



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 it into this manual.)

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U.S. Patents #D405,132, #5,967,955; ROC Patent #ND-060792; PRC Patent #ZL 97 2 28552.0.
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2/11/09

total gym® **POWER**
PLATINUM



OWNER'S MANUAL

**For Maximum Effectiveness and Safety, Please Read
This Owner's Manual and View the Video Before
Using Your Total Gym® Power Platinum exerciser.**

TOTAL GYM® POWER PLATINUM PARTS LIST & EXPLODED VIEW

ITEM #	PART #	DESCRIPTION	QTY.	ITEM #	PART #	DESCRIPTION	QTY.	ITEM #	PART #	DESCRIPTION	QTY.
3	0100060	Stopper	2	38A	0100239	Bottom Spacer Tube	2	84	0900021	Flip Chart Stand	1
6	0100001	M8 x 19mm x 1.5t Washer	4	38B	0100240	Small Spacer Tube	2	85,89	0900022	Flip Chart Holder w/Flip Chart	1
7	0100002	M8.5 x 14mm x 1.8t Spring Washer	4	39	0700032	Left Fender	2	86	0100347	Adjustment Pin	1
8	0100141	Rectangle Tube Cap	6	40	0700033	Right Fender	2	88	0100122	5mm Allen Wrench	2
9	0100142	Round End Cap	2	43	0600031	Cable Kit	1	90	0900023	Water Bottle	1
12	0100004	M8 Nylon Nut	4	46	0100229	Handle Link	2	91	0100062	M4 x 12mm Phillips Screw	2
16	0100143	Square Top Cap	1	47	0400080	Handle Assembly	2	92	0700046	Grip	2
17	0100144	Tube Roller	2	48	0100343	10mm & 13mm Hex Wrench	1	93	0100339	Round Tube Cap	4
19	0100145	Round Tube Cap	6	51	0100230	D - Ring	1	94	0100340	M6 x 20mm Hex Bolt	8
21	0100222	M7 x 14mm x 1.2t Washer	10	52	0100231	Clip	3	95	0100025	M8.5 x 16mm x 1.5t Washer	8
22	0100213	Plastic Bushing	2	54	0700034	Rope Assembly	1	96	0100341	M6 x 11mm x 1.5t Spring Washer	8
24	0100223	Adjustment Sleeve	1	55	0700035	Harness	1	97	0100326	M8 x 60mm Hitch Pin	2
28	0100346	Spring Loaded Pin	1	56	0100232	Bracket	1	98	0900017	Left Ab Board	1
29	0400133	Wing Assembly	1	61	0100327	M6 Nut Cap	2	99	0900020	Right Handle w/Grip & Cap	1
30	0700030	Foam Pad	2	63	0100336	M7 x 19mm x 1.2t Washer	4	100	0900018	Right Ab Board	1
31	0700031	Grip	2	64	0100035	M8.5 x 25mm x 2t Washer	4	101	0900019	Left Handle w/Grip & Cap	1
32	0100075	M8 x 80mm Hitch Pin	3	65	0100008	M6 Nylon Nut	4		0100334	Stopper Assembly Kit	1
34	0400130	Glideboard Assembly	1	66	0100236	M8 x 10mm x 2t Washer	2		0800092	Owner's Manual	1
35	0100064	M6 x 15mm Hex Bolt	8	67	0100235	C-Pin	1		0800094	DVD	1
36	0100058	M8 x 92mm Allen Bolt	4	80	0900024	Squat Stand Assembly	1				
37	0100052	Wheel	4	82	0100338	M5 x 45mm Phillips Screw	6				
38	0100238	Top Spacer Tube	2	83	0100337	Round Tube Cap	2				

Congratulations on purchasing your new Total Gym® Power Platinum.

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 loss, 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® Power Platinum 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® Power Platinum.**

If you have questions about your Total Gym® Power Platinum, please call Customer Service at 1-800-321-9236, Monday through Friday, 8:30am to 8:00pm, EST.

Please do not call the above number for Parts. See Ordering Replacement Parts section below.

