

Women's 6-8 Minute Workout

Days 1 & 2



The following 6 programs have been designed to maximize the time spent on your Total Gym. Follow the program and exercises as you workout with Rosalie Brown in the 6-8 Minute Workout video, or use the following sheets as a reference when you can't watch the workouts.

Day 1 Workout

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	7	Pull-Up			
	26	Leg Curl: Lying or Seated			
	52	Sit-Up			
	8	Chin-Up			
	26	Leg Curl: Lying or Seated			
	52	Sit-Up			
		Standing Aerobic			
	62	Step 1: Arm Pulldown			
	62	Step 2: Arm Pulldown w/ Rotating Thumbs			
	63	Step 3: Snow Angel/Iron Cross			
	64	Step 4: Arm Pullover			
	65	Step 5: Single Leg Pullover (switch)			
	65	Step 6: Single Leg Pullover w/ Rotating Thumbs (switch)			

Day 2 Workout

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	27	Squat			
	31	Calf Raise			
	29	Single Leg Squat (switch)			
	31	Single Leg Calf Raise (switch)			
	29	Single Leg Squat (switch)			
	31	Single Leg Calf Raise (switch)			
	29 31	Single Leg Squat into Single Leg Calf Raise (switch)			
	32	Hamstring Pull (switch)			

*Remember to consult a physician prior to beginning this or any exercise program. As you begin your program, take breaks and drink water as needed.

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Women's 6-8 Minute Workout

Days 3 & 4



Day 3 Workout

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	9	Cross Cable Row			
	53	Sit-Up with Cables			
	9	Cross Cable Row			
	53	Sit-Up with Cables			
	54	Oblique Twister			
	52	Sit-Up			
		Seated Aerobic Routine			
	66	Step 1: Leg Curl w/ Seated Fly			
	67	Step 2: Leg Curl w/ Straight Arm Lift			
	68	Step 3: Leg Curl w/ Biceps Curl			
	68	Step 4: Leg Curl w/ Reverse Curl			
	69	Step 5: Leg Curl w/ Upright Row			
	70	Step 6: Leg Curl w/ Seated Surfer			
	84	Toe Touch Stretch			

Day 4 Workout

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	2	Seated Chest Press - Narrow grip			
	1	Seated Chest Press - Shoulder width grip			
	2	Seated Chest Press - Wide grip			
	10	Front Pullover			
	55	Crunches			
	12	Iron Cross/Snow Angel			
	55	Crunches (advanced - lift feet off bench)			
	2	Seated Chest Press - Narrow grip			
	1	Seated Chest Press - Shoulder width grip			
	2	Seated Chest Press - Wide grip			
		Standing Aerobic			
	62	Step 1: Arm Pulldown			
	62	Step 2: Arm Pulldown w/ Rotating Thumbs			
	63	Step 3: Snow Angel/Iron Cross			
	64	Step 4: Arm Pullover			
	65	Step 5: Single Leg Pullover (switch)			
	65	Step 6: Single Leg Pullover w/ Rotating Thumbs (switch)			

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Women's 6-8 Minute Workout

Days 5 & 6

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WORKOUT PROGRAM

Day 5 Workout

Date	Card #	Exercise Name	Incline Level	Reps (12-15)	Sets (1-3)
	72	Toe Touch Biceps Curl			
	73	Toe Touch Row			
	74	Toe Touch Upright Row			
	33	Outer Hip & Thigh			
	43	Seated Biceps Curl			
	33	Outer Hip & Thigh			
	19	Shoulder Press			
	75	Core Extension			
	19	Shoulder Press			
	75	Core Extension			

Day 6 Workout

Date	Card #	Exercise Name	Incline Level	Reps (12-15)	Sets (1-3)
	18	Inverted Iron Cross/Snow Angel			
	44	Lying Triceps			
	18	Inverted Iron Cross/Snow Angel			
	21	Front Deltoid/Lateral Raise			
	44	Lying Triceps			
		Seated Aerobic Routine			
	66	Step 1: Leg Curl w/ Seated Fly			
	67	Step 2: Leg Curl w/ Straight Arm Lift			
	68	Step 3: Leg Curl w/ Biceps Curl			
	68	Step 4: Leg Curl w/ Reverse Curl			
	69	Step 5: Leg Curl w/ Upright Row			
	70	Step 6: Leg Curl w/ Seated Surfer			
	84	Toe Touch Stretch			

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Mens's 6-8 Minute Workout

Days 1 & 2



The following 6 programs have been designed to maximize the time spent on your Total Gym. Follow the program and exercises as you workout with John Carleo in the 6-8 Minute Workout video, or use the following sheets as a reference when you can't watch the workouts.

