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pre-weighted dumbbells, one swivel handle jump rope for warming up, one power grip squeezer for improving a child's grip, two wrist bands, one authentic "Hulkster" headband, a large, full-color exercise instruction chart and an audio cassette prepared especially by Hulk Hogan for this workout set. This is the ultimate workout set because Hulk takes the time to teach not only the best, but also the safest way to work out. As Hulk

himself says, "This is the "Hulkster's" 24-hour-a-day body shop program and if you're going to do it, you've got to do it right." Pack 4.