

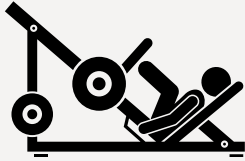


GYM EXERCISES

FITNESSMAKEOVER.COM

Warm-up:

First set is always lighter—this is just to prep your joints and form.



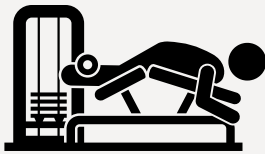
Leg Press

Leg Press

1-3 sets

8-15 reps

30-60 seconds rest between sets



Lying Leg Curl

Lying Leg Curl or Seated Leg Curl

1-3 sets

6-10 reps

30-60 seconds rest between sets



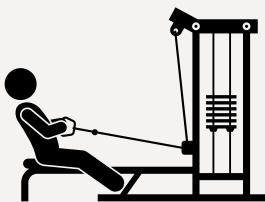
Front Pulldown

Front Pulldown

1-3 sets

8-12 reps

30-60 seconds rest between sets



Row

Seated Cable Row or Machine Row

1-3 sets

8-12 reps

30-60 seconds rest between sets



Chest Press

Chest Press

1-3 sets

8-15 reps

30-60 seconds rest between sets

WORKOUT LOG: WEEK 1

COMPLETE THIS WORKOUT 3X THIS WEEK ON NON-CONSECUTIVE DAYS.

FOCUS: LEARN THE MOVEMENT PATTERN CUE: MOVE SLOWLY AND STAY CONTROLLED
WHEN YOU HIT THE TOP OF THE REP RANGE INCREASE WEIGHT 1 INCREMENT.

WORKOUT 1 WORKOUT 2 WORKOUT 3

	DATE			
EXERCISE	SET	WGT X REPS	WGT X REPS	WGT X REPS
LEG PRESS	WARMUP			
10-15 reps	SET 1			
60 seconds rest	SET 2			
LYING LEG CURL	WARMUP			
10-12 reps	SET 1			
60 seconds rest	SET 2			
FRONT PULLDOWN	WARMUP			
10-12 reps	SET 1			
60 seconds rest	SET 2			
ROW	WARMUP			
10-12 reps	SET 1			
60 seconds rest	SET 2			
CHEST PRESS	WARMUP			
10-12 reps	SET 1			
60 seconds rest	SET 2			