



Total Gym® Power Tower

The motorized Total Gym PowerTower allows for load changes at the touch of a button for sports-specific conditioning, performance training and rehabilitation.

Total Gym PowerTower was designed for wellness centers, clinical physical rehabilitation, athletic training and high performance functional sports training. No matter what you are training for--whether it is for restored function and mobility, endurance, stability, muscle mass or body sculpting,

PowerTower can offer the functional training you want. With the press of a switch, PowerTower allows for an increase or decrease of the resistance level during an exercise in progress.

Total Gym®: the Canvas for Creating Functional Exercise Protocols

- 26 calibrated levels of resistance with loads from 1% to 72% of bodyweight.
- All new adjustable glideboard, with extra length and cushioning, provides optimal spine positioning for any client.
- All aluminum extruded rails for smoother, quieter gliding and increased rolling range.
- Convenient motorized level adjustments during an exercise in progress—controlled from the tower or by the user with remote-control cable pulley handles.
- Simplified gas strut assisted folding and unfolding capabilities.
- Larger squat stand with three height settings.
- Additional set of 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 attachment positions
- Automatic rail locks for improved stability while performing plyometrics.
- Other newly-designed accessories sold separately.