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How to Use This Flip Chart

Your body is probably thanking you already. It can hardly wait to feel those old muscles toning up. That's because the Total Gym® PREMIERE Exercise System is a great way to get in shape and stay in shape. Use it as an exercise machine or team it up with other sports as a training machine. It can improve your tennis, racquetball, golf, skiing and swimming, as well as your overall physical and aerobic fitness.

Don't push yourself too hard if you haven't exercised lately. Take it easy and work up slowly.

NOTE: As with any exercise program, consult your physician before starting a workout on the Total Gym® PREMIERE.

We've developed various exercise programs which tone, firm, shape, strengthen and recondition your muscles. Choose the program that suits your fitness level or interest. If you are not a regular exerciser, we recommend you perform the starter program for the first 2 weeks or until you feel comfortable moving on to the Basic Beginners Program. Turn to your desired exercise program and attach this Flip Chart to your Total Gym® PREMIERE. Now you're ready to sculpt a new body

After working out on the Total Gym® PREMIERE, the first thing you'll notice is that you feel better. Not only while you exercise, but all the time. Next, you'll observe your steady climb up the resistance levels. Every time you raise the glideboard, your body has increased in fitness.

Words like "level" and "repetition" are explained on the following pages in easy to understand terms. Review the terms carefully in order to fully understand their usage in the Exercise Program Charts.

Total Fitness with Total Gym® PREMIERE

What is fitness? In general, fitness can be viewed as a measure of body composition (fat vs. muscle), aerobic endurance, muscular strength and flexibility. It is also a state of well-being that breeds confidence and poise. No matter what benefit you want – improved appearance, a higher level of fitness or just a fun exercise program – you'll get it with the Total Gym® PREMIERE Exercise System. Total Gym® PREMIERE lets you exercise at your own pace, without the strain placed on joints by traditional exercises. As you pull yourself up and down the rails, you're working against some percentage of your body weight (see the body weight resistant chart on page 5). Increase or decrease the workload by adjusting the height of the glideboard. There are 38 exercises included in this guide, and they're all explained in full detail. Some are performed with the pulley cable hooked to the glideboard, others don't require the use of the cable. If the pulley cables are hooked, we recommend you always grasp the handles before sitting or laying on the glideboard. This controls the glideboard and makes it easier to get into the correct position for each exercise. When you're ready to get off the glideboard, maintain control of the handles until your feet are on the floor or until the glideboard rests at the bottom of the rails.

Helpful Hints

When using any exercise equipment, basic safety precautions should always be observed, including the following:

- Do not operate any exercise equipment if it is not completely assembled or has been damaged in any manner.
- All equipment should be set up and operated on solid, level surfaces only.
- All equipment including cables and pulleys should always be checked for wear before each use.
- Do not operate exercise equipment with long, loose hair or loose clothing.
- Care should be taken while getting on and off any exercise equipment.
- Do not over-exert yourself or work to exhaustion.
- Close adult supervision is necessary when used by or near children.
- The use of accessory attachments not recommended by the manufacturer may cause injuries.

Definition of Terms

FITNESS CIRCUIT

Comprehensive exercise requires the systematic training of all the body's major muscle groups. Total body fitness is best achieved through Circuit Training, a series of exercises performed repetitively in a certain sequence. After every exercise is finished and the circuit is complete, repeat it as recommended on the charts for each program.

INTENSITY

The intensity of an exercise is measured by the difficulty of pulling or pushing the glideboard up the rails. Intensity refers to how hard you work when you exercise. You control the intensity by the level of resistance you select. For example, if your program calls for 12-20 repetitions of an exercise, and you can only perform 8 repetitions, your resistance level is too high. If you can perform 21 repetitions, you should increase the resistance to the next higher level.

REPETITIONS

Repetitions designate the number of times an exercise is performed within one set. A range of repetitions is recommended so that you can perform exercises with precision and form. If you are not able to complete the recommended repetitions before losing form, you should reduce the resistance to allow good form.

SETS

A set is a sequence of repetitions of one exercise. If you are a beginner, start with only one set of each exercise. When you are able to perform one set of each exercise with minimal soreness two days post exercise, you are ready to add a second set. Use this same guideline to advance to a third set of each exercise. *(continued...)*

Definition of Terms *continued*

TEMPO – SPEED OF MOVEMENT

Tempo is the pace at which you move during the exercise. For instance, performing the squat with a slow tempo (3 seconds up – concentric and 3 seconds down – eccentric) would expose the muscles to approximately six seconds of work per repetition. The same exercise performed at a fast tempo (1 second up – concentric and 1 second down – eccentric) would provide two seconds work – per repetition. Tempo is a critical component because the amount of time a muscle is under tension is a primary stimulus by which the body gets stronger.

In the following Program Charts, tempo is defined by two numbers with a slash between them. For example 2/3 indicates 2 seconds up – concentric, and 3 seconds down – eccentric.

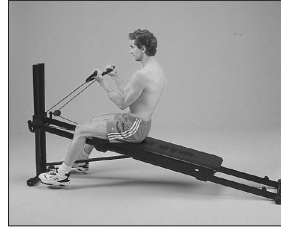
REST PERIOD

A rest period is the time taken between sets or the next exercise. Always follow the prescribed rest period. Rest period length has direct correlation to the positive physiological response of any exercise.

FREQUENCY

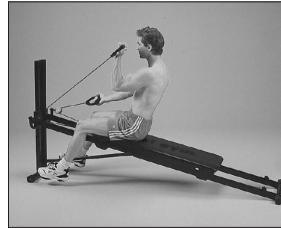
How often should you exercise? We suggest 20-30 minutes and 3-5 times per week. If you want to work out more frequently, or for a longer time period, go right ahead. However, follow your program guidelines.

Three Exercise Movements



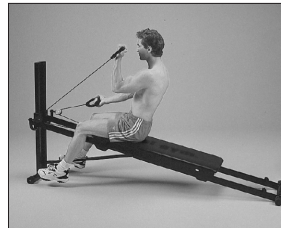
BILATERAL MOVEMENT

This is the most common type of exercise movement. It occurs when both arms or both legs move together in the same direction. You will probably do most of your exercises this way.



UNILATERAL MOVEMENT

The unilateral movement is performed when one arm or one leg remains stationary, while the other moves independently. As shown, the right arm stays fixed while the left arm moves through the movement. This allows you to concentrate more intensely on isolated body parts.



STATIC EQUILIBRIUM

Both arms move simultaneously in opposite directions during static equilibrium. These exercises hold the glideboard in a stable position with no movement. This type of exercise allows you to concentrate intensely on toning the upper body and helps improve your aerobic endurance and coordination.

Total Gym® PREMIERE Resistance Chart

When you need to know how much resistance Total Gym® creates at a particular level, use the following chart. The chart below will give you the approximate resistance in pounds you are lifting when exercising without using the Arm Pulley Cable Assembly. To determine the weight when using the Arm Pulley Cable Assembly, simply divide the resistance weight by 2.

| | | BODY WEIGHT (LBS.) | | | | | | | | | | | | | | | | | | | | |
|-------|--------|--------------------|--------|--------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| LEVEL | SLOPE° | 50 WT. | 60 WT. | 70 WT. | 80 WT. | 90 WT. | 100 WT. | 110 WT. | 120 WT. | 130 WT. | 140 WT. | 150 WT. | 160 WT. | 170 WT. | 180 WT. | 190 WT. | 200 WT. | 210 WT. | 220 WT. | 230 WT. | 240 WT. | 250 WT. |
| 12 | 26.0° | 32 | 36 | 41 | 45 | 50 | 54 | 58 | 63 | 67 | 71 | 76 | 80 | 85 | 89 | 93 | 98 | 102 | 107 | 111 | 115 | 120 |
| 11 | 23.8° | 29 | 33 | 38 | 42 | 46 | 50 | 54 | 58 | 62 | 66 | 70 | 74 | 78 | 82 | 86 | 90 | 94 | 98 | 102 | 106 | 110 |
| 10 | 21.8° | 27 | 31 | 35 | 38 | 42 | 46 | 49 | 53 | 57 | 61 | 64 | 68 | 72 | 75 | 79 | 83 | 87 | 90 | 94 | 98 | 101 |
| 9 | 19.9° | 25 | 28 | 32 | 35 | 38 | 42 | 45 | 49 | 52 | 55 | 59 | 62 | 66 | 69 | 73 | 76 | 79 | 83 | 86 | 90 | 93 |
| 8 | 18.0° | 23 | 26 | 29 | 32 | 35 | 38 | 41 | 44 | 47 | 50 | 53 | 57 | 60 | 63 | 66 | 69 | 72 | 75 | 78 | 81 | 84 |
| 7 | 16.2° | 20 | 23 | 26 | 29 | 32 | 34 | 37 | 40 | 43 | 45 | 48 | 51 | 54 | 57 | 59 | 62 | 65 | 68 | 71 | 73 | 76 |
| 6 | 14.3° | 18 | 21 | 23 | 25 | 28 | 30 | 33 | 35 | 38 | 40 | 43 | 45 | 48 | 50 | 53 | 55 | 58 | 60 | 62 | 65 | 67 |
| 5 | 12.5° | 16 | 18 | 20 | 22 | 24 | 27 | 29 | 31 | 33 | 35 | 37 | 40 | 42 | 44 | 46 | 48 | 50 | 53 | 55 | 57 | 59 |
| 4 | 10.6° | 13 | 15 | 17 | 19 | 21 | 23 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 37 | 39 | 41 | 43 | 45 | 47 | 48 | 50 |
| 3 | 8.8° | 11 | 13 | 14 | 16 | 17 | 19 | 20 | 22 | 23 | 25 | 26 | 28 | 30 | 31 | 33 | 34 | 36 | 37 | 39 | 40 | 42 |
| 2 | 7.0° | 9 | 10 | 11 | 13 | 14 | 15 | 16 | 17 | 19 | 20 | 21 | 22 | 24 | 25 | 26 | 27 | 28 | 30 | 31 | 32 | 33 |
| 1 | 5.2° | 7 | 8 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |

HOW IT WORKS: Total Gym® uses a variable-angle incline plane to create exercise resistance by modifying the user's body weight - the steeper the angle, the more resistance. The resistance is the force in pounds required to move the glideboard. When figuring exercises that incorporate the pulley cables, use 50% of the charted lifting weight.

