



TONAL

G U I D E



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# IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using Tonal. When using an electrical appliance, precautions should always be followed.

## SAVE THESE INSTRUCTIONS



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

Always unplug this appliance from the electrical outlet before servicing.



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

Connect this appliance to a properly grounded outlet only (see Grounding Instructions).

Do not leave the product unattended while in the unstowed position.

Keep children under the age of 13 away from this machine.

Unplug from outlet before servicing.

Keep Tonal clear of clutter and do not cover it. Excessive heating can occur, causing fire, electric shock, or injury to persons.

This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities, or those with a lack of experience or knowledge. Said persons must be supervised, or given instruction concerning the use of the appliance by a person responsible for their safety.

This appliance must only be used for its intended purpose, as described in this manual. Only use attachments recommended by the manufacturer.

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 has come into contact with water. Return the appliance to a service center for examination and repair.

Keep the power cord away from heated surfaces.

Keep the air openings free of dust, lint, hair, and similar items. Never operate the product with the air openings blocked.

# IMPORTANT SAFETY INSTRUCTIONS

Never drop or insert any object into any opening.

Do not use outdoors.

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

To disconnect power, access the Settings menu from the touchscreen. Tap the 'Sleep' button and select the 'Power Off' option.

## GROUNDING INSTRUCTIONS:

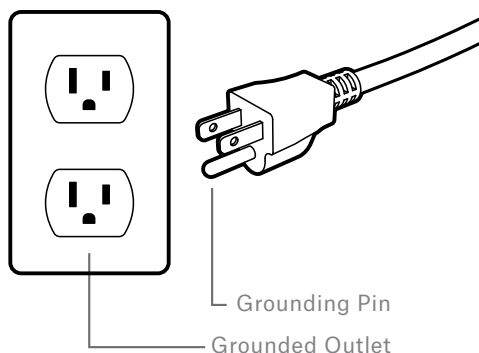
This product must be grounded. Grounding ensures a reduced risk of electric shock in the case of a malfunction or breakdown. This product is equipped with a grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet, properly installed and grounded in accordance with local codes and ordinances.



## DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. If you are unsure whether the product is properly grounded, check with a qualified electrician or serviceperson. Do not modify the plug provided with the product. If the plug does not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120V circuit and has a grounding plug — this plug looks like the illustrated plug provided in this manual. Ensure that the product is connected to an outlet with 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, leading to serious injury or death.

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

Excess power cord should be wrapped within the trainer's bottom cover to provide a more stable connection and avoid accidental power loss. Visit [www.tonal.com/support](http://www.tonal.com/support) for instructions on how to wrap the cord.

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 pre-existing 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.

Consult your physician prior using Tonal if you are taking medication that may affect your heart rate.

### MAINTENANCE & ROUTINE INSPECTION

It is important to regularly inspect your Tonal for wear, as well as any operational issues. We recommend inspecting Tonal either once per month, or every ten (10) workouts, for any signs of damage or wear. You can find detailed instructions for inspection at [knowledge.tonal.com](http://knowledge.tonal.com). Do not use Tonal if you believe anything to be out of the ordinary and 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. You can find our contact information at [tonal.com](http://tonal.com).

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

Never operate Tonal if it is not functioning properly. The arms of the product should move in a controlled manner and only when released by the appropriate levers or buttons. Damaged or worn parts must be replaced immediately.

If you believe there is a problem with your Tonal, do not use it until proper inspection and repair has been conducted by an approved Tonal representative. Do not attempt to repair Tonal on your own. Ensure that other individuals in the household, or those who may come in contact with the product, know not to use it until maintenance has been performed and the product is in good working order. Use of damaged equipment could result in serious injury or death.

