

SAFEGUARDS & GUIDELINES

- To get the best results, use the Total Gym Incline Bodyweight Trainer in a variety of body positions. This chart is set up to maximize exercises in each body position so you can get a full body workout in a short time period.
- **NOTE:** To increase resistance, raise the rails. To decrease resistance, lower the rails.

GETTING ON/OFF

When getting on/off the Total Gym Incline Bodyweight Trainer, use the following guidelines to ensure safety and proper form:

ANCHORING

• **UPRIGHT SUPINE:** Anchor the feet into the footplate and hold the rails with both hands. Keep the feet flat on the footplate and the rails at shoulder height.

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EXERCISING ON TOTAL GYM™ BY BODY POSITION

Exercises can be performed on Total Gym Incline Bodyweight Trainers in a variety of body positions. This chart is set up to maximize exercises in each body position so you can get a full body workout in a short time period.

NOTE: To increase resistance, raise the rails. To decrease resistance, lower the rails.

1. UPRIGHT SUPINE*

LEGS



PLANKING



NECK



ASSISTED CRUNCH



4. SEATED LATERAL*

SEATED BENT KNEE



LATERAL SHOULDER PRESS



SINGLE ARM DUMBBELL FLY



LATERAL TRICEPS EXTENSION



7. UPRIGHT PRONE*

PULL-UP



SPRINT START



PRONE



STRETCHES

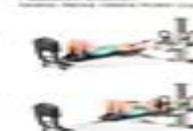


2. UPRIGHT SUPINE*

LAT PULL DOWN



PULLOVERS



SHOULDER ADDUCTION



TRICEPS PRESS DOWN



5. SEATED OR KNEELING BACKWARD*

SEAT



REVERSED FLY



BICEPS CURL



SHOULDER LAT PULL



3. SEATED FORWARD*

SEATED PRESS



SEATED FLY



FRONT RAISE



SHOULDER PRESS



6. INVERTED SUPINE*

INVERTED ROW



LATERAL SHOULDER RAISE



FRONT RAISE



BICEPS CURL



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total gym

Total Gym XI Workout Guide

SJ Ball



Total Gym XI Workout Guide:

Reviewing **Total Gym Xl Workout Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Total Gym Xl Workout Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Table of Contents Total Gym Xl Workout Guide

1. Understanding the eBook Total Gym Xl Workout Guide
 - The Rise of Digital Reading Total Gym Xl Workout Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Total Gym Xl Workout Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Total Gym Xl Workout Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Total Gym Xl Workout Guide
 - Personalized Recommendations
 - Total Gym Xl Workout Guide User Reviews and Ratings
 - Total Gym Xl Workout Guide and Bestseller Lists

5. Accessing Total Gym Xl Workout Guide Free and Paid eBooks
 - Total Gym Xl Workout Guide Public Domain eBooks
 - Total Gym Xl Workout Guide eBook Subscription Services
 - Total Gym Xl Workout Guide Budget-Friendly Options
6. Navigating Total Gym Xl Workout Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Total Gym Xl Workout Guide Compatibility with Devices
 - Total Gym Xl Workout Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Total Gym Xl Workout Guide
 - Highlighting and Note-Taking Total Gym Xl Workout Guide
 - Interactive Elements Total Gym Xl Workout Guide
8. Staying Engaged with Total Gym Xl Workout Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Total Gym Xl Workout Guide
9. Balancing eBooks and Physical Books Total Gym Xl Workout Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Total Gym Xl Workout Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Total Gym Xl Workout Guide
 - Setting Reading Goals Total Gym Xl Workout Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Total Gym Xl Workout Guide
 - Fact-Checking eBook Content of Total Gym Xl Workout Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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