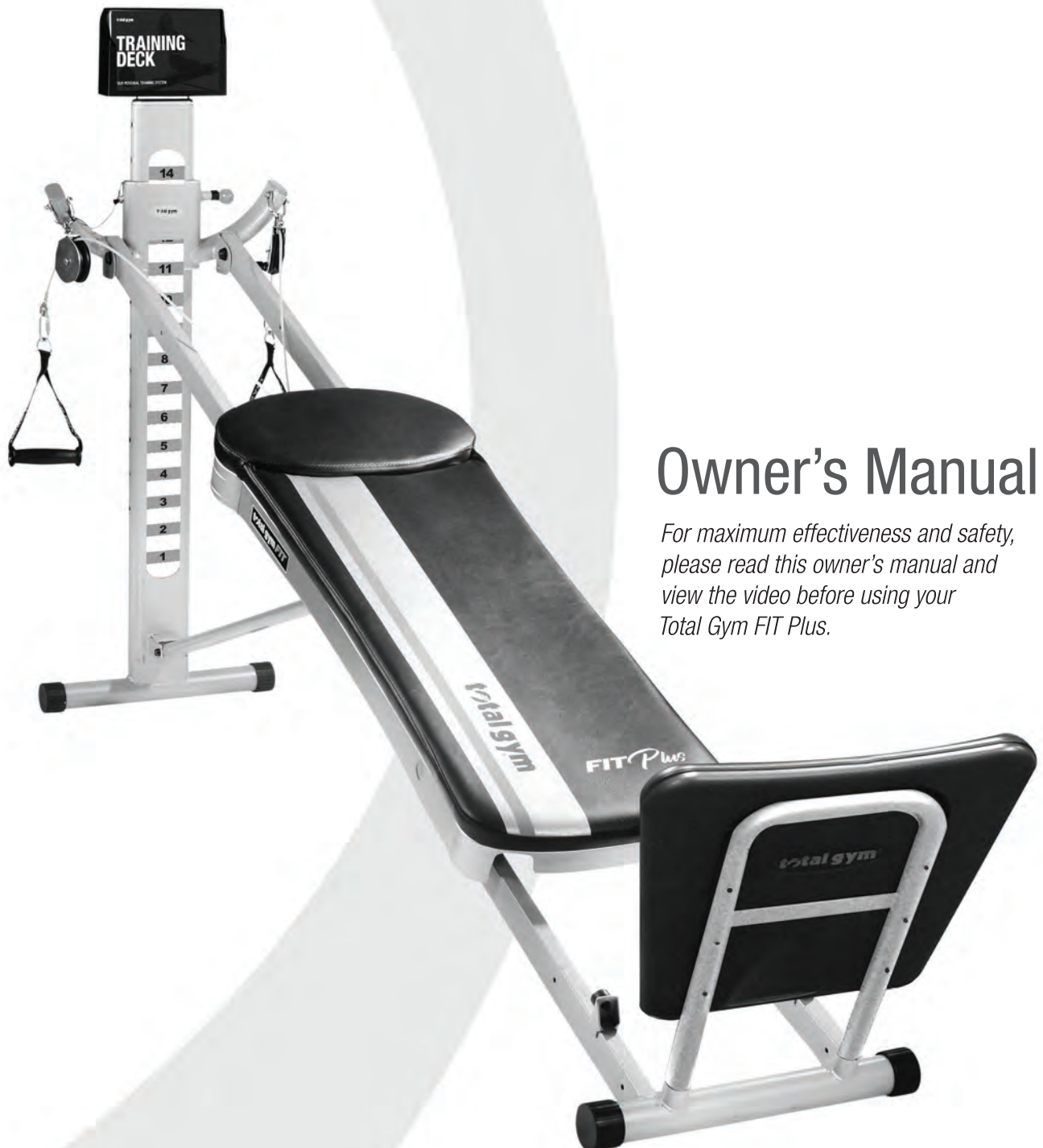


# total gym *FIT Plus*



## Owner's Manual

*For maximum effectiveness and safety,  
please read this owner's manual and  
view the video before using your  
Total Gym FIT Plus.*

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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 1.800.501.4621, Monday through Thursday, 8:30 am to 5:00 pm, EST.

## ORDERING REPLACEMENT 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 and this manual ready when calling for parts.

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

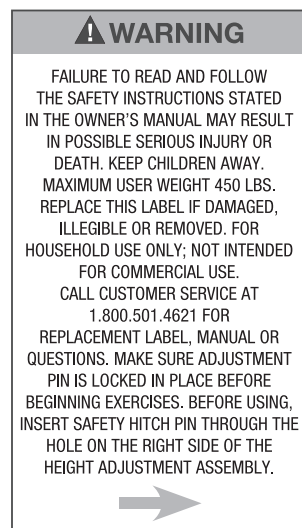
## PLEASE ALSO PROVIDE THE FOLLOWING INFORMATION:

1. Name, Mailing Address and Telephone Number
2. Date of Purchase
3. Where Product was Purchased
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** Two sizes, 3 locations



**CAUTION LABEL 1**

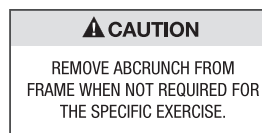


Located on  
Wing Attachment

**CAUTION LABEL 2**



**CAUTION LABEL 4**



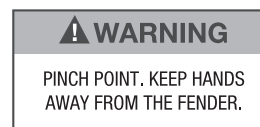
Located on AbCrunch

**WARNING LABEL 3**



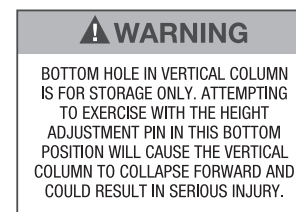
Located on  
Leg Pulley Bracket

**WARNING LABEL 4**

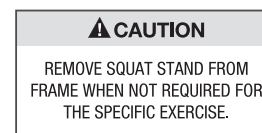


4 locations

**WARNING LABEL 5**



**CAUTION LABEL 3**



Located on Squat Stand

**CAUTION LABEL 5**



Located on Weight Bar

## 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 and pulleys are working properly. See page 11 for details on Inspection and Maintenance.

