

# CORE TRAINER

## B L A S T

### OWNER'S MANUAL

*For maximum effectiveness and safety, please read this owner's manual and view the video before using your Total Gym® Core Trainer Blast.*

**total gym**  
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## LIMITED WARRANTY

Total Gym Fitness, LLC warrants that under normal residential use, the Total Gym® Core Trainer Blast is free from defects in material or workmanship. **THIS WARRANTY IS VALID ONLY FOR THE ORIGINAL OWNER OF THE TOTAL GYM® CORE TRAINER BLAST AND IS NOT TRANSFERABLE.** The duration of this Limited Warranty is six (6) months from the date of original purchase.

The Total Gym Fitness, LLC obligation under this Limited Warranty is limited, at its option, to repairing or replacing (or refund in its sole discretion) the product. **For service on this product, call 1-800-303-7896.** **Improper or incorrectly performed repairs voids this warranty.** This warranty does not cover product damage attributable to misuse, abuse, neglect, accidents, unauthorized alterations or repairs, failure to follow manufacturer's directions for use, improper maintenance, vandalism, usage for commercial or rental purposes, or "ordinary wear and tear". This warranty does not cover any separately sold items, parts, or accessories.

Except for other written warranties issued by Total Gym Fitness, LLC applicable to new Total Gym Fitness, LLC product or parts, no other express warranty is given or authorized by Total Gym Fitness, LLC. **Any implied warranty of merchantability or fitness for a particular purpose is limited to the duration of this warranty.** No agent or retailer of Total Gym Fitness, LLC has authority to modify this warranty in any respect. **TOTAL GYM FITNESS, LLC MAY NOT BE HELD LIABLE FOR INDIRECT OR CONSEQUENTIAL DAMAGES ARISING OUT OF USE OR PERFORMANCE OF THIS PRODUCT.** These include—but are not necessarily limited to—loss of use of the product; loss of time, enjoyment, or revenue; inconvenience; installation or removal costs; or other incidental or consequential damages.

Some states do not allow limitations on how long an implied warranty lasts, or the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights; you may also have other rights which vary from state to state.

**For service, call our Customer Service Department at: 1-800-303-7896**

# Congratulations on purchasing your Total Gym® Core Trainer Blast

With this product in your home, you have everything you need to start your own workout program, to tone and strengthen the important muscle groups of your upper body and core musculature while improving overall stability of the trunk. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is body sculpting, weight loss, health maintenance, or more energy for daily activities.

Strength training not only tones and conditions the muscles we use every day to stand, walk, lift, and turn; it can actually transform our body composition. By reducing body fat and increasing the proportion of lean muscle in our bodies, strength training can effectively turn up our metabolic thermostat, so that we burn calories all the time, no matter what we're doing.

Be sure to read through this Owner's Manual carefully. **It is the authoritative source of information about your Total Gym® Core Trainer Blast.**

## CUSTOMER SERVICE QUESTIONS

If you have questions about your Total Gym® Core Trainer Blast, please call Customer Service at 1-800-303-7896, Monday through Friday, 8:30 am to 5:00 pm, EST.

## ORDERING REPLACEMENT PARTS

When ordering parts, please contact our Parts Department, toll free at 1-800-303-7896, Monday through Friday, 8:30 am to 5:00 pm, EST.

**IMPORTANT:** You must have your serial number and this manual ready when calling for parts.

Serial #: \_\_\_\_\_ (located on the Front Floor Tube)

## PLEASE ALSO PROVIDE THE FOLLOWING INFORMATION:

1. Name, Mailing Address and Telephone Number
2. Date of Purchase
3. Where Product was Purchased (Name of Retail Store, City)
4. Model Number
5. Part Order Number and Description

# Equipment Warning / Caution Labels

See page 4 for placement of the following warning/caution labels on your unit.

## ⚠ WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 300 LBS. REPLACE THIS LABEL IF DAMAGED, ILLEGIBLE OR REMOVED. FOR HOUSEHOLD USE ONLY. CALL CUSTOMER SERVICE AT 1-800-303-7896 FOR REPLACEMENT LABEL, MANUAL OR QUESTIONS.

