

Auto-Lock Height Adjustment System for easier transition between exercises.



Training Deck featuring over 80 exercises to target specific body parts.

Target abs with the **AbCrunch Accessory**. Attach and perform over 10 ab-sculpting exercises.



Leg Pull Accessory allows you to strengthen and stretch your major leg muscles.



2-Piece Wing Attachment for wide range of motion on upper and lower body exercises.



Ergonomic Glideboard with comfort system.

PRODUCT SPECIFICATIONS

IN USE	93" x 18.5" x 44.5" [L/W/H] (2.36 m x 0.47 m x 1.13 m)
FOLDED	50.5" x 18.5" x 8.5" [L/W/H] (1.28 m x 0.47 m x 0.22 m)
UNIT WEIGHT	66 lbs (30 kg)
LEVELS	12 calibrated incline levels,
CAPACITY	Maximum total 450 lbs (204 kg)
WARRANTY	Extended 2-year Warranty and Priority Processing

The Total Gym FIT features 12 resistance levels and includes a library of exercises, workouts and workout tools. Total Gym FIT workouts are easy to follow, fun to do, and have the right amount of motivation to keep you on track. Get fit with FIT in the comfort of your home.

1. Strengthens and tones multiple major muscle groups simultaneously
2. Delivers a total body workout in only 10-20 minutes
3. Over 85 different exercises – cardio, strength training & stretch all on 1 machine
4. Accommodates beginner to advanced fitness levels – ages 8 to 80
5. Arrives fully assembled and folds for easy storage
6. Custom fender system delivers a smooth ride
6. Ergonomic Glideboard provides maximum comfort & support

Includes: Wing Attachment, Squat Stand, Leg Pulley System, Start It Up DVD, Todd Durkin Beginner, Intermediate and Advanced Workout DVDS, 6 to 8 Min Workout DVD, Personal Training Deck, Exercise Wall Chart, Dan Isaacson's Nutritional Program.