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2/27/12

# **total gym<sup>®</sup>** *Shaper<sup>®</sup>*

**exercise system**



**EXERCISE BOOKLET**

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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® Shaper® 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® Shaper®.**

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 Basic Beginners 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® Shaper®, 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:

- 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.
- Close adult supervision is necessary at all times.
- The use of accessory attachments not recommended by the manufacturer may cause injuries.

## Total Fitness With The Total Gym® Shaper®

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® Shaper® Exercise System. Total Gym® Shaper® 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 (see the body weight resistance chart on page 5). 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 fat and 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 and weight maintenance. Strength conditioning adds lean muscle to your body, increasing your body's fat-burning ability by increasing your 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® Shaper® 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 desired weight and then stay there. 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 70 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.

**NOTE:** Your product may differ from the unit shown in the following exercise photos.

## DEFINITION OF TERMS

**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.

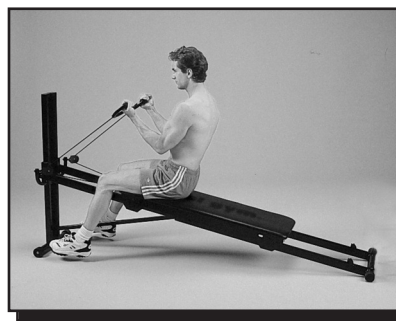
**Tempo—Speed of Movement:** Tempo is the pace at which you move during the exercise. For instance, performing the squat with a slow tempo (3 seconds up—concentric and 3 seconds down—eccentric) would expose the muscles to approximately six seconds of work per repetition. The same exercise performed at 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.

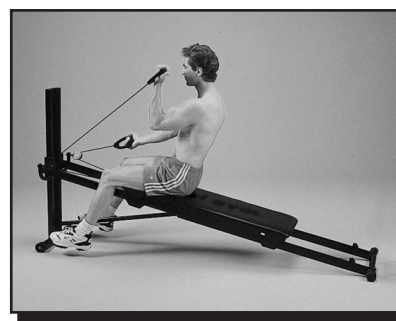
**Frequency:** How often should you exercise? We suggest fifteen to twenty minutes a day, three to four times per week. If you want to work out more frequently, or for a longer time period, go right ahead. However, follow your program guidelines.

## THREE EXERCISE MOVEMENTS



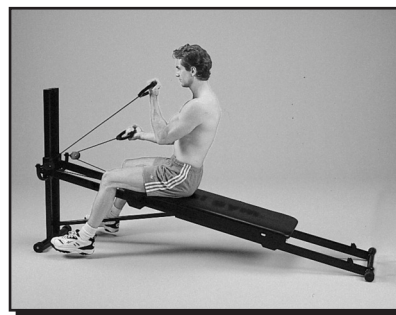
### Bilateral Movement:

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.

## TOTAL GYM® EXERCISE RESISTANCE CHART

When you need to know how much resistance the Total Gym® creates at a particular level, use the following chart:

### BODY WEIGHT (LBS.)

		50		60		70		80		90		100		110		120		130		140		150		160		170		180		190		200		210		220		230		240		250	
LEVEL	SLOPE	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.
5	18°	39	20	38	23	37	27	36	29	36	32	35	35	35	38	34	41	34	44	34	47	34	51	33	54	33	57	33	60	33	63	33	63	33	66	33	73	33	73	33	78	33	82
4	15°	32	16	32	19	31	22	30	24	30	27	29	29	29	32	29	34	27	37	28	40	28	42	28	45	28	47	28	50	27	53	27	53	27	55	27	60	27	63	27	64	27	69
3	12°	26	13	25	15	25	17	24	20	24	21	24	24	24	26	23	28	23	30	23	32	23	34	23	36	22	38	22	40	22	42	22	42	22	44	22	48	22	50	22	53	22	55
2	8°	18	8.8	17	10	16	12	16	13	16	14	16	16	16	17	15	18	15	20	15	21	15	23	15	24	15	26	15	27	15	28	15	28	15	30	15	32	15	34	15	35	15	37
1	3°	5	3	6	4	6	4	6	5	6	5	6	6	6	6	6	7	6	8	6	8	6	9	6	9	6	10	6	10	6	11	6	11	6	11	6	12	6	13	6	13	6	14

#### How it works:

The Total Gym® uses a variable-angle incline plane to create exercise resistance by modifying the user's body weight — the steeper the angle, the more resistance. Simply multiply the user's body weight by the appropriate percentage indicated in the chart. The result of this calculation is the resistance (force) in pounds required to move the glideboard. When figuring exercises that incorporate the pulley cables, use 50% of the charted numbers.

#### Example:

A 150 lb. person using Level 5 would be lifting 51 lbs. ( $150 \times .34$ ). If the pulley cables are used in the exercise, the person would be lifting 26 lbs. ( $150 \times .17$ ).

## STARTER PROGRAM CHART

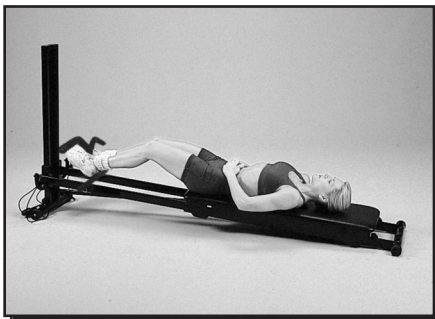
Exercise#	Description	Repetitions	Sets	Tempo	Rest Time
1	Leg Pull	15-25	1-2	slow	1:00
2	Arm Pullover	15-25	1-2	slow	1:00

## BEGINNER PROGRAM CHART

Exercise#	Description	Repetitions	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	Squat	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

## STARTER/BEGINNER PROGRAM

The Starter Program should be used for at least two weeks for non-exercisers. Follow the chart on page 5 for exercise description. Then continue with the Beginners Program according to the Beginner Program Chart on the page 5. Exercises #1 and #2 are the basic exercises that cover 80% of the major muscle groups.



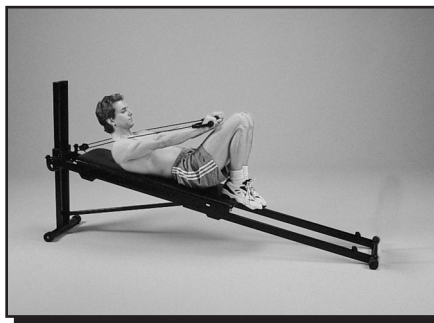
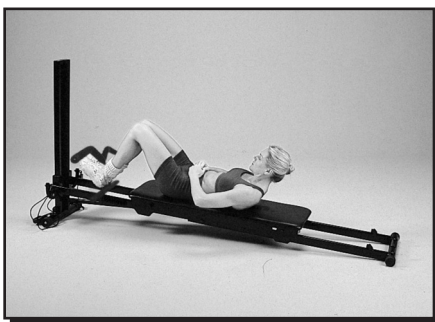
### #1 Leg Pull:

**Unhook arm pulley cable. Attach Leg Pull/Press Up attachment.**

Secure feet under top bar of Leg Pull/Press Up attachment. 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*



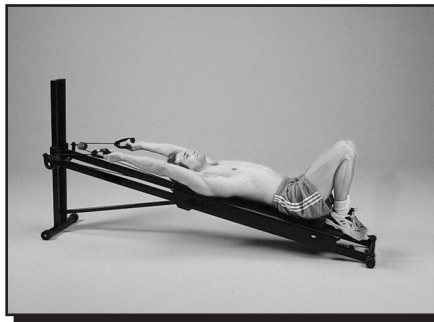
### #2 Arm Pullover:

**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*

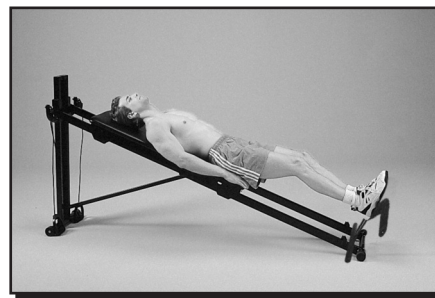
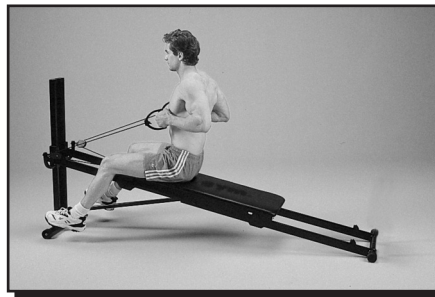


### #4 Seated Row: Hook arm pulley cable.

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*

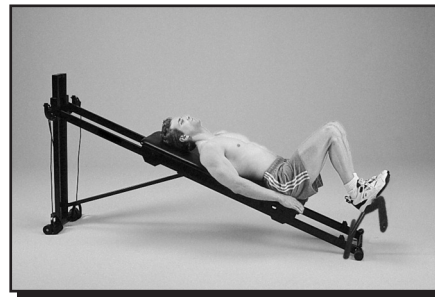


### #5 Squat: Unhook arm pulley cable. Attach Leg Pull/Press Up attachment

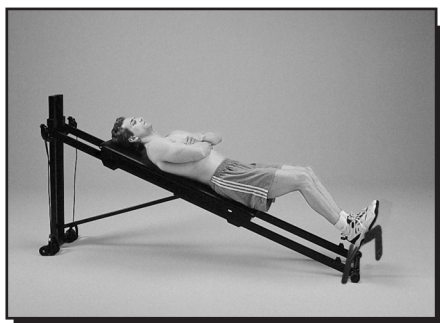
Position rails on desired resistance level. Roll glideboard toward height adjustment column and sit at the bottom of the glideboard. Lay back. Place feet flat and slightly spaced on Leg Pull/Press Up attachment. Bend knees to 90°. Then push against attachment until legs are straight. Repeat.

