

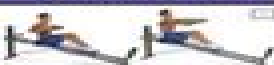
total gym®

Exercise Chart

The number of sets and reps you perform, whether you're using the right side of the machine, are typically two things to be considered during your workout. The first thing about your training routine, when the second is the number of sets and reps you perform, is determined by the number of sets and reps you perform on the Total Gym. The number of sets and reps you perform is determined by the number of sets and reps you perform on the Total Gym. The number of sets and reps you perform is determined by the number of sets and reps you perform on the Total Gym. The number of sets and reps you perform is determined by the number of sets and reps you perform on the Total Gym.

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

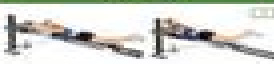
Lateral Chest Fly



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: Hang from the machine with your feet flat on the floor. Pull your body up until your chin is over the handles. 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. 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. 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



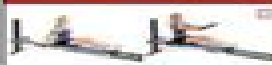
How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

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 over your head. Lower your legs back to the starting position. Repeat.

Squat



How to perform: Lie 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 over your head. 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 over your head. Lower your legs back to the starting position. Repeat.

Arms

Seated Biceps Curl



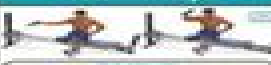
How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl the handles up until your elbows are over your head. Lower the handles back to the starting position. Repeat.

Lying Triceps



How to perform: Lie on the machine with your feet flat on the floor. 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. 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. 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



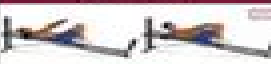
How to perform: Lie on the machine with your feet flat on the floor. Sit up until your knees are over your head. Lower your body back to the starting position. Repeat.

Oblique Twister



How to perform: Lie on the machine with your feet flat on the floor. Twist your body to the side until your knees are over your head. Return to the starting position. Repeat.

Crunches



How to perform: Lie on the machine with your feet flat on the floor. Push your legs up until your knees are over your head. Lower your legs back to the starting position. Repeat.

Kneeling Plank Press



How to perform: Lie on the machine with your feet flat on the floor. Push your legs up until your knees are over your head. Lower your legs back to the starting position. 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 over your head. Hold the stretch for 30 seconds. Repeat.

Toe Touch Stretch



How to perform: Lie on the machine with your feet flat on the floor. Touch your toes with your hands. Hold the stretch for 30 seconds. Repeat.

Seated Back Stretch



How to perform: Lie on the machine with your feet flat on the floor. Stretch your back until your knees are over your head. Hold the stretch for 30 seconds. Repeat.

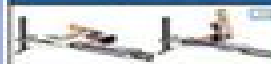
Seated Chest Stretch



How to perform: Lie on the machine with your feet flat on the floor. Stretch your chest until your knees are over your head. Hold the stretch for 30 seconds. Repeat.

Compound

Surfer



How to perform: Lie on the machine with your feet flat on the floor. Push your legs up until your knees are over your head. 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. Push your legs up until your knees are over your head. Lower your legs back to the starting position. Repeat.

Toe Touch Row



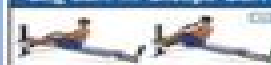
How to perform: Lie on the machine with your feet flat on the floor. Touch your toes with your hands. Hold the stretch for 30 seconds. Repeat.

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 over your head. Lower your legs 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. Curl your legs up until your knees are over your head. Lower your legs 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. Curl your legs up until your knees are over your head. Lower your legs back to the starting position. 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. Lower the handles back to the starting position. Repeat.

Total Gym Exercise Guide

Jack H. Wilmore



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The Total Fitness Manual Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover
Anybody's Guide to Total Fitness Len Kravitz, 2000-10 *The Complete Idiot's Guide to Short Workouts* Deidre
Johnson-Cane, Jonathan Cane, Joe Glickman, 2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular
and weight training workouts including information on seasonal and office workouts Men's Health Total Fitness Guide
, 2002 The Busy Woman's Guide to Total Fitness Laurette Willis, 2007-12-01 Laurette Willis creator of the PraiseMoves™
DVD offers a plan that will help women incorporate Total Fitness into their busy schedules by blending the spiritual and
physical areas of their lives When asked what three of the most important things in life are many Christian women say God
family and health Unfortunately most women don't think of their health until there is a problem And they also may go for
weeks without investing quality time in their relationship with the Lord until faced with a challenge or the realization that
they feel empty inside In *The Busy Woman's Guide to Total Fitness* readers will learn how to strengthen their bodies and
spirits in 20 minutes a day with quick and easy nutrition tips energizing 20 minute workouts prayer meditation and
journaling suggestions fitness for the spirit soul and body a 21 Days to Total Fitness program **Workouts For Dummies**
Tamilee Webb, 1998-12-28 Every few months a new diet wonder drug or workout machine hits the market promising
instantaneous results Unfortunately none of these fads ever seems to work That's because the secret to good health is based
on a balanced workout routine which consists of eating a healthy diet exercising resting your body and doing your best to find
balance in all aspects of your life If you can dedicate yourself to this goal and are willing to work for what you want you can
have a healthy and fit body *Workouts For Dummies* by Tamilee Webb whose buffed body is the star of the Buns of Steel
workout video series will show you how to get the most out of your workout routine no matter what your current level of
fitness If you're a workout enthusiast this book will help you shape up with easy workouts you can do anytime anywhere Even
if you've never exercised don't worry this book starts with basic topics such as choosing shoes and warming up *Workouts For*
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you don't think you'll end up looking like Cindy Crawford if you don't already and the workouts that suit your body type You'll
also find directions for stretches aerobic exercises muscle conditioning using weights furniture exercise bands and bars and
workouts for different locations home office gym all with illustrations *Workouts For Dummies* also deals with the following
topics and much more Creating a personalized workout Warming up cooling down and stretching Preventing common
injuries Targeting and toning trouble spots Evaluating equipment gear and gadgets Determining your fitness level Working
out while traveling Filled with expert tips techniques and step by step photos that illustrate over 100 exercises *Workouts For*
Dummies will help you make exercising an enjoyable part of your life *101 Fat-Burning Workouts and Diet Strategies for*
Men Michael Berg, Michael Berg NSCA-CPT, 2008-12 Following on the heels of the successful 101 Workouts and 101 Workouts

