

**total gym**

**APEXG1**

OWNER'S MANUAL

**LEVELS**  
OF RESISTANCE



With this Total Gym® 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,

primary goal is body sculpting, weight loss, 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 calories all the time, no matter what we're doing.

It's easy - all you have to do is spend 15 to 20 minutes a day, 3 to 4 days per week on your home 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 specific unit.

get in the  
**BEST  
SHAPE**  
*of your life!*

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# SPECIFICATIONS

**SAFETY HITCH PIN WITH LANYARD**

**! WARNING**  
BEFORE USING, INSERT SAFETY HITCH PIN THROUGH THE HOLE ON THE RIGHT SIDE OF THE HEIGHT ADJUSTMENT ASSEMBLY.

**! WARNING**  
FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 135KG. REPLACE THIS LABEL IF DAMAGED, ILLEGIBLE OR REMOVED. FOR HOUSEHOLD USE ONLY; NOT INTENDED FOR COMMERCIAL USE. CALL CUSTOMER SERVICE AT 1800 222 684 (AUS) OR 0800 008 666 (NZ) FOR REPLACEMENT LABEL, MANUAL, VIDEO OR QUESTIONS.

**! WARNING**  
CRUSH HAZARD. KEEP HANDS CLEAR DURING FOLDING.  
*located on center support rail and top rails*

**! WARNING**  
MAKE SURE HEIGHT ADJUSTMENT PIN IS LOCKED IN PLACE BEFORE BEGINNING EXERCISES.

**! WARNING**  
PINCH POINT. KEEP HANDS AWAY FROM THE FENDER.  
*top and bottom of fenders, both sides. To avoid pinching, place hands on glideboard.*

**! CAUTION**  
KEEP HAIR, FINGERS, LOOSE CLOTHING, PETS, AND CHILDREN AWAY FROM HINGES AND OTHER MOVING PARTS TO AVOID SERIOUS INJURY. ALSO, BE SURE TO HAVE ALL PINS LOCKED IN PLACE BEFORE GETTING ON YOUR TOTAL GYM® TO AVOID SEVERE INJURY.

**Labels:** SAFETY HITCH PIN WITH LANYARD, UPRIGHT CAPS, ARM PULLEY/CABLE ASSEMBLY, CABLE, HANDLES, VERTICAL COLUMN, BACK CROSSBAR, TUBE ROLLERS, VERTICAL ASSEMBLY COLUMN, HEIGHT ADJUSTMENT, HEIGHT ADJUSTMENT WARNING2 QUICK RELEASE PIN (SILVER KNOB), SPRING LOADED PIN (BLACK KNOB), SAFETY HITCH C PIN (inserted into side hole located directly below height adjustment assembly on vertical column), GLIDEBOARD HOOK (attaches arm pulley cable & leg pulley rope to hook underneath glideboard), TOP INNER RAILS, CENTER SUPPORT RAIL, CAUTION2, FENDER, WEIGHT BAR HOLE (weight bar not included), BOTTOM OUTER RAILS, RECEPTACLES/RECEPTACLE CAPS, GLIDEBOARD, TUBE CAPS, FRONT CROSSBAR.

