



WANT DIFFERENT // DO DIFFERENT

TOTAL GYM SALES PLAYBOOK



ELEVATE
SERIES

WSONPLAY



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QUICK
REFERENCE

TEAM CONTACTS



EXECUTIVE TEAM

EXT#	NAME	TITLE
000	First Last	Title

E-MAIL ADDRESS	DIRECT	CELL
name@yourcompany.com	+00 00 0000 0000	+00 00 0000 0000

MARKETING TEAM

EXT#	NAME	TITLE
000	First Last	Title

E-MAIL ADDRESS	DIRECT	CELL
name@yourcompany.com	+00 00 0000 0000	+00 00 0000 0000

SALES TEAM

EXT#	NAME	TITLE
000	First Last	Title

E-MAIL ADDRESS	DIRECT	CELL
name@yourcompany.com	+00 00 0000 0000	+00 00 0000 0000

OPERATIONS TEAM

EXT#	NAME	TITLE
000	First Last	Title

E-MAIL ADDRESS	DIRECT	CELL
name@yourcompany.com	+00 00 0000 0000	+00 00 0000 0000

PRODUCT LINE
ELEVATE SERIES

MARKET
COMMERCIAL FITNESS



Encompass



Row ADJ



Jump



Pull Up



Row



Core Adj



Press

PRODUCT LINE
RECOVERY SERIES

MARKET
PHYSICAL THERAPY



RS PowerTower



RS Encompass



RS LEX



RS Row ADJ

PRODUCT LINE
HERITAGE COLLECTION

MARKET
HOME FITNESS



Total Gym GTS



Total Gym Row Trainer



Total Gym FIT



Total Gym XLS

SPEC SHEETS
COMMERCIAL FITNESS



Easy Two-Step Folding and Transport Wheels

Retractable Dip Bars

PRODUCT SPECIFICATIONS

IN USE	108" x 38" x 69" [L/W/H] (2.7 m x 1.0 m x 1.8 m)
FOLDED	20" x 38" x 56" [L/W/H] (.5 m x 1.0 m x 1.4 m)
UNIT WEIGHT	180 lbs (81.65 kg)
RAIL CONSTRUCTION	Steel reinforced extruded aluminum rails
RESISTANCE	1% to 62% of bodyweight
LEVELS	22 calibrated incline levels, with release lever to lock rails into place
SQUAT STAND	Three height levels
STORAGE	Hydraulic lift assists folding; Rolls upright when folded
USER HEIGHT	Up to 6'10" (2.1 m)
CAPACITY	Maximum total 650 lbs (295 kg) User weight 350 lbs (160 kg)
WARRANTY	Frame: 5 years Parts & Upholstery: 1 year Foam & Rubber: 90 days

Encompass™ now part of our ELEVATE series and is the award-winning equipment anchor for GRAVITY®, the time-efficient, personal training, group fitness and Pilates program that is generating excitement and new revenue in commercial facilities around the world.

1. Adjustable glideboard promotes optimal spinal alignment and training variations.
2. Automatic rail locks allow for explosive plyometric jumping.
3. Hydraulic rail lift assists level changes and easy two-step folding.
4. Multiple center-pulley attachment positions double arm-cable load and increases lower extremity ROM.
5. LAT bars promote line-of-pull precision for arm-cable exercises.
6. Includes workout DVD and exercise wall chart.
7. Now comes with Retractable Dip Bars included on unit. Optional accessories for purchase include: SCRUNCH®, Press Bar, Weight Bar, 3Grip Pull-up Bar, Dynamic Leg Pulley System, Telescoping Toe Bar, Leg Pulley System, Slide Distance Regulator and Standing Platform.



PRODUCT SPECIFICATIONS

IN USE	108" x 38" x 69" [L/W/H] (2.7 m x 1.0 m x 1.8 m)
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Add the full functionality of Pilates to your Encompass with this comprehensive accessory package. Pilates movements increase reach and core control with low joint compression. Physical and mental benefits of traditional and evolved Pilates include:

- Core strength
- Flexibility
- Fluid movements
- Breath
- Mind, body connection

INCLUDES





PRODUCT SPECIFICATIONS

IN USE	108" x 38" x 69" [L/W/H] (2.7 m x 1.0 m x 1.8 m)
FOLDED	20" x 38" x 56" [L/W/H] (.5 m x 1.0 m x 1.4 m)
UNIT WEIGHT	180 lbs (81.65 kg)
RAIL CONSTRUCTION	Steel reinforced extruded aluminum rails
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The Encompass Strength Package takes basic exercises to the next level in safe positions for correct biomechanics with five additional accessories. A total body workout producing optimum results.

