

A photograph of three people exercising with resistance bands. In the foreground, a woman with dark hair, wearing a pink and white striped tank top, is smiling broadly while pulling on a black resistance band. Behind her, a man in a green tank top is also smiling and pulling on a band. In the background, another man is partially visible, also engaged in the exercise. The setting appears to be an outdoor or semi-outdoor gym area with a blurred background.

total gym[®]

moving **YOU** since 1974



YOU

community

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"It's helped

"Everyone

HOME

4 million strong

REHABILITATION

2.1 million patients per month

COMMERCIAL FITNESS

3 million GRAVITY® workouts per year

Inspiring achievement...
physically,
mentally,
emotionally,
economically.



"It's so much fun." **JUDY** "I dropped 140 pounds." **JENN**
"Total Gym is a huge success in both our physical therapy and gym areas." **STEVE**
"has tripled in the last two months! Our members say they love GRAVITY." **COLLEEN** "Wow I
love using bodyweight training." **TODD** "GRAVITY toppled the other three group training programs offered at our club." **HEID**
"gung with the help of Total Gym." **D. SMITH** "The ultimate teaching experience. I can train four clients at once." **ALAN** "Total
out in the mirror and can't believe it's me. Total Gym has totally changed our lives." **REBECCA**
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away with a success story." **C. YOUNG** "The workout I get is unbelievable...best investment I've ever made." **JOANNI**
"The most versatile piece of equipment I have in my clinic." **BRUCE** "I look forward to each

A name synonymous with success.

total gym[®]

YOU

connected.



"The Total Gym PowerTower is valuable for helping athletes overcome injuries safely and quickly...with an infinite range of resistance, we can easily track and positively reinforce to an athlete that he is making progress. This often motivates the athlete while maintaining a safe rehab environment."

ALEX DRUMMOND
HPC REGISTERED CLINICAL
PHYSIOTHERAPIST
& HEALTH PRACTITIONER
DRUMMOND EDUCATION MAIDENHEAD_UK

"I love using the Total Gym System. I have been using it for the last 15 years and it's always my first choice when I go onto the more advanced and intricate exercises as my clients progress. The beauty is the seamless ability to train two or more people at completely different fitness levels at the same time, whilst giving both of them a workout at 99.9 % of their physical capabilities. World class athletes, grandmothers, and anyone in between can get the same benefit. That's what I call genius equipment."

DAVID MARSHALL
BODY DOCTOR
LONDON_UK

"The Total Gym GTS is a superb piece of equipment mainly because of its ability to affect so many different muscle groups simultaneously. I've used this equipment successfully with clients, on the Biggest Loser and ensured my new personal training studio has them because they work."

RICHARD CALLENDER
DIRECTOR, EXCLUSIVE TRAINING LIMITED
BIGGEST LOSER UK

Total Gym has been moving YOU for nearly four decades—your clients, your outcomes, your adaptability, your bottom line...connecting physical therapists, athletic trainers, fitness professionals and home users in a circle of referral that builds lasting provider-client relationships and exceptional physiological results.

REHABILITATION SINCE '86

As a staple provider to more than 14000 clinical customers, Total Gym specialises in functional bodyweight training equipment that allows clinicians to build injury-specific treatment protocols and training modalities that can accelerate successful patient outcomes.

Whether clients are returning to normal function after injury, maintaining a conditioning regimen or striving to boost high-performance capabilities, Total Gym provides the versatility to meet each of these demands—and gain client loyalty.

Lisa Bradford, PT, DPT, and President of Ascent Therapy Clinic says, "It's become a two-way referral source for us. When clients' physical therapy benefits expire, Total Gym's GRAVITY programme transitions them seamlessly into fitness—and still allows us to monitor them."

HOME SINCE '96

While Total Gym kicked-off in 1974 with door-to-door marketing, it was in 1996 that Total Gym began its 15-year association with American Telecast Products, LLC which successfully launched the Total Gym brand into the consumer market, making Total Gym a household name. The popular television infomercial featuring long-time friend and user Chuck Norris and Christie Brinkley is currently the longest running infomercial in history, selling over four million units.

