

total gym

INCLINE ROW

OWNER'S MANUAL

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

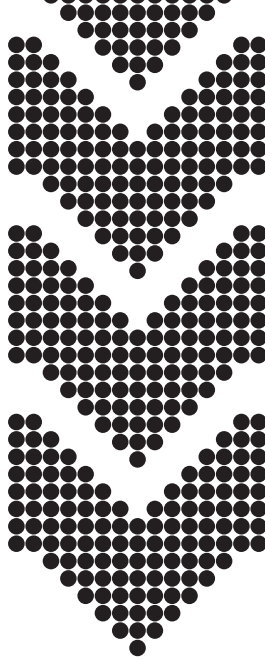
When ordering parts, please contact our Parts Department, toll free at **1-800-501-4621**, Monday through Thursday, 8:30 am to 5:00 pm, EST.

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



Thank you for choosing Total Gym® products and services. Total Gym® functional incline training equipment has set the standard for physical rehabilitation, athletic training and sports performance for more than 40 years.

As one of the most innovative designs for row strengthening, we trust your Total Gym Incline Row will provide you with unsurpassed service and versatility year after year. Your Total Gym Incline Row is designed on an incline for added resistance incorporated into a traditional cardio workout machine. The smooth "flow of the row" is achieved by two independent moving platforms that result in a consistent load on both the pull and the return. With the Total Gym Incline Row, resistance is always in play and adapting to all body sizes, produces very low compression on the joints, especially the lower back. The Total Gym Incline Row will strengthen all muscle groups simultaneously while giving you a great cardiovascular workout in a totally different way to train your body.

Your Total Gym® product arrives with some assembly required. Simply follow the directions and in minutes your Total Gym Incline Row will be operational.

In this Owner's Guide, you will find information about your Total Gym Incline Row and its component parts, operation, maintenance and care. Additionally, you will find usage and safety tips, as well as precautions to help ensure your safety and warranty guarantee. Please save this guide and refer to it in the future.

We value you as a customer and your feedback is important to us. If you have any questions or need further information about your Total Gym Incline Row, please contact our Customer Service at **1-800-501-4621**, Monday through Thursday, 8:30 am to 5:00 pm, EST.

get in the

BEST SHAPE

of your life!



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SPECIFICATIONS

04 located on the height adjustment tube below the height adjustment knob

⚠ 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 300 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 OR QUESTIONS.

01 located on height adjustment knob

⚠ WARNING

MAKE SURE HEIGHT ADJUSTMENT KNOB IS FULLY ENGAGED BEFORE USING YOUR EXERCISER.

