

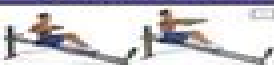
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Exercise Chart

The number of sets and reps you perform, whether you're using one or both sides of the machine, will depend on the exercise. The first image shows your starting position, while the second image shows the end position. The third image shows the end position with the machine's resistance set to the level you want. The fourth image shows the end position with the machine's resistance set to the level you want. The fifth image shows the end position with the machine's resistance set to the level you want. The sixth image shows the end position with the machine's resistance set to the level you want. The seventh image shows the end position with the machine's resistance set to the level you want. The eighth image shows the end position with the machine's resistance set to the level you want. The ninth image shows the end position with the machine's resistance set to the level you want. The tenth image shows the end position with the machine's resistance set to the level you want.

Chest

Seated Chest Press



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward until your arms are fully extended. Return to the starting position and repeat.

Seated Chest Fly



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward until your arms are fully extended. Return to the starting position and repeat.

Incline Push-Up



How to perform: Lie on the machine with your feet flat on the floor. Push your body up until your arms are fully extended. Return to the starting position and repeat.

Lateral Chest Fly



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward until your arms are fully extended. Return to the starting position and repeat.

Back

Pull-Up



How to perform: Grasp the handles with your hands shoulder-width apart. Pull your body up until your chin is over the bar. Return to the starting position and repeat.

Front Pullover



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles forward until your arms are fully extended. Return to the starting position and repeat.

Seated Row



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles forward until your arms are fully extended. Return to the starting position and repeat.

Arms Cross/Snow Angel



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Cross your arms in front of you. Return to the starting position and repeat.

Shoulders

Shoulder Press



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Press the handles forward until your arms are fully extended. Return to the starting position and repeat.

Upright Row



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles forward until your arms are fully extended. Return to the starting position and repeat.

Front Raise



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Raise the handles forward until your arms are fully extended. Return to the starting position and repeat.

Serve



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward until your arms are fully extended. Return to the starting position and repeat.

Legs

Leg Curl, Lying or Seated



How to perform: Lie on the machine with your feet flat on the floor. Curl your legs up until your knees are bent. Return to the starting position and repeat.

Squat



How to perform: Stand on the machine with your feet flat on the floor. Squat down until your thighs are parallel to the floor. Return to the starting position and repeat.

Outer Hip & Thigh



How to perform: Lie on the machine with your feet flat on the floor. Push your legs out to the sides until your knees are bent. Return to the starting position and repeat.

Springer Start



How to perform: Lie on the machine with your feet flat on the floor. Push your legs out to the sides until your knees are bent. Return to the starting position and repeat.

Arms

Seated Biceps Curl



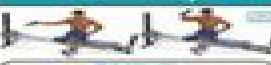
How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl the handles up until your arms are fully extended. Return to the starting position and repeat.

Lying Triceps



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward until your arms are fully extended. Return to the starting position and repeat.

Lateral Biceps



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward until your arms are fully extended. Return to the starting position and repeat.

Lateral Triceps Extension



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward until your arms are fully extended. Return to the starting position and repeat.

Abs

Sit-Up with Cables



How to perform: Lie on the machine with your feet flat on the floor. Sit up until your knees are bent. Return to the starting position and repeat.

Oblique Twister



How to perform: Lie on the machine with your feet flat on the floor. Twist your body to the side until your knees are bent. Return to the starting position and repeat.

Crunches



How to perform: Lie on the machine with your feet flat on the floor. Push your legs up until your knees are bent. Return to the starting position and repeat.

Kneeling Plank Press



How to perform: Kneel on the machine with your feet flat on the floor. Push your body up until your arms are fully extended. Return to the starting position and repeat.

Stretch

Front Leg Stretch



How to perform: Lie on the machine with your feet flat on the floor. Stretch your leg forward until your knee is bent. Return to the starting position and repeat.

Toe Touch Stretch



How to perform: Lie on the machine with your feet flat on the floor. Touch your toes with your hands. Return to the starting position and repeat.

Seated Back Stretch



How to perform: Sit on the machine with your feet flat on the floor. Stretch your back until your arms are fully extended. Return to the starting position and repeat.

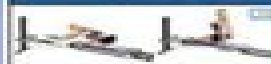
Seated Chest Stretch



How to perform: Sit on the machine with your feet flat on the floor. Stretch your chest until your arms are fully extended. Return to the starting position and repeat.

Compound

Surfer



How to perform: Lie on the machine with your feet flat on the floor. Push your body up until your arms are fully extended. Return to the starting position and repeat.

Core Extension



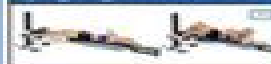
How to perform: Lie on the machine with your feet flat on the floor. Push your body up until your arms are fully extended. Return to the starting position and repeat.

Toe Touch Row



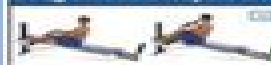
How to perform: Lie on the machine with your feet flat on the floor. Touch your toes with your hands. Return to the starting position and repeat.

Lying Leg Curl w/ Crunch



How to perform: Lie on the machine with your feet flat on the floor. Curl your legs up until your knees are bent. Return to the starting position and repeat.

Leg curl w/ Biceps Curl



How to perform: Lie on the machine with your feet flat on the floor. Curl your legs up until your knees are bent. Return to the starting position and repeat.

Leg Curl w/ Seated Fly



How to perform: Lie on the machine with your feet flat on the floor. Curl your legs up until your knees are bent. Return to the starting position and repeat.

Arm Pulldown



How to perform: Lie on the machine with your feet flat on the floor. Pull the handles down until your arms are fully extended. Return to the starting position and repeat.

Total Gym Pro Exercise Guide

Lingsheng Yao

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

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