My Personal Programs

total gym
WORKOUT PROGRAM

As you work through these various programs, you may decide to create your own personal programs. Select exercises randomly or choose your Total Gym favorites. It's an easy and fun way to stay motivated!

My Personal Programs

Date	Card #	Exercise Name	Resistance Level	Reps	Sets

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

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