

Welcome to the Machine(s)

Although kettlebells and bodyweight workouts are winning the popularity contests these days, many fitness pros agree that exercise machines are not only OK to use, but can be very helpful to the workout newbie. Try these to get started:

Horizontal Seated Leg Press



The consensus go-to lower body machine, this one hits quads, glutes, hamstrings and calves. Concentrate on technique and you'll be doing free squats in no time.

Lat Pulldowns



If you're looking to do pullups, start with this machine. It'll work the latissimus dorsi, the broadest muscle in the back, and others. Grasp the bar in different positions to hit the different areas of the back.

Triceps Pushdown



Like the lat pulldown machine, you can experiment with different grips, rope attachments and bars to work all areas of the triceps. Strong triceps are very important for pushups, pullups and maintaining balanced strength in your arms.

Chest Press Machine



Beneficial to the chest, triceps & biceps, this machine mimics the motion of a pushup. You'll need strong chest muscles in order to tackle more compound movements of exercises you will be doing down the line.

Now get started!