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1000

Congratulations on purchasing your new Total Gym!

With this product in your home, you have everything you need to start your own workout program. To learn more about the important features of your gym, read this manual. This is the key to all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is body toning, weight control, total maintenance, or muscle energy for daily activities.

Strength training not only tones and conditions the muscles, but also builds up your bones, skin, ligaments, and joints. It can actually increase your bone mass density. We encourage you to use resistance for a minimum of three times per week. Strength training can effectively burn up fat calories, stimulate metabolism, and help with weight loss. Total Gym is the key to all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is body toning, weight control, total maintenance, or muscle energy for daily activities.

It is important you stick to 45 to 60 minutes 3 to 5 times a day on your Total Gym® at your training schedule.

We hope to assist through this manual's content, and we are the authoritative source of information about your Total Gym®.

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total gym®

EXERCISE SYSTEM



PDF

OWNER'S MANUAL

For Models 1000, 1000L, SL, and SL2

PRODUCT SPECIFICATIONS



Model	1000
Weight	100 lbs
Resistance	100 lbs
Dimensions	48" x 24" x 48"
Assembly	15 min
Warranty	1 year



OPTIONAL ACCESSORIES AVAILABLE FOR PURCHASE (SEE LISTING)



Total Gym Platinum Instruction Manual

Michael Brown



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