PRODUCT GUIDE

BEFORE USING OYO GYM WATCH
Setup + Super 7 Exercises at oyofitness.com/videos
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I’m the founder of OYO Fitness and inventor of SpiraFlex technology and the OYO Personal Gym. People often ask me, “How did you get your invention into NASA and on the International Space Station?”

I was in a coffee shop reading an article about astronauts losing bone density and muscle mass during long duration space flights in zero gravity. Studies showed the best countermeasure on earth was training with weights, which don’t work in space. I believed my SpiraFlex technology would provide the same benefits as weights and contacted the Chief Medical Officer at NASA, who invited me to Johnson Space Center for a presentation. Thus began a two year crash development program to deliver our Resistive Exercise Device (iRED) to the Space Station before the first crew arrived.

After the successes of SpiraFlex powering NASA’s first strength training device, keeping over 50 crewmembers in shape, SpiraFlex went on to power the best and highest selling home gym, the Bowflex Revolution. I founded OYO Fitness to expand the technology into a full line of “On Your Own” fitness products. The OYO team strives to create innovative products you can get fit with On Your Own — and help you meet and beat life’s challenges.
MEET YOUR TRAINER: NICK BOLTON
OYO DIRECTOR OF FITNESS
NASM-CPT, NCSF-CPT, EMT, FITNESS MODEL CHAMPION (MR. UNIVERSE), PHYSIQUE CHAMPION (GATEWAY NATURALS)

I'm Nick Bolton, your personal trainer for the OYO Personal Gym. I've dedicated my life to helping people reach their health and fitness goals. Drawing from my years of training experience, I've crafted programs for you to achieve a level of fitness you never thought possible.

In addition to being a personal trainer, I have also served as a firefighter. During my years as a firefighter, I realized that many emergency medical calls involved individuals that had let their health deteriorate to the point of no return. I decided I wanted to help people attack this problem before it got out of hand.

Life is meant to be enjoyed, not to struggle through with poor health. Anyone can dramatically improve their health and fitness, no matter their starting level. It's not about spending hours in a crowded sweaty gym, it's about consistently being active, using the OYO Gym with my programs and making progress each day. I've helped thousands of people realize their health and fitness goals and I'm here to teach, motivate and inspire YOU!
YOUR OYO PERSONAL GYM

PERSONAL GYM LE (LONG EXTENSION)
Full extension and higher starting resistance for average to advanced fitness levels.

PERSONAL GYM SE (SHORT EXTENSION)
Shorter extension and lower starting resistance for beginners, senior fitness, or reduced range of motion.

Find your OYO Gym from the chart below and refer to the corresponding assembly instructions in this guide.

<table>
<thead>
<tr>
<th>Product</th>
<th>Max Resistance</th>
<th>Cable Extension</th>
<th>5 lb FlexPack</th>
<th>10 lb FlexPack</th>
<th>Leg Attachments</th>
<th>Door Attachment</th>
<th>Exercise Chart</th>
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<tr>
<td>OYO Personal Gym LE</td>
<td>25 lbs</td>
<td>56”</td>
<td>1</td>
<td>2</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Total Body Package</td>
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</tr>
<tr>
<td>OYO Personal Gym SE</td>
<td>25 lbs</td>
<td>39”</td>
<td>1</td>
<td>2</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Total Body Package</td>
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</tr>
<tr>
<td>OYO Personal Gym SE</td>
<td>15 lbs</td>
<td>39”</td>
<td>1</td>
<td>1</td>
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To register your product or find your warranty, visit: https://www.oyofitness.com/warranties/
PRODUCT SETUP
QUICKSTART GUIDE: OYO PERSONAL GYM LE

NOTE: Only the 10lb FlexPack will attach to the unit first; the 5lb FlexPack will not attach first.

ADDING FLEXPACKS:

Your OYO Personal Gym is ready to go with one 10lb FlexPack attached.

REMOVING FLEXPACKS:

Hold the back of the OYO Gym with one hand and hold the FlexPack with the other hand.

