

How To Use This Deck

Congratulations on the purchase of your Total Gym®!

The Total Gym Training Deck has been created to help you quickly achieve your fitness goals. Within this deck, you'll find a variety of programs and exercises. Select a program you'd like to focus on and pull the exercises indicated. It really is that simple!

The Training Deck is so versatile that you can easily turn your workouts into a cardio-strength session by simply circuit training ... performing each exercise one after another with minimum rest. Or take your time and exercise at a slower pace using your desired sets and reps for pure strength training. Don't push yourself too hard if you haven't exercised lately. Take it easy and work your way up slowly.

As you work through these pre-designed programs, you may decide you want to create your own personal programs. If you decide to do so, fill out the "My Personal Programs" card provided. Shuffle the cards to select randomly or choose your Total Gym favorites ... your program choices are endless!

Start off your Total Gym experience with the Starter Workout Program, found on page 12, until you get comfortable working with the Total Gym. Remember to have fun... it's Total Gym time!

Programs included:

- Starter Workout Program
- Total Body Circuit
- Core Strength & Stability
- Women's Lower Body Strength
- Women's Upper Body Sculpt
- Men's Lower Body Power
- Men's Upper Body Strength
- Long and Lean
- Kid's Workout
- 6-8 Minute Workouts for Women
- 6-8 Minute Workouts for Men



Total Gym® Resistance Chart

How much resistance does the Total Gym create at a particular level?

BODY WEIGHT (LBS.)

LEVEL	SLOPE	50 WT.	60 WT.	70 WT.	80 WT.	90 WT.	100 WT.	110 WT.	120 WT.	130 WT.	140 WT.	150 WT.	160 WT.	170 WT.	180 WT.	190 WT.	200 WT.	210 WT.	220 WT.	230 WT.	240 WT.	250 WT.
12	26.0°	32	36	41	45	50	54	58	63	67	71	76	80	85	89	93	98	102	107	111	115	120
11	23.8°	29	33	38	42	46	50	54	58	62	66	70	74	78	82	86	90	94	98	102	106	110
10	21.8°	27	31	35	38	42	46	49	53	57	61	64	68	72	75	79	83	87	90	94	98	101
9	19.9°	25	28	32	35	38	42	45	49	52	55	59	62	66	69	73	76	79	83	86	90	93
8	18.0°	23	26	29	32	35	38	41	44	47	50	53	57	60	63	66	69	72	75	78	81	84
7	16.2°	20	23	26	29	32	34	37	40	43	45	48	51	54	57	59	62	65	68	71	73	76
6	14.3°	18	21	23	25	28	30	33	35	38	40	43	45	48	50	53	55	58	60	62	65	67
5	12.5°	16	18	20	22	24	27	29	31	33	35	37	40	42	44	46	48	50	53	55	57	59
4	10.6°	13	15	17	19	21	23	24	26	28	30	32	34	36	37	39	41	43	45	47	48	50
3	8.8°	11	13	14	16	17	19	20	22	23	25	26	28	30	31	33	34	36	37	39	40	42
2	7.0°	9	10	11	13	14	15	16	17	19	20	21	22	24	25	26	27	28	30	31	32	33
1	5.2°	7	8	8	9	10	11	12	13	14	15	16	17	17	18	19	20	21	22	23	24	25

HOW IT WORKS: Total Gym uses a variable-angle incline plane to create exercise resistance by modifying your body weight ... the steeper the angle, the more resistance. Down the left side of the chart, you'll see the various resistance levels (1-12) and their corresponding degree of slope. Across the top, you'll find body weight in 10-pound increments. Simply cross reference your body weight with the incline level to determine the amount of resistance (in pounds) created when the Total Gym is in use without the pulley cables attached.

If the pulley cables are used in the exercise, use 50% or 1/2 of the charted numbers.

EXAMPLE: A 150 lb. person using Level 6 would be lifting 43 lbs. If the pulley cables are used in the exercise, the person would be lifting 21.5 lbs. (43 x .5).



Core Strength and Stability

This program is designed to strengthen and condition the large stabilizing muscles of the core. Begin with 10-12 repetitions that can be executed with good form. If you feel unable to maintain your form in your set, lower the level of incline. Perform 1-3 sets at a slow, controlled speed. Take rests as needed. Once you successfully perform more than 12 repetitions, raise the level of incline. Perform this routine 2-3 times per week alternating between workout options #1 and #2.

Workout Option #1	
Card #	Exercise Name
56	Pullover with Crunch
57	Oblique Pullover Crunch
54	Oblique Twister
73	Toe Touch Row
76	Half Roll Back with Biceps Curl

Workout Option #2	
Card #	Exercise Name
78	Surfer
56	Pullover with Crunch
75	Core Extension
77	Side Plank
5	Incline Push-Up
52	Sit-Up

Women's Lower Body Strength

This program is designed to strengthen and tone your lower body without adding muscle bulk. Begin with 12-15 repetitions that can be executed with good form. If you feel unable to maintain your form in your set, lower the level of incline. Perform 1-3 sets at a slow, controlled speed. Take rests as needed. Once you successfully perform more than 15 repetitions, raise the level of incline. Perform this routine 2-3 times per week alternating between workout options #1 and #2.

Workout Option #1	
Card #	Exercise Name
27	Squat
29	Single Leg Squat
31	Calf Raise
30	Toe Out Squat
35	Jumping Squat
71	Lying Leg Curl with Crunch
33	Outer Hip & Thigh

Workout Option #2	
Card #	Exercise Name
27	Squat
34	Side Squat
28	Twisting Squat
35	Single Leg Jumping Squat
32	Hamstring Pull
37	Inner Thigh Pull
75	Core Extension