

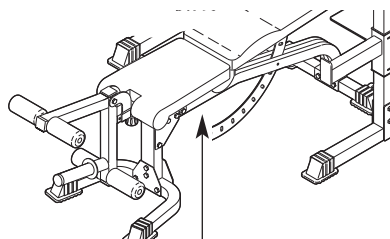


755 POWER CAGE SYSTEM

Model No. GLSY26620

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

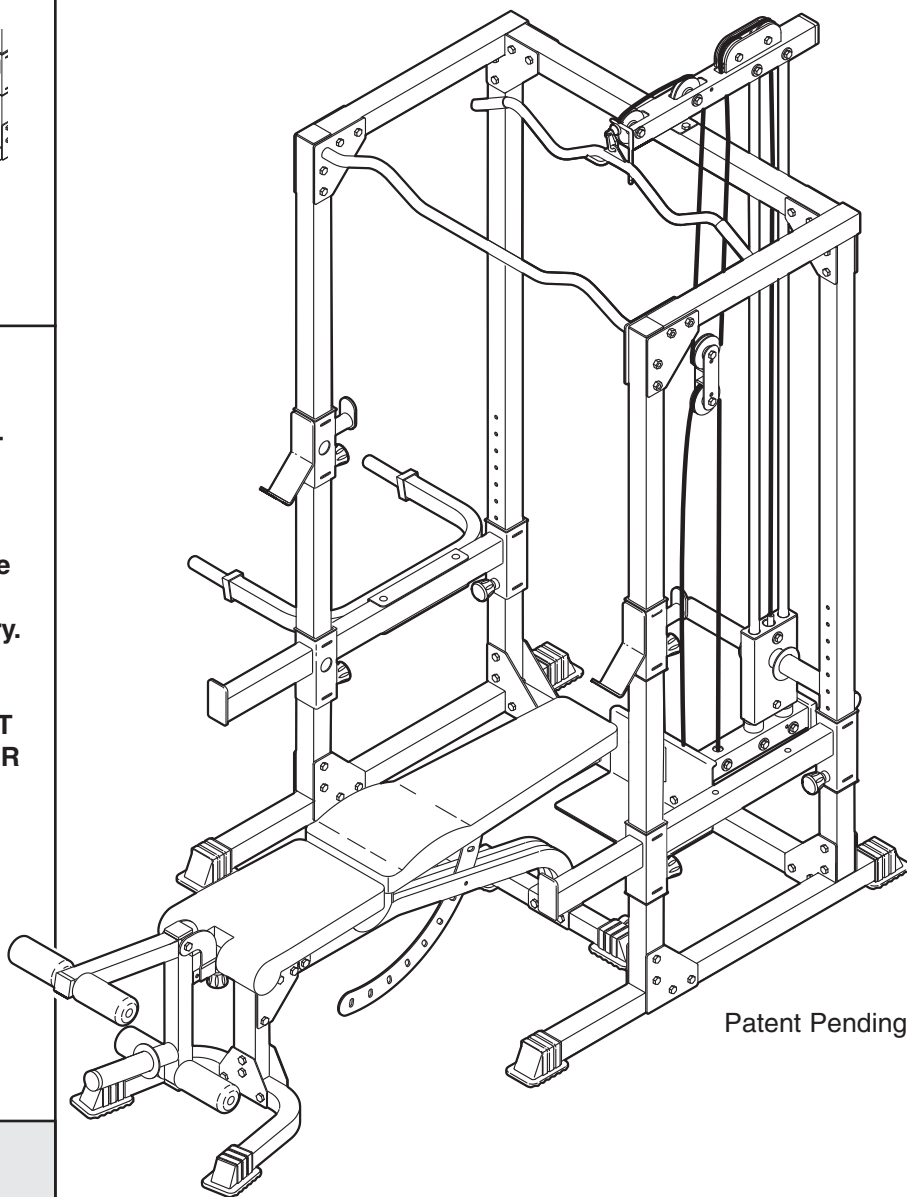
1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



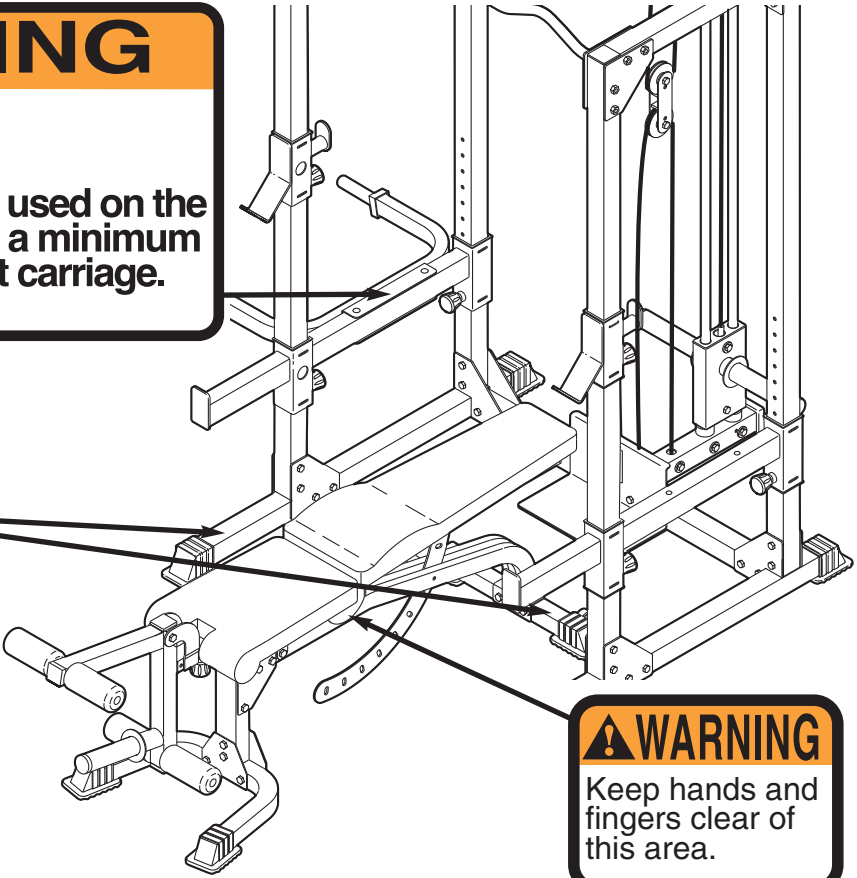
Patent Pending

TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
PART IDENTIFICATION CHART	5
ASSEMBLY	6
ADJUSTMENTS	14
EXERCISE GUIDELINES	17
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

Note: A PART LIST/EXPLODED DRAWING is attached in the center of this manual. Remove the PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT



The diagram shows a weight rack and bench assembly. Three callout boxes point to specific locations for warning decals: one points to the upper rack structure, another points to the bench seat area, and a third points to the finger guards on the weight carriage.

⚠ WARNING

- Only one user at a time
- Dip Station may only be used on the exterior of the rack when a minimum of 75 lbs. is on the weight carriage.

⚠ WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

⚠ WARNING

Keep hands and fingers clear of this area.

The decals shown here have been placed on the weight rack and on the bench. If a decal is missing or illegible, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal in the location shown.

This decal is on the finger guards on both sides of the weight bench.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight rack.

1. Read all instructions in this manual before using the weight system. Use the weight system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor or carpet.
5. Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. The weight system is designed to support a maximum user weight of 250 pounds and a maximum total weight of 550 pounds. Do not place more than 300 pounds, including the barbell, on the weight rests. Do not place more than 150 pounds on the weight carriage or the leg lever. Note: The weight system does not include a barbell or weights.
9. Always make sure there is an equal amount of weight on each end of the barbell.
10. Always set both weight rests and both safety spotters at the same height.
11. Always secure weights with the weight clips when they are mounted on the weight carriage.
12. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
13. Always wear athletic shoes for foot protection while exercising.
14. Always exercise with a partner. When you are performing squat exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
16. Always disconnect the lat bar from the weight system when performing an exercise that does not require the lat bar.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

