

Lincs
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Strength Programme Card
FULL BODY WORKOUT

STRENGTH PROGRAMME CARD

FULL BODY WORKOUT

EXERCISES	Sets/Reps	Progression	Regression
		Sets/Reps	Sets/Reps
Warm Up	5 mins on Any Cardio Machine	N/A	N/A
Chest Press machine	1 x 15-20 reps 3 x 10 reps	Use Dumbbells	Lighter weight
Seated row Machine	1 x 15-20 reps 3 x 10 reps	10, 8, 6 reps getting heavier	Lighter weight
Shoulder Press Machine	1 x 15-20 reps 3 x 10 reps	10, 8, 6 reps getting heavier	Drop Set
Leg Press machine	1 x 15-20 reps 3 x 10 reps	15, 12, 10, 10 getting heavier	Use a Barbell

NOTE: If you require any help please ask a Lincs Inspire Instructor

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