

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



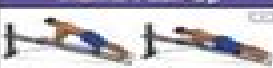
How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

Seated Chest Fly



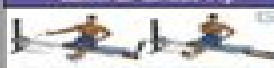
How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

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.

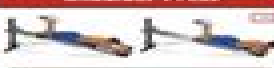
Arms Cross/Snow Angel



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 in front of you. 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.

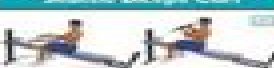
Spinner, Start



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.

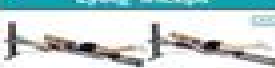
Arms

Seated Biceps Curl



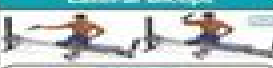
How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl the handles up until your arms are fully extended. Lower the handles back to the starting position. Repeat.

Lying Triceps



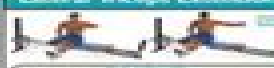
How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

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



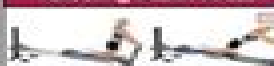
How to perform: Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Twist your body to the side until your arms are fully extended. Lower your body back to the starting position. Repeat.

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.

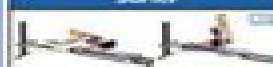
Seated Chest Stretch



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

Core Extension



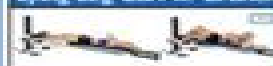
How to perform: Lie on the machine with your feet flat on the floor. Push your body up until your arms are fully extended. Lower your body back to the starting position. Repeat.

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



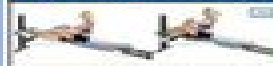
How to perform: Lie on the machine with your feet flat on the floor. Curl your legs up until your knees are bent at a 90-degree angle. Sit up until your knees are bent at a 90-degree angle. Lower your body back to the starting position. Repeat.

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. Curl the handles up until your arms are fully extended. 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. Push the handles forward and upward until your arms are fully extended. 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.

Total Gym 3000 Exercise Guide

JG Myers



Total Gym 3000 Exercise Guide:

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 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.

The Businessman's Minutes-a-Day Guide to Shaping Up Dr. Franco Columbu, 2017-09-30 The ladder to success is a lot easier to climb without the excess baggage of flabby arms, chests, and waist. Furthermore, the increased stress that arises from increasing business responsibilities can be more readily overcome by a man who is in peak shape than one who isn't. Just as hard work in the business world can be its own reward, so is working out. In fact, shaping up not only ensures robust health and a longer life, but it improves a man's ability to bring about and enjoy business success by looking good, feeling good, and making good impressions on business colleagues. The Businessman's Minutes a Day Guide To Shaping Up is more than another book of exercise and diet tips. It addresses the problems a businessman faces in finding time to exercise, in setting goals for training, and in changing eating habits that make gaining or losing weight difficult. The Businessman's Minutes a Day Guide To Shaping Up includes exercise programs developed for a variety of needs and body structures, knowledgeable recommendations on training equipment, and on training at home, at a gym, or on the road; training programs for improved sports performance; expert advice on the prevention and treatment of training injuries, jet lag, stress, and anxiety; and even eye strain, a primer on the basics of nutrition, proper food combining, and vitamin and mineral supplementation; an account of one businessman's training under Dr. Columbu's direction that provides valuable insights on sticking to a training program, managing time, and setting goals.

Journal of Physical Education, Recreation & Dance ,1995 *The Rough Guide to Beijing* Rough Guides,2017-06-20 This in depth coverage of Beijing s local attractions sights and restaurants takes you to the most rewarding spots from the Temple of Heaven to the Forbidden City to the Ming tombs and stunning color photography brings the land to life on the pages With a beautiful new cover amazing tips and information and key facts The Rough Guide to Beijing is the perfect travel companion The locally based Rough Guides author team introduces the best places to stop and explore and provides reliable insider tips on topics such as driving the roads taking walking tours or visiting local cathedrals You ll find special coverage of history art architecture and literature and detailed information on the best markets and shopping for each area in this fascinating city The Rough Guide to Beijing also unearths the best restaurants nightlife and places to stay from backpacker hostels to boutique hotels and color coded maps feature every sight and listing Make the most of your time with The Rough Guide to Beijing **The Complete Idiot's Guide to Franchising** James H. Amos, Jr.,2005 Helping ambitious entrepreneurs fulfill their dreams For the last 35 years franchising has created more small business jobs than any other economic engine in the world Now one of the industry s foremost authorities reveals everything aspiring entrepreneurs need to know in order to profit from this growing industry including how franchising works how to select a specific franchise how to get financing how to become a franchiser and much much more Franchising in America is approaching a trillion dollar business with nearly one half of every retail dollar spent in a franchise store Industry continues to experience double digit growth year after year There are approximately 1 500 franchisers that are responsible for nearly 400 000 sites that employ 8 million people and create 170 000 new jobs a year The pool of potential franchisees is unlimited Author is one of the top names in franchising

