CHRISTOPHER HARRISON'S ANTIGRAVITY®

THE ANTIGRAVITY® HAMMOCK MAINTENANCE AND ASSEMBLY GUIDE



ANTIGRAVITY® MISSION

To inspire the world to become lighter in body and mind; spreading health and happiness through innovative movement; living up to the name AntiGravity® -- in both senses of the word.

ANTIGRAVITY® COMPANY VALUES

SAFETY * QUALITY * INTEGRITY * INCLUSIVITY
RESPECT * ORIGINALITY

ANTIGRAVITY® LONG TERM GOALS

To have a Harrison AntiGravity® Hammock in every household.
To make AntiGravity® Techniques accessible worldwide.

AntiGravity® Fitness is a fully copyrighted technique; its nomenclature, sequences, and techniques are fully protected by U.S. law.

MESSAGE FROM THE CREATOR



First of all, congratulations on the purchase of your new Harrison AntiGravity® Hammock! You can rest assured that you now have the authentic apparatus for Aerial Yoga and Suspension Fitness. This Hammock is designed to support you in all of your aerial endeavors and it's my promise to you that you'll be satisfied with it's quality. AntiGravity® puts Safety First. Our product is guaranteed to be the highest quality on the market.

This guide will help you with assembly of your Harrison AntiGravity® Hammock and provide you with proper maintenance instructions. Inside, you will also find a few special tips for execution. Enjoy and fly high!

Be AIRful!



Christopher Harrison
AntiGravity® Founder
Silk Hammock Inventor
Aerial Yoga & Suspension Fitness Originator

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WHAT'S INCLUDED

The Harrison AntiGravity® Hammock consists of four (4) components:

1. Flying Fabric (1)
2. *Adjustment Straps (aka daisy chains) (2)
3. Carabiners (4)
4. ChokeLoops (2)

*Full Kit ONLY

Also included:

-S-Hook Threader
-AntiGravity® Drawstring Backpack
-AntiGravity® Aerial Yoga Introductory Instruction DVD

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WEIGHT RATING

Each component is rated to support well over 1,000 lbs. and an active load of at least 4.45 kN, allowing you to feel safe and secure in your Harrison AntiGravity® Hammock. The closed eye-hooks (not included) should be large enough to fit the Carabiners and must also be rated to hold at least 500 pounds of static load each.

INSTALLATION

We recommend that you have your Harrison AntiGravity® Hammock installed by a professional contractor. Your professional contractor should consult an engineer before securing the Harrison AntiGravity® Hammock to your ceiling's weight-bearing frame.

The two rigging points should be approximately 20 inches apart.

The room where you install your Harrison AntiGravity® Hammock should, ideally, be large enough to accommodate a 12-foot by 6-foot diamond-shaped footprint to allow for swinging.

This measurement allows for 6 feet in front and behind the Hammock and 3 feet to the left and 3 feet to the right of the Hammock from the center Plumbline. This accommodates swing.

Ceiling height should be approximately 9 feet and no less than 8 feet high. If your ceiling is higher than 11 feet, the front-to-back ratio may require more room to accomodate swing.

***SEE SPECIAL ACCOMMODATIONS FOR LOW CEILINGS.**

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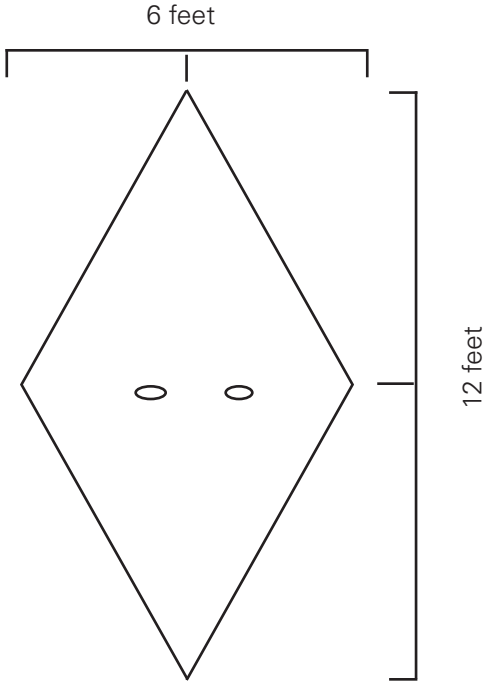
HAMMOCK INSTALLATION DIAGRAM



NOTE: Variations in ceiling structure and the use of additional hardware or fixtures should be addresed by your contractor. These are the ideal measurements and clearance for your Hammock.

