Recovery Series

ENCOMPASS POWERTOWER™ OWNER'S GUIDE

TOTAL GYM

CONGRATULATIONS

Thank you for choosing Total Gym® products and services. As with all of our products, we trust that your Recovery Series Encompass PowerTower™ will provide you with unsurpassed service and versatility year after year either at home or in the commercial setting.

Your Encompass PowerTower enables you to fine-tune exercise regimens to meet your desired goal, or that of your client, or in multi-client sessions. You can adjust the incline level based on ability and desired intensity.

Your Encompass PowerTower product arrives with assembly required. Simply follow the directions for assembly and set-up your PowerTower to be operational.

In this Owner's Guide, you will find information about your Encompass PowerTower and its component parts, operation, maintenance and care. Additionally, you will find usage and safety tips, as well as safety precautions and warranty information. Please save this guide and refer to it in the future.

We value you as a customer and your feedback is important to us. If you have any questions or need further information about your Recovery Series Encompass PowerTower™, please contact our customer experience department at (858) 586-6080 or email support@totalgym.com.

Yours in health,

Jesse Campanaro
CEO

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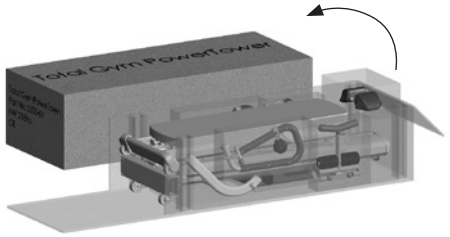
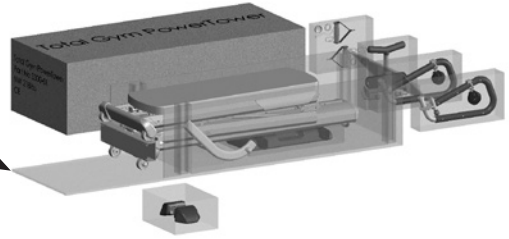
REMOVING ENCOMPASS POWERTOWER FROM THE BOX

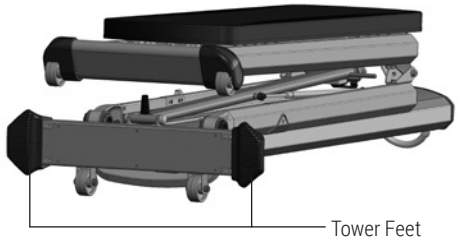
1. Remove the lid of the Encompass PowerTower box and set it aside.



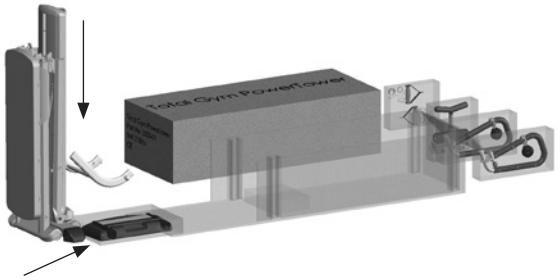
2. Remove all interior boxes from the top and sides. Cut the tape on the end of the box at the base of the tower. Unfold that end of the box. Slide the Encompass PowerTower out of the box about one foot. **NOTE:** Do NOT lift unit out of box.



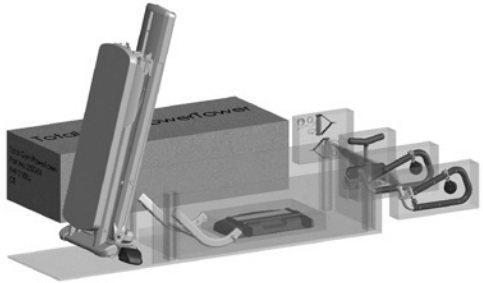
3. Open the Tower Feet Box. Install the feet on the tower.



4. Stand the Encompass PowerTower upright and roll it to the location where you want the tower to stand.



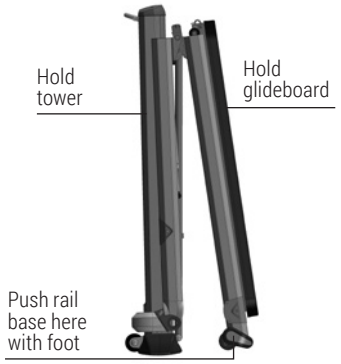
5. Remove the folding platform and the Closed Chain Platform from the bottom of the box. Then untie the base.



UNFOLDING

6. Unlatch the rails from the tower.

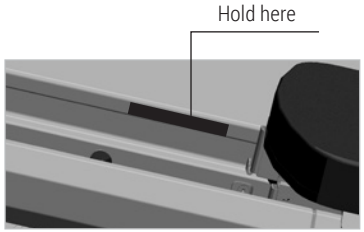
7. Standing at the side of the unit, with one hand behind the tower and the other hand on the glideboard, tilt the unit slightly backward and use your foot to push the rail base away from the tower. The tower will follow the upper rails forward and then it will begin to pull away from the rails, backward to an upright position.

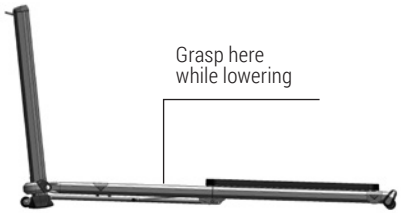


CAUTION! The tower is designed to open automatically by pulling away from the upper rails as the rails begin to unfold. Do not force or push the tower away from the rails, as this may cause the tower to fall backward.

8. When the tower begins to pull away from the upper rails, grasp the upper rail where indicated on the inside of the rail just above the hinge (indicated on both sides) and continue to unfold the rails and lower them to the floor. As the rails straighten, guide the glideboard rollers into the groove of the upper rail if needed.

CAUTION! As the rails get close to the floor, the rails feel heavier. To avoid pinching the rollers in the hinges, do not drop the rails.





ADJUSTING THE INCLINE OF THE RAILS

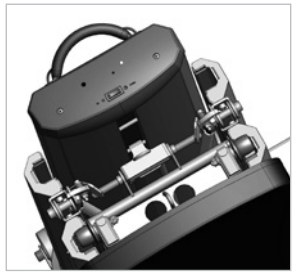
9. Plug the power cord into the back of the PowerTower and into a wall socket.

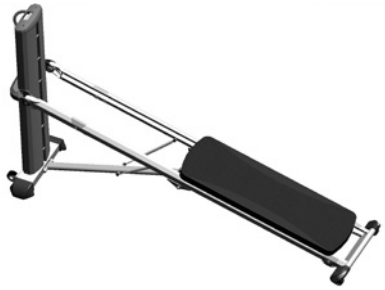
10. Insert the safety key into the connector hole located on top of the tower.

11. Turn the On/Off power switch on. The red light indicator should be glowing.

12. Stand next to the top rails.

13. Press the rocker switch on the top of the tower to raise or lower the rails to the desired level. The incline scale is located on the side of the tower.

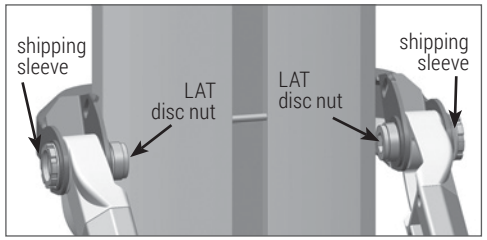




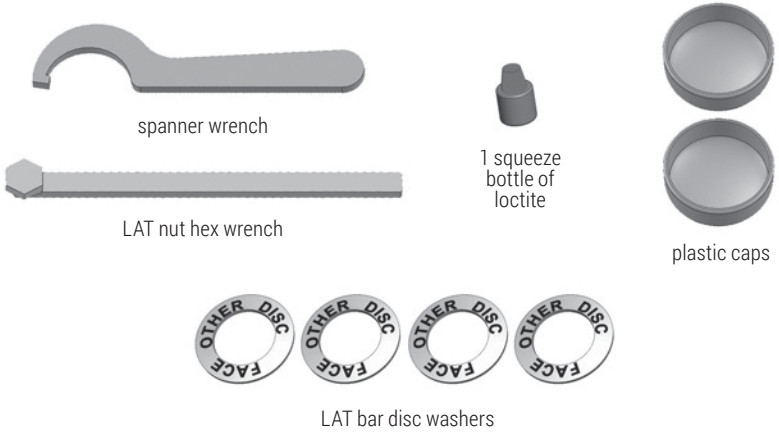
14. To continue assembly, raise the rails to between level 10 and 14.

LAT BAR ASSEMBLY

After you remove your Encompass PowerTower from the box and unfold it, it is ready for you to install the LAT bars. It should look like the picture below. **NOTE:** the shipping sleeve and the LAT disc nuts must be removed one at a time to install the LAT bars.



15. Open the hardware box and remove the parts necessary to assemble the LAT bars. The picture below shows tools and parts needed to install the LAT bars.

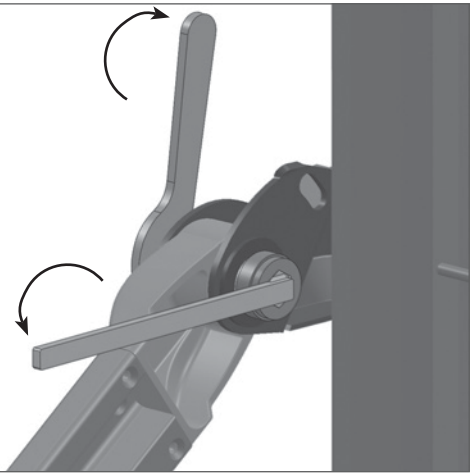


LAT bar disc washers

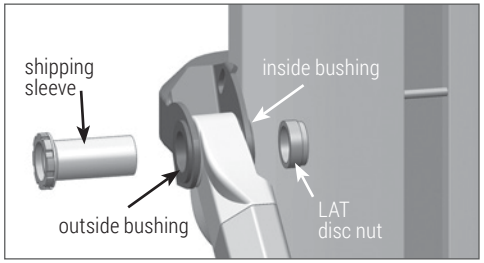
16. Install the left LAT bar completely, then install the right LAT bar to keep the PowerTower stable and safe.

17. Loosen the shipping sleeve by holding it from the outside with the spanner wrench and unscrew the LAT disc nut with the LAT nut hex wrench (shown below).

NOTE:
The arrows show the direction to turn the wrenches to loosen the left LAT disc nut. To loosen the right LAT disc nut turn wrenches the opposite direction.

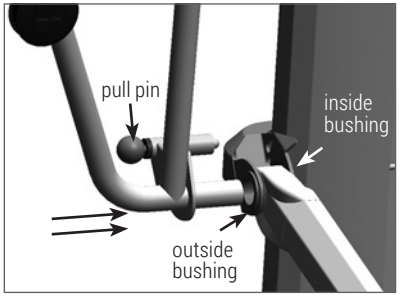


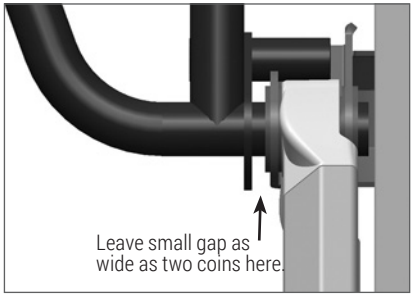
18. Carefully slide the shipping sleeve out while holding the bushing in. If the bushing slides out accidentally, slide it back through the hole in the tower cross arm and into the rail. Discard the shipping sleeve unless you plan to re-box the unit. Remove the LAT disc nut and set aside for later use.