RIGHT SIDE



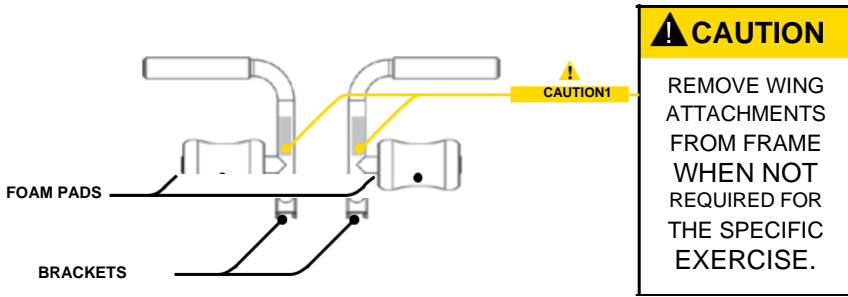
LEFT SIDE

FOLDED LENGTH	128cm
FOLDED HEIGHT	20cm
IN USE LENGTH	236cm
IN USE HEIGHT	110cm

WIDTH	39cm
WEIGHT	24kg
MAXIMUM USER WEIGHT	135kg

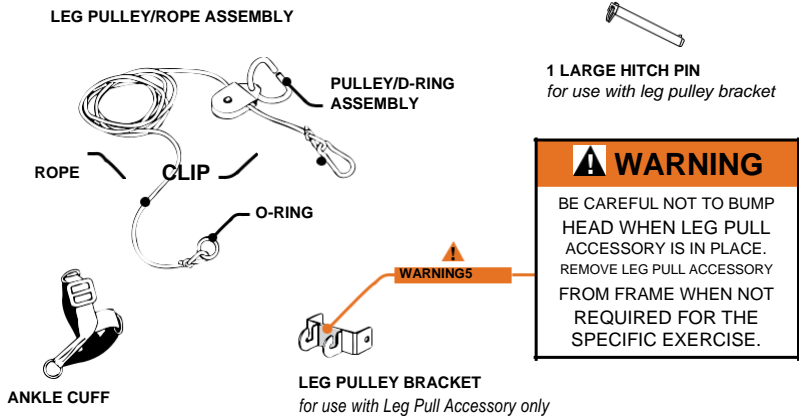
# ATTACHMENTS

## WING ATTACHMENTS



**CAUTION**  
 REMOVE WING ATTACHMENTS FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

## LEG PULL ACCESSORY



**WARNING**  
 BE CAREFUL NOT TO BUMP HEAD WHEN LEG PULL ACCESSORY IS IN PLACE. REMOVE LEG PULL ACCESSORY FROM FRAME WHEN NOT REQUIRED FOR THE SPECIFIC EXERCISE.

# SAFETY INSTRUCTIONS

Before beginning this or any exercise program, consult a physician or health professional, who can assist you in planning a program appropriate for your age and physical condition. This is especially important if you are over age 35 or have pre-existing health problems.

**Do not overexert yourself.** Stop exercising immediately and consult your doctor if you experience pain or tightness in your chest, irregular heart beat, shortness of breath, or if you feel faint, nauseous, or dizzy.

This product is designed for home use only. It is not intended for commercial or institutional use. Use only as instructed.

**Do not stand on the product.**

The Total Gym® is not intended for use by children. Keep this and all fitness equipment out of the reach of children.

**Keep fingers, loose clothing, and hair away from moving parts.**

Inspect your exerciser before each use to ensure proper operation. Do not use this equipment unless all moving parts, including cables and pulleys are working properly. See pages 11 & 12 for details on Maintenance & Care.

The exerciser should only be used on a mat or carpeted surface to prevent unexpected movement of the unit.

Use only the accessory items recommended by the manufacturer.

To avoid serious injury, care should be taken at all times when getting on and off this or any exercise equipment.

**Be sure Safety Hitch C Pin is engaged each time unit is in use.**

# MISCELLANEOUS ACCESSORIES, PARTS & TOOLS



# SET UP

1. Pull the product out of the shipping box. Remove all packaging materials, including tape and cardboard inserts, from your unit.

**NOTE: Some parts are packed inside the rails.**

2. Lay product on the floor with glideboard side up. Make sure you have plenty of space on both ends of the product. Slide the glideboard as far as it will go towards the front crossbar before you begin lifting unit.

3. Lift the exerciser up by holding it at the top of the rails. Using your foot, slowly spread the unit open at the bottom approximately 30cm so that it rests firmly on the front and back crossbars not allowing it to go too far.

Your product comes with:

## HEIGHT ADJUSTMENT QUICK RELEASE PIN

Located on side of vertical column for raising and lowering rails.

## SPRING LOADED PIN

Locked into the base of the left rail by the height adjustment assembly. **NOTE: Left side is determined by standing behind the unit facing the vertical column.**

**IMPORTANT:** To prevent injury, be sure the Spring Loaded Pin is locked securely into place in the left rail before using unit. This will prevent the height adjustment assembly/vertical column from collapsing.

## SAFETY HITCH PIN WITH LANYARD

Located on lanyard, attached to the height adjustment assembly/upright tube

## SAFETY HITCH C PIN

Insert into side hole of vertical column, directly below height adjustment assembly.

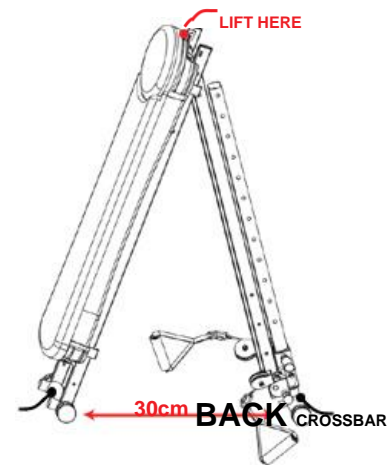
## 1 LARGE HITCH PIN

For the leg pulley bracket (located with the Leg Pull Accessory).

## 2 SHORT HITCH PINS

For the Wing Attachments.

