



## Exercise Plan: Beginners Level



### 01 Dumbbell Bench Press

Muscle: Chest

Video Link: <https://www.youtube.com/embed/WRVHrQ72NWM>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

### 02 Lat Pull Down

Muscle:

Video Link: [https://www.youtube.com/embed/yVYJMMhk\\_SM](https://www.youtube.com/embed/yVYJMMhk_SM)



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

### 03 Smith Machine Incline Barbell Bench Press

Muscle: [Chest](#)

Video Link: <https://www.youtube.com/embed/YYKqWHddKsE>

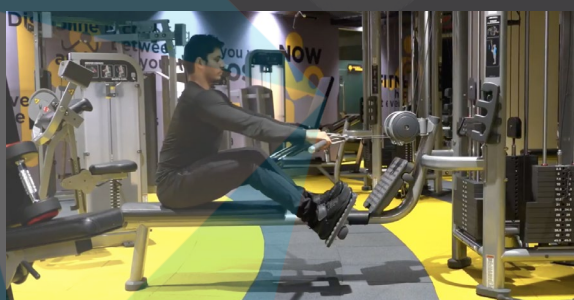


Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 12 Reps	45 Secs
Standard Set 2	8 - 12 Reps	45 Secs
Standard Set 3	8 - 12 Reps	45 Secs
Standard Set 4	8 - 12 Reps	45 Secs

### 04 Seated Row

Muscle: [Back](#)

Video Link: <https://www.youtube.com/embed/lpB187U73PQ>



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 12 Reps	45 Secs
Standard Set 2	8 - 12 Reps	45 Secs
Standard Set 3	8 - 12 Reps	45 Secs
Standard Set 4	8 - 12 Reps	45 Secs

## 05 Lever Pec Deck Fly

Muscle:

Video Link: <https://www.youtube.com/embed/1gTa8o8Q8yo>



Number of Sets	Reps	Rest between Sets
Standard Set 1	10 - 12 Reps	45 Secs
Standard Set 2	10 - 12 Reps	45 Secs
Standard Set 3	10 - 12 Reps	45 Secs
Standard Set 4	10 - 12 Reps	45 Secs

## 06 One Arm Dumbbell Row - (Bent Over)

Muscle: [Back](#)

Video Link: <https://www.youtube.com/embed/fyoYbkwGNNc>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs



### 01 Barbell Full Squats

Muscle: [Thighs](#)

Video Link: <https://www.youtube.com/embed/1rqu7Cnet5M>



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 12 Reps	45 Secs
Standard Set 2	8 - 12 Reps	45 Secs
Standard Set 3	8 - 12 Reps	45 Secs
Standard Set 4	8 - 12 Reps	45 Secs

### 02 Leg Curl

Muscle: [Thighs](#)

Video Link: <https://www.youtube.com/embed/dJTq8PCt600>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

## 03 Leg Extension

Muscle: [Thighs](#)

Video Link: <https://www.youtube.com/embed/4sYdodAr4oo>



Number of Sets	Reps	Rest between Sets
Standard Set 1	15 Reps	45 Secs
Standard Set 2	15 Reps	45 Secs
Standard Set 3	15 Reps	45 Secs
Standard Set 4	15 Reps	45 Secs

## 04 Safety Bar Seated Calf Raise

Muscle: [Calves](#)

Video Link: <https://www.youtube.com/embed/arFj-gW-d4s>



Number of Sets	Reps	Rest between Sets
Standard Set 1	20 Reps	45 Secs
Standard Set 2	20 Reps	45 Secs
Standard Set 3	20 Reps	45 Secs
Standard Set 4	20 Reps	45 Secs

### 05 Plank

Muscle: [Waist](#)

Video Link: <https://www.youtube.com/embed/oEH6dB6Gn34>



Number of Sets	Reps	Rest between Sets
Standard Set 1	Max Possible	45 Secs
Standard Set 2	Max Possible	45 Secs
Standard Set 3	Max Possible	45 Secs
Standard Set 4	Max Possible	45 Secs

### 06 Weighted Crunch

Muscle: [Waist](#)

Video Link: <https://www.youtube.com/embed/fSKADgBR5Lk>



Number of Sets	Reps	Rest between Sets
Standard Set 1	15 Reps	45 Secs
Standard Set 2	15 Reps	45 Secs
Standard Set 3	15 Reps	45 Secs
Standard Set 4	15 Reps	45 Secs



### 01 Dumbbell Shoulder Press

Muscle: [Shoulder](#)

Video Link: <https://www.youtube.com/embed/1EMeK0k7ZjY>



Number of Sets	Reps	Rest between Sets
Standard Set 1	10 - 12 Reps	45 Secs
Standard Set 2	10 - 12 Reps	45 Secs
Standard Set 3	10 - 12 Reps	45 Secs
Standard Set 4	10 - 12 Reps	45 Secs

### 02 Dumbbell Alternating Lateral Raise

Muscle: [Waist](#)

Video Link: [https://www.youtube.com/embed/IU\\_-J8mUPro](https://www.youtube.com/embed/IU_-J8mUPro)



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs



### 03 Smith machine Barbell Shrugs

Muscle: [Back](#)

Video Link: <https://www.youtube.com/embed/cZFerU17D8U>



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 12 Reps	45 Secs
Standard Set 2	8 - 12 Reps	45 Secs
Standard Set 3	8 - 12 Reps	45 Secs
Standard Set 4	8 - 12 Reps	45 Secs

### 04 Incline Dumbbell Alternative Curl

Muscle: [Upper Arms](#)

Video Link: <https://www.youtube.com/embed/9I1RK1sJUko>



Number of Sets	Reps	Rest between Sets
Standard Set 1	15 Reps	45 Secs
Standard Set 2	15 Reps	45 Secs
Standard Set 3	15 Reps	45 Secs
Standard Set 4	15 Reps	45 Secs

### 05 Dumbbell Lying Triceps Extension

Muscle: [Upper Arms](#)

Video Link: [https://www.youtube.com/embed/pmAo7\\_\\_QsE4](https://www.youtube.com/embed/pmAo7__QsE4)



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

### 06 Dumbbell Bicep Curls

Muscle: [Upper Arms](#)

Video Link: <https://www.youtube.com/embed/jW4HdeqPL3o>



Number of Sets	Reps	Rest between Sets
Standard Set 1	15 Reps	45 Secs
Standard Set 2	15 Reps	45 Secs
Standard Set 3	15 Reps	45 Secs
Standard Set 4	15 Reps	45 Secs

07 Cable Bent-over Triceps Extension (with rope attachment)

Muscle: Upper Arms

Video Link: <https://www.youtube.com/embed/I021CYcJChM>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

Day 4: Same as Day 1

Day 5: Same as Day 2

Day 6: Same as Day 3



## Day 7: Rest Day

