

Training Exercises For Your Major Muscle Groups

Train 2 or 3 non-Consecutive Days a week
Complete 2-3 sets of 10-12 repetitions

Muscle Groups	Machine Exercise	Free-Weight Exercise
Front Thighs	Leg extension #4*	Dumbbell Step-Up
Rear Thighs	Leg Curl #3	Dumbbell Lunge
Hips	Leg Press #1	Dumbbell Squat
Abdominals	Abdominal Curl #6	Bodyweight curl
Low back	Back Extension #7	Bodyweight trunk extension
Chest	Chest Press #13	Dumbbell Bench press
Upper Back	Seated Row #9	Dumbbell Bent Row
Shoulders	Shoulder Press #15	Dumbbell Press
Rear Arm	Triceps Extension #12	Dumbbell Arm Extension
Front Arm	Bicep Curl #11	Dumbbell Arm Curl

* Corresponds to the machine number in the Shaw JCC Fitness Room