



Getting Started with
Total Fitness System

For Models
2000, 3000, XL, and XLS

total gym



Dear Friend,

First of all, we'd like to congratulate you for choosing Total Gym! By purchasing this terrific piece of fitness equipment, you have made a solid commitment to improving your overall health and well-being. You are joining millions of customers who were once in your shoes; ready to start making a difference in your fitness lifestyle. With the Total

Gym, our customers are able to lose unwanted weight, build and tone muscle for a sleek look and more importantly, become happy, healthy people!

We urge you to watch the enclosed instructional video called "Start It Up!" before you begin using your Total Gym. It will only take a few minutes of your time, but it will help you maximize your workout. Also included in this video is your first work along program designed to get you started on the right foot.

Thank you for placing your confidence in us and in Total Gym. Your long term health is too important to neglect. With Total Gym, you are on your way to a better and healthier you!

So get started and stick with it – we're behind you 100% of the way!

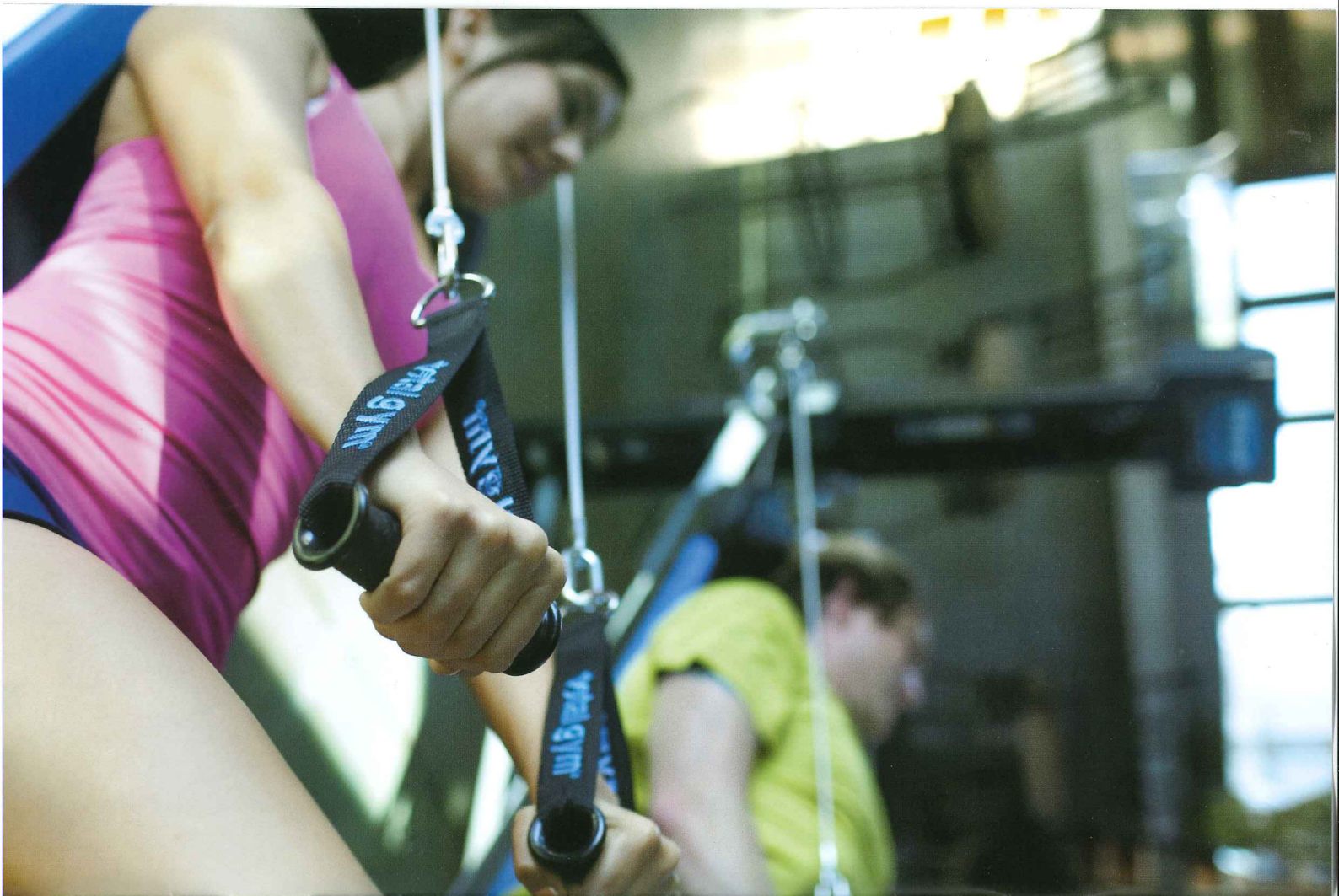
Sincerely,

*Chuck Norris
Christie Brinkley*

Chuck Norris and Christie Brinkley
Total Gym Fitness, LLC.

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Total Gym Steps for Success



After many years of listening to our valued customers, we've come up with a few steps for success to help you along the way.

1. Set-up your Total Gym

Your Total Gym comes fully assembled, and with the easy-to-follow set-up (see page 8), you'll get started in a matter of minutes.

2. Watch your Start It Up! DVD ▶

This video is created to acquaint you with the Total Gym and get you quickly started on your very first workout!



3. Training Deck & Wall Chart

Once you've experienced the Starter Program on the Total Gym, you'll probably search for additional exercises. This is where your Training Deck and Wall Chart come in handy. These exercise tools provide you with a slew of additional exercises broken out by major muscle groups. There are even ready-made programs found in your Training Deck to address your specific fitness goals!

4. Additional Workouts