To increase resistance, add FlexPack by aligning red arrows and snap on by pushing down in the center forcefully.

Watch video Setup + Super 7 Exercises online at oyofitness.com/videos

The OYO Personal Gym is rated for a maximum of 25 lbs of resistance. Do NOT attach more than two 10 lb-rated and one 5 lb-rated Flex Packs at any time.
DO NOT OPERATE THE OYO GYM UNLESS YOU HAVE CHECKED THAT THE FLEXPACKS ARE FULLY ENGAGED AND LOCKED. ONLY ATTACH FLEXPACKS WHEN THE OYO GYM IS IN THE FULL OPEN RESTING POSITION WITH CABLES TAUT. NEVER ATTEMPT TO USE MORE THAN THREE FLEXPACKS AT THE SAME TIME, AS SERIOUS INJURY MAY OCCUR AND PRODUCT MAY FAIL.

FOLDING OYO GYM:

1. Hold the back of the OYO Gym with one hand and hold the FlexPack with the other hand. Twist right while pulling away.
2. Twist right while pulling away.
3. Pull cables down with thumb behind OYO Gym and fold.

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The OYO Personal Gym is rated for a maximum of 25 lbs of resistance. Do NOT attach more than two 10 lb-rated and one 5 lb-rated FlexPacks at any time.
QUICKSTART GUIDE: OYO PERSONAL GYM SE

ADDING FLEXPACKS:

1 Your OYO Personal Gym is ready to go with one FlexPack attached.

2 To increase resistance, add FlexPack by aligning red arrows and snap on by pushing down in the center forcefully.

REMOVING FLEXPACKS:

1 Hold the back of the OYO Gym with one hand and hold the FlexPack with the other hand.

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The OYO Personal Gym is rated for a maximum of 25 lbs of resistance. Do NOT attach more than two 10 lb-rated and one 5 lb-rated Flex Packs at any time.
The OYO Personal Gym is rated for a maximum of 25 lbs of resistance. Do NOT attach more than two 10 lb-rated and one 5 lb-rated FlexPacks at any time.
USING LEG ATTACHMENTS

The OYO Personal Gym LE Total Body Package and SE Total Body Package come with Leg Attachments that can be secured to ankles or door attachment.

1. Place attachment around ankle with connector facing inward.
2. Slide strap through plastic buckle and pull to secure.
3. Ensure Leg Attachment is snug on ankle.

Watch video Setup + Super 7 Exercises online at oyofitness.com/videos

DO NOT OPERATE THE OYO GYM UNLESS YOU HAVE CHECKED THAT THE LEG ATTACHMENTS ARE FULLY ENGAGED AND LOCKED. ONLY ATTACH LEG ATTACHMENTS WHEN THE OYO GYM IS IN THE FULL OPEN RESTING POSITION.
Remove the end of the hand grip on your OYO Gym by twisting left and pulling away.

Attach the Leg Attachment to hand grip by lining up slots and twisting right.

To remove Leg Attachment, twist left and pull away. To reattach end of hand grip, line up slots and twist right.

Watch video Setup + Super 7 Exercises online at oyofitness.com/videos

DO NOT OPERATE THE OYO GYM UNLESS YOU HAVE CHECKED THAT THE LEG ATTACHMENTS ARE FULLY ENGAGED AND LOCKED. ONLY ATTACH LEG ATTACHMENTS WHEN THE OYO GYM IS IN THE FULL OPEN RESTING POSITION.
USING DOOR ATTACHMENT

The OYO Personal Gym LE Total Body Package and SE Total Body Package come with a Door Attachment that can be secured to a door or be looped around other secure anchor points for additional exercise movements.

1. Secure the Leg Attachment to one of the loops in the Door Attachment.
2. Insert rubber disk at end of Door Attachment on outside of door and completely close door.
3. Secure the Leg Attachment to the end of the OYO Gym (see Using Leg Attachment on previous page).