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ASSEMBLY

Before you can attach the Flying Fabric to the *Adjustment Strap (aka daisy chain), you must attach the loops on either end. This is accomplished by securing the ChokeLoops around both ends of the fabric, leaving approximately 8 inches of fabric on either side.

*Full Kit ONLY

- Use two of the Carabiners to attach the *daisy chains to the eye-hooks, or other fixture, on the ceiling.
- Lay out the Flying Fabric. You will see that the piece is a 12 foot long by 9 foot wide rectangle. It is a two-way stretch.
- Find the 9 foot side (stretchy side).
- The Harrison AntiGravity® Hammock must be properly pleated for comfort.

NOTE: Pleating is not currently shown in the DVD but, we have found, it is essential for comfort while using the Hammock.

-At the 9 foot side, you will need to gather the Flying Fabric together, as evenly as possible.

-Maintaining a straight edge, use your fingers to pull the fabric towards your thumbs, gathering the fabric and causing it to pleat (or fold) into a tight rope-like bunch.

-Keep the fabric together, like a rope, and pull to tension then kneel on the fabric to be sure the pleating does not change.

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NOTE: If your Hammock is too stretchy upon completion then you pleated the wrong edge.

- To prep the ChokeLoop, find the seam and bend it to create a C-curve.

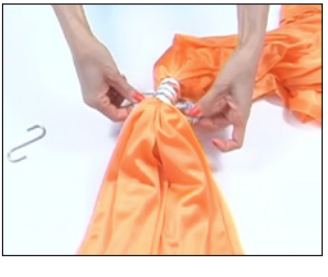


- Measure in 8 inches from the 9 foot side of the Flying Fabric to place the ChokeLoop.

- Wrap the two ends of the ChokeLoop evenly around the bunch of fabric, bringing the curved seam under itself. This is called choking.



- Continue choking in the same direction without twisting or overlapping the loop.



- Wrap the loop around a total of three times until both ends of the loop meet at tension.

- Keep bringing the curved seem under.

NOTE: In order to pass the curved seam through itself a third time, you may need to use the S-Hook Threader.

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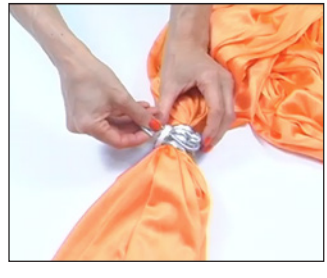
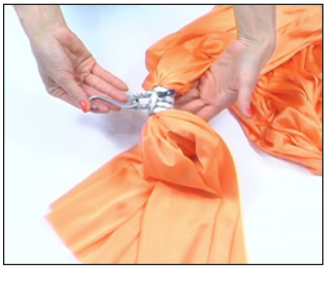
- Holding your S-Hook Threader on one side, reach under the smooth edge of the loop and grab the curved seam.





- Pull the curved loop through the other loop, using the S-Hook Threader.
- Once you have pulled the curved loop through, remove the S-Hook Threader.
- Latch one of the Carabiners through the remaining loop.





- Latch the same Carabiner through one of the loops on the *Adjustment Strap, allowing one side to hang from the ceiling.
- Repeat the same steps on the other end of the Flying Fabric for pleating and choking.
- Your Hammock should now hang freely from the ceiling and can be adjusted accordingly using the loops on your *Adjustment Strap.

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CUSTOMIZATION

You must adjust your Hammock specifically to your body frame. When hanging in an inversion, be sure your head is 2-4 inches from the floor.

As the Hammock hangs loosely from the ceiling, the bottom of the "U" should be even with your pubic bone. If your torso is longer than the length of your legs or if you have wide hips, the bottom of the "U" may need to be higher.

1. Using a stepladder, press the wire gate to unlatch the Carabiner on either side of the Hammock.

2. Adjust the height of the Hammock by latching the Carabiner onto one of the loops of the *Adjustment Strap. Make certain you hear the snap of the gate shutting closed.

NOTE: The two sides of the Hammock do not need to be exactly even, but we recommend aligning both sides on the *Adjustment Straps as best as possible to allow for better movement of the Hammock.

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SPECIAL ACCOMMODATIONS FOR LOW CEILINGS

If your ceiling is eight feet or under then you will need to make a special accommodation.

