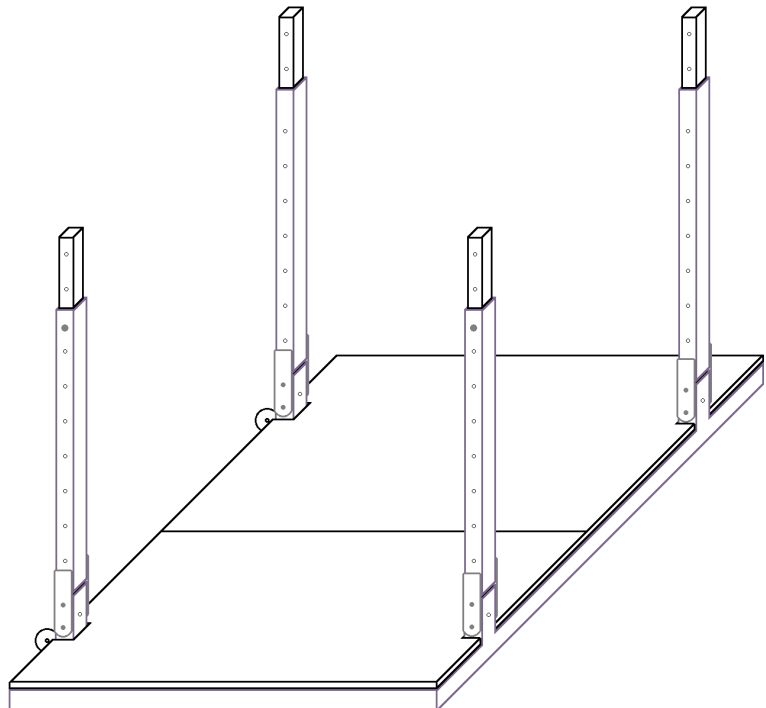
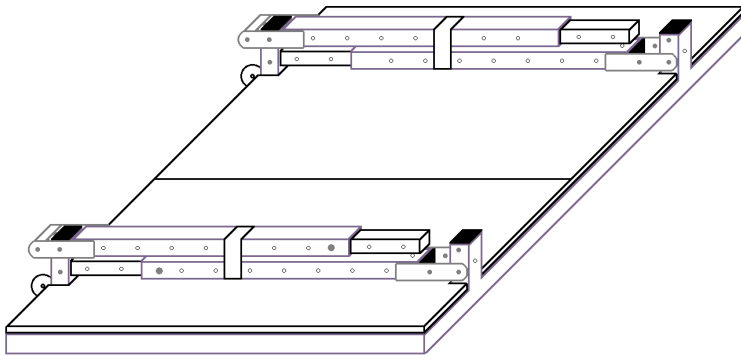




EvolutionVN

Evolution Home Gym User Guide



USER GUIDE

Beginning your health and fitness journey is a crucial step towards an improved, happier, and stronger life. Getting fit, regardless of what your definition of fit may be, is all about dedication, hard work, and perseverance - the right mindset. Once you've framed that mindset, it gets easier from there. Your journey will present challenges, but with the right fitness product, your journey can be made easier. It gives us extreme pride and appreciation that you've chosen the Evolution Home Gym (the "Evolution") as the primary vehicle for your journey. Just as you've committed to us, we're committed to helping you stick to your program and to making you the best YOU that you can be.

The Evolution has been designed with your needs in mind. The Evolution is versatile, effective, and functional without being large, cumbersome, and complicated. It makes your health and fitness journey convenient and more sustainable. We will continually introduce new products, new attachments, and new exercises to go with the Evolution, so we encourage you to join us on Facebook at www.facebook.com/evolutionVN and follow us on Instagram at <https://instagram.com/evolutionVN> to stay current.

We encourage you to engage with us, to ask questions, and to share your progress with others. You can do so on Facebook, Instagram, and Google. We want to hear from you!

IMPORTANT!

