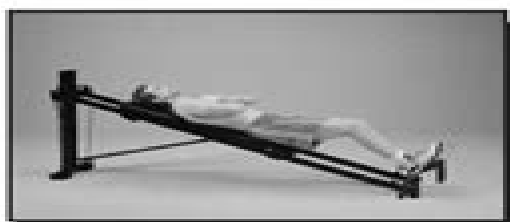
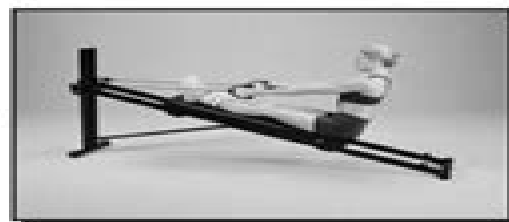


## STARTER/BEGINNER PROGRAM



**#6 Decline Abdominal Crunch:**  
**Unhook arm pulley cable.**  
**Attach wing accessory.**  
 Start in the Squat position (4/5) on the glideboard.  
 Place arm across your chest. Lift your head and shoulders off the glideboard crunching the abdominal area. Your back should remain on the glideboard. Lay back in the original position and repeat.

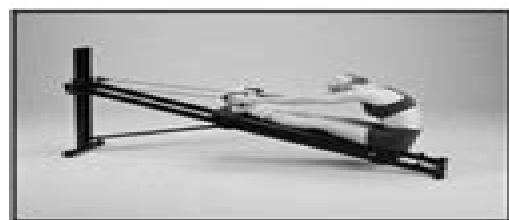
**Muscle Groups Exercised:**  
 Upper and Lower Abdominals



**#7 Stretch:**  
**Unhook arm pulley cable.**

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

**Muscle Groups Exercised:**  
 Hamstrings, 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.

# Dp Gym 1000 Exercise Manual

**G Thomas**

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## **Table of Contents Dp Gym 1000 Exercise Manual**

1. Understanding the eBook Dp Gym 1000 Exercise Manual
  - The Rise of Digital Reading Dp Gym 1000 Exercise Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Dp Gym 1000 Exercise Manual
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Dp Gym 1000 Exercise Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Dp Gym 1000 Exercise Manual
  - Personalized Recommendations
  - Dp Gym 1000 Exercise Manual User Reviews and Ratings
  - Dp Gym 1000 Exercise Manual and Bestseller Lists
5. Accessing Dp Gym 1000 Exercise Manual Free and Paid eBooks
  - Dp Gym 1000 Exercise Manual Public Domain eBooks
  - Dp Gym 1000 Exercise Manual eBook Subscription Services

- Dp Gym 1000 Exercise Manual Budget-Friendly Options
- 6. Navigating Dp Gym 1000 Exercise Manual eBook Formats
  - ePub, PDF, MOBI, and More
  - Dp Gym 1000 Exercise Manual Compatibility with Devices
  - Dp Gym 1000 Exercise Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Dp Gym 1000 Exercise Manual
  - Highlighting and Note-Taking Dp Gym 1000 Exercise Manual
  - Interactive Elements Dp Gym 1000 Exercise Manual
- 8. Staying Engaged with Dp Gym 1000 Exercise Manual
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Dp Gym 1000 Exercise Manual
- 9. Balancing eBooks and Physical Books Dp Gym 1000 Exercise Manual
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Dp Gym 1000 Exercise Manual
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Dp Gym 1000 Exercise Manual
  - Setting Reading Goals Dp Gym 1000 Exercise Manual
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Dp Gym 1000 Exercise Manual
  - Fact-Checking eBook Content of Dp Gym 1000 Exercise Manual
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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