

TOTAL GYM® OWNER'S GUIDE

PowerTower® | GTS® | Sport™



total gym®

Congratulations

Thank you for purchasing a Total Gym® product. Whether you purchased a PowerTower®, GTS® or Sport™ for personal use, for clinical use or for a commercial health club facility, we want to welcome you as a valued customer. We trust your Total Gym product will provide you with unsurpassed service and versatility year after year for training activities either at home or in the commercial setting.

Total Gym functional incline training equipment has set the standard for physical rehabilitation, athletic training and sports performance for more than three decades. Trusted by more than 4 million home users, its commercial models are the anchor for the popular GRAVITY® Program found in fitness and wellness facilities around the globe.

All Total Gym incline training equipment allows:

- Unrestricted movement through all three planes of motion
- Proprioceptive training
- Recruitment of the core automatically
- Unloaded, early closed-chain exercise in a functional environment
- Calibrated, incremental increases and decreases in load

Total Gym enables you to fine-tune exercise regimens to meet your desired goal, or that of your client, or in the case of GRAVITY multi-client sessions, each of your participants. You can adjust the incline level based on ability and desired intensity.

If you purchased the Total Gym PowerTower™, you have added the dynamic dimension of electrical power to your workouts or those of your clients. With the PowerTower model, resistance is adjustable during an exercise in progress with the simple press of a switch. You, or your client, remains on the glideboard as you raise or lower the level of resistance effortlessly.

Your Total Gym product arrives with some assembly required. Simply follow the directions in the Assembly and Set-up Instructions sheet and in minutes your PowerTower, GTS or Sport will be operational.

In this guide, you will find information about your Total Gym model and its component parts, operation, maintenance and care. Additionally, you will find usage and safety tips and precautions to help ensure your safety and the safety of your clients. Your Owner's Guide also includes warranty information. Please save this guide and refer to it in the future.

If you have any questions about Total Gym or if you need service, please contact us. Our goal is to provide you with the premier training tool for functional exercise, and we stand ready to assist you every step of the way.

Sincerely,
Tom Campanaro
President/CEO



PowerTower® | GTS® | Sport™

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Safety Precautions

- Before starting this or any exercise program, consult your physician, who can assist in planning a program that is age and ability specific. Certain exercise programs or types of equipment may not be appropriate for all people. If you are using the equipment in a commercial setting, ensure that your clients are able to participate in an exercise program on this equipment without injury.
- Do not overexert, or allow your clients to overexert using this equipment or performing any exercise program on this equipment. If any pain or tightness in the chest occurs, an irregular heartbeat, shortness of breath, faintness, nausea or dizziness is experienced by you or your client stop the exercise session immediately and ensure that a physician is consulted before resuming any exercise program. (Clinicians and trainers should follow these recommendations if these symptoms are observed in clients.)
- This product is designed and intended for commercial use. Clinicians and trainers should inform clients of and monitor their adherence to all safety precautions. Use only as instructed.
- Do not permit anyone to stand on the Total Gym® or use it as furniture. Children should only use the Total Gym when closely attended and supervised by an adult. Do not leave children or clinical patients unattended on Total Gym equipment.
- Parents and others in charge of children should responsibly monitor children whose natural play instinct and fondness of experimenting can lead to situations and behavior for which the training equipment is not intended.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Keep fingers, loose clothing and hair away from moving parts. Wear appropriate exercise attire and tie long hair back.
- Inspect your Total Gym before each use to ensure proper operation. Check all parts for wear before each use. Do not use your Total Gym if it is not completely assembled or if it has been damaged in any manner. Contact Total Gym Customer Service for replacement parts or repairs.
- Use only accessory items recommended by the manufacturer. Only use accessories in the manner specified by the manufacturer.
- Follow instructions in this Owner's Guide for getting on and off the unit. Falling on or off could result in severe or fatal injury. Place your Total Gym on a flat, solid surface with nonskid material underneath. Keep the rail base and tower base free from obstructions. Total Gym is rated at a maximum user weight capacity of 350 lbs. [160 kg.]. Additional weights can be applied to the glideboard with a weight bar, up to 650 lb. [295 kg.] maximum total.
- Follow the instructions that are outlined in this Owner's Guide for operating your Total Gym PowerTower™, GTS® or Sport™, unit.



WARNING:

Failure to read and follow the safety instructions in this manual may result in serious injury or death. Hazards include falling, overexertion, strained muscles, pinched fingers or pulled hair. Changes or modifications to this Total Gym may void the warranty and may violate U.S. Federal Communications Commission (FCC) Rules.

**WARNING: READ ALL INSTRUCTIONS BEFORE USING ANY TOTAL GYM MODEL**

To reduce the risk of burns, fire, electric shock or injury to persons:

ALL TOTAL GYM® MODELS

1. Inspect your Total Gym unit before each use to ensure proper operation. Do not use this equipment unless all moving parts are working properly. Follow all maintenance and care instructions found in this Owner's Guide and on the equipment labels.
2. Keep towels, blankets or loose clothing off and clear of your Total Gym unit and its surrounding area. Keep all Total Gym openings free of lint, hair and the like.
3. Close supervision is necessary when Total Gym equipment is used by or near children, disabled or injured persons.
4. Care should be taken at all times when getting on and off your Total Gym or any exercise equipment. Falling on or off the product could result in injury, or possibly death. Follow the Getting Started instructions for getting on and off the unit found in this Owner's Guide.
5. Use your Total Gym only for its intended use. Do not use attachments not recommended by the manufacturer.
6. Place your Total Gym on a flat level surface. Allow ample clearance for the rails to lower to their fully extended position. Do not store anything under your Total Gym.
7. Never drop or insert any object, including fingers, into Total Gym openings.
8. Do not use your Total Gym outdoors where rain or moisture can get on it.
9. Keep fingers, loose clothing and hair away from all moving parts.
10. The gas struts always exert force to either fold or lift the rails. Handling your Total Gym in an unusual manner could cause the rails to move unexpectedly.

TOTAL GYM POWERTOWER™ (ADDITIONAL WARNINGS)

11. The Total Gym PowerTower should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
12. Keep the area near the base of the tower clear to allow airflow into the Total Gym PowerTower motor.
13. Never operate the Total Gym PowerTower if it has a damaged power cord or plug, if it is not working properly, emits an odor or unusual noise, if it has been dropped, damaged or in contact with water. Contact the manufacturer for examination and repair.
14. Do not pull the Total Gym PowerTower by the power cord or use the power cord as a handle.
15. Keep the power cord away from heated surfaces.
16. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
17. To disconnect your Total Gym PowerTower, turn all controls to the OFF position, then remove the plug from the outlet.

Total Gym PowerTower™

IMPORTANT ELECTRICAL INFORMATION ABOUT YOUR TOTAL GYM POWERTOWER

Total Gym PowerTower is an electrical powered device. When using an electrical appliance, basic precautions should always be followed, including the following:

DANGER: To reduce the risk of electric shock, always unplug the Total Gym PowerTower from the electrical outlet immediately after using and before cleaning.

IMPORTANT NOTICE ABOUT GROUNDING**WARNING:**

Connect Total Gym PowerTower to a properly grounded outlet only. Improper connection of the equipment grounding connector can result in the risk of electric shock. Do not modify the plug that is provided with Total Gym PowerTower. If it will not fit in the outlet, have a proper outlet installed by a qualified electrician. See grounding instructions.

FOLLOW THESE GROUNDING INSTRUCTIONS

Total Gym PowerTower must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. Total Gym PowerTower is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet have a proper outlet installed by a qualified electrician.

Total Gym PowerTower can automatically adapt to most electrical power sources around the world. Total Gym PowerTower will operate on nominal 115 Volt AC supplied power or nominally 230V AC power at 50 or 60 Hz. Ensure that you have the correct power cord that will fit the wall plug you need.

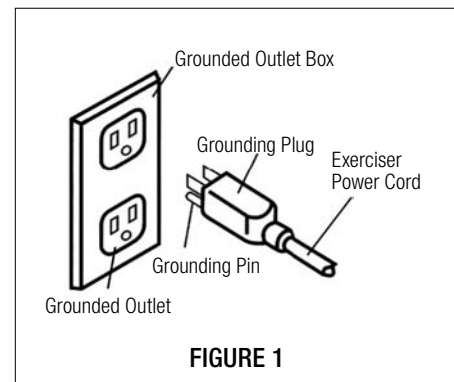


FIGURE 1

A Total Gym PowerTower™ that is for use on a nominal 120-volt circuit has a grounding plug that looks like the plug illustrated in Figure 1. A temporary adapter that looks like the adapter illustrated in Figure 2 may be used to connect this plug to a 2-pole receptacle as shown in Figure 2 if a properly grounded outlet is not available.

The temporary adapter should be used only until a qualified electrician can properly install a grounded outlet (Figure 1). The green colored rigid ear, lug or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

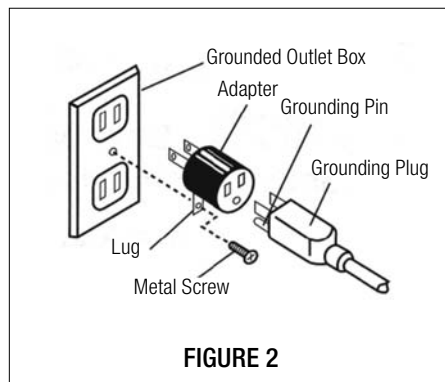


FIGURE 2

FCC RULES

WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance would void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is needed.
- Consult the dealer or an experienced radio/TV technician for help.

POWERTOWER® SPECIFICATIONS

- In Use: 107" x 38" x 78" (2.7 m x 1.0 m x 2.0 m) [L/W/H]
- Folded: 20" x 38" x 65" (.5 m x . m x 1.7 m) [L/W/H]
- Unit Weight: 218 lbs (99 kg)

GENERAL USER INFORMATION

- User Height Limit: 6'5" (2.0 m)
- Glideboard Range of Motion: 37" (94 cm)
- Weight Capacity: Maximum user weight capacity of 350 lbs (160 kg)
- Additional weights can be applied to the glideboard on a weight bar up to 650 lbs (295 kg) maximum

RESISTANCE

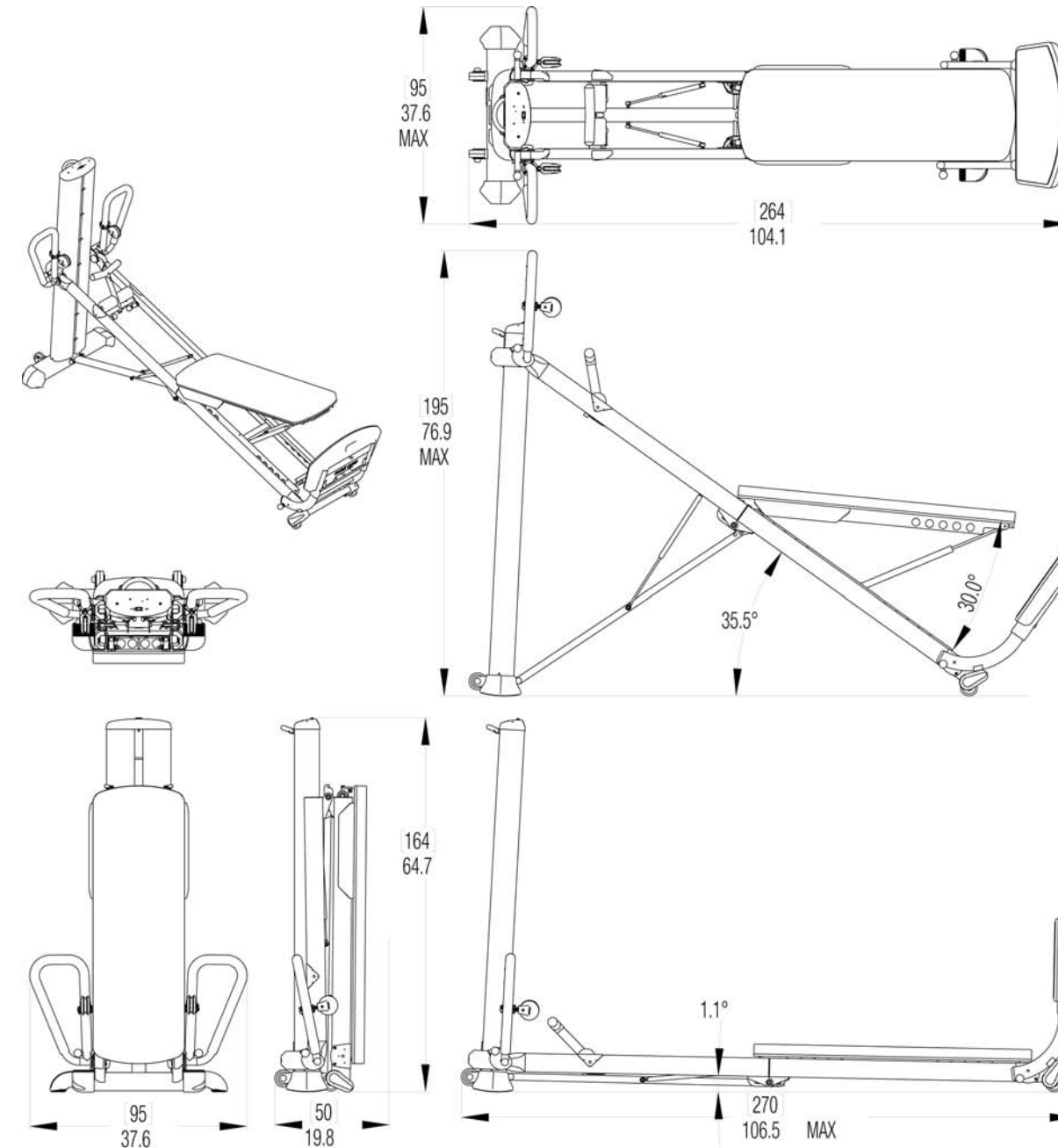
- 1.8° to 35° incline
- 26 calibrated levels
- 1% to 72% of bodyweight

