

BEGINNER MACHINE WORKOUTS



OLI BATES COACHING

WORKOUT 1	WORKOUT 2	WORKOUT 3
Chest Press Machine 3 sets 8-12 reps Leg Extension 3 sets 8-12 reps Lat Pull Down 3 sets 8-12 reps Leg Curl 3 sets 8-12 reps Shoulder Press 3 sets 8-12 reps Tricep Push Down 3 sets 8-12 reps	Machine Chest Press 3 sets 8-12 reps Leg Press 3 sets 8-12 reps Shoulder Press 3 sets 8-12 reps Lat Pull Down 3 sets 8-12 reps Cable Bicep Curls 3 sets 8-12 reps Tricep Push Down 3 sets 8-12 reps	Single Leg Press 3 sets 8-12 reps Push Ups 3 sets 8-12 reps Leg Curl 3 sets 8-12 reps Machine Cable Rows 3 sets 8-12 reps Cable Bicep Curls 3 sets 8-12 reps Plank Hold 2 sets Hold as long as you can

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MEN'S BODY CONFIDENCE COACH