

OWNER'S GUIDE | TOTAL GYM® ROW TRAINER™



# 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 40 years.

As one of the most innovative designs for row strengthening, we trust your Total Gym Row Trainer will provide you with unsurpassed service and versatility year after year. Your Total Gym Row Trainer is designed on an incline for added resistance incorporated into a traditional cardio workout machine. The smooth “flow of the row” is achieved by two independent moving platforms that result in a consistent load on both the pull and the return. With the Total Gym Row Trainer, resistance is always in play and adapting to all body sizes, produces very low compression on the joints, especially the lower back. The Total Gym Row Trainer will strengthen all muscle groups simultaneously while giving you a great cardiovascular workout in a totally different way to train your body.

Your Total Gym product arrives with some assembly required. Simply follow the directions and in minutes your Total Gym Row Trainer will be operational.

In this Owner’s Guide, you will find information about your Total Gym Row 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 Row Trainer, please contact our customer service department at (858) 586-6080 or email support@totalgym.com.

Yours in health,



Jesse Campanaro  
CEO

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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 you or your clients are able to participate in an exercise program on this equipment without injury.
- Do not overexert, or allow exertion 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, stop the exercise session immediately and consult a physician before resuming any exercise program. (Clinicians and trainers should follow these recommendations if these symptoms are observed in clients.)
- 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 any part of the Total Gym Row Trainer or use it as furniture. Children should only use the Total Gym Row Trainer when closely attended and supervised by an adult. Do not leave children or clinical patients unattended on Total Gym equipment.
- 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 Row Trainer before each use to ensure proper operation. Check all parts for wear before each use. Do not use your Total Gym Row 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. Follow all instructions as labeled on unit stickers. The Total Gym Row Trainer is rated at a maximum user weight capacity of 400 lbs. [180 kg.].

