

STRENGTH TRAINING EXPRESS WORKOUT

Instructions:

- Take 6 counts to perform each rep: 2 slow to lift and 4 to lower.
- Do 8 – 12 reps. Decrease the weight if you can't do 8; increase it when you can do more than 12.
- Do one set only, then stretch.
- To stretch, most exercises use the machine as a prop. Hold each stretch for 20 seconds.
- Ideally, do the workout 2-3 times/week.
- Begin and end with 5-10 minutes of warm up cardio.
- End with your favorite abdominal exercises if time permits.

1. Leg Extension

- Strength: Sit on a leg extension machine with your back against the pad and rollers in front of your ankles, feet relaxed, not pointed. Hold handles for support. Straighten legs to hip height without locking knees. Slowly return to starting position and repeat. (quadriceps)
- Stretch: Stand a stride's distance in front of the machine, facing away from it, and place the instep of one foot over the roller, knee bent. With support let slightly bent, contract abs so torso is erect and tailbone points down. Press forward through hips, feeling a stretch in front thigh and hip flexor. If necessary, bend support let slightly to feel stretch. Hold for 20 seconds; repeat with other leg.

2. Seated Leg Curl

- Strength: Sit on a leg curl machine with your legs straight and the roller behind your ankles. Hold handles for support. Keeping back and hips against machine seat, abs tight and chest lifted, bend knees to bring heels under seat. Straighten legs and repeat. (hamstrings)
- Stretch: Sitting on the machine in the starting position, bend forward from your hips and reach for your toes, keeping your back straight and head and neck aligned with your spine. Feel the stretch in lower back and rear thigh. Hold for 20 seconds and release.

3. Leg Press

- Strength: Lay on leg press pad with feet placed high enough on footplate to form an angle of slightly less than 90 degrees both at hips and knees. You may have to adjust pad closer or farther away from footplate. Grasp handles. With chest lifted, abs tight and lower back neutral, push away with heels until legs are straight but not locked. Bend knees and hips, lowering until you reach about a 90-degree angle at the knees. Slowly return to starting position and repeat. (buttocks, quadriceps, and hamstrings)
- Stretch – Keeping your feet on the plate (with machine locked) and knees bent, open your legs wide to stretch your groin. Hold for 20 seconds.

4. Seated Chest Press

- Strength: Sit on chest press machine with abs tight, chest lifted and lower back neutral, and grasp handles so elbows are straight out from shoulders and are bent at about 90 degrees. Straighten elbows and press handles away from chest with chest still lifted. Slowly return to beginning position and repeat. (pecs, front deltoids – chest, front shoulder)
- Stretch: Sitting in machine with your chest lifted, gently open your arms to a T position, or until you feel a stretch on your chest. Hold for 20 seconds.

5. Lat Pullover

- Strength: Sit in a pullover machine with your back against the pads. Place elbows and forearms against arm pads. Contract abs to stabilize torso, and relax shoulders. Press pads down and in toward waist. Slowly return to starting position and repeat. (middle back)
- Stretch: Stand next to the machine with your feet hip-width apart and legs straight but not locked. Grasp the crossbar with both hands, arms straight. Squat down with back flat and pull back on the crossbar until back is in stretched position. Hold for 20 seconds.

6. Side Lateral Raise

- Strength: Sit on a shoulder lateral machine, hold the support handles and adjust the pads over your upper arm and elbow while keeping chest lifted and abs tight. Lift your arms to shoulder height, keeping neck relaxed. Return to starting position and repeat. (lateral deltoids – middle shoulder)
- Stretch: Face the machine with your feet hip-width apart and legs straight but not locked. Place left hand on right handle so left arm extends across your body at about chest height. Rotate torso to the left to feel a stretch in middle and rear of your shoulder. Hold for 20 seconds, then repeat, grasping right handle with left hand.

7. Biceps Curl

- Strength: Sit on the biceps curl machine with your knees bent and feet on the floor. Place elbows firmly in center of pad, arms extended and parallel to floor. Grasp machine handles, palms up. Squeeze shoulder blades together and down, then bend elbows, bringing handles in toward shoulders without hunching forward. Lower slowly, straightening arms. (front of arm)
- Stretch: Still seated, open palms under the handles. Lean back slightly until you feel the biceps stretch. Hold for 20 seconds.

8. Triceps Extension

- Strength: Sit on the triceps extension machine with your knees bent and feet flat on the floor. Place elbows in the center of the pads and hold handles with elbows bent and palms facing in while contracting abs. Press handles down and away until arms are straight, but not locked. Release and repeat. (triceps – back of arm)
- Stretch: While still seated, reach one hand overhead and behind you as if to grab top of seat back, elbow bent and pointed up toward ceiling while pressing back of arm gently with opposite hand. Hold 20 seconds and repeat with other arm.

9. Abductor

- Strength: Sit on the abductor machine and place legs inside the leg rests. Starting with the legs close together in a comfortable position, slowly push the legs apart and out. Control the movement with the hip muscles, especially on the in phase. (outer thigh)
- Stretch: Exit the machine and sit on the floor. Open the legs wide and lean to one side to stretch the outer thigh. Slowly turn your torso to the outside of your leg. Hold 20 seconds. Repeat with to opposite side.

10. Adductor

- Strength: Sit on the adductor machine, placing legs outside the leg rests. Slowly part the knees and adjust the machine as far as you comfortably can. Slowly pull the legs toward each other. Control the movement with the hip muscles, especially on the out phase. (inner thigh)
- Stretch: Exit the machine and stand with feet farther than hip distance apart. Keeping toes forward, knees over toes, and right leg straight, shift weight to the left, bending left knee to stretch inner thigh. Hold 20 seconds and repeat on right side.