

total gym[®] ULTIMA

Exercise Guide



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How to Use this Exercise Booklet

Your body is probably thanking you already. It can hardly wait to feel those old muscles toning up. That's because the Total Gym® Exercise System is a great way to get in shape and stay in shape. Use it as an exercise machine or team it up with other sports as a training machine. It can improve your tennis, racquetball, golf, skiing and swimming, as well as your overall physical fitness.

Don't push yourself too hard if you haven't exercised lately. Take it easy and work up slowly. NOTE: As with any exercise program, consult your physician before starting a workout on the Total Gym®.

We've developed various exercise programs which tone, firm, shape, strengthen and recondition your muscles. Choose the program that suits your fitness level or interest. If you are not a regular exerciser, we recommend you perform the Starter Program for the first 2 weeks or until you feel comfortable moving on to the Beginner Program. Turn to your desired exercise program in this booklet. Now you're ready to sculpt a new body.

After working out on The Total Gym®, the first thing you'll notice is that you feel better. Not only while you exercise, but all the time. Next, you'll observe your steady climb up the resistance levels. Every time you raise the glideboard, your body has increased in fitness.

Words like "level" and "repetition" are explained on the following pages in easy to understand terms. Review the terms carefully in order to fully understand their usage in the Exercise Program Charts.

HELPFUL HINTS

When using any exercise equipment, basic safety precautions should always be observed, including the following:

- **IMPORTANT: TO PREVENT INJURY!** Be sure the spring-loaded pin is locked securely into place in the left rail by the height adjustment column before using your unit. This will prevent the height adjustment column from falling forward. See page 4 in your Owner's Manual.
- Do not operate any exercise equipment if it is not completely assembled or has been damaged in any manner.
- All equipment should be set up and operated on solid, level surfaces only.
- All equipment, including cables and pulleys, should always be checked for wear before each use.
- Do not operate exercise equipment with long, loose hair or loose clothing.
- Care should be taken while getting on and off any exercise equipment.
- Do not over-exert yourself or work to exhaustion.
- Total Gym® is not intended for use by children. Keep this and all fitness equipment out of the reach of children.
- The use of accessory attachments not recommended by the manufacturer may cause injuries.

Total Fitness with Total Gym®

What is fitness? In general, fitness can be viewed as a measure of body composition (fat vs. muscle), aerobic endurance, muscular strength and flexibility. It is also a state of well-being that breeds confidence and poise. No matter what benefit you want – improved appearance, a higher level of fitness or just a fun exercise program – you'll get it with the Total Gym® Exercise System. Total Gym® lets you exercise at your own pace, without the strain placed on joints by traditional exercises. As you pull yourself up and down the rails, you're working against some percentage of your body weight. Increase or decrease the workload by adjusting the height of the glideboard.

A Total Fitness Program is more than exercise and more than eating right. It is a "fitness for life" plan that goes hand in hand with an overall healthy lifestyle. This includes regular check-ups and exercise, now and for the rest of your life.

Your total fitness program consists of three parts:

- Aerobic exercise to burn calories
- Strength conditioning exercises to tone and shape your muscles, increase your metabolic rate, and strengthen your bones.
- A diet that is safe, sensible and healthy.

Today, all fitness research recommends both aerobic exercise and strength conditioning to achieve balanced fitness. By improving your aerobic fitness you will strengthen your heart and lungs, increase your stamina and endurance, and help with weight loss. Strength conditioning adds lean muscle to your body, increasing your body's metabolism. In this process, your body burns more calories, even while you rest. When you combine aerobic workouts with strength conditioning, as you will with your Total Gym®, you can burn more fat and calories than with just aerobic exercise alone.

The Total Gym® workout will help with the first two parts of your Total Fitness Program, but you need to make healthy, low-fat eating a big priority as well.

Consult with your physician about an eating plan that's right for you.

Healthy eating habits and exercise will help you reach your goal. We recommend that you follow dietary guidelines approved by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services.

There are over 60 different exercises included in this guide. And they're all explained in full detail. Some are performed with the arm pulley cable hooked to the glideboard, others don't require the use of the cable. If the arm pulley cables are hooked, **we recommend you always grasp the handles before sitting or laying on the glideboard.** This controls the glideboard and makes it easier to get into the correct position for each exercise. When you're ready to get off the glideboard, maintain control of the handles until your feet are on the floor or until the glideboard rests at the bottom of the rails.

Definition of Terms Used in Exercise Guide

Fitness Circuit: Comprehensive exercise requires the systematic training of all the body's major muscle groups. Total body fitness is best achieved through Circuit Training, a series of exercises performed repetitively in a certain sequence. After every exercise is finished and the circuit is complete, repeat it as recommended on the charts for each program.

Intensity: The intensity of an exercise is measured by the difficulty of pulling or pushing the glideboard up the rails. Intensity refers to how hard you work when you exercise. You control the intensity by the level of resistance you select. For example, if your program calls for 12-20 repetitions of an exercise, and you can only perform 8 repetitions, your resistance level is too high. If you can perform 21 repetitions, you should increase the resistance to the next higher level.

Repetitions: Repetitions designate the number of times an exercise is performed within one set. A range of repetitions is recommended so that you can perform exercises with precision and form. If you are not able to complete the recommended repetitions before losing form, you should reduce the resistance to allow good form.

Sets: A set is a sequence of repetitions of one exercise. If you are a beginner, start with only one set of each exercise. When you are able to perform one set of each exercise with minimal soreness two days post exercise, you are ready to add a second set. Use this same guideline to advance to a third set of each exercise.

Tempo (Speed of Movement): Tempo is the pace at which you move during the exercise. For instance, performing the squat with a slow tempo (3 seconds up – concentric and 3 seconds down – eccentric) would expose the muscles to approximately six seconds of work per repetition. The same exercise performed at a fast tempo (1 second up – concentric and 1 second down – eccentric) would provide two seconds work – per repetition. Tempo is a critical component because the amount of time a muscle is under tension is a primary stimulus by which the body gets stronger. In the following Program Charts, tempo is defined by two numbers with a slash between them. For example 2/3 indicates 2 seconds up – concentric, and 3 seconds down – eccentric.

Rest Period: A rest period is the time taken between sets or the next exercise. Always follow the prescribed rest period. Rest period length has direct correlation to the positive physiological response of any exercise.

Frequency: How often should you exercise? We suggest 15-20 minutes a day, 3-4 times per week. If you want to work out more frequently, or for a longer time period, go right ahead. However, follow your program guidelines.

Three Exercise Movements



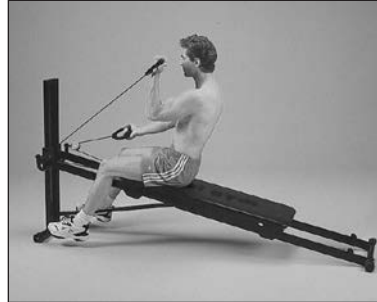
BILATERAL MOVEMENT

This is the most common type of exercise movement. It occurs when both arms or both legs move together in the same direction. You will probably do most of your exercises this way.



UNILATERAL MOVEMENT

The unilateral movement is performed when one arm or one leg remains stationary, while the other moves independently. As shown, the right arm stays fixed while the left arm moves through the movement. This allows you to concentrate more intensely on isolated body parts.

