



tone 1 workout plan

Beginner

- Begin every workout with a 10 minute warm up on the cardio machine of your choice.
- Exercise at your own pace and listen to your body.
- Select a weight that makes the last rep difficult but does not cause you to lose your form or hold your breath.
- Ask one of our team members if you dont know how to do an exercise .

Station 1:

Warm up on any cardio machine of your choice for 10 minutes.

Station 2:

Leg Press
2 Sets 10 Reps
Rest 1 Minute Between

Station 3:

Row Machine
2 Sets, 10 Reps
Rest 1 Minute Between

Station 4:

Shoulder Press Machine
2 Sets, 10 Reps
Rest 1 Minute Between

Station 5:

Seated Leg Curl
2 Sets, 10 Reps
Rest 1 Minute Between

Station 6:

Chest Press Machine
2 Sets, 10 Reps
Rest 1 Minute Between

Station 7:

Triceps Machine
2 Sets, 10 Reps
Rest 1 Minute Between

Station 9:

Ab Machine
2 Sets, 10 Reps
Rest 1 Minute Between

Station 8:

Biceps Machine
2 Sets, 10 Reps
Rest 1 Minute Between

Station 10:

Cool Down & Stretch
Finish with 5 Minutes of
Cardio, Then Stretch

Confused by something you see here? Ask one of our Personal Trainers to show you an exercise or check out your form? Have you had your complimentary training session yet? See a team member to schedule this today! Always consult your physician before starting any program.

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