

# TONAL

GUIDE



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# IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using Tonal.



## **DANGER:** TO REDUCE THE RISK OF ELECTRICAL SHOCK:

- 1) Always unplug this appliance from the electrical outlet for servicing.



## **WARNING:** TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS:

- 1) Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
- 2) Do not leave the product unattended while in the unstowed position.
- 3) Keep children under the age of 13 away from this machine.
- 4) Unplug from outlet before servicing.
- 5) Do not cover Tonal with a blanket or any covering. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 6) This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- 7) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 8) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- 9) Keep the power cord away from heated surfaces.
- 10) Never operate the product with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 11) Never drop or insert any object into any opening.
- 12) Do not use outdoors.

# IMPORTANT SAFETY INSTRUCTIONS

13) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

14) To disconnect, hold the sleep button for 3 seconds until the display turns off, turn off the main power switch, then remove plug from outlet.

## SAVE THESE INSTRUCTIONS

### GROUNDING INSTRUCTIONS:

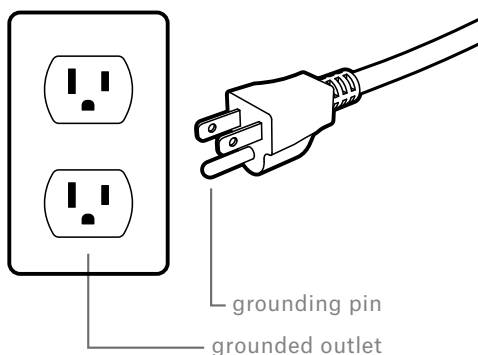
This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



### DANGER -

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-V circuit and has a grounding plug that looks like the plug illustrated provided in this manual. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.





## **INSTALLATION**

Tonal requires professional installation. Do not attempt to install, uninstall, or relocate your Tonal without the help of an approved Tonal Installer. If you require assistance installing, moving, or repositioning the product, please contact Tonal Customer Care.

Do not attempt to use Tonal until it has been fully assembled and inspected for correct performance by an approved Tonal Installer.

Do not attempt to install Tonal on your own. Incorrect installation can lead to improper functioning of the product, cause serious injury, or death.

Tonal is meant for indoor use only. Do not install Tonal outside. Always keep Tonal away from water, moisture, or damp environments.

Tonal is designed for home use only and is not designed for commercial application.



## **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 people. Consult your physician prior to using Tonal.

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 Tonal for any signs of damage or wear. If you believe anything is out of the ordinary, do not use Tonal. Contact Tonal Customer Care to schedule inspection by an approved Tonal Technician.

If you do not understand how to operate Tonal, contact Tonal Customer Care for an explanation on safe and proper use; find our contact information at [tonal.com](https://tonal.com).

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

Damaged or worn parts should be replaced immediately. Do not attempt to repair Tonal on your own. Do not use Tonal until a proper repair and inspection has been performed by an approved Tonal Technician.

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

Never operate Tonal if it is not functioning properly. The arms of the machine should move in a controlled manner, and only when released by the appropriate levers or button. If you believe there is a problem, do not use your Tonal until a proper inspection and repair has been conducted by an approved Tonal representative. Ensure other individuals in the household or who may come in contact with the product know not to use Tonal until maintenance has been performed and the machine is in good working order.



## SUPPORTED USE

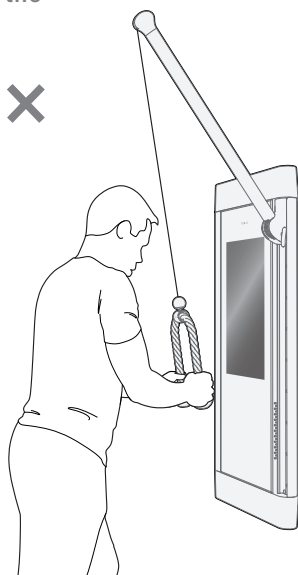
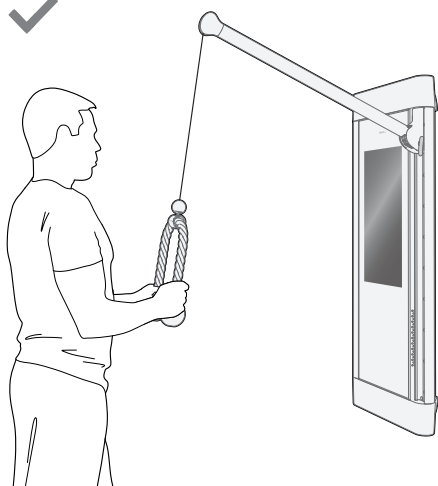
When properly installed and used in accordance with the specifications outlined in this manual, users may lift up to 200 lbs. - 100 lbs. per arm - with Tonal.

