IMPORTANT NOTICE

The Total Flex[™] is intended for home use only and not for institutional use.

- Important: Do not start exercising before fully studying this Exercise Chart and the accompanying User's Guide. • This Exercise Chart provides exercise instructions to achieve your
- desired results. Study this chart in conjunction with the User's Guide. The User's Guide provides instructions for setting up the Total Flex™, and its use, storage and maintenance.

How to Exercise

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Fitness level - Determine your fitness level and decide on your exercise goals.

Exercise Program - Select a suitable Exercise Program (see "Exercise Programs"). The different exercises in your program are designed to work out the various muscles of your body. Perform each of the exercises in the sequence as indicated in the selected Exercise Program.

Exercise Session - Completing all of the exercises listed in an Exercise Program during one time period is called an exercise session.

Exercise Mode - Select an Exercise Mode, Circuit Training or Strength Training to perform the Program exercises during the "Work Out" stage - see "Exercising Programs".

Exercise Resistance - For each exercise, engage a suitable level of resistance (see Resistance Chart) by attaching the Handles or Ankle Cuffs (or Leg Extender) to one or more of the O-Rings connected to the Resistance Bands.

Exercise Reps & Sets - Performing one exercise movement is called a repetition ("rep" for short); completing several reps (e.g.15 reps) of the same exercise is called a "set" of exercises. Depending on your fitness level and the chosen Exercise Mode (see Exercise Mode), the individual exercises in each of the Exercise Programs can be completed in Circuit Training Mode – by doing one set of each

exercise, then moving on to perform the next exercise. Alternatively, in "Strength Training Mode", two or three sets of the same exercise can be performed before moving to the next exer

Exercises - Each exercise is accompanied by a brief to perform the exercise with two accompanying p of the exercise; and B: the midpoint of the exercise the starting position (A), one repetition of the exe completed. Muscles Exercised - The major muscle of are detailed behind each exercise name.

ercise.		
ef description of how	Resistance	E
pictures: A: The start ise. By returning to	Level	Red
kercise will be	I	•
group(s) exercised	2	•

Resistance Chart - Power Pod

- To obtain exercise resistance, clip the Handles or Ankle Cuffs to one or more of the O-Rings attached to the Resistance Bands (protruding from the Power Pods).
- The Grey Resistance Band offers the least resistance, followed by Black, with Red offering the highest resistance (or "weight"). • By engaging different colour Resistance Bands and/or by engaging
- different combinations of Resistance Bands, 7 levels of progressive (variable) resistance can be obtained as shown in the table below. • Initially, experiment to find a level of resistance for each exercise to match your level of fitness and strength.

Resistance Level	Band(s) Engaged (per pod)				
	Grey	Black	Red		
I	•				
2		•			
З			•		
4	•	•			
5	•		•		
6		•	•		
7	•	•	•		

Resistance Chart – Leg Extender (Optional Extra)

- To obtain resistance when using the Leg Extender, hook one or more of the O-Rings connected to the red Resistance Bands (located between the Support Legs) onto the Hook at the bottom of the Extender Tube.
- The red Resistance Bands are of equal resistance ("weight"). • By engaging one, two or three red Resistance Bands, three levels of resistance can be obtained as shown in the table below

Resistance Level	Band(s) Engaged (per pod)				
	Red	Red	Red		
I I	•				
2	•	•			
3	•	•	•		

to occur.