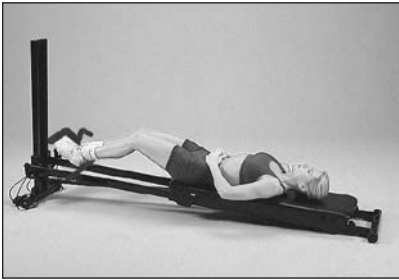


STATIC EQUILIBRIUM

Both arms move simultaneously in opposite directions during static equilibrium. These exercises hold the glideboard in a stable position with no movement. This type of exercise allows you to concentrate intensely on toning the upper body and helps improve your endurance and coordination.

Starter / Beginner Program

The Starter / Beginner Program should be used for at least two weeks for non-exercisers. Follow the Starter Program Chart; then continue with the Beginner Program Chart, both found on page 6. Exercises #1 and #2 are the basic exercises that cover 80% of the major muscle groups.



#1 LEG PULL

Unhook arm pulley cable. Attach Wing Attachments.

Secure feet under top bar of Wing Attachments. Lay on your back with legs straight and buttocks near the top of the glideboard. Point toes. Pull the glideboard toward your feet until the glideboard nearly reaches your heels. Let the glideboard down slowly. Repeat. For added abdominal work, lift head and shoulders as you pull up. Do not raise back off of glideboard.

MUSCLE GROUPS EXERCISED

Calves, Hamstrings, Lower and Upper Abdominals, Hips, Thighs and Buttocks

Requires Wing Attachments



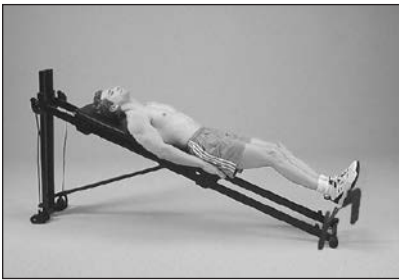
#2 ARM PULLOVER

Hook arm pulley cable.

Grasp handles and lay on your back with your head at the top of the glideboard. Stretch arms over head. Bend knees and put your feet on the bottom of the glideboard. Move arms in an arc over the chest until they touch the thighs. Slowly let arms go back to original position. Repeat. Raise head and shoulders while pulling to work more abdominals.

MUSCLE GROUPS EXERCISED

Shoulders, Upper Back, Triceps, Upper Abdominals, and Chest



#5 SQUAT

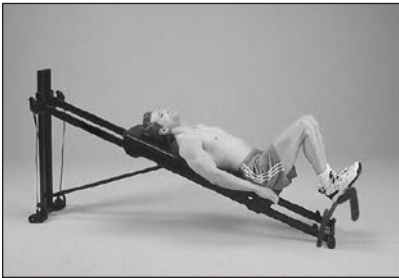
Unhook arm pulley cable. Attach Wing Attachments or Flexibility Bar.

Position rails on desired resistance level. Roll glideboard toward height adjustment column and sit at the bottom of the glideboard. Lay back. Place feet slightly spaced on accessory. Bend knees to 90°. Then push against accessory until legs are straight. Repeat.

MUSCLE GROUPS EXERCISED

Quadriceps, Buttocks, Calves

Requires Wing Attachments or Flexibility Bar



#6 DECLINE ABDOMINAL CRUNCH

Unhook arm pulley cable. Attach Wing Attachments or Flexibility Bar.

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

Place arms 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 Abdominals





#3 BUTTERFLY

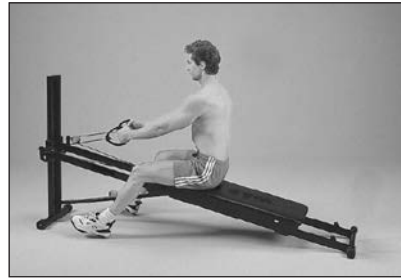
Hook arm pulley cable.

Grasp handles and sit at the top of the glideboard facing away from the height adjustment column. Stretch arms behind you with palms forward. Pull arms in an arc to chest height in front of you. Keep back straight. Slowly allow arms to stretch back behind you again. Arms should be slightly bent while performing this exercise. Repeat.



MUSCLE GROUPS EXERCISED

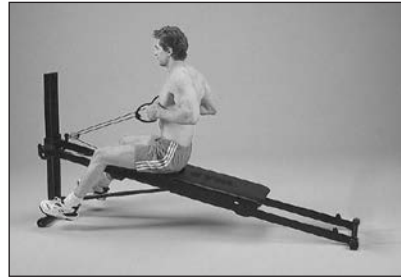
Front Shoulders, Chest, Biceps, Abdominals



#4 SEATED ROW

Hook arm pulley cable.

Grasp handles and straddle the top of the glideboard facing the height adjustment column. Sit with arms stretched in front of you naturally. Keeping your back straight with your palms facing each other at shoulder-width distance, pull into your rib cage. Slowly return to original position. Repeat.



MUSCLE GROUPS EXERCISED

Upper Back, Trapezius, Biceps



#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

STARTER PROGRAM CHART

EXERCISE #	DESCRIPTION	REPS	SETS	TEMPO	REST TIME
1	Leg Pull*	15-25	1-2	slow	1:00
2	Arm Pullover	15-25	1-2	slow	1:00

BEGINNER PROGRAM CHART

EXERCISE #	DESCRIPTION	REPS	SETS	TEMPO	REST TIME
1	Leg Pull*	15-25	1-2	slow	1:00
2	Arm Pullover	15-25	1-2	slow	1:00
3	Butterfly	15-20	1-2	slow	1:00
4	Seated Row	15-20	1-2	slow	1:00
5	Squats**	15-20	1-2	slow	1:00
6	Decline Abdominal Crunch**	15-20	1-2	slow	1:00
7	Stretcher	15-20	1-2	slow	1:00

*Requires Wing Attachments

**Requires Wing Attachments or Flexibility Bar

Beginner Circuit Training Program

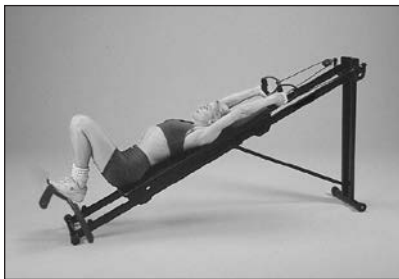
Please refer to “Fitness Circuit” on page 4 under “Definition of Terms” for a complete understanding of Circuit Training

NOTE: Circuit Training can be performed in any order. Total workout time should add up to a minimum of 20 minutes to reach optimum conditioning.

CIRCUIT TRAINING PROGRAM CHART

EXERCISE #	DESCRIPTION	TIME GOAL	SETS	TEMPO	REST TIME	EXERCISE #	DESCRIPTION	TIME GOAL	SETS	TEMPO	REST TIME
9	Rowing	2 minutes	1-3	1/1	30 seconds	8	Cardio Pull	2 minutes	1-3	1/1	30 seconds
10	Surfer	2 minutes	1-3	1/1	30 seconds	5	Squat*	2 minutes	1-3	1/1	30 seconds

*Requires Wing Attachments or Flexibility Bar



#8 CARDIO PULL

Hook arm pulley cable.