**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.**

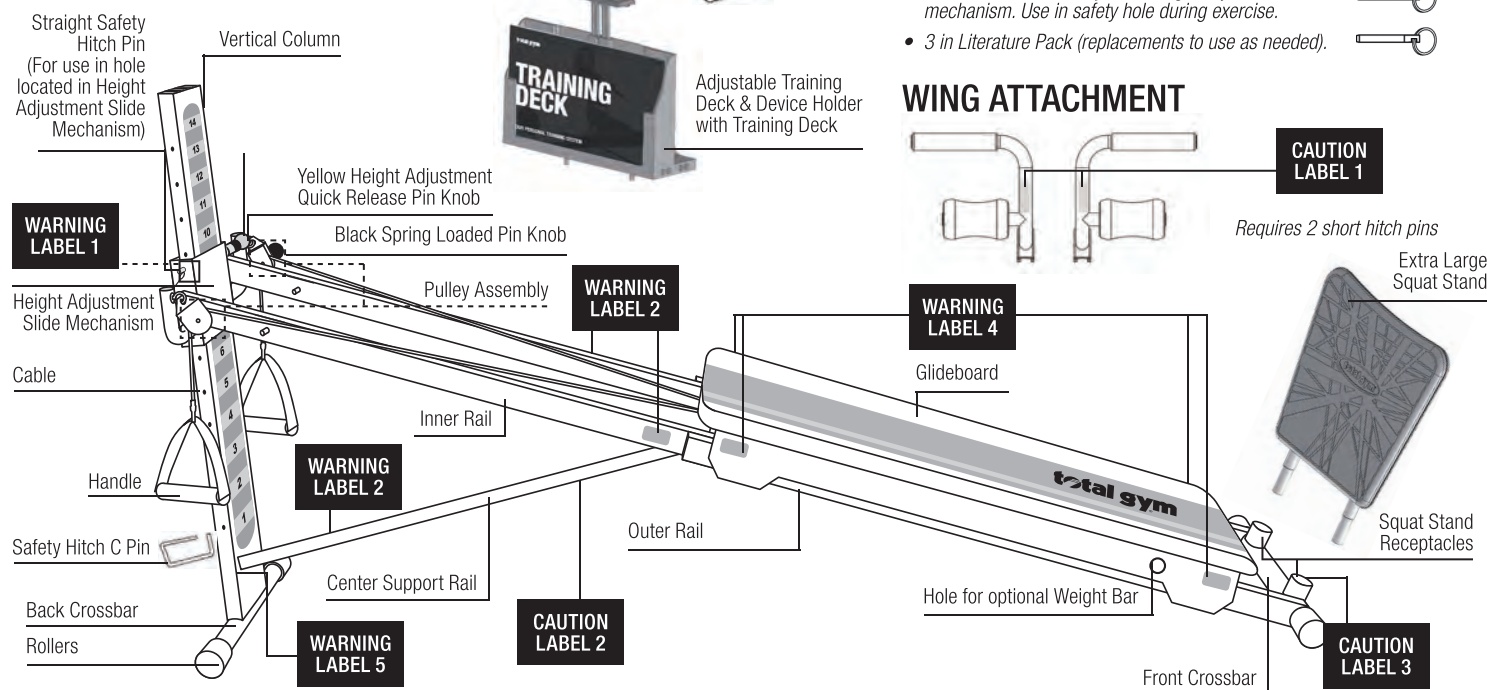
**To avoid serious injury,** care should be taken at all times when **getting on and off** this or any exercise equipment.

# Product Specifications

## SAFETY HITCH C PIN

## 4 STRAIGHT SAFETY HITCH PINS (SHORT)

- 1 connected with a lanyard to height adjustment slide mechanism. Use in safety hole during exercise.
- 3 in Literature Pack (replacements to use as needed).



### LENGTH

Folded ..... 50.5"  
In Use ..... 93"

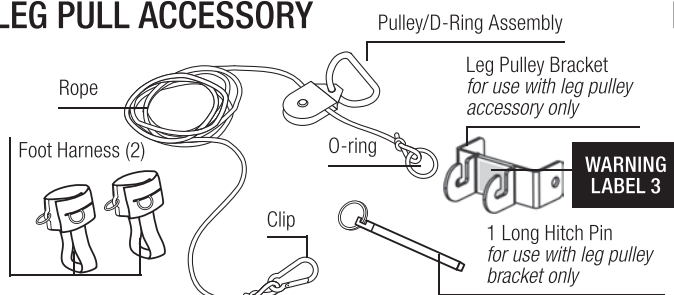
### HEIGHT

Folded ..... 8.5"  
In Use ..... 44.5"

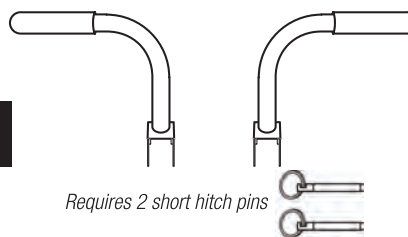
Width ..... 18.5"  
Weight ..... 66 lbs.  
Maximum User Weight ..... 450 lbs.

## Optional Accessories *\*Available for Purchase*

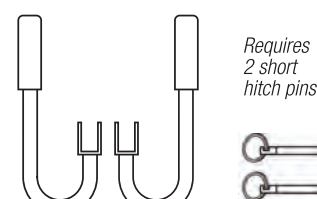
### LEG PULL ACCESSORY



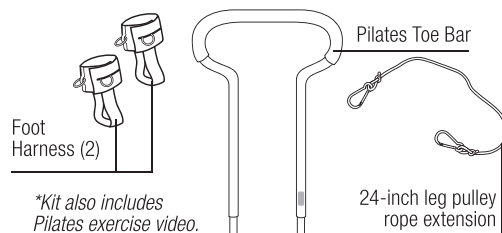
### PRESS UP BARS\*



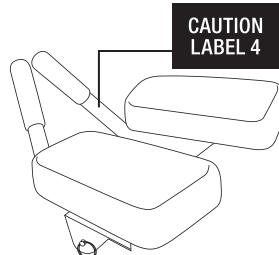
### DIP BARS\*



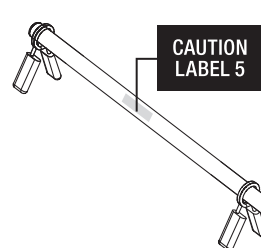
### PILATES ACCESSORY KIT\*



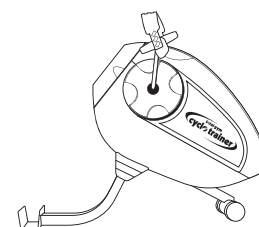
### ABCRUNCH



### WEIGHT BAR



### CYCLO TRAINER\*



# Set Up

**FULLY ASSEMBLED!  
NO TOOLS REQUIRED!**

Set up your Total Gym® in 5 easy steps.

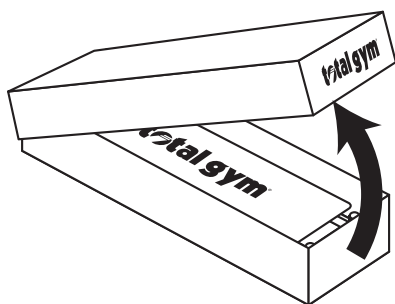


## ⚠ WARNING

KEEP HAIR, FINGERS, LOOSE CLOTHING, CHILDREN AND PETS AWAY FROM HINGES AND OTHER MOVING PARTS TO AVOID SERIOUS INJURY. ALSO, BE SURE TO HAVE THE YELLOW HEIGHT ADJUSTMENT PIN AND SAFETY HITCH PIN LOCKED IN PLACE BEFORE GETTING ON YOUR TOTAL GYM TO AVOID SEVERE INJURY.