ORDERING REPLACEMENT PARTS

When ordering parts, please contact our Parts Department, toll free at 1-800-497-5831, Monday through Friday, 8:30am to 8:00pm, EST.

IMPORTANT: You must have your serial number and this manual ready when calling for parts.

Serial #: _____

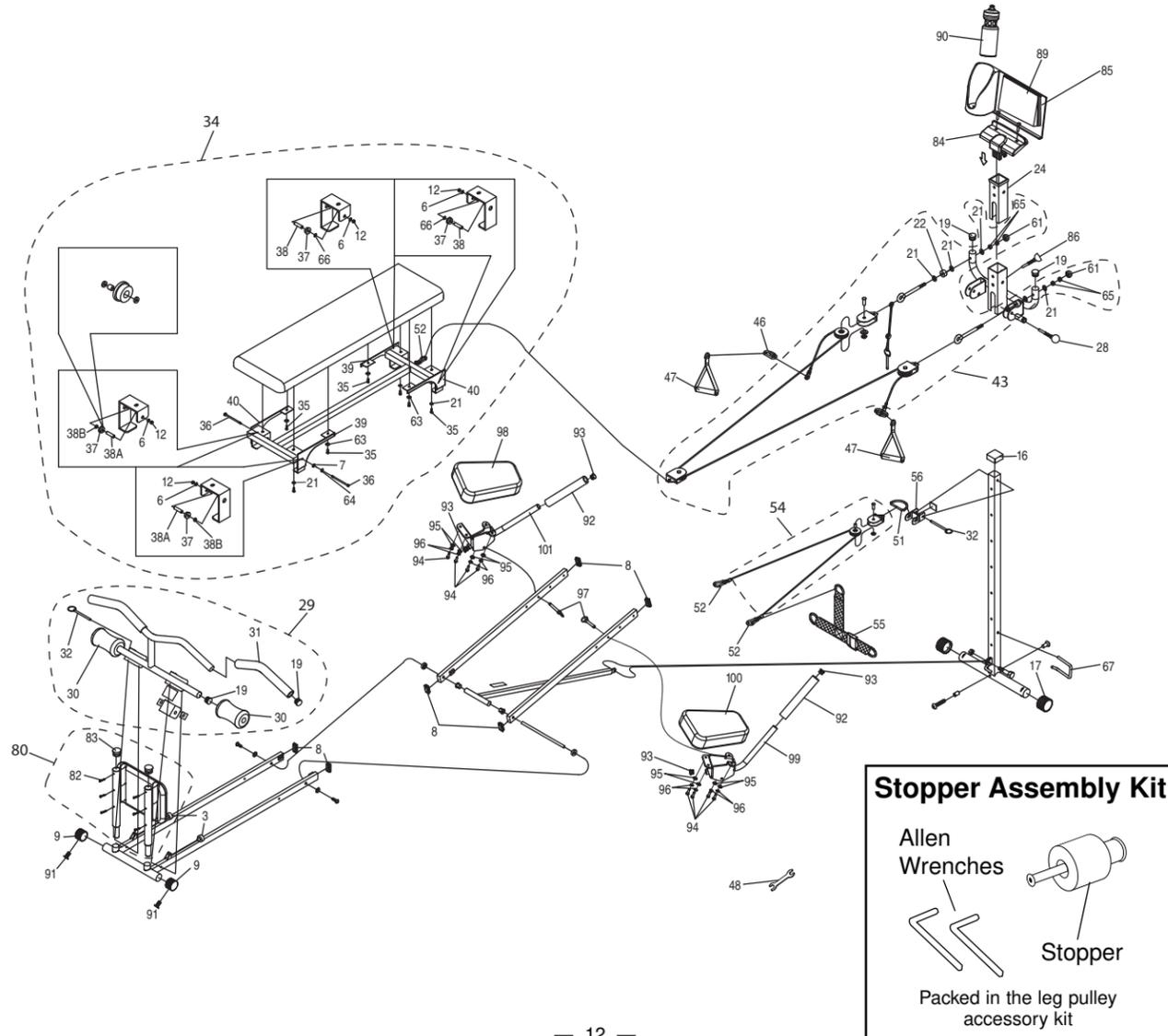
Please also provide the following information:

- 1) Name, Mailing Address and Telephone Number
- 2) Date of Purchase
- 3) Where Product was Purchased (Name of Retail Store, City)
- 4) Model Number (20950-3)
- 5) Part Order Number and Description

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2/11/09



SAFETY INSTRUCTIONS & WARNINGS - Please reference Product Specifications diagram on page 3.