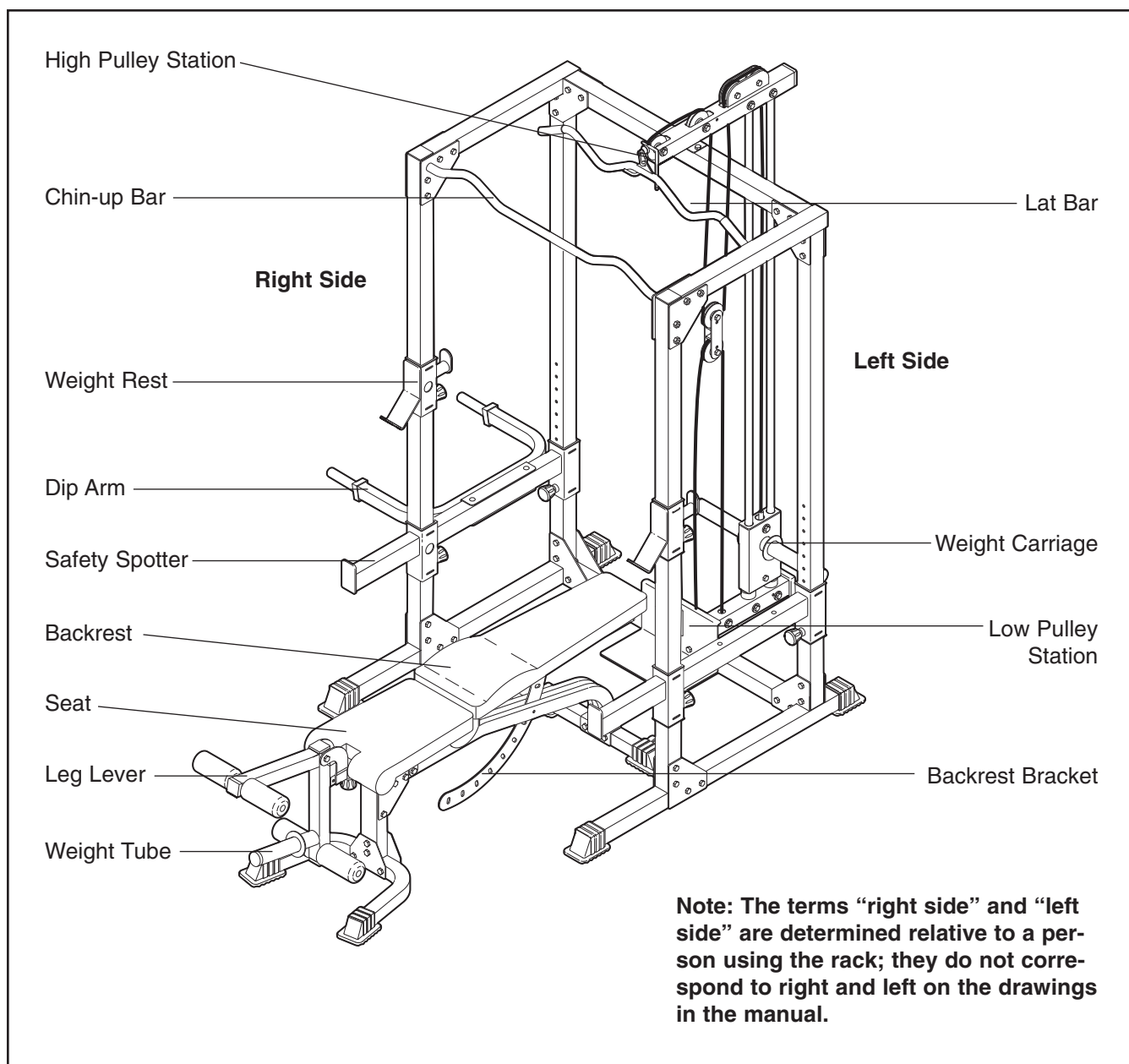
BEFORE YOU BEGIN

Thank you for selecting the versatile TRACKER® 755 POWER CAGE SYSTEM weight system. The weight system is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic increase in muscle size and strength, or a healthier cardiovascular system, the weight system will help you achieve the specific results you want.

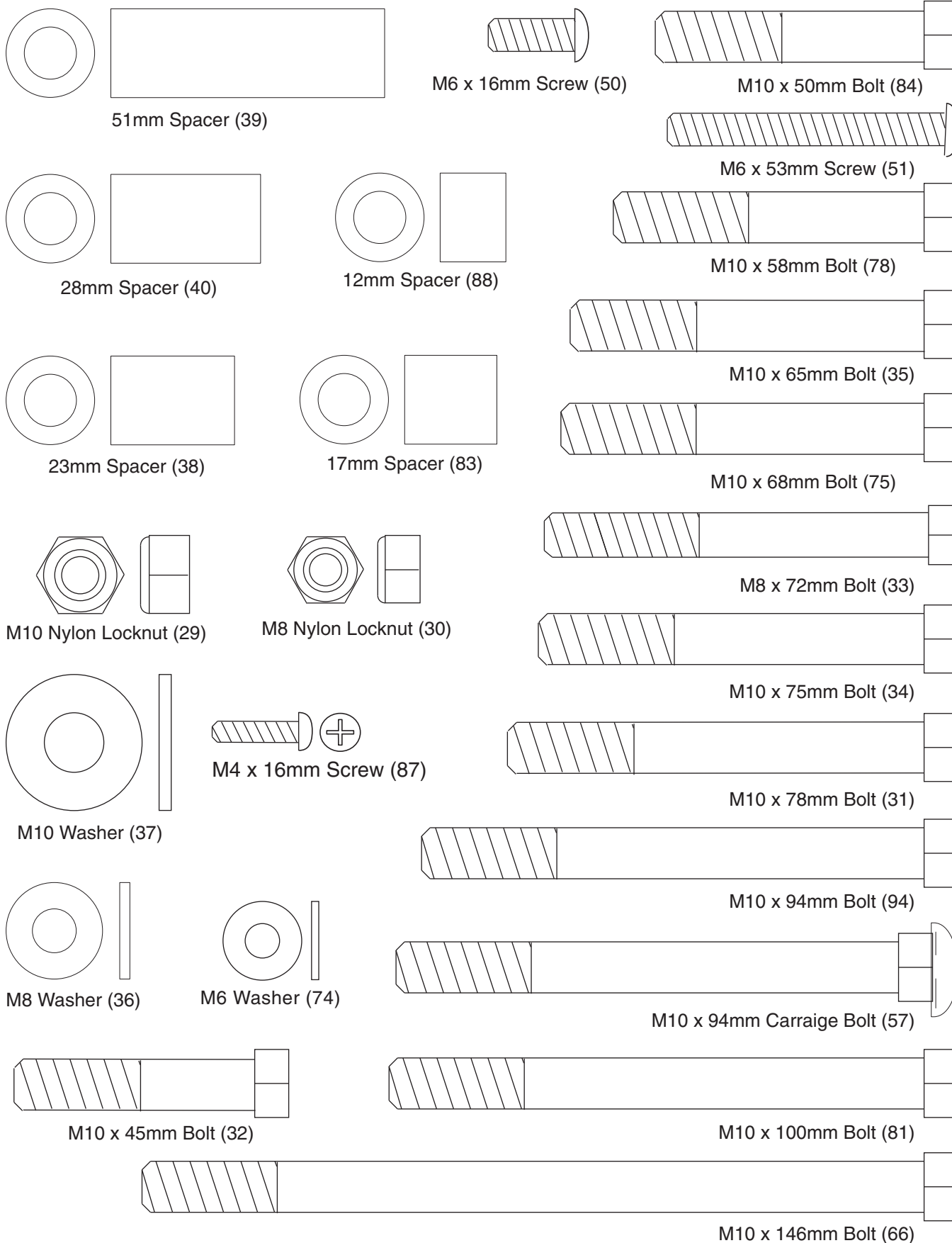
For your benefit, read this manual carefully before using the weight system. If you have additional ques-

tions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is GLSY26620. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



PART IDENTIFICATION CHART



ASSEMBLY

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. However, it is important to realize that the versatile weight system has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.

- **For help identifying small parts, refer to the PART IDENTIFICATION CHART.**

The following tools (not included) are required for assembly:

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Attach two Large Base Caps (27) to the ends of the Left Base (3) with four M4 x 16mm Screws (87).

Attach the Left Base (3) to the Center Base (2) with two M10 x 78mm Bolts (31) and two M10 Nylon Locknuts (29). **Do not tighten the Locknuts yet.**

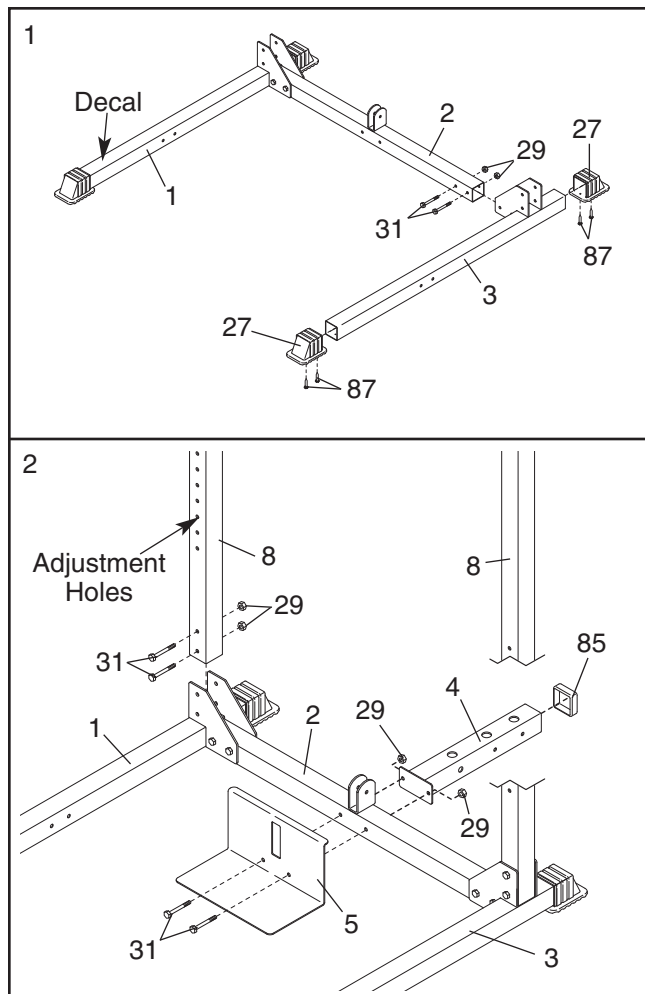
Repeat this step with the Right Base (1). Make sure the warning decal is in the indicated location.

2. Identify the two Rear Uprights (8), which are shorter than the Front Uprights (not shown).

Attach the Rear Uprights (8) to the Left and Right Bases (1, 3) using four M10 x 78mm Bolts (31) and four M10 Nylon Locknuts (29). **Do not tighten the Locknuts yet. Make sure the Uprights are oriented with the adjustment holes on the indicated side near the bottom.**

Press a 50mm Square Outer Cap (85) onto the end of the Weight Guide Base (4).

Orient the Foot Plate (5) and the Weight Guide Base (4) as shown. Attach the Foot Plate and the Weight Guide Base to the Center Base (2) using two M10 x 78mm Bolts (31) and two M10 Nylon Locknuts (29). **Do not tighten the Locknuts yet.**



3. Tap a 60mm Square Inner Cap (28) into the top of each of the Front Uprights (7).

Attach a Front Upright (7) and two Rack Joint Plates (6) to the Left Base (3) using four M10 x 78mm Bolts (31) and four M10 Nylon Locknuts (29). **Make sure that the Front Upright is turned so the adjustment holes are facing the Rear Upright (8), the numbers are on the inside of the rack, and that the holes near the bottom of the Front Upright and the holes in the Joint Plates line up. If they do not line up, turn the Front Upright upside-down. Do not tighten the Locknuts yet.**

Attach the other Front Upright (7) and two Rack Joint Plates (6) to the Right Base (1) in the same manner.

