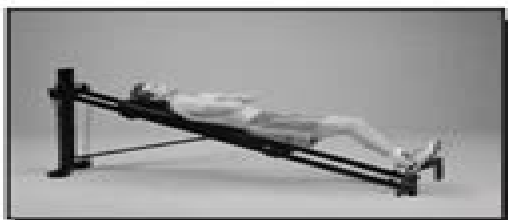
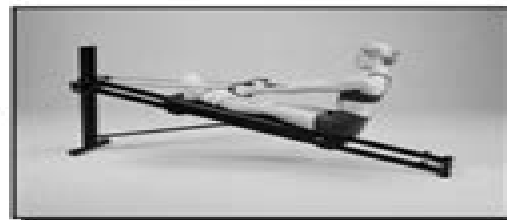


STARTER/BEGINNER PROGRAM



#6 Decline Abdominal Crunch:
Unhook arm pulley cable.
Attach wing accessory.
 Start in the Squat position (4/5) 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.

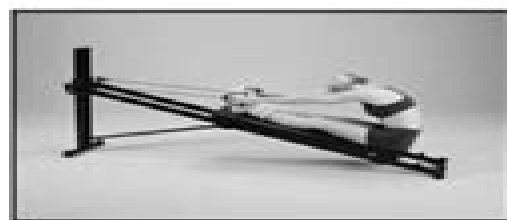
Muscle Groups Exercised:
 Upper and Lower Abdominals



#7 Stretch:
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 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.

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**Rosemary Marchese, Julie
Taylor, Kirsten Fagan**



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The Complete Guide to Fitness Facility Management Sarah Bolitho, Paul Conway, 2015-04-12 The Complete Guide to Fitness Facility Management is the must read guide for any fitness professional who aspires to become a manager Managing a fitness facility is different to all other forms of management and requires a range of skills knowledge and expertise This book reflects the different needs of this particular market from legal obligations staff management best practice budgeting marketing and sales to customer service health and safety personnel management and much more Gym chains and leisure centres are more popular than ever but it is a cut throat business of targets and high turnover learn how to make your business a success stand out from your peers and make your mark on the industry This is the first UK focused book to outline the skills and knowledge needed to be a successful gym manager a core manual for any fitness professional with career ambitions and a necessary purchase for managers looking to improve their skills or upskill their staff This is the essential handbook for fitness professionals promoted to gym management

The Complete Fitness Guide for Women Mamta Singh, 2013-10-01 An essential fitness guide for any woman who wants an active life and a healthy body Physical fitness as it is understood today is not merely about exercising or healthy eating it must involve both aspects But there is still more to a fit and healthy life than just a focus on food and exercise The Complete Fitness Guide for Women lays the foundation for long term health In this volume Mamta Singh provides you with exercise plans that specifically target cardiovascular training strength and weight training and stretching Whether you are a beginner or someone who is already working out this book will have a program suitable for you these exercise programs can be done at home or at the gym The Complete Fitness Guide for Women empowers you by helping you understand and respect your body and its unique requirements so you can develop a body that is not just slim but healthy and strong as well The power is truly within YOU

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Bullet Proof Guide For: Bodybuilding, Fitness, Exercise, Supplementation, Diet, Training, & Mechanics Tom Mione, 2020-08-01 This is a complete guide that will walk you through step by step how to achieve the ultimate body that you desire You will be brought through how your body responds to each and every single muscle activating mechanic so you can generate the most amount of muscle hypertrophy We examine all forms of exercise from power resistance what splits to incorporate what targets the deepest rips into the muscle fibers You will learn how to define the perfect workout as well as how to supplement the right way The supplement market is flooded with misinformation and false promises We break down all protein sources supplements and drinks so you know what to put in your body when how much and why If you're looking to stand on stages one day or just trim down some extra body fat you will be taken through how the body works to achieve and maximize any result goal you have in store If you're already an advanced lifter and want to gain a competitive edge we have you covered If you're just starting out or just want to improve your strength size and confidence we have you covered

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Guide To Peak Conditioning Richard Laliberte,1997-04-15 Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear **The Rock Climber's Exercise Guide** Eric Horst,2016-12-01 The only conditioning book a rock climber needs Rock climbing is one of the most physically challenging sports testing strength endurance flexibility and stamina Good climbers have to build and maintain each of these assets This revised and updated edition of the classic book Conditioning for Climbers provides climbers of all ages and experience with the knowledge and tools to design and follow a comprehensive personalized exercise program *Desk Exercise Guide* Celina Hywel,AI,2025-02-13 Desk Exercise Guide addresses the often overlooked health risks associated with sedentary office work offering practical solutions for improved workplace wellness and business

management It highlights how prolonged sitting and repetitive tasks can lead to musculoskeletal disorders costing businesses billions while diminishing employees quality of life The book champions integrating ergonomic adjustments and targeted exercises into daily routines as a preventative measure shifting the focus from reactive pain management to proactive health enhancement It emphasizes that even simple changes like proper workstation setup and posture can significantly reduce the risk of developing chronic conditions This guide uniquely provides tailored desk exercises acknowledging individual differences in body types and fitness levels Rather than a one size fits all approach it offers a range of exercises and modifications suitable for various needs The book progresses by first introducing fundamental ergonomic principles then delving into specific exercise routines targeting common problem areas like the neck shoulders and wrists Finally it focuses on integrating these practices into a sustainable daily routine promoting long term benefits such as increased energy levels and reduced stress ultimately enhancing both physical health and workplace productivity

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The Complete Idiot's Guide to Short Workouts Deidre Johnson-Cane, Jonathan Cane, Joe Glickman, 2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts

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Fitness for Wellness: The Ultimate Daily Planner ,

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Fitness Programming and Physical Disability Patricia D. Miller, 1995 Twelve authorities in exercise science physical disabilities and adapted exercise programming show how to safely and effectively modify existing fitness programs without changing the quality or nature of the activity to enable individuals with disabilities to participate

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