



Congratulations

Thank you for choosing Total Gym® products and services. Total Gym functional incline training equipment has set the standard for physical rehabilitation, athletic training and sports performance for more than 30 years.

One of the most innovative solutions for strengthening the leg, we trust your Total Gym Leg Trainer™ will provide you with unsurpassed service and versatility year after year in the clinical or commercial setting.

Your Total Gym product arrives with some assembly required. Simply follow the directions for Assembly and Set-up and in minutes your Leg Trainer will be operational.

In this Owner's Guide, you will find information about your Total Gym Leg Trainer and its component parts, operation, maintenance and care. Additionally, you will find usage and safety tips, as well as precautions to help ensure the safety of your clients and warranty information. Please save this guide and refer to it in the future.

We value you as a customer and your feedback is important to us. If you have any questions or need further information about your Total Gym Leg Trainer, please contact our customer service department at (858) 586-6080 or email support@totalgym.com.

Yours in health,



Jesse Campanaro
President

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Safety Precautions

Before starting this or any exercise program, consult your physician, who can assist in planning a program that is age and ability specific. Certain exercise programs or types of equipment may not be appropriate for all people. Ensure that your clients are able to participate in an exercise program on this equipment without injury.

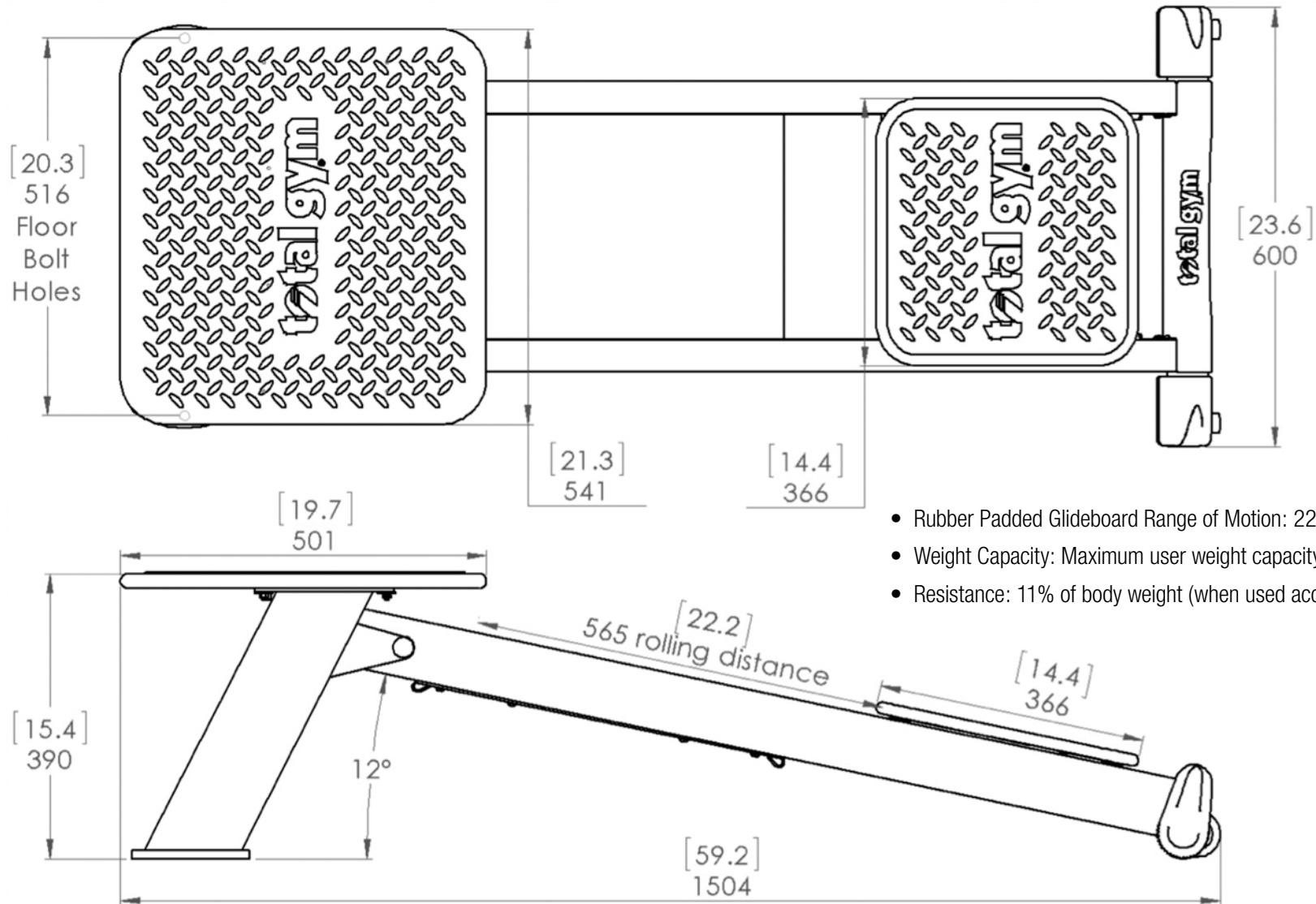
