

Sample Workout Programs

The following workout program examples might provide you with a starting point. Try them out.

Aerobic Super Circuit:

	Exercise	Max Lift %	Reps
1.	Leg press	40	12
2.	Bench (arm) press	40	12
3.	Lat Pulldown	40	12
4.	Bicep curls	40	12
5.	Leg extension	40	12
6.	Shoulder press (seated)	40	12
7.	Ab Roller	Body weight	# in 40 sec.
8.	Pec Fly	40	12
9.	Leg curl (prone)	40	12
10.	Triceps extension	40	12
11.	Life Fitness Back Extension	40	12
12.	Seated (low) row	40	12

Alternate machine to cardio every 40 seconds.

Maintain 70-85% of maximum heart rate (Target Heart Rate).

Increase when you can do 12 in 40 seconds.

Upper Body Hypertrophy:

1.	#21 Bench press	70	10
2.	#18 Seated row	70	10
3.	#6 Shoulder press (seated)	70	10
4.	#25 Lat pulldown	70	10
5.	#26 High Row-low pulley	70	10
6.	#22 Pec Fly	70	10
7.	#23 Tricep extension	70	10
8.	#24 Preacher curl	70	10

3 sets each workout with 1 minute rest between sets.

Alternate workout days. Increase when you can do 30 reps.

Lower Body Hypertrophy:

1.	#20 Leg press (seated)	70	10
2.	#19 Leg squat	70	10
3.	#16 Leg extension	70	10
4.	#17 Leg curl (prone)	70	10
5.	#13 Hip ab/adduction	70	10
6.	#19 Calf raiser	70	10
7.	#7, 30 Abdominal curl	70	10
8.	#14 Lower Back Extension	70	10

3 sets each workout with 1 minute rest between sets.

Alternate workout days. Increase when you can do 30 reps.