

total gym® *Ultimate*

OWNER'S MANUAL



*For Maximum Effectiveness
and Safety, Please Read
This Owner's Manual
and view the Video
Before Using Your
Total Gym® Ultimate.*

Congratulations on purchasing your new Total Gym® Ultimate.

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® Ultimate 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® Ultimate.**

If you have questions about your Total Gym® Ultimate, please call Customer Service at 1-800-321-9236, Monday through Friday, 8:30am to 6:00pm, EST.

Please do not call the above number for Parts. See Ordering Replacement Parts section below.

ORDERING REPLACEMENT PARTS

When ordering parts, please contact our Parts Department, toll free at 1-800-497-5831, Monday through Friday, 8:30am to 6:00pm, EST.

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

Serial #: _____

Please also provide the following information:

- 1) Name, Mailing Address and Telephone Number
- 2) Date of Purchase
- 3) Where Product was Purchased (Name of Retail Store, City)
- 4) Model Number (21850-3)
- 5) Part Order Number and Description

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EQUIPMENT WARNING/CAUTION LABELS - See page 3 for placement of the following warning/caution labels on your unit.

WARNING LABEL 1

!WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL AND VIDEO MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 275 LBS. REPLACE THIS LABEL IF DAMAGED, ILLEGIBLE OR REMOVED. CLASS HC. GO TO OUR WEBSITE: WWW.FITNESSQUEST.COM OR CALL CUSTOMER SERVICE: 1-800-497-5831 FOR REPLACEMENT LABEL, MANUAL, VIDEO OR QUESTIONS.

WARNING LABEL 2

!WARNING

MAKE SURE ADJUSTMENT PIN IS LOCKED IN PLACE BEFORE BEGINNING EXERCISES.

WARNING LABEL 3

!WARNING

BEFORE USING, INSERT SAFETY PIN IN FIRST HOLE BELOW HEIGHT BRACKET.

WARNING LABEL 4

(3 locations)

!WARNING

CRUSH HAZARD
Keep hands clear during folding.

WARNING LABEL 5 (for Leg Pulley Bracket)

!WARNING

BE CAREFUL NOT TO BUMP HEAD WHEN LEG ATTACHMENT IS IN PLACE. REMOVE LEG ATTACHMENT FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

WARNING LABEL 6 (4 locations)

!WARNING

PINCH POINT. KEEP HANDS AWAY FROM THE FENDER.

WARNING LABEL 7 (Located on back of Squat Stand)

!WARNING

MAKE SURE HITCH PINS ARE LOCKED IN PLACE BEFORE BEGINNING TO EXERCISE.

CAUTION LABEL 1 (for Wing Attachment)

!CAUTION

REMOVE WING ATTACHMENT FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

CAUTION LABEL 2

!CAUTION

KEEP HAIR, FINGERS, LOOSE CLOTHING, PETS, AND CHILDREN AWAY FROM HINGES AND OTHER MOVING PARTS TO AVOID SERIOUS INJURY. ALSO, BE SURE TO HAVE ALL PINS LOCKED IN PLACE BEFORE GETTING ON YOUR TOTAL GYM® TO AVOID SEVERE INJURY.

CAUTION LABEL 3

(Located on Ab Crunch Boards)

!CAUTION

REMOVE AB CRUNCH BOARD FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

CAUTION LABEL 4 (Located on back of Squat Stand)

!CAUTION

REMOVE SQUAT STAND FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

CAUTION LABEL 5 (Located on Pilates Bar)

!CAUTION

REMOVE PILATES BAR FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

CAUTION LABEL 6 (Located on both Dip Bars)

!CAUTION

REMOVE DIP BAR FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

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 pages 11 & 12 for details on Inspection, Maintenance and Storage.

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

Use only the accessory items recommended by the manufacturer.

