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Replace The Cap On The Top Of The Vertical Column. Remove Safety Hitch Pin And Safety Pin From Vertical Column. Be Sure The Cable Pulley Is Attached To The Underside Of The Glideboard For Folding. Position One Hand On Either Side Of Rail To Hold It Up Before Releasing May 2th, 2024

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### **S /BEGINNER PROGRAM - Total Gym 1000 Exercise Booklet, ...**

Exercise#	Description	Time	Goal	Sets	Tempo	Rest
9	Rowing	2 Minutes**	1-3	1/1	30 Seconds	10
Surfer	2 Minutes**	1-3	1/1	30 Seconds	8	Cardio Pull
2 Minutes**	1-3	1/1	30 Seconds	5	Squat	2 Minutes**
1-3	1/1	30	Apr	12th,	2024	

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