



total gym®

EVOLVE

OWNER'S MANUAL

16

LEVELS

OF RESISTANCE



CUSTOMER SERVICE

If you have questions about your Total Gym®, please call Customer Service at **1-800-501-4621**, Monday through Thursday, 8:30 am to 5:00 pm, EST.



ORDERING PARTS

When ordering parts, please contact our Parts Department, toll free at **1-800-501-4621**, Monday through Thursday, 8:30 am to 5:00 pm, EST.

IMPORTANT: You must have your serial number (located at the base of the Vertical Column) and this manual ready when calling for parts.

Serial #:

Please also provide the following information:

- 1. Name, Mailing Address and Telephone Number
- 2. Date of Purchase
- 3. Where Product was Purchased (Name of Retail Store, City)
- 4. Model Number
- 5. Part Order Number and Description



With this Total Gym® product in your home, you have everything you need to start your own workout program, to tone and strengthen the important muscle groups of your upper and lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is body sculpting, weight loss, health maintenance, or more energy for daily activities.

Strength training not only tones and conditions the muscles we use every day to stand, walk, lift, and turn; it can actually transform our body composition. By reducing body fat and increasing the proportion of lean muscle in our bodies, strength training can effectively turn up our metabolic thermostat, so that we burn calories all the time, no matter what we're doing.

It's easy - all you have to do is spend 15 to 20 minutes a day, 3 to 4 days per week on your home gym to start realizing the benefits.

Be sure to read through this Owner's Manual carefully. It is the authoritative source of information about your specific unit.

get in the
**BEST
SHAPE**
of your life!



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WARNING/CAUTION LABELS

1

⚠ WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 500 LBS. REPLACE THIS LABEL IF DAMAGED, ILLEGIBLE OR REMOVED. FOR HOUSEHOLD USE ONLY; NOT INTENDED FOR COMMERCIAL USE. CALL CUSTOMER SERVICE AT 1.800.501.4621 FOR REPLACEMENT LABEL, MANUAL, PARTS, OR QUESTIONS.

2

⚠ WARNING

BEFORE USE, INSERT SAFETY HITCH PIN (LOCATED ON LANYARD) THROUGH THE HOLE ON THE SIDE OF THE HEIGHT ADJUSTMENT ASSEMBLY.

3

⚠ WARNING

BEFORE USE, INSERT SAFETY HITCH C PIN INTO THE HOLES ON THE FRONT OF THE VERTICAL COLUMN, DIRECTLY BELOW THE HEIGHT ADJUSTMENT ASSEMBLY.

4

⚠ WARNING

MUST USE HEIGHT ADJUSTMENT HANDLE TO SELECT INCLINE LEVEL. MAKE SURE HEIGHT ADJUSTMENT HANDLE PINS ARE LOCKED IN PLACE BEFORE USE.

6

⚠ WARNING

PINCH POINT. KEEP HANDS AWAY FROM THE FENDER.

8

⚠ WARNING

CRUSH HAZARD. WHEN NOT IN USE, BE SURE ADJUSTABLE GLIDEBOARD IS DOWN IN A CLOSED POSITION AND LOCKED INTO BLACK CLIP UNDER GLIDEBOARD.

5

⚠ WARNING

CRUSH HAZARD. KEEP HANDS CLEAR.

7

⚠ WARNING

PINCH POINT. KEEP HANDS CLEAR WHEN LOWERING ADJUSTABLE GLIDEBOARD.

9

⚠ WARNING

BOTTOM HOLE IN VERTICAL COLUMN IS FOR STORAGE ONLY. ATTEMPTING TO EXERCISE WITH THE HEIGHT ADJUSTMENT HANDLE IN THE BOTTOM POSITION WILL CAUSE VERTICAL COLUMN TO COLLAPSE FORWARD AND COULD RESULT IN SERIOUS INJURY.

1

⚠ CAUTION

POSSIBLE PINCH POINT. USE CAUTION WHEN ENGAGING AND DISENGAGING THE HEIGHT ADJUSTMENT HANDLE.

2

⚠ CAUTION

KEEP HAIR, FINGERS, LOOSE CLOTHING, PETS, AND CHILDREN AWAY FROM HINGES AND OTHER MOVING PARTS TO AVOID SERIOUS INJURY. BE SURE TO HAVE ALL SAFETY AND HITCH PINS LOCKED IN PLACE BEFORE USING YOUR TOTAL GYM® TO AVOID SEVERE INJURY.

3

⚠ CAUTION

REMOVE ABCRUNCH FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

4

⚠ CAUTION

REMOVE PRESS-UP BARS FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

5

⚠ CAUTION

REMOVE SQUAT STAND FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

6

⚠ CAUTION

REMOVE WING ATTACHMENT FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

7

⚠ CAUTION

REMOVE WING ATTACHMENT FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

4

⚠ CAUTION

REMOVE LEG PULLEY FROM FRAME WHEN NOT REQUIRED FOR SPECIFIC EXERCISE.