Total Gym customer Kevin Murphy wrote to tell us, "I first used Total Gym during physical therapy and I was sold. Great home gym. I discovered muscle I didn't know I had."

Surveys show 76% retention with user testimonies boasting personal achievement in rehab, weight loss, reconditioning and performance training—starting at any age or fitness level.

COMMERCIAL FITNESS SINCE '03

Total Gym's multi-purpose bodyweight trainer is the anchor for its GRAVITY programme operating in 23 countries. Launched in 2003, GRAVITY® fast became a versatile programming paradigm for time-efficient, choreographed strength classes, multi-client personal training and Pilates.

As larger facilities dedicate more floor space and smaller facilities specialize in programmes such as indoor boot camps, small group personal training and open functional training areas, Total Gym supplies products and programmes that strengthen these in-club offerings.

Lorraine Young, Fitness Director at Edinburgh Leisure says, "The overall member response is, 'WOW. I can't believe this workout!' Everyone who gets on it is amazed at what they can do, that can't be done on any other piece of equipment."

total gym



YOU

performance.

BODYWEIGHT TRAINING

PowerTower®
GTS®
Sport™
XLS®

When it comes to moving YOU, the Total Gym family of products is all business. Each piece is designed to fuel and fortify optimal human function, adaptability, progression and performance.

REACTION TRAINING

PlyoRebounder®

Total Gym products embrace bodyweight training that promotes movement in and through the cardinal planes; plyometric, acceleration and deceleration training; neuromuscular stimulation of the proprioceptors; explosive movement; and calibrated partial loading for rehabilitation of injured joint(s).

MOBILITY TESTING

Functional Testing Grid®

FITNESS PROGRAMMES

GRAVITY®

Total Gym...all about moving YOU.
Your performance.
Your success.



total gym®

Incline Bodyweight Trainers

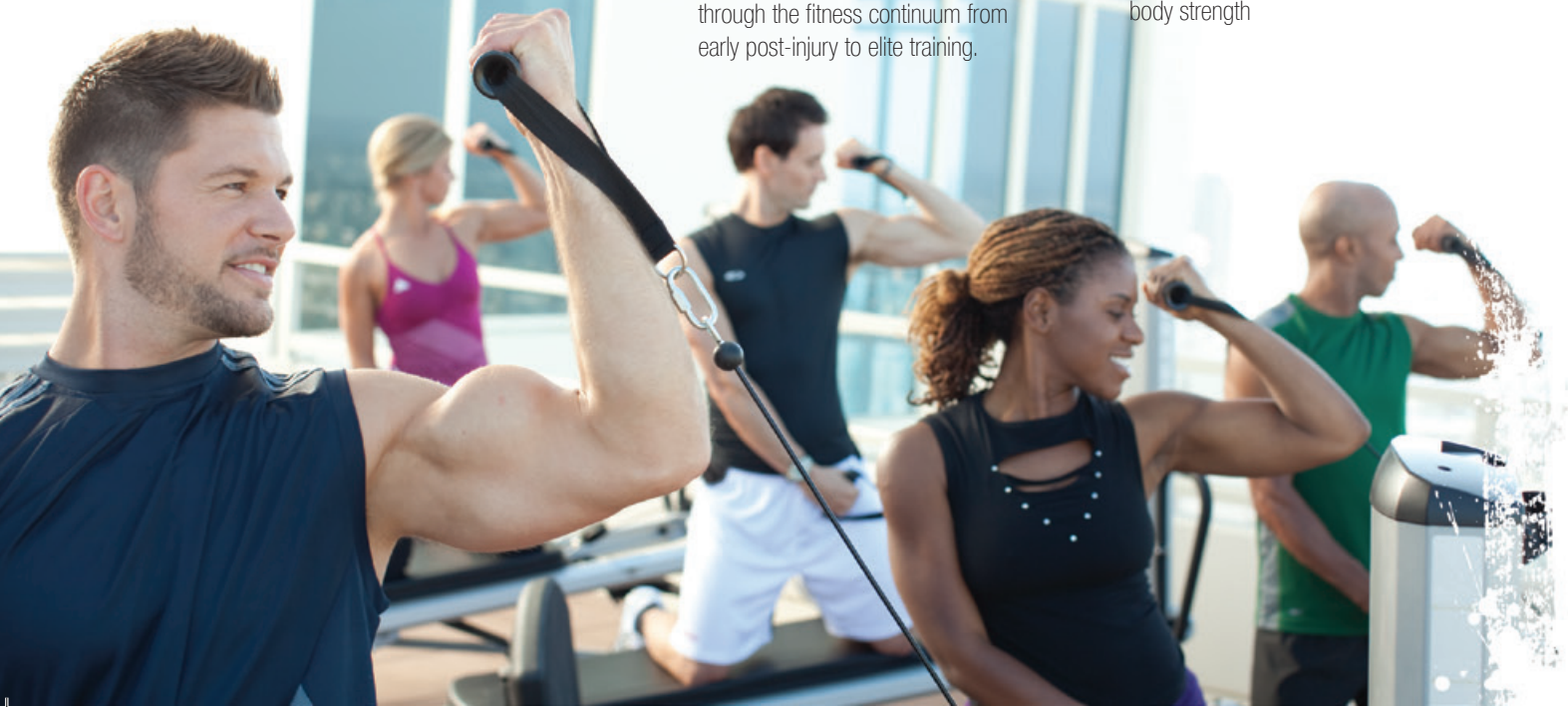
"I use the Total Gym PowerTower with clients every day. Yes, every day. And never the same as the day before. I can use it with clients coming back after a layoff, with someone new to fitness, with a seasoned gym goer or a veteran athlete. I use it during my own workouts as well."

