

# STRENGTH TRAINING WORKOUT

• ALWAYS CONSULT A PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM •  
 • FOLLOW SET-UP, AND USE OF TXT IN THE OWNER'S MANUAL BEFORE PERFORMING ANY EXERCISES •

## 1. Side Leg Press

THIS EXERCISE CAN BE DONE WITH THE TXT IN THE FLAT POSITION OR INCLINED FOR MORE RESISTANCE. Set the cables at a resistance that you can perform this exercise comfortably. Place one foot on glideboard as shown. Make sure the foot on the floor is secure and supporting most of the weight of your body. Grasp the footbar with one hand or both hands to steady yourself while performing this exercise. Extend leg outward sliding glideboard away from footbar, then bring it back to original position. Do 10-20 reps of this exercise.



## 2. Side Leg Press with Arms

THIS EXERCISE CAN BE DONE WITH THE TXT IN THE FLAT POSITION OR INCLINED FOR MORE RESISTANCE. Position body as in exercise 1. above. Grasp the footbar with one hand. Swing the other arm out and back as you push the glideboard out and back with your foot as shown. Do 10-20 reps of this exercise.



## 3. Single Leg Press

This exercise can be done lying on your side or on your back on the glideboard. IF LYING ON YOUR SIDE, THIS EXERCISE SHOULD ONLY BE DONE WHILE THE TXT IS IN ITS FLAT POSITION. IF LYING ON YOUR BACK, YOU MAY INCLINE THE GLIDEBOARD TO INCREASE THE RESISTANCE. You may use the heel, middle or ball of your foot, each position using different leg muscles during the exercise. Place one foot on the footbar. Push against the footbar until leg is straight. Return to original position. Do 10-20 reps of this exercise.



## 4. Squat

THIS EXERCISE CAN BE DONE WITH THE TXT IN THE FLAT POSITION OR INCLINED FOR INCREASED RESISTANCE. Lying on your back, place feet securely on footbar or jump board (sold separately). You may perform a squat with your feet in several positions on the footbar, including the balls of your feet being against the bar, the heels of your feet being against the bar, or the center of your feet being against the bar. Each position of your feet will use slightly different muscles in your legs. Press your feet against the bar until your legs are straight. Then return to the original position. Do 10-20 reps of this exercise.



## 5. Shoulder Press

THIS EXERCISE CAN BE DONE IN THE FLAT POSITION OR AT AN INCLINE FOR MORE RESISTANCE. On your knees facing foot bar, grasp pushup bar (sold separately). Straighten your arms so that you press yourself away using your shoulder muscles. Do 10-20 reps of this exercise.



## 6. Tricep Extension

THIS EXERCISE CAN BE DONE IN THE FLAT POSITION OR AT AN INCLINE FOR MORE RESISTANCE. Lie on your back on the glideboard with your legs in a table top position (to increase the work your abs are doing) or relaxed with knees bent and feet on the glideboard. Grasp the cable handles and place your arms straight against your sides. Bend your elbows to a 90° angle. Then extend your elbows until your arms are straight and against your sides again. Do 10 reps of this exercise.



## 7. Horizontal Chop

THIS EXERCISE SHOULD ONLY BE DONE WHILE THE TXT IS IN THE FLAT POSITION. Position yourself on your knees on the glideboard, facing sideways. Grasp one cable handle with both hands (the handle that is diagonally in front you). Pull handle diagonally up and across your body from low to high as shown. Return to original position. Do 10-20 reps of this exercise. Repeat on other side.



## 8. Calf Press

THIS EXERCISE CAN BE DONE IN THE FLAT POSITION OR AT AN INCLINE FOR MORE RESISTANCE. You can use both feet or just one foot for this exercise. Lie on your back on the glideboard with the balls of your feet on the footbar or pushup bar (sold separately). Now push against the bar until you are "standing on your toes", then drop your heels in a controlled manner until your heels dip past the bar (giving you a nice stretch for your calf). Do 20 reps of this exercise.



