

4-Week Beginner Full Body Machine Program

For your Safety:

We are excited that you have decided to download and enjoy this workout.

Please read the entire written description that accompanies the program very carefully before starting and always use common sense and good judgment. Remember to always consult with your physician prior to starting any exercise program. If you have any questions about how to complete this work out safely, please find a Falcon Fitness Center employee.

There is an inherent risk to any exercise program. By downloading and using this workout, you acknowledge and agree that you are doing so voluntarily and agree that you will not hold Messiah College or the Falcon Fitness Center liable for any and all injuries.

Description:

1. This program is designed for those who are looking to add resistance training to their workout routines.
2. This program is designed as a full body lift. It is best to take a day off in between each lift. If you are brand new to resistance training start with 1 or 2 days a week and work up to 3 days.
3. Questions on machine set up, weight selection, or additional feedback can be directed towards any fitness center staff member.

4 Week - 2 Days/Week Machine Full Body Workout												
Exercises*	Week 1			Week 2			Week 3			Week 4		
	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
Chest Press	2	x 10	-	2	x 10	-	3	x 10	-	3	x 10	-
Seated Row	2	x 10	-	2	x 10	-	3	x 10	-	3	x 10	-
Leg Extension	2	x 10	-	2	x 10	-	3	x 10	-	3	x 10	-
Leg Curl	2	x 10	-	2	x 10	-	3	x 10	-	3	x 10	-
Plank	2 x 30 sec			2x 35 sec			3 x 40 sec			2 x 40 sec		
Lying Side Bends	2 x 30 sec			2x 35 sec			2x 35 sec			2 x 40 sec		



*Click on the exercises above to load demonstration videos!