



BEGINNER WORKOUT GUIDE

for hypertrophy

DAY 1

warm up	10min
hack squat	3 x 17
leg curl	3 x 12
leg extension	3 x 12
leg press	3 x 12

DAY 2

warm up	10min
chest press	4 x 12
incline press	3 x 12
pec fly	3 x 12
shoulder press	3 x 12

DAY 3

warm up	10min
bent over row	4 x 17
seated row	3 x 12
cable pullover	2 x 12
lat pulldown	2 x 12