



Beginner 3x a week

[Document subtitle]

Introduction:

Overview

- Day 1: Leg Focused Full Body
- Day 2: Chest Focused Full Body
- Day 3: Back Focused Full Body

Description:

This workout plan can be completed in any order and is meant to be a beginner plan or to supplement an athletic routine. Complete the days as you see fit to maximize recovery and avoid hindering your other activities. It is recommended that one take at least one day off between each lifting session. Feel free to do cardio, athletic activities, or yoga in between. Give yourself at least one day of active rest from both lifting and athletic activities. Active rest includes but is not limited to easy Low Intensity Steady State (LISS) cardio, light yoga, or flexibility. See **Appendix A** for definitions of terms you may not understand.

Progression Explained:

While this program is designed for a complete beginner it gives choices for exercises that are more or less advanced. The barbell movements are meant to be the progressive overloaded exercises. Any body part where I **bold progressive** overload applies to this. This means that it will be the exercise you focus on improving the most. The priority is to hit failure on these exercises in the top of the rep range. For example: if you are instructed to do 3 sets of 10-12 on the bench press then you want to try to do 12 reps on your “strongest” set. This is usually the first or second set after your warmup sets. If you are able to hit 12 reps (or if you feel like you can go more than keep going) then the next time you do the same exercise on the same day increase the weight by 5-10lbs. The first time you increase your weight your rep range may fall off to the lower end of the rep range prescribed. This is ok just continually try until you are able to get back to the 12 reps. Furthermore, it is also ok to lower the weight during the exercise if you feel like it is too heavy. In fact, it is a general practice to lower the weight on the last one or two sets to maintain the failure weight range.

Exercise Selection:

While there are a lot of choices available, the recommended choices will be highlighted in green. If you do not feel comfortable doing a barbell exercise and a safer alternative is not on the list it is ok to choose a machine exercise from another part of the list. Just make sure you are progressive overloading the same exercise per body part at least for one complete mesocycle (appendix A). This goes for the other exercises but less strict. You want to keep almost the same routine and exercise selection for one complete mesocycle. However, if there is too much waiting around or the equipment is taken choose another exercise on the list as long it is not the **progressive overload** exercise body part.

Warmups:

You want to generally warmup before every workout session. This includes LISS cardio which helps get your body and mind prepared to lift weights. Additionally, you want to warmup for each exercise especially the **progressive overload** ones. To do this choose a weight where you can easily do 20 or more reps and do 10 reps with full form as if you are doing the actual exercise. Repeat until your joints and muscles feel primed and ready to go. The heavier the weight the more you should warmup before doing the working set (appendix A).

Plan A

Day 1: Lower Body Focused

Warmup <ul style="list-style-type: none">• Pick any activity to get your whole body geared for activity• The goal is to just raise your overall heart rate in preparation just barely breaking a sweat• Suggested: 10-15min at 120 bpm	Choices: <ul style="list-style-type: none">• Active Stretching• Cardio Bike• Spin Bike• Treadmill• Walk• Incline Walk• Elliptical
Hamstring 3 x 15-20: <ul style="list-style-type: none">• Light – moderate weight• Starting with hamstrings allows you to go to failure right away on a leg exercise while simultaneously warming up your knees for the next exercise• Attempt to go to failure on at least 2 sets• Rest 1-2 min	Choices: <ul style="list-style-type: none">• Seated Leg Curl• Lying Leg Curl• Romanian Deadlift
Quads: 4 x 8-10 <ul style="list-style-type: none">• Choose a moderate weight• Take warm up sets if needed• Attempt to go close to failure on one set• Rest 2-4 min• Progressive Overload	Choices: <ul style="list-style-type: none">• Back Squat• Front Squat• Deadlift
Chest 3 x 10-15 <ul style="list-style-type: none">• Moderate Weight• Go to failure on one set• Choose a supported chest exercise that you are able to do without too much warm up• Although it's supported we still want a compound exercise• Never do isolations such as chest fly or cable fly• Get a good stimulus on your chest without taxing your system• Rest 2-3 min	Choices: <ul style="list-style-type: none">• Iso-Lateral Chest Press<ul style="list-style-type: none">○ This is the machine where you can put plates on each side and the weight is per arm○ Any variation of this is ok too such as incline, decline, or military each gym has their own version sometimes as well• Chest Press Machine• Dumbbell Bench or Incline Bench
Back Lat focus 3 x 10-15: <ul style="list-style-type: none">• Moderate weight• Focus on squeezing at the peak contraction in the bottom• Lats are the outer back muscle this will give you the width and what makes some people look like they have wings• Should be much easier to go to failure on this exercise• Rest 1-2min	Choices: <ul style="list-style-type: none">• Lat pull down• Lat pull down reverse grip• Pull ups<ul style="list-style-type: none">○ Assisted or banded is ok
Optional: Shoulder Tricep Superset 3 <ul style="list-style-type: none">• If you are a very new beginner recommend not doing this until the 3rd of 4th cycle	Shoulder Choices 3 x 15-20 <ul style="list-style-type: none">• Lateral Raises DB• Lateral Raise Machine