EXAMPLE: A 150 lb. person using Level 5 would be lifting 37 lbs. If the pulley cables are used in the exercise, the person would be lifting 18.5 lbs. (37 divided by 2). Some exercises are performed with the Arm Pulley Cable Assembly and some without. Your Total Gym® comes with the Arm Pulley Cable Assembly attached. To unhook your Arm Pulley Cable Assembly, reach under the glideboard and release the hook at the top allowing handles to fall to the ground.

Starter / Beginner Program Charts

STARTER PROGRAM CHART

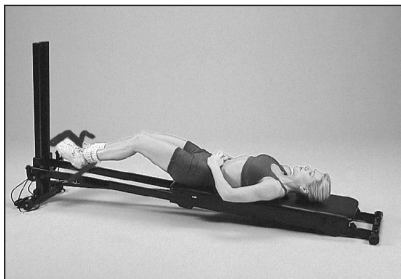
| Exercise | Description | Repetitions | Sets | Tempo | Rest time |
|----------|--------------|-------------|------|-------|-----------|
| 1 | Leg Pull | 15-25 | 1-2 | slow | 1:00 |
| 2 | Arm Pullover | 15-25 | 1-2 | slow | 1:00 |

BEGINNER PROGRAM CHART

| Exercise | Description | Repetitions | Sets | Tempo | Rest time |
|----------|--------------------------|-------------|------|-------|-----------|
| 1 | Leg Pull | 15-25 | 1-2 | slow | 1:00 |
| 2 | Arm Pullover | 15-25 | 1-2 | slow | 1:00 |
| 3 | Butterflies | 15-20 | 1-2 | slow | 1:00 |
| 4 | Seated Row | 15-20 | 1-2 | slow | 1:00 |
| 5 | Squat | 15-20 | 1-2 | slow | 1:00 |
| 6 | Decline Abdominal Crunch | 15-20 | 1-2 | slow | 1:00 |
| 7 | Stretcher | 15-20 | 1-2 | slow | 1:00 |

Starter / Beginner Program Exercises

NOTE: Exercises #1, #5 and #6 require the Wing Attachment. The starter program should be used for at least two weeks for non-exercisers. Follow the chart on page 6 for exercise description. Then continue onto the beginners program according to the chart on page 6 as well. Exercises #1 and #2 are the basic exercises that cover 80% of the major muscle groups.



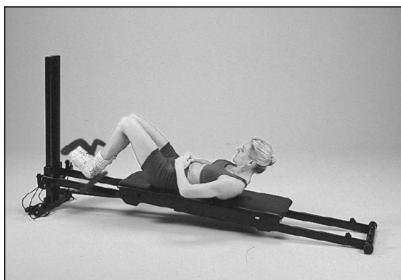
#1 LEG PULL

Unhook pulley cable. Attach Wing Attachment.

Secure feet under top bar of attachments. Lay on your back with legs straight and buttocks near the top of the glideboard. Point toes. Pull the glideboard toward your feet until the glideboard nearly reaches your heels. Let the glideboard down slowly. Repeat. For added abdominal work, lift head and shoulders as you pull up. Do not raise back off of glideboard.

MUSCLE GROUPS EXERCISED:

Calves, Hamstrings, Lower and Upper Abdominals, Hips, Thighs and Buttocks



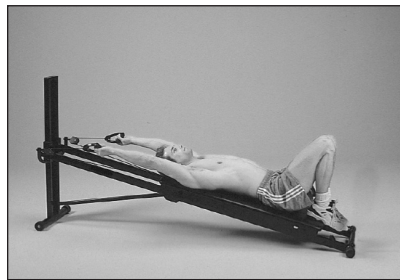
#2 ARM PULLOVER

Hook arm pulley cable.

Grasp handles and lay on your back with your head at the top of the glideboard. Stretch arms over head. Bend knees and put your feet on the bottom of the glideboard. Move arms in an arc over the chest until they touch the thighs. Slowly let arms go back to original position. Repeat. Raise head and shoulders while pulling to work more abdominals.

MUSCLE GROUPS EXERCISED:

Shoulders, Upper Back, Triceps and Upper Abdominals and Chest



Starter / Beginner Program Exercises *continued*

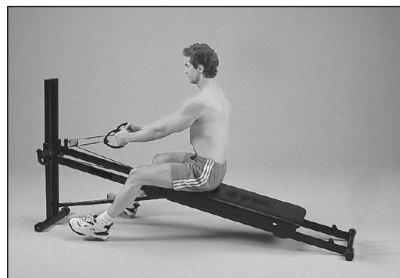


#3 BUTTERFLY *Hook arm pulley cable.*

Grasp handles and sit at the top of the glideboard facing away from the height adjustment column. Stretch arms behind you with palms forward. Pull arms in an arc to chest height in front of you. Keep back straight. Slowly allow arms to stretch back behind you again. Arms should be slightly bent while performing this exercise. Repeat.

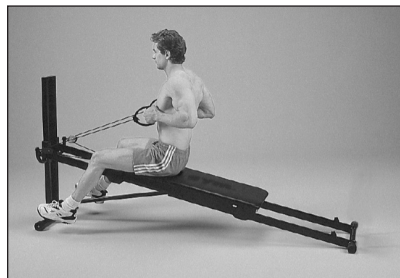


MUSCLE GROUPS EXERCISED:
Front Shoulders, Chest, Biceps, Abdominals



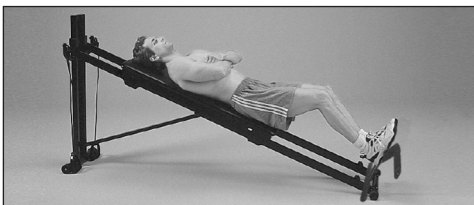
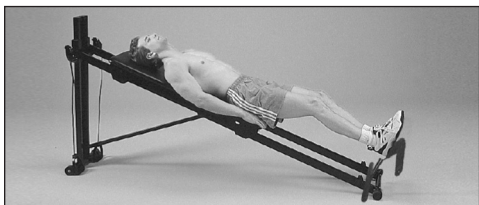
#4 SEATED ROW *Hook arm pulley cable.*

Grasp handles and straddle the top of the glideboard facing the height adjustment column. Sit with arms stretched in front of you naturally. Keeping your back straight with your palms facing each other at shoulder width distance, pull into your rib cage. Slowly return to original position. Repeat.



MUSCLE GROUPS EXERCISED:
Upper Back, Trapezius, Biceps

Starter / Beginner Program Exercises *continued*



#5 SQUAT

Unhook arm pulley cable. Attach Wing Attachment or Flexibility Bar.

Position rails on desired resistance level. Roll glideboard toward height adjustment column and sit at the bottom of the glideboard. Lay back. Place feet slightly spaced on Wing Attachment. Bend knees to 90°. Then push against attachments until legs are straight. Repeat.

MUSCLE GROUPS EXERCISED: Quadriceps, Buttocks, Calves

#6 DECLINE ABDOMINAL CRUNCH

Unhook arm pulley cable. Attach Wing Attachment or Flexibility Bar.

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 bend elbows. Do not bounce. Repeat.

MUSCLE GROUPS EXERCISED: Hamstrings, Lower Back

Aerobic Program Charts

AEROBIC FITNESS PROGRAM CHARTS

Please refer to page 3 under "Definition of Terms" for a complete understanding of Circuit Training.

| Exercise | Description | Time Goal | Sets | Tempo | Rest time |
|----------|-------------|--------------|------|-------|-----------|
| 8 | Cardio Pull | 20+ Minutes* | 1 | 1/1 | No Rest |

** This is a progressive program designed to reach an optimum aerobic workout. It may take up to 30 days to reach the time goal of 20 minutes or more.*

AEROBIC CIRCUIT TRAINING PROGRAM CHART*

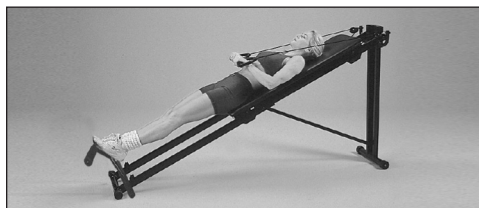
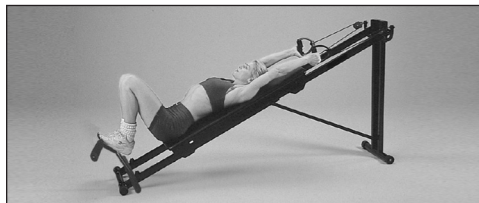
Please refer to page 3 under "Definition of Terms" for a complete understanding of Circuit Training.

| Exercise | Description | Time Goal | Sets | Tempo | Rest time |
|----------|-------------|-------------|------|-------|------------|
| 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 |

** Aerobic Circuit can be performed in any order.*

***Total workout time should add up to a minimum of 20 minutes to reach optimum aerobic conditioning.*

Aerobic Exercises

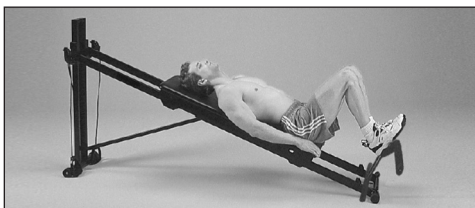
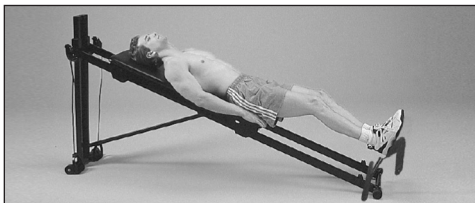


#8 CARDIO PULL

Hook arm pulley cable. Attach Wing Attachment or Flexibility Bar.

