

OWNER'S GUIDE | TOTAL GYM CORE TRAINER™



total gym®

Congratulations

Thank you for choosing Total Gym® products and services. Total Gym functional incline training equipment has set the standard for physical rehabilitation, athletic training and sports performance for more than 30 years.

As one of the most innovative designs for core strengthening, we trust your Total Gym Core Trainer™ will provide you with unsurpassed service and versatility year after year in the clinical or commercial setting.

Your Total Gym product arrives with some assembly required. Simply follow the directions for Assembly and Set-up and in minutes your Core Trainer will be operational.

In this Owner's Guide, you will find information about your Total Gym Core Trainer and its component parts, operation, maintenance and care. Additionally, you will find usage and safety tips, as well as precautions to help ensure the safety of your clients and warranty information. Please save this guide and refer to it in the future.

We value you as a customer and your feedback is important to us. If you have any questions or need further information about your Total Gym Core Trainer, please contact our customer service department at (858) 586-6080 or email support@totalgym.com.

Yours in health,



Jesse Campanaro
President

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Safety Precautions

- Before starting this or any exercise program, consult your physician, who can assist in planning a program that is age and ability appropriate. Certain exercise programs or types of equipment may not be suitable for all people. Ensure that your clients are able to participate in an exercise program on this equipment without injury.
- Do not overexert, or allow your clients to overexert using this equipment or performing any exercise program on this equipment. If any pain or tightness in the chest occurs, an irregular heartbeat, shortness of breath, faintness, nausea or dizziness is experienced by you or your client stop the exercise session immediately and ensure that a physician is consulted before resuming any exercise program. (Clinicians and trainers should follow these recommendations if these symptoms are observed in clients.)
- This product is designed and intended for commercial use. Clinicians and trainers should inform clients of and monitor their adherence to all safety precautions. Use only as instructed.
- Do not permit anyone to stand on the Total Gym Core Trainer™ or use it as furniture. Children should only use the Core Trainer when closely attended and supervised by an adult. Do not leave children or clinical patients unattended on Total Gym equipment.
- Do not permit anyone to stand on the instructional placard.
- Parents and others in charge of children should responsibly monitor children whose natural play instinct and fondness of experimenting can lead to situations and behavior for which the training equipment is not intended.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Keep fingers, loose clothing and hair away from moving parts. Wear appropriate exercise attire and tie long hair back.
- Inspect your Total Gym Core Trainer before each use to ensure proper operation. Check all parts for wear before each use. Do not use your Total Gym Core Trainer if it

is not completely assembled or if it has been damaged in any manner. Contact Total Gym Customer Service for replacement parts or repairs.

- Follow instructions in this Owner's Guide for using the unit. Improper use could result in severe or fatal injury. Your Total Gym Core Trainer must be bolted to the floor on a flat, solid surface with nonskid material underneath. Keep the area around it free from obstructions. The Total Gym Core Trainer is rated at a maximum user weight capacity of 350 lbs. [160 kg.].



**WARNING: READ ALL INSTRUCTIONS BEFORE USING
TOTAL GYM CORE TRAINER**

1. Inspect your Total Gym Core Trainer unit before each use to ensure proper operation. Do not use this equipment unless all moving parts are working properly. Follow all maintenance and care instructions found in this Owner's Guide and on the equipment labels.
2. Close supervision is necessary when the Total Gym Core Trainer is used by or near children, disabled or injured persons.
3. Care should be taken at all times when getting on and off your Total Gym Core Trainer or any exercise equipment. Falling on or off the product could result in injury, or possibly death. Follow the "Getting Started" instructions for using the unit found in this Owner's Guide.
4. Use your Total Gym Core Trainer only for its intended use.
5. Keep fingers, loose clothing and hair away from all moving parts.

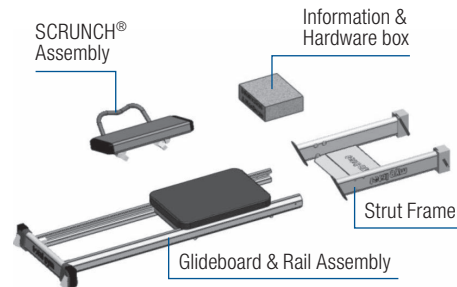
Parts Identifier



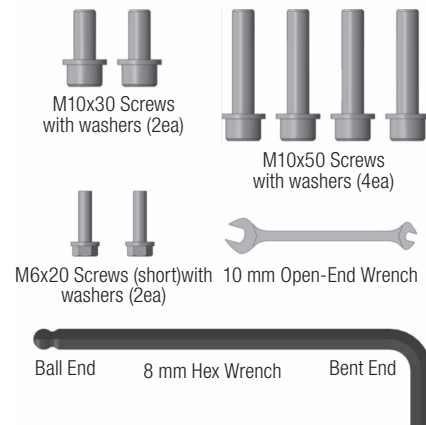
Assembly Instructions

TWO-PERSON ASSEMBLY REQUIRED

STEP 1. Carefully unpack all the parts and the Information & Hardware box at the installation site if possible.

