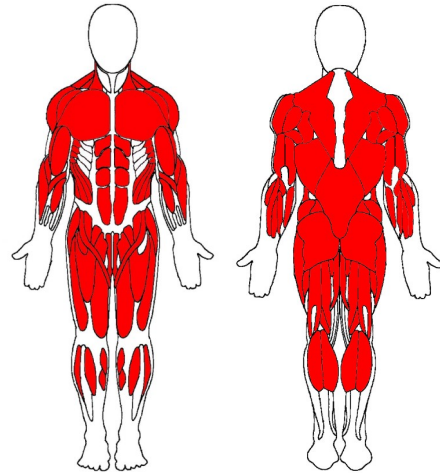


EXERCISES

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

TARGET MUSCLES



DETAILS

- 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

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

MORE INFO



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

©2019 COPYRIGHT FLASH ROUTINE IS A PROPERTY OF RAMFITNESS, LLC.

PERSONAL USE ONLY. NO REPRODUCTION OF ANY KIND WITHOUT EXPRESS AUTHORIZATION FROM OWNER. RAMFITNESS.COM



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

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3	
Date:				Wt	Reps	Wt	Reps	Wt	Reps
Leg Press									
Leg Extensions									
Leg Curls									
Shoulder Press									
Lat Pulldowns									
Seated Chest Press									
Crunches Machine									

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3	
Date:				Wt	Reps	Wt	Reps	Wt	Reps
Leg Press									
Leg Extensions									
Leg Curls									
Shoulder Press									
Lat Pulldowns									
Seated Chest Press									
Crunches Machine									

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3	
Date:				Wt	Reps	Wt	Reps	Wt	Reps
Leg Press									
Leg Extensions									
Leg Curls									
Shoulder Press									
Lat Pulldowns									
Seated Chest Press									
Crunches Machine									

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3	
Date:				Wt	Reps	Wt	Reps	Wt	Reps
Leg Press									
Leg Extensions									
Leg Curls									
Shoulder Press									
Lat Pulldowns									
Seated Chest Press									
Crunches Machine									