## 9. Dip

THIS EXERCISE SHOULD BE WITH THE TXT IN THE FLAT POSITION ONLY. Place feet against shoulder pads and support torso by holding yourself up with hands on footbar or pushup bar (sold separately). Slowly lower yourself down by bending your elbows up to 90°. Then press yourself up to original position. Do 10 reps of this exercise.



## 10. Press Away

THIS EXERCISE SHOULD BE DONE ONLY WHEN THE TXT IS IN THE FLAT POSITION. On your knees on the glideboard, facing the footbar, place feet against the shoulder pads. Grasp the footbar with both hands. Now extend body away from the footbar making a flat plane with your body. Return to original position using your abdominal muscles. Do 10 reps of this exercise.



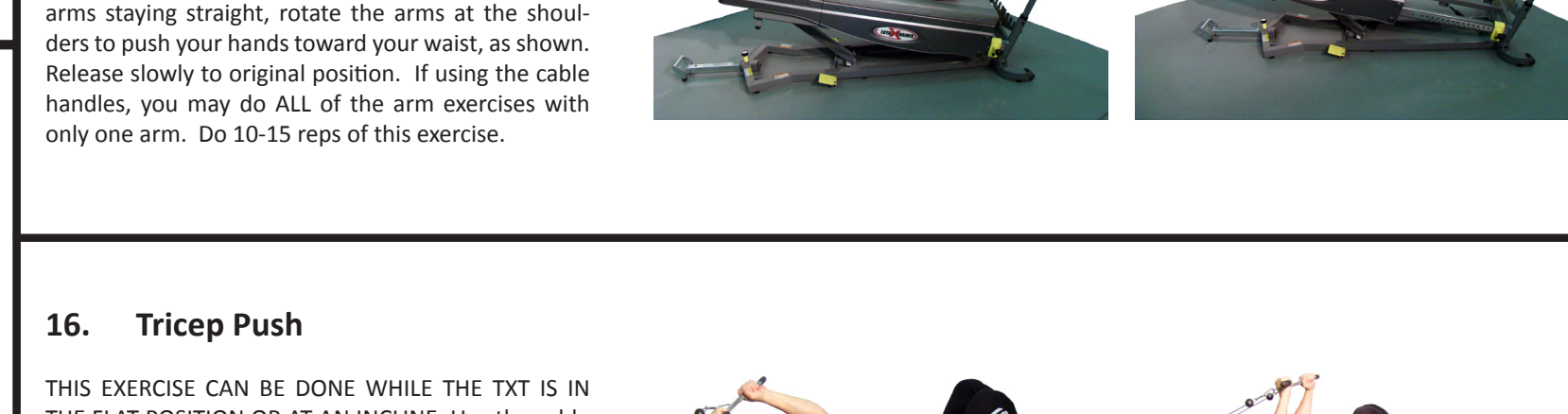
## 11. Low/High Row

THIS EXERCISE CAN BE DONE WHILE THE TXT IS IN THE FLAT POSITION OR AT AN INCLINE. Use the handles or the curling bar (sold separately) for this exercise. Sit on the glideboard facing the shoulder pads and handles. Grasp the cable handles with palms facing down, then pull handles toward the body by bending elbows. At peak arm flexion, elbows should be at your sides in a 90° angle for a "Low Row". For a "High Row", pull cable handles so that hands are at shoulder level at peak flexion. Release slowly to original position. If using the cable handles, you may do ALL of the arm exercises with only one arm at a time. Do 10-15 reps of this exercise.



## 12. Bicep Curls

THIS EXERCISE CAN BE DONE WHILE THE TXT IS IN THE FLAT POSITION OR AT AN INCLINE. Use the handles or the curling bar (sold separately). Sit on the glideboard facing the shoulder pads and handles. Elbows should remain close to the body during this exercise. Bend elbows to raise cable handles toward the shoulders. Release slowly to original position. If using the handles, you may do ALL of the arm exercises with only one arm at a time. Do 10-15 reps of this exercise.



