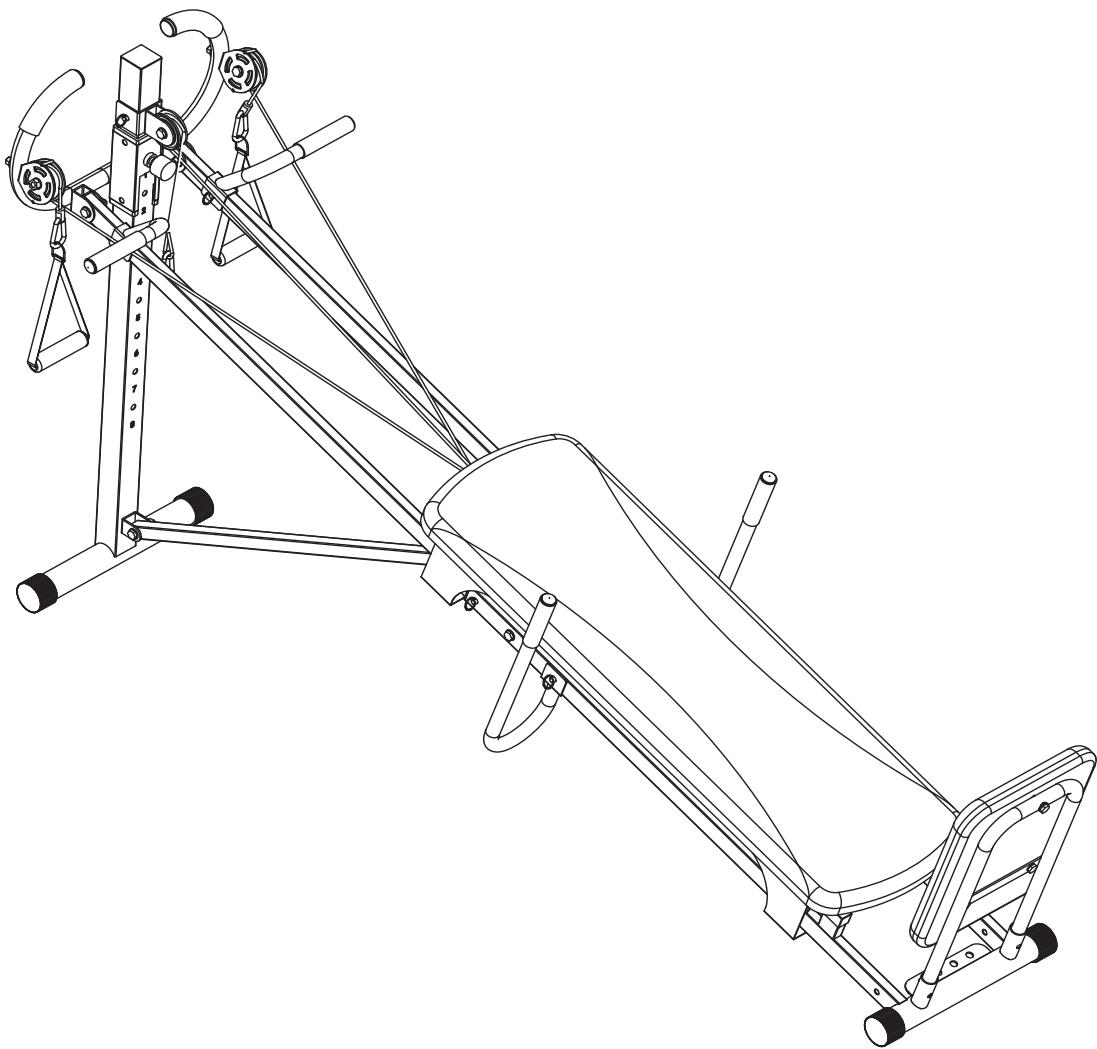


# USER'S MANUAL



# TABLE OF CONTENTS

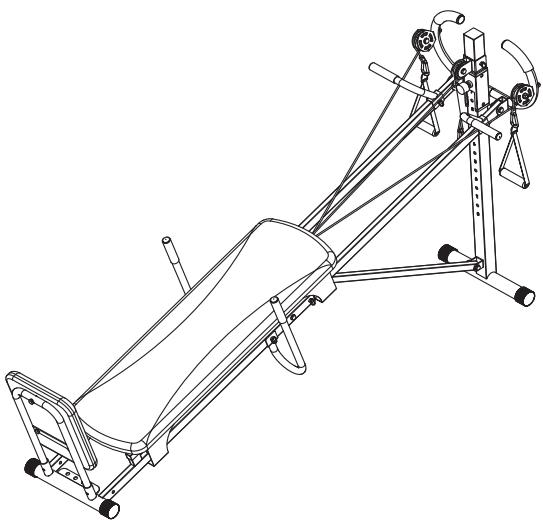
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SAFETY WARNING.....	2
IMPORTANT PRECAUTIONS.....	3
PRODUCT SPECIFICATIONS/ACCESSORIES.....	4
PART LIST/EXPLODED DRAWING.....	5
ASSEMBLY.....	6
ADJUSTMENT.....	10
EXERCISE GUIDELINES.....	11

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## SAFETY WARNING

This drawing shows the location(s) of the warning



# IMPORTANT PRECAUTIONS

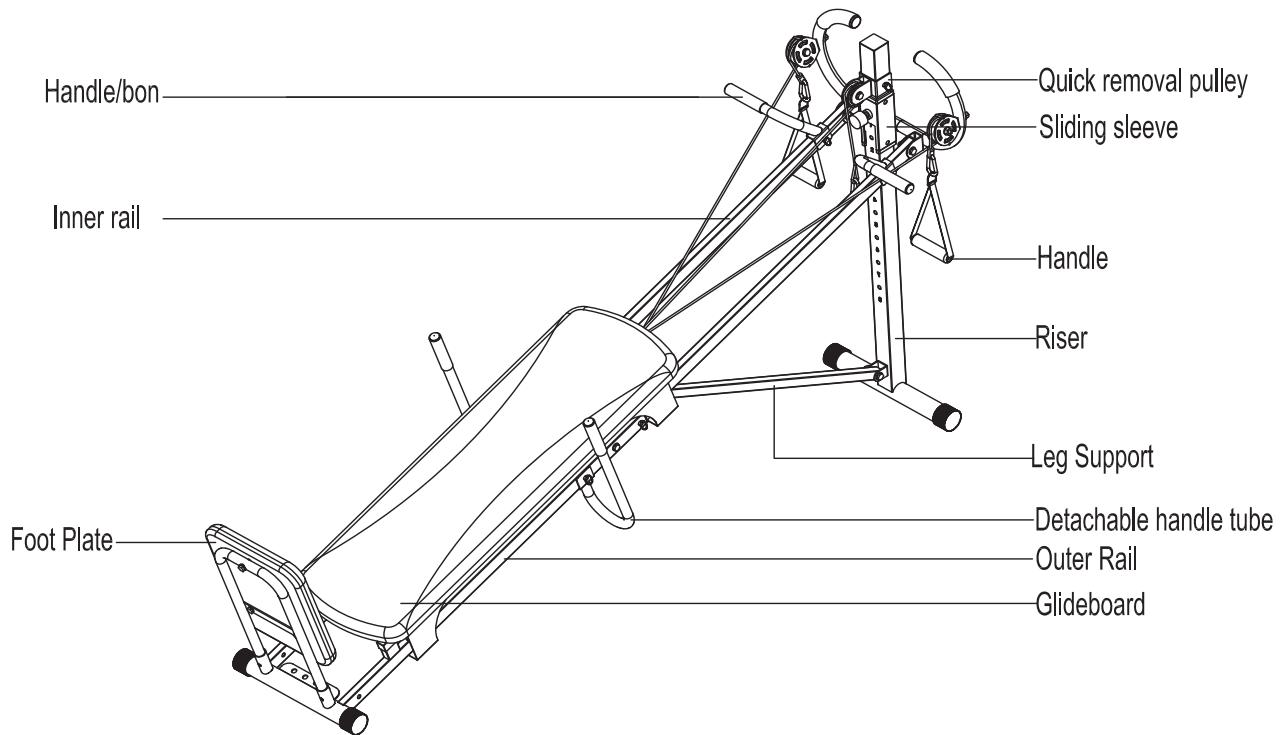
**⚠WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight training system before using your weight training system. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the weight training system are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Read all instructions in this manual and all warnings on the weight training system before using the weight training system.
4. The weight training system is intended for home use only. Do not use the weight training system in a commercial, rental, or institutional setting.
5. Keep the weight training system indoors, away from moisture and dust. Place the weight training system on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight training system to mount, dismount, and use the weight training system.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. The weight training system is designed to support a maximum user weight of 250 lbs. (113 kg).
8. Keep children under age 12 and pets away from the weight training system at all times.
9. Keep hands and feet away from moving parts.
10. Always wear athletic shoes for foot protection while using the weight training system.
11. When using the backrest in the level position or an inclined position, make sure that the knob is firmly engaged in an adjustment hole in the adjustment leg.
12. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

