

Re: New Workout Routine at Planet Fitness LaGrange, Georgia by James Pate Williams, Jr., BA, BS, MSwE, PhD

30-Minute Workout Machines

Exercise	Weight	Repetitions
1. Chest Press	10	50
2. Lat Pulldown	45	50
3. Shoulder Press	10	50
4. Bicep Curl	30	30
5. Triceps Extension	45	50
6. Seated Row	60	30
7. Abdominal	45	40

Normal Machines

1. Triceps Pushdown	20	60
2. Low Row	55	60
3. Abs. Crunch	20	25
4. Shoulder Press	20	30
5. Chest Press	20	30
6. Chest Press	20	30
7. Pectoral Fly	45	25
8. Barbell	20	25

It only took 25 minutes to do this set of exercises.

<https://www.planetfitness.com/gyms/lagrange-ga>