

ROUTINE # 001: Full Body / Beginner

EXERCISES

01 Leg Press

02 Leg Extensions

03 Leg Curls

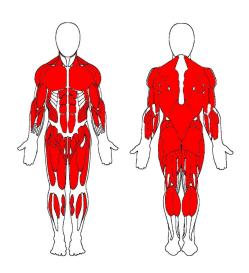
04 Shoulder Press

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.



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	W	Reps	Wt	Reps
Leg Press								
Leg Extensions								
Leg Curls								
Shoulder Press								
Lat Pulldowns								
Seated Chest Press								
Crunches Machine								
Week#: Day: Date:	Machine Settings 1RM Set 1			Set 2		Set 3		
			Wt	Reps	Wt	Reps	W	Reps
Leg Press								
Leg Extensions								
Leg Curls								
Shoulder Press								
Lat Pulldowns								
Seated Chest Press								
Crunches Machine								
Week#: Day:	Machine Settings 1RM				Set 2			
_	Machine Settings 1	RM	Se	et 1	Se		Se	
weeк#: Day: Date:	Machine Settings 1	RM	Se	et 1	Se	et 2	Se ₹	st 3
_	Machine Settings 1	RM						
Date:	Machine Settings 1	RM						
Date: Leg Press	Machine Settings 1	RM						
Date: Leg Press Leg Extensions	Machine Settings 1	IRM						
Date: Leg Press Leg Extensions Leg Curls	Machine Settings 1	IRM						
Date: Leg Press Leg Extensions Leg Curls Shoulder Press	Machine Settings 1	RM						
Date: Leg Press Leg Extensions Leg Curls Shoulder Press Lat Pulldowns	Machine Settings 1	RM						
Date: Leg Press Leg Extensions Leg Curls Shoulder Press Lat Pulldowns Seated Chest Press Crunches Machine Week#: Day:	Machine Settings 1		Wt	Set 1	Wf	Reps		Reps
Date: Leg Press Leg Extensions Leg Curls Shoulder Press Lat Pulldowns Seated Chest Press Crunches Machine			Wt	Set 1	Wf	Reps	Wf	t 3
Date: Leg Press Leg Extensions Leg Curls Shoulder Press Lat Pulldowns Seated Chest Press Crunches Machine Week#: Day:			Se	Reps	Se	Reps	Se	Reps
Date: Leg Press Leg Extensions Leg Curls Shoulder Press Lat Pulldowns Seated Chest Press Crunches Machine Week#: Day: Date:			Se	Set 1	Se	Reps	Se	t 3
Date: Leg Press Leg Extensions Leg Curls Shoulder Press Lat Pulldowns Seated Chest Press Crunches Machine Week#: Day: Date: Leg Press			Se	Set 1	Se	Reps	Se	t 3
Date: Leg Press Leg Extensions Leg Curls Shoulder Press Lat Pulldowns Seated Chest Press Crunches Machine Week#: Day: Date: Leg Press Leg Extensions			Se	Set 1	Se	Reps	Se	t 3
Date: Leg Press Leg Extensions Leg Curls Shoulder Press Lat Pulldowns Seated Chest Press Crunches Machine Week#: Day: Date: Leg Press Leg Extensions Leg Curls			Se	Set 1	Se	Reps	Se	t 3
Date: Leg Press Leg Extensions Leg Curls Shoulder Press Lat Pulldowns Seated Chest Press Crunches Machine Week#: Day: Date: Leg Press Leg Extensions Leg Curls Shoulder Press			Se	Set 1	Se	Reps	Se	t 3