# PRODUCT SPECIFICATIONS

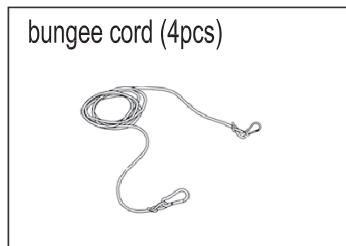
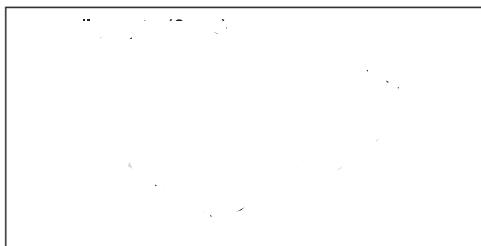
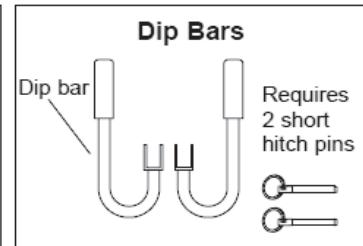
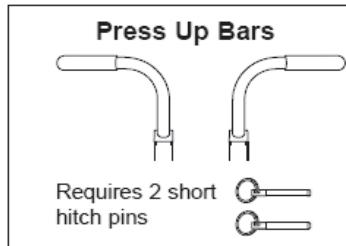
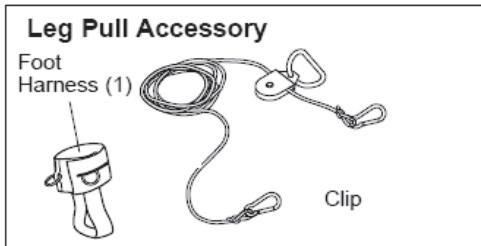
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MAX. USER WEIGHT:250 lbs