03 located on back of rails and on rails under carriage

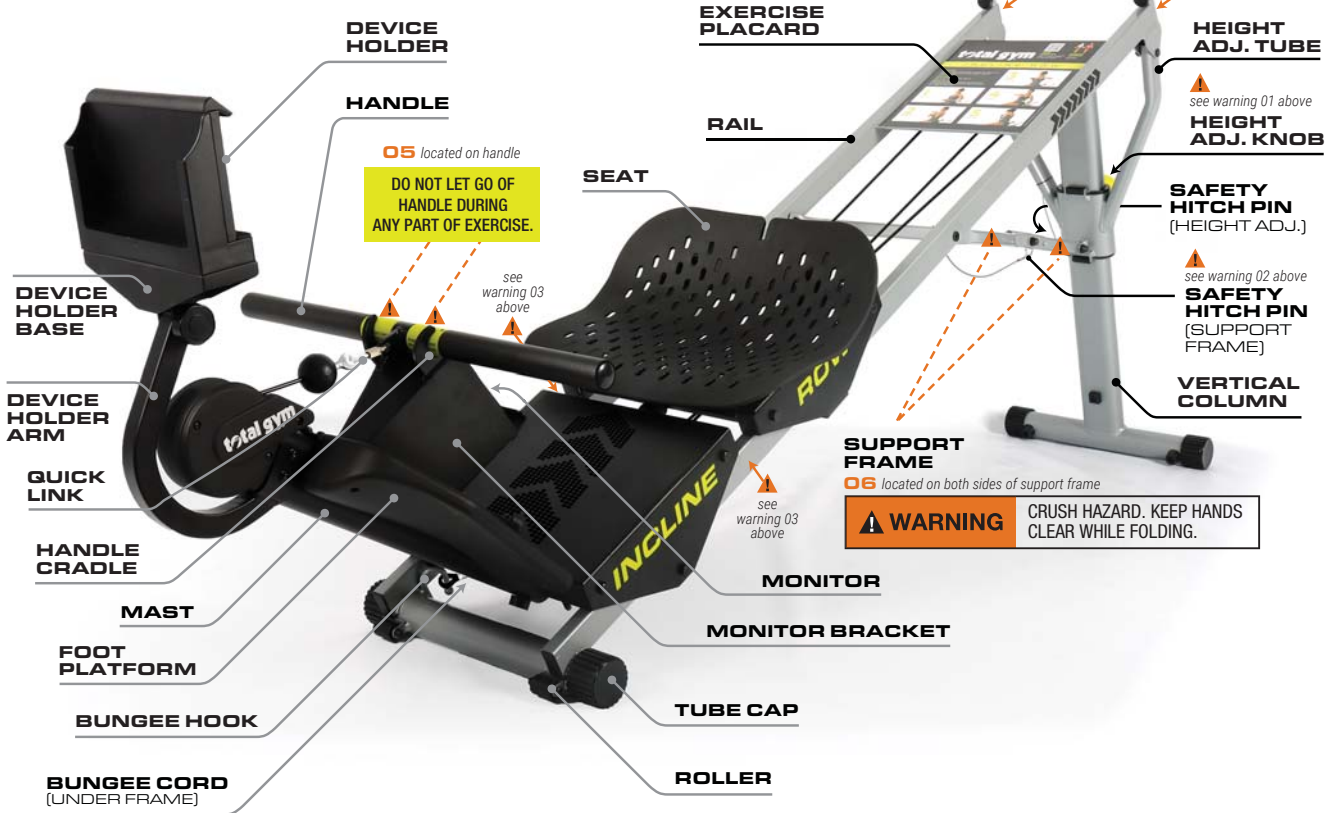
⚠ WARNING

PINCH POINT. DO NOT PLACE HANDS BETWEEN THE RAILS.

02 located on safety hitch pin (height adj.) & safety hitch pin (support frame)

⚠ WARNING

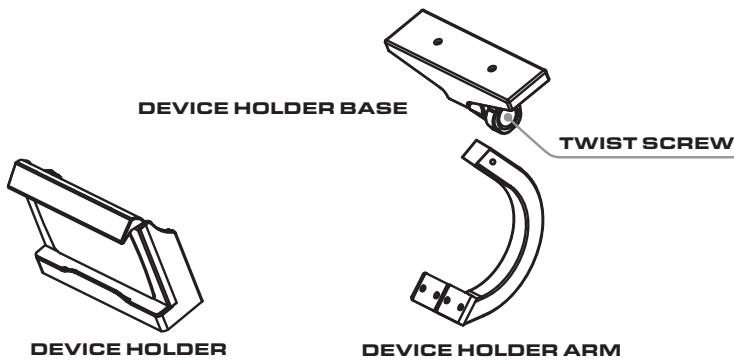
BEFORE USING, MAKE SURE SAFETY HITCH PIN IS SECURELY LOCKED IN PLACE.



FOLDED LENGTH	65"
FOLDED HEIGHT	
WITH THE DEVICE HOLDER	32"
WITHOUT THE DEVICE HOLDER	21"
IN USE LENGTH	
WITH THE DEVICE HOLDER	87"
WITHOUT THE DEVICE HOLDER	85"

IN USE HEIGHT	39"
WIDTH	24"
WEIGHT	64 lbs.
MAXIMUM USER WEIGHT	300 lbs.

DEVICE HOLDER ATTACHMENT



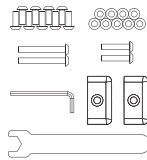
MISCELLANEOUS ACCESSORIES, PARTS & TOOLS



OWNER'S MANUAL



NUTRITION GUIDE



BLISTER PACK
 (9) ALLEN BOLTS M6X16
 (9) FLAT WASHERS M6
 (2) ALLEN BOLTS M6X50
 (2) ALLEN BOLTS M6X30
 (1) ALLEN WRENCH
 (2) RUBBER FOOT PADS
 (1) WRENCH



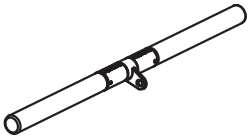
BUNGEE CORD



SEAT



HEIGHT ADJUSTMENT KNOB



HANDLE



SAFETY HITCH PIN (SUPPORT FRAME)



SAFETY HITCH PIN (HEIGHT ADJUSTMENT)

MONITOR BRACKET



MONITOR



(2) AA BATTERIES

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.