## **⚠ WARNING**

**READ ALL INSTRUCTIONS BEFORE USING TOTAL GYM ROW TRAINER.**

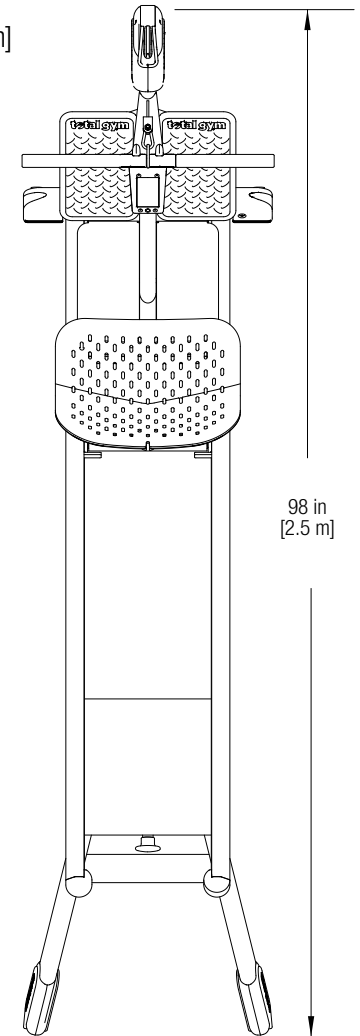
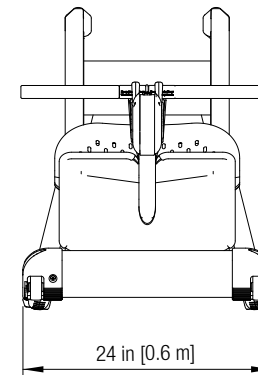
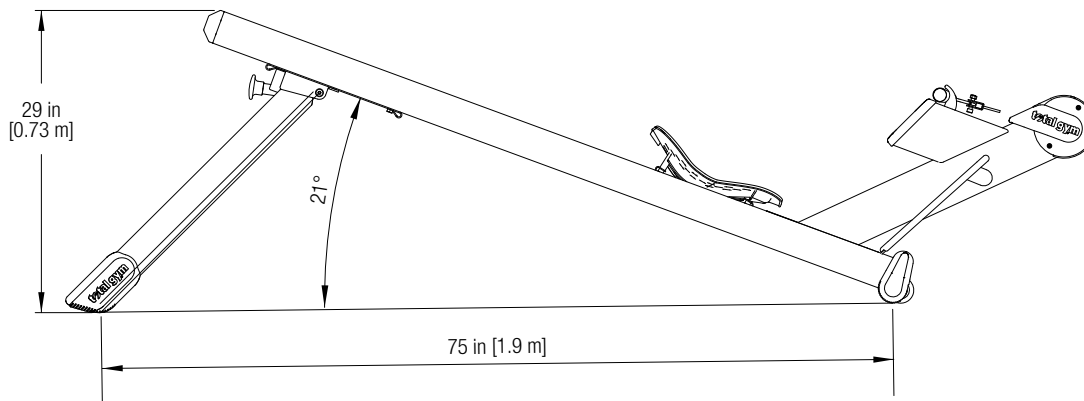
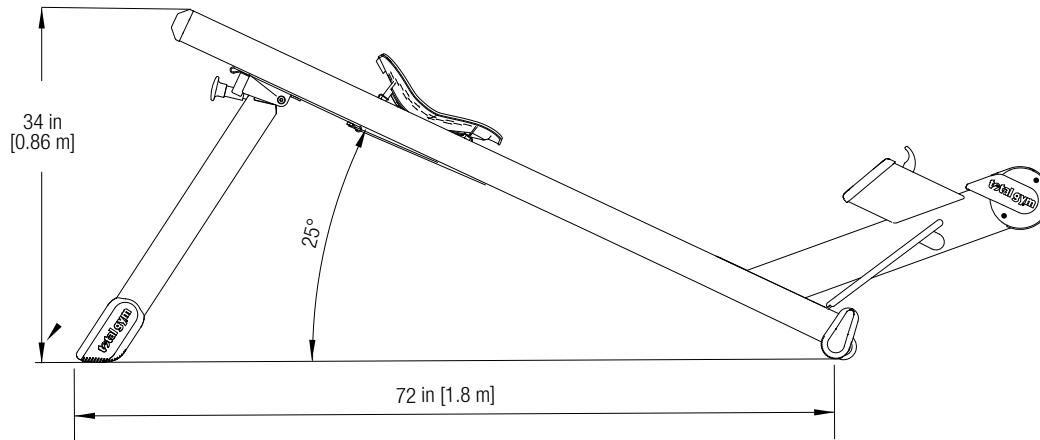
1. Inspect your Total Gym Row Trainer before each use to ensure proper operation. Do not use this equipment unless all moving parts are working properly. Follow all maintenance and care instructions found in this Owner's Guide and on the equipment labels.
2. Care should be taken at all times when getting on and off your Total Gym Row 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.
3. Use your Total Gym Row Trainer only for its intended use.
4. Keep fingers, loose clothing and hair away from all moving parts.
5. As a facility offering the use of the Total Gym Row Trainer to customers, or as a personal user of the product, you – the owner of the product – assume 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 Row Trainer. Care and maintenance for this product are included to promote safe, enjoyable use of this equipment.
6. Usage Class: Class S per ISO 20957, 60335  
Compliant to the General Product Safety  
Directive 2001/95/EC and ASTM-F2276