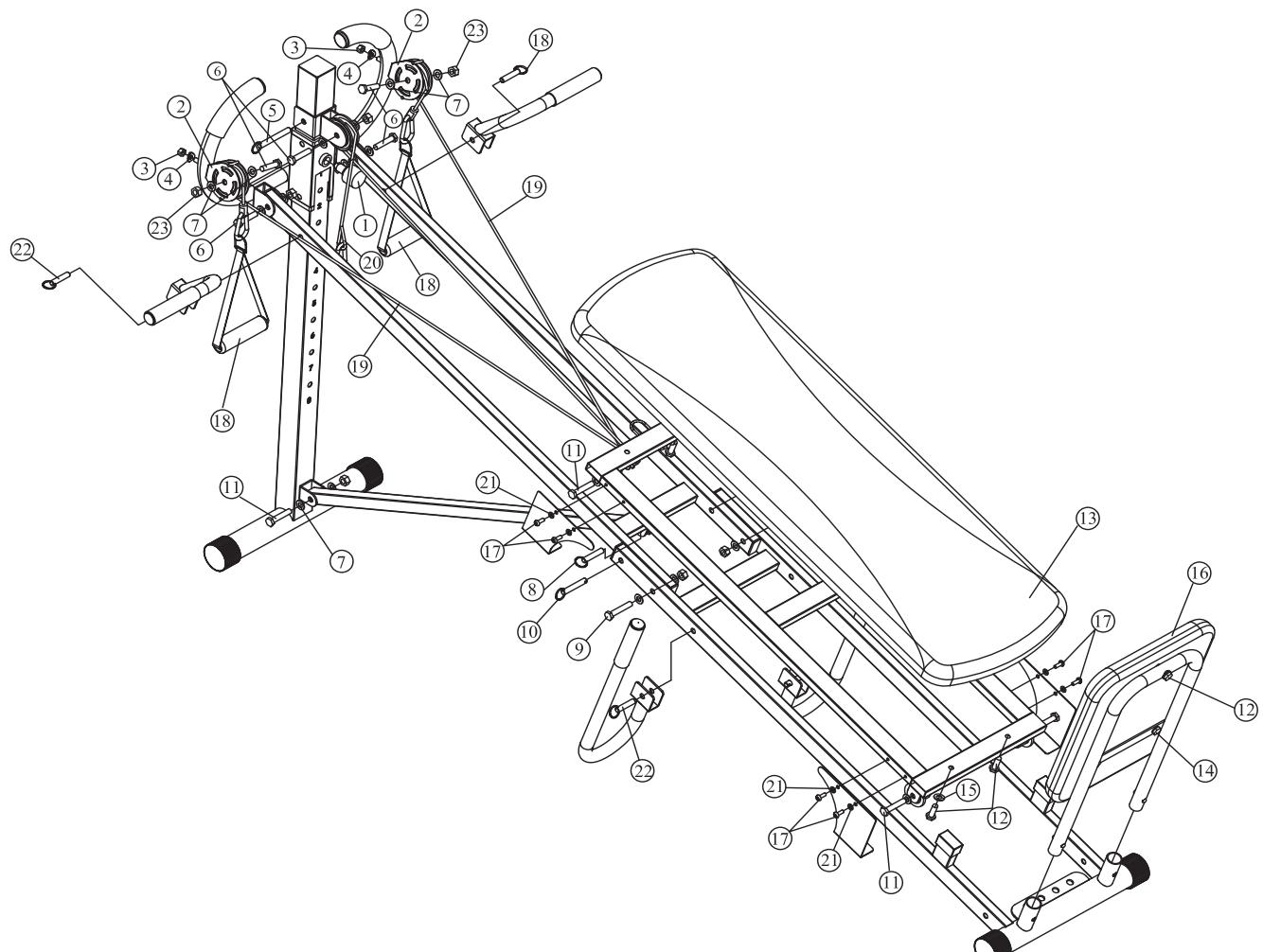
## ACCESSORIES

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# TOTAL GYM PARTS LIST

Part No.	Part Description	Qty	Part No.	Part Description	Qty
1	M16 spring pull pin	1	16	Pedal pad	1
2	Pulley seat	2	17	Half round head hexagon socket	8
3	M8 Damping nut	2	18	Handle	2
4	Ø8 Arc washer	3	19	A wire rope	2
5	Ø10*65 Pin	1	20	Drawstring	1
6	M10X45 hexagon bolt	5	21	Ø6 washer	8
7	Ø10 washer	24	22	Ø10*35 Pin	4
8	Ø10*40 Pin	1	23	M10 Damping nut	12
9	M10X55 hexagon bolt	2			
10	Ø10*50 Pin	2			
11	M10X50 hexagon bolt	5			
12	M8X35 hexagon bolt	5			
13	Dorsal cushion	1			
14	M8X16 hexagon bolt	2			
15	Ø8 washer	6			



# ASSEMBLY STEPS

**NOTED:** 1. Unpack the carton and place all parts on the floor carefully.  
2. remove the packing material and check each part as manual.

