

DP Ultra Gympac™ . . . the ultimate home health club

499.99 the money down, \$25 a month*

This unique feature puts in the ultimate in home fitness systems — an entire gymnasium available without enlarging or renovating health club.

Full 200 lbs. of weight resistance allows for a greater range of sitting and standing exercises.

Quick cable adjustment allows for full weight resistance while using upper and lower cables. Lower pulley system can be performed from storage position. Bench can be used in flat or inclined position. Top traction pedals push with 100 lbs. (optional).

Hand levers have rotating padded handgrips and large diameter pads which cushion shoulders and back when performing squats.

Swinging handgrips let moving bar be used with precision and supervision in strength training, or for seated work in back body and lungs.

Fully height-adjustable leg extension/leg curl attachment with triceps, shoulder press and special seat cushions that enhance speed to raise leg exercises more effective and coordination. Heavy-duty 2-inch diameter chromed steel tubing. Cast aluminum carriage with ball-bearing wheels. Attaches easily to wall, or use sturdy steel frame with cast bottom. Dimensions included. **DP U-24000 B — 499, 200 lbs. . . . \$499.99**

Sturdy steel frame neck exerciser is easily can be used to correct any DP Gympac system from a unit mount to a free-standing unit. For portability.

DP U-24000 B — 499, 40 lbs. . . . \$199.99

Heavy-duty steel frame Chestnut™ free weights now change your workout completely depending on the highest resistance on your system. Does not apply to DP, DPB and DPB machines (see page 224).



Bicep curls



Triceps extension



Front pull exercise



Seated neck pull exercise



DP Ultra Gympac machine

DP
Fit For Life

Gympac 3500 Manual

IM Harris



Gympac 3500 Manual:

Sears Sears, Roebuck and Company, 1985

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Table of Contents Gympac 3500 Manual

1. Understanding the eBook Gympac 3500 Manual
 - The Rise of Digital Reading Gympac 3500 Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Gympac 3500 Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Gympac 3500 Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Gympac 3500 Manual
 - Personalized Recommendations
 - Gympac 3500 Manual User Reviews and Ratings
 - Gympac 3500 Manual and Bestseller Lists
5. Accessing Gympac 3500 Manual Free and Paid eBooks

- Gympac 3500 Manual Public Domain eBooks
- Gympac 3500 Manual eBook Subscription Services
- Gympac 3500 Manual Budget-Friendly Options
- 6. Navigating Gympac 3500 Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Gympac 3500 Manual Compatibility with Devices
 - Gympac 3500 Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Gympac 3500 Manual
 - Highlighting and Note-Taking Gympac 3500 Manual
 - Interactive Elements Gympac 3500 Manual
- 8. Staying Engaged with Gympac 3500 Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Gympac 3500 Manual
- 9. Balancing eBooks and Physical Books Gympac 3500 Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Gympac 3500 Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Gympac 3500 Manual
 - Setting Reading Goals Gympac 3500 Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Gympac 3500 Manual
 - Fact-Checking eBook Content of Gympac 3500 Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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