Once you feel comfortable with your Total Gym, go ahead and explore the additional workouts: 6-8 Minute Workout, Beginner, Intermediate & 5-Day Advanced Program Workouts featuring Todd Durkin and GRAVITY Pilates Infused Core Workout.

5. Healthy Living for Happiness

Make fitness a daily habit and you will feel the effects immediately! You'll feel stronger, have more energy and feel better about yourself. Consistency is the key to great results so strive for 3-5 workouts each week.

6. Healthy Eating Habits

In addition to your workouts, you need to re-evaluate your eating habits. Dan Isaacson's Nutritional Program for Total Gym will put you on the road to a healthier lifestyle with guidelines for healthier eating and easy to follow meal plans.

Top 10 Reasons Why Our Customers Love Their Total Gym



1 Time Saver You can achieve a great, efficient workout in a short amount of time. 10-20 minutes a day is all it takes!

2 easy use Quickly move from one exercise to another or from one level to the next easily. Plus, modify workouts for strength, cardio or stretching depending on the level!



3 Value With the costs of gym memberships and gas these days, you'll definitely save money with Total Gym. Thousands of customers are still enjoying their Total Gym, even after years since purchasing!



4 Efficient Workout Total Gym works multiple major muscle groups at one time, so you get an efficient workout with superior results.



5 Helps with Any Fitness Level/Goal Total Gym works for ages 8 to 80 and accommodates beginner to advanced fitness levels. Total Gym can help you improve flexibility/stretching, tone muscle, build muscle and lose weight.



6 Easy on Joints With Total Gym you're using a percentage of your own body's weight as resistance — combine that with the smooth motion of the cables, you're saving your body from unwanted stress to the joints!



7 Versatility

With over 80 exercises to choose from, Total Gym really is the most versatile home fitness product on the market.



8 Convenient Fully assembled out of the box! Simply fold to store away under your bed or in a closet. No crowds, no driving no waiting for equipment, no wasted time!



Kristen Miller
LOST 80 POUNDS



9 Improves Health Total Gym will improve your physical and mental health because life is easier when you feel good inside and out.

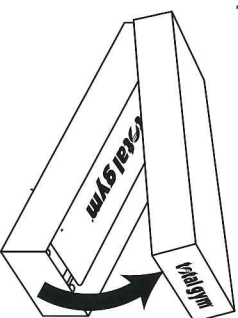
10 Results! Millions of customers (like Kristen Miller) have reached their fitness goals, now it's YOUR TURN!



