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A bit of hyperbole, perhaps, but the Tower 200 does offer a large variety of exercises while occupying little floor space. The Body by Jake Tower 200 consists of a basic, well-designed resistance band cable system that easily affixes to the user 's door. The frame is made of durable steel.

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2020 Body by Jake Tower 200 Door Gym
Review: Trainer ...

The Tower 200 by Body by Jake is resistance band training equipment that you install onto any standard door. It offers 200lbs resistance and 200 different types of workouts, hence the 200 in the

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name. But this is more of a marketing thing than anything.

Body by Jake Tower 200 Reviews - Home-Gym-Bodybuilding

The Tower 200 exercise system is intended as a resistance training system

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designed to reduce excess body fat, increase lean muscle mass and strength, improve cardiovascular endurance, and tone the entire body.

Tower 200-Exercise Program Report -
FitnessHealth101.com

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be a simple, quick and safe powered alternative to a portable scaffold tower for construction site and maintenance applications. The machine is suitable for any application provided it is used within its specified operating parameters.

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The tower structure should only be moved manually at the base. No attempt should be made to move the unit until all materials and person are first removed. Do not use the unit in windspeeds of 18mph and above. Platform heights of 1.5m and above require the use of a toeboard set.

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