

# Strength Accessory Package



## Maximize your workouts with incline bodyweight training accessories for a total body workout!

Our Strength Accessory Package takes basic exercises to the next level in safe positions for correct biomechanics. One machine, six accessories. A total body workout producing optimum results.

- Add increased resistance to your exercise program
- Engage the core for stabilization
- Target abdominals
- Intensify military press exercises for increased upper body strength
- Isolate all three heads of the triceps with Dip Bars
- Provide security and safety during squat exercises
- Offer three distinct grip positions for Pull-up exercises



SCRUNCH Accessory

Compatible with Total Gym PowerTower™, GTS® and Sport® models.

### STRENGTH PACKAGE INCLUDES:

#### PRESS BAR



For military-style press exercises with two grips.

#### DIP BARS



Perform dips in an isolated plane.

#### SQUAT HANDLE BAR



Provides a solid handhold during squat exercises.

#### WEIGHT BAR



Add additional standard weight plates to achieve greater weight resistance.

#### SCRUNCH ACCESSORY®



Stretch, strengthen, and stabilize your entire core for targeted abdominal workouts.

#### 3GRIP PULL-UP BAR



Get three distinct grip positions for Pull-ups: wide, narrow and hammer.