SAFETY INSTRUCTIONS

Before beginning this or any exercise program, consult a physician or health professional, who can assist you in planning a program appropriate for your age and physical condition. This is especially important if you are over age 35 or have pre-existing health problems. **Do not overexert yourself.** Stop exercising immediately and consult your doctor if you experience pain or tightness in your chest, irregular heart beat, shortness of breath, or if you feel faint, nauseous, or dizzy.

Inspect your equipment before each use to ensure proper operation. Do not use this equipment unless all moving parts, including cables, ropes and pulleys are working properly. See pages 11 & 12 for details on Maintenance & Care.

Be sure to have at least 2-3 ft. of open space around the equipment so that working out and getting on and off the gym, is convenient and safe.

The gym should only be used on a mat or carpeted surface to prevent unexpected movement. This is especially common while performing exercises with quick tempo repetitions. Please be aware and make the necessary adjustments before continuing your workout.

Do not stand on the equipment or exercise barefoot. Wear athletic shoes and comfortable light clothing when working out on the Total Gym.

Keep fingers, loose clothing, and hair away from moving parts. Tie hair up for safety and to prevent interference with your exercise routine.

Be sure ALL safety pins are secured in place before starting any exercise. See page 5 for details on Safety Pins.

The rails can be raised to any desired incline level with the height adjustment handle assembly depending upon your degree of fitness. Each time you raise or lower the height adjustment handle assembly, be sure you hold it tight and support the rail weight with your opposite hand to keep it from dropping to the floor unexpectedly.

Do not use the adjustable glideboard feature above level 8 on the vertical column. When not using your gym, be sure the adjustable glideboard is always down in a closed position and clipped into place.

Use only the accessory items recommended by the manufacturer.

This product is designed for home use only. It is not intended for commercial or institutional use. **The Total Gym® is not intended for use by children.** Keep this and all fitness equipment out of the reach of children. Adult supervision is required at all times.

SPECIFICATIONS

TRAINING DECK/
DEVICE HOLDER
card deck & attachment only;
device not included

HEIGHT ADJUSTMENT
HANDLE/ASSEMBLY
always have locked in place prior to use;
incline level shown in window
on both sides of handle

ARM CABLE/
PULLEY ASSEMBLY

SAFETY HITCH PIN
(ON LANYARD)
always have secured in place
prior to use

HANDLES

VERTICAL COLUMN

TOP RAILS

CENTER
SUPPORT RAIL

WHEELS
on back of tube cap

REAR TUBE CAP

REAR CROSSBAR

GLIDEBOARD HOOK
attach arm pulley OR leg pull cable to hook
under glideboard depending on exercise;
detach when not required
for specific exercise

SAFETY HITCH C PIN
must be installed in
holes before use

SPRING LOADED PIN
(BLACK KNOB)
only used during folding & unfolding;
always have locked in place prior to use

GLIDEBOARD

ADJUSTABLE
GLIDEBOARD

DELUXE SQUAT STAND
remove when not required
for specific exercise

FENDERS

WEIGHT BAR HOLE
weight bar compatible;
weight bar sold separately

FRONT TUBE CAP

FRONT CROSSBAR

GLIDEBOARD
ADJUSTMENT
HANDLE
use handle to
raise & lower
adjustable
glideboard;
always close
& lock into
black clip
after each use

SQUAT STAND
RECEPTACLES

FOLDED LENGTH: 51.5"
FOLDED HEIGHT: 10.5"
IN USE LENGTH: 97"
IN USE HEIGHT: 45"

WIDTH: 17"
WEIGHT: 100 lbs.
MAX WEIGHT
CAPACITY: 500 lbs.

ACCESSORIES

Accessories are optional. You do not need them for a total body workout. They're included to enhance your workout experience. **Always remove the accessory after each use.** To shop additional accessories, go to **totalgymdirect.com**.

ABCRUNCH

Uses 4 Hitch Pins

LEG PULL ACCESSORY (WITH EXTENSION CABLE)

Leg Cable/Pulley Assembly

24" Leg Extension Cable

Padded Ankle Cuffs

PRESS-UP BARS

Uses 2 Hitch Pins

WING ATTACHMENT

Uses 2 Hitch Pins

3 // TOTAL GYM®

TOTAL GYM® // 4

SAFETY PINS

Your product comes with:

HEIGHT ADJUSTMENT HANDLE PINS

Two pins located within the height adjustment handle assembly. Squeezing the height adjustment handle controls the raising and lowering of the rails. **IMPORTANT:** Rails are heavy. Always hold top rail with your opposite hand to support weight evenly while adjusting incline level with the handle. To prevent injury, be sure pins are locked into place before use.



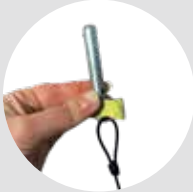
SPRING LOADED PIN (BLACK KNOB)

One pin located within the black knob on the top rail. Pulling this pin out releases the vertical column allowing it to move freely for folding (breakdown) and unfolding (setup). **IMPORTANT:** Only pull when folding or unfolding gym. To prevent injury, be sure pin is locked into place before use.



SAFETY HITCH PIN (ON LANYARD)

One pin located on a lanyard attached to the height adjustment assembly. Insert into hole on side of height adjustment assembly before use. Used as a primary safety source if the height adjustment handle pins are not locked into place. Prevents rails from collapsing and vertical column from falling forward. **IMPORTANT:** Be sure pin is secured in place before use.