POWER

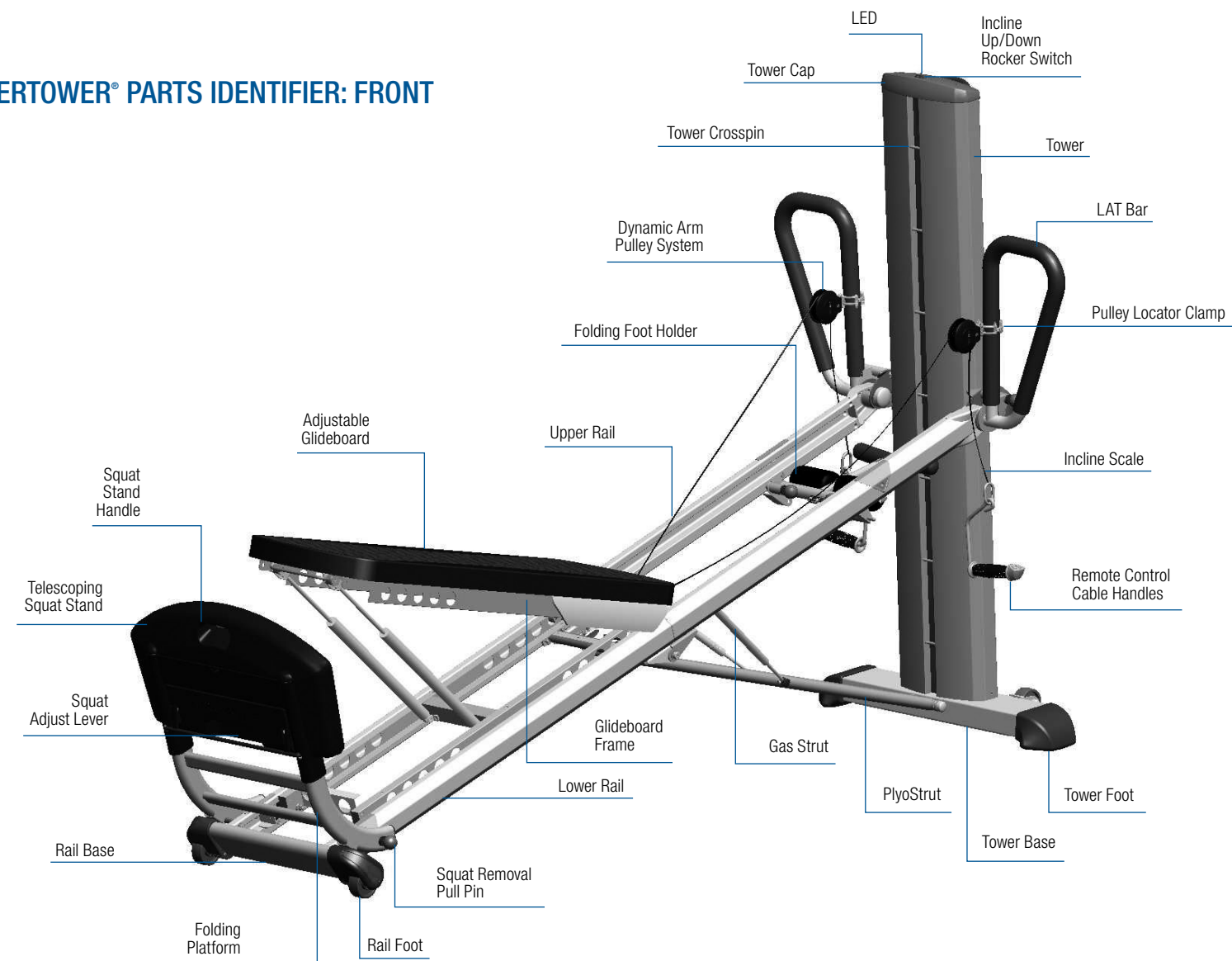
- 115~230 VAC
- 50~60 Hz

INCLINE SPEED

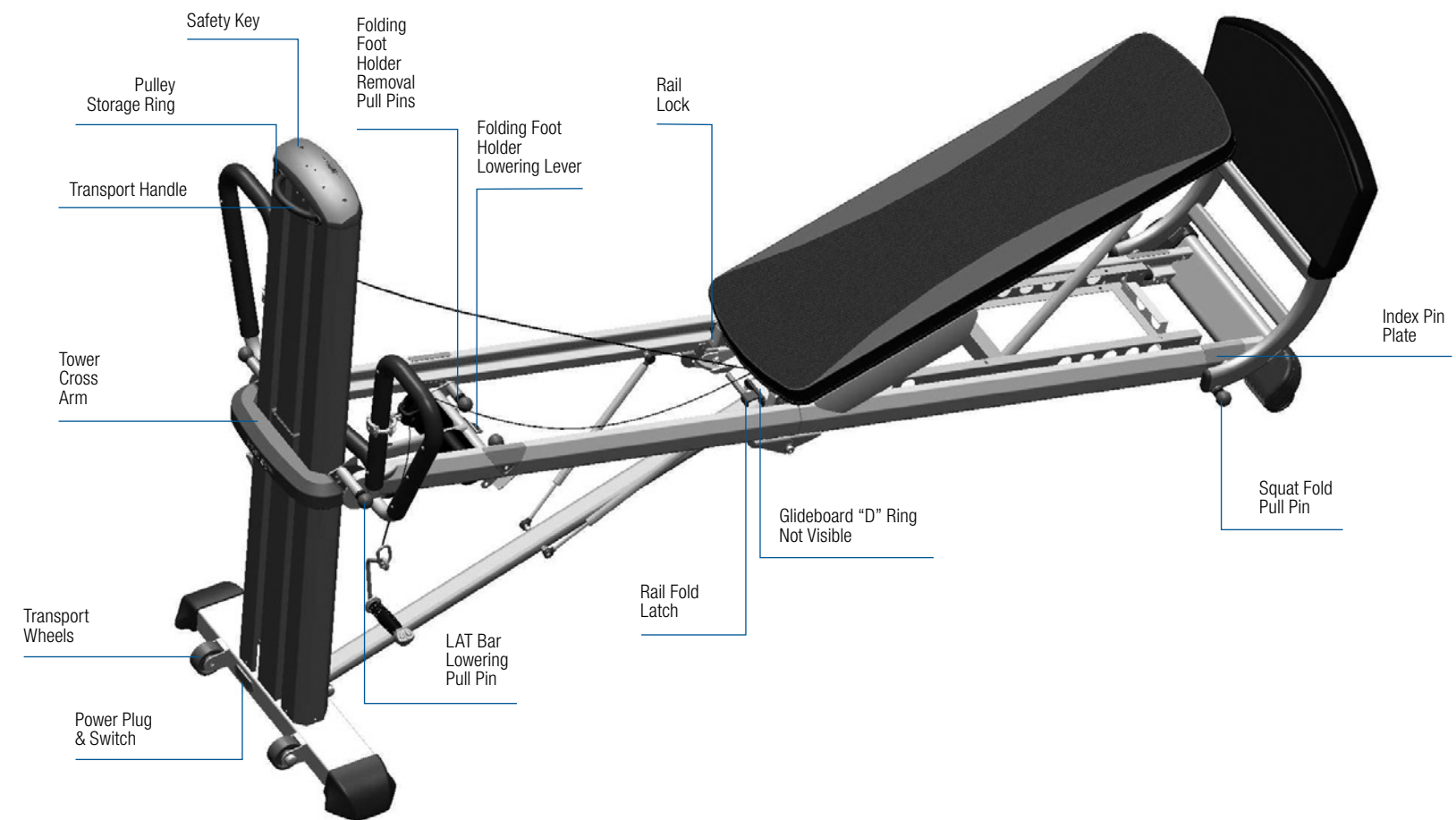
- Approximately 30 seconds to ascend; 20 seconds to descend (varies under load)



POWERTOWER® PARTS IDENTIFIER: FRONT



POWERTOWER® PARTS IDENTIFIER: BACK



TROUBLESHOOTING

In the event your Total Gym PowerTower™ does not function properly, there are steps you can take to determine where a problem may have occurred.

PLEASE FOLLOW THESE TROUBLESHOOTING DIRECTIONS:

- 1. Power Source:** Make sure that the power cord is plugged into the Total Gym PowerTower and the wall. Check and determine that the plug on the wall is switched on. If there is a ground fault interrupter, check to see if it has been tripped.
- 2. Total Gym PowerTower Power Switch:** Ensure that the On/Off switch on the tower has been turned on. The light should glow red to indicate that the power is going into Total Gym PowerTower.
- 3. Fuse:** If the red light indicator is not glowing, check the fuse located near the power outlet on the back of the tower. If necessary, replace the 5A fuse as explained below.
- 4. Power Cord:** Ensure the power cord is not damaged. If the power cord appears damaged, go to Step 9 and call Customer Service.
- 5. AC Voltage:** An interruption in the flow of voltage can cause the Total Gym PowerTower to cease functioning. As an example, should the AC voltage drop 40%, the Total Gym Electric DC Motor will cease to operate. After the supply of voltage has been fully restored, the user can reset the machine by turning the On/Off switch off and then on again. The Total Gym will then resume functioning.
- 6. Safety Key:** Make sure the safety key is inserted into the connector hole located on top of the tower. Your Total Gym PowerTower will not operate if the Safety Key is not in place.
- 7. After Troubleshooting:** If there is still a problem after checking all of the above items, please call 858-586-6080 to speak to a Customer Service Representative.

FUSE REPLACEMENT – POWERTOWER®

To replace the 5A fuse in the PowerTower tower back:

1. Unplug the power cord from the power outlet.
2. Locate the fuse assembly near the power outlet on the tower.
3. Use a flathead screwdriver to pull out the fuse assembly.
4. There are (2) 5A fuses in the fuse assembly. One is a spare.
5. The other is in use (Fig. 1).
6. Remove the old fuse from the clamp.
7. Push the old fuse far enough into the hold of the fuse assembly to release the spare fuse (Fig. 2).
8. Place the spare fuse in to the clamp (Fig. 3).
9. Dispose of the old fuse.
10. Replace the fuse assembly.

