

total gym®

Exercise Chart

The number of sets and reps you perform, whether you're using the right side of the machine, will depend on the muscle being exercised. The first image shows your starting position, while the second image shows the end of the movement. The third image shows the end of the movement, while the fourth image shows the end of the movement. The fifth image shows the end of the movement. The sixth image shows the end of the movement. The seventh image shows the end of the movement. The eighth image shows the end of the movement. The ninth image shows the end of the movement. The tenth image shows the end of the movement. The eleventh image shows the end of the movement. The twelfth image shows the end of the movement. The thirteenth image shows the end of the movement. The fourteenth image shows the end of the movement. The fifteenth image shows the end of the movement. The sixteenth image shows the end of the movement. The seventeenth image shows the end of the movement. 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The fifty-fourth image shows the end of the movement. The fifty-fifth image shows the end of the movement. The fifty-sixth image shows the end of the movement. The fifty-seventh image shows the end of the movement. The fifty-eighth image shows the end of the movement. The fifty-ninth image shows the end of the movement. The sixtieth image shows the end of the movement. The sixty-first image shows the end of the movement. The sixty-second image shows the end of the movement. The sixty-third image shows the end of the movement. The sixty-fourth image shows the end of the movement. The sixty-fifth image shows the end of the movement. The sixty-sixth image shows the end of the movement. The sixty-seventh image shows the end of the movement. The sixty-eighth image shows the end of the movement. The sixty-ninth image shows the end of the movement. The seventieth image shows the end of the movement. The seventy-first image shows the end of the movement. The seventy-second image shows the end of the movement. The seventy-third image shows the end of the movement. The seventy-fourth image shows the end of the movement. The seventy-fifth image shows the end of the movement. The seventy-sixth image shows the end of the movement. The seventy-seventh image shows the end of the movement. The seventy-eighth image shows the end of the movement. The seventy-ninth image shows the end of the movement. The eightieth image shows the end of the movement. The eighty-first image shows the end of the movement. The eighty-second image shows the end of the movement. The eighty-third image shows the end of the movement. The eighty-fourth image shows the end of the movement. The eighty-fifth image shows the end of the movement. The eighty-sixth image shows the end of the movement. The eighty-seventh image shows the end of the movement. The eighty-eighth image shows the end of the movement. The eighty-ninth image shows the end of the movement. The ninetieth image shows the end of the movement. The ninety-first image shows the end of the movement. The ninety-second image shows the end of the movement. The ninety-third image shows the end of the movement. The ninety-fourth image shows the end of the movement. The ninety-fifth image shows the end of the movement. The ninety-sixth image shows the end of the movement. The ninety-seventh image shows the end of the movement. The ninety-eighth image shows the end of the movement. The ninety-ninth image shows the end of the movement. The hundredth image shows the end of the movement.

Chest

Seated Chest Press



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

Seated Chest Fly



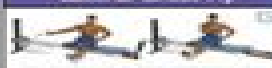
How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

Incline Push-Up



How to perform: Lie on the machine with your feet flat on the floor. Push your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

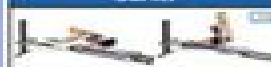
Lateral Chest Fly



How to perform: Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Lower the handles back to the starting position. Repeat.

Compound

Surfer



How to perform: Lie on the machine with your feet flat on the floor. Push your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Core Extension



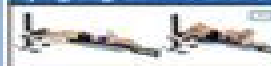
How to perform: Lie on the machine with your feet flat on the floor. Push your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Toe Touch Row



How to perform: Lie on the machine with your feet flat on the floor. Push your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Lying Leg Curl w/ Crunch



How to perform: Lie on the machine with your feet flat on the floor. Push your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Leg curl w/ Biceps Curl



How to perform: Lie on the machine with your feet flat on the floor. Push your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Leg Curl w/ Seated Fly



How to perform: Lie on the machine with your feet flat on the floor. Push your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Arm Pulldown



How to perform: Lie on the machine with your feet flat on the floor. Push your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Back

Pull-Up



How to perform: Lie on the machine with your feet flat on the floor. Pull your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Front Pullover



How to perform: Lie on the machine with your feet flat on the floor. Pull your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Seated Row



How to perform: Lie on the machine with your feet flat on the floor. Pull your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