- This is going to be an isolation exercise on the shoulder and triceps no need to choose large compound movements
- Focus on getting a pump and burn in the selected muscle group
- Rest 60-90sec

- Reverse Pec Deck Machine
 - Cable Lateral Raises
- Triceps Choices: 3 x 10-15
- Rope Push down
 - Overhead Extensions
 - Cable Extensions

Day 2: Chest Focused

<p>Warmup</p> <ul style="list-style-type: none">• Pick any activity to get your whole body geared for activity• The goal is to just raise your overall heart rate in preparation just barely breaking a sweat <p>Suggested: 10-15min at 120 bpm</p>	<p>Choices:</p> <ul style="list-style-type: none">• Active Stretching• Cardio Bike• Spin Bike• Treadmill• Walk• Incline Walk• Elliptical
<p>Rear Delts 2-3 x 20+:</p> <ul style="list-style-type: none">• Choose a lightweight and go for a lot of reps• This should work your rear delts but also act as a warmup to your chest exercise• Start easy and progressively increase the weight it is ok to increase the weight within one session• Rest 60-90 sec	<p>Choices:</p> <ul style="list-style-type: none">• Reverse Pec Deck Machine• Reverse Pec Deck DB• Face Pulls
<p>Chest Compound 3 x 10-12:</p> <ul style="list-style-type: none">• Moderate weight compound movement get full chest activation• Progressive Overload• Rest 2 – 3 min• Bench Press is preferred but if you have pain or difficulty in performing a traditional bench press choose a dumbbell or incline or both variation it will take a load of the shoulders	<p>Choices:</p> <ul style="list-style-type: none">• Barbell Bench Press• DB Bench Press• Incline Variations are ok
<p>Back Rows: 3 x 10-15</p> <ul style="list-style-type: none">• Light-Moderate weight• Rows will focus on the inner back increasing the thickness and depth of your back• Doing rows and lats separate allows you to focus on two key parts of your back without over fatiguing either• Rest 1-2min	<p>Choices:</p> <ul style="list-style-type: none">• Seated Cable Row• Iso-Lateral Row•
<p>Legs 3x10-15</p> <ul style="list-style-type: none">• Go light – moderate• After doing a leg focused day only doing one leg exercise will help continue growth without too much fatigue accumulation• Rest 1-2min• If doing lunges or single leg exercises it will count reps per leg• Warm up as necessary to keep knee healthy	<p>Choices:</p> <ul style="list-style-type: none">• Walking or standing DB lunges• Split Jumps• Bulgarian Split Squats• Hack Squat Machine• Leg Press
<p>Optional: Triceps & Biceps Superset</p> <ul style="list-style-type: none">• If you have time and energy add additionally pump in your arms• Focus on high reps and mind muscle connection• Each rep try to feel the muscles being worked	<p>Biceps: 3x10-12</p> <ul style="list-style-type: none">• Barbell Curl• Dumbbell Curl• Curl Machines <p>Triceps: 3x15-20</p> <ul style="list-style-type: none">• Rope Push down• Overhead Extensions• Cable Extensions

