

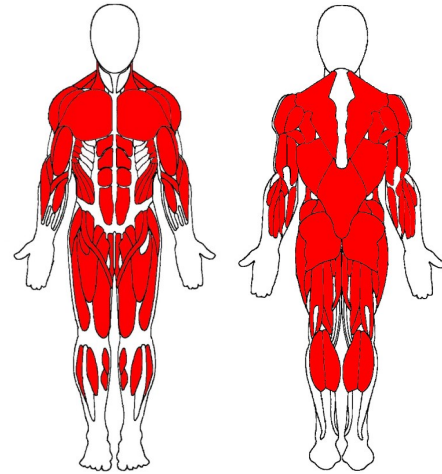
## EXERCISES

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- 01** Smith Machine Squats
- 02** Leg Curls
- 03** Leg Extensions
- 04** Smith Machine Shoulder Press
- 05** Lat Pulldown
- 06** Smith Machine Chest Press
- 07** Hanging Leg Raises
- 08** DB Low Back Extensions

## TARGET MUSCLES

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## DETAILS

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- Goal** Strength / Power
- Level** Intermediate
- Sets** 1-4
- Reps** 1-6
- Rest** 2-5 minutes
- Load** 80-100% 1RM / 8-10 RPE
- Freq** 2-5X Week
- Prog** WP+10%
- Dur** 3-4 weeks
- Equip** Pin-selectors, Dumbbells

## 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.**



Smith  
Machine  
Squats



Leg Curls



Leg  
Extensions



Smith  
Machine  
Shoulder  
Press



Lat Pulldown



Smith  
Machine  
Chest Press



Hanging Leg  
Raises



DB Low Back  
Extensions

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



# ROUTINE # 007

**Frequency:** 2-5 wk    **Reps:** 1-6  
**Duration:** 3-4 wks    **Rest:** 2-5 minutes  
**Sets:** 1-4    **Load:** 80-100% 1RM / 8-10 RPE

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Smith Machine Squats											
Leg Curls											
Leg Extensions											
Smith Machine Shoulder Press											
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