## **SUPPORTED USE**

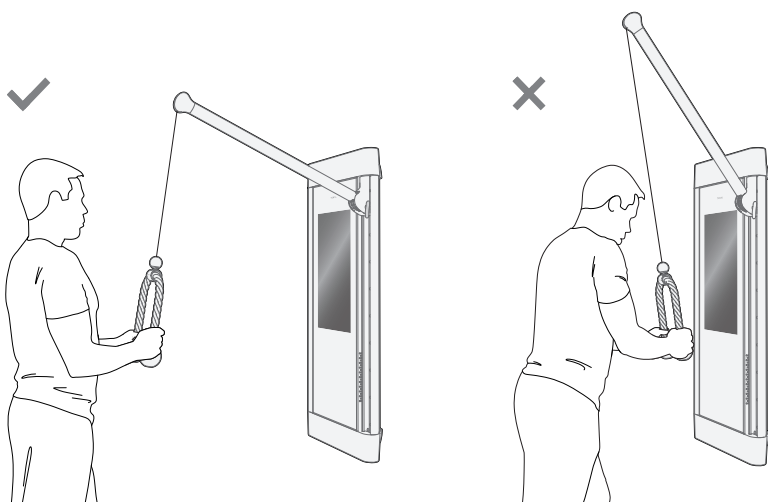
When properly installed and used in accordance with the specifications outlined in this manual, users may lift up to 200 pounds (90.7 kg); 100 pounds (45.4 kg) per arm with Tonal.

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

Only use original parts from the manufacturer. Do not use any attachments that are not compatible with Tonal. Do not modify equipment. Changes or modifications to this unit that have not been 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 to function properly. Change the batteries immediately when required. To change the batteries, remove the battery covers located near the Rotation buttons on the arms of Tonal. Do not attempt to use arms without proper batteries; alkaline batteries are recommended. Visit [knowledge.tonal.com](http://knowledge.tonal.com) for further instructions on how to replace Tonal batteries.

Review the Tonal Accessory Guide in addition to this manual for supported use across individual accessory 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 Smart Bar accessory if it is only attached to one arm. An improperly attached bar could swing out 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 and up 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, as well as injury or death to the user.



## 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.

Allow for a 7' x 7' (213cm x 213cm) area in front of Tonal during use. Ensure that you are paying attention to your surroundings while using the product, and communicate with other individuals in the home if using the product in a communal area.

Remember to start slowly and progress sensibly and practically. Even if you are experienced, take the time to make yourself familiar with the equipment and movements before advancing the intensity of your 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 using the product immediately. Contact your medical provider before continuing your training.

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

Tonal may update periodically, without warning, which could cause a change or loss in desired data, access, features, or functionality. For additional details please refer to our Terms of Service at [tonal.com/terms](https://tonal.com/terms).

## AFTER USE

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

# SPECIFICATIONS

For US regulatory:

1. This device complies with Part 15 of FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. 3 Changes or modifications not expressly approved by Tonal Systems, Inc. could void the user's authority to operate the equipment

2. Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: —Reorient or relocate the receiving antenna. —Increase the separation between the equipment and receiver. —Connect the equipment into an outlet on a circuit different from that to which the receiver is connected. —Consult the dealer or an experienced radio/TV technician for help.

For Industry Canada:

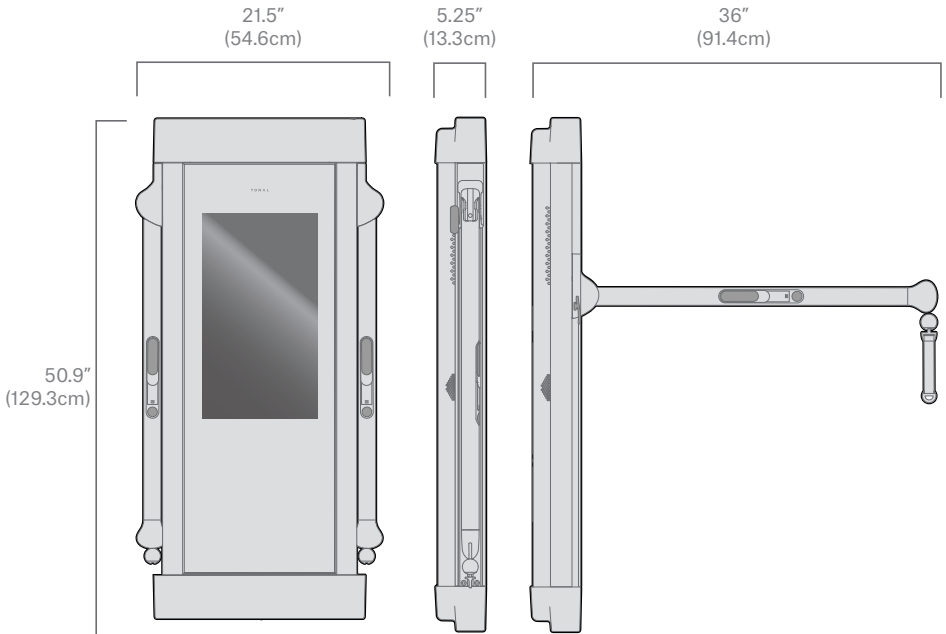
1. This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: 1.This device may not cause interference. 2. This device must accept any interference, including interference that may cause undesired operation of the device.