ADAM NAYLOR
THE KENSINGTON STUDIO

Total Gym yields outstanding results at every level, serving more than 15 million people every year with excellence in product design and functionality.

Functional exercise recreates and strengthens the way your body executes daily physical activities and stores those functions in your muscle memory. Delivering the optimum functional training experience, Total Gym incline bodyweight training recruits multiple muscle groups in synergy and allows you to train more productively. The result is full body conditioning through the fitness continuum from early post-injury to elite training.

- Closed-chain partial loading of the joints
- Work in all three cardinal planes plus multi-plane (3-D) movement
- Unrestricted range of motion
- Trains proprioceptors & prime stabilisers
- Activity-specific work hardening, including sports-specific movement
- Explosive plyometric training for upper & lower extremities
- Full body support, joint friendly, non-compressive
- Over 200 exercises & variations
- Pilates evolved training & education
- Reliable tool for assessing lower body strength



HIGHLIGHTS

Resistance Levels	1% to 72% of bodyweight 26 calibrated incline levels, with infinite adjustment between levels
Squat Stand Storage	Three height levels Hydraulic lift assists folding Rolls upright
User Height Capacity	Up to 6'5" (2.0 m) Maximum total 650 lbs (295 kg) User weight 350 lbs (160 kg)

PRODUCT SPECIFICATIONS

In Use	108" x 38" x 80" [L/W/H] (2.7 m x 1.0 m x 1.7 m)
Folded	20" x 38" x 65" [L/W/H] (.5 m x 1.0 m x 1.7 m)
Power	110-220 VAC 50-60 Hz
Unit Weight	218 lbs (99 kg)
Rail Construction	Steel reinforced extruded aluminum rails

PowerTower[®]



The Total Gym PowerTower allows incremental load changes during exercise, providing the utmost versatility for high-performance sports-specific conditioning, athletic training and rehabilitation.

1. Remote control handles allow touch-control level adjustments while exercising.
2. Adjustable glideboard promotes optimal spinal alignment and training variations.
3. Automatic rail locks allow for explosive plyometric jumping.
4. Multiple centre-pulley attachment points 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.



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HIGHLIGHTS

Resistance	1% to 62% of bodyweight
Levels	22 calibrated incline levels, with release lever to lock rails into place
Squat Stand	Three height levels
Storage	Hydraulic lift assists folding Rolls upright
User Height	Up to 6'5" (2.0 m)
Capacity	Maximum total 650 lbs (295 kg) User weight 350 lbs (160 kg)

PRODUCT SPECIFICATIONS

In Use	108" x 38" x 69" [L/W/H] (2.7 m x 1.0 m x 1.5 m)
Folded	20" x 38" x 56" [L/W/H] (.5 m x 1.0 m x 1.5 m)
Unit Weight	180 lbs (83 kg)
Rail Construction	Steel reinforced extruded aluminum rails

GTS®

The Total Gym GTS is the award-winning equipment anchor for GRAVITY®, the time-efficient, personal training, group fitness and Pilates programme that is generating excitement and new revenue in commercial facilities around the world.