Attach Wing Attachments or Flexibility Bar. Position at desired resistance level. Grasp handles and sit at the bottom of the glideboard. Lay on back and put your feet on the accessory. Stretch arms over head. Move arms in a downward motion over your head with elbows bent. Bend knees and push off accessory. Perform bent arm pullover and squat simultaneously. Repeat.

MUSCLE GROUPS EXERCISED

Quadriceps, Calves, Shoulders, Upper Back, Arms, Upper and Lower Body



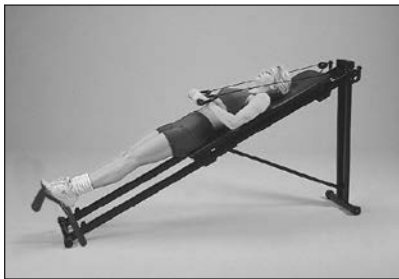
#9 ROWING

Hook arm pulley cable.

Attach Wing Attachments. Secure feet under bar of Wing Attachments sitting at top edge of glideboard. Grasp handles and keep arms and legs straight. Bend knees and bring your hands to your chin in a rowing motion. Move back to original position and repeat.

MUSCLE GROUPS EXERCISED

Calves, Legs, Hips, Abdominals, Lower and Upper Back, Shoulders



#5 SQUAT

Unhook arm pulley cable. Attach Wing Attachments or Flexibility Bar.

Position rails on desired resistance level. Roll glideboard toward height adjustment column and sit at the bottom of the glideboard. Lay back. Place feet slightly spaced on accessory. Bend knees to 90°. Then push against accessory until legs are straight. Repeat.

MUSCLE GROUPS EXERCISED

Quadriceps, Buttocks, Calves

Requires Wing Attachments or Flexibility Bar



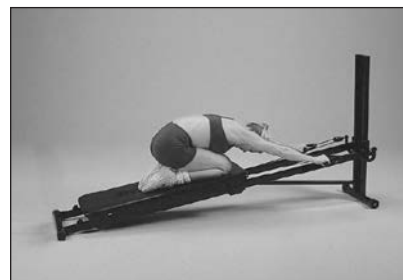
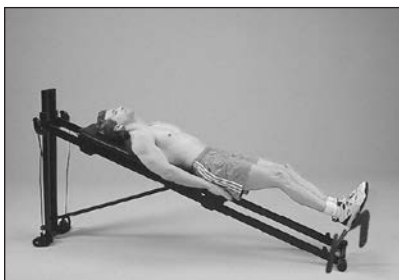
#10 SURFER

Hook arm pulley cable.

Grasp handles and hold the glideboard at the top. Kneel right behind your hands. Bend forward stretching your arms out. Pull straight back along the rail and straighten up like a surfer paddling. Repeat.

MUSCLE GROUPS EXERCISED

Lower and Upper Back, Shoulders, Triceps



Intermediate Circuit Training Program

Please refer to “Fitness Circuit” on page 4 under “Definition of Terms” for a complete understanding of Circuit Training.

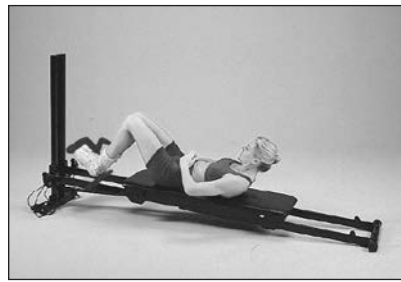
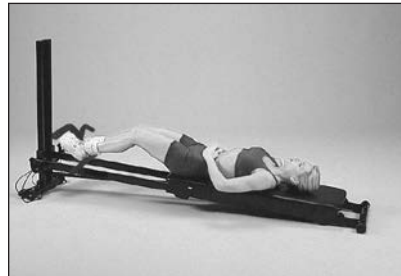
NOTE: Circuit Training can be performed in any order. Total workout time should add up to a minimum of 20 minutes to reach optimum conditioning.

INTERMEDIATE CIRCUIT TRAINING PROGRAM CHART

EXERCISE#	DESCRIPTION	REPS	SETS	TEMPO	REST TIME
1	Leg Pull*	12-20	1-2	2/2	circuit
2	Arm Pullover	12-20	1-2	2/2	circuit
3	Butterfly	12-20	1-2	2/2	circuit
4	Seated Row	12-20	1-2	2/2	circuit
5	Squat**	12-20	1-2	2/2	circuit
6	Decline Abdominal Crunch**	12-20	1-2	2/2	circuit
7	Stretcher	12-20	1-2	2/2	circuit

*Requires Wing Attachments

**Requires Wing Attachments or Flexibility Bar



#1 LEG PULL

Unhook arm pulley cable. Attach Wing Attachments.

Secure feet under top bar of Wing Attachments. Lay on your back with legs straight and buttocks near the top of the glideboard. Point toes. Pull the glideboard toward your feet until the glideboard nearly reaches your heels. Let the glideboard down slowly. Repeat. For added abdominal work, lift head and shoulders as you pull up. Do not raise back off of glideboard.

MUSCLE GROUPS EXERCISED

Calves, Hamstrings, Lower and Upper Abdominals, Hips, Thighs and Buttocks

Requires Wing Attachments

ADDITIONAL EXERCISES

EXERCISE#	DESCRIPTION	REPS	SETS	TEMPO	REST TIME
11	Seated Bench Press (for men)	12-20	1-2	2/2	circuit
12	Hip Abduction (for women)	12-20	1-2	2/2	circuit
13	Seated Curls (for men)	12-20	1-2	2/2	circuit
14	Triceps Extension (for women)	12-20	1-2	2/2	circuit
15	Twister (both men & women)	12-20	1-2	2/2	circuit
16	Hip and Thigh Extension (for women)	12-20	1-2	2/2	circuit
17	Pull Up*** (both men & women)	12-20	1-2	2/2	circuit

***Requires Wing Attachments or Press Up Bars



#2 ARM PULLOVER

Hook arm pulley cable.

Grasp handles and lay on your back with your head at the top of the glideboard. Stretch arms over head. Bend knees and put your feet on the bottom of the glideboard. Move arms in an arc over the chest until they touch the thighs. Slowly let arms go back to original position. Repeat. Raise head and shoulders while pulling to work more abdominals.

MUSCLE GROUPS EXERCISED

Shoulders, Upper Back, Triceps, Upper Abdominals, and Chest



#3 BUTTERFLY

Hook arm pulley cable.

Grasp handles and sit at the top of the glideboard facing away from the height adjustment column. Stretch arms behind you with palms forward. Pull arms in an arc to chest height in front of you. Keep back straight. Slowly allow arms to stretch back behind you again. Arms should be slightly bent while performing this exercise. Repeat.



MUSCLE GROUPS EXERCISED
Front Shoulders, Chest, Biceps, Abdominals



#4 SEATED ROW

Hook arm pulley cable.

Grasp handles and straddle the top of the glideboard facing the height adjustment column. Sit with arms stretched in front of you naturally. Keeping your back straight with your palms facing each other at shoulder-width distance, pull into your rib cage. Slowly return to original position. Repeat.



