

Congratulations on purchasing your new Total Gym®!

With this product in your home, you have everything you need to start your own workout program, to tone and strengthen the important muscle groups of your upper and lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is body sculpting, weight control, health maintenance, or more energy for daily activities.

Strength training not only tones and conditions the muscles we use every day to stand, walk, lift, and turn; it can actually transform our body composition. By reducing body fat and increasing the proportion of lean muscle in our bodies, strength training can effectively turn up our metabolic thermostat, so that we burn up to 30% more calories all the time, no matter what we're doing.

It's easy—all you have to do is spend 10 to 15 minutes a day on your Total Gym® to start realizing the benefits.

Be sure to read through this owner's manual carefully. **It is the authoritative source of information about your Total Gym®.**

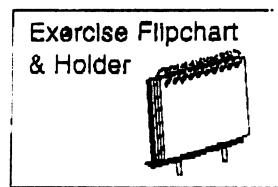
Table of Contents

Product Specifications	3
Safety Instructions	4
Set Up	5-7
Optional Accessories	7-9
Starting Out	10
Inspection & Maintenance	11-12
Exploded Drawing and Key	13
Work Out Progress Chart	14
Limited Lifetime Warranty	15
*Additional Exercises for the Total Gym®	16-19
Owner's Purchase Record	back cover

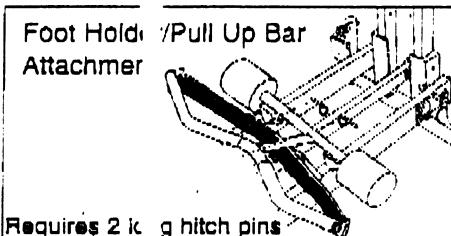
*Exercise not found on the *Exercise Flipchart* included with your Total Gym®.

(Model X shown on cover.)

PRODUCT SPECIFICATIONS



Height Adjustment
Slide Mechanism
(Includes the Height
Adjustment Handle
and Lever)



LENGTH: folded 51.5"
in use 90"
HEIGHT: folded 8.875"
in use 43"
WIDTH: 18.5
WEIGHT: 63 lbs.
MAX. USER WEIGHT: 300 lbs.

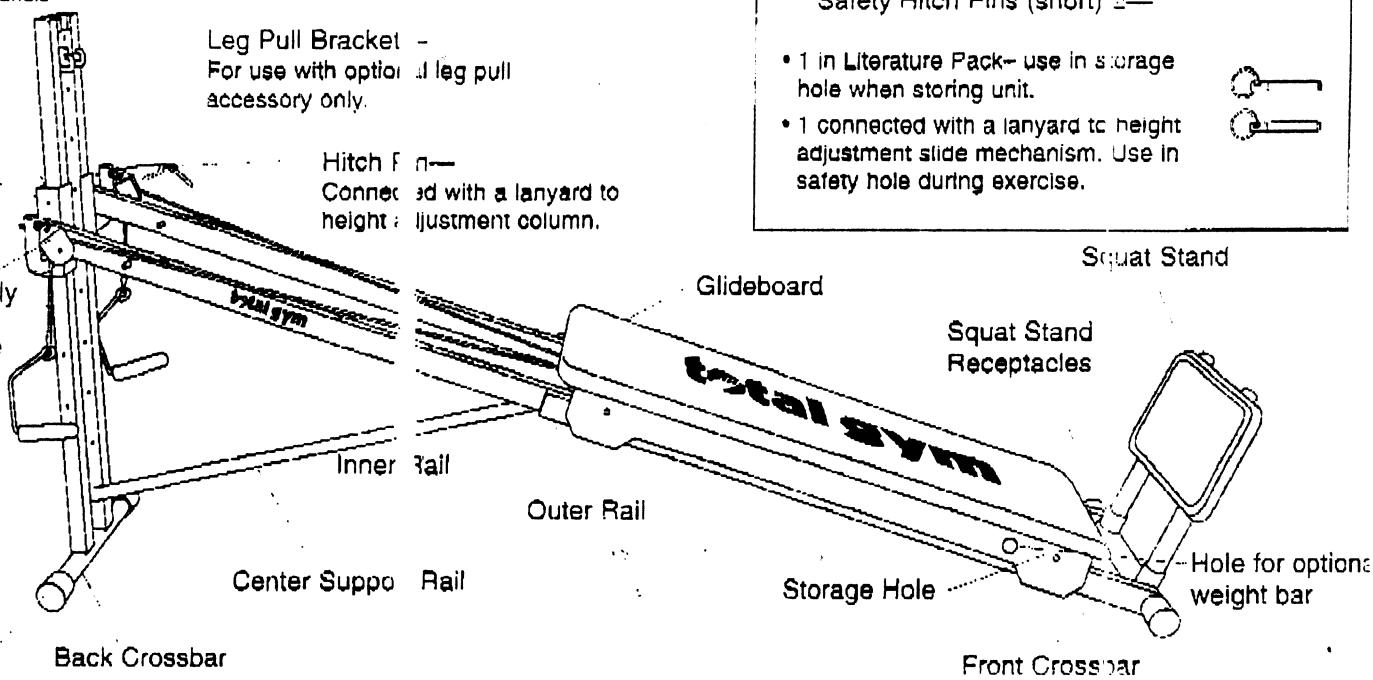
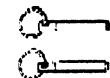
Support Column

Leg Pull Bracket —
For use with optional leg pull
accessory only.

Hitch Pin —
Connected with a lanyard to
height adjustment column.

Safety Hitch Pins (short) 2 —

- 1 in Literature Pack— use in storage hole when storing unit.
- 1 connected with a lanyard to height adjustment slide mechanism. Use in safety hole during exercise.



