

BEGINNER WORKOUT ROUTINE

MONDAY: CHEST/TRICEPS

BENCH: 5 SETS X 5 REPS

SIDE PLANKS (ON ELBOW): 3 SETS X 20 SECOND REPS

DB INCLINE BENCH: 3 SETS X 10 REPS

DB CROSSOVER (JUST LIKE A FRONT SHOULDER RAISE, TAKE THE DB AND RAISE IT ACROSS YOUR CHEST TO THE OPPOSITE SHOULDER BUT KEEP YOUR ARM STRAIGHT) 3 SETS X 10 REPS EACH ARM

DECLINE PUSHUPS: 3 SETS X 10 REPS

MACHINE CHEST FLIES: 3 SETS X 10 REPS

DB OVERHEAD TRICEPS (ONE ARM AT A TIME): 3 SETS X 10 REPS

ROPE TRICEP PULLDOWN (CABLE): 3 SETS X 10 REPS

CABLE CHEST FLIES: 3 SETS X 10 REPS

STRAIGHT BAR TRICEP PULLDOWN: 3 SETS X 10 REPS

10 MIN OF ELLIPTICAL

WEDNESDAY: LEGS/SHOULDERS

LEG PRESS: 3 SETS X 8 REPS

REGULAR PLANK: 3 SETS OF 20 SECONDS

LUNGES (BW OR WITH DBS): 3 SETS X 10 REPS EACH LEG

ABDUCTION/ADDUCTION LEG MACHINE: 3 SETS X 10 REPS (LIGHT)

HAMSTRING CURLS MACHINE: 3 SETS X 10 REPS

QUAD EXTENSION MACHINE: 3 SETS X 10 REPS

DB SHOULDER PRESS: 3 SETS X 10 REPS

ISO SHRUG WITH DB OR PLATE: 3 SETS X 10 REPS

ISO LATERAL RAISE DB: 3 SETS X 10 REPS

UPRIGHT ROW WITH DBS (ISO/ONE ARM): 3 SETS X 10 REPS

BEGINNER WORKOUT ROUTINE

FRIDAY: BACK AND BICEPS

BACK PULLDOWN MACHINE: 3 SETS X 10 REPS

DB ROW (REVERSE GRIP, YOU WANT YOUR PALM FACING AWAY AND YOUR FINGERS POINTING TOWARD YOU, CALLED SUPINATION GRIP): 3 SETS X 10 REPS

INCLINE DB ROW (LAY ON AN INCLINE BENCH AND ROW W/ DBS): 3 SETS X 10 REPS

PLANKS: 3 SETS X 45 SECONDS

DB CURLS (REGULAR CURL): 3 SETS X 10 REPS EACH ARM

BB CURLS: 3 SETS X 10 REPS

CONCENTRATION CURLS (SIT ON A BENCH AND CURL W DB'S): 3 SETS X 10 REPS

REVERSE GRIP FOREARM CURL WITH BARBELL: 3 SETS X 10 REPS

DB CURLS (KEEP HANDS FACING OUTWARD THE WHOLE TIME, DO NOT TWIST): 3 SETS X 10 REPS EACH ARM

EXTRA WORKOUTS:

SHOUDLERS:

BARBELL SHRUGS

ARNOLD PRESS:

FRONT RAISE (DB)

POST DELTOID Y/T/W (LAY ON AN INCLINE BENCH)

REVERSE GRIP SHURGS

LATERAL RAISES (DB WITH BOTH ARMS, KEEP ELBOWS BENT AT 90 DEGREES)

BARBELL SHOULDER PRESS

HANG CLEAN AND PRESS

ARMS:

HAMMER CURLS

FOREARM TWIST WITH BARBELL

CURL ON INCLINE BENCH (SET UP BENCH ON INCLINE AND CURL WITH DB'S)

BARBELL CURLS (10 REPS CLOSE GRIP, 10 REPS SHOULDER WIDTH GRIP, 10 REPS OUTSIDE GRIP)

PULLUPS

DB KICKBACKS

PUSHUP/SKULLCRUSHER (SET BAR ON SQUAT RACK AND DO SKULLCRUSHERS LEANING INTO BAR)

BEGINNER WORKOUT ROUTINE

LEGS:

STEP UPS ON STAIRS/BENCH

CALF RAISES

DB RDL

DEADLIFT

HANG CLEAN

BOX JUMP ONTO BENCH

CHEST:

INCLINE BENCH DB FLIES

DB BENCH NEUTRAL GRIP

PUSHUPS

CLOSE GRIP PUSHUPS

ABS:

RUSSIAN TWISTS

PENGUINS (ONE OF MY FAVORITES) YOU CAN USE A BROOM STICK (PUT STICK/BAR ON YOUR SHOULDERS LIKE A SQUAT, THEN DRIVE YOUR ELBOW INTO YOUR HIP (LIKE PENGUINS WALK) JUST DO THIS SLOWLY AND FOR HIGH REPS)

HANGING KNEE/LEG RAISES OFF OF SQUAT RACK

SCISSOR KICKS

KNEE/ELBOW CRUNCHES

REVERSE CRUNCHES