- Do not overexert, or allow your clients to overexert using this equipment or performing any exercise program on this equipment. If any pain or tightness in the chest occurs, an irregular heartbeat, shortness of breath, faintness, nausea or dizziness is experienced by you or your client stop the exercise session immediately and ensure that a physician is consulted before resuming any exercise program. (Clinicians and trainers should follow these recommendations if these symptoms are observed in clients.)
- This product is designed and intended for commercial use. Clinicians and trainers should inform clients of and monitor their adherence to all safety precautions. Use only as instructed.
- Children should only use the Leg Trainer when closely attended and supervised by an adult. Do not leave children or clinical patients unattended on Total Gym equipment.
- Parents and others in charge of children should responsibly monitor children whose natural play instinct and fondness of experimenting can lead to situations and behavior for which the training equipment is not intended.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Keep fingers, loose clothing and hair away from moving parts. Wear appropriate exercise attire and tie long hair back.
- Inspect your Total Gym Leg Trainer before each use to ensure proper operation. Check all parts for wear before each use. Do not use your Total Gym Leg Trainer if it is not completely assembled or if it has been damaged in any manner. Contact Total Gym Customer Service for replacement parts or repairs.
- Follow instructions in this Owner's Guide for using the unit. Improper use could result in severe or fatal injury. Your Total Gym Leg Trainer must be bolted to the floor on a flat, solid surface with nonskid material underneath. Keep the area around it from obstructions. The Total Gym Leg Trainer is rated at a maximum user weight capacity of 350 lbs. [160 kg.].



