







Total Gym® 1400 Resistance Chart

When you need to know how much resistance Total Gym® offers at various levels, use the following chart. The chart below will give you the approximate resistance in pounds you can expect when exercising without using the extra Total Gym Resistance™. To determine the weight when using the extra Total Gym Resistance™, simply add the Resistance Weight to 7.

HEIGHT (ft)	WEIGHT (lb)	BODY WEIGHT LEVEL																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
5.0	100	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105
5.2	110	11	16	21	26	31	36	41	46	51	56	61	66	71	76	81	86	91	96	101	106
5.4	120	12	17	22	27	32	37	42	47	52	57	62	67	72	77	82	87	92	97	102	107
5.6	130	13	18	23	28	33	38	43	48	53	58	63	68	73	78	83	88	93	98	103	108
5.8	140	14	19	24	29	34	39	44	49	54	59	64	69	74	79	84	89	94	99	104	109
6.0	150	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110
6.2	160	16	21	26	31	36	41	46	51	56	61	66	71	76	81	86	91	96	101	106	111
6.4	170	17	22	27	32	37	42	47	52	57	62	67	72	77	82	87	92	97	102	107	112
6.6	180	18	23	28	33	38	43	48	53	58	63	68	73	78	83	88	93	98	103	108	113
6.8	190	19	24	29	34	39	44	49	54	59	64	69	74	79	84	89	94	99	104	109	114
7.0	200	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115
7.2	210	21	26	31	36	41	46	51	56	61	66	71	76	81	86	91	96	101	106	111	116
7.4	220	22	27	32	37	42	47	52	57	62	67	72	77	82	87	92	97	102	107	112	117
7.6	230	23	28	33	38	43	48	53	58	63	68	73	78	83	88	93	98	103	108	113	118
7.8	240	24	29	34	39	44	49	54	59	64	69	74	79	84	89	94	99	104	109	114	119
8.0	250	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120

HOW IT WORKS: Total Gym® uses a pulley system which allows you to easily increase resistance by moving the bar along the track. The bar is attached to a cable that is anchored to the Total Gym frame. The resistance is provided by the Total Gym Resistance™, which is a unique combination of springs and cables. The Total Gym Resistance™ is made of high-quality steel cables and springs that are designed to provide a smooth, consistent resistance throughout your workout. The Total Gym Resistance™ is made of high-quality steel cables and springs that are designed to provide a smooth, consistent resistance throughout your workout.

CAUTION: A 100 lb person should not use the Total Gym 1400. The Total Gym 1400 is not intended for use by children under 12 years of age. The Total Gym 1400 is not intended for use by pregnant women. The Total Gym 1400 is not intended for use by individuals with heart conditions, high blood pressure, or other medical conditions. The Total Gym 1400 is not intended for use by individuals who are taking medication for high blood pressure, heart conditions, or other medical conditions. The Total Gym 1400 is not intended for use by individuals who are taking medication for high blood pressure, heart conditions, or other medical conditions.

TOTAL GYM® made in USA

total gym

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