

## The TOTAL FLEX comes with:

- TOTAL FLEX Unit
- Ankle Straps
- Handle Set
- Manual (English )

The Total Flex is delivered fully assembled so it's ready to use right out of the box. Ultra-compact, it unfolds in seconds.

## Resistance Band Chart

Resistance Level	Band(s) engaged per pool			Total Resistance (Weight)
	Orange (2 x 6.25 kg)	Black (2 x 7.25 kg)	Red (2 x 10.5 kg)	
1	●			10.5 kg = 23.1 lbs.
2		●		14.5 kg = 31.9 lbs.
3			●	21 kg = 46.2 lbs.
4	●	●		25 kg = 55 lbs.
5	●		●	31.5 kg = 69.3 lbs.
6		●	●	35.5 kg = 78.1 lbs.
7	●	●	●	40 kg = 101.2 lbs.
8	●	●	●	45 kg = 99.2 lbs.
9	●	●	●	50 kg = 110.2 lbs.

The 9 combinations below can be created with additional resistance bands which are available as an option. Consider that Total Resistance is the sum of all resistance bands.



## TOTAL FLEX- Workout programs



- 1 Fast Start, to show you how fun and easy getting in shape can be.
- 2 Rapid Weight Loss, for an intense cardio combo workout.
- 3 Flex Strength, to get big and ripped.
- 4 Total Flex Core, for firm, flat abs and a strong midsection.
- 5 Extreme, your ticket to over the top results!
- 6 Hips, Buns and Thighs, to get you lifted, tightened and toned.

# Total Flex Workout Guide

**Annelies Wilder-Smith**

## **Total Flex Workout Guide:**

**The Complete Idiot's Guide to Quick Total Body Workouts** Tom Seabourne Ph.D.,2012-02-07 Earn the body you ve been waiting for with the ultimate guide to quick and easy total body workouts Today people are busier than ever before often at the expense of their health The Complete Idiot s Guide to Quick Total Body Workouts acknowledges this trend and gives readers quick and simple exercises they can do for all of their major muscle groups whether at the gym home or office The exercises are as effective as they are easy to follow giving readers great looking results in no time *The Jennifer Nicole Lee Fitness Model Diet* Jennifer Nicole Lee,2010 JNL s inspirational weight loss success story has motivated millions worldwide She is the world s top fitness model and her new book reveals her top secrets to becoming sexy strong and sleek

Men's Health Total Fitness Guide ,2002 The Rotarian ,1994-02 Established in 1911 The Rotarian is the official magazine of Rotary International and is circulated worldwide Each issue contains feature articles columns and departments about or of interest to Rotarians Seventeen Nobel Prize winners and 19 Pulitzer Prize winners from Mahatma Ghandi to Kurt Vonnegut Jr have written for the magazine **TV Guide** ,2000 **The Joy of Flex ... a Thinking Man and Woman's Guide to Basic Bodybuilding** Gareth Llewellyn,Greg Poole,Carleton University. Physical Recreation Centre,1986 **Black Belt** ,2004-09 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Video Rating Guide for Libraries** ,1990 Shape ,1996 Black Belt ,2004-05 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

**The Cosmo Bikini Diet** Holly Corbett,The editors of Cosmopolitan,2013-12-31 The Cosmo Bikini Diet is a weight loss plan designed to get you slim and sexy all over without leaving you feeling unsatisfied moody and hungry for real In fact it makes eating well and working out actually feel well enjoyable This 12 week program gives you all the tools you need to drop pounds and get toned without cramping your lifestyle Monthly real world eating plans Hot ideas to up the feel good moments in your day so you don t use food as a quick fix and more You ll lose up to 15 pounds or more in 12 weeks without feeling deprived The meal plans were specially designed by Molly Morgan RD Board Certified Sports Specialist Dietitian the owner of Creative Nutrition Solutions and author of The Skinny Rules and includes dozens of easy recipes Each week the reader learns a new get skinny secret like how to fuel up on the right carbs slash sneaky sources of sugar choose foods that will flatten your tummy Then customized fitness plan from celebrity trainer Tracy Anderson and Barry s Bootcamp offers a

mix of cardio and body sculpting moves to tone your butt arms belly and more The truth is that reaching your happy weight is not so much about hitting a number on the scale or size tag in your jeans but about feeling light and lean and strong It's about getting there without abusing your body with extreme dieting and exercise It's about eventually walking around whether in a bikini or not with confidence knowing that you are the healthiest you that you can be Black Belt ,2004-04 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world Video Source Book ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction Black Belt ,2004-07 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world Black Belt ,2004-11 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world Professional Builder ,1994 Esquire ,1994 Subject Guide to Books in Print ,2001 Film & Video Finder ,1997 The Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton,2007

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