

# **total gym** *STATS*<sup>™</sup>

SMART TRACK ACTIVE TRAINING SENSOR



**User Manual**  
Version 1.0

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**IMPORTANT: SCAN QR CODE FOR STEP-BY-STEP INSTRUCTIONS TO GET STARTED.**



<https://totalgymdirect.com/total-gym-stats/>

*Read instructions carefully & keep for future reference.  
Do not skip any step or Warranty of the product may be voided.*

*Do not discard packaging until all parts are accounted for.  
It is of utmost importance to assemble all parts according to the directions.*

To validate warranty support, keep the original proof of purchase & record the following:

**Serial Number** \_\_\_\_\_

**Date of Purchase** \_\_\_\_\_

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

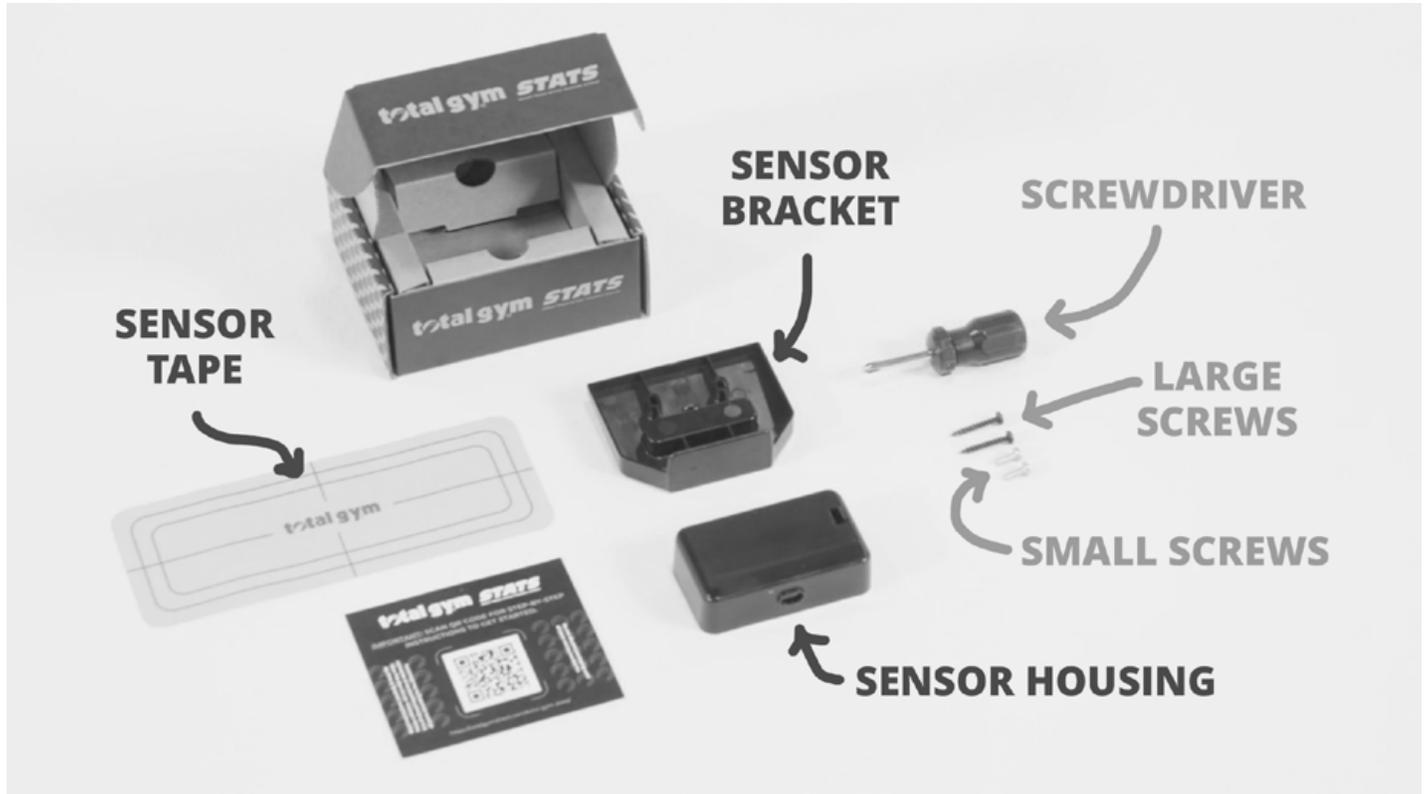
If you have questions about your product, you may visit the FAQ page at <https://totalgymdirect.com/total-gym-stats-faq/> or call **Customer Support** at **1-800-501-4621** Monday through Thursday, 8:30-5 PM EST.

