TOTAL TRAINER PROGRAM CARDS

Using the Program Cards

The program cards have been separated from the manual so you can use the cards while refering to the manual for the correct exercise and execution.

We recommend you make copies of the cards you wish to use or use pencil to allow you to record progress and any changes.

Headings represent the following:

EXERCISE: Exercise name and recommended order.

MUSCLES USED: Primary muscle group.

EX #: The number of the exercise in the manual.

PAGE #: Where to find the exercise in the manual.

G/BOARD PULLEY: Advises Glide Board Pulley configuration.

R/RAIL LEVEL: Enter the Resistance Rail level appropriate for you. The printed number is a recommendation only.

REPS: Enter how many reps you did. Try and do at least 12.

SETS: Enter number of sets you did.

NOTES: Record important notes or progress.

Exercise and Safety Tips

1. Review manual and safety instructions thoroughly before using the Total Trainer.
2. Exercise should be pain free! If you feel any abnormal symptoms or pain, stop your workout immediately and consult your physician.
3. Start slowly with a warm-up, followed by your workout, and end gradually with a cool-down.
4. Exercise within your capabilities. Don't overdo it.
5. Choose a program suitable to your present condition.
6. Select the appropriate Resistance Rail level. You should be able to do at least 12 repetitions before muscle fatigue.
7. Execute exercises in a smooth, controlled and continuous motion. Each repetition should take approximately 2–3 seconds.
8. Don't arch or round your lower back. Always keep your back flat when exercising.
9. Breathe regularly while exercising. Do not hold your breath when strength training.
10. Drink adequate fluids before, during and after exercise.

PROGRAM SUMMARY

PROGRAM #	PROGRAM	APPROX. TIME PER SET	PROGRAM DESCRIPTION
1.	Warm-Up/Cool Down	5-6 mins.	Warm-up/cool down before and after program
2.	Design Your Own Program	—	List the exercises in the order that you wish to perform them
3.	Beginner/Express Program	6-8 mins.	Multi-joint program exercising 2 or 3 muscle groups per exercise
4.	Intermediate Program	15-20 mins.	More challenging workout using 12 major muscle groups
5.	Advanced Women's Program	20-25 mins.	Very challenging workout using 12 major muscle groups
6.	Advanced Men's Program	20-25 mins.	Very challenging workout using 12 major muscle groups
7.	Split Program Day 1	12-15 mins.	Works back, shoulders, biceps and forearms
8.	Split Program Day 2	12-15 mins.	Works legs, chest, triceps and abdominals
9.	Express Circuit	10-12 mins.	Express program with 4 one-minute aerobic stations
10.	Total Body Circuit	20-25 mins.	Total body program with 4 four-minute aerobic stations
11.	Youth Program	6-8 mins.	Multi-joint program
12.	Abdominal Program	6-7 mins.	5 abdominal/lower back exercises
13.	Lower Back Program	7-8 mins.	8 lower back, hamstring and abdominal exercises
14.	Hip, Thigh and Buttocks Program	6-7 mins.	6 lower body exercises

1. WARM-UP/COOL DOWN PROGRAM

TIME: 5–6 Minutes

EXERCISE	MUSCLES USED	EX #	PG #	G/BOARD PULLEY	R/RAIL LEVEL		REPS	SETS	NOTES
1. Push/Pull	Total Body	A2	18	Engaged	5				
2. Quad Stretch	Front Thigh	S1	19	Disengaged	5				
3. Calf Stretch	Calves	S2	19	Disengaged	5				
4. Back Stretch	Back	S3	19	N/A	–				
5. Hamstring Stretch	Hamstrings	S4	20	Engaged	3				
6. Tricep Stretch	Rear Upper Arm	S5	20	N/A	–				
7. Mid-Section Stretch	Buttocks, Hips, Abs	S6	20	N/A	–				
8. Upper Body Stretch	Chest, Shoulders, Upper Arm	S7	21	N/A	–				
9. Adductor Stretch	Inner Thigh	S8	21	N/A	–				
10.									
11.									
12.									
13.									
14.									
15.									

