

# total gym 1000

exercise  
system



OWNER'S MANUAL

## **Congratulations on purchasing your new Total Gym®1000!**

With this 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 control, 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 Total Gym®1000 to start realizing the benefits.

Be sure to read through this Owner's Manual carefully.  
**It is the authoritative source of information about your Total Gym®1000.**

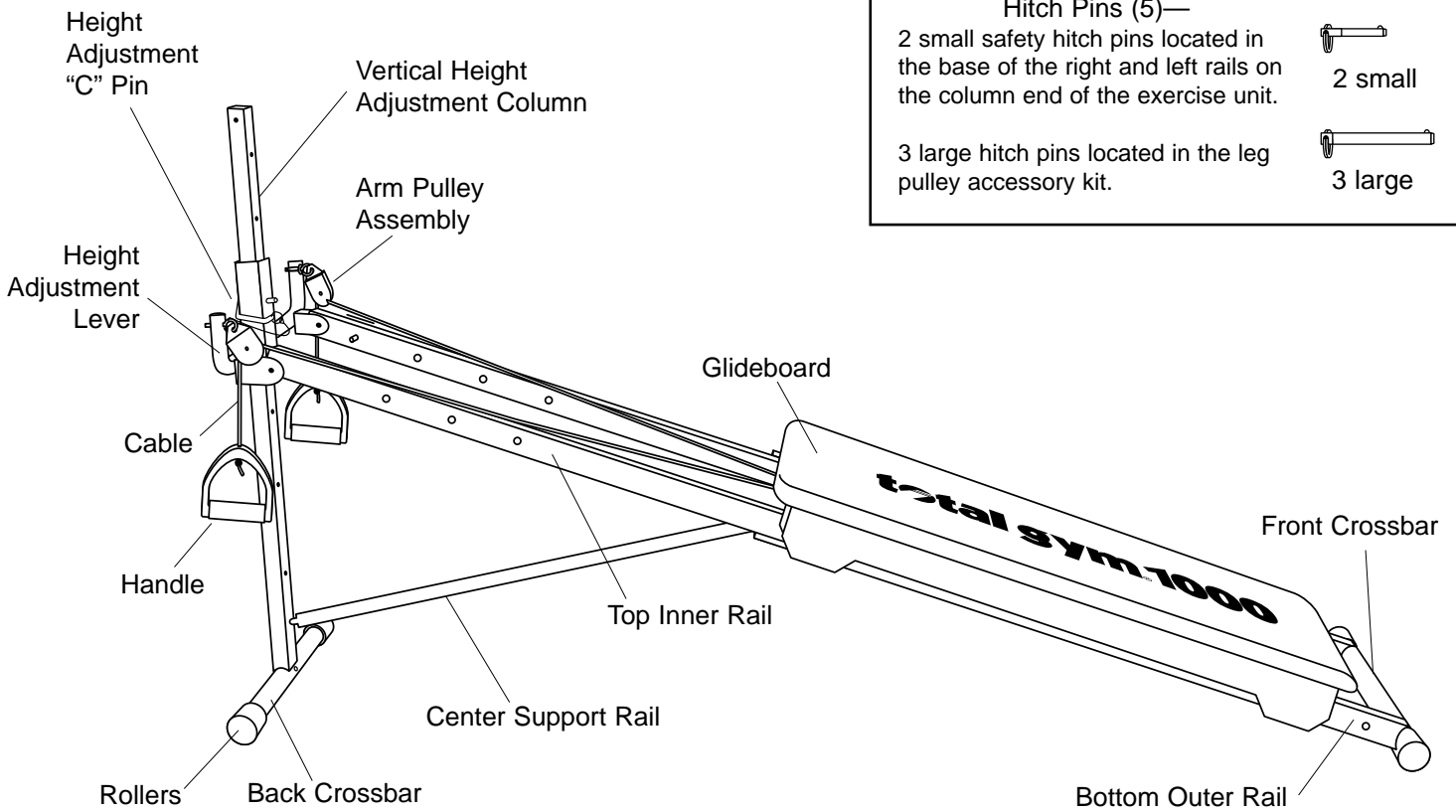
**If you have questions about your Total Gym® 1000, please call Customer Service at 1-800-321-9236, Monday through Friday, 9:00 AM to 4:30 PM, Eastern Time.**

