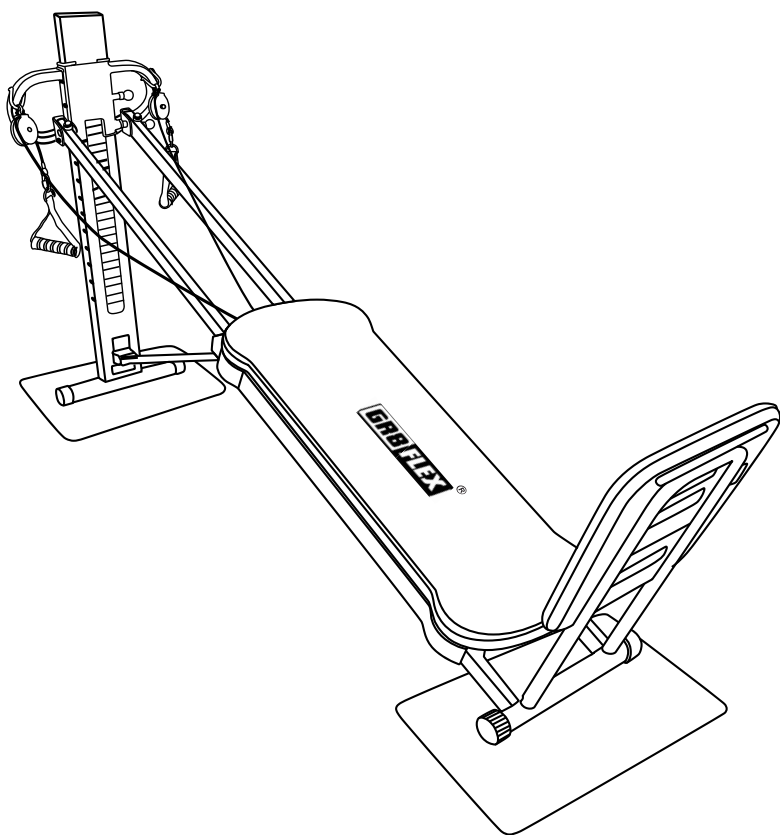




**GR8FLEX TOTAL PERFORMANCE GYM**

# **INSTRUCTION MANUAL**



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Questions? Please Contact Us at  
**Email: [info@gr8flex.com](mailto:info@gr8flex.com)**  
**Call / Text: 1-833-478-3539 (GR8-FLEX)**

Visit GR8FLEX Official Website  
**[www.GR8FLEX.com](http://www.GR8FLEX.com)**  
to Get More Tips and Guides.

 [@GR8FLEX.SHOP](https://www.instagram.com/GR8FLEX.SHOP)

 [@GR8FLEX.SHOP](https://www.facebook.com/GR8FLEX.SHOP)

 [@GR8FLEX](https://www.youtube.com/GR8FLEX)

# Congratulations!

Welcome to the GR8FLEX family!

By choosing the GR8FLEX Total Performance Gym, you've embarked on a promising path towards optimal health and strength.

In this manual, you'll uncover setup guidelines and curated workout plans, ensuring you make the most of your new fitness companion. Whether you're starting out or pushing limits, remember: every rep counts, and with GR8FLEX, you're always one step closer to your goals.



1

Register your Machine's  
Limited Lifetime Warranty:  
[https://www.gr8flex.com/  
warranty-form](https://www.gr8flex.com/warranty-form)



2

Join GR8FLEX User  
Community FLEXERS:  
<https://bit.ly/46nZf9O>



3

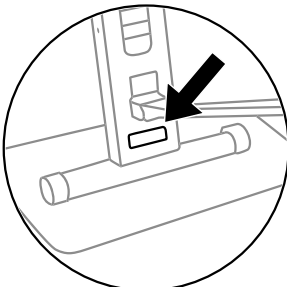
Dive into the FREE +100  
Workout Library:  
[https://www.gr8flex.  
com/workout](https://www.gr8flex.com/workout)

Embrace the journey and see where GR8FLEX takes you. Here's to achieving and exceeding your fitness aspirations!

Stay Strong,

The GR8FLEX Team

## SERIAL NUMBER LOCATION



## GR8FLEX GYM OWNER'S INFORMATION

Order Number: \_\_\_\_\_

Serial Number: \_\_\_\_\_

Order Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_

# Warning /Caution Labels

**WARNING LABEL 1**  
(2 Sizes, 3 Locations)

**⚠ WARNING**

CRUSH HAZARD.  
KEEP HANDS  
CLEAR DURING  
FOLDING.

**WARNING LABEL 2**  
(4 Locations on Glideboard)

**⚠ WARNING**

PINCH POINT.  
KEEP HANDS  
AWAY FROM THE  
FENDER.

