

OWNER'S GUIDE | TOTAL GYM® PULL-UP 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 since 1974.

One of the most innovative solutions for strengthening the upper body, Total Gym Pull-up 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 Pull-up Trainer will be operational.

In this Owner's Guide, you will find information about your Total Gym Pull-up 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. This Owner's Guide is also available for download from our website at www.totalgym.com/pull-uptrainer.

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 Pull-up 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 specific. Certain exercise programs or types of equipment may not be appropriate 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.
 - Children should only use the Pull-up 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 Pull-up Trainer before each use to ensure proper operation. Check all parts for wear before each use. Do not use your Total Gym Pull-up 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.
- Before transporting, raise rails to top level. Always lift from the rear base when moving the unit.
 - Follow instructions in this Owner's Guide for using the unit. Improper use could result in severe or fatal injury. Your Total Gym Pull-up 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 Pull-up Trainer is rated at a maximum user weight capacity of 400 lbs [181 kg].



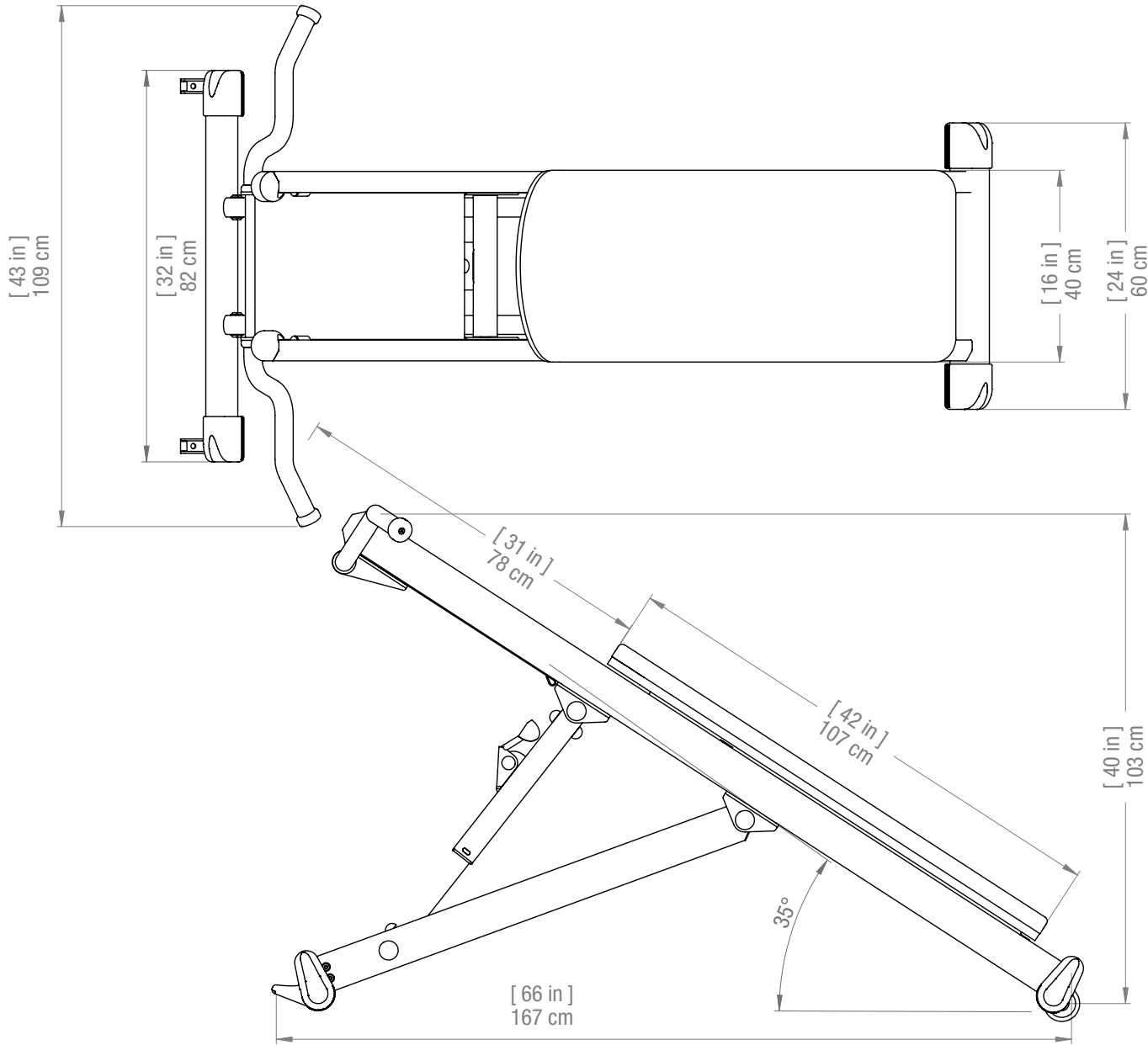
**WARNING: READ ALL INSTRUCTIONS BEFORE USING
TOTAL GYM PULL-UP TRAINER**

1. Inspect your Total Gym Pull-up 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 Pull-up 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 Pull-up 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 Pull-up Trainer only for its intended use.
5. Keep fingers, loose clothing and hair away from all moving parts.

