

Total Gym TGFAC

Total Gym FIT Full Body Fitness Workout Machine User Manual

Model: TGFAC
Brand: Total Gym

INTRODUCTION

The Total Gym FIT is a versatile home fitness equipment designed to provide a comprehensive full-body workout. It utilizes a unique glideboard system with adjustable resistance levels, allowing users to perform over 85 different exercises targeting all major muscle groups. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your Total Gym FIT to ensure a safe and effective fitness experience.

PRODUCT OVERVIEW

The Total Gym FIT is engineered for durability and portability, offering a maximum weight capacity of 450 lbs. Its compact folding design makes it ideal for storage in small spaces. The system includes various accessories to enhance your workout versatility.



Image: The Total Gym FIT machine displayed with its core components and included accessories, such as the Training Deck, AbCrunch Accessory, Leg Pull Accessory, and Squat Stand.



Training Deck w/ Holder



AbCrunch Accessory



Leg Pull Accessory
w/ 2 Ankle Cuffs



Wing Attachment



Squat Stand

Image: A detailed view of the individual accessories: Training Deck with Holder, AbCrunch Accessory, Leg Pull Accessory with 2 Ankle Cuffs, Wing Attachment, and Squat Stand.

SETUP

The Total Gym FIT is designed for minimal assembly. Simply unfold the unit and ensure all components are securely locked into place before use. Refer to the included Training Deck for initial setup guidance.



Image: The Total Gym FIT in its compact, folded position, demonstrating its space-saving storage capability.



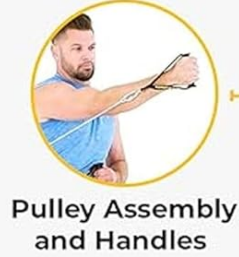
Image: The Total Gym FIT standing upright in its folded configuration, ready for storage or transport.

OPERATING INSTRUCTIONS

The Total Gym FIT offers 12 adjustable resistance levels, controlled by the incline of the glideboard. Higher incline provides greater resistance. To adjust the resistance, carefully lift and reposition the main frame to the desired numbered slot.

Sculpt, Tone, and Trim

Arms, Legs, Core, & More!



12 Adjustable Resistance Levels

total gym



Padded Glideboard



Ab-crunch Accessory



Ribbed Squat Stand



Wing Attachment

Image: An illustrative diagram highlighting key components such as the Padded Glideboard, Pulleys, Handles, 12 Adjustable Resistance Levels, Ab-crunch Accessory, Ribbed Squat Stand, and Wing Attachment.

Performing Exercises

The Total Gym FIT supports over 85 exercises. Here are examples of common movements:

- **Upper Body:** Use the pulley assembly and handles for exercises like chest presses, rows, and bicep curls. The Wing Attachment can be used for pull-ups and dips.
- **Lower Body:** Utilize the Squat Stand for various squat variations. The Leg Pull Accessory with ankle cuffs allows for leg curls and extensions.
- **Core:** The AbCrunch Accessory provides targeted abdominal workouts.



Image: A user demonstrating a leg exercise on the Total Gym FIT, utilizing the glideboard for dynamic movement.



Image: A user performing an arm exercise, pulling the handles towards his body while seated on the glideboard.





Image: Two individuals simultaneously using Total Gym FIT machines, showcasing the versatility for multiple users or varied workouts.





Image: A man and a woman engaged in different exercises on their respective Total Gym FIT units, highlighting the full-body workout capability.

Training Resources

The Total Gym FIT comes with a Training Deck to guide you through various exercises. Additionally, purchasing the Total Gym FIT provides free access to Total Gym TV, offering 24/7 streaming workouts and expansions.

Elevating At-Home Exercise

Purchase of the Total Gym FIT comes with **free access to Total Gym TV** letting you stream workouts 24/7 and achieve optimal results from every session. Amp up the challenge and get the most out of the Total Gym XLS with these add-ons and expansions:

Optional Accessories (**not included**):

- Leg Pulley Accessory with Detachable Bracket
- Pilates Accessory Kit
- Total Gym Cyclo Trainer
- Press-up Bars
- Dip Bars
- Weight Bar Kit

24/7 ACCESS TO
TOTAL GYM TV



*Smart device **not included**



Image: A tablet displaying the Total Gym TV interface, indicating access to digital workout content. (Smart device not included).

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Total Gym FIT. Keep the glideboard and rails clean and free of debris. Periodically inspect cables, pulleys, and attachments for any signs of wear or damage. Lubricate moving parts as recommended in the detailed product manual (if available) to ensure smooth operation.

TROUBLESHOOTING

If you encounter issues with your Total Gym FIT, consider the following common troubleshooting steps:

- **Squeaking or Grinding Noises:** Check for debris on the rails or worn pulleys. Lubricate as necessary.
- **Glideboard Sticking:** Ensure the rails are clean and the glideboard wheels are free of obstructions.
- **Resistance Issues:** Verify that the main frame is correctly seated in the desired resistance level slot.

For persistent issues, contact Total Gym customer support.

SPECIFICATIONS

Feature	Detail
Handle Type	Fixed Handle
Strap Type	Adjustable, Detachable
Maximum Weight Recommendation	450 Pounds
UPC	851513004876
Item Package Dimensions L x W x H	56 x 21 x 10 inches
Package Weight	43.55 Kilograms
Brand Name	Total Gym
Model Name	FIT Home Fitness
Suggested Users	unisex-adult
Manufacturer	Total Gym
Part Number	TGFAC
Style	FIT
Included Components	machine
Size	FIT
Sport Type	Weight Lifting
Color	Black
Material	Alloy Steel
Product Dimensions	93"D x 18.5"W x 44.5"H
Tension Level	450 pounds

WARRANTY INFORMATION

The Total Gym FIT comes with a **2-year warranty**. Please retain your proof of purchase for warranty claims. For detailed terms and conditions, refer to the official warranty documentation provided with your product or visit the Total Gym website.

CUSTOMER SUPPORT

For further assistance, product inquiries, or technical support, please visit the official Total Gym website or contact their customer service department. You can also access additional workout resources and support through Total Gym TV.

Note: Smart devices for Total Gym TV access are not included with the product.