

GTS Re-Boxing Procedure

1. This is what you might be looking at when you open the empty box. Don't be alarmed, the pieces are light and this procedure is easy.



2. Remove everything from the box and start with an empty box. Some of the inserts might be taped in place as seen in the picture, if not just place them in the place as shown. At this point it doesn't matter which side you start on.

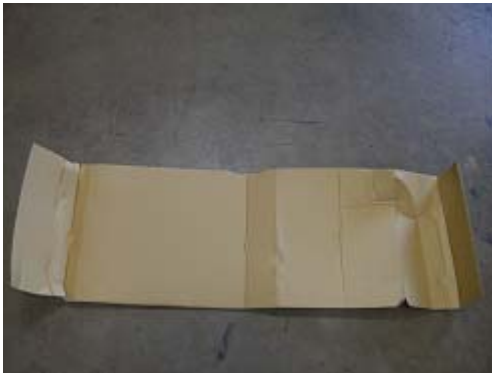


Note: The small white bags are to soak up the moisture in the box. Don't leave all of them on the bottom. We will use some later on.

3. After separating the folding platform (the thin thing with forks or poles) from the squat stand (the big flat thing that looks like a platform), cover them with the plastic left in the box. If there is not any there or if it is torn to shreds, don't worry about it. Place the squat stand in the box as shown with the pull pins facing upwards. Next take the folding platform and place the pull pins between insert and the box. The curved portion will rest a little on the end of the box. There should be a flat insert that rest on the top as shown in the second picture.



4. The insert up see below this is a separation piece of cardboard to separate the folding platform and squat stand from the GTS. Place it in the box as shown. You might have to play around with it for a second. There should be an impression that will help you find the proper direction.



5. Take the big piece of plastic and cover the box. The writing should be on either side of the box long ways. This will allow for the plastic to cover the GTS later.



6. Now its time for the GTS, the heavy piece. This will take two people to lift and place in the box. If you can find a piece of white foam with a rubber band, then that's good. If not, no harm done. Cover the back handle with the foam and wrap the rubber band around the handle and take it over the top of the GTS and hook it underneath the black bumper in the front.



7. Putting the GTS in the box will take two people on either side of the GTS. Grab the handle (pic 1) on the back of the GTS, lean it back as far as possible. Have the other person grab the T-Bar or the bottom plyo-strut (pic 2 and 3) on the bottom of the GTS. Lift up and walk the unit over the box on ends and lower the unit in the box (pic 4). Note: The base or bottom of the GTS is going to be placed over the squat stand on the bottom of the box. The top will be over folding platform.



8. Take the white foam pieces and place them in the places as seen here. The bigger thick foam pieces go on the bottom rail and separate the base from the rail tube. The foam allows the glide board to sit on the rails and not bang around.



9. Place the glideboard over the rails with metal ring underneath facing the upper part of the GTS. Fold over one side of the plastic and then fold over the other side to cover the GTS. **Note:** In these pictures you see that there are other inserts on the side of the GTS. Do not worry about these yet, you will learn about them later on.



10. Take your last insert and place it between the base of the GTS and the base of the glideboard. This will separate and secure the glideboard in place. If for some reason you do not have this piece, it is not the end of the world, but if you do have it, use it. **Note:** This piece will go on after the plastic is covering the GTS.



11. Now it is time to place the Lat Bars, the accessory box and the spacer box on the side of the GTS. The Lat Bars are initially packaged in plastic (pic 1). If you have them, cover the lat bars but if not, no big deal. Insert the lat bars as shown in the two rectangle boxes (pic 2 and 3). These get placed where the top of the GTS is as shown with the cables facing out towards the end of the box (pic 4).



12. The accessory box and the spacer box (empty box) go in the main box on the sides of the GTS towards the base. You should have these pieces in accessory box. You don't have to tape it up, just fold the box up and insert it next to the GTS either long ways or short way.



13. All there is to do now is put the top cover on. Notice on the top of the cover there is writing that says "Base This End". This side needs to cover the base end of the GTS. It is important for the fact that if the box needs to be stood on its end, the pressure or weight won't hurt the GTS.



14. After securing the top of the box to the rest, you can now take a deep breath and yell in enjoyment. YOU ARE DONE. Wait, not yet, now it is time to move on to the next GTS. Thank you very much.

Sincerely,

**efi Sports Medicine
and
Total Gym**