

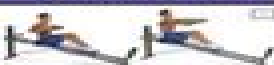
total gym®

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 weight stack. The fourth image shows the end position with the weight stack. The fifth image shows the end position with the weight stack. The sixth image shows the end position with the weight stack. The seventh image shows the end position with the weight stack. The eighth image shows the end position with the weight stack. The ninth image shows the end position with the weight stack. The tenth image shows the end position with the weight stack. The eleventh image shows the end position with the weight stack. The twelfth image shows the end position with the weight stack. The thirteenth image shows the end position with the weight stack. The fourteenth image shows the end position with the weight stack. 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The ninety-ninth image shows the end position with the weight stack. The hundredth image shows the end position with the weight stack.

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 until your arms are fully extended. Return to the starting position and 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 until your arms are fully extended. Return to the starting position and 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. Return to the starting position and 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 until your arms are fully extended. Return to the starting position and repeat.

Compound

Surfer



How to perform: Lie on the machine with your feet flat on the floor. Push your body up until your arms are fully extended. Return to the starting position and repeat.

Core Extension



How to perform: Lie on the machine with your feet flat on the floor. Push your body up until your arms are fully extended. Return to the starting position and repeat.

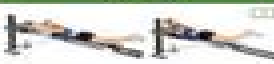
Toe Touch Row



How to perform: Lie on the machine with your feet flat on the floor. Push your body up until your arms are fully extended. Return to the starting position and repeat.

Back

Pull-Up



How to perform: Lie on the machine with your feet flat on the floor. Pull your body up until your chin is over the bar. Return to the starting position and repeat.

Front Pullover



How to perform: Lie on the machine with your feet flat on the floor. Pull your body up until your chin is over the bar. Return to the starting position and repeat.

Seated Row



How to perform: Sit on the machine with your feet flat on the floor. Pull the handles toward your chest. Return to the starting position and repeat.

Arms Cross/Snow Angel



How to perform: Sit on the machine with your feet flat on the floor. Cross your arms in front of you. Return to the starting position and repeat.

Shoulders

Shoulder Press



How to perform: Sit on the machine with your feet flat on the floor. Press the handles upward until your arms are fully extended. Return to the starting position and repeat.

Upright Row



How to perform: Sit on the machine with your feet flat on the floor. Row the handles upward until your elbows are at shoulder height. Return to the starting position and repeat.

Front Raise



How to perform: Sit on the machine with your feet flat on the floor. Raise the handles forward until your arms are parallel to the floor. Return to the starting position and repeat.

Serve



How to perform: Sit on the machine with your feet flat on the floor. Serve the handles forward until your arms are fully extended. Return to the starting position and repeat.

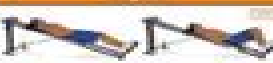
Legs

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 at shoulder height. Return to the starting position and repeat.

Squat



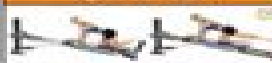
How to perform: Lie on the machine with your feet flat on the floor. Squat down until your thighs are parallel to the floor. Return to the starting position and repeat.

Outer Hip & Thigh



How to perform: Lie on the machine with your feet flat on the floor. Lift your hips until your body is in a straight line. Return to the starting position and repeat.

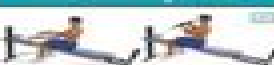
Spineer, Start



How to perform: Lie on the machine with your feet flat on the floor. Lift your hips until your body is in a straight line. Return to the starting position and repeat.

Arms

Seated Biceps Curl



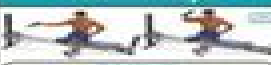
How to perform: Sit on the machine with your feet flat on the floor. Curl the handles up toward your shoulders. Return to the starting position and repeat.

Lying Triceps



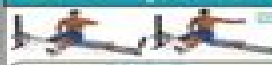
How to perform: Lie on the machine with your feet flat on the floor. Push the handles down until your arms are fully extended. Return to the starting position and repeat.

Lateral Biceps



How to perform: Sit on the machine with your feet flat on the floor. Curl the handles up toward your shoulders. Return to the starting position and repeat.

Lateral Triceps Extension



How to perform: Sit on the machine with your feet flat on the floor. Push the handles down until your arms are fully extended. Return to the starting position and 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 at shoulder height. Return to the starting position and repeat.

Oblique Twister



How to perform: Lie on the machine with your feet flat on the floor. Twist your body to the side. Return to the starting position and repeat.

Crunches



How to perform: Lie on the machine with your feet flat on the floor. Lift your head and shoulders off the floor. Return to the starting position and repeat.

Kneeling Plank Press



How to perform: Lie on the machine with your feet flat on the floor. Press your body up until your arms are fully extended. Return to the starting position and repeat.

Stretch

Front Leg Stretch



How to perform: Lie on the machine with your feet flat on the floor. Stretch your leg forward. Return to the starting position and repeat.

Toe Touch Stretch



How to perform: Lie on the machine with your feet flat on the floor. Touch your toes. Return to the starting position and repeat.

Seated Back Stretch



How to perform: Sit on the machine with your feet flat on the floor. Stretch your back. Return to the starting position and repeat.

Seated Chest Stretch



How to perform: Sit on the machine with your feet flat on the floor. Stretch your chest. Return to the starting position and repeat.

Arm Pulldown



How to perform: Sit on the machine with your feet flat on the floor. Pull the handles down until your arms are fully extended. Return to the starting position and repeat.

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Montgomery Ward



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tarayıcınız üzerinden size yansıtılır php yi kendi bilgisayarınızda çalıştırabilmeniz için bilgisayarınızı php yi yorumlayabilecek bir sunucu gibi çalıştırmanız gereklidir

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