

# Beginner Gym Workout

Frequency: 3 times per week

Duration: 45-60 minutes per session

1. Warm-up: 5-10 minutes of light cardio (treadmill, bike, etc.).

2. Workout:

- Squats (Bodyweight or Goblet) - 3 sets of 12 reps.

- Bench Press (Machine or Dumbbells) - 3 sets of 10 reps.

- Lat Pulldown - 3 sets of 12 reps.

- Dumbbell Shoulder Press - 3 sets of 10 reps.

- Plank - 3 sets of 30-45 seconds.

3. Cool-down: 5-10 minutes of stretching focusing on worked muscles.