

XLS®



HIGHLIGHTS

Assembly	No assembly required
Exercises	Over 80 exercises
Handles	Flexible nylon straps
Glideboard	Extra padded
Capacity	400 lb weight capacity

PRODUCT SPECIFICATIONS

In Use	90" x 19" x 43" [L/W/H] (3.1 m x .7 m x 1.5 m)
Folded	51" x 19" x 9" [L/W/H] (1.3 m x .7 m x 1.5 m)
Accessories	Visit TotalGymCatalog.com

The Total Gym XLS® home model follows the Total Gym professional standard for fitness excellence. It comes complete with a total system of workouts and workout tools to take all the guesswork out of getting into shape. Our top of the line home model demonstrates the highest quality gym with unbeatable savings. Discover how easy it is to get fit and stay in shape with the Total Gym XLS home gym!

1. Included Workouts: Start It Up! Instructional DVD, 6-8 Minute Workouts DVD, Smart Training DVD, Pilates for Total Gym DVD, Body Makeover DVD, Dan Isaacson's Nutritional Program & Meal Plan
2. Included Accessories: Pilates Kit, Training Deck, Upgraded Squat Stand, Wing Attachment, Leg Pulley Accessory