

Machines & Dumbbells Series

Creating the perfect routine is almost impossible nonetheless admiring their flaws is what makes training much more compelling. This routine is created for all fitness level striving to improve their physique leaving no body part untouched. Each workout is a full body routine for 3-4 weeks, 2 days per week. As you begin, warm up with cardio and move right to your core/abdominal training for that particular day. Each workout routine has 5 exercises to perform. While performing each exercise, take your time and keep a steady tempo. Each phase of the exercises should be controlled and felt through the full range of motion while keeping tension.

If needed, before attempting any exercise [click here](#) to view all exercises. By clicking the selected exercise will present an example video for proper form and tips. If you are not able to view, check with a trainer at your facility for form and safety. Below your training program are quick guides of the **nutritional experience, nutritional tips and supplement advice** used toward this routine.

Workout Outline	
Weeks	3 - 4
Days	2 Days Per Week
Workouts	2
Equipment	Machines Dumbbells
Core Training	3 Exercises
Abdominal Training	3 Exercises
Exercises	5 Exercise Per Workout
Recovery	24 - 48 Hour For Previous Trained Muscle
Level of Intensity	1 - 6
Improvements	Muscular Strength Physique Development

Day 1

Cardio			
Exercise	Type	Time	Notes
Treadmill	Steady State	12 - 15 minutes	Highest Incline

Stretch			
Daily Stretches			

Core Training			
Exercise	Sets	Time	Notes
Side Planks	3 - 4	45 seconds	Each Side
Planks	3 - 4	45 seconds	

Workout 1			
Exercise	Sets	Repetitions	Rest
Dumbbell Goblet Squats	3 - 4	10	30 - 45 seconds
Machine Shoulder Press	3 - 4	12	30 - 45 seconds
Dumbbell RDLs	3 - 4	10	30 - 45 seconds
Machine Underhand Rows	3 - 4	12	30 - 45 seconds
Dumbbell Incline Bench Press	3 - 4	10	30 - 45 seconds

Day 2

Cardio			
Exercise	Type	Time	Notes
Stationary Bike	Steady State	12 - 15 minutes	Medium Resistance

Stretch
Daily Stretches

Abdominal Training				
Exercise	Sets	Repetitions	Rest	Notes
Crossover Crunches	3 - 4	15 - 20	30 - 45 seconds	Using a stability ball
Crunches	3 - 4	15 - 20	30 - 45 seconds	Using a stability ball
Back Extensions	3 - 4	15 - 20	30 - 45 seconds	Using a stability ball

Workout 2			
Exercise	Sets	Repetitions	Rest
Leg Extensions	3 - 4	12	30 - 45 seconds
Standing Dumbbell Shoulder Press	3 - 4	10	30 - 45 seconds
Machine leg Curls	3 - 4	12	30 - 45 seconds
Bent over Dumbbell Rows	3 - 4	10	30 - 45 seconds
Machine Hammer Grip Press	3 - 4	12	30 - 45 seconds

Nutritional Experience

While training your nutritional plan will have a major role for recovery, development and performance.

- Explore Plans
- Standard 2,000 Calorie Plan(recommend)
 - Plan 1
 - Plan 2
 - Plan 3

Nutritional Tips

It is very common as you train to forget the essentials of keeping the body fully functional.

- Explore Tips
- Healthy foods may be junk
- All Greens Matter
- Hidden Sugars
- Nutritional Timing
 - Reducing Body Fat(Lose Weight)???
 - Gaining Muscle Mass???

Supplement Protocol

If you are able to get most of the supplements from your foods it is highly encourage. If not, here are some recommendations.

- Supplement Guidance
- Battle Of The Brands
- Protein
- Vitamins
 - All vitamins