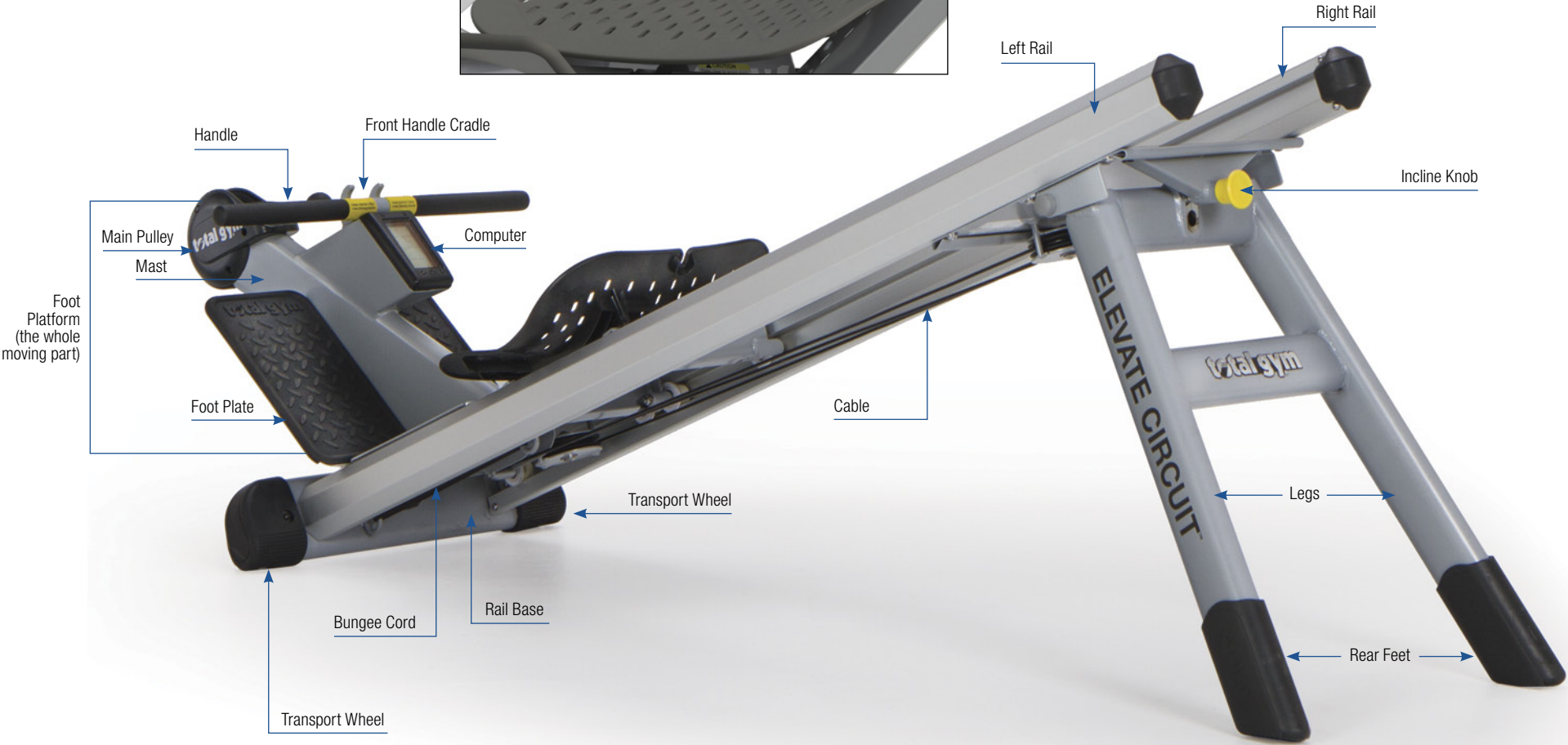
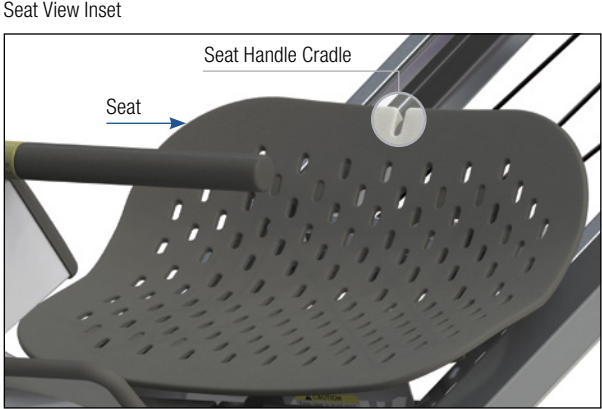
The Total Gym Row Trainer has been tested to comply with CE and other safety standards.