19. **NOTE:** LAT bars are specific to each side of the tower. When installed the pull pin should face toward the back of the tower as shown.

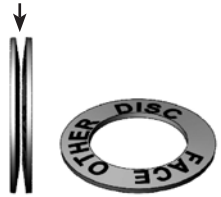
While holding the inside bushing so it does not slide out, insert the left LAT bar through the outside bushing until it slides through the other side. **NOTE:** To avoid scratching the tower paint when installing, leave a small gap (the width of two coins) for more clearance between LAT bar and outside of rail.

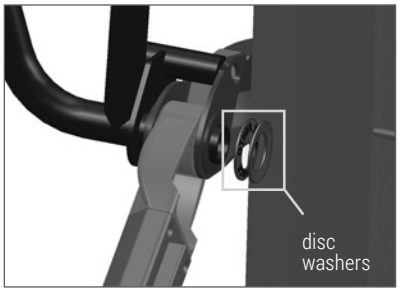




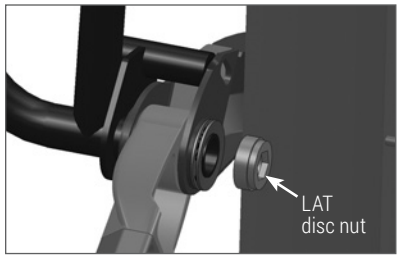
20. Install two disc washers with the words "Face Other Disc" toward each other on the LAT bar threads on the inside of the rail. Then add 2 drops of loctite to the threads of the LAT bar.

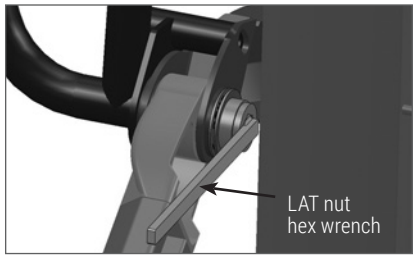
IMPORTANT! Disks must be installed with "face other disc" text facing each other.



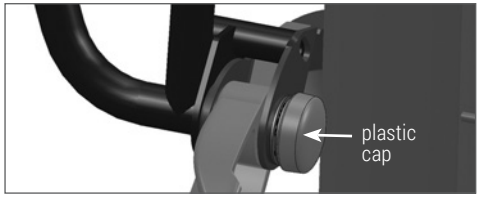


21. Thread the LAT disc nut on the LAT bar while holding LAT bar handle still until it is too tight to turn by hand. Then use the LAT nut hex wrench to tighten the LAT nut completely until it will not turn any more.





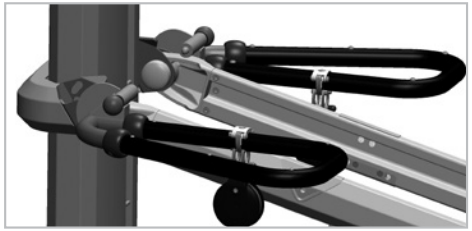
22. Install the plastic cap.



23. Repeat the process on the right LAT bar. **NOTE:** After both LAT bars are assembled, the LAT bars are ready for use.

ADJUSTING THE LAT BARS

24. **PULL-UP POSITION:** Pull the pull pin knobs to disengage the LAT bars from the tower cross arm and rotate the LAT bars down until they rest on the rail.

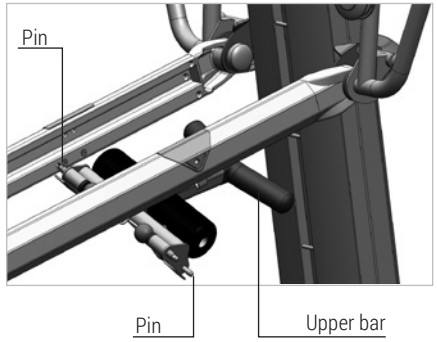


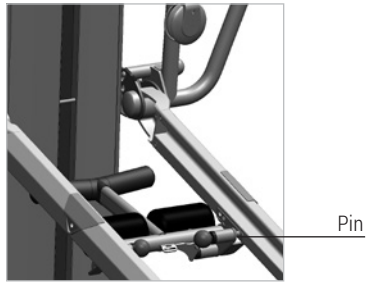
25. **CABLE AND PULLEY USE POSITION:** Raise the LAT bars to use the pulleys and cable. Rotate each LAT bar up and parallel with the tower, ensuring the pull pin engages in the hole of the tower cross arm on both sides.
26. **CHANGING THE PULLEY PIN POSITION:** Squeeze the pulley clamp and move it to the desired position along the LAT bar. Be sure the pulley clamp engages one of the pin positions on the back of the LAT bar.

FOLDING FOOT HOLDER INSTALLATION

Your Encompass PowerTower arrives with the folding foot holder, which needs to be installed. Remove the folding foot holder from the box and install it on the upper rails.

27. Place the rails at or above level 10 so you have room to install the folding foot holder from underneath the rails. Aim one pin into the hole of a rail while holding the folding foot holder upper bar even with the middle of the rails.
28. Continue to hold the folding foot holder upper bar even with the middle of the rails. Pull the pin on the other side. Align and insert it into the hole in the opposite rail, and release the pin. Ensure both pins are fully engaged in the rails.





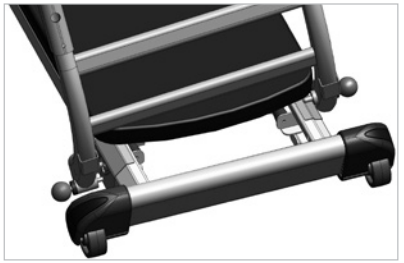
29. **FOLDING FOOT HOLDER USE POSITION:** Pull up on the upper bar to engage the folding foot holder for use. Depress the lever where indicated to fold down when not in use.

CLOSED CHAIN PLATFORM (CCP) ASSEMBLY

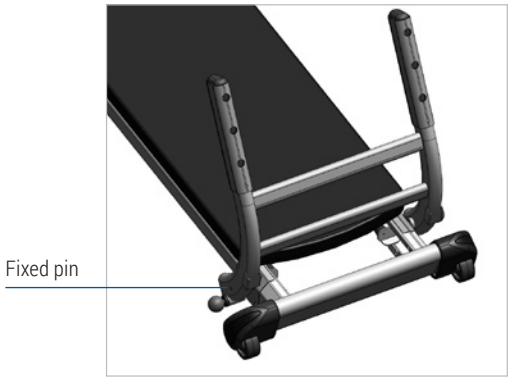
There are two attachments that make up the CCP assembly—the folding platform attachment and the CCP.

FOLDING PLATFORM ATTACHMENT

30. Stand at the base of the rails facing the tower. Hold the folding platform with a hand on each post. Partially angle the posts toward the glideboard. Align the upper fixed pin on the left with the top hole on the lower rail. Allow the lower pull-pin to press against the plate on the left side of the rail as you guide the upper fixed pin into the hole.



31. When the fixed pin is inserted into the hole gently move the folding platform to the right. Then lower the right side of the folding platform down to align the right pull-pin into the plate on the right lower rail as shown below. You may need to pull the right pull-pin.



32. When both left and right pull-pins are engaged into the rails, rotate the folding platform away from the glideboard until the lower pull-pin on the left side pops into the rail hole. To fold the platform for storage, simply disengage the lower left pull-pin and fold the platform (the Closed Chain Platform may be attached).

CLOSED CHAIN PLATFORM (CCP)

33 Lift the release lever on the back of the CCP. Align the receptacle posts over the folding platform posts. Slide the CCP down and align it with one of the three levels indicated by the holes in the posts. Release the lever to lock the CCP into place.

34. Inspect the lever and pull up on the CCP handle to insure the CCP is locked in on both sides.

INSTALLING THE HANDLES

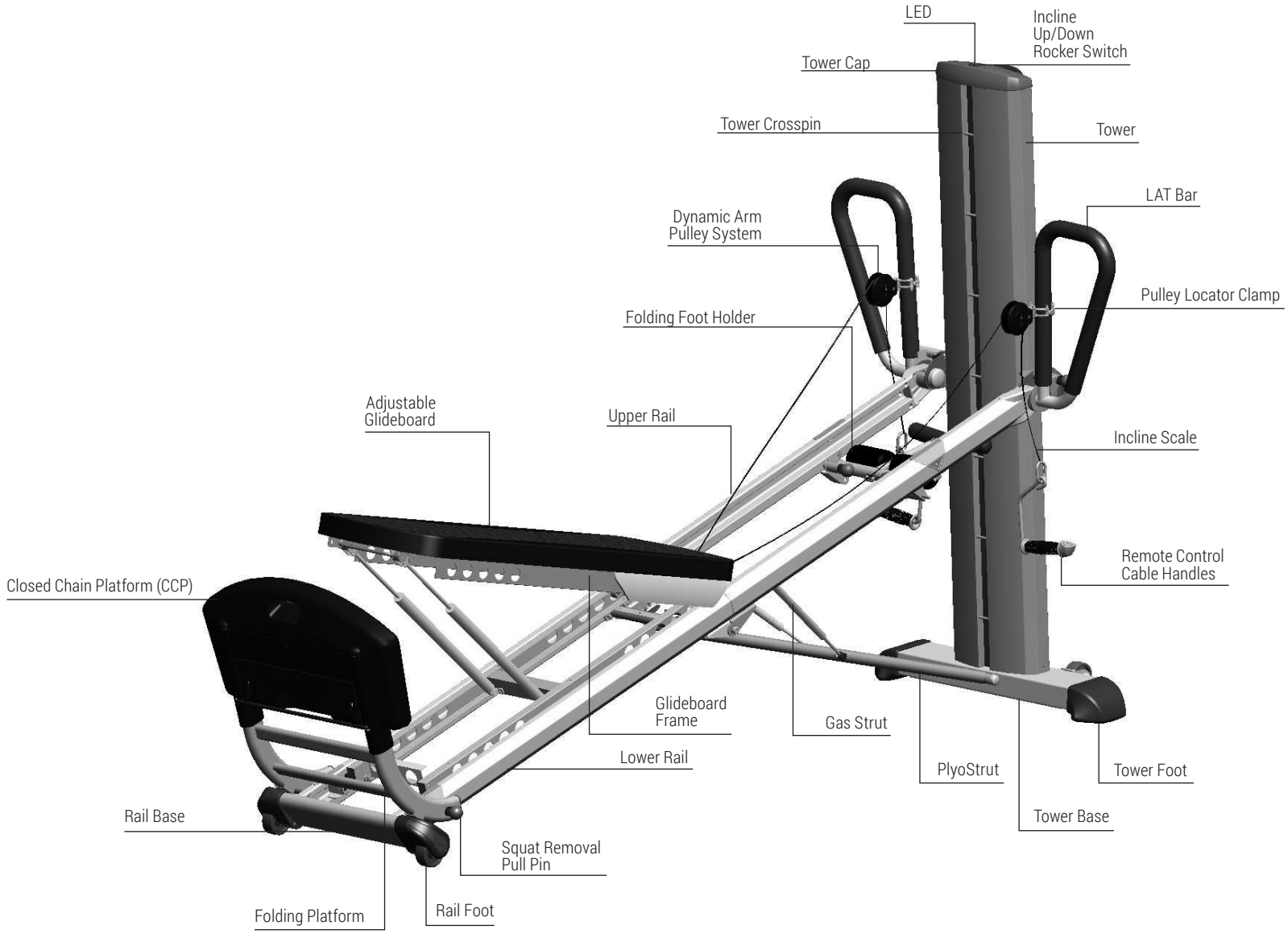
35. Open the hardware box and remove the handles and threaded quick links as shown. Install them on each end of the cable.

