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Muscle 3 Exercise Manual

## **Tuff Stuff Muscle 3 Exercise Manual**

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## **Tuff Stuff Muscle 3 Exercise**

The Muscle 3 included the same core structure as the Muscle 1, but featured an improved cable system, and a low pulley on the side of the machine. A vertical knee raise (VKR) and leg press

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were also available as optional attachments. On one station, users could use the improved press bar for chest exercises. Leverage the overhead pulley for lat pulldowns. Or strengthen quadricep muscles with the leg extension.

**TuffStuff Muscle 3 Home Gym |**

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The AXT-3 also offers a patented gravity latch leg developer allowing you to change from leg extension to leg curl exercises with just one click. The AXT-3 comes standard with a 200lb. solid steel weight stack as well as patented turn and twist 2.5lb. and 5lb. add-on weights

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for smaller incremental weight increases. AXT-3 Home Gym Key Features:

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Find spare or replacement parts for your strength machine: Tuff Stuff Muscle 3. View parts list and exploded diagrams

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for Knee Option, Main Unit. #1 in parts and service.

## **Tuff Stuff - Muscle 3 | Fitness and Exercise Equipment ...**

TUFF Stuff Muscle 3 HOME Gym STATION  
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**TuffStuff Strength Training  
Equipment for sale | In Stock ...**  
Tuff Stuff It was back in 1971 that

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TuffStuff began its journey as a small family-owned company from Chino, California. Today the brand sports a tremendous following and has grown to become a renowned developer and manufacturer of the most dependable and reliable strength training equipment available.

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## **Tuff Stuff Exercise Fitness Equipment | Fitness Direct**

TuffStuff's Apollo 7300 3-Station Multi Gym (AP-7300) is an extremely versatile three-station multi gym system, with three independent 200 lbs. steel weight stacks.

## **Apollo 7300 3-Station Multi Gym -**

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## **TuffStuff Fitness ...**

When choosing exercise equipment, you need to know which machines are the most effective for isolating the specific leg muscles you're targeting. Here are five of the best machines for leg workouts, along with a few tips from former Ms. International, Cathy LeFrançois .

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## **5 of the Best Machines for Leg Workouts - TuffStuff Fitness**

TuffStuff's #1 selling, patented Six-Pak Trainers have been changing the shape of strength training ever since their introduction in 2008. With a compact, space efficient design, the Six-Pak trainer allows users to perform dozens of

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exercises and fitness routines.

## **Home Strength / Light Commercial Equipment | TuffStuff Fitness**

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## **TUFFSTUFF AXT-3D OWNER'S MANUAL Pdf Download | ManualsLib**

Then in 1993, in a consultant capacity, Pete reunited with Sherman Grider, who had since created a new line of non-selectorized strength equipment, benches and power racks, called Tuff Stuff, under the Task Industries Inc. banner. Around the same time, Sherman

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Grider was offered the opportunity to buy back CalGym, which he did, and Pete ...

### **TuffStuff Fitness International | Strength Equipment ...**

Then in 1993, in a consultant capacity, Pete reunited with Sherman Grider, who had since created a new line of non-

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**Strength Training Archives -**

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Gym. \$1,400.00

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Manual / Operating Instruction booklets -  
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equipment on.

## **Tuff Stuff Muscle 3 - Your Own Home Gym - Excellent ...**

TuffStuff's PRO-XL Racks are full  
commercial quality, designed and  
manufactured in the USA with extremely

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durable 3" x 3" 7-gauge steel. Each PRO-XL rack includes an electrically welded high-strength frame, storage hooks, suspension loops, power band pegs, Olympic bar storage, heavy duty weight plate horns, and reinforced safety spotter arms rated to support 900 lbs weight capacity.

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Saved by Brad Knight

## **Pin on fitness exercises for women**

Exercise Equipment. Inventory ID.

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506256. One used Tuff Stuff MUSCLE 3 Home Circuit Weight Machine. This is high performance bodybuilding equipment is in used condition. A 180lbs weight stack and all accessories as shown. This work out station was taken out of service and replaced with new equipment.

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