Tonal uses a proprietary T-lock key for accessory attachments. While the Tonal Trainer may be compatible with third-party accessories, Tonal cannot attest to the quality and safety of these products.

Use only original parts from the manufacturer. Do not use any attachments not compatible with Tonal. Do not modify equipment. Changes or modifications to this unit not expressly approved by Tonal may void your warranty and could result in improper functioning or injury to individuals.

The arms of Tonal must be securely locked after adjusting their position. Always tug on the arms after moving to ensure they are fully locked before starting your next exercise movement.

**Do not position yourself beneath the path of the arms during movements.**



The arms of Tonal require batteries and an active wireless connection in order to function properly. Change the batteries immediately when needed. To change, remove the battery covers located near the rotate buttons on the arms of Tonal. Do not attempt to use without proper batteries. Alkaline batteries are recommended. Visit [www.tonal.com/support](http://www.tonal.com/support) for further instructions on how to replace Tonal batteries.

Review the Tonal Accessory Guide in addition to this manual for supported use across individual products.

## **UNSUPPORTED USE & PRODUCT MISUSE**

Tonal does not support multiple users physically interacting with the trainer simultaneously. Limit use to one user at a time and only in accordance with authorized Tonal workouts and documentation.

Do not hang on the arms. Do not hang objects from the arms or other parts of Tonal.

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

## **MINORS**

Tonal is designed for use by individuals aged 18 and up. Keep children under the age of 13 away from this machine.

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.

## **DISABILITIES**

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

Tonal 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.

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 a 7' x 7' area in front of 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

Always detach accessories and fully stow the arms in between workouts.

# SPECIFICATIONS

Weight: 135lbs

Bluetooth: 4.0

WiFi: 2.4GHz or 5GHz

Recommended operating temperature range: 50°F - 104°F (10°C - 40°C)

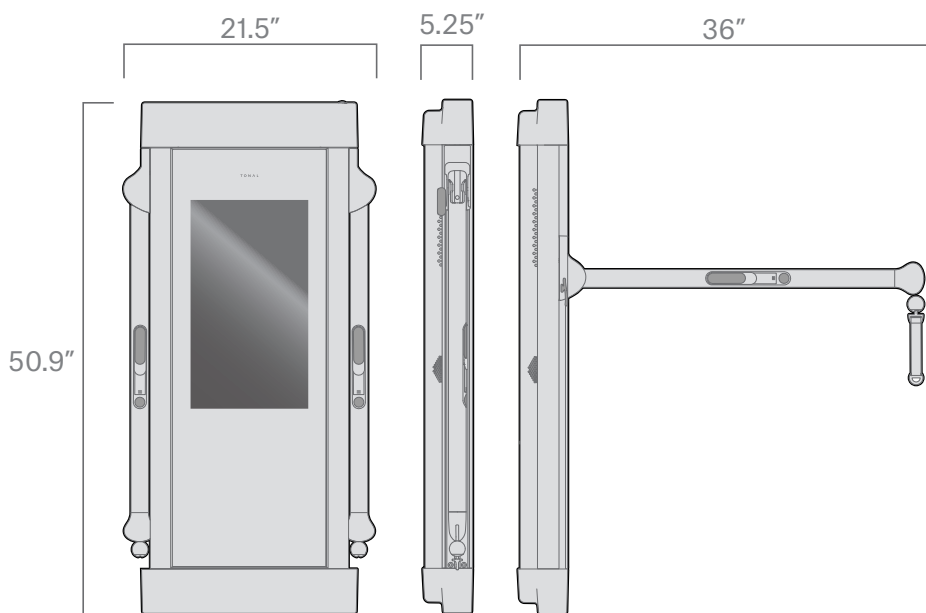
Operating relative humidity (RH) range: 20 % to 80 % noncondensing