ALMOST FINISHED

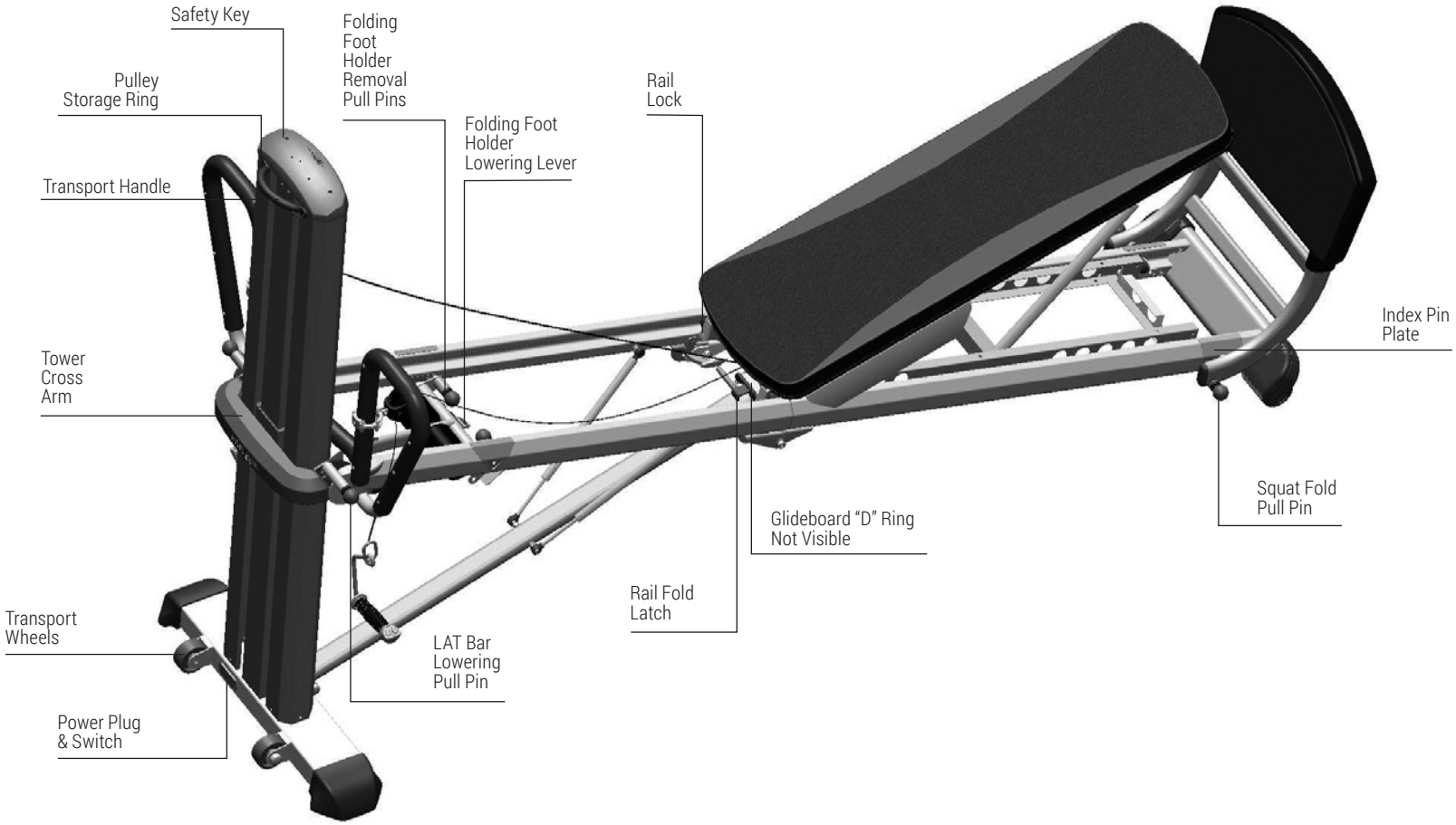
36. When the assembly is finished, look for extra parts to ensure no steps were missed. Inspect your Encompass PowerTower for defects and contact Customer Service if you feel you have any problems. Before using your new PowerTower, read the safety and usage instructions in the Owner's Guide.

YOUR ENCOMPASS POWERTOWER IS NOW ASSEMBLED!

PARTS IDENTIFIER – FRONT



PARTS IDENTIFIER – BACK



GENERAL SAFETY PRECAUTIONS

Before starting this or any exercise program, consult your physician, who can assist in planning a program that is age and ability specific. Certain exercise programs or types of equipment may not be appropriate for all people. Ensure that your clients are able to participate in an exercise program on this equipment without injury.

- Do not allow overexertion while using this equipment or performing any exercise program on this equipment. If any pain or tightness in the chest occurs, an irregular heartbeat, shortness of breath, faintness, nausea or dizziness is experienced by you or your client stop the exercise session immediately and ensure that a physician is consulted before resuming any exercise program.
- This product is designed and intended for commercial use. Trainers should inform clients of and monitor their adherence to all safety precautions. Use only as instructed.
- Children, disabled or injured persons should only use the Encompass PowerTower when closely attended and supervised by an adult. Do not leave children unattended on the unit.
- Parents and others in charge of children should responsibly monitor children whose natural play instinct and fondness of experimenting can lead to situations and behavior for which the training equipment is not intended.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Keep fingers, loose clothing and hair away from moving parts. Wear appropriate exercise attire and tie long hair back. Keep all openings free of lint, hair and the like.
- Never drop or insert any object, including fingers, into unit openings.
- Do not use your Encompass PowerTower outdoors where rain or moisture can get on it.
- Inspect your Encompass PowerTower before each use to ensure proper operation. Check all parts for wear before each use. Do not use your Encompass PowerTower if it is not completely assembled or if it has been damaged in any manner. Contact Total Gym Customer Service for replacement parts or repairs.
- Use your Encompass PowerTower only for its intended use. Only use accessory items recommended by the manufacturer. Only use accessories in the manner specified by the manufacturer.
- Follow instructions in the **GETTING STARTED** section (pages 28-29) for mounting and dismounting the unit. Falling on or off could result in severe or fatal injury. Place your Encompass PowerTower on a flat, solid surface with nonskid material underneath. Keep the rail base and tower base free from obstructions. Encompass PowerTower is rated at a maximum user weight capacity of 350 lbs. [160 kg.]. Additional weights can be applied to the glideboard with a weight bar, up to 650 lb. [295 kg.] maximum total.
- The gas struts always exert force to either fold or lift the rails. Handling your Encompass PowerTower in an unusual manner could cause the rails to move unexpectedly.
- Follow the instructions that are outlined in this Owner's Guide for operating your Encompass PowerTower

⚠WARNING

Failure to read and follow the safety instructions in this manual may result in serious injury or death. Hazards include falling, overexertion, strained muscles, pinched fingers or pulled hair. Changes or modifications to this Total Gym may void the warranty and may violate U.S. Federal Communications Commission (FCC) Rules.

ELECTRICAL SAFETY PRECAUTIONS

Encompass PowerTower is an electrical powered device. When using an electrical appliance, basic precautions should always be followed, including:

⚠WARNING

To reduce the risk of electric shock, always unplug the Encompass PowerTower from the electrical outlet immediately after using and before cleaning.

- The Encompass PowerTower should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
- Keep the area near the base of the tower clear to allow airflow into the Encompass PowerTower motor.
- Never operate the Encompass PowerTower if it has a damaged power cord or plug, if it is not working properly, emits an odor or unusual noise, if it has been dropped, damaged or in contact with water. Contact the manufacturer for examination and repair.
- Do not pull the Encompass PowerTower by the power cord or use the power cord as a handle.
- Keep the power cord away from heated surfaces.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect your Encompass PowerTower, turn all controls to the OFF position, then remove the plug from the outlet.

GROUNDING INSTRUCTIONS

⚠WARNING

Connect Encompass PowerTower to a properly grounded outlet only. Improper connection of the equipment grounding connector can result in the risk of electric shock. Do not modify the plug that is provided with Encompass PowerTower. If it will not fit in the outlet, have a proper outlet installed by a qualified electrician. Follow grounding instructions.

Encompass PowerTower must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. Encompass PowerTower is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

WARNING! Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet have a proper outlet installed by a qualified electrician.

Encompass PowerTower can automatically adapt to most electrical power sources around the world. Encompass PowerTower will operate on nominal 115 Volt AC supplied power or nominally 230V AC power at 50 or 60 Hz. Ensure that you have the correct power cord that will fit the wall plug you need.

GROUNDING INSTRUCTIONS (CONTINUED)

An Encompass PowerTower that is for use on a nominal 120-volt circuit has a grounding plug that looks like the plug illustrated in Figure 1. A temporary adapter that looks like the adapter illustrated in Figure 2 may be used to connect this plug to a 2-pole receptacle as shown in Figure 2 if a properly grounded outlet is not available.

