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Does the total gym actually work

Total Gym Reviews - What Is It? WARNING: DO NOT USE Total Gym Until You Read This Review! Is it a Scam? Does It Really Work? You have probably seen movies with Chuck Norris and you know what great shape that actor has despite his age. Whether you are his fan or not, it may be interesting for you how he managed to create such a nice body. His secret is the Total Gym, an in-home gym system that promises to help you build muscle, lose weight, and stay lean. The official product's website claims that the same personal gym system has been used by Chuck Norris for more than 30 years and that he even calls it a lean home exercise machine. But can this system really help you get rid of unnecessary fat and acquire the best shape of your body in just 20 minutes per day? Is it worth investing your money or is it a total dud? We made a research of the system's promises, and here's what we found out. The Total Gym is an all-in-one in-home gym system that allows you to do more than 80 exercises, which are intended to help you get a total gym workout in just 20 minutes per day. This why it is called "Total Gym." It provides perfect workout for the full body home leaving you with a feeling as if you have attended the gym. These exercises focus on each major muscle group from the deltoids pectorals, and lats in the upper body to your hamstrings, to calves and glutes in your lower body. Not a single muscle group will be missed. Total Gym comes with a lot of accessories to guarantee that you target those muscles well enough. An intense workout for the upper body is provided by your getting the dip and pressing up bars. You will be able to properly train your lower body by performing the leg pull and squat stand for. The system also features the AbCrunch and wing attachments for your core. You can also get DVDs, a nutritional plan, an exercise chart, and a meal plan to achieve better results. The Total Gym is a compact system, so you won't need to have a lot of space to start living healthier. Customer Reviews - Does Total Gym Really Work? The Total Gym official website claims that the system can be used by both women and men, at any time of day, regardless of body type, age, or fitness level. The system is available in five models. Total Gym 2000 provides six resistance levels, the ability to complete 40 different exercises and 300lb max user weight. Total Gym XLS provides six resistance levels, the ability to complete 80 different exercises, 400lb max user weight, additional tools and DVDs. Total Gym Fit provides auto-lock height adjustment, twelve resistance levels, two-piece wing attachment, AbCrunch accessory, ergonomic glideboard, a complete Total Gym Workout Library, workout tools, and extended two-year warranty. Total Gym Elite provides squat stand, 22 resistance levels, LAT bar, automatic rail locks, hydraulic rail lift assists, over 200 exercises, and more. And best model - Elginex Total Gym GTS! No matter which model you choose, the Total Gym system allows to set the desired resistance level based on your goals, whether it's cardio, strength, or stretching-related. There are numerous customer reviews about this gym system on different websites on the Internet. The majority of the testimonials carry a positive character. Most users appear to be satisfied with the system. they claim that it is really effective and brings fast results. Thus, the customers like the fact that the Total Gym uses your own body's weight as resistance and provides smooth cable motion. It means that the exercises won't hurt your joints and will be easier to perform. Due to the lack of free weights, the system also claims to help you move from one exercise to another easily and quickly. When you have finished your daily workout, you can store your Total Gym in a folded state. It is very convenient for storage. The customers also report that the system is also very durable and can serve several decades of years. Let us take a look at the actual customer reviews left online. "I love my Total Gym! I bought this machine a few weeks ago and have been using it several times a week. Thus, I have worked out regularly and I noticed that I have become much stronger especially in my legs and core. It has become much easier for me to ride a bike at long distances. Before using the system I found biking much more difficult. At present, I can enjoy biking. I highly recommend this in-home system to all of my friends who need motivation for working out. It is fun to use this system!" "I enjoy working out on my Total Gym every day. I can do many different exercises on it, so I am never bored. It was my sister who first bought the Total Gym for herself and recommended me to do the same. Both of us have significantly improved our shape. I have lost 50 lbs and toned up my muscles. I also managed to build strength considerably. The system allows me to choose my own pace. I also appreciate the fact that I can work out in the comfort of my home. It can be conveniently stored as well." "I saw a TotalGym advertisement on TV but I had limited space for exercising at home. However, they said that the system could be stored conveniently in the corner of the room. So, I finally bought the unit on eBay. Now I use it for 20 minutes several times a week and can see positive results. In the beginning of my practice I followed the exercise booklet. I have already lost undesired fat in my body and have developed nice muscles in my upper body. I usually do exercises for the upper and lower part of my body. I really appreciate the equipment I purchased and do recommend it to others." My Final Summary The Total Gym is an in-home gym system that has all chances to help you achieve perfect fitness goals. According to numerous user reviews, the system is really worth the money it costs. A vast majority of customers are satisfied with their purchase and have positive experience when using it on a regular basis. The Total Gym is easy to maneuver and safe to use. It is suitable for both men and women. The workout can be challenging at first, if you follow the booklet that comes with the product, you will undoubtedly succeed. The system has helped a lot of users to increase their endurance level and build their strength. However, there are several things you should keep in mind. Even though the Total Gym has positive online reputation, the most common complaint cited high price when compared to the competition. It may be true but it has a lot of advantages over the competition. For instance, this system can be used for performing sixty different exercises, it can be easily folded and stored in your house and it used your own body weight. It means that you won't get injured. If you decide to return the product, you will be responsible for the shipping taking into account all pros and cons of the system, I highly recommend anyone to try the Total Gym. Where To Buy Total Gym In Stores? The Total Gym can be bought online only. As it is available in different models, pricing varies significantly. Elginex Total Gym GTS is priced at \$4489. During our research, we noticed that the Total Gym is also sold through Overstock, Amazon, Walmart and some other retailers. -> Click Here To Order Elginex Total Gym GTS From The Official Site

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