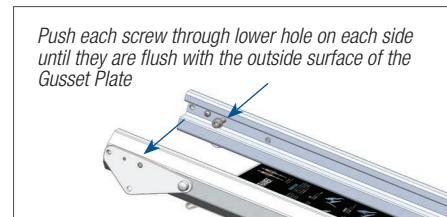


STEP 2. Open the Information & Hardware box. Inside there will be:



STEP 3. Insert two of the long M10x50 screws with washers into the lower two holes on the inside of the rail. Push

through until the ends of the screws are flush with the gusset plate on the outside of the rail. **NOTE: TO AVOID SCRATCHING OR DAMAGING THE STRUT FRAME DURING ASSEMBLY DO NOT PUSH ALL THE WAY THROUGH.**



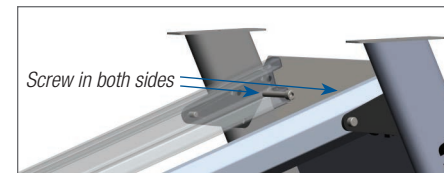
STEP 4. NOTE: REQUIRES TWO PEOPLE

PERSON 1: Stand behind the strut frame and hold as shown.

PERSON 2: Lift and hold the rail assembly to line up the two screws inserted in Step 3 with the two top holes farthest from the back plate on the inside of the strut frame.



PERSON 1: While holding the strut frame in place use the ball end of the 8mm hex wrench to partially screw in each of the two long M10x50 screws to attach the rail assembly to the strut frame. Do not tighten completely at this point.

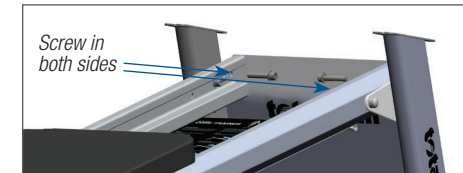


INSTALLATION TIP: Hold the strut frame from the top and gently rock back and forth in order to help align holes so that screws insert properly.

STEP 5. NOTE: REQUIRES TWO PEOPLE

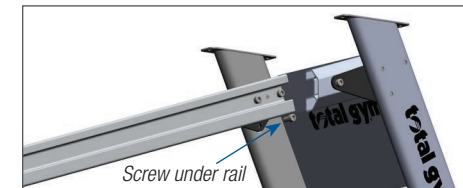
PERSON 2: Continue to hold rail assembly in place.

PERSON 1: Insert the remaining two long M10x50 screws with washers through the top holes on the inside of the rails and align with the top holes on the inside of the strut frame, closest to the back plate. Then, using the ball end of the 8mm hex wrench, partially screw in each of the long M10x50 screws with washers through the rails into the strut frame. Do not tighten completely at this point.



INSTALLATION TIP: Hold the strut frame from the top and gently rock back and forth in order to help align holes so that screws insert properly.

STEP 6. Using the ball end of the 8mm hex wrench, partially screw in the short M10x30 screws with washers on the inside of the rail assembly through the bottom hole in the gusset plate under the rail and into the strut. Do not tighten completely at this point. Repeat on other side.

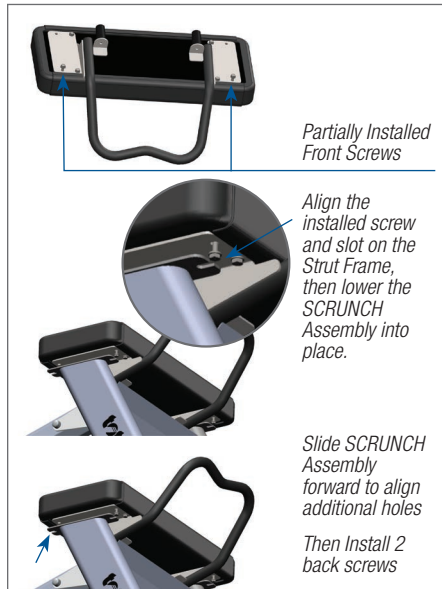


INSTALLATION TIP: Hold the strut frame from the top and gently rock back and forth in order to help align holes so that screws insert properly.

