

Closed Chain Platform

NOTE: The Closed Chain Platform is designed for physical therapy and rehabilitation. Do not use for high impact plyometrics.



U-joint sold separately.

PARTS: Closed Chain Platform, Toe Stand with detent pin

ACCESSORY IN USE



Toe Stand with detent pin

ATTACHMENT INSTRUCTIONS

Face the front of the tower. **STEP 1.** Align the bottom of the folding platform with the lower rails just above the base of the Total Gym®. **STEP 2.** Slide the left pins of the folding platform into the holes on the outside of the left rail near the base. **STEP 3.** Pull the retractable pin on the right side of the folding platform and move the pin into the hole on the outside of the right rail. Release the pin.

Adjust the folding platform until the pin engages completely.

STEP 4. Align the Closed Chain Platform (CCP) over the folding platform struts as shown. **STEP 5.** Pull the CCP Adjust Lever and slide the CCP down the folding platform struts almost as far as it will slide. Release the lever and continue sliding the CCP down until the lever completely engages the holes in the struts. You may need

to lift it slightly for both sides of the lever to pop into the holes.

STEP 6. To use the Toe Stand, insert the base of the Toe Stand into the round opening on the front of the CCP. Secure it at the desired height with the detent pin on the back of the CCP as shown.

