

Non-slip rubberized feet

Protective Foam
(Protects Walls from Markings)

Door Frame
Protector

Double Thick
Foam Grips

Heavy Duty Steel Construction

Chrome Finish

Xtreme Grips

2 More Grip Positions Than Standard Door Splat™

IRON GYM Xtreme



Back of
doorway:



Front of
doorway:



별리것은 구성요소에 기본 포함되어 있음

Iron Gym Extreme Manual

Julia Schneider



Iron Gym Extreme Manual:

The Total Fitness Manual Gold's Gym,2017-01-03 Transform your body in just 12 weeks Take the challenge Cover
Fit for Consumption Jennifer Smith Maguire,2007-09-06 This is the first text to offer a comprehensive socio cultural and historical analysis of the current fitness culture Fitness today is not simply about health clubs and exercise classes or measures of body mass index and cardiovascular endurance Fit for Consumption conceptualizes fitness as a field within which individuals and institutions may negotiate if not altogether reconcile the competing and often conflicting social demands made on the individual body that characterize our current era Intended for researchers and senior undergraduate and postgraduate students of sport leisure cultural studies and the body this book utilizes the US fitness field as a case study through which to explore the place of the body in contemporary consumer culture Combining observations in health clubs interviews with fitness producers and consumers and a discourse analysis of a wide variety of fitness texts this book provides an empirically grounded examination of one of the pressing theoretical questions of our time how individuals learn to fit into consumer culture and the service economy and how our bodies and selves become fit for consumption The Complete Idiot's Guide to Short Workouts Deidre Johnson-Cane,Jonathan Cane,Joe Glickman,2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts **The Age of Steel** ,1892 Daily Graphic Ransford Tetteh,2010-01-15 *Military Encyclopedia* Edward Samuel Farrow,1885 **Popular Mechanics** ,1985-06 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **The Americana** ,1923 **Webster's II** Houghton Mifflin Company,1991-06 *The American School Board Journal* William George Bruce,William Conrad Bruce,1923 English Mechanic and World of Science ,1914 *Southwest Contractor and Manufacturer* ,1915 **The American Contractor** ,1916 The Encyclopedia Americana ,1922 **Oswaal SSC Stenographer Grade C & D 15 Year's Solved Papers | General Intelligence | General Awareness | Reasoning | Year-wise | 2017 - 2023 | For 2024 Exam** Oswaal Editorial Board,2024-02-03 Oswaal SSC Stenographer Grade C D 15 Year s Solved Papers General Intelligence General Awareness Reasoning Year wise 2017 2023 For 2024 Exam Building and Engineering News ,1923 *The Country Gentleman* ,1856 *The Builder* ,1867 The School Executive ,1957 **English Mechanic and Mirror of Science** ,1914

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