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### New & Old Total Gym Models History | Body Comp Gym's Review

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### The Total Gym Guide - A Comprehensive Review Of All Models

The Total Gym 2000 is designed for the budget-conscious fitness enthusiast. This starter unit, which doesn't include any of the add-on accessories available with the Total Gym XLS (for example), features a basic glide board and a pulley and cable system.

### Amazon.com : Total Gym 2000 Home Gym : Sports & Outdoors

Total Gym 1000 Exercise Booklet in PDF. This book works on other TotalGym Models too! This book is 28 pages long.It is the complete book including all the fitness exercises from beginner through advanced - Men's and Women's routines - Beginner and expert workouts.

### Total Gym 1000 Exercise Booklet, Manual

Like all Total Gym products, the now-discontinued Total Gym 1000 arrives at your door fully assembled. But that doesn't mean it's ready for immediate use. You still have to "assemble" the Total Gym, deploying it into exercise mode from the compact, folded storage mode it arrived in.

### Total Gym 1000 Assembly Instructions | SportsRec

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Instruction Manual for the Total Gym Ultra. By: Marie Mulrooney . Published: 08 July, 2011 . Comstock/Stockbyte/Getty Images. 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.

### Instruction Manual for the Total Gym Ultra | SportsRec

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