Get Started in 5 Easy Steps!

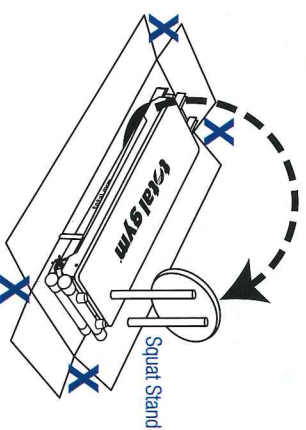
WARNING
Keep hair, fingers, loose clothing, children and pets away from hinges and other moving parts to avoid serious injury. Also, be sure to have the height adjustment lever pin and safety hitch pin locked in place before getting on your Total Gym to avoid severe injury.

Step 1



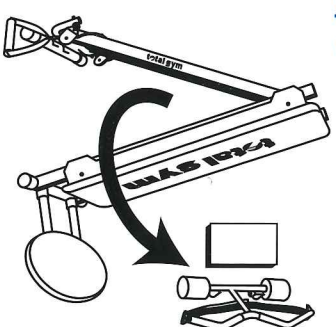
Lay shipping box flat and open carton top.

Step 2



Remove corner tape from the carton bottom (as indicated by the X's). Remove all packaging materials, including cardboard inserts, from your Total Gym®. Remove the squat stand (optional) from under the gym and install on opposite end into receptacles.

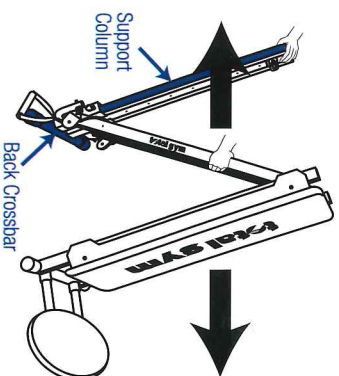
Step 3



Lift gym up from opposite end of squat stand. Make sure that it rests solidly on the squat stand. Remove the two accessories from under the bench. **Note:** Squat stand is an optional accessory.

Step 4

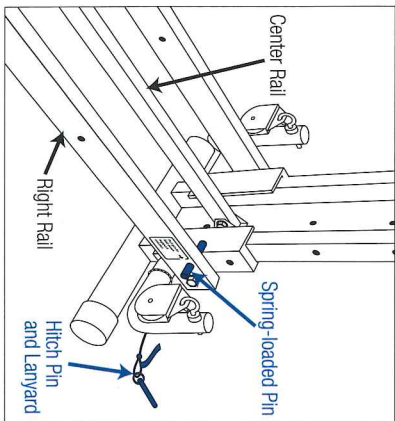
Extend Total Gym® out in the following manner:



4A. Place one hand on the edge of the frame. With your other hand, take hold of the support column and begin to pull it out until the frame is lying flat on the floor. **Be sure to support the frame in the center to avoid having the product drop suddenly onto the floor.**



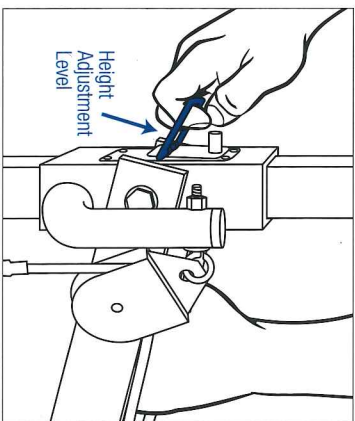
Step 4 - continued



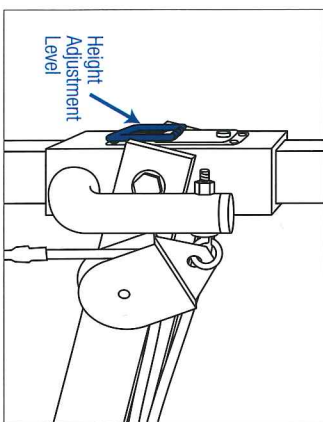
4B. The spring-loaded pin on the right rail will automatically engage during set-up. This pin prevents the support column from collapsing when the height adjustment pin is locked into the bottom storage hole.

