

Exercise	Body Positon	Breathing & Technique	Form Cues	Variations	TG Levels
Lat Pull Down: Wide	Lying on your back with knees bent, feet on the glideboard, and arms reaching overhead toward the tower with palms face up.	Inhale to prepare or reach arms straight back toward the tower. Exhale to bend the elbows into the sides of the body.	Slide the shoulders away from the ears. Feel the back and front ribs slide down toward the pelvis. I.e. avoid lifting the ribs off the glideboard.	Palms face each other. Alternate the arms	
Abdominal Prep	Lying on your back with knees bent, feet on the glideboard, and elbows bent with hands by the shoulders.	Inhale to prepare. Exhale; lift the head and upper shoulders off the glideboard, bringing the ribs toward the hips.	Tighten pelvic floor then lower belly first before lifting the head. Watch for the lower belly pushing out. At the top of the movement, hold and reset by pulling the pelvic floor and lower belly in. Maintain a slight curve in your low back to allow for a neutral spinal	Arms by the sides elbows straight.	Raise incline for more strength focus.

			position.		
Lat Pull Down with Ab Prep	Lying on your back with knees bent, feet on the glideboard, and arms reaching overhead toward the tower with palms face up.	Inhale to prepare or reach arms straight back toward the tower. Exhale to bend the elbows into the sides of the body while lifting the head and shoulder gently off the glideboard.	Maintain the abdominal connection and ribs sliding toward the pelvis.	Arms by the sides elbows straight. For more intensity, legs can be in the air bent 90-90 or out straight.	Raise incline for more strength focus.
Bridging	Lying on your back with knees bent, feet on the glideboard, and arms reaching by your sides or up to the sky.	Inhale to prepare or lower the hips down onto the glideboard. Exhale to lift the hips straight up to the sky.	Press through the entire foot. Focus on reaching the knees over the toes to help avoid pushing back onto the neck.	Hold the bridge and move the pelvis/hips side to side. Perform a Hip Roll or Single Leg Bridge (See below).	Raise incline for more strength focus.
Cardio Pull: Alternating Legs	Lying on your back with arms reaching overhead toward the tower and feet on the squat stand with knees bent (i.e. squat position).	Inhale to prepare or straighten the arms toward the tower. Exhale while pulling the elbows into the sides and hands to shoulders bring one knee up to table top position with other foot on	Focus on keeping the core engaged. Watch for the lower belly pushing out while performing the exercise. If this occurs, slow the movement	Focus on one leg, then the other.	Raise incline for more strength focus.

		the squat stand and knee straightening.	down.		
Cardio Pull: Bicycle Jumps	Lying on your back with arms reaching overhead toward the tower and feet on the squat stand with knees bent (i.e. squat position). While pulling the elbows into the sides and hands to shoulders bring one knee up to table top position with other foot on the squat stand and knee straightening.	Inhale to prepare or straighten the arms toward the tower. Exhale while pulling the elbows into the sides and hands to shoulders, then bring one knee up to tabletop position with other leg jumping with leg straightening. Note: ensure that you are alternating sides with the breathing making it even.	Focus on keeping the core engaged. Watch for the lower belly pushing out while performing the exercise. If this occurs, slow the movement down.	Hold the jump and add on bicycling 2-5 more times.	For more intensity, legs can be in the air bent 90-90 or out straight.
Cardio Pull: Scissors	N/A	Inhale to prepare or straighten the arms toward the tower. Exhale while pulling the elbows into the sides and hands to shoulders bring one leg straight to the sky with other leg	Focus on keeping the core engaged. Watch for the lower belly pushing out while performing the exercise. If this occurs, slow the movement	Hold the jump and add on bicycling 2-5 more times.	Raise incline for more strength focus.

		jumping with leg straightening. Note ensure that you are alternating sides with the breathing making it even.	down.		
Hip Rolls	Lying on your back with knees bent, feet on the glideboard, and arms reaching by your sides or up to the sky.	Inhale to prepare or lower the hips slowly down onto the glideboard. Exhale to tuck the pelvis, low back, then mid back off the glideboard entering into a bridge position.	Maintain the shoulders pulling away from the ears. Focus on peeling the spine off the glideboard one vertebrae at a time.	Perform a bridge or single leg bridge (see above and below for details).	Raise incline for more strength focus.
Hundred faster breath	Lying on your back with knees bent, feet on the glideboard or table top, and arms straight reaching mid thigh level.	Inhale to prepare. Exhale to lift the head off the glideboard. Holding this position, inhale 5 times and exhale 5 times in a staccato like pattern 10 times.	Keep the glideboard as still as possible. Maintain the shoulders away from the ears and the core engaged.	Keep the head on the glideboard versus up. For more intensity, legs can be in the air bent 90-90 or out straight.	Raise incline for more strength focus.
Roll Up/Teaser	Lying on your back with knees bent, and feet in the air (i.e. tabletop)	Inhale to prepare. Exhale to sweep the arms out and	Focus on using the core versus momentum.	Roll Up can be done without using the cable and feet on the squat stand. Roll the spine	Raise incline for more strength focus.

