

Total Gym APEX G3

Total Gym APEX G3 Incline Weight Trainer Machine User Manual

Model: APEX G3

INTRODUCTION

This manual provides essential information for the safe and effective use of your Total Gym APEX G3 Incline Weight Trainer. Please read it thoroughly before assembly or operation. The Total Gym APEX G3 is designed to revolutionize your home fitness routine, offering a full-body workout with smooth, natural movements. It is suitable for all fitness levels, from beginners to seasoned athletes.

PACKAGE CONTENTS

Upon unboxing, please verify that all components are present. The Total Gym APEX G3 package includes:

- Total Gym APEX G3 Main Unit
- Wing Attachment
- Squat Stand
- Leg Pull Accessory
- Dip Bars
- Instruction Manual
- "Start It Up" DVD
- Exercise Guide
- Nutrition Guide
- Exercise Sheet Board
- Access to Streaming Workouts

Apex G3 Home Fitness

Incline Weight Training

15.5"

43.25"

93"

Package Also Includes:

- 01 | Exercise Flip Chart
- 02 | "Start It Up" DVD
- 03 | Exercise Guide
- 04 | Nutrition Guide
- 05 | Owner's Manual
- 06 | 24/7 Access to Streaming Workouts



Auto Lock
Height Adjustment



Cable Pulley
System



Wing
Attachment



Leg Pull
Accessory

Image: A diagram showing the dimensions of the Apex G3 Home Fitness machine (93" long, 43.25" high, 15.5" wide) and a list of included package items such as the exercise flip chart, "Start It Up" DVD, exercise guide, nutrition guide, owner's manual, and 24/7 access to streaming workouts.

SETUP AND ASSEMBLY

The Total Gym APEX G3 is designed for quick and easy setup. It arrives largely pre-assembled and can be unfolded and ready for use in minutes. No complex tools are required.

1. **Unpack:** Carefully remove all components from the packaging.
2. **Unfold:** Place the main unit on a flat, stable surface. Unfold the frame until it locks securely into place.
3. **Adjust Height:** Utilize the auto-lock height adjustment mechanism to set your desired resistance level. The higher the incline, the greater the resistance.
4. **Attach Accessories:** Connect the wing attachment, squat stand, leg pull accessory, or dip bars as needed for your specific exercises. Ensure all attachments are securely fastened before use.

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Auto Lock Height Adjustment



Cable Pulley System



Wing Attachment



Leg Pull Accessory

Image: A detailed view highlighting the auto-lock height adjustment mechanism and the cable pulley system of the Total Gym APEX G3, essential for setting resistance and performing various exercises.

OPERATING INSTRUCTIONS

The Total Gym APEX G3 offers a versatile workout experience with 8 levels of resistance and over 70 exercises. It accommodates users aged 8 to 80 and supports a maximum weight of 300 lbs.

Resistance Levels

The resistance is controlled by adjusting the incline of the glide board. Higher incline settings provide more resistance, making exercises more challenging. Start with a lower resistance level and gradually increase as your strength improves.

Performing Exercises

Refer to the included Exercise Guide, "Start It Up" DVD, and access the streaming workouts for detailed instructions on performing various exercises. The machine allows for smooth, low-impact movements targeting all major muscle groups for a total body workout.

- **Strength Training:** Utilize the cable pulley system and various attachments for exercises like bicep curls, tricep extensions, shoulder presses, and rows.
- **Core Strengthening:** Engage your core with exercises performed on the glide board, such as crunches and planks.
- **Leg Workouts:** Use the squat stand for squats and lunges, or the leg pull accessory for leg curls and extensions.

8 Levels of Resistance

Start your own workout program right at home!



Image: An infographic illustrating the key benefits and features of the Total Gym APEX G3, including its 8 levels of resistance, over 70 exercises, full body workout capability, 300 lbs total weight capacity, suitability for ages 8-80, and foldable design.



Image: A man seated on the Total Gym APEX G3 glide board, performing bicep curls using the cable pulley system, demonstrating an upper body exercise.



