

## 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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# Exercise Manual For Total Gym

**Yi-Tong Ma**





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