SAFETY HITCH C PIN

One clawlike pin located in accessory box. Insert curved prongs into the two holes on vertical column directly below height adjustment assembly. Used as a secondary safety source if the height adjustment handle pins are not locked into place. Prevents rails from collapsing and vertical column from falling forward. **IMPORTANT:** Be sure pin is secured in place before use.



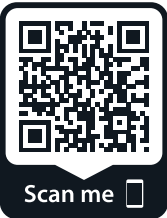
8 HITCH PINS

Eight hitch pins located in accessory box. Used to assemble or attach accessory to gym. Place accessory at the designated area on gym and insert pins through accessory bracket holes and holes on gym. **IMPORTANT:** Be sure pins are secured in place before use.



SETUP

WATCH
HERE >>



1. Remove the box lid. Remove tape from box corners to flatten. Remove all visible packaging materials including: tape, cardboard inserts, and zip ties.



2. Remove any visible accessories. Make sure the padded glideboard side is up and you have plenty of space on both ends of the product. Slide the glideboard as far as it will go towards the front crossbar (this is in preparation for the next step so glideboard doesn't jolt downward while lifting).



3. Lift the gym by holding the top of the rails (use proper lifting techniques). Carefully, roll the gym off of the box and stand it up on the crossbars as shown in bottom image.



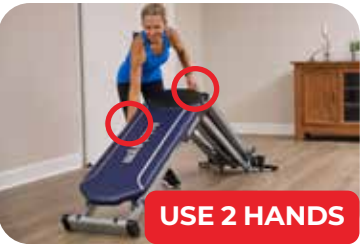
Keep feet shoulder-width apart. Squat bending at the hips and knees only, not the back. Keeping your posture upright, lift with your knees and hips. Once you are upright, hold the load close to your body. Always take small steps, watching where you are going.



Remove any remaining accessories, packaging or zip ties before moving to Step 4.

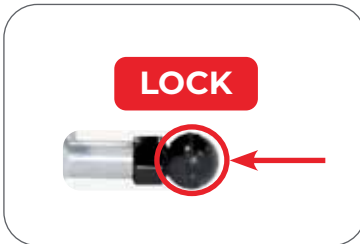
4. Make sure the nylon handles and safety hitch pin (on lanyard) are out to the sides of the gym (out of the way) before you begin to unfold your unit. With one hand on the rail and one hand on the rear column handle, **slowly** begin pushing the top rails out while lowering the entire gym flat onto the floor.

IMPORTANT: Rails are heavy. Be sure to support the frame in the center to avoid having the product drop suddenly onto the floor and/or pinch fingers.



5. Locate the Spring Loaded Pin (black knob) along the side of the top and pull it out while lifting the column by the rear handle. The pin needs to remain disengaged in order to lift the column all the way up. Once the column is upright, let go of the black knob and you should hear the pin reengage locking the column into the vertical position.

IMPORTANT: Be sure the Spring Loaded Pin (black knob) is locked into place before use. You will know the pin is locked into place when it is flush with the black screw and the pin end protrudes through the inside of the rail bracket.



6A. Position one foot on rear crossbar to keep the product from lifting off the floor. With one hand supporting the top rail and the other hand on the Height Adjustment Handle, squeeze the handle and raise the rails to the desired incline level on the vertical column. Stop squeezing the Height Adjustment Handle and its two pins will lock into place—you will hear a loud click once locked. Next, insert Safety Hitch Pin (on lanyard) into the hole on the side of the height adjustment assembly and vertical column.



6B. Insert Safety Hitch C Pin (arrives to you in the accessory box) into the two holes directly below the height adjustment assembly on the front of the vertical column. The two prongs slide in by rotating them slightly into place.



IMPORTANT: Be sure ALL Safety Pins are locked into place before use.

STARTING OUT

Begin using the product at a low incline. As your fitness level progresses, increase the incline to increase the intensity and improve your muscle strength. Don't be in a hurry to exercise at a high intensity level; start out easily and build gradually. The Total Gym® is as easy as 1-2-3 to use.

When starting your exercise program, begin with the basic exercises in the *Training Deck* included with your Total Gym to familiarize yourself with the movements. Use the lowest incline level to start with—you can work up to a higher incline level in the weeks and months to come.

1

IMPORTANT THINGS TO REMEMBER WHEN USING THE TOTAL GYM®

- Always have control of the glideboard by “anchoring down” before getting on and off the gym.
- Keep your feet on the floor when getting on and off the gym. Only remove them from the floor for the duration of the exercise.
- If you are using the handles, hold onto them as you get on and off the glideboard.
- Remove arm cable pulley from hook under glideboard when performing exercises that do not require the arm cable pulley.

2

EXERCISING WITH THE HANDLES ONLY

Refer to your *Training Deck* for handle only exercises. Grasp the handles attached to the arm cable pulley and pull the glideboard up the rails to a position in which you can comfortably sit or lay down on the glideboard when performing the desired exercise. Be sure to keep your feet on the floor until you are in the correct position for the specific exercise. Then, if the exercise calls for your feet to be off the floor, carefully place your feet as specified in the instructions while stabilizing your body on the glideboard.