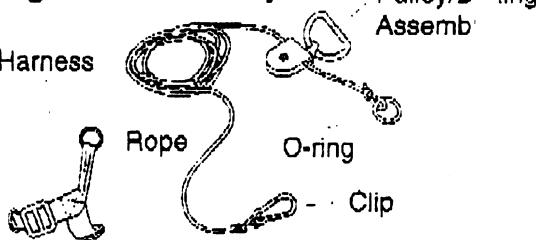
Rollers Back Crossbar

Squat Stand

Squat Stand
Receptacles

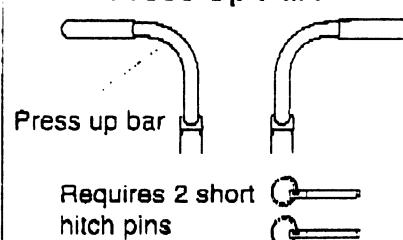
OPTIONAL ACCESSORIES AVAILABLE FOR PURCHASE (1-888-811-9740)

Leg Pull Accessory



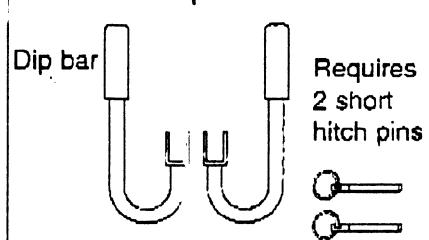
Pulley/D Ring Assemb

Press Up Bars

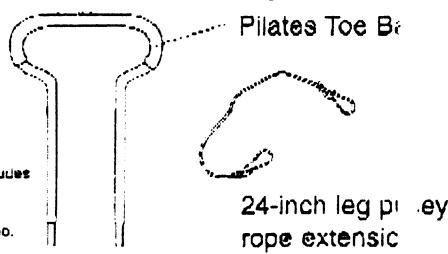


Leg Pull Accessory

Dip Bars

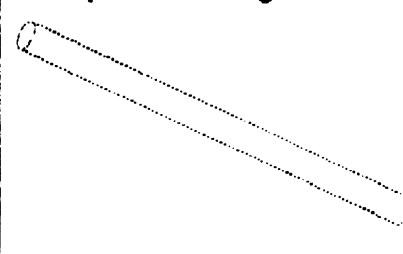


Pilates Accessory Kit*

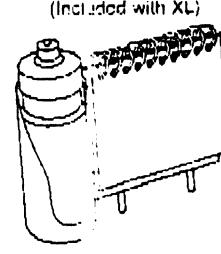


*Kit also includes
Pilates cuffs
and Pilates
exercise video.

Optional Weight Bar



Flip Chart with Water Bottle (Included with XL)



SAFETY

! WARNING

FAILURE TO FOLLOW AND FOLLOW THE SAFETY INSTRUCTIONS IN THIS MANUAL MAY RESULT IN SERIOUS INJURY OR DEATH FROM FALLING, OVEREXERTION, STRAINED MUSCLES, OR PINCHED FINGERS.

Before beginning this or any exercise program, consult a physician or health professional, who can assist you in planning a program appropriate for your age and physical condition. This is especially important if you are over age 35 or have pre-existing health problems.

Do not overexert yourself. Stop exercising immediately and consult your doctor if you experience pain or tightness in your chest, irregular heart beat, shortness of breath, or if you feel faint, nauseous, or dizzy.

This product is designed for home use only. It is not intended for commercial or institutional use. Use only as instructed. **Do not stand on the product.**

Adult supervision is required whenever a child is on or near this exerciser.

Keep fingers, loose clothing, and hair away from moving parts.

Inspect your exerciser before each use to ensure proper operation. Do not use this equipment unless all moving parts are working properly.

Use only the accessory items recommended by the manufacturer.

Care should be taken at all times when **getting on and off** this or any exercise equipment. Falling on or off the product could result in injury, or possibly death.

SET UP

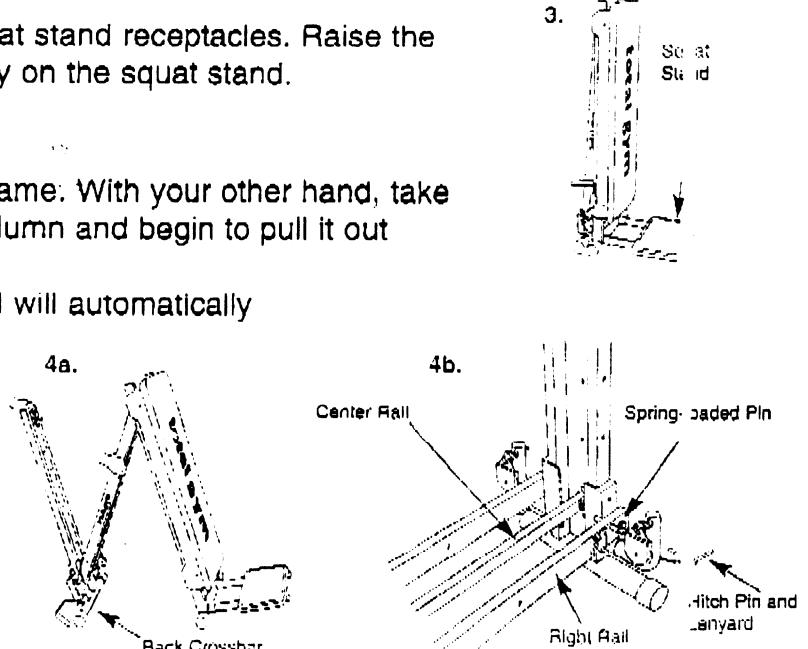


WARNING

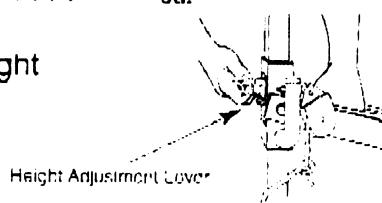
KEEP HAIR, FINGERS, LOOSE CLOTHING, CHILDREN AND PETS AWAY FROM HINGES AND OTHER MOVING PARTS TO AVOID SERIOUS INJURY. ALSO, BE SURE TO HAVE THE HEIGHT ADJUSTMENT LEVER PIN AND SAFETY HITCH PIN LOCKED IN PLACE BEFORE GETTING ON YOUR TOTAL GYM TO AVOID SEVERE INJURY.

1. Pull the product out of the shipping box. Remove all packaging materials, including tape and cardboard inserts, from your Total Gym. **All Hitch Pin Locations:** One (1) short pin is in the literature package (used for storage), one (1) short pin is connected by a lanyard to the height adjustment slide mechanism on the height adjustment support column, two (2) short pins are packaged for use with the *Optional Press Up Bars, or with the Optional Dip Bars*, and two (2) long pins are packaged for use with the *Foot Holder/Pull Up Bar*.
2. Lay product flat on the floor. Make sure you have plenty of space on both ends of the product. Remove the squat stand from its packaging.
3. Insert the squat stand firmly into the squat stand receptacles. Raise the product up. Make sure that it rests solidly on the squat stand.
4. (a) Place one hand on the edge of the frame. With your other hand, take hold of the height adjustment support column and begin to pull it out until the frame is lying flat on the floor.
 (b) The spring-loaded pin on the right rail will automatically engage during set-up. This pin prevents the support column from collapsing when the height adjustment pin is locked into the bottom storage hole.

Be sure to support the frame in the center to avoid having the product drop suddenly onto the floor.



