Basic Isolation Resistance Exercises

2-3 x a week: 1-3 sets

Levels
GREEN HIGHLIGHTBEGINNER ORANGE
HIGHLIGHT
INTERMEDIATE RED
HIGHLIGHT-ADVANCED

Leg Extensions 10-15 reps

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weighttrai
ning.guide
/exercises/
legextension/

Leg Curls 10-15 reps



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Movement 10-15 reps

Leg Press Machine 10-15 reps

Inner and Outer Thigh



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/exercises/
inclineleg-press/
This page

describes

Row Movement 10-15 reps



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/exercises/
straightbackseatedcable-row/

Pulldown Movement 10-15 reps



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/exercises/
wide-griplat-pulldown/

Press Movement 10-15 reps



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Fly Machine 10-15 reps



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Reverse Fly Machine 10-15 reps

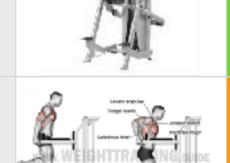


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<u>ning.guide</u> /exercises/

assistedpull-up/

Assisted Pull Up Machine 10-15 reps



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/exercises/
machineassistedtricepsdip/

Assisted Dip Machine 10-15 reps

Db Curls 10-15 reps



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Db Shoulder Presses 10-15 reps



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/exercises/
seateddumbbelloverheadpress/

Db Lateral Raises 10-15 reps



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Cable Triceps Pushdowns single or double arm 10-15 reps



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Tricep Kickbacks 10-15 reps-Weighted with Dumbbells or Bands



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Wall squats -Place back against wall and bend down to 90 degrees and hold till burn. Perform 1-3 sets with rest in between.



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