Image: A woman lying prone on the Total Gym APEX G3 glide board, performing leg curls with her feet on the squat stand, illustrating a lower body exercise.



Image: A woman lying on her back on the Total Gym APEX G3 glide board, performing leg pull-ups using the leg pull accessory, demonstrating a core and lower body exercise.

MAINTENANCE AND CARE

Regular maintenance ensures the longevity and optimal performance of your Total Gym APEX G3.

- **Cleaning:** Wipe down the glide board and frame with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check the rollers and cables for smooth operation. Lubricate moving parts as recommended in the detailed owner's manual.

- **Storage:** The Total Gym APEX G3 is foldable for convenient storage. Ensure it is folded correctly and stored in a dry, safe place when not in use.





Image: A man standing next to the Total Gym APEX G3, which is folded upright, demonstrating its compact storage capability.

TROUBLESHOOTING

If you encounter any issues with your Total Gym APEX G3, please refer to the following common solutions. For more complex problems, consult the full owner's manual or contact customer support.

- **Glide Board Not Moving Smoothly:** Check for any obstructions on the rails. Ensure the rollers are clean and properly lubricated.
- **Unusual Noises:** Inspect all connections and moving parts for looseness. Tighten any loose bolts or screws. Lubricate as necessary.
- **Resistance Issues:** Verify that the height adjustment pin is fully engaged at the desired resistance level.

If problems persist, please contact Total Gym customer support for assistance.

SPECIFICATIONS

Feature	Detail
Model	APEX G3
Resistance Levels	8
Maximum User Weight	300 lbs
Dimensions (in use)	236.5 cm (L) x 39.5 cm (W) x 100 cm (H)
Material	Metal
Color	Black
Features	Foldable, Adjustable Seat, Speed
Handle Type	Fixed Handle
Strap Type	Linear Bearing & Cable/Pulley

WARRANTY AND SUPPORT





Your Total Gym APEX G3 comes with a manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions. For customer support, technical assistance, or to order replacement parts, please visit the official Total Gym website or contact their customer service line.



Additional resources provided with your Total Gym APEX G3 include:

- Instruction Manual (this document)
- "Start It Up" DVD for guided workouts
- Exercise Guide and Exercise Sheet Board for workout routines
- Nutrition Guide for dietary advice
- 24/7 Access to Streaming Workouts for continuous fitness guidance

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Related Documents - APEX G3

	<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 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 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>
	<p>Total Gym APEX G5 Owner's Manual: Setup, Use, and Maintenance</p> <p>Comprehensive owner's manual for the Total Gym APEX G5 home fitness system, covering setup, starting out, attachments, maintenance, storage, and warranty information.</p>

 The image shows the cover of the 'Total Gym Incline Row Owner's Manual'. It features a stylized logo at the top consisting of three downward-pointing chevrons. Below the logo, the text 'total gym' is written in a small, bold, sans-serif font. Underneath that, 'INCLINE ROW' is written in a larger, bold, sans-serif font. At the bottom, 'OWNER'S MANUAL' is written in a smaller, bold, sans-serif font. The entire cover is white with black text and a small graphic of a person rowing.	<p><u>Total Gym Incline Row Owner's Manual - Setup, Operation, and Maintenance Guide</u></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>
 The image shows the cover of the 'Total Gym Titanium Owner's Manual'. It features a stylized logo at the top consisting of three downward-pointing chevrons. Below the logo, the text 'total gym' is written in a small, bold, sans-serif font. Underneath that, 'TITANIUM' is written in a larger, bold, sans-serif font. At the bottom, 'OWNER'S MANUAL' is written in a smaller, bold, sans-serif font. The entire cover is white with black text and a small graphic of a person using the equipment.	<p><u>Total Gym Titanium Owner's Manual: Setup, Safety, and Usage Guide</u></p> <p>Comprehensive owner's manual for the Total Gym Titanium. Provides detailed instructions on setup, safety precautions, accessory usage, maintenance, storage, and parts identification for this home fitness equipment.</p>