5. Position one foot on back crossbar to keep the product from lifting off the floor. (a) With one hand on the rail, grasp the height adjustment lever on the height adjustment slide mechanism and raise to the second hole.



You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

Federal Communications Commission (FCC) Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

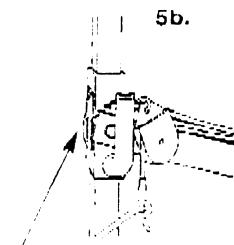
The user should not modify or change this equipment without written approval from Fitness Quest Inc. Modification could void authority to use this equipment.

WARNING

BOTTOM HOLE IN THE SUPPORT COLUMN IS FOR STORAGE ONLY. ATTEMPTING TO EXERCISE WITH THE HEIGHT ADJUSTMENT LEVER PIN IN THIS BOTTOM HOLE POSITION WILL CAUSE THE SUPPORT COLUMN TO COLLAPSE FORWARD AND COULD RESULT IN SERIOUS INJURY.

(b) Push the lever back to its original position (*it should be flat against the height adjustment support column*). Slide the frame until you hear the lever pin *snap* into place. Look on the inside of the height adjustment support column to make sure the lever pin is through the hole and locked into place. **Never sit or exercise on Total Gym without the lever pin securely locked into place.**

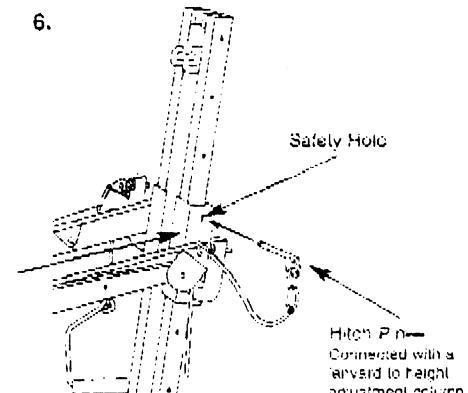
5b.



Height Adjustment Lever

6. Insert the safety hitch pin connected to the lanyard through the safety hole on the side of the height adjustment slide mechanism until it is through the support column. **Never sit or exercise on Total Gym without the hitch pin securely locked into place.**

6.



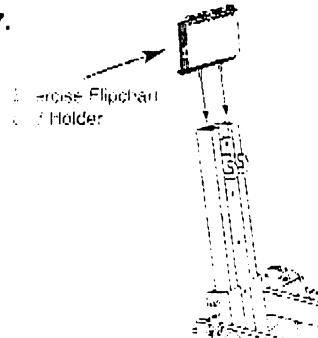
Hitch Pin
Connected with a
lanyard to height
adjustment column

WARNING

FAILURE TO SECURELY LOCK THE HEIGHT ADJUSTMENT PIN AND SAFETY HITCH PINS INTO PLACE MAY RESULT IN SERIOUS INJURY OR EVEN DEATH.

Insert the exercise card holder into the two holes located on the top of the support column.

7.



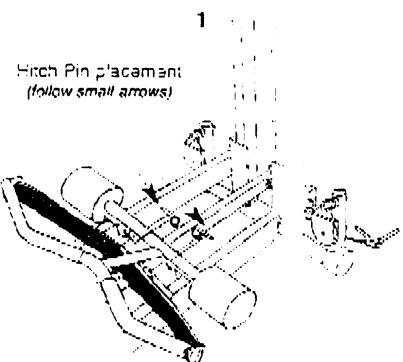
Be sure you have plenty of free space around the exerciser so that performing on Total Gym, as well as getting on and off, is convenient and safe.

Begin using Total Gym® at a low incline. As your fitness level increases, raise the incline to increase the intensity of your workout and improve your muscle strength. If you have questions about your Total Gym®, please call Customer Service at 1-888-811-9740.

HOW TO INSTALL AND USE THE FOOT HOLDER/PULL UP BAR ATTACHMENT:

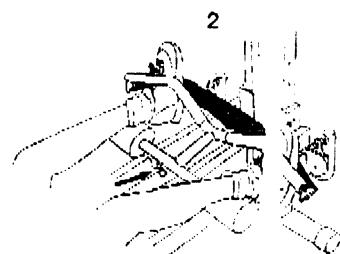
Pull ups:

1. Locate the holes at the top of the right and left rails on the support column end of the unit.
2. With the attachment angled **toward** the glideboard, line up the brackets on the attachment with the holes on the rails.
3. Insert the 2 long hitch pins through the holes on the attachment brackets and the hole on the rails as indicated by arrows in Fig. 1.
4. You are now ready to perform pull up and chin up exercises to work the arms, lats and back.



Leg Pull: Crunches, Legs and Sit ups:

1. Locate the holes at the top of the right and left rails on the support column end of the unit.
2. With the attachment angled **away from** the glideboard, line up the brackets on the attachment with the holes on the rails.
3. Insert the 2 long hitch pins through the holes on the attachment brackets and the hole on the rails, as indicated by arrow in Fig. 2.
4. Insert feet under each angled "wing" of the attachment, with soles resting firmly on the strap. You are now ready to perform leg pulls, crunches and sit up exercises to work the abdominals, waist and legs.



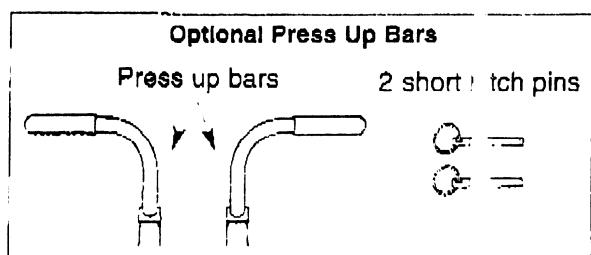
OPTIONAL ACCESSORIES

Follow the instructions below on how to attach the optional accessories to your Total Gym®.

HOW TO ATTACH THE PRESS UP BARS ACCESSORY (OPTIONAL)

1. Attach each press up bar to the frame with the short hitch pins included with your Total Gym®.

Note: Hitch pins are included with the press up bars. Simply line up each bar with the holes at the bottom of the frame.



2. Slide one short hitch pin through the hole of one of the press up bars and through frame. Repeat Steps 1 and 2 for attaching the other press up bar. **Make sure to securely attach each press up bar to each side of the frame before using.**

1. and 2. Press Up Bars



See your *Exercise Flipchart* or the *Additional Exercises* (pp. 16-19) in this manual for specific exercises that utilize the press up bars. Remove the press up bars when you are not exercising with them.