Total Gym® products are 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 are working properly. See page 10 for details on Maintenance & Care.

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.

Keep side areas clear 2" or more.

ASSEMBLY

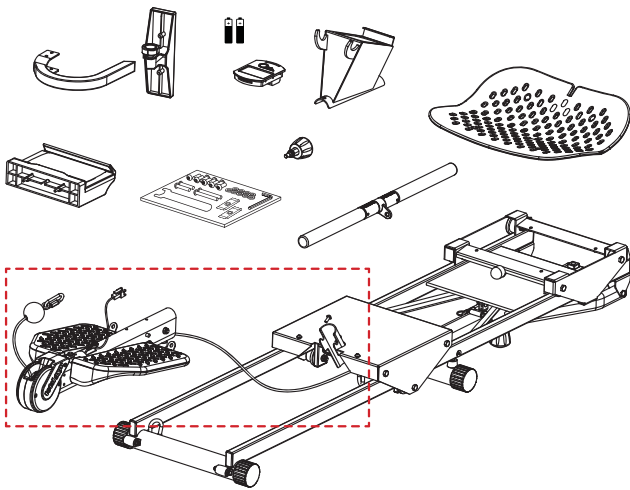
PARTS & TOOLS:

- (1) Seat
- (1) Handle
- (1) Monitor, (1) Monitor Bracket & (2) AA Batteries
- (1) Height Adjustment Knob
- (1) Blister Pack with (9) Allen Bolts M6x16, (2) Allen Bolts M6x30, (2) Allen Bolts M6x50, (9) Flat Washers M6, (1) Allen Wrench, (2) Rubber Foot Pads & (1) Wrench
- (1) Device Holder, (1) Device Holder Base, (1) Device Holder Arm & (1) Twist Screw

HOW TO ASSEMBLE:

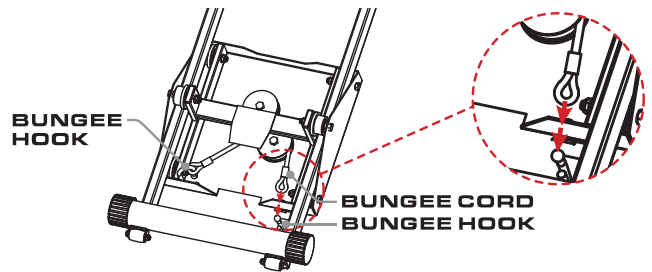
1. Carefully remove all packaging from the unit, remove the unit from the box, and lay on the ground.

IMPORTANT: Use caution when lifting and removing the unit frame from the box. The mast (as shown below) is already connected to the frame. Lay the mast at the bottom of the unit.

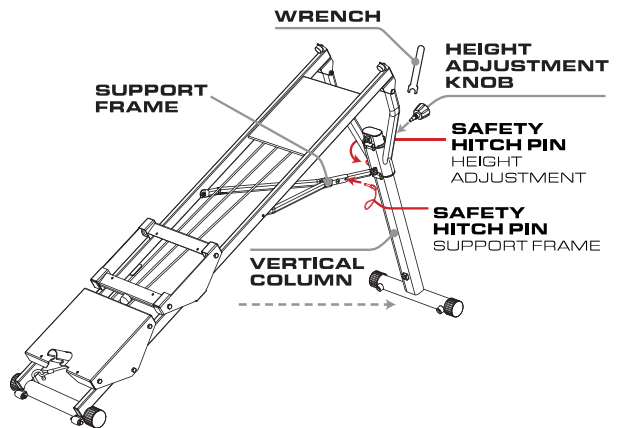


2. Remove any additional packaging or zip ties from the unit. Attach the bungee cord to the bottom bungee hook. Ensure both ends of the bungee cord are hooked securely.

