

4. Leg Curl (Seated or Lying)



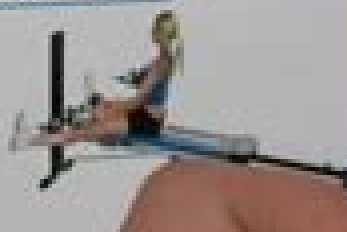
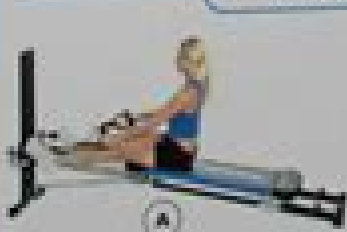
5. Cross Cable Row



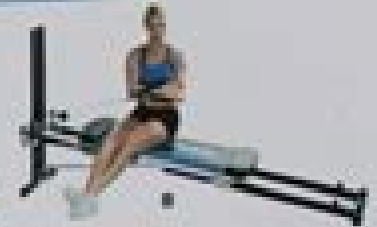
6. Seated Biceps Curl



7. Outer Hip & Thigh



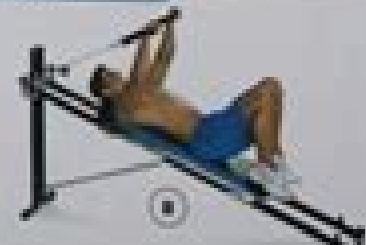
8. Oblique Twister



9. Seated Chest Press



10. Pullover



11. Pullover with Crunch



Total Gym Workout Manual

Daniel F McAuley



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