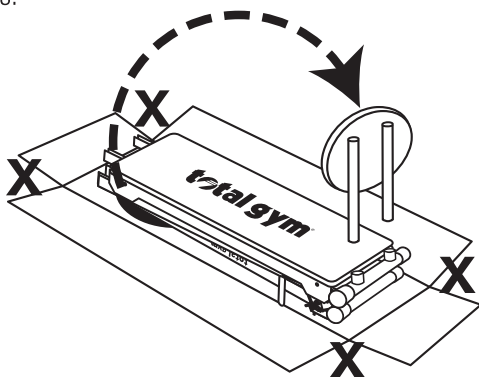
### STEP 1.

Lay shipping box flat and open carton top.



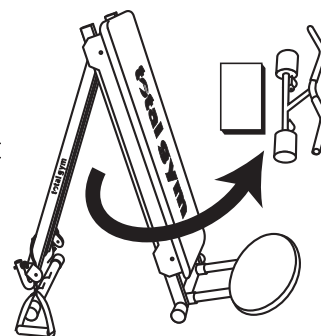
### STEP 2.

Remove corner tape from the carton bottom (as indicated by the X's). Remove all packaging materials, including cardboard inserts, from your Total Gym®. Remove the squat stand (optional) from under the gym (as shown to the right) and install on opposite end into receptacles.



### STEP 3.

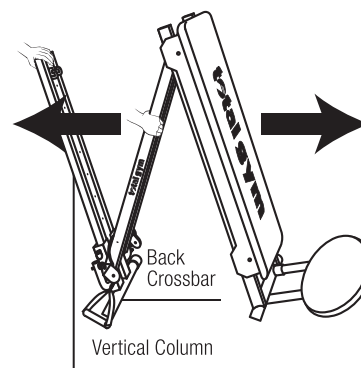
Bending knees, lift gym up from opposite end of squat stand. Make sure that it rests solidly on the squat stand. Remove the accessories from under the bench.



### STEP 4.

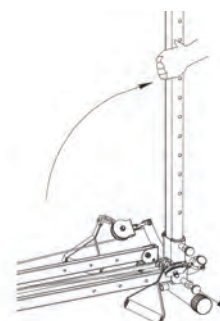
Extend Total Gym® out in the following manner:

- 4A.** Make sure the handles are out to the sides before you begin to unfold your unit. Keep hands and fingers away from pulley. Place one hand on the edge of the frame. With your other hand, pull the black Spring Loaded Pin Knob located at the right rail. Continue to hold pin out while taking hold of the Vertical Column and pulling up. Once in the full upright position, release the black Spring Loaded Pin. You should hear it lock into place.



- 4B.** Continue to carefully lower the rails slowly, unfolding the unit until it is flat on the floor with the Vertical Column in full upright position.

**Be sure to support the frame in the center to avoid having the product drop suddenly onto the floor or pinch fingers.**



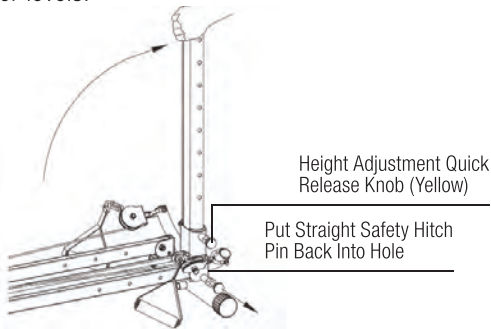
**IMPORTANT:** Be sure the black Spring Loaded Pin is locked into place before using your unit. You will know the pin is locked into place when you can see the end through the inside of the rail bracket.



**STEP 5.**

Position one foot on top of 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 holding the yellow Height Adjustment Quick Release Pin Knob out, slide the rails along the Vertical Column to desired position and release pin. Pin will pop into place – you will hear a snap. Yellow height adjustment quick release pin knob should be flush against black nut and no pin should be visible.

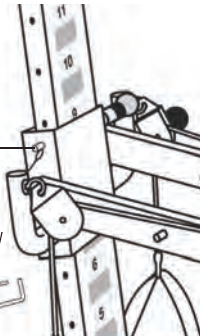
- 5A.** With one hand on a side rail, grasp the height adjustment knob on the height adjustment slide mechanism and raise to one of the lower levels.



- 5B.** Insert the Straight Safety Hitch Pin connected to the lanyard through the safety hole on the side of the height adjustment slide mechanism until it is through the Vertical Column. **NOTE:** Insert Safety Hitch C Pin into side hole located directly below Height Adjustment Assembly on the Vertical Column.

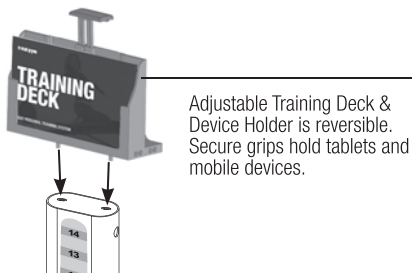
Straight Safety Hitch Pin  
Connected with a lanyard to height adjustment column

Insert Safety Hitch C Pin into side hole located directly below Height Adjustment Assembly on the Vertical Column



Assembly on the Vertical Column. **Never sit or exercise on Total Gym® without the yellow Height Adjustment Quick Release Pin Knob, Straight Safety Hitch Pin and Safety Hitch C Pin securely locked into place.**

- 5C.** Insert the Adjustable Device Holder with Training Deck into the two holes located at the top of the support column.

**⚠ WARNING**

ATTEMPTING TO EXERCISE WITH THE YELLOW HEIGHT ADJUSTMENT PIN IN THIS BOTTOM HOLE POSITION WILL CAUSE THE VERTICAL COLUMN TO COLLAPSE FORWARD AND COULD RESULT IN SERIOUS INJURY.

FAILURE TO SECURELY LOCK THE HEIGHT ADJUSTMENT PIN AND SAFETY HITCH PIN INTO PLACE MAY RESULT IN SERIOUS INJURY OR EVEN DEATH.

**SET UP IS COMPLETE!**

Begin using Total Gym® at a low incline. As your fitness level increases, raise the incline to increase the intensity of your workout and improve your muscle strength.

**If you have questions about your Total Gym®, please call Customer Service at 1.800.501.4621.**

Be sure to check out the instructional *Start It Up DVD*, which is full of valuable tips to get the most out of your new Total Gym®.



# Optional Accessories

Follow the instructions below on how to attach the optional accessories to your Total Gym®.

## ALL HITCH PIN LOCATIONS

- One (1) short Straight Safety Pin is connected by a lanyard to the height adjustment slide mechanism on the support column.
- Three (3) short Straight Safety Pins are held within the Literature Pack (replacements to use as needed).
- Safety Hitch C Pin is packed in accessory box.

