

TOTAL GYM GTS/POWERTOWER DEMO INSTRUCTIONS

Start the demonstration with the pulley attached to the glideboard and the GTS on tower level 3-5 depending on the user's upper body strength and ability (*5 is difficult*). The pulley pins should be in position 2 or 3 (*inside middle or top*). Explain anchoring, and that you can move through many exercises just by changing the body position on the glideboard. Cue anchoring throughout the demo.

LYING SUPINE

Have participant grasp the handles and instruct them to sit at the bottom of the glideboard, facing the squat stand, and lie back into the arm pullover position. Ensure that the user's head is supported by the glideboard and the feet are resting on the bottom of the glideboard. Begin a lat pull down to warm up the shoulders. Then move to the arm pullover; instruct the participant to extend the arms overhead and in an arc motion bring the handles towards the thigh. Talk about bodyweight as the load is relative to the angle of the glideboard. Explain about back support and the unrestricted range of motion. Explain and coach unilateral and bilateral movements. Add the crunch movement to the arm pullover to demonstrate how the core is integrated. Have the participant try a few triceps press downs with both unilateral and static equilibrium variations.

LAT PULL DOWN



ARM PULLOVER



Lying Supine continues >

LYING SUPINE (CONTINUED)

PULLOVER CRUNCH



TRICEPS PRESS



SEATED FORWARD

Ask the participant to roll up into a seated position, still holding the handles, put both feet on the ground on the outside of the rails. Ask the participant to move toward the top of the glideboard into a seated position still facing the squat stand, feet and legs on the glideboard, either straight or with slightly bent knees. Instruct participant to begin the chest press exercise. Emphasize how this exercise as well as so many others recruits the stabilizer muscles of the core. Once again, explain unilateral vs. bilateral and static equilibrium speed training. Try the chest fly in this position as well.

CHEST PRESS



CHEST FLY





SEATED LATERAL

Ask the participant to move into a seated lateral position and begin torso rotation (start with elbows in at side to ensure form), unilateral chest fly and progressions toward horizontal shoulder abduction. The pulley pin placement should be in the 3rd position (inside top). Explain “functional” exercise. Torso rotation is an excellent “functional” exercise for a golfer. Remember to complete the same circuit on the other side to evenly train the body in both directions. You can also add in the unilateral fly and biceps curl.

TORSO ROTATION



SINGLE ARM CHEST FLY



HORIZONTAL SHOULDER ABDUCTION



SINGLE ARM BICEPS CURL





SEATED BACKWARD

Ask the participant to stand, keep the handles, face the tower and straddle the glideboard moving into a seated backward position. After you instruct the participant to start a seated row, explain that this type of training is efficient and effective by switching muscle groups and incorporating active rest (resting one muscle group while another is working). It is very easy to accommodate a 30-minute strength training routine for the entire body. Try a few reverse flys and biceps curls using the unilateral and static equilibrium variations.

SEATED ROW



REVERSE FLY



BICEPS CURL





SQUAT POSITION

Raise the incline up to level 6-8, detach the pulley from the glideboard and coach the participant into a squat position. Straddle the glideboard, push it up the rails, sit at the bottom and put feet on the squat stand, lie back ensuring that fingers can hold the bottom of the glideboard. Try bilateral and unilateral squats while cueing to maintain the spinal position (neutral) throughout the exercise. If appropriate, try a few plyometric squats and plyometric skiing and plyometric split squats. The benefit is working in a partial weight-bearing environment to reduce the compression on the joints.

SQUAT



UNILATERAL SQUAT



PLYOMETRIC SQUAT



LYING PRONE

While the participant is finishing up the plyometrics, move the LAT bars down to the pull-up position. Recommended incline level is 5-8. Instruct the participant into the pull-up position, lying prone facing the tower. Emphasize that most people cannot complete a 100% weight bearing pull-up. The Total Gym GTS allows a person to train safely at a level comfortable to them. "Work your way up the ladder".

PULL-UP



Finish the demonstration with specific exercises that would benefit that particular client.

LIST OF EXERCISES: refer to your *GRAVITY Personal Training Manual, Complete Exercise Library*

OVERALL DEMO:

1. Arm Pullover
2. Pullover Crunch
3. Triceps Press Down
4. Chest Press (with static equilibrium)
5. Torso Rotation (L)
6. Single Arm Chest Fly (R)
7. Horizontal Shoulder Abduction (L)
8. Torso Rotation (R)
9. Single Arm Chest Fly (L)
10. Seated Row
11. Reverse Fly
12. Biceps Curl
13. Squat
14. Plyometric Squat
15. Pull-up

BICEPS & TRICEPS ROUTINE:

1. Seated Biceps Curl
2. Static Seated Biceps Curl
3. Kneeling Triceps Kickback
4. Reverse Grip Static Kickback
5. Supine Biceps Curl
6. Static Supine Biceps Curl
7. Triceps Press Down
8. Static Triceps Press Down
9. Lateral Biceps Curl (R)
10. Lateral Triceps Extension (L)
11. Lateral Biceps Curl (L)
12. Lateral Biceps Curl (R)
13. Triceps Dip

CHEST & BACK ROUTINE:

1. Incline Push-up
2. Push-up
3. Decline Push-up
4. Push-up
5. Chest Press
6. Static Chest Press
7. Seated Row
8. Single Arm Row - both handles
9. Seated Cross Cable Row
10. Decline Chest Fly
11. Single Arm Chest Fly (R)
12. Single Arm Chest Fly (L)
13. Reverse Fly

ABDOMINALS ROUTINE

1. Surfer Lat Pull
2. Pullover Crunch
3. Cross Body Pullover Crunch
4. Seated Torso Rotation (L)
5. Seated Torso Rotation (R)
6. Kneeling Torso Rotation (L)
7. Kneeling Torso Rotation (R)
8. Bent Leg Incline Crunch
9. Bent Leg Oblique Crunch
10. Lying Leg Lift
11. Prone Jack Knife