

# Universal Gym Exercises Chart

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Well Higher For Starters This Home Gym Can Be Upgraded To 310 Or 410 Lbs Of Resistance You Wont Find This Much, The Total Gym Official Store For Home Gyms And Jan 5th, 2024

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UNIVERSAL PARTS - PRICE LIST 8/15/2003 887422

Power Circuit Prices Subject To Change PART #

DESCRIPTION UNIT QTY TOTAL 6000 Shoulder Press

PRICE ORDERED 600875-SK Cable Kit 18.25\$ 600173

Grips (two Required) (each) 4.25\$ 860282 Back Pad

Upholstery 58.00\$ 860 Mar 4th, 2024

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COLOR: Black Or Black With Flecks Of Colored EPDM Rubber TENSILE STRENGTH: 350 Psi HARDNESS: 60-64 Shore A FLAMMABILITY: Passes Federal Flammability Standard Doc FF 1-70 CPSC DIMENSIONAL STABILITY: +0.242% At Two Hours @ 60°C -0.092% At 48 Hours @ 20°C & 65% Feb 2th, 2024

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Replace The Cap On The Top Of The Vertical Column.  
Remove Safety Hitch Pin And Safety Pin From Vertical Column. Be Sure The Cable Pulley Is Attached To The Underside Of The Glideboard For Folding. Position One Hand On Either Side Of Rail To Hold It Up Before Releasing Mar 1th, 2024

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Right & Left Brain, Brain Gym Exercises, Effects Exercise, Free Brain Exercises, Brain Training Exercises \* Stand Or Sit. Place Your Right Hand Across The Body To The Left Knee As You Raise It, And Then Do The Same Thing For The Left Hand On The Right Knee Mar 4th, 2024

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You Can Meet Your All Necessities Of Ideal Weight Lifting With Load Or Without Load. You Can Do Your Exercise With Equipment Or Amazon.com: Weight Bench RitFit Adjustable / Foldable Utility Weight Bench For Home Gym, Weightli Mar 3th, 2024

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You For Selecting The Marcy Pm 3000 Home Gym By Impex Inc For Your Safety And Benefit Read This Manual Carefully Before Using The Machine As A Manufacturer We Are Committed To Provide You Complete Customer Sa Feb 5th, 2024

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