## **ENCOMPASS<sup>™</sup> STRENGTH PACKAGE**

## ELEVATE



## **ENCOMPASS SPECIFICATIONS**

IN USE	106" x 38' x 57" [L/W/H] (2.69 m x 0.96 m x 1.45 m)
FOLDED	20" x 38" x 57" [L/W/H] (0.51 m x 0.96 m x 1.45 m)
UNIT WEIGHT	180 lbs (81.65 kg)
RAIL Construction	Steel reinforced extruded aluminum rails
RESISTANCE	1% to 62% of bodyweight
LEVELS	22 calibrated incline levels, with release lever to lock rails into place
SQUAT STAND	Three height levels
STORAGE	Hydraulic lift assists folding; Rolls upright when folded
USER HEIGHT	Up to 6'10" (2.1 m)
CAPACITY	Maximum total 650 lbs (295 l User weight 350 lbs (160 kg)
WARRANTY	Frame: 5 years Parts & Upholstery: 1 year Foam & Rubber: 90 days

The Encompass Strength Package takes basic exercises to the next level in safe positions for correct biomechanics with five additional 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
- Provide security and safety during squat exercises



TOTAL GYM

For additional information on this product, the full ELEVATE Series and other products offered by Total Gym, visit totalgym.com © 2018 Total Gym Global Corp // EESP17 // v.102318

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