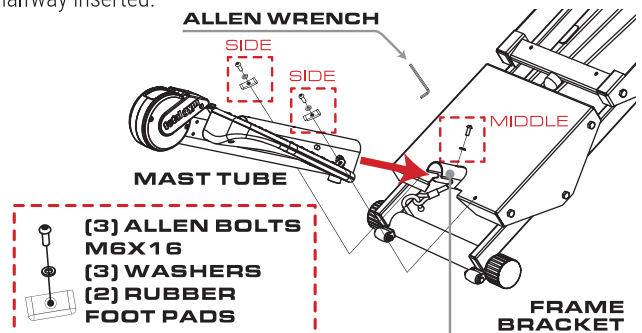
UNDER MAIN FRAME VIEW



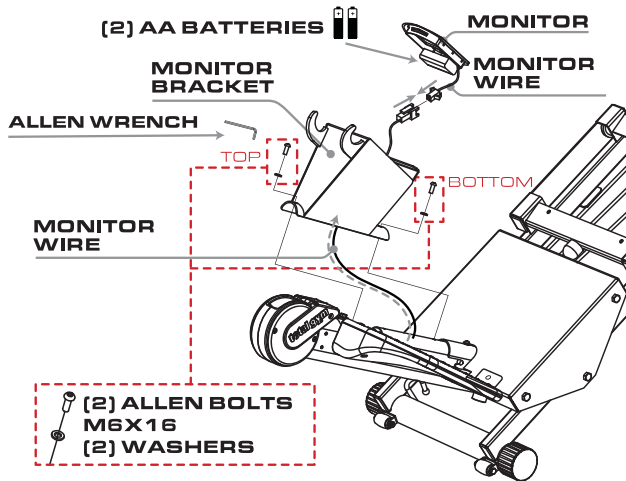
3. Unfold the vertical column from under the unit and place the safety hitch pin (height adjustment) into the highest position. Secure the safety hitch pin (support frame) into the support frame. Next, thread the height adjustment knob into the hole on the back of the vertical column and tighten with wrench.



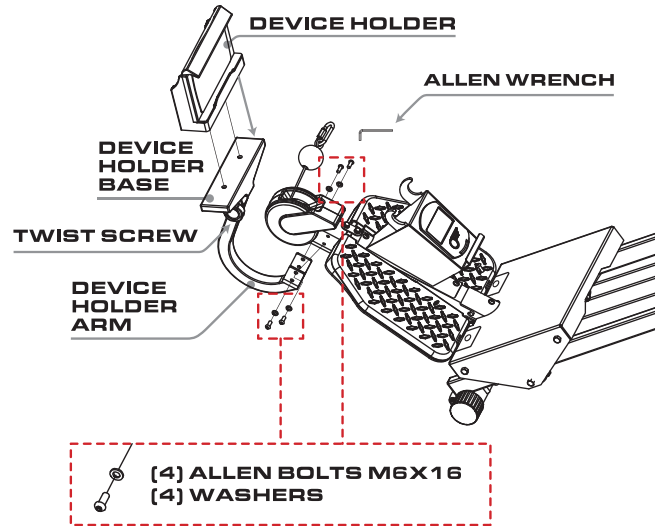
4. Carefully lift the mast and attach it to the unit frame by sliding the mast tube into the frame bracket. When the mast is correctly attached it will stand without handheld support. Secure the mast into the unit frame using (3) three allen bolts, (3) three washers, (2) two rubber foot pads and allen wrench. Start with the middle bolt/washer and then move to the side bolts/washers/rubber foot pads. For the side assembly, thread the bolt with washer through the rubber foot pad (flat edge facing the bottom of the unit) into the frame. Do not completely tighten one bolt until all three are at least halfway inserted.



