

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

1. To get on the Total Gym Incline Bodyweight Trainer, lie on your back with your feet on the rails. Pull the rails up to your knees. Then, pull the rails up to your chest. Finally, pull the rails up to your shoulders. This will bring the rails to the position you need for the exercise.

ANCHORING

1. **UPRIGHT SUPINE:** Lie on your back with your feet on the rails. Pull the rails up to your knees. Then, pull the rails up to your chest. Finally, pull the rails up to your shoulders. This will bring the rails to the position you need for the exercise.

2. **UPRIGHT SUPINE:** Lie on your back with your feet on the rails. Pull the rails up to your knees. Then, pull the rails up to your chest. Finally, pull the rails up to your shoulders. This will bring the rails to the position you need for the exercise.

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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*

BIGGEST



FLYING FISH



HEEL RAISE



ASSISTED CRUNCH



4. SEATED LATERAL*

SEATED BENTOVER



LATERAL SHOULDER PRESS



SINGLE ARM DUMBBELL FLY



LATERAL TRICEPS EXTENSION



7. UPRIGHT PRONE*

PULL-UP



SPRINT START



PRONE



DOWNWARD



2. UPRIGHT SUPINE*

LAT PULL DOWN



PULLOVER BENCH



SHOULDER ADDUCTION



TRICEPS PRESS DOWN



5. SEATED OR KNEELING BACKWARD*

BENCH



REVERSED FLY



BICEPS CURL



SHOULDER LAT PULL



SPECIALTY EXERCISES*

OVERHEAD PRESS



BENCH



REP EXTENSION



TRICEPS UP WITH DUMBBELL



3. SEATED FORWARD*

CRIST PRESS



CRIST FLY



FRONT RAISE



OVERHEAD PRESS



6. INVERTED SUPINE*

SPRINT FLY



LATERAL SHOULDER RAISE



FRONT RAISE



BICEPS CURL



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