

YOGACISE BENCH

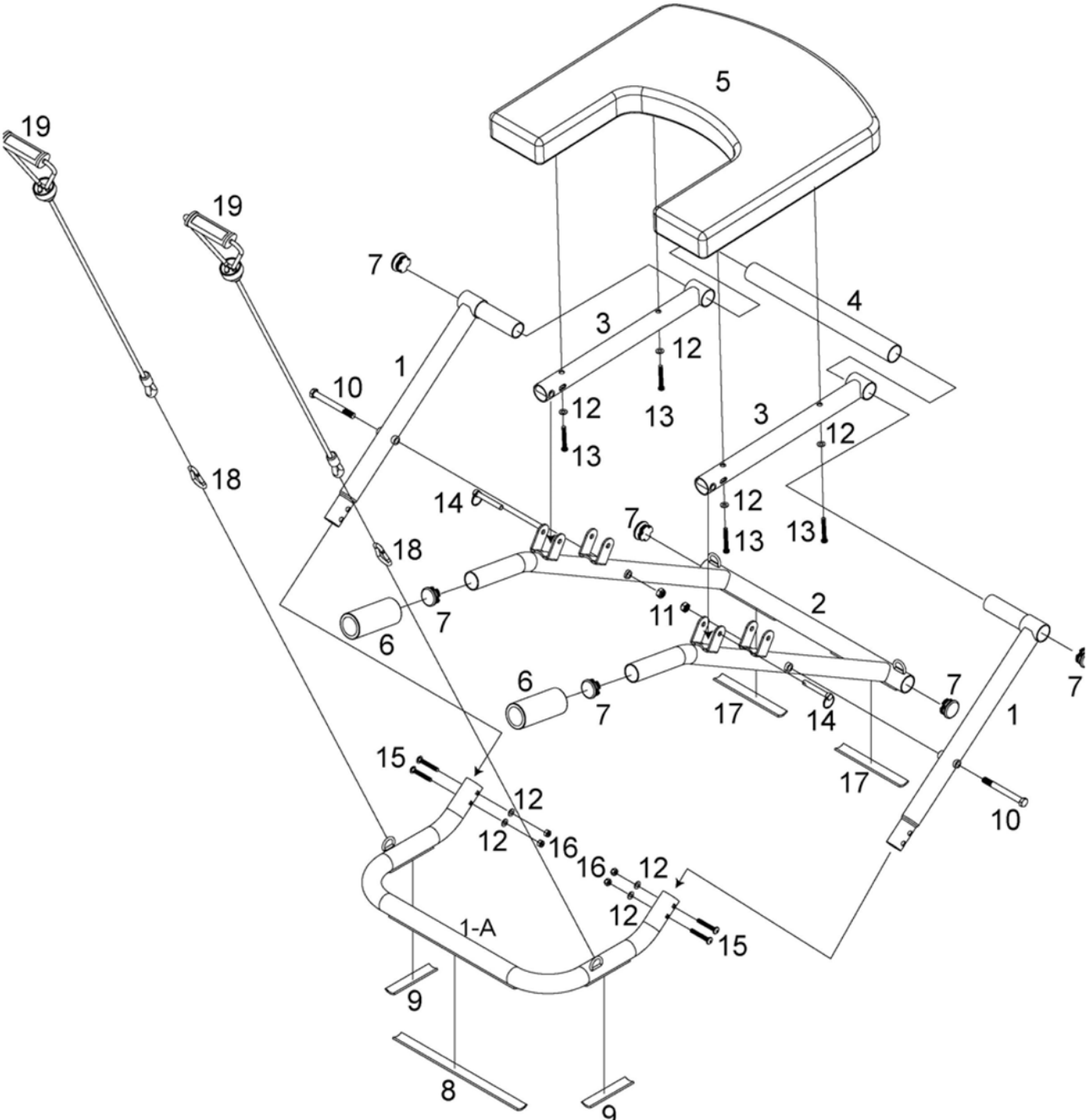
IVO18110

**THE COMBINATION OF RELAXING YOGA
POSITIONS AND MUSCLE TONING
EXERCISES**



HEALTH MARK, INC.