MUSCLE GROUPS EXERCISED
Upper Back, Trapezius, Biceps



#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



#11 SEATED BENCH PRESS

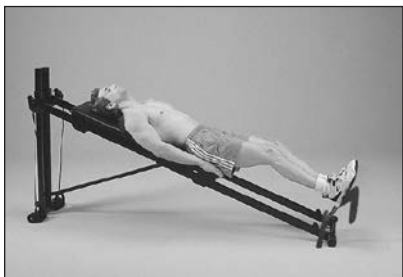
Hook arm pulley cable.

Grasp handles. Sit at top of glideboard facing away from height adjustment column. Put your legs on the glideboard. Bend elbows. Hold handles, palms down, on either side of chest. Push forward and upright slightly by extending arms straight out in front of you. Slowly allow hands to return to position on either side of chest. Repeat.



MUSCLE GROUPS EXERCISED
Chest, Shoulders, Triceps, Abdominals





#5 SQUAT

Unhook arm pulley cable. Attach Wing Attachments or Flexibility Bar.

Position rails on desired resistance level. Roll glideboard toward height adjustment column and sit at the bottom of the glideboard. Lay back. Place feet slightly spaced on accessory. Bend knees to 90°. Then push against accessory until legs are straight. Repeat.



MUSCLE GROUPS EXERCISED

Quadriceps, Buttocks, Calves

Requires Wing Attachments or Flexibility Bar



#6 DECLINE ABDOMINAL CRUNCH

Unhook arm pulley cable. Attach Wing Attachments or Flexibility Bar.

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

Place arms 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 Abdominals

Requires Wing Attachments or Flexibility Bar



#12 HIP ABDUCTION

Hook arm pulley cable.

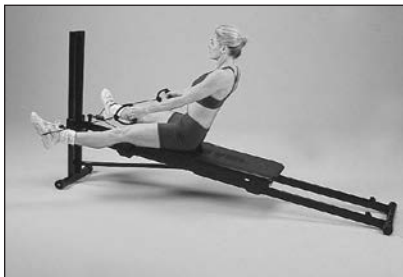
Place one foot on the floor next to the rear crossbar of the unit. Place the other foot on the glideboard about mid-way up the board. Push the glideboard up the incline and slowly return. Repeat. Switch legs.

The Lunge differs from other Total Gym® exercises because the lower incline levels are more difficult than the steeper incline levels.

MUSCLE GROUPS EXERCISED

Front Thighs, Hips, Buttocks, Hamstrings

 **RECOMMENDED FOR WOMEN**



#13 SEATED CURLS

Hook arm pulley cable.

Grasp handles and straddle the top of the glideboard facing the height adjustment column. Sit with arms stretched in front of you naturally. Keeping your back straight with your palms up, bend elbow and bring hands into shoulders. Then lower hands to original starting position. Repeat.

MUSCLE GROUPS EXERCISED

Biceps, Forearms, Shoulders

 **RECOMMENDED FOR MEN**

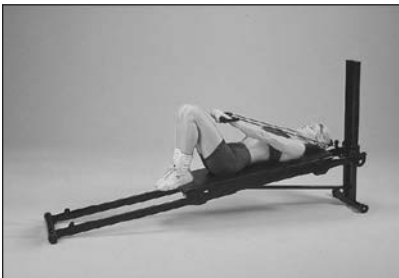




#14 TRICEPS EXTENSION

Hook arm pulley cable.

Grasp handles. Lay on your back, facing away from the height adjustment column, with feet on the glideboard. Bend elbows so your hands are above your face. Keeping elbow position stationary, push handles away from chest. Repeat.



MUSCLE GROUPS EXERCISED

Triceps, Forearms



RECOMMENDED FOR WOMEN



#15 TWISTER

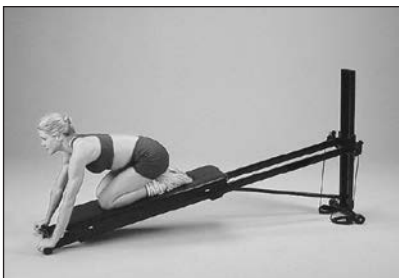
Hook arm pulley cable.

Grasp both handles and sit sideways on the glideboard. Keep arms slightly bent and close to the body. Hands should be at waist level. Rotate at the waist toward the height adjustment column. Using your oblique abdominal muscles pull the handles so you rotate at the waist in the other direction, causing the glideboard to move up the rails. Repeat. Switch to other side.



MUSCLE GROUPS EXERCISED

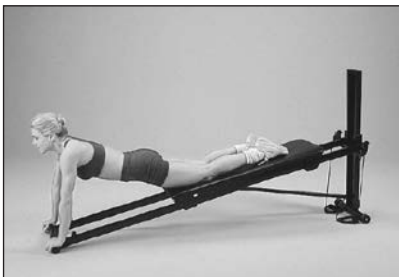
Lower Abdominals, Upper Back, Lower Back



#16 HIP AND THIGH EXTENSION

Unhook arm pulley cable. Attach Wing Attachments or Press Up Bars.

Face away from the height adjustment column and kneel at the bottom of the glideboard. Put your hands on the cross bar, Press Up Bars or Wing Attachments at the bottom of the unit. Push glideboard upward using legs and hips. Shoulders and arms should remain stationary. Lower legs so knees are bent in kneeling position. Repeat.

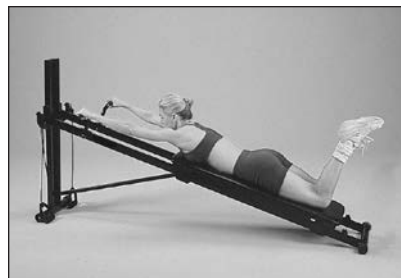


MUSCLE GROUPS EXERCISED

Hips, Thighs, Buttocks, Lower Back, Shoulders, Abdominals



RECOMMENDED FOR WOMEN



#17 PULL UP

Unhook arm pulley cable. Attach Wing Attachments or Press Up Bars.

Pull glideboard up so you can lay on your stomach while holding the Wing Attachments or Press Up Bars. Top of glideboard should be at shoulder height. Pull glideboard until your hands touch your shoulders. Then lower yourself slowly until your arms are fully extended. Repeat. Variations: Palms up isolates the biceps. Palms down isolates the lats.



MUSCLE GROUPS EXERCISED

Upper Back, Shoulders, Biceps

Requires Wing Attachments or Press Up Bars

Advanced Training Program

Ready for some Advanced Training? We have put together a four-day plan (pages 12-18) targeting specific muscle groups.

