



BEGINNERS TRAINING PLAN

TRAINING BLOCK 1

WEEK 1-7 - TRAINING

**MAIN HEAVY LIFTS****A1. BARBELL HIP THRUST**

WEEK	SETS	REPS	REST
1	2	6	1.5 MIN
2	2	6	1.5 MIN
3	3	6	1.5 MIN
4	3	6	1.5 MIN
5	4	6,6,5,5	1.5 MIN
6	4	5,5,5,5	1.5 MIN
7	5	5,5,5,5,5	1.5 MIN

B1. GOBLET SQUAT

WEEK	SETS	REPS	REST
1	2	6	1.5 MIN
2	2	6	1.5 MIN
3	3	6	1.5 MIN
4	4	6	1.5 MIN
5	4	6,6,5,5	1.5 MIN
6	5	5,5,5,5	1.5 MIN
7	5	5,5,5,5,5	1.5 MIN

PUMP WORK**C1. LYING LEG CURLS**

WEEK	SETS	REPS	REST
1	2	10	1.5 MIN
2	2	10	1.5 MIN
3	3	10	1.5 MIN
4	4	10	1 MIN
5	4	10	1 MIN
6	5	10	1 MIN
7	5	10	1 MIN

D1. LEG PRESS

WEEK	SETS	REPS	REST
1	2	15	1.5 MIN
2	2	15	1.5 MIN
3	3	15	1.5 MIN
4	4	15	1 MIN
5	4	15	1 MIN
6	5	15	1 MIN
7	5	15	1 MIN

FINISHERS**E1. PROWLER PUSH**

WEEK	SETS	REPS	REST
1	2	30 SEC SPRINT	2 MIN
2	2	30 SEC SPRINT	2 MIN
3	2	30 SEC SPRINT	2 MIN
4	3	30 SEC SPRINT	2 MIN
5	3	30 SEC SPRINT	1.5 MIN
6	4	30 SEC SPRINT	1.5 MIN
7	4	30 SEC SPRINT	1 MIN



MAIN HEAVY LIFTS

A1. HEX DEADLIFTS

WEEK	SETS	REPS	REST
1	2	6	1.5 MIN
2	2	6	1.5 MIN
3	3	6	1.5 MIN
4	3	6	1.5 MIN
5	4	6,6,5,5	1.5 MIN
6	4	5,5,5,5	1.5 MIN
7	5	5,5,5,5,5	1.5 MIN

B1. PRESS UPS

WEEK	SETS	REPS	REST
1	2	5	1.5 MIN
2	2	5	1.5 MIN
3	3	5	1.5 MIN
4	4	5	1.5 MIN
5	4	6,6,5,5	1.5 MIN
6	5	5,5,5,5	1.5 MIN
7	5	5,5,5,5,5	1.5 MIN

PUMP WORK

C1. DB ROWS

WEEK	SETS	REPS	REST
1	2	10	1.5 MIN
2	2	10	1.5 MIN
3	3	10	1.5 MIN
4	4	10	1 MIN
5	4	10	1 MIN
6	5	10	1 MIN
7	5	10	1 MIN

D1. MILITARY PRESS

WEEK	SETS	REPS	REST
1	2	8	1.5 MIN
2	2	8	1.5 MIN
3	3	8	1.5 MIN
4	4	8	1 MIN
5	4	8	1 MIN
6	5	8	1 MIN
7	5	8	1 MIN

FINISHERS

E1. BATTLE ROPES

WEEK	SETS	REPS	REST
1	5	15 SECS ON	1 MIN REST
2	5	20 SECS ON	1 MIN REST
3	5	30 SECS ON	1 MIN REST
4	8	30 SECS ON	1 MIN REST
5	8	30 SECS ON	1 MIN REST
6	10	30 SECS ON	1 MIN REST
7	10	30 SECS ON	1 MIN REST



MAIN HEAVY LIFTS

A1. DB SINGLE LEG SPLIT SQUAT

WEEK	SETS	REPS	REST
1	2	8	1.5 MIN
2	2	8	1.5 MIN
3	3	8	1.5 MIN
4	4	8	1.5 MIN
5	4	8,8,8	1.5 MIN
6	5	8,8,8,8	1.5 MIN
7	5	8,8,8,8,	1.5 MIN

