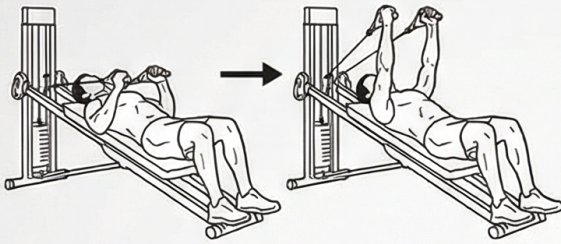
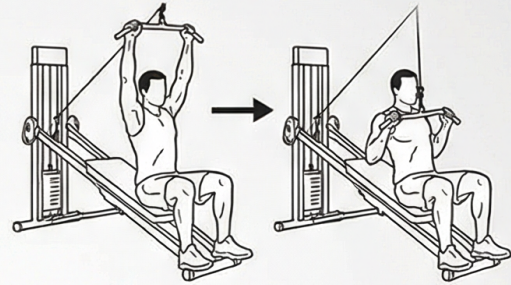


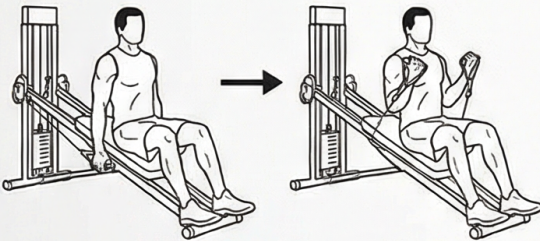
TOTAL GYM UPPER BODY WORKOUT



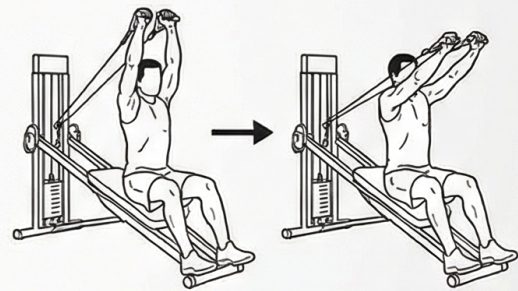
Total Gym Chest Press



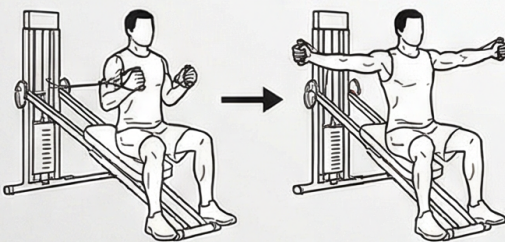
Total Gym Lat Pulldown



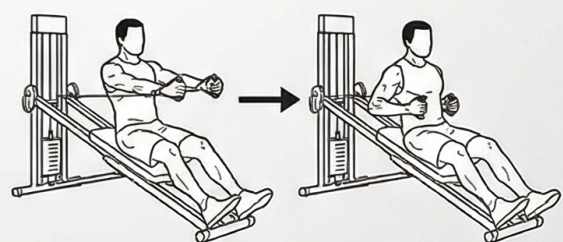
Total Gym Bicep Curl



Total Gym Tricep Extension



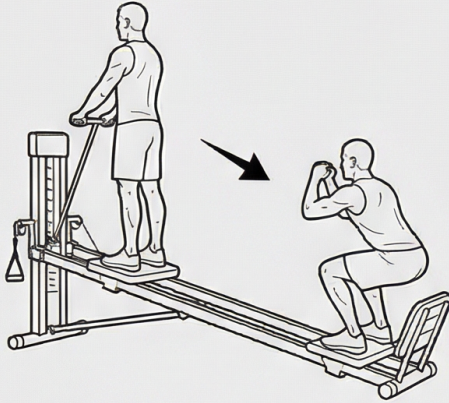
Total Gym Shoulder Fly



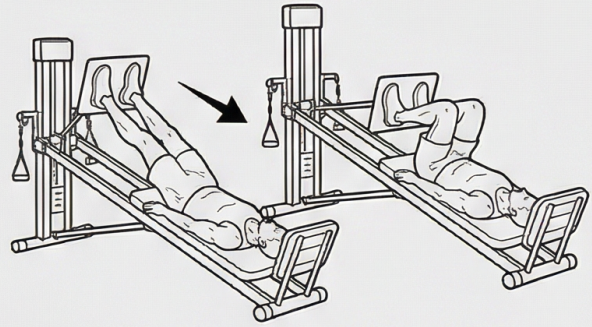
Total Gym Row

Level 1: 3 sets x 10 reps | Level 2: 4 sets x 12 reps

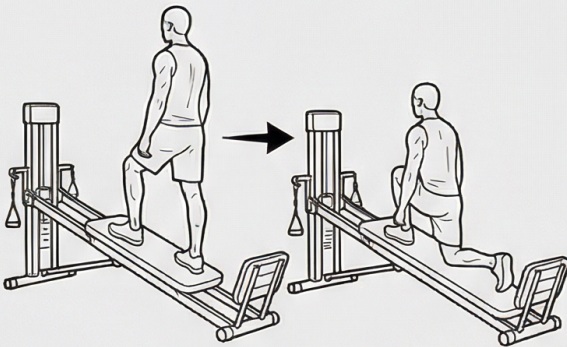
TOTAL GYM LOWER BODY WORKOUT



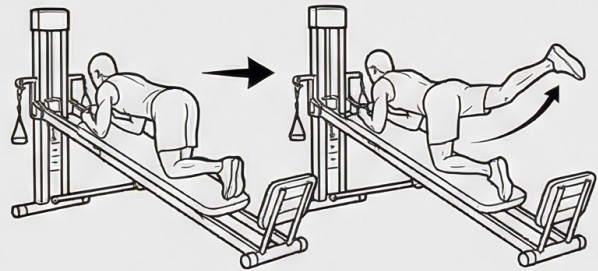
1) Total Gym Squat



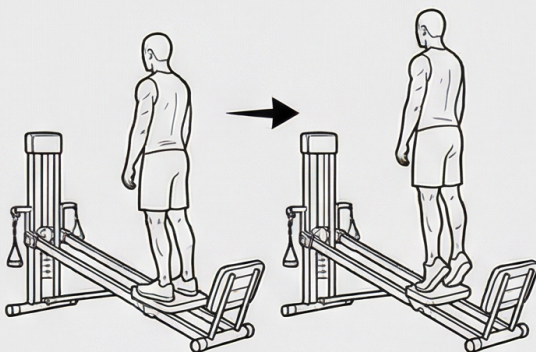
