

# 20 Minute Beginner-Intermediate Strength Workout

**Description:** This total body strength routine will target Upper and Lower Body muscle groups that will help increase overall power and muscular endurance!

**Club Area:** Free weight Area

**Equipment Needed:** Smith Machine

**Judgement Free Tip:** Rest & Recovery is just as important as the workout itself. After your session, try a good static stretching routine. Doing so will help to shorten your recovery time and help reduce soreness.



## Need Help?

All our exercises can be found on the PF App. Just click on 'Workouts' then 'Tutorials' and search for the exercise you want. It's that easy!

## Warm-up/30 sec each

1. Arm Circles
2. Huggers
3. Trunk Twists
4. Jumping Jacks

## Main Workout (3 sets x 10-12 reps)

Perform each exercise for 3 sets of 10-12 repetitions before moving onto the next exercise in the circuit. Once you've completed one circuit fully, rest and move onto the next circuit repeating the same 3 sets of 10-12 repetitions per exercise. {Rest for 60 seconds between sets}

### Smith Machine Circuit (Upper Body)

- Smith Machine Bench Press  
+ **Modification** - Remove the weight and practice form
- Smith Machine Incline Bench Press  
+ **Modification** - Remove the weight and practice form
- Smith Machine Shoulder Press  
+ **Modification** - Remove the weight and practice form
- Smith Machine Shrugs  
+ **Modification** - Remove the weight and practice form

### Smith Machine Circuit (Lower Body)

- Smith Machine Squat  
+ **Modification** - Remove the weight and practice form
- Smith Machine Lunge (Right Leg)  
+ **Modification** - Remove the weight and practice form
- Smith Machine Lunge (Left Leg)  
+ **Modification** - Remove the weight and practice form
- Smith Machine Calve Raises  
+ **Modification** - Remove the weight and practice form

## Cool-down/30 sec each

1. Standing Shoulder Stretch
2. Standing Chest Openers
3. Standing Abdominal Stretch
4. Standing Quad Stretch

