

The TOTAL FLEX comes with:

- TOTAL FLEX Unit
- Ankle Straps
- Handle Set
- Manual (English)

The Total Flex is delivered fully assembled so it's ready to use right out of the box. Ultra-compact, it unfolds in seconds.

Resistance Band Chart

Resistance Level	Band(s) engaged per pod			Total Resistance (Weight)
	Grey (2 x 5.25 kg)	Black (2 x 7.25 kg)	Red (2 x 10.5 kg)	
1	⊙			10.5 kg = 23.1 lbs.
2		●		14.5 kg = 31.9 lbs.
3			●	21 kg = 46.2 lbs.
4	⊙	●		25 kg = 55 lbs.
5	⊙		●	31.5 kg = 69.3 lbs.
6		●	●	35.5 kg = 78.1 lbs.
7	⊙	●	●	46 kg = 101.2 lbs.
The 2 combinations below can be created with additional resistance bands which are available as an upgrade from under the Total Flex accessory.				
8		●	●	52 kg = 114.6 lbs.
9	●	●	●	63 kg = 138.6 lbs.



TOTAL FLEX- Workout programs



- 1 Fast Start, to show you how fun and easy getting in shape can be.
- 2 Rapid Weight Loss, for an intense cardio combo workout.
- 3 Flex Strength, to get big and ripped.
- 4 Total Flex Core, for firm, flat abs and a strong midsection.
- 5 Extreme, your ticket to over the top results!
- 6 Hips, Buns and Thighs, to get you lifted, tightened and toned.

Total Flex Workout Guide

Mario Fraioli

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

Total Flex Workout Guide:

The Complete Idiot's Guide to Quick Total Body Workouts Tom Seabourne Ph.D.,2012-02-07 Earn the body you've been waiting for with the ultimate guide to quick and easy total body workouts Today people are busier than ever before often at the expense of their health The Complete Idiot's Guide to Quick Total Body Workouts acknowledges this trend and gives readers quick and simple exercises they can do for all of their major muscle groups whether at the gym home or office The exercises are as effective as they are easy to follow giving readers great looking results in no time **The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training** Mario Fraioli,2013-04-01 Rock your run with The Official Rock n Roll Guide to Marathon and Half Marathon Training This practical encouraging guide makes preparing for marathon and half marathon as rewarding as race day With coaching advice running workouts and training programs from Coach Mario Fraioli you'll enjoy training and cross the finish line feeling great Coach Mario will guide you from sign up to finish line With his expert advice you'll choose your race set your goals select the right gear and move swiftly through a beginner or experienced marathon or half marathon training program Fraioli covers all of running's most important topics dynamic warm up exercises smart and realistic workouts healthy sports nutrition and hydration guidelines tips for quick and complete recovery strength training and crosstraining advice to treat common running injuries and strategies for race week and race day He offers useful tools like running pace charts a sweat loss calculator and a preview of each Rock n Roll race course The Rock n Roll Marathon and Half Marathon series is the world's most popular running series because each race is a fun and feel good challenge Now with the Official Rock n Roll Guide you'll be ready to rock your marathon or half marathon **The Jennifer Nicole Lee Fitness Model Diet** Jennifer Nicole Lee,2010 JNL's inspirational weight loss success story has motivated millions worldwide She is the world's top fitness model and her new book reveals her top secrets to becoming sexy strong and sleek *The Complete Idiot's Guide to Knockout Workouts for Every Shape, Illustrated* Patrick S. Hagerman,2006-11-07 It's time to get into shape the easy way Author and fitness expert Patrick Hagerman provides comprehensive information and customized workout plans for every age ability level and physical condition With Hagerman as their coach readers will be on the right track to fitness in no time improving their health self esteem and appearance Presented in a style easily referenced and cross referenced for all ages and ability levels Written by an experienced author and fitness expert Well illustrated for increased comprehension of programs and exercises Caters to everyone from pregnant women to older men with lower back pain **The U.S. Navy Seal Guide to Fitness and Nutrition** Patricia A. Deuster,Pierre A. Pelletier,Anita Singh,2007-06-01 Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities Topics covered include calculating energy expenditure definitions functions and daily allowances of carbohydrates fats and protein nutritional considerations for

endurance and strength training activities active recovery from injury cardio respiratory conditioning appropriate gear for running and swimming for fitness exercising in extreme and adverse weather and more Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone wanting to improve his or her health strength and endurance

