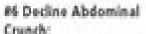
# STARTER/BEGINNER PROGRAM





Unhook arm pulley cable.

Attach wing accessory.

Start in the Squat position (#5) on the glideboard.

Place arm 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.



#### Munde Groups Execused:

Upper and Lower Abdominah.



# cable.

#7 Stretcher:

Unhook arm pulley

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 wast and stretch forward. Hold the stretch for at least 5 seconds. Pull up to rest. Do not bend elbows. Do not bounce Repeat.



#### Muscle Greaps: Exercised

Hamstrings, Lower Back-

# **Total Gym Supra Pro Manual**

**Tobias Bleicker** 

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