# Specifications & Limitations

- Glideboard Range of Motion: 31 inches [0.79 m]
- Weight Capacity: Maximum user weight capacity of 400 lbs [180 kg]
- Resistance: High: 20% of bodyweight; Low: 17% of bodyweight; each bungee adds 0-15 lbs [0-7 kg]
- In Use: 98" x 23.5" x 30" (L/W/H) [2.5 m x .6 m x .8 m]
- Unit Weight: 98 lbs [44.5 kg]
- Freight Weight: 120 lbs [55 kg]
- Freight Dimensions: 75" x 26" x 14" (L/W/H) [1.9 m x .66 m x .36 m]
- Floor Space (area): 12 square feet [1.1 square meters]
- Construction: Steel with steel reinforced extruded aluminum rails
- Keep side areas clear 1.96" [0.6 m] or more.



# Parts Identifier





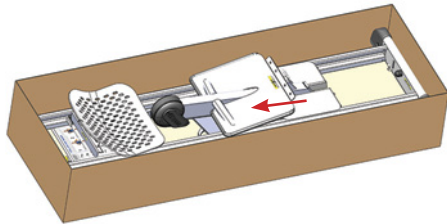
# Assembly & Installation

**STEP 1.** Carefully unpack all the parts at the installation site if possible.

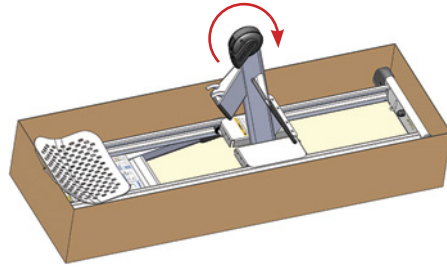
Inside your hardware box you will find 8 screws with washers and Hex Wrench.



**STEP 2.** While still in the box, roll the foot platform and mast away from the rail base towards the middle of the box.



**STEP 3.** While still in the box, fold up the mast until it stops...

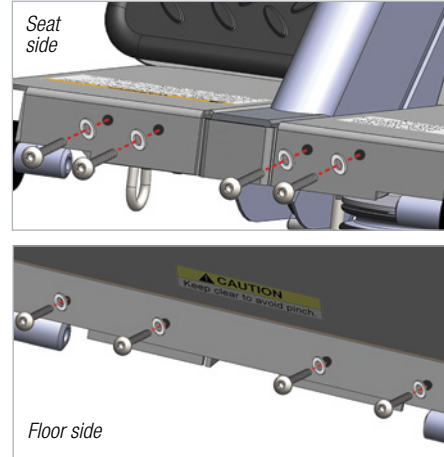


...but notice that there are 3 cables that hang below the mast. Be sure that the cables are out of the way when folding up the mast and they are not pinched when doing so.



**STEP 4.** Reach under the mast and pull away a cardboard covering for the cables.

**STEP 5.** While still in the box, install the 8 screws and washers at the front and back of the foot platform.



**STEP 6.** Return the seat and foot platform back to its normal position (at the base of unit).

Cut tape on end of box near foot plates and flatten.

Lift rails from the seat end and roll out of the box.

Fold down the legs until they lock.

Set the Row Trainer down on the floor.



**STEP 7.** Install handle\* by attaching the Quick Link at the end of the handle to the eyelet attached to the ball of the cable.

\*Some units may already have the quick link handle attached.



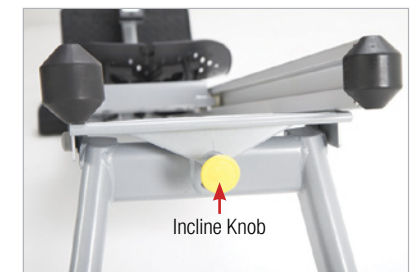
**STEP 8.** Your Total Gym® Row Trainer™ is now ready to use.

SCAN TO WATCH ASSEMBLY VIDEO



## CHANGING RESISTANCE

There are two levels of resistance. At the back of the unit, find yellow incline knob. Lift or lower knob until the legs are in place, and engage knob.

