

# total gym<sup>®</sup> XL7

## Owner's Manual

*For maximum effectiveness and safety,  
please read this owner's manual and  
view the video before using your  
Total Gym<sup>®</sup> XL7.*



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# Congratulations on purchasing your new Total Gym®

With this 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 Total 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 Total Gym®.**

## CUSTOMER SERVICE QUESTIONS

If you have questions about your Total Gym®, please call Customer Service at 1-800-303-7896, Monday through Friday, 8:30 am to 5:00 pm, EST.

## ORDERING REPLACEMENT PARTS

When ordering parts, please contact our Parts Department, toll free at 1-800-303-7896, Monday through Friday, 8:30 am to 5:00 pm, EST.

**IMPORTANT:** You must have your serial number and this manual ready when calling for parts.

Serial #: \_\_\_\_\_

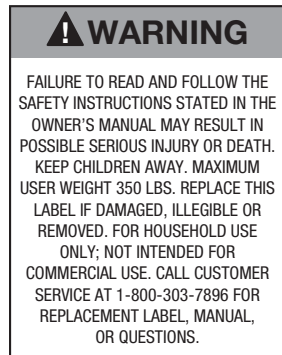
### PLEASE ALSO PROVIDE THE FOLLOWING INFORMATION:

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

# Equipment Warning / Caution Labels

See page 4 for placement of the following warning/caution labels on your unit.

WARNING LABEL 1



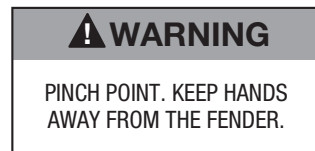
WARNING LABEL 2



WARNING LABEL 3

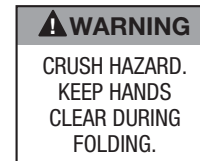


WARNING LABEL 6



4 locations

WARNING LABEL 4

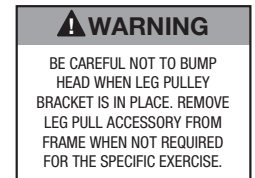


3 locations

WARNING LABEL 7



WARNING LABEL 5



Located on Leg Pulley Bracket

CAUTION LABEL 1



Located on Wing Attachments

CAUTION LABEL 3

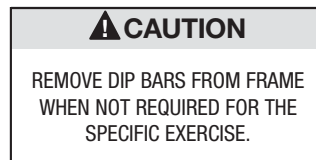


Located on AbCrunch Accessory

CAUTION LABEL 2

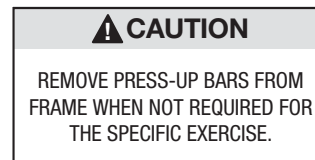


CAUTION LABEL 4



Located on Dip Bars

CAUTION LABEL 5



Located on Press-Up Bars

CAUTION LABEL 6



Located on Squat Stand

## 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.

**This product is designed for home use only.** It is not intended for commercial or institutional use. Use only as instructed.

**Do not stand on the product.**

**The Total Gym® is not intended for use by children.** Keep this and all fitness equipment out of the reach of children.

**Keep fingers, loose clothing, and hair away from moving parts.**

**Inspect your exerciser before each use to ensure proper operation.** Do not use this equipment unless all moving parts, including cables, pulleys, and ropes are working properly. See pages 12 & 13 for details on Inspection, Maintenance and Storage.

**The exerciser should only be used on a mat or carpeted surface to prevent unexpected movement of the unit.**

**Use only the accessory items recommended by the manufacturer.**

**To avoid serious injury,** care should be taken at all times when **getting on and off** this or any exercise equipment.

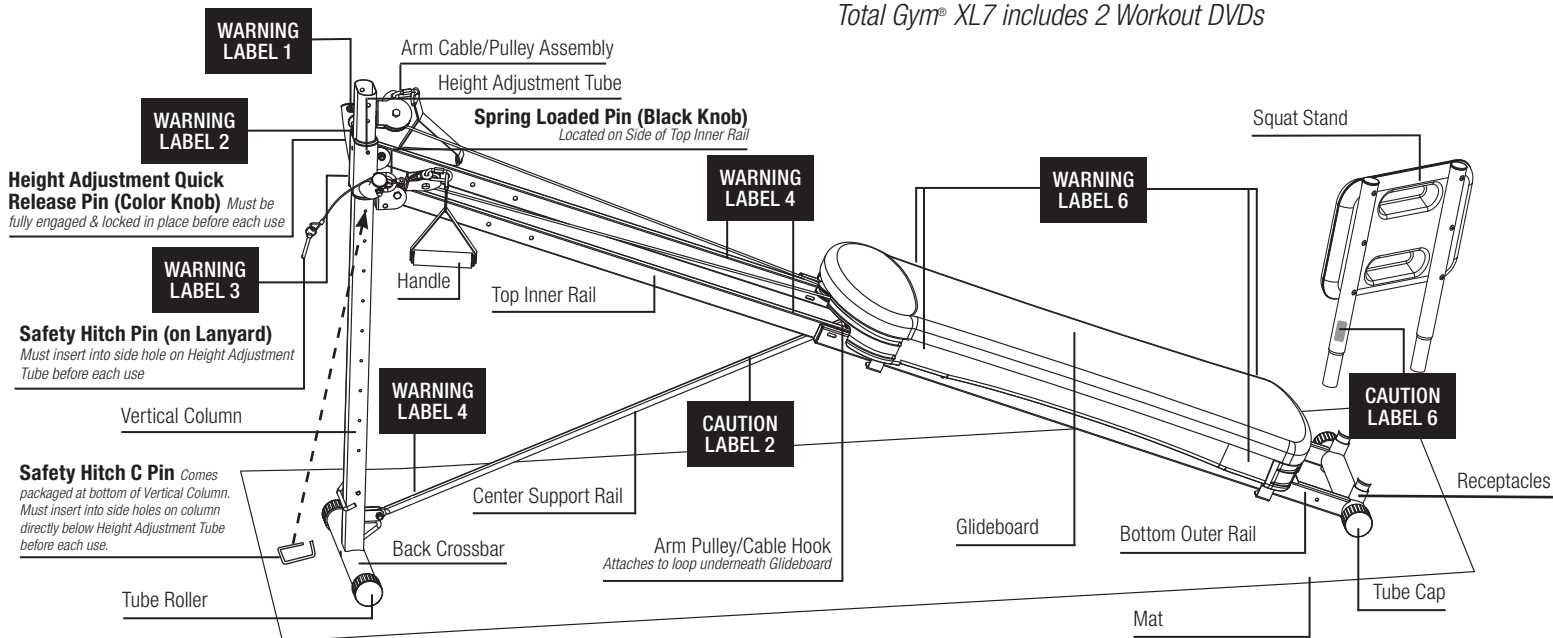
**Be sure ALL Safety Locking Pins are secured in place before starting any exercise.**

