

Basic Isolation Resistance Exercises

2-3 x a week: 1-3 sets

Levels
GREEN HIGHLIGHT-
 BEGINNER **ORANGE**
HIGHLIGHT
 INTERMEDIATE **RED**
HIGHLIGHT-ADVANCED

Leg Extensions 10-15 reps



<https://weighttrainingguide.com/exercises/leg-extension/>

Leg Curls 10-15 reps



Inner and Outer Thigh Movement 10-15 reps



<https://weighttrainingguide.com/exercises/machine-seated-hip-abduction/>

Leg Press Machine 10-15 reps



<https://weighttrainingguide.com/exercises/incline-leg-press/>
 This page describes

Row Movement 10-15 reps



<https://weighttrainingguide.com/exercises/straight-back-seated-cable-row/>

Pulldown Movement 10-15 reps



<https://weighttrainingguide.com/exercises/wide-grip-lat-pull-down/>

Press Movement 10-15 reps



<https://www.acefitness.org/education-and-resources/lifestyle/exercise->

Fly Machine 10-15 reps



<https://weighttrainingguide.com/exercises/machine-fly/>

Reverse Fly Machine 10-15 reps



<https://weighttrainingguide.com/exercises/machine-fly/>

Assisted Pull Up Machine 10-15 reps



<https://weighttrainingguide.com/exercises/assisted-pull-up/>

Assisted Dip Machine 10-15 reps



<https://weighttrainingguide.com/exercises/machine-assisted-triceps-dip/>

Db Curls 10-15 reps



<https://weighttrainingguide.com/exercises/dumbbell-curl/>

Db Shoulder Presses 10-15 reps



<https://weighttrainingguide.com/exercises/seated-dumbbell-overhead-press/>

Db Lateral Raises 10-15 reps



<https://www.acefitness.org/education-and-resources/lifestyle/exercise->

Cable Triceps Pushdowns single or double arm 10-15 reps



<https://weighttrainingguide.com/exercises/cable-one-arm-reverse-grip/>

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



<https://www.acefitness.org/education-and-resources/lifestyle/exercise->

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



<https://www.youtube.com/watch?v=bweG9fBOBw>