

## The TOTAL FLEX comes with:

- TOTAL FLEX Unit
- Ankle Straps
- Handle Set
- Manual (English )

The Total Flex is delivered fully assembled so it's ready to use right out of the box. Ultra-compact, it unfolds in seconds.

### Resistance Band Chart

Resistance Level	Band(s) engaged per pod			Total Resistance (Weight)
	Grey (2 x 5.25 kg)	Black (2 x 7.25 kg)	Red (2 x 10.5 kg)	
1	○			10.5 kg = 23.1 lbs.
2		●		14.5 kg = 31.9 lbs.
3			●	21 kg = 46.2 lbs.
4	○	●		25 kg = 55 lbs.
5	○		●	31.5 kg = 69.3 lbs.
6		●	●	35.5 kg = 78.1 lbs.
7	○	●	●	46 kg = 101.2 lbs.
The 2 combinations below can be created with additional resistance bands which are available as an upgrade under the Total Flex accessory.				
8	●	●		52 kg = 114.6 lbs.
9	●	●	●	63 kg = 138.6 lbs.



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### TOTAL FLEX- Workout programs



- 1 Fast Start, to show you how fun and easy getting in shape can be.
- 2 Rapid Weight Loss, for an intense cardio combo workout.
- 3 Flex Strength, to get big and ripped.
- 4 Total Flex Core, for firm, flat abs and a strong midsection.
- 5 Extreme, your ticket to over the top results!
- 6 Hips, Buns and Thighs, to get you lifted, tightened and toned.

# Total Flex Workout Guide

**M Carnoy**



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