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

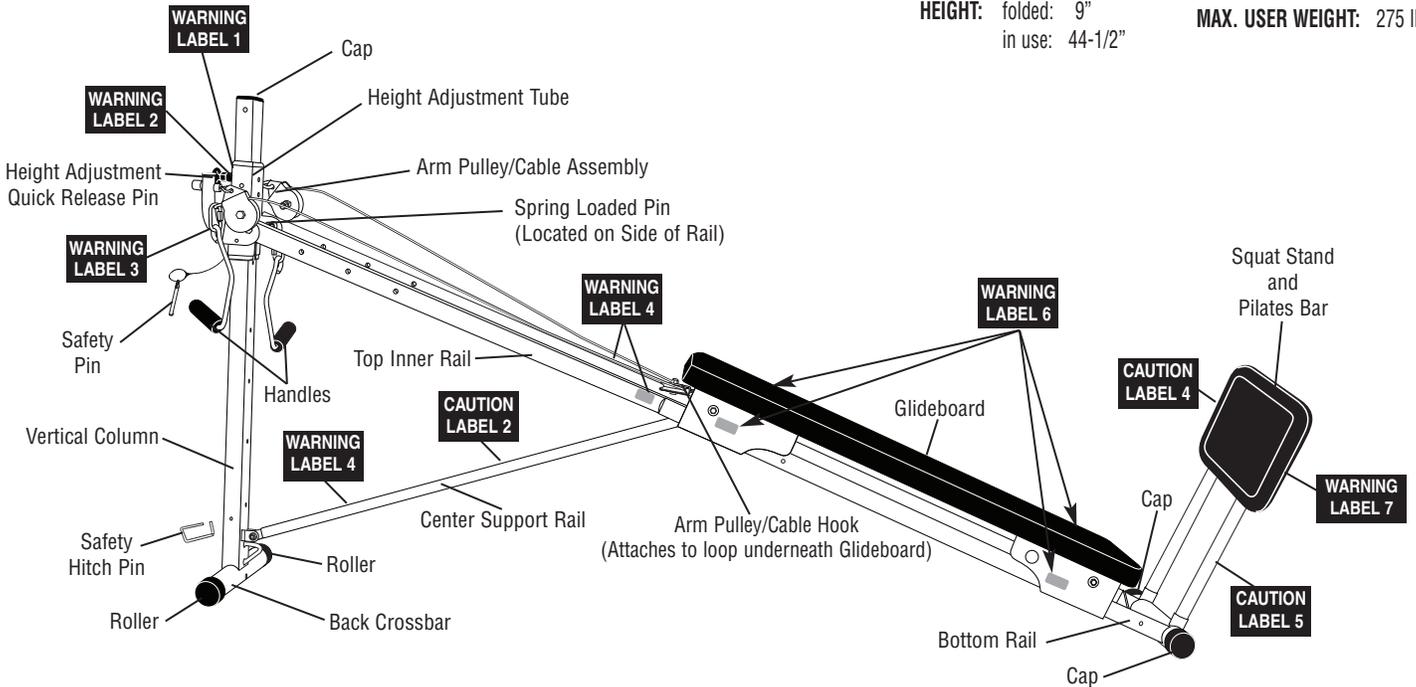
PRODUCT SPECIFICATIONS

Includes
2 Workout DVDs

TOTAL GYM® ULTIMATE SPECS.

LENGTH: folded: 51"
in use: 93"
HEIGHT: folded: 9"
in use: 44-1/2"

WIDTH: 16"
WEIGHT: 62 lbs.
MAX. USER WEIGHT: 275 lbs.



Leg Pulley Accessory Kit

Components shown include: Foot Harness, Rope, Pulley/D-Ring Assembly, Clips, Leg Pulley Bracket, and 1 Medium Hitch Pin. A warning label (WARNING LABEL 5) is present.

For use with leg pulley accessory only.

Miscellaneous
Items shown below are also in Leg Pulley Accessory Kit

Allen Wrenches, Stopper

Wing Accessory

Components shown include: Grips, Foam Pad, and 2 Medium Hitch Pins. A caution label (CAUTION LABEL 1) is present.

Ab Crunch Boards

Components shown include: 10mm & 13mm Hex Wrench, M8 x 60mm Hitch Pins, and Ab Crunch Boards. A caution label (CAUTION LABEL 3) is present.

Flip Chart/Water Bottle Holder

Components shown include: Flip Chart Base and Water Bottle.

Dip Bars

Components shown include: 2 Short Hitch Pins and Dip Bars. A caution label (CAUTION LABEL 6) is present.

Squat Stand and Pilates Bar

Components shown include: 3 - M8 x 110mm Hitch Pins, Squat Stand and Pilates Bar, and various warning and caution labels (WARNING LABEL 7, CAUTION LABEL 4, CAUTION LABEL 5).

SET UP

Your product comes with:

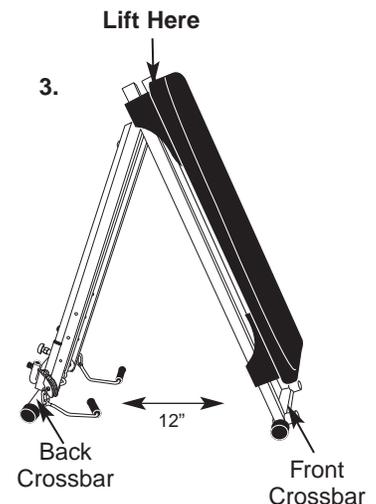
- Safety Hitch Pin located at the bottom of the Vertical Column, which must be removed prior to unfolding.
- Height Adjustment Quick Release Pin located on back of Vertical Column for raising and lowering rails.
- One (1) Spring Loaded Pin locked into the base of the left rail by the Height Adjustment Tube. Left side is determined by standing behind the unit facing the Vertical Column.

IMPORTANT: To Prevent Injury – Be sure the Spring Loaded Pin is locked securely into place in the left rail before using unit. This will prevent the Height Adjustment Column from falling forward.

- Safety Pin - located on Lanyard/attached to Height Adjustment Tube.
- One Medium Hitch Pin for Leg Pulley Bracket, two Medium Hitch Pins for the Wing Accessory, two Short Hitch Pins for the Dip Bars, two Short Hitch Pins for the Ab Crunch Boards and three Long Hitch Pins for the Squat Stand/Pilates Bar.

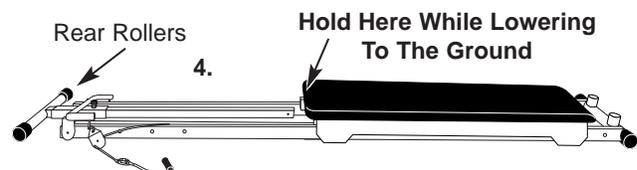
IMPORTANT: Before using the Wing Accessory, Leg Pulley Accessory and Dip Bars, be sure the Hitch Pins are securely inserted (see pages 6 - 9 of this manual for directions).

1. Pull the product out of the shipping box. Remove all packaging materials, including tape and cardboard inserts, from your unit.
2. Lay product on the floor with Glideboard side up. Make sure you have plenty of space on both ends of the product. Slide the Glideboard as far as it will go towards the Front Crossbar before you begin lifting unit.
3. Lift the exerciser up by holding it at the top of the rails. Using your foot, slowly spread the unit open at the bottom approximately 12 inches so that it rests firmly on the Front and Back Crossbars not allowing it to go too far.

