



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



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



Attach **Wing Attachment** either top or bottom rails for upper and lower body exercises.

Glideboard with dual headrests for maximum comfort and support.



PRODUCT SPECIFICATIONS

IN USE	90" x 19" x 43" [L/W/H] (2.3 m x 0.48 m x 1.1 m)
FOLDED	51" x 19" x 9" [L/W/H] (1.3 m x 0.48 m x 0.23 m)
UNIT WEIGHT	68 lbs (30.84 kg)
LEVELS	6 calibrated incline levels,
CAPACITY	Maximum total 400 lbs (181 kg)
WARRANTY	1 year limited

Take the guesswork out of getting in shape at home with the Total Gym XLS. You'll receive Total Gym workouts and workout tools. Workouts are easy to follow, fun and motivational to keep you on your path to success!

1. Strengthens and tones multiple major muscle groups simultaneously
2. Delivers a total body workout in only 10-20 minutes
3. Over 80 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 & folds for easy storage
6. Glideboard with dual headrests for maximum comfort and 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