Warning Label 1.	⚠ 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 275 LBS. REPLACE THIS LABEL IF DAMAGED, ILLEGIBLE OR REMOVED. CLASS HC.
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 WING 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 10 & 11 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. Pull outward on Spring Loaded Pin.
- b. Fold Vertical Column down towards the center of the unit.
- c. Then insert "C" Pin at bottom of Vertical Column.

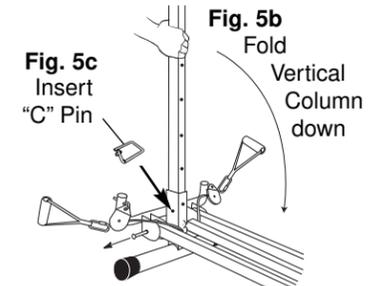
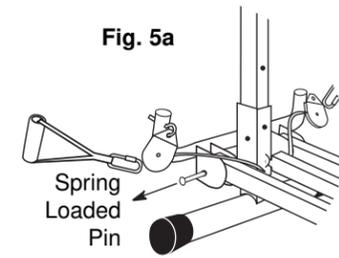
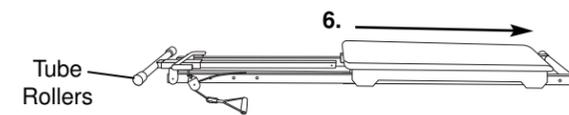


Fig. 5c
Insert "C" Pin

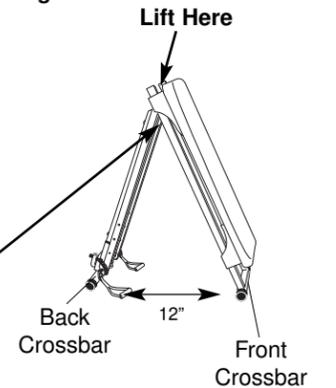
6. Slide the Glideboard towards the bottom of unit as shown in Figure 6.



7. With caution, to avoid pinched fingers or hands, grab the top of the Glideboard and slowly pull the unit up allowing the Tube 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



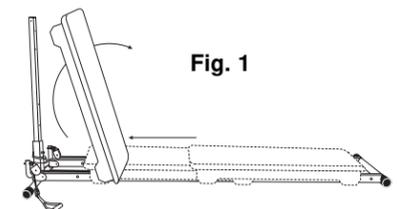
⚠ WARNING
CRUSH HAZARD, KEEP HANDS CLEAR DURING FOLDING.

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 unit 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 Rails. When the Glideboard is completely off, set it aside. See Fig. 1.
3. Pull the Spring Loaded Pin to release the Rail and fold the unit 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® POWER PLATINUM PRIOR TO EACH USE

Before using your Total Gym® Power Platinum 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 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 Cable is traveling correctly in the groove of each Pulley.
- Make sure the Cable is securely fastened to each Handle.
- Check that the Wing Attachment or other accessories are installed correctly when in use.
- Make sure the Glideboard is gliding smoothly along the Rails.

ROUTINE MAINTENANCE

- Wipe down your Total Gym® Power Platinum 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 Rails. If the Cable, Pulleys, Rails 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® POWER PLATINUM

Follow these easy steps to store your exerciser properly:

1. Remove all accessories and attachments.
2. Be sure the Pulley is attached to the underside of the Glideboard for folding.
3. Remove “C” Pin located at the bottom of the Vertical Column.
4. Position one foot on Back Crossbar to keep the unit from lifting off the floor. With one hand on the Rail, grasp the Hitch Pin with Lanyard and pull it out from the Vertical Column. Slowly lower the Rails until they rest on the Back Crossbar.