**WARNING LABEL 3**  
(Located on Tower)

**⚠ WARNING**

BOTTOM HOLE IN VERTICAL COLUMN IS FOR  
STORAGE ONLY. ATTEMPTING TO EXERCISE  
WITH THE HEIGHT ADJUSTMENT PIN IN  
THIS BOTTOM POSITION WILL CAUSE THE  
VERTICAL COLUMN TO COLLAPSE FORWARD  
AND COULD RESULT IN SERIOUS INJURY.

**WARNING LABEL 4**  
(Located on Tower)

**⚠ WARNING**

FAILURE TO READ AND  
FOLLOW THE SAFETY  
INSTRUCTIONS STATED  
IN THE OWNER'S MANUAL  
AND VIDEO MAY RESULT IN  
POSSIBLE SERIOUS INJURY  
OR DEATH. KEEP CHILDREN  
AWAY. MAXIMUM USER  
WEIGHT 450 LBS. REPLACE  
THIS LABEL IF DAMAGED,  
ILLEGIBLE OR REMOVED.  
FOR HOUSEHOLD USE  
ONLY MAKE SURE  
ADJUSTMENT PIN IS  
LOCKED IN PLACE BEFORE  
BEGINNING EXERCISES.  
BEFORE USING, INSERT  
SAFETY HITCH PIN  
THROUGH THE HOLE ON  
THE RIGHT SIDE OF THE  
HEIGHT ADJUSTMENT  
ASSEMBLY.

**CAUTION LABEL 1**  
(Located on Main Frame)

**⚠ CAUTION**

IT IS  
RECOMMENDED  
TO REMOVE  
UNUSED  
RESISTANCE  
BANDS FROM  
THE EQUIPMENT  
DURING EXERCISE.

**CAUTION LABEL 2**  
(Located on Squat Stand)

**⚠ CAUTION**

REMOVE SQUAT  
STAND FROM  
FRAME WHEN  
NOT REQUIRED  
FOR THE SPECIFIC  
EXERCISE.

**CAUTION LABEL 3**  
(Located on Wing Bar)

**⚠ CAUTION**

REMOVE WING  
ATTACHMENT  
FROM FRAME  
WHEN NOT  
REQUIRED FOR  
THE SPECIFIC  
EXERCISE.

**CAUTION LABEL 4**  
(Located on Dip Bar)

**⚠ CAUTION**

REMOVE DIP BAR  
ATTACHMENT  
FROM FRAME  
WHEN NOT  
REQUIRED FOR  
THE SPECIFIC  
EXERCISE.

**CAUTION LABEL 5**  
(Located on AB Cuncher)

**⚠ CAUTION**

REMOVE AB ACCESSORY  
COARD FROM FRAME WHEN  
NOT REQUIRED FOR THE  
SPECIFIC EXERCISE.

**CAUTION LABEL 6**  
(Located on Glideboard)

**⚠ CAUTION**

KEEP HAIR, FINGERS, LOOSE CLOTHING, PETS, AND CHILDREN AWAY  
FROM HINGES AND OTHER MOVING PARTS TO AVOID SERIOUS  
INJURY. ALSO, BE SURE TO HAVE ALL PINS LOCKED IN PLACE  
BEFORE GETTING ON YOUR GR8FLEX TO AVOID SEVERE INJURY.