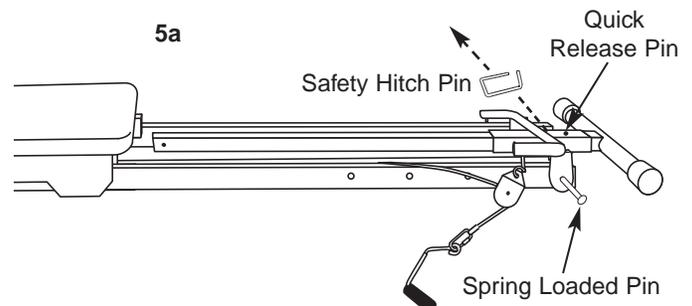


4. Make sure the handles are out to the sides before you begin to unfold your unit. Keep hands and fingers away from pulley. Hold onto the top center of Glideboard and begin rolling rear rollers. Spread the unit out until it is flat on the floor. Be careful to do this **slowly**.

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



5. (a) Remove Safety Hitch Pin from bottom of Vertical Column. Next remove plastic packing ties from the top and bottom of the Vertical Column. Pull out the Spring Loaded Pin Knob located at the left rail to release Spring Loaded Pin. Continue to hold pin out while performing the next step.

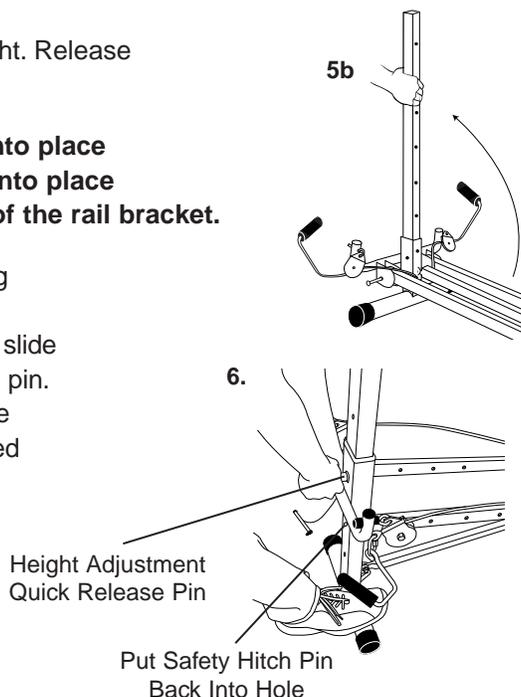


(b) Take hold of the Vertical Column and pull it up until it is upright. Release the Spring Loaded Pin. You should hear it lock back into place.

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

6. Position one foot on Back Crossbar to keep the product from lifting off the floor. With one hand on either the right or left rail and the other hand holding the Height Adjustment Quick Release Pin out, slide the rails along the Vertical Column to desired position and release pin. Pin will pop into place - you will hear a snap. Then turn knob to the right to tighten and secure. Last, insert straight Safety Pin (attached to the Height Adjustment Tube) into the hole on Vertical Column just below the Height Adjustment Bracket.

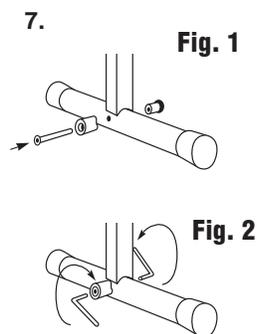
NOTE: Insert Safety Hitch Pin in the side hole located at the bottom of the Vertical Column. (This is the pin you removed in step 5a).



7. STOPPER ASSEMBLY

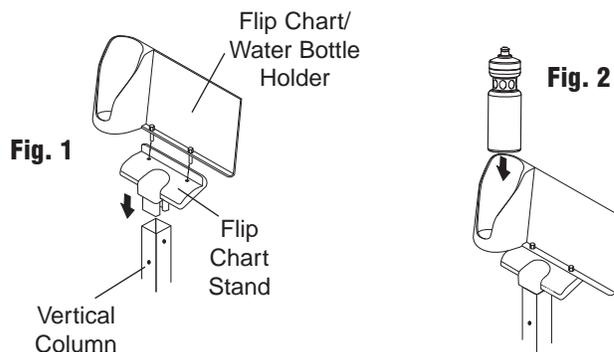
If the Stopper at the bottom of the Vertical Column has not already been installed, please do so now. Locate the Stopper which is packed in Miscellaneous Accessories (See Product Specifications on page 3 of this manual). Unscrew nut on the end of the Stopper and remove. Insert the Stopper into the hole located in the center of the Back Crossbar. (See Fig. 1) Screw the nut back onto the Stopper and tighten with Allen Wrenches provided. (See Fig. 2)

IMPORTANT: Proper installation of the Stopper is necessary for the Rollers to function easily when the unit is folded and rolled into place for storage.



8. FLIP CHART/WATER BOTTLE HOLDER ASSEMBLY

1. Insert the Flip Chart Stand into the Vertical Column then insert the Flip Chart/Water Bottle Holder into the Flip Chart Stand. You will hear it snap into place. See Fig. 1
2. Insert Water Bottle into holder. Be sure to wash the Water Bottle in hot soapy water prior to use. Rinse thoroughly. See Fig. 2.



IMPORTANT: Remove accessories from your equipment when not required for a specific exercise.

HOW TO ATTACH THE WING ACCESSORY

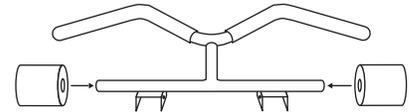
The Wing Accessory provided with your unit has been uniquely designed to serve several purposes. It can be placed at the top or bottom of the exerciser and angled toward you or away from you depending upon what is comfortable for you.

