

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 pod			Total Resistance (Weight)
	Grey (2 x 5.25 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	⊙	●	●	46 kg = 101.2 lbs.
The 2 combinations below can be created with additional resistance bands which are available as an upgrade from under the Total Flex accessory.				
8		●	●	52 kg = 114.6 lbs.
9	●	●	●	63 kg = 138.6 lbs.



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

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