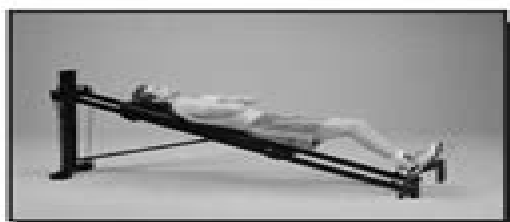
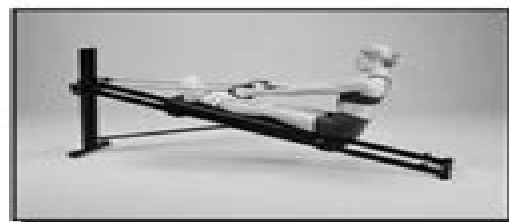


STARTER/BEGINNER PROGRAM



#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.

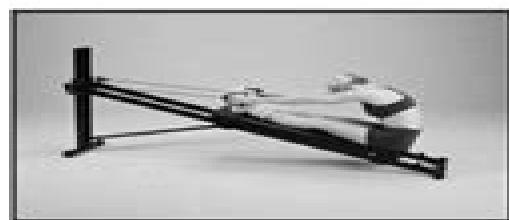
Muscle Groups Exercised:
 Upper and Lower Abdominals



#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.

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A Loxley



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TV Guide ,2006 *The Complete Idiot's Guide to Total Nutrition* Joy Bauer,2005 As fad diets come and go one aspect of all health and diet remains and even continues to grow in emphasis the importance of good nutrition Good health is priority number one especially for parents bringing up children in a world of junk food No matter what your diet or whether you work in a cubical or are training as an athlete nutrition is your number one consideration In the fourth edition of *The Complete Idiot's Guide to Total Nutrition* readers will find Everything you need to know to ensure that you and your family are getting the best nutrition possible How to get the needed vitamins and minerals you need daily in your food How to shop smart for food What you need to know about fats and cholesterol **Statistical Fact Book** ,2004 *Training & Conditioning* ,2003

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