

MACHINE	WEIGHT	SETS & REPS
Leg press		15, 15
Ham curl		15, 15
Single leg heel raise (calves)		15, 15
Quad extension		15, 15
Lat pull		15, 15
Low back		15, 15
Seated row		15, 15
Incline press		15, 15
Chest fly		15, 15
Biceps curl- dumbbells		15, 15
Tri singles- kickbacks		15, 15
Shoulder press		15, 15
Side/front...		15, 15
Ab machine		20, 20
Sit up		30
Leg raise		20

This routine should be done as a 1-2 rotation. In other words, leg press for 15 then ham curl for 15, go back to leg press for 12-15 and curl for 12-15. No rest b/t sets and try to increase weight to maintain a challenge.

This is designed for beginners or if you are getting back into it. 15 is only the goal. If you are unable to get 15 reps just get what you can and try to build up to it. You do, however, want to have a challenge. If you are getting 15 reps on both sets consistently you should increase your weight.

Combine this with a good cardio plan and you should see the results!

This routine should take approximately 40 minutes.

Have fun and watch your FORM!