2) Total Gym Leg Press



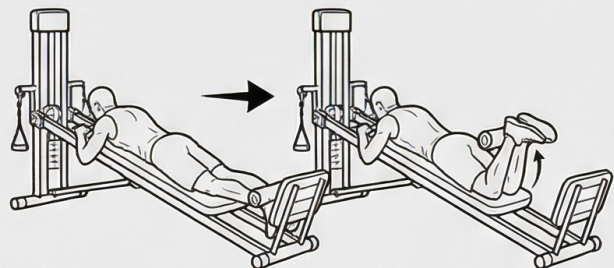
3) Total Gym Lunge



4) Total Gym Hip Extension



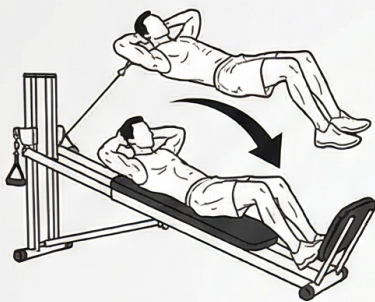
5) Total Gym Calf Raise



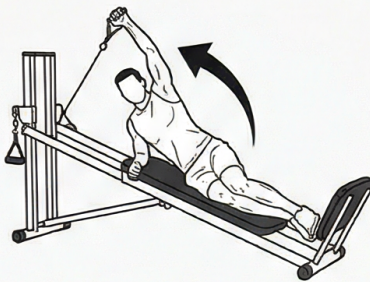
6) Total Gym Hamstring Curl

Level 1: 3 sets x 12 reps | **Level 2:** 4 sets x 15 reps

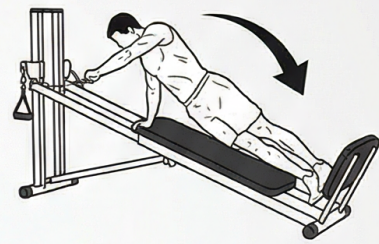
TOTAL GYM CORE WORKOUT



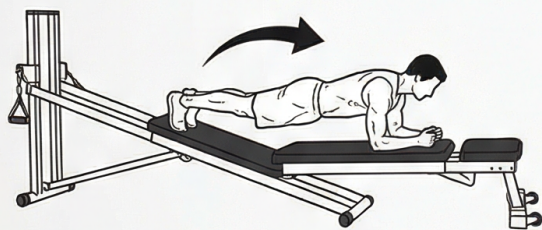
Total Gym Crunch



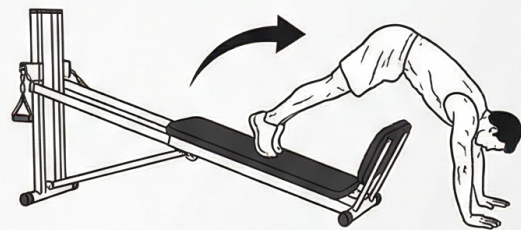
Total Gym Oblique Crunch



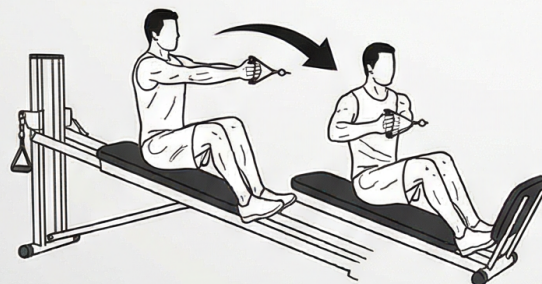
Total Gym Pike



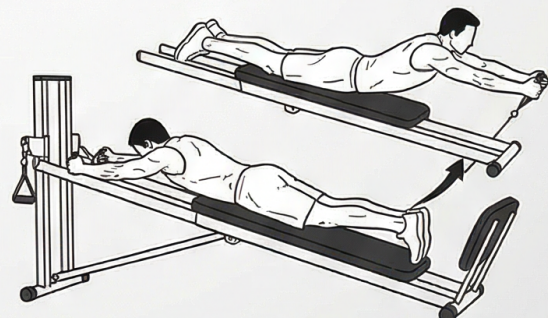
Total Gym Plank



Total Gym Pike



Total Gym Torso Rotation



Total Gym Back Extension

3 SETS x 15 REPS EACH