



# IN-STALL GUIDE

# Ellen Croft's



[pilatesyogagym.com](http://pilatesyogagym.com)

*"The first time I installed PYG on a door it took me a good five minutes. Now it takes me only two minutes and it's a piece of cake." --Ellen Croft*



## **PYG IN-STALL**

### **10 EASY STEPS TO GET YOU STARTED**

1. Choose ANY door. Don't worry too much about space. There are tons of moves for a good workout, even in a small hallway.
2. Choose WHICH SIDE of the door you are going to workout on. Your workout side of door is referred to as PYG SIDE. The attachment side is the BACK of that door.
3. Open the PYG ZIPPER and turn the top inside out. (See Figure 1)
4. Reach into the bag and PULL OUT all of the STRAPS.
5. Now turn PYG completely INSIDE OUT and zip it closed.
6. Look at the straps and LOCATE the 2 black fabric DOORSTOPS. They are attached to the top of the two straps that go over the top of the door. (See Figure 2)

7. SLIDE the top straps with the two doorstops over the top of the door. Make sure PYG LOGO is facing out on the PYG SIDE of the door.

8. Now SLIDE the two bottom straps UNDER the door. Make sure THE D RINGS FACE OUT.

9. Stand at the BACK of the door and CLOSE the door with the DOORSTOPS ON YOUR SIDE. (BACK). This will keep PYG firmly in place.

10. ATTACH the male and female plastic clip ends together and pull the strap to TIGHTEN down. (See Figure 3)

**That's it! You are almost ready to PYG OUT!**



Figure 1

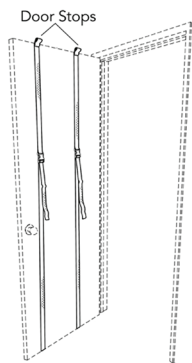


Figure 2

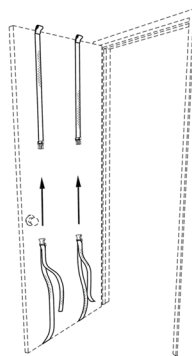


Figure 3



# HOW TO SET UP YOUR PYG

## PILATES

Attach clips to each end of the spring.

Attach handles to one end of each spring.

Attach the other end of the spring to D ring on PYG.

See Pilates Videos for more.

## YOGA

There are three D rings on the Yoga strap.

Attach a clip to the middle D ring.

Attach the clip to the top D ring (D1) on the PYG.

This creates a long strap and a short strap.

The straps are always in this setting for Yoga.

The only thing that changes are the handles and the BEND belt depending on the moves.

## GYM

Thread the red and black ropes through the pulley.

Attach clips to each end of the ropes.

Attach clips to the pulley.

Attach clips to each end of the small springs.

Attach handles to each rope end.

Attach the small spring to the other end of the rope.

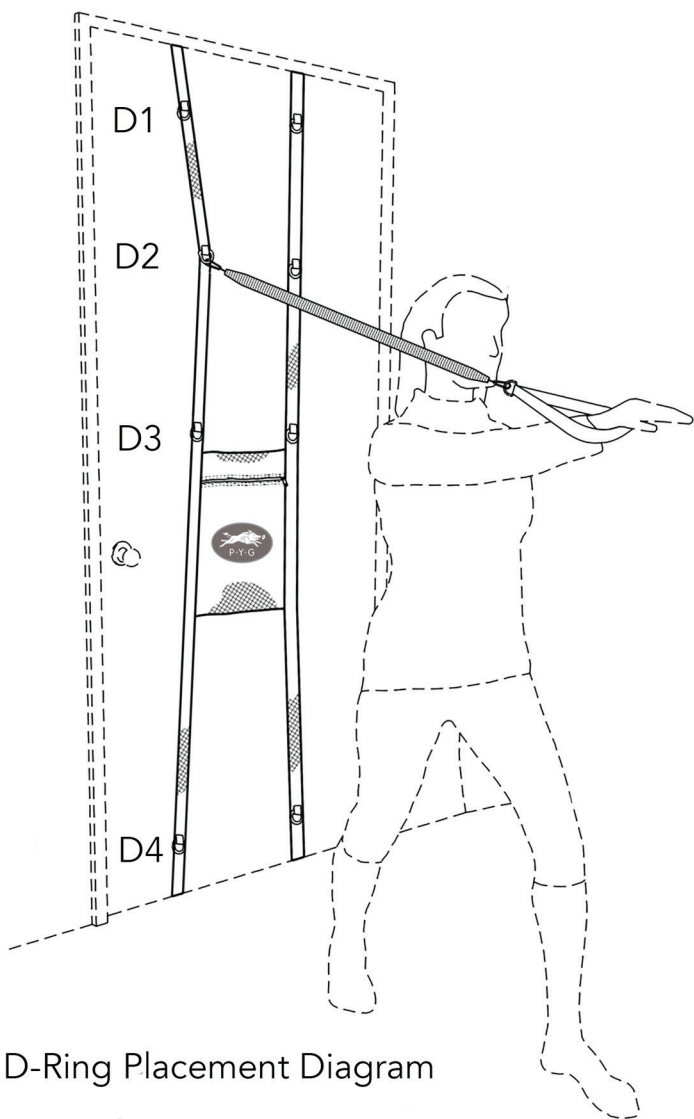
## GYM CONT.

