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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 4th, 2024Kid'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 2th, 2024Total Gym WorkoutTotal Gym Platinum Plus With 4 DVDs Amp 5 Accessories — QVC Com May 4th, 2018 - Get The Workout You Desire With The Total Gym Platinum Plus Page 1' 'THE TOTAL GYM® OFFICIAL STORE FOR HOME GYMS AMP EXERCISE MAY 11TH, 2018 - MAKE TOTAL GYM ® YOUR HOME GYM DISCOVER THE BEST TOTAL GYM ® FOR YOU Apr 3th, 2024.

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