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BASIC FREE-WEIGHT AND MACHINE WORKOUT

Name: 

Date: _____

(Please Circle a Workout Group)

Workout #1

- Day 1.- Chest, Triceps
- Day 2.- Back, Biceps, Shoulders
- Day 3.- Legs, Calves, Abs

Workout #2

- Day 1.- Chest, Back, Shoulders
- Day 2.- Biceps, Triceps, Abs
- Day 3.- Legs, Calves, Abs

Workout #3

- Day 1.- Chest, Biceps, Shoulders
- Day 2.- Legs, Calves
- Day 3.- Triceps, Back, Abs

Notes

Chest

- Flat bench (Dumbbells, every other time)
- Incline bench (Dumbbells, every other time)
- Decline bench (Dumbbells, every other time)
- Peck Deck (or Dumbbell Flies) Rotate with Fly's
- Flat bench Fly's (Dumbbells, every other time)
- Machine Press (Dumbbells, every other time)
- Hammer strength Decline Press

Biceps

- Preacher Dumbbell, and Bar Curls
- Standing Arm Blaster Curls
- Standing Dumbbell Curls
- Seated Dumbbell Curls (Supination, Pronation)
- Preacher Cable Curls
- Standing Cable Curls
- One Arm Dumbbell-bent over-between legs curls
- Lat Pull Down (front, supination grip)

Triceps

- Triceps Machine
- Seated overhead two arm extension
- Lying down Bentover One-Dumbbell Extensions
- French Press-Nose Busters (with curl bar, or straight bar)
- Push Downs (with V-bar)

Push Downs (with rope)
Seated Dips-with weight on lower Abs.
One Arm Dumbbell Kickbacks
One arm dumbbell kickbacks

Back

Lower Back Machine
Seated Rows-straight bar/v-bar handles
Dead Lifts
Lat. Pull Down(Front or behind neck)
Dumbbell Rows Cable
Smith Bar Standing Bent-over bar Rows
Chin Ups
Pull-over Machine
One arm dumbbell bent over rows

Legs

Hack Squat Machine
Lunges (with dumbbells or bar)
Leg Press (feet pointing in & out a little each set)
Straight Legged Dead lifts
Squats (Smith Machine)
Leg Extension-Only halfway down,
Leg Curl
Lifts-Calves-with sit down machine
Lifts-Calves on steps-stretch dorsiflexion (heel down)
to stretch calves, then crunch Plantar Flexion(heel up) at top.
Rest for only 1-1 1/2 minutes then jump rope on toes for 8-10 minutes.
Calf Raise Machine
Standing dumbbell lateral flexion

Abs

Cable Rope Crunches (front and sides)
Abdominal Machine
Incline Leg Raises-crunching abs
Leg lift-sit ups
Half sit ups-crunches (front and sides)or hanging
1. 10x
2. 15-20
3. 6-8
4. 8-10x
Hanging leg lifts or half sit ups on decline bench
Rotary Torso Machine

Shoulders

Lateral Raises (machine or dumbbells)
Military Press machine
Front Raises (machine or dumbbells) palms up

Cardio

Elliptical Trainer
Treadmill
Elliptical Seated Bike
Rowing Machine
Box steps for 5 minutes