#### Muscle Groups Exercised:

*Quadriceps, Buttocks, Calves*



## STARTER/BEGINNER PROGRAM



### #6 Decline Abdominal Crunch:

**Unhook arm pulley cable.**

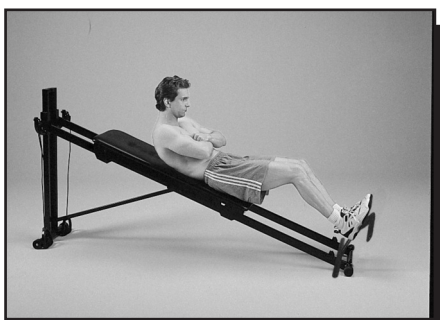
**Attach Leg Pull/Press Up attachment.**

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 Abdominals



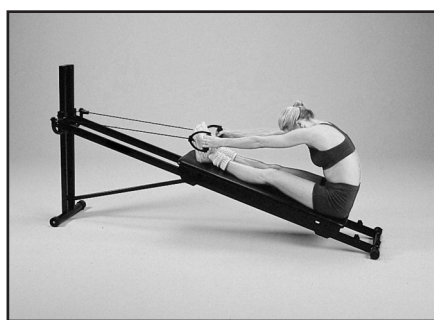
### #7 Stretcher:

**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



## CIRCUIT TRAINING PROGRAM CHART\*

Please refer to page 4 under "Definition of Terms" for a complete understanding of Circuit Training.

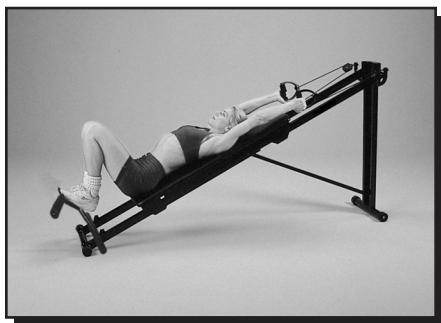
Exercise#	Description	Time Goal	Sets	Tempo	Rest Time
9	Rowing	2 minutes**	1-3	1/1	30 seconds
10	Surfer	2 minutes**	1-3	1/1	30 seconds
8	Cardio Pull	2 minutes**	1-3	1/1	30 seconds
5	Squat	2 minutes**	1-3	1/1	30 seconds

\*Circuit Training can be performed in any order.

\*\*Total workout time should add up to a minimum of 20 minutes to reach optimum conditioning.

See exercises on page 8.

## CIRCUIT TRAINING PROGRAM



### #8 Cardio Pull:

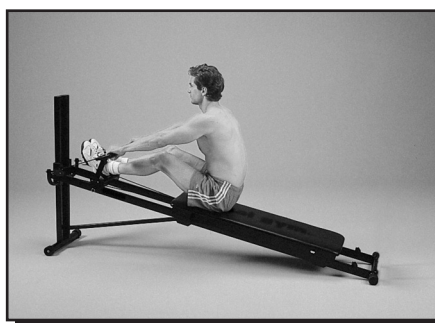
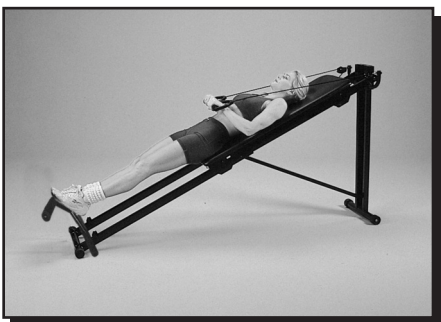
**Hook arm pulley cable.**

**Attach Leg Pull/Press Up attachment.**

Position at desired resistance level. Grasp handles and sit at the bottom of the glideboard. Lay on back and put your feet on the Leg Pull/Press Up attachment. Stretch arms over head. Move arms in a downward motion over your head with elbows bent. Bend knees and push off Leg Pull/Press Up attachment. Perform bent arm pullover and squat simultaneously.

**Muscle Groups Exercised:**

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



### #9 Rowing:

**Hook arm pulley cable.**

**Attach Leg Pull/Press Up attachment.**

Secure feet under top bar of attachment 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.

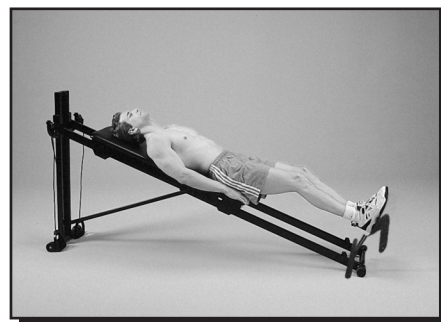
Move back to original position and repeat.

**Muscle Groups Exercised:**

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



## CIRCUIT TRAINING PROGRAM



### #5 Squat:

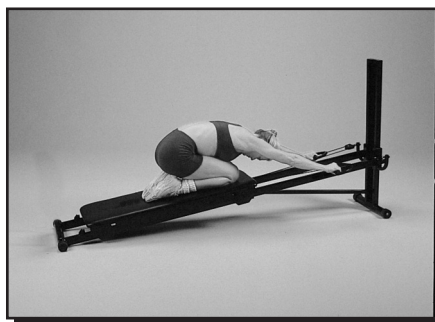
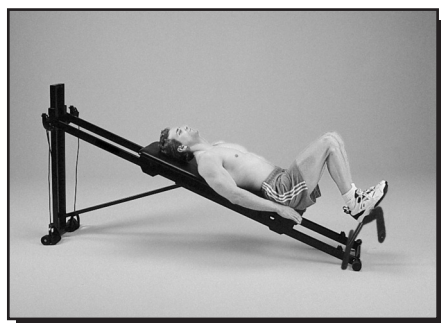
**Unhook arm pulley cable.**

**Attach Leg Pull/Press Up attachment**

Position rails on desired resistance level. Roll glideboard toward height adjustment column. Sit at the bottom of the glideboard. Lay back. Place feet flat and slightly spaced on Leg Pull/Press Up attachment. Bend knees to 90°. Push against the attachment until your legs are straight. Repeat.

**Muscle Groups Exercised:**

*Quadriceps, Buttocks, Calves*



### #10 Surfer:

**Hook arm pulley cable.**

Grasp handles and place your fists on the glideboard at the top. Kneel right behind your fists facing the height adjustment column. Bend forward stretching your arms out in front of you. Pull your hands straight back along the rail. Pull back your torso at the same time until your back arches, like a surfer paddling.

**Muscle Groups Exercised:**

*Lower and Upper Back, Shoulders*



## INTERMEDIATE MEN'S AND WOMEN'S WORKOUT CHART

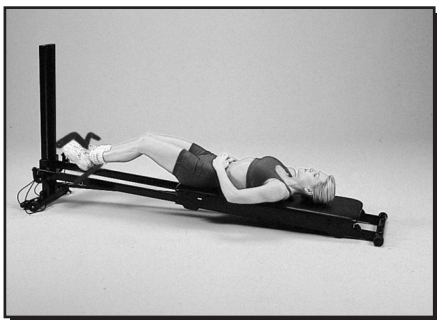
Exercise#	Description	Repetitions	Sets	Tempo	Rest Time
1	Leg Pull	12-20	1-2	2/2	circuit
2	Arm Pullover	12-20	1-2	2/2	circuit
3	Butterfly	12-20	1-2	2/2	circuit
4	Seated Row	12-20	1-2	2/2	circuit
5	Squat	12-20	1-2	2/2	circuit
6	Decline Abdominal Crunch	12-20	1-2	2/2	circuit
7	Stretcher	12-20	1-2	2/2	circuit

### Additional Exercises

11	Seated Bench Press (for men)	12-20	1-2	2/2	circuit
12	Hip Abductor (for women)	12-20	1-2	2/2	circuit
13	Seated Curl (for men)	12-20	1-2	2/2	circuit
14	Tricep 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 (requires Leg Press/Pull Up Attachment) (both men & women)	12-20	1-2	2/2	circuit

See Page 4 under "Definition of Terms" for a complete understanding of Circuit Training.

