

Starter Workout Program



This program can be found in your “Total Gym: Start It Up!” instructional video as a work-along routine.

Circuit Training Program: Begin with 12-15 repetitions that can be executed with good form. Perform one set of each exercise one after another without rest.* Perform this routine 2-3 times per week.

Starter Workout

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	27	Squat			
	29	Single Leg Squat			
	7	Pull-Up			
	26	Leg Curl: Lying or Seated			
	9	Cross Cable Row			
	43	Seated Biceps Curl			
	33	Outer Hip & Thigh			
	54	Oblique Twister			
	1	Seated Chest Press			
	10	Front Pullover			
	56	Pullover with Crunch			
	45	Lying Triceps Extension			
	19	Shoulder Press			
	75	Core Extension			
	84	Toe Touch Stretch			

* Stop the exercise if you feel light-headed or dizzy.

What is Circuit Training? Circuit training is an efficient way to train multiple muscle groups in a short period of time. It works by performing a series of exercises that typically focus on different muscle groups. As you begin your circuit, you'll complete one exercise and then move onto the next exercise with little or no rest in between. By circuit training you'll gain both muscle strength and cardio endurance.

*Remember to consult a physician prior to beginning this or any exercise program. As you begin your program, take breaks and drink water as needed.

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