- Add increased resistance to your exercise program
- Engage the core for stabilization
- Target abdominals
- Intensify military press exercises for increased upper body strength
- Provide security and safety during squat exercises

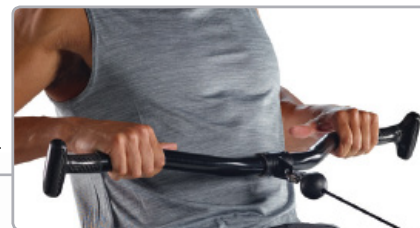
INCLUDES





Instructional Placard provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.

Improved Handle Design Shipping with New Units. features ergonomic grips at both ends providing control and comfort throughout movements.



Ergonomically Designed Seat designed for comfort and to encourage proper form.



Incline Release Lever to move between seven levels of resistance.

Anchor Feet with Bolt Holes for safety and stability.

Monitor displays rowing time, split time (minutes per 500 meters), strokes per minute, total distance and total calories burned.



PRODUCT SPECIFICATIONS

IN USE	98" x 33" x 42" (L/W/H) [2.5 m x .83 m x 1.06 m]
FLOOR SPACE REQUIRED	12 square feet [1.1 square meters]
UNIT WEIGHT	106 lbs, 48 kg
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
CAPACITY	Maximum user weight capacity of 400 lbs [181 kg]
WARRANTY	Frame: 5 years Rubber & Moving Parts: 1 year

An ingeniously unique rower that emulates a rowing movement pattern using adjustable bodyweight resistance, the ELEVATE Adjustable Row™ produces a full body workout, integrating a strength component into a fully adjustable cardio machine.

The ELEVATE Adjustable Row targets all the muscles groups simultaneously and enables a smooth consistent load through the entire range of motion, due to loaded concentric and eccentric phases of the exercise.

- 1. Upgrade on previous design:** user can choose between seven levels of resistance which uses a percentage of bodyweight. Note that this version *does not fold*.
- 2.** Adjustable incline body resistance integrates strength with cardio.
- 3.** Smooth consistent load through concentric and eccentric phases.
- 4.** Built for multi-planar movement.
- 5.** Low impact compression on the joints.



Folds compactly into upright position for easy storage.

Ergonomically Designed Seat designed for comfort and to encourage proper form.



Improved Handle Design Shipping with New Units. features ergonomic grips at both ends providing control and comfort throughout movements.



Instructional Placard provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



Monitor displays rowing time, split time (minutes per 500 meters), strokes per minute, total distance and total calories burned.

PRODUCT SPECIFICATIONS

IN USE	98" x 23.5" x 30" (L/W/H) [2.5 m x .6 m x .8 m]
FLOOR SPACE REQUIRED	12 square feet [1.1 square meters]
UNIT WEIGHT	98 lbs, 44.5 kg
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
CAPACITY	Maximum user weight capacity of 400 lbs [181 kg]
WARRANTY	Frame: 5 years Rubber & Moving Parts: 1 year

An ingeniously unique rower that emulates a rowing movement pattern using adjustable bodyweight resistance, the ELEVATE Row™ produces a full body workout, integrating a strength component into a traditional cardio machine.

The Row targets all the muscles groups simultaneously and enables a smooth consistent load through the entire range of motion, due to loaded concentric and eccentric phases of the exercise.

1. Adjustable incline body resistance integrates strength with cardio.
2. Smooth consistent load through concentric and eccentric phases.
3. Built for multi-planar movement.
4. Low impact compression on the joints.
5. Folds compactly into upright position for easy storage.

SCRUNCH Forearm Pad features an ergonomic grip bar for stabilization and a high-density foam cushion with box-stitched vinyl upholstery.

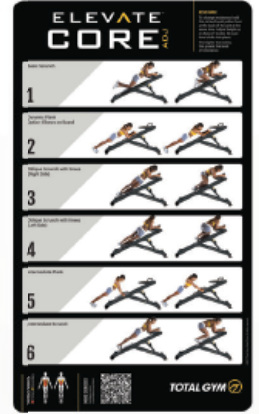


Incline Release Lever to move between seven levels of resistance.

Anchor Feet with Bolt Holes for safety and stability.



Instructional Placard provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



Rolling Padded Glideboard allows for multiple progression options.

Rubber Foot Plate for safety and comfort.