# Product Specifications

TOTAL GYM® XL7 OWNER'S MANUAL | PRODUCT SPECIFICATIONS

## LABEL LOCATIONS AND PARTS IDENTIFIER

Total Gym® XL7 includes 2 Workout DVDs



### LENGTH

Folded..... 50.5"  
In Use ..... 92.5"

### HEIGHT

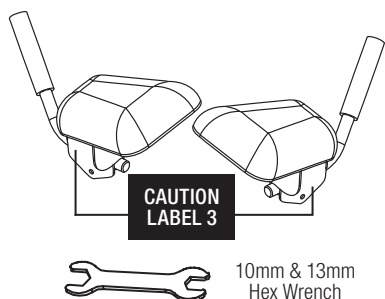
Folded..... 8"  
In Use ..... 43"

Width ..... 16"  
Weight ..... 55.65 lbs.  
Maximum User Weight ..... 350 lbs.

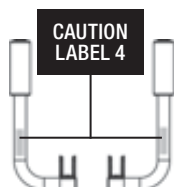
## Accessories

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](http://totalgymdirect.com).

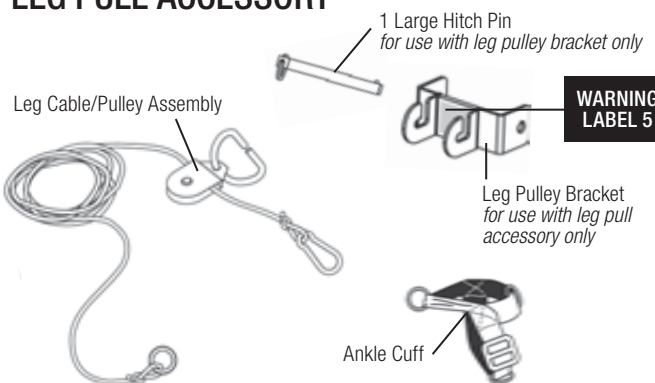
### ABCRUNCH



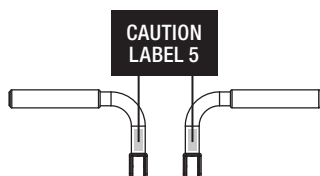
### DIP BARS



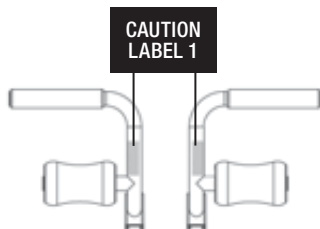
### LEG PULL ACCESSORY



### PRESS-UP BARS



### WING ATTACHMENTS

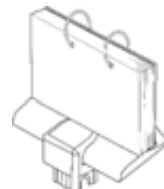


### 4 SHORT HITCH PINS



2 pins are used with AbCrunch Accessory, Dip Bars, Wing Attachments & Press-Up Bars; 2 spare pins provided if misplaced.

### FLIP CHART



# Set Up

Your product comes with:

- **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.
- **Height Adjustment Quick Release Pin (Color Knob)** One pin located within the color knob on the side of the height adjustment tube. Pulling this knob 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.
- **Safety Hitch Pin (on Lanyard)** One pin located on lanyard attached to the height adjustment tube. Insert into hole on side of height adjustment tube before use. Used as a primary safety source if the height adjustment quick release pin (color knob) is not locked into place. Prevents rails from collapsing and vertical column from falling forward.
- **Safety Hitch C Pin** One c-shaped pin packaged at the bottom of the vertical column upon arrival. Remove and insert straight end of pin through the two holes on the side of the vertical column directly below height adjustment tube. Used as a secondary safety source if the height adjustment quick release pin (color knob) is not locked into place. Prevents rails from collapsing and vertical column from falling forward.
- **1 Long Hitch Pin** Used to connect the leg pulley bracket to the top of the vertical column when using the Leg Pull Accessory. Align bracket with the holes at the top of the column. Be sure bracket is hook side up. Insert Large Hitch Pin through the side holes to secure bracket onto the vertical column.
- **4 Short Hitch Pins** Two pins are used to attach accessory to gym. Two spare pins are provided if misplaced. Place accessory at the designated area on gym and insert pins through accessory bracket holes and holes on gym. *Before using the Accessories, be sure the proper Hitch Pins are securely inserted (see pages 7-10 of this manual for directions).*

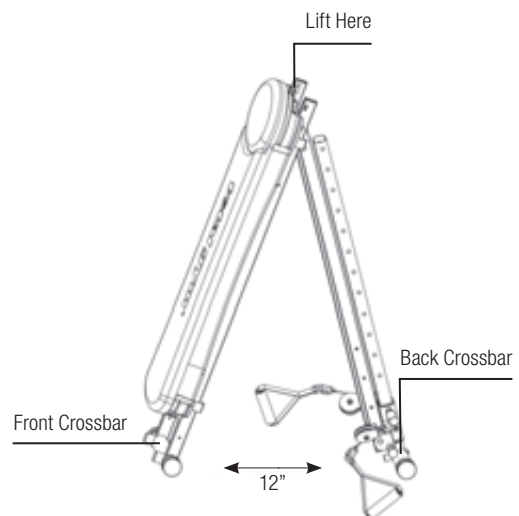
**IMPORTANT:** To prevent injury, be sure ALL Safety Locking Pins are secured in place before starting any exercise.