## 13. One-Arm Bicep Curls

THIS EXERCISE IS THE SAME AS BICEP CURLS IN #12, BUT USING ONE ARM AT A TIME. ALL TXT ARM EXERCISES CAN BE DONE WITH ALTERNATING ARMS.



## 14. Supersets

A "superset" can be created by combining different exercises one after the other without resting. For example, do 5 repetitions of Bicep Curls, followed immediately by 5 reps of High Rows and finally 5 reps of Low Rows.



## 15. Arm Pullover

THIS EXERCISE CAN BE DONE WHILE THE TXT IS IN THE FLAT POSITION OR AT AN INCLINE. Use the handles or the curling bar (sold separately). Lie on your back on the glideboard. Grasp cable handles and push arms straight out in front of you toward the ceiling. With arms staying straight, rotate the arms at the shoulders to push your hands toward your waist, as shown. Release slowly to original position. If using the cable handles, you may do ALL of the arm exercises with only one arm. Do 10-15 reps of this exercise.



## 16. Tricep Push

THIS EXERCISE CAN BE DONE WHILE THE TXT IS IN THE FLAT POSITION OR AT AN INCLINE. Use the cable handles or the curling bar (sold separately). Lie on the glideboard with your legs in a table top position (to increase the work your abs are doing) or relaxed with knees bent and feet on the glideboard. Grasp the cable handles or curling bar and place your arms straight out in front of you toward the ceiling. Bend your elbows to a 90° angle so that your hands are above your head. Then push your hands straight out in front of your again until your elbows are straight and arms are again pointing toward the ceiling. If using the handles, you may do ALL of the arm exercises with only one arm. Do 10 reps of this exercise.



## 17. Plyometrics

AS WITH ALL EXERCISES, ONLY DO THIS EXERCISE WITH THE JUMP BOARD SECURELY INSTALLED AS SHOWN IN THE OWNER'S MANUAL. Lie on your back on the glideboard with your feet on the jump board (sold separately). Make sure the stabilizing bar is completely extended and locked into place. Bend your knees with feet firmly on the jump board. Rapidly extend the hips, knees and ankles to "jump" away from jump board. Your feet should come off the jump board. You may hold onto the fixed handles (not the cable handles) to steady yourself while jumping. Do 10 reps of this exercise.