The temporary adapter should be used only until a qualified electrician can properly install a grounded outlet (Figure 1). The green colored rigid ear, lug or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

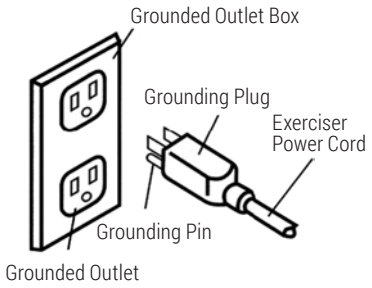


FIGURE 1

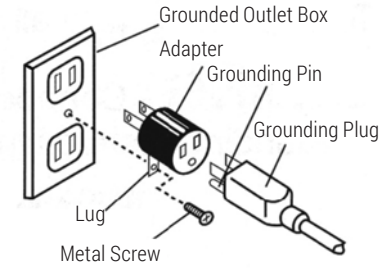


FIGURE 2

FCC RULES

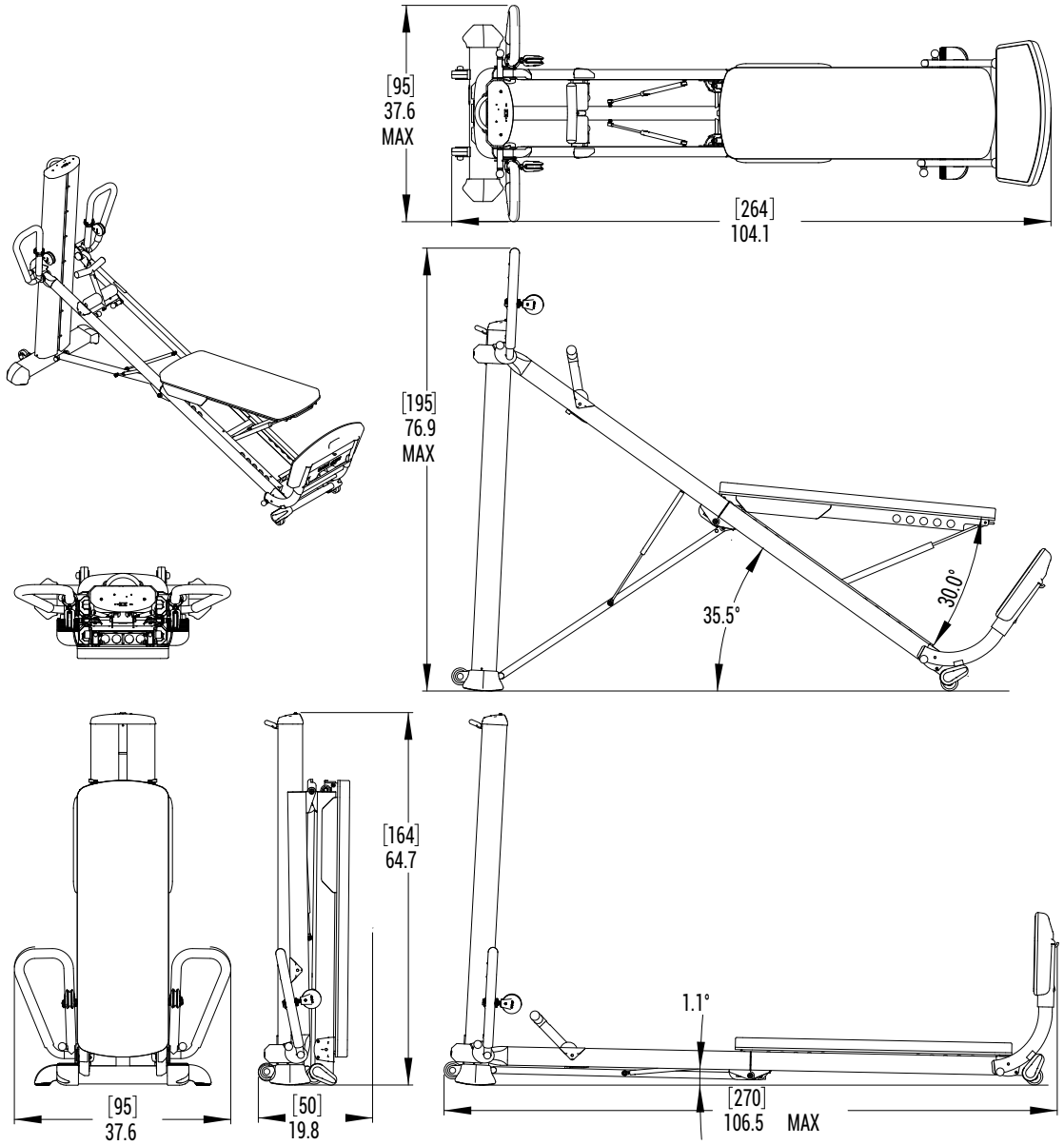
⚠WARNING

Changes or modifications to this unit not expressly approved by the party responsible for compliance would void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is needed.
- Consult the dealer or an experienced radio/TV technician for help.

SPECIFICATIONS AND LIMITATIONS



SPECIFICATIONS

- In Use: 106" x 38" x 65"
  (2.69 m x 0.96 m x 1.65 m) [L/W/H]
- Folded: 20" x 38" x 65"
  (0.51 m x 0.96 m x 1.65 m) [L/W/H]
- Unit Weight: 218 lbs (99 kg)

GENERAL USER INFORMATION

- User Height Limit: 6'5" (2.0 m)
- Glideboard Range of Motion: 37" (94 cm)
- Weight Capacity: Maximum user weight capacity of 350 lbs (160 kg)
- Additional weights can be applied to the glideboard on a weight bar up to 650 lbs (295 kg) maximum

RESISTANCE

- 1.8° to 35° incline
- 26 calibrated levels
- 1% to 72% of bodyweight

POWER

- 115~230 VAC
- 50~60 Hz

INCLINE SPEED

- Approximately 30 seconds to ascend; 20 seconds to descend (varies under load)

TROUBLESHOOTING

In the event your Encompass PowerTower does not function properly, there are steps you can take to determine where a problem may have occurred.

1. **Power Source:** Make sure that the power cord is plugged into the Encompass PowerTower and the wall. Check and determine that the plug on the wall is switched on. If there is a ground fault interrupter, check to see if it has been tripped.
2. **Power Switch:** Ensure that the On/Off switch on the tower has been turned on. The light should glow red to indicate that the power is going into Encompass PowerTower.
3. **Fuse:** If the red light indicator is not glowing, check the fuse located near the power outlet on the back of the tower. If necessary, replace the 5A fuse as explained below.
4. **Power Cord:** Ensure the power cord is not damaged. If the power cord appears damaged, go to Step 9 and call Customer Service.
5. **AC Voltage:** An interruption in the flow of voltage can cause the Encompass PowerTower to cease functioning. As an example, should the AC voltage drop 40%, the Encompass PowerTower Electric DC Motor will cease to operate. After the supply of voltage has been fully restored, the user can reset the machine by turning the On/Off switch off and then on again. The PowerTower will then resume functioning.
6. **Safety Key:** Make sure the safety key is inserted into the connector hole located on top of the tower. Your Encompass PowerTower will not operate if the Safety Key is not in place.
7. **After Troubleshooting:** If there is still a problem after checking all of the above items, please call 858-586-6080 to speak to a Customer Service Representative.

FUSE REPLACEMENT

To replace the 5A fuse in the PowerTower tower back:

1. Unplug the power cord from the power outlet.
2. Locate the fuse assembly near the power outlet on the tower.
3. Use a flathead screwdriver to pull out the fuse assembly.
4. There are (2) 5A fuses in the fuse assembly. One is a spare.
5. The other is in use (Fig. 1).
6. Remove the old fuse from the clamp.
7. Push the old fuse far enough into the hold of the fuse assembly to release the spare fuse (Fig. 2).
8. Place the spare fuse in to the clamp (Fig. 3).
9. Dispose of the old fuse.
10. Replace the fuse assembly.

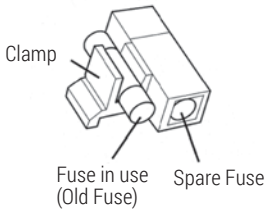


FIGURE 1

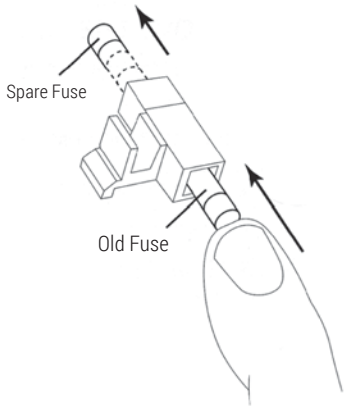


FIGURE 2

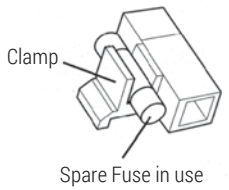


FIGURE 3

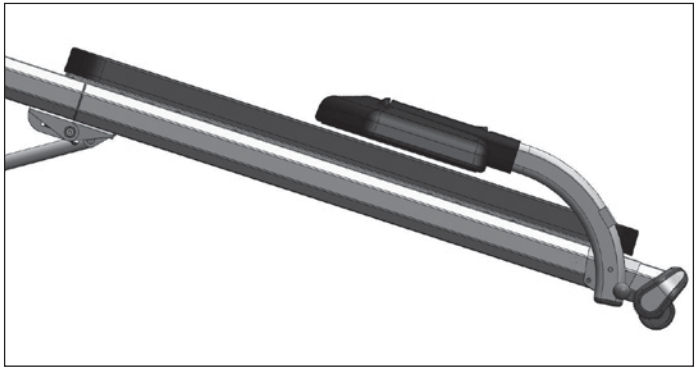

TOTAL GYM

FOLDING

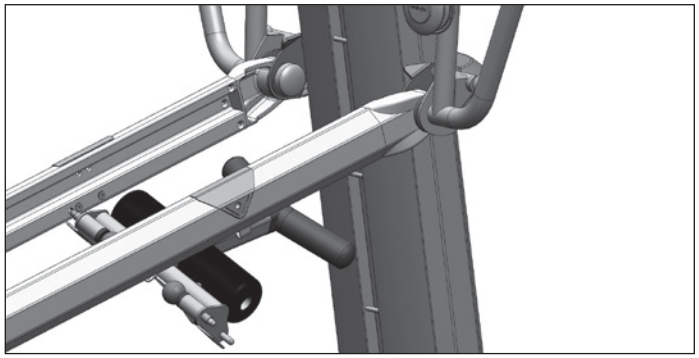
Before folding, move the unit away from a wall or window because the tower will lean back.

1. If LAT Bars are installed on your Encompass PowerTower, move the pulleys to the upper outside position as shown.

2. Remove the center pulley from the glideboard and hang it on the pulley storage ring on the back of the tower transport handle.
3. Remove or fold down the Closed Chain Platform against the glideboard by pulling the squat fold pull pin on the left side of the lower rail while facing the tower.

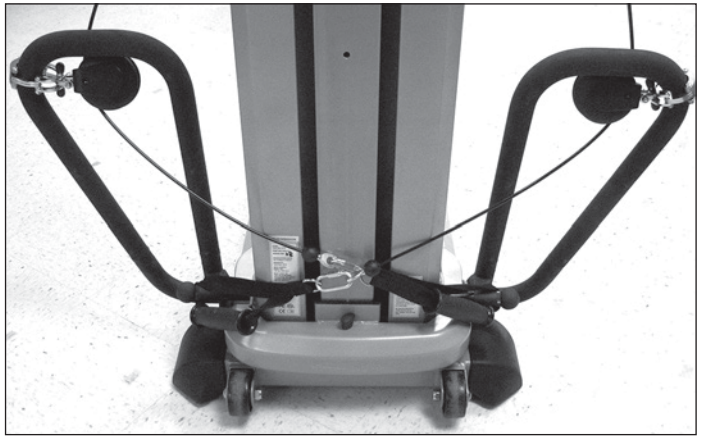


4. Remove the folding foot holder.

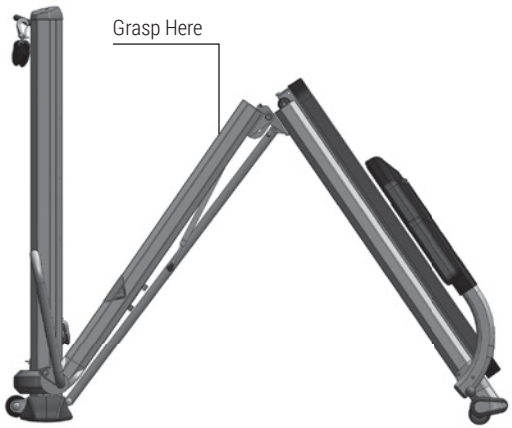


5. Press the rocker switch on top of the unit to lower the rails to the lowest position.

6. Stow the handles so they are not damaged when storing or moving your unit. Loop the handle straps around the opposite LAT Bar pull pin as shown below.



