

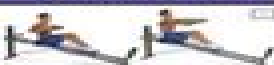
total gym®

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 and upward until your arms are fully extended. Lower the handles back to the starting position. 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 and upward until your arms are fully extended. Lower the handles back to the starting position. 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. Lower your body back to the starting position. Repeat.

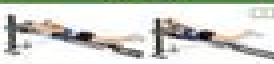
Lateral Chest Fly



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 and upward until your arms are fully extended. Lower the handles back to the starting position. 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. Lower your body back to the starting position. 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 and upward until your arms are fully extended. Lower the handles back to the starting position. 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 and upward until your arms are fully extended. Lower the handles back to the starting position. 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 over your head. Lower your arms back to the starting position. 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 and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

Upright Row



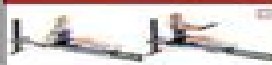
How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

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 and upward until your arms are fully extended. Lower the handles back to the starting position. 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 and upward until your arms are fully extended. Lower the handles back to the starting position. 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 at a 90-degree angle. Lower your legs back to the starting position. 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. Stand back up. 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 at a 90-degree angle. Lower your legs back to the starting position. Repeat.

Sprinter 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 at a 90-degree angle. Lower your legs back to the starting position. 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 elbows are bent at a 90-degree angle. Lower the handles back to the starting position. Repeat.

Lying Triceps



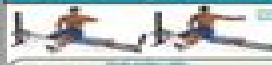
How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

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 and upward until your arms are fully extended. Lower the handles back to the starting position. 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 and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

Abs

Sit-Up with Cables



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Sit up until your knees are bent at a 90-degree angle. Lower your body back to the starting position. Repeat.

Oblique Twister



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Twist your body to the side until your arms are fully extended. Lower your body back to the starting position. Repeat.

Crunches



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Lift your head and shoulders off the floor. Lower your head and shoulders back to the starting position. Repeat.

Kneeling Plank Press



How to perform: Kneel on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

Stretch

Front Leg Stretch



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull one leg forward and upward until your knee is bent at a 90-degree angle. Lower your leg back to the starting position. Repeat.

Toe Touch Stretch



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Reach your hands down to your toes. Lower your body back to the starting position. Repeat.

Seated Back Stretch



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 and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

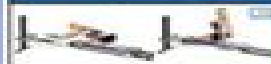
Seated Chest Stretch



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 and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

Compound

Surfer



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 at a 90-degree angle. Lower your legs back to the starting position. Repeat.

Core 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 and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

Toe Touch Row



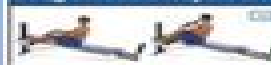
How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

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 at a 90-degree angle. Sit up until your knees are bent at a 90-degree angle. Lower your body back to the starting position. Repeat.

Leg curl w/ Biceps Curl



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl your legs up until your knees are bent at a 90-degree angle. Sit up until your knees are bent at a 90-degree angle. Lower your body back to the starting position. Repeat.

Leg Curl w/ Seated Fly



How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl your legs up until your knees are bent at a 90-degree angle. Sit up until your knees are bent at a 90-degree angle. Lower your body back to the starting position. Repeat.

Arm Pulldown



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 and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

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Liyong Dong



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