PRODUCT SPECIFICATIONS

IN USE	72" x 33" x 51" [L/W/H] (1.8 m x .83 m x 1.29 m)
FLOOR SPACE	12 square feet [1.1 square meters]
UNIT WEIGHT	88 lbs (40 kg)
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
CAPACITY	Maximum user weight capacity of 400 lbs [181 kg]
GLIDEBOARD RANGE OF MOTION	31 inches [787 mm]
WARRANTY	Frame: 5 years Upholstery: 90 days Rubber & Moving Parts: 1 year

The ELEVATE Adjustable Core™ strengthens the abdominals while engaging the entire core musculature. Offering unparalleled versatility for an abdominal machine, the Adjustable Core is a plank facilitator that allows for two primary movements, the Dynamic Plank and the SCRUNCH®. Simple, intuitive, and accommodating all fitness levels, the ELEVATE Adjustable Core helps enhance basic core stability for beginners while providing advanced strengthening and increased core muscle recruitment to challenge conditioned athletes.

- 1. Upgrade on previous design:** user can choose between seven levels of resistance which uses a percentage of bodyweight.
- 2.** Provides dedicated area for planking off of the floor.
- 3.** Rolling glideboard offers option to increase instability for further strengthening.
- 4.** Ability to progress or regress exercises by changing body position.
- 5.** Includes link to exercise library with additional and advanced exercise options.
- 6.** Designed to be bolted to gym floor for designated plank area.

Instructional Placard provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



Incline Release Lever to move between seven levels of resistance.

JumpOMeter allows quick visual measurement progression of plyometrics.



Curved Platform follows anatomic curve of hip to foot ratio ensuring proper biomechanics throughout plyometric movements.

Slide Distance Regulator to control range of motion.



Safety Lock enables users begin exercise in a safe and comfortable position.



Variable Band Resistance (VBR) allows for an additional 10-70 lbs of resistance.

Anchor Feet with Bolt Holes for safety and stability.

PRODUCT SPECIFICATIONS

IN USE	104" x 33" x 68" [L/W/H] (2.6 m X .8 m X 1.7 m)
FLOOR SPACE	24 square feet (2.2 square meters)
UNIT WEIGHT	230 lbs [105 kg]
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
INSTALLATION	Designed to be bolted to the floor
CAPACITY	Maximum user weight capacity of 400 lbs [180 kg]
BODYWEIGHT RESISTANCE	50% - 80% BWR
BANDS	Additional 10 – 70 lbs VBR
WARRANTY	Frame: 5 years Upholstery: 90 days Rubber & Moving Parts: 1 year

The ELEVATE Jump™ builds explosive power and develops lower body muscle mass with two primary movements, the squat and the squat jump. Uniquely designed to facilitate plyometric exercises leveraging both linear bodyweight resistance and band variable resistance, the Jump produces both concentric and eccentric loading of the muscles – allowing users to accelerate and decelerate quickly during a squat jump in a safe, controlled manner. Able to accommodate all levels of fitness, the ELEVATE Jump supports the spine during traditional squat exercises so that users can comfortably control the descending and ascending phases of the squat, while providing an opportunity for advanced variations including single-leg squats and staggered stance squats.

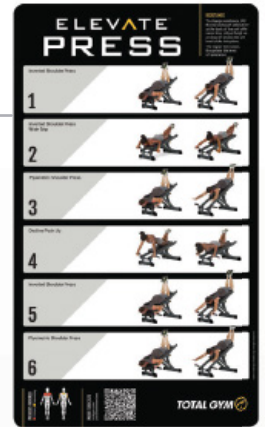
1. Provides concentric and eccentric force utilizing both linear bodyweight resistance (BWR) and variable band resistance (VBR).
2. Four resistance bands can be engaged to allow for an additional 10-70 lbs resistance in 10 lb increments.
3. Pneumatic brake protects joints during plyometric movements.
4. Angled glideboard provides comfort and support for the upper body.
5. Includes link to exercise library with additional and advanced exercise options.

Instructional Placard provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



Incline Release

Lever to move between seven levels of resistance ranging from 15 percent to 50 percent of a user's bodyweight.



Anchor Feet with Bolt Holes for safety and stability.

PRODUCT SPECIFICATIONS

IN USE	66" x 39" x 41" (L/W/H) [1.7 m X 1.0 m X 1.0 m]
FLOOR SPACE	14 square feet [1.4 square meters]
UNIT WEIGHT	116 lbs [53 kg]
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
CAPACITY	Maximum user weight capacity of 400 lbs [181 kg]
GLIDEBOARD RANGE OF MOTION	33 inches [840 mm]
WARRANTY	Frame: 5 years Upholstery: 90 days Rubber & Moving Parts: 1 year

The ELEVATE Press™ introduces a totally new way to do a shoulder press by placing users in an inverted position. Seven adjustable levels allow users to select a percentage of their own bodyweight as resistance. The Press also allows users to perform a decline push-up.

1. Designed for intuitive use and success in performing press up.
2. Strengthens all the muscles of the upper body.
3. Seven incline levels allow users to progress from pressing as little as 15 percent of their own bodyweight up to 50 percent.
4. Allows for plyometric movements.
5. Ability to progress a decline push-up.
6. Inverted position stabilizes shoulder girdle and reduces spinal compression and shoulder impingement.



