



TONAL

GUIDE



# CONTENTS

<b>IMPORTANT SAFETY INSTRUCTIONS</b>	<b>4</b>
Installation	
Prior to Use	
Supported Use	
During Use	
After Use	
<b>SPECIFICATIONS</b>	<b>14</b>
Tonal 2 Machine Overview	
Unstowing Arms	
Stowing Arms	
Arm Position and Angles	
<b>FEATURES &amp; FUNCTIONS</b>	<b>24</b>
Stay Connected	
Account Management	
Personalize Your Experience	
Get to Know Tonal 2	
Meet Your Coaches	
Free Lift Mode	
Turning Weight On/Off	
<b>CARE &amp; MAINTENANCE</b>	<b>26</b>
Software Maintenance	
Display Maintenance	
Cleaning Tonal 2	
<b>WARRANTY &amp; SUPPORT</b>	<b>28</b>

# IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using Tonal 2. 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 2 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

# IMPORTANT SAFETY INSTRUCTIONS

- Never operate the product with the air openings blocked.
- 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:

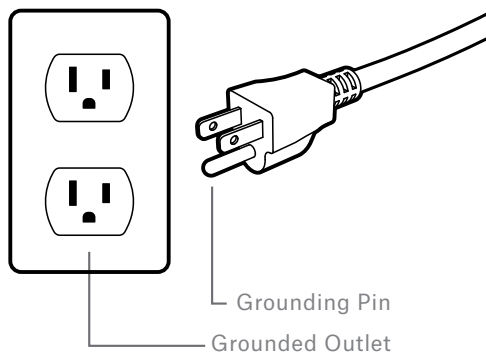
This product must be grounded. Grounding ensures a reduced risk of electric shock in the case of a malfunction or breakdown. This product is equipped with a grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet, properly installed and grounded in accordance with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



# CONSIGNES DE SÉCURITÉ IMPORTANTES

Lisez toutes les instructions avant l'utilisation de Tonal. Des précautions doivent toujours être prises lors de l'utilisation d'un appareil électrique.

## CONSERVEZ CES INSTRUCTIONS



### **DANGER:** POUR RÉDUIRE LE RISQUE DE RISQUES DE DÉCHARGE ÉLECTRIQUE :

Débranchez toujours cet appareil de la prise électrique avant de procéder à l'entretien.



### **AVERTISSEMENT:** POUR RÉDUIRE LES RISQUES DE BRÛLURES, D'INCENDIE, DE DÉCHARGE ÉLECTRIQUE OU DE BLESSURES CORPORELLES :

- Branchez cet appareil uniquement sur une prise correctement mise à la terre (voir instructions de mise à la terre).
- Ne laissez pas le produit sans surveillance lorsqu'il est déployé.
- Éloignez les enfants de moins de 13 ans de cette machine.
- Débranchez-le de la prise avant toute intervention.
- N'encombrez pas Tonal et ne le couvrez pas. Un échauffement excessif peut se produire et provoquer un incendie, une décharge électrique ou des blessures.
- Cet appareil n'est pas destiné à être utilisé par des personnes dont les capacités physiques, sensorielles, ou mentales sont réduites ou dont l'expérience et les connaissances sont insuffisantes. Une personne inexpérimentée doit être sous surveillance, ou qui aient reçu des instructions quant à l'utilisation de l'appareil par une personne responsable de leur sécurité.
- Cet appareil ne doit être utilisé qu'aux fins pour lesquelles il a été conçu, comme décrit dans ce manuel. Utilisez uniquement les accessoires recommandés par le fabricant.
- N'utilisez jamais cet appareil si le cordon ou la fiche est endommagé, s'il ne fonctionne pas correctement, s'il est échappé, s'il est endommagé ou s'il est entré en contact avec de l'eau. Renvoyez l'appareil à un centre de service après-vente pour examen et réparation.

# CONSIGNES DE SÉCURITÉ IMPORTANTES

- Tenez le cordon d'alimentation éloigné des surfaces chauffées.
- Veillez à ce que les orifices d'aération soient exempts de poussière, de peluches, de cheveux et d'autres objets similaires. N'utilisez jamais le produit lorsque les orifices d'aération sont obstrués.
- Ne jamais laisser tomber ou insérer un objet dans une ouverture.
- N'utilisez pas l'appareil à l'extérieur.
- Ne pas utiliser là où des aérosols (vaporisateurs) sont utilisés ou dans un emplacement où de l'oxygène est administré.