1. Pull the product out of the shipping box. Remove all packaging materials, including tape and cardboard inserts, from your unit.

**NOTE: Some parts are packed inside the rails.**

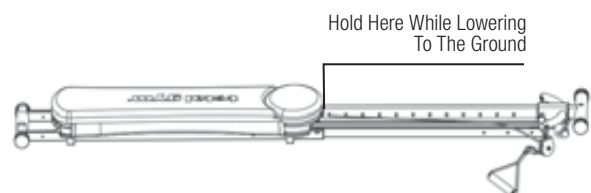
2. Lay product on the floor with glideboard side up. Make sure you have plenty of space on both ends of the product. Slide the glideboard as far as it will go towards the front crossbar before you begin lifting unit.

3. Lift the exerciser up by holding it at the top of the rails. Using your foot, slowly spread the unit open at the bottom approximately 12 inches so that it rests firmly on the front and back crossbars not allowing it to go too far.

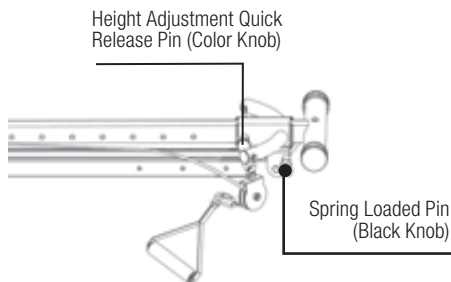


4. Make sure the handles are out to the sides before you begin to unfold your unit. Keep hands and fingers away from pulley. Hold onto the top center of glideboard and begin rolling rear rollers. Spread the unit out until it is flat on the floor. Be careful to do this **SLOWLY**.

**BE SURE TO SUPPORT THE FRAME IN THE CENTER TO AVOID HAVING THE PRODUCT DROP SUDDENLY ONTO THE FLOOR OR PINCH FINGERS.**



**5A.** Next remove plastic packing ties from the top and bottom of the vertical column. Pull out the black Spring Loaded Pin located at the left rail (**NOTE:** pin shown in picture is on left side of unit standing behind it and looking at the back of the vertical column) to release black Spring Loaded Pin. Continue to hold pin out while performing the next step.



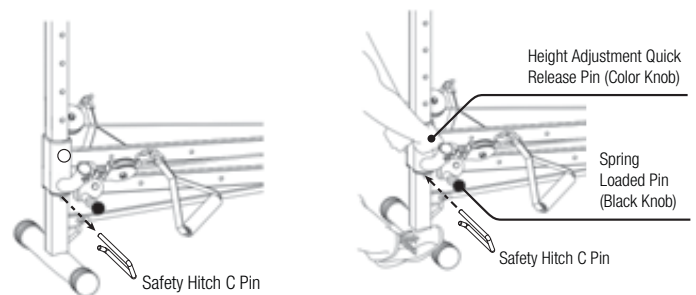
**5B.** Take hold of the vertical column and pull it up until it is upright. Release the black Spring Loaded Pin. You should hear it lock back into place. (**NOTE:** pin shown in picture is on left side of unit standing behind it and looking at the back of the vertical column).



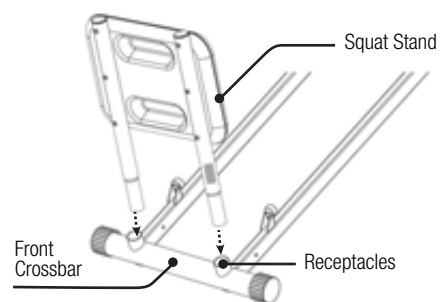
**IMPORTANT:** Be sure the black Spring Loaded Pin is locked into place before using your unit. You will know the pin is locked into place when you can see the end protrude through the inside of the rail bracket.

**6.** Remove packaging from Safety Hitch C Pin at the bottom of the vertical column. Then remove Safety Hitch C Pin from holes. Next, position one foot on back crossbar to keep the product from lifting off the floor. With one hand on either the right or left rail and the other hand pulling the Height Adjustment Quick Release Pin out, slide the rails up along the vertical column to desired position and release pin. Pin will lock into place—you will hear a loud click once locked. Last, insert Safety Hitch Pin (attached with a lanyard to the height adjustment tube) into the hole of the height adjustment tube and through the vertical column.

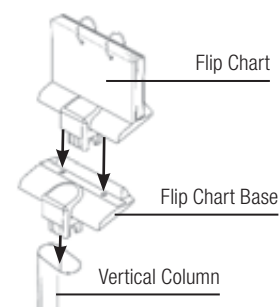
**NOTE:** Insert Safety Hitch C Pin into side holes located directly below height adjustment tube on the vertical column.



**7. SQUAT STAND ASSEMBLY.** Assemble the Squat Stand at the opposite end of the unit by inserting the attachment into the front crossbar receptacles as pictured here. Make sure the accessory is fully inserted. **NOTE:** Remove Squat Stand from frame when not required for the specific exercise.



