



# CONGRATULATIONS

Thank you for choosing Total Gym® products and services.

As with all of our products, we trust that your ELEVATE Pull-Up™ will provide you with unsurpassed service and versatility year after year.

Your Total Gym product arrives with some assembly required. In this Owner's Guide, you will find information how to assemble your ELEVATE Pull-Up, 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 ELEVATE Pull-Up, please contact our customer experience department at (858) 586-6080 or email [support@totalgym.com](mailto:support@totalgym.com).

Yours in health,



Jesse Campanaro  
CEO

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# 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 the user is able to participate in an exercise program on this equipment without injury.

- Do not overexert, or allow your clients to overexert using this equipment or while 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 stop the exercise session immediately and ensure that a physician is consulted before resuming any exercise program. (Clinicians and trainers should follow these recommendations if these symptoms are observed.)
- This product is designed and intended for commercial use. Clinicians and trainers should inform users of and monitor their adherence to all safety precautions. Use only as instructed.
- Children should only use the ELEVATE Pull-Up when closely attended and supervised by an adult. Do not leave children or patients unattended on Total Gym equipment.
- Parents and others in charge of children should responsibly monitor children at all times. A child's mental and physical development and above all their temperament should be taken into account while using Total Gym equipment. 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.
- Inspect your Total Gym ELEVATE Pull-Up before each use to ensure proper operation. Check all parts for wear before each use. Do not use your Total Gym ELEVATE Pull-Up 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.
- Before transporting, raise rails to top level. Always lift from the rear base when moving the unit.

- Follow instructions in this Owner's Guide for using the unit. Improper use could result in severe or fatal injury. Your Total Gym ELEVATE Pull-Up must be bolted to the floor on a flat, solid surface with nonskid material underneath. Keep the area around it free from obstructions. The Total Gym ELEVATE Pull-Up is rated at a maximum user weight capacity of 400 lbs [181 kg].

## WARNING

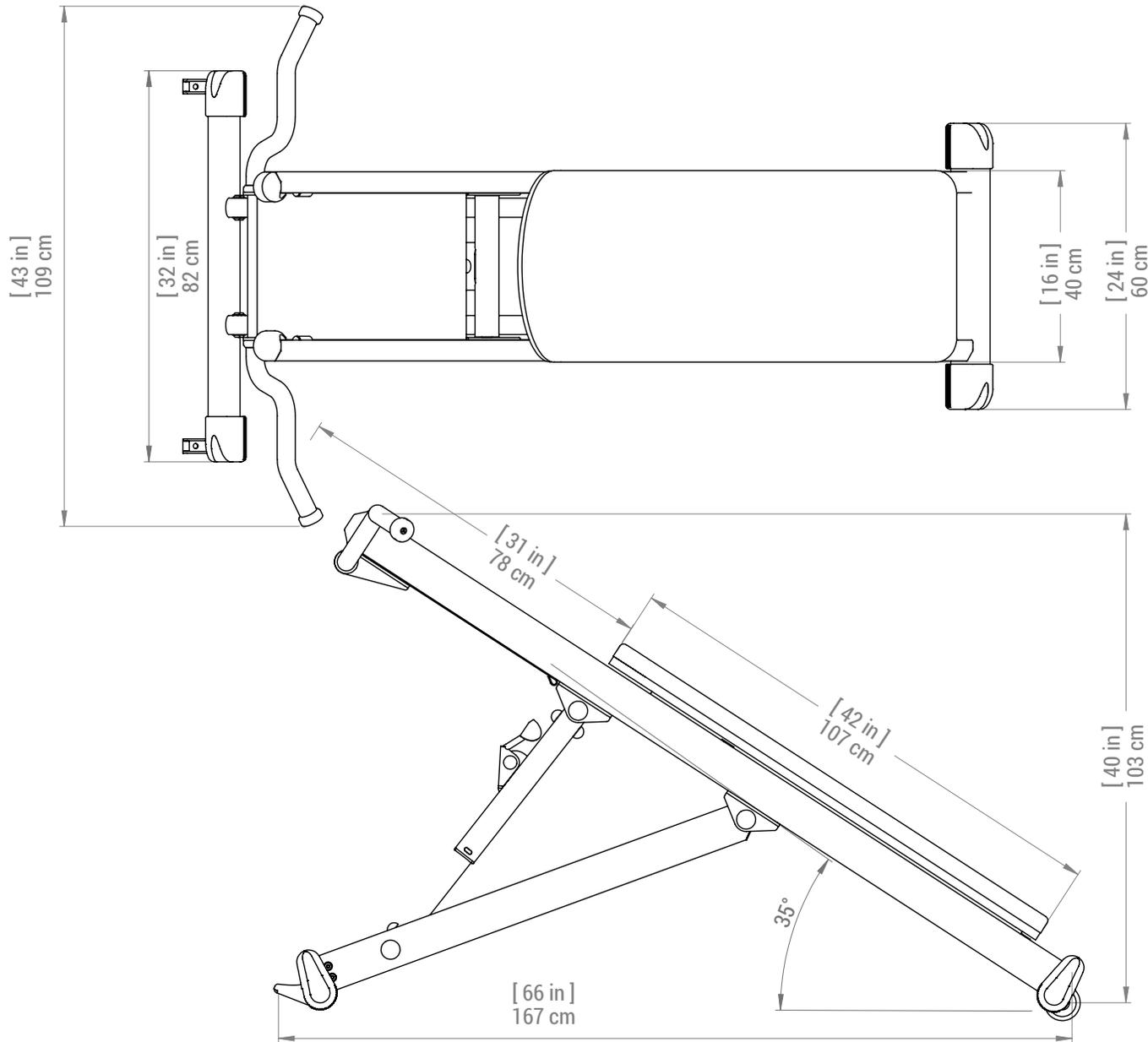
**READ ALL INSTRUCTIONS BEFORE USING TOTAL GYM ELEVATE PULL-UP.**

