Squat legs

EXERCISE 27 LEGS

➢ ***Unhook pulley cable and install squat stand.***

Place your feet hip distance apart on the squat stand. Bend your knees and bring the glideboard down toward the bottom of the rails. Return to the starting position.

TRAINER'S TIP!

Keep your lower back flat and your hips pressed to the glideboard as you lower into the squat position. Press through the entire foot to straighten your legs.

Squat stand

ACCESSORY NEEDED

Single Leg Squat

legs

EXERCISE 29 LEGS

Unhook pulley cable and install squat stand.

Place your feet hip distance apart on the squat stand. Your right foot moves to the center of the squat stand to stabilize/balance. Lift your left leg up and off the squat stand. Bend your right knee and bring the glideboard down toward the bottom of the rails. Slowly return to the starting position. Switch legs after completing the set.

TRAINER'S TIP!

Keep your lower back flat and your hips pressed to the glideboard as you lower into the squat position.

Squat stand

ACCESSORY NEEDED

Pull-Up

back

EXERCISE 7 BACK

➢ ***Unhook pulley cable and install wing attachment to the top of the machine.***

Position your hands on the wing attachment with your palms facing down. Pull the glideboard up the rails until your chin is over the wing. Slowly return to the starting position.

TRAINER'S TIP!

Keep your chest in contact with the glideboard the entire time. Careful not to arch your lower back.

Variation: Single Arm

For a more advanced workout, use one arm at a time to perform the exercise. Switch arms after completing a set.

Wing attachment

ACCESSORY NEEDED

total gym

Leg Curl: Lying or Seated

EXERCISE 26 LEGS

➢ ***Unhook pulley cable, remove squat stand, and install wing attachment to the top of the machine.***

Place your feet into the wing attachment. Lie back with your legs fully extended and your buttocks near the top of the glideboard. Bend your knees by pulling your heels toward your buttocks. Slowly return to the starting position.

* You can also perform this exercise in a seated position.

TRAINER'S TIP!

Keep your knees pointing up to the ceiling. Careful not to let them angle in or out. Do not arch your lower back. Contract your abdominals throughout the movement.

Wing attachment

ACCESSORY NEEDED

Cross Cable Row

back

EXERCISE 9 BACK

Hook pulley cable.

With cables crossed, grasp the handles and straighten your arms toward the support column with palms facing down. Bend your elbows to pull the handles back until your hands are at your ribs. Slowly return to the starting position.

TRAINER'S TIP!

Keep your chest lifted, shoulders back and wrists flat throughout the movement. Careful not to bend or straighten your elbows during the exercise.

Variation: High Elbow

To focus on the upper shoulders and back, bend your elbows and pull the handles back until your hands are at your shoulders with your palms facing down.

Seated Biceps Curl

arms

EXERCISE 43 ARMS

Hook pulley cable.

Straighten your arms toward the support column, palms facing up. Keeping your elbows stationary, pull the handles up until your hands are near your shoulders. Slowly return to the starting position.

TRAINER'S TIP!

Keep your chest lifted, shoulders back and wrists flat throughout the movement. Maintain an upright posture throughout the movement.

Outer Hip & Thigh

legs

EXERCISE 33 LEGS

Hook pulley cable.

Lift your legs and place the outsides of your feet against the pulleys with feet pointing upward. With your hands relaxed and straight resting by your thighs, push outward against the cable with your feet. Slowly return to the starting position.

TRAINER'S TIP!

Resist turning your feet outward. Point your toes up. Maintain an upright posture. Keep arms relaxed - resist desire to pull with hands. Press out with your legs.

Oblique Twister

abs

EXERCISE 54 ABS

Hook pulley cable.

With the hand furthest from the support column, grab the two handles and pull the glideboard halfway up the rails. Sit toward the top edge of the glideboard facing sideways. Keep your hands at waist level and twist your upper body to face the support column. Keeping your arms stationary, twist away from the support column using your abdominal and oblique muscles. Slowly return to the starting position. Switch sides after completing the set.

TRAINER'S TIP!

Keep the chest lifted, shoulders back and wrists flat throughout the movement. Contract your abdominals throughout the movement and move at your waist rather than your shoulders.

Variation: Single Handle Twists

Use one handle to decrease resistance.