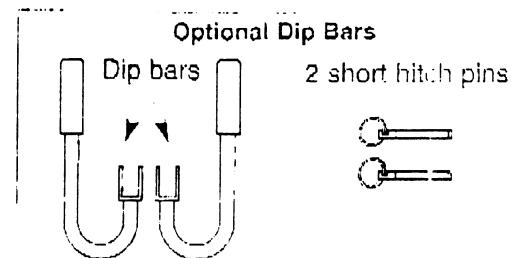
WARNING

FAILURE TO SECURELY LOCK THE SAFETY HITCH PINS INTO PLACE MAY RESULT IN SERIOUS INJURY OR EVEN DEATH.

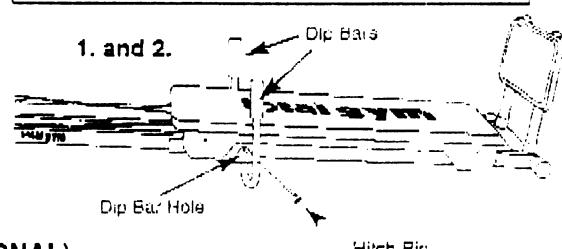
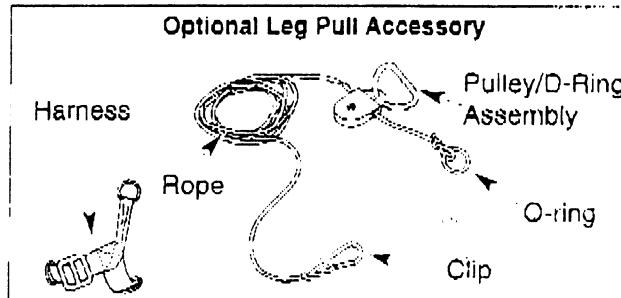
HOW TO ATTACH THE DIP BARS ACCESSORY (OPTIONAL)

1. Attach each dip bar to the frame with the short hitch pins included with your Total Gym®.

Note: Hitch pins are included with the dip bars. Simply line up each bar with the holes in the upper portion of the bottom frame.



2. Slide one short hitch pin through the hole of one of the dip bars and through frame. Repeat Steps 1 and 2 for attaching the other dip bar. **Make sure to securely attach each dip bar to each side of the frame before using.**

**HOW TO ATTACH THE LEG PULL ACCESSORY (OPTIONAL)**

1. Detach the pulley mechanism from the hook on the underside of the glideboard.

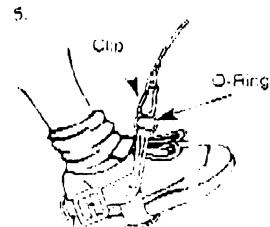
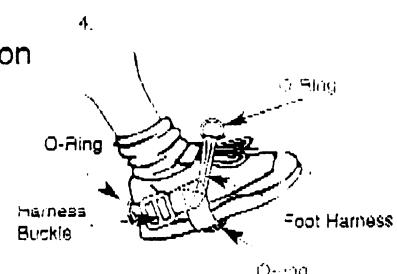
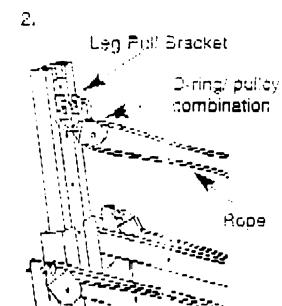
2. Connect the O-ring (the one that is connected to the rope) to the hook on the underside of the glideboard.

3. Next, connect the D-ring/pulley combination of your leg pull accessory to the leg pull bracket on the height adjustment support column.

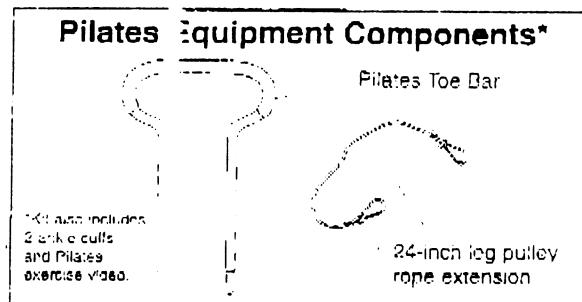
4. Attach the foot harness to one of your feet by placing your foot in the harness so the sewn-in-ring is on the bottom of your foot. Pull tightly on the belt so the harness is secure.

5. Position yourself on the glideboard correctly for the specific exercise you want to perform. See your *Exercise Flipchart* or the *Additional Exercises* (pp. 16-19) in this manual for specific exercises that utilize the leg pull accessory.

Connect the clip on the end of the rope to an O-ring on the harness attached to your foot. Depending on the exercise you are performing, connect the clip to the proper O-ring. You are now ready to exercise using the leg pull accessory.

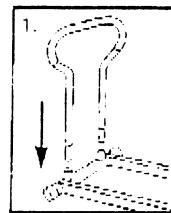


PILATES EQUIPMENT ASSEMBLY INSTRUCTIONS



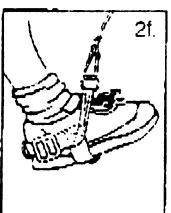
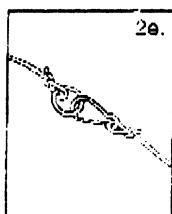
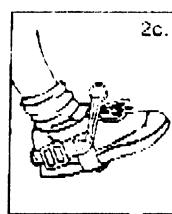
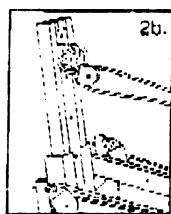
To begin your Pilates Exercise Program carefully follow the assembly instructions below.

1. Insert Pilates Toe Bar into squat stand receptacles



2. Assemble Pilates 24-inch leg pulley rope extension

- Detach the pulley mechanism from the hook on the underside of the glideboard.
- Next, connect the D-ring/pulley combination of your leg pull accessory to the leg pull bracket on the height adjustment support column.
- Attach the foot harnesses to your feet by placing your foot in the harness so the sewn-in-ring is on the bottom of your foot. Pull tightly on the belt so the harness is secure.
- Connect the clip on the end of the leg pulley rope to the O-ring on one of the foot harnesses.
- Connect one end of the Pilates 24-inch rope to the O-ring on the leg pulley rope.
- Next, connect the other end of the Pilates 24-inch rope to the O-ring on the other foot harness.



You are now ready to begin your Pilates exercise program.

