

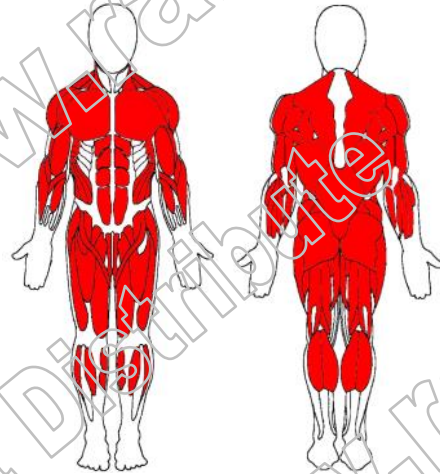
## EXERCISES

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- 01** Leg Press
- 02** Leg Extensions
- 03** Leg Curls
- 04** Shoulder Press
- 05** Lat Pulldown
- 06** Seated Chest Press
- 07** Crunches Machine

## TARGET MUSCLES

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## DETAILS

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- Goal** Hypertrophy / Tone
- Level** Beginner
- Sets** 2-3
- Reps** 8-12
- Rest** 1-2 minutes
- Load** 70-80% 1RM / 6-7 RPE
- Freq** 2X Week
- Prog** WP+10%
- Dur** 8-12 weeks
- Equip** Pin-selectors

## NOTES

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- Great for starting a new routine at the gym
- Read all machines instructions before exercising
- Modify any exercise based on your ability

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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# ROUTINE # 001

Frequency: 2 wk      Reps: 8-12  
Duration: 8-12 wks      Rest: 1-2 minutes  
Sets: 2-3      Load: 70-80% 1RM / 6-7 RPE



Leg Press



Leg Extensions



Leg Curls



Shoulder Press



Lat Pulldown



Seated Chest Press



Crunch Machine

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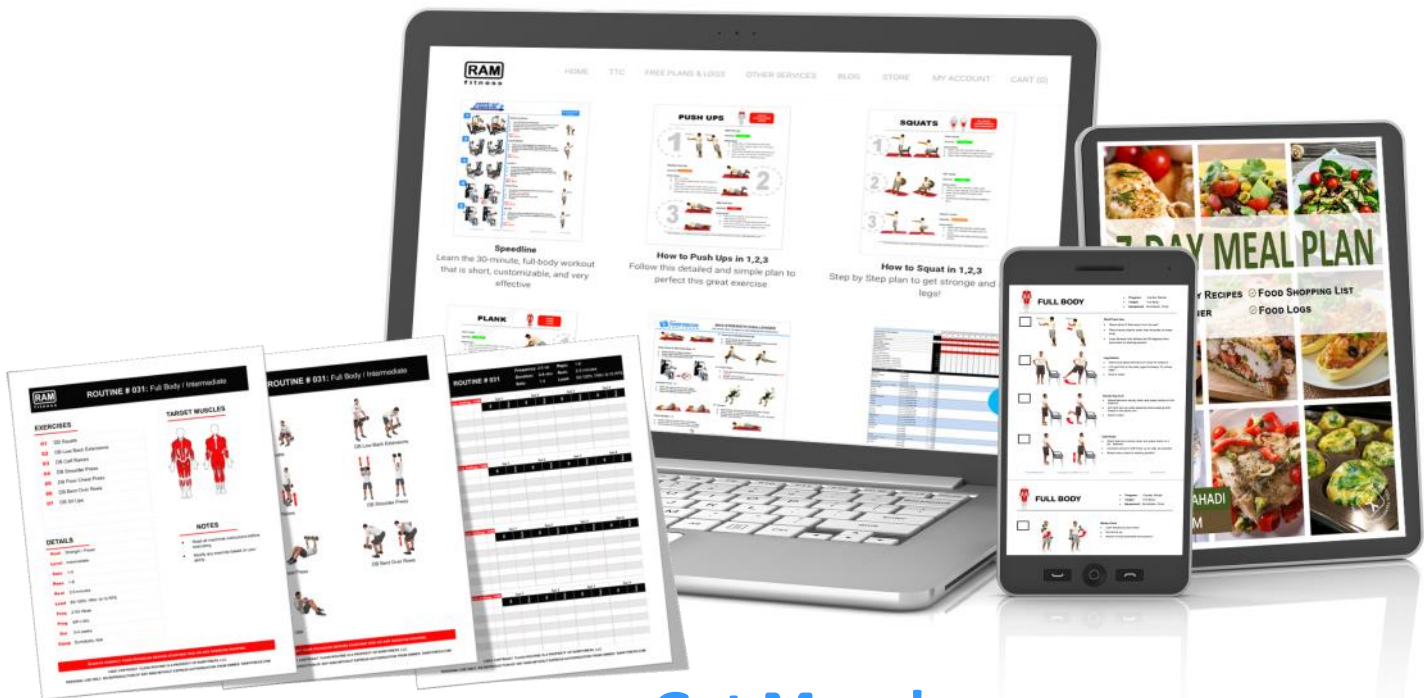
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Date:				Wt	Reps	Wt	Reps	Wt	Reps
Leg Press									
Leg Extensions									
Leg Curls									
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