OVERVIEW DRAWING

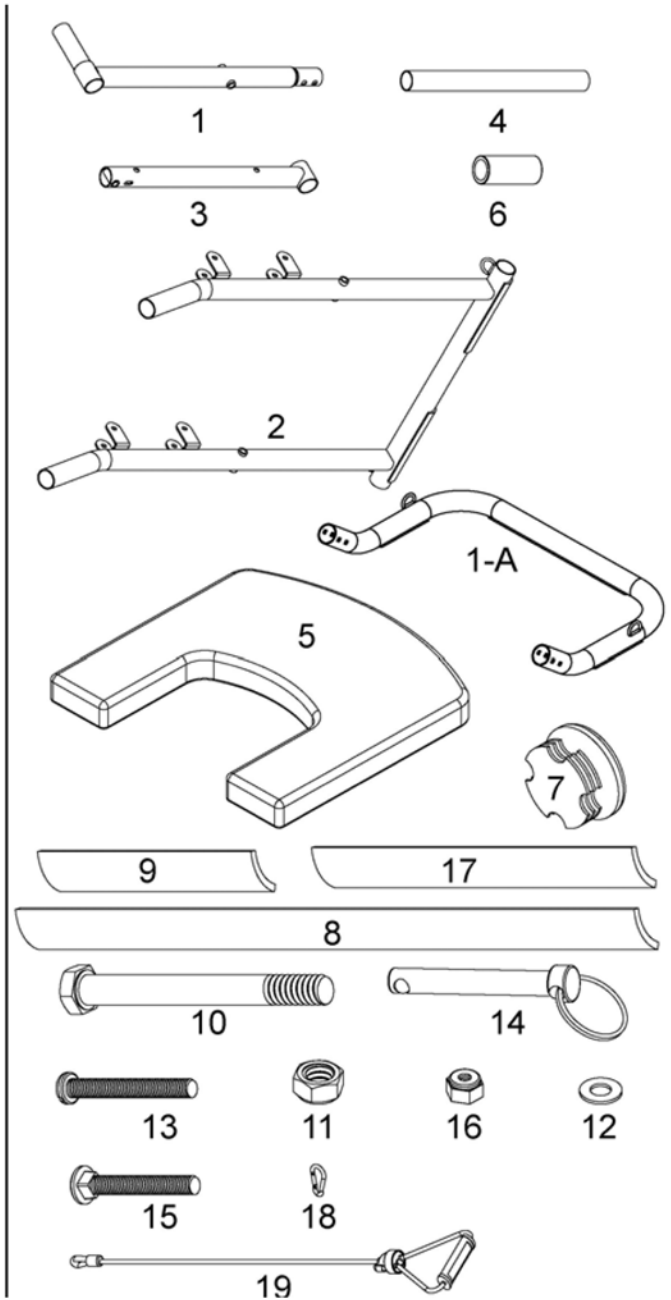


PARTS LIST

YOUR YOGASIZE BENCH IS PRE-ASSEMBLED. THE ONLY ADJUSTMENTS THAT ARE REQUIRED CONCERN THE UNFOLDING AND LOCKING OF THE BENCH, AND THE LENGTH ADJUSTMENTS TO THE TENSION CORDS

Part # Description Quantity

1	Main Frame	2
1-A	Main Frame Base	1
2	Handlebar Frame	1
3	Seat Tube	2
4	Connecting Tube	1
5	Seat	1
6	Foam Grip	2
7	Round End Cap	6
8	Long Eva Pad	1
9	Short Eva Pad	2
10	Hex Head Bolt	2
11	Nut	2
12	Washer	8
13	Screw for Seat	4
14	Pin	2
15	Carriage Bolt	4
16	M5 Nut	1
17	Middle Eva Pad	2
18	Snap Hook	2
19		2



WARRANTY

GAIAM and the manufacturer warrants to the original purchaser that this product is free from defects in material and workmanship when used for its intended purpose, and under the condition that it has been assembled and operated in accordance with the GAIAM Owner's Manual. GAIAM's obligation under this warranty is limited to repairing or replacing, free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse, or commercial application.