Warning Label 1

## ⚠ WARNING

CRUSH HAZARD.  
KEEP HANDS  
CLEAR DURING  
FOLDING.

Warning Label 2

2 locations

## ⚠ CAUTION

KEEP HAIR, FINGERS, LOOSE CLOTHING, PETS, AND CHILDREN AWAY FROM HINGES AND OTHER MOVING PARTS TO AVOID SERIOUS INJURY. ALSO, BE SURE TO HAVE ALL SAFETY PINS LOCKED IN PLACE BEFORE GETTING ON YOUR TOTAL GYM® CORE TRAINER BLAST TO AVOID SEVERE INJURY.

Caution Label 1

## ⚠ WARNING

MAKE SURE THE  
SAFETY PINS ARE  
COMPLETELY  
INSERTED BEFORE  
BEGINNING ANY  
EXERCISES.

Warning Label 3

2 locations

# Safety Instructions

**Before beginning this or any exercise program, consult a physician or health professional**, who can assist you in planning a program appropriate for your age and physical condition. This is especially important if you are over age 35 or have pre-existing health problems.

**Do not overexert yourself.** Stop exercising immediately and consult your doctor if you experience pain or tightness in your chest, irregular heart beat, shortness of breath, or if you feel faint, nauseous, or dizzy.

**This product is designed for home use only.** It is not intended for commercial or institutional use. Use only as instructed.

**Do not stand on the product.**

**The Total Gym® Core Trainer Blast is not intended for use by children.** Keep this and all fitness equipment out of the reach of children.

**Keep fingers, loose clothing, and hair away from moving parts.**

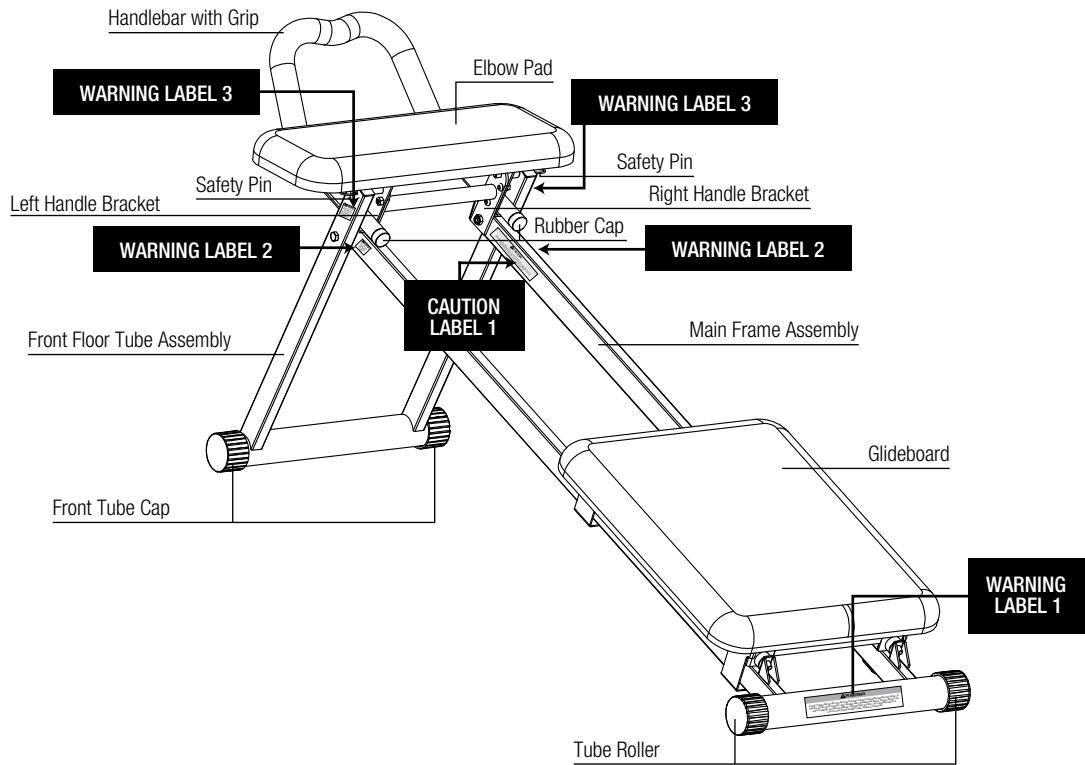
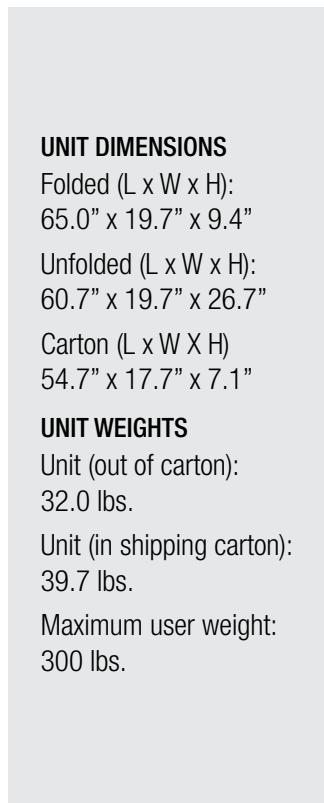
**Inspect your exerciser before each use to ensure proper operation.** Do not use this equipment unless all moving parts are working properly. See page 8 for details on Inspection, Maintenance and Storage.