## **Table of Contents**


---

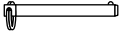
Product Specifications . . . . .	4
Safety Instructions . . . . .	5
Set Up . . . . .	6-7
Accessories . . . . .	8-10
Starting Out . . . . .	11
Inspection & Maintenance . . . . .	12-13
Exploded Drawing and Key . . . . .	14
Owner's Purchase Record . . . . .	back cover

# PRODUCT SPECIFICATIONS



**Hitch Pins (5)—**

2 small safety hitch pins located in the base of the right and left rails on the column end of the exercise unit.  2 small

3 large hitch pins located in the leg pulley accessory kit.  3 large

**Leg Pulley Accessory Kit**

Foot Harness

Rope

Pulley/D-Ring Assembly

O-ring

Clip

1 Large Hitch Pin

Leg Pulley Bracket  
For use with leg pulley accessory only.

Allen Wrenches

Stopper

Packed in the leg pulley accessory kit

**Wing Attachment**

2 Large Hitch Pins

Brackets

Foam Pad

**LENGTH:** folded 50 1/2"  
in use 88"

**HEIGHT:** folded 8 1/2"  
in use 44"

**WIDTH:** 16 1/8"

**WEIGHT:** 58 lbs.

**MAX. USER WEIGHT:** 275 lbs.

## SAFETY

---

### **WARNING**

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS IN THIS MANUAL  
MAY RESULT IN SERIOUS INJURY.

**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.**

**Adult supervision is required at all times.**

**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 are working properly.

**The exerciser should be used on carpeted surfaces only.**

**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.

# SET UP

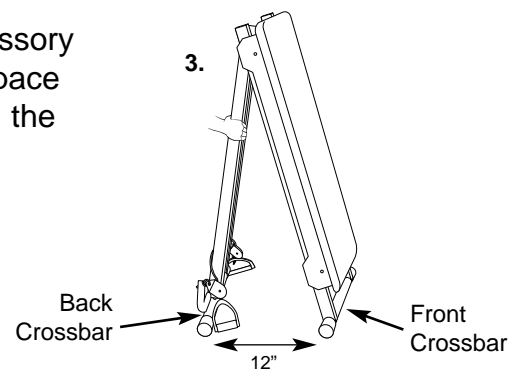
## ⚠ WARNING

KEEP HAIR, FINGERS, LOOSE CLOTHING, PETS, AND CHILDREN AWAY FROM HINGES AND OTHER MOVING PARTS TO AVOID SERIOUS INJURY. ALSO, TO AVOID SERIOUS INJURY, BE SURE TO HAVE THE HEIGHT ADJUSTMENT "C" PIN AND HITCH PINS AT BASE OF RAILS LOCKED IN PLACE BEFORE GETTING ON YOUR TOTAL GYM 1000.

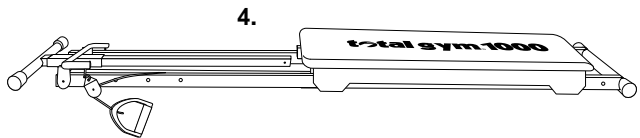
1. Pull the product out of the shipping box. Remove all packaging materials, including tape and cardboard inserts, from your Total Gym® 1000. **Hitch Pin Location: Three (3) large pins in the leg pulley accessory kit and two small safety pins locked into base of right and left rails to prevent height adjustment column from falling forward.**

2. Lay product flat on the floor. Remove the wing accessory from its packaging. Make sure you have plenty of space on both ends of the product. Slide the glideboard all the way towards the front crossbar.

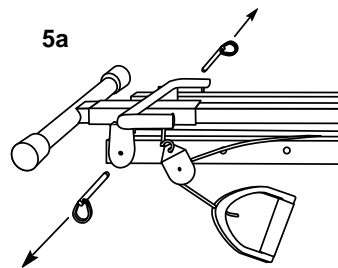
3. Raise the exerciser up and spread the unit open approximately 12 inches so that it rests firmly on the front and back crossbars.



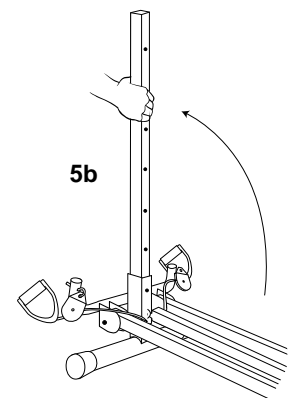
4. Place one hand on the edge of the frame and begin to pull it out slowly until the frame is lying flat on the floor. **Be sure to support the frame in the center to avoid having the product drop suddenly onto the floor.**



5. (a) Remove the 2 small safety hitch pins located in the brackets at the end of the right and left rails.