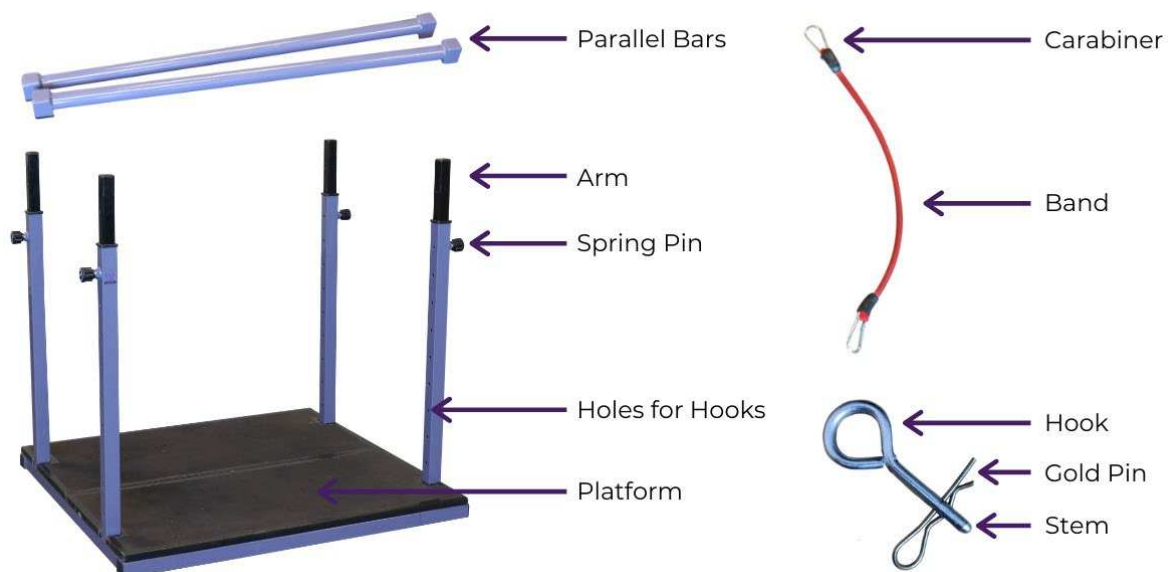
This user guide is the authoritative source of information about your Evolution and its functionalities. Please read it carefully and follow all of the instructions.



WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS AND GUIDELINES AND FAILURE TO ASSEMBLE THE UNIT IN ACCORDANCE WITH THE ASSEMBLY INSTRUCTIONS IN THIS USER GUIDE MAY RESULT IN SERIOUS INJURY OR DEATH.