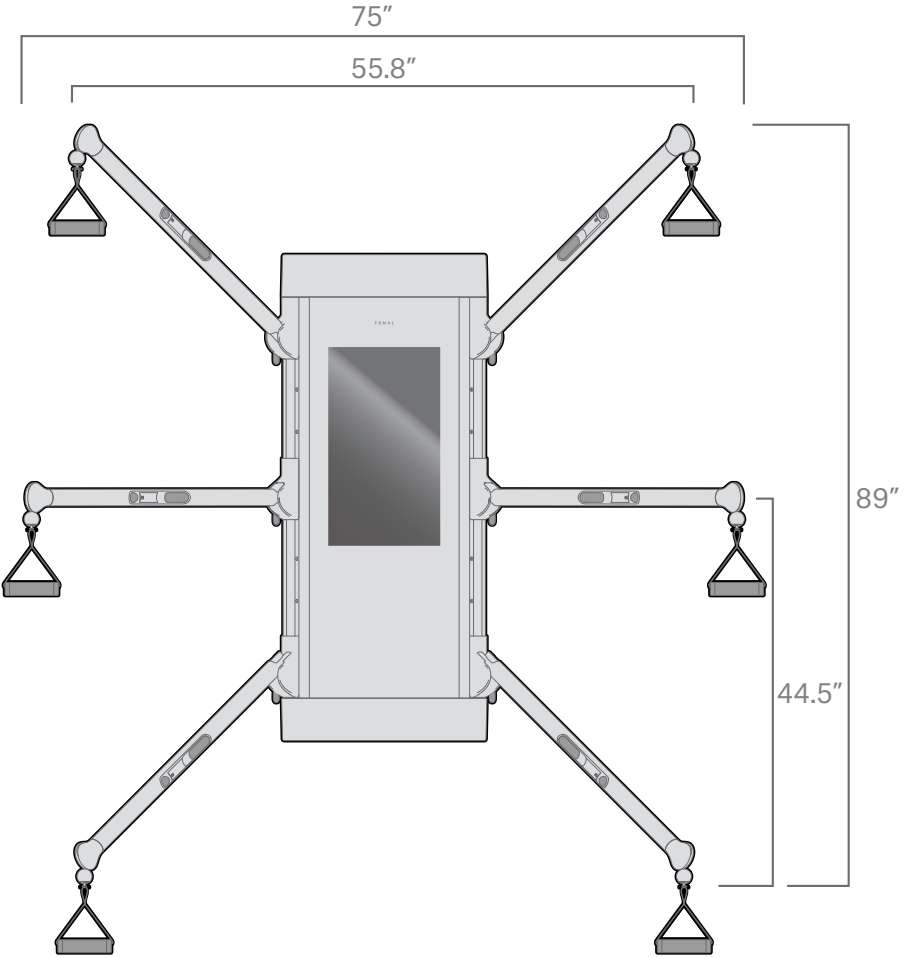
Input voltage: 120VAC

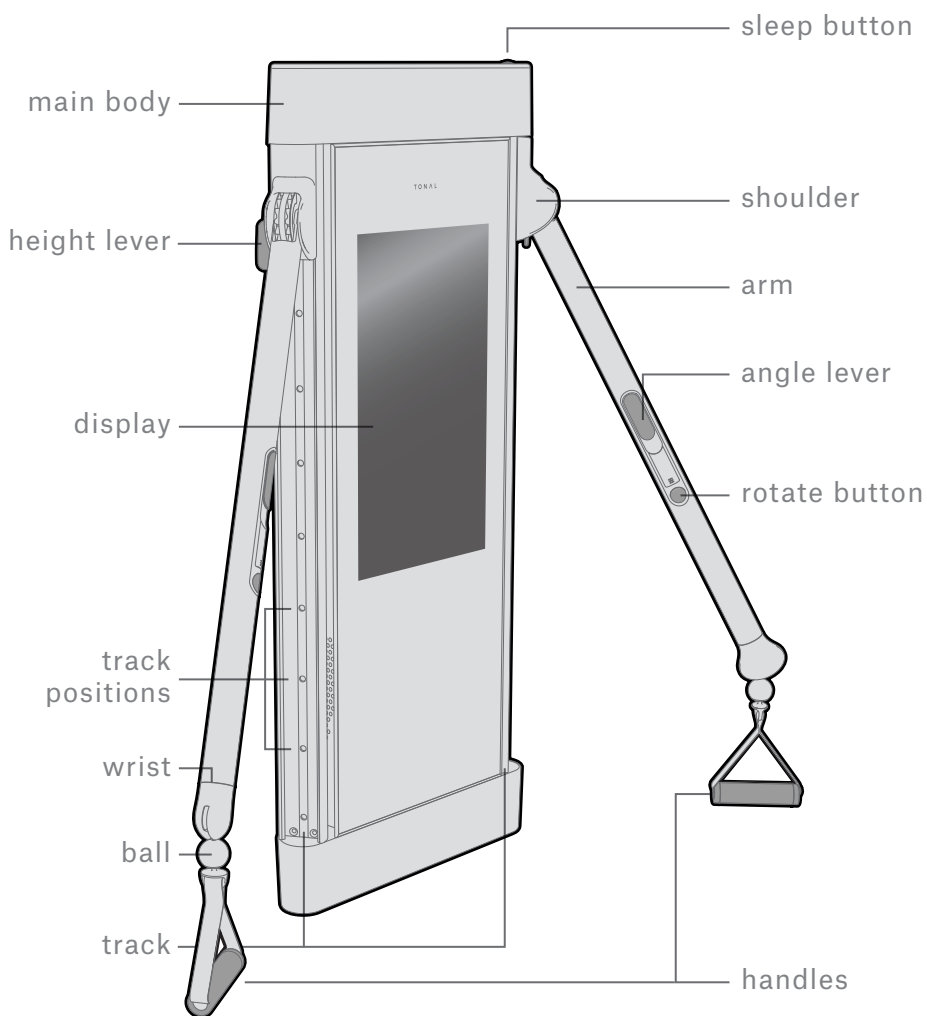
Input frequency: 60Hz