Incline Release Lever
to move between seven levels of resistance ranging from 15 percent to 50 percent of a user's bodyweight.

Instructional Placard provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



Anchor Feet with Bolt Holes for safety and stability.

PRODUCT SPECIFICATIONS

IN USE	70" x 45" x 44" (L/W/H) [1.8 m X 1.1 m X 1.1 m]
FLOOR SPACE	16 square feet [1.5 square meters]
UNIT WEIGHT	120 lbs [55 Kg]
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
CAPACITY	Maximum user weight capacity of 400 lbs [181 kg]
GLIDEBOARD RANGE OF MOTION	33 inches [840 mm]
WARRANTY	Frame: 5 years Upholstery: 90 days Rubber & Moving Parts: 1 year

The ELEVATE Pull-up™ utilizes incline bodyweight resistance to assist users in doing a proper pull-up to strengthen the muscles of the upper body. Built on an adjustable incline with seven levels to select from, the ELEVATE Pull-up allows users to lift approximately 30 percent to 60 percent of their own bodyweight.

1. Designed to successfully allow anyone to perform pull-ups using their own bodyweight.
2. Strengthens all the muscles of the upper body.
3. Seven incline levels allow users to progress from pulling as little as 30 percent of their own bodyweight up to 60 percent.
4. Enhanced functional performance of daily activities and increased athleticism.
5. Exercises can be progressed or regressed to accommodate all fitness levels.

Tower allows for **motorized incremental load changes** during exercise at the push of a button.

Adjustable glideboard promotes optimal spinal alignment and training variations.

Remote control handles allow touch-control level adjustments while exercising.

LAT Bars promote line-of-pull specificity for arm-cable exercises.

Center-pulley Attachment Positions offer resistance challenges at six levels.

Easy Two-Step Folding and transport wheels for moving unit.

Automatic Rail Locks allow for explosive plyometric jumping.
Hydraulic Rail Lift assists level changes and easy two-step folding.

PRODUCT SPECIFICATIONS

RESISTANCE	1% to 72% of bodyweight
INCLINE LEVELS	26 calibrated levels, with infinite adjustment between levels
IN USE	108" x 38" x 80" (L/W/H) [2.7 m x 1.0 m x 2.0 m]
FOLDED	20" x 38" x 65" (L/W/H) (.5 m x 1.0 m x 1.7 m)
UNIT WEIGHT	218 lbs (99 kg)
STORAGE	Hydraulic lift assists folding Rolls upright
USER HEIGHT	Up to 6'10" (2.1 m)
CAPACITY	Maximum total 650 lbs (295 kg)
POWER	110~220 VAC; 50~60 Hz
CONSTRUCTION	Steel reinforced extruded aluminum rails
WARRANTY	Frame - 5 years; Parts & Upholstery - 1 year; Foam & Rubber - 90 days; Motor - 2 years

The Encompass PowerTower™ allows incremental load changes during exercise, providing the utmost versatility for post-injury or post-surgery rehabilitation as well as sports specific and athletic training.

1. Now included with the unit are Closed Chain Platform, Retractable Dip Bars, Squat Handle Bars, Slide Distance Regulator.
2. Motorized level adjustment improves client access to glideboard and ease of transitions between exercises.
3. Remote control handles allow touch-control level adjustments while exercising.
4. Adjustable glideboard promotes optimal spinal alignment and training variations.
5. Automatic rail locks allow for explosive plyometric jumping.
6. Multiple center-pulley attachment positions double arm-cable load and increase lower extremity ROM.
7. LAT bars promote line-of-pull specificity for arm-cable exercises.
8. Clinical Accessory Package available for purchase. Package includes: Leg Pulley System, Press Bar, SCRUNCH® and Weight Bar.
9. Additional accessories available for purchase include: Pull-Up Bar (3Grip), Standing Platform and Telescoping Toe Bar.

Recovery Series

ENCOMPASS POWERTOWER™ CLINICAL COMPLETE PACKAGE

Clinical Complete Package accessories: SCRUNCH, Weight Bar, Leg Pulley System and Press Bar

Also includes standard unit accessories: Closed Chain Platform, Retractable Dip Bars, Squat Handle Bars, Slide Distance Regulator



Adjustable glideboard promotes optimal spinal alignment and training variations.

Remote control handles allow touch-control level adjustments while exercising.

Tower allows for **motorized incremental load changes** during exercise at the push of a button.

LAT Bars promote line-of-pull specificity for arm-cable exercises.

Center-pulley Attachment Positions offer resistance challenges at six levels.

Easy Two-Step Folding and transport wheels for moving unit.