**The exerciser should only be used on a mat or carpeted surface to prevent unexpected movement of the unit.**

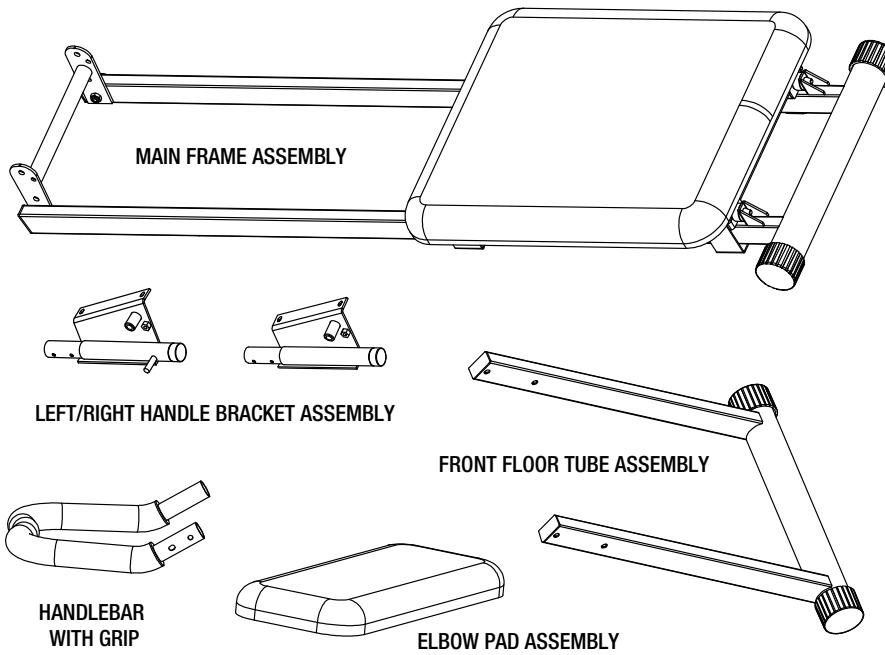
**To avoid serious injury**, care should be taken at all times when **getting on and off** this or any exercise equipment.