7. Grasp the upper rail where indicated (on the label inside each of the upper rails) and lift it toward the tower. As you raise the rails, place one hand behind the tower to prevent the tower from leaning back.

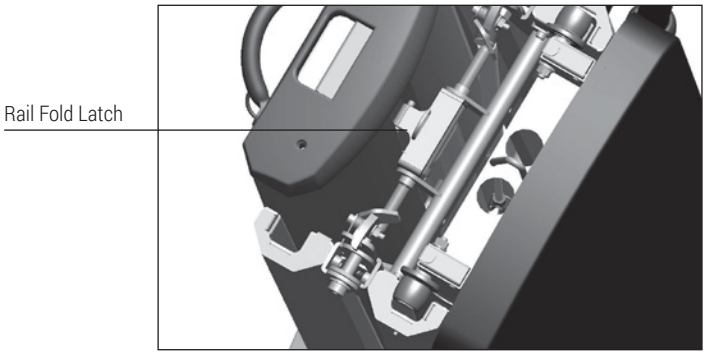


⚠WARNING

Lift only where indicated on the upper rail. Lifting elsewhere may cause the rails to move up the tower during the folding process. This will cause the tower to lean backwards excessively. If this happens accidentally, straighten and lower the rails back to the floor. Then start over. Or you can squeeze the release handle on top of the tower and pull the tower forward.

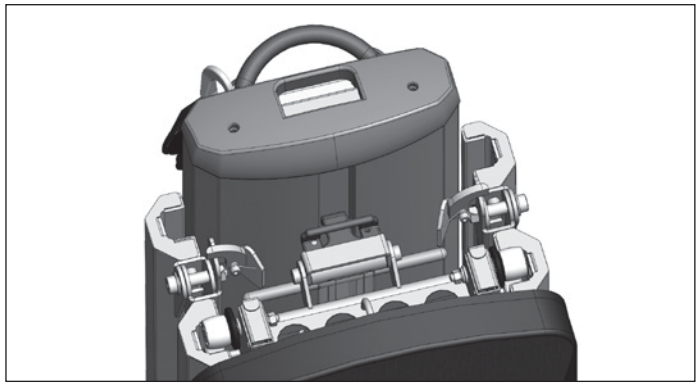
8. Push the glideboard and tower together until the unit stands vertical.

9. Lift the rail fold latch located on the hinge crossbar and hook the rails to the tower crosspin with the latch.

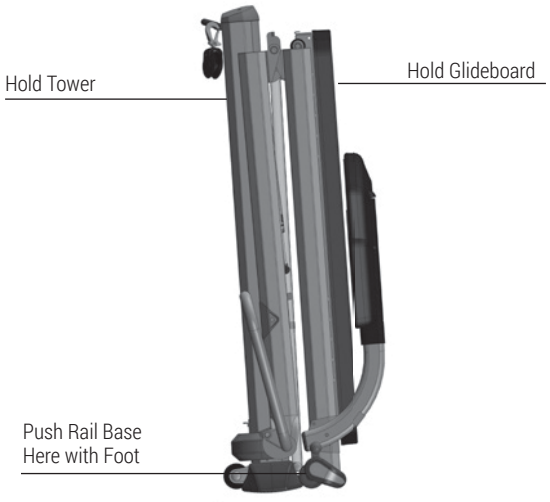


UNFOLDING

1. Unlatch the rails from the tower.



2. Standing at the side of the unit, with one hand behind the tower and the other hand on the glideboard, tilt the unit slightly backward and use your foot to push the rail base away from the tower. As the rails begin to lower, the tower will follow the upper rails forward and then it will begin to pull away from the rails back to an upright position.

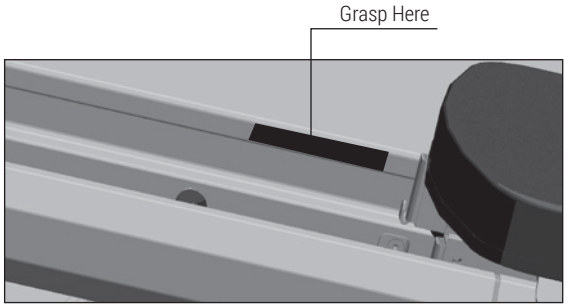


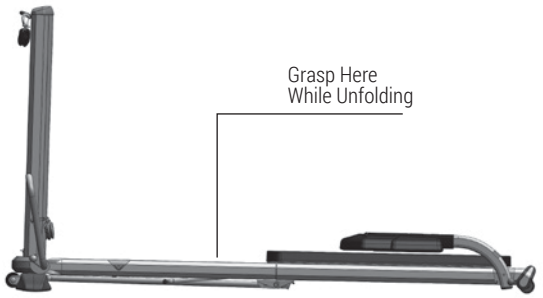
⚠WARNING

The tower is designed to open automatically by pulling away from the upper rails as the rails begin to unfold. Do not force or push the tower away from the rails, as this will cause the tower to fall backward.

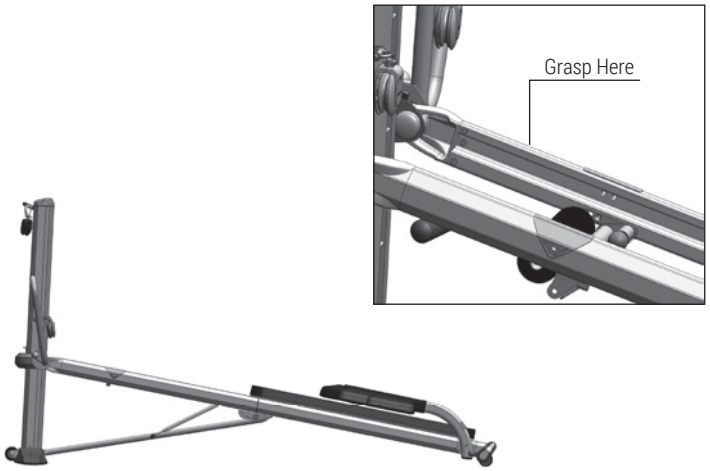
3. When the tower begins to pull away from the upper rails, grasp the upper rail where indicated on the inside of the rail just above the hinge (indicated on both sides) and continue to unfold the rails and lower them to the floor. As the rails straighten, guide the glideboard rollers into the groove of the upper rail if needed.

CAUTION! As the rails get close to the floor, the rails feel heavier. To avoid pinching the rollers in the hinges, do not drop the rails.

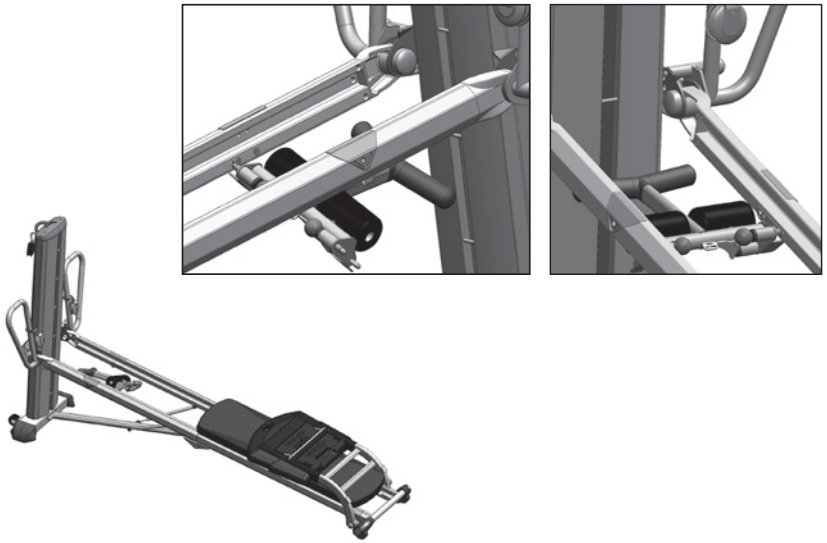




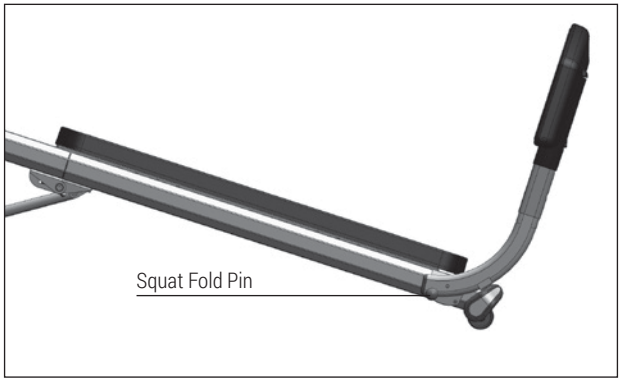
4. Using the rocker switch, raise the rails to a level between 10 and 14.



5. Install the Folding Foot Holder on the upper rails. (Reference Assembly and Set-up Instructions for complete installation instructions of folding foot holder).



6. Rotate the Closed Chain Platform by pulling the squat fold pull pin on the left lower rail (while facing tower).



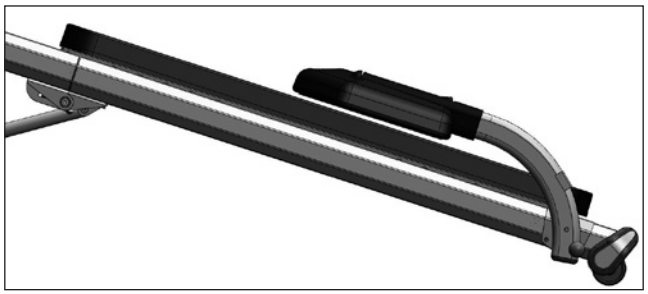
7. Remove the center cable pulley from the back of the tower and attach it to the glideboard when needed for pulley exercises.

FOLDING PLATFORM

FOLDING THE FOLDING PLATFORM

1. Pull the pin on the left side then fold the Closed Chain Platform (CCP) down. Reverse the process to unfold or rotate it out for use.

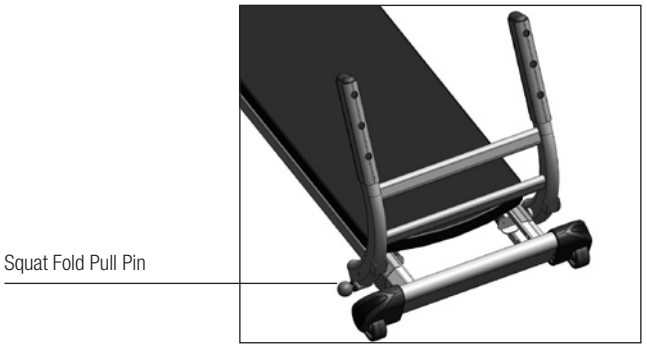
2. Inspect the lever and pull up on the CCP to ensure the CCP is locked in on both sides.