**WARNING: READ ALL INSTRUCTIONS BEFORE USING
TOTAL GYM LEG TRAINER**

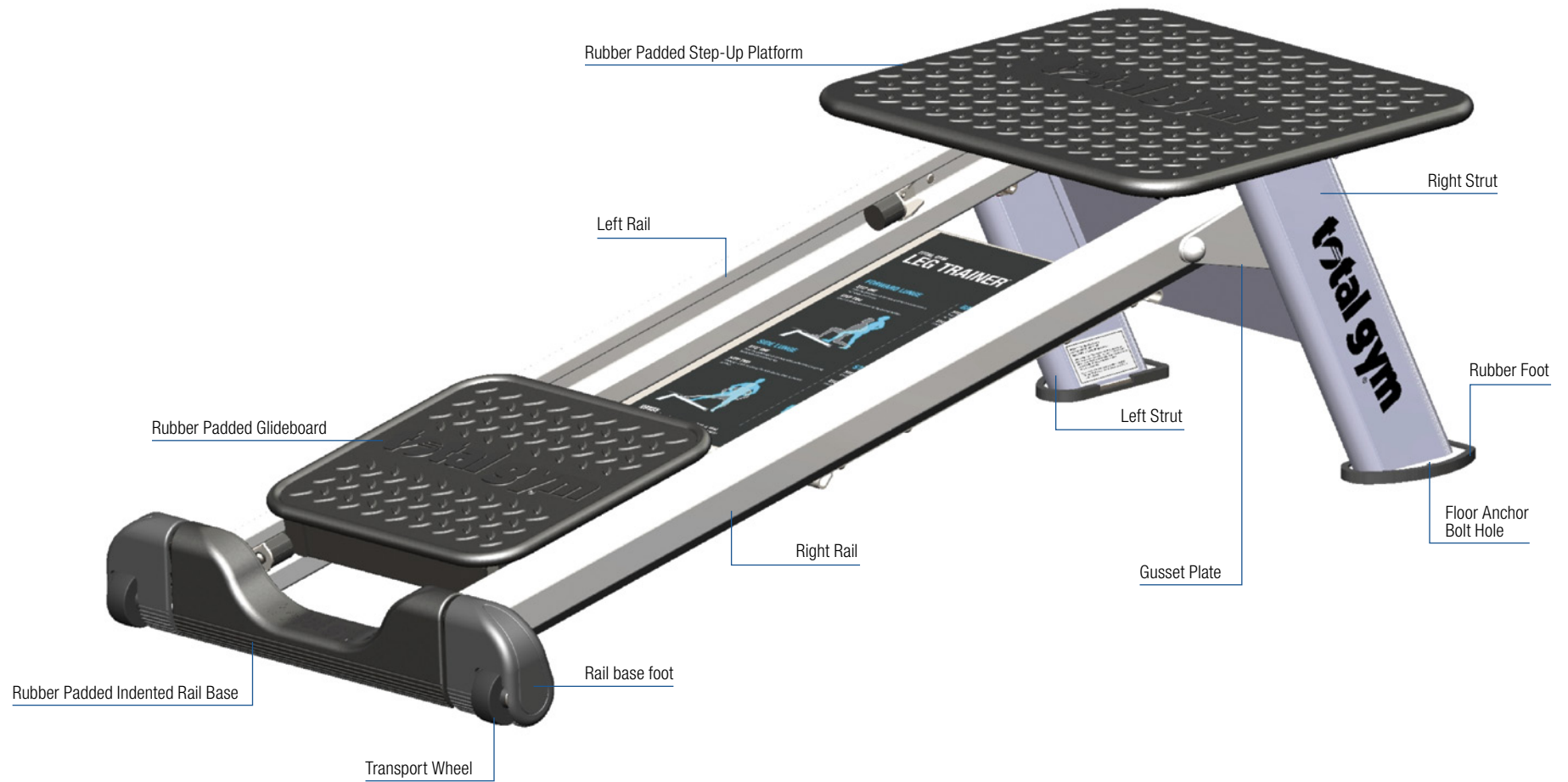
1. Inspect your Total Gym Leg Trainer unit before each use to ensure proper operation. Do not use this equipment unless all moving parts are working properly. Follow all maintenance and care instructions found in this Owner's Guide and on the equipment labels.
2. Close supervision is necessary when the Total Gym Leg Trainer is used by or near children, disabled or injured persons.
3. Care should be taken at all times when getting on and off your Total Gym Leg Trainer or any exercise equipment. Falling on or off the product could result in injury, or possibly death. Follow the "Getting Started" instructions for using the unit found in this Owner's Guide.
4. Use your Total Gym Leg Trainer only for its intended use.
5. Keep fingers, loose clothing and hair away from all moving parts.

Specifications and Limitations



- Rubber Padded Glideboard Range of Motion: 22 inches [565 mm]
- Weight Capacity: Maximum user weight capacity of 350 lbs [160 kg]
- Resistance: 11% of body weight (when used according to instructions)

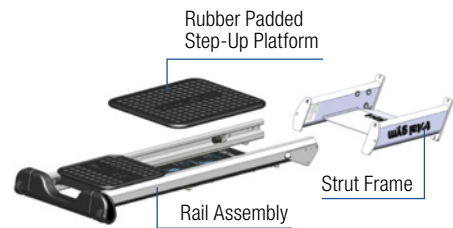
Parts Identifier



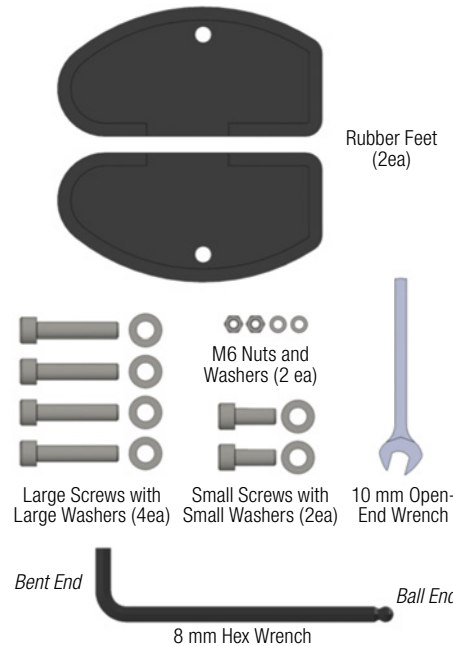
Assembly Instructions

Your Leg Trainer can be assembled by one person following the steps below.

