

4-Week Beginner Machine Upper and Lower Body Split Routine

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 new to resistance training and want an upper and lower body split routine.
2. This program is broken up into two days, an upper body and a lower body day. This design allows this program to be completed on back to back days. We suggest a rest day after lifting two days in a row.
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 Upper and Lower Body Workout												
UPPER BODY WORKOUT – DAY 1												
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	-
Lat Pull Down	2	x 10	-	2	x 10	-	3	x 10	-	3	x 10	-
Shoulder 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	-
Bicep Curl	2	x 10	-	2	x 10	-	3	x 10	-	3	x 10	-
Tricep Push Down	2	x 10	-	2	x 10	-	3	x 10	-	3	x 10	-
LOWER BODY WORKOUT – DAY 2												
Exercises*	Week 1			Week 2			Week 3			Week 4		
	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
Leg Press	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	-
Glute Extension	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	-
Abduction	2	x 10	-	2	x 10	-	3	x 10	-	3	x 10	-
Adduction	2	x 10	-	2	x 10	-	3	x 10	-	3	x 10	-

*Click on the exercises above to load demonstration videos!