

# Total Bodyworks 5000 Exercise Manual

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Weider Total Body Works 5000 Gym is a cheap, compact and effective trainer. Read our review to find out why is considered as one of the best buy options.

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functional movements and tough mental focus to bust through the 20 Ruthless mental focus with a total-body breaking fitness

Apr 28, 2011 The Total Body Works 5000 and all three models of the Total Gym, Both the Total Body Works 5000 and the Total Gym feature a padding,

The premise of the Weider Total Body Works 5000 home gym utilizes your body weight and turns it into natural resistance through Weider's resistance mechanism

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Jan 29, 2009 Best Answer: The Total Body Works 5000 is very similar to the Total Gym 1500. Is the Weider Total Body Works 5000 better than the total gym?

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Details & Specs Don't give up Weider Total Body Works 5000 Gym can help you meet your fitness goals! Maybe it was a New Year's resolution.

Feb 21, 2012 Reviewing the Total Body Works 5000 (formally Weider). Book on Amazon: