

total gym®

Exercise Chart

The number of sets and reps you perform, whether you're using one or both sides of the machine, will depend on your fitness level. The first image shows your starting position, while the second image shows the end position. The third image shows the end position with the machine's resistance set to the level you want. The fourth image shows the end position with the machine's resistance set to the level you want. The fifth image shows the end position with the machine's resistance set to the level you want. The sixth image shows the end position with the machine's resistance set to the level you want. The seventh image shows the end position with the machine's resistance set to the level you want. The eighth image shows the end position with the machine's resistance set to the level you want. The ninth image shows the end position with the machine's resistance set to the level you want. The tenth image shows the end position with the machine's resistance set to the level you want.

Chest

Seated Chest Press



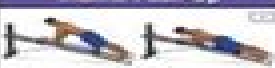
Start: Sit on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Seated Chest Fly



Start: Sit on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Incline Push-Up



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Push the handles forward and upward, keeping your elbows close to your body.

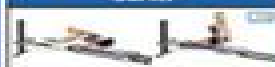
Lateral Chest Fly



Start: Sit on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Compound

Surfer



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Core Extension



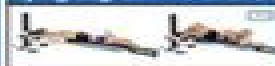
Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Toe Touch Row



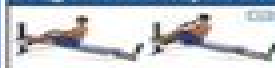
Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Lying Leg Curl w/ Crunch



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Leg curl w/ Biceps Curl



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Leg Curl w/ Seated Fly



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

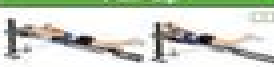
Arm Pulldown



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Back

Pull-Up



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Front Pullover



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Seated Row



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

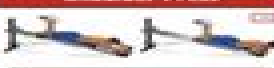
Arms Cross/Snow Angel



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Shoulders

Shoulder Press



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Upright Row



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Front Raise



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

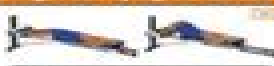
Serve



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

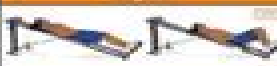
Legs

Leg Curl Lying or Seated



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Squat



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Outer Hip & Thigh



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Sprinter Start



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Arms

Seated Biceps Curl



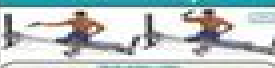
Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Lying Triceps



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Lateral Biceps



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Lateral Triceps Extension



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Abs

Sit-Up with Cables



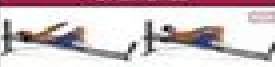
Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Oblique Twister



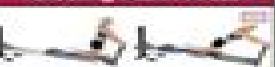
Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Crunches



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Kneeling Plank Press



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Stretch

Front Leg Stretch



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Toe Touch Stretch



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Seated Back Stretch



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Seated Chest Stretch



Start: Lie on the machine with your feet flat on the floor and your hands on the handles. Pull the handles forward and upward, keeping your elbows close to your body.

Gym Exercise Guide

Debbie Lawrence, Sarah Bolitho

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

Gym Exercise Guide:

The Complete Guide to Personal Training Morc Coulson, 2014-10-09 A complete reference guide for anyone involved in prescribing exercise programmes for personal training clients The Complete Guide to Personal Training also covers all of the Level 3 requirements detailed within the Health and Fitness National Occupational Standards and the Qualifications Framework pertaining to personal training and provides the theoretical underpinning of how to programme appropriate exercise for your clients Includes information on The foundations of personal training Planning and delivering exercise programmes Training methods and exercise techniques this enhanced epub also contains nine videos of key exercises Nutrition Health and safety The book contains practical tips for designing a range of appropriate client exercise programmes but always with a focus on the best ways you can sustain a business in this area and how you can stand out from the crowd It is deal for personal trainers in the health and fitness industry as well as those wishing to undertake qualifications in this area

The Complete Fitness Guide for Women Mamta Singh, 2013-10-01 An essential fitness guide for any woman who wants an active life and a healthy body Physical fitness as it is understood today is not merely about exercising or healthy eating it must involve both aspects But there is still more to a fit and healthy life than just a focus on food and exercise The Complete Fitness Guide for Women lays the foundation for long term health In this volume Mamta Singh provides you with exercise plans that specifically target cardiovascular training strength and weight training and stretching Whether you are a beginner or someone who is already working out this book will have a program suitable for you these exercise programs can be done at home or at the gym The Complete Fitness Guide for Women empowers you by helping you understand and respect your body and its unique requirements so you can develop a body that is not just slim but healthy and strong as well The power is truly within YOU