**Be sure Safety Pins** are engaged each time unit is in use.

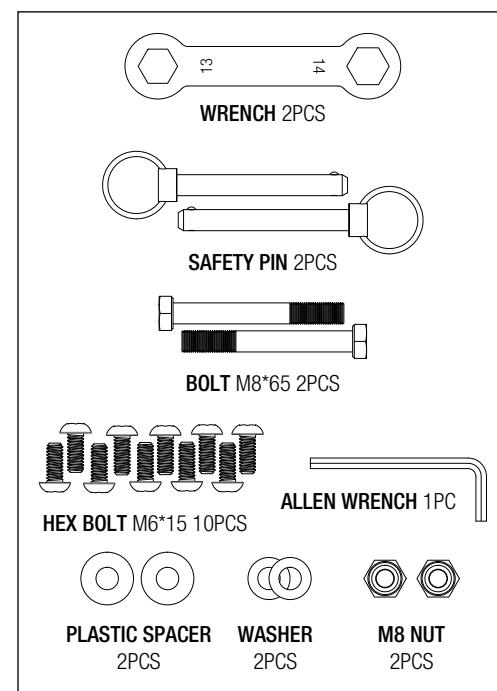
# Product Specifications



## INCLUDED FOR ASSEMBLY



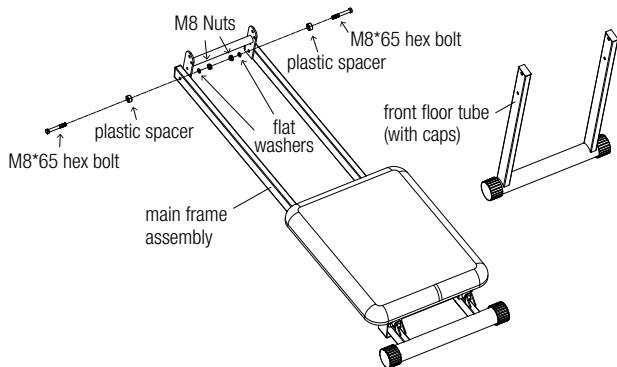
## FASTENER PACK



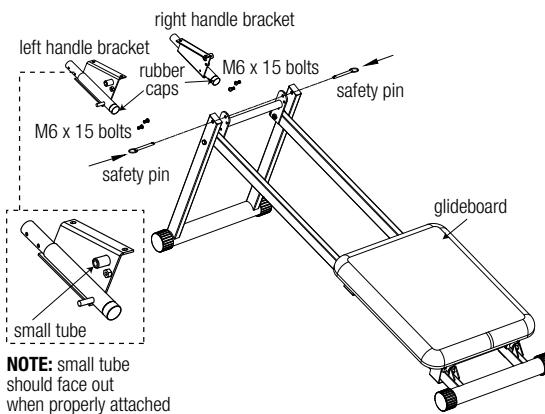
# Assembly Instructions

Tools have been provided for your convenience.

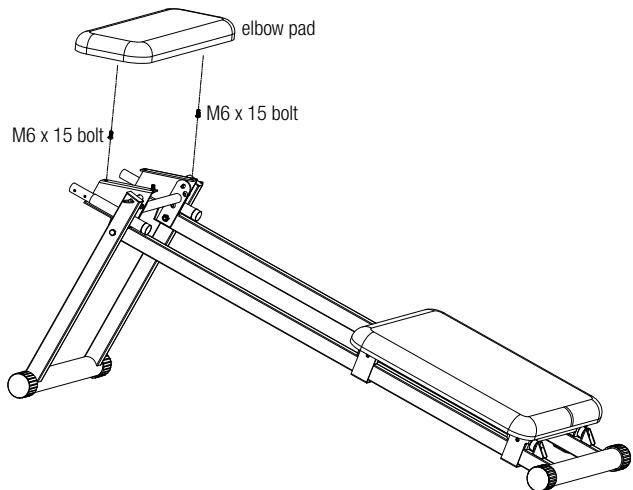
1. Insert the 2 plastic spacers into the top outside hole on the left and right main frame rail. Attach the front floor tube to the main frame assembly with 2 M8 X 65 hex bolts and 2 flat washers using the lower set of holes on the front floor tube. Hand tighten an M8 nut onto each M8 X 65 bolt with a flat washer (you will return after Step 2 to tighten using the two wrenches provided).



