

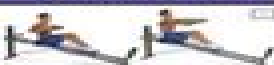
total gym®

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 of the movement. The third image shows the end of the movement, while the fourth image shows the starting position. The fifth image shows the end of the movement, while the sixth image shows the starting position. The seventh image shows the end of the movement, while the eighth image shows the starting position. The ninth image shows the end of the movement, while the tenth image shows the starting position. The eleventh image shows the end of the movement, while the twelfth image shows the starting position. The thirteenth image shows the end of the movement, while the fourteenth image shows the starting position. The fifteenth image shows the end of the movement, while the sixteenth image shows the starting position. The seventeenth image shows the end of the movement, while the eighteenth image shows the starting position. The nineteenth image shows the end of the movement, while the twentieth image shows the starting position. The twenty-first image shows the end of the movement, while the twenty-second image shows the starting position. The twenty-third image shows the end of the movement, while the twenty-fourth image shows the starting position. The twenty-fifth image shows the end of the movement, while the twenty-sixth image shows the starting position. The twenty-seventh image shows the end of the movement, while the twenty-eighth image shows the starting position. The twenty-ninth image shows the end of the movement, while the thirtieth image shows the starting position. The thirty-first image shows the end of the movement, while the thirty-second image shows the starting position. 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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.

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



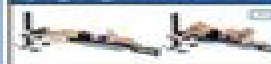
How to perform: Lie on the machine with your feet flat on the floor. Push your body up until your arms are fully extended. Lower your body back to the starting position. Repeat.

Toe Touch Row



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

Seated Row



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. Lower your body back to the starting position. Repeat.

Arms Cross/Snow Angel



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. Lower your body back to the starting position. Repeat.

Shoulders

Shoulder 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. Lower your body back to the starting position. Repeat.

Upright Row



How to perform: Lie on the machine with your feet flat on the floor. Row your body up until your chin is over the bar. Lower your body back to the starting position. Repeat.

Front Raise



How to perform: Lie on the machine with your feet flat on the floor. Raise your body up until your chin is over the bar. Lower your body back to the starting position. Repeat.

Serve



How to perform: Lie on the machine with your feet flat on the floor. Serve your body up until your chin is over the bar. Lower your body back to the starting position. Repeat.

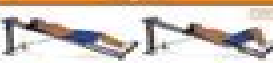
Legs

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 over your hips. Lower your legs back to the starting position. Repeat.

Squat



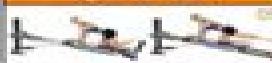
How to perform: Lie on the machine with your feet flat on the floor. Squat your body down until your thighs are parallel to the floor. Stand back up. Repeat.

Outer Hip & Thigh



How to perform: Lie on the machine with your feet flat on the floor. Lift your body up until your thighs are parallel to the floor. Lower your body back to the starting position. Repeat.

Sprinter Start



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.

Arms

Seated Biceps Curl



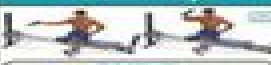
How to perform: Lie on the machine with your feet flat on the floor. Curl your arms up until your hands are over your shoulders. Lower your arms back to the starting position. Repeat.

Lying Triceps



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 Biceps



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 Triceps 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.

Abs

Sit-Up with Cables



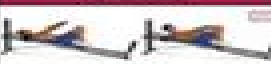
How to perform: Lie on the machine with your feet flat on the floor. Sit up until your knees are over your hips. Lower your body back to the starting position. Repeat.

Oblique Twister



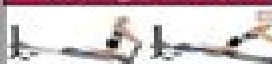
How to perform: Lie on the machine with your feet flat on the floor. Twist your body to the side until your arms are fully extended. Return to the starting position. Repeat.

Crunches



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.

Kneeling Plank Press



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.

Stretch

Front Leg Stretch



How to perform: Lie on the machine with your feet flat on the floor. Stretch your front leg forward until you feel a pull in the muscle. Hold for 30 seconds. Repeat.

Toe Touch Stretch



How to perform: Lie on the machine with your feet flat on the floor. Touch your toes with your hands. Hold for 30 seconds. Repeat.

Seated Back Stretch



How to perform: Lie on the machine with your feet flat on the floor. Stretch your back by pulling one leg towards your chest. Hold for 30 seconds. Repeat.

Seated Chest Stretch



How to perform: Lie on the machine with your feet flat on the floor. Stretch your chest by pulling one arm across your body. Hold for 30 seconds. Repeat.

Tg 15owner S Guide Total Gym

Steve Barrett

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

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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 Gym Ball Workout](#) Steve Barrett, 2020-11-03 The ultimate one-stop guide to using this bestselling piece of equipment, not just in the gym but at home too. Practical and easily accessible, The Total Gym Ball Workout is perfect for the fitness enthusiast or fitness professional who wants to lightly improve their knowledge and heavily improve the range of exercises they can use in their training. Tried and tested exercises are accompanied by clear photos and illustrations presented in a modern and logical way. The Total Gym Ball Workout is brimming with ideas for using this popular piece of fitness equipment. Packed with clear and easy-to-use exercises, this how-to reference book also provides adaptations of basic and advanced exercises, making it ideal for anyone who wants to get the most out of their fitness gear. Each exercise idea is organized by fitness level and includes follow-up and extension ideas. Written in a jargon-free and concise style, this book is light on the science and background, heavy on practicality.

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