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 centre-pulley attachment points 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.



HIGHLIGHTS

Resistance	1% to 57% of bodyweight
Levels	20 calibrated levels of incline, with release lever to lock rails into place
Squat Stand	Three height levels
Storage	Hydraulic lift assists folding Rolls upright
User Height	Up to 6'5" (2.0 m)
Capacity	Maximum total 650 lbs (295 kg) User weight 350 lbs (160 kg)

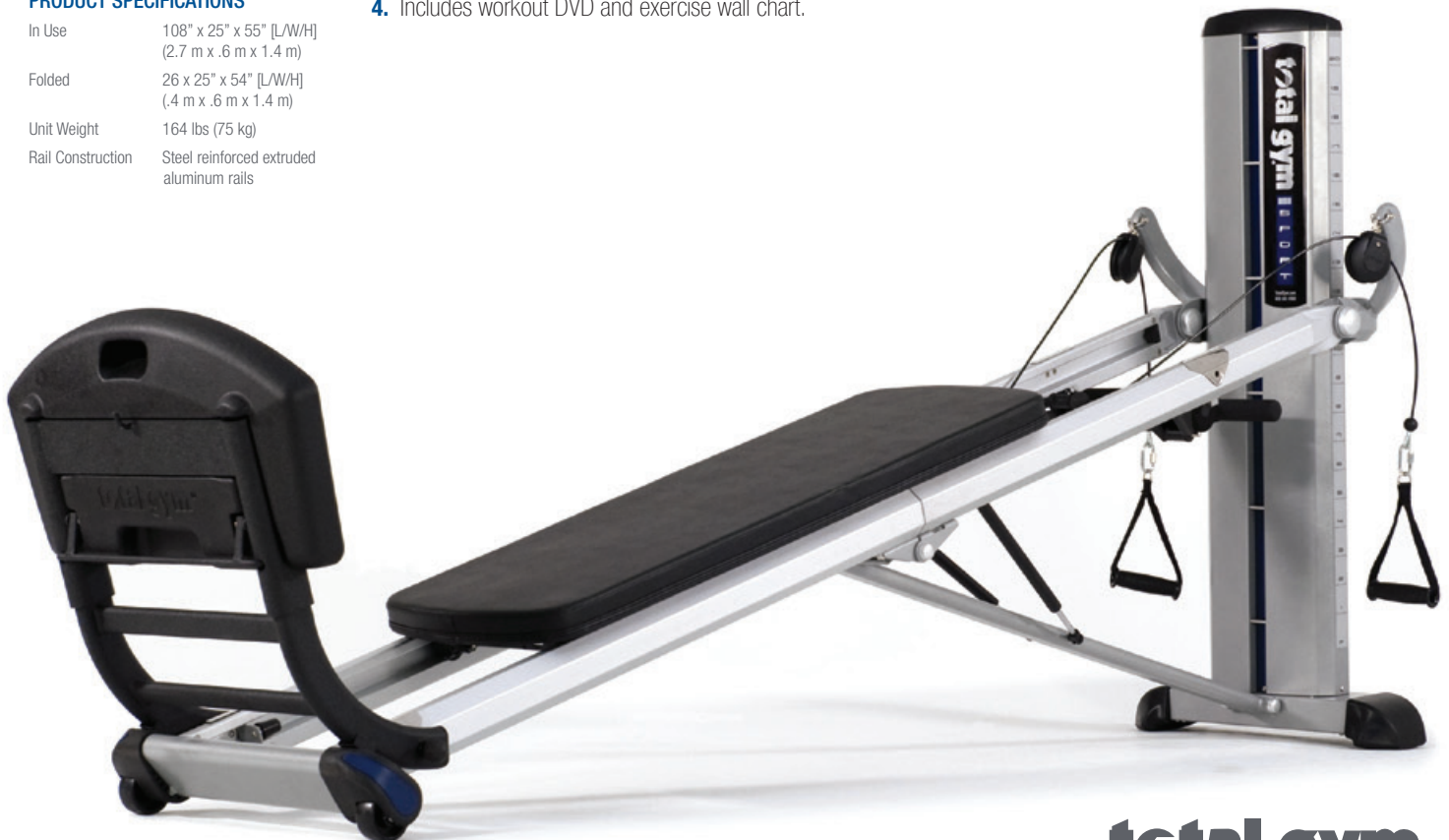
PRODUCT SPECIFICATIONS

In Use	108" x 25" x 55" [L/W/H] (2.7 m x .6 m x 1.4 m)
Folded	26 x 25" x 54" [L/W/H] (.4 m x .6 m x 1.4 m)
Unit Weight	164 lbs (75 kg)
Rail Construction	Steel reinforced extruded aluminum rails

Sport™

The Total Gym Sport is the newest addition to the Total Gym incline bodyweight trainer line-up. Designed for small footprint commercial facilities, studios and in-home training.

1. Hydraulic rail lift assists level changes and easy two-step folding.
2. Automatic rail locks allow for explosive plyometric jumping.
3. Multiple centre-pulley attachment points double arm-cable load and increase lower extremity ROM.
4. Includes workout DVD and exercise wall chart.



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HIGHLIGHTS

Assembly	No assembly required
Exercises	Over 80 exercises
Handles	Flexible nylon straps
Glideboard	Extra padded
Capacity	400lb weight capacity (182kg)

PRODUCT SPECIFICATIONS

In Use	90" x 19" x 43" [L/W/H] (3.1 m x .7 m x 1.5 m)
Folded	51" x 19" x 9" [L/W/H] (1.3 m x .7 m x 1.5 m)

XLS®

The Total Gym XLS® home model follows the Total Gym professional standard for fitness excellence. It comes complete with a total system of workouts and workout tools to take all the guesswork out of getting into shape. Our top of the line home model demonstrates the highest quality gym with unbeatable savings. Discover how easy it is to get fit and stay in shape with the Total Gym XLS home gym!

