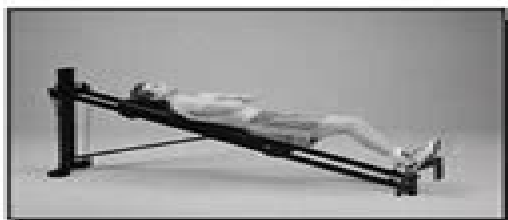
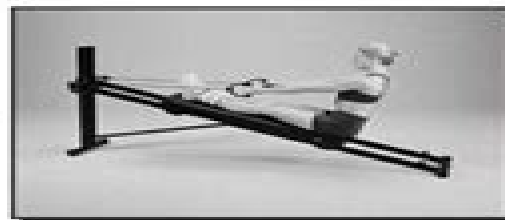
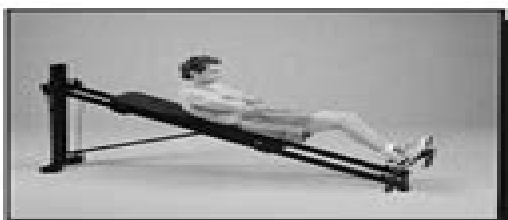


STARTER/BEGINNER PROGRAM



#6 Decline Abdominal Crunch:
Unhook arm pulley cable.
Attach wing accessory.
 Start in the Squat position (#5) on the glideboard.
 Place arms 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.

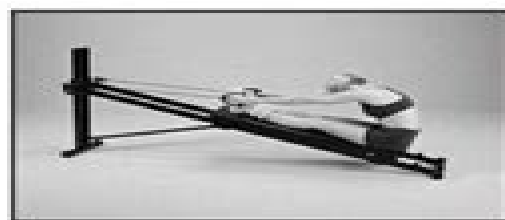
Muscle Groups Exercised:
 Upper and Lower Abdominals



#7 Stretcher:
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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ML Yell



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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.

Kettlebell: A Simple Guide to Learn Kettlebell Exercises (The Ultimate Kettlebell Workouts for a Shredded Body) Bobbie Wright, 2022-01-13 The great thing about the kettlebell is that it allows you to perform resistance cardio. This means you are using cardiovascular training that increases your heart rate and helps you to burn fat. At the same time, though, you are also lifting weight, which protects your muscle from breakdown and increases the challenge, thereby increasing the amount of calories burned and the amount of effort involved. What you will learn in this guide: The benefits of kettlebells. How to purchase the right kettlebell. How to make your own kettlebell cheaply. The top kettlebell exercises that give you the best results. Learn the best workouts that provide high intensity that will make you a kettlebell machine. Enter kettlebell training. In this book, you'll learn how it can help you get ripped and shredded, and more importantly, how to start with the right set of kettlebells, i.e. the right quality and weight. By the end of this short book, you'll be in a great position to start going for that ripped and shredded body you've always dreamed of using kettlebells. You have a great tool in your hands now. It's up to you if you'll use it to the hilt.

L.E.A.N. Guide for the Business Traveler Veronica Tomor, 2011-04-30 There is no available

information at this time *How I Gave Up My Low-Fat Diet and Lost 40 Pounds..and How You Can Too* Dana Carpender,2003-07-01 This is a breezy chatty non technical fun to read explanation of low carbohydrate dieting why it works the surprising health benefits and most importantly how to do the diet Or rather diets since the book details three very different main approaches to controlling carbohydrates including the Basic Low Carb Diet similar to Atkins or Protein Power and the Mini Binge Diet popularized as The Carbohydrate Addict's Diet plus several variations finally summing up the basic principles which tie them all together The point is to give the reader the tools necessary to construct a new way of eating that will fit his or her body psyche and lifestyle thus allowing them to stay slim energetic and healthy for life *Women's Health and Fitness Guide* Michele Kettles,Colette L. Cole,Brenda S. Wright,2006 Examining the benefits of exercise for women from osteoporosis prevention to reducing the risk of cardiovascular disease this book reviews the physiological fitness differences between men and women It also helps women to tailor an exercise programme to their stage in life adolescence pre menopause menopause post menopause and ageing *Weight Training Today* Robert O'Connor,Jerry Simmons,1989 See Adams Racquetball Today for description **The Complete Book of Men's Health** Men's Health Books,2000-08-22 Provides information on health related topics exercise diet and personal grooming [The Complete Book of Bone Health](#) Diane L. Schneider, M.D.,2011-09-27 This book compiles the latest information about bolstering bones from prevention to treatment into a single easy to understand resource The author a leading expert on osteoporosis covers everything you should know about your bones Using evidence based research first hand stories and her own experience she provides practical recommendations to optimize your bone health Get the facts on bone health basics risk factors for bone loss and fractures bone density DXA scans exercise and nutrition vitamin D prescription medicines controversial hot topics complementary and alternative approaches and common health problems and medicines affecting your bones Designed to be practical and user friendly each chapter ends with a bottom line summary The Bare Bones allowing you to easily reference issues of interest This book is a clear accurate and up to date guide to improving bone health and contributing to a healthier life **AudArena Stadium ... International Guide** ,1988 *The School Executive* ,1924 **Minnesota Journal of Education** ,1924 [American Educational Digest](#) ,1923 [Pacific Builder & Engineer](#) ,1929 **eXplode: The X Fitness Training System** Gino Arcaro, Sought after his entire adult life to help others achieve their workout goals Arcaro put his weight lifting theories and routines into this manual His Case Studies true stories from his 40 years of working out completely natural bring a sense of reality to the average gym goer who just wants to get in shape stay in shape and most importantly not quit No gimmicks just discussion and formulas that can be tailored to any situation regardless of how long or how intensely one has been working out **The New Success : Marden's Magazine** ,1921 **The Birmingham School Survey** Birmingham (Ala.). Board of Education,1923 [Current opinion](#) ,1921 *Medical Bulletin of the European Command* ,1966 **The Government of Cincinnati and Hamilton County** City survey committee, Cincinnati,1924

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