Watch video Setup + Super 7 Exercises online at oyofitness.com/videos

BEFORE OPERATING THE OYO GYM, ENSURE THAT DOOR ATTACHMENT IS FULLY ENGAGED AND LOCKED. MAKE SURE DOOR IS FULLY CLOSED AND SECURE. DO NOT OPEN DOOR DURING EXERCISE AS INJURY COULD RESULT.
WORKOUTS

By following our workouts and programs, you can achieve your fitness goals. The OYO Gym builds lean muscle and lean muscle burns fat!

**Dynamic Warm-up:** Perform before each workout.

**Total-Body Targeted Workouts:** Workouts that focus on specific muscle groups.

**Fast 5-Minute Workouts:** Perfect for quick exercise breaks, boosting your energy throughout the day.

**Yoga + Pilates Workouts:** Incorporates strength training into yoga and Pilates routines.

**28 Day Starter Program:** Introductory program to jump-start your OYO Gym fitness goals.

**10 Week Challenge:** The OYO 10 Week Challenge is custom designed by OYO Director of Fitness, Nick Bolton, to take your strength and conditioning to the next level.

STREAM WORKOUTS ONLINE AT OYOFITNESS.COM/VIDEOS
The OYO 10 Week Challenge is custom designed by OYO Director of Fitness, Nick Bolton, to take your strength and cardio to the next level.

LEARN MORE AT OYOFITNESS.COM/CHALLENGE
Diet + Nutrition Guide

Our nutrition program is customized to your goals of weight loss and becoming fit and strong.

INCLUDES:

Approved Foods List
Our list of healthy foods and portion sizes helps you keep your nutrition on track.

Nutrition Basics
Helpful tips and guidelines for a healthy diet.

Nutrition Program Calculator
Determine your goal with our Fit + Strong Calculator or Weight Loss Calculator. Then select the meal plan that best fits your goal.

Meal Plans
Choose from four basic meal plans to help you make healthy choices and meet calorie and nutrient goals.

LEARN MORE AT OYOFITNESS.COM/NUTRITION
Read and obey all warnings and instructions on the OYO Personal Gym device and in this product guide before using the product.

1. Keep the OYO Gym away from children. Moving parts and other features of the device can be dangerous to children. The OYO Gym contains small parts and can be a choking hazard.

2. Not intended for use by anyone under 14 years of age.

3. Consult a physician before you start any diet or exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath or feel faint.

4. Before each use, examine the device for loose parts or signs of wear. Inspect cables, FlexPacks, hand grips, leg straps, door attachments and other moving or interlocking parts, making sure they are properly secured and attached and show no signs of visible wear or damage. Contact customer service at oyofitness.com/contact-us for repair information.

5. Keep the OYO Gym away from direct sunlight and high temperatures to extend life and finishes.

6. Clean with damp cloth only. Harsh chemicals and detergents may discolor or damage the device.

7. The OYO Gym is not designed to be used when wet or submerged under water. Using this device under such conditions will void any warranty, may cause damage to the device and cause the device to be unsafe to use.

8. Do not wear loose clothing or jewelry while using the OYO Gym. Cover or secure long hair to prevent entanglement. This device contains moving parts. Do not put fingers or other objects into moving parts of the device.

9. Keep device at least 6 inches from face when in use. Keep third parties at least 3 feet away from device and user while device is in use.

10. Do not overexert yourself during exercise. Operate the device in the manner described in this manual.

11. Do not use more than three FlexPacks (25 lbs) on the device at one time, as serious injury and breakage could result. Use only the attachments designed by OYO Fitness specifically for use on your OYO Gym model.

12. Correctly attach, adjust and safely engage all attachments and accessories, or injury may occur.

13. Do not attempt to add or remove FlexPacks or other attachments while the device is in use. Doing so will void warranty and may cause injury.

14. FlexPack resistance ratings may not accurately reflect the actual resistance produced.

15. Failure to heed these warnings may result in serious injury or death.
WARNING CARD
Cut out the warning card above and place on opposite side of door when using Door Attachment.