

jyzeTM
Wind Up Fit!TM

User Guide

Welcome to the Jyze movement.

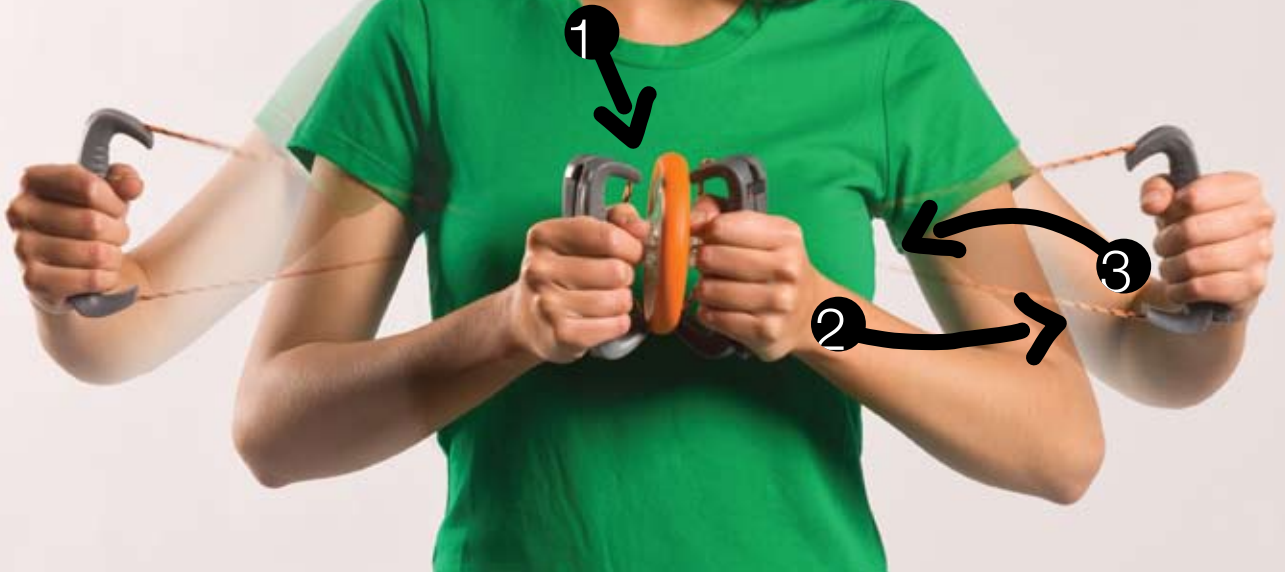
Pick up Jyze and join the **cardiotoning revolution.**

- **Jyze burns more calories.** When you add Jyze to an existing workout, you'll engage your upper body and burn more calories.
- **Jyze gets your heart rate up.** Add Jyze to your next walk and you'll get the aerobic exercise equivalent of jogging, swimming, or cross-country skiing without the joint and body stress and fatigue. Can't walk? Try Jyze sitting, laying, or just standing.
- **Jyze tones your upper body and core.** Configure Jyze to work for you. Change bands or go faster to move from 0 to 30 pounds of resistance and more. Lengthen or shorten the rope to fit your range of motion. We've suggested a few exercise options here. Invent your own or visit www.jyze.fit to see what other Jyze users are coming up with.
- **Jyze goes where you go.** With its lightweight design, Jyze travels with you for anytime, anywhere workouts.

For additional tips on getting the most of Jyze or customer support, visit www.jyze.fit

WARNING! Read this entire user guide carefully before using this product. Fitness training can result in serious or fatal injury. Risk of injury can be lessened when safe techniques and common sense are practiced. Do not exercise without proper instruction or supervision, or without first consulting your physician. If you experience pain or discomfort while exercising or using Jyze, stop activity immediately. Always check equipment for worn or damaged parts before using. If any defects are found do not use product.

Get Wound Up!



Jyze comes pre-wound. To get started, simply follow these steps:

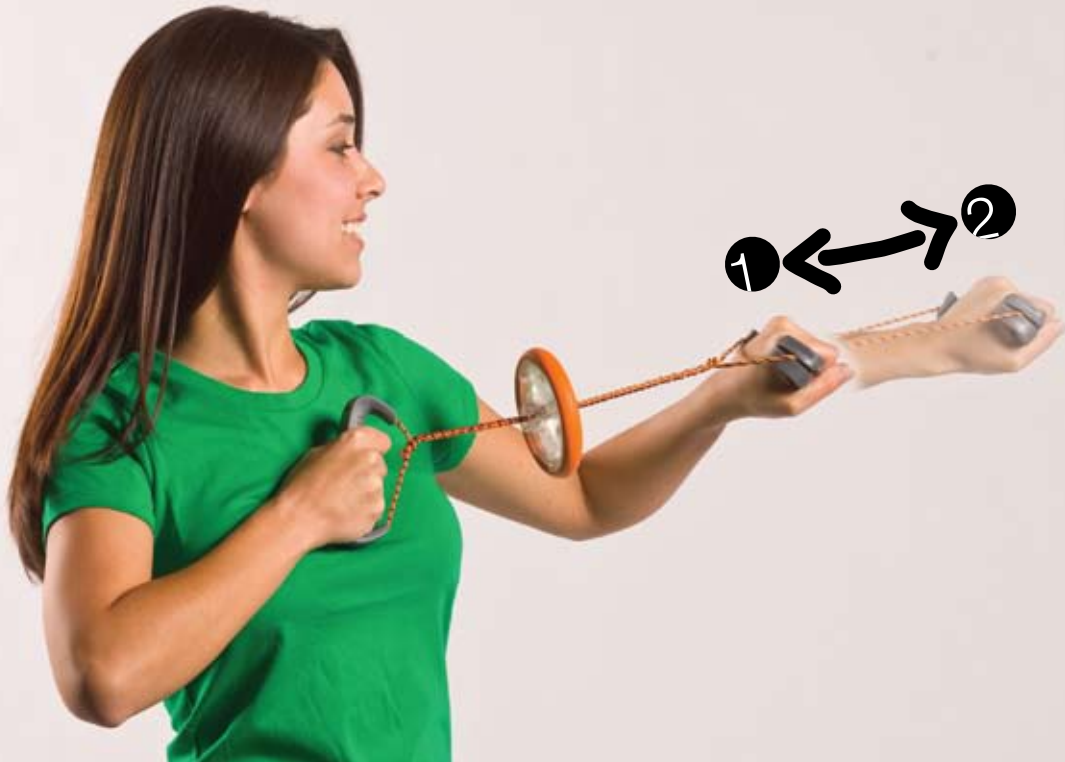
1. Place a handle in each hand.
2. Quickly move your arms apart, tugging at the wound rope.
3. Immediately move your arms closer together, relaxing the tension on the rope.
4. Watch the Jyze disc wind the rope up.
5. Repeat steps 2 and 3.

You'll begin to feel the force that Jyze creates. Remember, quickly pulling, then releasing the tension on the rope, then pulling again is the best way to get started. Once you've got this simple action down, pull harder and keep the disc spinning to feel the burn! Still having trouble? Visit www.jyze.com for more tips.



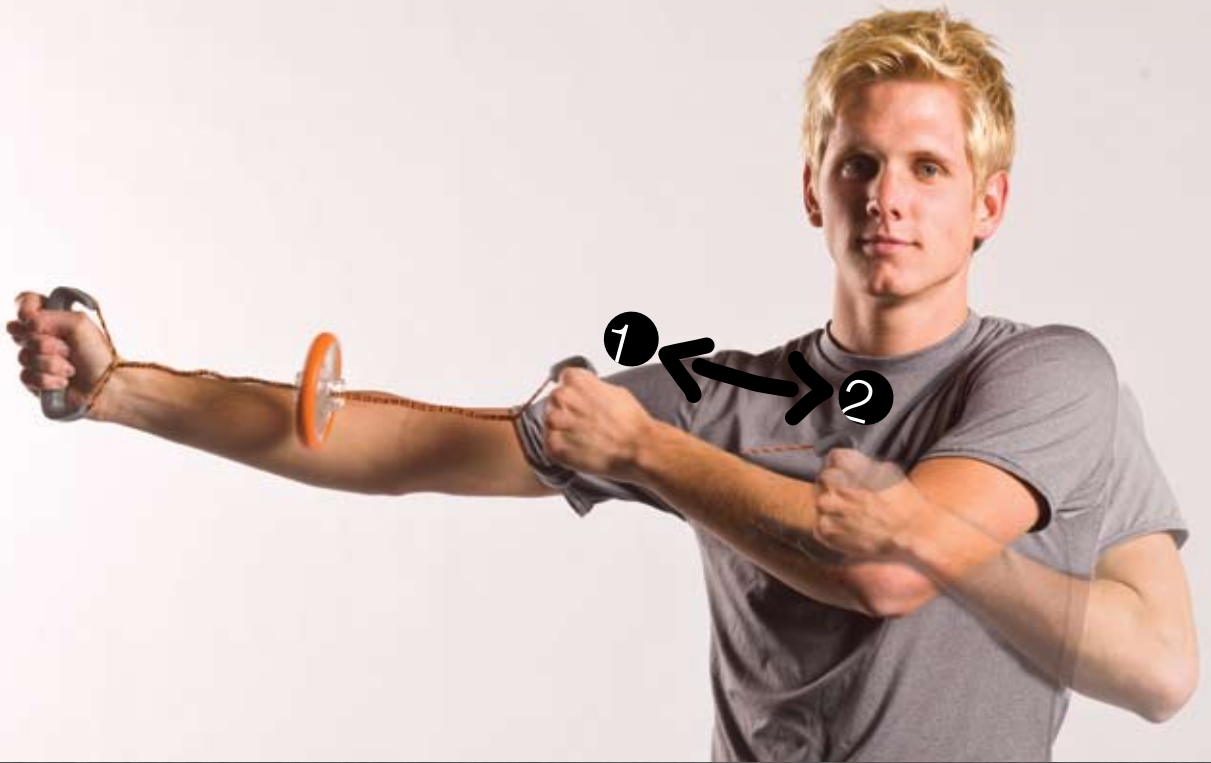
Wide Out

Invent some of your own moves or try these recommended variations: arms straight with elbows locked, raised overhead, arms lowered, one arm stationary while moving the other arm.