## INSTRUCTIONS DE MISE À LA TERRE:

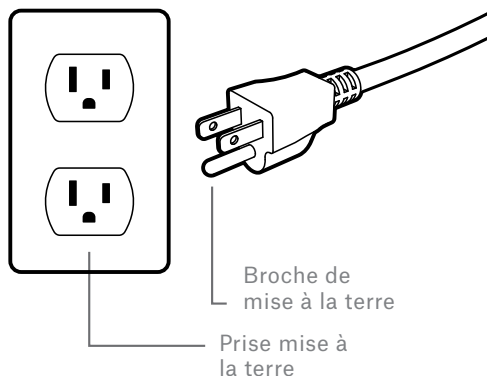
Ce produit doit être mis à la terre. Une mise à la terre permet de réduire le risque de décharge électrique en cas de dysfonctionnement ou de panne. Ce produit est équipé d'un conducteur de mise à la terre et d'une fiche de mise à la terre. La fiche doit être branchée dans une prise appropriée, correctement installée et mise à la terre conformément aux codes et règlements locaux.



## DANGER

Une mauvaise connexion du conducteur de mise à la terre de l'équipement peut entraîner un risque de décharge électrique. Contactez un électricien ou un technicien qualifié si vous n'êtes pas certain que le produit est correctement mis à la terre. Ne modifiez pas la fiche fournie avec le produit. Si la fiche ne s'adapte pas à la prise, faites installer une prise appropriée par un électricien qualifié.

Ce produit est destiné à être utilisé sur un circuit nominal de 120 V et possède une fiche de mise à la terre. Cette fiche ressemble à la fiche illustrée dans ce Guide. Assurez-vous que le produit est connecté à une prise de courant de la même configuration que la fiche. Aucun adaptateur ne doit être utilisé avec ce produit.





## INSTALLATION

Tonal 2 requires professional installation. Do not attempt to install, uninstall, or relocate your Tonal 2 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 2 until it has been fully assembled and inspected for correct performance by an approved Tonal Installer. Do not attempt to install Tonal 2 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 2 outside. Always keep Tonal 2 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 2 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 2.

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

Consult your physician prior to using Tonal 2 if you are taking medication that may affect your heart rate.

### MAINTENANCE & ROUTINE INSPECTION

It is important to regularly inspect your Tonal 2 for wear, as well as any operational issues. We recommend inspecting Tonal 2 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 2 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 2, 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.

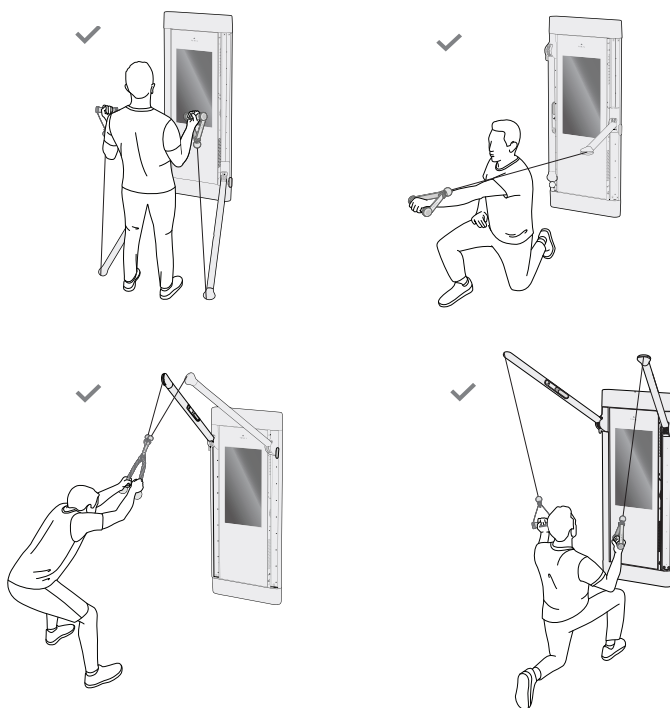
Never operate Tonal 2 if it is not functioning properly. The arms of the product should move in a controlled manner and only when released by the appropriate levers or buttons. Damaged or worn parts must be replaced immediately.

If you believe there is a problem with your Tonal 2, do not use it until proper inspection and repair has been conducted by an approved Tonal representative. Do not attempt to repair Tonal 2 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 250 lbs. - 125 lbs. per arm with the Tonal 2 trainer, depending on model. Tonal 1 has a lower capability for maximum weight.

To care for your Tonal 2 trainer and optimize its lifespan, use it as intended and follow recommended movements.