DAYS 1 AND 3

EXERCISE#	DESCRIPTION	REPS	SETS	TEMPO	REST TIME
18	Front Press*	8-15	1-3	2/3	45 seconds
3	Butterfly	8-15	1-3	2/3	45 seconds
11	Seated Bench Press	8-15	1-3	2/3	45 seconds
19	Front Deltoid Raises	8-15	1-3	2/3	45 seconds
20	Side Deltoid Raises	8-15	1-3	2/3	45 seconds
21	Rear Deltoid Raises	8-15	1-3	2/3	45 seconds
13	Seated Curls	8-15	1-3	2/3	45 seconds
22	Laying Curls	8-15	1-3	2/3	45 seconds
23	Pulley Ab Crunch	8-15	1-3	2/3	45 seconds
15	Twister	8-15	1-3	2/3	45 seconds

*Requires Wing Attachments or Press Up Bars

DAYS 2 AND 4

EXERCISE#	DESCRIPTION	REPS	SETS	TEMPO	REST TIME
4	Seated Row	8-15	1-3	2/3	45 seconds
17	Pull Up**	8-15	1-3	2/3	45 seconds
2	Arm Pullover	8-15	1-3	2/3	45 seconds
24	Seated High Pull	8-15	1-3	2/3	45 seconds
1	Leg Pull***	8-15	1-3	2/3	45 seconds
25	One Legged Squat****	8-15	1-3	2/3	45 seconds
26	Toe Raises****	8-15	1-3	2/3	45 seconds
27	Lunges	8-15	1-3	2/3	45 seconds
12	Hip Abduction	8-15	1-3	2/3	45 seconds
28	Hamstring Stretch*****	8-15	1-3	2/3	45 seconds
29	Inner Thigh Pull*****	8-15	1-3	2/3	45 seconds
14	Triceps Extension	8-15	1-3	2/3	45 seconds
30	Kneeling Kickbacks	8-15	1-3	2/3	45 seconds
10	Surfer	8-15	1-3	2/3	45 seconds
31	Side Bends	8-15	1-3	2/3	45 seconds
15	Twister	8-15	1-3	2/3	45 seconds

**Requires Wing Attachments or Press Up Bars

***Requires Wing Attachments

****Requires Wing Attachments or Flexibility Bar

*****Requires Leg Pulley Accessory

**DAYS 1 AND 3
CHEST**



#18 FRONT PRESS*

Unhook arm pulley cable.

Attach Wing Attachments or Press Up Bars. Lay face down on glideboard so chest is at bottom. Grasp Wing Attachments or Press Up Bars, palms down, and push until arms are fully extended. Then slowly lower until chest is even with palms. Repeat.

MUSCLE GROUPS EXERCISED

Shoulders, Triceps, Chest

**Requires Wing Attachments or Press Up Bars*



#3 BUTTERFLY

Hook arm pulley cable.

Grasp handles and sit at the top of the glideboard facing away from the height adjustment column. Stretch arms behind you with palms forward. Pull arms in an arc to chest height in front of you. Keep arms slightly bent. Repeat.

MUSCLE GROUPS EXERCISED

Front Shoulders, Chest, Biceps



#11 SEATED BENCH PRESS

Hook arm pulley cable.

Grasp handles. Sit at top of glideboard facing away from height adjustment column. Bend elbows. Hold handles, palms down, on either side of chest. Push forward and upright slightly by extending arms. Repeat.

MUSCLE GROUPS EXERCISED

Chest, Shoulders, Triceps, Abdominals

**DAYS 1 AND 3
SHOULDERS**



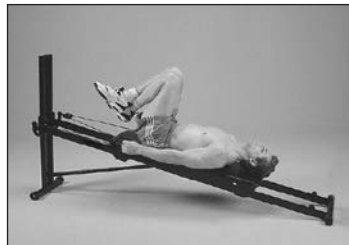
#19 FRONT DELTOID RAISES

Hook arm pulley cable.

Grasp handles and sit at the top of the glideboard facing away from the height adjustment column. Put arms straight at your side with palms back. Raise arms to shoulder level. Slowly lower arms to side. Repeat.

MUSCLE GROUPS EXERCISED

Front Shoulders, Chest, Arms



#20 SIDE DELTOID RAISES

Hook arm pulley cable.

Grasp handles. Straddle the top of the glideboard facing the height adjustment column. Lay back so palms are at your side. Raise arms laterally in an arc until level with shoulders. Lower slowly. Repeat.

MUSCLE GROUPS EXERCISED

Side Shoulders, Trapezius, Arms



#21 REAR DELTOID RAISES

Hook arm pulley cable.

Grasp handles and hold the glideboard at the top. Kneel right behind your hands. Stretching your arms out in front, pull handles to the side and back until parallel with your shoulders. Slightly bend arms at elbow and lower slowly. Repeat.

MUSCLE GROUPS EXERCISED

Rear Shoulders, Trapezius, Triceps

**DAYS 1 AND 3
BICEPS**



#13 SEATED CURLS

Hook arm pulley cable.

Grasp handles and straddle the top of the glideboard facing the height adjustment column. Sit with arms stretched in front of you naturally. Keeping your back straight with your palms up, bend elbow and bring hands into shoulders. Then lower hands to original starting position. Repeat.



MUSCLE GROUPS EXERCISED

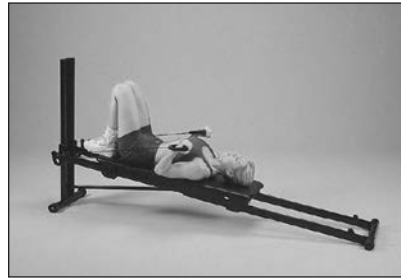
Biceps, Forearms, Shoulders



#22 LAYING CURLS

Hook arm pulley cable.

Grasp handles and straddle the top of the glideboard facing the height adjustment column. Sit down and lay back so your head is at the bottom of the glideboard, and your hands are at your side. Bend elbows and pull hands, palms facing upward, to your shoulders. Slowly lower hands to original position. Repeat.



MUSCLE GROUPS EXERCISED

Biceps

**DAYS 1 AND 3
ABDOMINALS**



#23 PULLEY AB CRUNCH

Hook arm pulley cable.

Grasp handles and pull glideboard up. Sit so your head is at the top of the glideboard when you lay back. Put your feet on the bottom of the glideboard. Hold handles with elbows bent and palms down at your chest. Lift your head and shoulders using your trunk and abdominal muscles. Then lower yourself to the original laying position. Repeat.



MUSCLE GROUPS EXERCISED

Upper and Lower Abdominals



#15 TWISTER

Hook arm pulley cable.

Grasp both handles and sit sideways on the glideboard. Keep arms slightly bent and close to the body. Hands should be at waist level. Rotate at the waist toward the height adjustment column. Using your oblique abdominal muscles, pull the handles so you rotate at the waist in the other direction, causing the glideboard to move up the rails. Repeat. Switch to other side.



MUSCLE GROUPS EXERCISED

Lower Abdominals, Upper Back, Lower Back

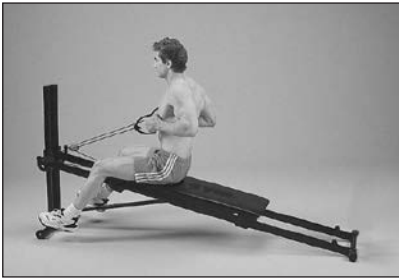
DAYS 2 AND 4 BACK



#4 SEATED ROW

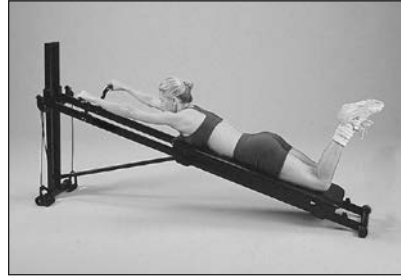
Hook arm pulley cable.

