
COACH AJAI



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EAGLE RIVER, ALASKA

General Burner for Beginners I.

Begin every workout with 10 minutes of cardio of your choice. Please go at your own pace and listen to your body. Select a weight that makes the last repetition of each exercise challenging but does not cause you to lose form.

Always lift, push, pull and rotate in a smooth fashion. Do not jerk, throw or drop the weight. Maintain control throughout the full range of motion.

1. Cardio warm up/ 10-minutes
2. Leg press machine/ 2 sets 12 reps
3. Lateral pull-down 2x12
4. Seated leg curl machine 2x12
5. Bike 5 minutes medium intensity
6. Ab machine 2x12
7. Triceps machine 2x12
8. Bike 5 minutes medium intensity
9. Cool Down Stretch 5-10 minutes

Do this workout 3x -week, increase weight progressively. Track weights in a book or note app on your phone. Your workout time is your me time love it up!

Sincerely,
Coach Ajai
