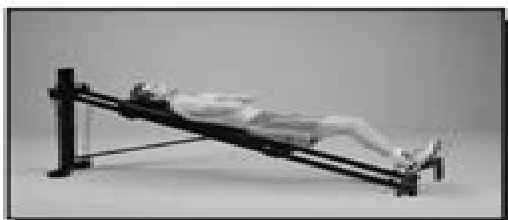
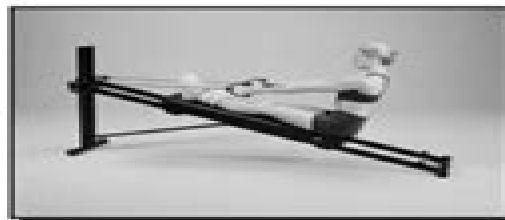
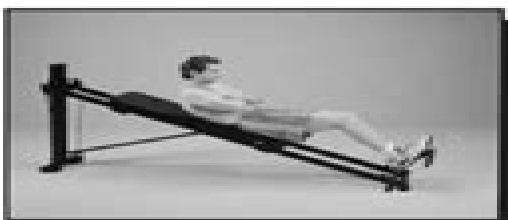


## STARTER/BEGINNER PROGRAM



**#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.

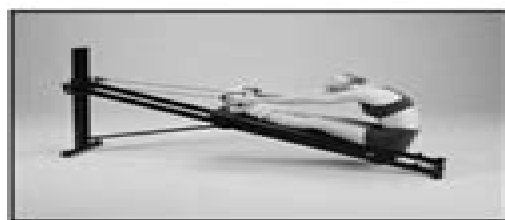
**Muscle Groups Exercised:**  
 Upper and Lower Abdominals



**#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.

# Gym Exercise Manual Guides

**Tom Mione**

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