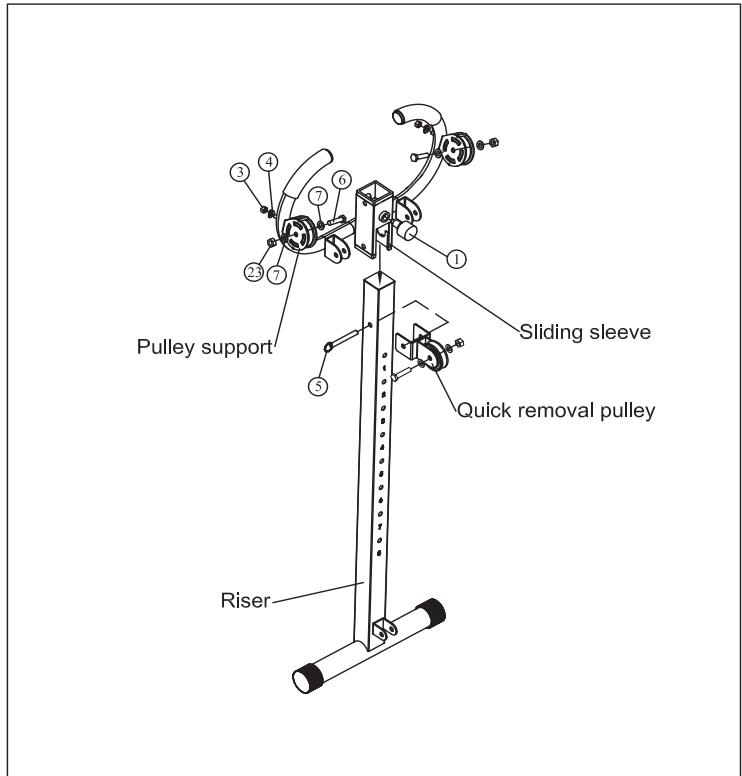
## STEP 1

Attach the pulley to pulley support with one M10×45mm bolt(6),two M10 washers(7) and one M10 nut(23) on left side. Right side is same.

Then the pulley support to the Sliding Sleeve part with Ø8 Arc Washer(4) and M8 nuts(3). Right side is same.

Attach the Sliding Sleeve to the Riser with Spring pull Pin(1) .

Attach the quick removal pulley to the Riser with one Ø10×65mm pin(5) in top hole.

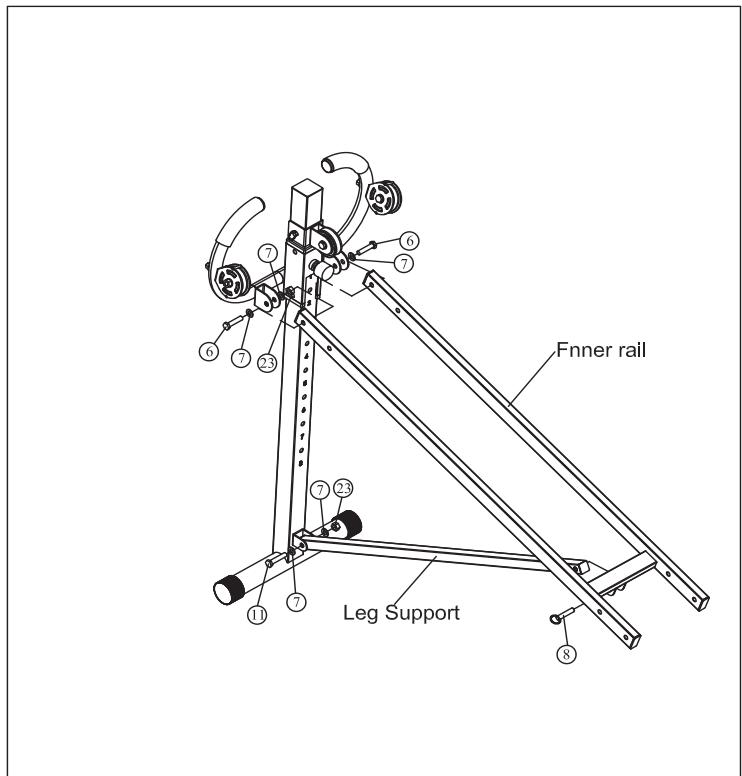


## STEP 2

Attach Inner Rail to Sliding Sleeve with two M10×45mm bolts(6),four M10 washers(7) and two M10 nuts(23).

Attach Leg support to the Riser with M10×50mm bolt(11),two M10 washers(7) and one M10 nut(23) .