**8. FLIP CHART ASSEMBLY.** To add the exercise flip chart, insert the flip chart base into the vertical column. Then secure the flip chart onto the flip chart base.





# How to Attach the Wing Attachments

The Wing Attachments provided with your unit has been uniquely designed to serve several purposes. It can be placed at the top or bottom of the exerciser 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 to the attachments (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 in Fig. 1. Let dry before beginning to exercise with the Wing Attachments.

Below are instructions on how to position the Wing Attachments in accordance with the exercises you wish to do.

**NOTE:** 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 AND CHIN UPS

1. Locate the holes at the sides of the top rails.
2. With the Wing Attachments angled **toward** the glideboard, line up the brackets on the attachments with the desired position holes on the rails.
3. Insert the 2 Short Hitch Pins through the holes on the Wing Attachment brackets and the holes on the rails, as shown in Fig. 2.
4. You are now ready to perform Pull Up and Chin Up exercises to work the arms, lats and back. See your *Exercise Guide* for specific exercises.

## SQUATS

*Squat Stand can be used instead of Wing Attachments*

1. Locate the holes at the sides of the bottom rails.
2. With the Wing Attachments angled **away** from the glideboard, line up the brackets on the attachments with the holes on the rails.
3. Insert the 2 Short Hitch Pins through the holes on the Wing Attachment brackets and the holes on the rails, as shown in Fig. 4.
4. You are now ready to perform the Squat which works the thighs and calves. See your *Exercise Guide* for specific exercises.

**NOTE:** When performing Squat exercises, be sure to position your hands on the side of the glideboard, **NOT** along the bottom of the glideboard in order to avoid pinched fingers

**NOTE:** Remove Wing Attachments when you are not exercising with them.

## LEG PULL, CRUNCHES AND SIT UPS

1. Locate the holes at the sides of the top rails.
2. With the Wing Attachments angled **away** from the glideboard, line up the brackets on the attachments with the desired position holes on the rails.
3. Insert the 2 Short Hitch Pins through the holes on the Wing Attachment brackets and the holes on the rails, as shown in Fig. 3.
4. You are now ready to perform Leg Pulls, Crunches and Sit Up exercises to work the abdominals, waist and legs. See your *Exercise Guide* for specific exercises.

## FRONT PRESS

*Press-Up Bars can be used instead of Wing Attachments*

1. Locate the holes at the sides of the bottom rails.
2. With the Wing Attachments **toward** the glideboard, line up the brackets on the attachments with the holes on the rails.
3. Insert the 2 Short Hitch Pins through the holes on the Wing Attachment brackets and the holes on the rails, as shown in Fig. 5.
4. You are now ready to perform the Front Press exercise which works the upper chest and triceps. See your *Exercise Guide* for specific exercises.



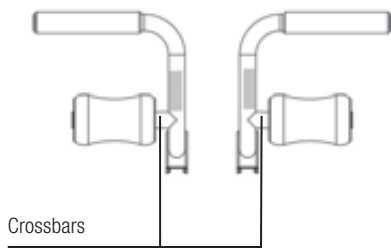


Fig. 1

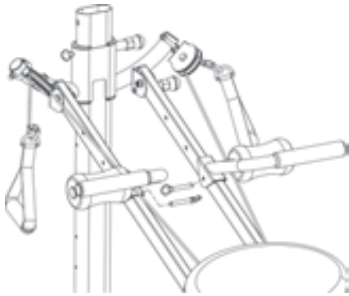


Fig. 2

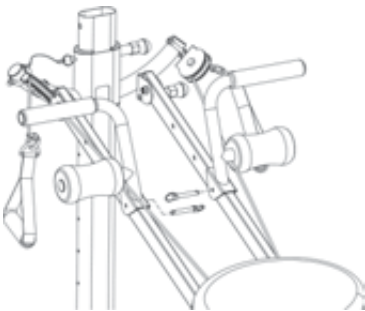


Fig. 3

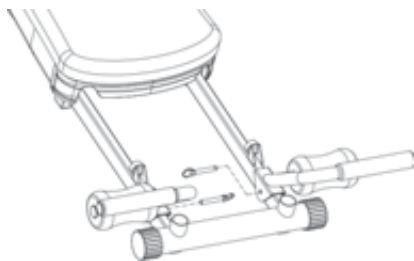


Fig. 4

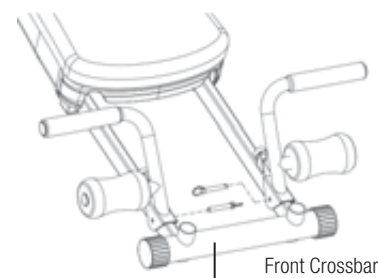
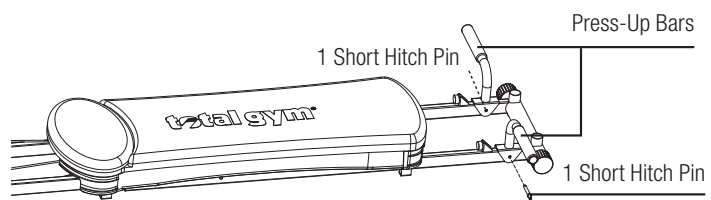


Fig. 5

## How to Attach the Press-Up Bars

1. Locate the holes at the sides of the bottom rails.
2. Line up the brackets on the attachments with the holes at the bottom rails.
3. Insert the 2 Short Hitch Pins through the holes on the attachment brackets and the holes on the rails, as shown below.
4. You are now ready to perform Front Press exercise which works the upper chest and triceps. See your *Exercise Guide* for specific exercises.

