

total gym®

APEX® G3

OWNER'S MANUAL

LEVELS

8

OF RESISTANCE



CUSTOMER SERVICE

If you have questions about your Total Gym®, please call Customer Service at **1-800-303-7896**, Monday through Thursday, 8:30 am to 5:00 pm, EST.



ORDERING PARTS

When ordering parts, please contact our Parts Department, toll free at **1-800-303-7896**, Monday through Thursday, 8:30 am to 5:00 pm, EST.

IMPORTANT: You must have your serial number (located at the base of the Vertical Column) and this manual ready when calling for parts.

Serial #:

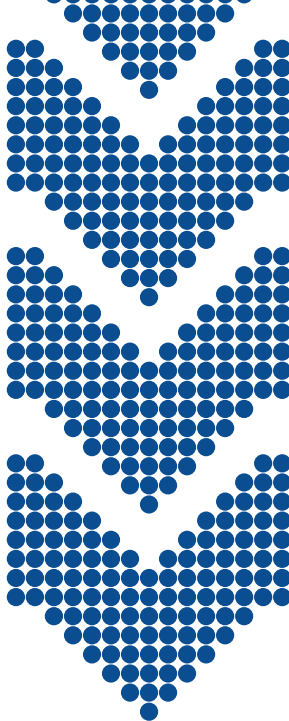
Please also provide the following information:

1. Name, Mailing Address and Telephone Number
2. Date of Purchase
3. Where Product was Purchased (Name of Retail Store, City)
4. Model Number
5. Part Order Number and Description



OPTIONAL ATTACHMENTS

Bring your workouts to the next level with optional attachments. Learn more at **totalgymdirect.com > Shop Attachments.**



With this Total Gym® product in your home, you have everything you need to start your own workout program, to tone and strengthen the important muscle groups of your upper and lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is body sculpting, weight loss, health maintenance, or more energy for daily activities.

Strength training not only tones and conditions the muscles we use every day to stand, walk, lift, and turn; it can actually transform our body composition. By reducing body fat and increasing the proportion of lean muscle in our bodies, strength training can effectively turn up our metabolic thermostat, so that we burn calories all the time, no matter what we're doing.

It's easy - all you have to do is spend 15 to 20 minutes a day, 3 to 4 days per week on your home gym to start realizing the benefits.

Be sure to read through this Owner's Manual carefully. It is the authoritative source of information about your specific unit.



