

Core Trainer™



HIGHLIGHTS

Capacity	Maximum user weight capacity of 400 lbs [181 kg]
Glideboard Range of Motion	31 inches [787 mm]
Exercises	Visit TotalGym.com/coretrainerexercises

PRODUCT SPECIFICATIONS

In Use	72" x 23.5" x 30" [L/W/H] (1.8 m x .6 m x .8 m)
Floor Space (area)	12 square feet [1.1 square meters]
Unit Weight	80 lbs (36.3 kg)
Construction	Steel with steel reinforced extruded aluminum rails

The Total Gym® Core Trainer™ strengthens the abdominals while engaging the entire core musculature. Offering unparalleled versatility for an abdominal machine, the Core Trainer is a plank facilitator that allows for two primary movements, the Dynamic Plank and the SCRUNCH®. Simple, intuitive, and accommodating all fitness levels, the Core Trainer helps enhance basic core stability for beginners while providing advanced strengthening and increased core muscle recruitment to challenge conditioned athletes.

1. Fixed-incline design provides assistance for novice or de-conditioned exercisers.
2. Provides dedicated area for planking off of the floor.
3. Rolling glideboard offers option to increase instability for further strengthening.
4. Ability to progress or regress exercises by changing body position.
5. Includes link to exercise library with additional and advanced exercise options.
6. Designed to be bolted to gym floor for designated plank area.

WARRANTY

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

Distributed by



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Press Trainer™



Exercise Placard



Incline Release Lever



Floor Anchor Bolt Holes

HIGHLIGHTS

Capacity	Maximum user weight capacity of 400 lbs [181 kg]
Glideboard Range of Motion	33 inches [840 mm]
Exercises	Visit TotalGym.com/presstrainerexercises

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 (area)	14 square feet [1.4 square meters]
Unit Weight	116 lbs [53 kg]
Construction	Steel with steel reinforced extruded aluminum rails

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.

WARRANTY

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

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Jump Trainer™



HIGHLIGHTS

Capacity	Maximum user weight capacity of 400 lbs [180 kg]
Bodyweight Resistance	Physical Therapy: 30% - 65% BWR Fitness: 50% - 80% BWR
Band	Additional 10 – 70 lbs VBR
Exercises	Visit TotalGym.com/jumptrainerexercises

PRODUCT SPECIFICATIONS

In Use	104" x 33" x 68" [L/W/H] (2.6m X .8m X 1.7m)
Floor Space	24 square feet (2.2 square meters)
Unit Weight	230 lbs [105 kg]
Construction	Steel with steel reinforced extruded aluminum rails
Installation	Designed to be bolted to the floor

The Total Gym® Jump Trainer™ builds explosive power and develops lower body muscle mass with two primary movements, the squat and the squat jump. Uniquely designed to facilitate plyometric exercises leveraging both linear bodyweight resistance and band variable resistance, the Jump Trainer produces both concentric and eccentric loading of the muscles – allowing users to accelerate and decelerate quickly during a squat jump in a safe, controlled manner. Able to accommodate all levels of fitness, the Jump Trainer supports the spine during traditional squat exercises so that users can comfortably control the descending and ascending phases of the squat, while providing an opportunity for advanced variations including, single-leg squats and staggered stance squats.

1. Provides concentric and eccentric force utilizing both linear bodyweight resistance and band variable resistance
2. Two installation settings: Physical Therapy and Fitness each allowing for seven incline levels ranging from 30 percent to 80 percent of a user's own bodyweight
3. Four resistance bands can be engaged to allow for an additional 10-70 lbs resistance in 10 lb increments
4. Pneumatic brake protects joints during plyometric movements
5. Angled glideboard provides comfort and support for the upper body
6. Includes link to exercise library with additional and advanced exercise options

WARRANTY

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

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Pull-up Trainer™



HIGHLIGHTS

Capacity	Maximum user weight capacity of 400 lbs [181 kg]
Glideboard Range of Motion	33 inches [840 mm]
Exercises	Visit TotalGym.com/pulluptrainerexercises

PRODUCT SPECIFICATIONS

In Use	70" x 45" x 44" (L/W/H) [1.8m X 1.1m X 1.1m]
Floor Space (area)	16 square feet [1.5 square meters]
Unit Weight	120 lbs [55 Kg]
Construction	Steel with steel reinforced extruded aluminum rails

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.

WARRANTY

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

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Leg Trainer™



HIGHLIGHTS

Capacity	Maximum user weight capacity of 400 lbs [181 kg]
Glideboard Range of Motion	22 inches [565 mm]
Exercises	Visit TotalGym.com/legtrainerexercises

PRODUCT SPECIFICATIONS

In Use	59.2" x 23.6" x 15.4" (L/W/H) [1.5 m X .6 m X .4 m]
Floor Space (area)	10 square feet [0.9 square meters]
Unit Weight	120 lbs [54 kg]
Construction	Steel with steel reinforced extruded aluminum rails

The Total Gym® Leg Trainer™ engages all the muscles of the leg simultaneously for an efficient and effective lower body workout on one machine. Designed to functionally strengthen the legs and maximize muscle recruitment, the Leg Trainer facilitates a forward, backward and side lunge utilizing a rolling glideboard to create additional instability in a selected plane of motion. Features a 15" Step-Up/Box Jump Platform for complementary leg exercises. Simple, intuitive, and accommodating all fitness levels, the Leg Trainer helps build lower body strength and enhances stability for beginners and challenges proprioception for the most conditioned athletes.

1. Unique all-in-one leg training station with attached 15" Step-Up/Box Jump platform.
2. Provides dedicated area for lunging on the gym floor.
3. Ability to progress exercises by adding dynamic movement.
4. Includes link to exercise library with additional and advanced exercise options.
5. Designed to be bolted to gym floor.

WARRANTY

Frame - 5 years; Rubber & Moving Parts - 1 year

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Row Trainer™



HIGHLIGHTS

Capacity	Maximum user weight capacity of 400 lbs [181 kg]
Exercises	Visit TotalGym.com/rowtrainerexercises

PRODUCT SPECIFICATIONS

In Use	98" x 23.5" x 30" (L/W/H) [2.5 m x .6 m x .8 m]
Floor Space (area)	12 square feet [1.1 square meters]
Unit Weight	98 lbs, 44.5 kg
Construction	Steel with steel reinforced extruded aluminum rails

An ingeniously unique rower that emulates a rowing movement pattern using adjustable bodyweight resistance, the Total Gym Row Trainer produces a full body workout, integrating a strength component into a traditional cardio machine. The Total Gym Row Trainer targets all the muscles groups simultaneously and enables a smooth consistent load through the entire range of motion, due to loaded concentric and eccentric phases of the exercise.

1. Low compression on the joints, especially the lower spine.
2. Full leg and shoulder strengthening.
3. Exercises can be progressed or regressed to accommodate all fitness levels.
4. The resistance incline can be raised or lowered to adapt to all needs.
5. Designed to adapt to all body sizes.

COMMERCIAL WARRANTY

Frame - 5 years; Moving Parts (rollers) - 1 year; Rubber - 1 year

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