Day 3: Back Focused

<p>Warmup</p> <ul style="list-style-type: none">• Pick any activity to get your whole body geared for activity• The goal is to just raise your overall heart rate in preparation just barely breaking a sweat <p>Suggested: 10-15min at 120 bpm</p>	<p>Choices:</p> <ul style="list-style-type: none">• Active Stretching• Cardio Bike• Spin Bike• Treadmill• Walk• Incline Walk• Elliptical
<p>Lower Back:</p> <ul style="list-style-type: none">• We will begin back day by focusing on the lower back• Lower back is very important to avoid injuries by hitting it first it will activate it and allow you to feel it better during other exercises• Weight and rest time will differ with the choices but lean on the lighter side since this is also a warm up type of exercise	<p>Choices:</p> <ul style="list-style-type: none">• Back extensions 2x20<ul style="list-style-type: none">○ Start with body weight if need to○ Rest 90 sec max• Good Mornings 3x10-12<ul style="list-style-type: none">○ Use a barbell but start with an empty or even lighter one if necessary○ Slow bend and hold for a second at the lowest point○ Don't let the back round○ Rest 1-2 min
<p>Main Back: 3 x 10-12</p> <ul style="list-style-type: none">• Moderate weight focus on progressive overloading this exercise• While there is a choice between a core lat or core row exercise do not worry about choosing which one the compound nature of this selection will allow you to work your back well• Refer to the progression section for exercise selection across multiple cycles• Attempt failure but do not let your lower back round on any barbell movements• If you do not feel comfortable doing the barbell movements then you can choose from the secondary section<ul style="list-style-type: none">○ These won't be as well rounded but if you're not comfortable with them it would be less productive to do them wrong so just do what you can and try to learn another time or if you have a qualified instructor• Rest 2-3 min	<p>Choices:</p> <ul style="list-style-type: none">• Pendlay Row• Bent Over Row• Dead Row• Weighted Pull ups <p>Secondary Choices:</p> <ul style="list-style-type: none">• Lat pull down• Iso-Lateral Row• Row Machine
<p>Full Leg: 3 x 8-10</p> <ul style="list-style-type: none">• Moderate weight• It's ok to repeat an exercise from earlier in the week• Rest 2-3min• If you chose a barbell movement earlier then this would be a good time to choose another barbell or trap bar movement	<p>Choices:</p> <ul style="list-style-type: none">• Trap bar deadlift• Sumo Deadlift• Stiff legged Deadlifts• Romanian Deadlifts <p>Secondary Choices:</p> <ul style="list-style-type: none">• Leg Press• Hack Squat

<p>Chest Isolation: 2-3 x 15-20</p> <ul style="list-style-type: none"> • The other days work the chest quite hard, so this is meant to give an afterburn but not tax your joints and muscles too much • Rest 90 sec max • Choose a lighter weight and focus on mind muscle connection and a pump 	<p>Choices:</p> <ul style="list-style-type: none"> • Cable Chest Fly • Peck Deck Machine • DB Chest Fly
<p>Optional Superset 1: Shoulders, Triceps &/or Biceps 2 – 3 sets</p> <ul style="list-style-type: none"> • You can do just 2 or all 3 muscle groups • Rest 90 sec between • Choose any isolation exercise for body part 	<p>Shoulders 10-15 reps</p> <ul style="list-style-type: none"> • Lateral Raises <ul style="list-style-type: none"> ◦ Any Variation <p>Biceps</p> <ul style="list-style-type: none"> • Barbell curls 10-12 reps • DB Curls 10-12 reps • Cable Curls 15-20 reps • Concentration curls 15-20 reps <p>Triceps:</p> <ul style="list-style-type: none"> • Rope Push down • Overhead Extensions • Cable Extensions • DB skull crushers
<p>Optional Superset 2:</p> <ul style="list-style-type: none"> • Choose another exercise or body part from before and do again 	

Mesocycle Tracker:

Appendix A: Definitions

Failure:	To do an exercise until you can no longer safely do another rep without altering your form.
Mesocycle:	A period within the macrocycle where your exercise selection remains relatively the same. Can range from 1-10 weeks and include reload weeks. Each mesocycle also has a sub-focus i.e. a chest focused mesocycle
Macrocycle:	A period of mesocycles where you are focusing on a specific fitness goal i.e. bulking, cutting, strength, endurance, speed, etc. Includes deloads and planned rest periods. A macrocycle also encompasses other practices to help you reach your goal such as diet, rest, and frequency of workouts. Typically, they last 8-16 weeks it is not recommended to go over 20 weeks without a break.
Working set:	A non-warm up set. When an exercise says 3 sets of 10 you want to do 3 working sets and you don't count your warmup sets. Also work towards failure on working sets.