get in the

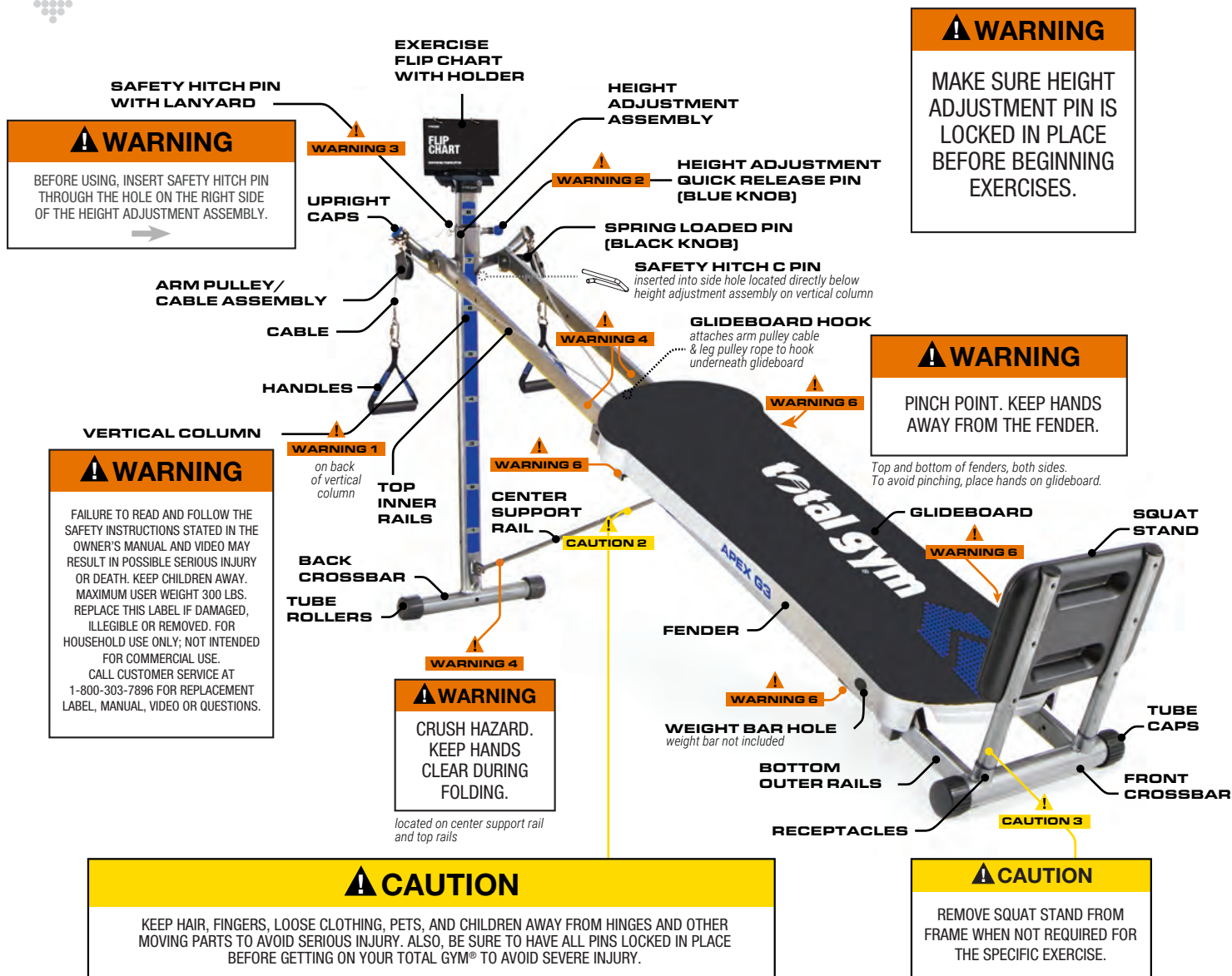
BEST SHAPE

of your life!



SPECIFICATIONS	3
Attachments	4
Miscellaneous Accessories, Parts & Tools	4
Safety Instructions	4
SET UP	5
STARTING OUT	7
ATTACHMENTS	8
Wing Attachments	8
Leg Pull Accessory	9
Dip Bars	9
TOTAL GYM® TV	10
MAINTENANCE & CARE	11
WARRANTY	13
PARTS OVERVIEW & LIST	14

SPECIFICATIONS

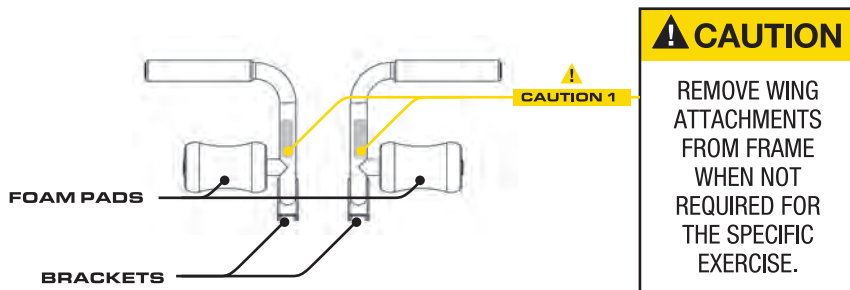


FOLDED LENGTH	50.5"
FOLDED HEIGHT	8"
IN USE LENGTH	92.5"
IN USE HEIGHT	43"

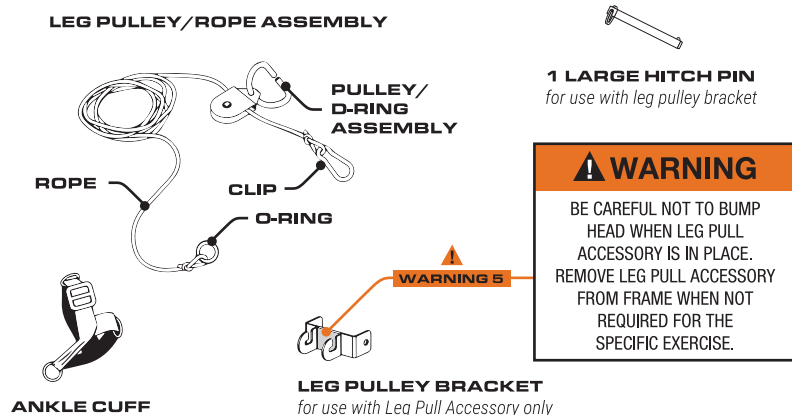
WIDTH	16.5"
WEIGHT	53.2 lbs.
MAXIMUM USER WEIGHT	300 lbs.

ATTACHMENTS

WING ATTACHMENTS



LEG PULL ACCESSORY



DIP BARS



MISCELLANEOUS ACCESSORIES, PARTS & TOOLS



SAFETY INSTRUCTIONS

Before beginning this or any exercise program, consult a physician or health professional, who can assist you in planning a program appropriate for your age and physical condition. This is especially important if you are over age 35 or have pre-existing health problems.

Do not overexert yourself. Stop exercising immediately and consult your doctor if you experience pain or tightness in your chest, irregular heart beat, shortness of breath, or if you feel faint, nauseous, or dizzy.

This product is designed for home use only. It is not intended for commercial or institutional use. Use only as instructed.

Do not stand on the product.

The Total Gym® is not intended for use by children. Keep this and all fitness equipment out of the reach of children.

Keep fingers, loose clothing, and hair away from moving parts.

Inspect your exerciser before each use to ensure proper operation. Do not use this equipment unless all moving parts, including cables and pulleys are working properly. See pages 11 & 12 for details on Maintenance & Care.

The exerciser should only be used on a mat or carpeted surface to prevent unexpected movement of the unit.

Use only the accessory items recommended by the manufacturer.

To avoid serious injury, care should be taken at all times when **getting on and off** this or any exercise equipment.

Be sure Safety Hitch C Pin is engaged each time unit is in use.

