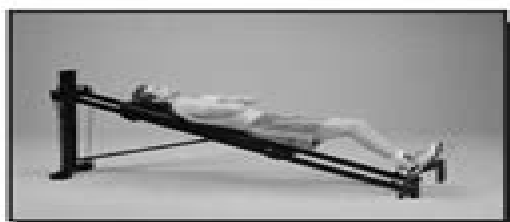
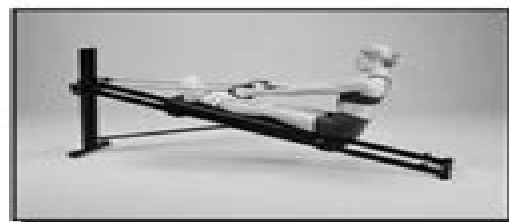


STARTER/BEGINNER PROGRAM



#6 Decline Abdominal Crunch:
Unhook arm pulley cable.
Attach wing accessory.
 Start in the Squat position (4/5) 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.

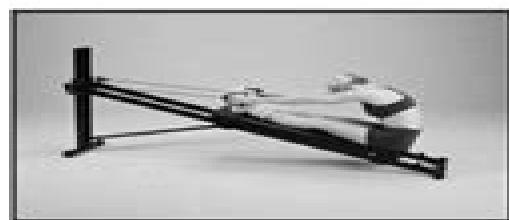
Muscle Groups Exercised:
 Upper and Lower Abdominals



#7 Stretch:
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 bounce Repeat.

Muscle Groups Exercised:
 Hamstrings, Lower Back



CIRCUIT TRAINING PROGRAM CHART*

Please refer to page 4 under "Definition of Terms" for a complete understanding of Circuit Training.

Exercise#	Description	Time Goal	Sets	Tempo	Rest Time
9	Rowing	2 minutes**	1-3	1/1	30 seconds
10	Surfer	2 minutes**	1-3	1/1	30 seconds
8	Cardio Pull	2 minutes**	1-3	1/1	30 seconds
5	Squat	2 minutes**	1-3	1/1	30 seconds

*Circuit Training can be performed in any order.

**Total workout time should add up to a minimum of 20 minutes to reach optimum conditioning.
 See exercises on page 8.

Total Gym Exercise Manual

Melisenda Edwards, Katalin Wight

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

Total Gym Exercise Manual:

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 Fitness Manual Gold's Gym, 2017-01-03 Transform your body in just 12 weeks. Take the challenge. Cover [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 Fitness Manual Marnie Peterson, The perfect eBook for women and men looking to become fitter, healthier, and lose fat. This amazing guide is chock full of great advice and tips that you can action today. Become the person that you have always wanted to be. Whether you want to do it for your partner or yourself, this book will give you the push you need in the right direction. Here is a preview of what is in this eBook: Improving Your Mindset, Attitude is Everything, Getting Back Into the Exercise Groove, Diet and Nutrition: How Many Calories Are Enough? Tips on Avoiding Yo-Yo Dieting, Food for the Immune System, Exercises for Fitness and Fat Loss, How to Stretch and Why, Take a Walk, How to Lose Weight by Running, How to

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 Ola Grimsby, Jim Rivard, 2009-03-04 This long awaited textbook and its companion texts from The Ola Grimsby Institute
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 Falkel, 2011-01-01 While several treatment options exist for knee arthritis patients end stage treatment is total knee
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Take the Cardio Challenge The Experts at Gold's Gym, 2018-12-15 This book reminds students that there are many ways to exercise From walking to running cycling to boxing high intensity interval training to swimming this guidebook provides readers with a variety of cardiovascular training exercises Students will receive sample exercises and stretches to add to their repertoire and learn about the importance of cardiovascular exercise This book demonstrates the physical benefits such as increased blood circulation improved stamina and stronger heart and lungs that exercise has on the body

The Layperson's Guide to Exercise, Diet & Supplements Daniel J. Shamy, 2013-04 We instinctively know that exercise eating the right things and taking vitamins sustains our health maintains our youth and offers a sense of wellbeing Traditional fitness publications do a great job telling you what to do but lack any explanation as to the why and how They offer a map to youth by micromanaging your diet exercise and or supplements You blindly follow their lead in expectation of finding your fountain of youth through their training Every body is different which is why one map may work for one person but not another maybe it failed you so you try another What you may not realize is that although they offer step by step instruction to find the fountain they are not teaching you how to read the map Although the map is the same the directions are different for each of us to find the fountain of youth The difference between the layperson and expert is their ability to read the map as a whole that map is our anatomy That cartography lesson is learned by teaching you how exercise diet and supplements work rather than being told what in the same to follow At the end of the lesson you may now understand that your journey may require parts of many methods rather than the single direction of one The author shares his own journey as he teaches you how to read the map so you understand how one has successfully read the map to discover his fountain of youth *Ebony*, 2001-06 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still

maintains the highest global circulation of any African American focused magazine *Deep End of the Pool Workouts*
Melisenda Edwards,Katalin Wight,2017-06-30 A guide to the hottest new trend in full body no impact exercise pool workouts
where your feet never touch the bottom Whether you re a professional athlete or general fitness enthusiast wouldn t you
prefer a workout that s kinder to your joints while also producing amazing results Thanks to the higher force required to
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just that By detailing proper form and technique this handy guide makes sure you gain maximum benefit from your water
workout including greater SPEED POWER STRENGTH FLEXIBILITY *Shape21: The Complete 21 Day Lean Body Manual* ,

Don't Get Duped Larry M. Forness,2013-10-07 In the health and fitness industry truth is a scarce commodity charges Dr
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James Wyss,2012-12-17 Therapeutic Programs for Musculoskeletal Disorders is a guide for musculoskeletal medicine

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

The Complete Guide to Boxing Fitness Hilary Lissenden, 2015-01-08

A comprehensive practical guide to non-contact boxing looks at workouts in an individual, group, or class setting. Learn how to improve clients' body composition, heart, lung, stamina, strength, speed, coordination, balance, and flexibility. It also covers boxing training's less tangible but equally important benefits, such as building confidence and self-esteem, especially relevant to schools and young people. Key features include:

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Therapeutic Exercise

Carolyn Kisner, Lynn Allen Colby, John Borstad, 2017-10-18

Here is all the guidance you need to customize interventions for individuals with movement dysfunction. You'll find the perfect balance of theory and clinical technique in depth discussions of the principles of therapeutic exercise and manual therapy, and the most up-to-date exercise and management guidelines.

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