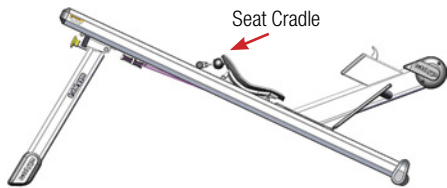


# Transporting & Stowing

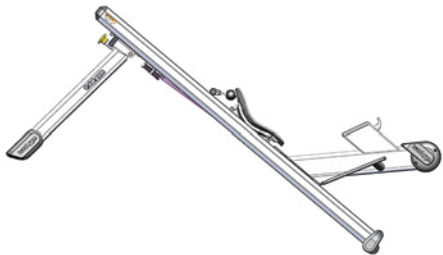
## ⚠ WARNING

**LIFTING:** Always lift from the legs. 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 foot platform and rail base or between the seat and the foot platform. Always stow the handle gently back in its front cradle when not in use.

**STEP 1.** Before transporting the unit, lift the handle from the front cradle and place it in the seat cradle.



**STEP 2.** Stand between the legs and lift with both hands on each leg. The unit is now ready to roll forward.



**STEP 3.** Roll to a wall and stand it upright.



**STEP 4.** Hold the legs up (so they don't fall), release the yellow incline knob and gently lower the legs.



# Bungee Cord: Removal & Replacement

**STEP 1.** Make sure the handle is stowed away properly in its cradle. Reach under the foot platform and unhook the bungee.

Replace the bungee whenever it shows wear or damage. Don't wait for it to break.

More than one bungee can be installed as long as they all fit completely on the hooks.



# Computer Instructions



**TO TURN ON:** Press the button or start rowing.

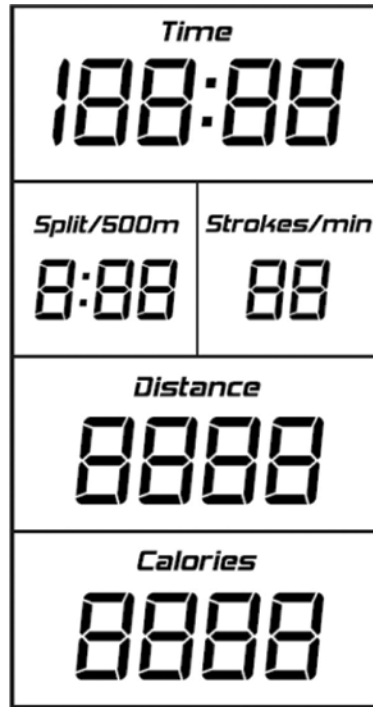
**TO TURN OFF:** Press the button or after 30 seconds of immobility the computer will shut itself off automatically. During those 30 seconds, the computer remains in pause mode. If you continue to row the computer will resume from where you left off.

**TO RESET:** Press the button twice.

## CHANGING BATTERIES

The computer runs on two AA batteries. Remove the 4 screws from the front computer display with a Phillips screwdriver. When changing the batteries ensure all wires remain intact. Carefully tuck the wires into the back of the housing and replace the front display when complete.

Battery Life = approximately 1 year for home use, 6 months for commercial use.



Time = Total Time

Split = Minutes per 500 meters

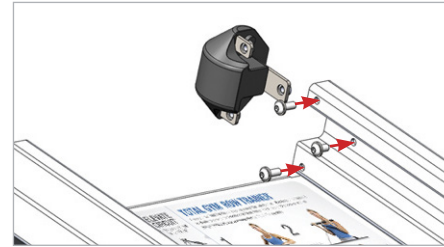
Stroke = Strokes per minute

Distance = Total distance

Calories = Total calories burned

# Seat or Foot Platform: Roller Removal & Assembly

**STEP 1.** Using a 4 mm Hex wrench, remove the 6 M6 screws (3 on each side) from the rail endcaps.

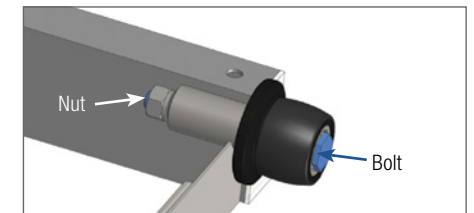


**STEP 2.** Roll the seat up and off the end of the rails. Then roll the foot platform off the end of the rails.

**STEP 3.** To remove the rollers use a 13 mm socket wrench and a 13 mm open-end wrench.

**STEP 4.** 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:** Hex wrench, 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.** Return the foot platform back to the unit by rolling it down the rails. Repeat with the seat.