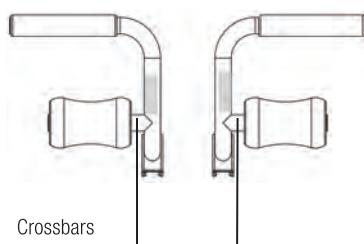
### WARNING

FAILURE TO SECURELY LOCK THE SAFETY HITCH PIN INTO PLACE MAY RESULT IN SERIOUS INJURY OR EVEN DEATH.

## WING ATTACHMENT (OPTIONAL)

Two thick Foam Pads are provided with the Wing Attachment. They must be attached to the Attachments 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.



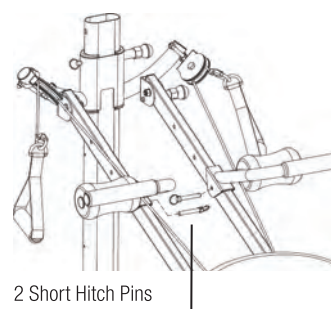
## WING ATTACHMENT EXERCISES

Below are instructions on how to position the Wing Attachment in accordance with the exercises you wish to do. **NOTE:** Hitch Pins are included in the Literature Pack. The Right and Left Wing Attachment 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

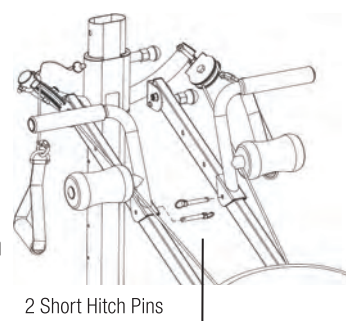
1. Locate the holes at the top of the Right and Left Rails.
2. With the Wing Attachment angled **toward** the Glideboard, line up the Brackets on the Attachments with the desired position holes on the Rails.

3. Insert the 2 Short Hitch Pins through the holes on the Wing Attachment Brackets and the hole on the Rails, as shown.
4. You are now ready to perform Pull Up and Chin Up exercises to work the arms, lats and back.



### Leg Pull, Crunches and Sit Ups

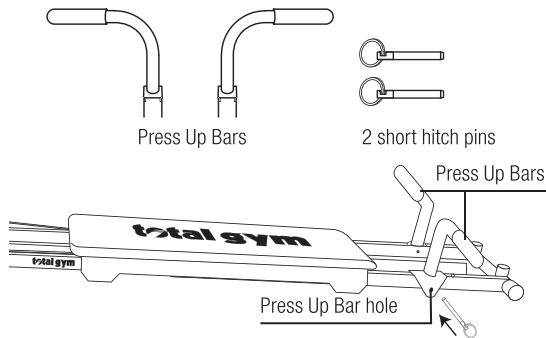
1. Locate the holes at the top of the Right and Left Rails.
2. With the Wing Attachment angled away from the Glideboard, line up the Brackets on the Attachments with the desired position holes on the Rails.
3. Insert the 2 Short Hitch Pins through the holes on the Wing Attachment Brackets and the hole on the Rails, as shown.
4. You are now ready to perform Leg Pulls, Crunches and Sit Up exercises to work the abdominals, waist and legs.



**REMOVE ALL ACCESSORIES WHEN YOU ARE NOT EXERCISING WITH THEM.**



## PRESS UP BARS (OPTIONAL)



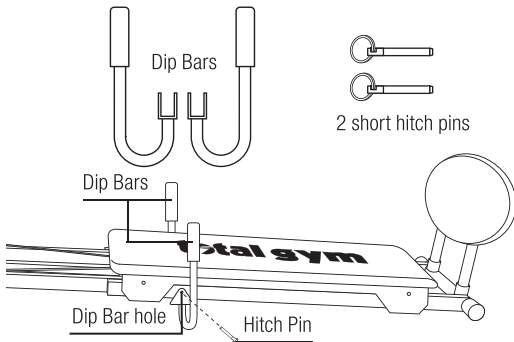
1. Attach each press up bar to the frame with the short hitch pins included with your Total Gym®.

**Note: Hitch pins are included with the press up bars. Simply line up each bar with the holes at the bottom of the frame.**

2. Slide one short hitch pin through the hole of one of the press up bars and through frame. *Repeat Steps 1 and 2* for attaching the other press up bar. **Make sure to securely attach each press up bar to each side of the frame before using.**

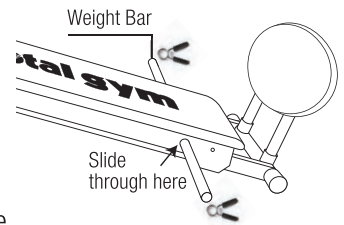
See *Total Gym®: Start It Up!*, section "Optional Accessories" for tips on how to utilize the press up bars. Remove the press up bars when you are not exercising with them.

## DIP BARS (OPTIONAL)



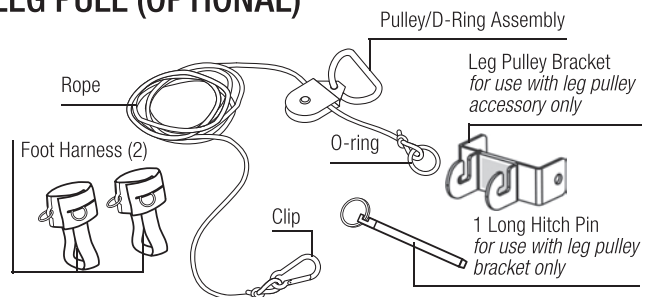
1. Attach each dip bar to the frame with the short hitch pins included with your Total Gym®.
- Note: Hitch pins are included with the dip bars. Simply line up each bar with the holes in the upper portion of the bottom frame.**
2. Slide one short hitch pin through the hole of one of the dip bars and through frame. *Repeat Steps 1 and 2* for attaching the other dip bar. **Make sure to securely attach each dip bar to each side of the frame before using.**

## WEIGHT BAR (OPTIONAL)

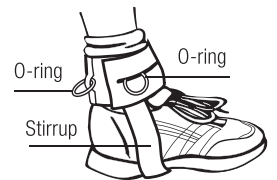


1. Insert weight bar into hole near the bottom of the Total Gym® glideboard rails and slide it underneath the glideboard and through the hole on the opposite side. Center the bar with the glideboard so there are equal lengths extending on each side.
2. Add free weights equally and evenly to both sides of the weight bar when stacking weights and push the weight(s) against the glideboard. Do not exceed 90 lbs. of weight per side. Provided weight clips must be installed on each side to prevent the weights from slipping off the bar. *Weights not included.*
3. User weight plus additional weight must not exceed the maximum user weight of your Total Gym. Maximum user weight of your Total Gym FIT Plus is 450 lbs. **To avoid serious injury or product damage, do not allow the product to tip over when using the weight bar.**

