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Women's 6-8 Minute Workout - Total GymDate 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 Mar 24th, 2024Gold's Gym Xr45 Home Gym Workout ChartGym XR 45 Home Gym, Just In A New, Fresh Color. This Home Gym Also Features A Four-roll Leg Developer, A Lat Bar And An Exercise Chart. Golds XR45 Home Gym Exercise Chart: Learn Which Exercises Focus On What Muscles And How To Perform Each One Effectively With This Step-by-step Exercise. Editors Say Bowfl Mar 13th, 2024Mens's 6-8 Minute Workout - Total Gym©2010 Total Gym Fitness LLC. For More Information Or Product Upgrades Visit Us Online At www.TotalGymDirect.com. For Additional Workouts And Product Accessories Visit Us Online At www.TotalGymCatalog.com. All Workout Cards Can Be Found Mar 25th, 2024.

Kid's Workout - Total GymKid'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 #2 This Program Is Ideal For Kids Beg Apr 1th, 2024Free Total Gym Workout GuideOct 02, 2021 · As This Free Total Gym

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Monday - Workout 1 - Total Body Workout Kettlebell Rack Hold With 53kg. (Video Shows Mark Twight Showing The Tailpipe Workout) What Mark Twight Likes To Do Is Have People Partner Up. So, Henry Cavill Will Do The 250m Rowing, While His Trainer Is Holding The Kettlebell. Then, Henry Cavill And His Trainer, Mark Twight, Switch Place Jan 1th, 2024

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