From date of purchase, the YOGACISE frame is warranted to be free from defect for 90 days

PROOF OF PURCHASE IS REQUIRED. For customer service please call

To order replacement parts after 90 days, please contact our customer service department:

Please have the following information ready:

Model #

Part #

Description of part

Date/Place of Purchase

Name/Address/Daytime Phone #

IMPORTANT

DO NOT RETURN THIS PRODUCT TO THE STORE!*

READ ALL INSTRUCTIONS CAREFULLY BEFORE OPERATING THIS PRODUCT.

RETAIN THIS MANUAL FOR FUTURE REFERENCE

WARRANTY

Health Mark, Inc. and the manufacturer warrants to the original purchaser that this product is free from defects in material and workmanship when used for its intended purpose, and under the condition that it has been assembled and operated in accordance with The Health Mark's Owner's Manual. Health Mark's obligation under this warranty is limited to repairing or replacing, free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse, or commercial application.

From date of purchase, the YOGACISE frame is warranted to be free from defect for 90 days

PROOF OF PURCHASE IS REQUIRED. For customer service please call

To order replacement parts after 90 days, please contact our customer service department:

Please have the following information ready:

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GENERAL PRECAUTIONS

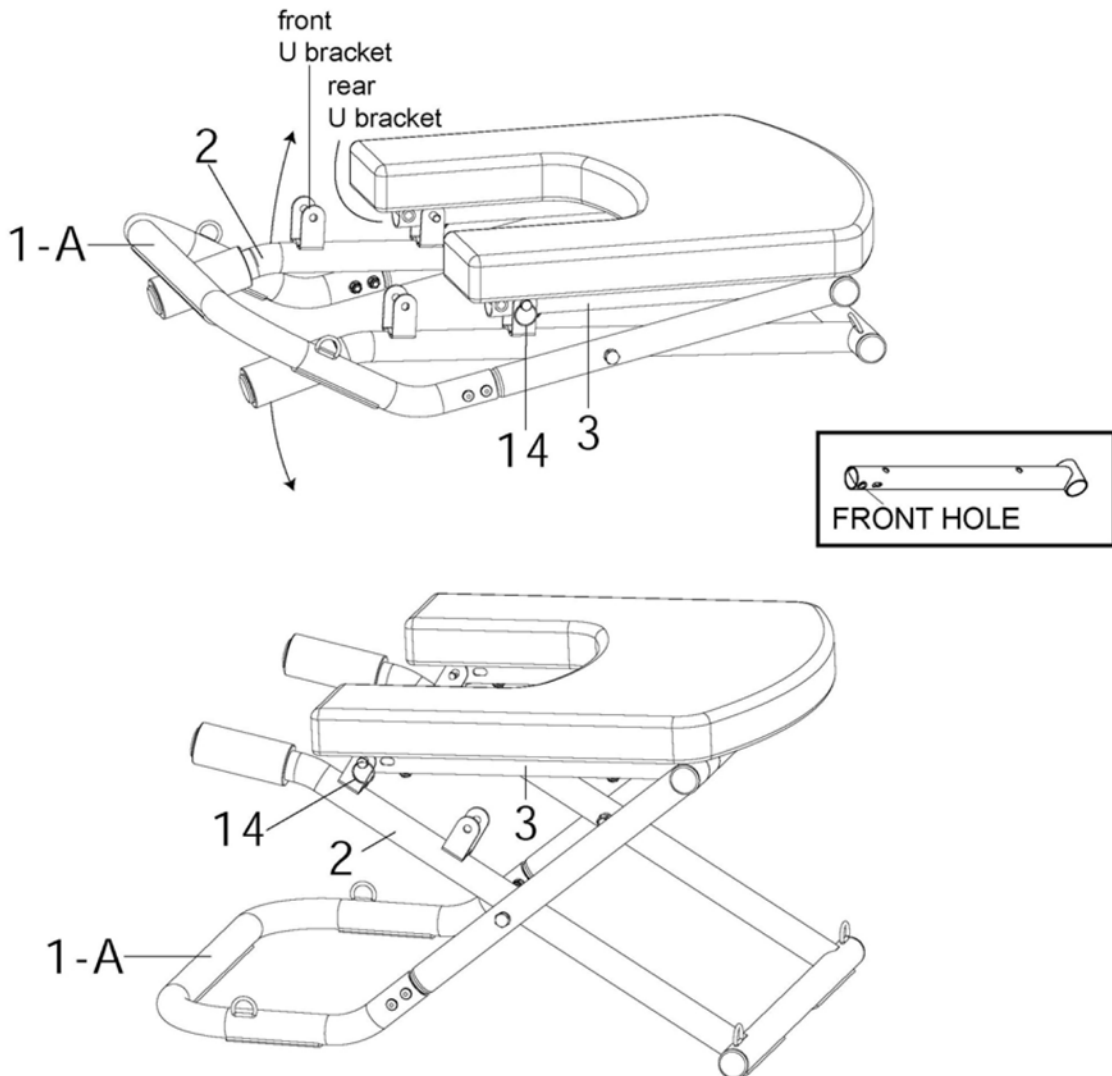
1. Always use this piece of equipment on a clear level and carpeted surface.
2. Adult supervision is required whenever children are near this product
3. Always exercise caution when using this piece of equipment or any other to prevent injury
4. Inspect this product before each use
5. Read and adhere to all instructions before assembly and during operation.
6. Perform the headstand movement with someone assisting you for the first few times, limiting your inverted positioning to 6 seconds or less, depending upon your your level of tolerance.
7. Place your bench against a wall during use, for your safety in the event of over rotation while inverting.
8. Maximum weight capacity 250 pounds.
9. Inverted position not recommended for those overweight without consulting physician.