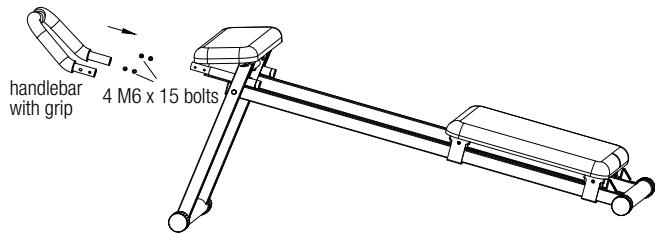
2. Insert the left and right handle brackets between the front floor tube and the main frame, and make sure holes are in alignment. Position with the small tube to the outside and the flat bracket to the inside as shown. The rubber caps on the handle brackets are to face toward the glideboard. Attach the left and right handle brackets (marked L and R) to the main frame by inserting the safety pins into the top outside hole of the front floor tube and through the main frame (Left/Right is determined by standing at the bottom of the glideboard and facing the front floor tube). Next, attach the handle brackets to the main frame assembly with 4 M6 x 15 bolts. **TIP:** hand tighten all 4 bolts first then tighten all bolts completely with provided Allen wrench. Now, you should tighten the 2 M8 X 65 bolts with flat washers and M8 nuts from Step 1 using the two provided wrenches.



3. Insert 2 alignment pins on bottom of elbow pad into the left and right handle bracket holes. Attach the elbow pad to the left and right handle brackets with 2 M6 x 15 bolts. Tighten with provided Allen wrench.



4. Attach handlebar with grip with 4 M6 x 15 bolts. **TIP:** hand tighten all 4 bolts first then tighten completely with provided Allen wrench.



Check to make sure all bolts are properly tightened before beginning to use your product.

## WARNING

MAKE SURE THE  
SAFETY PINS ARE  
COMPLETELY  
INSERTED BEFORE  
BEGINNING ANY  
EXERCISES.

# Starting Out

As a personal user of the Total Gym® Core Trainer Blast, you – the owner of the product – assume the responsibility to become familiar with the guidelines relative to safe use of the product and to convey these guidelines to all users. Read all safety, warnings and usage instructions before using the Total Gym® Core Trainer Blast. Care and maintenance for this product are included to promote safe, enjoyable use of this equipment.

When using your Total Gym® Core Trainer Blast, wear athletic shoes and comfortable lightweight clothing. Before you begin, check to ensure that all parts are in place and working properly. Begin your exercise program with the basic exercises provided. As your proficiency increases, adjust your body position to increase the intensity. **NOTE:** Remember to control the glideboard at all times, particularly when getting on or off your Total Gym® Core Trainer Blast.

## GENERAL SAFETY TIPS

- While performing exercises with quick tempo repetitions, the Total Gym® Core Trainer Blast may move. Please be aware of the action and make necessary adjustments as you continue your exercise program.
- Wear athletic shoes and comfortable lightweight clothing when exercising on the Total Gym® Core Trainer Blast.
- Do not exercise barefoot.
- Check your exerciser before using to ensure that all the parts are in place and working properly (*see page 8 for details on Inspection, Maintenance and Storage*).
- Adult supervision is required at all times.
- Be sure you have plenty of free space around the exerciser so that performing on the Total Gym® Core Trainer Blast, as well as getting on and off, is convenient and safe.
- Keep longer hair up for safety and to prevent interference with your exercise routine.
- Always have control of the glideboard before getting on and off the exerciser.
- Keep your feet on the floor when getting on and off the exerciser. Only remove them from the floor for the duration of the exercise.