PUMP WORK

B1. LUNGES

WEEK	SETS	REPS	REST
1	2	10	1.5 MIN
2	2	10	1.5 MIN
3	3	10	1.5 MIN
4	4	10	1 MIN
5	4	10	1 MIN
6	5	10	1 MIN
7	5	10	1 MIN

C1. KB SWINGS

WEEK	SETS	REPS	REST
1	2	15	1.5 MIN
2	2	15	1.5 MIN
3	3	15	1.5 MIN
4	4	15	1 MIN
5	4	15	1 MIN
6	5	15	1 MIN
7	5	15	1 MIN

FINISHERS

D1. WEIGHTED CARRY

WEEK	SETS	REPS	REST
1	2	30 SEC WALK	1.5 MIN
2	2	30 SEC WALK	1.5 MIN
3	3	30 SEC WALK	1.5 MIN
4	4	30 SEC WALK	1 MIN
5	4	30 SEC WALK	1 MIN
6	5	30 SEC WALK	1 MIN
7	5	30 SEC WALK	1 MIN

C1. ROPE PULL THROUGH

WEEK	SETS	REPS	REST
1	2	10	1.5 MIN
2	2	10	1.5 MIN
3	3	10	1.5 MIN
4	4	10	1 MIN
5	4	10	1 MIN
6	5	10	1 MIN
7	5	10	1 MIN

**MAIN HEAVY LIFTS****A1. BARBELL ROWS**

WEEK	SETS	REPS	REST
1	2	6	1.5 MIN
2	2	6	1.5 MIN
3	3	6	1.5 MIN
4	3	6	1.5 MIN
5	4	6,6,5,5	1.5 MIN
6	4	5,5,5,5	1.5 MIN
7	5	5,5,5,5,5	1.5 MIN

B1. INCLINE BENCH PRESS

WEEK	SETS	REPS	REST
1	2	5	1.5 MIN
2	2	5	1.5 MIN
3	3	5	1.5 MIN
4	4	5	1.5 MIN
5	4	6,6,5,5	1.5 MIN
6	5	5,5,5,5	1.5 MIN
7	5	5,5,5,5,5	1.5 MIN

PUMP WORK**C1. MACHINE ROWS**

WEEK	SETS	REPS	REST
1	2	10	1.5 MIN
2	2	10	1.5 MIN
3	3	10	1.5 MIN
4	4	10	1 MIN
5	4	10	1 MIN
6	5	10	1 MIN
7	5	10	1 MIN

D1. DB SHOULDER PRESS

WEEK	SETS	REPS	REST
1	2	8	1.5 MIN
2	2	8	1.5 MIN
3	3	8	1.5 MIN
4	4	8	1 MIN
5	4	8	1 MIN
6	5	8	1 MIN
7	5	8	1 MIN

E1. CLOSE GRIP EZ PRESS

WEEK	SETS	REPS	REST
1	2	8	1 MIN REST
2	2	8	1 MIN REST
3	2	8	1 MIN REST
4	3	8	1 MIN REST
5	3	8	1 MIN REST
6	4	8	1 MIN REST
7	4	8	1 MIN REST

D1. DB HAMMER CURLS

WEEK	SETS	REPS	REST
1	2	8	1 MIN REST
2	2	8	1 MIN REST
3	2	8	1 MIN REST
4	3	8	1 MIN REST
5	3	8	1 MIN REST
6	4	8	1 MIN REST
7	4	8	1 MIN REST

