

Total Gym Xtreme

Total Gym Xtreme Home Gym System User Manual

Model: Xtreme

INTRODUCTION

Welcome to the Total Gym Xtreme Home Gym System. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before using the Total Gym Xtreme to ensure proper function and to maximize your workout experience.

SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is crucial to understand and follow all safety warnings and instructions provided in this manual to prevent injury and ensure the longevity of your equipment.

- Always inspect the Total Gym Xtreme for worn or damaged parts before each use. Do not use the equipment if any components are compromised.
- Ensure all pins, bolts, and attachments are securely fastened before starting your workout.
- Maintain a clear space of at least 2 feet around the equipment during use.
- Do not allow children or pets near the equipment while it is in use.
- The maximum user weight limit for this system is **350 pounds**. Do not exceed this limit.
- Use the equipment only for its intended purpose as described in this manual.
- Wear appropriate athletic footwear and clothing during exercise.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately and consult a physician.

PACKAGE CONTENTS

Upon unpacking, verify that all components listed below are present and undamaged. If any parts are missing or damaged, contact customer support immediately.



Image: The Total Gym Xtreme Home Gym System displayed with all included accessories, including the main unit, AbCrunch accessory, Wing Attachments, Tri Grip Shaper Bars, Squat Stand, Leg Pulley System, Training Deck, and device holder.

- Total Gym Xtreme Main Unit
- AbCrunch Accessory
- Wing Attachments
- Tri Grip Shaper Bars
- Squat Stand
- Leg Pulley System
- Training Deck & Device Holder (device not included)
- Todd Durkin Intermediate DVD
- Rosalie's Total Body Workout DVD

SETUP

The Total Gym Xtreme comes largely pre-assembled. Follow these steps to set up your unit for use.

1. **Unpacking:** Carefully remove all components from the packaging. Place the main unit on a flat, stable surface.
2. **Unfolding the Frame:** Release the locking pin(s) and gently unfold the main frame until it clicks into place. Ensure the frame is fully extended and stable.
3. **Attaching Accessories:**
 - **Wing Attachments:** Insert the Wing Attachments into the designated ports at the top of the frame. Secure them with the provided pins.
 - **Squat Stand:** Attach the Squat Stand to the base of the unit, ensuring it is firmly seated and locked.
 - **Leg Pulley System:** Connect the Leg Pulley System to the appropriate attachment points as per the included instructional diagrams.
 - **AbCrunch Accessory:** If using, attach the AbCrunch accessory to the glideboard as instructed in its specific manual.
4. **Adjusting Resistance:** The Total Gym Xtreme offers **12 levels of resistance**. Adjust the incline of the glideboard by raising or lowering the main frame on the support column. Higher incline provides more resistance. Ensure the adjustment pin is fully engaged in the desired resistance level hole.

OPERATING INSTRUCTIONS

The Total Gym Xtreme utilizes your body weight for resistance, making it versatile for various exercises. Always perform movements in a controlled manner.

Basic Operation

- **Getting On/Off:** Carefully sit or lie on the glideboard. Use the handles or frame for support when getting on or off the unit.
- **Using Cables/Pulleys:** The system uses cable/pulley straps. Hold the handles firmly and perform exercises with smooth, controlled motions.
- **Adjusting Resistance:** Change the incline level to increase or decrease the intensity of your workout.

Example Exercises



Image: A woman demonstrating a bicep curl exercise using the Total Gym Xtreme's cable and pulley system, seated on the glideboard.

The included Todd Durkin Intermediate DVD and Rosalie's Total Body Workout DVD provide comprehensive exercise routines. Here are a few examples:

- **Upper Body:** Bicep curls, tricep extensions, chest presses, shoulder presses using the cable/pulley straps or Tri Grip Shaper Bars.
- **Lower Body:** Squats (with Squat Stand), leg presses, hamstring curls, and leg extensions using the Leg Pulley System.
- **Core:** Abdominal crunches using the AbCrunch Accessory or various core exercises on the glideboard.



