

FitnessQuest
Inc.[®]
Dedication to Quality

Fitness Quest warrants this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions. See Limited Warranty Card for details.

If you have any comments or questions contact our Customer Service Department, toll free at 1-800-321-9236, Monday through Friday, 9:00 am to 5:00 pm, EST.

Please record the following information and keep for reference.

Serial #: _____

Date Of Purchase: _____

Save your sales receipt.
(You may wish to staple it into this manual.)

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9/1/04

OWNER'S MANUAL

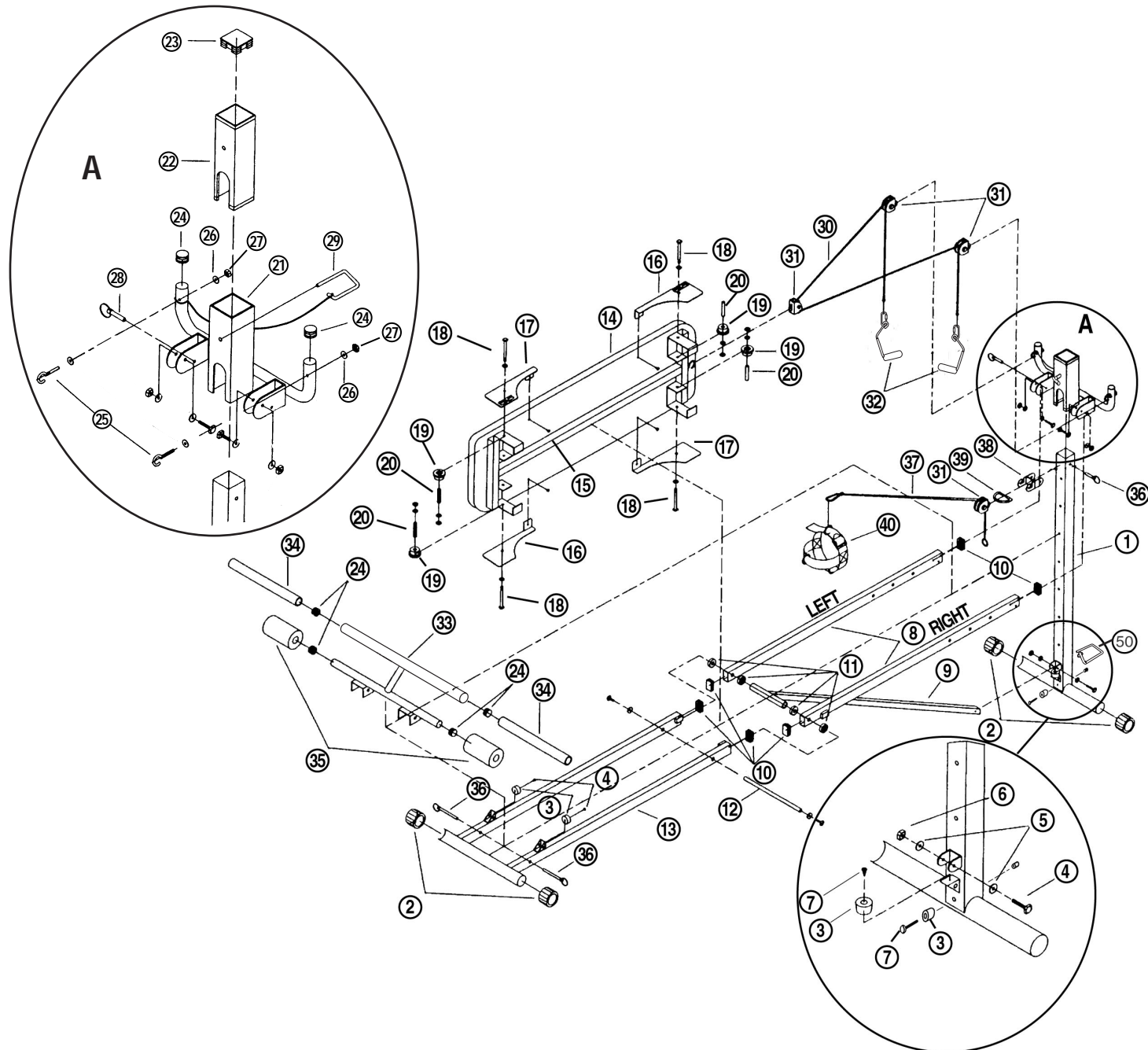
• For Maximum
• Effectiveness and
• Safety, Please Read
• This Owner's Manual
• Before Using Your
• Total Gym 1100.



