

The exercises listed below are designed to provide a total-body workout. Each exercise is illustrated with a photo and a brief description of the exercise. The photo shows the proper form and technique for each exercise. The description provides additional information about the exercise, including the muscles worked and the benefits of the exercise. The exercises are arranged in a grid by body part, with a "Compound" column on the right. The exercises are numbered 1 through 24.

Chest	Seated Chest Press 1. Sit on the bench with your feet flat on the floor. Hold the handles of the chest press bar with both hands. Push the bar forward until your arms are fully extended. Lower the bar back to the starting position. Repeat for 10-15 reps.	Seated Chest Fly 1. Sit on the bench with your feet flat on the floor. Hold the handles of the chest fly bar with both hands. Push the bar forward until your arms are fully extended. Lower the bar back to the starting position. Repeat for 10-15 reps.	Incline Push-Up 1. Place your hands on the incline bench. Push your body up until your arms are fully extended. Lower your body back to the starting position. Repeat for 10-15 reps.	Lateral Chest Fly 1. Sit on the bench with your feet flat on the floor. Hold the handles of the lateral chest fly bar with both hands. Push the bar forward until your arms are fully extended. Lower the bar back to the starting position. Repeat for 10-15 reps.	Compound
	Pull-Up 1. Grip the pull-up bar with both hands. Pull your body up until your chin is over the bar. Lower your body back to the starting position. Repeat for 10-15 reps.	Front Pullover 1. Lie on your back on the bench. Hold the handles of the front pullover bar with both hands. Pull the bar over your head until your arms are fully extended. Lower the bar back to the starting position. Repeat for 10-15 reps.	Seated Row 1. Sit on the bench with your feet flat on the floor. Hold the handles of the seated row bar with both hands. Pull the bar back until your arms are fully extended. Lower the bar back to the starting position. Repeat for 10-15 reps.	Front Cross-Torso Angl 1. Sit on the bench with your feet flat on the floor. Hold the handles of the front cross-torso angl bar with both hands. Pull the bar back until your arms are fully extended. Lower the bar back to the starting position. Repeat for 10-15 reps.	
	Shoulder Press 1. Sit on the bench with your feet flat on the floor. Hold the handles of the shoulder press bar with both hands. Push the bar forward until your arms are fully extended. Lower the bar back to the starting position. Repeat for 10-15 reps.	Upright Row 1. Sit on the bench with your feet flat on the floor. Hold the handles of the upright row bar with both hands. Pull the bar up until your chin is over the bar. Lower the bar back to the starting position. Repeat for 10-15 reps.	Front Raise 1. Sit on the bench with your feet flat on the floor. Hold the handles of the front raise bar with both hands. Push the bar forward until your arms are fully extended. Lower the bar back to the starting position. Repeat for 10-15 reps.	Serius 1. Sit on the bench with your feet flat on the floor. Hold the handles of the serius bar with both hands. Push the bar forward until your arms are fully extended. Lower the bar back to the starting position. Repeat for 10-15 reps.	
	Leg Curl Lying or Seated 1. Lie on your back on the bench. Hold the handles of the leg curl bar with both hands. Pull the bar up until your knees are bent. Lower the bar back to the starting position. Repeat for 10-15 reps.	Squat 1. Stand with your feet flat on the floor. Hold the handles of the squat bar with both hands. Squat down until your thighs are parallel to the floor. Stand back up. Repeat for 10-15 reps.	Outer Hip & Thigh 1. Lie on your back on the bench. Hold the handles of the outer hip & thigh bar with both hands. Pull the bar up until your knees are bent. Lower the bar back to the starting position. Repeat for 10-15 reps.	Spinners Bar 1. Lie on your back on the bench. Hold the handles of the spinners bar with both hands. Pull the bar up until your knees are bent. Lower the bar back to the starting position. Repeat for 10-15 reps.	
Legs	Seated Biceps Curl 1. Sit on the bench with your feet flat on the floor. Hold the handles of the seated biceps curl bar with both hands. Curl the bar up until your arms are fully extended. Lower the bar back to the starting position. Repeat for 10-15 reps.	Lying Biceps 1. Lie on your back on the bench. Hold the handles of the lying biceps bar with both hands. Curl the bar up until your arms are fully extended. Lower the bar back to the starting position. Repeat for 10-15 reps.	Lateral Biceps 1. Lie on your back on the bench. Hold the handles of the lateral biceps bar with both hands. Curl the bar up until your arms are fully extended. Lower the bar back to the starting position. Repeat for 10-15 reps.	Lateral Biceps Extension 1. Lie on your back on the bench. Hold the handles of the lateral biceps extension bar with both hands. Curl the bar up until your arms are fully extended. Lower the bar back to the starting position. Repeat for 10-15 reps.	Lying Leg Curl w/ Crunch 1. Lie on your back on the bench. Hold the handles of the lying leg curl w/ crunch bar with both hands. Curl the bar up until your knees are bent. Lower the bar back to the starting position. Repeat for 10-15 reps.
	Arms	Arms	Arms	Arms	Arms
Abs	Sit-Up with Cables 1. Sit on the bench with your feet flat on the floor. Hold the handles of the sit-up with cables bar with both hands. Sit up until your knees are bent. Lower your body back to the starting position. Repeat for 10-15 reps.	Oblique Twister 1. Lie on your back on the bench. Hold the handles of the oblique twister bar with both hands. Twist your body to the side. Repeat for 10-15 reps.	Crunches 1. Lie on your back on the bench. Hold the handles of the crunches bar with both hands. Curl your body up until your knees are bent. Lower your body back to the starting position. Repeat for 10-15 reps.	Knocking Plank Press 1. Lie on your back on the bench. Hold the handles of the knocking plank press bar with both hands. Push the bar up until your arms are fully extended. Lower the bar back to the starting position. Repeat for 10-15 reps.	Leg Curl w/ Seated Fly 1. Lie on your back on the bench. Hold the handles of the leg curl w/ seated fly bar with both hands. Curl the bar up until your knees are bent. Lower the bar back to the starting position. Repeat for 10-15 reps.
	Stretch	Stretch	Stretch	Stretch	Stretch
Stretch	Front Leg Stretch 1. Lie on your back on the bench. Hold the handles of the front leg stretch bar with both hands. Pull the bar up until your knees are bent. Lower the bar back to the starting position. Repeat for 10-15 reps.	Toe Touch Stretch 1. Lie on your back on the bench. Hold the handles of the toe touch stretch bar with both hands. Touch your toes. Repeat for 10-15 reps.	Seated Back Stretch 1. Sit on the bench with your feet flat on the floor. Hold the handles of the seated back stretch bar with both hands. Stretch your back. Repeat for 10-15 reps.	Seated Chest Stretch 1. Sit on the bench with your feet flat on the floor. Hold the handles of the seated chest stretch bar with both hands. Stretch your chest. Repeat for 10-15 reps.	Arm Pulldown 1. Sit on the bench with your feet flat on the floor. Hold the handles of the arm pulldown bar with both hands. Pull the bar down until your arms are fully extended. Lower the bar back to the starting position. Repeat for 10-15 reps.
	Stretch	Stretch	Stretch	Stretch	Stretch