# GETTING STARTED

## Components

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Your Total Gym STATS™ box includes:



Depending on the gym model you will be installing the sensor on determines whether or not the Sensor Bracket part will be used & which size screws to use. See next page to find out.

**NOTE: YOU WILL NEED TWO (2) AA BATTERIES FOR THE SENSOR HOUSING. RECHARGEABLE OR HEAVY-DUTY CARBON-ZINC BATTERIES ARE NOT RECOMMENDED; PLEASE USE ALKALINE BATTERIES.**

## Which Equipment Will You Be Installing the Sensor On?

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- Setup for **ALL HOME GYMS (not including Total Gym® Evolve or GTS)** begins on **page 6**. All Total Gym® home gym models prior to the new Total Gym® EVOLVE are not pre-fabricated with a Sensor Bracket for mounting your sensor device onto; thus you will need to install the Sensor Bracket part onto the bottom of your glideboard. *\*Please be sure you're installing according to the provided instructions & that you're using the correct pair of screws.\**

-OR-

- Setup for **TOTAL GYM® EVOLVE** begins on **page 11**. Total Gym® EVOLVE includes a pre-fabricated metal Sensor Bracket for mounting your sensor device onto. You will not need the Sensor Bracket part that comes in the box. *\*Please be sure you're using the correct pair of screws.\**

THE FOLLOWING PAGES PROVIDE THE INSTRUCTIONS NEEDED FOR INSTALLING YOUR TOTAL GYM STATS™ DEVICE ONTO YOUR TOTAL GYM® HOME GYM BASED ON THE MODEL YOU OWN. PLEASE BE SURE YOU'RE FOLLOWING THE CORRECT SET OF INSTRUCTIONS FOR YOUR SPECIFIC HOME GYM MODEL.

# SETUP FOR ALL HOME GYMS

*(not including Total Gym® Evolve or GTS)*

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Watch Setup Video for ALL HOME GYMS *(except Total Gym® Evolve or GTS)*

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You can watch the setup video & follow along with the installation instructions on the Total Gym STATS™ Setup page at <https://totalgymdirect.com/total-gym-STATS/> or on the Total Gym® Vimeo page at <https://vimeo.com/871917939>.



The Total Gym STATS™ device is a universal smart fitness tracker. It can be installed on all Total Gym® home gym models *(not including Total Gym® GTS which is a commercial grade model)*.

