

# total gym

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# CHALLENGE

## 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: Jog or Full Sit Ups or Ab Twist Jog**



**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!***

Week 1 Start Date - \_\_\_\_\_

Week 1 Starting Weight - \_\_\_\_\_

Part 1 - Equipment Needed - Squat Stand

Exercise	Monday	Tuesday	Wednesday	Thursday	Friday
Wk 1 - 1 minute of each exercise unless rep count given	Reps	Reps	Reps	Reps	Reps
	Level	Level	Level	Level	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					



Week 1 Start Date - \_\_\_\_\_

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	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 Jog						





Week 2 Start Date - \_\_\_\_\_

Week 2 Starting Weight - \_\_\_\_\_

Part 3 - Equipment Needed - Pulleys

Wk 2 - 1 minute of each exercise unless rep count given	Monday	Tuesday	Wednesday	Thursday	Friday	
Exercise	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						
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 Start Date - \_\_\_\_\_

Week 3 Starting Weight - \_\_\_\_\_

Part 1 - Equipment Needed - Squat Stand

	Monday	Tuesday	Wednesday	Thursday
Wk 3 - 1 minute of each exercise unless rep count given	Reps    Level	Reps    Level	Reps    Level	Reps    Level
Exercise				
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				



Week 3 Start Date - \_\_\_\_\_

Week 3 Starting Weight - \_\_\_\_\_

Part 3 - Equipment Needed - Pulleys

Wk 3 - 1 minute of each exercise unless rep count given	Monday	Tuesday	Wednesday	Thursday
Exercise	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 Jog				