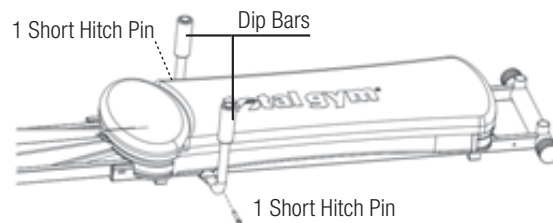
**NOTE: Remove the Press-Up Bars when you are not exercising with them.**



## How to Attach the Dip Bars

1. Locate the holes in the rails at the mid-section of the gym.
2. Line up the brackets on the attachments with the holes on the sides of the rails.
3. Insert the 2 Short Hitch Pins through the holes on the attachment brackets and the holes on the rails, as shown below.
4. You are now ready to perform dip exercises which works the chest, triceps, abs and back. See your *Exercise Guide* for specific exercises.

**NOTE: Remove the Dip Bars when you are not exercising with them.**



# How to Attach the AbCrunch Accessory

Be sure to give enough clearance so your head does not hit the vertical column when performing these exercises. **DO NOT attach the AbCrunch Accessory to the rail holes closest to the vertical column, doing so could result in possible serious injury or death.**

Remove Leg Pulley Bracket when using the AbCrunch Accessory to avoid contact, which could result in possible serious injury or death.

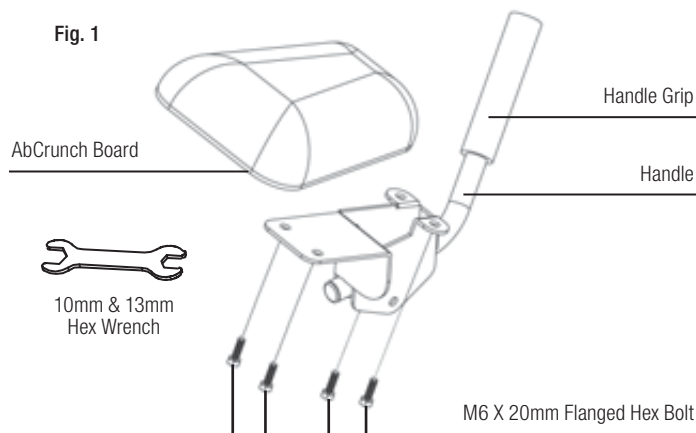
Be sure that the 2 Short Hitch Pins are securely locked in place before using the AbCrunch Accessory. Failure to do so may cause the accessory to fall off resulting in possible serious injury or death.

Do not move your body to the extreme left or right when using the AbCrunch Accessory to avoid falling off the exerciser which could result in possible serious injury or death.

Caution should be used when getting on and off the exerciser when the AbCrunch Accessory is in place. Failure to do so could result in possible serious injury or death.

## ASSEMBLY

1. Remove Flanged Hex Bolts from the blister pack.
2. Install the (L) Left AbCrunch Board to the (L) Handle so small end of the board is facing the handle grip. Securely attach the AbCrunch Board to Handle using 4 Flanged Hex Bolts and Hex Wrench provided. See Fig. 1 below.
3. Repeat for (R) Right AbCrunch Board and (R) Handle assembly.



## INSTALLATION

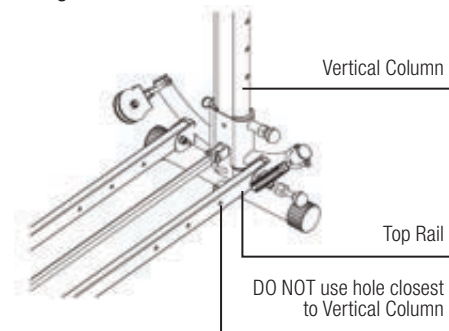
*How to Install the AbCrunch Accessory to your Total Gym®*

1. Locate the 3 holes along the sides of the top rails (see Fig. 2A). DO NOT use hole closest to the vertical column. Your head could come in contact with the vertical column and could result in possible serious injury or death. Choose the 2nd or 3rd hole depending on your height or comfort level.

**NOTE: Remove AbCrunch Accessory when you are not exercising with it.**

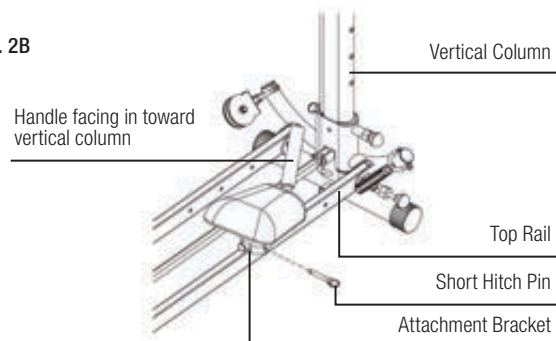
2. Line up one of the AbCrunch attachments with the top rail so the Handle is facing in toward the vertical column. See Fig. 2B.

**Fig. 2A**



3. Insert the Short Hitch Pin through the holes on the brackets and the holes on the top rail as indicated below.

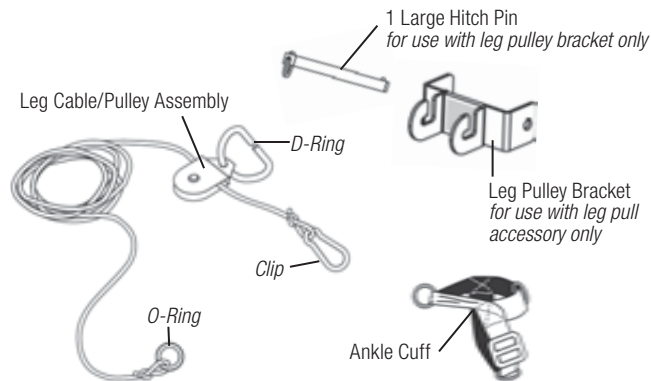
**Fig. 2B**



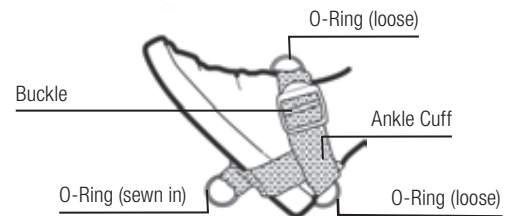
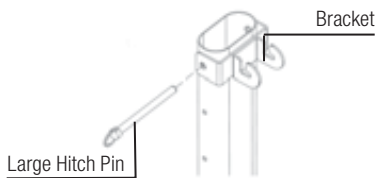
4. Repeat for other AbCrunch attachment on opposite rail.