total gym. 1100
exercise system

TOTAL GYM® PARTS LIST

PART #	PART DESCRIPTION	QTY.	PART #	PART DESCRIPTION	QTY.	PART #	PART DESCRIPTION	QTY.
1	Vertical Column	1	16	Left Fender	2	31	Pulley Assembly	4
2	Tube Rollers	2	17	Right Fender	2	32	Handle Assembly	2
3	Stoppers	4	18	Fender Bolts	4	33	Multi Function Attachment	1
4	Screws	3	19	Wheels	4	34	Grips	2
5	Washers	14	20	Wheel Spacer Tube	4	35	Foam Pads	2
6	Nuts	7	21	Adjustment Tube	1	36	Pins	3
7	Screws	4	22	Plastic Slide Bushing	1	37	Leg Pulley	1
8	Upper Rail (right & left)	1	23	Square Tube Cap	1	38	Bracket	1
9	Center Support Rail	1	24	Round Tube Caps	6	39	"D" Ring	1
10	Rectangular Tube Caps	6	25	Eyebolts	2	40	Harness	1
11	Plastic Bushings	4	26	Eyebolt Nuts	2	LITERATURE PACK		
12	Shaft	1	27	Nut Caps	2	41	Owner's Manual	1
13	Lower Rail	1	28	Spring Loaded Pin	1	42	Exercise Booklet	1
14	Platform	1	29	"C" Pin	1	43	Warranty Card	1
15	Platform Rail	1	30	Cable Assembly	1	50	Safety Hitch Pin	1



Congratulations on purchasing your new Total Gym® 1100.

With this product in your home, you have everything you need to start your own workout program, to tone and strengthen the important muscle groups of your upper and lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is body sculpting, weight control, health maintenance, or more energy for daily activities.

Strength training not only tones and conditions the muscles we use every day to stand, walk, lift, and turn; it can actually transform our body composition. By reducing body fat and increasing the proportion of lean muscle in our bodies, strength training can effectively turn up our metabolic thermostat, so that we burn calories all the time, no matter what we're doing.

It's easy—all you have to do is spend 15 to 20 minutes a day, 3 to 4 days per week on your Total Gym 1100 to start realizing the benefits.

Be sure to read through this Owner's Manual carefully. **It is the authoritative source of information about your Total Gym 1100.**

If you have questions about your Total Gym 1100, please call Customer Service at 1-800-321-9236, Monday through Friday, 9:00 AM to 5:00 PM, Eastern Standard Time.

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SAFETY INSTRUCTIONS AND WARNINGS - Please reference Product Specifications diagram on page 5.

Warning Label 1.	⚠ WARNING FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 275 LBS. REPLACE THIS LABEL IF DAMAGED, ILLEGIBLE OR REMOVED.
Warning Label 2.	⚠ WARNING MAKE SURE ADJUSTMENT PIN IS LOCKED IN PLACE BEFORE BEGINNING EXERCISES.
Warning Label 3. (3 locations)	⚠ WARNING CRUSH HAZARD, KEEP HANDS CLEAR DURING FOLDING.
Warning Label 4.	⚠ WARNING BE CAREFUL NOT TO BUMP HEAD WHEN LEG ATTACHMENT IS IN PLACE.
Warning Label 5. (4 locations)	⚠ WARNING PINCH POINT. KEEP HANDS AWAY FROM THE FENDER.
Caution Label 1.	⚠ CAUTION REMOVE MULTI FUNCTION ATTACHMENT FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.
Caution Label 2.	⚠ 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.

Before beginning this or any exercise program, consult a physician or health professional, who can assist you in planning a program appropriate for your age and physical condition. This is especially important if you are over age 35 or have pre-existing health problems.

Do not overexert yourself. Stop exercising immediately and consult your doctor if you experience pain or tightness in your chest, irregular heart beat, shortness of breath, or if you feel faint, nauseous, or dizzy.

This product is designed for home use only. It is not intended for commercial or institutional use. Use only as instructed. **Do not stand on the product.**

The Total Gym is not intended for use by children. Keep this and all fitness equipment out of the reach of children.

Keep fingers, loose clothing, and hair away from moving parts.

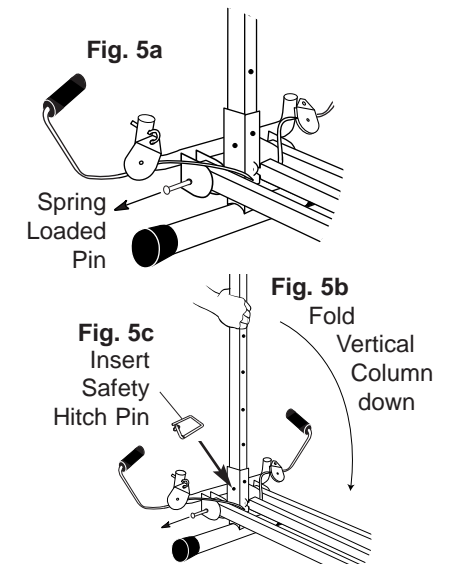
Inspect your exerciser before each use to ensure proper operation. Do not use this equipment unless all moving parts, including cables and pulleys are working properly. See pages 12 & 13 for details on inspection, maintenance and storage.