Image: A woman performing a leg extension exercise on the Total Gym Xtreme, demonstrating the use of the Leg Pulley System.

MAINTENANCE

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

- **Cleaning:** Wipe down the glideboard and frame with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Lubrication:** Periodically check the rollers and cables for smooth operation. Apply a silicone-based lubricant if any squeaking or friction is noticed.
- **Inspection:** Regularly inspect all cables, pulleys, and attachment points for signs of wear, fraying, or damage. Replace worn parts immediately.
- **Storage:** When not in use, the Total Gym Xtreme can be folded for compact storage. Ensure all pins are securely locked when folding and unfolding.

TROUBLESHOOTING

This section addresses common issues you might encounter with your Total Gym Xtreme.

Problem	Possible Cause	Solution
Glideboard not moving smoothly.	Dust/debris on rails; rollers need lubrication.	Clean rails with a damp cloth. Apply silicone lubricant to rollers.
Squeaking noise during use.	Lack of lubrication on moving parts or loose components.	Lubricate rollers and pivot points. Check all bolts and pins for tightness.

Problem	Possible Cause	Solution
Unit feels unstable.	Not fully unfolded or locking pins not engaged.	Ensure the frame is fully extended and all locking pins are securely engaged. Place on a level surface.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact Total Gym customer support.

SPECIFICATIONS

Feature	Detail
Model	Xtreme
Brand	Total Gym
Maximum User Weight	350 Pounds
Resistance Levels	12
Strap Type	Cable/Pulley straps
Material	Alloy Steel
Color	Silver/Gray
Item Package Dimensions (L x W x H)	77.95 x 12.6 x 4.33 inches
Package Weight	34 Kilograms
Handle Type	Fixed Handle







WARRANTY AND SUPPORT

The Total Gym Xtreme Home Gym System comes with a **1-year warranty** from the date of purchase, covering manufacturing defects in materials and workmanship.

For warranty claims, technical assistance, or to order replacement parts, please contact Total Gym Customer Support. Refer to your purchase documentation for specific contact details or visit the official Total Gym website.

Note: Proof of purchase may be required for warranty service.



	<p>Total Gym Incline Row Owner's Manual - Setup, Operation, and Maintenance Guide</p> <p>This comprehensive owner's manual provides detailed instructions for setting up, operating, maintaining, and troubleshooting the Total Gym Incline Row fitness equipment. Includes safety guidelines, specifications, and warranty information.</p>
	<p>Total Gym Pinnacle Owner's Manual: Setup, Use, and Maintenance</p> <p>Your essential guide to the Total Gym Pinnacle home fitness system. This owner's manual provides comprehensive instructions for setup, safe operation, effective workouts using various attachments (Wing Attachments, Leg Pull Accessory, Dip Bars), routine maintenance, and warranty information. Discover how to achieve your fitness goals and get in the best shape of your life with Total Gym.</p>
	<p>Total Gym 1000 Owner's Manual: Setup, Usage, and Maintenance Guide</p> <p>Comprehensive owner's manual for the Total Gym 1000 exercise system. Learn how to set up, safely operate, maintain, and utilize accessories for your home fitness equipment.</p>
	<p>Total Gym ULTIMA Exercise Guide: Your Comprehensive Workout Plan</p> <p>Learn how to use the Total Gym ULTIMA with this comprehensive exercise guide. Discover beginner, intermediate, advanced, and sports-specific workout programs, exercise descriptions, and progress tracking tools for a complete fitness journey.</p>
	<p>Total Gym 1000 Owner's Manual: Setup, Usage, and Maintenance Guide</p> <p>Comprehensive owner's manual for the Total Gym 1000 exercise system. Learn how to set up, safely use, maintain, and store your Total Gym for effective strength training at home.</p>
	<p>Total Gym APEX G3 Owner's Manual - Setup, Use, and Maintenance Guide</p> <p>This is the official owner's manual for the Total Gym APEX G3. It provides detailed instructions on setup, safe usage, exercise techniques, attachment installation, routine maintenance, storage, and warranty information for your home fitness equipment.</p>



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