

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			

*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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