



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	70" x 45" x 44" (L/W/H) [1.8 m x 1.1 m x 1.1 m]
FLOOR SPACE REQUIRED	16 square feet [1.5 square meters]
UNIT WEIGHT	120 lbs [55 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® Pull-up Trainer™ utilizes incline bodyweight resistance to assist users in doing a proper pull-up to strengthen the muscles of the upper body. Built on an adjustable incline with seven levels to select from, the Total Gym Pull-up Trainer allows users to lift approximately 30 percent to 60 percent of their own bodyweight.

1. Adjustable incline design allows for partial bodyweight pull-ups.
2. Ability to progress exercises by adding plyometric movement.
3. Offers four basic hand grip positions
4. Includes link to exercise library with additional and advanced exercise options.
5. Designed to be bolted to gym floor.

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