	position and arms reaching overhead toward the tower.	around toward the hips while rolling the head, shoulders and back off the glideboard.		up to sitting then slowly roll back onto the glideboard. Note: higher incline levels are easier. Both feet on the glideboard during the roll up make the exercise harder because it takes away the use of momentum. During rolling up, allow the legs to drop toward the floor straddling the glideboard.	
Scooping	In a seated forward position with legs staggered or crossed and arms by the sides with elbows straight.	Inhale to prepare or return the arms back to the sides. Exhale to scoop the arms forward and up to shoulder level.	Focus on lifting the collarbones up toward the sky. Keep the crown of the head reaching toward the sky. Maintain the shoulders sliding away from the ears.	Alternate arms. Legs can be straight, slightly bent, straddling, self-spotting on the floor, or crisscrossed.	Raise incline for more strength focus.
Repeat the above or add on the following exercises					

Pullover	Lying on your back with knees bent, feet on the glideboard, and arms reaching overhead toward the tower with palms face up.	Inhale to prepare or reach arms, straight back toward the tower. Exhale to reach the arms toward mid-thigh while keeping the elbows straight.	Slide shoulders away from the ears. Maintain the core engaged.	For more intensity, legs can be in the air bent 90-90 or out straight.	Raise incline for more strength focus.
Pullover Crunch	Lying on your back with knees bent, feet on the glideboard, and arms reaching overhead toward the tower with palms face up.	Inhale to prepare or reach arms straight back toward the tower. Exhale to reach the arms toward mid-thigh while keeping the elbows straight and lifting the head and shoulders off the glideboard.	Focus on bringing the ribs toward the hips. Slide shoulders away from the ears. Maintain the core engaged.	For more intensity, legs can be in the air bent 90-90 or out straight. For greater core intensity, lift the head then bring the arms toward the sides, and when returning lead with the arms then the head.	Raise incline for more strength focus.
Single Leg Bridge	Lying on your back with one knee bent in the air in tabletop position, while the other knee is bent with the foot on the glideboard. Arms are reaching by	Inhale to prepare or lower the hips slowly down onto the glideboard. Exhale to press the hips up to the sky. Ensure you perform on both sides.	Focus on pressing through the entire foot.	Free leg can be 90-90 in table top, out straight to a diagonal, reaching toward the sky, or in a figure four with the ankle resting on the opposite knee. Perform a single leg hip roll with focus	Raise incline for more strength focus.

	your sides or up to the sky.			on peeling the spine off the glideboard versus pressing straight up.	
Cardio Pull: Tucks	Lying on your back with arms reaching overhead toward the tower and feet on the squat stand with knees bent (i.e. squat position).	Inhale to prepare or straighten the arms toward the tower. Exhale while pulling the arms toward the sides or elbows into the sides and hands to shoulders while bringing both knees into the chest.	Focus on keeping the core engaged. Watch for the lower belly pushing out while performing the exercise. If this occurs, slow the movement down.	Increase the number of tucks while jumping. Reach the legs to the sky versus to a diagonal to ease the movement, or help prevent compensations.	Raise incline for more strength focus.
Cardio Pull: Beats	Lying on your back with arms reaching overhead toward the tower and feet on the squat stand with knees bent (i.e. squat position).	Inhale to prepare or straighten the arms toward the tower. Exhale while pulling the arms toward the sides or elbows into the sides and hands to shoulders while keeping the legs straight and the click the heels three times.	Focus on keeping the core engaged. Watch for the lower belly pushing out while performing the exercise. If this occurs, slow the movement down.	Increase the number of beats. Reach the legs to the sky versus to a diagonal to ease the movement, or help prevent compensations.	
Cardio Pull: Stag/Peter	Lying on your back with arms reaching	Inhale to prepare or straighten the arms toward	Focus on keeping the core engaged.	Perform a stag to each side with each jump.	

Pan	overhead toward the tower and feet on the squat stand with knees bent (i.e. squat position).	the tower. Exhale while pulling the arms toward the sides or elbows into the sides and hands to shoulders while keeping one leg straight and out to the side, while the other will bend and make a figure four.	Watch for the lower belly pushing out while performing the exercise. If this occurs, slow the movement down.		
Hundred: Slow Breath	Lying on your back with knees bent, feet on the glideboard or table top, and arms straight reaching mid thigh level.	Inhale to prepare. Exhale to lift the head off the glideboard. Holding this position, inhale slowly for 5 counts and exhale 5 counts 10 times.	Keep the glideboard as still as possible. Maintain the shoulders away from the ears and the core engaged.	Keep the head on the glideboard versus up. For more intensity, legs can be in the air bent 90-90 or out straight.	Raise incline for more strength focus.
Roll Up/Teaser	See above				
Offering	In a seated forward position with legs staggered or crossed and arms by the sides with elbows straight.	Inhale to prepare or return the arms back to the sides. Exhale to scoop the arms forward and up to shoulder level then out to the sides to	Focus on lifting the collarbones up toward the sky. Keep the crown of the head reaching toward the	Alternate arms. Legs can be straight, slightly bent, straddling, self-spotting on the floor, or crisscrossed.	Raise incline for more strength focus.

		a T position.	sky. Maintain the shoulders sliding away from the ears.		
Spine Stretch forward	Seated backward facing the tower with legs staggered, cross or straight. Arms straighten toward the tower at shoulder height holding the handles.	Inhale to prepare or slowly return the spine to sitting. Exhale to slowly flex your head, upper and then mid back. Note maintain the pelvis in neutral position.	Focus on lifting the collarbones up toward the sky. Keep the crown of the head reaching toward the sky. Maintain the shoulders sliding away from the ears.	While seated upright and arms reaching toward the tower shoulder level, pull the arms straight back in a T position. Exercise can also be performed without the arm pulley.	Raise incline for more strength focus on the upper body or to increase the stretch.