



GOLD'S GYM BRITISH COLUMBIA

# Intermediate Program Machine Focused

## 4 Day Program



Instructions

**Exercises are listed on the left side, recommended sets and rep ranges on the right. Weights should be manageable to complete suggested rep ranges.**

## Day 1 - Legs – rest 60-90 seconds in between sets

- Machine Leg Press 4 sets x 10-12 reps
- Machine Leg Press 3 sets x 10-12 reps
- Hyperextension Back Extension 3 Sets x 10-12 reps
- Machine Seated Leg Extension 3 Sets x 10-12 reps
- Machine Seated Calf Raise 3 Sets x 10-12 reps



MACHINE LEG PRESS



HYPEREXTENSION BACK EXTENSION



MACHINE SEATED LEG EXTENSION



MACHINE SEATED CALF RAISE



## Instructions

### **Machine Leg Press**

- 1) Sit on a leg press machine and place your feet against the pad about shoulder-width apart. Make sure your knees are bent at the start of the exercise.
- 2) Slowly push against the pad using your heels until your knees are almost straight. Do not lock your knees straight at the peak of this exercise. Then move back into the start position.
- 3) Repeat.

### **Machine Lying Leg Curl**

- 1) When performing the leg curl, what you want to do is ensure that the bottom pad is just above the ankles and the top pad is above your knee.
- 2) You don't want the pad resting on your knee cap.
- 3) Also, ensure that the weights don't tap down between your repetitions.
- 4) Keeping the torso flat on the bench, ensure your legs are fully stretched.
- 5) Position your toes straight. This will be your starting position.
- 6) Begin by curling your leg up as far as you can.
- 7) Lower back to the starting position.
- 8) Repeat.

### **Machine Seated Leg Extension**

- 1) For this exercise, ensure that the pad rests are just above the ankle.
- 2) Secondly, you want to make sure that the weights don't tap down in between each repetition.
- 3) Extend your knees fully, raising your legs straight out.
- 4) Lower back to your starting position. This is one rep.
- 5) Repeat.

### **Hyperextension Back Extension**

- 1) Lie face down on a hyperextension bench with your body in a straight line. Arms in a cross position in your chest.
- 2) Bend forward at the waist as far as you can. Make sure your back throughout the entire movement.
- 3) Then raise your body back up until your body is in a straight line again.
- 4) This is one rep. Repeat.

### **Machine Seated Calf Raise**

- 1) When performing this exercise, put the ball of your foot on the step.
- 2) Place your lower thighs under the lever pad, which will need to be adjusted according to the height of your thighs. Now place your hands on top of the lever pad to prevent it from slipping forward.
- 3) Lift the lever slightly by pushing your heels up and release the safety bar. This will be your starting position.
- 4) Slowly lower your heels by bending at the ankles until the calves are fully stretched. Inhale as you perform this movement.
- 5) Raise the heels by extending the ankles as high as possible as you contract the calves and breathe out. Hold the top contraction for a second.
- 6) Repeat for the recommended number of repetitions.





Instructions

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## **Day 2 - Push Upper Body Day – rest 60-90 seconds in between sets**

- **Machine Seated Parallel Grip Shoulder Press**      **3 sets x 10-12 reps**
- **Machine Seated Single Arm Parallel Grip Chest Press**      **3 Sets x 10-12 reps each arm**
- **Machine Seated Chest Fly**      **3 Sets x 10-12 reps**
- **Machine Assisted Dip or Machine Triceps Extension**      **3 Sets x 10-12 reps**
- **Lying Machine Abdominal Crunch**      **3 Sets x 10-12 reps**



**MACHINE SEATED PARALLEL GRIP SHOULDER PRESS**



**MACHINE SEATED CHEST FLY**



**MACHINE ASSISTED DIP OR MACHINE TRICEPS EXTENSION**



**LYING MACHINE ABDOMINAL CRUNCH**



## Instructions

### **Machine Seated Chest Press**

- 1) Sit upright making sure back is rested on the backrest, both hands holding the horizontal position handles and close to your shoulders, elbows bent.
- 2) Push both handles forward to a straight arm position in front of your chest.
- 3) Bending at the elbows, slowly return to starting position.
- 4) Repeat.

