



FULL BODY

Equipment: Pin-Selector
Weight Machines.

Time: 1set: 15 min, 2sets:
25 min, 3sets: 35 min

BEGINNER

STRETCH



Seated Leg Press

- Sit with feet hip-width apart
- Bring seat forward until knees are close to chest
- Exhale and press back until legs are straight
- Inhale and return to starting position
- Stretch

Sets: 1-3 Rep: 10-15



Leg Extension

- Sit back and place feet behind pad
- Knees should align with machine axis of rotation (see red arrow)
- Exhale and extend your legs until they are straight
- Stretch

Sets: 1-3 Rep: 10-15



Leg Curl

- Sit down and place feet on top of the pad
- Knees should align with machine axis of rotation (see red arrow)
- Exhale and curl legs down as far as possible
- Stretch

Sets: 1-3 Rep: 10-15



Lat Pulldown

- Grab handles and sit down
- Lean back slightly while keeping back straight
- Exhale and pull bar down to chin level
- Never pull bar behind neck!
- Stretch

Sets: 1-3 Rep: 10-15





STRETCH



Mid Rows

- Extend arms fully and reach for handles
- Keep back straight. Exhale and pull back as far as possible
- Stretch

Sets: 1-3 Rep: 10-15



Chest Press

- Adjust the height of the seat so that the handles are at middle-of-the-chest line
- Exhale and push out until arms are extended
- Stretch

Sets: 1-3 Rep: 10-15



Shoulder Press

- Adjust seat height to align handles with shoulders
- Press up until arms fully extended.
- Don't arch back
- Lower weight back until elbows are 90°. Repeat
- Stretch

Sets: 1-3 Rep: 10-15



Basic Crunch

- Sit down and adjust seat height so chest pad aligns with center of chest
- Exhale and contract the abdominal area to move the chest pad down
- Stretch

Sets: 1-3 Rep: 10-15





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