

7-Day Muscle Kickstart Plan – For Beginners

By @testtmaxxing

This plan is your first step toward structured training. It's built for beginners who want to stop guessing and start training with purpose.

Who This Is For

- You're new to lifting and want structure
- You've tried random workouts and saw no real results
- You want to train consistently, but don't know where to start

If any of these sound like you — you're in the right place.

7-Day Beginner Workout Split

Day 1: Upper Body (Push Focus)

Day 2: Lower Body (Quads & Glutes)

Day 3: Rest or Light Cardio

Day 4: Upper Body (Pull Focus)

Day 5: Lower Body (Hamstrings & Core)

Day 6: Full Body Circuit

Day 7: Rest & Recovery

Your First Week Strategy

- Don't worry about being perfect — just show up
- Pick weights you can move with good form (you'll build from there)
- Rest 60–90 seconds between sets
- Track how you feel — not just how much you lift

What to Expect

This split is designed to help you:

- Build consistency
- Develop gym confidence
- Learn structured training basics

Each day focuses on foundational movement patterns and includes recovery to avoid burnout.

The goal? Show up, build momentum, and get locked in — one rep at a time.

Stay Locked In

There will be days you don't feel like showing up — that's exactly when it matters most.

You don't need perfect workouts. You need consistent ones.

The gym doesn't just build your body — it builds your mindset, your work ethic, your edge.

Every rep is a choice to stay disciplined when it's easier not to.

You're not here to be average.

You're here to prove to yourself what you're capable of — and that starts now.

Ready to Take the Next Step?

If you're ready to train with true structure, intensity, and tracking — the full system is built for you.


✓ 7-Day Advanced Training Split

✓ Printable + Fillable Workout Tracker

✓ Nutrition, Recovery & Mindset Tools

 **Use code MAXX50 for 50% off**

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 DM @testtmaxxing with “COACH ME” for 1-on-1 help