for Women these titles deliver even more breakthrough fitness advice The editors of Muscle Fitness magazine provide expert workouts high energy cardio routines and tasty low fat recipes Color photos throughout **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 **The Official Gold's Gym Beginner's Guide to Fitness** David Porter,2004-09 With the help of instructive photographs shot on location at Gold's facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food The Simple Diet James Anderson, M.D.,Nancy J. Gustafson,2011-12-27 Lose up to 50 pounds in 12 weeks with a doctor's proven plan for losing weight quickly easily and permanently No counting no measuring no hassle If you have tried to lose weight and failed or lost weight and failed to keep it off you're not alone Two out of three Americans are overweight many with between thirty and one hundred pounds to lose Now Dr James W Anderson a professor of medicine and clinical nutrition at the University of Kentucky shares his groundbreaking scientifically based nutritional plan that has already helped thousands of Americans lose weight sometimes more than one hundred pounds and keep it off permanently It can also help you Lower cholesterol high blood pressure and high blood sugar Reverse type 2 diabetes heart disease and other obesity related health conditions Decrease your risk for type 2 diabetes and its related consequences Eliminate the need for dangerous and expensive gastric bypass surgery Help you feel better about yourself and enjoy your life Best of all you can use prepared foods that are easy to find in the supermarket There's no calorie counting No measuring No guesswork And if you stick with this easy to follow plan as thousands of people already have there's a nearly foolproof guarantee of success Lifelong success Many people have changed their eating habits and improved their health by using this program Now it's your turn The eBay Price Guide Julia L. Wilkinson,2006 Provides lists of selling prices of items found on eBay in such categories as antiques boats books cameras coins collectibles dolls DVDs real estate stamps tickets and video games **Subject Guide to Books in Print**,2001 **ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription** American College of Sports Medicine,J. Larry Durstine,1993 Provides certification candidates with appropriate information relative to the behavioral objectives found in the Guidelines for Exercise Testing and Prescription 4th ed Lea and Febiger 1991 Covers all disciplines involved in exercise testing training and programming Includes practical examples of physiologic concepts and relates them to exercise programming Annotation copyright by Book News Inc Portland OR **Swiss Ball for Total Fitness** James Milligan,2005 Because it's so effective and easy to use even at home the Swiss ball has become an essential part of a total fitness regime especially in tandem with free weights and a medicine ball These exercises from beginner to advanced will

help you utilize its full potential for building core strength and more as they work the muscles in the midsection chest back shoulders arms and legs **The Cyclist's Training Bible, 5th Ed.** Joe Friel, 2025-11-04 Train to win with Joe Friel and the definitive guide to optimal cycling performance Inside this all new Cyclist s Training Bible Joe Friel cycling s most experienced personal coach presents the latest discoveries in cycling science data analysis daily planning and skills development to help you create a personal training plan for success Whether you are training for road races criteriums time trials or gravel races or you just need to improve your climbing sprinting endurance or recovery The Cyclist s Training Bible covers it all including Power Meter Metrics Put cycling s most advanced science to work during every training session TSS Based Training Use the Training Stress Score to gauge training load and build a superior training plan Personalized Planning Create a custom training program to capitalize on your strengths and minimize your limiters Field Tests Evaluate progress and improve your training focus by performing Functional Threshold Power Functional Aerobic Capacity Sprint Power Time Trial and Functional Threshold Heart Rate tests Timing Your Peak and Taper Shed training fatigue while maintaining fitness in the lead up to key races Planning a Season Joe Friel s most advanced and comprehensive tools will help you create a winning daily monthly and yearly training plan Strength Training Develop climbing and sprinting power with targeted exercises on the bike and in the gym Cycling Workouts Follow detailed workouts to build aerobic endurance muscular force speed skill muscular endurance anaerobic endurance and sprint energy From the most trusted name in endurance sports coaching The Cyclist s Training Bible is the most comprehensive and reliable training resource ever written for cyclists

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Journal of Health, Physical Education, Recreation ,1963 **Athletic Journal** ,1983 Vols 9 12 include proceedings of the 8th 11th annual meeting of the American Football Coaches Association and of the National Association of Basketball Coaches of the United States 3d 6th annual meeting *The Wilmore Fitness Program* Jack H. Wilmore,1981

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