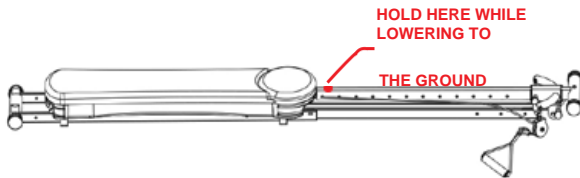
**IMPORTANT:** Before using the Wing Attachments and Leg Pull Accessory, be sure the Hitch Pins are securely inserted. See pages 8 & 9 of this manual for directions.



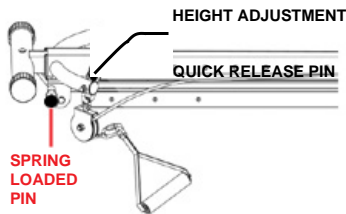
4. Make sure the handles are out to the sides before you begin to unfold your unit. Keep hands and fingers away from pulley. Hold onto the top center of glideboard and begin rolling rear rollers.

**SLOWLY.**

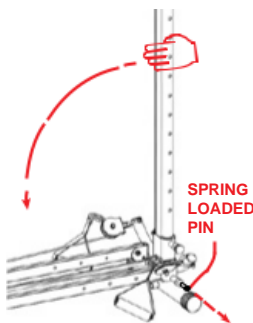
**BE SURE TO SUPPORT THE FRAME IN THE CENTER TO AVOID HAVING THE PRODUCT DROP SUDDENLY ONTO THE FLOOR OR PINCH FINGERS.**



5A. Next remove plastic packing ties from the top and bottom of the vertical column. Pull out the Spring Loaded Pin located at the left rail (**NOTE:** pin shown in picture is on left side of unit standing behind it and looking at the back of the vertical column) to release Spring Loaded Pin. Continue to hold pin out while performing the next step.



5B. Take hold of the vertical column and pull it up until it is upright. Release the Spring Loaded Pin. You should hear it lock back into place. (**NOTE:** pin shown in picture is on left side of unit standing behind it and looking at the back of the vertical column).

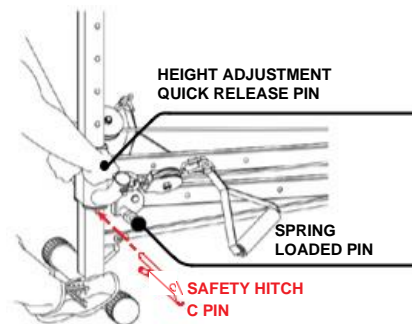


**IMPORTANT:** Be sure the Spring Loaded Pin is locked into place before using your unit. You will know the pin is locked into place when you can see the end protrude through the inside of the rail bracket.

6. Position one foot on back crossbar to keep the product from

the other hand pulling the Height Adjustment Quick Release Pin out, slide the rails along the vertical column to desired position and release pin. Pin will lock into place—you will hear a loud click once locked. Last, insert Safety Hitch Pin (attached with a lanyard to the height adjustment assembly) into the hole of the height adjustment assembly and vertical column (directly into the opposite side of the Height Adjustment Quick Release Pin).

**NOTE:** Insert Safety Hitch C Pin into side hole located directly below height adjustment assembly on vertical column.







# STARTING OUT

muscle strength. Don't be in a hurry to exercise at a high intensity level; start out easily and build gradually. The Total Gym® is as easy as 1-2-3 to use.

When starting your exercise program, begin with the basic exercises in the *Exercise Guide* included with your Total Gym to familiarize yourself with the movements. Use the lowest incline level to start with—you can work up to a higher incline level in the weeks and months to come.

*Exercise Guide* included with your product.

## 1

### IMPORTANT THINGS TO REMEMBER WHEN USING THE TOTAL GYM®

- Always have control of the glideboard before getting on and off the exerciser.
- Keep your feet on the floor when getting on and off the exerciser. Only remove them from the floor for the duration of the exercise.
- If you are using the handles, hold onto them as you get on and off the glideboard.
- Remove arm pulley/cable from hook under glideboard when performing exercises that do not require arm pulley/cable assembly.

## 2

### EXERCISING WITH THE HANDLES ONLY

Grasp the handles which are attached to the cable and slide the glideboard to a position in which you can comfortably sit or lay down when performing the desired exercise (see the *Exercise Guide*). Be sure to keep your feet on the floor until you are in the correct position for the specific exercise. Then, if the exercise calls for your feet to be off the floor, place your feet as specified in the instructions.

## 3

### EXERCISING WITH THE ATTACHMENTS

Slide the glideboard to a position in which you can comfortably sit or lay down on when performing the desired exercise (see the *Exercise Guide*). Keep your feet on the ground until you are in the correct position and feel comfortable. Then, place your feet in the proper position and begin to exercise.