PRODUCT SPECIFICATIONS

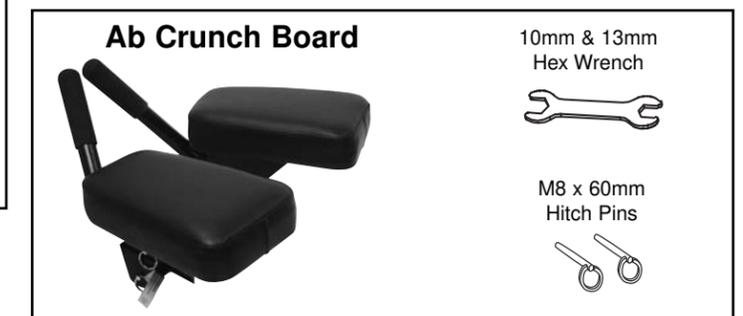
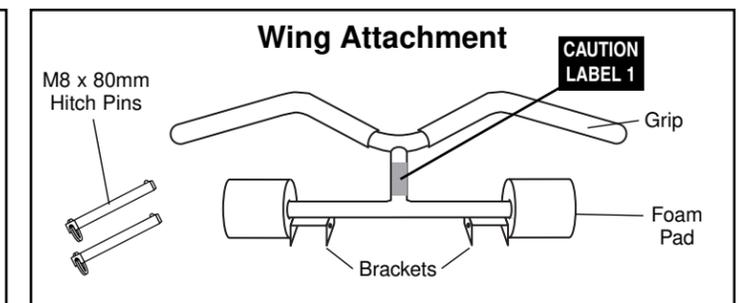
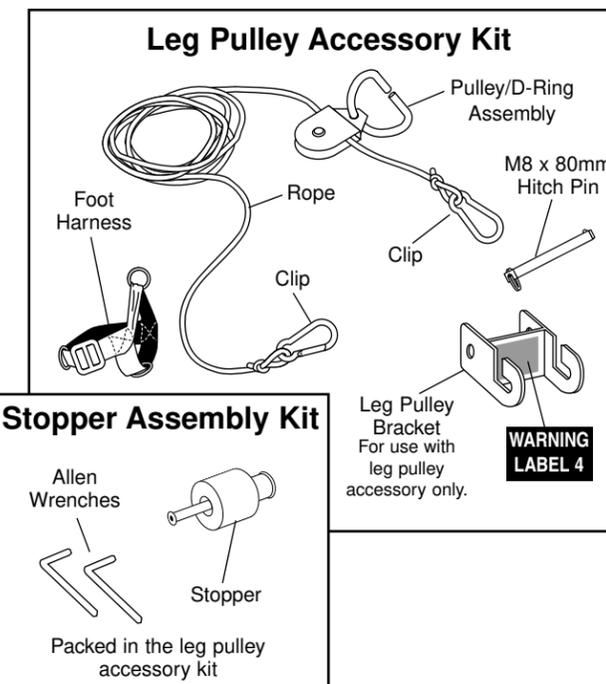
