

PROGRAM #1**FOUNDATION...Beginners**

Learn principles and techniques
 Use easy, convenient machines
 Learn first battery of exercises
 Build a base of strength & flex

***All three programs alternate lower and upper body exercises to decrease joint stress and allow proper rest.**

1. Leg Press
2. Shoulder Press (machine)
3. Leg Extension (fixed or F.M.)
4. Chest Press (machine)
5. Leg Curl (machine)
6. Lat Pulldown (machine)
7. Hip Extension (Free Motion)
8. High & Low Rows
9. Abductor (Outer Thigh)
Adductor (Inner Thigh)
10. Tricep Pushdown
11. Back Extension (machine)
12. Bicep Curls w/ Dbs.
13. Abdominals:
 - a. Crunches
 - b. Rotations
 - c. Reverse Crunches

Months 1 & 2 of program

PROGRAM #2**INTERMEDIATE**

Progress to freestyle and free wts.
 Develop core strength & stability
 Learn a new battery of exercises
 Develop functional movement

1. Smith Machine Squats or
Lift Machine Squats
2. Shoulder Press w/ Dbs
3. Smith Machine Lunges or
Lift Machine Lunges
4. Chest Flyes
5. Leg Curl (Free Motion)
6. One-Arm Bent Over Row
7. Hip Extension on
Roman Chair apparatus
8. Seated Cable Row
9. Standing Side Leg Lifts w/
Ankle Wts. & Pillow Squeezes
10. Tricep Extension (Overhead)
11. Back Extension (Apparatus)
12. Bicep Curls w/ Low Pulley
13. Abdominals:
 - a. Theracrunch machine
 - b. Knee-flopped Crunches
 - c. 4-Count Reverse Butt Lifts

Months 3 & 4 of program

PROGRAM #3**ADVANCED**

Advance to more challenging W/O
 Continue to develop the core (abs & back)
 Another new battery of exercises
 Continue to develop functional movement

1. Freestyle or Barbell Squats
2. Front/Side Arm Raises
3. Freestyle walking Lunges
4. Chest Press w/Dbs
5. Leg Curl w/ Ankle Weights
6. Assisted Chin Ups
7. Hip Extension w/ankle weights
8. Plate-Loaded Row Machine
9. Cable Pulley Leg Lifts
Cable Pulley Leg Pulls
10. Tricep Kickback
11. Dead Lifts on Lift Machine
12. Bicep Curls w/ EZ-Curl Bar
13. Abdominals:
 - a. VKR (vertical knee raises)
 - b. Side/Side knee fops
 - c. Straight Up Butt Lifts

Months 5 & 6 of program

Once you have done all three programs for two months each, alternate them each time you work out.