**SAFEGUARDS & GUIDELINES**

- It is recommended to have someone with you at all times.
- Attach safety harness to frame rails whenever exercising.
- Always seat in a secure seated forward position.
- Do not exceed 650 lbs. (295kg) of weight bearing on the glideboard.
- Always control the rolling motion of the glideboard.
- Do not exceed 650 lbs. (295kg) of weight bearing on the glideboard.
- Always control the rolling motion of the glideboard.
- Do not exceed 650 lbs. (295kg) of weight bearing on the glideboard.

**GETTING ON/OFF**

**WARNING:** Use a spotter at all times. To decrease resistance, always sit up and put your feet on the ground.

**ANCHORING**

- **A. UPRIGHT SUPINE**
  - **NOTES:**
  - Always sit up and put your feet on the ground.
  - Always control the rolling motion of the glideboard.
  - Do not exceed 650 lbs. (295kg) of weight bearing on the glideboard.
  - Always immobilize the glideboard by anchoring as described in this position.

- **B. SEATED LATERAL**
  - **NOTES:**
  - Always sit up and put your feet on the ground.
  - Always control the rolling motion of the glideboard.
  - Do not exceed 650 lbs. (295kg) of weight bearing on the glideboard.
  - Always immobilize the glideboard by anchoring as described in this position.

- **C. SEATED OR KNEELING BACKWARD**
  - **NOTES:**
  - Always sit up and put your feet on the ground.
  - Always control the rolling motion of the glideboard.
  - Do not exceed 650 lbs. (295kg) of weight bearing on the glideboard.
  - Always immobilize the glideboard by anchoring as described in this position.

- **D. SEATED LATERAL**
  - **NOTES:**
  - Always sit up and put your feet on the ground.
  - Always control the rolling motion of the glideboard.
  - Do not exceed 650 lbs. (295kg) of weight bearing on the glideboard.
  - Always immobilize the glideboard by anchoring as described in this position.

- **E. SEATED OR KNEELING BACKWARD & KNEELING BACKWARD**
  - **NOTES:**
  - Always sit up and put your feet on the ground.
  - Always control the rolling motion of the glideboard.
  - Do not exceed 650 lbs. (295kg) of weight bearing on the glideboard.
  - Always immobilize the glideboard by anchoring as described in this position.

**EXERCISING ON TOTAL GYM® BY BODY POSITION**

Exercises can be performed on Total Gym Incline Bodyweight Trainers in a variety of body positions. This chart is set up to maximize exercises in each body position so you can get a full body workout in a short time period.

**NOTE:** To increase resistance, raise the rails. To decrease resistance, lower the rails.

**SAFETY AND GUIDELINES**

- It is recommended to have someone with you at all times.
- Attach safety harness to frame rails whenever exercising.
- Always control the rolling motion of the glideboard.
- Do not exceed 650 lbs. (295kg) of weight bearing on the glideboard.
- Always control the rolling motion of the glideboard.
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- Do not exceed 650 lbs. (295kg) of weight bearing on the glideboard.
- Always control the rolling motion of the glideboard.

**GETTING ON/OFF**

**WARNING:** Use a spotter at all times. To decrease resistance, always sit up and put your feet on the ground.

**ANCHORING**

- **A. UPRIGHT SUPINE**
  - Grasp a handle in each hand facing away from the tower.
  - Slide the glideboard up, and then sit down behind your fists on glideboard. For kneeling backward, place knees sideways. Place hand fist down on glideboard towards the tower. Place hands fist down at the top of the glideboard for added stability.

- **B. SEATED LATERAL**
  - Grasp both handles in one hand facing away from the tower.
  - Slide the glideboard up, and then sit down behind your fists on glideboard. For kneeling backward, place knees sideways. Place hand fist down on glideboard towards the tower. Place hands fist down at the top of the glideboard for added stability.

- **C. SEATED OR KNEELING BACKWARD**
  - Grasp both handles in one hand facing away from the tower.
  - Slide the glideboard up, and then sit down behind your fists on glideboard. For kneeling backward, place knees sideways. Place hand fist down on glideboard towards the tower. Place hands fist down at the top of the glideboard for added stability.

- **D. SEATED LATERAL**
  - Grasp both handles in one hand facing away from the tower.
  - Slide the glideboard up, and then sit down behind your fists on glideboard. For kneeling backward, place knees sideways. Place hand fist down on glideboard towards the tower. Place hands fist down at the top of the glideboard for added stability.

- **E. SEATED OR KNEELING BACKWARD & KNEELING BACKWARD**
  - Grasp both handles in one hand facing away from the tower.
  - Slide the glideboard up, and then sit down behind your fists on glideboard. For kneeling backward, place knees sideways. Place hand fist down on glideboard towards the tower. Place hands fist down at the top of the glideboard for added stability.

**EXERCISES**

- **PIKE**
- **DIAMONDS**
- **PULL-UP**
- **OVERHEAD PRESS**
- **CHEST PRESS**
- **SHOULDER ADDUCTION**

**SPECIALTY EXERCISES**

- **OVERHEAD PRESS**
- **CHEST PRESS**
- **SHOULDER ADDUCTION**

For customer inquiries call 1.858.586.6080

Visit TotalGym.com/exercises for more.

For tips, offers and more, visit www.Facebook.com/TotalGym

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