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Total gym 14000

CoolFitnessGifts.com | Chuck Norris as a spokesman for Total Gym. Total Gym 26000 Total Gym 14000 Total Gym Accessories Total Gym Gym Equipment Uses Your Own Body Weight to Resist Boarding For Gliding. The higher the slope, the greater the resistance. Increase the slope by easily lifting the edge of the uplift board on the upright 'ladder'. The force is transmitted differently throughout the body in a total gym during exercise because as the exerciser creates muscle force, the sliding board moves. The force is transmitted differently through the body when the body does not engage a fixed floor or seat like other exercise sisses. In most health club machines, force is transferred across the body to the floor and/or fixed seating of the exercise machine. In total, the gym provides another tool for the state of the body. It is a convenient, light weight and easy to use and stored for a home gym situation. However, it still provides good resistance and variety of force paths that other machines do not offer. Not to say that it is a complete substitute for other machines, but it is a good additional tool for many individuals - for fitness, some rehabilitation and even serious sports performance. Total Gym is designed and manufactured by Efi Sports Medicine (efisportsmedicine.com). The permanent leader, EFI sports medicine president and CEO Tom Campanaro, founded Total Gym with partners Dale McMurray and Doug Marino in 1974. Larry Westfall joined partners and four men developed Total Gym in 1974. ALWAYS SEEK MEDICAL ADVICE AND TREATMENT. ----- \*Some products may not be suitable for certain individuals. Always check with your doctor before starting an exercise programme. Not all products have been inspected by personal training staff in CoolFitnessGifts.com. Products that have proven themselves in the gym or in the field are listed in the product details. CoolFitnessGifts.com © Copyright 2007 Apriori, Inc. TOTAL GYM 14000 HOME USER- SOLD OUT -Ask today about our exciting new home user product - soon! There is a complete FREE video store of exercises www.totalgym.com. PLUS free video exercises on totalGym You Tube channel, such as these below. Abs Sequence Back Sequence Biceps Sequence Top reviews Latest best reviews Embed Size (px) 344 x 292429 x 357514 x 422599 x 487TOTAL GYM 14000 OWNERS GUIDECOWNERS GUIDE 800 541 4900TOTAL GYM 14000 EFISPORTSMEDICINE.COMCONGRATULATIONSHove you for the decision to purchase Total Gym 14000. We welcome you as a valued customer and believe that your total gym 14000 will give you the opportunity to exercise in a house that you will enjoy and benefit from year to year. Before using the total gym 14000, read this Guide for owners and all included teaching materials. Save this Owner Guide by refer to the Your total gym 14000 arrives with very little required assembly. Simply follow this guide and in a few minutes your total gym 14000 will be operational. In this Guide you will find tips on Total Gym 14000 and its components, operation, maintenance and care. In addition, you will find tips and precautions to ensure your safety. A guide to available add-ons and warranty information is also included. If you have any questions about your Total Gym 14000 or need a role or service, write, email us or call us at the address or phone number listed below. Our goal is to help you develop and maintain optimal fitness levels, and we are ready to help you at every turn. Respectfully, President/CEO of EFI Sports Medicine 7755 Arjons Drive San Diego, CA 92126 U.S.A. area number (858) 586-6080 800-541-4900 free within the U.S. support@efisportsmedicine.com CAUTION: As with any exercise program, participants should consult a doctor before starting training at Total Gym 14000.TOTAL GYM 14000 OWNERS GUIDEPARTS IDENTIFIER - TOTAL GYM 140002 D Ring 4 Ladder with Hooks\*Included as standard equipment. Upgrades are available. \*Wing3 Glideboard D RingArm Pulley Sustav Glideboard Plyo-strut Bar \*Squat StandOWNERS GUIDELower Rail BaseTOTAL GYM 14000Upper Rail Center Crossbar1 Detent Pin 5 HingeLower RailLadder BaseGlideboard Wheel Housing31Detent Pin2D Prsten na Ladder3Glideboard D Ring4Hook na ljestvama5Hinge6Safety Strap800 541 4900EFISPORTSMEDICINE.COM6 Safety StrapBOX A CONTENTSASSEMBLY PACKET CONTENTSOwners Guide Assembly PacketYou pronaći ćete prikazane sadržaje u kutiji A i kutiji B vašeg ukupnog štanda za vježbanje u teretani 14000.Total Gym Exercise GuideAssembly instructions for your standard Squat Stand and Wing, ili vašu nadograđenu sklopivi platformu / teleskopski stalak za čučanj, Sklopivi držač stopala ili 3Grip Pull-up bar, uključeni su u zasebno pakiranje. Instructions for the DVD LadderAssembly sailboat for any additional accessories you purchased can be found with each accessory. Attaching a stick (for exercise guide)BOX B CONTENTSSafety StrapPages 6-9 of this guide include easy follow mounting instructions for your Total Gym 14000.HandlesAssemble and use Total Gym 14000 on flat ground. Plyo-strut Detent PinRequired floor plan for work Total Gym 14000: 26 x 105 [.7m x 2.7m] W /LNut & Washer Upper/Washer Upper/Lower Rail Assembly Plyo-strut BumperTOTAL GYM 14000 GUIDEASSEMBLY OWNERS INSTRUCTIONS - TOTAL GYM 14000INSTALL PLYO-STRUT BUMPER. Find a plyo-strut bumper and nut and washing machine in your Total Gym 14000 prefabricated package. OWNERS GUIDELower Rail BaseATTACH GLIDEBOARDOpen rail assembly to A-frame position. Lift the sailboat and lower it onto the lower rails. Make sure the logo on the panel on the right is up, and D at the top of the plate is