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# **EXERCISING ON TOTAL GYM BY BODY POSITION**

Exercises can be performed on Total Gym Incline Bodyweight Trainers in a variety of body positions. This chart is set up to maximize exercises in each body position so you can get a full body workout in a short time period.

NOTE: To increase resistance, raise the rails. To decrease resistance, lower the rails.





















# **User Guide Total Gym**

**L** Cohen

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