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## **Total Gym 1500 - Gym Equipment Information**

The Total Gym 1500 lets you perform more than 60 exercises and provides a total body workout for all levels of fitness. Choose from 6 resistance levels from 6% to 50% of body weight up to 250 pounds. Total Gym adjusts easily so you can move quickly from one exercise to another.

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For over 45 years, Total Gym has been developing the world's most innovative incline bodyweight training equipment. With over 5 million units sold, Total Gym facilitates millions of workouts each day. With specialized units for home, commercial fitness, or physical therapy use, Total Gym has what you need.

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again, awkward to do at first but getting better.

## **Amazon.com: Customer reviews: Total Gym 1500**

Total Gym machines are part of the one-machine-for-multiple-exercises group of fitness equipment. While other strength training equipment are specifically built for one or a few different exercises, you can use the total gym to workout the entire body. As such, the amount of floor real estate is quite limited by comparison since you can only ...

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