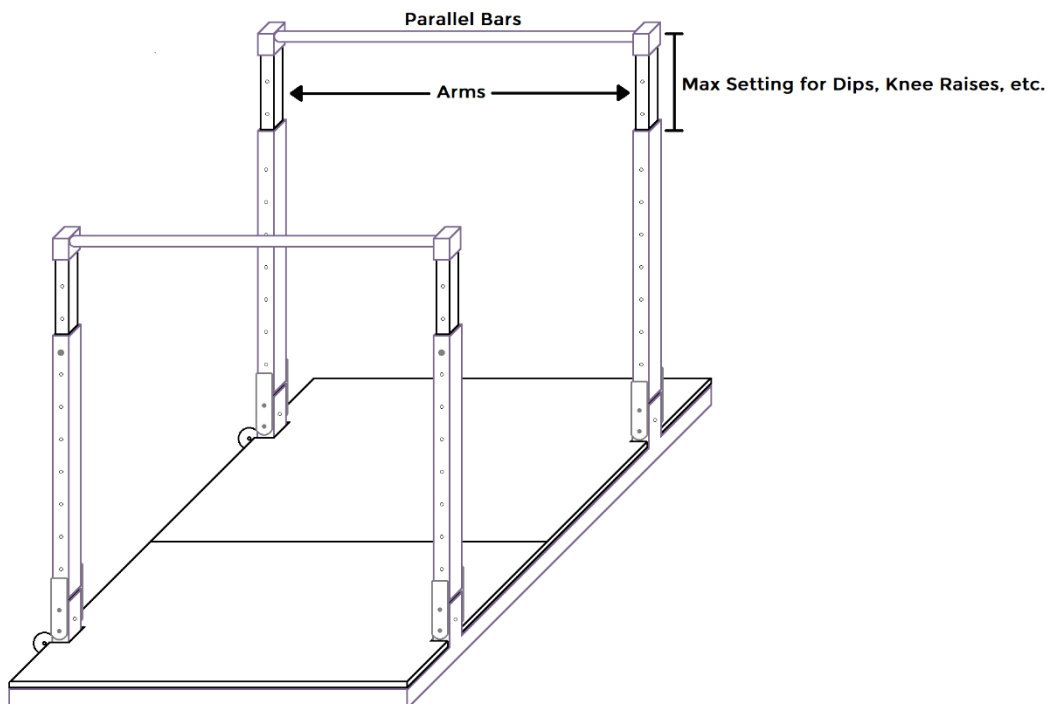
GETTING FAMILIAR



SAFETY INSTRUCTIONS AND GUIDELINES

- 1) Before EACH use, visually inspect the Evolution and all of its parts for wear or damage and ensure that they are working properly. Never use the Evolution if it or any of its parts are not working properly or if there are any signs of wear or damage such as:
 - compromised welds
 - frayed, cut, or gouged bands
 - damaged handles or carabiners.
- 2) Consult your physician before starting any new exercise program. Exercise can result in serious injury or death. Risk of injury can be minimized when safe techniques and common sense are practiced. Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or the Evolution itself may not be appropriate for all people. This is especially important for individuals over the age of 35, pregnant women, or those with pre-existing health problems or wrist, elbow, shoulder, or other joint and muscle impairments. If you are taking medication that may affect your heart rate, a physician's advice is essential.
- 3) Before beginning your first workout, become familiar with the Evolution and its functionalities and review all exercise guidelines prior to use. Understanding the Evolution and how to best position the parts for each exercise can prevent injury. Likewise, an understanding of the correct form for each exercise can prevent injury.
- 4) DO NOT overexert yourself. Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like muscle fatigue, from "bad" pain, which hurts. If you experience any pain or tightness in your chest, an irregular heartbeat, light-headedness, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.
- 5) ONLY perform the exercises shown and demonstrated in the exercise library. The exercise library can be found here: <https://evolutionVN.com/exercise-library>. Performing exercises or movements not specifically shown and demonstrated in the exercise library may compromise the integrity and safety of the Evolution or overstretch and damage the bands and put you at risk of injury.
 - Never stretch the bands more than three times original band length. Overstretching the bands can cause the band(s) to separate from the rubber clasp, resulting in serious injury to your eyes and/or other body parts.
 - To prevent overstretching of the bands, move the hook(s) up and change or add resistance bands until the desired resistance is achieved.
- 6) Use the Evolution ONLY for the intended use as described by the manufacturer. DO NOT modify the Evolution or use attachments not recommended or provided by the manufacturer. This could compromise the integrity and safety of the Evolution and will void the warranty.
- 7) ALWAYS use your bodyweight to hold the Evolution down. The Evolution is intentionally designed to be lightweight. Before beginning any exercise, be sure to establish at least one point of contact with the Evolution. Failure to do so may allow the Evolution to shift during exercise and may cause undue bodily harm.
- 8) Use the Evolution sensibly. Any exercise or movement that you do not feel comfortable performing should not be performed. Doing so may cause undue bodily harm.
- 9) Start out slowly and progress sensibly. Even if you are an experienced exerciser, start with the easier progression of the exercises and become familiar with all the exercises before moving on to more advanced progressions.