## LEG PULL (OPTIONAL)

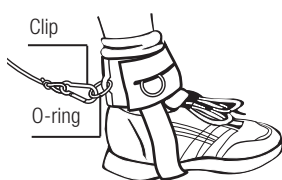


1. Connect the Leg Pull Bracket to the top of the Vertical Column by aligning Bracket with the hole at the top of the column; be sure bracket is right side up with hooks facing upward. Insert Long Hitch Pin through the top holes to secure Bracket onto the Vertical Column.
2. Detach the Pulley from the hook on the underside of the glideboard; attach "O-ring" (that is connected to the rope) to the hook on the underside of the glideboard.
3. Place D-Ring on Pulley first. Then connect the D-Ring to the Bracket. **NOTE: If rope appears to be twisted, take D-Ring off and turn Pulley around.**
4. Attach the Foot Harness to one of your feet by placing your foot in the Harness so the sewn-in ring is on the bottom of your foot. Pull tightly on the strap at the Harness Buckle so the Foot Harness is secure.



**REMOVE ALL ACCESSORIES WHEN YOU ARE NOT EXERCISING WITH THEM.**

5. Position yourself on the glideboard correctly for the specific exercise you want to perform. While sitting down on the glideboard, bring 1 knee up, connect the Clip on the end of the rope to an "O-Ring" on the Foot Harness 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 Harness. Also, use caution when getting on or off the glideboard. You are now ready to exercise using the Leg Pulley Accessory

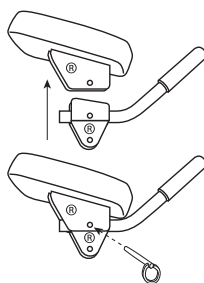


**NOTE:** Remove Leg Pull Bracket when you are not exercising with it. To remove the Leg Pull Bracket, completely pull the Long Hitch Pin out of the top holes on the Vertical Column. To disconnect the Foot Harness, unclip the rope from the "O-Ring" on the Harness. Be sure to stabilize glideboard when disconnecting Foot Harness.

## ABCRUNCH (OPTIONAL)

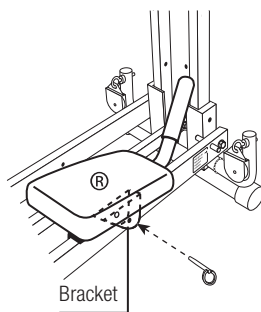
### ASSEMBLY

1. Match AbCrunch Handle labeled ® to the Elbow Pad labeled ®.
2. Insert Handle into Elbow Pad bracket and attach by inserting short hitch pin.
3. Repeat for left side.



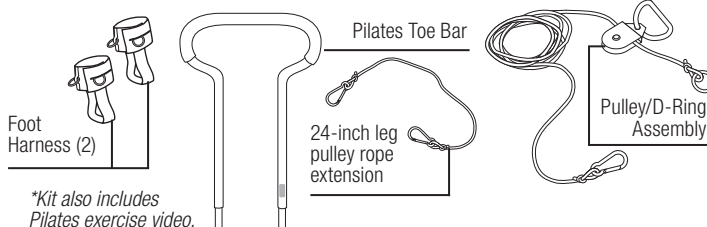
### INSTALLATION – HOW TO INSTALL THE ABCRUNCH

1. Locate the holes at the top of the right and left rails on the support column end of the unit.
2. Install the AbCrunch arm labeled ® onto the right side rail with the handle facing the support column.
3. Insert the short hitch pin through the holes on the attachment bracket and through the hole on the right rail as indicated by arrows in image.
4. Repeat for left AbCrunch arm.



You are now ready to perform all of the AbCrunch exercises shown in the AbCrunch Workout DVD.

## PILATES KIT (OPTIONAL)

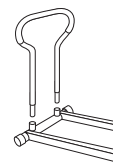


*\*Kit also includes Pilates exercise video.*

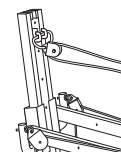
To begin your Pilates Exercise Program carefully follow the assembly instructions below.

1. Insert Pilates Toe Bar into squat stand receptacles
2. Assemble Pilates 24-inch leg pulley rope extension

- A. Detach the pulley mechanism from the hook on the underside of the glideboard.



- B. Next, connect the D-ring/pulley combination of your leg pull accessory to the leg pull bracket on the vertical column.



See page 8 on how to attach Leg Pull Bracket to top of vertical column.

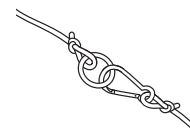
- C. Attach the foot harnesses to your feet by placing your foot in the harness so the sewn-in-ring is on the bottom of your foot. Pull tightly on the belt so the harness is secure.



- D. Connect the clip on the end of the leg pulley rope to the O-ring on one of the foot harnesses.



- E. Connect one end of the Pilates 24-inch rope to the O-ring on the leg pulley rope.



- F. Next, connect the other end of the Pilates 24-inch rope to the O-ring on the other foot harness.



You are now ready to begin your Pilates exercise program.

**REMOVE ALL ACCESSORIES WHEN YOU ARE NOT EXERCISING WITH THEM.**

# Starting Out



Wear athletic shoes and comfortable light clothing when exercising on your Total Gym®. Do not exercise barefoot. Check your exerciser before use to ensure that all the parts are in place and working properly (*see page 11 for details of the inspection process*).

**Adult supervision is required whenever a child is on or near this exerciser.**

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. Total Gym® is as easy as 1-2-3 to use, so read on.

## 1. Important Things to Remember When Using Total Gym®

- Be sure to have plenty of free space - at least 2-3 feet of clearance around the exerciser - so that performing on the Total Gym®, as well as getting on and off, is convenient and safe.
- 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.

## 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 on 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, place your feet as specified in the instructions.

## 3. Exercising with the Squat Stand Only

Slide the glideboard to a position in which you can comfortably sit or lay down on when performing the desired exercise. 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 *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.

**For the specific Total Gym® exercises and programs, follow the exercises in the *Total Gym® Training Deck* included with your Total Gym®.**

# Inspection and Maintenance

## 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.
- Check that the pulley is attached securely to the hook on the front underside of the glideboard, as well as the uprights on the support column.
- Make sure that the eyebolts are securely fastened to each upright on the support column.
- Check that the cables are traveling correctly in the groove of each pulley.
- Make sure the cable is securely fastened to each hand grip.
- Check the cable for signs of wear and tear.
- Check that the squat stand is installed correctly in the squat stand receptacles.
- Make sure the glideboard is gliding smoothly along the frame.
- Make sure all the safety hitch pins and height adjustment pin are securely in place and locked into position.

