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# Total Gym Instructions

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*Unfolding the Total Gym XLS*

*Introduction to Total Gym Workout A 20 minute introduction to working out with the **Total Gym**.*

*How to assemble a Total Gym 1000 by Joe Keller*

*Total Gym Exercises: Fold and Unfold Demo Tom demos a few easy steps to safely fold and unfold your **Total Gym**.*

*Folding your Total Gym XLS An instructional video explaining how to fold your **Total Gym** XLS.*

*Set-up the Total Gym FIT*

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Storing the Total Gym FIT

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How to store and set up Total GYM XLS How to store and setup **Total GYM XLS**. Just a quick video on how to set up the **Total GYM** and put it back up.

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Total Gym 1800 Club Unboxing, Setup, & Brief Review Link to my deal; <http://hoptrak.com/totalgym1800club> -The unboxing and setup of a **Total Gym** 1800 Club with a brief review at the

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