

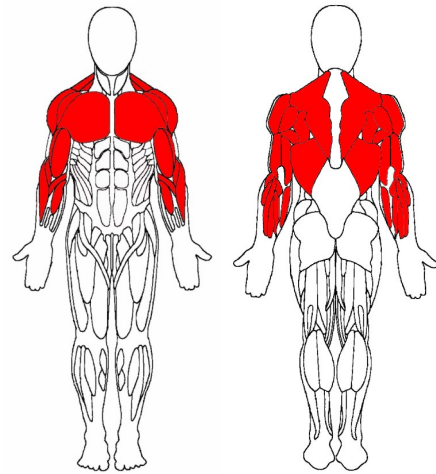
## EXERCISES

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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

MORE INFO



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



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

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