1. Included Workouts: Start It Up! Instructional DVD, 6-8 Minute Workouts DVD, Smart Training DVD, Pilates for Total Gym DVD, Body Makeover DVD, Dan Isaacson's Nutritional Programme & Meal Plan
2. Included Accessories: Pilates Kit, Training Deck, Upgraded Squat Stand, Wing Attachment, Leg Pulley Accessory



Strength Accessory Package

Maximise your workouts with incline bodyweight training accessories for a total body workout!

Our Strength Accessory Package takes basic exercises to the next level in safe positions for correct biomechanics. One machine, three accessories. A total body workout producing optimum results.



Pressbar



Weight Bar



Scrunch

Pilates Accessory Package

Inhale... Exhale... Ahh the perfect addition.

Add the full functionality of Pilates to your Total Gym incline bodyweight trainer with this comprehensive Pilates Accessory Package.



Telescoping Toe Bar



Standing Platform



Leg Pully System

Additional Accessories



Dip Bars



Squat Handle Bars



Slide Distance Regulator



Support Wedge Pillow

PlyoRebounder

The Total Gym PlyoRebounder allows for controlled, consistent medicine ball training, promoting explosive power, balance and coordination, and the ability to work progressively from rehab to high-intensity athleticism. A tough, versatile, multi-faceted tool, PlyoRebounder develops slow or quick twitch proprioceptive response in upper and lower body agility training, encourages core stabilization in safe positions for the spine, trunk and extremities and improves dynamic rhythmic stabilization of the involved joint(s).

1. Features eleven positions, 5° apart, from flat* to 55° tilt.
2. Second welded ring protects springs from direct hits during heavy Plyo Ball usage, expanding the range of reaction training exercises.
3. Folds and rolls for easy transport
4. Loaded Olympic plate weight** receptacles keep the PlyoRebounder stationary during use.