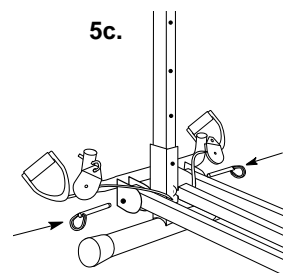


- (b) Take hold of the vertical height adjustment column and pull it up until it is upright.

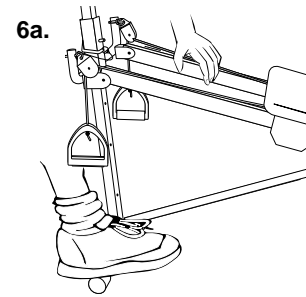


### IMPORTANT

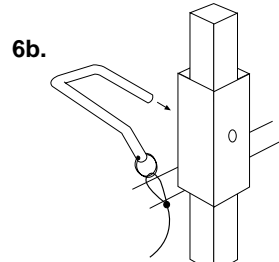
- (c) Re-insert the 2 small safety hitch pins through the brackets at the end of the right and left rails.



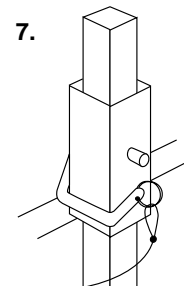
6. (a) Position one foot on back crossbar to keep the product from lifting off the floor. With one hand on either the right or left rail and the other hand holding the height adjustment “C” pin, slide the rails up along the height adjustment column. Line up the hole to the first (lowest) position on the height adjustment column.



- (b) Insert height adjustment “C” pin from the back as shown.



7. Push the pin down into its locked position (it should lay flat against the height adjustment column).  
**Never sit on or exercise on the Total Gym® 1000 with out the height adjustment “C” pin securely locked into place.**



**⚠ WARNING**

FAILURE TO SECURELY LOCK THE HEIGHT ADJUSTMENT “C” PIN INTO PLACE MAY RESULT IN SERIOUS INJURY.

**NOTE:** The rails and glideboard can be raised to any desired level on the height adjustment column depending upon your degree of fitness. Please note, however, that the rails cannot be raised to the highest position on the height adjustment column when the leg pulley bracket is attached to the column. See page 10 for instructions on how to install the leg pulley bracket. Be sure you have plenty of free space around the exerciser so that performing on the Total Gym® 1000, as well as getting on and off, is convenient and safe.

Begin using the Total Gym® 1000 at a low incline. As your fitness level increases, raise the incline to increase the intensity of your workout and improve your muscle strength.

Each time you raise or lower the adjustment column, be sure you hold it to keep it from dropping to the floor.

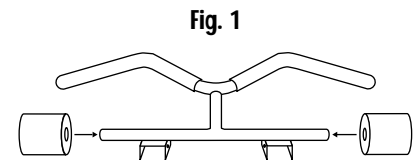
## WING ACCESSORY

---

The wing accessory provided with your unit has been uniquely designed to serve several purposes. It 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 accessory. They must be attached to the wing (if not already) before exercising. To do this:

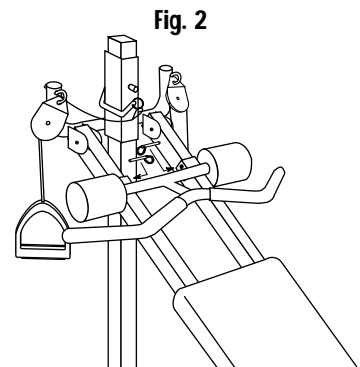
1. Simply wet each end of the straight crossbar of the wing with some soapy water.
2. Then, attach foam pads on the cross bar as shown in Figure 1. Let dry before beginning to exercise with the wing accessory.



