



Easy Two-Step Folding and Transport Wheels

## PRODUCT SPECIFICATIONS

<b>IN USE</b>	108" x 38" x 69" [L/W/H] (2.7 m x 1.0 m x 1.8 m)
<b>FOLDED</b>	20" x 38" x 56" [L/W/H] (.5 m x 1.0 m x 1.4 m)
<b>UNIT WEIGHT</b>	180 lbs (81.65 kg)
<b>RAIL CONSTRUCTION</b>	Steel reinforced extruded aluminum rails
<b>RESISTANCE</b>	1% to 62% of bodyweight
<b>LEVELS</b>	22 calibrated incline levels, with release lever to lock rails into place
<b>SQUAT STAND</b>	Three height levels
<b>STORAGE</b>	Hydraulic lift assists folding; Rolls upright when folded
<b>USER HEIGHT</b>	Up to 6'10" (2.1 m)
<b>CAPACITY</b>	Maximum total 650 lbs (295 kg) User weight 350 lbs (160 kg)
<b>WARRANTY</b>	Frame: 5 years Parts & Upholstery: 1 year Foam & Rubber: 90 days

Distributed by



HQH.COM | SALES@HQH.COM  
1800 552 878 (AU) | 0800552878 (NZ)

Encompass™ now part of our ELEVATE series and is the award-winning equipment anchor for GRAVITY®, the time-efficient, personal training, group fitness and Pilates program that is generating excitement and new revenue in commercial facilities around the world.

1. Adjustable glideboard promotes optimal spinal alignment and training variations.
2. Automatic rail locks allow for explosive plyometric jumping.
3. Hydraulic rail lift assists level changes and easy two-step folding.
4. Multiple center-pulley attachment positions double arm-cable load and increases lower extremity ROM.
5. LAT bars promote line-of-pull precision for arm-cable exercises.
6. Now comes with Retractable Dip Bars included on unit. Optional accessories for purchase include: SCRUNCH®, Press Bar, Weight Bar, 3Grip Pull-up Bar, Dynamic Leg Pulley System, Telescoping Toe Bar, Leg Pulley System, Slide Distance Regulator and Standing Platform.

# ACCESSORIES *Sold separately.*

Further refine your Encompass exercise library with additional accessories.



### BAPS ADAPTOR

Provides attachment point for Biomechanical Ankle Platform System (BAPS board).



### CLOSED CHAIN PLATFORM

For early closed-chain functional movement patterns in a partially loaded environment.



### LEG PULLEY SYSTEM

Engage a full complement of leg exercises covering the entire spectrum of resistance training.



### PRESS BAR

For military-style press exercises with two grips.



### 3 GRIP PULL-UP BAR

Facilitates pull-ups in three different grip positions—wide, narrow and hammer grip—for maximum variability.



### SCRUNCH

Stretch, strengthen, and stabilize the entire core for targeted abdominal strengthening.



### SLIDE DISTANCE REGULATOR

Provides control and safety by enabling you to set the rolling distance of the glideboard.



### SQUAT HANDLE BAR

Provides a solid handhold during squat exercises.



### STANDING PLATFORM

Promotes proper body alignment while providing dynamic instability toward improving balance, flexibility and coordination.



### TELESCOPING TOE BAR

Facilitates many beginning, intermediate, and advanced Pilates movements.



### WEIGHT BAR

Add additional standard weight plates to achieve greater weight resistance.

Distributed by



HQH.COM | SALES@HQH.COM  
1800 552 878 (AU) | 0800552878 (NZ)