Grasp handles and straddle the top of the glideboard facing the height adjustment column. Sit with arms stretched in front of you naturally. Keeping your back straight with your palms facing each other at shoulder width apart, pull into your rib cage. Slowly return to original position. Repeat.



MUSCLE GROUPS EXERCISED

Upper Back, Trapezius, Biceps



#17 PULL UPS

Unhook arm pulley cable. Attach Wing Attachments or Press Up Bars.

Pull glideboard up so you can lay on your stomach while holding the Wing Attachments or Press Up Bars. Top of glideboard should be at shoulder height. Pull glideboard until your hands touch your shoulders. Then lower yourself slowly until your arms are fully extended. Variations: Palms up isolates the biceps. Palms down isolates the lats.



MUSCLE GROUPS EXERCISED

Upper Back, Shoulders, Biceps

Requires Wing Attachments or Press Up Bars



#2 ARM PULLOVER

Hook arm pulley cable.

Grasp handles and lay on your back with your head at the top of the glideboard. Stretch arms over head. Bend knees and put your feet on the bottom of the glideboard. Move arms in an arc over the chest until they touch the thighs. Slowly let arms go back to original position. Repeat. Raise head and shoulders while pulling to work more abdominals.



MUSCLE GROUPS EXERCISED

Shoulders, Upper Back, Triceps, Upper Abdominals



#24 SEATED HIGH PULL

Hook arm pulley cable.

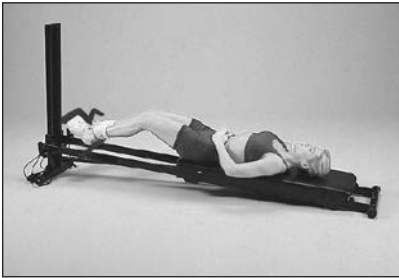
Grasp handles and straddle the top of the glideboard facing the height adjustment column. Sit with arms stretched in front of you naturally. Keeping your back straight and palms down, pull the cables until the top of your wrist is at your chin. Keep your elbows high, parallel with your shoulders. Slowly let the glideboard return to the starting position. Repeat.



MUSCLE GROUPS EXERCISED

Rear Shoulders, Trapezius, Biceps

**DAYS 2 AND 4
LEGS**



#1 LEG PULL

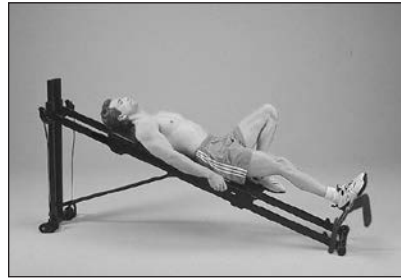
Unhook arm pulley cable. Attach Wing Attachments.

Secure feet under top bar of Wing Attachments. Lay on your back with legs straight and buttocks near the top of the glideboard. Point toes. Pull the glideboard toward your feet until the glideboard nearly reaches your heels. Let the glideboard down slowly. Repeat. For added abdominal work, lift head and shoulders as you pull up. Do not raise back off of glideboard.

MUSCLE GROUPS EXERCISED

Calves, Hamstrings, Lower and Upper Abdominals, Hips, Thighs and Buttocks

Requires Wing Attachments



#25 ONE LEGGED SQUAT

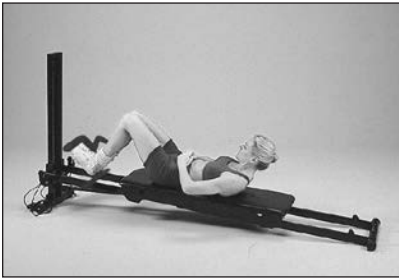
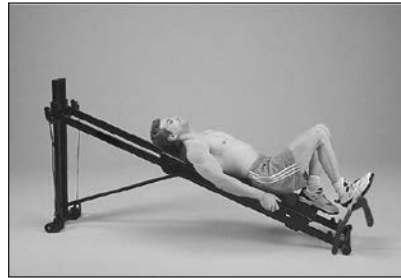
Unhook arm pulley cable. Attach Wing Attachments or Flexibility Bar.

Position rails on highest resistance level. Roll glideboard toward height adjustment column and sit at the bottom of the glideboard. Lay back. Perform the squat exercise (#5) one leg at a time. Bend the free leg and rest on glideboard. Repeat. Switch legs or alternate legs between repetitions.

MUSCLE GROUPS EXERCISED

Thighs, Hips, Calves, Front Thighs

Requires Wing Attachments or Flexibility Bar



#26 TOE RAISES

Unhook arm pulley cable. Attach Wing Attachments or Flexibility Bar.

Roll glideboard toward height adjustment column and sit at the bottom of the glideboard. Lay back. Place your toes on the Wing Attachments or Flexibility Bar and let your heels drop down below the bottom of the accessory. Raise up on your toes using your calf muscles, then let your heels drop through so your feet are flexed. Raise up on your toes again and repeat.

MUSCLE GROUPS EXERCISED

Calves, Ankles

Requires Wing Attachments or Flexibility Bar



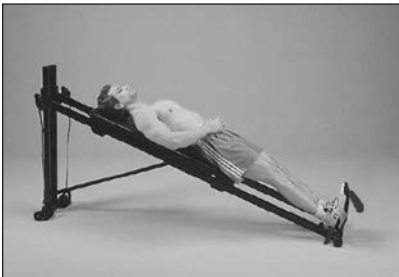
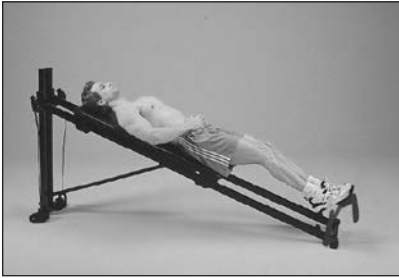
#27 LUNGES

Unhook arm pulley cable.

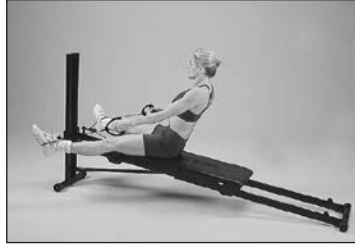
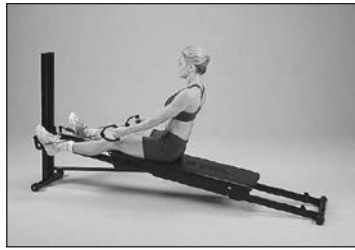
Place one foot on the floor next to the rear crossbar of the unit. Place the other foot on the glideboard about mid-way up the board. Push the glideboard up the incline and slowly return. Repeat. Switch legs. The Lunge differs from other Total Gym® exercises because the lower incline levels are more difficult than the steeper incline levels.

MUSCLE GROUPS EXERCISED

Front Thighs, Hips, Buttocks, Hamstrings



**DAYS 2 AND 4
LEGS**



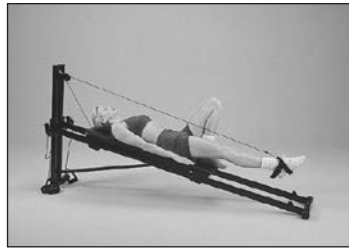
#12 HIP ABDUCTION

Hook arm pulley cable.