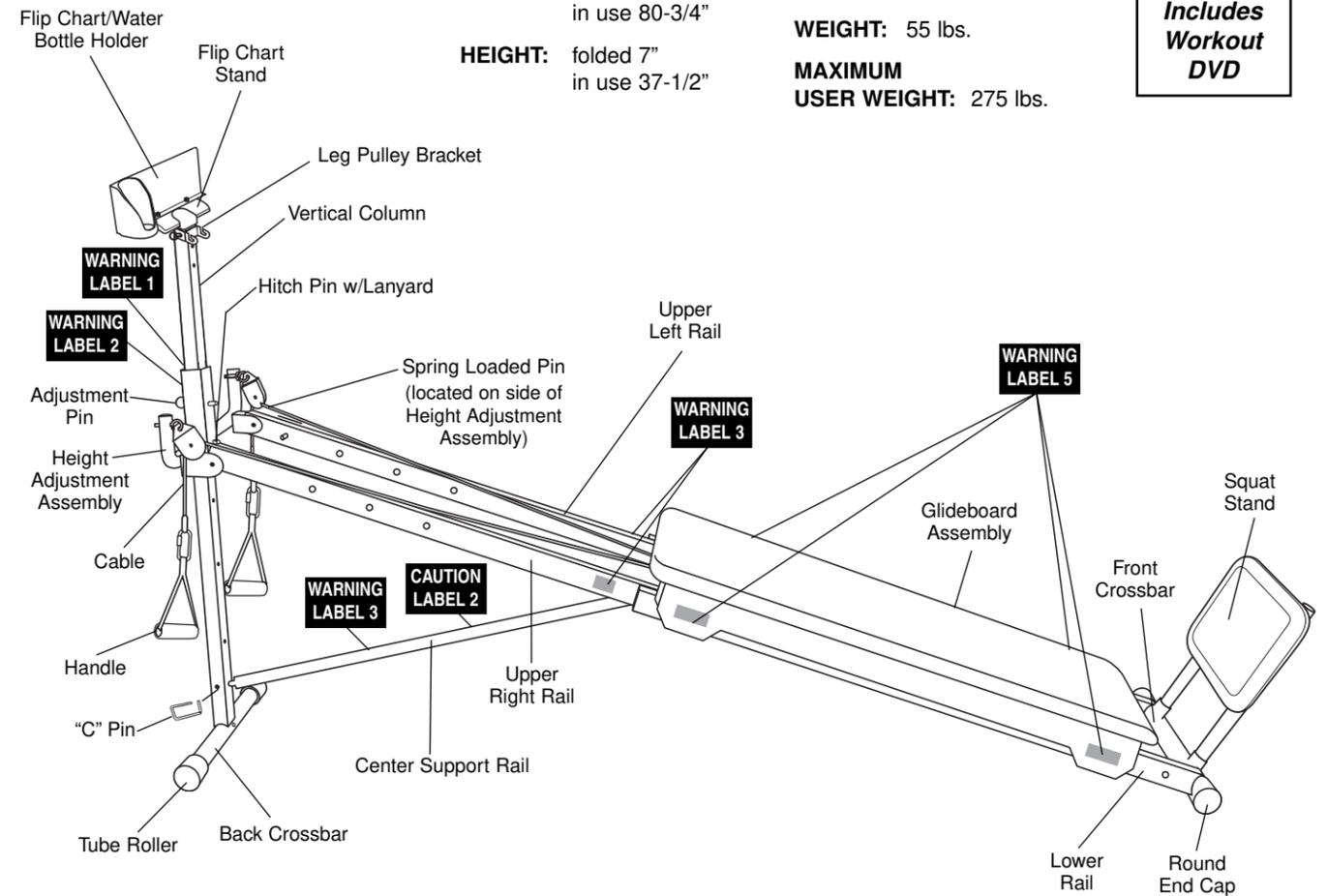
LENGTH: folded 45-1/4"
in use 80-3/4"
HEIGHT: folded 7"
in use 37-1/2"

