

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 from under the Total Flex accessory.				
8		●	●	52 kg = 114.6 lbs.
9	●	●	●	63 kg = 138.6 lbs.



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

Greer Childers

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'Greer Childers' text.

Total Flex Workout Guide:

The Complete Idiot's Guide to Quick Total Body Workouts Tom Seabourne Ph.D.,2012-02-07 Earn the body you've been waiting for with the ultimate guide to quick and easy total body workouts Today people are busier than ever before often at the expense of their health The Complete Idiot's Guide to Quick Total Body Workouts acknowledges this trend and gives readers quick and simple exercises they can do for all of their major muscle groups whether at the gym home or office The exercises are as effective as they are easy to follow giving readers great looking results in no time **The Jennifer**

Nicole Lee Fitness Model Diet Jennifer Nicole Lee,2010 JNL's inspirational weight loss success story has motivated millions worldwide She is the world's top fitness model and her new book reveals her top secrets to becoming sexy strong and sleek The U.S. Navy Seal Guide to Fitness and Nutrition Patricia A. Deuster,Pierre A. Pelletier,Anita

Singh,2007-06-01 Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities Topics covered include calculating energy expenditure definitions functions and daily allowances of carbohydrates fats and protein nutritional considerations for endurance and strength training activities active recovery from injury cardio respiratory conditioning appropriate gear for running and swimming for fitness exercising in extreme and adverse weather and more Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone wanting to improve his or her health strength and endurance **The Complete Idiot's Guide to Knockout Workouts for**

Every Shape, Illustrated Patrick S. Hagerman,2006-11-07 It's time to get into shape the easy way Author and fitness expert Patrick Hagerman provides comprehensive information and customized workout plans for every age ability level and physical condition With Hagerman as their coach readers will be on the right track to fitness in no time improving their health self esteem and appearance Presented in a style easily referenced and cross referenced for all ages and ability levels Written by an experienced author and fitness expert Well illustrated for increased comprehension of programs and exercises Caters to everyone from pregnant women to older men with lower back pain Triathlete Magazine's Essential Week-by-Week

Training Guide Matt Fitzgerald,2009-11-29 From Triathlete magazine the most popular source for triathlete information comes an essential guidebook of weekly training plans for all skill levels As popular as the swim bike run sport has become in recent years triathlon training remains a daunting physical and mental challenge From short sprints to Olympic distance events this guide from Triathlete magazine provides athletes with different plans for every skill level and shows them how to build up their training to reach their ultimate goal Good humored narrative text accompanies detailed workout schedules guidelines weekly goals and coaching tips Including off season training advice and photo illustrated stretches and exercises this is the book triathletes need to stay at the top of their game **Men's Health Total Fitness Guide** ,2002 **The**

Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training Mario Fraioli, 2025-11-04 Rock your run with The Official Rock n Roll Guide to Marathon and Half Marathon Training This practical encouraging guide makes preparing for marathon and half marathon as rewarding as race day With coaching advice running workouts and training programs from Coach Mario Fraioli you ll enjoy training and cross the finish line feeling great Rock your run with The Official Rock n Roll Guide to Marathon and Half Marathon Training This practical encouraging guide makes preparing for marathon and half marathon as rewarding as race day With coaching advice running workouts and training programs from Coach Mario Fraioli you ll enjoy training and cross the finish line feeling great Coach Mario will guide you from sign up to finish line With his expert advice you ll choose your race set your goals select the right gear and move swiftly through a beginner or experienced marathon or half marathon training program Fraioli covers all of running s most important topics dynamic warm up exercises smart and realistic workouts healthy sports nutrition and hydration guidelines tips for quick and complete recovery strength training and crosstraining advice to treat common running injuries and strategies for race week and race day He offers useful tools like running pace charts a sweat loss calculator and a preview of each Rock n Roll race course The Rock n Roll Marathon and Half Marathon series is the world s most popular running series because each race is a fun and feel good challenge Now with the Official Rock n Roll Guide you ll be ready to rock your marathon or half marathon **Physical Best**

Activity Guide Physical Best (Program), 2011 This comprehensive health related fitness education program is back and better than ever Developed by top level physical educators this third edition will help students gain the knowledge skills appreciation and confidence they need to lead active healthy lives regardless of physical and mental abilities or disabilities Physical Best Activity Guide Elementary Level has been used with much success across the United States and for good reason The text contains 78 easy to use activities ranging from noncompetitive to competitive and less demanding to more demanding It also includes activities that allow for maximum time on task All the instructional activities address the national physical education standards dance standards or health standards This new edition retains the best activities from previous editions and offers new ones from outstanding teachers throughout the United States You will learn how to adapt the activities for all children regardless of skill level or ability Students will also learn skills to help them set realistic goals manage their activity levels and remain healthy throughout their lives This text offers the following features A new chapter Combined Component Training combines aerobic fitness muscular strength and endurance and flexibility into single activities A CD ROM contains a wealth of reproducibles including charts posters signs station cards handouts and worksheets many of which can be adapted to meet your needs A section of Internet resources helps you develop your own special events