You should have a rope with a pulley in the middle, a handle on one end and a small spring on the other. This is the GYM cable system.

When switching between GYM set ups it's ALWAYS two clicks of the D rings. One for the Pulley and one for the Spring. So if you're doing a bicep curl and you want the tension to come from the bottom then the spring would be attached to the top D ring. D1 and the Pulley would be attached to bottom D ring D4. Try it so you get your brain around it. This is Fearless Fitness.

Switching between exercises is easy. Focus on form in the beginning. Get your posture in line. Your familiarity with PYG will come. After all there is nothing else like it.

**Watch the 2 minute online video clip called PYG IN-STALL. Before you know it, you'll be ready to PYG OUT!**



D-Ring Placement Diagram

# Products Disclaimer

P.Y.G.<sup>™</sup> (and Inventa Motion Corporation), the manufacturers and distributors assume NO LIABILITY or responsibility for accidents or injury to persons or property that result in connection with exercise and use of the P.Y.G.<sup>™</sup> (Pilates.Yoga.Gym.) or Inventa Motion products.

Inventa Motion Corporation. P.Y.G. Warning: Choking Hazard-bag and small components are not suitable for children under 6 years old. Children under 12 years old need adult supervision. Keep small children and pets away from workout area. Do not use near stairs. Do not use on glass doors. Although the P.Y.G.<sup>™</sup> is very strong if the fabric is cut, torn or worn, or if the D Rings are loose or damaged DO NOT USE. DO NOT USE if the fastening clips or door stops are damaged. DO NOT USE if any of the components, springs, handles, clips, ropes, straps or pulleys are damaged or rusted. Store P.Y.G. in a dry place and out of direct sunlight.

## Information Disclaimer:

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## Exercises Disclaimer:

Always consult your physician or health professional before starting this or any other exercise program. The moves and exercises provided for P.Y.G. are not to be interpreted as a recommendation or replacement for a specific treatment plan, product, or course of action. It is your responsibility to have your medical and physical condition evaluated by a professional and understand what your specific needs and limits are. Exercise is not without its risks and this or any other exercise program may result in injury.



PILATES  
YOGA  
GYM

Angel Wings	Pilates 100s	Frogs	Diamond Butt	Tricep Extensions	Lat Pulls	*Roll Ups
	Leg Circles	Inner Thigh Work				
				D1 - Advanced D2 - Intermediate D3 - Beginner		*D1 - Beginner D3 - Advanced

Warrior One	Abdominal Contraction	Back Plank Walking	Yoga Push-Up	Plank Push-Up	Scapular Retraction
Warrior Two		Back Plank Hamstring		Butt-Ups	
Triangle	Squatting		Iso-Plank		
				Yoga is always performed with clips attached at the D1 position.	

Outer Thigh Work	Donkey Kick	Ballet Beats	Thumbs Up	Bicep Curl	*Kneeling Tricep Extension	*Wood Chop
	*Kneeling Crunch					
					Connect spring clips at D1, and connect pulley clips at D4. *Connect pulley clips at D1, and connect spring clips at D4.	