WIDTH: 14-1/4"

WEIGHT: 55 lbs.

**MAXIMUM
USER WEIGHT:** 275 lbs.

**Includes
Workout
DVD**



SET UP

Your product comes with:

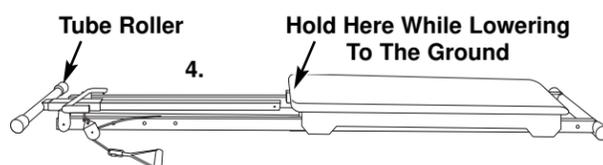
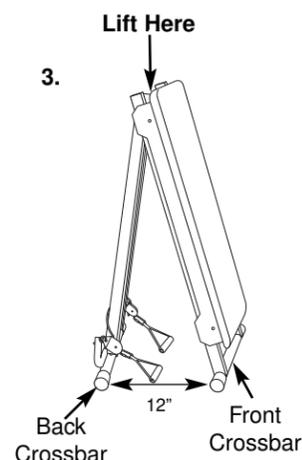
- “C” Pin located at the bottom of the Vertical Column, which must be removed prior to unfolding.
- One Spring Loaded Pin locked into the left side of the Height Adjustment Assembly. Left side is determined by standing behind the unit facing the Vertical Column.

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 Vertical Column from falling forward.

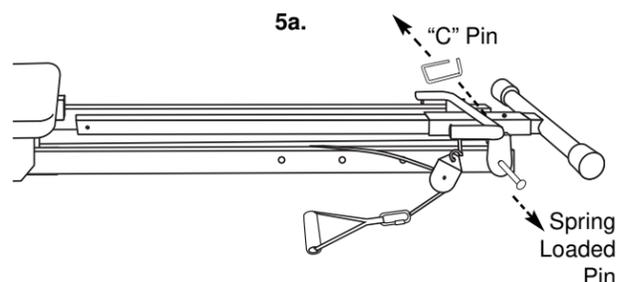
- One M8 x 80mm Hitch Pin for Leg Pulley Bracket is located in the Leg Pulley Accessory Kit as well as two M8 x 80mm Hitch Pins for the Wing Attachment and two M8 x 60mm Hitch Pins for the Ab Crunch Board.

IMPORTANT: Before using the Wing Attachment, Leg Pulley Accessory or the Ab Crunch Board, be sure the Hitch Pins are securely inserted (see pages 6 - 8 of this manual and the Ab Crunch Board Instructions Sheet 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 Tube 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 “C” 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 located on the Height Adjustment Assembly 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® Power Platinum. Do not exercise barefoot. Check your exerciser before using to ensure that all the parts are in place and working properly (see pages 10 & 11 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 Vertical Column depending upon your degree of fitness. Please note, however, that the Rails cannot be raised to the highest position on the Vertical 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® Power Platinum, as well as getting on and off, is convenient and safe.

Each time you raise or lower the Height Adjustment Assembly, 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® Power Platinum is as easy as 1-2-3 to use, so read on.

1. Important Things to Remember When Using the Total Gym® Power Platinum

- 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 Assembly and slide the Glideboard to a position in which you can comfortably sit or lay down when performing the desired exercise (see *Flip Chart*). 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.

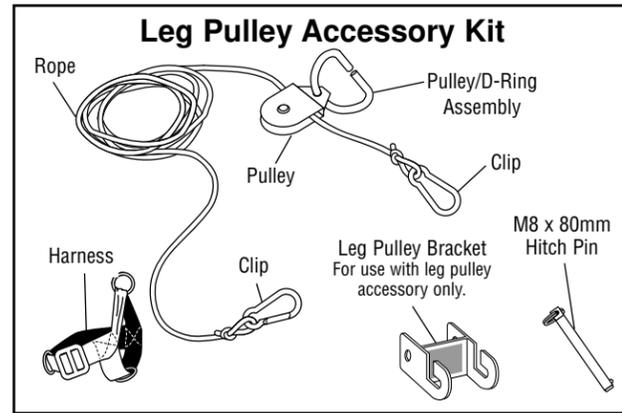
3. Exercising with the Wing Attachment Only

Slide the Glideboard to a position in which you can comfortably sit or lay down on when performing the desired exercise (see your *Flip Chart*). 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 *Flip Chart* included with your Total Gym® Power Platinum 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® Power Platinum exercises and programs, study and follow the instructions in the *Flip Chart* 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 M8 x 80mm 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)

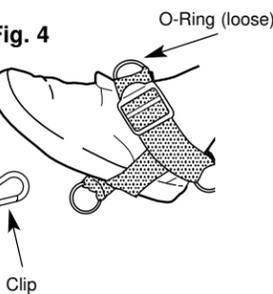
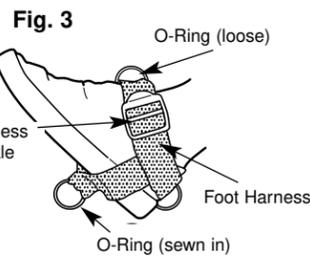
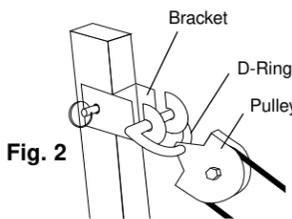
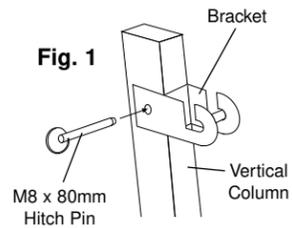
NOTE: If Rope appears to be twisted, take D-Ring off and turn Pulley around.