# PILATES WORKOUT

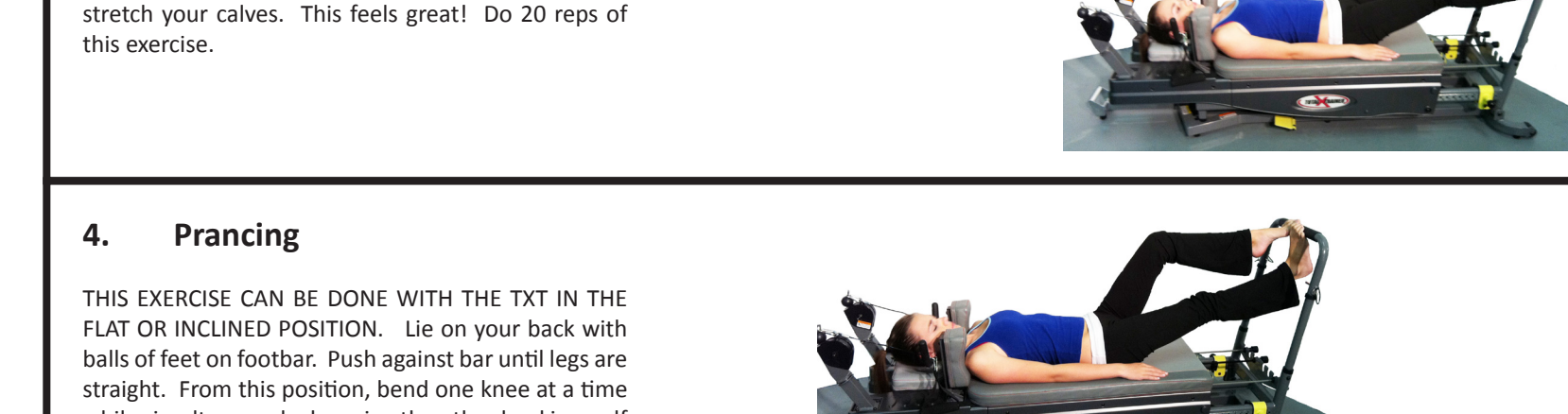
## 1. Second Position Plie

THIS EXERCISE CAN BE DONE WITH THE TXT IN THE FLAT OR INCLINED POSITION. Lie on your back on glideboard with feet on the footbar or jump board (sold separately), feet and knees pointing out. Feet should be about shoulder width apart. Push against footbar until legs are straight. Return slowly to original position. Do 20 reps of this exercise.



## 2. Parallel Plie

THIS EXERCISE CAN BE DONE WITH THE TXT IN THE FLAT OR INCLINED POSITION. Lie on your back on glideboard with feet on footbar. You may position the bar under the balls of your feet, the heels, or the middle of your feet. Each position of your feet uses different leg muscles. Your knees, feet, heels should all be together. Push against footbar until legs are straight. Return slowly to original position. Do 20 reps of this exercise.



## 3. Parallel Plie with Alternating Calf Stretch

THIS EXERCISE CAN BE DONE WITH THE TXT IN THE FLAT OR INCLINED POSITION. Perform one Parallel Plie as in exercise #2, then with legs straight (extended) drop your heels by bending at the ankles to stretch your calves. This feels great! Do 20 reps of this exercise.



## 4. Prancing

THIS EXERCISE CAN BE DONE WITH THE TXT IN THE FLAT OR INCLINED POSITION. Lie on your back with balls of feet on footbar. Push against bar until legs are straight. From this position, bend one knee at a time while simultaneously dropping the other heel in a calf stretch. Alternate legs - this will look and feel a little like prancing. Do 20 reps of this exercise.



## 5. First Position Plie

THIS EXERCISE CAN BE DONE WITH THE TXT IN THE FLAT OR INCLINED POSITION. Lie on your back on glideboard with feet on footbar or jump board (sold separately), feet and knees pointing out with heels together. Push against footbar until legs are straight and together. Return slowly to original position. Do 20 reps of this exercise.



## 6. Arm Circles

THIS EXERCISE CAN BE DONE WITH THE TXT IN THE FLAT OR INCLINED POSITION. Lie on your back on the glideboard with legs at a table top position (for increased ab/core work) or relaxed with knees bent and feet on the glideboard. Grasp the cable handles and make big circles with your arms, moving them from your sides to straight out to the side, to above your head. Do 20 reps of this exercise, then repeat going in the reverse direction.



## 7. Hundredths

THIS EXERCISE CAN BE DONE WITH THE TXT IN THE FLAT OR INCLINED POSITION. Lie on your back on the glideboard with legs at a table top position (for increased ab/core work) or relaxed with knees bent and feet on the glideboard. Grasp the cable handles and pull your arms straight down by your sides. Makes small circles with your hands while you breathe in counts of five. Inhale 1..2..3..4..5, then exhale 1..2..3..4..5. Do 20 reps cycles of each set of 5 reps.



## 8. Tricep Overhead Press

THIS EXERCISE CAN BE DONE WITH THE TXT IN THE FLAT OR INCLINED POSITION. Lie on your back on the glideboard with your feet on the footbar (for increased ab/core work) or relaxed with knees bent and feet on the glideboard. Grasp cable handles and push arms straight up over your pointing toward ceiling. Bend elbows so that your hands are near your head (elbow at about 90 degree angle). Then push hands back up toward ceiling to return to straight arm position pointing toward ceiling. Do 10 reps of this exercise.



