

## Beginners Full Body Gym Workout

Exercise	Sets/Reps/Rest	Video
Chest Press Machine	Sets: 1-3 Reps: 10-15 Rest 60-90 seconds between sets	<a href="#">Chest Press Machine</a>
Seated Row Machine	Sets: 1-3 Reps: 10-15 Rest 60-90 seconds between sets	<a href="#">Seated Row Machine</a>
Leg Press Machine	Sets: 1-3 Reps: 10-15 Rest 60-90 seconds between sets	<a href="#">Leg Press Machine</a>
Assisted Pull Up Machine	Sets: 1-3 Reps: 10-15 Rest 60-90 seconds between sets	<a href="#">Assisted Pull Up Machine</a>
Shoulder Press	Sets: 1-3 Reps: 10-15 Rest 60-90 seconds between sets	<a href="#">Shoulder Press Machine</a>
Mini Circuit: A1.Standing DB Bicep Curls  A2.Triceps Dips  A3. Reverse Crunches	Complete 8-12 reps per exercise. Complete exercises back to back. Rest after A3 for 30-60 seconds Complete 1-3 sets	<a href="#">Standing Bicep Curls</a>  <a href="#">Triceps Dips</a>  <a href="#">Reverse Crunches</a>



## Beginners Full Body Gym Workout

### Disclaimer:

You should consult your doctor or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.