STARTING OUT

Wear athletic shoes and comfortable light clothing when exercising on Total Gym®. Do not exercise barefoot. Check your exerciser before use to ensure that all the parts are in place and working properly (*see page 11 for details of the inspection process*). **Adult supervision is required whenever a child is on or near this exerciser.**

Begin using the product at a low incline. As your fitness level progresses, increase the incline to increase the intensity and improve your muscle strength. Don't be in a hurry to exercise at a high intensity level; start out easily and build gradually. Total Gym® is as easy as 1-2-3 to use, so read on.

1. Important Things to Remember When Using Total Gym®

- Always have control of the glideboard before getting on and off the exerciser.
- Keep your feet on the floor when getting on and off the exerciser. Only remove them from the floor for the duration of the exercise.
- If you are using the handles, hold onto them as you get on and off the glideboard.

2. Exercising with the Handles Only

Grasp the handles which are attached to the cable and slide the glideboard to a position in which you can comfortably sit or lay down on when performing the desired exercise (see the *Exercise Flipchart* or *Additional Exercise* pages at the back of this manual). Be sure to keep your feet on the floor until you are in the correct position for the specific exercise. Then, if the exercise calls for your feet to be off the floor, place your feet as specified in the instructions.

3. Exercising with the Squat Stand Only

Slide the glideboard to a position in which you can comfortably sit or lay down on when performing the desired exercise (see the *Exercise Flipchart* or *Additional Exercise* pages at the back of this manual). Keep your feet on the ground until you are in the correct position and feel comfortable. Then, place your feet in the proper position and begin to exercise.

When starting your exercise program, begin with the basic exercises on the *Exercise Flipchart* included with your Total Gym® to familiarize yourself with the movements. Use the lowest incline level to start with—you can work up to a higher incline level in the weeks and months to come.

For the specific Total Gym® exercises and programs, study and follow the instructions on the *Exercise Flipchart* included with your product, or on the *Additional Exercise* pages at the back of this manual.

INSPECTION AND MAINTENANCE

INSPECT YOUR TOTAL GYM® PRIOR TO EACH USE

Before using your Total Gym® for your workout session, be sure to make the following inspection:

- Make sure the equipment is fully opened and sitting on a solid level surface with plenty of clearance on all sides.
- Check that the pulley is attached securely to the hook on the front underside of the glideboard, as well as the uprights on the height adjustment support column.
- Make sure that the eyebolts are securely fastened to each upright on the height adjustment support column.
- Check that the cables are traveling correctly in the groove of each pulley.
- Make sure the cable is securely fastened to each hand grip.
- Check that the squat stand is installed correctly in the squat stand receptacles.
- Make sure the glideboard is gliding smoothly along the frame.
- Make sure all the safety hitch pins and height adjustment pin are securely in place and locked into position.

ROUTINE MAINTENANCE

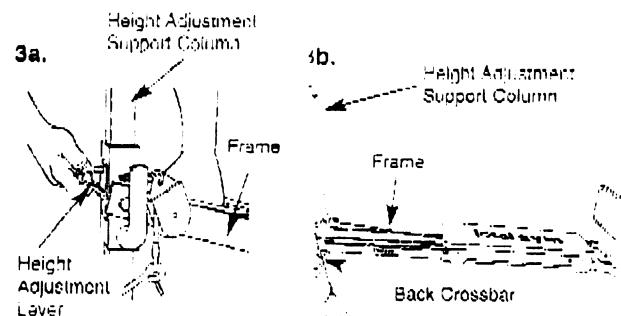
- Wipe down your Total Gym® after each use with a clean, damp (not wet) cloth. Do not leave towels or workout clothing laying or hanging on the equipment.
- Periodically check the following parts for signs of fraying or other wear: the cable, the pulleys, the wheels, the glideboard, the squat stand and the frame. If a part needs replacement, do not use the equipment until it is repaired.

TO STORE YOUR TOTAL GYM®

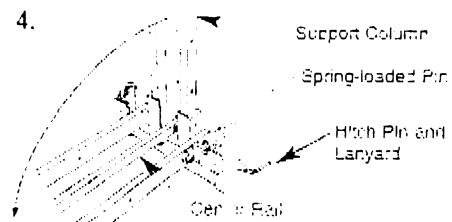
Follow these easy steps to store your Total Gym® properly:

1. First, remove all accessories and attachments.
2. Install a hitch pin into the storage hole on the glideboard. (See *Product Specifications* page 3.)

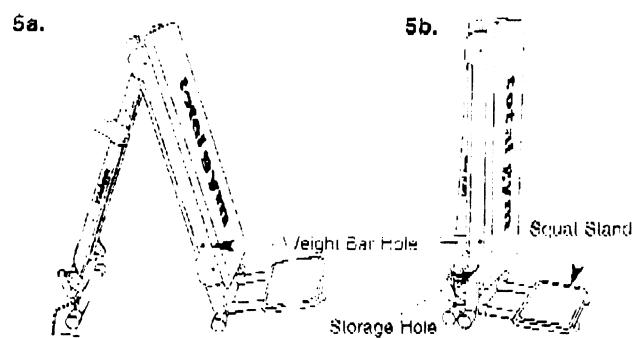
3. Position one foot on back crossbar to keep the product from lifting off the floor. (a) With one hand on the frame, grasp the height adjustment lever and lower the frame until it rests on the back crossbar. (b) Then, push the lever back to its original position.
(*It should be flat against the support column.*)



4. Pull the spring-loaded pin to disengage it and lower the support column onto the center rail.



5. (a) With caution, to avoid pinched fingers or hands, lift up at the center of the frame and fold the exerciser together. (b) When it is completely folded, the exerciser should be at a 90 degree angle with the floor. The exerciser will rest on the squat stand for support. Install a short safety hitch pin in the storage hole to lock the glideboard in place.



6. You can store the exerciser in a closet or against the wall. To store it under a bed, simply lower the exerciser to the floor, remove the squat stand, and roll under the bed.

CAUTION

USE CAUTION WHEN FOLDING THE EXERCISER—SERIOUS INJURY COULD RESULT FROM PINCHED FINGERS OR HANDS.

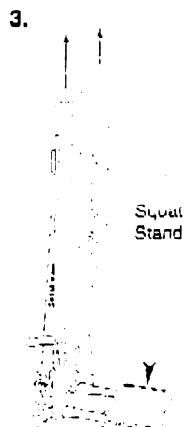
TO REMOVE THE GLIDEBOARD

You can also remove the glideboard if you need to fit the exerciser under a narrow space (between 6" and 8").