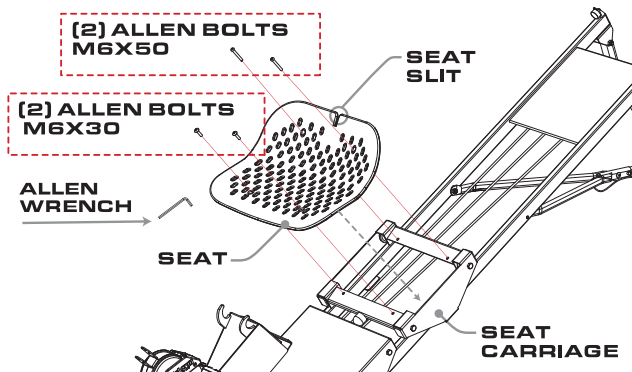
5. Locate the monitor bracket. Thread the monitor wire through the monitor bracket. Make sure the monitor wire is safely pulled through and out of the way, wire should not be caught or kinked between metal parts as this could damage monitor functionality. Secure the monitor bracket to the mast using the (2) two allen bolts, (2) two washers and allen wrench. Start with the top bolt/washer first then the bottom. Install (2) two AA batteries into the monitor. Connect the male and female wires together. Next attach the monitor to the bracket by sliding the top of the monitor halfway into the opening. Slide the bottom of the monitor all the way in until it is secure.



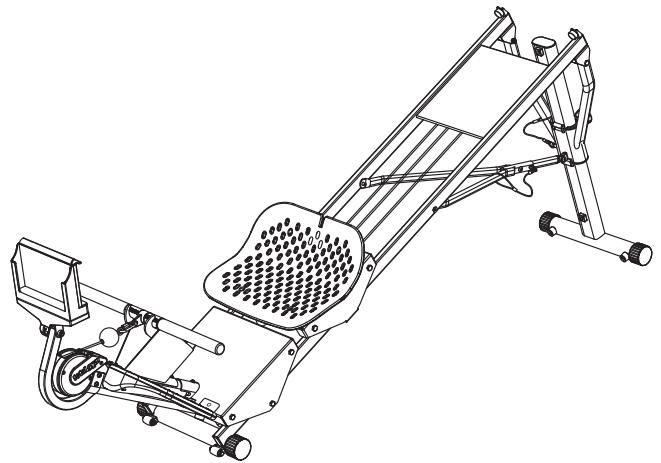
7. Installing Device Holder Attachment: Locate the device holder arm. Attach arm under the mast with (4) four allen bolts, (4) four washers and use the allen wrench to tighten. Locate the device holder base and twist screw. Secure the base and swivel until in preferred position. Locate the device holder and using the prongs insert device holder into the base.



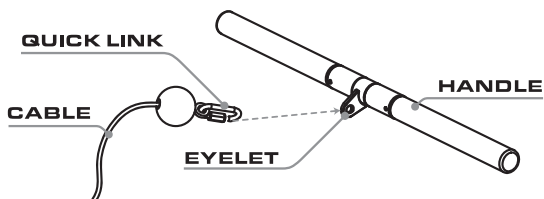
6A. Place the seat on the seat carriage. The slit side of the seat should be towards the back of the unit. Attach seat with the provided (4) four allen bolts and allen wrench.



8. Your Total Gym Incline Row is now ready to use.



6B. Locate the handle and attach by twisting open the quick link and inserting into the metal eyelet on the handle. Screw the quick link shut to secure the handle onto the cable.



MONITOR FUNCTIONS



TURN ON: Press the Mode Key or start rowing. Once the monitor display comes on, it will be in Scan mode until you change it to another function.

MODE KEY: SCAN ▶ TIME ▶ SPLIT/TIME ▶ CAL ▶ SPM ▶ DISTANCE (moves in cycles)

SCAN: Press the Mode button until the arrow is flashing at the Scan position on the screen (center right). The display will continue to scan through each Function every six seconds and the arrow flashes in the current function.

TIME: Press the Mode button until the arrow is flashing at the Time position on the screen (center left). Time indicates elapsed time during workout.

SPLIT/TIME: Press the Mode button until the arrow is flashing at the Split/Time position on the screen (center left/under Time). Split/Time indicates the minutes per 500 meters.

CALORIES: Press the Mode button until the arrow is flashing at the Calories position on the screen (center left/under Split/Time). Calories indicates the approximate calories burned during workout.

SPM: Press the Mode button until the arrow is flashing at the SPM position on the screen (lower left). SPM indicates strokes per minute during workout.

DISTANCE: Press the Mode button until the arrow is flashing at the Distance position on the screen (upper right). Distance indicates distance (in meters) rowed during workout. It accumulates each workout.

TURN OFF: After a few minutes of immobility the monitor will shut itself off automatically. During that time, the monitor remains in pause mode. If you continue to row, the monitor will resume from where you left off.

RESET: Press the Mode button and hold for 2 seconds.