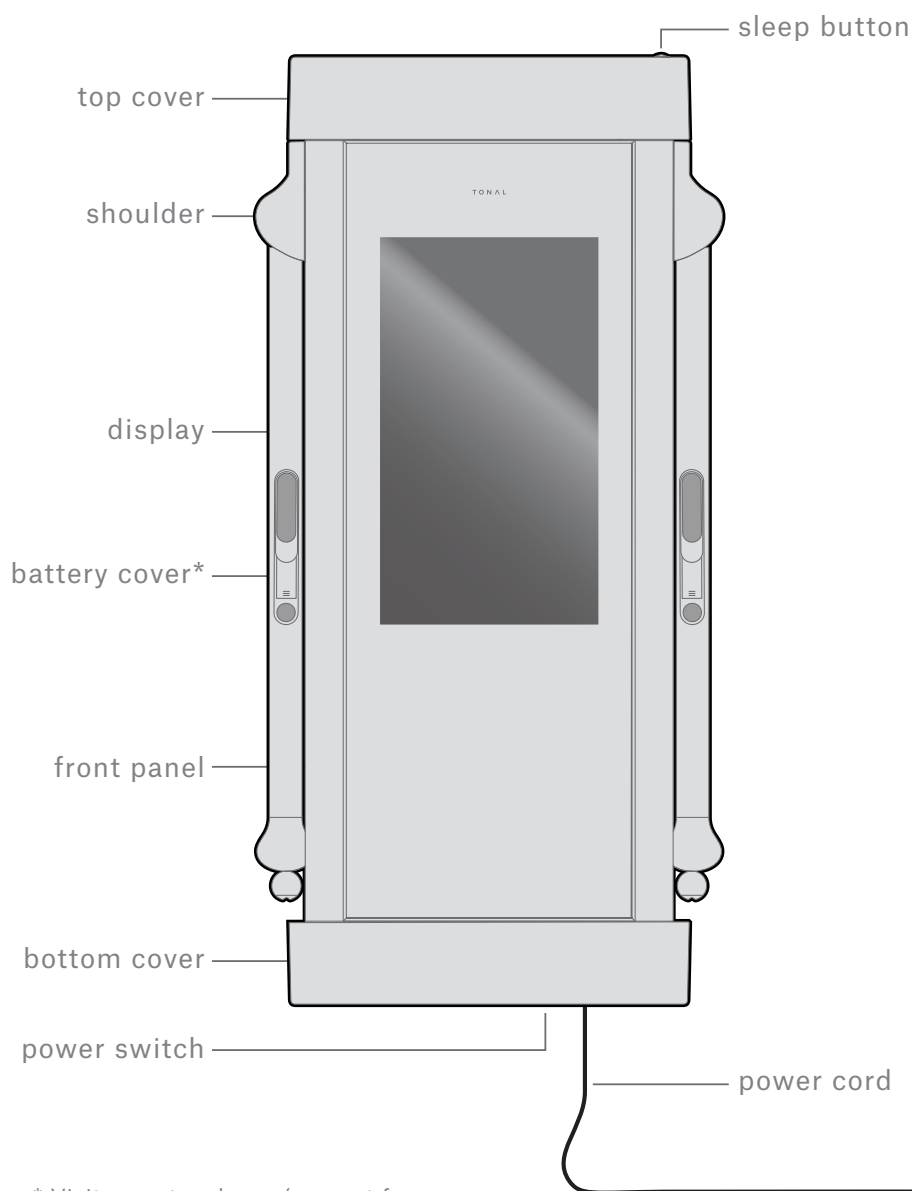
Input current: 12A

Input power: 1500 W (max.)



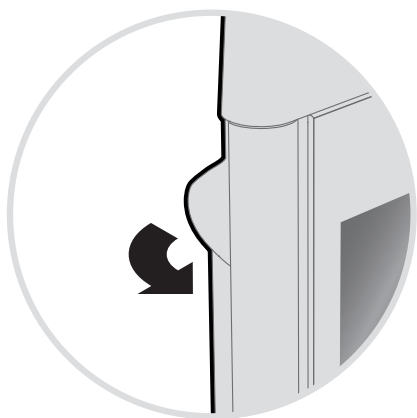




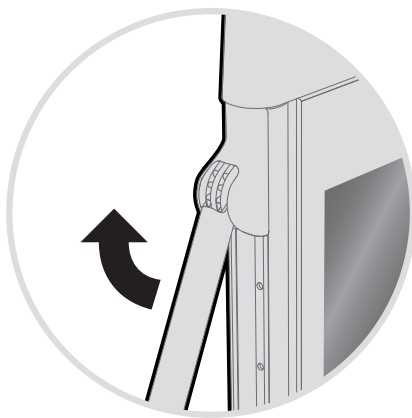


\* Visit [www.tonal.com/support](http://www.tonal.com/support) for battery replacement instructions