## GENERAL SAFETY TIPS

- While performing exercises with quick tempo repetitions, the Total Gym® may move. Please be aware of the action and make necessary adjustments as you continue your exercise program.
- Wear athletic shoes and comfortable light clothing when exercising on the Total Gym.
- Do not exercise barefoot.
- Be sure to have plenty of free space—at least 60-91cm of clearance around the exerciser—so that performing on the Total Gym, as well as getting on and off, is convenient and safe.
- Check your exerciser before using to ensure that all the parts are in place and working properly. See pages 11 & 12 for details on Maintenance & Care.
- The rails and glideboard can be raised to any desired level on the height adjustment assembly/vertical column depending upon your degree of fitness. Please note, however, that the rails cannot be raised to the highest position on the column when the leg pulley bracket is attached to the top of the column.
- Each time you raise or lower the height adjustment assembly/vertical column, be sure you hold it to keep it from dropping to the floor.
- Keep longer hair up for safety and to prevent interference with your exercise routine.
- Adult supervision is required at all times.



# ATTACHMENTS

## WING ATTACHMENTS

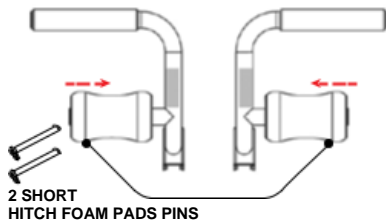
**REMOVE ALL ATTACHMENTS WHEN YOU ARE NOT EXERCISING WITH THEM.**

The Wing Attachments provided with your unit have been uniquely designed to serve several purposes. They can be placed at the top or bottom of the exerciser and angled toward you or away from you depending upon what is comfortable for you.

Two thick Foam Pads are provided with the Wing Attachments. They must be attached (if not already) before exercising.

To do this:

1. Simply wet each crossbar with soapy water.
2. Then attach Foam Pads on the crossbars as shown. Let dry before beginning to exercise with the Wing Attachments.



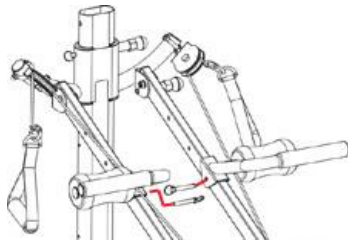
Below are instructions on how to position the Wing Attachments in accordance with the exercises you wish to do.

**NOTE:** 2 Short Hitch Pins are included. The right and left Wing Attachments can be placed on opposite rails depending on the exercise. Always keep the Foam Pads to the outside of the rails.

### PULL UPS & CHIN UPS

1. Locate the holes at the top of the right and left rails.
2. With the Wing Attachments angled toward the glideboard, line up the brackets on the attachments with the desired position holes on the rails.

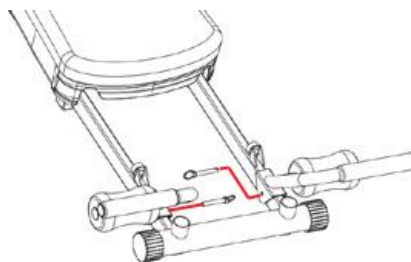
3. Insert the 2 Short Hitch Pins through the holes on the Wing Attachment brackets and the hole on the rails, as shown.



4. You are now ready to perform Pull Up & Chin Up exercises to work the arms, lats and back. See your *Exercise Guide* for specific exercises.

### SQUATS

1. Locate the holes at the bottom of the right and left rails.
2. With the Wing Attachments angled away from the glideboard, line up the brackets on the attachments with the holes on the rails.
3. Insert the 2 Short Hitch Pins through the holes on the Wing Attachment brackets and the hole on the rails, as shown.

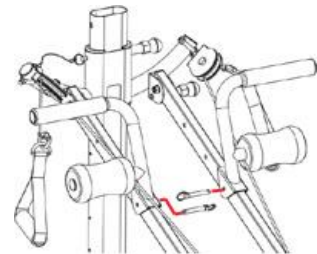


4. You are now ready to perform the Squat which works the thighs and calves. See your *Exercise Booklet* for specific exercises.

