



Build a Fitness Program

This template will assist you in creating your own strength workouts using selectorized machines and bodyweight exercises. We've categorized the exercises to help you create a full body workout. By incorporating these four areas into your full-body workout plan, you can design a well-rounded and effective program that addresses and supports your overall health and fitness goals.

Push

(Chest, Shoulders, Triceps)

(Choose 1)

- Chest Press
- Pec Fly
- Overhead Press
- Shoulder Press

Core

(Abdomen)

(Choose 1)

- Rotary Torso
- Deadbug (Bodyweight)
- Plank (Bodyweight)
- Russian Twist (Bodyweight)

Lower Body

(Quads, Hamstrings, Adductors, Glutes)

(Choose 2)

- Glute
- Prone Leg Curl
- Hip Abductor
- Hip Adductor
- Leg Press
- Seated Leg Curl
- Leg Extension

Pull

(Back, Biceps)

(Choose 2)

- Seated Row
- Lat Pull
- Lat Pulldown

Example Program

Day 1	Day 2	Day 3
Leg Press	Seated Leg Curl	Hip Abductor
Glute	Leg Extension	Hip Adductor
Seated Rows	Lat Pulldown	Lat Pull
Lat Pull	Seated Row	Seated Row
Chest Press	Overhead Press	Pec Fly
Rotary Torso	Deadbug	Plank

This is an example of a 3 day workout program that utilizes our recommendation of choosing, 1 push, 2 pull, 1 core, and 2 lower body exercises.

Repetition Ranges

RPE	Reps	Goal
7	8-12	Building Muscle
10	1-6	Increasing Strength
3	15-20	Improving Endurance

RPE (RATING OF PERCEIVED EXERTION)

1 **2-3** **4-6** **7-8** **9** **10**
 VERY LIGHT LIGHT MODERATE HARD VERY HARD MAX EFFORT

Please consult with your healthcare professional prior to beginning this, or any other fitness program. By following this suggested plan, you accept full responsibility for the potential risks associated with physical exercise.

For information about fitness classes, personal training, custom group fitness class, and preparation courses visit CampusRecreation.IllinoisState.edu/Fitness.