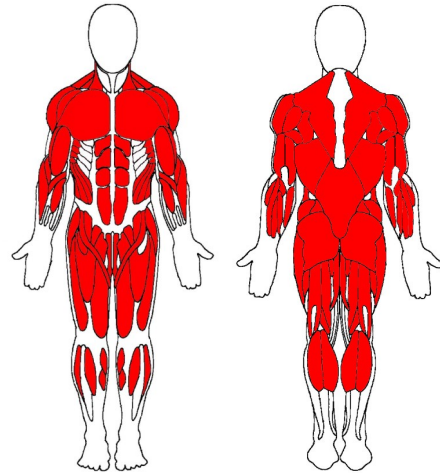


EXERCISES

- 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** Muscular Endurance
- Level** Beginner
- Sets** 3-4
- Reps** 15-25+
- Rest** 30-45 seconds
- Load** 50-70% 1RM / 4-7 RPE
- Freq** 2-3X Week
- Prog** WP+10%
- Dur** 4-8 weeks
- Equip** Pin-selectors

NOTES

- Read all machines instructions before exercising
- Modify any exercise based on your ability

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



Leg Press



Leg Extensions



Leg Curls



Shoulder Press



Lat Pulldown



Seated Chest Press



Crunch Machine

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

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ROUTINE # 002

Frequency: 2-3 wk **Reps:** 15-25+
Duration: 4-8 wks **Rest:** 30-45 seconds
Sets: 3-4 **Load:** 50-70% 1RM / 4-7 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 | | | | | | | | | |

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