FINISHERS**E1. MEDICINE BALL SLAMS**

WEEK	SETS	REPS	REST
1	2	10	1.5 MIN
2	2	10	1.5 MIN
3	3	10	1.5 MIN
4	4	10	1 MIN
5	4	10	1 MIN
6	5	10	1 MIN
7	5	10	1 MIN

DE-TRAIN

WEEK 8 - DE TRAINING

DAY 1 - LOWER



A1. WEIGHTED CARRY

SETS	REPS	REST
3	30 SEC WALK	1.5 MIN

B1. KB SWING

SETS	REPS	REST
3	10	1.5 MIN

C1. GOBLET SQUAT

SETS	REPS	REST
3	10	1.5 MIN

D1. BODY WEIGHT PLANK

SETS	REPS	REST
MAX HOLD	30 SEC	-

DAY 2 - UPPER

A1. SUITCASE CARRY

SETS	REPS	REST
3	30 SEC WALK	1.5 MIN

B1. DEADLIFTS

SETS	REPS	REST
3	10	1.5 MIN

C1. PRESS UP

SETS	REPS	REST
3	10	1.5 MIN

D1. SWISS BALL ROLL OUTS

SETS	REPS	REST
3	10	1.5 MIN

DAY 3 - LOWER

A1. WEIGHTED CARRY

SETS	REPS	REST
3	30 SEC WALK	1.5 MIN

B1. TRX OR RACK BAR ROWS

SETS	REPS	REST
3	12	1.5 MIN

C1. SEATED DB SHOULDER PRESS

SETS	REPS	REST
3	15	1.5 MIN

D1. DB SINGLE ARM ROW

SETS	REPS	REST
3	15	1.5 MIN

TRAINING BLOCK 2

WEEK 9-15 - TRAINING

**MAIN HEAVY LIFTS****A1. GOBLET SQUAT**

WEEK	SETS	REPS	REST
9	3	10	1.5 MIN
10	4	8	1.5 MIN
11	4	8	1.5 MIN
12	5	10	1.5 MIN
13	5	10	1.5 MIN
14	5	12	1.5 MIN
15	5	12	1.5 MIN

B1. BARBELL HIP THRUST

WEEK	SETS	REPS	REST
9	4	8	1.5 MIN
10	4	8	1.5 MIN
11	4	8	1.5 MIN
12	5	8	1 MIN
13	5	8	1 MIN
14	5	8	1 MIN
15	5	8	1 MIN

PUMP WORK**C1. SINGLE LEG PRESS**

WEEK	SETS	REPS	REST
9	4	10	1 MIN
10	4	10	1 MIN
11	4	10	1 MIN
12	5	15	1 MIN
13	5	15	1 MIN
14	5	15	1 MIN
15	5	15	1 MIN

D1. KB SWINGS

WEEK	SETS	REPS	REST
9	5	8	1 MIN
10	5	8	1 MIN
11	5	10	1 MIN
12	5	10	1 MIN
13	5	12	1 MIN
14	5	12	45 SEC
15	5	12	45 SEC

FINISHERS**E1. PROWLER PUSH**

WEEK	SETS	REPS	REST
9	3	20 SEC LAP	1 MIN
10	3	20 SEC LAP	1 MIN
11	3	20 SEC LAP	1 MIN
12	4	20 SEC LAP	1 MIN
13	4	20 SEC LAP	1 MIN
14	4	20 SEC LAP	1 MIN
15	4	20 SEC LAP	1 MIN

**MAIN HEAVY LIFTS****A1. BANDED CHIN UPS**

WEEK	SETS	REPS	REST
9	4	6	1 MIN
10	4	6	1 MIN
11	4	6	1 MIN
12	5	8	1 MIN
13	5	8	1 MIN
14	5	8	1 MIN
15	5	8	1 MIN

B1. MILITARY PRESS

WEEK	SETS	REPS	REST
9	4	6	1 MIN
10	4	6	1 MIN
11	4	6	1 MIN
12	5	8	1 MIN
13	5	8	1 MIN
14	5	8	1 MIN
15	5	8	1 MIN

PUMP WORK**C1. RENEGADE ROW**

WEEK	SETS	REPS	REST
9	3	8	1 MIN
10	3	8	1 MIN
11	4	10	1 MIN
12	4	10	1 MIN
13	4	12	1 MIN
14	5	12	1 MIN
15	5	15	1 MIN

D1. ARNOLD PRESS

WEEK	SETS	REPS	REST
9	4	10	1 MIN
10	4	10	1 MIN
11	4	10	1 MIN
12	5	12	1 MIN
13	5	12	1 MIN
14	5	12	1 MIN
15	5	12	1 MIN

E1. REVERSE DB FLY

WEEK	SETS	REPS	REST
9	4	8	1 MIN
10	4	8	1 MIN
11	4	8	1 MIN
12	4	10	1 MIN
13	4	10	1 MIN
14	4	10	1 MIN
15	4	10	1 MIN

FINISHERS**E1. BARBELL CURLS**

WEEK	SETS	REPS	REST
9	4	10	1 MIN
10	4	10	1 MIN
11	4	10	1 MIN
12	4	15	1 MIN
13	4	15	1 MIN
14	4	15	1 MIN
15	4	15	1 MIN

**MAIN HEAVY LIFTS****A1. FRONT SQUAT**

WEEK	SETS	REPS	REST
9	3	6	1.5 MIN
10	3	6	1.5 MIN
11	3	8	1.5 MIN
12	4	8	1.5 MIN
13	4	10	1.5 MIN
14	4	10	1.5 MIN
15	4	12	1.5 MIN

