

## STARTER/BEGINNER PROGRAM



### #6 Decline Abdominal Crunch:

*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.

**Muscle Groups Exercised:**

*Upper and Lower Abdominal*



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### #7 Stretcher:

*Unhook arm pulley cable.*

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

**Muscle Groups Exercised:**

*Hamstrings, Lower Back*



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# Total Gym Supra Owners Manual

**David Baud**



## **Total Gym Supra Owners Manual:**

## The Enigmatic Realm of **Total Gym Supra Owners Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Total Gym Supra Owners Manual** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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