



## Exercise Chart

This collection of 40+ unique and useful exercises can help you tone and tighten your body. Each exercise includes a brief description of the exercise, the muscles worked, and a diagram showing the proper form. The Total Gym is a great tool for a full body workout, but it can also be used for specific muscle groups. Use this chart to help you get the most out of your Total Gym experience.

### Chest



### Back



### Shoulders



### Legs



### Arms



### Abs



### Stretch



### Compound



# Total Gym Xli Exercise Guide

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