Programs designed to meet your ments. The 5 Programs. Initially choose one in nce with your fitness level, available ojectives and motivation level.		Warm Up Start your exercise program with a light exercise to raise your body temperature • Cardiovascular Exercise Begin by marching in place, moving arms and progress to a slow jog. When fitter, run		Cardiovascular Exercises Stretching Exercises A, B, C, D, E, F, G, H			
ndei gram rcui [.]	as below may be performed by rs. as below can be performed in t training or strength training Exercise Mode" below):	 in place, lifting knees and pumping arms. In addition you can also perform jumping jacks. Stretching Follow with light stretching exercises Work Out If you are unfit, start slowly and build up gradually. Once fit, exercise actively to increase your heart rate (see Target Heart Rate Zone). 	Express Workout	Total Body Workout	Core Workout	Lower Body Workout	Upper Body Workout
	A total body workout - if you have limited time, have been inactive or are unfit.	 Complete the exercises in the indicated order, moving at a steady pace from one exercise to the other. If you find any particular exercise too strenuous, skip it and try again when you are fitter. Perform exercise movements with smooth, continuous motions, approx 1 rep every 1 - 2 seconds. 	1 3	1 3 2	15 13	30(R) 28(R)	1 3
Jy	A total body workout exercising a wide range of muscles - if you are fit, have the time and want a more complete workout.	 Perform each exercise with proper form (e.g. keeping your head and spine aligned) and do not swing or use momentum when moving against resistance. Maintain steady, rhythmic breathing whilst exercising – do not hold your breath. Always contract your abs, core and lower back muscles whilst performing an exercise. This will stabilise the body and help prevent injury. 	5 2 13 15 11 10	21 13 15 14 16	16 14 17 26 32 18	29(R) 30(L) 28(L) 29(L) 12 27(R)	2 11 9 10 13
	Whole body workout targeting the abdominals and waist area.	 To intensify your program, first attempt to increase the number of repetitions per exercise and then attempt to increase the resistance per exercise. Do not increase reps and resistance during the same exercise session. A further way to intensify an exercise is to increase the speed of motion when performing the exercise. Choose between two modes of exercise: Circuit Training or Strength Training. These can be alternated during subsequent exercise sessions. 	9 12 8**	11 10 9 12 6 4	19 10 20 12 8**	27(L) 31 33 34*	15 14 23 7 33**
ody	Whole body workout targeting the waist, hips, buttocks, thighs and legs.	Cool Down End your exercise with a Cool Down		22 23 25 8** 34*			
ody	Whole body workout targeting the upper body.	 Cardiovascular Exercise Run or walk in place gently for 1-2 minutes Stretching Stretch slowly, holding the stretch for 20 – 30 seconds 	Cardiovascular Exercises Stretching Exercises A, B, C, D, E, F, G, H			es H	

- Stretc • Warm up l
- if you are fi • Stretches should be gradual and
- gentle
 Hold each stretch for 10 20 second
 Do not bounce in the stretch. Once in a comfortable position hold the
- stretch • Do not over stretch. Stretching
- should not hurt
 Do not hold your breath whilst
- Do not rush the stretch
- ace the wall with one leg in front of Sit on the floor with knees bent and e other, feet flat and toes facing soles of the feet touching. Lean rward. Bend the knee of the front forward holding ankles or feet. raight. Push the hip of the back owards the wall. Repeat with the

Interlace fingers behind the back. Slowly turn the elbows inwards whilst

ng the arms.



Inhale. Tuck your chin in and while
breathing out, roll down to a
comfortable position. Keep the back
rounded and touch toes if possible.In the standing position, reach one
hand behind the body and grasp the
top of the foot. Pull the heel towards
the buttocks. Keep the standing leg's
knee slightly bent. Repeat on the
other leg.Sit on floor with legs straight and
knees slightly bent. Stretch forward
towards toes.



SAFETY PRECAUTIONS

 Medical Warning: Consult with your physician before starting any exercise program. Always exercise cautiously if you have been inactive or have experienced any health problems. Do not overexert yourself. If you should suffer from chest pains,

severe shortage of breath, dizziness, nausea, back ache or joint pains during or after a session, stop and bring the matter to the attention of a doctor.

• The Total Flex™ must be set up and used on a solid, level and non slip surface. • Dress sensibly with no loose clothing, and keep long hair out of the way.

• Keep hands away from moving parts. • Take care when getting on or off the Total Flex[™].

• THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN. To avoid injuries, keep this and all other fitness equipment out of the reach of children.

I Target Heart Rate Zone

The heart rate acts as a guide to the intensity of the work out and helps to monitor the progress in fitness levels. It acts as a guide to the required intensity of the workout.

Resting Heart Rate

This is the number of beats per minute (BPM) when at rest. The average healthy adult heart rate is 72 BPM with a normal range of 60 - 90 beats per minute. To determine your resting heart rate, measure it before getting up in the morning.

Pulse Rate during exercise

Once into your exercise program, stop and take your pulse for 15 seconds. Resume exercise. Multiply this number by 4 to determine the number of heart beats per minute. As you become fitter, you will find that this measurement will decrease and you will have to work harder to get your pulse rate up.

Determine your Target Heart Rate Zone This is the level that you should be exercising at for aerobic conditioning

 Subtract your age from 220 to get your estimated maximum heart rate (EMHR). • Multiply this number (EMHR) by 60% to determine the minimum level of your target zone.

maximum level of your target zone.



Choose a Mode

Once you have selected an Exercise Program, decide whether to perform the Program exercises in "circuit training" or "strength training" mode.

Circuit training

For muscle toning and cardiovascular conditioning.

Strength training For muscle strength and anaerobic conditioning.

Circuit Training

• Perform 1 set of each exercise in the selected program one after the other, at a steady pace, taking as little rest as possible between exercises. Engage enough resistance to enable you to perform about 15 reps per exercise.

• During each subsequent exercise session, try to increase the number of reps per exercise over and above the number done during the previous session. Once you can perform more than 25 reps of a specific exercise, increase the resistance for that exercise to a level that will enable you to perform at least 15 reps.

• While exercising, monitor your heart rate. If your heart rate becomes elevated and approaches or exceeds the maximum level (90%) of your Target Heart Rate Zone, rest until your heart rate returns to within your Target Heart Rate Zone before continuing to exercise (see Target Heart Rate Zone Chart below).

Strength Training

If you are unfit, perform only 1 set of exercises. As your fitness improves, perform 2 sets and once you are fit and well conditioned, perform 3 sets of exercises as follows:

 Engage enough resistance to enable you to perform about 12 reps per exercise (1st set), rest for 30 seconds, then perform the same exercise again for 10 reps. (2nd set).

 Rest for another 30 seconds and then perform 8 reps of the same exercise (3rd set). Once you can perform more than 15 reps of the 1st exercise, increase the resistance to a level that will enable you to perform only 12 reps.



Exercises

Please select an Exercise Program that will indicate the order in which the following exercise are to be performed.

NOTE: A: Start of Exercise B: Midpoint of Exercise







facing inwards or downwards. B: Lean back with bent arms, keeping back straight and aligned with neck and return.





Seat D & 3 or E & 2 A: Sit and hold Handles with palms facing up and arms slightly bent. B: Curl arms and bring Handles to chest level keeping elbows in at sides and in same position and return.







Seat E & 2 or D & 3 A: Sit towards front of seat and hold Handles, palms f downwards with arms slightly bent. B: Lift handles in front to shoulder height and return.



 Seat B & 1
 Seat B & 1

 A: Sit and hold Handles, palms facing inwards with arms slightly bent.
 A: Stand on Foot Plate with knees slightly bent, hold handles at waist level with arms slightly bent.
 B: Pull towards lower part of chest, keeping elbows in and return.



Seat C & 4 oulders, palms facing downwards or next B: Bring right shoulder towards left leg and return. Repeat for other side. Alternate right/left



Seat B & 5 A: Sit and hold Handles above shoulders, palms facing down or up, elbows pointing upwards.B: Extend arms, keeping elbows in same position.







Seat B & 1; Attach Ankle Cuffs A: Stand on Foot Plate with Ankle Cuffs attached. Engage resistance onto both legs Place both knees on Seat and lie down, holding onto the Seat. B: Curl legs simultaneously and return.