CHANGING BATTERIES

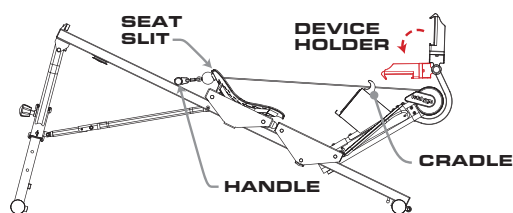
Remove the monitor from your rower, take off the battery cover on the back. Replace with (2) two AA 1.5 V batteries. All display functions will reset when the batteries are removed.

TRANSPORTING & STOWING

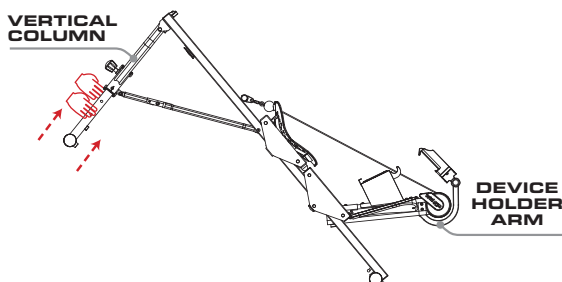
⚠ WARNING

LIFTING: Always lift with your legs and never your back. Always lift by the vertical column. Always keep your hands off the rails when lifting so your hands will not be caught between the moving parts and the rails. Always stow the handle gently back in its cradle when not in use.

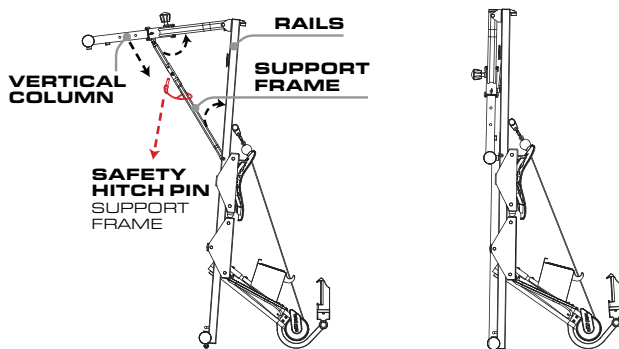
1. Fold device holder towards the unit. Lift the handle from the cradle and place it in the seat slit.



2. Stand behind the unit and grasp the vertical column with both hands. Lift it until it's resting on the device holder arm and standing upright on the ground.



3. Release the safety hitch pin from the support frame and fold the support frame and the vertical column towards the rails.
4. Tilt unit slightly towards you to avoid having device holder arm on floor when moving. Transport by rolling to storage location.





EXERCISES

GETTING STARTED

IMPORTANT: DO NOT LET GO OF THE HANDLE DURING ANY PART OF THE EXERCISE.

The Total Gym Incline Row is a different way to row, allowing you to pull at your own pace. Regardless of speed, you will experience the same amount of resistance through a fully distributed strengthening stroke. Designed for both simultaneous concentric and eccentric movements, the Total Gym Incline Row provides a compound range of motion to the upper and lower body reducing the traditional "recovery" to a minimum.

When using your Total Gym Incline Row, wear athletic shoes and comfortable lightweight clothing. Do not exercise barefoot. Before you begin, check to ensure that all parts are in place and working properly. Begin your exercise program with the basic moves provided. As your proficiency increases, adjust your body position to increase the intensity.

USING THE INCLINE ROW

STARTING

Row with a steady, controlled pace. Resistance is constant in both directions and independent of speed. Sit down. Place feet. Grasp handle. Row.

STOPPING

Stow handle. Place feet on floor. Stand up.

RESISTANCE

Resistance is increased or decreased by adjusting the level. To change the level, hold rail. Pull knob located on back of unit. Lift or lower rail. Engage knob.



LOW ROW



BICEPS CURL



HIGH ROW



LEFT ROW



RIGHT ROW

MORE EXERCISES

Scan QR code to see the wide variety of exercises available for Total Gym® Rowers.



MULTI-GRIP HANDLE

Upgrade and add versatility to your Total Gym Incline Row with the Multi-Grip Handle attachment. Longer, ergonomically-designed handle was developed for maximum range of motion. Heavy-duty metal construction with sleek carbon fiber side grips. Easily attaches to your Incline Row.