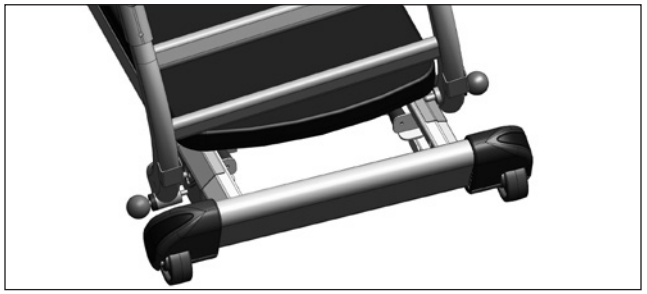
REMOVING THE FOLDING PLATFORM

1. Remove the CCP from the folding platform posts and set it aside.

2. Pull the squat fold pull pin on the left side as shown and tilt the folding platform slightly toward the glideboard as shown below.



3. Pull the pin on the right side of the folding platform and rotate the posts to the left until the right pin is slightly above the rails.



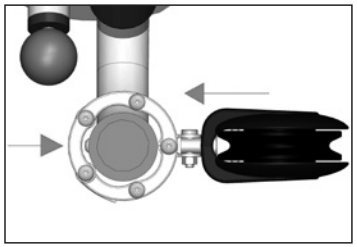
4. Move the folding platform to the left until the fixed pin on top comes out of the hole in the lower rail, then lift off the folding platform.

NOTE: This process may be done with the CCP still attached to the folding platform, however it is more difficult and requires familiarization, more strength and dexterity.

PULLEY LOCATOR CLAMPS

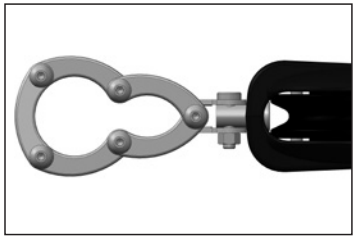
The pulley locator clamps on the dynamic arm pulley system are designed to adjust easily.

1. **UNLOCK:** With one or two hands, squeeze the back of the clamp toward the pulley.



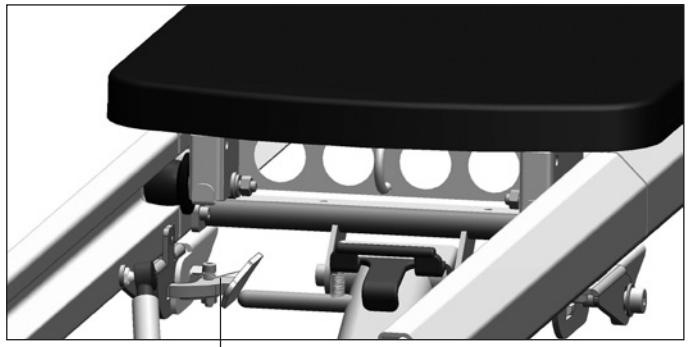
2. **MOVE:** Move the pulley locator clamp to the desired position on the LAT bar and center the hole in the clamp over the pulley locator nodule on the back of the LAT bar.

3. **RELEASE:** Let go of the clamp and its internal spring will close around the LAT bar. It will tighten more as you load it while exercising.



AUTOMATIC RAIL LOCKS

A rail lock mechanism will automatically engage at high inclines to "lock" the hinge for plyometrics and it will automatically disengage at low inclines for folding. There is a spring-loaded lever on each hinge that is pushed by a rod on the plyostrut to unlock the hinges for folding the rails. Keep all items clear of the mechanism and do not use the Encompass PowerTower if it is not working properly.



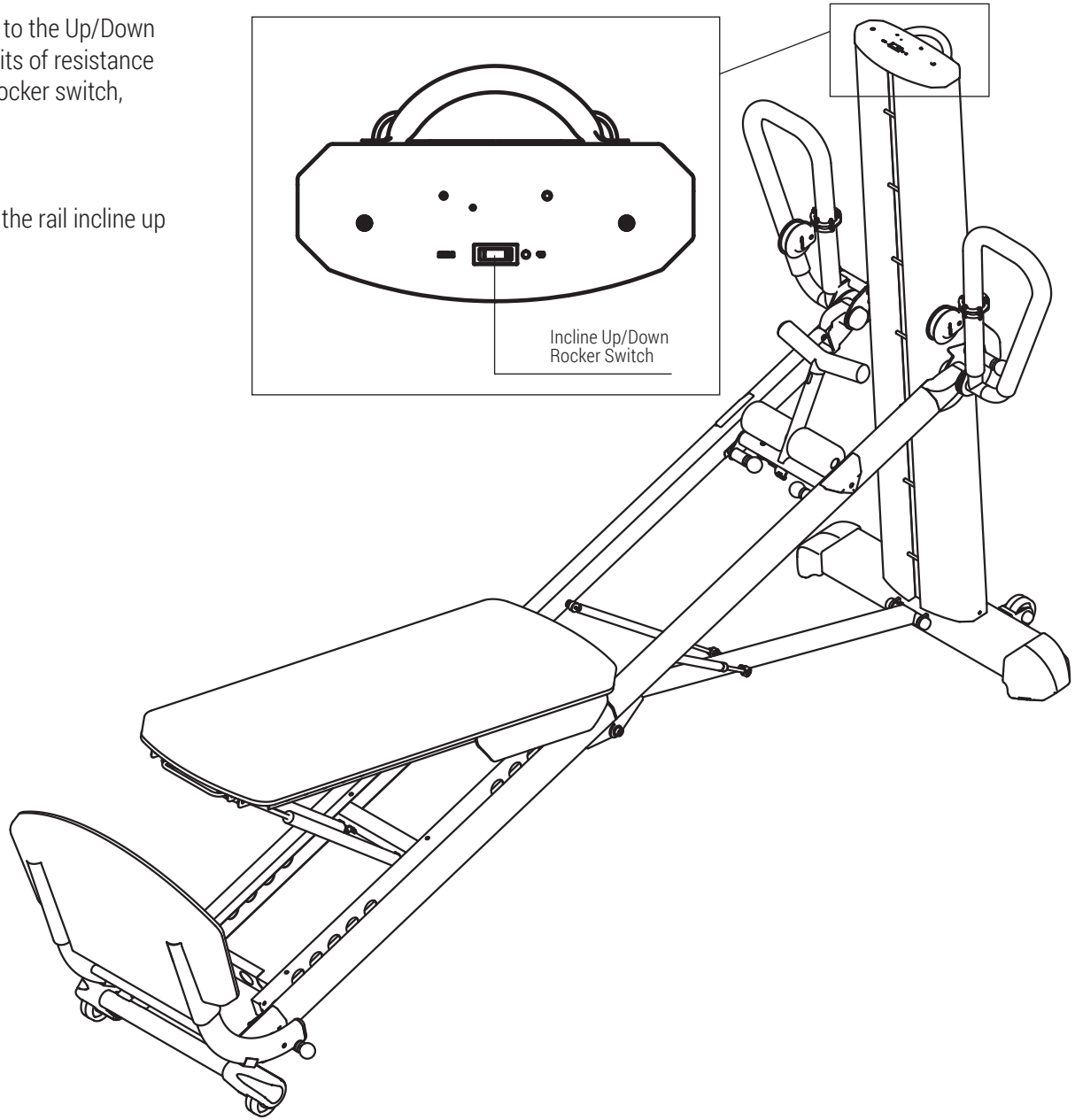
Rail Lock

ADJUSTING THE RAIL INCLINE

A. To raise or lower the rail angle, reach on top of the tower to the Up/Down rocker switch. Micro switches at the upper and lower limits of resistance halt the movement. Any time you release the Up/Down rocker switch, movement ceases.

OR

B. Use the buttons on the remote control handles to adjust the rail incline up or down.



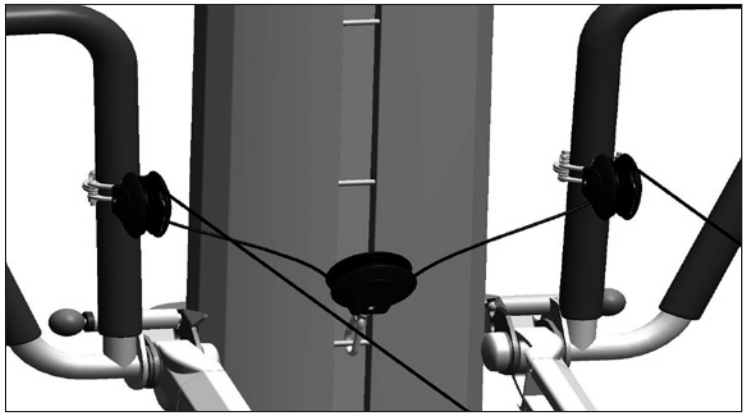
CONNECTING PULLEYS TO TOWER CROSSPINS IN CENTER CHANNEL

The crosspins in the center channel of the tower are for the Leg Pulley System accessory and for connecting the center pulley to accomplish dead weight pulls. Connecting the center pulley here will double the resistance compared to when the center pulley is connected to the glideboard.

NOTE: Only connect the center pulley to tower crosspins at the same level or below the arm pulleys.

If you connect the center pulley to the center channel at a level beneath the rails, use caution to prevent cables from rubbing against the rails. To help prevent cables rubbing against rails, move the pulleys to the inside high position on the LAT bars.

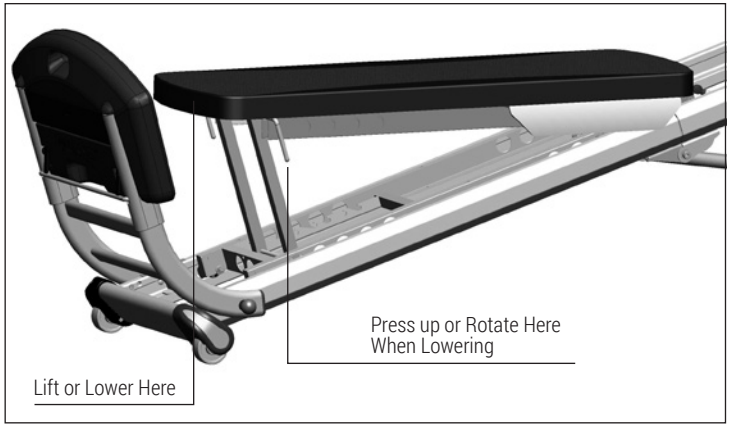
If the cable length is too long for you to achieve full range of motion for your exercise, you can connect the center pulley to a lower crosspin further down the tower.



CHANGING THE ADJUSTABLE GLIDEBOARD

The adjustable glideboard is designed to remain parallel to the ground when the rails are at an incline. This helps to facilitate proper alignment of the spine in rotational exercises among other things.

1. To raise the glideboard, lift the end near the rail base until it engages at the desired angle.
2. To lower the glideboard, slightly lift the end near the rail base then press UP or rotate either of the side handles. Continue to press or rotate the handles as you lower the glideboard to the desired angle.