CAUTION

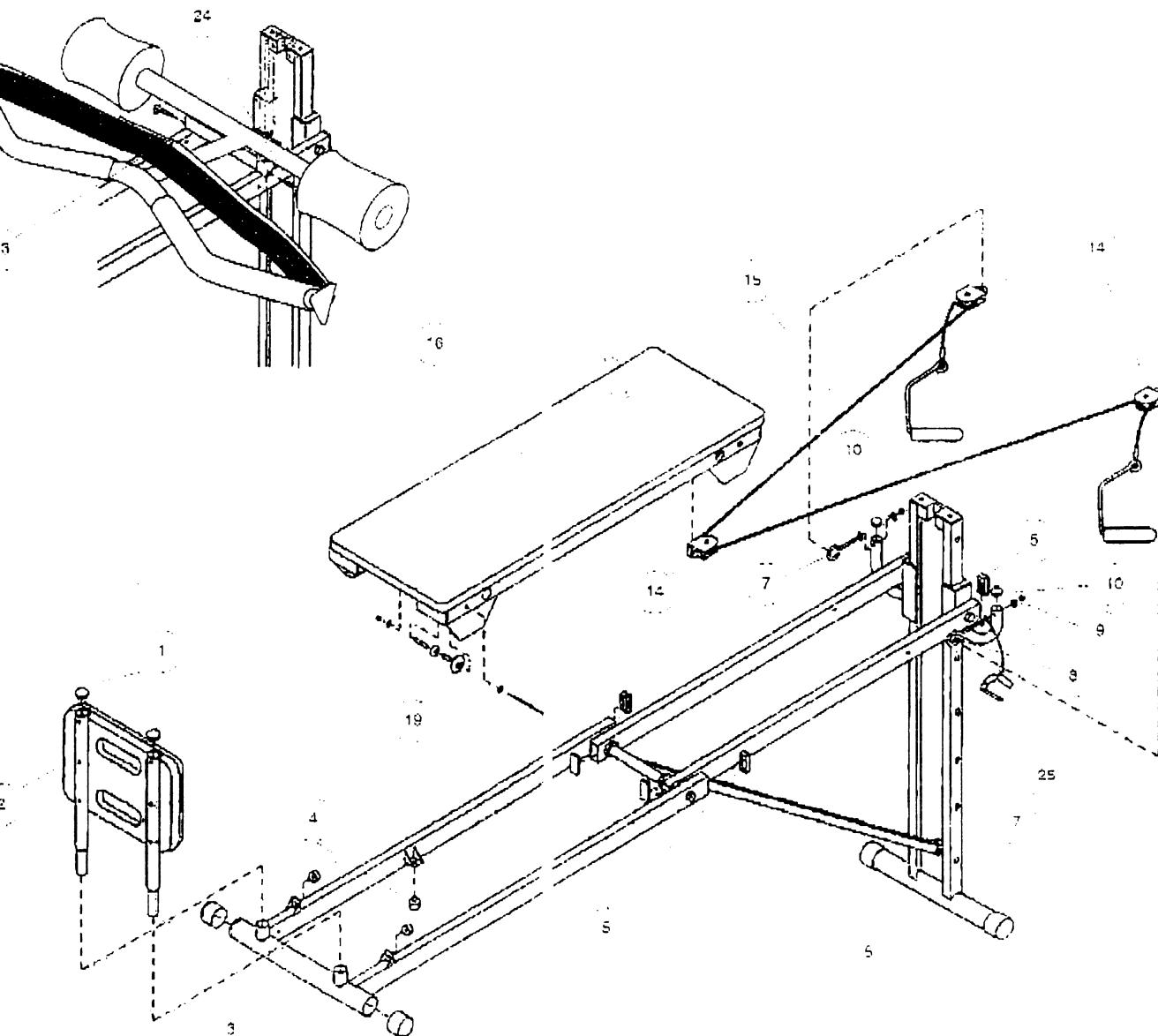
THE GLIDEBOARD WEIGHS APPROXIMATELY 20 LBS. USE CAUTION WHEN LIFTING IT OFF OF THE EXERCISER. LIFTING INCORRECTLY MAY RESULT IN USER INJURY.

1. Disconnect the pulley from the hook on the underside of the glideboard.
2. Next, lift up the glideboard and slide it off the frame of the exerciser. When the bench is completely off the exerciser, set it aside.
3. Next, lower the exerciser to the floor, remove the squat stand, and roll the exerciser under the desired area.



TOTAL GYM® PARTS LIST

Key No.	Part No.	Part Description	Qty.	Key No.	Part No.	Part Description	Qty.
1	805-213-00	Tube Cap 1 1/4"	2	24	805-403-00	Accessory Hitch Pin (long)	2
2	S-805-215	Squat Stand Assembly	1	25	805-278-00	Lanyard w/Safety Hitch Pin	1
3	805-152-00	Tube Cap 2"	2	26	805-165-00	Safety Hitch Pin (short)	3
4	805-156-00	Rubber Stop	3	Not shown: (Optional)			
5	805-142-00	Tube Cap 1" x 2"	6		805-PPB	Press Up Bars	2
6	805-127-00	Tube Roller	2		805-LPA	Leg Pull Accessory	1
7	805-162-00	Eyebolt 1/4" x 2 1/2"	2		805-DBS	Dip Bars	2
8	805-171-00	Washer 1/4" Flat	4		805-288-00	Weight Bar Kit	1
9	805-179-01	Nylock Nut 1/4-20	2		805-PILS	Pilates Kit*	1
10	805-177-00	Tube Cap 1" Round	2		S-805-217	Pilates Toe Bar	1
14	805-40900	Pulley Assembly	3		805-PILS24	Pilates 24" Rope	1
15	805-216-00	Pulley Line Assembly	1		S-805-300	XL Platform Assembly*	1
16	S-805-285	Platform Assembly	1		S-805-218	Oval Foot Platform*	1
19	805-363000	Wheel	4		805-TFCWB	Flip Chart w/ Water Bottle*	1
23	805-WA2	Foot Holder/Pull Up Bar	1	* Included with XL			



WORKOUT PROGRESS CHART

Use this sheet to keep a record of your workout progress over time. Before writing on it, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done. Plus, this data will help you to chart future fitness goals as you progress.

EXERCISE DATA							PERSONAL DATA (Update weekly)					
DATE	WORKOUT TIME	WARM UP	COOL DOWN	EXERCISE(S) PERFORMED	INCLINE LEVEL	REPS (15-25)	SETS (1-3)	DATE	WEIGHT	CHEST	WAIST	HIPS

LIMITED LIFETIME WARRANTY

Total Gym Fitness, LLC warrants that under normal residential use, Total Gym® is free from defects in material or workmanship. The duration of coverage of this warranty varies depending on the part of equipment that is defective (see chart below). This warranty is effective from the date of original purchase. **This warranty is valid only for the original owner of this exerciser and is not transferable.**

Part	Warranty (in years)	Coverage
Frame	Lifetime	Replace frame that is structurally defective with a new frame or replace the entire unit.
All other parts (includes wheels, pulleys, cables)	2 years	Repair or replace defective part or product.