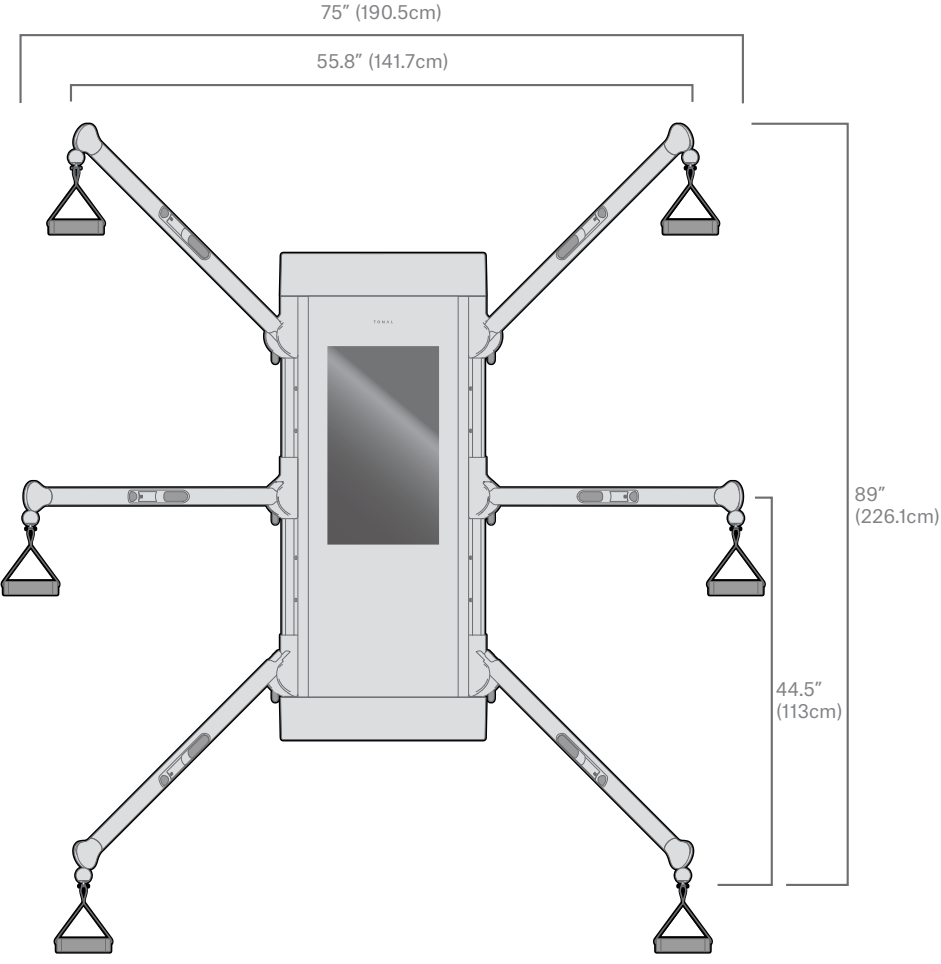
2. L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : 1. L'appareil ne doit pas produire de brouillage; 2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