- 10) Ensure that spring pins are fully engaged prior to exercise.
- 11) DO NOT hang off a single parallel bar to perform any exercise or movement on the Evolution. Doing so may cause the Evolution to tip and cause undue bodily harm. Specifically, do not hang off a single parallel bar to perform pull-ups, chin-ups, or any modification of these exercises.
- 12) ALWAYS double check to ensure that the parallel bars are installed securely and evenly before use.
- 13) Tighten the spring pins to stabilize the arms before performing any exercise or movement on the Evolution that require parallel bars.
- 14) The parallel bars on the Evolution are not intended for users over the weight of 350lbs (159kg), specifically, for dips, knee raises, and any exercise that requires full body elevation. Doing so could compromise the integrity and safety of the Evolution and will void the warranty.
- 15) The Evolution must be set up with the arms at one of the three lowest settings for any exercise that requires the user to be elevated completely off the ground, i.e. dips, knee raises, etc. This will ensure stability of the Evolution.



- 16) For exercises involving parallel bars and full body elevation, be sure to perform in a controlled manner. DO NOT intentionally swing or shake with excessive force. Doing so could compromise the stability of the Evolution and cause undue bodily harm or could compromise the structure of the Evolution and void the warranty.
- 17) Be sure that all hooks are properly installed prior to attaching resistance bands. To install a hook, put the stem of the hook through the desired hole. This will expose one or both of the small holes on the stem of the hook. Place the straight end of a gold pin through the innermost hole (if only one hole is exposed, use that one), and push all the way through. Confirm proper installation by pulling on the hook.



- 18) Be sure that all carabiners are fully closed prior to exercise. Obstructions may prevent carabiners from closing fully. Fully closed carabiners will prevent bands and carabiners from coming loose and snapping while bands are under tension.
- 19) The Evolution is to be setup and used on a flat and level surface.
- 20) The platform on the Evolution is solely intended to be stood on. DO NOT bounce or jump on the platform. Doing so could compromise the safety of the Evolution and will void the warranty.
- 21) If replacement parts are required, use ONLY genuine replacement parts and hardware supplied by EvolutionVN. Failure to use genuine replacement parts can cause user risk, prevent the Evolution from operating correctly and will void the warranty. To get replacement parts, please contact support@evolutionVN.com.
- 22) Have plenty of clearance space. It is important to keep children, pets, furniture, and other objects out of the way when using the Evolution. You should have a minimum of 3 feet of clearance space on at least the working side (front or back) of the Evolution.
- 23) Individuals with disabilities must have medical approval before using the Evolution and should be under close supervision when using the Evolution.
- 24) Breathe naturally. Never hold your breath during an exercise and avoid over-training. You should be able to carry on a conversation while exercising.
- 25) Warm up. Before any exercise program, warm up by doing 5 to 10 minutes of gentle aerobic exercise, such as walking, followed by dynamic stretching.
- 26) Wear appropriate clothing when exercising. Workout clothing should be comfortable and lightweight and should allow freedom of movement. Wear comfortable athletic shoes that provide good support and have non-slip soles, such as running or aerobic shoes. Otherwise, exercise barefooted.
- 27) Resistance bands have elastic properties and may snap back toward you if they break during use or are released while under tension. This can result in injury to your eyes and/or other body parts. Therefore, it is extremely important that you inspect the bands before each use. Closely examine the bands for nicks, tears, punctures, and other flaws. If you find any flaws, DO NOT use the bands. It is also extremely important that you use smooth, controlled movements and never release the bands while they are under tension.
- 28) DO NOT use the Evolution if your hands are greasy or wet. When using the handles, carefully attach the handles to the bands. Test before using by pulling on the handles (not to exceed more than three times band length) to make sure the handles are securely attached to the bands. Securely grip the handles to prevent them from slipping out of your hands. Losing your grip can cause the bands to snap back resulting in serious injury to your eyes and/or body parts.
- 29) The bands contain natural rubber latex which may cause allergic reactions, such as mild itching, skin redness, or hives. The allergic reaction may also be life-threatening, such as anaphylactic shock, which can cause a drop in blood pressure, difficulty breathing, blueness of your skin, or even loss of consciousness. Seek medical attention immediately if you think you are experiencing any reaction to the latex.
- 30) Keep bands away from sunlight, direct heat sources, dampness, and sharp objects that may result in cuts or punctures or compromise the integrity of the bands.