1. Inspect your Total Gym ELEVATE Pull-Up unit before each use to ensure proper operation. Do not use this equipment unless all moving parts are working properly. Follow all maintenance and care instructions found in this Owner's Guide and on the equipment labels.
2. Close supervision is necessary when the Total Gym ELEVATE Pull-Up is used by or near children, disabled or injured persons.
3. Care should be taken at all times when getting on and off your Total Gym ELEVATE Pull-Up or any exercise equipment. Falling on or off the product could result in injury, or possibly death. Follow the "Getting Started" instructions for using the unit found in this Owner's Guide.
4. Use your Total Gym ELEVATE Pull-Up only for its intended use.
5. Keep fingers, loose clothing and hair away from all moving parts.

# PARTS IDENTIFIER



# SPECIFICATIONS AND LIMITATIONS



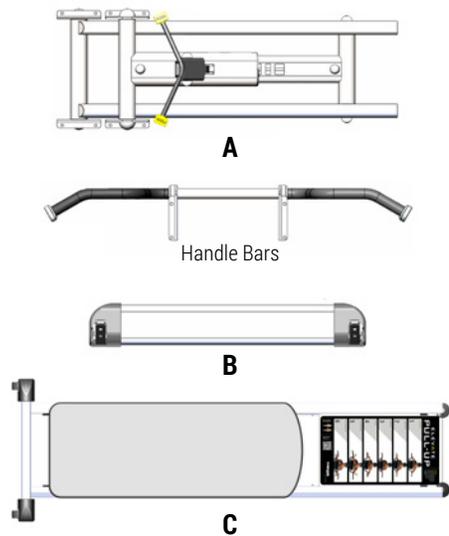
- Glideboard Range of Motion: 31 inches [78 cm]
- Weight Capacity: Maximum user weight capacity of 400 lbs [181 kg]
- Resistance levels vs % of body weight:
 

| Incline Level | 1  | 2  | 3  | 4  | 5  | 6  | 7  |
|---------------|----|----|----|----|----|----|----|
| % BW          | 30 | 35 | 40 | 45 | 50 | 55 | 60 |
- Floor Space: 20 Square Feet [1.8 Square Meter]
- Size: 74" x 43" x 40" (L/W/H) [1.8 m x 1.1 m x 1.0 m]
- Weight: 125 lbs [57 kg]
- Shipping: 80" x 26" x 13.5" [1.9 m x .5 m x .4 m]
- GW 136 lb [63 kg]
- Construction: steel with steel reinforced aluminum rails

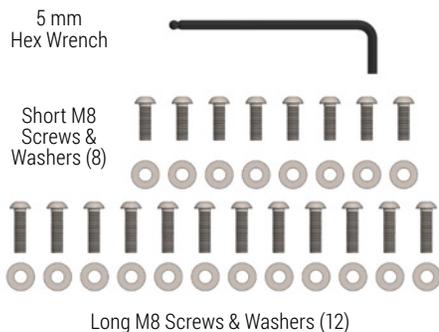
# ASSEMBLY INSTRUCTIONS

## TWO PERSON ASSEMBLY REQUIRED.

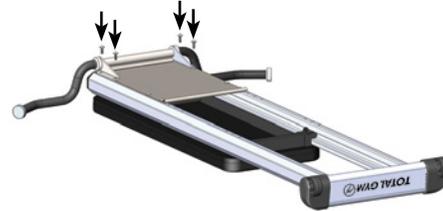
**STEP 1.** Carefully unpack all the parts and the Information & Hardware box at the installation site if possible.