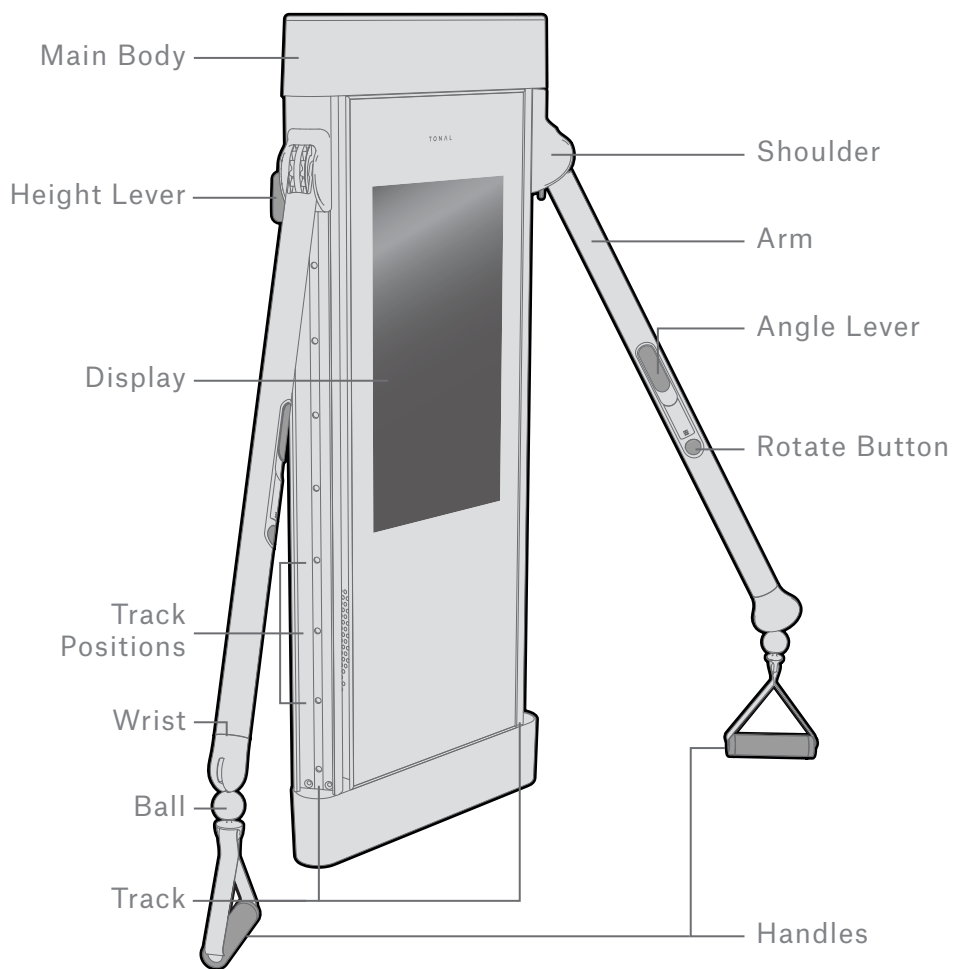
Weight: 135 lbs. (61.2kg)  
Bluetooth: 5.0  
WiFi: 2.4GHz or 5GHz

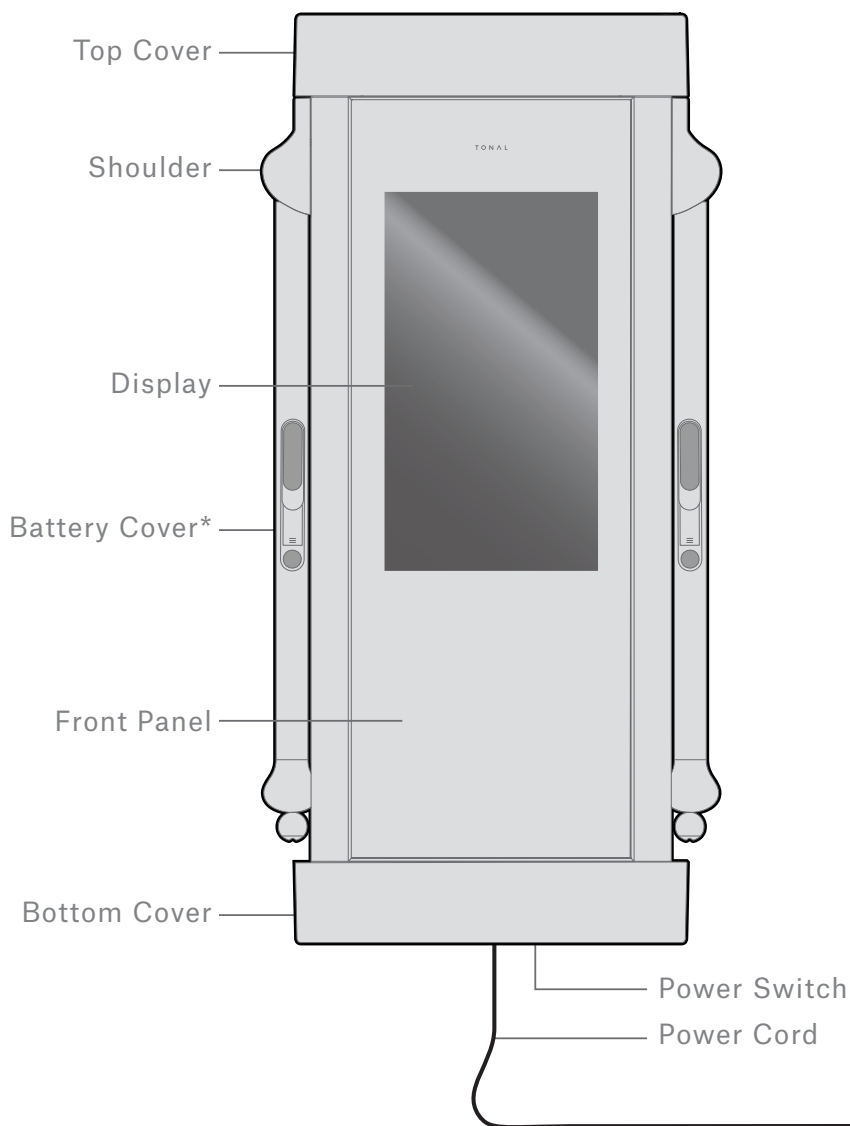
Recommended operating temperature range: 50°F to 95°F (10°C to 35°C)  
Operating relative humidity (RH) range: 20% to 80% non condensing  
Storage temperature range: -4°F to 113°F (-20°C to 45°C)