The exerciser should only be used on a mat or carpeted surface to prevent unexpected movement of the unit.

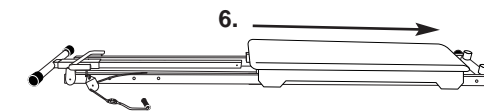
Use only the accessory items recommended by the manufacturer.

To avoid serious injury, care should be taken at all times when **getting on and off** this or any exercise equipment.

5.
 - a. Release Spring Loaded Pin (on left side rail) as shown.
 - b. Fold Vertical Column down towards the center of the unit.
 - c. Then insert Safety Hitch Pin at bottom of vertical column.

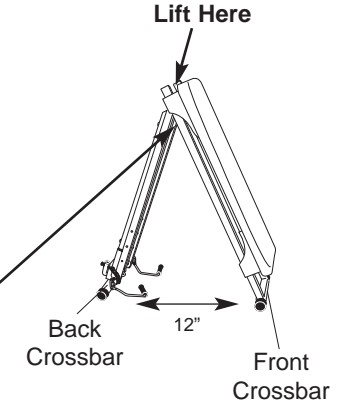


6. Slide the Glideboard towards the bottom of unit shown in Figure 6.



7. With caution, to avoid pinched fingers or hands, grab the top of the Glideboard and slowly pull the unit up allowing the rollers to bring the back of the unit towards the center. Keep approximately 12" apart.
8. Continue to fold the exerciser together until it is completely folded and roll the exerciser into a closet for storage. To store under a bed, simply lower the exerciser to the floor and roll under the bed. Do not store unit in upright position when folded.

Fig. 7 & 8



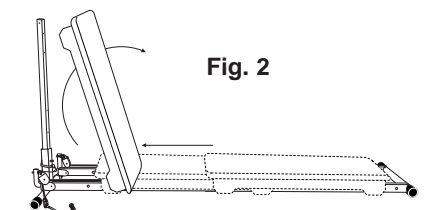
⚠ WARNING
CRUSH HAZARD, KEEP HANDS CLEAR DURING FOLDING.

TO REMOVE THE GLIDEBOARD

You can also remove the Glideboard if you need to fit the exerciser under a narrow space (between 6" and 8").

IMPORTANT: The Glideboard weighs approximately 15 lbs. Use caution when lifting it off of the exerciser. Lifting incorrectly may result in user injury.

1. With exerciser laying flat on the floor, disconnect the pulley from the hook on the underside of the glideboard.
2. Tilt up the glideboard and slide it off the frame of the exerciser. When the bench is completely off the exerciser, set it aside.
3. Pull the Spring Loaded Pin to release the Rail and fold the exerciser together as shown above in Figure 7 & 8 Be sure you release the Spring Loaded Pin before folding.



INSPECTION, MAINTENANCE & STORAGE

INSPECT YOUR TOTAL GYM 1100 PRIOR TO EACH USE

Before using your Total Gym 1100 for your workout session, be sure to make the following inspection:

- Make sure the equipment is fully opened and sitting on a solid, level surface with plenty of clearance on all sides. Unit should be used on a mat or on carpeted surfaces only.
- Make sure all the Hitch Pins are securely in place and locked into position.
- Check that the Pulley is attached securely to the loop on the top underside of the glideboard.
- Check that the Cables are traveling correctly in the groove of each pulley.
- Make sure the Cable is securely fastened to each Hand Grip.
- Check that the Multi Function Attachment or other accessories are installed correctly when in use.
- Make sure the Glideboard is gliding smoothly along the frame.