Automatic Rail Locks allow for explosive plyometric jumping.
Hydraulic Rail Lift assists level changes and easy two-step folding.

PRODUCT SPECIFICATIONS

RESISTANCE	1% to 72% of bodyweight
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The Encompass PowerTower™ allows incremental load changes during exercise, providing the utmost versatility for post-injury or post-surgery rehabilitation as well as sports specific and athletic training. Motorized level adjustment improves client access to glideboard and ease of transitions between exercises.

The Clinical Complete Package adds four additional accessories to provide comprehensive support to clinicians in the utilization of the Encompass PowerTower –from rehabilitation to sport-specific power training and progress assessments.



SCRUNCH
For early closed-chain functional movement patterns in a partially loaded environment.

WEIGHT BAR
Provides attachment point for Biomechanical Ankle Platform System (BAPS board).

LEG PULLEY SYSTEM
Provides control and safety by enabling you to set the rolling distance of the glideboard.

PRESS BAR
Provides a solid handhold during squat exercises.

STANDARD ACCESSORIES

In order to deliver the best experience, these must-have accessories are now standard on the Recovery Series Encompass and Encompass PowerTower models.



CLOSED CHAIN PLATFORM

For early closed-chain functional movement patterns in a partially loaded environment.



BAPS ADAPTER

Provides attachment point for Biomechanical Ankle Platform System (BAPS board).



DIP BARS

Retractable dip bars provide specificity to dip exercises targeting the triceps and pectorals for strength and conditioning.



SLIDE DISTANCE REGULATOR

Provides control and safety by enabling you to set the rolling distance of the glideboard.



SQUAT HANDLE BAR

Provides a solid handhold during squat exercises.

ACCESSORIES

Add even more variety to your repertoire with these additional accessories.



SCRUNCH

Stretch, strengthen and stabilize the entire core for targeted abdominal strengthening.



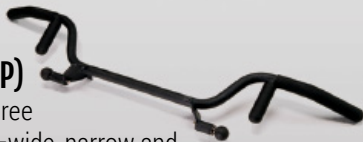
PRESS BAR

For military-style press exercises with two grips.



LEG PULLEY SYSTEM

Engage a full complement of leg exercises covering the entire spectrum of resistance training.



PULL-UP BAR (3 GRIP)

Facilitates pull-ups in three different grip positions—wide, narrow and hammer grip—for maximum variability.



TELESCOPING TOE BAR

Facilitates many beginning, intermediate and advanced Pilates movements.



WEIGHT BAR

Add additional standard weight plates to achieve greater weight resistance.



STANDING PLATFORM

Promotes proper body alignment during Pilates and other exercises while providing dynamic instability toward improving balance, flexibility and coordination.



PRODUCT SPECIFICATIONS

IN USE	108" x 38" x 69" [L/W/H] (2.7 m x 1.0 m x 1.8 m)
FOLDED	20" x 38" x 56" [L/W/H] (.5 m x 1.0 m x 1.4 m)
UNIT WEIGHT	180 lbs (81.65 kg)
RAIL CONSTRUCTION	Steel reinforced extruded aluminum rails
RESISTANCE LEVELS	1% to 62% of bodyweight 22 calibrated incline levels, with release lever to lock rails into place
SQUAT STAND	Three height levels
STORAGE	Hydraulic lift assists folding; Rolls upright when folded
USER HEIGHT	Up to 6'10" (2.1 m)
CAPACITY	Maximum total 650 lbs (295 kg)
WARRANTY	Frame: 5 years Parts & Upholstery: 1 year Foam & Rubber: 90 days

The Recovery Series Encompass™ provides the optimum functional training experience. Works multiple muscle groups together for a complete workout that challenges proprioception and core stabilizers by integrating multi-plane movement and unrestricted range of motion. Perfect for your physical therapy wellness program.

1. Now included with the unit are Closed Chain Platform, Retractable Dip Bars, Squat Handle Bars, Slide Distance Regulator.
2. Adjustable glideboard promotes optimal spinal alignment and training variations.
3. Automatic rail locks allow for explosive plyometric jumping.
4. Hydraulic rail lift assists level changes and easy two-step folding.
5. Multiple center-pulley attachment positions double arm-cable load and increases lower extremity ROM.
6. LAT Bars promote line-of-pull precision for arm-cable exercises.
7. Clinical Complete Accessory Package available for purchase. Package includes: Leg Pulley System, Press Bar, SCRUNCH® and Weight Bar.
8. Additional accessories available for purchase include: Pull-Up Bar (3Grip), Standing Platform and Telescoping Toe Bar.