2. DESIGN YOUR OWN PROGRAM

EXERCISE	MUSCLES USED	EX #	PG #	G/BOARD PULLEY	R/RAIL LEVEL		REPS	SETS	NOTES
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									
11.									
12.									
13.									
14.									
15.									

3. BEGINNER/EXPRESS PROGRAM

TIME: 6–8 Minutes per

EXERCISE	MUSCLES USED	EX #	PG #	G/BOARD PULLEY	R/RAIL LEVEL		REPS	SETS	NOTES
1. Leg Press	Front Thigh	1	22	Disengaged	6				
2. Pull Up	Back	18	27	Disengaged	4				
3. Reverse Crunch	Abdominals	44	36	Disengaged	3				
4. Chest Press	Chest	14	26	Engaged	3				
5. Posture Pull	Upper/Lower Back	24	29	Engaged	3				
6. Upright Row	Upper Back	23	29	Engaged	3				
7.									
8.									
9.									
10.									
11.									
12.									
13.									
14.									
15.									

4. INTERMEDIATE PROGRAM

TIME: 15-20 Minutes per Set

EXERCISE	MUSCLES USED	EX #	PG #	G/BOARD PULLEY	R/RAIL LEVEL		REPS	SETS	NOTES
1. Leg Press	Front Thigh	1	22	Disengaged	7				
2. Calf Raise	Calves	7	24	Disengaged	6				
3. Pull-Up	Back	18	27	Disengaged	6				
4. Leg Curl	Hamstrings	6	23	Disengaged	3				
5. Chest Press	Chest	14	26	Engaged	4				
6. Posture Pull	Upper/Lower Back	24	29	Engaged	4				
7. Seated Row	Mid Back	20	28	Engaged	4				
8. Reverse Crunch	Abdominals	44	36	Disengaged	3				
9. Upright Row	Upper Back	23	29	Engaged	4				
10. Tricep Extension	Rear Upper Arm	37	34	Engaged	4				
11. Side Raise	Shoulders	27	30	Engaged	3				
12. Bicep Curl	Front Upper Arm	40	35	Engaged	4				
13.									
14.									
15.									

5. ADVANCED WOMEN'S PROGRAM

TIME: 20–25 Minutes per Set

EXERCISE	MUSCLES USED	EX #	PG #	G/BOARD PULLEY	R/RAIL LEVEL		REPS	SETS	NOTES
1. Leg Press	Front Thigh	1	22	Disengaged	8				
2. Calf Raise	Calves	7	24	Disengaged	8				
3. Chin-Up	Back, Front Upper Arm	19	28	Disengaged	6				
4. Leg Curl	Hamstrings	6	23	Disengaged	4				
5. Reverse Crunch	Abdominals	44	36	Disengaged	3				
6. Adductor Press	Inner and Front Thigh	3	22	Disengaged	8				
7. Chest Fly	Chest	15	26	Engaged	4				
8. Abductor Press	Outer and Front Thigh	4	23	Disengaged	8				
9. Posture Pull	Upper/Lower Back	24	29	Engaged	5				
10. Oblique Twist	Side Abdominals	47	37	Engaged	4				
11. Glut Press	Front, Rear Thigh and Buttocks	5	23	Disengaged	8				
12. Upright Row	Upper Back	23	29	Engaged	4				
13. Tricep Extension	Rear Upper Arm	37	34	Engaged	4				
14. Side Raise	Shoulders	27	30	Engaged	3				
15. Bicep Curl	Front Upper Arm	40	35	Engaged	4				

