

Welcome to WE Online Coaching!

Here's your **FREE** strength training program for building muscle 💪



PRIMARY GOAL: Build Muscle

Level: New Beginner

Training days: x2 per week

Weeks: 8

Training time: 1-1,5 hours

Equipment: Dumbbells, kettlebells, barbell, cables and gym machines / **Gym equipments**

Focus: Learning proper form and technique

Progression: When you complete 3 sets at the upper end of the rep range, increase the weight in your next session and start with the lower rep range again

Exercise videos - IG: [we.onlinecoaching](https://www.instagram.com/we.onlinecoaching)

We kindly remind you that it takes 3 to 6 months for a Lifestyle Change. Be patient and consistent. What to do after 8 weeks? We offer tailored programs for your goals! Ready to invest in yourself and transform? Fill out the **FREE consultation!**

Warm-up exercises	Sets	Reps/time
Treadmill walking, rowing machine, cycling etc.		5 min
Bodyweight shoulder circles	2	10
Bodyweight squats	2	10
Scapular push-ups	2	10
DAY 1	DAY 2: Follow us on IG to unlock! DM us your email to get access.	
A1) Goblet squat 3 sets x 8 reps		
A2) Push-ups 3 x your max w/good form		
B1) Leg curl 3 x 10		
B2) Dumbbell shoulder press 3 x 10		
C) Seated rows 3 x 12		
D) Preacher curl 3 x 10		