- You will not be able to use the *Adjustment Straps (daisy chains) for adjusting the height. Those will only be necessary when you are doing AntiGravity® Restorative Yoga moves (closer to the floor). Instead you will hook the ChokeLoops directly to the eye-hook in your ceiling using one set of Carabiners.

- The adjustment of the height of the Harrison AntiGravity® Hammock needs to be managed with a "tail slide adjust" by pulling on the tail and allowing the fabric to slide through. Do this on both sides, making tails as even as possible.

- In order to "tail slide adjust" you will only "choke" the ChokeLoops two times around instead of three times around the Harrison AntiGravity® Hammock. Be sure to pull in opposite directions to secure the choke once looped. This can be done by putting weight into the Harrison Hammock.

NOTE: Some people choose to tie the tails up and out of the way or even cut off 1 foot of fabric.

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HYGIENE AND HYDRATION

Before you begin using your Hammock, you will want to have certain accessories on hand to make your practice a fulfulling one. We encourage having a bottle of water and a sweat towel nearby. Practice on your Hammock with an empty bladder and do not have an empty or full stomach.

Other items you may want to have on hand are a tissue box in case you get nasal drip during inversions, sanitary wipes to keep your feet clean, and a timer to time your inversions.

CLOTHING AND JEWELRY

Do not wear jewelry or clothing with buckles or snaps, as they may snag the Flying Fabric of the Hammock. If necessary, you may place a bandage over wedding rings.

- Practice with bare feet in the Hammock or with grip socks. Some people also prefer grip gloves.

- We suggest long-sleeved exercise shirts, full-length leggings or any other tight-fitted clothing in order to check body alignment and to minimize friction burns. Women should wear bras and men should wear supportive underwear. We also recommend tucking shirts into pants.

- Synthetic material can become slippery in the Hammock. Cotton blends are a safer alternative. If you wear tights, choose an opaque fabric.

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MAINTENANCE AND STORAGE

FLYING FABRIC

You should check the fabric of the Harrison AntiGravity® Hammock regularly for snags and tears. If the Flying Fabric becomes damaged, "darn" the distressed area immediately before it becomes a hole.

Your Harrison AntiGravity® Hammock will last for years if you properly maintain it. However, in time, you may choose to replace your fabric if a tear or snagging occurs often.

*ADJUSTMENT STRAPS AND LOOPS (*Full Kit ONLY)

The webbing of the Adjustment Straps can fray over time. If there is any sign of wear and tear, they should be replaced immediately.

CARABINERS

You should be very careful not to drop or slam the Carabiners against a hard surface or onto the floor. If there is a locking component on the Carabiner, if should also be examined regularly to be sure they are secure and functioning smoothly. Be sure to replace your Carabiners at the first sign of wear or if dropping has compromised them. This is especially important if they are rubbing against metal.

STORAGE

If there is any moisture, the AntiGravity® Hammock should be hung in a dry area with adequate ventilation. Choose a secure place where snags are not likely to occur or return the dry Flying Fabric and parts to the drawstrings backpack.

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WASHING

Your Harrison AntiGravity® Hammock should be washed after every 8 uses or whenever soiled. In between washings, the Flying Fabric should be spritzed with odor-eliminating spray and aired out.

- It is okay to wash with ChokeLoops attached
- Wash using the gentle cycle
- Use mild detergent
- If placed in the dryer, use very low heat
- Do not wash with hardware attached

NOTE: Wearing sleeves and leggings means less washing will be necessary.

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SPECIAL EXECUTION TIPS

- Work within your limits and monitor your own resistance.
- If at any time you become dizzy or experience vertigo, stop and get out of the Hammock immediately until the sensation subsides. Stare at something that is not moving. Consider using peppermint or a motion-sickness remedy.
- Once professionally installed, trust that your AntiGravity® Hammock will hold you.
- While becoming acquainted with inversions, it is wise to use a spotter.
- Maintain contact with the Hammock at all times.
- Attend AntiGravity® Fitness classes in your area to learn the nuances of execution.
- Learn about new AntiGravity® techniques via our website.
  -www.antigravityfitness.com
- Follow us on Social Media
  -YouTube- Christopher Harrison
  -Instagram- antigravityfitness
  -Twitter- yogaantigravity
  -Facebook- antigravityfitness
  -ChristopherCalvinHarrison

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