

Chest, back, shoulders and legs

Beginner machine + cable routine | Train on non-consecutive days



Machine chest press

Press handles forward; return slowly.

2 sets x 8-12 reps



Pec deck

Bring the pads together without shrugging.

2 sets x 10-15 reps



Lat pulldown

Pull the bar toward your upper chest.

2 sets x 8-12 reps



Seated row machine

Pull elbows back; keep your torso steady.

2 sets x 8-12 reps



Shoulder press machine

Press overhead in a comfortable range.

2 sets x 8-12 reps



Leg press

Lower with control; keep knees tracking over feet.

2 sets x 10-15 reps



Ab crunch machine (optional Day 1)

Curl ribs toward hips; avoid pulling your neck.

2 sets x 10-15 reps

Legs, chest, back, shoulders and arms

Beginner machine + cable routine | Train on non-consecutive days



Leg extension

2 sets x 10-15 reps

Straighten knees smoothly; lower with control.



Seated leg curl

2 sets x 10-15 reps

Curl heels down and back without lifting hips.



Machine chest press

2 sets x 8-12 reps

Press handles forward; return slowly.



Lat pulldown

2 sets x 8-12 reps

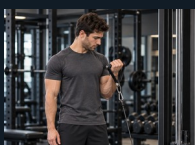
Pull the bar toward your upper chest.



Lateral raise machine

2 sets x 10-15 reps

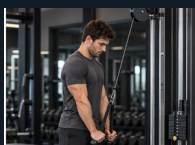
Raise elbows outward to a comfortable height.



Cable biceps curl

2 sets x 10-15 reps

Keep elbow close to your side; curl without swinging.



Cable triceps pushdown

2 sets x 10-15 reps

Keep elbows by your sides; press the rope down smoothly.

Shoulders, back, arms and core

Beginner machine + cable routine | Train on non-consecutive days



Shoulder press machine

Press overhead in a comfortable range.

2 sets x 8-12 reps



Reverse pec deck

Open arms outward; squeeze upper back gently.

2 sets x 10-15 reps



Seated row machine

Pull elbows back; keep your torso steady.

2 sets x 8-12 reps



Cable biceps curl

Keep elbow close to your side; curl without swinging.

2 sets x 10-15 reps



Cable triceps pushdown

Keep elbows by your sides; press the rope down smoothly.

2 sets x 10-15 reps



Abdominal crunch machine

Curl ribs toward hips; avoid pulling your neck.

2 sets x 10-15 reps

BEGINNER TIPS

- Choose a weight you can lift smoothly while keeping good form.
- Rest 60-90 seconds between sets; take up to 2 minutes after harder sets.
- When you can complete the top of the rep range for every set comfortably, increase the weight slightly.
- Ask gym staff to help set machines and cable height.

Weekly frequency: chest + legs 2x; back + shoulders 3x; arms + core 2x.