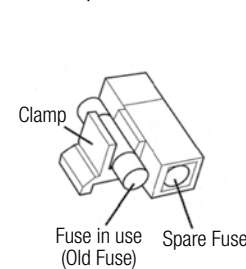


FIGURE 1

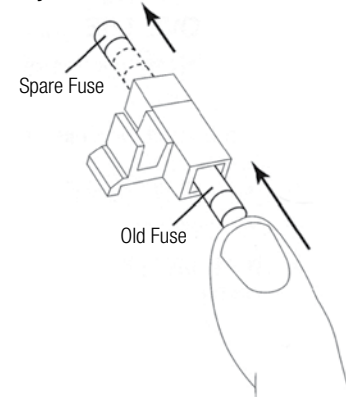


FIGURE 2

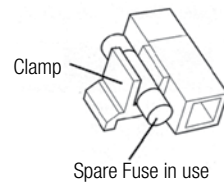


FIGURE 3

Total Gym GTS®

SPECIFICATIONS

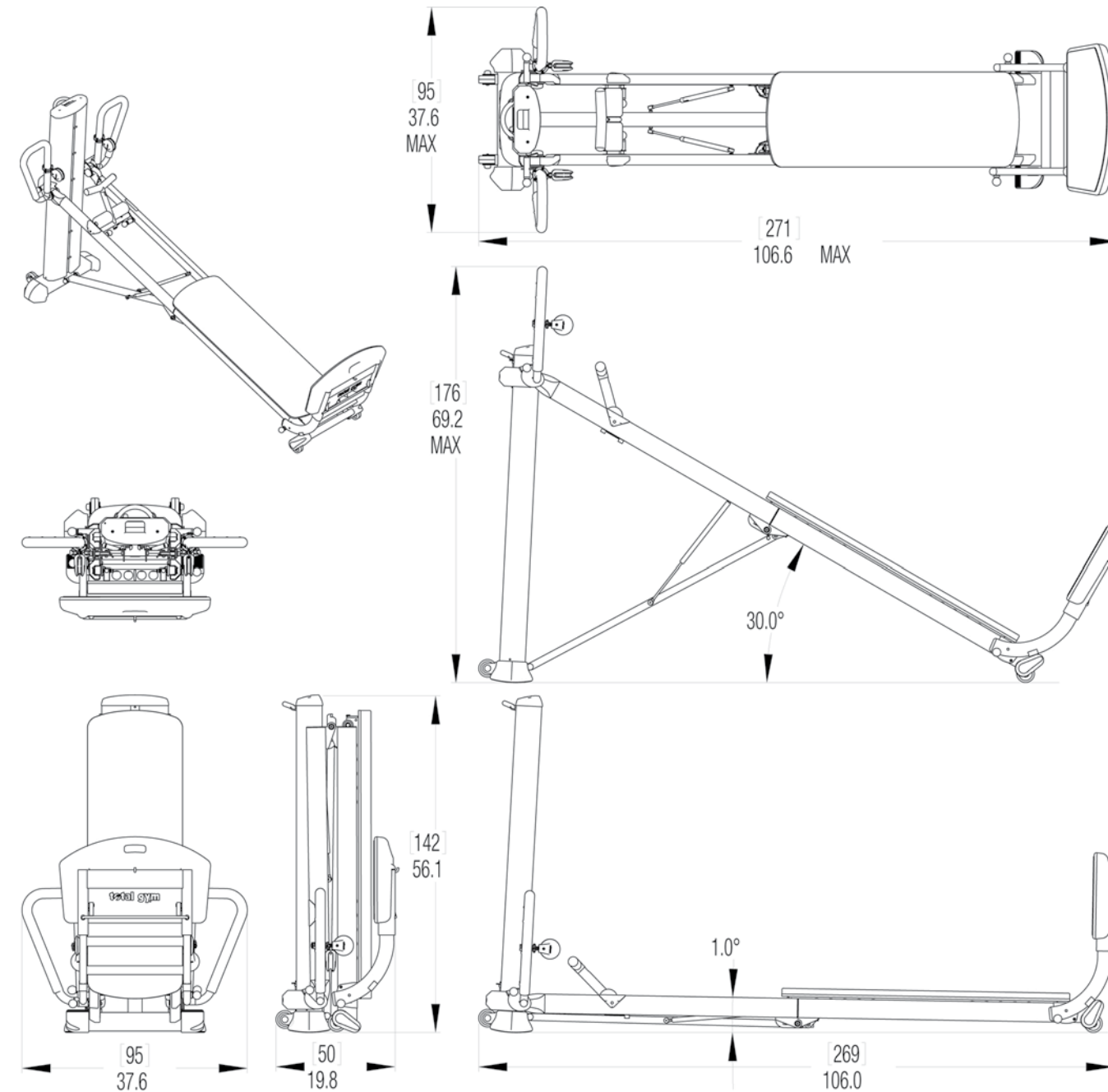
- In Use: 107" x 38" x 69" (2.4 m x 1.0 m x 1.8 m) [L/W/H]
- Folded: 20" x 38" x 56" (.5 m x 1.0 m x 1.4 m) [L/W/H]
- Unit Weight: 180 lbs (83 kg)

GENERAL USER INFORMATION

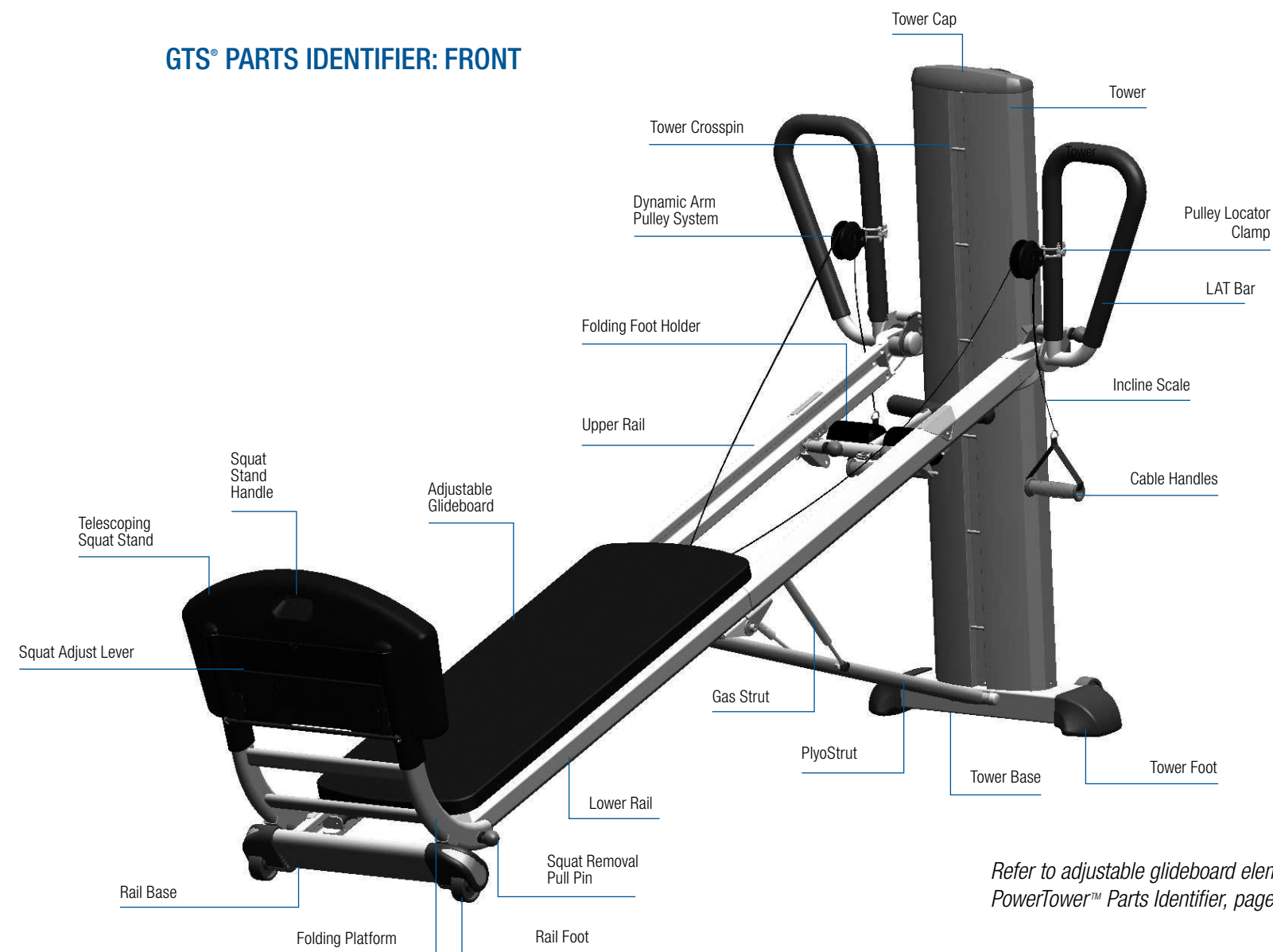
- User Height Limit: 6'5" (2.0 m)
- Glideboard Range of Motion: 37" (94 cm)
- Weight Capacity: Maximum user weight capacity of 350 lbs (160 kg)
- Additional weights can be applied to the glideboard on a weight bar up to 650 lbs (295 kg) maximum

RESISTANCE

- 1.2° to 30° incline
- 22 calibrated levels
- 1% to 62% of bodyweight

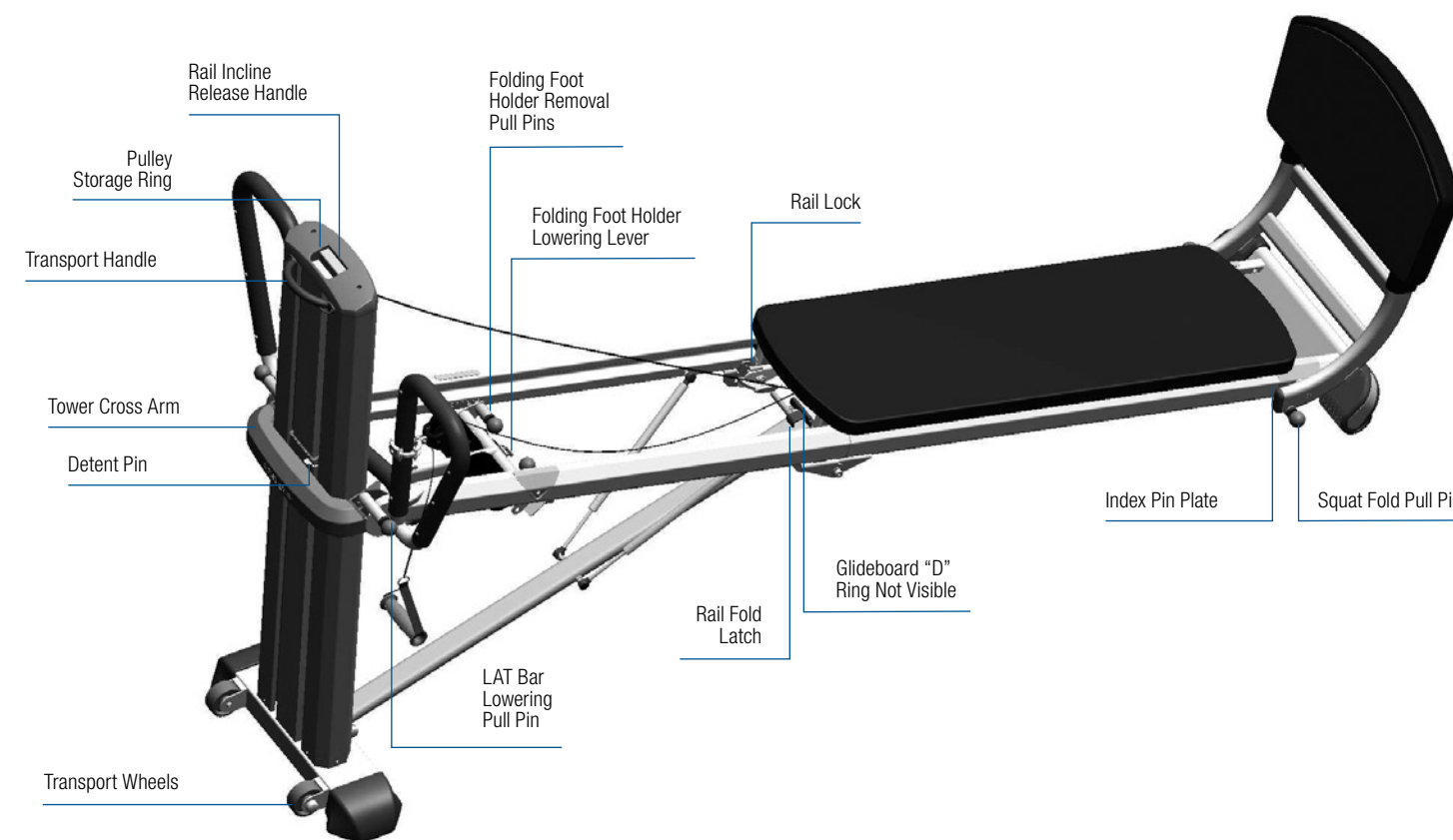


GTS® PARTS IDENTIFIER: FRONT



Refer to adjustable glideboard elements on PowerTower™ Parts Identifier, pages 10 & 11.