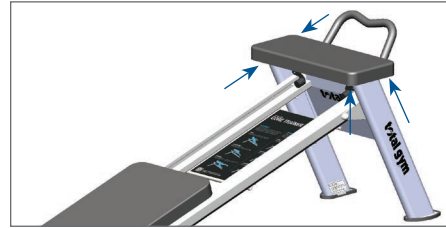
STEP 7. Make sure the unit lies flat on the floor and then, using the bent end of the 8 mm hex wrench securely tighten all six screws (inserted in Steps 4-6).

TOTAL GYM CORE TRAINER™ OWNER'S GUIDE | ASSEMBLY INSTRUCTIONS

STEP 8. Install the SCRUNCH® assembly to the top of the strut frame. (**NOTE:** two screws in the front of the SCRUNCH assembly are partially pre-installed). Locate the slots at the top of the strut frame, towards the back, then lower the SCRUNCH assembly and slide the partially pre-installed screws into the slots and push forward until it will not move further.



STEP 9. Insert the two M6X20 Screws into the front holes on the bottom of the SCRUNCH assembly to attach to the strut frame. Tighten them only halfway at first. Once all the screws are inserted, tighten all four completely using the 10mm open-end wrench.



STEP 10. Bolt the Total Gym Core Trainer to the floor using one bolt through each floor anchor bolt hole. (Bolts not included). If necessary, you can first lift the unit by the struts and roll it to the final installation position.



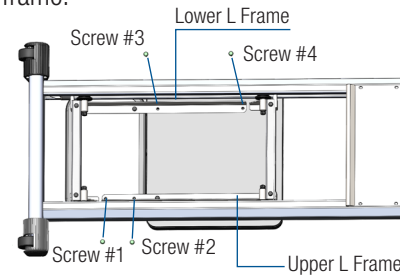
⚠ WARNING!

Lifting: Always lift from the rubber feet. Never lift by placing your hands between the rails on the rail base. Always keep your hands outside the rails so if the glideboard rolls unexpectedly, your wrists will not be caught between the glideboard and the rail base.

Glideboard: Roller Removal and Assembly

STEP 1.

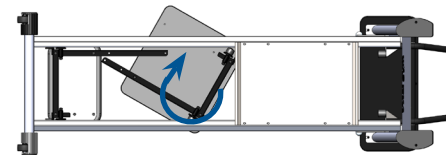
Lie on your back and slide under the rails to disconnect the Upper L-Frame and glideboard from the Lower L-Frame and rubber foot plate. You will need a 10mm open end wrench to unscrew the four screws from the Upper L-frame and Lower L-frame.



Roll the glideboard up, then lower the glideboard and unscrew Screws #3 and #4 from the glideboard.

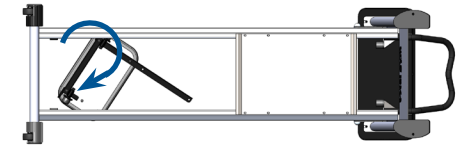
STEP 2.

Rotate the glideboard and Upper L-frame until a roller comes out of the rail; then tilt and lift it out of the rail assembly.



STEP 3.

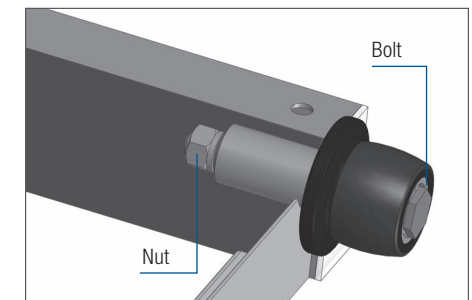
Rotate the rubber foot plate and Lower L-frame until a roller comes out of the rail; then tilt it and lift it off of the rail assembly.



STEP 4. To remove the wheels: Use a 13 mm socket wrench and a 13 mm open-end wrench.

Insert socket wrench over the bolt on the outside of the roller as you engage the open-end wrench on the nut on the inside of the frame; turn to unscrew.

NOTE: Socket wrench and open-end wrench not included.



STEP 5. Replace the rollers as needed and reinstall the bolt and nut. Tighten just enough so that the wheel can roll but does not slide lengthwise on the axle. **DO NOT OVER TIGHTEN.**

STEP 6. To reinstall the glideboard and rubber foot plate, first slightly angle the rubber footplate and lower until it is sitting on the rails. Rotate the rubber foot plate until the rollers slide into rail grooves. Repeat this process with the glideboard.