SHOP the NEW! Multi-Grip Row Handle at totalgymdirect.com/handle



TOTAL GYM® TV TV.TOTALGYMDIRECT.COM

Scan this QR code for quick access!

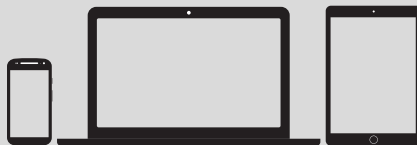


HOW IT WORKS



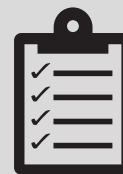
NO DVDS REQUIRED

Total Gym® TV only requires an internet connection and browser for access to all of your Total Gym® TV content.



ANY DEVICE

Because Total Gym® TV is internet-based, you can access your Total Gym® TV content from any Internet-enabled device with a browser!



PROVEN WORKOUTS

Get access to energy-boosting, fat-blasting workouts from your favorite Total Gym® Trainers!

MAINTENANCE & CARE

ROUTINE MAINTENANCE

- Wipe down your Total Gym Incline Row on a regular basis using a clean cloth and alcohol or alcohol-based products like Windex® or 409®. NOTE: some black powder residue is normal on the inside of the rails. 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, wheels, seat, handle grips, frame, rubber stoppers, bungee and monitor. If any parts 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.

- Periodically check all bolts and washers to ensure they are installed correctly and tightened.
- Periodically, do a visual inspection of the rollers. Clean any debris accumulated on the rollers.
- 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.

INSPECT YOUR TOTAL GYM® INCLINE ROW PRIOR TO EACH USE

Before using your Total Gym Incline Row 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 the seat is gliding smoothly along the frame. If seat does not roll smoothly, clean rails and wheels thoroughly.
- Make sure your device is properly inserted into the device holder and that it is secure before each use. Total Gym Fitness, LLC is not responsible for damage or breakage to your device if it falls out of the device holder.





LIMITED WARRANTY

For a period of 12 months from date of receipt, Total Gym Fitness, LLC warrants that this product will be free from defects in materials and workmanship. This warranty applies only when purchase of the product is from an authorized dealer and is for personal or household use, but not when the sale or any resale is for commercial use. **THIS WARRANTY IS VALID ONLY FOR THE ORIGINAL OWNER AND IS NOT TRANSFERABLE.**

EXCEPT FOR THE LIMITED EXPRESS WARRANTY STATED HEREIN, TOTAL GYM FITNESS, LLC DISCLAIMS ALL OTHER EXPRESS OR IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.

Total Gym Fitness will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based on warranty, contract or negligence, and arising in connection with the sale, use or repair of the product.

SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY (INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE) LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. This warranty gives you specific legal rights and you may have other rights that vary from state to state. This warranty is valid in the U.S. and Canada only.

In the event of failure of this product to conform to this warranty during the warranty period, please contact our Customer Service Department at 1-800-501-4621. Customer Service will determine whether the defective part needs to be returned for repair or replacement. Any required product returns are at the owner's expense, unless otherwise approved by us in advance. Total Gym Fitness, LLC will repair or replace, at its own option, the product or any covered part, except that this warranty does not cover defects or damage caused by: accident (including in transit), repairs or attempted repairs by any person not authorized by Total Gym Fitness, LLC; vandalism, misuse, abuse or alteration; or the use of parts not manufactured or approved 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.