## 9. Trunk Rotation

THIS EXERCISE SHOULD ONLY BE DONE WITH THE TXT IN THE FLAT POSITION. Sit cross-legged on glideboard facing either side. Grasp the cable handle that is diagonally forward and to the side of you with BOTH hands. Slowly twist your torso and head to face the footbar keeping the handle in both hands as still as possible. The handle should be held close to the belly button and should remain in approximately the same position to the body during the entire rotation. Slowly return to original position. Do 20 reps of this exercise. Then face the other side and repeat.



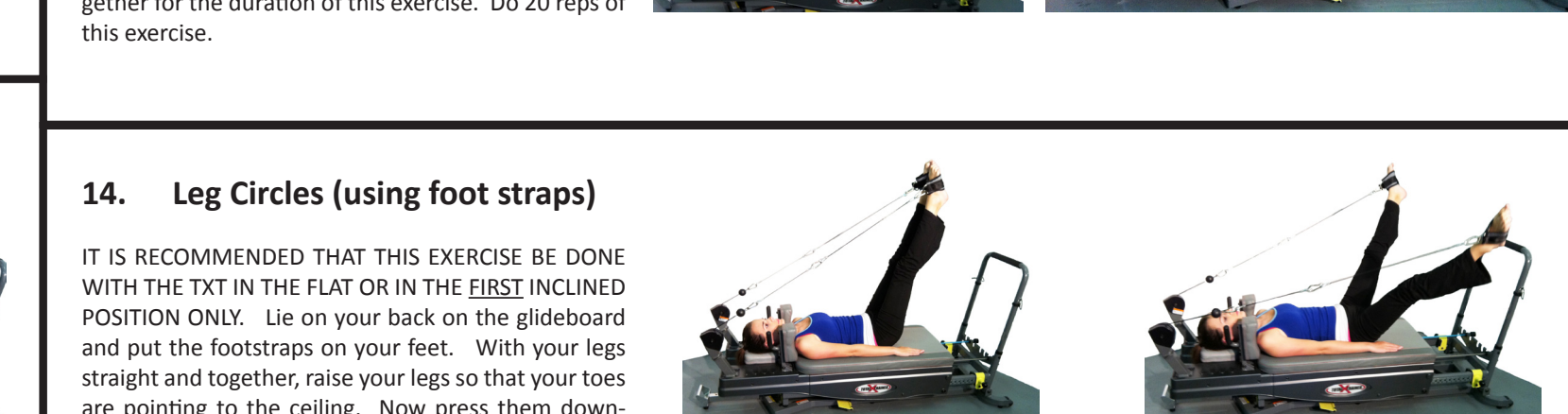
## 10. Serving Bread

THIS EXERCISE CAN BE DONE WITH THE TXT IN THE FLAT OR INCLINED POSITION. Sit on the glideboard facing the footbar. Grasp the cable handles and hold them in your hands, palms up in front of you. Your upper arms should be down by your sides and your elbows bent at 90 degrees so that it looks like you are about to serve a platter. Push your arms straight out in front of you, then return them to your sides with elbows bent. Do 10-15 reps of this exercise.



