

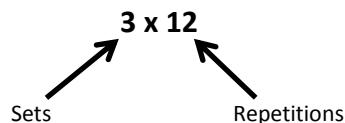
BEGINNER'S WORKOUT

This workout program is intended for an individual who is unaccustomed to exercise, or who has not exercised in a long time.

This program should be completed at least 2x/week, preferably 3x or more per week. If completing this program more than 2x/week, alternate the workouts. For instance, if you were exercising 3 times per week, you would set up your program as follows:



The program includes repetitions (how many times you should do each exercise at a time) & sets (how many times you should do each round of repetitions). This is written as follows:



You should aim to rest between 25-30 seconds between sets, and 30-45 seconds between exercises

If you need any assistance, please feel free to contact the Living Well Staff!

WORKOUT A

Start with a 10 minute warm up on any piece of cardio equipment, and then do the following exercises:



Seated Leg Press: 3x10 – Sit and place feet hip width apart on the foot plate. In a smooth motion & pushing through your heels, straighten your legs, making sure that you don't lock your knees. Slowly return to the starting position.



Seated Row: 2x12 – Sit up straight, facing the machine and grasp the handles. In a smooth motion, pull the handles toward your torso, squeezing your shoulder blades together. Slowly return to the starting position.



Chest Press: 2x12 – Sit up straight and grasp the handles. In a smooth motion, slowly press the handles away from your body, making sure that your shoulders never come off the back of the seat. Slowly return to the starting position.



Shoulder Press: 2x12 – Sit up straight and grasp the handles. In a smooth motion, slowly press the handles above your head. Slowly return to the starting position.



Biceps Curl: 2x12 – Sit down and place your elbows on the pad. Grasp the handles, and in a smooth motion curl your arms, bringing the handles toward your shoulders. Ensure that your elbows never leave the pad. Slowly return to the starting position.



Triceps Extension: 2x12 – Sit down and place your elbows on the pad. Grasp the handles, and in a smooth motion, straighten your elbows, ensuring that your arms never leave the pad. Slowly return to the starting position.

Finish with a 5-10 minute cool down on any piece of cardio equipment.

WORKOUT B

Start with a 10 minute warm up on any piece of cardio equipment, and then do the following exercises:



Bench Step Ups: 2x10 (each leg) – Face a workout bench. Place one foot on the bench, and in a smooth motion, step up onto the bench. Return to the starting position with the same leg that started on the floor. To make the exercise harder, you can hold a pair of dumbbells.



MTS Incline Press: 2x12 – Sit up straight in the machine. Ensure both weight stacks are set to the same weight. Grasp the handles, and in a smooth motion press them away from your torso. Slowly return them to the starting position.



Lat Pulldown: 2x12 – Sit up straight with your legs under the pads. With an overhand grip, grasp the bar just outside shoulder width. Bring the bar down to your collarbones, squeezing your shoulder blades together. Slowly return to the starting position.



MTS Front Pull Down: 2x12 – Sit up straight facing the machine. Ensure both weight stacks are set to the same weight. Grasp the handles, and in a smooth motion pull them toward your torso, squeezing your shoulder blades together. Slowly return them to the starting position.



Leg Extension: 2x12 – Sit at the machine with your ankles underneath the pad. Your knee joint should align with the pivot of the machine. Slowly straighten your legs, making sure not to lock out your knees. Slowly return to the starting position.

Leg Curl: 2x10 – Lay on your stomach with your waist on the bend of the machine. Place your ankles under the pad. Your knee joint should align with the pivot of the machine. Slowly curl your knees, bringing the pad toward your buttocks. Slowly return to the starting position.

Finish with a 5-10 minute cool down on any piece of cardio equipment.