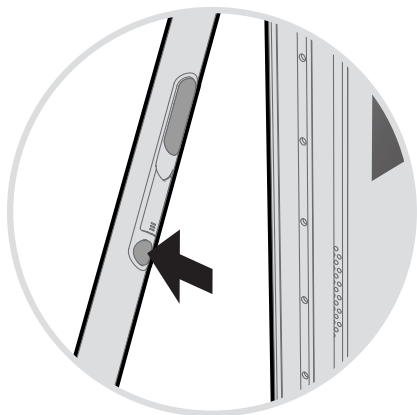
## UNSTOWING ARMS



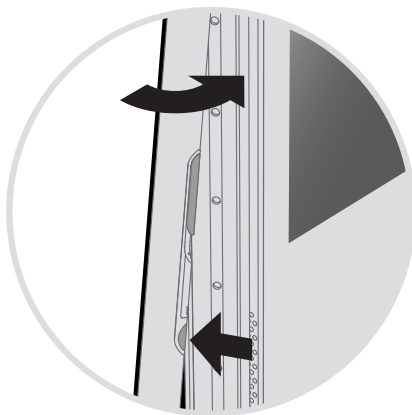
1. Turn shoulder away from wall



2. Lift arm out one click



3. Press the rotate button



4. Continue holding the rotate button while moving the arm until you reach the desired position

# STOWING ARMS



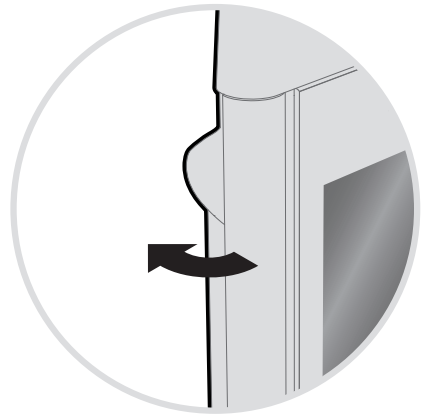
1. Start with the arm in the highest track position and locked in an angled position



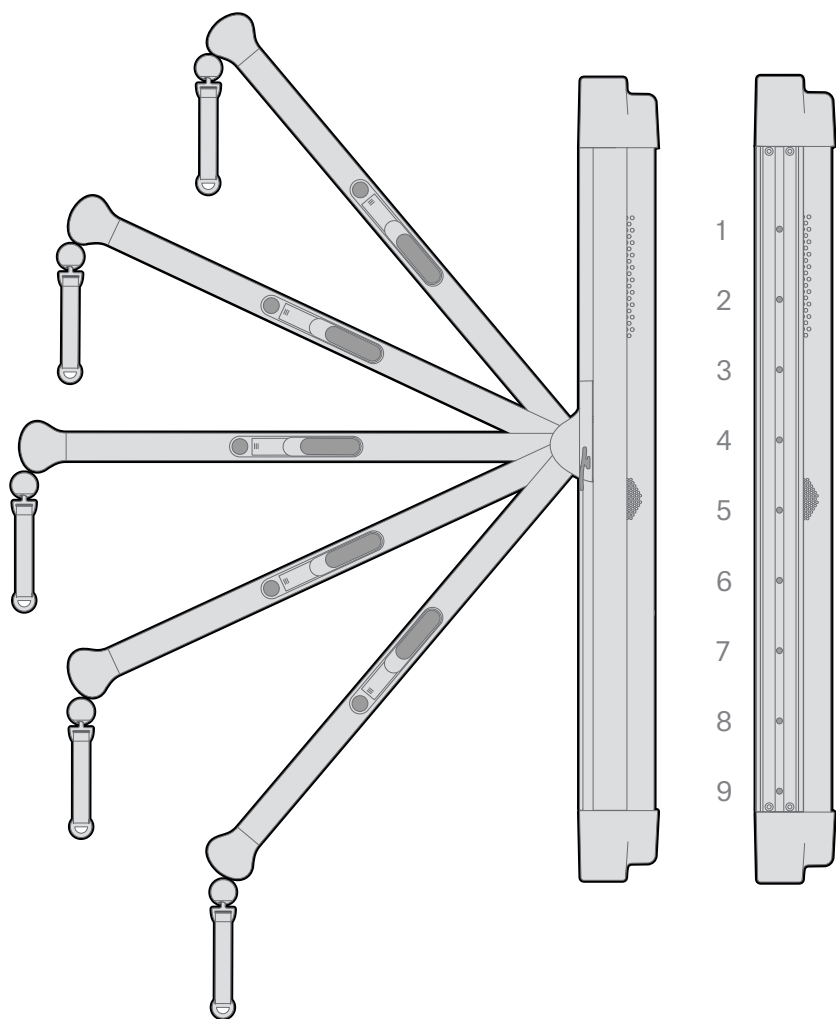
2. Press and hold the rotate button while moving the arm toward the wall