## INTERMEDIATE EXERCISES FOR MEN AND WOMEN



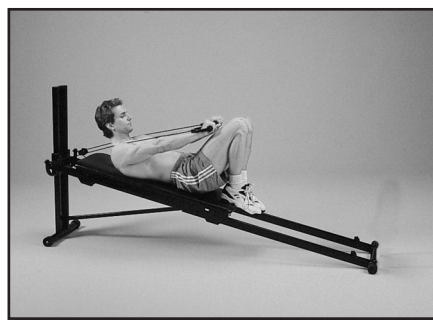
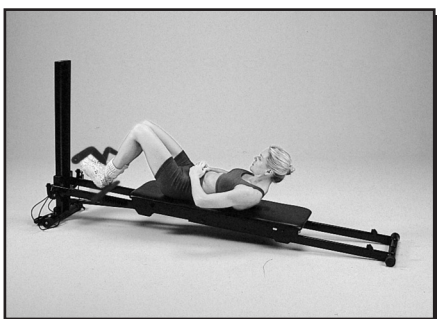
### #1 Leg Pull:

**Attach Leg Pull/Press Up attachment. Unhook arm pulley cable.**

Secure feet under top bar of Leg Pull/Press Up attachment. 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 and Thighs



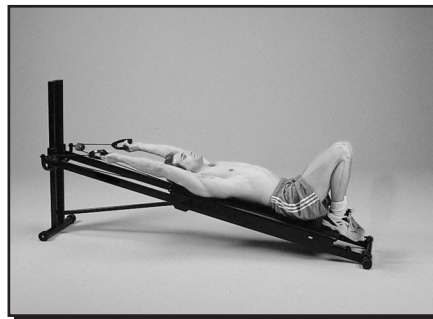
### #2 Arm Pullover:

**Hook arm pulley cable.**

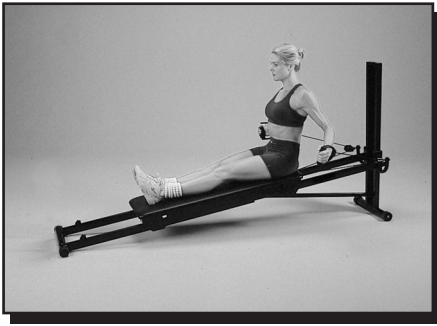
Grasp handles and lay on your back with your head at the top of the glideboard. Stretch arms over head. Bend knees and put your feet on the bottom of the glideboard. Move arms in an arc over the chest until they touch the thighs. Slowly let arms go back to original position. Repeat. Raise head and shoulders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

### Muscle Groups Exercised:

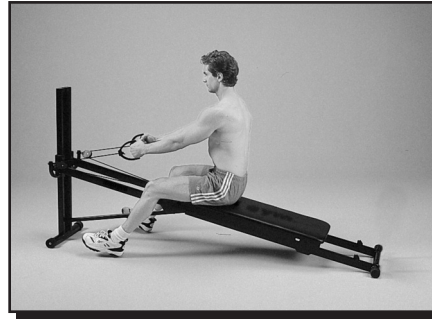
Shoulders, Upper Back, Triceps, Upper Abdominals, Chest and Lats



## INTERMEDIATE EXERCISES FOR MEN AND WOMEN



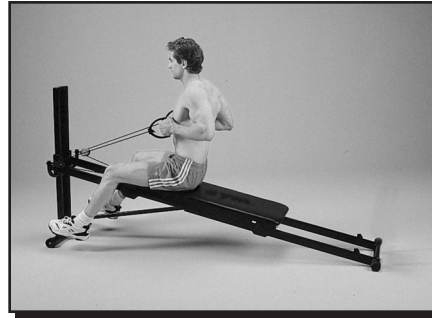
**#3 Butterfly:**  
**Hook arm pulley cable.**  
Grasp handles and sit at the top of the glideboard facing away from the height adjustment column. Put feet on glideboard. Stretch arms behind you with palms forward. Pull arms in an arc in front of you and level with your chest. Keep back straight. Slowly allow arms to stretch back behind you again. Keep arms slightly bent. Repeat.



**#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.

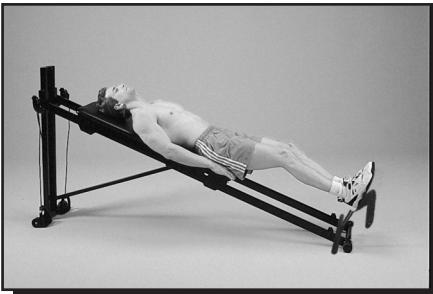


**Muscle Groups Exercised:**  
Front Shoulders,  
Chest, Biceps,  
Abdominals



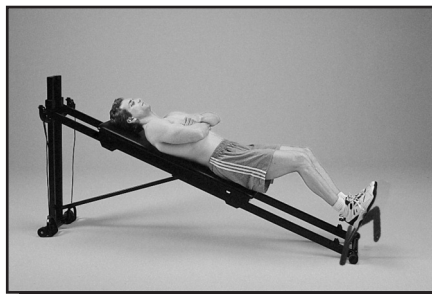
**Muscle Groups Exercised:**  
Upper Back,  
Trapezius, Biceps

## INTERMEDIATE EXERCISES FOR MEN AND WOMEN



**#5 Squat:** **Unhook arm pulley cable. Attach Leg Pull/Press Up attachment.**  
Use desired resistance level. Roll glideboard toward height adjustment column. Sit at bottom of glideboard. Lay back. Place feet on Leg Pull/Press Up attachment. Bend knees to 90°. Push until legs are straight. Repeat.

**Muscle Groups Exercised:**  
Quadriceps, Buttocks, Calves



**#6 Decline Abdominal Crunch:** **Unhook arm pulley cable. Attach Leg Pull/Press Up attachment.**  
Start in the Squat position (#5) on the glideboard. Place arms on chest. Lift head and shoulders off board crunching the abdominal area. Back should remain on the glideboard. Lay back and repeat.

**Muscle Groups Exercised:**  
Upper and Lower Abdominals

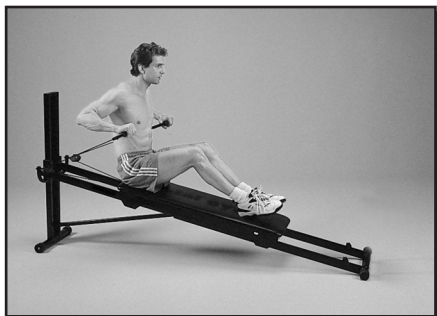


**#7 Stretcher:** **Unhook arm pulley cable.**  
Grasp pulley handles. Sit facing the height adjustment column with legs on glideboard. Keep arms, legs and back straight. Slowly bend at the waist and stretch forward. Do not bounce, hold for 5 seconds and repeat.

**Muscle Groups Exercised:**  
Hamstrings, Lower Back

## INTERMEDIATE EXERCISES

### RECOMMENDED FOR MEN



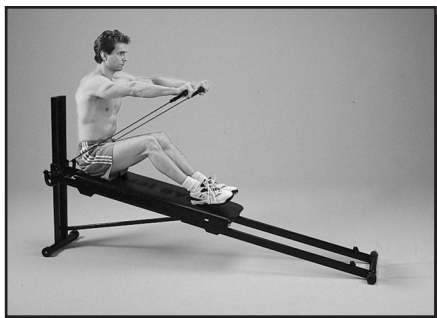
#### #11 Seated Bench Press:

##### Hook arm pulley cable.

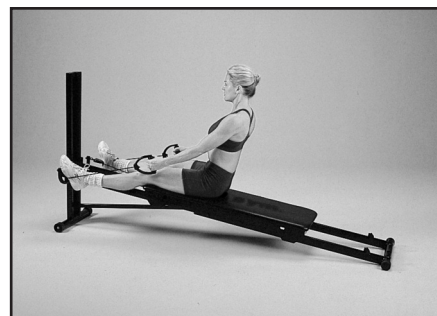
Grasp handles. Sit at top of glideboard facing away from height adjustment column. Put your legs on the glideboard. Bend elbows. Hold handles, palms down, on either side of chest. Push forward and upright slightly by extending arms straight out in front of you. Slowly allow hands to return to position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

##### Muscle Groups Exercised:

Chest, Shoulders, Triceps, Abdominals



### RECOMMENDED FOR WOMEN

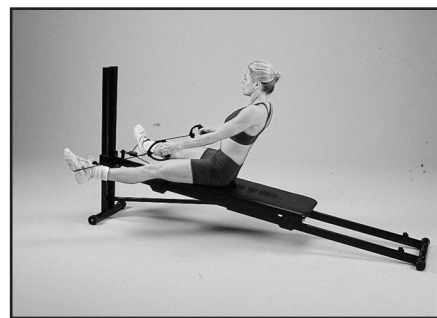


#### #12 Hip Abduction: Hook arm pulley cable.

Grasp handles and sit at the top of the glideboard, facing the height adjustment column. Place your feet on the pulley cables just to the outside of pulleys. Press your feet outward keeping your arms relaxed and straight. This should move the glideboard up. Slowly allow your feet to move back toward the pulleys. Repeat.

