

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



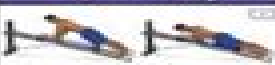
How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward until your arms are fully extended. Return to the starting position and repeat.

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.

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 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 the handles forward until your arms are fully extended. Return to the starting position and 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 toward your chest. Return to the starting position and repeat.

Arms Cross/Snow Angel



How to perform: Lie 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. Grasp the handles with your hands shoulder-width apart. 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. Grasp the handles with your hands shoulder-width apart. Pull the handles upward until your arms are fully extended. Return to the starting position and 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 until your arms are fully extended. Return to the starting position and 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 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 bent. Return to the starting position and repeat.

Squat



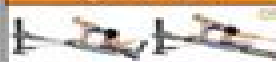
How to perform: Stand on the machine with your feet flat on the floor. Squat down until your thighs are parallel to the floor. Return to the starting position and repeat.

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. Return to the starting position and repeat.

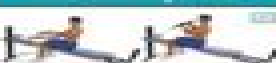
Springer Start



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. Return to the starting position and repeat.

Arms

Seated Biceps Curl



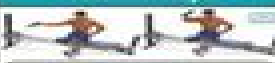
How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl the handles up toward your chest. Return to the starting position and repeat.

Lying Triceps



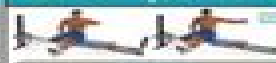
How to perform: Lie on the machine with your feet flat on the floor. Push the handles down until your arms are fully extended. Return to the starting position and repeat.

Lateral Biceps



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles toward your chest. Return to the starting position and repeat.

Lateral Triceps Extension



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 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 bent. 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 until your knees are bent. Return to the starting position and repeat.

Crunches



How to perform: Lie on the machine with your feet flat on the floor. Push your legs up until your knees are bent. Return to the starting position and repeat.

Kneeling Plank Press



How to perform: Kneel on the machine with your feet flat on the floor. Push the handles 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. Pull one leg forward until your knee is bent. Return to the starting position and repeat.

Toe Touch Stretch



How to perform: Lie on the machine with your feet flat on the floor. Reach down to 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. Push your legs out to the sides until your knees are bent. Return to the starting position and repeat.

Seated Chest Stretch



How to perform: Sit on the machine with your feet flat on the floor. 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 legs out to the sides until your knees are bent. 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 legs out to the sides until your knees are bent. Return to the starting position and repeat.

Toe Touch Row



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

Lying Leg Curl w/ Crunch



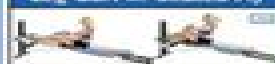
How to perform: Lie on the machine with your feet flat on the floor. Curl your legs up until your knees are bent. Return to the starting position and repeat.

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 bent. Return to the starting position and 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 bent. Return to the starting position and 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. Return to the starting position and repeat.

Total Gym Workout Guide

Steve Holman

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Total Gym Workout Guide:

The Complete Idiot's Guide to Weight Training Deidre Johnson-Cane, Joe Glickman, Jonathan Cane, 2002-12-01 This text aims to be useful to those looking for an approachable beginner's guide to lifting weights. The book is issued in the illustrated format where photographs and line illustrations are given as much attention as the easy to read text. The guide includes multiple exercises for all the major muscle groups, photographs depicting the beginning, midpoint and ending positions for each exercise, and photographs depicting the most common mistakes in executing various exercises, allowing readers to learn from others' mistakes.

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.

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.

The Men's Health Gym Bible Michael Mejia, Myatt Murphy, 2017-04-18 The Men's Health Gym Bible is the ultimate resource for the total gym experience. Men's Health fitness advisor Michael Mejia and co-author Myatt Murphy will teach you how to use various types of gym equipment for optimal strength and cardiovascular fitness. In addition to hundreds of exercises for strength and cardio, equipment like free weights, stability balls, and treadmills, this updated edition is filled with exercises and expert fitness advice for cutting edge equipment like TRX suspension training, sandbags, and kettlebells. With almost 700 photos, this edition features all new images that demonstrate proper form and technique for every functional exercise. The Men's Health Gym Bible is for anyone trying to get the most out of your fitness goals, no matter what your fitness level is. Gym novices will find helpful information such as the ins and outs of gym memberships, contract negotiation tips, and how to safely use a piece of equipment for the first time. This is the ultimate resource for the total gym experience and a book that no fitness enthusiast should be without.

Ironman's Home Gym Handbook Steve Holman, 1990 *A Guide to Exercise and Fitness Equipment* Prevention Magazine, 1987

Men's Health Total Fitness Guide, 2002

The First Year: Heart Disease Lawrence D. Chilnick, 2008-01-23 By the co-creator of the New York Times bestselling *The Pill Book*, key medical, diet, and lifestyle strategies for managing cardiovascular disease in the year post diagnosis.

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

How I Gave Up My Low-Fat Diet and Lost 40 Pounds..and How You Can Too Dana Carpender,2003-07-01 How I Gave Up My Low Fat Diet and Lost Forty Pounds is a breezy chatty non technical fun to read explanation of low carbohydrate dieting why it works the surprising health benefits and most importantly how to do the diet Or rather diets since the book details three very different main approaches to controlling carbohydrates including the Basic Low Carb Diet similar to Atkins or Protein Power and the Mini Binge Diet popularized as The Carbohydrate Addict's Diet plus several variations finally summing up the basic principles which tie them all together The point is to give the reader the tools necessary to construct a new way of eating that will fit his or her body psyche and lifestyle thus allowing them to stay slim energetic and healthy for life

Triathloning for Ordinary Mortals Steven Jonas,1999 The explosion of interest in physical fitness that has sent Americans running bicycling and swimming by the tens of thousands now extends to the fitness competition that combines all three triathloning Steven Jonas a former nonathlete who began endurance sports in middle age offers an accessible program for anyone from beginner to experienced jogger Dr Jonas's own experiences are the basis of this user friendly book directed to the person who wants to do more than just run He sets forth basic recommendations on equipment necessary for triathloning and outlines a three phased training program that will take the untrained beginner to a state of fitness where he or she can complete a triathlon of moderate distance The book includes a chapter on nutrition and a stretching program Dr Jonas has revised and updated the work to include information on how to run longer races how to train for the increasingly popular duathlon run bike run and new tips from his further fifteen years of experience Techniques fitness training equipment nutrition pre race the race itself a readable introduction for the aspiring recreational triathlete A new chapter on duathlons and how to run longer races and updated appendixes on the latest magazines and books of interest to triathlons Dr Steven Jonas has participated in 100 multi sports events

Total Career Fitness William Morin,2000-01-17 In the tradition of What Color is Your Parachute this guide helps readers address key career questions such as Why am I doing what I'm doing and Should I stay with my current organization Users will be able to get their careers in shape by taking more responsibility for job planning Morin makes regular career checkups and workouts simple by including easy to use assessments and checklists The enclosed diskette contains key forms facilitating quick customization

The Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton,2007

Marty Liquori's Home Gym Workout Marty Liquori,Gerald Secor Couzens,1986

Skiing ,1981-10

The Complete Mind & Body Book Jean Ann Graham,Louise Wallace,1990

Subject Guide to Books in Print ,2001

[The Complete Idiot's Guide to Yoga](#) Joan Budilovsky,Eve Adamson,1998 A yoga book anyone can use explains how basic stretching meditation and breathing exercises increase body flexibility relax tense mind and muscle

and improve life productivity and self satisfaction Contains step by step easy to follow diagrams of the standard yoga moves

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