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The Total Gym is a piece of exercise equipment similar to a rowing machine that uses a pulley mechanism attached to a padded board which slides along two rails up an incline. The simple design makes it possible to do a number of exercises without making adjustments to the device and allows the Total Gym to fold flat ...

Step-by-Step Instructions for Total Gym Setup | SportsRec

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How to Set Up your Total Gym. For more information on the Total Gym, Total Gym workouts and Total Gym Exercises, go to http://www.totalgymdirect.com?key=utb

Total Gym Setup

The Total Gym Ultra is a relatively basic version of the Total Gym. It doesn't come with a squat rack or toe bar but does have a pullup attachment, dip bars and leg attachment. Although this model is discontinued, it still pops up in garage sales and classified ads from time to time.

Instruction Manual for the Total Gym Ultra | SportsRec

For over 45 years, Total Gym has been developing the world's most innovative incline bodyweight training equipment. With over 5 million units sold, Total Gym facilitates millions of workouts each day. With specialized units for home, commercial fitness, or physical therapy use, Total Gym has what you need.

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Rosalie Brown Demonstrates how simple it is to set up the new Total Gym Platinum Plus as seen live on air at QVC.

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