

PowerTower®



HIGHLIGHTS

| | |
|-------------|---|
| Resistance | 1% to 72% of bodyweight |
| Levels | 26 calibrated incline levels, with infinite adjustment between levels |
| Squat Stand | Three height levels |
| Storage | Hydraulic lift assists folding Rolls upright |
| User Height | Up to 6'5" (2.0 m) |
| Capacity | Maximum total 650 lbs (295 kg) User weight 350 lbs (160 kg) |

PRODUCT SPECIFICATIONS

| | |
|-------------------|---|
| In Use | 107" x 38" x 78" [L/W/H] (2.7 m x 1.0 m x 2.0 m) |
| Folded | 20" x 38" x 65" [L/W/H] (.5 m x 1.0 m x 1.7 m) |
| Power | 110~220 VAC; 50~60 Hz |
| Unit Weight | 218 lbs (99 kg) |
| Rail Construction | Steel reinforced extruded aluminum rails |
| Accessories | Visit TotalGym.com |

The Total Gym PowerTower™ allows incremental load changes during exercise, providing the utmost versatility for high-performance sports-specific conditioning, athletic training and rehabilitation.

1. Motorized level adjustment improves client access to glideboard and ease of transitions between exercises.
2. Remote control handles allow touch-control level adjustments while exercising.
3. Adjustable glideboard promotes optimal spinal alignment and training variations.
4. Automatic rail locks allow for explosive plyometric jumping.
5. Multiple center-pulley attachment positions double arm-cable load and increase lower extremity ROM.
6. LAT bars promote line-of-pull specificity for arm-cable exercises.
7. Includes workout DVD and exercise wall chart.
8. Most popular accessories include SCRUNCH®, Press Bar, Retractable Dip Bars, Weight Bar, 3Grip Pull-up Bar, Dynamic Leg Pulley System, Toe Bar for Pilates.