The TOTAL FLEX comes with:

- TOTAL FLEX Unit
- Ankle Straps
- Handle Set
- Manual (English)

The Total Flex is delivered fully assembled so it's ready to use right out of the box. Ultra-compact, it unfolds in seconds.

Resistance Band Chart

Peristance Level	B and(s) engaged per pod			
	(2 × 5.25 No.)	(2 x 7.25 kg)	Red (2 x 10.5 kg)	Total Resistance (Weight)
- 1	0		10:5 kg = 23.1 lbs.	
2	•		14.5 kg = 31.9 lbs	
3			•	21 kg = 46.2 lbs.
4	0	•		25 kg = 55 fbs.
5	0		•	31.5 kg = 69.3 lbs.
6		•	•	35.5 kg = 78.1 lbs.
7	0	•	•	46 kg = 101.2 lbs.
The 2 combination	ations below	or can be created and	ed with addition	al resistance bands
8			r_(e)	Mark Bland
9		•	•	63 kg = 138.6 bs.





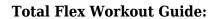
TOTAL FLEX- Workout programs



- 1 Fast Start, to show you how fun and easy getting in shape can be.
- 2 Rapid Weight Loss, for an intense cardio combo workout.
- 3 Flex Strength, to get big and ripped.
- 4 Total Flex Core, for firm, flat abs and a strong midsection.
- 5 Extreme, your ticket to over the top results!
- 6 Hips, Buns and Thighs, to get you lifted, tightened and toned.

Total Flex Workout Guide

M Carnoy



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