

# Weider Total Body Works Manual

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<http://www.amazon.com/Weider-Ultimate-Body-Works/dp/B00YQ80G00>

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<http://www.smartmonkeyfitness.com/weider-ultimate-body-works-review/>

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<http://www.thehomegymcritic.com/weider/total-body-works-5000-reviews>

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Mar 24, 2011 The Weider Total Body Works 5000 uses body weight as resistance via a Weider Total Body Works 5000 User's Manual; ICON IP Inc.; 2007 Total Gym: Total  
<http://www.livestrong.com/article/374133-workout-guide-for-the-weider-total-body-works-5000/>

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<http://www.ask.com/health/use-weider-total-body-works-5000-gym-e2df69d512f0d542>

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