ROUTINE MAINTENANCE

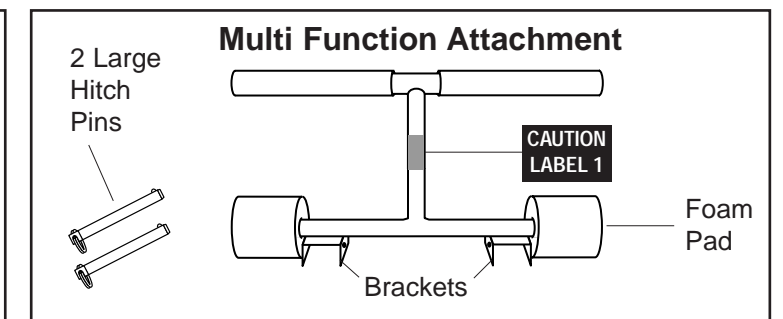
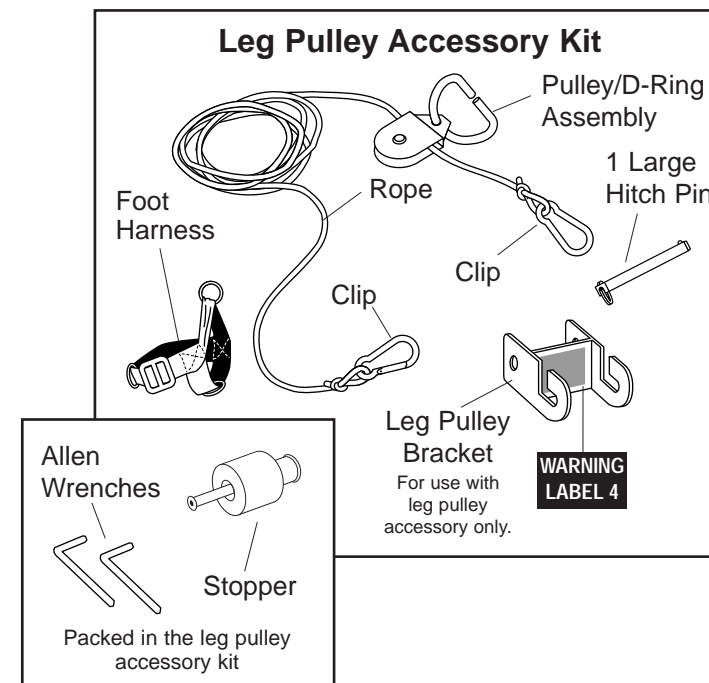
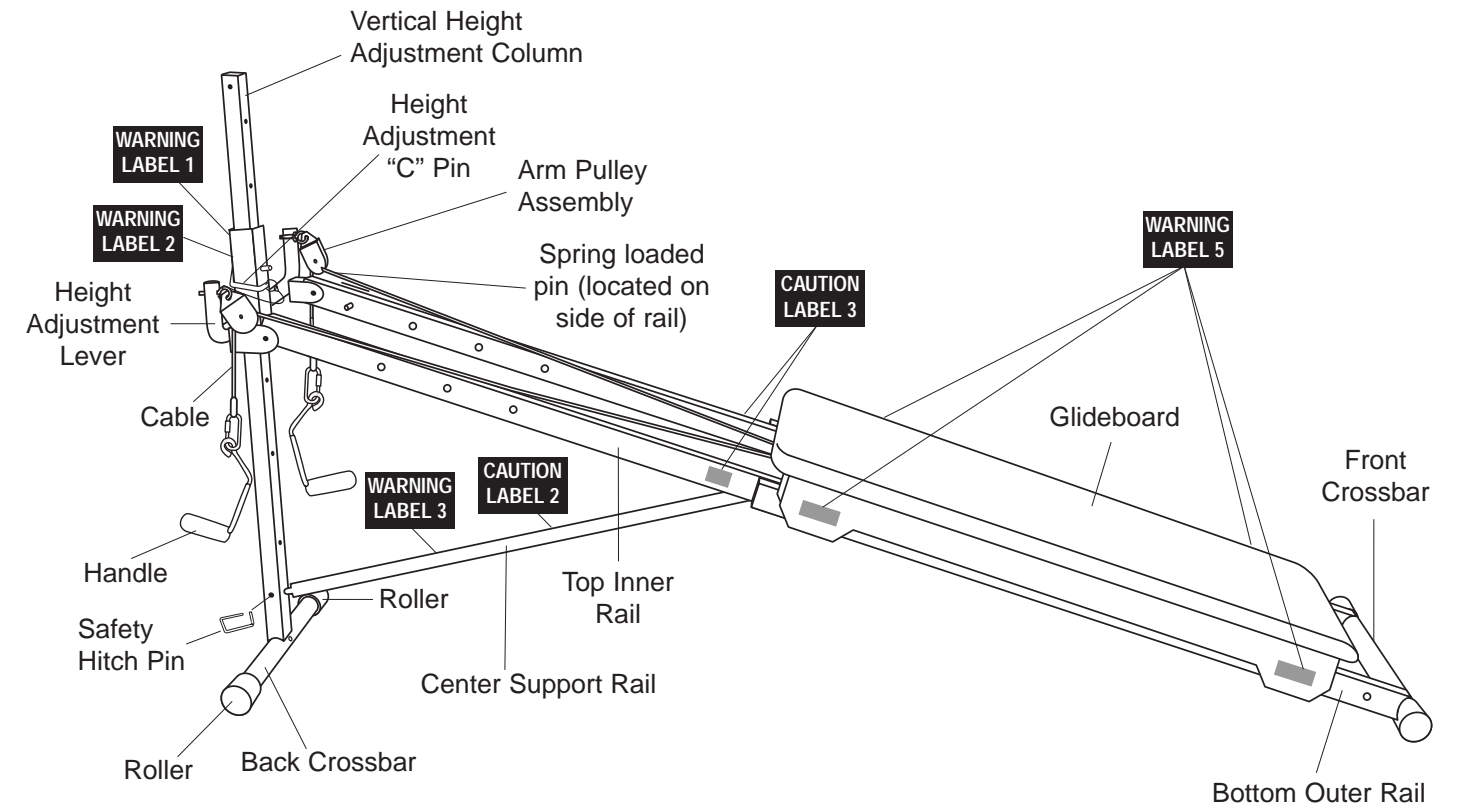
- Wipe down your Total Gym 1100 on a regular basis using a clean cloth and alcohol or alcohol-based products like Windex® or 409®. Do not leave towels or workout clothing laying or hanging on the equipment.
- Periodically check the following parts for signs of fraying or other wear: the cable, pulleys, wheels, glideboard, accessories and frame. If the cable, pulleys, frame or wheels need replaced – do not use your unit, wait until the part is replaced. If any other part than the ones listed above needs to be replaced, do not use that part until it is replaced.
- Never use a lubricant such as WD-40® or ArmorAll® to lubricate or clean the unit. Use only 3-in-1® oil or machine oil to lubricate the axles of the wheel or pulley, not the roller surface.

