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› Total Gym 2000 Home Gym Instruction Manual

Total Gym 2000

Total Gym 2000 Home Gym Instruction Manual

Model: 2000

1. INTRODUCTION

The Total Gym 2000 is a versatile home fitness platform designed to provide a comprehensive full-body workout. It utilizes a gravity-based resistance system, allowing users to strengthen and sculpt all major muscle groups through a smooth and fluid exercise routine. This manual provides essential information for the safe and effective use of your Total Gym 2000.



Image 1.1: The Total Gym 2000 Home Gym in its operational, unfolded configuration. This view highlights the main frame, glide board, and pulley system.

2. SAFETY INFORMATION

Before operating the Total Gym 2000, please read and understand all instructions and warnings. Failure to do so may result in injury or damage to the equipment.

- **Consult a Physician:** Always consult with a healthcare professional before starting any new exercise program.
- **Read Instructions:** Ensure you have read and fully understood this instruction manual before assembly or use.
- **Proper Assembly:** Assemble the unit strictly according to the setup instructions. Verify all parts are securely fastened before each use.
- **Inspect Equipment:** Before each workout, inspect the unit for any signs of wear, damage, or loose components, especially cables and pulleys. Do not use if damaged.
- **Clear Area:** Maintain a clear area of at least 2 feet (0.6 meters) around the equipment during use.
- **Children and Pets:** Keep children and pets away from the equipment at all times, especially during operation.
- **Level Surface:** Always use the Total Gym 2000 on a stable, level surface to prevent tipping or instability.
- **Maximum User Weight:** Do not exceed the maximum user weight capacity of 250 pounds (113.4 kg).
- **Proper Form:** Use proper exercise form to prevent injury. If you experience pain or discomfort, stop immediately.

3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Total Gym 2000 Main Unit (Frame, Glide Board, Bench)
- Pulley and Cable System (Pre-installed or requiring attachment)
- Handle Attachments
- "Start It Up!" Workout DVD
- Instruction Manual (This document)

4. SETUP

The Total Gym 2000 is designed for relatively straightforward setup. Follow these general steps to prepare your unit for use:

1. **Unpack:** Carefully remove all components from the packaging. Retain packaging for future storage or transport.
2. **Position:** Place the folded unit on a clear, level surface where you intend to exercise. Ensure ample space around the unit for full extension.
3. **Unfold the Frame:** Gently unfold the main frame of the Total Gym 2000. The unit will typically pivot on its central hinge. Ensure the support legs lock securely into place.
4. **Attach Pulleys/Cables:** If not pre-attached, connect the pulley and cable system according to the diagrams provided in the quick-start guide (if included) or on the unit itself. Ensure cables run freely and are not twisted.
5. **Attach Handles:** Connect the handle attachments to the ends of the cables.
6. **Initial Inspection:** Before your first workout, double-check all connections, bolts, and pins to ensure they are secure. Verify the glide board moves smoothly along the rails.







Image 4.1: Top view of the Total Gym 2000's padded glide board and the attached pulley handles, ready for exercise.

5. OPERATING INSTRUCTIONS

The Total Gym 2000 uses your body weight as resistance, which can be adjusted by changing the incline of the glide board.

1. **Adjusting Resistance:** The resistance level is determined by the angle of the main rail. A higher incline increases the percentage of your body weight lifted, thus increasing resistance. To adjust, lift the main rail and secure it into a higher or lower notch on the support frame. Always ensure the rail is securely seated in the chosen notch before use.
2. **Using the Glide Board:** Lie or sit on the padded glide board. Your movement on the board, combined with the pulley and cable system, facilitates various exercises.
3. **Pulley and Cable System:** The integrated pulley and cable system allows for a wide range of upper body, lower body, and core exercises. Attach the handles for arm and shoulder exercises, or use other accessories (if purchased separately) for different movements.
4. **Exercise Variety:** Refer to the included "Start It Up!" workout DVD for detailed demonstrations of various exercises and workout routines. This DVD will guide you through proper form and technique for different muscle groups.
5. **Smooth Movement:** Perform exercises with controlled, smooth movements. Avoid jerky motions, which can strain muscles or damage the equipment.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Total Gym 2000.

- **Cleaning:** After each use, wipe down the glide board and handles with a damp cloth to remove sweat and dirt. Use a mild, non-abrasive cleaner if necessary.
- **Inspection:** Periodically inspect all moving parts, especially the cables, pulleys, and rollers, for signs of wear, fraying, or damage. Check all bolts and pins for tightness. Replace worn parts immediately.
- **Lubrication:** If the glide board movement becomes stiff or noisy, apply a small amount of silicone-based lubricant to the glide board rails. Do not use oil-based lubricants.
- **Storage:** The Total Gym 2000 is designed to fold for convenient storage. To fold, lower the main rail to its lowest setting, then carefully fold the frame inward. Store in a dry, clean area away from direct sunlight and extreme temperatures.



Image 6.1: The Total Gym 2000 Home Gym in its folded position, demonstrating its compact storage capability.

7. TROUBLESHOOTING

If you encounter issues with your Total Gym 2000, refer to the following common solutions:

- **Unit is Unstable/Wobbles:**

- Ensure the unit is placed on a completely level and firm surface.
- Verify that all support legs are fully extended and locked into place.
- Check all frame connections and bolts for tightness.

- **Glide Board Movement is Not Smooth or is Noisy:**

- Inspect the glide board rollers and rails for any obstructions or debris. Clean if necessary.
- Apply a silicone-based lubricant to the glide board rails.
- Check if the cables are properly routed and not rubbing against any part of the frame.

- **Cables Appear Frayed or Damaged:**

- **STOP USE IMMEDIATELY.** Frayed or damaged cables can break and cause serious injury.
- Contact Total Gym customer support for replacement parts. Do not attempt to repair damaged cables.

- **Resistance Feels Incorrect:**

- Ensure the main rail is securely set at the desired incline level. A higher incline provides more resistance.
- Verify that the glide board is moving freely and not catching on anything.

8. SPECIFICATIONS

Attribute	Specification
Model	Total Gym 2000
Brand	Total Gym
Dimensions (Unfolded)	90 inches (L) x 19 inches (W) x 43 inches (H) / 2.29 meters (L) x 0.48 meters (W) x 1.09 meters (H)
Item Weight	77.5 Pounds / 30.4 kg
Maximum User Weight	250 Pounds / 113.4 kg
Material	Alloy Steel
Resistance System	Gravity-based (Bodyweight)
Included Components	Pulley and Cable System, Handles, "Start It Up!" Workout DVD

9. WARRANTY AND SUPPORT

For information regarding the product warranty, please refer to the warranty card included with your purchase or visit the official Total Gym website. For customer support, replacement parts, or further assistance, please contact Total Gym directly through their official channels.

Online Resources: For additional workout ideas and support, visit the official Total Gym website or their social media channels.

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Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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