

Your Machine Workout

The following exercises are designed to provide a total-body strength-training workout in just 30 minutes. Beginners should start with one set of 8 to 12 repetitions of each exercise two to three times per week. More advanced exercisers should shoot for two sets of each exercise, using heavier weights, also two to three times each week. For optimal results and to decrease the chance of injury, increase the weight on each machine by no more than 10 percent each week. *Always check with your personal physician before beginning any exercise program.*

↓ **Leg extension** (*quadriceps*) Adjust the seat so that your knees are in line with the machine's axis of rotation (where the machine pivots). With your back firmly against the seat pad, push the roller pad slowly upward until your knees are extended. Slowly return the roller pad to the starting position.



↓ **Leg curl** (*hamstrings*) Adjust the seat so that your knees are in line with the machine's axis of rotation. With your back firmly against the seat pad and your legs between the roller pads, pull the roller pads slowly backward until your legs are at a 90-degree angle. Allow the roller pads to return slowly to the starting position.



■ Adapted from *Strength Training Past 50* by Wayne L. Westcott and Thomas R. Baechle (*Human Kinetics*, 2007). ■ Gabrielle deGroot Redford lifts weights twice a week. On most days, she also regularly hoists her five-year-old twins.



↑ **Chest press** (*pectoralis major, anterior deltoids, triceps*) Adjust the seat so that the handles are right below shoulder level. Sitting with your head, shoulders, and back against the seat pad, slowly push the handles forward until your arms are fully extended. Slowly return the handles to the starting position.



Your Machine Workout *(continued)*



↑ Seated row (*latissimus dorsi, biceps*) Sitting with your chest against the chest pad and your torso erect, slowly pull the handles back toward your chest. Allow handles to return slowly to the starting position (your arms should be fully extended).



↑ Triceps extension (*triceps*) Adjust the seat so that your elbows are in line with the machine's axis of rotation. Grasp the handles and slowly push the weight forward, until your arms are fully extended. Allow the pads to return slowly to their starting position.



↑ Lateral raise (*deltoids*) With your arms against the arm pads and your hands on the handles, slowly lift the arm pads, until your arms are parallel to the floor. Allow the pads to slowly return to their starting position.



↑ Lower back extension (*erector spinae*) With your back against the roller pad, push back until your trunk is fully extended, keeping your head in line with your torso. Allow the pad to slowly return to the starting position.

↓ Abdominal curl (*rectus abdominus*) Adjust the seat so that your navel is in line with the machine's axis of rotation. Sitting with your back firmly against the shoulder pad, and your elbows on the arm pads, slowly push down on the pads until your trunk is fully extended, tightening your abdominal muscles as much as you can. Allow the pad to slowly return to the starting position.

