

SAFEGUARDS & GUIDELINES

To get the best experience possible when using Total Gym, always observe basic safety precautions including the following:

- Operate Total Gym on solid, level surfaces only.
- Check for wear on all parts including cable and pulleys before each use.
- Always control the rolling motion of the glideboard when getting on and off.
- Tie back long hair to avoid catching it in the rollers.
- Do not operate Total Gym if it is not completely assembled or has been damaged in any way.

GETTING ON/OFF

WARNING: Control the glideboard at all times, particularly when getting on or off. Do not exceed 650 lbs. (295kg) of weight bearing on Total Gym.

Always immobilize the glideboard by anchoring as described below. When possible, always sit up and put your feet on the ground outside the rails first.

ANCHORING

A. UPRIGHT SUPINE

NOTE: Detach cable system from glideboard.
STEP 1. Straddle the glideboard facing the squat stand.

STEP 2. Reach down and grab the base of the glideboard.

STEP 3. Slide the glideboard up, and then sit at the very bottom of the board.

STEP 4. Place feet on the squat stand and lay backward with your head on the glideboard.

B. UPRIGHT SUPINE (WITH CABLES)

NOTE: Attach cable system to glideboard.

STEP 1. Grasp both handles in one hand facing away from the tower and pull the glideboard up the rails by walking away from the tower.



STEP 2. Straddle the glideboard with back towards tower and separate handles. Place hands fist down on glideboard for added stability.



STEP 3. Sit at the bottom of the glideboard.
STEP 4. Lay backward with your head on the glideboard.



C. SEATED FORWARD

NOTE: Attach cable system to glideboard.

STEP 1. Grasp both handles in one hand facing away from the tower.



STEP 2. Straddle the glideboard facing the squat stand and separate handles. Place hands fist down on glideboard for added stability.



STEP 3. Sit at the top of the glideboard.

D. SEATED LATERAL

NOTE: Attach cable system to glideboard.

STEP 1. Grasp single handle while facing sideways. Place hand fist down on glideboard for added stability.

STEP 2. Sit at top of glideboard sideways.

E. SEATED OR KNEELING BACKWARD & INVERTED SUPINE

NOTE: Attach cable system to glideboard.

STEP 1. Grasp a handle in each hand facing towards the tower. Place hands fist down at the top of the glideboard for added stability.



STEP 2. For kneeling backward, place knees behind your fists as you face the tower. For seated backward, straddle glideboard and sit down behind your fists on glideboard. For inverted supine, lay back with your head on the glideboard.



EXERCISING ON TOTAL GYM® BY BODY POSITION

Exercises can be performed on Total Gym Incline Bodyweight Trainers in a variety of body positions. This chart is set up to maximize exercises in each body position so you can get a full body workout in a short time period.

NOTE: To increase resistance, raise the rails. To decrease resistance, lower the rails.

1. UPRIGHT SUPINE*

CABLE DETACHED FROM GLIDEBOARD

SQUAT
Variations: Bilateral, Unilateral

PLYOMETRIC SQUAT
Variations: Bilateral, Unilateral

HEEL RAISE
Variations: Bilateral, Unilateral

ASSISTED CRUNCH
Variations: Oblique Twist, Elbow to Opposite Knee

*See ANCHORING section A (on left column) for hints on anchoring in this position.

2. UPRIGHT SUPINE*

CABLE ATTACHED TO GLIDEBOARD

LAT PULL DOWN
Variations: Bilateral, Unilateral, Static Equilibrium, Leg Lift

PULLOVER CRUNCH
Variations: Bilateral, Unilateral, Rotation, Leg Lift

SHOULDER ADDUCTION
Variations: Bilateral, Unilateral, Leg Lift

TRICEPS PRESS DOWN
Variations: Bilateral, Unilateral, Static Equilibrium

*See ANCHORING section B (on left column) for hints on anchoring in this position.

3. SEATED FORWARD*

CABLE ATTACHED TO GLIDEBOARD

CHEST PRESS
Variations: Bilateral, Unilateral, Static Equilibrium

CHEST FLY
Variations: Bilateral, Unilateral, Static Equilibrium

FRONT RAISE
Variations: Bilateral, Unilateral, Static Equilibrium

OVERHEAD PRESS
Variations: Bilateral, Unilateral, Static Equilibrium

*See ANCHORING section C (on left column) for hints on anchoring in this position.

4. SEATED LATERAL*

CABLE ATTACHED TO GLIDEBOARD

TORSO ROTATION
Variations: Kneeling, Straight Arms, Bent Arms

LATERAL SHOULDER PRESS
Variations: Kneeling, High Kneeling

SINGLE ARM CHEST FLY
Variations: Kneeling, Straight Arm, Bent Arm

LATERAL TRICEPS EXTENSION
Variations: Kneeling, High Kneeling

*See ANCHORING section D (on left column) for hints on anchoring in this position.

5. SEATED OR KNEELING BACKWARD*

CABLE ATTACHED TO GLIDEBOARD

ROW
Variations: Bilateral, Unilateral, Static Equilibrium, Kneeling

REVERSE FLY
Variations: Bilateral, Unilateral, Rotation, Kneeling

BICEPS CURL
Variations: Bilateral, Unilateral, Static Equilibrium, Kneeling

SURFER LAT PULL
Variations: Bilateral, High Kneeling

*See ANCHORING section E (on left column) for hints on anchoring in this position.

6. INVERTED SUPINE*

CABLE ATTACHED TO GLIDEBOARD

UPRIGHT ROW
Variations: Bilateral, Unilateral, Static Equilibrium, Leg Lift

LATERAL SHOULDER RAISE
Variations: Bilateral, Unilateral, Leg Lift

FRONT RAISE
Variations: Bilateral, Unilateral, Static Equilibrium

BICEPS CURL
Variations: Bilateral, Unilateral, Static Equilibrium, Leg Lift

*See ANCHORING section E (on left column) for hints on anchoring in this position.

7. UPRIGHT PRONE*

CABLE DETACHED FROM GLIDEBOARD CABLE ATTACHED TO GLIDEBOARD

PULL-UP
Variations: Bilateral, Unilateral, Plyometric

SPRINT START
Variations: Unilateral, Plyometric

PIKE

SWIMMER
Variations: Static Equilibrium

*Remove squat stand assembly for these exercises.

SPECIALTY EXERCISES*

CABLE DETACHED FROM GLIDEBOARD

OVERHEAD PRESS
Variations: Bilateral, Unilateral, Plyometric
Required Accessory: Press Bar

SCRUNCH
Variations: Oblique, Jack Knife
Required Accessory: SCRUNCH

HIP EXTENSION
Required Accessory: Leg Pulley System

TRICEP DIP WITH DIP BARS
Variations: Leg Lift
Required Accessory: Dip Bars

*Requires accessories. Listed with each exercise.

PowerTower® GTS® Sport™

For customer inquiries call
1.858.586.6080

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