

Smith Machine Beginner Workout Guide

This guide includes 3 beginner-friendly full-body workouts you can do with a Smith Machine.

Workout A - Upper Body

- Incline Smith Press - 3 sets of 10
- Smith Machine Row - 3 sets of 10
- Seated Overhead Press - 3 sets of 12
- Push-ups (bodyweight) - 2 sets of 15

Workout B - Lower Body

- Smith Squat - 3 sets of 12
- Reverse Lunges - 2 sets of 10 per leg
- Romanian Deadlift - 3 sets of 10
- Standing Calf Raises - 3 sets of 20

Workout C - Full Body

- Smith Thrusters (Squat + Press) - 3 sets of 10
- Bent-over Smith Row - 3 sets of 12
- Static Lunge - 2 sets of 10 per leg
- Hanging Knee Raise - 2 sets of 15

Train 3 times per week. Rest 30-60 seconds between sets. Track your progress!

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