



STRENGTH TRAINING PROGRAM 3X A WEEK IN WEIGHTROOM 1ST FLOOR OF 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**.
- **Track your workouts** using a notebook, your phone, or the printable planner at the end of this PDF.
- **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 using or setting up the equipment, **scan the QR code on the equipment** for help.

 **YouTube**
FOLLOW ALONG PLAYLIST





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
[Click for Video - Chest Press Machine](#)
- **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
[Click for Video - Lying Hamstring Curl Machine](#)
- **Cable Bicep Curl** 10 reps x 3 sets
[Click for Video - Cable Bicep Curl](#)
- **Cable Tricep Pulldowns** 10 reps x 3 sets
[Click for Video - Cable Tricep Pulldown](#)
- **Elbow Plank** 20 sec x 3 sets
[Click for Video - Elbow Plank](#)



DAY 2

REST AND WALK

7000 - 8000 steps

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

7000 - 8000 steps

**IF YOU'D LIKE A TRAINER TO GUIDE
YOU THROUGH THIS WORKOUT**

**CONTACT US AT 647-577-6444 OR
FITNESSCENTRE@HUMBER.CA**

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

DAY 6 & 7

REST AND WALK

7000 - 8000 steps

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.

WEEK 1: STRENGTH TRAINING PROGRAM - WEIGHTROOM

MONTH

LOG YOUR REPS PER SET	WARM-UP		SET 1		SET 2		SET 3		NOTES
Day 1	📦 DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Seated Leg Press									
Chest Press Machine									
Rear Delt Fly Machine									
Lying Hamstring Curl Machine									
Cable Bicep Curl									
Cable Tricep Pulldowns									
Elbow Plank									
Day 2	📦 REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 3	📦 DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Leg Extension									
Pec Fly									
Seated Row Machine									
Shoulder Press Machine									
Back Extension									
Cable or Band Pallof Press									
Day 4	📦 REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 5	📦 DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Seated Cable Row									
Hip Thrust									
Lat Pulldown									
Seated Leg Press									
Dual Low-Cable Bicep Curl									
Cable Tricep Pulldown									
Cable Chop									
Day 6 & 7	📦 REST & WALK FOR 7,000 TO 8,000 STEPS								

ADDITIONAL NOTES:

 YouTube
FOLLOW ALONG PLAYLIST



WEEK 2: STRENGTH TRAINING PROGRAM - WEIGHTROOM

MONTH

LOG YOUR REPS PER SET	WARM-UP		SET 1		SET 2		SET 3		NOTES
Day 1	📦 DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Seated Leg Press									
Chest Press Machine									
Rear Delt Fly Machine									
Lying Hamstring Curl Machine									
Cable Bicep Curl									
Cable Tricep Pulldowns									
Elbow Plank									
Day 2	📦 REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 3	📦 DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Leg Extension									
Pec Fly									
Seated Row Machine									
Shoulder Press Machine									
Back Extension									
Cable or Band Pallof Press									
Day 4	📦 REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 5	📦 DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Seated Cable Row									
Hip Thrust									
Lat Pulldown									
Seated Leg Press									
Dual Low-Cable Bicep Curl									
Cable Tricep Pulldown									
Cable Chop									
Day 6 & 7	📦 REST & WALK FOR 7,000 TO 8,000 STEPS								

ADDITIONAL NOTES:

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WEEK 3: STRENGTH TRAINING PROGRAM - WEIGHTROOM

MONTH

LOG YOUR REPS PER SET	WARM-UP		SET 1		SET 2		SET 3		NOTES
Day 1	📦 DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Seated Leg Press									
Chest Press Machine									
Rear Delt Fly Machine									
Lying Hamstring Curl Machine									
Cable Bicep Curl									
Cable Tricep Pulldowns									
Elbow Plank									
Day 2	📦 REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 3	📦 DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Leg Extension									
Pec Fly									
Seated Row Machine									
Shoulder Press Machine									
Back Extension									
Cable or Band Pallof Press									
Day 4	📦 REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 5	📦 DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Seated Cable Row									
Hip Thrust									
Lat Pulldown									
Seated Leg Press									
Dual Low-Cable Bicep Curl									
Cable Tricep Pulldown									
Cable Chop									
Day 6 & 7	📦 REST & WALK FOR 7,000 TO 8,000 STEPS								

ADDITIONAL NOTES:

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WEEK 4: STRENGTH TRAINING PROGRAM - WEIGHTROOM

MONTH

LOG YOUR REPS PER SET	WARM-UP		SET 1		SET 2		SET 3		NOTES
Day 1	📦 DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Seated Leg Press									
Chest Press Machine									
Rear Delt Fly Machine									
Lying Hamstring Curl Machine									
Cable Bicep Curl									
Cable Tricep Pulldowns									
Elbow Plank									
Day 2	📦 REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 3	📦 DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Leg Extension									
Pec Fly									
Seated Row Machine									
Shoulder Press Machine									
Back Extension									
Cable or Band Pallof Press									
Day 4	📦 REST & WALK FOR 7,000 TO 8,000 STEPS								NOTES
Day 5	📦 DYNAMIC WARM-UP								
	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	REPS	WEIGHT (LBS/KG)	
Seated Cable Row									
Hip Thrust									
Lat Pulldown									
Seated Leg Press									
Dual Low-Cable Bicep Curl									
Cable Tricep Pulldown									
Cable Chop									
Day 6 & 7	📦 REST & WALK FOR 7,000 TO 8,000 STEPS								

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