

Iron Gym Workout Manual

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• Start out slowly and work up to a more vigorous workout. Page 3: Overview Non-slip rubberized feet Foam end pieces Arched bar grips Inner bar grips Outer bar grips... Page 4 STEPS TO SUCCESS exercises are too hard, reduce the amount of repetitions. Your upper body strength will only improve if you use IRON GYM™ • Set a schedule and stick to it.

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Includes upper body workout guide. Strengthen and tone your biceps, triceps, chest, arms, shoulders and abs. All Original IRON GYM Workout Bars come with exercise guide, with illustrations how to perform all 7 different exercises: 3 different pull ups, 2 different push ups, sit ups and dips. Manual is in 22 languages.

IRON GYM® ORIGINAL

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All Original IRON GYM Workout Bars come with exercise guide, with illustrations how to perform all 7 different exercises: 3 different pull ups, 2 different push ups, sit ups and dips. Manual is in 22 languages.

IRON GYM® NEW - Total Upperbody Workout Bars - Products

Watch How To Train with the ORIGINAL Upperbody Workout Bar by IRON GYM!

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Bevor you start, make sure your IRON GYM MAX™ is securely assembled (and installed into the door frame for applicable exercises)

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according to the instructions in this manual. Be sure to start each exercise session by stretching and loosening your muscles through a warm-up routine. Do the exercises slowly in a controlled, smooth and fluid manner.

IRON GYM MAX TM - Spartan-Sport

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Black Iron Fitness

This is the product manual for the York Fitness MagAir (R700, 3000 & 5000) Rowing Machine, products code 5666, 5223 & 5543. Buy Now
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Includes upper body workout guide. Strengthen and tone your biceps, triceps, chest, arms, shoulders and abs. All Original IRON GYM Workout Bars come with exercise guide, with illustrations how to perform all 7 different exercises: 3 different pull ups, 2 different push ups, sit ups and dips. Manual is in 22 languages.

IRON GYM® NEW - Total Upperbody Workout Bars - All Products

The Iron Gym is an ideal piece of exercise equipment for completing strength training exercises from the comfort of your home. Using this equipment, you can complete an array of strength exercises for the upper body including pushups, abdominal crunches, pull-ups, and dips. To use this equipment correctly, you must first attach it to your door frame.

The Best Iron Gym Workouts - Home Fitness Life

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