## ROUTINE MAINTENANCE

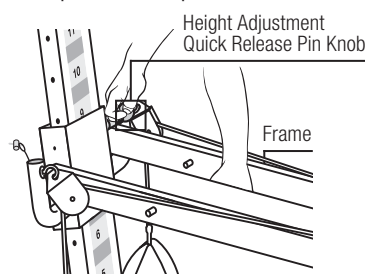
- Wipe down your Total Gym® after each use with a clean, damp (not wet) cloth. Do not leave towels or workout clothing laying or hanging on the equipment.
- Periodically check the following parts for signs of fraying or other wear: the cable, the pulleys, the wheels, the glideboard, the squat stand and the frame. If a part needs replacement, do not use the equipment until it is repaired or replaced.
- Periodically remove the glideboard to clean rails and glideboard wheels. See "To Remove the Glideboard" (on page 12) for details.
- Never use 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®

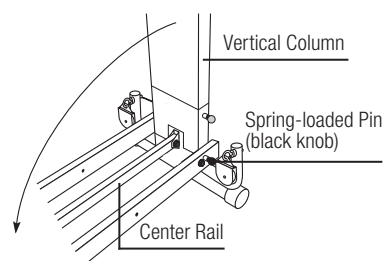
Follow these easy steps to store your Total Gym® properly:

1. First, remove all accessories and attachments.
2. Remove Safety Hitch C Pin and Straight Safety Pin from Vertical Column.
3. Be sure the Cable Pulley is attached to the underside of the glideboard for folding.

4. Keeping one hand on the frame, use your other hand to pull the yellow Height Adjustment Quick Release Knob Pin out and lower the frame until it rests on the Back Crossbar. When you let go of the yellow height Adjustment Quick Release Knob Pin, you should hear it snap back into place.

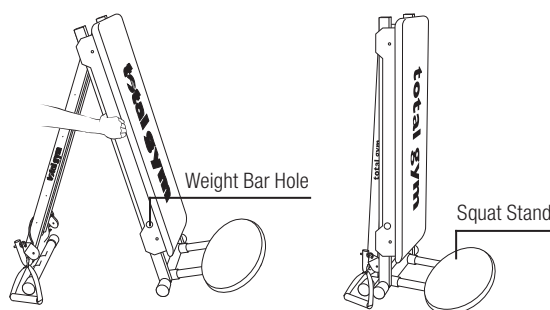


5. Pull out the black Spring Loaded Pin Knob located at the right rail. Continue to hold pin out while taking hold of the Vertical Column and lowering it forward towards the center rail & glide board. Once completely forward, release the Pin. You should hear it snap back into place.



6. With caution, to avoid pinched fingers or hands, lift up at the center of the frame and fold the exerciser together.

When it is completely folded, the exerciser should be at a 90 degree angle with the floor. The exerciser will rest on the squat stand for support.



7. You can store the exerciser in a closet or against the wall. To store it under a bed, simply lower the exerciser to the floor, remove the squat stand, and roll under the bed.

**⚠ CAUTION**

USE CAUTION WHEN FOLDING THE EXERCISER—SERIOUS INJURY COULD RESULT FROM PINCHED FINGERS OR HANDS.

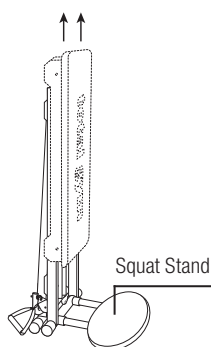
**TO REMOVE THE GLIDEBOARD**

You can also remove the glideboard if you need to fit the exerciser under a narrow space (between 6" and 8").

1. Disconnect the pulley from the hook on the underside of the glideboard.

**Note: to reattach the pulley cable for use, see instructions TO RE-ATTACH PULLEY CABLE below.**

2. Next, facing the glideboard, lift 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, lower the exerciser to the floor, remove the squat stand, and roll the exerciser under the desired area.

**⚠ CAUTION**

THE GLIDEBOARD WEIGHS APPROXIMATELY 18.25 LBS. USE CAUTION WHEN LIFTING IT OFF OF THE EXERCISER. LIFTING INCORRECTLY MAY RESULT IN USER INJURY.

**TO RE-ATTACH PULLEY CABLE**

Grab pulley and slide up glideboard along rails about 1 foot. Reach underneath the glideboard and attach pulley to hook. Be sure to keep hands out of the way of rails and slowly let the glideboard roll back down the rails until it rests at the bottom.

## Limited Lifetime 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 warranty is effective from the date of original purchase. This Total Gym® unit is not intended for commercial use. **THIS WARRANTY IS VALID ONLY FOR THE ORIGINAL OWNER OF THIS EXERCISER AND IS NOT TRANSFERABLE.**

| PART                                                     | WARRANTY                                           | COVERAGE                                                                                  |
|----------------------------------------------------------|----------------------------------------------------|-------------------------------------------------------------------------------------------|
| Frame                                                    | Lifetime                                           | Replace frame that is structurally defective with a new frame or replace the entire unit. |
| All other parts<br>(includes wheels,<br>pulleys, cables) | 6 months<br>(Optional Extended<br>2-Year Warranty) | 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, accidents, 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". 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](http://TotalGymDirect.com/warranty).



# Total Gym® Starter Program

The following workout, for men and women of all fitness levels, will get you acquainted with your new Total Gym®. You can view this workout in its entirety as a work-along program in your *Total Gym®: Start It Up!* Video. Follow this guide as you work-along or use it as a reference when you can't watch the workout.



This starter program has been designed as a circuit training program to maximize cardio and strength training benefits. Start off with 15 repetitions of each exercise, moving from one to the other with little or no rest in between. If you find that 15 reps are too easy, increase the incline level on your Total Gym®. If you are struggling with 10-12 reps, then decrease your incline level.

See *Total Gym®: Start It Up!* video for the work-along version of this program.

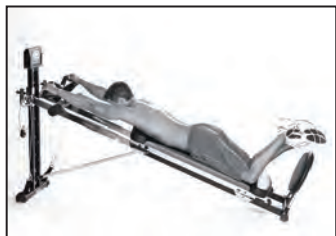
## 1. SQUATS



## 2. SINGLE LEG SQUATS



## 3. PULL UPS



## 4. LEG CURLS (SEATED OR LYING)



## 5. CROSS CABLE ROW



## 6. BICEP CURL



## 7. OUTER HIP & THIGH



## 8. OBLIQUE TWISTER



## 12. LYING TRICEPS EXTENSION



## 9. SEATED CHEST PRESS



## 13. SHOULDER PRESS



## 10. PULLOVER



## 14. CORE EXTENSION



## 11. PULLOVER WITH CRUNCH



## 15. TOE TOUCH STRETCH

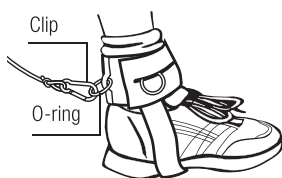


## Workout Progress Chart

Use this sheet to keep a record of your workout progress over time. Before writing on it, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done. Plus, this data will help you to chart future fitness goals as you progress.

