

# STRENGTH TRAINING PROGRAM 3X/WEEK WITH MACHINES

### **IN WEIGHTROOM 1ST FLOOR LAKESHORE FITNESS CENTRE**

#### Helpful Information

This is a four-week full body beginner strength training program focusing on progression based on machines/equipment in weight room.

- The program is set up to train 3 days a week. Each week the exercises will stay
  the same, however, the weights and rep schemes will slightly change. This is to
  allow for progressive overload gradually increasing the stress placed on your
  body. By continually challenging your body with progressively more difficult
  workouts, you will see more gains in strength. This is accomplished by increasing
  weight, increasing repetitions or sets, or slowing down your movement. Generally,
  when the weight is increased, the repetitions performed will decrease.
- Rest and recovery days are important in a strength training program. It is while the muscles are recovering and repairing that they develop and get stronger. To get the most benefit out of this program, focus on recovery on the off daysgetting 7-8 hours of sleep, eating a healthy diet with protein at each meal, easy walking 7000-8000 steps a day, incorporating mobility, stretching or yoga.
- Keep a workout journal in a notebook or on your phone. This will help you to track your weights, reps and progress over time.
- Listen to your body! If you are struggling with the prescribed weights and reps, it is all right to adjust to them and still work at a challenging level.
- When you have completed the 4-week cycle, you can **repeat** it increasing the weights and adjusting the reps as needed.

- Beginners can do 1-2 easy warmup sets either bodyweight or light weight before doing 2-3 sets at your working weight
- If you have any questions about how to use or setup the equipment, please scan the QR code for help





# **PROGRAM BREAKDOWN**

### WEEK 1 & 2 ESTABLISH A BASELINE

The first 2 weeks of this program should enable you to work on **form and technique**, learn to use the equipment and become comfortable with the routine. Follow the same routine for each day

### WEEK 3 INCREASE WEIGHTS

This week, do the same exercises as previous weeks but **increase the weights 5-10%**. Aim to complete the same repetitions of the movements but it is okay to do fewer reps due to the increased weights.

### WEEK 4 MODIFY REPETITIONS

Keep the same weights as Week 3 and change your rep scheme. Try adding 1-2 reps using good form to each exercise. For example, if you did 8-10 reps in Week 3, aim for 9-11 in Week 4.



## DAY 1

#### WARM UP

• Use our follow along video Click for Video - Warm Up

### WORKOUT

- Seated Leg Press 10 reps x 3 sets Click for Video - Seated Leg Press
- Chest Press Machine 10 reps x 3 sets
   <u>Click for Video Chest Press Machine</u>
- Rear Delt Fly Machine 10 reps x 3 sets Click for Video - Rear Delt Fly Machine
- Lying Hamstring Curl Machine 10 reps x 3 sets <u>Click for Video - Lying Hamstring Curl Machine</u>
- Cable Bicep Curl 10 reps x 3 sets Click for Video - Cable Bicep Curl
- Cable Tricep Pulldowns 10 reps x 3 sets <u>Click for Video - Cable Tricep Pulldown</u>
- Elbow Plank 20 sec x 3 sets
   <u>Click for Video Elbow Plank</u>





**REST AND WALK** 



#### WARM UP

Use our follow along video
 <u>Click for Video - Warm Up</u>

### WORKOUT

- Leg Extension 10 reps x 3 sets Click for Video - Leg extension
- Pec Fly 10 reps x 3 sets <u>Click for Video - Pec Fly</u>
- Seated Row Machine 10 reps x 3 sets
   <u>Click for Video Seated Row Machine</u>
- Shoulder Press Machine
   10 reps x 3 sets
   Click for Video Shoulder Press Machine
- Back Extension 10 reps x 3 sets
   <u>Click for Video Back Extension</u>
- Cable or Band Pallof Press
   10 per side x 3 sets
   <u>Click for Video -</u>
   <u>Cable or Band Pallof Press</u>



IF YOU'D LIKE A TRAINER TO GUIDE YOU THROUGH THIS WORKOUT CONTACT US AT 416-675-6622 EXT 3434

# DAY 5

#### WARM UP

Use our follow along video
 <u>Click for Video - Warm Up</u>

### WORKOUT

- Seated Cable Row 10 reps x 3 sets Click for Video - Seated Cable Row
- Hip Thrust 10 reps x 3 sets Click for Video - Hip Thrust
- Lat Pulldown 10 reps x 3 sets
   <u>Click for Video Lat Pulldown</u>
- Seated Leg Press
   <u>Click for Video Seated Leg Press</u>
   10 reps x 3 sets
- 10 reps x 3 sets • Dual Low-Cable Bicep Curl 10 reps x 3 sets <u>Click for Video - Dual Low-Cable Bicep Curl</u>
- Cable Tricep Pulldown
   <u>Click for Video -Cable Tricep Pulldown</u>
- 10 reps x 3 sets • Cable Chop 10 per side x 3 sets Click for Video - Cable Chop

DAY 6 & 7 REST AND WALK

#### DISCLAIMER:

Before embarking on any fitness program, we prioritize your wellbeing. We kindly request that you consult with your physician or healthcare provider to ensure that the program is suitable for you, especially if:

-You or a family member has a history of heart disease or high blood pressure -You have ever experienced chest pain when exercising or in the last month when inactive -You are a smoker, have high cholesterol, are obese, or have bone or joint problems that could be aggravated by physical activity. In case your physician or healthcare provider advises against starting a fitness program, we recommend following their guidance. If you experience dizziness, pain or shortness of breath during exercise, please stop immediately and consult with your doctor.