

TONAL

A C C E S S O R Y
G U I D E

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SAFETY INFORMATION

As with any consumer electronic fitness product, basic precautions should always be followed, including:

Read all warnings, precautions, and instructions in this manual before using this equipment. Failure to read and follow all safety instructions and warnings may result in serious injury, death, or property damage. If you do not understand how to operate a piece of equipment, contact Tonal Customer Care for an explanation on safe and proper use; find our contact information at www.tonal.com.

SAVE THESE INSTRUCTIONS. Keep the manual and any warning labels for future reference. Replace any labels if damaged, illegible, or removed, by contacting Tonal Customer Care.

PRIOR TO USE

MEDICAL WARNINGS

Consult your physician before beginning this or any fitness plan. This is particularly important for individuals over 65 or persons with preexisting health conditions. Incorrect or excessive training can result in serious injury or death.

Certain exercise programs or equipment may not be appropriate for all individuals. Consult your physician prior to using Tonal and Tonal accessories.

If you experience faintness, chest pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and consult a physician.

If you are taking medication that may affect your heart rate, consult your physician before using Tonal.

MAINTENANCE & ROUTINE INSPECTION

Before each use, inspect the accessories for any signs of damage or wear. If you believe anything is out of the ordinary, do not use the equipment. Contact Tonal Customer Care to schedule troubleshooting, inspection, repair, or replacement by an approved representative. Do not attempt to repair Tonal accessories on your own.

Use of damaged equipment could result in serious injury or death.

For safe operation of Tonal equipment, users should regularly examine accessories for damage and wear. Please contact Tonal Customer Care to replace any damaged or worn parts immediately. Do not use the equipment if you discover any damage or wear.



SUPPORTED USE

Tonal uses a proprietary T-lock key for accessory attachments. Do not attempt to attach accessories with any other type of connector. While the Tonal Trainer may be compatible with third-party accessories, Tonal cannot speak to the quality and safety of these products.

When properly assembled, the Tonal Bench supports a maximum weight of 400lbs. Do not exceed the maximum weight. Failure to abide by this requirement can result in severe injury or death. Find assembly instructions in the “Bench Assembly” section of this guide and our website.

The Tonal Handles and Bar Control require batteries and active wireless connections in order to function properly. Change the batteries immediately when needed. Do not attempt to use without proper batteries. Alkaline batteries are recommended. Visit www.tonal.com/support for instructions on how to replace accessory batteries.

For safe operation and product quality, always remove accessories when Tonal is not in use. Never leave the accessories attached to the trainer and unattended.

UNSUPPORTED USE & PRODUCT MISUSE

Do not modify equipment or use any attachments not recommended or installed by the manufacturer.

Do not use the accessories or accessory attachments in any way other than as designed or intended by the manufacturer. Tonal equipment must be used properly to reduce risk of injury.

CAUTION: Do not use the bar if only attached to one arm. An improperly attached bar could swing and cause injury.

The accessories do not support multi-user activities. Limit use to one user at a time.

Tonal accessories are designed for home use only and are not designed for commercial application.

Use only original parts from the manufacturer. Changes or modifications to the accessories not expressly approved by Tonal could result in improper functioning and injury to individuals.

MINORS

Tonal accessories are designed for use by individuals aged 18 and up. Keep children under the age of 13 away from these products.

If approved in advance by a physician, teenagers aged 15+ may use Tonal under direct adult supervision. An adult should review all safety instructions with the minor prior to use.

Do not allow children near Tonal equipment and accessories. Tonal contains parts, components, and functions that can cause severe injury or death.

You are responsible for the safety of your children and anyone else you allow to use your Tonal Trainer and Tonal accessories.

DISABILITIES

Individuals with specific physical, mental, or emotional considerations, such as persons who are autistic, amputees, blind, or deaf, may use Tonal accessories under the same standard of guidance and care that they receive for their circumstances with other comparable activities.

Tonal and Tonal accessories should be used in conjunction with tested and approved applications and tools only. Although Tonal may be compatible with third-party support applications and tools, Tonal has not tested third-party applications and cannot attest to the safety of such products or how Tonal accessories will behave in conjunction with them.

Use of products not approved by Tonal may result in damage to the unit, injury, or death.

DURING USE

PHYSICAL SAFETY

Always wear appropriate exercise clothing and shoes when working out. Avoid loose clothing or jewelry that could get caught in the equipment.

