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With this product in your home, you have everything you need to start your own workout program, to tone and strengthen the important muscle groups of your upper and lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is body sculpting, weight control, health maintenance, or more energy for daily activities.

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Please turn to read through this owner's manual carefully.

It is the authoritative source of information about your Total Gym®

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total gym®
EXERCISE SYSTEM



OWNER'S MANUAL

Four Models: 2000, 2000i, XL, and XLi

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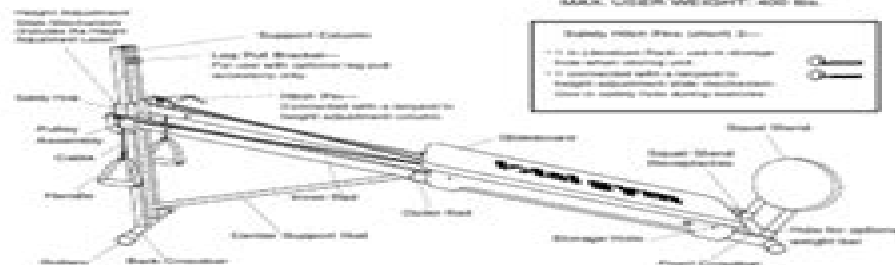
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