



Total Gym® GTS

The award-winning Total Gym GTS is utilized with the GRAVITYSystem®, a staple personal training, group fitness and Pilates program, available in 1,500 commercial facilities with 5,000 GRAVITY instructors worldwide.

Total Gym®: the Canvas for Creating Functional Exercise Protocols

- 22 calibrated levels of resistance with loads from 1% to 62% of bodyweight.
- All new aluminum extruded rails for smoother, quieter gliding and increased rolling range.
- Larger glideboard with enhanced dense foam cushioning.
- Simplified gas strut assisted folding and unfolding capabilities.
- Release lever for easy level changes; now users can lift the rails from any convenient hand position.
- All new glideboard adjusts parallel to the floor and allows for improved spinal alignment; ideal for working with special populations.
- Larger squat stand with three height settings.
- Sleek, molded rubber cable pulley handles.
- New rubber-dipped LAT bar grips for comfort.
- User-friendly pulley locator clamp for adjusting the line of pull.
- New center pulley attachment points on the tower with dual functionality—to double cable resistance and offer multiple leg-pulley positions for maximum flexibility.
- Automatic rail locks for improved stability while performing plyometric exercises.
- Other newly-designed accessories sold separately.