PUMP WORK**B1. LUNGES**

WEEK	SETS	REPS	REST
9	3	8	1.5 MIN
10	3	8	1 MIN
11	3	10	1 MIN
12	4	12	1 MIN
13	4	12	1 MIN
14	4	12	1 MIN
15	4	12	1 MIN

B2. KB SWINGS

WEEK	SETS	REPS	REST
9	3	12	1 MIN
10	3	12	1 MIN
11	4	10	1 MIN
12	4	10	1 MIN
13	5	8	1 MIN
14	5	8	45 SEC
15	5	8	45 SEC

C1. LYING LEG CURLS

WEEK	SETS	REPS	REST
9	3	8	1 MIN
10	3	8	1 MIN
11	3	8	1 MIN
12	3	10	1 MIN
13	3	10	1 MIN
14	3	12	1 MIN
15	3	12	1 MIN

FINISHERS**D1. REVERSE SLED DRAGS**

WEEK	SETS	REPS	REST
9	3	20 SEC LAP	1 MIN
10	3	20 SEC LAP	1 MIN
11	3	20 SEC LAP	1 MIN
12	4	20 SEC LAP	1 MIN
13	4	20 SEC LAP	1 MIN
14	4	20 SEC LAP	1 MIN
15	4	20 SEC LAP	1 MIN

**MAIN HEAVY LIFTS****A1. BENCH PRESS**

WEEK	SETS	REPS	REST
9	3	5	1.5 MIN
10	3	5	1.5 MIN
11	4	8	1 MIN
12	4	8	1 MIN
13	4	10	1 MIN
14	4	10	1 MIN
15	4	12	1 MIN

B1. DIPS (WITH BAND)

WEEK	SETS	REPS	REST
9	4	6	1.5 MIN
10	4	6	1.5 MIN
11	4	6	1.5 MIN
12	4	8	1 MIN
13	4	8	1 MIN
14	4	8	1 MIN
15	4	8	1 MIN

PUMP WORK**C1. DB LATERAL RAISE**

WEEK	SETS	REPS	REST
9	3	10	45 SEC
10	3	10	45 SEC
11	3	10	45 SEC
12	3	12	45 SEC
13	3	12	45 SEC
14	3	12	45 SEC
15	3	12	45 SEC

D1. LAT PULL DOWNS

WEEK	SETS	REPS	REST
9	3	10	1 MIN
10	3	12	1 MIN
11	3	12	1 MIN
12	3	12	1 MIN
13	3	15	1 MIN
14	3	15	1 MIN
15	3	15	1 MIN

E1. SEATED PULLEY ROWS

WEEK	SETS	REPS	REST
9	3	8	1 MIN
10	3	8	1 MIN
11	3	8	1 MIN
12	3	10	1 MIN
13	3	10	1 MIN
14	3	12	1 MIN
15	3	12	1 MIN

D1. PRESS UPS

WEEK	SETS	REPS	REST
9	3	10	1 MIN
10	3	10	1 MIN
11	3	12	1 MIN
12	3	12	1 MIN
13	3	15	1 MIN
14	3	15	1 MIN
15	3	15	1 MIN

FINISHERS**E1. TRICEP KICKBACKS**

WEEK	SETS	REPS	REST
9	3	8	45 SEC
10	3	8	45 SEC
11	3	8	45 SEC
12	3	12	45 SEC
13	3	12	45 SEC
14	3	12	45 SEC
15	3	12	45 SEC

E1. DB CURLS

WEEK	SETS	REPS	REST
9	3	12	45 SEC
10	3	12	45 SEC
11	3	15	45 SEC
12	3	15	45 SEC
13	3	15	45 SEC
14	3	20	45 SEC
15	3	20	45 SEC