**STEP 7.** Replace the endcaps on the rails and ensure all 6 screws are tight.



# Maintenance & Care

Your Total Gym Row Trainer 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. The Total Gym Row Trainer is not safe to use if it is not maintained regularly as follows. 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. If your Total Gym Row Trainer is damaged, please discontinue use until defective components are repaired. Please pay special attention to the following wear items: rollers, cables and handle grips.

**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 Row 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 and fasteners 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, bungee and computer.

# Getting Started

## ⚠ WARNING

Do not let go of the handle during any part of the exercise.

**PLEASE NOTE:** The Total Gym Row Trainer is a different way to row, allowing you to pull at your own pace. Regardless of speed, you will experience the same amount of resistance through a fully distributed strengthening stroke. Designed for both simultaneous concentric and eccentric movements, the Total Gym Row Trainer provides a compound range of motion to the upper and lower body reducing the traditional "recovery" to a minimum.

When using your Total Gym Row 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.

# Exercises

## USING THE ROW TRAINER

### STARTING

Row with a steady, controlled pace.  
Resistance is constant in both directions  
and independent of speed.

Sit down. Grasp handle. Place feet. Row.

### STOPPING

Place feet on floor. Stow handle. Stand up.

### CHANGE RESISTANCE ON THE BACKSIDE OF THE UNIT

Hold Rail. Pull knob located on backside of unit.  
Lift or lower rail. Engage knob.

## LOOKING FOR MORE EXERCISES?

Visit [totalgym.com/rowtrainerexercises](http://totalgym.com/rowtrainerexercises)



### 1. OVERHAND ROW *LOW*



### 2. OVERHAND ROW *HIGH*



### 3. BICEPS CURL



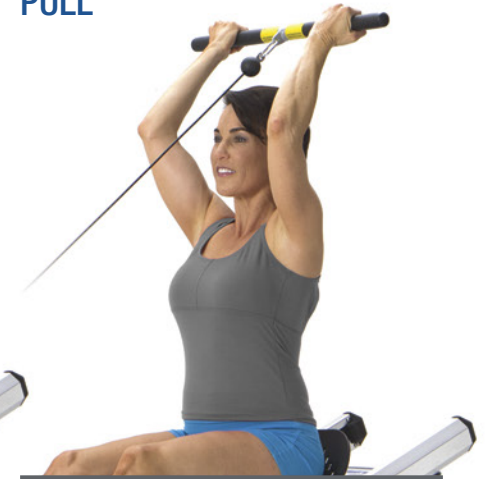
### 4. ALTERNATE ROW *LEFT*



### 5. ALTERNATE ROW *RIGHT*



### 6. UNDERHAND OVERHEAD PULL



# Warranty Information

## US WARRANTY

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

### TOTAL GYM ROW TRAINER

Commercial Warranty:

- Frame – 5 years
- Parts – 1 year
- Rubber – 1 year

## LIMITED WARRANTY

**IMPROPER USE OF TOTAL GYM ROW TRAINER:** Defects or damages that result from improper use are excluded from coverage.

**UNAUTHORIZED SERVICE OR MODIFICATION:** Defects or damages 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 Row Trainer appears to have shifted in delivery but no damage is evident, retain the shipping boxes until the Total Gym Row Trainer 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 Row Trainer, Part # 7400-01

Serial Number \_\_\_\_\_

TotalGym.com  
Customer Service:  
858.586.6080

# TotalGym.com

Customer Service: (858) 586-6080

7755 Arjons Drive, San Diego, CA 92126