**12-week beginner program (men)**

This program is designed to build a foundation of strength and mass. This is an upper body/lower body split designed to be executed 5 days a week. This program consists of several workouts consisting of 3 sets and 12-15 repetitions (reps to build both strength and muscle. It is very important to use a weight that is heavy but not too heavy. In other words, you should struggle with the weight on the 10th, 11th and 12th rep. It should be difficult for you to finish these sets as you near the end. If you are able to get through the entire set with no struggle, the weight is too light and you need to choose a heavier, more challenging weight. If the weight becomes too difficult to move, at the 6th and 7th rep, the weight is too heavy and you need to choose a lighter weight.

**Monday/Wednesday/Friday UPPER BODY**

Flat bench Dumbbell bench press – 3 sets of 12. (60 second rest period)

Flat bench Dumbbell chest fly – 3 sets of 12 (60 second rest period)

Dumbbell curls – 3 sets of 12 (60 second rest period)

Seated military press – 3 sets of 12 (60 second rest period)

Bent over rows – 3 sets of 12 (60 second rest period)

Lat pull down – 3 sets of 12 (60 second rest period)

Chest press machine – 3 sets of 12 (60 second rest period)

Seated low row – 3 sets of 12 (60 second rest period)

Tricep pushdown – 3 sets of 12 (60 second rest period)

**Tuesday/Thursday Lower BODY**

Sumo squats – 3 sets of 12 (60 second rest period)

Leg press – 3 sets of 12 (60 second rest period)

Walking Weighted or unweighted lunges – 3 sets of 12 (60 second rest period) \*the same weight principles stated above also apply here\*

Glute bridge – 3 sets of 15 (60 second rest period)

Increasing weight: I recommend you increase weight weekly in the beginning by 5 lbs. You’ll notice that the beginner gains come the most quickly because your body is adapting to the stress you place on it. So, going from doing nothing, to putting any stress on your body is going to have an effect on your physiology. As you progress and the weight becomes heavier, you’ll find that it takes longer to master a certain weight. You may flat bench press 45lb dumbbells one week and it might take you two weeks to get to 50lbs. In addition, if you fail on your last set anywhere between 7 and 12 reps, that does mean you failed and should decrease the weight. Stay with that weight until you master it for a full 3 sets of 12 reps. As always, if you have any questions, do not hesitate to email me @ FullScopeFitness@gmail.com

DIET: As I’m sure you’ve heard countless times, diet is the most important part of every fitness plan. I cannot give you an exact number of calories and macros for you, but if you download myfitnesspal in the apple or android app store, you can input information like your weight, height, gender and your goal weight, it will generate calories and macros specifically for you. It is important to mention that in order to lose weight you must be in a caloric deficit (burn more calories than you take in daily) and if you want to gain weight you have to be in a caloric surplus (take in my calories than you burn daily). Usually, when I’m bulking, I like to be in a caloric surplus of about 500 calories per day. However, all our bodies and metabolisms are different, and as you track your progress, you should adjust based on what your goals are.