Step 5

Raise the Total Gym® to the desired incline level by positioning one foot on the back crossbar to keep the product from lifting off the floor.



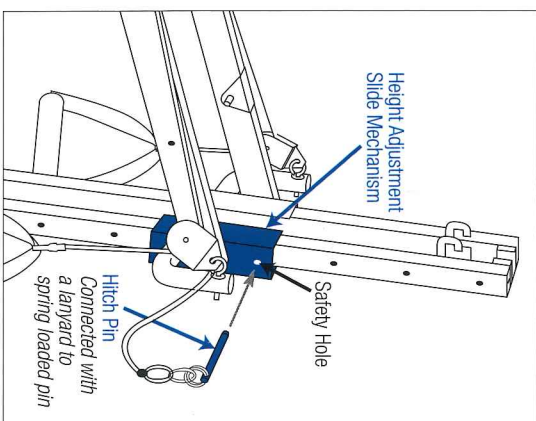
5A. With one hand on a side rail, grasp the height adjustment lever on the height adjustment slide mechanism and raise to one of the lower levels.



5B. Push the lever back to its original position (it should be flat against the support column). Slide the frame until you hear the lever pin snap into place. Look on the inside of the support column to make sure the lever pin is through the hole and locked into place. Never sit or exercise on Total Gym® without the adjustment lever and safety hitch pin securely locked into place.

WARNING

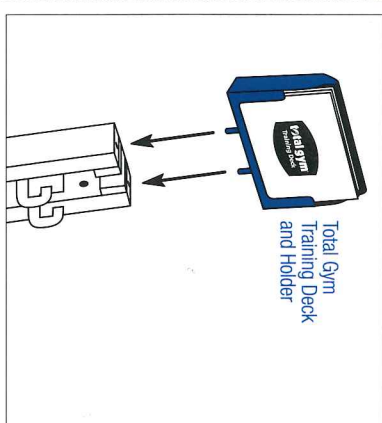
Bottom hole in the support column is for storage only. Attempting to exercise with the height adjustment lever pin in this bottom hole position will cause the support column to collapse forward and could result in serious injury.



5C. Insert the safety hitch pin connected to the lanyard through the safety hole on the side of the height adjustment slide mechanism until it is through the support column. Never sit or exercise on Total Gym® without the adjustment lever and safety hitch pin securely locked into place.

WARNING

Failure to securely lock the height adjustment pin and safety hitch pins into place may result in serious injury or even death.



5D. Insert the Training Deck holder into the two holes located on the top of the support column.

Set Up is Complete!



Begin using Total Gym® at a low incline. As your fitness level increases, raise the incline to increase the intensity of your workout and improve your muscle strength. **If you have questions about your Total Gym®, please call Customer Service at 1.800.501.4621.**

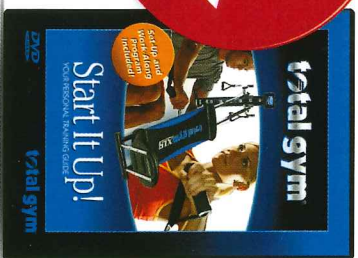
Be sure to check out the instructional video entitled "Total Gym: Start It Up!" full of valuable tips to get the most out of your new Total Gym®.

The Total Fitness System

All the tools to help you get started!

Along with your Total Gym, you've received a variety of training tools, as well as accessories, to maximize your workout. Be sure to review each tool, then select the program(s) that best suits your personal goals!

Optional items for Total Gym 3000 and Total Gym 2000.