Position at desired resistance level. Grasp handles and sit at the bottom of the glideboard. Lay on back and put your feet on the Wing Attachment. Stretch arms over head. Move arms in a downward motion over your head with elbows bent. Bend knees and push off Wing Attachment. Perform bent arm pullover and squat simultaneously. Repeat.

MUSCLE GROUPS EXERCISED: Quadriceps, Calves, Shoulders, Upper Back, Arms, Upper and Lower Body

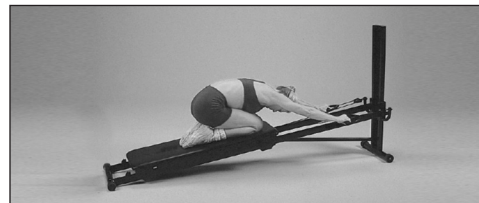


#5 SQUAT

Unhook arm pulley cable. Attach Wing Attachment or Flexibility Bar.

Position rails on desired resistance level. Roll glideboard toward height adjustment column. Sit at the bottom of the glideboard. Lay back. Place feet slightly spaced on Wing Attachment. Bend knees to 90°. Push against the attachments until your legs are straight. Repeat.

MUSCLE GROUPS EXERCISED: Quadriceps, Buttocks, Calves



#10 SURFER

Hook arm pulley cable.

Grasp handles and hold the glideboard at the top. Kneel right behind your hands. Bend forward stretching your arms out. Pull straight back along the rail and straighten up like a surfer paddling. Repeat.

MUSCLE GROUPS EXERCISED: Quadriceps, Buttocks, Calves
Muscle Groups Exercised: Lower and Upper Back, Shoulders, Triceps

Intermediate Men's and Women's Training Program Charts NOTE: Exercise #17 requires Wing Attachment or Press Up Bars

| Exercise | Description | Repetitions | Sets | Tempo | Rest Time |
|----------|--------------------------|-------------|------|-------|-----------|
| 1 | Leg Pull | 12-20 | 1-2 | 2/2 | circuit* |
| 2 | Arm Pullover | 12-20 | 1-2 | 2/2 | circuit* |
| 3 | Butterflies | 12-20 | 1-2 | 2/2 | circuit* |
| 4 | Seated Row | 12-20 | 1-2 | 2/2 | circuit* |
| 5 | Squat | 12-20 | 1-2 | 2/2 | circuit* |
| 6 | Decline Abdominal Crunch | 12-20 | 1-2 | 2/2 | circuit* |
| 7 | Stretcher | 12-20 | 1-2 | 2/2 | circuit* |

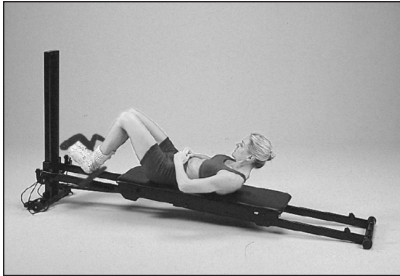
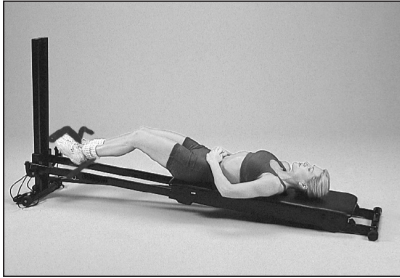
ADDITIONAL EXERCISES

| Exercise | Description | Repetitions | Sets | Tempo | Rest Time |
|----------|-----------------------------------|-------------|------|-------|-----------|
| 11 | Seated Bench Press (for men) | 12-20 | 1-2 | 2/2 | circuit* |
| 12 | Hip Abduction (for women) | 12-20 | 1-2 | 2/2 | circuit* |
| 13 | Seated Curls (for men) | 12-20 | 1-2 | 2/2 | circuit* |
| 14 | Tricep Extension (for women) | 12-20 | 1-2 | 2/2 | circuit* |
| 15 | Twister (both men & women) | 12-20 | 1-2 | 2/2 | circuit* |
| 16 | Hip & Thigh Extension (for women) | 12-20 | 1-2 | 2/2 | circuit* |
| 17 | Pull Up (both men & women)** | 12-20 | 1-2 | 2/2 | circuit* |

*See Page 3 under "Definition of Terms" for a complete understanding of Circuit Training. **requires Wing Attachment or Press Up Bars

Intermediate Exercises for Men & Women

NOTE: Exercise #1 requires Wing Attachment.



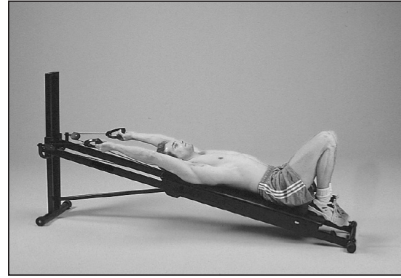
#1 LEG PULL

Unhook arm pulley cable. Attach Wing Attachment.

Secure feet under top bar of Wing Attachment. Lay on your back with legs straight and buttocks near the top of the glideboard. Point toes. Pull the glideboard toward your feet until the glideboard nearly reaches your heels. Let the glideboard down slowly. Repeat. For added abdominal work, lift head and shoulders as you pull up. Do not raise back off of glideboard.

MUSCLE GROUPS EXERCISED:

Calves, Hamstrings, Lower and Upper Abdominals, Hips and Thighs



#2 ARM PULLOVER

Hook arm pulley cable.

Grasp handles and lay on your back with your head at the top of the glideboard. Stretch arms over head. Bend knees and put your feet on the bottom of the glideboard. Move arms in an arc over the chest until they touch the thighs. Slowly let arms go back to original position. Repeat. Raise head and shoulders while pulling to work more abdominals.

MUSCLE GROUPS EXERCISED:

Shoulders, Upper Back, Triceps, Upper Abdominals, Chest and Lats

Intermediate Exercises for Men & Women *continued*

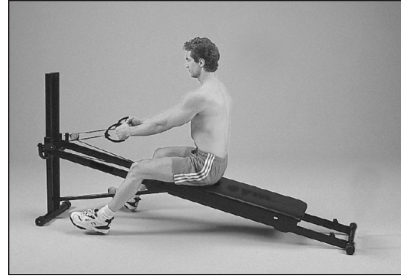


#3 BUTTERFLY *Hook arm pulley cable.*

Grasp handles and sit at the top of the glideboard facing away from the height adjustment column. Put feet on glideboard. Stretch arms behind you with palms forward. Pull arms in an arc in front of you and level with your chest. Keep back straight. Slowly allow arms to stretch back behind you again. Keep arms slightly bent. Repeat.

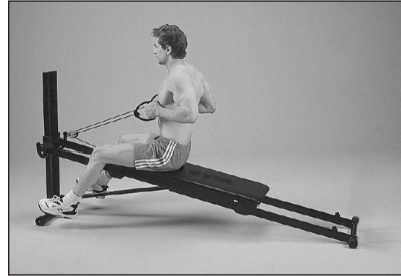


MUSCLE GROUPS EXERCISED:
Front Shoulders, Chest, Biceps



#4 SEATED ROW *Hook arm pulley cable.*

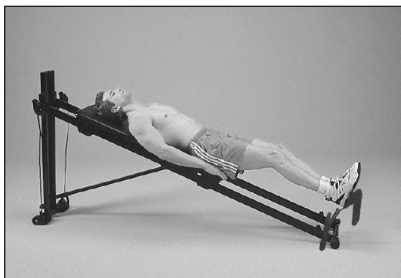
Grasp handles and straddle the top of the glideboard facing the height adjustment column. Sit with arms stretched in front of you naturally. Keeping your back straight with your palms facing each other at shoulder-width distance, pull into your rib cage. Slowly return to original position. Repeat.



MUSCLE GROUPS EXERCISED:
Upper Back, Trapezius, Biceps

Intermediate Exercises for Men & Women *continued*

NOTE: Exercises #5 and #6 require the Wing Attachment or Flexibility Bar.



#5 SQUAT

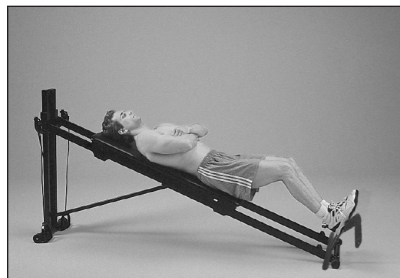
Unhook arm pulley cable. Attach Wing Attachment or Flexibility Bar.

Position rails on desired resistance level. Roll glideboard toward height adjustment column and sit at the bottom of the glideboard. Lay back. Place feet slightly spaced on attachments. Bend knees to 90°. Then push against attachments until legs are straight. Repeat.



MUSCLE GROUPS EXERCISED:

Quadriceps, Buttocks, Calves



#6 DECLINE ABDOMINAL CRUNCH

Unhook arm pulley cable. Attach Wing Attachment or Flexibility Bar.

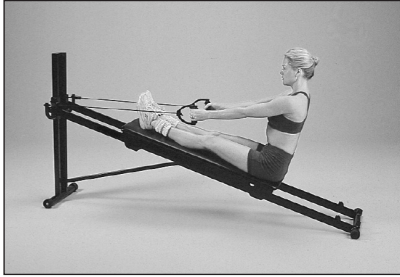
Start in the Squat position (#5) on the glideboard. Place arms on chest. Lift head and shoulders off board crunching the abdominal area. Back should remain on the glideboard. Lay back and repeat.

MUSCLE GROUPS EXERCISED:

Upper and Lower Abdominals



Intermediate Exercises for Men & Women *continued*



#7 STRETCHER

Unhook arm pulley cable.

Grasp pulley handles. Sit facing the height adjustment column with legs on glideboard. Keep arms, legs and back straight. Slowly bend at the waist and stretch forward. Do not bounce, hold for 5 seconds and repeat.

