

# TOTAL FLEX<sup>M</sup>



User Manual

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# NOTICE

IMPORTANT:

**Do not start exercising before fully studying this User Manual which informs you about:**

1. How to exercise correctly and safely
2. How to engage a suitable level of resistance
3. The main parts of your Total Flex™ M
4. Setting up and folding your Total Flex™ M
5. Maintaining your Total Flex™ M

The Total Flex™ M also comes with free access to Online Streaming Workout Videos. Work out with professional trainers to get the most out of your new fitness system. The videos can be accessed here: <https://www.streaming.totalflexgym.com/>



## IMPORTANT MEDICAL WARNING

Carefully review the User Manual and consult your physician before using this product or performing the exercises presented herein. The instructions and advice presented in this User Manual are in no way intended to be a substitute for medical counseling. Not all exercises are suitable for everyone and any user of this product assumes the risk of injury resulting from performing the exercises shown. If at any time you feel you are exercising beyond your current fitness level or you feel uncomfortable, you should discontinue exercise immediately. Your physician should help you ascertain your target heart rate, as determined by your age and physical fitness. Certain training programs and types of exercise equipment may not be suitable for everyone. This is particularly important for those individuals over 35, pregnant women and individuals with existing health problems or problems with balance. If you take medication which affects your heart rate, you must seek medical advice from your doctor before starting your exercise program with this machine.

## SAFETY PRECAUTIONS

- Do not start exercising before fully studying this User Manual.
- This product has been tested in accordance with the requirements of EN ISO 20957-1 and ASTM F2276:10(2015), class H – home use only. THE MAXIMUM WEIGHT CAPACITY OF THE Total Flex™ M exercise machine is 136.4 kg/300 lbs. Persons whose body weight exceeds this limit should NOT use this machine.
- Carefully inspect the equipment prior to EVERY use. Never use the device if it is not functioning correctly, or if it is damaged.
- Use this device EXCLUSIVELY for the purpose intended and described in this User Manual. Do not alter the equipment and only use those accessories which have been recommended by the manufacturer.
- Ensure that at least 10 - 13 feet (2 - 3 meters) of free space is available surrounding the entire unit. It is important that pets, furniture and other objects are kept away from the equipment during its use.
- Handicapped or disabled persons should not use the Total Flex™ M exercise machine without the presence of a qualified health professional or physician.
- The Total Flex™ M must be set up and used on a solid, level and non-slip surface.
- Wear appropriate clothing during training sessions. Training apparel should be comfortable and light, allowing freedom of movement.
- Wear comfortable training shoes which provide good support and have non-slip soles, such as running shoes or trainers.
- Always warm up and stretch before each training session.
- Always choose the proper intensity level that best suits your physical strength and flexibility levels. Know your limits and train within them.
- Do not over exert yourself. If you suffer from chest pains, severe shortage of breath, dizziness, nausea, back ache or joint pains during or after a session, stop and bring the matter to the attention of a doctor.
- Begin slowly and get used to the unique movement of the Total Flex™ M exercise machine prior to starting your Exercise Program.
- To avoid serious injury, never place any part of your body between or near any moving parts.
- DO NOT use any accessories not recommended by the manufacturer. Understand correct use of this machine.
- Refer to all of the included assembly guidelines to make certain your unit is properly assembled, and to remind yourself of all maintenance guidelines.
- Check all screws and bolts and tighten if loose.
- If you have long hair please tie it up to avoid getting caught in certain parts of the equipment.
- Do not place the unit in direct sunlight, as heat can degrade the non-steel materials on the unit.
- Take care when getting on or off the Total Flex™ M.
- Close adult supervision is necessary when the Total Flex™ M is used near children.
- Make sure that you have enough space around your Total Flex™ M unit.

## PARTS DIAGARM

1. Padded Seat
2. Padded Back Rest
3. Grey Resistance Bands (light) (x2)
4. Red Resistance Bands (heavy) (x2)
5. Black Resistance Bands (x2)
6. O-Rings (x12)
7. Top Pulley Bar
8. Bottom Pulley Bar
9. Rear Pulley Bar
10. Handles (x2)
11. Handle Clip
12. Ankle Cuffs
13. Foot Plate (Optional)