## Read the Step-by-Step Setup Instructions

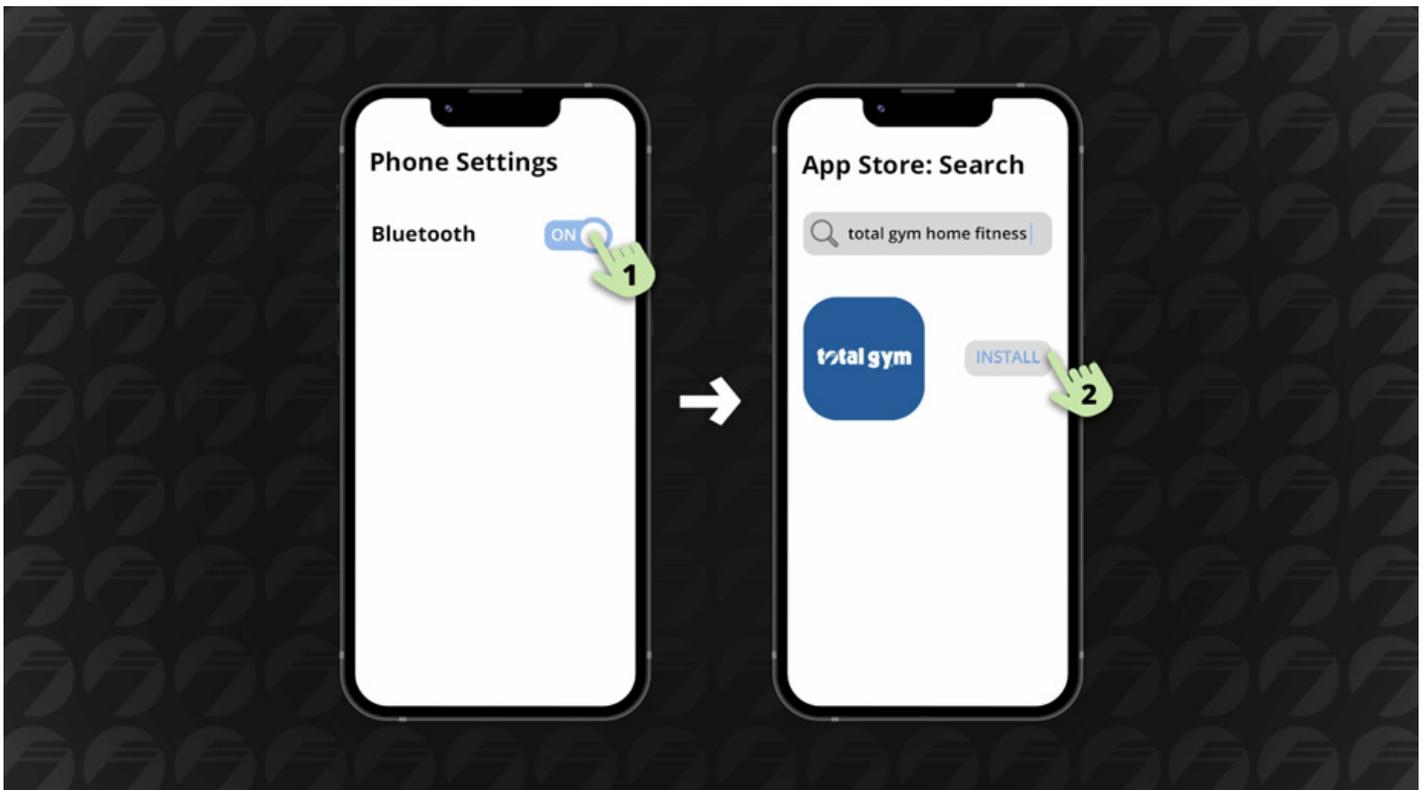
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Both video & written instructions for ALL HOME GYMS (not including Total Gym® EVOLVE or GTS) are the same & should both be used for reference.



### GET THE MOBILE APP

Download the **Total Gym® Home Fitness** app from the app store on your mobile device (available on both iPhone & Android). **Be sure to allow the app access to Bluetooth® when installing the app.** If you've already downloaded the app & allowed the app access to Bluetooth®, skip to **INSTALL** Total Gym STATS™ on the next page.





## INSTALL Total Gym STATS™

Please watch the setup video & follow along with the installation instructions on the Total Gym STATS™ Setup page at <https://totalgymdirect.com/total-gym-STATS/> or on the Total Gym® Vimeo page at <https://vimeo.com/871917939>.

*Applies to all Total Gym® home gym models, with the exception of Total Gym® Evolve or GTS.*

Please note, you will need two (2) AA batteries for the sensor device. Rechargeable or heavy-duty carbon-zinc batteries are not recommended; please use Alkaline batteries.

### Step 1

- Open the app & allow the app access to all prompts (i.e. device location, physical activity, calendar, & find-connect-determine relative position of nearby devices; this will ensure a quick connect once all steps are complete).
- Remove all items from the box.
- Check that all components are included. Contact customer service if you have any missing parts.

### Step 2

- Locate the two (2) **large screws with pointed tips**. **NOTE: The two (2) small screws with flat tips will not be used.**
- Set your Total Gym incline to a mid-level position, **insert your safety hitch pin, & detach the cable pulley** from underneath the glideboard.

### Step 3

- Move your glideboard to the top of the rails & with both hands on the sides of the middle of the glideboard, carefully lift it off the rails & lay the cushioned side of the glideboard on a flat surface.
- With the supplied screwdriver, unscrew the four screws attaching the bottom fender to the glideboard.
- Remove the bottom fender (bottom fender only), it will no longer be needed after sensor is installed. If your gym doesn't come with a bottom fender, please skip to the next step.

### Step 4

- Locate the white sensor tape.
- Center the tape between the squat stand receptacles, aligning the top of the tape with the center of the receptacle holes (as shown in video).
- Once comfortable with the placement area, carefully peel off the backing from the tape & apply. **USE CARE WHEN APPLYING: TAPE HAS A STRONG BOND ADHESIVE & WILL NOT BE RE-POSITIONABLE AFTER CONTACT.**