Two thick Foam Pads are provided with the Wing Accessory. They must be attached to the wing (if not already) before exercising. To do this:

1. Simply wet each end of the straight Crossbar of the wing with some soapy water.
2. Then, attach Foam Pads on the Crossbar as shown in Figure 1. Let dry before beginning to exercise with the Wing Accessory.

Proper ways to use the Wing Accessory in accordance with the exercises you wish to do:

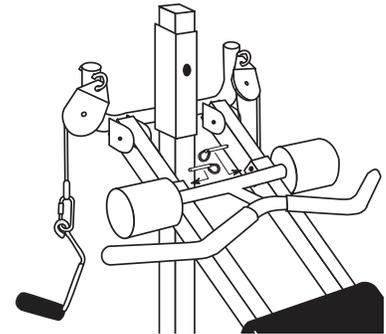
Fig. 1



PULL UPS AND CHIN UPS

1. Locate the holes at the top of the right and left rails.
2. With the wing angled **toward** the glideboard, line up the brackets on the wing with the desired position holes on the rails.
3. Insert the 2 Medium Hitch Pins through the holes on the wing accessory brackets and the hole on the rails, as shown in Figure 2.
4. You are now ready to perform Pull Up and Chin Up exercises to work the arms, lats and back. See your *Exercise Guide* for specific exercises.

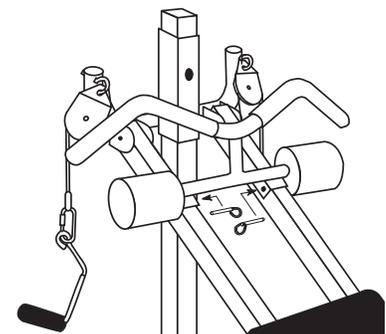
Fig. 2



LEG PULL; CRUNCHES AND SIT UPS

1. Locate the holes at the top of the right and left rails.
2. With the wing angled **away from** the glideboard, line up the brackets on the wing with the desired position holes on the rails.
3. Insert the 2 Medium Hitch Pins through the holes on the Wing Accessory brackets and the hole on the rails, as shown in Figure 3.
4. You are now ready to perform leg pulls, crunches and sit up exercises to work the abdominals, waist and legs. See your *Exercise Guide* for specific exercises.

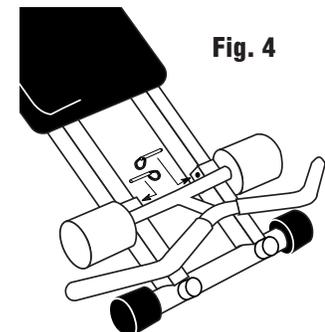
Fig. 3



SQUATS (Pilates bar can be used instead of Wing accessory)

1. Locate the holes at the bottom of the right and left rails near the front crossbar.
2. With the wing angled **away from** the glideboard, line up the brackets on the wing with the desired position holes on the rails.
3. Insert the 2 Medium Hitch Pins through the holes on the Wing Accessory brackets and the hole on the rails, as shown in Figure 4.
4. You are now ready to perform the squats which works the thighs and calves. See your *Exercise Guide* for specific exercises.

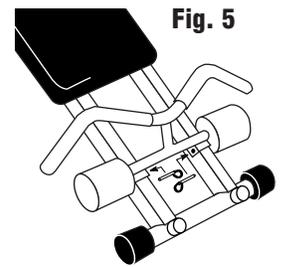
Fig. 4



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

FRONT PRESS

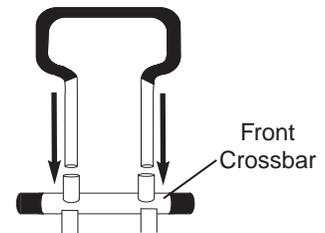
1. Locate the holes at the bottom of the right and left rails near the front crossbar.
2. With the wing angled **toward** the glideboard, line up the brackets on the wing with the desired position holes on the rails.
3. Insert the 2 Medium Hitch Pins through the holes on the Wing Accessory brackets and the hole on the rails, as shown in Figure 5.
4. You are now ready to perform the Front Press which works the upper chest and triceps. See your *Exercise Guide* for specific exercises.



HOW TO ATTACH THE PILATES BAR/SQUAT STAND ACCESSORY

PILATES BAR ASSEMBLY

1. Assemble the Pilates Bar at the opposite end of the unit by inserting it into the Front Crossbar as pictured to the right. Make sure it is fully inserted.



SQUAT STAND ASSEMBLY

1. Lay the Squat Stand, with the Foam Pad down, on the floor. See Fig. 1.
2. Place the Pilates Bar into the indentation area. See Fig. 2.
3. Secure the Squat Stand to the Pilates Bar by fully inserting the three Large Hitch Pins. (One on each side and one through the top). See Fig. 3.
4. Locate the holes at the bottom of the Right and Left Rails on the Front Crossbar. See Fig. 4a.
5. Insert Squat Stand with the Foam Pad facing the Glideboard into holes – make sure it is all the way in before beginning. See Fig. 4b.
6. You are now ready to perform the squat exercises which work the thighs and calves.

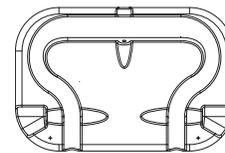


Fig. 1

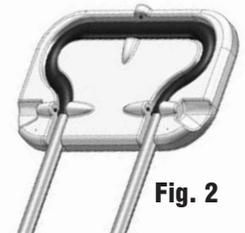


Fig. 2

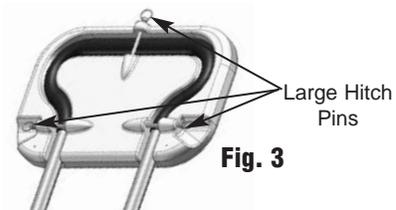


Fig. 3

See your *Flip Chart* for specific exercises.

