



Instructional Placard provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



Incline Release Lever to move between seven levels of resistance ranging from 15 percent to 50 percent of a user's bodyweight.



Anchor Feet with Bolt Holes for safety and stability.

PRODUCT SPECIFICATIONS

IN USE	66" x 39" x 41" (L/W/H) [1.7 m X 1.0 m X 1.0 m]
FLOOR SPACE REQUIRED	14 square feet [1.4 square meters]
UNIT WEIGHT	116 lbs [53 kg]
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
GLIDEBOARD ROM	33 inches [840 mm]
CAPACITY	Maximum user weight capacity of 400 lbs [181 kg]
WARRANTY	Frame: 5 years Rubber & Moving Parts: 1 year Upholstery: 90 days

The Total Gym® Press Trainer™ introduces a totally new way to do a shoulder press by placing users in an inverted position. Seven adjustable levels allow users to select a percentage of their own bodyweight as resistance. The Press Trainer also allows users to perform a decline push-up.

1. Seven levels of resistance provide 15 percent to 50 percent of a user's own bodyweight.
2. Unique closed chain design reduces shoulder impingement and stabilizes the shoulder girdle.
3. Inverted position unloads the lower back and reduces spinal compression.
4. Ability to progress exercises by adding plyometric movement.
5. Includes link to exercise library with additional and advanced exercise options.
6. Designed to be bolted to gym floor.

Distributed by



For additional information on this product, the Recovery Series and other Total Gym products, visit totalgym.com
© 2017 Total Gym Global Corp // v.101117

