

Total Gym Workout Chart



This training plan assumes four training days per week. You can change the order of your workouts or substitute exercises as you see fit. In addition, it is a good idea to consult your doctor before starting an active workout.

Day 1 Workout

Exercise Name	Reps	Sets
Pull-Up	15	3
Leg Curl: Lying or Seated	15	2
Sit-Up	10	3
Chin-Up	15	2

Day 2 Workout

Exercise Name	Reps	Sets
Shoulder Press	16	3
Seated Chest Press	14	3
Oblique Twister	10 (each side)	2
Arm Pullover	14	2

Day 3 Workout

Exercise Name	Reps	Sets
Seated Chest Fly	15	2
Lying Triceps Extension	14	3
Seated Biceps Curl	18	3
Upright Row	12	2

Day 4 Workout

Exercise Name	Reps	Sets
Seated Chest Fly	16	2
Jumping Squat	14	2
Calf Raise	18	3
Standing Lunge	14	2