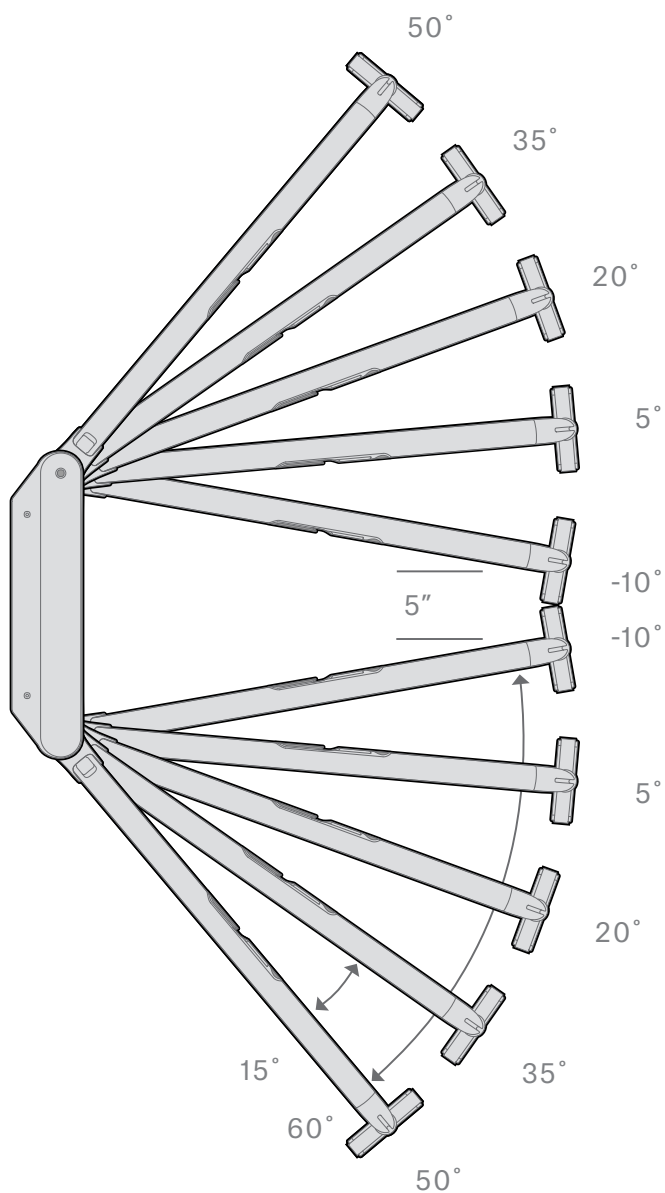
3. Lift angle lever and continue to hold lever to lower arm all the way down



4. Turn shoulder toward the wall until fully stowed







# FEATURES & FUNCTIONS

## STAY CONNECTED

Tonal requires a consistent WiFi connection to access the latest workouts, track your workout history, and receive software updates. Put Tonal in standby mode using the sleep button to maintain a WiFi connection and receive updates. Do not leave Tonal unattended while in the unstowed position.



## ACCOUNT MANAGEMENT

To get started, create an account. Log in if you've previously trained with Tonal. Remember to log out after each workout if sharing Tonal with others.



## PERSONALIZE YOUR EXPERIENCE

Set goals and complete your first workout. Doing so enables Tonal to accurately interpret your data and deliver personalized workout programs, including suggested weights for each movement.



## GET TO KNOW TONAL

Watch our step-by-step tutorial videos to learn tips and best practices. Revisit these resources or reach out to our team at any point for additional questions. Reach us at [support@tonal.com](mailto:support@tonal.com).



## MEET YOUR COACHES

Get to know our diverse team of coaches through a variety of programs available. No matter how different the coaches are in style, their goal is always the same: to bring out the very best in you.



## FREE LIFT MODE

Looking to do your own workout? Use Free Lift mode! Adjust the weight dial, select a movement, and begin your set.



## TURNING WEIGHT ON/OFF

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



# CARE & MAINTENANCE

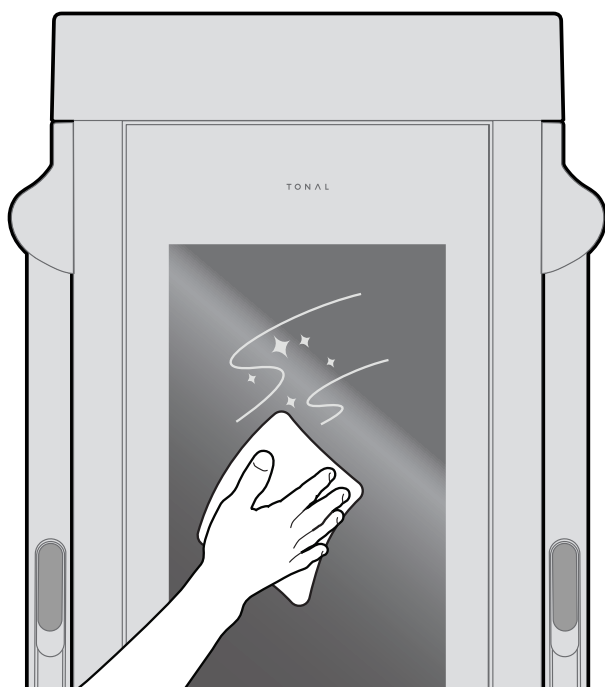
Tonal requires minimal care. As a best practice, we recommend a quick cleaning after each workout. Always use cleaning cloths and solutions that you would use on common surfaces in your home; do not use abrasive materials. Visit [www.tonal.com/support](http://www.tonal.com/support) for recommended cleaning solutions.