***Proper ways to use the wing accessory in accordance with the exercises you wish to do:***

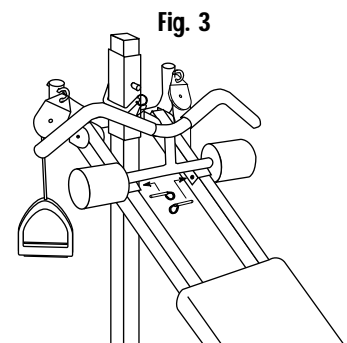
### PULL UPS

1. Locate the holes at the top of the right and left rails on the column end of the unit.
2. With the wing angled **toward** the glideboard, line up the brackets on the wing with the desired position holes on the rails.
3. Insert the 2 large hitch pins through the holes on the wing accessory brackets and the hole on the rails, as shown in Figure 2.
4. You are now ready to perform pull up and chin up exercises to work the arms, lats and back. See your *Exercise Booklet* for specific exercises.



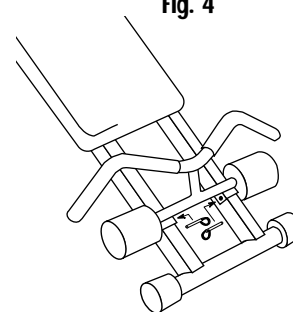
### LEG PULL: CRUNCHES, LEGS AND SIT UPS

1. Locate the holes at the top of the right and left rails on the column end of the unit.
2. With the wing angled **away from** the glideboard, line up the brackets on the wing with the desired position holes on the rails.
3. Insert the 2 large hitch pins through the holes on the wing accessory brackets and the hole on the rails, as shown in Figure 3.
4. You are now ready to perform leg pulls, crunches and sit up exercises to work the abdominals, waist and legs. See your *Exercise Booklet* for specific exercises.



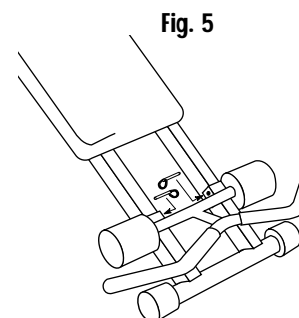
## FRONT PRESS

1. Locate the holes at the bottom of the right and left rails near the front crossbar.
2. With the wing angled **toward** the glideboard, line up the brackets on the wing with the desired position holes on the rails.
3. Insert the 2 large hitch pins through the holes on the wing accessory brackets and the hole on the rails, as shown in Figure 4.
4. You are now ready to perform the front press which works the upper chest and triceps. See your *Exercise Booklet* for specific exercises.



## SQUATS

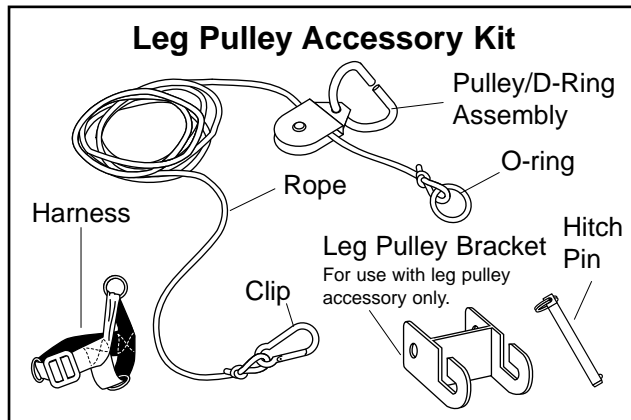
1. Locate the holes at the bottom of the right and left rails near the front crossbar.
2. With the wing angled **away from** the glideboard, line up the brackets on the wing with the desired position holes on the rails.
3. Insert the 2 large hitch pins through the holes on the wing accessory brackets and the hole on the rails, as shown in Figure 5.
4. You are now ready to perform the front press which works the thighs and calves. See your *Exercise Booklet* for specific exercises.



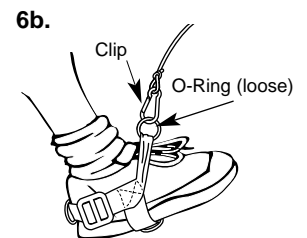
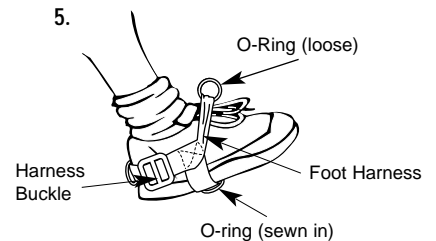
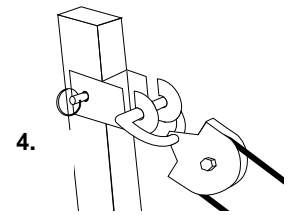
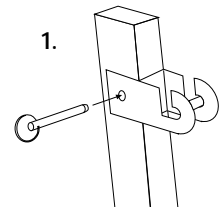
**NOTE:** When performing the squat exercises, be sure to position your hands on the side of the glideboard, **NOT** along the bottom of the board in order to avoid pinched fingers.