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

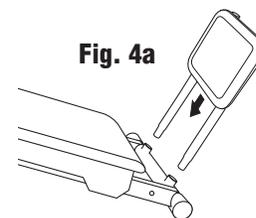


Fig. 4a

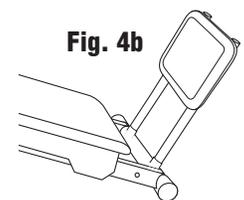
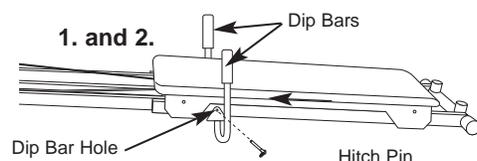
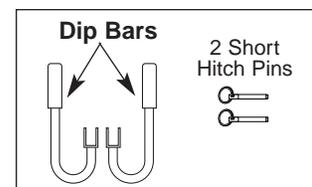


Fig. 4b

HOW TO ATTACH THE DIP BARS

1. Attach each Dip Bar to the frame with the Short Hitch Pins included with your Total Gym® Ultimate. **Note: Hitch Pins are included in Miscellaneous Parts.** 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 the 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.** See your *Exercise Guide* for specific exercise.

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



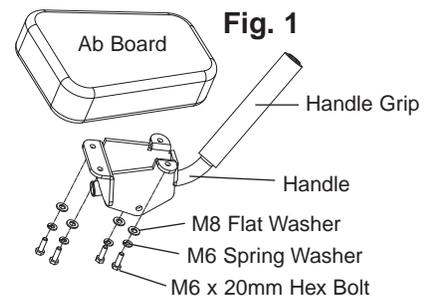
HOW TO ATTACH THE AB CRUNCH BOARDS

IMPORTANT SAFETY INSTRUCTIONS:

1. Be sure to give enough clearance so your head does not hit the Vertical Column when performing these exercises. **DO NOT attach the Ab Crunch Board to the Rail on the hole that is closest to the Vertical Column, doing so could result in possible serious injury or death.**
2. Remove Leg Attachment Bracket when using the Ab Crunch Board to avoid contact, which could result in possible serious injury or death.
3. Be sure that the Hitch Pins are securely locked in place before using the Ab Crunch Board. Failure to do so may cause the Ab Crunch Board to fall off resulting in possible serious injury or death.
4. Do not move your body to the extreme left or right when using the Ab Crunch Board to avoid falling off the exerciser which could result in possible serious injury or death.
5. Caution should be used when getting on and off the exerciser when the Ab Crunch Board is in place. Failure to do so could result in possible serious injury or death.

ASSEMBLY

1. Remove Hex Bolts and Washers from bottom of Ab Boards.
2. With the small end of the Ab Board closest to you, securely attach the appropriate Handle with 4 Flat Washers, Spring Washers and Hex Bolts with Hex Wrench provided. See Fig 1.
3. Repeat on 2nd Ab Board.

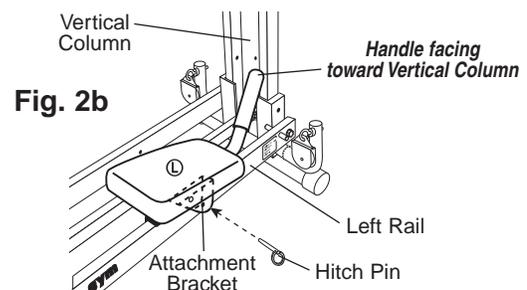
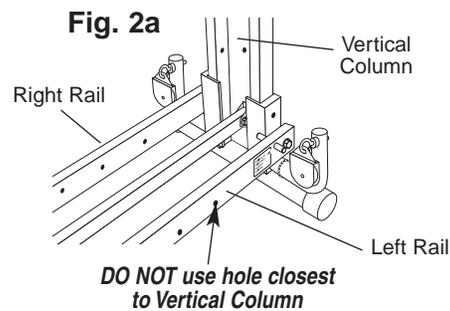


INSTALLATION - How to Install the Ab Crunch Boards to your Total Gym®

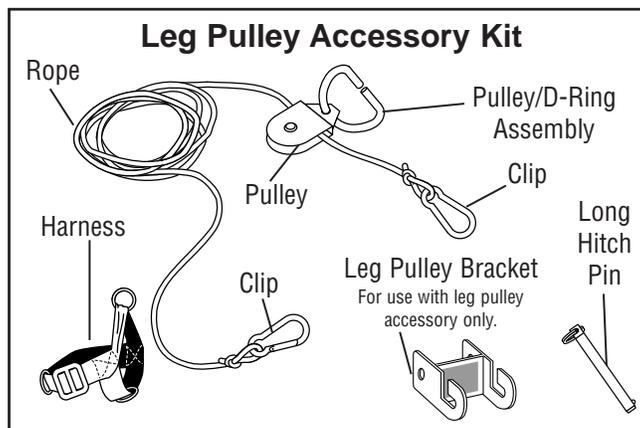
1. Locate the 3 holes at the top of the Right and Left Rails on the Vertical Column (see Fig. 2a). **DO NOT** use hole closest to the Vertical Column. Your head could come in contact with the Vertical Column and could result in possible serious injury or death.

Choose the 2nd or 3rd hole depending on your height or comfort level.

2. Install the Ab Board labeled (L) onto the Left side Rail with the Handle facing toward the Vertical Column (see Fig 2b).
3. Insert the M8 x 60mm Hitch Pin through the holes on the Attachment Brackets and through the hole on the Left Rail as indicated by arrow.
4. Repeat for right Ab Board.



