

INTRODUCTORY PROGRAM

FREE WEIGHTS



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
WARM UP 3- 5 min on Cardio Equipment (Rower, Treadmill, Bike or X Trainer)					
BB/21		BB Squats	2	10 - 18	
DB		DB Chest Press	2	10 - 18	
		T-bar Row	2	10 - 18	
5 - 10min Cardio					
25		45° Leg Press	2	10 - 18	
15		Incline Chest Press	2	10 - 18	
28		Lat Pull Down	2	10 - 18	
5 - 10min Cardio					
FL		Plank	2	MAX	
		Back Extension	2	10 - 18	
Complete all stretches. Hold Each for 15—20 sec					



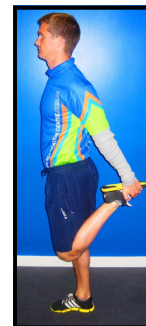
CHEST

- 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