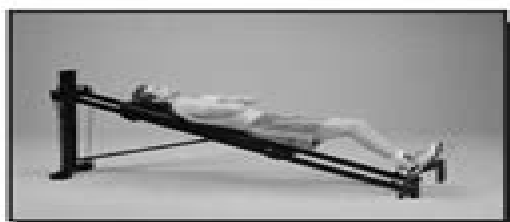
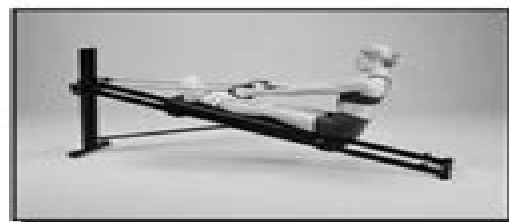


STARTER/BEGINNER PROGRAM



#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.

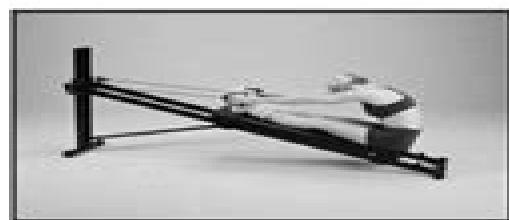
Muscle Groups Exercised:
 Upper and Lower Abdominals



#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 Exercise Manual

Mamta Singh



Total Gym Exercise Manual:

The Total Fitness Manual Gold's Gym, 2017-01-03 Get in shape in no time with this definitive guide to fitness strength training and nutrition by the fitness experts at the world renowned Gold's Gym. The Total Fitness Manual has everything here you need to get fit and stay fit for life. Take the 12 Week Body Transformation Challenge for dramatic proven results or create your own fitness routine from this book's wealth of information on resistance training, cardio, nutrition, flexibility, and more. Cardio: With cardio machines, classes, swimming, or running, you have more choices than ever for getting a heart-pumping workout, and this book outlines your options to help you select the best for your needs. Getting Strong: Whether you are looking to tone up or bulk up using bodyweight alone, gym machines, or a home barbell set, you need to know the correct techniques to avoid injury and know what exercises work which muscles. Nutrition: Hydration and diet are just as important as getting to the gym. Gold's Gym is here to ensure you have enough calories to burn, have the best post-workout snacks, find the best protein shake for you, utilize crucial hydration tips, and more. Recovery: Stretch properly and know when to schedule a rest day to stay injury-free. The Twelve Week Challenge: Gold's Gym annually challenges its members to commit to achieving their goals in just three months. For the first time, this program is available in a book with clear instructions and advice on how to tailor the program to your fitness journey. You can also gain inspiration from success stories from past Challenge winners. So pick up your copy of the Total Fitness Manual and get training today. *The Total Fitness Manual* Gold's Gym, 2017-01-03 Transform your body in just 12 weeks. Take the challenge. Cover *The Complete Fitness Guide for Women* Mamta Singh, 2013-10-01 An essential fitness guide for any woman who wants an active life and a healthy body. Physical fitness as it is understood today is not merely about exercising or healthy eating; it must involve both aspects. But there is still more to a fit and healthy life than just a focus on food and exercise. The Complete Fitness Guide for Women lays the foundation for long-term health. In this volume, Mamta Singh provides you with exercise plans that specifically target cardiovascular training, strength, and weight training, and stretching. Whether you are a beginner or someone who is already working out, this book will have a program suitable for you. These exercise programs can be done at home or at the gym. The Complete Fitness Guide for Women empowers you by helping you understand and respect your body and its unique requirements so you can develop a body that is not just slim but healthy and strong as well. The power is truly within YOU. *Men's Health Total Fitness Guide*, 2002 Total Knee Replacement and Rehabilitation Daniel J. Brugioni, Jeff Falkel, 2011-01-01 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 to 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

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Table of Contents Total Gym Exercise Manual

1. Understanding the eBook Total Gym Exercise Manual
 - The Rise of Digital Reading Total Gym Exercise Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Total Gym Exercise Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Total Gym Exercise Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Total Gym Exercise Manual

- Personalized Recommendations
- Total Gym Exercise Manual User Reviews and Ratings
- Total Gym Exercise Manual and Bestseller Lists
- 5. Accessing Total Gym Exercise Manual Free and Paid eBooks
 - Total Gym Exercise Manual Public Domain eBooks
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 - Total Gym Exercise Manual Budget-Friendly Options
- 6. Navigating Total Gym Exercise Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Total Gym Exercise Manual Compatibility with Devices
 - Total Gym Exercise Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Total Gym Exercise Manual
 - Highlighting and Note-Taking Total Gym Exercise Manual
 - Interactive Elements Total Gym Exercise Manual
- 8. Staying Engaged with Total Gym Exercise Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Total Gym Exercise Manual
- 9. Balancing eBooks and Physical Books Total Gym Exercise Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Total Gym Exercise Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Total Gym Exercise Manual
 - Setting Reading Goals Total Gym Exercise Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Total Gym Exercise Manual

- Fact-Checking eBook Content of Total Gym Exercise Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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