

16 Week Gym Workout Program

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

Week 4-8

Customized Checkup

Reps

Day 1

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

3-4 set s of 12-15 reps on each

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

Rope Squats

Seated Leg Press (set toes out and set toes straight)

Glutes Press Machine

5. Leg Extension Machine

6. Leg Curl Machine (optional)

7. Abdominal Machine (floor or on ball)

Cable Rope Crunches (front and sides)

Lying Leg Lifts or Hip Flexors

12. Abduction/Adduction Machine

45-60 mins. Cardio then Cool down and stretching

Intensity 45%

Day 2

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

3-4 set s of 12-15 reps on each

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

4. Deltoid Machine

8. Shoulder Press Machine(front handles)

9. Vertical Butterfly Machine

10. Bicep Curl Machine

Seated Two Arm dumbbell Kickbacks

Machine Seated Push Downs

11. Triceps Extension

7. Abdominal Machine (floor or on ball)

Cable Rope Crunches (front and sides)

Lying Leg Lifts or Hip Flexors

45-60 mins. Cardio then Cool down and stretching

Intensity 45%

Day 3

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

3-4 set s of 12-15 reps on each

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

1. Pull-over Machine

Straight bar Seated rows (close grip)

2. Lower BackMachine

Bar Straight Leg Dead-lifts

3. Lat Pull Machine (down in front)(wide grip)
45-60 mins. Cardio then Cool down and stretching
Intensity 45%