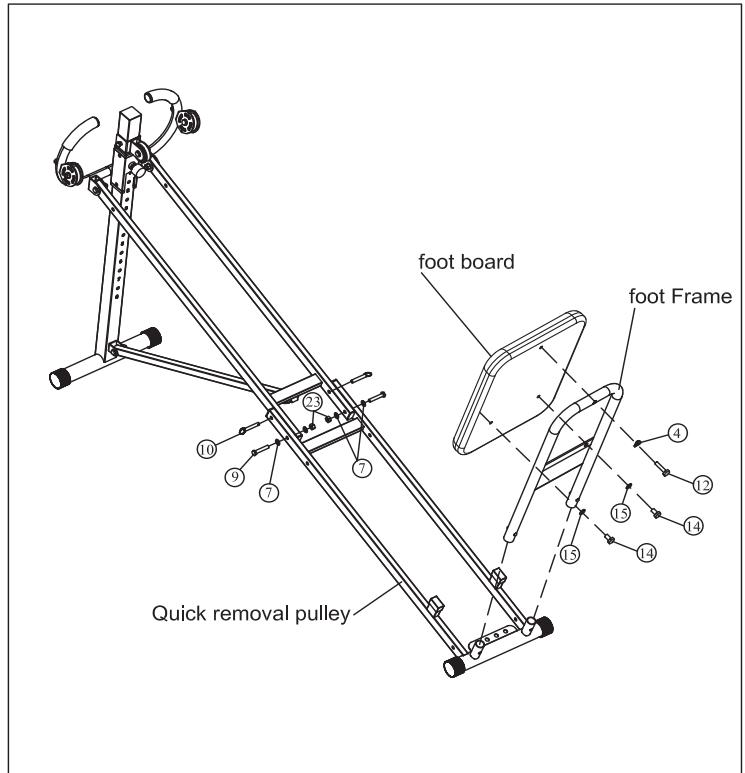
Then the leg support to Inner Rail with one Ø10×40mm pin(8).



## STEP 3

Attach Outer Rail to Inner Rail with two  $\varnothing 10 \times 50$ mm pins(10),two M10 $\times 55$ mm bolt,four M10 washers(7) and two M10 nuts(23).

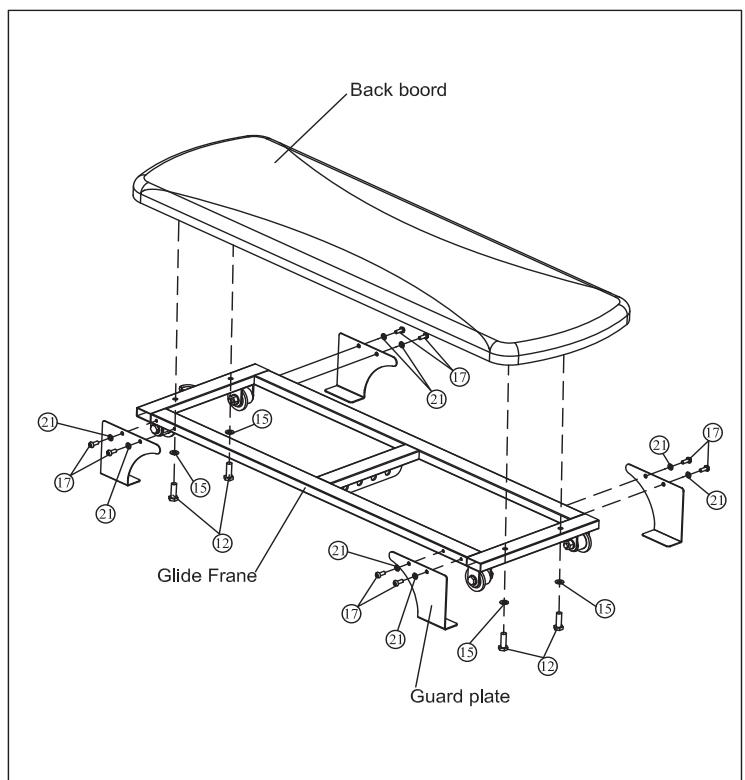
Attach foot board to the foot frame with two M8 $\times 16$  bolts(14),two M8 washers(15),one M8 $\times 40$ m bolt(12) and one  $\varnothing 8$  Arc Washer(4).



## STEP 4

Attach Guard Plate to the Glide frame with half round head hex socket(17) and  $\varnothing 6$  washers(21).

Attach Backboard to Glide Frame with four M8 $\times 35$ mm bolts(12) with four  $\varnothing 8$  washers(15).