- For specific instructions, watch the movement demo videos.
- For Custom/Free Lift at any Tonal 2 arm height, pull the cables only in an upward or downward motion or in line with the Tonal 2 arms.

Tonal 2 uses a proprietary T-lock key for accessory attachments. While the Tonal 2 trainer may be compatible with third-party accessories, Tonal cannot attest to the quality and safety of these products or how those products affect the lifespan of your Tonal 2 trainer. For best results, use only original parts from the manufacturer.

Always ensure the arms of Tonal 2 trainer are securely locked after adjusting their position. Always tug on the arms after moving them to ensure they are fully locked before starting your next exercise movement.

The arms of Tonal 2 trainer require batteries and an active wireless connection to function properly. Change the batteries immediately when needed. To change, remove the battery covers located near the rotate buttons on the arms of the trainer. Tonal recommends using single-use, alkaline batteries for optimal performance. For further instructions on battery replacement, visit [www.tonal.com/support](http://www.tonal.com/support).

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

## **UNSUPPORTED USE & PRODUCT MISUSE**

The following restrictions constitute unsupported use and/or product misuse. Your Limited Warranty does not cover damage to your Tonal 2 trainer, your home or any injuries if we determine that you either misused the Tonal 2 trainer or your use is unsupported.

### **MULTIPLE USERS**

Tonal 2 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 2 workouts and documentation.

### **EQUIPMENT MODIFICATIONS**

Do not use any attachments not compatible with Tonal 2, and do not modify the equipment. Use only original parts from the manufacturer. 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.

### **IMPROPER ARM USE**

- Do not position yourself beneath the path of the arms during movements. [Fig 1]
- Do not hang on or from the arms or hang objects from the arms or any other parts of the Tonal 2 trainer. The trainer arms are not designed for chin-ups.

- Do not pull the cable in a direction that is not in line with the Tonal 2 arms if the weight exceeds 100 lbs. per arm. [Fig 2]
- Do not use the bar if only attached to one arm. An improperly attached bar could swing and cause injury.
- Do not use the bar for a Smart Handle movement.
- Do not use the Bar Control Module on other accessories.
- Do not use only one of the trainer arms when performing Aero movements. Always attach the Tonal 2 rope accessory with dual T-Lock to both arms while performing Aero movements to ensure proper functionality, the integrity of the machine and to optimize your safety. [Fig. 3]
- Do not let the cable retract into the trainer arms at full speed. Guide your accessories with some tension as the cable retracts.

Visit [www.tonal.com/support](http://www.tonal.com/support) to learn more.

Figure 1

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Figure 2

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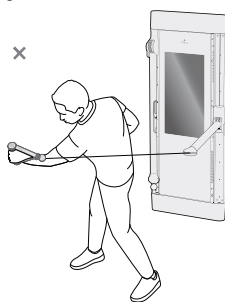
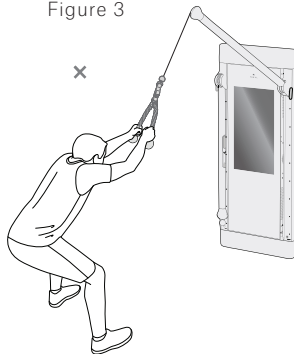


Figure 3

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## **MINORS**

Tonal 2 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 2 under direct adult supervision. An adult should review all safety instructions with the minor prior to use.

Do not allow children near Tonal 2 equipment and accessories. Tonal 2 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 2.

## **DISABILITIES**

Individuals with specific physical, mental, or emotional considerations, such as persons who are autistic, amputees, blind, or deaf, may use Tonal 2 trainer under the same standard of guidance and care that they receive for their circumstances with other comparable activities.

Tonal 2 trainer should be used in conjunction with tested and approved applications and tools only. Although Tonal 2 trainer may be compatible with third-party support applications and tools, Tonal 2 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 2 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 2 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)

