

Manuals.plus /

› Total Gym /

› Total Gym XLS plus AbCrunch Home Workout Machine Instruction Manual

Total Gym XLS plus AbCrunch

Total Gym XLS plus AbCrunch Home Workout Machine

Brand: Total Gym | **Model:** XLS plus AbCrunch

1. INTRODUCTION

Welcome to your new Total Gym XLS plus AbCrunch Home Workout Machine. This versatile fitness system is designed to provide a comprehensive full-body workout, combining cardio, strength training, and stretching exercises. With over 80 exercises possible, it caters to all fitness levels and offers a convenient solution for achieving your fitness goals from the comfort of your home.

2. IMPORTANT SAFETY INFORMATION

WARNING: Before beginning any exercise program, consult with your physician. Failure to do so may result in serious injury.

- Read and understand all instructions in this manual before using the equipment.
- Keep children and pets away from the equipment during use.
- Ensure the equipment is placed on a flat, stable surface.
- Inspect the equipment for any damaged or worn parts before each use. Do not use if damaged.
- Do not exceed the maximum weight capacity of 400 pounds.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. SETUP AND ASSEMBLY

The Total Gym XLS plus AbCrunch is designed for minimal assembly. It arrives largely pre-assembled and can be unfolded for use and folded for storage with ease.

3.1 Unfolding the Machine

1. Place the folded unit on a flat, clear surface.
2. Carefully extend the main frame until it locks into the open position.

3. Ensure all locking pins are securely engaged before proceeding.

3.2 Attaching Accessories

The machine comes with several attachments to enhance your workout. Refer to the included training deck for specific attachment instructions for each exercise.

- **Ab Crunch Bench:** Attaches to the top of the glideboard for abdominal exercises.
- **Wing Attachment:** Can be used for various upper body exercises and stretches.
- **Leg Pull Accessory:** Connects to the pulley system for leg and lower body workouts.
- **Ribbed Squat Stand:** Provides a stable platform for squat exercises.





Figure 1: Total Gym XLS in its folded, compact storage position.



Figure 2: Total Gym XLS unfolded and set up for exercise.

4. COMPONENTS OVERVIEW

Your Total Gym XLS plus AbCrunch includes the following key components:

- **Glideboard:** The main padded platform where you perform exercises.
- **Support Column:** The vertical structure that adjusts the incline and resistance level.
- **Pulley System:** Cables and handles for various pulling and pushing exercises.

- **Ab Crunch Bench:** An accessory for targeted abdominal workouts.
- **Wing Attachment:** Used for upper body exercises and stretches.
- **Leg Pull Accessory:** For lower body and leg exercises.
- **Ribbed Squat Stand:** A platform for performing squats.
- **Training Deck:** A set of cards detailing various exercises and their setup.
- **Nutritional Meal-Planning Guide:** Supplementary material for a holistic fitness approach.



Figure 3: Key components and included accessories of the Total Gym XLS.

5. OPERATING INSTRUCTIONS

The Total Gym XLS utilizes your body weight as resistance. The resistance level is adjusted by changing the incline of the glideboard.

5.1 Adjusting Resistance Level

1. Locate the adjustment lever on the support column.
2. Pull the lever to release the locking pin.
3. Raise or lower the glideboard to your desired incline level. Higher incline increases resistance, lower incline

decreases it.

4. Ensure the locking pin re-engages securely before use.

5.2 Performing Exercises

The included Training Deck provides detailed instructions for over 80 exercises. Each card illustrates the exercise, specifies necessary attachments, and offers trainer tips.

- Select an exercise from the Training Deck.
- Attach any required accessories (e.g., squat stand, wing attachment, leg pull accessory).
- Adjust the glideboard incline to your desired resistance level.
- Position yourself on the glideboard as shown in the exercise illustration.
- Perform the exercise with controlled movements, focusing on proper form.

Your browser does not support the video tag.

Video 1: Overview of Total Gym XLS exercises and functionality. This video demonstrates various exercises possible with the Total Gym XLS, including abdominal work, rowing, and leg exercises, showcasing the versatility of the machine.

6. EXERCISE EXAMPLES

The Total Gym XLS supports a wide range of exercises targeting different muscle groups. Here are a few examples:

6.1 Upper Body Exercises

- **Chest Press:** Lie on your back on the glideboard, facing the support column. Hold the handles and push away from your chest.
- **Bicep Curls:** Sit on the glideboard, facing the support column. Hold the handles with palms up and curl towards your shoulders.
- **Tricep Extensions:** Lie on your stomach on the glideboard, facing away from the support column. Hold the handles and extend your arms behind you.

6.2 Lower Body Exercises

- **Squats:** Use the Ribbed Squat Stand. Stand on the stand and perform squats while controlling the glideboard movement.
- **Leg Curls:** Attach the Leg Pull Accessory. Lie on your stomach and curl your legs towards your glutes.

6.3 Core Exercises

- **Ab Crunches:** Use the Ab Crunch Bench. Position your elbows on the pads and perform crunches by pulling the glideboard up.
- **Oblique Twists:** Similar to crunches, but twist your torso to engage obliques.

For detailed instructions and visual guides for all 80+ exercises, consult your Total Gym Training Deck and the Total Gym TV online video platform.

THE ULTIMATE ALL-IN-ONE FITNESS SOLUTION



Space-Saving Design



Multi-Functional Equipment



Comprehensive Accessories



On-Demand Training Support



User-Friendly Design

Figure 4: A user demonstrating an exercise on the Total Gym XLS.



