

Total Gym® FIT Specifications

"6 to 8 minutes on the Total Gym is an incredible workout."

Chuck Norris

ENDORSED BY
CHUCK NORRIS & CHRISTIE BRINKLEY



Folds quickly for easy storage.



Features

- Strengthens and tones multiple major muscle groups simultaneously
- Delivers a total body workout in only 10-20 minutes
- Over 80 different exercises – cardio, strength training & stretch all on 1 machine
- Accommodates beginner to advanced fitness levels – ages 8 to 80
- Arrives fully assembled & folds for easy storage
- Ergonomic Glideboard provides maximum comfort & support
- 12 calibrated levels
- 400 lb. user weight capacity (180 kg).

Includes

- Wing Attachment, Padded Squat Stand, Leg Pulley System, Start It Up DVD, Todd Durkin Beginner, Intermediate and Advanced Workout DVDS, 6 to 8 Min Workout DVD, Personal Training Deck, Exercise Wall Chart, Dan Isaacson's Nutritional Program.

1800 552878 AU www.hqh.com
0800 552878 NZ

© 2013 Total Gym Fitness, LLC. All rights reserved. Total Gym® is a registered trademark. U.S. Patents #D405,132 and #5,967,355.

A name synonymous with success. **total gym**