

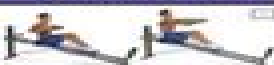
# total gym®

## Exercise Chart

The number of sets and reps you perform, whether you're using one or both sides of the machine, will depend on the exercise. 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



**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. Return to the starting position and 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. Return to the starting position and repeat.

#### Incline Push-Up



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push your body up until your arms are fully extended. Return to the starting position and 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. Return to the starting position and repeat.

### Back

#### Pull-Up



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull your body up until your chin is over the bar. Return to the starting position and repeat.

#### Front Pullover



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

#### Seated Row



**How to perform:** Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

#### Arms Cross/Snow Angel



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Cross your arms in front of you and then move them out to the sides in a snow angel motion. Return to the starting position and repeat.

### Shoulders

#### Shoulder Press



**How to perform:** Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Press the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

#### Upright Row



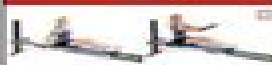
**How to perform:** Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

#### Front Raise



**How to perform:** Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Raise the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

#### Serve



**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. Return to the starting position and repeat.

### Legs

#### Leg Curl, Lying or Seated



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl your legs up until your knees are bent at a 90-degree angle. Return to the starting position and repeat.

#### Squat



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Squat down until your thighs are parallel to the floor. Return to the starting position and repeat.

#### Outer Hip & Thigh



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push your hips out to the side until your legs are fully extended. Return to the starting position and repeat.

#### Sprinter Start



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push your body forward and upward until your arms are fully extended. Return to the starting position and repeat.

### Arms

#### Seated Biceps Curl



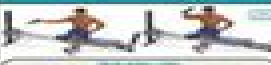
**How to perform:** Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl your arms up until your elbows are bent at a 90-degree angle. Return to the starting position and repeat.

#### Lying Triceps



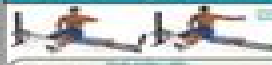
**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push the handles forward and upward until your arms are fully extended. Return to the starting position and repeat.

#### Lateral Biceps



**How to perform:** Lie 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. Return to the starting position and repeat.

#### Lateral Triceps Extension



**How to perform:** Lie 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. Return to the starting position and repeat.

### Abs

#### Sit-Up with Cables



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Sit up until your knees are bent at a 90-degree angle. Return to the starting position and repeat.

#### Oblique Twister



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Twist your body to the side until your arms are fully extended. Return to the starting position and repeat.

#### Crunches



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push your body up until your arms are fully extended. Return to the starting position and repeat.

#### Kneeling Plank Press



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push your body up until your arms are fully extended. Return to the starting position and repeat.

### Stretch

#### Front Leg Stretch



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull one leg forward and upward until your knee is bent at a 90-degree angle. Return to the starting position and repeat.

#### Toe Touch Stretch



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Reach your hands down to your toes. Return to the starting position and repeat.

#### Seated Back Stretch



**How to perform:** Sit on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push your body back until your arms are fully extended. Return to the starting position and repeat.

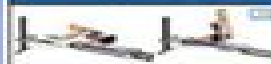
#### Seated Chest Stretch



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

## Compound

### Surfer



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push your body forward and upward until your arms are fully extended. Return to the starting position and repeat.

### Core Extension



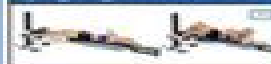
**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push your body forward and upward until your arms are fully extended. Return to the starting position and repeat.

### Toe Touch Row



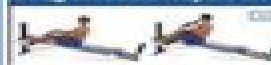
**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Push your body forward and upward until your arms are fully extended. Return to the starting position and repeat.

### Lying Leg Curl w/ Crunch



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl your legs up until your knees are bent at a 90-degree angle. Return to the starting position and repeat.

### Leg curl w/ Biceps Curl



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl your legs up until your knees are bent at a 90-degree angle. Return to the starting position and repeat.

### Leg Curl w/ Seated Fly



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Curl your legs up until your knees are bent at a 90-degree angle. Return to the starting position and repeat.

### Arm Pulldown



**How to perform:** Lie on the machine with your feet flat on the floor. Grasp the handles with your hands shoulder-width apart. Pull the handles down until your arms are fully extended. Return to the starting position and repeat.

# Iron Gym Exercises Guide

**Peter Bronski, Melissa McLean Jory**



## Iron Gym Exercises Guide:

*The Complete Idiot's Guide to Weight Training* Deidre Johnson-Cane, Joe Glickman, Jonathan Cane, 2002-12-01 This text aims to be useful to those looking for an approachable beginner's guide to lifting weights. The book is issued in the illustrated format where photographs and line illustrations are given as much attention as the easy to read text. The guide includes multiple exercises for all the major muscle groups, photographs depicting the beginning, midpoint, and ending positions for each exercise, and photographs depicting the most common mistakes in executing various exercises, allowing readers to learn from others' mistakes.

