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While lying down on the glideboard,  
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TOTAL GYM 1500 OWNER'S

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Total Gym 1500 Chest Workout The following exercises are for your chest muscles. You can perform these exercises on a daily basis to see changes in your body. Incline chest fly:

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Sit on the gliding board with knees bent.

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Total Gym 1500: Review, Workouts,  
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Total Gym even offers combination  
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areas with one exercise. It would take you dozens of machines at the gym to achieve the same workout that you can get in as little as 10 – 20 minutes per day on the Total Gym.

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## Exercises | Total Gym

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