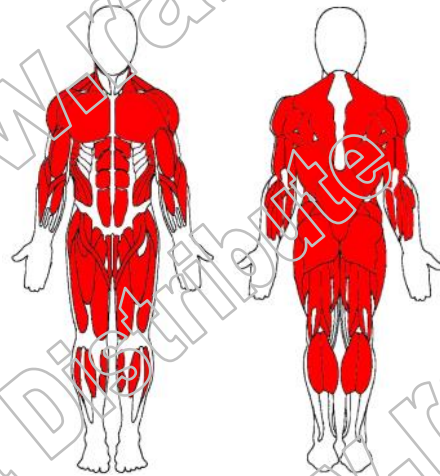


EXERCISES

- 01** Cable Squats
- 02** Cable Lunges
- 03** Cable Calf Raises
- 04** Cable Lat Pulldown
- 05** Cable Standing Mid Rows
- 06** Cable Lateral Raises
- 07** Cable Chest Press
- 08** Cable Kneeling Crunches

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** Resistance Cables

NOTES

- Great for starting a new routine at home
- Modify any exercise based on your ability

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

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ROUTINE # 101

Frequency: 2 wk

Reps: 8-12

Duration: 8-12 wks

Rest: 1-2 minutes

Sets: 2-3

Load: 70-80% 1RM / 6-7 RPE



Cable Squats



Cable Lunges



Cable Calf Raises



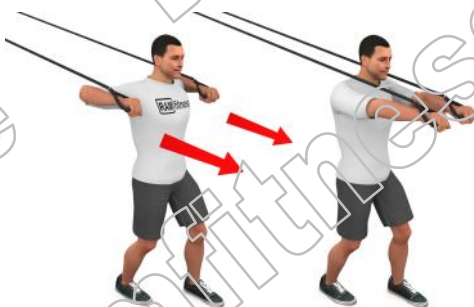
Cable Lat Pulldown



Cable Standing Mid Rows



Cable Lateral Raises



Cable Chest Press



Cable Kneeling Crunches

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ROUTINE # 101

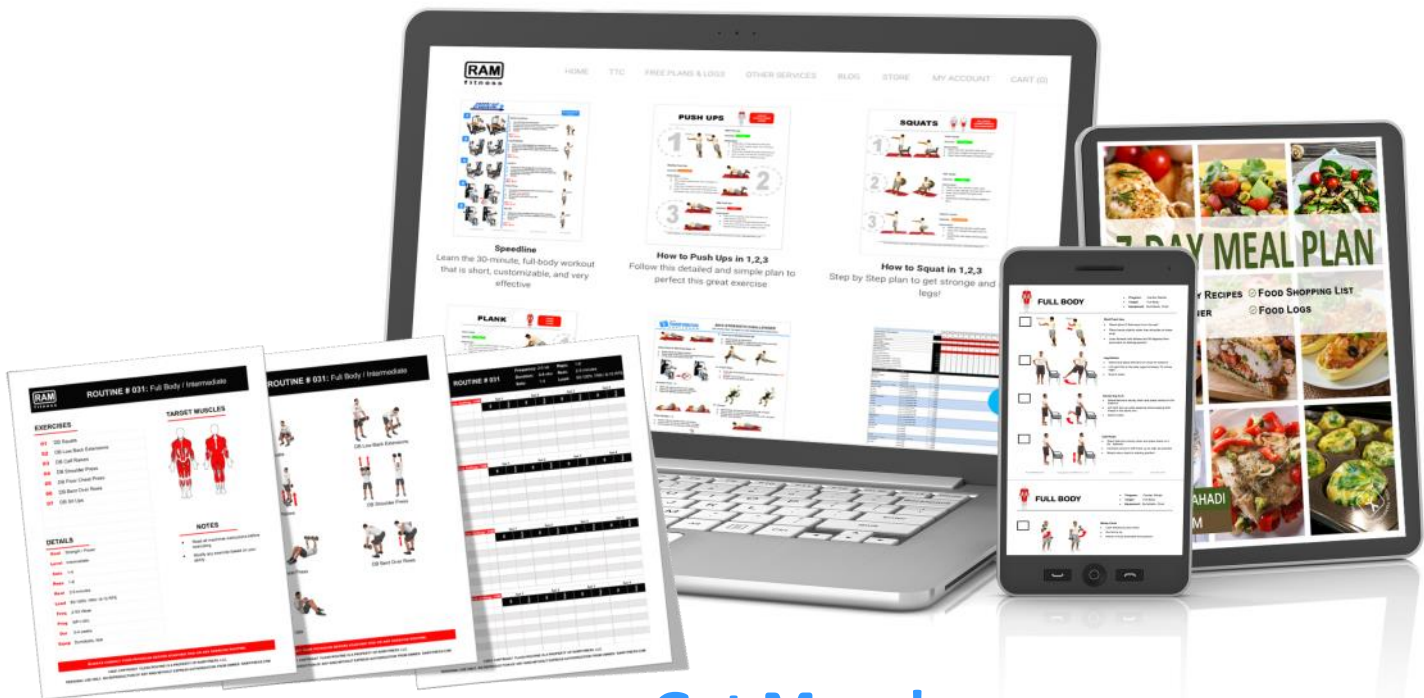
Frequency: 2 wk Reps: 8-12
Duration: 8-12 wks Rest: 1-2 minutes
Sets: 2-3 Load: 70-80% 1RM / 6-7 RPE

Week#:	Day:	Date:	Machine Settings	1RM	Set 1		Set 2		Set 3	
					Wt	Reps	Wt	Reps	Wt	Reps

Week#:	Day:	Date:	Machine Settings	1RM	Set 1		Set 2		Set 3	
					Wt	Reps	Wt	Reps	Wt	Reps

Week#:	Day:	Date:	Machine Settings	1RM	Set 1		Set 2		Set 3	
					Wt	Reps	Wt	Reps	Wt	Reps

Week#:	Day:	Date:	Machine Settings	1RM	Set 1		Set 2		Set 3	
					Wt	Reps	Wt	Reps	Wt	Reps



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