

ALLEN THOMAS

TAG

FITNESS

MULTIFUNCTION CABLE ATTACHMENT WITH FORM FIT HANDLES

TRAINING DVD AND MESH BAG INCLUDED

- The Ultimate Fitness Accessory
- Used By Professional Athletes
- Unlimited Potential in Every Box



SIDE LUNGES



OVERHEAD EXTENSIONS



BICEPS/TRICEPS



HIGH/LOW PULLS



FLYS



CHEST



BENT LAT RAISE



OVERHEADS



3 WAY BACK



ONE ARM ROW



STANDING ROW



SEATED ROW



WWW.TAGFITNESS.NET

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