### **Machine Seated Chest Fly**

- 1) Sit at the machine with your back flat on the pad. Both hands holding the handles with elbows slightly bent.
- 2) Push the handles together and squeeze your chest once your forearms reach the middle. Pause.
- 3) Return to starting position.
- 4) Repeat.

### **Machine Seated Single Arm Parallel Grip Chest Press**

- 1) Sit upright making sure back is rested on the backrest, one hand holding the handle and close to your shoulders, elbow bent.
- 2) Push the handle forward to a straight arm position in front of your chest.
- 3) Bending at the elbow, slowly return to starting position.
- 4) Complete all reps on one side before switching to the other side.

### **Machine Seated Parallel Grip Shoulder Press**

- 1) Sit upright at a shoulder press machine, holding the inside handles at parallel grip position, fists facing each other, and your elbows bent.
- 2) Press the handles overhead, extending your arms fully.
- 3) Lower the handles returning to starting position.
- 4) Repeat.

### **Machine Assisted Dip or Machine Triceps Extension**

- 1) Select desired weight and grip the dip bars with hands shoulder width apart and knees on support pad.
- 2) Begin by lowering your body until your upper arms are parallel to the ground.
- 3) Pause and return to starting position by pushing up with your triceps. Repeat.
- 4) Triceps Extension: Extend your arm to 99% keeping the tension in your triceps the whole way

### **Lying Machine Abdominal Crunch**

- 1) Lie on the abdominal crunch machine, following the directions for the correct start position.
- 2) Squeeze your abdomen, bringing your ribs down towards your pelvis.
- 3) Slowly return to the start position under control and repeat.



Instructions

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### **Day 3 - Upper Body Pull Day – rest 60-90 seconds in between sets**

- **Machine Seated Horizontal Row**                      **3 Sets x 10-12 reps**
- **Machine Seated Reverse Fly**                      **3 Sets x 10-12 reps**
- **Machine Seated Single Arm Horizontal Row**    **3 Sets x 10-12 reps each arm**
- **Lat Machine Wide Grip Pulldown**                      **3 Sets x 10-12 reps**
- **Back Extension**    **3 Sets x 10-12 reps**



**MACHINE SEATED HORIZONTAL ROW**



**MACHINE SEATED REVERSE FLY**



**LAT MACHINE WIDE GRIP PULLDOWN**



**BACK EXTENSION**

## Instructions

### **Machine Seated Horizontal Row**

- 1) Sit at a reverse position in a machine, chest against the backrest. Hands holding the vertical position handle, arms extended.
- 2) Pull the handles towards your chest, bending at the elbows. Pause.
- 3) Slowly return to starting position.
- 4) Repeat.

### **Machine Seated Reverse Fly**

- 1) Sit at a reverse position in a machine, chest against the back rest. Both hands holding the handles, elbows slightly bent.
- 2) Move your arms outward and backward in a reverse fly motion until your elbows go just past your back. Pause.
- 3) Slowly return to starting position.
- 4) Repeat.

### **Machine Seated Single Arm Horizontal Row**

- 1) Sit at a reverse position in a machine, chest against the backrest. One hand holding the horizontal position handle, shoulder parallel to the hand.
- 2) Pull the handle into you and try to squeeze your shoulder blades together in the back. Pause.
- 3) Slowly return to starting position.
- 4) Complete all reps on one side before switching to the other side.

### **Lat Machine Wide Grip Pulldown**

- 1) Grasp the bar using a shoulder-width grip with your arms extended straight overhead.
- 2) Pull the bar down in front to the top of your chest, bending at the elbows.
- 3) Straighten your arms fully, returning the bar to the top position.
- 4) This is one rep. Repeat.

