

# Pull-up Trainer™



## HIGHLIGHTS

Capacity	Maximum user weight capacity of 400 lbs [181 kg]
Glideboard Range of Motion	33 inches [840 mm]
Exercises	Visit <a href="http://TotalGym.com/pulluptrainerexercises">TotalGym.com/pulluptrainerexercises</a>

## 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