4. This step will require two people.

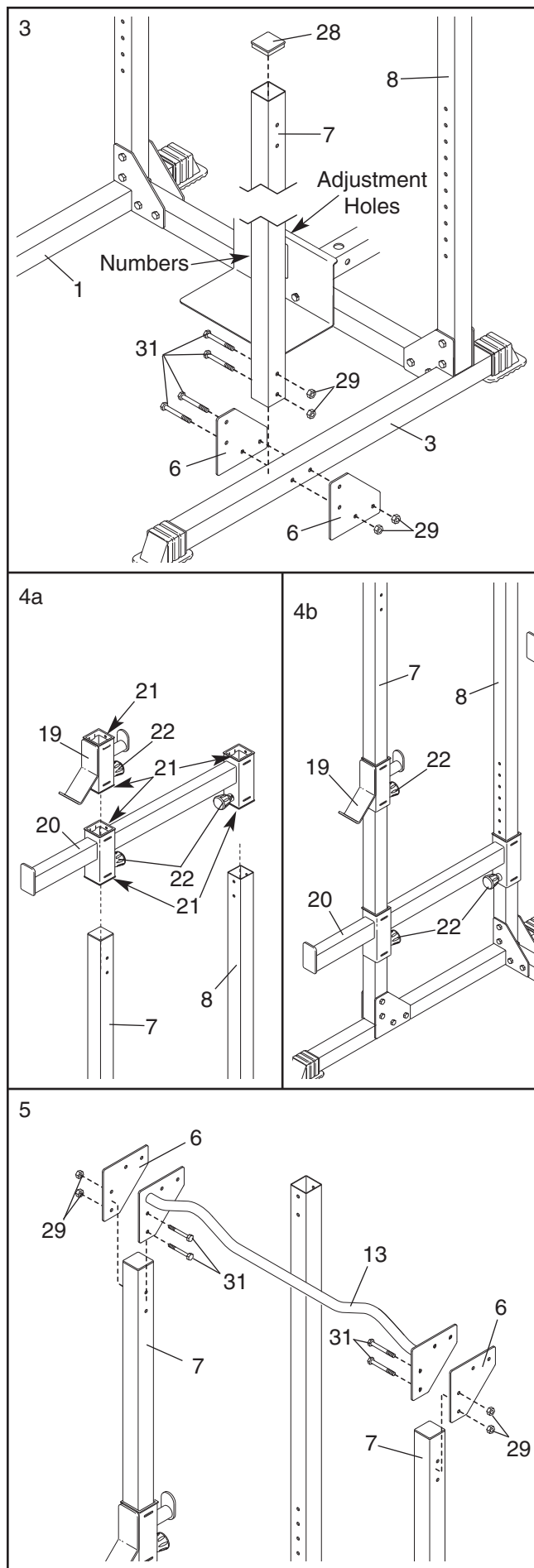
Refer to drawing 4a. Have one person hold out the Adjustment Knobs (22) on the Right Safety Spotter (20), while the other person slides the Safety Spotter down over the right Uprights (7, 8), as shown. Hold the Adjustment Knob out on the Right Weight Rest (19), and slide the Weight Rest onto the Front Upright (7). **To avoid breaking the Square Bushings (21) inside the top and bottom of the Safety Spotter and Weight Rest, be careful not to catch the Square Bushings on the edges of the Uprights as they slide on.**

Refer to drawing 4b. Secure the Right Safety Spotter (20) and the Right Weight Rest (19) to the right Uprights (7, 8) by snapping the three Adjustment Knobs (22) into adjustment holes in the Uprights and turning them clockwise until tight.

Assemble the Left Safety Spotter (not shown) and Left Weight Rest (not shown) to the left Uprights (not shown) in the same manner.

Make sure both Safety Spotters and both Weight Rests are at the same height.

5. Attach the Chin-up Bar (13) and two Rack Joint Plates (6) to the Front Uprights (7) using four M10 x 78mm Bolts (31) and four M10 Nylon Locknuts (29). **Do not tighten the Locknuts yet.**



6. Press a 60mm Square Inner Cap (28) into the Left Frame (12). Attach the Left Frame to the left Uprights (7, 8) using four M10 x 78mm Bolts (31) and four M10 Nylon Locknuts (29). **Do not tighten the Locknuts yet.**

Assemble the Right Frame (10) on the right Uprights (7, 8) in the same manner.

Attach the Center Frame (11) to the Right and Left Frames (10, 12) using four M10 x 78mm Bolts (31) and four M10 Nylon Locknuts (29).

Tighten the M10 Nylon Locknuts (29) used in steps 1–6.

7. Press the two 51mm Round Inner Caps (42) into the weight tubes on the Weight Carriage (15).

Make sure the Weight Carriage is turned so the weight tubes are near the top, as shown. Attach the lower Carriage Bushing (16) to the Weight Carriage (15) using an M10 x 65mm Bolt (35), two M10 Washers (37), the 51mm Spacer (39), and an M10 Nylon Locknut (29).

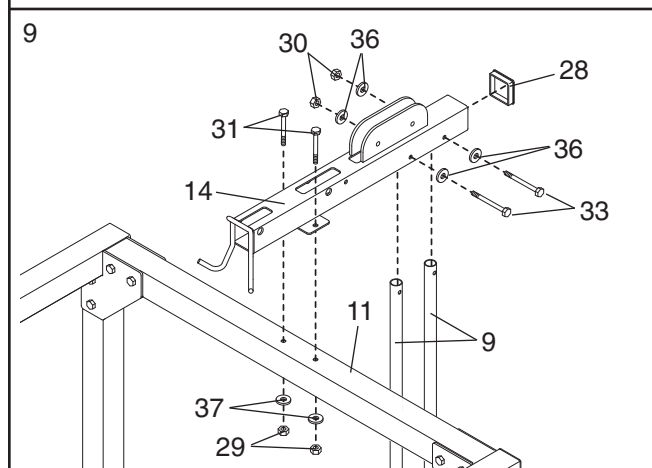
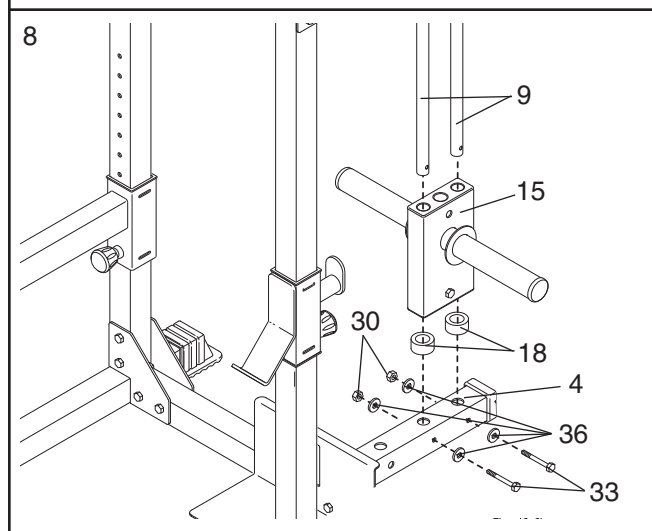
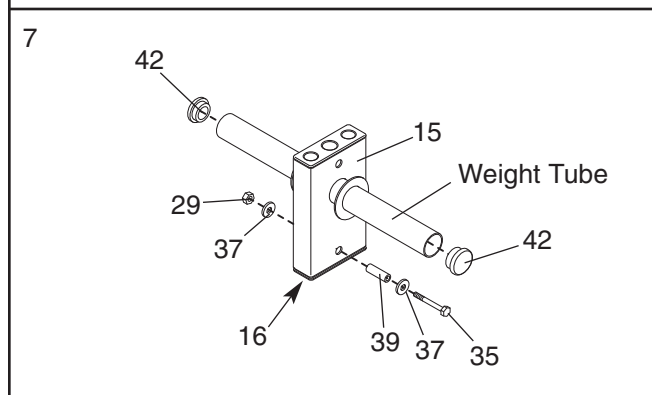
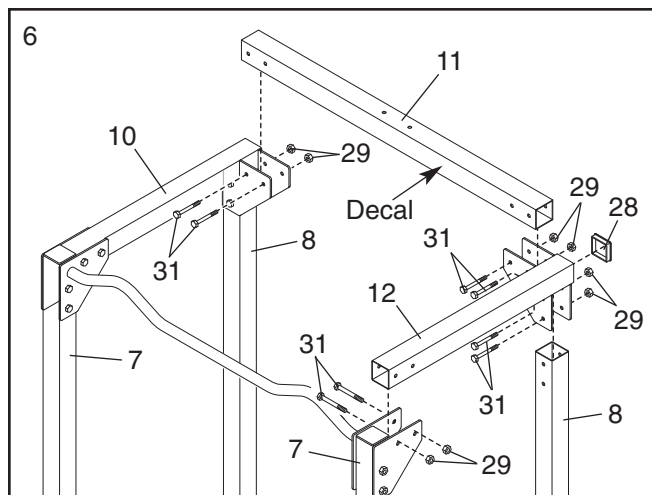
8. Set the two Weight Bumpers (18) over the indicated holes in the Weight Guide Base (4). Set the Weight Carriage (15) on the Weight Bumpers.

Insert the two Weight Guides (9) through the Weight Carriage (15). Attach the Weight Guides to the Weight Guide Base (4) using two M8 x 72mm Bolts (33), four M8 Washers (36), and two M8 Nylon Locknuts (30).