6. ADVANCED MEN'S PROGRAM

TIME: 20-25 Minutes per Set

EXERCISE	MUSCLES USED	EX #	PG #	G/BOARD PULLEY	R/RAIL LEVEL		REPS	SETS	NOTES
1. Leg Press	Front Thigh	1	22	Disengaged	10				
2. Calf Raise	Calves	7	24	Disengaged	10				
3. Leg Curl	Hamstrings	6	23	Disengaged	5				
4. Pull-Up	Back	18	27	Disengaged	10				
5. Sit-Up	Abdominals	45	36	Disengaged	4				
6. Chest Fly	Chest	15	26	Engaged	5				
7. Lat Pull-Down	Back	21	28	Engaged	6				
8. Chest Press	Chest	14	26	Engaged	5				
9. Posture Pull	Upper/Lower Back	24	29	Engaged	5				
10. Seated Row	Mid Back	20	28	Engaged	5				
11. Advance Crunch	Abdominals	46	37	Engaged	3				
12. Upright Row	Upper Back	23	29	Engaged	5				
13. Tricep Extension	Rear Upper Arm	37	34	Engaged	5				
14. Side Raise	Shoulders	27	30	Engaged	4				
15. Bicep Curl	Front Upper Arm	40	35	Engaged	5				

7. SPLIT PROGRAM DAY 1

TIME: 12-15 Minutes per Set

EXERCISE	MUSCLES USED	EX #	PG #	G/BOARD PULLEY	R/RAIL LEVEL		REPS	SETS	NOTES
1. Pull-Up	Back	18	27	Disengaged	10				
2. Lat Pull-Down	Back	21	28	Engaged	6				
3. Seated Row	Mid Back	20	28	Engaged	6				
4. Posture Pull	Upper/Lower Back	24	29	Engaged	6				
5. Upright Row	Upper Back	23	29	Engaged	5				
6. Side Raise	Shoulders	27	30	Engaged	4				
7. Bicep Curl	Front Upper Arm	40	35	Engaged	5				
8. Front Raise	Front Shoulder	28	31	Engaged	4				
9. Reverse Curl	Rear Forearm	41	35	Engaged	4				
10.									
11.									
12.									
13.									
14.									
15.									

8. SPLIT PROGRAM DAY 2

TIME: 12–15 Minutes per Set

EXERCISE	MUSCLES USED	EX #	PG #	G/BOARD PULLEY	R/RAIL LEVEL		REPS	SETS	NOTES
1. Leg Press	Front Thigh	1	22	Disengaged	10				
2. Calf Raise	Calves	7	24	Disengaged	10				
3. Leg Curl	Hamstrings	6	23	Disengaged	5				
4. Advanced Crunch	Abdominals	46	37	Disengaged	4				
5. Chest Press	Chest	14	26	Engaged	5				
6. Dips	Rear Upper Arm, Chest	39	34	Engaged	5				
7. Oblique Twist	Side Abdominals	47	37	Engaged	4				
8. Tricep Extension	Rear Upper Arm	37	34	Engaged	5				
9.									
10.									
11.									
12.									
13.									
14.									
15.									

9. EXPRESS CIRCUIT

TIME: 10-12 Minutes per Set

EXERCISE	MUSCLES USED	EX #	PG #	G/BOARD PULLEY	R/RAIL LEVEL		REPS	SETS	NOTES
1. Aerobic (1 minute)			18						Use exercise A2 Push/Pull
2. Leg Press	Front Thigh	1	22	Disengaged	8				
3. Pull-Up	Back	18	27	Disengaged	6				
4. Aerobic (1 minute)			18						
5. Reverse Crunch	Abdominals	44	36	Disengaged	3				
6. Chest Press	Chest	14	26	Engaged	4				
7. Aerobic (1 minute)			18						
8. Posture Pull	Upper/Lower Back	24	29	Engaged	4				
9. Upright Row	Upper Back	23	29	Engaged	4				
10. Aerobic (1 minute)			18						
11.									
12.									
13.									
14.									

