

<b>RESISTANCE EXERCISE WITH MACHINES</b>		
<b>Beginner phase I (weeks 1-8)**</b>		
50-60% of 1 RM; 2x/week		1-2 weeks: Familiarization phase
<b>Body Part</b>	<b>Exercise</b>	<b>Sets x Reps</b>
Chest	Chest press (machine seated or lying)	1 x 12-15
Back	Seated Cable Row <a href="https://www.youtube.com/watch?v=xQNrFHEMhI4">https://www.youtube.com/watch?v=xQNrFHEMhI4</a> Seated Cable Pull Down <a href="https://www.youtube.com/watch?v=X5n55mMqSUs&amp;vl=en">https://www.youtube.com/watch?v=X5n55mMqSUs&amp;vl=en</a>	1 x 12-15 1 x 12-15
Arms	Biceps curl (seated machine) Triceps extension (seated machine)	1 x 12-15 1 x 12-15
Shoulders	Overhead press (seated machine)	1 x 12-15
Upper Legs	Leg extension (seated machine) Leg Curl (seated machine)	1 x 12-15 1 x 12-15
Lower legs	Calf raise (seated machine) <a href="https://www.youtube.com/watch?v=JbyjNymZOt0">https://www.youtube.com/watch?v=JbyjNymZOt0</a> Calf rise (standing) <a href="https://www.youtube.com/watch?v=gwLzBJYoWII">https://www.youtube.com/watch?v=gwLzBJYoWII</a>	1 x 12-15 1 x 12-15
Rest between sets: 2 minutes as needed		Total sets = 10

<b>Beginner phase II (weeks 1-8)**</b>		
60-69% of 1 RM; 2x/week		3-8 weeks
<b>Body Part</b>	<b>Exercise</b>	<b>Sets x Reps</b>
Chest	Chest press (machine seated or lying) Wall push-up <a href="https://www.youtube.com/watch?v=JJg2Avvd5WY">https://www.youtube.com/watch?v=JJg2Avvd5WY</a>	1 x 12-18 1 x 12-18
Back	Seated Cable Row Seated Cable Pull Down	1 x 12-18 1 x 12-18
Arms	Biceps curl (seated machine) Triceps extension (seated machine)	1 x 12-18 1 x 12-18
Shoulders	Overhead press (seated machine)	1 x 12-18
Upper Legs	Leg extension (seated machine) Leg Curl (seated machine)	1 x 12-18 1 x 12-18
Lower legs	Calf raise (seated machine) Calf rise (standing)	1 x 12-18 1 x 12-18
Rest between sets: 90 seconds		Total sets = 11

<https://www.youtube.com/watch?v=Y2ZTbhb-d4Q> contains the following machine exercises: Leg extension; Seated leg curl; seated leg press; lat pull down; shoulder press; chest press; bicep curl; pec fly; rear delt fly

<b>Intermediate phase I (weeks 9-24)**</b>		
60-69% of 1 RM; 2x/week		9-16 weeks
<b>Body Part</b>	<b>Exercise</b>	<b>Sets x Reps</b>
Chest	Chest press (machine seated or lying) Wall push-up Chest Flye (machine) <a href="https://www.youtube.com/watch?v=Z57CtFmRMxA">https://www.youtube.com/watch?v=Z57CtFmRMxA</a>	2 x 12-18 2 x 12-18 2 x 12-18
Back	Seated Cable Row Seated Cable Pull Down	2 x 12-18 2 x 12-18
Arms	Biceps curl (seated machine) Triceps extension (seated machine)	2 x 12-18 2 x 12-18
Shoulders	Overhead press (seated machine) Lateral raises (seated machine)	2 x 12-18 2 x 12-18
Upper Legs	Leg press (machine) Leg extension (seated machine) Leg Curl (seated machine)	2 x 12-18 2 x 12-18 2 x 12-18
Lower legs	Calf raise (seated machine) Calf rise (standing)	2 x 12-18 2 x 12-18
Rest between sets: 90 seconds		Total sets = 28

<b>Intermediate phase II (weeks 9-24)**</b>		
70-79% of 1 RM; 3x/week		17-24 weeks
<b>Body Part</b>	<b>Exercise</b>	<b>Sets x Reps</b>
Chest	Chest press (Barbell) Push-up (knees down) <a href="https://www.youtube.com/watch?v=EgIMk-PZwo0">https://www.youtube.com/watch?v=EgIMk-PZwo0</a> Chest Flye (lying with dumbbell) <a href="https://www.youtube.com/watch?v=QENKPHhQVi4">https://www.youtube.com/watch?v=QENKPHhQVi4</a>	2 x 10-15 2 x 10-15 2 x 10-15
Back	Chest supported Rows (machine) Pull ups (machine with body weight assist) <a href="https://www.youtube.com/watch?v=IWWxTnWEIUU">https://www.youtube.com/watch?v=IWWxTnWEIUU</a>	2 x 10-15 2 x 10-15
Arms	Biceps curl (seated dumbbell) <a href="https://www.youtube.com/watch?v=in7PaeYIhrM">https://www.youtube.com/watch?v=in7PaeYIhrM</a> Triceps extension (Cable press down) Triceps kick backs (dumbbells) <a href="https://www.youtube.com/watch?v=biSHQIqtJfQ">https://www.youtube.com/watch?v=biSHQIqtJfQ</a>	2 x 10-15 2 x 10-15 2 x 10-15
Shoulders	Overhead press (seated machine) Lateral raises (seated machine) Upright rows (barbells or dumbbells) <a href="https://www.youtube.com/watch?v=IhZLB48kluc">https://www.youtube.com/watch?v=IhZLB48kluc</a>	2 x 10-15 2 x 10-15 2 x 10-15
Upper Legs	Leg press (machine) Leg extension (seated machine) Lunges (no weight) <a href="https://www.youtube.com/watch?v=QOVaHwm-Q6U">https://www.youtube.com/watch?v=QOVaHwm-Q6U</a> Leg Curl (seated machine)	2 x 10-15 2 x 10-15 2 x 10-15 2 x 10-15
Lower legs	Calf raise (seated machine) Calf rise (standing)	2 x 12-18 2 x 12-18
Rest between sets: 90 seconds		Total sets = 34

