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What exercises can i perform on the total body

Jan 29, 2009 Best Answer: The Total Body Works 5000 is very similar to the Total Gym 1500. Is the Weider Total Body Works 5000 better than the total gym?

Total gym exercises | your guide to total gym exercises

Complete guide to total gym exercises including animated illustrations and detailed information on more than you can use the total gym to workout the entire body

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Mat with up to 24-sq. ft. of floor area Weider Total Body Works 5000 with Bonus 6-Piece Puzzle Mat Bundle: Total body works equipment with resistance bands and

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How do you use a weider total body works 5000 gym?

Full Answer. The Weider Total Body Works 5000 home gym has an adjustable incline that allows the user to increase or decrease the intensity of the workout.

Amazon.com: customer reviews: weider total body

When I found the Total Body Works 5000, I was sure it would be a waste of money. See all details for Weider Total Body Works 5000 Gym

Weider ultimate body works - adding muscle mass

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