

# Press Bar

**PARTS:** Press Bar

**NOTE:** The Press Bar is designed exclusively for use at the base of the rails. Do not use as a pull-up bar as damage to the accessory and your Total Gym may occur.



## ATTACHMENT INSTRUCTIONS

**TO BEGIN INSTALLATION:** Remove the folding platform and telescoping squat stand. **STEP 1.** Position the Press Bar mounting brackets over the holes on the lower rail just above the base with the curve of the handles pointing toward the tower. **STEP 2.** Pull the retractable knob on one side of the Press Bar and slide the

bracket over the hole on the rail as shown. **STEP 3.** Release the retractable knob to secure the pin in place. Repeat on the other side. **STEP 4.** Push and pull the Press Bar to insure both the pins are engaged completely in the rails.



## ACCESSORY IN USE



Overhead Press (bilateral).



Overhead Press (unilateral).