

WEEKLY GYM MACHINE WORKOUT ROUTINE

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List of Machine Exercises You'll Do in This Program

Here is an ultimate list of machine exercises you can integrate while creating a gym machine workout plan.

Chest

1. Smith Machine Bench Presses
2. Horizontal Chest Press
3. Hammer Strength Bench Press
4. Pec Deck Fly
5. Standing Cable Fly
6. Incline Cable Fly
7. Cable Crossover
8. ISO Incline Press

Back

9. Lat Pulldowns
10. Seated Cable Row
11. Lat Pullover
12. Landmine Row
13. Hyperextension
14. Single-arm Cable Pulldown
15. Pullup
16. Chest Supported Row

Shoulder

17. Machine Shoulder Press

18. Smith Machine Overhead Press
19. Cable Pulley Front Raises
20. Cable Lateral Raises
21. Cable Reverse Fly
22. Smith Machine Shrug
23. Reverse Pec Deck Fly
24. Face Pull

Arms

25. Narrow Grip Smith Machine Bench Press
26. Triceps Rope Pushdown
27. Overhead Tricep Extension
28. Cable Skull Crusher
29. D-handle Cable Pulldown
30. Seated Machine Dip
31. Cable Triceps Kickback
32. Bar Dips

Biceps

33. Chinups
34. Straight Bar Curl
35. EZ Bar Cable Curl
36. Preacher Curl
37. Cable Hammer Curl
38. Overhead Biceps Cable Curls
39. Squatting Cable Curl
40. Cable Spider Curls

Legs

41. Smith Machine Squat
42. Smith Machine Lunges
43. Leg Press
44. Machine Hack Squat
45. Leg Extension
46. Smith Machine Romanian Deadlift
47. Machine Leg Curl (Seated/Lying)
48. Smith Machine Hip Thrust
49. Standing Calf Raises

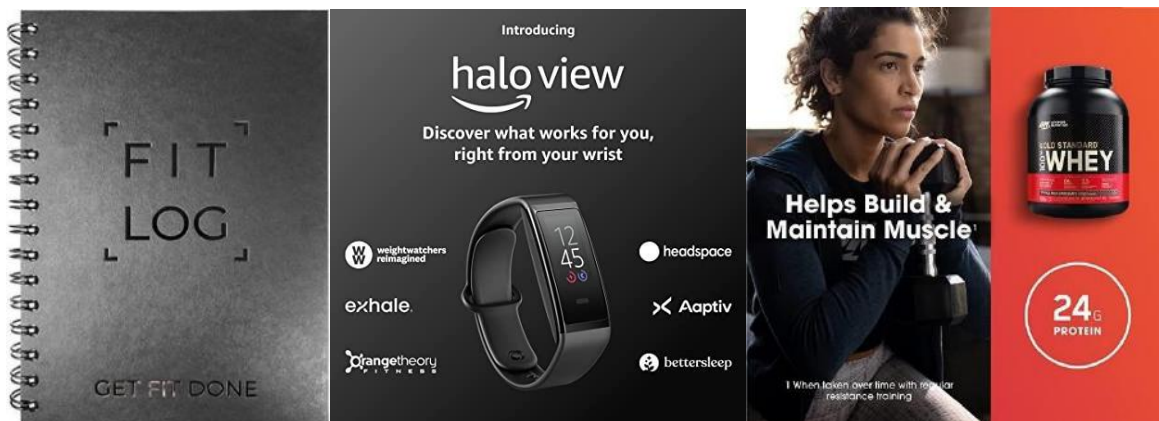
50. Leg Abductor

Core

- 51. Abdominal Machine Crunch
- 52. Kneeling Cable Crunch
- 53. Reverse Cable Crunch
- 54. Lying Cable Leg Raises
- 55. High to Low Cable Chop
- 56. Low to High Cable Chop
- 57. Hanging Knee Raise
- 58. Cable Pallof Press
- 59. Vertical Leg Raise
- 60. Hanging Leg Raises

Cardio

- 61. Treadmill
- 62. Elliptical Cross Trainer
- 63. Stationary Bicycle
- 64. Air Rowing Machine



Program Summary and Description

Sessions Per Week

You'll train four times a week in this program with three full rest days.

Duration Per Session

The one session in this routine will take around 60 to 75 minutes to complete, including the warm-up time; however, if it is too much for you, you can skip one to two exercises or reduce the number of reps/sets.

Program Duration

You can use this program for as long as you like.

Who Should Train with Machine:

Anyone can use gym machines to build strength and size. They are particularly helpful for those who may not be comfortable using free weights or other types of equipment.

Workout Level

Machine exercises are safe, so people of all fitness levels and age groups can try this workout program.

Target Gender

Anyone, from male to female, can follow this program.

Warm-up

Perform [aerobic exercises](#) for five to 10 minutes to increase your heart rate, flood, and get your muscles ready to perform resistance machine exercises.

Gym Machine Workout Plan for Weight Loss

- Monday – Cardio and Core Machine Workout
- Tuesday – Strength and Cardio Workout
- Wednesday – OFF
- Thursday – Strength and Aerobic Workout
- Friday – Cardio and Ab Machine Workout
- Saturday – OFF
- Sunday – OFF

You can make desirable changes to make this program best fit for your goal.

Monday – Cardio and Core Machine Workout

Exercise	Activity	Rest
Treadmill Run	10-15 minutes	2-5 mins
Elliptical Cross Trainer	3-5 minutes	2-3 mins
Machine Ab Crunch	2 sets of 15 reps	1-min
Cable Pallof Press	2 sets of 10 reps	1-min
Kneeling Cable Crunch	2 sets of 10 reps	1-min
High to Low Cable Chop	10 reps/side x 2	45-sec
Stationary Bike	5 minutes	1-2 min

Tuesday – Strength and Cardio Workout

Exercise	Activity	Rest
Treadmill Run	5 minutes	2-5 mins
Leg Press	2 sets of 10 reps	1-3 mins
SM Overhead Press	2 sets of 10 reps	1-3 mins
Front Lat Pulldown	2 sets of 10 reps	1-3 mins
Pec Deck Fly	2 sets of 10 reps	1-2 mins
Stationary Bike	5 minutes	1-2 mins
Treadmill	5 minutes	–

Thursday – Strength and Aerobic Workout

Exercise	Activity	Rest
Treadmill Run	5 minutes	2-5 mins
Hammer/SM Bench Press	15 reps x 2	1-3 mins
Cable Lateral Raises	10 reps x 2	1-3 mins
Seated Cable Row	15 reps x 2	1-3 mins
SM Hip Thrust	12 reps x 2	1-2 mins
Stationary Bike	5 minutes	1-2 mins
Elliptical Cross Trainer	5 minutes	1-2 mins
Treadmill	5 minutes	–

Friday – Cardio and Ab Machine Workout

Exercise	Activity	Rest
Treadmill Run	10-15 minutes	2-5 mins
Elliptical Cross Trainer	3-5 minutes	2-3 mins
Machine Ab Crunch	2 sets of 15 reps	1-min
Cable Pallof Press	2 sets of 10 reps	1-min
Kneeling Cable Crunch	2 sets of 10 reps	1-min

High to Low Cable Chop	10 reps/side x 2	45-sec
Stationary Bike	5 minutes	1-2 min

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Helps Build & Maintain Muscle

1 When taken over time with regular resistance training

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