**NOTE:** When performing the Squat exercises, be sure to position your hands on the side of the glideboard, NOT along the bottom of the glideboard in order to avoid pinched fingers

### LEG PULLS, CRUNCHES & SIT UPS

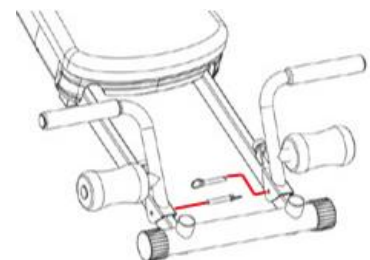
1. Locate the holes at the top of the right and left rails.
2. With the Wing Attachments angled away from the glideboard, line up the brackets on the attachments with the desired position holes on the rails.
3. Insert the 2 Short Hitch Pins through the holes on the Wing Attachment brackets and the hole on the rails, as shown.



4. You are now ready to perform Leg Pulls, Crunches & Sit Up exercises to work the abdominals, waist and legs. See your *Exercise Booklet* for specific exercises.

### FRONT PRESS

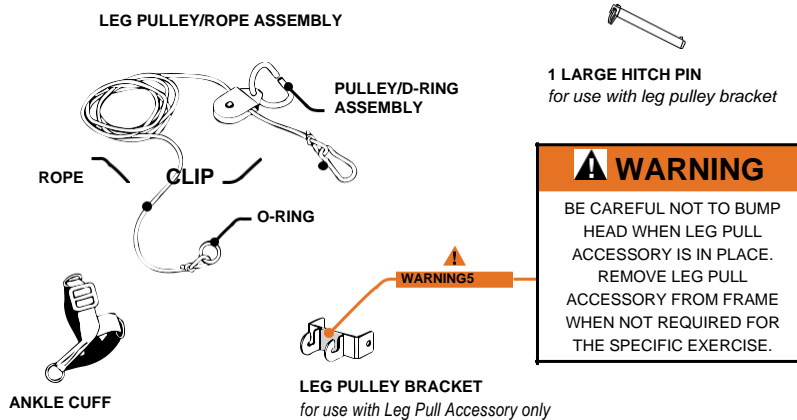
1. Locate the holes at the bottom of the right and left rails near the front crossbar.
2. With the Wing Attachments toward the glideboard, line up the brackets on the attachments with the holes on the rails.
3. Insert the 2 Short Hitch Pins through the holes on the Wing Attachment brackets and the hole on the rails, as shown.



4. You are now ready to perform the Front Press exercise which works the upper chest and triceps. See your *Exercise Booklet* for specific exercises.

# ATTACHMENTS

## LEG PULL ACCESSORY

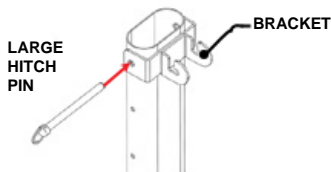


**REMOVE ALL ATTACHMENTS WHEN YOU ARE NOT EXERCISING WITH THEM.**

**NOTE:** Be sure to have plenty of free space—at least 60-91cm of clearance around the exerciser—so that performing on the Total Gym®, as well as getting on and off, is convenient and safe. The rails and glideboard can be raised to any desired level on the height adjustment assembly/vertical column depending upon your degree of fitness. Please note, however,

that the rails cannot be raised to the highest position on the column when the leg pulley bracket is attached to the top of the column.

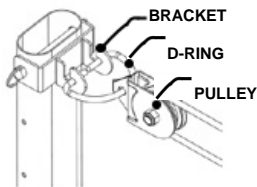
1. Connect the leg pulley bracket to the top of the vertical column by aligning bracket with the hole at the top of the column; be sure bracket is right side up. Insert Large Hitch Pin through the hole to secure bracket onto the vertical column.



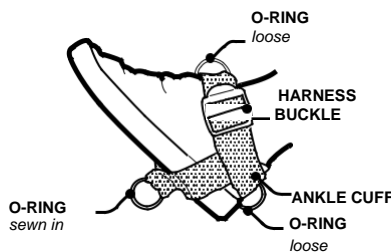
2. Detach the arm pulley/cable assembly from the hook on the underside of the glideboard and attach the O-Ring from the leg pulley/rope assembly instead.

3. Place D-Ring on pulley first. Then connect the D-Ring to the bracket as shown.

**NOTE:** If rope appears to be twisted, take D-Ring off and turn pulley around.



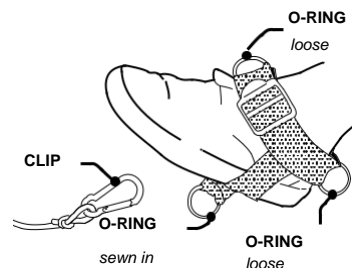
4. Attach the Ankle Cuff to one of your feet by placing your foot in the harness so the O-Ring (sewn in) is on the bottom of your foot. With the strap threaded through the harness buckle, pull tightly on strap securing Ankle Cuff onto foot.



