

STARTER/BEGINNER PROGRAM



#6 Decline Abdominal Crunch:

Unhook arm pulley cable.

Attack wing accessory.

Start in the Squat position (0%) on the gliderboard.

Place arm across your chest. Lift your head and shoulders off the gliderboard crunching the abdominal area. Your back should remain on the gliderboard. Lay back in the original position and repeat.

Muscle Groups Exercised:

Upper and Lower Abdominal



Dannyboy76



#7 Stretcher:

Unhook arm pulley cable.

Grasp pulley handles. Slide the gliderboard up and sit at the bottom facing the height adjustment column.

Put your legs on the gliderboard. 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



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Old Total Gym Manual

Jessica J Manson

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Comparative Negligence Manual ,1995 The Far Eastern Republic of Siberia Henry Kittredge Norton,1923 History of semi independent state governing southern Siberia east of Baykal 1920 22 **New York School Journal** ,1895 The Ohio Teacher ,1921 **The Power of Champions** Phil Kaplan,2004-06 **Maryland Medical Journal** ,1890 **A Reference Handbook of the Medical Sciences** Albert Henry Buck,1915

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