<b>Advanced phase I (weeks 25-32)**</b>		
>80% of 1 RM; 3x/week		25-32 weeks
<b>Body Part</b>	<b>Exercise</b>	<b>Sets x Reps</b>
Chest	Chest press (Barbell) Push-up (knees down) <a href="https://www.youtube.com/watch?v=Q7cPaJZoOng">https://www.youtube.com/watch?v=Q7cPaJZoOng</a> Chest Flye (lying with dumbbell) <a href="https://www.youtube.com/watch?v=QENKPHhQVi4">https://www.youtube.com/watch?v=QENKPHhQVi4</a> Incline chest press (machine)	2 x 8-12 2 x 8-12 2 x 8-12 2 x 8-12
Back	Chest supported Rows (machine) Pull ups (machine with body weight assist) <a href="https://www.youtube.com/watch?v=qSmo-8QapTg">https://www.youtube.com/watch?v=qSmo-8QapTg</a> Shoulder shrug <a href="https://www.youtube.com/watch?v=6buT-g-zEZg">https://www.youtube.com/watch?v=6buT-g-zEZg</a>	2 x 8-12 2 x 8-12 2 x 8-12
Arms	Biceps curl (seated dumbbell) Hammer curls (seated dumbbell) <a href="https://www.youtube.com/watch?v=BbxA1QF3TxY">https://www.youtube.com/watch?v=BbxA1QF3TxY</a> Triceps extension (Cable press down) Triceps kick backs (dumbbells)	2 x 8-12 2 x 8-12 2 x 8-12 2 x 8-12
Shoulders	Overhead press (seated machine) Lateral raises (seated machine) Rear deltoid flyes (machine or dumbbells) Upright rows (barbells or dumbbells) <a href="https://www.muscleandfitness.com/workouts/shoulder-exercises/videos/dumbbell-upright-row">https://www.muscleandfitness.com/workouts/shoulder-exercises/videos/dumbbell-upright-row</a>	2 x 8-12 2 x 8-12 2 x 8-12 2 x 8-12
Upper Legs	Leg press (machine) Leg extension (seated machine) Lunges (no weight) Leg Curl (seated machine)	2 x 8-12 2 x 8-12 2 x 8-12 2 x 8-12
Lower legs	Calf raise (seated machine) Calf raise (standing)	2 x 8-12 2 x 8-12
Rest between sets: 60-90 seconds		Total sets = 42

<b>Advanced phase II (weeks 32+)**</b>		
>80% of 1 RM; 4x/week		32+ weeks
<b>Body Part</b>	<b>Exercise</b>	<b>Sets x Reps</b>
<b>Monday and Thursday</b>		
Chest	Chest press (Barbell or dumbbell) Push-up <a href="https://www.youtube.com/watch?v=Q7cPaJZoOng">https://www.youtube.com/watch?v=Q7cPaJZoOng</a> Chest Flyes (lying with dumbbell) Incline or decline chest press (barbell or dumbbell) <a href="https://www.youtube.com/watch?v=qSmo-8QapTg">https://www.youtube.com/watch?v=qSmo-8QapTg</a>	3 x 6-10 3 x 6-10 3 x 6-10 3 x 6-10
Back	Chest supported Rows (barbell or dumbbell) Pull ups (with or without assist) Shoulder shrug (barbell or dumbbell)	3 x 6-10 3 x 6-10 3 x 6-10

	<a href="https://www.muscleandfitness.com/workouts/shoulder-exercises/videos/dumbbell-shrug">https://www.muscleandfitness.com/workouts/shoulder-exercises/videos/dumbbell-shrug</a>	
Upper Legs	Squat (machine) Leg extension (seated machine) Lunges (dumbbells) <a href="https://www.muscleandfitness.com/workouts/leg-exercises/videos/dumbbell-lunge">https://www.muscleandfitness.com/workouts/leg-exercises/videos/dumbbell-lunge</a> Leg Curl (seated machine)	3 x 6-10 3 x 6-10 3 x 6-10  3 x 6-10
<b>Tuesday and Friday</b>		
Arms	Biceps curl (seated dumbbell) Biceps curl (Standing barbell) Hammer or Preacher curls (seated dumbbell) Triceps extension (lying with barbell or dumbbell) Triceps kick backs (dumbbells)	3 x 6-10 3 x 6-10 3 x 6-10 3 x 6-10 3 x 6-10
Shoulders	Overhead press (barbell or dumbbell) Lateral raises (dumbbell or cable) Upright rows (barbells or dumbbells) Rear deltoid flyes (machine or dumbbells)	3 x 6-10 3 x 6-10 3 x 6-10 3 x 6-10
Lower legs	Calf raise (seated machine) Calf raise (standing)	3 x 6-10 3 x 6-10
Rest between sets: 60 seconds		Total sets = 33/day