near the railway leaning track.55800 541 4900EFISPORTSMEDICINE.COMSlide plyo-strut bumper bumper hole in the upper central railway runchhole, install the washing machine, then the nut and turn the rubber bumper until it is tightened with your finger. IN TOTAL GYM 14000Make is sure that the sailboat is safely mounted on the tracks before proceeding to the plyo-strut. To position the plyo-strut for the attachment, open the A-box wider. Open the tracks completely. Notice the position of the plyo-strut; It is suspended from the center of the rail.plyo-strutExtend assembled sailboat and rails apartment on the floor. Plyo-strut should be visible in the center of the upper rails with the end pointing upwards.plyo-strutTOTAL GYM 14000 OWNERS GUIDESand ladder near the tracks. Hang rails on the ladder hooks at level 3. Plyo-strut will remain on the floor so that it can be attached to the base of the ladder. Do not release ladders or rails until the plyo-strut is secured. Insert the plyo-strut into the ladder-based bracket. Secure the plyo-strut with a détente pin. Eye boltLevel 3Pull strap around the ladder back and attach the other end of the safety strap to the eye screw on top of the second rail. In this position, the safety strap increases the stability of the ladder as you push the rails from one level of resistance to another. OWNERS GUIDEFOLDING & STORAGE INSTRUCTIONS TOTAL GYM 14000It facilitate overlap, remove the safety belt. It can be attached to the ring D of the sailboat, ring ladder D or placed on the sides. To close Total Gym 14000, place the rails on the hook ladder at level 3. 77800 541 4900EFISPORTSMEDICINE.COMTOTAL GYM 14000Attach one end of the safety strap to the eye screw at the top of one rail. Place one foot at the base of the ladder as you swing the ladder back on the transport wheels. Hold the ladder with one hand. With the other hand, remove the rails from the ladder hook and completely lower the rails, allowing the rails enough distance over the base of the ladder. The rails shouldn't be on any ladder hook. Position total gym 14000 in A-frame position. Plant ladders and rails together. Notice that the base of the ladder and the base of the rails remain a few centimeters away for safe stand-off storage. TOTAL GYM 14000 OWNERS GUIDETOTAL GYM 14000 STANDARD EQUIPMENTSSquat Stand Fixed squat rack facilitates squats, bridges, calf lift and plyometric exercises. It is easy to remove when not in use. ATTACHMENT AND ASSEMBLY INSTRUCTIONS: Line the squat rack at the bottom of the lower rail just above the Total Gym 14000 base (Figure 1. TOTAL GYM 14000Figure 1Pull pin retractable. Lower the Squat Stand into position, then release the retracable pins and move the pins over the holes in the lower rails, allowing the pins to fully engage (Figure 2). Wing Positioning wings on the upper rails to perform Hamstring Curls or Pull-ups. Attach the wing to a lower railway base for the performance of military presses. AND ASSEMBLY INSTRUCTIONS: Installing mounting brackets obscuring the wings on the upper rails over holes on the outside of the rails, 1/2 down from the top of the rails (Figure 1). Pull the pins and push the supports over the holes (Figure 2). Release the pins and move the wing attachment until both pins are fully plugged into the holes (Figure 3). Image caption 1Figure 2OWNERS GUIDEFigure 2 Image 399800 541 4900EFISPORTSMEDICINE.COMGETTING STARTEDWhen using Total Gym, wear sports footwear and comfortable light clothing. Tie long hair back to avoid contact with the center pulley. Before you start, make sure all parts of Total Gym are in place and working properly. Start your training program at a low inclination. As your fitness level progresses, increase inclination to increase intensity and improve muscle strength. Start easily and build gradually to a higher level of intensity. Don't forget to control your sailboat at all times, especially when getting up or leaving Total Gym. The following tips will help you stabilize the sailboat as you approach the assembly unit in different positions. PROPER FORWARD ANCHORING SEQUENCE WITH ARM PULLEY SYSTEM ATTACHED TO THE SAILBOAT Catch both handles in the hand closest to the ladder while standing on one side of Total Gym.Pull the sailboat along the rails to the height required to sit in the correct position for a particular exercise to perform. Example: If you are performing a seating exercise, sit on top of the sailboat. If the exercise requires you to lie down, first sit at the bottom of the sailboat with one handle in each hand. TOTAL GYM 14000 OWNERS GUIDESeas lying on your back, be sure that your head is supported on a sailboat. If the sailboat travels all the way to the top or bottom of its rolling distance during the exercise, adjust the body up or down to the sailboats. PROPER REVERSE SEQUENCING WITH ARM PULLEY SYSTEM ATTACHED TO GLIDEBOARDDEFISPORTSMEDICINE.COM 800 541 4900When kneeling on sailboats, set your knees one by one just behind your fists as you face sailboats. Move to the starting position of the exercise and start using slow, controlled movements.! WARNING11 19Always control the glider as you mount or ride your total gym. Do not exceed 350 lbs. (160kgs) weight users at Total Gym 14000. The maximum weight of the user plus the additional weight is 450 lbs. (204 kg). OWNERS GUIDETOTAL GYM 14000Grasp handles, then make a fist and put their joints on top of the sailboat to anchor it to the site. Now it is safe to sit, wander or kneel on the sail. Biceps CurlTOTAL GYM 14000 ACCESSORIESDJustable Curl Bench Adjustable Curl Bench Provides Height Adjustable Stabilized pPage 2 2