WARNING: Before beginning this or any other exercise program, consult your physician who can assist you in planning a program appropriate for your age and physical condition. This is especially important for persons with any existing health conditions, or those on medications.

Perform light stretching prior to use, and gradually increase your operation time.

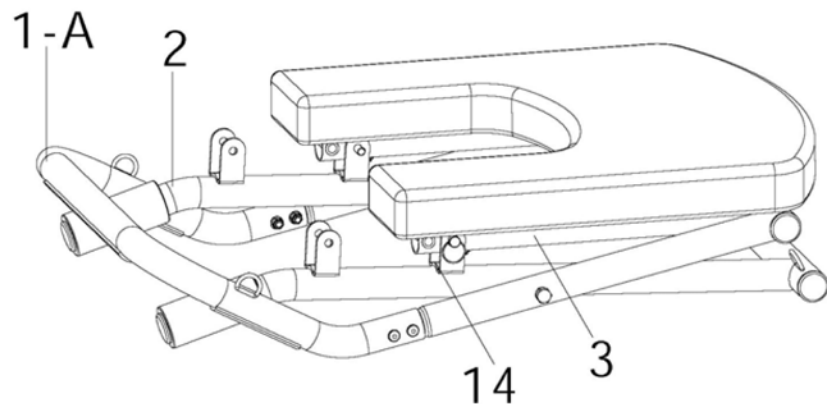
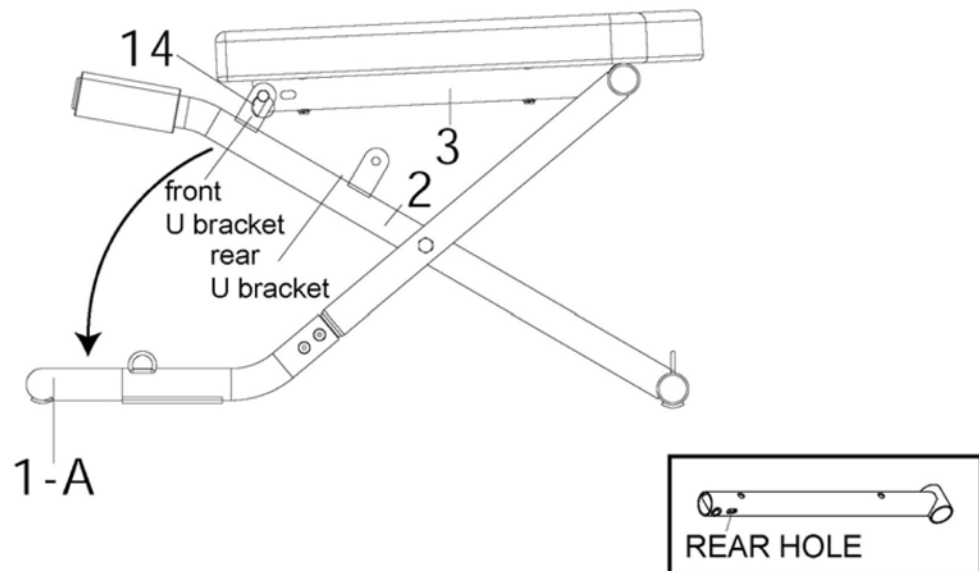
SETUP

