

## OWNERS' PURCHASE RECORD

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**Keywords:** adolescents; self-esteem; social support

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Congratulations on purchasing your new Total Gym™!

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.

Strength training not only tones and conditions the muscles we use every day to stand, walk, lift, and turn; it can actually transform our body composition. By reducing body fat and increasing the proportion of lean muscle in our bodies, strength training can effectively turn up our metabolic thermostat, so that we burn up to 30% more calories all the time, no matter what we're doing.

It's easy—all you have to do is spend 10 to 15 minutes a day on your Total Gym® to start realizing the benefits.

Be sure 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

For Models 3000, 3000 XL, and XL2

### PRODUCT SPECIFICATIONS



PL 105-277 (1988)      H.R. 3300 (1988)  
101st Congress      101st Congress

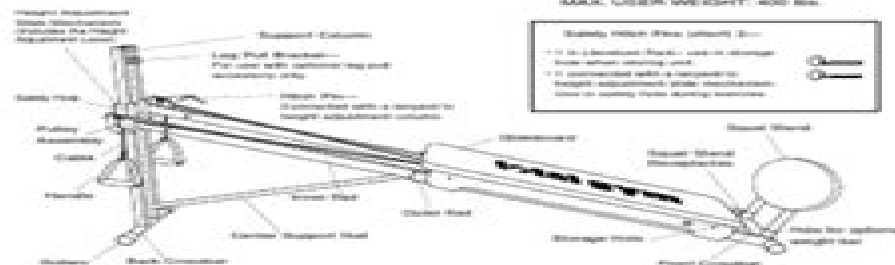
**CONCLUSIONS**

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