

The Total Gym is a revolutionary piece of fitness equipment that allows you to exercise in a natural, functional way. It's the only piece of gym equipment that can be used for over 100 different exercises. The Total Gym is designed to work with your body's natural movement patterns, so you can get the most out of your workout. The Total Gym is a versatile piece of equipment that can be used for a wide variety of exercises, including strength training, cardio, and stretching. The Total Gym is a great investment for anyone who wants to improve their overall health and fitness.

Chest

Seated Chest Press

1. Sit on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Seated Chest Fly

1. Sit on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Incline Push-Up

1. Place your hands on the Total Gym handles. 2. Push your body up, until your arms are fully extended. 3. Lower your body back down to the starting position. 4. Repeat for the desired number of repetitions.

Lateral Chest Fly

1. Sit on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Compound

Surfer

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Core Extension

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Toe Touch Row

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Lying Leg Curl w/ Crunch

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Leg Curl w/ Biceps Curl

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Leg Curl w/ Seated Fly

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Arm Pulldown

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Back

Pull-Up

1. Grasp the Total Gym handles with your hands shoulder-width apart. 2. Pull your body up, until your chin is over the handles. 3. Lower your body back down to the starting position. 4. Repeat for the desired number of repetitions.

Front Pulling

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Seated Row

1. Sit on the Total Gym with your feet on the footplate and your hands on the handles. 2. Pull the handles back towards your chest. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Lean Cross-Cover Angel

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Shoulders

Shoulder Press

1. Sit on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Upright Row

1. Sit on the Total Gym with your feet on the footplate and your hands on the handles. 2. Pull the handles up towards your chest. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Front Raise

1. Sit on the Total Gym with your feet on the footplate and your hands on the handles. 2. Lift the handles forward and up, until your arms are parallel to the floor. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Serve

1. Sit on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Legs

Leg Curl (lying or Seated)

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Squat

1. Stand on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower your body back down to the starting position. 4. Repeat for the desired number of repetitions.

Overlapping Biceps

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Spineless Squat

1. Stand on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower your body back down to the starting position. 4. Repeat for the desired number of repetitions.

Arms

Seated Biceps Curl

1. Sit on the Total Gym with your feet on the footplate and your hands on the handles. 2. Lift the handles forward and up, until your arms are parallel to the floor. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Lying Triceps

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Lateral Raise

1. Sit on the Total Gym with your feet on the footplate and your hands on the handles. 2. Lift the handles forward and up, until your arms are parallel to the floor. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Lateral Triceps Extension

1. Sit on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Abs

Sit-Up with Cables

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Oblique Transfer

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Crunches

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Knocking Plank Press

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Stretch

Front Leg Stretch

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Toe Touch Stretch

1. Lie on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Seated Back Stretch

1. Sit on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Seated Chest Stretch

1. Sit on the Total Gym with your feet on the footplate and your hands on the handles. 2. Push the handles forward and up, until your arms are fully extended. 3. Lower the handles back down to the starting position. 4. Repeat for the desired number of repetitions.

Total Gym 1500 Workout Guide

Sheena Bull



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