Figure 5: Two individuals engaging in a workout using Total Gym XLS equipment.

7. MAINTENANCE

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

- **Cleaning:** Wipe down the glideboard and frame with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically check all cables, pulleys, and moving parts for signs of wear or damage. Ensure all bolts and pins are tight.
- **Lubrication:** Apply a silicone-based lubricant to the glideboard rails as needed to ensure smooth operation.
- **Storage:** When not in use, fold the machine and store it in a dry, safe place away from direct sunlight or extreme temperatures.

8. TROUBLESHOOTING

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

- **Squeaking or Sticking Glideboard:** Ensure the rails are clean and apply a silicone lubricant. Check for any obstructions on the rails.
- **Loose Cables:** Inspect the pulley system for any misaligned cables or loose connections. Re-route cables if necessary according to the setup instructions.
- **Difficulty Adjusting Incline:** Ensure the adjustment lever is fully pulled and the locking pin is clear of the adjustment holes. Check for any debris obstructing the mechanism.

For persistent issues, contact Total Gym customer support.

9. SPECIFICATIONS

Feature	Detail
Maximum Weight Recommendation	400 Pounds
Product Dimensions (L x W x H)	90"D x 19"W x 43"H
Material	Nylon, Rubber
Handle Type	Fixed Handle
GTIN (Global Trade Identification Number)	851513004555
Model Number	4001-01

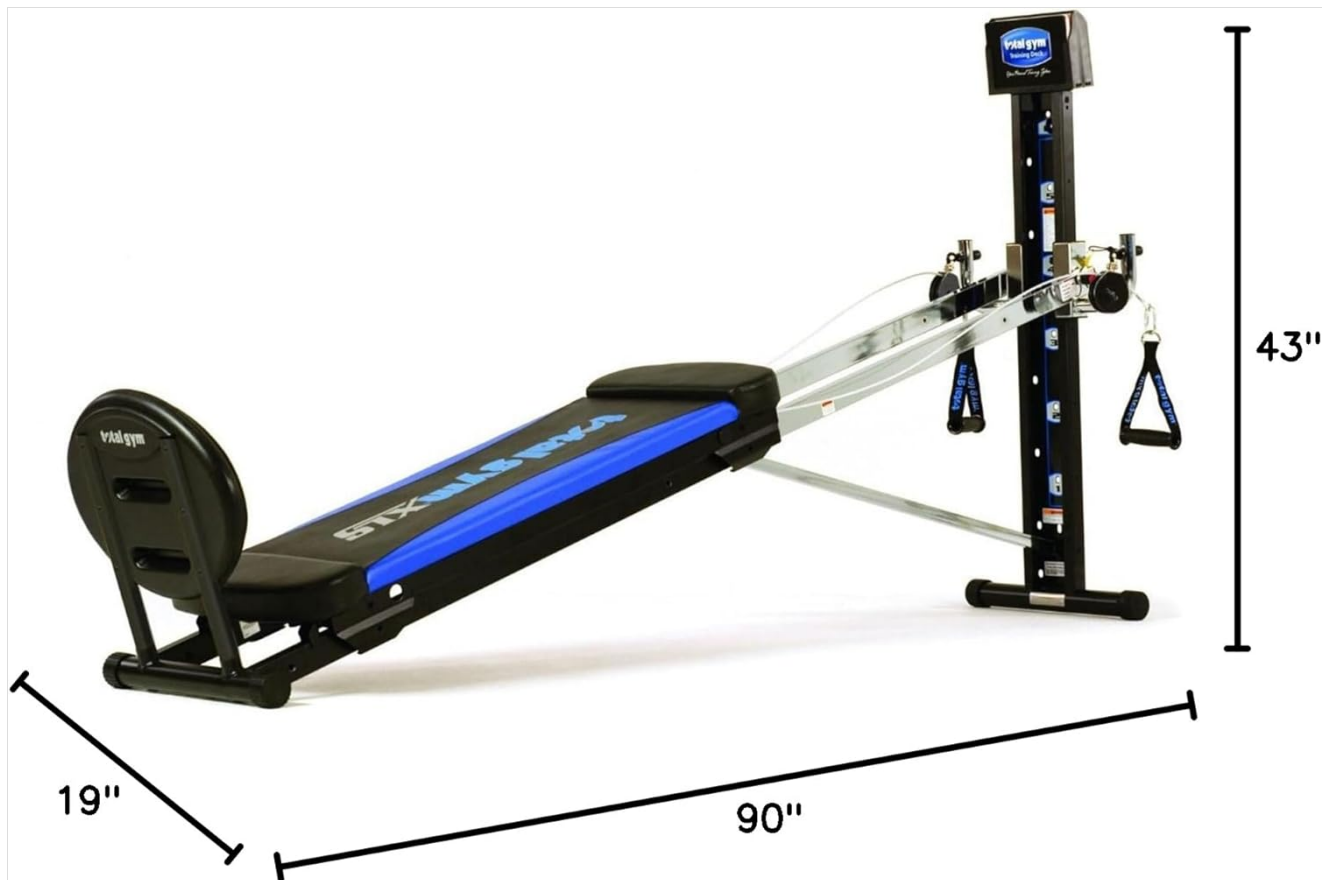


Figure 6: Dimensions of the Total Gym XLS for space planning.

10. WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts, please visit the official Total Gym

website or contact their customer service department. Keep your purchase receipt for warranty claims.

Online Resources: Access additional training videos and resources on the Total Gym TV online video platform.