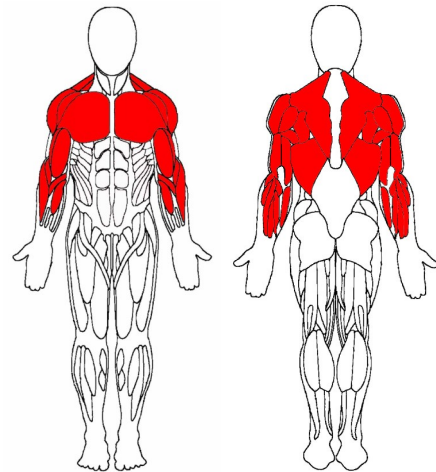


EXERCISES

- 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



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

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

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



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									
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									
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									
Triceps Extension Machine									

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