

# INTRODUCTORY PROGRAM MACHINES (Advanced)

## LEGEND:

**DB** = Dumbbell

**BB** = Barbell

**FB** = Fit Ball

**MB** = Medicine Ball

**HS** = Hammer Strength machine

**SS** = Super Set

**FL** = Floor

| MACHINE No.   | SEAT No. | EXERCISE               | SETS | REPS    | WEIGHT |
|---|----------|------------------------|------|---------|--------|
| <b>WARM UP 3- 5 min on Cardio Equipment (Rower, Treadmill, Bike or X Trainer)</b> |          |                        |      |         |        |
| 25  |          | 45° Leg Press          | 2    | 10 - 18 |        |
| 14  |          | Assisted Chin Up       | 2    | 10 - 18 |        |
| 15  |          | HS Incline Chest Press | 2    | 10 - 18 |        |
| <b>5 - 10min Cardio</b>   |          |                        |      |         |        |
| 2   |          | Leg Curl               | 2    | 10 - 18 |        |
| 1   |          | Leg Extension          | 2    | 10 - 18 |        |
| 19  |          | HS Lat Pull Down       | 2    | 10 - 18 |        |
| 7   |          | Pec Flys               | 2    | 10 - 18 |        |
| <b>5 - 10min Cardio</b>   |          |                        |      |         |        |
| FL  |          | Plank                  | 2    | MAX     |        |
|   |          | Back extension         | 2    | 10 - 18 |        |
|   |          |                        |      |         |        |
| <b>Complete all stretches. Hold Each for 15—20 sec</b>                            |          |                        |      |         |        |



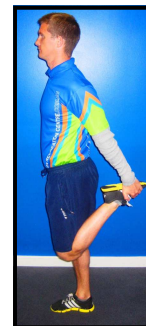
### CHEST

- Interlock fingers together
- Push down & back opening up the chest



### HAMSTRINGS

- One leg straight, one bent
- Hands on bent knee
- Lean down



### QUADRICEPS

- Pull back one foot
- Knees together
- Stand tall



### BACK

- Interlock hands together
- Drop the head
- Push out opening up the back



### SHOULDER

- One arm across the chest
- Opposite arm holds and pulls across keeping the chest upright



### CALVES

- Large step apart
- Feet flat on the ground
- Lean forward