



FULL BODY

8-WEEK TRAINING PROGRAM

GET STARTED AT THE GYM

KICKSTART INCLUDED

SATS

WORKOUT TRACKER

Progress can be tracked in several ways and is completely your preference. It's a good idea to write down weights and repetitions to track your progress – this can also help you to keep your motivation up and to build a good habit.

Below you can plan or track your workouts per week and you can also add other forms of training, such as walking, running or a group class if you wish.

We hope you have fun during this journey!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							

WEEK 1 / WORKOUTS

FOCUS THIS WEEK:

You are now about to get to know the fitness floor and the machines at the gym. Use light weights and focus on good technique. Aim for 12-15 repetitions and rest 1-2 minutes between sets. Start the session with a warm-up. For this, do 5 minutes on the treadmill and then do some dynamic mobility. We use dynamic mobility so that we can move freely throughout our joints with control and also to prepare the body for the workout. We focus on hip openers, t-spine and shoulder mobilizations.

WARM UP

5 minutes on treadmill or another cardio machine, like the rowing machine or a Skierg.

Squat to stand	x 6 reps
World's greatest stretch	x 6 reps/side
Glute stretch bench	x 6 reps/side
Wall slides	x 6 reps

DAY 1

1. Leg press	3 set x 12-15 reps
2. Chest press machine	3 set x 12-15 reps
3. Seated cable row	3 set x 12-15 reps
4. Leg extension	3 set x 12-15 reps
5. Mountain climbers	3 x 20 sec

DAY 2

1. Air squats @ 3211*	3 set x 12-15 reps
2. Back extensions	3 set x 12-15 reps
3. Lat pulldown	3 set x 12-15 reps
4. Backwards lunges	3 set x 12-15 reps

*@ 3211, tempo, 3 sec down, 2 sec in bottom, 1 sec up, 1 sec at top.

WEEK 2 / WORKOUTS

FOCUS THIS WEEK:

Well done! You have now passed the first week and will now recognize both the gym and some machines. We continue with almost the same movements as last week. Repetition is the key to learning! If possible, add some more weights from last week. But first, give yourself a high five for being you, at the gym!

WARM UP

5 minutes on treadmill or another cardio machine, like the rowing machine or a Ski erg.

Squat to stand	x 6 reps
World's greatest stretch	x 6 reps/side
Glute stretch bench	x 6 reps/side
Wall slides	x 6 reps

DAY 3

1. Leg press	3 set x 12-15 reps
2. Incline push-ups	3 set x 12-15 reps
3. Seated cable row	3 set x 12-15 reps
4. Leg curl	3 set x 12-15 reps
5. Mountain climbers	3 x 30 sec

DAY 4

1. Air squats @ 2211*	3 set x 12-15 reps
2. Back extensions	3 set x 12-15 reps
3. Lat pulldown	3 set x 12-15 reps
4. Backwards lunges	3 set x 12-15 reps
5. High plank straight arms	3 set x 30 sec

*@ 2211: tempo, 2 sec down, 2 sec in bottom, 1 sec up, 1 sec at top.

WEEK 3 / WORKOUTS

FOCUS THIS WEEK:

This week we use dumbbells, or kettlebells, and barbells in the workout. Training with dumbbells, kettlebells and barbells opens up for infinite possibilities. Let us help guiding you! If you are uncertain what weight to use, always start with a lighter weight for the first set. Increase if possible, so you can do 10-12 repetitions. Rest 1-2 minutes between sets. Focus on good technique on every repetition.

WARM UP

5 minutes on treadmill or rowing machine

Squat to stand	x 8 reps
World's greatest stretch	x 8 reps/side
Cat/cow	x 8 reps/side
Glute bridge	x 10-20 reps/side
Around the world	x 8 reps

DAY 5

1.	Goblet squat @ 3211*	3 x 10-12 reps
2.	Seated shoulder press	3 x 10-12 reps
3.	Single arm dumbbell row	3 x 10-12 reps
4.	Weighted backwards lunges	3 x 10-12 reps
5.	Side plank	3 x 20-30 sec/side

*@ 3211, tempo, 3 sec down, 2 sec in bottom, 1 sec up, 1 sec at top.

DAY 6

1.	Hip thrust one leg	3 x 10-12 reps/side
2.	Ring row	3 x 10-12 reps
3.	Dumbbell step up	3 x 10-12 reps
4.	Landmine press	3 x 10-12 reps
5.	Russian twist	3 set x 20 sec

WEEK 4 / WORKOUTS

FOCUS THIS WEEK:

Hopefully you find yourself more comfortable being in the free weights section now. If you are not, that's OK! Remember: you have just as much a right as everybody else to use the free weights. This week try to increase your weight if possible from last week. High five for doing weight training with free weights!

WARM UP

5 minutes on treadmill or rowing machine

Squat to stand	x 8 reps
World's greatest stretch	x 8 reps/side
Cat/cow	x 8 reps/side
Glute bridge raised leg	x 10-20 reps/side
Around the world	x 8 reps

DAY 7

1.	Goblet squat @ 2211*	3 x 10-12 reps
2.	Seated shoulder press	3 x 10-12 reps
3.	Single arm dumbbell row	3 x 10-12 reps
4.	Weighted backwards lunges	3 x 10-12 reps
5.	Dynamic side plank with rotating	3 x 20-30 sec

*@ 2211, tempo, 2 sec down, 2 sec in bottom, 1 sec up, 1 sec at top.

