



ADJUSTABLE GLIDEBOARD

INSTRUCTIONS

THIS PRODUCT IS INTENDED FOR USE WITH ONLY THE COMPATIBLE TOTAL GYM MODELS:

Total Gym® FIT (all versions) & Total Gym® XLS

If you purchased this item & do not have a Total Gym model listed above, please contact Customer Service at **1-800-501-4621**.

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.

LIMITED WARRANTY

Total Gym Fitness, LLC warrants that under normal residential use, the Total Gym Adjustable Glideboard is free from defects in material or workmanship. **This Warranty is valid only for the original owner of the Total Gym Adjustable Glideboard & is not transferable.**

The duration of this Warranty is six (6) months from the date of original purchase. The Total Gym Fitness, LLC obligation under this Warranty is limited, at its option, to repairing or replacing (or refund in its sole discretion) the product. **For service on this product, call 1-800-501-4621. Improper or incorrectly performed repairs voids this warranty.**

This warranty does not cover product damage attributable to misuse, abuse, neglect, accidents, unauthorized alterations or repairs, failure to follow manufacturer’s directions for use, improper maintenance, vandalism, usage for commercial or rental purposes, or “ordinary wear & tear”. This warranty does not cover any separately sold items, parts, or accessories.

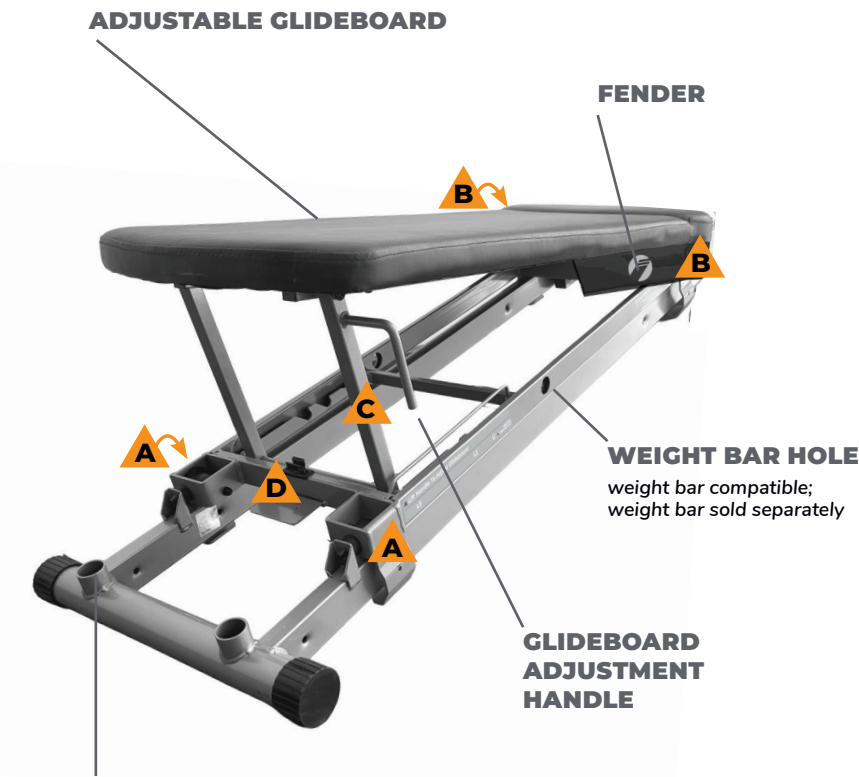
Except for other written warranties issued by Total Gym Fitness, LLC applicable to new Total Gym Fitness, LLC product or parts, no other express warranty is given or authorized by Total Gym Fitness, LLC. **ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION 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.

For service, call our Customer Service Department at 1-800-501-4621.

SPECIFICATIONS



IMPORTANT: Remove squat stand when adjustable glideboard is raised. Do not use adjustable glideboard with any squat stand exercise.

WARNING LABELS

A

WARNING

CRUSH HAZARD. KEEP HANDS CLEAR.

C

WARNING

PINCH POINT. KEEP HANDS CLEAR WHEN LOWERING ADJUSTABLE GLIDEBOARD.

B

WARNING

PINCH POINT. KEEP HANDS AWAY FROM THE FENDER.