** Not recommended for unassisted, high-intensity running/jogging workouts*

*** Medicine balls available for purchase separately or as part of a total package. Olympic weights not included.*

PRODUCT SPECIFICATIONS

Weight Limit	220 lbs /100 kg Light jumping or jogging*
In-use Size (max)	48" x 40" x 42" [L/W/H] 122 x 102 x 107 (cm)
Folded Size	45" x 40" x 9" [L/W/H] 115 x 101 x 23 (cm)
Unit Weight	74 lbs; 34 kg

AVAILABLE MEDICINE BALL** WEIGHTS & SIZES

1 kg, 19cm diameter
2kg, 19cm diameter
3kg, 20.5cm diameter
4kg, 22.5cm diameter



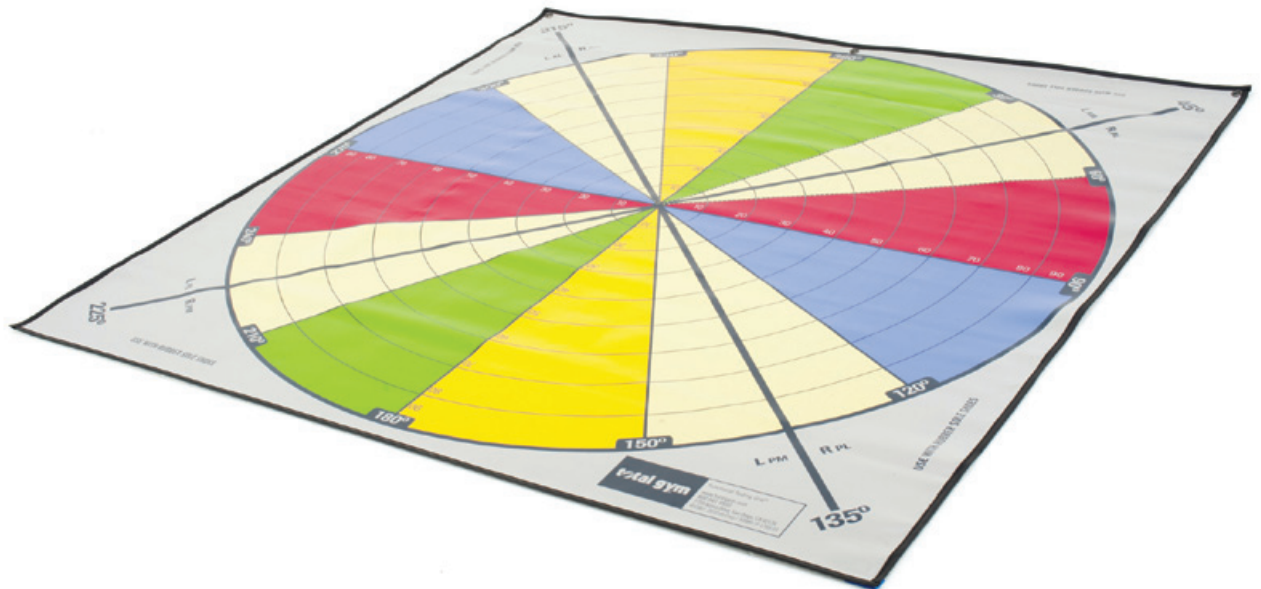
Functional Testing Grid®

The versatile, easy-to-use Total Gym Functional Testing Grid provides fast, accurate feedback for you and your clients when assessing functional mobility. It assists in the development of both gross and fine motor skills and helps clients gain functional aptitude.

1. Colour markers along with calibrated gridlines provide easy visual references for instructing neurologically impaired, elderly and pediatric clients. The markers assist in both internal directional motor patterning and diagonal motor planning and control. You can consistently reproduce movement patterns with the ability to assess and record valid outcomes for comparison against previously recorded benchmarks.
2. On the wall, the Functional Testing Grid offers a wide variety of movement exercises that assist clients toward improved shoulder range of motion, speed of upper extremity movement and development of eye-hand coordination.
3. On the floor, the Functional Testing Grid facilitates a wide variety of isolated exercise testing for striding, stepping and balancing, as well as for more dynamic skills such as toe touching around the grid area and ball rolling for dynamic proprioceptive testing.