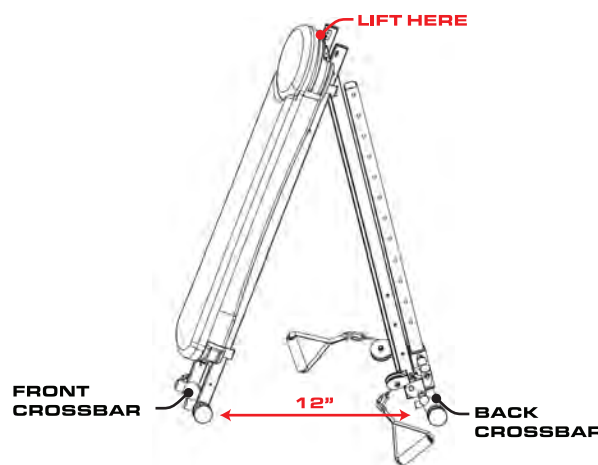
SET UP

1. Pull the product out of the shipping box. Remove all packaging materials, including tape and cardboard inserts, from your unit.

NOTE: Some parts are packed inside the rails.

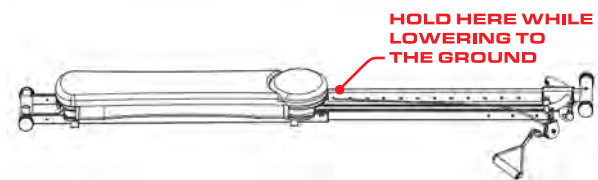
2. Lay product on the floor with glideboard side up. Make sure you have plenty of space on both ends of the product. Slide the glideboard as far as it will go towards the front crossbar before you begin lifting unit.

3. Lift the exerciser up by holding it at the top of the rails. Using your foot, slowly spread the unit open at the bottom approximately 12 inches so that it rests firmly on the front and back crossbars not allowing it to go too far.



4. Make sure the handles are out to the sides before you begin to unfold your unit. Keep hands and fingers away from pulley. Hold onto the top center of glideboard and begin rolling rear rollers. Spread the unit out until it is flat on the floor. Be careful to do this **SLOWLY**.

BE SURE TO SUPPORT THE FRAME IN THE CENTER TO AVOID HAVING THE PRODUCT DROP SUDDENLY ONTO THE FLOOR OR PINCH FINGERS.



Your product comes with:

HEIGHT ADJUSTMENT QUICK RELEASE PIN

Located on side of vertical column for raising and lowering rails.

SPRING LOADED PIN

Locked into the base of the left rail by the height adjustment assembly. **NOTE: Left side is determined by standing behind the unit facing the vertical column.**

IMPORTANT: To prevent injury, be sure the Spring Loaded Pin is locked securely into place in the left rail before using unit. This will prevent the height adjustment assembly/vertical column from collapsing.

SAFETY HITCH PIN WITH LANYARD

Located on lanyard, attached to the height adjustment assembly/upright tube

SAFETY HITCH C PIN

Insert into side hole of vertical column, directly below height adjustment assembly.

1 LARGE HITCH PIN

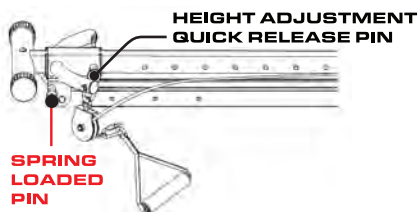
For the leg pulley bracket (located with the Leg Pull Accessory).

4 SHORT HITCH PINS

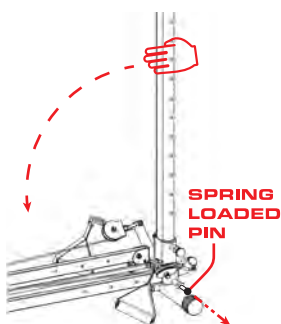
For the Wing Attachments and Dip Bars.

IMPORTANT: Before using the Wing Attachments, Leg Pull Accessory or Dip Bars, be sure the Hitch Pins are securely inserted. See pages 8 & 9 of this manual for directions.

5A. Next remove plastic packing ties from the top and bottom of the vertical column. Pull out the Spring Loaded Pin located at the left rail (**NOTE:** pin shown in picture is on left side of unit standing behind it and looking at the back of the vertical column) to release Spring Loaded Pin. Continue to hold pin out while performing the next step.



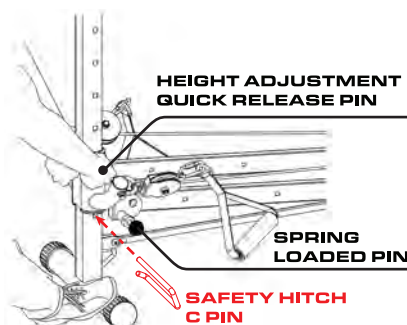
5B. Take hold of the vertical column and pull it up until it is upright. Release the Spring Loaded Pin. You should hear it lock back into place. (**NOTE:** pin shown in picture is on left side of unit standing behind it and looking at the back of the vertical column).



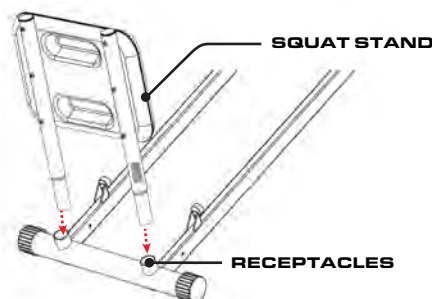
IMPORTANT: Be sure the Spring Loaded Pin is locked into place before using your unit. You will know the pin is locked into place when you can see the end protrude through the inside of the rail bracket.

6. Position one foot on back crossbar to keep the product from lifting off the floor. With one hand on either the right or left rail and the other hand pulling the Height Adjustment Quick Release Pin out, slide the rails along the vertical column to desired position and release pin. Pin will lock into place—you will hear a loud click once locked. Last, insert Safety Hitch Pin (attached with a lanyard to the height adjustment assembly) into the hole of the height adjustment assembly and vertical column (directly into the opposite side of the Height Adjustment Quick Release Pin).

