

Total Gym Xls Manual



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TTG1002: Features; Includes leg pull accessory; Total Gym XLS; Upgraded comfort system; Upgraded pulley and cable system; Upgraded squat stand; Flexible nylon strap

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Total gym - wikipedia, the free encyclopedia

The "Total Gym" is a brand name and product line of exercise machines used for strength training, stretching, and pilates training designed by EFI Sports Medicine

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This is not a complete review of the features and specifications of the Total Gym XLS. I owned and used a Total Gym 1000 for 8 years, and purchased an XLS in 2010.

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