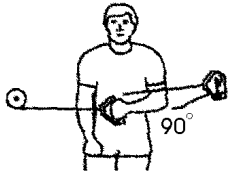


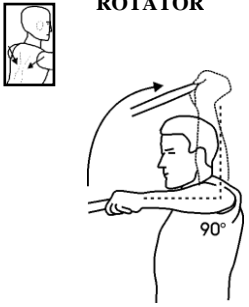
www.Body-Sculpting-Exercises.com

www.Bodyphysix.com

This program is intended for educational purposes only. You must always consult a certified medical professional before beginning any type of exercise program or change in lifestyle.

TOTAL GYM EXERCISE PROGRAM DESCRIPTIONS

A1	TOTAL GYM SIDE ROTATOR 		SETS	REPETITIONS	Tempo			Weight	Rest
					↓	—	↑		
		WEEK 1	2 - 3	12-15	2	0	1		30-60 sec.
		WEEK 2-3	2 - 3	12-15	2	0	1		30-60 sec
		WEEK 4	3 - 4	12-15	2	0	1		30-60 sec.
		WEEK 5-6	3 - 4	12-15	2	0	1		30-60 sec
		<p>When you watch the video demonstration you will notice that you can be seated on your Total Gym in 3 different positions.</p> <p>Note: Remember to keep your elbow glued to your waist.</p> <p>Shoulder blades back</p> <p>Arm moves at a 90 degree angle throughout the exercise.</p>							

B1	TOTAL GYM FRONT ROTATOR 		SETS	REPETITIONS	Tempo			Weight	Rest
					↓	—	↑		
		WEEK 1	2 - 3	12-15	2	0	1		30-60 sec.
		WEEK 2-3	2 - 3	12-15	2	0	1		30-60 sec
		WEEK 4	3 - 4	12-15	2	0	1		30-60 sec.
		WEEK 5-6	3 - 4	12-15	2	0	1		30-60 sec
		<p>When you watch the video demonstration you will notice that you can be seated on your Total Gym in 3 different positions.</p> <p>Note: Remember to keep your elbow in line with your shoulder.</p> <p>Shoulder blades back</p> <p>Arm moves at a 90 degree angle throughout the exercise.</p>							