TO STORE YOUR TOTAL GYM 1100

Follow these easy steps to store your exerciser properly:

1. Remove all accessories and attachments.
2. Remove Safety Hitch Pin and Safety Pin from Vertical Column.
3. Be sure the Cable Pulley is attached to the underside of the glideboard for folding.
4. Position one foot on back crossbar to keep the product from lifting off the floor. With one hand on the rail, grasp the height adjustment “C” pin and pull it out from the height adjustment column. Slowly lower the rails until they rest on the back crossbar.
5. Lower the height adjustment column all the way down until it rests on the center rail.

PRODUCT SPECIFICATIONS



LENGTH: folded 50 1/2”
in use 88”

HEIGHT: folded 8 1/2”
in use 44”

WIDTH: 16 1/8”

WEIGHT: 58 lbs.

MAX. USER WEIGHT: 275 lbs.

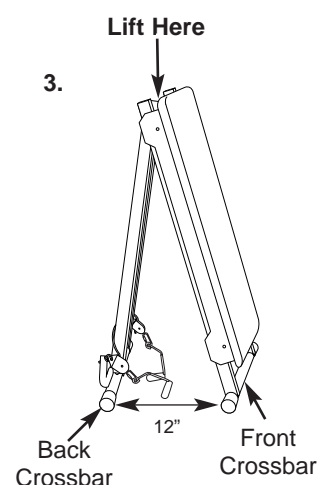
SET UP

Your product comes with:

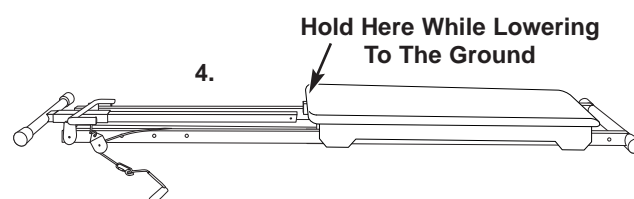
- Safety Hitch Pin located at the bottom of the Vertical Column, which must be removed prior to unfolding.
- One (1) Spring Loaded Pin locked into the base of the left rail by the height adjustment tube. Left side is determined by standing behind the unit facing the Vertical Column.
IMPORTANT: To Prevent Injury – Be sure the spring-loaded pin is locked securely into place in the left rail before using unit. This will prevent the height adjustment column from falling forward.
- One Large Hitch Pin for Leg Pulley Bracket is located in the Leg Pulley Accessory Kit as well as two Large Hitch Pins for the Multi Function Attachment.
IMPORTANT: Before using the Multi Function Attachment or Leg Pulley Accessory be sure the Hitch Pins are securely inserted (see page 8, 9 & 11 of this manual for directions).

1. Pull the product out of the shipping box. Remove all packaging materials, including tape and cardboard inserts, from your unit.
2. Lay product on the floor with glideboard side up. Make sure you have plenty of space on both ends of the product. Slide the glideboard as far as it will go towards the Front Crossbar before you begin lifting unit.

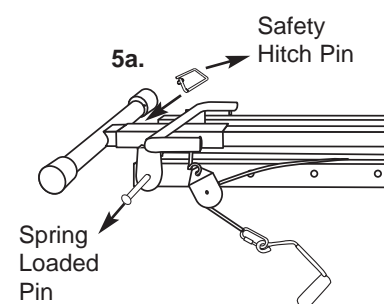
3. Lift the exerciser up by holding it at the top of the rails. Using your foot, slowly spread the unit open at the bottom approximately 12 inches so that it rests firmly on the Front and Back Crossbars not allowing it to go too far.