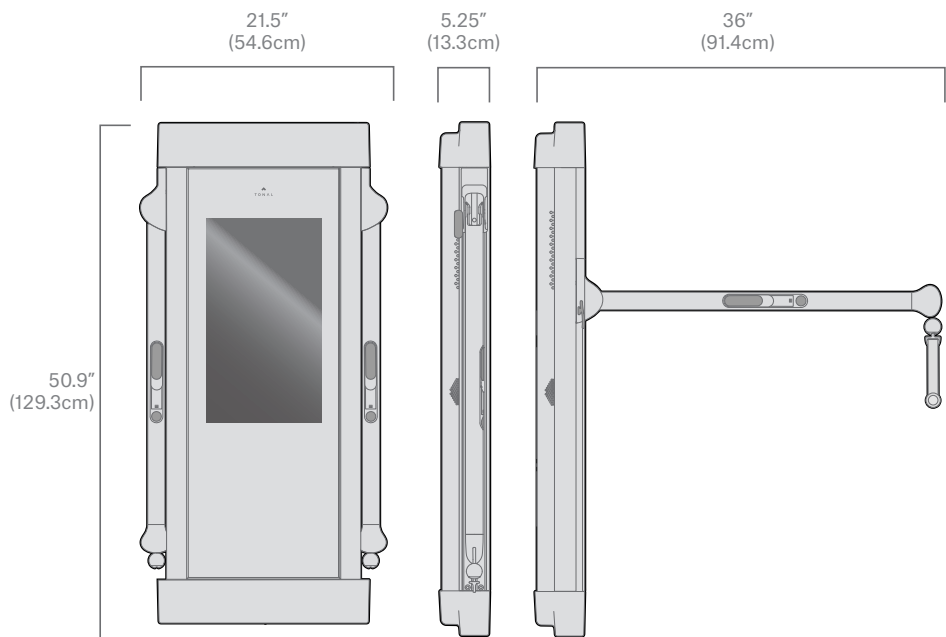
Input voltage: 120VAC

Input frequency: 60Hz

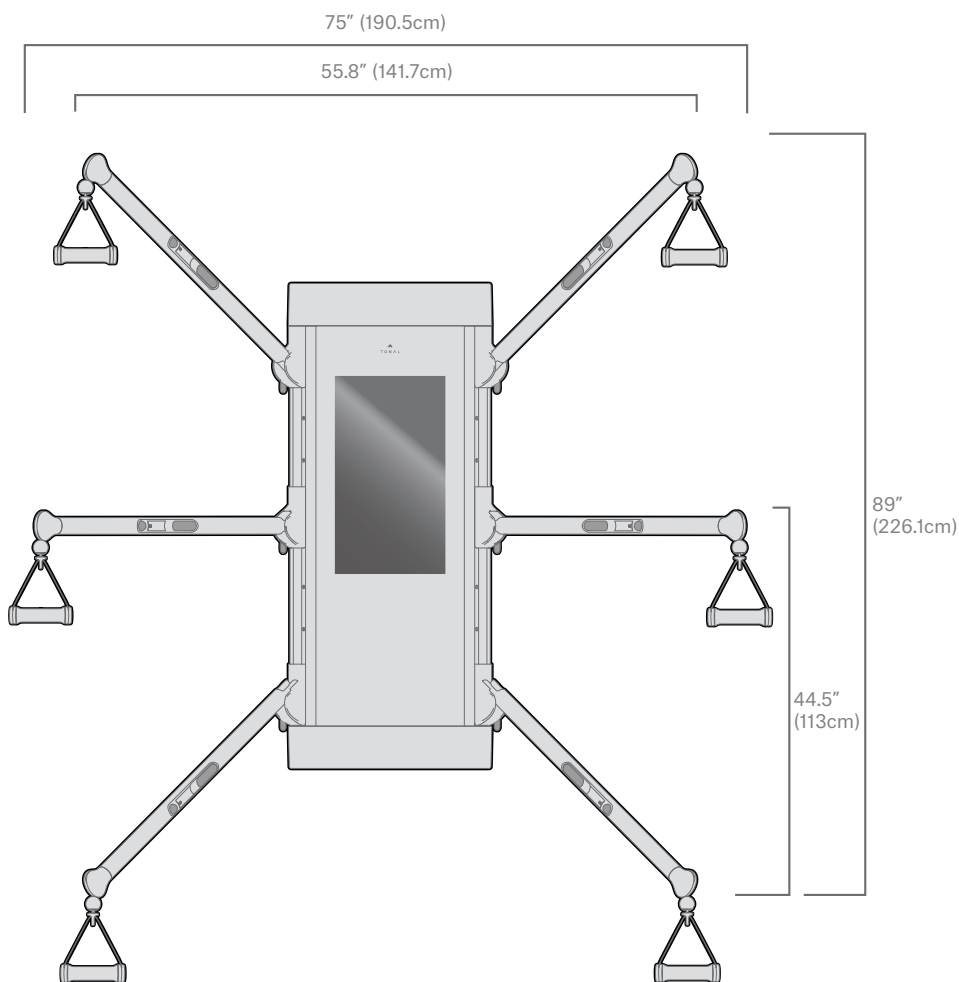
