

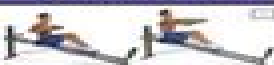
# total gym®

## 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 of the movement. The third image shows the end of the movement, while the fourth image shows the starting position. The fifth image shows the end of the movement, while the sixth image shows the starting position. The seventh image shows the end of the movement, while the eighth image shows the starting position. The ninth image shows the end of the movement, while the tenth image shows the starting position. The eleventh image shows the end of the movement, while the twelfth image shows the starting position. The thirteenth image shows the end of the movement, while the fourteenth image shows the starting position. The fifteenth image shows the end of the movement, while the sixteenth image shows the starting position. The seventeenth image shows the end of the movement, while the eighteenth image shows the starting position. The nineteenth image shows the end of the movement, while the twentieth image shows the starting position. The twenty-first image shows the end of the movement, while the twenty-second image shows the starting position. The twenty-third image shows the end of the movement, while the twenty-fourth image shows the starting position. The twenty-fifth image shows the end of the movement, while the twenty-sixth image shows the starting position. The twenty-seventh image shows the end of the movement, while the twenty-eighth image shows the starting position. The twenty-ninth image shows the end of the movement, while the thirtieth image shows the starting position. The thirty-first image shows the end of the movement, while the thirty-second image shows the starting position. 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### 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 until your arms are fully extended. Return the handles to the starting position. Repeat.

#### Seated Chest Fly



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

#### Incline Push-Up



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

#### Lateral Chest Fly



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

### Compound

#### Surfer



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

#### Core Extension



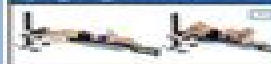
**How to perform:** Lie on the machine with your feet flat on the floor. Push your body up until your arms are fully extended. Return your body to the starting position. Repeat.

#### Toe Touch Row



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

#### Lying Leg Curl w/ Crunch



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

#### Leg curl w/ Biceps Curl



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

#### Leg Curl w/ Seated Fly



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

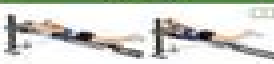
#### Arm Pulldown



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

### Back

#### Pull-Up



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

#### Front Pullover



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

#### Seated Row



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

#### Arms Cross/Snow Angel



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

### Shoulders

#### Shoulder Press



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

#### Upright Row



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

#### Front Raise



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

#### Serve



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

### Legs

#### Leg Curl, Lying or Seated



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

#### Squat



**How to perform:** Lie on the machine with your feet flat on the floor. Squat your body down until your thighs are parallel to the floor. Return your body to the starting position. Repeat.

#### Outer Hip & Thigh



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

#### Sprinter Start



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

### Arms

#### Seated Biceps Curl



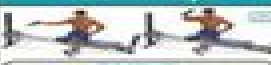
**How to perform:** Lie on the machine with your feet flat on the floor. Curl your arms up until your elbows are fully extended. Return your arms to the starting position. Repeat.

#### Lying Triceps



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

#### Lateral Biceps



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

#### Lateral Triceps Extension



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

### Abs

#### Sit-Up with Cables



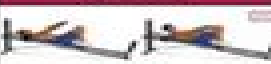
**How to perform:** Lie on the machine with your feet flat on the floor. Sit up until your arms are fully extended. Return your body to the starting position. Repeat.

#### Oblique Twister



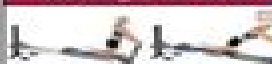
**How to perform:** Lie on the machine with your feet flat on the floor. Twist your body to the side until your arms are fully extended. Return your body to the starting position. Repeat.

#### Crunches



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

#### Kneeling Plank Press



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

### Stretch

#### Front Leg Stretch



**How to perform:** Lie on the machine with your feet flat on the floor. Stretch your front leg forward until your arm is fully extended. Return your leg to the starting position. Repeat.

#### Toe Touch Stretch



**How to perform:** Lie on the machine with your feet flat on the floor. Touch your toes with your hands. Return your body to the starting position. Repeat.

#### Seated Back Stretch



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

#### Seated Chest Stretch



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

# Tg 15owner S Guide Total Gym

**David Kirk**



**Tg 15owner S Guide Total Gym:**

## The Enigmatic Realm of **Tg 15owner S Guide Total Gym**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Tg 15owner S Guide Total Gym** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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