10. TOTAL BODY CIRCUIT

TIME: 20-25 Minutes per Set

EXERCISE	MUSCLES USED	EX #	PG #	G/BOARD PULLEY	R/RAIL LEVEL		REPS	SETS	NOTES
1. Aerobic (4 minutes)			18						Use exercise A2 Push/Pull
2. Leg Press	Front Thigh	1	22	Disengaged	8				
3. Calf Raise	Calves	7	24	Disengaged	8				
4. Pull-Up	Back	18	27	Disengaged	6				
5. Leg Curl	Hamstrings	6	23	Disengaged	4				
6. Aerobic (4 minutes)									
7. Chest Press	Chest	14	26	Engaged	5				
8. Posture Pull	Upper/Lower Back	24	29	Engaged	5				
9. Seated Row	Mid Back	20	28	Engaged	4				
10. Reverse Crunch	Abdominals	44	36	Disengaged	4				
11. Aerobic (4 minutes)									
12. Upright Row	Upper Back	23	29	Engaged	5				
13. Tricep Extension	Rear Upper Arm	37	34	Engaged	5				
14. Side Raise	Shoulders	27	30	Engaged	3				
15. Bicep Curl	Front Upper Arm	40	35	Engaged	4				
16. Aerobic (4 minutes)									

11. YOUTH PROGRAM

TIME: 6-8 Minutes per Set

EXERCISE	MUSCLES USED	EX #	PG #	G/BOARD PULLEY	R/RAIL LEVEL		REPS	SETS	NOTES
1. Leg Press	Front Thigh	1	22	Disengaged	7				
2. Pull Up	Back	18	27	Disengaged	6				
3. Reverse Crunch	Abdominals	44	36	Disengaged	3				
4. Chest Press	Chest	14	26	Engaged	4				
5. Posture Pull	Upper/Lower Back	24	29	Engaged	4				
6. Upright Row	Upper Back	23	29	Engaged	4				
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12.									
13.									
14.									
15.									

12. ABDOMINAL PROGRAM

TIME: 6-7 Minutes per Set

EXERCISE	MUSCLES USED	EX #	PG #	G/BOARD PULLEY	R/RAIL LEVEL		REPS	SETS	NOTES
1. Pullover	Chest	16	27	Engaged	5				
2. Reverse Crunch	Abdominals	44	36	Disengaged	3				
3. Oblique Twist	Side Abdominals	47	37	Engaged	3				
4. Posture Pull	Upper/Lower Back	24	29	Engaged	4				
5. Advanced Crunch	Abdominals	46	37	Engaged	3				
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12.									
13.									
14.									
15.									

13. LOWER BACK PROGRAM

TIME: 7-8 Minutes per Set

EXERCISE	MUSCLES USED	EX #	PG #	G/BOARD PULLEY	R/RAIL LEVEL		REPS	SETS	NOTES
1. Back Stretch	Back	S3	19	N/A	–				
2. Hamstring Stretch	Hamstrings	S4	20	Engaged	3				
3. Back Extension Stretch	Lower Back	26	30	Disengaged	3				
4. Pullover	Chest/Back	16	27	Engaged	4				
5. Posture Pull	Upper/Lower Back	24	29	Engaged	4				
6. Glut Press	Front, Rear Thigh and Buttocks	5	23	Disengaged	7				
7. Seated Row	Mid Back	20	28	Engaged	3				
8. Back Flexion Stretch	Lower Back	25	30	Disengaged	1				
9.									
10.									
11.									
12.									
13.									
14.									
15.									

14. HIP, THIGH AND BUTTOCKS PROGRAM

TIME: 6-7 Minutes per Set

EXERCISE	MUSCLES USED	EX #	PG #	G/BOARD PULLEY	R/RAIL LEVEL		REPS	SETS	NOTES
1. Glut Press	Front, Rear Thighs and Buttocks	5	23	Disengaged	8				
2. Leg Curl	Hamstrings	6	23	Disengaged	4				
3. Adductor Press	Inner Thighs	3	22	Disengaged	8				
4. Lunges	Front Thigh, Hip, Buttock, Hamstring	13	26	Disengaged	4				
5. Abductor Press	Outer Thigh	4	23	Disengaged	8				
6. Hip and Thigh Extension	Hips, Thighs and Lower Back	12	25	Disengaged	2				
7.									
8.									
9.									
10.									
11.									
12.									
13.									
14.									
15.									