5. Position yourself on the glideboard correctly for the specific exercise you want to perform.

While sitting down on the glideboard, bring 1 knee up, connect the clip on the end of the rope to an O-Ring on the Ankle Cuff attached to your foot. Depending on the exercise you are performing, connect the clip to the proper O-Ring. Be sure to always stabilize the glideboard when clipping on or off the Ankle Cuff. Also, use caution when getting on or off the glideboard. You are now ready to exercise using the Leg Pull

Accessory. See your *Exercise Guide* for specific exercises that utilize the Leg Pull Accessory.



**NOTE:** Remove leg pulley bracket when you are not exercising with it.

To disconnect the Ankle Cuff, unclip the rope from the O-Ring on the Ankle Cuff. Be sure to stabilize glideboard when disconnecting Ankle Cuff.



# MAINTENANCE

# & CARE

## INSPECT YOUR TOTAL GYM® PRIOR TO EACH USE

Before using your Total Gym® for your workout session, be sure to make the following inspection:

- Make sure the equipment is fully opened and sitting on a solid, level surface with plenty of clearance on all sides. Unit should be used on a mat or on carpeted surfaces only.
- Make sure all the Safety Hitch Pins are securely in place and locked into position.
- Check that the pulley is attached securely to the loop on the top underside of the glideboard.
- Check that the cable is traveling correctly in the groove of each pulley.
- Make sure the cable is securely fastened to each handle.
- Check that the attachments or other accessories are installed correctly when in use.
- Make sure the glideboard is gliding smoothly along the frame.

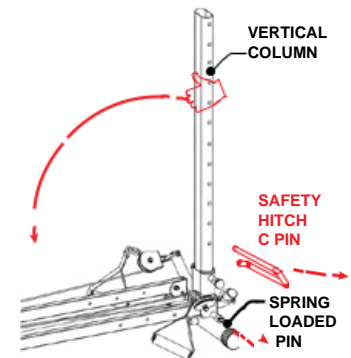
## ROUTINE MAINTENANCE

- Wipe down your Total Gym on a regular basis using a clean cloth and alcohol or alcohol-based products like Windex® or 409®. Do not leave towels or workout clothing laying or hanging on the equipment.
- Periodically check the following parts for signs of fraying or other wear: the cable, pulleys, wheels, glideboard, attachments, accessories and frame. If the cable, pulleys, frame or wheels need replaced—do not use your unit, wait until the part is replaced. If any other part than the ones listed above needs to be replaced, do not use that part until it is replaced.
- Never use a lubricant such as WD-40® or ArmorAll® to lubricate or clean the unit. Use only 3-in-1® oil or machine oil to lubricate the axles of the wheel or pulley, not the roller surface.

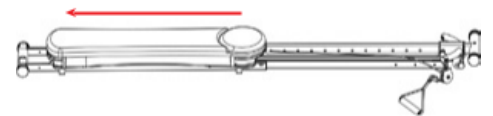
## TO STORE YOUR TOTAL GYM®

Follow these easy steps to store your exerciser properly:

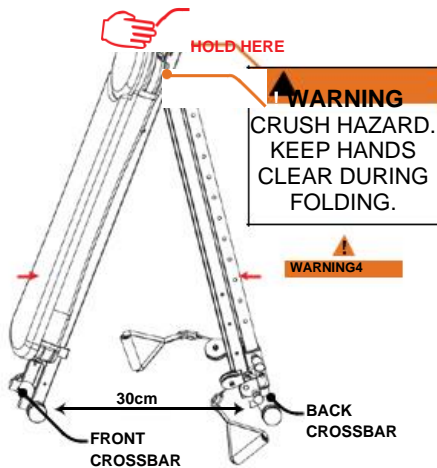
1. First, remove all attachments and accessories.
2. Remove Safety Hitch C Pin and Safety Hitch Pin (on lanyard) from vertical column.
3. Be sure the cable pulley is attached to the underside of the glideboard for folding.
4. Position one hand on either side of rail to hold it up before releasing the Height Adjustment Quick Release Pin. Pull pin out and slowly lower the rails to the ground until they rest on the back crossbar.
5. Release Spring Loaded Pin (on left side rail) as shown. Fold vertical column down towards the center of the unit.



6. Slide the glideboard towards the bottom of unit as shown.



7. With caution, to avoid pinched fingers or hands, grab the top of the glideboard and slowly pull the unit up allowing the rollers to bring the back of the unit towards the center. Keep approximately 30cm apart.



Continue to fold the exerciser together until it is completely folded and roll the exerciser into a closet for storage. To store under a bed, simply lower the exerciser to the floor and roll under the bed.

