



Total Gym® Elevate Circuit™

The Bodyweight Circuit
For Every Body™

Make strength training simple, intuitive and challenging for all fitness levels with the **FIRST** line of bodyweight resistance single-station machines – the only circuit that allows you to “**UNLOAD**” your bodyweight.

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Introducing a whole new concept in strength training equipment...

The Total Gym® Elevate Circuit™ is first in line for strength machines that offer safe and effective functional training. Built using the same principles of multi-purpose equipment offered by Total Gym, each piece uses bodyweight as the primary form of resistance—meaning users can actually unload a percentage of their bodyweight in order to help promote proper alignment and mobility while increasing strength at any level of fitness.



A Self-Serve Strength Circuit for the Gym Floor

The Total Gym® Elevate Circuit™ is intuitive in design so members can easily use as a self-serve piece on the gym floor. Each unit features a full color placard showing how to perform each exercise in the circuit so members can work through each machine at their leisure.

Perfect for Personal Training Clients

Ideal in a personal training setting, members can be easily and safely be introduced to bodyweight training. Personal Trainers can progress clients on equipment that allows users to load percentages of their bodyweight and so effectively perform proper movements that will improve strength gains without injury.

An Easy Solution for Small Group Training

The Elevate Circuit provides an exciting solution for team training. Minimal adjustments and easily executed exercises make it simple for trainers to manage groups of any size. All six units can be used together for a group-led circuit style workout or units can be incorporated into an existing bootcamp workout as individual stations.

Total Gym® Elevate Circuit™



Total Gym® Leg Trainer™

- Engage all the muscles of the leg simultaneously for an efficient lower body workout
- Provides dedicated area for lunging
- Closed-chain partial loading of the joints
- Train prime stabilizers & proprioception
- Versatile: facilitates a forward lunge, backward lunge, side lunge, step-ups and box jumps
- Features a 15" Step-Up/Box Jump Platform
- Linear movement of the foot plate provides controlled instability
- Opens hip joint improving lower extremity flexibility
- Addition of medicine balls, kettle bells, sandbags, etc... increase challenge and intensity

Total Gym® Press Trainer™

- Inverted position stabilizes shoulder girdle while reducing spinal compression and shoulder impingement
- A totally new way to do a shoulder press
- Strengthens all the muscles of the upper body
- Allows for plyometric movements
- Ability to progress a decline push-up
- Seven incline levels accommodate a wide variety of members from beginners to advanced performance athletes
- Only machine that enables users to perform a handstand push-up

Total Gym® Core Trainer™

- Enhance basic core stability for beginners while providing advanced strengthening for conditioned athletes
- Total core strengthening – recruits abdominals, back, hips, shoulders and abdomen to work in unison for better balance and stability
- Versatile: Allows for multiple movements
- Simple, intuitive and accommodating for all fitness levels
- Provides dedicated area for planking off of the floor

Total Gym® Pull-up Trainer™

- Facilitates a proper pull-up using only a portion of your bodyweight
- Strengthens all the muscles of the upper body
- Allows for plyometric movements
- Offers four basic hand grip positions
- Seven incline levels accommodate a wide variety of members from beginners to advanced performance athletes

Total Gym® Row Trainer™

- Low level strength component with a cardio workout.
- Added resistance of rowing at an incline produces a workout that engages all muscle groups simultaneously achieving a quicker, more effective workout.
- Built for multi-planar movement including exercises such as biceps curls and an alternating side to side row.
- Low compression on the joints, especially the lower spine.
- Full leg and shoulder strengthening.
- Exercises can be progressed or regressed to accommodate all fitness levels.
- The resistance incline can be raised or lowered to adapt to all needs.
- Designed to adapt to all body sizes.

Total Gym® Jump Trainer™

- Adjustable incline design allows for partial bodyweight squats and squat jumps
- Provides concentric and eccentric force utilizing both linear bodyweight resistance and variable band resistance
- 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
- Four resistance bands allow for an additional 10-70 lbs resistance in 10 lb increments
- Curved platform ensures proper biomechanics throughout plyometric movements
- Includes a Mount/Dismount Lock

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