# How to Attach the Leg Pull Accessory

**NOTE:** Be sure you have atleast 2'-3' open space around the exerciser so that performing on the Total Gym®, as well as getting on and off, is convenient and safe. Please note that the rails cannot be raised to the highest level when the Leg Pulley Bracket is attached to the vertical column.

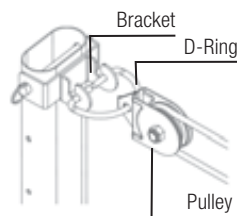


1. Connect the Leg Pulley Bracket to the top of the vertical column by aligning Bracket with the holes at the top of the column; be sure Bracket is right side up. Insert Large Hitch Pin through the holes to secure Bracket onto the vertical column.
4. Attach the Ankle Cuff to one of your feet by placing your foot in the harness so the sewn-in O-ring is on the bottom. Pull tightly on the strap at the Buckle so the Ankle Cuff is tight and secure.



2. Detach the arm cable/pulley assembly from the hook on the underside of the glideboard and attach the O-Ring from the Leg Cable/Pulley Assembly to the hook instead.
3. Place D-Ring on Leg Pulley. Then connect the D-Ring to the Bracket hooks as shown.

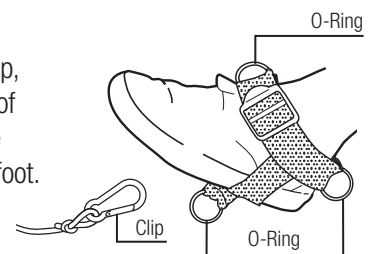
**NOTE: If rope appears to be twisted, take D-Ring off and turn Pulley around before reattaching.**



5. A. Position yourself on the glideboard correctly for the specific exercise you want to perform.

B. While sitting down on the glideboard, bring one knee up, connect the Clip on the end of the rope to an O-Ring on the Ankle Cuff attached to your foot.

Depending on the exercise you are performing, connect the Clip to the proper O-Ring. Be sure to always stabilize the glideboard when clipping on or off the Ankle Cuff. Also, use caution when getting on or off the glideboard. You are now ready to exercise using the Leg Pull Accessory. See your *Exercise Guide* for specific exercises that utilize the Leg Pull Accessory.



C. To disconnect the Ankle Cuff, unclip the rope from the O-Ring on the Ankle Cuff. Be sure to stabilize glideboard when disconnecting Ankle Cuff.

**NOTE: Remove Leg Pulley Bracket when you are not exercising with Leg Pull Accessory.**

# Starting Out

## GENERAL SAFETY TIPS

- While performing exercises with quick tempo repetitions, the Total Gym® may move. Please be aware of the action and make necessary adjustments as you continue your exercise program.
- Wear athletic shoes and comfortable light clothing when exercising on the Total Gym®.
- Do not exercise barefoot.
- Check your exerciser before using to ensure that all the parts are in place and working properly (*see pages 12 and 13 for details on Inspection, Maintenance and Storage*).
- **This product is designed for home use only.** It is not intended for commercial or institutional use. Use only as instructed.
- 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.**
- The rails and glideboard can be raised to any desired level on the vertical column depending upon your degree of fitness. **Please note,** however, that the rails cannot be raised to the highest position on the vertical column when the Leg Pulley Bracket is attached to the top of the column.
- Be sure you have at least 2'-3' open space around the exerciser so that performing on the Total Gym®, as well as getting on and off, is convenient and safe.
- Each time you raise or lower the incline with the Height Adjustment Quick Release Pin (Color Knob), be sure you support the rails with your opposite hand to keep rails and glideboard from dropping to the floor.

## AS EASY AS 1-2-3

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...

### 1. IMPORTANT THINGS TO REMEMBER WHEN USING THE TOTAL GYM®

- Always have control of the glideboard before getting on and off the exerciser.
- Keep your feet on the floor when getting on and off the exerciser. 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 assembly from the hook on the underside of the glideboard when performing arm cable exercises.

### 2. EXERCISING WITH THE HANDLES ONLY

Grasp the handles which are attached to the cable and slide the glideboard to a position in which you can comfortably sit or lay down when performing the desired exercise (*see the Exercise Guide*). 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, place your feet as specified in the instructions.

### 3. EXERCISING WITH OPTIONAL ATTACHMENTS

When exercising with an optional attachment, make sure the cable/pulley assembly is detached from the hook on the underside of the glideboard. Properly attach and secure accessory. Then slide the glideboard to a position in which you can comfortably sit or lay down on when performing the desired exercise (*see the Exercise Guide*). Keep your feet on the ground until you are in the correct position and feel comfortable. Then, place your feet in the proper position and begin to exercise.

When starting your exercise program, begin with the basic exercises in the *Exercise Guide* included with your Total Gym® to familiarize yourself with the movements.

# Inspection, Maintenance & Storage

## 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 Hitch Pins are securely in place and locked into position.
- Check that the Pulley or Rope is attached securely to the loop on the top underside of the glideboard.
- Check that the Cables or Ropes are 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.