1. REMOVE THE PINS (#14) FROM THE REAR U-BRACKET WHICH ARE WELDED ON EACH SIDE OF THE HANDLEBAR FRAME (#2).
2. EXTEND THE UNIT AND ALIGN THE HOLES OF THE FRONT U-BRACKETS, WHICH ARE WELDED ON EACH SIDE OF THE HANDLEBAR FRAME (#2), WITH THE FRONT HOLES IN THE SEAT TUBE (#3).
3. LOCK THE MACHINE INTO THE EXTENDED POSITION BY INSERTING THE PINS (#14) INTO THE ALIGNED HOLES.



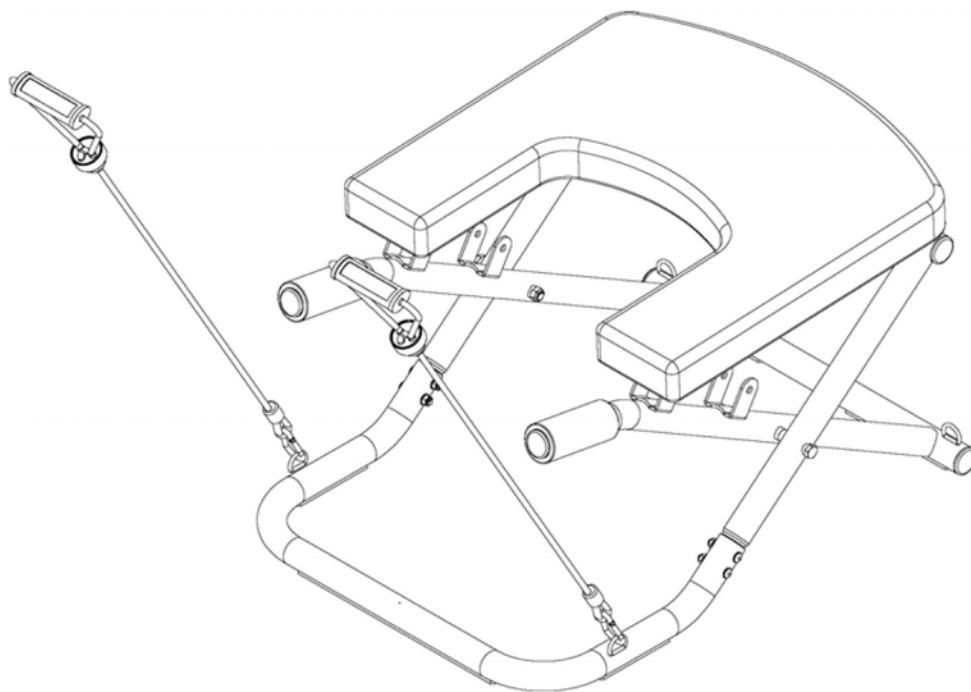
FOLD-UP AND STORAGE

1. REMOVE THE PINS (#14) FROM THE FRONT U-BRACKET WHICH ARE WELDED ON EACH SIDE OF THE HANDLEBAR FRAME (#2).
2. FOLD THE UNIT AND ALIGN THE HOLES OF THE REAR U-BRACKETS, WHICH ARE WELDED ON EACH SIDE OF THE HANDLEBAR FRAME (#2), WITH THE REAR HOLES IN THE SEAT TUBE (#3).
3. LOCK THE MACHINE INTO THE FOLDED POSITION BY INSERTING THE PINS (#14) INTO THE ALIGNED HOLES.