### Step 5

- Locate the sensor **bracket**.
- Center the bracket on the bottom of the glideboard, **with the lip facing toward the cushion** part of the glideboard. *\*The Total Gym logo will appear upside down but that's okay for now.\**
- Next, locate your sensor **housing** & remove the battery cover. Then locate the two (2) large screws.
- Place the sensor housing onto the bracket connector with the **sensor "eye" facing the lip side of the bracket**.
- Double-check that the sensor bracket & housing are still centered on the glideboard.
- Insert one of the large screws through one of the battery compartment & bracket holes, & with downward pressure on the screwdriver, insert your first **screw about halfway into the glideboard**. Do not tighten screw all the way.
- Again, with downward pressure, insert the second screw about halfway.
- Alternate tightening screws until the sensor housing & bracket are flush with the bottom of the glideboard & secured in place.
- **Do not use a power drill or over-tighten screws**, it may crack the housing or bracket.
- Insert your two AA batteries. The LED indicator will flash white, & **then flash green, if successful**.
- Close the battery cover.

### Step 6

- With both hands, pick up your glideboard & place it back on the top portion of the rails, ensuring it's properly aligned & rolls freely, before guiding it back down to the bottom of the rails.
- Please check to confirm your sensor device is properly aligned to the sensor tape.

### Step 7

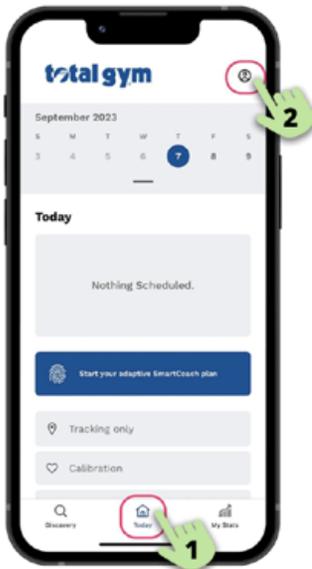
- Lastly, follow the steps on the next page to **CONNECT & CALIBRATE** the sensor in the app.



## CONNECT & CALIBRATE

Your phone must allow the Total Gym® Home Fitness app access to Bluetooth® in order to calibrate the sensor. Enable this from your phone's Settings screen then follow the instructions below.

First, go to the **settings** screen



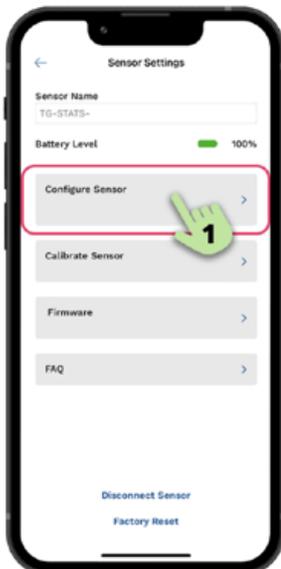
Next, choose **Connect Sensors**



Next, find your Total Gym Stats sensor, the name will begin with **TG-STATS**



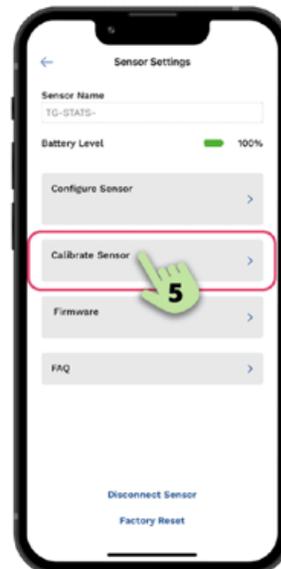
On the next screen, choose **Configure Sensor**



Then, select the **number of levels** and **model name** of your Total Gym.

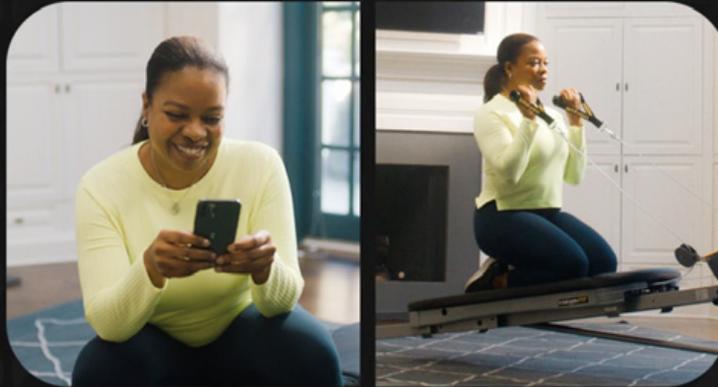


Lastly, select **Calibrate Sensor** and follow the steps until completed.