# Exercise Instructions

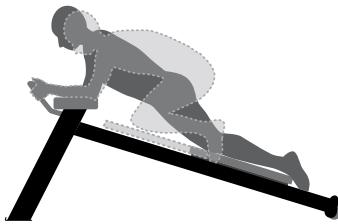
**START OFF WITH 10-15 REPS FOR 2-3 SETS OF YOUR SELECTED BASIC EXERCISE.  
PROGRESS AT YOUR COMFORT LEVEL TO INTERMEDIATE AND ADVANCED.**

## CRUNCH

Kneel toward top of glideboard. Position forearms on elbow pad and grasp handle with both hands. Place knees or toes on glideboard. Maintaining neutral spine position, (elbows should line up under shoulders), press elbows into elbow pad to keep shoulders in neutral position throughout each movement as directed below:

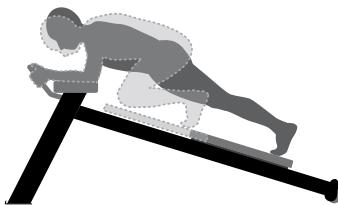
### BASIC

**STEP 1.** Start with knees on glideboard and legs extended.  
**STEP 2.** Bring glideboard up rails by pulling knees to chest.



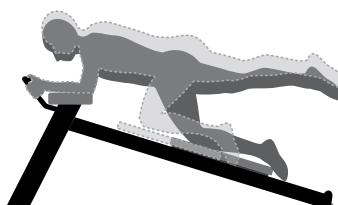
### INTERMEDIATE

**STEP 1.** Start with toes on glideboard and legs extended.  
**STEP 2.** Bring glideboard up rails by pulling knees to chest.



### ADVANCED

**STEP 1.** Start with one knee on glideboard and one leg extended in air.  
**STEP 2.** Bring glideboard up rails by pulling knee to chest.

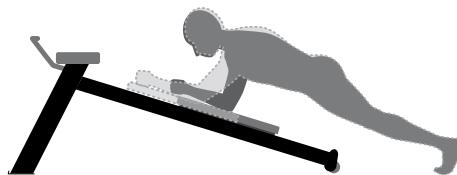


## DYNAMIC PLANK

Position feet on ground. Place forearms on glideboard or grasp sides of glideboard with each hand. Align the neck, shoulders, hips and legs into level plank position. Press into forearms to keep shoulders in a neutral position (elbows should line up under shoulders). Hold this position or increase intensity as directed below:

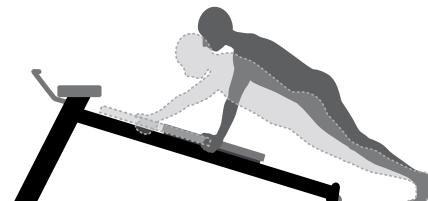
### BASIC

**STEP 1.** Start with elbows under shoulders.  
**STEP 2.** Roll glideboard up and down rails with forearms.



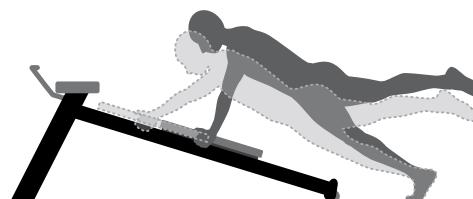
### INTERMEDIATE\*

**STEP 1.** Start with elbows under shoulders.  
**STEP 2.** Roll glideboard up and down rails with extended arms.



### ADVANCED\*

**STEP 1.** Start with elbows under shoulders. Lift one leg.  
**STEP 2.** Roll glideboard up and down rails with extended arms.



*\*Use caution to keep hands & fingers clear of rails.*

# Inspection, Maintenance & Storage

## INSPECT YOUR UNIT PRIOR TO EACH USE

Before using your Total Gym® Core Trainer Blast for your workout session, be sure to make the following inspection:

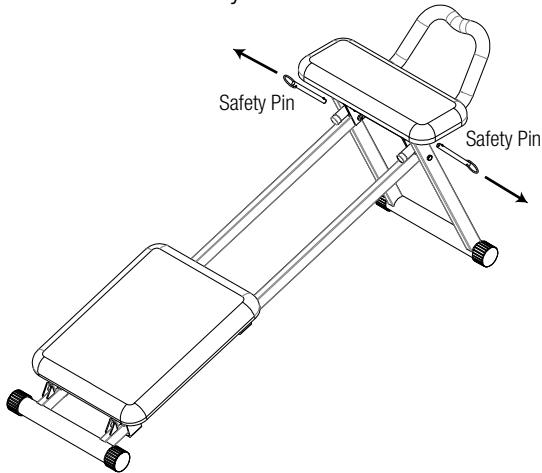
- Make sure the equipment is fully opened and sitting on a solid, level surface with plenty of clearance on all sides. Unit should be used on a mat or on carpeted surfaces only.
- Make sure the glideboard is gliding smoothly along the frame.