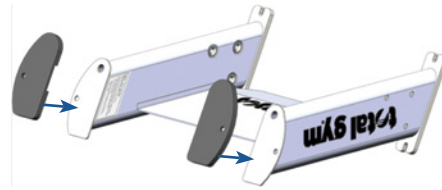
STEP 1. Carefully unpack all the parts and the Information & Hardware box at the installation site if possible.



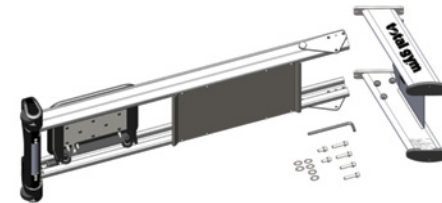
STEP 2. Open the Information & Hardware box. Inside there will be:



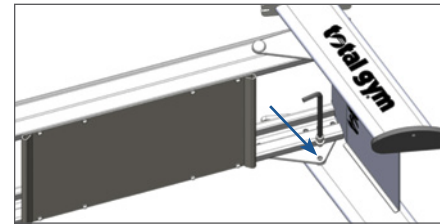
STEP 3. Install rubber feet onto the strut frame as shown below.



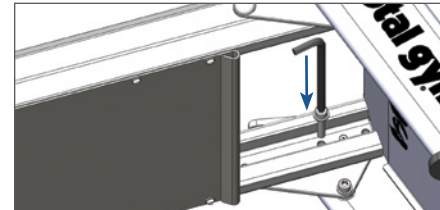
STEP 4. Arrange the rail assembly on its side, the strut frame on its side, the 8 mm hex wrench, four large screws, and two small screws on the floor as shown below so you can reach all the parts and tool with both hands. Install a washer onto each screw.



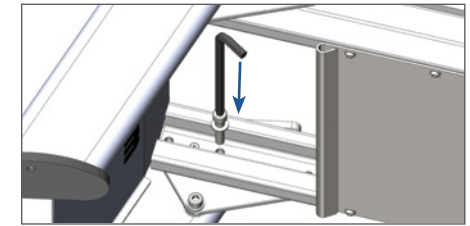
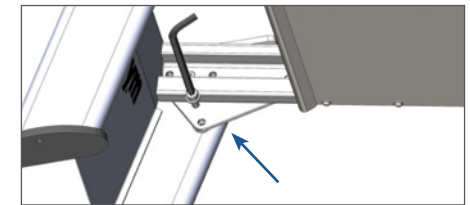
STEP 5. Lift the rail assembly into the strut frame and align the bottom hole in the gusset with the bottom hole in the strut frame as shown below. Use the ball end of the 8 mm hex wrench to partially screw in the small screw.



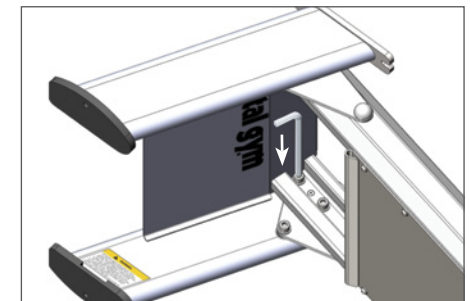
STEP 6. Twist the strut frame slightly to align the top holes to the holes in the rail assembly. Then insert a large screw into the top hole farthest from the back plate on the inside of the strut frame and partially tighten it using the ball end of the 8 mm hex wrench, as shown below.



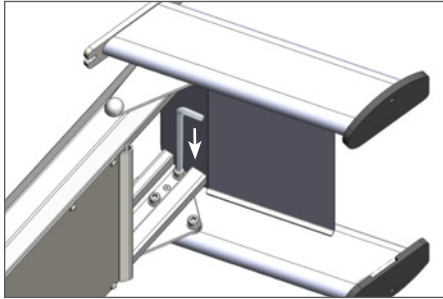
STEP 7. Carefully turn over the Leg Trainer and repeat STEP 5 and STEP 6.