Input current: 12A

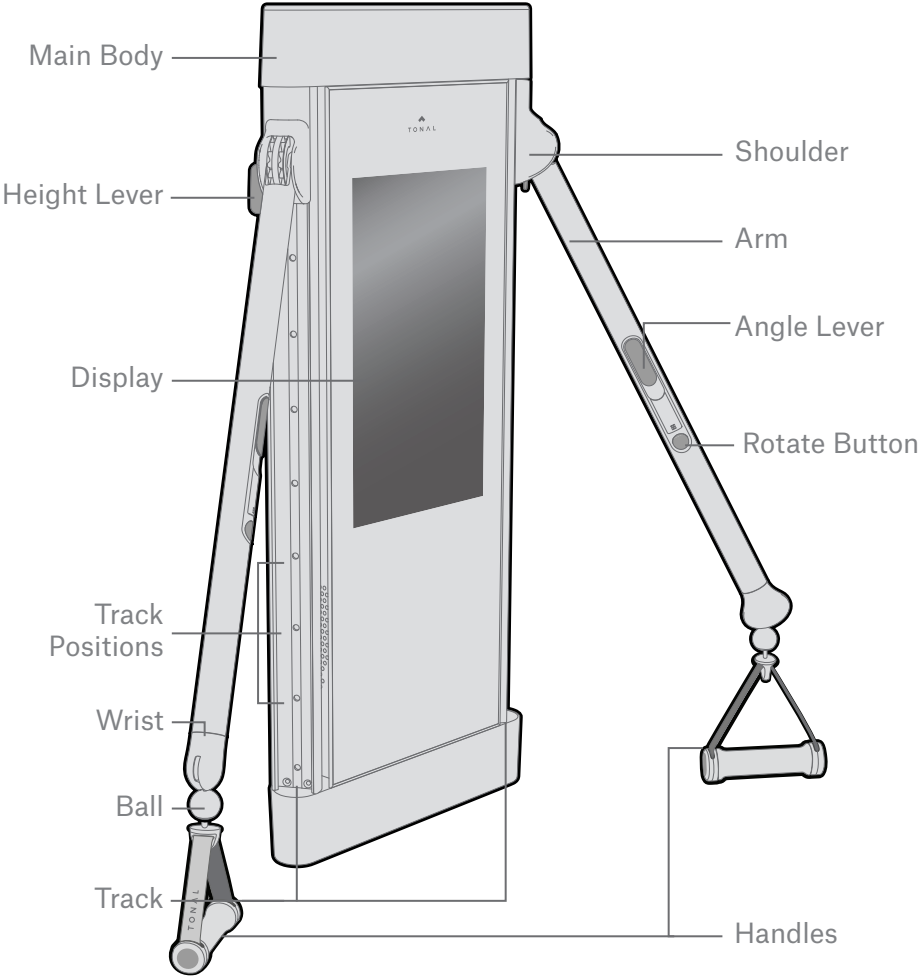
Input power: 1500W (max.)

