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YORK MULTI GYM Includes: Weightlifting Bar Dumbbells Detachable Leg Curl Detachable Pectoral Curls Adjustable angled back rest Folds up for easy storage

<http://www.gumtree.com/for-sale/uk/york+multi+gym>

Mar 14, 2012 A quick description on Multi-Gyms and what to look for when buying and how to get For more FREE fitness advice go to

<http://www.youtube.com/watch?v=4i6R7IDfBj4>

Jan 17, 2011 York Mega Max 3001 Gym Workout Chart. 20,338. Share; Four Wheeler/Multi Axle Service Station Equipments by Eskay Engineering System Mega Max 3001

<http://www.slideshare.net/fitness99/york-mega-max-3001-gym-workout-chart>

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