STARTER/BEGINNER PROGRAM





#6 Decline Abdominal Crunch:

Unhook arm pulley cable. Attach wing accessory.

Start in the Squat position (#5) on the glideboard.

Place anm across your thept. Lift your head and shoulders off the glide-board crunching the abdominal area. Your back thould remain on the glideboard, Lay back in the original position and repeat.

Muscle Groups Exercised:

Opper and tower Abdressinate





#7 Stretcher:

Unbook arm pulley cable.

Grasp policy handles. Slide the glideboard up and sit at the bottom facing the height adjustment columns. Put your legs on the glideboard. Reep your arms, legs and back straight. Slowly bend at the waist and steetch forward Hold the stretch for at least 5 seconds. Pull up to rest, Do not bound Repeat.

Musicle Greups Exercised

Mamstrings, Lower Back

CIRCUIT TRAINING PROGRAM CHART*

Please refer to page 4 under "Definition of Terms" for a complete understanding of Circuit Training.

Exercise#	Description	Time Goal	Sets	Tempo	Rest Time
9	Rowing	2 minutes**	1-3	1/1	30 seconds
10	Surfer	2 minutes**	1-3	1/1	30 seconds
8	Cardio Pull	2 minutes**	1-3	1/1	30 seconds
5	Squat	2 minutes**	1-3	1/1	30 seconds

*Circuit Training can be performed in any order.

**Total workout time should add up to a minimum of 20 minutes to reach optimum conditioning.
See exercises on page 8.

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