Single Arm Press

Variations: switch arms, extend forward arm upward or downward, lock elbow and work wrist and forearm only.



Bow Draw

Variations: switch arms, turn the hand closest to your chest with thumb pointing at your heart to work your deltoid (shoulder muscle), point extended arm upward, point extended arm downward.





JOIN

Team Jyze Today!

Join Team Jyze and make a difference in your world. You will:

- **Receive pass-along discounts** for your family, friends, and associates
- **Earn commissions** on every Jyze unit sold when others use your personal pass-along discount code to order*
- **Qualify to represent Team Jyze** at public events (5K races, community gatherings, college campuses, walking events, and more) and **host Team Jyze gatherings** in your area

Visit www.teamjyze.com to get started today!

**Visit www.teamjyze.com for terms and conditions of the Team Jyze affiliate program.*

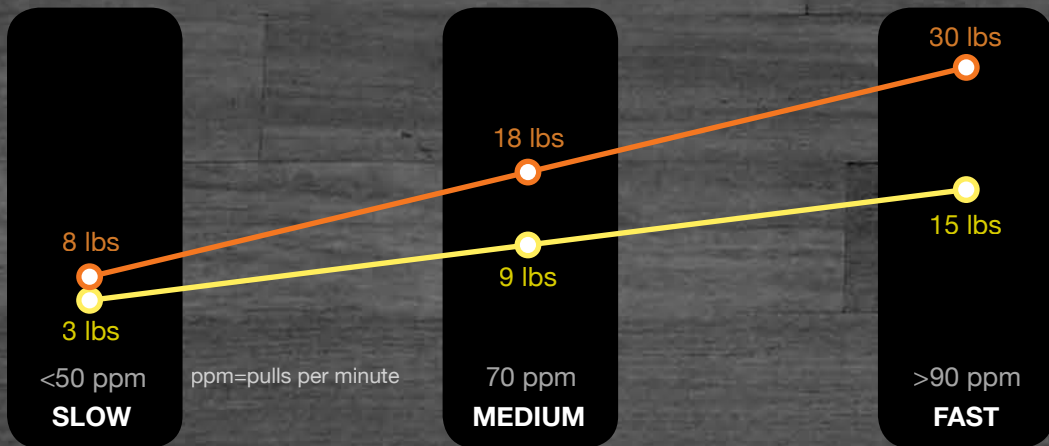
Adjusting the Rope

All wing spans are not alike, so if you want to adjust the length of the Jyze rope to accommodate shorter arms or even a specific exercise, it's simple. Release the strap on the back of the handle, and stow.



Changing the Resistance Level

Make your workout easier or harder by increasing the the speed or rate of your pulls. You can optionally change the workout bands on the Jyze disc to dramatically increase or decrease your workout level. To change bands, grasp the edge of the workout band and pry away from the disk. *Do not use Jyze without one of the provided workout bands in place.*



Jyze comes with two configuration options:



Yellow - Start with this band. This is the lightest band and generates 3 to 15 pounds of resistance based on your speed.



Orange - Use this band once you've had experience with Jyze and are ready for a stronger, longer workout of 8 to 30 pounds of resistance.

Troubleshooting

Catching in hair or clothing:

Keep Jyze away from hair or loose clothing. If something gets caught in the rope, stop and gently unwind the rope to release whatever is caught.

Disc travel:

It is normal for the disc to travel up or down when holding Jyze vertically (while performing raises or other vertical exercises). Simple reverse your position to re-center the disc.

Rope tangles:

It is normal for the rope to wind over itself. If this gets knotted, stop and gently unwind the rope.

Disc wobble:

It is normal for the disc to wobble slightly if you rapidly change the angle of your exercise.

Rope is wound but disk won't spin:

Unwind the rope completely and start over again.

WARNING! Accident or injury may occur. Keep rope away from hair or loose clothing. Do not step on handles to tension the rope. Do not loop rope or handles over objects or sharp edges to perform exercises. Do not loop rope or handles around neck. Do not use rope as a strapping cord or means for weight suspension or bodily support. Do not exercise without appropriate footwear. Not designed for uses other than exercise.

Storage and Care

Store Jyze in the bag provided. You can optionally store Jyze wound up with each handle overllocking an edge of the disc. To clean Jyze, wipe down with a damp towel. Do not use solvents.



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