

Workout Guide

The Total Gym Challenge is an exercise program developed by fitness trainer Rosalie Brown. It consists of 14 workouts in 18 days using The Total Gym. In addition to working out, there is also a nutritional plan you can follow to help ensure you get maximum results. Participants are also encouraged to limit their alcohol and carbohydrate intake during the Challenge as well. Before starting The Challenge or nutritional plan, please consult with a physician. Results may vary.

Some words from Rosalie...



"I developed The Total Gym Challenge with one goal in mind...RESULTS. There are many "Get Fit" quick programs out there but The Total Gym Challenge is a safe all natural way to lose weight and get the body you've always wanted. Like anything, the key to success starts with discipline and consistency. Stick to the fitness and nutritional plan and you'll do great. Congratulations on your decision to achieve better health and fitness!"

WORKOUT SCHEDULE:

Week 1 & 2 - workout Monday - Friday, Rest Saturday & Sunday
Week 3 - workout Monday - Thursday

14 Workouts in 18 Days!

1 Minute: Jog on Squat Stand



1 Minute: Single Leg Hop Squats Right Leg

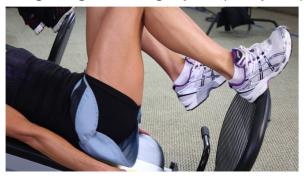


1 Minute: Single Leg Hop Squats Left Leg



1 Minute: Jog on Squat Stand

1 Minute: Single Leg Hamstring Squats (heel press) Right Leg

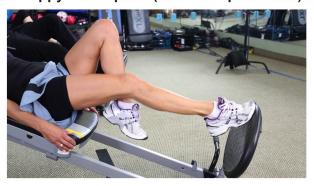


1 Minute: Single Leg Hamstring Squats (heel press) Left Leg



1 Minute: Jog on Squat Stand

1 Minute: Tippy Toe Squats (toes on squat stand) Right Leg



1 Minute: Tippy Toe Squats (toes on squat stand) Left Leg



1 Minute : Jog on Squat Stand

1 Minute: Inner Thigh (turn on your side & squat) Right Leg

1 Minute: Inner Thigh (turn on your side & squat) Left Leg



1 Minute : Jog on Squat Stand

1 Minute: Pull Ups - Palms Down



1 Minute: Jog on Squat Stand

1 Minute: Chin Up - Palms Face Up



1 Minute: Jog on Squat Stand

1 Minute: Pull Ups - Narrow Grip

1 Minute: Jog on Squat Stand

1 Minute: Chin Ups

1 Minute: Jog on Squat Stand

Remove Squat Stand!!!

1 Minute: Hamstring Curl Ups - feet go into pull up bars or wing bar



1 Minute: Full Inverted Sit Ups- keep feet in pull up bars



1 Minute: Hamstring Curl - keep feet in pull up bars





1 Minute: Shoulder Press



30 sec Plank or Plank Tuck - hands on press up bars, feet on bench



Attach Cables!

8 Reps x Back row



8 Reps x Biceps



8 Reps x Back Row

8 Reps x Straight Arm Triceps Sweep



8 Reps x Biceps

8 Reps x Back Row

8 Reps x Straight Arm Triceps Sweep

8 Reps x Biceps

8 Reps x Back Row

8 Reps x Straight Arm Triceps Sweep

16 Reps (8 On Each Side) x Oblique Twist



24 Reps x Chest Presses



24 Reps x Overhead Chest Pull Over



16 Reps (8 On Each Side) x Obliques Twist

Remove cables

2 Min Cardio Burst: Jog on Squat Stand

1 Minute: Aerobic Ab Twist Jog

Workout Complete!