The Complete Guide to Exercise Referral Debbie Lawrence, 2013-03-14 This book gives fitness professionals everything they need to know to manage a referred client from fulfilling government recommendations to motivating and retaining clients Exercise can help prevent and treat a wide variety of health problems including obesity heart disease and mobility disorders and fitness professionals are increasingly working with referred patients as part of their treatment Formerly published as Fitness Professionals GP Referral Schemes the updated edition of this established and definitive guide includes the latest information from sources such as NICE and ACSM as well as a new chapter on session plans to provide fresh ideas for working with your clients Written by a highly experienced exercise professional this book covers Exercise guidelines for different medical conditions Strategies for working with exercise referral clients Approaches to activity and programme design health safety and risk management

Desk Exercise Guide Celina Hywel, AI, 2025-02-13 Desk Exercise Guide addresses the often overlooked health risks associated with sedentary office work offering practical solutions for improved workplace wellness and business management It highlights how prolonged sitting and repetitive tasks can lead to musculoskeletal disorders costing businesses billions while diminishing employees quality of life The book

champions integrating ergonomic adjustments and targeted exercises into daily routines as a preventative measure shifting the focus from reactive pain management to proactive health enhancement It emphasizes that even simple changes like proper workstation setup and posture can significantly reduce the risk of developing chronic conditions This guide uniquely provides tailored desk exercises acknowledging individual differences in body types and fitness levels Rather than a one size fits all approach it offers a range of exercises and modifications suitable for various needs The book progresses by first introducing fundamental ergonomic principles then delving into specific exercise routines targeting common problem areas like the neck shoulders and wrists Finally it focuses on integrating these practices into a sustainable daily routine promoting long term benefits such as increased energy levels and reduced stress ultimately enhancing both physical health and workplace productivity

The Complete Guide to Personal Training: 2nd Edition Morc Coulson,2018-09-06 A revised and updated second edition of the popular Complete Guide to Personal Training Expertly written and suitable for anyone working as or training to be a Personal Trainer This is a complete reference guide for fitness professionals who prescribe exercise programmes to clients This guide contains practical tips for designing a range of appropriate client exercise programmes Importantly it focuses on the best ways you can sustain a financially successful business in this area and how you can stand out from the crowd It includes The foundations of personal training Planning and delivering exercise programmes Training methods and exercise techniques Nutrition Health and safety Setting up marketing and growing a successful business The book also includes all Level 3 requirements detailed within the Health and Fitness National Occupational Standards and the Qualifications Framework relating to personal training and has been awarded 3 CPD points by the Register of Exercise professionals

The Essential Guide to Fitness Rosemary Marchese,Julie Taylor,Kirsten Fagan,2019-04-30 Essential Guide to Fitness for the Fitness Instructor addresses SIS30315 Certificate III in Fitness The text is mapped to all core units and 12 electives of the qualification and contains rich foundation content on Anatomy Physiology and Nutrition as well as Fitness orientation programming WHS and equipment The structure of the text highlights learning outcomes and contains an abundance of application cases activities and quizzes Strong content on fitness for specific markets and populations supports the volume of learning for the core unit Recognise and apply exercise considerations for specific populations including chapters on older populations a NEW chapter on children and adolescents community fitness and facilitating groups Coverage on gym programs group exercise water based fitness and endurance training introduces students to the instruction of these varied types of fitness training Premium online teaching and learning tools are available on the MindTap platform Learn more about the online tools cengage.com/au/mindtap

The Complete Idiot's Guide to Short Workouts Deidre Johnson-Cane,Jonathan Cane,Joe Glickman,2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts

Your 12 Week Guide to the Gym Paul Cowcher,Daniel Ford,2013-06-01 Your 12 week Guide to the Gym offers an achievable step by step guide to help get an unfit