MUSCLE GROUPS EXERCISED:

Hamstrings, Lower Back



#11 SEATED BENCH PRESS

Hook arm pulley cable.

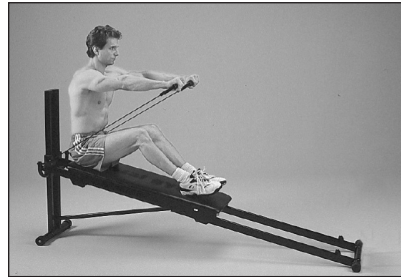
Grasp handles. Sit at top of glideboard facing away from height adjustment column. Put your legs on the glideboard. Bend elbows. Hold handles, palms down, on either side of chest. Push forward and upright slightly by extending arms straight out in front of you. Slowly allow hands to return to position on either side of chest. Repeat.

MUSCLE GROUPS EXERCISED:

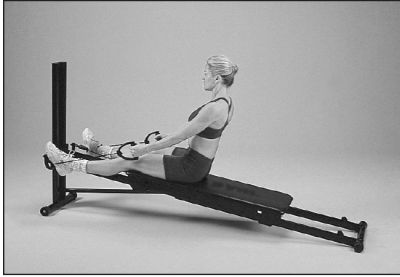
Chest, Shoulders, Triceps, Abdominals



**RECOMMENDED
FOR MEN**



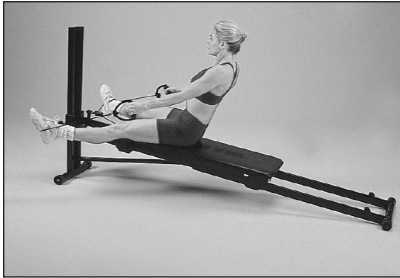
Intermediate Exercises for Men & Women *continued*



#12 HIP ABDUCTION

Hook arm pulley cable.

Grasp handles and sit at the top of the glideboard, facing the height adjustment column. Place your feet on the pulley cables just to the outside of pulleys. Press your feet outward keeping your arms relaxed and straight. This should move the glideboard up. Slowly allow your feet to move back toward the pulleys. Repeat.

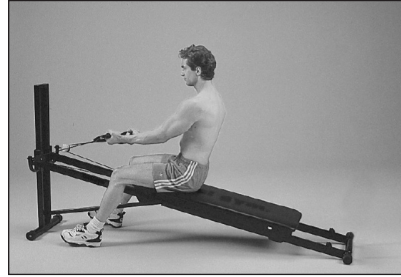


MUSCLE GROUPS EXERCISED:

Outer Thighs, Hips, Buttocks



**RECOMMENDED
FOR WOMEN**



#13 SEATED CURLS

Hook arm pulley cable.

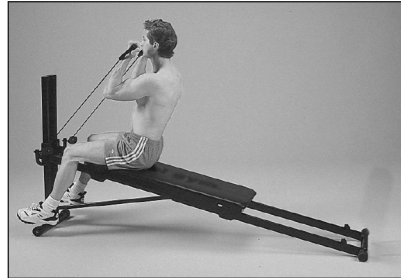
Grasp handles and straddle the top of the glideboard facing the height adjustment column. Sit with arms stretched in front of you naturally. Keeping your back straight with your palms up, bend elbow and bring hands into shoulders. Then lower hands to original starting position. Repeat.

MUSCLE GROUPS EXERCISED:

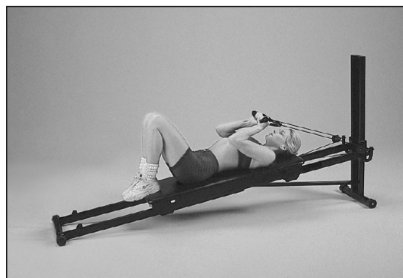
Biceps, Forearms, Shoulders



**RECOMMENDED
FOR MEN**



Intermediate Exercises for Men & Women *continued*



#14 TRICEP EXTENSION

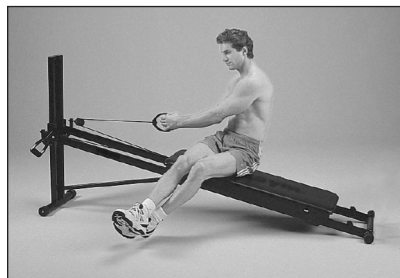
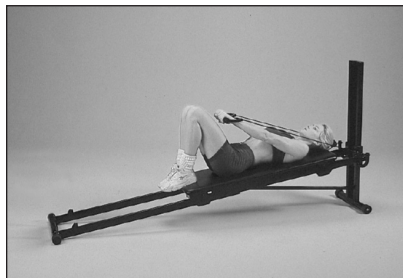
Hook arm pulley cable.

Grasp handles. Lay on your back, facing away from the height adjustment column, with feet on the glideboard. Bend elbows so your hands are above your face. Keeping elbow position stationary, push handles away from chest. Repeat.

MUSCLE GROUPS EXERCISED:

Triceps, Forearms

 **RECOMMENDED FOR WOMEN**



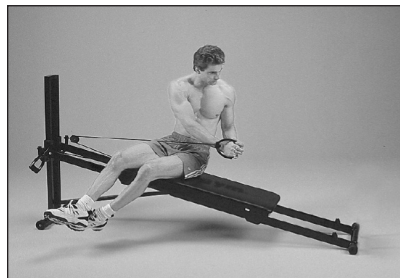
#15 TWISTER

Hook arm pulley cable.

Grasp both handles and sit sideways on the glideboard. Keep arms slightly bent and close to the body. Hands should be at waist level. Rotate at the waist toward the height adjustment column. Using your oblique abdominal muscles, pull the handles so you rotate at the waist in the other direction, causing the glideboard to move up the rails. Repeat. Switch to other side.

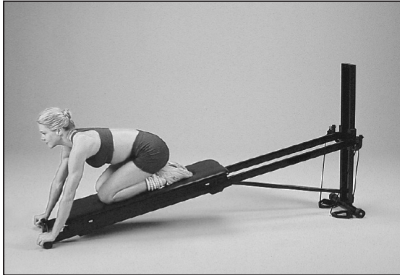
MUSCLE GROUPS EXERCISED:

Lower Abdominals, Upper Back, Lower Back



Intermediate Exercises for Men & Women *continued*

NOTE: Exercise #17 requires Wing Attachment or Press Up Bars.

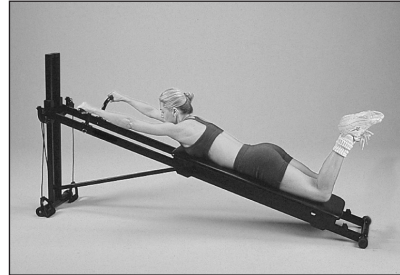
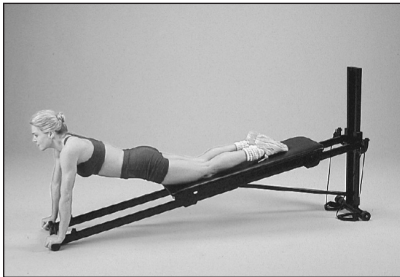


#16 HIP AND THIGH EXTENSION

Unhook arm pulley cable. Attach Wing Attachment or Press Up Bars.

Face away from the height adjustment column and kneel at the bottom of the glideboard. Put your hands on the cross bar, Press Up Bars or Wing Attachment at the bottom of the unit. Push glideboard upward using legs and hips. Shoulders and arms should remain stationary. Lower legs so knees are bent in kneeling position. Repeat.

MUSCLE GROUPS EXERCISED:
Hips, Thighs, Buttocks, Lower Back, Shoulders, Abdominals



#17 PULL UP

Unhook arm pulley cable. Attach Wing Attachment or Press Up Bars.

Pull glideboard up so you can lay on your stomach while holding the Wing Attachment or Press Up Bars. Top of glideboard should be at shoulder height. Pull glideboard until your hands touch your shoulders. Then lower yourself slowly until your arms are fully extended. Repeat. Variations: Palms up isolates the biceps. Palms down isolates the lats.

MUSCLE GROUPS EXERCISED:
Upper Back, Shoulders, Biceps



Advanced Men's and Women's Training Program Charts **Days 1 and 3**

NOTE: Exercise #18 requires Wing Attachment or Press Up Bars.

| Exercise# | Description | Repetitions | Sets | Tempo | Rest Time |
|------------------|----------------------|--------------------|-------------|--------------|------------------|
| 18 | Front Press* | 8-15 | 1-3 | 2/3 | 45 seconds |
| 3 | Butterfly | 8-15 | 1-3 | 2/3 | 45 seconds |
| 11 | Seated Bench Press | 8-15 | 1-3 | 2/3 | 45 seconds |
| 19 | Front Deltoid Raises | 8-15 | 1-3 | 2/3 | 45 seconds |
| 20 | Side Deltoid Raises | 8-15 | 1-3 | 2/3 | 45 seconds |
| 21 | Rear Deltoid Raises | 8-15 | 1-3 | 2/3 | 45 seconds |
| 13 | Seated Curls | 8-15 | 1-3 | 2/3 | 45 seconds |
| 22 | Laying Curls | 8-15 | 1-3 | 2/3 | 45 seconds |
| 23 | Pulley Ab Crunch | 8-15 | 1-3 | 2/3 | 45 seconds |
| 15 | Twister | 8-15 | 1-3 | 2/3 | 45 Seconds |

**requires Wing Attachment or Press Up Bars*

Advanced Men's and Women's Training Program Charts **Days 2 and 4**

NOTE: Some exercises require the Wing Attachment, Press Up Bars, Flexibility Bar or Leg Pull Accessories.