D

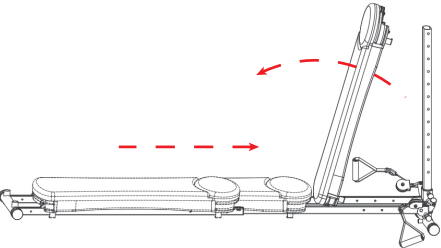
WARNING

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

GETTING STARTED

- 1 REMOVE EXISTING GLIDEBOARD FROM TOTAL GYM**

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

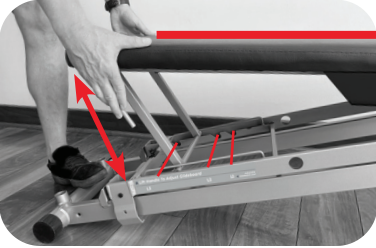
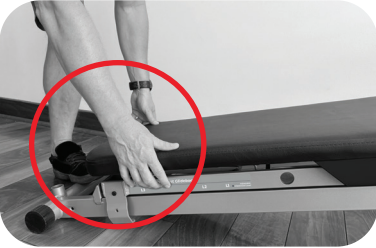
 1. With the Total Gym vertical column set to level 1 & safety pins locked in place, disconnect the cable pulley from the hook on the underside of the glideboard.
 2. Next, roll the glideboard up the rails towards the vertical column & lift it off the frame of the Total Gym. When the glideboard is completely off the Total Gym, carefully set it aside.
- 3 ABOUT THE ADJUSTABLE GLIDEBOARD**

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 & provides ease of getting on & 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 & 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 & 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, & rotate the handle as you lower the glideboard to the desired angle.

IMPORTANT: Adjustable glideboard should always be parallel with the floor when in use.

 1. Raise rails to a mid-level on the vertical column & 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. Set the glideboard down at the top of the rails near the vertical column, making sure the rollers line up with the rails. Keeping fingers away from the rollers, gently lower the glideboard down the lower rails until it rests against the rubber stoppers. Double check to make sure all four glideboard rollers are on the rails so it glides smoothly.
 4. Connect the cable pulley by taking the clip & hooking it to the underside of the glideboard.

HOW TO USE OPTIONAL ADJUSTABLE GLIDEBOARD

DIGITAL
DOWNLOAD
MATERIAL >>



When in use, adjustable glideboard should always be PARALLEL with the floor. For your safety, only use at the designated settings below.

1. HIGHEST LEVEL ON MY TOTAL GYM:			
	15 OR 14	12	6
3. ADJUSTABLE GLIDEBOARD SETTING:	2. VERTICAL COLUMN LEVEL SETTING:		
L1 	Level 2	Level 2	Level 2
L2 	Level 5	Level 4	Level 3
L3 	Level 7	Level 6	X Do not use above Level 3

1. Determine the highest level on your vertical column (see levels in **BLUE**). Use only the vertical column settings in shown table directly below your highest level.
2. Choose adjustable glideboard approved exercise, **set the vertical column** to your comfort resistance level (use only the vertical column settings in shown table directly below your highest level).
3. Last, **set the adjustable glideboard** to the coordinating L1, L2, or L3 setting in the far left column of shown table.

For example, a Total Gym FIT Anniversary maxes out at 14 levels so you can set the vertical column to Level 2 with adjustable glideboard setting L1, vertical column to Level 5 with adjustable glideboard setting L2, or the vertical column to Level 7 with adjustable glideboard setting L3.

When in use, adjustable glideboard should always be parallel with the floor. When not in use, adjustable glideboard should always be down in a closed position & locked into its designated black clip under the glideboard.

ADJUSTABLE GLIDEBOARD APPROVED EXERCISES

Exercises acceptable for use with the adjustable glideboard feature are listed below.

- 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, 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
- Lateral Chest Fly
- Inner Thigh Pull
- Lateral Bicep Curl
- Lateral Tricep Extension
- Lateral Arm Pull
- Oblique Twister
- Inverted Front Raise
- Inverted Biceps Curl
- Lying Leg Curl
- Lying Leg Curl with Crunch
- Sit-Up with Cables
- Half Rollback with Biceps Curl