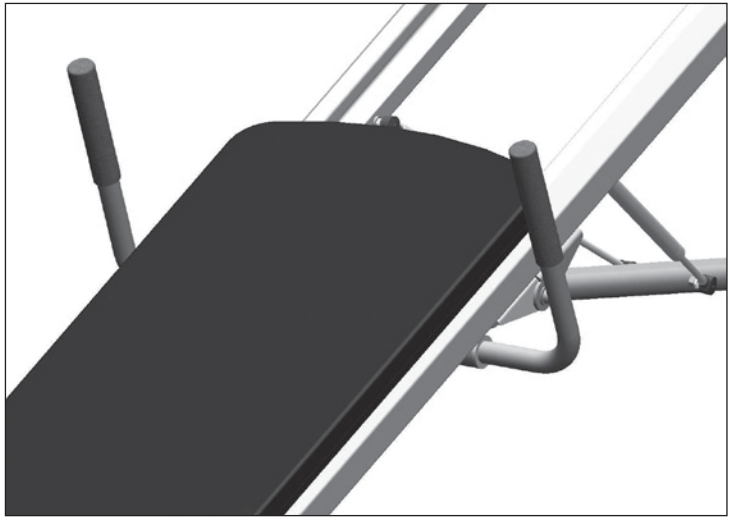
GLIDEBOARD: WHEEL REMOVAL AND ASSEMBLY

1. Fold the Encompass PowerTower and stand it up vertically.
2. Remove the Closed Chain Platform.
3. Carefully lift the glideboard completely off the lower rails. **NOTE:** The glideboard may be too heavy to remove and install with one person. If necessary, get help.
4. Lay it upside down on a clean flat surface.
5. To remove the wheels: Use two 13 mm socket or combination wrenches to hold the bolt from the outside of the axle while turning the nut with the other wrench on the other end.
6. Tighten snugly, just enough so that the wheel can only roll but not slide lengthwise on the axle. Do not over tighten.
7. When finished cleaning, inspecting or servicing, position the glideboard above the lower rails so the wheels slide down the inside of the rail.
8. Carefully lower the glideboard down the rails until it stops at the rail base.
9. Ensure the top wheels are aligned and ready to unfold the rails.

CAUTION! Hold the lift handles against the glideboard on the adjustable glideboard so it will not open during this procedure.

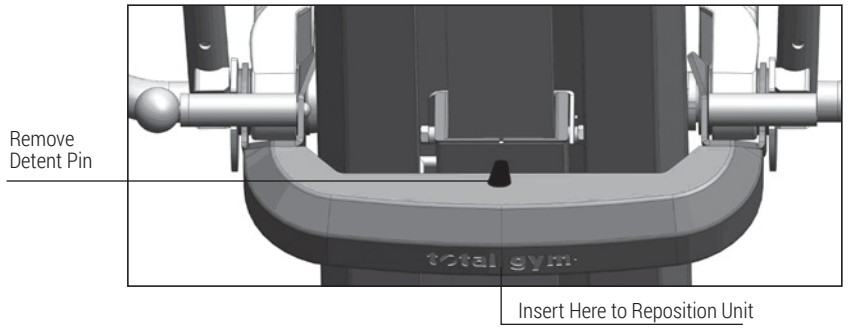
USING THE DIP BARS

Retractable dip bars provide specificity to dip exercises targeting the triceps and pectorals for strength and conditioning. This uniquely designed adjustable dip bar attachment rotates up for use, then rotates down and retracts inward to store parallel to the rails for maximum space efficiency.



REPOSITIONING

The Encompass PowerTower can be moved short distances by lifting it from the rail base and/or by the tower cross arm from the back.



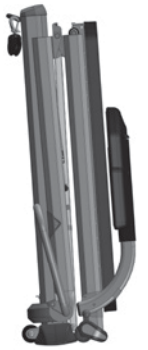
To lift from the tower cross arm, put the unit at level 8. Pull the detent pin from the vertical hole in the tower cross arm and insert it into the horizontal hole to lock the tower cross arm into place. Then with both hands, lift the tower off the floor.

For long distance transportation, your unit should be folded and rolled on the transport wheels in hand-truck fashion as explained in **TRANSPORTING.**

TRANSPORTING

To move the Encompass PowerTower after it is folded, stand behind the tower, grasp the tower transport handle, pull back in hand-truck fashion and roll.

NOTE: Be sure to secure the handles as shown in the folding procedure and ensure the rail fold latch is engaged.



GETTING STARTED

When using your Encompass PowerTower, wear athletic shoes and comfortable lightweight clothing. Tie long hair back to avoid contact with the center pulley. Before you begin, check to ensure that all parts are in place and working properly. Begin your exercise program at a low incline. As your proficiency increases, raise the incline to increase the intensity. Remember to control the glideboard at all times, particularly when mounting or dismounting. The following tips will help you anchor the glideboard as you approach the unit for mounting in various positions. Use these anchoring instructions when teaching clients to get on and off the unit.

PROPER FORWARD ANCHORING SEQUENCE DYNAMIC ARM PULLEY SYSTEM ATTACHED TO THE GLIDEBOARD

STEP 1. Grasp both handles in the hand closest to the tower as you stand to one side of the Encompass PowerTower facing away from the tower.

STEP 2. Pull the glideboard up the rails to the height needed to sit in the proper position for the specific exercise you will perform.

SEATED 2A. If you are performing a sitting exercise, sit at the top of the glideboard.

SEATED 2B. If the exercise requires you to lie back, first sit at the bottom of the glideboard with one pulley handle in each hand.

STEP 3. When lying on your back, be sure your head is supported on the glideboard. If the glideboard tops out or bottoms out during the exercise, adjust your body up or down on the glideboard.

PROPER BACKWARD ANCHORING SEQUENCE

DYNAMIC ARM PULLEY SYSTEM ATTACHED TO THE GLIDEBOARD

STEP 1. Grasp handles, then make a fist and place your knuckles at the top of the glideboard to anchor it in place. Now it is safe to sit, straddle or kneel on the glideboard.

STEP 2. When kneeling on the glideboard, place knees one at a time just behind your fists as you face the glideboard.

STEP 3. Move to the starting position of the exercise and begin by using slow, controlled movements.

⚠WARNING

Always control the glideboard while mounting or dismounting ELEVATE Encompass. The unit is rated at a maximum user weight capacity of 350 lbs [160 kg]. Additional weights can be applied to the glideboard with a weight bar by following the installation and safety instructions included with it. Do not exceed 650 lb [295 kg] of weight bearing on the ELEVATE Encompass.

RESISTANCE CHARTS

The Encompass PowerTower is designed to load nominal percentages of bodyweight as shown in the charts on the following pages (pgs 31-32). Note each level changes by approximately 2.5% of the nominal bodyweight. An example is highlighted throughout the charts showing an 150 lb. person exercising at an angle of approximately 22º (Level 16). Charts have been provided in both pounds and kilograms.

The Encompass PowerTower uses a variable angle incline plane to create exercise resistance by modifying the effect of the user's bodyweight—a steeper angle normally generates more resistance. The Resistance Chart is calculated to indicate the resistance load at each level relative to a percentage of bodyweight.

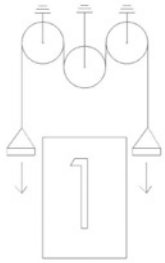
If you desire to add weight to the glideboard it must be done by purchasing the optional weight bar and following the safety instructions provided with it and as listed below:

1. Plate weights with a nominal 1" bore can be added to the weight bar as long as the size and quantity does not interfere with the motion of the glideboard.
2. Any quantity and weight can be added to the weight bar as long as the total weight including the user's bodyweight does not exceed 650 lb or 295 kg.
3. The plate weights must be equally loaded on each side and secured on the ends with a clamp before use.
4. The person exercising should face the equipment at all times during the exercise. The weights on the weight bar should remain within the field of vision of the user throughout the exercise to prevent danger to a third party.

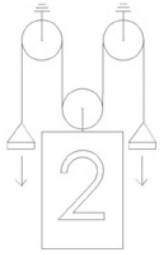
RESISTANCE VALUES BASED ON CABLE USAGE

Resistance table values should be divided by appropriate value based on cable connection and pull usage as shown below.

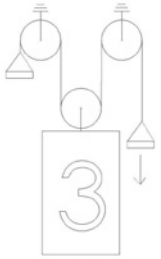
1. Tables values are valid for two-hand pulls on the bars, squats and pulley handles, while there is no connection to the glideboard.



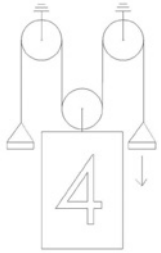
2. Divide Resistance Table value by 2 for bilateral or two-hand pulls while the center pulley is connected to the glideboard.



3. Divide Resistance Table value by 3 for unilateral movements or when using only one handle with the center pulley connected to the glideboard and when the other handle is not held.



4. Divide Resistance Table value by 4 for unilateral movement with one static hold, i.e., hold one handle stationary while pulling with the other handle while the center pulley is connected to the glideboard.



RESISTANCE CHARTS ADJUSTABLE GLIDEBOARD – POUNDS (LBS) Weight of Adjustable Glideboard: 37 lbs

RESISTANCE IN POUNDS (LBS)

Degree of Incline	Incline Level	Your Bodyweight + Weights Added (lbs)									
		100	130	150	180	200	250	300	400	500	650
35.5°	26	79	96	108	125	137	166	195	253	311	398
34.1°	25	76	93	104	121	132	160	188	244	300	384
33.1°	24	74	90	101	118	129	156	183	238	292	374
31.6°	23	71	87	97	113	124	150	176	228	281	360
30.2°	22	68	83	93	108	118	144	169	219	269	345
28.7°	21	65	80	89	104	113	137	161	209	258	330
27.3°	20	62	76	85	99	108	131	154	200	246	315
25.9°	19	59	72	81	94	103	125	147	191	234	300
24.6°	18	56	69	77	90	98	119	139	181	223	285
23.2°	17	53	65	73	85	93	113	132	172	211	270
21.9°	16	51	62	**69**	80	88	106	125	162	199	255
20.5°	15	48	58	65	76	83	100	118	153	188	240
19.2°	14	45	54	61	71	78	94	110	143	176	226
17.9°	13	42	51	57	66	72	88	103	134	165	211
16.6°	12	39	47	53	62	67	82	96	124	153	196
15.3°	11	36	44	49	57	62	75	89	115	141	181
14.0°	10	33	40	45	52	57	69	81	106	130	166
12.8°	9	30	37	41	48	52	63	74	96	118	151
11.5°	8	27	33	37	43	47	57	67	87	107	136
10.2°	7	24	29	33	38	42	51	60	77	95	122
9.0°	6	21	26	29	34	37	45	52	68	84	107
7.7°	5	18	22	25	29	32	38	45	59	72	92
6.5°	4	15	19	21	24	27	32	38	49	60	77
5.2°	3	12	15	17	20	21	26	31	40	49	63
4.0°	2	9	12	13	15	16	20	23	30	37	48
2.8°	1	7	8	9	10	11	14	16	21	26	33
1.3°	F	3	4	4	5	5	6	7	10	12	15

