Machine **2-Day Total Body Program** **Name** _____ **Date** _____

Day/Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Tuesday	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.
Cardio	25 min.	25 min.	25 min.	25 min.	25 min.	25 min.	25 min.	25 min.	25 min.	25 min.
Magnum Leg Press	8x3	10x3	12x3	15x3	12x3	10x3	15x3	12x3	10x3	6x3
Magnum Chest Press	8x3	10x3	12x3	15x3	12x3	10x3	15x3	12x3	10x3	6x3
Seated Row	8x3	10x3	12x3	15x3	12x3	10x3	15x3	12x3	10x3	6x3
Magnum Abductor	8x3	10x3	12x3	15x3	12x3	10x3	15x3	12x3	10x3	6x3
Curls	8x3	10x3	12x3	15x3	12x3	10x3	15x3	12x3	10x3	6x3
Magnum Peck Deck	8x3	10x3	12x3	15x3	12x3	10x3	15x3	12x3	10x3	6x3
Magnum Rear Delt	8x3	10x3	12x3	15x3	12x3	10x3	15x3	12x3	10x3	6x3
Back Extension	8x3	10x3	12x3	15x3	12x3	10x3	15x3	12x3	10x3	6x3
ABS	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2

Day/Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Thursday	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.
Cardio	25 min.	25 min.	25 min.	25 min.	25 min.	25 min.	25 min.	25 min.	25 min.	25 min.
Magnum Chest Press	8x3	10x3	12x3	15x3	12x3	10x3	15x3	12x3	10x3	6x3
Leg Extension	8x3	10x3	12x3	15x3	12x3	10x3	15x3	12x3	10x3	6x3
Leg Curl	8x3	10x3	12x3	15x3	12x3	10x3	15x3	12x3	10x3	6x3
Magnum Adductor	8x3	10x3	12x3	15x3	12x3	10x3	15x3	12x3	10x3	6x3
Standing Calf Raise	8x3	10x3	12x3	15x3	12x3	10x3	15x3	12x3	10x3	6x3
Back Extension	8x3	10x3	12x3	15x3	12x3	10x3	15x3	12x3	10x3	6x3
Magnum Hip Sled	8x3	10x3	12x3	15x3	12x3	10x3	15x3	12x3	10x3	6x3
Lat Pulldown	8x3	10x3	12x3	15x3	12x3	10x3	15x3	12x3	10x3	6x3
ABS	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2