Grasp handles and sit at the top of the glideboard, facing the height adjustment column. Place feet on cables outside of pulleys. Press feet out keeping arms relaxed and straight and slowly return. Repeat.

MUSCLE GROUPS EXERCISED

Outer Thighs, Hips, Buttocks



#28 HAMSTRING PULL

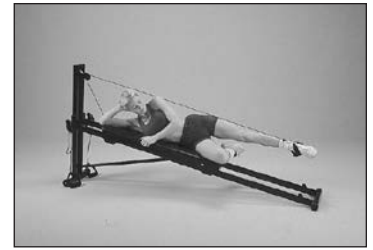
Unhook arm pulley cable. Attach leg pulley accessory.

Secure harness around foot. Lay on your back and let your leg stretch upward toward height adjustment column. Keep your leg straight and foot flexed. Push leg down so it is parallel to the glideboard. Repeat. Switch accessory to other leg and repeat.

MUSCLE GROUPS EXERCISED

Hamstrings, Buttocks, Lower Back

Requires Leg Pulley Accessory



#29 INNER THIGH PULL

Unhook arm pulley cable. Attach leg pulley accessory.

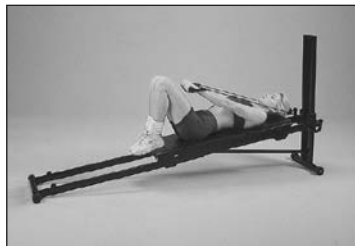
Secure harness around foot. Lay on your side, bend elbow and support your head with hand. Let leg stretch upward. Push leg down so it is parallel to the glideboard. Repeat. Switch accessory to the other leg, repeat.

MUSCLE GROUPS EXERCISED

Inner Thigh, Hamstrings, Hips

Requires Leg Pulley Accessory

**DAYS 2 AND 4
TRICEPS**



#14 TRICEPS EXTENSION

Hook arm pulley cable.

Grasp handles. Lay on your back with feet on the glideboard. Bend elbows so hands are above the face. Keeping elbow position stationary, push handles away from chest. Repeat.

MUSCLE GROUPS EXERCISED

Triceps, Forearms



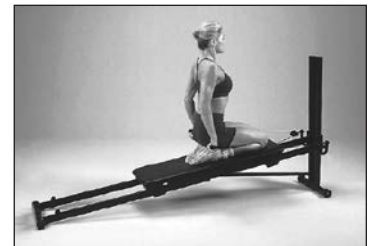
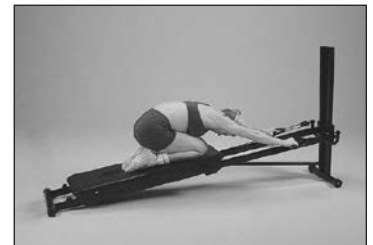
#30 KNEELING KICKBACKS

Hook arm pulley cable.

Grasp handles and hold the glideboard at the top. Kneel right behind your hands. Bend forward keeping your elbows stationary at your side. Extend the handles backwards. Repeat.

MUSCLE GROUPS EXERCISED

Triceps, Rear Deltoids



#10 SURFER

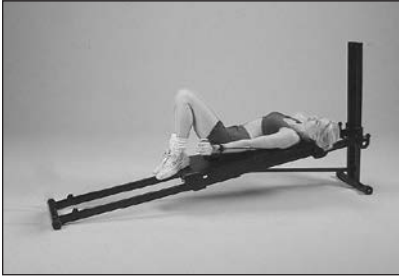
Hook arm pulley cable.

Grasp handles and hold the glideboard at the top. Kneel right behind your hands. Bend forward stretching your arms out. Pull straight back along the rail and straighten up like a surfer paddling. Repeat.

MUSCLE GROUPS EXERCISED

Upper and Lower Back, Shoulders, Triceps

DAYS 2 AND 4 ABDOMINALS



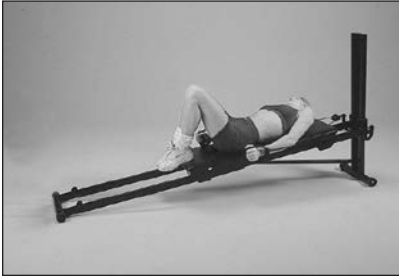
#31 SIDE BENDS

Hook arm pulley cable.

Grasp handles and pull the glideboard up so you can lay on your back with your head at the top of the glideboard. Bend your knees and put your feet on the glideboard. Keeping your arms stiff with your hands at your hips, bend at the waist to one side using your oblique abdominal muscles. Then bend to the other side. Repeat movement.

MUSCLE GROUPS EXERCISED

Obliques, Side Abdominals, Lower Back



#15 TWISTER

Hook arm pulley cable.

Grasp both handles and sit sideways on the glideboard. Keep arms slightly bent and close to the body. Hands should be at waist level. Rotate at the waist toward the height adjustment column. Using your oblique abdominal muscles pull the handles so you rotate at the waist in the other direction, causing the glideboard to move up the rails. Repeat. Switch to other side of glideboard and repeat exercises.

MUSCLE GROUPS EXERCISED

Lower Abdominals, Upper and Lower Back



Sports Specific Program

These programs are designed to aide in training for specific sports. We have listed the page numbers these exercises have previously appeared in this exercise guide. Exercises that have not yet appeared are shown on page 20.

SKIING

EXERCISE #	DESCRIPTION	PAGE #
7	Stretcher	6
32	Twisting Squat*	20
10	Surfer	7
15	Twister	14
26	Toe Raises*	16
2	Arm Pullover	5
1	Leg Pull*	5
4	Seated Row	6
13	Seated Curls	14
36	Hurdle Stretch	20

**Requires Wing Attachments or Flexibility Bar*

GOLF

EXERCISE #	DESCRIPTION	PAGE #
7	Stretcher	6
32	Twisting Squat*	20
15	Twister	14
2	Arm Pullover	5
1	Leg Pull*	5
4	Seated Row	6
17	Pull-Ups*	15
36	Hurdle Stretch	20

**Requires Wing Attachments or Flexibility Bar*

TENNIS

EXERCISE #	DESCRIPTION	PAGE #
7	Stretcher	6
2	Arm Pullover	5
32	Twisting Squat*	20
3	Butterfly	6
33	Tennis Backhand	20
22	Laying Curls	14
1	Leg Pull	5
18	Front Press*	13
10	Surfer	7
34	Laying High Pull	20
36	Hurdle Stretch	20

**Requires Wing Attachments or Flexibility Bar*

RUNNING / WALKING

EXERCISE #	DESCRIPTION	PAGE #
7	Stretcher	6
35	Groin Stretch	20
26	Toe Raises*	16
27	Lunges	16
10	Surfer	7
25	One Legged Squat*	16
2	Arm Pullover	5
1	Leg Pull*	5
3	Butterfly	6
36	Hurdle Stretch	20

**Requires Wing Attachments or Flexibility Bar*



#32 TWISTING SQUAT

Unhook arm pulley cable. Attach Wing Attachments or Flexibility Bar.

Lay at bottom of glideboard with feet placed firmly on the Wing Attachments or Flexibility Bar. Bend knees twisting to one side. Straighten legs so the glideboard slides up the rail. Bend knees again, twisting to the other side. Repeat.