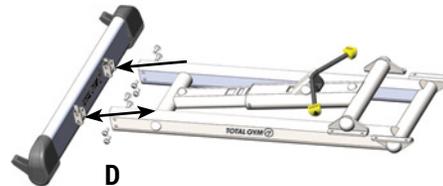
**STEP 2.** Open the Information & Hardware box. Inside there will be:



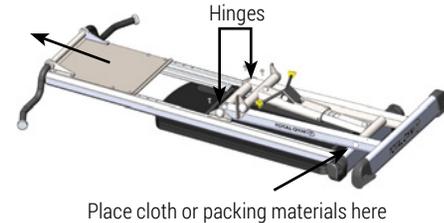
**STEP 3.** Turn Rail & Glideboard assembly upside down and install the Handle Bars using the 5 mm Hex Wrench and four Long M8 screws & washers.



**STEP 4.** Attach **B** to **A** as shown. Using the 5 mm Hex Wrench install all eight Short M8 screws with washers. Do not tighten completely until all eight screws have been installed.

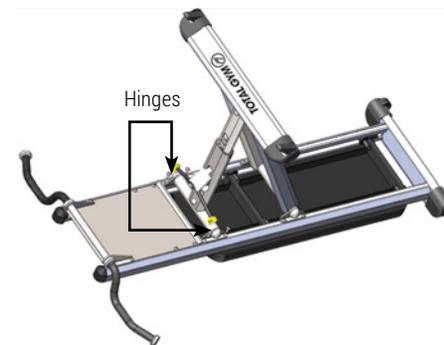


**STEP 5.** Now that you have assembled **A** and **B** to create **D** as shown in **STEP 4**, you will need to take **D** and lay it over the top of **C**. Be sure to place a cloth or packing material between the surfaces.



Using the 5 mm Hex Wrench, attach the hinges on to **C** assembly with four Long M8 screws and washers. Do not tighten any completely until all four screws are installed.

**STEP 6.** While one person holds the Incline Strut up as shown, the other person aligns the rails. Match the letters at each hole to the corresponding letters on the strut so that you know you are connecting the two pieces correctly, and using the 5 mm Hex Wrench install the screws. Do not tighten any completely until all four screws are installed.



**STEP 7.** Turn the unit right-side up and position your ELEVATE Pull-Up in a permanent location then bolt to floor from the Anchor Feet as shown below. **BOLTS NOT INCLUDED.**



# GLIDEBOARD: ROLLER REMOVAL AND ASSEMBLY

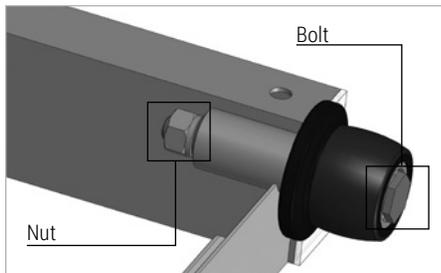
**STEP 1.** Remove the six M6 screws from the Rail End Caps on the top end of the rails with a 4 mm Hex Wrench (not included) and remove the end caps.

**STEP 2.** Roll the glideboard up and out the top of the rails and set it upside down on a clean smooth surface.

**STEP 3.** To remove the rollers use a 13 mm socket wrench and a 13 mm open-end wrench.

Insert socket wrench over the bolt on the outside of the roller as you engage the open-end wrench on the nut on the inside of the frame; turn to unscrew.