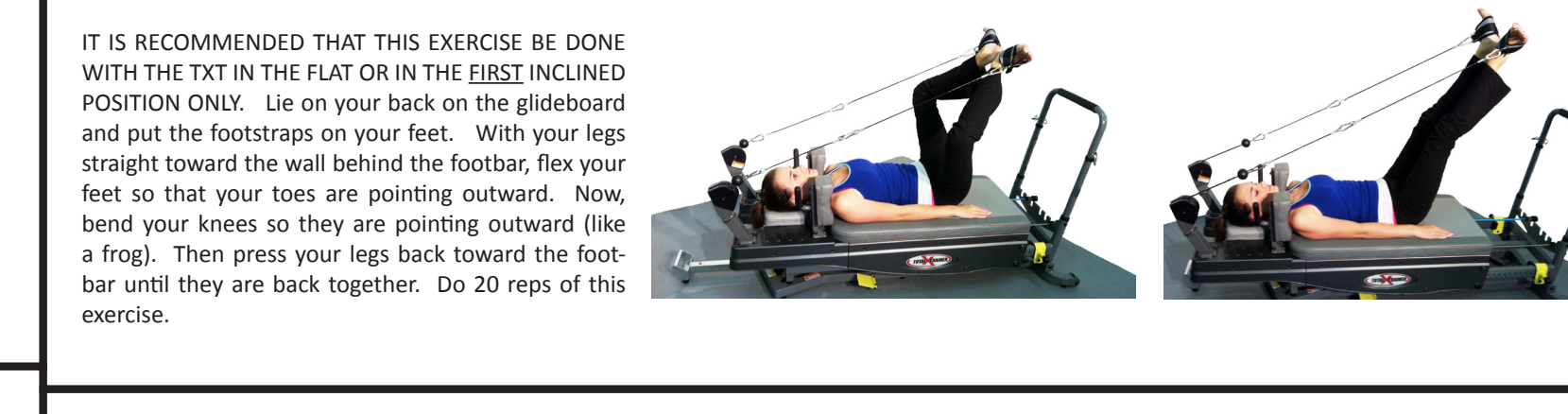
## 11. Hug a Tree

THIS EXERCISE CAN BE DONE WITH THE TXT IN THE FLAT OR INCLINED POSITION. Sit on the glideboard facing the footbar. Reach behind you and grasp the cable handles and hold your arms out to your sides. Slowly bring your hands together as if hugging a tree (with elbows slightly bent). Return arms outstretched at your sides. Do 10-15 reps of this exercise.



## 12. Scooter

IT IS RECOMMENDED THAT THIS EXERCISE BE DONE WITH THE TXT IN THE FLAT POSITION. Facing the footbar, place one foot on the floor and the other knee on the glideboard. Hold the footbar with both hands. Now push the glideboard backwards away from your body as shown. Slowly return to original position. Do 10-15 reps of this exercise.



## 13. Legs Press (using foot straps)

IT IS RECOMMENDED THAT THIS EXERCISE BE DONE WITH THE TXT IN THE FLAT OR IN THE FIRST INCLINED POSITION ONLY. Lie on your back on the glideboard and put the footstraps on your feet. With your legs straight and together, raise your legs so that your toes are pointing to the ceiling. Now press them downward to that your toes are pointing toward the wall behind the footbar. Keep your legs straight and together for the duration of this exercise. Do 20 reps of this exercise.



## 14. Leg Circles (using foot straps)

IT IS RECOMMENDED THAT THIS EXERCISE BE DONE WITH THE TXT IN THE FLAT OR IN THE FIRST INCLINED POSITION ONLY. Lie on your back on the glideboard and put the footstraps on your feet. With your legs straight and together, raise your legs so that your toes are pointing to the ceiling. Now press them downward to that your toes are pointing toward the wall behind the footbar, then continue around so that your legs are wide apart, then bring them back to pointing toward the ceiling. This should be a smooth transition, effectively making a circle with your legs. Depending on your flexibility, the circles can be large or small. Do 20 reps of this exercise, then reverse the direction of the circles and do 20 reps in that direction.



## 15. Frog Legs (using foot straps)

IT IS RECOMMENDED THAT THIS EXERCISE BE DONE WITH THE TXT IN THE FLAT OR IN THE FIRST INCLINED POSITION ONLY. Lie on your back on the glideboard and put the footstraps on your feet. With your legs straight toward the wall behind the footbar, flex your feet so that your toes are pointing outward. Now, bend your knees so they are pointing outward (like a frog). Then press your legs back toward the footbar until they are back together. Do 20 reps of this exercise.



## 16. Bridge

Lie on your back on the glideboard with your feet on the footbar. The more cable resistance you use, the easier this exercise is to do. Now lift your body off the glideboard, leaving only your shoulders and head still touching the glideboard. Do 10-15 reps of this exercise. To make this even harder, try using only one foot on the footbar with the other leg up in the air.