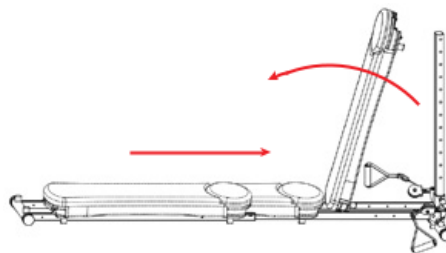
**NOTE: Do not store unit in upright position when folded.**

### REMOVE GLIDEBOARD

You can also remove the glideboard if need to fit the exerciser under a narrow you space (between 15cm and 20cm).

**IMPORTANT:** The glideboard weighs approximately 9kg. Use caution when lifting it off of the exerciser. Lifting incorrectly may result in user injury.

1. With exerciser laying flat on the floor, disconnect the pulley/cable or pulley/rope from the hook on the underside of the glideboard.
2. Next, tilt up the glideboard and slide it off the frame of the exerciser. When the bench is completely off the exerciser, set it aside.



3. Next, pull the Spring Loaded Pin to release the rail and fold the exerciser together as shown in **Step 7 of TO STORE YOUR TOTAL GYM®**. Be sure you release the Spring Loaded Pin before folding.

### ATTACH GLIDEBOARD TO GYM WHEN SET UP AND READY FOR USE

1. Raise rails to the highest level on the vertical column and insert Safety Hitch Pin.
2. Carefully pickup the glideboard with both hands, one on each side, making sure the hook on the underside of the glideboard is at the top closest to the vertical column.
3. Line up the glideboard with the lower rails on your gym and gently lower the glideboard down the rails until it rests against the rubber stops.
4. Connect the pulley/cable by taking the loose end of the pulley/cable and sliding it onto the hook that is on the top underside of the glideboard.



# ONE (1) YEAR LIMITED WARRANTY STATEMENT

If your product becomes defective due to faulty material or workmanship within a period of 1 year from the date of purchase, we warrant to do the following:

- **For New Zealand Consumers:** We will replace the product with a new product, free of charge, or repair the product at our cost, at our discretion.
- **For Australian Consumers:** Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

**Your warranty is subject to the following conditions:**

- has been subjected to fair wear and tear
- The item has not been used for trade, professional or hire purposes.
- The item has not sustained damage through foreign objects, substances or accident.

**Your warranty does not cover;**

- Components that are subject to natural wear and tear caused by normal use in accordance with operating instructions.
- Unauthorised/improper maintenance/handling or overload is excluded from this warranty.
- For guarantee claims, you will need to submit a proof of purchase in the form of a valid receipt that displays date and place of purchase.

This warranty does not replace but is in addition to your statutory rights. This warranty does not apply to accessories supplied with the item.

This warranty applies only to the original purchaser and may not be transferred.

Replacement items will be covered by the limited warranty for the balance of the warranty period from the date of the original purchase.

**Making a claim under the warranty:**

If a fault arises, please cease using the product. Review the manufacturer's product manual and instructions as this may assist you to identify the issue(s) and advise you how to remedy the fault. If the problem continues and you wish to exercise any of your rights under our limited warranty or under the New Zealand Consumer Guarantee Act or the Australian Consumer Law, please contact our Customer Care team by phone or by email (details below) for instructions on how to proceed and on how to claim back expenses incurred in shipping the product (if shipping is required).

**Please note:**

Only the defective product or parts returned to place of purchase will be replaced under this warranty.

