

Program Summary

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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

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	Calif 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						