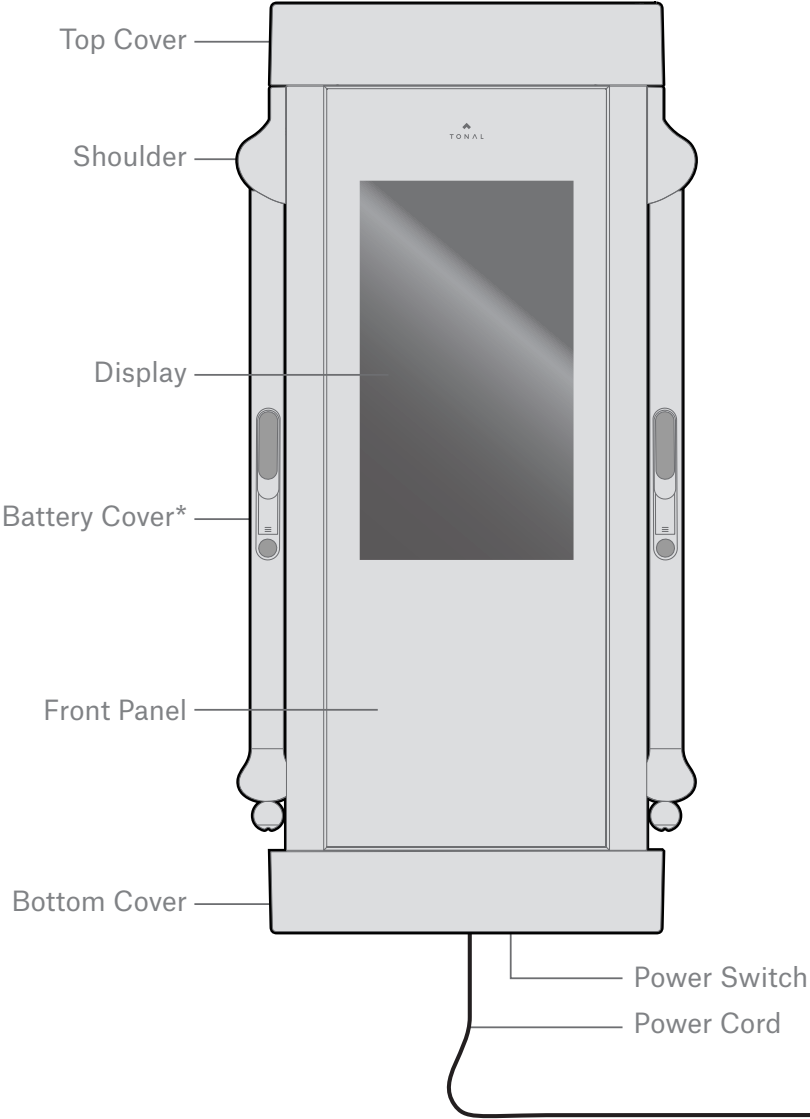
# TONAL 2 MACHINE OVERVIEW





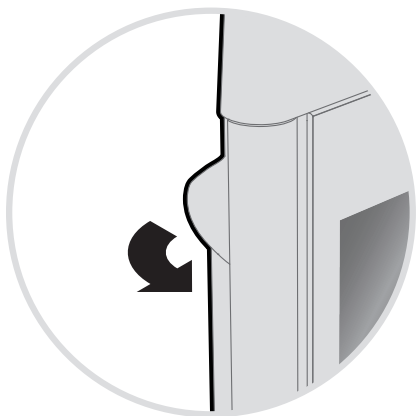




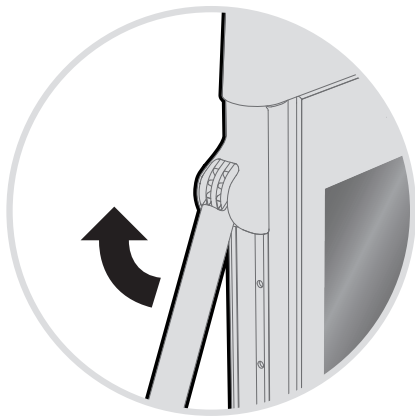


\* Visit [www.tonal.com/support](http://www.tonal.com/support) for battery replacement instructions

## UNSTOWING ARMS



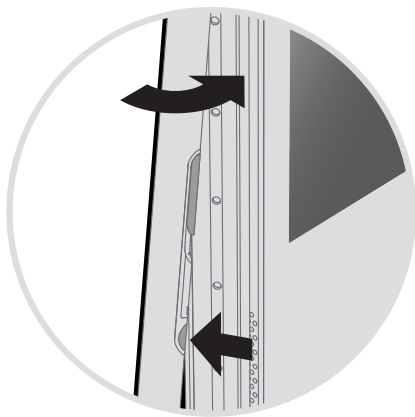
1. Turn the product's shoulders towards you, until they face away from the wall