4. Make sure the handles are out to the sides before you begin to unfold your unit. Keep hands and fingers away from pulley. Hold onto the top center of glideboard and begin rolling rear rollers. Spread the unit out until it is flat on the floor. Be careful to do this **slowly**.
Be sure to support the frame in the center to avoid having the product drop suddenly onto the floor or pinch fingers.



5. (a) Remove Safety Hitch Pin from bottom of Vertical Column. Remove plastic packing ties from the top and bottom of the Vertical Column. Pull out the Spring Loaded Pin Knob located at the left rail (NOTE - pin shown in picture is on right side) to release Spring Loaded Pin. Continue to hold pin out while performing the next step.



STARTING OUT

Wear athletic shoes and comfortable light clothing when exercising on the Total Gym 1100. Do not exercise barefoot. Check your exerciser before using to ensure that all the parts are in place and working properly (see page 12 & 13 for details on inspection, maintenance and storage).

Adult supervision is required at all times.

NOTE: The Rails and Glideboard can be raised to any desired level on the Height Adjustment Column depending upon your degree of fitness. Please note, however, that the Rails cannot be raised to the highest position on the Height Adjustment Column when the Leg Pulley Bracket is attached to the column. Be sure you have plenty of free space around the exerciser so that performing on the Total Gym 1100, as well as getting on and off, is convenient and safe.

Each time you raise or lower the Adjustment Column, be sure you hold it to keep it from dropping to the floor.

Begin using the product at a low incline. As your fitness level progresses, increase the incline to increase the intensity and improve your muscle strength. Don't be in a hurry to exercise at a high intensity level; start out easily and build gradually. The Total Gym 1100 is as easy as 1-2-3 to use, so read on.

1. Important Things to Remember When Using the Total Gym 1100

- Always have control of the glideboard before getting on and off the exerciser.
- Keep your feet on the floor when getting on and off the exerciser. Only remove them from the floor for the duration of the exercise.
- If you are using the handles, hold onto them as you get on and off the glideboard.

2. Exercising with the Handles Only

Grasp the handles which are attached to the cable and slide the glideboard to a position in which you can comfortably sit or lay down when performing the desired exercise (see *Exercise Booklet*). Be sure to keep your feet on the floor until you are in the correct position for the specific exercise. Then, if the exercise calls for your feet to be off the floor, place your feet as specified in the instructions.

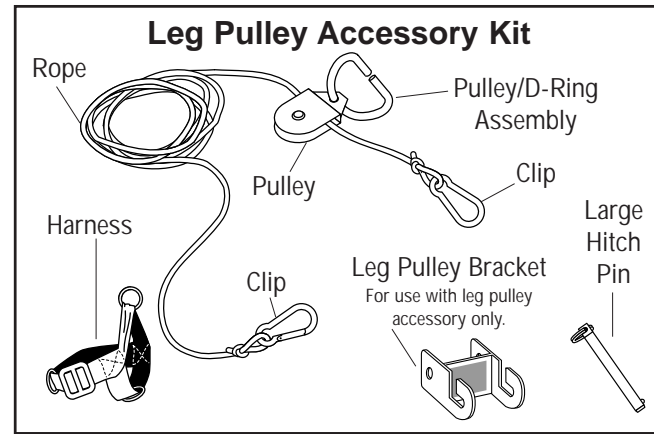
3. Exercising with the Multi Function Attachment Only

Slide the glideboard to a position in which you can comfortably sit or lay down on when performing the desired exercise (see your *Exercise Booklet*). Keep your feet on the ground until you are in the correct position and feel comfortable. Then, place your feet in the proper position and begin to exercise.

When starting your exercise program, begin with the basic exercises shown in the *Exercise Booklet* included with your Total Gym 1100 to familiarize yourself with the movements. Use the lowest incline level to start with—you can work up to a higher incline level in the weeks and months to come.

For the specific Total Gym 1100 exercises and programs, study and follow the instructions in the *Exercise Booklet* included with your product.

HOW TO ATTACH THE LEG PULLEY ACCESSORY KIT



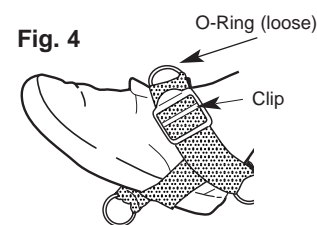
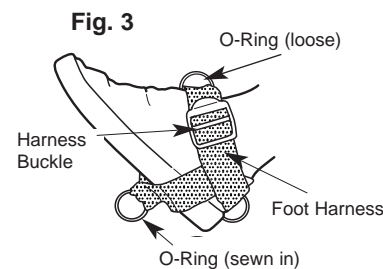
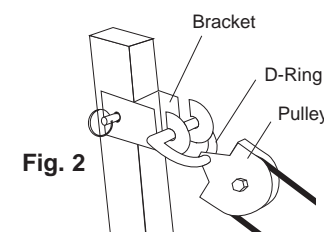
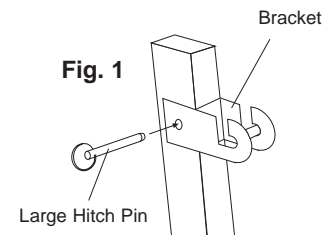
1. Connect the Leg Pulley Bracket to the top of the Vertical Column by aligning Bracket with the hole at the top of the column. (Be sure bracket is right side up.) Insert Large Hitch Pin through the hole to secure Bracket onto the Vertical Column (See Fig. 1).
2. Detach the Cable Assembly from the loop on the underside of the glideboard and attach one of the Clips from the Leg Pulley Assembly.
3. Place D-Ring on Pulley first. Then connect the D-Ring to the Bracket as shown. (See Fig. 2)

