Instructions

START SMALL! If you have never lifted before or are very new to working out, it is very important that you work your way up slowly. Start at a light weight. It is very easy to succumb to injury if you put too much stress on your body too quickly. It is important that you print the workout sheets so that you can track your progress by recording the amount of weight you use.

The exercises have 3+ sets. If you are just starting out, there is nothing wrong with only doing one set for each exercise for the first couple of weeks. In fact, I recommend it.

If you are not comfortable using free weights, look into machine alternatives. I have provided additional links as alternatives.

YouTube links to exercises

* Back squat - https://www.youtube.com/watch?v=Dy28eq2PjcM
  + Alternative: https://www.youtube.com/watch?v=IZxyjW7MPJQ
  + Or https://www.youtube.com/watch?v=AHnX-aimA4E
* Walking lunges - https://www.youtube.com/watch?v=8OYsCRAb5c4
* Romanian Deadlift – https://www.youtube.com/watch?v=JCXUYuzwNrM
* Rear-elevated squats – https://www.youtube.com/watch?v=VgPpv4Eq9tE
  + Use something to hold onto and no weights if need be.
* Front squat – https://www.youtube.com/watch?v=tlfahNdNPPI
  + Alternative: https://www.youtube.com/watch?v=7FTyqTsrFU8
* Reverse lunges – https://www.youtube.com/watch?v=raQl44N\_REc
* Deadlift – https://www.youtube.com/watch?v=7Q\_GnXm7LbI
* Step-ups – https://www.youtube.com/watch?v=S24Do-rZncI
  + Alternative: Step up onto a much shorter surface
* Hamstring curls (2) - https://www.youtube.com/watch?v=GaSHOocFTVg , https://www.youtube.com/watch?v=F488k67BTNo
  + Whichever your gym has…lying down is preferred
* Leg extension – https://www.youtube.com/watch?v=YyvSfVjQeL0
* Bench press – https://www.youtube.com/watch?v=rT7DgCr-3pg
  + Alternative: https://www.youtube.com/watch?v=xUm0BiZCWlQ
* Barbell row - https://www.youtube.com/watch?v=9efgcAjQe7E
  + Alternative: https://www.youtube.com/watch?v=8MKGArS7w7c
* Lateral raises - https://www.youtube.com/watch?v=3VcKaXpzqRo
* Incline bench - https://www.youtube.com/watch?v=DbFgADa2PL8
  + Alternative: https://www.youtube.com/watch?v=b8DqTO6ak0k
* Seated rows - https://www.youtube.com/watch?v=GZbfZ033f74
* Shoulder press – https://www.youtube.com/watch?v=2yjwXTZQDDI
  + Alternative: https://www.youtube.com/watch?v=4Mw8r3df65o
* Decline bench - https://www.youtube.com/watch?v=OR6WM5Z2Hqs
  + Alternative: Pushups
* One-arm row - https://www.youtube.com/watch?v=pYcpY20QaE8

* Shoulder flyes - https://www.youtube.com/watch?v=asgla5Zg-co
* Dumbbell bench - https://www.youtube.com/watch?v=VmB1G1K7v94
* Reverse barbell row - https://www.youtube.com/watch?v=18W0IDmfRuc
* Alternating front raise - https://www.youtube.com/watch?v=-t7fuZ0KhDA
* Incline dumbbell bench - https://www.youtube.com/watch?v=ggJycLjz01E
  + Alternative: https://www.youtube.com/watch?v=b8DqTO6ak0k
* Wide seated rows - https://www.youtube.com/watch?v=YKAeU55CkVk
* Lat pulldowns - https://www.youtube.com/watch?v=X5n55mMqSUs
  + Alternative: https://www.youtube.com/watch?v=7D2t1XnrW2s
* Military press - https://www.youtube.com/watch?v=qEwKCR5JCog
* Decline pushups - https://www.youtube.com/watch?v=SKPab2YC8BE
* Two-arm dumbbell row - https://www.youtube.com/watch?v=--gDUDFKx6Q
* Rear-delt flyes - https://www.youtube.com/watch?v=EA7u4Q\_8HQ0
* Chest flyes - https://www.youtube.com/watch?v=Z57CtFmRMxA
* Back flyes - https://www.youtube.com/watch?v=K-ilBw\_D1a4
* Concentration curls - https://www.youtube.com/watch?v=Jvj2wV0vOYU
* Tricep rope pushdown - https://www.youtube.com/watch?v=vB5OHsJ3EME
* Bicep cable curls - https://www.youtube.com/watch?v=kyyP5l8noSY
* Tricep kickbacks - https://www.youtube.com/watch?v=cvjnkqjxreg