Resistance in Pounds (lbs)

RESISTANCE AS % OF BODYWEIGHT (LBS)

Degree of Incline	Incline Level	Your Bodyweight + Weights Added (lbs)									
		100	130	150	180	200	250	300	400	500	650
35.5°	26	79	74	72	70	68	66	65	63	62	61
34.1°	25	76	71	69	67	66	64	63	61	60	59
33.1°	24	74	70	68	65	64	62	61	59	58	58
31.6°	23	71	67	65	63	62	60	59	57	56	55
30.2°	22	68	64	62	60	59	57	56	55	54	53
28.7°	21	65	61	60	58	57	55	54	52	52	51
27.3°	20	62	58	57	55	54	52	51	50	49	48
25.9°	19	59	56	54	52	52	50	49	48	47	46
24.6°	18	56	53	51	50	49	47	46	45	45	44
23.2°	17	53	50	49	47	46	45	44	43	42	42
21.9°	16	51	47	**46**	45	44	43	42	41	40	39
20.5°	15	48	45	43	42	41	40	39	38	38	37
19.2°	14	45	42	41	39	39	38	37	36	35	35
17.9°	13	42	39	38	37	36	35	34	33	33	32
16.6°	12	39	36	35	34	34	33	32	31	31	30
15.3°	11	36	34	33	32	31	30	30	29	28	28
14.0°	10	33	31	30	29	29	28	27	26	26	26
12.8°	9	30	28	27	26	26	25	25	24	24	23
11.5°	8	27	25	25	24	23	23	22	22	21	21
10.2°	7	24	23	22	21	21	20	20	19	19	19
9.0°	6	21	20	19	19	18	18	17	17	17	16
7.7°	5	18	17	17	16	16	15	15	15	14	14
6.5°	4	15	14	14	14	13	13	13	12	12	12
5.2°	3	12	12	11	11	11	10	10	10	10	10
4.0°	2	9	9	9	8	8	8	8	8	7	7
2.8°	1	7	6	6	6	6	6	5	5	5	5
1.3°	F	3	3	3	3	3	3	2	2	2	2

Resistance as % of Bodyweight (lbs)

RESISTANCE CHARTS ADJUSTABLE GLIDEBOARD – KILOGRAMS (KGS) Weight of Adjustable Glideboard: 16.8 kgs

RESISTANCE IN KILOGRAMS (KGS)

Degree of Incline	Incline Level	Your Bodyweight + Weights Added (kgs)									
		50	60	70	80	100	120	150	180	240	295
35.5º	26	38	44	50	56	67	79	96	114	149	181
34.1º	25	37	43	48	54	65	76	93	110	144	174
33.1º	24	36	42	47	53	63	74	91	107	140	170
31.6º	23	35	40	45	50	61	71	87	103	134	163
30.2º	22	33	38	43	48	58	68	84	99	129	156
28.7º	21	32	37	41	46	56	65	80	94	123	150
27.3º	20	30	35	40	44	53	63	76	90	118	143
25.9º	19	29	33	38	42	51	60	73	86	112	136
24.6º	18	28	32	36	40	48	57	69	82	106	129
23.2º	17	26	30	34	38	46	54	65	77	101	123
21.9º	16	25	28	**32**	36	43	51	62	73	95	116
20.5º	15	23	27	30	34	41	48	58	69	90	109
19.2º	14	22	25	28	32	38	45	55	65	84	102
17.9º	13	20	23	26	30	36	42	51	60	79	96
16.6º	12	19	22	25	27	33	39	47	56	73	89
15.3º	11	17	20	23	25	31	36	44	52	68	82
14.0º	10	16	18	21	23	28	33	40	48	62	75
12.8º	9	15	17	19	21	26	30	37	43	57	69
11.5º	8	13	15	17	19	23	27	33	39	51	62
10.2º	7	12	14	15	17	21	24	29	35	45	55
9.0º	6	10	12	13	15	18	21	26	31	40	49
7.7º	5	9	10	12	13	16	18	22	26	34	42
6.5º	4	7	9	10	11	13	15	19	22	29	35
5.2º	3	6	7	8	9	11	12	15	18	23	28
4.0º	2	5	5	6	7	8	10	12	14	18	22
2.8º	1	3	4	4	5	6	7	8	9	12	15
1.3º	F	1	2	2	2	3	3	4	4	6	7

Resistance in Kilograms (kgs)

RESISTANCE AS % OF BODYWEIGHT (KGS)

Degree of Incline	Incline Level	Your Bodyweight + Weights Added (kgs)									
		50	60	70	80	100	120	150	180	240	295
35.5º	26	77	74	71	70	67	66	64	63	62	61
34.1º	25	74	71	69	67	65	64	62	61	60	59
33.1º	24	72	69	67	66	63	62	61	60	58	58
31.6º	23	69	67	65	63	61	60	58	57	56	55
30.2º	22	67	64	62	60	58	57	56	55	54	53
28.7º	21	64	61	59	58	56	55	53	52	51	51
27.3º	20	61	58	57	55	53	52	51	50	49	48
25.9º	19	58	56	54	53	51	50	48	48	47	46
24.6º	18	55	53	51	50	48	47	46	45	44	44
23.2º	17	52	50	49	47	46	45	44	43	42	42
21.9º	16	49	47	**46**	45	43	42	41	41	40	39
20.5º	15	46	45	43	42	41	40	39	38	37	37
19.2º	14	44	42	41	40	38	37	36	36	35	35
17.9º	13	41	39	38	37	36	35	34	33	33	32
16.6º	12	38	36	35	34	33	32	32	31	30	30
15.3º	11	35	34	33	32	31	30	29	29	28	28
14.0º	10	32	31	30	29	28	28	27	26	26	26
12.8º	9	29	28	27	27	26	25	24	24	24	23
11.5º	8	26	25	25	24	23	23	22	22	21	21
10.2º	7	24	23	22	21	21	20	20	19	19	19
9.0º	6	21	20	19	19	18	18	17	17	17	16
7.7º	5	18	17	17	16	16	15	15	15	14	14
6.5º	4	15	14	14	14	13	13	13	12	12	12
5.2º	3	12	12	11	11	11	10	10	10	10	10
4.0º	2	9	9	9	8	8	8	8	8	7	7
2.8º	1	6	6	6	6	6	5	5	5	5	5
1.3º	F	3	3	3	3	3	3	2	2	2	2

Resistance as % of Bodyweight (kgs)

MAINTENANCE AND CARE

Your Encompass PowerTower model will offer you or your facility and your clientele years of easy operation if you follow these simple tips for maintenance and care. With periodic cleaning, moving parts and rolling surfaces will maintain their smooth function. Use alcohol and a waterless cleaning solution on parts to keep your Encompass PowerTower looking its best and to prevent dust build-up. Clean rail surfaces on a regular basis with a non-corrosive cleaner like soap and water. Some black powder residue is normal, especially on the bottom rails.

NOTE: Encompass incline trainers have some functional moving parts that, by design, slide over painted parts and may eventually wear off the paint (i.e., hinge lock on rails and pull pin on LAT Bars). Normal frequent use will prevent corrosion in those areas. Apply clear grease to these painted areas for extra protection in high-humidity environments or for long-term storage.

CAUTION! DO NOT USE ANY LUBRICANTS OR SILICONE-BASED PRODUCTS on the rails or wheels. This will cause the wheels to slide rather than roll and will damage the wheels. You may use lubricant on the folding hinges when needed. When lubricating these parts, remove any residue of lubricant from the cables, rails or wheel surfaces. Clean the glideboard material with a non oil-based window cleaner. DO NOT USE ARMOR ALL® OR LIKE SUBSTANCES. These will make the glideboard slippery. Wipe down your Encompass PowerTower with a clean cloth.

MAINTENANCE SCHEDULE

DAILY

1. Wipe down all padded surfaces with antibacterial cleanser after each use.
2. Move the glideboard up and down rails to ensure smooth rolling. If glideboard does not roll smoothly, clean rails and wheels thoroughly.

WEEKLY

1. Inspect all cables for wear or damage. Replace damaged cables.
2. Wipe down rails with a non-corrosive cleanser.
3. Clean all surface areas for aesthetics.
4. Check all screws, fasteners and knobs to ensure they are installed correctly and tightened.
5. Check for ease of use when changing levels. Report any difficulty in changing levels.
6. Visually and functionally check all pulleys for smooth operation. Clean as needed.
7. Check all pads, fabric or foam for wear and replace as needed.
   a. Foot holder pads
   b. Glideboard upholstery
   c. Pulley handles

MONTHLY

1. Remove glideboard for visual inspection of wheels. Clean any debris accumulated on the wheel assembly.
2. Inspect rubber stoppers.
3. Visually inspect glideboard for tearing or punctures.
4. Check all additional accessories for proper function and wear.
5. Replace all parts that show signs of wear. Contact Customer Service in US at 858-586-6080 or contact the approved distributor in your country.

WARRANTY INFORMATION

US WARRANTY

Warranties outside the US may vary. Contact your local authorized distributor for details.

Commercial Warranty:

- Frame – 5 years
- Parts & Upholstery – 1 year
- Foam & Rubber – 90 days

LIMITED WARRANTY

USE OF NON-TOTAL GYM ACCESSORIES: Defects or damage that result from the use of third party or homemade accessories are excluded from coverage.

UNAUTHORIZED SERVICE OR MODIFICATION: Defects or damage that result from service, maintenance, repairs, adjustment, installation or alteration conducted by anyone other than Total Gym or its authorized representatives are excluded from coverage.

WARRANTY CLAIMS

Total Gym® treats warranty claims as a priority. To process these quickly, a Return Merchandise Authorization (RMA) number is required to properly link your merchandise with your claim. Total Gym does not accept returned merchandise without an accompanying RMA number. Contact Total Gym Customer Service Department at 858-586-6080 or email support@totalgym.com if you are making a warranty claim. A representative will issue you an RMA number and instructions for proper packaging of the equipment for shipping.

IMPORTANT: Save your invoice. Please retain packaging instructions. US Customer Service Center: 858-586-6080. Shipping Damage: FOB origin, unless otherwise specified.

Total Gym accepts no responsibility for damage in shipping. Total Gym does, however, make every effort to facilitate the satisfactory resolution of claims made against delivery agents for damage during shipping. If the package appears to have sustained damage in shipping, or if the equipment appears to have shifted in delivery but no damage is evident, retain the shipping boxes until your product has been fully assembled to ensure there is no functional damage that is not initially visible. In the event of damage during shipping, retaining the shipping boxes helps to facilitate your claim against the shipper. Take photographs of damaged boxes or contents before opening.

PURCHASE RECORD. RETAIN THIS COPY FOR YOUR RECORDS.

Date Purchased _____

Purchased From _____

Model Name: Encompass PowerTower, Part # 5300-04

Serial Number _____

TotalGym.com

Customer Service:
858.586.6080
5225 Avenida Encinas Suite C
Carlsbad CA 92008


TOTAL GYM

TotalGym.com

Customer Service: (858) 586-6080

5225 Avenida Encinas Suite C, Carlsbad CA 92008

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