

## **Basic Beginner's Workout**

1. Warm up with fitness walking on treadmill – 10 minutes
2. Perform stretching on Precor StretchTrainer
3. Horizontal Leg Press Machine – 1 set of 10 repetitions
4. Seated Leg Curl Machine – 1 set of 10 repetitions
5. Converging Chest Press Machine – 1 set of 10 repetitions
6. Vertical Row Machine – 1 set of 10 repetitions
7. DB Shoulder Press – 1 set of 10 repetitions
8. Pulldown to Front - 1 set of 10 repetitions
9. Dumbbell Bicep Curl – 1 set of 10 repetitions
10. Tricep Pressdown Machine – 1 set of 10 repetitions
11. Abdominal Crunch Machine – 1 set of 20 repetitions
12. Cardio – 10 minutes, finishing with a cooldown

Start out with 10 minutes of fitness walking (walking with a purpose) on treadmill. Stretch using the Precor StretchTrainer.

### **While performing resistance training:**

Protect joints – never lock them out hard, keep joints soft.

Use a weight that on a scale of 1-10 perceived exertion is about a 7.

Control the weight and the speed of the movement.

Always use good technique.

Never hold your breath.

Do a single set of each of the exercises for the first week. The second week, add a second set.