9. Press a 60mm Square Inner Cap (28) into the end of the Weight Guide Frame (14).

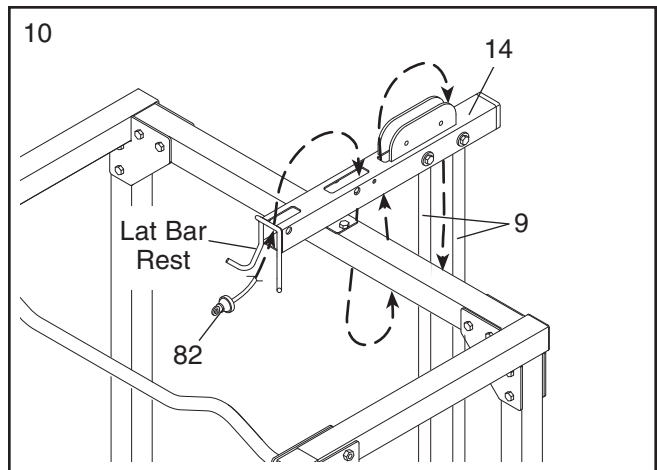
Hold the Weight Guide Frame (14) on top of the Center Frame (11) and the Weight Guides (9). Attach the Weight Guides to the Weight Guide Frame using two M8 x 72mm Bolts (33), four M8 Washers (36), and two M8 Nylon Locknuts (30). **Do not overtighten the Locknuts or the Weight Carriage (not shown) may not raise and lower smoothly.**

Attach the Weight Guide Frame (14) to the Center Frame (11) using two M10 x 78mm Bolts (31), two M10 Washers (37), and two M10 Nylon Locknuts (29).

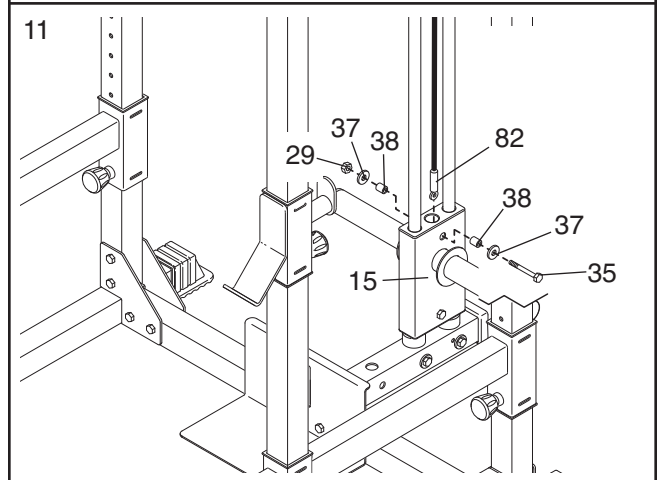


10. Locate the Long Cable (82) and notice that there is a ball on one end and eyelet on the other end.

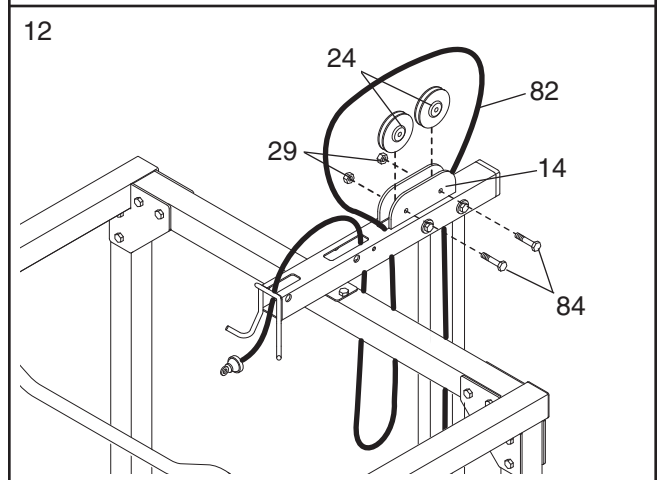
Route the eyelet end of the Long Cable (82) up under the lat bar rest on the Weight Guide Frame (14), down through the indicated hole, back up through the next hole, and then down between the Weight Guides (9) as shown.



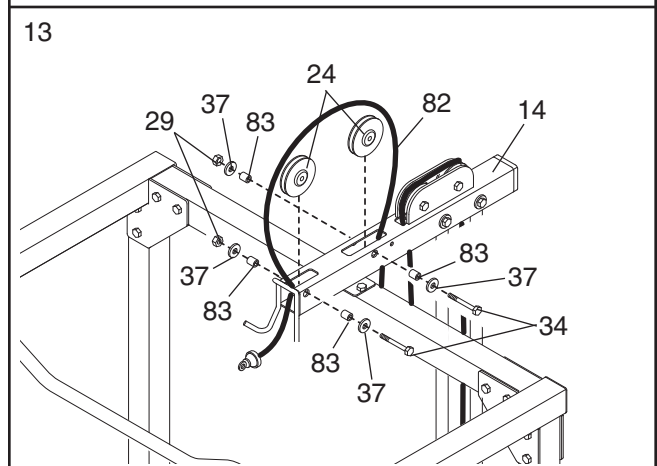
11. Insert the end of the Long Cable (82) into the hole in the center of the Weight Carriage (15). Attach the Cable using an M10 x 65mm Bolt (35), two M10 Washers (37), two 23mm Spacers (38), and an M10 Nylon Locknut (29).



12. Lift the Long Cable (82) in the location shown. Attach two Pulleys (24) inside the bracket on the Weight Guide Frame (14) using two M10 x 50mm Bolts (84) and two M10 Nylon Locknuts (29).



13. Lift the Long Cable (82) in the location shown. Attach two Pulleys (24) inside the Weight Guide Frame (14) using two M10 x 75mm Bolts (34), four M10 Washers (37), four 17mm Spacers (83), and two M10 Nylon Locknuts (29).

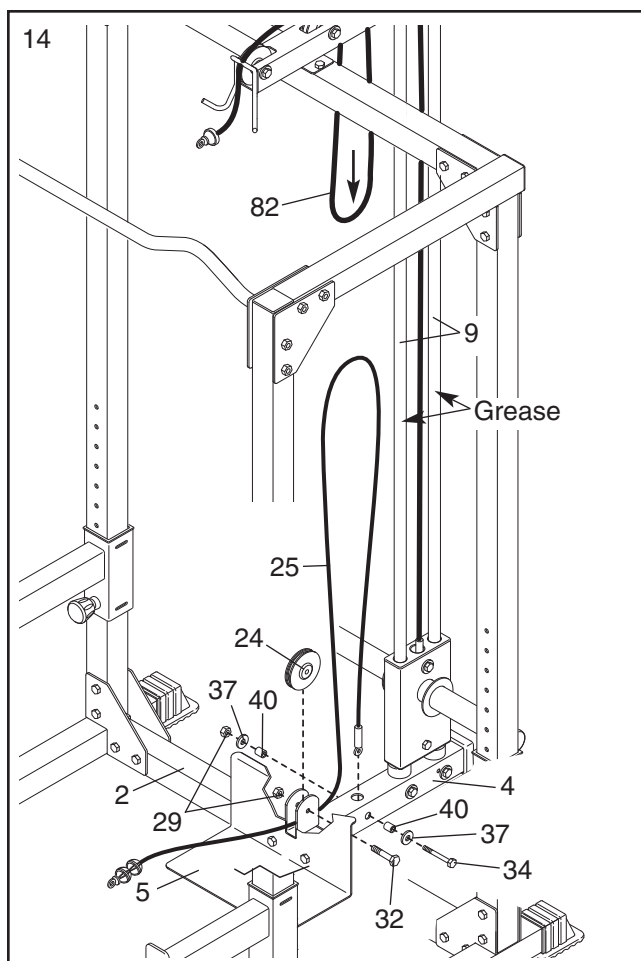


14. Pull the Long Cable (82) down in the indicated location, so there is no slack at the ends of the Cable.

Locate the Short Cable (25), which has two balls on one end. Insert the eyelet end of the Cable through the hole in the Foot Plate (5) and into the indicated hole in the Weight Guide Base (4). Attach the Cable using an M10 x 75mm Bolt (34), two M10 Washers (37), two 28mm Spacers (40), and an M10 Nylon Locknut (29).

Rest the Short Cable (25) in the bracket on the Center Base (2). Attach the Pulley inside the bracket using an M10 x 45mm Bolt (32) and an M10 Nylon Locknut (29).

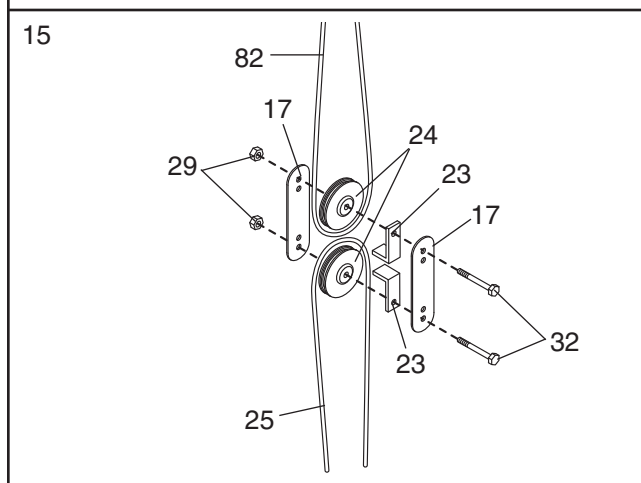
Apply a light coat of grease to the full length of the Weight Guides (9).



15. Wrap the Long Cable (82) around a Pulley (24) as shown. Attach the Pulley and a Cable Trap (23) to the two Pulley Plates (17) using an M10 x 45mm Bolt (32) and an M10 Nylon Locknut (29).

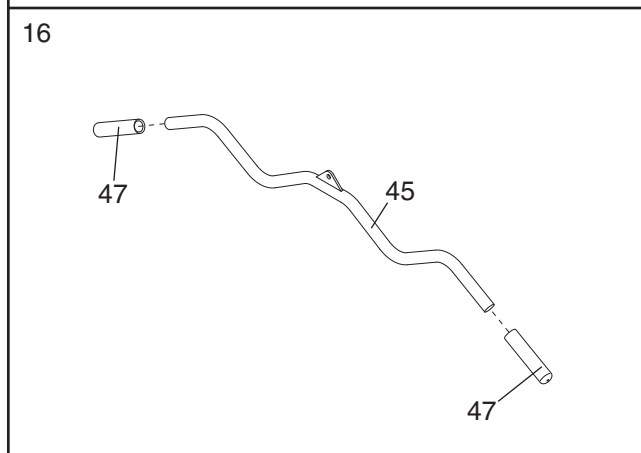
Wrap the Short Cable (25) around a Pulley (24) as shown. Attach the Pulley and a Cable Trap (23) to the Pulley Plates (17) using an M10 x 45mm Bolt (32) and an M10 Nylon Locknut (29).