STEP 8. Install the last large screw into the top hole closest to the back plate on the inside of the strut frame and partially tighten it using the ball end of the 8 mm hex wrench, as shown below.

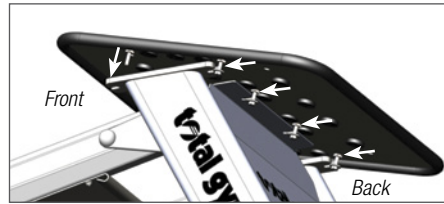
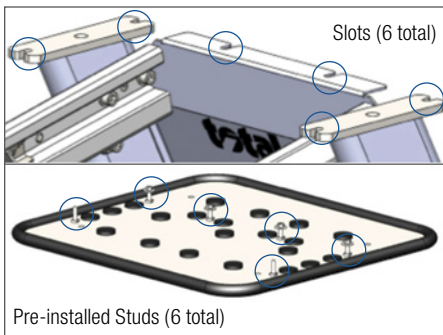


STEP 9. Turn the Leg Trainer to the other side and repeat Step 8.

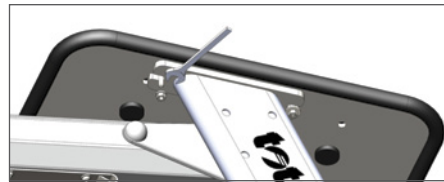


STEP 10. Stand the Leg Trainer upright and completely tighten all six screws (from Steps 4 - 9) with the Bent End of the 8 mm hex wrench.

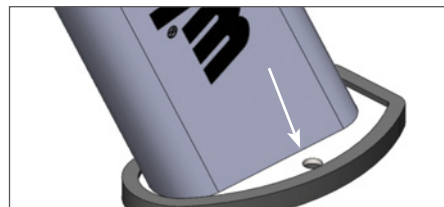
STEP 11. Install the Rubber Padded Step-Up Platform to the top of the strut frame. Locate the four slots at the top of the strut frame, towards the back, then, holding the Rubber Padded Step-Up Platform at an angle, slide the pre-installed studs into the slots and push forward until it will not move further. Make sure all the washers are below each slot. (**NOTE:** six studs on the bottom of the Rubber Padded Step-Up Platform are pre-installed).



STEP 12. Lower the Rubber Padded Step-Up Platform so the two front studs engage the two front slots. Install a M6 nut and washer onto each of the front studs on the platform using the 10 mm open-end wrench. Then tighten all six nuts on the platform completely.

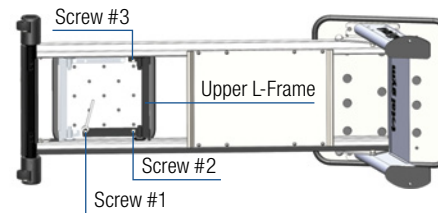


STEP 13. Bolt the Total Gym Leg Trainer to the floor using one bolt through each floor anchor bolt hole. (Bolts not included). If necessary, you can first lift the unit by the struts and roll it to the final installation position.



Rubber Padded Glideboard: Roller Removal and Assembly

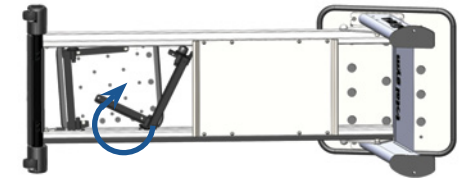
STEP 1. Disconnect the Leg Trainer from the floor and place on its side to unscrew the Upper L-Frame beneath the Rubber Padded Glideboard. (**NOTE:** The image below shows the Leg Trainer from the bottom). Use the 10 mm open-end wrench to unscrew the three screws from the upper L-frame.



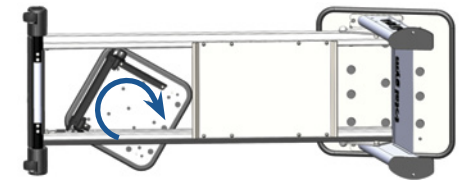
To unscrew the upper L-frame, roll the Rubber Padded Glideboard up so you can reach the bottom corner screw (Screw #1) of the upper L-frame. Hold the Glideboard in place while you remove the screw.