HOW TO ATTACH THE LEG PULLEY ACCESSORY KIT



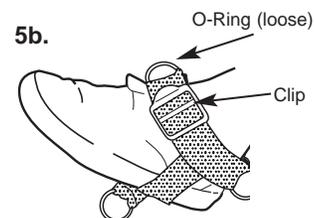
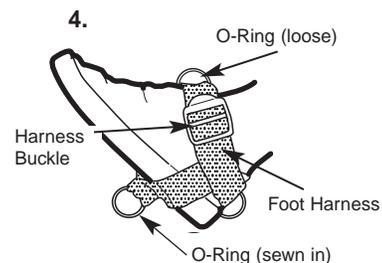
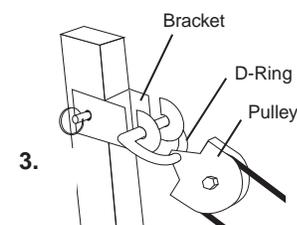
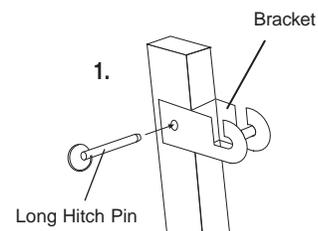
1. Connect the Leg Pulley Bracket to the top of the Vertical Column by aligning Bracket with the hole at the top of the column. (Be sure bracket is right side up.) Insert Long Hitch Pin through the hole to secure Bracket onto the Vertical Column.
2. Detach the Cable Assembly from the loop on the underside of the Glideboard, attach one of the Clips from the Leg Pulley Assembly.
3. Place D-Ring on Pulley first. Then connect the D-Ring to the Bracket as shown.

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 O-ring is on the bottom of your foot. Pull tightly on the strap at the Harness Buckle so the Foot Harness is secure.
5. (a) Position yourself on the Glideboard correctly for the specific exercise you want to perform.
 (b) 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. See your *Exercise Guide* for specific exercises that utilize the Leg Pulley Accessory.

NOTE: Remove Leg Pulley Bracket when you are not exercising with it.

- (c) To disconnect the Foot Harness, unclip the rope from the O-Ring on the Harness. Be sure to stabilize Glideboard when disconnecting Foot Harness.



STARTING OUT

Wear athletic shoes and comfortable light clothing when exercising on the Total Gym® Ultimate. Do not exercise barefoot. Check your exerciser before using to ensure that all the parts are in place and working properly (see pages 11 and 12 for details on *Inspection, Maintenance and Storage*).

Adult supervision is required at all times.

NOTE: The Rails and Glideboard can be raised to any desired level on the Height Adjustment Column depending upon your degree of fitness. Please note, however, that the Rails cannot be raised to the highest position on the Height Adjustment Column when the Leg Pulley Bracket is attached to the column.

Be sure you have plenty of free space around the exerciser so that performing on the Total Gym® Ultimate, as well as getting on and off, is convenient and safe.

Each time you raise or lower the Adjustment Column, be sure you hold it to keep it from dropping to the floor.

Begin using the product at a low incline. As your fitness level progresses, increase the incline to increase the intensity and improve your muscle strength. Don't be in a hurry to exercise at a high intensity level; start out easily and build gradually. The Total Gym® Ultimate is as easy as 1-2-3 to use, so read on.

1. Important Things to Remember When Using the Total Gym® Ultimate

- 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 when performing the desired exercise (see the *Exercise Guide*). Be sure to keep your feet on the floor until you are in the correct position for the specific exercise. Then, if the exercise calls for your feet to be off the floor, place your feet as specified in the instructions.

3. Exercising with the Wing Accessory and the Dip Bars

Slide the Glideboard to a position in which you can comfortably sit or lay down on when performing the desired exercise (see the *Exercise Guide*). Keep your feet on the ground until you are in the correct position and feel comfortable. Then, place your feet in the proper position and begin to exercise.

When starting your exercise program, begin with the basic exercises in the *Exercise Guide* included with your Total Gym® Ultimate 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® Ultimate exercises and programs, study and follow the instructions in the *Exercise Guide* included with your product.

INSPECTION, MAINTENANCE & STORAGE

INSPECT YOUR TOTAL GYM® ULTIMATE PRIOR TO EACH USE

Before using your Total Gym® Ultimate for your workout session, be sure to make the following inspection:

- Make sure the equipment is fully opened and sitting on a solid, level surface with plenty of clearance on all sides. Unit should be used on a mat or on carpeted surfaces only.
- Make sure all the Hitch Pins are securely in place and locked into position.
- Check that the Pulley is attached securely to the loop on the top underside of the Glideboard.
- Check that the Cables are traveling correctly in the groove of each pulley.
- Make sure the Cable is securely fastened to each Handle.
- Check that the Pilates Bar, Wing Accessory or other accessories are installed correctly when in use.
- Make sure the Glideboard is gliding smoothly along the frame.

ROUTINE MAINTENANCE

- Wipe down your Total Gym® Ultimate on a regular basis using a clean cloth and alcohol or alcohol-based products like Windex® or 409®. Do not leave towels or workout clothing laying or hanging on the equipment.
- Periodically check the following parts for signs of fraying or other wear: the cable, pulleys, wheels, Glideboard, accessories and frame. If the cable, pulleys, frame or wheels need replaced - do not use your unit, wait until the part is replaced. If any other part than the ones listed above needs to be replaced, do not use that part until it is replaced.
- Never use a lubricant such as WD-40® or ArmorAll® to lubricate or clean the unit. Use only 3-in-1® oil or machine oil to lubricate the axles of the wheel or pulley, not the roller surface.

