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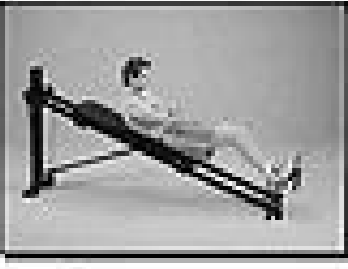
STARTER/BEGINNER PROGRAM



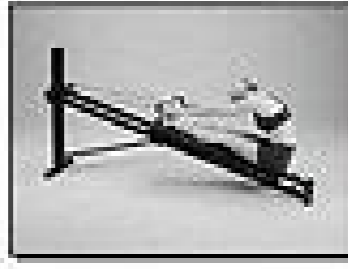
#4 Decline Abdominal Crunch
 Unhook arm pulley cable.
 Attach wing accessory.
 Start in the squat position with the gliderboard up.
 Place arm across your chest. Lift your head and shoulders off the gliderboard crunching the abdominal area. Wipe back should remain flat at the gliderboard. Lay back in the original position and repeat.



#1 Medley
 Unhook arm pulley cable.
 Lower pulley handles. Slide the gliderboard up and the footrests facing the height adjustment counter. Put your legs on the gliderboard. Keep your arms, legs and back straight. Vary your pull at 90, 120 and 150 degrees. Knowled hold the length for a 30 second interval. Pull to rest. Do not touch the rest.



Work Group
 Trained
 Upper and Lower Abdominals



Work Group
 Trained
 Running, Lower Back

CIRCUIT TRAINING PROGRAM CHART*

Please refer to page 4 under "Definition of Terms" for a complete understanding of Circuit Training.

Exercise#	Description	Time Goal	Sets	Tempo	Rest Time
9	Rowing	2 minutes**	1-3	1/1	30 seconds
10	Surfer	2 minutes**	1-3	1/1	30 seconds
8	Cardio Pull	2 minutes**	1-3	1/1	30 seconds
5	Squat	2 minutes**	1-3	1/1	30 seconds

*Circuit Training can be performed in any order.
 **Total workout time should add up to a minimum of 20 minutes to reach optimum conditioning.
 See exercises on page 8.



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Rise to the top of the leaderboard alongside this world-renowned climber and Bouldering World Cup finalist. @johnnyhooper | Water PoloBuild total body strength with a 4-time All-American polo player and World Champion (no pool necessary). Jump higher, sprint faster, and train harder with the world's fastest rugby player and track and field champion. @jessicatianalong | SwimmingLift with one of the world's most decorated swimmers, and winner of over 27 cumulative medals. @paulbasmtb | Mountain BikingBuild a bulletproof core and muscular strength with the pro mountain biker. Train with this accomplished collegiate athlete to build lower body strength and endurance for explosive movements. Many machines target just one muscle group; however with Total Gym you get a more complete workout in less time because it engages ALL of your major muscle groups with each exercise while still targeting your specific problem areas. In fact, in an independent survey, owners of the Total Gym XLS have rated it 4.6 out of 5 stars and 97% of users would recommend Total Gym to a friend. This type of exercise is vital for all of us, regardless of age, sex, or fitness level. Here are some alternative links I found: Want more? Click here to see some great Total Gym Exercises. Advanced embedding details, examples, and help! "The Move provides expert-led workout classes, high quality exercise equipment, and real-time feedback to help you achieve your fitness goals." "We're impressed by the way Tempo Move makes use of a device you already have while cutting the cost of a dedicated at-home fitness setup." "Tempo Move looks like a sleek end table but inside, it houses a collection of weight plates...It counts reps and automatically registers the weights based on their color." "Meet Tempo Move, the new under-\$400 Smart Home Gym and this holiday's newest 'IT' item." "One of our favorite things about Tempo, aside from being an all-in-one workout station, is that it feels like your trainer is in the room with you." "The most impressive thing about [Tempo Move] is the price ... Click here to read customer reviews of the Total Gym XLS. A simple change of position on the glide board allows you to transition quickly and easily from one exercise to another. It is the authoritative source of information for your Total Gym. Mighty. Click here to check out a great offer on the best selling Total Gym XLS. While other resistance training machines have imitated the Total Gym, there is a reason why over 4 million Total Gym customers have become loyal users for life - it's simple and it works. Limited space? It would take you dozens of machines at the gym to achieve the same workout that you can get in as little as 10 - 20 minutes per day on the Total Gym. Why go to a gym when you can own one? According to Medical News Today, about 80% of U.S. families who purchase gym memberships never attend - resulting in over \$12 billion wasted annually on unused gym memberships. You can tone and strengthen the important muscle groups of your upper and lower body. Tempo gets to know you and recommends the optimal weight for your workout. As you progress, Tempo tracks your performance and adjusts your training plan. Strength training, HIIT, cardio, boxing, yoga, low-impact, prenatal, agility, and mobility. @jalensuggs | Pro BasketballJoin the pro basketball player and build mass, strength, and stamina together. @monsternikeschultz | SnowboardingGet moving with a 2-time medalist to increase balance, improve coordination, and build total-body strength. @markcmorris | SnowboardingThis 4-time U.S. Open Championship winner with over 22 medals will boost your stability and strength. @binneybinney | Short Track Speed SkatingLevel up your speed and agility with a world-renowned 4-time gold medalist and U.S. Champion. Based on your unique needs, Tempo creates a program to help you maximize your workouts and progress more efficiently towards your goals. Talk to an ExpertHow it WorksLike a personal trainer, 3D Tempo Vision follows your form to help you get the most from every movement. The right weight makes all the difference. Here's the link to a "total gym shaper" exercise booklet, which as far as I can tell is identical to the 1000/1500 version - and it's free: total gym shaper exercise booklet 2012. You can perform over 80 different exercises on the Total Gym. Turn your living space into a home gym with the compact personal trainer. Shop Move Total Gym even offers combination exercises targeting multiple problem areas with one exercise. How else can you prove you're improving? Lower incline levels tone and firm while higher levels build muscle and burn fat. Comes with all the equipment you need to reach your goals. Shop Studio \$495 Starting at \$21/mo for 24 mos with Mini. Since 1974, Total Gym has revolutionized the way we work out - helping people reach their fitness goals in physical therapy facilities, health clubs and in over 4 million homes worldwide. How it WorksTotal Gym is an incline plane training device that uses an individual's own body weight as resistance. What does this mean? Imagine walking or biking on a flat surface and seeing a hill up ahead. We've got exactly what you need to meet your goals, and add new classes daily to keep things fresh. Learn MoreLet our Tempo Expert show you how the Tempo Studio and Tempo Move work! Try the Tempo Studio or Tempo Move, meet the coaches, and see how Tempo helps you get the most from your workouts.

Total number of candies = 21 x 3 = 63. Q.2: Parthiv goes to the gym for 2 hours a day and 25 days a month. How many total hours does he go to the gym in a month? Solution: Number of days he goes to the gym in a month = 25. Number of hours = 2 hours. Total number of hours = 25 x ... Connected Teaching and Learning. Connected Teaching and Learning from HMH brings together on-demand professional development, students' assessment data, and ...

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