3

EXERCISING WITH THE ATTACHMENTS

Refer to your *Training Deck* for exercises using attachments. First, you will likely need to remove the arm cable pulley from hook under glideboard. Next, slide the glideboard to a position in which you can comfortably sit or lay down on it when performing the desired exercise. Keep your feet on the ground until you are in the correct position and feel comfortable. Then, carefully place your feet in the proper position and begin to exercise.

ADJUSTABLE GLIDEBOARD

OVERVIEW

The adjustable glideboard is designed to remain parallel to the floor when the rails are at an incline. This helps with alignment of the spine during exercises and provides ease of getting on and off the gym, amongst other benefits.

WHEN NOT IN USE

- When not in use, be sure the adjustable glideboard is always down in a closed position and locked into its designated black clip under the glideboard (between the bottom rails).

HOW TO RAISE & LOWER ADJUSTABLE GLIDEBOARD

- To raise the adjustable glideboard, place one foot on front crossbar and lift the bottom of the glideboard along with the adjustable glideboard handle (at the base of the rail) until it engages at the desired angle.
- To lower the adjustable glideboard, slightly lift the bottom of the glideboard, press adjustable glideboard handle (at the base of the rail) UP, and rotate the handle as you lower the glideboard to the desired angle.



ADJUSTABLE GLIDEBOARD: 4 ANGLE POSITIONS

DO NOT USE ADJUSTABLE GLIDEBOARD ABOVE LEVEL 8 ON VERTICAL COLUMN.

- Use adjustable glideboard only at these four coupled angle positions: **Level 2** on vertical column (**L2** on glideboard), **Level 4** on vertical column (**L4** on glideboard), **Level 6** on vertical column (**L6** on glideboard), and **Level 8** on vertical column (**L8** on glideboard).



EXERCISES

- ↑ Raising the adjustable glideboard creating a parallel surface to the floor, modifies the exercise while it strengthens stability and mobility, and promotes good posture for the following exercises:

SEATED, KNEELING OR LYING FORWARD



- Chest Press
- Chest Fly
- Front Pullover
- Iron Cross/Snow Angel
- Front Deltoid/Lateral Raise
- Front Raise
- Serve
- Hamstring Pull
- Lying Triceps Extension
- Crunches
- Pullover with Crunch
- Oblique Pullover Crunch
- Seated Chest Stretch
- Triceps Stretch

SEATED OR KNEELING BACKWARD



- Seated, Kneeling or Upright Row
- Cross Cable Row
- Reverse Fly
- Reverse Fly with Rotation
- Shoulder Extension
- Outer Hip & Thigh
- Seated Biceps or Forearm Curl
- Kneeling Triceps Kickback
- Toe Touch with: Biceps Curl, Row or Upright Row
- Toe Touch Stretch
- Leg Curl with: Seated Fly, Straight Arm Lift, Biceps Curl, Upright Row, Seated Surfer
- Kneeling Surfer

SEATED OR KNEELING SIDEWAYS



- Lateral Chest Fly
- Inner Thigh Pull
- Lateral Bicep Curl
- Lateral Tricep Extension
- Lateral Arm Pull
- Oblique Twister

EXERCISES ACCEPTABLE FOR USE WITH THE ADJUSTABLE GLIDEBOARD FEATURE ARE ALSO IDENTIFIED IN TRAINING DECK & ON EXERCISE WALL CHART.

- ↑ Raising the adjustable glideboard keeping your head above your heart, benefits blood flow, and may prevent dizziness when getting on and off the gym for the following exercises:

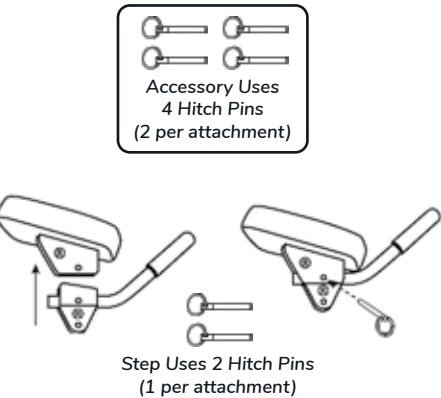
INVERTED LYING ON BACK



- Inverted Front Raise
- Inverted Biceps Curl
- Lying Leg Curl
- Lying Leg Curl with Crunch
- Sit-Up with Cables
- Half Rollback with Biceps Curl

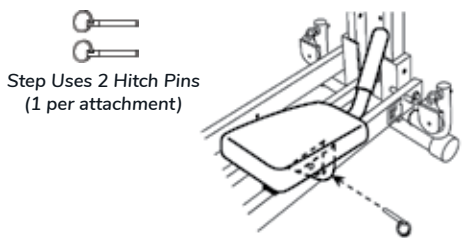
ACCESSORY INSTRUCTIONS

ABCRUNCH



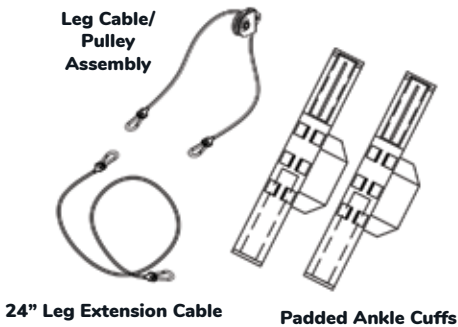
1. Match AbCrunch handle labeled Ⓐ to the elbow pad labeled Ⓑ.
2. Insert handle into elbow pad bracket and attach by inserting one Hitch Pin through the aligned holes on each.
3. Repeat for left side labeled ①.