The Total Gym Fitness, LLC obligation under this warranty is limited to replacing the defective part(s); or, at its option, repairing or replacing (or refund in its sole discretion) the product. **For service on this equipment, call 1-888-811-9740. Improper or incorrectly performed repairs voids this warranty.**

This warranty does not cover product damage attributable to misuse, abuse, neglect, accidents, unauthorized alterations or repairs, failure to follow manufacturer's directions for use, improper maintenance, vandalism, usage for commercial or rental purposes, or "ordinary wear and tear". This warranty does not cover any separately sold items, parts, or accessories.

Except for other written warranties issued by Total Gym Fitness, LLC applicable to new Total Gym Fitness, LLC product or parts, no other express warranty is given or authorized by Total Gym Fitness, LLC. Any implied warranty of merchantability or fitness for a particular purpose is limited to the duration of this warranty. No agent or retailer of Total Gym Fitness, LLC has authority to modify this warranty in any respect.

Total Gym Fitness, LLC may not be held liable for indirect or consequential damages arising out of use or performance of this product. These include—but are not necessarily limited to—loss of use of the product; loss of time, enjoyment, or revenue; inconvenience; installation or removal costs; or other incidental or consequential damages.

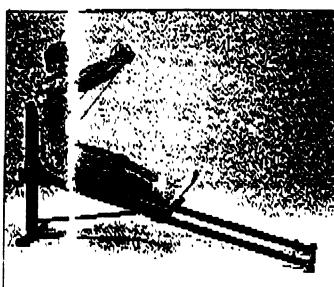
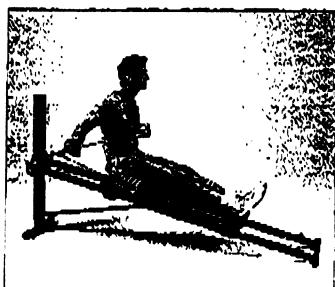
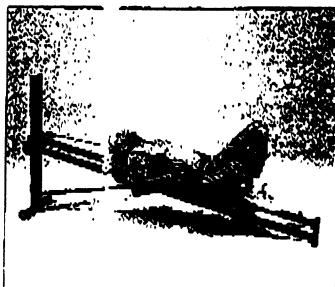
Some states do not allow limitations on how long an implied warranty lasts, or the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights; you may also have other rights which vary from state to state.

For service, call our Customer Service Department at: 1-888-811-9740

ADDITIONAL EXERCISES FOR TOTAL GYM®

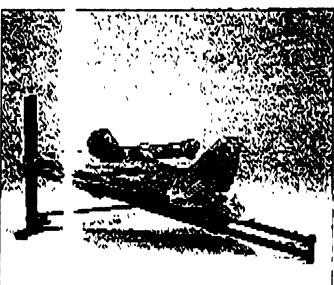
The following exercises on pages 16-19 are not included in the *Exercise Flip chart*. Begin using your *Total Gym®* with the exercises found on the *Exercise Flip chart* first to familiarize yourself with the product and the basic exercises before attempting to perform these additional exercises.

Chest



Dips: Chest, Shoulders, Triceps

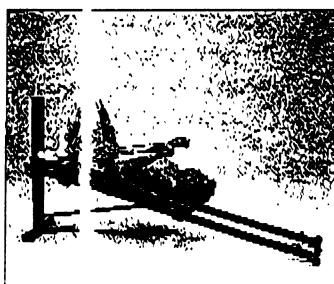
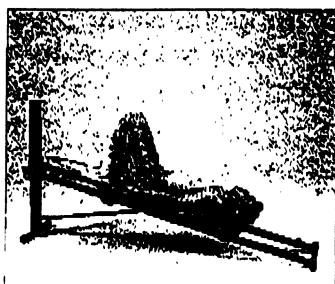
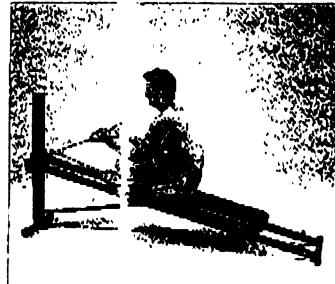
High Butterfly: Upper Chest



Low Butterfly: Lower Chest

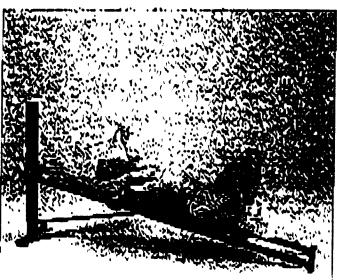
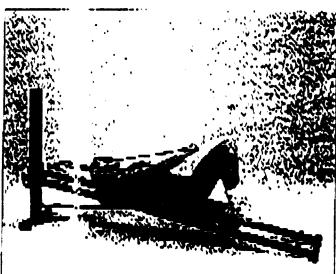
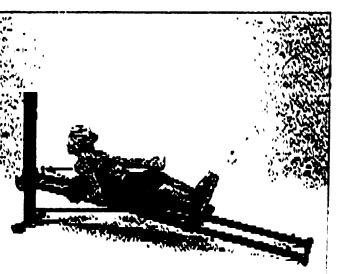
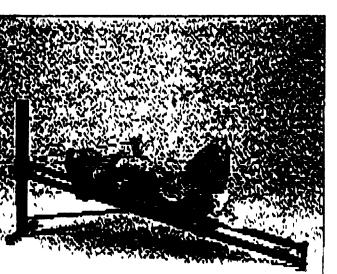
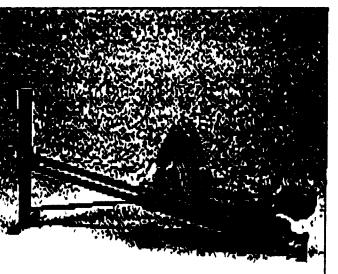
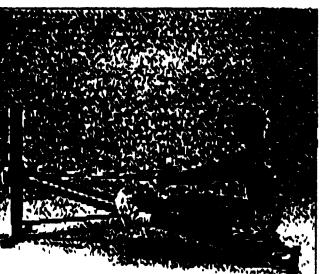
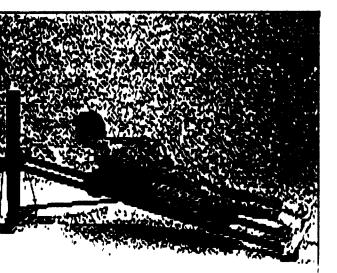
Pullover Reach: Chest, Lats, Triceps