B: Pull leg across body, keeping hips aligned and return.





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old Handles next to chest, palms facing inwards. runch chest forward without moving lower back away from Sea bing hands next to chest and head aligned with spine and return



Seat C & 4 **A**: Hold Handles above shoulders, palms faming hold Handles next to chest (see Ex 1). B: Bring left shoulder and right leg towards each other and return. Alternate with right shoulder & left leg.



Seat A & 2 A: Sit and hold Handles above shou B: Push straight up and return.



Seat E & 1 A: Attach Ankle Cuffs to both legs. Stand with foot on Foot Plate and engage resistance onto one leg. B: Pull one leg back, keeping hips parallel and back straight and





EXERCISE CHART

2 UPRIGHT ROW (Shoulders, Back & Biceps)



slightly bent. B: Pull Handles to chin level while lifting the elbows and return.

Seat E & 2 or D & 3 A: Sit and hold Handles at shoulder height, palms facing forward. B: Push straight upwards and return.



B: Bend knees, keeping back straight and return





Seat B & 2; Optional: Use Head Rest ext to chest, palms facing forward

Seat E & 1 A: Attach Ankle Cuffs to both legs. Stand with foot on Foot Plate and engage resistance onto one leg.



Seat B & 1 A: Stand with both feet on Foot Plate, bend forward keeping bar straight and aligned with neck & hold Handles with bent arms. B: Stand upright, keeping arms bent and return.



Seat D & 3 or E & 2 A: Sit and hold Handles, palms facing downwards and arms slightly bent. B: Lift Handles sideways to shoulder level and return.

LATERAL RAISE (Shoulders)

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Seat D & 2 A: Sit and hold Handles, one to the front, the other to the back, leaning slightly backwards. B: Simulate crawl stroke movement whilst cycling with legs



Seat C & 4 or B & 5 A: Sit and hold Handles next to chest palms facing downwards. **B:** Push out away from chest to head height and return.



Seat B & 4 A: Hold Handles next to chest, palms facing inwards or above shoulders (see Ex 3).
B: Perform the following sequence: Crunch forward and return. Crunch to the left and return. Crunch to the right and return. Crunch forward. Repeat the
B: Move hands across body and return. Repeat on opposite side of



Seat B & 2; Optional: Use Head Rest A: Lie and hold Handles with palms facing forwards, and arms bent at about 90 degrees. B: Pull arms to the side of body whilst straightening them and return.



Seat E & 1 A: Attach Ankle Cuffs to both legs. Stand with foot on Foot Plate and engage resistance onto one leg. **B**: Pull leg sideways, keeping hips aligned and return.



Seat B & 1 A: Stand with foot on Foot Plate and hold Ha



Seat D & 3 or E & 2 A: Sit and hold Handles, palms facing inwards, arms slightly ben B: Pull sideways and back and return to starting position.





Seat B & 1 A: Sit and bend forward, holding Handles, palms facing inwards and arms slightly bent. <u>B: Pull outwa</u>rds to shoulder height and return.



Seat C & 4 or B & 5 A: Sit and hold Handles with arms slightly bent in front of chest,

B: Move slightly bent arms to the sides and return.



Seat C & 4 A: Hold Handles above shoulders, palms faming downwards or hold Handles next to chest (see Ex 1).
 B: Crunch forward, keeping lower back against Seat while moving knees towards chest.



Seat B & 2 A: Lie down and hold handles, palms facing down, next to B: Pull handles overhead and return.





Seat E & 1 A: Attach Ankle Cuffs to both legs. Stand with foot on Foot Plate and engage resistance onto one leg. B: Pull knee up to waist, keeping hips parallel, back straight and





Seat D & 3; Optional: Use Leg Extender A: Sit and place back of knees over Uppe underneath Lower Foam Roller. B: Extend legs forward and return.