31) Be mindful of potential pinch points on the Evolution:

- Joints or points where two components of the Evolution connect
- Joints where the arms fold
- Holes on the arms of the Evolution
- Carabiners
- Spring pins

32) The Evolution is NOT for use by children and/or pets. To prevent injuries, keep this and all fitness equipment out of the reach of children. Follow these simple rules:

- Keep children out of rooms where you have your exercise equipment.
- Store exercise equipment in a room that can be locked.
- Know exactly where your children are when you work out.
- If you have small children at home, don't wear headphones while you work out.
- Talk to your children about the dangers of exercise equipment.

COMMENTS OR QUESTIONS

If you have any comments or questions about your Evolution, please email, call, or write our team. Your complete satisfaction is our goal. You can also refer to the Frequently Asked Questions section on our website: www.evolutionVN.com/FAQs

Phone: (844) 386-2733 | Email: support@evolutionVN.com

WORKOUTS

For a comprehensive list of exercises you can do on your Evolution, please refer to the exercise library on our website: www.evolutionVN.com/exercise-library

CARE & STORAGE

Your Evolution has been carefully designed to require minimum maintenance. To ensure this, we recommend that you do the following:

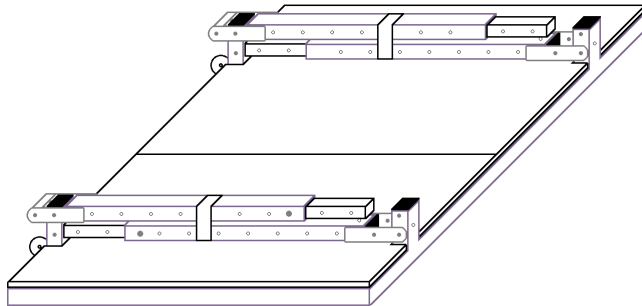
- Wipe sweat, dust, or other residue off the Evolution, handles, platform, and bands.
- Keep the resistance bands away from sunlight.
- Keep the parts out of the reach of children and high traffic areas.

INCLUDED ACCESSORIES

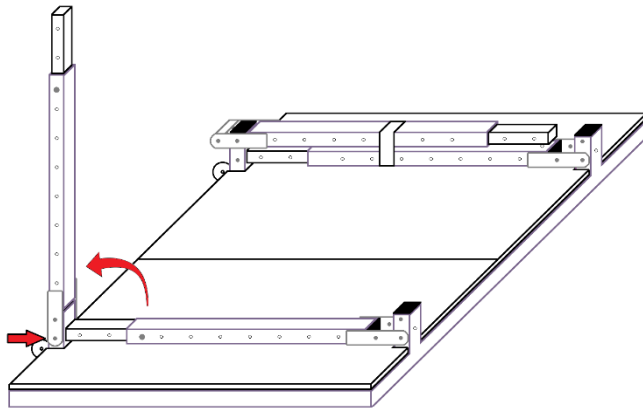
2 x Yellow Resistance Bands – 5lb
4 x Green Resistance Bands – 10lbs
2 x Red Resistance Bands – 25lbs
2 x Purple Resistance Bands – 35lbs
4 x Handles
2 x Ankle Straps
2 x Parallel Bars
1 x Assistance Seat
1 x Platform

