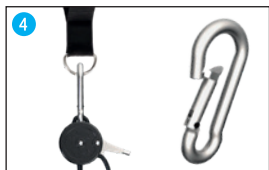
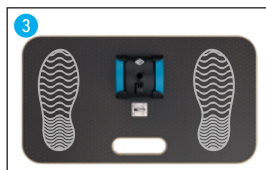
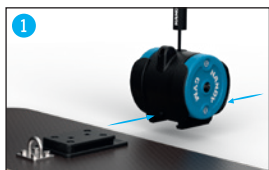
NOTE: Before using Handy Gym™, please carefully read the instruction manual and the following information about the use of this accessory for its correct use and operation.



USE OF THE PLATFORM WITHOUT THE PULLEY

The portable platform can be used to attach the **Handy Gym™** and firmly position yourself on top of it with both feet, making it the best system for performing multiple squatting and mimic weightlifting exercises. Its use is intended for model HGE-01 (**Handy Gym™** with Encoder).

To perform the different exercises, you must place it on a firm and non-slippery floor, leaving a safety diameter of 1.8m free of objects and structures. It has a handle for easy transport.



The **Handy Gym™** platform has a direct coupling plate that allows you to fix the machine to it quickly and safely. The following steps must be followed in order to use the platform without the pulley:

- 1 Attach **Handy Gym™** to the platform. This is done by orienting the machine towards the area of the plate that contains the words "HANDY GYM" and so that the rails of the machine slot into the rails of the plate.
- 2 Press the 2 safety buttons simultaneously, slide the machine to the bottom of the plate and release the buttons. Make sure that the fastening is completed and that the device does not move. Check it by moving the machine back and forth to make sure that it is well anchored.
- 3 Stand with one foot on either side of the **Handy Gym™** (one foot on the left and one on the right) and hook the accessory you need (belt or multi-purpose handle) into the carabiner of the regulator.
- 4 Adjust the length you need for the exercise by finding the point of recoil.
- 5 Load the rope before starting the exercise. To do so, put your fingers into one of the two holes found on the discs and spin the discs.
- 6 To remove the machine, press both release buttons on the **Handy Gym™** simultaneously and slide it back out until it is completely out.



WARNING - ABOUT THE USE OF THE PORTABLE PLATFORM

- Always make sure you step firmly on the platform with both feet, each to one side of the platform, to prevent it from flying off or making counterproductive movements.
- Check that the machine is securely anchored to the plate and that the plate does not slip or move.
- Always use the platform with your body on top of it.
- The platform should not swing or be raised on either side.
- Always place the platform on a non-slippery, firm and stable floor.
- Do not remove the non-skid pads placed below the platform.
- Make sure the multi-purpose pad is securely anchored to the wood and that the wood does not move.
- Leave a safety diameter of 1.8m free of objects or structures and make sure that no third person enters the safety perimeter.

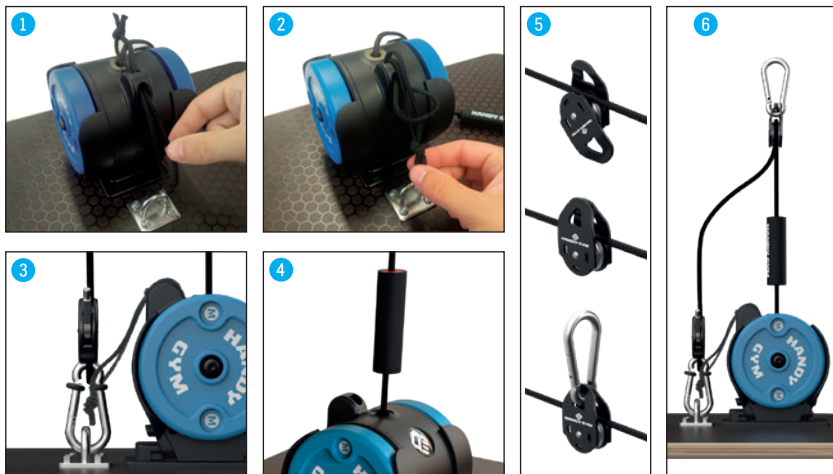
**PLEASE REFER TO THE
HANDY GYM USER MANUAL**

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USE OF THE PULLEY WITH THE PORTABLE PLATFORM



1 Fix the machine to the platform and put the "Safety Loop" (small black rope). To do this, insert the section of string opposite the knot through the hole in the nose from its upper end (you must squeeze the end with your fingers to be able to insert it properly).

2 Once the string comes out of the lower hole of the nose, insert the knotted end into the lower string section and pull it down.

3 Hook the carabiner of the rope regulator to the safety loop and then to the metal eyebolt located next to the platform plate.

4 Move the safety spacer until it is close to the nozzle of the machine.

5 Remove the carabiner from the pulley and open one of its sides. Then place the middle section of the rope inside the pulley and close the side. Put the carabiner back into the pulley through the two holes in the sides. This ensures that the pulley is correctly attached to the rope.

6 Hook the accessory you are going to use to the pulley's carabiner and regulate the length of the rope according to the exercise you are going to perform (looking for the point of recoil). The pulley will be in the center of the section of rope and the safety spacer will be in the section near the nozzle. During the exercise, there should be a distance of at least 14cm between the nozzle and the pulley.

*** In this situation the most commonly used accessories are the Belt or the Multipurpose Handle.*



WARNING - ABOUT THE USE OF THE PULLEY

- Make sure you keep a distance of not less than 10cm between the pulley and your body when you exercise with it.
- The pulley has a metal wheel inside which may catch your skin or hair. This will not happen if you keep the safety distance.
- When using the pulley with the portable platform, always anchor the rope regulator carabiner to the metal eyebolt and the safety loop.
- Use the safety loop to prevent the machine from flying off and harming you.
- Leave a minimum distance of 14cm between the machine nozzle and the pulley.
- Never squeeze the safety spacer.



WARNING - ABOUT THE USE OF THE MACHINE

- This is a machine for personal use. It cannot be used continuously by different people without allowing it the established breaks.
- Do not exert a force of more than 220lb/100kg or exceed 20,000 rpm. **Handy Gym™** guarantees its integrity and correct use only if these limits are not exceeded. With the Encoder and the Mobile Application you can check the force you are exerting and the RPM of the machine at all times. Make sure that you do not exceed the indicated limits.
- When using the machine with portable platform (with or without pulley) continuously for up to a maximum of 5 minutes, let it rest for at least 5 minutes. Never use the machine with portable platform (with or without pulley) for more than 5 minutes continuously. The machine is a mechanical traction system that needs periods of rest and cannot work without a break for longer than the established time.
- Do not use the machine for periods of more than 2 hours per day or more than 10 hours per week in total.