HOW TO INSTALL THE ABCRUNCH



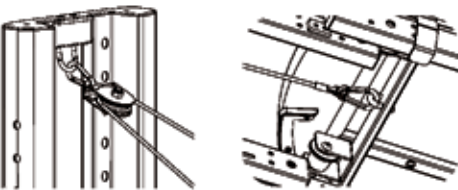
1. Attach each AbCrunch attachment to the top rails with the Hitch Pins included with your gym.
- Note:** Simply line up each attachment's bracket (**handle should be facing inward**) with the holes at the top of the rail.
2. Slide one Hitch Pin through the holes of one of the attachments and the holes on the rail. Repeat Steps 1 and 2 for attaching the other AbCrunch attachment to the opposite rail. Make sure each is securely attached before use.

LEG PULL ACCESSORY (WITH EXT. CABLE)

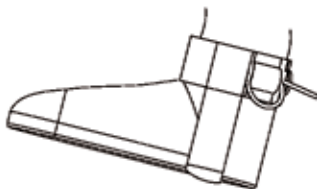


1. Detach the arm cable pulley from the hook on the underside of the glideboard and place it on the ground behind vertical column out of the way.
2. Connect the clip on the leg cable pulley to the loop at the top of the vertical column. Then take one of the loose leg cables and attach its clip to the hook on the underside of the glideboard. **Note:** If cable appears to be twisted, take leg pulley off the loop on vertical column and untwist before reattaching.

If performing double leg pull exercises, you will skip attaching to hook under glideboard. Nothing will be connected under glideboard.

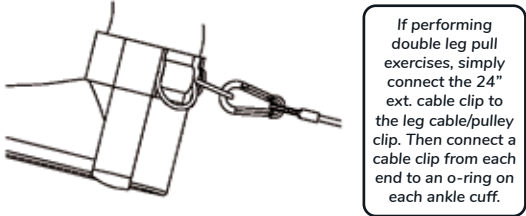


4. Attach one Ankle Cuff to each of your ankles by placing your heel in the bare strap so that all the O-Rings are at the top of your ankle. Wrap velcro straps tightly around ankle while threading O-Rings through cut-out securing Ankle Cuff onto foot.



REMOVE ATTACHMENTS WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

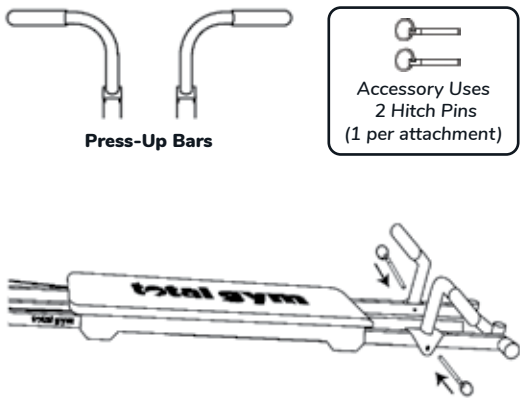
5. Position yourself on the glideboard correctly for the specific exercise you want to perform. Bring one knee up and connect the last loose leg cable clip onto one of the O-Rings on an Ankle Cuff attached to your foot. Depending on the exercise you are performing, connect the clip to the O-Ring that is most comfortable.



Be sure to always stabilize the glideboard when clipping on or off the Ankle Cuffs. Use caution when getting on or off the glideboard.

To disconnect the Ankle Cuff, unclip the cable from the O-Ring on the Ankle Cuff.

PRESS-UP BARS



1. Attach each Press-Up Bar to the bottom rails with the Hitch Pins included with your gym.

Note: Simply line up each bar's bracket with the holes at the bottom of the rail.

2. Slide one Hitch Pin through the holes of one of the Press-Up Bars and the holes on the rail. Repeat Steps 1 and 2 for attaching the other bar to the opposite rail. Make sure each bar is securely attached before use.

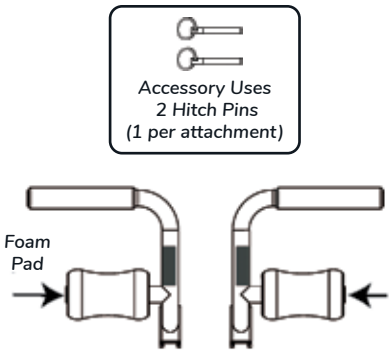
WING ATTACHMENT

The Wing Attachment provided with your unit has been uniquely designed to serve several purposes. It can be placed at the top or bottom of the rails and angled toward you or away from you depending upon what is comfortable for you.