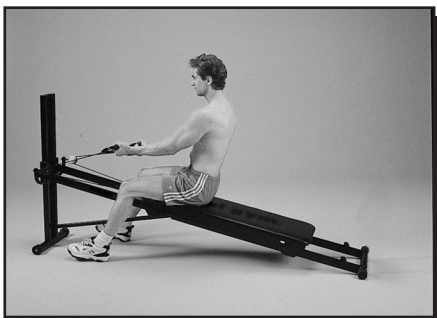
##### Muscle Groups Exercised:

Outer Thighs, Hips, Buttocks



## INTERMEDIATE EXERCISES

### RECOMMENDED FOR MEN



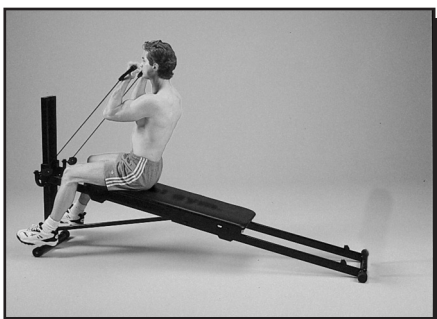
#### #13 Seated Curls:

##### 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 WOMEN



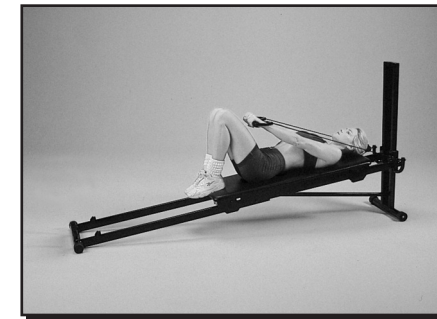
#### #14 Tricep Extension:

##### 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.

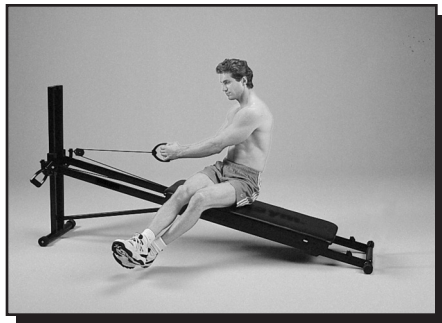
##### Muscle Groups Exercised:

Triceps, Forearms



## INTERMEDIATE EXERCISES

### RECOMMENDED FOR MEN AND 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.

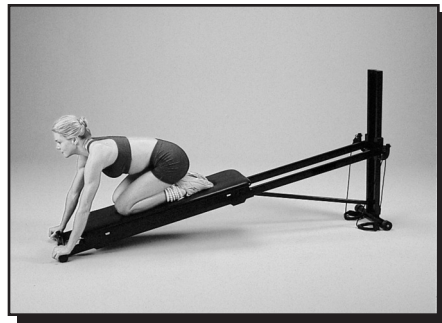


Using your oblique abdominal muscles pull the handles so you rotate at the waist in the other direction, causing the glideboard to move up the rails. Repeat. Switch to other side.

**Muscle Groups Exercised:**

*Lower Abdominals, Upper Back, Lower Back*

### RECOMMENDED FOR WOMEN



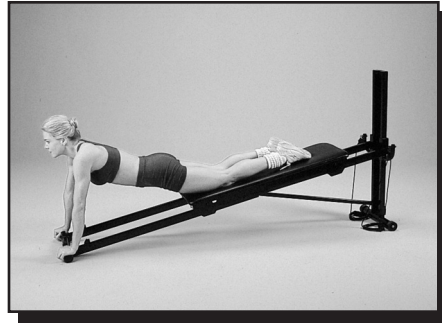
#### #16 Hip and Thigh Extension: **Unhook arm pulley cable.**

Face away from the height adjustment column and kneel at the bottom of the glideboard. Put your hands on the cross bar 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:**

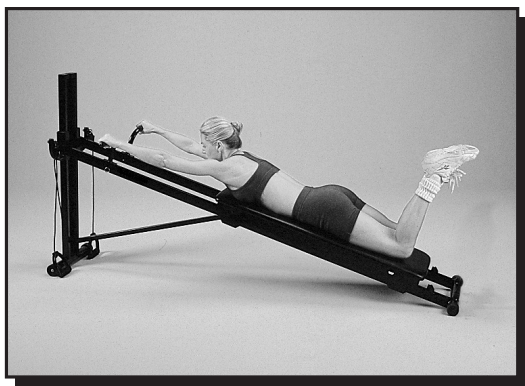
*Hips, Thighs, Buttocks, Lower Back, Shoulders, Abdominals*



## INTERMEDIATE EXERCISES

### RECOMMENDED FOR MEN AND WOMEN

(NOTE EXERCISE #17 REQUIRES THE LEG PULL/PRESS UP ATTACHMENT.)



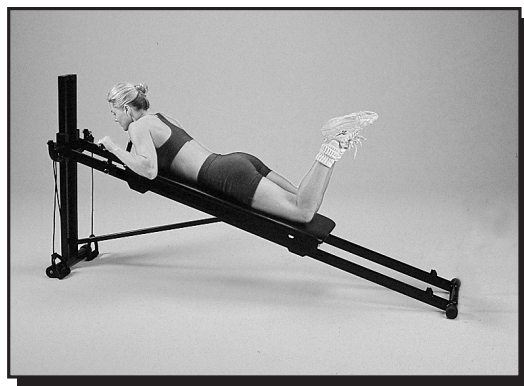
#### #17 Pull Up:

**Unhook arm pulley cable. Attach Leg Pull/Press Up attachment.**

Pull glideboard up so you can lay on your stomach while holding the Leg Pull/Press Up attachment. 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*



# ADVANCED TRAINING PROGRAMS

## SPORT SPECIFIC PROGRAMS

### MEN'S AND WOMEN'S ADVANCED TRAINING CHARTS: DAYS 1 AND 3

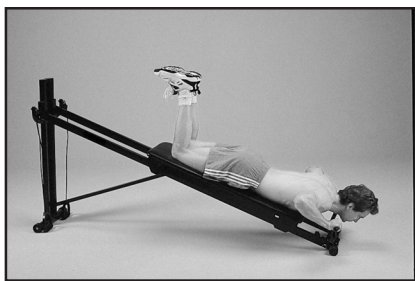
Exercise#	Description	Repetitions	Sets	Tempo	Rest Time
18	Front Press (requires Leg Press/Pull Up Attachment)	8-15	1-3	2/3	45 seconds
3	Butterfly	8-15	1-3	2/3	45 seconds
11	Seated Press	8-15	1-3	2/3	45 seconds
19	Front Deltoid Raises	8-15	1-3	2/3	45 seconds
20	Side Deltoid Raises	8-15	1-3	2/3	45 seconds
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

### MEN'S AND WOMEN'S ADVANCED TRAINING CHARTS: DAYS 2 AND 4

Exercise#	Description	Repetitions	Sets	Tempo	Rest Time
4	Seated Row	8-15	1-3	2/3	45 seconds
17	Pull Up (requires Leg Press/Pull Up Attachment)	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 (requires leg pulley accessory)	8-15	1-3	2/3	45 seconds
29	Inner Thigh Stretch (requires leg pulley accessory)	8-15	1-3	2/3	45 seconds
14	Tricep Extension	8-15	1-3	2/3	45 seconds
30	Kneeling Kick Back	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

## ADVANCED MEN'S AND WOMEN'S WORKOUT: DAYS 1 AND 3-CHEST

(NOTE THAT EXERCISE #18 REQUIRES THE LEG PULL/PRESS UP ATTACHMENT.)



**#18 Front Press: Unhook arm pulley cable. Attach Leg Pull/Press Up attachment.** Lay face down on glideboard so chest is at bottom. Grasp Leg Pull/Press Up attachment, 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



**#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.

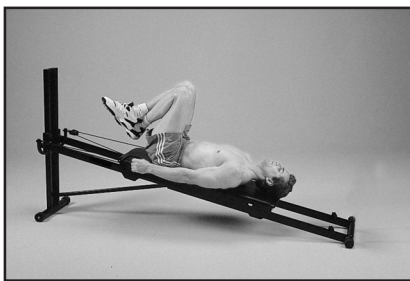
**Muscle Groups Exercised:**  
Chest, Shoulders, Triceps, Abdominals

## ADVANCED MEN'S AND WOMEN'S WORKOUT: 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.

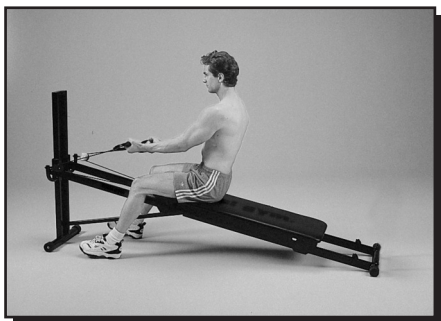
**Muscle Groups Exercised:**  
Side Shoulders, Trapezius, Arms



**#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. Repeat.

**Muscle Groups Exercised:**  
Rear Shoulders, Trapezius, Triceps

## ADVANCED MEN'S AND WOMEN'S WORKOUT: DAYS 1 AND 3-BICEPS



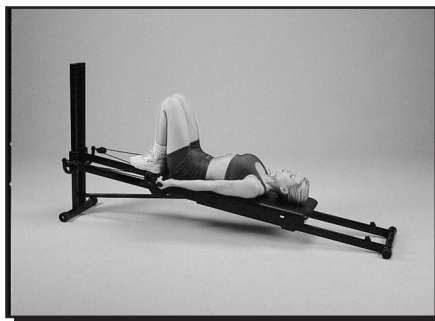
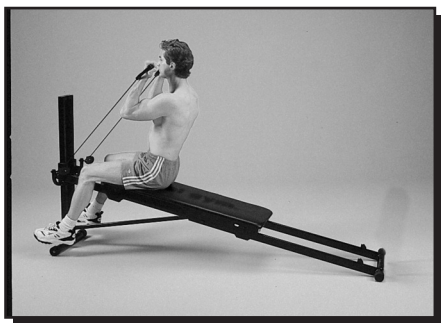
### #13 Seated Curls:

