



BEGINNER FULL BODY PROGRAM

<i>Warm up 5 min</i>						
	Exercise	Sets	Reps	Wk 1	Wk 2	Wk 3
1	Leg Press	3	10/12			
2	Seated row	3	10/12			
3	Smith's machine squat	3	10/12			
4	Tricep pulldown	3	10/12			
5	Seated leg extension	3	10/12			
6	Reverse cable fly	3	10/12			
7	Lat pulldown	3	10/12			
8	Seated chest press	3	10/12			
9	Bicep curls	3	10/12			
10	Shoulder press	3	10/12			
		3	10/12			
	CORE EXERCISES					
	Sit ups	3	15			
	Leg lowers	3	15			
	Russian twist	3	15			

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1



2

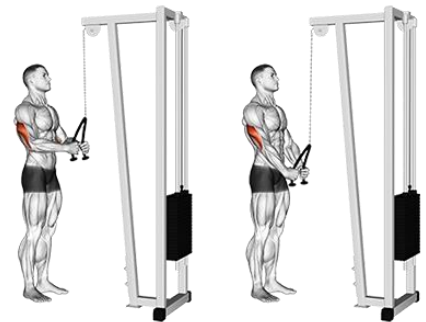


3

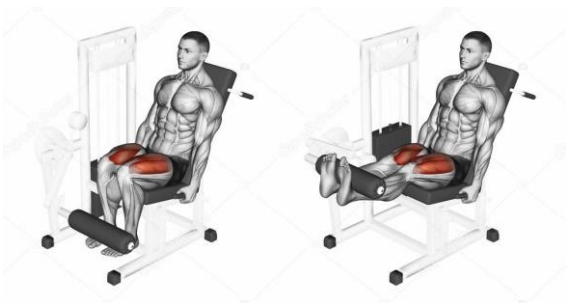
Smith machine chair squat



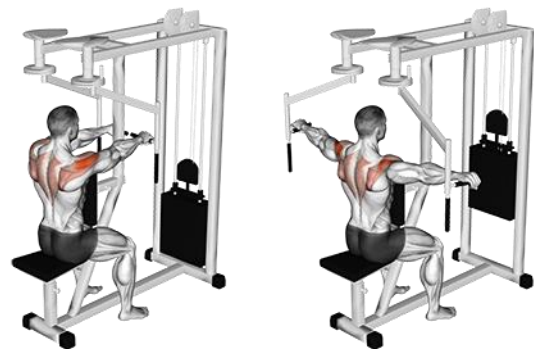
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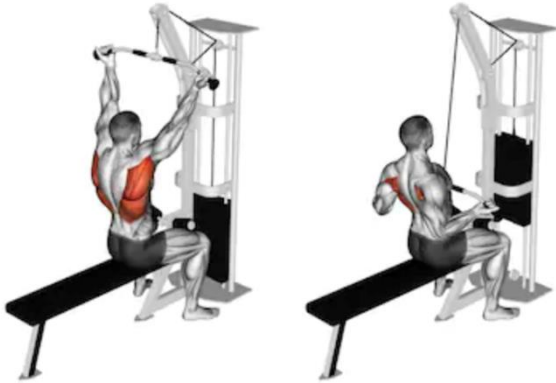


6



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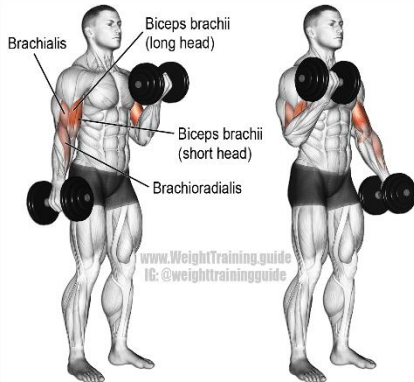
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8



9



10



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