



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



Adjustable Glideboard promotes optimal spinal alignment and training variations.

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

Retractable Dip Bars fold down when not in use.

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



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)
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.

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ACCESSORIES *Sold separately.*

Further refine your Encompass exercise library with additional accessories.



BAPS ADAPTOR

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



CLOSED CHAIN PLATFORM

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



LEG PULLEY SYSTEM

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



PRESS BAR

For military-style press exercises with two grips.



3 GRIP PULL-UP BAR

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



SCRUNCH

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



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.



STANDING PLATFORM

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



TELESCOPING TOE BAR

Facilitates many beginning, intermediate, and advanced Pilates movements.



WEIGHT BAR

Add additional standard weight plates to achieve greater weight resistance.

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