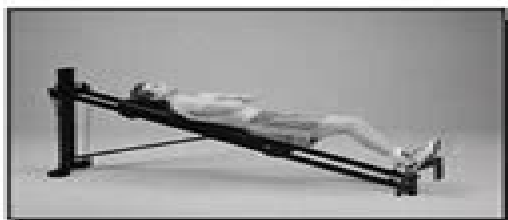
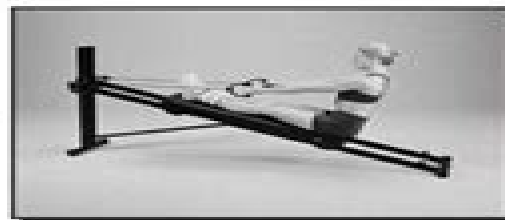
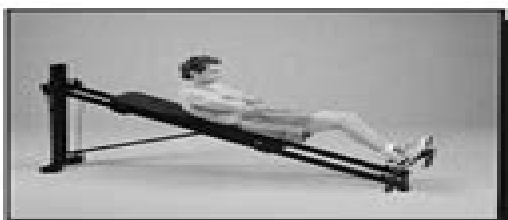


STARTER/BEGINNER PROGRAM



#6 Decline Abdominal Crunch:
Unhook arm pulley cable.
Attach wing accessory.
 Start in the Squat position (R5) on the glideboard.
 Place arms across your chest. Lift your head and shoulders off the glideboard crunching the abdominal area. Your back should remain on the glideboard. Lay back in the original position and repeat.

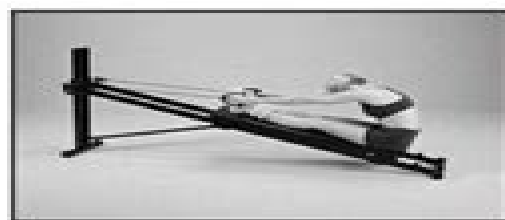
Muscle Groups Exercised:
 Upper and Lower Abdominals



#7 Stretcher:
Unhook arm pulley cable.

Grasp pulley handles. Slide the glideboard up and sit at the bottom facing the height adjustment column. Put your legs on the glideboard. Keep your arms, legs and back straight. Slowly bend at the waist and stretch forward. Hold the stretch for at least 5 seconds. Pull up to rest. Do not bounce Repeat.

Muscle Groups Exercised:
 Hamstrings, Lower Back



CIRCUIT TRAINING PROGRAM CHART*

Please refer to page 4 under "Definition of Terms" for a complete understanding of Circuit Training.

Exercise#	Description	Time Goal	Sets	Tempo	Rest Time
9	Rowing	2 minutes**	1-3	1/1	30 seconds
10	Surfer	2 minutes**	1-3	1/1	30 seconds
8	Cardio Pull	2 minutes**	1-3	1/1	30 seconds
5	Squat	2 minutes**	1-3	1/1	30 seconds

*Circuit Training can be performed in any order.

**Total workout time should add up to a minimum of 20 minutes to reach optimum conditioning.
 See exercises on page 8.

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Terry C. Jones



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Table of Contents Total Gym 1000 Instruction Manual Setup

1. Understanding the eBook Total Gym 1000 Instruction Manual Setup
 - The Rise of Digital Reading Total Gym 1000 Instruction Manual Setup
 - Advantages of eBooks Over Traditional Books
2. Identifying Total Gym 1000 Instruction Manual Setup
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Total Gym 1000 Instruction Manual Setup
 - User-Friendly Interface

4. Exploring eBook Recommendations from Total Gym 1000 Instruction Manual Setup
 - Personalized Recommendations
 - Total Gym 1000 Instruction Manual Setup User Reviews and Ratings
 - Total Gym 1000 Instruction Manual Setup and Bestseller Lists
5. Accessing Total Gym 1000 Instruction Manual Setup Free and Paid eBooks
 - Total Gym 1000 Instruction Manual Setup Public Domain eBooks
 - Total Gym 1000 Instruction Manual Setup eBook Subscription Services
 - Total Gym 1000 Instruction Manual Setup Budget-Friendly Options
6. Navigating Total Gym 1000 Instruction Manual Setup eBook Formats
 - ePub, PDF, MOBI, and More
 - Total Gym 1000 Instruction Manual Setup Compatibility with Devices
 - Total Gym 1000 Instruction Manual Setup Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Total Gym 1000 Instruction Manual Setup
 - Highlighting and Note-Taking Total Gym 1000 Instruction Manual Setup
 - Interactive Elements Total Gym 1000 Instruction Manual Setup
8. Staying Engaged with Total Gym 1000 Instruction Manual Setup
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Total Gym 1000 Instruction Manual Setup
9. Balancing eBooks and Physical Books Total Gym 1000 Instruction Manual Setup
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Total Gym 1000 Instruction Manual Setup
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Total Gym 1000 Instruction Manual Setup
 - Setting Reading Goals Total Gym 1000 Instruction Manual Setup
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Total Gym 1000 Instruction Manual Setup
 - Fact-Checking eBook Content of Total Gym 1000 Instruction Manual Setup
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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