Forearms

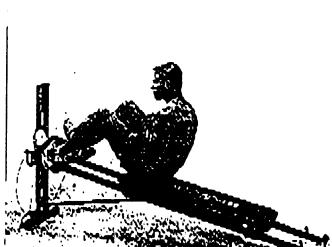
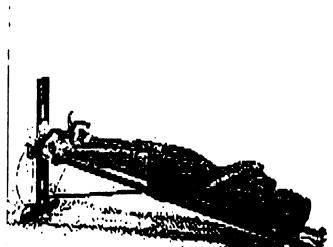


Wrist Curls: Forearms, Wrists (reverse wrists for variation)

Reverse Curls: Forearms, Biceps

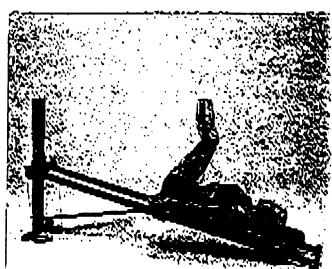
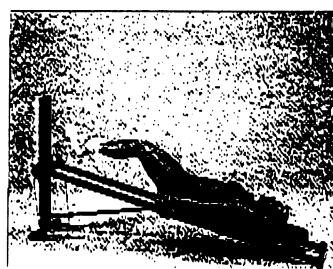
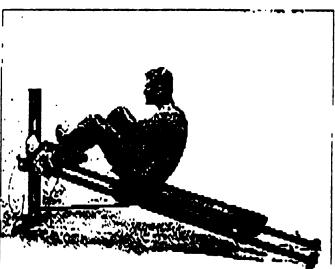
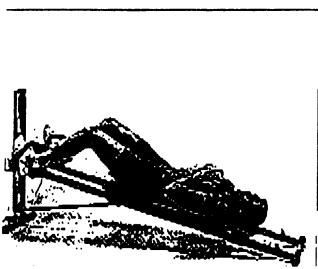
Shoulders**Press Behind Neck:** Shoulders, Triceps**Lats-Back****Iron Cross:** Lats, Shoulders, Arms**Tennis Serve:** Shoulders, Arms, Lats**Swimmer:** Lats, Shoulders, Arms**Cross Country Skier:** Triceps, Shoulders**Long Pull:** Lats, Shoulders, Biceps**Shrugs:** Traps**Lat Pull-In:** Lats, Shoulders, Biceps**Rear Deltoid Raise:** Rear Shoulder, Triceps**Back Extension:** Low Back

Abdominals



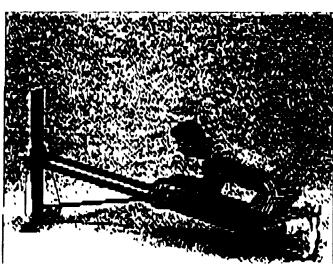
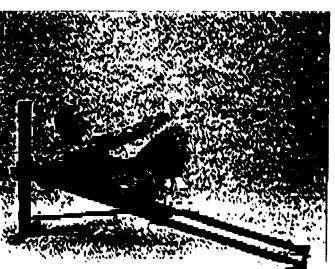
Reverse Decline Sit-up: Abs. Waist

Leg Pull Sit-Up: Abs. Legs



Incline Sit-up: Abs. Waist

Decline Leg Raises: Lower Abs



Abdominal Push: Upper Abs

Reverse Hip & Thigh Extension: Abs. Buttock



Leg Raises: Lower Abs

Aerobics



Rowing Variation: Upper and Lower Body

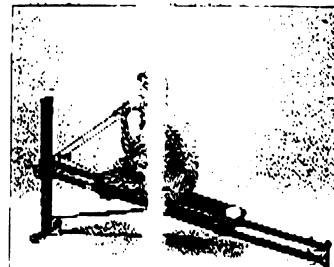
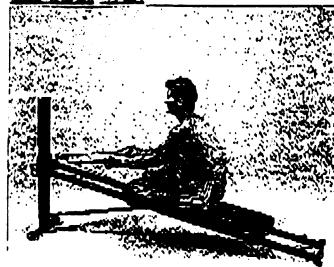
Additional Back and Shoulder



Rear Deltoid Unilateral

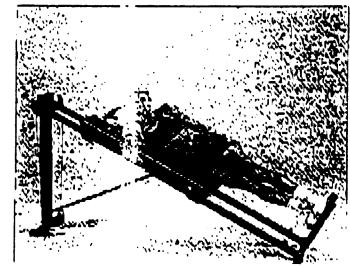
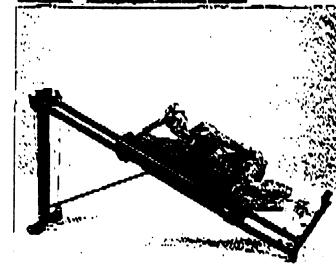
Inversion Stretch: Back

Biceps

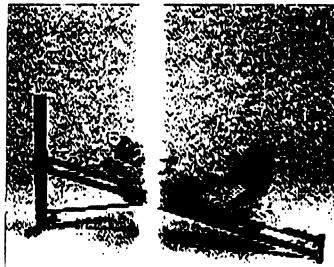
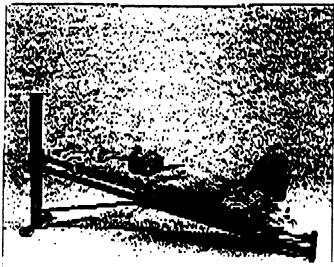


Preacher Curls: Biceps, Forearms

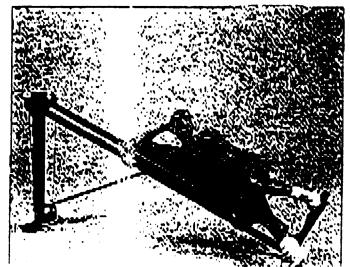
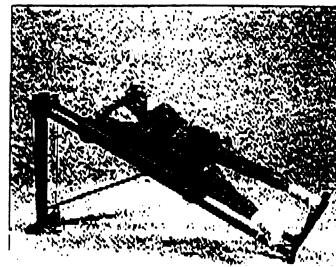
Legs-Buttock



Side Squat: Hips, Thighs



Peak Concentration Curls: Biceps



One Leg Side Squat: Hips, Thighs



Chin Up: Biceps, Lats, Shoulders