

⚠ 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

S Marginson



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web definition of diphthong diphthong is a union of two vowel sounds in one syllable prof sweet there are four common
diphthongs i e i ow oi u found in the sentence i now enjoy music the diphthongs i and oi are written in the first place and ow
and u are written in the third place