# GOLD'S GYM XRS 30

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Model No. GGSY20610.0 Serial No.

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Serial Number Decal (under the seat)

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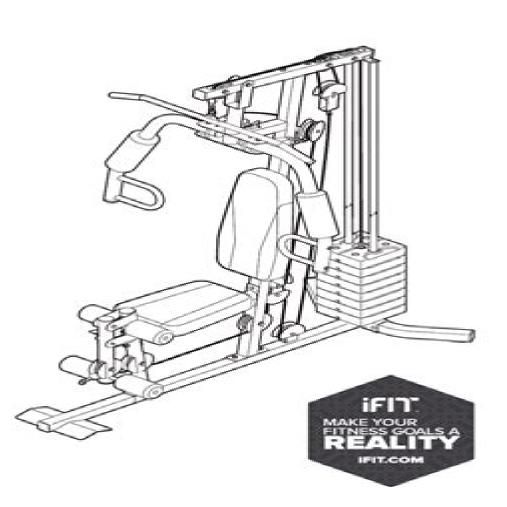
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#### A CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

### **USER'S MANUAL**



## **Golds Multi Gym Manual**

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#### **Golds Multi Gym Manual:**

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covers the years from his birth in 1941 to 1975 when he received his doctorate in Christian ethics from Vanderbilt Written in his trademark self effacing and humorous style Malloy s book portrays his childhood growing up in the northeast Washington D C neighborhood of Brookland the neighborhood's alias was Little Rome because of all the Catholic church related institutions it encompassed Malloy describes his family and early education his growing love of sports and his years at Archbishop Carroll High School where he played on an extraordinarily successful basketball team The next five chapters chronicle his undergraduate years at Notre Dame where he was recruited to play basketball his decision to become a priest his seminary experience the taking of final vows and his graduate school experience at Vanderbilt University Monk s Tale is a captivating account of growing up Catholic in the 1940s and 50s as well as a revealing reflection of the dramatic changes that occurred in the Catholic Church and in American society during the 1960s This book is also a loving tribute to Malloy s parents sisters friends teachers religious mentors and colleagues who helped pave his way to the University of Notre Dame and to his profound commitment to service leadership and God Statistical Fact Book ,2003 Catalogue of Title-entries of Books and Other Articles Entered in the Office of the Librarian of Congress, at Washington, Under the Copyright Law ... Wherein the Copyright Has Been Completed by the Deposit of Two Copies in the **Office** Library of Congress. Copyright Office, 1961 America .1888 The Lancet London .1861 The Advocate India Today ,2000 Catalog of Copyright Entries. Third Series Library of Congress. Copyright ,1993-04 Catalog of Copyright Entries Library of Congress. Copyright Office, 1962 **Popular Mechanics** ,1947-10 Office, 1971 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle

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