

THE COMPLETE 4-WEEK BEGINNER'S WORKOUT PROGRAM

 9  YES

ROUTINE

FULL BODY

EXERCISE	EQUIPMENT	SETS	REPS	REST
DUMBBELL BENCH PRESS	Bench, Dumbbells	3	8,10,12	--
LAT PULLDOWN	Adjustable Cable Machine, Lat Pulldown Bar	3	8,10,12	--
OVERHEAD DUMBBELL PRESS	Dumbbells	3	8,10,12	--
LEG PRESS		3	8,10,12	--
LYING LEG CURL		3	8,10,12	--
ROPE PRESSDOWN	Adjustable Cable Machine, Rope Attachment	3	8,10,12	--
BARBELL BICEPS CURL	Barbell	3	8,10,12	--