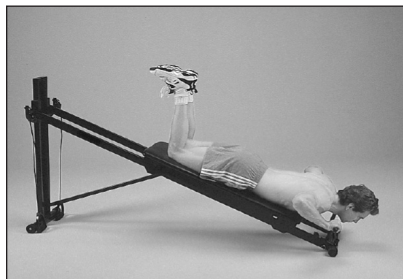
| Exercise# | Description | Repetitions | Sets | Tempo | Rest Time |
|-----------|--------------------|-------------|------|-------|------------|
| 4 | Seated Row | 8-15 | 1-3 | 2/3 | 45 seconds |
| 17 | Pull Up* | 8-15 | 1-3 | 2/3 | 45 seconds |
| 2 | Arm Pullover | 8-15 | 1-3 | 2/3 | 45 seconds |
| 24 | Seated High Pull | 8-15 | 1-3 | 2/3 | 45 seconds |
| 1 | Leg Pull | 8-15 | 1-3 | 2/3 | 45 seconds |
| 25 | One Legged Squat | 8-15 | 1-3 | 2/3 | 45 seconds |
| 26 | Toe Raises* | 8-15 | 1-3 | 2/3 | 45 seconds |
| 27 | Lunges | 8-15 | 1-3 | 2/3 | 45 seconds |
| 12 | Hip Abduction | 8-15 | 1-3 | 2/3 | 45 seconds |
| 28 | Hamstring Stretch* | 8-15 | 1-3 | 2/3 | 45 seconds |
| 29 | Inner Thigh Pull* | 8-15 | 1-3 | 2/3 | 45 seconds |
| 14 | Triceps Extension | 8-15 | 1-3 | 2/3 | 45 seconds |
| 30 | Kneeling Kickbacks | 8-15 | 1-3 | 2/3 | 45 seconds |
| 10 | Surfer | 8-15 | 1-3 | 2/3 | 45 seconds |
| 31 | Side Bends | 8-15 | 1-3 | 2/3 | 45 seconds |
| 15 | Twister | 8-15 | 1-3 | 2/3 | 45 seconds |

*requires Wing Attachment, Flexibility Bar, Press Up Bar or Leg Pull Accessories.

Advanced Exercises for Men and Women *continued*

DAYS 1 AND 3 CHEST

NOTE: Exercise #18 requires the Wing Attachment or Press Up Bars.



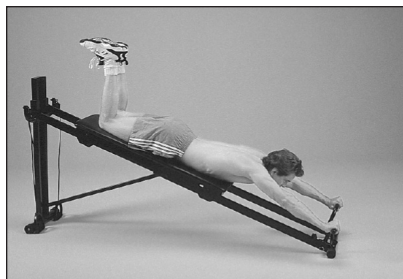
#18 FRONT PRESS

Unhook arm pulley cable. Attach Wing Attachment or Press Up Bars.

Lay face down on glideboard so chest is at bottom. Grasp Wing Attachment or Press Up Bars, palms down, and push until arms are fully extended. Then slowly lower until chest is even with palms. Repeat.

MUSCLE GROUPS EXERCISED:

Shoulders, Triceps, Chest



#3 BUTTERFLY

Hook arm pulley cable

Grasp handles and sit at the top of the glideboard facing away from the height adjustment column. Stretch arms behind you with palms forward. Pull arms in an arc to chest height in front of you. Keep arms slightly bent. Repeat.

MUSCLE GROUPS EXERCISED:

Front Shoulders, Chest, Biceps



Advanced Exercises for Men and Women *continued*

DAYS 1 AND 3 CHEST - CONTINUED



#11 SEATED BENCH PRESS

Hook arm pulley cable.

Grasp handles. Sit at top of glideboard facing away from height adjustment column. Bend elbows. Hold handles, palms down, on either side of chest. Push forward and upright slightly by extending arms. Repeat.

MUSCLE GROUPS EXERCISED:

Chest, Shoulders, Triceps, Abdominals



DAYS 1 AND 3 SHOULDERS



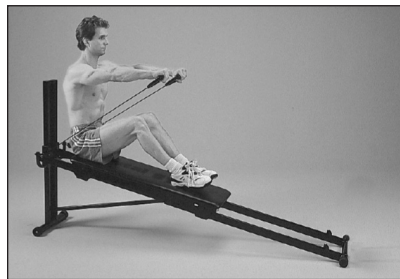
#19 FRONT DELTOID RAISES

Hook arm pulley cable.

Grasp handles and sit at the top of the glideboard facing away from the height adjustment column. Put arms straight at your side with palms back. Raise arms to shoulder level. Slowly lower arms to side. Repeat.

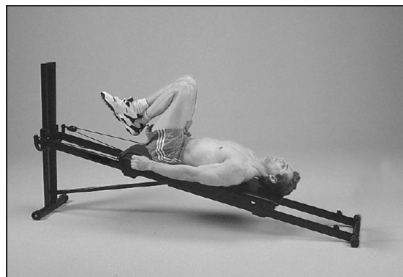
MUSCLE GROUPS EXERCISED:

Front Shoulders, Chest, Arms



Advanced Exercises for Men and Women *continued*

DAYS 1 AND 3 SHOULDERS - CONTINUED



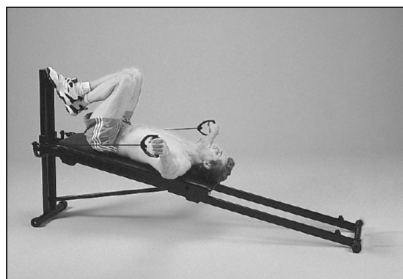
#20 SIDE DELTOID RAISES

Hook arm pulley cable.

Grasp handles. Straddle the top of the glideboard facing the height adjustment column. Lay back so palms are at your side. Raise arms laterally in an arc until level with shoulders. Lower slowly. Repeat.

MUSCLE GROUPS EXERCISED:

Side Shoulders, Trapezius, Arms



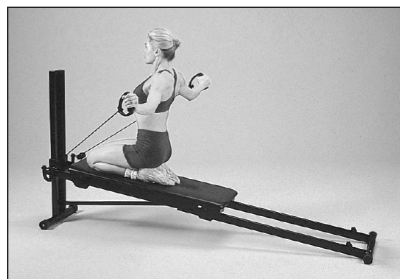
#21 REAR DELTOID RAISES

Hook arm pulley cable.

Grasp handles and hold the glideboard at the top. Kneel right behind your hands. Stretching your arms out in front, pull handles to the side and back until parallel with your shoulders. Slightly bend arms at elbows and lower slowly. Repeat.

MUSCLE GROUPS EXERCISED:

Rear Shoulders, Trapezius, Triceps



Advanced Exercises for Men and Women *continued*

DAYS 1 AND 3 BICEPS



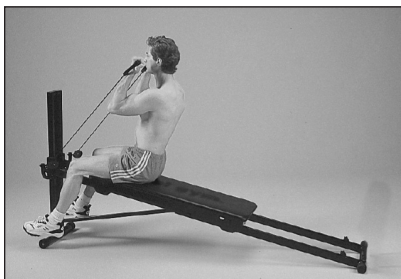
#13 SEATED CURLS

Hook arm pulley cable.

Grasp handles and straddle the top of the glideboard facing the height adjustment column. Sit with arms stretched in front of you naturally. Keeping your back straight with your palms up, bend elbow and bring hands into shoulders. Then lower hands to original starting position. Repeat.

MUSCLE GROUPS EXERCISED:

Biceps, Forearms, Shoulders



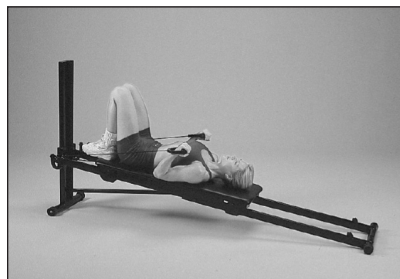
#22 LAYING CURLS

Hook arm pulley cable.

Grasp handles and straddle the top of the glideboard facing the height adjustment column. Sit down and lay back so your head is at the bottom of the glideboard, and your hands are at your side. Bend elbows and pull hands, palms facing upward, to your shoulders. Slowly lower hands to original position. Repeat.

MUSCLE GROUPS EXERCISED:

Biceps



Advanced Exercises for Men and Women *continued*

DAYS 1 AND 3 ABDOMINALS



#23 PULLEY AB CRUNCH

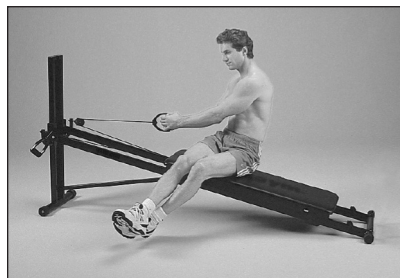
Hook arm pulley cable.

Grasp handles and pull glideboard up. Sit so your head is at the top of the glideboard when you lay back. Put your feet on the bottom of the glideboard. Hold handles with elbows bent and palms down at your chest. Lift your head and shoulders using your trunk and abdominal muscles. Then lower yourself to the original laying position. Repeat.



MUSCLE GROUPS EXERCISED:

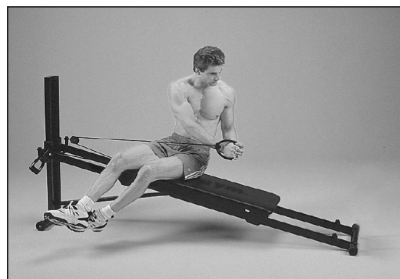
Upper and Lower Abdominals



#15 TWISTER

Hook arm pulley cable.

Grasp both handles and sit sideways on the glideboard. Keep arms slightly bent and close to the body. Hands should be at waist level. Rotate at the waist toward the height adjustment column. Using your oblique abdominal muscles, pull the handles so you rotate at the waist in the other direction, causing the glideboard to move up the rails. Repeat. Switch to other side.



