



**Total Fitness Today**

**2017 FITNESS COLLECTION**

[WWW.TOTALFITNESSTODAY.COM](http://WWW.TOTALFITNESSTODAY.COM)



**BROWSE  
OUR FITNESS  
SELECTIONS  
TODAY!**

**FITNESS PRODUCTS**

**BLOGS**

**BANNERS**

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**ABOUTS US**



**10-DAY GREEN SMOOTHIE CLEANSE**

Recommends a ten-day cleansing diet for health and weight loss based on drinking green smoothies made from leafy greens and fruit juices.



**25" EXERCISE BALL WITH PUMP**

Exercise ball measures 25" across when fully inflated and includes an air pump.



**ACTIONLINE KY-34013 EXERCISE TRAINER**

This advanced Ab exerciser assists the crunch, makes it easier. It also massages you while working out.



**ACTIONLINE A84016 INDOOR CYCLING BIKE**

Non-slip multi-position handlebars, adjustable resistance red knob with a press down brake system.



**BLUE INTENSITY RESISTANCE BAND**

Adjustable intensity exercise band of 45 pounds works your arms, chest and back.



**FITNESS ELASTIC ROPE - STRENGTH TRAINING KIT**

Elastic rope training can replace the traditional dumbbell fitness equipment, through the training of resistance training way of the muscles of the body.



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