

# 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