

# GRAVITY PAL QUICK START GUIDE

## THREE EASY STEPS

### WHERE TO SET UP MY GRAVITY PAL

Set up your Gravity Pal in an area that has room for you to lie down next to it. Allow enough room to rest on the floor afterwards and easily stand up. For comfort use a carpeted area. If you are using a hard surface floor place a cushion or pillows on the floor next to your Gravity Pal. ***It is important*** to remove belts, shoes, hair clips, jewelry or anything that might potentially scratch, puncture, cut, tear or otherwise mar the cushion on your Gravity Pal.

## #1. HOW TO GET ON

\* WHILE STANDING, FACE THE HIGH END AND STRADDLE LIKE GETTING ON A BICYCLE \*



\* SLOWLY SIT DOWN IN THE MIDDLE OF THE TABLE – AS SHOWN ABOVE \*

\* DO NOT GET ON THE GRAVITY PAL BY SITTING ON IT SIDWAYS & SWINGING YOUR LEGS OVER IT \*



\* HUG SIDES OF TABLE WITH LEGS & GRIP SIDES WITH HANDS \*

\* LOWER YOUR UPPER BODY TOWARDS THE LOW END OF THE TABLE \*



\* REST YOUR LEGS FLAT WITH HEELS ON THE TABLE OR BEND KNEES WITH FEET FLAT \*

\* HEAD & SHOULDER SHOULD BE NEAR THE LOW END WHICH POSITIONS YOU FOR EASIEST EXITING \*

## HAND & ARM RESTING SUGGESTIONS – DISCOVER WHAT WORKS BEST FOR YOU

- \* HANDS ON ABDOMEN
- \* HANDS TUCKED UNDER OPPOSITE ARMPITS
- \* TUCK FINGERTIPS UNDER HIPS
- \* HANDS ON FLOOR OR ABOVE HEAD – DO *ONLY* IF COMFORTABLE

READ MORE



## #2. HOW TO EXIT & GET OFF THE GRAVITY PAL

### !! IMPORTANT !!

**EXIT SLOWLY & GENTLY - DO NOT JERK, FLOP OR FALL OFF THE GRAVITY PAL**

**FIRST ASK YOURSELF: Which shoulder will be most comfortable for my exit, *right or left*? START WITH THAT FOOT**



- \* PLACE YOUR FOOT, HAND AND ELBOW OF *SAME SIDE OF THE BODY* (RIGHT OR LEFT) ON THE FLOOR
- \* EASE YOUR SHOULDER AND HIP ONTO THE FLOOR, \*S-L-O-W-L-Y\* *like sliding a piece of pie onto a plate*

## #3. RESTING A FEW SECONDS AFTERWARD IS VERY IMPORTANT



- \* DEPENDING ON WHAT IS MOST COMFORTABLE FOR YOU, LAY ON YOUR SIDE OR BACK
- \* RELAX FOR AT LEAST 10 TO 30 SECONDS FEELING YOUR RELATIONSHIP WITH GRAVITY
- \* REST EASILY UNTIL YOU FEEL READY, TAKE A DEEP BREATH AND THEN STAND UP SLOWLY

**EXIT SLOWLY, REST FOR A FEW SECONDS *and* DO NOT GET UP QUICKLY**

### WHAT HAPPENS IN 2 TO 3 MINUTES ON YOUR GRAVITY PAL

- \* NO Muscle Guarding = We Feel Safe and Secure & Start Resting Immediately
- \* We Experience a Natural Response of Letting Go = Immediate Compression Relief
- \* Deep Tissue Relaxation = Deeper Layers of Tension can be Reached and Released
- \* Fluids Flow = Facilitating: \*Delivery of Nourishment \*Waste Removal \*Repair Assistance

**All of these effects occur, *naturally***

Gravity Pal provides a NEW kind of restful experience. The physiology experiences a NEW vector relationship with gravity, different from sitting, standing, walking or lying down.

## Other General Guidelines for Using Gravity Pal

### 1. HOW OFTEN and FOR HOW LONG SHOULD I USE MY GRAVITY PAL?

Using Gravity Pal is a Self-Care process. Listen to your body - You decide what feels best.

*Regularity* is more important than anything. For most people it is easier to find time to regularly fit 1 or 3 minutes than longer periods of time. We recommend starting out with a *regular* routine of “**3 & 3**”, one to three minutes at a time, one to three times per day – every day. After a few weeks you will discover what works best for you. Some users report that they prefer longer or shorter time periods. Contrary to other manufacturers, we do not advise “working up to” longer periods of time. We recommend to **NOT** exceed a maximum of 15 minutes per session and to only take longer sessions if it feels very comfortable for your body both during and after a session.

If you ever find yourself feeling uncomfortable after a session, USE LESS TIME for the next several sessions. Deeper stresses can be released which may require shorter sessions for a while. If you are ever uncomfortable during a session it is best to immediately exit the Gravity Pal **slowly** and rest for 10 to 30 seconds.

Many users report that regularly using Gravity Pal has cumulative effects. ***This is the big reason why regularity is important.*** Pay attention to your body and adjust to any changes in your experience. A little goes a long way - even a 1 to 3 minute session, once or twice a day, such as first thing in the morning and just before bedtime, can prove to be valuable.

### 2. FEELING OF BLOOD FLOW TO THE HEAD?

Upon initially lying down on a Gravity Pal it is normal to notice an increase of fluid flowing to the head. This is the natural response of body fluids to gravity. At first, this may be a new experience and should be appreciated for what is happening: blood delivers oxygen and nutrients and the lymph system removes impurities from the body.

### 3. CAN GRAVITY PAL BE USED FOR EXERCISING?

Gravity Pal has been designed for AFTER exercise. In other words, Gravity Pal is designed for rest, recovery and compression relief. However, some people report they enjoy stretching or light exercise while on their Gravity Pal. The makers of Gravity Pal do not advise rigorous exercise while on the Gravity Pal.

## Home Care For Your Gravity Pal

### Cleaning and Storing:

Use only a soft cloth with mild soap and water on the Gravity Pal vinyl to clean it. DO NOT USE alcohol based cleaners or abrasives which will damage your Gravity Pal.

**To Store Trimline or Traveler Model:** *Trimline:* With cushion side down collapse the metal leg by pressing on and unlocking the center support and lower the leg down against the wooden frame. *Traveler:* Simply fold, bringing handles together. Each Gravity Pal now can be easily stored behind a door, under a bed or in a closet.

**To Store Luxury Model:** Gently set Gravity Pal on its side or cushion side down. Open the leg lock and gently slide the leg out of the wooden slot. It is now ready for storage behind a door, against the wall, under a bed, or in a closet. To use Gravity Pal as a bench, add the second leg by gently sliding it into the slot and close the leg lock. If legs are not in use do not store flat but store standing up.

### **\* NOTICE - PLEASE READ \***

Please consult with your physician or primary care health professional before attempting low angle inversion using Gravity Pal. Low angle inversion with Gravity Pal may not be for everyone including, but not limited to, those with High Blood Pressure, Cardiovascular Disease, Glaucoma, while Pregnant, or those who may find it difficult to simply stand up after lying down on the floor. Not all users may experience a benefit. No promise of any health benefit is made or implied by Gravity Pal, Inc. To the fullest extent permissible under applicable law, Gravity Pal, Inc. disclaims all warranties, express, implied or statutory, including, without limitation, implied warranties of merchantability or fitness for a particular purpose. Users of Gravity Pal products do so at their own risk.