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

DEDICATION TO QUALITY

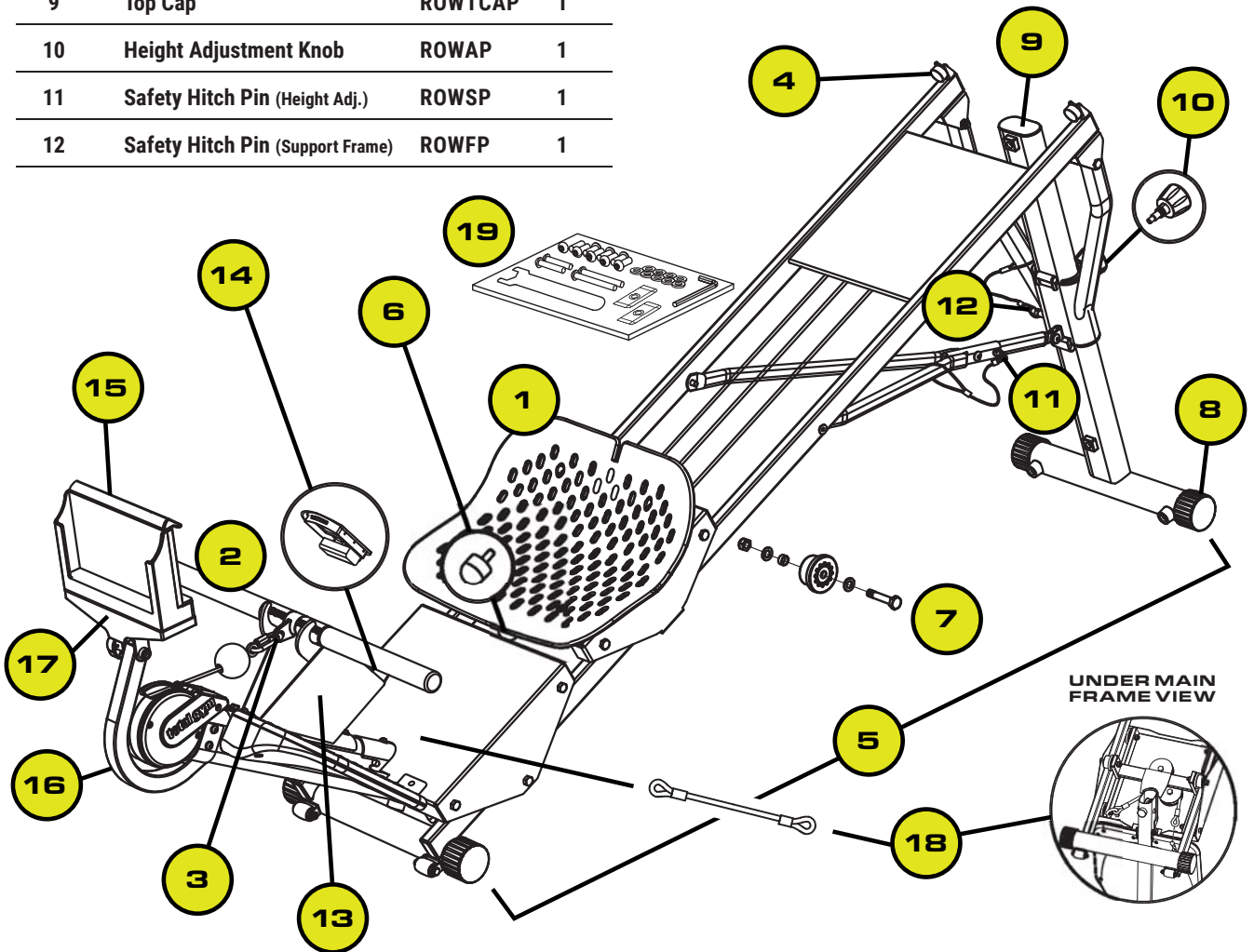
We warrant this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions.

SAVE YOUR PURCHASE RECEIPT

You may wish to staple into this manual.

PARTS LIST & OVERVIEW

ITEM#	DESCRIPTION	PART#	QTY	ITEM#	DESCRIPTION	PART#	QTY
1	Seat	ROWSEAT	1	13	Monitor Bracket	ROWBR	1
2	Handle	ROWHAN	1	14	Monitor	ROWMON	1
3	Quick Link	ROWC	1	15	Device Holder	TDHTH	1
4	Rubber Stopper	ROWRS	2	16	Device Holder Arm	ROWARM	1
5	Frame	ROWFRAME	1	17	Device Holder Base	ROWBS	1
6	Bumper	ROWBUMP	1	18	Bungee Cord	ROWBUNG	1
7	Wheel Kit	ROWWK	1	19	Blister Pack (Bolts, Washers, Allen Wrench, Rubber Foot Pads, Wrench)	ROWBP	1
8	Tube Cap	ROWTC	4				
9	Top Cap	ROWTCAP	1				
10	Height Adjustment Knob	ROWAP	1				
11	Safety Hitch Pin (Height Adj.)	ROWSP	1				
12	Safety Hitch Pin (Support Frame)	ROWFP	1				



total gym[®]

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