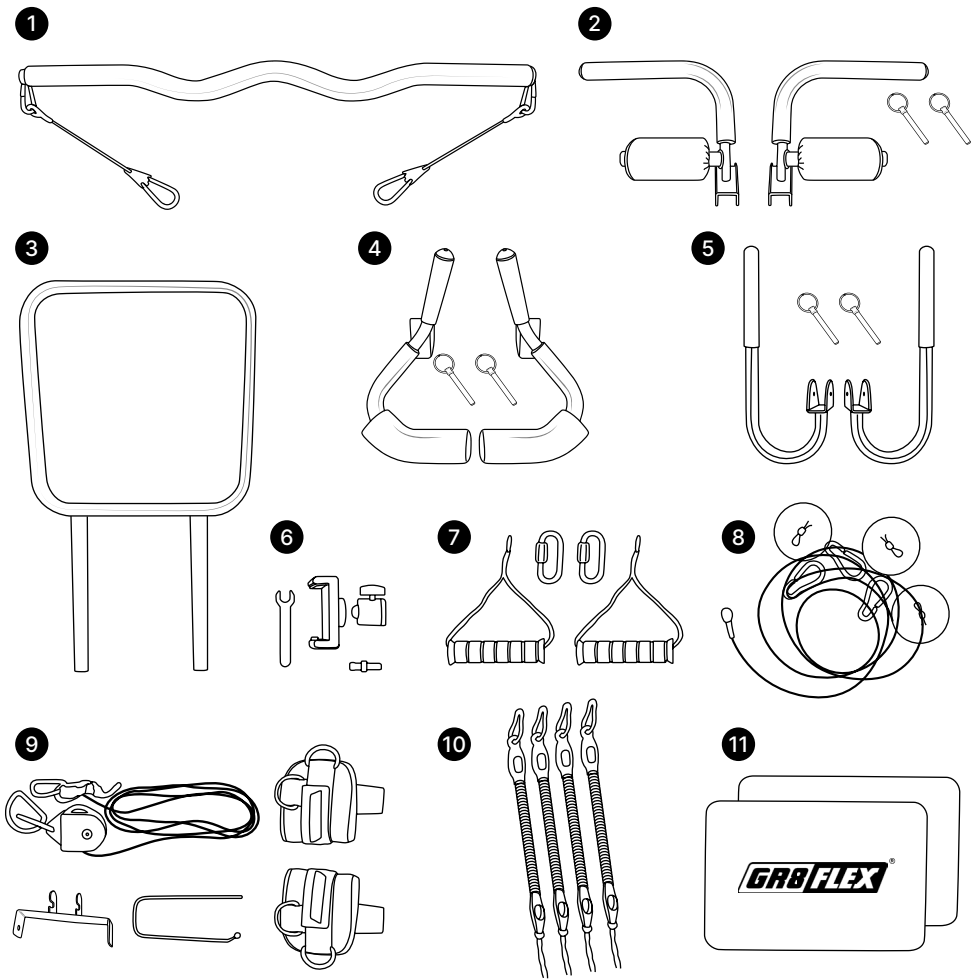
# Product Specifications

|                  |   |
|------------------|---|
| Item Dimension   | Folded Size: 51" x 18" x 8 ½" (LxWxH)<br>Unfolded Size: 96" x 16" x 50"   |
| Item Weight      | 40.82kg (90lbs)   |
| Limit / Capacity | User Weight: 204kg (450lbs)<br>User Height: 195.58cm (6'5")   |
| Materials        | Frame: Steel metal, Glideboard: Vinyl (Carbon Fiber Black, Pearl White, Gold, Patriotic model), Fabric with nylon underneath (Military Green model) |
| Warranty         | Limited Lifetime Warranty   |

## Safety Instructions

- Consult your physician or health care professional prior to any exercise to ensure your health condition for the suitable program for your age and the desired goal. This is important if you are over the age of 40 or have any pre-existing conditions such as physical disabilities (either temporary or permanent).
- Do not overexert yourself. Stop the exercise immediately and consult your doctor if you experience any pain, irregular heartbeat, shortness of breath, feel faint, nauseous, or dizzy.
- This product is designed for home use only and not intended for commercial nor institutional use. Use only as instructed.
- Do not stand on the product.
- Keep this product out of the reach of children as it is not intended for use by children.
- Keep fingers, loose clothing, and hair away from moving parts. Be sure that no pets or animals are in or around the area while using the product as injury may occur during the use of the equipment.
- Inspect the product prior to each use in order to ensure proper and safe operation. Do not use this equipment unless all moving parts including cables and pulleys are working properly.
- Use the included floor mats to help protect your floor surface and prevent the unexpected movement of the equipment.
- Use only the accessories/ attachments provided or recommended by GR8FLEX.
- Use the product with caution at all times when getting on and off in order to avoid serious injury.
- Ensure enough space to spread your arms and legs around the product prior to your exercise.
- Do not carry the product by yourself as the equipment is very heavy and should be moved by two or more people when available.

# Attachment / Accessories



| Item | Qty | Description     | Item | Qty | Description                   |
|------|-----|-----------------|------|-----|-------------------------------|
| 1    | 1   | EZ Bar          | 7    | 2   | Handles                       |
| 2    | 2   | Wing Bars*      | 8    | 1   | 3 Pulleys with a Steel Cable  |
| 3    | 1   | XL Squat Stand  | 9    | 1   | Leg Harness and Pulley System |
| 4    | 2   | AB Crunchers*   | 10   | 4   | Resistance Bands**            |
| 5    | 2   | Dip Bars        | 11   | 2   | GR8FLEX Mats                  |
| 6    | 1   | Cellphone Stand |      |     |                               |

\* Foam Pads for Wing Bars and AB Crunchers are included and come in separately.

\*\* These items are attached to the machine.

# Set Up



NO TOOLS  
REQUIRED



VIDEO GUIDE  
AVAILABLE

## VIDEO GUIDES

Scan in QR with your phone camera  
or Visit [www.youtube.com/@gr8flex](https://www.youtube.com/@gr8flex)



GR8FLEX Gym  
Unboxing Guide



GR8FLEX Gym  
Installation Guide

## ⚠ WARNING

ENSURE BOTH THE HEIGHT ADJUSTMENT PIN AND THE SAFETY PIN ARE LOCKED IN PROPERLY & KEEP HAIR, FINGERS, LOOSE CLOTHING, CHILDREN, AND PETS AWAY FROM HINGES AND ALL MOVING PARTS TO AVOID SERIOUS INJURY.