**SETUP FOR ALL HOME GYMS**  
*(not including Total Gym® Evolve or GTS)*

**CONGRATULATIONS,**  
YOU ARE NOW READY TO TRACK WORKOUTS  
& MEET FITNESS GOALS, WITH THE TOTAL GYM®  
HOME FITNESS APP & STATS DEVICE!



# SETUP FOR TOTAL GYM® EVOLVE

*(Total Gym® Evolve only)*

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## Watch Setup Video for TOTAL GYM® EVOLVE

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You can watch the setup video & follow along with the installation instructions on the Total Gym STATS™ Setup page at <https://totalgymdirect.com/total-gym-STATS/> or on the Total Gym® Vimeo page at <https://vimeo.com/935852439>.



The Total Gym STATS™ device is a universal smart fitness tracker. It can be installed on all Total Gym® home gym models *(not including Total Gym® GTS which is a commercial grade model)*.

## Read the Step-by-Step Setup Instructions

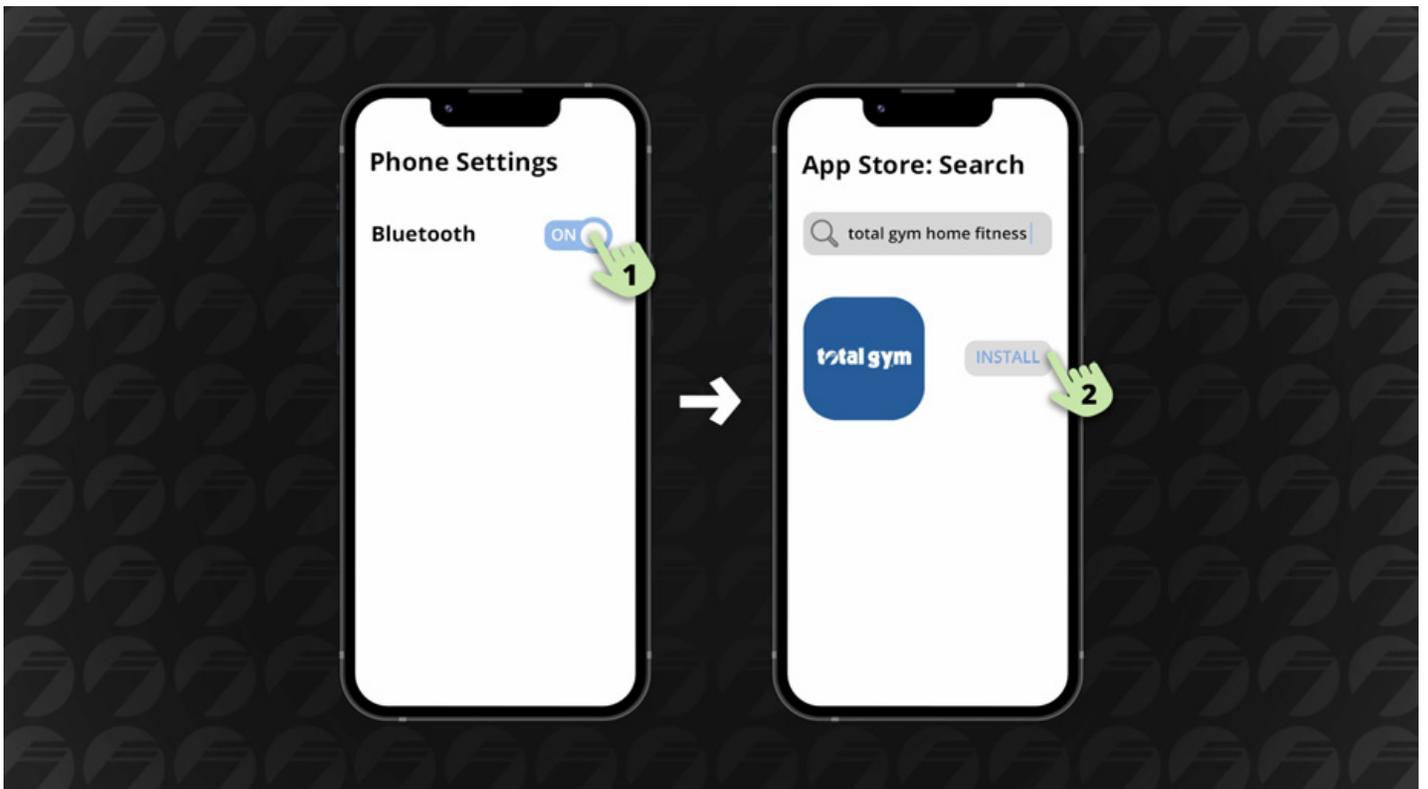
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Both video & written instructions for TOTAL GYM® EVOLVE are the same & should both be used for reference.



