

## Karen Mason Weights Workout

### Warm Up

Equipment:	Cycle Level: Low Duration: 10 - 15 mins
Trainer Tips:	Check seat height – your legs should be nearly straight at the bottom of the cycle movement
Pre exercise Stretch:	Calf, Thigh, Chest, Triceps - hold all for 6-8 secs

### Main Workout

Exercise	Sets	Reps
Free Weight Squat – All over legs	3	15
Leg Press – Quads & Glutes	3	15
Leg Extension – Quads	3	15
Leg Curl – Hamstring & Glutes	3	15
Chest Press	3	15
Machine Flies – Chest	3	15
Lat Pull Down – Back	3	15
Leaver Row – Back	3	15
Shoulder Press	3	15
One Arm Cable Lateral Raise – Shoulders	3	15
Bicep Curl	3	15
Reverse Cable Curl – Biceps	3	15
Triceps Press	3	15
Straight Bar Extension – Triceps	3	15

### Cool Down:

Stretches to be hold for an average of 30-40 seconds, download Karen's stretch sheet diagrams from the site.