

# 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 <a href="http://TotalGym.com/jumptrainerexercises">TotalGym.com/jumptrainerexercises</a>

## 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