Input voltage: 120VAC  
Input frequency: 60Hz  
Input current: 12A  
Input power: 1500W (max.)



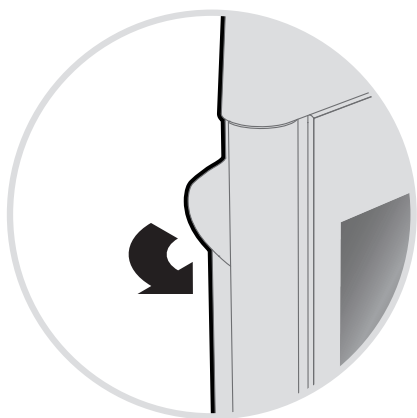




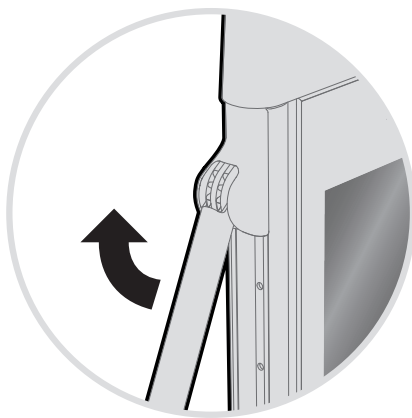


\* Visit [www.tonal.com/support](http://www.tonal.com/support) for battery replacement instructions

## UNSTOWING ARMS



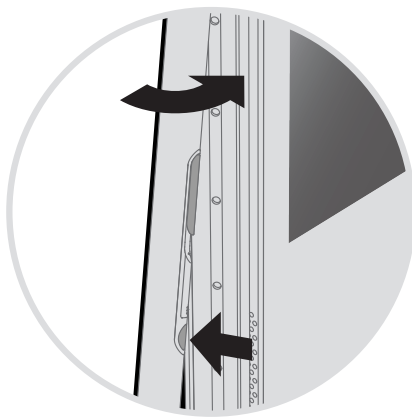
1. Turn the product's shoulders towards you, until they face away from the wall



2. Lift out each arm until you hear a single click



3. Press the rotate button along each arm



4. Hold and rotate the button while moving the arms to the desired position

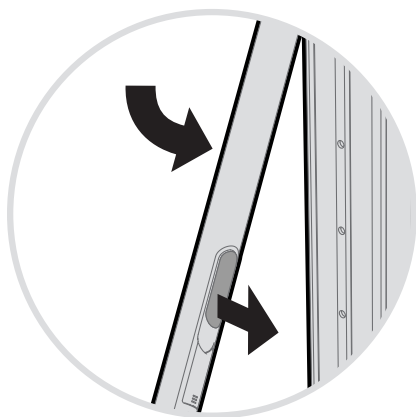
## STOWING ARMS



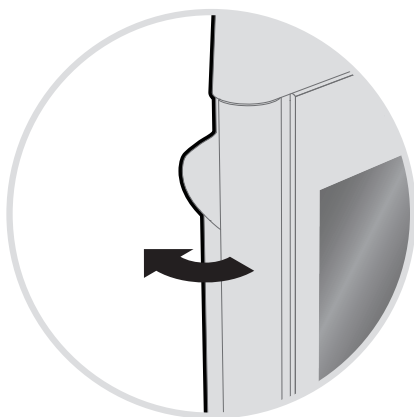
1. Move arms to their highest track position and lock them at an angled position



