
Posiciones Anatomicas Del Cuerpo Humano

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from your Total Gym ®. Remove the squat stand (optional) from under the gym (as shown to the right) and install on opposite end into receptacles. STEP 3. Lift gym up from opposite end of squat stand. Make sure that it rests solidly on the squat stand. Remove the

two accessories from under the bench. STEP 4. Extend Total Gym ® out in the following manner: 4A.

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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 - YouTube

Set the Total Gym to its lowest incline -- flat -- and slide the glideboard all the way to the far end of the rails. Remove the safety lock pin at the base of the vertical column. Pull out on the spring-loaded knob, also at the base of the column, as you lower the column between the incline rails.

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The Total Gym Guide - A

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