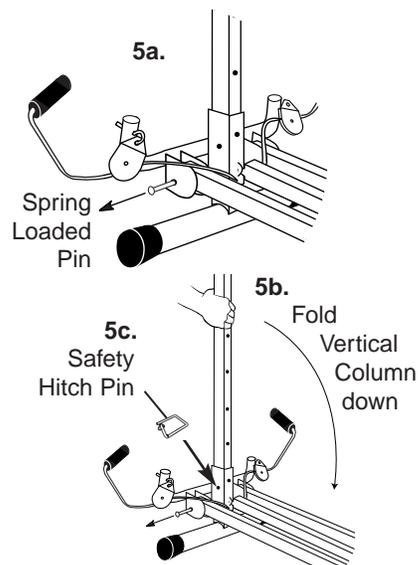
TO STORE YOUR TOTAL GYM® ULTIMATE

Follow these easy steps to store your exerciser properly:

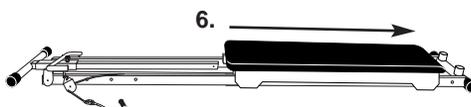
1. First, remove all accessories and attachments including the Flip Chart accessory and replace the cap on the top of the Vertical Column.
2. Remove Safety Hitch Pin and Safety Pin from Vertical Column.
3. Be sure the Cable Pulley is attached to the underside of the Glideboard for folding.
4. Position one hand on either side of rail to hold it up before releasing the Height Adjustment Quick Release Pin. Pull pin out and slowly lower the rails to the ground until they rest on the back crossbar.

Continued on next page

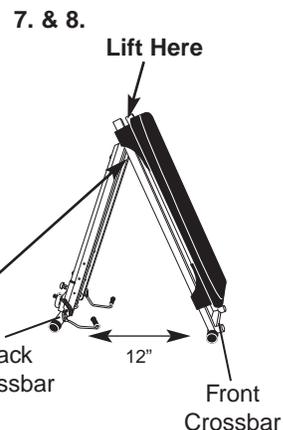
5. a. Release Spring Loaded Pin (on left side rail) as shown.
- b. Fold Vertical Column down towards the center of the unit.
- c. Then insert Safety Hitch Pin at bottom of vertical column.



6. Slide the Glideboard towards the bottom of unit shown in Figure 6.



7. With caution, to avoid pinched fingers or hands, grab the top of the Glideboard and slowly pull the unit up allowing the rollers to bring the back of the unit towards the center. Keep approximately 12" apart.
8. Continue to fold the exerciser together until it is completely folded and roll the exerciser into a closet for storage. To store under a bed, simply lower the exerciser to the floor and roll under the bed. Do not store unit in upright position when folded.



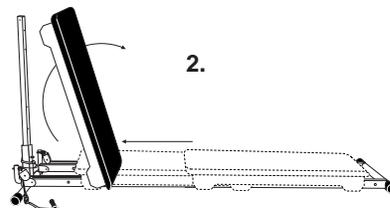
⚠ WARNING
CRUSH HAZARD, KEEP HANDS CLEAR DURING FOLDING.

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").

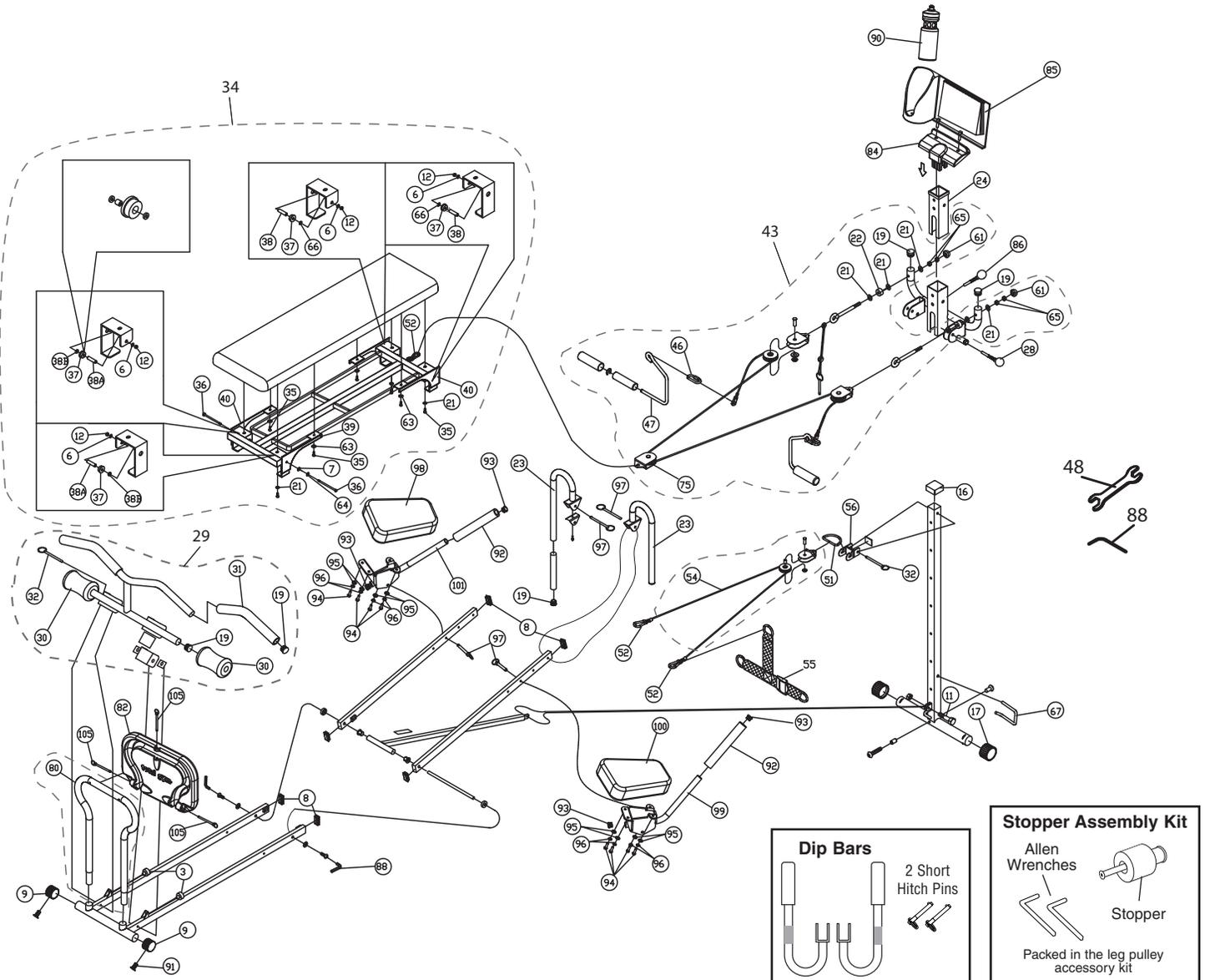
IMPORTANT: The Glideboard weighs approximately 20 lbs. Use caution when lifting it off of the exerciser. Lifting incorrectly may result in user injury.