Part 1 - Equipment Needed - Squat Stand

Week 1 Starting Weight -	Week 1 Start Date

Nk 1 - 1 minute of each exercise unless rep count given	Monday	Tuesday	Wednesday	Thursday	Friday
Exercise	Reps Level				
og on Squat Stand					
single Leg hops - Right Leg					
single leg hops - Left Leg					
og on Squat Stand					
single Leg Hamstring Squats (Heel Press) - Right Leg					
single Leg Hamstring Squats (Heel Press) - Left Leg					
og on Squat Stand					
Гірру Toe Squats (toes on squat stand) - Right Leg					
Гірру Toe Squats (toes on squat stand) - Left Leg					
og on Squat Stand					
nner Thigh (turn on side and squat) - Right Leg					
nner Thigh (turn on side and squat) - Left Leg					
og on Squat Stand					



Part 2 - Equipment Needed - Squat Stand and Pull Up OR Wing Bar	Pull Up OR Wing	g Bar	Week 1 St	Week 1 Starting Weight -	
Wk 1 - 1 minute of each exercise unless rep count given	Monday	Tuesday	Wednesday	Thursday	Friday
Exercise	Reps Level	Reps Level	Reps Level	Reps Level	Reps Level
Pull-Ups - Palms Down					
Jog on Squat Stand					
Chin-Up - Plams Up					
Jog on Squat Stand					
Pull-Ups - Narrow Grip					
Jog on Squat Stand					
Chin-Up - Plams Up					
Jog on Squat Stand					
Hamstring Curl Ups (feet go into pull up/wing bar)					
Full Inverted Sit Ups (feet stay in pull up/wing bar)					
Hamstring Curl Ups (feet go into pull up/wing bar)					
Jog OR Full Sit ups OR AbTwist Jog					
Shoulder Press					
Plank OR Plank Tuck					

<
~
$\overline{}$
/eek
À
W
$\overline{}$
•
_
<i>^</i>
\mathbf{c}
\rightarrow
Start
\mathbf{C}
=
$\overline{}$
\Box
U
$\overline{}$
()
Date
\rightarrow
$^{\sim}$
w
1
•

Week 1 Starting Weight -

Part 3 - Equipment Needed - Pulleys

Wk 1 - 1 minute of each exercise unless rep count given	Monday	Tuesday	Wednesday	Thursday	Friday
Exercise	Reps Level				
8 Reps Back Row					
8 Reps Biceps					
8 Reps Back Row					
8 Reps Straight Arm Triceps Sweep					
8 Reps Biceps					
8 Reps Back Row					
8 Reps Straight Arm Triceps Sweep					
8 Reps Biceps					
8 Reps Back Row					
8 Reps Straight Arm Triceps Sweep					
16 reps (8 per) Oblique Twist					
24 Reps Chest Press					
24 Reps Overhead Chest Pull Over					
16 reps (8 per) Oblique Twist					
2 minutes Jog					
Aerobic Ab Twist Jog					



Part 1 - Equipment Needed - Squat Stand

Week 2 Starting Weight - _____

Wk 2 - 1 minute of each exercise unless rep count given	Monday	Tuesday	Wednesday	Thursday	Friday
Exercise	Reps Level				
log on Squat Stand					
Single Leg hops - Right Leg					
Single leg hops - Left Leg					
log on Squat Stand					
Single Leg Hamstring Squats (Heel Press) - Right Leg					
Single Leg Hamstring Squats (Heel Press) - Left Leg					
log on Squat Stand					
Tippy Toe Squats (toes on squat stand) - Right Leg					
Tippy Toe Squats (toes on squat stand) - Left Leg					
log on Squat Stand					
nner Thigh (turn on side and squat) - Right Leg					
nner Thigh (turn on side and squat) - Left Leg					
log on Squat Stand					



Week 2 Starting Weight -

Fari z - Equipment Needed - squat stand and Full up Ok Wing Bar	PUIL UP OR WING	Bar			
Wk 2 - 1 minute of each exercise unless rep count given	Monday	Tuesday	Wednesday	Thursday	Friday
Exercise	Reps Level	Reps Level	Reps Level	Reps Level	Reps Level
Pull-Ups - Palms Down					
Jog on Squat Stand					
Chin-Up - Plams Up					
Jog on Squat Stand					
Pull-Ups - Narrow Grip					
Jog on Squat Stand					
Chin-Up - Plams Up					
Jog on Squat Stand					
Hamstring Curl Ups (feet go into pull up/wing bar)					
Full Inverted Sit Ups (feet stay in pull up/wing bar)					
Hamstring Curl Ups (feet go into pull up/wing bar)					
Jog OR Full Sit ups OR AbTwist Jog					
Shoulder Press					
Plank OR Plank Tuck					