### **Machine Back Extension**

- 1) Adjust seat so back pad fits between shoulder blades. Legs should be slightly bent.
- 2) Place feet firmly on foot pad and move torso back slowly.
- 3) Pause at extended position.
- 4) Repeat.



Instructions

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## Day 4 - Biceps, Triceps, Abdominals, & Stabilizers

[ Superset for 3 sets – rest 120 seconds between sets ]

• **Cable Bicep Curl** 12-15 reps

• **Cable Rope Hammer Curl** 12-15 reps

[ Superset for 2 sets ]

• **Cable Rope Tricep Extension** 10-12 reps

• **Cable Reverse Grip Tricep Pulldown** 10-12 reps

• **Kinesis Cable Rotation** 3 Sets x 12 reps each side

• **Kinesis Cable Press outs** 3 Sets x 12 reps each side

• **Kinesis Cable Kneeling Crunch** 3 Sets x 12reps

• **Kinesis Cable Kneeling Woodchopper** 3 Sets x 12 reps each side



CABLE BICEP CURL



KINESIS CABLE ROTATION





## Instructions

### **Cable Bicep Curl**

- 1) Stand facing the low pulley and attach a short bar to the low cable. Grasp the bar with your palms up and stand with your arms straight.
- 2) Bending on the elbows, curl the bar up towards your shoulders. Pause
- 3) Lower the bar returning to starting position.
- 4) Repeat.

### **Cable Rope Hammer Curl**

- 1) Attach a rope attachment to a low pulley. Stand face forwards and about 12 inches away from the machine.
- 2) Grasp the rope with a palms-in grip and stand straight up.
- 3) Put your elbows at your side and keep them in this position throughout the entire movement.
- 4) Your elbows should not move. Pull your arms up until your biceps touch your fore arms, keeping your palms in a facing in position.
- 5) Slowly return to the starting position.
- 6) Repeat.

### **Cable Rope Tricep Extension**

- 1) Grasp a rope attached to a high cable pulley.
- 2) Your forearms should be parallel to the floor. With your elbows against your sides, push the rope downwards as far as possible.
- 3) Pause and return to starting position.
- 4) Repeat.

### **Cable Reverse Grip Tricep Pulldown**

- 1) For this exercise, when you set up the machine, ensure that the rollers are above your head.
- 2) Secondly, you want to have a soft knee bend and to sit your hips back.
- 3) Also, remember try not to let the weights tap down in between every single repetition.
- 4) Grasp a straight bar with a palm up grip.
- 5) With your elbows against your sides, extend your arm until it is straight and pointing downwards. Pause, and return to start position.
- 6) Repeat.



## Instructions

### **Kinesis Cable External Rotation**

- 1) Stand upright holding the handle in front of you with fully extended arms – standing perpendicular to the face of the kinesis machine.
- 2) Rotate your torso while keeping your arms fully extended keeping your midsection braced.
- 3) Rotate until your back is facing the face of the kinesis machine then let the weight take your body back to starting position.
- 4) Repeat.
- 5) Complete all reps on the same side before switching to the other side.

### **Kinesis Cable Press Outs**

- 1) Stand upright standing perpendicular to the face of the kinesis while holding the handle in front of you with fully extended arms.
- 2) Bring the handle into the middle of your chest while keeping your midsection braced and tight.
- 3) Press out while beathing outwards and keeping the midsection braced into fully extended arms.
- 4) Repeat.
- 5) Complete all reps on the same side before switching to the other side.

### **Kinesis Cable Kneeling Crunch**

- 1) Kneel and grasp a cable rope attached to a high pulley, arms extended.
- 2) Curl your head and torso down to your knees, hands at the sides of your head.
- 3) Return to starting position.
- 4) Repeat.

### **Kinesis Cable Kneeling Woodchopper**

- 1) Kneel holding a rope in both hands with your arms straight over one shoulder.
- 2) Pull the cable down from your shoulder to your opposite hip. Concentrate on moving your hips and shoulders, not your arms.
- 3) Return to starting position.
- 4) Repeat.
- 5) Complete all reps on the same side before switching to the other side.