**Bouncer Training Guide** National Nightclub Security Council, 2015-09-24 The National Nightclub Security Council is an independent membership organization. Think tank, Publisher, and Training provider dedicated to being up to date resources for its basic members, board members, business owners, managers, educators, and students, and other interested citizens in order to help them better understand the nightclub bar security training and policy choices facing the bar club owners, Managers, Security Supervisors, and Security staff in today's world. Today NNSC is one of the largest privately held nightclub training companies in the nation, offering a curriculum of over one hundred topics of academy quality nightclub training programs throughout the United States.

**The Iron Brotherhood: Rusty & Elliot** Bo Reddington, 2020-03-29 The fourth in a 5 part cross over event. Elliot finds the girl of his dreams. Problem is she's already taken. With the neighborhood falling apart around him, he's got plenty to take his mind off of her, but it doesn't help.

*Kettlebell Training Guide* Miles Drake, AI, 2025-03-14 Kettlebell Training Guide unlocks the potential of kettlebell exercises for comprehensive fitness. Originating from Russian strongmen, kettlebell training offers a unique blend of strength and cardiovascular conditioning, making it accessible for all fitness levels. The book emphasizes correct form, progressive overload, and workout programming, providing a structured approach to functional fitness. Discover how kettlebell workouts can enhance both athletic performance and everyday physical resilience, debunking the myth that kettlebells are only for advanced athletes. The guide systematically introduces core principles like posture and breathing, fundamental movements such as the swing, clean, and snatch, and structured routines for varied fitness goals. It incorporates exercise science principles, biomechanical analysis, and insights from experienced coaches. By emphasizing practical applications and progressive overload, the book empowers readers to optimize results and avoid injury. The book also touches on the ongoing debate about the optimal kettlebell swing technique, hinge vs. squat, presenting both sides of the argument. This book stands apart by providing a step-by-step, accessible approach to mastering kettlebell training. Designed for fitness enthusiasts and athletes alike, the book progresses from fundamentals to workout programming, offering real-world case studies and modifications. Whether you're a beginner or an experienced lifter, this guide provides the knowledge and tools to safely and effectively integrate kettlebell training into your fitness routine.

[The Total Fitness Manual](#) Gold's Gym, 2017-01-03 Transform your body in just 12 weeks. Take the challenge. Cover

[The Complete Idiot's Guide to Kickboxing](#) Karon Karter, Guy Mezger, 2000

Provides an introduction to the sport of kickboxing including equipment techniques training and fitness routines preparing for competitions self defense and related matters

**The Gluten-Free Edge: A Nutrition and Training Guide for Peak Athletic Performance and an Active Gluten-Free Life (No Gluten, No Problem)** Peter Bronski, Melissa McLean

Jory, 2012-07-17 Gain an edge in sports and life by going gluten free Since the advent of sport athletes have worked to gain an edge on their competition to look feel and perform their best through both training and nutrition Today science is increasingly showing the negative impact that gluten a protein in wheat barley and rye can have on health For the estimated 30 million Americans with forms of gluten intolerance such as celiac disease this all too common protein can cause gastrointestinal trouble inflammation muscle fatigue and mental fog that hinder an active lifestyle and negatively impact athletic performance The solution a whole foods nutrient dense gluten free diet Others who voluntarily eat gluten free can also discover an edge they never knew was missing faster recovery reduced inflammation improved digestion and increased athletic performance The Gluten Free Edge is the first comprehensive resource that includes What gluten is and how it negatively impacts health and athletic performance The myriad benefits of adopting a gluten free nutrition plan What to eat during training competition and recovery How to deal with group meals eating on the road and getting glutened Insights from prominent athletes already living the gluten free edge And 50 simple high octane recipes to fuel your performance Whether you've been diagnosed with gluten intolerance or simply want to get ahead of the competition this book is for you Your own gluten free edge is waiting

**Barbell Training: A Weight Training Guide for Strength & Fitness That Won't Go Out of Fashion (Functional Hypertrophy Program for Size and Strength)** William Snow, 101-01-01 This book has you covered Barbell and dumbbell training is an extremely effective workout solution that offers almost limitless possibilities to your fitness training Having a gym membership or even owning a set of barbells or dumbbells is great but knowing what to do to maximise effectiveness in those exercise sessions can be a game changer Barbell training for beginners includes Personal assessment hints how to conduct an assessment on yourself Explanations of the role and importance of the barbell training Barbell training plan for beginners the best way to be prepared for barbell starting from scratch Barbell keys to success Presentations of the most effective exercises you need to know Descriptions of many different workouts and programs How to use barbell racks Strength vs hypertrophy How would you like to build muscle and lose weight so you look and feel great You will learn the proper ways to challenge your body safely feed your body for best results how to progress train your body What intensity levels will give you the best results while remaining healthy and injury free and much more Loads of important information for you to reach your goals

**An architectural dictionary... a complete guide to the science of architecture and the art of building** Peter Nicholson, 1819