## SOFTWARE MAINTENANCE

Tonal receives automatic software and firmware updates. To ensure you have the latest version of the Tonal software available -- including new workouts and programs -- maintain a consistent WiFi connection.

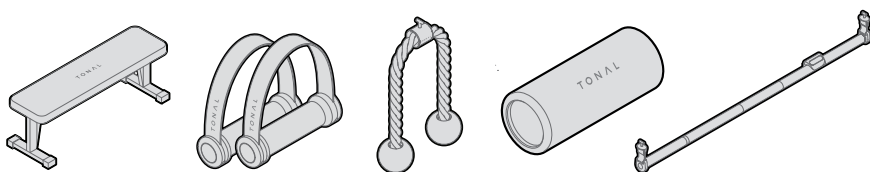
## DISPLAY MAINTENANCE

Wipe display clean of fingerprints using a dry cloth or a display cleaner. Use cleaning solutions that you would use on other electronics, such as a phone or laptop.



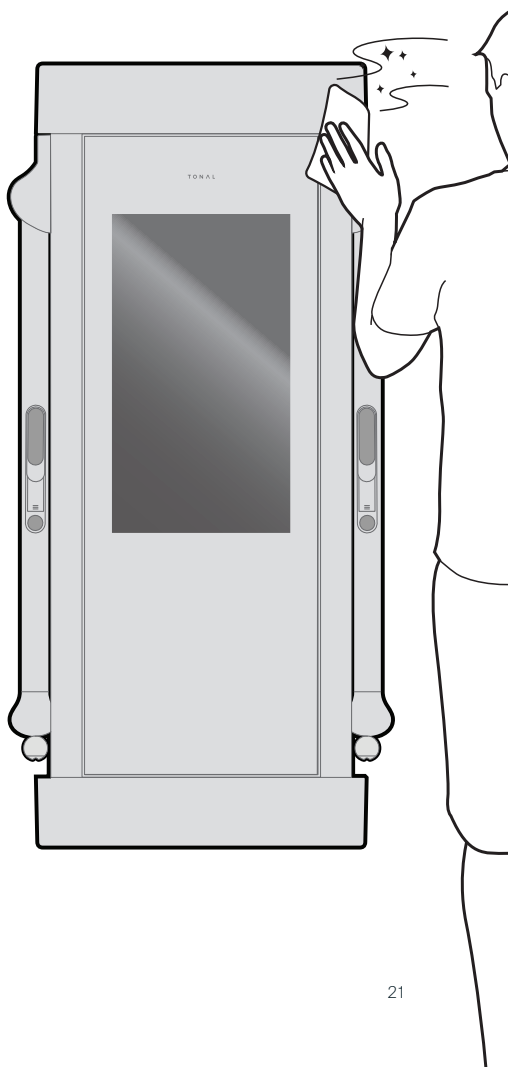
## CLEANING TONAL ACCESSORIES

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



## CLEANING TONAL

Using a soft cloth or sponge and a gentle cleaning solution, wipe down the arms and levers on Tonal. Every few workouts, or as often as needed, clean around the body of the trainer. Detach any connected accessories and stow the arms completely after cleaning.



# WARRANTY & SUPPORT

To view the terms & conditions of our warranty coverage, please visit [www.tonal.com/warranty](http://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](http://www.tonal.com/support) or contact us at [support@tonal.com](mailto:support@tonal.com).