Keep head, hands, limbs, fingers, and hair clear of all moving parts while the equipment is in use.

Always allow at least 7 feet of range around the product during use. Pay attention to your surroundings and communicate with other individuals in the home if using Tonal in a common area.

Start out slowly and progress sensibly. Even if you are an experienced exerciser, make sure you feel familiar with the equipment and movements before moving on to more advanced workouts.

Listen to your body. Do not overexert yourself or work to exhaustion. Use reasonable judgment when working with weights. Avoid using excessive weight which may cause injury.

If you experience faintness, chest pain, shortness of breath, or other abnormal symptoms, stop use immediately. Contact your medical provider prior to restarting your training.

Metrics, directions, and various other aspects of the display experience may be subject to error. Values and directions should be used for reference only.

Tonal may update periodically without warning, causing a change or loss in desired data, access, features, or functionality. Please refer to our terms of use for additional details.

AFTER USE

Detach all accessories and store safely.

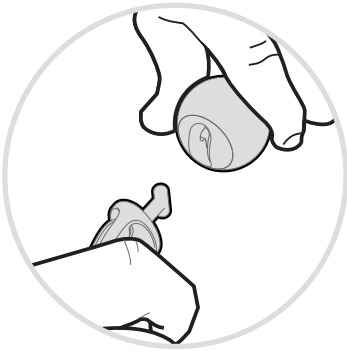
Fully stow the arms in between workouts.

ACCESSORIES

T-LOCKS

Swap accessories easily and efficiently with T-locks.

To attach a new accessory, press into position, and then twist to secure.



1. Align



2. Insert



3. Rotate



4. Pull

T-locks also work with 3rd party accessories that use weight-bearing carabiners. Visit www.tonal.com/support for more information. Tonal cannot guarantee the quality or performance of 3rd party products. Always test the connection prior to use.

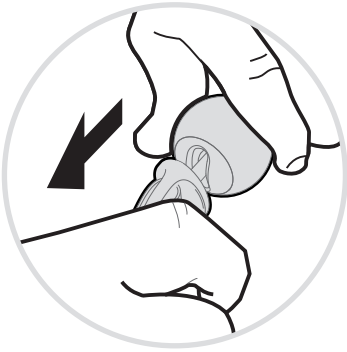
To detach an accessory, press in to release, and then twist to remove.



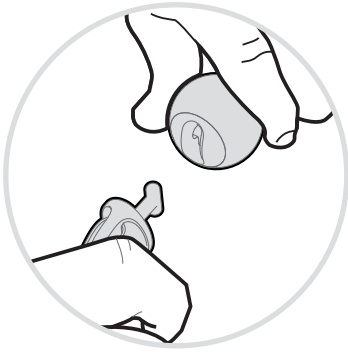
1. Push



2. Rotate



3. Pull



4. Release

WEIGHT ON/OFF

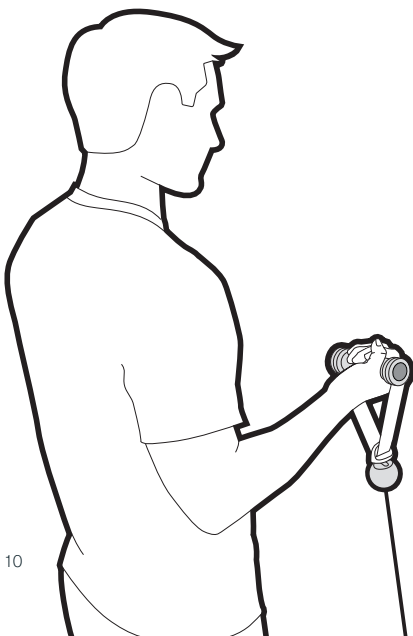
Smart accessories allow you to turn weight on and off once you're in position for a movement. Personalize your workout and start the set when you feel ready. See specific instructions for each accessory in this manual.

SMART HANDLES

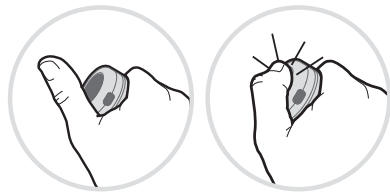
Smart Handles connect to Tonal over Bluetooth and allow you to load weight on and off with the press of a button. Find pairing instructions in our knowledge base at www.tonal.com/support.