Recovery Series

ENCOMPASS™

CLINICAL COMPLETE PACKAGE

Clinical Complete Package accessories: SCRUNCH, Weight Bar, Leg Pulley System and Press Bar

Also includes standard unit accessories: Closed Chain Platform, Retractable Dip Bars, Squat Handle Bars, Slide Distance Regulator



Adjustable glideboard promotes optimal spinal alignment and training variations.

LAT Bars promote line-of-pull specificity for arm-cable exercises.

Center-pulley Attachment Positions offer resistance challenges at six levels.

Easy Two-Step Folding and transport wheels for moving unit.

Automatic Rail Locks allow for explosive plyometric jumping.
Hydraulic Rail Lift assists level changes and easy two-step folding.

PRODUCT SPECIFICATIONS

IN USE	108" x 38" x 69" [L/W/H] (2.7 m x 1.0 m x 1.8 m)
FOLDED	20" x 38" x 56" [L/W/H] (.5 m x 1.0 m x 1.4 m)
UNIT WEIGHT	180 lbs (81.65 kg)
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The Clinical Complete Package adds four additional accessories to provide comprehensive support to clinicians in the utilization of the Encompass – from rehabilitation to sport-specific power training and progress assessments.



SCRUNCH
For early closed-chain functional movement patterns in a partially loaded environment.

WEIGHT BAR
Provides attachment point for Biomechanical Ankle Platform System (BAPS board).

LEG PULLEY SYSTEM
Provides control and safety by enabling you to set the rolling distance of the glideboard.

PRESS BAR
Provides a solid handhold during squat exercises.

Curved Platform follows anatomic curve of hip to foot ratio ensuring proper biomechanics throughout plyometric movements.

JumpOMeter allows quick visual measurement progression of plyometrics.



Slide Distance Regulator to control range of motion.



Anchor Feet with Bolt Holes for safety and stability.

Incline Release Lever to move between seven levels of resistance.



Instructional Placard provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.

Variable Band Resistance (VBR) allows for an additional 10-70 lbs of resistance.

Safety Lock enables users begin exercise in a safe and comfortable position.

PRODUCT SPECIFICATIONS

IN USE	104" x 33" x 68" [L/W/H] (2.6 m X .8 m X 1.7 m)
FLOOR SPACE	24 square feet (2.2 square meters)
UNIT WEIGHT	230 lbs [105 kg]
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
INSTALLATION	Designed to be bolted to the floor
CAPACITY	Maximum user weight capacity of 400 lbs [180 kg]
BODYWEIGHT RESISTANCE	50% - 80% BWR
BANDS	Additional 10 – 70 lbs VBR
WARRANTY	Frame: 5 years Upholstery: 90 days Rubber & Moving Parts: 1 year

The Recovery Series LEX builds explosive power by developing lower body muscle mass with two primary movements, the squat and the squat jump. The LEX produces both concentric and eccentric loading of the muscles – allowing users to accelerate and decelerate quickly during a squat jump in a safe, controlled manner. By supporting a percentage of the user's own body weight, with varying incline, the LEX enables a patient who cannot perform a jump to gradually progress to success. The LEX supports the spine during traditional squat exercises so that users can comfortably control the descending and ascending phases of the squat, while providing an opportunity for advanced variations including single-leg squats and staggered stance squats.

1. Provides concentric and eccentric force utilizing both linear bodyweight resistance (BWR) and variable band resistance (VBR).
2. Four resistance bands can be engaged to allow for an additional 10-70 lbs resistance in 10 lb increments.
3. Pneumatic brake protects joints during plyometric movements.
4. Angled glideboard provides comfort and support for the upper body.
5. Includes link to exercise library with additional and advanced exercise options.



Monitor displays rowing time, split time (minutes per 500 meters), strokes per minute, total distance and total calories burned.



Instructional Placard

provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



Low Seat Positioning for easy mount and dismount.



Anchor Feet with Bolt Holes for safety and stability.



Incline Release Lever to move between seven levels of resistance.

PRODUCT SPECIFICATIONS

IN USE	98" x 33" x 42" (L/W/H) [2.5 m x .83 m x 1.06 m]
FLOOR SPACE REQUIRED	12 square feet [1.1 square meters]
UNIT WEIGHT	106 lbs, 48 kg
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
CAPACITY	Maximum user weight capacity of 400 lbs [181 kg]
RESISTANCE	Seven levels of resistance at 16-33% of bodyweight
WARRANTY	Frame: 5 years Rubber & Moving Parts: 1 year

The Recovery Series Row ADJ is the only rower on an incline that improves muscular fitness and satisfies both cardiovascular aerobic and strength training requirements simultaneously.

Targeting all muscle groups at the same time, the Row ADJ uses bodyweight resistance and enables a smooth consistent load through the entire range of motion, due to loaded concentric and eccentric phases of the exercise.