1. With exerciser laying flat on the floor, disconnect the pulley from the hook on the underside of the Glideboard.
2. Next, tilt up the Glideboard and slide it off the frame of the exerciser. When the bench is completely off the exerciser, set it aside.
3. Next, pull the Spring Loaded Pin to release the Rail and fold the exerciser together as shown above in Figure 7. & 8. Be sure you release the Spring Loaded Pin before folding.



TOTAL GYM® ULTIMATE PARTS LIST & EXPLODED VIEW

ITEM #	PART #	DESCRIPTION	QTY.	ITEM #	PART #	DESCRIPTION	QTY.	ITEM #	PART #	DESCRIPTION	QTY.
3	0100060	Stopper	2	38A	0100239	Bottom Spacer Tube	2	86	0100347	Adjustment Pin	1
6	0100001	M8 x 19mm x 1.5t Washer	4	38B	0100240	Small Spacer Tube	2	88	0100122	5mm Allen Wrench	2
7	0100002	M8.5 x 14mm x 1.8t Spring Washer	4	39	0700032	Left Fender	2	90	0900023	Water Bottle	1
8	0100141	Rectangle Tube Cap	8	40	0700033	Right Fender	2	91	0100062	M4 x 12mm Phillips Screw	2
9	0100359	Round End Cap	2	43	0600031	Cable Kit	1	92	0700046	Foam Grip	2
12	0100004	M8 Nylon Nut	4	46	0100229	Handle Link	2	93	0100339	Round Tube Cap	4
16	0100143	Square Top Cap	1	47	0400080	Handle Assembly	2	94	0100340	M6 x 20mm Hex Bolt	8
17	0100357	Tube Roller	2	48	0100343	10mm & 13mm Hex Wrench	1	95	0100025	M8.5 x 16mm x 1.5t Washer	8
19	0100145	Round Tube Cap	8	51	0100230	D - Ring	1	96	0100341	M6 x 11mm x 1.5t Spring Washer	8
21	0100222	M7 x 14mm x 1.2t Washer	10	52	0100231	Clip	3	97	0100326	M8 x 60mm Hitch Pin	4
22	0100213	Plastic Bushing	2	54	0700034	Rope Assembly	1	98	900026	Right Ab Board	1
23	0900013	Dip Bar w/Grip	2	55	0700035	Harness	1	99	900040	Left Handle w/Grip & Cap	1
24	0100223	Adjustment Sleeve	1	56	0100232	Bracket	1	100	900025	Left Ab Board	1
28	0100346	Spring Loaded Pin	1	61	0100327	M6 Nut Cap	2	101	900041	Right Handle w/Grip & Cap	1
29	0400133	Wing Assembly	1	63	0100336	M7 x 19mm x 1.2t Washer	4	105	0100345	M8 x 110mm Hitch Pin	3
30	0700030	Foam Pad	2	64	0100035	M8.5 x 25mm x 2t Washer	4		0100334	Stopper Assembly Kit	1
31	0700031	Grip	2	65	0100008	M6 Nylon Nut	4		0700047	Leg Pulley Accessory Kit	1
32	0100075	M8 x 80mm Hitch Pin	2	66	100394	M8 x 12mm x 2t Washer	2		0900008	Dip Bar Kit	1
34	300015	Glideboard Assembly	1	67	0100235	C-Pin	1		800102	Start It Up DVD	1
35	100373	M6 x 13mm Hex Bolt	8	80	900043	Pilates Bar w/Grip	1		800107	6 to 8 Minute Workout DVD	1
36	0100058	M8 x 92mm Allen Bolt	4	82	900042	Squat Stand w/Hitch Pins	1		800119	Literature Pack	1
37	0100052	Wheel	4	84	0900021	Flip Chart Stand	1		800120	Owner's Manual	1
38	0100238	Top Spacer Tube	2	85	900045	Flip Chart Holder w/Flip Chart	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 Card for details.

Save your sales receipt.
(You may wish to staple it into this manual.)

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U.S. Patents #D 405,132, #5,967,955; ROC Patent #ND-060792; PRC Patent #ZL 97 2 28552.0.

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1/14/10