When properly paired and connected, press the control button on the side of the handle once to turn the weight on/off. Check the connection of the Smart Handles with your Trainer prior to use, after re-pairing the devices, and when replacing the batteries.

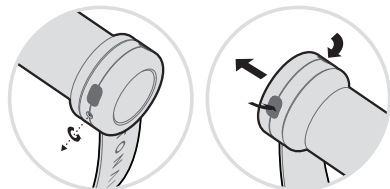
Change the AA batteries once every 6 months or when alerted on the Tonal screen. To open the battery compartment, use a 2mm hex key to loosen the security screw three full counterclockwise rotations, if present on your version of the Smart Handles. Next, press the two small gray buttons on the opposite end of the handle to release. Replace the battery and reverse the steps to reassemble your Smart Handle.



WEIGHT ON/OFF



BATTERY REPLACEMENT



Basic handles do not support on/off functionality. Visit www.tonal.com/support for information on basic handles.

SMART BAR

The Smart Bar is similar to a barbell. It can be used for moves such as Standing Overhead Press or Deadlifts. It must be attached to both arms at all times.

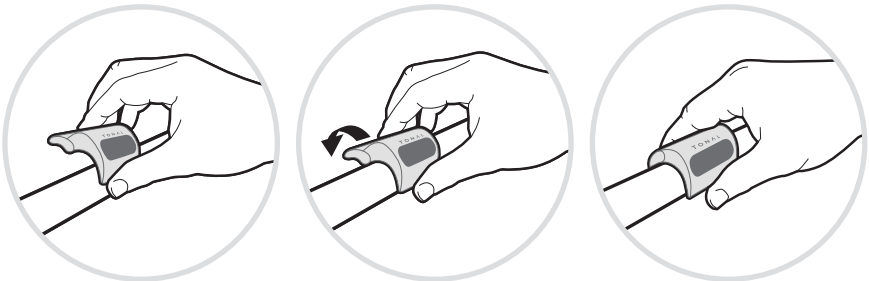
CAUTION: Do not use the bar if only attached to one arm. An improperly attached bar could swing and cause injury.

Use the Bar Control to turn weight on/off once in position. Find pairing instructions for this accessory in our knowledge base at www.tonal.com/support.

When properly paired and connected, press the button on the control clip once to turn weight on/off. Check the connection of the control clip with your Tonal prior to use, after re-pairing the device, and when replacing the battery.

Always keep the control clip attached to the bar and ready for use. Attach the clip to the bar by opening and then clasping into place. Position the clip so that it remains easily accessible and does not obstruct your ability to safely grip the bar. You may need to readjust the clip depending on the specific movement and position of your grip on the bar.