ASSEMBLY INSTRUCTIONS

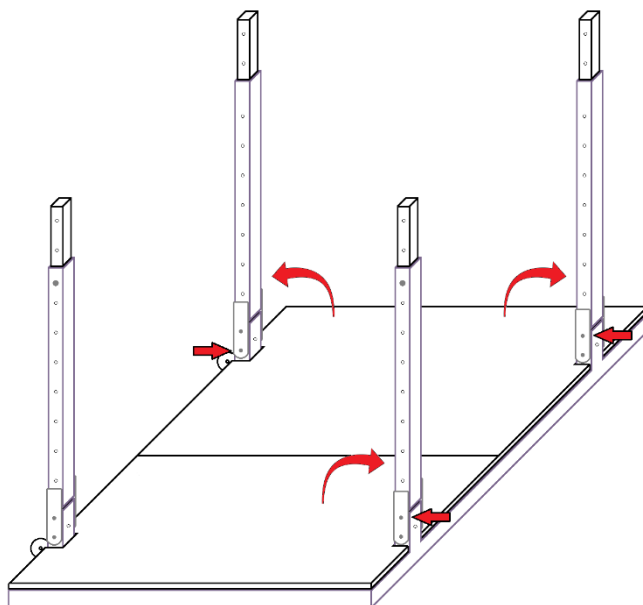
- 1) Remove the Evolution from the box.



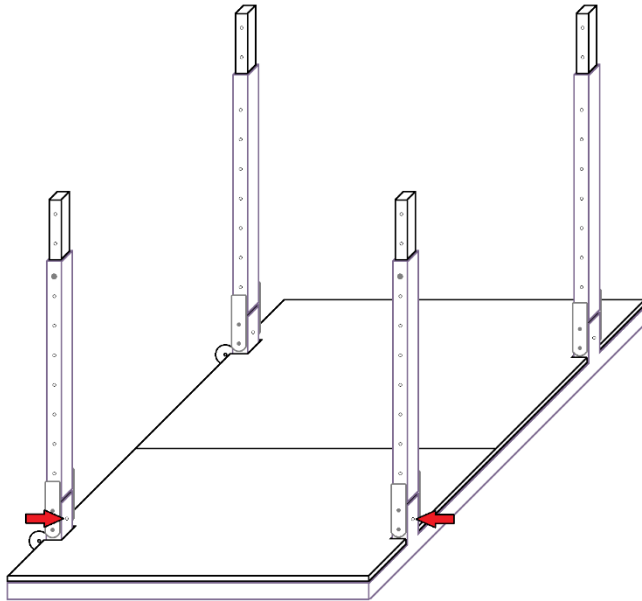
- 2) Remove velcro straps and bring one arm upright, align the holes, insert a nut and bolt, and tightly fasten with the allen key provided.



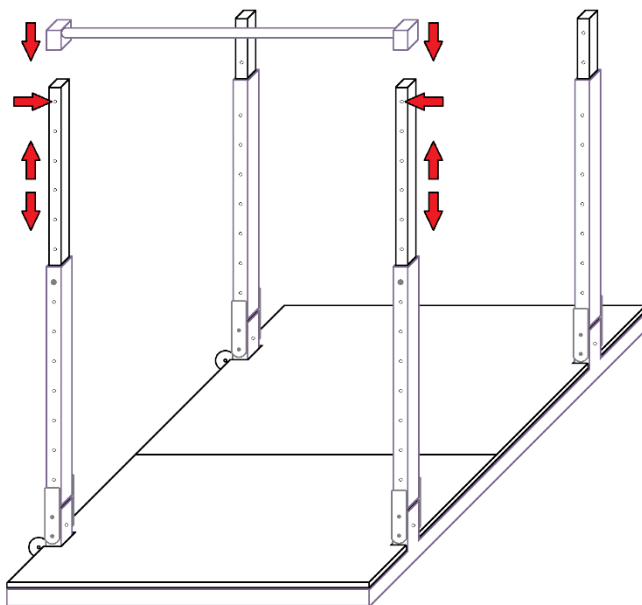
- 3) Repeat for the other 3 arms.