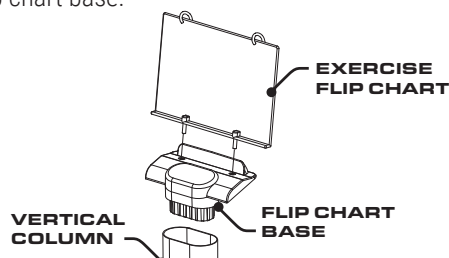
NOTE: Insert Safety Hitch C Pin into side hole located directly below height adjustment assembly on vertical column.



7. SQUAT STAND ASSEMBLY. Assemble the Squat Stand at the opposite end of the unit by inserting the attachment into the front crossbar receptacles as pictured here. Make sure the accessory is fully inserted. **NOTE:** Remove Squat Stand from frame when not required for the specific exercise.



8. FLIP CHART ASSEMBLY. To add the exercise flip chart, insert the flip chart base into the vertical column. Then secure the flip chart onto the flip chart base.





STARTING OUT

Begin using the product at a low incline. As your fitness level progresses, increase the incline to increase the intensity and improve your muscle strength. Don't be in a hurry to exercise at a high intensity level; start out easily and build gradually. The Total Gym® is as easy as 1-2-3 to use.

When starting your exercise program, begin with the basic exercises in the *Exercise Guide* included with your Total Gym to familiarize yourself with the movements. Use the lowest incline level to start with—you can work up to a higher incline level in the weeks and months to come.

For the specific Total Gym exercises and programs, study and follow the instructions in the *Exercise Guide* included with your product.

1

IMPORTANT THINGS TO REMEMBER WHEN USING THE TOTAL GYM®

- Always have control of the glideboard before getting on and off the exerciser.
- Keep your feet on the floor when getting on and off the exerciser. Only remove them from the floor for the duration of the exercise.
- If you are using the handles, hold onto them as you get on and off the glideboard.
- Remove arm pulley/cable from hook under glideboard when performing exercises that do not require arm pulley/cable assembly.

2

EXERCISING WITH THE HANDLES ONLY

Grasp the handles which are attached to the cable and slide the glideboard to a position in which you can comfortably sit or lay down when performing the desired exercise (see the *Exercise Guide*). Be sure to keep your feet on the floor until you are in the correct position for the specific exercise. Then, if the exercise calls for your feet to be off the floor, place your feet as specified in the instructions.

3

EXERCISING WITH THE ATTACHMENTS

Slide the glideboard to a position in which you can comfortably sit or lay down on when performing the desired exercise (see the *Exercise Guide*). Keep your feet on the ground until you are in the correct position and feel comfortable. Then, place your feet in the proper position and begin to exercise.

GENERAL SAFETY TIPS

- While performing exercises with quick tempo repetitions, the Total Gym® may move. Please be aware of the action and make necessary adjustments as you continue your exercise program.
- Wear athletic shoes and comfortable light clothing when exercising on the Total Gym.
- Do not exercise barefoot.
- Be sure to have plenty of free space—at least 2-3 feet of clearance around the exerciser—so that performing on the Total Gym, as well as getting on and off, is convenient and safe.
- Check your exerciser before using to ensure that all the parts are in place and working properly. See pages 11 & 12 for details on Maintenance & Care.
- The rails and glideboard can be raised to any desired level on the height adjustment assembly/vertical column depending upon your degree of fitness. Please note, however, that the rails cannot be raised to the highest position on the column when the leg pulley bracket is attached to the top of the column.
- Each time you raise or lower the height adjustment assembly/vertical column, be sure you hold it to keep it from dropping to the floor.
- Keep longer hair up for safety and to prevent interference with your exercise routine.
- Adult supervision is required at all times.

ATTACHMENTS

WING ATTACHMENTS



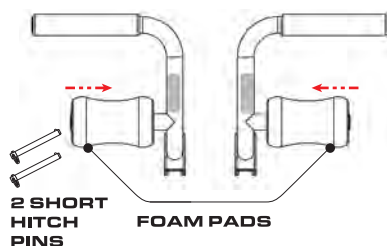
REMOVE ALL ATTACHMENTS WHEN YOU ARE NOT EXERCISING WITH THEM.

The Wing Attachments provided with your unit have been uniquely designed to serve several purposes. They can be placed at the top or bottom of the exerciser and angled toward you or away from you depending upon what is comfortable for you.

Two thick Foam Pads are provided with the Wing Attachments. They must be attached (if not already) before exercising.

To do this:

1. Simply wet each crossbar with soapy water.
2. Then attach Foam Pads on the crossbars as shown. Let dry before beginning to exercise with the Wing Attachments.



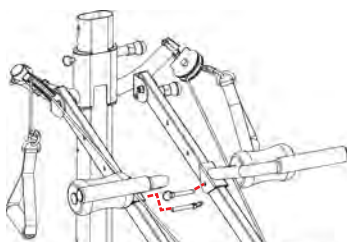
Below are instructions on how to position the Wing Attachments in accordance with the exercises you wish to do.

NOTE: 2 Short Hitch Pins are included. The right and left Wing Attachments can be placed on opposite rails depending on the exercise. Always keep the Foam Pads to the outside of the rails.

