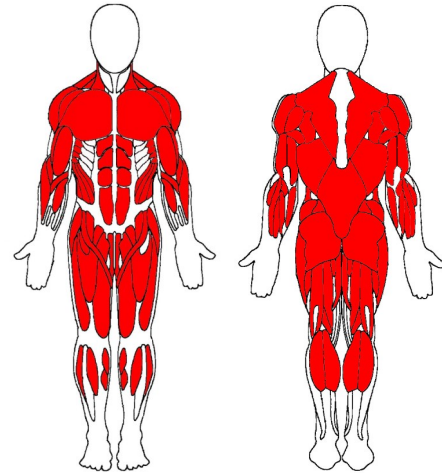


EXERCISES

- 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



DETAILS

- Goal** Hypertrophy / Tone
- Level** Intermediate
- Sets** 2-6
- Reps** 8-12
- Rest** 1-2 minutes
- Load** 70-80% 1RM / 6-7 RPE
- Freq** 1-3X Week
- Prog** WP+10%
- Dur** 8-12 weeks
- Equip** Pin-selectors, Dumbbells

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.



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 # 008

Frequency: 1-3 wk **Reps:** 8-12
Duration: 8-12 wks **Rest:** 1-2 minutes
Sets: 2-6 **Load:** 70-80% 1RM / 6-7 RPE

| Week#: | Day: | Machine Settings | 1RM | Set 1 | | Set 2 | | Set 3 | | Set 4 | | Set 5 | | Set 6 | |
|------------------------------|------|------------------|-----|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|
| | | | | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps |
| Date: | | | | | | | | | | | | | | | |
| Smith Machine Squats | | | | | | | | | | | | | | | |
| Leg Curls | | | | | | | | | | | | | | | |
| Leg Extensions | | | | | | | | | | | | | | | |
| Smith Machine Shoulder Press | | | | | | | | | | | | | | | |
| Lat Pulldown | | | | | | | | | | | | | | | |
| Smith Machine Chest Press | | | | | | | | | | | | | | | |
| Hanging Leg Raises | | | | | | | | | | | | | | | |
| DB Low Back Extensions | | | | | | | | | | | | | | | |

| Week#: | Day: | Machine Settings | 1RM | Set 1 | | Set 2 | | Set 3 | | Set 4 | | Set 5 | | Set 6 | |
|------------------------------|------|------------------|-----|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|
| | | | | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps |
| Date: | | | | | | | | | | | | | | | |
| Smith Machine Squats | | | | | | | | | | | | | | | |
| Leg Curls | | | | | | | | | | | | | | | |
| Leg Extensions | | | | | | | | | | | | | | | |
| Smith Machine Shoulder Press | | | | | | | | | | | | | | | |
| Lat Pulldown | | | | | | | | | | | | | | | |
| Smith Machine Chest Press | | | | | | | | | | | | | | | |
| Hanging Leg Raises | | | | | | | | | | | | | | | |
| DB Low Back Extensions | | | | | | | | | | | | | | | |

| Week#: | Day: | Machine Settings | 1RM | Set 1 | | Set 2 | | Set 3 | | Set 4 | | Set 5 | | Set 6 | |
|------------------------------|------|------------------|-----|-------|------|-------|------|-------|------|-------|------|-------|------|-------|------|
| | | | | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps |
| Date: | | | | | | | | | | | | | | | |
| Smith Machine Squats | | | | | | | | | | | | | | | |
| Leg Curls | | | | | | | | | | | | | | | |
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| Smith Machine Chest Press | | | | | | | | | | | | | | | |
| Hanging Leg Raises | | | | | | | | | | | | | | | |
| DB Low Back Extensions | | | | | | | | | | | | | | | |