Total Gym Xls Exercise Guide

Steve Barrett

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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[Sources](#) ,2001 [The Total Fitness Manual](#) Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover *Elle* ,2002 **30 Day Total Body Super Circuit Home Workout Plan** Doug Bennett, 2018-11-26 Want to Get Super Fit and Strong but No Time For The Gym Stuck at Home or Traveling No Problem Now you can get totally fit strong and tone without a gym The 30 DAY TotalBody Super Circuit Home Workout Plan was created to give you the results you desire without paying thousands for a top trainer or spending hours in the gym This pro created home workout plan gives you a day by day exercise routine to follow with complete pictorials for both a beginner or advanced fitness level Simply follow along and in just 7 days you ll feel more energy and stronger In 30 days you ll see and feel amazing results Plus to keep you on track This complete workout plan gives you 2 FREE bonuses A fitness and healthy habits planner to keep you on track Second a belly flattening diet plan to stop sugar cravings flatten your belly and lose unwanted pounds from head to toe Get your copy today and start your path to a stronger fitter and sexier you [The 90-Day Home Workout Plan](#) Dale L. Roberts, 2015-03-13 At Home Workouts to Lose Weight and Build Muscle These fast and simple workouts burn fat and build muscle all from the comforts of your home You can exercise in the privacy of your home so you re free to wear what you want act how you like and crank your favorite workout songs while you get into great shape While the gym is the perfect respite from a long day of work there are times when the gym is one huge inconvenience People drop weights invade your personal

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