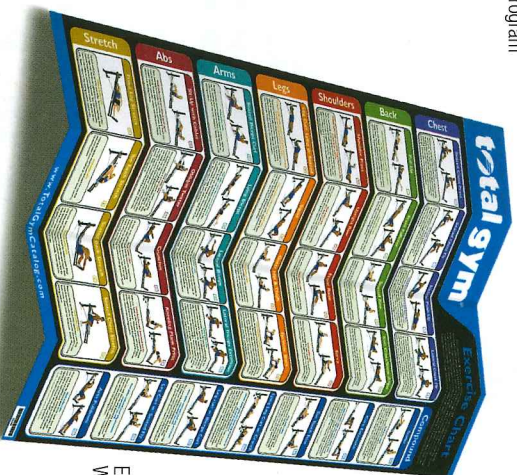


"Start It Up!"
Instructional
DVD/Video

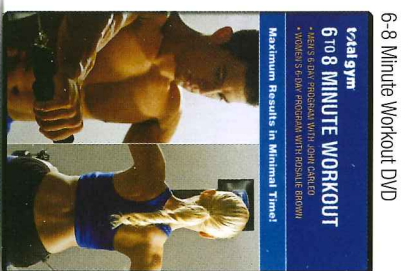


Dan Issacson's
Nutritional Program
For
total gym

Choose **MyPlate.gov**
A Stepwise Approach
to Healthier Eating



Exercise
Wall Chart



6-8 Minute Workout DVD

total gym
6 TO 8 MINUTE WORKOUT
-WORKER'S 6-8 DAY PROGRAM WITH INSTANT RESULTS
-MAXIMUM RESULTS IN MINIMAL TIME!



"There is no better way to get into
physical shape than with the Total Gym."

Chuck Norris



Training
Deck

Infused Crunches
Toe Out Squat

61
30
65

30
65



5-Day Advanced Program

total gym

Beginner Program

total gym

Intermediate Program

total gym

Beginner, Intermediate
and 5-Day Advanced
DVD Programs featuring
Todd Durkin



GRAVITY
Pilates
Infused Core DVD

total gym

GRAVITY
PILATES - INTENSE CORE
Maximum Core-Crunch Pilates - Features Todd Durkin

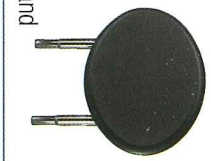
Please consult your physician before you begin this or any other exercise program.

Optional Accessories

Available at www.TotalGymCatalog.com



Training Deck and Holder



Squat Stand



Wing Attachment



Plates Accessory Kit



Leg Pulley Accessory Kit



Weight Bar (weights not included)



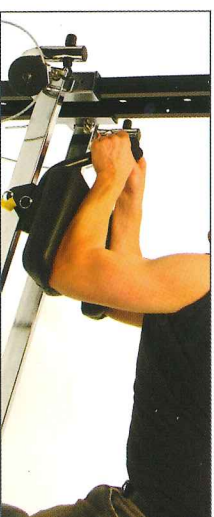
Press Up Bars



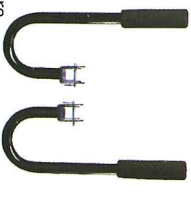
Dip Bars



CycloTrainer



AbCrunch



Our Customers are Saying...



BEFORE



AFTER

Jenny Walden LOST 30 POUNDS

I lost 30 lbs using the Total Gym. I was watching TV and realized – here I am a size 12 and was time for a change – I didn't feel pretty, I wasn't happy. Total Gym was the answer for me. I started to notice a difference in the way I felt. In the way my clothes started to fit. It was easy really to lose the 30 lbs – I went down to a size 5/6. Thank you Total Gym!



BEFORE



AFTER

Shawn Peterson LOST 177 POUNDS

I've battled with my weight all my life. Using the Total Gym, I lost 177 pounds. I can do all kinds of things now. Before, when I was 338 lbs my children would always ask me to go outside and play with them and I couldn't do it. Do what I did and get on the right track.



BEFORE



AFTER

Brian Kirtsy LOST 45 POUNDS

With my before pictures, I'm embarrassed. I can't believe that I was actually that big. I lost 45 lbs on the Total Gym working out 6-8 minutes a day.



BEFORE



AFTER

Rebecca Kirtsy LOST 80 POUNDS

Within the first month, I could really see results. I dropped a dress size and I lost 10 lbs – I could see and feel my body being more toned and tightened. Now I've lost 80 lbs and kept it off for about a year and a half. I'm so thankful that I had my Total Gym and that I stayed with it. Now I look at pictures of myself and I can't believe how great I look.

