

Beginner Workout Plan @ the Gym

Monday: 1 set of 12 for each exercise

- Leg extension
- Seated leg curl
- Machine chest press
- Seated machine row
- Machine biceps curl
- Machine triceps extension
- Machine back extension
- Machine ab crunch



Tuesday:

30-minute cardio

Wednesday: 1 set of 12 for each exercise

- Leg press
- Leg extension
- Seated leg curl
- Machine chest press
- Seated machine row
- Machine lateral raise
- Machine bicep curl
- Triceps pushdown
- Machine ab crunch

Thursday:

30-minute cardio

Friday: 1 set of 12 for each exercise

- Dumbbell front lunge
- Dumbbell upright row
- Seated cable row
- Machine back extension
- Leg extension
- Dumbbell biceps curl
- Ab crunch (on the floor)