Two thick Foam Pads are provided with the Wing Attachments. They must be attached (if not already) before exercising.

To do this:

1. Simply wet each crossbar with soapy water.
2. Then attach Foam Pads on the crossbars as shown. Let dry before beginning to exercise with the Wing Attachment.



In this section, are instructions on how to position the Wing Attachment in accordance with the exercises you wish to perform.

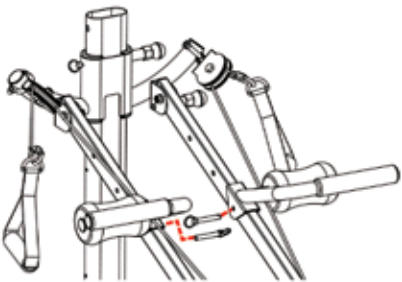
Note: Two Hitch Pins are included. The Wing Attachments can be placed on opposite rails depending on the exercise. Always keep the Foam Pads to the outside of the rails.

PULL UPS & CHIN UPS

1. Attach each Wing Attachment to the top rails with the Hitch Pins included with your gym.

Note: With the attachments angled **toward the glideboard**, simply line up each bracket with the holes at the top of the rail.

2. Slide one Hitch Pin through the holes of one of the attachments and the holes on the rail. Repeat Steps 1 and 2 for attaching the other attachment to the opposite rail. Make sure each attachment is securely attached before use.

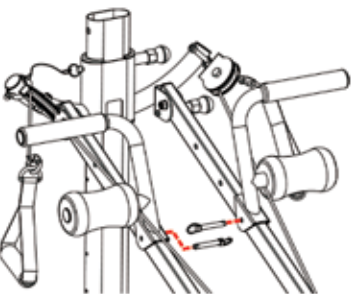


LEG PULLS, CRUNCHES & SIT UPS

1. Attach each Wing Attachment to the top rails with the Hitch Pins included with your gym.

Note: With the attachments angled **away from the glideboard**, simply line up each bracket with the holes at the top of the rail.

2. Slide one Hitch Pin through the holes of one of the attachments and the holes on the rail. Repeat Steps 1 and 2 for attaching the other attachment to the opposite rail. Make sure each attachment is securely attached before use.



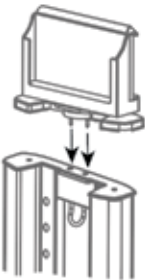
DELUXE SQUAT STAND

Insert Squat Stand into the receptacles on the front crossbar. Make sure it is fully inserted before use.



TRAINING DECK/DEVICE HOLDER

Insert Training Deck/Device Holder attachment into the top of the vertical column. Rotate the holder, as needed, depending on whether you're viewing the Training Deck cards or your device.



EXERCISE WALL CHART

Features 35 Total Gym exercises. Use as a reference during your workout. Photos give you a quick snapshot of the most popular Total Gym exercises. Categories include: Chest, Back, Shoulders, Legs, Arms, Abs, Stretch, and Compound.



MAINTENANCE & CARE

INSPECT YOUR TOTAL GYM® PRIOR TO EACH USE

Before using your Total Gym® for your workout session, be sure to make the following inspection:

- Make sure the equipment is fully opened and sitting on a solid, level surface with plenty of clearance on all sides. Unit should be used on a mat or on carpeted surfaces only.
- Make sure all the Safety Hitch Pins are securely in place and locked into position.
- Check that the pulley is attached securely to the hook on the top underside of the glideboard.
- Check that the cable is traveling correctly in the groove of each pulley.
- Make sure the cable is securely fastened to each handle.
- Check that the attachments or other accessories are installed correctly when in use.
- Make sure the glideboard is gliding smoothly along the frame.

ROUTINE MAINTENANCE

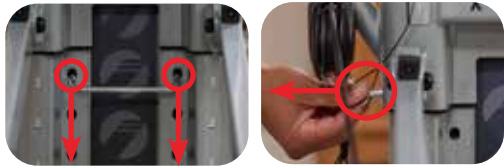
- Wipe down your Total Gym on a regular basis using a clean cloth and alcohol or alcohol-based products like Windex® or 409®. Do not leave towels or workout clothing laying or hanging on the equipment.
- Periodically check the following parts for signs of fraying or other wear: the cables, pulleys, wheels, glideboard, attachments, accessories and frame. If the cable, pulleys, frame or wheels need replaced—do not use your unit, wait until the part is replaced. If any other part than the ones listed above needs to be replaced, do not use that part until it is replaced.
- Never use a lubricant such as WD-40® or ArmorAll® to lubricate or clean the unit. Use only 3-in-1® oil or machine oil to lubricate the axles of the wheel or pulley, not the roller surface.

TO STORE YOUR TOTAL GYM®

Follow these easy steps to store your exerciser properly:

1. First, remove all attachments and accessories and make sure the adjustable glideboard is always down in a closed position and locked into its designated black clip under the glideboard (between the bottom rails).