GTS® PARTS IDENTIFIER: BACK



Total Gym Sport®

SPECIFICATIONS

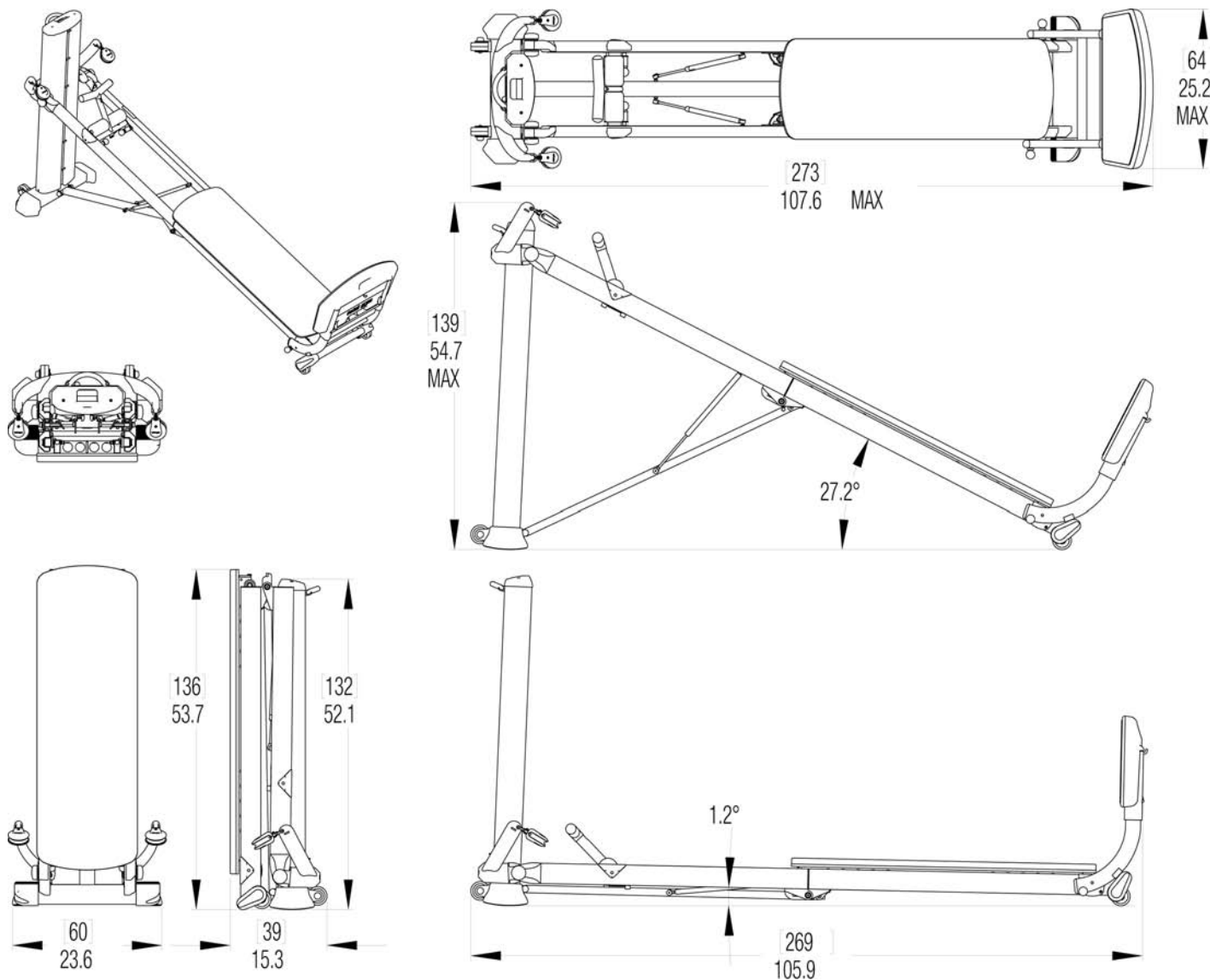
- In Use: 108" x 25" x 55"
(2.7 m x .6 m x 1.4 m) [L/W/H]
- Folded: 15" x 25" x 54"
(.4 m x .6 m x 1.4 m) [L/W/H]
- Unit Weight: 164 lbs (75 kg)

GENERAL USER INFORMATION

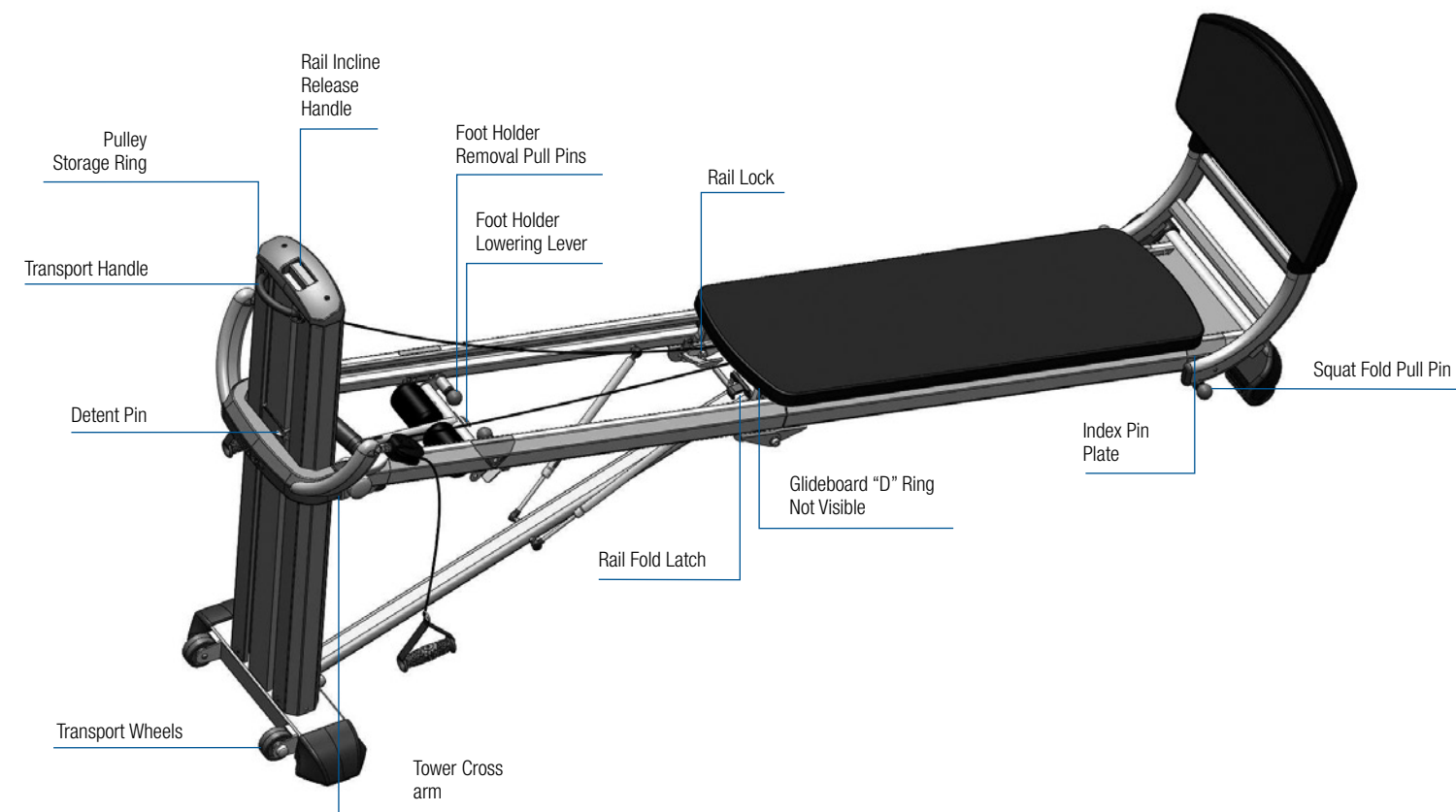
- User Height Limit: 6'5" (2.0 m)
- Glideboard Range of Motion: 37" (94 cm)
- Weight Capacity: Maximum user weight capacity of 350 lbs (160 kg)
- Additional weights can be applied to the glideboard on a weight bar up to 650 lbs (295 kg) maximum

RESISTANCE

- 1.2° to 27° incline
- 20 calibrated levels
- 1% to 57% of bodyweight



SPORT™ PARTS IDENTIFIER: BACK



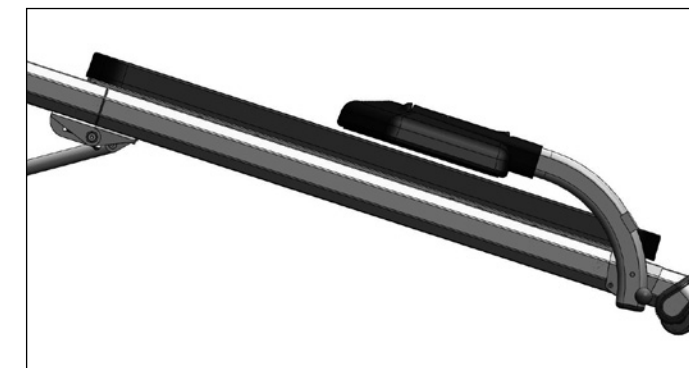
Folding

Before folding, move the unit away from a wall or window because the tower will lean back.

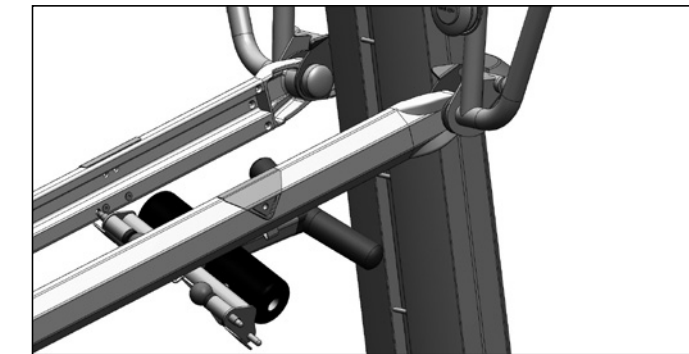
1. If LAT bars are installed on your model Total Gym®, move the pulleys to the upper outside position as shown.



2. Remove the center pulley from the glideboard and hang it on the pulley storage ring on the back of the tower transport handle.
3. Remove or fold down the squat stand against the glideboard by pulling the squat fold pull pin on the left side of the lower rail while facing the tower.



4. Remove the folding foot holder and hook it on the back of the squat stand.



5. Lower the rails to lowest position "F."



6. Stow the handles so they are not damaged when storing or moving your Total Gym®.



Figure 1: Sport™ - Stow the handles on the arms as shown below.



Figure 2: GTS® - Loop the handle straps around the opposite LAT bar pull pin as shown below.



Figure 3: PowerTower® - Hook the handles together behind the back of the tower as shown below.

7. Grasp the upper rail where indicated (on the label inside each of the upper rails) and lift it toward the tower. As you raise the rails, place one hand behind the tower to prevent the tower from leaning back.



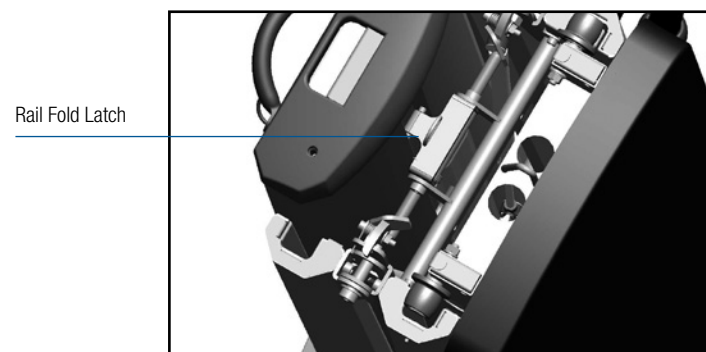
WARNING:

Lift only where indicated on the upper rail. Lifting elsewhere may cause the rails to move up the tower during the folding process. This will cause the tower to lean backwards excessively. If this happens accidentally, straighten and lower the rails back to the floor. Then start over. Or you can squeeze the release handle on top of the tower and pull the tower forward.