**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*



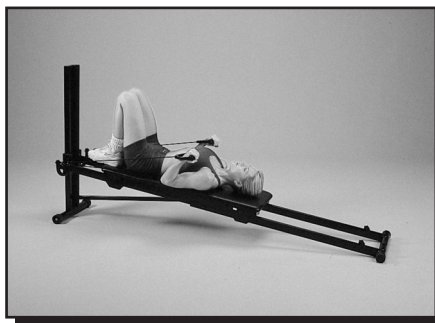
### #22 Laying Curls:

**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*



## ADVANCED MEN'S AND WOMEN'S WORKOUT: DAYS 1 AND 3-ABDOMINALS



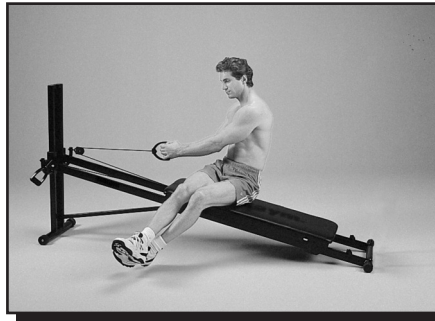
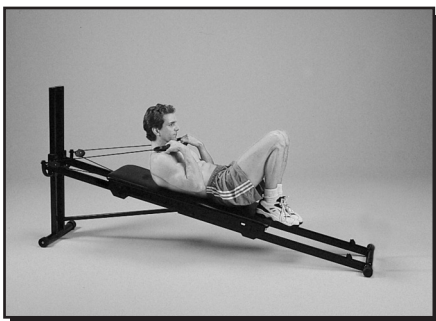
### #23 Pulley Ab Crunch:

**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*



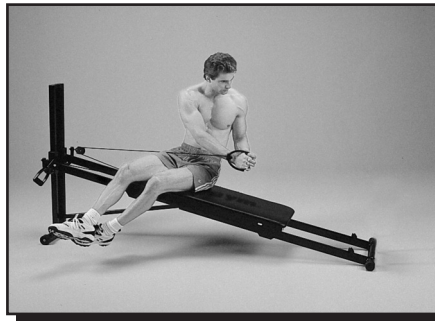
### #15 Twister:

**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.

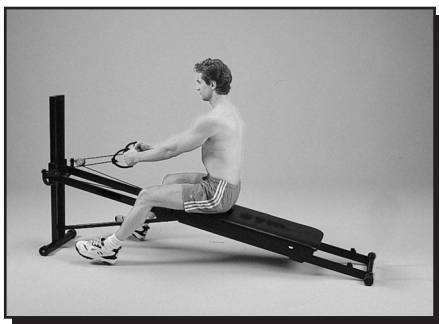
**Muscle Groups Exercised:**

*Lower Abdominals, Upper Back, Lower Back*



# ADVANCED MEN'S AND WOMEN'S WORKOUT: DAYS 2 AND 4-BACK

NOTE THAT EXERCISE #17 REQUIRES THE LEG PULL/PRESS UP ATTACHMENT.)



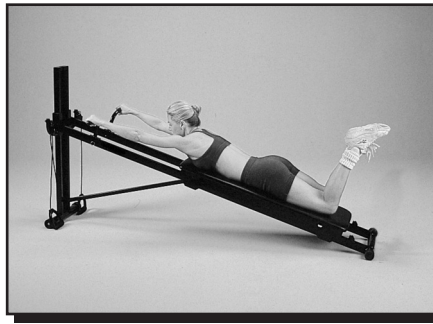
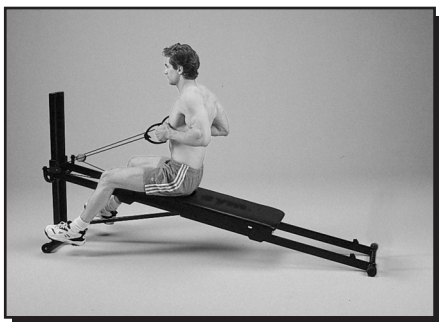
## #4 Seated Row:

**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*



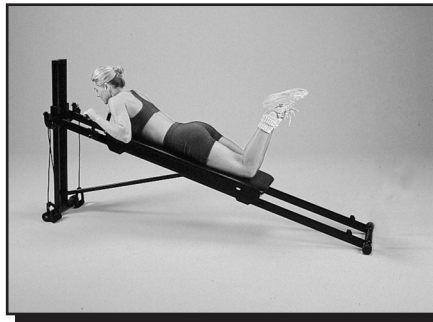
## #17 Pull Up:

**Unhook arm pulley cable. Attach Leg Pull/Press Up attachment**

Pull glideboard up so you can lay on your stomach while holding the attachment. 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*



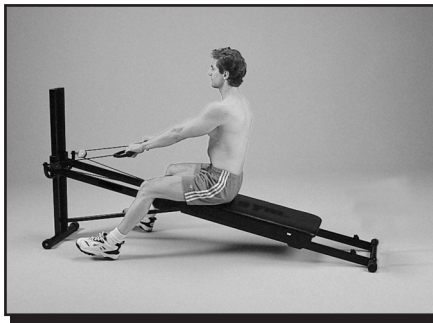
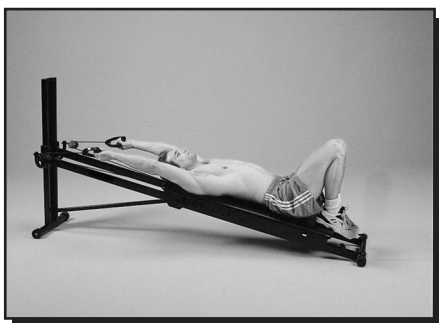
## #2 Arm Pullover:

**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*



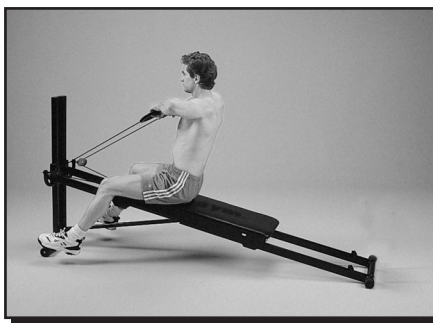
## #24 Seated High Pull:

**Hook arm pulley cable.**

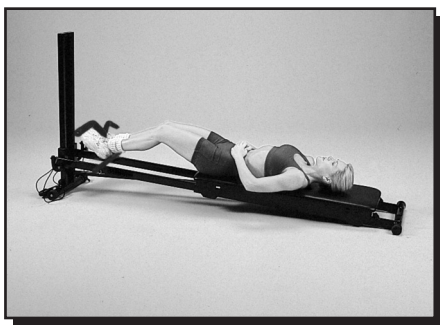
Grasp handles and straddle the top of the glideboard facing the height adjustment column. Sit with arms stretched in front of you naturally. Keeping your back straight and palms down, pull the cables until the top of your wrist is at your chin. Keep your elbows high, parallel with your shoulders. Slowly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

**Muscle Groups Exercised:**

*Rear Shoulders, Trapezius, Biceps*



# ADVANCED MEN'S AND WOMEN'S WORKOUT: DAYS 2 AND 4-LEGS



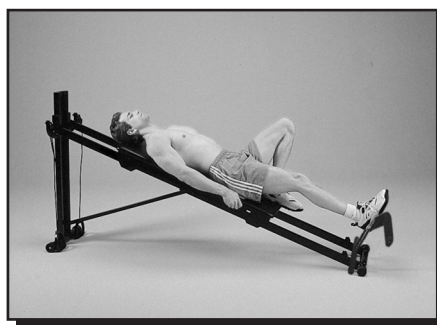
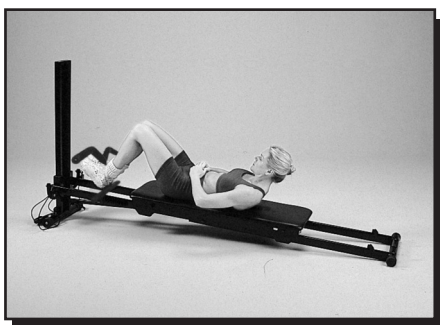
## #1 Leg Pull:

**Unhook arm pulley cable. Attach Leg Pull/Press Up attachment.**

Secure feet under top bar of Leg Pull/Press Up attachment. 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*



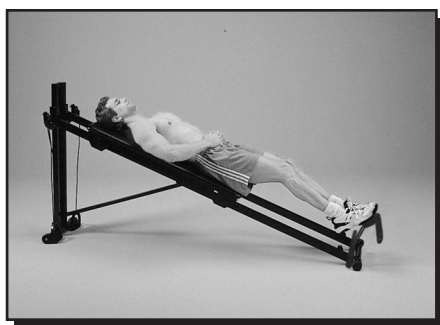
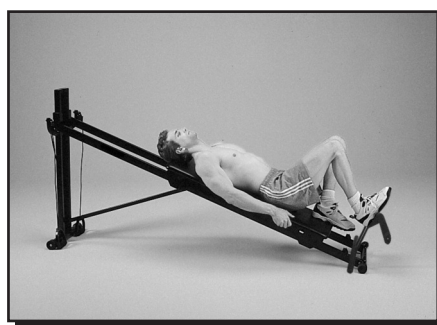
## #25 One Leg Squat:

**Unhook arm pulley cable. Attach Leg Pull/Press Up attachment.**

Position rails on highest resistance level. Roll glideboard toward support column and sit at the bottom of the glideboard. Lay back. Perform the squat exercise (#5) one leg at a time. The free leg extends over the top of the Leg Pull/Press Up attachment. Repeat. Switch legs or alternate legs between repetitions.