2. Press and hold the rotate buttons while moving the arms back towards the wall



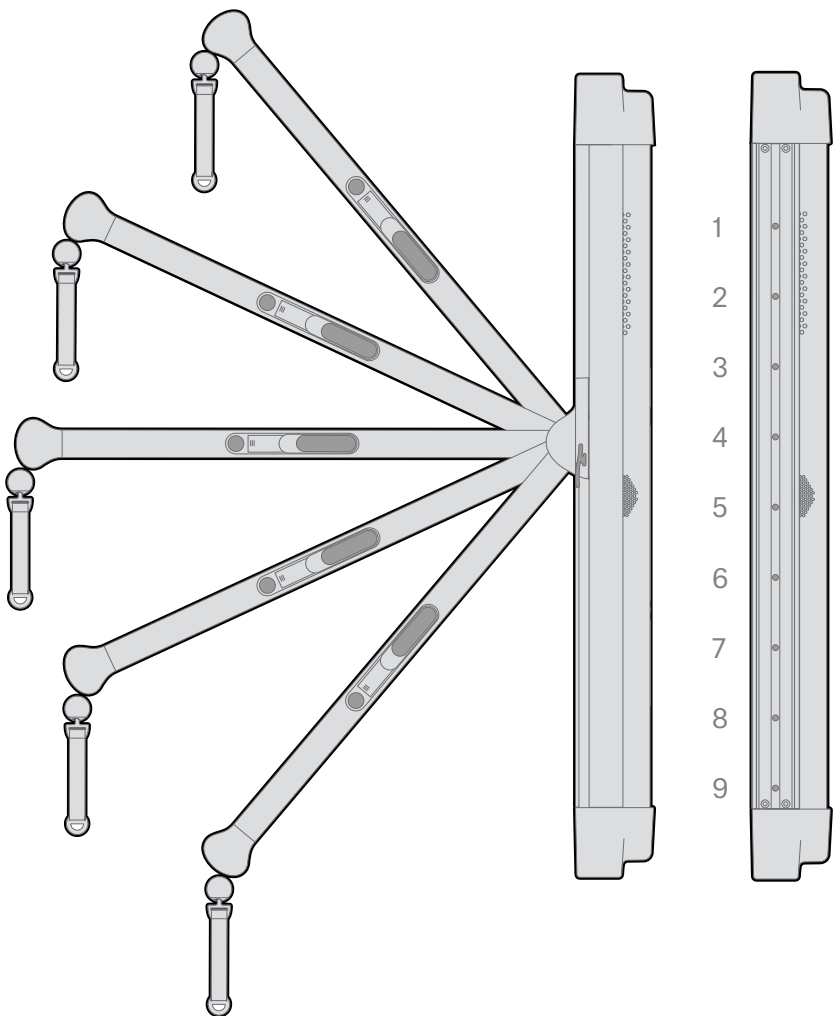
3. Lift and hold the angle levers while lowering the arms

