

**TOTAL GYM** 

*Get Galvanized. Get Nurtured. Get Inspired.*

# GET GOING



## COMMERCIAL FITNESS

# GET GALVANIZED

Total Gym continues to innovate with the ELEVATE® Series. A sleek matte black finish elevates and combines fully adjustable, functional bodyweight resistance that works against gravity on an incline.

Now, a premier fixture in big box gyms and smaller facilities alike, ELEVATE® accommodates all fitness levels and challenges seasoned athletes.

ELEVATE® Series units are available for single unit purchase, multiple-unit bundle or as part of a complete ELEVATE Circuit®.

For those facilities that are heavily focused on Group Exercise, Personal Training and Pilates, the ELEVATE® Experience brings a refreshing new way to workout.

**“** No matter how successful a pre-sale is or how many members our franchisees have at a particular club, whenever I visit, I always see members working out on the Total Gym ELEVATE Circuit®.”

**Matt Schultz, Vice President**  
Franchise Operations, Retro Fitness, USA

### ELEVATE ROW ADJ™

Emulates a rowing movement pattern using 7 levels of adjustable bodyweight resistance. Produces a full-body workout, integrating a strength component into a fully adjustable cardio machine.

### ELEVATE PRESS™

Introduces a new way to do a shoulder press by placing users in an inverted position. Seven adjustable levels allow users to select a percentage of their own bodyweight as resistance.





# ELEVATE<sup>™</sup>




## EXPERIENCE

The 6-piece commercial gym ELEVATE Circuit<sup>®</sup> package applies the unique concept of incline bodyweight training as the method of resistance, rather than the traditional weighted resistance most fitness equipment is built upon.

ELEVATE<sup>®</sup> equipment empowers people of all fitness levels to modify the difficulty as they move through the circuit to get the type of workout they need.

Before using ELEVATE<sup>®</sup> equipment, users adjust the angle of the rails... the higher the incline, the greater the resistance.

Whether you want to offer cardio, strength or a combination, the ELEVATE<sup>®</sup> line has you covered through incline variation and reps.

	<b>CARDIO // LEVELS 1-3</b> Lower resistance allows for more reps, which means higher intensity.
	<b>SCULPT // LEVELS 3-5</b> Total body conditioning. A mix of cardio + strength.
	<b>STRENGTH // LEVELS 5-7</b> Higher resistance levels focus on building strength.



### ELEVATE JUMP<sup>™</sup>

Builds explosive power and develops lower body muscle mass with two primary movements, the squat and the squat jump. Uniquely designed to facilitate plyometric exercises, the Jump allows users to accelerate and decelerate quickly during a squat jump in a safe, controlled manner.

### ELEVATE CORE ADJ<sup>™</sup>

Strengthens the abdominals while engaging the entire core musculature. Offering unparalleled versatility for an abdominal machine, the Adjustable Core is a plank facilitator that allows for two primary movements, the Dynamic Plank and the SCRUNCH.

### ELEVATE PULL-UP<sup>™</sup>

Utilizes incline bodyweight resistance to assist users in doing a proper pull-up to strengthen the muscles of the upper body. Featuring an adjustable incline with seven levels, the ELEVATE<sup>®</sup> Pull-Up allows users to lift approximately 30 percent to 60 percent of their own bodyweight.

### ELEVATE ENCOMPASS<sup>™</sup>

Encompass is now part of our ELEVATE<sup>®</sup> series and is the award-winning equipment anchor for GRAVITY<sup>®</sup>, the time-efficient, personal training, group fitness and Pilates program that is generating excitement and new revenue in commercial facilities around the world.



## GLOBAL HEADQUARTERS

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## INTERNATIONAL DISTRIBUTORS

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Covered by one or more of U.S. Pat. Nos. D574,901; 7,775,950; 8,075,457; 7,938,763; 8,834,332; D493,853; 6,921,355; 7,503,880; 7,270,628; D694,347; 7,892,159; 8,702,575; 5,967,955; D734,409; D741,960; 3,618,988; D741,420; 5,967,955; 6,921,355; 7,766,801; Australia Des. Pat. No. 154471; European Des. Pat. Nos. 000068788-0001 to 0006; New Zealand Des. Pat. No. 403803; Japan Des. Pat. No. 1203066; Russia Des. Pat. No. 56172; Taiwan Des. Pat. No. D100334; and other patents pending.

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