8. Push the glideboard and tower together until the unit stands vertical.

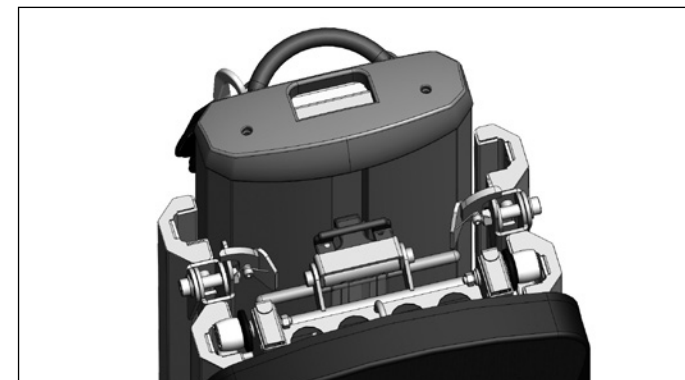


9. Lift the rail fold latch located on the hinge crossbar and hook the rails to the tower crosspin with the latch.

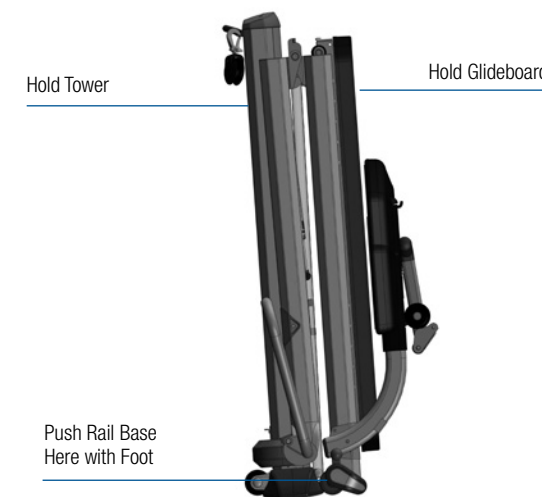


Unfolding

1. Unlatch the rails from the tower.



2. Standing at the side of the unit, with one hand behind the tower and the other hand on the glideboard, tilt the unit slightly backward and use your foot to push the rail base away from the tower. As the rails begin to lower, the tower will follow the upper rails forward and then it will begin to pull away from the rails back to an upright position.

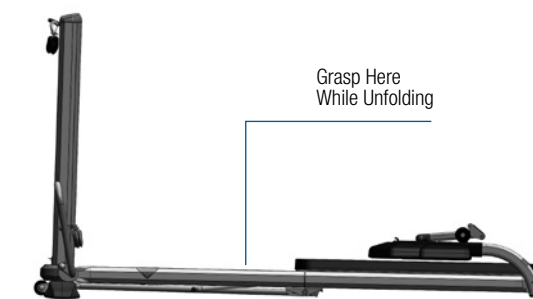
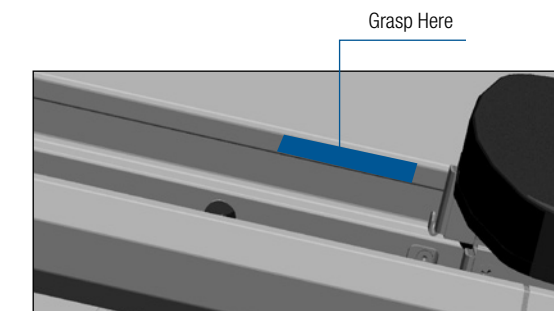


WARNING:

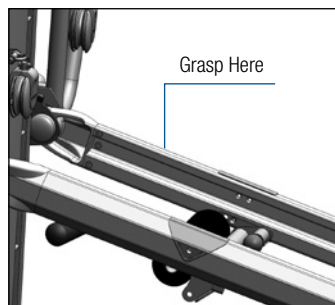
The tower is designed to open automatically by pulling away from the upper rails as the rails begin to unfold. Do not force or push the tower away from the rails, as this will cause the tower to fall backward.

3. When the tower begins to pull away from the upper rails, grasp the upper rail where indicated on the inside of the rail just above the hinge (indicated on both sides) and continue to unfold the rails and lower them to the floor. As the rails straighten, guide the glideboard rollers into the groove of the upper rail if needed.

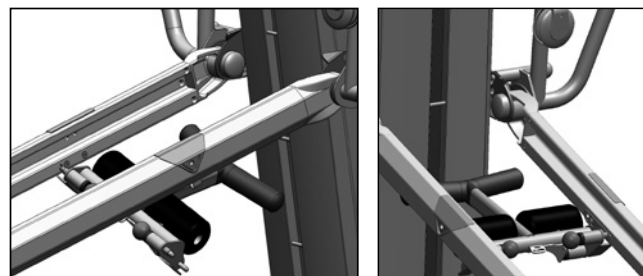
Caution! As the rails get close to the floor, the rails feel heavier. To avoid pinching the rollers in the hinges, do not drop the rails.



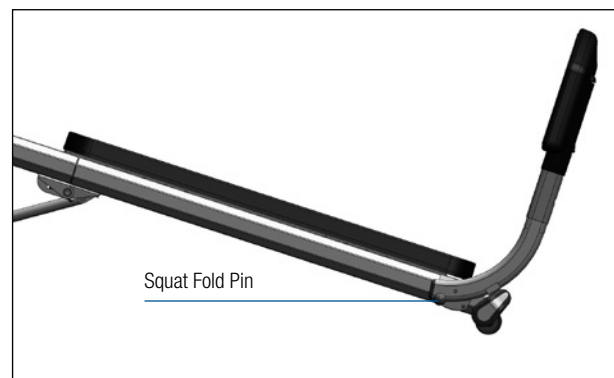
- Grasp the upper rails near the tower and raise them to a level between 10 and 14.



- Remove the folding foot holder from the squat stand and install it on the upper rails. (Reference Assembly and Set-up Instructions for complete installation instructions of folding foot holder).



- Rotate the squat stand up by pulling the squat fold pull pin on the left lower rail (while facing tower). Adjust to desired height.



- Remove the center cable pulley from the back of the tower and attach it to the glideboard when needed for pulley exercises.



Telescoping Squat Stand and Folding Platform

ADJUSTING THE TELESCOPING SQUAT STAND

- Lift the release lever on the back of the telescoping squat stand. Adjust the squat stand to the desired level by aligning it over one of the sets of holes in the folding platform. Release the lever to lock it in place.



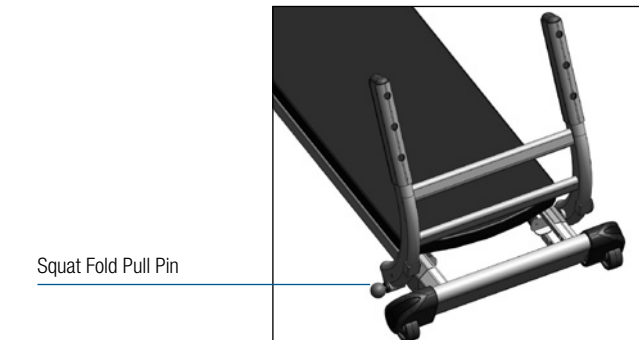
FOLDING THE FOLDING PLATFORM

- Pull the pin on the left side then fold the squat stand down. Reverse the process to unfold or rotate it out for use.
- Inspect the lever and pull up on the squat handle to ensure the squat stand is locked in on both sides.



REMOVING THE FOLDING PLATFORM

- Remove the squat stand from the folding platform posts and set it aside.
- Pull the squat fold pull pin on the left side as shown and tilt the folding platform slightly toward the glideboard as shown below.



- Pull the pin on the right side of the folding platform and rotate the posts to the left until the right pin is slightly above the rails.



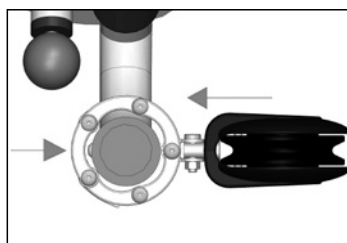
- Move the folding platform to the left until the fixed pin on top comes out of the hole in the lower rail, then lift off the folding platform.

Note: This process may be done with the squat stand still attached to the folding platform, however it is more difficult and requires familiarization, more strength and dexterity.

Pulley Locator Clamps

The pulley locator clamps on the dynamic arm pulley system are designed to adjust easily.

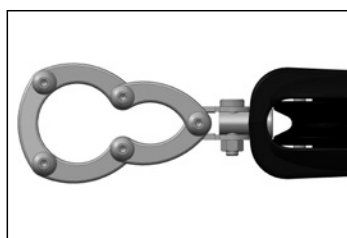
1. **Unlock:** With one or two hands, squeeze the back of the clamp toward the pulley.



2. **Move:** Move the pulley locator clamp to the desired position on the LAT bar and center the hole in the clamp over the pulley locator nodule on the back of the LAT bar.

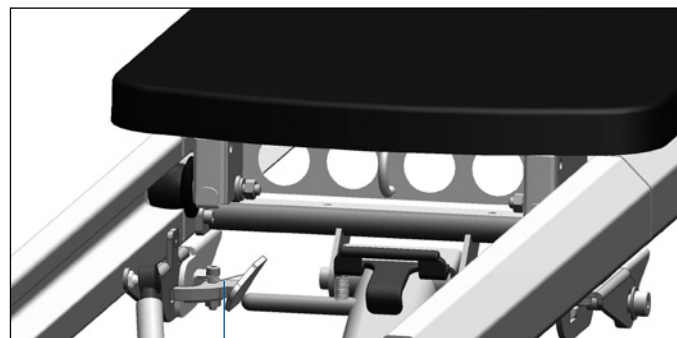


3. **Release:** Let go of the clamp and its internal spring will close around the LAT bar. It will tighten more as you load it while exercising.



Automatic Rail Locks

A rail lock mechanism will automatically engage at high inclines to “lock” the hinge for plyometrics and it will automatically disengage at low inclines for folding. There is a spring-loaded lever on each hinge that is pushed by a rod on the plyostrut to unlock the hinges for folding the rails. Keep all items clear of the mechanism and do not use the Total Gym if it is not working properly.



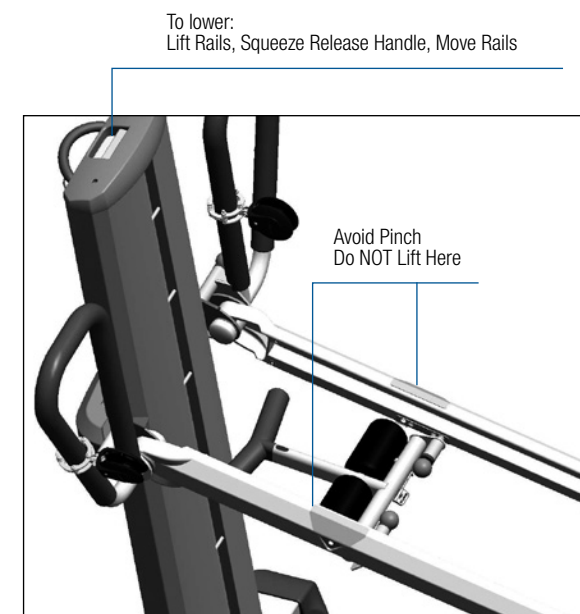
Rail Lock

Adjusting the Rail Incline

RAISING THE INCLINE OF THE RAILS: SPORT™ OR GTS®

1. Stand next to the top rails.
2. Grasp the rail between the tower and the folding foot holder and lift to the desired level as shown on the incline scale.
3. Push the rail down to ensure they engage into the tower.

Note: Squeeze the release handle as you raise the rails to avoid the ratcheting sound.



LOWERING THE INCLINE OF THE RAILS: SPORT OR GTS

1. Stand next to the top rails.
2. Grasp the rail between the tower and the folding foot holder and lift it slightly.
3. With the other hand, squeeze the release handle on top of the tower to unlock the tower cross arm.
4. Continue squeezing the handle and lower the rails to the desired level shown on the incline scale on the side of the tower, then let go of the release handle.
5. Push the rail down to ensure they engage into the tower.

RAISING & LOWERING THE INCLINE OF THE RAILS: POWERTOWER®

- A. To raise or lower the rail angle, reach on top of the tower to the Up/Down rocker switch. Micro switches at the upper and lower limits of resistance halt the movement. Any time you release the Up/Down rocker switch, movement ceases.
- OR
- B. Use the buttons on the remote control handles to adjust the rail incline.

Connecting Pulleys to Tower Crosspins in Center Channel

The crosspins in the center channel of the tower are for the Leg Pulley System accessory and for connecting the center pulley to accomplish dead weight pulls. Connecting the center pulley here will double the resistance compared to when the center pulley is connected to the glideboard.

Note: Only connect the center pulley to tower crosspins at the same level or below the arm pulleys.

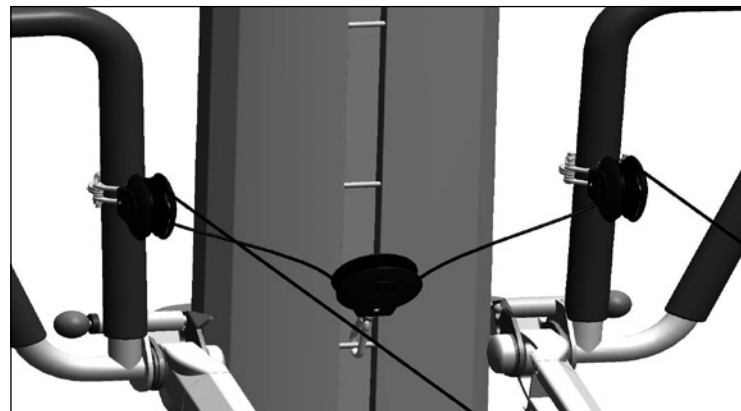


WARNING:

Never connect the center pulley above the arm pulleys on the Total Gym GTS® or Total Gym Sport® as the force may cause the rails to be pulled up out of engagement from the tower.

