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Gold's Gym Xr45 Home Gym Workout Chart

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Mens's 6-8 Minute Workout - Total Gym

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Women's 6-8 Minute Workout - Total Gym

Date Card # Exercise Name Incline Reps Sets Level
(12-15) (1-3) 72 Toe Touch Biceps Curl 73 Toe Touch Row 74 Toe Touch Upright Row 33 Outer Hip & Thigh 43 Seated Biceps Curl 33 Outer Hip & Thigh 19 Shoulder Press 75 Core Extension 19 Shoulder Press 75 Core Extension Women's 6-8 Minute Workout Days 5 & 6 Day 5 Workout Dat Jan 8th, 2024

Kid's Workout - Total Gym

Kid's Workout Workout Option #1 Date Card #
Exercise Name Resistance Reps Sets Level 27 Squat 29 Single Leg Squat 35 Single Leg Jumping Squat 71

Lying Leg Curl With Crunch 7 Pull-Up 5 Incline Push-Up
44 Lying Triceps 43 Seated Biceps Curl Workout Option
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