

Machines & Dumbbells Series 2

Let's introduce the basics into our training with machines and dumbbells. Since most machines isolate certain muscles, including stabilizing exercises will to our development a bit farther.

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 4 weeks, 3 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 - 6 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. Review your workout outline and let this start a great start.

Workout Outline	
Weeks	3 - 4
Days	3 Days Per Week
Workouts	3
Equipment	Machines Dumbbells
Core Training	3 Exercises
Abdominal Training	3 Exercises
Core Cardio	2 Exercises
Exercises	5 - 6 Exercises Per Workout
Recovery	24 - 48 Hours 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

Core Training				
Exercise	Sets	Time	Rest	Notes
Side Planks	3 - 4	45 seconds	30 - 45 seconds	Each Side
Planks	3 - 4	45 seconds	30 - 45 seconds	

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

Stretches
Daily Stretches

Day 2

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

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
Leg Extensions	3 - 4	12
Leg Press	3 - 4	10
Standing Dumbbell Shoulder Press	3 - 4	10
Machine leg Curls	3 - 4	12
Bent over Dumbbell Rows	3 - 4	10
Machine Hammer Grip Press	3 - 4	12

Stretches
Daily Stretches

Day 3

Cardio			
Exercise	Type	Time	Notes
Stairmill or AMT Stair Motion	Steady State	12 - 15 minutes	Highest Incline

Cardio Core Training			
Exercise	Sets	Time	Rest
Russian Twist	3 - 4	45 seconds	30 - 45 seconds
Flutter Kicks	3 - 4	45 seconds	30 - 45 seconds

Workout 3		
Exercise	Sets	Repetitions
Dumbbell Hanging Squats	3 - 4	10
Machine Hammer Shoulder Press	3 - 4	12
Dumbbell Alternating Lunges	3 - 4	10
Machine Overhand Rows	3 - 4	12
Dumbbell Flat Bench Press	3 - 4	10

Stretches
Daily Stretches

Nutritional Experience

While training for strength 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
- Nutritional Timing
 - Reducing Body Fat(Lose Weight)???
 - Gaining Muscle Mass???

Supplement advice

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

- Protein
 - Whey Protein
 - Casein Protein
- Vitamins
 - All vitamins