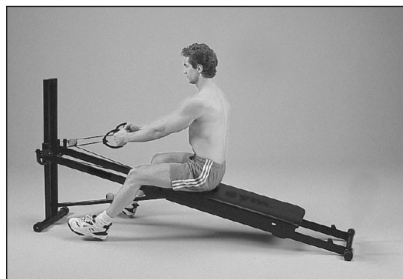
MUSCLE GROUPS EXERCISED:

Lower Abdominals, Upper Back, Lower Back

Advanced Exercises for Men and Women *continued*

DAYS 2 AND 4 BACK

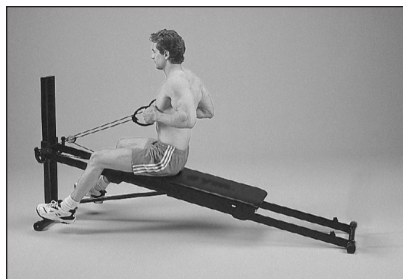
NOTE: Exercise #17 requires the Wing Attachment or Press Up Bars.



#4 SEATED ROW

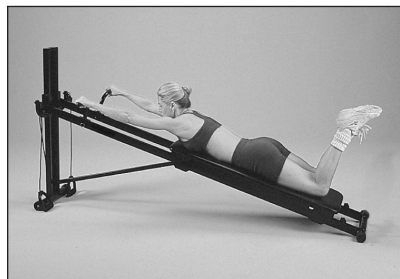
Hook arm pulley cable.

Grasp handles and straddle the top of the glideboard facing the height adjustment column. Sit with arms stretched in front of you naturally. Keeping your back straight with your palms facing each other at shoulder width apart, pull into your rib cage. Slowly return to original position. Repeat.



MUSCLE GROUPS EXERCISED:

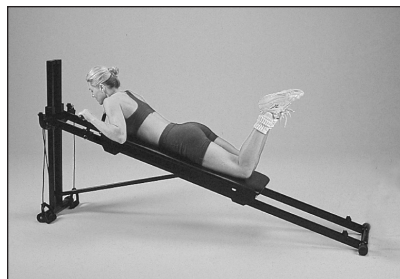
Upper Back, Trapezius, Biceps



#17 PULL UP

Unhook arm pulley cable. Attach Wing Attachment or Press Up Bars.

Pull glideboard up so you can lay on your stomach while holding the Wing Attachment or Press Up Bars. Top of glideboard should be at shoulder height. Pull glideboard until your hands touch your shoulders. Then lower yourself slowly until your arms are fully extended. Variations: Palms up isolates the biceps. Palms down isolates the lats.



MUSCLE GROUPS EXERCISED:

Upper Back, Trapezius, Biceps

Advanced Exercises for Men and Women *continued*

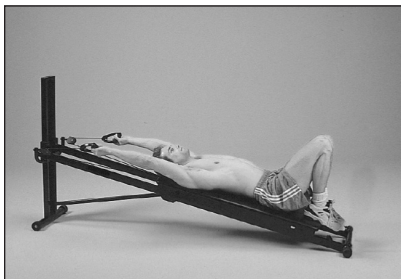
DAYS 2 AND 4 BACK - CONTINUED



#2 ARM PULLOVER

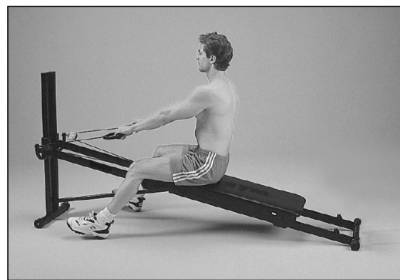
Hook arm pulley cable.

Grasp handles and lay on your back with your head at the top of the glideboard. Stretch arms over head. Bend knees and put your feet on the bottom of the glideboard. Move arms in an arc over the chest until they touch the thighs. Slowly let arms go back to original position. Repeat. Raise head and shoulders while pulling to work more abdominals.



MUSCLE GROUPS EXERCISED:

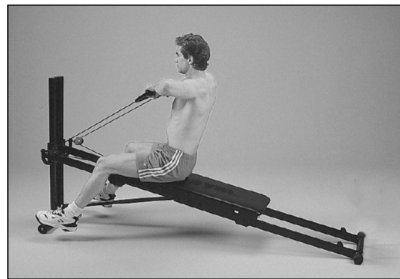
Shoulders, Upper Back, Triceps,
Upper Abdominals



#24 SEATED HIGH PULL

Hook arm pulley cable.

Grasp handles and straddle the top of the glideboard facing the height adjustment column. Sit with arms stretched in front of you naturally. Keeping your back straight and palms down, pull the cables until the top of your wrist is at your chin. Keep your elbows high, parallel with your shoulders. Slowly let the glideboard return to the starting position. Repeat.



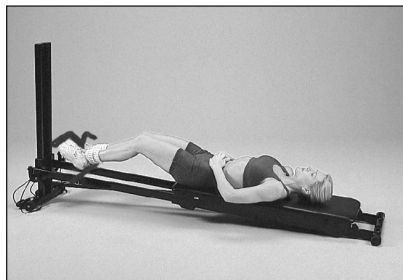
MUSCLE GROUPS EXERCISED:

Rear Shoulders, Trapezius, Biceps

Advanced Exercises for Men and Women *continued*

DAYS 2 AND 4 LEGS

NOTE: Exercise #1 requires the Wing Attachment. Exercise #25 requires the Wing Attachment or Flexibility Bar.



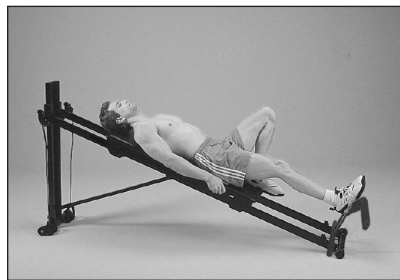
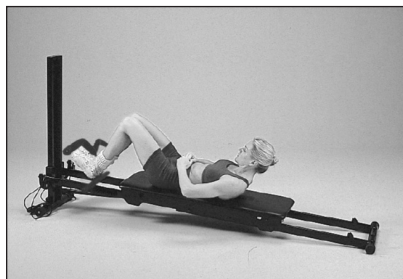
#1 LEG PULL

Unhook arm pulley cable. Attach Wing Attachment.

Secure feet under top bar of Wing Attachment. Lay on your back with legs straight and buttocks near the top of the glideboard. Point toes. Pull the glideboard toward your feet until the glideboard nearly reaches your heels. Let the glideboard down slowly. Repeat. For added abdominal work, lift head and shoulders as you pull up. Do not raise back off of glideboard.

MUSCLE GROUPS EXERCISED:

Calves, Hamstrings, Lower and Upper Abdominals, Hips, Thighs, Buttocks



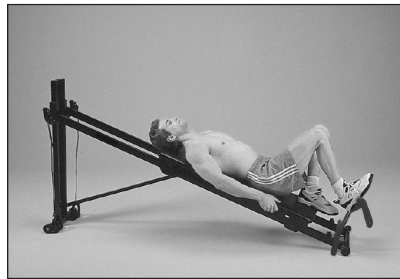
#25 ONE LEGGED SQUAT

Unhook arm pulley cable. Attach Wing Attachment or Flexibility Bar.

Position rails on highest resistance level. Roll glideboard toward height adjustment column and sit at the bottom of the glideboard. Lay back. Perform the squat exercise (#5) one leg at a time. Bend the free leg and rest on glideboard. Repeat. Switch legs or alternate legs between repetitions.

MUSCLE GROUPS EXERCISED:

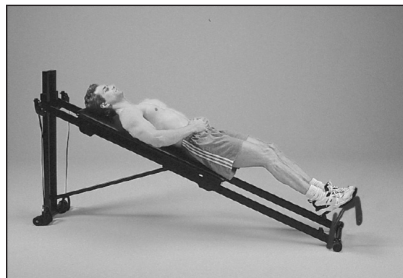
Thighs, Hips, Calves, Front Thighs



Advanced Exercises for Men and Women *continued*

DAYS 2 AND 4 LEGS - CONTINUED

NOTE: Exercise #26 requires the Wing Attachment or Flexibility Bar.



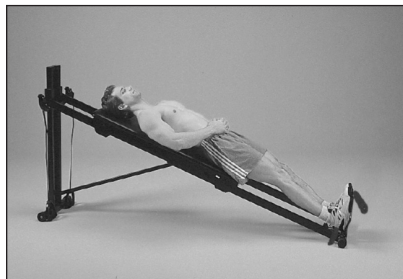
#26 TOE RAISES

Unhook arm pulley cable. Attach Wing Attachment or Flexibility Bar.

Roll glideboard toward height adjustment column and sit at the bottom of the glideboard. Lay back. Place your toes on the Wing Attachment or Flexibility Bar and let your heels drop down below the bottom of the accessory. Raise up on your toes using your calf muscles, then let your heels drop through so your feet are flexed. Raise up on your toes again and repeat.

MUSCLE GROUPS EXERCISED:

Calves, Ankles



#27 LUNGES

Unhook arm pulley cable.

Place one foot on the floor next to the rear crossbar of the unit. Place the other foot on the glideboard about midway up the board. Push the glideboard up the incline and slowly return. Repeat. Switch legs. The Lunge differs from other Total Gym® exercises because the lower incline levels are more difficult than the steeper incline levels.

MUSCLE GROUPS EXERCISED:

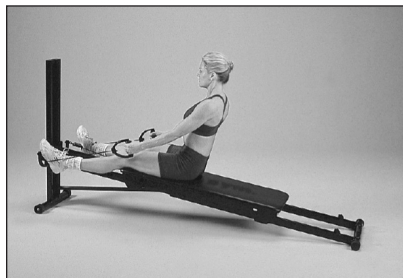
Front Thighs, Hips, Buttocks, Hamstrings



Advanced Exercises for Men and Women *continued*

DAYS 2 AND 4 LEGS - CONTINUED

NOTE: Exercise #28 requires the Leg Pull Accessory.



#12 HIP ABDUCTION

Hook arm pulley cable. Attach Leg Pulley Accessory.