PRODUCT SPECIFICATIONS

Dimensions	73" x 9" x 9" [L/W/H] (1.85m x 22.9 x 22.9)
Shipping Weight	13 lbs 6kg
Construction	Heavy-duty vinyl with non-slip backing





YOU
unstoppable.

GRAVITY®

"This is a goldmine. It's minimal investment and produces, almost immediately, income right to the bottom line. I chose GRAVITY because it was a different approach to exercise . . . and members have just been excited to do it everyday."

VIKKI HEATH
OWNER RURAL SPACE
SHREWSBURY_UK

"I've had a Total Gym for years and it was the only equipment that worked for me. I'm so happy these commercial models are now available for the industry, so much so I've advised my gym to put five in, which they've done!"

PETE COHEN
TV PRESENTER AND
MOTIVATIONAL SPEAKER

"We've seen a 50% increase in our revenue since we brought in GRAVITY. In four months, it's almost paid for itself. Members love that it's 35 minutes, total body conditioning, affordable and they can do it with their friends."

RICHARD COMLEY
MANAGER DOLPHIN FITNESS CLUB
LONDON_UK

GRAVITY is Total Gym's premier turn-key fitness programme that can drive revenue to the bottom line of your business by optimising your trainers' time and expertise. Offering unparalleled programme variety, GRAVITY attracts members, creates enthusiasm and puts Total Gym equipment to maximum use through three main components.

EDUCATION

Initial 2-day comprehensive onsite training for instructors and staff

- Complete exercise library and programme design strategy
- Implementing small group, choreographed workouts for strength and endurance
- Revenue model for 1 to 1 and multi-client personal training
- Presenter mastery
- GRAVITY Launch plan and assistance

Additional programmes available

- Pilates, full mat and reformer repertoire
- Children and teens
- Deconditioned, all ages
- High-performance athletes
- Post-rehab patients
- Fifty-plus and active

PROGRAMME DEVELOPMENT

GRAVITYClubhouse®—exclusive online support community

- Downloadable templates for ad campaigns, posters, flyers, press releases, calendars, coupons and more
- Promotional merchandise for publicizing GRAVITY in your facility
- Free video workouts, exercise sequences and progressions, regularly updated

New DVD programming produced quarterly supported by online video progressions and onsite workshops

TOTAL GYM EQUIPMENT

- PowerTower®
- GTS®
- Sport™

Visit TotalGym.com for updates on our GRAVITY Foundation Course schedules, the latest DVD titles and to join GRAVITYClubhouse.



total gym

YOU

enterprise.

"The Total Gym GTS is the best multi-gym unit I have ever seen. It's perfect for the home, in clubs and for all user demographics."

NIKKI WATERMAN
THE SUN NEWSPAPER

OUR MISSION

Total Gym is driven by the desire to effect a positive change in the lives of the people it touches.

MARKED BY

Trustworthiness
Honor
Excellence
Passion
Discipline
Innovation
Fun

OUR PROMISE

We deliver results that change lives.



total gym

“It’s so much fun.” **JUDY**

“I dropped 140 pounds.” **JENN**

Total Gym is a huge success in both our physical therapy and gym areas. Attendance has tripled in the last two months! Our members say they love GRAVITY.” **COLLEEN**

“I love using bodyweight training.” **TODD** “GRAVITY toppled the other three group training programs offered at our clinic. I plan to stay young with the help of Total Gym.” **D. SMITH** “The ultimate teaching experience. I can train four clients at once.” **ALAN**

“I can’t look at myself in the mirror and can’t believe it’s me. Total Gym has totally changed our lives.” **REBECCA**

“The revenue from GRAVITY has more than paid for itself” **LISA** “It is the most cost effective equipment we’ve ever used.”

“GRAVITY has increased the scope of what our personal trainers do. The functional training is a huge benefit.”

“I’ve helped a guy in his mid-50s get back to enjoying life.” **TOM** “I couldn’t do what I do without Total Gym in my clinic. Everyone walks away with a success story.” **C. YOUNG**

“The workout I get is unbelievable...best investment I’ve ever made.”

“The most versatile piece of equipment I have in my clinic.” **BRUCE** “I look forward to using it every day.”



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