[illegible]

5. Position yourself on the glideboard correctly for the specific exercise you want to perform. While sitting down on the glideboard, bring 1 knee up, connect the Clip on the end of the rope to an "O-Ring" on the Foot Harness 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 Harness. Also, use caution when getting on or off the glideboard. You are now ready to exercise using the Leg Pulley Accessory

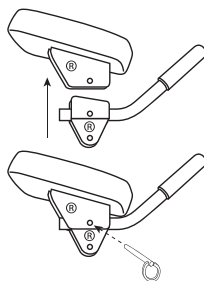


**NOTE: Remove Leg Pull Bracket when you are not exercising with it. To remove the Leg Pull Bracket, completely pull the Long Hitch Pin out of the top holes on the Vertical Column. To disconnect the Foot Harness, unclip the rope from the "O-Ring" on the Harness. Be sure to stabilize glideboard when disconnecting Foot Harness.**

## ABCRUNCH (OPTIONAL)

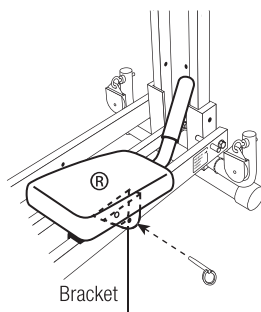
### ASSEMBLY

1. Match AbCrunch Handle labeled ® to the Elbow Pad labeled ®.
2. Insert Handle into Elbow Pad bracket and attach by inserting short hitch pin.
3. Repeat for left side.



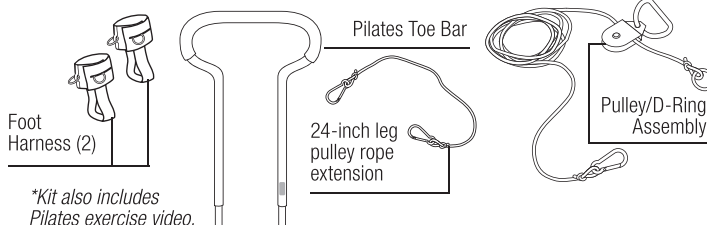
### INSTALLATION – HOW TO INSTALL THE ABCRUNCH

1. Locate the holes at the top of the right and left rails on the support column end of the unit.
2. Install the AbCrunch arm labeled ® onto the right side rail with the handle facing the support column.
3. Insert the short hitch pin through the holes on the attachment bracket and through the hole on the right rail as indicated by arrows in image.
4. Repeat for left AbCrunch arm.



You are now ready to perform all of the AbCrunch exercises shown in the AbCrunch Workout DVD.

## PILATES KIT (OPTIONAL)

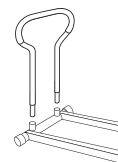


*\*Kit also includes Pilates exercise video.*

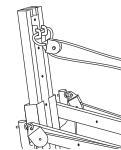
To begin your Pilates Exercise Program carefully follow the assembly instructions below.

1. Insert Pilates Toe Bar into squat stand receptacles
2. Assemble Pilates 24-inch leg pulley rope extension

- A. Detach the pulley mechanism from the hook on the underside of the glideboard.



- B. Next, connect the D-ring/pulley combination of your leg pull accessory to the leg pull bracket on the vertical column.



See page 8 on how to attach Leg Pull Bracket to top of vertical column.

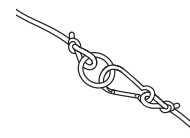
- C. Attach the foot harnesses to your feet by placing your foot in the harness so the sewn-in-ring is on the bottom of your foot. Pull tightly on the belt so the harness is secure.



- D. Connect the clip on the end of the leg pulley rope to the O-ring on one of the foot harnesses.



- E. Connect one end of the Pilates 24-inch rope to the O-ring on the leg pulley rope.



- F. Next, connect the other end of the Pilates 24-inch rope to the O-ring on the other foot harness.



You are now ready to begin your Pilates exercise program.

**REMOVE ALL ACCESSORIES WHEN YOU ARE NOT EXERCISING WITH THEM.**



# Starting Out



Wear athletic shoes and comfortable light clothing when exercising on your Total Gym®. Do not exercise barefoot. Check your exerciser before use to ensure that all the parts are in place and working properly (*see page 11 for details of the inspection process*).

**Adult supervision is required whenever a child is on or near this exerciser.**

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. Total Gym® is as easy as 1-2-3 to use, so read on.

## 1. Important Things to Remember When Using Total Gym®

- Be sure to have plenty of free space - at least 2-3 feet of clearance around the exerciser - so that performing on the Total Gym®, as well as getting on and off, is convenient and safe.
- 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.

## 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 on 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, place your feet as specified in the instructions.

## 3. Exercising with the Squat Stand Only

Slide the glideboard to a position in which you can comfortably sit or lay down on when performing the desired exercise. 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 *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.

**For the specific Total Gym® exercises and programs, follow the exercises in the *Total Gym® Training Deck* included with your Total Gym®.**



# Inspection and Maintenance

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## ROUTINE MAINTENANCE

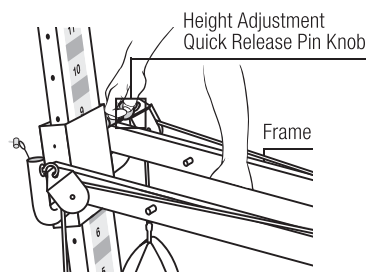
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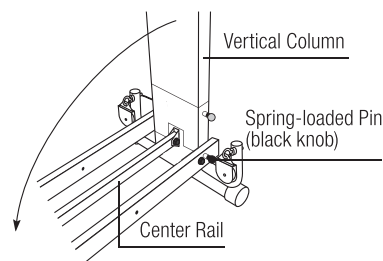
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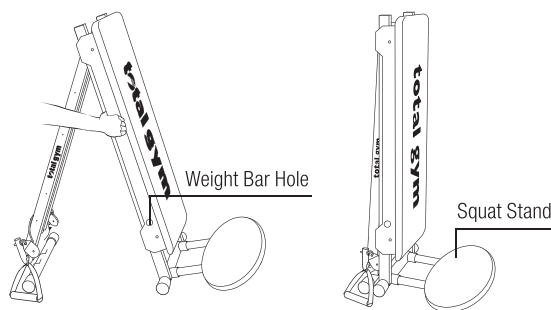


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6. With caution, to avoid pinched fingers or hands, lift up at the center of the frame and fold the exerciser together.

When it is completely folded, the exerciser should be at a 90 degree angle with the floor. The exerciser will rest on the squat stand for support.



7. You can store the exerciser in a closet or against the wall. To store it under a bed, simply lower the exerciser to the floor, remove the squat stand, and roll under the bed.