**NOTE:** Socket wrench and open-end wrench not included.



**STEP 4.** Replace the rollers as needed and reinstall the bolt and nut.

Tighten just enough so that the wheel can roll but does not slide lengthwise on the axle. **DO NOT OVER TIGHTEN.**

**STEP 5.** Reinstall the glideboard by carefully and slowly rolling it back into the rails.

**STEP 6.** Replace the Rail End Caps on the rails and insure all 6 screws are tight.

## GETTING STARTED

As a facility offering the use of a ELEVATE Pull-Up to customers, or as a personal user of the product, you (as owner of the product), assume the responsibility to become familiar with the guidelines relative to safe use of the product and to convey these guidelines to all users. Read all safety, warnings and usage instructions before using the ELEVATE Pull-Up. Care and maintenance for this product are included to promote safe, enjoyable and prolonged use of this equipment.

When using your ELEVATE Pull-Up, wear athletic shoes and comfortable lightweight clothing. Before you begin, check to ensure that all parts are in place and working properly. Remember to control the glideboard at all times, particularly when getting on or off your ELEVATE Pull-Up.

### **⚠ WARNING**

Always control the glideboard while using your Total Gym ELEVATE Pull-Up. ELEVATE Pull-Up is rated at a maximum user weight capacity of 400 lbs [181 kg].

# EXERCISE INSTRUCTIONS

Follow the instructions on the placard as illustrated by performing the desired number of sets and repetitions appropriate for the skill and level of difficulty.

## INCLINE BODYWEIGHT PULL-UP

**STEP 1.** Select appropriate incline level.

**STEP 2.** Facing machine, slide glideboard up rails and lie down; top edge of glideboard should be about eye-level.

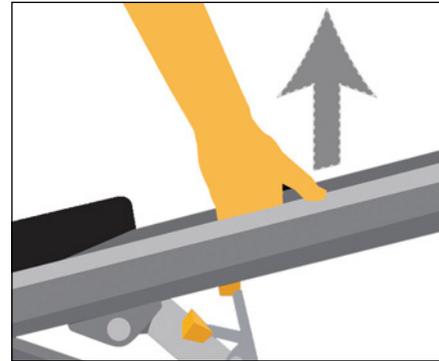
**STEP 3.** Grasp bar using the desired hand grip position.

**STEP 4.** Pull yourself and glideboard up rails. Then lower yourself back to starting position.



## INCREASE RESISTANCE

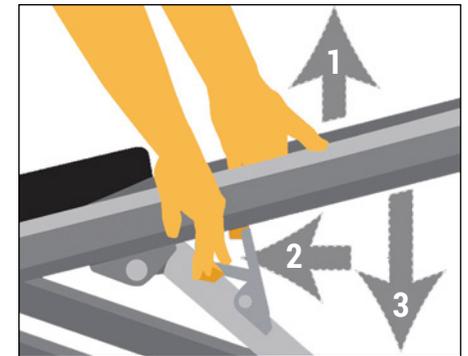
To increase resistance, raise rails to desired level.



## DECREASE RESISTANCE

To decrease resistance, lower rails to desired level.

1. Lift rails slightly
2. Push lever down
3. Lower to desired level



# MAINTENANCE AND CARE

Your ELEVATE Pull-Up unit will offer you 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. Clean rail surfaces on a regular basis with a noncorrosive cleaner like soap and water or waterless cleaner or just wipe clean with a dry towel. Some black powder residue is normal on the inside of the rails. All other parts can be cleaned the same way or antibacterial wipes may be used.

**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. Use a non oil-based window cleaner on the glideboard material. DO NOT USE ARMOR ALL® OR LIKE SUBSTANCES. These will make the glideboard slippery. Wipe down your ELEVATE Pull-Up 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 the glideboard does not roll smoothly, clean rails and wheels thoroughly with a soft lint-free cloth.

### WEEKLY

1. Wipe down rails with a non-corrosive, no alkaline, no alcohol cleanser.
2. Clean all surface areas for aesthetics.
3. Check all screws. Fasten to ensure they are installed correctly and tightened.
4. Check all pads for wear and replace as needed.

### MONTHLY

1. Visually inspect the rollers. Clean any debris accumulated on the roller.
2. Inspect rubber stoppers.
3. Replace all parts that show signs of wear. Contact Customer Service in USA at 858-586-6080 or email [support@totalgym.com](mailto:support@totalgym.com). For international customers, 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
- Rubber and Moving Parts – 1 year
- Upholstery - 90 days

## LIMITED WARRANTY

**IMPROPER USE OF ELEVATE PULL-UP:** Defects or damage that result from improper use 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: ELEVATE Pull-Up, Part # 5800-B1

Serial Number \_\_\_\_\_

TotalGym.com

Customer Service:

858.586.6080

5225 Avenida Encinas Suite C

Carlsbad CA 92008

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