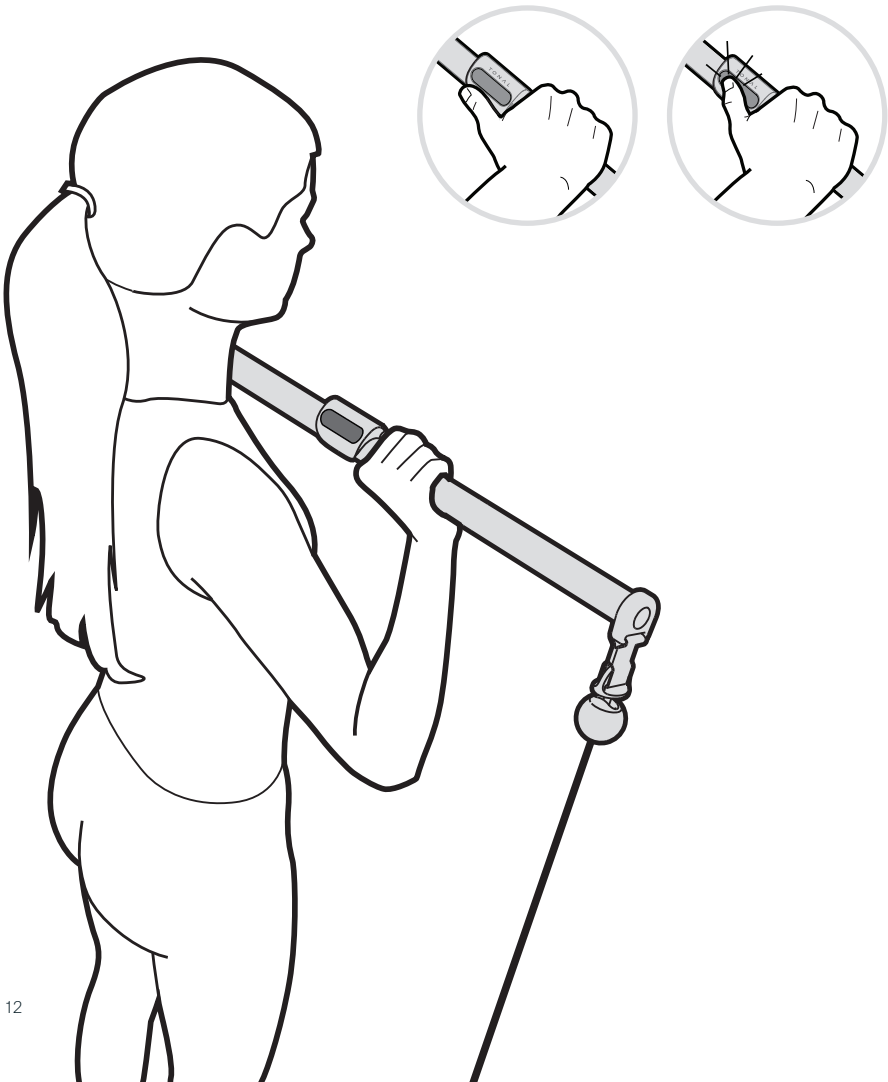
HOW TO CLIP ON/OFF



Change the AAA battery once every 6 months or as needed. To change the battery, open the clip fully. Then, release the cover of the battery compartment. Secure the cover back in place after replacing the battery.

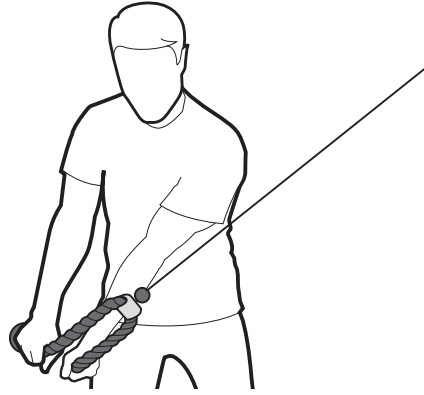
When you reach a bar movement in a Guided Workout, Tonal automatically enters Bar Mode. This special mode enables you to turn weight off by tilting the bar to one side. When using Free Lift, select a bar movement to access Bar Mode and have Bar Tilt available as an option.

WEIGHT ON/OFF



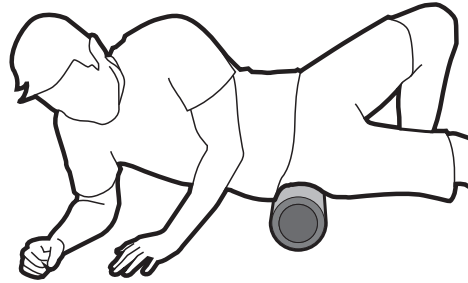
ROPE

Add variety to your workouts with the Tonal rope to perform movements like tricep extensions and face pulls. 70mm ball ends allow for a comfortable grip with heavy weights, for both pushing and pulling exercises.



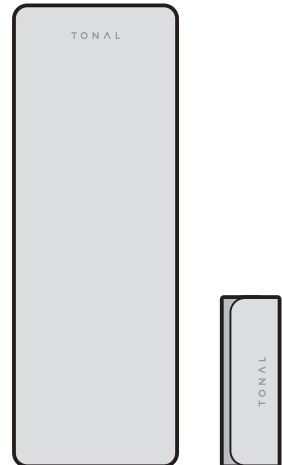
ROLLER

A great piece of equipment for before, during, and after workouts. Use the Tonal roller to identify and then massage away areas of tension. Perfect for active recovery movements that help maintain the natural elasticity of your muscles, improve circulation, and lower stress.