person to a definable goal a 90 minute workout in 12 weeks The book outlines how to get started what s needed and how to make that first step Then using the week by week guide the reader works towards the target goal in very gradual steps with a weekly programme plus basic tips on nutrition motivation stretching and so on The emphasis is on a very gradual approach towards achieving the goal so that the reader feels comfortable and there is constant reaffirmation of achievements as he she works through the programme There will also be sections for the reader s own notes which are important for that all important feeling of success as he she works towards the ultimate goal of looking better and feeling fitter *The Layperson's Guide to Exercise, Diet and Supplements* Daniel J. Shamy,2013-04-22 We instinctively know that exercise eating the right things and taking vitamins sustains our health maintains our youth and offers a sense of wellbeing Traditional fitness publications do a great job telling you what to do but lack any explanation as to the why and how They offer a map to youth by micromanaging your diet exercise and or supplements You blindly follow their lead in expectation of finding your fountain of youth through their training Every body is different which is why one map may work for one person but not another maybe it failed you so you try another What you may not realize is that although they offer step by step instruction to find the fountain they are not teaching you how to read the map Although the map is the same the directions are different for each of us to find the fountain of youth the difference between the layperson and expert is their ability to read the map as a whole that map is our anatomy That cartography lesson is learned by teaching you how exercise diet and supplements work rather than being told what in the same to follow At the end of the lesson you may now understand that your journey may require parts of many methods rather than the single direction of one the author shares his own journey as he teaches you how to read the map so you understand how one has successfully read the map to discover his fountain of youth *Exercise Management Guide* Dr. Rajiv Sharma,2005 **The Men's Health Guide To Peak Conditioning** Richard Laliberte,1997-04-15 Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear **The Everything Guide to Managing and Reversing Pre-Diabetes** Gretchen Scalpi,2013-02-18 Your ten week plan to avoid the onset of diabetes A diagnosis of pre diabetes is certainly a wakeup call but it is not a life sentence of daily medication and having to live without your favorite foods Managing pre diabetes is about common sense and moderation not deprivation The Everything Guide to Managing and Reversing Pre Diabetes 2nd Edition can help you find ways to alter your lifestyle and avoid type 2 diabetes Inside you ll find helpful tips on lifestyle changes along with recipes for delicious healthy meals your whole family will love like Buttermilk pancakes Rich and creamy sausage potato soup Soy and ginger flank steak Grilled haddock with peach mango salsa Walnut chicken with plum sauce Kasha stuffed red peppers Cranberry pecan biscotti Chocolate cheesecake mousse This trusted resource also includes a ten week plan to help you see results immediately Certified Diabetes Educator Gretchen Scalpi also provides you with techniques for helping children with pre diabetes gain control of their health With this expert guide you

can recognize unhealthy behaviors and eating habits and stop diabetes in its tracks *The Complete Idiot's Guide to Weight Training, Illustrated, 4th Edition* Deidre Cane,Jonathan Cane,2012-12-04 The Complete Idiot s Guide to Weight Training Illustrated Fourth Edition is for both novice and intermediate gym workouts Multiple exercises are explained with step by step instructions using well over 300 illustrations in this large trim easy to read training guide Every muscle group is worked and every piece of equipment one is likely to find in gyms is fully explained and illustrated **The Complete Guide to Weight Loss** Paul Waters,2015-02-17 An accessible and practical guide to working with fitness clients to help them to lose weight and keep it off **Exercise: The Lazy Person's Guide!** Helen Graham,2002-04-25 Fed up with feeling guilty about not doing those regular workouts you ve been promising to start We know that exercise is good for us but why does it have to be such hard work Helen Graham is here to tell you it doesn t have to be it s possible to achieve results with a much more gentle and balanced approach to fitness An accessible guide to everything from yogic breathing to pilates and dynamic relaxation Exercise The Lazy Person s Guide is a must for those of us looking for an effortless remedy a way to exercise without doing very much at all The Lazy Person s Guide is a series of popular cheerful yet thoroughly grounded practical and authoritative books on various health issues and conditions Other titles in the series include Beating Overeating Detox Improving Your Memory Midlife Quitting Smoking Self esteem and Stress Other books by Helen Graham include Healing with Colour Make Stress Work for You and Soul Medicine Exercise The Lazy Person s Guide Table of Contents Introduction Having a Lie Down Taking a Breather Sounds Relaxing Taking It Easy Letting Your Mind Wander Stretch Yourself Getting a Move On Going Further [The Complete Guide to Physical Activity and Mental Health](#) Debbie Lawrence,Sarah Bolitho,2014-08-24 The Complete Guide to Physical Activity and Mental Health is a practical guide for fitness instructors working with clients with mental health issues The book looks at the signs and symptoms treatment plans and how to approach developing an exercise programme for a range of mental health conditions From depression stress anxiety and eating disorders this book offers background information on the prevalence and various available treatment of each condition discussed Clearly illustrated throughout with a section examining the specific symptoms and causes of a range of mental health conditions it will provide fitness professionals all they need when planning an exercise programme to suit their clients Written in an accessible style by a well established consultant in the fitness industry it will appeal to exercise instructors and fitness professionals working towards the New Level 4 qualification Including real life case studies advice on communication and development strategies when working with clients this book puts theory into practice **List Maker's Get-Healthy Guide** Prevention,2010-08-17 A collection of accessible lists from the premier health magazine counsels readers on topics ranging from the best organic foods and the biggest source of germs in public places to effective fitness exercises and essential first aid supplies Original **The Official Gold's Gym Beginner's Guide to Fitness** David Porter,2004-09 With the help of instructive photographs shot on location at Gold s facilities this book on fitness features tips on getting started

and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food **The Everything Parent's Guide To Sensory Processing Disorder** Terri Mauro,2014-06-06 If your child has been diagnosed with sensory processing disorder SPD you understand how simple everyday tasks can become a struggle With this guide you can help your child learn how to reduce stress and minimize the symptoms of SPD *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

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