

burn 1 workout plan

Beginner

- Begin every workout with a 10 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 Machine
2 Sets 15 Reps
Rest 1 Minute Between

Station 3:

Pull Down Machine
2 Sets, 15 Reps
Rest 1 Minute Between

Station 4:

Seated Leg Curl
2 Sets, 15 Reps
Rest 1 Minute Between

Station 5:

Stationary Bike
5 Minutes
Medium Intensity

Station 6:

Ab Machine
2 Sets, 15 Reps
Rest 1 Minute Between

Station 7:
Chest Press
2 Sets, 15 Reps
Rest 1 Minute Between

Station 9:
Biceps Machine
2 Sets, 15 Reps
Rest 1 Minute Between

Station 8:
Elliptical Machine
10 Minutes
Medium Intensity

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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