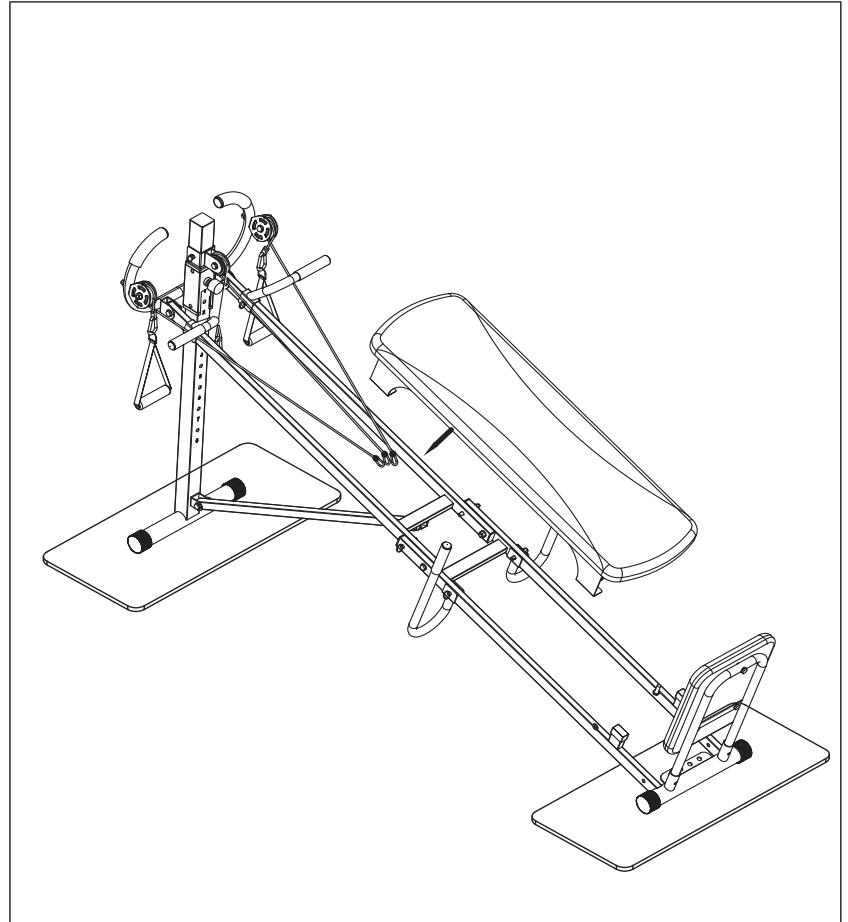
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## STEP 5

The Steel cable across the pulley,then the Handles to the ends of the Cable with the two Cable Clips.

Put the Glideboard on the Frame from the inner Rail to slide down.

Insert the Foot Plate into the Bottom Frame.

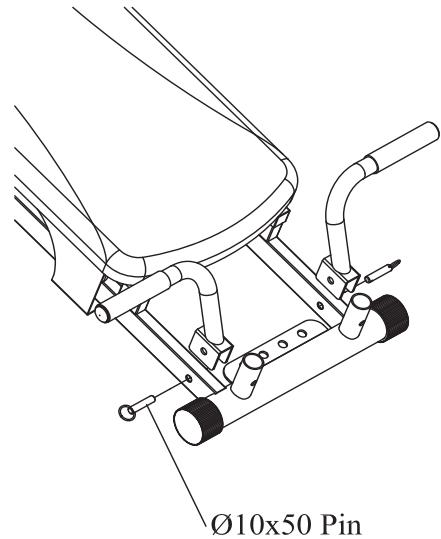


# ACCESSORIES ASSEMBLE

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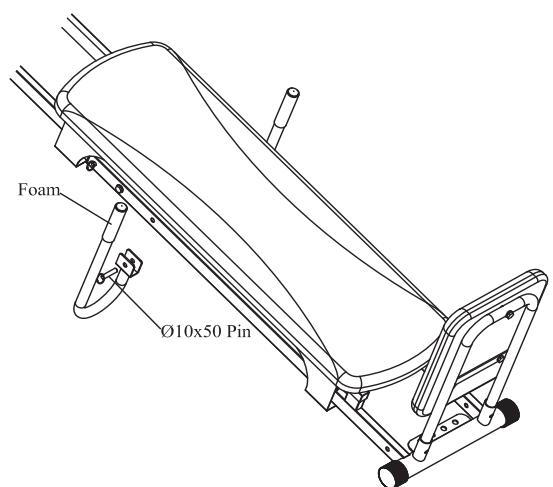
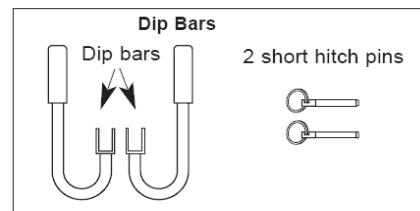
## PRESS UP BARS

Attach each press up bar to the frame with Ø10\*35mm pins(22).  
(Make sure to securely attach each press up bar to each side of the frame before using).