1. User can choose between seven levels of resistance which uses 16-33% of bodyweight. Note that this version *does not fold for storage*.
2. Adjustable incline body resistance integrates strength with cardio.
3. Smooth consistent load through concentric and eccentric phases.
4. Built for multi-planar movement.
5. Low impact compression on the joints.
6. Ergonomically designed seat designed for comfort and to encourage proper form.
7. Easy mount and dismount.

SPEC SHEETS
HOME FITNESS





PRODUCT SPECIFICATIONS

IN USE	106" x 38" x 57" [L/W/H] (2.69 m x 0.96 m x 1.45 m)
FOLDED	20" x 38" x 57" [L/W/H] (0.51 m x 0.96 m x 1.45 m)
UNIT WEIGHT	180 lbs (81.65 kg)
RAIL CONSTRUCTION	Steel reinforced extruded aluminum rails
RESISTANCE LEVELS	1% to 62% of bodyweight 22 calibrated incline levels, with release lever to lock rails into place
SQUAT STAND	Three height levels
STORAGE	Hydraulic lift assists folding; Rolls upright when folded
USER HEIGHT	Up to 6'10" (2.1 m)
CAPACITY	Maximum total 650 lbs (295 kg)
WARRANTY	Frame: 5 years Parts & Upholstery: 1 year Foam & Rubber: 90 days

The Heritage Collection GTS brings commercial quality home delivering the ultimate in workout versatility with 22 levels of resistance, adjustable Squat Stand, LAT Bar with 6 Pulley Locator Positions and more. The GTS also features hydraulic rail lift assists with level changes and easy two-step folding along with automatic rail locks for explosive plyometric jumping. Over 200 total body exercises on one machine.

1. Adjustable glideboard promotes optimal spinal alignment and training variations.
2. Automatic rail locks allow for explosive plyometric jumping.
3. Hydraulic rail lift assists level changes and easy two-step folding.
4. Multiple center-pulley attachment positions double arm-cable load and increase lower extremity ROM.
5. LAT bars promote line-of-pull specificity for arm-cable exercises.
6. Includes workout DVD and exercise wall chart.
7. Popular accessories available for purchase include SCRUNCH®, Press Bar, Retractable Dip Bars, Weight Bar, 3Grip Pull-up Bar, Dynamic Leg Pulley System, Toe Bar for Pilates.



Folds compactly into upright position for easy storage.



Monitor displays rowing time, split time (minutes per 500 meters), strokes per minute, total distance and total calories burned.



Exercise Placard provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



Low Seat Positioning for easy mount and dismount.

PRODUCT SPECIFICATIONS

IN USE	98" x 23.5" x 30" (L/W/H) [2.5 m x .6 m x .8 m]
FLOOR SPACE REQUIRED	12 square feet [1.1 square meters]
UNIT WEIGHT	98 lbs, 44.5 kg
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
CAPACITY	Maximum user weight capacity of 400 lbs [181 kg]
WARRANTY	Frame: 5 years Rubber & Moving Parts: 1 year

The Heritage Collection Row Trainer's versatility makes it ideal for circuit training – delivering the same row workout you'd get at the gym in the comfort of your home. The Total Gym Row Trainer emulates a rowing movement pattern using your bodyweight, which produces a full body workout that integrates a strength component into a traditional cardio machine.

1. Variable resistance incline can be raised or lowered to adapt to all workout needs.
2. Smooth consistent muscle load through concentric (shorten) and eccentric (lengthen) movements.
3. Built-in exercise placard for quick reference.
4. Built for multi-planar movement with exercises such as the biceps curl.
5. Low impact compression on the joints and ergonomically-designed.
6. Folds for easy storage. Stores upright against a wall or in a closet. Folded size: 2 25" L x 4" W x 98" H.



Auto-Lock Height Adjustment System for easier transition between exercises.



Training Deck featuring over 80 exercises to target specific body parts.

Target abs with the **AbCrunch Accessory**. Attach and perform over 10 ab-sculpting exercises.



Leg Pull Accessory allows you to strengthen and stretch your major leg muscles.



Ergonomic Glideboard with comfort system.



2-Piece Wing Attachment for wide range of motion on upper and lower body exercises.

PRODUCT SPECIFICATIONS

IN USE	93" x 18.5" x 44.5" [L/W/H] (2.36 m x 0.47 m x 1.13 m)
FOLDED	50.5" x 18.5" x 8.5" [L/W/H] (1.28 m x 0.47 m x 0.22 m)
UNIT WEIGHT	66 lbs (30 kg)
LEVELS	12 calibrated incline levels,
CAPACITY	Maximum total 450 lbs (204 kg)
WARRANTY	Extended 2-year Warranty and Priority Processing

The Total Gym FIT features 12 resistance levels and includes a library of exercises, workouts and workout tools. Total Gym FIT workouts are easy to follow, fun to do, and have the right amount of motivation to keep you on track. Get fit with FIT in the comfort of your home.

