



**1 YEAR
WARRANTY**

TOWER 200 + UPGRADE KIT- IF YOU'VE GOT A DOOR, YOU'VE GOT A GYM.

Item

Get bigger, harder and stronger with the all-new, powerful Tower 200 from Body by Jake. You got a door? You got a gym!

The Tower 200 gives you up to 90 kilograms of explosive resistance delivered through multi-tension power cords, and over 200 killer exercises that push your muscles to the max. No dumbbells, no machines, no memberships.

You want bicep curls, chest fly, triceps extension, lat pull down, shoulder press, crunches or squats? No problem!

But if you're ready to get crazy, check out the mother of all workouts in our 11-minute body-shredding routine that features Randy Couture's M.M.A. Inspired moves like The Warrior, The Demon, and the Freak.

In just 11 minutes a day you'll get bigger, harder and stronger, guaranteed. In seconds the Tower 200 fits on any door in the house or office or dorm. Plus, it's padded so there's no messing up your door

2011 Version with **Higher Quality Cords & Smoother Pulley Action**

- **Extra** Resistance Bands (Totalling an INSANE 200 Pounds or 90+ Kg of Tension)

WHAT'S IN THE BOX

You tower 200 pack + upgraded kit includes

- 1 x Tower 200**
- 1 x Set of 18kG power Cords**
- 1 x Set of 16kG power Cords**
- 1 x Set of 11kG power Cords**
- 2 x Handle Grip**
- 1 x Straight Bar (Best Quality Steel Construction)**
- 2 x Ankle/Wrist Straps**
- 1 x Tower 200 DVD**
- 1 x Tower 200 Exercise chart with 200 Killer Exercises**

The tower 200 fits on any door

Padding is included, so it doesn't damage your door

It is Pre assembled and ready to use

Shipping:

Location:

We Ship Australia Wide from our two locations at Melbourne & Sydney, Australia

Pick-ups:

Tarneit, **Melbourne**

Shipping:

Organise with buyer

State	Estimated Delivery Time	Delivery cost
NSW	3-5 BUSINESS DAYS	\$20
VIC	3-5 BUSINESS DAYS	\$20
QLD	4-6 BUSINESS DAYS	\$20
WA	5-10 BUSINESS DAYS	\$20
SA	5-10 BUSINESS DAYS	\$20