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.

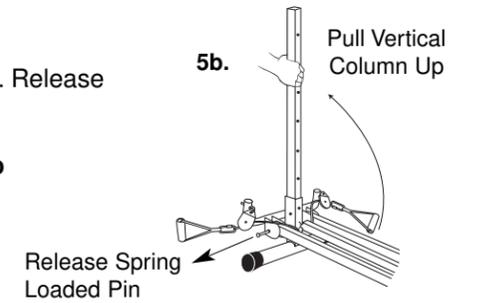
NOTE: Remove Leg Pulley Bracket when you are not exercising with it.

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

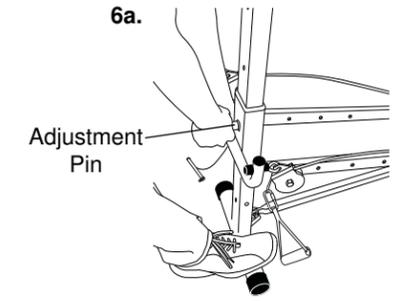


- (b) Take hold of the Vertical Column and pull it up until it is upright. Release the Spring Loaded Pin. You should hear it lock back into place.

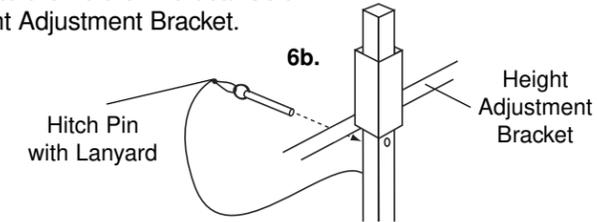
IMPORTANT: Be sure the Spring Loaded Pin is locked into place before using your unit. You will know the pin is locked into place when you can see the end protrude through the inside of the Rail Bracket.



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 Adjustment Pin out, slide the Rails along the Vertical Column to desired position and release pin. Pin will pop into place - you will hear a snap.

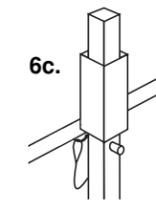


- (b) Last, insert Hitch Pin with Lanyard (attached to the Height Adjustment Tube) into the hole on Vertical Column just below the Height Adjustment Bracket.

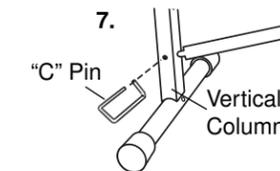


- (c) The Hitch Pin with Lanyard will lock into place.

Never sit on or exercise on the unit without the Hitch Pin with Lanyard securely locked into place.



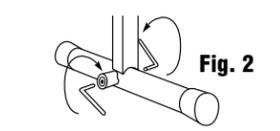
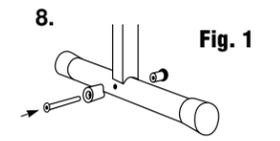
7. Insert "C" Pin in the side hole located at the bottom of the Vertical Column. (This is the pin you removed in step 5a).



8. STOPPER ASSEMBLY

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 Pulley Accessory Kit (See Product Specifications on page 3 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 Tube Rollers to function easily when the unit is folded and rolled into place for storage.



HOW TO ATTACH THE WING ATTACHMENT

The Wing 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 Wing 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 with soapy water.
2. Attach Foam Pads on the crossbar as shown in Figure 1. Let dry before beginning to exercise with the Wing Attachment.