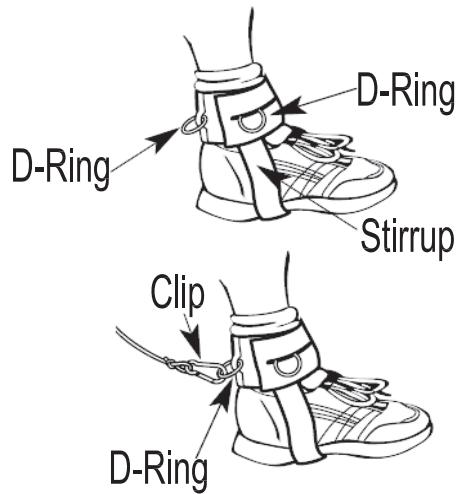
## DIP BARS

Attach each press up bar to the frame with Ø10\*35mm pins(22).  
(Make sure to securely attach each press up bar to each side of the frame before using).



## LEG PULL

Attach the foot harness to one of your feet by placing your foot in the harness so the sewn-in-ring is on the bottom of your foot. Pull tightly on the belt so the harness is secure. Position yourself on the glideboard correctly for the specific exercise you want to perform. Connect the clip on the end of the rope to a D-ring on the harness attached to your foot. Depending on the exercise you are performing, connect the clip to the proper D-ring. You are now ready to exercise using the leg pull accessory.

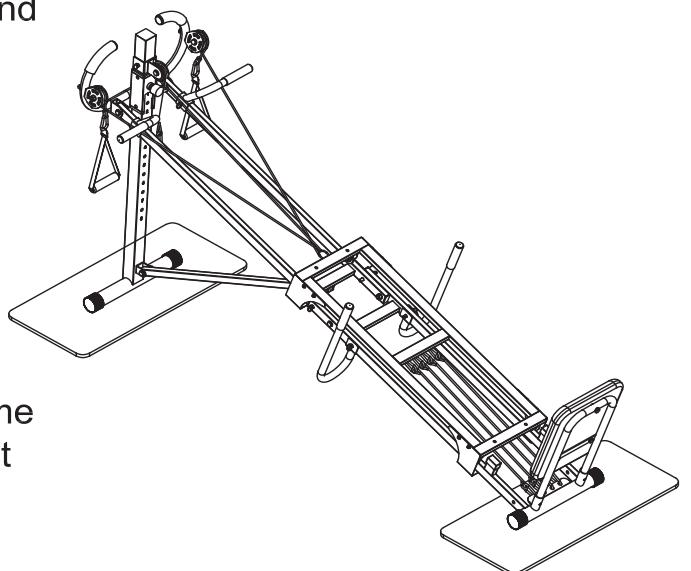


## Non-Slip Mats

Put them on the bottom to protect the floor, and they are skidproof.

## Bungee Cord

There are four holes bottom frame and four holes on Glideboard, Connect the bottom frame to the Glideboard with bungee cords to adjust the resistance.



# EXERCISE GUIDELINES

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**Muscle Building**—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

**Toning**—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

**Weight Loss**—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

**Cross Training**—Combine strength training and aerobic exercise by following this type of program:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

## WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body's signals. Follow each workout with at least one day of rest.

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Working Out**—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath. Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set
- Weight Loss—Rest for 30 seconds after each set.

## STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

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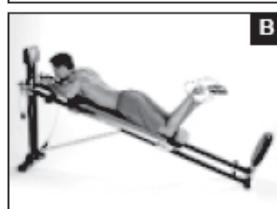
1. Squats



2. Single Leg Squats



3. Pull Ups



4. Leg Curls (Seated or Lying)



5. Cross Cable Row



6. Bicep Curl



7. Outer Hip & Thigh



8. Oblique Twister



9. Seated Chest Press



10. Pullover



11. Pullover with Crunch



12. Lying Triceps Extension



13. Shoulder Press



14. Core Extension



15. Toe Touch Stretch