DAY 8

1.	Single leg KB deadlift	3 x 10-12 reps/side
2.	Ring row	3 x 10-12 reps
3.	Dumbbell step up	3 x 10-12 reps
4.	Landmine press	3 x 10-12 reps
5.	3 Rounds:	
	Airbike or rowing	10 calories
	Burpees	+ 6 reps

WEEK 5 / WORKOUTS

FOCUS THIS WEEK:

One month has passed in the blink of an eye and you may now start to feel different! This week we add a bit more complex exercises that will require more time to learn, while other exercises are easier to get started with. It can feel both wobbly and uncomfortable but over time the movement will feel more natural. For this week, try to find a weight so you can do 8-10 repetitions. Rest 1-2 minutes between sets. Focus on good technique on every repetition, always. Enjoy!

WARM UP

5 minutes on treadmill or rowing machine

Air squats	x 8 reps
World's greatest stretch	x 8 reps/side
Glute bridge raised leg	x 8 reps/side
Thoracic rotation	x 20 sec

DAY 9

1. Thrusters dumbbell @ 31X1*	3 x 8-10 reps
2. Kettlebell swings	3 x 10-15 reps
3. Dumbbell standing shoulder press	3 x 8-10 reps
4. Weighted front lunges	3 x 8-10 reps/side
5. V-ups	3 x 10-15 reps

*@ 31X1, tempo, 2 sec down, 1 sec in bottom, X-plode up, 1 sec at top.

DAY 10

1. Hip thrust barbell	3 x 8-10 reps
2. Horizontal row	3 x 8-10 reps
3. Goblet walk lunges	3 x 8-10 reps/side
4. Standing landmine press	3 x 8-10 reps
5. Tabata:	8 x 20/10sec
Hollow rock + Around the world	

WEEK 6 / WORKOUTS

FOCUS THIS WEEK:

Just going to the gym takes courage. Trying a machine for the first time takes courage. Picking up a dumbbell takes courage. Using the squat rack takes a lot of courage. Don't let perfection be the enemy of the good. Just start, it's how we all learn!

WARM UP

5 minutes on treadmill or rowing machine

Air squats	x 8 reps
World's greatest stretch	x 8 reps/side
Glute bridge raised leg	x 8 reps/side
Thoracic rotation	x 20 sec

DAY 11

1. Thrusters dumbbell @ 2 1X1*	3 x 8-10 reps
2. Kettlebell swings	3 x 10-15 reps
3. Dumbbell standing shoulder press	3 x 8-10 reps
4. Weighted front lunges	3 x 8-10 reps/side
5. V-ups	3 x 15-20 reps

*@ 21X1, tempo, 2 sec down, 1 sec in bottom, X-plode up, 1 sec at top.

DAY 12

1. Hip thrust barbell	3 x 8-10 reps
2. Horizontal row	3 x 8-10 reps
3. Weighted walking lunges	3 x 8-10 reps/side
4. Standing landmine press	3 x 8-10 reps

WEEK 7 / WORKOUTS

FOCUS THIS WEEK:

There's something powerful about picking up a barbell and learning how to squat and do a deadlift. We will show you how! Most standard barbells weigh 20 kg, but we also have 5-, 10- and 15 kg barbells. Even an empty barbell can be heavy. Start working on the technique before slowly start to add weight to the bar. Congrats! You're using barbells!

WARM UP

5 minutes on treadmill or rowing machine

Squat to stand	x 8 reps
World's greatest stretch	x 8 reps/side
Goblet squat (medium-light weight) @ 3331*	x 8 reps/side
Single-arm kettlebell deadlift	x 8 reps/side

*@ 3331, tempo, 3 sec down, 3 sec in bottom, 3 sec up, 1 sec at top.

DAY 13

1.	Back squat	3 x 6-8 reps
2.	Strict barbell press	3 x 6-8 reps
3.	Barbell row	3 x 8-10 reps/side
4.	Bulgarian split squat	3 x 8-10 reps/side
5.	Pallof press	3 x 10 reps/side

DAY 14

1.	Deadlift	3 x 6-8 reps
2.	Band assisted pullups/pullups	3 x 6-8 reps
3.	Dumbbell walking lunges	3 x 8-10 reps/side
4.	Push-ups on toes (or inclined)	3 x 8-10 reps

WEEK 8 / WORKOUTS

FOCUS THIS WEEK:

Final week! Now you have tried machines, dumbbells, kettlebells and barbells. Hopefully you think these are kind of fun and want to continue after these weeks. Remember that training is not an eight-week sprint, it's a lifetime marathon. We are very proud of you!

WARM UP

5 minutes on treadmill or rowing machine

Squat to stand x 8 reps

World's greatest stretch x 8 reps/side

Goblet squat (medium-light weight) @ 3331* x 8 reps/side

Single-arm kettlebell deadlift x 8 reps/side

*@ 3331, tempo, 3 sec down, 3 sec in bottom, 3 sec up, 1 sec at top.

DAY 15

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|----|-----------------------|--------------------|
| 1. | Back squat | 3 x 6-8 reps |
| 2. | Strict barbell press | 3 x 6-8 reps |
| 3. | Barbell row | 3 x 8-10 reps/side |
| 4. | Bulgarian split squat | 3 x 8-10 reps/side |
| 5. | Pallof press | 3 x 10 reps/side |

DAY 16

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|----|--------------------------------|--------------------|
| 1. | Deadlift | 3 x 6-8 reps |
| 2. | Band assisted pullups/pullups | 3 x 6-8 reps |
| 3. | Dumbbell walking lunges | 3 x 8-10 reps/side |
| 4. | Push-ups on toes (or inclined) | 3 x 8-10 reps |