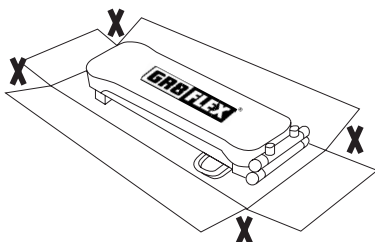
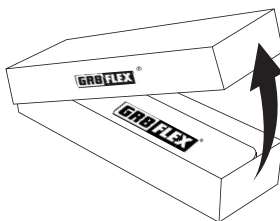
## STEP 1

Lay the box flat and open the top carton. Take out all accessories and carefully cut all four corners from the bottom carton.

### VIDEO GUIDE



▶ [bit.ly/46w3lak](https://bit.ly/46w3lak)



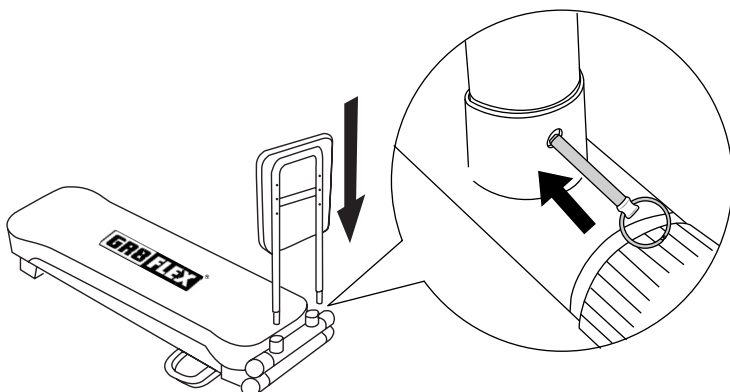
## STEP 2

Installing the squat stand on the bottom of the main frame by securing it with safety pin(s) next to it.

### VIDEO GUIDE

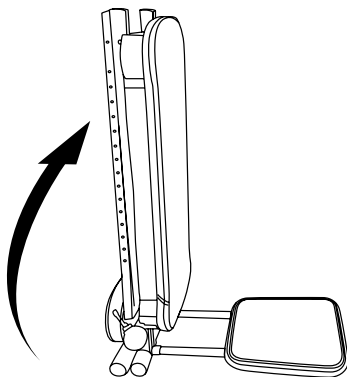


▶ [bit.ly/46g9CN9](https://bit.ly/46g9CN9)



## STEP 3

Lift the gym up from the top of the main frame.

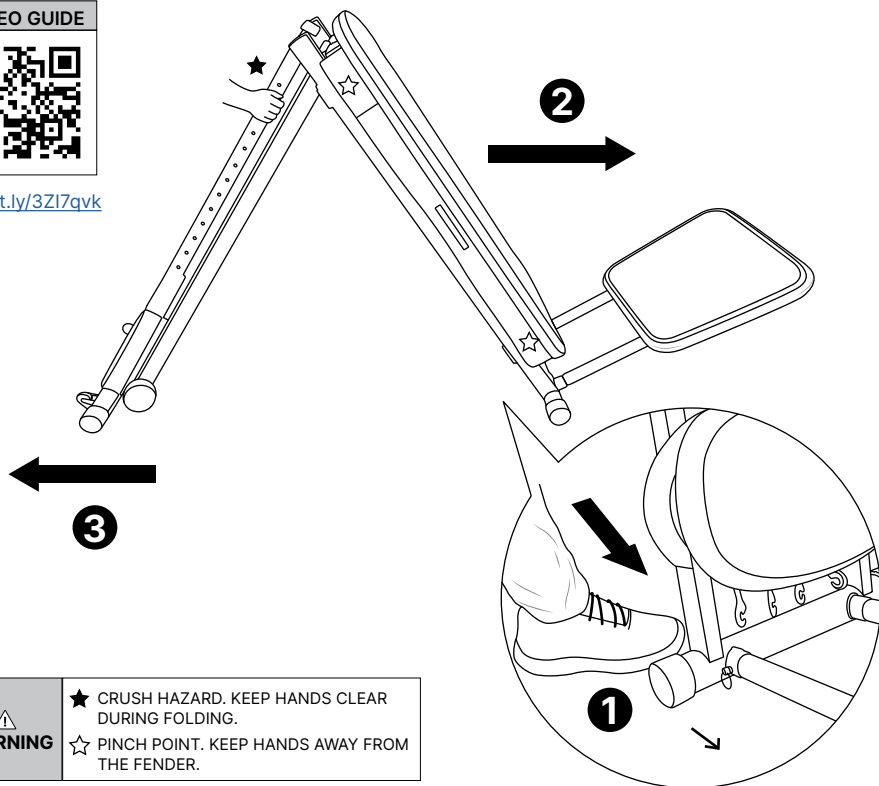


## STEP 4

Extend the gym slowly and carefully. You may use the foot to help moving or slowing down the leg of the frame as shown.



