

⚠ WARNING

MAKE SURE HEIGHT ADJUSTMENT PIN IS LOCKED IN PLACE BEFORE BEGINNING EXERCISES.

⚠ WARNING

BEFORE USING, INSERT SAFETY HITCH PIN THROUGH THE HOLE ON THE RIGHT SIDE OF THE HEIGHT ADJUSTMENT ASSEMBLY.

ARM PULLEY/CABLE ASSEMBLY

CABLE

HANDLES

VERTICAL COLUMN

⚠ WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL AND VIDEO MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 375 LBS. REPLACE THIS LABEL IF DAMAGED, ILLEGIBLE OR REMOVED. FOR HOUSEHOLD USE ONLY, NOT INTENDED FOR COMMERCIAL USE. CALL CUSTOMER SERVICE AT 1-800-322-7096 FOR REPLACEMENT LABEL, MANUAL, VIDEO OR QUESTIONS.

⚠ WARNING

CRUSH HAZARD. KEEP HANDS CLEAR DURING FOLDING.

located on center support rail and top rails

⚠ CAUTION

KEEP HAIR, FINGERS, LOOSE CLOTHING, PETS, AND CHILDREN AWAY FROM HINGES AND OTHER MOVING PARTS TO AVOID SERIOUS INJURY. ALSO, BE SURE TO HAVE ALL PINS LOCKED IN PLACE BEFORE GETTING ON YOUR TOTAL GYM™ TO AVOID SEVERE INJURY.

TRAINING DECK WITH HOLDER

HEIGHT ADJUSTMENT ASSEMBLY

HEIGHT ADJUSTMENT QUICK RELEASE PIN (GREEN KNOB)

SPRING LOADED PIN (BLACK KNOB)

SAFETY HITCH C PIN inserted into side hole located directly below height adjustment assembly on vertical column

GLIDEBOARD HOOK attached arm pulley cable & top pulley rope to hook underneath glideboard

⚠ WARNING

PINCH POINT. KEEP HANDS AWAY FROM THE FENDER.

Top and bottom of fenders, both sides. To avoid pinching, place hands on glideboard

GLIDEBOARD

SQUAT STAND

BACK CROSSBAR

TUBE ROLLERS

CENTER SUPPORT RAIL

FENDER

WEIGHT BAR HOLE weight bar not included

RECEPTACLES

TUBE CAPS

BOTTOM OUTER RAILS

FRONT CROSSBAR

STABILITY MATS

⚠ CAUTION

REMOVE SQUAT STAND FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

Apex Gym Manual

RD Boyd



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Table of Contents Apex Gym Manual

1. Understanding the eBook Apex Gym Manual
 - The Rise of Digital Reading Apex Gym Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Apex Gym Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Apex Gym Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Apex Gym Manual
 - Personalized Recommendations
 - Apex Gym Manual User Reviews and Ratings
 - Apex Gym Manual and Bestseller Lists
5. Accessing Apex Gym Manual Free and Paid eBooks
 - Apex Gym Manual Public Domain eBooks

- Apex Gym Manual eBook Subscription Services
- Apex Gym Manual Budget-Friendly Options
- 6. Navigating Apex Gym Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Apex Gym Manual Compatibility with Devices
 - Apex Gym Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Apex Gym Manual
 - Highlighting and Note-Taking Apex Gym Manual
 - Interactive Elements Apex Gym Manual
- 8. Staying Engaged with Apex Gym Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Apex Gym Manual
- 9. Balancing eBooks and Physical Books Apex Gym Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Apex Gym Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Apex Gym Manual
 - Setting Reading Goals Apex Gym Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Apex Gym Manual
 - Fact-Checking eBook Content of Apex Gym Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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