

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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Total Gym Platinum Exercise Manual

J Elliott



Total Gym Platinum Exercise Manual:

TV Guide, 2003 **JCPenney [catalog]**, 2003 *Skiing*, 1982-09 **LL Cool J's Platinum 360 Diet and Lifestyle**
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Table of Contents Total Gym Platinum Exercise Manual

1. Understanding the eBook Total Gym Platinum Exercise Manual
 - The Rise of Digital Reading Total Gym Platinum Exercise Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Total Gym Platinum Exercise Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Total Gym Platinum Exercise Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Total Gym Platinum Exercise Manual
 - Personalized Recommendations
 - Total Gym Platinum Exercise Manual User Reviews and Ratings
 - Total Gym Platinum Exercise Manual and Bestseller Lists
5. Accessing Total Gym Platinum Exercise Manual Free and Paid eBooks
 - Total Gym Platinum Exercise Manual Public Domain eBooks
 - Total Gym Platinum Exercise Manual eBook Subscription Services
 - Total Gym Platinum Exercise Manual Budget-Friendly Options
6. Navigating Total Gym Platinum Exercise Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Total Gym Platinum Exercise Manual Compatibility with Devices
 - Total Gym Platinum Exercise Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Total Gym Platinum Exercise Manual
 - Highlighting and Note-Taking Total Gym Platinum Exercise Manual
 - Interactive Elements Total Gym Platinum Exercise Manual
8. Staying Engaged with Total Gym Platinum Exercise Manual

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Total Gym Platinum Exercise Manual
- 9. Balancing eBooks and Physical Books Total Gym Platinum Exercise Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Total Gym Platinum Exercise Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Total Gym Platinum Exercise Manual
 - Setting Reading Goals Total Gym Platinum Exercise Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Total Gym Platinum Exercise Manual
 - Fact-Checking eBook Content of Total Gym Platinum Exercise Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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