## ROUTINE MAINTENANCE

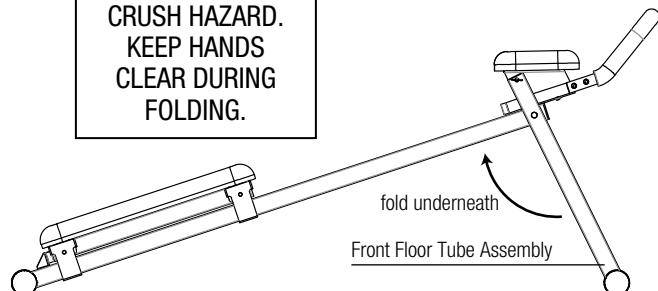
- Wipe down your Total Gym® Core Trainer Blast on a regular basis using a clean cloth and alcohol or alcohol-based products like Windex® or 409®. Do not leave towels or workout clothing laying or hanging on the equipment.
- Periodically check the following parts for signs of fraying or other wear: wheels, glideboard and frame. If the wheels, glideboard and frame need replaced - do not use your unit, wait until the part is replaced. If any other part than the ones listed above needs to be replaced, do not use that part until it is replaced.
- Never use a lubricant such as WD-40® or ArmorAll® to lubricate or clean the unit. Use only 3-in-1® oil or machine oil to lubricate the axles of the wheel, not the roller surface.

## STORAGE

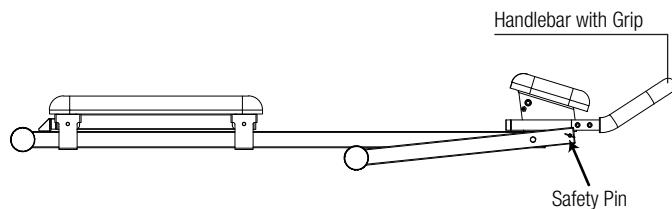
1. To fold your Total Gym® Core Trainer Blast for storage, first remove the Safety Pins from the left and the right side of the Front Floor Tube Assembly.



2. While holding the handlebar with grip with one hand, carefully with the other hand begin to fold the Front Floor Tube Assembly underneath the Main Frame Assembly.

