



Easy two-step folding and transport wheels for moving unit.

Adjustable Glideboard promotes optimal spinal alignment and training variations.

LAT Bars promote line-of-pull specificity for arm-cable exercises.

Center-pulley Attachment Positions offer resistance challenges at six levels.

Automatic Rail Locks allow for explosive plyometric jumping.
Hydraulic Rail Lift assists level changes and easy two-step folding.

PRODUCT SPECIFICATIONS

IN USE	106" x 38' x 57" [L/W/H] (2.69 m x 0.96 m x 1.45 m)
FOLDED	20" x 38" x 57" [L/W/H] (0.51 m x 0.96 m x 1.45 m)
UNIT WEIGHT	180 lbs (81.65 kg)
RAIL CONSTRUCTION	Steel reinforced extruded aluminum rails
RESISTANCE LEVELS	1% to 62% of bodyweight 22 calibrated incline levels, with release lever to lock rails into place
SQUAT STAND	Three height levels
STORAGE	Hydraulic lift assists folding; Rolls upright when folded
USER HEIGHT	Up to 6'10" (2.1 m)
CAPACITY	Maximum total 650 lbs (295 kg)
WARRANTY	Frame: 5 years Parts & Upholstery: 1 year Foam & Rubber: 90 days

The Heritage Collection GTS brings commercial quality home delivering the ultimate in workout versatility with 22 levels of resistance, adjustable Squat Stand, LAT Bar with 6 Pulley Locator Positions and more. The GTS also features hydraulic rail lift assists with level changes and easy two-step folding along with automatic rail locks for explosive plyometric jumping. Over 200 total body exercises on one machine.

1. Adjustable glideboard promotes optimal spinal alignment and training variations.
2. Automatic rail locks allow for explosive plyometric jumping.
3. Hydraulic rail lift assists level changes and easy two-step folding.
4. Multiple center-pulley attachment positions double arm-cable load and increase lower extremity ROM.
5. LAT bars promote line-of-pull specificity for arm-cable exercises.
6. Includes workout DVD and exercise wall chart.
7. Popular accessories available for purchase include SCRUNCH®, Press Bar, Retractable Dip Bars, Weight Bar, 3Grip Pull-up Bar, Dynamic Leg Pulley System, Toe Bar for Pilates.