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

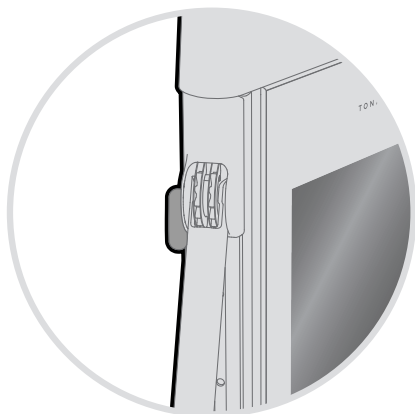


3. Press the rotate button along each arm

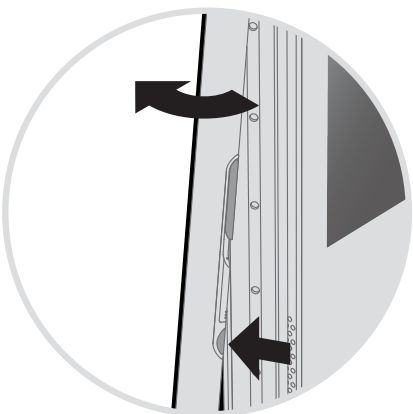


4. Hold the rotate button to move the arm to the desired position

# STOWING ARMS



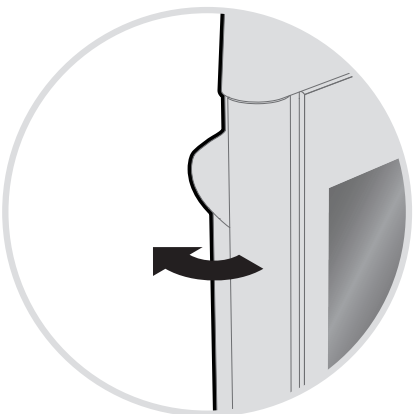
1. Move arms to their highest track position and lock them at an angled position



