Women's 6-8 Minute Workout
Days 1 & 2

total gym
WORKOUT PROGRAM

The following 6 programs have been designed to maximize the time spent on your Total Gym. Follow the program and exercises as you workout with Rosalie Brown in the 6-8 Minute Workout video, or use the following sheets as a reference when you can't watch the workouts.

Day 1 Workout

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	7	Pull-Up			
	26	Leg Curl: Lying or Seated			
	52	Sit-Up			
	8	Chin-Up			
	26	Leg Curl: Lying or Seated			
	52	Sit-Up			
		Standing Aerobic			
	62	Step 1: Arm Pulldown			
	62	Step 2: Arm Pulldown w/ Rotating Thumbs			
	63	Step 3: Snow Angel/Iron Cross			
	64	Step 4: Arm Pullover			
	65	Step 5: Single Leg Pullover (switch)			
	65	Step 6: Single Leg Pullover w/ Rotating Thumbs (switch)			

Day 2 Workout

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	27	Squat			
	31	Calf Raise			
	29	Single Leg Squat (switch)			
	31	Single Leg Calf Raise (switch)			
	29	Single Leg Squat (switch)			
	31	Single Leg Calf Raise (switch)			
	29 31	Single Leg Squat into Single Leg Calf Raise (switch)			
	32	Hamstring Pull (switch)			

*Remember to consult a physician prior to beginning this or any exercise program. As your begin your program, take breaks and drink water as needed.

©2010 Total Gym Fitness LLC. For more information or product upgrades visit us online at www.TotalGymDirect.com. For additional workouts and product accessories visit us online at www.TotalGymCatalog.com. All workout cards can be found in the *Total Gym Training Deck* at www.TotalGymCatalog.com.

Women's 6-8 Minute Workout

Days 3 & 4

total gym WORKOUT PROGRAM

Day 3 Workout

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	9	Cross Cable Row			
	53	Sit-Up with Cables			
	9	Cross Cable Row			
	53	Sit-Up with Cables			
	54	Oblique Twister			
	52	Sit-Up			
		Seated Aerobic Routine			
	66	Step 1: Leg Curl w/ Seated Fly			
	67	Step 2: Leg Curl w/ Straight Arm Lift			
	68	Step 3: Leg Curl w/ Biceps Curl			
	68	Step 4: Leg Curl w/ Reverse Curl			
	69	Step 5: Leg Curl w/ Upright Row			
	70	Step 6: Leg Curl w/ Seated Surfer			
	84	Toe Touch Stretch			

Day 4 Workout

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	2	Seated Chest Press - Narrow grip			
	1	Seated Chest Press - Shoulder width grip			
	2	Seated Chest Press - Wide grip			
	10	Front Pullover			
	55	Crunches			
	12	Iron Cross/Snow Angel			
	55	Crunches (advanced - lift feet off bench)			
	2	Seated Chest Press - Narrow grip			
	1	Seated Chest Press - Shoulder width grip			
	2	Seated Chest Press - Wide grip			
		Standing Aerobic			
	62	Step 1: Arm Pulldown			
	62	Step 2: Arm Pulldown w/ Rotating Thumbs			
	63	Step 3: Snow Angel/Iron Cross			
	64	Step 4: Arm Pullover			
	65	Step 5: Single Leg Pullover (switch)			
	65	Step 6: Single Leg Pullover w/ Rotating Thumbs (switch)			

*Remember to consult a physician prior to beginning this or any exercise program. As your begin your program, take breaks and drink water as needed.

©2010 Total Gym Fitness LLC. For more information or product upgrades visit us online at www.TotalGymDirect.com. For additional workouts and product accessories visit us online at www.TotalGymCatalog.com. All workout cards can be found in the *Total Gym Training Deck* at www.TotalGymCatalog.com.

Women's 6-8 Minute Workout
Days 5 & 6

total gym
WORKOUT PROGRAM

Day 5 Workout

Date	Card #	Exercise Name	Incline Level	Reps (12-15)	Sets (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			

Day 6 Workout

Date	Card #	Exercise Name	Incline Level	Reps (12-15)	Sets (1-3)
	18	Inverted Iron Cross/Snow Angel			
	44	Lying Triceps			
	18	Inverted Iron Cross/Snow Angel			
	21	Front Deltoid/Lateral Raise			
	44	Lying Triceps			
		Seated Aerobic Routine			
	66	Step 1: Leg Curl w/ Seated Fly			
	67	Step 2: Leg Curl w/ Straight Arm Lift			
	68	Step 3: Leg Curl w/ Biceps Curl			
	68	Step 4: Leg Curl w/ Reverse Curl			
	69	Step 5: Leg Curl w/ Upright Row			
	70	Step 6: Leg Curl w/ Seated Surfer			
	84	Toe Touch Stretch			

*Remember to consult a physician prior to beginning this or any exercise program. As your begin your program, take breaks and drink water as needed.

©2010 Total Gym Fitness LLC. For more information or product upgrades visit us online at www.TotalGymDirect.com. For additional workouts and product accessories visit us online at www.TotalGymCatalog.com. All workout cards can be found in the *Total Gym Training Deck* at www.TotalGymCatalog.com.