

Model Comparison



Model	Total Gym PowerTower®	Total Gym GTS®	Total Gym™ Jump Trainer®
Summary	PowerTower allows for total body exercises with motorized load changes.	GTS allows for total body exercises with manual adjustments.	Specially designed for plyometric jumps and squat variations with eccentric loading.
Maximum Load Capacity	650 lbs (295 kg)	650 lbs (295 kg)	400 lbs (180 kg)
Handles	Remote control handles allow touch-control level adjustments while exercising.	Padded handles with swivel and hammer grip action.	Padded handles at sides for control and stability.
Pulley Positions	LAT Bars for multiple pulley locations that double as pull up handles.	LAT Bars for multiple pulley locations that double as pull up handles.	Not Applicable.
Glideboard	Adjustable glideboard promotes optimal spinal alignment and training variations.	Adjustable glideboard promotes optimal spinal alignment and training variations.	Angled glideboard provides comfort and support for the upper body.
Dimensions [L/W/H]	108" x 38" x 80" 2.7 m x 1.0 m x 2.0 m Able to fold for storage.	108" x 38" x 69" 2.7 m x 1.0 m x 1.8 m Able to fold for storage.	104" x 33" x 68" (2.6 m x .8 m x 1.7 m) Does not fold.
Safety Lock	Incline rails lock into place at each incremental setting.	Release lever locks rails into place at each incremental setting.	Safety lock holds glideboard in place for easy on/off.
Unit Weight	218 lbs (99 kg)	180 lbs. (81.65 kg)	164 lbs (75 kg)
Resistance Levels	1% to 72% of bodyweight; 26 calibrated incline levels, with infinite adjustment between levels.	1% to 62% of bodyweight; 22 calibrated incline levels, with release lever to lock rails into place.	30% to 80% of bodyweight (depending on installation setting). Additional 10-70 lbs Variable Band Resistance.
Range of Motion Control	ROM can be set using the Slide Distance Regulator accessory.	ROM can be set using the Slide Distance Regulator accessory.	Built-in Slide Distance Regulator adjusts range of flexion.