

## BEGINNER WORKOUT WEIGHTS AND MACHINES

Sets, and reps and intense are individual. Please adjust according to your fitness goal.  
Rest and brake is according to your needs and fitness goals.

THIS IS NOT FOR EVERYONE. I don't guarantee for your health and results performing this workout.

This is just to help you out to:

- maintain healthy way of living
- be functional
- live and move better in every day living
- learn your body.

**This workout is adjustable for males and females and it is good for any age.**

## CHEST

### 1. Bench press



2. One arm Db press on swiss ball



LEGS

3. Leg extension



4. Hamstring curls



## BACK

### 5. Lats pull down wide grip



### 6. Back extension



## ARMS

### 7. Biceps curls



## 8. Triceps extention



## SOULDERS

### 9. Shoulder press



## CORE

### 10. planks

Lie on the floor belly down, make the emphasis lying on your elbows, tighten your legs and do not relax them until the exercise ends. The body should form a straight line