STEP 7. Using a 10mm open end wrench, lie on your back and slide under the rails to re-install all four screws.

Pad Replacement Maintenance and Care

The pad on the glideboard and the SCRUNCH® assembly can be replaced by the method below.

TO CHANGE THE GLIDEBOARD PAD:

STEP 1: First, follow the procedure to remove the glideboard.

STEP 2: Unscrew and remove the (second) lower L-frame from the glideboard pad.

STEP 3: Replace the old pad with the new pad.

STEP 6: Screw on the lower L-frame and follow instructions to reinstall the glideboard.

TO CHANGE THE SCRUNCH PAD:

STEP 1: Using the 10mm open-end wrench, remove the four bolts that hold the SCRUNCH pad to the strut frame.

STEP 2: Remove the four bolts (using 10mm open-end wrench) that hold the handle bar to the SCRUNCH pad.

STEP 3: Replace the old pad with the new pad.

STEP 4: Re-attach the handle bar to the SCRUNCH pad with the same four bolts.

STEP 5: Follow instructions for attaching SCRUNCH assembly to the strut frame.

Your Total Gym Core Trainer unit will offer you or your facility and your clientele years of easy operation if you follow these simple tips for maintenance and care. With periodic cleaning, moving parts and rolling surfaces will maintain their smooth function. Clean rail surfaces on a regular basis with a noncorrosive cleaner like soap and water or waterless cleaner or just wipe clean with a dry towel. Some black powder residue is normal on the inside of the rails. All other parts can be cleaned the same way or antibacterial wipes may be used.

Caution! DO NOT USE ANY LUBRICANTS OR SILICONE-BASED PRODUCTS on the rails or wheels. This will cause the wheels to slide rather than roll and will damage the wheels. You can clean the glideboard material with a non oil-based window cleaner. DO NOT USE ARMOR ALL® OR LIKE SUBSTANCES. These will make the glideboard slippery. Wipe down your Total Gym Core Trainer with a clean cloth.

MAINTENANCE SCHEDULE

DAILY

1. Wipe down all padded surfaces with antibacterial cleanser after each use.
2. Move the glideboard up and down rails to ensure smooth rolling. If glideboard does not roll smoothly, clean rails and wheels thoroughly.

WEEKLY

1. Wipe down rails with a non-corrosive, no alkaline, no alcohol cleanser.
2. Clean all surface areas for aesthetics.
3. Check all screws, fastener to ensure they are installed correctly and tightened.
4. Check all pads, fabric or foam for punctures or wear and replace as needed.

MONTHLY

1. Visually inspect the rollers. Clean any debris accumulated on the roller.
2. Inspect rubber stoppers.
3. Replace all parts that show signs of wear. Contact Customer Service in USA at 858-586-6080 or contact the approved distributor in your country.

Getting Started

As a facility offering the use of the Total Gym Core Trainer to customers, or as a personal user of the product, you – the owner of the product – assumes the responsibility to become familiar with the guidelines relative to safe use of the product and to convey these guidelines to all users. Read all safety, warnings and usage instructions before using the Total Gym Core Trainer. Care and maintenance for this product are included to promote safe, enjoyable use of this equipment.

When using your Total Gym Core Trainer, wear athletic shoes and comfortable lightweight clothing. Before you begin, check to ensure that all parts are in place and working properly. Begin your exercise program with the basic moves provided. As your proficiency increases, adjust your body position to increase the intensity. Remember to control the glideboard at all times, particularly when getting on or off your Total Gym Core Trainer.

⚠️ WARNING!

Always control the glideboard while mounting, dismounting or moving your Total Gym Core Trainer. Total Gym Core Trainer is rated at a maximum user weight capacity of 350 lbs [160 kg].

Exercise Instructions

Follow the instructions on the placard as illustrated below by doing the desired number of sets and repetitions appropriate for the skill and level of difficulty. Additional exercises are provided on www.totalgym.com/coretrainerexercises.

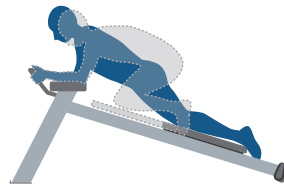
SCRUNCH®

Kneel toward top of glideboard. Position forearms on SCRUNCH® pad and grasp handle with both hands. Place knees or toes on glideboard. Maintaining neutral spine position, (elbows should line up under shoulders), press elbows into SCRUNCH pad to keep shoulders in neutral position throughout each movement as directed below:

BASIC

STEP 1. Start with knees on glideboard and legs extended.

