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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Machine Exercises That Suit Beginners

By Rick Mitchell

Machine Exercises That Suit Beginners by Rick Mitchell

The aim for beginners to weight training must be to lay the foundations for the intensive workouts that their bodies will eventually be subjected to. Obviously successful bodybuilding involves bringing together disparate elements such as nutrition and rest but choosing the right exercises is crucial. In this article we'll outline the machine exercises that will enable new bodybuilders to develop the general strength and body conditioning needed.

Initially beginners should aim to complete two sets of ten to twelve reps but after a few weeks, when you have developed sufficient control and basic strength, experiment with one set of six to eight reps to failure. This will maximize your muscle growth and give you the impetus to move on to the next stage of development. Before long you'll find the use of this single piece of equipment restricting, so later in this series of articles we'll pull together a muscle boosting program that utilizes other equipment to take you to the intermediate level. In the meantime, get to work with these exercises in order to get used to working your muscles.

Start off training four days per week and work body parts on the following basis not forgetting to incorporate rest days:

Day 1 – Biceps, Back, Abs

Day 2– Hamstrings, Shoulders, Abs

Day 3 – Quads, Forearms, Calves

Day 4 – Triceps, Chest, Abs

The exercises recommended for beginners are as follows:

CHEST: Chest press

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UPPER BACK: Lat pulldown, cable row

SHOULDERS: Shoulder press, upright row, cable shrug, lateral raise, front raise

TRICEPS: Kickback, pushdown

BICEPS: Standing curl

LOWER BODY: Leg press, leg extension, calf raise, lying leg curl

Rick Mitchell is the creator of the bodybuildingadvisor.com website that provides guidance and

information to athletes at all levels of bodybuilding experience. Go to

to learn

more about the issues covered in this article.

Barbell Exercises That Suit Beginners

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The aim for beginners to weight training must be to lay the foundations for the intensive workouts that their bodies will eventually be subjected to. Obviously successful bodybuilding involves bringing together disparate elements such as nutrition and rest but choosing the right exercises is crucial. In this article we'll outline the barbell exercises that will enable new bodybuilders to develop the general strength and body conditioning needed.

Initially beginners should aim to complete two sets of ten to twelve reps but after a few weeks, when you have developed sufficient control and basic strength, experiment with one set of six to eight reps to failure. This will maximize your muscle growth and give you the impetus to move on to the next stage of development. Before long you'll find the use of this single piece of equipment restricting, so later in this series of articles we'll pull together a muscle boosting program that utilizes other equipment to take you to the intermediate level. In the meantime, get to work with these exercises in order to get used to working your muscles.

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Day 1 – Biceps, Back, Abs

Day 2– Hamstrings, Shoulders, Abs

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Day 3 – Quads, Forearms, Calves

Day 4 – Triceps, Chest, Abs

The exercises recommended for beginners are as follows:

CHEST: Bench press

SHOULDERS: Upright row, military press, front shrug

TRICEPS: Lying triceps extension, lying triceps extension with EZ curl bar

BICEPS: Standing curl, EZ standing curl

LOWER BODY: Squat, reverse lunge, calf raise

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