

Tower 200 Body Manual

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The Body By Jake Tower 200 is a home exercise machine that's designed to attach to any door without damaging it. Instead of using metal plates, the Tower 200

Tower 200-exercise program report -

The Tower 200 is a strength training equipment and exercise program created by Body by Jake and endorsed by Randy Couture, a 5-time MMA champion.

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Like the Body by Jake Tower 200, the X-Factor consists of high and low cable pulley set up. In the case of the Weider X-Factor, the cables are rubber resistance bands.

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Tower 200 body by jake. Body By Jake Tower 200 Full-Body Exercise Gym The excercises on the manual look good but lack detailed instructions.

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The Body by Jake Tower 200. Body by Jake products are developed and produced by the Missouri-based Stamina Products, Inc., fitness equipment marketers since 1987.

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