



DEDICATION TO QUALITY

We warrant 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.

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

*To order optional accessories,
please go to TotalGymCatalog.com*

total gym[®]

Owner's Manual

*For maximum effectiveness and safety,
please read this owner's manual and
view the video before using your
Total Gym XLS, XL, 3000 or 2000.*



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Total Gym[®] is a registered trademark. U.S. Patents #D 405,132, #5,967,955; ROC Patents #ND-060792; PRC Patent #ZL 97 2 28552.0.

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XLS model shown on cover

Total Gym® Parts List and Overview

KEY #	PART #	PART DESCRIPTION	QTY	KEY #	PART #	PART DESCRIPTION	QTY
1	805-213-00	Tube Cap - 32mm	2	16	805-278-00	Lanyard w/ Safety Hitch Pin	1
2	S-250	Oval Squat Stand	1	17	CT-1488	Training Deck	1
3	805-152-00	Tube Cap - 50mm	2	18	TFC-3500	Training Deck Holder	1
4	805-156-00	Rubber Stop	3	19	409-50H	Nylon Strap Handles	2
5	805-142-00	Tube Cap - 25mm x 50mm	6	20	41000	Quick Link	2
6	805-127-50	Tube Roller	2		805-165-00	Safety Hitch Pin (short)	3
7	805-162-00	Eyebolt - 8mm x 93mm	2	NOT SHOWN (OPTIONAL)			
8	805-171-00	Washer - 8mm - Flat	6		805-PPB	Press Up Bars	2
9	805-179-01	Nylock Nut - 8mm	2		805-LPA	Leg Pull Accessory	1
10	805-177-00	Tube Cap - 25mm Round	2		805-DBS	Dip Bars	2
11	805-40950	Pulley Line Assembly	1		805-288-00	Weight Bar Kit	1
12	S-350	Glideboard Assembly	1		805-PILS	Pilates Kit	1
13	805-363000	Wheel	4		S-805-217	Pilates Toe Bar	1
14	805-WA2	Wing Attachment	1		805-PILS24	Pilates 24-inch Rope	1
15	805-403-00	Accessory Hitch Pin (long)	2		50005	Water Bottle	1