▶ [bit.ly/3Zl7qvk](https://bit.ly/3Zl7qvk)



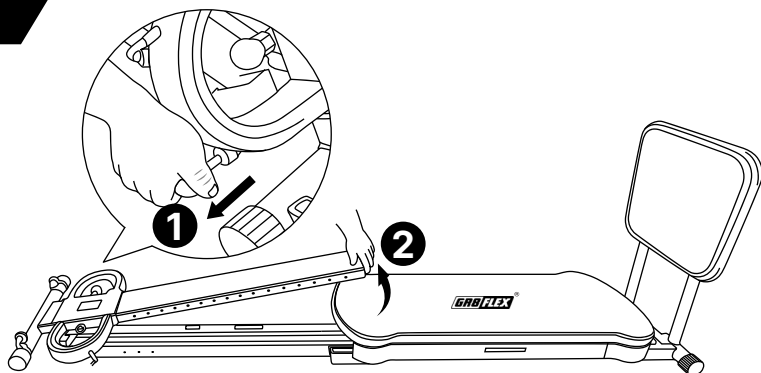


## STEP 5

VIDEO GUIDE



▶ [bit.ly/3S3mFgL](https://bit.ly/3S3mFgL)



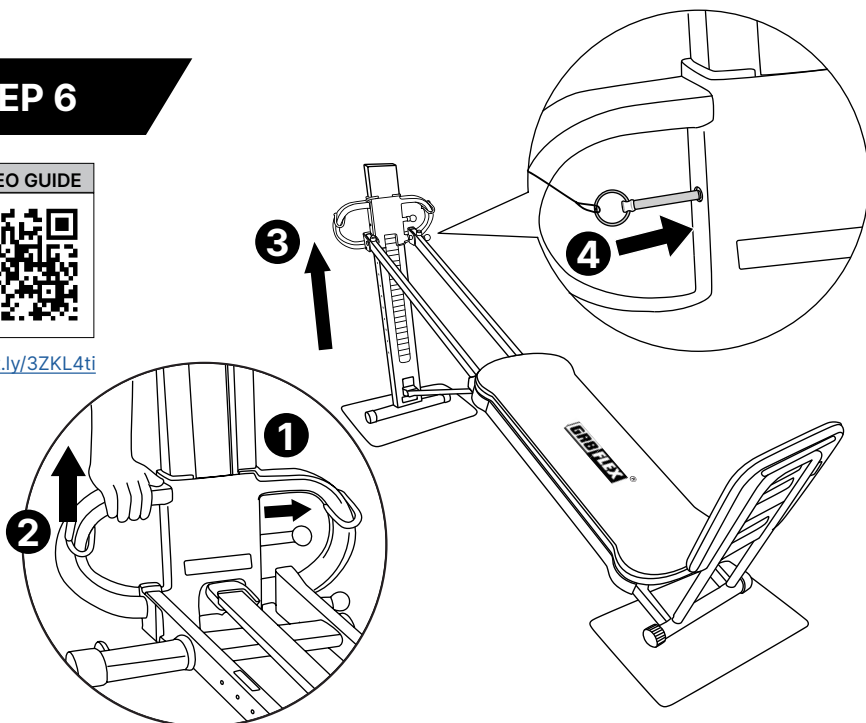
Lift the tower and use another hand to pull the spring loaded pin on the bottom at the same time until the tower is straight up vertically from the floor before you release the spring loaded pin. Ensure the pin is all the way back in place before the next step.

## STEP 6

VIDEO GUIDE



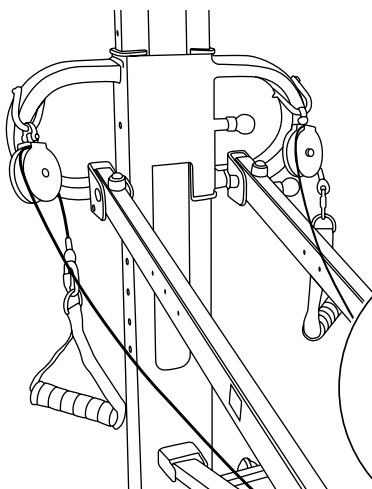
▶ [bit.ly/3ZKL4ti](https://bit.ly/3ZKL4ti)



Raise the gym with one hand and use another hand to pull the top spring loaded pin at the same time to the desired level before you release the spring loaded pin. Once it's locked in after you hear the clicking sound, insert the safety pin in from the other side for additional security and safety.

