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#Jenny



Finally I get this ebook, thanks for all these I can get now!

#Rio



Cool! I'am really happy

#Markus Jensen



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#Hun Tsu



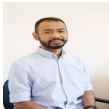
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#Che Salsa



My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

OWNER'S PURCHASE RECORD
Total Gym® Exercise
Date Purchased: _____
Purchased From: _____
Serial Number: _____

CONTACTS
Customer Service, Parts, and Accessories: Call 1.888.811.8768
Additional Accessories: www.TotalGymCatalog.com

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XI Total Gym Owners Manual

Congratulations on purchasing your new Total Gym®!
With this product in your home, you have everything you need to start your own personal program. To make and strengthen the important muscle groups of your upper and lower body. This is also for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is to lose weight, increase strength, health maintenance, or more energy for daily activities.
Strength training will also provide and contribute to the benefits of your daily routine. It's healthy, safe, and fun. It can actually burn more fat than cardio. It's healthy, safe, and fun. It can actually burn more fat than cardio. It's healthy, safe, and fun. It can actually burn more fat than cardio.
It's important that you read this manual carefully. It is the authoritative source of information about your Total Gym®.

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PRODUCT SPECIFICATIONS

WEIGHT	Adjusts 11 to 150 lbs.
HEIGHT	Adjusts 5'0" to 6'0"
RESISTANCE	Adjusts 10 to 150 lbs.
MAXIMUM WEIGHT	400 lbs.

OPTIONAL ACCESSORIES AVAILABLE FOR PURCHASE (1 ONE \$115 EACH)

Leg Pad Attachment	Push-Up Bar	Flip Bar
Hand Pad Attachment	Resistance Band	Resistance Band