Make sure that the M10 x 45mm Bolts (32) are inserted through the highest and lowest holes in the Pulley Plates (17), and that the Cables (25, 82) are between the Cable Traps (23) and the Pulleys (24).



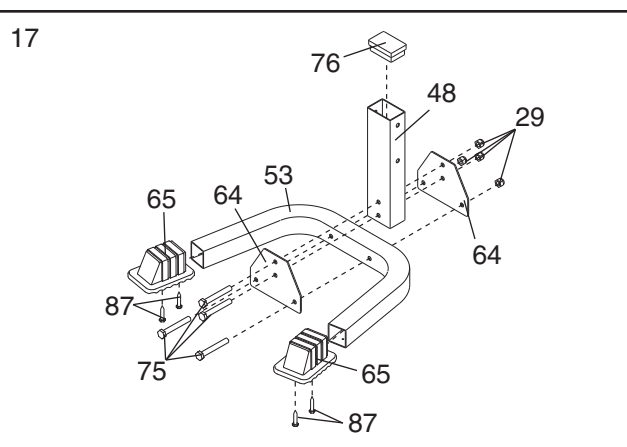
16. Wet the ends of the Lat Bar (45) with soapy water. Slide the Handgrips (47) onto the ends of the Lat Bar.

Make sure that all parts of the weight rack are properly tightened. In addition, pull each cable a few times to make sure the cables move smoothly over the pulleys. If the cables do not move smoothly, locate and correct the problem. When weights are used, the cables may be damaged if they are incorrectly routed.



17. Attach two Small Base Caps (65) to the Bench Base (53) with for M4 x 16mm Screws (87). Press a 50mm x 70mm Inner Cap (76) into the Bench Leg (48).

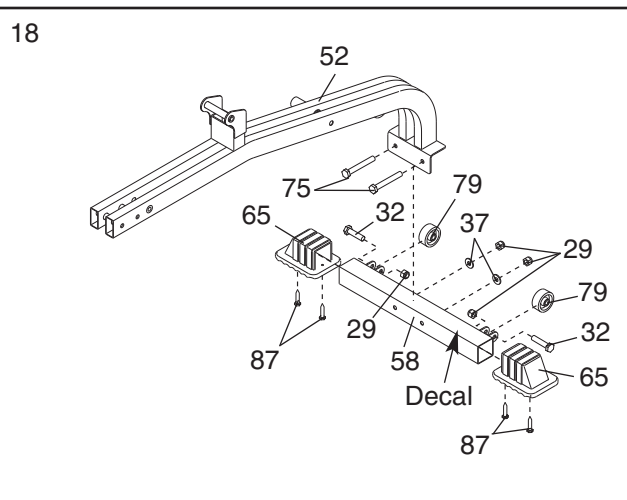
Attach the Bench Leg (48) to the Bench Base (53) with four M10 x 68mm Bolts (75), two Bench Base Joint Plates (64), and four M10 Nylon Locknuts (29). **Do not tighten the Locknuts yet.**



18. Attach two Small Base Caps (65) to the Stabilizer (58) with four M4 x 16mm Screws (87).

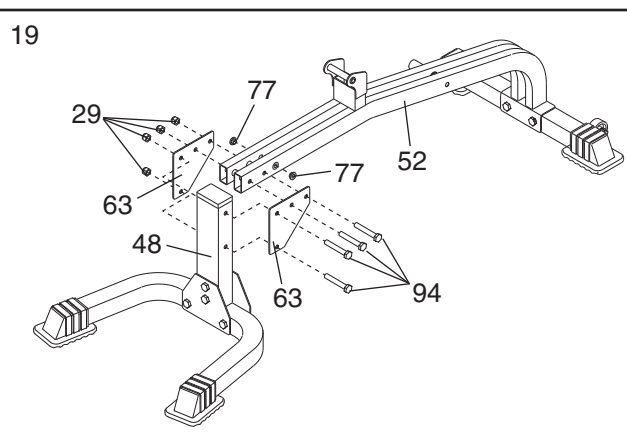
Attach the two Wheels (79) to the Stabilizer (58) with two M10 x 45mm Bolts (32) and two M10 Nylon Locknuts (29). **Do not overtighten the Locknuts; the Wheels must be able to roll easily.**

Attach the Bench Frame (52) to the Stabilizer (58) with two M10 x 68mm Bolts (75), two M10 Washers (37), and two M10 Nylon Locknuts (29). **Make sure the decal is in the indicated position. Do not tighten the Locknuts yet.**



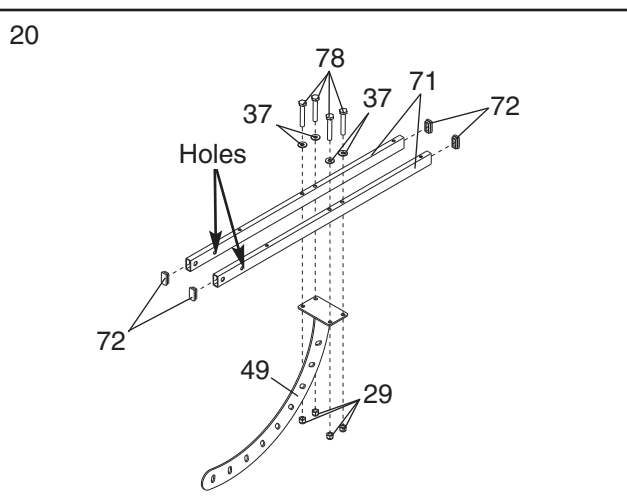
19. Press two Bushings (77) into the Bench Frame (52).

Attach the Bench Frame (52) to the Bench Leg (48) with four M10 x 94mm Bolts (94), two Bench Joint Plates (63), and four M10 Nylon Locknuts (29). **Do not tighten the Locknuts yet.**



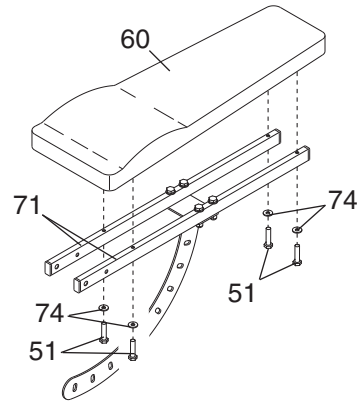
20. Press four 20mm x 40mm Inner Caps (72) into the ends of the two Backrest Frames (71).

Attach the Backrest Frames (71) to the Backrest Bracket (49) with four M10 x 58mm Bolts (78), four M10 Washers (37), and four M10 Nylon Locknuts (29). **Make sure the Backrest Frames are oriented as shown. The Backrests Frames must be parallel, with the indicated holes aligned.**



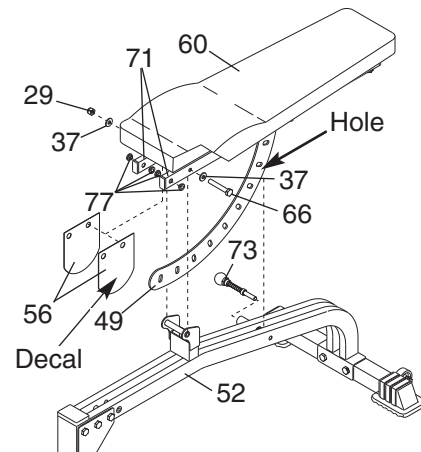
21. Attach the Backrest (60) to the Backrest Frames (71) with four M6 x 53mm Bolts (51) and four M6 Washers (74). **Note: If the four Bolts cannot be inserted into the Backrest properly, go back to step 20 and readjust the Backrest Frames.**

21



22. Press four Bushings (77) into the Backrest Frames (71) as shown.

22

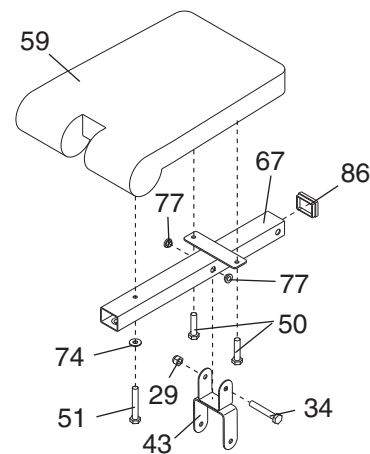


Secure the Backrest Knob (73) to the Bench Frame (52). Pull the Knob out as far as it will go. Slide the Backrest Bracket (49) between the Bench Frame tubes and engage the Knob into a hole in the Bracket.

Attach the Backrest Frames (71) and two Guard Plates (56) to the Bench Frame (52) with an M10 x 146mm Bolt (66), two M10 Washers (37), and an M10 Nylon Locknut (29). **Make sure the decals are on the outside of the Guard Plates. Do not overtighten the Locknut; the Backrest Frames and Guard Plates must be able to pivot easily.**

23. Press a 38mm x 50mm Inner Cap (86) into the indicated end of the Seat Frame (67). Press two Bushings (77) into the Seat Frame as shown.

23

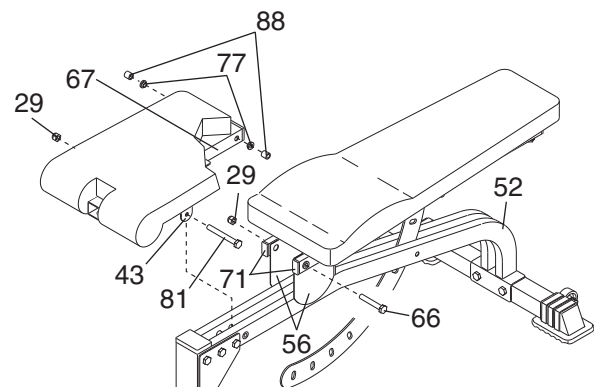


Attach the Pivot Bracket (43) to the Seat Frame (67) with an M10 x 75mm Bolt (34) and an M10 Nylon Locknut (29). **Do not overtighten the Locknut; the Pivot Bracket must be able to pivot easily.**

Attach the Seat (59) to the Seat Frame (67) with two M6 x 16mm Screws (50), an M6 x 53mm Bolt (51), and an M6 Washer (74).