**Kettlebells For Dummies** Sarah Lurie, 2010-06-21 The way to a full body workout with amazing results by mastering kettlebells Have you heard the buzz about the all in one strength and cardio workout that works every muscle in the body at once There's a reason why

professional athletes and A list celebrities are joining the Kettlebells revolution and now you can too With numerous step by step photos throughout Kettlebells For Dummies gives you everything you need to use kettlebells to safely improve strength endurance flexibility joint durability agility mobility athletic movement and proper body alignment Whether you re in your teens 20s 30s 40s 60s and beyond you ll discover how this fast growing fitness phenomenon can boost your metabolism and help you lose weight by mastering numerous kettlebell exercises One of the most effective workouts for burning fat building lean muscle and achieving core strength One hour workout can burn as much as 1 000 calories Named one of the most popular fitness trends in 2009 Whether you re a self proclaimed gym rat or have never lifted a weight Kettlebells For Dummies shows you that it s easy to use kettlebells to achieve a full body workout that yields amazing results **Celebrity**

**Circuits Ultimate Training Guide** Sarah Swainsbury,2022-04-11 The ultimate compilation of nutritional information training tips client success stories and workout programming that we have used on our clients over the past 7 years to achieve the amazing results that we have When we train clients we work with them in the following three ways 1 Physically we help them develop their strength flexibility coordination and endurance We help them increase their confidence in the gym and increase their fitness levels to a place they never thought was possible 2 Nutritionally we expand our clients knowledge of nutrition and healthy eating We recognise that all bodies are unique and that everyone s metabolic makeup is different There is no one size fits all approach Our clients receive the best dietary support possible as they work towards their goals Most importantly we show our clients how to develop a healthy relationship with food that is sustainable in the long term no quick fixes over here 3 Mentally mindset is everything We help our clients to focus their thoughts heighten their self awareness and increase their self confidence so that they realise anything is possible and that nothing can hold them back Runner's World Complete Guide to Trail Running Dagny Scott Barrios,2003-04-19 Discusses all aspects of trail running from preventing injury to storing up calories for the day s adventure *Basic Pumping Iron* Grant Breese,2004

*Men's Health Maximum Muscle Plan* Thomas Incledon,Matthew Hoffman,2005 Men s Health Maximum Muscle Plan is the ultimate workout guide for men who want to get bigger stronger faster With customized plans for every body type and fitness level workout variations to push you to the next level and muscle building nutrition and supplement tips it s a proven program to give you the body you want ripped abs bulging biceps strong legs and a broader chest and back in just 12 weeks

*Ironman's Home Gym Handbook* Steve Holman,1990 **Metabolic Training** John Graham,Michael Barnes,2023-10-17 Catapult your training efficiency and get measurable results with metabolic training Commonly known as met con or metabolic conditioning this form of training is often mistaken for any combination of high intensity exercises The truth is that grouping exercises together without structure or purpose does not define a training style In Metabolic Training authors John Graham and Michael Barnes share their decades of experience designing programs and set the record straight on metabolic training They explain the concepts behind the training and outline the tested and true exercises and programs they use to

produce results You will learn the essentials of metabolic training from the types of training outcomes it can be used to accomplish to developing and implementing programs The book also features more than 100 exercises 13 warm up exercises 18 total body exercises 18 lower body exercises 30 upper body exercises 14 core exercises 10 functional training exercises These exercises use body weight and a range of equipment such as dumbbells kettlebells battle ropes sandbags weighted sleds exercise bands suspension trainers and medicine balls Making Metabolic Training even more valuable are its 60 predesigned workouts which are the basis of five training programs endurance fat loss lean muscle mass strength and power and athletic performance Each program covers all ability levels from beginner to advanced offering progressive levels of difficulty as your fitness improves With over 100 exercises and 60 workouts this is the definitive resource on metabolic training Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam

### **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](http://cengage.com/au/mindtap)

### **Fit to Fight: A History of the Royal Army Physical Training Corps 1860-2015**

Nikolai Bogdanovic, 2017-12-14 The complete story of the evolution and organisational history of the Royal Army Physical Training Corps Formed in 1860 as the Army Gymnastic Staff the Royal Army Physical Training Corps RAPTC has been keeping the British Army in shape for just over 150 years Drawn from every regiment in the army prospective candidates undergo 30 weeks of intensive training before qualifying as a Royal Army Physical Training Corps Instructor Based at the Army School of Physical Training in Aldershot over the course of its history the RAPTC has trained countless instructors including Olympic medallists Dame Kelly Holmes and Kriss Akabussi This is a complete history of the RAPTC from its formation to the present day illustrated with stunning images from the regimental collection including historical photographs commissioned pictures of objects and fine art and facsimile reproductions of documents

The Gym Workout Time-Life Books, 1988 Discusses working with various kinds of weights setting up a gym the machine workout and includes recipes and a discussion of high quality food sources

*Runner's World*, 2007-08 Runner's World magazine aims to help runners achieve their personal

health fitness and performance goals and to inspire them with vivid memorable storytelling

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