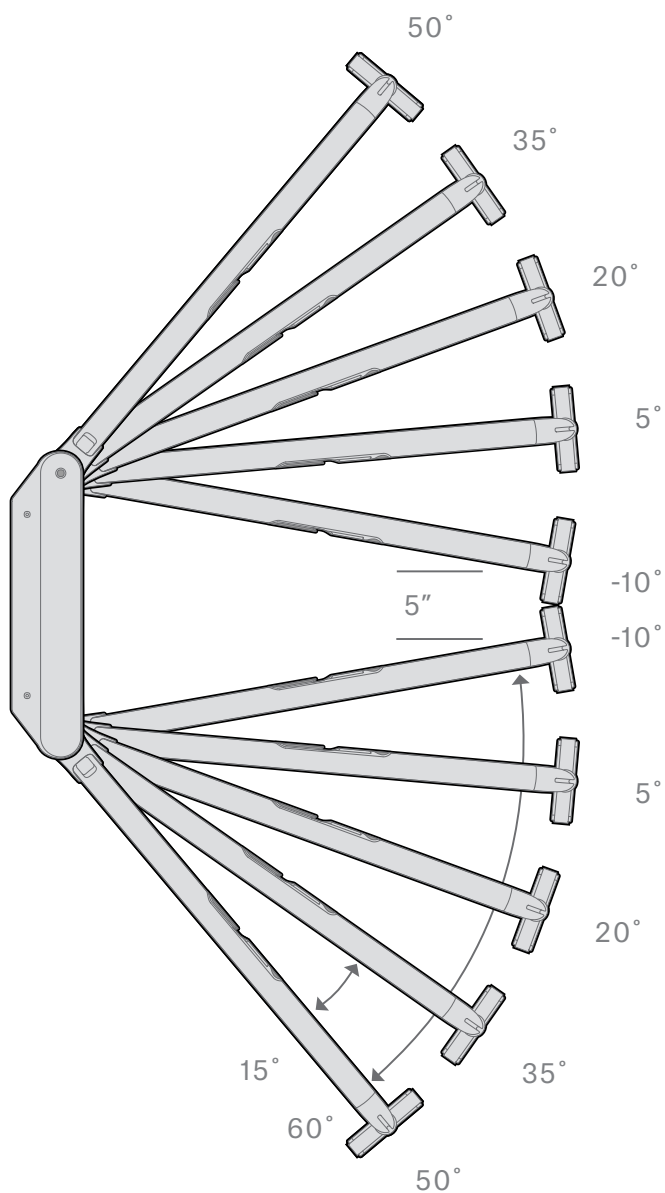


4. Turn the product's shoulders towards the wall until fully stowed



# ARM POSITIONS AND ANGLES





# FEATURES & FUNCTIONS

## STAY CONNECTED

Tonal requires a consistent WiFi connection to access the latest workouts, track your workout history, and receive software updates. Do not leave Tonal unattended while in the unstowed position. When Tonal is in Sleep Mode, it will maintain its Internet connection and be able to receive updates.



## ACCOUNT MANAGEMENT

Create an account to get started with Tonal. You can log in if you have previously trained with Tonal. Remember to log out after each workout if you are sharing the product with others.



## PERSONALIZE YOUR EXPERIENCE

Set your personal goals by completing your first workout. This helps Tonal to accurately interpret your data and deliver personalized workout programs, including suggested weights for each movement.



## GET TO KNOW TONAL

Get the most out of Tonal. Watch our step-by-step tutorial videos and learn tips and best practices. Revisit these resources at any time, or reach out to our Customer Care team for additional support at [tonal.com/contact](https://tonal.com/contact)



## 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

Use Free Lift mode to workout your own way. Simply adjust the weight dial, select a movement, and begin your set.



## TURNING WEIGHT ON/OFF

Tonal's Smart Accessories allow you to turn the weight on or off once you're in position. See the specific instructions for each accessory on the Accessory Guide.



# CARE & MAINTENANCE

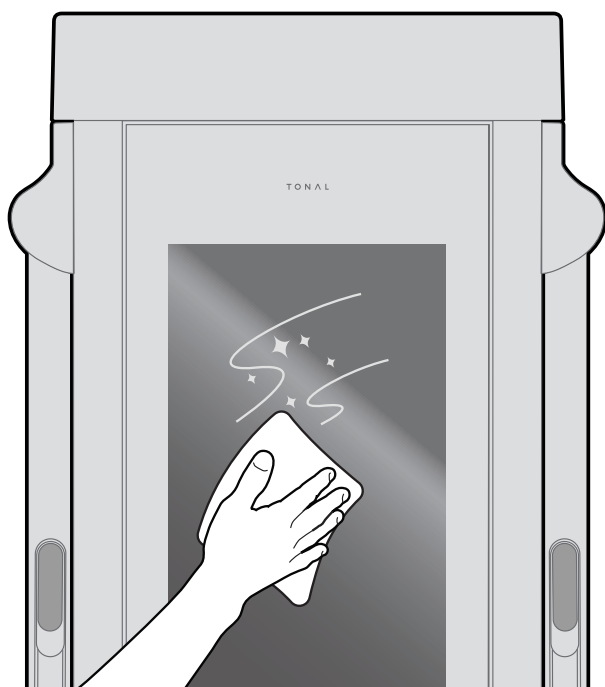
Tonal requires minimal care. As a best practice, we recommend a quick cleaning after each workout. Always use cleaning cloths and solutions that you would use on common surfaces in your home; do not use abrasive materials. Visit [www.tonal.com/support](http://www.tonal.com/support) for recommended cleaning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