Men's Health Total Fitness Guide, 2002

Triathlete Magazine's Essential Week-by-Week Training Guide Matt Fitzgerald, 2009-11-29 From Triathlete magazine the most popular source for triathlete information comes an essential guidebook of weekly training plans for all skill levels As popular as the swim bike run sport has become in recent years triathlon training remains a daunting physical and mental challenge From short sprints to Olympic distance events this guide from Triathlete magazine provides athletes with different plans for every skill level and shows them how to build up their training to reach their ultimate goal Good humored narrative text accompanies detailed workout schedules guidelines weekly goals and coaching tips Including off season training advice and photo illustrated stretches and exercises this is the book triathletes need to stay at the top of their game

Physical Best Activity Guide Physical Best (Program), 2011 This comprehensive health related fitness education program is back and better than ever Developed by top level physical educators this third edition will help students gain the knowledge skills appreciation and confidence they need to lead active healthy lives regardless of physical and mental abilities or disabilities Physical Best Activity Guide Elementary Level has been used with much success across the United States and for good reason The text contains 78 easy to use activities ranging from noncompetitive to competitive and less demanding to more demanding It also includes activities that allow for maximum time on task All the instructional activities address the national physical education standards dance standards or health standards This new edition retains the best activities from previous editions and offers new ones from outstanding teachers throughout the United States You will learn how to adapt the activities for all children regardless of skill level or ability Students will also learn skills to help them set realistic goals manage their activity levels and remain healthy throughout their lives This text offers the following features A new chapter Combined Component Training combines aerobic fitness muscular strength and endurance and flexibility into single activities A CD ROM contains a wealth of reproducibles including charts posters signs station cards handouts and worksheets many of which can be adapted to meet your needs A section of Internet resources helps you develop your own special events

Fitness Instructor Training Guide Cheryl L. Hyde, 2002

The Rock Climber's Exercise Guide Eric Horst, 2016-12-01 The only conditioning book a rock climber needs Rock climbing is one of the most physically challenging sports testing strength endurance flexibility and stamina Good climbers have to build and maintain each of these assets This revised and updated edition of the classic book *Conditioning for Climbers* provides climbers of all ages and experience with the knowledge and tools to design and follow a comprehensive personalized exercise program

The Complete Idiot's Guide to the Pilates Method Karon Karter, 2001 Explains the Pilates attitude technique equipment and the importance of posture and diet and