Once you remove the first screw, lower the Rubber Padded Glideboard back to the starting position and unscrew the two top screws (Screw #2 and #3) from the upper L-frame.

STEP 2. Rotate the upper L-frame clockwise to remove upper L-frame from Rubber Padded Glideboard completely.



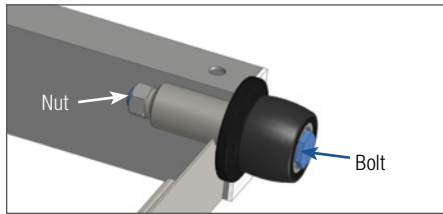
STEP 3. Rotate the Rubber Padded Glideboard clockwise until the rollers move out of the rails; then lift it off. (**NOTE:** YOU SHOULD NOT FEEL ANY RESISTANCE, IF YOU DO, TURN GLIDEBOARD THE OTHER DIRECTION).



STEP 4. To remove the rollers use a 13 mm socket wrench and a 13 mm open-end wrench.

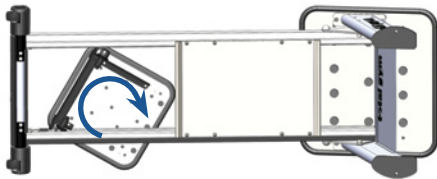
Insert socket wrench over the bolt on the outside of the roller as you engage the open-end wrench on the nut on the inside of the frame; turn to unscrew.

NOTE: Socket wrench and open-end wrench not included.



STEP 5. Replace the rollers as needed and reinstall the bolt and nut. Tighten just enough so that the wheel can roll but does not slide lengthwise on the axle. **DO NOT OVER TIGHTEN.**

STEP 6. To reinstall the Rubber Padded Glideboard slightly angle the Glideboard counter clockwise and lower the Glideboard until it is sitting on the rails. Rotate the Glideboard clockwise until rollers slide into rail grooves.



STEP 7. Align the holes on the L-frame with the studs on the bottom of the Glideboard. Using a 10 mm open-end wrench, re-install the two screws from the upper L-frame of the Glideboard, then roll it up again to install the bottom screw and tighten all three screws.

Getting Started

As a facility offering the use of a Total Gym Leg Trainer to customers, or as a personal user of the product, you – the owner of the product – assumes the responsibility to become familiar with the guidelines relative to safe use of the product and to convey these guidelines to all users. Read all safety, warnings and usage instructions before using the Total Gym Leg Trainer. Care and maintenance for this product are included to promote safe, enjoyable use of this equipment.

When using your Total Gym Leg Trainer, wear athletic shoes and comfortable lightweight clothing. Before you begin, check to ensure that all parts are in place and working properly. Remember to control the Rubber Padded Glideboard at all times, particularly when getting on or off your Total Gym Leg Trainer.

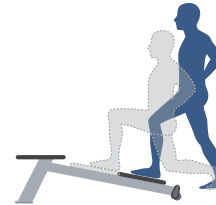
WARNING!

Always control the Rubber Padded Glideboard while using your Total Gym Leg Trainer. Total Gym Leg Trainer is rated at a maximum user weight capacity of 350 lbs [160 kg].

Exercise Instructions

Follow the instructions on the placard as illustrated below by doing the desired number of sets and repetitions appropriate for the skill and level of difficulty.

FORWARD LUNGE



STEP 1. Push the glideboard up the rails until the front leg forms a 90° angle at the knee.

STEP 2. Stand up slowly and return to starting position.

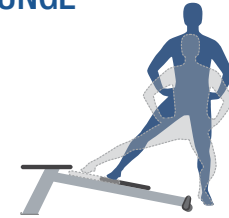
BACKWARD LUNGE



STEP 1. Push the glideboard up the rails until the back leg forms a 90° angle at the knee.

STEP 2. Stand up slowly and return to starting position.

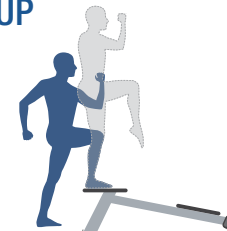
SIDE LUNGE



STEP 1. Push the glideboard up the rails while performing a single leg squat with the stationary leg.