NOTE: If rope appears to be twisted, take D-Ring off and turn Pulley around.

4. Attach the Foot Harness to one of your feet by placing your foot in the Harness so the sewn-in-ring is on the bottom of your foot. Pull tightly on the belt so the Harness is secure. (See Fig. 3)
5. (a) Position yourself on the glideboard correctly for the specific exercise you want to perform.
(b) While lying down on the glideboard, connect the Clip on the end of the rope to an O-Ring on the Harness attached to your foot. (See Fig 4.) Depending on the exercise you are performing, connect the Clip to the proper O-Ring. Be sure to always stabilize the glideboard when clipping the Harness on or off. Also, use caution when getting on or off the glideboard. You are now ready to exercise using the Leg Pulley Accessory. See your *Exercise Guide* for specific exercises that utilize the Leg Pulley Accessory.

NOTE: Remove Leg Pulley Bracket when you are not exercising with it.

- (c) To disconnect the Harness, unclip the rope from the O-Ring on the Harness. Be sure to stabilize glideboard when disconnecting Foot Harness.

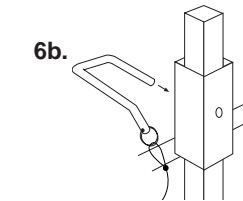


- (b) Take hold of the Vertical Column and pull it up until it is upright. Release the Spring Loaded Pin. You should hear it lock back into place.

IMPORTANT: Be sure the Spring Loaded Pin is locked into place before using your unit. You will know the pin is locked into place when you can see the end protrude through the inside of the rail bracket.

6. (a) Position one foot on back crossbar to keep the product from lifting off the floor. With one hand on either the right or left rail and the other hand holding the height adjustment "C" pin, slide the rails up along the height adjustment column. Line up the hole to the first (lowest) position on the height adjustment column.

- (b) Insert height adjustment "C" pin from the back as shown.



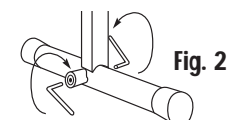
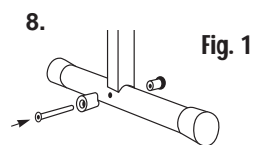
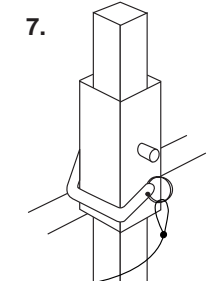
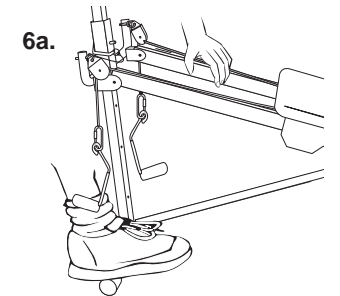
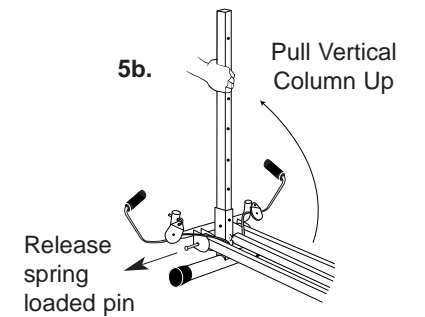
7. Push the pin down into its locked position (it should lay flat against the height adjustment column).
Never sit on or exercise on the unit without the height adjustment "C" pin securely locked into place.

NOTE: Insert Safety Hitch Pin in the side hole located at the bottom of the Vertical Column. (This is the pin you removed in step 5a).

STOPPER ASSEMBLY

8. If the Stopper at the bottom of the Vertical Column has not already been installed, please do so now. Locate the Stopper which is packed in the Leg Pully Kit (See Product Specifications on page 5 of this manual). Unscrew nut on the end of the Stopper and remove. Insert the Stopper into the hole located in the center of the Back Crossbar. (See Fig. 1) Screw the nut back onto the Stopper and tighten with Allen Wrenches provided. (See Fig. 2)

IMPORTANT: Proper installation of the Stopper is necessary for the Rollers to function easily when the unit is folded and rolled into place for storage.