PULL UPS & CHIN UPS

1. Locate the holes at the top of the right and left rails.
2. With the Wing Attachments angled toward the glideboard, line up the brackets on the attachments with the desired position holes on the rails.

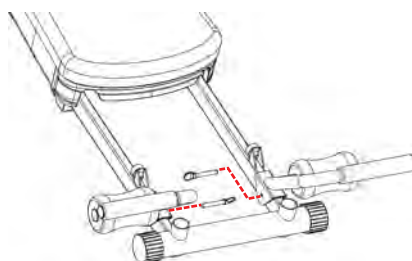
3. Insert the 2 Short Hitch Pins through the holes on the Wing Attachment brackets and the hole on the rails, as shown.



4. You are now ready to perform Pull Up & Chin Up exercises to work the arms, lats and back. See your *Exercise Guide* for specific exercises.

SQUATS

1. Locate the holes at the bottom of the right and left rails.
2. With the Wing Attachments angled away from the glideboard, line up the brackets on the attachments with the holes on the rails.
3. Insert the 2 Short Hitch Pins through the holes on the Wing Attachment brackets and the hole on the rails, as shown.

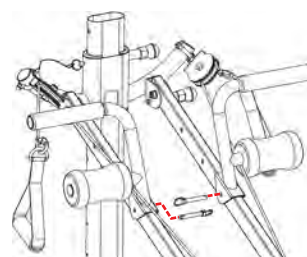


4. You are now ready to perform the Squat which works the thighs and calves. See your *Exercise Booklet* for specific exercises.

NOTE: When performing the Squat exercises, be sure to position your hands on the side of the glideboard, NOT along the bottom of the glideboard in order to avoid pinched fingers

LEG PULLS, CRUNCHES & SIT UPS

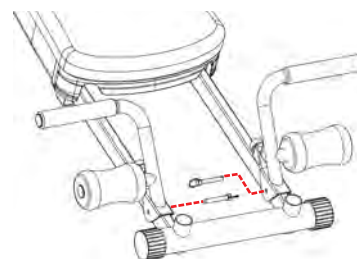
1. Locate the holes at the top of the right and left rails.
2. With the Wing Attachments angled away from the glideboard, line up the brackets on the attachments with the desired position holes on the rails.
3. Insert the 2 Short Hitch Pins through the holes on the Wing Attachment brackets and the hole on the rails, as shown.



4. You are now ready to perform Leg Pulls, Crunches & Sit Up exercises to work the abdominals, waist and legs. See your *Exercise Booklet* for specific exercises.

FRONT PRESS

1. Locate the holes at the bottom of the right and left rails near the front crossbar.
2. With the Wing Attachments toward the glideboard, line up the brackets on the attachments with the holes on the rails.
3. Insert the 2 Short Hitch Pins through the holes on the Wing Attachment brackets and the hole on the rails, as shown.



4. You are now ready to perform the Front Press exercise which works the upper chest and triceps. See your *Exercise Booklet* for specific exercises.

ATTACHMENTS

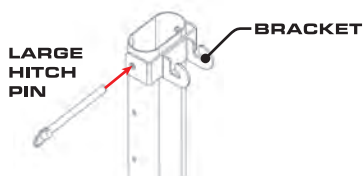
LEG PULL ACCESSORY



REMOVE ALL ATTACHMENTS WHEN YOU ARE NOT EXERCISING WITH THEM.

NOTE: Be sure to have plenty of free space—at least 2-3 feet of clearance around the exerciser—so that performing on the Total Gym®, as well as getting on and off, is convenient and safe. The rails and glideboard can be raised to any desired level on the height adjustment assembly/vertical column depending upon your degree of fitness. Please note, however, that the rails cannot be raised to the highest position on the column when the leg pulley bracket is attached to the top of the column.

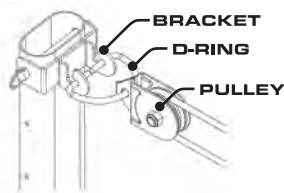
1. Connect the leg pulley bracket to the top of the vertical column by aligning bracket with the hole at the top of the column; be sure bracket is right side up. Insert Large Hitch Pin through the hole to secure bracket onto the vertical column.



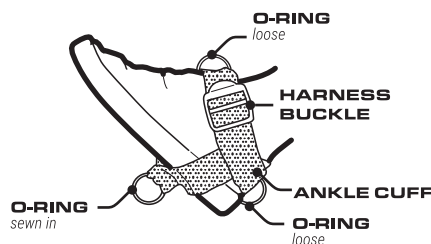
2. Detach the arm pulley/cable assembly from the hook on the underside of the glideboard and attach the O-Ring from the leg pulley/rope assembly instead.

3. Place D-Ring on pulley first. Then connect the D-Ring to the bracket as shown.

NOTE: If rope appears to be twisted, take D-Ring off and turn pulley around.

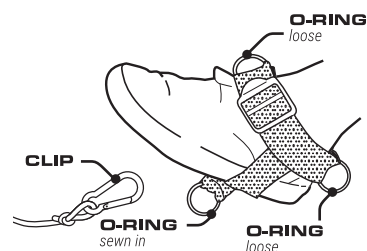


4. Attach the Ankle Cuff to one of your feet by placing your foot in the harness so the O-Ring (sewn in) is on the bottom of your foot. With the strap threaded through the harness buckle, pull tightly on strap securing Ankle Cuff onto foot.