The Manhattan Health Pages Lyn Skreczko,Virginia Bell,1998-09 In this overview of New York City s body mind and spirit health resources the authors review in detail hundreds of health clubs day spas restaurants stores services and more and share recipes of more than two dozen famous New York chefs Also defines different therapies techniques and more

Body by You Mark Lauren,Joshua Clark,2013-01-01 BURN FAT NOT TIME The ultimate get in shape fast at home no equipment required program designed especially for women from the ultra fit Special Operations trainer and author of You Are Your Own Gym Say goodbye to long tedious hours at the gym and boring muscle depleting cardio exercises Elite trainer and fitness guru Mark Lauren is here to show you that the best and only equipment you need to get in shape is free and always accessible your own body This quick and easy program will save you time money and maybe your life In less than thirty minutes three times a week and with no machinery or weights you can achieve the toned arms flatter abs tighter buns and killer legs you ve always wanted You won t build bulk you ll build strength and turn your body into a fat burning machine Featuring 120 different exercises in five movement categories Pulling Squatting In Line Pushing Perpendicular Pushing and Bending and with three ascending levels of difficulty Body by You ensures that you ll never get bored by the same static workout And with such a small time commitment less than one percent of your time every week it is a fun program that can

be effortlessly incorporated with your work and family plans With Mark Lauren as your motivational guide and nutritional coach Body by You will help you meet your individual fitness goals Ultimately it s not about moving through the gym with ease it s about moving through your life with ease leaner stronger more confident and with more energy

Campus Recreational Sports Facilities ,2009 Campus Recreational Sports Facilities covers the entire process of building a facility from initial planning through design construction and move in Recreational sport directors architects and other experts provide construction options and share industry standards guidelines procedures and more to help you navigate this complex process

NSCA's Essentials of Tactical Strength and Conditioning NSCA -National Strength & Conditioning Association,Brent A. Alvar,Katie Sell,Patricia A. Deuster,2017-02-24 The physical demands of tactical professions such as military law enforcement and fire and rescue require those workers to be in top physical condition to perform their jobs well and decrease the risk of injury NSCA s Essentials of Tactical Strength and Conditioning contains scientific information to assist in implementing or restructuring strength and conditioning programs at commercial or government fitness centers that work with these tactical athletes to achieve those goals Designed primarily as a preparatory resource for the National Strength and Conditioning Association NSCA Tactical Strength and Conditioning Facilitator TSAC F certification the text is also useful as a manual for government agencies or a daily reference for strength and conditioning professionals Editors Brent A Alvar Katie Sell and Patricia A Deuster have extensive experience as scholars and practitioners in their respective fields They have assembled a team of distinguished contributors who bring to light current trends in strength and conditioning through their combined experiences as professionals in the fields of academia athletic training firefighting law enforcement military nutrition physical therapy and strength and conditioning The contributors not only provide foundational knowledge of exercise physiology and biomechanical movement patterns but they also comprehensively review all of the components necessary for TSAC Facilitators to design and operate successful training programs for tactical athletes Separate chapters focus on the specific physiological issues related to military law enforcement and fire and rescue personnel including how a strength and conditioning program should directly correlate to their critical job tasks and the specific environmental occupational and exposure concerns for each population Topics such as nutrition supplements injury treatment and rehabilitation wellness interventions and assessments and evaluations are discussed for professionals who work with tactical populations Additionally exercises drills and techniques targeting the specific needs of tactical athletes in areas such as flexibility mobility speed agility power and aerobic endurance are described in great detail and accompanied by full color photos Each chapter of NSCA s Essentials of Tactical Strength and Conditioning begins with learning objectives and incorporates key terms diagrams detailed photographs and key points throughout the text to help guide readers and facilitate comprehension of concepts Sidebars and sample programs are included in some chapters to help readers apply theoretical concepts in their professional practice Additionally for instructors using the book or the TSAC F exam prep symposia a

presentation package plus image bank with more than 300 photos and illustrations is available making preparation easier with the use of predeveloped materials that correspond with the book's content. Ultimately the goal of NSCA's Essentials of Tactical Strength and Conditioning is to help prepare those seeking TSAC-F certification and to serve as a resource for professionals so that they can implement an optimal strength and conditioning program targeted for tactical athletes that will decrease their risk of injury and optimize performance.

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