### GET THE MOBILE APP

Download the **Total Gym® Home Fitness** app from the app store on your mobile device (available on both iPhone & Android). **Be sure to allow the app access to Bluetooth® when installing the app.** If you've already downloaded the app & allowed the app access to Bluetooth®, skip to INSTALL Total Gym STATS™ on the next page.





## INSTALL Total Gym STATS™

Please watch the setup video & follow along with the installation instructions on the Total Gym STATS™ Setup page at <https://totalgymdirect.com/total-gym-STATS/> or on the Total Gym® Vimeo page at <https://vimeo.com/935852439>.

*Applies to Total Gym® Evolve only.*

Please note, you will need two (2) AA batteries for the sensor device (STATS). Rechargeable or heavy-duty carbon-zinc batteries are not recommended; please use Alkaline batteries.

### Step 1

- Open the app & allow the app access to all prompts (i.e. device location, physical activity, calendar, & find-connect-determine relative position of nearby devices; this will ensure a quick connect once all steps are complete).
- Remove all items from the box.
- Check that all components are included. Contact customer service if you have any missing parts. **NOTE:** SENSOR BRACKET PART PROVIDED WILL NOT BE USED DURING THE INSTALL.

### Step 2

- Locate the two (2) **small screws with flat tips**. **NOTE:** The two (2) large screws with pointed tips will not be used.
- Set your Total Gym incline to a mid-level position, **insert your safety hitch pin**.

### Step 3

- Lift your adjustable glideboard up to a horizontal position, locking it into place & exposing the pre-fabricated metal sensor bracket.

### Step 4

- Locate the white sensor tape.
- Center the tape on the inside of the bottom crossbar.
- Once comfortable with the placement area, carefully peel off the backing from the tape & apply. **USE CARE WHEN APPLYING:** TAPE HAS A STRONG BOND ADHESIVE & WILL NOT BE RE-POSITIONABLE AFTER CONTACT.

### Step 5

- Locate the sensor **housing** & remove the battery cover. **NOTE:** Sensor bracket part provided will not be used.
- Then locate the two (2) small screws with flat tips.
- Place the sensor device onto the bracket & visually align the pre-drilled holes with the holes of the battery compartment.
- Please note, the sensor “eye” should be looking down at the sensor tape.

### Step 6

- Next, take the supplied screwdriver & insert the small screws through the sensor housing holes & pre-drilled metal bracket holes. Tighten screws (alternating evenly) until sensor is secured in place.
- **Do not use a power drill or over-tighten screws**, it may crack the sensor device.
- Insert your two AA batteries. The LED indicator will flash white, & **then flash green, if successful.**
- Close the battery cover.

### Step 7

- Lastly, follow the steps on the next page to **CONNECT & CALIBRATE** the sensor in the app.

# SETUP FOR TOTAL GYM® EVOLVE

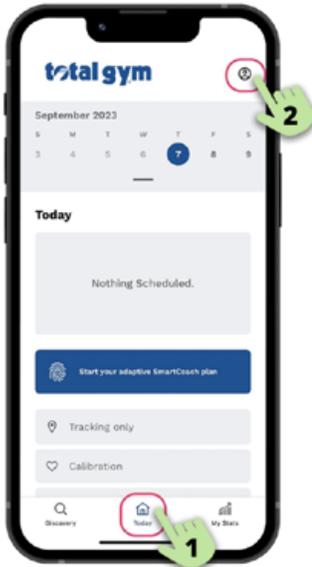
(Total Gym® Evolve only)



## CONNECT & CALIBRATE

Your phone must allow the Total Gym® Home Fitness app access to Bluetooth® in order to calibrate the sensor. Enable this from your phone's Settings screen then follow the instructions below.

First, go to the **settings** screen



Next, choose **Connect Sensors**



Next, find your Total Gym Stats sensor, the name will begin with **TG-STATS**



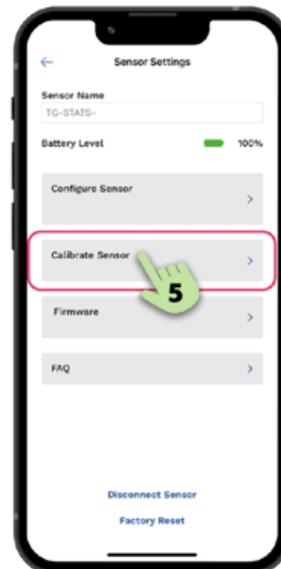
On the next screen, choose **Configure Sensor**



Then, select the **number of levels** and **model name** of your Total Gym.

