



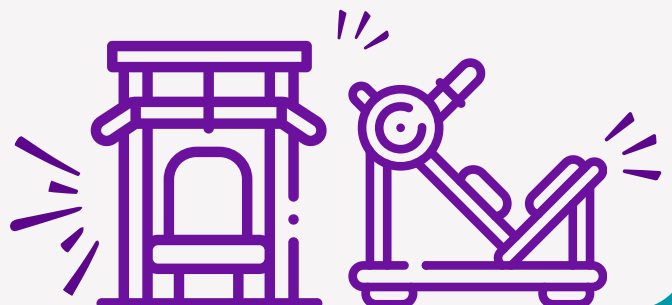
# STRENGTH TRAINING PROGRAM 3X/WEEK WITH MACHINES

## 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 days- getting **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







## DAY 2

### REST AND WALK

## DAY 3

### WARM UP

- **Use our follow along video**  
[Click for Video - Warm Up](#)

### WORKOUT

- **Leg Extension** 10 reps x 3 sets  
[Click for Video - Leg extension](#)
- **Pec Fly** 10 reps x 3 sets  
[Click for Video - Pec Fly](#)
- **Seated Row Machine** 10 reps x 3 sets  
[Click for Video - Seated Row Machine](#)
- **Shoulder Press Machine**  
10 reps x 3 sets  
[Click for Video - Shoulder Press Machine](#)
- **Back Extension** 10 reps x 3 sets  
[Click for Video - Back Extension](#)
- **Cable or Band Pallof Press**  
10 per side x 3 sets  
[Click for Video - Cable or Band Pallof Press](#)

## DAY 4

### REST AND WALK

**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**  
[Click for Video - Warm Up](#)

### 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  
[Click for Video - Lat Pulldown](#)
- **Seated Leg Press**  
[Click for Video - Seated Leg Press](#)  
10 reps x 3 sets
- **Dual Low-Cable Bicep Curl**  
10 reps x 3 sets  
[Click for Video - Dual Low-Cable Bicep Curl](#)
- **Cable Tricep Pulldown**  
[Click for Video - Cable Tricep Pulldown](#)  
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.