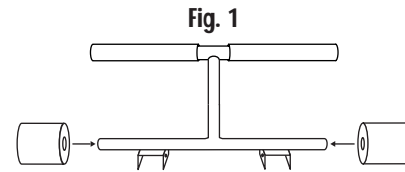


HOW TO ATTACH THE MULTI FUNCTION ATTACHMENT

The multi function attachment provided with your unit has been uniquely designed to serve several purposes. It can be placed at the top or bottom of the exerciser and angled toward you or away from you depending upon what is comfortable for you.

Two thick foam pads are provided with the multi function attachment. They must be attached to the attachment (if not already) before exercising. To do this:

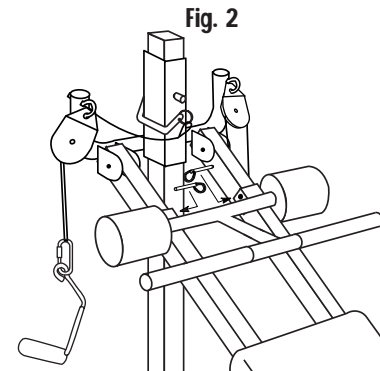
1. Simply wet each end of the straight crossbar of the attachment with some soapy water.
2. Attach foam pads on the crossbar as shown in Figure 1. Let dry before beginning to exercise with the multi function attachment.



Proper ways to use the multi function attachment in accordance with the exercises you wish to do:

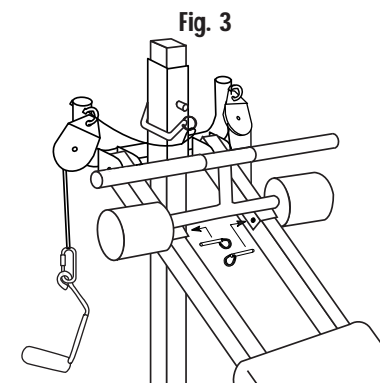
PULL UPS

1. Locate the holes at the top of the right and left rails on the column end of the unit.
2. With the attachment angled **toward** the glideboard, line up the brackets on the attachment with the desired position holes on the rails.
3. Insert the 2 large hitch pins through the holes on the multi function attachment brackets and the hole on the rails, as shown in Figure 2.
4. You are now ready to perform pull up and chin up exercises to work the arms, lats and back. See your *Exercise Booklet* for specific exercises.



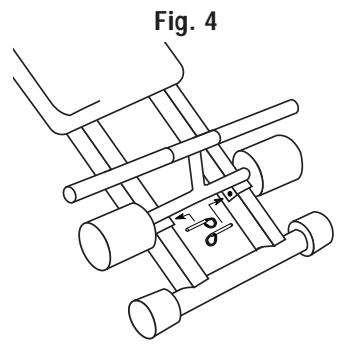
LEG PULL: CRUNCHES, LEGS AND SIT UPS

1. Locate the holes at the top of the right and left rails on the column end of the unit.
2. With the attachment angled **away from** the glideboard, line up the brackets on the attachment with the desired position holes on the rails.
3. Insert the 2 large hitch pins through the holes on the multi function attachment brackets and the hole on the rails, as shown in Figure 3.
4. You are now ready to perform leg pulls, crunches and sit up exercises to work the abdominals, waist and legs. See your *Exercise Booklet* for specific exercises.



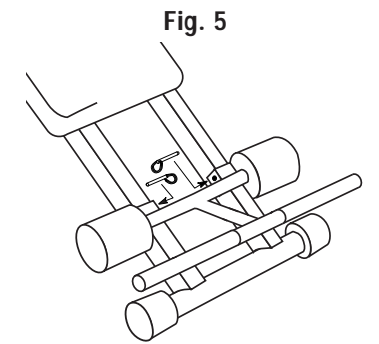
FRONT PRESS

1. Locate the holes at the bottom of the right and left rails near the front crossbar.
2. With the attachment **toward** the glideboard, line up the brackets on the attachment with the desired position holes on the rails.
3. Insert the 2 large hitch pins through the holes on the attachment brackets and the hole on the rails, as shown in Figure 4.
4. You are now ready to perform the front press which works the upper chest and triceps. See your *Exercise Booklet* for specific exercises.



SQUATS

1. Locate the holes at the bottom of the right and left rails near the front crossbar.
2. With the attachment angled **away from** the glideboard, line up the brackets on the attachment with the desired position holes on the rails.
3. Insert the 2 large hitch pins through the holes on the attachment brackets and the hole on the rails, as shown in Figure 5.
4. You are now ready to perform the front press which works the thighs and calves. See your *Exercise Booklet* for specific exercises.



NOTE: When performing the squat exercises, be sure to position your hands on the side of the glideboard, NOT along the bottom of the board in order to avoid pinched fingers.