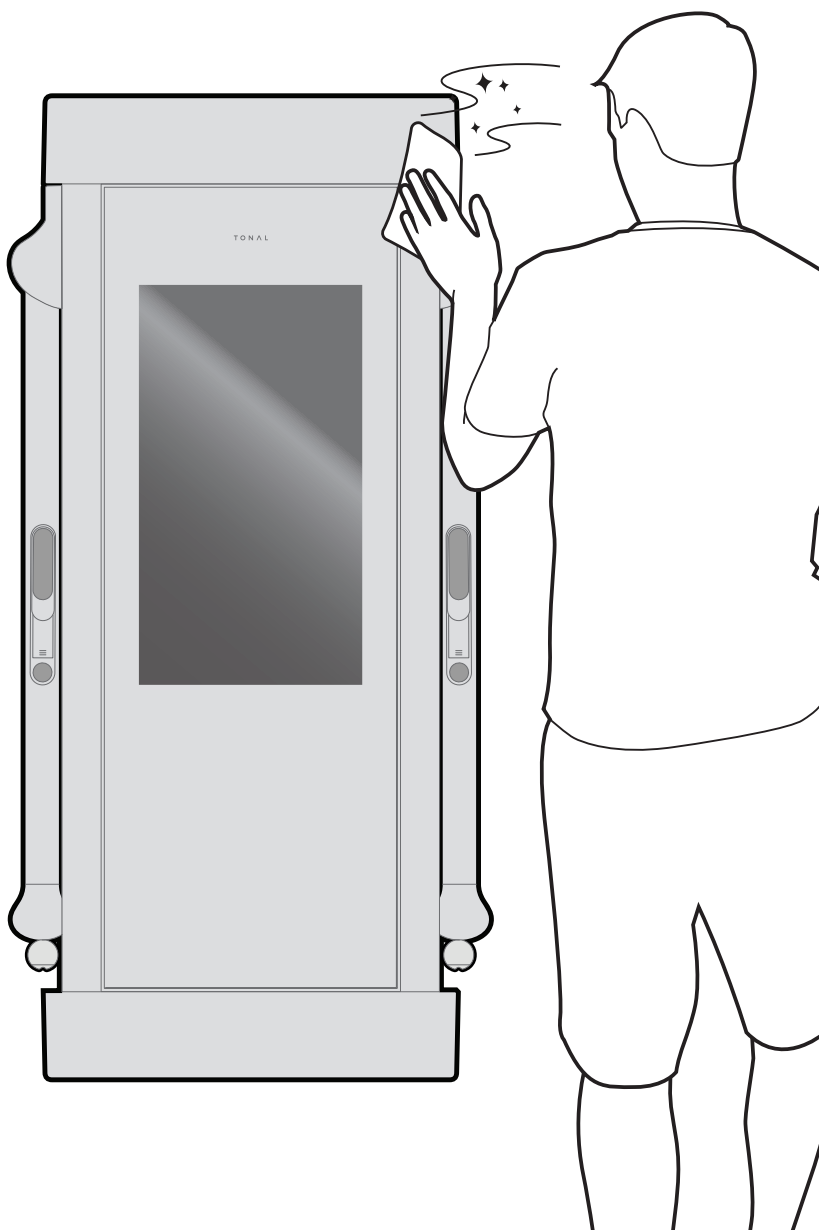
## DISPLAY MAINTENANCE

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



## CLEANING TONAL

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



# WARRANTY & SUPPORT

To view the terms and conditions of Tonal's warranty coverage, please visit [tonal.com/warranty](https://tonal.com/warranty).

Our Customer Care team is available to help with any questions or warranty requests. Reach out to our Customer Care team at [tonal.com/contact](https://tonal.com/contact). Browse our Knowledge Base at [knowledge.tonal.com](https://knowledge.tonal.com).

Patent: [tonal.com/patents](https://tonal.com/patents)







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