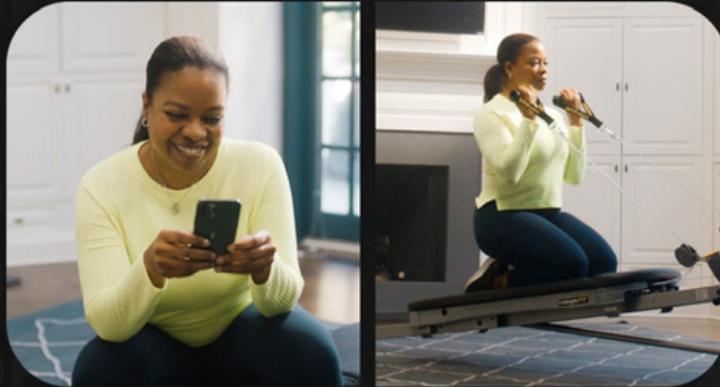


Lastly, select **Calibrate Sensor** and follow the steps until completed.



**SETUP FOR TOTAL GYM® EVOLVE**  
*(Total Gym® Evolve only)*

**CONGRATULATIONS,**  
YOU ARE NOW READY TO TRACK WORKOUTS  
& MEET FITNESS GOALS, WITH THE TOTAL GYM®  
HOME FITNESS APP & STATS DEVICE!



## Total Gym® Home Fitness App & STATS Device FAQs

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Please visit the FAQ web page at <https://totalgymdirect.com/total-gym-stats-faq/> for all the latest updates in regards to Troubleshooting both the app & sensor device.

**OR SCAN QR CODE  
TO LAUNCH FAQ PAGE!**



## **Bluetooth® Information**

### **Bluetooth® Disclosures**

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Total Gym Fitness, LLC and / or ShapeLog, Inc. is under license. Other trademarks and trade names are those of their respective owners.

When traveling on airlines, be sure to comply with all airline restrictions on usage of personal electronic devices and Bluetooth®.

The Bluetooth® connectivity range of the product is up to 100 feet (30 meters) depending on the environment, location and receiving device.

## Wireless Regulatory Disclosures

### FCC Compliance Statement (USA)

CAUTION: The manufacturer is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio / TV technician for help.

### FCC Supplier's Declaration of Conformity (USA)

Product Name: Total Gym STATS™

Product Model: LOG-TG1

Manufacturer:

ShapeLog, Inc.

210 E. Huron St.

Ann Arbor, MI 48104

[www.shapelog.com](http://www.shapelog.com)

For inquiries regarding regulatory compliance and / or other disclosures, please contact:

[regulatory@shapelog.com](mailto:regulatory@shapelog.com)

Modular Components Used:

NAME: Bluetooth® 5.0 Module w/Integrated PCB Antenna

MODEL: BL651

FCC ID: SQGBL651

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

## IC Compliance Statement (Canada)

Contains IC: 3147A-BL651

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe [B] est conforme à la norme NMB-003 du Canada.

CAN ICES-003(B) / NMB-003(B)

## CE Declaration of Conformity (Europe)

ShapeLog, Inc. hereby declares that Total Gym STATS™ (Model: LOG-TG1) is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU.



**Caution:** There is risk of explosion if battery is replaced with an incorrect type. Dispose of used batteries in accordance with manufacturer instructions and all local / national regulations.

This product is intended for sale and application in a business environment.

### RED Article 10 2

This product can be used across EU Member States.

### RED Article 10 10

This is a class 1 product; No restrictions.

Bluetooth® Information	
Bluetooth® Version	Bluetooth® V5.0 (BLE only)
Frequency Range	2402 - 2480 MHz
Number of Channels	40
Maximum RF Output Power	+2.33 dBm (EIRP)
Antenna Type	PCB

## Product Safety Disclosures

### Laser Safety Disclosures

This product contains a Class 1 laser-emitting component which complies with IEC 60825:2014 and EN 60825-1:2014 (third edition), including EN 60825-1:2014/A11:2021 and EN 50689:2021.



The laser beam is not visible to the naked eye (940nm IR).

The laser output power must not be increased by any means and no optics should be used with the intention of focusing the laser beam.

### Product Modifications and Repair

Product modifications or changes to the hardware and / or software not expressly approved by ShapeLog, Inc. may void the product warranty and / or limit the user's authority to operate this equipment.