## HOW TO ATTACH THE LEG PULLEY ACCESSORY KIT



1. Connect the leg pulley bracket to the height adjustment 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 height adjustment column.
2. Detach the arm pulley mechanism from the hook on the underside of the glideboard.
3. Connect the O-ring (the one that is connected to the leg pulley rope) to the hook on the underside of the glideboard.
4. Next, connect the D-ring/pulley combination of your leg pulley accessory kit to the leg pulley bracket on the height adjustment column. If rope appears to be twisted, take "D" ring off and turn pulley around.
5. Attach the foot harness to one of your feet by placing your foot in the harness so the sewn-in-ring is on the bottom of your foot. Pull tightly on the belt so the harness is secure.
6. (a) Position yourself on the glideboard correctly for the specific exercise you want to perform. See your *Exercise Booklet* for specific exercises that utilize the leg pulley accessory.
  - (b) While lying down on the glideboard, connect the clip on the end of the rope to an O-ring on the harness 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 the harness on or off. Also, use caution when getting on or off the glideboard. You are now ready to exercise using the leg pulley accessory.
  - (c) To disconnect the harness, unclip the rope from the O-ring on the harness while lying down on the glideboard. Be sure to stabilize glideboard when disconnecting foot harness.



### WARNING

OPERATE LEG PULLEY WITH CAUTION TO AVOID CONTACT WITH LEG PULLEY BRACKET

## STARTING OUT

---

Wear athletic shoes and comfortable light clothing when exercising on the Total Gym® 1000. Do not exercise barefoot. Check your exerciser before using to ensure that all the parts are in place and working properly (see page 12 for details of the inspection process). **Adult supervision is required at all times.**

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® 1000 is as easy as 1-2-3 to use, so read on.

### 1. Important Things to Remember When Using the Total Gym®1000

- 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.

### 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 on when performing the desired exercise (see the *Exercise Booklet*). 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 Wing Accessory Only

Slide the glideboard to a position in which you can comfortably sit or lay down on when performing the desired exercise (see the *Exercise Booklet*). 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.

When starting your exercise program, begin with the basic exercises in the *Exercise Booklet* included with your Total Gym® 1000 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® 1000 exercises and programs, study and follow the instructions in the Exercise Booklet included with your product.**

## **INSPECTION AND MAINTENANCE**

---

### **INSPECT YOUR TOTAL GYM® 1000 PRIOR TO EACH USE**

Before using your Total Gym® 1000 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 carpeted surfaces only.
- Make sure all the hitch pins and the height adjustment “C” pin are securely in place and locked into position.
- Check that the pulley is attached securely to the hook on the front underside of the glideboard.
- Check that the cables are traveling correctly in the groove of each pulley.
- Make sure the cable is securely fastened to each hand grip.
- Check that the wing accessory is installed correctly when in use.
- Make sure the glideboard is gliding smoothly along the frame.

### **ROUTINE MAINTENANCE**

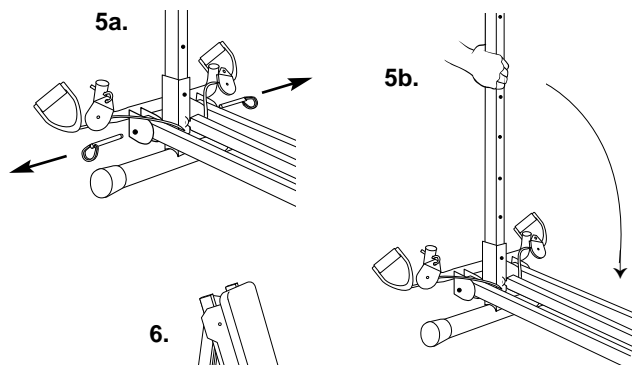
- Wipe down your Total Gym® 1000 on a regular basis using a clean cloth and alcohol or alcohol-based products like Windex® or 409®. Do not leave towels or workout clothing laying or hanging on the equipment.
- Periodically check the following parts for signs of fraying or other wear: the cable, the pulleys, the wheels, the glideboard, the wing accessory and the frame. If a part needs to be replaced, do not use the equipment until it is repaired.
- 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® 1000**