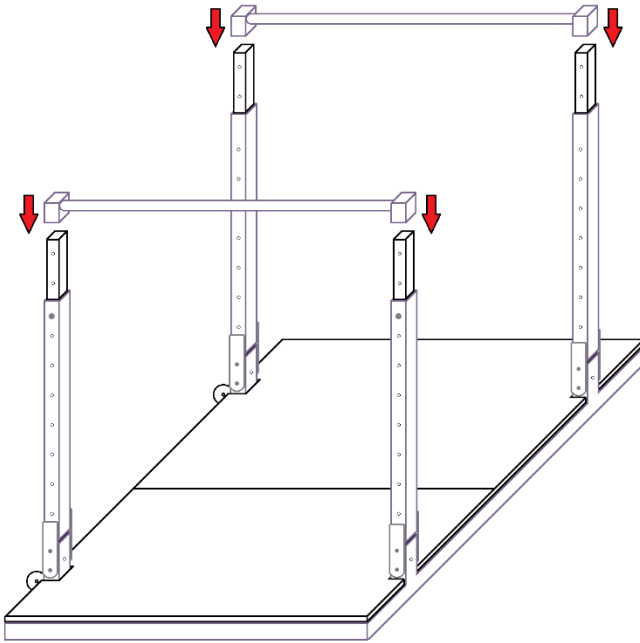
- 4) For **resistance exercises** such as squats, lunges, curls, etc., install hooks in the bottom holes of the arms. If you are a tall individual, to prevent overstretching of the bands, move the hook(s) up and change or add resistance bands until the desired resistance is achieved.



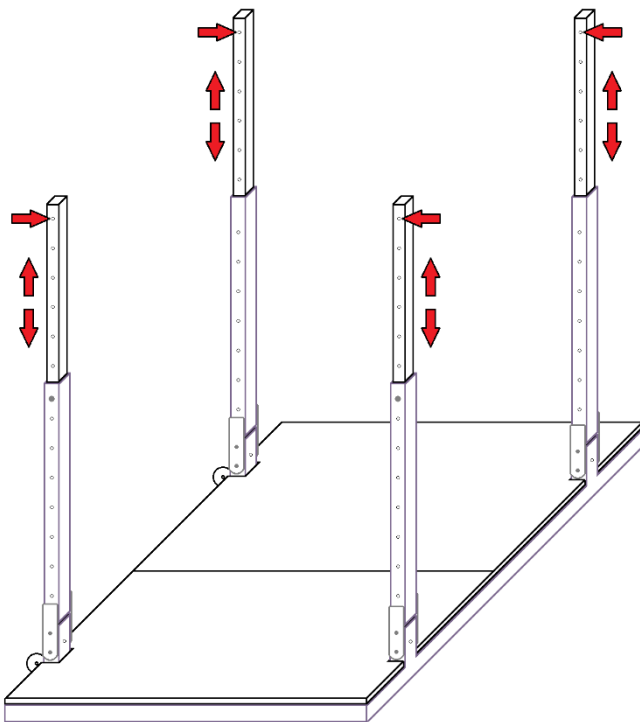
- 5) For **resistance exercises** that require arms at a higher setting such as chest flies, back flies, etc., install hooks in the top holes of the arms. Raise the arms to the desired height. For extra stability, install a parallel bar across the raised arms. *Remember: always maintain a point of contact with the Evolution.*



- 6) For exercises that require **parallel bars** such as dips, knee raises, etc., set the arms to one of the three bottom settings. Install the parallel bars by placing them on top of the arms and pushing down. Double check to ensure that the arms are set at the same height. For extra stability, tighten the spring pins.



- 7) For exercises that require **assistance** such as assisted push-ups, assisted squats, etc., install hooks in the top holes of the arms. Raise the arms to the desired height. A general rule of thumb is to set the arms to shoulder height.



- 8) For exercises that require both **assistance** and **resistance**, combine (4) and (7).

- 9) Save the allen key for future assembly and disassembly. The allen key can be stored in the side of the frame.

