



*Quick release pin converts
chest press to pec dec station*

*High pulley operates for lat
pulldowns, tricep pushdowns
and ab crunches*

*Multiple chest press handles
for perfect grip position*

*High density foam padding
provides lumbar support for
your back*

*45kg weight stack
generates up to 75kg
genuine resistance*

*Leg Developer to be used for
leg extensions for your quadriceps*

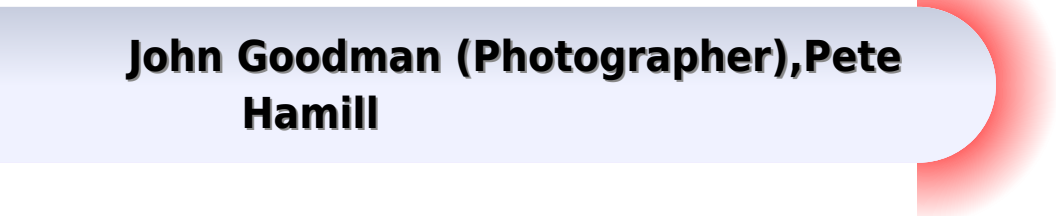
*Low pulley operates for
seated rows, bicep curls,
lat raises and upright
rows*

*Heavy duty steel framework
enhances durability and stability*

Straight bar and lat bar included -

Everlast Door Gym Manual

**John Goodman (Photographer), Pete
Hamill**



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The Washingtonian ,1978-10 **The Times Square Gym** John Goodman (Photographer),Pete Hamill,1996 The Living Church ,1919 The Journal of Health and Physical Education ,1932 **Journal of Health, Physical Education, Recreation** ,1932 *Thomas Register of American Manufacturers* ,2003 Vols for 1970 71 includes manufacturers catalogs

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