



SPECIAL INSTRUCTIONS

Please consult with your medical physician before undergoing any exercise program. Before you begin, please do warm-up programs with a cardiovascular machine then follow up with a stretching post-exercise program? It is advisable and important that you seek a certified personal trainer to guide and instruct you to the proper application of each exercise illustrated. Hydrate yourself by drinking enough plenty fluids before, during and after each of your exercise program. Before you begin each exercise, you must stabilize the core area of your body. To stabilize the core, you must contract the abdominal muscle and retract the shoulder blades inward producing a protruded chest area. In this position, you have stabilized the lower spinal column and now ready to contract a specific muscle that is the target for each specific exercise. . Do not forget to always incorporate a rest day in between each training session for each muscle area. If you have any further questions or inquiries, please contact the author of this program, Joe Nidea, Certified Fitness Trainer and Sports Nutritionist, at (630) 645-9542.

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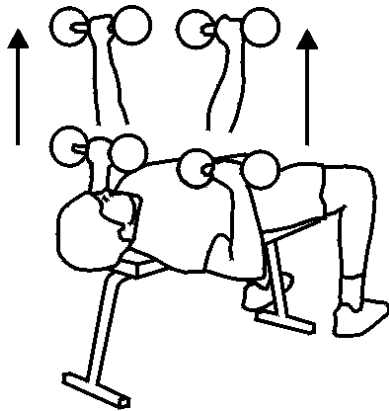


Premiere Fitness Club

Oak Brook Park District

BASIC STRENGTH TRAINING PROGRAM By Joe Nidea

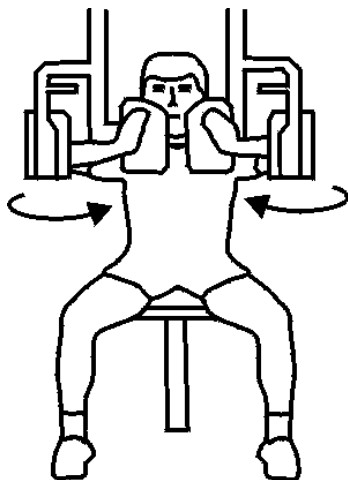
CHEST EXERCISE:



Dumbbell Chest Press on Flat Bench

- ❑ Resistance: ____ lbs.
- ❑ Repetitions: 10-12
- ❑ Sets: 3-5

Stabilized core area and do each repetition in a slow and control movement.

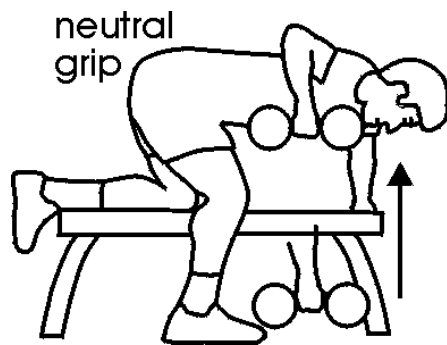


Chest Fly Machine

- ❑ Resistance: ____ Plates.
- ❑ Repetitions: 10-12
- ❑ Sets: 3-5

Stabilized core area and do each repetition in a slow and control movement.

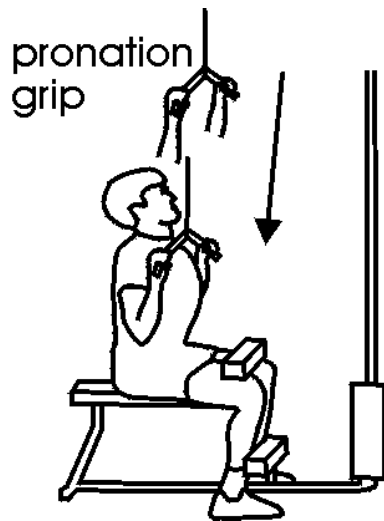
BACK:



Dumbbell One-Arm Row on Flat Bench

- Resistance: _____ lbs.
- Repetitions: 10-12
- Sets: 3-5

Stabilized core area and do each repetition in a slow and control movement.

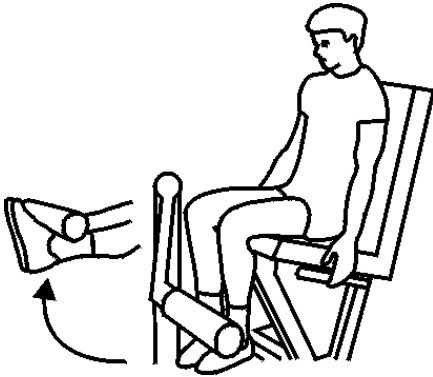


Lat Pulldown Machine with Pronation Grip

- Resistance: _____ Plates.
- Repetitions: 10-12
- Sets: 3-5

Stabilized core area and do each repetition in a slow and control movement.