# Attaching the Accessories

## Handles



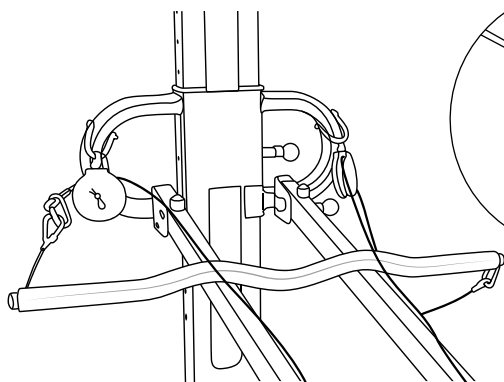
Use the included threaded carabiners to attach handles on both ends of the steel cable. Ensure both carabiners are locked in securely before each use.

VIDEO GUIDE



 [bit.ly/3F06etw](https://bit.ly/3F06etw)

## EZ Bar



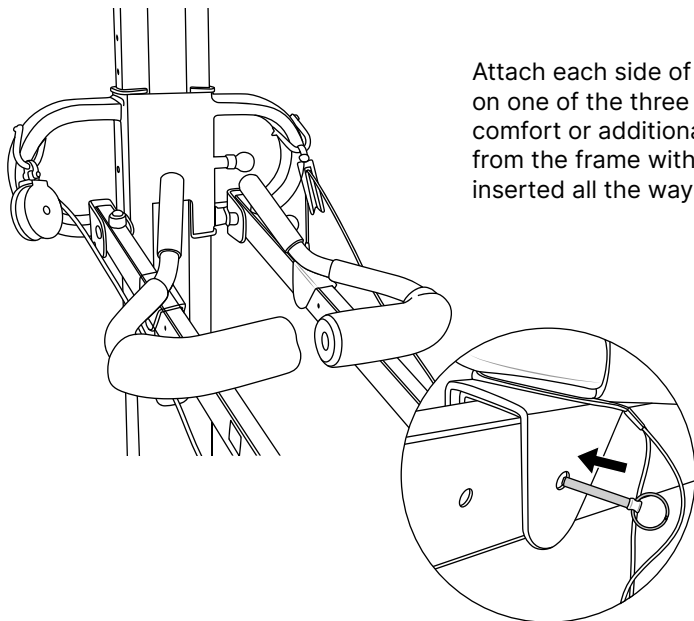
VIDEO GUIDE



 [bit.ly/3tfCdUe](https://bit.ly/3tfCdUe)

Use the included spring hook carabiners to attach the EZ Bar on both ends of the steel cable.

## AB Cruncher



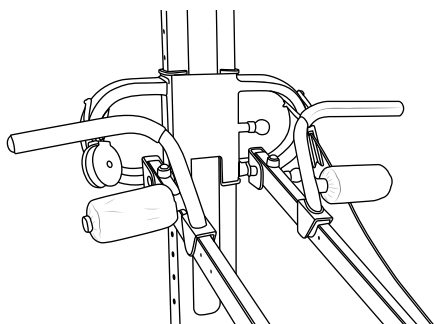
Attach each side of the AB Cruncher on one of the three holes (for your comfort or additional resistance level) from the frame with its safety pin inserted all the way in accordingly.

VIDEO GUIDE



 [bit.ly/3ZMYDIE](https://bit.ly/3ZMYDIE)

## Wing Bars



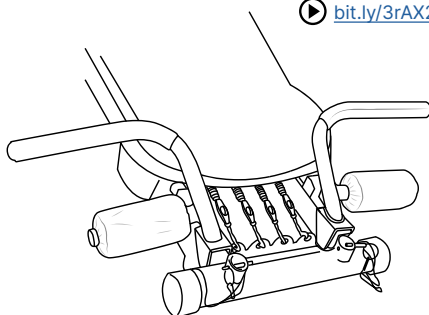
Attach each side of the wingbars on one of the three holes from the frame with its safety pin inserted all the way in accordingly.

VIDEO GUIDE



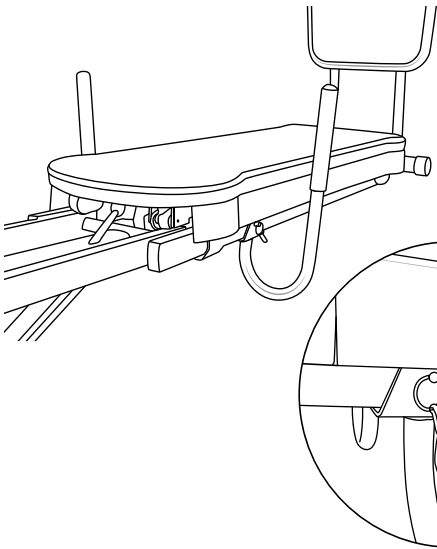
 [bit.ly/3rAX2ZK](https://bit.ly/3rAX2ZK)

These wingbars may also be mounted on the bottom holes next to the squat stand to perform decline push-ups.



