

## Machines & Dumbbells Series 3

One of the top ways of keeping your most updated self is adding to what you already know.

Like most routines, this routine is created for all fitness levels striving to improve their physique leaving no body part unworked. Each workout is a full body routine for 4 weeks, 4 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 towards this routine. Review your workout outline and Let's Motivate.

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

# Day 1

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

Stretches
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
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

# Day 2

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

Stretches
Daily Stretches

Abdominal Training			
Exercise	Sets	Repetitions	Notes
Crossover crunches	3 - 4	15 - 20	Using a stability ball
Crunches	3 - 4	15 - 20	Using a stability ball
Back Extensions	3 - 4	15 - 20	Using a stability ball

Workout 2		
Exercise	Sets	Repetitions
Leg Extensions	3 - 4	12
Dumbbell Lateral raises	3 - 4	12
Machine leg Curls	3 - 4	12
Bent over Dumbbell Rows	3 - 4	10
Machine Hammer Grip Chest Press	3 - 4	12

# Day 3

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

Stretches
Daily Stretches

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

# Day 4

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

Stretches
Daily Stretches

Abdominal Training		
Exercise	Sets	Repetitions
Diamond Sit-ups	3 - 4	15 - 20
Leg Raises	3 - 4	15 - 20

Workout 4		
Exercise	Sets	Repetitions
Narrow Horizontal Leg Press	3 - 4	10
Dumbbell Front Raises	3 - 4	12
Lying Leg Curls	3 - 4	12
Single Hammer Dumbbell Rows	3 - 4	10
Machine Over-hand Chest Press	3 - 4	10

## 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
- All Greens Matter
- 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