

Beginner program

	Week 1&2	Week 3&4	Week 5&6	Week 7&8	Week 9&10
Machine Workout	Leg Press Chest Press Compound Row Ab Curl Back Extension	Leg Press Hip Adductor Hip Abductor Chest Press Compound Row Ab Curl Back Extension	Leg Press Hip Adductor Hip Abductor Chest Press Compound Row Triceps Extension Biceps Curl Ab Curl Back Extension	Leg Press Hip Adductor Hip Abductor Chest Crossover Super Pullover Lateral Raise Triceps Extension Biceps Curl Ab Curl Back Extension	Leg Extension Leg Curl Hip Adductor Hip Abductor Chest Crossover Super Pullover Lateral Raise Triceps Extension Biceps Curl Ab Curl Back Extension
Free Weight Workout	DB Squat DB Bench Press DB 1-Arm Row DB Seated Press Trunk Curl	DB Squat DB Bench Press DB 1-Arm Row DB Seated Press DB Biceps Curl DB Overhead Triceps Ext Trunk Curl	DB Squat DB Bench Press DB 1-Arm Row DB Seated Press DB Biceps Curl DB OH Triceps Trunk Curl DB Shrug DB Heel Raise	DB Squat DB Bench Press DB Chest Fly DB 1-Arm Row DB Seated Press DB Biceps Curl DB OH Triceps Trunk Curl DB Shrug DB Heel Raise	BD Squat DB Bench Press DB Chest Fly Lat Pulldown DB Seated Press DB Bicep Curl Triceps press-down Trunk Curl DB Shrug DB Heel Raise