Build a Fitness Program

This template will assist you in creating your own strength workouts using selected 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

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

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RPE (RATING OF PERCEIVED EXERTION)

1 - VERY LIGHT
2 - LIGHT
3 - MODERATE
4 - HARD
7 - VERY HARD
8 - 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.