SAFEGUARDS &

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EXERCISING ON TOTAL GYM BY BODY POSITION

Exercises can be performed on Total Gym Incline Bodyweight Trainers in a variety of body positions. This chart is set up to maximize exercises in each body position so you can get a full body workout in a short time period.

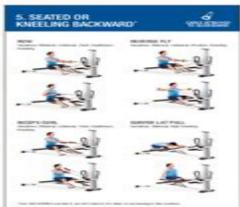
NOTE: To increase resistance, raise the rails. To decrease resistance, lower the rails.



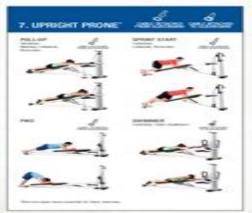




















Total Gym 1000 Workout Guide

Frederic Vagnini, Lawrence Chilnick

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they want In The Micro Workout Plan Tom shares the knowledge he s gained from 30 years in the fitness industry debunks myths explains why micro workouts succeed and offers a motivating manageable method for fitness well being He provides actionable steps with 30 5 minute mix and match micro workout routines just two to four 5 minute micro workouts a day done whenever and wherever you want will target your whole body and help you achieve the daily activity required for optimal health Plus there s a step by step photographic section of 80 exercises teaching proper form With this book in hand you can ditch the gym and get the same experience at home

CDA Journal California Dental Association, 1979

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