Proper ways to use the Wing Attachment in accordance with the exercises you wish to do:

PULL UPS

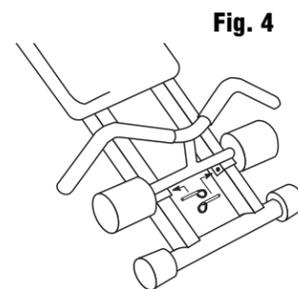
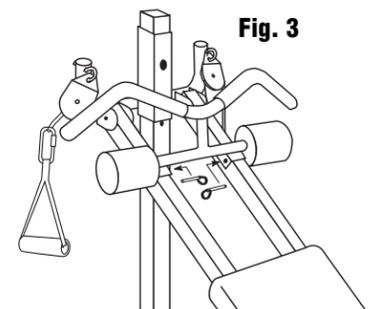
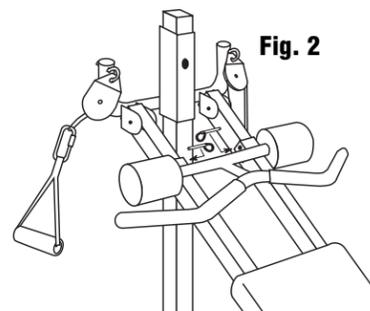
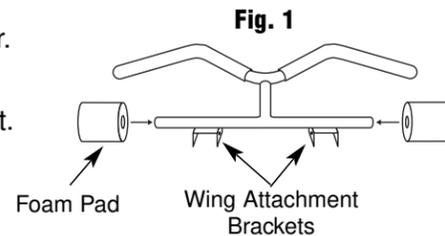
1. Locate the holes at the top of the Right and Left Rails on the column end of the unit.
2. With the Wing Attachment angled **toward** the Glideboard, line up the Brackets on the Attachment with the desired position holes on the Rails.
3. Insert the 2 M8 x 80mm Hitch Pins through the holes on the Wing 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 *Flip Chart* 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 Wing 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 M8 x 80mm Hitch Pins through the holes on the Wing 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 *Flip Chart* for specific exercises.

FRONT PRESS

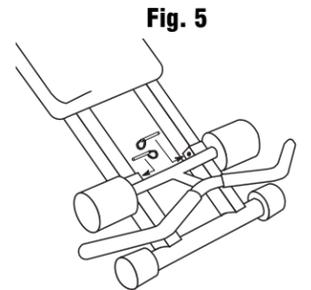
1. Locate the holes at the bottom of the Right and Left Rails near the Front Crossbar.
2. With the Wing Attachment **toward** the Glideboard, line up the Brackets on the Attachment with the desired position holes on the Rails.
3. Insert the 2 M8 x 80mm Hitch Pins through the holes on the Wing Attachment 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 *Flip Chart* for specific exercises.



SQUATS

1. Locate the holes at the bottom of the Right and Left Rails near the Front Crossbar.
2. With the Wing 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 M8 x 80mm Hitch Pins through the holes on the Wing 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 *Flip Chart* 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 Glideboard in order to avoid pinched fingers.

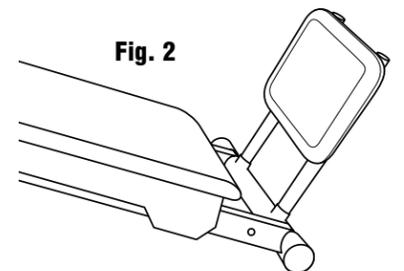
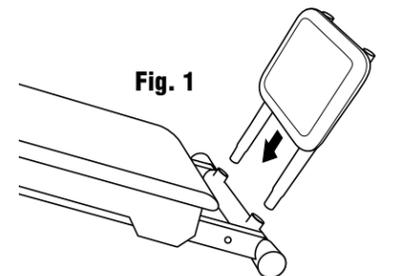


SQUAT STAND ACCESSORY (For Squat Exercises)

1. Locate the holes at the bottom of the Right and Left Rails on the Front Crossbar. See Fig. 1.
2. Insert Squat Stand into holes – make sure it is all the way in before beginning. See Fig. 2.
3. You are now ready to perform the squat exercises which work the thighs and calves.

See your *Flip Chart* 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.



FLIP CHART/WATER BOTTLE HOLDER

1. Insert the Flip Chart Stand into the Vertical Column then insert the Flip Chart/Water Bottle Holder into the Flip Chart Stand. You will hear it snap into place. See Fig. 1
2. Insert Water Bottle into holder. Be sure to wash the Water Bottle in hot soapy water prior to use. Rinse thoroughly. See Fig. 2.

