

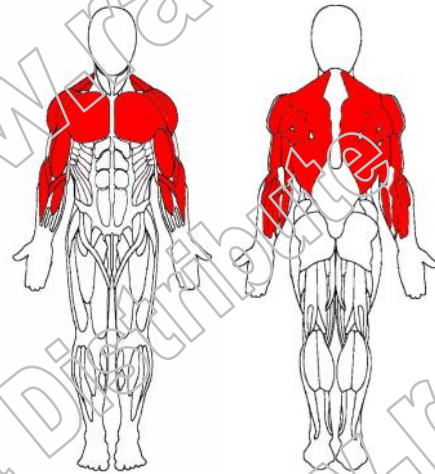
## EXERCISES

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- 01** Lat Pulldown
- 02** Shoulder Press
- 03** Seated Rows
- 04** Seated Chest Press
- 05** Machine Shrugs
- 06** Biceps Curls Machine
- 07** Triceps Extensions 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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- Read all machines instructions before exercising
- Modify any exercise based on your ability

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



# ROUTINE # 003: Upper Body / Beginner



Lat Pulldown



Shoulder Press



Seated Rows



Seated Chest Press



Machine Shrugs



Biceps Curls Machine



Triceps Extensions Machine

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

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# ROUTINE # 003

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
Lat Pulldown									
Shoulder Press									
Seated Rows									
Seated Chest Press									
Machine Shrugs									
Biceps Curls Machine									
Triceps Extension Machine									

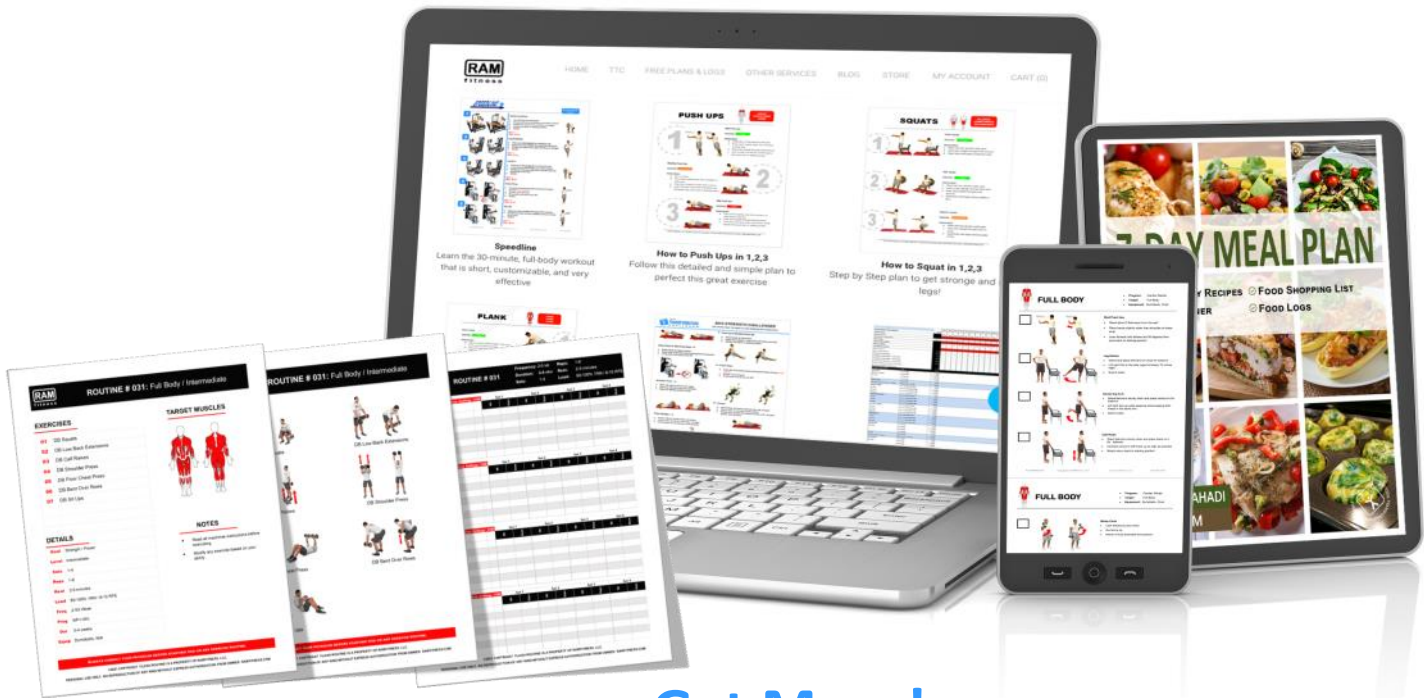
Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3	
Date:				Wt	Reps	Wt	Reps	Wt	Reps
Lat Pulldown									
Shoulder Press									
Seated Rows									
Seated Chest Press									
Machine Shrugs									
Biceps Curls Machine									
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Shoulder Press									
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