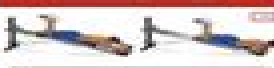
Arms Cross/Snow Angel



How to perform: Lie on the machine with your feet flat on the floor. Pull your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Shoulders

Shoulder Press



How to perform: Lie on the machine with your feet flat on the floor. Press your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Upright Row



How to perform: Lie on the machine with your feet flat on the floor. Row your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Front Raise



How to perform: Lie on the machine with your feet flat on the floor. Raise your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

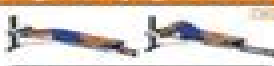
Serve



How to perform: Lie on the machine with your feet flat on the floor. Serve your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

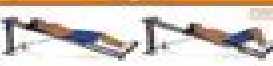
Legs

Leg Curl, Lying or Seated



How to perform: Lie on the machine with your feet flat on the floor. Curl your legs up from the handles until your knees are fully extended. Lower your legs back to the starting position. Repeat.

Squat



How to perform: Lie on the machine with your feet flat on the floor. Squat your body down from the handles until your thighs are parallel to the floor. Push your body up back to the starting position. Repeat.

Outer Hip & Thigh



How to perform: Lie on the machine with your feet flat on the floor. Push your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Sprinter Start



How to perform: Lie on the machine with your feet flat on the floor. Push your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Arms

Seated Biceps Curl



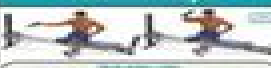
How to perform: Lie on the machine with your feet flat on the floor. Curl your arms up from the handles until your elbows are fully extended. Lower your arms back to the starting position. Repeat.

Lying Triceps



How to perform: Lie on the machine with your feet flat on the floor. Push your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Lateral Biceps



How to perform: Lie on the machine with your feet flat on the floor. Push your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Lateral Triceps Extension



How to perform: Lie on the machine with your feet flat on the floor. Push your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Abs

Sit-Up with Cables



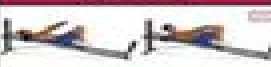
How to perform: Lie on the machine with your feet flat on the floor. Sit up from the handles until your knees are fully extended. Lower your body back to the starting position. Repeat.

Oblique Twister



How to perform: Lie on the machine with your feet flat on the floor. Twist your body from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Crunches



How to perform: Lie on the machine with your feet flat on the floor. Push your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Kneeling Plank Press



How to perform: Lie on the machine with your feet flat on the floor. Push your body up from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Stretch

Front Leg Stretch



How to perform: Lie on the machine with your feet flat on the floor. Stretch your front leg from the handles until your knee is fully extended. Lower your leg back to the starting position. Repeat.

Toe Touch Stretch



How to perform: Lie on the machine with your feet flat on the floor. Touch your toes from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Seated Back Stretch



How to perform: Lie on the machine with your feet flat on the floor. Stretch your back from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Seated Chest Stretch



How to perform: Lie on the machine with your feet flat on the floor. Stretch your chest from the handles until your arms are fully extended. Lower your body back to the starting position. Repeat.

Iron Gym Exercises Guide

JL Elias

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

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Table of Contents Iron Gym Exercises Guide

1. Understanding the eBook Iron Gym Exercises Guide
 - The Rise of Digital Reading Iron Gym Exercises Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Iron Gym Exercises Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Iron Gym Exercises Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Iron Gym Exercises Guide
 - Personalized Recommendations
 - Iron Gym Exercises Guide User Reviews and Ratings
 - Iron Gym Exercises Guide and Bestseller Lists
5. Accessing Iron Gym Exercises Guide Free and Paid eBooks
 - Iron Gym Exercises Guide Public Domain eBooks
 - Iron Gym Exercises Guide eBook Subscription Services
 - Iron Gym Exercises Guide Budget-Friendly Options

6. Navigating Iron Gym Exercises Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Iron Gym Exercises Guide Compatibility with Devices
 - Iron Gym Exercises Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Iron Gym Exercises Guide
 - Highlighting and Note-Taking Iron Gym Exercises Guide
 - Interactive Elements Iron Gym Exercises Guide
8. Staying Engaged with Iron Gym Exercises Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Iron Gym Exercises Guide
9. Balancing eBooks and Physical Books Iron Gym Exercises Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Iron Gym Exercises Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Iron Gym Exercises Guide
 - Setting Reading Goals Iron Gym Exercises Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Iron Gym Exercises Guide
 - Fact-Checking eBook Content of Iron Gym Exercises Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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