# Attaching the Accessories

## Dip Bars



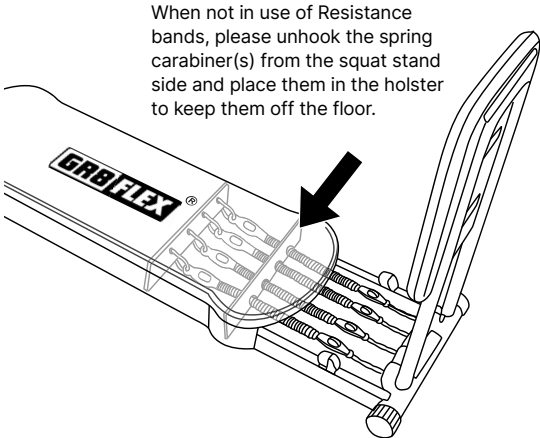
Attach each side of the dip bars on the holes of the frame underneath the glideboard with its safety pin inserted all the way in accordingly.

Dip bars may also be mounted on one of the three holes on top of the frame to perform neutral grip pull ups.



[bit.ly/3ZCUVBf](https://bit.ly/3ZCUVBf)

## Resistance Bands



When not in use of Resistance bands, please unhook the spring carabiner(s) from the squat stand side and place them in the holster to keep them off the floor.

Add up to 50lbs. of resistance (10lbs. x 2, 15lbs. x 2).  
**Upgrade Option:** Heavier Resistance Bands Total 90lbs. or more.\*

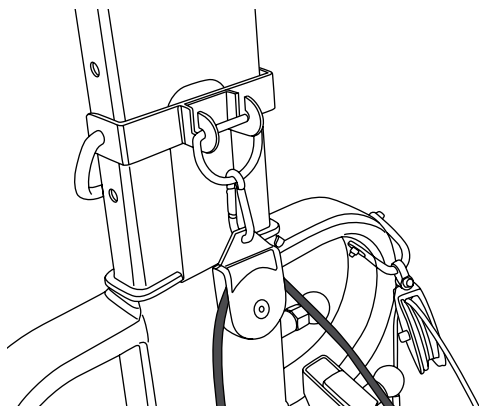


[bit.ly/3PZhOLZ](https://bit.ly/3PZhOLZ)

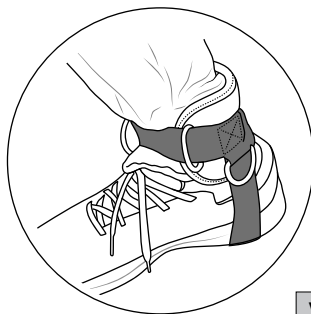
Attached the resistance band(s) with the additional desired weight underneath the glideboard to the bottom of the main frame.

\*Upgrade Option sold separately at <https://www.gr8flex.com>

## Leg Harness and Pulley System



Detach the pulley with the steel cable from the glideboard and attach the Leg Pulley Accessory to the tower (as shown).



After putting the leg harness on the foot, attach one of the spring hook carabiners from the Leg Pulley Accessory to the side of the leg harness for your desired direction to perform the exercise and attach the other spring hook carabiner to the ring underneath the glideboard from the top.

VIDEO GUIDE

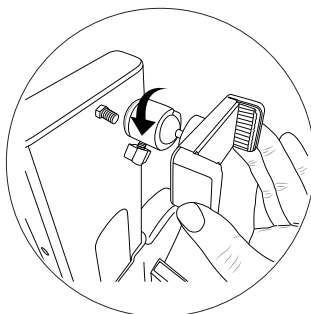
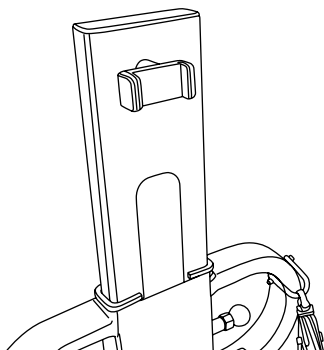


[bit.ly/46SCwmv](https://bit.ly/46SCwmv)

## Cellphone Stand

**WARNING**

ALWAYS REMOVE CELLPHONE STAND BEFORE FOLDING UP TO AVOID DAMAGING THE GLIDEBOARD.



VIDEO GUIDE



[bit.ly/48FzAv6](https://bit.ly/48FzAv6)

Insert the double end threaded stud bolt on top threaded hole on the tower and attach the cellphone stand onto the other end of the bolt.

Use the included wrench to tighten the cellphone stand slowly in the desired position. **DO NOT OVER TIGHTEN IT TO AVOID THREAD DAMAGES!**

# Maintenance

Inspect the equipment thoroughly especially on all moving parts for wear and tear issues before each workout.

Take off the glideboard and wipe off the dust from the glideboard, rollers underneath the glideboard, and the frame surface that the glideboard slides on with the wet rag (with water) every time.