-			
)			
•			
1			
•			
•			
•			
•			
J			

Part 3 - Equipment Needed - Pulleys Week 2 Starting Weight -

Wk 2 - 1 minute of each exercise unless rep count given	Monday	Tuesday	Wednesday	Thursday	Friday
Exercise	Reps Level				
8 Reps Back Row					
8 Reps Biceps					
8 Reps Back Row					
8 Reps Straight Arm Triceps Sweep					
8 Reps Biceps					
8 Reps Back Row					
8 Reps Straight Arm Triceps Sweep					
8 Reps Biceps					
8 Reps Back Row					
8 Reps Straight Arm Triceps Sweep					
16 reps (8 per) Oblique Twist					
24 Reps Chest Press					
24 Reps Overhead Chest Pull Over					
16 reps (8 per) Oblique Twist					
2 minutes Jog					
Aerobic Ab Twist Jog					



Week 3 Starting Weight -

Wk 3 - 1 minute of each exercise unless rep count given	Monday	Tuesday	Wednesday	Thursday
Exercise	Reps Level	Reps Level	Reps Level	Reps Level
Jog on Squat Stand				
Single Leg hops - Right Leg				
Single leg hops - Left Leg				
Jog on Squat Stand				
Single Leg Hamstring Squats (Heel Press) - Right Leg				
Single Leg Hamstring Squats (Heel Press) - Left Leg				
Jog on Squat Stand				
Tippy Toe Squats (toes on squat stand) - Right Leg				
Tippy Toe Squats (toes on squat stand) - Left Leg				
Jog on Squat Stand				
Inner Thigh (turn on side and squat) - Right Leg				
Inner Thigh (turn on side and squat) - Left Leg				
Jog on Squat Stand				



Part 2 - Equipment Needed - Squat Stand and Pull Up OR Wing Bar

Week 3 Starting Weight - _

Part 2 - Equipment Needed - Squat Stand and Pull Up OK Wing Bar	JII UP OR WING B	gr		
Wk 3 - 1 minute of each exercise unless rep count given	Monday	Tuesday	Wednesday	Thursday
Exercise	Reps Level	Reps Level	Reps Level	Reps Level
Pull-Ups - Palms Down				
Jog on Squat Stand				
Chin-Up - Plams Up				
Jog on Squat Stand				
Pull-Ups - Narrow Grip				
Jog on Squat Stand				
Chin-Up - Plams Up				
Jog on Squat Stand				
Hamstring Curl Ups (feet go into pull up/wing bar)				
Full Inverted Sit Ups (feet stay in pull up/wing bar)				
Hamstring Curl Ups (feet go into pull up/wing bar)				
Jog OR Full Sit ups OR AbTwist Jog				
Shoulder Press				
Plank OR Plank Tuck				



Part 3 - Equipment Needed - Pulleys

Week 3 Starting Weight -	WEEK J SIGH DOIE -

Wk 3 - 1 minute of each exercise unless rep count given	Monday	Tuesday	Wednesday	Thursday
Exercise	Reps Level	Reps Level	Reps Level	Reps Level
8 Reps Back Row				
8 Reps Biceps				
8 Reps Back Row				
8 Reps Straight Arm Triceps Sweep				
8 Reps Biceps				
8 Reps Back Row				
8 Reps Straight Arm Triceps Sweep				
8 Reps Biceps				
8 Reps Back Row				
8 Reps Straight Arm Triceps Sweep				
16 reps (8 per) Oblique Twist				
24 Reps Chest Press				
24 Reps Overhead Chest Pull Over				
16 reps (8 per) Oblique Twist				
2 minutes Jog				
Aerobic Ab Twist log				