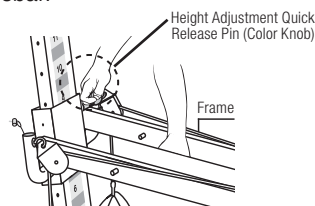
## ROUTINE MAINTENANCE

- 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 cable, pulleys, ropes, wheels, glideboard, accessories and frame. If the cable, pulleys, ropes, 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.

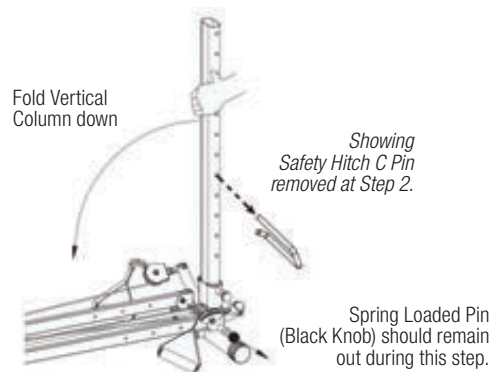
## TO STORE YOUR TOTAL GYM®

Follow these easy steps to store your exerciser properly:

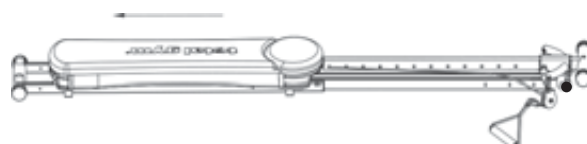
1. First, remove all accessories and attachments including the Flip Chart accessory.
2. Remove Safety Hitch C Pin and Safety Hitch Pin (on Lanyard) from Vertical Column.
3. Be sure the Arm Cable/Pulley is attached to the hook on the underside of the glideboard.
4. Position one hand on a Top Rail to hold it up before releasing the Height Adjustment Quick Release Pin (Color Knob). Pull pin out and slowly lower the rails to the ground until they rest on the back crossbar.



5. Holding the vertical column with one hand, release Spring Loaded Pin (Black Knob) with your opposite hand. This will release the column for folding. Fold Vertical Column down towards the center of the unit.



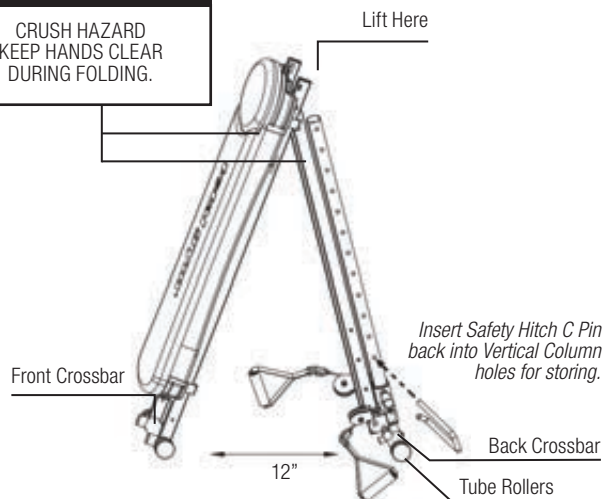
6. Slide the glideboard down towards the front crossbar as shown.



7. With caution, to avoid pinched fingers or hands, grab the top of the glideboard and slowly pull the unit up allowing the tube rollers to bring the back of the unit towards the center. Keep approximately 12" apart.

**WARNING LABEL 4****⚠ WARNING**

CRUSH HAZARD  
KEEP HANDS CLEAR  
DURING FOLDING.



Place Safety Hitch C Pin into any hole on the vertical column for storing. Then fold the exerciser together until it is completely folded and 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.

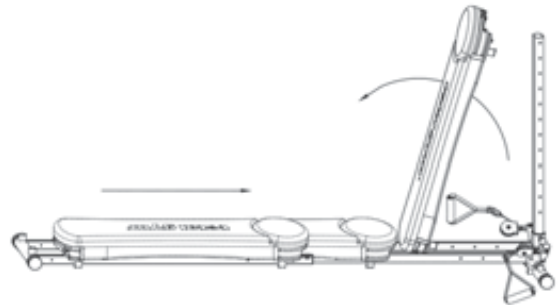
**TO REMOVE THE GLIDEBOARD**

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

**IMPORTANT:** The glideboard weighs approximately 20 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 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 glideboard is completely off the exerciser, set it aside.



3. Next, pull the Spring Loaded Pin (Black Knob) to release the Vertical Column and fold the exerciser together as shown in Fig. 7B. Be sure you release the Spring Loaded Pin (Black Knob) before folding.

