

## STARTER/BEGINNER PROGRAM



### #6 Decline Abdominal Crunch:

*Unhook arm pulley cable.*

*Attach wing accessory.*

Start in the Squat position (#5) on the glideboard.

Place arm across your chest. Lift your head and shoulders off the glideboard crunching the abdominal area. Your back should remain on the glideboard. Lay back in the original position and repeat.

*Muscle Groups Exercised:*

*Upper and Lower Abdominal*



Dannyboy76



### #7 Stretcher:

*Unhook arm pulley cable.*

Grasp pulley handles. Slide the glideboard up and sit at the bottom facing the height adjustment column. Put your legs on the glideboard. Keep your arms, legs and back straight. Slowly bend at the waist and stretch forward. Hold the stretch for at least 5 seconds. Pull up to rest. Do not bend elbows. Do not bounce Repeat.

*Muscle Groups Exercised:*

*Hamstrings, Lower Back*



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# West Bend Total Gym Manual

**B Lingard**



## **West Bend Total Gym Manual:**

## **West Bend Total Gym Manual** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**West Bend Total Gym Manual**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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