This product does not contain any user-serviceable parts. Please contact Total Gym support for assistance.

### Operating Conditions

For home and office use. This device is rated as a commercial product for operation between +41°F (+5°C) to +104°F (+40°C), otherwise damage may occur.

The product is intended for use below 2500 meters altitude.

This device is not intended for use in wet and / or condensing environments. Protect the product from moisture and remove batteries if liquid exposure occurs. Wipe the product down with a dry cloth prior and ensure the battery compartment is completely dry prior to reinstalling the batteries.

# **Important Battery Information**

## **General Information**

This product uses two consumer-type Alkaline “AA size” batteries (IEC: LR6 / ANSI: 15A) which must be inserted correctly for the device to function. ShapeLog, Inc. strongly recommends using high-quality consumer Alkaline batteries in this product for maximum performance and battery life.

Use of carbon-zinc (“heavy duty”), Ni-Cd / Ni-MH, and Lithium-Ion rechargeable batteries is not recommended and may cause damage to the product and / or battery.

Install batteries in the device paying close attention to the positive (+) and negative (-) markings on the battery and within the battery compartment. Do not install batteries incorrectly.

The battery compartment door must be fully closed prior to use of the product.

## **Special Precautions**

Do not mix old and new batteries, or batteries of different types (for example, “heavy-duty” carbon and alkaline type batteries). Always replace both batteries when the product indicates a low battery condition.

Always remove old, weak, or worn-out batteries promptly and recycle or dispose of them in accordance with all local or national regulations. To prevent injury or damage, do not dispose of batteries in a fire. Exercise caution when disposing of any batteries that show signs of damage or leakage.

Do not puncture, open, mutilate, or heat batteries.

Remove the batteries from the device before storing it for periods longer than 1 month without use.

Keep batteries out of reach of children.

Alkaline batteries may leak if heated, used improperly and / or left in the device for extended periods of time. Leaked battery electrolyte is corrosive, may cause damage to the skin or eyes, and may be hazardous if ingested.

If a battery leak occurs, carefully remove all batteries from the device then dispose of them in accordance with all local and national regulations. Take care to prevent contact between skin or clothing and any leaked electrolyte or damaged components. Clean the battery compartment thoroughly using a damp cloth or paper towel prior to installing new batteries, or follow the battery manufacturer’s guidance for cleanup.

## Product Lifecycle Information

### Information on Disposal for Users of Waste Electrical & Electronic Equipment (WEEE)



This symbol on this product and / or its packaging signifies that this electronic device has to be disposed of separately from ordinary household wastes at the end of its life. Disposing of this product correctly will help save valuable resources and prevent any potential negative effects on human health and the environment, which could otherwise arise from inappropriate waste handling.

For proper disposal and recycling, please take this product to a designated collection point where it will be accepted free of charge. Please contact your local authority for further details of your nearest designated collection point.

Alternatively, in some countries you may be able to return this product to your local retailer upon purchase of an equivalent new product.

Penalties may be applicable for incorrect disposal of this waste, in accordance with local and / or national regulations.

This symbol is only valid in the European Union. If you wish to discard this product in other locales, please contact your local authorities or dealer and ask for the correct disposal method.

## Legal Information

### General Intellectual Property Information

This product contains proprietary firmware and / or cryptographic security features which are required for proper operation. You may not copy (except as expressly permitted by the relevant software license), decompile, reverse engineer, disassemble, attempt to derive the source code of, decrypt or modify the firmware of this product (except as and only to the extent any foregoing restriction is prohibited by applicable law or by the licensing terms governing use of Open-Sourced components that may be included with this firmware or associated applications).

### Patent Information

This product is protected by one or more pending and / or issued patents. For more information, access the relevant patent details online at <https://patents.shapelog.com/> using the following product ID: **LOG-TG1**.

### Trademark Information

Total Gym® and Total Gym STATS™ are trademarks of Total Gym Fitness, LLC.

Throughout this document, additional trademarked names may have been used. The remaining trademarks in this publication may be trademarks whose use by third parties for their own purposes could violate the rights of the owner.

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CAN ICES-003(B) / NMB-003(B)

ShapeLog, Inc. | Model: LOG-TG1  
This device complies with part 15 of the FCC Rules.  
Operation is subject to the following two conditions:  
(1) This device may not cause harmful interference, and  
(2) this device must not accept any interference received,  
including interference that may cause undesired operation.  
Contains FCC ID: SQGBL651. Contains IC: 3147A-BL651.

This is a beta unit not for resale.