

How to Create Your Total Gym® Elevate Circuit™ Full Body Workout



HELLO! I am here to guide you through a Total Gym Elevate Circuit workout. First, select an Elevate Circuit unit. Next, we'll take a closer look at the exercise placards located on every unit.

On the left side of each placard, there are small images of all 6 Elevate Circuit units. This visual map provides an order to move from unit to unit.

To understand the visual map, let's use the Core Trainer as an example starting point. Here, the Core Trainer image shows

a person exercising where as the other units are not in use. This signifies what unit you are currently using, or in other words YOU ARE HERE.

Under the Core Trainer ↓, you will see that the Press Trainer is your next stop. Then, the Jump Trainer and so forth.

If you start at the Row Trainer, proceed "up" ↶ to the top of the visual map to the Core Trainer and then continue down ↓.



ELEVATE CIRCUIT™
The Bodyweight Circuit for Every Body™

↓

CORE TRAINER

↓

PRESS TRAINER

↓

JUMP TRAINER

↓

PULL-UP TRAINER

↓

LEG TRAINER

↓

ROW TRAINER

TOTAL GYM® CORE TRAINER
Create your own Total Gym Elevate Circuit experience!

- Start with Exercise 1 on this unit; perform 10-20 reps or 30-45 seconds.
- Move to the next unit and perform Exercise 1, and transition through all the units until Round 1 is completed.
- Complete additional rounds with Exercises 2 through 6.

BEFORE EXERCISING: read all warning labels on the unit to avoid injury.

ELEVATE CIRCUIT™
The Bodyweight Circuit for Every Body™

1 BASIC SCRUNCH

2 DYNAMIC PLANK (OPTION: ELBOWS ON BOARD)

3 OBLIQUE SCRUNCH WITH KNEES (RIGHT SIDE)

4 OBLIQUE SCRUNCH WITH KNEES (LEFT SIDE)

5 INTERMEDIATE PLANK

6 INTERMEDIATE SCRUNCH

LOOKING FOR MORE EXERCISES?
totalgym.com/exercises.html

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< Visual Map

How to Create Your Total Gym® Elevate Circuit® Full Body Workout

**TOTAL GYM®
CORE TRAINER™**
Create your own workout circuit

1 **START** **FINISH**
BASIC SCRUNCH

2 **START** **FINISH**
DYNAMIC PLANK (OPTION: ELBOWS ON BOARD)

3 **START** **FINISH**
OBLIQUE SCRUNCH WITH KNEES (RIGHT SIDE)

4 **START** **FINISH**
OBLIQUE SCRUNCH WITH KNEES (LEFT SIDE)

5 **START** **FINISH**
INTERMEDIATE PLANK

6 **START** **FINISH**
INTERMEDIATE SCRUNCH

LOOKING FOR MORE EXERCISES?
Visit totalgym.com/coretrainersercises

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MUSCLES WORKED
■ Primary ■ Secondary

CORE TRAINER
PRESS TRAINER
JUMP TRAINER
PULL-UP TRAINER
LEG TRAINER
ROW TRAINER



Now that we know how to move from unit to unit, let's focus on the exercises. Start with **Exercise 1** and perform 10-20 reps or 30-45 seconds.

Then, move to the next unit and perform **Exercise 1** and transition through all Elevate Circuit units.

Once you are back at your starting unit, switch to **Exercise 2** and transition through all Elevate Circuit units.

Then, repeat the circuit and complete additional rounds with **Exercises 3 through 6**.



Now you're ready to elevate your workout with the Total Gym Elevate Circuit!