If you connect the center pulley to the center channel at a level beneath the rails, use caution to prevent cables from rubbing against the rails. To help prevent cables rubbing against rails, move the pulleys to the inside high position on the LAT bars.

If the cable length is too long for you to achieve full range of motion for your exercise, you can connect the center pulley to a lower crosspin further down the tower.



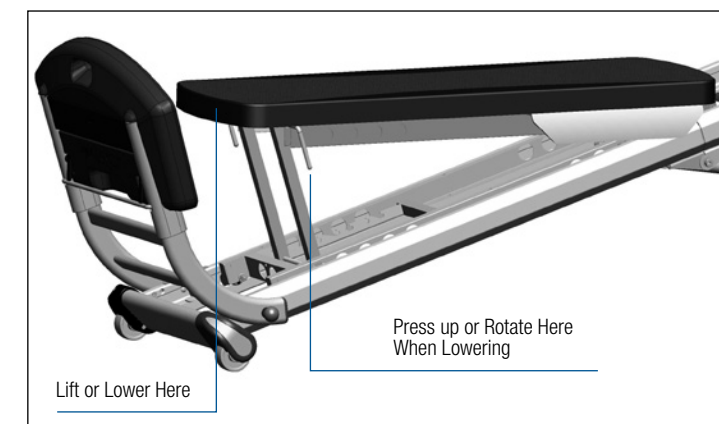
Changing the Adjustable Glideboard

Glideboard: Wheel Removal and Assembly

GTS® & POWERTOWER® ONLY

The adjustable glideboard is designed to remain parallel to the ground when the rails are at an incline. This helps to facilitate proper alignment of the spine in rotational exercises among other things.

1. To raise the glideboard, lift the end near the rail base until it engages at the desired angle.
2. To lower the glideboard, slightly lift the end near the rail base then press UP or rotate either of the side handles. Continue to press or rotate the handles as you lower the glideboard to the desired angle.



1. Fold the Total Gym® and stand it up vertically.
2. Remove the squat stand.
3. Carefully lift the glideboard completely off the lower rails. **Note:** The glideboard may be too heavy to remove and install with one person. If necessary, get help.
4. Lay it upside down on a clean flat surface.
5. To remove the wheels: Use two 13 mm socket or combination wrenches to hold the bolt from the outside of the axle while turning the nut with the other wrench on the other end.
6. Tighten snugly, just enough so that the wheel can only roll but not slide lengthwise on the axle. Do not over tighten.
7. When finished cleaning, inspecting or servicing, position the glideboard above the lower rails so the wheels slide down the inside of the rail.
8. Carefully lower the glideboard down the rails until it stops at the rail base.
9. Ensure the top wheels are aligned and ready to unfold the rails.

Caution! Hold the lift handles against the glideboard on the adjustable glideboard so it will not open during this procedure.



Transporting Your Total Gym® (FOLDED)

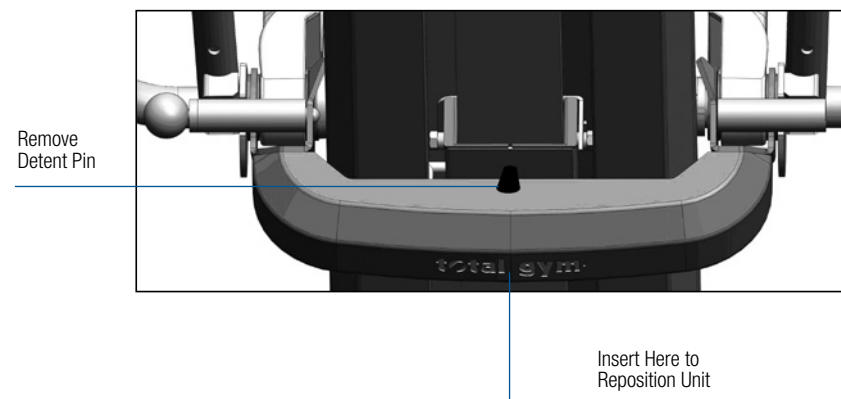
To move the Total Gym after it is folded, stand behind the tower, grasp the tower transport handle, pull back in hand-truck fashion and roll.

Note: Be sure to secure the handles as shown in the folding procedure and ensure the rail fold latch is engaged.



Repositioning Your Total Gym (UNFOLDED)

The Total Gym can be moved short distances by lifting it from the rail base or squat stand and/or by the tower cross arm from the back.



To lift from the tower cross arm, put the unit at level 8. Pull the detent pin from the vertical hole in the tower cross arm and insert it into the horizontal hole to lock the tower cross arm into place. Then with both hands, lift the tower off the floor.

For long distance transportation, your Total Gym should be folded and rolled on the transport wheels in hand-truck fashion as explained in Transporting Your Total Gym (Folded).

Getting Started

When using your Total Gym®, wear athletic shoes and comfortable lightweight clothing. Tie long hair back to avoid contact with the center pulley. Before you begin, check to ensure that all parts are in place and working properly. Begin your exercise program at a low incline. As your proficiency increases, raise the incline to increase the intensity. Remember to control the glideboard at all times, particularly when getting on or off your Total Gym. The following tips will help you anchor the glideboard as you approach the unit for mounting in various positions. Use these anchoring instructions when teaching clients to get on and off the unit.

PROPER FORWARD ANCHORING SEQUENCE DYNAMIC ARM PULLEY SYSTEM ATTACHED TO THE GLIDEBOARD

Step 1. Grasp both handles in the hand closest to the tower as you stand to one side of the Total Gym facing away from the tower.



Step 2. Pull the glideboard up the rails to the height needed to sit in the proper position for the specific exercise you will perform.



Seated 2A. If you are performing a sitting exercise, sit at the top of the glideboard.



Seated 2B. If the exercise requires you to lie back, first sit at the bottom of the glideboard with one pulley handle in each hand.



Step 3. When lying on your back, be sure your head is supported on the glideboard. If the glideboard tops out or bottoms out during the exercise, adjust your body up or down on the glideboard.



PROPER BACKWARD ANCHORING SEQUENCE

Dynamic Arm Pulley System Attached to the Glideboard

Step 1. Grasp handles, then make a fist and place your knuckles at the top of the glideboard to anchor it in place. Now it is safe to sit, straddle or kneel on the glideboard.



Step 2. When kneeling on the glideboard, place knees one at a time just behind your fists as you face the glideboard.



Step 3. Move to the starting position of the exercise and begin by using slow, controlled movements.



WARNING:



Always control the glideboard while mounting or dismounting your Total Gym®. Total Gym is rated at a maximum user weight capacity of 350 lbs [160 kg]. Additional weights can be applied to the glideboard with a weight bar by following the installation and safety instructions included with it. Do not exceed 650 lb [295 kg] of weight bearing on the Total Gym.

Resistance Charts

The Resistance Chart for all models is the same except the Total Gym PowerTower™ is the only model that can accommodate all the levels shown. The GTS® has levels from F to 22 and the Sport™ has levels from F to 20. Level F stands for “Fold,” where the rails must be located to fold the Total Gym; however, it can also be used for exercise.

The Total Gym® is designed to load nominal percentages of bodyweight as shown in the charts on the following pages (pgs 32-35). Note each level changes by approximately 2.5% of the nominal bodyweight. An example is highlighted throughout the charts showing an 150 lb. person exercising at an angle of approximately 22° (Level 16). Charts have been provided in both pounds and kilograms.

All Total Gym models use a variable angle incline plane to create exercise resistance by modifying the effect of the user's bodyweight—a steeper angle normally generates more resistance. The Resistance Chart is calculated to indicate the resistance load at each level relative to a percentage of bodyweight.

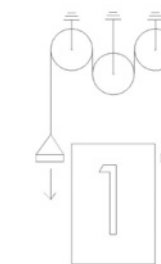
If you desire to add weight to the glideboard it must be done by purchasing the optional weight bar and following the safety instructions provided with it and as listed below:

1. Plate weights with a nominal 1" bore can be added to the weight bar as long as the size and quantity does not interfere with the motion of the glideboard.
2. Any quantity and weight can be added to the weight bar as long as the total weight including the user's bodyweight does not exceed 650 lb or 295 kg.
3. The plate weights must be equally loaded on each side and secured on the ends with a clamp before use.
4. The person exercising should face the equipment at all times during the exercise. The weights on the weight bar should remain within the field of vision of the user throughout the exercise to prevent danger to a third party.

RESISTANCE VALUES BASED ON CABLE USAGE

Resistance table values should be divided by appropriate value based on cable connection and pull usage as shown below.

1. Tables values are valid for two-hand pulls on the bars, squats and pulley handles, while there is no connection to the glideboard.
3. Divide Resistance Table value by 3 for unilateral movements or when using only one handle with the center pulley connected to the glideboard and when the other handle is not held.



2. Divide Resistance Table value by 2 for bilateral or two-hand pulls while the center pulley is connected to the glideboard.
4. Divide Resistance Table value by 4 for unilateral movement with one static hold, i.e., hold one handle stationary while pulling with the other handle while the center pulley is connected to the glideboard.



RESISTANCE CHARTS STANDARD GLIDEBOARD - POUNDS (LBS) Weight of Standard Glideboard: 24 lbs

RESISTANCE IN POUNDS (LBS)

Degree of Incline	Incline Level	Your Bodyweight + Weights Added (lbs)										
		100	130	150	180	200	250	300	400	500	650	
35.5°	26	72	89	101	118	130	159	188	246	304	391	
34.1°	25	69	86	97	114	125	153	181	237	293	377	
33.1°	24	68	84	95	111	122	149	177	231	286	368	
31.6°	23	65	81	91	107	117	143	170	222	275	353	
30.2°	22	62	77	87	102	112	138	163	213	263	338	
28.7°	21	59	74	83	98	108	132	156	204	252	324	
27.3°	20	57	71	80	93	103	126	149	194	240	309	
25.9°	19	54	67	76	89	98	120	142	185	229	295	
24.6°	18	51	64	72	85	93	114	134	176	218	280	
23.2°	17	49	61	68	80	88	108	127	167	206	265	
21.9°	16	46	57	65	76	83	102	120	158	195	251	
20.5°	15	43	54	61	71	78	96	113	149	184	236	
19.2°	14	41	51	57	67	74	90	106	139	172	222	
17.9°	13	38	47	53	63	69	84	99	130	161	207	
16.6°	12	35	44	50	58	64	78	92	121	150	192	
15.3°	11	33	41	46	54	59	72	85	112	138	178	
14.0°	10	30	37	42	49	54	66	78	103	127	163	
12.8°	9	27	34	38	45	49	60	71	94	116	149	
11.5°	8	25	31	35	41	45	54	64	84	104	134	
10.2°	7	22	27	31	36	40	49	57	75	93	120	
9.0°	6	19	24	27	32	35	43	50	66	82	105	
7.7°	5	17	21	23	27	30	37	43	57	70	90	
6.5°	4	14	17	20	23	25	31	37	48	59	76	
5.2°	3	11	14	16	19	20	25	30	39	48	61	
4.0°	2	9	11	12	14	16	19	23	30	37	47	
2.8°	1	6	7	8	10	11	13	16	20	25	33	
1.3°	F	3	3	4	5	5	6	7	9	12	15	

Resistance in Pounds (lbs)

RESISTANCE AS % OF BODYWEIGHT (LBS)