Apply one of the following natural disinfectants on weekly basis:

1. 3 teaspoons of natural liquid soap, 50 drops of the essential oil of your choice (tea tree, lavender, peppermint, or orange oil), and 3 cups of vinegar into a glass container. Shake Well.
2. Mix a 50/50 solution of water and white vinegar with a few drops of essential oils (lemon, orange, or lavender)
3. Mix 1 cup of natural dish soap (use a scented natural soap for a refreshing smell) to 2 cups of white vinegar

## Limited Lifetime Warranty

We offer a limited lifetime warranty against defects in materials or quality affecting the function of its products when used correctly.

Products must not have been misused, improperly set up, or abused for this warranty to apply. The determination is solely ours, and its obligation will be to repair or replace the defective product.

Purchaser determines the suitability of all product usage and assumes all risk and liability. Neither the seller nor the manufacturer shall be held liable for any injury, loss or damage from the use of the product.

### **Limited Lifetime Warranty:**

The Limited Lifetime Warranty applies to physical goods and for physical goods only.

### **What does this Limited Lifetime Warranty cover?**

The Limited Lifetime Warranty covers any defects in materials or quality under regular use during the period of the original owner's lifetime.

During Warranty Period, GR8FLEX will replace, at no charge, part(s) of the product that proves defective because of inappropriate material or workmanship under regular use and maintenance.

### **What does the Limited Lifetime Warranty not cover?**

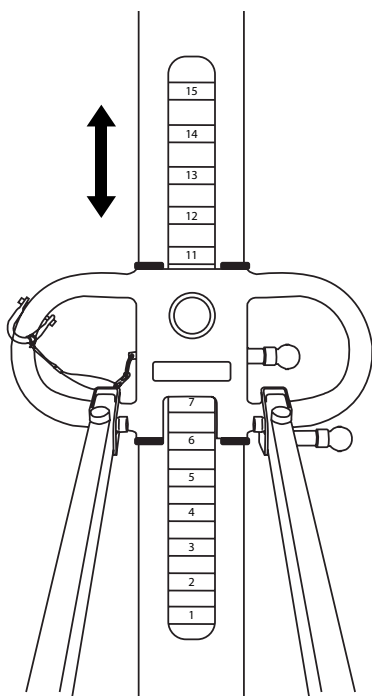
The Limited Lifetime Warranty does not cover any problem caused by conditions, malfunctions, or damages not resulting from defects in material or workmanship. We do not cover shipping & custom duty taxes for packages. For all packages unclaimed deliveries, the recipients will be responsible for any additional charges occurred.

### **How do you obtain your Lifetime Warranty?**

Submit your registration at [www.GR8FLEX.com](http://www.GR8FLEX.com) as soon as you have received your new GR8FLEX product and start enjoying it in your lifetime.

**For any warranty related questions or issues.** Please reach out to us at [warranty@gr8flex.com](mailto:warranty@gr8flex.com)

# Tower Level Weight Conversion Chart



|                 |                                  |
|-----------------|----------------------------------|
| <b>LEVEL 15</b> | <b>47.7% OF YOUR BODY WEIGHT</b> |
| <b>LEVEL 14</b> | <b>45.0% OF YOUR BODY WEIGHT</b> |
| <b>LEVEL 13</b> | <b>42.4% OF YOUR BODY WEIGHT</b> |
| <b>LEVEL 12</b> | <b>39.1% OF YOUR BODY WEIGHT</b> |
| <b>LEVEL 11</b> | <b>36.4% OF YOUR BODY WEIGHT</b> |
| <b>LEVEL 10</b> | <b>33.8% OF YOUR BODY WEIGHT</b> |
| <b>LEVEL 09</b> | <b>31.1% OF YOUR BODY WEIGHT</b> |
| <b>LEVEL 08</b> | <b>28.5% OF YOUR BODY WEIGHT</b> |
| <b>LEVEL 07</b> | <b>25.8% OF YOUR BODY WEIGHT</b> |
| <b>LEVEL 06</b> | <b>23.2% OF YOUR BODY WEIGHT</b> |
| <b>LEVEL 05</b> | <b>20.5% OF YOUR BODY WEIGHT</b> |
| <b>LEVEL 04</b> | <b>17.9% OF YOUR BODY WEIGHT</b> |
| <b>LEVEL 03</b> | <b>15.2% OF YOUR BODY WEIGHT</b> |
| <b>LEVEL 02</b> | <b>12.6% OF YOUR BODY WEIGHT</b> |
| <b>LEVEL 01</b> | <b>10.0% OF YOUR BODY WEIGHT</b> |

Questions? Please Contact Us at  
**Email: [info@gr8flex.com](mailto:info@gr8flex.com)**  
**Call / Text: 1-833-478-3539 (GR8-FLEX)**



Visit GR8FLEX Official  
Website [www.GR8FLEX.com](http://www.GR8FLEX.com)  
to Get More Tips and Guides.