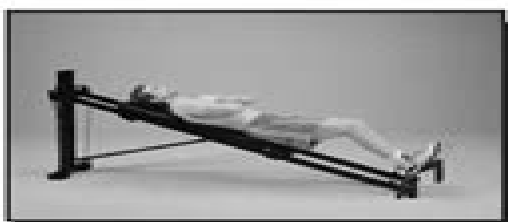
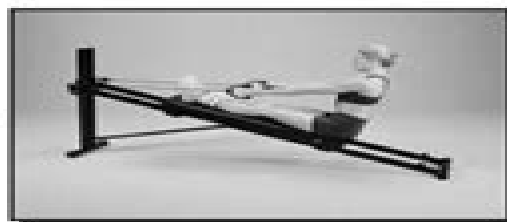


STARTER/BEGINNER PROGRAM



#6 Decline Abdominal Crunch:
Unhook arm pulley cable.
Attach wing accessory.
 Start in the Squat position (4/5) on the glideboard.
 Place arm 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.

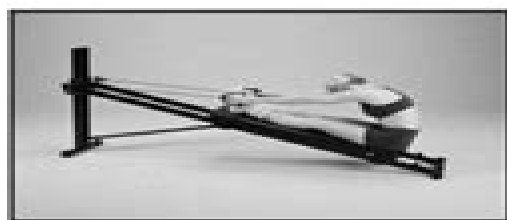
Muscle Groups Exercised:
 Upper and Lower Abdominals



#7 Stretch:
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.

Total Gym Workout Manual

Hilary Lissenden



Total Gym Workout Manual:

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complete beginners looking to build fitness for their first charity event through to experienced cyclists looking to improve competitive performance Starting with the basic components of fitness this step by step handbook then guides you through everything you need to know to train and compete at your best including how to organise your training training methods nutrition health and how to avoid the most common cycling injuries It also provides specialised training programmes and techniques for all cycling disciplines such as road racing time trials mountain biking sprint rides and challenge rides as well as specific advice for novices juniors women and veterans Quotes tips and Q A sessions from leading cyclists and team coaches are also featured

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While several treatment options exist for knee arthritis patients end stage treatment is total knee arthroplasty TKA or total knee replacement For patients to achieve maximum benefits of this surgical correction they need understand and manage many important details both before and in the first year after surgery This comprehensive guide explains everything from the preoperative decision making process to the surgery itself how to prepare your home for post surgery rehabilitation and a week by week description of how to rehabilitate yourself following your TKA The road to recovery is laid out clearly in this book in such detail that there are no surprises It concentrates extensively on postoperative rehabilitation which is vital to the success of a TKA and as important as the surgery itself This book contains 145 exercises 190 illustrations and photos and questions and answers at the end of each chapter It empowers patients with the knowledge they need to take charge of their own rehabilitation program JCPenney [catalog]. ,2008 **HWPO** Mat Fraser,Spenser Mestel,2022-01-11 NATIONAL BESTSELLER Transform your body and mind with the definitive guide to building peak strength endurance and speed from the five time CrossFit Games champion and Fittest Man on Earth No matter your level of fitness no matter if you ve never attempted CrossFit before this book is your total training manual Mat Fraser is undisputedly the fittest man in CrossFit history for winning the CrossFit Games an unprecedented five times A student of engineering Fraser optimized his body like a machine and his absolute dedication to the training program he designed for himself is now legendary For years every single decision he made was weighed against the question Will this help me win If the answer was no he didn t do it If it would give him even the slightest edge or advantage he would no matter the cost Fraser became a master of identifying his weaknesses and then seeking out training methods to improve them and he s idolized in the fitness community for his relentless pursuit of peak performance It s not hard to see why he achieved so much success but how is a different question Throughout his career Fraser has been highly guarded about his specific training techniques after all sharing them would not help him win the CrossFit Games But with his recent retirement from competition Fraser is finally ready to open up about his path to the podium HWPO reveals the workouts training hacks eating plans and mental strategies that have helped make him a champion It s an incredible resource of elite training strategies illustrated workouts and motivational stories and it s a glimpse into the mind of one of the world s greatest athletes DeLee and Drez's Orthopaedic Sports Medicine E-Book Mark D. Miller,Stephen R. Thompson,2009-09-02 Here s the New Edition of the must have reference in sports medicine Covering all athletes throughout their lifespan this 2 volume reference explores the pathophysiology diagnosis and treatment of the full spectrum of sports related injuries and medical disorders It provides the most clinically focused comprehensive guidance available in any single source with contributions from the most respected authorities in the field Thoroughly revised and updated you ll find state of the art coverage in an all new full color format and access to the complete contents online with video clips and more Encompasses imaging techniques the management of both adult and child adolescent injuries and sports related fractures to help you meet for every clinical challenge Includes coverage of important non orthopaedic

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