24. Press two Bushings (77) into the Seat Frame (67) as shown.

24

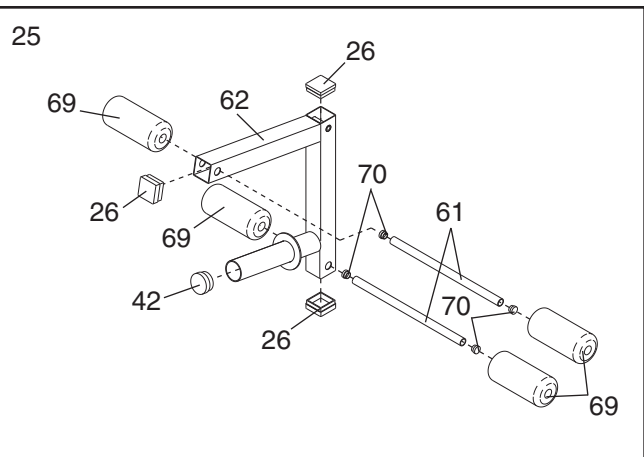


Attach the Seat Frame (67) to the Backrest Frames (71) and Guard Plates (56) with an M10 x 146mm Bolt (66), two 12mm Spacers (88), and an M10 Nylon Locknut (29). **Do not overtighten the Locknut; the Seat Frame must be able to pivot easily.**

Attach the Pivot Bracket (43) to the Bench Frame (52) with an M10 x 100mm Bolt (81) and an M10 Nylon Locknut (29). **Do not overtighten the Locknut; the Pivot Bracket must be able to pivot easily.**

25. Press three 50mm Square Inner Caps (26) into the Leg Lever (62). Press a 51mm Round Inner Cap (42) into the tube on the Leg Lever.

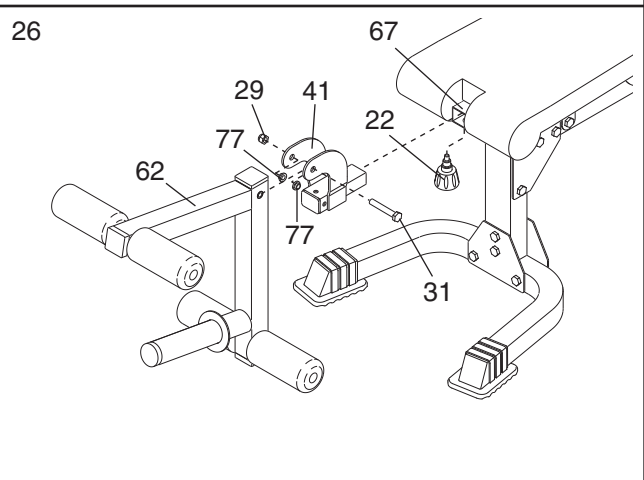
Slide the two Pad Tubes (61) into the Leg Lever (62). Slide four Foam Pads (69) onto the ends of the Pad Tubes. Press four 19mm Round Inner Caps (70) into the ends of the Pad Tubes.



26. Press two Bushings (77) into the Leg Lever Bracket (41) as shown.

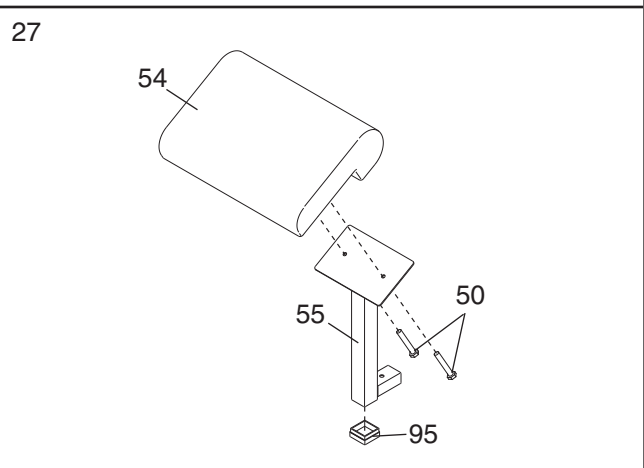
Attach the Leg Lever (62) to the Leg Lever Bracket (41) with an M10 x 78mm Bolt (31) and an M10 Nylon Locknut (29). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

Loosen the Seat Knob (22). Secure the Leg Lever Bracket (41) in the end of the Seat Frame (67) with the Knob.

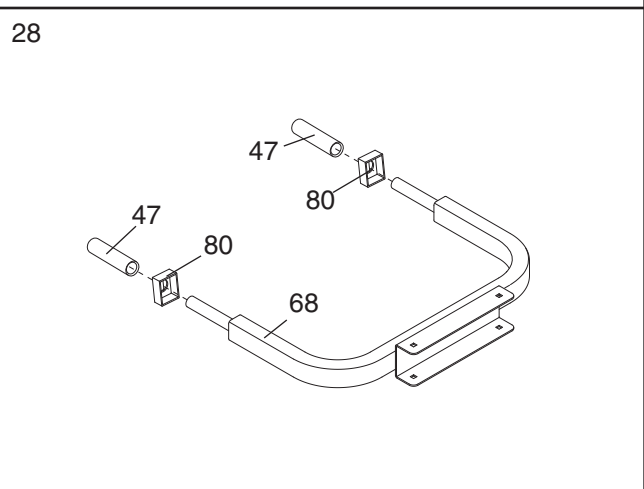


27. Press a 45mm Square Inner Cap (95) into the bottom of the Curl Post (55).

Attach the Curl Pad (54) to the Curl Post (55) with two M6 x 16mm Screws (50).



28. Press the two Handgrip Bushings (80) onto the Dip Arm (68). Slide two Handgrips (47) onto the Dip Arm.



29. **Make sure all parts are properly tightened before you use the weight system. The use of the remaining parts will be explained in ADJUSTMENTS on the following page.**

ADJUSTMENTS

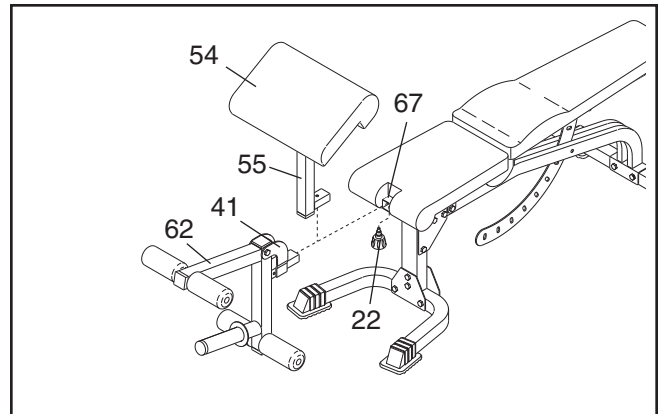
This section explains how the weight system can be adjusted. See the EXERCISE GUIDELINES on page 17 for information about how to get the most benefit from your exercise program. See the included exercise guide for information about how to perform a variety of exercises.

Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ATTACHING THE LEG LEVER OR CURL PAD

To use the Leg Lever (62), insert the Leg Lever Bracket (41) into the Seat Frame (67). Secure the Bracket with the Adjustment Knob (22).

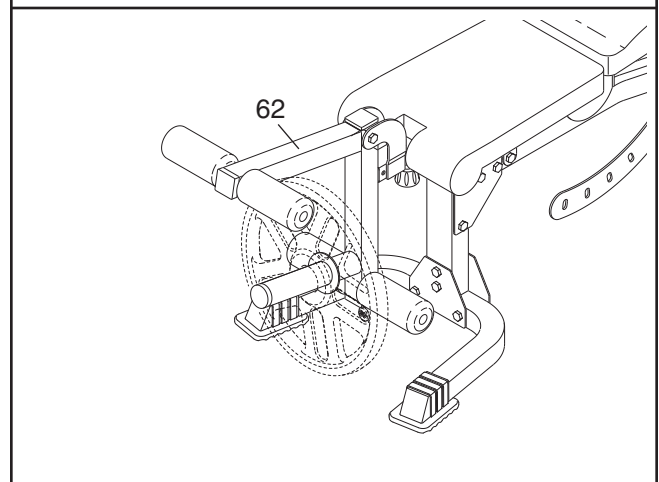
To use the Curl Pad (54), insert the Curl Post (55) into the Seat Frame (67). Secure the Curl Post with the Adjustment Knob (22).



ADDING WEIGHT TO THE LEG LEVER

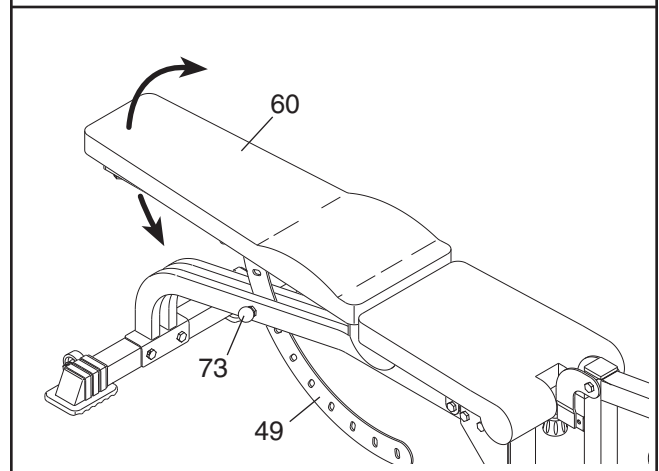
To use the Leg Lever (62), slide the desired amount of weight (not included) onto the tube on the Leg Lever.

⚠ WARNING: Do not place more than 150 pounds on the Leg Lever (62).



