Beginner Strength Workout

5 minute warmup on the Recumbent Bike

2 sets of 10 Machine Leg Press

2 sets of 10 (each leg) Step-up

2 sets of 10 Seated Row Machine
   As you pull the bars toward you, make sure to keep a tight grip and squeeze your shoulder blades together.

1 set of 20 Stability Ball Bicep Curls

1 set of 20 Tricep Pushdowns
   Make sure to fully extend your triceps as you push down.

2 sets of 20 Crunches

5 minute cool down on Recumbent Bike