MAT

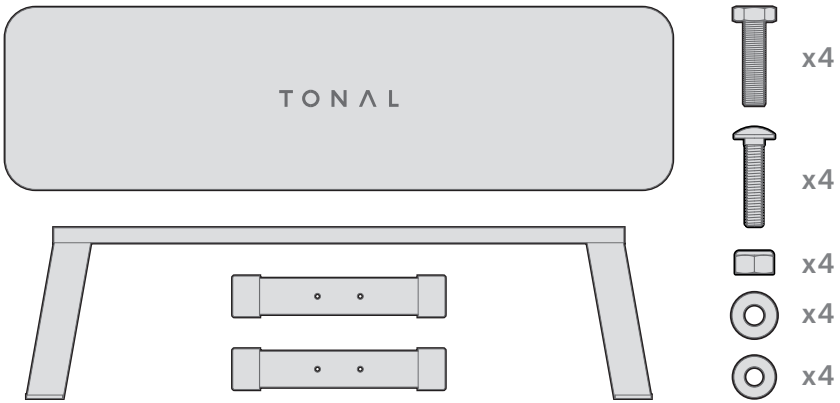
Constructed of high quality, durable materials, the Tonal mat provides additional comfort for kneeling movements, floor exercises, and stretching. Easily rolls up or folds for storage when not in use.



BENCH ASSEMBLY

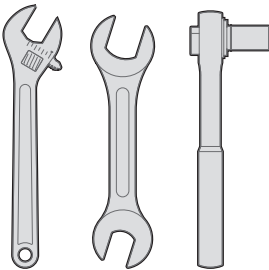
Parts included:

- 4x M8x40 Bolt
- 4x M8 Washer
- 4x M10x40 Carriage Bolt
- 4x M10 Washer
- 4x M10 Nut with Nylon Insert

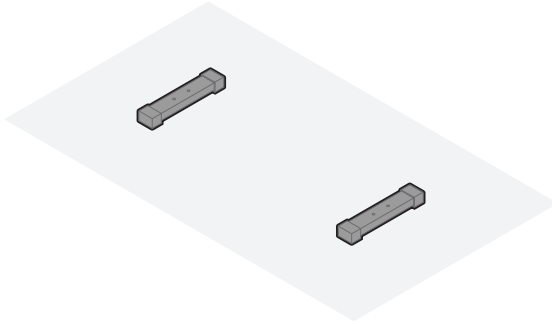


Tools needed:

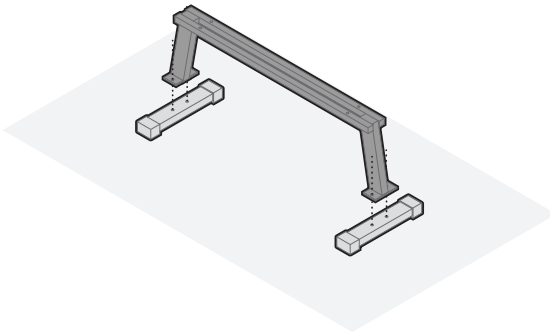
- 14mm wrench
- 16mm wrench



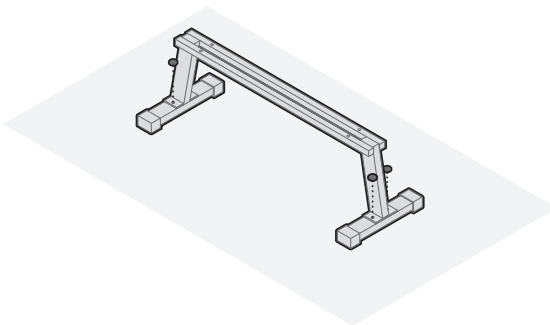
1. Place the feet down on a flat, stable surface.



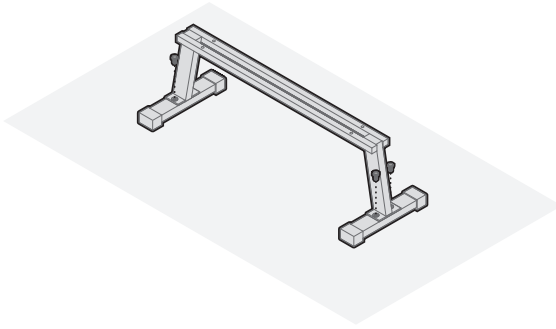
2. Position the base on top of the feet, aligning the screw holes.



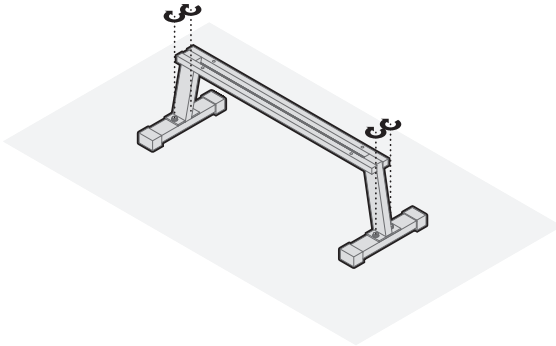
3. Put the washers on top of the screw holes.