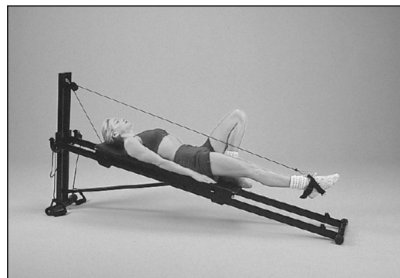
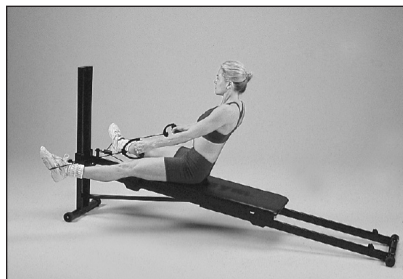
Grasp handles and sit at the top of the glideboard, facing the height adjustment column. Place feet on cables outside of pulleys. Press feet out keeping arms relaxed and straight and slowly return. Repeat.

MUSCLE GROUPS EXERCISED:

Outer Thigh, Hips, Buttocks



**RECOMMENDED
FOR WOMEN**



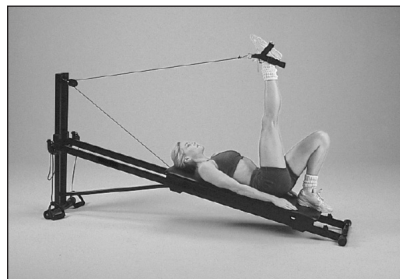
#28 HAMSTRING PULL

Unhook arm pulley cable.

Attach leg pulley accessory. Secure harness around foot. Lay on your back and let your leg stretch upward toward height adjustment column. Keep your leg straight and foot flexed. Push leg down so it is parallel to the glideboard. Repeat. Switch accessory to other leg and repeat.

MUSCLE GROUPS EXERCISED:

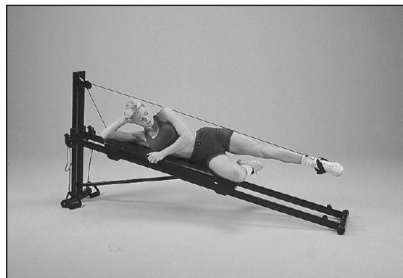
Hamstrings, Buttocks, Lower Back



Advanced Exercises for Men and Women *continued*

DAYS 2 AND 4 LEGS - CONTINUED

NOTE: Exercise #29 requires the Leg Pull Accessory.



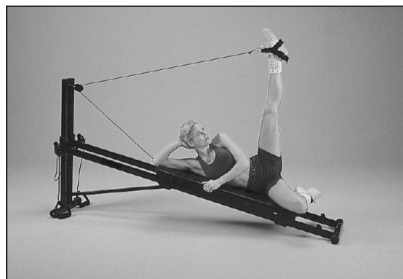
#29 INNER THIGH PULL

Unhook arm pulley cable. Attach Leg Pulley Accessory.

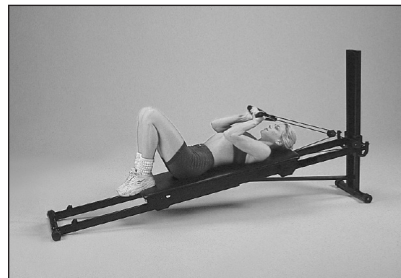
Secure harness around foot. Lay on your side, bend elbow and support your head with hand. Let leg stretch upward. Push leg down so it is parallel to the glideboard. Repeat. Switch accessory to the other leg, repeat.

MUSCLE GROUPS EXERCISED:

Inner Thigh, Hamstrings, Hips



DAYS 2 AND 4 TRICEPS



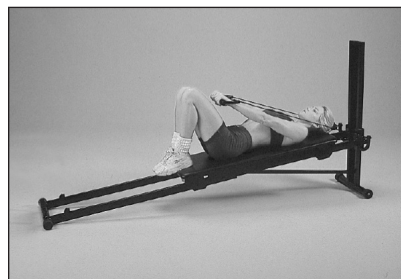
#14 TRICEP EXTENSION

Hook arm pulley cable.

Grasp handles. Lay on your back with feet on the glideboard. Bend elbows so hands are above the face. Keeping elbow position stationary, push handles away from chest. Repeat.

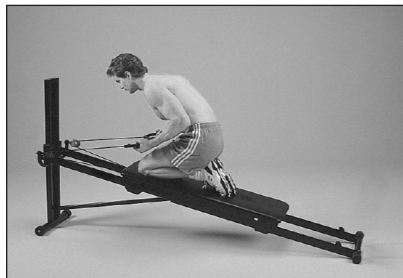
MUSCLE GROUPS EXERCISED:

Triceps, Forearms



Advanced Exercises for Men and Women *continued*

DAYS 2 AND 4 TRICEPS - CONTINUED

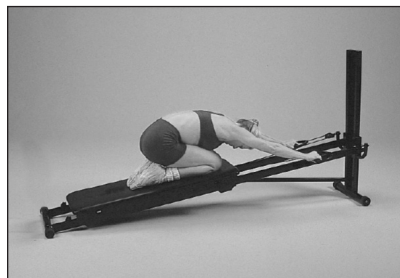


#30 KNEELING KICKBACKS

Hook arm pulley cable.

Grasp handles and hold the glideboard at the top. Kneel right behind your hands. Bend forward keeping your elbows stationary at your side. Extend the handles backwards. Repeat.

MUSCLE GROUPS EXERCISED:
Upper and Lower Back, Shoulders,
Triceps



#10 SURFER

Hook arm pulley cable.

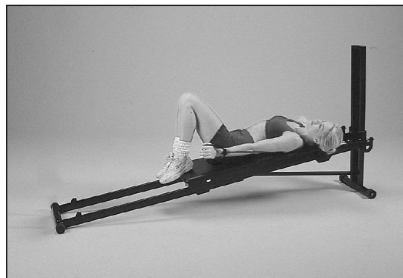
Grasp handles and hold the glideboard at the top. Kneel right behind your hands. Bend forward stretching your arms out. Pull straight back along the rail and straighten up like a surfer paddling. Repeat.

MUSCLE GROUPS EXERCISED:
Upper and Lower Back, Shoulders,
Triceps



Advanced Exercises for Men and Women *continued*

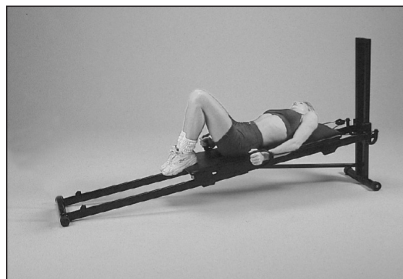
DAYS 2 AND 4 ABDOMINALS



#31 SIDE BENDS

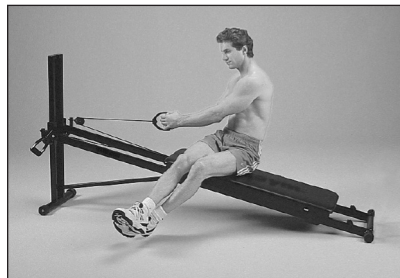
Hook arm pulley cable.

Grasp handles and pull the glideboard up so you can lay on your back with your head at the top of the glideboard. Bend your knees and put your feet on the glideboard. Keeping your arms stiff with your hands at your hips, bend at the waist to one side using your oblique abdominal muscles. Then bend to the other side. Repeat movement.



MUSCLE GROUPS EXERCISED:

Obliques, Side Abdominals, Lower Back



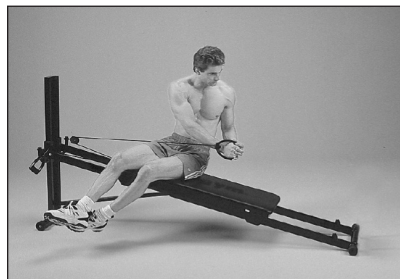
#15 TWISTER

Hook arm pulley cable.

Grasp both handles and sit sideways on the glideboard. Keep arms slightly bent and close to the body. Hands should be at waist level. Rotate at the waist toward the height adjustment column. Using your oblique abdominal muscles pull the handles so you rotate at the waist in the other direction, causing the glideboard to move up the rails. Repeat. Switch to other side of glideboard and repeat exercises.

MUSCLE GROUPS EXERCISED:

Lower Abdominals, Upper and Lower Back



Sports Specific Training Program Charts

SPORTS SPECIFIC PROGRAMS

These programs are designed to aide in training for specific sports.

SKIING

| Exercise | Description | Page Number |
|----------|-----------------|-------------|
| 7 | Stretcher | 9 |
| 32 | Twisting Squat* | 37 |
| 10 | Surfer | 11 |
| 15 | Twister | 18 |
| 26 | Toe Raises | 30 |
| 2 | Arm Pullover | 7 |
| 1 | Leg Pull* | 7 |
| 4 | Seated Row | 8 |
| 13 | Seated Curl | 17 |

*Accessory is needed to perform this exercise.

GOLF

| Exercise | Description | Page Number |
|----------|-----------------|-------------|
| 7 | Stretcher | 9 |
| 32 | Twisting Squat* | 37 |
| 15 | Twister | 18 |
| 2 | Arm Pullover | 7 |
| 1 | Leg Pull* | 7 |
| 4 | Seated Row | 8 |
| 17 | Pull Ups* | 19 |

Sports Specific Training Program Charts *continued*

SPORTS SPECIFIC PROGRAMS

These programs are designed to aide in training for specific sports.

TENNIS

| Exercise | Description | Page Number |
|----------|------------------|-------------|
| 7 | Stretcher | 9 |
| 2 | Arm Pullover | 7 |
| 32 | Twisting Squat* | 37 |
| 3 | Butterfly | 8 |
| 33 | Tennis Backhand | 37 |
| 22 | Laying Curls | 25 |
| 1 | Leg Pull* | 7 |
| 18 | Front Press* | 22 |
| 10 | Surfer | 11 |
| 34 | Laying High Pull | 38 |

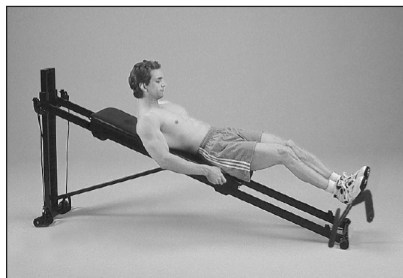
*Accessory is needed to perform this exercise.