STEP 2. Stand up slowly while pulling the extended leg back to starting position.

STEP UP



STEP 1. Securely place one foot on the platform, pressing all your weight into the heel of that foot.

STEP 2. Raise the other leg, knee to chest; then return to starting position.

Scan for additional exercises or visit TotalGym.com/legtrainerexercises



Maintenance and Care

Your Total Gym Leg Trainer unit will offer you or your facility and your clientele years of easy operation if you follow these simple tips for maintenance and care. With periodic cleaning, moving parts and rolling surfaces will maintain their smooth function. Clean rail surfaces on a regular basis with a noncorrosive cleaner like soap and water or waterless cleaner or just wipe clean with a dry towel. Some black powder residue is normal on the inside of the rails. All other parts can be cleaned the same way or antibacterial wipes may be used.

Caution! DO NOT USE ANY LUBRICANTS OR SILICONE-BASED PRODUCTS on the rails or wheels. This will cause the wheels to slide rather than roll and will damage the wheels. You can clean the Rubber Padded Glideboard material with a non oil-based window cleaner. DO NOT USE ARMOR ALL® OR LIKE SUBSTANCES. These will make the Glideboard slippery. Wipe down your Total Gym Leg Trainer with a clean cloth.

MAINTENANCE SCHEDULE

DAILY

1. Wipe down all padded surfaces with antibacterial cleanser after each use.
2. Move the Rubber Padded Glideboard up and down rails to ensure smooth rolling. If the Glideboard does not roll smoothly, clean rails and wheels thoroughly.

WEEKLY

1. Wipe down rails with a non-corrosive, no alkaline, no alcohol cleanser.
2. Clean all surface areas for aesthetics.
3. Check all screws and fasteners to ensure they are installed correctly and tightened.
4. Check Rubber Padded Glideboard and Rubber Padded Step-up Platform for wear and replace as needed.

MONTHLY

1. Visually inspect the rollers. Clean any debris accumulated on the roller.
2. Inspect rubber stoppers.
3. Replace all parts that show signs of wear. Contact Customer Service in USA at 858-586-6080 or contact the approved distributor in your country.



Warranty Information

USA WARRANTY

Warranties outside the USA may vary. Contact your local authorized distributor for details.

TOTAL GYM LEG TRAINER™

Commercial Warranty:

Frame- 5 years; Parts & Upholstery- 1 year

LIMITED WARRANTY

Improper use of Total Gym Leg Trainer: Defects or damage that result from improper use are excluded from coverage.

Unauthorized Service or Modification: Defects or damage that result from service, maintenance, repairs, adjustment, installation or alteration conducted by anyone other than Total Gym or its authorized representatives are excluded from coverage.

WARRANTY CLAIMS

Total Gym® treats warranty claims as a priority. To process these quickly, a Return Merchandise Authorization (RMA) number is required to properly link your merchandise with your claim. Total Gym does not accept returned merchandise without an accompanying RMA number. Contact Total Gym Customer Service Department at 858-586-6080 if you are making a warranty claim. A representative will issue you an RMA number and instructions for proper packaging of the equipment for shipping.

IMPORTANT: Save your invoice. Please retain packaging instructions. US Customer Service Center: 858-586-6080. Shipping Damage: FOB origin, unless otherwise specified.

Total Gym accepts no responsibility for damage in shipping. Total Gym does, however, make every effort to facilitate the satisfactory resolution of claims made against delivery agents for damage during shipping. If the package appears to have sustained damage in shipping, or if the Total Gym appears to have shifted in delivery but no damage is evident, retain the shipping boxes until the Total Gym has been fully assembled to ensure there is no functional damage that is not initially visible. In the event of damage during shipping, retaining the shipping boxes helps to facilitate your claim against the shipper. Take photographs of damaged boxes or contents before opening.

PURCHASE RECORD Retain this copy for your records.

Date Purchased _____

Purchased From _____

Model Name: Total Gym Leg Trainer, Part #5750-01

Serial Number _____

TotalGym.com

Customer Service: 858.586.6080

TotalGym.com

Customer Service: (858) 586-6080