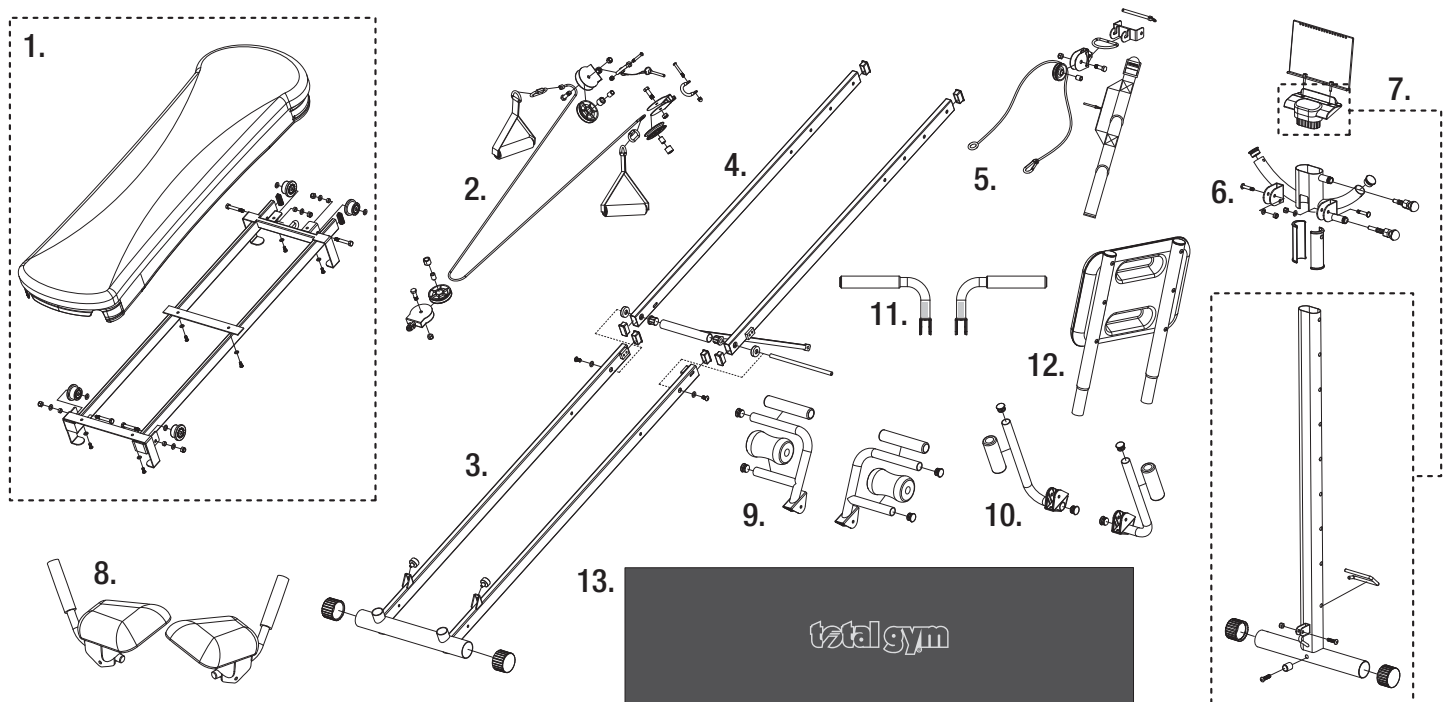
**TO ATTACH THE GLIDEBOARD TO GYM WHEN SETUP AND READY FOR USE**

1. Remove Flip Chart from top of vertical column.
2. Raise incline to the highest level on the vertical column and insert Safety Hitch Pin (on Lanyard) and Safety Hitch C Pin.
3. Carefully pickup the glideboard with both hands, one on each side, making sure the hook on the underside of the glideboard is at the top closest to the vertical column.
4. Line up the glideboard with the lower rails on your gym and gently lower the glideboard down the rails until it rests against the rubber stoppers.
5. Connect arm cable/pulley to top underside of the glideboard by taking the pulley and sliding it onto the hook that is on the underside of the glideboard.
6. Insert Flip Chart onto the top of vertical column.



# Total Gym® XL7 Parts List and Visual Overview

ITEM #	PART#	DESCRIPTION	QTY	ITEM #	PART#	DESCRIPTION	QTY
<b>1</b>	<b>RGBXL7</b>	<b>Glideboard</b>	<b>1</b>		RPULL	Pulley and Rope	1
	RP102W	Wheel	4		R100230	D-Ring	1
	R3032BF	Bottom Fender	1		RLITXL7	Literature Pack	1
	R3032UL	Upper Left Fender	1	<b>6</b>		<b>Height Adjustment Assembly</b>	<b>1</b>
	R3032UR	Upper Right Fender	1		RREMUC	Upright Cap	2
	R3034SL	Left Side Fender	1		RREMAP	Height Adjustment Pin (Color Knob)	1
	R3034SR	Right Side Fender	1		RR106SB	Black Spring Loaded Pin (Black Knob)	1
<b>2</b>	<b>40950B</b>	<b>Cable Kit</b>	<b>1</b>	<b>7</b>		<b>Vertical Column</b>	<b>1</b>
	RLANPIN	Safety Hitch Pin / Lanyard	1		R1952	Safety Hitch C Pin	1
	R19HAN	Handles	2		RR105TR	Tube Roller	2
<b>3</b>		<b>Lower Rail Assembly</b>	<b>1</b>		RXL7FCB	Flip Chart Base	1
	RR103EC	Tube Cap	2		RXL7FC	Flip Chart Stand with Cards	1
<b>4</b>		<b>Upper Rail Assembly</b>	<b>1</b>	<b>8</b>	<b>RABCS</b>	<b>AbCrunch Accessory</b>	<b>1</b>
	RR103RC	Rectangle End Cap	4	<b>9</b>	<b>RWAS</b>	<b>Wing Attachment</b>	<b>1</b>
<b>5</b>	<b>RLPAR2</b>	<b>Leg Pulley System</b>	<b>1</b>	<b>10</b>	<b>RDBSS</b>	<b>Dip Bars</b>	<b>1</b>
	RBRAC2	U Bracket	1	<b>11</b>	<b>RPPBS</b>	<b>Press-Up Bars</b>	<b>1</b>
	R100075	Long Hitch Pin	1	<b>12</b>	<b>RS263S</b>	<b>Squat Stand</b>	<b>1</b>
	R700035	Ankle Cuff	1	<b>13</b>	<b>RMATRED</b>	<b>One Piece Floor Mat</b>	<b>1</b>





# 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 sales receipt.** You may wish to staple into this manual.

## TOTAL GYM FITNESS, LLC LIMITED WARRANTY

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To register your product online, go to **[totalgymdirect.com/warranty](https://totalgymdirect.com/warranty)**.



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