**Muscle Groups Exercised:**

*Thigh, Hips, Calves, Front Thighs*



## #26 Toe Raises:

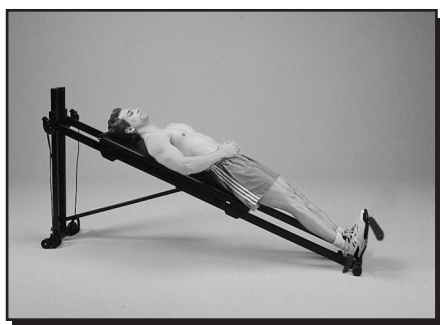
**Unhook arm pulley cable. Attach Leg Pull/Press Up attachment.**

Roll glideboard toward height adjustment column and sit at the bottom of the glideboard. Lay back.

Place your toes on the Leg Pull/Press Up attachment 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*



## #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. Repeat. Switch legs.

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

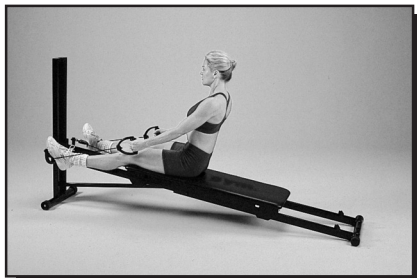
**Muscle Groups Exercised:**

*Front Thighs, Hips, Buttocks, Hamstrings*



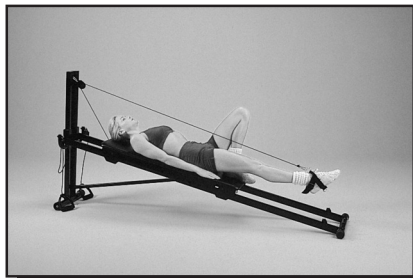
## ADVANCED MEN'S AND WOMEN'S WORKOUT: DAYS 2 AND 4-LEGS

(ADDITIONAL EXERCISES FOR WOMEN. NOTE THAT EXERCISE #28 AND #29 REQUIRE THE LEG PULLEY ACCESSORY - OPTIONAL)



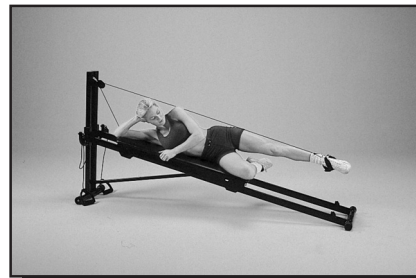
**#12 Hip Abduction: Hook arm pulley cable.** Grasp handles and sit at the top of the glideboard, facing the height adjustment column. Place feet on cables outside of pulleys. Press feet out keeping arms relaxed and straight. Repeat.

**Muscle Groups Exercised:**  
Outer Thigh, 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



**#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

## ADVANCED MEN'S AND WOMEN'S WORKOUT: DAYS 2 AND 4-TRICEPS



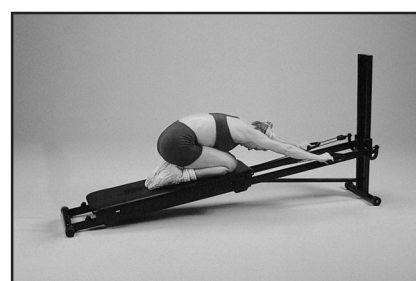
**#14 Tricep Extension: Hook arm pulley cable.** Grasp handles. Lay on your back with feet on the glideboard. Bend elbows so hands are above the face. Keeping elbow position stationary, push handles away from chest. Repeat

**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.

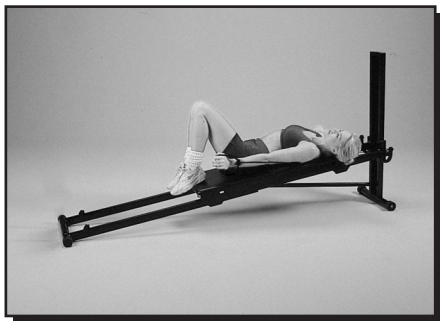
**Muscle Groups Exercised:** Triceps, Rear Deltoids



**#10 Surfers: 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.

**Muscle Groups Exercised:**  
Upper and Lower Back, Shoulders, Triceps

## ADVANCED MEN'S AND WOMEN'S WORKOUT: DAYS 2 AND 4-ABDOMINALS

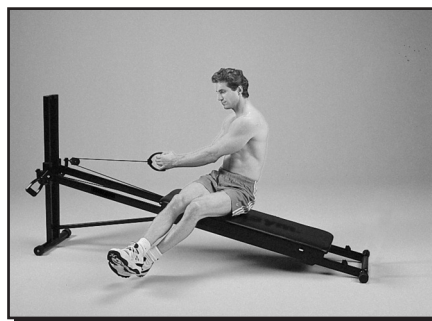


### #31 Side Bends *Hook arm pulley cable.*

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*

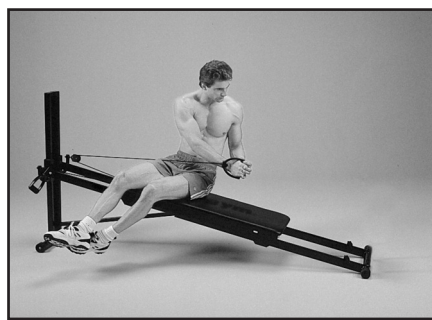


### #15 Twister *Hook arm pulley cable.*

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 Back, Lower Back*



## SPORTS SPECIFIC PROGRAMS

These programs are designed to aide in training for specific sports.

### SKIING

Exercise#	Description	Page #
7	Stretcher	7
32	Twisting Squat	20
10	Surfer	8
15	Twister	15
26	Toe Raises*	17
2	Arm Pullover	6
1	Leg Pull*	6
4	Seated Row	6
13	Seated Curl	15

### GOLF

Exercise#	Description	Page #
7	Stretcher	7
32	Twisting Squat*	20
15	Twister	15
2	Arm Pullover	6
1	Leg Pull*	6
4	Seated Row	6
17	Pull-Ups*	16

\*Leg Press/Pull Up Attachment is needed to perform this exercise.

## SPORTS SPECIFIC PROGRAMS

These programs are designed to aide in training for specific sports.

### TENNIS

Exercise#	Description	Page #
7	Stretcher	7
2	Arm Pullover	6
32	Twisting Squat	20
3	Butterfly	6
33	Tennis Backhand	20
22	Laying Curls	15
1	Leg Pulls	6
18	Front Press*	22
10	Surfer	8
34	Laying High Pull	20

### RUNNING/WALKING

Exercise#	Description	Page #
7	Stretcher	7
35	Groin Stretch	21
26	Toe Raise	17
27	Lunges	17
10	Surfer	8
25	One Legged Squat	17
2	Arm Pullover	6
1	Leg Pull	6
3	Butterfly	6

\*Leg Press/Pull Up Attachment is needed to perform this exercise.

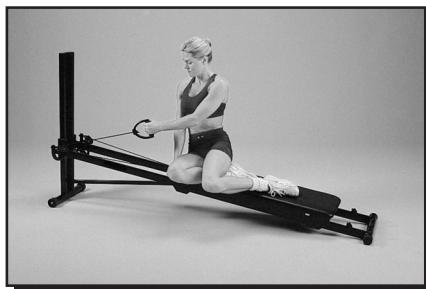
## ADDITIONAL EXERCISES FOR SPORTS SPECIFIC PROGRAMS



**#32 Twisting Squat: Unhook arm pulley cable. Attach Leg Pull/Press Up attachment.**

Lay at bottom of glideboard with feet placed firmly on the Leg Pull/Press Up attachment. Bend knees twisting to one side. Straighten legs so the glideboard slides up the rail. Bend knees again, twisting to the other side. Repeat.