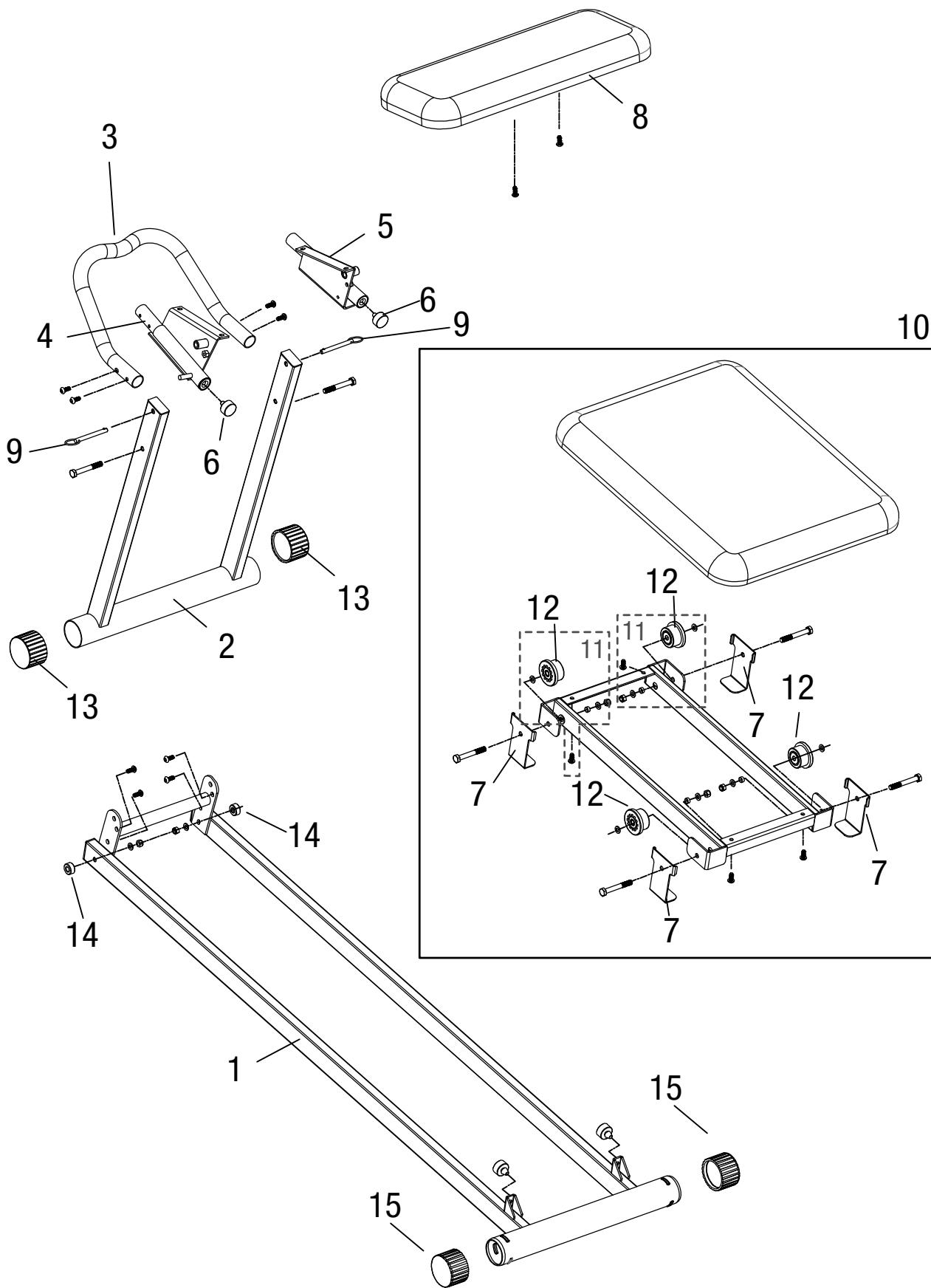


3. Once Front Floor Tube Assembly is completely folded underneath the Main Frame Assembly, insert Safety Pins removed in Step 1 into the left and right side of the Front Floor Tube Assembly to secure for storage. Use handlebar with grip to roll your unit out of the way for storage in a safe location.



# Total Gym® Core Trainer Blast Parts List

ITEM #	PART #	DESCRIPTION	QTY
1	FRAMEB	Main Frame Assembly	1
2	CTFRONT	Front Floor Tube Assembly	1
3	CTHANDLE	Handlebar with Grip	1
4	CTBRACKETL	Left Handle Bracket Assembly	1
5	CTBRACKETR	Right Handle Bracket Assembly	1
6	CTCAP	Rubber Cap	2
7	CTFENDER	Fender	4
8	CTPAD	Elbow Pad Assembly	1
9	CTPIN	Safety Pin	2
10	S340	Glideboard Assembly	1
11	RP102WK	Wheel Kit Assembly	4
12	RP102W	Wheel	4
13	RR103EC	Front Tube Cap	2
14	CTSPACER	Plastic Spacer	2
15	RR105TR	Tube Roller	2
16	BFAST	Fastener Pack	1
17	TGCT0216	Literature Pack	1





## DEDICATION TO QUALITY

We warrant this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions.

See Limited Warranty for details.

### ***Save your sales receipt.***

You may wish to staple into this manual.

*To order optional accessories,  
please go to TotalGymDirect.com*