

3Grip Pull-up Bar

NOTE: The 3 Grip Pull-up Bar is designed exclusively for use at the TOP of the rails. Do not use as a Press bar on the bottom of the rails as damage to the accessory and your Total Gym may occur.



ATTACHMENT INSTRUCTIONS

TO BEGIN INSTALLATION: Stand on one side of the unit facing the tower. Make sure the folding foot holder is in the lowered position or removed. **STEP 1.** Position the 3Grip Pull-up Bar over the rails above the glideboard with handles pointing away from the tower and insert "one" pin into the hole on the side of the rail.

STEP 2. Pull out the knob on the second pin and lower the bar down to the rail. Release the knob when the pin is lined up with the hole. **STEP 3.** Carefully push and pull the 3Grip Pull-up Bar to insure it is secure.



PARTS: 3Grip Pull-up Bar (remove with retractable pins)

ACCESSORY IN USE



Pull-up shown using wide grip.



Pull-up starting position shown using hammer grip.