Program Summary

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	6-7 mins.	6 lower body exercises

1. Warm-Up/Cool Down Program									Time: 5-6 Minutes
Ex #	**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	-			
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2. Design Your Own Program

Ex. #	Exercise	Muscles Used	Ex. #	Pg. #	G/Board Pulley	R/Rail Level	Reps	Sets	Notes
1									
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3. Beginner/Express Program									Time: 6-8 Minutes
Ex. #	**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			
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4. Intermediate Program									Time: 15-20 Minutes
Ex. #	**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			
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14									
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5. Advanced Women's Program									Time: 20-25 Minutes
Ex. #	**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	Glute 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
Ex. #	**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
Ex. #	**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			
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8. Split Program Day 2									Time: 12-15 Minutes
Ex. #	**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			
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9. Express Circuit									Time: 10-12 min
Ex. #	**Exercise**	**Muscles Used**	**Ex. #**	**Pg. #**	**G/Board Pulley**	**R/Rail Level**	**Reps**	**Sets**	**Notes**
1	Aerobic (1 min)			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 min)			18					
5	Reverse Crunch	Abdominals	44	36	Disengaged	3			
6	Chest Press	Chest	14	26	Engaged	4			
7	Aerobic (1 min)			18					
8	Posture Pull	Upper/Lower Back	24	29	Engaged	4			
9	Upright Row	Upper Back	23	29	Engaged	4			
10	Aerobic (1 min)			18					
11									
12									
13									
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10. Total Body Circuit									Time: 20-25 min
Ex. #	**Exercise**	**Muscles Used**	**Ex. #**	**Pg. #**	**G/Board Pulley**	**R/Rail Level**	**Reps**	**Sets**	**Notes**
1	Aerobic (4 min)			18					User 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 min)								
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 min)								
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 min)								

11. Youth Program									**Time: 6-8 min**
Ex. #	**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. Abdominal Program									Time: 6-7 min
Ex. #	**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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13. Lower Back Program									Time: 7-8 min
Ex. #	**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			
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14. Hip, Thigh and Buttocks Program									Time: 6-7 min
Ex. #	**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			
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