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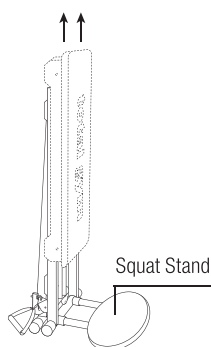
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**Note: to reattach the pulley cable for use, see instructions TO RE-ATTACH PULLEY CABLE below.**

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



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# Total Gym® Starter Program

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## 1. SQUATS



## 2. SINGLE LEG SQUATS



## 3. PULL UPS



## 4. LEG CURLS (SEATED OR LYING)



## 5. CROSS CABLE ROW



## 6. BICEP CURL



## 7. OUTER HIP & THIGH



## 8. OBLIQUE TWISTER



## 12. LYING TRICEPS EXTENSION



## 9. SEATED CHEST PRESS



## 13. SHOULDER PRESS



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## 14. CORE EXTENSION



## 11. PULLOVER WITH CRUNCH



## 15. TOE TOUCH STRETCH





## Workout Progress Chart

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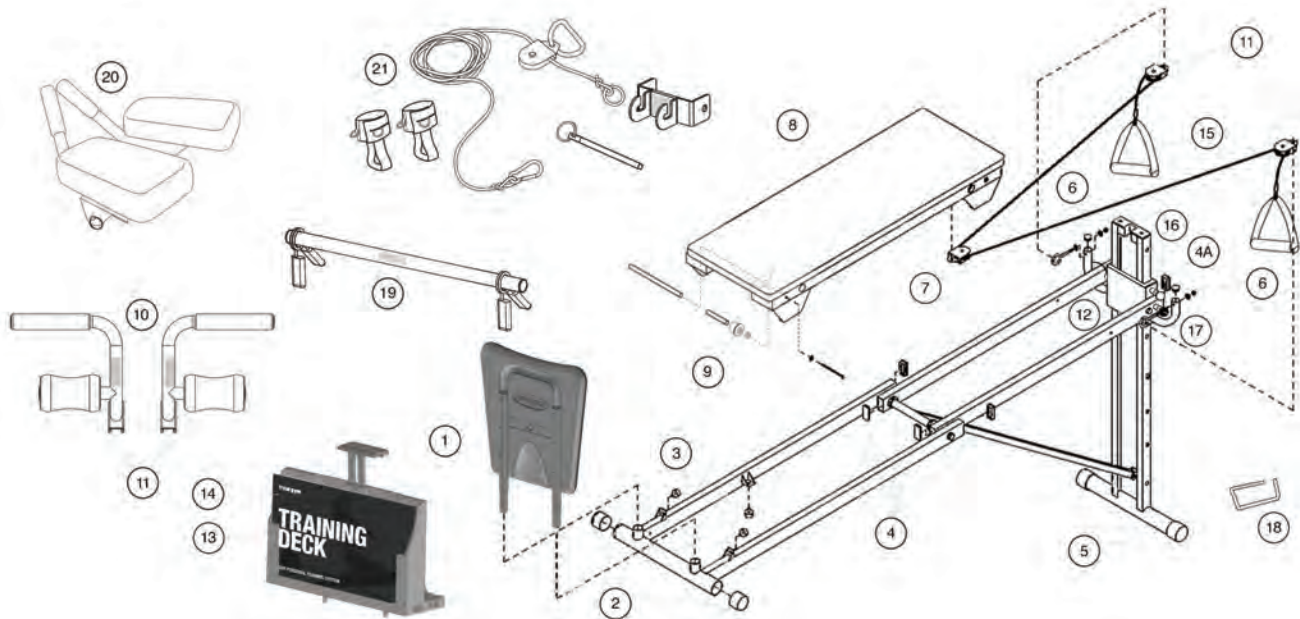
# Total Gym® Parts List and Overview

| KEY # | PART #    | PART DESCRIPTION                           | QTY |
|-------|-----------|--------------------------------------------|-----|
| 1     | TLGST     | Extra Large Squat Stand                    | 1   |
| 2     | 15200     | Tube Cap - 50mm                            | 2   |
| 3     | 15600     | Rubber Stop                                | 3   |
| 4     | 14200     | Tube Cap - 25mm x 50mm                     | 4   |
| 4A    | 14200A    | Tube Cap – 25mmx 53mm                      | 2   |
| 5     | 12750     | Tube Roller                                | 2   |
| 6     | 17360     | Tube Cap - 25mm Oval (Yellow)              | 1   |
| 6     | 17360B    | Tube Cap - 25mm Oval (Blue)                | 1   |
| 7     | 40950     | Pulley Assembly                            | 1   |
| 8     | S360PY    | Glideboard Assembly (Yellow)               | 1   |
| 8     | S360PB    | Glideboard Assembly (Blue)                 | 1   |
| 9     | 366000    | Wheel                                      | 4   |
| 10    | WA4       | 2-Piece Wing Set                           | 1   |
| 11    | 16500     | Accessory Hitch Pin (short)                | 4   |
| 12    | 112643FIT | Straight Safety Pin / Lanyard              | 1   |
| 13    | CT1501    | Training Deck Cards (Yellow)               | 1   |
| 13    | CT1502    | Training Deck Cards (Blue)                 | 1   |
| 14    | TDHSS     | Adjustable Training Deck & Device Holder 1 |     |

| KEY # | PART #     | PART DESCRIPTION                                  | QTY |
|-------|------------|---------------------------------------------------|-----|
| 15    | 40950HY    | Nylon Strap Handles (Yellow)                      | 2   |
| 15    | 40950HB    | Nylon Strap Handles (Blue)                        | 2   |
| 16    | YKNOB      | Height Adjustment Quick Release Knob Pin (Yellow) | 1   |
| 16    | BSSKNOB    | Height Adjustment Quick Release Knob Pin (Blue)   | 1   |
| 17    | BKNOB      | Black Spring Loaded Knob Pin                      | 1   |
| 18    | 28001      | Safety Hitch C Pin                                | 1   |
| 19    | 28800      | Weight Bar Kit                                    | 1   |
|       | WGHTBRCLIP | Clips                                             | 2   |
| 20    | TGACBF     | AbCrunch                                          | 1   |
| 21    | LPARB      | Leg Pull Accessory                                | 1   |

## OPTIONAL (NOT SHOWN) \*Available for Purchase

|         |                       |   |
|---------|-----------------------|---|
| PPB     | Press Up Bar Set*     | 1 |
| DBS     | Dip Bar Set*          | 1 |
| PILSFIT | Pilates Kit*          | 1 |
| S217    | Pilates Toe Bar*      | 1 |
| PILS24  | Pilates 24-inch Rope* | 1 |





### 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.

See Limited Warranty for details.

***Save your sales receipt.***

You may wish to staple into this manual.

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BH7472R

*Bring your workouts to the next level with optional attachments.  
Learn more at [TotalGymDirect.com](http://TotalGymDirect.com)*