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

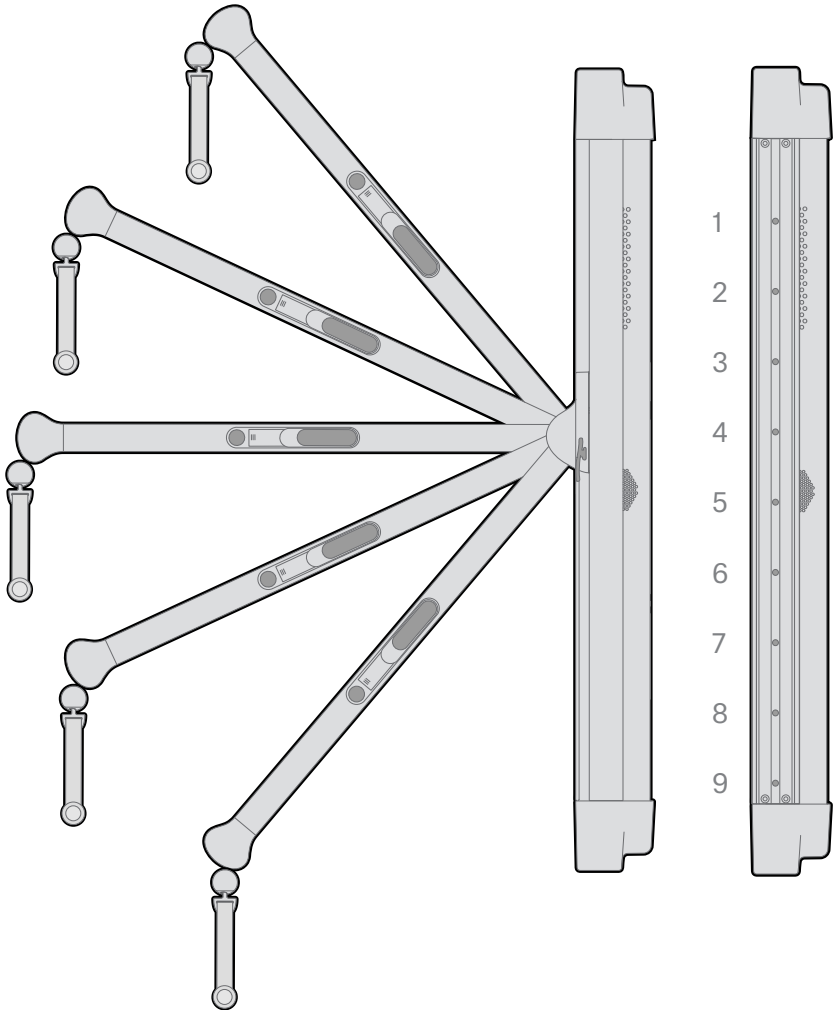


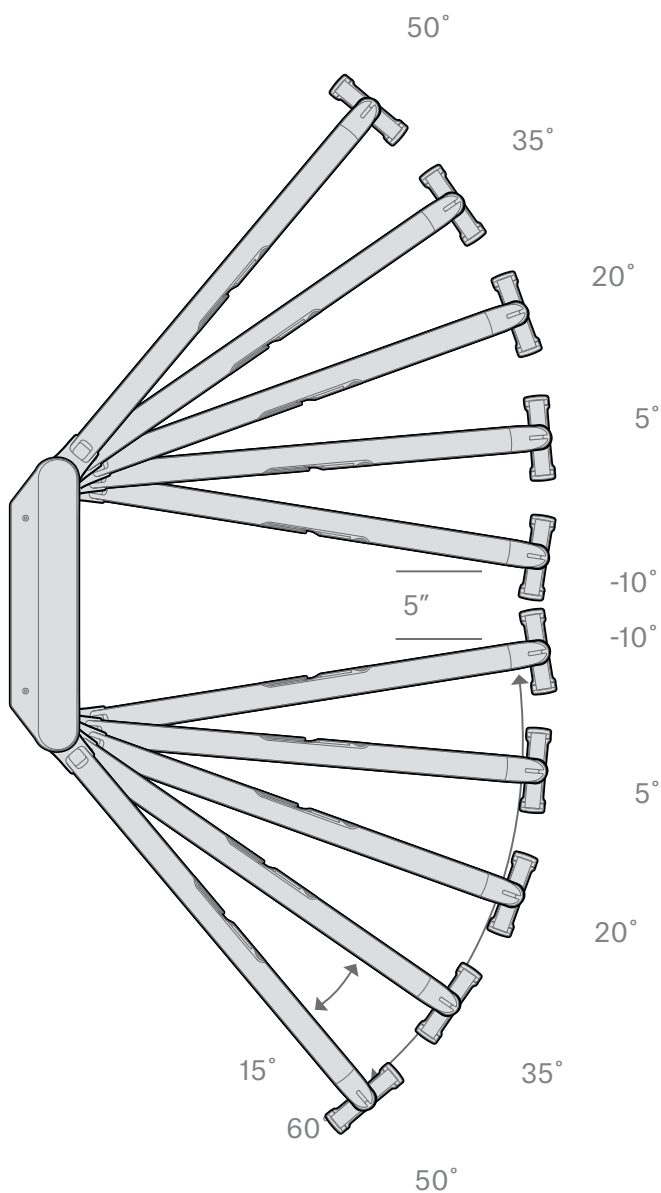
3. Lift and hold the angle levers while lowering the arms



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

# ARM POSITIONS AND ANGLES





# FEATURES & FUNCTIONS

## STAY CONNECTED

Tonal 2 requires a consistent WiFi connection to access the latest workouts, track your workout history, and receive software updates. Do not leave Tonal 2 unattended while in the unstowed position. When Tonal 2 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 2. 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

Choose your Training Goals and complete the weight assessment to help Tonal 2 deliver personalized workout recommendations, suggested weights for every move, and more.





## GET TO KNOW TONAL 2

Get the most out of Tonal 2. 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 2's Smart Accessories allow you to turn the weight on or off with a press of a button once you're in position. See the specific instructions for each accessory on the Accessory Guide.



# CARE & MAINTENANCE

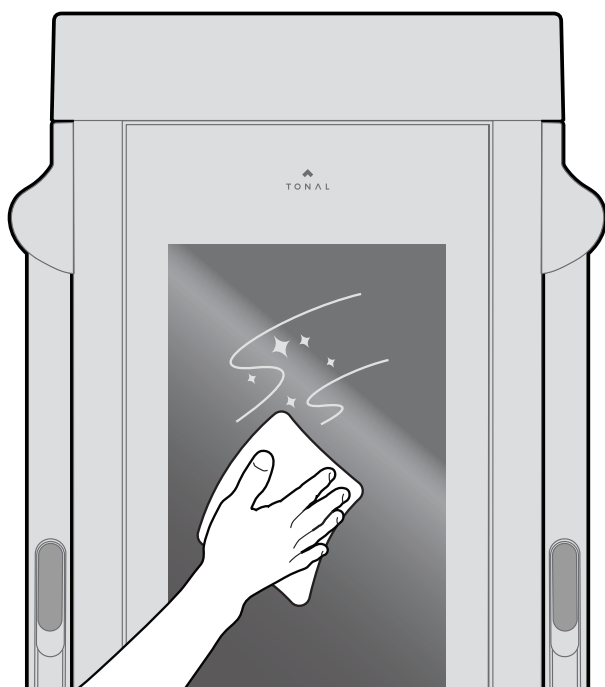
Tonal 2 requires minimal care. As a best practice, we recommend a quick cleaning after each workout. Always use cleaning cloths and solutions that you would use on common surfaces in your home; do not use abrasive materials. Visit [www.tonal.com/support](http://www.tonal.com/support) for recommended cleaning solutions.

## SOFTWARE MAINTENANCE

Tonal 2 receives automatic software and firmware updates. To ensure you have the latest version of the Tonal 2 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 2

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 of the Limited Warranty, 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)

Open Source: please see <https://knowledge.tonal.com/s/article/Tonal-Free-and-Open-Source-Licensing-Notice>

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