

⚠ 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

Puja Mehta



Apex Gym Manual:

The book delves into Apex Gym Manual. Apex Gym Manual is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Apex Gym Manual, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Apex Gym Manual
- Chapter 2: Essential Elements of Apex Gym Manual
- Chapter 3: Apex Gym Manual in Everyday Life
- Chapter 4: Apex Gym Manual in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Apex Gym Manual. This chapter will explore what Apex Gym Manual is, why Apex Gym Manual is vital, and how to effectively learn about Apex Gym Manual.
3. In chapter 2, this book will delve into the foundational concepts of Apex Gym Manual. The second chapter will elucidate the essential principles that must be understood to grasp Apex Gym Manual in its entirety.
4. In chapter 3, this book will examine the practical applications of Apex Gym Manual in daily life. This chapter will showcase real-world examples of how Apex Gym Manual can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Apex Gym Manual in specific contexts. This chapter will explore how Apex Gym Manual is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Apex Gym Manual. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Apex Gym Manual.

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