2. Remove Safety Hitch C Pin and Safety Hitch Pin (on lanyard) from vertical column.



3. Be sure the cable pulley is attached to the underside of the glideboard for folding.



4. Position one hand on the Height Adjustment Handle and one hand on the top rail. Squeeze the handle and slowly lower the Height Adjustment Assembly completely.



5. While holding the vertical column, pull and hold out the black Spring Loaded Pin (as shown). Fold vertical column down completely.



6. Slide the glideboard as far as it will go towards the front crossbar (this is in preparation for the next step so glideboard doesn't jolt downward while lifting).



7. With caution, to avoid pinched fingers or hands, grab the rear handle on the back of the vertical column and slowly pull the unit up and supporting with your opposite hand. Bring the back of the unit towards the center.



Continue to fold the exerciser together until it is completely folded and tilt gym back slightly to engage the wheels. Next, roll the exerciser into a closet for storage. To store under a bed, simply lower the exerciser to the floor and roll under the bed.



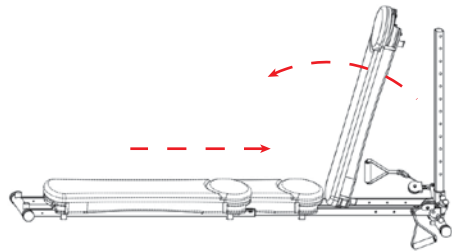
REMOVE GLIDEBOARD

You can also remove the glideboard if you need to fit the exerciser under a narrow space.

IMPORTANT: The glideboard weighs approximately 30 lbs. Use caution when lifting it off of the exerciser. Lifting incorrectly may result in user injury.

1. With exerciser laying flat on the floor, disconnect the cable pulley from the hook on the underside of the glideboard.

2. Next, tilt up the glideboard and slide it off the frame of the exerciser. When the bench is completely off the exerciser, set it aside.



3. Next, pull the black Spring Loaded Pin to release the vertical column and fold the exerciser together as shown in **Step 7 of TO STORE YOUR TOTAL GYM®**.

ATTACH GLIDEBOARD TO GYM WHEN SET UP AND READY FOR USE

1. Raise rails to a mid-level on the vertical column and make sure all Safety Pins are securely locked in place.

2. Carefully pickup the glideboard with both hands, one on each side, making sure the pillow on the glideboard is at the top closest to the vertical column.

3. Line up the glideboard with the lower rails on your gym, making sure the rollers line up with the rails. Then gently lower the glideboard down the rails until it rests against the rubber stoppers.

4. Connect the cable pulley by taking the clip and hooking it to the underside of the glideboard.

WARRANTY

Total Gym Fitness, LLC warrants that under normal, personal, residential use, Total Gym® is free from defects in material or workmanship. The duration of coverage of this warranty varies depending on the part of equipment that is determined to be defective (see chart below), at Total Gym Fitness LLC’s sole discretion. This Total Gym® unit is not intended for commercial use. This warranty is effective from the date of original purchase. THIS WARRANTY IS VALID ONLY FOR THE ORIGINAL OWNER OF THIS EXERCISER AND IS NOT TRANSFERABLE.

PART	WARRANTY	COVERAGE
Frame	Lifetime	Replace frame if structurally defective with a new frame or replace the entire unit.
All other parts <i>(includes wheels, pulleys, cables)</i>	2 Years	Repair or replace defective part or product.

The Total Gym Fitness, LLC obligation under this warranty is limited to replacing the defective part(s); or, at its option, repairing or replacing (or refund in its sole discretion) the product. For service on this equipment, call 1-800-501-4621. Warranty coverage is void for defects or damage caused by the use of unauthorized parts or service.

This warranty does not cover product damage attributable to misuse, abuse, neglect, accidental damage, damage in return transit, unauthorized alterations, failure to follow manufacturer’s directions for use or storage, improper maintenance, vandalism, usage for commercial or rental purposes, or “ordinary wear and tear”. Cost of return shipping must be paid by you unless otherwise agreed upon by Total Gym Fitness, LLC. This warranty does not cover any separately sold items, parts, or accessories. This warranty does not apply if product is used in a commercial, non-residential setting.

Except for other written warranties issued by Total Gym Fitness, LLC applicable to new Total Gym Fitness, LLC product or parts, no other express warranty is given or authorized by Total Gym Fitness, LLC. Any implied warranty of merchantability or fitness for a particular purpose is limited to the duration of this warranty. No agent or retailer of Total Gym Fitness, LLC has authority to modify this warranty in any respect.

TOTAL GYM FITNESS, LLC MAY NOT BE HELD LIABLE FOR INDIRECT OR CONSEQUENTIAL DAMAGES ARISING OUT OF USE OR PERFORMANCE OF THIS PRODUCT. These include—but are not necessarily limited to—loss of use of the product; loss of time, enjoyment, or revenue; inconvenience; installation or removal costs; or other incidental or consequential damages.

SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU. This warranty gives you specific legal rights; you may also have other rights which vary from state to state. This warranty is valid in the U.S. and Canada only.

To register your product online, go to **totalgymdirect.com/warranty**.

