











multi gym- compact (200 GBP)



Location **East of England, Essex**
<https://www.freeadsz.co.uk/x-584826-z>



full and compact multi-gym excellent condition easily assembled and used, comes with full instruction booklet for assembly and full use by you. it has a wide range of movements from simple rowing methods to over head pull down and shoulder press, it has a 200 kg set of weights that can be varied for each set of exercises and plans can be followed easily in the booklet. as it is a heavy set I am open to.

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