5. Position yourself on the glideboard correctly for the specific exercise you want to perform.

While sitting down on the glideboard, bring 1 knee up, connect the clip on the end of the rope to an O-Ring on the Ankle Cuff attached to your foot. Depending on the exercise you are performing, connect the clip to the proper O-Ring. Be sure to always stabilize the glideboard when clipping on or off the Ankle Cuff. Also, use caution when getting on or off the glideboard. You are now ready to exercise using the Leg Pull Accessory. See your *Exercise Guide* for specific exercises that utilize the Leg Pull Accessory.



NOTE: Remove leg pulley bracket when you are not exercising with it.

To disconnect the Ankle Cuff, unclip the rope from the O-Ring on the Ankle Cuff. Be sure to stabilize glideboard when disconnecting Ankle Cuff.

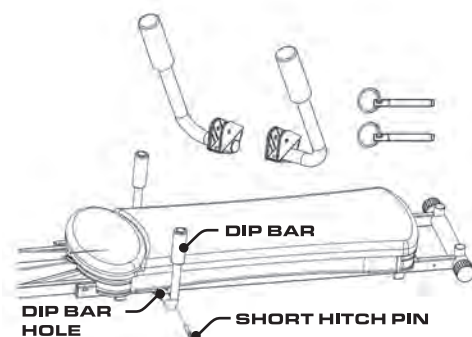
DIP BARS



REMOVE ALL ATTACHMENTS WHEN YOU ARE NOT EXERCISING WITH THEM.

1. Attach each Dip Bar to the frame with the Short Hitch Pins included with your Total Gym®. **NOTE:** Hitch Pins are included in Miscellaneous Parts. Simply line up each bar with the holes in the upper portion of the bottom frame.

2. Slide one Short Hitch Pin through the hole of one of the Dip Bars and through the frame. Repeat Steps 1 and 2 for attaching the other Dip Bar. Make sure to securely attach each Dip Bar to each side of the frame before using. See your *Exercise Guide* for specific exercise.





Stream the classic Total Gym® DVD workouts from any device or watch a newly released workout created specifically for Total Gym® TV users! Additionally, you get access to our growing library of new cardio, strength training, and Pilates videos so you can keep your workouts fresh and stay motivated!

Learn new exercises and workout alongside trainers including our elite **Total Gym Trainers:**

- Todd Durkin
- Maria Sollon
- Rosalie Brown
- Devin Gage
- Cathe Friedrich
- Rob Glick
- Carrie Wightman
- Dane Robinson

STEP 1: SIGN UP!

There are two levels of access to Total Gym TV: Basic and Premium. Sign up at tv.totalgymdirect.com.

Total Gym TV Basic is completely free, and gives you access to 7 of our top-rated workout videos. We're offering this free option as a thank-you to all of our loyal Total Gym customers over the years.

Total Gym TV Premium is our monthly paid subscription service. Every month, we release new Total Gym workouts available exclusively to Total Gym Premium members, in addition to the benefits of Total Gym TV Basic!

Total Gym TV is accessible via Internet browser or app. We are proud to offer streaming workouts on iOS, Android, Roku®, tvOS (Apple® TV) and Amazon® FireTV.

STEP 2: SIGN IN

Signing in to Total Gym TV is easy!

On a computer, go to the top right of your screen, and click the yellow **Sign In** button.

On a mobile device, go to the top left of your screen, open the menu, and select the **Sign In** menu item.

Once on the **Sign In** page, enter your email and password details.

If you have forgotten your password, open the **Forgot Password** link under the **Sign In** form, and complete the process to retrieve or reset your password.

STEP 3: CHOOSE A WORKOUT

Once logged in, you can easily select and browse a workout from your library. To open your workout library, open the **My Account** menu located in the main menu area, and select **My Library**.

If you are a Total Gym TV Premium subscriber, new workouts are added to your library each month.

STEP 4: WORKOUT!

Before you start your workout, make sure you have everything you need to complete your workout safely:

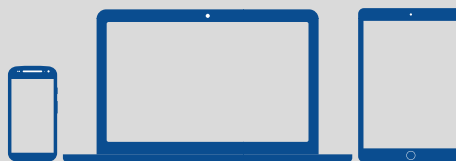
- Fill up your water bottle.
- Grab your sweat towel.
- Make sure your safety hitch pins are in place.
- Make sure any attachments are securely fastened or out of the way if you aren't using them.
- **Enjoy your workout!**

HOW IT WORKS



NO DVDS REQUIRED

Total Gym® TV only requires an internet connection and browser for access to all of your Total Gym TV content.



ANY DEVICE

Because Total Gym TV is internet-based, you can access your Total Gym TV content from any Internet-enabled device with a browser!



PROVEN WORKOUTS

Get access to energy-boosting, fat-blasting workouts from your favorite Total Gym® Trainers!



MAINTENANCE & CARE

INSPECT YOUR TOTAL GYM® PRIOR TO EACH USE

Before using your Total Gym® for your workout session, be sure to make the following inspection:

- Make sure the equipment is fully opened and sitting on a solid, level surface with plenty of clearance on all sides. Unit should be used on a mat or on carpeted surfaces only.
- Make sure all the Safety Hitch Pins are securely in place and locked into position.
- Check that the pulley is attached securely to the loop on the top underside of the glideboard.
- Check that the cable is traveling correctly in the groove of each pulley.
- Make sure the cable is securely fastened to each handle.
- Check that the attachments or other accessories are installed correctly when in use.
- Make sure the glideboard is gliding smoothly along the frame.

