

Beginners workout

Day 1

notes :

start with light weights first then add more weights in the next reps

rest time between sets 1-2 minutes

rest time between exercises 2-3 minutes

You can change the cardio if you like to walking or jogging

https://youtu.be/n1jjb68YOy4	5 minutes	warm up
https://youtu.be/zh9jYIKL5r4	1 minute	Stretch
https://youtu.be/--ioQbt4gUA Alternative exercise https://youtu.be/G2uwPy79Spc	sets 3 reps 15-12-10 weight	Chest Chest Press
https://youtu.be/xrmu63KtF1Q Alternative exercise https://youtu.be/Btkl7w_h8N0	Sets 3 reps 15-12-10 weight	Chest Machine chest fly
https://youtu.be/_XSCKiXXBn8	Sets 3 reps 10-10-10 weight	Chest Incline DM Press
https://youtu.be/G2uwPy79Spc	Sets 3 reps 15-15-12	Chest Incline push ups

https://youtu.be/E3oKnwJqoJk	Sets 3 reps 12-10-10 weight 20 - 20 - 30 kg	Chest Pull over
https://youtu.be/TiEhMabuKx0	Sets 3 reps 15-12-10 weight	Triceps Cable push down
https://youtu.be/xZoK0RTtQtA	Sets 3 reps 15-12-12	Triceps Dips
https://youtu.be/3Bv6Csfh-Qg	Sets 3 reps 12-12-10	Triceps Band Kick back
https://youtu.be/n1jjb68YOy4	20 minutes	cardio Elliptical