

## FITGym Weekly Pin-Loaded

# WORKOUT PLAN

All exercises are **Sets: 3** **Reps: 10 - 12**

## DAY ONE - GLUTES AND HAMSTRINGS

### Warm Up

- 5 min bike or walk
- Bodyweight Squats
- Butt Kicks
- Bodyweight Glute Bridges

### Exercise

- Leg Press (feet higher on platform)
- Seated Leg Curl
- Glute Press
- Prone Leg Curl
- Abductor

## DAY TWO - SHOULDERS & CHEST

### Warm Up

- 5 min row
- Arm Circles
- Band pull-aparts
- Incline push ups on bench/box

### Exercise

- Chest Press
- Shoulder Press
- Pectoral Machine
- Deltoid Press
- Tricep Press

## DAY THREE - QUADS & CALVES

### Warm Up

- 5 min incline treadmill walk
- Bodyweight squats
- Walking lunges
- Calf raises

### Exercise

- Leg Press (feel centre on platform)
- Leg Extension
- Standing Calf Machine
- Adductor Machine
- Goblet Squat with Kettlebell

## FITGym Weekly Pin-Loaded

# WORKOUT PLAN

All exercises are **Sets: 3** **Reps: 10 - 12**

## DAY FOUR - BACK & ARMS

### Warm Up

- 5 min row
- Cat/cow stretch
- Shoulder rolls
- Light dumbbell curls

### Exercise

- Lat Pulldown
- Reverse Fly
- Bilateral Arm Curl
- Back Extension
- Bicep Curl Machine

## DAY FIVE - FULL BODY & CORE

### Warm Up

- 5 min cardio of choice
- Bodyweight squats
- Shoulder rolls
- Inchworms

### Exercise

- Leg Press
- Chest Press
- Lat Pulldown
- Deadbugs
- Ab Crunch Machine

## NOTES

- Start with a weight that feels challenging but comfortable.
- Focus on controlled movement and good technique.
- Rest around 45–90 seconds between exercises.
- Do some light stretches at the end of your workout to help with muscle recovery.
- Aim to complete 2–5 days per week depending on schedule and recovery.
- Ask a trainer or staff anytime if you'd like help adjusting machines or progressing exercises.