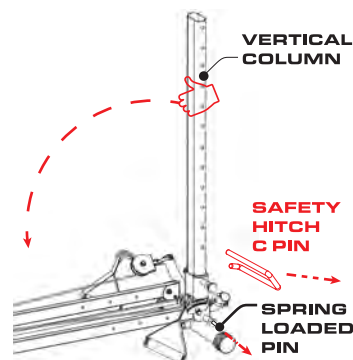
ROUTINE MAINTENANCE

- Wipe down your Total Gym on a regular basis using a clean cloth and alcohol or alcohol-based products like Windex® or 409®. Do not leave towels or workout clothing laying or hanging on the equipment.
- Periodically check the following parts for signs of fraying or other wear: the cable, pulleys, wheels, glideboard, attachments, accessories and frame. If the cable, pulleys, frame or wheels need replaced—do not use your unit, wait until the part is replaced. If any other part than the ones listed above needs to be replaced, do not use that part until it is replaced.
- Never use a lubricant such as WD-40® or ArmorAll® to lubricate or clean the unit. Use only 3-in-1® oil or machine oil to lubricate the axles of the wheel or pulley, not the roller surface.

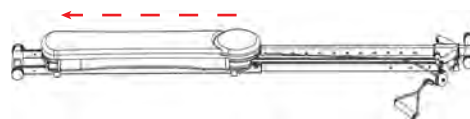
TO STORE YOUR TOTAL GYM®

Follow these easy steps to store your exerciser properly:

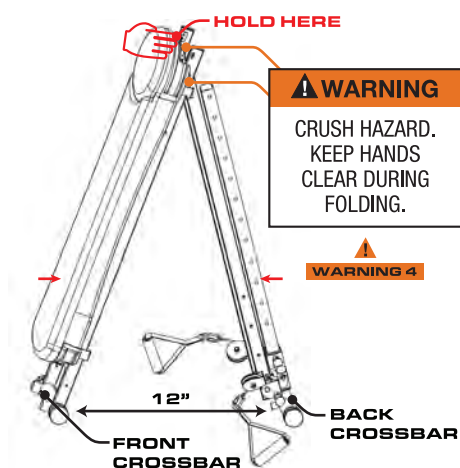
1. First, remove all attachments and accessories.
2. Remove Safety Hitch C Pin and Safety Hitch Pin (on lanyard) from vertical column.
3. Be sure the cable pulley is attached to the underside of the glideboard for folding.
4. Position one hand on either side of rail to hold it up before releasing the Height Adjustment Quick Release Pin. Pull pin out and slowly lower the rails to the ground until they rest on the back crossbar.
5. Release Spring Loaded Pin (on left side rail) as shown. Fold vertical column down towards the center of the unit.



6. Slide the glideboard towards the bottom of unit as shown.



7. With caution, to avoid pinched fingers or hands, grab the top of the glideboard and slowly pull the unit up allowing the rollers to bring the back of the unit towards the center. Keep approximately 12" apart.



Continue to fold the exerciser together until it is completely folded and roll the exerciser into a closet for storage. To store under a bed, simply lower the exerciser to the floor and roll under the bed.

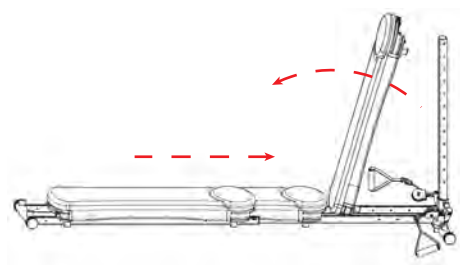
NOTE: Do not store unit in upright position when folded.

REMOVE GLIDEBOARD

You can also remove the glideboard if you need to fit the exerciser under a narrow space (between 6" and 8").

IMPORTANT: The glideboard weighs approximately 20 lbs. Use caution when lifting it off of the exerciser. Lifting incorrectly may result in user injury.

1. With exerciser laying flat on the floor, disconnect the pulley/cable or pulley/rope from the hook on the underside of the glideboard.
2. Next, tilt up the glideboard and slide it off the frame of the exerciser. When the bench is completely off the exerciser, set it aside.



3. Next, pull the Spring Loaded Pin to release the rail and fold the exerciser together as shown in **Step 7 of TO STORE YOUR TOTAL GYM®**. Be sure you release the Spring Loaded Pin before folding.

ATTACH GLIDEBOARD TO GYM WHEN SET UP AND READY FOR USE

1. Raise rails to the highest level on the vertical column and insert Safety Hitch Pin.
2. Carefully pickup the glideboard with both hands, one on each side, making sure the hook on the underside of the glideboard is at the top closest to the vertical column.
3. Line up the glideboard with the lower rails on your gym and gently lower the glideboard down the rails until it rests against the rubber stops.
4. Connect the pulley/cable by taking the loose end of the pulley/cable and sliding it onto the hook that is on the top underside of the glideboard.



LIMITED WARRANTY

For a period of 12 months from date of receipt, Total Gym Fitness, LLC warrants that this product will be free from defects in materials and workmanship. This warranty applies only when purchase of the product is from an authorized dealer and is for personal or household use, but not when the sale or any resale is for commercial use. **THIS WARRANTY IS VALID ONLY FOR THE ORIGINAL OWNER AND IS NOT TRANSFERABLE.**

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To register your product online, go to **totalgymdirect.com/warranty**.