Parts Identifier



Specifications and Limitations



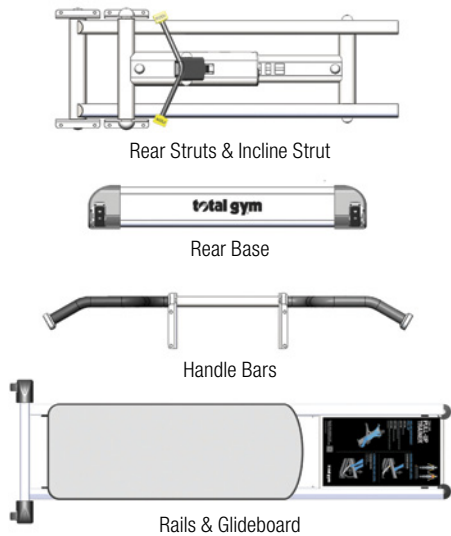
- Glideboard Range of Motion: 31 inches [78 cm]
- Weight Capacity: Maximum user weight capacity of 400 lbs [181 kg]
- Resistance levels vs % of body weight:

| Incline Level | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---------------|----|----|----|----|----|----|----|
| % BW | 30 | 35 | 40 | 45 | 50 | 55 | 60 |
- Floor Space: 20 Square Feet [1.8 Square Meter]
- Size: 74" x 43" x 40" (L/W/H) [1.8 m x 1.1 m x 1.0 m]
- Weight: 125 lbs [57 kg]
- Shipping: 80" x 26" x 13.5" [1.9 m x .5 m x .4 m]
- GW 136 lb [63 kg]
- Construction: steel with steel reinforced aluminum rails

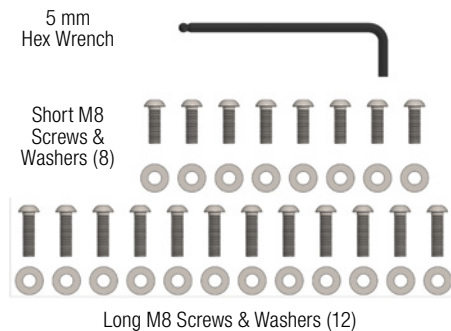
Assembly Instructions

TWO PERSON ASSEMBLY REQUIRED.

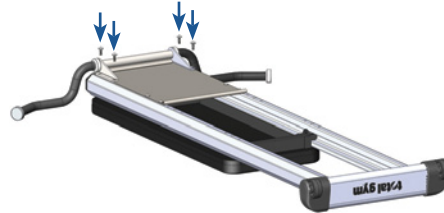
STEP 1. Carefully unpack all the parts and the Information & Hardware box at the installation site if possible.



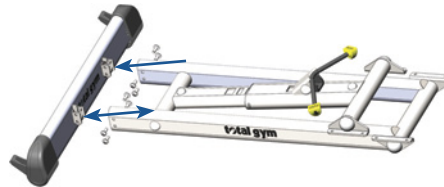
STEP 2. Open the Information & Hardware box. Inside there will be:



STEP 3. Turn Rail & Glideboard assembly upside down and install the Handle Bars using the 5 mm Hex Wrench and four Long M8 screws & washers.

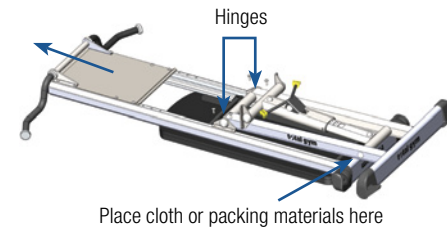


STEP 4. Arrange the Rear Strut & Incline Strut and Rear Base as shown. Lift Rear Struts and slide opening at bottom over the brackets on the Rear Base until the holes line up. Using the 5 mm Hex Wrench install all eight Short M8 screws with washers. Do not tighten completely until all eight screws have been installed.



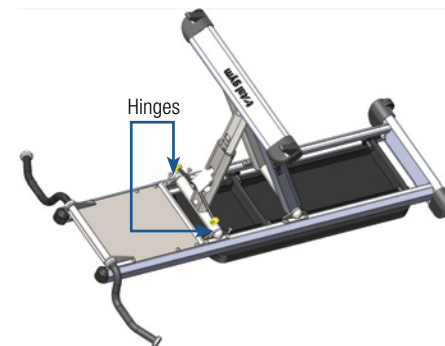
STEP 5. While the Rail & Glideboard assembly is still upside down on the floor, roll the rails so the glideboard is near the rail base with the wheels. Then lay the Rear Struts & Incline Strut assembly with Rear Base attached on top of it as shown so the holes in the hinges of the Rear Struts align with the holes in the rails farthest from the Handle Bars. Be sure to

place a cloth or packing material between the surfaces of the Rail Base and Rear Strut.