RUNNING / WALKING

| Exercise | Description | Page Number |
|----------|-------------------|-------------|
| 7 | Stretcher | 9 |
| 35 | Groin Stretch | 38 |
| 26 | Toe Raise* | 30 |
| 27 | Lunges | 30 |
| 10 | Surfer | 11 |
| 25 | One Legged Squat* | 29 |
| 2 | Arm Pullover | 7 |
| 1 | Leg Pull* | 7 |
| 3 | Butterfly | 8 |

Sports Specific Exercises

NOTE: Exercise #32 requires the Wing Attachment or Flexibility Bar.



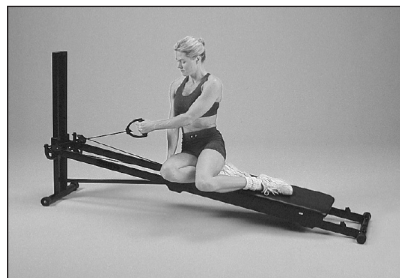
#32 TWISTING SQUAT

Unhook arm pulley cable.

Lay at bottom of glideboard with feet placed firmly on the Wing Attachment or Flexibility Bar. Bend knees twisting to one side. Straighten legs so the glideboard slides up the rail. Bend knees again, twisting to the other side. Repeat.

MUSCLE GROUPS EXERCISED:

Thighs, Calves, Hips, Buttocks, Front Thighs



#33 TENNIS BACKHAND

Hook arm pulley cable.

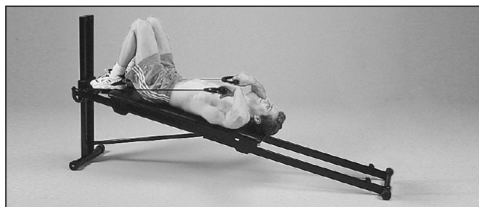
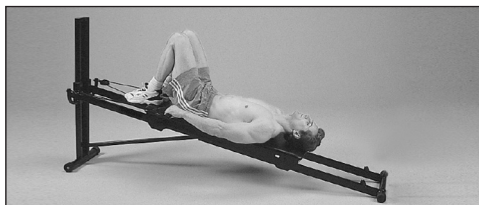
Grasp one handle and sit sideways on the glideboard (feet may also be placed on the floor). Cross handle in front of your body. Pull the cable straight across the front of your chest to a position directly lateral to your body. Keep wrist straight. Repeat.

MUSCLE GROUPS EXERCISED:

Rear Deltoid, Forearm, Biceps, Lats, Back



Sports Specific Exercises *continued*

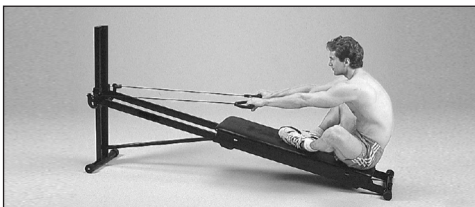
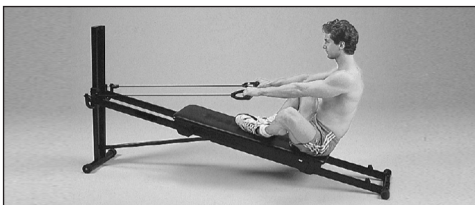


#34 LAYING HIGH PULL

Hook arm pulley cable.

Grasp handles. Facing the height adjustment column, lay on your back. Bend legs into a tucked position. With palms facing down, pull handles so they slide parallel with your body to your shoulders. Then slide them back down. Repeat.

MUSCLE GROUPS EXERCISED: Shoulders, Trapezius, Biceps

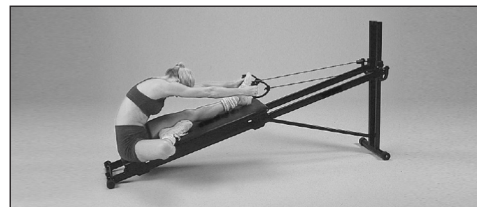
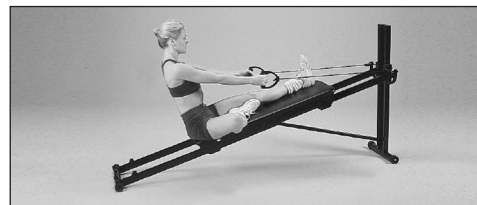


#35 GROIN STRETCH

Unhook arm pulley cable.

Facing the height adjustment column, grasp handles and sit at the bottom edge of the glideboard. Pull the bottom of both feet, heel to heel, into the groin. With your back straight, stretch forward. Hold, then relax and repeat. Your arms should remain relaxed throughout this exercise so the glideboard gently slides down the rails when you stretch forward.

MUSCLE GROUPS EXERCISED: Groin, Hips, Hamstrings



#36 HURDLE STRETCH

Unhook arm pulley cable.

Facing the height adjustment column, grasp handles and sit at the bottom edge of the glideboard. Place both legs straight ahead on the glideboard. Pull one leg into the groin. With your back straight, stretch forward. Hold, then relax and repeat. Switch legs. Your arms should remain relaxed throughout this exercise.

MUSCLE GROUPS EXERCISED: Hamstrings, Lower Back

Abdominal Exercises

NOTE: These exercises require the Ab Crunch Board Accessory. Your unit may differ from the unit shown in the photos below.



PROPER BODY POSITIONING

Keep your shoulders over your elbows (elbows should be at a 90° angle). Keep your head down with neck in line with your back. Avoid lifting the head to look forward. Eyes should remain focused on the Ab Crunch Board accessory. **Keep your back rounded or flat to avoid over arching.**

AB CRUNCH – BEGINNER

Position your knees towards the top of the glideboard with hands/forearms in proper position on the Ab Crunch Board accessory. Slowly pull your lower body toward your hands with a crunch movement. Return to starting position.

MUSCLE GROUPS EXERCISED:
Abdominals

AB CRUNCH – INTERMEDIATE

Position your knees 1/3 of the way down the glideboard with hands/forearms in proper position on the Ab Crunch Board accessory. Slowly pull your lower body toward your hands with a crunch movement. Return to starting position.

MUSCLE GROUPS EXERCISED:
Abdominals

AB CRUNCH – ADVANCED

Position your knees 1/3 of the way down the glideboard with hands/forearms in proper position on the Ab Crunch Board accessory. Lift your body up onto your toes. Slowly pull your lower body toward your hands with a crunch movement. Return to starting position.

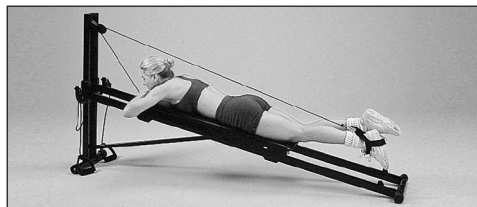
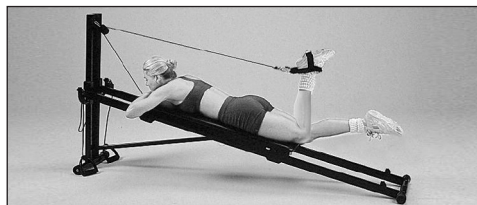
MUSCLE GROUPS EXERCISED:
Abdominals

Accessories



LEG PULL ACCESSORY KIT

The Leg Pull Accessory is used to access the hip and thigh musculature for added inch loss or more flexibility. Exercises performed with this accessory are excellent for the buttocks and the back of the thighs. The accessory itself hooks to the underside of the top edge of the glideboard and to the top of the height adjustment column. The harness slips around the foot and tightens.



SAMPLE EXERCISE: LEG EXTENSION

Secure foot in Leg Pull Accessory. Lay on your stomach and fold your arms in front. Bend leg to 90°. Straighten leg so that the glideboard slides up the rails. Repeat the movement to accomplish your repetitions. Switch accessory to other leg. Repeat.

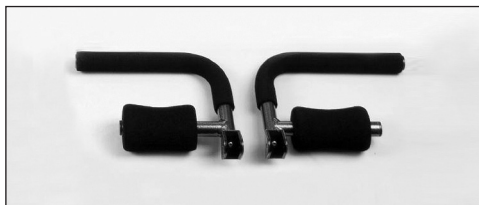
MUSCLE GROUPS EXERCISED: Front Thighs



FLEXIBILITY BAR

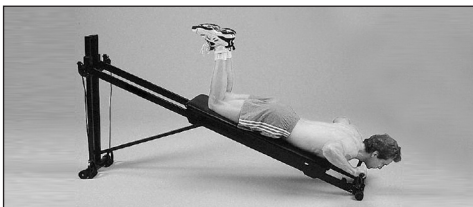
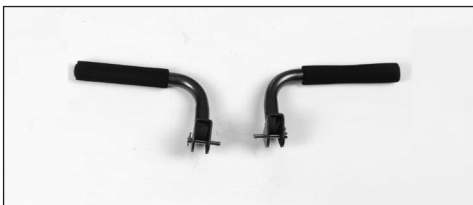
The Flexibility Bar increases flexibility and range of motion by allowing for greater extension in exercise movements. It is also great for upper body exercises.

Accessories *continued*



WING ATTACHMENT

The Wing Attachment is used for pull up exercises, leg pulls and sit ups to work the legs, abdominals, back and shoulders.



PRESS UP BARS

The Press Up Bar is used for the front press exercises which work the upper chest and triceps.



AB CRUNCH BOARDS

Ab Crunch Boards are used for abdominal exercises which work the upper and lower abdominal muscles.

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