Two days. A clear plan.

Planet Fitness machine workout | Beginner A/B plan

Train A and B on separate days with at least one full rest day between, such as Monday and Thursday. In weeks 1-2, do **one working set per exercise**. From week 3, use the counts below if technique and recovery are comfortable.

Warm up with 5-10 minutes of easy walking or cycling, then lighter practice sets for your first leg and upper-body movements. Leave about 2-3 controlled repetitions available at the end of a set. Rest 90-120 seconds between working sets; take longer if needed.

Workout A | 11 working sets after the introduction

WORKOUT A	SETS	REPS	REST
Seated leg press	2	8-12	90-120 sec
Machine chest press	2	8-12	90-120 sec
Seated row machine	2	8-12	90-120 sec
Seated or lying leg curl	2	10-15	90-120 sec
Lat pulldown	1	10-15	90-120 sec
Machine shoulder press	1	8-12	90-120 sec
Abdominal crunch machine	1	10-15	90-120 sec

Workout B | 11 working sets after the introduction

WORKOUT B	SETS	REPS	REST
Seated or lying leg curl	2	10-15	90-120 sec
Seated leg press	2	8-12	90-120 sec
Lat pulldown	2	10-15	90-120 sec
Machine chest press	2	8-12	90-120 sec
Seated row machine	1	8-12	90-120 sec
Machine shoulder press	1	8-12	90-120 sec
Abdominal crunch machine	1	10-15	90-120 sec

Optional calf work: 1-2 sets of 12-20 on a dedicated calf machine, once recovered and familiar with its instructions. It adds time. Allow roughly 40-55 minutes for the regular session; this is an estimate, not a timed test.

Independent editorial template for generally healthy adult beginners. Get help with unfamiliar settings and technique; seek individual guidance for injury, surgery or medical restrictions. Stop an exercise that causes pain. Equipment varies by club.

Progress without guessing.

Eight-week introduction

WEEK	YOUR TARGET
1	One working set per exercise. Learn the machines; record seat and pad settings.
2	Repeat one set per exercise. Adjust starting loads; repeat this phase if needed.
3	Use the full A/B set counts when comfortable. Keep loads steady while adding sets.
4	Keep set counts. Add controlled repetitions where appropriate, with 2-3 in reserve.
5	Try a small load increase only after meeting the progression rule below.
6	Repeat. Keep separate records for different machines and A/B exercise order.
7	Continue if recovered. For an easier week, use one set each and comfortable loads.
8	Compare with your starting records. Repeat the block or seek a revised program.

The progression rule

Reach the **top of the rep range on every prescribed set**, with consistent form and about 2-3 reps available, on **two comparable visits**. Then try the smallest available resistance increase. Return toward the lower end of the range. If you cannot reach that lower limit cleanly, return to the previous load.

Example for 2 x 8-12: 12/10 means keep practicing. 12/12 on two comparable visits can justify trying the next increment. A calendar date never requires heavier weights. Never add improvised weights to a machine.

Machine taken? Reorder first; recheck the load after any switch.

STATION	BACKUP / LIMIT
Leg press	Another leg press after instruction. If unfamiliar or unavailable, return later; leg extension alone is not the same movement.
Leg curl	Seated or lying version; reset pads and establish a new load baseline.
Chest press	Another flat/incline press machine; angle and resistance differ.
Row	Another row machine or a familiar seated cable row.
Pulldown	Another pulldown; assisted pull-up only after instruction. More assistance is easier.
Shoulder / abs	Another familiar version. Return later or omit that accessory once.

Full technique cues and sources: athletexpert.org/blog/2-day-planet-fitness-workout-plan

Sources: ACSM resistance-training position stand (2026), doi:10.1249/MSS.0000000000003897; Mayo Clinic weight-training technique guidance; Planet Fitness PE@PF and equipment guides. The exact A/B package is an editorial template, not a research-tested program or an individual trainer assessment. Independent of Planet Fitness.

Your weekly training log.

Print again for each week. Week: _____ Training days: _____

Record machine model and seat/pad settings. Load numbers do not transfer between different machines. During the one-set introduction, cross out the second-set box. Warm-up sets are separate.

Workout A Date: _____ Energy / recovery: _____

EXERCISE	MODEL / SETTINGS	LOAD	SET 1 REPS	SET 2 REPS	NEXT VISIT
Seated leg press					
Machine chest press					
Seated row machine					
Seated or lying leg curl					
Lat pulldown				-	
Machine shoulder press				-	
Abdominal crunch machine				-	

Workout B Date: _____ Energy / recovery: _____

EXERCISE	MODEL / SETTINGS	LOAD	SET 1 REPS	SET 2 REPS	NEXT VISIT
Seated or lying leg curl					
Seated leg press					
Lat pulldown					
Machine chest press					
Seated row machine				-	
Machine shoulder press				-	
Abdominal crunch machine				-	

Optional calf sets / reps / load: _____

Technique questions, substitutions or discomfort to discuss: _____

_____

Missed a workout? Continue with the next scheduled visit; avoid doubling the work. Keep one station at a time and follow any designated circuit area's rules.