

BEGINNER

WELCOME TO THE BEGINNER PROGRAM!

*Your max reps should be your point of failure.

*Try to rest anywhere from 1 to 2 minutes.

SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
/	Full Body!	/	Full Body!	/	Full Body!	/

BEGINNER

MONTH: 1

UPPER AND LOWER BODY

1.	2 Sets	Push ups	MAX REPS!
2.	2 Sets	Pike push ups	MAX REPS!
3.	2 Sets	Australian Pull ups	MAX REPS!
4.	2 Sets	Australian Chin ups	MAX REPS!
5.	2 Sets	Squats	MAX REPS!
6.	2 Sets	Hip Thrusters	MAX REPS!

CORE

1.	2 Sets	Sit ups	MAX REPS!
2.	2 Sets	Leg lifts	MAX REPS!
3.	2 Sets	Plank	MAX REPS!
4.	2 Sets	Side plank	MAX REPS!
5.	2 Sets	Superman	MAX REPS!

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MONTH: 2

UPPER AND LOWER BODY

1.	2 Sets	Dips	MAX REPS!
2.	2 Sets	Pike push ups	MAX REPS!
3.	2 Sets	One Arm Australian Pull ups	MAX REPS!
4.	2 Sets	One Arm Australian Chin ups	MAX REPS!
5.	2 Sets	Squats	MAX REPS!
6.	2 Sets	Hip Thrusters	MAX REPS!

CORE

1.	2 Sets	Crunches	MAX REPS!
2.	2 Sets	Leg lifts	MAX REPS!
3.	2 Sets	Plank	MAX REPS!
4.	2 Sets	Side plank	MAX REPS!
5.	2 Sets	Superman + Superman Hold	MAX REPS!

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MONTH: 3

UPPER AND LOWER BODY

1.	3 Sets	Diamond Push ups	MAX REPS!
2.	3 Sets	Lifted Pike push ups	MAX REPS!
3.	3 Sets	Pull ups	MAX REPS!
4.	3 Sets	Chin ups	MAX REPS!
5.	3 Sets	Assisted Pistol Squats	MAX REPS!
6.	3 Sets	One Leg Hip Thrusters	MAX REPS!

CORE

1.	3 Sets	Crunches	MAX REPS!
2.	3 Sets	Leg lifts	MAX REPS!
3.	3 Sets	Hip hold	MAX REPS!
4.	3 Sets	Side Plank Crunches	MAX REPS!
5.	3 Sets	High Superman + Superman Hold	MAX REPS!