Your Personal Fitness Goals!

If you want to lose weight, increase muscle, or just tone your body, you've got to start by identifying your goals. The best way to achieve any goal is to write it down and create your plan of attack. Frequently look back on your goals to keep your priorities in line and you will soon see progress!

Weight Goals

My current weight:

My goal weight within 30 days:

DATE GOAL WEIGHT ACTUAL WEIGHT

My goal weight within 60 days:

DATE GOAL WEIGHT ACTUAL WEIGHT

My goal weight within 90 days:

DATE GOAL WEIGHT ACTUAL WEIGHT

Goal Questions

1. How am I going to achieve my goals through fitness?
2. How am I going to achieve my goals through eating habits?
3. How am I going to achieve my goals mentally?
4. Who am I enlisting for support as I work through my goals?

Weekly Measurements

Date	Weight	Chest	Waist	Hips	Thighs	Arms
START						

Share Your Success Story

You are about to join thousands of other people who have achieved extraordinary results with Total Gym! Customers out there have praised Total Gym for helping them reach their fitness goals: whether it's losing weight, toning muscle, building muscle, or dropping down a size.



Before



After

Debra Rowe LOST 52 POUNDS

I was about 196 lbs and I lost 52 lbs – Total Gym is my personal trainer and I use it faithfully. It's a total gym – I guess that's a good name for it. I do the inner and outer thigh workout – that's where I needed the most work and the Total Gym helped me tone that part of my body, it feel more energetic, everything is more toned.



Before



After

Ken Overson LOST 48 POUNDS

I saw some pictures of how big I had actually gotten and I thought if I keep gaining weight at this rate, I'm not going to be around very long at all. I decided that I had to do something about my weight. People started noticing my results and asking me what I was doing to get into shape. I told them the Total Gym. I was 278 lbs at my highest and right now I'm at 230. When I look at pictures and see the difference in my size and the condition I'm in – it's amazing. I lost over 40 lbs and I feel great.

Our story wouldn't be complete without YOUR success story!

Total Gym would love to hear about your success. Think how exhilarating it will be to reach your own goals... and what an inspiration it is to share YOUR achievements with others.

That's why we invite you to share your personal success story with Total Gym. We're convinced that once you begin exercising on Total Gym, you will look and feel better than you ever have before!

A fun way to visualize your progress as you step into the world of Total Gym is to document your journey. Go ahead... don't be shy! Break out your digital camera and video camera and give yourself something to look back on. You may feel camera shy right now, but imagine yourself two months from now fitting into your favorite pair of jeans again. You're going to love yourself for making the commitment to health.

We welcome any success story submission with before and after photos and/or video footage. Start now and watch how much you'll change in 30, 60, and 90 days!

All submissions become property of Total Gym Fitness, LLC and cannot be returned.

2 Easy Ways to Submit Your Story



Fill out our online form at
TotalGymCatalog.com/Success



Mail the information below to

Total Gym Fitness, LLC,
Success Stories
1230 American Blvd.
West Chester, PA 19380

Include the following when mailing your submission:

- First & Last Name
- Street Address
- City, State, Zip Code
- Daytime Phone Number
- Email Address
- Gender
- Age
- Height
- Before Weight
- After Weight
- Total Weight Loss
- "Before" and "After" Full-Body Photos
- Tell your story
- What physical changes have you noticed since using the Total Gym?
- What do you like most about these changes?
- Which program(s) helped you achieve your goals?



Kristen Miller
LOST 80 POUNDS

I was 250 lbs. I was at a shape that I couldn't even tie my shoes. I lost 80 lbs using the Total Gym. I went from a size 22 to a size 8 and I'm still going.



Total Gym Home Sales

1.800.220.6481

www.TotalGymDirect.com

Optional Accessories

www.TotalGymCatalog.com

Customer Service

1.800.501.4621

Submit your

Total Gym Success Story!

www.TotalGymCatalog.com/Success