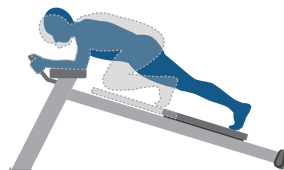
STEP 2. Bring glideboard up rails by pulling knees to chest.



INTERMEDIATE

STEP 1. Start with toes on glideboard and legs extended.

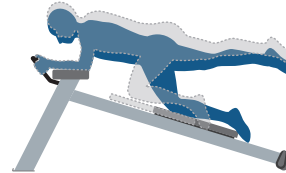
STEP 2. Bring glideboard up rails by pulling knees to chest.



ADVANCED

STEP 1. Start with one knee on glideboard and one leg extended in air.

STEP 2. Bring glideboard up rails by pulling knee to chest.



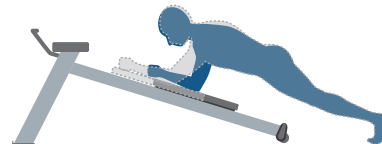
DYNAMIC PLANK

Position feet on ground. Place forearms on glideboard or grasp sides of glideboard with each hand. Align the neck, shoulders, hips and legs into level plank position. Press into forearms to keep shoulders in a neutral position (elbows should line up under shoulders). Hold this position or increase intensity as directed below:

BASIC

STEP 1. Start with elbows under shoulders.

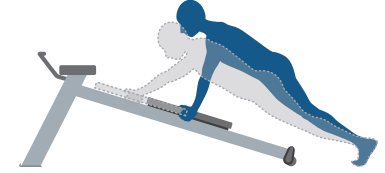
STEP 2. Roll glideboard up and down rails with forearms.



INTERMEDIATE

STEP 1. Start with elbows under shoulders.

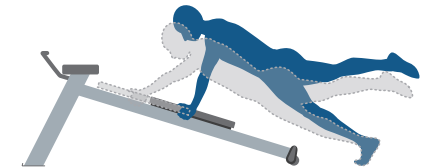
STEP 2. Roll glideboard up and down rails with extended arms.



ADVANCED

STEP 1. Start with elbows under shoulders. Lift one leg.

STEP 2. Roll glideboard up and down rails with extended arms.



Scan for more exercises or visit TotalGym.com/coretrainerexercises



Warranty Information

USA WARRANTY

Warranties outside the USA may vary. Contact your local authorized distributor for details.

TOTAL GYM CORE TRAINER™

Commercial Warranty:

Frame- 5 years; Parts & Upholstery- 1 year; Foam & Rubber- 90 days

LIMITED WARRANTY

Improper use of Total Gym Core Trainer: Defects or damage that result from improper use are excluded from coverage.

Unauthorized Service or Modification: Defects or damage that result from service, maintenance, repairs, adjustment, installation or alteration conducted by anyone other than Total Gym or its authorized representatives are excluded from coverage.

WARRANTY CLAIMS

Total Gym® treats warranty claims as a priority. To process these quickly, a Return Merchandise Authorization (RMA) number is required to properly link your merchandise with your claim. Total Gym does not accept returned merchandise without an accompanying RMA number. Contact Total Gym Customer Service Department at 858-586-6080 if you are making a warranty claim. A representative will issue you an RMA number and instructions for proper packaging of the equipment for shipping.

IMPORTANT: Save your invoice. Please retain packaging instructions. US Customer Service Center: 858-586-6080. Shipping Damage: FOB origin, unless otherwise specified.

Total Gym accepts no responsibility for damage in shipping. Total Gym does, however, make every effort to facilitate the satisfactory resolution of claims made against delivery agents for damage during shipping. If the package appears to have sustained damage in shipping, or if the Total Gym appears to have shifted in delivery but no damage is evident, retain the shipping boxes until the Total Gym has been fully assembled to ensure there is no functional damage that is not initially visible. In the event of damage during shipping, retaining the shipping boxes helps to facilitate your claim against the shipper. Take photographs of damaged boxes or contents before opening.

PURCHASE RECORD Retain this copy for your records.

Date Purchased _____

Purchased From _____

Model Name: Total Gym Core Trainer, Part # 5700-01

Serial Number _____

TotalGym.com

Customer Service: 858.586.6080

TotalGym.com

Customer Service: (858) 586-6080

Part #55126-01

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Total Gym Core Trainer™ is covered by one or more of U.S. Pat. Nos. 7,775,950, 8,075,457, D574,901, Taiwan Patent No. D129218, New Zealand Patent No. 409987, Japan Patent No. 1331682, Australia Patent No. 318091, and other patent(s) pending.