Degree of Incline	Incline Level	Your Bodyweight + Weights Added (lbs)										
		100	130	150	180	200	250	300	400	500	650	
35.5°	26	72	69	67	66	65	63	63	61	61	60	
34.1°	25	69	66	65	63	63	61	60	59	59	58	
33.1°	24	68	65	63	62	61	60	59	58	57	57	
31.6°	23	65	62	61	59	59	57	57	56	55	54	
30.2°	22	62	59	58	57	56	55	54	53	53	52	
28.7°	21	59	57	56	54	54	53	52	51	50	50	
27.3°	20	57	54	53	52	51	50	50	49	48	48	
25.9°	19	54	52	51	49	49	48	47	46	46	45	
24.6°	18	51	49	48	47	46	45	45	44	44	43	
23.2°	17	49	47	46	45	44	43	42	42	41	41	
21.9°	16	46	44	43	42	42	41	40	39	39	39	
20.5°	15	43	41	41	40	39	38	38	37	37	36	
19.2°	14	41	39	38	37	37	36	35	35	34	34	
17.9°	13	38	36	36	35	34	34	33	33	32	32	
16.6°	12	35	34	33	32	32	31	31	30	30	30	
15.3°	11	33	31	31	30	30	29	28	28	28	27	
14.0°	10	30	29	28	27	27	27	26	26	25	25	
12.8°	9	27	26	26	25	25	24	24	23	23	23	
11.5°	8	25	24	23	23	22	22	21	21	21	21	
10.2°	7	22	21	21	20	20	19	19	19	19	18	
9.0°	6	19	18	18	18	17	17	17	17	16	16	
7.7°	5	17	16	16	15	15	15	14	14	14	14	
6.5°	4	14	13	13	13	13	12	12	12	12	12	
5.2°	3	11	11	11	10	10	10	10	10	10	9	
4.0°	2	9	8	8	8	8	8	8	7	7	7	
2.8°	1	6	6	6	5	5	5	5	5	5	5	
1.3°	F	3	3	3	3	2	2	2	2	2	2	

Resistance as % of Bodyweight (lbs)

RESISTANCE CHARTS ADJUSTABLE GLIDEBOARD - POUNDS (LBS) Weight of Adjustable Glideboard: 37 lbs

RESISTANCE IN POUNDS (LBS)

Degree of Incline	Incline Level	Your Bodyweight + Weights Added (lbs)										
		100	130	150	180	200	250	300	400	500	650	
35.5°	26	79	96	108	125	137	166	195	253	311	398	
34.1°	25	76	93	104	121	132	160	188	244	300	384	
33.1°	24	74	90	101	118	129	156	183	238	292	374	
31.6°	23	71	87	97	113	124	150	176	228	281	360	
30.2°	22	68	83	93	108	118	144	169	219	269	345	
28.7°	21	65	80	89	104	113	137	161	209	258	330	
27.3°	20	62	76	85	99	108	131	154	200	246	315	
25.9°	19	59	72	81	94	103	125	147	191	234	300	
24.6°	18	56	69	77	90	98	119	139	181	223	285	
23.2°	17	53	65	73	85	93	113	132	172	211	270	
21.9°	16	51	62	69	80	88	106	125	162	199	255	
20.5°	15	48	58	65	76	83	100	118	153	188	240	
19.2°	14	45	54	61	71	78	94	110	143	176	226	
17.9°	13	42	51	57	66	72	88	103	134	165	211	
16.6°	12	39	47	53	62	67	82	96	124	153	196	
15.3°	11	36	44	49	57	62	75	89	115	141	181	
14.0°	10	33	40	45	52	57	69	81	106	130	166	
12.8°	9	30	37	41	48	52	63	74	96	118	151	
11.5°	8	27	33	37	43	47	57	67	87	107	136	
10.2°	7	24	29	33	38	42	51	60	77	95	122	
9.0°	6	21	26	29	34	37	45	52	68	84	107	
7.7°	5	18	22	25	29	32	38	45	59	72	92	
6.5°	4	15	19	21	24	27	32	38	49	60	77	
5.2°	3	12	15	17	20	21	26	31	40	49	63	
4.0°	2	9	12	13	15	16	20	23	30	37	48	
2.8°	1	7	8	9	10	11	14	16	21	26	33	
1.3°	F	3	4	4	5	5	6	7	10	12	15	

Resistance in Pounds (lbs)

RESISTANCE AS % OF BODYWEIGHT (LBS)

Degree of Incline	Incline Level	Your Bodyweight + Weights Added (lbs)										
		100	130	150	180	200	250	300	400	500	650	
35.5°	26	79	74	72	70	68	66	65	63	62	61	
34.1°	25	76	71	69	67	66	64	63	61	60	59	
33.1°	24	74	70	68	65	64	62	61	59	58	58	
31.6°	23	71	67	65	63	62	60	59	57	56	55	
30.2°	22	68	64	62	60	59	57	56	55	54	53	
28.7°	21	65	61	60	58	57	55	54	52	52	51	
27.3°	20	62	58	57	55	54	52	51	50	49	48	
25.9°	19	59	56	54	52	52	50	49	48	47	46	
24.6°	18	56	53	51	50	49	47	46	45	45	44	
23.2°	17	53	50	49	47	46	45	44	43	42	42	
21.9°	16	51	47	46	45	44	43	42	41	40	39	
20.5°	15	48	45	43	42	41	40	39	38	38	37	
19.2°	14	45	42	41	39	39	38	37	36	35	35	
17.9°	13	42	39	38	37	36	35	34	33	33	32	
16.6°	12	39	36	35	34	34	33	32	31	31	30	
15.3°	11	36	34	33	32	31	30	30	29	28	28	
14.0°	10	33	31	30	29	29	28	27	26	26	26	
12.8°	9	30	28	27	26	26	25	25	24	24	23	
11.5°	8	27	25	25	24	23	23	22	22	21	21	
10.2°	7	24	23	22	21	21	20	20	19	19	19	
9.0°	6	21	20	19	19	18	18	17	17	17	16	
7.7°	5	18	17	17	16	16	15	15	15	14	14	
6.5°	4	15	14	14	14	13	13	13	12	12	12	
5.2°	3	12	12	11	11	11	10	10	10	10	10	
4.0°	2	9	9	9	8	8	8	8	8	7	7	
2.8°	1	7	6	6	6	6	6	5	5	5	5	
1.3°	F	3	3	3	3	3	3	2	2	2	2	

Resistance as % of Bodyweight (lbs)

RESISTANCE CHARTS STANDARD GLIDEBOARD - KILOGRAMS (KGS) Weight of Standard Glideboard: 10.9 kgs

RESISTANCE IN KILOGRAMS (KGS)

Degree of Incline	Incline Level	Your Bodyweight + Weights Added (kgs)									
		50	60	70	80	100	120	150	180	240	295
35.5°	26	35	41	47	53	64	76	93	111	145	177
34.1°	25	34	40	45	51	62	73	90	107	140	171
33.1°	24	33	39	44	50	60	71	88	104	137	167
31.6°	23	32	37	42	48	58	69	84	100	131	160
30.2°	22	31	36	41	46	56	66	81	96	126	154
28.7°	21	29	34	39	44	53	63	77	92	121	147
27.3°	20	28	32	37	42	51	60	74	88	115	140
25.9°	19	27	31	35	40	48	57	70	83	110	134
24.6°	18	25	29	34	38	46	54	67	79	104	127
23.2°	17	24	28	32	36	44	51	63	75	99	120
21.9°	16	23	26	30	34	41	49	60	71	93	114
20.5°	15	21	25	28	32	39	46	56	67	88	107
19.2°	14	20	23	27	30	36	43	53	63	82	101
17.9°	13	19	22	25	28	34	40	49	59	77	94
16.6°	12	17	20	23	26	32	37	46	54	72	87
15.3°	11	16	19	21	24	29	35	42	50	66	81
14.0°	10	15	17	20	22	27	32	39	46	61	74
12.8°	9	13	16	18	20	24	29	35	42	55	67
11.5°	8	12	14	16	18	22	26	32	38	50	61
10.2°	7	11	13	14	16	20	23	29	34	44	54
9.0°	6	9	11	13	14	17	20	25	30	39	48
7.7°	5	8	10	11	12	15	18	22	26	34	41
6.5°	4	7	8	9	10	13	15	18	22	28	35
5.2°	3	6	6	7	8	10	12	15	17	23	28
4.0°	2	4	5	6	6	8	9	11	13	17	21
2.8°	1	3	3	4	4	5	6	8	9	12	15
1.3°	F	1	2	2	2	2	3	4	4	6	7

Resistance in Kilograms (kgs)

RESISTANCE AS % OF BODYWEIGHT (KGS)

Degree of Incline	Incline Level	Your Bodyweight + Weights Added (kgs)									
		50	60	70	80	100	120	150	180	240	295
35.5°	26	70	68	67	66	64	63	62	61	61	60
34.1°	25	68	66	65	64	62	61	60	59	59	58
33.1°	24	66	64	63	62	60	59	59	58	57	57
31.6°	23	64	62	60	59	58	57	56	56	55	54
30.2°	22	61	59	58	57	56	55	54	53	52	52
28.7°	21	58	57	55	55	53	52	52	51	50	50
27.3°	20	56	54	53	52	51	50	49	49	48	48
25.9°	19	53	52	50	50	48	48	47	46	46	45
24.6°	18	51	49	48	47	46	45	45	44	43	43
23.2°	17	48	46	45	45	44	43	42	42	41	41
21.9°	16	45	44	43	42	41	41	40	39	39	39
20.5°	15	43	41	40	40	39	38	38	37	37	36
19.2°	14	40	39	38	37	36	36	35	35	34	34
17.9°	13	37	36	35	35	34	33	33	33	32	32
16.6°	12	35	34	33	32	32	31	31	30	30	30
15.3°	11	32	31	30	30	29	29	28	28	28	27
14.0°	10	29	29	28	27	27	26	26	26	25	25
12.8°	9	27	26	25	25	24	24	24	23	23	23
11.5°	8	24	23	23	23	22	22	21	21	21	21
10.2°	7	22	21	20	20	20	19	19	19	19	18
9.0°	6	19	18	18	18	17	17	17	17	16	16
7.7°	5	16	16	16	15	15	15	14	14	14	14
6.5°	4	14	13	13	13	13	12	12	12	12	12
5.2°	3	11	11	11	10	10	10	10	10	10	9
4.0°	2	8	8	8	8	8	8	7	7	7	7
2.8°	1	6	6	6	5	5	5	5	5	5	5
1.3°	F	3	3	3	3	2	2	2	2	2	2

Resistance as % of Bodyweight (kgs)

RESISTANCE CHARTS ADJUSTABLE GLIDEBOARD - KILOGRAMS (KGS) Weight of Adjustable Glideboard: 16.8 kgs

RESISTANCE IN KILOGRAMS (KGS)

Degree of Incline	Incline Level	Your Bodyweight + Weights Added (kgs)									
		50	60	70	80	100	120	150	180	240	295
35.5°	26	38	44	50	56	67	79	96	114	149	181
34.1°	25	37	43	48	54	65	76	93	110	144	174
33.1°	24	36	42	47	53	63	74	91	107	140	170
31.6°	23	35	40	45	50	61	71	87	103	134	163
30.2°	22	33	38	43	48	58	68	84	99	129	156
28.7°	21	32	37	41	46	56	65	80	94	123	150
27.3°	20	30	35	40	44	53	63	76	90	118	143
25.9°	19	29	33	38	42	51	60	73	86	112	136
24.6°	18	28	32	36	40	48	57	69	82	106	129
23.2°	17	26	30	34	38	46	54	65	77	101	123
21.9°	16	25	28	32	36	43	51	62	73	95	116
20.5°	15	23	27	30	34	41	48	58	69	90	109
19.2°	14	22	25	28	32	38	45	55	65	84	102
17.9°	13	20	23	26	30	36	42	51	60	79	96
16.6°	12	19	22	25	27	33	39	47	56	73	89
15.3°	11	17	20	23	25	31	36	44	52	68	82
14.0°	10	16	18	21	23	28	33	40	48	62	75
12.8°	9	15	17	19	21	26	30	37	43	57	69
11.5°	8	13	15	17	19	23	27	33	39	51	62
10.2°	7	12	14	15	17	21	24	29	35	45	55
9.0°	6	10	12	13	15	18	21	26	31	40	49
7.7°	5	9	10	12	13	16	18	22	26	34	42
6.5°	4	7	9	10	11	13	15	19	22	29	35
5.2°	3	6	7	8	9	11	12	15	18	23	28
4.0°	2	5	5	6	7	8	10	12	14	18	22
2.8°	1	3	4	4	5	6	7	8	9	12	15
1.3°	F	1	2	2	2	3	3	4	4	6	7

Resistance in Kilograms (kgs)

RESISTANCE AS % OF BODYWEIGHT (KGS)

Degree of Incline	Incline Level	Your Bodyweight + Weights Added (kgs)									
		50	60	70	80	100	120	150	180	240	295
35.5°	26	77	74	71	70	67	66	64	63	62	61
34.1°	25	74	71	69	67	65	64	62	61	60	59
33.1°	24	72	69	67	66	63	62	61	60	58	58
31.6°	23	69	67	65	63	61	60	58	57	56	55
30.2°	22	67	64	62	60	58	57	56	55	54	53
28.7°	21	64	61	59	58	56	55	53	52	51	51
27.3°	20	61	58	57	55	53	52	51	50	49	48
25.9°	19	58	56	54	53	51	50	48	48	47	46
24.6°	18	55	53	51	50	48	47	46	45	44	44
23.2°	17	52	50	49	47	46	45	44	43	42	42
21.9°	16	49	47	46	45	43	42	41	41	40	39
20.5°	15	46	45	43	42	41	40	39	38	37	37
19.2°	14	44	42	41	40	38	37	36	36	35	35
17.9°	13	41	39	38	37	36	35	34	33	33	32
16.6°	12	38	36	35	34	33	32	32	31	30	30
15.3°	11	35	34	33	32	31	30	29	29	28	28
14.0°	10	32	31	30	29	28	28	27	26	26	26
12.8°	9	29	28	27	27	26	25	24	24	24	23
11.5°	8	26	25	25	24	23	23	22	22	21	21
10.2°	7	24	23	22	21	21	20	20	19	19	19
9.0°	6	21	20	19	19	18	18	17	17	17	16
7.7°	5	18	17	17	16	16	15	15	15	14	14
6.5°	4	15	14	14	14	13	13	13	12	12	12
5.2°	3	12	12	11	11	11	10	10	10	10	10
4.0°	2	9	9	9	8	8	8	8	8	7	7
2.8°	1	6	6	6	6	6	5	5	5	5	5
1.3°	F	3	3	3	3	3	3	2	2	2	2

Resistance as % of Bodyweight (kgs)

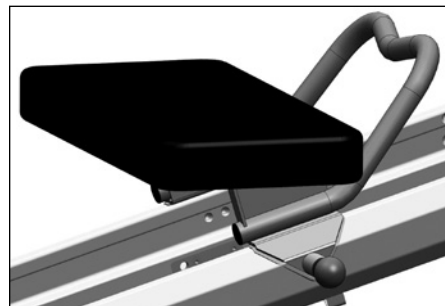
Optional Accessories

Purchased Separately: Observe the instructions provided with each accessory.