Follow these easy steps to store your Total Gym® 1000 properly:

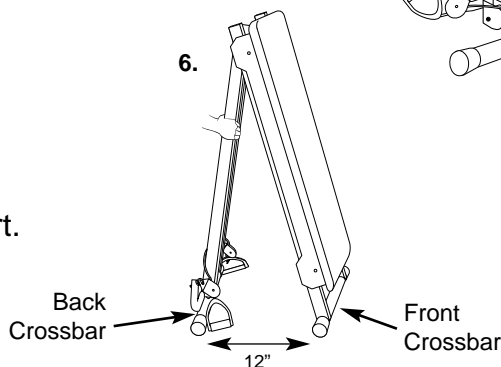
1. First, remove the wing accessory and leg pulley accessory.
2. Be sure the arm pulley cable is attached to the underside of the glideboard for folding.
3. Position one foot on back crossbar to keep the product from lifting off the floor. With one hand on the rail, grasp the height adjustment “C” pin and pull it out from the height adjustment column. Slowly lower the rails until they rest on the back crossbar.
4. Next, lower the height adjustment column all the way down until it rests on the center rail.

5. (a) Remove the 2 small safety hitch pins located in the brackets at the base of the right and left rails on the column end of the unit.



(b) Fold down vertical height adjustment column and replace pins.

6. With caution, to avoid pinched fingers or hands, lift up at the center of the frame and fold the exerciser together until it rests firmly on the front and back crossbars about 12 inches apart.



7. 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.

**⚠ CAUTION**  
USE CAUTION WHEN FOLDING THE EXERCISER.

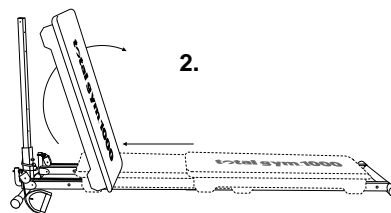
## TO REMOVE THE GLIDEBOARD

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

**⚠ CAUTION**  
THE GLIDEBOARD WEIGHS APPROXIMATELY 15 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 from the hook on the underside of the glideboard. (The 2 small safety hitch pins should be securely fastened through the brackets at the base of the right and left rails on the column end of the unit.)

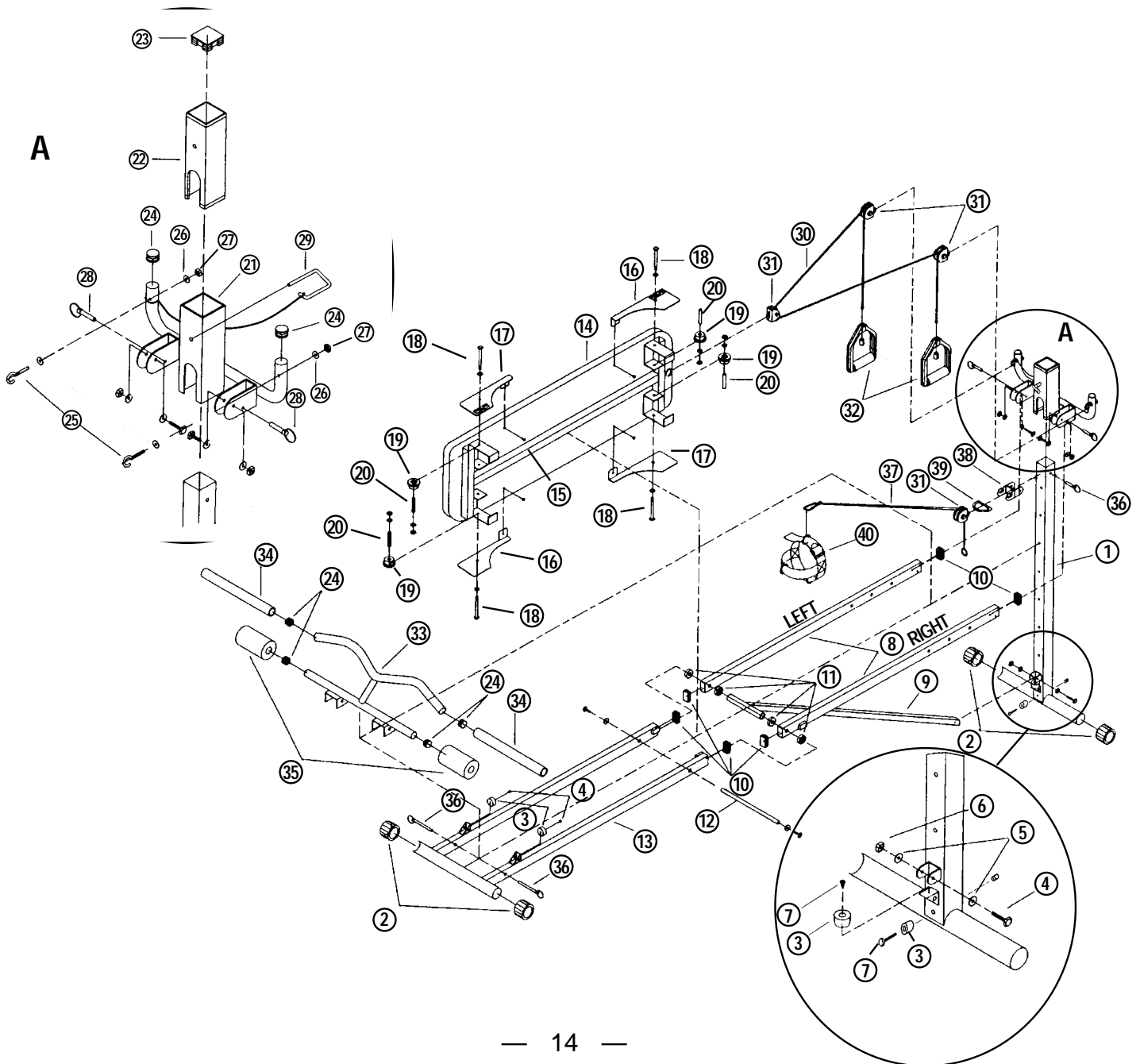
2. Next, lift up the glideboard and slide it off the frame of the exerciser. When the bench is completely off the exerciser, set it aside.



