



Total Gym XLS

Contact: Michelle Wood

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https://id-twinfalls.countybuyselltrade.com/health-fitness/total-gym-xls_placerville_278379

Address:

Holiday Market, Mt Aukum Road, Off Sly Park Road, Placerville

Price:

350.00 \$

Total Gym XLS Men/Women Universal Total Body Training Home Gym Workout Machine with Squat Stand, Leg Pull, 2 Ankle Cuffs, and Exercise Chart. Equipped to handle more than 80 exercises for a total body workout concentrating on all the major muscle groups: cardio, strength training, and stretching. Comes complete with ab crunch, wing attachment, training deck, and nutritional/meal planning guide. Also includes 3 DVD's -- Start It Up! personal training guide, Smart Training Workouts (6 to 8 Minute for Men and for Women), and Pilates/Body Makeover. No assembly required and folds for compact storage. Maximum weight capacity: 400 pounds; Dimensions (L x W x H): 90 x 19 x 43 inches; Folded dimensions (L x W x H): 51 x 19 x 9 inches. Pre-owned but in great condition, and all books, accessories and DVDs that came with the equipment are included.



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