Machine **3-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	Notes
Monday	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.	
Magnum Leg Press	8x3	10x3	12x3	15x3	12x3	10x3	8x3	6x3	15x3	
Magnum Chest Press	8x3	10x3	12x3	15x3	12x3	10x3	8x3	6x3	15x3	
Seated Row	8x3	10x3	12x3	15x3	12x3	10x3	8x3	6x3	15x3	
Ab & Ad-Duction	8x3	10x3	12x3	15x3	12x3	10x3	8x3	6x3	15x3	
Curls	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	15x3	
DB Shoulder Press	8x3	10x3	12x3	15x3	12x3	10x3	8x3	6x3	15x3	
ABS	20x2	20x2	20x2	20x2	20x2	20x2	20x2	20x2	20x2	

Day/Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Notes
Wednesday	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.	
Magnum Chest Press	8x3	10x3	12x3	15x3	12x3	10x3	8x3	6x3	15x3	
Magnum Rear Delt	8x3	10x3	12x3	15x3	12x3	10x3	8x3	6x3	15x3	
Leg Extension	8x3	10x3	12x3	15x3	12x3	10x3	8x3	6x3	15x3	
Leg Curl	8x3	10x3	12x3	15x3	12x3	10x3	8x3	6x3	15x3	
Standing Calf Raise	8x3	10x3	12x3	15x3	12x3	10x3	8x3	6x3	15x3	
Back Extension	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	15x3	
ABS	20x2	20x2	20x2	20x2	20x2	20x2	20x2	20x2	20x2	

Day/Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Notes
Friday	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.	
Magnum Hip Sled	8x3	10x3	12x3	15x3	12x3	10x3	8x3	6x3	15x3	
Lat Pulldown	8x3	10x3	12x3	15x3	12x3	10x3	8x3	6x3	15x3	
Leg Curl	8x3	10x3	12x3	15x3	12x3	10x3	8x3	6x3	15x3	
Leg Extension	8x3	10x3	12x3	15x3	12x3	10x3	8x3	6x3	15x3	
Ab & Ad-Duction	8x3	10x3	12x3	15x3	12x3	10x3	8x3	6x3	15x3	
DB Shoulder Press	8x3	10x3	12x3	15x3	12x3	10x3	8x3	6x3	15x3	
Curls	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	15x3	
ABS	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2	