

# WEEKLY GYM MACHINE WORKOUT ROUTINE

Created by: [Murshid Akram](#)

Check out [article](#)

## 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

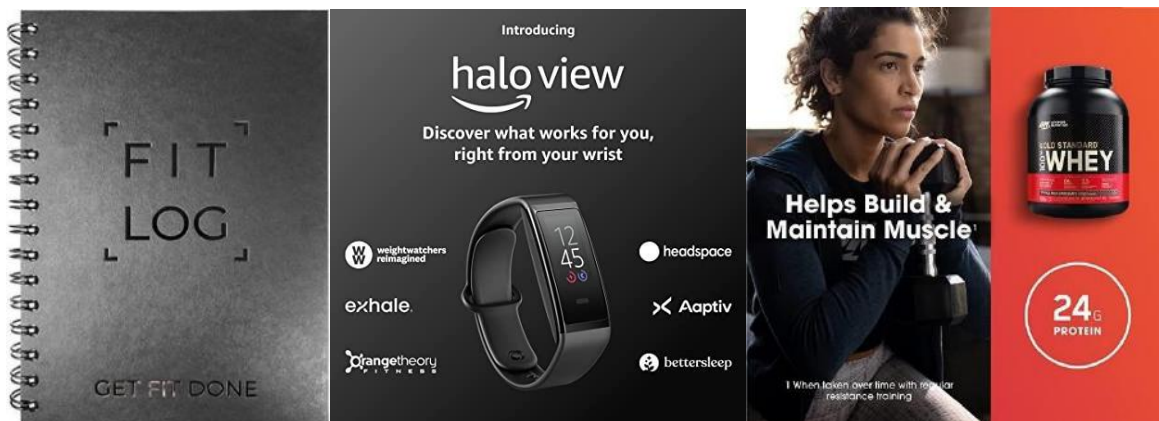
50. Leg Abductor

### 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 Routine for Muscle Building**

- Monday – Back and Shoulder
- Tuesday – OFF
- Wednesday – Legs and Core
- Thursday – OFF
- Friday – Chest and Arms
- Saturday – Cardio
- Sunday – OFF

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

### **Monday – Back and Shoulder**

Exercise	Reps	Sets	Rest
----------	------	------	------

<a href="#">Front Lat Pulldown</a>	10-12	2-3	1-3 min
<a href="#">Straight-arm Lat Pulldown</a>	10-12	2-3	1-3 min
<a href="#">Straight-arm Lat Pulldown</a>	10-12	2-3	1-3 min
<a href="#">SM Overhead Press</a>	10-12	2-3	1-3 min
<a href="#">Cable Lateral Raises</a>	10-12	2-3	1-3 min
<a href="#">Reverse Pec Deck Fly</a>	10-12	2-3	1-3 min

## Wednesday – Legs and Core

Exercise	Reps	Sets	Rest
Leg Press	10-15	2-3	1-3 min
<a href="#">Hack Squat</a>	10-12	2-3	1-3 min
Leg Curl	12-15	2-3	1-2 min
<a href="#">Calf Raises</a>	12-15	2-3	1-2 min
<a href="#">High to Low Chop</a>	8/side	2-3	1-min
<a href="#">Kneeling Cable Crunch</a>	10-12	2-3	1-min

## Friday – Chest and Arms

Exercise	Reps	Sets	Rest
Smith Machine Bench Press	10-12	2-3	1-3 min
<a href="#">Incline Hammer Chest Press</a>	10-12	2-3	1-3 min
<a href="#">Pec Deck Fly</a>	12-15	2-3	1-2 min
<a href="#">Rope Pushdown</a>	12-15	2-3	1-2 min
EZ Bar Cable Curl	10-12	2-3	1-2 min
Cable Hammer Curl	10-12	2-3	1-2 min

## Saturday – Cardio

Exercise	Duration	Rest
Treadmill Run	10 minutes	3-5 min
Elliptical Cross Trainer	5 minutes	1-3 min
Stationary Bike	5 minutes	1-2 min
Machine Ab Crunch	10 reps x 2	45-60 sec



Introducing  
**halo view**  
Discover what works for you,  
right from your wrist



weightwatchers  
imagined

exhale.

Orangetheory  
FITNESS

headspace

Aaptiv

bettersleep



**24<sup>G</sup>**  
PROTEIN