discusses how to teach others the Pilates method **Ultimate Core Ball Workout** Jeanine Detz,2005-06 Transform your core muscles with unstable workouts using the exercise ball with this revolutionary fitness book from author Jeanine Detz From shapely abs to the Pilates Powerhouse core strengthening has become the main focus for today s exercise enthusiasts Now Ultimate Core Ball Workout takes core training to a higher level with its on the ball variations of traditional mat exercises The unique benefits of ball training enable the program in Ultimate Core Ball Workout to produce better results in less time Any crunch will work the abs but this book s crunch on the ball simultaneously engages the stabilizing muscles of the abdomen and lower body working more muscle and producing a more sculpted midsection faster The exercises outlined in this book are suitable for all levels from beginner to fitness professional and the photo sequences and clearly written captions teach proper techniques Offering more than just good looking abs the program in Ultimate Core Ball Workout produces numerous health and fitness benefits including a stronger more supportive back improved posture better performance in sports and even more enjoyable sex Plus each exercise is presented with tips and modifications to increase the challenge so readers can continue to improve and get stronger over time **The Complete Idiot's Guide to Weight Training** Deidre Johnson-Cane,Joe Glickman,Jonathan Cane,2002-12-01 This text aims to be useful to those looking for an approachable beginner s guide to lifting weights The book is issued in the illustrated format where photographs and line illustrations are given as much attention as the easy to read text The guide includes multiple exercises for all the major muscle groups photographs depicting the beginning midpoint and ending positions for each exercise and photographs depicting the most common mistakes in executing various exercises allowing readers to learn from others mistakes The Rotarian ,1994-02 Established in 1911 The Rotarian is the official magazine of Rotary International and is circulated worldwide Each issue contains feature articles columns and departments about or of interest to Rotarians Seventeen Nobel Prize winners and 19 Pulitzer Prize winners from Mahatma Ghandi to Kurt Vonnegut Jr have written for the magazine TV Guide ,2000 Be a Loser! Greer Childers,1999-12-31 Through the daily fifteen minute routine of breathing isometrics and isotonic exercises that makes up her BodyFlex program the author shows how to slim down and attain good muscle tone *The Cosmo Bikini Diet* Holly Corbett,The editors of Cosmopolitan,2013-12-31 The Cosmo Bikini Diet is a weight loss plan designed to get you slim and sexy all over without leaving you feeling unsatisfied moody and hungry for real In fact it makes eating well and working out actually feel well enjoyable This 12 week program gives you all the tools you need to drop pounds and get toned without cramping your lifestyle Monthly real world eating plans Hot ideas to up the feel good moments in your day so you don t use food as a quick fix and more You ll lose up to 15 pounds or more in 12 weeks without feeling deprived The meal plans were specially designed by Molly Morgan RD Board Certified Sports Specialist Dietitian the owner of Creative Nutrition Solutions and author of The Skinny Rules and includes dozens of easy recipes Each week the reader learns a new get skinny secret like how to fuel up on the right carbs slash sneaky sources of sugar choose foods that will

flatten your tummy Then customized fitness plan from celebrity trainer Tracy Anderson and Barry s Bootcamp offers a mix of cardio and body sculpting moves to tone your butt arms belly and more The truth is that reaching your happy weight is not so much about hitting a number on the scale or size tag in your jeans but about feeling light and lean and strong It s about getting there without abusing your body with extreme dieting and exercise It s about eventually walking around whether in a bikini or not with confidence knowing that you are the healthiest you that you can be AgelessWorkout: Nathaniel O. Wilkins,Shebah Carfagna,2022-06-14 Many people want to have a healthy lifestyle however you are not alone if you find sticking to a healthy diet or exercising regularly a struggle Maintaining a healthy lifestyle shouldn t be only fun but should be part and parcel of our daily lives However you can look for physical activities that work well for you and follow them religiously You can effortlessly find ways to keep yourself motivated by overcoming stumbling blocks that have a knack for getting in your way Maintaining a healthy lifestyle is a multi faceted avenue that involves components such as Nutritional Fitness Physical Fitness and Mental Fitness The book intends to cover all the relevant factor that goes into living a fit and healthy lifestyle with the hope of living to and pass 100 years of age Grab your copies today **Black Belt** ,2004-06 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information 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 arts figure in the world *Physical Fitness* Ernest M. Burgess,Albert Rappoport,1993 Discusses the importance of physical conditioning and the ways in which persons with an amputation can achieve fitness by adapting their prosthesis to the exercise regime or following a conditioning program without it Several amputation levels are covered and variations on how the desired exercises can be accomplished are included Covers the following conditioning exercises calisthenics stretching shoulders legs abdominals and more List of special resources related to sports for the disabled Glossary and bibliography Over 100 b w photos

Total Flex Workout Guide Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Total Flex Workout Guide**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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