



BEGINNER WORKOUT GUIDE

for weight loss

DAY 1

warm up 10min

leg press 3 x 17

leg curl 3 x 12

leg extension 3 x 12



DAY 2

warm up 10min

chest press 4 x 12

lat pulldown 3 x 12

seated row 3 x 12



DAY 3

warm up 10min

hip thrust 4 x 17

incline press 3 x 12

cable pullover 2 x 12