Using the 5 mm Hex Wrench, attach the hinges on to the Rail & Glideboard assembly with four Long M8 screws and washers. Do not tighten any completely until all four screws are installed.

STEP 6. While one person holds the Incline Strut up as shown, the other person aligns the hinges on it to the set of holes in the rails near the Handle Bars. Using the 5 mm Hex Wrench attach the hinges on to the Rail & Glideboard assembly with four Long M8 screws and washers. Do not tighten any completely until all four screws are installed.



STEP 7. Turn the unit right-side up and position your Total Gym Pull-up Trainer in a permanent location then bolt to floor from the Anchor Feet as shown below. **Bolts not included.**



Glideboard: Roller Removal and Assembly

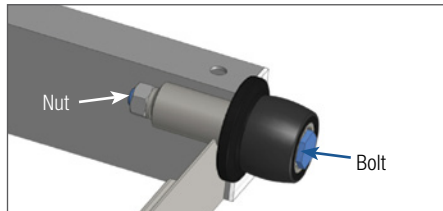
STEP 1. Remove the six M6 screws from both the Rail End Caps on the top end of the rails with a 4 mm Hex Wrench (not included) and remove the end caps.

STEP 2. Roll the glideboard up and out the top of the rails and set it upside down on a clean smooth surface.

STEP 3. To remove the rollers 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 4. 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 5. To reinstall the glideboard by carefully & slowly rolling it into the rails.

STEP 6. Replace the Rail End Caps on the rails and insure all 6 screws are tight.

Getting Started

As a facility offering the use of a Total Gym Pull-up 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 Pull-up Trainer. Care and maintenance for this product are included to promote safe, enjoyable and prolonged use of this equipment.

When using your Total Gym Pull-up Trainer, wear athletic shoes and comfortable lightweight clothing. Before you begin, check to ensure that all parts are in place and working properly. Remember to control the glideboard at all times, particularly when getting on or off your Total Gym Pull-up Trainer.

WARNING!

Always control the glideboard while using your Total Gym Pull-up Trainer. Total Gym Pull-up Trainer is rated at a maximum user weight capacity of 400 lbs [181 kg].

Exercise Instructions

Follow the instructions on the placard as illustrated 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/pull-uptrainerexercises.

INCLINE BODYWEIGHT PULL-UP

- STEP 1.** Select appropriate incline level.
- STEP 2.** Facing machine, slide glideboard up rails and lie down; top edge of glideboard should be about eye-level.
- STEP 3.** Grasp bar using the desired hand grip position.
- STEP 4.** Pull yourself and glideboard up rails. Then lower yourself back to starting position.



RAISING INCLINE LEVEL

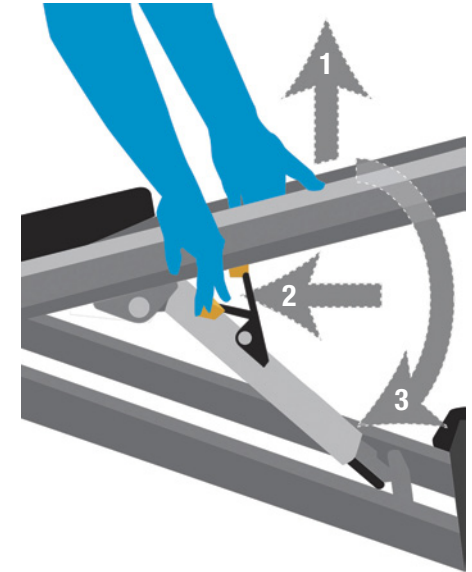
TO INCREASE INCLINE: Grasp rail and lift to desired level



LOWERING INCLINE LEVEL

TO DECREASE INCLINE:

1. Lift rails slightly
2. Push lever down
3. Lower to desired level



Maintenance and Care

Your Total Gym Pull-up 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. Use a non oil-based window cleaner on the glideboard material. DO NOT USE ARMOR ALL® OR LIKE SUBSTANCES. These will make the glideboard slippery. Wipe down your Total Gym Pull-up 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 for 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 email support@totalgym.com. For international customers, contact the approved distributor in your country.

Warranty Information

US WARRANTY

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

TOTAL GYM PULL-UP® TRAINER™

Commercial Warranty:

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

LIMITED WARRANTY

Improper use of Total Gym Pull-up 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 or email support@totalgym.com 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 Pull-up Trainer, Part #5800-01

Serial Number _____

TotalGym.com

Customer Service:

858.586.6080

support@totalgym.com

TotalGym.com

Customer Service: (858) 586-6080