DEDICATION TO QUALITY

We warrant this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions.

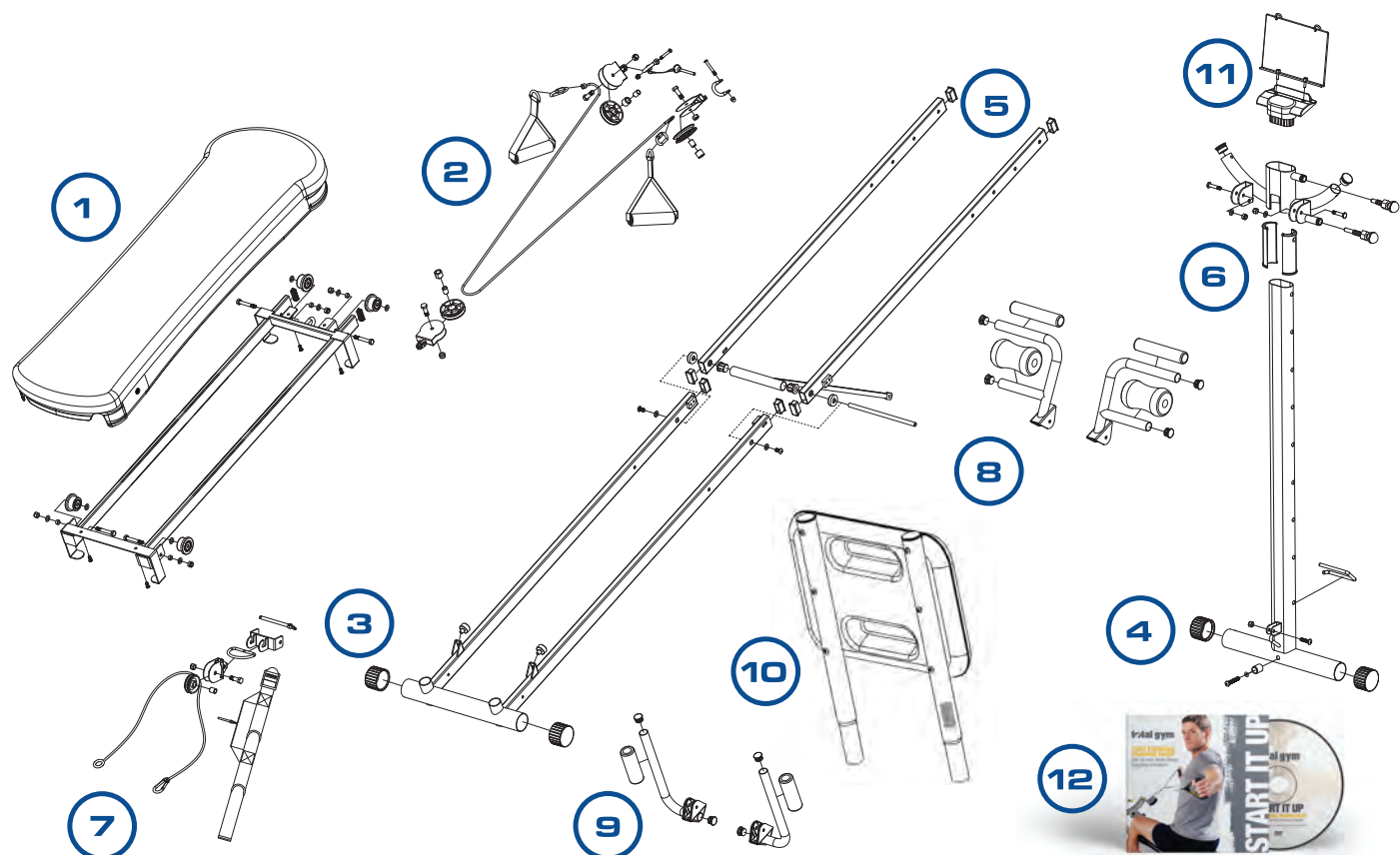
SAVE YOUR PURCHASE RECEIPT

You may wish to staple into this manual.



PARTS LIST & OVERVIEW

ITEM#	DESCRIPTION	PART#	QTY	ITEM#	DESCRIPTION	PART#	QTY
1	Glideboard	RGBG3	1		Safety Hitch C Pin	RR105CP	1
	Wheel Kit (Set of 4)	RP102WK	1	7	Leg Pulley System	RLPAR1	1
2	Cable Kit	R40950	1		Ankle Cuff	R700035	1
	Safety Hitch Pin with Lanyard	RLANPIN	1		D-Ring	R100230	1
	Handle (Set of 2)	RG3HAN	1		U Bracket	RRLPBHP	1
3	Tube Cap	RR103EC	2		Large Hitch Pin	RRLHP	1
4	Tube Roller	RR105TR	2		Pulley and Rope	PILS24P	1
5	Rectangle End Cap	RR103RC	8	8	Wing Attachment (Set of 2)	RWAS	1
6	Height Adjustment System		1	9	Dip Bars (Set of 2)	RDBSS	1
	Upright Cap (Set of 2)	RBLKUC	1	10	Squat Stand (Square)	RS263S	1
	Height Adjustment Quick Release Pin (Blue Knob)	RBLKAP	1	11	Exercise Flip Chart	RG3FC	1
	Spring Loaded Pin (Black Knob)	RR106SB	1		Flip Chart Base	RG3FCB	1
				12	Start It Up! DVD	DVDSIS	1





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