Press Bar



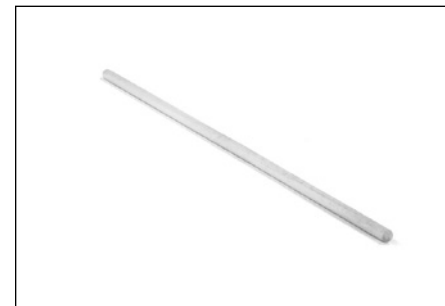
SCRUNCH®



Toe Bar



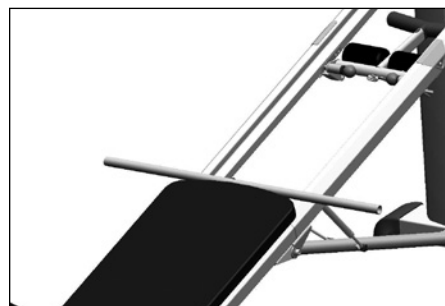
Wooden Dowel



3Grip Pull-up Bar



Weight Bar



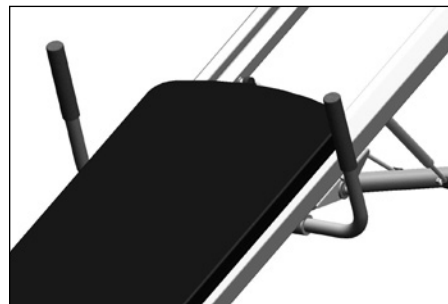
Standing Platform



Support Wedge Pillow



Dip Bar



Leg Pulley System



GRAVITY® Gripper



Maintenance and Care

Your Total Gym® model will offer you or your facility and your clientele years of easy operation if you follow these simple tips for maintenance and care. With periodic cleaning, moving parts and rolling surfaces will maintain their smooth function. Use alcohol and a waterless cleaning solution on parts to keep your Total Gym looking its best and to prevent dust build-up. Clean rail surfaces on a regular basis with a non-corrosive cleaner like soap and water. Some black powder residue is normal, especially on the bottom rails.

Note: Total Gym incline trainers have some functional moving parts that, by design, slide over painted parts and may eventually wear off the paint (i.e., hinge lock on rails and pull pin on LAT Bars). Normal frequent use will prevent corrosion in those areas. Apply clear grease to these painted areas for extra protection in high-humidity environments or for long-term storage.

Caution! DO NOT USE ANY LUBRICANTS OR SILICONE-BASED PRODUCTS on the rails or wheels. This will cause the wheels to slide rather than roll and will damage the wheels. You may use lubricant on the folding hinges when needed. When lubricating these parts, remove any residue of lubricant from the cables, rails or wheel surfaces. Clean the glideboard material with a non oil-based window cleaner. DO NOT USE ARMOR ALL® OR LIKE SUBSTANCES. These will make the glideboard slippery. Wipe down your Total Gym with a clean cloth.

MAINTENANCE SCHEDULE

DAILY

1. Wipe down all padded surfaces with antibacterial cleanser after each use.
2. Move the glideboard up and down rails to ensure smooth rolling. If glideboard does not roll smoothly, clean rails and wheels thoroughly.

WEEKLY

1. Inspect all cables for wear or damage. Replace damaged cables.
2. Wipe down rails with a non-corrosive cleanser.
3. Clean all surface areas for aesthetics.
4. Check all screws, fasteners and knobs to ensure they are installed correctly and tightened.
5. Check for ease of use when changing levels. Report any difficulty in changing levels.
6. Visually and functionally check all pulleys for smooth operation. Clean as needed.
7. Check all pads, fabric or foam for wear and replace as needed.
 - a. Foot holder pads
 - b. Glideboard upholstery
 - c. Pulley handles

MONTHLY

1. Remove glideboard for visual inspection of wheels. Clean any debris accumulated on the wheel assembly.
2. Inspect rubber stoppers.
3. Visually inspect glideboard for tearing or punctures.
4. Check all additional accessories for proper function and wear.
5. Replace all parts that show signs of wear. Contact Customer Service in USA at 858-586-6080 or contact the approved distributor in your country.

Warranty Information

US WARRANTY

Warranties outside the US may vary. Contact your local authorized distributor for details.

TOTAL GYM SPORT®

Commercial Warranty:
 Frame- 5 years; Parts & Upholstery- 1 year; Foam & Rubber- 90 days

TOTAL GYM GTS®

Commercial Warranty:
 Frame- 5 years; Parts & Upholstery- 1 year; Foam & Rubber- 90 days

TOTAL GYM POWERTOWER™

Commercial Warranty:
 Frame- 5 years; Parts & Upholstery- 1 year; Foam & Rubber- 90 days; Motor-2 years

LIMITED WARRANTY

Use of non-Total Gym Accessories: Defects or damage that result from the use of third party or homemade accessories are excluded from coverage.

Unauthorized Service or Modification: Defects or damage that result from service, maintenance, repairs, adjustment, installation or alteration conducted by anyone other than Total Gym or its authorized representatives are excluded from coverage.

WARRANTY CLAIMS

Total Gym® treats warranty claims as a priority. To process these quickly, a Return Merchandise Authorization (RMA) number is required to properly link your merchandise with your claim. Total Gym does not accept returned merchandise without an accompanying RMA number. Contact Total Gym Customer Service Department at 858-586-6080 if you are making a warranty claim. A representative will issue you an RMA number and instructions for proper packaging of the equipment for shipping.

IMPORTANT: Save your invoice. Please retain packaging instructions. US Customer Service Center: 858-586-6080. Shipping Damage: FOB origin, unless otherwise specified.

Total Gym accepts no responsibility for damage in shipping. Total Gym does, however, make every effort to facilitate the satisfactory resolution of claims made against delivery agents for damage during shipping. If the package appears to have sustained damage in shipping, or if the Total Gym appears to have shifted in delivery but no damage is evident, retain the shipping boxes until the Total Gym has been fully assembled to ensure there is no functional damage that is not initially visible. In the event of damage during shipping, retaining the shipping boxes helps to facilitate your claim against the shipper. Take photographs of damaged boxes or contents before opening.

PURCHASE RECORD

Retain this copy for your records.

Date Purchased _____

Purchased From _____

Model Name _____

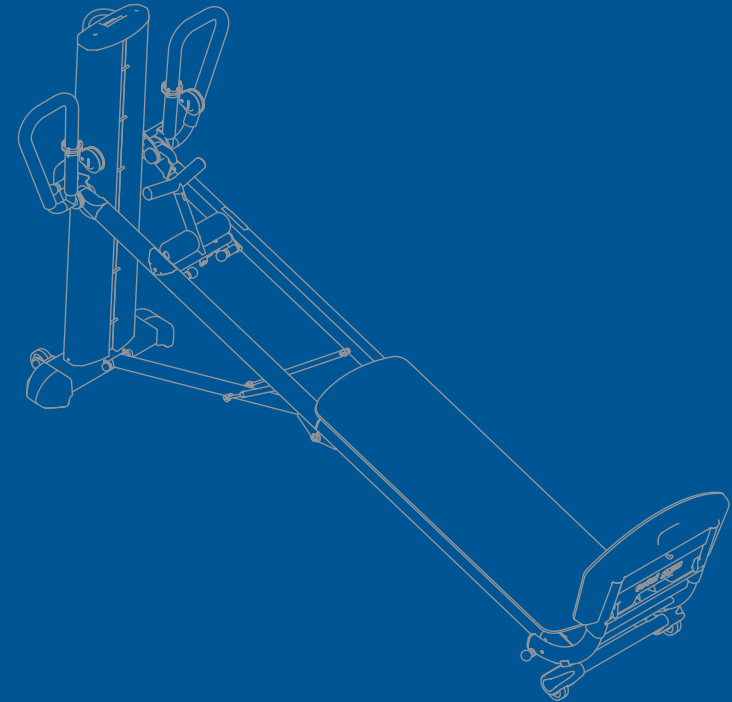
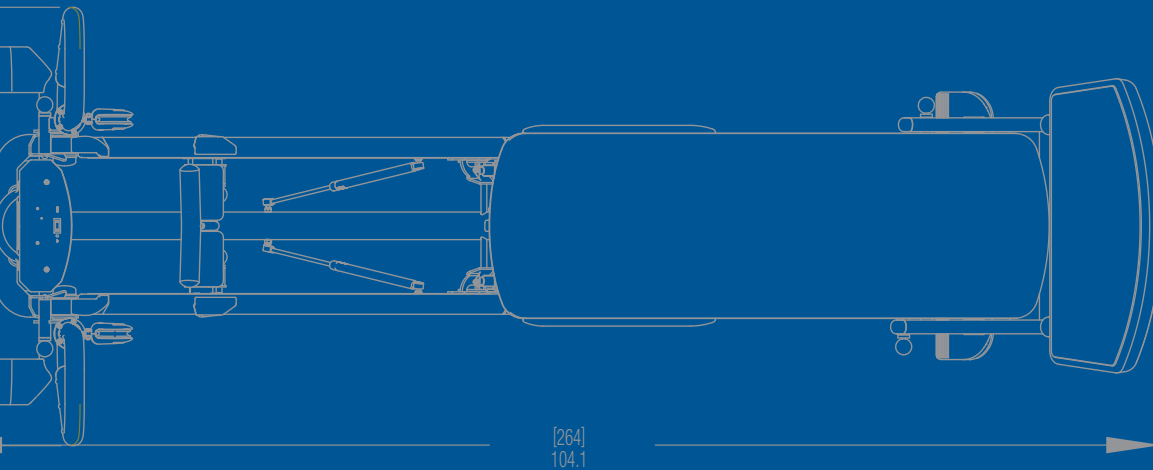
Serial Number _____



TotalGym.com

Customer Service: 858.586.6080





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Part # 55101-02

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GTS[®]: Covered by one or more of U.S. Pat. Nos. 5,967,955; 6,921,355; 7,270,628; 7,766,801; D493,853; Australia Des. Pat. No. 154471; European Des. Pat. Nos. 000068788-0001 to 0006; New Zealand Des. Pat. No. 403803; Japan Des. Pat. No. 1203066; Russia Des. Pat. No. 56172, Taiwan Des. Pat. No. D100334; and other patents pending.

POWERTOWER[®]: Covered by one or more of U.S. Pat. Nos. 5,967,955; 6,921,355; 7,270,628; 7,766,801; D493,853; Australia Des. Pat. No. 154471; European Des. Pat. Nos. 000068788-0001 to 0006; New Zealand Des. Pat. No. 403803; Japan Des. Pat. No. 1203066; Russia Des. Pat. No. 56172, Taiwan Des. Pat. No. D100334; and other patents pending.

SPORT[™]: Covered by one or more of U.S. Pat. Nos. 5,967,955; 7,766,801; and other patents pending.