

Beginners Workout Plan

This Workout Plan is designed to help with strength gains and overall size.

“To create a good body, you need to have a good foundation”.

Please ask if you are unsure with the correct technique of any of the exercises. Repeat the Workout Plan on the 4th day. Continue this Plan for 4 weeks to help get solid results.

Day 1: STRENGTH and POWER circuit (do each exercise one after each other)

Squats: 10 – 12 reps

Bent over barbell rows: 10 – 12 reps

Flat Bench press: 10 – 12 reps

Behind the neck smith machine press: 10 – 12 reps

Dead Lifts: 8 – 10 reps

Do this circuit **5 times** in row, having a 2 minute rest in between each circuit. Try upping the weight with each set, but without compromising the correct technique of the exercise.

Day 2: CONTROL and CONTRACTION circuit

Incline Dumbbell press: 10 reps, 3 sets

Pec Dec Flyes: 10 reps, 3 sets

Up-right Rows: 10 reps, 2 sets

Dumbbell Side Raises: 10 reps, 2 sets

Tricep Dips: 12 reps, 2 sets

Tricep Rope Pull downs: 12 reps, 2 sets

Seated Cable rows: 10 reps, 3 sets

Front Lat Pull downs: 10 reps, 3 sets

Alternate Dumbbell Curls: 12 reps, 2 sets

Barbell Curls: 12 reps, 2 sets

Leg extensions: 12 reps, 3 sets

Lying Leg Curls: 12 reps, 3 sets

Seat Calf Raises: 15 reps, 3 sets

Have a Minute rest between each set and exercise. Try upping the weight with each set, but without compromising the correct technique of the exercise.

Day 3: REST!!!!

Muscles growth is not made in the gym, only broken down - it is made when you **REST and EAT!! DO NOT OVER TRAIN!**

