



# **GYM MACHINE WORKOUT ROUTINE PDF**

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					RIR 1 - 2		RIR 0	
	Exercise	Equipment Options			Set 1	Set 2	Set 3	Set 4
Day 1: Push Day 1	Chest Press	Seated Chest Press Machine	Smith Machine***, Flat Bench	Multi-Plane Seated Chest Machine	15-20	10-12	8-10	8-10
	High Incline Press	High Incline (Shoulder Press) Machine	Smith Machine, High Incline Bench	Seated Cable Shoulder Press Machine (see FreeMotion Chest/Shoulder)	15-20	10-12	8-10	8-10
	Chest Flyes	Pec Deck	Seated Fly Machine	Cable Machine	15-20	10-12	8-10	8-10
	Side Lateral Raises	Lateral Raise Machine	Cable Machine	Seated Row Machine*	15-20	10-12	8-10	8-10
	Triceps Extensions, Attachment of Choice	Cable Machine, handle attachment of choice	Triceps Extension Machine	Smith Machine, Close Grip, Flat Bench	15-20	10-12	8-10	8-10
Day 2	REST							
Day 3: Pull Day 1	Biceps Curls	Preacher Curl Machine	Side Arm "Dual Arm" Curl Machine	Preacher Curl Machine, or Dual Arm Curl	15-20	10-12	8-10	8-10
	Pulldowns	Cable Pulldown Machine, handle of choice.	Pulldown Machine (High-Low)	Assisted Pullup Machine	15-20	10-12	8-10	8-10
	Seated Row	Low Row Machine	T-Bar Row Machine	Seated Cable Row Machine	15-20	10-12	8-10	8-10
	Shrugs	Smith Machine	Shrug Machine		15-20	10-12	8-10	8-10
	Reverse Flyes	Fly Machine, Facing forward	Cable Machine, one or both arms		15-20	10-12	8-10	8-10
Day 4	REST							
Day 5: Leg Day 1	Squats	Pendulum Squat Machine	Hack Squat Machine	Smith Machine**	15-20	10-12	8-10	8-10
	Leg Extensions	Leg Extension Machine			15-20	10-12	8-10	8-10
	Hip Extensions	Cable Machine, Ankle cuff	Hip Thrust or Smith Machine	Kickback Machine	15-20	10-12	8-10	8-10
	Hip Adductions	Hip Adduction "Good Girl" Machine	Cable Machine, Ankle Cuff		15-20	10-12	8-10	8-10
	Hip Abductions	Hip Abduction "Bad Girl" Machine	Cable Machine, Ankle Cuff		15-20	10-12	8-10	8-10
	Leg Curls	Seated Leg Curl Machine	Flat Leg Curl Machine	Standing Leg Curl Machine	15-20	10-15	10-12	8-10
	Calf Raises	Leg Press Machine	Standing Calf Raise Machine	Seated Calf Raise Machine	15-20	10-15	10-12	8-10
Day 6	REST							
Day 7	REST							

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## Program Guide:

- RIR = Reps In Reserve.
- Warm up with a few light sets of the exercise you'll be doing before performing your working sets. 30 to 50 reps of warm-up with very light weight is reasonable.
- Recover between each set so you can do the next with the same or greater intensity. One to two minutes for warm-up sets, and three minutes for "working" sets is a good general guideline. Go by feel. Don't watch the clock.
- Three minutes is optimum rest time for intense working sets.
- Progressive overload always applies. Once the suggested rep range becomes easy, increase the resistance.
- The only reps that count are perfect reps. Always use proper form.
- "Machines with axles should line up their pivot point with the working joint. Adjust the seat so that the working joint lines up with the axle. Think of an imaginary line running from the axle through the joint.
- Other machines that do this are preacher curl and triceps extension machines, and deltoid fly machines."
- Select the equipment that allows you to get maximal load on the muscle. This does \*not\* mean "hardest". Pick the equipment that allows you to apply the most intense effort using perfect form.

## Notes:

- \* Lie back, supine on the seated row bench, near enough to the weight stack to grip the cables using handles or wrist straps. Perform lateral raises by bringing arms out and to the sides. Much harder than it sounds.
- \*\* Use barbell plates, wedges, or a board for heels.
- \*\*\* Subtract 10 lbs. (3kg) from total weight of Smith Machine to account for the support provided by its carriage. Some carriage weights differ. Check the machine label.
- Add cardio work as-tolerated. Treadmill: Suggest alternating between walking backwards on treadmill on very low speed setting, and forward on an incline at higher speed settings. Exercise bike: Assault style preferred.

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**Disclaimer:** The information provided in this gym machine workout routine is intended for general informational and educational purposes only and is not a substitute for professional advice or treatment. This workout plan is designed to be performed using gym equipment and machines, and it may not be suitable for all individuals. Before beginning this or any exercise program, it is important to consult with a healthcare or fitness professional, especially if you have any health concerns, medical conditions, or are new to physical exercise. Always ensure that you understand how to use each piece of equipment safely and correctly to avoid injury. Listen to your body and perform exercises at a pace and intensity that is comfortable for you. If you experience any pain, discomfort, or adverse reactions while exercising, stop immediately and seek medical attention if necessary. Safety and adherence to proper technique and your own physical limits should always be your primary concern when engaging in any workout routine.