

Hip Stretch

✓ Stretching exercise

Place one leg in the right booting position. Pull the other leg over.

STRETCHES

79

STRETCHES

Arm Pulldown

✓ Strength training

Hold the bar with both hands and pull it down towards your chest.

STRENGTH

62

COMPOUND

Sit-Up

✓ Strength training

Lie on your back with knees bent and feet flat on the floor.

Bring your arms up to the top of your head.

STRENGTH

52

ABS

Seated Biceps Curl

✓ Strength training

Hold the bar with both hands and curl it up towards your chest.

STRENGTH

43

ARMS

Leg Curl: Lying or Seated

✓ Strength training

Lie on your back with knees bent and feet flat on the floor.

Bring your legs up towards your chest.

STRENGTH

26

LEGS

Inverted Iron Cross/Snow Angel

✓ Strength training

Hold the bar with both hands and pull it down towards your chest.

STRENGTH

18

SHOULDERS

Pull-Up

✓ Strength training

Hold the bar with both hands and pull it up towards your chest.

Bring your arms up towards your chest.

STRENGTH

7

BACK

Seated Chest Press

✓ Strength training

Hold the bar with both hands and push it forward towards your chest.

Bring your arms up towards your chest.

STRENGTH

1

CHEST



Total Gym Exercise Cards

Christine A. Kesler, Jennifer L. Carman

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