Day 1 Workout

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	7	Pull-Up			
	26	Leg Curl: Lying or Seated			
	52	Sit-Up			
	8	Chin-Up			
	26	Leg Curl: Lying or Seated			
	52	Sit-Up			
		Standing Aerobic			
	62	Step 1: Arm Pulldown			
	62	Step 2: Arm Pulldown w/ Rotating Thumbs			
	63	Step 3: Snow Angel/Iron Cross			
	64	Step 4: Arm Pullover			
	65	Step 5: Single Leg Pullover (switch)			
	65	Step 6: Single Leg Pullover w/ Rotating Thumbs (switch)			

Day 2 Workout

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	27	Squat			
	31	Calf Raise			
	29	Single Leg Squat (switch)			
	31	Single Leg Calf Raise (switch)			
	29	Single Leg Squat (switch)			
	31	Single Leg Calf Raise (switch)			
	9	Cross Cable Row			
	73	Toe Touch Row			
	9	Cross Cable Row			
	73	Toe Touch Row			

*Remember to consult a physician prior to beginning this or any exercise program. As you begin your program, take breaks and drink water as needed.

Mens's 6-8 Minute Workout

Days 3 & 4



Day 3 Workout

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	19	Shoulder Press			
	54	Oblique Twister			
	19	Shoulder Press			
	54	Oblique Twister			
		Standing Aerobic			
	62	Step 1: Arm Pulldown			
	62	Step 2: Arm Pulldown w/ Rotating Thumbs			
	63	Step 3: Iron Cross/Snow Angel			
	64	Step 4: Arm Pullover			
	65	Step 5: Single Leg Pullover (switch)			
	65	Step 6: Single Leg Pullover w/ Rotating Thumbs (switch)			

Day 4 Workout

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	2	Seated Chest Press - Narrow grip			
	1	Seated Chest Press - Shoulder width grip			
	2	Seated Chest Press - Wide grip			
	64	Arm Pullover			
	55	Crunches			
	2	Seated Chest Press - Narrow grip			
	1	Seated Chest Press - Shoulder width grip			
	2	Seated Chest Press - Wide grip			
	12	Iron Cross/Snow Angel			
	55	Crunches			
	55	Crunches with Feet Up			

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Mens's 6-8 Minute Workout

Days 5 & 6

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WORKOUT PROGRAM

Day 5 Workout

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	3	Seated Chest Fly			
	45	Lying Triceps Extension			
	3	Seated Chest Fly			
	45	Lying Triceps Extension			
	43	Seated Biceps Curl			
	20	Upright Row			
	43	Seated Biceps Curl			
	20	Upright Row			
		Seated Aerobic Routine			
	66	Step 1: Leg Curl w/ Seated Fly			
	67	Step 2: Leg Curl w/ Straight Arm Lift			
	68	Step 3: Leg Curl w/ Biceps Curl			
	68	Step 4: Leg Curl w/ Reverse Curl			
	69	Step 5: Leg Curl w/ Upright Row			
	70	Step 6: Leg Curl w/ Seated Surfer			

Day 6 Workout

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	21	Front Deltoid/Lateral Raise			
	18	Inverted Iron Cross/Snow Angel			
	44	Lying Triceps			
	21	Front Deltoid/Lateral Raise			
	18	Inverted Iron Cross/Snow Angel			
	44	Lying Triceps			

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Total Body Circuit



This is a great way to get started on your Total Gym. This program is designed to give you a full body strength and endurance challenge. 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, increase your level of incline. Perform this routine 2-3 times per week alternating between workout options #1 and #2.

Workout Option #1

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	30	Toe Out Squat			
	34	Side Squat			
	12	Iron Cross			
	45	Lying Triceps Extension			
	3	Seated Chest Fly			
	54	Oblique Twister			
	43	Seated Biceps Curl			
	71	Lying Leg Curl with Crunch			
	7	Pull-Up			

Workout Option #2

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	27	Squat			
	29	Single Leg Squat			
	10	Front Pullover			
	56	Pullover with Crunch			
	44	Lying Triceps			
	1	Seated Chest Press			
	11	Seated Row			
	43	Seated Biceps Curl			

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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

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	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

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	78	Surfer			
	56	Pullover with Crunch			
	75	Core Extension			
	77	Side Plank			
	5	Incline Push-Up			
	52	Sit-Up			

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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

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	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

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	27	Squat			
	34	Side Squat			
	28	Twisting Squat			
	35	Single Leg Jumping Squat			
	32	Hamstring Pull			
	37	Inner Thigh Pull			
	75	Core Extension			

