



**Easy Two-Step Folding** and transport wheels for moving unit.

**Adjustable Glideboard** promotes optimal spinal alignment and training variations.

**LAT Bars** promote line-of-pull specificity for arm-cable exercises.

**Retractable Dip Bars** fold down when not in use.

**Center-pulley Attachment Positions** offer resistance challenges at six levels.

**Automatic Rail Locks** allow for explosive plyometric jumping.  
**Hydraulic Rail Lift** assists level changes and easy two-step folding.

## PRODUCT SPECIFICATIONS

<b>IN USE</b>	108" x 38" x 69" [L/W/H] (2.7 m x 1.0 m x 1.8 m)
<b>FOLDED</b>	20" x 38" x 56" [L/W/H] (.5 m x 1.0 m x 1.4 m)
<b>UNIT WEIGHT</b>	180 lbs (81.65 kg)
<b>RAIL CONSTRUCTION</b>	Steel reinforced extruded aluminum rails
<b>RESISTANCE</b>	1% to 62% of bodyweight
<b>LEVELS</b>	22 calibrated incline levels, with release lever to lock rails into place
<b>SQUAT STAND</b>	Three height levels
<b>STORAGE</b>	Hydraulic lift assists folding; Rolls upright when folded
<b>USER HEIGHT</b>	Up to 6'10" (2.1 m)
<b>CAPACITY</b>	Maximum total 650 lbs (295 kg) User weight 350 lbs (160 kg)
<b>WARRANTY</b>	Frame: 5 years Parts & Upholstery: 1 year Foam & Rubber: 90 days

Encompass™ now part of our ELEVATE series and is the award-winning equipment anchor for GRAVITY®, the time-efficient, personal training, group fitness and Pilates program that is generating excitement and new revenue in commercial facilities around the world.

1. Adjustable glideboard promotes optimal spinal alignment and training variations.
2. Automatic rail locks allow for explosive plyometric jumping.
3. Hydraulic rail lift assists level changes and easy two-step folding.
4. Multiple center-pulley attachment positions double arm-cable load and increases lower extremity ROM.
5. LAT bars promote line-of-pull precision for arm-cable exercises.
6. Includes workout DVD and exercise wall chart.
7. Now comes with Retractable Dip Bars included on unit. Optional accessories for purchase include: SCRUNCH®, Press Bar, Weight Bar, 3Grip Pull-up Bar, Dynamic Leg Pulley System, Telescoping Toe Bar, Leg Pulley System, Slide Distance Regulator and Standing Platform.