

⚠ 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

Howard McMinn



Apex Gym Manual:

Manual of the Mosses of North America Leo Lesquereux, Thomas Potts James, 1884 Taxonomie und Nomenklatur Nordamerika Moose **Basic Field Manual** United States. War Department, 1941 *A Manual of zoology for the use of students* Henry Alleyne Nicholson, 1883 Manual of the mosses of North America, by L. Lesquereux and T.P. James Charles Léo Lesquereux, 1884 A Manual of the Diagnosis and Treatment of the Diseases of the Eye Edward Jackson, 1899 **A Manual of Trees, Shrubs and Vines of Mills College Campus** Howard McMinn, 1919 **Manual of Cultivated Plants; a Flora for the Identification of the Most Common Or Significant Species of Plants Grown in the Continental United States and Canada** Liberty Hyde Bailey, 1924 THE REST OF THE TRUTH Pamela Harrelson, 2019-11-14

Seasoned personal trainer Pamela Harrelson offers readers much needed inspiration and up to date information This is NOT a diet book Unique and original to other health and fitness books The Rest of the Truth focuses with great passion and academic facts on what it takes to maintain weight loss after a dramatic drop whether from a surgical procedure or otherwise and how to reverse self destructive eating behaviors in order to take control of your body brain and your life After studying at the LSU Medical School she would later complete a comprehensive study on metabolism and genetics which she includes in her book As a result of 23 years of personal training she gives insights into moderate results oriented exercise Also there is an interesting informative chapter on How To Find a Personal Trainer which she felt compelled to write after years in the business Because of her overall surgery experience Harrelson is neither for nor against Bariatric procedures Presently a substantial number of five and ten year post op patients have re gained much of their weight loss which truly ignites her passion to help them and others Second Edition Many Revisions Since 2009 **A Manual and Dictionary of the Flowering Plants and Ferns: The classes, cohorts, orders, and chief genera of phanerogams and ferns** John Christopher Willis, 1897 A Manual and Dictionary of the Flowering Plants and Ferns John Christopher Willis, 1904

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