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Women's Upper Body Sculpt



This program is designed to tone and define your upper 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

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	56	Pullover with Crunch			
	45	Lying Triceps Extension			
	24	Serve			
	20	Upright Row			
	43	Seated Biceps Curl			
	15	Swimmer			

Workout Option #2

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	73	Toe Touch Row			
	43	Seated Biceps Curl			
	22	Shoulder Extension			
	44	Lying Triceps			
	1	Seated Chest Press			
	54	Oblique Twister			

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Men's Lower Body Power



This program is designed to increase strength and power in the lower body. 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

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	27	Squat			
	35	Jumping Squat			
	31	Calf Raise			
	35	Single Leg Jumping Squat			
	31	Single Leg Calf Raise			
	39	Sprinter Start			

Workout Option #2

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	38	Standing Lunge			
	27	Squat			
	34	Side Squat			
	35	Jumping Squat			
	35	Single Leg Jumping Squat			
	26	Lying Leg Curl			

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Men's Upper Body Strength



This program is designed to increase muscle strength and size for your upper body. 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

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	7	Pull-Up			
	5	Incline Push-Up			
	11	Seated Row			
	43	Seated Biceps Curl			
	1	Seated Chest Press Shoulder Width Grip			
	56	Pullover with Crunch			
	12	Iron Cross/Snow Angel			
	45	Lying Triceps Extension			

Workout Option #2

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	9	Cross Cable Row			
	13	Reverse Fly			
	25	Inverted Front Raise			
	18	Inverted Iron Cross/Snow Angel			
	46	Inverted Biceps Curl			
	54	Oblique Twister			
	3	Seated Chest Fly			
	44	Lying Triceps			
	19	Shoulder Press			

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Long and Lean



This program is designed to strengthen your entire body while creating a longer and leaner look. 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

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	40	Toe Bar Squat			
	41	Feet in "V"			
	42	Hip Roll			
	58	Roll-Up			
	59	Kneeling Plank Press			
	56	Pullover with Crunch			
	3	Seated Chest Fly			
	13	Reverse Fly			
	45	Lying Triceps Extension			
	76	Half Roll Back w/ Biceps Curl			

Workout Option #2

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	41	Feet in "V" - Heels on Bar			
	29	Single Leg Squat			
	31	Single Leg Calf Raise			
	38	Standing Lunge			
	77	Side Plank			
	75	Core Extension			
	37	Inner Thigh Pull			
	32	Hamstring Pull			

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Kid's Workout



This program is ideal for kids beginning at the age of 8. The program is designed to be fun while increasing body awareness, stamina and confidence. We recommend that children work with an adult to learn proper form and to ensure safety. 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

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	27	Squat			
	35	Jumping Squat			
	31	Calf Raise			
	10	Front Pullover			
	56	Pullover with Crunch			
	45	Lying Triceps Extension			
	1	Seated Chest Press Shoulder Width Grip			
	22	Shoulder Extension			
	43	Seated Biceps Curl			

Workout Option #2

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	27	Squat			
	29	Single Leg Squat			
	35	Single Leg Jumping Squat			
	71	Lying Leg Curl with Crunch			
	7	Pull-Up			
	5	Incline Push-Up			
	44	Lying Triceps			
	43	Seated Biceps Curl			

! Parental Warning: It is recommended that an adult supervise all activity on the Total Gym.

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Starter Workout Program



This program can be found in your “Total Gym: Start It Up!” instructional video as a work-along routine.

Circuit Training Program: Begin with 12-15 repetitions that can be executed with good form. Perform one set of each exercise one after another without rest.* Perform this routine 2-3 times per week.

Starter Workout

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	27	Squat			
	29	Single Leg Squat			
	7	Pull-Up			
	26	Leg Curl: Lying or Seated			
	9	Cross Cable Row			
	43	Seated Biceps Curl			
	33	Outer Hip & Thigh			
	54	Oblique Twister			
	1	Seated Chest Press			
	10	Front Pullover			
	56	Pullover with Crunch			
	45	Lying Triceps Extension			
	19	Shoulder Press			
	75	Core Extension			
	84	Toe Touch Stretch			

* Stop the exercise if you feel light-headed or dizzy.

What is Circuit Training? Circuit training is an efficient way to train multiple muscle groups in a short period of time. It works by performing a series of exercises that typically focus on different muscle groups. As you begin your circuit, you'll complete one exercise and then move onto the next exercise with little or no rest in between. By circuit training you'll gain both muscle strength and cardio endurance.

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