**TO ADJUST THE TENSION/LENGTH OF THE EXERCISE BANDS
FOR DIFFERENT FITNESS LEVELS OR EXERCISES:**

- 1. DISASSEMBLE THE PLASTIC KNOT COVERS**
- 2. SHORTEN THE BANDS TO THE DESIRED LENGTH**
- 3. KNOT THE BANDS AT THE LOOP**
- 4. ENSURE THAT BOTH BANDS ARE THE SAME LENGTH**



BASIC YOGA POSITIONS

REMOVE THE EXERCISE
RESISTANCE BANDS DURING
THESE MOVEMENTS

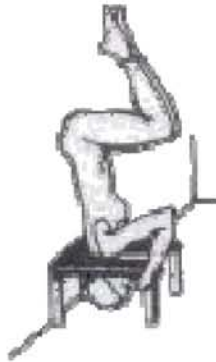


**YOGA
HEADSTAND**

PERFORM THIS MOVEMENT WITH ASSISTANCE
FOR THE FIRST FEW TIMES.

1. START WITH 6 SECONDS, OR LESS IF YOU
FEEL LIGHT HEADED
2. UPRIGHT YOURSELF AND ASSUME THE
SEATED POSTION FOR 30 SECONDS
3. ALTERNATE BETWEEN THE 2 POSITIONS
3 CYCLES
4. GRADUALLY INCREASE YOUR SESSION
TIME

**PLACE YOGACISE BENCH AGAINST THE WALL
TO PROTECT YOURSELF IN THE EVENT OF OVER
ROTATION**



**SEATED
RELAXATION/MEDITATION
POSITION**

MUSCLE TONING EXERCISES

All Muscle Toning Exercises Should be Performed Using Slow, Smooth Repetitions of 8 to 12, for 4 Sets Each



BENCH PRESS

Use rear hook locations:

This exercise will focus primarily on the Pectoralis Major muscles of the chest, but will have a secondary development benefit to the Deltoid, Biceps, and Triceps muscles.

Key points:

1. Position yourself on the bench in such a way as to allow your upper back to be supported on the seat portion of the bench
2. Slowly press your palms to the ceiling

TRICEPS DIP

This exercise will focus primarily on the Triceps muscles located on the back of the arms, but will have a secondary development benefit to the Shoulder and Deltoid muscles.

Key points:

1. Use slow controlled movements
2. Raise yourself to the highest point without locking your elbows
3. Lower yourself to the lowest point without resting on the floor



DEEP ANGLE PUSH-UP

This exercise will focus primarily on the Pectoralis Major muscles of the chest, but will have a secondary development benefit to the Shoulder, Deltoid, and Arm muscles.

Key points:

1. Keep your body {head to heel} in a straight line
2. Raise and lower yourself in a slow controlled manner





DOUBLE ARM CURL

Use rear hook locations:

This exercise will focus primarily on the muscle on the front of the arm called the Biceps, but will also have a secondary development benefit to the Triceps, Wrist and Forearm muscles.

Key points:

1. Keep your elbows stationary at your sides
2. Keep your back straight and do not rock forward



FRONT SHOULDER RAISE

Use front hook locations:

This exercise will focus primarily on the front head of the Deltoid muscles, but will also have a secondary development benefit to the Wrist and Forearm muscles.

Key points:

1. Keep back straight
2. Do not lock out elbow
3. Perform slow movements
4. Raise hand to chin level



CONCENTRATION CURL

Use front hook locations:

This exercise will isolate the Biceps muscle.

Key points:

1. Keep your elbow pinned and stationary against the inside of your thigh

FOLDING AND STORAGE

SEE PAGE 4





THE INFORMATION IN THIS MANUAL HAS BEEN ASSIMILATED BY HEALTH MARK SPOKESMAN AND FITNESS EXPERT KEVIN WINCE. FOR MORE INFORMATION ON YOGACISE TRAINING AND TECHNIQUES, PLEASE CONTACT HEALTH MARK INC. OR E-MAIL ME DIRECTLY