MUSCLE GROUPS EXERCISED

Thighs, Calves, Hips, Buttocks, Front Thighs

Requires Wing Attachments or Flexibility Bar



#33 TENNIS BACKHAND

Hook arm pulley cable.

Grasp one handle and sit sideways on the glideboard (feet may also be placed on the floor). Cross handle in front of your body. Pull the cable straight across the front of your chest to a position directly lateral to your body. Keep wrist straight. Repeat.

MUSCLE GROUPS EXERCISED

Rear Deltoids, Forearms, Biceps, Lats and Back



#34 LAYING HIGH PULL

Hook arm pulley cable.

Grasp handles. Facing the height adjustment column, lay on your back. Bend legs into a tucked position. With palms facing down, pull handles so they slide parallel with your body to your shoulders. Then slide them back down. Repeat.

MUSCLE GROUPS EXERCISED

Shoulders, Trapezius, Biceps



#35 GROIN STRETCH

Unhook arm pulley cable.

Facing the height adjustment column, grasp handles and sit at the bottom edge of the glideboard. Pull the bottom of both feet, heel to heel, into the groin. With your back straight, stretch forward. Hold, then relax and repeat. Your arms should remain relaxed throughout this exercise so the glideboard gently slides down the rails when you stretch forward. Do not bounce.

MUSCLE GROUPS EXERCISED

Groin, Hips, Hamstrings



#36 HURDLE STRETCH

Unhook arm pulley cable.

Facing the height adjustment column, grasp handles and sit at the bottom edge of the glideboard. Place both legs straight ahead on the glideboard. Pull one leg into the groin. With your back straight, stretch forward. Hold, then relax and repeat. Switch legs. Your arms should remain relaxed throughout this exercise.

MUSCLE GROUPS EXERCISED

Hamstrings, Lower Back

Additional Exercises

Begin using your Total Gym® with the exercises found in the front of this Exercise Booklet to familiarize yourself with the product before attempting to perform these additional exercises.

CHEST



DIPS WITH ARM PULLEY Chest, Shoulders, Triceps



DIPS WITH DIP BARS Chest, Shoulders, Triceps



HIGH BUTTERFLY Upper Chest



LOW BUTTERFLY Lower Chest / Bustline



PULLOVER REACH Chest, Lats, Triceps



SHOULDERS



PRESS BEHIND NECK Shoulders, Triceps



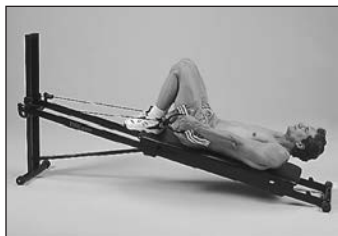
TENNIS SERVE Shoulders, Arms, Lats



CROSS COUNTRY SKIER Triceps, Shoulders



SHRUGS Traps



REAR DELTOID RAISE Rear Shoulder, Triceps



LATS AND BACK



IRON CROSS Lats, Shoulders, Arms



SWIMMER Lats, Shoulders, Arms



LONG PULL Lats, Shoulders, Triceps



LAT PULL-IN Lats, Shoulders, Biceps



BACK EXTENSION Lower Back



ABDOMINALS



REVERSE DECLINE SIT-UP Abs, Waist



DECLINE LEG RAISES Lower Abs



INCLINE SIT-UP Abs, Waist



REVERSE HIP & THIGH EXTENSION Abs, Buttock



ABDOMINAL PUSH Upper Abs



ROWING



ROWING VARIATION Upper and Lower Body



LEG RAISES Lower Abs



BACK AND SHOULDERS



REAR DELTOID UNILATERAL
Shoulders, Back



INVERSION STRETCH Back



LEG PULL Sit-Up Abs, Legs



BICEPS



PREACHER CURLS Biceps, Forearms



PEAK CONCENTRATION CURLS Biceps



CHIN UP Upper Abs

FOREARMS



WRIST CURLS Forearms, Wrists (reverse wrists for variation)



REVERSE CURLS Forearms, Biceps

LEGS AND BUTTOCK



SIDE SQUAT Hips, Thighs

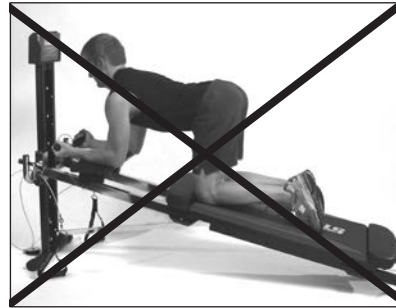
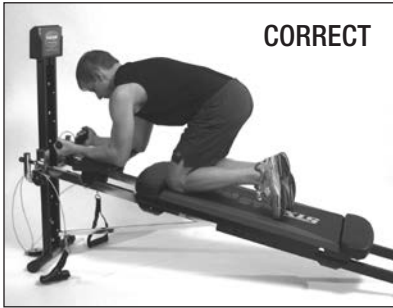


ONE LEG SIDE SQUAT Hips, Thighs

Ab Crunch Exercises

These exercises require the Ab Crunch Board Accessory. Your unit may differ from the unit shown in the photos below.

PROPER BODY POSITIONING



Keep your shoulders over your elbows (elbows should be at a 90° angle). Keep your head down with neck in line with your back. Avoid lifting the head to look forward. Eyes should remain focused on the Ab Crunch Board accessory. **Keep your back rounded or flat to avoid over arching.**

AB CRUNCH BOARD EXERCISES



AB CRUNCH – BEGINNER

Position your knees towards the top of the glideboard with hands/forearms in proper position on the Ab Crunch Board accessory. Slowly pull your lower body toward your hands with a crunch movement. Return to starting position.

MUSCLE GROUPS EXERCISED

Abdominals



AB CRUNCH – INTERMEDIATE

Position your knees 1/3 of the way down the glideboard with hands/ forearms in proper position on the Ab Crunch Board accessory. Slowly pull your lower body toward your hands with a crunch movement. Return to starting position.

MUSCLE GROUPS EXERCISED

Abdominals



AB CRUNCH – ADVANCED

Position your knees 1/3 of the way down the glideboard with hands/ forearms in proper position on the Ab Crunch Board accessory. Lift your body up onto your toes. Slowly pull your lower body toward your hands with a crunch movement. Return to starting position.

MUSCLE GROUPS EXERCISED

Abdominals

Workout Progress Chart

Use this sheet to keep a record of your workout progress over time. Before writing on it, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done. Plus, this data will help you to chart future fitness goals as you progress.

EXERCISE DATA											PERSONAL DATA <i>(Update weekly)</i>			
DATE	WORKOUT TIME	WARM UP	COOL DOWN	EXERCISE(S) PERFORMED	INCLINE LEVEL	REPS 15-25	SETS 7-3	DATE	WEIGHT	CHEST	WAIST	HIPS		

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EXERCISE DATA								PERSONAL DATA <i>(Update weekly)</i>				
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DEDICATION TO QUALITY

We warrant this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions.

See Limited Warranty Card for details.

Save your sales receipt.

You may wish to staple into this manual.

*To order optional accessories,
please go to TotalGymCatalog.com*