

The exercise chart shows people performing exercises on the Total Gym. Each exercise is illustrated with a diagram and a description of the exercise. The Total Gym is a versatile fitness machine that can be used for a wide variety of exercises. The Total Gym is a versatile fitness machine that can be used for a wide variety of exercises. The Total Gym is a versatile fitness machine that can be used for a wide variety of exercises.

### Chest

#### Seated Chest Press



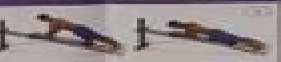
Seated Chest Press

#### Seated Chest Fly



Seated Chest Fly

#### Incline Push-Up



Incline Push-Up

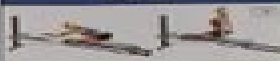
#### Lateral Chest Fly



Lateral Chest Fly

### Compound

#### Surfer



Surfer

### Back

#### Pull-Up



Pull-Up

#### Front Pullover



Front Pullover

#### Seated Row



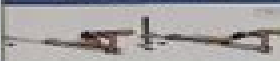
Seated Row

#### Iron Cross/Star Angel



Iron Cross/Star Angel

#### Core Extension



Core Extension

### Shoulders

#### Shoulder Press



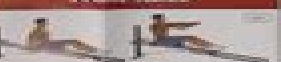
Shoulder Press

#### Upright Row



Upright Row

#### Front Raise



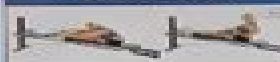
Front Raise

#### Serve



Serve

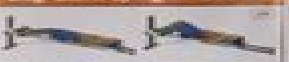
#### Toe-Touch Row



Toe-Touch Row

### Legs

#### Leg Curl, Lying or Seated



Leg Curl, Lying or Seated

#### Squat



Squat

#### Quadrupleg & Thigh



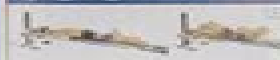
Quadrupleg & Thigh

#### Springer Start



Springer Start

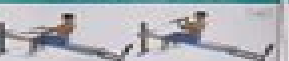
#### Lying Leg Curl w/ Crunch



Lying Leg Curl w/ Crunch

### Arms

#### Seated Biceps Curl



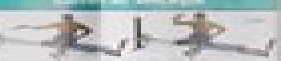
Seated Biceps Curl

#### Lying Triceps



Lying Triceps

#### Lateral Biceps



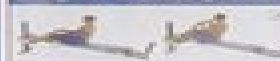
Lateral Biceps

#### Lateral Triceps Extension



Lateral Triceps Extension

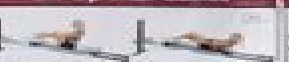
#### Leg Curl w/ Biceps Curl



Leg Curl w/ Biceps Curl

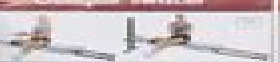
### Abs

#### Sit-Up with Cables



Sit-Up with Cables

#### Oblique Twister



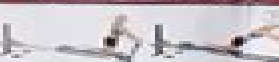
Oblique Twister

#### Crunches



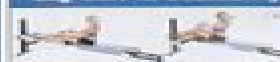
Crunches

#### Kneeling Plank Press



Kneeling Plank Press

#### Leg Curl w/ Seated Fly



Leg Curl w/ Seated Fly

### Stretch

#### Front Leg Stretch



Front Leg Stretch

#### Toe-Touch Stretch



Toe-Touch Stretch

#### Seated Back Stretch



Seated Back Stretch

#### Seated Chest Stretch



Seated Chest Stretch

#### Arm Pulldown



Arm Pulldown

# Total Gym XI Workout Guide

**Mark Lauren, Joshua Clark**

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 XI Workout Guide:**

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This resource no traveler should be without promotes a diet that works well for both road warriors and occasional tourists  
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and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of  
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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  
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modern and logical way The Total Gym Ball Workout is brimming with ideas for using this popular piece of fitness equipment  
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exercises making it ideal for anyone who wants to get the most out of their fitness gear Each exercise idea is organised by  
fitness level and includes follow up and extension ideas Written in a jargon free and concise style this book is light on the  
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about every style of self defense in the world including techniques and strategies In addition Black Belt produces and  
markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital  
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ultimate get in shape fast at home no equipment required program designed especially for women from the ultra fit Special  
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depleting cardio exercises Elite trainer and fitness guru Mark Lauren is here to show you that the best and only equipment you need to get in shape is free and always accessible your own body This quick and easy program will save you time money and maybe your life In less than thirty minutes three times a week and with no machinery or weights you can achieve the toned arms flatter abs tighter buns and killer legs you ve always wanted You won t build bulk you ll build strength and turn your body into a fat burning machine Featuring 120 different exercises in five movement categories Pulling Squatting In Line Pushing Perpendicular Pushing and Bending and with three ascending levels of difficulty Body by You ensures that you ll never get bored by the same static workout And with such a small time commitment less than one percent of your time every week it is a fun program that can be effortlessly incorporated with your work and family plans With Mark Lauren as your motivational guide and nutritional coach Body by You will help you meet your individual fitness goals Ultimately it s not about moving through the gym with ease it s about moving through your life with ease leaner stronger more confident and with more energy

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