1. Strengthens and tones multiple major muscle groups simultaneously
2. Delivers a total body workout in only 10-20 minutes
3. Over 85 different exercises – cardio, strength training & stretch all on 1 machine
4. Accommodates beginner to advanced fitness levels – ages 8 to 80
5. Arrives fully assembled and folds for easy storage
6. Custom fender system delivers a smooth ride
6. Ergonomic Glideboard provides maximum comfort & support

Includes: Wing Attachment, Squat Stand, Leg Pulley System, Start It Up DVD, Todd Durkin Beginner, Intermediate and Advanced Workout DVDS, 6 to 8 Min Workout DVD, Personal Training Deck, Exercise Wall Chart, Dan Isaacson's Nutritional Program.



Leg Pull Accessory allows you to strengthen and stretch your major leg muscles.



Training Deck featuring over 80 exercises to target specific body parts.

Attach **Wing Attachment** either top or bottom rails for upper and lower body exercises.

Glideboard with dual headrests for maximum comfort and support.



PRODUCT SPECIFICATIONS

IN USE	90" x 19" x 43" [L/W/H] (2.3 m x 0.48 m x 1.1 m)
FOLDED	51" x 19" x 9" [L/W/H] (1.3 m x 0.48 m x 0.23 m)
UNIT WEIGHT	68 lbs (30.84 kg)
LEVELS	6 calibrated incline levels,
CAPACITY	Maximum total 400 lbs (181 kg)
WARRANTY	1 year limited

Take the guesswork out of getting in shape at home with the Total Gym XLS. You'll receive Total Gym workouts and workout tools. Workouts are easy to follow, fun and motivational to keep you on your path to success!

1. Strengthens and tones multiple major muscle groups simultaneously
2. Delivers a total body workout in only 10-20 minutes
3. Over 80 different exercises – cardio, strength training & stretch all on 1 machine
4. Accommodates beginner to advanced fitness levels – ages 8 to 80
5. Arrives fully assembled & folds for easy storage
6. Glideboard with dual headrests for maximum comfort and support

Includes: Wing Attachment, Squat Stand, Leg Pulley System, Start It Up DVD, Todd Durkin Beginner, Intermediate and Advanced Workout DVDS, 6 to 8 Min Workout DVD, Personal Training Deck, Exercise Wall Chart, Dan Isaacson's Nutritional Program



**“I LOVE ENCOMPASS
AND GRAVITY – OUR
MEMBERS SAY IT
CHANGES THEIR BODIES:
STRONGER, LEANER
AND IT'S ALL FUN. WE
RECOUPED THE COST
OF OUR ENCOMPASS'S
IN 6 MONTHS WITH
OUR SMALL GROUP
TRAINING.”**

MICHELE M.
BB FITNESS STUDIOS





COMPANY
OVERVIEW

OUR STORY

In 1974, Total Gym began the pursuit of creating the best workout experience, and since then has been redefining the way people around the world get fit and healthy. Through the creation of a piece of equipment so versatile it could be used for muscle building or rehabilitation, Total Gym's revolutionary bodyweight training system set the stage for the fitness revolution that took place in the 80's and 90's.

In the decades since its inception, over 5 million pieces of Total Gym equipment have changed lives around the world. From elite fitness studios and collegiate training centers, to physical therapy practices and consumer's homes, Total Gym facilitates well over 24 million workouts a year!

With dedicated lines for home, commercial, and physical therapy use, each piece of equipment has been painstakingly crafted to maximize space, efficiency, and most importantly, results.

The relentless pursuit of providing the best workout experience continues to drive everything Total Gym does.

Feel the difference with Total Gym.

When Total Gym CEO Tom Campanaro designed the first Total Gym incline trainer in 1974, the benefits of exercise were barely a blip on the public radar. Campanaro and partner Doug Marino named the brand "Total Gym" while sitting on the beach in La Jolla, CA. They brought on business partners Dale McMurray and Larry Westfall and in 1976 and the first Total Gym TV commercial hit the market. As the years passed, Total Gym began to make its mark as a credible fitness machine. It was confirmed by Syracuse University as a safe and effective non-compressive training device and named "best for training the torso" by Consumer Reports magazine.



MISSION

Helping Millions Get Healthier

VISION

We will earn our rightful place in any category we choose by being relentless in the pursuit of the best workout experience.
By staying unique in our approach and loyal to our users, Total Gym will become the required brand in the health and wellness industry.

VALUES

Trustworthiness Honor Excellence
Passion Discipline Innovation Fun

