Total-Body
Dumbbell
Workout

The Total Body Dumbbell Workout Organizer is very simple to use. It consists of the instructions for each exercise along with a graphic showing the exercise.

In addition is a simple log to keep track of when you do the workout.

The icons that navigate through the program are rather simple also and are explained below:

This is the NEW icon and will create a new entry in the LOG

This is the TRASH CAN and will DELETE the current LOG entry.

This is the LOG BOOK and will take you to the LOG screen.
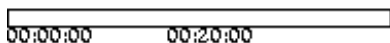
This is the TABLE OF CONTENTS ICON and that's where it will go.

This is the PICTURE icon and will take you to the graphic for the particular exercise.

These are the navigation keys and will take you to the next or previous page.

00:00:00   00:20:00

This is the time bar which shows you the elapsed time for the exercise on it's picture page.

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