MAIN HEAVY LIFTS

A1. DEADLIFTS

WEEK	SETS	REPS	REST
9	5	5	1.5 MIN
10	5	5	1.5 MIN
11	5	5	1.5 MIN
12	4	8	1 MIN
13	4	8	1 MIN
14	4	8	1 MIN
15	4	8	1 MIN

B1. STEP UPS (1 FOOT BOX)

WEEK	SETS	REPS	REST
9	4	6	1.5 MIN
10	4	6	1.5 MIN
11	4	6	1.5 MIN
12	4	8	1 MIN
13	4	8	1 MIN
14	4	8	1 MIN
15	4	8	1 MIN

PUMP WORK

C1. MACHINE ROWS

WEEK	SETS	REPS	REST
9	3	20	1 MIN
10	3	20	1 MIN
11	3	20	1.5 MIN
12	4	15	1 MIN
13	4	15	1 MIN
14	4	20	1 MIN
15	4	20	1 MIN

D1. DB CHEST PRESS

WEEK	SETS	REPS	REST
9	4	10	1.5 MIN
10	4	10	1.5 MIN
11	4	12	1.5 MIN
12	4	12	1 MIN
13	4	15	1 MIN
14	4	15	1 MIN
15	4	15	1 MIN

E1. RACK CHINS

WEEK	SETS	REPS	REST
9	4	10	1.5 MIN
10	4	10	1.5 MIN
11	4	12	1.5 MIN
12	4	12	1 MIN
13	4	15	1 MIN
14	4	15	1 MIN
15	4	15	1 MIN

D1. POWER CLEANS

WEEK	SETS	REPS	REST
9	4	8	1.5 MIN
10	4	8	1.5 MIN
11	4	8	1.5 MIN
12	5	8	1 MIN
13	5	8	1 MIN
14	5	8	1 MIN
15	5	8	1 MIN

FINISHERS

E1. SUITCASE CARRY

WEEK	SETS	REPS	REST
9	3	20 SEC LAP	1 MIN
10	3	20 SEC LAP	1 MIN
11	3	20 SEC LAP	1 MIN
12	4	20 SEC LAP	1 MIN
13	4	20 SEC LAP	1 MIN
14	4	20 SEC LAP	1 MIN
15	4	20 SEC LAP	1 MIN

DE-TRAIN 2

WEEK 16 - DE TRAINING

**A1. WEIGHTED CARRY**

SETS	REPS	REST
4	30 SEC WALK	1.5 MIN

B1. KB SWING

SETS	REPS	REST
3	8	10 SEC

B2. GOBLET SQUAT

SETS	REPS	REST
3	8	1.5 MIN

C1. BANDED PULL UPS

SETS	REPS	REST
3	10	10 SEC

C2. PUSH UPS

SETS	REPS	REST
3	10	1.5 MIN

D1. MILITARY PRESS

SETS	REPS	REST
3	15	1 MIN

**A1. DEADLIFTS**

SETS	REPS	REST
3	5	2.5 MIN

B1. INCLINE DB PRESS

SETS	REPS	REST
3	10	10 SEC

B2. STANDING DB ROWS

SETS	REPS	REST
3	10	1.5 MIN

C1. BARBELL CURLS

SETS	REPS	REST
3	10	10 SEC

C2. PRESS UPS

SETS	REPS	REST
3	8	1.5 MIN

D1. DB SIDE RAISE

SETS	REPS	REST
3	12	10 SEC

D2. DB REVERSE FLY

SETS	REPS	REST
3	12	1.5 MIN

E1. ABB ROLE OUTS

SETS	REPS	REST
3	10	1 MIN

**A1. PROLWER**

SETS	REPS	REST
2	30 SEC SPRINT	1.5 MIN

B1. LUNCES

SETS	REPS	REST
3	12	10 SEC

B2. LEG CURLS

SETS	REPS	REST
3	8	1.5 MIN

C1. DB CLEAN AND PRESS

SETS	REPS	REST
3	8	10 SEC

C2. BARBELL ROWS

SETS	REPS	REST
3	10	1.5 MIN

D1. TRICEP CABLE PRESS DOWNS (ANY ATTACHMENT)

SETS	REPS	REST
3	10	10 SEC

D2. DB HAMMER CURLS

SETS	REPS	REST
3	10	1.5 MIN

E1. MED BALL SLAMS

SETS	REPS	REST
3	15	1.5 MIN



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