ADJUSTING THE BACKREST

To adjust the position of the Backrest (60), pull the Bench Knob (73) out as far as it will go. Move the Backrest to the desired position, and engage the Knob into a hole in the Backrest Bracket (49).



ATTACHING THE DIP ARM

To attach the Dip Arm (68), first move a Safety Spotter (20 or 90) to the highest position possible (see USING THE WEIGHT RESTS AND SAFETY SPOTTERS, below). Attach the Dip Arm to the outside of the Safety Spotter with two M10 x 94mm Carriage Bolts (57) and two M10 Nylon Locknuts (29). **Make sure the warning decal is in the indicated location.**

⚠ WARNING: Always set 75 pounds on the Weight Carriage (not shown) before using the Dip Arm (68).

USING THE WEIGHT RESTS AND SAFETY SPOTTERS

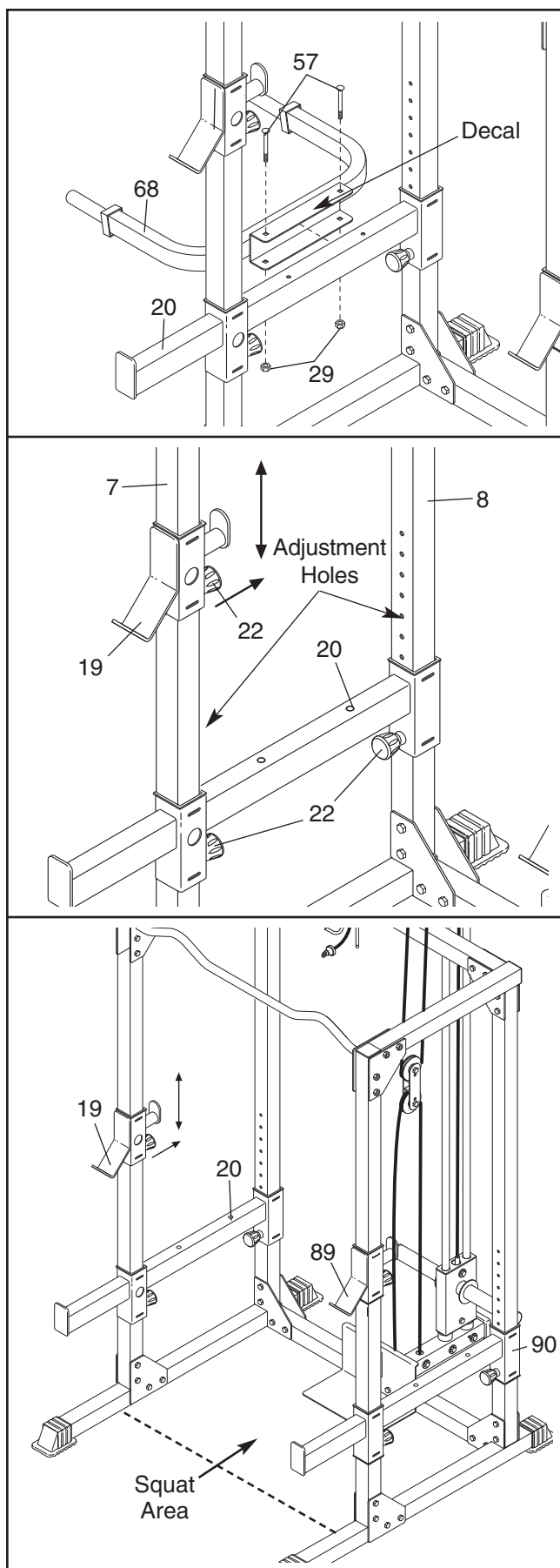
Before beginning an exercise, move the Weight Rests (19, 89) and the Safety Spotters (20, 90) to sets of holes in the Uprights (7, 8) that are best suited for that exercise. Do this by turning the Adjustment Knobs (22) counterclockwise until loose. Pull the Knobs out and slide the Weight Rests or the Safety Spotters to the desired heights. Engage the Knobs into the adjustment holes in the Uprights and turn the Knobs clockwise until tight.

The selected holes for the Safety Spotters (20, 90) should represent the lowest point to which you want the barbell to go during the exercise. The selected holes for the Weight Rests (19, 89) should be at a comfortable height for lifting and replacing the barbell. Perform the exercise as shown on the accompanying exercise guide. **Note: Make sure the Adjustment Knobs (22) are fully tightened.**

⚠ WARNING: Always set both Weight Rests (19, 89) at the same height and both Safety Spotters (20, 90) at the same height.

SETTING UP FOR SQUAT EXERCISES

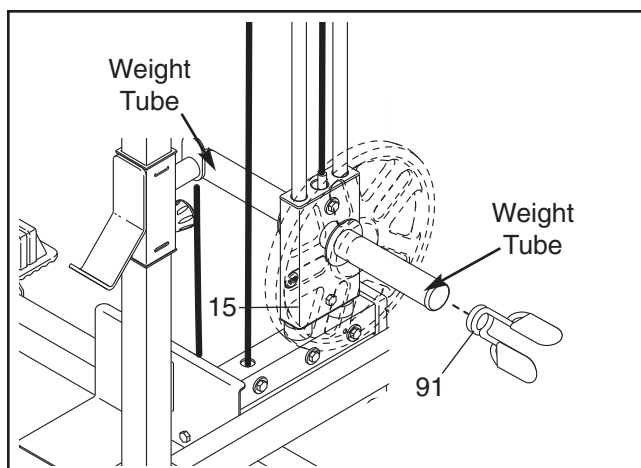
Squat exercises should be performed inside the rack (behind the dotted line in the picture). When performing squat exercises, set the Weight Rests (19, 89) and the Safety Spotters (20, 90) at a comfortable height in the manner describe in USING THE WEIGHT RESTS AND SAFETY SPOTTERS above.



ADDING WEIGHTS TO THE WEIGHT CARRIAGE

To use the high or low pulley station, slide the desired amount of weight (not included) onto the weight tubes on the Weight Carriage (15). Secure the weights with Weight Clips (91).

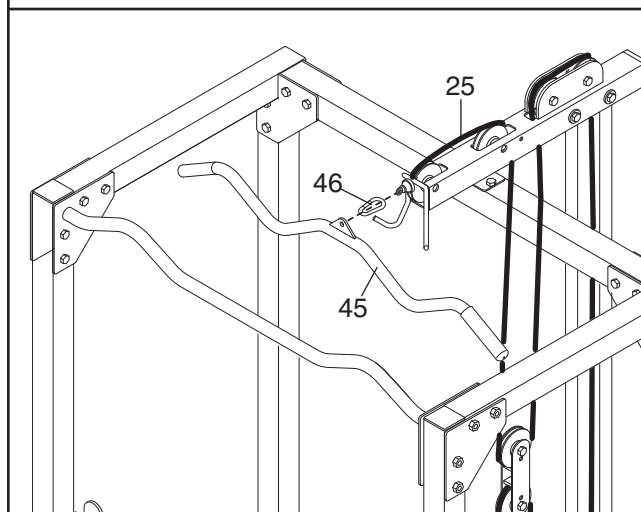
⚠ WARNING: Do not place more than 150 pounds on the Weight Carriage (15). Always place the same amount of weight on each side of the Weight Carriage, and secure with the Weight Clips (91).



ATTACHING THE LAT BAR TO THE HIGH PULLEY STATION OR THE LOW PULLEY STATION

To use the high pulley station or the low pulley station, first place the desired weights on the weight carriage (see ADDING WEIGHTS TO THE WEIGHT CARRIAGE above). Next, attach the Lat Bar (45) to either Cable (25) with a Cable Clip (46).

⚠ WARNING: Always disconnect the Lat Bar (45) when performing an exercise that does not require using the Lat Bar.

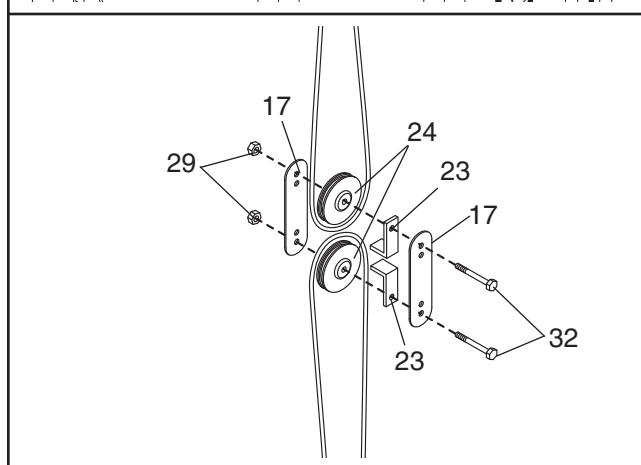


TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight rack, can stretch slightly after it is first used. If there is slack in the cables, tighten them as described below.

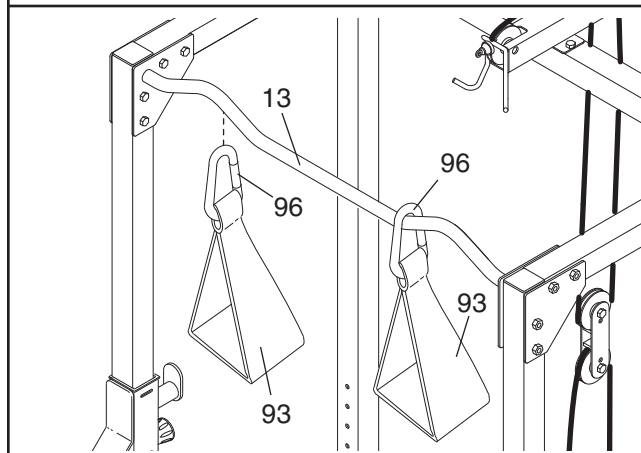
Remove the M10 x 45mm Bolt (32) and the M10 Nylon Locknut (29) attaching the lower Pulley (24) and Cable Trap (23) to the two Pulley Plates (17). Reattach the lower Pulley and Cable Trap to the higher holes in the Pulley Plates using the Bolt and Nylon Locknut.