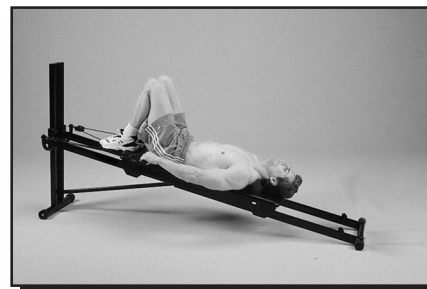
**Muscle Groups Exercised:**  
Thighs, Calves, Hips, Buttocks, Front Thighs



**#33 Tennis Backhand: Hook arm pulley cable.**

Grasp one handle and sit sideways on the glideboard (feet may also be extended from glideboard). 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 Deltoid, Forearm, Biceps, Lats and Back



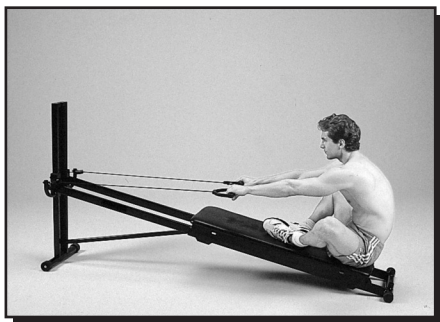
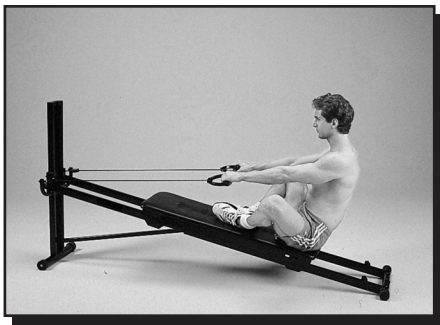
**#34 Laying High Pull: Hook arm pulley cable.**

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

## SPORTS SPECIFIC EXERCISES

### #35 GROIN STRETCH



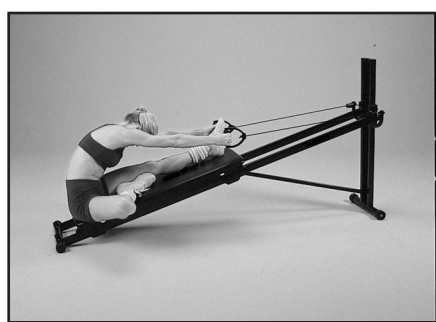
#### #35 Groin Stretch *Unhook arm pulley cable.*

Facing the support 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



#### #36 Hurdle Stretch *Unhook arm pulley cable.*

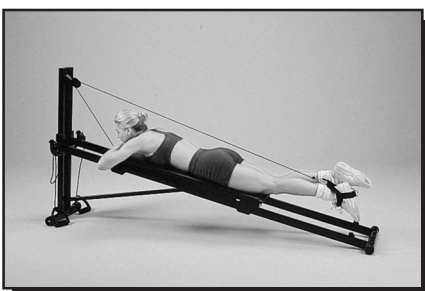
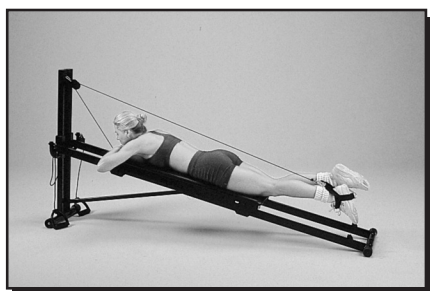
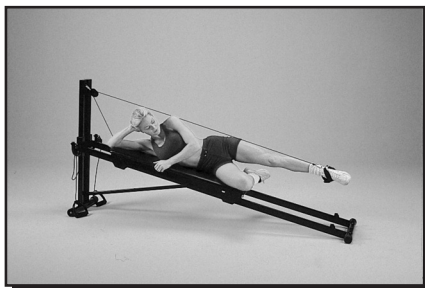
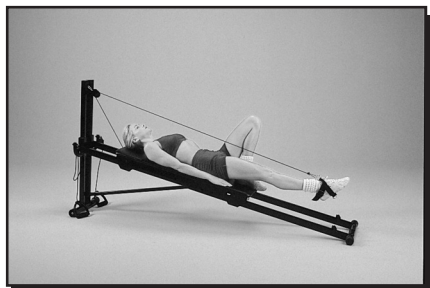
Facing the support column, grasp handles and sit at the bottom edge of the glideboard. Place both legs straight ahead on the glideboard. Pull one leg into the groin. With your back straight, stretch forward. Hold, then relax and repeat. Switch legs. Your arms should remain relaxed throughout this exercise.

#### *Muscle Groups Exercised:*

*Hamstrings, Lower Back*

## ACCESSORIES

### LEG PULLEY AND FOOT HARNESS (OPTIONAL)



#### #38 Leg Extension

Secure harness around foot. Lay on your stomach and fold your arms in front. Bend leg to 90°. Straighten leg so that the glideboard slides up the rails. Repeat the movement to accomplish your repetitions. Switch accessory to other leg. Repeat. Cross legs at ankle to work both legs at the same time.

*Muscle Groups Exercised:*  
*Front Thighs*

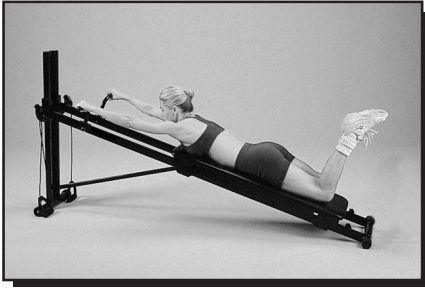
#### **The Leg Pulley and Foot Harness**

accessory is used to access the hip and thigh musculature for added inch loss or more flexibility. Exercises performed with this accessory are excellent for the buttocks, thighs and the hamstrings.

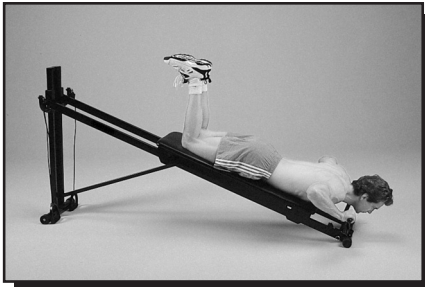
The accessory itself hooks to the underside of the top edge of the glideboard and to the top of the support column. The harness slips around the foot and tightens.

## ACCESSORIES CONTINUED...

### LEG PULL/PRESS UP ATTACHMENT



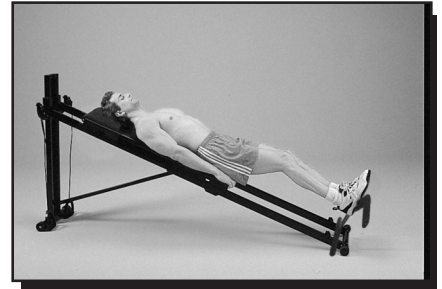
**Pull up**



**Front Press**

The **Leg Pull/Press Up Attachment** allows the pull up and chin up exercises to be simulated to work the arms, lats and back. The same attachment can be used for the front press which works the upper chest and triceps.

The **Leg Pull/Press Up Attachment** is also ideal for performing squats to work the hips, thighs and calves. In addition, the Leg Pull/Press Up attachment serves as a footholder for exercises such as the leg pull.



**Squat**

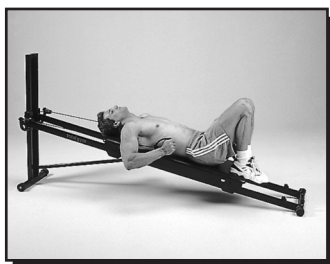
## ADDITIONAL EXERCISES FOR THE TOTAL GYM®

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

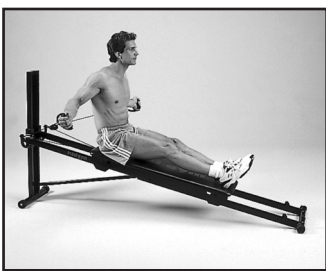
### ADDITIONAL EXERCISES CHEST



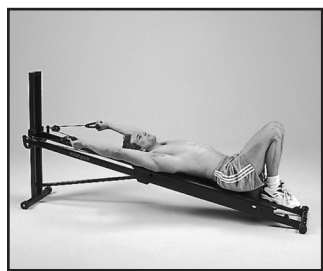
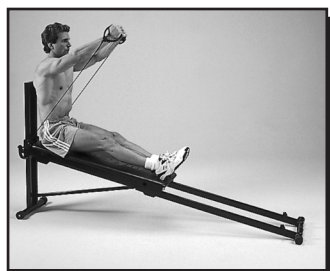
**Dips:** Chest, Shoulders, Triceps



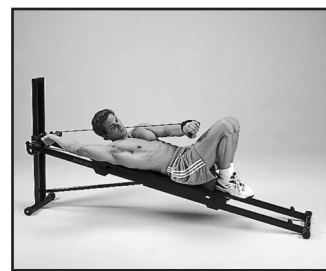
**Low Butterfly:** Lower Chest/Bust-line



**High Butterfly:** Upper Chest



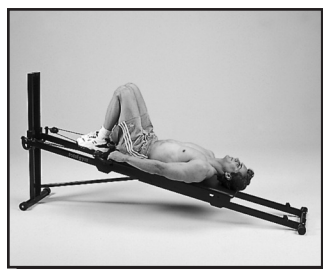
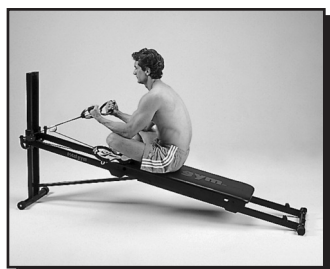
**Pullover Reach:** Chest, Lats, Triceps