The Rotarian , 1994-02 Established in 1911 The Rotarian is the official magazine of Rotary International and is circulated worldwide Each issue contains feature articles columns and departments about or of interest to Rotarians Seventeen Nobel Prize winners and 19 Pulitzer Prize winners from Mahatma Ghandi to Kurt Vonnegut Jr have written for the magazine

Fitness Instructor Training Guide Cheryl L. Hyde, 2002 *The Rock Climber's Exercise Guide* Eric Horst, 2016-12-01 The only conditioning book a rock climber needs Rock climbing is one of the most physically challenging sports testing strength endurance flexibility and stamina Good climbers have to build and maintain each of these assets This revised and updated edition of the classic book Conditioning for Climbers provides climbers of all ages and experience with the knowledge and tools to design and follow a comprehensive personalized exercise program **Ultimate Core Ball Workout** Jeanine Detz, 2005-06 Transform your core muscles with unstable workouts using the exercise ball with this revolutionary fitness book from author Jeanine Detz From shapely abs to the Pilates Powerhouse core strengthening has become the main focus for today's exercise enthusiasts Now Ultimate Core Ball Workout takes core training to a higher level with its on the ball variations of traditional mat exercises The unique benefits of ball training enable the program in Ultimate Core Ball Workout to produce better results in less time Any crunch will work the abs but this book's crunch on the ball simultaneously engages the stabilizing muscles of the abdomen and lower body working more muscle and producing a more sculpted midsection faster The exercises outlined in this book are suitable for all levels from beginner to fitness professional and the photo sequences and clearly written captions teach proper techniques Offering more than just good looking abs the program in Ultimate Core Ball Workout produces numerous health and fitness benefits including a stronger more supportive back improved posture better performance in sports and even more enjoyable sex Plus each exercise is presented with tips and modifications to increase the challenge so readers can continue to improve and get stronger over time **The Complete Idiot's Guide to the Pilates Method** Karon Karter, 2001 Explains the Pilates attitude technique equipment and the importance of posture and diet and discusses how to teach others the Pilates method **Ageless Workout:** Nathaniel O. Wilkins, Shebah Carfagna, 2022-06-14 Many people want to have a healthy lifestyle however you are not alone if you find sticking to a healthy diet or exercising regularly a struggle Maintaining a healthy lifestyle shouldn't be only fun but should be part and parcel of our daily lives However you can look for physical activities that work well for you and follow them religiously You can effortlessly find ways to keep yourself motivated by overcoming stumbling blocks that have a knack for getting in your way Maintaining a healthy lifestyle is a multi-faceted avenue that involves components such as Nutritional Fitness Physical Fitness and Mental Fitness The book intends to cover all the relevant factors that go into living a fit and healthy lifestyle with the hope of living to and pass 100 years of age Grab your copies today **TV Guide**, 2000 **The Complete Idiot's Guide to Weight Training** Deidre Johnson-Cane, Joe Glickman, Jonathan Cane, 2002-12-01 This text aims to be useful to those looking for an approachable beginner's guide to lifting weights The book is issued in the illustrated format where photographs and line illustrations are given as much attention as the easy to read text The guide includes multiple exercises for all the major muscle groups photographs depicting the beginning midpoint and ending positions for each exercise and photographs depicting the most common mistakes in executing various exercises allowing readers to learn

from others mistakes **The Barefoot Running Book Second Edition: A Practical Guide to the Art and Science of Barefoot and Minimalist Shoe Running** Jason Robillard, 2010 The Barefoot Running Book second edition provides expert advice for new and experienced runners interested in making the transition to barefoot or minimalist shoe running Why Because runners find shedding their heavy overly cushioned shoes provides a more enjoyable running experience while reducing injury and allowing better form Jason Ribald uses a combination of research collaboration and his own experiences to bring the latest methods for making a safe enjoyable transition to barefoot or minimalist shoe running This new expanded second edition includes training plans information on ultramarathons photos tested running tips and helpful hints Includes contributions from top barefoot runners and experts including Barefoot Ted McDonald Barefoot Rick Roeber Dr Daniel Lieberman Dr Michael Nirenberg Dr Mark Cucuzzella Dr Scott Hadley Dr Joseph Froncioni and many more **Black Belt** ,2004-06 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world *Physical Fitness* Ernest M. Burgess, Albert Rappoport, 1993 Discusses the importance of physical conditioning and the ways in which persons with an amputation can achieve fitness by adapting their prosthesis to the exercise regime or following a conditioning program without it Several amputation levels are covered and variations on how the desired exercises can be accomplished are included Covers the following conditioning exercises calisthenics stretching shoulders legs abdominals and more List of special resources related to sports for the disabled Glossary and bibliography Over 100 b w photos **Be a Loser!** Greer Childers, 1999-12-31 Through the daily fifteen minute routine of breathing isometrics and isotonic exercises that makes up her BodyFlex program the author shows how to slim down and attain good muscle tone

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