



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

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| 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.