

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



ARMED



4. SEATED LATERAL*

LEGS



PLANKING



NECK



ARMED



7. UPRIGHT PRONE*

LEGS



PLANKING



NECK



ARMED



2. UPRIGHT SUPINE*

LEGS



PLANKING



NECK



ARMED



5. SEATED OR KNEELING BACKWARD*

LEGS



PLANKING



NECK



ARMED



3. SEATED FORWARD*

LEGS



PLANKING



NECK



ARMED



6. INVERTED SUPINE*

LEGS



PLANKING



NECK



ARMED



SPECIALTY EXERCISES*

LEGS



PLANKING



NECK



ARMED



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Total Gym 1000 Workout Guide

Julia L. Wilkinson



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The EBay Price Guide Julia L. Wilkinson, 2006 Provides lists of selling prices of items found on eBay in such categories as antiques boats books cameras coins collectibles dolls DVDs real estate stamps tickets and video games *The Total Fitness Manual* Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover Black Belt, 1980-02 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world *The Weight Loss Plan for Beating Diabetes* Frederic Vagnini, Lawrence Chilnick, 2009-10-01 The Weight Loss Plan for Beating Diabetes is a five step plan that shows you how to overcome the metabolic roadblocks that diabetes creates Using an integrated plan of diet exercise nutritional supplementation medication and lifestyle modification you ll lose weight reverse your diabetes and look and feel better Written by leading expert Dr Frederic Vagnini medical director of the Heart Diabetes Weight Loss Centers of New York the plan draws from latest clinical studies on diabetes and weight loss and provides recommendations specific to your unique medical history and risk factors You ll learn The latest medications and nutraceuticals that can get you off the metabolic roller coaster Tests your doctor should perform but probably isn't that will give you the most accurate diagnosis of your metabolic roadblocks Underdiagnosed issues that can exacerbate your diabetes and sabotage your weight loss efforts Based on the plan that has helped thousands of patients The Weight Loss Plan for Beating Diabetes will help you lose weight safely and keep it off **The Rock Climber's Exercise Guide** Eric Horst, 2016-12-01 The only conditioning book a rock climber needs Rock climbing is one of the most physically challenging sports testing strength endurance flexibility and stamina Good climbers have to build and maintain each of these assets This revised and updated edition of the classic book *Conditioning for Climbers* provides climbers of all ages and experience with the knowledge and tools to design and follow a comprehensive personalized exercise program *JCPenney [catalog].*, 2000 **Kiplinger's Personal Finance**, 1984-09 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics Annual Report to Congress U.S. Consumer Product Safety Commission, 2001 **NASA Ames Development Plan**, 2002 **Physical Rehabilitation of the Injured Athlete** Gary L. Harrelson, 2004 Represents collaboration among orthopaedists physical trainers and athletic trainers It reviews the rehabilitation needs for all types of sports injuries stressing the treatment of the entire kinetic chain with various exercises Chapters have been extensively revised featuring new concepts and techniques The 3rd edition includes four new chapters Proprioception and Neuromuscular Control Cervical Spine Rehabilitation Functional Training and Advanced Rehabilitation and Plyometrics new contributors and new features such as summary boxes and tables **The Micro-Workout Plan** Tom

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Harrelson,Kevin E. Wilk,2012-02-01 Physical Rehabilitation of the Injured Athlete is a medical reference book that equips you to apply today s hottest strategies in non operative sports rehabilitation so you can help your patients return to play as quickly and fully as possible Send your players back to the field fast with the latest strategies in non operative sports rehabilitation Get balanced dependable guidance on sports rehabilitation from a multidisciplinary author team that contributes perspectives from orthopaedics and sports medicine athletic training and physical therapy Ensure effective treatment planning with a stronger emphasis on evidence based practice Master the latest with brand new chapters on Developing Treatment Pathways Biomechanical Implications in Shoulder and Knee Rehabilitation Temporomandibular Rehabilitation Thigh Rehabilitation Gait Assessment Functional Movement Assessment and Plyometric Training Drills Access the fully searchable text downloadable image bank and 9 online only appendices at www.expertconsult.com *Hearings*

United States. Congress. House. Committee on Appropriations,1960 District of Columbia Appropriations United States.

Congress. House. Committee on Appropriations,1960 **District of Columbia Appropriations, 1961** United States.

Congress. House. Committee on Appropriations. Subcommittee on District of Columbia Appropriations,1960 *Popular*

Science ,1983-10 Popular Science gives our readers the information and tools to improve their technology and their world

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