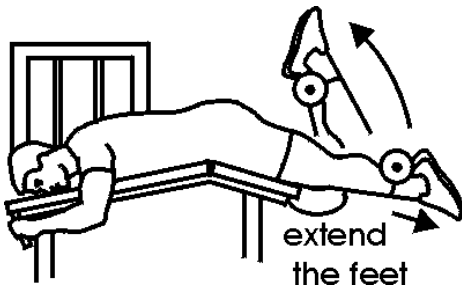
LEGS EXERCISE:



Leg Extension Machine

- Resistance: _____ Plates.
- Repetitions: 12-14
- Sets: 3-5

Stabilized core area and do each repetition in a slow and control movement.

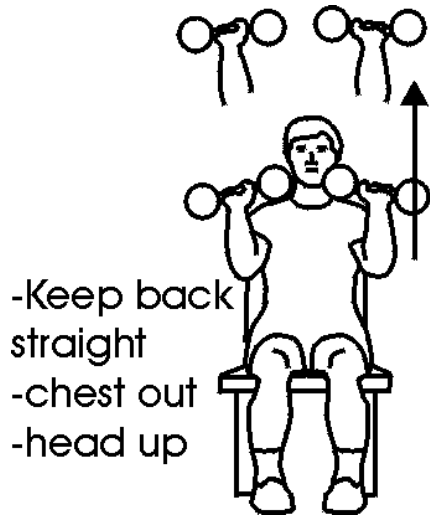


Leg Curl Machine

- Resistance: _____ Plates.
- Repetitions: 12-14
- Sets: 3-5

Stabilized core area and do each repetition in a slow and control movement.

SHOULDERS EXERCISE:

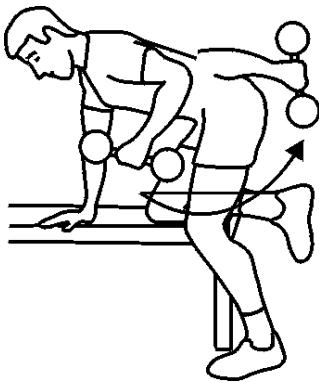


Dumbbell Shoulder Press on Seated Chair

- Resistance: _____ lbs.
- Repetitions: 10-12
- Sets: 3-5

Stabilized core area and do each repetition in a slow and control movement.

TRICEPS EXERCISE:

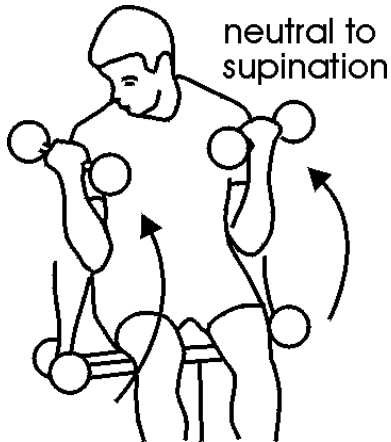


Dumbbell Kickback on Flat Bench

- Resistance: _____ lbs.
- Repetitions: 10-12
- Sets: 3-5

Stabilized core area and do each repetition in a slow and control movement.

BICEPS EXERCISE:

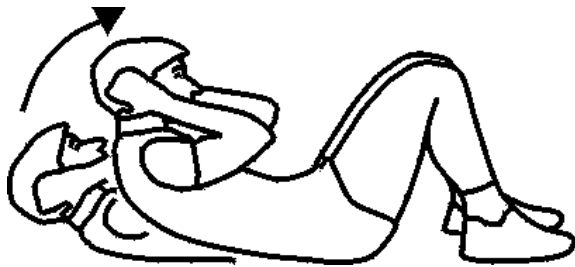


Seated Dumbbell Bicep Curls

- Resistance: _____ lbs.
- Repetitions: 10-12
- Sets: 3-5

Stabilized core area and do each repetition in a slow and control movement.

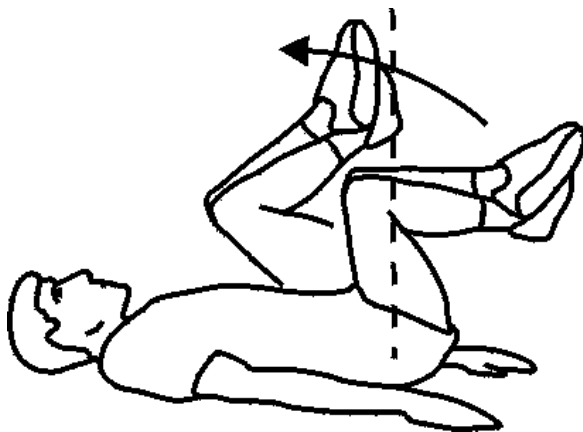
ABDOMINALS EXERCISE:



Abdominal Crunch

- Resistance: Body Weight
- Repetitions: 10
- Sets: 5-8

Stabilized core area and do each repetition in a slow and control movement.



Reverse Abdominal Crunch

- Resistance: Body Weight
- Repetitions: 10
- Sets: 5-8

Stabilized core area and do each repetition in a slow and control movement.