If moving just the lower Pulley (24) does not sufficiently tighten the cables, you can also move the upper Pulley down one set of holes in the Pulley Plates (17).



USING THE AB SLING

To use the Ab Slings (93), use the Large Cable Clips (96) to attach them to the Chin-up Bar (13).



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 18 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

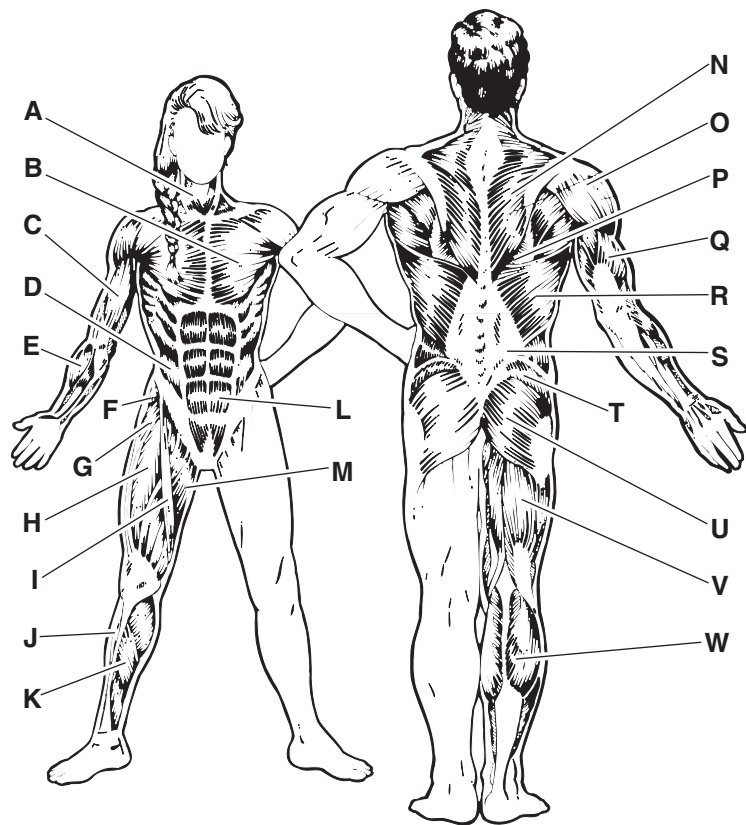
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 19 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



MONDAY Date: _____ / ____ / ____	EXERCISE	WEIGHT	SETS	REPS

TUESDAY AEROBIC EXERCISE

Date: _____ / ____ / ____

WEDNESDAY Date: _____ / ____ / ____	EXERCISE	WEIGHT	SETS	REPS

THURSDAY AEROBIC EXERCISE

Date: _____ / ____ / ____

FRIDAY Date: _____ / ____ / ____	EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

PART LIST—Model No. GLSY26620

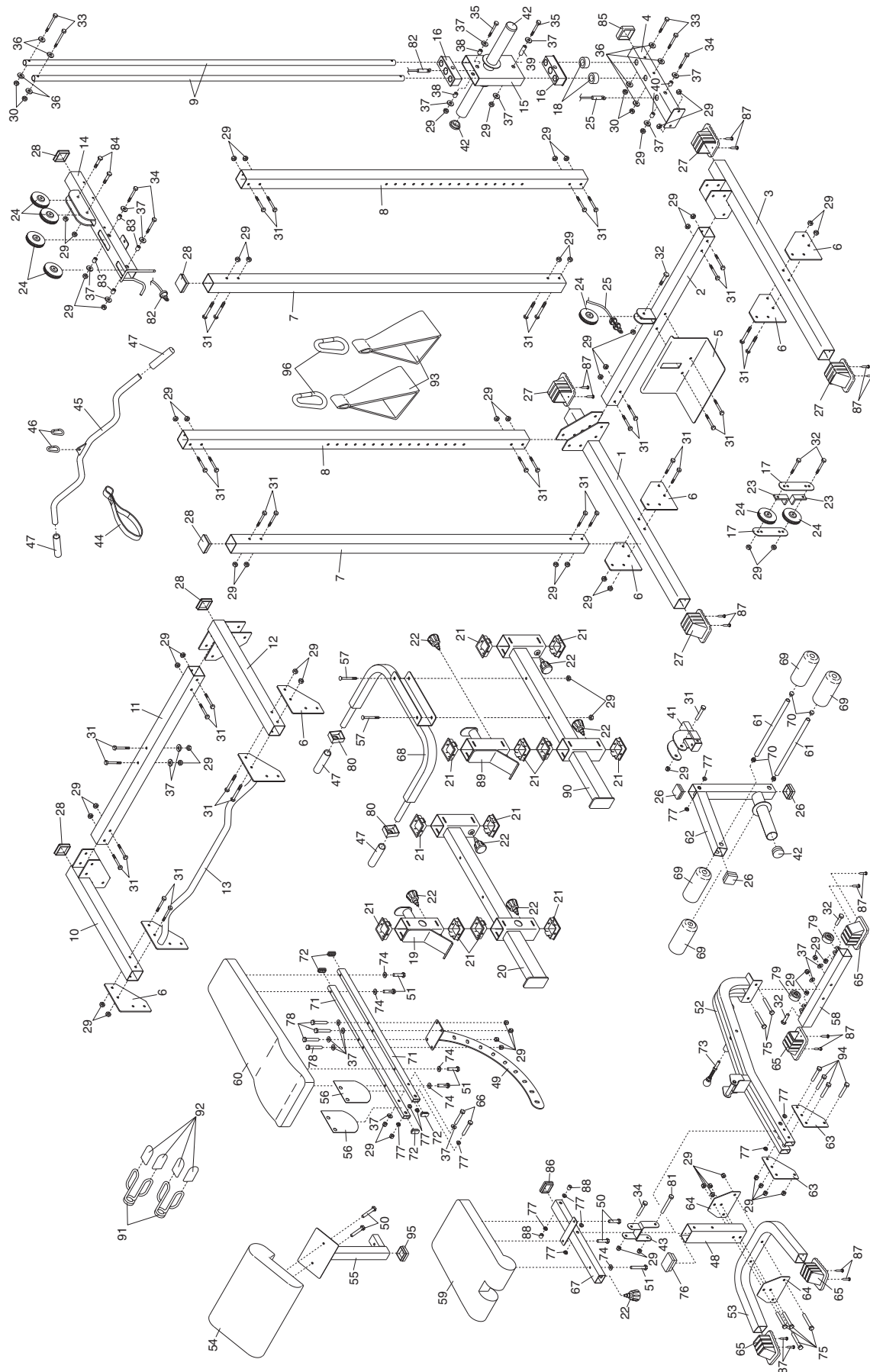
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Base	51	5	M6 x 53mm Bolt
2	1	Center Base	52	1	Bench Frame
3	1	Left Base	53	1	Bench Base
4	1	Weight Guide Base	54	1	Curl Pad
5	1	Foot Plate	55	1	Curl Post
6	6	Rack Joint Plate	56	2	Guard Plate
7	2	Front Upright	57	2	M10 x 94mm Carriage Bolt
8	2	Rear Upright	58	1	Stabilizer
9	2	Weight Guide	59	1	Seat
10	1	Right Frame	60	1	Backrest
11	1	Center Frame	61	2	Pad Tube
12	1	Left Frame	62	1	Leg Lever
13	1	Chin-up Bar	63	2	Bench Joint Plate
14	1	Weight Guide Frame	64	2	Bench Base Joint Plate
15	1	Weight Carriage	65	4	Small Base Cap
16	2	Carriage Bushing	66	2	M10 x 146mm Bolt
17	2	Pulley Plate	67	1	Seat Frame
18	2	Weight Bumper	68	1	Dip Arm
19	1	Right Weight Rest	69	4	Foam Pad
20	1	Right Safety Spotter	70	4	19mm Round Inner Cap
21	12	Square Bushing	71	2	Backrest Frame
22	7	Adjustment Knob	72	4	20mm x 40mm Inner Cap
23	2	Cable Trap	73	1	Bench Knob
24	7	Pulley	74	5	M6 Washer
25	1	Short Cable	75	6	M10 x 68mm Bolt
26	3	50mm Square Inner Cap	76	1	50mm x 70mm Inner Cap
27	4	Large Base Cap	77	12	Bushing
28	5	60mm Square Inner Cap	78	4	M10 x 58mm Bolt
29	69	M10 Nylon Locknut	79	2	Wheel
30	4	M8 Nylon Locknut	80	2	Handgrip Bushing
31	37	M10 x 78mm Bolt	81	1	M10 x 100mm Bolt
32	5	M10 x 45mm Bolt	82	1	Long Cable
33	4	M8 x 72mm Bolt	83	4	17mm Spacer
34	4	M10 x 75mm Bolt	84	2	M10 x 50mm Bolt
35	2	M10 x 65mm Bolt	85	1	50mm Square Outer Cap
36	8	M8 Washer	86	1	38mm x 50mm Inner Cap
37	20	M10 Washer	87	16	M4 x 16mm Screw
38	2	23mm Spacer	88	2	12mm Spacer
39	1	51mm Spacer	89	1	Left Weight Rest
40	2	28mm Spacer	90	1	Left Safety Spotter
41	1	Leg Lever Bracket	91	2	Weight clip
42	3	51mm Round Inner Cap	92	4	Clip cover
43	1	Pivot Bracket	93	2	Ab Sling
44	1	Strap	94	4	M10 x 94mm Bolt
45	1	Lat Bar	95	1	45mm Square Inner Cap
46	2	Cable Clip	96	2	Large Cable Clips
47	4	Handgrip	#	1	Allen Wrench
48	1	Bench Leg	#	1	User's Manual
49	1	Backrest Bracket	#	1	Exercise Guide
50	4	M6 x 16mm Screw			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. GLSY26620

R0304A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (GLSY26620)
- The NAME of the product (TRACKER® 755 POWER CAGE SYSTEM weight system)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING at the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, 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.

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