

# 16 Week Gym Workout Program

\*\*Remember always keep your proper form on each and every set machine and sets.\*\*

## Week 1-4

## Customized Checkup

### Reps

#### Day 1

5-8 mins. warm-up on treadmill or bike

Working up to 1-3 set s of 15-20 reps on each machine

Try only 30-60 seconds rest between sets or isometric hold

1. Pull-over Machine

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10. Bicep Curl Machine

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2. Lower BackMachine

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3. Lat Pull Machine (down in front)

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30-45 mins. Cardio then Cool down and stretching

Intensity 30%

#### Day 2

5-8 mins. warm-up on treadmill or bike

Working up to 1-3 set s of 15-20 reps on each machine

Try only 30-60 seconds rest between sets or isometric hold

5. Leg Extension Machine

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6. Leg Curl Machine

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7. Abdominal Machine

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Kneeled Slider for sides

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12. Abduction/Adduction Machine

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30-45 mins. Cardio then Cool down and stretching

Intensity 30%

#### Day 3

5-8 mins. warm-up on treadmill or bike

Working up to 1-3 set s of 15-20 reps on each machine

Try only 30-60 seconds rest between sets or isometric hold

4. Deltoid Machine

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11. Triceps Extension Machine

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8. Shoulder Press Machine (front Handles)

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9. Vertical Butterfly Machine

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30-45 mins. Cardio then Cool down and stretching

Intensity 30%