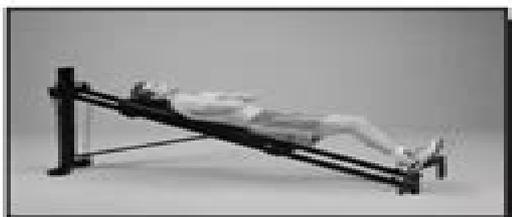
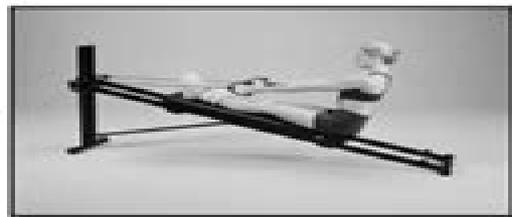


STARTER/BEGINNER PROGRAM



#6 Decline Abdominal Crunch:
Unhook arm pulley cable.
Attach wing accessory.
 Start in the Squat position (4/5) on the glideboard.
 Place arm across your chest. Lift your head and shoulders off the glideboard crunching the abdominal area. Your back should remain on the glideboard. Lay back in the original position and repeat.

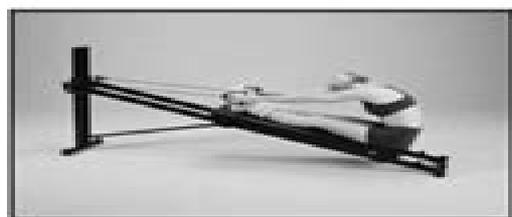
Muscle Groups Exercised:
 Upper and Lower Abdominals



#7 Stretcher:
Unhook arm pulley cable.

Grasp pulley handles. Slide the glideboard up and sit at the bottom facing the height adjustment column. Put your legs on the glideboard. Keep your arms, legs and back straight. Slowly bend at the waist and stretch forward. Hold the stretch for at least 5 seconds. Pull up to rest. Do not bend elbows. Do not bounce. Repeat.

Muscle Groups Exercised:
 Hamstrings, 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.

Gym Exercise With Manual

Terry C. Jones



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Table of Contents Gym Exercise With Manual

1. Understanding the eBook Gym Exercise With Manual
 - The Rise of Digital Reading Gym Exercise With Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Gym Exercise With Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Gym Exercise With Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Gym Exercise With Manual

- Personalized Recommendations
 - Gym Exercise With Manual User Reviews and Ratings
 - Gym Exercise With Manual and Bestseller Lists
5. Accessing Gym Exercise With Manual Free and Paid eBooks
 - Gym Exercise With Manual Public Domain eBooks
 - Gym Exercise With Manual eBook Subscription Services
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 6. Navigating Gym Exercise With Manual eBook Formats
 - ePub, PDF, MOBI, and More
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 - Gym Exercise With Manual Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Gym Exercise With Manual
 - Highlighting and Note-Taking Gym Exercise With Manual
 - Interactive Elements Gym Exercise With Manual
 8. Staying Engaged with Gym Exercise With Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Gym Exercise With Manual
 9. Balancing eBooks and Physical Books Gym Exercise With Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Gym Exercise With Manual
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Gym Exercise With Manual
 - Setting Reading Goals Gym Exercise With Manual
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Gym Exercise With Manual

- Fact-Checking eBook Content of Gym Exercise With Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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