# SETTING UP & FOLDING

## TO OPEN

Hold Top Pulley Bar & pull front of Seat forwards to open legs



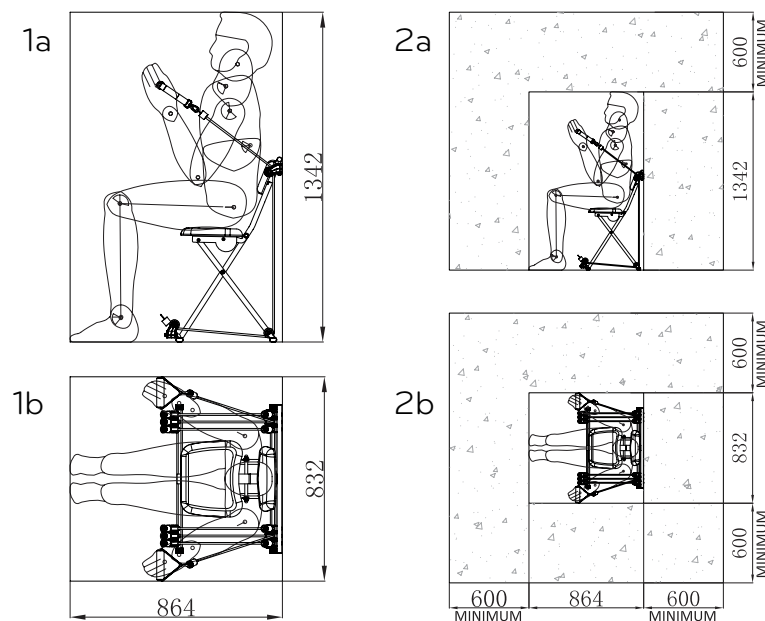
## TO FOLD

Hold Top Pulley Bar with one hand & pull back of seat upwards with other hand to fold legs



# SETTING UP YOUR WORKOUT AREA

Make sure that you have enough space around your Total Flex™ M machine. The following diagrams demonstrate the 'training area' (Figure 1a & 1b) as well as the minimal 'free area' (Figures 2a & 2b) that should be available around you while you are working out on this unit.



# FITTING ACCESSORIES

## ANKLE CUFFS

### Step 1

Place the Ankle Cuff around the back of your leg.

IMPORTANT: Make sure that the "loop" (or soft side) of the Velcro is on the inside of the Ankle Cuff and closest to your leg.



### Step 2

Thread the one end of the Ankle Cuff through the Clip Buckle, and pull until it fits snugly around your leg.

IMPORTANT: Do not pull too tight



### Step 3

Once the strap fits snugly around your leg, push the end of the strap you are holding firmly against and around your leg.

IMPORTANT: Make sure that the "loop" or soft part of the Velcro securely connects with the "hook" part of the Velcro.



## FOOT PLATE (OPTIONAL)

Hook securely over Front Pulley Bar. Stand fully on Foot Plate.



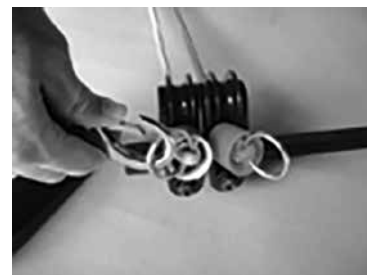
## USING BOTTOM PULLEY BAR (WITHOUT FOOT PLATE)

If you do not have the optional Foot Plate item, please step on the Bottom Pulley Bar of the unit as shown in the drawings above. The positioning of your foot or feet will depend on which exercise you are doing.



## EXERCISE RESISTANCE

- For your exercise to be effective, the body must move against resistance (weight). As you become fitter, increase resistance accordingly.
- To obtain exercise resistance, clip the Handles or Ankle Cuffs to one or more of the O-Rings attached to the Resistance Bands fitted to your machine.
- Initially, experiment to find a level of resistance for each exercise to match your level of fitness and that will enable you to perform approximately 15 reps per exercise.
- By engaging different color Resistance Bands and/or by engaging different combinations of Resistance Bands, the level of resistance can be varied – see the accompanying Resistance Tables
- The Total Flex™ M is fitted with 3 sets of resistance bands and provides 7 levels of resistance.



Engage resistance by suppressing the Handle (or Ankle Cuff) connect Clip onto O-Ring(s).

Engage equal resistance on both sides of the machine.

Resistance Level	Band(s) Engaged		
	Gray	Black	Red
1	●		
2		●	
3			●
4	●	●	
5	●		●
6		●	●
7	●	●	●

## MAINTENANCE

- The Total Flex™ M is intended for indoor home use only and not for institutional use.
- Inspect the Total Flex™ M each time you exercise & check for any loose parts & tighten.
- If a pulley squeaks, spray silicon onto the pulley shaft (not the pulley wheel).
- If the resistance bands become loose or worn, replace with new resistance bands as per "Replacing Resistance Bands" Instructions Insert provided separately.

## TIPS & SUGGESTIONS

1. Decide on the most convenient time to exercise and stick to it, exercising must become a routine.
2. It might take 1 or 2 workout sessions to become familiar with the Total Flex™ M unit.
3. Try to exercise 3 to 5 times a week for 20 to 30 minutes a session. Alternatively, the session can be as long or as short as time and motivation allow.
4. Allow for at least 1 day's rest per week to allow the body to recover.
5. Drink adequate fluids before, during and after exercising.
6. Keeping a daily balanced diet keeps your body properly fueled and ready for exercising.
7. To stay motivated, we recommend, that you:
  - a. Change exercise programs from time to time.
  - b. Alternate your exercise program with cardiovascular training, such as walking, running, cycling or swimming, to increase the effectiveness of your training.
8. Before starting to exercise, it is important to stretch in order to warm up your muscles and prevent injury.
9. When you exercise, breathe deeply and rhythmically. Do not hold your breath while exercising, as doing so raises your blood pressure.
10. Do not go too fast. Perform the exercises with proper form at the rate of approximately 2 seconds per repetition.



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