



1.) Leg Press Machine (Double Leg)

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume a seated position on a leg press machine. Position your feet shoulder width apart facing the ceiling. Adjust the leg press so your hips and knees are flexed 90 degrees. Position your low back against the pad and brace your torso. Push yourself away from the foot plate to a position where your knees are almost straight, however do not lock them out. Lower the weight slowly and don't bounce it.



2.) Double Leg Calf Raises (Leg Press Machine)

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume a seated position on a leg press machine with your feet shoulder width apart, your knees slightly bent, and only your forefoot positioned on the platform. Lift the weight up by slightly straightening your legs and begin to perform repetitive double leg calf raises by pushing the platform away. Motion should only be occurring at your ankles. Perform a complete set then take the appropriate rest period.



3.) Hamstring Curl Machine (Double Leg)

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume front-lying position on a hamstring curl machine with your knees flexed approximately 5-10 degrees. Position the machine's pad across the back of your lower leg. Position your knee across from the machine's pivot point. Flex your knees pulling the pad as far as you can comfortably. Lower the weight slowly and don't bounce it.



4.) Machine Chest Press

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume an upright seated position on a chest press machine. Adjust the seat so your feet are positioned flat on the floor and the handles so your elbows are bent approximately 90 degrees and your hands are at chest height. Begin the exercise by slowly pushing the handles away until your elbows are almost straight. Allow the weight to return to the starting position to complete the repetition. Take the appropriate rest between sets.



5.) Posterior Deltoid/Upper Back Machine

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume an upright seated position on a posterior deltoid/upper back machine (facing the pad). Brace your lower torso by contracting your abdominals and low back muscles. Reach straight forward to grasp onto the handles of the machine. Maintain your elbows in a slightly bent position as you bring the handles straight out to the sides of your shoulders. Pause briefly, then return the handles back to complete each repetition. Take the appropriate rest between sets.



6.) Shoulder Press Machine

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume an upright seated position on a shoulder press machine looking straight ahead. Grasp onto the machines handles slightly in front of and above your shoulders with your palms facing in (or forward). Brace your lower torso by contracting your abdominals and back muscles. Press the handles straight up toward the ceiling and lower them slowly. Do not set the weight down between repetitions. Take the appropriate rest between sets.



7.) Double Arm Cable Curls with Bar

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume an upright standing position in front of a straight bar attached to the bottom of a cable cross-over machine. Grasp onto the straight bar with your palms up and position your elbows at your sides. Brace your lower torso by contracting your abdominals and back. Curl the straight bar up by fully flexing your elbows using your biceps, then slowly lower your hands to the starting position. Take the appropriate rest between sets.



8.) Double Arm Tricep Extension (V-Bar)

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume an upright standing position in front of a v-bar attached to a cable cross-over machine. Position your elbows at your side and grasp onto the v-bar at chest height (elbows flexed approx. 90 degrees). Brace your lower torso by contracting your abdominals and back. Pull the v-bar down and lift the weight by fully extending your elbows, then slowly return to the starting position. Take the appropriate rest between sets.



9.) Standing Cable Horizontal Trunk Rotation (Double Leg)

Repeat 10-15 Time(s)

Complete 2 Set(s)

Perform 1 Time(s) a Day

Weight ____ Lbs.

INSTRUCTIONS: Assume a standing position with feet slightly wider than shoulder width apart and knees bent. Brace your lower torso by contracting your abdominals and back muscles. Rotate your trunk and grasp the handle attached to a cable cross-over machine with both hands directly out to one side. Rotate your trunk in the opposite direction and slowly pull the cable straight across your body. The movement should be similar to if you were slowly swinging a baseball bat. Perform a full set, switch sides, then take the appropriate rest.