3. Next, remove the 2 small safety hitch pins and fold the exerciser together as described above. Be sure you reinsert the 2 hitch pins before folding.

# TOTAL GYM® 1000 PARTS LIST

PART #	PART DESCRIPTION	QTY.	PART #	PART DESCRIPTION	QTY.	PART #	PART DESCRIPTION	QTY.
1	Vertical Column	1	16	Left Fender	2	31	Pulley Assembly	4
2	Tube Rollers	2	17	Right Fender	2	32	Handle Assembly	2
3	Stoppers	4	18	Fender Bolts	4	33	Wing	1
4	Screws	3	19	Wheels	4	34	Grips	2
5	Washers	14	20	Wheel Spacer Tube	4	35	Foam Pads	2
6	Nuts	7	21	Adjustment Tube	1	36	Pins	3
7	Screws	4	22	Plastic Slide Bushing	1	37	Leg Pulley	1
8	Upper Rail (right & left)	1	23	Square Tube Cap	1	38	Bracket	1
9	Center Support Rail	1	24	Round Tube Caps	6	39	"D" Ring	1
10	Rectangular Tube Caps	6	25	Eyebolts	2	40	Harness	1
11	Plastic Bushings	4	26	Eyebolt Nuts	2		LITERATURE PACK	
12	Shaft	1	27	Nut Caps	2	41	Owner's Manual	1
13	Lower Rail	1	28	Safety Hitch Pins	2	42	Exercise Booklet	1
14	Platform	1	29	"C" Pin	1	43	Warranty Card	1
15	Platform Rail	1	30	Cable Assembly	1			



## **OWNER'S PURCHASE RECORD**

---

### **Total Gym® 1000 Exerciser**

Date Purchased \_\_\_\_\_

Purchased From \_\_\_\_\_

Serial Number \_\_\_\_\_

(located on the height adjustment column)

**Important!** Save your sales receipt. You may wish to tape or staple it into this book.

©1997 and ©1999 Fitness Quest® Inc. All rights reserved. Made in Taiwan.

©1997 Total Gym Fitness, Ltd. All rights reserved. Total Gym® is a registered trademark of Total Gym Fitness Ltd. U.S. Patented #405,132. Foreign patent pending. No part of this booklet may be reproduced or utilized in any form by any means, electronic, mechanical or otherwise, without express written consent of the copyright holder.