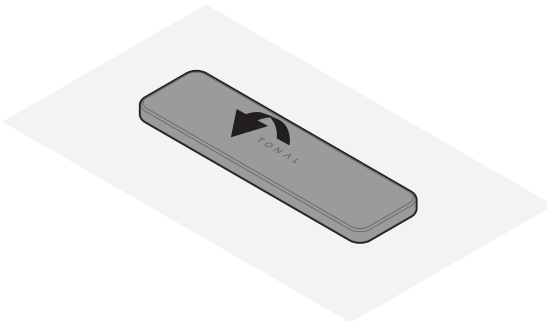
4. Place short screw in washer/holes and screw in.



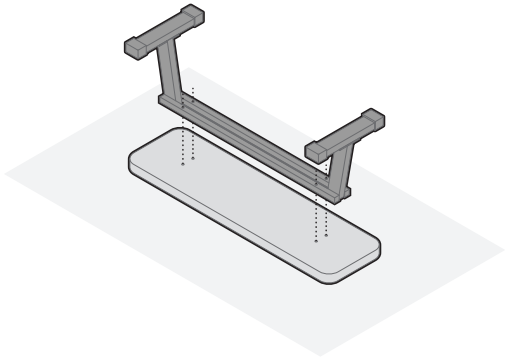
5. Tighten all screws.



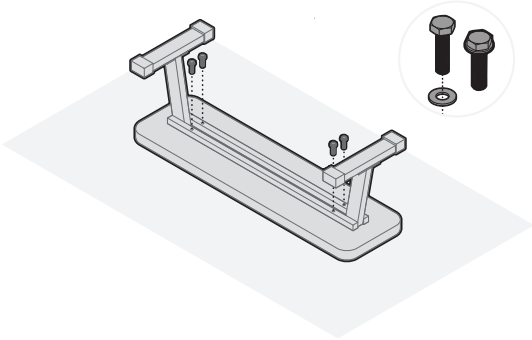
6. Turn the top of the bench upside down on a flat, stable surface.



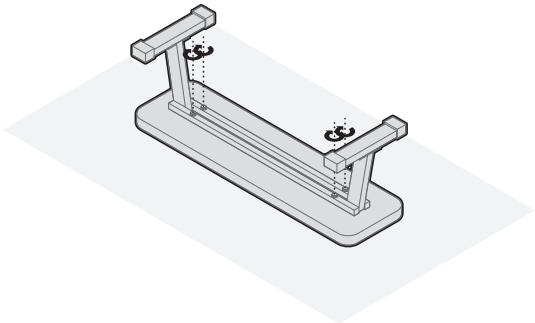
7. Place the base and connected feet on top of the flat bench, aligning the holes for proper placement.



8. Put a washer on each bolt before placing a bolt loosely in each hole.



9. Check alignment before tightening the bolts in place.

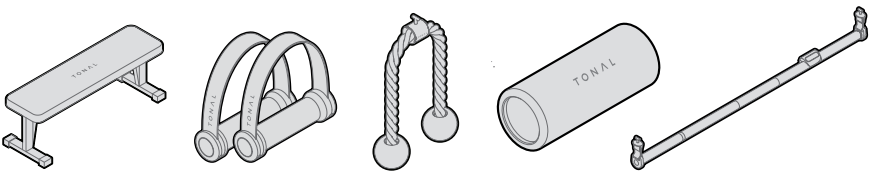


CARE & MAINTENANCE

Tonal accessories require minimal care. As a best practice, we recommend cleaning after each workout and before stowing the equipment. Always use cleaning cloths and solutions that you would use on common surfaces in your home; do not use abrasive materials. Visit www.tonal.com/support for recommended cleaning solutions.

TO CLEAN TONAL ACCESSORIES

Use the same cleaning solutions and materials as you would use on Tonal. Wipe each accessory after use. Store accessories and bench when not in use. Do not leave the accessories attached.



WARRANTY & SUPPORT

To view the terms & conditions of our warranty coverage, please visit www.tonal.com/warranty.

Our Customer Care team is available to help with any questions or warranty requests. Browse our knowledge base at www.tonal.com/support or contact us at support@tonal.com.

