## **My Personal Programs**



As you work through these various programs, you may decide to create your own personal programs. Select exercises randomly or choose your Total Gym favorites. It's an easy and fun way to stay motivated!

## **My Personal Programs**

Date	Card #	Exercise Name	Resistance	Reps	Sets
Date	Caru #	LACICISE INAME	Resistance Level	ivebs	Jets
					<u> </u>

<sup>\*</sup>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.

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