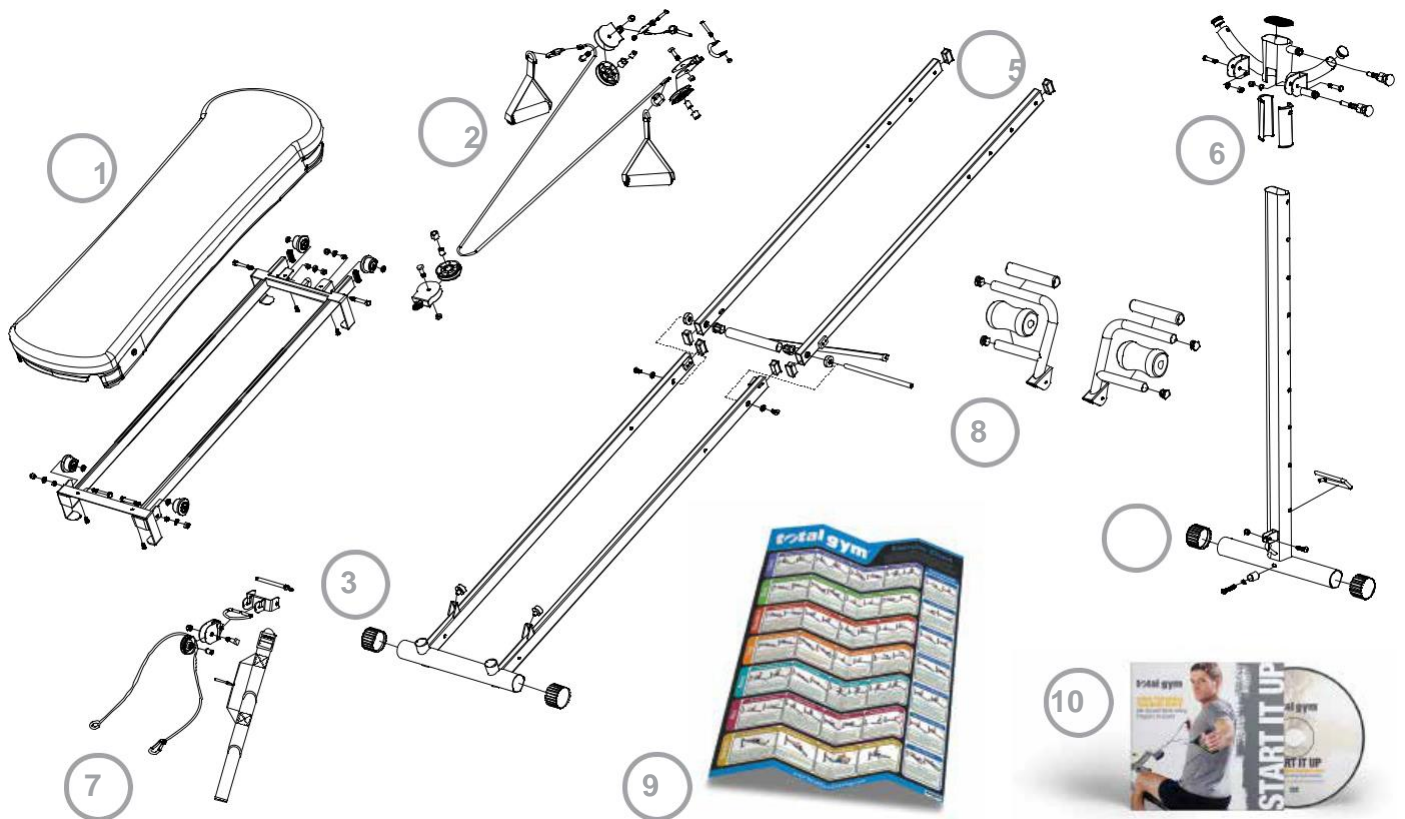




# PARTS LIST & OVERVIEW

ITEM#	DESCRIPTION	PART#	QTY
<b>1</b>	<b>Glideboard</b>	<b>RGBG1</b>	<b>1</b>
	Wheel Kit (Set of 4)	RP102WK	1
<b>2</b>	<b>Cable Kit</b>	<b>R40950</b>	<b>1</b>
	Safety Hitch Pin with Lanyard	RLANPIN	1
	Handle (Set of 2)	RG1HAN	1
<b>3</b>	<b>Tube Cap</b>	<b>RR103EC</b>	<b>2</b>
<b>4</b>	<b>Tube Roller</b>	<b>RR105TR</b>	<b>2</b>
<b>5</b>	<b>Rectangle End Cap</b>	<b>RR103RC</b>	<b>8</b>
<b>6</b>	<b>Height Adjustment System</b>		<b>1</b>
	Upright Cap (Set of 2)	RBLKUC	1
	Height Adjustment Quick Release Pin (Silver Knob)	RBLKAP	1

ITEM#	DESCRIPTION	PART#	QTY
	Spring Loaded Pin (Black Knob)	RR106SB	1
	Safety Hitch C Pin	RR105CP	1
	Vertical Column Cap	RBIKCAP1	1
<b>7</b>	<b>Leg Pulley System</b>	<b>RLPAR1</b>	<b>1</b>
	Ankle Cuff	R700035	1
	D-Ring	R100230	1
	U Bracket	RRLPBHP	1
	Large Hitch Pin	RRLHP	1
	Pulley and Rope	PILS24P	1
<b>8</b>	<b>Wing Attachment (Set of 2)</b>	<b>RWAS</b>	<b>1</b>
<b>9</b>	<b>Wall Chart</b>	<b>FR7946</b>	<b>1</b>
<b>10</b>	<b>Start It Up! DVD</b>	<b>DVDSIS</b>	<b>1</b>



**total gym**