



Level 1 Strength Plan

Anytime Fitness

2 sets
per exercise

10 reps
per set

60 seconds
rest between sets

30min



Anytime Fitness



Shannon Fable

Here Is Your Workout

For each exercise, perform 2 sets of 10 reps, resting 60 seconds between sets

A full body workout utilizing equipment to help with building base level strength and confidence.

Equipment: Machine

Leg Press Legs



- 1 - Sit in the leg press machine with your knees bent and your feet shoulder-width apart on the platform.
- 2 - Press the platform out and away from your body, extending your legs fully.
 - Bend your hips and knees, return to the start position and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			

Chest Press Chest



- 1 - Sit upright holding the handles at chest height with your elbows bent and your back against the pad.
- 2 - Press the handles out in front to a straight arm position.
 - Return to the start position, bending your elbows and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			



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Wide Pulldown Back



- 1 - Sit upright holding the handles using a wide grip with your arms extended straight overhead and your palms facing forward.
 - 2 - Pull the handles down to your shoulders, bending at the elbows.
- Straighten your arms fully, returning to the top position and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			

Leg Extension Legs



- 1 - Sit in the leg extension machine with your knees bent and the leg pads on your lower shins just above your ankles.
- 2 - Extend your knees fully, raising your legs out and up to where your feet, knees and hip are in line.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			

Preacher Curl Biceps



- 1 - Sit holding the handles underhanded with your arms straight and your elbows resting on the support pad.
 - 2 - Raise the handles up to shoulder height, bending at the elbows.
- Lower and repeat, keeping your shoulders steady and your back flat throughout.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			



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Assisted Dips

Triceps



- 1 - Support body with your knees on the pad and your arms straight, hands on the handles.
- 2 - Lower your body down toward the floor, bending at the elbows.
- 3 - Push down on the handles, coming up until your arms are straight again.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			

Seated Leg Curl

Legs



- 1 - Sit on the leg curl machine with your lower calves on the pad and your legs straight up in front.
- 2 - Push the pad down and back, bending at the knees.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			

Shoulder Press

Shoulders



- 1 - Sit upright holding the handles at shoulder height with your hands slightly wider than shoulder width and your elbows bent.
 - 2 - Press the handles overhead, extending your arms fully.
- Return to the start position and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			



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60 seconds
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Rear Delt Row Shoulders



1 - Sit upright with your chest against the pad and your hands straight out in front at shoulder height holding the handles.

2 - Pull the handles out to the side and back to where your hands are in line with your torso.

- Return to the start position and repeat, keeping your chest against the pad and your arms straight throughout.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			