### ADDITIONAL EXERCISES FOREARMS



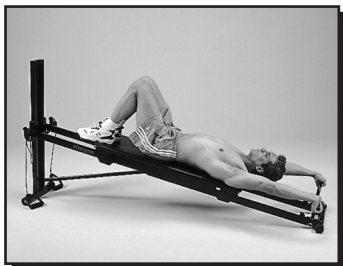
**Wrist Curls:** Forearms, Wrists (reverse wrists for variation)



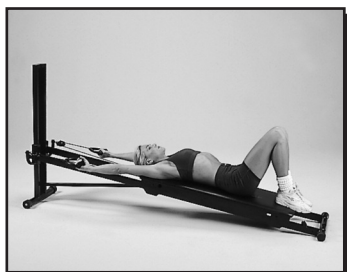
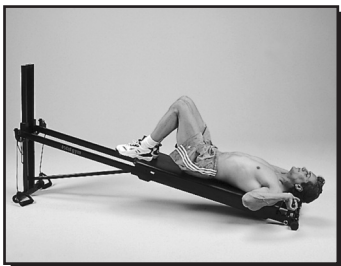
**Reverse Curls:** Forearms, Biceps



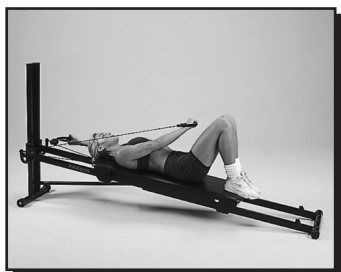
## ADDITIONAL EXERCISES SHOULDERS



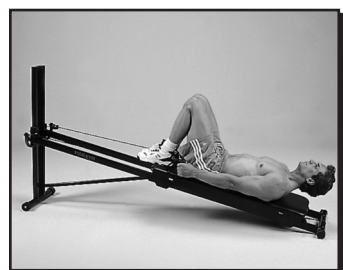
**Press Behind Neck:** Shoulders, Triceps



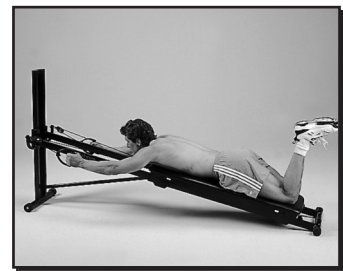
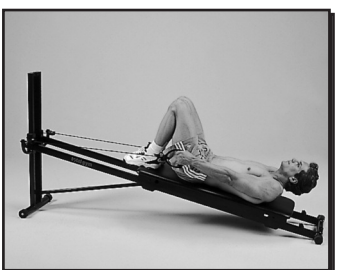
**Tennis Serve:** Shoulders, Arms, Lats



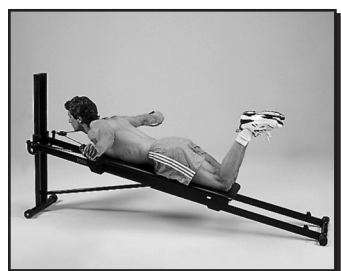
**Cross Country Skier:** Triceps, Shoulders



**Shrugs:** Traps



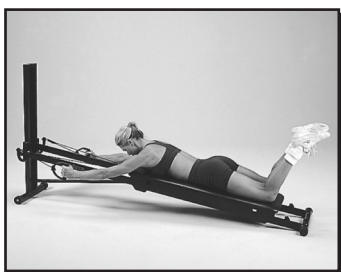
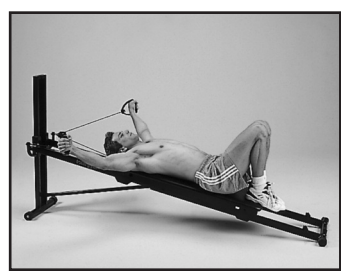
**Rear Deltoid Raise:** Rear Shoulder, Triceps



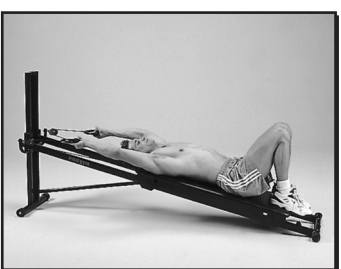
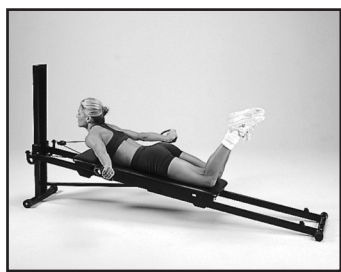
## ADDITIONAL EXERCISES LATS-BACK



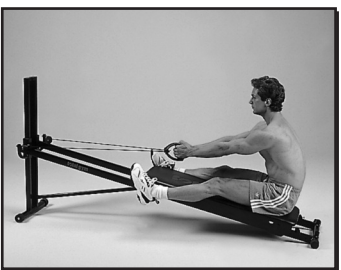
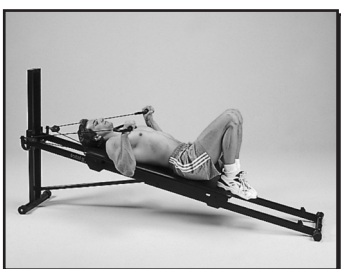
**Iron Cross:** Lats, Shoulders, Arms



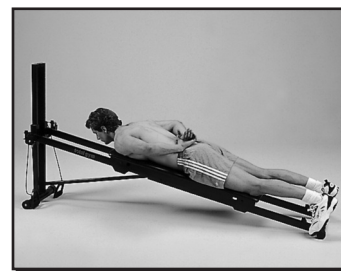
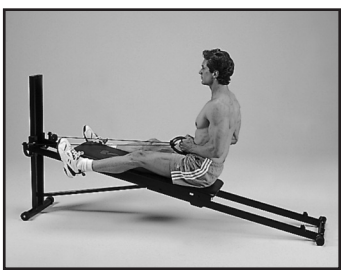
**Swimmer:** Lats, Shoulders, Arms



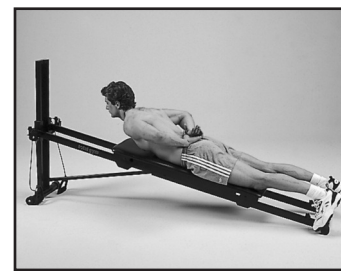
**Long Pull:** Lats, Shoulders, Triceps



**Lat Pull-in:** Lats, Shoulders, Biceps



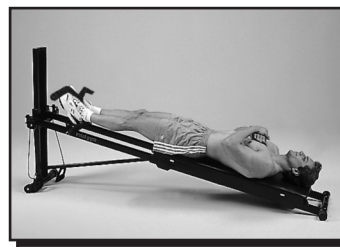
**Back Extension:** Low Back



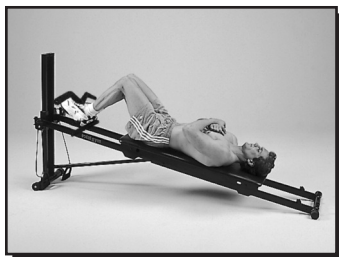
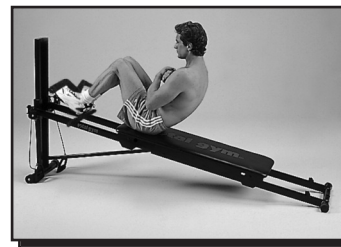
## ADDITIONAL EXERCISES ABDOMINALS



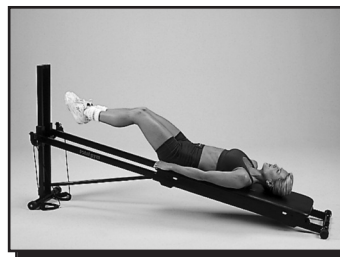
**Reverse Decline Sit-up:** Abs, Waist



**Leg Pull Sit-Up:** Abs, Legs



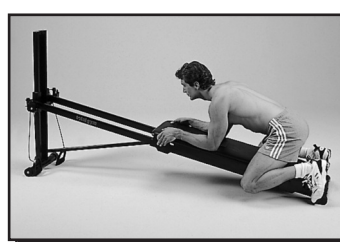
**Incline Sit-up:** Abs, Waist



**Decline Leg Raises:** Lower Abs



**Abdominal Push:** Upper Abs



**Reverse Hip & Thigh Extension:** Abs, Buttock



**Leg Raises:** Lower Abs



## ADDITIONAL EXERCISES ROWING



**Rowing Variation:** Upper and Lower Body



## ADDITIONAL EXERCISES BACK AND SHOULDERS



**Rear Deltoid Unilateral**  
Shoulders, Back



**Inversion Stretch:** Back

## ADDITIONAL EXERCISES

### BICEPS



**Preacher Curls:** Biceps, Forearms



**Peak Concentration Curls:** Biceps



**Chin Up:** Biceps, Lats, Shoulders



## ADDITIONAL EXERCISES

### LEGS-BUTTOCK



**Side Squat:** Hips, Thighs



**One Leg Side Squat:** Hips, Thighs



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.

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