DEDICATION TO QUALITY

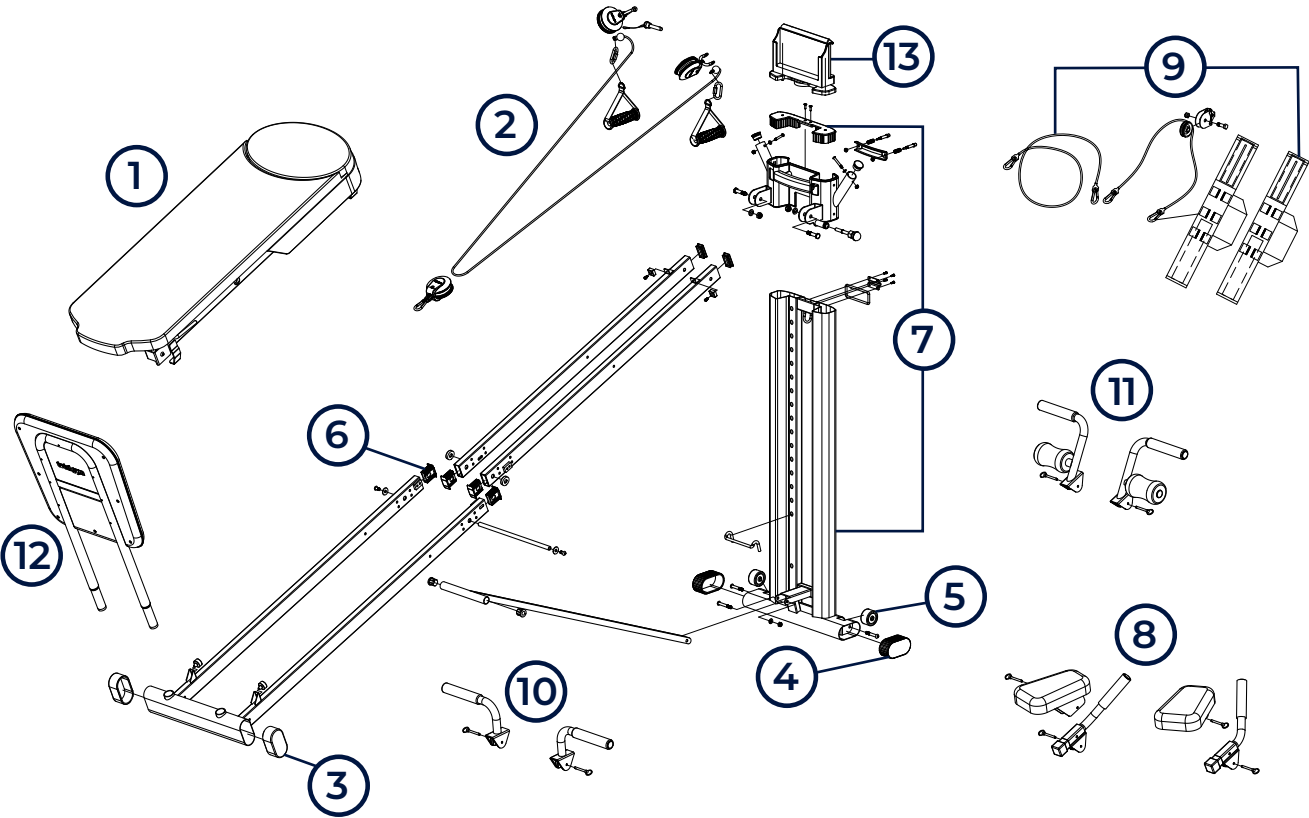
We warrant this product to be free from all defects in material and workmanship when used according to the manufacturer’s instructions.

SAVE YOUR PURCHASE RECEIPT

You may wish to staple into this manual.

PARTS LIST & OVERVIEW

ITEM#	DESCRIPTION	PART#	QTY	ITEM#	DESCRIPTION	PART#	QTY
1	Glideboard	E370	1		Safety Hitch C Pin	E1952	1
	Wheel Kit (Set of 4)	E102WK	1		Slide Pivot Assembly	ESPA	1
2	Cable Kit	E40950	1		Vertical Column Top Cap	ETCAP	1
	Safety Hitch Pin w/ Lanyard	ELANPIN	1	8	AbCrunch Acc. (Set of 2)	ETGACS	1
	Cable	E40950B	1	9	Leg Pulley System	ELPAR	1
	Handle (Set of 2)	EHANS	1		Ankle Cuffs	E19912	2
3	Front Tube Cap	E103ECF	2		Pulley with Cable	EPILSP	1
4	Rear Tube Cap	E103ECR	2		24” Leg Extension Cable	EPILS24	1
5	Tube Roller	E105TR	2	10	Press-Up Bars (Set of 2)	EPPB	1
6	Rectangle End Cap	RR103RC	6	11	Wing Attachment (Set of 2)	EWA4	1
7	Height Adjustment System		1		Wing Att. Foam Grip	RWAGRIP	2
	Upright Cap (Set of 2)	EBLKUC	1	12	Deluxe Squat Stand	ETLGST	1
	Spring Loaded Pin (Blk. Knob)	RR106SB	1	13	Training Deck/Device Holder	ETDH	1





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U.S. Patent Pending, Published.

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